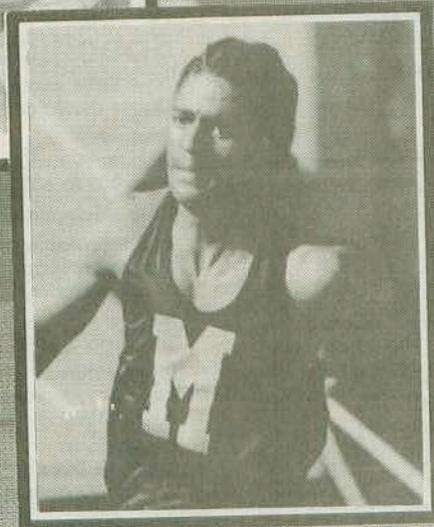


CALIFORNIA

Track & Running News

JULY / AUGUST 1996

ISSUE NO. 222



California
State
Meet

96/10
Milt Lange
4920 Oak Leaf Avenue
Carmichael CA 95608

STATEWIDE COVERAGE OF TRACK & FIELD,
CROSS COUNTRY AND ROAD RACING

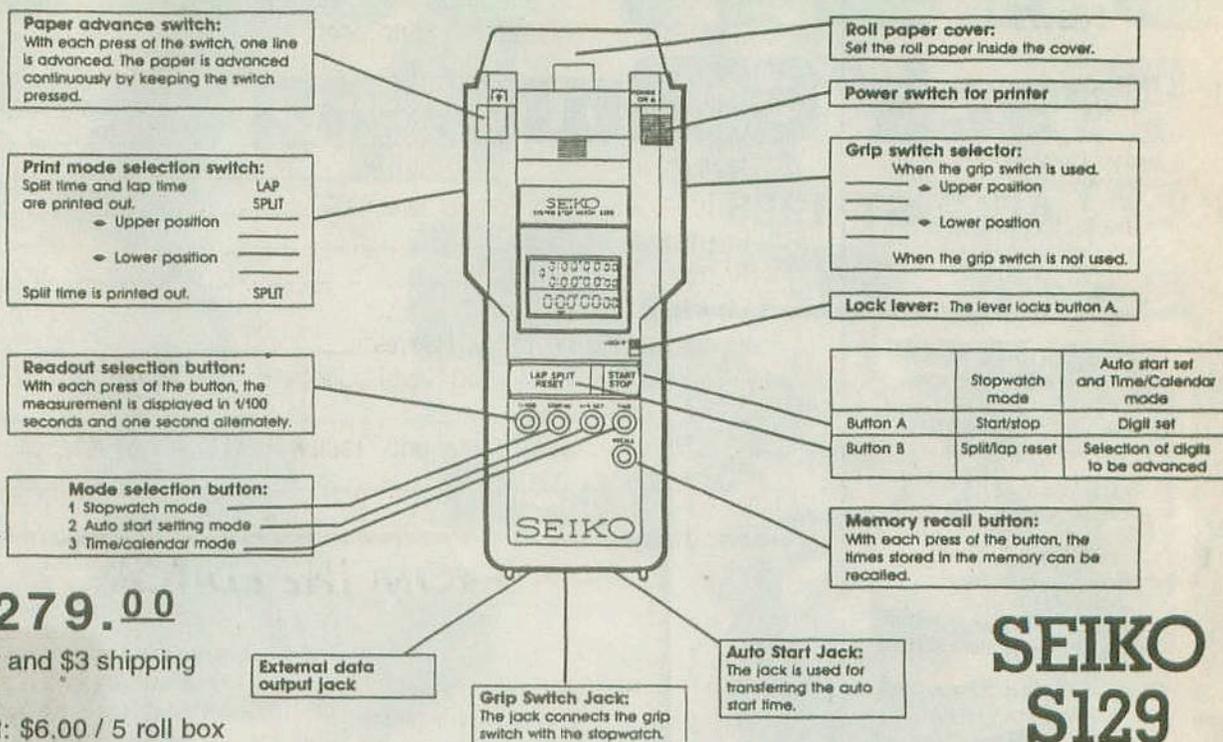
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SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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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
    
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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.

Specifications

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Time Measurement: 1/100 of a second

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6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

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CALIFORNIA

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Since 1974

ISSUE NO. 222

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FROM THE EDITOR

Track! . . . Track! Everywhere track!

You gotta love it. Every four years it seems the world becomes more track aware and relagates more importance to our sport of track and field. Of course, it's centered around the upcoming Olympic Games to be held in Atlanta, Georgia. I'm not complaining about the source of this increased interest, just wishing it wasn't so long between Olympics.

Even without the Olympics there is plenty of track to keep even the unsatiable track fan busy at this time of each year. This issue of *California Track and Running News* is testimony to that fact. Sixty-four pages and we couldn't even get everything in! What you are holding in your hands right now should keep you busy for awhile.

This is the State Meet Issue -- our favorite issue each year. It's a favorite because each year we throw space, time and expense to the wind in order to treat the State Meet in a way we wish we could treat more meets. For the State Meet you will find complete results of each event, plus a write-up of each event and a photo of each State Meet winner. Now that's track meet

coverage the way it should be!

Credit where credit is due on this State Meet issue--Keith Conning wrote the girls's summaries, Doug Speck did the boy's summaries. Judy Cockerham typed the complete results, Allison Cockerham and Phil Enbody took most of the photos. I hope you enjoy reading it as much as we all did putting it together.

If the State Meet isn't enough action for you, you also have the ten C.I.F. Section Championships, the NCAA Championships, the Pac-10, WAC, Modesto, the Gardena 5K and lots more. Check out Cregg Weinmann's "medal count" by shoe company. Bill Minarik has summarized the end of the SoCal season and Keith Conning has sent along more interesting Prep Notes. If you're still not full up with track and running, hang on because the next issue will have the Junior Nationals, Golden West, Olympic Trials and more. B.C.

ON THE COVER: Bell Garden's middle distance star **MICHAEL GRANVILLE** blazed to an all-time best in his 800m heat--1:46.41! Photo by Phillip Erboby. **KIM MORTENSEN** (top left inset) leading **JULIA STAMPS, ALLYSON MARQUAND** and **KRISTEN KOPPE**s in the CIF 3200 meters. Photo by Bill Cockerham. Triple event winner **OBEA MOORE** (bottom inset) -- 200, 400, 1600 Relay -- anchored Muir to a new State Meet Record 1600m Relay time of 3:08.66. Photo by Phillip Erboby. See section on page 14.

SCHEDULE

Please send schedule information...

Cross country and track information--
CTRN, 4957 E. Heaton Ave.,
Fresno, CA 93727
FAX (209) 255-4904

Road Racing information--
Jack Leydig, PO Box 1390,
San Mateo, CA 94401
FAX (415) 348-1862

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.

▲ Track & Field Cross Country

High School

Track & Field August 3

Santa Barbara: Santa Barbara Fiesta Pole Vault Competition. All ages. SBCC, Steve Morris, 42 Tinker Way, Santa Barbara 93101 (805) 569-1289.

1997

June 6-7

Sacramento: CIF State Track & Field Championships.

Cross Country August 28 (Wed.)

Los Banos: Warm-up Meet. At San Luis State Park Forebay. Contact Mike Miller, XC Coach, Los Banos HS, 1966 S. 11th St., Los Banos 93635.

September 7 (Sat.)

Monterey: Condor Earlybird Invitational. Oakmont Invitational. At Sierra College. Contact Ann Simpson (916) 782-3781 school, (916) 782-1893 home.

Sept. 14 (Sat.)

Kingsburg: Kingsburg Invitational.
Fresno: McLane Invitational. Woodward Park. 11 a.m./Frosh Boys, 11:30 a.m./Soph Boys, 12:00/Frosh-Soph Girls, 12:30/Junior Boys, 1:00/Jr-Sr Girls, 1:30/Senior Boys. 2 Miles. Contact Elmer McPhail, McLane High School, 2727 N. Cedar Ave., Fresno 93703, (209) 439-6941 h, (209) 441-3500 w, FAX (209) 226-5232.
Irvine: Woodbridge Invitational.

Ventura: Kiwanis Seaside Cross Country Invitational. Steve Blum (805) 652-1744.

Laguna Hills: Laguna Hills Invitational. Contact Kevin Dempsey (714) 770-2776 h, FAX (714) 830-0295.

Long Beach: Long Beach Millikan. Contact Stephen White, Boy's Coach (310) 495-5078 h, or Jeff Dobra, Girl's Coach (310) 420-2019 h.

September 19 (Thurs.)

Porterville: Monache Invitational.

September 20 (Fri.)

Sanger: Sanger Invitational. Avocado Lake.

September 21 (Sat.)

Grass Valley: Nevada Union Invitational. 8 a.m. Contact Clyde Lehman (916) 273-4431 school, (916) 265-6772 h.

San Francisco: Lowell Invitational.

Hawaii: Hawaii Invitational.

Bret Harte: Frog Town Invitational.

Wasco: Wasco Invitational.

Irvine: Woodbridge Invitational. Contact George Varvas (714) 559-8171 h, FAX (714) 559-5795.

San Diego: Mt. Camel Invitational. Contact Dennis McClanahan FAX (619) 748-6985.

September 27 (Fri.)

Hanford: Hanford Invitational. Hickey Park.

Visalia: Mt. Whitney Invitational. Mooney Grove Park.

September 28 (Sat.)

Carson City: Carson Invitational.

Daly City: Westmoor "Ram" Invitational.

Merced: Merced Invitational. Lake Yosemite.

Dana Hills: Dana Hills Invitational. 8 a.m. 3 miles. Contact (714) 496-6666.

Bellflower: St. John Bosco Invitational. Contact Tim McIntosh (310) 425-8723 h.

Downey: Warren High School Invitational. Contact Jay Waldron (310) 439-2777.

October 3 (Thurs.)

Los Banos: Los Banos Invitational. At San Luis State Park Forebay. Contact Mike Miller, XC Coach, Los Banos HS, 1966 S. 11th St., Los Banos 93635.

October 4 (Fri.)

Visalia: Golden West Invitational. Cutler Park.

Visalia: Mt. Whitney Visalia Invitational. Mooney Grove Park.

October 5 (Sat.)

Half Moon Bay: Half Moon Bay Invitational.

Palo Alto: Stanford Invitational.

Brea: Brea Olinda Invitational. Contact Dan King, Boy's Coach (714) 256-8419 h, or Pam Barstow, Girl's Coach (714) 256-1071 h.

Yucaipa: Yucaipa Invitational. Contact Jim Clendaniel (909) 790-2114 h.

Oahu: Hawaii Invitational.

October 9 (Wed.)

Madera: Madera Elks Invitational.

October 12 (Sat.)

Fresno: Clovis Invitational. Woodward Park.

Atascadero: Atascadero Invitational.

San Mateo: Crystal Springs Invitational.

Huntington Beach: Fountain Valley Invitational.

Castro Valley: Castro Valley Invitational.
Hawaii: Hawaii Invitational.

October 18 (Fri.)

Fresno: Roosevelt Rough Rider Invitational. Woodward Park.

Tulare: Tulare Western Invitational.

October 19 (Sat.)

San Luis Obispo: Cal Poly Invitational.

Hayward: Mariner Invitational.

Lodi: Lincoln/Lodi Cross Country Invitational. Lodi Lake. 10 a.m./Frosh Girls--2 miles, 10:20 a.m./Frosh boys--2 miles, 10:40 a.m./Soph Girls--2 miles, 11:00 a.m./Soph Boys--2 miles, 11:20 a.m./Varsity Girls--5K, 11:50 a.m./Varsity Boys--5K. Contact Tod Anton, Lincoln HS (209) 478-8052.

Santa Clarita: Santa Clarita Valley Invitational. Contact Dave DeLong (805) 251-5432 h.

October 22 (Tues.)

Fresno: Madera K of C Invitational. Woodward Park.

October 23 (Wed.)

Mendota: Mendota Invitational.

October 24 (Thurs.)

Reedley: Reedley Invitational.

October 25 (Fri.)

Rocklin: Placer/Sierra Invitational. Sierra College.

October 25 & 26 (Fri-Sat)

Walnut: Mt. SAC Invitational.

October 26 (Sat.)

Soquel: Soquel Invitational.

Alameda: Oakland Invitational.

Walnut: Mt. SAC Invitational. Contact Jim Polite (909) 595-3496 h.

October 31 (Thurs.)

Kingsburg: John Seaman Invitational.

November 1

Bakersfield: Kern Invitational.

November 8 (Fri.)

Fresno: League Championships. Woodward Park.

November 14 (Thurs.)

Sanger: CIF Central Section Championships. Avocado Lake.

November 21 (Thurs.)

Fresno: Grand Masters Valley Championships. Woodward Park.

November 30 (Sat.)

Fresno: CIF State Meet Championships. Woodward Park.

December 7 (Sat.)

Fresno: 18th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 16 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 16 (Sat.)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./

SCHEDULE

girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

College & Open

Track & Field

July 20-August 4

Atlanta, GA: Olympic Games.

August 3

Santa Barbara: Santa Barbara Fiesta Pole Vault Competition. All ages. SBCC, Steve Morris, 42 Tinker Way, Santa Barbara 93101 (805) 569-1289.

1997

March 29

San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

April 12

San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

June 7

San Diego: San Diego-Imperial Assoc. USA Track & Field Championships. UC San Diego. 12 noon. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

Cross Country

August 31

Fresno: Watermelon Run. Fresno State Campus.

September 7

San Francisco: Golden Gate Park Series. 4.0 miles. Tim Wason (415) 648-1467.

Fresno: Sunbird Run. Fresno Pacific College Campus. 8:30 a.m. Contact Eric Schwab (209) 453-2000.

September 14

San Diego: Aztec Invitational. Contact Rahn Sheffield (619) 594-5514, FAX (619) 582-6541.

McKinleyville: Humboldt Invitational. Contact Dave Wells (707) 826-5955.

September 21

Fresno: Fresno Invitational. Contact Red Estes (209) 278-4097, FAX (209) 278-6611.

Irvine: Irvine Invitational.

Rocklin: Sierra College Challenge. Men 4 miles, Women 5K. Contact Ron Richardson (916) 688-7258, FAX (916) 688-2626.

September 28

Davis: Aggie Invitational. Contact Sue Williams (916) 752-1942, FAX (916) 752-6681.

Riverside: Riverside Invitational. Contact Chris Rinne (909) 787-5207, FAX (909) 787-3569.

October 5

Santa Rosa: Empire Open. Men/8K, Women/6K. Contact Michael Weddington (707) 544-2756, FAX (707) 528-8226.

Palo Alto: Stanford Invitational. Contact Michael Reilly (415) 723-2736, FAX (415) 725-0758, e-mail: mfreilly@leland.stanford.edu.

October 12

Santa Barbara: Santa Barbara Invitational. Contact Robin Paulsen (805) 965-0518 ext 2275, FAX (805) 963-7222.

October 19

Wainut: Mt. SAC Invitational. Contact Don Ruh (714) 594-5611.

San Luis Obispo: Mustang Invitational.

San Diego: Triton Cross Country Invitational. UC San Diego. 9 a.m./8K Men, 10 a.m./5K Women. Ted Van Arsdale, ICA Dept 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

November 2

Santa Barbara: GSAC XC Championships.

November 9

Wainut: Asics Cup Invitational. Contact Skip Stolley (213) 730-9617 w, (310) 453-7655 h.

November 16

Fresno: NCAA Division I/District VIII. Woodward Park.

Humboldt: NCAA Division II Championships.

Kenosha, WI: NIAA National Cross Country Championships.

November 23

San Francisco: USATF Pacific Association Championships/Western Regional. Golden Gate Park. Contact Tim Wason (415) 648-1467 ph & FAX.

December 7

San Francisco: USA Championships (Junior, Senior, Masters). Golden Gate Park. (916) 983-4622, FAX (916) 983-4624.

Masters

August 2

Norwalk: SCA Series/Grand Prix Championships. Cerritos College. Doug Wells (310) 860-2451, ext 2889.

August 3

Santa Cruz: USATF West Regional Masters Weight Pentathlon Championships. KELfield. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

Santa Barbara: Santa Barbara Fiesta Pole Vault Competition. All ages. SBCC, Steve Morris, 42 Tinker Way, Santa Barbara 93101 (805) 569-1289.

August 4

Berkeley: Bay Area Senior Games. 50+. Edwards Stadium. 9:45 a.m. Barbara Chang (510) 531-9721. Bay Area Senior Games, PO Box 10385, Oakland 94610.

August 15-18

Spokane, WA: 29th Annual USATF National Masters Championships. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204 (509) 533-3644, FAX (509) 533-4128.

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SCHEDULE

August 31

Seattle, WA: USATF National Masters Weight & Superweight Championships. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116 (206) 932-3923.

September 8

Berkeley: Northern California Seniors Track & Field Classic (30+). Edwards Field at UC Berkeley. Dan Behrens, 2838 Enea Way, Antioch 94509-4755 (510) 754-3318.

September 14

Bozeman, MT: USATF National Masters Weight Pentathlon.

October 5

Santa Barbara: Club West Masters Meet. Santa Barbara CC. Beverly Lewis or Gordon McClenathan (805) 964-3005.

October 13

(Date changed from last issue) **Long Beach:** Sri Chinmoy Masters Games. 40+. Bigalita Egger (310) 645-0271.

All-Comers

August 1 (Thurs.)

Los Angeles: All-Comers Meets. Bell High. 7 p.m.
Hayward: Chabot College All-Comer Track Meet. 6 p.m. Boys and Girls, 14 & under. Chabot College Track. No entry fee. 4 age divisions. Norm Guest/Ken Grace, 25555 Hesperian Blvd., Hayward 94545 (510) 786-6929.

August 2 (Fri)

Cerritos: 1996 SCA/USATF Summer Grand Prix Series All-Comers Grand Prix Final. Cerritos College. 4:30 p.m. (Youth, high school, college, open and masters). Contact Doug Wells (310) 860-2451 x2889.

August 11, 25;

September 15, 29;

October 13, 27;

November 10, 24; December 15

Sacramento: Timber Wolf All-Comers Track & Field Meet. Contact John Gallen (916) 489-2708.

Camps & Clinics

July 31-August 5

August 6-13

Mammoth Lakes: Steve Scott Camp & Workshop. 2 sessions. Contact Irv Ray (818) 815-6000, ext. 3294.

September 20-22

San Jose: Building and Rebuilding the Complete Athlete. Featuring Vern Gambetta. Information: M-F Athletic Company at (800) 556-7464 or (401) 942-9363. Gambetta Sports Training Systems, PO Box 10277, Sarasota, FL 34278.

December 28-31

Atascadero: Sky Jumpers Vaulting Camp. All vaulters 12 and up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422. Information: (805) 466-8119 or FAX (805) 466-8273.

Road Racing

August 3 (Sat.)

Pt. Reyes: Drakes Bay Marathon/Half-Marathon/10K, Limantour Beach, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Los Gatos: Summit Challenge 10K/5K, Old Loma Prieta School, 8:30 a.m./10K, 8:45 a.m. Loma Prieta Recr. Program, Linda Sullivan, 23800 Summit Rd., Los Gatos 95030 (408/353-2834).

Sacramento: Tri for Fun Triathlon #3 (1kS-20kB-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

Bass Lake: Run Thru the Pines, 13.3 & 4.5 Mile, The Pines Village, 7 a.m. Brian Curtis, Sierra TC, PO Box 3021, Oakhurst 93644 (Ken Takeuchi: 209/275-6318).

Carmel Valley: Carmel Valley Fiesta 5K & 10K, Carmel Valley Village, 9 a.m. Carmel Valley Youth Community Center, PO Box 124, Carmel Valley 93924 (408) 659-3983.

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Santa Maria: (pending) Marian Hospital 5K, Location & Time TBA. Louie Quintana, 536 Montecito Verde, Nipomo 93444.

Oxnard: Salsa Festival 5K, Heritage Square, 8 a.m. Contact: (805) 643-1104.

San Dimas: Steamboat Tri-al (500yS-24kB-4kR; shorter distances for kids under 14), Bonelli Park, Time TBA. Info: Bill Fulton (818/868-1829).

Encinitas: Fiesta de las Flores 8K Run, 5K Fun Run/Walk, 1001 Encinitas Blvd., 8 a.m. Fiesta de las Flores, 1001 Encinitas Blvd., Encinitas 92024 (Mike Lynch: 619/942-3821).

August 4 (Sun.)

Brisbane: DSE "Where the Hell is Brisbane" 5.6M, Yacht Harbor, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Palo Alto: Run for Your Heart 5K/10K, Baylands Athletic Ctr., Embarcadero/Geng, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (415/696-1196).

Alameda: Alameda Run for the Parks 10K/2M, South Shore Shopping Ctr., 9 a.m. Dale Lillard, 2250 Central Av., #140, Alameda 94501 (510/748-4565).

Castro Valley: Skyline 50K Endurance Run, Lake Chabot Marina, 7 a.m. Golden Bay Runners, c/o Will Uher, 16183 Lyle St., San Leandro 94578 (510/278-0451).

Pacific Grove: YWCA Run for Shelter 10K/5K, Lovers Point Park, 9 a.m. Sara Kilpatrick, c/o YWCA, 150 Mar Vista Dr., Monterey 93940 (408/649-0834).

Tracy: Tracy Bean Festival Run, 1M/5K, 8:30 a.m./1M, 8:50 a.m./5K. Michelle Loomis, 1221 Claremont Ct., Tracy 95376 (209/833-0562).

Arnold: Stevenot Triathlon (.25mS-7mB-3.5mR), Acres Lake (Moran Rd.), 8 a.m. Kathy Davey, Arnold Running Club, PO Box 5, Arnold 95223 (209) 795-4077.

Eureka: Run for Goodwill 10K/2M, Grand Prix 10K Championship, Time TBA. Cox Communications, 911 W. Wabash Av., Eureka 95501 (707/443-5706).

Long Beach: Long Beach 5000, CSULB (near The Pyramid), 7:30 a.m. Info: Runners High (310/496-4760).

Hacienda Heights: Switchback Challenge Trail Race, 5K/10K, Orange Grove Middle School, 7:45 a.m. Motivate Promotions, 15581 Cristalino St., Hacienda Heights 91745 818/369-1103).

August 5-9 (Mon.-Fri.)

Grouse Ridge: (near Nevada City) High Altitude Running Camp & Clinic (3 seminars & 2 training runs per day on trails at 7,700 ft. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

August 6 (Tue.)

Bakersfield: BTC Darryl Easter Memorial 5K Handicap Series #5, Alfred Harrel Hwy. & Moming Dr., 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386 (Mark Sweo: 805/872-7335).

August 7 (Wed.)

San Francisco: Chase Corporate Challenge. 3.5M, Justin Herman Plaza (foot of Market St.), 7 p.m. Info: 415/586-8508.

Santa Barbara: Nite Moves 5K Run/Walk & 1K Ocean Swim/Biathlon, 6:20 p.m./Swim, 6:35 p.m./Run. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

August 10 (Sat.)

Felton: Santa Cruz Trails Marathon/Half/10K, San Lorenzo H.S., 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (414/868-1829).

Sacramento: Susan B. Anthony Women's Only 5K, Glen Hall Park, 8 a.m. Info: 916/923-4202.

Soda Springs: Devil's Outlook Half-Marathon/10K, Serene Lake, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Grover Beach: Grover Beach Party Dune Run, 5K/10K (approx. distances) on hard packed sand & through soft dunes, Time TBA. Grover Beach Chamber of Commerce, 177 So. 8th St., Grover Beach 93433 (805/489-9091).

Malibu: Malibu Half Marathon, 8 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

Lake Gregory: Run Through the Pines, 5K/10K, San Bernardino mountains, 7:30 a.m. Info: Laura Dyberg (Rim Park District) (800/806-7497).

San Diego: Balboa 8 Mi. & 3 Mi. Fun Run, Balboa Park, 7 a.m./8M, 7:15 a.m./3M. Balboa Park Runs, P.O. Box 26722, San Diego 92196 (Bill Gookin: 619/578-9456).

San Diego: Point Loma Scenic 10K/5K, Nazarene College, 7:30 a.m. Info: Koz Enterprises (619/528-8111).

SCHEDULE

Las Vegas, NV: LVTC 10K/5K/2M, Bunker Family Park (Alexander & Tenaya), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

August 11 (Sun.)

San Francisco: The Frog Jog 10K Run, 5K Run/Walk for Gynecological Cancer Education, Golden Gate Park (Music Concourse), 8:30 a.m. The Frog Jog R.C., 771 Blanchard Ct., Sunnyvale 94087 (415/536-4989).

San Francisco: DSE Rainbow Falls 5K, Golden Gate Park (Transverse/Kennedy Dr.), 9:30 a.m. (picnic follows, including kids' run). DSE Runners, P.O. Box 210482, San Francisco 941121 (415/9787-0837).

Aptos: Sandman Triathlon (0.5mS-15mB-4.5mR), Seaciff State Beach, 9 a.m. (Limit 400). Santa Cruz State Lifeguard Assoc., 665 - 14th Av., Santa Cruz 95062 (408/476-4992).

Aromas: A Run in the Country 10K/5K, Aromas Rd., 9 a.m./10K, 9:15 a.m. Chris Jones, 1609 Aromas Hts., Aromas 95004 (408/726-3530).

Ukiah: Dog Daze 3K/10K, Oak Manor School (Perkins/Oak Manor), 8 a.m. Gordon Elton, No.

Coast Striders, P.O. Box 1556, Ukiah 95482 (707/462-3329).

Pinecrest: Pinecrest Run, 1M/5M, Pinecrest Lake Beach, 8 a.m./1M, 9 a.m. Laurie Cashman, P.O. Box 1216, Pinecrest 95364 (209/965-4362).

Larkspur: Tamalpa Runner's Couples' Relay 2M, Larkspur Landing, 9 a.m. Craig Stern or Russ Kieman, PO Box 701, Corte Madera 94926 (415) 892-0597 or (415) 388-7919.

Redwood City: Boardwalk 5K & 10K, Boardwalk Motorcar Group (Whipple exit on 101 go east), 8:30 a.m. The Final Result, 460 Wisnom Ave., San Mateo 94401 (800) 491-8988 or (415) 696-1196 (outside CA).

Soda Springs: Tri-the-Gorge Triathlon (0.5mS-13mMtnB-5kR, can run 5K instead of 0.5mS), Serene Lake, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Sutcliffe, NV: Pyramid Lake Triathlon (1mS-25mB-6mR or 1.2mS-12.5mB-3mR), Sutcliffe Marina, 8 a.m. Suzy Truax, Finish Line Productions, 1105 Terminal Way, #202, Reno, NV 89502 (702/786-5531).

Ventura: MET-Rx Day at the Beach (Mike & Rob's Most Excellent Triathlon) (Long: 1.2mS-56mB-13mR; Short: 0.25mS-9mB-3mR), San

Buena Ventura State Beach, Time TBA. Info: MESP (818/707-8867).

Los Angeles: Samurai 5K, downtown, 8 a.m. Info: 310/371-3792, 213/687-7193.

August 14 (Wed.)

Santa Barbara: Nite Moves 5K Run/Walk & 1K Ocean Swim, 6:20 p.m./Swim, 6:35 p.m./Run. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

San Diego: Hospitals Run for America's Health 5K, Balboa Park, 8 a.m. Hospitals Run for America's Health, 7801 Mission Center Ct., Suite 103, San Diego 92108 (Kathy Loper: 619/298-7400).

August 17 (Sat.)

Pescadero: Pescadero Fun-Fest 5M, Artichoke Joe's, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Los Gatos: Dammit Run, 5M, Los Gatos H.S. (track), 8:30 a.m. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos 95030 (408/354-7365 or 395-4311).

Pleasanton: Tri for Fun #3 (400Y-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On

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SCHEDULE

Your Mark, Box 2061, Arnold 95223 (209/795-7832).

Davis: Great North Triathlon Sprint (1kS-25kB-5kR), Stonegate Country Club, 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Cameron Park: Cameron Park 50 Mi., 1.25 Mi. flat loops around lake, 12 Hr. Limit (Western States qualifier), 7:30 a.m. (Limit 60). George Staub, Fleet Feet, 2222 Francisco Dr., El Dorado Hills 95762.

Truckee: Northstar 5K/10K Run, Northstar Village, 9 a.m. Donna Morgan, P.O. Box 129, Truckee 96160 (916/562-3577).

Fresno: Kearney Park/Chandler Classic, 6 mile, 2 mile & 1/2 mile kid's run. (209) 877-2115. Registration at 6 a.m.

Tehachapi: Tehachapi Mountain Fest Runs, Distances, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Luis Obispo: Saucony/RRCA Women's Distance Festival & Men's Electric City Challenge Series, 5K, Laguna Lake Park, 8:30 a.m./Women, 9:15 a.m./Men. SLDC, P.O. Box 1134, San Luis Obispo 93406 (805/528-4059, 544-9320).

Lompoc: Norma Guerra Memorial Triathlon. 5mS/15mB/4mR. Lompoc Municipal Pool. Info: (805) 736-6565.

Ventura: Cowtown Mile, on parade route, 8:30 a.m. (6 races based on age groups). Info: Inside Track (805/643-1104).

Imperial Beach: Imperial Beach 5K Run, Imperial Beach Pier, 8 a.m. Imperial Beach Championships, 4060 Morena Blvd., #G-355, San Diego 92117 (KOZ Enterprises: 619/528-8111).

Las Vegas, NV: LVTC 5K/2M, Sunset Park (south of Sunset on Eastem), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

August 18 (Sun.)

San Francisco: S.F. Hook & Ladder 10K, Golden Gate Park (Rainbow Falls & Kennedy Dr.), 9 a.m. S.F. Firefighters RRC, Jim Gallagher, 1671 - 16th Av., San Francisco 94122 (415/753-0880).

San Francisco: Escape from Alcatraz Triathlon (1.5mS-18mB-8mR), to Marina Green, 9:30 a.m. (Limit 600). Event Management & Promotions, 1800 Berkeley St. Penthouse, Santa Monica 90404 (310/315-0421).

Felton: Race Through the Redwoods 10K, Covered Bridge Park, 8:30 a.m. Felton Business Assoc., Steve Richmond, P.O. Box 6, Felton 95018 (408/335-3542).

Covelo: Blackberry Festival Footrace 10K/5K, The Buckhorn (center of town), 8 a.m. Friends of Round Valley Public Library, P.O. Box 620, Covelo 95428 (707/983-8167, 983-6763).

Davis: Great North Triathlon International (1.2kS-40kB-10kR), Stonegate Country Club, 7 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Santa Barbara: McConnell's Ice Cream Endurance Events, 5K/10K, biathlon (10kR-1mS in ocean), Kids' Mile, Goleta Beach County Park, Time TBA. Contact: Kevin Young (805/564-3400).

Running Springs: Rim Nordic Trail Runs, 5K/10K, Rim Nordic Ski Area (5M east of Running Springs), 8:30 a.m. Rim Nordic Ski Area, P.O.

Box 2990, Running Springs 92382 (909/867-2800).

Huntington Beach: Huntington Beach Pier Run, 5K/10K, H.B. Pier, Time TBA. Info: Race Pace (714/661-6547).

Imperial Beach: Imperial Beach Multi-Sport Championships (1kS-20kB-5kR or 5kR-20kB-5kR), Imperial Beach Pier, 7:30 a.m. Koz Enterprises, P.O. Box 421052, Imperial Beach 92142 (619/528-8111).

August 20 (Tue.)

Bakersfield: BTC Darryl Easter Memorial 5K Handicap Series #6, Alfred Harrel Hwy. & Morning Dr., 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386 (Mark Sweco: 805/872-7335).

August 23 (Fri.)

Palo Alto: Florentine's T.G.I.F. Run, 5K/10K, Baylands Athletic Center (Geng & Embarcadero), 6:30 p.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Portland, OR: Nationwide Insurance Hood to Coast Relay, 195M, starts at Timberline Lodge (Mt. Hood), 2-days (Fills by May). Hood to Coast Relay, 5319 S.W. Westgate Dr., Suite 262, Portland, OR 97221 (503/292-4626).

August 24 (Sat.)

San Francisco: Giants Run to Home Plate 5K, Candlestick Park, 10 a.m. Giants Promotions, Candlestick Park, San Francisco 94124 (415/330-2516).

Moffett Field: Run the Runway 5K/10K, N.A.S. Moffett Field, 8 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Santa Cruz: Champagne Ride & Tie, 30 Mi. (1 horse, 2 runners, alternate running/riding), Time TBA. Steve Shaw, 1555 Baltusrol Dr., Aptos 95003 (408/685-3436).

Pleasant Hill: Shout 5K, Hope Center Covenant Church (2275 Morello Av.), 8 a.m. Mike Parker, 22 Del Rio Ct., Moraga 94556 (510) 376-8277.

Mill Valley: Mt. Tam 10K/5K, Mtn. Theater/Rock Springs (above Ranger Station on Panoramic Hwy.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Five Brooks: Pt. Reyes 50K, just south of Olema, 7 a.m. Guy Palmer, 49 Harte Av., San Rafael 94901 (415/459-8649).

Grass Valley: Wolf Mountain Trail Challenge 10K/1.8M Fun Run and 0.25M Kids Race, Wolf Mtn. Christian Camp, 9 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

MOVED TO AUGUST 25. Avila Beach: Avila 5K, Avila Beach pier to Port San Luis & back, 8 a.m. Steve Boaz, 1925 Doris Av., Los Osos 93402 (805/534-9308).

Santa Barbara: Santa Barbara County Triathlon (500yS-6mB-2mR or 1mS-34mB-10mR), Cabrillo Bath House/East Beach, Time TBA. Adventours Outdoor Excursions, Greg Martin/Joe Coito, P.O. Box 215, Santa Barbara 93102 (805/963-2248).

Camp Pendleton: General Smedley Butler Medal of Honor 10K, Lake O'Neill, 7 a.m. Info: 619/725-6836, -6806.

Las Vegas, NV: Forest Challenge, Distance TBA, Lee Canyon (campground just before ski

area), 7 a.m. Info: Michael Naylor (702/382-1276).

August 25 (Sun.)

San Francisco: Golden Gateway 5K/10K, Little Marina Green (foot of Lyons St.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Francisco: DSE Memorial Run, 4.5M, Golden Gate Park (Spreckles Lake: Kennedy Dr. & 36th Av.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: Time Is On Your Side 5K/10K, Old Boathouse (14th St. & Lakeside Dr.), 9 a.m./10K, 9:10 a.m./5K. K. Gerdes, 2634 Arlington Blvd., El Cerrito 94530 (510/601-7887).

Gilroy: Mt. Madonna Challenge, 12K/6K, Mt. Madonna County Park (next to Sprig Lake), 8:30 a.m./6K, 9 a.m. South Valley Symphony, 7664 Los Padres Ct., Gilroy 95020 (408/842-4926).

Walnut Grove: Walnut Grove Catfish Jubilee 5 Miler Fun Run, Walnut Grove Elementary School, 8 a.m. EZ Living Casuals, PO Box 1025, Sacramento 95690 (916) 776-1627.

Merced: Run for Justice, 10K/1.5M, Merced County Courthouse, 7:30 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

Avila Beach: Avila 5K, Avila Beach pier to Port San Luis & back, 8 a.m. Steve Boaz, 1925 Doris Av., Los Osos 93402 (805/534-9308). LISTED AS AUGUST 24 LAST ISSUE.

Reno, NV: Silver State Marathon/Half-Marathon/10K, Bowers Mansion County Park, 6 a.m./Mara., 7 a.m. Ken McKim, 2358 Camelot, Reno, NV 89509 (702/329-6122).

Newport Beach: Get-In-Line Racing 5K & 10K Skate, Fashion Island, 7:45 a.m. Get-In-Line Events, 2675 Irvine Av., P.O. Box F-409, Newport Beach 92627 (714/548-1170).

San Diego: CIGNA HealthCare/America's Finest City Half-Marathon & 5K, Pt. Loma/Cabrillo Monument (Half), Balboa Park (5K), 7 a.m. Neil Finn, American Lung Assoc., P.O. Box 8279, San Diego 92163 (619/297-3901, 800/TAKEWING).

August 29 (Thurs.)

Huntington Beach: Sunset in the Park X-C Race, 2.8M/4.8M, Central Park West (btwn. Goldenwest/Edwards & Ellis/Slater St.), 6 p.m./2.8M, 6:30 p.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

August 31 (Sat.)

Pescadero: Boothill Half-Marathon/10K, Duarte's Tavern, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Saratoga: Santa Cruz Mountains Half-Marathon/7M, Saratoga Gap (Hwy. 9 & 35), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Livermore: Livermore Valley Vine to Wine 5K/10K, Time TBA. Info: 510/564-0532

Kirkwood: A Run With a View 5K/10K, 10 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Stockton: UOP Cross Country Benefit 5K Run/Walk, 8:30 a.m. Brookside Field, Felicia Rowley, UOP Athletic Dept., 3601 Pacific Ave., Stockton 95211 (209) 946-2472.

SCHEDULE

Arroyo Grande: Arroyo Grande Community Hospital 5K & 10K, Arroyo Grande Hospital, 8:30 a.m. Contact Tina Levitan (805/545-9334).

Huntington Beach: Distance Derby 10M/5M, H.B. Pier, 7 a.m. City of Huntington Beach, 2000 Main St., Huntington Beach 92648 (714/536-5486).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl (east of Boulder Hwy. on Russell Rd.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

September 1 (Sun.)

San Francisco: DSE Roller Coaster Run, 2.92M, west end of Mountain Lake Park, 9 a.m./Kids' Run, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Tiburon: Angel Island 12K/25K, ferry from Tiburon only at 8:30 a.m., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/978-0837).

Bear Valley: Bear Valley Triathlon (600yS-12mB-3mR), Bear Valley Lake, 10 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-78732).

Kirkwood: Kirkwood 5K/10K, 10 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Pollock Pines: Run on the Sly, 50M/50K/30K/7M, Fresh Pond, 6:15 a.m./50K-50M, 7:15 a.m./30K-7M. Margie Lopez, 853 Holly W., Placerville 95667 (916/626-8846).

Mariposa: Amigo de Oro 5 & 10 Mi., 7:30 a.m. Amigo de Oro Runs, c/o Jerry Bloom, P.O. Box 872, Mariposa 95338 (209/966-4503/WK), 966-5378(H)).

Santa Barbara: Pier to Peak Half Marathon, Mt. Peak, 7 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

September 2 (Mon.)

El Sobrante: Miniman Triathlon (250yS-10mB-2mR), Lake Ridge A.C. (San Pablo Dam Rd./Castro Ranch Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Auburn: 49'r Canyon Classic Biathlon (6.1mR-7.45mB), Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Auburn: 49'r Canyon 10 Mile Classic, 10.45M, Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

McFarland: McFarland Labor Day Runs, Distances, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Ventura: Sweatheart 10K Relay, male/female partners (females run first), 8 a.m. Info: Inside Track (805/643-1104).

September 7 (Sat.)

San Francisco: Alcatraz Challenge Biathlon (2kS-15kR or 2kS only; also Relay), 8 a.m. Chris Oates, 90 New Montgomery, #1500, San Francisco 94105 (415/281-0944).

Montara: Ladyfinger Promenade 8K (California's Anaerobic Championship), McNeen State Ranch (north of The Chart House), 7:30 a.m./hike, 8 a.m./run, 8:30 a.m./elite. Terry Milby,

Tea & Crumpet Society, P.O. Box 1871, So. San Francisco 94083 (415/225-4746).

San Mateo: Peninsula Humane Society Mutt Strutt 5K, Coyote Point Park (Humane Society), 9 a.m. Judy Calhoun, Human Society, 12 Airport Blvd., San Mateo 94401 (415/340-7022, x327).

Mill Valley: Muir Beach Marathon/Half-Marathon/10K, Rock Springs (Mtn. Theatre above Pantoll Ranger Sta.), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Larkspur: Historic Downtown Larkspur Race, 5K & 1M Kids' Race, Magnolia/Ward, 9 a.m./1M, 9:30 a.m./5K. Larkspur Recr. Dept., 400 Magnolia Av., Larkspur 94939 (415/927-5110).

Oakland: Oakland A's All-Star Run, 5K/10K, Oakland Coliseum parking lot, 9 a.m./10K, 9:30 a.m. Lake Merritt Breakfast Club, 3446 Noyo St., Oakland 94602 (510/530-4586).

Lake Berryessa: Lake Berryessa Biathlon (1.25mS-21mB or 0.25mS-21mB), Putah Creek Resort, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Sacramento: Doggy Dash 2K/5K Run/Walk, CSU Sacramento (6000 J St.), 9:15 a.m. Charlene Mattison, Sacramento SPCA, 6201 Florin Perkins Rd., Sacramento 95828 (916/383-7387, x43).

Marysville: John Orogren Memorial 5K Cross Country Classic, River Front Park, 8 a.m. Nick Vogt, X-C Coach, Yuba College, 2088 N. Beale Rd., Marysville 95901 (916/634-7727, 878-0697).

Lake Tahoe: Humane Society Benefit 10K Run/Walk, Spooner Lake State Park (with and w/o leashed dogs), Time TBA. Dawn Armstrong, Box PET, So. Lake Tahoe 96158 (916/577-4521).

Lompoc: Park to Park 8 Mile Run, Miguelito County Park. Info: Kathi Froemming (805) 736-0677.

Wasco: Wasco Rose Runs, Distances & Location TBA, 7:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Malibu: Bulldog 50K Ultrarun (jeep roads & trails in mountainous terrain), 6 a.m. (No race-day reg.). Info: SBR Sports Productions (714/858-7386).

South Orange County: Peter Vidmar 5K Run/Walk, US Gymnastics Training Center, 8 a.m. Info: Race Pace Promotions (714/661-6062).

Laguna: Run for a Reason, downtown, 5K, 8 a.m. Info: 714/494-1446.

Camp Pendleton: Camp Pendleton Half-Marathon, 7:30 a.m. MWR, Attn: Recr. Div., Intramural Dept., Box 555020, Camp Pendleton 92055. (Brent Poser: 619/725-6806).

San Diego: Balboa 4M X-C, Balboa Park (6th & Laurel), 7:30 a.m./M40+, 8:15 a.m./Women, 8:45 a.m./Men's Open. Info: Frank Williamson (800/450-7832).

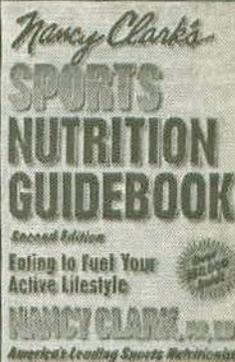
September 8 (Sun.)

San Francisco: DSE Beach Esplanade Run, 5.6M, Sloat Blvd. parking lot, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Walnut Creek: Walnut Festival 10K/5K, Heather Famrs Park, 8:30 a.m./5K, 8:35 a.m./10K. Sue-Z-Bee's Inc., Bob Olin/Sue Palmer, P.O.

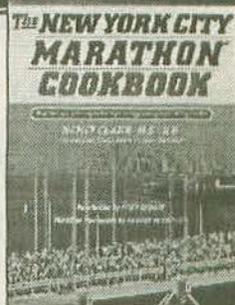
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SCHEDULE

Box 3223, Walnut Creek 94598 (510/746-7175).
Ukiah: Ukiah Triathlon (0.5mS-24mB-5K/R), Lake Mendocino, 8 a.m. Great Ukiah Chamber of Commerce, 200 S. School St., Ukiah 95482 (707/462-4705).

Sacramento: Buffalo Stampede 10 Mile & 5K, Rio Americano H.S. (4540 American River Dr.), 8 a.m./10M, 8:30 a.m./5K. Hotline (916/481-3653).

Fresno: Shin Zen Garden Run, 5 Mile/8 a.m., 2 Mile/7:30 a.m. & 1K Kid's Run/7:15 a.m.. Woodward Park, Shin Zen Run, c/o Fresno JACL, 1713 Tulare St., Suite 133, Fresno 93721-2530.

Century City: Run to Cure Paralysis, 5K/10K & Kiddie 1K, 8 a.m. Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions: 310/828-4123).

Dana Point: Tall Ships Festival 5K (also 1K Kids' Run), Salt Creek Beach, 8 a.m./5K; 10 a.m./1K. Info: Race Pace Promotions (714/661-6062).

San Diego: Cabrillo Craze 10K, Balboa Park, 7:15 a.m. St. Vincent De Paul Village, 3350 E St., San Diego 92102 (KOZ Enterprises: 619/528-8111).

San Diego: San Diego Embarcadero 5K Run/Walk & 1M Kids' Run/Walk, No. Embarcadero Marina Park, 7:30 a.m. Info: SandRock Prods., 7915 Silverton, Suite 309, San Diego 92126 (619/530-1111).

September 14 (Sat.)

Pleasanton: NCFBA 5K/10K, Hacienda Business Park (W. Las Positas), 8:30 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Santa Cruz: Wilder West Half-Marathon & 10K, Wilder Ranch State Park (2M north of Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Pacific Grove: The Triathlon at Pacific Grove (0.93mS-24mB-6.2mR), Lover's Point, 7 a.m./Amateur, 11 a.m./Pro & Elite (1000 Limit). Terry Davis, Tri-California, 1105 Daavid Av., Pacific Grove 93950 (408/373-0679).

Stockton: Park to Park 1M/5M, Louis Park (Mt. Diablo Exit off Hwy 5), 8 a.m./1M, 8:30 a.m./5M. Tarahumara R.C., P.O. Box 8422, Stockton 95208 (Dennis Jeffries: 209/847-5505; Lloyd: 209/239-9347).

POSTPONED TO MAY 10, 1997. Sacramento: Sacramento Race for the Cure 5K, State Capitol, 9 a.m. Race for the Cure, 918 Second St., #200, Sacramento 95814 (916/443-6223).

Grass Valley: Bloomfield Boogie Ride & Tie, 13/26M (1 horse, 2 runners, alternate running/riding), Time TBA. Jon Root, P.O. Box 461, Grass Valley 95945 (916/292-1902).

So. Lake Tahoe: Tahoe To-Run-Osaurus 5K/10K & 0.5M Tot Trot, Bijou Park, 8:30 a.m./Tot Trot, 9 a.m. Kiwanis Sunrider, Box 555, So. Lake Tahoe 96156 (916/544-6771).

Bakersfield: BTC Hill and Dale 10K, Location TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Mt. Whitney: Mt. Whitney Challenge 22 Mi. Run, base of Mt. Whitney, 7 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

Malibu: Bulldog Ultra Run, 50K, 7 a.m. Ingrid Shattuck, 810 Rancho Rd., Thousand Oaks 91362 (805/495-2248).

Solana Beach: Frog's 5K & Kids' 1M Run, Frog's A.C., 7:30 a.m./Men, 8 a.m./Women, 8:30 a.m./Kids. Frog's 5K Run, c/o Breaking 40, 4060 Morena Blvd., #G-355, San Diego 92117 (KOZ Enterprises: (619/528-8111)).

Wells, NV: Race To The Angel, 13.1 Mi. (Run/Walk/Bike), 585 Sixth Av. to Angel Lake (3,000 ft. climb), 7 a.m./Walk, 7:30 a.m./Run, 8 a.m./Bike. Tommi Reynolds or Chris Hess, P.O. Box 365, Wells, NV 89835 (702/752-3328).

September 15 (Sun.)

San Francisco: Golden Gate Presidio 10M/3M Run for the Kids, Presidio Park Parade Grounds, 8:30 a.m. Andy Fitzpatrick, 7 Azalea Dr., Mill Valley 94941 (415/781-6785).

San Francisco: DSE Ferry Building Run, 3.83M, Jefferson/Hyde Sts., 9 a.m./Kids' Run, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Los Gatos: Ron's Wildlife Run, 10K/5K/2K Kids' Run, Vasona Park, 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030 (408/356-4945).

Pleasanton: Tri For Real (700yS-16mB-4mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Carmichael: Carmichael Classic Fun Run, 10K/5K & Kids' Run, Ancil Hoffman Park (6700 Tarshes Dr.), 8:15 a.m. Tracy Kerth, 5750 Grant Av., Carmichael 95608 (916/485-5322).

Shingle Springs: Ponderosa Sac Attack 5K/10K Run, Ponderosa H.S., 8 a.m. J. Lapanja, 3450 Palmer Dr., Box 123, Cameron Park 95682 (916/677-3986).

Yuba City: California Prune Festival 5K/10K Run/Walk, Boyd/Bridge Sts., 8 a.m. Marie Kroeger, Track Coach, Yuba College, 2088 No. Beale Rd., Yuba City 95901 (916/741-6839, 755-3584, 671-3100).

Burney: Burney Classic Marathon/Half-Marathon/10K/5K, Burney H.S., 8 a.m./Mara., 9:15 a.m./HM, 10 a.m./10K, 10:15 a.m./5K. Don Jacobs, P.O. Box 217, Dept. M. Burney 96013 (916/335-2825).

Fresno: UCP-Brian Sturgeon Run, 2M/4M, Woodward Park (Mtn. View Shelter), 7:15 a.m. Tom Purcell, United Cerebral Palsy, 4224 No. Cedar Av., Fresno 93726 (209/221-8272).

Pismo Beach: The Beach Run #2. Pismo Beach Pier, 9 a.m. Larry Jones Productions, 3623 Johnson Ave., San Luis Obispo 93401 (805) 544-8782.

Malibu: Met RX Triathlon (0.5mS-18mB-5mR), Zuma Beach, Time TBA. Info: MESP (818/707-8867).

Pasadena: 5 Acres Old Pasadena Run, 5K/10K & Kiddie Run, Rose Bowl, 8 a.m. Info: 818/798-6793.

Los Angeles: Home Run 5K/10K & 1M Family Fun Run, L.A. Police Academy (behind Dodger Stadium), 8 a.m. Home Run, 3750 W. Martin Luther King Jr. Blvd., Los Angeles 90008 (909/867-2600).

Tustin: Run Thru the Hangars IV, 5K, Marine Corps Air Station, 8 a.m. Aircraft Rescue Firefighting, MCAS Tustin, Santa Ana 92710 (714/726-7004).

September 21 (Sat.)

San Francisco: San Francisco Amphibathon (1KS-10KR), Aquatic Park, Time TBA. Marc Paulsen, 300 Hamilton St., #201, San Francisco 94134 (415/467-0869).

Cotati: Cotati Summer Biathlon (5K total run + shooting targets), Cotati Rod & Gun Club, 8 a.m. (mandatory clinic), 9:30 a.m. Mike Stafford, 1607 Colombard Rd., Petaluma 94954 (707/763-7219).

Salinas: Healthy Choice American Heart 5K/10K Run/Walk & 10K Bike, Laguna Seca Raceway, 9 a.m. Bobby Price, American Heart Assoc., 1514 Moffat St., Suite A, Salinas 93905 (408/757-6221).

Sacramento: Chevy's to Chevy's 12K, Chevy's Restaurant (Riverfront location), 8:30 a.m. A Change of Pace, 221 'G' St., #205, Davis 95616 (916/757-6017).

Bass Lake: Bass Lake Triathlon (1.5KS-40KB-10KR), Pines Resort, 8:30 a.m. (wave starts). Chris Smith, 4976 Hartwell Rd., Oakhurst 93644 (209/683-6115).

Bakersfield: Frazier Mountain Falcon Runs. Distances & Location TBA, Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Squaw Valley: Pacific Crest Trail 50K/25K/50K Relay, Olympic Village, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Encinitas: Encinitas Day Races, 5K/1M, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

La Jolla: Windansea Surf Club 5K Run/Walk, Windansea Beach, 7:30 a.m. Windansea 5K, 809 Lamplight Dr., La Jolla 92037 (619/454-7245).

September 22 (Sun.)

San Francisco: DSE Biathlon (2.5mR-0.5mS) or 2.5mR only, Dolphin Club (Hyde & Jefferson Sts.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside), 9 a.m. LMJS Hotline: 510/601-7887.

Alameda: Harbor Bay 5K/10K, Harbor Bay Ferry Terminal, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

San Anselmo: Run & Walk for Open Space 4 Mile, Memorial Park, 8:30 a.m. (300 Limit). San Anselmo Open Space, Kathy Sanders, 310 Redwood Rd., San Anselmo 94960 (415/456-5476).

Rohnert Park: Run for the Future, 10K/3K, Rohnert Park Community Center (5405 Snyder Ln.), 8:30 a.m. Boys & Girls Club, P.O. Box 2426, Rohnert Park 94927 (707/795-0139).

Ukiah: Coyote Trail 6M Run/Walk, Lake Mendocino (Mesa day use area), 9 a.m. Vic Crossetti/North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/462-3329).

Rancho Cordova: Cordova Fall Classic 5M Run/Walk, Cordova H.S./Hagan Park, 9 a.m. Classic Challenge Series, c/o Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (916/362-1841).

Reno, NV: Stride 'N Ride for SageWinds (1.5mR-18mB-1.5mR), Bowers Mansion (20M south of Reno on 395), 10 a.m. Suzy Truax, Finish Line Productions, 1105 Terminal Way, #202, Reno, NV 89502 (702/786-5531).

SCHEDULE

Redding: SWEAT Whiskeytown Lake Relays (4M/5.3M/3.7M/6.3M), Brandy Creek Marina, 8 a.m. Kim Stempien/SWEAT, P.O. Box 990188, Redding 96099 (916/221-4601).

Fresno: Fresno Fair Cross-City Race, 2M/10K, Time TBA. Fresno Fair Cross-City Race, 1121 Chance Av., Fresno 93702 (209/453-3247).

Simi Valley: Simi Valley Days Charity Run, 5K/10K, Simi Valley Fairgrounds (Madison & Los Angeles Av.), 7:30 a.m./5K, 8:20 a.m./10K. Erik Pedersen, 2828 Cochran St., #300, Simi Valley 93065 (805/584-1153).

San Dimas: Mt. Mike Triathlon & Duathlon (500yS-10mB-4kR or 4kR-10mB-4kR), Bonelli Park, Time TBA. Info: 818/331-0169.

Los Angeles: The Cacique Run to Save the Children, 5K/10K, Griffith Park, 8 a.m. Info: W2 Promotions (310/828-4123).

Big Bear City: Big Bear Classic 5K/10K, 8 a.m. Info: Norman Haines (909/585-5850).

Irvine: Spectrum 5000, Location & Time TBA. Info: SBR Sports Productions (714/858-7386).

Newport Beach: Orange County Race for the Cure 5K/1M, Fashion Island (Pacific Mutual Bldg.), 8:15 a.m./Women's 5K, 8:25 a.m./Adult 1M, 9:30 a.m./Co-ed Fk, 10:40 a.m./Kids' 1M. Info: Kinane Events (714/224-0290).

Camp Pendleton: Do the Tri, Try the Du (0.5mS or 2mR-30mB-5kR), 8:30 a.m. Info: Russ Jones (714/240-8547).

San Diego: Suicide Shuffle Half Marathon, Torrey Pines Hill thru Mt. Soledad to La Jolla Cove, 8 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

San Diego: Villa/San Diego Youth Soccer 5K Fun Run, Mission Bay (south of Hilton), 7:30 a.m. SD Youth Soccer 5K, 4060 Morena Blvd., #G-355, San Diego 92117 (Michelle: (619/292-6918)).

September 27 (Fri.)

Palo Alto: Palo Alto Weekly Moonlight Run/Walk, 5K/10K, Baylands Athletic Center, 9 a.m. The Final Result, 460 Wisnom, San Mateo 94401 (800/491-8988, 415/696-1196).

Calistoga: The Relay-Napa to Santa Cruz, 195 Mi., 12-member teams (each person runs approx. 5 Mi. three times in 24 hours) (staggered starts), Old Faithful Geyser to Santa Cruz Boardwalk, 10 a.m. (2-day event). Napa/GG/Santa Cruz Relay, 751 Laurel St., #401, San Carlos 94070 (415/508-9700).

September 28 (Sat.)

San Mateo: The Coyote Point 5 Miler & 10 Miler, Coyote Point County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Hercules: Healthy Choice, American Heart Assoc. Heart 3M/5M Walk, Hanna Ranch Park, 10 a.m. Gordon Speck, Lakewood A.C., 6350 San Pablo Dam Rd., El Sobrante 94803 (510/222-2500).

San Leandro: Shoreline Run & Festival 10K/3K Runs, San Leandro Marina, 8:45 a.m./3K, 9:05 a.m. Dave Piva, San Leandro Comm. Ser-

vices, 300 Estudillo Av., San Leandro 94577 (510/577-3479, 577-3462(Hotline)).

Vacaville: Marti Nelson Cancer Research Foundation 5K/10K, Vaca Valley Pkwy., Time TBA. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-2012).

Angels Camp: Angels Camp Triathlon (0.5mS-16mB-4mR), New Melones Reservoir (off State Route 49), 8:30 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Bakersfield: Runway Runs, Distances & Location TBA, Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Chino Hills: Harvest Run, 10K/5K, 8 a.m./5K, 8:30 a.m./10K. Info: 909/627-5532, 465-5503.

Encinitas: Encinitas 5K & 1M Run/Walk, Moonlight Beach, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

San Dimas: 12th Annual City of San Dimas Run. 5K/7:30 a.m., 1K/8:30 a.m. Contact Sjany Larson (909) 394-6230.

San Diego: Do "The Beach" 5K/10K Run/Walk & Kids' Run, Torrey Pines State Beach, 4 p.m. The Beach, P.O. Box 2293, Del Mar 92014 (Joan (619/736-1001)).

Avalon: Run for Sight 10.8M/5K/10K, Fourn House (Sumner Av.), 7:30 a.m./10.8M, 11 a.m./10K, 11:10 a.m./5K. Paul McIlroy, P.O. Box 305, Avalon 90704 (310/510-0787).

Las Vegas, NV: Juan in a Million 5K (Elite & People's Races), 7:30 a.m. Juan in a Million Children's Foundation, 700 E. Charleston Blvd., Las Vegas, NV 89104 (702/877-9072).

September 29 (Sun.)

San Francisco: DSE Single & Double Lake Merced Runs, 4.6M/9.2M & Kids' Run, Sunset Blvd. Pkg. Lot, 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Pacifica: Fog Jog 5M Run/3M Stride, 170 Santa Maria Av., 9 a.m. David G. Barry III, City of Pacifica Recr. Dept., 170 Santa Maria Av., Pacifica 94044 (415/738-7354).

Oakland: Race for Education 5M/Youth Track Races, Laney College, 8 a.m. Richard Williams/Katrin Spinetta, Peralta Colleges Alumni Assoc., 333 E. Eighth St., Oakland 94608 (510/466-7314).

Santa Clara: Paramount's Great America Carousel to Coaster 10K Run/5K Stride, Great America, 8:30 a.m. City of Santa Clara Parks & Recr. Dept., 1500 Warburton Av., Santa Clara 95050 (408/984-3223).

Scotts Valley: Bean Creek 10K Run/5K Walk, Scotts Valley Middle School (6 Bean Creek Rd.), 8:30 a.m. Fran Kaplan, 2 Cielo Dr., Scotts Valley 95066 (408/438-1820).

Oakley: Oakley Almond Festival "Love a Nut" 5K Fun Run/Walk, O'Hara Av./Cypress, 8:30 a.m. Pam Painter, Oakley Almond Festival, P.O. Box 8, Oakley 94561 (510/625-1881).

Pacific Grove: Monterey Bay 10K/5K "Run for the Beacon" & Kids' 1 Mi., Lover's Point Park, 8:15 a.m./1M, 9 a.m. Dan Gearhart, 370 Trinity Av., Seaside 93955 (408/899-1570).

Sonoma: Sonoma Vintage Run 5K & 0.5M

Kids' Race, Sebastiani Winery (Lovall Valley Rd.), 8 a.m./5K, Kids' race follows 5K. Sherman Harris, 969 Madison Dr., Sonoma 95476 (707/938-2153).

Grass Valley: Empire Mine Gold Rush 5.1M Run/3.37M Walk, Empire Mine State Park, 8:30 a.m. Sherree Bell/Ed Sylvester, Sierra Trailblazers R.C., 101 Providence Mine Rd., Suite 202, Nevada City 95959 (916/265-5841).

Malibu: Nike Dolphin Run, 10K/5K & 1K Kids' Run, Zuma Beach, 8 a.m. Info: 310/395-2130.

Newport Beach: Fiber Human Race Triathlon (0.5mS-14mB-5kR), 7 a.m. Info: 800/357-9699.

Portland, OR: Portland Marathon (also 5M, Biathlon, 24-Hr. Ultra and Kids' Run), City Hall, 7 a.m./Mara. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076 (503/226-1111).

October 5 (Sat.)

San Jose: Quicksilver Challenge Half-Marathon, Castillero Middle School (6384 Layland Park Dr.), 8 a.m. Susan Brazelton, 17145 Munroe Way, Morgan Hill 95037 (408/778-3862).

Hopland: Hopland Harvest Fest 5K/8K, Fetzer Tasting Room, 8 a.m. Ready-Set-Go, P.O. Box 518, Ukiah 95482 (800/959-4035).

Sacramento: Run for the Library 5K/10K/3K Run/Walks, Natoms Racquet Club, 8:30 a.m. Jim Sandberg-Larsen, 1620 W. El Camino Av., #170, Sacramento 95833 (916/863-9622).

Murphys: Gold Rush 4 Miler, Murphys Park (part of Murphys Gold Rush Street Fair), 9 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Manhattan Beach: Manhattan Beach Old Hometown 10K Run, 3rd & Valley, 7:30 a.m. (No Raceday Reg.). Info: 310/372-3553.

Rancho Santa Margarita: Chiquita Ridge Trail Runs, 20K/8K, Time TBA. Info: SBR Sports Productions (714/858-7386).

Newport Beach: Harbor Heritage Runs, 5K/2K, Newport Harbor H.S. (600 Irvine Av.), 8 a.m. Info: 714/760-3339, 631-4077.

Yorba Linda: Canning Hunger 5K/1K, 4221 Rose Dr., 8 a.m. Rocky Whan, 700 E. Lambert, #B, La Habra 90631 (714/990-9551).

Cuyamaca: Cuyamaca-Laguna 50K, Cuyamaca State Park, 7 a.m. Info: Mike Suter (619/444-5023).

Carlsbad: Aviara 5K Run/Walk & Kids' Mile, Batiquitos Dr. (near Golf Club), 10 a.m./5K, 11 a.m./Kids. Aviara Land Assoc., 2011 Palomar Airport Rd., Carlsbad 92009 (619/431-2770).

October 6 (Sun.)

San Francisco: KNBR Bridge to Bridge 12K/5K Run/Walk, Ferry Bldg/Presidio, 9 a.m. Isabel Lemon, KNBR-68 Radio, 55 Hawthorne, Ste. 1100, San Francisco 94105 (415/995-6868).

San Francisco: DSE Distance Classic 12 Hr. Run/5K Run, Golden Gate Park (Polo Fields/upper dirt track), 7 a.m./12 Hr., 9:30 a.m./5K. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/903-3041).

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SCHEDULE

Palo Alto: The Great Race 10K, Stanford Stadium, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Novato: Novato Stampede 1M/5K/10K, San Marin H.S., 8 a.m./1M, 8:30 a.m. Novato Education Fdn., P.O. Box 1472, Novato 94948 (415/897-4254).

Santa Rosa: Harvest Fair 10K/3K, Santa Rosa Fairgrounds, 8 a.m. Sonoma County Family YMCA, 1111 College Av., Santa Rosa 95404 (707/545-YMCA).

Santa Cruz: Santa Cruz County Sentinel Triathlon (1mS-23mB-10KR), Bay Av./West Cliff Dr., 8 a.m. Santa Cruz Sentinel Triathlon, P.O. Box 638, Santa Cruz 95061 (408/423-4242, x301).

Carmel: Fine Arts 5K Run/Walk, 9 a.m. William Bureigh, Box 222620, Carmel 93922 (408/625-6287).

Sacramento: Sacramento Marathon/Half-Marathon, William Land Park, 7:30 a.m. Ron Sturgeon, P.O. Box 995, Dixon 95620 (916/678-5005).

Morro Bay: Morro Bay Harbor Sprint Triathlon (0.25mS-14mB-3mR), Coleman Beach, 9 a.m. Kirk Carmichael, 1001 Kennedy Way, Morro Bay 93442 (805/772-6278).

Malibu: Nike Dolphin Run & Malibu Mile, 10K/5K & Kids' 1K, Zuma Beach, 9 a.m. Info: 310/828-5099.

Santa Clarita: 6 Flags 5K Run, Magic Mountain, Time TBA. Info: 800/416-9503.

Pasadena: Five Acres Rose Bowl, 5K/10K & Kiddie 1K, Rose Bowl area (Brookside Park), 8 a.m. Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions: 310/828-4123).

San Diego: Mission Bay Triathlon (500mS-15kB-5kR), Mission Bay Ski Beach, 7:30 a.m. Koz Enterprises, P.O. Box 1100, San Diego 92142 (619/528-8111).

Minneapolis, MN: USAT&F National Masters Marathon Championships, Location & Time TBA. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401 (612/673-0778).

October 12 (Sat.)

San Leandro: Firetrails Fifty, 50M, Lake Chabot Marina, 6:30 a.m. Dick Collins, Bay Area Ultrarunners, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

Sausalito: Sausalito Marathon/Half-Marathon/7M, Ft. Cronkhite (Rodeo Beach), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Oakland: Pacific Assoc. Cross Country/Mills Invitational. Men-8K, Women-5K. Carla Jackson (510) 430-3282.

Folsom: Folsom's Run with Nature 5K/10K & 0.5M Youth Run, Albertson's (Blue Ravine/Natoma Sts.), 8 a.m./0.5M, 8:15 a.m. Robyn Scrimmager/Lynn LaPage, 50 Naatoma St., Folsom 95630 (916/355-7285).

Quincy: Mt. Harvest Festival 5K/10K/3M Run/Walk, Court/Jackson Sts., 10 a.m. Jerry Thomas, 2631 American Way, Quincy 95971 (916/283-4283, -4231, -4779).

Lompoc: Lompoc Red Ribbon Run, 5K/10K/1K, La Purisma Mission State Park, 8:00 a.m. Laurie Lane (805) 735-6751 or Ray Gil (805) 736-4233. LVDC, PO Box 694, Lompoc 93438.

Huntington Beach: "Running is for the Birds", 10K/8:30 a.m., 5K/8:40 a.m., 1K Youth Run/9 a.m. Bolsa Chica State Beach (Pacific Coast Hwy near Warner Ave.). Info: Adrienne Morrison (714) 897-7003. Amigos de Bolsa Chica, PO Box 3748, Huntington Beach 92605-3748.

San Diego: San Diego T.C. 10-Miler, Lake Miramar (Scripps Ranch), 7:30 a.m. Info: Frank Williamson (800/450-SDTC).

La Jolla: The San Diego Triathlon Challenge (0.5mS-56mB-13.1mR), La Jolla Cove, Time TBA (Limit 100 entrants). Info: Koz Enterprises (619/528-8111).

October 13 (Sun.)

San Francisco: DSE Kennedy Drive Run, 4.7M & Kids' Run, Golden Gate Park (south side of Polo Fields), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Palo Alto: Theta Breakers 5K/10K, Stanford Stadium, 9 a.m. Vince Lin, 20102 Northcrest Sq., Cupertino 95014 (408/252-8842).

Mountain View: Stevens Creek Trailblazers 10K Run/3m Walk/Youth Track Races, Shoreline Park, 8 a.m. Mary Alexander, 2221 McClellan, Cupertino 95014 (408/255-5780, 415/903-6067).

San Jose: Almaden Classic, 10K/2M, Leland H.S., 8:30 a.m. Kate Chimenti, 7188 Brooktree Ct., San Jose 95120 (408/268-2904).

Morgan Hill: Columbus Day Biathlon (5mR-15mB-5mR), Live Oak H.S. (1505 E. Main St.), 9 a.m. South Valley Tri Sports Club, P.O. Box 1927, Morgan Hill 95038 (408/779-4694).

San Ramon: Primo's Run for Education, 5K/10K/Half-Marathon, Primo's/Danville (HM start), Bollinger/Alcosta (5K/10K start), 7:30 a.m./HM, 8 a.m. Primo's Run, P.O. Box 1463, San Ramon 94583.

Salinas: Salinas Skyclimb, 7.5M/5K, Toro Park (Quail Meadow Picnic Area), 9:30 a.m. Skip Latham, 105 Harvest St., Salinas 93901 (408/424-6155).

Merced: Gateway to Yosemite Triathlon (10kS-22mB-800mR or 2mS-6mB-400mR), Yosemite Lake Park, 8:30 a.m./long. John Mason/Gordon Wilkinson, 3326 Lagoon Av., Atwater 95301 (209/358-9385).

Tahoe City: Lake Tahoe Marathon/Relay/Half-Marathon/10K/5K, Fanny Bridge, 10 a.m. Les Wright, 2261 Cold Creek Tr., So. Lake Tahoe 96150 (916/544-7095).

San Luis Obispo: Cuesta 50K Biathlon (1KR-40kB), Cuesta College, 8 a.m. Warren Hansen, Cuesta College Athletics, P.O. Box 8106, San Luis Obispo 93403.

Los Angeles: America Against Crime, 5K/10K, Griffith Park, 8:30 a.m. Info: W2 Promotions (310)828-4123).

Loma Linda: Running Out Cancer '96, 8K Run & 5K Walk, Loma Linda Univ. & Medical Center (11234 Anderson St.), 8 a.m. Info: Carolyn Jordan-Daniels or Que Osler (909/799-6003).

Hermosa Beach: MET-Fx A Day at the Beach Hermosa Triathlon (0.25mS-9mB-3mR), Time TBA. Info: MESP (818/707-8867).

San Diego: Do the Bridge '96 (Coronado Bay Bridge), 4 Mi., Gaslamp District (5th/Harbor) to Coronado, 8 a.m. Joan, P.O. Box 2293, Del Mar 92014 (619/736-1001).

October 18 (Fri.)

Bakersfield: Corporate Rate Race and Downtown Challenge, 5K, Chester Av., 5:45 p.m. Michael Lewis, Boy's & Girl's Club, 800 Monterey St., Bakersfield 93306 (805/633-3130).

October 19 (Sat.)

Santa Cruz: Skyline to the Sea Trail 50M/ Marathon/Half-Marathon, Big Basin HQ (Hwy. 236 off Hwy. 9), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Corralitos: Autumn Challenge '96 5.7M/3.3M, Location & Time TBA. Tisha Scurich, Salesian Sister's School, P.O. Box 508, Freedom 95019 (408/761-7481).

Ukiah: Kids "I Did It" Fun Runs, (25y 4/Under: 0.25M/1M 5/Over), Location & Time TBA. Dottie Deerwester, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-8024).

Belmont: Pacific Assoc. Cross Country/Crystal Springs challenge, 4 mile/3 mile. Ken Grace (510) 786-6929.

Bakersfield: Joel Mena Memorial 5K, Location TBA, 4 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Chula Vista: Arturo Barios Fiesta Kids' Runs, 1M/0.5M/0.25M/25Y, 8 a.m. Elite Racing, Inc., Anna Maria Hagstrom, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510, 714/374-3200).

Duluth, MN: USAT&F National Masters 100K Championships, Location & Time TBA. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391 (612/476-0015).

October 20 (Sun.)

San Francisco: DSE Fun at Fort Funston 5K, Fort Funston (Skyline Hwy. 35), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: Race for the Cure 5K Run & 1M Walk, Golden Gate Park (Sharon Meadow), 8:30 a.m./5K, 8:45 a.m. Judy Ikenberry, Race Central, P.O. Box 828, Rialto 92377 (800/698-8699, 909/874-5870).

Foster City: Foster City Wildcard 8K, Location TBA, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Garden Valley: Grizzly Runs 10K/5K/0.5M. Golden Sierra H.S., 8:30 a.m./0.5M, 9 a.m. Grizzly Runs, 2059 Hotchkiss Ct., Cool 95614 (Joan Giniel: 916/885-9948; Jim Sullivan: 916/888-7372).

Nevada City: Run Through the Colors 5K/10K, Pioneer Park, 8:30 a.m. Richard/Theresa Thomas, 10066 Rob-King Rd., Nevada City 95959 (916/265-2666).

Weott: Humboldt Redwoods Marathon/Half-Marathon (PA/USAT&F Half-Marathon Championships), Dyerville Bridge on Ave. of the Giants, 9 a.m. Six Rivers R.C., P.O. Box 4989, Arcata 95518 (707/443-1220).

San Luis Obispo: San Luis Obispo City to Sea Half-Marathon & 5K, Half/Downtown SLO to Avila Beach, 5K/Avila Beach, 9 a.m.. Joe Rubio, Venue Sports, 4106-B Vachell Ln., San Luis Obispo 93401 (800/676-7463).

Ventura: Roads Scholars Mile, 5K & 10K, downtown, Time TBA. Info: Inside Track (805/643-1104).

SCHEDULE

Lake Isabella: Dam Tough Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Moreno Valley: Tour de Moreno Valley Half Marathon, Pedrona Park, 7:30 a.m. Info: 909/413-3700.

Canyon Lake: Canyon Lake Classic 10K Run, 5K Run/Walk, 5K In-Line Skate and 1M Kids' Run, 8 a.m. Info: Jeff Butzlaff (909/244-2955 (day), 909/244-1688(eve)).

Marina Del Rey: Marina Breakers 5K/10K, 7:30 a.m. Info: W2 Promotions (310/828-4123).

Dana Point: Lady Liberty Freedom from Violence 5K, Dana Pt. Harbor, Time TBA. Info: Kinane Events (619/434-6301).

Upland: Stride & Ride, 5K/10K Runs, 5K Walk, 10K Wheelchair, Memorial Park (btwn. Campus & Grove Sts., south of Foothill Blvd.), 8 a.m./5K, 8:30 a.m./10K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Chula Vista: Arturo Barrios Invt., 5K/10K & 10K Invt., Bayside Park, 7:30 a.m./5K, 8:15 a.m./10K, 9:45 a.m./Invt. Elite Racing, Inc., Anna Marie Hagstrom, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510, 714/374-3200).

October 26 (Sat.)

Gilroy: Halloween VII 10K/5K Run/Walk, Christmas Hill Park, 9 a.m./10K, 9:15 a.m. Bill Young, 7393 Eagleberry St., Gilroy 95020 (408/842-4145).

Calistoga: Napa Valley Wine Country Classic Marathon/Half-Marathon/5M, Napa State Park (Hwy. 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Ukiah: Pumpkin Super Mile, North State Street (near Fairgrounds), 10:45 a.m. Dottie Deewester, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-8024).

Davis: Rutile Grande City for City Fun Run, 10K/5K, UC Davis Quad (southeast corner), 9 a.m. Terry Turner, 1224 Beach Ln., Davis 95616 (916/756-7881).

Fresno: Shoes n' Spokes 10K Run. Location & Time TBA.

Bakersfield: Police Memorial Runs, Distances & Location TBA, 8:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Alhambra: Alhambra Moonlight 8K Run, Relay & Walk, Alhambra Park, 7 p.m. Info: 818/282-8481.

Lake Cuyamaca: Lake Cuyamaca Ride & Tie, 15/33M (1 horse, 2 runners, alternates running/riding), Time TBA. Arlene Foster, 38230 Lorenzo Ln., Hemet 92544 (909/767-1237).

Irvine: Heart & Sole Classic 5K/10K, Irvine Entertainment Center, 7:30 a.m. Info: Tammy Guiso (Heart Assoc.) (714/856-3555).

Newport Beach: Octoberfest Celebration 5K/10K Runs, Newport Dunes Resort, 7:30 a.m. Info: Race Pace Promotions (714/661-6062).

Orange County: Stride, Ride & Roll Trail Run/Hike, Roller Hockey, Mtn. Bike & Road Rides, Distances TBA, Foothill Ranch, 7:30 a.m. Info: Kinane Events (619/434-7706, 714/851-2576).

Hawthorne: Hawthorne Rotary 5K/10K & 0.5K Kids' Run, Robert F. Kennedy Medical Center (4500 W. 116th St.), 8 a.m./5-10K, 9:30 a.m./Kids. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Temecula: Temecula Pumpkin Runs, 5K/10K & 1M Run/Walk, Pujol St., 8 a.m. Info: Melody (909/676-7875).

San Diego: Crimestoppers Light the Night Against Crime 5K, downtown, 7 p.m. Light the Night, c/o In Motion, 511 S. Cedros Av., Suite B, Solana Beach 92075 (619/792-2900).

Mexicali: Mexicali-San Felipe 5-Person Relay (2 Days), 125 Mi. (Sat./70M, Sun./55M), Crown Plaza Hotel, 7:30 a.m. Info: Monday International (619/236-0895).

Kona, HI: Gatorade Hawaii Ironman Triathlon World Championship (2.4mS-112mB-26.2mR), Time TBA. Sharon Ackles, 75-127 Lunapule Rd., Suite 11, Kailua-Kona, HI 96740 (808/329-0063).

October 27 (Sun.)

San Francisco: San Francisco Classic, 10K/5K Run/Walk Against AIDS, Golden Gate Park (10th Av. & JFK Dr.), 8 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

Daly City: DSE San Bruno Mountain 5K/10K, San Bruno Mtn. State Park (Guadalupe Canyon Pkwy.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Anselmo: Run to the Heavens 6.4M/2M and 1M Kids' Run, San Dominico campus, 8:30 a.m./Kids, 9 a.m./6.4M, 9:15 a.m./2M. San Domenico School, 1500 Butterfield Rd., San Anselmo 94960 (415/721-2602, x29).

Alameda: Streamline Half-Marathon/5K, Harbor Bay, 8 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. LMJS Hotline: 510/601-7787.

Lafayette: Lafayette Reservoir Run, 10K/2M, Mt. Diablo Blvd. (btwn. B of A & Lamorinda Nat'l. Bank), 8 a.m. Sue Cross, Lafayette Chamber of Commerce, 100 Lafayette Cir., #103, Lafayette 94549 (510/284-7404).

Marina Del Rey: Marina Breakers Halloween Run, 5K/10K, 8 a.m. Info: 310/828-4123.

Newport Dunes Resort: Octoberfest Celebration 5K/10K, 7:30 a.m./5K, 8:30 a.m./10K. Info: Race Pace Promotions (714/660-6162).

La Mesa: Trolley Trot 5K/10K, Grossmont Center Trolley Station, 8 a.m. Info: 619/258-7423.

El Cajon: Youth Halloween Run, Various Distances, Kennedy Park, 10 a.m. Info: SDTC (Daryl Lassen) (800/450-7382).

San Diego: Sri Chinmoy Skate/Run, 5M In-Line Skate followed by 5M Run (teams ok), Lake Miramar, 8 a.m. Info: Sri Chinmoy Marathon Team (619/280-1079).

Louisville, KY: USAT&F National Masters 8K X-C Championships, Location & Time TBA. Bob Miller, P.O. Box 6667, Louisville, KY 40207 (502/896-07

LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)

November 2 (Sat.)

Morgan Hill: Morgan Hill Marathon/Half-Marathon, 8 a.m. Dan Barger, California Sports Marketing, P.O. Box 794, Morgan Hill 95037 (408/776-3035, 779-5653).

November 3 (Sun.)

Coulterville: Gold Rush Marathon (unofficial), finishes at Mariposa (along Hwy. 49), 9 a.m. Jerry Bloom, P.O. Box 872, Mariposa 95338 (209/966-5378, 966-4503).

Columbus, OH: USAT&F National Masters 5K X-C Championships, Location & Time TBA. John White, 4865 Arthur Pl., Columbus, OH 43220 (614/459-2547).

New York City, NY: New York City Marathon, 25,000 accepted. Entries probably closed (call 212/423-2284 before you waste your time!).

November 9 (Sat.)

Big Sur: Big Sur Trail Marathon/Half-Marathon/5M, Andrew Molera State Park, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

November 10 (Sun.)

Santa Clarita: City of Santa Clarita Marathon, Lang Station (east of Sand Canyon), 7 a.m. (1500 Limit). Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380 (805/259-5441).

San Juan Hot Springs: San Juan Trail 50 Miler, Cleveland National Forest, 6 a.m. Info: Baz Hawley (209/683-7426).

November 16 (Sat.)

Stinson Beach: Stinson Beach Marathon/25K/7M, Parkside Cafe, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

November 7 (Sun.)

Palm Desert: Palm Desert Marathon/10K, Civic Park, 7 a.m./Mara., Time TBA/10K. Palm Desert Marathon Assoc., 73-350 El Paseo, #206, Palm Desert 92260 (619/346-8070).

December 8 (Sun.)

Folsom: California International Marathon (PA/USAT&F Championships), Folsom Dam to State Capital in Sacramento, 7 a.m. CIM, 120 Ponderosa Ct., Folsom 95630 (916/983-4622).

Culver City: Western Hemisphere Marathon/Half-Marathon/5K, Veteran's Memorial Park, Times TBA. Western Hemisphere Marathon, 4117 Overland Av., Culver City 90230 (310/253-6650).

Honolulu, HI: Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waiialae Av., Rm. 208, Honolulu, HI 96816 (808/734-7200).

Tucson, AZ: Tucson Marathon/Half-Marathon/5K & Marathon Relay (5-persons), starts at Biosphere 2. 8 a.m. So. Arizona R.R., 4625 E. Broadway, #112, Tucson, AZ 85711 (520/325-2736).



1996 CIF/ARCO am/pm

California

High School State Meet

BOYS

By Doug Speck

▲ 100 Meters

The state developed a super group of sprinters from all over the place during the spring. Just when one starts to get a bit down on things in the sport, supers appear such as soph Miguel Fletcher (10.47), junior Tierre Sams (10.46), and quick-developing jumper/sprinter Jim McGee (10.33w-10.63), with strong returnees such as Vince Williams (10.53) and great jumper/sprinter Gerald Williams (10.47w-10.57) adding to the show.

Sac Joaquin champ Jim McGee blasted a 10.45 winner (+0.7) in Heat 1 over Sams (10.56) and Vince Williams (10.57), with Phillip Pipersburg continuing a fine spring with 10.72 in fourth to move on. Heat 2 had -1.5 meters per second of wind slowing the crew, with surprising E.J. Jackson winning over Miguel Fletcher 10.75-10.76. Heat 3 had about a two tenths of a second benefit over the previous contest, with +1.2 mps of wind having Gerald Williams 10.54, all-world footballer Leon Callen (10.62) and Daunte Burks (10.67) making the Finals.

Finals.
The Finals was a surprisingly simple event. From Lane 1 through 9 it was Fletcher, Pipersburg, Callen, Sams, McGee, Gerald Williams, Vince Williams, Burks, and Jackson. The action in the event, run with a -1.8 mps wind, was in the center of the track. From Lane 5 Jim McGee



Jim McGee
100m

Photo by Allison Cockerham

had a good start, then from twenty meters on simply steadily pulled away from a good group to a full two meter win in a fine (for the wind) 10.52. Vince (10.70) beat Gerald (10.77) for second in the battle of the Williams'. McGee's margin of victory and dominance over a fine field was very impressive, with a dead wind probably putting the time in the mid-10.30's, one of the fastest times ever run in this meet.

Final wind -1.8

1. Jim McGee 12 Sacramento 10.52
 2. Vince Williams 12 University City 10.70
 3. Gerald Williams 12 Lynwood 10.77
 4. Leon Callen 12 De La Salle 10.82
 5. Tierre Sams 11 Edison CE 10.83
 6. E. J. Jackson 12 Beyer 10.84
 7. Phillip Pipersburg 12 S Barbara 10.85
 8. Miguel Fletcher 10 Alamy 10.86
 9. Daunte Burks 12 JF Kennedy SJ 10.90
- Heat 1 wind +0.7** 1. Jim McGee 12 Sacramento q10.45, 2. Tierre Sams 11 Edison



Obea Moore
200 & 400m

Photo by Bill Cockerham

- q10.56, 3. Vince Williams 12 University City q10.57, 4. Phillip Pipersburg 12 Santa Barbara q10.72, 5. George Jordan 12 Pittsburg 10.82, 6. J'Sharon Jones 12 Skyline 10.84, 7. Anthony Sanford 12 Lincoln SD 10.95, 8. Wynzell Lynn 12 South Bakesfield 11.01, 9. Joe Flood 12 McAteer 11.26. **Heat 2 wind -1.5** 1. E. J. Jackson 12 Beyer q10.75, 2. Miguel Fletcher 10 Alamy q10.76, 3. Kris Richard 11 Serra 11.00, 4. Aaron Bryant 10 Wilcox 11.10, 5. Emon Thomas 12 Bakersfield 11.15, 6. Alex Tinsley 12 Gilroy 11.18, 7. Damon Anderson 12 Westchester 11.24, 8. Vince Daglow 12 De Anza 11.32, Clarence Scott 12 Dorsey did not compete. **Heat 3 wind +1.2** 1. Gerald Williams 12 Lynwood q10.54, 2. Leon Callen 12 De La Salle q10.62, 3. Daunte Burks 12 JF Kennedy SJ q10.67, 4. Damon Hamm 12 Milpitas 10.88, 5. David Currie 11 Pittsburg 10.89, 6. Michael Sanford 12 Pasadena 10.92, 7. Tawain Jones 11 Morse 10.95, 8. Bobby Miller 12 Dorsey 11.06, 9. Kevin Cantwell 12 Durham 11.39.

▲ 200 Meters

This was another fine event statewide, with a ton of sub-21.60 people on board. Obea Moore had blazed 20.77 in Southern Section action, with Miguel Fletcher 21.06, and Vince Williams (21.05) among the nation's very best over a half a lap.

Prelim action had Obea Moore take Heat 1 at 20.92 over Gerald Williams (21.51) and Felton Charles (21.56), with the 46 second 400m runner Charles forced to run here with the Oakland section only one athlete per event in the State Meet, with low 47-second runner Tim Brown from Felton's McClymonds team getting that spot. Kevin Griswold (21.39) took Miguel Fletcher (21.52) and Damon Hamm (21.73) in Heat 2, with Vince Williams 21.20 over Phillip Pipersburg (21.59) and Leon Callen (21.64) the trio out of Heat 3. **Finals.**

In the Finals Hamm, Pipersburg, Fletcher, Griswold, Moore, Vince, then Gerald Williams, Charles, and Callen filled from lane one out. Vince Williams really cranked the turn to enter the homestretch with a meter lead over Obea Moore, with Kevin Griswold third at that point. Down the homestretch Moore showed his 45.14 400 power and 1:49 800 meter strength, moving up and past on the way to a 20.91 win (-0.8 wind). Williams was a fine 21.07 in second with Air Force Academy-bound Griswold next at 21.21. Back through fifth at 21.44 was as fast a group 200 as in recent years.

Final wind -0.8

1. Obea Moore 11 Muir 20.91
2. Vince Williams 12 UnivCity SD 21.07
3. Kevin Griswold 12 Garden Gr 21.21
4. Gerald Williams 12 Lynwood 21.43
5. Phillip Pipersburg 12 S Barbara 21.44
6. Leon Callen 12 De La Salle 21.80

7. Miguel Fletcher 10 Alemany 21.75
8. Damon Hamm 12 Milpitas 22.23
Felton Charles 12 McClym DNS

Heat 1 no wind info 1. Obea Moore 11 Muir q20.92, 2. Gerald Williams 12 Lynwood q21.51, 3. Felton Charles 12 McClymonds q21.56, 4. Tierre Sams 11 Edison CE 21.82, 5. Joseph Hunter 10 Vacaville 22.22, 6. Jeff Hesse 11 Cupertino 22.42, 7. Jafar Williams 10 St. Mary's 22.44, 8. Cornell Coleman 9 James Logan 22.45, 9. LaVell Robinson 12 Christian Brothers 22.57. **Heat 2 no wind info** 1. Kevin Griswold 12 Garden Grove q21.39, 2. Miguel Fletcher 10 Alemany q21.52, 3. Damon Hamm 12 Milpitas q21.73, 4. George Jordan 12 Pittsburg 21.79, 5. Anthony Sanford 12 Lincoln SD 21.84, 6. Wyrzell Lynn 12 South Bakersfield 21.94, 7. LeRoy Jordan 12 Bellarmine 22.83, Damon Francis 12 North Hollywood did not compete, Joe Flood 12 McAttee did not compete. **Heat 3 wind -1.3** 1. Vince Williams 12 University City SD q21.20, 2. Phillip Pipersburg 12 Santa Barbara q21.59, 3. Leon Callen 12 De La Salle q21.64, 4. Lydell Burston 12 Morse 21.75, 5. E. J. Jackson 12 Beyer 21.87, 6. Emon Thomas 12 Bakersfield 22.09, 7. Anthony Cephas 12 Fairfax 23.46, Kevin Cantwell 12 Durham did not compete, Damon Anderson 12 Westchester did not compete.

▲ 400 Meters

The 400 was another fine State event, led by one of prep history's all-time greats, with Obea Moore clocking 45.14 last year as just a tenth grader to qualify for the Olympic Trials in Atlanta later this month! San Diego's Lloyd Burston (47.36) was steadily improving, with the Sac Joaquin's Eddie Levine 47.52. McClymond's Tim Brown had run 47.4 with 46 second star Felton Charles moving to the 200 with that Oakland section only allowed one athlete to state per event.

Moore charged out to win **Heat 1** in qualifying in 46.84 over USC-bound Ray Carter of Morse, with improved Tony Berrian from the Sac Joaquin Section third at 47.69. Eventual runner-up Lydell Burston continued to improve in winning **Heat 2** at 47.32. Another Moore, this time Howard from De La Salle, was the winner of **Heat 3** in 47.58.

Finals.

In the Finals, Obea Moore claimed he was really coming to run, running for individual and Mustang team glory. With Lydell Burston (Lane 6) out quickly, Moore lead through the 100m around the turn in 11.2. Obea took over down the backstretch, racing by the 200 at 21.4. After a 32.8 at the 300m, he looked a little mortal down the homestretch,

still winning by 8 meters over Lydell Burston's fine 46.85, with a 45.81 new State Meet Record.

- Obea Moore 11 Muir 45.81
 - Lydell Burston 12 Morse 46.85
 - Eddie Levine 11 Golden Valley 47.36
 - Tony Berrian 11 Atwater 47.40
 - Ray Carter 12 Morse 47.46
 - Jucorie Tryon 11 Muir 47.62
 - Guillermo Macias 12 BisAmat 48.03
 - Howard Moore 12 De La Salle 48.15
 - Tim Brown 11 McClymonds 48.39
- Heat 1** 1. Obea Moore 11 Muir q46.84, 2. Ray Carter 12 Morse q47.56, 3. Tony Berrian 11 Atwater q47.69, 4. Brent Williams 12 AB Miller 48.14, 5. Anthony Cephas 12 Fairfax 48.73, 6. Jelani Hogg 11 Rioridan 49.07, 7. Kwamin Taylor 10 St. Mary's 49.29, 8. B. B. Malone 10 Redwood 49.63, 9. Anthony Brown 12 Foothill NO 51.54. **Heat 2** 1. Lydell Burston 12 Morse q47.32, 2. Jucorie Tryon 11 Muir q47.36, 3. Guillermo Macias 12 Bishop Amat q47.67, 4. Curtis Napoleon 12 Del Mar 48.55, 5. Malachi Davis 12 Davis 48.81, 6. Atnaf Harris 11 Edison CE 49.57, 7. Darrell Logan 12 Banning 50.12, 8. Mike Dean 11 Washington 50.66, William D'Marcus 12 Lincoln SF did not compete. **Heat 3** 1. Howard Moore 12 De La Salle q47.58, 2. Eddie Levine 11 Golden Valley q47.70, 3. Tim Brown 11 McClymonds q48.13, 4. Marques Anderson 11 LB Poly 48.60, 5. Kendall Pinson 11 Morse 49.57, 6. Steve Neuman 12 Rancho Cotate 50.17, 7. Kohl Adu 12 Los Angeles 50.41, 8. Mike Harris 12 Golden West 50.78, 9. Eric Stuart 12 St. Francis 51.11.

▲ 800 Meters

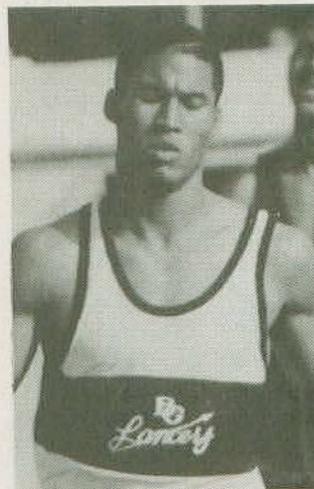
One of prep history's great local careers would end this weekend here, with Michael Granville setting foot for the last time around here in a Bell Gardens HS uniform. With amazing range from the sprints to the 800 meter distance, the star had something special in store for the crowd this meet. Elsewhere in the state, Beebe Rutledge had run 1:51.90, James Levine 1:51.93, Jess Strutzel 1:52.76, and Ajani Brown 1:52.77 the best of the rest. While no one could seriously consider challenging the sub-1:48 star Granville if he ran well, there was a good group in the State that would record some fine times here.

Amazingly, in **Heat 1** Granville charged out and forced the pace the entire way, racing a new National All-Time best of 1:46.41! Winning the race by nearly 50 meters, Michael's effort was truly stupendous, with two lap athletes typically needing someone close to really extend themselves into the next zone! Jess Strutzel was back in reality at 1:53.20, leading fellow qualifiers Rich Townsend

1:54.25 and Ryan Carroll at 1:54.27. **Heat 2** had Ajani Brown continuing his fine season with a 1:54.10 win over Alex Rodriguez 1:54.18 and Mark Hassell 1:54.29. **Heat 3** had two qualifiers in James Levine at 1:53.52 and Tom Newman at 1:54.17.

Finals.

After his amazing National all-time best in Friday's heats, people were not sure what to expect on Saturday from Mr. Granville (remember he lost here last year to Aaron Richburg). Not messing around, Michael came out at 24.4 for the first 200 meters in the Finals, with a 10 meter lead at that point. Through the one lap point at 52.8 the Bell Gardens senior still had a comfortable lead. Immediately after that point, surprisingly, James Levine of Golden Valley moved up to challenge, much as Aaron Richburg did last year when Granville lost here. The duo battled down the backstretch, with Granville marginally ahead through 1:21.7 at 600m. Staying ahead through the 700 meters, the record holder exploded down the homestretch with a 14.2 final 100m to win easily at 1:50.68. Levine finished next at 1:52.13.



Michael Granville
800m

Photo by Bill Cockerham

- Michael Granville 12 Bell Gard 1:50.68
- James Levine 11 Golden Valley 1:52.13
- Jess Strutzel 12 HuntBeach 1:52.25
- Ajani Brown 12 Crawford 1:52.78
- Mark Hassell 11 Barstow 1:53.53
- Tom Newman 12 Los Gatos 1:54.35
- Ryan Carroll 11 Merced 1:55.75

8. Alex Rodriguez 12 Tennyson 1:56.19
9. Rich Townsend 12 Eureka 1:57.03

Heat 1 1. Michael Granville 12 Bell Gardens *q1:46.45 (*New National Record. Old record: Pete Richardson 1:47.31, Berkeley HS, 1981 at Cerritos College) 2. Jess Strutzel 12 Huntington Beach q1:53.20, 3. Rich Townsend 12 Eureka q1:54.25, 4. Ryan Carroll 11 Merced q1:54.27, 5. Beebe Rutledge 12 Los Gatos 1:54.45, 6. Ted Peszynski 12 Monroe LA 1:56.31, 7. Ryan Wade 11 Central Valley 1:57.52, 8. Mike Staton 12 Patrick Henry 1:57.82, 9. Luke Leininger 12 Clayton Valley 1:58.02. **Heat 2** 1. Ajani Brown 12 Crawford q1:54.10, 2. Alex Rodriguez 12 Tennyson q1:54.18, 3. Mark Hassell 11 Barstow q1:54.29, 4. Garrick Goods 12 Dorsey 1:54.69, 5. Demond Todd 12 LB Wilson 1:55.35, 6. Darron Dale 12 Skyline 1:56.91, 7. Armando Negrete 12 Clovis 1:57.61, 8. Jamar Powell 11 Vallejo 1:57.94, 9. Luis Olivera 12 Centennial CE 2:02.31. **Heat 3** 1. James Levine 11 Golden Valley q1:53.52, 2. Tom Newman 12 Los Gatos q1:54.17, 3. Kareem Morrell 12 San Jose 1:54.46, 4. Dustin Diaz 10 West Hills 1:55.80, 5. Kevin Elliott 11 Mira Costa 1:57.08, 6. Carlos Aguilar 12 Pacific Palisades 1:57.85, 7. Ryan Freeman 12 Amador Valley 1:58.13, 8. Paul Choi 11 Lowell 2:01.15, 9. Mike Tahaka 11 Golden West 2:01.28.

▲ 1600 Meters

The State had a great group, including Micheil Jones (4:10.25), who had conquered the famed Michael Stember during his May comeback. Stember, who amazed with his 4:04.00 here last year which featured a 1:57.2 final 800m, had been hurt through a good part of April, dampening his quest for a sub-4:00 mile that had the country buzzing this season. Robert Frichtel (4:12.95) and last year's sub-4:10 star, Larry Henderson (4:13.19), led a fine supporting pack.

The two heats had Stember toy with the first group, racing a 4:15.00 qualifier that had him ahead of Henderson 4:15.33 and Mike Wojciechowski 4:15.61 for **Heat 1**. **Heat 2** had six qualifiers, with Frichtel 4:12.58 over Jones 4:13.34, Daniel Sikiric 4:13.71, Jon Stevens 4:14.69, Eduardo Sanchez 4:15.21 (who later would scratch to concentrate on the 3200m), and Enrique Torres (4:15.72). Chad Schmidt had Sanchez's spot when he dropped. **Finals.**

In the Finals, Mike Stember burst out, but Chad Schmidt had the lead at 14.7 for the first 100m. The race slowed for the rest of the first lap, with Sikiric 31.6 at the 200 and Sikiric, Henderson, and Jones abreast at 65.3 at the

400. Micheil Jones chose to make a move at the end of the first lap, racing 30.1 for the next 200 (1:35.4 600m), with a 30.1 for the next half lap (2:05.5). Henderson moved up to press Jones for the lead at 1000 meters at 2:35.8 (30.7 for that half lap—1:30.9 for the last 600m, tough pace in the middle or a prep 1600m). Stember was third some 25 meters back after two and a half laps. Henderson took over through 1200 meters at 3:06.8 with Stember starting his move back a bit at 3:08.1.

The Jesuit senior charged up with a 27.9 second to last 200m (3:36.0 1400m), blazing by the pack into the lead. Adding a leisurely 30.7 for the final half lap Stember finished in at 4:06.72. Stember's final three laps were about 3:00.0! Micheil Jones was second at 4:09.82, with Frichtel 4:10.32 and Henderson 4:11.50, good depth!

1. Michael Stember 12 Jesuit SJ 4:06.72
 2. Micheil Jones 12 Livermore 4:09.82
 3. Robert Frichtel 12 Hemet 4:10.32
 4. Lary Henderson 12 Mira Mesa 4:11.50
 5. Mike Wojciechowski 12 ClayVly 4:13.69
 6. Jon Stevens 10 Mission SJose 4:15.16
 7. Daniel Sikirc 12 Leland 4:15.20
 8. Chad Schmidt 12 N Bakersfield 4:17.32
 9. Enrique Torres 12 Silver Creek 4:20.26
- Heat 1 1. Robert Frichtel 12 Hemet q4:12.58, 2. Micheil Jones 12 Livermore q4:13.34, 3. Daniel Sikirc 12 Leland q4:13.71, 4. Jon Stevens 10 Mission San Jose q4:14.69, 5. Eduardo Sanchez 12 Garfield *q4:15.21 *scratched final, 6. Enrique Torres 12 Silver Creek q4:15.72, 7. Chad Schmidt 12 North Bakersfield **4:16.08



Michael Stember
1600m
Photo by Bill Cockerham

**replaced Sanchez in final, 8. T.W Burchmore 12 Morro Bay 4:16.85, 9. Ka-Akpema Yelapaala 10 Jesuit SJ 4:21.35, 10. Sean Philips 12 Dos Pueblos 4:25.15, 11. Ryan Wade 11 Central Valley 4:28.19, 12. James Adams 11 Ramona 4:31.97, 13. Gavin Chamberlain 11 Oak Ridge 4:38.47. Heat 2 1. Michael Stember 12 Jesuit SJ q4:15.00, 2. Lary Henderson 12 Mira Mesa q4:15.33, 3. Mike Wojciechowski 12 Clayton Valley q4:15.61, 4. Andrew Wulf 11 Bellamine CC 4:17.40, 5. Alex Sanchez 11 De La Salle 4:19.31, 6. Sal Martinez 12 Ventura 4:20.66, 7. Juan Chavira 10 Hanford 4:22.89, 8. Jesse Barragan 12 LB Wilson 4:27.39, 9. Manuel Lopez 11 Belmont 4:28.70, 10. Brent Bolton 12 Scripps Ranch 4:31.88, 11. Ali Behmohamed 11 Monroe 4:32.93, 12. Jacob Ekkins 12 Bullard 4:33.93, 13. Matt Lethin 12 Lowell 4:35.26, 14. Jesus Enriquez 12 Skyline 4:39.49.

▲ 3200 Meters

An interesting group would battle here, with a number of good people capable of pressing close to the 9:00 barrier. Bolota Asmeron had won the big Arcadia showdown at 9:04.96, racing the last lap under 60 seconds. Doubler Micheil Jones (9:05.23), Randy Maestretti (9:07.57), super soph Juan Chavira (9:12.67), and 95 placer David McQuitty (9:13.44) were the next fastest statewide.

Foot Locker National Cross Country finalist, Will Bernaldo (9:14.22 in Southern Section action), turned out to be the designated pace-setter, with 67.0-2:16.6 (69.6)-3:25.8 (69.2) - 4:34.6 (68.8) splits that had a pack of five

(Bernaldo, Eduardo Sanchez, Aaron Gillen, Michael Kasahun, and Juan Chavira) break away from the field. Aaron Gillen challenged at the end of five laps 5:44.1 (69.5), with Bernaldo continuing to lead through six laps at 6:54.2 (70.1), as the eventual top four finishers dropped the rest of the field by that point. Gillen challenged again right at the gun at 8:02.0 (67.8), with the twosome of Bernaldo and the Indiana-bound Yreka star both very intent on winning, with a stride-by-stride sprint at the gun that had them cover the next to last 200 at 29.8. The serious racing continued into the finish, with Gillen eventually edging ahead to win at 9:03.96.

Gillen had been held back for part of the middle of the season with an injury, with his promise the last two years somewhat fulfilled here. Sam Bell is getting a good one! Bernaldo continued the fine racing of Nordhoff athletes recently in big distance competitions in Cross-Country and Track.

- Final
1. Aaron Gillen 12 Yreka 9:03.96
 2. Will Bernaldo 12 Nordhoff 9:04.18
 3. Juan Chavira 10 Hanford 9:10.51
 4. Eduardo Sanchez 12 Garfield 9:11.70
 5. Randy Maestretti 12 DeLaS 9:14.28
 6. Michael Kasahun 11 Fresno 9:15.81
 7. Bolota Asmeron 12 McAteer 9:20.76
 8. Isalah Festa 10 Morro Bay 9:20.80
 9. David Lopez 11 Hoover SS 9:21.90
 10. Jim-Ryan Nelson 12 Napa 9:25.66
 11. Steve Hackworth 12 NevUn 9:25.6
 12. Brad Hansen 11 St. Ignatius 9:27.87
 13. Paul Weilman 12 St. Ignatius 9:29.29



Aaron Gillen
3200m
Photo by Allison Cockerham



Joe Naivalu
110mH
Photo by Bill Cockerham

14. Dave Rodriguez 11 Mission SJ 9:29.59
 15. Brian Pruy 12 Vintage 9:30.35
 16. David McQuitty 12 Grossmnt 9:35.79
 17. Galen Reid 12 Ramona 9:39.41
 18. Ricardo Dominguez 12 Ovrfelt 9:43.76
 19. Enrique Henriquez 11 SLeand 9:44.08
 20. Daniel Gohke 12 Skyline 9:44.96
 21. Sean Clendaniel 12 Yucaipa 9:45.26
 22. Micheil Jones 12 Livermore 9:50.11
 23. Lary Henderson 12 MMesa 9:50.13
 24. Ali Behmohamed 11 Monroe 9:55.66
 25. Jose Perezchica 10 McFrdnd 9:56.64
 26. Erik Landritz 12 SBarbara 10:07.38
- Jose Marino 11 Crenshaw DNR

▲ 110 Meter High Hurdles

The High Hurdles in recent years had seen a serious drop in quality compared to many times "of old." 1996 brought the event back in a big way! Joe Naivalu (13.99-13.65w), Sharif Paxton (13.77), Dominique DeGrammont (13.76w-14.09), Wilbert Moore (13.91w-14.23), Makio Haywood (13.85w-13.93), and Kenyon Rambo (13.89w-14.14) were all sub-14.00 "timber toppers" with strong competitive records!

Defending Champion Naivalu edged rival Paxton 13.81 (-0.8 wind)-13.86 in Heat 1 with Pat Swanson also qualifying at 14.40. DeGrammont blazed 13.95 (+1.4) in Heat 2 with Mark Roman (14.21) and Wilbert Moore (14.27) others moving on. Makio Haywood cranked 13.83 (+1.8) in Heat 3, with Kenyon Rambo (14.12) and Reggie DePass (14.18) making this the finest State Finals group in many years! Finals.

In the Finals (wind -0.5), defending State titlist, Joe Naivalu (lane 5), was slowest out of the blocks. Sharif Paxton was off to the races in Lane 7, with Haywood and DeGrammont also strong. Naivalu is cool, with a steady move that brought him up even with the leader Paxton halfway through the contest. The duo battled for a couple of flights, with Naivalu pulling away over the last few hurdles to win in a fine 13.68. Haywood, racing desperately for team glory for his Muir squad, squeezed in for second at 13.80, with Paxton 13.81, DeGrammont 13.87, and Rambo 13.92 (how long since five at this meet were under 14.00???)

Rambo is the amazing story, recovering from a late Winter gunshot wound to perform strongly here.

Final wind -0.5

1. Joe Naivalu 12 Fremont CC 13.68
2. Makio Haywood 12 Muir 13.80
3. Sharif Paxton 11 Crenshaw 13.81
4. Dominique Degrammont 11 Tus 13.87
5. Kenyon Rambo 11 LB Poly 13.92
6. Reggie DePass 11 Montgomery 14.11
7. Mark Roman 12 Central CE 14.26
8. Wilbert Moore 12 Paramount 14.31
9. Pat Swanson 12 Esperanza 16.36

Heat 1 wind -0.8 1. Joe Naivalu 12 Fremont CC q13.81, 2. Sharif Paxton 11 Crenshaw q13.86, 3. Pat Swanson 12 Esperanza q14.40, 4. Mike Sturgeon 11 Elsie Allen 14.55, 5. John Bull 12 Mountain View 14.97, 6. William Benton 12 Galileo 15.10, 7. Jason Rossow 12 Elk Grove 15.35, 8. Donte Joseph 11 Pinole Valley 15.40, 9. Stevonne Smith 11 University LA 18.09. **Heat 2 Wind +1.4** 1. Dominique Degrammont 11 Tustin q13.95, 2. Mark Roman 12 Central CE q14.21, 3. Wilbert Moore 12 Paramount



Makio Haywood
300mH

Photo by Phillip Enbody

q14.27, 4. Jake Kurtiz 12 Torrey Pines 14.62, 5. Lamont Webb 12 Merrill West 14.72, 6. Kevin Carter 11 South Bakersfield 15.11, 7. Mike Freeman 12 Washington NC 15.28, 8. Derrick Johnson 12 Carson 15.36, 9. John Knowles 11 Fairfield 15.60. **Heat 3 wind +1.8** 1. Makio Haywood 12 Muir q13.83, 2. Kenyon Rambo 11 LB Poly q14.12, 3. Reggie DePass 11 Montgomery q14.18, 4. Glen Valdez 12 Stockdale 14.45, 5. Nima Salimi 12 Rancho Bernardo 14.57, 6. Chris Bamsdale 12 Montgomery 14.59, 7. Matua Magua 11 Independence 15.09, 8. David Landingham 11 Coming 15.50, 9. Rick Lavender 11 McClymonds 16.61.

▲ 300 Meter Intermediate Hurdles

A group equally as tough as the High Hurdles group would battle here. Main actors were kind of the same, also. Makio Haywood (36.69) of Muir had team and individual glory in mind, Joe Naivalu was 37.17 the Central Coast Section Finals, with last year's national soph record setter Kenyon Rambo (37.11) back in gear. Matt Blasdel (37.13), and Wilbert Moore (37.17) also quick out of the south.

Haywood was a comfortable Heat 1 winner over Matt Blasdel (38.25) and Jake Kurtiz (38.43). Naivalu raced to a fine 36.98 to win comfortably over Dominique Degrammont (37.80) and Reggie DePass (38.28) in Heat 2. Kenyon Rambo took the Heat 3 at 37.45 over Wilbert Moore's 38.00 and Chris Bamsdale's 38.48. **Finals.**

The Finals was a classic race. Wilbert Moore (lane 3) and Makio Haywood (lane 6) blasted out, with Naivalu (lane 5) out much more patiently and hitting one of the early barriers. Off the turn, just before 200 meters, Highs winner Naivalu made a big move, racing to the lead there at 23.4. Haywood, racing desperately, pressed up to the lead over the final flight, with Naivalu losing form over that hurdle, and on the "run-in" with Haywood slipping past in a very quick 36.18-36.26 win.

1. Makio Haywood 12 Muir 36.18
2. Joe Naivalu 12 Fremont CC 36.26
3. Kenyon Rambo 11 LB Poly 36.99
4. Reggie DePass 11 Montgomery 37.22
5. Wilbert Moore 12 Paramount 37.57
6. Matt Blasdel 12 SMargarita 37.76
7. Chris Bamsdale 12 WashNC 38.05
8. Jake Kurtiz 12 Torrey Pines 39.42
- Dominique Degrammont 11 Tus DNF

Heat 1 1. Makio Haywood 12 Muir q37.19, 2. Matt Blasdel 12 Santa Margarita q38.25, 3. Jake Kurtiz 12 Torrey Pines q38.43, 4. Josh Oldog 12 Del Oro 38.68, 5. Glen Valdez 12 Stockdale 39.95, 6. Domonik Moorer 12 Locke 40.06, 7. David Landingham 11 Coming 40.23, 8. Tim Bogdanof 11 Buchanan 41.26, 9. Kevin Mackey 10 Northgate 42.60. **Heat 2** 1. Joe Naivalu 12 Fremont CC q36.98, 2. Dominique Degrammont 11 Tustin q37.80, 3. Reggie DePass 11 Montgomery q38.28, 4. Lamont Webb 12 Merrill West 39.91, 5. Jason Andrews 11 Rancho Cotate 39.99, 6. Jason Rossow 12 Elk Grove 40.17, 7. Jonathan Pigford 12 Manual Arts 41.10, 8. Guy McGowan 10 Leigh 42.70, 9. Tino Ratliff 10 McAteer 43.07. **Heat 3** 1. Kenyon Rambo 11 LB Poly q37.45, 2. Wilbert Moore 12 Paramount q38.00, 3. Chris

Bamsdale 12 Washington NC q38.48, 4. Anthony Murrill 12 Edison CE 39.18, 5. Sadat Piggee 11 Castle Park 39.24, 6. Charles Anthony 12 Narbonne 39.78, 7. Brian Carroll 11 Saratoga 40.99, 8. Tony Moore 12 Castro Valley 41.90, 9. Terrico Nicholson 11 McClymonds 47.15.

▲ 400 Meter Relay

Serra of Gardena cranked 41.04 to win the Southern Section race over Muir (41.10) and a young Long Beach Poly (41.40) crew. Edison (Fresno) (41.45), Crenshaw (L.A.) (41.50), Dorsey (L.A.) (41.56), and De la Salle (Concord) (41.67) were others with quick clockings before the state meet weekend.

Serra cranked an impressive 40.53, the nation's #2 time of the year, in the Heat 1 of the Prelims, with Poly (Long Beach) 41.12 a second qualifier. Heat 2 had Edison (Fresno) race 41.15, with Dorsey (LA) 41.39, University City (San Diego) 41.40 (with Vince Williams absolutely flying on the anchor), and Jordan (Long Beach) 41.59 qualifiers. Heat 3 had Muir strong at 40.88, with De la Salle (Concord) 41.50 and Pittsburg 41.72 also moving on. **Finals.**

With this the first race in Saturday's Finals, the tension can be cut with a knife for the nine teams and thirty-six athletes involved. Muir placed star Obea Moore on leg two, and the star charged the backstretch in 9.4 to take the lead for Muir, with Serra 10.0 around the turn on leg three moving them back into the race. Serra's anchor blazed 9.7 to pick up a couple of meters on the "run-in", edging ahead to win at 40.62-40.63 over Muir.

1. Serra 40.63
2. Muir 40.64
3. Long Beach Poly 41.35
4. Edison, Fresno 41.43
5. Pittsburg 41.64
6. De La Salle 41.71
7. Dorsey 42.04
8. Long Beach Jordan 42.08
9. University City SD DNF

Heat 1 1. Serra q40.53, 2. Long Beach Poly q41.12, 3. Franklin SJ 41.76, 4. Crenshaw 41.84, 5. James Logan 42.31, 6. Del Mar CC 42.36, 7. Sacramento 42.40, 8. Rancho Bernardo 42.90, 9. St. Francis CC 43.40. **Heat 2** 1. Muir q40.88, 2. De La Salle q41.50, 3. Pittsburg q41.72, 4. McClymonds 41.85, 5. Lemoore 41.98, 6. Bakersfield 42.32, 7. Morningside 42.65, 8. Pleasant Valley 44.29, 9. J.F. Kennedy SJ did not compete. **Heat 3** 1. Edison, Fresno q41.15, 2. Dorsey q41.39, 3. University City SD

q41.40, 4. Long Beach Jordan q41.59, 5. Birmingham 42.19, 6. Milpitas 42.43, 7. SL Mary's 42.76, 8. San Diego 42.94, 9. McAteer 44.79.

▲ 1600 Meter Relay

The amazing group from John Muir in Pasadena had been in the 3:08's a couple of times during the spring, with trips all across the nation (including the Penn Relays) wowing people from coast to coast. In the back of everyone's mind was the chance that the fine group could challenge Hawthorne's 3:07.40 National Record from 1985 anchored by Henry Thomas. There were some other very strong groups, with Morse (San Diego) 3:14.99 in the Section Meet, McClymonds (Oakland) 3:15.15, Merced (Golden Valley) 3:15.70, Long Beach Poly 3:16.44, and Dorsey (L.A.) 3:16.65 able to average 49 or better for four.

Muir blazed a 3:10.40 Heat 1 win, with Crenshaw (LA) 3:16.07 and Dominguez (Compton) 3:16.93 also moving on. Morse improved to 3:13.75 in taking Alemany 3:17.78 in Heat 2. Four squads moved on from the competitive Heat 3, with Golden Valley 3:15.73 winning over Long Beach Poly 3:15.79, Edison (Fresno) 3:16.23, and surprising Villa Park 3:18.12 as finalists. **Finals.**

What a close to the Meet this final race was, as Muir (Pasadena), the eventual team champion brought its super group. Jucorie Tryon led off in 47.9 for Muir, with Morse moving up to challenge off a 47.1 second leg with Muir holding the lead off with a 48.2 second leg. Makio Haywood was 47.8 on leg #3 for Muir, with Obea Moore needing something just under 44.0 for the national 3:07.40 record--Moore responded with a 44.8 that had Muir finish in a meet record and yearly best (#3 all-time team) of 3:08.66. Morse was 3:10.80 in second, the #2 prep time of the year in the entire nation! Great depth had Long Beach Poly 3:13.10 and Golden Valley (Merced) 3:14.59.

1. Muir *3:08.66
*New State Meet Record. Old Record: Berkeley HS, 1981, 3:08.94
2. Morse 3:10.80
3. Long Beach Poly 3:13.10
4. Golden Valley 3:14.59
5. Dominguez 3:15.71
6. Edison, Fresno 3:16.29
7. Alemany 3:18.77

8. Villa Park 3:18.78
9. Crenshaw 3:20.12

Heat 1: Muir q3:10.40, 2. Crenshaw q3:16.07, 3. Dominguez q3:16.93, 4. St. Mary's 3:20.53, 5. South Bakerfield 3:22.45, 6. Hilltop SD 3:24.11, 7. Clayton Valley 3:34.24, 8. Pleasant Valley 3:39.91, McClymonds DQ false start. **Heat 2:** 1. Morse q3:13.75, 2. Alemany q3:17.78, 3. Dorsey 3:18.53, 4. Taft LA 3:22.10, 5. Bakerfield 3:22.82, 6. Los Gatos 3:23.01, 7. De La Salle 3:23.08, 8. Vallejo 3:23.90, 9. Carlsbad 3:27.55. **Heat 3:** 1. Golden Valley q3:15.73, 2. Long Beach Poly q3:15.79, 3. Edison, Fresno q3:16.23, 4. Villa Park q3:18.12, 5. Washington NC 3:21.22, 6. Gunn 3:22.78, 7. Del Mar 3:23.98, Lowell did not compete, Franklin SJ did not compete.

▲ High Jump

Surprisingly, only Elliott Parks had cleared 6-10 in all of the Section Finals Meets, with Kevin Wilkinson 7-00 and great all-arounder John Bull 6-11 earlier in the Spring.

In qualifying Parks was joined at 6-8 by impressive frosh Gabriel Zarate from the Central Section, as it took 6-6 to make the field of nine Finals.

The group performed respectably on Saturday, with seven of the nine Finalists clearing 6-8. DeJuan Hawkins fell aside after a 6-4 clearance. At 6-6 the San Diego Section's Ryan Mitchell was finished for the day. With the bar at 6-8, Matt Hurd, Matt Castiglione, Kevin Wilkinson, and Elliott Parks (the only one with a totally clean slate with no misses through that point) cleared on their first attempt. Jeff Poisson and Gabe. The bar was then raised to 6-10. Parks continued unscathed, with everyone else missing their first two trials. The frosh Zarate continued to amaze, sliding over on his final attempt. Everyone else missed their third trial at that height, and the bar was moved for Parks and Zarate to 6-11. Despite some good attempts neither athlete could clear there and Parks was the winner, with no misses for the day between 6-4 and 6-10. Parks also returns next year, as he is an eleventh grader.

1. Elliott Parks 11 El Toro 6-10
2. Gabriel Zarate 9 Selma 6-10
3. Kevin Wilkinson 12 Arr Grande 6-8
4. Matt Hurd 12 Antioch 6-8
Matt Castiglione 12 Clovis 6-8
6. Mitch Naber 12 Arroyo Grande 6-8
7. Jeff Poisson 12 Carl Newman 6-8
8. Ryan Mitchell 12 Sweetwater 6-6
9. DeJuan Hawkins 12 Newb Prk 6-4

Preliminaries: 1. Gabriel Zarate 9 Selma q6-8, Elliot Parks 11 El Toro q6-8, 3. DeJuan Hawkins 12 Newbury Park q6-8, 4. Kevin Wilkinson 12 Arroyo Grande q6-8, 5. Mitch Naber 12 Arroyo Grande q6-8, 6. Ryan Mitchell 12 Sweetwater q6-8, 7. Jeff Poisson 12 Cardinal Newman q6-8, 8. Matt Castiglione 12 Clovis q6-8, 9. Matt Hurd 12 Antioch q6-8. **Non-qualifiers:** 10. John Bull 12 Mountain View 6-6, 11. Broderick Jones 12 Vallejo 6-6, 12. Mike Bacon 12 Reedley 6-4, 13. Jeff Twining 11 San Dieguito 6-4, 14. Scott Lurth 11 McClymonds 6-



Elliott Parks
High Jump

Photo by Allison Cockerham

4, 15. Daren Marble 10 Los Altos 6-4, 16. David Landingham 11 Corning 6-4, 17. Darryl Felbach 11 Bear Creek 6-4, 18. Cornelius Thompson 12 Elk Grove 6-2, 19. Ray Guanella 12 Santa Rosa 6-2, 20. Darryl Taylor Westchester 6-2. **No Height:** Vernon Pope 12 Washington SF, Eric Culberson 11 McClymonds, Scott Portman 12 Burlingame, Jason Muldrow Westchester, Steve Dawson 12 Antioch, Mauri Ray 12 Bonita Vista, Gabe Cottle 11 Upland.

▲ Pole Vault

With the new pole/weight rules initially lowering the quality of marks in this event, there had been some good pole vaulting during the year and this weekend. Steve Michels was up to 16-05.5 with Nate Fox 16-01 and Steve Harris 16-00 from the Central Coast Section. It took 15-00 to make the field of nine final. **Finals.**

The huge crowd at Cerritos for the Finals really gets into and assists the Vaulters, with the sense

surrounding the event probably the best during the entire year. The Finals Vault started at 5:00 p.m., with the gusty Cerritos winds varying a full six meters per second (that's about fifteen miles per hour) across the track at the Boys' Triple Jump, held at the same time. Not a good situation for great Vaulting.

In the Finals all passed 13-08, with super Lemoore soph Mark Unzueta surprisingly missing



Steve Michels
Pole Vault

Photo by Bill Cockerham

three times at the next height of 14-02. Dan Ortiz and Steve Michels passed there also, with Nguyen Vong, Chad Salsbury, and Steve Harris over on their first trial. Willie Deitchman, Alfredo Llamas, and Nate Fox joined the others on their second attempt. At 14-08 Ortiz (who ended with no height after passing), Deitchman, and Salsbury failed three times. Fox and Michels cleared on their first attempt, with Vong and Harris over on trial number two, and surprising Llamas (out of the LA City) over on trial number three. The four continued successfully through 15-02, with Fox and Michels over on their first attempt, Vong on his second, and Harris clearing on his final attempt. 15-06 would drop Vong, with Fox hot, sailing over on his first attempt, Michels on try number two (after his first miss of the competition), and Harris again taking three trials before success.

At 15-10 Michels threw out the

challenge by clearing on his first trial. Harris missed once, then threw in a bit of strategy, passing until the next height. Fox did clear 15-10, on his third attempt, and the bar moved to 16-02. All three athletes missed their first attempt, with Michels sailing over on try number two, with the crowd lustily behind the leader's efforts by this time. Both Fox and Harris were unsuccessful on their final attempts, with the Brethren Christian senior completing a fine year with his win here.

1. Steve Michels 12 Brethren 16-2
2. Nate Fox 12 Edison SS 15-10
3. Steve Harris 11 Del Mar 15-6
4. Nguyen Vong 12 Silver Creek 15-2
5. Alfredo Llamas 12 South Gate 14-8
6. Chad Salsbury 11 Stockdale 14-2
7. Willie Deitchman 11 Ponderosa 14-2
Mark Unzueta 10 Lemoore no height
Dan Ortiz 12 La Puente no height

Preliminaries: Steve Michels 12 Brethren q15-4, Steve Harris 11 Del Mar q15-4, Nate Fox 12 Edison SS q15-4, Alfredo Llamas 12 South Gate q15-4, Chad Salsbury 11 Stockdale q15-4, Mark Unzueta 10 Lemoore q15-0, Willie Deitchman 11 Ponderosa q15-0, Nguyen Vong 12 Silver Creek q15-0, Dan Ortiz 12 La Puente q15-0. **Non-qualifiers:** Erik Rasmussen 11 Johansen 15-0, David Gritz 11 Bear Creek 15-0, Joe Lindenfels 12 Lemoore 14-6, Leo Abad 12 South Gate 14-0, Chris Burns 11 Poway 14-0, Kim Noy 12 LB Poly 14-0, Joey Lippman 12 North Monterey 14-0, Mark Lee 10 Granite Hills 13-6, Tony Moore 12 Castro Valley 13-6, Tyler Randolph 12 Willows 13-6. **No Height:** Nate Green 11 McAteer, Arthur Harris 10 McClymonds, Gavin Wirth 11 Liberty, Jeremy Pope 11 Verdugo Hills, Martin Heus 12 Arroyo, Brandon Braunstein 9 Newark Memorial, Axel Page 12 Monte Vista, Joel Kriwinski 11 Arroyo Grande.

▲ Long Jump

This event this year had the potential to be one of the best in State Meet history. There were hot jumpers all over the state! Clarence Scott was out to 25-04.5, with Patrick McCall 25-01.5w, Gerald Williams 24-08.25 indoors, and Jim McGee 24-06.5w/23-08.75 out of the Sac Joaquin Section, very tough. All were fine sprinters also, with as talented a group on the runway this weekend as in a long, long time.

However, as things often go, sometimes things fall short of their potential. Scott was hurt early in Friday's Prelims out on the running track, attempting two trial efforts here, with 20-08 and 21-05.5 efforts far short of qualifying. McGee led qualifying with a

23-07.25 over Gerald Williams' 23-08.75, as five were over 23-0 on that first day.

Finals.
With the Long Jump starting at 3:00 p.m., an hour before the running races, there is the possibility of getting the crowd into things and really making this a special contest. The wind was fairly consistent, of the slightly aiding variety. A fairly uneventful first round had Gerald Williams out to 23-03.75 (-1.8), with McGee answering at 23-01.25w (+3.3). Anthony Sanford from San Diego was 23-00w (+2.7) halfway through the second round, with the top two some, Williams (23-08.75w +2.1) and McGee (23-05.75w +3.8) continuing to stretch out. Patrick McCall got people's attention with a 24-00.5w (+2.4) on his third jump, with Williams popping a 24-07.25w (+3.8) and McGee answering with a foul. McCall was 23-02.5w (+2.1) on his fourth effort, with Williams 24-08w (+2.4) and McGee 22-00.5 (+1.7). Williams exploded to 24-10.5 (+1.2) on his fifth jump, with McGee his best for the day, a 23-08.25w (+2.5). McGee



**Gerald Williams
Long Jump**

Photo by Bill Leung, Jr.

charged down the runway for his final jump, a good one, despite the fact that he took off nearly a full foot behind the board with an effort that surprisingly measured 24-03.5 (+0.9), an effort well over 25-00 with a good step. Williams, busy this day with four individual finals, passed his final attempt.

1. Gerald Williams 12 Lynwood 24-10 1/2
 2. Jim McGee 12 Sacramento 24-3 1/2
 3. Patrice McCall 11 Carson 24-1/2
 4. Mike Nealy 11 Yerba Buena 23-5 3/4
 5. Anthony Sanford 12 LincSD 23-0
 6. Howard Moore 12 DeLaSa 22-11
 7. Lawrence Owusu 12 El Cam 22-10
 8. Peter Slater 12 Pleas Vly 22-8 3/4
 9. B. B. Malone 10 Redwood 22-8
- Preliminaries** 1. Jim McGee 12 Sacramento 23-7 1/4, 2. Gerald Williams 12 Lynwood 23-6 3/4, 3. Patrice McCall 11 Carson 23-2 1/4, 4. Mike Nealy 11 Yerba Buena 23-1 3/4, 5. Anthony Sanford 12 Lincoln SD 23-1/2, 6. Peter Slater 12 Pleasant Valley 22-9 3/4, 7. B. B. Malone 10 Redwood 22-7 1/2, 8. Howard Moore 12 De La Salle 22-7, 9. Lawrence Owusu 12 El Camino 22-6 1/2 (22-3), Non-qualifiers 9. Dennis Gibbs 12 Lompoc 22-6 1/2 (22-0 1/2), 10. Lafayette Bailey 12 Littlerock 22-4 3/4, 11. Duran Archie 10 Hoover CE 22-1/2, 12. Robert Nero 11 Chino 21-10, 13. Bryan McMillan 12 Bellarmine CC 21-7 1/4, 14. Saleem Mahdi 12 Pittsburg 21-6 1/4, 15. Clarence Scott 12 Dorsey 21-5 1/2, 16. Kenny Pearson 10 Franklin 21-5, 17. Javier Baylon 12 South Gate 21-4 3/4, 18. Naeem Amir 12 Castro Valley 21-3, 19. Myron Washington 12 Mt. Pleasant 21-0 3/4, 20. Chris Janoras 11 Tennyson 21-0 1/2, 21. Tim Brent 11 Tulare Western 21-0 1/4, 22. Felick Vallot 12 Modesto 20-10 1/2, 23. Kenny Hears 11 Kearny 20-7 1/4, 24. Ronald Evans 10 McAteer 19-11 1/4, Hasani White 12 McClymonds no mark, Ryan Capabo 12 Loyola no mark.

▲ Triple Jump

Tye Anderson had impressed with a 50-09.5 best the previous weekend at the Southern Section meet to best Gerald Williams (49-03-50-10.75 1995) and a good field. Peter Slater had been impressive at 50-09.5w/49-04.5 from the Northern Section. Justin Cox from San Diego was out to 49-05.5 from that area. With Anderson jumping 48-08.5 and Williams 48-06 the duo led Friday's qualifying, as it took only 45-09.5 to make the field of nine Saturday contest.

Finals.
In the Finals some amazingly changing wind readings show how strange conditions have become at Cerritos. The winds would range during the competition from a -3.1 meters per second to +2.7 meters per second. This variance of nearly fifteen miles per hour has to make one's step and timing very, very difficult in this event, with Saturday's Finals efforts probably proving that theory.

Interestingly, Gerald Williams' 47-10.5, into the -3.1 meter per second wind on his first effort was

enough to lead the entire competition during the three Preliminary jumps. Williams, running in both the 100 and 200 in addition to Long



**Tye Anderson
Triple Jump**

Photo by Allison Cockerham

Jumping, passed four of his six jumps here, taking his first efforts today in only the Trials and Finals. Pleasant Valley's Peter Slater, was 47-09.5 (0 wind) on his second jump, with Tyriff Rudder 47-05.75 (-2.8) on his third jump, and Tye Anderson 47-01.5 (-2.5) during that round. Rudder (47-03 +1.2), 49 footer Justin Cox (47-00.25 +0.5), Slater (47-00.25 -1.1), and Williams (47-09 +0.7) were respectable in Round 4, but it was Tye Anderson who threw down the challenge, waking up and cranking a 49-00.75 (-0.5). Williams was done for the day here, with Justin Cox improving to 47-04 (+0.1) on his fifth effort. Anderson went out to 49-11.75 (+0.4) on his final effort to seal the two foot victory. One of prep history's great all-around programs, the Long Beach Poly crew continues to maximize its talent in every event area.

1. Tye Anderson 12 Poly +0.4w 49-11 3/4
 2. Gerald Williams 12 Lyn -3.1w 47-10 1/2
 3. Peter Slater 12 PleasVly +0w 47-9 1/2
 4. Tyriff Rudder 11 MtMig -2.0w 47-5 3/4
 5. Justin Cox 12 RBVista -2.9w 47-4
 6. Scott Towne 12 St. M +1.9w 46-1/4
 7. Anthony Sanford 12 Lin-1.5w 45-9
 8. Joe Augustine 11 Yuba-1.2w 44-10 3/4
 9. Ryan Pearce 12 Bidld +2.7w 43-8 3/4
- Preliminaries** 1. Tye Anderson 12 LB Poly 48-8 1/2, 2. Gerald Williams 12 Lynwood 48-6, 3. Peter Slater 12 Pleasant Valley 47-1/2 (46-0), 4. Justin Cox 12 Rancho Buena Vista 47-1/2 (45-7 3/4), 5. Joe Augustine 11 Yuba City 46-8 3/4, 6. Scott Towne 12 St. Mary's 46-6 1/4, 7. Ryan

Pearce 12 Bakersfield 45-11, 8. Tyriff Rudder 11 Mt. Miguel 45-10 3/4, 9. Anthony Sanford 12 Lincoln SD 45-9 1/2. Non-qualifiers 10. DeJuan Hawkins 12 Newbury Park 45-9 1/4, 11. Rajan Montero 12 LB Jordan 45-9, 12. Rashad Jennings 11 Bakersfield 45-5 1/4, 13. Dominic Young 12 Venice 45-4 1/4, 14. Myron Washington 12 Mt. Pleasant 45-4, 15. B. B. Malone 10 Redwood 45-1, 16. Courtney Holmes 12 St. Mary's 45-0, 17. Jewel Jones 12 Fremont LA 44-7 1/2, 18. Anthony Colson 11 Center SJ 44-6 3/4, 19. Mike Cordoba 11 North Salinas 44-2 3/4, 20. Naeem Amiri 12 Castro Valley 44-2, 21. Jeff Dixon 12 Mission San Jose 43-9 3/4, 22. David Vargas 12 Palma 42-11 1/4, 23. Kideru Evans 12 El Camino Real 42-5 3/4, 24. Tarn Grewal 12 Irvington 42-5 1/2, 25. Ryan Fernandez 10 Skyline 41-10, 26. Amadeo Garcia 11 Balboa 38-4, Erik Vann 11 Canyon Springs did not compete.

▲ Shot Put

Another event making a super comeback, the Shot Put had a number over 60 feet this year, with the event centered in the Central Section, where J.D. Martin (65-11), Jason Hammond (65-02), and Van Mounts (63-11.75) met with astounding results, with Mounts only a sophomore! Brian Chase (61-08) (North Coast),



**Jason Hammond
Shot Put**

Photo by Bill Cockerham

Tony Soletto (61-00) (San Diego), and John Badonivac (60-07.5) (Sac Joaquin) were others out over 60-00.

Prelims action was relatively uneventful, with no one over 60-00, as Mounts and Hammond

both threw 59-08.75. In a polite qualifying situation, the last seven names listed (top marks from Section meets) moved to the Finals, with Southern Sectioners Mike Lopez and Brodie Reidrich leap-frogging over a few to join the top seven on Saturday.

Finals.
In the Finals J.D. Martin opened up, throwing sixth, at 60-09.25, with Hammond, ninth listed, blasting 63-11.75 on his opener to take a big lead. Tony Sotelo was an impressive 62-07.5 on his second toss with Mounts cranking 62-11.5, and Hammond answering with a 64-4 to close out round number two. Brian Chase joined the 60-footers on his third toss, at 60-09.5, with Sotelo 61-06.5, Mounts 62-03.5 and Hammonds 62-08.75.

Martin was 60-01 on the first throw in the Finals, with Hammond continuing a great series with a 62-07. Mounts was 61-10 on number five, with Hammond a foul. Going for broke, Chase, Martin, Sotelo, and Mounts all fouled on their final efforts, with the champ Hammond 62-06.25 to close out. Martin in fifth place at 60-09.25 compared to some recent years is very, very impressive depth in this event!

1. Jason Hammond 12 Fowler 64-4
2. Van Mounts 10 Bakersfield 62-11 1/2
3. Tony Sotelo 12 Ramona 62-7 1/2
4. Brian Chase 11 CardNewmn 60-9 1/2
5. J. D. Martin 12 Madera 60-9 1/4
6. John Badovinac 11 Jesuit SJ 58-2 1/2
7. Willie Howard 12 Los Altos 56-7
8. Brodie Reidrich 11 Edison SS 54-3 1/4
9. Mike Lopez 12 Arroyo 53-6 3/4

Preliminaries 1. Jason Hammond 12 Fowler 59-8 3/4 (59-0), 2. Van Mounts 10 Bakersfield 59-8 3/4 (58-10 3/4), 3. Tony Sotelo 12 Ramona 58-11, 4. J. D. Martin 12 Madera 58-3, 5. Brian Chase 11 Cardinal Newman 58-2 1/4, 6. Willie Howard 12 Los Altos 57-3 3/4, 7. John Badovinac 11 Jesuit 57-0 3/4, 8. Mike Lopez 12 Arroyo 56-3, 9. Brodie Reidrich 11 Edison SS 55-6 1/2. **Non-qualifiers** 10. Josh Young 12 Piedmont Hills 54-1 1/4, 11. Dan Noli 12 El Toro 53-1 1/4, 12. Raul Gussa 12 San Diego 53-0, 13. Roy Rivas 10 Carlsbad 52-9 1/2, 14. Mike Ralnis 11 St. Paul 51-11 1/4, 15. Rich Nichols 12 Corona Del Mar 51-8 1/4, 16. Marcus Matheny 11 St. Bernard 51-2 1/4, 17. Greg Dickey 11 Atwater 51-1, 18. Rocci Doria 11 Amador Valley 49-10 1/2, 19. Roscoe Jordan 12 Yerba Buena 49-10, 20. Andrew Ball 11 Mt. Diablo 48-11 3/4, 21. Jake Judkins 12 Yreka 47-8 1/2, 22. James Agnew 12 Manual Arts 47-8, 23. Jeff Macrea 12 El Camino Real 47-1, 24. Chris Blakes 12 Woodland 46-1, 25. Alvin Marin 12 Dorsey 43-9 3/4, 26. Joshua Grate 12 McAteer 40-10 1/2.

▲ Discus

J.D. Martin (192-01), Victor Leyva (190-11), and John Bello (181-04) were those in the state who had thrown over 180-00 during the season. There was a rude shock in qualifying when Leyva, the leading qualifier from the Section Final Meets at 190-10, had a foul, 161-06, and 149-06 to not move on to the finals! The Southern Section's Scott Moser, with an omen of things to come, led Friday's qualifying at 179-09 over John Bello 179-04. Again, in polite qualifying, skipping Leyva, the next seven athletes listed with best marks from their Section Meets, along with leap-froggers Sam McMullen and John Badovinac, moved on to the Finals.

Badovinac tossed 171-03 to lead everyone through the first round of the Finals. Shot winner Jason Hammond and rival J.D. Martin both threw 173-00 on their second toss to move into the lead. Scott Moser ended an uneventful third round with a 180-03 effort



Scott Moser
Discus

Photo by Allison Cockerham

that easily took the lead. Improvement marked the first round of the three-throw finals. Tony Sotelo from San Diego was out to 176-05 with John Bello 177-11, Martin improving to 173-08, and Hammond 175-03. Moser responded to the challenge once again, this time improving to 185-07 to remain comfortably out in front. Bello marked round five with an improvement to 182-03 to solidify his second spot. Hammond and Martin both threw 179-06 on their final efforts with Jason



Last handoff
in final of
1600m Relay
for Muir High

Photo by Bill
Cockerham

ending with the third placing off a better second toss. Bello, still reaching, was 183-06 on his final effort, not quite enough, with Moser's final 184-09 toss showing his superiority this day.

1. Scott Moser 11 HuntBeach 185-7
 2. John Bello 12 R Cucamonga 183-7
 3. Jason Hammond 12 Fow 179-6(175-3)
 4. J.D. Martin 12 Madera 179-6 (173-6)
 5. Tony Sotelo 12 Ramona 176-5
 6. John Badovinac 11 Jes SJ 171-3
 7. Sam McMullen 12 CanCha 170-5
 8. Willie Howard 12 Los Altos 163-0
 9. Sean Jarne 12 Esperanza 159-1
- Preliminaries** 1. Scott Moser 11 Huntington Beach 179-9, 2. John Bello 12 Rancho Cucamonga 179-4, 3. Tony Sotelo 12 Ramona 175-7, 4. Willie Howard 12 Los Altos 174-0, 5. J.D. Martin 12 Madera 173-3, 6. Jason Hammond 12 Fowler 171-11, 7. John Badovinac 11 Jesuit SJ 170-1, 8. Sean Jarne 12 Esperanza 168-8, 9. Sam McMullen 12 Calvary Chapel 164-1. **Non-qualifiers** 10. John Shann 12 Lodi 161-7, 11. Victor Leyva 12 Monache 161-6, 12. Luke Mackay 9 Central Catholic 161-1, 13. Brian Chase 11 Cardinal Newman 159-7, 14. John Antonini 12 St. Ignatius 158-1, 15. Mike Lopez 12 Arroyo 156-7, 16. Tooran Gilliam 11 San Diego 155-10, 17. Andrew Jesse 11 Capital Christian 150-8, 18. Anthony Gabriel 11 Morse 150-1, 19. Josh Young 12 Piedmont Hills 148-9, 20. Willie Hall 12 Montgomery 148-7, 21. Rocci Doria 11 Amador Valley 144-7, 22. William Scott 12 Galileo 128-1, 23. Roger Finau 12 Skyline 127-0, 24. Darrin Ransom 12 Logan 124-2, NM Eric Campos

11 Eagle Rock NM, NM Frank Escubedo 11 Eagle Rock NM, NM Robert Acevedo 11 Banning NM.

▲ Boys Team Scores

- | | | |
|----|--|----|
| 1 | Muir | 57 |
| 2 | Long Beach Poly | 30 |
| 3 | Lynwood | 28 |
| 4 | Fremont | 18 |
| | Golden Valley | 18 |
| | Morse | 18 |
| | Sacramento | 18 |
| 8 | Fowler | 16 |
| | Huntington Beach | 16 |
| | University City | 16 |
| 11 | Jesuit 12, 12. Bell Gardens 10, Brethren 10, El Toro 10, Serra 10, Yreka 10, 17. Del La Salle 9, 18. Bakersfield 8, Edison - SS 8, Livermore 8, Nordhoff 8, Ramona 8, Selma 8, Rancho Cucamonga 8, 25. Arroyo Grande 7, Edison - CE 7, 27. Carson 6, Crenshaw 6, Del Mar 6, Garden Grove 6, Hanford 6, Hemet 6, Madera 6, Pleasant Valley 6, 35. Montgomery 5, 36. Atwater 4, Cardinal Newman 4, Crawford 4, Garfield 4, Mira Mesa 4, Mt. Miguel 4, Silver Creek 4, Tustin 4, Yerba Buena 4, 45. Antioch 3, Clovis 3, 47. Barstow 2, Clayton Valley 2, Dominguez 2, Lincoln 2, Paramount 2, Pittsburg 2, Rancho Buena Vista 2, Santa Barbara 2, South Gate 2, 56. Beyer 1, Fresno 1, Los Gatos 1, Mission San Jose 1, Santa Margarita 1, St. Mary's 1, Stockdale 1 | |

GIRLS

By Keith Conning

▲ 100 Meters

Heat 1. Junior Zhaunte Holman (Valley, Sacramento), the fastest qualifier from the C.I.F. Section Meets to the State Meet, the Sac-Joaquin Section champion in 11.54w, won in 11.97 (-0.4). Senior LaTroya Mucker (Hamilton), the Los Angeles Section champion in 12.24 (-0.48) with a season best of 11.82, placed second in 12.11. Junior Sunny Butler (Morningside, Inglewood), fifth in the Southern Section in 11.87 (+3.5), was third in 12.12. Sophomore Natasha Neal (James Logan, Union City), second in the North Coast Section in 12.33 (+0.5), best 12.10w, was fourth in 12.19.

Heat 2. Junior Malika Edmonson (St. Bernard, Playa del Rey), the Southern Section champion 11.59 (+3.5), won in 11.92 (-0.4). Junior Akiba McKinney (Monte Vista, San Diego Section 12.10, best 11.89, placed second in 12.07.

Heat 3. Sophomore Miesha Withers (Morningside, Inglewood), second in the Southern Section in 11.66 (+3.5), won in 11.72 (+1.9). Damesha Craig (St. Francis, Mountain View), the Central Coast Section champion in 12.05 and the daughter of former 49er Roger Craig, Central Coast Section 12.05, best 11.3ht, placed second in 11.78. Sophomore Eboni Grayson (Taft), third in the Los Angeles Section 12.30 (-0.48), was third in 12.23.

Senior Jernae Wright (James Logan, Union City), the North Coast Section champion in 11.72 (+0.5), the second fastest qualifier in the heat, best 11.49w, false started. It ultimately cost Logan the girls' title.

Final. Edmonson won in 11.82 (-2.3). Withers placed second at 11.85. Craig was third at 11.96 after a poor start.

"I have no complaints," Craig said to Darren Sabedra of the *San Jose Mercury News*. "I'm proud of myself. I'm like a freshman to all these people."

"I was a little disappointed with the 100 because my start wasn't as I had planned it to be," she

said. "The official was telling me to put my foot lower and lower, to reach the ground. It threw my whole start off."

Final wind -2.3

1. Malika Edmonson 11 St. Bern 11.82
2. Niesha Withers 10 Morningside 11.85
3. Damesha Craig 11 St. Francis 11.96
4. Akiba McKinney 11 Mon Vista 11.97
5. Zhaunte Holman 11 Valley 12.11
6. LaTroya Mucker 12 Hamilton 12.18
7. Natasha Neal 10 J Logan 12.19
8. Sunny Butler 11 Morningside 12.27
9. Eboni Grayson 10 Taft 12.36

Heat 1 wind -0.4 1. Zhaunte Holman 11 Valley q11.97, 2. LaTroya Mucker 12 Hamilton q12.22, 3. Sunny Butler 11 Morningside q12.12, 4. Natasha Neal 10 James Logan q12.19, 5. Latrice Borders 9 LB Wilson 12.27, 6. Tiffany Freon 10 Morse 12.38, 7. Anita McCallum 9 Skyline 12.50, 8. Kerry Blaschke 9 St. Francis 12.66, 9. LaVera Harris 11 Clovis 12.72. **Heat 2 wind = -0.4** 1. Malika Edmonson 11 St. Bernard q11.92, 2. Akiba McKinney 11 Monte Vista q12.07, 3. Zahalea Snowe 11 LB Poly 12.28, 4. De-Cole Groce 9 Morse 12.34, 5. Bo Alade 10 Foothill 12.39, 6. Crystal Watson 12 Edison 12.40, 7. Enjoli Smith 11 Gilroy 12.67, 8. Macklin Harris 10 Enterprise 12.77, 9. Trinity Davis 12 Encinal 12.83. **Heat 3 wind = +1.9** 1. Niesha Withers 10 Morningside q11.72, 2. Damesha Craig 11 St. Francis q11.78, 3. Eboni Grayson 10 Taft q12.23, 4. Janice Thomas 11 Dorsey 12.33, 5. Capricia Thompson 12 Clovis 12.37, 6. Pilar Arroyo 12 Tracy 12.51, 7. Benecia Newhouse 11 Benicia 12.63, 8. Amy Hill 11 Lowell 13.16, DQ Jernae Wright 12 James Logan false start.

▲ 200 Meters

Heat 1. Sophomore Angela Williams (Chino), the Southern Section champion in 23.33 (+2.1), won in 23.87 (nwi). Senior LaTroya Mucker (Hamilton), the Los Angeles Section champion in 24.45 (-0.86), placed second in 24.27. Freshman Latrice Borders (Wilson, Long Beach), fourth in the Southern Section in 24.37 (+2.1), best 24.27, was third in 24.68.

Heat 2. Junior Malika Edmonson (St. Bernard, Playa del Rey), second in the Southern Section in 23.73 (+2.1), best 23.57, won in 23.91 (nwi). Junior Zhaunte Holman (Valley, Sacramento), Sac-Joaquin Section 24.20w, placed second in 24.74.

Heat 3. Junior Kinshasa Davis (Wilson, Long Beach), third in the Southern Section in 23.74 (+2.1), best 23.73, won in 23.60 (nwi). Junior Damesha Craig (St. Francis, Mountain View), the Central Coast Section champion in 24.13, best 23.73w, placed second in 24.05. Sophomore Casey Love-

land (Granite Hills), San Diego Section 25.29, was third in 24.72. Sophomore Bo Alade (Foothill), Central Section 25.25, was fourth in 24.90.

Final.

Edmonson won in 23.47 (-0.8), the national season best. Wil

Blaschke 9 St. Francis 25.72, 8. April Jackson 10 West Valley 26.43, 9. Amber Newsome 9 Stockdale 26.45. **Heat 2 no wind info.** 1. Malika Edmonson 11 St. Bernard q23.91, 2. Zhaunte Holman 11 Valley q24.74, 3. Joni Smith 9 LB Wilson 24.92, 4. Aliba Green 12 University City 25.16, 5. Annetta Wells 11 University LA 25.22, 6.



Malika Edmonson
100m & 200m

Photo by Allison Cockerham



Kinshasa Davis
400m

Photo by Allison Cockerham

liams, the 1995 State Meet 400 champion, placed second at 23.49.

"It was my fault," Williams said. "I didn't see her (Edmonson) until the end."

"I just didn't run up to my potential," she said. "I didn't use my peripheral vision. If I run hard, I'm going to be tired. And I'm not."

Davis was third at 23.72.

"She (Davis) has improved a lot over the last year," coach Lee Webb (Logan) said. "She was the one who beat us with what she did in the 400 and 200, plus that relay leg."

Final (wind = -0.8)

1. Malika Edmonson 11 St. Bern 23.47
 2. Angela Williams 10 Chino 23.49
 3. Kinshasa Davis 11 LB Wilson 23.72
 4. Damesha Craig 11 St. Francis 23.87
 5. LaTroya Mucker 12 Hamilton 24.25
 6. Latrice Borders 9 LB Wilson 24.31
 7. Zhaunte Holman 11 Valley 24.48
 8. Casey Loveland 10 Gran Hills 2 5.01
 9. Bo Alade 10 Foothill CE 25.08
- Heat 1 no wind info.** 1. Angela Williams 10 Chino q23.87, 2. LaTroya Mucker 12 Hamilton q24.27, 3. Latrice Borders 9 LB Wilson q24.68, 4. Enjoli Smith 11 Gilroy 25.22, 5. Nikelola Balogun 11 Westchester 25.54, 6. Trinity Davis 12 Encinal 25.65, 7. Kerry

Crystal Watson 12 Edison SJ 25.36, 7. Felicia Jiles 11 Pittsburg 25.61, 8. Benecia Newhouse 11 Benicia 25.77, 9. Myka Hammock 12 Oakland Tech 26.85. **Heat 3 no wind info.** 1. Kinshasa Davis 11 LB Wilson q23.60, 2. Damesha Craig 11 St. Francis q24.05, 3. Casey Loveland 10 Granite Hills q24.72, 4. Bo Alade 10 Foothill CE q24.90, 5. Shaunte Williams 10 Armijo 25.06, 6. Monica Van Wegan 11 Amador Vly 25.61, 7. Ciara Johnson 11 McAteer 27.56, 8. Loretta McKinney 10 Hanford DNR, Lana Garner 12 Morse DNR.

▲ 400 Meters

Heat 1. Junior Carla Estes (James Logan, Union City), the North Coast Section champion in 53.81, won in 54.28. Her splits were 25.1, 29.0 (54.0). Sophomore Julia Gray (North, Riverside), third in the Southern Section in 55.85, placed second in 54.65. Sophomore Loretta McKinney (Hanford), Central Section 56.61, best 56.47, was third in 55.94. Junior Saneik Saavedra (El Cerrito), third in the North Coast Section in 55.84, was fourth in 55.95.

Heat 2. Freshman Joni Smith (Wilson, Long Beach), second in the Southern Section in 55.00,

best 54.26, won in 54.45. Junior Nikelola Balogun (Westchester), second in the Los Angeles Section in 57.56, best 57.18, placed second in 56.06.

Senior Lana Garner (Morse, San Diego), the San Diego Section champion in 54.09, the fastest qualifier in the heat, did not run.

Heat 3. Junior Kinshasa Davis (Wilson, Long Beach), the Southern Section champion in 54.69, best 53.08, won in 54.66. Her splits were: 26.3, 28.1 (54.4). Junior Regine Caruthers (St. Bernard, Playa del Rey), fifth in the Southern Section in 56.30, placed second in 55.23. Senior Crystal Miles-Threat (Amador Valley, Pleasanton), second in the North Coast Section at 55.51, was third in 55.67.

Final. Davis won in 52.67, the fastest time in the nation. Smith placed second in 53.64. Estes was third in 54.29 after running the first 200 meters in 24.8.

"That was pivotal," said Wilson coach Kennedy to the *Long Beach Press Telegram*.

- | | |
|----------------------------------|---------|
| 1. Kinshasa Davis 11 LB Wilson | 52.67 |
| 2. Joni Smith 9 LB Wilson | 53.64 |
| 3. Carla Estes 11 James Logan | 54.29 |
| 4. Julia Gray 10 Riverside North | 54.99 |
| 5. Regine Caruthers 11 St. Bern | 55.53 |
| 6. Sanelk Saavedra 11 El Cerrito | 56.10 |
| 7. Crystal Miles-Threat 12AmV | 56.17 |
| 8. Loretta McKinney 10 Hanford | 56.78 |
| 9. Nikelola Balogun 11 Westches | 1:00.32 |
- Heat 1.** 1. Carla Estes 11 James Logan q54.28, 2. Julia Gray 10 Riverside North q54.65, 3. Loretta McKinney 10 Hanford q55.94, 4. Sanelk Saavedra 11 El Cerrito q55.95, 5. Tiffany Smith 9 Taft LA 57.57, 6. Rose Sczawinski 11 Los Gatos 58.12, 7. LaToya Ashworth 9 Fremont OK 59.15, 8. Annetta Wells 11 University LA 59.27, 9. Michaela Williams 10 Beyer 1:00.25. **Heat 2.** 1. Joni Smith 9 LB Wilson q54.45, 2. Nikelola Balogun 11 Westchester q56.06, 3. LaToya Thomas 9 LB Poly 56.90, 4. Kamilla Williams 11 Sacred Heart 57.63, 5. Turshika Bennett 12 Bishop O'Dowd 58.27, 6. Vishani Miller 9 Kennedy SJ 58.46, 7. Corrine Atkins 11 Buchanan 1:00.28, 8. Ginny Greene 10 Modoc 1:01.36, Lana Garner 12 Morse DNR. **Heat 3.** 1. Kinshasa Davis 11 LB Wilson q54.66, 2. Regine Caruthers 11 St. Bernard q55.23, 3. Crystal Miles-Threat 12 Amador Vly q55.67, 4. Angie Miller 11 Modesto 56.77, 5. Flyneshia Rankin 11 Morse 57.20, 6. Sabrina Edge 12 Rancho Buena Vista 57.47, 7. Shavone Jennings 12 Woodside 57.59, 8. Denisha David 12 Lowell 1:00.40, 9. Yolanda Moore 11 Bullard 1:02.00.

tion 2:17.32, best 2:15.97, won in 2:13.35. Sophomore Tara Gregory (Crescenta Valley), third in the Southern Section in 2:15.26, placed second in 2:15.56. Splits: 1:02.4, 2:12.5 (1:10.1) Miles-Threat.

Senior Candace Miles-Threat (Amador Valley, Pleasanton), the leading qualifier in the State Meet, the North Coast Section champion at 2:10.80, was disqualified for six steps on the nine in the north-east corner of the track.

Heat 2. Junior Kerri Bock-Willmes (Carondelet, Concord), fourth in the North Coast Section in 2:12.30, won in 2:14.36. Junior Jennifer Bridgeman (James Logan, Union City), second in the North Coast Section in 2:11.75, placed second in 2:14.96. Splits: 1:05.0, 2:14.0 (1:09.0) Bock-Willmes.

Heat 3. Freshman Lindsay Hyatt (Placer), Sac-Joaquin Section 2:15.78, best 2:12.1, won in 2:12.67. Senior Amanda Boice (Folsom), Sac-Joaquin Section 2:16.74, best 2:14.66, placed second in 2:13.18. Sophomore Kelly Piantanesi (Carondelet, Concord), third in the North Coast Section at 2:11.89, was third in 2:13.23. Senior Sharon Rhetta (Long Beach Poly), the Southern Section champion in 2:13.40, was fourth in 2:13.81. Senior Betty Butler (Dorsey, Los Angeles), the Los Angeles Section champion at 2:19.76, best 2:16.79, was fifth in 2:13.85. Splits: 1:03.7 Butler, 2:12.3 (1:08.6) Hyatt.



Lindsay Hyatt
800m
Photo by Allison Cockerham

Final.

Hyatt won in 2:11.24. Hyatt passed Rhetta in the last 100 meters. Rhetta, running in her fourth State Meet, placed second in 2:13.12 after leading until the final 90 meters. Boice was third in 2:13.60. Splits: 1:01.7 Rhetta, 1:36.1 (34.5) Rhetta, 2:10.9 (34.9) Hyatt.

- | | |
|-----------------------------------|---------|
| 1. Lindsay Hyatt 9 Placer | 2:11.24 |
| 2. Sharon Rhetta 12 LB Poly | 2:13.12 |
| 3. Amanda Boice 12 Folsom | 2:13.60 |
| 4. Kelly Piantanesi 10 Carondelet | 2:14.07 |
| 5. Tara Gregory 10 Cresc Valley | 2:14.24 |
| 6. Kerri Bock-Willmes 11 Caron | 2:14.31 |
| 7. Kattie Crabb 12 Pleas Valley | 2:16.35 |
| 8. Jennifer Bridgeman 11 Logan | 2:16.64 |
| 9. Betty Butler 12 Dorsey | 2:23.74 |

Heat 1. 1. Katie Crabb 12 Pleasant Valley q2:13.35, 2. Tara Gregory 10 Crescenta Valley q2:15.56, 3. Ally Lombardi 11 Los Gatos 2:16.22, 4. Anna Behrens 12 Peninsula 2:16.69, 5. Drisana Carey 11 University 2:18.84, 6. Ashley Holt 12 Menlo-Atherton 2:20.35, 7. Anne Marie Franco 12 Skyline 2:20.96, 8. Shauna James 12 Westchester 2:21.66, DQ Candace Miles-Threat 8 steps on line. **Heat 2.** 1. Kerri Bock-Willmes 11 Carondelet q2:14.36, 2. Jennifer Bridgeman 11 Logan q2:14.96, 3. Ali Peatson 12 Turlock 2:16.09, 4. Christa Fitzgerald 10 Dana Hills 2:16.37, 5. LaTanya Sumlin 12 N. Bakersfield 2:17.26, 6. Lina Biber-Ferro 10 Los Gatos 2:17.61, 7. Erin Dehahn 9 Hilltop 2:20.60, 8. Kelly Cohn 12 Stockdale 2:23.86, 9. Margaret Roche 9 Grant 2:28.55. **Heat 3.** 1. Lindsay Hyatt 9 Placer q2:12.67, 2. Amanda Boice 12 Folsom q2:13.18, 3. Kelly Piantanesi 10 Carondelet q2:13.23, 4. Sharon Rhetta 12 LB Poly q2:13.81, 5. Betty Butler 12 Dorsey q2:13.85, 6. Rachelle Loftus 11 Buchanan



Annie Ebner
1600m
Photo by Bill Cockerham

- | | |
|--------------------------------------|---|
| 2:16.01, 7. Cara Notter 12 Brawley | 2:17.70, 8. Susan Chou 11 Lowell 2:24.45, |
| 9. Stephanie Kindreich 11 El Capitan | 2:30.21. |

▲ 1,600 Meters

Heat 1. Junior Kristan Gordon (Carondelet, Concord), the North Coast Section champion in 4:49.16, won in 4:58.85. Senior Shaluinn Fullove (Louisville), second in the Southern Section in 5:01.15, best 5:00.6, placed second in 5:00.15. Splits: 1:13.8 Burris, 2:29.0 (1:15.2) Gordon, 3:43.6 (1:14.6) Gordon, 4:58.6 (1:15.0) Gordon.

Heat 2. Senior Annie Ebner (St. Lucy's), the Southern Section champion in 4:58.70, best 4:47.5, won in 4:58.04. Sophomore Jennifer Akana (Lowell, San Francisco), the San Francisco Section champion in 5:02.94, best 4:59.13, placed second in 5:00.75. Junior Claire Tillotson (Redondo), fourth in the Southern Section in 5:04.40, best 5:04.20, was third in 5:02.31. Junior Kelly Howisey (Clayton Valley, Concord), second in the North Coast Section in 5:00.86, best 5:00.59, was fourth in 5:02.70. Junior Tracy Cohn (Stockdale), Central Section 5:01.71, best 5:01.54, was fifth in 5:05.30. Senior Stephanie McCarty (Madera), Central Section 5:07.84, was sixth in 5:05.60. Splits: 1:13.7 Ebner, 2:31.5 (1:17.8) Ebner, 3:46.7 (1:15.2) Ebner, 4:57.8 (1:11.1) Ebner. **Final.**

Ebner, who finished third last year, won in 4:48.72. Ebner's splits: 1:09.5, 2:21.5 (1:12.0), 3:35.8 (1:14.3), 4:48.5 (1:12.7). She was the lone Inland Valley state champion.

"This was her senior year," St. Lucy's coach Ted Daudel said to Pete Marshall of the *Inland Valley Daily Bulletin*. "There was no way she was not going to win."

"I really would've liked to (set a personal record)," Ebner said to Marshall. "(But) it's still a good time. I hit every split right on," Ebner said. "I just couldn't get it on the last lap. It went like I expected," said Ebner to Steve Ramirez of the TNG-T. "I visualized that me and Kristen (Gordon) would be shoulder-to-shoulder and hopefully I would be able to out kick her at the end."

"I really wanted to do something for the Southern California fans," said Ebner. "This was my last race before I go to Oregon, so

▲ 800 Meters

Heat 1. Senior Katie Crabb (Pleasant Valley), Northern Sec-

I wanted to give them a good run, something they and I could have a good memory of."

"Keeping her (Gordon) on the outside was important," Ebner said to Damin Esper of the *Contra Costa Times*. "The mental and the psychological aspect of being there."

"I thought I ran to my potential, I can win it," said Ebner. "But there's always doubts. What if, what if. You can never be totally sure."

Gordon placed second in 4:50.78. As a freshman Gordon placed second to Julia Stamps (Santa Rosa) in the 3,200. Last year, Gordon took fifth in the 1,600.

"It wasn't a bad race," Gordon said to Damin Esper of the *Contra Costa Times*. "But when you run 4:49 like clockwork the past few weeks and then run a 4:50—it's frustrating. I came through (the 800) at 2:21, then my last 800...I don't know."

"Annie (Ebner) doesn't let you have that inside lane," Gordon said. "It was such a different type of race than I'm used to running because somebody was there."

"The whole time I was thinking, 'You've got to pass her. Go now. She definitely had the better position.'"

"When I looked back on the race there really wasn't anything I could do," Gordon said. "I could have pushed it maybe on the third lap. But every time I pushed her, she responded. I had a pretty successful season," Gordon said. "It's not the end of the world. If I had that 4:49 at (the) Arcadia (Invitational) and then not run it since then and then run a 4:50, I would be happy. The 4:50—that's what's killing me."

"One of the frustrating things is that I ran 4:49 two times by myself," Gordon said to the *Oakland Tribune*. "Every time I tried to pass her, she wouldn't let me. That was her strategy," Gordon said. "It takes a lot out of you, but I knew I had to keep making surges."

Fullove was third in 4:58.38.

1. Annie Ebner 12 St. Lucy's 4:48.72
2. Kristen Gordon 11 Carondelet 4:50.78
3. Shalaine Fullove 12 Louisville 4:58.38
4. Claire Tillotson 11 Redondo 4:58.71
5. Jennifer Burris 10 Ayala 4:58.99
6. Kelly Howisey 11 Clayton Vly 5:01.52
7. Jennifer Akana 10 Lowell 5:01.60
8. Stephanie McCarty 12 Mad 5:07.70
9. Tracy Cohn 11 Stockdale 5:35.90

Heat 1 1. Kristen Gordon 11 Carondelet 4:58.85, 2. Shalaine Fullove 12 Louisville 4:50.15, 3. Jennifer Burris 10 Ayala

q5:03.07, 4. Tiffany Hansen 11 Redwood 5:07.52, 5. Deborah Bleisch 12 Silver Creek 5:09.64, 6. Ashley Holt 12 Menlo-Atherton 5:10.45, 7. Julie Ott 11 University 5:11.19, 8. Juli Lawson 9 Clovis West 5:12.80, 9. Shelby Horgan 11 Temescal Canyon 5:14.00, 10. Rachelle Stewart 10 Vacaville 5:17.81, 11. Yvonne Liebig 10 JF Kennedy 5:18.41, 12. Melissa Peralta 10 South Gate 5:19.56, 13. Tricia Matson 11 Fallbrook 5:23.17. Heat 2 1. Annie Ebner 12 St. Lucy's q4:58.04, 2. Jennifer Akana 10 Lowell q5:00.75, 3. Claire Tillotson 11 Redondo q5:02.31, 4. Kelly Howisey 11 Clayton Valley q5:02.70, 5. Tracy Cohn 11 Stockdale q5:05.30, 6. Stephanie McCarty 12 Madera q5:05.60, 7. Laneisha McPherson 12 Silver Creek 5:12.40, 8. Meghan Andrade 9 Carondelet 5:12.80, 9. Tiffany Burgess 9 Birmingham 5:19.86, 10. Sarah Wilkins 9 Rancho Bernardo 5:21.02, NP Abbey Cortright 9 Yreka, NP Kara Barnard 12 Pacific Palisades, NP Heather Clark 9 Vacaville, NP Emily Dixon 9 Skyline.

▲ 3,200 Meters

This race was the top race on the program. The new national record holder would take on the two-time defending champion. Senior Kim Mortensen (Thousand Oaks), who set a new national record of 9:48.59 in the Southern Section, set a new State Meet record of 9:52.80. The old meet record of 10:08.14 was set by Cory Schubert (Del Mar, San Jose) in 1983. Mortensen's splits: 1:11.8, 2:25.8 (1:14.0), 3:39.9 (1:14.1), 4:54.5 (1:14.6), 6:08.7 (1:14.2), 7:23.5 (1:14.8), 8:39.0 (1:15.5), 9:52.6 (1:13.6).

Mortensen's time of 4:54.5 at 1,600 meters would have placed her third in the girls' 1,600 meter race. And her second 1,600 of 4:58.1 would have also surpassed the third place finisher.

"Every time we went down the straightaway (in front of the crowd), I'd hear, 'Go, Kim' and 'Go, Julia,'" Mortensen said to Jim Crowhurst of the *Santa Rosa Press Democrat*.

"I wouldn't have done it differently, even if Julia hadn't been in the race," Mortensen said.

Junior Julia Stamps (Santa Rosa), the North Coast Section champion in 10:13.7 and the 1994 (10:26.51) and 1995 (10:15.27) State Meet champion, best 10:12.20, placed second in 10:15.13. Stamps said that she felt dizzy. Stamps had missed a month of training this season after suffering from a lack of sodium and potassium.

"If I had run my own race, I would have gone out slower and probably would have run faster,"



Kim Mortensen
3200m

Photo by Bill Cockerham



Nicole Hoxie
100mH

Photo by Bill Cockerham

Stamps said to Crowhurst.

Senior Kristen Koppes (Foot-hill), the Northern Section champion in 10:53.78, was third in 10:40.70.

1. Kim Mortensen 12 ThouOks 9:52.80 (State Meet Record. Old 10:08.14 Cory Schubert, Del Mar, 1983)
 2. Julia Stamps 11 SanRosa 10:15.13
 3. Kristen Koppes 12 Foot 10:40.70
 4. Kim Welsh 10 Yucapa 10:42.84
 5. Anne Gunnison 11 McClat 10:51.14
 6. Jen Schindler 11 Ponderosa 10:58.87
 7. Heather Gamilton 10 BPark 11:02.38
 8. Trina Cox 9 Santa Rosa 11:03.00
 9. Emily Allison 12 Leland 11:04.50
 10. Emily Lawson 11 Clovis W 11:04.55
 11. Tina Bowen 12 San Ramon 11:08.16
 12. Marissa Hurwitz 12 Bishops 11:11.20
 13. Shana Driscoll 12 St. Ign 11:12.71
 14. Lori Giacinti 11 University 1 1:14.30
 15. Heather Wallace 12 ClayVly 11:15.86
 16. Jaymie Harper 11 Santana 11:20.41
 17. Yvonne Liebig 10 JF Kenn 11:24.34
 18. Nicole Portley 10 Aragon 11:27.96
 19. Danielle Day 11 Quartz Hill 11:37.81
 20. Angela Ruiz 11 Reekley 11:38.60
 21. Gash Lucero 12 Lowell 11:40.44
 22. Melissa Peralta 10 SoGate 12:00.49
 23. Genevieve Cruise 10 P Palis 12:05.51
 24. Brandi Page 12 GranHills 12:39.96
- Alyson Marquand 9 Univ DNF
Stephanie Garcia 10 Skyline DNF
Tracy Cohn 11 Stockdale DNS

▲ 100 Meter Hurdles

Heat 1. The race was called back, but no false start was called. Junior Nicole Hoxie (North, Riverside), the Southern

Section champion in 13.61 (+3.15), won in 13.91 (+0.6). Junior Michelle Perry (Quartz Hill), fourth in the Southern Section in 14.34w, placed second in 14.50. Junior Katie Schuckle (Santa Rosa), second in the North Coast Section in 14.86, best 14.57w, was third in 14.85.

Heat 2. Sophomore Ashley Bethel (Mission Viejo), third in the Southern Section in 14.27 (+3.15), best 14.21, won in 14.45 (-0.5). Senior Ayana Grant (Bishop O'Dowd, Oakland), the North Coast Section champion in 14.46, best 14.31, placed second in 14.55. Grant's sister Bisa (UCLA 1998) was the 1993 State Meet champion in the 100 meter low hurdles. Senior Rory Kelly (Morningside, Inglewood), second in the Southern Section 14.15 (+3.15), was third in 14.56.

Heat 3. Junior Khamell Fleming (Dorsey, Los Angeles), the Los Angeles Section champion in 14.97 (-1.35), best 14.4w, won in 14.59. Junior Lisa O'Reilly (St. Mary's, Stockton), Sac-Joaquin Section 14.24, best 14.0w, placed second in 14.64. Junior Angie Polk (Cermits), fifth in the Southern Section in 14.58w, was third in 14.67.

Final.

Hoxie won in 13.87. "Last year I never even dreamed of being here. Last night I was hyped, but today I just wasn't into it," Hoxie said. "Coming here I was nervous. I mean, you look into the stands and you just try to picture

(that) those are all the athletes who just didn't make it. But I knew they weren't. My grandfather and grandmother were up there. This was the first meet they ever came to."

Bethel placed second in 14.08. That set an Orange County record, topping her old mark of 14.14. Kelly was third in 14.10.

1. Nicole Hoxie 11 N. Riverside 13.87
2. Ashley Bethel 10 Mission Viejo 14.08
3. Rory Kelly 12 Morningside 1 4.10
4. Ayana Grand 12 BishO'Dowd 14.18
5. Michelle Perry 11 Quartz Hill 14.37
6. Lisa O'Reilly 11 St. Mary's 14.46
7. Angie Polk 11 Cerritos 14.74
8. Katie Schuckle 11 Santa Rosa 14.81
9. Khameel Fleming 11 Dorsey 15.16

Heat 1 wind = +0.6 1. Nicole Hoxie 11 N. Riverside q13.91, 2. Michelle Perry 11 Quartz Hill q14.50, 3. Rory Kelly 12 Morningside q14.85, 4. Michelle Steingart 11 St. Francis 15.12, 5. Francis Santin 10 Taft 15.30, 6. Laren Parker 12 Bakersfield 15.31, 7. Kenisha Barnes 12 San Juan 15.31, 8. Brandy Scott 12 Crawford 15.37, 9. Rene Warner 11 McAteer 15.68. Heat 2 wind = -0.5 1. Ashley Bethel 10 Mission Viejo q14.45, 2. Ayana Grand 12 Bishop O'Dowd q14.55, 3. Rory Kelly 12 Morningside q14.56, 4. Brandi Jenkins 12 Golden West 14.88, 5. Janae Mitchell 10 El Cerrito 14.90, 6. Jonae Hunt 11 Westchester 15.47, 7. Tiara Anderson 9 West Valley 15.59, 8. Carlotta Eckford 12 Tracy 15.77, 9. Drianna Doolittle 12 Torrey Pines 16.00. Heat 3 wind = +1.9 1. Khameel Fleming 11 Dorsey q14.59, 2. Lisa O'Reilly 11 St. Mary's q14.64, 3. Angie Polk 11 Cerritos q14.67, 4. Tamisha Allen 11 North Salinas 15.00, 5. Stephanie Fong 12 Mission San Jose 15.11, 6. Bahed Hernandez 12 Mt. Carmel 15.39, 7. Tisha Ponder 12 Del Mar 15.48, 8. Nicole Vance 12 Stockdale 17.02, DNR Kava Tonga 10 Skyline.

▲ 300 Meter Hurdles

Heat 1. Senior Tisha Ponder (Del Mar, San Jose), the Central Coast Section champion in 41.71, the national leader and 10th fastest all-time, won in 43.04. Senior Nicole Thomas (Morningside, Inglewood), fourth in the Southern Section in 44.37, best 42.9, placed second in 43.81. Junior Michelle Steingart (St. Francis, Mountain View), second in the Central Coast Section in 43.88, was third in 44.05.

Heat 2. Junior Nicole Hoxie (North, Riverside), the Southern Section champion in 42.76, won in 43.97. Junior Katie Schuckle (Santa Rosa), the North Coast Section champion in 44.14, best 43.82, placed second in 44.07.

Heat 3. Sophomore Francis Smith (Taft), the Los Angeles

Section champion in 43.47, won in 43.24. Junior Lisa O'Reilly (St. Mary's, Stockton), Sac-Joaquin Section 45.44, best 43.80, placed second in 43.70. Junior Michelle Perry (Quartz Hill), second in the Southern Section in 43.66, best 42.88, was third in 44.01. Senior Stacy Herbert (Buena), fifth in the Southern Section in 44.50, was fourth in 44.34.

Final.

Ponder won in 42.22. "I kept saying, 'First place, first place, first place,' said Ponder to Darren Sabedra of the *San Jose Mercury News*. "I could feel it."

"I changed my mind frame," she said. "I told myself, 'I'm ranked No. 1 in the nation, and I'm going to prove it.'"

"She's the best athlete I've ever coached," said Del Mar Coach Scott Evans. (The hurdles) really made it special because she wanted to win a state title. And she did it on her last chance."



Tisha Ponder
300mH

Photo by Bill Cockerham

"I'm excited," Ponder said. "It's everything I've worked so hard for. It could have been a lot smoother—it wasn't a personal record—but it was a good race." Hoxie placed second in 42.66. Perry was third in 42.68.

1. Tisha Ponder 12 Del Mar 42.22
2. Nicole Hoxie 11 North Riverside 42.66
3. Michelle Perry 11 Quartz Hill 42.68
4. Katie Schuckle 11 Santa Rosa 43.40

5. Michelle Steingart 11 St. Francis 43.93
6. Francis Santin 10 Taft 43.99
7. Nicole Thomas 12 Morningside 44.00
8. Lisa O'Reilly 11 St. Mary's 44.11
9. Stacy Herbert 12 Buena 44.54

Heat 1 1. Tisha Ponder 12 Del Mar q43.64, 2. Nicole Thomas 12 Morningside q43.81, 3. Michelle Steingart 11 St. Francis q44.05, 4. Carrie McGraw 10 Mission San Jose 45.47, 5. Sarah Brown 10 Woodland 45.65, 6. Satin Lewis 12 Cleveland 46.03, 7. Niata Holmes 12 Carondelet 46.54, 8. Nicole Rodriguez 11 Granite Hills 47.28, 9. Cindy Wong 9 Mt. Whitney 45.85. Heat 2 1. Nicole Hoxie 11 North Riverside q43.97, 2. Katie Schuckle 11 Santa Rosa q44.07, 3. Hannah Cooper 11 Hawthorne 44.77, 4. Silvia-Aidee Acero 12 Hilltop 45.40, 5. Tiara Anderson 9 West Valley 45.50, 6. Leanne Slater 10 Pioneer 45.53, 7. Bahed Hernandez 12 Mt. Carmel 46.88, 8. Jonae Hunt 11 Westchester 48.43, 9. April Smith 11 Ponderosa 48.64. Heat 3 1. Francis Santin 10 Taft q43.24, 2. Lisa O'Reilly 11 St. Mary's q43.70, 3. Michelle Perry 11 Quartz Hill q44.01, 4. Stacy Herbert 12 Buena q44.34, 5. Brandi Jenkins 12 Golden West 44.60, 6. Nyeshia Kirfman 11 Lowell 44.73, 7. Amy Nazarov 11 Central 48.11, 8. Eseta Lavaika 10 Fremont 53.66, DQ Odessa Balumbo 12 Logan.

▲ 400 Meter Relay

Heat 1. James Logan (Union City), the North Coast Section champion in 45.64, the tenth fastest team in prep history, won in 45.78. Valley (Sacramento), Sac-Joaquin Section 47.34, best 47.1, placed second in 46.95. Poly (Long Beach), fourth in the Southern Section in 46.92, best 46.81, was third in 47.04.

Heat 2. Wilson (Long Beach), third in the Southern Section in 46.52, best 46.3, won in 45.61, a national best. St. Bernard (Playa del Rey), the Southern Section champion in 46.26, placed second in 45.75. Dorsey (Los Angeles), the Los Angeles Section champion in 47.69, was third in 47.20. El Cerrito, North Coast Section 47.38, was fourth in 47.25.

Heat 3. Morningside (Inglewood), second in the Southern Section 46.45, best 46.11, won in 45.83. Vallejo, Sac-Joaquin Section 48.44, best 48.2, placed second in 47.54.

Final.

The James Logan team of freshman Jamara Smith, junior Carla Estes, senior Jemae Wright, and sophomore Natasha Neal won in 45.20, the equal third fastest team all-time and the best this season. Only Hawthorne at 45.11 in 1985 and Berkeley at

45.13 in 1981 have run faster.

The Wilson team of freshmen Veronica Callaway, Joni Smith and Latrice Borders and junior Kinshasa Davis placed second in 45.53. Wilson's anchor Kinshasa Davis made a big move from fifth to second.

"Even though we wanted to win it (the 400 relay), we knew we were still in it with the second," said Kinshasa Davis afterward to the *Long Beach Press Telegram*. St. Bernard was third in 45.62.

1. James Logan 45.20
2. Long Beach Wilson 45.53
3. St. Bernard 45.62
4. Morningside 45.63
5. Long Beach Poly 46.42
6. Valley 46.90
7. Dorsey 47.52
8. El Cerrito 47.53
9. Vallejo 47.91

Heat 1 1. James Logan q45.78, 2. Valley q46.95, 3. Long Beach Poly q47.04, 4. Foothill - Bakersfield 47.72, 5. Westchester 48.56, 6. Edison - Stockton 48.82, 7. Lincoln - San Diego 48.98, 8. El Camino 49.03, 9. Skyline 50.63. Heat 2 1. Long Beach Wilson q45.61, 2. St. Bernard q45.75, 3. Dorsey q47.20, 4. El Cerrito q47.25, 5. Los Gatos 48.66, 6. Pittsburg 49.83, 7. Lowell 49.83, 8. Clovis 49.87, 9. Hamilton NT. Heat 3 1. Morningside q45.83, 2. Vallejo q47.54, 3. Palmdale 47.58, 4. St. Francis 47.64, 5. Morse 47.65, 6. Golden West 48.27, 7. Benicia 48.83, 8. Gunn 50.19, 9. West Valley 51.04.

▲ 1,600 Meter Relay

Heat 1. Wilson (Long Beach), the Southern Section champion in 3:41.44, best 3:40.07, won in 3:45.68. Wilson's splits: 56.5, 1:51.7 (55.2), 2:50.3 (58.6), 3:45.4 (55.1). Muir (Pasadena), fourth in the Southern Section in 3:51.17, placed second in 3:47.67. Amador Valley (Pleasanton), fourth in the North Coast Section in 3:55.16, best 3:49.3, was third in 3:48.63.

Dorsey (Los Angeles) dropped the baton on the backstretch of the anchor leg while in contention to qualify.

Heat 2. St. Bernard (Playa del Rey), fifth in the Southern Section in 3:52.13, won in 3:44.90. J.W. North (Riverside), third in the Southern Section in 3:49.61, placed second in 3:47.60. James Logan (Union City), the North Coast Section champion in 3:43.39, was third in 3:50.01. They did not run Carla Estes. Logan's splits: 56.1, 57.9, 59.6, 56.3 (3:49.8).

Heat 3. Poly (Long Beach), second in the Southern Section in 3:44.05, won in 3:46.50. Poly's splits: 56.7, 56.0, 58.2, 55.5 (3:46.3). Los Gatos, second in the Central Coast Section in 3:53.14, placed second in 3:52.25. El Cerrito, North Coast Section 3:45.83, best 3:45.63, was third in 3:53.92.

Final.

This race would determine the team champion. Logan led Wilson by one point. Wilson was the national leader in the event and went 1-2 in the open 400 meters.

"We were ready," said Kinshasa Davis to the *Long Beach Press Telegram*.

"We had the best (relay) team in the country. We just had to run like we were capable and be patient.

The Wilson team of Veronica Calloway, Latrice Borders, Joni Smith and Kinshasa Davis won in 3:38.50, the fourth best all-time and a school record. Only Muir (Pasadena) at 3:37.69 in 1985, Kennedy (Granada Hills) at 3:37.71 in 1981, and 3:37.98 in 1980, have run faster. Wilson's splits: 56.7, 53.4, 54.1, 54.1 (3:38.1).

James Logan placed second in 3:40.95, the tenth best all-time and a new school record. Carla Estes anchored in 54.7. Jernae Wright ran the fastest 400 leg of her career.

"Everyone knows how I feel about the 400," Wright said to Steve Sanchez of the *Argus*. "So I feel good because that was the best I could do."

"It didn't really come down to the last event," Webb said to Sanchez. "Because we ran as good as we could run, but they are the best in the country in that event."

"It was just every little thing that led up to that."

Poly, the 1991-1993 State Meet champion, was third in 3:43.61.

- | | |
|----------------------|---------|
| 1. Long Beach Wilson | 3:38.50 |
| 2. James Logan | 3:40.95 |
| 3. Long Beach Poly | 3:43.61 |
| 4. Amador Valley | 3:45.94 |
| 5. El Cerrito 3 | 46.20 |
| 6. Muir | 3:47.09 |
| 7. St. Bernard | 3:48.64 |
| 8. North Riverside | 3:49.82 |
| 9. Los Gatos | 3:51.84 |

Heat 1 1. Long Beach Wilson q3:45.88, 2. Muir q3:47.67, 3. Amador Valley q3:48.63, 4. Dorsey 3:55.01, 5. St. Francis 3:57.75, 6. Westchester 3:59.39, 7. Gunn 4:01.81, 8. West Valley 4:05.47, 9. Stockdale 4:09.33. **Heat 2** 1. St. Bernard q3:44.90, 2. North Riverside q3:47.60, 3. James Logan q3:50.01, 4. Morse 3:57.34, 5. Talt 4:00.15, 6. Clovis West 4:00.63, 7. JF

Kennedy SJ 4:01.20, 8. Clovis 4:03.85, 9. Hilltop 4:07.79. **Heat 3** 1. Long Beach Poly q3:46.50, 2. Los Gatos q3:52.25, 3. El Cerrito q3:53.92, 4. Carondelet 3:54.27, 5. Rancho Buena Vista 4:00.03, 6. Woodland 4:01.08, 7. Valley 4:04.71, 8. Fremont OK 4:08.45, 9. Lowell 4:11.51.

▲ High Jump

Trials.

Senior Tara Flaming (Immanuel), Central Section 5-8, best 5-10, won at 5-8. Senior Shavent Williams (Long Beach Poly), tied for second in the Southern Section at 5-6, best 5-8, placed second at 5-6. Sophomore Tia Hanson (Cajon), fourth in the Southern Section at 5-6, was third at 5-6. Junior Tayyiba Hanef (Laguna Hills), tied for second in the



Liz Giltner
High Jump
Photo by Allison Cockerham

Southern Section at 5-6, best 5-10, and junior Liz Giltner (Chaminade), the Southern Section champion at 5-8, tied for fourth at 5-6. Junior Lisa Underhill (Rancho Buena Vista), San Diego Section 5-4, best 5-8, was sixth at 5-6. Senior Callie Lemont (Ceres), Sac-Joaquin Section 5-4, best 5-6, was seventh at 5-4. Junior Jessica Saltzman (Big Valley, Bieber), Northern Section 5-4, best 5-5, was eighth at 5-4. Senior Tait Holden (Wood, Vacaville), Sac-Joaquin Section 5-4, best 5-6, was ninth at 5-4.

Final.

Giltner won at 5-10. Giltner's series: 5-2 pass, 5-4 pass, 5-6 0, 5-8 0, 5-10 0, 6-0 xxx. Flaming, the defending champion at 6-0, placed second at 5-10. Hanef was third at 5-8.

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|----------------------------------|------|
| 1. Liz Giltner 11 Chaminade | 5-10 |
| 2. Tara Flaming 12 Immanuel | 5-10 |
| 3. Tayyiba Hanef 11 Laguna Hills | 5-8 |

- | | |
|------------------------------------|-----|
| 4. Shavent Williams 12 LB Poly | 5-6 |
| 5. Tia Hanson 10 Cajon | 5-6 |
| 6. Lisa Underhill 11 R Buena Vista | 5-4 |
| 7. Jessica Saltzman 11 Big Valley | 5-2 |
| 8. Tait Holden 12 Wood Vacaville | 5-2 |
| Callie Lemont 12 Ceres | NH |

Preliminaries 1. Tara Flaming 12 Immanuel q5-8, 2. Shavent Williams 12 LB Poly q5-6, 3. Tia Hanson 10 Cajon q5-6, 4. Liz Giltner 11 Chaminade q5-6, Tayyiba Hanef 11 Laguna Hills q5-6, 6. Lisa Underhill 11 Rancho Buena Vista q5-6, 7. Callie Lemont 12 Ceres q5-4, 8. Jessica Saltzman 11 Big Valley q5-4, 9. Tait Holden 12 Wood Vacaville q5-4, 10. Heidi Nolte 12 Our Lady of Peace 5-4, 11. Yolanda McGirt 10 Lincoln SD 5-4, 12. Mia Gramata 11 Dorsey 5-4, 13. Kim Stone 12 York 5-2, 14. Kristy Johnson 12 Ygnacio Vly 5-2, 15. Melissa Grubb 11 Alwater 5-2, 16. Erin Nichols 12 Acalanes 5-2, 17. Loren Gualco 11 Notre Dame 5-2, 18. Karen Townsend 12 James



Alexa Harz
Pole Vault
Photo by Allison Cockerham

Logan 5-2, 19. Loretta McKinney 10 Hanford 5-2, 20. Brittney Roberts 9 Bullard 5-2, 21. Jennifer Thomas 11 Centennial Corona 5-0, 22. Holly McLain 12 Milpitas 5-0, 23. Kim Pickup 12 Chatsworth 5-0, 24. Melissa Guanella 11 Santa Rosa 5-0, 25. Jamila Cooksey 11 Skyline 5-0, Adia Thurman 11 Washington SF NH, Alexandria Delgado 10 Huntington Park NH.

▲ Pole Vault

Trials.

Eight vaulters qualified at 10-6: junior Kylene Nixon (Poway), San Diego Section 10-0, best 10-7; senior Denise Warner (Ponderosa), Sac-Joaquin Section 10-3, best 11-0; senior Marylou Badillo (Mt. Pleasant, San Jose), the Central Coast Section champion at 10-4 1/2; sophomore Allison Knode (Kingsburg), Central Section 10-6, best 10-10; sophomore Katie Rorem (Marina), fifth in the Southern Section at 10-6, best 10-

9; senior Shannon Flett (Acalanes, Lafayette), the North Coast Section champion at 10-6 1/2; freshman Bridget Pearson (Hoover), Central Section 11-0; and senior Alexa Harz (Peninsula), third in the Southern Section at 11-0, best 11-10. Brooke Lankard (Golden West), Central Section, best 11-6 1/2, won a jump off at 10-3 to grab the final qualifying spot.

Final.

Harz won at 12-1 1/4. Harz' series: 10-0 pass, 10-6 0, 11-0 0, 11-4 0, 11-10 0, 12-1 1/4 XXO, 12-4 XXX. Pearson placed second at 11-4. Knode was third at 11-4.

- | | |
|--------------------------------|----------|
| 1. Alexa Harz 12 Peninsula | 12-1 1/4 |
| 2. Bridget Pearson 9 Hoover SS | 11-4 |
| 3. Allison Knode 10 Kingsburg | 11-4 |
| 4. Katie Rorem 10 Marina | 11-0 |



Jernae Wright
Long Jump
Photo by Allison Cockerham

- | | |
|---------------------------------|------|
| 5. Kylene Nixon 11 Poway | 10-6 |
| 6. Brooke Lankard 10 GoldWest | 10-6 |
| 7. Marylou Badillo 12 Mt. Pleas | 10-6 |
| Shannon Flett 12 Acalanes | NH |
| Denise Warner 12 Ponderosa | NH |

Preliminaries

Kylene Nixon 11 Poway q10-6, Denise Warner 12 Ponderosa q10-6, Marylou Badillo 12 Mt. Pleasant q10-6, Allison Knode 10 Kingsburg q10-6, Katie Rorem 10 Marina q10-6, Shannon Flett 12 Acalanes q10-6, Bridget Pearson 9 Hoover SS q10-6, Alexa Harz 12 Peninsula q10-6, Brooke Lankard 10 Golden West jump off q10-3. **Non-qualifiers** Jennifer Swanson 12 Gilroy jump off 10-0, Iran Serrano 9 Gonzales jump off 10-0, Shelley Hill 12 Beyer 10-0, Laura Eckley 11 West Valley 10-0, Christa Epperly 12 Nevada Union 10-0, No Height Amy Tran 10 Lowell, Brooke Page 12 Granada Hills, Kim Pickup 12 Chatsworth, Jennifer Capehart 11 JF Kennedy LA, Amy Bei 9 Montgomery, Shail Pecrouse 9 Santa Rosa, Leslie Smith 11 Orange Glen, Becky Studebaker 11 South Fork, Kyla Pavlina 10 Kingsburg, Kim

CIF/ARCO am/pm ■ California State Meet

Trout 10 Escondido, Hannah Johnson 11
Atascadero, Erica Hoernig 12 Foothill SS.

▲ Long Jump

Trials.
Senior Tisha Ponder (Del Mar, San Jose), the Central Coast Section champion at 20-6w, won at 19-8. Senior Jemae Wright (James Logan, Union City), the North Coast Section champion at 20-1 1/2 (-0.78), best 20-11 1/2w, placed second at 19-3 1/2. Senior Roslyn Grant (Ganeshia), fifth in the Southern Section at 18-11 1/2 (+3.11), was third at 18-9 1/4. Junior Carla Estes (James Logan, Union City), second in the North Coast Section at 19-9 3/4, was fourth at 18-8 1/4. Senior Julie Tinker (Valley, Sacramento),



Kelly O'Connor
Triple Jump

Photo by Allison Cockerham

Sac-Joaquin Section 18-10 1/2, was fifth at 18-4 3/4. Senior Kerry O'Bric (Edison), the Southern Section champion at 19-4 3/4 (+2.27), best 19-9, was sixth at 18-4 1/4. Junior Pia McAllister (Clayton Valley, Concord), third in the North Coast Section at 18-0 3/4 (-0.63), best 19-3w, was seventh at 18-4. Sophomore Monique Harris (Cerritos), third in the Southern Section at 19-0 1/2 (+2.96), was eighth at 18-3. Senior Richelle Perkins (Bishops), San Diego Section 18-6 3/4w, was ninth at 18-2 3/4.

Final.
Wright, the defending champion at 20-6, won at 20-3 (-1.4). Wright's series: 19-5, 20--3, 19-11 1/2, 18-9 1/2, pass, pass. Estes placed second at 19-7 1/4 (+0.4). Harris was third at 19-3 3/4 (+2.5).

1. Jemae Wright 12 Logan -1.4w 20-3

2. Carla Estes 11 Logan +0.4w 19-7 1/4
3. Monique Harris 10 Carr +2.5w 19-3 3/4
4. Tisha Ponder 12 DMar -0.8w 19-2 1/2
5. Kerry O'Bric 12 Edie +0.6w 19-1 1/4
6. Rosalyn Grant 12 Gan +1.2w 19-1/4
7. Pia McAllister 11 CVly -2.4w 18-3 3/4
8. Julie Tinker 12 Valley SJ -1.6w 18-1
- Richelle Perkins 12 Bishops DNS

Preliminaries 1. Tisha Ponder 12 Del Mar q19-8, 2. Jemae Wright 12 James Logan q19-3 1/2, 3. Rosalyn Grant 12 Ganeshia q18-9 1/4, 4. Carla Estes 11 James Logan q18-8 1/4, 5. Julie Tinker 12 Valley SJ q18-4 3/4, 6. Kerry O'Bric 12 Edison SS q18-4 1/4, 7. Pia McAllister 11 Clayton Valley q18-4, 8. Monique Harris 10 Cerritos q18-3, 9. Richelle Perkins 12 Bishops q18-2 3/4.

Non-qualifiers 10. Connie Smith 12 Modesto 18-2, 11. Reyna King 11 St. Mary's 18-1/4, 12. Latanya Collier 12 Banning 17-10 1/4, 13. Dominique Green 10 James Logan 17-8 1/2, 14. Kelly O'Connor 12 Esperanza 17-4 3/4, 15. Macklin Harris 10 Enterprise 17-4, 16. Dannielle Martin 11 Valley SJ 17-3 1/4, 17. Zakirah Sanford 12 Lincoln SD 17-1/4, 18. Kameelah Elarms 11 Piedmont Hills 16-10 3/4, 19. April Home 11 Clovis West 16-7, 20. Jessica Burnham 12 Los Altos 16-6 1/2, 21. Akiba McKinney 11 Monte Vista 16-6 1/4, 22. Tasha Thomas 10 Bakersfield 16-5 1/2, 23. Demetria Beverly 12 Oakland Tech 16-3 3/4, 24. Reena Sihota 12 Selma 16-1, 25. Rickisha Herron 12 Birmingham 16-3/4, 26. Ciara Johnson 11 McAttee 14-11 3/4, Lachelle Lash 12 Gardena did not compete.

▲ Triple Jump

Trials.

Senior Kelly O'Connor (Esperanza, Anaheim), the Southern Section champion at 39-11 (+2.29), best 40-11 3/4, won at 39-4 (-0.6). Senior Julie Tinker (Valley, Sacramento), Sac-Joaquin Section 39-10 1/2w, placed second at 38-11 3/4 (-1). Senior Tisha Ponder (Del Mar, San Jose), the Central Coast Section champion at 40-2 3/4 wind-aided, best 40-11 3/4w, was third at 38-11 1/2 (-1.5). Senior Brandy Prieto (North Torrance), second in the Southern Section at 38-11 3/4, was fourth at 38-5 3/4 (-2). Sophomore Andria Booker (El Camino), San Diego Section 39-5 1/4, was fifth at 38-3 1/2 (0). Senior Kerry O'Bric (Edison), fourth in the Southern Section at 38-6 (+2.91), best 38-11 3/4, was sixth at 37-11 1/4. Senior Connie Smith (Modesto), Sac-Joaquin Section 37-4, best 38-4, was seventh at 37-7 1/2. Senior Casey Whyte (San Pasqual), San Diego Section 37-7 1/2, was eighth at 37-5. Senior Reena Sihota (Selma), Central Section 37-1, best 37-10, was ninth at 37-2.

Final.

O'Connor, the defending champion at 40-6 1/2, won at 40-2 1/2 (-2.3). O'Connor's series: 38-4 3/4, 39-4 1/2, 39-10, 38-11 3/4, 40-2 1/2, 32-10.

"It's very nice," O'Connor said to Matt Farmer of the *Los Angeles Times*. "I'm relieved. I'm not overly happy because I didn't jump as well as I wanted, but I'm just glad it was enough."

O'Connor's consecutive titles were the first for an Orange county girl since Fullerton's Natalie Kaaiawahia won three consecutive titles in the shot put (1981-83).

Tinker placed second at 39-3 1/4 (-1.3). Booker was third at 39-1 1/2 (-2.2).

1. Kelly O'Connor 12 Esper -2.3w 40-2 1/2
2. Julie Tinker 12 Valley SJ -1.3w 39-3 1/4
3. Andria Booker 10 ElCam -2.2w 39-1 1/2
4. Kerry O'Bric 12 Edis -1.5w 38-9
5. Casey Whyte 12 SPasq -1.8w 37-10
6. Connie Smith 12 Mod -2.5w 37-8 1/2
7. Brandy Prieto 12 NTorr -1.4w 37-7
8. Reena Sihota 12 Selma -1.9w 36-11
9. Tisha Ponder 12 D Mar +1.8w 35-6

Preliminaries 1. Kelly O'Connor 12 Esperanza -0.6w q39-4, 2. Julie Tinker 12 Valley SJ -1.0w q38-11 3/4, 3. Tisha Ponder 12 Del Mar -1.5w q38-11 1/2, 4. Brandy Prieto 12 North Torrance q38-5 3/4, 5. Andria Booker 10 El Camino q38-3 1/2, 6. Kerry O'Bric 12 Edison SS q37-11 1/4, 7. Connie Smith 12 Modesto q37-7 1/2, 8. Casey Whyte 12 San Pasqual q37-5, 9. Reena Sihota 12 Selma q37-2. **Non-qualifiers** 10. Meshia Henry 12 South Bakersfield 36-9, Demetria Beverly 12 Oakland Tech 36-9, 12. Pia McAllister 11 Clayton Vly 36-4 3/4, 13. Andrea Lacson 12 James Logan 36-2 1/4, 14. Ebony Poe 11 Cerritos 35-9, 15. Marylou Badillo 12 Mt. Pleasant 35-8, 16. Shirley Anku 11 Rancho Buena Vista 35-6, 17. Kristy Johnson 12 Ygnacio Vly 35-4 1/4, 18. Rickisha Herron 12 Birmingham 35-4, 19. Nina Onwubere 11 Banning 35-0 3/4, 20. Evelyn Shih 11 Gunn 34-11, 21. Jamie Sams 12 Tulare Western 34-10, 22. Juanita Allison 11 Upper Lake 34-7 1/4, 23. Blossom Adakama 12 Elk Grove 34-0 3/4, 24. Jessica Saltzman 11 Big Valley 34-00, 25. Natasha Wright 11 Bravo Medical Magnet 33-10, 26. Amy Tran 10 Lowell 32-6, Nici Peyton 11 Santa Monica no mark.

▲ Shot Put

Trials.

Sophomore Chaniqua Ross (Laguna Creek, Elk Grove), Sac-Joaquin Section 43-6 1/4, best 46-0 1/2, won at 42-5 1/2. Senior Darlene Tulua (Carmel), the Central Coast Section champion at 43-3, best 43-10, placed second at 41-11 1/4. Senior Cheree Hicks (Littlerock), third in the Southern Section 41-9 3/4, best 43-6, was third at 41-3 1/2. Jenni-

fer Vail (Palm Springs), fourth in the Southern Section at 39-9, best 41-10, was fourth at 41-1 1/2. Sophomore Stephanie Brown (Arroyo Grande), second in the Southern Section at 41-11, best 42-4 1/2, was fifth at 41-0. Junior Kristin Bryden (Anderson), Northern Section 42-0, was sixth at 40-11. Sophomore Bell Jordan



Stephanie Brown
Shot Put

Photo by Bill Cockerham

(Lincoln, Stockton), Sac-Joaquin Section 40-3, was seventh at 40-10 1/2. Senior Vavatau Pohahau (Balboa, San Francisco), San Francisco Section 41-9, best 45-2, was eighth at 40-3 1/2. Senior Amanda Tagaleo'o (El Camino), San Diego Section 38-11, best 40-6 1/2, was ninth at 40-1 3/4.

Final.

Brown won at 43-0 1/4. Brown's series: 43-0 1/4, 42-6 1/4, 40-2, 39-5 1/2, foul, foul. Ross placed second at 42-9 1/2. Bryden was third at 42-9.

1. Stephanie Brown 10 AnGr 43-0 1/4
 2. Chaniqua Ross 10 Lag Crk 42-9 1/2
 3. Kristin Bryden 11 Anderson 42-9
 4. Vavatau Pohahau 12 Balb 42-6
 5. Darlene Tulua 12 Carmel 41-9 3/4
 6. Cheree Hicks 12 Littlerock 41-6 1/2
 7. Bell Jordan 10 Lincoln Stock 41-6 1/4
 8. Jennifer Vail 12 Palm Spr 41-3
 9. Amanda Tagaleo'o 12 ElCam 39-4 3/4
- Preliminaries** 1. Chaniqua Ross 10 Laguna Creek q42-5 1/2, 2. Darlene Tulua 12 Carmel q41-11 1/4, 3. Cheree Hicks 12 Little-

rock q41-3 1/2, 4. Jennifer Vail 12 Palm Springs q41-1 1/4, 5. Stephanie Brown 10 Arroyo Grande q41-0, 6. Kristin Bryden 11 Anderson q40-11, 7. Bell Jordan 10 Lincoln Stockton q40-10 1/2, 8. Vavatau Pohauhau 12 Balboa q40-3 1/2, 9. Amanda Tagaleo'o 12 El Camino q40-1 3/4. **Non-qualifiers** 10. Tanesha Hunter 12 Locke 40-1 1/2, 11. Marie Philman 12 Edison SS 39-10 1/2, 12. Cynthia Ademiluyi 11 LB Poly 39-9 3/4, 13. Melissa Wallace 11 Clovis 39-9 1/4, 14. Brandi Smith 11 Madera 39-7, 15. Stacy Davidson 12 Reedley 39-3 3/4, 16. Dana Lawson 11 Clayton Valley 38-1, 17. Marissa Wilson 10 Montgomery 37-8 1/2, 18. Nicole Sanders 11 Orange Glen 37-7, 19. Karol-Lyn Sanderson 11 Granad Hills 37-5 1/2, 20. Candace Webb 12 Bishop O'Dowd 37-4, 21. Cami Nilmeier 12 Burlingame 37-0 1/2, 22. Rachel Rosemeyer 9 Campolindo 36-11, 23. Lupe Brambila 11 Monroe 36-4 3/4, 24. Sandre Sahourieh 12 Westmoor 36-0, 25. Mary Alessi 10 Helix 35-7 1/4, 26. Elizabeth Tuputala 12 Castlemont 31-9 1/4, Marisela Rooney 12 Woodland did not compete.

▲ Discus

Trials.

Sophomore Chaniqua Ross (Laguna Creek, Elk Grove), Sac-Joaquin Section 159-10, won at 155-0. Senior Darlene Tulua (Carmel), the Central Coast Section champion at 165-10, placed second at 154-3. Senior Mandy Buckley (Bakersfield), Central Section 149-4, best 150-5, was third at 148-9. Sophomore Cecilia Barnes-Mileham (Clovis West), Central Section 154-11, was fourth at 145-11. Senior Cheree Hicks (Littlerock), fourth



Chaniqua Ross
Discus
Photo by Bill Cockerham

in the Southern Section at 135-3, best 142-4, was fifth at 145-6. Freshman April Burton (Bakersfield), Central Section 153-2, was sixth at 143-2. Sophomore Amy Thiel (Fremont Christian), third in the Central Coast Section at 123-2, best 135-0, was seventh at 141-2. Senior Marie Philman (Edison), second in the Southern Section at 144-0, was eighth at 140-5. Senior Christina Magana (Fallbrook), San Diego Section 132-11, best 142-4, was ninth at 138-1. **Final.**

Ross won at 158-4. Ross' series: 136-4, 147-10, 158-4, 156-0, 143-11, 152-6. Burton placed second at 154-8. Tulua was third at 153-11.

- | | |
|----------------------------------|--------|
| 1. Chaniqua Ross 10 Laguna Creek | 158-4 |
| 2. April Burton 9 Bakersfield | 154-8 |
| 3. Darlene Tulua 12 Carmel | 153-11 |
| 4. C.Barnes-Mileham 10 CloW | 146-4 |
| 5. Marie Philman 12 Edison SS | 142-9 |
| 6. Christina Magana 12 Fallbk | 140-10 |
| 7. Amy Thiel 10 Fremont Christ | 139-2 |
| 8. Mandy Buckley 12 Bldkd | 138-8 |
| 9. Cheree Hicks 12 Littlerock | 136-9 |

Preliminaries 1. Chaniqua Ross 10 Laguna Creek q155-0, 2. Darlene Tulua 12 Carmel q154-3, 3. Mandy Buckley 12 Bakersfield q148-9, 4. Cecilia Barnes-Mileham 10 Clovis West q145-11, 5. Cheree Hicks 12 Littlerock q145-6, 6. April Burton 9 Bakersfield q143-2, 7. Amy Thiel 10 Fremont Christian q141-2, 8. Marie Philman 12 Edison SS q140-5, 9. Christina Magana 12 Fallbrook q138-1. **Non-qualifiers** 10. Kristin Bryden 11 Anderson 137-8, 11. Stephanie Brown 10 Arroyo Grande 137-4, 12. Mary Kallihwa 12 Loretto 135-11, 13. Carrie Axton 11 Los Amigos 126-3, 14. Katrina Crouch 11 El Capitan 124-8, 15. Sonya Bryant 12 Marina 122-5, 16. Allison Thompson 12 Orange Glen 120-5, 17. Elizabeth Ross 12 California NC 117-8, 18. Jackie Hotchkiss 12 Overfelt 116-7, 19. Jessie Hardcastle 11 East Union 114-0, 20. Marissa Wilson 10 Montgomery 112-5, 21.

Melissa Reis 10 James Logan 102-8, Ivory Sagucio 10 Eagle Rock no mark, Vavatau Pohauhau 12 Balboa no mark, Sabrina Duey 12 Fortuna no mark, Talanoa Fatatehi 11 Fremont did not compete.

▲ Team Scoring

Wilson (Long Beach), Southern Section, won with 43 points. It was the school's first-ever State track and field championship

"We're just happy we can keep the championship in 'Speed City' (Long Beach), where it belongs," said Terry Kennedy, the Bruins' head coach for the past three seasons to Frank Burlison of the *Long Beach Press-Telegram*.

"The 400 changed the momentum our way," said Wilson coach Terry Kennedy to the *Examiner*. "Logan began with the momentum, and it was going strong for them."

- | |
|--|
| 16. Kinshasa Davis, 400, 1st; 200, 3rd |
| 8. Joni Smith, 400, 2nd |
| 1. Borders, 200, 6th |
| 8. 400 Relay, 2nd |
| 10. 1600 Relay, 1st |

James Logan (Union City), North Coast Section, placed second with 42 points. Last year, Logan finished second to Long Beach Poly by two points 52-50.

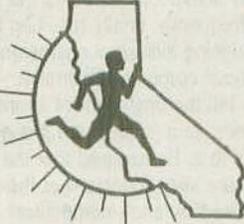
"Coming into the day (Saturday) I thought we were in trouble," Logan coach Lee Webb said to Steve Sanchez of *The Argus*. "But then 'bang' we have 28 points, and I'm thinking we have a chance."

- | |
|------------------------------------|
| 14. Carla Estes, 400, 3rd; LJ, 2nd |
| 10. Jemae Wright, LJ, 1st |
| 10. 400 Relay, 1st |
| 8. 1600 Relay, 2nd |

"Someone said we are the Bufalo Bills of track," Logan coach Lee Webb said to Steve Sanchez of *The Argus*. "It's just amazing to think of all the little things that could have made the difference."

St. Bernard (Playa del Rey), Southern Section, was third with 28 points. North (Riverside), Southern Section, was fourth with 22 points. Long Beach Poly, Southern Section, was fifth with 20 points.

- | | |
|--|----|
| 1. Long Beach Wilson SS | 43 |
| 2. James Logan NC | 42 |
| 3. St. Bernard SS | 28 |
| 4. North Riverside SS | 22 |
| 5. Long Beach Poly SS | 20 |
| 6. Laguna Creek SJ | 18 |
| Morningside SS | 18 |
| 8. Del Mar CC | 14 |
| 9. Carondelet NC | 13 |
| 10. Santa Rosa NC | 12 |
| St. Francis CC | 12 |
| 12. Valley SJ 11, 13. Arroyo Grande SS 10, Chaminade SS 10, Esperanza SS 10, Peninsula SS 10, Placer SJ 10, St. Lucy's SS 10, Thousand Oaks SS 10, 20. Bakersfield CE 8, Carmel CC 8, Chino SS 8, Edison SS 8, Hoover SS 8, Immanuel CE 8, Mission Viejo SS 8, Quartz Hill SS 8, 28. Anderson NO 6, Cerritos SS 6, El Camino SD 6, Folsom SJ 6, Foothill NO 6, Kingsburg CE 6, Laguna Hills SS 6, Louisville SS 6, 36. Amador Valley NC 4, Balboa SF 4, Bishop O'Dowd NC 4, Clovis West CE 4, Marina SS 4, Monte Vista SD 4, Redondo SS 4, Yucaipa SS 4, 44. El Cerrito NC 3, Hamilton LA 3, 46. Ayala SS 2, Cajon SS 2, Crescenta Valley SS 2, McClatchy SJ 2, Poway SD 2, San Pasqual SD 2, 52. Clayton Valley NC 1, Fallbrook SD 1, Ganesha SS 1, Golden West CE 1, Modesto SJ 1, Muir SS 1, Ponderosa SJ 1, Rancho Buena Vista SD 1, St. Mary's SJ 1, Taft LA 1, Littlerock SS 1 | |



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MOSTLY SHOES

By Cregg A. Weinmann

Nine runners lined up at the starting line on a horse racetrack on Long Island, New York in 1835 to take part in the first contested US national running championship. The distance—ten miles, the rewards—a measure of fame, and 1,300 dollars. Some of the athletes were new to the professional running ranks. Some were experienced veterans. One of the competitors was Henry Stannard, a 24-year-old farmer. The race attracted a sizable crowd of several thousand. Some had a passing interest in the race—perhaps drawn by the crowd, others betted heavily on its outcome, all hemmed in the edges of the track to watch the outcome. Professional footracing was not uncommon in the first century of this country. It frequently attracted much public interest. The participants were often known by the reputations they had attained through their successes. The favorites battled for more than 9 miles, with regular and frequent lead changes, before it became clear that they were going to be upset on this day...

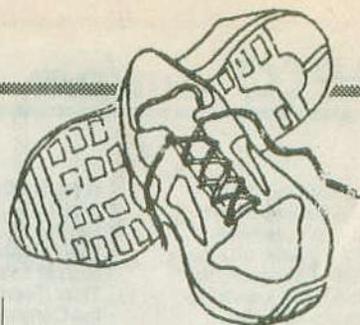
The Olympic Trials were an interesting spectacle. Perhaps you had the opportunity to view them in person. I had to watch them on TV. All right. I admit it, I was glued to the set, and my family had to maneuver around me except during the couple days of rest or non-televised coverage. The local utility company loved me, as I not only followed the action on the tube, but also by computer -- on the 'net, at times simultaneously. There was almost enough of a dose of my favorite sport to keep me content for a few days. That 25" window on the proceedings does, at times, give a better view than what you might see in person. At other times, it makes an impossibly small image, which prevents the confirmation of some hypotheses.

You are almost certainly aware that I was looking at shoes. Brands, styles, colors. The Olympic Trials offered variety and flash not found anywhere in such abundance. Neon, wrap-around, fly-weight (with emphasis on the FLY), pumped up, strapped down, and built for traction and speed. The would-be Olympians cruised, hurdled, and zoomed around the track, or spun, launched and flew through the field events. Michael Johnson's shoes drew attention to themselves by their sparkle, and we discovered during the course of post-race interviews, weighed in at a near gravity defying 3 ounces.

Shoe companies have been vying for the services of Olympians almost since the resurrection of the modern games. If the original games had not been contested barefoot, I suspect there would have been footwear endorsers even then. In 1968, things got so out-of-hand between adidas and Puma, that there was talk of eliminating all trade marks on footwear used in Olympic competition, going to all white shoes. Lobbying and promises of less marketing frenzy prevented the loss of this valuable venue to the shoe companies. The Olympic Trials have focussed on the intense battles being waged by the shoe companies before, if you'll recall the Dan and Dave campaign of 1992. This year there was more mention of shoe sponsorship than I've ever seen. Shoe companies, agents, moms, and God received thanks for their help to the athletes receiving berths on the Olympic team, usually in that order. There were a notable number of athletes who realigned shoe company allegiances since last season. Recent articles in *USA Today*, and *Newsweek* have highlighted the battles that the shoe companies engage in to draw vital attention to their brands. This has reached such a pitch that there is closer attention paid by each company to shoe affiliations than national affiliations.

The Boston Marathon served as the Olympic Trials for Kenya, Ethiopia, and a number of individuals from several other nations. The view from the front of the pack seemed to indicate a battle of epic proportions, but not just between competitors attempting to secure a place in Atlanta, there was also a struggle of corporations. A nearly even split developed between Nike and Fila. When viewed from this perspective there was an unexpected twist as the lead changed hands frequently, finally resulting in a toppling of the reigning individual champion, as well as the unofficial corporate champion. Road racing has felt the onslaught of sponsorship for many years, to a point where it is easy to become inured to it. Be assured that the shoe companies are very cognizant of the corporate banner raised by each competitor.

Camera angles rarely gave a good view of the footwear, causing me to wonder if there was perhaps an intent to prevent some extra exposure from the advertisement-dollar-seeking networks. Keen observation, good detective work, and when all else failed, well-timed phone calls revealed the footwear choic-



es of the athletes in the qualifying spots. Not all of the first through third place winners will be able to represent the USA, because of a failure to reach the qualifying standard. I have assembled a largely accurate tally of athletes and their sponsoring companies (I do know of nearly a dozen athletes who do not have outright sponsorship).

Nike	40
Reebok	21
Mizuno	11
adidas	9
ASICS	8
New Balance	3
Brooks	1
Fila	1
Saucony	1

Some have suggested that the Centennial Olympic Games have become the most commercialized games ever. Madison Avenue executives have recognized that this may be their crowning achievement, as advertising rates and opportunities are being exploited to their maximum. My question, where do we go from here?

...Henry Stannard led, followed, and finally upped the pace to outdistance his rivals. His victory netted him the \$1300 purse, an American record 59:48, and a well deserved reputation. His career lasted at least nine more years and provided him with a comfortable living. His notoriety and proficiency as a foot racer led to an endorsement of footwear known as "Brooks Elastic Metallic Shank Boots". It is not clear whether he raced, trained, or spent his leisure time in them. It is clear that he would have been excluded from each modern Olympics though 1980.



Cregg A. Weinmann, an ardent fan and long-time participant in the sport of track and road racing, is a teacher living and working in Bakersfield, CA. Cregg's E-mail address is: shuz2run@lightspeed.net

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MEET SPOTLIGHT

By Bob Womack

DIVISION I

NCAA

A GREAT MEET—and a somewhat disturbing one for American track in general and California track in particular—that was the 75th NCAA championships held at Eugene, Oregon.

There was great competition. And great marks. And Eugene still is an almost ideal site for championship meets—temperate weather, great spectator facility, and, for anything you might have missed, the United States' best-bar-none newspaper coverage of track and field. The crowds were enthusiastic and large. Attendance was the best for a championship meet at Eugene since 1984 when the host Ducks were contenders in both men's and women's competition. They weren't this year, the first time Oregon has had no individual champions in an NCAA meet at Hayward Field.

The problem is that, while generations ago this meet would have been a preview of the Olympic Trials, in 1996 you can almost count the number of collegians on the U.S. Olympic team on the fingers of your hands—and they'll fit if you exclude several athletes who hadn't made Olympic qualifying standards. Oh, there will be plenty of NCAA competitors at Atlanta this year, but they'll be representing somebody else.

In the men's events, nine of the 19 individual events were won by foreigners, including all but two of the flat races. The climax (if that's the right word) was the men's 800, where seven different countries were represented. Hungary had two runners; the lone American was Trinity Thompson of Michigan, who finished fourth behind Janis Kupitiris (Wichita State and Latvia) and Marko Koers (Illinois/Holland). Those two will be in Atlan-

ta this year—Thompson won't. (OK, be technical. Thompson did get to Atlanta—for the trials—but only until the quarter finals.)

There were six NR's set in the meet but only one was an AR—and that was by South Carolina's Dawn Ellerbe in the hammer, a non-Olympic event in which the U.S. and collegiate lists were riddled by a field which registered five PR's in the first six.

Meanwhile, the West Coast Conference continued to slip, compared to the rest of the country. It wasn't just that the Southeastern Conference, led by perennial men's champion Arkansas and perennial women's champion LSU, dominated. (Arkansas has won five straight men's titles; LSU ten straight women's crowns. Just for perspective, the last time the LSU women didn't win, Oliver North was in the White House smuggling guns to the Contras, Madonna was a painting, and Mike Tyson was an All-American boy.)

The only California team with serious title ambitions was UCLA's men. They folded their tent after sprinter Ibrahim Hassan pulled a hamstring in the PAC-10, costing them points in both the 100 and 200 and ripping the guts out of a 4x1 team that had been a leading contender. With the team pressure gone, Bruin ace Ato Bolden was pulled from the 200 to concentrate on the 100; it was a good move for Bolden who proceeded to run the third-fastest collegiate time ever—9.92. He will be in Atlanta, naturally. For Trinidad. What else?

RESULTS

MEN

100m: 1. Ato Bolden (UCLA) 9.92, 2. Harden (Kentucky) 10.10, 3. Cummings (LSU) 10.17, 4. Chambers



Ato Bolden

Photo by Bill Leung, Jr./Geek Media

(Clemson) 10.19, 5. McCall (No Carolina) 10.32, 6. Carter (Florida St) 10.33. Semis— I: 1. Bolden 9.97w. II: 4. Jason Shelton (USC) 10.42w. Heats— II: 1. Bolden 10.06, 2. Shelton 10.29. **200m:** 1. Griffin (LSU) 20.24, 2. Gentry Bradley (UCLA) 20.48, 3. Wheeler (Clemson) 10.60, 4. Cavitt (Texas-Arlington) 20.61, 5. Cawley (Texas-Arlington) 20.64, 6. Chambers (Clemson) 20.66, 7. Fish (Nebraska) 20.66, 8. Carter (TCU) 21.01. Semis— II: 1. Bradley 20.62. Heats— IV: 1. Bradley 20.54. **400m:** 1. Cairke (Miami) 45.29, 2. Haughton (George Mason) 45.43, 3. Byrd (Texas-San Antonio) 45.51, 4. Chiwira (Idaho) 45.55, 5. Martin (Oklahoma) 45.71, 6. Jefferson (Southern) 45.87, 7. Ramsey (Baylor) 46.24, 8. McFarlane (Oklahoma) 46.39. Heats— II: 4. Jerome Davis (USC) 47.27. **800m:** 1. Turpuritis (Wichita St) 1:45.02, 2. Koers (Illinois) 1:45.22, 3. Achon (George Mason) 1:45.94, 4. Townsend (Michigan) 1:46.02, 5. Koranyi (Rutgers) 1:46.53, 6. Morgan (George Mason) 1:47.01, 7. Aden (George Mason) 1:47.21, 8. Arpasi (George Mason) 1:47.66. Heats— I: 3. Bryan Woodward (Georgetown/ex-Long Beach Poly HS) 1:48.24. **1500m:** 1. Koers (Illinois) 3:37.57, 2. Kiptarus (Nebraska) 3:38.08, 3. Achon (George Mason) 3:38.13, 4. Tolgyesi (Nebraska) 3:38.89, 5. Downin (Georgetown) 3:39.21, 6. Michalek (Minnesota) 3:39.94, 7. O'Brien (Georgetown) 3:39.98, 8. Sivieri (Georgetown) 3:40.09. Heats— I: 9. Jason Lunn (Stanford) 3:45.14. II: 7. Ryan Wilson (Arkansas/ex-Agoura HS) 3:42.48, 10. Mark Hauser (Wisconsin/ex-St. Augustine HS, San Diego) 3:50.70. **5000m:** 1. Culpepper (Colorado) 13:47.26, 2. Siamusiye (Arkansas) 13:48.86, 3. Buns-

continued next page..

MEET SPOTLIGHT

ton (Arkansas) 13:49.65, 4. Goucher (Colorado) 13:50.31, 5. Richie Boulet (Cal) 13:54.96, 6. Browne (Army) 13:55.20, 7. Carswell (Harvard) 14:03.50, 8. Mack (Air Force) 14:07.02, 9. Mebrahtom Keflezighi (UCLA) 14:13.71. Heats-- I: 9. Todd Tressler (Villanova/ex-Dos Pueblos HS, Goleta) 14:33.35. II: 2. Keflezighi 13:48.19, 4. Boulet 13:49.47. **10,000m**: 1. Siamusiye (Arkansas) 28:56.39, 2. Bunston (Arkansas) 28:56.55, 3. James Menon (Wisconsin/ex-San Luis Obispo HS) 29:03.52, 4. Uribe (Boise St) 29:19.61, 5. Nemad (Kentucky) 29:21.58, 6. Kiptum (Oklahoma St) 29:25.43, 7. Allwell (Western Kentucky) 29:28.17, 8. Keska (Oregon) 29:28.84, . . . 11. Craig Lawson (Brigham Young/ex-Clovis West HS) 29:46.63, 12. Greg Jimmerson (Stanford) 29:47.97, . . . 17. Margarito Casillas (Arizona/ex-Hoover HS, Glendale) 30:59.50. **3000mSC**: 1. Drozdov (Iowa St) 8:32.01, 2. Dobert (Wisconsin) 8:34.11, 3. Gonzalez (North Carolina St) 8:35.50, 4. Cozey (Tennessee) 8:36.78, 5. Wells (Colorado) 8:38.37, 6. Kallabis (UTEP) 8:42.13, 7. O'Shea (Columbia) 8:43.75, 8. Davis (Portland) 8:46.66, 10. Daniel Das Neves (Oregon/ex-Helix HS, La Mesa) 8:54.14. Heats-- I: 2. Das Neves 8:44.23. **110mH**: 1. Dominique Arnold (Washington St/ex-Long Beach Wilson HS) 13.46, 2. Torian (Wisconsin) 13.57, 3. Spears (Texas) 13.57, 4. Pemberton (Houston) 13.62, 5. Riley (Florida St) 13.69, 6. Hibler (Nebraska) 13.70, 7. Williams (Clemson) 13.79, 8. Gardner (Michigan) 13.88. Semis-- II: 1. Arnold 13.39w, 5. Kehinde Aladeifa (USC) 13.73w. Heats-- II: 1. Arnold 13.32w, 7. Aladeifa 13.79w. **400mH**: 1. Gardner (Michigan) 49.27, 2. Weakly (George Mason) 49.68, 3. Porter (UTEP) 49.73, 4. Pfister (Texas A&M) 49.73, 5. Spears (Texas) 49.77, 6. Nichols (LSU) 50.48, 7. Young (Texas A&M) 50.86, 8. Kehinde Aladeifa (USC) 51.02. Heats-- III: 1. Aladeifa 50.07.



DAVID COX

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HJ: 1. Bishop (North Carolina) 7-6, 2. Hemingway (Arkansas) 7-5, 3. Margalit (Kansas St) 7-2 1/2, 4. Nelson (Oregon) 7-2 1/2, 5. Phelps (Georgia) 7-2 1/2, 6. Duncan (Texas) 7-2 1/2, 7. Wagner (North Carolina St) 7-2 1/2, 8. Chris Olsson-O'Neill (Stephen F. Austin/ex-Riverside HS, Riverside) -2 1/2. **PV**: 1. Johnson (Tennessee) 19-1, 2. David Cox (Fresno State) 18-2 1/2, 3. Johnston (Arizona) 17-10 1/2, 4. Prentice (LSU) 17-10 1/2, 5. Scott Slover (UCLA) 17-10 1/2, 6. Madche (Washington) 17-10 1/2, 7. Hanna (Baylor) 17-6 1/2, 8. Pope (North Carolina) 17-6 1/2, T10. Sean Brown (Cal Poly) & Clarence Phelps (Cal) 17-0 3/4. **LJ**: 1. Duncan (Texas) 26-0 1/4, 2. Bowers (Georgia Tech) 25-10 1/4, 3. Pina (Penn St) 25-6 3/4w, 4. Howard (Arkansas) 25-6, 5. Pemberton (Houston) 25-4 3/4, 6. Lamela-Tobio (Iowa St) 25-4 3/4, 7. Bryant (Texas A&M) 25-4 1/2, 8. Thomas (Nebraska) 25-4 1/2, . . . 15. Deirc Cofield (Long Beach St) 24-4 1/4. **TJ**: 1. Howard (Arkansas) 56-1 3/4w, 2. Mdhlongwa (Southwestern Louisiana) 55-2 3/4, 3. Sowell (Northeast Louisiana) 54-2 3/4w, 4. Morgan (North Carolina) 54-1 3/4, 5. Cobb (Texas) 53-11 3/4w, 6. Samseli (Brigham Young) 53-11 3/4w, 7. Johnson (Appalachian St) 53-8 1/4, 8. Scott (Auburn) 53-3 3/4w, . . . 12. Lenards Ozolins (Cal) 52-2 1/2. **SP**: 1. Bloom (Wake Forest) 65-0 1/2, 2. Ugwa (Arizona) 63-3 1/4, 3. Mark Parlin (UCLA) 62-10 1/2, 4. Davis (Indiana) 62-5 1/2, 5. Conwell (Washington) 62-9 1/2, 6. Snyder (South Carolina) 61-8 1/2, 7. Pettersson (Northern Arizona) 61-6 3/4, 8. Lambrechts (Western Michigan) 61-6 3/4, . . . 11. Jonathan Ogden (UCLA) 59-4, . . . 15. Wade Tift (UCLA) 55-11 1/4. **DT**: 1. Bloom (Wake Forest) 211-1, 2. Tammert (SMU) 204-2, 3. Tunks (SMU), 4. Winchester (SMU) 198-2, 5. Malone (Colorado St) 190-2, 6. Makk (Southwest Texas) 189-2, 7. Pettersson (Northern Arizona) 189-1, 8. David Dumble (UCLA) 186-6. **HT**: 1. Balasz Kiss (USC) 265-3, 2. Bengt Johansen (USC) 229-1, 3. Kolunsarka (Arizona) 228-9, 4. S. McGehearty (Boston College) 223-7, 5. Boudreau (Tennessee) 222-7, 6. Tallinen (UTEP) 221-9, 7. Stoikos (South Carolina) 217-10, 8. M. McGehearty (Boston College) 217-5, . . . 12. Justin Strand (Stanford) 210-1, 14., Travis Nutter (Cal) 205-4, 15. Adam Connolly (Stanford) 204-6. **JT**: 1. Fagames (Arizona St) 259-8, 2. Nilsson (Alabama) 251-6, 3. Kennedy (Texas A&M) 237-2, 4. Burkholder (Washington) 235-11, 5. Johnston (Florida St) 226-8, 6. Sagnella (Rutgers) 226-8, 7. Lopez (Auburn) 218-8, 8. Austin (Penn St) 216-2. **Decathlon**: 1. Houston (Auburn) 7766, 2. Ross Bomben (Cal) 7752 (11.20, 23-1 1/4, 46-0, 6-5 1/2, 51.39, 14.58, 140-2, 16-4 3/4, 185-4, 4:46.80), 3. Nichols (Air Force) 7685, 4. Livingston (Oregon) 7682, 5. Dunkleberger (Wisconsin) 7677, 6. Evers (Kansas) 7613, 7. Slack (Washington St) 7556, 8. Werner (Liberty) 7542. **400mR**: 1. North Carolina 39.05, 2. UCLA (Akiel Davis, Ato Bolden, Erik Allen, Gentry Bradley) 39.31, 3. Iowa State 39.38, 4. TCU 39.49, 5. Texas-Arlington 39.60, 6. Florida State 39.79. Heats-- I: 2. UCLA 39.68, 6. USC (Jason Shelton, Kehinde Aladeifa, Anthony Volson, Jerome Davis) 40.38. **1600mR**: 1. Baylor 3:01.25, 2. Oklahoma 3:02.84, 3. George Mason 3:03.75, 4. Southern 3:03.77, 5. Iowa 3:04.95, 6. Kentucky 3:05.71, 7. Georgia Tech 3:07.93, 8. Clemson 3:09.49. **Team Scoring**: 1. Arkansas 55, 2. George Mason 42, 3. UCLA 37, 4. North Carolina 30, T5. Texas & Wisconsin 26, 7. LSU 24, T8. Wake Forest & Arizona 20, T10. USC, Colorado, Iowa State, Nebraska, SMU and Tennessee 19, T26. Cal 12, T34. Fresno State 8.

WOMEN

100m: 1. Hill (LSU) 11.03, 2. Feagin (LSU) 11.20, 3. Jett (Florida) 11.31, 4. Ferguson (Georgia) 11.31, 5. Butler (LSU) 11.41, 6. Sergent (UTEP) 11.42, 7. Miller (Nebraska) 11.42, 8. Kelley (Illinois) 11.44. Semis-- II: 6. Lakeisha Backus (Texas/ex-Long Beach Wilson HS) 11.68. Heats-- I: 6. Kelli White (Tennessee/ex-Logan HS, Union City) 11.60. II: 6. Kasha Criswell (Fresno St) 11.64. III: 3. Backus 11.68. **200m**: 1. Feagin (LSU) 22.44, 2. Hill (LSU) 22.49, 3. Walker (LSU) 22.80, 4. Jett (Florida) 22.84, 5. Ferguson (Georgia) 22.92, 6. Mayo (Clemson) 23.12, 7. Perry (Texas) 23.39, 8. Burkett (Illinois) 23.55. Semis-- I: 8. Lakeisha Backus (Texas/ex-Long Beach Wilson HS) 23.80. Heats-- II: 5. Andrea Anderson (UCLA) 24.25, IV: 4. Backus 24.01. **400m**: 1. Reid (Texas) 52.16, 2. Brown (Texas) 52.25, 3. Howard (Texas) 52.46, 4. Hennagan (North Carolina) 52.47, 5. Robinson (Florida) 52.50, 6. Antoine (Utah St) 52.64, 7. Clay (Mississippi) 52.94, 8. Burns (Michigan St) 54.90. Heats-- II: 5. Darlene Malco (UCLA) 55.41. II: Latasha Gilliam (Cal) dq. **800m**: 1. Hennagan (North Carolina) 2:03.27, 2. Adams (Arizona St) 2:03.82, 3. Williams (Arkansas-Little Rock) 2:04.40, 4. Westphal (Wisconsin) 2:05.09, 5. DeWitt (Drake) 2:05.39, 6. Ross (Georgetown) 2:05.54, 7. Hunt (North Carolina) 2:05.94, 8. Reynolds (Georgetown) 2:10.80. Heats-- I: 8. Vicki Fleschner (Oregon/ex-Fortuna HS) 2:13.06. **1500m**: 1. Miesha Marzell (Georgetown/ex-Bishop O'Dowd HS, Oakland) 4:17.92, 2. Smith (Colorado) 4:18.77, 3. Grazyna Penc (UCS) 4:19.01, 4. Butler (Wisconsin) 4:19.06, 5. Grove (Minnesota) 4:20.92, 6. Manwaring (Dartmouth) 4:21.11, 7. Dena Dey (Stanford) 4:21.44, 8. Trujillo (Auburn) 4:22.46. Heats-- I: 2. Marzell 4:23.52, 3. Dey 4:23.97. II: 3. Penc 4:21.06. **3000m**: 1. Butler (Wisconsin) 9:16.19, 2. Emebat Shiferaw (USC) 9:17.19, 3. Staeheli (Georgetown) 9:17.76, 4. Monal Chokshi (Stanford) 9:18.95, 5. McCambridge (Providence) 9:22.31, 5. Milena Glusac (Oregon/ex-Fallbrook HS) 9:22.81, 7. Courtney Pugmire (Brigham Young/ex-Esperanza HS, Anaheim) 9:23.05, 8. Karr (Portland) 9:25.02, . . . 12. Mary Cobb (Stanford) 9:33.32. Heats-- II: 1. Glusac 9:17.10, 3. Chokshi 9:18.14. II: 2. Shiferaw 9:24.56, 4. Pugmire 9:25.08, 6. Cobb 9:29.34. **5000m**: 1. Rhiines (Villanova) 16:05.85, 2. Swords (SMU) 16:11.42, 3. Babcock (Michigan) 16:17.68, 4. Fry (Alabama) 16:20.88, 5. Sarna Renfro (Stanford) 16:22.34, 6. Landau (Georgetown) 16:24.02, 7. Harrington (Providence) 16:30.08, 8. Carlson (Washington) 16:31.09. Heats-- I: 5. Deena Drossin (Arkansas/ex-Agoura HS) 16:42.42, 6. Magdalena Lewy (Cal) 16:43.68, 10. Tangi Galloway (New Mexico/ex-Turlock HS) 17:13.19. II: 4. Renfro 16:31.42. **10,000m**: 1. Swords (SMU) 32:56.63, 2. Landau (Georgetown) 33:08.57, 3. Sauder (Auburn) 33:26.91, 4. Tangi Galloway (New Mexico/ex-Turlock HS) 34:07.01, 5. Deena Drossin (Arkansas/ex-Agoura HS) 34:13.75, 6. Boden (Georgetown) 34:18.00, 7. Niamh Zwagerman (Oregon/ex-Tamalpais HS, Mill Valley) 34:23.15, 8. Milligan (Dartmouth) 34:23.79. Angela Orefice (Cal Poly SLO) 36:27.99. **100mH**: 1. Carson (LSU) 12.82w, 2. Williams (Illinois) 12.97w, 3. Jolivet (Texas A&M) 12.97w, 4. Walker (LSU) 12.98w, 5. Scott (Colorado)

continued next page...

MEET SPOTLIGHT

12.98w, 6. Riley (Illinois) 13.02w, 7. McCray (Miami) 13.15w, 8. Colander (North Carolina) 13.16w. Semis- I: 6. Michelle Johnson (Arizona/ ex-Vacaville HS) 13.38. II: 6. Joanna Hayes (UCLA) 13.33w. Heats- I: 3. Hayes 13.15, LaGretta Hinds (Long Beach State) drf. II: 6.



MIESHA MARZEL

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Johnson 13.46. **400mH**: 1. Williams (Illinois) 54.56, 2. Tolbert (Vanderbilt) 54.91, 3. Arnardottir (Georgia) 54.93, 4. Williams (Miami-Ohio) 54.98, 5. Blackett (Rice) 57.52, 6. Michelle Johnson (Arizona/ ex-Vacaville HS) 57.81, 7. Bartley (Auburn) 58.21, 8. Salins (Southwest Missouri) 58.39. Heats- I: 2. Johnson 57.66, 6. Sharifa Cox (San Diego State) 1:01.47. II: 5. LaGretta Hinds (Long Beach State) 59.30, 7. Skye Green (UCI) 59.39. III: 5. Angela Harris (UNLV/ ex-Skyline HS, Oakland) 1:01.29. IV: 4. Joanna Hayes (UCLA) 59.20.

HJ: 1. Amy Acuff (UCLA) 6-4 1/4, 2. Bergqvist (SMU) 6-3 1/4, 3T. Weber (Illinois) & Williams (Wisconsin) 5-11 1/2, 5T. Hale (Brigham Young) & Grant (Illinois) 5-11 1/2, 7. Black (Michigan) 5-10, 8. Yasen (Purdue) 5-10, 9. Kristy Kierulff (Long Beach State) 5-10. T11. Tanya Smith (USC) 5-10. **LJ**: 1. Henry (Nebraska) 21-11 1/2w, 2. Devonish (Texas) 21-3 1/2, 3. Christopher (North Carolina) 20-11 1/4w, 4. Green (Washington St) 20-9w, 5. Jeffrey (Alabama-Birmingham) 20-9w, 6. Smith (Pitt) 20-8, 7. Sawyer (Texas A&M) 20-7 3/4, 8. Gamble (North Carolina)

20-7 1/4. **TJ**: 1. Lee (LSU) 45-1, 2. Smith (Pitt) 44-6 3/4w, 3. Martial (Nebraska) 44-5 1/2w, 4. Kinard (Kansas St) 44-2, 5. Christopher (North Carolina) 44-1 1/4w, 6. Gamble (North Carolina) 44-0, 7. Amy Littlepage (Cal) 42-7, 8. Moore (North Carolina) 42-5 1/4.

SP: 1. Steer (SMU) 59-0, 2. Valeyta Althouse (UCLA) 58-8, 3. Crystal Brownlee (South Carolina/ ex-Westlake HS) 55-3 3/4, 4. Amy Christiansen (Brigham Young) 55-3 1/2, 5. Thompson (Nebraska) 54-9 1/4, 6. Newsome (Illinois) 52-7 1/4, 7. Lisa Misi-peka (South Carolina/ ex-Temecula Valley HS) 51-11, 8. Mitchell (Nebraska) 51-7, 10. Mindy Wirtz (Kent State/ ex-Leland HS, San Jose) 49-7 1/4, 11. Nada Kawar (UCLA) 49-7, 19. Beth Burton (Northridge) 39-2 1/2. **DT**: 1. Soderberg (Northern Arizona) 195-3, 2. Suzy Powell (UCLA) 193-7, 3. Hill (Washington) 189-10, 4. Erica Ahman (Cal Poly SLO) 186-6, 5. Greathouse (Colorado St) 180-2, 6. Mitchell (Nebraska) 176-5, 7. Mindock (Illinois) 175-9, 8. Mindy Wirtz (Kent State/ ex-Leland HS, San Jose) 172-11, 12. Nada Kawar (UCLA) 167-2, 15. Lisa Misipeka (South Carolina/ ex-Temecula Valley HS) 159-11, 18. Sue Demars (Stanford) 157-4. **HT**: 1. Ellerbe (South Carolina) 209-2, 2. Lisa Misipeka (South Carolina/ ex-Temecula Valley HS) 199-11, 3. Leslie Coons (USC) 197-3, 4. Findley (Northeastern) 197-0, 5. Dean (SMU) 195-0, 6. Tabla (Brigham Young) 192-5, 7. Mitchell (Nebraska) 189-11, 8. Panek (Wichita St) 185-4, ... 12. Staci Darden (Fresno St) 177-11, 14. Carrie Martin (USC) 173-3. **JT**: 1. Dean (SMU) 186-1, 2. Simonsen (Minnesota) 167-1, 3. Hasu (UTEP) 165-7, 4. Eklaf (Southwest Texas) 164-7, 5. Palovuori (UTEP) 161-6, 6. Pastore (Villanova) 160-11, 7. Gudjonsdottir (Georgia) 159-1, 8. Gusic (Penn St) 157-10.

Heptathlon: 1. Yasen (Purdue) 5765, 2. Nicole Haynes (USC) 5613 (14.58, 5-4 1/4, 43-10 3/4, 25.53w, 19-4, 145-10, 2:23.05), 3. Heather Sterlin (Colorado/ ex-Mission Viejo HS) (14.20, 5-1 3/4, 36-4, 24.44, 20-5 1/4w, 116-9, 2:15.34), 4. Brimhall (Brigham Young) 5524, 5. Wiklund (Northern Arizona) 5494, 6. Felicia Brown (Fresno St) 5455 (14.42, 5-5 1/4, 34-5, 25.20, 19-9, 126-6, 2:21.67), 7. Almond (Tennessee) 5452, 8. Jonsson (Texas-Arlington) 5430, ... 12. Trina Bindel (Wake Forest/ ex-Eureka HS) 5257 (14.89, 5-8 3/4, 40-11 3/4, 26.25w, 19-11w, 123-5, 2:19.67). **400mR**: 1. LSU 43.03, 2. Texas (2. Lakeisha Backus, ex-Long Beach Wilson HS) 43.78, 3. Illinois 44.03, 4. Kentucky 44.06, 5. Georgia 44.19, 6. USC (Tai-Ne Gibson, Kanika Conwright, Esi Benyarko, Tori Edwards) 44.26, 7. North Carolina 44.26, 8. Tennessee (3. Heather Sumpter, ex-Muir HS, Pasadena, 4. Kelli White, ex-Logan HS, Union City) 44.54. Heats- I: 4. USC 44.32. II: 2. Texas 44.39, 4. Tennessee 44.67. **1600mR**: 1. Texas 3:27.50, 2. Florida State 3:31.18, 3. Florida 3:31.67, 4. Rice 3:31.68, 5. Baylor 3:31.84, 6. George Mason 3:33.66, 7. Colorado (3. Heather Sterlin, ex-Mission Viejo HS 53.4) 3:35.07, 8. Nebraska 3:36.39. Heats- II: 3. Colorado (Sterlin 55.3) 3:38.05, 4. Cal (Chantal Reynolds 54.5, Maya Greene, Lavinia Henlon, Latasha Gilliam 54.0) 3:42.30, 5. UNLV (3. Angela Harris, ex-Skyline HS, Oakland 55.7) 3:47.15.

Team Scoring: 1. LSU 81, 2. Texas 52, 3. SMU 50, 4. Illinois 43, 5. North Carolina 35, 6. Georgetown 34, 7. USC 31, 8. Nebraska 29, 9. South Carolina & UCLA 26, T20. Stanford 11, T33. Cal Poly SLO 5, T50. Fresno State 3, T56. Cal 2.

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... JIMMY STEWART MARA-
THON RELAY ... LOS AN-
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LOS ANGELES MARATHON
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SoCAL DIARY

By Bill Minarik

June 3

There were excellent performances by both Azusa-Pacific and Cal State L.A. at their respective National Championships, however both came up short in their quest for national Titles. In NCAA Division II, Abilene Christian ran away with both men's and women's titles with point totals of 149 and 136. The CSLA men and women gathered 4th and 3rd place respectively with 52 and 54 points. The top performances by Golden Eagle Athletes, as has been the case all year, came in the field. **Tambi Wenj** continued his mastery of the shot put with a 63-5 effort which won by almost six feet. **Jon Jordan** was also an easy winner in the triple jump at 53-1. On the distance side, **Petra Juraskova** swept the shot and discus to help propel CSLA into the show position.

At the NAIA meet, in one of the lowest winning totals I can remember, **Lubbock Christian** racked up enough distance points to hold off the field event strength of Azusa Pacific 59-54 in the men's section while the women of **Central State** sprinted their way to a 108-65 victory in front of Azusa Pacific, who may have gathered their highest point total ever.

At the Southern Section CIF state qualifying meet, the boys of **Muir High** behind sprint sensation **Obea Moore** appeared to be the team to beat for the state title as they gathered in 4 firsts and three seconds. In the girl's division, **Long Beach Wilson** appears to have a large enough point potential to be at least second at the State Meet.

June 10

The State High School Championships ran pretty much according to form last Friday and Saturday. The boys from **Muir** ran away from the field with a 57 point total in front of **Long Beach Poly's** 30. In the girl's meet, it went down to the 1600 meter relay where **Long Beach Wilson** had to run the fourth fastest time ever at 3:38.50 to beat **Logan** and win the meet 43-42.

While the 1600 meter relay looked like the decider, there were a couple of other ways of viewing the Wilson victory. In head-on competition in the 400, **Kinshasa Davis** (52.57) and **Joni Smith** (53.64) went 1-2 on **Logan's Carla Estes** (54.29), the Arcadia champion who had been leading the nation most of the year. In addition, in the placing in various events, both

teams had two firsts, two seconds, and a third. The difference was a sixth place in the 200 by **Wilson's Latrice Borders** (24.31), while **Logan** gathered only a seventh in the 100.

In the boy's meet, **Obea Moore** of **Muir** continued to dominate the individual events with a 20.91-45.81 sprint double plus a 44.8 relay leg to anchor his team to a 3:08.66 time and a new state record. Another prolific performer was **Bell Gardens Michael Granville** who smashed the National Record in the 800 with a 1:46.41 effort in qualifying. In the girl's competition, **Kim Mortensen** of **Thousand Oaks** set a State meet Record of 9:52.80 while cruising to an easy victory. **Kim**, last week in the Southern Section State Meet qualifier, broke the national record with a time of 9:48.59 while running virtually alone. To put that time into perspective, only 1 of 3 boy's state meet qualifiers from the L. A. City Section beat that time in the State Meet.

At the NCAA Division I championships at Eugene, there were a number of good individual performances by local athletes. However, the top team performance must go to the women of **USC** whose 31 point total was far more than anyone had expected, and exceeded that of cross-town rival **UCLA** who tallied 26. The Trojan heroines were in the persons of **Nicole Haynes**, second in the heptathlon; **Emebet Shiferaw**, second in the 300; **Leslie Coons**, third in the hammer; **Grazyna Penc**, third in the 1500; and a fifth place finish in the 400 relay. For **UCLA**, **Amy Acuff** added another high jump title to her credit at 6-41/2 while **Susie Powell** and **Valeyta Althouse** came in second in the discus and shot which, for them, was probably a disappointment. While **LSU** had a virtual lock on the national title since day one of the season, the Bruins overall team performance must be considered a disappointment this year. From the time they dropped the stick in the 400 relay in their first meet through to the nationals, they never seemed to be able to put it together as a team except for the USC dual meet.

In the men's competition, this was another disappointing meet for **UCLA**. Things started off pretty well with **Ato Bolden** taking the 100 at 9.92 and leading the 400 relay team to a surprise second at 39.31. With **Bolden** considered a lock in the 200, the Bruin formula for success included a 1-3 in the shot and a fourth in the 5000 by **Meb Keflezighi**. Based on indoor na-



Balazs Kiss

Photo by Bill Leung, Jr./Geek Media

tionals and the qualifying heats, this appeared to be an achievable goal which would put **Coach Bob Larsen's** thinclads at about the 60 point total. It was hoped that this would be enough to go ahead of **Arkansas**. While the formula turned out to be a winning one, the Bruins were unable to come up with the ingredients. They got only a third in the shot and when **Meb Keflezighi** ran out of the money in the 5000, **Arkansas's** 55 points became insurmountable. **Bolden** then scratched from the 200 and **UCLA** got third at 37 points, while the **UCLA** throwers had an off day, the **USC** hammer throwers were never better, as **Balazs Kiss** and **Bengt Johannsson** went 1-2 at 255-3 and 229-1. **Kiss**, thus, ends his collegiate career undefeated with four NCAA championships.

With respect to **Kiss's** accomplishments, special recognition should go to **USC** weight coach **Dan Lange**. Many foreign hammer throwers are recruited just for their existing marks and are no further along as seniors than they were as freshman. In the case of **Kiss**, however, he came to **USC** as a 240-foot thrower and left as a 270-foot thrower and, arguably, is #1 in the world. It's obvious that **Dan** did a heck-of-a-job those four years. Coincidentally, both **Dan** and **UCLA's** great weight coach **Art Venegas** were All-American hammer throwers at **Cal State Northridge**.

ROAD RACE SPOTLIGHT

By Richard Lee Slotkin

The Gardena 5000

June 2, 1996. Gardena, CA.

Kenyan, Kenyan everywhere, even in obscure little Gardena, California. It's a good thing that they were there because, with the Olympic Trials imminent, the Americans just didn't want to participate in a road race. Not so the Kenyans; they keep coming and they keep dominating. Five of them in this race and they took places 1-4 and 6. If this had been a cross country meet instead of a road race, that would have been 16 points! And it wasn't as though they trashed a lot of chopped liver: Places 7 through 18 finished in under 15 minutes.

Peter Githuka was the favorite and he made the rating look good by leading wire to wire, and finishing with a pretty respectable 13:44. Respectable because the course was a one mile loop, traversed three times, which meant six pace-dragging 180 degree turns.

For the first two loops, Githuka had the close company of fellow Kenyans **Charles Mulinga** and **James Bungei** and this trio went through the mile in 4:17. I've seen slower times than that in the Sunkist Mile. The pace slowed somewhat going into mile 2, but it was still a three man race. Then, in the third loop, Githuka began to pull away, a foot at a time until he had built it up to about 50 meters. At the back end of this gap was Mulinga, but he had opened about the same gap on Bungei. And that's how they finished.

Fourth Kenyan was **Cosmos Nguko**, who was representing the host club **Gardena Reebok Runners**. Breaking up the streak was a homeboy--well, from Arizona, actually, which is closer than Kenya--**Bo Reed**. Then came the last Kenyan, **Julius Randich** and his time was "only" 14:19.

Although there were no women in this invitational, the women's field in the accompanying open race had a very elite group, including three current California community college state champions. Twenty-count 'em--of the ladies were under 19 minutes and five were in the

17's, including just turned 40 **Kimberlee Campo**, whose 17:57 was worth a 4th. place. First place went to state champ **Maria Lopez** (3000m, 5000, cross country) of El Camino College. Lopez was running in second most of the way, as much as 50 meters back. Then in the last 200 meters, she was passed briefly by **Marisol Cossio**, and in regaining her position Lopez found herself within reach of the lead. Continuing her surge, she caught the leader and got the win with a 17:29 clocking. An element of mystery followed. Whoever the former leader was and after leading for all but 200 meters of the race, she disappeared. A ghost; a puff of smoke. She didn't appear in the results, nor did anyone claiming to be her attempt to claim her 2nd place award. She was there, though. I, myself, saw her as did several people whose eyesight--or imaginations--I do not consider to be in question.

Anyway, with such a strong women's field, thanks, incidentally to **Annette Barnett's** outstanding recruiting, and in anticipation of the elite race to follow, we also tip the hat to **Ron Gee** who drums up Gardena's fine elite roster

every year, the men's part of the open race seemed to pale somewhat. An opening mile of 4:36 seems respectable enough, but compared to the 4:17 to come, it doesn't raise any eyebrows. And at the first turnaround, shortly after the mile mark, as the leaders were clearing the turn, the first several women were approaching it! They weren't far behind.

Yet, it wasn't all that bad. Of course, no one in this race finished in less than 14 minutes--any that could have would have been in the invitational--but there were nine finishers in the 15's, and, as with the top female finishers, a 40 year old, **Keith Witthouer**, made it into that lofty 1st five.

At 6:50 into the race, an unfamiliar face, **Chuck Foote, Jr.** moved into the lead, and although **Leroy Brady** hung onto him for several minutes, Foote began to pull away. At 9 minutes he had a 15 meter lead which slowly stretched to somewhere around 40 meters as he crossed the finish line in 15:23. Brady briefly lost 2nd to a fast, at first, finishing **Kevin Broady**, but regained it from a now-fading-not-only-

continued next page.

from-the-effort-but-from-several-recent-marathons Broady. Broady did hold off the 40 year old Witthouer, and at least kept possession of 3rd place.

And finally, the day began--yeah, we're doing this backwards--with a high school relay. This could be the sleeper event of the year, and, if followed through upon next year, it could become an institution. More than 30 three-person teams showed up for this inaugural running, from as near as Gardena itself and from as far away as Barstow. Using the same course as the elites, each person ran a one mile loop, boys and girls teams together. Barstow's and Chino's boys duked it out the whole way with Barstow winning by a scant 3 seconds in 14:02. Chino's girls had an easier time of it.

They got off to a good lead from the start and held it, finishing in 16:20. Long Beach Poly was second in 17:22 followed by South Hills in 17:33. Both Chino and Poly had better times than the winner of the women's race and South Hills' time would have been good enough for 2nd.

Keep an eye on this one. The kids loved it, the spectators loved it. If the coaches merely liked it and all send their top varsity people, as was obvious some didn't, then, trust me, this will be road racing's next monster.

RESULTS

Men's Invitational Race

1. Peter Githuka (Kenya) 13:44. 2. Charles Mutinga (Kenya) 13:55. 3. Jammers Bungei (Kenya) 14:04. 4. Coamos Ngulo (Kenya-Gardena) 14:10. 5. Bo Reed (Arizona-Mizuno) 14:18. 6. Julius Randich (Kenya) 14:19. 7. Joao N'Tyamba (Angola) 14:21. 8. Tyrus Deminter (Etonic) 14:29. 9. Phillip Castillo (Alamosa, CO) 14:29. 10. Bryan Dameworth (Future Track) 14:33. 11. Peter DeLaCerdia (Aclamosa, CO) 14:38. 12. Bashini Hussein (England) 14:39. 13. Gray Maviera (Reebok) 14:44. 14. Jackson Makene (Tanzania) 14:45. 15. Jose Inequez (Mexico-Reebok) 14:51. 16. Danny Martinez (Cacique) 14:54. 17. Hector Lopez (Cacique) 14:56. 18. Robie Alemayehu (Tanzania) 14:59. 19. Teddy Mitchell (Arkansas-Elli) 15:06. 20. Ralph Garibaldi (Gardena Reebok) 15:08. 21. Mario Gutierrez 15:10. 22. Richard Shelly (New Mexico) 15:31. 23. Githma Lahcen (Morocco) 15:36. 24. Alfonso Nunez 15:37. 25. Steve Frisone (Laguna Beach) 15:58.

Open Race

Overall Female Finishers 1. Maria Lopez 17:29. 2. Mariol Cossio 17:43. 3. Annie Seawright 17:52. 4. Kimberlee Campo 17:57. 5. Terri McCallister 17:59. **Female 10 & Under** 1. Denise Broers 22:55. 2. Ayn Leam 23:06. 3. Veronique Robert 23:57. **Female 11-12** 1. Deborah Horn 24:56. 2. Jesse Sala-



CHUCK FOOTE, JR.
Photo by Richard Lee Slotkin



PETER GITHUKA
Photo by Richard Lee Slotkin



CIF says they can't wear the uniform, but this is Barstow High School ...



... and this is Chino.
Photos by Richard Lee Slotkin

zar 28:45. 3. Elizabeth Areola 28:14. **Female 13-14** 1. Andrea Lofthouse 20:21. 2. Mariel Holcomb 22:04. 3. Maribel Calderon 22:27. **Female 15-19** 1. Mary Yakor 18:03. 2. Josie Sepuveda 19:58. 3. Jackie Guesno 21:21. **Female 20-24** 1. Maria Lopez 17:29. 2. Eliz Skane 18:13. 3. Sara Valdez 18:47. **Female 25-29** 1. Nathalie Higley 18:16. 2. Torie Moran 18:18. 3. Chris Morgan 18:22.

Female 30-34 1. Mariol Cossio 17:43. 2. Annie Seawright 17:52. 3. Terri McCallister 17:59. **Female 35-39** 1. Liz Baker 18:02. 2. Mary Button 18:15. 3. Annette Barnett 20:10. **Female 40-44** 1. Kimberlee Campo 17:57. 2. Julie Guzman 18:16. 3. Leslie Lewis 18:39. **Female 45-49** 1. Debby Jamieson 21:06. 2. Becky Parlor 21:16. 3. Anita Greenberg 22:20. **Female 50-54** 1. Isadora Johnson 21:58. 2. Gina Biggs 22:55. 3. Karin Handaaker 23:47. **Female 55-59** 1. Yvette Lavigne 20:29. 2. Sylvia Dougherty (Manhattan Beach) 23:18. 3. Bobbi Gold (Culver City) 24:17. **Female 60-64** 1. Shirley Blush (Rancho PV) 24:12. 2. Lorraine Seidmeyer (Long Beach) 25:11. 3. Chieko Allwein (Torrance) 25:28. **Female 65-69** 1. Yukie Mochida (Wainut) 25:28. 2. Antoinette Hill (Long Beach) 27:37. 3. Nelly Williams (Culver City) 29:48. **Female 70-74** 1. Helen Dick 27:08. 2. Mao Tengan (Gardena) 34:00. 3. Fumiyo Nakamura (Gardena) 43:48. **Female 75-79** 1. Sarah London (Carson) 43:18. 2. Isayo Okayama (Gardena) 52:59. 3. Shizuyo Takahashi (Monterey Park)



MARIA LOPEZ
Photo by Richard Lee Slotkin

53:09. **Female 80 & Over** 1. Haruko Hurt (Gardena) 56:39. **Overall Male Finishers** 1. Chuck Foote, Jr. (Los Angeles) 15:23. 2. Leroy Brady (Fort Klamath, OR) 15:30. 3. Kevin Broady (Gardena Reebok) 15:36. 4. Keith Witthouer (Placentia) 15:39. 5. Tommy Leon (Canoga Park) 15:41. **Male 10 & Under** 1. Nathan Learn (Placentia) 20:10. 2. Everett DeJong (Yucaipa) 20:51. 3. Takuro Tokioka (Torrance) 24:11. **Male 11-12** 1. Camden DeLong (Yucaipa) 18:17. 2. Guillermo Termini (Long Beach) 18:44. 3. Brandon Gonzalez (Torrance) 20:55. **Male 13-14** 1. Mateo Perez (Los Angeles) 17:04. 2. Juan Castillo (Los Angeles) 17:50. 3. Humberto Vargas (Los Angeles) 18:10. **Male 15-19** 1. Leroy Brady (Fort Klamath, OR) 15:30. 2. Kenny Goodrich (Pls Vrds Pns) 15:45. 3. Devon Murray (Manhattan Beach) 16:47. **Male 20-24** 1. Chuck Foote, Jr. (Los Angeles) 15:23. 2. Oscar Urizar (South Gate) 16:15. 3. Lucas Ramirez (Santa Ana) 16:34. **Male 25-29** 1. Dan Kash (Gardena) 15:42. 2. Pedro Gutierrez (Santa Barbara) 15:55. 3. Bryan Wallbank (Chula Vista) 16:05.

Male 30-34 1. Tommy Leon (Canoga Park) 15:41. 2. Kevin Herbert (Newport Beach) 15:46. 3. Jerry Hernandez (Harbor City) 15:52. **Male 35-39** 1. Dave Adams (Redondo Beach) 15:44. 2. Rodrigo Casas (Downey) 16:11. 3. Hans Gouwens (Los Angeles) 16:15. **Male 40-44** 1. Keith Witthouer (Placentia) 15:39. 2. Nicholas Hernandez 16:01. 3. Steve Blum 16:07. **Male 45-49** 1. Geman Alonso (N Hollywood) 16:54. 2. Ron Kurrie (Irvine) 17:13. 3. Adalberto Mendoza (Los Angeles) 17:15. **Male 50-54** 1. Ron Ogilvie 17:33. 2. Juan Cabza 17:42. 3. Steve Crouch (Canyon Country) 17:42. **Male 55-59** 1. Catarino Gonzales (Torrance) 17:24. 2. Jon MacPherson (Santa Rosa) 17:27. 3. Brian Femea (Pacific Pal.) 19:07. **Male 60-64** 1. Carlos Valley 17:59. 2. John Rudberg (Rancho PV) 19:52. 3. Robert Lyons (Long Beach) 20:08. **Male 65-69** 1. Gunnar Linde 19:48. 2. Pat Devine 20:40. 3. Leonard Waits (Los Angeles) 21:45. **Male 70-74** 1. Larry Banuelos 21:54. 2. Roy Murano (Monterey Park) 26:25. 3. Joseph Rossi (Pacific Palisades) 27:05. **Male 75-79** 1. Jack Ishii (Los Angeles) 29:37. 2. Frank LaFontaine (Gardena) 31:07. 3. William Dietrich (Pasadena) 31:28. **Male 80 & Over** 1. Ernst Van Laeuwen (Encino) 28:48. 2. George Feinstein (Altadena) 31:05. 3. Fred Shanley (Los Angeles) 35:45.

PREP NOTES

By KEITH CONNING

■ A Personal Note

I announced the Bay Valley Athletic League Championship Meet at Pittsburg High School on Friday, May 10.

My wife was celebrating Mother's Day, a big event in Mexico, with my youngest son Andrew, who is a graduate student at Escuela Nacional de Antropología e Historia (National School of Anthropology and History) in Mexico City. He is planning to marry Monica Ortiz, a Mexican law student who he met while he attended Georgetown University, on October 25. Her father is the head political adviser to the head of the Mexican Senate.

That night about midnight Andrew called me with bad news from Mexico. My wife Marian had a heart attack earlier that evening in Cuernavaca, Mexico about 60 miles south of Mexico City.

I took my son James, my daughter Sarah, and my brother-in-law Donald Barr, who is a doctor at the Palo Alto Clinic and teaches a medical sociology course at Stanford University. Sarah speaks Spanish, and Donald was able to talk with the Mexican doctors.

Marian was hospitalized for two days at Hospital Morelos in Cuernavaca. Donald said that some of the methods used in that small rural hospital were 20 years behind the times. Donald was able to persuade the Mexican doctor to transfer Marian by a special cardiac ambulance to Hospital ABC (American British) in Mexico City, which was very modern. Marian stayed there until Tuesday, May 21. We flew home from Mexico City on Saturday, May 25. I was able to see the finals of the North Coast Section at Edwards Stadium in Berkeley that afternoon.

While south of the border, I was able to see the 1968 Olympic Stadium and the Mexican Olympic Committee training center in Mexico City.

Marian and I celebrated our 32nd wedding anniversary with Sarah and her husband Jim Scheel on Wednesday, June 5 at Skates by the Bay on the Berkeley Marina. We had a beautiful view of San Francisco Bay.

Marian was recovering slowly until Friday, June 7, when she felt more chest pains. Although she didn't suffer another heart attack she was admitted to Kaiser Hospital in Oakland, because of low blood pressure.

Marian insisted that I announce the Golden West Invitational in Sacramento on Saturday, June 8. Bob Jarvis, the only announcer in the history of the meet, had a heart attack about a week after Marian. He had asked me to take his place this year. Announcing a big track meet like that is very stressful, because you are working for seven hours in a row with no breaks. But I had an excellent support staff including Kevin Saylor and several others who kept feeding information on as many as four field events at a time.

On Monday, June 10 Marian was transferred in a critical care ambulance to Kaiser Hospital in San Francisco, where our eldest son James was born in 1966. A cardiac catheterization was performed on Monday afternoon.

Cardiac catheterization is a common, relatively painless, nonsurgical procedure that can help your doctor diagnose a heart problem. In some cases, catheterization can be used to treat heart disease, as well. To perform the procedure, a cardiologist inserts a long, flexible tube called a catheter into a blood vessel and gently guides it toward your heart. Once the catheter is in place, x-rays and other tests are done to help the doctor evaluate how well your heart is working.

I have good news to report. The doctor said she has no artery blockages. Her heart attack may have been caused by a spasm or a blood clot.

There has been a very positive outcome to this emergency and that is that Marian and I are closer than we have ever been. Our family was also very supportive during this emotionally draining time. We also plan to change our diets and get a lot of exercise.

Obviously, I was not able to perform my regular duties with the magazine.

■ Talk with Dad Pays Off for Damesha Craig

By Mark Purdy, San Jose Mercury News
May 2--Damesha Craig is the daughter of a Super Bowl running back. And when she learned to walk as a toddler, he noticed how she motored across the room on her toes, not flat-footed the way most children do.

"A natural born sprinter," proclaimed Roger Craig at the time.

Well, not that natural, as it turns out.

Today, Damesha Craig has the fastest 100-meter-dash time of any high school girl in America. But last spring as a sophomore at St. Francis in Mountain View, the only natural thing about Damesha was her natural inclination to be lazy.

"I just wasn't in shape, period," she said. "I guess it was kind of that sophomore attitude.



Damesha Craig
Photo by Bill Cookerham

And when I started going faster than my body wanted me to go, that's when I pulled my hamstring."

The injury occurred just a month before the 1995 Central Coast Section championships and scratched her from her favorite individual events, confining her to one relay race. Yet the hamstring pull taught Damesha a lesson. It even caused her to do something that will stun and amaze parents of teen-agers everywhere:

She began listening to her father. "I said to myself, 'There's no way I want this to happen again next year,'" she remembered. "And that's when Dad and I had our talk."



The talk was fairly one-sided, actually. Roger, a former NCAA indoor hurdles champion at Nebraska, advised Damesha that she could be a terrific athlete if she took her sport seriously. Damesha nodded.

"He said he would push me if I wanted him to push me and would make me better," she said, "but I would have to want it."

She wanted it. A full autumn of intense personal workouts with her father -- who is now retired from pro football and has varied business interests -- were followed by a winter of technique refinement under her St. Francis coach, Roberta Chisam.

The end result? This morning, tall and muscular Damesha Craig is sprinting pretty. People point at her as soon as she enters any stadium.

"She enjoys the attention," said Chisam, "but maybe because of seeing her dad handle it, she's taking it in stride."

Long and high strides, to be exact. Friday night at a Los Gatos invitational meet, Damesha improved her earlier national-best time of 11.8 seconds to a breathtaking 11.54 seconds. A manual stopwatch actually registered her time as 11.3, but when the backup electronic timing equipment malfunctioned, the time was adjusted to 11.54 by a conversion formula. The national high school record is 11.1 seconds.

"I was shocked after that race," said Damesha, who finished eight yards ahead of every other competitor. "I know I'm not the best sprinter in the country -- they announced me that way and really made me nervous -- and while I knew I'd eventually run that fast, I was surprised it happened the way it did." Maybe no one should be surprised. Damesha's mother, Verneesa, was also a high school sprint star in Davenport, Iowa, where the Craigs grew up. Damesha's own athletic career first blossomed here in the sixth grade, when she started herself at a school track meet by defeating a girl all her friends thought was unbeatable. After that, she was hooked on track and field.

"I don't like any other sports," she said. "This is the sport for me."

Damesha's athletic idol is Jackie Joyner-Kersey, and Damesha wants to become a college heptathlete herself one day. Chisam, a former UCLA javelin and shot put athlete, is eager to teach her star pupil the various components of the seven-event heptathlon this summer. Meanwhile, those father-daughter practice sessions -- grueling runs on the Stanford Stadium steps, weight sessions, etc. -- will continue, although both parents serve as Damesha's role models.

"I guess by seeing where Dad started, how my parents didn't have much as kids in Iowa and how Dad came to have so much and so

continued next page

PREP NOTES

much fame, that motivates me," she said. "I have a lot of advantages my dad and mom didn't have, and feel I'm blessed... but I definitely want to be famous like he is, where people know who you are."

Roger Craig was on a Texas business trip Wednesday and could not be reached for comment but seems to be a typical doting father. He even showed up at an East Bay meet to scout a rival sprinter Saturday while Damesha was at her school prom. Some say he and Chisam have had their differences about how much fatherly advice Roger should offer Damesha but now are on the same page.

"We're all learning to work together," Chisam said.

Damesha giggles when asked about the topic. "I finally taught Dad to shut up while I'm running, to leave me alone at the track meets," she said. "When I'm trying to get focused, I get quiet."

Now, it's her competitors who are on their toes. If there was a turnaround moment for Damesha this spring, it occurred at the **Arcadia Invitational** in Southern California, where the Los Angeles area schools traditionally have left Bay Area runners in the dust. This time, Damesha won the 100 with her 11.8-second clocking.

"I was getting nervous when we were all being introduced and then I thought, 'Wait. My dad has put me through hell all year long so that I could be in this situation and have confidence.' And right then, I lost all nervousness and was able to focus on the race. That's the most important thing my dad taught me -- to stay focused."

■ Bob Warren Relays

Acalanes High School, Lafayette, May 3-- The **Carondelet** girls 4 x mile relay team won in 21:21.6, the sixth best all-time in California and the 23rd best all-time in the United States. Their average was 5:20.4 per mile.

The meet record of 20:49.8 was set by the **Miramonte** team of **Marilyn Davis, Wendy Sihner, White, and Nagel** in 1981. That is the third fastest time in California history.

Women's All-Time

California Outdoor List -- 4 x Mile

20:36.33+	Agoura (Agoura Hills) 92
20:42.27+	Agoura (Agoura Hills) 91
20:49.8	Miramonte (Orinda) 81
20:52.53	Agoura 92
21:02.7+	Palos Verdes (Palos Verdes Estates) 88
21:14.2	Alemany (Mission Hills) 80
21:21.6	Carondelet (Concord) 96
21:23.0+	Thousand Oaks 87
21:28.18	Aptos 93
21:28.3+	Edison (Huntington Beach) 83

■ Nike Sacramento Meet of Champions

American River College, Sacramento, May 4-- **Tim Brown** (McClymonds, Oakland) won the 400 meters in 47.4.

Michell Jones (Livermore) set a new meet record of 4:10.25 in the 1,600 meters. **Michael Stember** (Jesuit, Carmichael), the State Meet champion, placed second in 4:13.74. Sophomore **Jon Stevens** (Mission San Jose, Fre-

mont) was third in 4:14.71.

Bolota Asmerom (McAteer, San Francisco), the Arcadia Invitational champion, won the 3,200 meters in 9:12.4. Jones scratched.

Golden Valley (Mercad) won the 1,600 meter relay in 3:16.6. **McClymonds** scratched because **Felton Charles**, the Arcadia 400 champion, had the flu.

Peter Slater (Pleasant Valley) won the triple jump at 49-4 1/2 (+1.63 mps).

Freshman **Lindsay Hyatt** (Placer) won the 1,600 meters in 4:58.53. **Jennifer Akana** (Lowell, San Francisco) placed second in 4:59.13. **Katie Schukle** (Santa Rosa) won the 300 meter hurdles in 43.82.

The **James Logan** (Union City) girls' 400 meter relay team, the national leader and second on the world junior list behind a team from Jamaica, won in 46.34. **Valley** (Sacramento) placed second in 47.69.

The **James Logan** girls' 1,600 meter relay team won in 3:47.4 (hand-timed).

Christa Epperly (Nevada Union, Grass Valley) won the pole vault with a new meet record of 11-0.

■ e-mail to conning@aol.com

Alison Lambert (Northgate, Walnut Creek/Tulane)

May 19-- **Alison Lambert** (Northgate, Walnut Creek) has been named Conference USA Freshman of the Year. Alison won the 1500 meter race yesterday with a time of 4:33.9, beating runner up **Sheila Fagin** of Marquette by 2 seconds. Conference USA was held May 17-18 at Cincinnati University, Cincinnati Ohio.

Tulane's 1996 recruits include another Californian, **Lana Garner**, 400 meter runner from San Diego. --From Lauri Lambert

■ Central Coast Section

San Jose City College, May 23-- **Hamm** (Milpitas) won the 100 meters in 10.67w and the 200 meters in 21.52.

Dan Sildric (Leland, San Jose) won the 1,600 meters in 4:14.6. **Wulf** (Bellarmine Prep, San Jose) placed second in 4:15.20. **Naivalu** (Freemont, Sunnyvale) won the 110 meter high hurdles in 13.65w and the 300 meter intermediate hurdles in 37.17.

Harris (Del Mar, San Jose) won the pole vault at 16-0. **Vong** (Silver Creek, San Jose) placed second at 15-6.

Damesha Craig (Saint Francis, Mountain View) won the 200 meters in 24.13. **Tisha Ponder** (Del Mar, San Jose) won the 100 meter high hurdles in 14.17 and set a new meet record in the 300 meter low hurdles in 41.71. The old record of 42.88 was set by **Kerri Sanchez** (Santa Teresa, San Jose) in 1989. **Steingart** (Saint Francis, Mountain View) placed second in 43.88.

The **Saint Francis** (Mountain View) 4x100 relay team won in 47.68 and the 4x400 in 3:52.71. **Los Gatos** placed second in 3:53.14.

Tisha Ponder (Del Mar, San Jose) also won the long jump at 20-6 and the triple jump at 40-2 3/4w.

Badillo (Mount Pleasant, San Jose) set a new meet record in the pole vault at 10-4 1/2. The old record of 10-0 was set by **Haut** (Harbor,

Santa Cruz) in 1995. **Swanson** (Gilroy) placed second at 10-0. **Serrano** (Gonzales) was third at 10-0.

Tulua (Carmel) won the shot put at 43-3 and set a new meet record of 165-10 in the discus. The old record of 152-0 was set by **Peters** (Gunn, Palo Alto) in 1989.

■ Ponder ponders choices Del Mar standout wins 4 CCS events

By **Scott M. Johnson, Special to the Mercury News**

May 24-- Del Mar's **Tisha Ponder** established once again Thursday that she is undoubtedly the top track and field athlete in the Central Coast Section in four events.

But her dominance may not carry through to next week's state meet.

Ponder won four events at the CCS track and field championships Thursday, but may compete in only two events at next Saturday's state meet. Ponder's decision must be made this afternoon so that alternate athletes may have notice.

"We're going to call (meet director) **Steve** (Filios) in the morning," Del Mar girls coach **Scott Evans** said. "It's too hard for us to figure out. I don't even want to make the decision tonight because it takes away from the event."

Should Ponder drop the 300 low hurdles, **Carey Carver** of Harbor would qualify. Independence's **Sienna Owens** would qualify in the triple jump.

Ponder took honors in the 100-meter hurdles, the 300-meter hurdles, the long jump and the triple jump. Her marks in the triple jump (40-2 3/4) and the 300 hurdles (41.71 seconds) were meet records.

The Del Mar senior scored all 40 of Del Mar's team points -- good for third place.

"I knew I had it in myself," Ponder said. "It's just a matter of going out and proving it. I'm totally happy."

Ponder nearly missed qualifying for the finals in the long jump, which many consider her best event. After scratching on her first two jumps, Ponder jumped a personal-record 20-3 on her final jump of the preliminaries. Upon making the finals, Ponder broke her personal record twice, finishing with a CCS-best mark of 20-6, which would have been a meet record has it not been wind-aided.

"There's always a little pressure, but when you're a big-time competitor, you know what you can do," Evans said. "We made adjustments (after the two scratches)."

Ponder will almost certainly compete in both the long jump and 100-meter hurdles at next week's state meet, but her decision on her other two events depended mainly on the time schedule next week and the proximity of Ponder's events to one another.

Damesha Craig of **Saint Francis** and **Carmel's Darlene Tulua** also showed why they are expected to make an impact during the state meet.

Tulua broke a meet record and exceeded the top discus mark in the state with a throw of 165-10, which also beat the state's top mark.

"I don't think that's going to affect me at

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state," Tulua said. "I know I can throw 165 feet. I've done it in practice and I know I can do it again."

Craig, like Ponder, won four events Thursday in qualifying for the state meet, but struggled at times because of a stomach virus.

"I haven't been feeling very well today," Craig said after anchoring the St. Francis relay team to a comeback victory in the 1,600-meter relay. "I just wanted to go out and not spend energy, but still win events and make state. I wasn't worried about my times. I just wanted to qualify."

The **Lancers**, whose girls' team finished first in the overall standings, trailed **Los Gatos** by 10 meters in the 1,600 relay when Craig took the baton. By the first turn, the St. Francis junior passed Los Gatos anchor **Rose Sczawinski**.

"I knew (Sczawinski) was going to run a really strong anchor leg," Craig said. "My goal was to try to catch her as fast as I could and try to hold on. I knew she was going to fly."

St. Francis was challenged in the 400-meter relay, but **Sarah Clemm** gave the Lancers a 10-meter lead before Craig anchored the win in 47.68.

Mary Lou Badillo won the pole vault with a meet-record mark of 10 feet, 4 1/2 inches in the second-year event. Badillo nearly vaulted 11 feet, which would have been a personal record.

"I expected (to win CCS)," Badillo said. "I just kind of came out and saw what I can do. I know what I can do."

Silver Creek's Deborah Bleisch ran away from the field, including teammate **Laneisha McPherson**, at the final turn to win the 1,600-meter run.

"I felt like I had a better sprint than anyone out there," Bleisch said. "I knew if I stayed with them I could win at the end."

■ North Coast Section Meet of Champions

Edwards Stadium, Berkeley, May 25—**Howard Moore** (De La Salle, Concord), who ran 48.11 in the NCS Tri-Valley meet, won the 400 meters in 47.73. Moore's splits were: 23.7, 47.73 (24.03).

Michell Jones (Livermore), who ran 4:15.26 last week, won the 1,600 meters in 4:12.91. The splits were 1:03.1 (Phillips, Eureka), 2:07.1 (1:04.0) Jones, 3:10.4 (1:03.3) Jones, 4:12.91 (1:02.51). Jones came through 1,500 meters in 3:56.4.

Jernae Wright (James Logan, Union City), who ran 12.00 last week, won the 100 meters in 11.72 (+0.50).

Carla Estes (James Logan, Union City), who ran 54.92 last week, set a new meet record of 53.81 in the 400 meters. The old record of 54.6 was set by **Valerie Spence** (San Lorenzo) in 1981 and tied by **Nedrea Rodgers** (Berkeley) in 1983. Estes' splits were: 26.9, 53.81 (26.81). **Crystal Miles-Threat** (Amador Valley, Pleasanton), who ran 57.65 last week, placed second in 55.51. **Saneik Saavedra** (El Cerrito), who ran 56.02 last week, was third in 55.84.

Candace Miles-Threat (Amador Valley, Pleasanton), the twin sister of Crystal who ran 2:16.02 last week, won the 800 meters in 2:10.80. The splits were: 30.3, 1:03.4 (33.1),

1:36.1 (32.7), 2:10.80 (34.7). **Jennifer Bridgeman** (James Logan, Union City), who ran 2:17.07 last week, placed second in 2:11.75.

Kelly Piatanesi (Carondelet, Concord), who ran 2:14.91 last week, was third in 2:11.89. **Kerri Bock-Willmes** (Carondelet, Concord), who ran 2:14.85 last week, was fourth in 2:12.30.

Kristen Gordon (Carondelet, Concord), who ran 4:49.70 last week, set a new meet record of 4:49.16 in the 1,600 meters. The splits were: 1:11.8, 2:23.2 (1:11.4), 3:36.1 (1:12.9), 4:49.70 (1:13.6). Her 1,500 meter time was 4:31.04.

Julia Stamps (Santa Rosa), who ran 10:12.31 last week, won the 3,200 meters in 10:13.7. The splits were: 1:16.6, 2:30.1 (1:13.5), 3:44.7 (1:14.6), 5:00.9 (1:16.2), 6:19.0 (1:18.1), 7:38.5 (1:19.5), 8:58.2 (1:19.7), 10:13.7 (1:15.5). Stamps came through 3,000 meters in 9:36.0.

Kristen Gordon (Carondelet, Concord), who ran 10:29.43 last week, placed second in 10:32.8 (9:54.8 at 3,000). Freshman **Trina Cox** (Santa Rosa), who ran 11:02.48 last week, was third in 10:52.1 (10:13.0 at 3,000).

Ayana Grant (Bishop O'Dowd, Oakland), who ran 14.31 last week, won the 100 meter high hurdles in 14.46 (-2.10).

Katie Schuckie (Santa Rosa), who ran 44.12 last week, won the 300 meter low hurdles in 43.9. Her splits were: 7.2, 11.9 (4.7), 16.8 (4.9), 21.7 (4.9), 26.7 (5.0), 31.9 (5.2), 37.2 (5.3), 42.5 (5.3), 44.12 (1.62).

The **James Logan** (Union City) 4x100 team, who ran 46.10 last week, set a new meet record of 45.64. The old record of 45.8 was set by Berkeley in 1980. The splits were: 12.8, 10.6 (Carla Estes), 11.0 (Jernae Wright), 11.3. **El Cerrito**, who ran 47.76 last week, placed second in 47.38.

The **James Logan** (Union City) 4x400 team, who ran 3:56.98 last week, set a new meet record of 3:43.39. The old record of 3:46.90 was set by Logan in 1995. The splits were: 56.6 (Natasha Neal), 1:52.6 (56.0) (Jernae Wright), 2:49.5 (56.9) (Jennifer Bridgeman), 3:43.39 (53.89) (Carla Estes). **El Cerrito**, who ran 3:49.44 last week, placed second in 3:45.83. **Carondelet** (Concord), who ran 3:57.57 last week, was third in 3:53.13. **Amador Valley** (Pleasanton), who ran 4:02.28 last week, was fourth in 3:55.16.

Shannon Flett (Acalanes, Lafayette), who vaulted 10-0 last week, set a new meet record of 10-6 1/2 in the pole vault. The old record of 10-6 1/4 was set by Flett last year.

Jernae Wright (James Logan, Union City), who jumped 18-10 last week, set a new meet record of 20-1 1/2 (-0.78) in the long jump. The old record of 19-9 3/4 was set by **Yvette Bates** (Berkeley) in 1984. **Carla Estes** (James Logan, Union City), who went 18-9 last week, placed second at 19-9 3/4 (-2.4).

■ Six records shattered at Meet of Champions

By Phil Wong, Special to the Examiner
BERKELEY, May 26 — Six meet records fell in Saturday's North Coast Section Meet of Champions at Cal's Edwards Stadium.

Logan High of Union City started the day by winning the girls 400-meter relay in a state season best of 45.64 seconds. **Jamara Smith, Car-**

la Estes, Jernae Wright and anchor **Natasha Smith** snapped Berkeley High's time of 45.8, set in 1980. The Colts ended the afternoon winning the 1,600 relay in 3:43.39, breaking the record they set last year (3:46.90).

Estes also won the open 400 in 53.81, breaking the record shared by **Valerie Spence** (San Lorenzo '81) and **Nedrea Rodgers** (Berkeley '83) of 54.6. The time was also a state season best.

Wright took a gold in the long jump at a meet-record 20-1-1/4, with Estes winning the silver at 19-9-1/2.

"I knew I had a lot to do going into this meet," said Wright. "I wanted this so that I can get a better seeding at state."

The other girls' records were by **Carondelet's Kristin Gordon** in the 1,600 (4:49.16) and **Acalanes' Shannon Flett** in the pole vault (10-6-1/4).

In the boys' events, **Pittsburg's George Jordan** won the 100 meters in 10.73 seconds, beating Leon Callen from **De La Salle** by .04 seconds, and **St. Mary's** stepped up to beat De La Salle in the 1,600 relay, 3:20.04 to 3:20.24.

Michell Jones of Livermore won the 1,600 (4:12.91) and 3,200 (9:22.14).

■ Stember's Dream Turns Into Dose of Reality

By Rob Gloster, AP Sports Writer
EUGENE, Ore., May 29 (AP) — After overwhelming opponents at high school track meets for the past few years, **Michael Stember** relished the challenge of competing at a much higher level.

The miler from Sacramento's **Jesuit High School** got his opportunity to do that this past weekend, racing against some of the world's top middle-distance runners at the **Prefontaine Classic**.

By racing in the Grand Prix meet, in which he faced runners from seven nations, Stember was able to realize one of his dreams — to run in the meet named for the late **Steve Prefontaine**, one of the greatest middle-distance runners of all time.

Stember thought it also would give him a chance to reach another lofty goal — to become the first American high school runner in almost three decades to break the four-minute mark in the mile.

That goal remains much more elusive. Stember was next-to-last in the 17-runner field on Sunday, falling behind early and finishing in 4:09. He learned just how far away he is from competing with runners such as **David Kibet** of Kenya, whose winning time was 3:52.28.

"Pre's my idol and it's been my dream to run in this race," Stember said. "It was just too fast for me, I'm just not ready yet. Maybe I bit off a little bit more than I could chew."

But Stember, who will attend **Stanford** this fall, is not giving up on his quest for a sub-4:00 mile as a high schooler. His last best chance may be at the **Golden West** meet, a national high school invitational event June 8 in Sacramento.

Stember ran the mile in 4:08.51 last year at the Golden West, and has run the 1,600 meters

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in 4:04 -- the equivalent of about a 4:05 mile. He'll run the 1,600 in the state meet this weekend at Cerritos College in Norwalk, because California high schools run that event instead of the mile.

Only three American high schoolers have run the mile in less than four minutes -- **Jim Ryan** did it five times in 1964-65, **Tim Danielson** of Chula Vista did it in 1966 and **Marty Liquori** accomplished the feat in 1967.

In the past 29 years, the closest anyone has come is the 4:02.4 by **Richard Kimball** of De La Salle High School in Concord in 1974. Stember decided to make his senior season a quest to join the elite sub-4:00 club.

At the **L.A. Invitational** in February, he finished fourth in 4:07.1 indoors in the mile and won the national indoor high school 1,600 championship in Boston a week later.

But he had swelling in his right knee after the Boston meet, and took two weeks off. The soreness continued when he tried to run competitively in mid-March, and the tendinitis still has not totally abated.

He had been invited earlier in the year to the Prefontaine meet, but officials there lost interest in the high school phenom because of his injury problems. Stember had to campaign intensely for a place in the Eugene race.

Stember dropped out of the 800 meters at the sectional meet last Thursday that acts as a qualifier for the state championships. That ended his chances of winning state titles at both 800 and 1,600 meters, but made it clear to Prefontaine officials he was serious about an attempt at a sub-4:00 mile.

He got a last-minute invitation to the Prefontaine, but could not keep up with the pace set by a world-class field.

"It was fast, real fast," he said. "I was out of it from lap two. The pace was just too tough. I couldn't hang in there."

Stember said his knee is still sore, and he knows his chances for a sub-4:00 mile as a prep runner are getting slim. But he left the Prefontaine meet with no regrets about competing in the race named for his idol.

"I'll be back," he said.

■ Julia Stamps

Julia Stamps competed in two events at the Pacific Association USATF Junior Championships. She ran 4:23.70 in the 1500 and, dropping in an 800 meter race, posted a 2:12.10. Stamps is on her way to Junior Nationals in Ohio in two weeks.

■ Twin runners race to close the gap -- Harrison not ready to concede 400 to Michael Johnson yet

By **John Crumacker, Examiner Staff**
May 29--Identical twins Calvin and Alvin Harrison came into the world three minutes apart. In the ensuing 22 years, the gap has narrowed to less than half a second, .48 to be exact. That's the difference in their personal bests in the 400-meter dash. Calvin, the younger by

those three minutes, has run 44.72 seconds. Alvin's best is 45.20.

The brothers from Salinas will run the 400 in Saturday's **Bruce Jenner Classic** at San Jose City College. It will mark the third time this season they have run against each other; the scorecard reads Calvin 1, Alvin 1.

"We're going to get a tie this weekend," Alvin joked. It's possible, but with electronic timing to the hundredth of a second, not probable.

It's slightly improbable that the Harrisons are back running track after their celebrated prep days at **North Salinas High School**. Calvin was national prep track athlete of the year in 1993 after running 45.10.

They enrolled at the local junior college, **Hartnell**, but didn't last long. In Calvin's case, it was a clash with the coach. The Harrisons moved to Orlando, Fla., to be with

their family but returned to Salinas, where their father had once worked, early in 1995. They lost the better part of two track seasons in the process.

"I kind of got big-headed," Calvin said of his brief time at Hartnell. "I was doing my own thing. Things just didn't work out. I needed to grow up and mature a little more. There were a lot of personal things going on in my life. All the things that happened helped me get ready mentally for this year."

The brothers appear to have stabilized their lives as young adults of 22. They live in separate apartments in the same complex in Salinas. Calvin works 40 hours a week

for a Big 5 Sporting Goods store. Until April, Alvin worked for a hazardous waste plant called Pure-Etch Co. that has since been shut down for repeated health and safety violations.

"They were throwing toxic waste in the sewers," Calvin said. "He had to get away from that because it was hazardous to his health."

Since a quarter-miler relies on his lungs as much as his legs, breathing vapors of ammonia and hydrochloric acid is not considered a good thing to do.

Calvin did a very good thing Sunday at the Prefontaine Classic in Eugene, Ore., where he ran his personal best time of 44.72 and defeated a strong field in the process. He hopes to continue his resurgence Saturday against a field that includes 1992 Olympians **Andrew Valmon** and **Darnell Hall** and 200-meter specialist **Kevin Little**. And brother Alvin, of course.

"We don't look at it in a competitive fashion," Alvin said of their sibling non-rivalry. "We look at the beauty of it. The Lord has blessed my brother and me to walk through life together. No car, money or girl can compare with this. It's the beauty of us being able to run together."

After the Jenner meet, Calvin and Alvin will take their brother act to Atlanta and the **Olympic Trials** on June 14-23. Calvin will concentrate on the 400 and such stalwart runners as **Michael Johnson**, **Butch Reynolds**, **Derek Mills** and **Quincy Watts**. Alvin will attempt a 200-400 double, more so to give himself twice as many chances to make the Olympic team.

Even with his breakthrough time at the Pre meet, Calvin Harrison is considered a longshot to make the Olympic team. Still, a man can dream, can't he?

"I think a lot of other runners look at Michael

Johnson and because he's been so dominant, they're looking for second or third place," Calvin said. "Me and my brother are looking to take it. You've pretty much defeated yourself if you think you can't win."

■ HIGH SCHOOL REPORT: Los Altos star will finish off four-sport year

By **Dave Payne**

May 31--A BUSY senior year reaches a climax for **Willie Howard** this weekend at the state track and field meet in Norwalk.

"The state meet is something I'm really looking forward to," said **Los Altos'** Howard, who qualified in the shot put and discus by winning both events at last week's Central Coast Section finals. "I missed going (to the state meet) last year by a half-inch in the shot put."

Howard, a 6-foot-4 1/2, 259-pound All-Santa Clara Valley Athletic League-EI Camino Division first-team lineman headed for Stanford on a football scholarship, competed in four sports this school year. In his first three years, he participated in "only" football, basketball and track and field.

He was on both the basketball and wrestling teams from November to February, and held down a job at Safeway.

"The wrestling coach needed a heavyweight and the basketball coach needed a center," Howard said with a shrug. "There weren't that many conflicts. It all worked out."

Last month, Howard took time from his schedule to observe the Stanford football team during three weeks of spring practice.

"I was curious about what I will be up against," Howard said. "The practices actually looked easier than the ones we had at Los Altos, when I was going both ways and hardly had time to take a water break."

"The important thing when (Stanford) begins workouts in August is to be in excellent condition. I plan to work out this summer with (Cardinal junior-to-be) defensive end **Kailee Wong**. He lives right down the street from me."

As stiff as the competition will be for winning a spot on the Stanford football team, it won't be any more difficult for Howard than what he's up against at the state track and field finals.

While he accomplished personal bests at the CCS meet in the shot (58 feet, 5 inches) and discus (171-1), he's still a long way from the state's best marks this spring. **J.D. Martin** from Madera is tops in the shot (65-11) and discus (192-1).

"I realize I'm going down there as an underdog," said Howard, seeded fifth in the shot and sixth in the discus. "I also know I can do better than I did at CCS, because I have in practice."

"The important thing is to overcome the pressure, to be relaxed. I'm confident I'll do well."

Next hurdle: the Olympics Naivalu will compete for Fiji

By **Darren Sabedra**

June 7--When the phone rang one night a few weeks ago, **Joe Naivalu's** summer itinerary

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took a 180-degree turn -- maybe for the better. On the other end of the line was **Master Tuva**, Naivalu's uncle and athletic director of the Fiji national track and field team. Tuva called to invite his nephew, a **Fremont High** senior, onto a squad that will compete this summer at the Olympics.

Small problem. All spring, Naivalu, who emigrated from Fiji to the United States in 1986, had



Joe Naivalu

Photo by Allison Cookerham

been saying he wouldn't compete for Fiji in Atlanta because he didn't want to be remembered as an also-ran. Instead, he said he would compete in the junior nationals, hoping to earn a berth in the world nationals.

But with the Olympic offer officially on the table, Naivalu, a two-time state high school champ in the 110-meter high hurdles, changed his mind. "I stayed up all night," said Naivalu, who will

compete this weekend at the **Golden West Invitational** in Sacramento and next weekend at the **National Scholastic Outdoor Championships** in Raleigh, N.C. "I was very excited. I thought to myself, 'This would be my first chance to go to the Olympics. It would be a good opportunity. Even if I don't do well, I'll learn something by running in the Olympics.'"

In Atlanta, Naivalu expects to compete in both the 110 and 400 hurdles and on Fiji's 400 relay team.

"Joe can expect to learn how far behind he is in training for the 400 hurdles (an event not offered in high school)," Fremont **Coach Jeff Myers** said. "They'll go out real hard -- almost like a sprint. It will be a learning experience. What Joe will probably say is, 'What I've been doing is great. But the 400 hurdles is a different animal.'"

"I expect him to get through two rounds (out of four) in the 110s. He runs better with competition."

The Olympics aren't new to the Naivalu family. Joe's brother, **Bill Naivalu**, competed for Fiji at the 1992 games in Barcelona.

■ Olympic dreams training their sights on Atlanta

By **John Crumacker**, Examiner Staff

Like Acolytes to an obscure religion paying homage to their daily devotion, as many as 40 athletes train in relative anonymity toward the goal of making the U.S. Olympic team in track and field.

From Berkeley to Oakland to Hayward, and across the bridge of choice to San Mateo and Stanford, they gather for training sessions with those of like persuasions. For some, it's the facility they find inviting. For others, it's the coaching they find there.

From these sanguine spots of running, jumping and throwing could emerge several mem-

bers of Team USA when the Olympic Trials, which begin Friday at Atlanta's Centennial Olympic Stadium, conclude with a rush of finals on June 23.

Here's a look at the Bay Area's best track and field athletes and the places they call home when training:

EDWARDS STADIUM, UC Berkeley

The oldest facility in the country built exclusively for track and field may be the training ground for a few first-time Olympians.

On a recent midweek afternoon, discus throwers, long jumpers, triple jumpers, hurdlers and a decathlete overseeing everything were working on their events with a kind of leisurely intensity.

Cal alums **Pat Duffy** and **Rod Jett** were practicing the physical art of clearing 42-inch high hurdles. Fellow alums **Ramon Jimenez-Gaona** of Paraguay and **John Wirtz** of San Jose were in the discus cage, spinning and throwing.

Long jumper **Jackie Edwards** of the Bahamas was getting her approach down. Triple jumper **Robyne Johnson**, also an assistant coach at Cal, was working on the third phase of her jump.

And kibitzing on everything happening around him was Cal grad **Chris Huffins**, who might be the best decathlete in the country not named **Dan O'Brien**.

"Chris has a very good eye for coaching," said Edwards, a Stanford grad who competed for her country in the 1992 Olympics. "Even when it happens in a split-second, Chris can notice it. He talks a lot, but it's usually very constructive."

Training partners Duffy and Jett work so much together they talk in the serve-and-volley style of a tennis match - back and forth, forth and back; what one doesn't finish

the other one will. "There's a lot of post-collegiate people there getting ready for the Trials," Jett said. "It's a good atmosphere."

"It is a good atmosphere," Duffy affirmed. "A lot of good, serious athletes."

"It's fun and it's a good environment," Jett said. "You're not just out there by yourself."

"It's networking, an exchange of ideas," Duffy said.

"I get inspired watching other people," Jett said. "It makes you want to raise your level."

Duffy and Jett have the misfortune to be in what may be the most competitive event in the U.S. this year. A half-dozen hurdlers could make the Olympic team and only one, **Allen Johnson** of Chapel Hill, N.C., is considered a favorite.

Of all the American athletes training at Cal, Huffins has the best chance to represent the country in Atlanta based on his improvement curve, which is still ascending. His best score is 8,351 points; the world record is 8,891 by O'Brien. Huffins trains with fellow decathlete **Darrin Steele**, who has scored 8,129.

As accomplished athletes from smaller countries, Edwards and Jimenez-Gaona are assured of spots on their Olympic teams. The same goes for Cal grad **Tom McGuirk**, who will represent Ireland in Atlanta as a 400-meter hurdler.

When she's not training in Fayetteville, Ark., with a former college coach, triple jumper **Sheila Hudson**, who holds the American record for

women, returns to her alma mater to work.

COLLEGE OF SAN MATEO

Life is good at this hilltop campus off Hwy. 92, overlooking the Bay from the San Mateo Bridge eastward. Good for throwers, in particular.

In his 10 years at the school, revered throws coach **Mike Lewis** has guided shotputters, discus throwers and javelin throwers to various national teams. He has nine throwers who qualified for this week's Olympic Trials.

The facility is top-drawer and the support they receive is ideal for post-collegiate athletes, but the throwers here uniformly credit Lewis, a veteran San Francisco firefighter, for their progress from novice to national class.

"Coach Mike Lewis. That's an easy one," javelin thrower **Nicole Carroll** said.

"There's no coach that knows the throws better," javelin thrower **Jenny McCormick** said.

"It's him," discus thrower **Mike Mielke** said. "It's the reason I come back here."

"He's real adaptable to all the different personalities out here," said **Ashley Seiman**, another thrower of javelins. "For me, he lets me be pretty independent. He's

so good technically, but he keeps it simple." One recent afternoon, Carroll and McCormick were working on strengthening their stomachs, essential for their event, by playing catch with a medicine ball. One lay supine on the track with head lifted while the other stood and heaved the ball sharply downward. This is real abdominal work, of a kind you won't see on the call-now infomercials.

"The fact we've been provided with such a nice facility makes it really great," said Carroll, whose best of 205 feet, 10 inches, leads all U.S. women. "Having four of the top 10 (in the women's javelin) here is a pretty unique situation. It keeps you on your toes. You're not going to let up when you have people training as hard as you do."

At the center of this throwing vortex is Lewis, a tanned, rumped counselor in the SFFD's Confidential Stress Unit. He works mornings in San Francisco, then drives his van to the college, where he parks on the track and slides open the door to accommodate the people and equipment of his other career.

"This is a great spot for me here," Lewis said. "I'm able to spread my tension out. Coaching is something I love. It has to do with the people who are here. Not only the throwers but the support system. It's a family."

CHABOT COLLEGE, Hayward

If the Bay Area has a sleeper spot for Olympic hopefuls, this is it.

Eugene Swift, who works for UPS in Richmond before driving to Hayward in the afternoon, trains here. He has the second-fastest time among Americans in the 110 hurdles this season, 13.23 seconds. His is among the most competitive events in the U.S.

With a solid season behind her, Stanford grad **Chryste Gaines** could make the team in the 100 meters. Her 1996 best is 11.17, No. 3 in the U.S. Sprinter **Aaron Thigpen** is also training for the Olympic Trials in the 100 and 200.

Despite his advanced age, 43-year-old triple jumper **Ray Kimble** could scare some of his

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younger competitors in the Olympic Trials based on his vast experience.

Hurdlers **Rhonda Colvin** and **Valerie Manning**, heptathlete **Peggy Odita** and sprinter **Grace Dinkins** of Liberia also train at Chabot with their personal coach, **Remi Korchemy**, a one-time assistant at Stanford.

"It's a nice facility here," Chabot assistant coach **Sylvester Johnson** said. "It's friendly. I guess that's the word. It helps us out also for our kids to see world class people."

STANFORD

Ever since the days of **Duncan MacDonald**, **Don Kardong** and **Tony Sandoval**, Stanford has been kind to distance runners. It's no different this year as **Patti Sue Plumer**, an Olympian in 1988 and '92, and **Jeff Atkinson**, an '88 Olympian, attempt to make the U.S. team once more.

The odds are against both runners. Plumer, ranked No. 1 in the world in the 5,000 in 1990, gave birth to a daughter in 1993. She also labored with a degenerative hip joint and chronic anemia. Atkinson, whose best time in the 1,500, 3:35.15, dates to 1989, is trying to regain that form. Working with him is the fact metric mile times have not progressed at all since he last made the Olympic team.

Also training at Stanford are discus thrower **Robert Weir** (no relation to the former Grateful Dead

musician of the same name) of Great Britain, 1,500 runner **Steve Agar** of Dominica and, when he's in the area, Olympic marathoner **Bob Kempainen**. Kempainen, the Olympic Trials winner, is coached by Stanford head man **Vin Lananna**.

MERRITT COLLEGE, Oakland

Oakland native **Jeff Laynes**, who went to USC after two years at Merritt College, is back in town and coached by **Ray Norton**, a 1960-64 Olympian and former world record-holder in the 200 meters. Laynes is a sleeper candidate to make the U.S. team in the 100 based on his seasonal best of 10.01.

"We have a nice relationship," Laynes said of Norton. "More than just coach and athlete. We have a friendship also. We work well together. If I have any problem I can talk to him about it."

When he's not coaching his Merritt sprinters, Norton has a one-on-one relationship with Laynes, who, at 25, is entering his peak.

"Right now he's probably the most consistent sprinter we have," Norton said. "Consistency is the key. He has four races in two days (at the Trials), which is to our advantage because he's a big, strong sprinter. Speed is a gift from God. All you try to do is refine it."

At the Trials in Atlanta, Laynes will be up against some of the best sprinters on Earth, namely **Carl Lewis**, **Leroy Burrell**, **Dennis Mitchell**, **Mike Marsh** and **Tim Harden**.

"He's very mature," Norton said. "You can see the maturity. Of course, he still has to meet the big boys. But it doesn't seem to bother him. He's one of them."

SKYLINE HIGH SCHOOL, Oakland

Regina Jacobs chooses as her training partners the boys on the Skyline High track team. She benefits from running against them, and they get jazzed matching strides with a two-time

Olympian in the 1,500. Jacobs, a Stanford grad and 1995 world indoor champion, has a best time of 4:00.46.

SAN JOSE CITY COLLEGE

When discus thrower **Mike Buncic** recently filled the entire door frame of **Bert Bonanno's** office and asked for the key to the discus field, the San Jose City College athletic director gave it to him. Buncic is 6-foot-4 and 245 pounds, with hunched shoulders and a laconic disposition.

"He's a shadow," Bonanno said. "He's out there on the field. I never see him."

Though he's clearly a loner, Buncic likes to join teams. He made the Olympic team in 1988 and '92 and was on the U.S. World Championship teams in 1991, '93 and '95. His best throw is 227 feet, 7 inches.

WEST VALLEY COLLEGE, Saratoga

Former Stanford hammer thrower **Dave Popejoy** trains in relative isolation at West Valley. But then, hammer throwers are used to solitary confinement on distant fields, away from the mainstream activity of track meets. With a best throw of 240-10, Popejoy was ranked third in the U.S. last year. He has a decent chance of making the Olympic team after **Lance Deal** (258-1) and former San Jose prep **Kevin McMahon** (245-1).

Track and field being the solitary sport it is, these athletes go through their paces under cover of anonymity at places that welcome them as much for who they are as for what they do.

They are acolytes to their own illumination.

(Prep Editor: *Coach Mike Lewis and I were members of the 1957 Lincoln, San Francisco track team. He placed fourth in the shot put at 60-2 1/4 at the 1957 State Meet at Cal. He also won the exhibition college weight discus throw with a toss of 151-7 1/2.*)

■ Mike Marsh waiting quietly

With the 1996 Olympic Games fast approaching, the athletes who will compete in Atlanta are beginning to get a great deal of attention. One of the more prominent faces you'll see is sprinter **Michael Johnson**. Johnson is attempting to become the first man to "double," or win gold medals, in both the 200-meter and 400-meter dashes. Every time you read about Johnson, you read about that double. Heck, the International Amateur Athletic Federation (IAAF) even changed the Olympic track and field schedule so Johnson could have a better shot at his double.

Meanwhile, **Mike Marsh** just waits quietly for his chance to spoil everything.

You see, Marsh is no slouch. The 28-year-old former UCLA sprinter won gold medals in the 200 meters and 4x100-meter relay at the 1992 Olympic Games in Barcelona. He has suffered from some injuries in the intermediate years, but Marsh is also the reigning national champion in the 100 meters, where all the attention is focused on U.S. sprinters (and Marsh's Santa Monica Track Club teammates) **Carl Lewis** and **Leroy Burrell**, along with reigning world champion **Donovan Bailey** of Canada. You could excuse this guy if he was suffering from an inferiority complex. But, he truly doesn't seem to mind.

"I've never been one to be hungry for the external recognition," Marsh said. "Of course, you're absolutely right - I don't get the attention that the other guys get. On one hand, that gives me a tremendous advantage -- it gives me less of a chance to be distracted, and that's fine with me. And if I were to go out there and win the 100 and the 200, I don't think there's any way that I won't get the recognition. Even though I don't care."

Marsh got his first taste of the Olympic Games in an unusual way for a future gold medalist. The 1984 Games were held in his hometown of Los Angeles, and Marsh's mother worked for the local Games organizing committee (she currently works for the Atlanta Committee for the Olympic Games). Like many other teenagers, Marsh got a job parking cars at those Games.

"She had a few connections there, and I needed a summer job, so she was able to get me a job parking cars," Marsh said of his mother. "I wasn't at the track venue, though. I was at the fencing and volleyball venue. I didn't run summer track that year. I just parked cars, had a few dreams, and wished I could be out there with everyone else."

With the Games returning to the States, like nearly every U.S. Olympic Team member or hopeful, Marsh is excited about the possibility of fulfilling those dreams and winning a gold medal on his native soil.

"That would be an extra-special feeling," Marsh said. "I had the experience in Barcelona, and at that particular Olympics we had a lot of American fans there. But I expect the concentration of fans in Atlanta to be something almost unimaginable. It's going to be a great experience just to be out there, to step out on the track with some of the fastest guys in the world. I don't know if I can put all this into words, but this is going to be the culmination of years and years of hard work. There are only a few times in my career where I'm really pressed and really have to perform well, and this is one of those times. I'm very much looking forward to it."

But as far as any rivalry with Johnson goes, Marsh will have none of it.

"I truly feel -- and this is not just rehearsed -- that I just have an opportunity to compete," Marsh noted. "I run my own race. I have my own lane. And any time I get on the track, whether Michael Johnson's in there or not, whether Carl Lewis is in there or not, or (Nambia's) **Frank Fredericks** -- when I get into a race, there's an opportunity for me to succeed. The attention and all the external things really don't factor into the equation. What I want to do is get from Point A to Point B as fast as possible. The hype around the 200-400 double doesn't fit into the equation, so it isn't a thought for me."

Marsh has his first shot to get from Point A to Point B against Johnson and the 100 crowd at the U.S. Olympic Track and Field Trials, which will be held June 14-23 at the Olympic Stadium in Atlanta. So don't start any coronations just yet, because Marsh just might make things interesting.

PREP RESULTS

Northern California Results

From Keith Conning

Bob Warren Relays

April 3, 1996. Acalanes High School, Lafayette.

Boys

High Jump 1. Matt Hurd (Antioch) 6-4.

Girls

100 1. Benicia Newhouse (Benicia) 12.64. Two Mile 1. Jennie Ewing (Castro Valley) 11:20.02. Heather Wallace (Clayton Valley) 11:32.5. 100 High Hurdles 1. Mario McGuire (Ygnacio Valley) 15.75. 400 Relay 1. Benicia 50.51, 2. Carondelet 50.82. Mile Relay 1. Carondelet 4:02.1. 2. Acalanes 4:11.0. Four Mile Relay 1. Carondelet 21:21.6. High Jump 1. Kristi Johnson (Ygnacio Valley) 5-5, 2. Erin Nichols (Acalanes) 5-4. Pole Vault 1. Shannon Flett (Acalanes) 9-6, 2. Jill Forde (Acalanes) 9-0, 3. Jennifer Beyer (San Ramon Valley) 8-6, 4. Maura Kelley (Carondelet) 8-0, 5. Irma Griffin (Las Lomas) 8-0. Triple Jump 1. Kristi Johnson (Ygnacio Valley) 36-3 1/2, 2. Mercedes Williams (St. Mary's) 36-1 3/4, 3. Kara Kroes (Moreau) 34-9 1/2. Shot Put 1. Rachel Rosemeyer (Campolindo) 35-2 1/2.

Nike Sacramento Meet of Champions

May 4, 1996. American River College, Sacramento.

Invitational Division

Boys

100 Meters (-1.9mps) 1. E.J. Jackson (Beyer) 10.85, 2. Jim McGee (Sacramento) 10.92, 3. J. Sharon Jones (Skyline) 10.92. 200 Meters (-1.6mps) 1. E.J. Jackson (Beyer) 21.92, 2. Tim Brown (McClymonds) 22.25, 3. J. Sharon Jones (Skyline) 22.26, 4. Carlton Jones (Kennedy) 22.32. 400 Meters (hand-timed) 1. Tim Brown (McClymonds) 47.4, 2. Ed Levine (Golden Valley) 47.5, 3. Malachi Davis (Davis) 47.8, 4. Ken Gowan (Oakmont) 48.0, 5. Carlton Davis (Kennedy) 48.2, 6. Vince Vasquez (Golden Valley) 48.9, 7. Donni Jackson (Elk Grove) 49.8, 8. Don Lackey (Florin) 50.1. 600 Meters 1. James Levine (Golden Valley) 1:54.08, 2. Kevin Grace (Elk Grove) 1:56.37, 3. Gavin Chamberlain (Oak Ridge) 1:56.90, 4. Nelson Laux (Nevada Union) 1:56.97, 5. Jamar Powell (Vallejo) 1:58.09, 6. Jake Bouey (Bishop O'Dowd) 1:58.56, 7. David Rios (Colfax) 1:59.14.

1,600 Meters 1. Michell Jones (Livermore) 4:10.25, 2. Michael Stember (Jesuit) 4:13.74, 3. Jon Stevens (Mission San Jose) 4:14.71, 4. Steve Hackworth (Nevada Union)

4:17.35, 5. K. Yelapaala (Jesuit) 4:19.72, 6. Dan Embaye (Logan) 4:20.72, 7. Nelson Laux (Nevada Union) 4:22.33, 8. Juan Miramontes (Golden Valley) 4:24.73, 9. Spencer Pedersen (Elk Grove) 4:26.71, 10. Matt Moore (Del Campo) 4:27.9t. 3,200 Meters (hand-timed) 1. Bolota Asmerom (McAteer) 9:12.4, 2. Aaron Gillen (Yreka) 9:17.6, 3. David Rodriguez (Mission San Jose) 9:18.5, 4. Bryan Pruy (Vintage) 9:18.8, 5. Joe Smith (Livermore) 9:19.9, 6. Dan Gohlke (Skyline) 9:22.8, 7. Steve Hackworth (Nevada Union) 9:23.9, 8. Corey Creasy (Nevada Union) 9:24.1, 9. Joe Nelson (Napa) 9:27.3, 10. Juan Miramontes (Golden Valley) 9:27.9, 11. Chris Farley (Del Campo) 9:29.6, 12. Dan Embaye (Logan) 9:33.1, 13. Dan D'Ottavio (Placer) 9:36.6, 14. Scott Abbott (Jesuit) 9:39.4, 110 Meter High Hurdles (-1.6mps) 1. Joe Augustine (Yuba City) 15.51. 300 Meter Intermediate Hurdles (hand-timed) 1. Josh Okdag (Del Oro) 39.8.

400 Meter Relay 1. McClymonds 42.41, 2. Logan 42.77, 3. Sacramento 42.89, 4. Golden Valley 43.23, 5. St. Mary's (B) 43.35, 6. Beyer 43.46, 7. Kennedy 43.48. 1,600 Meter Relay 1. Golden Valley 3:16.6, 2. St. Mary's (B) 3:20.1, 3. Logan 3:23.1, 4. Elk Grove 3:24.7.

High Jump 1. Broderick Jones (Vallejo) 6-4, 2. Darryl Feilbach (Bear Creek) 6-4, 3. Joe Augustine (Yuba City) 6-4, 4. Robbie Herrera (Del Oro) 6-4. Pole Vault 1. David Gritz (Bear Creek) 15-0, 2. Jeff Gilbert (Mariposa) 14-6, 3. Eric Rasmussen (Johansen) 14-0, 4. Seth Williams (Stagg) 14-0, 5. Willie Deltchman (Ponderosa) 13-6, 6. Chuck Meeker (Elk Grove) 13-6, 7. Kevin Bewsey (Ponderosa) 13-6. Long Jump 1. Jim McGee (Sacramento) 23-8 1/4, 2. Howard Moore (De La Salle) 22-9 3/4, 3. Peter Slater (Pleasant Valley) 22-2 1/2. Triple Jump 1. Peter Slater (Pleasant Valley) 49-4 1/2 (+1.63mps) 2. Ryan Hollister (Turlock) 44-0 1/2. Shot Put 1. John Badovinac (Jesuit) 56-5 3/4, 2. Gregg Dickey (Atwater) 54-11 1/2, 3. Charlie Thomas (Kennedy) 53-10 1/2, 4. Chris Blakes (Woodland) 53-5, 5. David Freeland (Ponderosa) 52-9 3/4, 6. Tim Gardner (Del Oro) 51-4, 7. Steve Parker (McAteer) 50-11 1/2. Discus 1. Gregg Dickey (Atwater) 159-3, 2. John Gagnon (Christian Brothers) 158-5, 3. Colin Castler (Golden Sierra) 156-3, 4. Kevin Fann (Woodland) 153-5, 5. Brian Madden (Jesuit) 151-11.

Girls

100 Meters (-2.7mps) 1. Jernae Wright (Logan) 12.01, 2. Zhanell Holman (Valley) 12.15, 3. Natasha Neal (Logan) 12.60, 4. Pilar Arroyo (Tracy) 12.66. 200 Meters (-1.19mps) 1. Carla Estes (Logan) 24.63, 2. Dominique Green (Logan) 25.56, 3. Turshika Bennett (Bishop O'Dowd) 25.89, 4. Pilar Arroyo (Tracy) 26.13, 5. Tequilla Lewis (Vallejo) 26.21, 6. Kateisha Jacobs (St. Francis) 26.30. 400 Meters 1. Angie Milner (Modesto) 56.80, 2. Crystal Miles-Threat (Amador Valley) 56.81, 3. Turshika Bennett

CIF Section Results

Northern Section

May 24, 1996. West Valley, Cottonwood. From Scott Fairley

Boys

100 1. Kevin Cantwell (Durham) 11.32. 200 1. Kevin Cantwell (Durham) 23.00. 400 1. Anthony Brown (Foothill) 50.42. 800 1. Ryan Wade (Central Valley) 1:58.94. 1600 1. Ryan Wade (Central Valley) 4:30.56. 3200 1. Aaron Gillen (Yreka) 9:27.75, 2. Aaron Harris (Lassen) 9:45.29. 110 High Hurdles 1. David Landingham (Corning) 15.05. 300 Intermediate Hurdles 1. David Landingham (Corning) 40.23, 2. Michael Doll (West Valley) 40.34. 4x100 1. Pleasant Valley 44.09. 4x400 1. Pleasant Valley 3:27.46. High Jump 1. David Landingham (Corning) 6-4. Pole Vault 1. Tyler Randolph (Willows) 14-0, 2. Ron Hittenger (Yreka) 13-6. Long Jump 1. Peter Slater (Pleasant

Valley) 22-5 1/2. Triple Jump 1. Peter Slater (Pleasant Valley) 45-0 1/2.

Shot Put 1. Mike Judkins (Yreka) 49-7 1/4. Discus 1. A.C. Jessee (Capital C.) 151-0.

Girls

100 1. Macklin Harris (Enterprise) 12.69. 200 1. April Jackson (West Valley) 26.16. 400 1. Ginny Greene (Modoc) 1:00.43. 800 1. Katie Crabb (Pleasant Valley) 2:17.32. 2. Jenee Erickson (West Valley) 2:22.54. 3. Amy Holman (Corning) 2:22.84. 1600 1. Kristen Koppes (Foothill) 4:59.69, 2. Abby Cortright (Yreka) 5:14.15, 3. Kara Hunn (Central Valley) 5:20.15. 3200 1. Kristen Koppes (Foothill) 10:53.78, 2. Tot Sohrakoff (Wheatland) 11:37.53, 3. Amy Struve (Lassen) 11:46.11. 100 High Hurdles 1. Tiara Anderson (West Valley) 15.67. 300 Low Hurdles 1. Tiara Anderson (West Valley) 46.34, 2. Sunshine Kelly (Red Bluff) 47.84.

continued next page

(Bishop O'Dowd) 57.51, 4. Myesha Kirtman (Lowell) 58.47, 5. Dominique Green (Logan) 59.72. 800 Meters 1. Monica Van Wegan (Amador Valley) 2:14.47, 2. Martina Ze (Livermore) 2:14.82, 3. Amanda Boice (Folsom) 2:15.64, 4. Jennifer Bridgeman (Logan) 2:15.86, 5. Katie Crabb (Pleasant Valley) 2:15.97, 6. All Pearson (Turlock) 2:15.98, 7. Danielle Price (Logan) 2:19.61, 8. Ann Marie Franco (Skyline) 2:19.71.

1,600 Meters 1. Lindsay Hyatt (Placer) 4:58.53, 2. Jennifer Akana (Lowell) 4:59.13, 3. Katie Hotchkiss (Mission San Jose) 5:11.86, 4. Jen Schindler (Ponderosa) 5:14.75, 5. Yvonne Liebbig (Kennedy) 5:16.39, 6. Osai Lucero (Lowell) 5:17.78, 7. Susan Chou (Lowell) 5:19.64, 8. Va Peterson (Amador Valley) 5:20.42. 3,200 Meters (hand-timed) 1. Anne Gunnison (McClatchy) 10:59.2, 2. Jennifer Akana (Lowell) 11:01.4, 3. Trina Cox (Santa Rosa) 11:03.4, 4. Jen Schindler (Ponderosa) 11:06.6, 5. Susan Chou (Lowell) 11:39.2, 6. Rosa Terizas (Bishop O'Dowd) 11:43.1, 7. Jean Mears (Woodland) 11:49.6. 100 Meter High Hurdles (-2.6 mps) 1. Ayana Grant (Bishop O'Dowd) 14.79, 2. Katie Schukle (Santa Rosa) 14.93, 3. Lisa O'Reilly (St. Mary's) 14.96, 4. Carlotta Eckford (Tracy) 15.55, 5. Kenisha Barnes (San Juan) 15.75, 6. Odessa Balumba (Logan) 15.87, 7. Mickila Tate (Turlock) 15.84. 300 Meter Low Hurdles 1. Katie Schukle (Santa Rosa) 43.82, 2. Sarah Brown (Woodland) 45.66, 3. Carrie McGraw (Mission San Jose) 47.40, 4. Carlotta Eckford (Tracy) 47.52, 5. Myesha Kirtman (Lowell) 47.98. 400 Meter Relay 1. Logan 46.34, 2. Valley 47.69, 3. Vallejo 49.08, 4.

Tracy 49.14, 5. St. Francis 50.02. 1,600 Meter Relay (hand-timed) 1. Logan 3:47.4, 2. Amador Valley 3:57.2, 3. Woodland 3:58.6, 4. Wood 4:02.2, 5. Vallejo 4:04.1, 6. Kennedy 4:09.5.

High Jump 1. Tait Holden (Wood) 5-6. 2. Callie Lemont (Ceres) 5-6, 3. Heather Newlin (Ceres) 5-4, 4. Angie Ramos (Woodland) 5-2, 5. Missy Grubb (Atwater) 5-2. Pole Vault 1. Christa Epperty (Nevada Union) 11-0 (meet record), 2. Shelly Hill (Beyer) 9-9, 3. Hillary Jemdon (Del Oro) 9-3, 4. Vivian Yip (Los Banos) 8-9, 5. Valene Nellis (Bear Creek) 8-9, 6. Sarah Barnett (Downey) 8-3, 7. Bethany Wilson (Rio Linda) 8-3, 8. Ilea Erickson (Logan) 8-3, 9. Annie Grow (Logan) 8-3. Long Jump 1. Cara Estes (Logan) 17-8 3/4, 2. Jernae Wright (Logan) 17-8 1/2, 3. Danielle Martin (Valley) 17-2 1/4, 4. Raquel Brewer (Berkeley) 17-1, 5. Lenini Noa (Grant) 16-11 1/2. Triple Jump 1. Julie Tinker (Valley) 37-8 1/2, 2. Andrea Lacson (Logan) 36-1 1/2, 3. Lenini Noa (Grant) 36-0 1/2, 4. Callie Lemont (Ceres) 35-11 1/2, 5. Shelly Hill (Beyer) 35-7 3/4, 6. Karen Trapani (Oak Ridge) 35-7 1/2, 7. Denisha Bartholomew (Logan) 35-2 1/2. Shot Put 1. Marrisela Rooney (Woodland) 41-6, 2. Bell Jordan (Lincoln) 40-4, 3. Amy Thiel (Fremont Christian) 37-7 3/4, 4. Cardace Webb (Bishop O'Dowd) 37-3 1/4, 5. Jennifer Barkeley (Golden Valley) 35-9 3/4, 6. Debbie Pardini (Nevada Union) 35-8 1/4. Discus 1. Mary Miahhiwa (Loretto) 128-5, 2. Amy Thiel (Fremont Christian) 119-11, 3. Marisela Rooney (Woodland) 111-7, 4. Jesse Hardcastle (East Union) 110-5.

PREP RESULTS

3. Nicole Curran (Yreka) 47.84. **4x100** 1. West Valley 50.67. **4x400** 1. West Valley 4:04.34, 2. Pleasant Valley 4:06.35, 3. Chico 4:06.78. **High Jump** 1. Jessica Saltzman (Big Valley) 5-4, 2. Susan Schaap (Yreka) 5-4, 3. Kayte Christenson (Modoc) 5-2, 4. Dawn Cecil (Willows) 5-2. **Pole Vault** 1. Laura Eckley (West Valley) 9-0. **Long Jump** 1. Macklin Harris (Enterprise) 17-8, 2. Heidi Covington (Anderson) 17-3 1/4. **Triple Jump** 1. Jessica Saltzman (Big Valley) 35-8 1/4, 2. Jessica Micell (Trinity) 35-5, 3. Heidi Covington (Anderson) 35-2 3/4. **Shot Put** 1. Kristin Bryden (Anderson) 42-0, 2. Raven Johnson (Corning) 36-6, 3. Katherine Heffernan (Mercy) 36-1. **Discus** 1. Kristin Bryden (Anderson) 136-10, 2. Raven Johnson (Corning) 112-3.

North Coast Section Meet of Champions

May 25, 1996. Edwards Stadium, University of California, Berkeley.

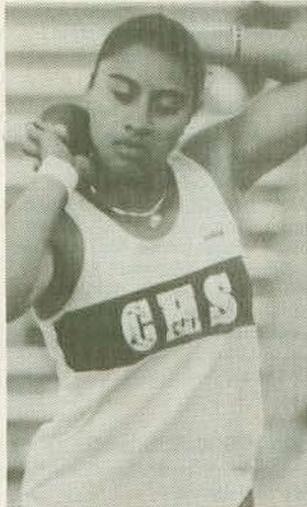
The top four finishers in each event qualify for the State Meet.

Boys

100 (+0.10) 1. George Jordan (Pittsburg) 10.73, 2. Leon Callen (De La Salle) 10.77, 3. David Currie (Pittsburg) 10.78, 4. Vince Daglow (De Anza) 11.26. **200 (-1.60)** 1. Leon Callen (De La Salle) 21.93, 2. George Jordan (Pittsburg) 21.96, 3. Jafar Williams (St. Mary's) 22.56, 4. Cornell Coleman (Logan) 22.62. **400** 1. Howard Moore (De La Salle) 47.73, 2. Mike Dean (Washington) 49.30, 3. Steve Neuman (Rancho Cotate) 49.32, 4. Kwamin Taylor (St. Mary's) 49.34. **800** 1. Alex Rodriguez (Tennyson) 1:54.08, 2. Mitch Townsend (Eureka) 1:55.12, 3. Luke Leininger (Clayton Valley) 1:55.90, 4. Ryan Freeman (Amador Valley) 1:55.37. **1600** 1. Mitchell Jones (Livermore) 4:12.91, 2. Jon Stevens (Mission San Jose) 4:15.33, 3. Mike Wojciechowski (Clayton Valley) 4:16.21, 4. Alex Sanchez (De La Salle) 4:18.46. **3200** 1. Mitchell Jones (Livermore) 9:22.14, 2. Dave Rodriguez (Mission San Jose) 9:24.13, 3. Randy Maestretti (De La Salle) 9:26.20, 4. Enrique Henriquez (San Leandro) 9:31.15.

110 High Hurdles (-3.20) 1. Michael Sturgeon (Rancho Cotate) 14.85, 2. Dorte Joseph (Pinole Valley) 14.94, 3. Chris Barnsdale (Montgomery) 15.05, 4. Mike Freeman (Washington) 15.39. **300 Intermediate Hurdles** 1. Chris Barnsdale (Montgomery) 38.79, 2. Jason Andrews (Rancho Cotate) 39.00, 3. Tony Moore (Castro Valley) 40.00, 4. Kevin Mackey (Northgate) 40.30. **4x100** 1. De La Salle 41.67, 2. Logan 42.55, 3. Pittsburg 42.66, 4. St. Mary's 42.77. **4x400** 1. St. Mary's 3:20.04, 2. De La Salle 3:20.24, 3. Washington 3:21.27, 4. Clayton Valley 3:24.76.

High Jump 1. Matt Hurd (Antioch) 6-8, 2. Steve Dawson (Antioch) 6-6, 3. Jeff Poison (Cardinal Newman) 6-6, 4. Ray Guanella (Santa Rosa) 6-6. **Pole Vault** 1. Tony Moore (Castro Valley) 13-9, 2. Martin Heus (Arroyo) 13-0, 3. Brandon Braunstein (Newark Memorial) 13-0, 4. Gavin Wirth



Darlene Tulua

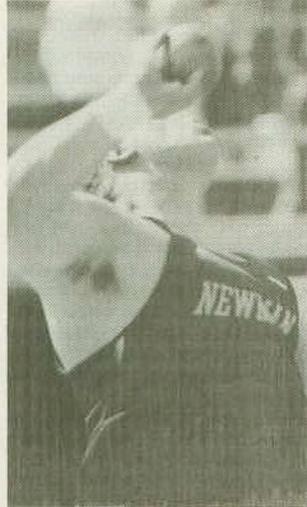
Photo by Bill Cockerham

(Liberty Union) 12-6. **Long Jump** 1. Howard Moore (De La Salle) 22-8 (-1.69), 2. Saleem Mahdi (Pittsburg) 21-5 1/2 (-2.1), 3. Chris Janoras (Tennyson) 21-3 (-2.58), 4. Naem Amir (Castro Valley) 21-2 1/2 (-3.87).

Triple Jump 1. Courtney Holmes (St. Mary's) 45-6 3/4 (-1.25), 2. Tam Grewal (Irvington) 45-4 (+2.7), 3. Naem Amir (Castro Valley) 45-1 1/4 (+2.98), 4. Jeff Dizon (Mission San Jose) 44-7 1/4 (-1.53). **Shot Put** 1. Bryan Chase (Cardinal Newman) 57-11, 2. Marcus Matheny (St. Bernard) 51-3 1/2, 3. Andrew Ball (Mt. Diablo) 50-7, 4. Rocci Doria (Amador Valley) 50-5 1/2. **Discus** 1. Bryan Chase (Cardinal Newman) 167-1, 2. Willie Hall (Montgomery) 155-11, 3. Rocci Doria (Amador Valley) 155-10, 4. Darrin Ransom (Logan) 147-2.

Girls

100 (+0.50) 1. Jernae Wright (Logan) 11.72, 2. Natasha Neal (Logan) 12.33, 3. Benicia Newhouse (Benicia) 12.51, 4. Trinity Davis (Encinal) 12.59. **200 (-2.20)** 1. Natasha Neal (Logan) 25.26, 2. Trinity Davis (Encinal) 25.52, 3. Benicia Newhouse (Benicia) 25.70, 4. Monica Van Wegan (Amador Valley) 25.90. **400** 1. Carla Estes (Logan) 53.81 (meet record), 2. Crystal Miles-Threat (Amador Valley) 55.51, 3. Saneik Saavedra (El Cerrito) 55.84, 4. Turshika Bennett (Bishop O'Dowd) 56.36. **800** 1. Candace Miles-Threat (Amador Valley) 2:10.80, 2. Jennifer Bridgeman (Logan) 2:11.75, 3. Kelly Piatanesi (Carondelet) 2:11.89, 4. Kerr Bock-Willmes (Carondelet) 2:12.30. **1600** 1. Kristen Gordon (Carondelet) 4:49.16 (meet record), 2. Kelly Howisey (Clayton Valley) 5:00.86, 3. Tiffany Hansen (Redwood) 5:04.90, 4. Meghan Andrade (Carondelet) 5:06.55. **3200** 1. Julia Stamps (Santa Rosa) 10:13.7, 2. Kristen Gordon (Carondelet) 10:32.8, 3. Trina Cox (Santa



Brian Chase

Photo by Bill Cockerham

Rosa) 10:52.1, 4. Tina Bowen (San Ramon Valley) 11:03.3.

100 High Hurdles (-2.10) 1. Ayana Grant (Bishop O'Dowd) 14.46, 2. Katie Schuckie (Santa Rosa) 14.86, 3. Janae Mitchell (El Cerrito) 14.88, 4. Stephanie Fong (Mission San Jose) 15.25. **300 Low Hurdles** 1. Katie Schuckie (Santa Rosa) 43.9, 2. Carrie McGraw (Mission San Jose) 44.8, 3. Odesa Balumbu (Logan) 45.4, 4. Miata Holmes (Carondelet) 45.6. **4x100** 1. Logan 45.64 (meet record), 2. El Cerrito 47.38, 3. Benicia 48.52, 4. Pittsburg 48.75. **4x400** 1. Logan 3:43.39 (meet record), 2. El Cerrito 3:45.83, 3. Carondelet 3:53.13, 4. Amador Valley 3:55.16.

High Jump 1. Melissa Guanella (Santa Rosa) 5-4, 2. Karen Townsend (Logan) 5-4, 3. Kristy Johnson (Ygnacio Valley) 5-3, 4. Erin Nichols (Acalanes) 5-3. **Pole Vault** 1. Shannon Flett (Acalanes) 10-6 1/2 (meet record), 2. Becky Studebaker (South Fork) 9-9, 3. Amy Bel (Montgomery) 9-0, 4. Shail Pec-Crouse (Santa Rosa) 9-0. **Long Jump** 1. Jernae Wright (Logan) 20-1 1/2 (-0.78) (meet record), 2. Carla Estes (Logan) 19-9 3/4 (-2.4), 3. Pia McAllister (Clayton Valley) 18-0 3/4 (-0.63), 4. Dominique Green (Logan) 17-7 1/2 (-2.12). **Triple Jump** 1. Andrea Lacson (Logan) 37-11 (+0.38), 2. Juanita Allison (Upper Lake) 37-3 (+2.92), 3. Kristy Johnson (Ygnacio Valley) 36-9 1/4 (+1.73), 4. Pia McAllister (Clayton Valley) 36-9 1/4 (+2.04). **Shot Put** 1. Rachel Rosemeyer (Campolindo) 39-6 3/4, 2. Marissa Wilson (Montgomery) 39-5 1/2, 3. Candace Webb (Bishop O'Dowd) 39-4 1/2, 4. Dana Lawson (Clayton Valley) 38-0 1/4. **Discus** 1. Marissa Wilson (Montgomery) 126-0, 2. Elizabeth Ross (California) 116-10, 3. Melissa Reis (Logan) 115-10, 4. Sabrina Duey (Fortuna) 108-9.

Central Coast Section Qualifiers

Boys

PV: 1. Steve Harris (11) Del Mar 16-00, 2. Nguyen Vong (12) Silver Creek 15-06, 3. Joey Lippman (12) North Monterey 15-00. **DT:** 1. Willie Howard (12) Los Altos 171-01, 2. John Antonini (12) St. Ignatius 156-00, 3. Josh Young (12) Piedmont Hills 151-07. **LJ:** 1. Mike Nealy (11) Yerba Buena 23-06.5, 2. Myron Washington (12) Mt. Pleasant 23-03.5, 3. Bryan McMillan (12) Bellarmine 22-09. **400mR:** 1. Del Mar 42.00, 2. Milpitas 42.38, 3. St. Francis 42.87. **1600m:** 1. Daniel Sikiric (12) Leland 4:14.16, 2. Andrew Wulf (11) Bellarmine 4:15.20, 3. Enrique Torres (12) Silver Creek 4:16.70. **110mH:** 1. Joe Naivalu (12) Fremont 13.65, 2. John Bull (12) Mtn View 14.53, 3. Matua Magua (11) Independence 14.81. **400m:** 1. Curtis Napoleon (12) Del Mar 48.63, 2. Jelani Hogg (11) Riordan 48.96, 3. Eric Stuart (12) St. Francis 50.23.

SP: 1. Willie Howard (12) Los Altos 58-05, 2. Josh Young (12) Piedmont Hills 55-05, 3. Roscoe Jordan (12) Yerba Buena 53-02.5. **HJ:** 1. John Bull (12) Mtn View 6-06, 2. Scott Portman (12) Burlingame 6-04, 3. Darren Marble (10) Los Altos 6-04. **TJ:** 1. Myron Washington (12) Mt. Pleasant 47-04, 2. David Vargas (12) Palma 45-11.0, 3. Mike Cordoba (10) North Salinas 45-07.75. **100m:** 1. Damon Hamm (12) Milpitas 10.67, 2. Aaron Bryant (10) Wilcox 10.75, 3. Alex Tinsley (12) Gilroy 10.79. **800m:** 1. Kareem Morrell (12) San Jose 1:54.08, 2. Beebe Rutledge (12) Los Gatos 1:54.37, 3. Tom Newman (12) Los Gatos 1:54.48. **300mH:** 1. Joe Naivalu (12) Fremont 37.17, 2. Guy McGowan (10) Leigh 38.90, 3. Brian Carroll (11) Saratoga 39.26. **200m:** 1. Damon Hamm (12) Milpitas 21.52, 2. Jeff Hesse (11) Cupertino 21.82, 3. Leroy Jordan (12) Bellarmine 22.08. **1600mR:** 1. Del Mar 3:19.43, 2. Los Gatos 3:20.35, 3. Gunn 3:20.48. **3200m:** 1. Brad Hansen (11) St. Ignatius 9:17.22, 2. Paul Wellman (12) St. Ignatius 9:23.25, 3. Ricardo Dominguez (12) Overfelt 9:26.55.

Girls

SP: 1. Darlene Tulua (12) Carmel 43-03, 2. Sandre Sahourieh (12) Westmoor 38-08, 3. Cami Nilmeyer (12) Burlingame 38-04.5. **HJ:** 1. Kim Stone (12) York 5-04, 2. Holly McClain (12) Milpitas 5-02, 3. Loren Guaioco (11) Notre Dame 5-02. **LJ:** 1. Tisha Ponder (12) Del Mar 20-06, 2. Jessica Burnham (12) Los Altos 18-00.75, 3. Kameelah Elarms (11) Piedmont Hills 18-00.5. **PV:** 1. Marylou Badillo (12) Mt. Pleasant 10-04.5, 2. Iran Serrano (9) Gonzales 10-00, 3. Jennifer Swanson (12) Gilroy 10-00. **400mR:** 1. St. Francis 47.68, 2. Los Gatos 48.43, 3. Gunn 48.87. **1600m:** 1. Deborah Bleisch (12) Silver Creek 5:04.00, 2. Laneisha McPherson (12) Silver Creek 5:07.13, 3. Ashley Holt (12) Menlo-Atherton 5:07.70. **DT:** 1. Darlene Tulua (12) Carmel 165-10, 2. Jackie Hotchkiss (12) Overfelt

PREP RESULTS

126-09, 3. Amy Thiel (10) Fremont Christian 123-02. **100mH:** 1. Tisha Ponder (12) Del Mar 14.17, 2. Tamisha Allen (11) North Salinas 14.64, 3. Michelle Steingart (11) St. Francis 14.88. **400m:** 1. Shavone Jennings (12) Woodside 56.36, 2. Rose Sczawinski (11) Los Gatos 56.86, 3. Kamilia Williams (11) Sacred Heart Catholic 56.97. **TJ:** 1. Tisha Ponder (12) Del Mar, 2. Marylou Badillo (12) Mt. Pleasant 38-01.25, 3. Evelyn Shih (11) Gunn 37-09.5. **100m:** 1. Damesha Craig (11) St. Francis 12.05, 2. Kerry Blaschke (9) St. Francis 12.20, 3. Enjoli Smith (11) Gilroy 12.32. **800m:** 1. Lina Biber-Ferro (10) Los Gatos 2:15.39, 2. Ally Lombardi (11) Los Gatos 2:15.77, 3. Ashley Holt (12) Menlo-Atherton 2:17.30. **300mH:** 1. Tisha Ponder (12) Del Mar 41.71, 2. Michelle Steingart (11) St. Francis 43.88, 3. Leanne Slater (10) Pioneer 45.04. **200m:** 1. Damesha Craig (11) St. Francis 24.14, 2. Kerry Blaschke (9) St. Francis 24.94, 3. Enjoli Smith (11) Gilroy 25.02. **1600mR:** 1. St. Francis 3:52.71, 2. Los Gatos 3:53.14, 3. Gunn 3:59.49. **3200m:** 1. Emily Allison (12) Leland 11:07.53, 2. Nicole Portley (10) Aragon 11:10.50, 3. Shana Driscoll (12) St. Ignatius 11:12.28.

Sac-Joaquin Section Qualifiers

Boys

PV: 1. David Gritz (11) Bear Creek 15-06, 2. Erik Rasmussen (11) Johansen 15-00, 3. Willie Deitchman (11) Ponderosa 14-03. **DT:** 1. Luke Mackay (9) Central Catholic 163-08, 2. John Shann (12) Lodi 163-06, 3. John Badovinac (11) 163-03. **LJ:** 1. Jim McGee (Sacramento) 23-05.5, 2. Kenny Pearson (10) Franklin 22-10.5, 3. Felick Vallot (12) Modesto 22-09.75. **400mR:** 1. Franklin 42.23, 2. JF Kennedy 42.81, 3. Sacramento 43.04. **1600m:** 1. Michael Stember (12) Jesuit 4:13.42, 2. Karkema Yelapaala (10) Jesuit 4:19.07, 3. Gavin Chamberlain (11) Oak Ridge 4:23.01. **110mH:** 1. Lamont Webb (12) Merrill West 14.49, 2. Jasson Rossow (12) Elk Grove 14.53, 3. John Knowles (11) Fairfield 14.54. **400m:** 1. Eddie Levine (11) Golden Valley 48.49, 2. Tony Berrian (11) Atwater 48.66, 3. Malachi Davis (12) Davis 48.72. **SP:** John Badovinac (11) Jesuit 57-10.25, 2. Greg Dickey (11) Atwater 55-00.5, 3. Chris Blakes (12) Woodland 52-08. **HJ:** 1. Darryl Febach (11) Bear Creek 6-9, 2. Broderick Jones (12) Vallejo 6-6, 3. Cornelius Thompson (12) Elk Grove 6-6. **TJ:** 1. Anthony Colson (11) Center 46-09.5, 2. Joe Augustine (11) Yuba City 46-09.5, 3. Scott Tolone (12) St. Mary's 46-09. **100m:** 1. Jim McGee (12) Sacramento 10.33, 2. E. J. Jackson (12) Beyer 10.41, 3. Daurte Burks (12) JFKennedy 10.42. **800m:** 1. James Levine (11) Golden Valley 1:53.94, 2. Ryan Carroll (11) Merced 1:55.92, 3. Jamar Powell (11) Vallejo 1:57.52. **300mH:** 1. Josh Oldog (12) Del Oro 38.94, 2. Lamont Webb (12) Merrill West 39.54, 3. Jasson Rossow (12) Elk Grove 39.74. **200m:** 1. EJ Jackson (12) Beyer 21.68, 2. Joseph Hunt-

er (10) Vacaville 21.97, 3. LaVeil Robinson (12) Christian Bros. 22.00. **1600mR:** 1. Golden Valley 3:17.15, 2. Franklin 3:23.86, 3. Vallejo 3:24.20. **3200m:** 1. Steve Hackworth (12) Nevada Union 9:22.88, 2. Jim Ryan-Nelson (12) Napa 9:24.06, 3. Brian Prun (12) Vintage 9:24.18.

Girls

SP: 1. Chaniqua Ross (10) Laguna Creek 43-06.25, 2. Bell Jordan (10) Lincoln, Stockton 40-03, 3. Marisela Rooney (12) Woodland 38-03.5. **HJ:** Melissa Grubb (11) Atwater, Tait Holden (12) Wood, Vacaville; Callie Lemont (12) Ceres 5-04. **LJ:** 1. Julie Tinker (12) Valley 18-10.5, 2. Connie Smith (12) Modesto 18-06.25, 3. Danielle Martin (11) Valley 18-06.25. **PV:** Shelley Hill (12) Beyer, Christa Epperly (12) Nevada Union; Denise Warner (12) Ponderosa 10-03. **400mR:** 1. Valley 47.34, 2. Vallejo 48.44, 3. Edison 49.34. **1600m:** 1. Rachelle Stewart (10) Vacaville 5:15.00, 2. Yvonne Leibig (10) JF Kennedy 5:15.86, 3. Heather Clark (9) Vacaville 5:25.46. **DT:** 1. Chaniqua Ross (10) Laguna Creek 159-10, 2. Mary Kaili-hwa (12, Loretto 133-07, 3. Jessie Hardcastle (11) East Union 122-09.

100mH: 1. Lisa O'Reilly (11) St. Mary's 14.24, 2. Kenisha Barnes (12) San Juan 14.31, 3. Cariotta Eckford (12) Tracy 15.34. **400m:** 1. Angie Milner (11) Modesto 59.09, 2. Vishani Miller (9) JFKennedy 59.34, 3. Michaela Williams (10) Beyer 59.86. **TJ:** Julie Tinker (12) Valley 39-10.5, 2. Connie Smith (12) Modesto 37-04, 3. Blossom Adakama (12) Elk Grove 36-08. **100m:** 1. Zhauntel Holman (11) Valley 11.54, 2. Crystal Watson (12) Edison 11.95, 3. Pilar Arroyo (12) Tracy 11.97. **800m:** 1. Lindsay Hyatt (9) Placer 2:15.78, 2. Amanda Boice (12) Folsom 2:16.74, 3. Ali Pearson (12) Turlock 2:17.64. **300mH:** 1. Lisa O'Reilly (11) St. Mary's 45.44, 2. Sara Brown (10) Woodland 47.34, 3. April Smith (11) Ponderosa 47.64. **200m:** 1. Zhauntel Holman (11) Valley 24.20, 2. Shaunte Williams (10) Armijo 24.68, 3. Crystal Watson (12) Edison 24.94. **1600mR:** 1. Valley 3:59.01, 2. John F. Kennedy 4:00.34, 3. Woodland 4:00.45. **3200m:** 1. Anne Gunnison (11) McClatchy 11:02.31, 2. Jen Schindler (11) Ponderosa 11:12.07, 3. Yvonne Leibig (10) JF Kennedy 11:29.59.

Oakland Section

May 22, 1996. Laney College, Oakland

Boys

100 (-2.9): 1. Charles (McClymonds) 10.91, 2. Jones (Skyline) 11.02. **200 (-2.1):** 1. Charles (McClymonds) 21.45, 2. Jones (Skyline) 22.19. **400:** 1. Brown (McClymonds) 47.74. **800:** 1. Brown (McClymonds) 1:56.78. **1600:** 1. Enriquez (Skyline) 4:32.23. **3200:** 1. Gohlke (Skyline) 10:22.53. **100 Hurdles:** 1. Lavender (McClymonds) 17:15.300. **Hurdles:** 1. Lavender (McClymonds) 44.29. **400 Relay:** 1. McClymonds (Nixon, Charles, Williams, Brown) 42.54, 2. Skyline 42.57. **1600 Relay:** 1. McClymonds (Nixon, Charles, White, Brown) 3:20.20. **High Jump:** 1. Culbertson (McClymonds) 5-10. **Pole Vault:** 1. Harris (McClymonds) 12-6. **Long Jump:** 1.

White (McClymonds) 21-6. **Triple Jump:** 1. White (McClymonds) 41-10. **Shot Put:** 1. Lockhart (Fremont) 45-2. **Discus:** 1. Finau (Skyline) 118-3.

Girls

100: 1. McCallum (Skyline) 12.60. **200:** 1. McCallum (Skyline) 25.95. **400:** 1. Ashworth (Fremont) 59.73. **800:** 1. Franco (Skyline) 2:31.3. **1600:** 1. Dixon (Skyline) 5:29.40. **3200:** 1. Dixon (Skyline) 13:14.67. **100 High Hurdles:** 1. Tonga (Skyline) 19.02. **300 Low Hurdles:** 1. Peters (Skyline) 49.97. **400 Relay:** 1. Skyline 49.96. **1600 Relay:** 1. Fremont 4:00.58, 2. Skyline 4:06.24. **High Jump:** 1. Cooksey (Skyline) 5-0. **Long Jump:** 1. Beverly (Oakland Tech) 17-4. **Triple Jump:** 1. Beverly (Oakland Tech) 36-2. **Shot Put:** 1. Tuputala (Castlemont) 32-7. **Discus:** 1. Fatafeh (Fremont) 86-5.

San Francisco Section

May 24, 1996. Kezar Stadium, Golden Gate Park, San Francisco

Boys

Team: 1. McAteer 151, 2. Lowell 146, 3. Galileo 60, 4. (Tie) Washington 42. Lincoln 42, 6. Baboo 34, 7. Wallenberg 10, 8. Mission 1. **100--1:** Flood (McAteer) 11.14. **200--1:** Flood 22.43. **400--1:** Williams (Lincoln) 51.09. **800--1:** Chou (Lowell) 2:03.44. **1600--1:** Asmerom (McAteer) 4:15.80 (meet record; old mark, 4:28, Rawls, Lincoln, 1990). **3200--1:** Asmerom 10:11.17. **110HH--1:** Benton (Galileo) 15.33. **300H--1:** Ratliff (McAteer) 41.95. **4x100--1:** McAteer 44.21. **4x400--1:** Lowell 3:34.30. **HJ--1:** Benton (Galileo) 6-0. **PV--1:** Green (McAteer) 10-0. **LJ--1:** Evans (McAteer) 21-5. **TJ--1:** Garcia (Balboa) 39-5. **SP--1:** Grate (McAteer) 45-7. **DT--1:** Scott (Galileo) 135-8.

Girls

Team: 1. Lowell 260, 2. McAteer 89, 3. Washington 52, 4. Baboo 32, 5. Lincoln 23, 6. Wallenberg 9. **100--1:** Hill (Lowell) 12.64. **200--1:** Hill 26.44. **400--1:** Kirtman (Lowell) 59.42. **800--1:** Lucero (Lowell) 2:22.64. **1600--1:** Akana (Lowell) 5:02.94 (meet record, old mark 5:14.70, Lopez, Baboo, 1989). **3200--1:** Lucero (Lowell) 11:22.50 (meet record, old mark 11:33, Pena, Washington, 1989). **2:** Akana (Lowell) 11:24.60. **3:** Chou (Lowell) 11:51.00. **100HH--1:** Warner (McAteer) 15.92. **300H--1:** Kirtman (Lowell) 46.23. **4x100--1:** Lowell 50.14. **4x400--1:** Lowell 4:18.70. **HJ--1:** Thurman (Washington) 4-4. **PV--1:** Tran (Lowell) 7-1 (meet record, old mark 7-0, Lucero, Lowell, 1995). **LJ--1:** Johnson (McAteer) 17-4 1/4. **TJ--1:** Tran (Lowell) 34-0 1/2. **SP--1:** Pohahau (Balboa) 41-9 (meet record, old mark, 38-9 1/2, Pohahau, 1995). **DT--1:** Pohahau (Balboa) 101-9.

Central Section

Qualifiers for the California High School State Meet

Boys Events:

100 Meters: 1. Sams (Edison) 10.73, 2. Lynn (South) 10.80, 3. Holland (Edison) 10.98. **200 Meters:** 1. Lynn (South) 21.77,

2. Sams (Edison) 21.88, 3. Thomas (Bakersfield) 21.92. **400 Meters:** 1. Harris (Golden West) 48.77, 2. Malone (Redwood) 49.30, 3. Harris (Edison) 49.69. **800 Meters:** 1. Olivares (Centennial) 1:55.34, 2. Arm. Negrete (Clovis) 1:56.49, 3. Tanaka (Gelden West) 1:56.92. **1600 Meters:** 1. Chavira (Hanford) 4:16.39, 2. Ekins (Bullard) 4:17.16, 3. Schmidt (North) 4:17.73. **3200 Meters:** 1. Chavira (Hanford) 9:15.40, 2. Kasahun (Fresno) 9:15.87, 3. Perezchica (McFarland) 9:37.04. **110 Meter Hurdles:** 1. Roman (Central) 14.29, 2. Valdez (Stockdale) 14.46, 3. Carter (South) 14.97. **300 Meter Hurdles:** 1. Valdez (Stockdale) 39.00, 2. Mummil (Edison)



Juan Chavira

Photo by Bill Cockerham

39.55, 3. Bogdanof (Buchanan) 39.70. **High Jump:** 1. Zarate (Selma) 6-9, 2. Caastiglione (Clovis) 6-8, 3. Bacon (Reedley) 6-6. **Pole Vault:** 1. Lindenfelser (Lemoore) 14-6, 2. Unzueta (Lemoore) 14-6, 3. Salsbury (Stockdale) 14-6. **Long Jump:** 1. Malone (Redwood) 22-3.5, 2. Brent (Western) 22-1.5, 3. Castiglione (Clovis) 22-0.5. **Triple Jump:** 1. Pearce (Bakersfield) 46-1.252. **Castiglione (Clovis) 44-8.253.** **Malone (Redwood) 44-1.25.** **Shot Put:** 1. Mounts (Bakersfield) 63-11.75, 2. Martin (Madera) 62-6, 3. Hammond (Fowler) 60-0. **Discus:** 1. Leyva (Monache) 190-10, 2. Martin (Madera) 186-8, 3. Hammond (Fowler) 170-10. **400 Meter Relay:** 1. Edison 41.45 MR (Murray, Sams, Murrill, Holland), 2. Lemoore 41.81, 3. Bakersfield 41.93. **1600 Meter Relay:** 1. Edison 3:19.04 (Harris, Sams, Murril, Holland), 2. South 3:20.56, 3. Bakersfield 3:20.91. **Team Scores:** Edison 63, Bakersfield 49, Clovis 47, Lemoore 39, South 38, Stockdale 27, Redwood 24, Hanford 20, Golden West 18k, Monache 16, Madera 16, Central 11, Reedley 11, Selma 10, Buchanan 10.

Girls Events

100 Meters: 1. Alade (Foothill) 12.29, 2. Thompson (Clovis) 12.45, 3. Harris (Clovis)

PREP RESULTS

12.72. 200 Meters: 1. Alade (Foothill) 25.25, 2. Thompson (Clovis) 25.68. 3. McKinney (Hanford) 25.88. 400 Meters: 1. McKinney (Hanford) 56.61, 2. Atkins (Buchanan) 59.01, 3. Moore (Bullard) 59.26. 800 Meters: 1. Sumlin (North) 2:16.36, 2. Loftus (Buchanan) 2:16.77, 3. K. Cohn (Stockdale) 2:20.77. 1600 Meters: 1. T. Cohn (Stockdale) 5:01.71, 2. Sumlin (North) 5:06.20, 3. McCarty (Madera) 5:07.84. 3200 Meters: 1. T. Cohn (Stockdale) 11:11.74, 2. Ruiz (Reddley) 11:18.06, 3. E. Lawson (Clovis West) 11:18.27. 100 Meter Hurdles: 1. Jenkins (Golden West) 14.69, 2. Parker (Bakersfield) 15.27, 3. Vance (Stockdale) 15.63. 300 Meter Hurdles: 1. Jenkins (Golden West) 44.31, 2. Wong (Mt. Whitney) 45.96, 3. Nazarov (Central) 46.00.

High Jump: 1. Fleming (Immanuel) 5-8, 2. Roberts (Bullard) 5-6, 3. McKinney (Hanford) 5-4. Pole Vault: 1. Lankard (Golden West) 11-0, 2. Knode (Kingsburg) 10-6, 3. Pavina (Kingsburg) 10-0. Long Jump: 1. Thomas (Bakersfield) 17-8, 2. Sihota (Selma) 17-7.5, 3. Home (Clovis West) 17-5. Triple Jump: 1. Sams (Western) 37-7.25, 2. Sihota (Selma) 37-1, 3. Henry (South) 36-11.25. Shot Put: 1. Wallace (Clovis) 42-4, 2. Davidson (Reddley) 40-1.75, 3. Smith (Madera) 39-7.5. Discus: 1. Bames-Milham (Clovis) 154-11, 2. Burton (Bakersfield) 153-2, 3. Buckley (Bakersfield) 149-4. 400 Meter Relay: 1. Foothill 48.69 (Alade, Monas, Banner, Goshen), 2. Golden West 48.87, 3. Clovis 49.04. 1600 Meter Relay: 1. Clovis 3:58.31 (Barris, Prandini, Harris, Thompson), 2. Clovis West 3:59.45, 3. Stockdale 4:01.15.

Team Scores: Clovis 60, Golden West 47, Stockdale 41, Clovis West 39, Bakersfield 36, Foothill 35, Buchanan 23, Hanford 22, North 19, South 18, Selma 16, Mt. Whitney 18, Kingsburg 16, Bullard 14, Western 12.

Los Angeles City Section Qualifiers

Boys

PV: 1. Leo Abad (12) South Gate 13-6, 2. Alfredo Llamas (12) South Gate 13-6, 3. Jeremy Pope (11) Verdugo Hills 13-0. DT: 1. Robert Acevedo (11) Banning 150-0, 2. Frank Escubedo (11) Eagle Rock 140-0, 3. Erick Campos (11) Eagle Rock 140-0. LJ: 1. Clarence Scott (12) Dorsey 24-03.25, 2. Patrice McCall (11) Carson 23-07.25, 3. Javier Baylon (12) South Gate 22-07.25. 400mR: 1. Dorsey 41.56, 2. Crenshaw 41.75, 3. Birmingham 42.46. 1600m: 1. Eduardo Sanchez (12) Garfield 4:19.62, 2. Ali Benmohamed (11) Monroe 4:21.79, 3. Manuel Lopez (11) Belmont 4:22.92. 110mH: 1. Sharif Paxton (11) Crenshaw 14.02, 2. Derrick Johnson (12) Carson 15.33, 3. Stevonne Smith (11) University 15.47. 400m: 1. Anthony Cephas (12) Fairfax 48.12, 2. Kohl Adu (12) Los Angeles 48.76, 3. Darrell Lujan (12) Banning 48.89.

SP: 1. James Agnew (12) Manual Arts 50-02, 2. Alvin Marin (12) Dorsey 49-02.25, 3. Jeff Macrea (12) El Camino Real



Brooke Lankard

Photo by Bill Cockerham



Bridget Pearson

Photo by Allison Cockerham

49-01.5. HJ: 1. Jason Muldrow (Westchester) 6-8, 2. Darryl Taylor (Westchester) 6-6. TJ: 1. Dominik Young (12) Venice 45-05.25, 2. Jewel Jones (12) Fremont 44-04.75, 3. Kidefu Evans (12) El Caminol Real 44-01.75. 100m: 1. Clarence Scott (12) Dorsey 10.68, 2. Damon Anderson (12) Westchester 10.95, 3. Bobby Miller (12) Dorsey 10.97. 800m: 1. Garrick Goods (12) 1:54.45, 2. Carlos Aguilar (12) Pacific Palisades 1:54.68, 3. Ted Peszynski (12) Monroe 1:55.57. 300mH: 1. Dominik Moorer (12) Locke 39.58, 2. Charles Anthony (12) Narbonne 39.92, 3. Jonathan Pigford (12) Manual Arts 40.12. 200m: 1. Anthony Cephas (12) Fairfax 22.13, 2. Damon Anderson (12) Westchester 22.43, 3. Damon Francis (12) No. Hollywood 22.63. 1600mR: 1. Crenshaw 3:18.09, 2. Dorsey 3:18.51, 3. Taft 3:19.60. 3200m: 1. Eduardo Sanchez (12) Garfield 9:28.05, 2. Ali Benmohamed (11) Monroe 9:43.48, 3. Jose Marino (11) Crenshaw 9:45.42.

Girls

SP: 1. Tanesha Hunter (12) Locke 42-09.5, 2. Karol-Lyn Sanderson (11) Granada Hills 38-04, 3. Lupe Brambila (11) Monroe 37-00.5. HJ: 1. Kim Pickup (12) Chatsworth 5-02, 2. Mia Gramata (11) Dorsey 5-02, 3. Alexandria Delgado (10) Huntington Park 5-00. LJ: 1. Latanya Collier (12) Banning 18-00.25, 2. Rickisha Herron (12) Birmingham 16-11.5, 3. Lachelle Lash (12) 16-08.25. PV: 1. Jennifer Capehart (11) JF Kennedy 8-6, 2. Kim Pickup (12) Chatsworth 8-0, 3. Brooke Page (12) Granada Hills 8-0. 400mR: Dorsey 47.69, 2. Westchester 48.18, 3. Hamilton 48.58. 1600m: 1. Tiffany Burgess (9) Birmingham 5:16.02, 2. Kara Barnard (12) Pacific Palisades 5:16.52, 3. Melissa Peralta (10) South Gate 5:23.31. DT: 1. Ivory Sagucio (10) Eagle Rock 100-00. 100mH: 1. Khameel Fleming (11) Dorsey 14.97, 2. Jonae Hunt (11) Westchester

15.11, 3. Francis Santin (10) Taft 15.31. 400m: 1. Nikeola Balogun (11) Westchester 57.56, 2. Tiffany Smith (9) Taft 58.00, 3. Annetta Wells (11) University 58.78. TJ: Rickisha Herron (12) Birmingham 36-00, 2. Nina Onwubere (11) Banning 34-06.5, 3. Natasha Wright (11) Bravo Medical Magnet 33-06. 100m: 1. LaTroya Mucker (12) Hamilton 12.24, 2. Janice Thomas (11) Dorsey 12.30, 3. Eboni Grayson (10) Taft 12.30. 800m: 1. Betty Butler (12) Dorsey 2:19.76, 2. Shauna James (12) Westchester 2:21.66, 3. Margaret Roche (9) Grant 2:25.11. 300mH: 1. Francis Santin (10) Taft 43.47, 2. Satin Lewis (12) Cleveland 45.31, 3. Jonae Hunt (11) Westchester 45.75. 200m: 1. LaTroya Mucker (12) Hamilton 24.45, 2. Annetta Wells (11) University 25.35, 3. Nikeola Balogun (11) Westchester 25.68. 1600mR: 1. Dorsey 3:56.19, 2. Westchester 3:59.55, 3. Taft 4:04.35. 3200m: 1. Melissa Peralta (10) South Gate 11:44.39, 2. Genevieve Cruise (10) Pacific Palisades 11:49.01, 3. Brandi Page (12) Granada Hills 12:02.80.

Southern Section Masters

Cerritos JC - Friday evening May 25th

Boys

100m (wind +2.8 mps) Williams (Lynwood) 10.47w, 2. Fletcher (Alemany, Mission Hills) 10.50w, 3. Pipersburg (Santa Barbara) 10.54w, 4. Richard (Serra, Gardena) 10.59w, 5. M. Sanford (Pasadena) 10.60, 6. Griswold (Garden Grove) 10.63w. 200m (wind +1.6) Moore (Muir, Pasadena) 20.77, 2. Fletcher 21.19, 3. Pipersburg 21.20, 4. Griswold 21.25, 5. Williams 21.48, 6. Macias (Bishop Amat, La Puente) 21.63. 400m Moore 48.14, 2. Tryon (Muir, Pas) 47.94, 3. Macias (Bishop Amat, La Puente) 48.34, 4. M. Anderson (Poly, Long Beach) 48.48, 5. Williams (Miller, Fontana) 48.64, 6. Rice

(Serra) 48.65. 800m Granville (Bell Gardens) 1:48.76, 2. Struzel (Huntington Beach) 1:54.33, 3. Todd (Wilson, Long Beach) 1:55.04, 4. Hassell (Barstow) 1:55.72, 5. Elliott (Mira Costa, Manhattan Beach) 1:55.87, 6. Lomenes (Eisenhower, Pismo) 1:55.97.

1600m Frichtel (Hemet) 4:13.74, 2. Barragan (Wilson, LB) 4:14.82, 3. Phillips (Dos Pueblos, Goleta) 4:16.20, 4. Burchmore (Morro Bay) 4:16.90, 5. Martinez (Ventura) 4:17.09, 6. Ibarra (Arlington, Riverside) 4:17.20. 3200m Bernaldo (Nordhoff, Ojai) 9:14.22, 2. Lopez (Hoover, Glendale) 9:15.75, 3. Clendaniel (Yucaipa) 9:17.48, 4. Festa (Morro Bay) 9:18.29, 5. Landriz (Santa Barbara) 9:21.62, 6. Koepfer (St. Francis, La Canada) 9:23.51. 110mHH (wind +2.46) Degrammont (Tustin) 13.76w, 2. Haywood (Muir, Pas) 13.85w, 3. Rambo (Poly, Long Beach) 13.89w, 4. Moore (Paramount) 13.91w, 5. Swanson (Esperanza, Anaheim) 14.19w, 6. Hughes (Hawthorne) 14.20w. 300mH Haywood 36.76, 2. Rambo 37.11, 3. Moore 37.20, 4. Blasdel (Santa Margarita, Rancho SM) 38.03, 5. Degrammont 38.54, 6. Hunsaker (Ganessa, Pomona) 38.62.

400m Re Serra (Gardena) 41.04, 2. Muir (Pas) 41.10, 3. Poly (Long Beach) 41.68, 4. Jordan (Long Beach) 41.89, 5. Morningside (Inglewood) 42.10, 6. Notre Dame (Sherman Oaks) 42.34. 1600m Re Muir 3:11.64, 2. Poly (Long Beach) 3:17.29, 3. Alemany (Mission Hills) 3:17.29, 4. Dominguez (Compton) 3:18.39, 5. Villa Park 3:21.33, 6. Riverside Poly 3:22.56.

High Jump Parks (El Toro) 6-10, 2. Wilkinson (Arroyo Grande) 6-8, 3. Hawkins (Newbury Park) 6-8, 4. (tie) Cottle (Upland) & Mader (Arroyo Grande) 6-8, 6. Motley (Ara Loma) 6-8. Pole Vault Fox (Edison, Hunt Bch) 16-01, 2. Michels (Brethren Christian, Cypress) 15-06, 3. Ortiz (La Puente) 15-00, 4. Krwinski (Arroyo Grande) 15-00, 5. Noy (Poly, Long Beach) 14-6, 6. Douglas (Munetta Valley) 14-00. Long Jump Williams (Lynwood) 24-04 (+0.4), 2. Bailey (Littlerock) 23-08.25w (+2.19) (2.2-A wind legal), 3. Capabo (Loyola, LA) 22-09.75 (+1.08), 4. Nero (Chino) 22-07.75w (+3.32), 5. Gibbs (Lompoc) 22-06 (+1.46), 6. Hawkins (Newbury Park) 22-03.75w (+3.37) (21-05.5 wind legal), Triple Jump T. Anderson (Poly, LB) 48-05.5 (+0.01), 2. Williams (Lynwood) 47-10.5 (+0.86), 3. Hawkins (Newbury Park) 47-00 (+0.8), 4. Montero (Jordan, Long Beach) 46-10 (+0.68), 5. Montero (Jordan, Long Beach) 46-10 (+0.68), 6. Bryant (Rubidoux, Riverside) 45-04 (+0.50). Shot Put Rains (St. Paul, Whittier) 54-07, 2. Nell (El Toro) 54-05.75, 3. Riderich (Edison, Hunt Bch) 54-02, 4. Lopez (Arroyo, El Monte) 54-00.75, 5. Nichols (Corona del Mar, Newp Bch) 53-01.25, 6. O'Neil (Santa Margarita, Rancho SM) 52-09.75. Discus Bello (Rancho Cucamonga) 181-04, 2. Moser (Huntington Beach) 175-06, 3. Jarne (Esperanza, Anaheim) 16903, 4. McMullen (CaVary

PREP RESULTS

Chapel, Santa Ana) 161-06. 5. Lopez (Arroyo, El M) 161-04. 6. Hazlowska (Esperanza, Anah) 158-11.

Girls

100m (+3.5 mps) Edmonson (St. Bernard, Playa del Rey) 11.59w. 2. Withers (Morningside, Inglewood) 11.69w. 3. Brown (Poly, Long Beach) 11.81w. 4. Borders (Wilson, Long Beach) 11.84w. 5. Butler (Morningside, Inglew) 11.87w. 6. Glenn (La Mirada) 11.89w. **200m (+2.1)** Williams (Chino) 23.33w. 2. Edmonson (St. Bernard, Playa del Rey) 23.73w. 3. Davis (Wilson, Long Beach) 23.74w. 4. Borders 24.37w. 5. Smith (Wilson, LB) nt. 6. Carutehrs (St. Bern, PoR) nt. **400m** Davis 54.69. 2. Smith (Wilson, LB) 55.00. 3. Gray (North, Riverside) 55.85. 4. Thomas (Poly, Long Beach) 56.22. 5. Caruthers 56.30. 6. Coffee (Palmdale) 56.43. **800m** Rhetta (Poly, LB) 2:13.49. 2. Behrens (Peninsula, RH) 2:14.94. 3. Gregory (Crescenta Valley, La Cresc) 2:15.26. 4. Motter (Brawley) 2:15.94. 5. Fitzgerald (Dana Hills, Dana Pt) 2:16.66. 6. Fullove (Louisville, Woodland Hills) 2:16.99.

1600m Ebilner (St. Lucy's, Glendora) 4:58.70. 2. Fullove 5:01.15. 3. Burris (Ayala, Chino Hills) 5:01.46. 4. Timson (Redondo) 5:04.40. 5. Horgan (Temescal Canyon, Elnore) 5:06.70. 6. Whiteside (Yucaipa) 5:08.10. **3200m** Mortensen (Thousand Oaks) 9:48.59 (NATIONAL ALL-TIME BEST). 2. Marquand (University, Iv) 10:40.09. 3. Welsh (Yucaipa) 10:42.68. 4. Garrisson (Buena Park) 10:44.00. 5. Day (Quartz Hill) 10:45.20. 6. Harris (Canyon, Canyon Country) 10:46.48. 7. Winkler (Fountain Valley) 10:54.55. 8. Fleishman (Canyon, CC) 10:58.26. **100mHH (+3.15)** Hoxie (North, Riverside) 13.61w. 2. Kelly (Morningside, Inglewood) 14.15w. 3. Bethel (Mission Viejo) 14.27w. 4. Perry (Quartz Hill) 14.34w. 5. Polk (Cerritos) 14.58w. 6. Cooper (Hawthorne) 14.59w. **300mLH** Hoxie 42.76. 2. Perry 43.66. 3. Cooper 43.84. 4. Thomas (Morningside, Inglew) 44.37. 5. Hebert (Buena, Ventura) 44.50. 6. King (Poly, LB) 44.51. 7. Myvett (Wilson, LB) 44.58.

400m Re St. Bernard (Playa del Rey) 46.26. 2. Morningside (Inglew) 48.45. 3. Wilson (Long Beach) 46.52. 4. Poly (LB) 46.92. 5. Palmdale 47.47. 6. Chino 47.54. 7. Muir (Pas) 47.78. **1600m Re** Wilson (LB) 3:41.44. 2. Poly (LB) 3:44.05. 3. North Riverside 3:49.61. 4. Muir (Pas) 3:51.17. 5. St. Bernard (Playa del Rey) 3:52.13. 6. Palmdale 3:52.87.

High Jump Gillner (Chaminade, Canoga Park) 5-8. (tie) Teyyba Haneef (Laguna Hills) & Shavett Williams (Poly, Long Beach) 5-8. 4. Hanson (Cajon, San Bernardino) 5-8. 5. Thomas (Centennial, Corona) 5-6. (tie) Corley (Antelope Valley, Lancaster), Mahke (Marymount, L.A.), & Bethel (Mission Viejo) 5-4. **Pole Vault** Bridget Pearson (Hoover, Glendale) 11-00. 2. Erica Hoernig (Foothill, SA) 11-00. 3. Alexa Harz (Peninsula, RH) 11-00. 4. Johnson (Atascadero) 11-0. 5. Katie Rorem (Marina, HB) 10-6. 6. Heup (Marina, HB) 10-6. **Long**

Jump O'Brick (Edison, HB) 19-04.75w (+2.27) (no legal mark). 2. O'Connor (Esperanza, Anah) 19-02.25w (+3.4). 3. Harris (Cerritos) 19-00.5w (+2.96). 4. King (St. Mary's, Inglewood) 19-00w (+2.98). 5. Grant (Ganessa, Pomona) 18-11.5w (+3.1). 6. Perry (Quartz Hill) 18-08w (+2.59) (18-05.75 wind legal). **Triple Jump** O'Connor (Esperanza, Anaheim) 39-11w (+2.3). 2. Prieto (North Torrance) 38-11.75 (+1.8). 3. Nici Peyton (Santa Monica) 38-07.5w (+2.5) (37-08.75 wind legal). 4. O'Brick (Edison, HB) 38-06w (+2.9). 5. Poe (Cerritos) 38-02.75 (+1.3). 6. Griffith (Trabuco Hills, Mission Viejo) 37-07.75w (+3.4) (35-07.5 wind legal). **Shot Put** Ademikuyi (Poly, LB) 42-04. 2. Brown (Arroyo Grande) 41-11. 3. Hicks (Littlerock) 41-09.75. 4. Vall (Palm Springs) 39-09. 5. Philman (Edison, HB) 39-06. 6. Hatchett (Arroyo Grande) 39-05.5. **Discus** - Axton (Los Amigos) 150-00. 2. Philman (Edison, HB) 144-00. 3. Bryant (Marina, HB) 142-10. 4. Hicks (Littlerock) 135-03. 5. Brown (Arroyo Grande) 127-1. 6. Godkin (Carpinteria) 126-00.

San Diego Section

May 25, 1996: Balboa Stadium, San Diego, CA

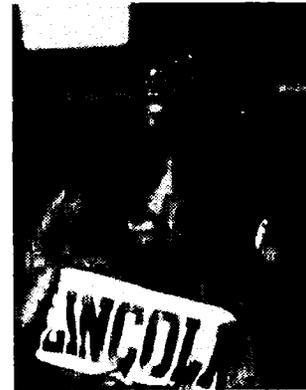
Boys

100 Meters 1. Vinca Williams (University City) 10.56. 2. Anthony Sanford (Lincoln Prep) 10.92. 3. Lawrence Owusu (El Camino) 10.93. 4. Tawain Jones (Morse) 10.97. 5. Brian Amorn (Torrey Pines) 11.11. **200 Meters** 1. Vince Williams (University City) 21.19. 2. Lydell Burston (Morse) 21.65. 3. Anthony Sanford (Lincoln Prep) 21.88. 4. Ray Carter (Morse) 21.93. 5. Tawain Jones (Morse) 22.29. **400 Meters** 1. Lydell Burston (Morse) 47.36. 2. Ray Carter (Morse) 48.10. 3. Kendall Pinson (Morse) 49.44. 4. Fredrico Monge (Rancho Buena Vista) 50.18. 5. Jeff Velasquez (Sweetwater) 50.86. **800 Meters** 1. Ajani Brown (Crawford) 1:53.83. 2. Dustin Diaz (West Hills) 1:57.26. 3. Mike Staton (Patrick Henry) 1:57.97. 4. Mark Anderson (La Jolla) 1:59.13. 5. Zac Read (Hilltop) 1:59.20.

1600 Meters 1. Larry Henderson (Mira Mesa) 4:13.19. 2. Ajani Brown (Crawford) 4:14.07. 3. Brent Bolton (Scripps Ranch) 4:21.21. 4. James Adams (Ramona) 4:21.61. 5. Mike Baskin (Mt. Carmel) 4:22.06. **3200 Meters** 1. Larry Henderson (Mira Mesa) 9:26.2. 2. David McQuilty (Grossmont) 9:27.80. 3. Galen Reid (Ramona) 9:31.61. 4. Nick Hamlin (Madison) 9:31.72. 5. Matt Galaviz (Rancho Bernardo) 9:38.38. **110 Meter Hurdles** 1. Reggie DePass (Montgomery) 14.45. 2. Nima Salmi (Rancho Bernardo) 14.65. 3. Jake Kurtz (Torrey Pines) 14.71. 4. Sadat Piggee (Castle Park) 14.86. 5. Eric Benson (Orange Glen) 15.46. **300 Meter Hurdles** 1. Reggie DePass (Montgomery) 37.71. 2. Jake Durtz (Torrey Pines) 38.42. 3. Sadat Piggee (Castle Park) 38.82. 4. Tracy Smith (Rancho Buena Vista) 39.25. 5. David Markle (San Diego) 39.54. **400 Meter Relay** 1. University City 41.92. 2. Rancho Ber-

nardo 42.54. 3. San Diego 42.75. 4. Torrey Pines 42.82. 5. Sweetwater 43.35. **1600 Meter Relay** 1. Morse 3:14.99. 2. Hilltop 3:22.98. 3. Carlsbad 3:23.01. 4. Sweetwater 3:23.03. 5. Mt. Carmel 3:24.32.

High Jump 1. Mauri Ray (Bonita Vista) 6-6. 2. Ryan Mitchell (Sweetwater) 6-5. 3. Jeff Twining (Sandegulto) 6-4. 4. Rahal Hazarika



Yolanda McGirt

Photo by Bill Cockerham

(Rancho Bernardo) 6-4. 5. Joe Eyres (El Camino) 6-2. **Pole Vault** 1. Mark Lee (Granite Hills) 14-8. 2. Axel Page (Monte Vista) 14-4. 3. Chris Burns (Poway) 13-6. 4. Matt Mueller (Rancho Buena Vista) 13-0. 5. James Tutrow (Poway) 12-6. **Long Jump** 1. Lawrence Owusu (El Camino) 23-4.5. 2. Anthony Sanford (Lincoln Prep) 22-6.75. 3. Kenny Nears (Keamy) 21-4.75. 4. Mark Hartinger (San Pasqual) 21-4.75. 5. Marvin Abblitt (Serra) 21-2.5. **Triple Jump** 1. Justin Cox (Rancho Buena Vista) 47-3.75. 2. Tyriff Rudder (Mt. Miguel) 47-3. 3. Anthony Sanford (Lincoln Prep) 46-7.75. 4. Shannon Guthrie (Sweetwater) 45-4.5. 5. Draper Rivers (Morse) 45-4. **Shot Put** 1. Tony Sotelo (Ramona) 80-4.5. 2. Raul Guissa (San Diego) 56-5.5. 3. Roy Rivas, Jr. (Carlsbad) 55-2. 4. David Herrick (Mt. Carmel) 55-1.25. 5. Tooran Gilliam (San Diego) 50-6. **Discus** 1. Tony Sotelo (Ramona) 176-2. 2. Anthony Gabriel (Morse) 164-9. 3. Tooran Gilliam (San Diego) 163-8. 4. David Herrick (Mt. Carmel) 153-5. 5. Mike Houghton (Mission Bay) 144-3.

Team Score: Morse 63, University City 31, Ramona 30, Lincoln Prep 28, Rancho Buena Vista 24, San Diego 24, Rancho Bernardo 23, Torrey Pines 21, Mira Mesa 20, Montgomery 20.

Girls

100 Meters 1. Akiba McKinney (Monte Vista) 12.10. 2. Tiffany Freew (Morse) 12.33. 3. DeCola Grace (Orange Glen) 12.36. 4. Casey Loveland (Granite Hills) 12.44. 5. Atiba Green (University City) 12.47. **200 Meters** 1. Lana Garner (Morse) 24.68. 2. Atiba Green (University City) 25.16. 3. Casey Loveland (Granite Hills) 25.29. 4. Day-shawna Littleton (Morse) 25.55. 5. La-

Shawnda Cole (Lincoln Prep) 26.06. **400 Meters** 1. Lana Garner (Morse) 54.09. 2. Sabrina Edge (Rancho Buena Vista) 57.11. 3. Ryneshia Rankin (Morse) 57.55. 4. Starla Henderson (Morse) 58.43. 5. April Lee (Poway) 59.70. **800 Meters** 1. Drisana Carey (University) 2:15.94. 2. Erin DeHahn (Hilltop) 2:17.03. 3. Stephanie Kindraich (El Capitan) 2:17.71. 4. Laura Carpenter (Rancho Buena Vista) 2:18.57. 5. Kristin Branson (Torrey Pines) 2:19.66.

1600 Meters 1. Tricia Mattson (Fallbrook) 5:10.36. 2. Julie Ott (University) 5:11.37. 3. Sarah Wilkins (Rancho Bernardo) 5:12.69. 4. Shannon Killian (Escalon) 5:13.93. 5. Cara Rumble (Orange Glen) 5:14.43. **3200 Meters** 1. Marissa Hurwitz (Bishop) 11:05.12. 2. Jaymie Harper (Sant) 11:05.31. 3. Lori Giacinti (University) 11:13.21. 4. Heather Shurtlett (West Hills) 11:16.26. 5. Sara Schmidt (San Ramon) 11:19.42. **100 Meter Hurdles** 1. Bahed Hernandez (Mt. Carmel) 15.52. 2. Brandy Scott (Crawford) 15.83. 3. Brianna Doolittle (Torrey Pines) 15.93. 4. Starr Branch (SP) 15.99. 5. Maite Barrett (Oceanside) 16.33. **300 Meter Hurdles** 1. Aides Acaro (Hilltop) 45.32. 2. Bahed Hernandez (Mt. Carmel) 45.99. 3. Nicole Rodriguez (Granite Hill) 46.60. 4. Dawn Halfaker (Rancho Bernardo) 46.65. 5. Rachel Cohen (Chula Vista) 47.01. **400 Meter Relay** 1. Morse 46.44. 2. El Camino 48.36. 3. Lincoln Prep 48.60. 4. University City 49.25. 5. Monte Vista 49.53. **1600 Meter Relay** 1. Morse 3:53.42. 2. Rancho Buena Vista 3:59.43. 3. Hilltop 4:01.13. 4. Rancho Bernardo 4:02.53. 5. University 4:02.80.

High Jump 1. Yolanda McGirt (Lincoln Prep) 5-4. 2. Lisa Underhill (Rancho Buena Vista) 5-4. 3. Heidi Noite (OLP) 5-2. 4. Jill Tabot (Mt. Carmel) 5-2. 5. Shirley Anku (Rancho Buena Vista) 5-2. **Pole Vault** 1. Kim Trout (Escalon) 10-0. 2. Kylene Nixon (Poway) 10-0. 3. Leslie Smith (Orange Glen) 9-0. 4. Emily Steadman (Mt. Carmel) 9-0. 5. Kristen Cosgrove (Mt. Carmel) 9-0. **Long Jump** 1. Richelle Perkins (Bishop) 18-6.75w. 2. Zakirah Sanford (Lincoln Prep) 18-4.25w. 3. Akiba McKinney (Monte Vista) 17-11.25. 4. Casey Loveland (Granite Hills) 17-10.75w. 5. Andria Booker (El Camino) 17-10w. **Triple Jump** 1. Andria Booker (El Camino) 39-5.25. 2. Shirley Anku (Rancho Buena Vista) 37-11. 3. Casey Whyte (SP) 37-7.5w. 4. Naomi Johnson (College Park) 36-3.25. 5. Mary Curran (Granite Hill) 36-1. **Shot Put** 1. Nicole Sanders (Orange Glen) 39-3.5. 2. Amanda Taghaleo (El Camino) 38-11. 3. Mary Alessi (Helix) 38-8.75. 4. Joniece Edwards (Mission Bay) 37-10.5. 5. Mima Hernandez (Escalon) 36-5.25. **Discus** 1. Christina Magana (Fallbrook) 132-11. 2. Katrina Crouch (El Capitan) 131-9. 3. Nicole Sanders (Orange Glen) 130-1. 4. Allison Thompson (Orange Glen) 124-1. 5. Mima Hernandez (Escalon) 121-11.

Team Score 1. Morse 69. 2. Rancho Buena Vista 38. 3. El Camino 30. 4. Orange Glen 28. 5. Mt. Carmel 28.

CALIFORNIA Track & Cross Country Coaches ALLIANCE

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Now in its 7th year, the **CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE** is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The **COACHES ALLIANCE** directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

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COACHES ALLIANCE members will receive a year's editions of *California Track & Running News*, the official publication of the **ALLIANCE**. Each month, members will be kept current with happenings around the state in the **COACHES ALLIANCE** section of the magazine. Both cross country and track will be covered.

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

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Dues for 1996/97 year (Tax Deductible) -- \$25.00. Make check out to "Coaches Alliance" and send to  Dennis McClanahan, Treasurer
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Undertraining

By **KEN REEVES**
Nordhoff High School



One of the most successful coaches I know, Joe Kelley of Peninsula High School, has stated that the most important thing a coach should have is a basic philosophy. Why are you in the sport of cross country? What do you want to accomplish in coaching distance runners?

The philosophy of our program at Nordhoff High is focused in three directions: to the individual, to the team and the competition.

First of all, we are trying to develop exercisers for life. The goal is to involve each in some sort of regular aerobic activity which they can participate in for a lifetime. Most competitive athletes stop exercising on a regular basis on the day of their last competition. We want running to be a fun part of each and every day.

Secondly, our coaching goal is to develop the team as a "family" unit. Each and every member is important and has a role in the family. All members need encouragement, regardless of ability. The team is out to support each other. We run the course as a team, we warm down as a team and we travel to and from meets as a team. We also have team dinners and study halls together. Each member's goal is to improve and help those around them to improve. In short, we are trying to become friends and, as friends, we can work better to achieve higher results.

The competition part of our basic philosophy is to enable each of our runners to become competitive within their own

realm. To be competitive, proper preparation must take place. For the vast majority of the runners, that means getting gradually in shape.

Competition is different for different runners. Some are out there to be elite athletes. Others are out there because their friends are running or because they want to get in shape for another sport. Therefore, we define what competitive means. Competitive means improvement. Timewise, we want the runners to improve one second a meet. A perfect season is where everyone runs their lifetime best at the championships or their last meet of the season. By setting achievable competitive goals, many of the runners will easily exceed the one second per meet goal. Each time they are successful, the competitive drive seems to intensify.

Intensity is not part of the summer program. Starting in mid-July, we meet two nights per week. Monday and Thursday nights are our team days, and we try to increase the mileage of the runs each week. The more motivated runners certainly run more than those two days, but the vast majority of our athletes just run on these days in July. In August, we expand the practices to three nights a week. One of these nights might be ultimate frisbee or other aerobic types of activities. Once official practice starts, we meet daily in the morning and the majority of the team goes to our beach camp the week before school starts. As with the majority of our summer activities, the goals of our camp are to build

basic fitness and team unity. Our summer program is very low key and most of our runners do not participate in road races during the summer.

Once school starts, we become a six-day-a-week program. During the month of September, we train Monday through Friday and run an invitational on Saturday. Due to the structure of our League, we have two races in the same week only once during the season. Thus, we are able to train fairly consistently. September is used to build up base work and most of our runs are aerobic in nature. A week's worth of workouts in September will include one day of hill circuits, one long day (long is relative to running age of the athlete), one day of race pace work, two days of steady state running and one day of competition. Our goals in September include increasing the distance of our long run, increasing the pace of our steady state runs, fearing no hill and improving our overall fitness level through injury-free, daily training. While we emphasize competing in races, we do not focus on any one race. The boy's varsity level returning runners may do up to 45 miles a week, with the returning girls probably doing 10% to 15% less.

As we move into October, our invitations shift from Saturdays to Fridays. Our longest week of the year is usually the first week in October. Now, our weekly workouts will include a hill run, a hill circuit, a tempo run or a race, a long run, a pace day and a steady state day.

continued next page.

California Track and Cross Country COACHES ALLIANCE

Our long run is on Saturday, and we always take an "adventure" run. We meet somewhere where the team does not normally run. Usually, we do an out-and-back run, going uphill for the first half of the run and cruising down the hill on the way back. We focus on no particular meets in early October, with our pre-meet day being a fairly challenging workout. Usually this includes 2 x 880 at team race pace (what we want our pack to run for each level team) followed immediately by a 2 to 3 mile steady state run. We then finish with an 880 at just below race pace prior to warming down.

The latter part of October and early November moves us into championship meet season. For us, this includes the County Championships and the League finals. Most of our athletes finish their seasons with these two meets. We want these athletes and those qualifying for CIF competition to finish the regular season with a bang! For those concluding their season with these two meets, we slightly curtail the distance and the intensity of the workouts. For those we expect to go on, we shorten the long run, but increase the intensity of the run. We also shorten the hills but emphasize cresting the hill and running the downhill at a more rapid pace.

With CIF competition now being three weeks long, we change into our post-season mode. The goals here are to keep workouts fun, improve confidence, compete well and stay healthy. To keep the training enjoyable, we change locations drastically. During this three-week period, we only do the same workout twice, this being our pre-meet workout before CIF Prelims and CIF Finals. To improve confidence, we do "bench mark workouts." Some of these bench mark workouts have been used for 12 years and athletes can compare their performance at this time of the season to past CIF finalist and State Championships teams. We repeat our early season two mile time trial course for the first time since early September. However, for the first time of the season, we use racing flats. Every single runner usually has

significant improvement over their early season times and they become a little more confident about their fitness.

Because our hard days are a little harder than earlier in the season, and the intensity has certainly increased for those new runners who have just made the running breakthrough to join our var-

As is always our philosophy, we feel it is much better to be undertrained and on the course than overtrained and talking about the team that could have been.

sity group, we want to make sure that recovery days are actually recovery days. As a result, all of our recovery days are done in the pool. Using the pool work we feel allows us to work a little harder while keeping our legs fresh.

To focus competitively, we meet together to create goal cards and race plans. We will set a specific goal in each meet that can be achieved with no regard to our competition. We also set a goal which is specifically based on our upcoming competition. As always during this portion of the season, one of our goals is to get a little better each week. While some teams may beat us, we do not want to "lose" races by not performing to the best of our ability. Of course to do, that, we need to add a little magic. Part of this magic is provided by our team socks. A tradition started in 1985 requires us (including the coaches) to wear magic socks. This year, Sonic the Hedgehog graced our feet.

As is always our philosophy, we feel it is much better to be undertrained and on the course than overtrained and talking about the team that could have been. Our entire emphasis during this portion of the season is team. Everyone is working to try to make all 9 runners faster and everyone is a part of the success

of team during this time. There are no secured spots on the top seven. Those people who are performing well or appear ready for the "big pop" toe the line. It is purely capitalism with the fittest making the trip to the starting line. Those who are not racing that day (we warm up all 9 like they are going to race that day as we have had to replace runners right before the start in the past) are given specific jobs on the course so they have a role once the race starts.

The goal of every season is to place well at the State Championships. This peaking is really more mental than physical because we are really just starting to get in shape by the time of the final meet; our athletes truly believe that they will run their fastest at the big meet. Our girls have made it there every season except for 1988 and our boys have finished in the top 2 for the past 5 years. This has as much to do with these runners motivating themselves as it has to do with talent. Every one of our athletes started running cross country at the high school level, as there are no youth cross country programs in our community. Through our progressive training program--we baby new runners--we feel we can hook athletes to the sport of cross country and gradually improve their performance. ♦

The information in the Coaches' Corner column is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. George Payan (Head Cross Country and Track coach at Santa Ana Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact

George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443.

In addition, please send any information you have on California coaching clinics. Thank you!





FOUNTAIN VALLEY GIRLS CROSS COUNTRY

By DAN MORAN
Varsity Cross Country
& Track Coach
Fountain Valley High School

PRE-SEASON:

The first meeting of the year takes place in early June. We discuss the summer running camp and the summer running program. We offer incentives to run 250 miles and 500 miles. These incentives are a 250 mile club shirt or a 500 mile shirt and improved times during the season. We give each runner a calendar for the summer and they are on the honor system to record their miles. The summer running program begins in the middle of June, after school is out. We meet three times a week usually during the evening hours and go on organized runs. The other four days the runners are on their own (running charts are checked by coach).

Workouts during June and July are long slow distance runs between three and eight miles a day. I ask that the last mile of each run be as close to race pace as possible in order to

feel as though you're finishing a race. Always finish fast. In August I begin the running camp. We meet daily in the morning with the experienced runners going longer runs of four to eight miles a day. The new or inexperienced runners start slowly and progressively add miles to their runs. This is where the summer running program pays off.

The girls who ran faithfully during June and July are ready for some serious distance in August. We are fortunate to have a wide variety of running surfaces to train on. In the park where we train, there is asphalt, grass, dirt, and hills. The beach is close by for running on the sand and the city streets are half mile intervals. During the summer we try to vary the runs and surfaces so the runners don't get bored.

MIDSEASON:

Our midseason workouts include runs similar to this:

Monday: Three mile warm-up to park. Ten hills then a three mile race pace run back to the school.

Tuesday: Fartlek workout. Forty-five minute run, 7 to 7 1/2 minute mile pace with 30 second surges

every three minutes. We do this at a local park on flat terrain consisting of grass and asphalt.

Wednesday: One mile warm up. Eight strides the length of the football field. Half mile cool down.

Thursday: Usually a race day

Friday: Usually a pre meet day. I like to break the monotony or running by scheduling a social swimming day or another activity that breaks up the runner's schedule.

LATE SEASON/WEEK OF LEAGUE CHAMPIONSHIPS:

Monday: Try and run the course two times at medium to light pace. Point out the spots on the course runners might want to surge on.

Tuesday: Mile repeats on league finals course. work each mile at race pace

Wednesday: About four or five half mile repeats on league finals course.

Thursday: Four half mile repeats on grass at school.

Friday: Light one mile jog and team meeting. Varsity team goes out for carbo load at Italian restaurant.

Saturday: Race Day

SUPPORT YOUR Coaches' Alliance

IF YOU ARE MOVING...

...let us know as soon as possible. CTRN is mailed third class bulk rate and is NOT forwardable. *Thank you!!*

COACHES ALLIANCE

**Ad Hoc Cross Country Coaches
Committee Meeting**

Wednesday, June 12, 1996

The purpose of this meeting was to develop plans to implement a fifth Division into the 1996 CIF-SS Cross Country Championships.

Present: Jack Farrell (Thousand Oaks), Janice Kelley (Hemet), Jack Malloy (Diamond Bar), Bob Loney (Upland), George Varvas (Woodbridge), Tom Coffey (Tustin), George Payan (Santa Ana Vly), Ken Reeves (Northoff), Hal Harkness (Meet Management), Bob McGuire (Meet Management), Dean Crowley (Commissioner).

It was agreed that the following procedures would be adopted for the 1996 CIF-SS Cross Country Preliminaries and Finals:

1. Division V would be added for boys and girls.
2. Divisions would no longer be split into A and AA sub-divisions, but contested as single entities.
3. The number of entries from each league to the Preliminaries would remain at the same number (3) as in the past.
4. Three (3) heats would be run in each of the five boys and five girls divisions, for a total of thirty (30) races in the Prelims.
5. Four (4) teams from each of the three heats would advance to the finals, and in addition, the fifth place team with the fastest team would also advance. In the event of a tie in team time, the time of the sixth runner on each team would be considered.
6. All individuals on non-qualifying teams, who finish in the first ten places of each heat, would also advance to the finals.
7. Three divisions would run in the morning session of the Prelims and the remaining two would compete in the afternoon. The morning races would begin at 7:30 a.m. and the afternoon races would not start before 1:30 p.m. There would be a break of approximately an hour and forty-five minutes between the morning and afternoon sessions. This

break could include any competition sponsored by the Amateur Athletic Foundation.

8. Team awards would include plaques for the first three teams in each division and individual medals would be given to the first fifteen (15) placers.

9. The above conditions would be adopted for a period of two years.

10. The five divisional enrollment breakdowns will be finalized in September:

Cross Country Divisional Enrollment Classifications

The division classifications for the 1996-97 Southern Section CIF school year which have been certified by the State Department of Education for public and private schools from the 1995-96 school year.

Division I	1563+
Division II	1250-1562
Division III	969-1249
Division IV	525-968
Division V	-524

The final 1995-96 CBED figures for boys and girls in 10th, 11th and 12th grades are submitted in July to determine the school's division for the 1996-97 school year. Enrollment of the schools change year-to-year. Schools have to wait until August 1996 for the Cross Country Preview Packet that has been prepared to assist you in the organization of your school's cross country program.

It should be noted that if a school incurs a gain or loss in enrollment of a minimum of 15% in the current school year, beginning September 1996, the current year CBED enrollment figures will be utilized in place of the 1995 figures.

Single gender school doubles enrollment based on 10th, 11th and 12th grade.

**Southern California
CIF Cross Country
1996**

- 9/14 Laguna Hills Invitational
Contact Kevin Dempsey
(714) 770-2776 (h), FAX (714) 830-0295
- 9/14 Long Beach Millikan
Contact Stephen White, Boy's Coach
(310) 495-5078 (h)
Contact Jeff Dobra, Girl's Coach
(310) 420-2019
- 9/21 Mt. Carmel Invitational, San Diego
Contact Dennis McClanahan
FAX (619) 748-6985
- 9/21 Woodbridge Invitational
Contact George Varvas
(714) 559-8171 (h), FAX (714) 559-5795
- 9/28 Dana Hills Invitational
Contact Tim Butler
FAX (714) 489-8317
- 9/28 St. John Bosco Invitational
Contact Tim McIntosh
(310) 425-8723 (h)
- 9/28 Warren High School Invitational
Contact Jay Waldron (310) 439-2777 (h)
- 10/5 Yucaipa Invitational
Contact Jim Clendaniel
(909) 790-2114 (h)
- 10/5 Brea Olinda Invitational
Contact Dan King, Boy's Coach
(714) 256-8419 (h)
Contact Pam Barstow, Girl's Coach
(714) 256-1071 (h)
- 10/19 Santa Clarita Valley Invitational
Contact Dave DeLong (805) 251-5432 (h)
- 10/26 Mt. SAC Invitational
Contact Jim Polite
(909) 595-3496 (h)



COACHES ALLIANCE



CIF-SS Cross Country and Track & Field Coaches Alliance

Dear Coach(es),

Welcome to the 1996-97 Cross Country and Track season!

A number of issues concerning our sports will come up for consideration by the CIF-SS and State offices this upcoming season. In order to ensure the best possible competition conditions for our athletes and to have our voices heard on these issues, I invite/challenge each of us to join our Association and come to our meetings. By doing the above, it will demonstrate that we have a strong organization of coaches that take their professional responsibilities very seriously. Please support our efforts on behalf of our athletes by:

✓ **JOINING OUR ORGANIZATION** (Both the CIF-SS and the State):

CIF-SS Cross Country and Track & Field Coaches' Alliance -- \$5.00 per coach. The dues will cover the expenses associated with the purchase of quality First and Second Team All-CIF patches and certificates, plaques for the HONORED Coach(es) handed out at the CIF Finals and future mailing expenses. Simply fill membership blank on the bottom and bring it to our meetings or simply mail it to the address shown on the form.

California Cross Country and Track & Field Coaches' Alliance -- \$25.00 per coach, \$50.00 per school. Yearly dues include a subscription to *California Track & Running News* magazine. Contact Dennis McClanahan, Treasurer, c/o 4957 E. Heaton Ave., Fresno, CA 93727.

✓ **ATTEND THREE OF OUR ASSOCIATION MEETINGS** (Season's initial meeting, season's ending meeting, and the one in your region). The meeting schedule is:

MEETINGS

1. GENERAL -- Tuesday, September 17, 1996 at 7 p.m. at Diamond Bar High School Library (57 Freeway to Pathfinder Road and go East 2 blocks). This meeting takes place before the first CIF Advisory Committee meeting and the issues discussed would be brought up at their CIF meeting. This would give us the opportunity to find how the new alignment will work for the CIF championships and to propose some new things you would like to see added to make the meet more safe and enjoyable for our athletes, the coaches and the spectators. Guest speaker will be Jim Sackett from Cal Poly Pomona who will be sharing his thoughts on the training of your athletes for the remaining part of the season.

2. NORTHERN COUNTIES (North L.A., Ventura, Santa Barbara, SLO, etc.) -- Tentative for Tuesday, October 1, 1996 at 6 p.m. (dinner with meeting at 7:00) at the Acapulco Restaurant in Ventura (upstairs room), 725 S. Victoria (101 to Victoria, East on Victoria). This meeting is

scheduled to accommodate the coaches from the Northern Counties and for the preparation of the Ventura County Championships. We want to hear your special needs and ways we could accommodate them. Come up with definite proposals that would benefit Cross Country in your area. Guest speaker will be included.

3. INLAND EMPIRE/CORONA/PALM SPRINGS/SAN GABRIEL -- Tuesday, October 8, 1996 at 7 p.m. at Canyon Springs High School (60 Freeway to Pigeon Pass Road and go north). The meeting will discuss issues concerning the Inland Region Schools, the organization of the County Championships and will have a guest speaker discussing ways to peak the athletes for the championships races coming up.

4. ORANGE COUNTY/SOUTH L.A./SOUTH BAY/SAN GABRIEL -- Tuesday, October 17, 1996 at 7 p.m. at Coors Distributing Company (1625 Lewis St., Anaheim -- just north of Katella). County championships seeding and other issues of concern. Vince O'Boyle will speak on peaking the athletes for the championships ahead.

5. GENERAL/POST-SEASON MEETING -- Tuesday, December 3, 1996 at 7 p.m. at Diamond Bar High School Library.

- a. All-CIF Selection Certificates Distributed
- b. Discussion of Summer Camps and Clinics for 1997

- c. Election of officers for the 1996 season
- d. Open Forum on Cross Country issues
- e. Selection of All-County teams.

Main Topics of Discussion at all of these meetings will be:

- a. Re-vamped schedule for CIF Prelims.
- b. Alternate course for CIF championships.
- c. Moving up in Divisions.
- d. Improvement of conditions for CIF meets (water on course, water down the course, computerized or typed results)
- e. Evaluation of 3200 race set-up for track.
- f. Status for at-large track berths.
- g. Open Forum on any concerns involving our sport.
- h. Nomination for Honored Coaches for 1996.
- i. State of Cross Country for the State Championships (Doug Speck)

Mark your calendar and make plans for you and your assistant coaches to attend as many of the CIF-SS Cross Country and Track & Field meeting as possible. Let's continue to increase our memberships so that we can have a greater voice in determining the future of Cross Country and Track & Field in California.

George Varvas
President
CIF-SS Coaches' Alliance

CIF SOUTHERN SECTION CROSS COUNTRY AND TRACK & FIELD COACHES ALLIANCE MEMBERSHIP

Name _____ High School _____

Address _____ City/Zip _____

Phone _____ Position: Head (B, G, B&G) Assist (B, G, B&G)

I am willing to be the League Rep (pass on information/take vote on issues, recruit coaches) for the _____ League. I have enclosed:

- _____ \$5.00 (CIF-SS Cross Country and Track & Field Coaches Alliance)
- _____ \$25.00 (California Cross Country and Track & Field Coaches Alliance + magazine)
- _____ TOTAL

Please mail to, and make checks payable to: Woodbridge High School
Attn: George Varvas
2 Meadowbrook
Irvine, CA 92604

RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

▲ Track & Field

WAC Championships

May 15-18, Albuquerque, NM.

Men

1500m: 1. Gomez (CSU) 3:50.3, 2. Sobolik (CSU) 3:51.0, 3. Mizell (AF) 3:52.1.
400m: 1. Mata (UTEP) 46.15, 2. Huyler (UTEP) 46.57, 3. Alesander (AF) 47.03.
800m: 1. Samansky (FS) 1:50.66, 2. Rodolfo Gomez (CSU) 1:52.53, 3. Gustavo Aizcorbe (UTEP) 1:52.96. **100m:** 1. Thompson (UTEP) 10.07, 2. Rogers (UTEP) 10.25, 3. Jordan (FS) 10.50. **200m:** 1. Thompson (UTEP) 20.35, 2. Rogers (UTEP) 20.79, 3. Huyler (UTEP) 21.21. **5000m:** 1. Mack (AF) 14:52.81, 2. Lawson (BYU) 14:57.90, 3. Rhoads (BYU) 15:00.01. **10,000m:** 1. Lawson (BYU) 31:09.30, 2. Rhoads (BYU) 31:10.25, 3. Hedengren (BYU) 31:22.55. **3000mSC:** 1. Kallabis (UTEP) 9:06.15, 2. Perez-Segovia (UTEP) 9:07.94, 3. St. Clair (BYU) 9:11.60. **400mR:** 1. UTEP 39.38, 2. CSU 40.28, 3. Fresno St 40.35. **110mHH:** 1. Ladson (Wy) 14.28, 2. Medearis (Wy) 14.46, 3. Randhawa (FS) 14.55.

LJ: 1. Mitchell (FS) 25-6, 2. Hoggatt (FS) 24-9 1/4, 3. Hamilton (W) 23-10. **SP:** 1. Larsen (UTEP) 57-7 3/4, 2. Spears (W) 56-3 1/4, 3. Roberts (BYU) 55-5 1/2. **JT:** 1. Paananen (UTEP) 227-5, 2. Larsen (UTEP) 212-4, 3. Bomman (CS) 207-8. **DT:** 1. Malone (CSU) 195-2, 2. Bomman (CSU) 191-5, 3. Medjo (CSU) 184-6. **TJ:** 1. Samsell (BYU) 51-1 1/2, 2. Mitchell (FS) 50-6 1/4, 3. Cawley (Wy) 48-9 1/2. **PV:** 1. Nichols (AF) 17-10 1/2, 2. Cox (FS) 17-2 3/4, 3. Hicki (UTEP) 17-2 3/4. **HT:** 1. Tallinen (UTEP) 223-3, 2. Bomman (CSU) 215-1, 3. Butler (Wy) 213-10. **HJ:** 1. Keamey (FS) 7-1, 2. Hamilton (WYO) 7-1, 3. Cole (AF) 6-11. **Team Scores:** 1. UTEP 184, 2. BYU 144 1/2, 3. Fresno State 136 1/2, 4. Colorado St. 128, 5. Air Force 98, 6. Wyoming 91 1/2, 7. New Mexico 22 1/2, 8. Utah 9.

Women

1500m: 1. Teemant (BYU) 4:31.0, 2. Chan (BYU) 4:35.7, 3. Patel (AF) 4:39.7.
400m: 1. Bennion (BYU) 54.35 (WAC record, previous 54.63 by Stewart SD St., 1993), 2. Amador (CSU) 54.64, 3. Slade (CSU) 55.18. **800m:** 1. Castro (UTEP) 2:09.43, 2. Monahan (BYU) 2:10.30, 3. Orozco (FS) 2:11.79. **100m:** 1. Sergeant (UTEP) 11.19, 2. Criswell (FS) 11.45, 3. Dalgie (FS) 11.61. **200m:** 1. Sergeant (UTEP) 22.94, 2. Brimhall (BYU) 23.55, 3. Criswell (FS) 23.77. **5000m:** 1. Pugmire (BYU) 17:03.59, 2. Galloway (NM) 17:06.70, 3.

Mame Findley (CSU) 18:03.16. **3000m:** 1. Alder (BYU) 10:00.97, 2. Pugmire (BYU) 10:01.29, 3. Chan (BYU) 10:04.44. **10,000m:** 1. Piccolo (CS) 38:00.95, 2. Nelson (BYU) 38:38.88, 3. Brannon (NM) 39:14.70. **400mR:** 1. UTEP 44.2 (WAC record, previous by Fresno St 45.1, 1994), 2. Fresno St 45.4, 3. BYU 45.9. **100mHH:** 1. Cole (FS) 13.86, 2. Brimhall (BYU) 13.89, 3. Dixon (CSU) 14.02. **400mH:** 1. Cox (SD St) 58.79, 2. Williams (BYU) 59.23, 3. Hales (BYU) 59.43.

LJ: 1. Mitchell (FS) 19-9 1/2, 2. Guy-Garth (Wy) 19-8, 3. Jansen (FS) 19-7 1/2. **SP:** 1. Christiansen (BYU) 55-11 1/4, 2. Greathouse (CS) 43-5 3/4, 3. Stephens (NM) 43-4 1/2. **HT:** 1. Christiansen (BYU) 185-4, 2. Tabla (BYU) 183-5, 3. Darden (FS) 175-5. **JT:** 1. Palovuori (UTEP) 169-6, 2. Nicholson (NM) 165-8, 3. Hasu (UTEP) 159-6. **DT:** 1. Greathouse (CSU) 179-5 (WAC record, previous by Tsikouna, UTEP, 1993), 2. Isane (UTEP) 163-7, 3. Cox (BYU) 162-1. **TJ:** 1. Sorensen (BYU) 40-9 3/4, 2. Smith (BYU) 40-6, 3. Brown (FS) 39-8 3/4. **HJ:** 1. Hales (BYU) 5-10, 2. Farr (U) 5-7 1/4, 3. Battazzo (U) 5-7 1/4.

Team Scores: 1. BYU 257, 2. Fresno State 165 1/2, 3. CSU 99 1/2, 4. UTEP 96, 5. New Mexico 47, 6. Utah 38, 7. San Diego St. 37, 8. Wyoming 22. 9. AF 18.

California Community College State Championships

May 17-18, Carritos.

Men

100 Meters:
 1. Shau n Williams (San Fran) 10.48
 2. James Hinx (Sacramento) 10.54
 3. Mickey Grimes (Riverside) 10.56
 4. Devon Bean (Long Beach) 10.61
 5. Demarion Knight (Long Bch) 10.65
 6. Tom Fambach (Moorpark) 10.67

200 Meters:
 1. Shaun Williams (San Fran) 20.84
 2. Chris Williams (Riverside) 21.18
 3. Charles Lee (Los Ang Vly) 21.36
 4. Corey Nelson (Santa Rosa) 21.40
 5. Leo Settle (Long Beach) 21.60
 6. Tom Fambach (Moorpark) 21.64

400 Meters:
 1. Chris Williams (Riverside) 46.30
 2. Mike Ward (Hartnell) 46.41
 3. Wayne Armour (Bakersfield) 46.94
 4. Corey Nelson (Santa Rosa) 47.08
 5. Derek Prior (San Jose) 47.11
 6. Lawrence Johnson (Long Bch) 47.62

800 Meters:
 1. Ricky Ethridge (San BernVly) 1:51.04
 2. Adebeye Innis (Long Beach) 1:51.05
 3. Angel Romero (Riverside) 1:52.03

4. Milton Browne (Long Beach) 1:52.45
 5. Nick Green (West Hills) 1:53.01
 6. Greg Tademy (San Jose) 1:54.05

1500 Meters:
 1. Phil Gonzalez (Pasadena) 3:54.17
 2. Chris Coleman (Sequoias) 3:54.68
 3. Greg Tademy (San Jose) 3:55.37
 4. Ricky Ethridge (San BernVly) 3:58.02
 5. Mike Hancock (Orange Cst) 3:58.25

3,000 Meter Steeplechase:
 1. Bashir Hussain (Riverside) 9:19.55
 2. Leonardo Fernandez (Hart) 9:21.98
 3. Johann Appell (Orange Cst) 9:27.88
 4. Humberto Sanchez (El Cam) 9:33.48
 5. Ramon Serratos (Glendale) 9:39.85
 6. Steve Moreno (Hartnell) 9:43.15

5,000 Meters:
 1. Bashir Hussain (Riverside) 14:53.93
 2. Peter Magill (Glendale) 14:54.25
 3. Jose Rangel (RanSantiago) 15:02.17
 4. Eleazar Hernandez (Mpark) 15:06.24
 5. Alejandro Ramirez (SJDeita) 15:25.37
 6. Luis Grandao (Hartnell) 15:29.01

10,000 Meters:
 1. Eleazar Hernandez (Mpark) 30:46.34
 2. Bashir Hussain (Riverside) 31:31.37
 3. Ben Mesia (RanSantiago) 32:03.08
 4. Luis Granado (Hartnell) 32:09.57
 5. Jose Rangel (RanSantiago) 32:38.45
 6. Eduardo Macias (Glendale) 32:52.78

110 Meter Hurdles:
 1. Ben Kearse (Riverside) 14.34
 2. Eric Imhoff (Modesto) 14.66
 3. Oliver Boisey (Riverside) 14.69
 4. Jim Freeman (Ame River) 14.87
 5. Phil Olmos (Fresno) 14.88
 6. Jay Young (Cerritos) 14.94

400 Meter Hurdles:
 1. Felix Sanchez (SD Mesa) 51.19
 2. Mike Ward (Hartnell) 51.90
 3. Kris McClucas (Ventura) 52.58
 4. Paea Kokohu (Sacramento) 53.36
 5. Kevin Meier (Sacramento) 53.57
 6. Hassan Bangjra (Long Bch) 54.55

400 Meter Relay:
 1. Long Beach City College 40.06
 2. Riverside City College 40.31
 3. Sacramento City College 40.58
 4. City College of San Fran 40.72
 5. Bakersfield College 41.38
 6. Butte College 41.85

1600 Meter Relay:
 1. Sacramento City College 3:11.01
 2. Long Beach City College 3:12.57
 3. Riverside City College 3:13.12
 4. Antelope Valley College 3:13.49
 5. San Deigo Mesa College 3:13.95
 6. San Bernardino Vly College 3:15.25

High Jump:
 1. Greg Walker (Diablo Valley) 7-00
 2. Marty Brobbett (El Camino) 6-08
 3. Jason McGuinis (Mt. SAC) 6-08
 4. Kevin Jackson (Long Beach) 6-08
 4. James Nieto (Sacramento) 6-08
 6. Jason Pfaff (Mt. SAC) 6-08

Pole Vault:
 1. Chris Scatena (West Valley) 16-00
 2. Aric Abadie (Mt. San Antonio) 15-00
 2. Jeremy Parker (Mt. SC) 15-00
 4. Brian McLaughlin (Cuyam) 15-00
 5. Andrew Randolph (Butte) 15-00
 6. Corby Wright (Mt. SaC) 14-06

Long Jump:
 1. Zachary Haupt (SD Mesa) 24-11.75
 2. Greg Walker (Diablo Valley) 24-05
 3. Perry McBride (S Morica) 23-10
 4. Herb Goodman (Seq) 23-06.75
 5. Mac McBeaver (Cuyamaca) 23-03
 6. Eric Boykin (Long Beach) 23-01.75

Triple Jump:
 1. Zachary Haupt (SD Mesa) 51-01.5
 2. Offord Rollins (Bakersfield) 50-4.75
 3. Samuel Carieup (Compton) 49-08.5
 4. Devon Bean (Long Beach) 49-03
 5. Robert Macias (Hartnell) 49-00.5
 6. Eric Boykin (Long Beach) 48-07.5

Shot Put:
 1. Jeremy Staat (Bakersfield) 54-03.25
 2. Coleman Johnson (Riv) 52-05.25
 3. Eddy O'Brien (San Mateo) 52-01.25
 4. Drew Anderson (DiabloVly) 51-11.75
 5. Chuck Boswell (Bkfld) 50-07.25
 6. Lyle McComb (Cuyamaca) 49-11.25

Discus:
 1. Jeremy Staat (Bakersfield) 181-06
 2. Cameron Bolles (Santa Rosa) 170-10
 3. James MacDonald (Saddle) 162-05
 4. Mark More (Bakersfield) 158-08
 5. Jason Ford (American River) 154-02
 6. Chuck Boswell (Bakersfield) 150-11

Javelin:
 1. John Williams (SJ Delta) 202-06
 2. Jimmy Martin (Mont Penin) 199-10
 3. Walter Cheepe (Mt. SAC) 194-03
 4. George Herozeg (Diablo Vly) 188-00
 5. Jose Ipiills (Mt. San Antonio) 187-01
 6. Ryan Hollander (Saddleback) 186-08

Hammer:
 1. Jason Ford (American River) 201-09
 2. Jeremy Staat (Bakersfield) 180-06
 3. Peter Matral (Antelope Vly) 172-04
 4. Tykler Howe (Butte) 169-01
 5. Brian Gilbert (Modesto) 167-06
 6. Shannon Russell (Modesto) 165-02

Decathlon:
 1. Jason Spotts (Bakersfield) 6642
 2. Neil Laney (Hartnell) 6626
 3. Bryan Jillson (West Valley) 6416
 4. Jim Freeman (American River) 6298
 5. Jeremiah Spooner (Butte) 6169
 6. Corby Wright (Mt. SAC) 6128

Team Scores:
 1. Riverside City College 100, 2. Bakersfield College 68, 3. Long Beach City College 67.5, 4. Hartnell College 49, 5. San Diego Mesa College 42, 6. Sacramento City College 40.5, 7. Mount San Antonio College 39, 8. Diablo Valley College 30, 9. City College of San Francisco 25, 9. American River College 25.

RESULTS

Women

100 Meters:

- Charmaine Burton (Riverside) 11.90
- Latashia McKinney (SD Mesa) 12.12
- Darylette Bass (Compton) 12.12
- Patricia Jacinto (Chabot) 12.13
- Kimeia West (El Camino) 12.34
- Toni McDaniel (Saddleback) 12.45

200 Meters:

- Charmaine Burton (Riverside) 24.23
- Lashawn Stringer (Long Bch) 24.56
- Michelle Nelson (Long Beach) 24.71
- Patricia Jacinto (Chabot) 24.77
- Melanie Bates (Modesto) 25.40
- Neka Banks (Compton) 25.96

400 Meters:

- Charmaine Burton (Riverside) 53.79
- Michelle Nelson (Long Beach) 54.49
- Lashawn Stringer (Long Bch) 55.47
- Dorisa Good (El Camino) 56.11
- Melanie Bates (Modesto) 56.23
- Neka Banks (Compton) 57.12

800 Meters:

- Cathy Trotman (Long Beach) 2:11.66
- Wendy Whitney (Santa Rosa) 2:12.49
- Melissa Flynn (Fresno) 2:12.75
- Rowena Gonzales (SD Mesa) 2:14.88
- Gabbe Aispuro (Bakersfield) 2:17.15
- Charlotte Mayock (Riverside) 2:17.57

1500 Meters:

- Charlotte Mayock (Riverside) 4:40.49
- Sakome Murray (Fresno) 4:44.68
- Jennifer Overlook (Canyons) 4:45.50
- Logan Hiroshima (San Fran) 4:46.44
- Gabbe Aispuro (Bakersfield) 4:47.59
- Paula Warhola (Monterey) 4:49.84

3,000 Meters:

- Maria Lopez (El Camino) 10:07.44
- Carrie Barnett (SD Mesa) 10:23.80
- Aldita Gibson (Pasadena) 10:34.03
- Mona Leon (West Valley) 10:34.68
- Jackie McCleary (West Vly) 10:35.72
- Carle Irwin (Shasta) 10:37.14

5,000 Meters:

- Maria Lopez (El Camino) 18:43.19
- Sanako Nakamura (El Cam) 18:58.76
- Jeannie Robinson (Long Bch) 19:00.40
- M. Jacob-Ibatuan (Mira Cos) 19:02.25
- Jennifer Overlook (Canyons) 19:04.16
- Mona Leon (West Valley) 19:05.41

10,000 Meters:

- Jeannie Robinson (Long Bch) 38:38.14
- Sanako Nakamura (El Cam) 35:51.36
- Eily Etypada (R Santiago) 39:37.65
- Cecilia Estrada (East LA) 39:56.62
- Jolena Argandar (Antel Vly) 40:15.51
- Liz North (Santa Barbara) 41:10.51

100 Meter Hurdles:

- Chidera Nadu (Sacramento) 14.42
- Jennifer Odom (Long Beach) 14.73
- Christina Berrand (Hartnell) 14.93
- Aisha Harrison (Bakersfield) 15.00
- Allison Wilbourn (Sequoias) 15.00
- Kelly Moten (Long Beach) 15.30

400 Meter Hurdles:

- Christyna Serrano (Hartnell) 61.67
- Allison Wilbourn (Sequoias) 62.96
- Kristin Bostick (Antelope Vly) 63.30
- Chidera Nadu (Sacramento) 64.37
- Melissa Sherwood (Sierra) 64.41
- Angie Grah (Bakersfield) 65.80

400 Meter Relay:

- Compton College 46.60
- Long Beach City College 46.97
- El Camino College 47.52
- Modesto Junior College 47.95
- San Joaquin Delta College 47.97
- Bakersfield College 49.16

1600 Meter Relay:

- Long Beach City College 3:44.58
- El Camino College 3:51.72
- Hartnell College 3:52.60
- Riverside City College 3:57.60
- Modesto Junior College 3:59.16
- City College of San Francisco 3:59.52

High Jump:

- Tiffany Hogan (Bakersfield) 5-04
- Wendy Escobar (Sta Monica) 5-04
- Rae Miller (Chabot) 5-04
- Melissa Dunkerley (Cyns) 5-02
- Kathy Watson (West LA) 5-02
- Jolie Taylor (Sierra) 5-02

Pole Vault (Exhibition):

- Julie Patton (RSantiago) 10-00
- Melissa Sherwood (Sierra) 9-06
- Amy O'Conner (Moorpark) 9-06
- Kathy Costello (Cabrillo) 9-00
- Bonnie Sugiyama (Modesto) 8-06
- Ashley Hickman (Moorpark) 8-06

Long Jump:

- Christyna Serrano (Hartnell) 19-07
- Anissa Tan (San Francisco) 18-10.75
- Aisha Harrison (Bakersfield) 18-05.75
- Michelle Nelson (Long Bch) 18-05.75
- Keisha Doby (Long Beach) 18-02.25
- Kimeia West (El Camino) 18-00.24

Triple Jump:

- Cecilia Noel (Long Beach) 38-07
- Keisha Doby (Long Beach) 37-11.25
- Bermenola Dyer (San Jose) 37-08.5
- Aisha Harrison (Bakersfield) 37-05.75
- Hillary Fodbe (Riverside) 36-10.25
- Sorya Bunkner (Chaffey) 36-03.5

Shot Put:

- Rebecca Morrison (SMateo) 46-00
- Dolores Tuimolou (Ventura) 45-09.25
- Rashawnda Holmes (Chab) 44-03.5
- Sarah Goodlaw (Pasadena) 42-11.75
- Andria Brown (Bakersfield) 41-06.5
- Dani Darrow (SD Mesa) 41-02.5

Discus:

- Dani Darrow (SD Mesa) 153-07
- Tinika Rich (Long Beach) 130-05
- Sarah Goodlaw (Pasadena) 129-09
- Cassandra Knobel (SJ Delta) 129-07
- Rebecca Morrison (SMateo) 128-09
- Kim Righetti (Ventura) 125-06

Javelin:

- Pati Atuatast (Monterey) 131-10
- Rae Miller (Chabot) 131-05
- Allison Riseo (SJ Delta) 131-02
- Rashida Grainger (Hartnell) 126-11
- Jolie Taylor (Sierra) 128-07
- Amy Phillips (Fullerton) 121-09

Hammer:

- Sarah Goodlaw (Pasadena) 149-04
- Dani Darrow (SD Mesa) 147-05
- Jill Wood (Modesto) 146-02
- Beth Andrade (Citrus) 138-07
- Caria Nakashima (Bkfld) 134-05
- Brooke Aderman (Chabot) 130-09

Heptathlon:

- Wendy Escobar (SMonica) 4549
- Monica Holguin (Fullerton) 4403

- Marion Reneau (Sequoias) 4322
- Ursala Luna (Golden West) 4238
- Jennifer Spynipski (SJ Delta) 4055
- Hillary Foose (Riverside) 4002

Team Scores:

- Long Beach City College 119, 2, El Camino College 62, 3, Riverside Community College 52, 4, Bakersfield College 51, 5, San Diego Mesa College 46, 6, Hartnell College 39, 7, Chabot College 33, 8, Pasadena City College 29, 9, Modesto Junior College 25, 10, Compton College 22.

American West Conference

May 18, At CS Northridge.

Men

100m: 1. Carrillo (CSN) 10.82 **200m:** 1. Carrillo (CSN) 21.58 **400m:** 1. Baeza (CPSLO) 48.14 **800m:** 1. Ibarra (SU) 1:52.44 **1500m:** 1. Hansen (SU) 3:54.14 **5000m:** 1. Tackett (CSS) 15:15.58 **10,000m:** 1. Woolston (SU) 31:42.91 **110mHH:** 1. Davidson (CSN) 14.54 **400mIH:** 1. Baeza (CPSLO) 52.79 **3000mSC:** 1. Hansen (SU) 9:37.60 **400mR:** 1. CS Northridge 41.56 **1600mR:** 1. CS Northridge 3:16.36

HJ: 1. Neumann (CSN) 6-6 **PV:** 1. Brown (CSN) 17-9 **LJ:** 1. Carrillo (CSN) 24-5 3/4 **TJ:** 1. Hill (CPSLO) 47-9 3/4 **SP:** 1. Bush (CSN) 53-0 1/4 **DT:** 1. Sverchek (CPSLO) 157-4 **HT:** 1. Cavalho (CSS) 193-9 **JT:** 1. Watrin (CSN) 177-11 **Decathlon:** 1. Richards (SU) 8502

Team Scores: 1. CS Northridge 230, 2. Cal Poly SLO 190, 3. CS Sacramento 111, 4. Southern Utah 104.

Women

100m: 1. Cox (CPSLO) 12.24 **200m:** 1. Tillman (CSN) 24.35 **400m:** 1. Tillman (CSN) 54.71 **800m:** 1. Malnekoff (CPSLO) 2:14.46 **1500m:** 1. Shaw (CPSLO) 4:35.48 **3000m:** 1. Orefice (CPSLO) 9:57.82 **5000m:** 1. Becker (CPSLO) 17:41.55 **10,000m:** 1. Orefice (CPSLO) 38:30.06 **100mHH:** 1. Tolson (CSN) 13.98 **400mIH:** 1. Tolson (CSN) 60.84 **400mR:** 1. CS Northridge 46.13 **1600mR:** 1. CS Northridge 3:46.39

HJ: 1. Chappelle (CSS) 5-5 **PV:** 1. Delano (CSN) 10-8 **LJ:** 1. Ellison (CSN) 19-6 **TJ:** 1. Hammerstrom (CSN) 38-7 1/2 **SP:** 1. Burton (CSN) 48-4 1/2 **DT:** 1. Ahmann (CPSLO) 179-5 **HT:** 1. Burton (CSN) 159-11 **JT:** 1. Ahmann (CPSLO) 127-11 **Heptathlon:** 1. Chappelle (CSS) 4191

Team Scores: 1. CS Northridge 248, 2. Cal Poly SLO 206, 3. CS Sacramento 87, 4. Southern Utah 73.

Big West Conference Championships

May 18, Logan, UT.

Men

100m: 1. Thomas (LB) 10.53, 2. Glickman (LBS) 10.64, 3. King (NMS) 10.81, 4. Obedi (CSF) 10.84, 5. Wilkinson (LBS) 10.90. **200m:** 1. Glickman (LBS) 21.06, 2. Thomas (LBS) 21.38, 3. Young (LBS) 21.49, 4. Obe-

dike (CSF) 21.70. **400m:** 1. Young (LB) 47.47, 2. Anderson (US) 48.40, 3. Cifelli (UCI) 48.91. **800m:** 1. Stowell (US) 1:50.58, 2. Lyall (US) 1:50.61, 3. Stelp (UCSB) 1:51.77, 4. Heggenberger (CSF) 1:51.83. **1500m:** 1. Bingham (US) 3:51.37, 2. Wilson (US) 3:52.66, 3. Willey (UCI) 3:55.37. **5000m:** 1. Davidson (UC) 15:01.63, 2. Conlay (US) 15:15.72, 3. Jobe (UCSB) 15:19.15, 4. Quinlan (UCSB) 15:27.41. **110mHH:** 1. Gibbons (US) 14.32, 2. Cablayan (BS) 14.47, 3. Jacot (UCI) 14.78. **400mIH:** 1. Gibbons (US) 52.28, 2. Cablayan (BS) 52.70, 3. Jacot (UCI) 52.92, 4. Musitano (UCSB) 53.67. **400mR:** 1. Long Beach St. 41.01, 2. New Mexico St. 42.34, 3. CS Fullerton 42.37. **1600mR:** 1. Long Beach St. 3:12.92, 2. Utah St. 3:14.05, 3. UC Irvine 3:19.56. **3000mSC:** 1. Quinlan (UCSB) 9:29.77, 2. Busch (US) 9:42.61, 3. Bryson (UCSB) 9:48.70, 4. Contreras (UCI) 10:01.00, ... 6. Jones (UCSB) 10:15.10.

HJ: 1. Gledden (UCSB) 6-6 3/4, TJ: 1. Czerwinski (LBS) 48-1 1/4, 2. Cofield (LBS) 47-6 1/2, 3. Gladden (UCSB) 46-8 1/4, SP: 1. Schaley (US) 55-5, JT: 1. Kanowski (LBS) 212-6, 2. Smith (UCSB) 192-9, 3. Senior (LBS) 182-6, LJ: 1. Cofield (LBS) 25-2 +1.2 w), 2. Wilkinson (LBS) 23-10, 3. King (NBS) 23-2, 4. Siu (UCI) 22-8, 5. Richardson (CSF) 20-11, DT: 1. Schaley (US) 166-11, 2. Willingham (NMS) 160-7, 3. Manseau (NM) 155-1, ... 5. Casper (LBS) 144-2, 6. Bader (UCSB) 142-1, HT: 1. DeSantis (US) 177-11, 2. Dudek (US) 173-4, 3. Schanley (US) 157-3, ... 5. Gardner (UCSB) 149-11.

Team Scores: 1. Utah St. 235, 2. Long Beach St. 149, 3. UC Santa Barbara & New Mexico St. 90, 5. UC Irvine 61, 6. CS Fullerton 26.

Women

100m (+2.2w): 1. Dean (UCI) 11.78w, 2. Twitty (UNLV) 11.89, 3. Edwards (UCI) 11.92, 4. Harris (UNLV) 11.93. **200m (+0.3):** 1. Antonio (US) 23.40, 2. Sorenser (US) 24.04, 3. Allen (UNLV) 24.31, 4. Dean (UCI) 24.57, 5. Edwards (UCI) 24.84. **400m:** 1. Antonio (US) 51.92, 2. Sorenser (US) 54.20, 3. Allen (UNLV) 54.85, 4. Gibbs (UCI) 56.22. **800m:** 1. Molway (UCI) 2:13.33, 2. Daplis (UCSB) 2:13.68, 3. Haymore (US) 2:13.86. **1500m:** 1. Molwa (UCI) 4:48.05, 2. Lavy (UCSB) 4:52.15, 3. Blair (UCI) 4:53.11, 4. Beckman (UCI) 4:52.65, 5. Crane (UCSB) 4:54.92. **3000m:** 1. Mattson (UCSB) 10:20.79, 2. Rodriguez (UCSB) 10:23.14, 3. Walsh (US) 10:28.4f. **5000m:** 1. Brix (UCI) 18:11.96, 2. MacDougall (CSF) 18:18.15, 3. Nekota (UCI) 18:27.17. **10,000m:** 1. Rodriguez (UCSB) 38:06.51, 2. Hart (US) 39:07.41, 3. Aie (UCSB) 39:09.61, ... 6. Valdez (UC) 39:39.19, 7. Nekota (UCI) 39:48.49, 8. Ayevado (CSF) 40:06.66. **100mHH:** (+3.7): Davidson (US) 13.46, 2. Hinds (LBS) 13.4, 3. Green (UCI) 14.17. **400mIH:** 1. Han (UNLV) 59.36, 2. Green (UCI) 58.86, Hinds (LBS) 60.80. **400mR:** 1. Utah 45.07, 2. UC Irvine 46.51, 3. Nevada La Vegas 46.94. **1600mR:** 1. Utah 4

RESULTS

3:38.93, 2. Nevada Las Vegas 3:45.39, 3. UC Irvine 3:48.23.

HJ: 1. Kierulff (LBS) 5-11 1/2, 2. Kerry Eaton (N) 5-7 3/4, TJ: 1. Sealy (UNLV) 39-10, 2. Hicks (NMS) 38-4 3/4, SP: 1. Gilbert (N) 43-4 1/4, 2. Moss (LBS) 42-7 1/2, 3. Wilson (UCSB) 40-1 1/2, HT: 1. Egbert (US) 180-1, 2. Moss (LBS) 161-0, 3. Watkins (N) 160-4, Heptathlon: 1. Hall (US) 5060, 2. Franson (US) 4915, 3. Bornhurst (UCSB) 4767, LJ: 1. Sorenson (US) 19-93/4w (+4.5w), 2. Sealy (UNLV) 19-6 1/4w (+3.4), 3. Franson (US) 19-2 3/4w, ... 5. Bornhurst (UCSB) 19-0 3/4w, 6. Black (UCI) 18-12w, 7. Covington (UCI) 18-0 1/4, DT: 1. Egbert (US) 168-10, 2. Wilson (UCSB) 143-9, 3. Moss (LBS) 135-9, ... 6. Bill (CSF) 130-1, 7. Enders (UCSB) 125-9, JT: 1. Lutz (US) 145-7, 2. Wilson (UCSB) 143-3, 3. Reading (US) 129-9, ... 6. Ruiz (UCSB) 119-7, 8. Chapman (LBS) 109-10.

Modesto Relays

May 11, 1996,

Men's Events

100 Meters (Open)

1. Niels Druller (Univ. Idaho) 10.45
2. Jason St. Hill (Univ. Idaho) 10.49
3. David Patterson (UC Berkeley) 10.72

100 Meters (Inv.):

1. Brian Lewis (Atlantic CstClub) 10.03
2. Rickey Carrigan (Mizuno) 10.19
3. Anthony Barnes (Unatt) 10.19
4. Keith Williams (NIKE) 10.26
5. Augustine Olobia (Unatt) 10.29

200 Meters (Inv.)

1. Brian Lewis (Atlantic Coast) 20.54
2. Travis Grant (Atlantic Coast) 20.85
3. Aaron Thigpen (Unatt) 21.14
4. Felix Kamangirira (Univ. Idaho) 21.16
5. Ed Turner (Univ. Washington) 21.17

400 Meters (Inv.)

1. Tawanda Chwira (Univ. Idaho) 45.89
2. Mark Richardson (England) 46.15
3. Derek Shepard (Unatt) 46.68
4. Frankie Atwater (Goldwin TC) 46.69
5. Michael Joubert (Australia) 47.14

800 Meters (Open):

1. Matt Bower (Fresno State) 1:51.49
2. Ryan Ollerman (WashState) 1:52.32
3. Bruce Tyner (Team Patriots) 1:53.97
4. Jeremy Barnes (Fresno State) 1:54.82
5. Tod Stiern (Fresno State) 1:55.49

800 Meters (Inv.)

1. William Best (Canada) 1:49.72
2. Ratso Kiplangat (WashState) 1:50.28
3. Robert Price (Addias) 1:50.71
4. Eric Kamau (WashState) 1:51.32
5. Joe Camegie (Unatt) 1:52.39

1500 Meters (Open):

1. Ernie Ammons (WashState) 3:55.44
2. Bernd Schroeder (Univ. Idaho) 3:56.14
3. Nicolas Saillard (WashState) 3:59.41

1000 Meters (Inv.)

1. Frank Bruder (Univ. Idaho) 8:50.4
2. Polo Duarte (Fresno State) 9:12.7
3. Jon Steele (Fresno State) 9:22.4

10 Meter High Hurdles (Open)

1. Rod Jett (Unatt) 13.80
2. Dave Ashford (Marriot) 13.82
3. Pat Duffy (Unatt) 13.93

4. Mario Russo (South Bay TC) 14.00
5. Henry Andrade (Unatt) 14.03

110 Meter High Hurdles (Inv.)

1. Robert Reading (Accusplit) 13.34
2. Eugene Swift (In Sports) 13.35
3. Larry Harrington (MidAtISp) 13.35
4. Dominique Arnold (WashSt) 13.62
5. Dave Ashford (Marriot) 13.74

400 Meter Hurdles

1. Kevin Henderson (Mizuno) 49.76
2. John Rothe (Atlantic coast) 50.16
3. Tom McGuirk (Accusplit) 50.37
4. Kenneth Hall (Mizuno) 50.85
5. Troy Johnson (Rocky Mt. Elite) 51.32

400 Meter Relay (Inv.)

1. University of Idaho 40.83
2. VISA 40.89
3. Fresno State University 41.90

400 Meter Relay (High School Boys):

1. Beyer 44.08
2. Oakdale 44.79
3. Modesto 45.31

1600 Meter Relay (Inv.)

1. Southern University 3:07.14
2. University of Idaho 3:08.34
3. Lincoln University 3:15.92

High Jump (Open)

1. Craig Geter (Southern U.) 7-00
2. Eric Welton (UC Berkeley) 6-08

High Jump (Inv.)

1. Petar Malessev (Unatt) 7-02.75
2. Jake Jacoby (Unatt) 7-02.75
3. Kevin Keene (Unatt) 7-00.75
4. Craig Geter (Southern Univ.) 7-00.75
5. Leo Williams (Unatt) 7-00.75

Pole Vault (Inv.)

1. Dean Starkey (N. Ame PV) 19-00.25
2. Kory Tarpenning (NIKE Int.) 18-06.5
3. Lance White (Rocky Mtn Elite) 18-06.5
4. Nick Hysong (N American PV) 18-06.5
5. David Cox (Fresno State) 18-06.5

Long Jump (Open)

1. Niels Druller (Univ. Idaho) 24-11.25
2. Hilary Mawindi (Wash St) 24-10.5
3. Kendall Hoggatt (FresSt) 23-06.75

Long Jump (Inv.)

1. Hulfang Nai (Taiwan) 26-06.5
2. Gabriel Lessor (Nigeria) 24-10.75
3. Benny Fernando (Mizuno) 25-08.75
4. Steve Fritz (Accusplit) 25-06
5. John Baker (Unatt) 25-05.5

Triple Jump (Open)

1. Joseph Taiwo (Club Bailard) 55-04.5
2. Ray Kimble (Unatt) 54-06.75
3. Robert Cannon (Unatt) 54-06
4. Lee Watts (Unatt) 53-08
5. Hilary Mawindi (WashSt) 51-00.5

Shot Put (Open/Inv.)

1. Shaun Pickering (Grt Brit) 63-04.75
2. Jonathan Ogden (UCLA) 62-03.25
3. Mark Parlin (UCLA) 61-11.25
4. Steve Albert (Unatt) 60-02
5. Matt Pentecost (Unatt) 59-00

Discus (Open)

1. Luke Sullivan (UCLA) 185-07
2. David Dumble (UCLA) 185-04
3. Peter Swanson (Stanford) 182-01
4. Travis Haynes (UCLA) 178-11
5. Scott McPherran (UCLA) 173-01

Discus (Inv.)

1. Nick Sweeney (Unatt) 213-10
2. Ade Olukouju (Unatt) 207-10

3. Ramon JeminezGhona (Un) 199-08
4. Erick Johnson (Menace) 199-06
5. Jamie Pressor (Unatt) 195-05

Hammer Throw (Open/Inv.)

1. Tore Gustafsson (Sweden) 245-06
2. David Popejoy (NYAC) 228-04
3. Steve DeSantis (PacBayTC) 217-09
4. Craig Carter (Rocky Mt. Elite) 214-08
5. Travis Nutter (UC Berkeley) 210-03

Women's Events

100 Meters (Inv.)

1. Denis Juan Ball (Mizuno) 11.23
2. Francesca Green (WashSt) 11.55
3. Lisa Parker (Unatt) 11.66
4. Kelly Blair (NIKE) 11.87
5. Christian White (EWash) 11.92

200 Meters (Inv.)

1. Denise Juan Ball (Mizuno) 22.86
2. Lorraine Graham (Linc U) 23.43
3. Ronda Colvin (Army) 23.64
4. Angela Dalgie (Fresno St) 23.69
5. Tamika Brown (Wash St) 24.51

400 Meters (Inv.)

1. Lorraine Graham (LincU) 52.02
2. Linetta Wilson (SoBay TC) 52.21
3. Grace Dinkins (Unatt) 53.36
4. Nicole Commissiong (UOre) 53.87
5. Becky Sorensen (UtahSt) 55.64

800 Meters (Open):

1. Annie Hobbs (WashState) 2:12.58
2. Missy Hansen (WashState) 2:12.90
3. Tanya Acosta (SoBay TC) 2:13.09
4. Dana Pevovar (Wash St) 2:14.92
5. Devon Moates (Fresno St) 2:20.56

800 Meters (Inv.)

1. Jasmine Jones (Global Ath) 2:03.91
2. Linetta Wilson (SoBay TC) 2:04.06
3. Jane Brooker (Ath in Action) 2:06.62
4. Carrie Neugebauer (NikeCst) 2:07.06
5. Irene Orozco (Fresno State) 2:09.79
6. Kim Toney (Unatt) 2:10.71

3000 Meter Run:

1. Kelly Jacobson (Fresno State) 10:17.59
2. Sarah Dawson (Fresno St) 10:36.98
3. Amy Grafius (Nev-Reno) 10:50.00

100 Meter Hurdles (Inv.)

1. Ronda Colvin (Army) 13.06
2. Valerie Manning (SacTC) 13.21
3. Angela Coon (Phoenix) 13.52
4. Kelly Blair (NIKE) 13.65
5. Samone Cole (FresState) 13.71

400 Meter Relay (High School Girls)

1. Modesto 50.63
2. Beyer 51.99
3. Escalon 53.76

High Jump (Inv.)

1. Sara McGladdery 6-00
2. Vicki Borsheim (Unatt) 5-08
3. Reagan Lyons (WashSt) 5-06
4. Peggy Odita (Sac TC) 5-04

Pole Vault

1. Melissa Price (Fresno State) 13-05.5
2. Stacy Dragila (Unatt) 12-11.5
3. Tiffany Smith (No Limit) 12-11.5
4. Jocelyn Chase (UCLA) 11-05.75
5. Gienda Smith (No Limit) 11-05.75

Long Jump (Inv.)

1. Jackie Edwards (Unatt) 21-06.25
2. Kelly Blair (NIKE) 21-00.5
3. Lisa Hale (Unatt) 19-07.5
4. Carrie Jansen (Fresno St) 19-04
5. Tracy Dulmage (RKMIElite) 19-04

Triple Jump (Inv.)

1. Sheila Hudson (Reebok) 46-06.75
2. Robin Johnson (Unatt) 42-09.5
3. Lisa Austin (Unatt) 42-01.5
4. Rebecca Butt (Unatt) 41-05
5. Tracy Dulmage (RMtnElite) 40-04.75

Shot Put (Open/Inv.)

1. Connie Price-Smith (Reeb) 61-07.5
2. Valeyta Althouse (UCLA) 57-09
3. Eileen Vanisii (Unatt) 57-00
4. Dawn Dumble (Reebok) 56-05.25
5. Beth Burton (CS North) 51-03.5

Discus (Inv.)

1. Lacey Barnes (Unatt) 198-08
2. Suzy Powell (UCLA) 193-04
3. Connie Price-Smith (Reeb) 191-02
4. Dawn Dumble (Reebok) 186-10
5. Caria Garret (Unatt) 186-06

Javelin Throw

1. Amy Bublak (Unatt) 158-07
2. Rachelle Noble (Unatt) 157-02
3. Molly Moore (WashState) 146-06
4. Peggy Odita (SacramTC) 142-07

Masters Men's Events

100 Meters

1. Stan Whitley (Unatt) 10.36
2. Fred Gunther (Unatt) 10.57
3. Bobby Thomas (Unatt) 10.69
4. Carl Orndorff (Unatt) 10.82
5. Lex Feitas (Unatt) 11.32

Santa Monica Distance Carnival

May 18, At Santa Monica College.

Men

800m: 1. Best (Canada) 1:47.53, 2. T. Davis (Accusplit) 1:47.80, 3. Robinson (SacTC) 1:48.31, 4. Black (Nike) 1:48.80, 5. Armour (West Chester TC) 1:48.96, 1500m: 1. Johns (New Zeal) 3:39.30, 2. M. Cox (un) 3:39.93, 3. Agar (Farm Team) 3:39.93, 4. Sorenson (AIA) 3:40.11, 5.



Darcy Arreola (left) & Suzy Hamilton
Photo by Bill Leung, Jr./Geek Media

Healy (Life) 3:41.17, 6. J. Harris (Reebok) 3:41.69, 7. Klassen (Nike) 3:41.72, 5000m: 1. Polonski (New Bal) 13:41.61, 2. P. Porter (un) 13:50.78, 3. Held (Nike) 13:50.98, 4. DeHaven (New Bal) 13:53.84, 10,000m: 1

RESULTS

Ochoa (Asics) 30:01.4, 2. Brad Hauser (un) 30:26.8, 3. Brent Hauser (un) 30:27.1. **3000mSC:** 1. T. Davis (Portland) 8:48.0, 2. Kimple (Reebok) 8:58.8, 3. Lienau (Reebok) 9:00.1.

Women

800m: (Race 1) 1. DiMuro (Asics) 2:02.58, 2. Nugenhauser (Nike) 2:04.70, 3. Ross (San Diego TC) 2:06.42. (Race 2) 1. Runyan (Blind Athletes) 2:07.28, 2. S. Garcia (un) 2:07.89. **1500m:** 1. Hamilton (Reebok) 4:10.50, 2. Arreola (Nike) 4:13.73, 3. Polly Plummer (Asics) 4:14.84, 4. Martel (Reebok) 4:17.98, 5. Groenendaal (SMT) 4:18.63, 6. S. Jones (Nike) 4:19.85. **3000m:** 1. Fischer (SMT) 9:14.75. **5000m:** 1. Dennehy (Ireland) 15:44.92, 2. Nusrata (Nike) 16:04.55, 3. Vaughan (Asics) 16:28.53, 4. Hartzheim (Wis TC) 16:33.17, 5. Jorgensen (un) 16:51.75, ... 15. Larriau-Smith (New Bal) 17:34.24. **10,000m:** 1. Boyd (adidas) 34:28.17, 2. Acosta (adidas) 34:52.03, 3. Stuart (SDTC) 34:55.24. **3000mSC:** 1. Padilla (Asics) 10:30.2, 2. Henderson (Reeb) 10:47.9, 3. Dpema (Reeb) 11:00.9.

Atlanta Grand Prix

May 18, Atlanta, GA.

Men

100m: 1. Dennis Mitchell (US) 9.93, 2. Carl Lewis (US) 9.94, 3. Donovan Bailey (Can) 9.97. **200m:** 1. Michael Johnson (US) 19.83, 2. Michael Marsh (UC) 19.88, 3. Olapade Adeniken (Nig) 20.26. **400m:** 1. Butch Reynolds (US) 44.33, 2. Derek Mills (US) 44.75, 3. Roger Black (Brit) 44.81. **800m:** 1. Johnny Gray (US) 1:44.96, 2. David Kiptoo (Ken) 1:45.84, 3. Joseph Tengelei (Ken) 1:45.88. **3000m:** 1. Paul Bitok (Ken) 7:47.80, 2. Jim Svenoy (Nor) 7:48.42, 3. Martin Keino (Ken) 7:48.75. **110mHH:** 1. Mark Crear (US) 13.29, 2. Allen Johnson (US) 13.31, 3. Jack Pierce (US) 13.38. **400mIH:** 1. Bryan Bronson (US) 48.66, 2. Derrick Adkins (US) 48.79, 3. Winthrop Graham (Jam) 49.09. **1 Mile:** 1. Noureddine Morceli (Alg) 3:50.86, 2. Steve Holman (US) 3:51.38, 3. David Kibet (Ken) 3:56.16. **HJ:** 1. Javier Sotomayor (Cuba) 7-7 3/4, 2. Steiner Hoen (Nor) 7-6 1/2, 3. Charles Austin (US) 7-6 1/2. **PV:** 1. Sergey Bubka (Ukr) 19-9, 2. Pat Manson (US) 18-8 1/2, 3. Scott Huffman (US) 18-4 1/2. **SP:** 1. John Godina (US) 69-3 1/4, 2. Randy Barnes (US) 68-10, 3. C.J. Hunter (US) 68-14. **TJ:** 1. Jonathan Edwards (Brit) 57-8 1/2, 2. Yoel Garcia (Cuba) 56-11 1/4, 3. Mike Conley (US) 56-10 1/4. **HT:** 1. Igor Astapkovich (Bulg) 258-2, 2. Sergey Alay (Bela) 247, 3. Enrico Sgrulletti (Ita) 247. **Mini-Decathlon-PV:** 1. Ricky Barker (US) 16-8 3/4, 110mHH: Dan O'Brien (US) 13.60, SP: 1. Rob Muzzio (US) 54-6.

Women

100m: 1. Gwen Torrance (US) 10.85, 2. Carlette Guidry (US) 11.06, 3. Dannelle Stone-Young (US) 11.13. **400m:** 1. Marie-Jose Perac (Fra) 50.17, 2. Cathy Freeman (Aust) 50.39, 3. Pauline Davis (Bah) 50.50. **800m:** 1. Ana Quirot (Cuba) 2:07, 2. Joetta Clark (US) 2:00.21, 3. Alisa Hill (US)

2:00.75. **1500m:** 1. Julie Henner (US) 4:15.24, 2. Maria Mutola (Moz) 4:16.53, 3. Angela Chalmers (Can) 4:16.89. **100mHH:** 1. Dionne Rose (Jam) 12.76, 2. Dawn Bowles (US) 12.76, 3. Aliuska Lopez (Cuba) 12.77. **400mIH:** 1. Sandra Farmer-Patrick (US) 54.17, 2. Deon Hemmings (Jam) 54.51, 3. Tonja Buford-Bailey (US) 54.90. **HJ:** 1. Karol Jenkins (US) 6-3 1/2, 2. Gwen Wentland (US) 6-2, 3. Tanya Hughes Jones (US) 6-1 1/4. **LJ:** 1. Jackie Joyner-Kersey (US) 23-7 1/2, 2. Ljudmila Ninova (Austria) 23.3, 3. Inessa Kravets (Ukr) 22-10. **DT:** 1. Liza-Maria Vizaniari (Aust) 211-9, 2. Ellina Zvereva (Bulg) 207-3, 3. Irina Yatchenko (Bulg) 206-11.

PAC-10 Championships

May 18-19, Drake Stadium, UCLA, Los Angeles. Finals.

Men

Team Scores: UCLA 151, Oregon 131, Washington 97.5, USC 96, Washington St 82.5, Stanford & Cal 80.5, Ariz 73, Ariz St 20.

100m: Boldon, UCLA, 10.03; Shelton, USC, 10.25; Bradley, UCLA, 10.30; Akin-

USC, 47.74; Khoo, Or, 48.25; DNS. Has-senn, UCLA & Johnson, Or

800m: Terry, UCLA, 1:48.92; Kopf, Az, 1:49.10; Newton, Wa, 1:49.37; Voitetsky, Az, 1:49.55; Pacheco, USC, 1:50.78; Oller-man, WaSt, 1:51.06; Maas, Stan, 1:51.29; Turner, USC, 1:51.55

1500m: Boulet, Cal, 3:43.56; Andrews, Or, 3:44.20; Hatzembeler, Wa, 3:44.55; Kamau, WaSt, 3:45.32; James, Or, 3:45.96; Lunn, Stan, 3:49.91; Wakdon, Stan, 3:50.20; Nicholas, Or, 3:50.24

5000m: Keflezighi, UCLA, 14:15.20; Jim-merson, Stan, 14:21.92; Reeder, Stan, 14:22.14; Boulet, Cal, 14:23.62; Keska, Or, 14:27.95; Cantwell, Or, 14:30.19; Davis, Or, 14:31.06; Casillas, Az, 14:31.83

10,000m: Keska, Or, 29:10.40; Davis, Or, 29:29.80; Keflezighi, UCLA, 29:55.75; Gury, Or, 29:58.0; Reeder, Stan, 30:10.00; Balkman, Stan, 30:17.12; Repak, AzSt, 30:27.33; Gilmore, Cal, 31:00.2 **2nd DAY FINALS:**

110mHH: Aladefa, USC, 13.70; Arnold, WaSt, 14.75; Anderson, UCLA, 13.89; Gunderson, AzSt, 14.36; Bushnell, Or, 14.58; Meyer, Wa, 14.66; Burleigh, UCLA, 14.78; Gleason, Stan, 15.00

4x400m Relay: USC 3:07.33; Washington 3:08.35; Stan 3:09.36; Az 3:09.76; AzSt 3:10.46; WaSt 3:11.11; UCLA, 3:11.69; Cal 3:12.03

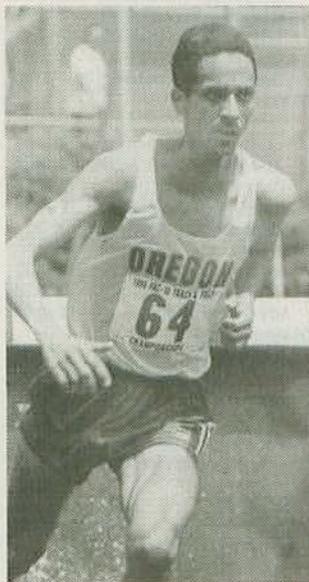
High Jump: Nelson, Or, 7-2.5; Pitchford, UCLA, 7-0.5; Barnett, UCLA, 7-0.5; Reynolds, Wa, 6-10.75; Mosley, WaSt & Damberville, Wa, 6-6.75; Leonard, Cal & Ferreira, Cal & Carruthers, Cal, 6-6.75

Pole Vault: Slover, UCLA, 17-4.5; Autio, Az, 17-0.75; Livingston, Or, 17-0.75; Barken, Cal, 16-8.75; Phelps, Cal, 16-4.75; Buddin, Stan, 16-4.75; Madche, Wa, 16-4.75; Zieser, WaSt, 16-4.75

Long Jump: Ferreira, Cal, 25-6.25; Living-ston, Or, 25-1.25; Slack, WaSt, 25-0; Mawindi, WaSt, 24-8.5; Turner, Wa, 24-7.25; Balina, Az, 24-7; Mortimore, Or, 24-7; Hewsum, Stan, 23-9

Triple Jump: Ozolinsh, Cal, 52-11; Bleak-ney, Or, 51-10.5; Mawindi, WaSt, 50-6.25; Moultry, UCLA, 50-4.5; Cornelius, Az, 49-3.75; Manning, Stan, 49-3; Robinson, WaSt, 48-6.75; Nelson, Or, 47-8

Shot: Parlin, UCLA, 64-8; Ugwu, Az, 64-3; Ogden, UCLA, 62-3; Conwell, Wa, 61-5; Tift, UCLA, 57-9; Carlson, Or, 57-5; Con-nell, Wa, 56-9.25; Torree, Az, 55-9.25



Daniel Das Neves

Photo by Bill Leung, Jr./Geek Media



Joanna Hayes

Photo by Phillip Enbody



Mebrahtom Keflezighi

Photo by Phillip Enbody

remi, Az, 10.55; Turner, Wa, 10.56; Volson, USC, 10.64; Madu, WaSt, 10.73; Woods, Or, 10.74

200m: Boldon, UCLA, 20.00; Bradley, UCLA, 20.64; Turner, Wa, 20.74; Madu, WaSt, 21.46; Druskin, USC, 21.49; Akinre-mi, Az, 21.56; Cornelius, AzSt, 21.59; Holmes, USC, 21.78

400m: Davis, USC, 45.85; Johnston, Stan, 46.17; Druskin, USC, 47.09; Dawson, Wa, 47.40; Wilson, Cal, 47.73; Holmes,

400mIH: Aladefa, USC, 50.71; Elliott, Cal, 51.38; Allen, Stan, 51.81; Muniz, Cal, 52.63; Meyer, Wa, 52.80; Allen, WaSt, 53.38; Johnston, Wa, 54.02; Pappas, Or, 54.16

3000m Steeplechase: Das Neves, Or, 8:44.30; Pavach, Wa, 8:51.18; Fadil, Stan, 8:53.74; Johnston, Wa, 8:57.06; Aubrey, Or, 9:01.64; Knutsen, Or, 9:02.52; Caru-setta, AzSt, 9:04.25; Hilton, Wa, 9:05.22

4x100m Relay: UCLA 39.60; USC 39.80; WaSt 40.76; Cal 41.26; Ore 41.27; Stan 42.53

Discus: Ugwu, Az, 193-0; Waltz, WaSt 188-10; Dumble, UCLA, 186-0; Sullivan, UCLA, 185-8; Swanson, Stan, 179-3; Haynes, UCLA, 177-3; Moore, WaSt, 175-10; Dallow, Az, 169-7

Hammer: Kiss, USC, 2541-1; Johannson, USC, 227-4; Kulusarka, Az, 220-3; Laiho, AzSt, 209-7; Strand, Stan, 205-3; Connolly, Stan, 203-2; Felice, Wash, 197-9; Robin-son, Ore, 193-8

Javelin: Burkholder, Wa, 229-5; Johnson

RESULTS

UCLA, 218-0; deMunnik, Wa, 211-0; Lie, Or, 210-7; Kerns, Cal, 202-8; Boag, WaSt, 196-3; Mitchell, Or, 195-5; Pate, WaSt, 193-8

Decathlon [contested May 11-12]: Slac, WaSt, 7743; Livingston, Or, 7543; Bomben, Cal, 7526; Johnson, Az, 7191; Gleason, 7013; Pappas, Or, 6986

Women

Team Scores: USC 151; Oregon 144; UCLA 117; Wash 77; Stan 69; Cal 67; Wash St 56; AzSt 51; Az 48

100: Edwards, USC, 11.48; Green, WaSt, 11.61; Anderson, UCLA, 11.64; Woods, Or, 11.71; Grant, UCLA, 1.82; Benyarku, USC, 1.89; Gibson, USC, 11.95; Miller, Stan, 12.01

200: Edwards, USC, 23.1h; Anderson, UCLA, 23.4h; Woods, Or, 23.6h; Miller, Stan, 23.9h; Conwright, USC, 24.1h; Jackson, AzSt, 4.4h; Brown, WaSt, 24.4h; Wumasi, UCLA, 24.6h

400: Malco, UCLA, 2.39; Gilliam, Cal, 52.53; Omissiong, Or, 52.65; Reynolds, 53.59; Jashinghe, USC, 55.18; Twuasi, UCLA, 55.34; Morris, Or, 56.52; Jel, UCLA, 60.17

800: Adams, AzSt, 2:04.25; Penc, USC, 05.14; Fleschner, Or, 2:06.54; Bennett, Or, 2:07.05; Knudson, Or, 2:07.05; Remld, Wa, 2:10.34; Minelli, Wa, 2:10.86; Dey, an, 2:11.78

1500: Penc, USC, 4:23.71; Dey, Stan, 24.12; Johnson, Wa, 4:28.81; Chokshi, an, 4:30.18; Bowles, Wa, 4:30.59; Hobbs, aSt, 4:30.82; Cobb, Stan, 4:31.14; Bratng, Az, 4:31

3000: Shiferaw, USC, 9:12.97; Glusac, 9:16.07; Renfro, Stan, 9:19.61; T Carlson, Wa, 9:21.92; J. Carlson, Or, 9:36.10; Ivis, Or, 9:36.17; Lewy, Cal, 9:43.68; o, Stan, 9:44.78

5000: Shiferaw, USC, 16:16.27; Glusac, 16:18.70; T Carlson, Wa, 16:19.85; nfro, Stan, 16:22.74; Fairchild, Or, 26.56; J. Carlson, Or, 17:02.84; Youngst, Wa, 17:09.46; Nay, Az, 17:10.00

10,000: Fairchild, Or, 34:07.86; Zwager, n, Or, 35:18.04; Youngquist, Wa, 29.23; Harlick, UCLA, 35:29.93; Soder, n, Cal, 35:42.23; Quaintance, Az, 52.25; Dunscombe, Stan, 36:03.73; ehy, Stan, 36:50.94

20,000: Hayes, UCLA, 13.29; Johnson, 13.58; Grant, UCLA, 13.99; Smith, C, 14.18; Booth, WaSt, 14.31; Buzzi, 14.45; Hall, WaSt, 14.46; Hysong, n, 14.56

50,000: Johnson, Az, 57.56; Haynes, A, 58.32; Henes, Or, 58.51; Woods, 58.64; Black, Cal, 59.87; Shegog, 60.47; Henlon, Cal, 60.70; Henderson, 61.85

1x100: USC 44.70; Or 45.31; UCLA 34; AzSt 45.87; Az 46.06; WaSt 47; Stan 47.06; Wash 47.15

4x400: Ore 3:36.79; USC 3:38.75; AzSt 3:40.14; UCLA 3:42.54; Cal 3:42.57; Wash 3:43.60; Stan, 3:49.80; Wash St 3:51.30

High Jump: Acuff, UCLA, 6-3.25; Smith, USC, 5-10.75; Lawyer, Stan, 5-10.75; Daly, AzSt, 5-8.75; Johnson, Cal, 5-8.75; Canidate, USC, 5-8.75; Green, WaSt, 5-7; Biere, Wa, 5-7



Emebet Shiferaw (left) & Sarna Renfro

Photo by Phillip Endbody

Long Jump: Green, WaSt, 20-10.5; Burton, Az, 20-9; Hayes, Cal, 20-4.5; Thomas, Or, 20-3; Hysong, AzSt, 19-8.75; Upshawm, Cal, 19-7.5; Haynes, USC, 19-6.75; Littlepage, Cal, 19-3.5

Triple Jump: Littlepage, Cal, 42-4; Dolphin, USC, 39-10.5; Sutton, Wa, 38-8w; Wilmer, Stan, 38-4.25; Test, Stan, 38-4; Koch, WaSt, 38-3.5; Shaw, UCLA, 37-8; Johnson, Cal, 37-1 87

Shot: Althouse, UCLA, 59-6.25; Kawar, UCLA, 53-1.75; Hill, Wa, 50-3.5; Coons, USC, 47-7.25; Sweltzer, Or, 47-6.5; Cvitanich, Or, 46-7.5; Antonson, AzSt, 44-9; Jackson, Sta, 44-5

Discus: Aretha Hill, Wa, 195-9; Powell, UCLA, 190-11; Kawar, UCLA, 172-0; DeMars, Stan, 169-10; Hulse, WaSt, 163-9; Martin, USC, 157-0; Engstrom, Az, 154-8; Lopez, Cal, 152-11

Javelin: Brewer, Or, 149-11; Pearmine, Or, 147-6; Antonson, AzSt, 145-6; Moore, WaSt, 138-11; Haynes, USC, 133-1; Amana, AzSt, 132-0; Thomas, Or, 127-4; Brager, Wa, 128-5

Hammer: Shanley, Wa, 157-10; Heads, Cal, 152-1; Martin, USC, 150-10; More, WaSt, 147-6; Lopez, Cal, 143-0; Montoya, Az, 140-10; Small, Stan, 138-5; Cvitanich, Or, 136-1

Heptathlon [contested May 11-12]: Hayes, USC, 5786; Thomas, Or, 5280; Hysong, AzSt, 5253; Smith, USC, 5198; Shultz, WaSt, 5074; Lawyer, 4998; Henes, Or, 4902; Jackson, 4569

NAIA National Championships

May 23-25, Marietta, GA.

MEN

MEN'S 100 METER-FINALS: (w:0.1): 1. Sheldon Edwards, Okla Baptist Univ 10.32; 2. Damon Willis, S.W. Oklahoma State U 10.49; 3. Chris Courtney, Central Washington Univ 10.57; 4. Kevin Wiley, Azusa Pacific University 10.58. **Semi-Finals MEN'S 100 METER:** Heat 1: (w:-0.3): 5. Jason Miller, Calif Baptist College 11.03. Heat 2: (w:-1.5): 1. Kevin Wiley, Azusa Pacific University 10.71.

MEN'S 200 METER-FINALS: (w:0.7): 1. Sheldon Edwards, Okla Baptist Univ 20.63; 2. Syan Williams, Central State University 21.08; 3. Sayon Cooper, Central State University 21.15.

MEN'S 400 METER-FINALS: 1. Lenear Dakari, Prairie View A&M Univ 45.64; 2. Ryan Chaney, George Fox 46.58; 3. Darrin Browder, Southern University 46.95; 5. Stefan Letzelter, Pt Loma Nazarene College 47.48. **Semi-Finals MEN'S 400 METER:** Heat 2: 2. Stefan Letzelter, Pt Loma Nazarene College 46.86.

MEN'S 800 METER-FINALS: 1. James Njoroge, Taylor University 1:48.65; 2. Corey DeGoffau, Hillsdale College 1:50.04; 3. Allan Kiuna, Ambassador University 1:50.08.

MEN'S 1,500 METER RUN-FINALS: 1. Philip Healy, Life College 3:43.03; 2. James Njoroge, Taylor University 3:43.33; 3. Chris Myhr, Simon Fraser 3:47.55; 5. Jaime Martinez, Azusa Pacific University 3:49.17; 9. Anthony Fisher, Azusa Pacific University 3:55.20.

MEN'S 5,000 METER RUN-FINALS: 1. Gray Mavhera, Calif Baptist College 14:26.73; 2. Mike Mamo, Lubbock Christian Univ 14:27.94; 3. Eric Tolletson, Central Washington Univ 14:30.15; 7. Jaime Martinez, Azusa Pacific University 14:47.54. **Prelims MEN'S 5,000 METERS:** Heat 1: 3. Gray Mavhera, Calif Baptist College 14:59.73. Heat 2: 4. Jaime Martinez, Azusa Pacific University 15:01.33.

MEN'S 10,000 METER RUN FINALS: 1. Peter Tanul, Lubbock Christian Univ 30:14.83; 2. Henno Haava, Berea College 30:24.01; 3. Japheth Kirui, Lubbock Christian Univ 30:30.65.

MEN'S MARATHON-FINALS: 1. John Villenan, West Florida 2:30:24.66; 2. Peter Ruiz, Lubbock Christian Univ 2:34:03.10; 3. Larry Holland, Southern California Coll 2:36:00.68; 15. Ben Fitzpatrick, Pacific University 2:58:08.37.

MEN'S 400 METER HURDLES FINALS: 1. Matt Badgett, Okla Baptist Univ 52.80; 2. Sean Martin, Pt Loma Nazarene College 53.09; 3. Andrew Wilson, Pacific Lutheran 53.21. **Semi-Finals MEN'S 400 METER HURDLES:** Heat 1: 6. James Meyer, Azusa Pacific University 54.88; 8. Kenneth Royal, Calif Baptist College 1:28.75. Heat 2: 1. Sean Martin, Pt Loma Nazarene College 53.49.

MEN'S 3,000 METER STEEPLECHASE-FINALS: 1. Case Shay, Lubbock Christian Univ 9:03.38; 2. Isaac Blwott, Life College

9:04.62; 3. Erik Anderson, Linfield College 9:12.47; 8. Philip Livingood, Westmont College 9:33.47.

MEN'S 5,000 METER RACE WALK-FINALS: 1. Chad Eder, Cedarville College 21:53.96.

MEN'S 4X100 METER RELAY-FINALS: 1. Central State University 40.56; (Marcus Mars, Sayon Cooper, Sayan Williams, Craig Tominson), 2. Southern University 40.81; 3. S.W. Oklahoma State U 41.11; 5. Azusa Pacific University 41.77. **Prelims MEN'S 4X100 METER RELAY:** Heat 1: 3. Calif Baptist College 41.88. Heat 2: 1. Azusa Pacific University 41.46.

MEN'S 4X400 METER RELAY-FINALS: 1. Prairie View A&M Univ 3:05.54; (Erick McLeMore, Anthony Dabney, Shellie Dick Lenear Dakari), 2. Central State University 3:08.91; 3. Southern University 3:11.60; 7. Calif Baptist College 3:15.28. **Prelims MEN'S 4X400 METER RELAY:** Heat 1: 3. Calif Baptist College 3:14.19; Heat 2: 6. Azusa Pacific University 3:19.69.

MEN'S HIGH JUMP-FINALS: 1. Kevin Carlson, Southern California Coll 2.15m (7-00.50); 2. Jason Clinch, Linfield College 2.12m (6-11.50); 3. Ryan Biegel, Indiana Wesleyan Univ 2.12m (6-11.50); 12. Brian Carlson, Southern California Coll 2.03m (6-08); 12. Jason Ridgeway, Biola University 2.03m (6-08); 12. Aaron Masters, Pt Loma Nazarene College 2.03m (6-08); Aaron Berhow, Calif Baptist College; Judd Hunter, Pacific Lutheran.

MEN'S POLE VAULT-FINALS: 1. Russell Watson, S. Nazarene University 5.10m (16-08.75); 2. Chad Stadler, Jamestown College 5.00m (16-04.75); 3. Greg Jordan, Linfield College 4.90m (16-00.75); 8. Eric Juarez, Calif Baptist College 4.70m (15-05); Neil Owen, Pacific Lutheran -- no height.

MEN'S LONG JUMP-FINALS: 1. Kevin Wiley, Azusa Pacific University 7.92m w:1.5 (26-0); 2. Brook Russewil, William Jewell College 7.52m w:0.4 (24-08.25); 3. Maurice Wignall, Southern University 7.48m w:0.4 (24-06.50); 6. Jimmy Devine, Calif Baptist College 7.14m w:1.1 (23-05.25); 7. Tage Peterson, Azusa Pacific University 7.14m w:0.4 (23-05.25).

MEN'S TRIPLE JUMP-FINALS: 1. Aaron Young, George Fox 14.82m w:0.3 (48-07.50); 2. Jimmy Devine, Calif Baptist College 14.70m w:0.4 (48-02.75); 3. Kyle Keifer, Midland Lutheran College 14.63m w:0.3 (48-0); 4. Walter Russell, Calif Baptist College 14.55m w:0.3 (47-09); 12. Aaron Masters, Pt Loma Nazarene College 13.55m w:0.5 (44-05.50); Georgia Gibbs, Pacific University FOUL w:NWI

MEN'S SHOT PUT-FINALS: 1. Jim Arnett, Huntington College 17.43m (57-02.25); 2. Jason Long, Dickinson State Univ 16.27m (53-04.50); 3. Brian Goetsch SD Sch of Mines & Tech 16.25m (53-03.75); 16. Jon Davis, Azusa Pacific University 13.68m (44-10.75).

MEN'S DISCUS THROW-FINALS: 1. Jon Byrd, Wayland Baptist Univ 52.04m (170-09); 2. Jon Davis, Azusa Pacific University 51.14m (167-09); 3. Jason Wood,

RESULTS

Lindenwood College 50.00m (164-0); 15. Luke Jacobson, Pacific Lutheran 45.70m (149-11); 20. Darren Flynt, Azusa Pacific University 43.88m (143-11); 27. Robert Degnan, Calif Baptist College 41.18m (135-01); Magnus Strandqvist, Pt Loma Nazarene College FOUL

MEN'S JAVELIN THROW--FINALS: 1. Paulo Freitag, Life College 66.58m (218-05); 2. Shane McCall, Dickinson State Univ 61.84m (202-11); 3. Aaron Faimon, Baker University 61.56m (202-0); 4. Kyle Swanson, Biola University 60.56m (198-08); 14. Ralph Lycklama, Azusa Pacific University 54.32m (178-02); 15. Dan Carlson, Pacific Lutheran 53.74m (176-04).

MEN'S HAMMER THROW--FINALS: 1. Daniel Nelson, Western Oregon State Coll 57.82m (189-08); 2. Magnus Strandqvist, Pt Loma Nazarene College 57.52m (188-08); 3. Robert Degnan, Calif Baptist College 55.60m (182-05); 6. Mark Elliott, Pacific Lutheran 52.70m (172-11); 7. Darren Flynt, Azusa Pacific University 51.36m (168-06).

DECATHLON--FINALS: 1. Alper Kasapoglu, Western Oregon State Coll 7818; (NAIA Record, old mark 7685, Alper Kasapoglu, Western Oregon State, 1995) 2. Tage Peterson, Azusa Pacific University 7372; 3. Karl Lerum, Pacific Lutheran 7079; 4. Ty Wynn, Azusa Pacific University 6862; 5. Ralph Lycklama, Azusa Pacific University 6776; 7. David Robinson, Pacific Lutheran 6732; 16. Kyle Pine, Azusa Pacific Univ. 5995.

FINAL MEN'S TEAM SCORES: 1 Lubbock Christian Univ 59, 2 Azusa Pacific University 54, 3 Central State University 46, 4 Life College 44, 5 Southern University 38, 6T Calif Baptist College 35, 14 Pacific Lutheran 21, 15T Pt Loma Nazarene College 20, 19 Southern California Coll 16, 31 Biola University 8.

WOMEN

WOMEN'S 100 METER--FINALS: (w:0.1): 1. Jasmine Sampson, Park College 11.75; 2. Charteau White, Central State University 11.80; 3. Sherese Collie, Life College 11.97. **Semi-Finals WOMEN'S 100 METER:** Heat 2: (w:0.4): 7. Ashanti Austin, Azusa Pacific University 12.76

WOMEN'S 200 METER--FINALS: (w:0.1): 1. Beverley Grant, Central State University 23.24; 2. Jasmine Sampson, Park College 24.06; 3. Sherese Collie, Life College 24.31; 6. Sandy Metzger, Pacific Lutheran 24.94. **Semi-Finals WOMEN'S 200 METER:** Heat 1: (w:0.4): 5. Sandy Metzger, Pacific Lutheran 24.99.

WOMEN'S 400 METER--FINALS: 1. Fatimat Yusuf, Azusa Pacific University 51.44; (NAIA Record -- old mark 51.57, Fatimat Yusuf, Azusa Pacific, 1994). 2. Beverley Grant, Central State University 52.25; 3. Vernetta Lesforis, Missouri Valley College 54.49; 4. Sandy Metzger, Pacific Lutheran 55.06. **Semi-Finals WOMEN'S 400 METER:** Heat 2: 1. Fatimat Yusuf, Azusa Pacific University 53.27; 4. Sandy Metzger, Pacific Lutheran 56.03; 6. Sara Naylor, Westmont College 56.97.

WOMEN'S 800 METER--FINALS: 1. Christine Smith, Southern University 2:09.80; 2. Steph Miller, S. Nazarene University 2:10.19; 3. Stephanie Minto, Southern University 2:11.98; 4. Traneca Hicks, Pt Loma Nazarene College 2:12.41; 7. Nikee Pool, Southern California Coll 2:13.21; 8. Carmen Gage, Azusa Pacific University 2:16.97. **Semi-Finals WOMEN'S 800 METER:** Heat 1: 4. Carmen Gage, Azusa Pacific University 2:13.82. Heat 2: 2. Traneca Hicks, Pt Loma Nazarene College 2:12.88; 3. Nikee Pool, Southern California Coll 2:13.96; 4. Summer Morris, Western Oregon State Coll 2:14.03; 5. Kyley.

WOMEN'S 1,500 METER RUN--FINALS: 1. Tamara Dingley, Wayland Baptist Univ 4:26.69; 2. Carolyn Murray, Simon Fraser 4:28.46; 3. Jodie Young, Wayland Baptist Univ 4:28.90; 7. Michelle Teodoro, Azusa Pacific University 4:38.13; 12. Anniaka Gustafson, Westmont College 4:48.40.

WOMEN'S 3,000 METER--FINALS: 1. Tamara Dingley, Wayland Baptist Univ 9:43.58; 2. Carl Rampersad, Simon Fraser 9:47.93; 3. Melissa Hayward, Linfield College 9:57.14; 5. Tanya Robinson, Pacific Lutheran 10:06.43.

WOMEN'S 5,000 METER RUN--FINALS: 1. Tumaini Urjo, Life College 17:13.52; 2. Petra Staskova, Mobile AL 17:15.94; 3. Jessica Bissonnette, Whitman College 17:22.68. **Prelims WOMEN'S 5,000 METERS:** Heat 1: 7. Brooke Daehlin, Pacific Lutheran 18:42.56. Heat 2:

WOMEN'S 10,000 METER RUN--FINALS: 1. Tumaini Urjo, Life College 36:03.37; 2. Jenny Kohl, Olivet Nazarene Univ 37:15.45; 3. Turi Widsteen, Pacific Lutheran 37:43.52; 6. Sarah Laufer, Azusa Pacific University 38:06.00.

WOMEN'S MARATHON--FINALS: 1. Heather Thompson, Doane College 3:07:44.41; 2. Kerl Fazzey, Eastern Oregon State U 3:09:13.61; 3. Shawna Doty, Jamestown College 3:11:10.64; 5. Julie Burns, Pacific University 3:20:36.51; 11. Kerry Sue Houchin, Fresno Pacific College 3:48:25.69; 12. Heather Salisbury, Southern California Coll 3:50:14.09.

WOMEN'S 3,000 METER RACE WALK--FINALS: 1. Anne-Marie Oswald, Simon Fraser 15:15.91; 2. Jill Zenner, Cedarville College 15:25.47; 3. Kathy Law, Western Washington Univ 16:04.92; 5. Jill Green, Pacific Lutheran 16:41.74; - Valerie Wawrzycki, Pacific Lutheran DQ; - Kellie German, Pacific Lutheran DQ.

WOMEN'S 100-METER HURDLES--FINALS: (w:NW): 1. Catherine Pomales, Central State University 13.44; NAIA Record (old mark -- 13.57, Carolin Sterling, Central State, Ohio, 1993) 2. Michelle Campbell, Azusa Pacific University 13.84; 3. Rowena Welford, Wayland Baptist Univ 14.11; 8. Sara Strom, Pacific Lutheran 15.34. **Semi-Finals WOMEN'S 100 METER HURDLES:** Heat 2: (w:0.0): 1. Michelle Campbell, Azusa Pacific University 13.83; 4. Sara Strom, Pacific Lutheran 14.79.

WOMEN'S 400 METER HURDLES--FINALS: : 2. Lesakay Morgridge, Southern

University 1:01.28; 3. Stephanie Minto, Southern University 1:01.44. **Semi-Finals WOMEN'S 400 METER HURDLES:** Heat 2: 6. Carrie Vickery, Pt Loma Nazarene College 1:03.81; 8. Sara Strom, Pacific Lutheran 1:07.49.

WOMEN'S 4X100 METER RELAY--FINALS: 1. Central State University 44.95; (Chanteau White, Beverley Grant, Ronalee Davis, Catherine Pomales) 2. Southern University 46.86; 3. Arkansas-Pine Bluff 47.16. **Prelims WOMEN'S 4X100 METER RELAY:** Heat 2: 5. Pacific Lutheran 48.65.

WOMEN'S 4X400 METER RELAY--FINALS: 1. Southern University 3:41.27; (Christine Smith, Lesakay Morgridge, Stephanie Minto, Selisha Hudson), 2. Azusa Pacific University 3:43.10; 3. Central State University 3:44.66. **Prelims WOMEN'S 4X400 METER RELAY:** Heat 1: 1. Azusa Pacific University 3:46.52. Heat 2: 5. Pacific Lutheran 3:54.73.

WOMEN'S HIGH JUMP--FINALS: 1. Nancy Rismlinger, George Fox 1.77m (5-09.75); 2. Selisha Hudson, Southern University 1.74m (5-08.50); 3. Cindy Leingang, Mary ND 1.71m (5-07.25); 4. Suzanne Burns, Azusa Pacific University 1.68m (5-06); Mary Sauer, Azusa Pacific University.

WOMEN'S LONG JUMP--FINALS: 1. Rowena Welford, Wayland Baptist Univ 6.13m w:1.1 (20-01.50); 2. Chanteau White, Central State University 6.12m w:1.2 (20-01); 3. Yvette French, Prairie View A&M Univ 6.08m w:1.9 (19-11.50).

WOMEN'S TRIPLE JUMP--FINALS: 1. Yvette French, Prairie View A&M Univ 12.99m w:0.3 (42-07.50) (NAIA Record -- old mark 42.5 1/4 by Christine Gray, Prairie View A&M), 2. Ronalee Davis, Central State University 12.59m w:1.0 (41-03.75); 3. Melani Lowman, Dickinson State Univ 11.98m w:0.7 (39-03.75); 5. Mary Sauer, Azusa Pacific University 11.80m w:0.2 (38-08.75).

WOMEN'S SHOT PUT--FINALS: 1. Dagmar Flynt, Azusa Pacific University 14.86m (48-09); 2. Michelle Haage, Wayland Baptist Univ 14.34m (47-00.75); 3. Sherie Schroeder, Western Washington Univ 13.44m (44-01.25).

WOMEN'S DISCUS THROW--FINALS: 1. Dagmar Flynt, Azusa Pacific University 53.06m (174-01); (NAIA Record -- old mark 167.4, Carrie Pletig, Willamette, 1990). 2. Michelle Haage, Wayland Baptist Univ 46.48m (152-06); 3. Karl Hohn, Mount Marty College 45.18m (148-03).

WOMEN'S JAVELIN THROW--FINALS: 1. Becci Harper, George Fox 47.82m (156-11); 2. Amanda Bradford, Whitman College 44.52m (146-01); 3. Lisa Case, Missouri Valley College 43.22m (141-09); 10. Sandra Clark, Westmont College 37.46m (122-11); 12. Suzy Hooper, Pacific Lutheran 36.48m (119-08).

WOMEN'S HAMMER THROW--FINALS: 1. Becky Franzluebbers, Doane College 47.14m (154-08); 2. Jenni Krueger, Pacific Lutheran 44.60m (146-04); 3. Corie Krueger, Pacific Lutheran 44.08m (144-07); 8. Dagmar Flynt, Azusa Pacific University

41.92m (137-06); 10. Coleen Krause, Fresno Pacific College 39.56m (129-09); 12. Jennifer Romig, Pacific Lutheran 38.60m (126-08).

HEPTATHLON: 1. Jamey Mulske, Mary ND 4809; 2. Carol West, Graceland College 4786; 3. Diana Djokotoe, Western Oregon State Coll 4545; 5. Suzanne Burns, Azusa Pacific University 4472; 6. Kristi Preiskorn, Pacific Lutheran 4413.

WOMEN'S 4X400 METER RELAY--FINALS: 1. Southern University 3:41.27; (Christine Smith, Lesakay Morgridge, Stephanie Minto, Selisha Hudson), 2. Azusa Pacific University 3:43.10; 3. Central State University 3:44.66.

WOMEN'S TEAM SCORES: 1 Central State University 108, 2 Azusa Pacific University 65.50, 3 Wayland Baptist Univ 62, 4 Southern University 61, 5 Life College 45, 6 Simon Fraser 44, 7 Pacific Lutheran 40, 8 George Fox 36, 9 Mary ND 35, 10 Doane College 29; 31 Pt Loma Nazarene College 5, 36 Pacific University 4, 43 Southern California Coll 2.

Pacific Association USATF T&F Championships

May 25, 1996, San Mateo, Cal. From
DAVE SHROCK

Men	
100 Meters: (wind = +2.60)	
1. Ivory Veale (Chico Cheetahs)	10.39
2. Lorenzo Hathorne (Unatt)	10.50
3. Roger Sarria (Unatt)	10.68
200 Meters: (wind = +3.00)	
1. Roger Sarria (Unatt)	21.90
2. Tom Jonsson (Coll S Mateo)	21.90
3. Joe Waters (Humboldt TC)	22.26
400 Meters:	
1. Aaron Samansky (Fresno St)	47.52
2. Chris Wilcox (Visa)	48.74
3. Jeff Garvin (Unatt)	49.26
800 Meters:	
1. Robert Price (Unatt)	1:49.36
2. Patrick Robinson (Sacramento)	1:49.36
3. Gable Barmer (Unatt)	1:55.35
4. Roger Chagnon (Unatt)	1:55.46
5. Drake Dawson (Unatt)	1:56.16
1500 Meters:	
1. Fred Carter (Farm Team)	3:52.11
2. Jon Genant (Unatt)	3:57.61
3. John Coyle (Farm Team)	3:59.11
3000 Meter Steeplechase:	
1. Bart Stephens (Unatt)	9:11.31
2. Leonardo Fernandez (HartColl)	9:34.55
3. Steven Moreno (Hartnell Coll)	9:43
5,000 Meters:	
1. Russell Hill (Reebok Aggies)	15:22.8
2. Jonathan Pritchard (FarmTm)	15:41.7
3. Juan Pinales (Unatt)	15:51.5
10,000 Meters:	
1. James Scarborough (BAOrnt)	32:46
2. Chris Lundstrom (Stanford)	32:54
3. E.J. Bohn (Empire Runners)	33:36
110 Meter Hurdles: (wind = +2.60)	
1. Richard Benoy (SpringCo)	13.1
2. Dudley Dorval (U. Conn)	13.1
3. Rod Jett (Unatt)	13.1

RESULTS

High Jump:

1. Scott Tucker (Humboldt TC)	6-08
2. James LeVain (Unatt)	6-06
3. Rand Crippen (Unatt)	6-00

Pole Vault:

1. Sheldon Blockberger (Visa)	15-00
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Long Jump: (no wind info.)

1. Lee Adkins (Quiet So TC)	25-00.75
2. Terry Simpson (Unatt)	24-05.5
3. Byron Young (Unatt)	23-05.5

Triple Jump: (no wind info.)

1. Michael Harris (Unatt)	51-11
2. Lee Adkins (Quiet Storm)	47-10.5
3. David Assa (Unatt)	46-02

Shot Put:

1. Andy Bloom (Wake Forest)	58-11.5
2. Gabe Allende (SMatAC)	54-02.75
3. Dennis DeSoto (SacTC)	53-05.5
4. Darrin Steele (US Army)	49-06.25
5. Chris Huffins (Muzuno)	48-09.5

Discus:

1. R Jimenez-Gaona (Unatt)	194-10
2. Mike Buncic (Nike Coast)	190-03
3. Andy Bloom (Wake Forest)	187-04
4. Mike Milkey (SMateo AC)	186-07
5. Stogven Muse (AIA)	182-07

Invitational Discus:

1. Andy Bloom (Wake Forest)	199-10
2. Mike Buncic (Nike Coast)	190-00
3. Steve Muse (Ath in Actn)	190-00
4. John Wirtz (Rebook RC)	189-11

Javelin:

Jason Bender (Bruin TC)	245-07
Siggi Einarsson (Unatt)	230-00
John Lally (Unatt)	215-10
Kenny Hall (Unatt)	209-02
Tom Silva (Unatt)	207-01

500 Meter Walk:

Nelson Funes (Unatt)	21:01.0
Roger Welborn (PacRW)	NT
Dick Petrucci (Pacific RW)	28:13.0

Women

10 Meters: (wind reported as legal)

Lesa Parker (Sac TC)	11.70
Valerie Manning (Sac TC)	12.12
Seema Kamal (U. Sask)	12.54

10 Meters: (wind = +2.20)

Lesa Parker (Sac TC)	24.38
Seema Kamal (U. Sask)	25.48
Stephanie Thomas (Un)	26.96

0 Meters:

Tanya Dooley (Ath in Ac)	53.56
Roshawnda Walker (Un)	59.78
Darlene Green (Unatt)	67.50

0 Meters:

Diane Whipple (Pearl IzTC)	2:10.07
Denise Walker (HumbTC)	2:11.76
Jen Carr (Stanford)	2:16.19

10 Meters:

Bigna Samuel (Unatt)	4:28.72
Ryan Thomas (Stanford)	4:46.50
Linn Schultze-Sasse (Stan)	4:48.47

00 Meters:

Beth Bartholomew (Unatt)	18:31.10
Allison White (Stanford)	18:40.78
Kim Fitchen (Farm Team)	18:42.26

100 Meters:

Alexandra Newman (ImpR)	41:02.5
Maureen Sweda (DeAnza)	44:42.5

100 Meters:

Meter Hurdles (33") (wind = +3.40)	
Valerie Manning (Sac TC)	13.19
Monica Missick (Unatt)	13.20
Seema Kamal (U. Sask)	13.80



Tanya Dooley
Photo by Bill Leung, Jr./Geek Media

400 Hurdles:

1. Aldin Harrison (Fresno St)	59.68
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Steeplechase:

1. Christine Morgan (Unatt)	10:51.46
2. Jennifer Latham (Unatt)	10:58.53
3. Kristin VonTeuber (Unatt)	11:03.54

Pole Vault:

1. Jennifer Dalton (Stanford)	11-00.25
2. Tyra Holt (Stanford)	11-00.25
3. Jennifer Greene (Sac TC)	9-00.5

Long Jump: (no wind info.)

1. V. Monar-Enweani (SaskTC)	20-4.25
2. Grace Upshaw (Unatt)	19-05
3. Lisa Male (Unatt)	19-00

Triple Jump:

1. Rob. Johnson (Un) w+3.90	40-08.25
2. Pam. Mason (Mer) w+2.80	33-05.75

Shot Put:

1. Peggy Odita (Sac TC)	38-07
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Discus:

1. Laura Desnoo (SMatAC)	167-01
2. Allison Franke (Unatt)	164-04

Invitational Discus:

1. Allison Franke (Unatt)	176-01
2. Laura DesNoo (US Army)	173-01

Javelin:

1. Nicole Carrol (SMatAC)	185-03
2. Erica Wheeler (SMatAC)	184-06
3. Meg Ann Foster (Unatt)	176-02
4. Jenn McCormick (SMAC)	167-09
5. Amy Bublak (Unatt)	155-10
6. Staci Raines (SMAC)	147-05

5,000 Meter Walk:

1. Chris Sakelarios (Unatt)	24:01.0
2. Therese Inkotan (GGRW)	24:33.0
3. Marlene Coe (Unatt)	NT

California Senior Games State Championships

May 30-June 2, Sacramento.

50m-- W50: Kim Smith 8.00, W55: Tomas Schultz 9.20, W60: Fei-Mei Chou 8.93, W65: S. Onodera-Leonard 8.98, W70: Johnny Valien 9.28, W75: Helen Robinson 12.82, M50: David Naylor 6.97, M55: Harold Tolson 7.04, M60: Richard Martin 7.26, M65: Floyd Gibbons 7.37, M70: Dick Odum 7.68, M75: John Stirling 8.25, M80: Clarence Trahan 8.90.

100m-- W50: Elizabeth Dugan 14.40, W55: Cherrie Sherrard 15.50, W60: Sumi Onodera-Leonard 17.10, W70: Johnnye Valien 18.00, W75: Helen Robinson 26.40, M50: Stephen Robbins 11.30, M55: Harold Tolson 12.90, M60: Bobby Thomas 12.20, M65: Vern Regier 13.64, M70: Dick Odum 14.40, M75: Alfred Guidet 16.20, M80: Clarence Trahan 16.60.

200m-- W50: Elizabeth Dugan 31.56, W55: Jeanne Hoagland 35.73, W60: Fei-Mei Chou 35.93, W65: Sumi Onodera-Leonard 36.56, W70: Johnnye Valien 38.39, W75: Helen Robinson 1:16.54, M50: Stephen Robbins 23.10, M55: Bill Knocke 26.49, M60: Bobby Thomas 25.46, M65: Bob McGowan 29.10, M70: Dick Odum 31.89, M75: Alfred Guidet 35.28, M80: Clarence Trahan 39.23.

400m-- W50: Sue Robbins 1:22.30, W55: Jeanne Hoagland 1:21.30, W60: Lynne Hurrell 1:30.52, W65: Sumi Onodera-Leonard 1:27.10, W70: Po Adams 1:48.10, M50: Stephen Robbins 53.10, M55: Bill Knocke 58.50, M60: Bobby Thomas 58.60, M65: Bob McGowan 1:03.80, M70: Avery Bryant 1:16.10, M75: John Rodriguez 1:33.00.

800m-- W50: Sue Robbins 3:11.51, W55: Jeanne Hoagland 3:10.45, W60: Lynne Hurrell 3:27.59, W65: Sumi Onodera-Leonard 3:17.97, W70: Po Adams 4:58.00, M55: Ken Ogden 2:40.37, M60: Charles Kirkby 2:33.86, M65: Bob McGowan 2:31.19, M70: Avery Bryant 3:01.94, M75: John Rodriguez 4:00.90, M80: Vincent Mailizia 3:32.85.

1500m-- W50: Jackie Marr 6:06.31, W55: Louise Walters 6:09.50, W60: Lynne Hurrell 6:58.80, W65: Peggy Ewing 8:23.80, W70: Johnnye Valien 8:49.10, M50: Fred Lindsley 4:45.00, M55: John Weidinger 5:14.70, M60: Ralph Harms 5:25.00, M65: Jim Selby 5:24.90, M70: Avery Bryant 6:24.90, M75: John Rodriguez 8:20.60, M80: Vincent Mailizia 7:21.20.

5K Road Race-- W50: Rusty Barnett 21:47.60, W55: Louise Walters 20:12.10, W60: Clair Ingraham 22:40.80, W65: Marian McKone 26:27.10, W70: Kit Pickles 27:17.00, M50: Stanley Stauble 17:45.00, M55: John Weidinger 18:01.00, M60: Gilman Jung 22:35.00, M65: Mort Ward 19:47.00.

M70: Avery Bryant 21:30.60, M75: Lyman Glenn 26:02.40.

10K Road Race-- W50: Rusty Barnett 45:28.80, W55: Helen MacKinley 54:51.10, W60: Leona Nenow 50:36.90, W65: Marian McKone 56:56.30, W70: Po Adams 1:04:30.90, M50: Gene Gilligan 38:02.00, M55: John Weidinger 37:31.40, M60: Melvin Schultz 44:37.40, M65: Carl Ellsworth 41:55.10, M70: Frank Ciril 55:16.20, M75: Ed Fong 1:8:57.90.

Discus-- W50: Donna Rietz 46-01.5, W55: Cherrie Sherrard 72-10.5, M60: Fei-Mei Chou 52:01.0, W70: Johnnye Valien 49-00.5, W75: Ruth Talley 38-01.0, M50: Alan Sira 107-00, M55: James Hart 128-06.5, M60: Bob Humphreys 176-03.0, M65: Charlie Sarver 117-03.0, M70: Spido Webb 70-04.5, M75: Wilbur Thompson 91-01.0, M80: Clarence Odell 79-04.5, M85: Burt DeGroot 56-04.5.

High Jump-- W50: Jeanne Hallin 3-00, W60: Fei-Mei Chou 3-06, W70: Johnnye Valien 3-04, M50: Roberto Pozzi 5-06, M55: John Steinman 4-10, M60: C. Genigeorgis 4-06, M65: Paul Bambrook 3-10, M70: Vic Jones 3-10, M75: Phillip Dettmer 4-02, M80: Charles Roloff 3-08.

Long Jump-- W50: Donna Rietz 7-00.2, W55: Tomasa Schultz 9-06.0, W60: Fei-Mei Chou 10-04.0, W65: Peggy Ewing 6-07.0, W70: Johnnye Valien 10-09.0, M50: Art Ross 15-06.5, M55: Gary Miller 16-09.0, M60: Dennis Rietz 14-01.0, M65: Paul Bambrook 15-01.5, M70: Johnny Gibson 11-05.0, M75: John Stirling 12-02.0, M80: Clarence Trahan 11-09.0.

Shot Put-- M50: Donna Rietz 20-00.5, M55: Cherrie Sherrard 32-08.5, W60: Christel Miller 26-06.5, W65: Joyce Benintende 14-04.5, W70: Johnnye Valien 22-05.0, M50: Bob Strack 34-08.5, M55: Mike Farris 43-03.0, M60: Ken Tronstad 38-01.5, M65: Charlie Sarver 34-08.5, M70: Ed Chynoweth 37-02.0, M75: Hal Cronkhitte 31-11.0, M80: Clarence Odell 31-05.5.

Softball Throw-- M50: Beverly Van Gundy 130-01, W55: Joanne DiMaggio 104-11, W60: Maxine Brown 105-02, W65: Clara Azevedo 51-00, W70: Lu Mahoney 99-05, M50: Tom Nordee 238-00, M55: Mike Farris 221-02, M60: Stu Brody 180-08, M65: R. Higginbotham 162-03, M70: Joe Kline 150-03, M75: John Stirling 135-06, M80: Clarence Odell 98-07.

Javelin-- W50: Jeanne Hallin 35-04, W55: Helen MacKinley 39-04, W60: Christel Miller 76-11, W65: Joyce Benintende 19-00, W70: Anna Alaimo 53-11, W75: Ruth Talley 39-02, M50: James Blume 110-00, M55: Stephen Wordell 126-05.5, M60: C. Genigeorgis 112-05, M65: Earl Johnson 84-03, M70: Spido Webb 56-00, M75: Glen Cooley 69-08, M80: Clarence Odell 76-04.

LOOK FOR CALIFORNIANS AT THE OLYMPIC TRIALS IN THE NEXT ISSUE.

RESULTS

▲ Road Racing

Laura Stegman Women's 5K

April 14. Lompoc

Overall Results-5K

1. Leah Etling (17). 2. Abby Hogan (34). 3. Maya Soto (18). 4. Mercy Wynn (41). 5. Pauline Schneekloth (38). 6. Yaeko Patrick (61). 7. Karen Jacobsen (22). 8. Dianna Cihoski (14). 9. Julie Jacobs (20). 10. Kristin Cihoski (9). (No times because of timer difficulties).

Brickyard Run

April 21. Martinez

Division Results-4 Mile Men:

Overall Men: 1. Matt White (37) 25:50. 2. Charlie Martin (40) 28:31. 3. Alphonse Balzowski (45) 30:19. 4. Nick Barberi (40) 30:48. 5. John Newton (31) 31:29.
10-19: 1. Reed Curtlon, 34:14. 2. Bryan Cass, 34:15. 3. Joel Hanson, 39:38. 20-29: Todd Watson, 33:12. 2. Eric Dumphy, 34:31. 3. Greg Bellomy, 37:40. 30-39: 1. Matt White, 25:50. 2. John Newton, 31:29. 3. Mr. McGowan, 34:04. 40-49: 1. Charlie Martin, 28:31. 2. Alphonse Balzowski, 30:19. 3. Nick Barberi, 30:48. 50-59: 1. Ron Nielson, 32:27. 2. Gary Nagel, 36:05. 3. Peter Estrabrook, 38:08. 60-69: 1. David Nethawa, 34:24. 2. Robert Hanson, 55:48. 70 & O: 1. Howard Homig, 37:13. 2. Larry Viglienza, 48:14.

Division Results-4 Mile Women

Overall Women: 1. Ann Dethloff (34) 27:12. 2. Shannon Mathre (19) 27:27. 3. Kathy Boettcher (40) 31:06. 4. Jennifer Troell (23) 31:29. 5. Diane Reber (52) 34:12.
10-19: 1. Shannon Mathre, 27:27. 2. Katie Willoughby, 38:38. 3. Jamie Hanson, 55:48. 20-29: 1. Jennifer Troell, 31:29. 2. Margeret Wu, 36:50. 3. Dana Cherezia, 38:27. 30-39: 1. Ann Dethloff, 27:12. 2. Felicia Adler, 34:28. 3. Melitta Rony, 35:35. 40-49: 1. Kathy Boettcher, 31:06. 2. Cindy Sakal, 34:27. 3. Terri Malone, 35:59. 50-59: 1. Diane Reber, 34:12. 2. Alexander Will, 45:01. 3. Carolyn Nagel, 50:36.

Division Results-8 Mile Men

Overall Men: 1. Kevin Searis (38) 45:09. 2. Jerry Morucci Jr (28) 47:09. 3. Marc Puppo (30) 48:43. 4. Tomas Acquiano (32) 49:25. 5. Scott Smith (48) 53:26.
10-19: 1. David Seiler, 1:08:26. 20-29: 1. Jerry Morucci, 47:09. 2. Neil Leary, 54:25. 3. John Street, 58:43. 30-39: 1. Kevin Searis, 45:09. 2. Mark Puppo, 48:43. 3. Tomas Acquiano, 49:25. 40-49: 1. Scott Smith, 53:26. 2. Robert Carey, 54:08. 3. Scott Faller, 54:37. 50-59: 1. Fred Martin, 54:13. 2. Tim Ward, 55:18. 3. Richard Parker, 57:03. 60-69: 1. Stan Morner, 1:06:35. 2. Al Kirkman, 1:07:50.

Division Results-6 Mile Women

Overall Women: 1. Martha Brook (36) 55:22. 2. Marilyn Acquistapa (48) 55:47. 3. Teresa Henry (34) 59:45. 4. Tracie Munoz (23) 59:56. 5. Debbie Hawkins (31) 1:02:40. 20-29: 1. Traci Munoz, 59:56. 2. Marcie Chase, 1:09:36. 30-39: 1. Martha Brook, 55:22. 2. Teresa Henry, 59:54. 3. Debbie Hawkins, 1:02:40. 40-49: 1. Marilyn Acquistapa, 55:47. 2. Valerie Briscoe, 1:04:30. 3. Susan Bazela, 1:05:12. 50-59: 1. Elizabeth Ingraham, 1:55:5.

Jimmy Stewart Relay Marathon

April 21. Griffith Park, Los Angeles

Division Results-Relay Marathon

College/University: Men-1. Huskies, 2:42:14. Women: 1. Roadrunner Cabinet, 3:36:47. College/University Mixed: 1. SCR-Career Runners, 3:02:19. **Community Service:** Men-1. LA Leggers 35, 2:50:43. Women: 1. Irene Dunne Guild, 3:44:38. Community Service: Mixed-1. AFG Local 1, 2:40:21. **Corporate:** Men-1. Southwest Airlines 2, 2:29:28. Women-1. Southwest Airlines, 2:46:57. Mixed-1. Amgen Runners, 2:53:50. **Family Div.:** Men-1. Leave Me a Loan, 2:38:06. Mixed-1. Run Amuck, 3:25:50. **Financial Div.:** Men-1. Esprit De Corps I, 3:13:07. Women-1. Esprit De Corps III, 4:00:08. Mixed-1. American General 1, 3:08:55. **Firefighters Div.:** Men-1. LA County Fire Det Team 1, 2:47:47. **High School Div.:** Men-1. Brother 1, 2:35:06. Women-1. SRLA Boyle Heights 8, 3:33:18. Mixed-1. For God's Glory, 3:03:54. **Insurance Div.:** Men-1. Team State Farm, 2:48:44. Mixed-1. Johnson & Higgins 2, 3:12:19. **Junior High Div.:** Men-1. Gerendo 1, 2:45:42. Women-1. K-Cool Kool Runners, 3:29:47. Mixed-1. SC Roadrunners Racing Team, 3:02:18. **Law Enforcement:** Men-1. UCLA Police Dept, 3:12:28. Mixed: 1. Team Cat-A-Tonic, 3:27:07. **Law Firms:** Men-1. Fred, Frank, Flyers, 3:42:14. **Medical Personnel:** Men-1. Peachwood Racers, 3:04:23. Women-1. Peachwood Women, 3:42:30. Mixed-1. SM Orthopedic Runners, 3:08:29. **Military Division:** Men-1. High Flyers, 3:01:42. Mixed-1. Team Stealth, 3:08:55. **Open Div.:** Men-1. Team Prime Time, 2:27:19. Mixed-1. Olympic Hopefuls, 2:18:00. **RaceWalkers:** Men-1. Inland Empire Racewalkers 1, 4:46:31. Women-1. Inland Empire Racewalkers 2, 4:49:08. Mixed-1. Litton 4, 4:17:39. **Real Estate:** Men-1. Chairman's Chumps, 3:21:16. **Restaurant:** Men-1. El Indio Restaurant 1, 2:23:04. Women-1. Jimmy's Restaurant 3, 3:50:24. Mixed-1. Jimmy's Restaurant 1, 2:44:00. **Running Clubs:** Men-1. San Fernando Valley Track Cl, 2:32:15. Women-1. Blur Ladies, 3:13:00. Mixed-1. Blamey 1, 2:47:06. **Saint John's Div.:** Men-1. Bami, 2:48:24. Women-1. Fem-Stops, 4:32:26. Mixed-1. Lunatics, 3:31:02. **Seniors-200-249:** Men-1. Senior Blues, 3:27:34. Women-1. Dianetics 5, 3:42:31. Mixed-1. Kid's Mart 5, 3:47:31. **Supermarket:** Men-1. Get Lucky, 2:37:42. **Women-1.** Hughes 1, 3:59:44. Mixed-1. Vons 12, 3:06:36. **Super Seniors-250-324:**

Men-1. The Generals, 2:59:19. Women-1. Ultra Ladies, 4:06:04. **Mixed-1.** Riverside Comm TC, 3:05:49.

Mash Run

April 22.

Overall Results-5K

1. Ben Johnson (17) Fair Oaks, 17:55. 2. Kevin Cimini (36) Sacramento, 18:04. 3. Rob Stark (36) Elk Grove, 18:11. 4. Chris Stevens (27) Pollock Pines, 18:40. 5. Jay Aliff (35) Placerville, 18:42. 6. Andy Harris (36) Sacramento, 18:43. 7. Bud Collins (44) Diamond Springs, 19:05. 8. Richard Nielsen (15) 19:14. 9. Edward Sotelo (39) Carmichael, 19:21. 10. Vernon Slater (34) Weimar, 19:26.

11. Jeff Pecota (45) Shingle Springs, 19:37. 12. Adam Christopher (27) Yuba City, 19:39. 13. Robert Seldner (55) Sacramento, 19:39. 14. Chad Randall (17) El Dorado Hills, 19:47. 15. Bob Tabler (36) Placerville, 19:50.

Division Results-5K Men

12 & U: 1. Matthew Witter, Placerville, 21:23. 2. Cody Rabum, Placerville, 21:52. 3. Trevor Gannal, un, 23:38. **13-15:** 1. Richard Nielsen, 19:14. 2. Jake Jaster, 20:36. 3. Joe Maehler, Pollock Pines, 20:52. **16-19:** 1. Ben Johnson, Fair Oaks, 17:55. 2. Chad Randall, El Dorado Hills, 19:47. 3. Dan DeJager, Shingle Springs, 22:08. **20-24:** 1. Erynn Rose, Shingle Springs, 21:30. 2. Tuan Galtan, 21:56. 3. Eric Rodriguez, 25:26. **25-29:** 1. Chris Stevens, Pollock Pines, 18:40. 2. Adam Christopher, Yuba City, 19:39. 3. Joel Perman, 22:18. **30-34:** 1. Vernon Slater, Weimar, 19:26. 2. Andy Wishart, Cameron Park, 21:11. 3. James Byers, Pollock Pines, 21:50. **35-39:** 1. Kevin Cimini, Sacramento, 18:04. 2. Rob Stark, Elk Grove, 18:11. 3. Jay Aliff, Placerville, 18:42. **40-44:** 1. Bud Collins, Diamond Springs, 19:05. 2. Rory Salvatierra, Placerville, 20:59. 3. John McBath, Cameron Park, 21:14. **45-49:** 1. Jeff Pecota, Shingle Springs, 19:37. 2. David Popd, 20:20. 3. Sammy Trujillo, 20:31. **50-54:** 1. Ken Dyer, Cameron Park, 20:35. 2. Gary Noe, Walnut Creek, 22:15. 3. Michael Rose, Shingle Springs, 22:21. **55-59:** 1. Robert Seldner, Sacramento, 19:39. 2. Richard Cochran, Folsom, 23:06. 3. James Phillipson, Placerville, 26:47. **60-64:** 1. Dan Plouvier, 25:10. 2. Dean Reed, Garden Valley, 25:39. 3. Walter Miller, El Dorado, 26:47. **65-69:** 1. Ruben Vigil, 22:11. 2. Robert Miller, Fair Oaks, 27:13. 3. Gilbert Duam, Roseville, 32:49. **70 & O:** 1. Bob Burns, Carmichael, 27:18. 2. Paul Eisner, 29:42. 3. Vince Lamoureux, Placerville, 47:07.

Division Results-5K Women

12 & U: 1. Wendy Rodgers, Sacramento, 24:16. 2. Karen Dickson, ElDorado Hills, 24:45. 3. Erin Hunter, Placerville, 25:55. **13-15:** 1. Jennifer Moon, Shingle Springs, 22:35. 2. Amy Andrews, Placerville, 23:19. 3. Ceilina Clark, Placerville, 26:07. **16-19:** 1. Jessica Brower, Carmichael, 22:24. 2. Meghan Buck, Placerville, 32:28. 3. Isabelle Cook, Diamond Springs, 34:31. **20-24:** 1. Stephanie Rose, Shingle Springs, 25:29. 2. Jeannie Briggs, Davis, 28:44. 3. Caryn Padilla, Sacramento, 30:12. **25-29:** 1. Nicola Macklin,

San Leandro, 19:56. 2. Kathy Weems, Sacramento, 21:26. 3. Tami Wojahn, Camino, 23:34. **30-34:** 1. Cynthia Tovera, Placerville, 27:20. 2. Petra Woltering, Sacramento, 27:25. 3. Kim Harrell, Placerville, 28:47. **35-39:** 1. Tess Stanley, Folsom, 23:34. 2. Gina Parker, Camino, 23:42. 3. Joanne Tinloy, Roseville, 24:15. **40-44:** 1. Glenda Laird, Garden Valley, 24:30. 2. Carol Friedrichs, 25:18. 3. Sherry Baker, Rocklin, 27:26. **45-49:** 1. Adreenne Vance, Acampo, 27:20. 2. Janet Jewell, Rancho Cordova, 28:34. 3. Mary Hanson, Shingle Springs, 30:40. **50-54:** 1. donna Schuster, El Dorado Hills, 25:58. 2. Adrienne Barnard, Shingle Springs, 27:58. 3. Lynda Hanson, Georgetown, 28:08. **55-59:** 1. Heidi Johnson, Pollock Pines, 29:04. 2. Patricia Waketfield, Cameron Park, 33:01. 3. MJ Gedney, El Dorado Hills, 33:16. **60-64:** 1. Patsy Buhliert, Pollock Pines, 35:16. 2. Alice Bailey, Placerville, 36:41. 3. Helen Atchley, Camino, 43:36. **65-69:** 1. Emily Fisk, Rancho Cordova, 45:02. 2. Vivian Carpenter, Placerville, 49:51. 3. Rena Bryla, Placerville, 55:46. **70 & O:** 1. Beverly Woods, Camino, 47:22. 2. Sydney Carpenter, Pollock Pines, 55:51. 3. Mae Wilson, Placerville, 56:01.

Overall Results-10K

1. Carlos Castillo (26) Rancho Cordova, 34:31. 2. Tom Hannickel (36) 36:03. 3. Don Hicks (36) Rancho Cordova, 36:09. 4. Chuck Harris (39) El Dorado Hills, 36:17. 5. Dennis Prizmich (28) Fair Oaks, 36:22. 6. Thom Pearman (34) Citrus Heights, 36:24. 7. Paul Damico (32) Placerville, 36:50. 8. David Keane (40) Sacramento, 37:37. 9. Mike Ammon (51) Carmichael, 37:47. 10. Ron Dickson (38) El Dorado Hills, 38:24. 11. Ryan Nickel (19) Davis, 38:31. 12. Ruben Rodriguez (30) Galt, 38:43. 13. Paul Gebond (38) Antelope, 39:13. 14. Craig Newport (49) Orangevale, 39:22. 15. Blak Nordahl (19) 39:24.

Division Results-10K Men

12 & U: 1. Derek Cyphers, Placerville, 1:12:02. **13-15:** 1. Aaron Van Order, Paradise, 41:15. 2. Sven Tustin, Placerville, 43:11. 3. Mike Hansley, 56:38. **16-19:** 1. Ryan nickel, Davis, 38:31. 2. Blake Nordahl, 39:24. 3. Cory Nicholson, Shingle Springs, 51:03. **20-24:** 1. Stephen Buonocore, Stockton, 1:00:57. 2. Matthew Bradshaw, Stockton, 1:14:12. **25-29:** 1. Carlos Castillo, Rancho Cordova, 34:31. 2. Dennis Prizmich, Fair Oaks, 36:22. 3. Douglas Newton, 44:38. **30-34:** 1. Thom Pearman, Citrus Heights, 36:24. 2. Paul Damico, Placerville, 36:50. 3. Ruben Rodriguez, Galt, 38:43. **35-39:** 1. Tom Hannickel, 36:03. 2. Don Hicks, Rancho Cordova, 36:09. 3. Chuck Harris, Dorado Hills, 36:17. **40-44:** 1. David Keal, Sacramento, 37:37. 2. John Miller, 41:32. Gary Jensen, Sacramento, 43:00. **45-49:** Craig Newport, Orangevale, 39:22. 2. Rob Whitehead, Sacramento, 39:51. 3. Clyde Hebron, Cameron Park, 42:05. **50-54:** Mike Ammon, Carmichael, 37:49. 2. Chu Whelan, Placerville, 40:49. 3. John Davis, Sacramento, 41:47. **55-59:** 1. David Rade, 43:51. 2. Web Chadwick, Sacrame, 44:59. 3. Edward Clark, Folsom, 53:08. **64:** 1. Paul Mitchell, Folsom, 48:11. 2. Jo

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Dunn, Placerville, 48:59. 3. Neil Moore, 55:22. 65-69: 1. Ken Zacher, Carmichael, 53:02. 2. John Klingberg, MT Aukum, 1:00:40. 3. Jack Tregoe, Placerville, 1:03:38. 70 & O: 1. Richard Shumway, Placerville, 1:00:04.

Division Results-10K Women

12 & U: 1. Chrissi Finnigan, Camino, 45:53. 20-24: 1. Rhonda Rudy, 1:03:38. b. 1. Cindy Fleming, Placerville, 49:19. 2. Desiree Thomas, Cameron Park, 49:58. 3. Nicole Ridgeway, Shingle Springs, 54:17. 30-34: 1. Ann Cartwright, Cameron Park, 41:40. 2. Angela Gomez, 42:48. 3. Sherry Mittle, Elk Grove, 45:17. 35-39: 1. Theresa McCourt, Sacramento, 39:30. 2. Gaye Lasher, 41:08. 3. Linda Kidd, 41:14. 40-44: 1. Vickie Pell, Carmichael, 42:16. 2. Nancy Louie, Sacramento, 50:06. 3. Gabrielle Pereira, South Lake Tahoe, 50:21. 45-49: 1. Jan Bielewicz, South Lake Tahoe, 50:08. 2. Jeanne English, Rescue, 50:38. 3. Betty Jordan, Walnut Creek, 52:43. 50-54: 1. Susan Condon, Chico, 50:57. 2. Cynthia Hayes, Shingle Springs, 56:50. 3. Barbara Truka, Placerville, 1:00:16. 55-59: 1. Judy Shipman, Rancho Cordova, 50:17. 2. Debra Flynn, Placerville, 58:08. 60-64: 1. Mary Wallace, Shingle Springs, 1:16:03. 65-69: 1. Peggy Ewing, Sacramento, 1:01:01.

Tenth Annual Nevada City Spring Run

April 27, Nevada City

Overall Results-5K Men

1. Dave Smith (42) Suisun, 17:46. 2. Stephen Murschel (15) Auburn, 18:54. 3. Vernon Slater (34) Weimar, 19:38. 4. Kevin Hughes (35) Nevada City, 20:45. 5. David Brennan (44) Nevada City, 21:05. 6. Mike Lemmer (42) Grass Valley, 21:09. 7. Carl Ilsworth (65) Nevada City, 21:45. 8. Paul Hingley (31) Grass Valley, 21:48. 9. John Larlington (51) Nevada City, 22:04. 10. John McBath (42) Cameron Park, 22:17.

Overall Results-5K Women

1. Anne King (38) Nevada City, 22:51. 2. Kristine Humphries (34) Sacramento, 4:23. 3. Tara Kayser (17) Grass Valley, 5:01. 4. Peggy Davidson (40) Grass Valley, 26:01. 5. Barbara Brooks (28) Grass Valley, 27:37. 6. Susan Wilson (34) San Jose, 28:00. 7. Trisha Dellis (31) Penn Valley, 28:09. 8. Kristen Nork (27) Reno NV, 3:30. 9. Suzanne Roberts (48) Colfax, 3:41. 10. Susan Joaquin (50) Brentwood, 3:57.

Overall Results-10K Men

1. Andy Bernadett (35) Grass Valley, 1:49. 2. Todd Nunan (41) Grass Valley, 1:03. 3. Doug Reed (34) Sacramento, 1:10. 4. Kevin Sutton (35) Auburn, 41:13. 5. Jim Picard (41) Beale AFB, 41:31. 6. Andy Harris (36) Sacramento, 41:43. 7. Paul Zulak (42) Loomis, 43:08. 8. Joe Tomaszewicz (31) Grass Valley, 43:42. 9. Bill Lind (47) Reno NV, 44:00. 10. Hoenkuss Lucmanga (54) Auburn, 45:02.

Overall Results-10K Women

Sara Freitas (38) Nevada City, 41:47. Tera Tinsley (23) Grass Valley, 45:22. 3. Marie Piner (39) Grass Valley, 50:06. 4. Ki-

rin Madden (27) Reno NV, 51:40. 5. Hillary Haas (40) Nevada City, 53:07. 6. Nancy Louie (40) Sacramento, 53:13. 7. Sue Jenkins (35) Auburn, 53:36. 8. Wendy Welch (26) Grass Valley, 53:44. 9. Sandy Hoff (37) Nevada City, 54:02. 10. Cindy Edward (31) Cool, 54:06.

Escape To Land's End

April 27, San Francisco.

Overall Results-5 Mile

1. Mark Anderson (26) San Francisco, 36:56. 2. John Hoerber (32) San Anselmo, 37:40. 3. Peter Hsia (35) San Francisco, 38:48. 4. Gerard Maguire (31) San Francisco, 39:20. 5. Becky Wood (26) San Francisco, 40:15. 6. Laura Dickerson (23) San Francisco, 44:48. 7. Paul Geller (24) Emeryville, 45:36. 8. Howard Flax (34) Mill Valley, 45:40. 9. John Wallace (35) Aptos, 45:45. 10. Tom Conneely (31) Grebrae, 45:50.

Overall Results-10 Mile

1. Erik Burke (27) San Francisco, 1:10:20. 2. Jeff Bott (24) Alameda, 1:12:10. 3. Erik Tomrick (28) Sacramento, 1:13:30. 4. Rich Mandiur (26) San Francisco, 1:13:50. 5. Steve Worthy (49) Walnut Creek, 1:13:55. 6. Chris Pendray (27) Sunnyvale, 1:14:05. 7. David Hsu (28) Monterey, 1:16:50. 8. Carleton Sage (29) San Francisco, 1:19:47. 9. Mark Latino (40) Mill Valley, 1:19:58. 10. Todd Brock (26) San Francisco, 1:20:05. 11. Jami Andrews (27) Fremont, 1:20:30. 12. Mark Scanlon (30) Fremont, 1:21:15. 13. Tim Porter (28) San Ramon, 1:22:20. 14. Dimitris Sklavopoulos (un) Mill Valley, 1:22:30. 15. Frederick Huxham (33) San Francisco, 1:22:36.

Gold Rush Races

April 27, Georgetown.

Overall Results-100K

1. Errol Jones (46) 10:01:27. 2. Kathy Welch (42) 10:37:12. 3. Joanie Mork (42) 11:14:25. 4. Linda Elam (50) 11:39:42. 5. Eric Poulsen (44) 12:06:16.

Overall Results-Sat. 50K

1. Tom Larsen (31) 4:53:10. 2. Christine Jones (26) 5:04:04. 3. George Rehmert (29) 5:13:40. 4. Hollis Linderking (46) 5:24:20. 5. Earl Looney (48) 5:44:48.

Overall Results-Sun. 50K

1. Bruce Hoffman (33) 4:25:45. 2. Jan Lovet (45) 5:18:27. 3. Roland Martin (47) 5:27:10. 4. Ginger Bryan (55) 5:31:40. 5. Lisa Deaton (43) 5:44:27.

Law Day 15K

April 27, Santa Barbara.

Overall Results-15K

1. Jeff Jacobs (28) Santa Barbara, 50:58. 2. Ramiro Aguirre (29) Goleta, 51:28. 3. Andreas Soffker (35) San Luis Obispo, 51:37. 4. Pedro Gutierrez (27) Santa Barbara, 51:45. 5. Aaron Goldschmidt (33) Santa Barbara, 54:36. 6. Jim Kornell (44) Santa Barbara, 54:43. 7. Steve Jones (34) Santa Barbara, 55:46. 8. Todd Hechtman (28) Santa Barbara, 55:59. 9. Mike Peoples (30) Goleta, 56:06. 10. Misty Allen (29) Santa Barbara, 56:18.

11. Gene Ball (50) Oxnard, 56:51. 12. Blair Choate (25) Santa Barbara, 57:32. 13. Steve Ainsley (43) Santa Barbara, 58:32. 14. Don Martin (27) Santa Barbara, 59:04. 15. Robocop Del Campo (48) Thousand Oaks, 58:54. 16. Mike Dungan (43) Santa Barbara, 59:04. 17. Keith Anderson (34) Santa Barbara, 59:06. 18. Larry Sikaitis (45) Arlington, VA, 59:07. 19. Dennis Mihora (51) Santa Barbara, 59:11. 20. John Tilford (39) Santa Barbara, 59:32.

21. Brian Rice (34) Santa Barbara, 59:39. 22. Steven Johnson (48) Santa Barbara, 1:00:00. 23. Vic Blittalan (53) Goleta, 1:00:10. 24. James Quinn (31) Santa Barbara, 1:00:17. 25. James Janda (18) Santa Barbara, 1:00:26. 26. Melissa Berman (30) Santa Barbara, 1:00:48. 27. Lance Gilbert (40) Santa Maria, 1:00:49. 28. Scott Devore (18) Santa Barbara, 1:01:11. 29. William Mason (42) Santa Barbara, 1:01:18. 30. John Wisel (49) Santa Barbara, 1:01:19.

36. Carina Chapman (24) Santa Barbara, 1:01:38. 49. Susan McLaughlin (20) Goleta, 1:03:50. 50. Susan Lavelle (36) Long Beach, 1:03:56.

Overall Results-3 X 5 K Relay

1. Easy Does It (Saunders (55) 22:56. Holister (37) 17:59, Saunders (29) 16:28) 57:23. 2. Above the Law (Cage (37) 17:43, Faulkner (38) 19:32, Battles (37) 20:13) 57:28. 3. Team DSS (Long (42) 20:27, Hudson (32) 20:32, Duncan (47) 20:19) 58:30. 4. All Heart (Calderon (25) 19:31, Schneider (32) 20:32, Howell (48) 20:39) 59:24. 5. No Name #3 (Collum (58) 19:10, fusco (47) 20:19, Coronet (45) 21:16) 1:00:45. Overall Women: 1. Open Women (Wilcox-Rose (33) 25:22, Wynne, (35) 26:43, Morison (28) 25:12) 1:17:17

Beach Esplanade Run

April 28.

Overall Results-5.6 Miles

1. Tyler Abbott, 31:47. 2. Mike Lopez, 33:01. 3. Gary Ellis, 33:40. 4. Jim Hampton, 34:23. 5. William Galvin, 34:45.

May Day Run 5K

April 28, Golden Gate Park, San Francisco.

Overall Results-5K

Men: 1. Michael German (38) San Francisco, 17:14. 2. Luis Montano (25) San Francisco, 17:28. Women: 1. April Powers (38) Kentfield, 17:38. 2. Eileen Brennan (35) San Francisco, 18:54.

Overall Results-10K

Men: 1. Peter Hsia (35) San Francisco, 35:36. 2. Fletcher Lesley (40) San Francisco, 35:54. Women: 1. Sissel Berntsen-Heb (31) San Francisco, 37:49. 2. Teresa Lopez (42) San Francisco, 39:28.

Indian Gulch Run

April 28, Hornitos

Overall Results-5 Mile

1. James Umpleby, 31:12. 2. Gerry Holmes, 31:31. 3. Jesse Brown, 31:38. 4. Karen Steele, (f) 32:50. 5. Andy Carter, 43:21. 6. Frank Miranda, 34:41. 7. Chris Sullivan,

34:54. 8. John Carter, 36:14. 9. Allen Berry, 36:23. 10. Almee Wood (f) 36:36.

20. Marilyn Arguelles (40-49) 36:33. 28. Joyce Vaughn (f) 40:54. 30. Renee Tolan (18-19) 41:07.

Overall Results-10 Mile

1. Terry Richardson, 59:32. 2. Kurt Royer, 1:05:34. 3. David Weller, 1:06:04. 4. Louie Philip, 1:06:09. 5. David Simenson, 1:11:22. 6. Mike Johnson, 1:11:57. 7. Jerry Bloom, 1:13:06. 8. Mark Rowney, 1:15:03. 9. John Mason, 1:15:36. 10. Henry Pretzer, 1:16:07. 17. Pam Royer (f) 1:20:39. 19. Joan Jeter (f) 1:22:10. 22. Jean Schwisow (f) 1:24:19.

Run for the Health of It!

April 29.

Overall Results

1. Mark LaPlant (31) 15:24. 2. Martin Dinschenbacher (27) 16:31. 3. Julio Ponce (16) 16:40. 4. Jeff Torres (15) 16:46. 5. Phillip Wright (39) 16:47. 6. John Getskow (16) 17:07. 7. Rob Loud (33) 17:09. 8. Carl Fout (35) 17:19. 9. Martin Garcia (28) 17:23. 10. Mike Espinoza (21) 17:48.

11. Manny DeLeon (24) 17:55. 12. Steven Watanabe (42) 17:55. 13. Levi Locke (41) 18:00. 14. Michael Mahurin (26) 18:02. 15. Mark Mayfield (39) 18:06. 16. Edward Olson (30) 18:16. 17. Chad Johnson (15) 18:26. 18. Timothy Wallerstein (15) 18:26. 19. Pat Harlan (50) 18:40. 20. Steve Province (23) 18:45.

21. Julie Harris (16) 18:50. 22. Navin Assomull (18) 18:54. 23. Jack Getskow (52) 18:55. 24. Greg Loveland (36) 18:55. 25. Eric White (14) 19:03. 26. Miguel Aguilera (40) 19:13. 27. David Heil (34) 19:23. 28. Gerardo Martinez (34) 19:23. 29. Joseph Hampton (38) 19:28. 30. Rohan Batra (15) 19:36.

31. George Ekins (53) 19:37. 32. Kevin Farrell (30) 19:37. 33. John Mizenko (37) 19:39. 34. Jerrod Hohnson (12) 19:49. 35. Bonfilio Aguilera (30) 19:51. 36. Carl Pantoja (45) 19:55. 37. Daniel Meracle (37) 19:56. 38. Cecil Smith (54) 19:59. 39. Gilberto Escobar (14) 20:00. 40. Rick Joly (47) 20:05.

South Embarcadero Run

May 5, San Francisco

Overall Results-6.25 Miles

1. Tyler Abbott, 34:54. 2. Cliff Lentz, 35:52. 3. Andy Chan-Man, 36:28. 4. Dan Shore, 36:36. 5. Mike Rossner, 37:33.

Avenue of the Giants Marathon

May 5, Humboldt Redwoods State Park

The Avenue of the Giants Marathon and 10K drew a fine crowd of participants and a number of past champions to celebrate the race's Silver Anniversary. Spurred on by a resurgence in marathon running—heightened by the 100th birthday of the Olympic marathon which will take place in Atlanta and this year's 100th Boston Marathon—many "new wave" marathoners at this venerable event enjoyed a history lesson in

RESULTS

Northern California marathoning

Among the past champions of the race that were present were Avenue of the Giants Marathon race record holders Bill "Mad Dog" Scobey and Marilyn Taylor. Scobey's men's race record of 2:17:43 set in 1973 still stands alongside the ancient redwoods that line the race route. So does Taylor's women's record 2:45:40 set in 1983. Scobey—one of the best marathoners of his era—explained that he was bestowed his nickname in 1970 when a fellow competitor exclaimed, "Man, he's running like a mad dog," as Scobey led a race of talented runners by a substantial margin. Taylor, like Scobey, was a standout runner at nearby Humboldt State University.

This year, under clear, blue skies, and spurred by gentle breezes, Gunter Ziwey of Flagstaff, Arizona reminded onlookers of Scobey's old running style. The 34-year-old attorney and German native led the men's race by a country mile throughout and recorded a 2:29:13 win. Ziwey's winning time was the fastest among the men at the Avenue of the Giants race since 1990. Formerly, Ziwey has competed the Germany in the World Cross Country Championships. Midori Waugh, 29, of Sacramento, California made her first marathon a dramatic one. Waugh passed Avenue's 1994 women's winner, Genevieve Keogh, at 24 miles and proceeded to a 3:13:10 women's victory.

In the accompanying 10K race, Scott Ames (35:58) of Santa Rosa, CA and Margaret Lanag (38:22) of nearby Arcata emerged as overall victors. There were 445 official finishers in the marathon and 349 in the 10K.

Rich Gilchrist, announced that he was retiring as the event's longtime race director. His duties will be inherited by his wife, Gaylyn, who has ably co-directed. "My primary goal has always been to provide a great race for every runner," the retiring Gilchrist said. "If they go away happy, and we just break even on the race, I'm a happy man." Indeed, for 25 years, the Avenue of the Giants Marathon has lit up many marathoners' faces. Here is a complete list of the race's former marathon champions that participated in the 25th running and how they performed:

Then: Bill Scobey (1973, 2:17:43 and '82, 2:23:29) - 1996 did not compete. Ernie Rivas (1976, 2:23:17 and '77, 2:23:35)—'96 8th (10K), 37:29, 45-49 division winner. Jim Howard (1981, 2:18:06) -- '96, 8th 2:46:54. James Washington (1988, 2:32:20 and '93m 2:32:22)—'96 3rd, 2:41:59, 40-44 division winner. Dan Towner (1989, 2:35:09)—'96 4th 2:41:59. Marilyn Taylor (1977, 3:01:15 and '83, 2:45:40)—'96 10th (10K)46:37. Genevieve Keogh (1994, 2:55:42)—'96 2nd, 3:15:07. Ruth Anderson (1978, masters race record, 3:04:19)—'96 49th (10K), 56:20, 65-69 division winner.

Overall Results-Marathon Men
1. Gunter Ziwey (34) Flagstaff, AZ (GER) 2:29:13. 2. Billy Morris (30) Trinidad, 2:40:03. 3. James Washington (41) Arcata, 2:41:59. 4. Dan Towner (32) Mt. Shasta,

2:41:59. 5. Richard Flores (41) Windsor, 2:43:25. 6. Ken Gregorich (37) Oakland, 2:43:39. 7. Michael Young (38) 2:46:15. 8. Jim Howard (41) 2:46:54. 9. Bob Huffaker (29) Davis, 2:50:42. 10. Dave Adkins (39) Houston, TX, 2:51:23.

Division Results-Marathon Men
19 & U: 1. Justin Davis, Sunnyvale, 3:10:25. 20-29: 1. Bob Juffacker, Davis, 2:50:42. 30-34: 1. Gunter Ziwey, Flagstaff, 2:29:13. 35-39: 1. Ken Gregorich, Oakland, 2:43:39. 40-44: 1. James Washington, Arcata, 2:41:49. 45-49: 1. Rod Smith, Lewiston, 2:55:33. 50-54: 1. Andrew Jensen, Ukiah, 3:19:20. 55-59: 1. Jerry Hill, Tujunga, 3:39:59. 60-64: 1. Forrest Williams, Arcata, 3:42:34. 65-69: 1. Dick Yaeger, Aptos, 3:42:14. 70-74: 1. Raymond Penkert, El Cajon, 4:00:55.

Overall Results-Marathon Women
1. Midori Waugh (29) Sacramento, 3:13:10. 2. Genevieve Keogh (27) Tijeras, NM, 3:15:07. 3. Karen Kelley-Day (46) Eureka, 3:21:21. 4. Marina Cortez-Hash (32) Benicia, 3:25:51. 5. Patty Grady (34) Grover Beach, 3:30:18. 6. Sheila Cullen (35) Boulder, CO, 3:33:06. 7. Mo McKenna (35) Glenwood Springs, CO, 3:39:07. 8. Sara Gigliotti (22) San Francisco, 3:44:19. 9. Kathleen Hawzel (33) Seattle, WA, 3:45:50. 10. Paula Dooley (32) San Luis Obispo, 3:46:17.

Division Results-Marathon Women
20-29: 1. Midori Waugh, Sacramento, 3:13:10. 30-34: 1. Marina Cortez-Hash, Benicia, 3:25:51. 35-39: 1. Sheila Cullen, Boulder, 3:33:06. 40-44: 1. Alice Luna, Houston, 3:46:25. 45-49: 1. Karen Kelley-Day, 3:21:21. 50-54: 1. Sandra Whitmore, Waukegan, 4:20:22. 55-59: 1. Meg Ghatge, El Cerrito, 4:22:38. 60-64: 1. Judith Bulough, Salt Lake City, 4:44:52.

Human Race 5K & 10K

May 11, Pleasanton.

Overall Results-5K Men
1. Brian Davis, Livermore, 16:02. 2. Mitch Deshields, Sausalito, 16:36. 3. John Pidoll, Livermore, 17:35. 4. Mark Ramirez, San Ramon, 17:41. 5. Ed Eitel, Pittsburg, 17:49. 6. Jon Tannehill, Danville, 18:16. 7. Frank Stanko, Pleasanton, 18:39. 8. Joseph Killenry, Livermore, 18:43. 9. Daniel Shannon, Livermore, 18:56. 10. Renzo Solari, Walnut Creek, 19:41.

Overall Results-5K Women
1. Becky D'Acoust, San Rafael, 18:50. 2. Melinda Morse, San Ramon, 20:45. 3. Dianne Panelli, San Francisco, 21:35. 4. Jennifer Summers, Livermore, 21:48. 5. Kristin Giller, San Ramon, 22:02. 6. Dia Jenkins, Pleasanton, 22:52. 7. Michelle Thompson, San Bruno, 24:04. 8. Melissa Syth, Livermore, 24:30. 9. Vickie Hathaway, Dublin, 24:33. 10. Cathy Froybal, Bay Point, 24:38.

Overall Results-10K Men
1. Scott Kennedy, San Leandro, 32:22. 2. Steven Chavez, San Ramon, 32:32. 3. Chad Gordon, San Lorenzo, 34:30. 4. Jeffrey Grandy, Livermore, 35:22. 5. Alan Sherman, Pleasanton, 35:44. 6. Scott Burkhardt, Livermore, 36:02. 7. Doug Ras-

mussen, Reno, 36:12. 8. D. Jedlovic, Fremont, 36:43. 9. Bill Allman, Danville, 36:56. 10. John Howard, Livermore, 37:36. Wheelchair: 1. Steve Souja, Dublin, 35:07.

Overall Results-10K Women
1. Kelly Harder, San Ramon, 44:42. 2. Carol Bruton, Livermore, 44:46. 3. Amanda Lynch, Dublin, 44:52. 4. Sue Fish, San Ramon, 45:15. 5. Carolyn Wellman, Livermore, 45:32. 6. Linda Raposell, Pleasanton, 47:32. 7. Michelle Cochran, Pleasanton, 47:47. 8. Lori McElroy, Pleasanton, 48:51. 9. Mary Peterson, Danville, 49:40. 10. Dolores Priegnitz, Pleasanton, 49:55.

The Human Race

May 11, Larkspur

Overall Results-5 Mile Men
1. Tom Schmitt (33) Greenbrae, 27:20. 2. Peter Hsia (35) un, 28:06. 3. Chris Spears (34) Walnut Creek, 28:27. 4. Peter McLaughlin (33) un, 29:31. 5. Ed Corral (39) San Rafael, 30:57. 6. Roger Zoldan (49) Fremont, 31:00. 7. Martin Joffe (44) Kentfield, 31:48. 8. Steven Stenberg (35) Novato, 32:00. 9. Michael Holland (47) San Rafael, 32:13. 10. David Lyle (36) Mill Valley, 32:27.

Division Results-5 Mile Men
5-14: 1. Jay Schmitt (9) Greenbrae, 38:41. 2. Alex Zvoleff (12) Novato, 39:01. 3. Bret Cram (13) Corte Madera, 41:16. 15-19: 1. Felipe Jain (17) San Rafael, 37:39. 2. Jason Sheets (16) Novato, 42:28. 20-29: 1. Rick Roman Jr. (23) Petaluma, 37:50. 2. Sasha Verhage (22) San Francisco, 39:03. 3. C Holtzer (28) San Francisco, 40:13. 30-39: 1. Tom Schmitt (33) Greenbrae, 27:20. 2. Peter Hsia (35) un, 28:06. 3. Chris Spears (34) Walnut Creek, 28:27. 40-49: 1. Roger Zoldan (49) Fremont, 31:00. 2. Martin Joffe (44) Kentfield, 31:48. 3. Michael Holland (47) San Rafael, 32:13. 50-59: 1. John McCall (53) Novato, 34:40. 2. Bob Ward (56) Greenbrae, 34:46. 3. Robert Hall (51) San Rafael, 34:51. 60-69: 1. Joe King. (70) Alameda, 33:39. 2. Tom Gulman (63) Kentfield, 34:45. 3. Ted Bratz (63) San Francisco, 36:36.

Overall Results-5 Mile Women
1. Robin Barnato (35) Greenbrae, 32:08. 2. Denise Murphy (30) Fort Walton Beach, FL, 32:34. 3. Sharlet Gilbert (45) Richmond, 33:21. 4. Jennifer Ferrin (19) Novato, 33:33. 5. Katie Gray (42) Novato, 33:49. 6. Sara Judlow (34) Novato, 34:30. 7. Karen Stenberg (34) Novato, 34:39. 8. Urna Waits (33) San Rafael, 35:10. 9. Natalie Joffe (9) Kentfield, 35:10. 10. Danielle Gang (48) San Rafael, 35:45.

Division Results-5 Mile Women
5-14: 1. Natalie Joffe (9) Kentfield, 35:15. 2. Margaux Joffe (11) Kentfield, 36:47. 3. Eva Gut (13) Novato, 36:50. 15-19: 1. Jennifer Perrin (24) Novato, 33:33. 2. Holly Maddox (17) San Anselmo, 41:17. 3. Cathy Pong (16) San Anselmo, 42:21. 20-29: 1. Lucia Wade (24) San Francisco, 36:48. 2. Andrea Fox (29) San Rafael, 37:02. 3. Melissa Morris (20) San Rafael, 39:44. 30-39: 1. Robin Barnato (35) Greenbrae, 32:08. 2. Denise Murphy (30) Fort Walton Beach, 32:34. 3.

Sara Judlow (34) Novato, 34:30. 40-49: 1. Sharlet Gilbert (45) Richmond, 33:21. 2. Katie Gray (42) Novato, 33:49. 3. Danielle Gang (48) San Rafael, 35:45. 50-59: 1. Anitra Saitano (52) Fairfax, 39:16. 2. Bridie Dillon (51) Novato, 42:16. 3. Ruth Biegel (55) Kentfield, 42:55. 60-69: 1. Judie Donovan (60) San Rafael, 46:27. 2. Majorie Macrig (61) Mill Valley, 47:04. 3. Ingrid Groesh (64) San Rafael, 50:12.

La Purisima Mission Run

May 11, Lompoc

Overall Results-5K
1. Doug Sims (36) 16:31. 2. Paul Lee (35) 16:33. 3. Scott Coe (36) 16:37. 4. Gino Brunello (31) 17:32. 5. Paul Prochaska (36) 18:13. 6. Jim Batterson (43) 18:21. 7. Stanley Reyes (41) 18:36. 8. Rich Schornstein (46) 18:57. 9. Dana Fabing (15) 20:05. 10. Michael Coe (8) 20:34. 11. Maya Soto (18) 20:35. 12. Abby Hogan (34) 20:41. 14. Yaeok Patrick (61) 22:13. 17. Mary Lou Seelandt (40) 23:12. 18. Jill Soto (44) 23:26.

Overall Results-10K
1. Doug Sims (36) 35:20. 2. Paul Lee (35) 36:34. 3. Alberto Esparza (17) 37:19. 4. Gino Brunello (31) 37:23. 5. Paul Prochaska (36) 39:16. 6. Benjamin Rowe (21) 39:50. 7. Karl Seelandt (39) 40:06. 8. Jim Batterson (43) 40:55. 9. Ron Cortopassi (36) 42:18. 10. Michael Wilder (20) 43:14. 11. Kathi Foremning (40) 43:20. 15. Mercy Wynn (41) 47:42. 16. Stephanie Welch (48) 47:54.

Right To Assemble Run

May 12.

Overall Results-7.46 Miles
1. Juan Marquez Torres, 42:13. 2. Tyler Abbott, 42:42. 3. Cliff Lentz, un. 4. Antoni Corgas, un. 5. Gerardo Gaym, un.

Mutt Strut 5K

May 18, Davis.

Overall Results-5K
1. Marlowe Eldridge (41) 16:40. 2. Ken/Sar Cox (39) 16:52. 3. John/Brazil Hamilton (37) 17:36. 4. Eric Jorgensen (22) 17:48. 5. Mason/Aspen Myers (27) 17:56. 6. Andrew Dougherty (14) 18:06. 7. Rick Edson (49) 18:07. 8. Matthew Duncan (49) 18:21. 9. K Soderberg (31) 18:29. 10. Jon Brown (24) 18:54. 11. John Davis (53) 18:54. 12. Inka Mims (35) 19:21. 13. Eric/Luke Vanderbilt (37) 19:30. 14. Gary Craig, (38) 19:31. 15. Ed Sam Matovicik (34) 19:58. 17. Renee Goelenz (37) 20:00. 24. Sarah Dougherty (17) 21:21.

Silver State 50/50

May 18, Reno, NV.

50km
1. BRUCE LINSKOTT (38M) TAMALP 10:22. 2. CHARLES EHM (26M) TAMALP 11:14. 3. JOE SCHLERETH (46M) FLTREET 11:16. 4. JOHN EDGOMB (37M) 11:32. 5. GREG NACCO (36M) T

RESULTS

MALPA 11:32, 6 CHARLES CROMPTON (48M) 11:47, 7 JOHN TRENT (33M) 11:55, 8 TOM WRIGHT (51M) 11:59, 9 RYAN SINGLETON (24M) 12:02, 10 GARD LEIGHTON (61M) 12:22, 17 WENDY ACKERMANN (30F) 13:13, 20 MO BARTLEY (41F) 13:23, 27 KATHY WELCH (42F) 14:08, 28 JOANIE MORK (42F) 14:12, 32 LISA DEATON (43F) 14:27.

50 Mile

1 SEAN CROM (40M) 10:08, 2 GREG ATCHLEY (29M) 10:11, 3 STAN WINGATE (36M) 11:22, 4 JOE BRANINBURG (52M) 11:38, 5 MICHAEL CARLSON (36M) 11:44, 6 KAREN LIBSCH (26F) 12:22, 7 MIKE HERNANDEZ (43M) 12:35, 8 GARY HENSLEE (44M) 12:47, 9 BOGDAN AMBROZEWICZ (42M) 12:49, 10 Thomas GALLAHER (39M) 13:04, 12 HELEN HULL (37F) 13:13, 16 LESLIE MATTINGLY-VITALE (42F) 13:34, 31 JERI SIMMS-MASTERS (39F) 14:56, 34 JANICE LEVET (45F) 15:05, 36 LINDA FLAM (50F) 15:16, 37 MASTERS FLAMINGO (36F) 15:19.

Skip To Skips 10 Mile Challenge Mountain Bike & Run

May 18, Clayton.
Overall Results-Running Division
1. Mark Murray, 1:14:30. (30-39, male 1st). 2. Alan Sherman, 1:15:14. (19-29, male 1st). 3. Bob Robertson, 1:16:41. (50-59, male 1st). 4. Stephen Worthy, 1:17:33. (50-59, male 1st). 5. Juan Tapia, 1:20:07. (19-29, male 1st). 18. Karen Weil, 1:29:41. (30-39, female 1st).
Mtn. Bike Division: 1. John Munoz, (45 & 50).

Bay to Breakers

May 19, San Francisco. Estimated 71,500 participants.

Top 100

1. Thomas Osano (Ken) 34:35, 2. Lazar Nyakeraka (Ken) 34:37, 3. Mark Coogan 35:01, 4. Chris Fox 35:48, 5. Dan Hells 35:53, 6. Patrick Carroll (Australia) 36:11, 7. Alvaro Palacios (Salt Lake) 38:00, 8. William Moore (Dallas, TX) 38:30, 9. John McKay (Blaine, WA) 38:43, 10. Chris Schille (LO) 38:43, 11. Jeff Shaver (SLO) 38:43, 12. Charles Alexander (SLO) 38:43, 13. Erich Ackerman (SLO) 38:43, 14. Jamey Harris (SLO) 38:43, 15. Mike Spencer (SLO) 38:43, 16. Steve Alsopuro (SLO) 38:43, 17. Rod Heskett (O) 38:43, 18. Randy Accetta (SLO) 38:43, 19. Unknown 38:43, 20. Rob Anex (O) 38:43, 21. Chris Schille (?) Moraga 38:43, 22. Joe Livingston (SLO) 38:43, 23. Joe Rubio (O) 38:43, 24. Elana Meyer (South Africa) 38:56, 25. Wangeshi (Tiburon) 39:06, 26. Lloyd Stephensen (SF) 39:07, 27. Barry Long (Oxnard) 39:13, 28. Brian Leong (Librae) 39:19, 29. Christopher Phipps (Vis) 39:24, 30. Anne Marie Lauck

39:25,

31. Ernie Freer (SLO) 39:26, 32. Tim Minor (Reno, NV) 39:28, 33. Jonathan Pritchard (Stanford) 39:33, 34. Olga Markova (Russia) 39:41, 35. Ray Hunt (Warm Springs, MT) 39:47, 36. Hellen Kimaiyo (Ken) 39:28, 37. Steven Chavez (San Ramon) 40:09, 38. Gary Judson (SF) 40:11, 39. Frances John Gailson (Kirkwood) 40:17, 40. John Litzenberg (Sonoma) 40:18,

41. Mark Cartier (Portland, OR) 40:19, 42. Clyde Matsumura (Santa Monica) 40:20, 43. Kristy Johnston 40:22, 44. Juan Antonio Marquez (SF) 40:41, 45. Kieran Sherlock (Palo Alto) 40:43, 46. Eric Huss (LA) 40:43, 47. Juan Carlos Ortega (San Mateo) 40:45, 48. Tim O'Rourke (Palo Alto) 40:55, 49. Thomas Neupauer (SF) 40:57, 50. Chris Jagers (Dublin) 40:57, 51. James Tracy (SF) 41:04, 52. William B. Aronson (Portland, OR) 41:06, 53. Terry Milby (SSF) 41:06, 54. Unknown 41:06, 55. John Hines (SF) 41:08, 56. Stephen Bebe (Mtn. View) 41:11, 57. Robert Vanderlip (Sunnyvale) 41:12, 58. Adam Kemist (Woodside) 41:14, 59. Steve Boaz (Los Osos) 41:17, 60. Carlos Castelo (Sacto) 41:22,

61. Gil Guzman (Santa Monica) 41:28, 62. Jeff Mello (SF) 41:29, 63. Jeff Cleary (SF) 41:34, 64. Tyler Abbott (SF) 41:37, 65. Maria Trujillo (Marina) 41:40, 66. Chad De Pol (Canada) 41:43, 67. Steven Ruegg (SF) 41:45, 68. Jesus Garcia (Half Moon Bay) 41:48, 69. Eric Standifer (Oakland) 41:50, 70. Todd Barringer (SF) 41:52,

71. Jake Niebaum (El Granada) 41:55, 72. Armin Kistler (New York, NY) 41:55, 73. Cliff Lentz (Brisbane) 42:05, 74. Anne Hare (New Zealand) 42:05, 75. Arthur Martin (Chico) 42:09, 76. Brock Hinzmann (Palo Alto) 42:14, 77. Tim Keenan (Concord) 42:16, 78. John Narsavich (SF) 42:26, 79. Brent Wendel (NSF) 42:30, 80. George Riley (SF) 42:32,

81. Luis R. Sanchez (SF) 42:32, 82. Lynn Doering 42:35, 83. Tom Schmitt (Greenbrae) 42:37, 84. Jaime Guillen (SF) 42:38, 85. Nick Bingham (Reno, NV) 42:39, 86. Scott Schneider (Davis) 42:40, 87. Matt Thomson (SF) 42:41, 88. Charlie Case (Palo Alto) 42:42, 89. Peter Vicencio (Pt. Richmond) 42:45, 90. Erick Ackerman (Hayward) 42:46,

91. Jim Gorman (Palo Alto) 42:49, 92. Andrew Nowell (Redwood City) 42:50, 93. Gerardo Gay (SF) 42:59, 94. David Piazza (San Mateo) 43:02, 95. Peter Hsia (SF) 43:06, 96. Scott Dazay (San Diego) 43:08, 97. Michael Gama (SF) 43:08, 98. Tony Fong (Alameda) 43:11, 99. Mark Thompson (Rowlett, TX) 43:12, 100. Steve Scholz (San Carlos) 43:14.

Ohlone Wilderness 50K Trail Run

May 19, Fremont.

Overall Results 50K

(6800 ft elevation gain) 1. Dave Scott (38, 1st Men's Open) 4:01:39, 2. Dan Barger (30, 2nd Men's Open) 4:08:59, 3. Glyn Da-

vies (33, 3rd Men's Open, tie) Jim Scott (36, 3rd Men's Open, tie) 4:22:59, 5. Dow Mattingly (44, 1st Men's Masters) 4:35:22, 6. David Pirogowicz (44, 2nd Men's Masters) 4:39:52, 7. Susie Lister (31, 1st Women's Open) 4:55:08, 8. Denise Ellestad (35, 2nd Women's Open) 5:02:59, 9. Hollis Lenderking (46, 3rd Men's Masters) 5:03:01, 10. Larry Goodman (39, 1st Men's Seniors, tie) Gene Thibeault (50, 1st Men's Seniors, tie) 5:05:17, 13. Katy Kiel (35F, 3rd Women's Open) 5:15:03, 14. Emma Davies (31F, 3rd Women's Open) 5:21:31, 17. Mo Bartley (41F, 1st Women's Masters) 5:28:50, 29. Ann Grove (54F, 1st Women's Seniors) 5:43:52, 30. Susan Perez (35F, 1st Women's Seniors) 5:44:31, 33. Melinda Creel-Mattingly (39F, 1st Women's Seniors) 5:54:51.

Mt. Wilson Trail Race

May 25, Sierra Madre

Division Results-Men

Overall Winner: 1. Tom Casto (26) 59:30.
Sierra Madre Winners: 1. Peter McNulty, 1:10:55, 2. Andrew Lanyi, 1:11:23, 3. Peter Sberelli, 1:14:26, 10-14: 1. Jose Martinez, 1:17:18, 2. Matthew Rouse, 1:32:52, 3. Mark Orcholski, 1:34:09, 15-19: 1. Kiko Mesa, 1:19:24, 2. Cyle woodrell, 1:28:59, 3. Patrick Anderson, 1:29:34, 20-29: 1. Tom Casto, 59:30, 2. Mike Gottardi, 1:0:05, 3. David Hall, 1:05:18, 30-39: 1. Matt Ebner, 1:01:23, 2. Bud McAllister, 1:04:51, 3. John Elders, 1:08:27, 40-49: 1. John Andersen, 1:07:48, 2. Veron dinges, 1:11:04, 3. Stephen Kellog, 1:11:30, 50-59: 1. wayne Mitchell, 1:11:23, 2. Matthew Tarnay, 1:18:18, 3. Freddie Perez, 1:24:20, 60 & U: 1. Mike McSkane, 1:32:25, 2. Emilio Chavez, 1:34:01, 3. Art Soderblom, 1:36:15.

Division Results-Women

Overall Winner: 1. Erin Remy (29) 1:13:58.
Sierra Madre Winners: 1. Shirley Arther, 1:19:30, 2. Judy West, 1:22:51, 3. Maria Case, 1:24:21, 10-14: 1. Audrey Vass, 1:33:16, 2. Madison Muller, 2:08:34, 15-29: 1. Maria Case, 1:24:21, 2. Leah Ruedel, 2:07:55, 3. Jamie Garcia, 2:15:19, 20-29: 1. Erin Remy, 1:13:58, 2. Zolna Zolna, 1:15:45, 3. Frances Bono, 1:21:03, 30-39: 1. Vallerie Ellis, 1:22:10, 2. Patricia Markham, 1:25:50, 3. Mary Austin-Kline, 1:29:17, 40-49: 1. Shirely Arthur, 1:19:30, 2. Judy West, 1:22:51, 3. Crazy-House Trevino, 1:31:44, 50-59: 1. Judy Palmer, 1:32:52, 2. Yvonne Monsauret, 1:49:20, 3. Patricia Garcia, 2:06:23, No Women 60+ ran.

Run To The Sun 6

May 25, Las Vegas, NV.

Division Results-6 Mile Men

Overall Winner: 1. Travis Grappo, 34:18, 11-14: 1. Mark Knickerbocker (10) 44:39, 15-18: 1. Erickson Chee (11) 43:26, 15-18: 1. Miguel Pena (17) 37:54, 19-29: 1. Juan Cacho (28) 34:43, 30-34: 1. Danny Murphy (30) 36:33, 35-39: 1. Jim Eastman (39) 34:46, 40-44: 1. Tony Grappo (44) 37:55, 45-49: 1. Tony Gerardi (49) 37:12, 50-54: 1. Carl Wright (53) 42:10, 55-59: 1. Neal Chappell (55) 40:59, 60-64: 1. Roy Nelson (62) 46:50, 65-69: 1. Ed Dobson (66) 55:37, 70-99: 1. Menas Tashjian (71) 1:01:14.

Division Results-6 Mile Women

Overall Winner: 1. Amelia Ingersoll, 40:13, 11-14: 1. Christina Colwell (13) 48:46, 15-18: 1. Nikki Lahodny (17) 51:01, 19-29: 1. Lori Stich (26) 41:02, 30-34: 1. Kim Jefferson (32) 41:17, 35-39: 1. Milagros Pappas (36) 46:40, 40-44: 1. Denise Oplekar (43) 47:25, 45-49: 1. Amy Fredericks (49) 45:32, 50-54: 1. Leslie Carrera (50) 59:39, 1:06:08, 55-59: 1. Karen Keith (58) 59:39, 60-64: 1. Genie Salerno (60) 1:06:16, 65-69: NS, 70-99: 1. Marybelle Russell (73) 1:23:27.

Wind-Breaker Run 5K

May 26, San Ramon

Overall Results-5K

1. Brian Davis, 16:02, 2. Matthew Bognanowica, 16:49, 3. Rob Johnson, 16:59, 4. Scott Camp, 17:26, 5. Garrett Fogell, 17:29, 6. Bruce Minard, 17:31, 7. Jean Tristant, 17:34, 8. Mark Ramirez, 17:36, 9. Steve Frisk, 17:40, 10. John Pidoli, 17:44, 11. Steve Tietz, 17:46, 12. Mark Stevens, 17:50, 13. Bill Allman, 17:55, 14. Julios Ratti, 18:23, 15. Matthew Johnson, 18:28, 16. Carl Nielson, 18:33, 17. Jim King, 18:35, 18. S Tanehill, 18:36, 19. Michael Eyerly, 18:40, 20. Frank Stanko, 18:43, 39. Ashlee Nully (f) 20:10, 41. Sarah Silva (f) 20:14, 47. Marcie Silva (f) 20:32, 51. Melinda Morse (f) 20:55.

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