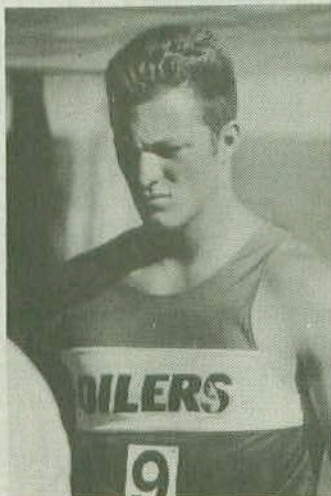


CALIFORNIA

Track & Running News

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4920 Oak Leaf Avenue
Carmichael CA 95608

STATEWIDE COVERAGE

TRACK & FIELD

CROSS COUNTRY

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ROAD RACE SPOTLIGHT

The Gardena 5000



Gardena 5000 Elite Winner CHARLES MULINGA
"Hey! I can count to 3!"

Photo by Cami Slotkin

Richard Lee Slotkin has been a contributor to CT&RN for many years. His "beat" is the colorful long distance running scene in Southern California. Richard is a teacher, coach, photographer and runner.



WES ASHFORD (left)
and JACQUE SALLBERG
in the Open Race
"Should have listened to
Carmen Martinez . . ."

Photo by Cami Slotkin



ROAD RACE SPOTLIGHT

June 1, 1997. Gardena, CA.

Here's a trivia question for you: What's the only outdoor world class running event left in Los Angeles County? No, it's not the **L.A. Marathon** — no one runs world class times there. The **Pepsi Invitational**? Discontinued due to lack of sponsors. **Compton Relays**? Ancient history, sadly enough.



"Never look back!"—
CARMEN MARTINEZ
Photo by Cami Slotkin

Believe it or not, it's a 5K put on every year by an auto repair shop in Gardena. Sponsors foot the bill, but elite procurement is done by a guy who works for UPS during the day. The photo truck is driven by the shop's parts room clerk. And members of the shop-sponsored club, the **Gardena Valley Runners**, supply the race staff and grunts. This is real Amateur Hour stuff.

And yet, they do it. Thanks, once again, to **Ron Gee** — he's the UPS guy — yet another great field was assembled. At least 13 entrants had times in the 13's. And, lots of Kenyans. One of them, **Simon Sawe** took the gang through the 1st mile in a sizzling 4:13 and followed that up by building a 30 meter lead at the 2 mile mark, which he hit in 8:38. At that point Sawe created a temblor worthy of an LA quake: He stopped! He thought he was done. Obviously confused, he started again, still in the lead, but he stopped again. Now, the course consists of 3 times around a 1 mile loop and Sawe just plain lost count. **Zambian Charles Mulinga** and **William Bungei**, he's Kenyan, last year's 2nd and 3rd placers respectively, were in the same spots this year and even though they know the course, they were temporarily confused by Sawe's unscheduled stop. Confused enough to hesitate, beckon to Sawe and, finally, resume the race.

Sawe, to his credit, got back into it when he realized what he had done. He had lost a least 5 or 6 places, and he managed to get them all back but two. But the very tired Mulinga and Bungei — hey! 4:13 and 8:38, they should have

been tired — were just too far ahead. As it was, Mulinga, who pulled away from Bungei in the middle of the last loop, clocked in at 13:45, Bungei at 13:54. Trouble was, the killer early pace and the confusion at the end of the 2nd loop cost Mulinga a CR and the \$500 bonus that would have gone with it.

A preceding open race was quite exciting also. About 2 miles into it, there was a lead pack of three. **Wes Ashford**, **Jacques Sallberg** and a bandit. Ron Gee spent the rest of the race screaming from the photo truck at the bandit to get off the course. He wouldn't budge, though, not even when the motorcycle cop ordered him over his mounted loudspeaker, yet. Meanwhile, Gee, seeing that he couldn't get the guy to quit, changed his approach. "don't go through the chute!"

Finally, with about a half mile to go, the bandit began to fade. Maybe the pace was too fast, or he got tired of listening to Gee — I sure was — or, knowing he couldn't go through the chute, he lost interest. In any case, it came down to a real photo finish between Ashford and Sallberg. Ashford, who opted out of the invitational because he wasn't in elite shape, seemed to have the race in hand with about 400 meters to go. Down to the last 50 meters he held off every Sallberg challenge. But in that last 50m Sallberg put on a furious charge that brought him to the tape almost simultaneously with Ashford. Ashford was eventually announced as the winner but it was so close that race

officials decided to call it a tie.

Carmen Martinez had an easier time with the women's race. She took the lead in the 1st mile and, literally, never looked back — she never does check out what's going on behind her — on her way to a 17:15 win, almost half a minute ahead of second. No fluke here; Martinez ran for the University of Houston and has a 16:28 PR. And she didn't beat up on a bunch of no-talent. **Nathalie Higley's** 2nd place time was a speedy 17:43, followed by **Cynthia Morsehead** (Wake Forest; 16:55 PR) in 17:45.

A final note: **Robert Ashimine** won the men's 85 & Over and **Barbara Ashimine** won the women's 75-79 divisions. Yes they are related; to each other, husband and wife. Not so coincidentally, their son **Dan** is the owner of the auto repair shop that produces this event. Poppasan lucked out; at his age, he had the division all to himself. Mom, on the other hand, had to beat out a pack of determined seniors.

RESULTS

Invitational Men

1. Charles Mulinga	13:45
2. James Bungei	13:54
3. Simon Sawe	14:02
4. Patrick Kiptum	14:03
5. Wilhelm Gidabuday	14:05
6. John Hume	14:05
7. John Kipkoskel	14:10
8. Derek Kite	14:15
9. Ruben Garcia	14:16
10. Zack Kunyina	14:17
11. Julius Randich	14:18
12. Peter De La Cerdia	14:19
13. Danny Martinez	14:36
14. Danny Reed	14:38
15. Alemahu Robla	14:44

ROAD RACE SPOTLIGHT

16. Gray Mavhera	14:47	62. Ed Avol, 45	17:10	32. Teresa Munoz, 18	21:48
17. Danny Gonzales	14:48	63. Mike Morrison, 42	17:15	33. Haydee Martinez, 16	21:48
18. Steve Filstone	14:51	64. Mike Sudo, 30	17:17	34. Jacqueline Sahara, 23	21:49
19. Hector Lopez	15:00	65. Jose Rivas, 30	17:18	35. Alicia Casas, 17	21:50
20. Dan Arsenault	15:02	66. Paul Shulman, 31	17:20	36. Katrina Herling, 15	21:51
21. Julio Guevara	15:06	67. Nicolas Hernandez, 42	17:22	37. Patricia Nichol, 30	21:51
22. Christopher Sobul	15:09	68. Ron Kuntle, 49	17:23	38. Sara Davis, 13	21:56
23. Ivo Rorigues	15:22	69. Donald Ocana, 48	17:25	39. Isadora Johnson, 51	21:58
24. Carmelo Rios	15:23	70. Ezequiel Hernandez, 33	17:26	40. Hiromi Yoshida, 24	21:59
Open Men					
1. Jacques Sallberg, 22	14:50	71. Jose Servin, 37	17:28	41. Mary Perrot, 40	22:13
2. Wes Ashford, 35	14:50	72. Guillermo Termini, 14	17:29	42. Angelica Ayala, 15	22:14
3. Alfonso Nunez, 32	15:06	73. Brian Schultz, 29	17:30	43. Karen Toshiyuki, 39	22:20
4. Brent Griffiths, 33	15:13	74. Kamel Guerbaoui, 39	17:30	44. Tomoko Tayama, 25	22:29
5. Brian Johnson, 25	15:16	75. Juan Perez, 32	17:31	45. Maggie Oliva, 16	22:32
6. Neil Smart, 34	15:16	76. Emilio Perez, 17	17:32	46. Ayn Learn, 8	22:34
7. William Feliciano, 30	15:18	77. Rodrigo Ortiz, 16	17:32	47. Sue Reinhardt, 50	22:37
8. Nolan Shaheed, 47	15:19	78. Pedro Solorzano, 16	17:33	48. Sylvia Daugherty, 59	22:39
9. Thomas Schumann, 32	15:21	79. Keith Olson, 34	17:33	49. Tracy Skiko, 33	22:41
10. Doug Bell, 46	15:23	80. Pablo Palma, 16	17:34	50. Lupe Sanchez, 16	22:51
11. Jose Arriaga, 29	15:27	81. Masa Hasegawa, 27	17:35	51. Jameth Osorio, 13	22:58
12. Kenny Goodrich, 20	15:31	82. Marco Campagna, 25	17:35	52. Lourdes Ntahara, 29	23:00
13. Jose Ortiz, 34	15:33	83. William Galaviz, 39	17:37	53. Shellie McCall, 27	23:04
14. Keith Wiltbauer, 41	15:36	84. Renz Garcia, 16	17:38	54. Rebecca Williams, 38	23:04
15. Humberto Sanchez, 22	15:39	85. Juan Cabeza, 53	17:38	55. Andrea Bates, 15	23:07
16. Rafael Ramos, 30	15:43	86. Jose Carcamo, 14	17:39	56. Yuriko Sano, 46	23:08
17. Oscar Urizar, 21	15:44	87. Cal. Gonzales, 55	17:41	57. Marilyn Bates, 51	23:19
18. Robert Leonardo, 35	15:47	88. Carlos Galdamez, 29	17:41	58. Vanessa Joyce, 27	23:32
19. Gilbert Salazar, 24	15:49	89. Omar Ortega, 14	17:41	59. Diane Saunders, 43	23:32
20. Victor Vigueras, 23	15:52	90. Adalb Mendoza, 45	17:42	60. Helen Rueda, 17	23:38
21. Tommy Leon, 32	15:58	91. Travis Beardslee, 14	17:45	61. Julia Scrimmager, 30	23:42
22. Scott Shean, 33	16:01	92. Carlos Zaragoza, 18	17:45	62. Karen Mohoff, 38	23:49
23. Christ Martinez, 18	16:03	93. Blair Alhara, 17	17:46	63. Cynthia Zarate, 17	23:50
24. Dave Adams, 35	16:04	94. Alan Ryder, 33	17:46	64. Norma Nakamura, 30	23:52
25. Pedro Gutierrez, 28	16:06	95. Chris Monachelli, 17	17:46	65. Lindsay De Long, 14	23:53
26. Rigoberto Vega, 41	16:11	96. David Learn, 46	17:46	66. Lori Kurik, 31	23:54
27. Steve Blum, 42	16:14	97. Kevin Lelles, 16	17:47	67. Hwa Ja Andrade, 56	23:57
28. Daniel Mejia, 15	16:14	98. Kim Hipsher, 41	17:48	68. Olga Pevunova, 43	24:02
29. Ricardo Godoy, 19	16:15	99. Jim Morehart, 37	17:50	69. Elizabeth Lopez, 12	24:07
30. Manuel Ayala, 30	16:17	100. Chuck Fieand, 38	17:52	70. Michell Miranda, 12	24:09
31. Cuoc Tran, 28	16:23	Open Women			
32. Rodrigo Casas, 37	16:25	1. Carmen Martinez, 30	17:15	71. Emily Cosner, 15	24:14
33. Thijo Lemus, 17	16:27	2. Nathalie Higley, 27	17:43	72. Aileen Hardesty, 52	24:24
34. Kenzo Bergeron, 17	16:28	3. Cynthia Morshed, 22	17:45	73. Helene Bernbaum, 61	24:28
35. Mike Spencer, 34	16:29	4. Mary Akor, 21	18:33	74. Florence Braun, 45	24:34
36. Israel Pose, 24	16:30	5. Torie Moran, 30	18:38	75. Antonia Martinez, 14	24:37
37. Chris Jagers, 36	16:32	6. Barbara Garry, 50	18:49	76. Elfi Ortenburger, 44	24:43
38. Christopher Pionessa, 36	16:33	7. Jill Santibanez, 16	18:51	77. Laura Delgado, 12	24:43
39. Juan Servin, 36	16:34	8. Jacqui Vaskovich, 33	19:06	78. Sharon Elm, 30	24:43
40. Mark Roulston, 24	16:35	9. Lisa Davis, 32	19:10	79. Maria Termini, 13	24:46
41. Armando Onofre, 26	16:36	10. Michele Ellapence, 32	19:22	80. Riza Takeda, 44	24:49
42. Ibrahim Khamis, 25	16:37	11. Mary Shelton, 32	19:46	81. Connie Psahnoudis, 30	24:49
43. Scott Guerrero, 30	16:39	12. Annette Barnett, 36	19:54	82. Cindy Perez, 13	24:51
44. George Juarez, 31	16:41	13. Jonalyn Smith, 15	20:31	83. Brenda Cohen, 8	24:53
45. Rigo Chavez, 29	16:46	14. Noelle Merritt, 32	20:32	84. Gladis Lazcano, 18	24:54
46. Trini Robles, 34	16:48	15. Yvette Lavigne, 57	20:35	85. Wendy Nagatani, 45	24:54
47. Eduardo Diaz, 19	16:48	16. Maria Lemys, 33	20:37	86. Margie Hermann, 34	24:54
48. Rick Dodson, 33	16:51	17. Amy Gabikyan, 14	20:51	87. Mayra Garcia, 16	24:55
49. Randy Kuwahara, 27	16:52	18. Bonnie-Bell Chun, 41	20:52	88. Rachelle Villano, 27	24:57
50. Augie Escobar, 14	16:53	19. Beth Carlson, 24	20:53	89. Lorraine Gersitz, 43	25:00
51. Manuel Vigueras, 30	16:55	20. Sheila Matthews, 34	20:54	90. Gregoria Jimenez, 19	25:01
52. Tony Lozano, 15	16:56	21. Ramona Arellano, 39	20:58	91. Saralyn Dixon, 28	25:05
53. Alex Smith, 17	16:58	22. Debbie Jester, 29	20:59	92. Elsa Thatcher, 41	25:06
54. Ruben Rodriguez, 34	16:58	23. Wendy Bracamonte, 42	21:10	93. Michelle Kimura, 32	25:08
55. David Holt, 40	16:58	24. Bonnie Eng, 26	21:15	94. Elvira Bonal, 42	25:08
56. Martin Garcia, 29	16:59	25. Leticia De Lara, 25	21:18	95. Heather Eccles, 11	25:11
57. David Quintanilla, 15	17:01	26. Mirza Gallardo, 30	21:19	96. Melani Hom, 12	25:16
58. Rios MC, 37	17:03	27. Diane Ver Steeg, 32	21:28	97. Mariko Yamazaki, 12	25:17
59. Alfonso Camairillo, 37	17:03	28. Maria Reyes, 25	21:33	98. Cecilia Obiea, 31	25:26
60. J Horowitz, 41	17:06	29. Sharon Lotesto, 46	21:33	99. Lorraine Seidmeyer, 61	25:27
61. Miguel Vasquez, 17	17:09	30. Ta'mya Woods, 14	21:34	100. Ana Zetino, 18	25:34
		31. Denisse Hildago, 16	21:34		

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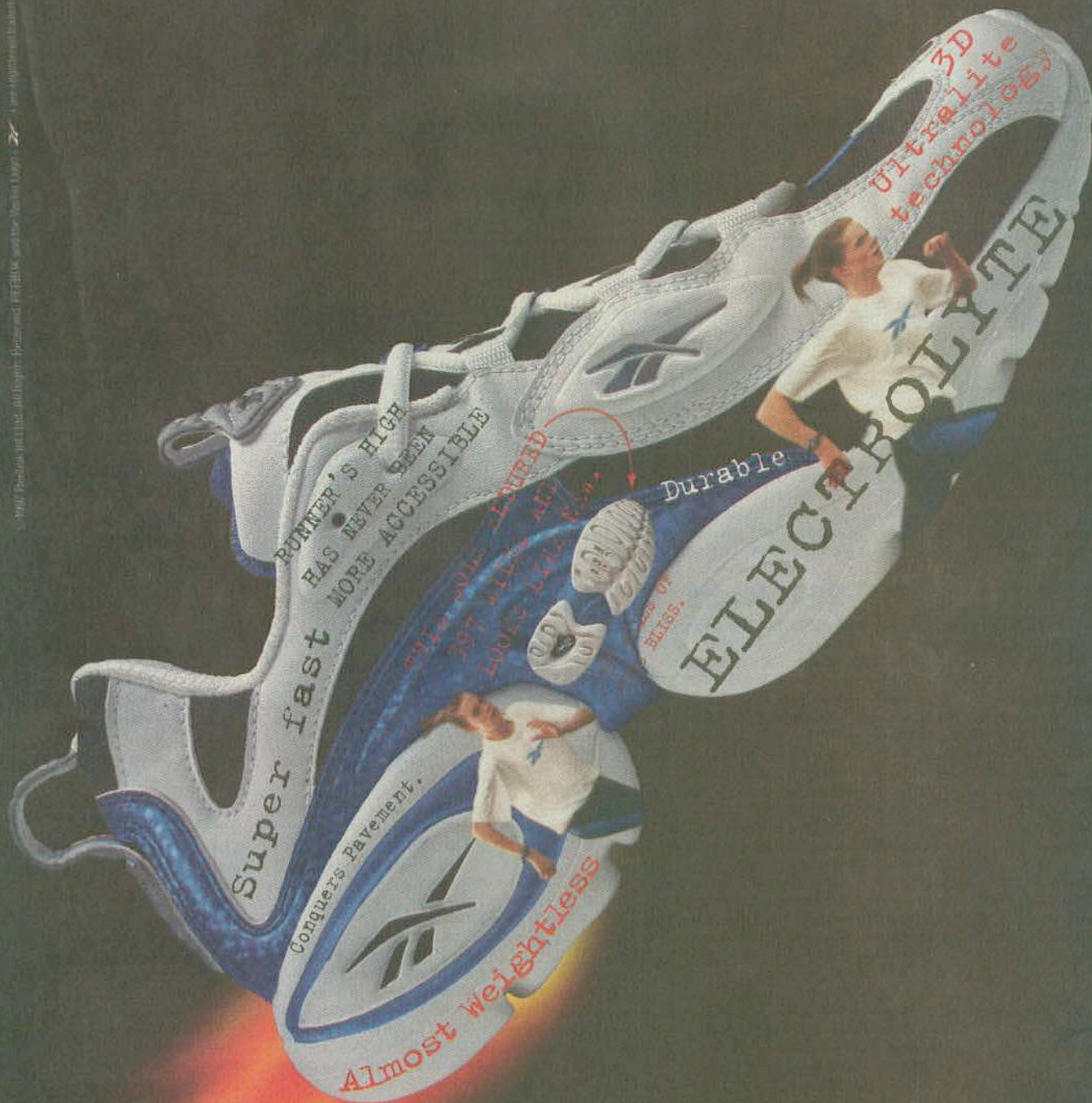
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1997 CIF/ARCO am/pm CALIFORNIA HIGH SCHOOL STATE TRACK & FIELD CHAMPIONSHIPS

BOYS

100 Meters

9 Advance: Top 1 Each Heat Plus

Next 6 Best Times

Heat 1 Wind Reading: -1.6

1 Sultan McCullough, 11 SS John Muir 10.62; 2 Demetrus Patterson, 11 LAS Birmingham 10.92; 3 Jerome Avery, 12 CS Lemoore 10.95; 4 Atari Callen, 10 NCS De La Salle 11.02; 5 Lance Wilson, 12 SJS Grace Davis 11.04; 6 Tierre Sams, 12 CS Fresno 11.12; 7 Yanta Morrow, 10 SDS Serra SD 11.21; 8 Lenny Walls, 12 SFS Galileo 11.29; 9 Tramell Pree, 12 NCS Mt. Diablo 11.30.

Heat 2 Wind Reading: -0.8

1 Miguel Fletcher, 11 SS Alemany 10.75; 2 Kevin Howard, 12 LAS Crenshaw 10.78; 3 Daryl Rideaux, 10 SS Long Beach Poly 10.79; 4 Quincy Wright, 11 LAS El Camino Real 10.97; 5 Devon Ward, 11 SDS University City SD 11.12; 6 Kenny Wiley, 12 CS Bullard 11.13; 6 Antwon Chrisholm, 11 NCS Santa Rosa 11.13; 8 Tim Stevens, 11 NCS San Ramon Valley 11.17; 9 Aaron Bryant, 11 CCS Wilcox 11.21.

Heat 3 Wind Reading: -1.4

1 Justin Fargas, 11 SS Notre Dame SO 10.70; 2 Dashaun McCullough, 10 SS Serra 10.79; 3 Joseph Hunter, 11 SJS Vacaville 10.86; 4 Andre Ammons, 12 OS Skyline 10.87; 5 Ike Okenwa, 11 SDS Morse 10.93; 6

Kenny Slayton, 12 CCS Oak Grove 10.96; 7 Mike Taylor, 12 SJS Vacaville 11.12; 8 Daniel Jackson, 11 NS Pleasant Valley 11.27; 9 Chris Vivit, 12 CCS North Monterey 19.56.

Finals -- Wind Reading: 2.4

1 Justin Fargas, 11 NDame 10.52
2 Miguel Fletcher, 11 Alemany 10.60
3 Daryl Rideaux, 10 LBPoly 10.61
4 Andre Ammons, 12 Skyline 10.63
5 Kevin Howard, 12 Crenshaw 10.65
6 Joseph Hunter, 11 Vacaville 10.69
6 Demetrus Patterson, 11 Birm 10.69
8 Dashaun McCullough, 10 Serra 10.74

200 Meters

9 Advance: Top 1 Each Heat Plus

Next 6 Best Times

Heat 1 Wind Reading: 0.7

1 Sultan McCullough, 11 SS John Muir 20.99; 2 Andre Ammons, 12 OS Skyline 21.03; 3 Joseph Hunter, 11 SJS Vacaville 21.34; 4 Marcus Fields, 12 SJS AA Stagg 21.52; 5 Kenny Slayton, 12 CCS Oak Grove 21.86; 6 Brian Grant, 11 CS Ridgeview 21.94; 7 Shaun Ross, 12 NCS James Logan 22.31; 8 Deywine Adams, 12 LAS Cleveland 22.43; 9 Ronald Evans, 11 SFS McAteer 23.85.

Heat 2 Wind Reading: 1.0

1 Kareem Kelly, 10 SS Long Beach Poly 21.04; 2 Jason Manty, 12 SS Rowland 21.30; 3 Ike Okenwa, 11

SDS Morse 21.69; 4 Bryan Bartling, 11 SDS Grossmont 21.91; 5 Ric Cottengim, 10 SJS Elk Grove 22.02; 6 Devon Ward, 11 SDS University



Eddie Levine

400m

Photo by Bill Cockerham



James Levine

800m

Photo by Bill Cockerham

400 Meters

9 Advance: Top 1 Each Heat Plus

Next 6 Best Times

Heat 1

1 Eddie Levine, 12 SJS Golden Valley 46.53; 2 Jason Manty, 12 SS Rowland 47.93; 3 Chris Forde, 12 SS Notre Dame SO 48.04; 4 Jalar Williams, 11 NCS St. Mary's College 49.03; 5 Larry Jones, 11 LAS Taft LA 49.05; 6 Lawrence Jones, 11 LAS Taft LA 49.13; 7 Ryan Locklin, 12 NS Gridley 50.82; - Dan Schuman, 12 NCS Cardinal Newman SCR; - Juliani Hogg, 12 CCS Riordan SCR

Heat 2

1 Tony Berrian, 12 SJS Atwater 47.21; 2 Jucorie Tryon, 12 SS John Muir 47.96; 3 Marlon Jarrett, 12 SS Mark Keppel 48.43; 4 Bryan Bartling, 11 SDS Grossmont 48.55; 5 Ricky Sharpe, 11 SDS Mt. Carmel 48.87; 6 Scott Sims, 12 SDS La Costa Canyon 48.94; 7 Will Downer, 12 NCS California SR 49.05; 8 Shane Sanders, 12 NCS Cardinal Newman 49.54; 9

City SD 22.10; 7 Arvin Wu, 11 CCS El Camino Sst 22.19; 8 Hung Nguyen, 10 CCS Silver Creek 22.30; 9 Daniel Jackson, 11 NS Pleasant Valley 22.75.

Heat 3 Wind Reading: 0.6

1 Miguel Fletcher, 11 SS Alemany 21.13; 2 Kevin Howard, 12 LAS Crenshaw 21.43; 3 Jerome Avery, 12 CS Lemoore 21.58; 4 Warren Rogers, 09 SS Serra 21.86; 5 Ryan Beasley, 11 CS Bakersfield 22.01; 6 Demetrus Patterson, 11 LAS Birmingham 22.04; 7 Dave Newton, 12 NCS San Ramon Valley 22.18; 8 Antwon Chrisholm, 11 NCS Santa Rosa 22.24; 9 Tyree Davis, 12 NCS Pittsburg 22.25.

Finals -- Wind Reading: 2.1

1 Andre Ammons, 12 Skyline 20.91
2 Joseph Hunter, 11 Vacaville 21.03
3 Miguel Fletcher, 11 Alemany 21.12
4 Kareem Kelly, 10 LBeach Poly 21.23
4 Jason Manty, 12 Rowland 21.23
6 Marcus Fields, 12 AA Stagg 21.43
7 Kevin Howard, 12 Crenshaw 21.59
8 Jerome Avery, 12 Lemoore 21.84
- Sultan McCullough, 11 Muir SCR



Justin Fargas

100m

Photo by Bill Cockerham



Andre Ammons

200m

Photo by Bill Cockerham

1997 CALIFORNIA STATE CHAMPIONSHIPS

Gabe Orosco, 11 CS Tulare 50.85.

Heat 3

1 Mike Kenyon, 12 SJS Del Campo 47.16; 2 Tim Brown, 12 OS McClymonds 47.18; 3 Marques Anderson, 12 SS Long Beach Poly 47.37; 4 Calvin Carlyle, 12 LAS Dorsey 48.48; 5 Nick Ray, 11 CS Ridgeview 49.38; 6 Richard Rivera, 11 CS Tulare 49.88; 7 Ernesto Salinas, 11 CCS Gilroy 49.90; 8 Tom Stout, 11 CCS Mills 49.91.

Finals

1 Eddie Levine, 12 Golden Vly 46.77
2 Tony Berrian, 12 Atwater 47.24
3 Marques Anderson, 12LBPoly 47.36
4 Tim Brown, 12 McClymonds 47.41
5 Mike Kenyon, 12Del Campo 47.89
6 Chris Forde, 12 NDame SO 48.06
6 Jason Manly, 12Rowland 48.06
8 Jucorie Tryon, 12John Muir 48.25
9 Marlon Jarrett, 12 M Keppel 49.88

800 Meters

9 Advance: Top 1 Each Heat Plus
Next 6 Best Times

Heat 1

1 James Levine, 13 SJS Golden Valley 1:52.39; 2 Eric Soliz, 12 SS Costa Mesa 1:54.83; 3 Mark Hassell, 12 SS Barstow 1:54.99; 4 Devin Lindahl, 10 SS Dana Hills 1:55.07; 5 Jeff George, 12 NCS De La Salle 1:55.62; 6 Jose Arambula, 11 CS McFarland 1:57.38; 7 Gabriel Gil, 12 CS Madera 1:59.10; 8 Jesse Mullins, 12 NS Shasta 2:03.26; - Ronald Fleming, 11 LAS Fremont LA DQ.

Heat 2

1 Ryan Carroll, 12 SJS Merced 1:55.20; 2 Steve Daynes, 12 SDS El Capitan 1:55.59; 3 Jason Rudolph, 12 CCS Palo Alto 1:56.05; 4 Troy Smith, 11 NCS California SR 1:56.27; 5 Ryan Smithhart, 10 CS Buchanan 1:56.76; 6 Jake Bouey, 12 NCS Bishop O'Dowd 1:57.28; 7 Tamo Trujillo, 11 CCS North Monterey 1:58.34; 8 J. Webster, 12 OS Fremont Oakland 2:00.31; - Jared Plemons, 12 SJS Oakmont DQ.

Heat 3

1 Ryan Meuse, 11 SS Simi Valley 1:54.49; 2 Drew Ostler, 12 NCS Mission San Jose 1:54.78; 3 Owen Keville, 12 SS Santa Monica 1:55.03; 4 Jason Mavromatis, 12 SDS Granite Hills 1:56.15; 5 Jason Adkins, 12 CCS Wilcox 1:56.87; 6 Jose Andrade, 12 LAS Belmont 1:57.70; 7 Hong Castejon, 11 SDS Mira Mesa 1:59.50; 8 Rafael Dominguez, 12 LAS Roosevelt LA 2:03.97; 9 Suaro Cervantes, 12 SFS Balboa 2:04.94.

Finals

1 James Levine, 13 Golden Vly 1:50.62
2 Drew Ostler, 12 Miss S Jose 1:53.44
3 Owen Keville, 12 S Monica 1:54.05

4 Mark Hassell, 12 Barstow 1:54.38
5 Eric Soliz, 12 Costa Mesa 1:54.51
6 Ryan Meuse, 11 Simi Valley 1:54.70
7 Devin Lindahl, 10 Dana Hills 1:54.80
8 Ryan Carroll, 12 Merced 1:55.55
9 Steve Daynes, 12El Capitan 1:56.21

1,600 Meters

9 Advance: Top 3 Each Heat Plus
Next 3 Best Times

Heat 1

1 Brendan Fitzgibbon, 12 CCS St. Ignatius 4:17.22; 2 Tom Prindiville, 12 NCS De La Salle 4:18.20; 3 Jason Taylor, 11 SS Peninsula 4:18.33; 4 Irving Moreno, 11 SS Polytechnic Riverside 4:20.00; 5 Paul Muile, 12 LAS North Hollywood 4:24.99; 6 Cheyne Jones, 12 SDS Coronado 4:26.13; 7 Scott McDonald, 11 NCS James Logan 4:28.53; 8 Gregorio Ramirez, 12 OS Oakland Tech 4:31.67; 9 Clint DiChoso, 11 SJS Downey Modesto 4:32.98; 10 Gavin Chamberlain, 13 SJS Oak Ridge 4:34.04; 11 Ali Benmohamed, 12 LAS Monroe 4:36.73; 12 Matt Duma, 12 CS Mt. Whitney 4:37.75; - Brad Hansen, 12 CCS St. Ignatius DNS*.

Heat 2

1 Jon Stevens, 11 NCS Mission San Jose 4:19.30; 2 Mike Altieri, 11 SJS Jesuit 4:19.72; 3 Steve Barrus, 12 CS Clovis 4:19.99; 4 Andrew Wulf,



Jon Stevens
1600m

12 CCS Bellarmine 4:21.41; Photo by Bill Cockerham
5 Alex Sanchez, 12 NCS De La Salle 4:23.11; 6 Evan Fox, 09 SDS West Hills 4:23.48; 7 Jason Manhart, 12 SS Trabuco Hills 4:25.58; 8 Eric Gans, 12 SS Dos Pueblos 4:26.28; 9 Jason Hunter, 12 SS Sultana 4:28.96; 10 Adam Greene, 11 SDS St. Augustine 4:31.25; 11 Jose Merino, 12 LAS Crenshaw 4:33.18; 12 Ryan Wade, 12 NS Central Valley 4:33.34; 13 Paul Chol, 12 SFS Lowell 4:35.43; 14 Mike Pestorich, 11 CS Clovis West 4:39.86.

Finals

1 Jon Stevens, 11 MissS Jose 4:10.08
2 Brendan Fitzgibbon, 12 StIgn 4:11.28
3 Steve Barrus, 12 CS Clovis 4:14.80
4 Tom Prindiville, 12 DeLaSalle 4:15.31
5 Jason Taylor, 11 Peninsula 4:19.35

6 Mike Altieri, 11 Jesuit 4:19.36
7 Irving Moreno, 11 Poly Riv 4:20.59
8 Alex Sanchez, 12 DeLaSalle 4:21.08
9 Andrew Wulf, 12 Bellarmine 4:33.36

3,200 Meters

Finals

1 Isaiah Festa, 11 Morro Bay 9:06.06
2 Dave Rodriguez, 12 MissSJ 9:07.49
3 Corey Creasey, 12 Nev U9 9:15.29
4 Ronnie Buchanan, 11 Righ 9:15.70
5 Noel Nelson, 12 Redwd, Vis 9:16.13
6 Michael Kasahun, 12 Fres 9:22.13
7 Ryan Gallagher, 12 Tem Vly 9:23.27
8 J P Miramontes, 12GVly 9:23.43
9 Chad Durham, 11 LBch Poly9:24.48
10 David Lopez, 12 Hoover 9:25.33
11 Mike Baskin, 11 Mt. Carmel 9:26.06;
12 David Braund, WValley 9:30.17; 13 Marcus Chandler, 10 Serra 9:30.73;
14 Cuco Chavez, 11 Hollister 9:36.33;
15 Juan Chavira, 11 Hanford 9:40.89;
16 Justin Willingham, 10East Union 9:41.01; 17 Adam Perez, 11 Serra SM 9:44.11; 18 David Vigil, 10 NCS College Park 9:48.68; 19 Aaron Clewis, 12 OS Oakland 9:51.11; 20 Chad Foster, 12 NCS James Logan 9:51.86; 21 Tim Layden, 11 NCS De La Salle 9:51.96; 22 Gary Passanisi, 11 CCS Aptos 9:53.64; 23 Eron Tello, 12 SDS Rancho Bernardo 10:06.93; 24 Rodolfo Toro, 12 LAS Bell 10:32.47; 25 Bentley Lim, 10 SFS Lowell 10:41.98; - Manuel Lopez, 12 LAS Belmont DNF; - Jose Merino, 12 LAS Crenshaw DNF.



Isaiah Festa
3200m

Photo by Bill Cockerham

110m High Hurdles

9 Advance: Top 1 Each Heat Plus
Next 6 Best Times

Heat 1 Wind Reading: -1.2

1 Dominique DeGrammont, 12 SS Tustin 14.04; 2 Brandon Brown, 12 SS Dominguez 14.35; 3 Tony Galaviz, 12 CCS Gunderson 14.52; 4 Kevin Carter, 12 CS South Bakersfield 14.84; 5 Tim Bogdanoff, 11 CS Buchanan 14.86; 6 Stevonnie Smith, 12 LAS University LA 14.95; 7 Rich Nero, 11 NCS St. Mary's College 15.18; 8 Charles Arney, 11

NCS

James Logan 15.52; 9 Jason Andrews, 12 NCS Rancho Cotate 15.83.
Heat 2
Wind Reading: -1.2

1 Sharif Paxton, 12 LAS Crenshaw 13.92;

2 Kenyon Rambo, 12 SS Long Beach Poly 14.05; 3 Tracy Smith, 12 SDS Rancho Buena Vista 14.60; 4 Guy McGowan, 11 CCS Leigh 14.61; 5 John Knowles, 12 SJS Fairfield 14.77; 6 David Landingham, 12 NS Corning 14.84; 7 Jerry Woestman, 12 SDS El Capitan 15.08; 8 Clinte Motley, 12 SS Alta Loma 15.10; 9 Tino Ratliff, 11 SFS McAteer 15.39.

Heat 3 Wind Reading: -1.9

1 Arend Watkins, 12 CCS Silver Creek 14.12; 2 Reggie DePass, 12 SDS Montgomery SD 14.21; 3 Mike Smith, 12 SS El Toro 14.48; 3 Lamarlo Robinson, 12 CS Tulare Western 14.48; 5 Terry Ellis, 10 LAS Dorsey 14.73; 6 Gerald Franks, 12 SJS Jesuit 14.79; 7 Henry Frazier, 12 SJS Hogan 14.99; 8 Donte Joseph, 12 NCS Pinole Valley 15.41; 9 Roy Edwards, 12 OS Fremont Oakland 16.08.

Finals

Wind Reading: 1.3

1 D DeGrammont, 12 Tustin 13.48
2 Sharif Paxton, 12Crenshaw 13.58
3 Kenyon Rambo, 12 L Bch Poly13.64
4 Reggie DePass, 12 Montg 13.86
5 Tony Galaviz, 12 Gunderson 14.16
6 Arend Watkins, 12 Silver Creek14.20
7 Brandon Brown, 12 Domin 14.21
8 Mike Smith, 12 SS El Toro 14.28
9 Lamarlo Robinson, 12 Tul W 14.30

300m Int. Hurdles

9 Advance: Top 1 Each Heat Plus
Next 6 Best Times

Heat 1

1 Tracy Smith, 12 SDS Rancho Buena Vista 37.41; 2 Dominique DeGrammont, 12 SS Tustin 37.42; 3 Al Williams, 11 SS Irvine 37.80; 4 Richard Bravin, 11 SDS Valhalla 38.55; 5 Derek Seymour, 12 CCS San Lorenzo Valley 38.69; 6 Jason Andrews, 12 NCS Rancho Cotate 38.80; 7 Kevin Mackey, 11 NCS Northgate 39.81; 8 Thomas Hocker, 11



Dominique DeGrammont
110m HH

Photo by Bill Cockerham

1997 CALIFORNIA STATE CHAMPIONSHIPS



Kenyon Rambo
300m IH

Photo by Bill Cockerham

CCS Silver Creek 40.11; 9 Luke Dalske, 12 NS Sutter 41.67.

Heat 2

1 Kenyon Rambo, 12 SS Long Beach Poly 37.56; 2 Kevin Carter, 12 CS South Bakersfield 38.23; 3 David Warren, 12 SS Hawthorn 38.27; 4 Stevonnie Smith, 12 LAS University LA 38.73; 5 Dave Bales, 12 SJS Del Oro 39.48; 6 Guy McGowan, 11 CCS Leigh 39.60; 7 Greg Lee, 10 LAS Dorsey 40.00; 8 Marion Beaver, 11 NCS Newark Memorial 40.02; 9 Roy Edwards, 12 OS Fremont Oakland 40.74.

Heat 3

1 Reggie DePass, 12 SDS Montgomery SD 37.51; 2 Nick Ray, 11 CS Ridgeview 38.05; 3 Tim Bogdanoff, 11 CS Buchanan 38.08; 4 John Knowles, 12 SJS Fairfield 38.92; 5 Leonard Lexion, 11 SS San Bernardino 38.95; 6 Rich Nero, 11 NCS St. Mary's College 39.10; 7 Terry Ellis, 10 LAS Dorsey 40.29; 8 Tino Ratliff, 11 SFS McAleer 40.99; 9 Ken Vaughn, 12 SJS Elk Grove 41.24.

Finals

1 Kenyon Rambo, 12 LB Poly 36.57
2 Tracy Smith, 12 RBuena Vista 37.00
3 Al Williams, 11 Irvine 37.55
4 Dom DeGrammont, 12 Tustin 37.61
5 Reggie DePass, 12 Montg 38.03
6 David Warren, 12 Hawth 38.31
7 Kevin Carter, 12 SBakersfield 39.13
8 Tim Bogdanoff, 11 Buchanan 39.70
- Nick Ray, 11 Ridgeview FS

4x100 Meter Relay

9 Advance: Top 1 Each Heat Plus
Next 6 Best Times

Heat 1

1 SS John Muir 40.55, 2 SJS AA Stagg 41.09, 3 CS Edison Fresno 41.22, 4 SS Rowland 41.65, 5 CCS North Monterey 42.04, 6 LAS Crenshaw 42.06, 7 NCS James Logan 42.25, 8 NCS California SR 43.26, 9 NS Pleasant Valley 44.36.

Heat 2

1 SDS Morse 41.38, 2 SDS University City SD 41.75, 3 SJS Grant Sacto 42.00, 4 CCS Gunderson 42.06, 5 SS Hawthorn 42.34, 6 NCS St. Mary's College 42.74, 7 SDS Rancho Bernardo 43.15, 8 NCS San Ramon Valley 49.70, - LAS Dorsey DQ.

Heat 3

1 SS Serra 41.24, 2 SS Chino 41.30, 3 CS Lemoore 41.75, 4 LAS Gardena 41.82, 5 SJS Atwater 42.60, 6 CS Bakersfield 42.62, 7 CCS Cupertino 42.84, 8 SFS Galileo DNF, - OS McClymonds DQ.

Finals

1 SS John Muir 40.35
2 SS Serra 40.73
3 CS Edison Fresno 40.90
4 SDS Morse 41.06
5 SS Chino 41.07
6 SDS University City SD 41.35
7 SJS AA Stagg 41.41
8 SS Rowland 41.45
9 CS Lemoore 42.03

4x400 Meter Relay

9 Advance: Top 1 Each Heat Plus
Next 6 Best Times

Heat 1

1 SS John Muir 3:15.65, 2 LAS Taft LA 3:16.57, 3 CCS Gunn 3:18.52, 4 SJS Golden Valley 3:20.09, 5 OS Skyline 3:21.04, 6 SDS University City SD 3:22.16, 7 NCS Campolindo 3:25.08, 8 NCS Cardinal Newman 3:35.69, - CS Bakersfield DQ.

Heat 2

1 SS Dominguez 3:12.95, 2 SJS AA Stagg 3:17.39, 3 NCS California SR 3:18.01, 4 SDS Morse 3:19.32, 5 SDS La Costa Canyon 3:20.48, 6 LAS Westchester 3:22.55, 7 NS Red Bluff 3:33.52, - CS Ridgeview DQ, - CCS Del Mar SCR.

Heat 3

1 SS Long Beach Poly 3:13.79, 2 SS Notre Dame SO 3:14.84, 3 SS Hawthorne 3:17.55, 4 LAS Dorsey 3:18.96, 5 NCS St. Mary's College 3:19.22, 6 SJS Fairfield 3:19.87, 7 CCS St. Francis MV 3:22.44, 8 CS Clovis 3:24.52, 9 SFS Lowell 3:31.99

Finals

1 SS Dominguez 3:12.51
2 SS Long Beach Poly 3:13.99
3 SS Notre Dame SO 3:14.53
4 LAS Taft LA 3:15.22
5 SS Hawthorn 3:16.62
6 NCS California SR 3:17.34
7 CCS Gunn 3:21.89
- SJS AA Stagg DQ
- SS John Muir SCR

High Jump

Preliminary Results

1 Clintie Molley, 12 SS Alta Loma 6'08.00", 2 Lester Deraad, 12 SS Tustin 6'08.00", 2 Gabriel Zarate, 10 CS Selma 6'08.00", 2 Jason Howard, 12 CS Ridgeview 6'08.00", 5 Darren Marble, 11 CCS Los Altos 6'08.00", 6 Eric Hollins, 11 SDS Escondido 6'08.00", 6 Darryl Feilbach, 12 SJS Bear Creek 6'08.00", 8 Rokeem Osby, 12 SJS Cordova 6'08.00", 9 Elliot Parks, 12 SS El Toro 6'08.00", 10 Jimmy Cepeda, 12 LAS Hollywood 6'07.00", 11 Ben Cook, 12 CCS Carmel 6'07.00", 12 Demario Franklin, 12 SS Arcadia 6'06.00", 13 Bryan Reese, 12 SS Dana Hills 6'06.00", 14 Chris Drewry, 11 CS Stockdale 6'06.00", 15 John Darcey, 11 CCS Serra SM 6'06.00", 16 Mike Ruffell, 12 NS Enterprise 6'06.00", 17 Darrell Lewis, 12 NCS Pittsburg 6'04.00", 18 Alex Woods, 13 SJS Tokay 6'04.00", 19 Steve Carpenter, 10 NCS Ygnacio Valley 6'04.00", 20 Seth Barrett, 12 NCS Santa Rosa 6'02.00", 21 Ricky

Duff, 11 LAS Manual Arts 6'02.00", 21 Dexter Arney, 12 OS Skyline 6'02.00", 21 Elliot Walker, 12 SDS Morse 6'02.00", - Edward Maldur, 12 LAS Birmingham NH, - Rahul Hazarika, 12 SDS Rancho Bernardo NH, - Jaques Wilson, 09 SFS Lincoln SF DNS*, - David Collin, 2 NCS James Logan DNS*.

Finals

1 Jason Howard, 12 Ridgev 7'01.00"
3 Clintie Molley, 12 AltaLoma 7'00.00"
4 Gabriel Zarate, 10 Selma 7'00.00"
5 Lester Deraad, 12 Tustin 6'09.00"
6 Elliot Parks, 12 El Toro 6'09.00"
7 Rokeem Osby, 12 Cordva 6'08.00"
8 Darren Marble, 11 L Altos 6'06.00"
9 Eric Hollins, 11 Escondido 6'06.00"

Pole Vault

Preliminary Results

1 David Gritz, 12 SJS Bear Creek 15'00.00", 2 Steve Harris, 12 CCS Del Mar 15'00.00", 3 Mark Unzueta, 11 CS Lemoore 15'00.00", 4 Travis Vandrovce, 12 SS Fountain Vly 15'00.00", 5 Joel Kriwinski, 12 SS Arroyo Grande 15'00.00", 6 Andrew Peeke, 11 SS Peninsula 15'00.00", 7 Willie Delitchman, 12 SJS Ponderosa 15'00.00", 8 Robert Carbajal, 11 CCS Mt. Pleasant 15'00.00", 9 Seth Benson, 12 CS Golden West 15'00.00", 10 Trent Nahas, 12 NCS Monte Vista Dan 14'08.00", 11 David Grijalva, 12 CCS North Monterey 14'08.00", 12 Mao Phoeun, 12 SJS Bear Creek 14'04.00", 13 Jeremy Cunningham, 12 LAS



Jason Howard
High Jump

Photo by Bill Cockerham



David Gritz
Pole Vault

Photo by Bill Cockerham

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Verdugo Hills 14'04.00", 14 Brian Price, 12 CS Kingsburg 14'04.00", 15 James Tutrow, 12 SDS Poway 14'00.00", 16 Alan Ekstrand, 12 SS Glendora 14'00.00", 17 Jacob Hayes, 12 NCS Fortuna 14'00.00", 18 Eric Cheng, 12 SDS Rancho Buena Vi 13'06.00", 19 Matt Mueller, 12 SDS Rancho Buena Vi 13'06.00", 19 Ryan Tacherla, 11 NCS San Ramon Valle 13'06.00", 19 Brandon Braunstein, 10 NCS Newark Memorial 13'06.00", 19 Eddie Becker, 12 SS Temescal Canyon 13'06.00", - Peter Mak, 10 SFS Lowell NH, - Arthur Harris, 11 OS McClymonds NH, - David Kassab, 11 LAS University LA NH, - Jason Honey, 11 NS West Valley Cot NH, - Patrick Turner, 11 LAS Granada Hills NH.

Finals

- 1 David Gritz, 12 Bear Crk 16'07.00"
- 2 Steve Harris, 12 Del Mar 15'06.00"
- 3 Mark Unzueta, 11 Lem 15'06.00"
- 4 Willie Delitchman, 12 Pon 15'06.00"
- 5 Seth Benson, 12 GWest 15'06.00"
- 6 Travis Vandrovce, 12 FVly 15'02.00"
- 7 Joel Kriwinski, 12 ArrGre 14'08.00"
- 8 Robert Carbajal, 11 Mt.PI 14'08.00"
- 9 Andrew Peeke, 11 Peni 14'08.00"

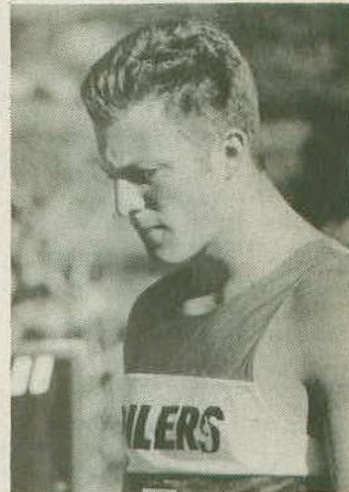
22'09.00" 2.6, 16 Donald Strickland, 11 CCS Riordan 22'08.25" 3.6, 17 Billy Wingfield, 11 LAS Carson 22'03.00" 3.1, 18 Mike Smith, 12 SS El Toro 22'01.75" 3.2, 19 Chris Lacy, 12 CCS Oak Grove 22'01.25" 1.3, 20 William Nero, 12 CCS Menlo Atherton 22'01.00" 1.5, 21 Brandon Jones, 11 SS Ayala 21'11.75" 1.3, 22 Marcel Armstrong, 11 CS McLane 21'08.50" 1.3, 23 David Landingham, 12 NS Corning 21'08.00" 2.2, 24 Matt Hunt, 11 NCS Fortuna 21'02.50" 2.4, 25 Quac Hoang, 12 SFS Galileo 21'01.25" 3.9, 26 Ray Bardone, 12 SS Edison HB 20'10.25" 3.8, - Ryan Fernandez, 11 OS Skyline DNS* NWI.

Finals

- 1 Marvin Brown, 12 Wood 24'05.25"
- 2 Patrick McCall, 12 Carson 24'04.75"
- 3 Henry Jenkins, 12 PaRob 24'02.50"
- 4 Anthony Colson, 12 Cnter 24'02.00"
- 5 B B Malone, 11 GWest 23'10.00"
- 6 Courtney Palmore, 12 Ox 23'08.50"
- 7 Kenny Pearson, 11 Staggy 23'07.75"
- 8 Darrell Lewis, 12 Pittsbrg 23'06.25"
- 9 C J Nakayama, 12 Clovis 22'07.75"
- Elliot Walker, 12 Morse FOUL NWI



Van Mounts
Shot Put
Photo by Bill Cockerham



Scott Moser
Discus Throw
Photo by Bill Cockerham

Long Jump

Preliminary Results

1 Patrick McCall, 12 LAS Carson 24'05.25" -0.4, 2 B B Malone, 11 CS Golden West 24'00.50" 1.3, 3 Courtney Palmore, 12 SS Oxnard 23'10.75" 2.6, 4 Henry Jenkins, 12 SS Paso Robles 23'10.00" 2.9, 5 Darrell Lewis, 12 NCS Pittsburg 23'08.50" 3.3, 6 Anthony Colson, 12 SJS Center 23'06.00" 3.5, 7 Elliot Walker, 12 SDS Morse 23'05.50" 2.9, 8 Marvin Brown, 12 SJS Will C. Wood 23'01.50" 2.5, 9 Kenny Pearson, 11 SJS AA Staggy 23'01.50" 2.5, 10 C J Nakayama, 12 CS Clovis 23'00.75" 1.9, 11 Kieran Cox, 12 NCS Antioch 23'00.50" 2.3, 12 Eric Hollins, 11 SDS Escondido 22'11.00" 2.8, 13 Austin Uku, 12 LAS Narbonne 22'10.50" 2.9, 14 Dan Littlefield, 10 NCS Sonoma Valley 22'09.25" 3.0, 15 Daniel Her-

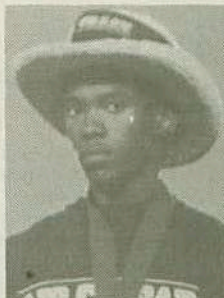


Marvin Brown
Long Jump
Photo by Bill Cockerham

Triple Jump

Preliminary Results

1 Jason Howard, 12 CS Ridgeview 50'00.25" 0.5, 2 Clint Motley, 12 SS Alta Loma 49'06.50" 0.5, 3 Anthony Colson, 12 SJS Center 48'10.25" 0.0, 4 Jerrold Mack, 11 NCS St. Mary's Coll 48'08.75" 0.0, 5 Daniel Johnson, 12 SJS Vanden 48'06.00" 0.0, 6 Joe Augustine, 12 SJS Yuba City 47'11.25" 0.6, 7 Matt Primous, 11 SS Lompoc 47'11.00" 1.2, 8 Draper Rivers, 12 SDS Morse 47'07.75" 0.8, 9 Tyriff Rudder, 12 SDS Mt. Miguel 47'02.00" 0.5, 10 B B Malone, 11 CS Golden West 47'00.00" 0.6, 11 Duran Archie, 11 CS Hoover Fresno 46'07.75" 0.7, 12 Michael Cordoba, 11 CCS North Salinas 46'05.25" 0.5, 13 Tafari Wilson, 11 NCS James Logan 46'04.75" 1.5, 14 William Rosser, 12 LAS Gardena 45'11.50" 1.9, 15 Glen Stone, 11 CCS Yerba



Anthony Colson
Triple Jump
Photo by Bill Cockerham

Buena 45'11.50" 2.5, 16 Markus Carr, 12 SS Palmdale 45'11.25" 1.2, 17 J. L. Lewis, 11 LAS Dorsey 45'04.75" 1.5, 18 Thomas Carter, 12 SS John Muir 45'03.50" 1.1, 19 Jason Humphrey, 12 NCS Bishop O'Dowd 45'03.00" 2.3, 20 Andy Badger, 11 SS Diamond Bar 45'01.75" 2.3, 21 Chi Hoeung, 12 SDS Crawford 44'04.25" 0.9, 22 Damian Mackey, 11 NCS James Logan 44'02.50" 1.6, 23 Ryan Fernandez, 11 OS Skyline 44'02.25" 1.0, 24 Garrett White, 11 NS Corning 42'03.75" 1.9, 25 Danny Douglas, 12 CCS Fremont Sunnyva 41'11.75" 0.7, - Tan Nguyen, 12 SFS Lowell FOUL NWI, - Amon Head, 11 LAS Dorsey FOUL NWI.

Finals

- 1 Anthony Colson, 12 Cnter 49'11.25" 2.3
- 2 Clint Motley, 12 Alta Loma 49'04.50" 2.5
- 3 Jerrold Mack, 11 St. Mary's 48'10.00" 1.4
- 4 Tyriff Rudder, 12 Mt. Miguel 48'01.00" 2.5
- 5 Jason Howard, 12 Rdgev 47'10.00" 1.3
- 6 Daniel Johnson, 12 Vanden 47'06.50" 2.8
- 7 Joe Augustine, 12 Yuba City 47'04.50" 3.3
- 8 Matt Primous, 11 Lompoc 46'08.25" 2.4
- 9 Draper Rivers, 12 Morse 46'00.00" 1.9

Shot Put

Preliminary Results

1 Van Mounts, 11 CS Bakersfield 64'05.25", 2 John Bello, 12 SS Rancho Cucamong 61'03.25", 3 Vill Makhele, 11 SDS San Marcos 59'03.00", 4 Derek Kurkowski, 12 SS Canyon Springs 58'07.75", 5 Andre Carter, 12 CCS Oak Grove 58'05.75", 6

Roy Rivas, 11 SDS Carlsbad 57'06.50", 7 Rodney Leslie, 10 CS Ridgeview 56'10.25", 8 Dan Ames, 10 SDS El Capitan 56'09.75", 9 Pete Bjorklund, 10 CCS Los Altos 56'05.25", 10 Brian Chase, 12 NCS Cardinal Newman 56'00.00", 11 Scott Weigand, 11 SS Arcadia 55'06.25", 12 Scott Moser, 12 SS Huntington Beach 55'05.75", 13 Steve Parker, 12 SFS McAteer 55'02.50", 14 Nathan Desomber, 12 NS Gridley 54'08.25", 15 Marcus Matheney, 12 NCS St. Bernard Eur 54'08.00", 16 Mike Rainis, 12 SS St. Paul 54'08.00", 17 Brock Torresdal, 12 CCS Woodside 53'01.00", 18 John Badovinac, 12 SJS Jesuit 52'11.25", 19 Luke MacKay, 10 SJS Central Catholi 52'11.00", 20 Rusty Price, 09 SJS Atwater 52'02.25", 21 Jeremy Holt, 12 NCS Tamalpais 52'02.00", 22 Jeff Beadle, 12 CS Highland Bakers 51'04.50", 23 Vince Rodriguez, 12 LAS Canoga Par 50'09.50", 24 Larry Tripplett, 12 LAS Westchester 50'04.25", 25 Anselmo Loya, 11 LAS Franklin LA 45'09.50", 26 Marquez Ologbesele, 11 OS Castlemont 40'02.00", - Rocci Doria, 12 NCS Amador Valley FOUL

Finals

- 1 Van Mounts, 11 Bkld 67'00.75"
- 2 Vill Makhele, 11 S Marcos 59'09.50"
- 3 John Bello, 12 RCuca 59'05.50"
- 4 Roy Rivas, 11 Carlsbad 57'11.00"
- 5 Rodney Leslie, 10 Ridge 56'11.50"
- 6 Pete Bjorklund, 10 LAltos 56'11.00"
- 7 Andre Carter, 12 Oak Gr 56'08.00"
- 8 Derek Kurkowski, 12 CynSp 56'03.50"
- 9 Dan Ames, 10 El Capitan 55'10.25"

1997 CALIFORNIA STATE CHAMPIONSHIPS

Discus Throw

Preliminary Results

1 Scott Moser, 12 SS Huntington Bch 190'07.00", 2 John Bello, 12 SS Rancho Cucamong 186'04.00", 3 John Badovinac, 12 SJS Jesuit 176'11.00", 4 Jim Norum, 12 SS Brea-Olinda 170'05.00", 5 Reedus Thurmond, 11 SS Serra 168'02.00", 6 Van Mounts, 11 CS Bakersfield 166'11.00", 7 Jeff Beadle, 12 CS Highland Bakers 166'09.00", 8 Tooran Gilliam, 12 SDS San Diego 164'09.00", 9 Josh Murdock, 11 SJS Golden Valley 164'08.00", 10 Rocci Doria, 12 NCS Amador Valley 162'03.00", 11 Brian Chase, 12 NCS Cardinal Newman 161'08.00", 12 Dan Ames, 10 SDS El Capitan 159'10.00", 13 Justin Johnson, 12 CS Fresno 156'09.00", 14 Vill Makhele, 11 SDS San Marcos 156'01.00", 15 Marcus Matheney, 12 NCS St. Bernard Eur 152'02.00", 16 Steve Parker, 12 SFS McAteer 151'06.00", 17 Mike Fought, 12 CCS Del Mar 150'10.00", 18 Richard Legarra, 11 SS Wilson HH 149'10.00", 19 Luke MacKay, 10 SJS Central Catholic 149'09.00", 20 Adam Sanborn, 12 CCS San Lorenzo Val 146'09.00", 21 Brandon Goldstein, 11 CCS Piedmont Hills 143'09.00", 22 Ruben Williams, 09 LAS Eagle Rock 127'00.00", 23 Seth Barrel, 12 NCS Santa Rosa 123'11.00", - Andre Collins, 09 OS Castlemont ND, - Nathan Desomber, 12 NS Gridley ND.

Finals

1 Scott Moser, 12 Hun B 203'02.00"
2 Reed. Thurmond, 11 Ser 185'04.00"
3 John Bello, 12 RCuca 184'09.00"
4 Van Mounts, 11 Bkld 181'05.00"
5 John Badovinac, 12 Jesuit 179'08.00"
6 Jim Norum, 12 Brea-Ol 175'09.00"
7 Tooran Gilliam, 12 SD 175'05.00"
8 Jeff Beadle, 12 HighBk 168'10.00"
9 Josh Murdock, 11 G Vly 164'04.00"

GIRLS

100 Meters

9 Advance: Top 1 Each Heat Plus Next 6 Best Times

Heat 1 Wind Reading: -1.3

1 Angela Williams, 11 SS Chino 11.36, 2 Damesha Craig, 12 CCS Menlo 12.01; 3 Hilma Decree, 9 CS Foothill, Bakerfield 12.38; 4 Jamara Smith, 10 NCS James Logan 12.42; 5 Annetta Wells, 12 LAS University LA

12.43; 6 Shaunte Williams, 11 SJS Armijo 12.46; 7 Tracie Banks, 12 NCS Campolindo 12.85; - Zhaunte Holman, 13 SJS Valley SCR*; - Akiba McKinney, 12 SDS Monte Vista SV SCR*

Heat 2

Wind Reading: -1.4

1 Malika Edmonson, 12 SS St. Bernard 12.02; 2 Anita McCallum, 10 NCS San Lorenzo 12.04; 3 Sah Nee Roseby, 9 CCS North Salinas 12.10; 3 Miya Edmonson, 09 SS St. Bernard 12.10; 5 DeCola Groce, 10 SDS Morse 12.19; 6 Adrena Williams, 09 NCS James Logan 12.36; 7 Yahvoh Tolimoh, 11 SJS Valley 12.47; 8 Andrea Kincaid, 10 OS Skyline 12.69; - Tiffany Bennett, 9 CS Centennial B FS

Heat 3 Wind Reading: -0.4

1 Miesha Withers, 10 SS St. Bernard 11.83; 2 Michelle Perry, 12 SS Quartz Hill 12.04; 3 Eboni Grayson, 11 LAS Taft LA 12.05; 4 Kameelah Allen, 09 SDS Mt. Miguel 12.36; 5 Janice Thomas, 12 LAS Dorsey 12.39; 6 Macklin Harris, 11 NS Enterprise 12.43; 7 Bo Alade, 11 CS Foothill Bakerfield 12.47; 8 Tenesha Webb, 10 CCS Wilcox 12.54; 9 Amy Hill, 12 SFS Lowell 13.51.

Final -- Wind Reading: 0.5

1 Angela Williams, 11 Chino 11.15
2 Miesha Withers, 10 St. Bern 11.58
3 Malika Edmonson, 12 St. Bern 11.69
4 Damesha Craig, 12 Menlo 11.81
5 Michelle Perry, 12 Quartz Hill 11.98
6 Anita McCallum, 10 S Lorenzo 12.00
6 Miya Edmonson, 09 St. Bern 12.00
8 Eboni Grayson, 11 Taft LA 12.01
9 Sah Nee Roseby, 9 N Salinas 12.06

200 Meters

9 Advance: Top 1 Each Heat Plus Next 6 Best Times

Heat 1 Wind Reading: 0.0

1 Kinshasa Davis, 12 SS Wilson Long Beach 23.74; 2 Eboni Grayson, 11 LAS Taft LA 24.32; 3 DeCola Groce, 10 SDS Morse 24.84; 4 Adrena Williams, 09 NCS James Logan 24.91; 5 Macklin Harris, 11 NS Enterprise 25.31; 6 Bo Alade, 11 CS Foothill Bakerfield 25.48; 7 Yahvoh Tolimoh, 11 SJS Valley 25.52; - Latrice Borders,

10 SS Wilson Long Beach DQ; - Zhaunte Holman, 13 SJS Valley SCR*.

Heat 2 Wind Reading: 0.6

1 Malika Edmonson, 12 SS St. Bernard 23.87; 2 Brianna Glenn, 11 SS La Mirada 24.52; 3 Annetta Wells, 12 LAS University LA 24.60; 4 Sah Nee Roseby, 9 CCS North Salinas 24.67; 5 Hilma Decree, 9 CS Foothill Bakerfield 25.25; 6 Brandee Grant, 12 NCS Holy Names 25.52; 7 Tiffany Bennett, 9 CS Centennial B 25.87; 8 Amy Hill, 12 SFS Lowell 27.72; - Tania Woods, 10 OS Skyline SCR*.

Heat 3 Wind Reading: 0.6

1 Aisha Margain, 09 NCS San Lorenzo 24.15; 2 Tiffany Thompson, 10 SS Notre Dame SO 24.50; 3 Janice Thomas, 12 LAS Dorsey 24.79; 4 Sharita Reed, 11 NCS Encinal 24.92; 5 Shaunte Williams, 11 SJS Armijo 25.16; 6 Enjoli Smith, 12 CCS Gilroy 25.38; 7 Andrea Booker, 11 SDS El Camino OS 25.50; 8 Kameelah Allen, 09 SDS Mt. Miguel 25.60; - Damesha Craig, 12 CCS Menlo SCR*.

Final -- Wind Reading: 1.9

1 Kinshasa Davis, 12 WilsonLB 22.90
2 Malika Edmonson, 12 St. Bern 23.70
3 Aisha Margain, 09 San Lor 24.03
4 Eboni Grayson, 11 Taft LA 24.29
5 Tiffany Thompson, 10 NotD 24.49
6 Annetta Wells, 12 Univ LA 24.59
7 Sah Nee Roseby, 9 NSalinas 24.61
8 Janice Thomas, 12 Dorsey 24.91
9 Brianna Glenn, 11 La Mirada 25.37

400 Meters

9 Advance: Top 1 Each Heat Plus Next 6 Best Times

Heat 1

1 Kinshasa Davis, 12 SS Wilson Long Beach 52.83; 2 Niketola Balogon, 12 LAS Westchester 55.97; 3 Brandee Grant, 12 NCS Holy Names 56.04; 4 Jini Hogg, 10 SFS Inter. Studies Acad 56.36; 5 Starla Henderson, 10 SDS Morse 57.04; 6 Monica Coleman, 12 CCS Gunn 57.99; 7 LaRonda Hite, 11 SDS Lincoln SD 58.67; 8 Amber Newsome, 10 CS Stockdale 58.96;

- Latrice Borders, 10 SS Wilson Long Beach SCR*.

Heat 2

1 Bunmi Oguneleye, 11 SS Long Beach Poly 54.92; 2 Aisha Margain, 09 NCS San Lorenzo 55.70; 3 Jill Santucci, 12 SJS Oakdale 56.98; 4 Malinda Malone, 09 LAS Cleveland 57.30; 5 Maggie Vessey, 9 CCS Monte Vista Christian 57.1; 6 Michelle Boughton, 9 CS Centennial B 58.38; 7 Crissa Dwelly, 13 SJS Sacramento Waldorf 58.70; - Tania Woods, 10 OS Skyline SCR*; - Kameelah Elarms, 12 CCS Piedmont Hills SCR*.

Heat 3

1 Regine Caruthers, 12 SS St. Bernard 54.94; 2 Rose Criss, 12 NCS Analy 55.78; 3 Julia Gray, 11 SS North JW 56.06; 4 Seneik Saavedra, 12 NCS Encinal 56.13; 5 Chloe Jarvis, 09 SJS St. Francis Sacto 57.44; 6 Lenore Harris, 10 CS Wasco 58.45; 7 Aroline Neal, 09 SDS Rancho Buena Vista 58.71; 8 Stacey Harris, 12 LAS Cleveland 58.73; 9 Heather Otter, 12 NS Enterprise 1:00.40.

Final

1 Kinshasa Davis, 12 WilsonLB 52.66
2 Bunmi Oguneleye, 11 LBPoly 54.15
3 Regine Caruthers, 12 St. Bern 54.65
4 Aisha Margain, 09 San Lor 55.74
5 Brandee Grant, 12 HolyNames 55.96
6 Julia Gray, 11 North JW 56.88
7 Rose Criss, 12 Analy 56.94
8 Niketola Balogon, 12 Westch 58.36
9 Seneik Saavedra, 12 Encinal 59.45

800 Meters

9 Advance: Top 1 Each Heat Plus Next 6 Best Times

Heat 1

1 Angella Green, 09 SS Long Beach Poly 2:11.64; 2 Stephanie Chavez, 12 CCS Los Gatos 2:12.65; 3 Liz Morse, 09 SS Corona del Mar 2:13.38; 4 Colleen Wrenn, 11 CCS Palo Alto 2:13.88; 5 Makia Nelson, 11 SS Brea-Olinda 2:14.95; 6 Rachelle Lollus, 12 CS Buchanan 2:16.04; 7 Jennifer Stiel, 09 SJS

Escalon

2:16.36; 8

Lupe Banuelos,

12 CS

Exeter

2:20.83;

9 Wendy Chan, 11

LAS Taft

LA

2:23.45.

Heat 2

1

Lindsay Hyatt,

10 SJS Placer



Lindsay Hyatt
800m

Photo by Bill Cockerham

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2:12.20; 2 Danielle Price, 11 NCS
James Logan 2:12.75; 3 Angie Milner,
12 SJS Modesto 2:14.98; 4 Drisana
Carey, 12 SDS University of SD
2:15.71; 5 Lesley Bravin, 09 SDS
Valhalla 2:17.83; 6 Jenny Petite, 11 SS
Yucaipa 2:18.02; 7 Jayda Bailey, 09
LAS Taft LA 2:20.17; 8 Nicole Ruff, 11
NS Las Plumas 2:21.84; 9 Vanessa
Lewis, 11 OS Fremont Oakland
2:24.82.

Heat 3

1 Monica Van Wegen, 12 NCS
Amador Valley 2:14.88; 2 Summer
Shaw, 12 SS Huntington Beach
2:16.16; 3 Jennifer Bridgeman, 12
NCS James Logan 2:16.94; 4 Katie
Bernarding, 12 NCS Sir Francis Drake
2:17.86; 5 Brianna Denley, 12 CCS
North Monterey 2:18.66; 6 Emily
Barrus, 11 CS Clovis 2:19.33; 7 Erin
Dehahn, 10 SDS Hilltop 2:21.37;
8 Margaret Roche, 10 LAS Grant LA
2:21.50; 9 Sopagna Eap, 10 SFS Lowell
2:24.32.

Final

1 Lindsay Hyatt, 10 Placer 2:09.16
2 Angelita Green, 09 LBPoly 2:09.61
3 Stephanie Chavez, 12 LosG 2:10.63
4 Danielle Price, 11 Logan 2:11.82
5 Angie Milner, 12 Modesto 2:13.44
6 Colleen Wrenn, 11 Palo Alto 2:13.50
7 Monica VanWegen, 12 AmaVI 2:13.91
8 Liz Morse, 09 Cor del Mar 2:14.51
9 Makia Nelson, 11 Brea-OI 2:14.81

1600 Meters

9 Advance: Top 3 Each Heat Plus
Next 3 Best Times

Heat 1

1 Julia Stamps, 12 NCS Santa Rosa
4:55.80; 2 Elaine Canchola, 11 SS
Nordhoff 4:55.62; 3 Jennifer Akana, 11
SFS Lowell 5:00.74; 4 Anne-Elyse
Smith, 11 CCS Aptos 5:05.63; 5 Sarah
Ellis, 12 SS La Canada 5:08.18; 6
Mary Moore, 11 SS Woodbridge
5:09.43; 7 Stephanie McCarty, 12 CS
Madera 5:09.60; 8 Jaymie Harper, 12
SDS Santana 5:10.64; 9 Tricia
Mattson, 12 SDS Fallbrook 5:14.93;
10 Christie Gregory, 10 CS Clovis
5:16.92; 11 Melissa Peralta, 11 LAS
South Gate 5:20.78; 12 Tara Pedshaw,
11 SJS Foothill Sacto 5:31.80; 13 Bree
Akeeson, 12 LAS JF Kennedy LA
5:41.59

Heat 2

1 Kristin Gordon, 12 NCS Carondelet
5:01.44; 2 Julie Ott, 12 SDS University
of SD 5:01.50; 3 Tracy Cohn, 12 CS
Stockdale 5:02.98; 4 Anne Gunnison,
12 SJS McClatchy 5:09.87; 5 Spring
Dawson, 09 SJS Vallejo 5:10.81; 6
Jeanne Fishback, 12 CCS Los Gatos
5:15.63; 7 Kyra Patterson, 11 SS San



Julia Stamps
1600m & 3200m
Photo by Bill Cockerham

Luis Obispo 5:18.57; 8 Emily Dixon,
10 OS Skyline 5:19.74; 9 Kelley
Howisey, 12 NCS Clayton Valley
5:20.45; 10 Katie Appenrodt, 11 CCS
St. Ignace 5:20.60; 11 Heather
Garritson, 11 SS Buena Park 5:26.98;
12 Tiffany Burgess, 10 LAS Bir-
mingham 5:27.71; 13 Katie Holchhiss,
10 NCS Mission San Jose 5:32.04;
14 Jenee Erickson, 10 NS West
Valley Cottenwood 5:35.12.

Final

1 Julia Stamps, 12 SRosa 4:44.78
2 Kristin Gordon, 12 Carond 4:50.47
3 Jennifer Akana, 11 Lowell 4:57.47
4 Anne-Elyse Smith, 11 Aptos 4:59.17
5 Julie Ott, 12 SDS UnivSD 5:00.44
6 Elaine Canchola, 11 Nordh 5:01.95
7 Sarah Ellis, 12 La Canada 5:05.96
8 Mary Moore, 11 Wdbridge 5:12.35
9 Tracy Cohn, 12 Stockdale 5:19.43

3200 Meters

Final

1 Julia Stamps, 12 S Rosa 10:15.17
2 Kristin Gordon, 12 Carond 10:19.84
3 Andrea Neipp, 12 Highind 10:26.07
4 Trina Cox, 10 Santa Rosa 10:30.82
5 Yvonne Liebig, 11 JFKSac 10:32.68
6 Allyson Marquand, 10 U Irv 10:46.85
8 Emili Lawson, 12 Clovis W10:50.44
9 Lauren Flesherman, 11 Cyn 10:53.05
10 Susan Chou, 12 Lowell 10:54.86
11 Kimi Welch, 11 Yucaipa 10:58.28
12 Michelle Leinfelder, 12 Esc 10:59.55
13 Lisa Gills, 11 Moreau 11:04.23
14 Michelle Barrack, 10 UniSD 11:07.42
15 Stephanie McCarty, 12 Mad 11:09.16

16 Melissa Peralta, 11 SoGate 11:15.67
17 Kelly Grimes, 10 Escondido 11:16.96
19 Ana Lilia Martinez, 11 KCity 11:20.75
20 Alicia McFall, 10 NewHarb 11:24.20
21 Angela Ruiz, 12 Reedley 11:26.67
22 Marielle Schlueter, 12 St.Ig 11:28.46
23 Hillery Gemmill, 12 CentVly 11:54.95
24 Jaime Jones, 9 Cleveland 12:06.78
25 Bree Akeeson, 12 JFK LA 12:10.99
-Stephanie Garcia, 11 Skyline SCR
-Anne-Elyse Smith, 11 Aptos SCR

100m High Hurdles

9 Advance: Top 1 Each Heat Plus

Next 6 Best Times

Heat 1 Wind Reading: -2.7

1 Nicole Hoxie, 12 SS North JW
13.99; 2 Natasha Neal, 11 NCS
James Logan 14.74; 3 Randi Smith,
11 SS Beverly Hills 14.94; 4 Andrea
Booker, 11 SDS El Camino OS 15.28.
5 Mandi Ruzleck, 10 CS Tehachapi
15.31; 6 Tiara Anderson, 10 NS West
Valley Cottenwood 15.35; 7 Alisha
Carter, 11 SDS Rancho Bernardo
15.71; 8 Frances Santin, 11 LAS Taft
LA 15.82; -Jonae Hunt, 12 LAS
Westchester DNF.

Heat 2 Wind Reading: -1.9

1 Ashley Bethel, 11 SS Mission
Viejo 14.49; 2 Hannah Cooper, 12 SS
Hawthorn 14.53; 3 Lisa O'Reilly, 12

SJC St. Mary's Stockton 14.80; 4
Tamisha Allen, 12 CCS North Salinas
14.95; 5 Mickila Tate, 13 SJS Turlock
14.95; 6 Katie Schuckie, 12 NCS
Santa Rosa 15.76; 7 Sherita Williams,
10 SDS El Camino OS 15.90; 8 Rene
Warner, 12 SFS McAteer 15.91; 9 Lisa
Ford, 12 CS Buchanan 16.50.

Heat 3 Wind Reading: -1.9

1 Daveeta Shepard, 12 NCS De
Anza 13.84; 2 Michelle Perry, 12 SS
Quartz Hill 13.96; 3 Khameel
Flemming, 12 LAS Dorsey 14.95; 4
Mandy Mazik, 12 CCS Capuchino
14.99; 5 Carrie McGraw, 11 NCS
Mission San Jose 15.31; 6 Dee Scott,
10 CS South Bakersfield 15.32; 7
Mandy Hollister, 10 SJS Turlock 15.82.
8 Esela Lavaka, 12 OS Fremont
Oakland 18.64; -Damesha Craig, 12
CCS Menlo FS.

Finals

Wind Reading: 1.8

1 Nicole Hoxie, 12 North JW 13.35
2 Natasha Neal, 11 Logan 13.53
3 Daveeta Shepard, 12 DeAnza 13.55
4 Ashley Bethel, 11 MissViejo 13.82
5 Michelle Perry, 12 Quartz Hill 13.87
6 Hannah Cooper, 12 Hawthorn 14.07
7 Lisa O'Reilly, 12 St. M. Stock 14.57
8 Khameel Flemming, 12 Dors 14.74
-Randi Smith, 11 SS Beverly Hills DQ

300m Low Hurdles

9 Advance: Top 1 Each Heat Plus
Next 6 Best Times

Heat 1

1 Natasha Neal, 11 NCS James
Logan 42.59; 2 Lisa O'Reilly, 12 SJC
St. Mary's Stockton 43.69; 3 Ryan
Peters,
10 OS
Skyline
43.70; 4
Detra
King, 10
SS Long
Beach
Poly
45.32; 5
Sunny
Nicholas,
11 SS
Sunny
Hills
45.36; 6
Mickila Tate,
13 SJS Tur-
lock 45.43,
7 Tiara An-
derson, 10 NS West Valley
Cottenwood 45.61; 8 Sarah Brown, 11
SJS Woodland 46.26.
9 Mandi Ruzleck, 10 CS Tehachapi
46.89.



Nicole Hoxie
100m HH
Photo by Bill Cockerham



Ryan Peters
300m LH
Photo by Bill Cockerham

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Heat 2

1 Randi Smith, 11 SS Beverly Hills 42.67, 2 Mandy Mazik, 12 CCS Capuchino 44.08, 3 Khameel Flemming, 12 LAS Dorsey 44.38, 4 Carolyn King, 11 NCS Carondelet 44.83, 5 Tamara Gulley, 9 CCS Oak Grove 45.38, 6 Frances Santlin, 11 LAS Taft LA 45.83, 7 Jennifer Fuller, 10 SDS Hilltop 46.39, 8 Romi Carillo, 11 SDS Parker 46.55, 9 Dee Scott, 10 CS South Bakersfield 46.70.

Heat 3

1 Daveeta Shepard, 12 NCS De Anza 42.34, 2 Carrie McGraw, 11 NCS Mission San Jose 43.76, 3 Hannah Cooper, 12 SS Hawthorn 43.91, 4 Myesha Kirman, 12 SFS Lowell 44.56, 5 Rachel Bauer, 11 CS Buchanan 45.36, 6 Michelle Stelngart 12 CCS St. Francis MV 45.86, 7 Sarah Bonilla 11 SS Brea-Olinda 46.43, 8 Nicole Rodriguez 12 SDS Granite Hills 46.67, 9 Angela Terry, 11 LAS Grant LA 46.72.

Finals

1 Ryan Peters, 10 Skyline 41.47
2 Daveeta Shepard, 12 DeAnza 41.56
3 Natasha Neal, 11 Logan 42.65
4 Randi Smith, 11 Beverly Hills 43.10
5 Carrie McGraw, 11 MisJose 43.21
6 Hannah Cooper, 12 Hawthorn 43.40
7 Lisa O'Reilly, 12 St. M. Stock 43.46
8 Mandy Mazik, 12 Capuchino 44.53
- Khameel Flemming, 12 Dorsey DNF

4x100 Meter Relay

9 Advance: Top 1 Each Heat Plus
Next 6 Best Times

Heat 1

1 SS St. Bernard 45.08, 2 NCS Encinal 47.12, 3 OS Skyline 47.17, 4 LAS Westchester 47.20, 5 CS Lemoore 48.67, 6 NCS Mission San Jose 48.75, 7 SDS Monte Vista SV 50.04, 8 SJS Lincoln Stockton 50.11, 9 NS West Valley Cottenwood 50.29.

Heat 2

1 LAS Taft LA 47.01, 2 SJS Valley 48.30, 3 SDS Morse 48.33, 4 NCS Bishop O'Dowd 48.45, 5 CS South Bakersfield 48.71, 6 SDS El Camino OS 49.06, 7 SJS Hogan 49.98, 8 CCS St. Francis MV 50.61, - SS Wilson Long Beach DNF

Heat 3

1 SS Long Beach Poly 45.84, 2 NCS James Logan 46.20, 3 SS Woodbridge 47.57, 4 SS North JW 48.07, 5 CS Foothill Bakersfield 48.43, 6 LAS Carson 48.48, 7 CCS North Salinas 48.97, 8 CCS Gunn 49.60, 9 SFS Lowell 50.68.

Finals

1 SS St. Bernard 44.70
2 SS Long Beach Poly 45.87

3 NCS James Logan 47.08
4 LAS Westchester 47.22
5 LAS Taft LA 47.23
6 SS North JW 47.55
7 SS Woodbridge 47.61
7 NCS Encinal 47.61
9 SJS Valley 47.85
- OS Skyline DNS

4x400 Meter Relay

9 Advance: Top 1 Each Heat Plus
Next 6 Best Times

Heat 1

1 SS St. Bernard 3:43.96, 2 LAS Taft LA 3:47.98, 3 NCS Mission San Jose 3:51.24, 4 SS Woodbridge 3:54.83, 5 CCS Leland 3:56.41, 6 SJS Valley 3:56.50, 7 SDS Poway 4:02.74, 8 OS Skyline 4:07.31, - CS Buchanan DNS.

Heat 2

1 SS Wilson Long Beach 3:48.49, 2 NCS James Logan 3:52.48, 3 SS North JW 3:53.51, 4 LAS Dorsey 3:55.97, 5 LAS Westchester 3:58.01, 6 CS Stockdale 3:59.73, 7 NS West Valley Cottenwood 3:59.79, 8 CCS Archbishop Mitty 4:01.61, 9 SJS Laguna Creek 4:02.35.

Heat 3

1 SS Long Beach Poly 3:49.87, 2 NCS Encinal 3:50.67, 3 SDS Morse 3:53.75, 4 NCS Carondelet 3:54.31, 5 SJS Vallejo 3:58.59, 6 CS Clovis West 4:00.97, 7 CCS St. Ignatius 4:03.38, 8 SDS Hilltop 4:08.66, 9 SFS Lowell 4:24.23.

Finals

1 SS St. Bernard 3:39.43
2 SS Wilson Long Beach 3:44.81
3 LAS Taft LA 3:45.16
4 SS Long Beach Poly 3:45.71
5 NCS James Logan 3:49.42
6 NCS Mission San Jose 3:50.19
7 NCS Encinal 3:51.13
8 SDS Morse 3:57.64
9 SS North JW 4:01.72

High Jump

Preliminary Results

1 Tayyiba Haneef, 12 SS Laguna Hills 5'06.00", 1 Lisa Underhill, 12 SDS Rancho Buena Vi 5'06.00", 3 Liz Giltner, 12 SS Chaminade 5'06.00", 4 Shirley Anku, 12 SDS Rancho Buena Vi 5'06.00", 5 Kibibi Bodden, 12 NCS James Logan 5'05.00", 5 Kim Stone, 10 CCS The York 5'05.00", 5 Michelle Mahlike, 10 SS Marymount 5'05.00", 5 Nicole Branagh, 12 NCS Miramonte 5'05.00", 9 Ashley Bethel, 11 SS Mission Viejo 5'05.00", 10 Susan Schaap, 10 NS Yreka 5'05.00", 11 Spring Harris, 10 NCS St. Mary's Coll

5'05.00", 12 Aubrey Preston, 10 SDS Vista 5'04.00", 13 April Ross, 09 SS Newport Harbor 5'04.00", 14 Nichole Hawkins, 12 SJS Tracy 5'04.00", 14 Holly Demeter, 10 CCS Los Altos 5'04.00",

16 Nikki Avery, 9 CS

Lemoore 5'04.00",

17 Sandra Butler, 11 CCS

Gunderson 5'02.00",

17 Mia Gramata-Jones, 12 LAS

Dorsey 5'02.00", 17

Krissy Harris, 12 SJS St.

Helena 5'02.00", 20 Georgette

Counte, 11 LAS Dorsey 5'00.00", 20

Jen Ruff, 11 SJS Ponderosa 5'00.00",

22 Angela Terry, 11 LAS Grant LA

5'00.00", 22 JaAnna Parker, 09 NCS

Northgate 5'00.00", 24 Jamila

Cooksey, 11 OS Skyline 5'00.00", 24

Rene Warner, 12 SFS McAteer

5'00.00", - Joy Nelson, 11 CS Clovis

NH, - Erin Boothe, 12 CS Buchanan

NH.

Finals

1 Tayyiba Haneef, 12 LagHill 5'09.00"

2 Lisa Underhill, 12 RB Vi 5'08.00"

3 Shirley Anku, 12 RBuenaVi 5'06.00"

3 Michelle Mahlike, 10 Mary 5'06.00"

5 Kibibi Bodden, 12 Logan 5'06.00"

6 Kim Stone, 10 The York 5'06.00"

7 Liz Giltner, 12 Chaminade 5'06.00"

8 Ashley Bethel, 11 MissViej 5'04.00"

9 Nicole Branagh, 12 Miram 5'02.00"



Tayyiba Haneef
High Jump

Photo by Bill Cockerham



Bridget Pearson
Pole Vault

Photo by Bill Cockerham

Sickler, 11 Camarillo 10'04.00", 15 Vanessa Yebra, 11 CCS Gonzales 10'04.00", 16 Amy Bel, 10 NCS Montgomery SR 10'00.00", 17 Sarah Barnett, 10 SJS Downey Modesto 10'00.00",

18

Kimberly

Foxx, 11

CCS Notre

Dame Sall

10'00.00",

19 Natalie

Dennison,

10 SDS

Rancho

Bernardo

9'08.00",

20 Tracy

Garman, 10

NS Yreka

9'08.00", 21

Sophie Don-

nely, 11 NCS

Sonoma Valley 9'08.00", 22 Valerie

Nellis, 12 SJS Bear Creek 9'04.00", 23

Jennifer Capehart, 12 LAS JF

Kennedy LA 8'06.00", - Elizabeth

Serna, 11 LAS Roosevelt LA NH, -

Amy Tran, 11 SFS Lowell NH, -

Christina Merrell, 12 LAS JF Kennedy

LA NH.

Finals

1 Bridget Pearson, 10 Hoov 12'00.00"

2 Maria Lopez, 12 New Mem 12'00.00"

3 Kylene Nixon, 12 Poway 11'04.00"

4 Brooke Lankard, 11 GWest 11'04.00"

4 Sara Higham, 11 MissViej 11'04.00"

6 Allison Knode, 11 Kingsbrg 11'04.00"

7 Bianca Maran, 12 St. Mon 11'04.00"

8 Mahogany Ayele, 12 SMar 11'00.00"

9 Katie Rorem, 11 Mar HB 10'04.00"

Long Jump

Preliminary Results

1 Michelle Perry, 12 SS Quartz Hill 19'08.75" 2.5, 2 Bunmi Oguneleye, 11 SS Long Beach Poly 18'11.00" 1.7, 3 Brianna Glenn, 11 SS La Mirada 18'09.50" 2.6, 4 Genein Jefferson, 12 SS Eisenhower 18'09.00" 2.8, 5 Ashley Bethel, 11 SS Mission Viejo 18'03.25" 1.8, 6 Dee Scott, 10 CS South Bakersfield 18'03.25" 3.8, 7 April Horne, 12 CS Clovis West 18'01.50" 3.1, 8 LaRonda Hite, 11 SDS Lincoln SD 18'00.75" 4.6, 9 Christine Chan, 12 CCS Mountain View 18'00.25" 2.5, 10 Tosha Thomas, 11 CS Bakersfield 17'10.25" 2.5, 11 Danielle Martin, 12 SJS Valley 17'10.25" 2.2, 12 Macklin Harris, 11 NS Enterprise 17'09.00" 3.2, 13 Joy Gertsch, 12 SDS San Pasqual 17'09.00" 2.8, 14 Beth Johnson, 11 NCS James Logan 17'07.50" 2.8, 15 Clara Johnson, 12

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Bunmi Oguneleye
Long Jump
Photo by Bill Cockerham

SFS McAteer 17'00.25" 3.4, 16 Julie Jones, 12 SJS Oakmont 16'10.75" 0.4, 17 Lineni Noa, 12 SJS Grant Sacto 16'08.00" 1.8, 18 Raquel Brewer, 12 NCS Berkeley 16'07.50" 4.6, 19 Tracie Banks, 12 NCS Campolindo 16'06.25" 4.0, 20 Natalie Shorter, 10 LAS Dorsey 16'04.75" 2.9, 21 Tanisha Cole, 10 LAS Banning LA 16'03.50" 2.6, 22 Montique Sargent, 11 NCS James Logan 16'02.75" 2.1, 23 Tracy Hess, 10 CCS Lincoln SJ 15'09.25" 4.0, 24 Keisha Mierez, 11 LAS Birmingham 14'04.00" 3.5, - Akiba McKinney, 12 SDS Monte Vista SV ND NWI, - Kameelah Elarms, 12 CCS Piedmont Hills SCR* NWI, - Jamila Cooksey, 11 OS Skyline DNS* NWI.

Finals

1 Bunmi Oguneleye, 11 LBPLY 20'00.75"
2 Michelle Perry, 12 Ortiz Hill 19'06.25" 2.8
3 LaRonda Hite, 11 Lincoln SD 19'01.00" 4.5
4 Christine Chan, 12 Mtn View 18'10.50" 5.1
5 Brianna Glenn, 11 La Mirada 18'10.00" 2.8
6 Genein Jefferson, 12 Eisenh 18'09.25" 3.3
7 Ashley Bethel, 11 Miss Viejo 18'04.50" 1.8
8 Dee Scott, 10 So Bakersfie 17'10.75" 2.6
9 April Horne, 12 Clovis West 17'06.25" 5.9

Triple Jump

Preliminary Results

1 Brianna Glenn, 11 SS La Mirada 40'03.75" 0.0, 2 Andrea Booker, 11 SDS El Camino OS 40'00.00" 0.0, 3 Tamara Espinoza, 11 SDS Hilltop 39'07.75" 0.0, 4 Darnesha Griffith, 11 SJS Vacaville 39'01.75" 0.0, 5 Reynda King, 12 SS St. Mary's Ingt 38'08.75" 0.0, 6 Sherita Williams, 10 SDS El

Camino OS 38'06.00" 0.0, 7 Heather Contreras, 10 NS Sutter 38'00.75" 0.0, 8 Ika Eliashvili, 11 LAS Birmingham 37'10.00" 0.0, 9 Brittny Roberts, 10 CS Bullard 37'07.00" 0.0, 10 Blessing Ufodicama, 09 SS Long Beach Poly 37'06.00" 0.0, 11 Alexis Hill, 11 SS Pomona 37'04.75" 0.0, 12 Anna Doty, 11 SJS Merced 37'04.50" 2.8, 13 Brionne Dawson, 11 NCS Carondelet 37'04.00" 0.0, 14 Beth Johnson, 11 NCS James Logan 37'02.75" 0.0, 15 Shawna Adkins, 11 CCS Piedmont Hills 37'01.75" 0.0, 16 Evelyn Shih, 12 CCS Gunn 37'01.50" 0.0, 17 Kinicia Robinson, 12 SS Morningside 37'01.50" 0.0, 18 Nicole Branagh, 12 NCS Miramonte 36'10.25" 0.0, 19 Angela Anderson, 12 CCS Aptos 36'06.00" 2.6, 20 Nichole Hawkins, 12 SJS Tracy 36'01.25" 0.0, 21 Shawnee Pickney, 12 LAS Washington LA 35'11.25" 2.1, 22 Nina Onwubere, 12 LAS Banning LA 35'04.50" 2.5, 23 April Horne, 12 CS Clovis West 34'07.00" 3.9, 24 Amy Tran, 11 SFS Lowell 32'05.00" 2.6, - Paula Thomas, 11 OS Fremont Oakland ND NWI, - Susan Fagundes, 12 CS Tulare Western ND NWI, - Jamara Smith, 10 NCS James Logan ND NWI.



Andrea Booker
Triple Jump
Photo by Bill Cockerham

Finals
1 Andrea Booker, 11 El Camino 40'00.00" 3.1
2 Brianna Glenn, 11 La Mirada 39'04.00" 3.6
3 Tamara Espinoza, 11 Hilltop 39'04.00" 1.2
4 Reynda King, 12 St. Mary's Ingt 39'03.50" 2.1
5 Sherita Williams, 10 El Camino 39'01.25" 5.4
6 Darnesha Griffith, 11 Vacaville 38'11.75" 2.8
7 Brittny Roberts, 10 Bullard 38'04.25" 3.2
8 Heather Contreras, 10 Sutter 38'04.25" 4.1
9 Ika Eliashvili, 11 Birmingham 37'07.00" 2.5

Shot Put

Preliminary Results

1 Chaniqua Ross, 11 SJS Laguna Creek 45'00.00", 2 Cynthia Ademiluyi, 12 SS Long Beach Poly 44'09.00", 3 Kristen Bryden, 12 NS Anderson 44'08.00", 4 Bell Jordan, 11 SJS Lincoln Stockto 44'03.25", 5 Stephanie

Brown, 11 SS Arroyo Grande 43'09.00", 6 Vanessa Shields, 11 SS Arroyo Grande 41'11.50", 7 Theresa Hahn, 11 NCS Granada 41'04.25", 8 Brandi Smith, 12 CS Madera 40'08.50", 9 Andrea Loman, 10 SS Polytechnic Riv 40'02.00", 10 Jill Camar-ena, 09 SJS Woodland 39'11.25", 11 Jenny Shutt, 12 SS Edison HB 39'09.00", 12 F. Matranga, 11 NCS Healdsburg 39'08.00", 13 Jenn Santos, 11 CCS Los Altos 39'07.25", 14 Jessica Cosby, 09 LAS Granada Hills 39'05.00", 15 Amy Thiel, 11 CCS Fremont Christi 39'01.00", 16 Nicole Sanders, 12 SDS Orange Glen 39'00.75", 17 Shanah Keyes, 12 CCS Gilroy 38'08.00", 18 Robin Schwamb, 10 CS Selma 38'06.00", 19 Melissa Reis, 11 NCS James Logan 36'09.75", 20 Mary Alessi, 11 SDS Helix 35'08.50", 21 Rachael Fikse, 12 SDS Escondido 35'06.50", 22 Shanika Askew, 12 LAS Birmingham 35'05.25", 23 Julie Howard, 11 NCS Ukiah 35'02.25", 24 April Burton, 10 CS Bakersfield 34'11.00", 25 Mona Payne, 12 OS Fremont Oakland 34'10.00", 26 Kanisha Best, 12 LAS Washington LA 32'09.00", 27 Jennifer Speech, 12 SFS Lowell 31'05.00".

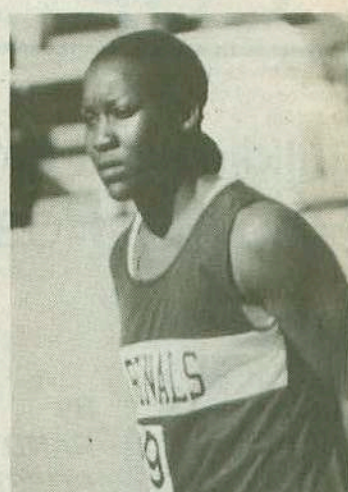
Cynthia Ademiluyi
Shot Put
Photo by Bill Cockerham

Finals
1 Cynthia Ademiluyi, 12 LBPoly 47'05.25"
2 Stephanie Brown, 11 ArrGrande 45'04.50"
3 Chaniqua Ross, 11 Laguna Ck 45'00.00"
4 Kristen Bryden, 12 Anderson 44'11.25"
5 Bell Jordan, 11 SJS Linc Stockto 43'11.00"
6 Theresa Hahn, 11 Granada 41'06.50"
7 Brandi Smith, 12 Madera 40'11.75"
8 Vanessa Shields, 11 Arr Gr 39'09.00"
9 Andrea Loman, 10 Poly Riv 37'11.50"

Discus Throw

Preliminary Results

1 Chaniqua Ross, 11 SJS Laguna Creek 159'11.00", 2 Cecilia Barnes-Mileham, 11 CS Clovis West 158'11.00", 3 April Burton, 10 CS Bakersfield 157'05.00", 4 Melissa Reis, 11 NCS James Logan 142'05.00", 5 Carrie Axton, 12 SS Los Amigos



Chaniqua Ross
Discus Throw
Photo by Bill Cockerham

141'07.00", 6 Erin McGrath, 12 SDS Eastlake 140'06.00", 7 Cynthia Ademiluyi, 12 SS Long Beach Poly 134'03.00", 8 Krissy Schelir, 9 CS Sierra 131'00.00", 9 Amy Thiel, 11 CCS Fremont Christi 129'08.00", 10 Melissa Price, 12 SS Loara 127'09.00", 11 Jessica Bryne, 11 SS Ramona 125'08.00", 12 Carl Suong, 10 SS North JW 124'05.00", 13 Hally Stephenson, 12 SJS Oakmont 122'03.00", 14 Dana Lawson, 12 NCS Clayton Valley 118'07.00", 15 Rosie Aikens, 10 NCS St. Mary's Coll 118'00.00", 16 Jami Questa, 11 SS Edison HB 117'11.00", 17 Sarah Lilly, 12 SJS Johansen 116'08.00", 18 Monica Crawford, 10 NS Butte Valley 115'07.00", 19 Jenn Santos, 11 CCS Los Altos 115'03.00", 20 Tia De Soto, 10 NCS Montgomery SR 114'03.00", 21 Mary Alessi, 11 SDS Helix 108'01.00", 22 Sarah Roberts, 12 CCS Live Oak MH 103'00.00", - Fusi Fine, 12 OS Fremont Oakland ND, - Jennifer Speech, 12 SFS Lowell ND.

Finals

1 Chaniqua Ross, 11 Laguna Ck 177'01.00"
2 April Burton, 10 Bakersfield 171'09.00"
3 Cecilia Barnes-Mileham, 11 Clow 160'04.00"
4 Melissa Reis, 11 Logan 148'06.00"
5 Amy Thiel, 11 Fremont Christi 47'03.00"
6 Cynthia Ademiluyi, 12 LBCh Poly 144'06.00"
7 Carrie Axton, 12 SS Los Amigos 143'09.00"
8 Erin McGrath, 12 SDS Eastlake 136'03.00"
9 Krissy Schelir, 9 CS Sierra 132'01.00"

COACHES EDUCATION

Building Self-Esteem II: Positive Post Race Feedback and Race Analysis



By
**RANDY
ROSSI,**
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The information submitted for the Coaches Education section 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 *CT&RN* 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, or e-mail at: coaches@deltanet.com

In addition, please send any information you have on California coaching clinics. Thank you!



I HAVE SAID BEFORE THAT I believe that self-esteem plays an extremely important role in the success of both an individual and a team in cross country. In fact, I am more convinced than ever that the effort to build self-esteem is one of the most important elements of the cross country program at Irvine High School. I continue to find that the easiest way to begin to build self-esteem in an athlete is through the use of continual positive reinforcement. I always make an effort to praise each one of the Irvine athletes as often as possible on a daily basis. I have coached the girls at Irvine High School for the past 17 years, and I feel more strongly each year about the benefits of using unconditional positive reinforcement with the female athlete. Although I have much less experience coaching the boys, I feel that this approach can easily be adapted to coaching the male athlete. In "Building Self Esteem II", I would like to discuss the value of positive post-race feedback and positive race analysis.

There are as many approaches to post-race feedback as there are cross country coaches in the U.S. today. I'm certain that this topic can easily stir up a lively conversation at any gathering of coaches. The following is a quick look at what I do to try to build self-esteem in the post-race setting.

When?

I have found that the post-race analysis can be divided into two different formats — verbal and written. The verbal post-race analysis usually consists of a conversation between the athlete and I soon after the race. The written post-race analysis form is completed at home

by the athlete following the race, and turned in with the Daily Running Journal each Monday. The Irvine Race Analysis form is a product of one that I received at a coaching clinic, and then adapted with the input and recommendations of my athletes over the years. There is a good sample of a race analysis form in the appendix of the AAF/CIF Cross Country Coaching Manual.

Verbal Race Analysis

I try to meet with each athlete at the finish chute after every race. I immediately celebrate team success and individual success or improvement. I congratulate each athlete on her race. The positive reinforcement is unconditional. Regardless of her time or her finish place, each athlete receives strong positive reinforcement. I then briefly discuss the race with each girl. After the individual conferences, I decide who needs the most immediate attention. If an athlete is excited and elated, it is easy to give immediate positive reinforcement. I try to point out as many of the positive elements of her race performance and strategy that I can. This may also be a good time to reassess the athlete's race goals and encourage her to step confidently up to the next level or a higher challenge.

If a girl is deeply distressed about her race, then I have a more extended conversation with her regarding her specific concerns about her performance. I always treat each race as a learning experience. First, I will attempt to diminish her negative feelings. I will find a positive element of her race and assure her that the race was not the total disaster that she perceives it to be. I will always try to

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turn a disappointing race into a positive learning experience for the athlete. I feel that it is important that the athlete analyze the race in order to learn from her mistakes. I will instruct her to examine the mistakes, highlight the lessons to be learned, and release the negative or self-destructive feelings to be forgotten forever. I feel it is essential that the athlete not be allowed to "beat herself up" over a disappointing race. I have a friend who loves to remind me that sports really only represent the "toy department of life" and, consequently, we should not allow sports to be blown out of perspective.

Written Race Analysis

The Irvine Race Analysis form is required of every member of the team. The race analysis form offers the athlete the opportunity to examine her race and a chance to record her observations. The athletes must complete a race analysis form for each race in which they run. The analysis is due on the Monday following the competition or competitions. On Monday night I read each of the race analysis sheets and write a response to each athlete's comments. I find this to be an excellent opportunity to give additional positive reinforcement to the athlete. In the event that I find an athlete who still harbors negative feelings about her race, I can again provide her with positive reinforcement, encouragement, and the instructions to learn from the race and forget all but the positive. I assure them that they can learn from the experience, and then begin to work immediately so that it doesn't happen again. I return the journals to the girls on Tuesday after practice. I have noticed that Tuesday after practice when I return the journals to the team, they turn immediately to the race analysis page to read what I have written.

Where?

The post-race feedback and positive race analysis can be conducted in an endless variety of settings. When celebrating a great team race or a great individual race, the conversation should

be conducted in as large a group as possible. The elation and the joy are contagious. Share the excitement with as many members of the team as possible. I try to congratulate the team and the athletes numerous times throughout the duration of the meet to reinforce the positive, confidence boosting effects of the good race. I congratulate the parents of the athlete and share the excitement with them as well.

If an athlete is distressed about her performance, I usually take a moment to assess the situation before deciding where to hold the conversation. If the athlete is expressing great disappointment and negative feelings at the finish chute, I will walk with her toward our team camp and begin to reassure her. I immediately try to guide her toward a positive race analysis and the revelation of any positive lessons to be learned. If the dissatisfied athlete is already in our team camp, I may hold an individual conference with the athlete a few feet away from the team camp. There are also times when I find it advantageous to speak with a disappointed athlete while she is surrounded by her teammates. The support offered by her teammates is often very beneficial in helping the athlete to overcome her disappointment, and to begin to find the positive lessons to be learned.

In the event that the entire team appears to be distressed following a disappointing race, we will hold a team meeting as soon as possible. I will take the team on its post-race jog down soon after the conclusion of the race, and I will select a unique location for the team meeting. During the meeting, I will try to put the race into perspective for the team. I will highlight the positive things that the team did during the performance. I will ask each girl to share her distress or disappointment with the group. Once every member of the team has had a chance to share, I will try to help them to refocus their energy on the positive. I remind them of the good things that they have done, and I guide them toward identifying the things that they can begin to do to prevent these same mistakes

from happening again. These team meetings are held only in case of extreme team distress. However, the team meetings that I have held in the past have produced very positive results. Invariably, the team will bounce back from the disappointment with greater dedication and greater desire to achieve their goals.

Away meets provide another excellent opportunity to provide each athlete with positive post-race feedback. As the athletes descend from the bus, I stand at the door so I can shake each girl's hand and congratulate her on her performance. I feel very strongly about this activity because it provides each athlete with one more positive thought as they leave for home.

What to say?

In my opinion, it is never acceptable to use criticism nor negative post-race feedback with a female athlete. Regardless of the inner thoughts I may experience, I feel that it is essential to accentuate only the positive. If I am disappointed in the outcome of a team or an individual race, I strongly attempt to put those negative feelings far aside. I force myself to think carefully about the message I want to send, and the long-term impact or effects my comments may have. I have learned, over the years, that relentless positive reinforcement pays enormous dividends throughout the course of the season and beyond, while negative post-race feedback wreaks havoc with teams and individuals.

Negative or destructive post-race feedback include, but are in no way limited to: criticism, the "cold shoulder", yelling at an athlete, berating an athlete, the silent treatment, team and/or individual punishment of any kind for a disappointing performance.

This does not mean that it is not necessary to offer constructive criticism or guidance to an athlete. As I mentioned earlier, I try to make every race into a learning experience. However, if the lesson is presented in a positive,

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CROSS COUNTRY PROGRAMS

✓ The Peninsula Hill Program



**By Joe Kelly
Peninsula
High School**

Any movie fan knows that in *The Sound of Music* Julie Andrews and all the Von Trapps joined hands and ran through the

hills of Salzburg singing, "The hills are alive with the sound of music." The key word here is *hills*. Did you ever hear anyone singing, "The flatlands are alive with the sound of music"? Of course not. And, any runner knows that hill work is the backbone of a periodized program.

At Peninsula High School, and at the former Palos Verdes High School, there is nowhere you can run without going up and down, up and down. In fact, we sometimes have to drive to get away from hills. Honest. Nevertheless, hill workouts have been an integral part of our cross country program over the years, and we build regular workouts into our program at

least twice every seven days. If hill workouts are one of our staples, our "hill circuit" is our most important type of hill workout. There's nothing terribly original about it; it's a basic Lydiard circuit that we have modified to fit our needs and that brings tremendous results in November. But we do it religiously every 14 days. Same place, same thing—boring. But our kids believe in it, and it's the only part of our program that doesn't involve a great deal of variety.

We start the circuit with a good warm-up, say five miles if we are doing one or two circuits, fewer miles if we are doing three or four circuits. The hill itself is fairly severe, similar to Reservoir Hill at Mt. SAC, and .35 mile long. We either run this segment hard (as in considerably faster than race effort), or we bound it, springing high into the air off the toes. One coaching point here is that we emphasize looking up the hill rather than only a few yards ahead. We don't want anyone to get away in competition, and if the head is down the eyes can't see the other runners. Early in the season we bound one and run one, and the effort involved

is very demanding. We also emphasize the importance of the pack and, like coaches everywhere, accelerating the last few yards to move quickly off the top of the hill. Naturally, since the workload on the heart is less once the hill has been conquered, the body can tolerate the increased pace as the pulse rate drops.

From here we move onto a flat grassy field that is .4-mile. Emphasis is on recovery and striding out, getting the muscles elongated once again after the hill demands. Our kids don't want to stride out; they want to jog, so they have to be trained to open the stride even though the pace is not fast. Jack Daniels has some important ideas about cadence that apply here.

We then go from the grassy flats to some relatively gentle dirt downhill. This .4-mile segment is done very fast and usually timed. The idea is to demand near maximum performance here, saving nothing for the rest of the workout. The recovery is so little and the workout so long, however, that our athletes can't really run great times. But they can run great efforts, and those efforts produce

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Self-Esteem, continued...

nurturing way, I feel that the lesson will be better learned and more easily internalized.

Positive reinforcement can assume an infinite variety of forms. I try to be creative and original in finding ways to communicate positive reinforcement to my athletes. Any way that a coach can say "good job, nice job, great job, phenomenal job, spectacular job, extraordinary job, superb job . . ." to an athlete is most excellent.

Conclusion

Building self-esteem is an extremely important element of coaching cross country. One of the simplest and most effective methods of improving or building self-esteem is unconditional positive post-race reinforcement. At Irvine High School, I try to offer this boundless positive post-race feedback in as many ways as I can imagine. I praise each athlete before and after each race, and again through the post-race analysis in the running journals.

At first, I was afraid that such constant praise may produce a negative result. However, I have yet to detect a point of diminishing returns with positive reinforcement. It never loses its value, and it pays extraordinary dividends throughout the course of the season, and well beyond the conclusion of the last race of an athlete's career. The more positive post-race feedback and praise you lavish on your athletes, the more positive the results.

✓ Dana Hills XC: Quality Over Quantity



**By Glenn Forster,
Head Girls
Coach**

Our training at Dana High School is based individual encouragement, team socials, fun

runs, trips, and training camps, athlete involvement in the planning (captains) of activities, and, of course, hard work. All are

important aspects on our team and we feel they have helped build our success over the past few years. We believe that the quality of the training sessions should be emphasized over the quantity, and thus we rarely run over 35 miles in a week (usually less than 30). And being rested, especially before every race, is important if an athlete is to be fresh and excited about competing and training. There is nothing more motivating than consistently improving over a season, and nothing more demoralizing than to run a race too tired and not see the fruits of your hard work. Our seasonal training schedule is made for

the entire season before we begin in July and re-evaluated weekly when we make the weekly schedule we give to our athletes. Our training sessions always begin with 3 to 4 lap warmup, followed by stretching, the workout, on more intense days a cool down of approximately a mile, and ending with stretching.

Pre-Competition

Our season officially starts late in July training 3 days a week and moving to 5-6 days a week in August. We focus on slowly building a base of mileage and developing

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Peninsula, continued

the desired fatigue we want.

We place great importance on proper downhill form, and we try to get our athletes to first control their hips by tilting the pelvis forward, and then to control their lean and arms. We are constantly on them to run perpendicular to the downhill surface. As the year wears on, their times improve significantly even though the number of circuits is increased.

At the bottom of the downhill, which is also part of our cross country course, there is a quarter mile of wood chips on which we now allow the kids to shuffle into the next phase. This last phase of our hill circuit involves power running. Near the start of the season we will sprint for 30 seconds and walk for 30 seconds, and we will do four sets of these. As September becomes October and then November, we increase the power running to 45 and 60 seconds with equal rest of jogging rather than walking. Sets remain the same. After a recovery of about a quarter mile (depending on where they end up on the sprints), they are ready to begin the circuit again.

This circuit is our catechism, our Rosary, and we never vary it, although we do vary

almost everything else we do. We try to determine how far we think our team will go into the championship season and then structure our hill circuit in such a way that the last one is finished about fourteen days prior to the last competition. Of course, we also reduce the number of circuits as the year winds down, so that the kids do no more than two the last time they do them. In total they get in almost two miles each time they complete the loop, so it is a most demanding workout that must be followed by appropriate rest.

As mentioned earlier, we try to run some kind of a hill workout twice weekly—even and especially as the end of the season closes in. If we are competing on our course during the week, we count that as a hill workout. We have three major hills on our course, so we never want the team to get too tired. By the way, our course records are 16:24 for boys and 19:14 for girls—and we have had some outstanding individuals over the years—so you can appreciate the difficulty of the geography.

If we are in a week that excludes our base hill circuit, but that includes a competition on our course, we will do one of two things. We will run hill repeats, hills done at anywhere from .3 miles to longer .7 miles. We like to extend the distance of

the hills later in the season rather than earlier, because to run them correctly (and timed as we sometimes do) takes great strength and stamina. By taking an extended run before the hill workout, early in the season when legs are still developing, we can accomplish the same task, but the kids don't know we're being sneaky. One of our last workouts before going into CIF is a series of long hills done very fast, but we take shorter warmup because we are starting to cut back mileage at this time. As an alternative to this kind of workout, we will sometimes attack a longer hill (as in one, two or more miles) and Indian run it. The team always likes this kind of a workout and its benefits, late in the season once their strength allows them to be successful, are great.

Without any question whatsoever, any success we have had comes from our incorporating consistent hill workouts into our program. In everything we do we make a concentrated effort to get on them twice weekly. Although our performances often go into the tank for a period of time at mid-season, it is a rare year that finds Peninsula athletes performing less well at the end of the season.

COACHES EDUCATION

the overall strength of the athlete. We try to get 2 to 3 sessions a week of either circuit training or non-weight "pride" sessions (sit-ups, pushups, lunges, calf raises, squats,...). As for running, we start at 20-30 minute runs in July and progress to 45-50 minute runs in late August, usually 3 times a week. We plan several rest days a week where we run on the grass fields for 20 minutes, have a pool workout, or do aerobics. We also have one day a week where we stay on the grass and either run a medium length run or play some sort of running game such as soccer. Late in August, we put on a training camp at Jalama Beach County Park near Santa Barbara. This camp has been extremely beneficial in building our team unity and focusing our athletes on their seasonal goals. It is also a mentally toughening experience; the athletes sleep in tents, cook their own food, do two workouts a day (usually only one involving longer runs), and we traditionally run the Point Conception Run — an 8 to 9 mile run leaving between 5:30 and 6:00 in the morning.

At this point in the season, we are peaking in mileage at about 35 miles a week for the Varsity, including warmups and cool downs. We will continue usually between 25 to 35 miles a week until we reach the last few weeks of our season. As we approach September, we start to introduce more competitive training sessions one day a week such as 1 or 2 mile run for time, or our "time trials" where we run our own 3 mile course as a race. We also begin to include more hills in our long runs to increase the intensity without increasing the mileage. Throughout the season, especially in pre-competition, we incorporate rhythm and form drills and emphasize proper running technique. We also give our athletes an Athlete Training Manual in early September which discusses issues such as health and nutrition, water, sleep and rest, our stretches, what to do on race day (and the days before), and making goals. They are required to keep weekly evaluations of their training and racing in the manual.

Competition

The competition portion of our season starts early in September and ends about a week before our league finals. Our emphasis is to train for the races we will compete in. In September we focus on developing strength and technique for running on hills. Again, this adds intensity to our training while maintaining our mileage. Since Mt. SAC (our tough CIF course) is run later in the season, we continue to maintain hill workouts through October. In October, we change our focus to faster paced training sessions including temp running (ex. 2 X 10 min.), change-of-pace running such as Indian runs and fartlek runs, interval training (200m to 800m), and speed training (ex. 120m striders/sprints). Most of our intense training equates to approximately 2.5 to 3 miles of hard effort (with more mileage recovering). On weeks where we compete both during the week and on Saturday, we can usually get in 1 day of intense training on Monday. If we do not compete on Saturday, then it becomes an additional hard day of training — usually our longer run day. The day before any race is always an easy recovery day and we always take Sunday off. A week might look something like:

Monday: A long (hilly) run, or some intense temp/surge/speed workout run at some local grassy park or school. Running there and back are usually used as our warm up/cool down and usually 10-15 minutes. This is also a strength day (pride of weights). Every Monday we have a team meeting, handout the weekly schedule (with the recent top 20 list) and handout the "runner of the week" shirts.

Tuesday: A medium run day (30-35 min.) occasionally with some medium-fast striders (5-10). Medium paced runs are about 8 minute/mile for Varsity. We often do a medium intensity pride workout (6 sets of pushups/sit-ups, 3 sets of calf raises and toe tapping). We also may use this day to run over the course for an upcoming meet and highlight areas to remember in the race.

Wednesday: An easy day — 20-25 min.

medium paced grass run. Discuss race issues.

Thursday: Usually a race day. We warm up as a team, stretch, race, and immediately run a 10 minute cool down, then stretch. The Varsity team will occasionally have a longer warm down depending on the week.

Friday: Friday is always an easy 20 minute run. We may play follow the leader, or run to a park or to someone's house to go swimming after.

Saturday: If we are not racing, this is usually a 45 to 60 minute run away from school such as at Aliso Woods Canyon or in the Harbor.

Last Few Weeks of Competition

In the last few weeks, we really reduce the mileage (down to under 20 miles week) to try to rest for the competition, which is usually on Saturday. If possible, we may try to spend one day on the course going over some strategies such as picking points where we want to be grouped together or where we may want to pick up the pace (downhill segments, etc.). We limit our strength to one day a week, if at all, and spend the added time talking more about team and individual goals. A week schedule may look something like this:

Monday: Our only hard day of the week. Usually a 5 mile, fairly flat fast run, or a temp/interval workout.

Tuesday: Usually an easy recovery day, 20 to 25 minutes. Maybe use this day to go over the course or to run something similar.

Wednesday: A medium intensity day with some tempo and some striders. For example, a 10 minute tempo run followed by 8 to 10 100 meter striders, and a long grass cool down.

Thursday: 15 to 20 minute grass run and a team meeting. Team "carbo load" dinner.

Friday: OFF—no running. Maybe meet to warm up and stretch.

Saturday: Oatmeal and banana and bagel breakfast. Race.

✓ Morro Bay -- A Competitive Program



**By Cary
Nerelli,
Morro Bay
High School**

Building a competitive cross country program is an exciting and

ever-evolving challenge. Though there are features that characterize any successful training regimen (base training, speed/pace work, rest days, etc.), the ways in which those features are utilized vary to a great degree. The myriad number of ways to train distance running athletes always provides fodder for discussion and debate. The real key, however, is not necessarily the methodology used to develop a team, but whether the athletes believe in themselves, their teammates, and their system.

The program that we have developed at Morro Bay High School is a product of many influences. Conversations with other coaches, keeping up-to-date with current thought, and the age-old method of trial and error have all played a role in our system. After every season our coaching staff assesses the season. The core of our system never really changes, but we are always tinkering with it to see if we can produce better results.

The crux of our philosophy is that we want our athletes to become lifetime runners. Even those who move on to race at the collegiate level are going to see an end to their competitive careers. We want all of our kids to continue their running after they leave us, simply for the physical and mental health benefits they will enjoy. With this concept in mind, our program strives to create a balance between providing a strong, competitive interscholastic tradition with a system that

essentially "undertrains" our athletes.

The geographical location and temperate climate of the Central Coast, along with the proximity of a wide variety of running surfaces provide for a perfect environment for distance training. Morro Bay High School is located on the beach and we are able to utilize the hard-packed sand for long, leisurely runs that are not only conducive to LSD training, but provide for a scenic and relaxed run. The soft sand helps us build leg strength and gain mental focus and confidence. Hill workouts are held at a number of locations, each with its own particular appeal. The variety of locations keeps workouts from being monotonous and challenges the runners as they look forward to these "money in the bank" days. The Morro Bay Golf Course and the hills opposite our local junior college are key sites for our hillwork. The golf course is three miles from the high school and our work there gives us a chance to combine some distance-integrated hillwork. The workouts at the junior college are valuable because they replicate very much the conditions found at the Southern Section CIF prelims/finals course. Not only are these hills very close to the type found at CIF Finals, but weather conditions range from warm to very hot on the days we train there. In contrast, our workouts at school are held in generally mild weather conditions and we are seldom forced to curtail our work due to extreme heat or cold.

As with most schools, our training begins in the summer. We concentrate our summer training in having the athletes work almost exclusively on building their base. We encourage them to run hills and use fartlek runs as well, but the emphasis is on building a solid base. We have a training program that allows for all levels of entry ability (See accompanying summer training table.)

At the beginning of the summer, we

place each athlete in his/her appropriate mileage program. As the summer progresses, an athlete may cross to a program with higher or lower mileage depending on his/her needs. Each program is divided into three week cycles called sets. The third week of each set is a "rest week." For example, an athlete training in Program #1 would start the summer running 34 miles each of the first two weeks, then drop to 32 miles in the rest week. He/she would run 40 miles each of the first two weeks of the second set, and 34 during the rest week. The runner follows the program for the entire twelve week summer and comes into the cross country season ready to continue training having averaged 41 miles per week.

The actual cross country season is divided into two phases: regular season, which encompasses the first eight weeks, and, championship stretch, in which we prepare for league, CIF, and State Finals. As we move from regular season into championship stretch, mileage is reduced, speed work is shortened but still intense, and we work to get our kids ready for peak performance. Like the summer program, our cross country season is divided into three week sets, featuring two up weeks and a rest week. The difference is in how the week is organized for training. We work in a pattern that becomes familiar to the athletes. They know that Mondays are LSD days, Tuesdays belong to hills, Wednesdays and Fridays are easy days, Thursdays are for speed/pace work, Saturdays are race days, and Sundays are "shake-out run" days. We believe in running seven days a week but keep a constant eye out for fatigue, especially in the rookies. Following is a sample week of training from a regular season set and one from championship stretch. Our top athletes run the maximum, everyone else works to their ability.

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Week 4 (2nd week of Set #2) — Total Mileage = 54

Sun., Oct. 1 -- Easy Run/7 miles easy distance, stretch

Mon., Oct. 2 -- Long Slow Distance Day. 10 miles easy run, 6x110 strides, stretch

Tues., Oct. 3 -- Hill Day — 30 minutes on Saddles Loop at the local junior college. 1 mile warmup, 1 1/2 mile cool down, stretch

Wed., Oct. 4 -- Easy Day — 1 mile warmup, stretch & drills, 7 miles easy distance, 6x110 strides, stretch

Thu., Oct. 5 -- Speed Work on the course — 1 mile warmup/stretch, 6x800 at slightly faster than race pace/full recovery, 1 1/2 mile cool down, stretch

Fri., Oct. 6 -- Travel Day to Stanford — stretch & drills, 7 miles easy, 6x110 strides

Sat., Oct. 7 -- Race Day — long warmup, cool down to finish mileage, stretch

Week 11 (week 2 of set #4) — Total Mileage = 35

Sun., Nov. 12 -- Long Slow Distance — 7 miles, 4x110 strides, stretch

Mon., Nov. 13 -- Speed Work on track — 1 mile warmup, stretch/drills, 4x400 at faster than race pace, 4x110 strides, stretch

Tues., Nov. 14 -- Easy Day — 1 mile warmup, stretch/drills, 4 miles easy, 4x110 strides, stretch

Wed., Nov. 15 -- Downhill Day — 2 mile warmup, 6 x downhill (these are very slight angled downhill on grass surface), 1 mile cool down, stretch

Thu., Nov. 16 -- Easy Day — 1 mile warmup, stretch/drills, 4 miles easy, 4x110 strides, stretch

Fri., Nov. 17 -- Travel Day to CIF Finals — 1 mile warmup, stretch/drills, 3 miles easy, stretch

Sat., Nov. 18 -- Race Day — race day warmup/stretch/drills, cool down to finish mileage, stretch

One factor that must be figured into the equation when we are working on our periodization plan is travel. Morro Bay is among a number of schools that must travel considerable miles, especially as championship stretch nears. We are located near the extreme north of the CIF

Southern Section and several of our competitions involve overnight travel. We prepare for the rigors of the CIF Prelims, Finals and State Meet by travelling overnight three consecutive weekends early in the season. Our competitions at major invitationals at Bell-Jeff (Los Angeles), Stanford and Clovis (state meet course), not only give us a chance to race against outstanding competition, but prepare us for making the trips during the championship stretch. Because we travel so much early, making a long trip is nothing to be feared, nor anything to get over-excited about for our athletes. In addition, we have traditional places at which we lodge and stop for meals, so the athletes are always in familiar surroundings.

Many coaches view the amount of travelling we have to face as something negative. We look at the travel as something positive. Travelling as a team, especially in the early season, creates bonds among the athletes that are very strong. It also gives us time to talk about the course and competition we are facing, discuss race strategy, and just "hang together" as a group. We know where our athletes are and how late they are out the night before the championship races. If we happen to do well in the big races, we have plenty of time to celebrate together on the way home. If we do not have an especially good race, either as individuals or as a team, we have time just to be with each other and be of mutual support.

With the completion of our last competition (hopefully the State Meet), our athletes take one or two weeks off training. Those athletes that do not move on to a winter season sport begin the lifting and running program that will carry them through to the start of the track season. As February approaches, we hope our distance runners are again mentally focused and physically ready to begin the track season. Hopefully, individual and/or team successes they have had in cross country will propel them into a solid track year.

Every cross country coach and program has features that are unique to that program. As mentioned earlier in this

article, there are several paths that can be taken to ready teams and/or individuals for a competitive season. Whatever path is chosen, the overriding factor that is essential for maximum performance level is the confidence the athlete has in the training system.

Morro Bay High School Summer Running Program

Set	Programs					
# Week	1	2	3	4	5	Novice
1 June 19-25	34	28	24	18	12	6
June 26-July 2	34	28	24	18	12	6
July 3-9	32	25	21	15	12	6
2 July 10-16	40	34	32	24	18	9
July 17-23	40	34	32	24	18	9
July 24-30	34	28	26	20	15	9
3 July 31-Aug 6	44	38	36	30	24	15
Aug 7-13	44	38	36	30	24	15
Aug 14-20	38	34	32	25	20	15
4 Aug 21-27	48	44	40	36	30	21
Aug 28-Sept 3	48	44	40	36	30	21
Sept 4-11	41	37	32	30	25	15
Total Miles:	445	387	354	291	228	141
Avg. Miles/Week:	41	35	33	27	21	13

INSTRUCTIONS: Most of this mileage should be EASY DISTANCE. The purpose is to build up your distance base for the season. After Set #1, work 1 day per week of fartlek. In Sets #3 and 4, you can work harder and longer on the fartleks. HILL WORK 1 day every 10 days. One distance day each week should be your long day. Sunday or Monday being the best one of these.

Sample Program: Using set 1 of Program 1

6/19	6/20	6/21	6/22	6/23	6/24	6/25
7	4	5	4	5	5	4 = 34 mi.
Long Day	Easy	Easy	Fartlek	Easy	Easy	Hills

Remember:

- 1) Keep a log of your daily runs.
- 2) Stretch before and after you run.
- 3) Get in the habit of doing strides
- 4) DRILLS!
- 5) STAY HEALTHY, EAT RIGHT, SLEEP ENOUGH HOURS

Let's get mentally and physically prepared to do well this year. Have a nice summer — check in with me every week or two.

Principles of Training -- Part I

How to Start a Running Program

By George Payan

Before you can begin a running program, you must understand some of the concepts and principles of running. One of the concepts of a running program is endurance. Endurance is a bio-motor ability, the dominant ability for cross country running. Strength and speed bio-motor abilities play important roles in one's developing positive transfer to endurance of reaching high levels of performance.

Endurance is how long you can train the muscle. Your endurance depends on how much glycogen is in that muscle before you start your training. If your muscle can hold twice as much glycogen, you can train that muscle twice as long. If your muscle can hold three times as much glycogen, you can train that muscle three times as long. The only way you can teach your body to hold more glycogen is through training that muscle until it runs out of the stored glycogen supply. This process is called depletion. After you eat, your glycogen supply replenishes itself. Your muscle will then be able to store

more glycogen than it originally could.

You're asking yourself which method of training is best for depletion? Should one train fast? Long? A combination with fast intensities, or with easy continuous training runs? How many miles per workout until the athlete runs out of glycogen? The long runs deplete stored glycogen; deplete this storage once a week with a long, steady run at a comfortably hard pace. If you do too many hard, or long days continuously, then the athlete will not improve (compensate). The body improves on easy and rest days (super compensation). Training fast on hard days will not help the athlete improve towards a personal best, if you do too many hard days back-to-back. A common mistake while coaching young athletes is running fast, back-to-back days. Some coaches think that working out hard and fast on a daily basis will bring success. Communicate with your athletes that not all continuous runs are always fast. Be specific, for example: running 1 1/2 to 2 minutes per mile slower than their personal performance in the 5K.

Other bio-motor abilities for a 5K training program are the concepts of strength and

speed. The limiting factor in running the 5K fast is not how much glycogen you can hold in your muscles. The limiting factor in running a 5K fast is sport-specific combinations. Do anaerobic training two or three times per week if the body is developed (strength, endurance and speed) and watch your athletes to see if each athlete needs more rest, or easy days between hard days. You can alternate every other week 2 hard days/5 easy days or with 1 day of rest. Be careful with young athletes. Recommend that they do not do too much of one bio-motor ability of training intensity, or volume training. To compete may have a negative transfer to strength, endurance and speed.

Remember the principles of running training to compete successfully. Plan a balance of sport-specific combinations between the dominant bio-motor ability endurance concepts.

**Look for Part II
in the
September/October issue.**

Foot Locker
WEST REGIONAL
WOODWARD PARK

December 6, 1997

For entry form write to:

Foot Locker West Regional
4957 E. Heaton Ave.
Fresno, CA 93727

Questions?? Call Bill or Judy (209) 456-0535

PREP RESULTS

Sacramento Meet of Champions

Saturday, May 10, 1997. Hughes Stadium, Sacramento.

By Keith Conning

The Sacramento Meet of Champions is the last major invitational meet in Northern California, before the league action starts next week. The meet was moved this year from American River College to Hughes Stadium, which is the site for the state meet. I announced the meet, which was fraught with sound equipment problems.

The 100 meters produced one of the closest finishes of the evening. Joseph Hunter (Vacaville) won the 100 meters in 10.65 (+1.77). Andre Ammons (Skyline, Oakland), who is in his first season of running, placed second also in 10.65. Aaron Bryant (Wilcox, Santa Clara), the California season leader at 10.50, was third in 10.66, only .01 behind the others.

Ammons won the 200 meters in a slightly wind-aided 21.13 (+2.33). Hunter placed second in 21.41.

The much anticipated 400 meters included one of the fastest fields of the evening. Only Tony Bertan (Atwater), the California leader and third fastest in the nation at 46.49, was missing from this superb Northern California field. Eddie Levine (Golden Valley, Merced), second last year in 47.5, won in 47.12, a meet record. The old record of 47.32 was set by Milton Hughes (Amos Alonzo Stagg, Stockton) in 1992. Marcus Field (Amos Alonzo Stagg, Stockton) placed second in 47.26, also under the old meet record. Tim Brown (McClymonds, Oakland), the defending champion in 47.4, was third in 47.38. Mike Kenyon (Del Campo, Fair Oaks), whose previous best was 48.29, was fourth in 47.80.

James Levine (Golden Valley, Merced), the Arcadia Invitational champion, the national leader at 1:49.21, and the twin brother of 400 winner Eddie, won the 800 meters in 1:48.85, a meet record. The old record of 1:50.29 was set by Michael Stember (Jesuit, Carmichael) in 1995. Levine is now the 11th fastest performer in California history.

Gavin Chamberlain (Oak Ridge, El Dorado Hills) won the 1,600 meters in 4:12.63. Leader splits: 1:02.5, 2:06.0 (1:03.5), 3:10.5 (1:04.6), 4:12.4 (1:01.9). It is the best time in California and the third fastest time in the nation this season. Jon Stevens (Mission San Jose, Fremont) placed second in 4:17.09.

"It's so worth it," said Chamberlain to the *Sacramento Bee*. "The time was now to see what I have. I wanted to lay it on the line and see what happens."

Dave Rodriguez (Mission San Jose, Fremont), third at the Arcadia Invitational and the California leader at 9:08.27, won the 3,200 meters in 9:09.46. Splits: 1:05.9, 2:13.8 (1:08.0), 3:21.7 (1:07.9), 4:30.5 (1:08.8), 5:40.2 (1:09.7), 6:52.0 (1:11.8), 8:03.4 (1:11.5), 9:09.4 (1:06.0). Corey Creasey (Nevada Union, Grass Valley) placed second in 9:11.21. Juan Miramontes (Golden Valley, Merced) was third in 9:16.46.

Arend Watkins (Silver Creek, San Jose) won the 110 meter high hurdles in 14.07 (+.66).

"There was nothing else to do," said Watkins to the *San Jose Mercury News*. "It was boring sitting at home, so I decided to run track. I just wanted to get in shape for basketball."

David Gritz (Bear Creek, Stockton), who was the defending champion at 15-0, and Erik Rasmussen (Johansen, Modesto), the second best vaulter in the nation at 17-0, tied in the pole vault at 16-6. Series: 15-0 o, 15-6 p, 16-0 o, 16-6 xo, 17-0 xxxx. They abandoned their jump off for first after missing at 17-0 for the fourth straight time.

John Badovinac (Jesuit, Carmichael), the defending champion at 56-5 3/4, won the shot put at 61-10 3/4, a meet record. The old record of 58-1 1/2 was set by David Spitz (Monte Vista, Danville) in 1995. Badovinac's series: 54-10 1/4, 56-10, 60-2, 58-9, 61-10 3/4, 57-11 1/2.

Badovinac also won the discus at 188-1, a meet record. The old record of 187-8 was set by Curt Sisco (Vacaville) in 1983.

Girls Highlights

Aisha Margain (San Lorenzo) won the

200 meters in 24.17 (+1.46). Lindsay Hyatt (Placer, Auburn), the Arcadia Invitational champion and national leader at 2:09.35, won the 800 meters in 2:09.49, a meet record. The old record of 2:12.89 was set by Julia Stamps (Santa Rosa) in 1995. Stamps, who was entered in the race, scratched on Thursday, so that she could concentrate on her senior prom. Monica Van Wegen (Amador Valley, Pleasanton) placed second in 2:12.34.

Kristen Gordon (Carondelet, Concord), the Arcadia Invitational 1,600 meter champion, the national outdoor leader at 4:46.24, and the Foot Locker National Cross Country champion, won the 3,200 meters in 10:33.68, a meet record. The old record of 10:46.34c was set by Sally Pinkner (Davis) in 1984. Splits: 1:15.0, 2:31.6 (1:16.7), 3:50.0 (1:18.4), 5:09.8 (1:19.8), 6:30.6 (1:20.8), 7:51.9 (1:21.4), 9:13.87 (1:22.1), 10:33.4 (1:19.5).

Natasha Neal (James Logan, Union City) won the 100 meter high hurdles in 14.07 (+1.74), a meet record. The old record of 14.14 was set by Daveetta Shepherd (Salesian, Richmond) in 1995. Lisa O'Reilly (St. Mary's, Stockton), who is coached by 1988 Olympic champion Andre Phillips, placed second in 14.38. Neal, the national leader in the 300 hurdles at 41.94, also crossed the finish line first in 41.95, but she was disqualified for a hurdle violation.

"I haven't (been called for a violation) in all the six years I've been running hurdles," said Neal to the *San Jose Mercury News*. "I don't think (the lane judge) was paying attention."

All too often high school meets are run without hurdle judges on the turns.

One thing that bothers me as an announcer is that athletes come to me to find out why they were disqualified and to argue with me. Coaches need to teach their athletes the correct procedure to obtain information and how to file a protest.

Myesha Kirtman (Lowell, San Francisco), whose father placed third in the 110 hurdles and fourth in the 300 hurdles at the 1974 state meet, was moved up to first in 43.36. O'Reilly placed

second in 43.63. Ryan Peters (Skyline, Oakland) was third in 44.01.

James Logan (Union City) won the 4 x 100 for the third straight year in 47.16. Skyline (Oakland), who won the 4 x 400 in 1993 and 1994, won in 3:49.4. James Logan (Union City) placed second in 3:50.5.

Maria Lopez (Newark Memorial, Newark) won the pole vault at 10-6. Lopez' series: 10-0 o, 10-6 o, 11-0 xxx. Christa Epperly (Nevada Union, Grass Valley), the meet record holder at 11-0, placed second at 10-6. Epperly's series: 9-6 xo, 10-0 xo, 10-6 o, 11-0 xxx. Kaley Kitto (Bear Creek, Stockton) was third at 10-6. Kitto's series: 9-0 o, 9-6 o, 10-0 o, 10-6 xo, 11-0 xxx.

Chaniqua Ross (Laguna Creek, Elk Grove), the national season leader at 47-10 3/4, won the shot put at 46-9. Series: 46-2, 44-8 3/4, 44-2 1/2, 46-5, 46-9, foul. Ross, the national discus leader at 168-10, also won the discus at 176-5, the best mark in the nation. She becomes the seventh best performer of all-time. Amy Thiel (Fremont Christian, Fremont) placed second at 154-10. Melissa Reis (James Logan, Union City) was third at 144-4.

"I didn't feel that good because it came off my middle finger when it's supposed to come off my index finger," said Ross to the *Sacramento Bee*. "I was thinking, 'Man, I missed,' even though my feet were in perfect position and I felt strong. But I heard my dad scream all of a sudden and I knew I did something special. He never screams like that."

RESULTS

From Walt Lange

Boys Results

Invitational (evening session)

100-Hunter, Vacaville, 10.65; Ammons, Skyline, 10.65; Bryant, Wilcox, 10.66; Staten, Oak Grove, 10.70. 200-Ammons, Skyline, 21.13 (wa); Hunter, Vacaville, 21.4; Brown, McClymonds, 21.82; Kenyon, Del Campo, 21.83. 400-E. Levine, Golden Valley, 47.12; Fields, Stagg, 47.26; Brown, McClymonds, 47.38; Kenyon, Del Campo, 47.80. 800-J. Levine, Golden Valley, 1:48.85 (meet record); old Stember, 1:50.29 in 1995; Carroll, Merced, 1:54.30; Plemmons, Oakmant, 1:55.16; McGahey, Woodland, 1:55.48. 1,600-Chamberlain, Oak Ridge, 4:12.63; Stevens, Mission, San Jose, 4:17.09; Allier, Jesuit,

PREP RESULTS

4:21.05; Dichoso, Downey, 4:21.19, 3,200-Rodriguez, Mission-San Jose, 9:08.46; Creasey, Nevada Union, 9:11.21; Miramontes, Golden Valley, 9:16.46; Farley, Del Campo, 9:26.44, 4x100-Oak Grove, San Jose, 41.54; Stagg, 42.23; Skyline, 42.24; St. Mary's-Berkeley, 42.38, 4x400-St. Mary's-Berkeley, 3:18.05; McClmonds, 3:19.75; Valley, 3:21.61 Vallejo, 3:21.71, 110 HH-Waltdins, Silver Creek, 14.07, (meet record; old Prudenti, Justin-Siena, 14.04c in 1989); Landingham, Coming, 14.48; Nero, St. Mary's-Berkeley, 14.76; Rasmussen, Johansen, 14.77, 300 H-Hocker, Silver Creek, 38.65; Bates, Del Oro, 39.27; Vaughn, Elk Grove, 39.81; Shaw, Merced, 39.85.

LJ-Drown, Will C. Wood, 22-4; Mack, St. Mary's-Berkeley, 22-3; Augustine, Yuba City, 22-1/4; Colson, Center, 21-51/4, TJ-Colson, Center, 47-61/4; Augustine, Yuba City, 47-1; Mack, St. Mary's-Berkeley, 46-9; Predado, Stagg, 46-8, PV-Griz, Bear Creek, 16-6; Rasmussen, Johansen, 16-6; Foster, Amador Valley, 15-0; Struckman, Oakmont, 13-6; Taft, Bella Vista, 13-6, HJ-Augustine, Yuba City, 6-4; Todd, Del Oro, 6-4; Del Greco, 6-4; Limefield, Sonoma Valley, 6-2, D-Badovinac, Jesuit, 188-1; Desomber, Gridley, 169-2; Parker, McAteer, 168-11; Zandarrelli, Roseville, 168-9, SP-Badovinac, Jesuit, 61-103/4; Dickey, Atwater, 58-33/4; Carter, Oak Grove, 55-63/4; Parker, McAteer, 54-7.

Boys Open Session (day session)

100-Thompson, Sonora, 11.34, 200-Thompson, Sonora, 22.76, 400-Naege, Del Oro, 49.57, 800-Mitchell, Los Banos, 1:57.27, 1,600 - Braund, West Valley, 4:21.54, 3,200-Pierini, Oak Ridge, 9:38.9, 300 H-Bates, Del Oro, 39.43, 4x100-Grant, 43.20 (open record; old Merced, 43.27 in 1994), 4x400-Cordova, 3:27.53.

LJ-Smith, Del Campo, 21-91/2, HJ-Ferbach, 6-8 (open record; old Avant, Lassen, 6-4 in 1996), 110 HH-McGlashan, Vacaville, 15.42, D-Naves, Elk Grove, 157-11 (open record; old Badovinac, Jesuit, 151-6 in 1994), SP-Doria, Amador Valley, 54-51/2 (open record; old Kelley, Jesuit, 51-6 in 1994), TJ-Todd, Del Oro, 44-51/2, PV-Demartini, NU, 13-6.

Girls Results

Invitational (evening session)

100-Holman, Valley, 12.07; Williams, Logan, 12.09; McCullum, San Lorenzo, 12.23; Totmeh, Valley, 12.42, 200-Morgan, San Lorenzo, 24.17; Woods, Skyline, 24.78; Williams, Logan, 24.99; Milner, Modesto, 25.41, 400-Estes, Logan, 56.49; Jarvis, St. Francis, 56.77; Grant, Holy Names, 56.88; Hogg, International Studies, 57.33, 800-Hyatt, Placer, 2:08.49 (meet record; old Stampa, Santa Rosa, 2:12.89 in 1995); Van Wegen, Amador Valley, 2:12.34; Bridgeman, Logan, 2:13.95; Price, Logan, 2:16.53, 1,600-Hotchiss, Mission-San Jose, 5:00.72; Liebig, Kennedy, 5:01.08; Andrade, Carondelet, 5:02.82; Chou, Lowell, 5:06.18, 3,200-Gordon, Carondelet, 10:33; Cox, Santa Rosa, 10:58.79;

Schindler, Ponderosa, 11:12.04; Wade, Rocklin, 11:14.16, 4x100-Logan 'A', 47.16; Valley, 47.58; Skyline, 47.85; Logan 'B' 48.04, 4x400-Skyline, 3:49.4; Logan, 3:50.5; Mission-San Jose, 3:53.5; Carondelet, 3:58.2, 110 H-Neal, Logan, 14.07; O'Reilly, St. Mary's-Stockton, 14.38; Schulte, Santa Rosa, 14.97; Tale, Turlock, 15.05, 300 H-Kirtman, Lowell, 43.36; O'Reilly, St. Mary's-Stockton, 43.63; Peters, Skyline, 44.01; Brown, Woodland, 45.33, PV-Lopez, Newark Memorial, 10-6; Epperly, Nevada Union, 10-6; Kitto, Bear Creek, 10-6; Pec-Crouse, Santa Rosa, 10-0; HJ-Hanis, St. Mary's-Berkeley, 5-6; Badden, Logan, 5-4; Stone, Santa Rosa, 5-4; Eggers, Carondelet, 5-2, D-Ross, Laguna Creek, 176-5 (national leader); Theil, Fremont Christian, 154-10; Reis, Logan, 144-4; Hardcastle, East Union, 125-5, SP-Ross, Laguna Creek, 46-9; Bell, Lincoln-Stockton, 41-2; Theil, Fremont Christian, 40-1/4; Camarena, Woodland, 38-91/2, LJ-Matin, Valley, 18-43/4; Johnson, Logan, 17-7; Trapari, Oak Ridge, 17-3; Noa, Grant, 17-11/2, TJ-Griffith, Vacaville, 37-101/2; Johnson, Logan, 37-71/2; Contreras, Sutter, 37-21/4; Dawson, Carondelet, 37-0.

Girls Open Session (day session)

100-Trapari, Oak Ridge, 12.75, 200-Ben, Will C. Wood, 25.84, 100 H-Fony, Mission-San Jose, 15.72, 300 H-Mourer, Will C Wood, 46.50, (open record; old Grant, Bishop O'Dowd, 46.61 in 1993), 400-Dwelly, Sacramento Waldorf, 58.24 (open record; old Grant, Holy Names, 58.49 in 1944), 800-Milner, Modesto, 2:14.77 (open record; old Morrison, Amador Valley, 2:18.20 in 1990), 1,600-Nicholas, Lincoln-Stockton, 5:11.94, 3,200-Wong, Bella Vista, 11:35.8, 4x100-Florin, 49.82, 4x400-Lincoln-Stockton, 4:02.36, TJ-Noa, Grant, 34-113/4, LJ-Griffith, Vacaville, 18-10 (open record; old Bailey, Skyline, 18-31/2 in 1993), HJ-Jackson, West Valley, 5-4 (open record; old Nichols, Acalanes, 5-3 in 1993), SP-Alkens, St. Mary's-Berkeley, 35-101/2, D-Elmen, Modesto, 119-9.

Golden Empire League Championships

May 14, 1997, Submitted by Richard McCann (Davis) via Keith Conning

Boys

200 1. Tale (River City) 22.2, 110HH 1. Dyer (Lindhurst) 15.1.

Girls

100 1. Bush (Lindhurst) 12.2, 200 1. Bush (Lindhurst) 25.0.

San Joaquin Athletic Association Championships

May 15, 1997, Lincoln HS, Stockton, CA, From Steve Rapaport.

GIRLS EVENTS

Varsity Girls Team Scores

1. Lincoln 183, 2. St. Mary's 120.3, 3. Edison 45, 4. Lodi 38.3, 5. Bear Creek 33.3, 6. Stagg 32, 7. Tokay 30, 8. Franklin 2.

100 Meters

1. Smedley (Lincoln) 12.64
2. Grayson (Edison) 13.00
3. Compton (Lodi) 13.09

200 Meters

1. Smedley (Lincoln) 25.71
2. Compton (Lodi) 26.47
3. Grayson (Edison) 26.56

400 Meters

1. Matthews (Lincoln) 60.58
2. Woodruff (Tokay) 62.66
3. Lease (Lincoln) 62.90

800 Meters

1. Sugaltan (Lincoln) 2:23.22
2. Lee (Stagg) 2:26.3
3. Altnow (St. Mary's) 2:29.1

1,600 Meters

1. Nicolas (Lincoln) 5:16.43
2. Altnow (St. Mary's) 5:23.00
3. Brock (Lincoln) 5:39.22

3,200 Meters

1. Nicolas (Lincoln) 12:22.05
2. Shaughnessy (Lincoln) 12:41.12
3. Montleango (St. Mary's) 12:46.41

100 Meter Hurdles

1. O'Reilly (St. Mary's) 15.4
2. Vitale (Tokay) 17.39
3. Trelos (St. Mary's) 17.68

300 Meter Hurdles

1. O'Reilly (St. Mary's) 45.57
2. Woznick (Lodi) 49.13
3. Davenport (Lincoln) 49.99

4x100 Meter Relay

1. Edison 49.94
2. Lincoln 50.32
3. Saint Mary's 51.58

4x400 Meter Relay

1. Lincoln 4:07.27
2. Edison 4:14.30
3. St. Mary's 4:26.17

High Jump

1. Moscovic (St. Mary's) 5-00
2. Miller (St. Mary's) 5-00
3. Ruiz (Tokay) 4-10

Pole Vault

1. Kitto (Bear Creek) 10-00
2. Nellis (Bear Creek)
3. Reynolds (Lincoln) 8-00

Long Jump

1. Williams (St. Mary's) 17-01
2. Reuben (St. Mary's) 16-01
3. Moscovic (St. Mary's) 15-11.75

Triple Jump

1. Moscovic (St. Mary's) 35-04.5
2. Miller (St. Mary's) 33-06.5
3. Filzer (Bear Creek) 33-03.5

Shot Put

1. Jordan (Lincoln) 41-05
2. Roe (Stagg) 36-07
3. Ware (Stagg) 32-03

Discus

1. Jordan (Lincoln) 127-00
2. Roe (Stagg) 116-07
3. Morin (St. Mary's) 103-06

Bay Valley Athletic League

Friday, May 16, 1997, Pittsburg High School, Pittsburg, From Keith Conning

Boys Highlights

Tom Prindville (De La Salle, Concord) won the 1,600 meters in 4:13.22, the second fastest in California.

Girls Highlight

Kristen Gordon (Carondelet, Concord), the national outdoor 1,600 meters leader, won the 1,600 meters in 4:55.35 and the 3,200 meters in 10:54.03.

Boys Results

Team Scores 1. De La Salle (Concord) 153, 2. Pittsburg 67, 3. Clayton Valley (Concord) 61, 4. Liberty (Brentwood) 51, 5. Ygnacio Valley (Concord) 45, 6. Northgate (Walnut Creek) 44, 7. College Park (Pleasant Hill) 29, 8. Antioch 28, 9. Pinole Valley (Pinole) 14.

100 Meters

1. Alari Callen (De La Salle) 10.86
2. Tyree Davis (Pittsburg) 11.04
3. Vic Tanverakul (De La Salle) 11.13

800 Meters

1. Jeff George (De La Salle) 1:56.12
2. Matt Click (De La Salle) 1:58.05
3. Alex Sanchez (De La Salle) 1:59.15

4. Adam Davis (Clayton Valley) 1:59.53
5. Craig Lee (College Park) 1:59.75

1,600 Meters

1. Tom Prindville (De La Salle) 4:13.22
2. Alex Sanchez (De La Salle) 4:23.75
3. Craig Lee (College Park) 4:25.54

4. David Vigil (College Park) 4:26.83

110 Meter High Hurdles

1. Donte Joseph (Pinole Valley) 15.21
2. Kevin Mackey (Northgate) 15.27

300 Meter Inter. Hurdles

1. Kevin Mackey (Northgate) 39.46
2. Jeff McKeown (Clayton Valley) 40.25

4 x 100

1. De La Salle 43.39

High Jump

1. Darrell Lewis (Pittsburg) 6-6
2. Dan Trammel (Pittsburg) 6-4

Pole Vault

1. Connor Swege (De La Salle) 13-6
2. Dan Trammel (Pittsburg) 21-11 1/2

Long Jump

1. Benson Jones (Clayton Valley) 45-9
2. Kieman Cox (Antioch) 44-10

Shot Put

1. James Fabian (Ygnacio Valley) 49-10
2. Craig Johnson (Northgate) 49-3 1/2

Girls Results

Team Scores

1. Carondelet (Concord) 182, 2. Clayton Valley (Concord) 89 1/2, 3. College Park (Pleasant Hill) 55, 4. Pittsburg 53, 5. Liberty (Brentwood) 40, 6. Ygnacio Valley (Concord) 35 1/2, 7. Northgate (Walnut Creek) 19, 8. Antioch 15.

200 Meters

1. Colleen Fitzgerald (College Park) 25.77
2. Tamara Easley (Pittsburg) 26.14

400 Meters

1. Colleen Fitzgerald (College Park) 57.43
2. Margaret Ewers (Carondelet) 59.15

PREP RESULTS



Kristen Gordon
Photo by Kirby Lee

3. Katie Nash (Carondelet) 1:00.17
800 Meters
 1. Kelly Howsley (Clayton Valley) 2:14.69
 2. Kerri Bock-Willmes (Carondelet) 2:21.95
 3. Kelly Platanos (Carondelet) 2:22.65
 4. Michelle Phillips (College Park) 2:22.81
1,600 Meters
 1. Kristen Gordon (Carondelet) 4:55.35
 2. Meghan Andrade (Carondelet) 5:01.87
 3. Kelly Howsley (Clayton Valley) 5:03.86
 4. Leli Arroyo (Pittsburg) 5:16.61
 5. Stephanie Ksenzulak (Liberty) 5:17.94
 6. Deborah Osteen (Clayton Valley) 5:18.23
100 Meter High Hurdles
 1. Carolyn King (Carondelet) 15.3
300 Meter Hurdles
 1. Carolyn King (Carondelet) 45.68
4 x 100
 1. Pittsburg 49.92
 2. College Park 50.01
 3. Carondelet 50.14
4 x 400
 1. Carondelet 4:05.22
High Jump
 1. Jenny Eggers (Carondelet) 5-2
Pole Vault
 1. Kathleen Hampton (Liberty) 8-6
Triple Jump
 1. Brionne Dawson (Carondelet) 37-2 3/4
Shot Put
 1. Amanda Garda (Carondelet) 35-2 3/4
 2. Dana Lawson (Clayton Valley) 35-1 3/4
Discus
 1. Dana Lawson (Clayton Valley) 119-6 1/2

East Bay Athletic League Finals

Friday, May 16, 1997. Chabot College, Hayward. From Keith Conning. Temperature was 95 degrees in Hayward!
Boys
 Team Scores 1. California (San Ramon) 121,

2. Amador Valley (Pleasanton) 117 1/2, 3. San Ramon Valley (Danville) 107 1/2, 4. Livermore 92, 5. Monte Vista (Danville) 42, 6. Berkeley 14.
100 Meters
 1. Lorenzo King (California) 10.95
 2. Stevens (San Ramon Valley) 11.04
200 Meters
 1. Dave Newton (San Ramon Valley) 21.4 HT
 2. Downer (California) 21.8
 3. Brown (California) 22.2
400 Meters
 1. Will Downer (Cal) 48.97
 2. Newton (SRV) 49.49
800 Meters
 1. Troy Smith (Cal) 1:58.10
4x100 Meters
 1. California (Ricco Brown, Lorenzo King, Jay Jones, Will Downer) 43.43
 2. San Ramon Valley 43.61
Pole Vault
 1. Rya Tachlera (San Ramon Valley) 14-6
 2. Foster (Amador Valley) 14-0
 3. Nahas (Monte Vista) 13-6
Shot Put
 1. Rood Doria (Amador Valley) 50-6
Discus
 1. Rood Doria (Amador Valley) 166-7
Girls
 Team Scores 1. Amador Valley 154, 2. Berkeley 111, 3. Livermore 77, 4. San Ramon Valley 70, 5. Monte Vista 42, 6. California 41.
200 Meters
 1. Monica Van Wegen (Amador Valley) 25.7 ht
 2. Murtaugh (San Ramon Valley) 25.8
400 Meters
 1. Monica Van Wegen (Amador Valley) 58.05
800 Meters
 1. Monica Van Wegen (Amador Valley) 2:21.35
4x100 Meters
 1. Berkeley (Mikkia Smith, Nycote Brown, Michelle Brewer, Tatiana Newman) 49.80
4x400 Meters
 1. Berkeley (Raquel Brewer, Michelle Brewer, Mikkia Smith, Nycote Brown) 4:04.7 (hand-timed)
High Jump
 1. Samatha Smith (MV) 5-2
Pole Vault
 1. Erin Mann (San Ramon Valley) 9-6
 2. Balanos (Amador Valley) 9-0
Long Jump
 1. Raquel Brewer (Berkeley) 16-10 1/4
Triple Jump
 1. Raquel Brewer (Berkeley) 34-11 3/4
Shot Put
 1. Erica Chew (Monte Vista) 35-11

Metro League Boys Championships

May 16, 1997: Sacramento, CA. From Tom McGuire and Keith Conning.

BOYS

100 Meter Dash 1. Albert Hollis Christian Brothers H.S. 11.0, 2. Nick Hicks Christian Brothers H.S. 11.2, 3. Roy Lacy Christian Brothers H.S. 11.4, 4. Nathan Broadway John F. Kennedy H.S. 11.5, 5. Richard Winston Sacramento H.S. 11.6. 200 Meter Dash 1

Gerald Franks Jesuit High School 22.3, 2. Albert Hollis Christian Brothers H.S. 22.4, 3. Sergio Villareal John F. Kennedy H.S. 22.6, 4. Emon Graves Christian Brothers H.S. 22.7, 5. Nick Hicks Christian Brothers H.S. 22.9. 400 Meter Dash 1. Emon Graves Christian Brothers H.S. 49.5, 2. A. Montgomery Hiram Johnson H.S. 51.0, 3. Brandon Tam Jesuit High School 51.4, 4. Justin Thomas Jesuit High School 51.9, 5. L. Merriweather Hiram Johnson H.S. 52.8. 800 Meter Run 1. Ka-akpema Yelapaala Jesuit High School 2:00.9, 2. Chris DeWitt Jesuit High School 2:01.1, 3. Garrett Gallihur John F. Kennedy H.S. 2:02.1, 4. Amone Lester Sacramento H.S. 2:02.3, 5. Nate DeFelice Jesuit High School 2:04.6. 1,600 Meter Run 1. Michael Altieri Jesuit High School 4:24.8, 2. Ka-akpema Yelapaala Jesuit High School 4:28.7, 3. Chris DeWitt Jesuit High School 4:34.0, 4. Nate DeFelice Jesuit High School 4:36.3, 5. Jeff Vipond Jesuit High School 4:37.1.

3,200 Meter 1. Michael Altieri Jesuit High School 9:47.6, 2. Jonathan Welsh, Jesuit High School 9:55.4, 3. Chris DeWitt, Jesuit High School 9:57.4, 4. Garrett Larsson, Jesuit High School 10:15.5, 5. Andy Sherwood, Christian Brothers H.S. 10:22.6. 110 Meter High Hurdles 1. Gerald Franks Jesuit High School 14.9, 2. Mike Anderson Jesuit High School 16.1, 3. Will Padilla Christian Brothers H.S. 16.7, 4. Ray Santiago John F. Kennedy H.S. 17.8, 5. Mike Vaughan John F. Kennedy H.S. 18.1. 300 Meter Int Hurdles 1. Marc Drabant Jesuit High School 41.3, 2. Ben Colton Jesuit High School 42.3, 3. Gerald Franks Jesuit High School 42.8, 4. Will Padilla Christian Brothers H.S. 44.1, 5. Mike Anderson Jesuit High School 44.1. 4x100 Meter Relay 1. Christian Brothers H.S. 43.22, John F. Kennedy H.S. 44.43, 3. McClatchy H.S. 45.3, 4. Jesuit High School 45.4, Sacramento H.S. DNF. 4x400 Meter Relay 1. Jesuit High School 3:28.0, 2. John F. Kennedy H.S. 3:29.9, 3. Christian Brothers H.S. 3:34.4, 4. C.K. McClatchy H.S. 3:46.0.

High Jump 1. Nathan Broadway John F. Kennedy H.S. 6'00.00", 2. Michael Byrne Jesuit High School 5'08.00", 3. Jeff Dowell Jesuit High School 5'04.00", 4. Adam Wild Jesuit High School 5'04.00" - Jason Thorntona Luther Burbank H.S. - Mike Vaughan John F. Kennedy H.S. - Matt Trinca Jesuit High School NH. Pole Vault 1. Ryan Wilgus Jesuit High School 13'06.00", 2. Clinton Myers Jesuit High School 13'00.00", 3. Adam Ross Jesuit High School 12'06.00", 4. Tom Witzgall Jesuit High School 12'06.00", 5. Marco Farlas Jesuit High School 12'06.00". Long Jump 1. Stan Cheung John F. Kennedy H.S. 18'10.00", 2. David Farmer Christian Brothers 18'04.00", 3. Adam Wild Jesuit High School 17'07.00, 4. Hamid Arjemand John F. Kennedy H.S. 17'05.00", 5. Jeff Dowell Jesuit High School 17'01.00". Flight 21 Victor Robey Christian Brothers 22'00.00", 2. Nick Hicks Christian Brothers 21'02.00", 3. Nathan Broadway John F. Kennedy H.S. 20'03.00", 4. Jason Thorntona Luther Burbank H.S. 18'09.00", 5. Bryant Cheung Jesuit High School 18'07.00".

Triple Jump 1. Victor Robey Christian Brothers 42'03.50", 2. Stan Cheung John F. Kennedy H.S. 38'05.00", 3. Bryant Cheung Jesuit High School 37'08.50", 4. Jeremy Booth Luther Burbank H.S. 36'10.00", 5. David Farmer Christian Brothers 36'05.00". Shot Put 1. John Badovinac Jesuit High School 56'02.50", 2. Mark Lambert Jesuit High School 47'07.00", 3. Rommel Uniza Jesuit High School 44'08.25", 4. Matt Nelson Jesuit High School 44'08.00", 5. Will Schrick Jesuit High School 42'04.25". Discus Throw 1. John Badovinac Jesuit High School 183'00.00", 2. Mark Lambert Jesuit High School 147'02.00", 3. Aaron Hiers Christian Brothers 134'07.00", 4. Ken Aber Christian Brothers 120'08.00", 5. Josh Calista Christian Brothers 115'10.00".

Mission Valley Athletic League

May 16, 1997. James Logan High School, Union City. From Keith Conning

Boys

200 1. Shaun Ross (Logan) 22.20, 2. Cornell Coleman (Logan) 22.48. 400 1. Shaun Ross (Logan) 49.34, 2. J. Dadzie (Newark) 50.10. 800 1. Jon Stevens (Mission San Jose) 1:59.25. 1,600 1. Jon Stevens (Mission San Jose) 4:14.67, 2. Dave Rodriguez (Mission San Jose) 4:17.18, 3. Drew Ostler (Mission San Jose) 4:26.18, 4. Scott MacDonald (Logan) 4:27.92. 3,200 1. Dave Rodriguez (Mission San Jose) 9:47.78. 110H 1. Jason Pease (Logan) 15.11, 2. Charles Amey (Logan) 15.23. 300H 1. Beaver (Newark) 39.83, 2. Jerry Stepan (Mission San Jose) 40.77. 4x100 1. Logan 42.85. HJ 1. David Collin (Logan) 6-4. PV 1. Braunstein (Newark) 14-6. LJ 1. Shaun Ross (Logan) 21-8. TJ 1. Tafari Walston (Logan) 46-1. 2. Fiston Balumbu (Logan) 45-9 1/2, 3. Damian Mackey (Logan) 45-2.

Girls

100 1. Natasha Neal (Logan) 12.07, 2. Adrena Williams (Logan) 12.32, 3. Jamara Smith (Logan) 12.42, 4. Shaka Taylor (Logan) 12.56. 200 1. Adrena Williams (Logan) 25.44, 2. Tresie Corcuchia (Logan) 25.93, 3. Stephanie Smith (Mission San Jose) 25.94, 4. Shaka Taylor (Logan) 26.24. 400 1. D. Cuthbert (Newark) 57.93, 2. Jennifer Bridgeman (Logan) 58.26, 3. Tresie Corcuchia (Logan) 59.10, 4. Danielle Price (Logan) 1:00.16. 800 1. Danielle Price (Logan) 2:22.35, 2. Amanda Necoewee (Mission San Jose) 2:23.06. 1,600 1. Katie Hotchkiss (Mission San Jose) 5:16.57, 2. Amanda Necoewee (Mission San Jose) 5:18.67.

3,200 1. Katie Hotchkiss (Mission San Jose) 11:40.69. 100H 1. Natasha Neal (Logan) 14.23, 2. Carrie McGraw (Mission San Jose) 15.45, 3. Becka Fong (Mission San Jose) 15.97, 4. Nallah Lugani (Logan) 15.98, 5. Kibibi Boddan (Logan) 16.05. 300H 1. Natasha Neal (Logan) 43.78, 2. Carrie McGraw (Mission San Jose) 43.84, 3. Carla Estes (Logan) 46.57, 4. Lisa O'Conner (Mission San Jose) 47.68. 4x100 1. Logan 47.27, 2. Mission San Jose 49.46. 4x400

PREP RESULTS

1. Logan 3:57.38, 2. Mission San Jose 3:59.96.
HJ 1. Kibibi Bodden (Logan) 5-2, 2. Amanda Townsend (Logan) 5-2, PV 1. Maria Lopez (Newark) 11-8, 2. Ilea Erickson (Logan) 9-0, 3. Yvonne Lee (Washington) 9-0, LJ 1. Beth Johnson (Logan) 18-2, 2. Jamara Smith (Logan) 17-10, 3. Carla Estes (Logan) 17-8 1/2, 4. Dominique Green (Logan) 17-2, 5. Montiqua Sargent (Logan) 16-10, TJ 1. Jamara Smith (Logan) 37-3, 2. Beth Johnson (Logan) 36-7 1/2, 3. Becka Fong (Mission San Jose) 34-9, SP 1. Melissa Reis (Logan) 37-3 1/2, DT 1. Melissa Reis (Logan) 1:39-6.

Sacramento League Meets

May 16, 1997. Submitted by Richard McCann (Davis) via Keith Conning
Sierra Valley Conference

Boys
200 1. Williams (Cordova) 22.2, 400 1. Heronema (Oak Ridge) 50.1, 800 1. Chamberlain (Oak Ridge) 1:57.7, 1,600 1. Chamberlain (Oak Ridge) 4:24.7, 300H 1. Martinez (Folsom) 40.1, 2. Doyle (Cordova) 40.5, HJ 1. Osby (Cordova) 6-6, PV 1. Dietzman (Ponderosa) 15-2.2, Bewsey (Ponderosa) 14-6, 3. Holder (Ponderosa) 13-0, DT 1. Buonano (Oak Ridge) 1:50.11.

Girls
100 1. Trapani (Oak Ridge) 12.4, 1,600 1. Schindler (Ponderosa) 5:20.8, 3,200 1. Schindler (Ponderosa) 11:18.0, 100H 1. Smith (Ponderosa) 16.0, 300H 1. Smith (Ponderosa) 47.4, 4x100 1. Oak Ridge 48.9, HJ 1. Ruff (Ponderosa) 5-2, PV 1. Durante (Oak Ridge) 9-6, 2. Walz (Rio Americano) 9-0, 3. Kasper (Ponderosa) 8-6, LJ 1. Trapani (Oak Ridge) 17-2, 2. Ruff (Ponderosa) 16-11, TJ 1. Trapani (Oak Ridge) 36-6, SP 1. Douglas (El Dorado) 36-11, DT 1. Smith (Oak Ridge) 1:11-0

Central Coast Section South Trials

Saturday, May 17, 1997. Soquel High School, Soquel.

Boys Highlights

Arend Watkins (Silver Creek, San Jose) won the 110 meter high hurdles in 13.92. Guy McGowen (Leigh, San Jose) placed second in 14.08. Steve Harris (Del Mar, San Jose) pole vaulted 17-0.

Boys

400
Salinas (Gilroy) 48.96, Taylan (North Monterey County) 50.28
1,600
De Wald (Soquel) 4:25.32, Passanisi (Aptos) 4:25.50, Boothe (Pioneer) 4:27.08, Chavez (Hollister) 4:27.17,
110H
Watkins (Silver Creek) 13.92, McGowen (Leigh) 14.08, Galariz (Gunderson) 14.74, Seymour (San Lorenzo Valley) 15.01, Orlando (Gilroy) 15.09, Travalle (Carmel) 15.19,
4x100
Oak Grove 42.42, Yerba Buena 42.76, Del Mar

42.85, North Salinas 43.08, Silver Creek 43.23, North Monterey County 43.26.

HJ

Cook (Carmel) 6-4.
PV
Harris (Del Mar) 17-0, Grijalva (North Monterey County) 15-0, Carbajal (Mt. Pleasant) 14-0, Dybdahl (Soquel) 13-0, Mullins (Soquel) 13-0, DT
Sanborn (San Lorenzo Valley) 152-10, Fought (Del Mar) 152-5.
Girls
1,600
Smith (Aptos) 5:16.49, Martinez (King City) 5:13.76, Wans (Valley Christian) 5:22.09, 100H
Allen (North Salinas) 15.24, Phillips (Mitty) 15.85, Gillott (North Monterey County) 15.86, Green (Mitty) 15.87.

4x100
Mitty 49.92, North Salinas 50.20, Leigh 50.22, Piedmont Hills 50.37, Leland 50.38, North Monterey County 50.61, Lincoln 50.65
4x400
Mitty 4:01.50, Leland 4:02.2, North Salinas 4:03.5, Piedmont Hills 4:05.4, Silver Creek 4:06.0
HJ
Stone (York) 5-6, Butler (Gunderson) 5-4, PV
Foxx (Notre Dame) 9-6, Serrano (Gonzales) 9-6, Yebra (Gonzales) 9-6, Savn (Mitty), Sar (Mt. Pleasant), Berg (North Monterey County) 8-6, Lewis (Hollister) 8-6, McElwain (San Lorenzo Valley) 8-6, Tran (Mt. Pleasant) 8-6.

LJ

Elarms (Piedmont Hills) 17-5
TJ
Adkins (Piedmont Hills) 36-3 1/4, Gillott (North Monterey County) 35-4 3/4, Todd (Hollister) 35-3 3/4, Nicks (North Salinas) 34-11 1/2, SP
Keyes (Gilroy) 38-3, Lasala (Mitty) 37-9, Romano (Mitty) 37-7 1/2, Roberts (Live Oak) 36-9 1/4, Taylor (Westmont) 35-0 1/2, DT
Roberts (Live Oak) 1:14-2

Alameda Contra Costa Athletic League Championships
Saturday, May 17, 1997. Alhambra High School, Martinez, CA. From Keith Conning
Highlights
The temperature was 94 degrees in Martinez today. The track was even hotter. There is very little shade at the Alhambra High School track facility. Rich Nero (St. Mary's, Berkeley) was treated for dehydration and was later taken to a local hospital for precautions.

Daveetta Shepherd (De Anza, Richmond), the 1994 state meet 100 meter hurdles champion, won the 100 meter high hurdles in 14.24. Shepherd also won the 300 meter hurdles in 42.61. Ebony Kirton (Encinal, Alameda) placed second in 43.25.

Boys Results
Team Scoring 1. St. Mary's (Berkeley) 223, 2. De Anza (Richmond) 62, 3. Piedmont 53, 4. El

Cerrito 41, 5. Encinal (Alameda) 37, 6. Alameda 18, 7. Kennedy (Richmond) 16, 8. Salesian (Richmond) 2.

100
1. Paul Gordon (St. Mary's) 11.04

2. Herwell Lang (De Anza) 11.08

200

1. Jafar Williams (St. Mary's) 22.03

2. Devin Poche-West (St. Mary's) 22.49

400

1. Jafar Williams (St. Mary's) 49.47

2. Devin Poche-West (St. Mary's) 50.13

3. Kmanol Loran (St. Mary's) 50.26

4. Chandler White (St. Mary's) 50.56

800

1. Mike Arp (St. Mary's) 1:59.69

110 H

1. Rich Nero (St. Mary's) 14.86

2. David Guillory (Encinal) 15.35

300 H

1. David Guillory (Encinal) 39.36

2. Rich Nero (St. Mary's) 39.41

4x100

1. St. Mary's 43.05

TJ

1. Jerrold Mack (St. Mary's) 47-7 1/2

Girls Results

Team Scores 1. Encinal (Alameda) 112, 2. St. Mary's (Berkeley) 104, 3. De Anza (Richmond)

63, 4. Alameda 60, 5. Piedmont 54, 6. Holy

Names (Oakland) 26, 7. El Cerrito 24, 8. St. Joseph (Alameda) 10, 9. Kennedy (Richmond)

3.

100

1. Senek Saavedra (Encinal) 12.17

2. Sharita Reed (Encinal) 12.25

3. Raanee Mahall (St. Mary's) 12.30

4. Marshayla Shaw (Encinal) 12.43

5. Brandee Grant (Holy Names) 12.50 (12.14 in

heat Thursday)

200

1. Senek Saavedra (Encinal) 24.77

2. Sharita Reed (Encinal) 25.22

3. Brandee Grant (Holy Names) 25.62

4. Raanee Mahall (St. Mary's) 25.91

5. Marshayla Shaw (Encinal) 26.05

400

1. Senek Saavedra (Encinal) 55.70

2. Brandee Grant (Holy Names) 56.62

3. Sharita Reed (Encinal) 58.55

4. Spring Harris (St. Mary's) 59.32

1,600

1. Amanda Roberts (Alameda) 5:22.51

100H

1. Daveetta Shepherd (De Anza) 14.24

300H

1. Daveetta Shepherd (De Anza) 42.61

2. Ebony Kirton (Encinal) 43.25

4x100

1. Encinal 47.79

2. St. Mary's 50.10

TJ

1. Mercedes Williams (St. Joseph) 35-2 1/2

DT

1. Rosie Alkens (St. Mary's) 120-6

2. Katy Savage (Alameda) 112-10 1/2

Central Coast Section North Regionals

Saturday, May 18, 1997. De Anza College, Cupertino. From Keith Conning
Girls Highlights

Damesha Craig (The Menlo School, Atherton), the daughter of former 49er Roger Craig, set a meet record of 11.90 in the 100 meters. The old record of 11.92 was set by Annette Coleman (Carlmont, Belmont) in 1992. Craig's 4x100 relay team was disqualified, so now she can concentrate on her three individual races.

The top seven in each event advance to the CCS semifinals Saturday at San Jose City College.

Boys

100

Aaron Bryant (Wilcox) 10.69

Arvin Wu (El Camino) 10.87

Rhad Urbano (Cupertino) 11.07

Donte Mack (Homestead) 11.10

Jesse Hesse (Cupertino) 11.10

Terrance Williams (Mitty) 11.13

200

Aaron Bryant (Wilcox) 21.88

Arvin Wu (El Camino) 21.98

Brian Carson (Gunn) 22.44

Elliott Spencer (St. Francis) 22.50

400

Tom Stout (Mills) 49.5

Brian Carson (Gunn) 49.8

Alex Lux (Saratoga) 49.9

Terry Wood (Riordan) 50.6

800

Adam Tucker (St. Francis) 1:57.08

Brendan Fitzgibbon (St. Ignace) 1:57.55

Jason Rudolph (Palo Alto) 1:57.77

Andrew Wulf (Bellarmine) 1:58.16

Andrew Jeffrey (Menlo-Atherton) 1:58.27

Jason Adkins (Wilcox) 1:58.16

Dan Woodhead (St. Francis) 1:59.27



Brendan Fitzgibbon

Photo by Bill Cockerham

PREP RESULTS

1600

Brendan Fitzgibbon (St. Ignatius) 4:22.20
 Andrew Wulf (Bellarmine) 4:23.45
 Dan McDonough (Cupertino) 4:26.74
 Andrew Hill (Los Altos) 4:27.95
 Also advancing:
 Brad Hansen (St. Ignatius) 4:30.81
 110H
 Rich Barbaria (Serra) 15.12
 Brendan Hall (St. Ignatius) 15.14
 Steve Young (San Mateo) 15.18
 John Tanforan (St. Francis) 15.41
 (The grandson of the founder of the Tanforan Race Track, which is now a shopping center.)
 Mike Chen (Los Altos) 15.48
 Nick Dickenson (St. Francis) 15.49
 Mike Camara (St. Ignatius) 15.51
 300H
 Brian Carroll (Saratoga) 39.5
 Justin Clark (Bellarmine) 39.8
 John Tanforan (St. Francis) 40.0
 Roy Ross (Fremont) 40.2
 4x100
 St. Francis 42.89
 Cupertino 43.38
 Menlo-Atherton 43.58
 Saratoga 43.73
 HJ
 Darren Marble (Los Altos) 6-6
 John Darcy (Serra) 6-4
 LJ
 William Nero (Menlo-Atherton) 22-3 1/2
 TJ
 William Nero (Menlo-Atherton) 45-11 1/2
 Danny Douglas (Fremont) 44-4
 Damon Gaston (Milpitas) 43-11 1/4
 MacAnthony Felarca (El Camino) 43-10
 Gregg Quares (Los Altos) 43-8
 SP
 Pete Bjorkland (Los Altos) 55-6
 Tom Snyder (Gunn) 49-5
 DT
 Brant Bower (Gunn) 163-0
 Albert Tulpulu (San Mateo) 153-8 1/2
 Mike Donnelly (St. Ignatius) 153-2 1/2

Girls
 100

Damesha Craig (Menlo) 11.90 meet record
 Mandy Mazik (Capuchino) 12.16
 Nidd Pogue (Menlo) 12.40
 Tenesha Webb (Wilcox) 12.41
 Kerry Blaschke (St. Francis) 12.42
 Christine Chan (Mountain View) 12.45
 Adrienne Hypolite (Los Altos) 12.60
 200
 Damesha Craig (Menlo) 25.01
 Monica Coleman (Gunn) 25.24
 Kerry Blaschke (St. Francis) 25.56
 400
 Monica Coleman (Gunn) 57.65
 Colleen Wrenn (Palo Alto) 59.03
 800
 Stephanie Chavez (Los Gatos) 2:17.21
 April Kikara (Palo Alto) 2:21.98
 Colleen Wrenn (Palo Alto) 2:22.70
 1600
 Marielle Schlueter (St. Ignatius) 5:11.66
 Nicole Portley (Aragon) 5:15.66

Stephanie Chau (Lynbrook) 5:19.86
 Lauren Gustafson (Mills) 5:22.24
 100H
 Damesha Craig (Menlo) 14.89
 Mandy Mazik (Capuchino) 15.01
 Kelley Watson (Milpitas) 15.24
 Stephanie Downey (Los Altos) 15.48
 Taylor Teerlink (Saratoga) 16.07
 Becca Saenz (Los Altos) 16.12
 Kemiko Tolon (Westmoor) 16.29
 300H
 Mandy Mazik (Capuchino) 45.24
 Michelle Steingart (St. Francis) 45.32
 Rometra Craig (Menlo) 46.96
 Stephanie Downey (Los Altos) 47.69
 Sarah Clemm (St. Francis) 47.90
 4x100
 Milpitas 49.37
 Gunn 49.50
 St. Francis 49.91
 St. Ignatius 50.00
 HJ
 Holly Demeter (Los Altos) 5-4
 Loren Gualco (Notre Dame-Belmont) 5-4
 Alanna Deely (St. Ignatius) 5-2
 Jenny Lee (St. Ignatius) 5-2
 Kristen Owen (St. Francis) 5-2
 Anna Abatzoglou (Monta Vista) 5-2
 Lindsay Terry (Palo Alto) 5-2
 PV
 Karin Erkkila (St. Ignatius) 9-0
 Elisa Yi (Mills) 8-6
 LJ
 Christine Chan (Mountain View) 18-1
 TJ
 Evelyn Smith (Gunn) 36-4
 Leslie Muller (St. Francis) 34-10 1/4
 Becca Saenz (Los Altos) 34-10
 SP
 Amy Thiel (Fremont Christian) 39-1
 Casey Uperesa (Jefferson) 37-1
 Kristy Prasad (Milpitas) 36-5
 Jenn Santos (Los Altos) 36-2
 DT
 Amy Thiel (Fremont Christian) 141-3
 Jenn Santos (Los Altos) 114-10
 Eddie Lee (Burlingame) 112-2

North Coast Section Tri-Valley and Bay Shore Championships

Thursday, May 22, 1997 Trials Tri-Valley
 Friday, May 23, 1997 Trials Bay Shore
 Saturday, May 24, 1997 Finals Tri-Valley and Bay Shore
 James Logan High School, Union City
 From Keith Conning
 Boys Highlight
 Junior Jon Stevens (Mission San Jose, Fremont), sixth in the state meet 1,600 meters as a sophomore, won the 800 meters in 1:53.67.
 Girls Highlights
 Freshman Aisha Margain (San Lorenzo) won the 400 meters in 54.31. Senek Saavedra (Endinal, Alameda), who is going to Nebraska, placed second in 54.70.

Daveetta Shepherd (De Anza, Richmond), the 1994 state meet 100 hurdles champion, who is going to Texas-El Paso, won the 100 meter high hurdles in 14.04. Natasha Neal (James Logan, Union City) placed second in 14.30. Shepherd also won the 300 hurdles in 41.64, the second fastest time in the nation this season. Neal placed second in 43.83. Carrie McGraw (Mission San Jose, Fremont) was third in 44.04. Kristen Gordon (Carondelet, Concord), who is going to Georgetown, won the 1,600 meters in 4:58.31 and the 3,200 meters in 10:32.61. James Logan (Union City) won the 400 relay in 46.47. Endinal (Alameda) placed second in 47.20. Endinal (Alameda) won the 1,600 meter relay in 3:51.11. Splits: 57.4, 58.0, 58.7, 56.0 (Senek Saavedra).

Maria Lopez (Newark Memorial, Newark) won the pole vault at 11-0. Melissa Reis (James Logan, Union City) won the discus at 145-6. Beneda Newhouse (Benida), the daughter of 1976 Olympian Fred Newhouse (Prairie View/Baton Rouge TC), won the 200 meters in 25.79, placed second in the 100 meters in 12.63, and ran on the Benida 400 meter relay that finished second in 50.05. Her father works for Exxon in Benida and attends his daughter's meets with his USA Olympic track jacket. Fred placed second in the 400 meters at Montreal and was a member of the winning USA 1600 meter relay team.

The top seven finishers qualify for the North Coast Section Meet of Champions at Edwards Stadium in Berkeley on Friday and Saturday.

Boys
 Bay Shore Team Scores 1. James Logan (Union City) 136, 2. St. Mary's (Berkeley) 106, 3. Mission San Jose (Fremont) 48, 4. Newark Memorial (Newark) 30, 5. Castro Valley 21, 6. Hayward 17, 7. Endinal (Alameda) 16.
 Tri-Valley Team Scores 1. De La Salle (Concord) 75, 2. California (San Ramon) 47, 3. Amador Valley (Pleasanton) 47, 4. San Ramon Valley (Danville) 45, 5. Northgate (Walnut Creek) 36, 6. Pittsburg 30, 7. Las Lomas (Walnut Creek) 21, 8. Mt. Diablo (Concord) 20, 9. Antioch 16, 10. Monte Vista (Danville) 16, 11. Clayton Valley 16.

100 (+2.4) Bay Shore
 1. Cornell Coleman (Logan) 11.10w
 2. Pald Gordon (St. Mary's) 11.14w
 3. Kaylin DeSantes (Moreau) 11.27w
 4. Herwell Lang (De Anza) 11.28w
 5. Willie Phillips (San Leandro) 11.31w
 6. Minh Nguyen (Logan)
 100 (+1.6) Tri-Valley
 1. Alari Callen (De La Salle) 10.95
 2. Tim Stevens (San Ramon Valley) 10.99
 3. Tyree Davis (Pittsburg) 11.06
 4. Trammel Pree (Mt. Diablo) 11.18
 5. George Stemerman (Campolindo) 11.19
 6. Quentin Acosta (Amador Valley) 11.25
 7. Jay Jones (California) 11.31
 200 (-2.6) Bay Shore
 1. Jafar Williams (St. Mary's) 22.32
 2. Shaun Ross (Logan) 22.41
 3. Cornell Coleman (Logan) 22.43
 4. Matt Melendez (Hayward) 22.87

5. Chandler White (St. Mary's) 22.91
 6. Pald Gordon (St. Mary's) 22.94
 200 Tri-Valley
 1. Dave Newton (San Ramon Valley) 22.41
 2. Will Downer (California) 22.69
 3. Tim Stevens (San Ramon Valley) 22.76
 4. Tyree Davis (Pittsburg) 22.92
 5. Rico Brown (California) 22.93
 6. George Stemerman (Campolindo) 22.97
 7. Vic Tanverakul (De La Salle) 23.19
 400 Bay Shore

1. Jafar Williams (St. Mary's) 49.19
 2. Chandler White (St. Mary's) 50.18
 3. James Dazdie (Newark Memorial) 50.40
 4. Kimani Loran (St. Mary's) 50.53
 5. Ollie Johnson (Kennedy, Richmond) 50.68
 6. Shaun Ross (Logan) 50.86
 7. Genna Abramenko (Castro Valley) 51.67
 400 Tri-Valley
 1. Will Downer (California) 49.46
 2. Dave Newton (San Ramon Valley) 50.49
 3. Tony Morales (Benida) 50.90
 4. Paul Miller (Mt. Diablo) 51.47
 5. Eric Anderson (Acalanes) 51.72
 6. Matt Briggs (Campolindo) 51.82
 7. Brice Campbell (Liberty) 52.63
 800 Bay Shore

1. Jon Stevens (Mission San Jose) 1:53.67 (meet record)
 2. Drew Ostler (Mission San Jose) 1:55.68
 3. Ryan Preston (Moreau) 1:56.74
 4. Jake Bouey (Bishop O'Dowd) 1:57.09
 5. Mike Arp (St. Mary's) 1:58.02
 6. Martin Prival (San Lorenzo) 1:58.56
 800 Tri-Valley

1. Jeff George (De La Salle) 1:56.94
 2. Matt Click (De La Salle) 1:57.40
 3. Troy Smith (California) 1:57.76
 4. Adam Davis (Clayton Valley) 1:58.87
 5. Mike Smith (Acalanes) 1:58.97
 6. Chris Perry (San Ramon Valley) 2:02.26
 7. Steve Smith (Granada) 2:02.76
 1,600 Bay Shore
 1. Jon Stevens (Mission San Jose) 4:22.17
 2. Scott MacDonald (Logan) 4:29.17
 3. Chad Foster (Logan) 4:31.86
 4. Peter Baria (Castro Valley) 4:34.63
 5. Damien Dulaney (Castro Valley) 4:40.35
 6. Tom Chapman (Mission San Jose) 4:41.50
 1,600 Tri-Valley

1. Tom Prindville (De La Salle) 4:20.25
 2. Alex Sanchez (De La Salle) 4:25.37
 3. Craig Lee (College Park) 4:28.55
 4. David Vigil (College Park) 4:32.06
 5. Ryan Stanton (De La Salle) 4:32.54
 6. Donovan James (Livermore) 4:32.91
 7. Dave Carlson (Campolindo) 4:34.70
 3,200 Bay Shore
 1. Dave Rodriguez (Mission San Jose) 9:20.82 (meet record)
 2. Chad Foster (Logan) 9:53.03
 3. Enrique Henriquez (San Leandro) 9:53.69
 4. Carl Moren (Piedmont) 10:00.63
 5. Peter Baria (Castro Valley) 10:04.78
 6. Andrew Golden (Mission San Jose) 10:06.21
 7. Kevin Gardner (Bishop O'Dowd) 10:13.15
 3,200 Tri-Valley
 1. Tim Layden (De La Salle) 9:38.33

PREP RESULTS

2. Brian Henstorf (Amador Valley) 9:40.61
 3. Sean Kenady (De La Salle) 9:41.30
 4. Nathan Martin (Livermore) 9:42.86
 5. Rick Riley (Alhambra) 9:45.43
 6. David Vigil (College Park) 9:53.61
 7. Brian Engleton (De La Salle) 9:57.25
110H Bay Shore
 1. Rich Nero (St. Mary's) 14.80
 2. David Gullory (Encinal) 14.94
 3. Jason Pease (Logan) 15.23
 4. Charles Amey (Logan) 15.25
 5. Bill John (Washington) 16.38
 6. Dan McDowell (Irvington) 17.00
110H Tri-Valley
 1. Donie Joseph (Pinole) 15.17
 2. Kevin Mackey (Northgate) 15.28
 3. Kevin Ernst (Las Lomas) 15.52
 4. Baruch McKnight (Benicia) 15.87
 5. Daveed Diggs (Berkeley freshman) 15.98
 6. Jeff McKeown (Clayton Valley) 16.04
 7. Tom Fieber (Ygnacio Valley) 16.10
300H Bay Shore
 1. Marlon Beaver (Newark) 39.68
 2. David Gullory (Encinal) 40.44
 3. Jerry Stepan (Mission San Jose) 40.93
 4. Rich Nero (St. Mary's) 41.31 (fell over last hurdle and got up)
 5. Bill John (Washington) 42.42
 6. Andy Ostarello (Hayward) 42.77
300H Tri-Valley
 1. Kevin Mackey (Northgate) 39.60
 2. Jeff McKeown (Clayton Valley) 40.44
 3. Bruce Gron (Monte Vista) 40.52
 4. Andy Haleen (Las Lomas) 40.65
 5. Derek Garcia (De La Salle) 41.24
 6. Aaron Johnson (Ygnacio Valley) 41.48
 7. Amos Cruz (Alhambra) 42.02
400 Relay Bay Shore
 1. Logan 42.46 (meet record)
 2. St. Mary's 42.70
 3. Moreau 43.89
 4. Castro Valley 44.47
 5. Mission San Jose 44.70
 6. O'Dowd 44.83
400 Relay Tri-Valley
 1. California 42.79
 2. De La Salle 43.23
 3. Mt. Diablo 43.47
 4. San Ramon Valley 43.56
 5. Amador Valley 44.42
 6. Clayton Valley 44.59
 7. Concord 44.87
1,600 Relay Bay Shore
 1. St. Mary's 3:22.24
 2. Logan 3:26.35
 3. Moreau Catholic 3:28.08
 4. Newark Memorial 3:28.75
 5. O'Dowd 3:32.51
 6. Hayward 3:33.03
1,600 Relay Tri-Valley
 1. California 3:25.00
 2. De La Salle 3:27.83
 3. Foothill 3:28.95
 4. Liberty 3:30.25
 5. Campolindo 3:30.71
 6. Las Lomas 3:30.91
 7. Dublin 3:34.63
HJ Bay Shore
 1. David Collin (Logan) 6-6 (meet record)

2. Jerrod Mack (St. Mary's) 6-3
 3. Vincent Boatright (Hayward) 6-3
 4. M. Parker (American) 5-10
 5. Joe Dunoga (Logan) 5-10
 6. Derrick Kindie (Mt. Eden) 5-8
 7. Tafari Waiaton (Logan) 5-8
HJ Tri-Valley
 1. Darrell Lewis (Pittsburg) 6-2
 2. Dan Jones (Las Lomas) 6-0
 Steve Carpenter (Ygnacio Valley) 6-0
 Xon Burris (De La Salle) 6-0
 Dan Trammel (Pittsburg) 6-0
 D. J. Williams (De La Salle) 6-0
 7. Jordan Engeldiner (Acalanes) 5-10
PV Bay Shore
 1. Brandon Braunstein (Newark) 14-2 (meet record)
 2. John Stovall (Washington) 12-6
 3. Jesse Washington (Logan) 11-6
 4. Johnny Segarra (Logan) 11-0
 5. Nic Martinez (Moreau) 11-0
 6. Ricky Simmons (Castro Valley) 10-6
PV Tri-Valley
 1. Trent Nahas (Monte Vista) 14-6
 2. Ryan Tachera (San Ramon Valley) 14-0
 3. Connor Swegle (De La Salle) 13-6
 Ben Foster (Amador Valley) 13-6
 5. Rich Wise (Dublin) 13-0
 6. Redd Miner (Benicia) 12-6
 Lee McDole (De La Salle) 12-6
LJ Bay Shore
 1. Chris Janoras (Tennyson) 22-5 (meet record)
 2. Jerrod Mack (St. Mary's) 22-1 1/4
 3. David Collin (Logan) 21-5 1/4
 4. Jason Humphrey (Bishop O'Dowd) 21-2
 5. Thomas Hendricks (Logan) 20-7 1/4
 6. Tim Gresham (Encinal) 19-7 1/4
 7. Sean Holleman (Hayward) 19-5 1/2
LJ Tri-Valley
 1. Kieran Cox (Antioch) 23-0 3/4
 2. Darrell Lewis (Pittsburg) 22-11 1/2
 3. Dan Kit (Amador Valley) 21-7 1/4
 4. Aaron Barker (Foothill) 21-5 1/2
 5. Johnny Tucker (Benicia) 21-3 1/2
 6. Ron Beatty (Granada) 21-0
 7. Dustin Graves (Liberty) 20-5 1/4
TJ Bay Shore
 1. Jerrod Mack (St. Mary's) 46-4 1/2
 2. Tafari Waiaton (Logan) 46-1 1/2
 3. Damian Mackey (Logan) 45-1
 4. Jason Humphrey (Bishop O'Dowd) 44-3 1/4
 5. David Collin (Logan) 42-5
 6. Sean Holleman (Hayward) 41-2
TJ Tri-Valley
 1. Chad Frazier (Liberty) 44-11 1/4
 2. Dan Kit (Amador Valley) 44-10 3/4
 3. Kieran Cox (Antioch) 44-8 1/4
 4. Kevin Tillman (Concord) 43-2
 5. Ajay Najak (Acalanes) 44-4 3/4
 6. Bruce Davis (Clayton Valley) 41-4 1/2
 7. Matt McGee (Clayton Valley) 40-5 3/4
SP Bay Shore
 1. Matt Norris (St. Mary's) 51-9 1/2 (meet record)
 2. Mike Parks (De Anza) 47-8
 3. Jason Pease (Logan) 46-5 1/2
 4. Sean Johnson (Hayward) 46-5
 5. Mike Bigbee (El Cerrito) 46-4 1/2

6. Tim McCallan (Bishop O'Dowd) 45-1
 7. Tak Nobari (Castro Valley) 44-2
SP Tri-Valley
 1. Craig Johnson (Northgate) 53-4 1/4
 2. Rood Doria (Amador Valley) 53-1 1/2
 3. Andrew Ball (Mt. Diablo) 50-8 3/4
 4. James Fabian (Ygnacio Valley) 49-4 1/4
 5. Colin Farr (College Park) 47-7 1/2
 6. Joe Knapp (Ygnacio Valley) 46-10 1/4
 7. Sean Doherty (Mt. Diablo) 46-5
DT Bay Shore
 1. Brandon McFerran (Logan) 145-0
 2. Ryan Jones (Castro Valley) 138-10
 3. Jason Pease (Logan) 139-7
 4. Jarrad Woods (San Lorenzo) 138-8
 5. Noah Tuatavau (San Leandro) 137-7
 6. Matt Norris (St. Mary's) 132-2
DT Tri-Valley
 1. Rood Doria (Amador Valley) 166-1
 2. Lamons Walker (Concord) 154-8
 3. Pat Fay (Northgate) 153-0
 4. Robble Christiansen (Las Lomas) 148-7
 5. Craig Johnson (Northgate) 142-3
 6. Eric Jensen (California) 141-0
 7. Nick Sheffer (Monte Vista) 132-5

Girls

Bay Shore Team Scores 1. James Logan (Union City) 156, 2. Mission San Jose (Fremont) 51, 3. Encinal (Alameda) 50, 4. San Lorenzo 30, 5. Moreau Catholic (Hayward) 23, 6. Bishop O'Dowd (Oakland) 22, 7. De Anza (Richmond) 20, 8. St. Mary's (Berkeley) 19, 9. Tri-Valley Team Scores 1. Carondelet (Concord) 132 1/2, 2. Benicia 43, Clayton Valley (Concord) 43, 4. Campolindo (Moraga) 40, 5. Miramonte (Orinda) 36, 6. Pittsburg 31, 7. Berkeley 26, 8. College Park (Pleasant Hill) 25, 9. Granada (Livermore) 22, 10. Amador Valley (Pleasanton) 20.
100 (-1.2) Bay Shore
 1. Natasha Neal (Logan) 12.10
 2. Anita McCallum (San Lorenzo) 12.12
 3. Adrena Williams (Logan) 12.37
 4. Stephanie Smith (Logan) 12.41
 5. Sharita Reed (Encinal) 12.53
 6. Brandy Grant (Holy Names) 12.74
 7. Shaka Taylor (Logan) 12.76
100 (-1.4) Tri-Valley
 1. Trade Banks (Campolindo) 12.61
 2. Beneda Newhouse (Benicia) 12.63
 3. Felicia Jiles (Pittsburg) 12.66
 4. Tamara Easley (Pittsburg) 12.83
 5. Terrel Albert (Antioch) 12.86
 6. Karl Tranzor (Benicia) 12.86
 7. Aqueelah Tillman (Foothill) 12.97
200 Bay Shore
 1. Aisha Margain (San Lorenzo) 24.70
 2. Senek Saavedra (Encinal) 24.89
 3. Sharita Reed (Encinal) 25.42
 4. Adrena Williams (Logan) 25.71
 5. Stephanie Smith (Mission San Jose) 26.00
 6. Brandy Grant (Holy Names) 26.25
200 Tri-Valley
 1. Beneda Newhouse (Pittsburg) 25.79
 2. Colleen Fitzgerald (College Park) 25.88
 3. Felicia Jiles (Pittsburg) 26.18
 4. Karl Tranzor (Benicia) 26.21
 5. Tamara Easley (Pittsburg) 26.24
 6. Aqueelah Tillman (Foothill) 26.46
 7. Katie Nash (Carondelet) 26.59
400 Bay Shore
 1. Aisha Margain (San Lorenzo) 54.31 (meet record)
 2. Senek Saavedra (Encinal) 54.70
 3. Brandy Grant (Holy Names) 56.58
 4. Denise Cuthbert (Newark) 56.70
 5. Ashl Tingle (Castro Valley) 59.07
 6. Sunja Watson (Logan) 1:00.41
400 Tri-Valley
 1. Colleen Fitzgerald (College Park) 58.13
 2. Laura Underwood (Alhambra) 59.68
 3. Margaret Ewers (Carondelet) 59.90
 4. Katie Nash (Carondelet) 60.54
 5. Kristie Vanderploeg (College Park) 60.57
 6. Julie Keler (Carondelet) 61.26
 7. Brooke Derenzi (Liberty) 61.34
800 Bay Shore
 1. Jennifer Bridgeman (Logan) 2:13.75 (meet record)
 2. Danielle Price (Logan) 2:16.49
 3. Jessica Marr (Hayward) 2:24.25
 4. Lache' Bailey (El Cerrito) 2:24.63
 5. Alycia Galchallan (Bishop O'Dowd) 2:25.30
 6. Forsman (Castro Valley) 2:25.98
800 Tri-Valley
 1. Kelly Piazanes (Carondelet) 2:16.05
 2. Kelly Howley (Clayton Valley) 2:16.43
 3. Monica Van Wegen (Amador Valley) 2:18.12
 4. Kerri Bock-Willmes (Carondelet) 2:20.70
 5. Leti Arroyo (Pittsburg) 2:20.95
 6. Jessica Neu (Alhambra) 2:22.43
 7. Amy Judy (Acalanes) 2:22.63
1,600 Bay Shore
 1. Katie Hotchkiss (Mission San Jose) 5:07.63
 2. Lisa Gillis (Moreau) 5:14.04
 3. Amanda Roberts (Alameda) 5:17.67 (moving to Maine)
 4. Jennifer Ewing (Castro Valley) 5:19.55
 5. Sky Baumbach (Logan) 5:20.13
 6. Terri O'Brien (Moreau) 5:20.36
 7. Ingrid Elias (Piedmont) 5:21.63
1,600 Tri-Valley
 1. Kristen Gordon (Carondelet) 4:58.31
 2. Kelly Howley (Clayton Valley) 5:01.54
 3. Kersti Miller (Miramonte) 5:04.38
 4. Meghan Andrade (Carondelet) 5:05.72
 5. Kathy Berkes (Campolindo) 5:08.80
 6. Leti Arroyo (Pittsburg) 5:21.86
 7. Stephanie Kesenulak (Liberty) 5:24.25
3,200 Bay Shore
 1. Lisa Gillis (Moreau) 11:22.52
 2. Katie Hotchkiss (Mission San Jose) 11:43.47
 3. Katie Martin (Irvington) 11:47.29
 4. Heather Gibson (Piedmont) 11:47.79
 5. Magu Solomon (Mission San Jose) 12:07.98
 6. Ingrid Elias (Piedmont) 12:18.14
3,200 Tri-Valley
 1. Kristen Gordon (Carondelet) 10:32.61
 2. Meghan Andrade (Carondelet) 11:12.96
 3. Kirstin Odegaard (Benicia) 11:16.33
 4. Deborah Osteen (Clayton Valley) 11:17.51
 5. Amy Loper-Riley (Alhambra) 11:20.65
 6. Julie Fischer (Granada) 11:24.60
 7. Julie Leninger (Clayton Valley) 11:30.75
100H Bay Shore

PREP RESULTS

1. Davedita Shepherd (De Anza) 14.04 (meet record)
2. Natasha Neal (Logan) 14.30
3. Carrie McGraw (Mission San Jose) 15.31
4. Venus James (Bishop O'Dowd) 15.91
5. Becca Fong (Mission San Jose) 16.08
6. Kibibi Bodden (Logan) 16.09
- 100H Tri-Valley
1. Carolyn King (Carondelet) 15.53
2. Mary Saunders (Carondelet) 16.43
3. Stephanie Cowling (Benicia) 16.61
4. Michelle Cook (San Ramon Valley) 16.81
5. Lauren Hayes (Amador Valley) 16.88
6. Brigitte Bigelow (Foothill) 17.03
7. Colleen Watson (Clayton Valley) 17.11
- 300H Bay Shore
1. Davedita Shepherd (De Anza) 41.64 (meet record)
2. Natasha Neal (Logan) 43.83
3. Carrie McGraw (Mission San Jose) 44.04
4. Ebony Kirton (Endinal) 44.55
5. Carla Estes (Logan) 45.12
6. Lisa O'Connor (Mission San Jose) 46.69
- 300H Tri-Valley
1. Carolyn King (Carondelet) 46.50
2. Nicole Mango (Clayton Valley) 46.76
3. Lindsey Bergen (Miramonte) 46.93
4. Clarice Dawson (Carondelet) 48.71
5. Julie Keler (Carondelet) 49.28
6. Michelle Cook (San Ramon Valley) 49.46
7. Sheila Subramanian (San Ramon Valley) 50.05
- 400 Relay Bay Shore
1. Logan 46.47
2. Endinal 47.20
3. Mission San Jose 48.22
4. O'Dowd 49.61
5. San Lorenzo 49.82
6. American 50.91
7. Hayward 51.15
- 400 Relay Tri-Valley
1. Pittsburg 49.74
2. Benicia 50.05
3. Carondelet 50.25
4. College Park 50.93
5. Berkeley 51.26
6. San Ramon Valley 51.41
7. Campolindo 51.80
- 1,600 Relay Bay Shore
1. Endinal 3:51.11
2. Mission San Jose 3:55.87
3. Logan 4:00.35
4. O'Dowd 4:06.65
5. Castro Valley 4:08.21
6. Newark Memorial 4:09.93
7. St. Mary's 4:13.20
- 1,600 Relay Tri-Valley
1. Carondelet 4:03.73
2. Foothill 4:06.83
3. Campolindo 4:07.00
4. Miramonte 4:07.79
5. Clayton Valley 4:09.28
6. Berkeley 4:10.00
7. Acalanes 4:10.65
- HJ Bay Shore
1. Spring Harris (St. Mary's) 5-4
2. Kibibi Bodden (Logan) 5-2
3. Nallah Lugent (Logan) 5-0

4. Amanda Townsend (Logan) 4-10
5. Tisa Despeaux (Arroyo) 4-10
6. Amy Kohl (Castro Valley) 4-8
- HJ Tri-Valley
1. Nicole Branagh (Miramonte) 5-2
- Jenny Eggers (Carondelet) 5-2
3. JoAnna Parker (Northgate) 5-0
- Samantha Smith (Monte Vista) 5-0
- Nycole Brown (Berkeley) 5-0
6. Laura Winnacker (Berkeley) 4-10
- Rose Clark (Granada) 4-10
- PV Bay Shore
1. Maria Lopez (Newark) 11-0 (meet record)
2. Ilea Erickson (Logan) 8-8
3. Amber Sammons (Castro Valley) 8-8
4. Yvonne Lee (Washington) 8-0
5. Katie Glenn (Castro Valley) 8-0
6. Becky Lacey (Castro Valley) 7-6
7. Yazmin Avila (Logan) 7-6 (won in a jumpoff)
- PV Tri-Valley
1. Erin Mann (San Ramon) 9-8
2. Christi Balanos (Amador Valley) 9-0
- Kelly Minnaugh (Foothill) 9-0
4. Cindi Glover (Granada) 8-6
5. Kathleen Hampton (Liberty) 8-4
- Maura Kelley (Carondelet) 8-4
- Kristin McCurdy (Campolindo) 8-4
- LJ Bay Shore
1. Dominique Green (Logan) 17-11
2. Carla Estes (Logan) 17-6
3. Beth Johnson (Logan) 17-5
4. Marshayla Shaw (Endinal) 17-3 1/4
5. Montiqua Sargent (Logan) 16-10 3/4
6. Lynsny Jones (Castro Valley) 16-7 1/2
- LJ Tri-Valley
1. Raquel Brewer (Berkeley) 17-7 1/2
2. Trade Banks (Campolindo) 17-2
3. Shanta Bryant (Ygnado Valley) 16-9 1/4
4. Michelle Brewer (Berkeley) 16-8 1/2
5. Kortney Jamlaas (Miramonte) 16-4 1/2
6. Melissa Ridings (College Park) 16-2 3/4
7. Taliana Newman (Berkeley) 16-2 1/4
- TJ Bay Shore
1. Beth Johnson (Logan) 37-4 (meet record)
2. Jamara Smith (Logan) 37-3 1/4
3. Lynsny Jones (Castro Valley) 35-4 3/4
4. Mercedes Williams (St. Joseph) 35-3
5. Shaka Taylor (Logan) 34-2 3/4
6. Becca Fong (Mission San Jose) 33-8
- TJ Tri-Valley
1. Brionne Dawson (Carondelet) 37-2 1/2
2. Nicole Branagh (Miramonte) 36-5
3. Raquel Brewer (Berkeley) 36-0 1/2
4. Phyllis Brumm (Amador Valley) 35-9
5. Jenny Eggers (Carondelet) 35-1
6. Shanta Bryant (Ygnado Valley) 34-10 1/2
7. Kelly O'Dell (Alhambra) 34-2
- SP Bay Shore
1. Melissa Reis (Logan) 40-8 1/2 (meet record)
2. Michelle Daggs (Bishop O'Dowd) 35-9
3. Barbara Klews (Castro Valley) 35-4
4. Raquel Narain (Logan) 34-6 1/2
5. Elizabeth Peacock (Moreau) 34-6
6. Rosie Alkens (St. Mary's) 33-11
- SP Tri-Valley
1. Theresa Hahn (Granada) 40-5 3/4
2. Erica Chew (Monte Vista) 37-2 3/4

3. Rachel Rosemeyer (Campolindo) 36-10 1/2
4. Amanda Garcia (Carondelet) 35-6 3/4
5. Dana Lawson (Clayton Valley) 35-5 1/2
6. Mariko Joplin (Granada) 32-10 1/4
7. Lisa Christiansen (Clayton Valley) 31-10 1/4
- DT Bay Shore
1. Melissa Reis (Logan) 145-6 (meet record)
2. Rosie Alkens (St. Mary's) 125-7
3. Tammy Concepcion (Mt. Eden) 121-3
4. Kathy Savage (Alameda) 104-11
5. Elizabeth Peacock (Moreau) 104-5
6. Teresa Guadarrama (Newark Memorial) 104-3
- DT Tri-Valley
1. Dana Lawson (Clayton Valley) 124-10
2. Rachel Rosemeyer (Campolindo) 115-9
3. Theresa Hahn (Granada) 114-9
4. Danielle Quintero (Liberty) 108-10
5. Sarah Hamilton (Livermore) 103-7
6. Hollie Beck (Clayton Valley) 100-1
7. Megan Bergin (Acalanes) 95-9

North Coast Section

Redwood Empire Championships
Saturday, May 24, 1997. Elsie Allen High School, Santa Rosa. From Keith Conning

Gris Highlights
Julia Stamps (Santa Rosa) won the 1,600 meters in 4:49.55 and the 3,200 meters in 10:35.93. This sets up a great matchup at Berkeley next weekend between Stamps and Kristen Gordon (Carondelet, Concord). They last met at the Arcadia Invitational with Gordon edging Stamps. Incidentally, Elsie Allen was an Indian basket maker.

Boys Results

- Team Scores 1. Cardinal Newman (Santa Rosa) 58, 2. Santa Rosa 53, 3. Fortuna 43, 4. Tamalpais (Mill Valley) 36, 5. Rancho Cotate (Rohnert Park) 34, 6. Eureka 33, 7. Redwood (Larkspur) 28, 8. San Rafael 25.
- 200
1. Chisholm (Santa Rosa) 22.08
 2. Grant (Allen) 22.31
 3. Sanders (Newman) 22.48
- 400
1. Schumann (Newman) 49.50
 2. Sanders (Newman) 49.78
- 800
1. Teutle (Santa Rosa) 1:59.45
- 3200
1. Nielsen (San Marin) 9:46.98
- 110H
1. Andrews (Rancho Cotate) 14.95
 2. Hess (Tam) 15.08
- 300H
1. Andrews (Rancho Cotate) 38.07
 2. Hess (Tam) 39.30
- 400 R
1. Fortuna 43.50
 2. Rancho Cotate 43.65
 3. Elsie Allen 43.71
- 1600 R
1. Newman 3:25.25
 2. Novato 3:26.10
- HJ
1. Jarvis (Montgomery) 6-4
 2. Weaver (McKinleyville) 6-4

LJ

1. Littlefield (Sonoma) 21-8 3/4
- TJ
1. Hilbert (Piner) 43-7
- SP
1. Chase (Newman) 54-8 3/4
2. Holt (Tam) 53-5 1/2
- DT
1. Chase (Newman) 161-3

Gris Results

- Team Scores 1. Santa Rosa 91, 2. Petaluma 44, 3. Analy (Sebastopol) 43, 4. Montgomery (Santa Rosa) 40, 5. Ursuline (Santa Rosa) 30, 6. Eureka 29, 7. Ukiah 26.
- 100
1. Ann (El Molino) 12.72
- 200
1. Criss (Analy) 25.30
 2. Mann (El Molino) 26.20
- 400
1. Criss (Analy) 55.92
 2. Harris (Montgomery) 58.00
 3. Guanella (Santa Rosa) 58.74
 4. Wilson (Eureka) 59.60
- 800
1. Bernarding (Drake) 2:18.15
 2. Durham (Analy) 2:21.10
 3. Jerob (Ursuline) 2:21.75
 4. Johnson (Eureka) 2:21.80
- 1,600
1. Stamps (Santa Rosa) 4:49.55
 2. Hansen (Redwood) 5:14.20
 3. LaFreniere (Casa Grande) 5:16.54
 4. Hallas (Ursuline) 5:17.20
 5. Mattoni (Arcata) 5:22.84
- 3,200
1. Stamps (Santa Rosa) 10:35.93
 2. Cox (Santa Rosa) 11:10.44
 3. LaFreniere (Casa Grande) 11:48.18
- 100H
1. Schulte (Santa Rosa) 15.23
 2. Hyde (Analy) 15.73
 3. Wild (Santa Rosa) 16.01
- 300H
1. Schulte (Santa Rosa) 44.53
 2. McMillan (Del Norte) 45.08
 3. Guanella (Santa Rosa) 45.26
 4. Cohn (Sonoma) 47.43
 5. Wild (Santa Rosa) 47.55
- 400 R
1. Eureka 50.11
 2. Ursuline 50.65
- 1,600 R
1. Petaluma 4:08.75
 2. Montgomery 4:09.40
- HJ
1. Wright (Rancho Cotate) 5-3
- PV
1. Pec-Crouse (Santa Rosa) 10-0
 2. Bel (Montgomery) 9-6
 3. Wilson (Terra Linda) 8-0
 4. Gugliemo (Novato) 8-6
 - Donnelly (Sonoma) 8-6
 - Smith (Piner) 8-6
- LJ
1. Schyadte (Terra Linda) 17-4

PREP RESULTS

2. McMillan (Del Norte) 16-9 1/4
SP

1. Matranga (Healdsburg) 40-4
2. Howard (Ukiah) 37-4 1/2

DT
1. Howard (Ukiah) 115-3
2. DeSoto (Montgomery) 112-5

C.I.F. Southern Section Div. 1

May 24, 1997: Cerritos, CA. From Doug Speck

Southern Section of California - the 500 schools surrounding Los Angeles (which has its own Section) - Divisional (school size) finals - nine athletes from previous weekend Divisional prelims at different sites come together here at Cerritos College for Divisional Finals. Top Nine marks from this divisional Meet qualify on to Friday May 30th Master's (State Qualifying Meet). Top Five from Southern Section qualify on to the State Meet

Some great action below starting with Angela Williams' first ever prep under 11.00 under any conditions. Remember the top nine times move on to next week. Mid 11.80's for Girls 100m (with a bit of wind) did not make it, great Boys 200m action.

Finals GIRLS Division 1

100 METER DASH

1. Angela Williams, Chino 10.98 w:3.8
2. Kinshasa Davis, Wilson (Lb) 11.49 w:3.8
3. Michelle Perry, Quartz Hill 11.55 w:3.8
4. Ragean Hill, Redlands 11.83 w:3.8
5. Crystal Phillips, Poly (LBeach) 11.92 w:3.8
6. Nakaya Johnson, Ayala 12.03 w:3.8

200 METER DASH

1. Kinshasa Davis, Wilson (Lb) 22.92 w:2.4
2. Bunmi Oguneleye, Poly (LB) 23.83 w:2.4
3. Latrke Boarders, Wilson (Lb) 24.06 w:2.4
4. Nakaya Johnson, Ayala 24.33 w:2.4
5. Ragean Hill, Redlands 24.66 w:2.4
6. Disia Page, Muir, John 25.01 w:2.4

400 METER DASH

1. Kinshasa Davis, Wilson (Lb) 53.32
2. Bunmi Oguneleye, Poly (Long Beach) 53.75
3. Latrke Boarders, Wilson (Lb) 54.75
4. Anita Winters-Dix, Chino 57.52
5. Brenda Swain, Lynwood 58.53
6. Kori Hamilton, St Lucy's 58.87

800 METER RUN

1. Angelita Green, Poly (Long Beach) 2:13.05
2. Summer Shaw, Huntington Beach 2:13.40
3. Kim Gildersleeve, Wilson (Lb) 2:13.70
4. Hanna Kim, Arcadia 2:15.70
5. Arlene Bledsoe, Poly (Long Beach) 2:16.05
6. Alida Whitesock, Sultana 2:18.48

1,600 METER RUN

1. Latesha Jones, Rialto 5:09.33
2. Maryanna Vasquez, Colton 5:09.34
3. Amanda Armstrong, Thousand Oaks 5:10.79
4. Rachel Guerra, Highland 5:11.96
5. Kim Tolar, Redlands 5:14.63
6. Jennifer Burris, Ayala 5:15.36

3,200 METER RUN

1. Andrea Neipp, Highland 10:25.57
2. Erin Sorensen, Thousand Oaks 11:04.57
3. Rachel Guerra, Highland 11:12.63
4. Karen Nilsson, Ayala 11:17.15

5. Kimber Tolar, Redlands 11:18.04
6. Latesha Jones, Rialto 11:25.46

100 METER HIGH HURDLES

1. Michelle Perry, Quartz Hill 13.87 w:3.5
2. Hannah Cooper, Hawthorne 14.03 w:3.5
3. Mia Davis, West Covina 14.34 w:3.5
4. Detra King, Poly (Long Beach) 14.47 w:3.5
5. Shannon Livingston, Simi Valley 14.91 w:3.5
6. Christina Proctor, Muir, John 15.02 w:3.5

300 METER LOW HURDLES

1. Hannah Cooper, Hawthorne 42.25
2. Detra King, Poly (Long Beach) 44.04
3. Veronica Callaway, Wilson (Lb) 44.30
4. Rockshana Dawkins, Muir, John 45.57
5. Monique Anderson, Hawthorne 46.40
6. Marissa Wright, Moreno Valley 47.45

4X100 METER RELAY

1. Wilson (Lb) 46.34
2. Poly (Long Beach) 46.82
3. Chino 48.12
4. Redlands 48.68
5. Ayala 48.94
6. Gahr 49.27

4X400 METER RELAY

1. Poly (Long Beach) 3:46.42
2. Wilson (Lb) 3:51.66
3. Ayala 3:54.43
4. Hawthorne 3:57.67
5. Apple Valley 3:58.97
6. Gahr 3:59.19

HIGH JUMP

1. Sara Foster, Valencia (V) 5-06
2. Jenny Berman, St Lucy's 5-06
3. Genein Jefferson, Eisenhower 5-04
4. Tashara Saunders, Rancho Verde 5-04
5. Erin Conway, North Torrance 5-02
5. Kenya Corley, Quartz Hill 5-02

POLE VAULT

1. Heather Sickler, Camarillo 12-01.50
2. Bridget Pearson, Hoover 11-06
3. Katie Forem, Marina 11-06
4. Caroline Rebello, Marina 11-0
5. Blanca Maran, Santa Monica 10-06
6. Serina Bruins, Rancho Cucamonga 10-06

LONG JUMP

1. Angela Williams, Chino 19-08.25 w:2.6
2. Bunmi Oguneleye, Poly(LB) 18-10.50 w:2.3
3. Michelle Perry, Quartz Hill 18-09 w:2.4
4. Kenya Corley, Quartz Hill 18-09 w:4.5
5. Genein Jefferson, Eisenhower 18-08.50 w:5.3
6. Hannah Cooper, Hawthorne 17-08.50 w:4.2

TRIPLE JUMP

1. Blessing Ufodima, Poly (LBeach) 38-06 w:4.7
2. Rita Mejia, Don Lugo 37-05 w:4.2
3. Genein Jefferson, Eisenhower 37-03.25 w:2.6
4. Tiffini Johnson, Redlands 36-06.50 w:2.6
5. Jamaka Taylor, Littlerock 36-05.75 w:3.5
6. Nicola Peyton, Santa Monica 36-05 w:3.7

SHOT PUT

1. Cynthia Ademiluyi, Poly (L Beach) 45-11.25
2. Jenny Shutt, Edison 39-09.25
3. Nicole Krause, St Lucy's 39-03
4. Pearl Umi, Lynwood 37-01
5. Jasmine Santiago, Hesperia 36-10
6. Lena Rathbone, Hemet 36-04

DISCUS THROW

1. Cynthia Ademiluyi, Poly (Long Beach) 134-08
2. Sandra Paulo, Bell Gardens 129-09

3. Lena Rathbone, Hemet 122-01
4. Jami Ouesta, Edison 121-10

5. Stacy Jarne, Esperanza 119-09

Finals BOYS Division 1

100 METER DASH

1. Sultan McCullough, Muir, John 10.24 w:4.9
2. Darrell Rideaux, Poly (LBeach) 10.38 w:4.9
3. Deangelo Steward, Muir, John 10.53 w:4.9
4. Paul Jones, Rowland 10.68 w:4.9
5. Reggie Reagor, West Covina 10.71 w:4.9
6. Tyrone Reynolds, Hawthorne 10.72 w:4.9

200 METER DASH

1. Sultan McCullough, Muir, John 20.62 w:1.3
2. Kelly Kareem, Poly (LBeach) 21.10 w:1.3
3. Jucori Tryon, Muir, John 21.45 w:1.3
4. Jason Manly, Rowland 21.47 w:1.3
5. Darrell Rideaux, Poly (LBeach) 21.62 w:1.3
6. Micha Clark, Etiwanda 21.96 w:1.3

400 METER DASH

1. Marques Anderson, Poly (Long Beach) 47.25
2. Jucori Tryon, Muir, John 47.55
3. Marlon Jarrett, Mark Keppel 48.74
4. Ray Whitson, Victor Valley 48.88
5. Jason Manly, Rowland 48.94
6. Matt Lea, Camarillo 48.98

800 METER RUN

1. Mark Hassell, Barstow 1:54.55
2. Ryan Meuse, Simi Valley 1:54.96
3. Owen Keville, Santa Monica 1:55.16
4. Clint Coon, Hemet 1:56.60
5. Jabari Pride, Damien 1:57.05
6. Derek Burton, Millikan 1:57.51

1,600 METER RUN

1. Jason Taylor, Peninsula 4:19.42
2. Jason Hunter, Sultana 4:22.68
3. Bryan Green, Littlerock 4:24.71
4. Marco Child, Paramount 4:25.51
5. Eric Loudan, Ayala 4:28.14
6. Jessie Parra, Lakewood 4:29.09

3,200 METER RUN

1. Ryan Gallagher, Temecula Valley 9:16.12
2. David Lopez, Hoover 9:16.20
3. Chad Durham, Poly (Long Beach) 9:17.25
4. Jacob Geyer, Palmdale 9:23.70
5. Tony Trueba, Huntington Beach 9:24.63
6. Mike Bilsborough, Barstow 9:26.36

110 METER HIGH HURDLES

1. Kenyon Rambo, Poly (LBeach) 13.86 w:1.3
2. Clint Motley, Alta Loma 14.18 w:1.3
3. Brandon Brown, Dominguez 14.44 w:1.3
4. David Warren, Hawthorne 14.54 w:1.3
5. Murlyn McGowen, Burr(Ridge) 14.62 w:1.3
6. Anthony Kelley, Muir, John 14.83 w:1.3

300 METER INT HURDLES

1. Kenyon Rambo, Poly (LBeach) 37.04
2. David Warren, Hawthorne 37.48
3. Donvougee Manuel, Leuzinger 38.52
4. Elmo Traylor, Muir, John 38.60
5. Joe Love, Rancho Cucamonga 38.87
6. Vincent Hobbs, Redlands 39.61

4X100 METER RELAY

1. Muir, John 40.72
2. Chino 41.78
3. Rowland 41.84
4. Hawthorne 41.92
5. Jordan 42.49
6. Dominguez 42.76

4X400 METER RELAY

1. Muir, John 3:12.16
2. Dominguez 3:13.27
3. Poly (Long Beach) 3:14.23
4. Hawthorne 3:17.56
5. Damien 3:19.05
6. Edison 3:23.00

HIGH JUMP

1. Clinte Motley, Alta Loma 7-0
2. Demario Franklin, Arcadia 6-06
3. Michael Jackson, Channel Island 6-04
4. LeShawn Cubit, Sultana 6-04
5. Steve Reh, Damien 6-04
6. Bernat Harris, Jordan 6-04

POLE VAULT

1. Travis Vandrove, Fountain Valley 14-06
2. Alan Ekstrand, Glendale 14-0
3. Kevin Brusca, Camarillo 14-0
3. Andrew Peeke, Peninsula 14-0
5. Eric Utsunomiya, Alhambra 13-06
6. Troy Becker, Agoura 13-0

6. Todd Jones, Rancho Cucamonga 13-0

LONG JUMP

1. Brandon Jones, Ayala 22-08.50 w:3.2
2. Tony Turner, Gahr 22-06.75 w:3.7
3. Robert Nero, Chino 22-04.50 w:3.1
4. Ray Barone, Edison 22-00.25 w:3.2
5. Willie Hurst, Dominguez 21-10 w:NW1
6. Markus Carr, Palmdale 21-08.25 w:4.2

TRIPLE JUMP

1. Clinte Motley, Alta Loma 49-02.75 w:3.3
2. Thomas Carter, Muir, John 47-11.25 w:5.3
3. Markus Carr, Palmdale 47-01.75 w:3.4
4. Carl Green, Poly (LBeach) 47-01.25 w:1.4
5. Tony Turner, Gahr 46-08.50 w:3.9
6. Andy Badger, Diamond Bar 45-11.25 w:1.4

SHOT PUT

1. John Bello, Rancho Cucamonga 58-04.25
2. Scott Moser, Huntington Beach 54-03
3. Scott Wiegand, Arcadia 53-0
4. Justin Birrell, Esperanza 52-04.75
5. Chris Tandy, Etiwanda 51-0
6. Sicoti Uipi, Nogales 49-08.75

DISCUS THROW

1. Scott Moser, Huntington Beach 195-03
2. John Bello, Rancho Cucamonga 188-02
3. Chris Tandy, Etiwanda 166-02
4. Scott Wiegand, Arcadia 165-0
5. Robert Hollins, Apple Valley 155-03
6. Travis Pendleton, Esperanza 151-06

C.I.F. Southern Section Div. 2

May 24, 1997: Cerritos, CA. From Doug Speck

Finals GIRLS Division 2

100 METER DASH

1. Jackie Dix, Woodbridge 11.85 w:2.6
2. Nicole Hode, North, JW 11.87 w:2.6
3. Meryl Stone, Woodbridge 12.18 w:2.6
4. Stephanie Cooper, Brawley 12.28 w:2.6
5. Ishea Blackshear, North, JW 12.49 w:2.6
6. Dana Burrell, Corona 12.70 w:2.6

200 METER DASH

1. Jackie Dix, Woodbridge 24.27 w:2.9
2. Julia Gray, North, JW 24.28 w:2.9
3. Meryl Stone, Woodbridge 24.47 w:2.9
4. Ashley Bethel, Mission Viejo 24.57 w:2.9
5. Stephanie Cooper, Brawley 25.44 w:2.9

PREP RESULTS



Kimi Welsh

Photo by Kirby Lee

6. Meghan Atkinson, Santa Marg 25.47 w:2.9 400 METER DASH

1. Julia Gray, North, JW 55.54
2. Raven Herbert, Santa Ana Valley 56.47
3. Tiffany Hogan, Capistrano Valley 56.89
4. Angela Allen, El Modena 57.70
5. Kasundra Perkins, Pacific 58.39
6. Christina Clampa, San Clemente 58.59

800 METER RUN

1. Liz Morse, Corona Del Mar 2:14.25
2. Jenny Pettit, Yucaipa 2:14.91
3. Katie Nuanes, Santa Margarita 2:17.23
4. Jessica Dahlberg, El Modena 2:17.55
5. Christa Fitzgerald, Dana Hills 2:18.54
6. Stephanie Degner, Righetti 2:20.64

1,600 METER RUN

1. Katie Nuanes, Santa Margarita 5:03.48
2. Kimi Welsh, Yucaipa 5:06.84
3. Mary Moore, Woodbridge 5:09.12
4. Kyra Patterson, San Luis Obispo 5:10.14
5. Vickie Whiteside, Yucaipa 5:11.24
6. Terrie Vega, San Geronio 5:11.40

3,200 METER RUN

1. Kimi Welsh, Yucaipa 11:02.14
2. Mary Moore, Woodbridge 11:07.79
3. Allia McFall, Newport Harbor 11:12.22
4. Ray Christin, Yucaipa 11:23.54
5. Alyson Macintosh, Ventura 11:26.20
6. Shelby Horgan, Temescal Canyon 11:33.64

100 METER HIGH HURDLES

1. Nicole Hoxie, North, JW 13.43 w:3.6
2. Ashley Bethel, Mission Viejo 13.93 w:3.6
3. Alex McCarten, San Clemente 15.55 w:3.6
4. Lisa Stegman, Dana Hills 15.63 w:3.6
5. April Holliver, North, JW 15.64 w:3.6
6. Katy Althuro, Ventura 15.68 w:3.6

300 METER LOW HURDLES

1. Nicole Hoxie, North, JW 43.93

2. Danielle Perry, Murrieta Valley 45.43
3. Alex McCarten, San Clemente 45.62
4. Brittany Swanek, Foothill 46.17
5. Mila Schulenberg, Irvine 47.05
6. Alex Edmund, North, JW 47.20

4X100 METER RELAY

1. Woodbridge 48.38
2. North, JW 48.93
3. Santa Ana Valley 49.66
4. Pomona 50.02
5. Newport Harbor 50.06
6. Capistrano Valley 50.20

4X400 METER RELAY

1. Woodbridge 3:52.19
2. North, JW 3:55.26
3. San Marcos 3:57.52
4. Newport Harbor 3:57.65
5. Corona 3:58.77
6. Santa Ana Valley 4:01.54

HIGH JUMP

1. April Ross, Newport Harbor 5-06
2. Tia Hanson, Cajon 5-06
3. Ashley Bethel, Mission Viejo 5-06
4. Alexis Hill, Pomona 5-06
5. Karissa Ortega, Arroyo Grande 5-04
5. Nicole Fallert, Mission Viejo 5-04

POLE VAULT

1. Sara Higham, Mission Viejo 11-06
2. Julia Sanders, Arroyo Grande 10-06
3. Michelle Nobel, Irvine 9-06
4. Anna Krivinski, Arroyo Grande 9-06
5. Misty Richards, El Dorado 9-0
6. Kristen Burns, Mission Viejo 9-0

LONG JUMP

1. Ashley Bethel, Mission Viejo 18-08 w:5.6
2. Alexis Hill, Pomona 17-06.50 w:3.7
3. M.E. Clayton, Newport Harbor 17-04.25 w:3.5
4. Cara Wright, Kennedy 16-10.75 w:4.2
5. Yolanda White, SLuis Obispo 16-09.75 w:4.2
6. Myeshia Dupree, Poly (River) 16-09.25 w:2.7

TRIPLE JUMP

1. Alexis Hill, Pomona 38-00.25 w:4.9
2. Megan Mcquaid, Woodbridge 37-01.75 w:4.3
3. M.E. Clayton, Newport Harbor 37-0 w:3.9
4. Amanda Brooks, Indio 36-06 w:4.3
5. Jessica Lyons, Capistrano Valley 35-09 w:4.5
6. Latisha Spence, North, JW 35-02.50 w:4.9

SHOT PUT

1. Stephanie Brown, Arroyo Grande 41-05
2. Vanessa Shields, Arroyo Grande 41-03.25
3. Andrea Loman, Poly (Riverside) 38-04
4. Susann Linn, Trabuco Hills 37-05.75
5. Angela Foster, Ventura 37-02.25
6. Sylvia Madueno, Newport Harbor 36-06.25

DISCUS THROW

1. Carl Soong, North, JW 130-10
2. Melissa Price, Loara 127-04
3. Katherine Henzie, Foothill 124-10
4. Sylvia Madueno, Newport Harbor 124-08
5. Kelly Langi, Saddleback 120-06
6. Vanessa Shields, Arroyo Grande 118-10

Finals BOYS Division 2

100 METER DASH

1. Charles Crouk, Katella 10.58 w:3.8
2. Mike McNair, Mater Del 10.62 w:3.8
3. Courtney Palmore, Oxnard 10.63 w:3.8
4. DeShaun Foster, Tustin 10.72 w:3.8

5. Brennen Fisher, Los Altos 10.81 w:3.8
6. Will Stovall, Woodbridge 10.83 w:3.8

200 METER DASH

1. Kevin McNair, Mater Del 21.28 w:NW1
2. Charles Crouk, Katella 21.29 w:NW1
3. Will Stovall, Woodbridge 21.60 w:NW1
4. Courtney Palmore, Oxnard 21.70 w:NW1
5. Eddie Linscomb, Charter Oak 21.79 w:NW1
6. Marshall Johnson, SAna Valley 21.87 w:NW1

400 METER DASH

1. Mat Appell, Ventura 49.09
2. Noelle Carol, Dos Pueblos 49.11
3. Eddie Johnson, Arlington 49.22
4. Pablo Lopez, Pioneer 49.34
5. Chauncy Young, North, JW 50.12
6. Garrett Thompson, Santa Margarita 50.47

800 METER RUN

1. Devin Lindoh, Dana Hills 1:55.67
2. Jarod Heath, Foothill 1:56.88
3. Mike Murray, Santa Margarita 1:57.13
4. Christo Trenkos, Foothill 1:57.88
5. Mike Landon, Yucaipa 1:57.90
6. Brad Fortune, San Bernardino 1:58.47

1,600 METER RUN

1. Ronnie Buchanan, Righetti 4:18.16
2. Irving Moreno, Poly (Riverside) 4:18.99
3. Jason Monhart, Trabuco Hills 4:19.62
4. David Jackson, Rm/ World 4:19.85
5. Erik Gans, Dos Pueblos 4:21.47
6. Daniel Smith, Tustin 4:23.17

3,200 METER RUN

1. Ronnie Buchanan, Righetti 9:18.82
2. Jason Manhart, Trabuco Hills 9:22.50
3. Gabriel Hernandez, Rubidoux 9:24.68
4. Ben Paltray, Dos Pueblos 9:27.85
5. Avery Blackwell, San Luis Obispo 9:30.55
6. James Hipskind, Buena 9:36.31

110 METER HIGH HURDLES

1. Dominic DeGrammont, Tustin 13.44 w:3.3
2. Tjuan Freeman, Lompoc 14.20 w:3.3
3. Mike Smith, El Toro 14.32 w:3.3
4. Shane Vickers, Tustin 14.45 w:3.3
5. Eric Nunez, Loara 14.53 w:3.3
6. James Brown, Dana Hills 14.64 w:3.3

300 METER INT HURDLES

1. Dominic DeGrammont, Tustin 37.43
2. AL Williams, Irvine 37.85
3. Leonard Lexon, San Bernardino 38.75
4. Shane Vickers, Tustin 38.88
5. Scott Dicus, El Modena 39.22
6. Jeremy Thornberg, Cathedral City 40.39

4X100 METER RELAY

1. Tustin 42.14
2. Woodbridge 42.70
3. Canyon Springs 43.05
4. Oxnard 43.24
5. Pacific 43.28
6. Lompoc 43.34

4X400 METER RELAY

1. Tustin 3:18.98
2. Santa Margarita 3:20.74
3. Arlington 3:21.21
4. Canyon Springs 3:21.74
5. Ventura 3:22.02
6. Santa Ana Valley 3:22.28

HIGH JUMP

1. Elliot Parks, El Toro 7-02
2. Lester Deraad, Tustin 6-10

3. Bryan Reese, Dana Hills 6-06
4. Santosh Swamidass, El Modena 6-04
5. Andre Clayton, Norte Vista 6-04
6. R Fuentes, Saddleback 6-04

POLE VAULT

1. Joel Krivinski, Arroyo 15-0
2. Ted Whalen, Mater Del 14-06
3. Ben Shelton, Centennial (Corona) 13-06
4. Eddie Becker, Temescal Canyon 13-06
5. Nick Karr, Temescal Canyon 13-06
6. Tom Pettit, Poly (Riverside) 13-0

LONG JUMP

1. Matt Primous, Lompoc 23-00.25 w:3.4
2. Mike Smith, El Toro 22-09 w:4.1
3. Courtney Palmore, Oxnard 22-01.50 w:3.8
4. Marquis Strange, Cathedral City 21-10 w:4.6
5. Julio Palacios, Mater Del 21-06 w:4.4
6. Carl Richardson, Rio Mesa 20-08.50 w:3.4

TRIPLE JUMP

1. Matt Primous, Lompoc 48-03 w:2.9
2. Jarrell Meler, Righetti 45-01.50 w:2.7
3. Kotris Phillips, Rio Mesa 44-10 w:3.8
4. Pedro Avalos, El Rancho 44-04.50 w:4.3
5. Church Loo, Newport Harbor 44-01.25 w:2.9
6. Nathan Irving, Poly (River) 43-00.50 w:2.5

SHOT PUT

1. Derek Kurkowski, Canyon Springs 57-11.25
2. John O'Neill, Santa Margarita 55-04.75
3. Steve Myers, Brawley 52-07
4. Joe Alexandron, Arroyo Grande 51-02.25
5. Joe Webber, Pacific 50-08.75
6. Tony Bounalord, Trabuco Hills 50-06

DISCUS THROW

1. Richard Legarra, Wilson (Hh) 165-01
2. Derek Kurkowski, Canyon Springs 157-05
3. Tony Bounalord, Trabuco Hills 154-10
4. Joe Alexandron, Arroyo Grande 154-08
5. Kurt Volkers, Servite 154-03
6. Steve Myers, Brawley 148-0

C.L.F. Southern Section Div. 3
May 24, 1997: Cerritos, CA - from Doug Speck

Finals GIRLS

100 METER DASH

1. Malika Edmonson, St Bernard 11.43 w:4.3
2. Melisha Withers, St Bernard 11.54 w:4.3
3. Brianna Glenn, La Mirada 11.62 w:4.3
4. Miya Edmonson, St Bernard 11.71 w:4.3
5. Tiffany Thompson, N Dame (ShOks) 11.78
6. Shami Vanhook, Morningside 11.95 w:4.3

200 METER DASH

1. Malika Edmonson, St Bernard 23.42 w:3.1
2. Regine Caruthers, St Bernard 23.63 w:3.1
3. Brianna Glenn, La Mirada 23.94 w:3.1
4. Tiffany Thompson, N Dame (ShOks) 24.04
5. Shami Vanhook, Morningside 24.50 w:3.1
6. Charlene Kaine, Beverly Hills 25.39 w:3.1

400 METER DASH

1. Regine Caruthers, St Bernard 55.06
2. Kadina Coffee, St Bernard 55.98
3. Charlene Kaine, Beverly Hills 57.69
4. Peggy Johnson, Louisville 58.62
5. Ashley Furst, Laguna Beach 59.14
6. Joanna Evans, Sunny Hills 58.52

800 METER RUN

1. Bridie Hatch, Northoff 2:13.20
2. Makia Nelson, Brea-Olinda 2:14.24

PREP RESULTS

3. Sarah Ellis, La Canada 2:18.83
4. Geki Vandewalker, Costa Mesa 2:23.89
5. Kelly Harrington, Louisville 2:24.13
6. Michelle Wilkinson, Germany 2:25.57

1,600 METER RUN

1. Elaine Canchola, Nordhoff 4:55.07
2. Sarah Ellis, La Canada 4:56.57
3. Allyson Marquand, University 5:00.65
4. Heather Garritson, Buena Park 5:03.03
5. Brooke Thomas, Laguna Hills 5:10.23
6. Samantha Michel, Morro Bay 5:13.65

3,200 METER RUN

1. Elaine Canchola, Nordhoff 10:50.08
2. Allyson Marquand, University 10:53.85
3. Heather Garritson, Buena Park 11:02.23
4. Brooke Thomas, Laguna Hills 11:08.16
5. Terrah Chapin, Nordhoff 11:18.38
6. Kim Garnic, La Canada 11:23.68

100 METER HIGH HURDLES

1. Randi Smith, Beverly Hills 14.33 w:1.1
2. Liz Gilner, Chaminade 15.08 w:1.1
3. Joy Collins, Morningside 15.19 w:1.1
4. Sunny Nicholas, Sunny Hills 15.38 w:1.1
5. Burgundie Porter, San Dimas 16.09 w:1.1
6. Bianca Guzman, S Pasadena 16.22 w:1.1

300 METER LOW HURDLES

1. Randi Smith, Beverly Hills 43.19
2. Sunny Nicholas, Sunny Hills 44.25
3. Bridie Hatch, Nordhoff 44.29
4. Sarah Bonilla, Brea-Olinda 44.64
5. Becky Rauth, Harvard (Westlake) 45.11
6. Brittany App, Morro Bay 47.30

4X100 METER RELAY

1. St Bernard 45.37
2. Notre Dame (Sherman Oaks) 49.26
3. Mira Costa 49.34
4. Beverly Hills 49.80
5. Western 49.86
6. Harvard (Westlake) 50.04

4X400 METER RELAY

1. St Bernard 3:41.32
2. Morningside 3:55.74
3. Sunny Hills 3:58.38
4. Brea-Olinda 4:00.35
5. Notre Dame (Sherman Oaks) 4:03.09
6. Mira Costa 4:03.38

HIGH JUMP

1. Tayyiba Haueef, Laguna Hills 5-08
2. Liz Gilner, Chaminade 5-08
3. Peggy Johnson, Louisville 5-04
4. Stevie Nicholas, Sunny Hills 5-02
5. Stephanie Wettlin, Brea-Olinda 5-02
6. Natalie Ostroff, Harvard (Westlake) 5-02

POLE VAULT

1. Charlotte McGee, Atascadero 10-06
2. Maggie O'Malley, Atascadero 10-06
3. Tammie Lawrence, Temple City 10-0
4. Sara Kiang-Glienna, La Canada 9-06
5. Karen Bewley, Atascadero 9-06
6. Dalarie Manda, Chaminade 9-06

LONG JUMP

1. Briana Glenn, La Mirada 18-07.25 w:5.6
2. Julie Steele, Troy 18-06.50 w:5.6
3. Kinicia Robinson, Morningside 18-02.50 w:4.3
4. Miya Edmonson, St Bernard 17-06 w:5.6
5. LeCresha Pringle, Blair 17-04.75 w:5.2
6. Madelyn Valdes, Savanna 17-0 w:5.7

TRIPLE JUMP

1. Briana Glenn, La Mirada 38-00.25 w:2.7

2. Kinicia Robinson, Morningside 37-09 w:2.2
3. Ebony Poe, Cerritos 37-04.75 w:3.1
4. Laticia Robinson, Morning 37-02.75 w:2.9
5. Kadrina Coffee, St Bernard 36-02.75 w:4.1
6. Jennifer Mattice, Atascadero 35-11.50 w:2.9

SHOT PUT

1. Patty Asuega, Mira Costa 38-07.75
2. Yvonne Delgado, El Monte 35-11.75
3. Nori McCrystal, La Habra 35-10.75
4. Jenna Johnson, St Joseph (SMaria) 35-00.25
5. Perla Sanchez, La Puente 34-07.25
6. Masina Pangia, Western 34-05

DISC THROW

1. Carrie Axton, Los Amigos 147-08
2. Rose Lopez, Arroyo 118-11
3. Julie Sotomayer, La Habra 117-03
4. Nori McCrystal, La Habra 115-04
5. Perla Sanchez, La Puente 114-04
6. Etta Jackson, Magnolia 113-10

FINALS BOYS

100 METER DASH

1. Henry Jenkins, Paso Robles 10.46 w:2.7
2. Justin Fargas, NDame (ShOaks) 10.47 w:2.7
3. Miguel Fletcher, Germany 10.48 w:2.7
4. Dashann McCullough, Serra 10.49 w:2.7
5. Warren Rodgers, Serra 10.61 w:1.8
6. Mike Wagner, Bishop Amat 10.73 w:2.7

200 METER DASH

1. Miguel Fletcher, Germany 21.14 w:1.8
2. Warren Rodgers, Serra 21.15 w:1.8
3. Michael Lipscomp, South Hills 21.33 w:1.8
4. Chris Forde, NDame (SherOaks) 21.53 w:1.8
5. Dashann McCullough, Serra 21.67 w:1.8
6. Mike Wagner, Bishop Amat 22.00 w:1.8

400 METER DASH

1. Chris Forde, NDame (Sherman Oaks) 47.80
2. Robert Jarvis, Covina 48.60
3. Desmond McGill, Serra 48.08
4. Rod Arzu, N Dame (Sherman Oaks) 49.23
5. Robert Peinado, Savanna 49.52
6. Al Berganza, St Paul 49.58

800 METER RUN

1. Kevin Elliot, Mira Costa 1:53.87
2. Eric Soliz, Costa Mesa 1:54.90
3. Christopher Felix, St Jo (SMaria) 1:55.37
4. Lonnie Carr, Bonita 1:55.47
5. John West, Sonora 1:56.07
6. Mike Ryan, Beverly Hills 1:57.64

1,600 METER RUN

1. Isalah Festa, Morro Bay 4:20.30
2. Philip Young, La Canada 4:24.27
3. Bruce Hancock, Costa Mesa 4:27.51
4. John Huff, Paso Robles 4:27.85
5. Dusty Herman, Nordhoff 4:28.63
6. James Sparks, Garden Grove 4:29.44

3,200 METER RUN

1. Isalah Festa, Morro Bay 9:11.53
2. Wesley Reutimann, San Marino 9:32.32
3. Victor Ochoa, Nordhoff 9:34.38
4. Aaron Sharp, Santa Clara 9:37.49
5. Dusty Hirmanil, Nordhoff 9:44.20
6. Heiberto Sarabia, Sonora 9:45.54

110 METER HIGH HURDLES

1. Delrik Lindsey, Montgomery 14.52 w:3.7
2. Mycal Sims, Covina 15.03 w:3.7
3. Paul Smith, Loyola 15.06 w:3.7
4. Marcus Taylor, Ganessa 15.07 w:3.7
5. Josiah Moering-Jo, Aliso Niguel 15.13 w:3.7
6. Joseph Lucero, St John Bosco 15.31 w:3.7

300 METER INT HURDLES

1. Brian Thoma, Chaminade 39.04
2. Marcell Allmond, St Paul 39.25
3. David Juillano, Bonita 39.27
4. Delrik Lindsey, Bishop Montgomery 39.29
5. Joseph Lucero, St John Bosco 39.85
6. Chayne Chalda, Laguna Beach 39.98

4X100 METER RELAY

1. Serra 42.56
2. Loyola 42.58
3. Bishop Amat 42.88
4. St John Bosco 42.90
5. Paso Robles 42.99
6. South Hills 43.58

4X400 METER RELAY

1. Serra 3:16.37
2. Notre Dame (Sherman Oaks) 3:17.39
3. Loyola 3:18.87
4. Morningside 3:22.45
5. Beverly Hills 3:23.12
6. Savanna 3:23.39

HIGH JUMP

1. Eric Davis, Covina 6-08
2. Henry Jenkins, Paso Robles 6-06
3. Marcell Allmond, St Paul 6-06
4. Sammy Ruben, St John Bosco 6-02
5. Sean Featherstone, Culver City 6-0
6. Josh Levy, Chaminade 6-0

POLE VAULT

1. Cameron St.Clair, Brea-Olinda 14-06
2. Jesse Callwood, Atascadero 14-06
3. Eric NG, Temple City 13-06
4. Tony Hall, Covina 13-06
5. Ryan Clyma, Paso Robles 13-0
6. Eddie Simon, NDame (Sherman Oaks) 13-0

LONG JUMP

1. Henry Jenkins, Paso Robles 23-03 w:5.2
2. Desmond McGill, Serra 22-08 w:4.7
3. Jaius Ellis, Blair 21-10 w:6.3
4. Jeff Abbs, St Paul 21-08 w:3.7
5. Russell Silvers, Loyola 21-07.75 w:3.7
6. Greg Jonas, Bell Gardens 21-07 w:3.9

TRIPLE JUMP

1. Jamal Stamps, Morningside 45-08.50 w:2.5
2. Pirikana Johnson, St Paul 45-07 w:3.2
3. Justin Fargas, NDame (ShOaks) 45-05 w:2.4
4. Joe Thomas, Buena Park 44-00.75 w:4.8
5. Justin Holman, Covina 44-00.25 w:3.0
6. Jeff Abbs, St Paul 43-06.25 w:2.5



Jim Norum

Photo by Bill Cockerham

SHOT PUT

1. Mike Rainis, St Paul 54-06
2. Kevin Jackson, Serra 52-07
3. Matt Radesill, Costa Mesa 52-03.50
4. Robert Gleason, Los Amigos 52-02.50
5. Willy Pigues, Troy 52-01.25
6. Hector Torres, Rosemead 51-07.50

DISCUS THROW

1. Jim Norum, Brea-Olinda 173-03
2. Reedus Thurmond, Serra 165-07
3. Kevin Jackson, Serra 155-0
4. Robert Gleason, Los Amigos 154-04
5. Tim Adrian, Moorpark 151-02
6. Rick Boehm, Brea-Olinda 146-01

C.I.F. Southern Section Div. 4
May 24, 1997: Cerritos, CA. From Doug Speck

FINALS GIRLS

100 METER DASH

1. Deanna Salvaryn, NDame (Acad) 12.09 w:3.8
2. Michau Irby, Marshall 12.13 w:3.8
3. Erin Francis, Poly (Pasadena) 12.35 w:3.8
4. Dejuana Stachel, Beaumont 12.44 w:3.8
5. Stacey Kirk, Ca.Acad MathSci 12.57 w:3.8
6. Maude Best, Banning 12.63 w:3.8

200 METER DASH

1. Michau Irby, Marshall 24.86 w:3.1
2. Deanna Salvaryn, ND (Acad) 25.02 w:3.1
3. Jessica Johnson, St Mary's 25.34 w:3.1
4. Erin Francis, Poly (Pasadena) 25.68 w:3.1
5. Stacey Kirk, Ca.Acad Math Sci 25.81 w:3.1
6. Roshawn Perkins, Oak Park 25.98 w:3.1

400 METER DASH

1. Roshawn Perkins, Oak Park 58.76
2. Jessica Johnson, St Mary's Academy 59.34
3. Evondra Owens, West Valley 59.44
4. Daria Bustanoby, Brethren Christian 59.77
5. Kisha Young, Marshall 1:00.56
6. Allison Jamison, La Baptist 1:01.23

800 METER RUN

1. Wendy Crumrine, Flintridge Prep 2:18.71
2. Katharine Laquer, Marlborough 2:20.82
3. Kristi Rosso, St Mary's Academy 2:21.16
4. Katie Quatro, Maranatha 2:26.28
5. Megan Swertliou, Brentwood 2:27.34
6. Liz Robinson, Flintridge Prep 2:30.35

1,600 METER RUN

1. Katharine Laquer, Marlborough 5:19.63
2. Hannah Miller, La Salle 5:29.15
3. Kim Clark, Marshall 5:31.60
4. Liz Robinson, Flintridge Prep 5:32.78
5. Rogers, Lutheran (Orange) 5:34.51
6. Kim Utterson, La Reina 5:35.25

3,200 METER RUN

1. Julia Goodman, Immaculate Heart 12:02.95
2. Kim Utterson, La Reina 12:08.62
3. Liz Phelan, Paraclete 12:10.45
4. Pearlina Vyas, Maranatha 12:12.18
5. Jennifer Erben, Marlborough 12:19.21
6. Tiffany Kahnen, Valley Christian (C) 12:22.00

100 METER HIGH HURDLES

1. Natalia Nash, Poly (Pasadena) 15.52 w:3.7
2. Chris Schrader, Dunn 16.05 w:3.7
3. Jacy Stamps, Imm Heart 16.86 w:3.7
4. Daisy Duncan, Carpinteria 16.88 w:3.7
5. Okhuare, Western Christian 17.05 w:3.7
6. Cheryl Kruer, La Reina 17.09 w:3.7

PREP RESULTS

300 METER LOW HURDLES

1. Natalia Nalsh, Poly (Pasadena) 46.26
2. Daria Bustanoby, Brethren Christian 46.88
3. Zunilda Ogarro, St Mary's Academy 47.70
4. Christina Schrader, Dunn 48.03
5. Daisy Duncan, Carpinteria 48.26
6. Jacy Stamps, Immaculate Heart 48.82

4X100 METER RELAY

1. St Mary's Academy 48.97
2. Banning 50.49
3. Notre Dame (Academy) 51.19
4. West Valley 51.54
5. Marshall 52.40
6. Oak Park 52.80

4X400 METER RELAY

1. Flintridge Prep 4:09.27
2. Poly (Pasadena) 4:09.46
3. Oak Park 4:10.47
4. Brethren Christian 4:11.98
5. St Mary's Academy 4:12.57
6. West Valley 4:13.57

HIGH JUMP

1. Michelle Mahke, Marymount 5-08
2. Kim Uttersen, La Reina 5-02
3. Cindy Bosen, Fillmore 5-0
4. Heather Banta, Dunn 5-0
5. Chemy Lindsay, Bell-Jeff 5-0
6. Kristy Heldrich, Beaumont 5-0

POLE VAULT

1. Heidi Hunsicker, Maranatha 10-0
2. Stephanie Norris, Carpinteria 9-06
3. Marika Decyk, Marymount 9-0
4. Heather Cula, Lutheran (Orange) 8-06
5. Liz Errea, Paradise 8-06
6. Lucy Duncan, Carpinteria 8-0

LONG JUMP

1. Reyna King, St Mary's Acad 19-01 w.5.8

2. Zunilda Ogarro, St Mary's Acad 18-08.50 w.4.5
3. Lauren Halstad, St Marg 16-09.75 w.3.7
4. Jacy Stamps, Immac Heart 16-06 w.3.5
5. Melissa Arroyo, Fillmore 16-03.50 w.2.5
6. Erin Carman, West Valley 16-00.50 w.5.4

TRIPLE JUMP

1. Reyna King, St Mary's Acad 38-03.50 w.1.5
2. Cindy Oprah, Brethren Christian 34-10 w.3.1
3. Kim Sante, Campbell Hall 34-04.50 w.2.1
4. Mary Fisher, Carpinteria 34-01 w.4.1
5. Sarah Mullenburg, Breth Christ 33-11 w.3.4
6. Charlene Simriz, West Christian 33-03 w.3.7

SHOT PUT

1. Brandi Charles, La Salle 38-04.75
2. Leslie Hoyter, Whittier Christian 37-09.50
3. Kai Ivory, Marymount 34-06.75
4. Kristy Adams, Ca. AcaMath & Science 33-11
5. Valerie Arcc, San Gabriel Mission 33-04
6. Jennifer Cedaret, Mojave 33-02.50

DISCUS THROW

1. Stephanie Baars, Chadwick 113-07
2. Donielle Colich, Chadwick 110-02
3. Laurie Hinson, Valley Christian (Sm) 103-10
4. Kai Ivory, Marymount 101-04
5. Amanda Cleveland, Yucca Valley 100-02
6. Rebecca Rogers, Lutheran (Orange) 100-0

Finals BOYS

100 METER DASH

1. Francis St Paul, Murphy 10.77 w.3.3
2. Bryan Byrd, Mojave 10.94 w.3.3
3. Aaron Davis, La Baptist 11.01 w.3.3
4. Brian Lombardi, St Monica 11.03 w.3.3
5. Kendall Grant, La Salle 11.10 w.3.3
6. Derrick County, Verbum Dei 11.11 w.3.3

200 METER DASH

1. Francis St Paul, Murphy 21.87 w.2.2
2. Cedric White, Verbum Dei 22.08 w.2.2
3. Aaron Davis, La Baptist 22.27 w.2.2
4. Shawndel Tucker, Verbum Dei 22.33 w.2.2
5. Lamar Shaw, Verbum Dei 22.35 w.2.2
6. Chris Elliott, St Bonaventure 22.71 w.2.2

400 METER DASH

1. Cedric White, Verbum Dei 50.71
2. Chris Elliott, St Bonaventure 50.81
3. Alvin Marzan, Paradise 51.28
4. J.P. Blacksmith, Flintridge Prep 51.30
5. Maurice Pratt, Marshall 51.38
6. Anthony Ramirez, St John Bosco 51.68

800 METER RUN

1. Brad Hegemler, La Baptist 1:59.14
2. Matt Torres, St Bonaventure 2:00.82
3. Jose Barcelona, St Bonaventure 2:01.10
4. Ben Scott, Carpinteria 2:01.18
5. Matt Cerone, La Baptist 2:01.76
6. Jose Gastelum, San Jacinto 2:02.33

1,600 METER RUN

1. Brad Hegemler, La Baptist 4:18.57
2. Doug Hall, Flintridge Prep 4:23.07
3. Marcos Avila, Beaumont 4:23.20
4. Daniel Phiffer, St John Bosco 4:25.11
5. Fritz Knoll, St Bonaventure 4:29.07
6. Jeff Tomlinson, Crossroads 4:31.27

3,200 METER RUN

1. Daniel Phiffer, St John Bosco 9:33.89
2. Ryan Downey, St Margaret's 9:36.42
3. Jeff Tomlinson, Crossroads 9:39.18
4. Marcos Avila, Beaumont 9:39.97
5. Mike Tomlinson, Crossroads 9:45.51
6. Matt Heard, Yucca Valley 9:57.09

110 METER HIGH HURDLES

1. Michael Patrick, Banning 15.07 w.4.6

2. John Barbieri, Carpinteria 15.37 w.4.6
3. Carlos Lizzarraca, Cathedral 15.41 w.4.6
4. Donnell White, Verbum Dei 15.42 w.4.6
5. Robert Vestal, San Jacinto 15.49 w.4.6
6. Junius HO, Cate 15.58 w.4.6

300 METER INT HURDLES

1. John Barbieri, Carpinteria 40.10
2. Matt Mayock, Poly (Pasadena) 40.31
3. Michael Patrick, Banning 40.78
4. Stephen Chu, St John Bosco 41.57
5. Jerome Sledge, Mojave 41.58
6. David Taylor, La Salle 42.11

4X100 METER RELAY

1. Verbum Dei 43.32
2. Flintridge Prep 44.11
3. St Monica 44.26
4. La Baptist 44.27
5. Mojave 44.30
6. La Salle 44.63

4X400 METER RELAY

1. Verbum Dei 3:22.25
2. Marshall 3:23.12
3. St Bonaventure 3:26.36
4. Carpinteria 3:27.18
5. St John Bosco 3:27.69
6. Brethren Christian 3:28.64

HIGH JUMP

1. Josh Law, Beaumont 6-04
2. Ray Bergstrom, Poly (Pasadena) 6-02
3. Kevin Williams, Yucca Valley 6-02
4. Ryan Morrow, La Baptist 6-02
5. Tim Dunlap, San Jacinto 5-10
6. Zach Davis, Calvary Chapel-Santa Ana 5-08

POLE VAULT

1. Quinn Buell, West Valley 13-0
2. Andrew Gewe, Maranatha 12-0
3. Robert Vestal, San Jacinto 11-06
4. Lakin Soldate, La Salle 11-0
4. Derek Romano, Lutheran (Orange) 11-0
6. Tim Hess, Valley Christian (C) 11-0

LONG JUMP

1. Ron Atkins, La Baptist 22-0 w.3.5
2. Ronnie Polk, Campbell Hall 21-04.50 w.3.8
3. Junius HO, Cate 20-08.50 w.3.8
4. Mat Mayock, Poly (Pasadena) 20-03.50 w.4.5
5. Derrick County, Verbum Dei 20-03 w.4.7
6. Chad Hawkins, Chadwick 20-01.50 w.3.3

TRIPLE JUMP

1. Jerome Sledge, Mojave 43-11 w.1.9
2. Derrick County, Verbum Dei 42-08.25 w.1.5
3. Sean Oederick, Flintridge Prep 42-03 w.5.0
4. Brian Young, Brentwood 41-08.50 w.1.8
5. J.R. Davidson, La Salle 41-02 w.1.4
6. Junius HO, Cate 40-07 w.0.8

SHOT PUT

1. Jesus Villarino, San Jacinto 49-01.75
2. David Weems, Twentynine Palms 47-10
3. Wesley Carroll, Flintridge Prep 45-07
4. Chester Pitts, Ca. AcaMathSci 44-04
5. Augustus Patulol, St John Bosco 43-06.75
6. Ralph Paylowald, Serrano 42-11.50

DISCUS THROW

1. Jesus Villarino, San Jacinto 153-02
2. Kevin Howard, Oak Park 144-08
3. Chester Pitts, Ca. AcaMath Science 142-07
4. Frank MACIAS, Carpinteria 140-08
5. Chris Redfield, Carpinteria 128-0
6. Kevin Roberts, St Margaret's 123-10

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PREP RESULTS

C.I.F. Section Meet Results

Results submitted as of press time

▲ SAN DIEGO SECTION

At Balboa Stadium.

(Top 3 finishers qualify for state).

Boys' results

Team Leaders...Morse 78, RBV 37, Tie El Capitan and University City 32, Rancho Bernardo 24, Montgomery 22, Tie Granite Hills, Mt. Carmel and Serra 20.

100... (Wind ...0.68) Okenwa (Mor) 10.68, Morrow (Se) 10.86, Ward (UC) 10.87, Coleman (RBV) 10.90, Herman (GH) 10.95, James (MIM) 10.96. 200... (Wind +0.60) Okenwa (Mor) 21.58, Bartling (Gross) 21.81, Ward (UC) 21.90, Douglas (Se) 22.11, Morrow (Se) 22.16, Abraham (OG) 22.24. 400... Sims (LOC) 47.88, Bartling (Gross) 48.09, Sharpe (MC) 48.99, Pinson (Mor) 48.99, McNeal (Mont) 48.29, Allen (USDHS) 49.66.

800...Daynes (ECap) 1:55.57, Castejon (MIM) 1:55.93, Mavromatis (GH) 1:55.95, Ricketts (RB) 1:56.06, Burke (TP) 1:56.97, Fox (WH) 1:57.35. 1600...Fox (WH) 4:16.74, Jones (Coro) 4:17.13, Greene (SA) 4:19.31, Ramirez (CV) 4:19.56, Paff (BV) 4:23.54, LoPresti (TP) 4:28.66.

3200...Baskin (MC) 9:19.61, Marcus Chandler (Se) 9:20.09, Tallo (RB) 9:28.63, Finch (GH) 9:31.42, Marice Chandler (Se) 9:32.90, Ramirez (CV) 9:36.91.

110HH... (Wind ...0.57) DePass (Mont) 13.86 (Section record, old 14.08, DePass, 1997), Smith (RBV) 14.48, Woestman (ECap) 14.84, Miller (SR) 14.87, Bravin (Va) 14.93, Tillman (Cbad) 15.14.

300H...DePass (Mont) 37.47, Smith (RBV) 37.90, Bravin (Va) 38.73, Peterson (TP) 40.09, Magoffin (Va) 40.35, Tillman (Carl) 40.51.

4x100R...Morse (Jones, James, Pinson, Okenwa) 41.08 (2nd all-time section meet record: Old 41.16, El Camino, 1994), University City 41.34, Rancho Bernardo 42.49, St. Augustine 42.60, Helix 42.62, RBV 42.67. 4x400R...Morse (Gray, Jones, Pinson, James) 3:17.79, University City 3:18.81, La Costa Canyon 3:19.83, Crawford 3:19.83, RBV 3:20.31, Carlsbad 3:23.75.

High Jump...E. Hollins (Esc) 6-7, Hazarika (RB) 6-6, Walker (Mor) 6-4, Washington (ECap) 6-4, Butler (WH) 6-4, Richmond (MoV) 6-2.

Pole Vault...Tutrow (Pow) 14-4, Mueller (RBV) 13-10, Cheng (RBV) 13-10, Hampton (MC) 13-10, Burns (Pow) 13-4, Dethsy (SD) 13-4.

Long Jump...Walker (Mor) 23-8" (Series: 23-4", F, 23-8", F, F, F), Herman (GH) 22-9", Rudder (MIM) 22-8", Hollins (Esc) 22-7", James (Mor) 22-2", Rivers (Mor) 22-1".

Triple Jump...Rivers (Mor) 48-9" (Series: 48-3", F, 47-9, 48-9", F, 48-8), Rudder (MIM) 48-0", Hoenig (Cra) 46-3, Barnes (Mor) 45-0", Powell (MoV) 44-1", Hollins (Esc) 44-0".

Shot Put...Ames (ECap) 59-4 (Series: 55-10, 52-8, 58-0", 57-8", 59-4, 44-5), Rivas (Cbad) 58-5", Makhele (SM) 57-3, Gilliam (SD) 55-4", Malo (ECap) 54-0", Ford (Mor) 52-11.

Discus...Gilliam (SD) 180-3 (11th all-time section. Series: 165-6, 171-3, 170-3, 170-6, 180-

3, 164-2), Makhele (SM) 172-4, Ames (ECap) 171-5, Houghton (MB) 167-9, Haywood (CP) 161-4, Roberson (Fa) 158-10.

Girls' results

Team Leaders: Morse 56, El Camino 54, USDHS 47 1/2, Monte Vista 33, Hilltop 32, RBV 30, Rancho Bernardo 19, Poay 18, Granite Hills 17, Tie Lincoln and Escondido 16.

100... (Wind ...0.75) McKinney (MoV) 11.84 (Meet record, old 11.90, Latashia McKinney, Monte Vista, 1990), Groce (Mor) 11.96, Allen (MIM) 12.11, Tucker (MoV) 12.42, Adia Booker (ECap) 12.53, Wright (SM) 12.54.

200... (Wind ...0.05) Groce (Mor) 24.62, Adia Booker (ECap) 24.99, Allen (MIM) 25.07, Neal (RBV) 25.37, Henderson (Mor) 25.39, Tucker (MoV) 25.45.

400...Henderson (Mor) 56.84, Neal (RBV) 57.38, Hite (Linc) 57.88, Rankin (Mor) 58.95, Taylor (RB) 59.19, Ray (Fa) 59.41.

800...Bravin (Va) 2:14.75, DeHahn (Hill) 2:15.63, Carey (USDHS) 2:15.77, Kindreich (ECap) 2:17.00, Picha (Fa) 2:17.70, Jouglet (Hx) 2:20.34.

1600...J. Ott (USDHS) 4:55.08, Mattson (Fa) 4:59.51, Giacinti (USDHS) 5:03.36, Harper (San) 5:05.08, Hibbs (Pow) 5:13.23, Naughton (TP) 5:13.49.



Eric Hollins

Photo by Bill Cockerham

3200...J. Ott (USDHS) 10:46.02, Giacinti (USDHS) 10:47.93, Barrack (USDHS) 11:02.56, Grimes (SR) 11:12.03, Cox (Esc) 11:17.08, Hawker (Gross) 11:26.91.

110HH... (Wind +0.12) Adia Booker (ECap)

14.78 (Section record, old 14.99, Bahed Hernandez, Mt. Carmel, 1996), Williams (ECap) 15.32, Carter (RB) 15.44, Escudero (ECap) 15.87, Branch (SP) 16.15, Taylor (BV) 16.20.

300H...Rodriguez (GH) 45.06, Fuller (H) 45.16, Carillo (Parker) 45.37, Randolph (MC) 45.66, Romine (LJ) 46.09, Carter (RB) 46.88.

4x100R...Morse (Rankin, Henderson, Ricks, Groce) 47.48 (10th all-time section), Monte Vista 47.86, El Camino 48.10, Lincoln 48.47, Hilltop 48.93, Mt. Carmel 49.29.

4x400R...Morse (Rankin, Groce, Thompson, Henderson) 3:53.43 (9th all-time section), Hilltop 3:57.79, Poway 3:58.35, Valhalla 3:58.92, Torrey Pines 3:59.29, Granite Hills 3:59.64.

High Jump...Underhill (RBV) 5-9 (Equals meet record, Sue McNeal, Carlsbad, 1977; No. 4 all-time), Anku (RBV) 5-6, Preston (Vi) 5-5, Gertsch (SP) 5-2, Tie Carey (USDHS) and Archer (TP) 5-2.

Pole Vault...Nixon (Pow) 11-4 (Meet record, old 11-0, Kristi Draher, 1995), Ayele (SM) 11-0, Derrison (RB) 10-4, Nordmarken (LJ) 9-10, Trout (Esc) 9-10, Li (LJ) 9-4.

Long Jump...McKinney (MoV) 18-9" (Series: 18-9, 18-8, 18-9", F, F, F), Gertsch (SP) 18-3", Hite (Linc) 17-10, Farrington (RBV) 17-10, Loveland (GH) 17-0", Williams (ECap) 17-0.

Triple Jump...Andrea Booker (ECap) 39-7" (Series: 39-5, F, F, 37-10, 39-2", 39-7", Williams (ECap) 38-6, Espinoza (Hill) 38-4", McAllister (GH) 37-5", Smoot (TP) 36-0, Terry (ECap) 35-8".

Shot Put...Sanders (OG) 39-4" (Series: F, 36-11", 35-11", F, 37-0", 39-4", Filke (Esc) 37-3" (Best 2nd effort 37-3), Alessi (Hx) 37-3", Turner (BV) 36-6, Loeh (Mor) 36-2", McGrath (East) 35-7.

Discus...McGrath (East) 140-4 (Series: 122-1, 130-10, 126-6, 129-4, 136-9, 140-4), Byrne (Ram) 131-9, Alessi (Hx) 123-9, Filke (Esc) 120-1, Armstrong (SM) 118-6, Larkins (MIM) 116-8.

▲ SOUTHERN SECTION MASTERS

5/30/97. From Doug Speck. Top 5 to the State Meet. Weather: very breezy at start of meet, calm nice warm evening as meet went along.

BOYS

100 METER DASH

1. Sultan McCullough, Muir, John 10.28 w:3.6
2. Darrell Rideaux, Poly (L Beach) 10.43 w:3.6
3. Justin Fargas, Notre Dame (So) 10.45 w:3.6
4. Dashann McCullough, Serra 10.46 w:3.6
5. Miguel Fletcher, Alemany 10.50 w:3.6
6. Deangelo Stewart, Muir, John 10.62 w:3.6
7. Warren Rodgers, Serra 10.65 w:3.6
8. Henry Jenkins, Paso Robles 10.67 w:3.6
9. Charles Crook, Katella 10.77 w:3.6.

200 METER DASH

1. Sultan McCullough, Muir, John 20.80 w:1.7

2. Kareem Kelly, Poly (Long Beach) 20.97 w:1.7
3. Warren Rodgers, Serra 21.32 w:1.7
4. Miguel Fletcher, Alemany 21.40 w:1.7
5. Jason Manly, Rowland 21.48 w:1.7
6. Michael Lipscomb, South Hills 21.49 w:1.7
7. Kevin McNair, Mater Dei 21.57 w:1.7
8. Charles Crook, Katella 21.60 w:1.7
- Jucori Tryon, Muir, John NT w:NWI.

400 METER DASH

1. Jucori Tryon, Muir, John 47.62
2. Jason Manly, Rowland 47.80
3. Marques Anderson, Poly (Long Beach) 47.94
4. Chris Forde, Notre Dame (So) 48.13
5. Marlon Jarrett, Mark Keppel 48.14
6. Robert Jarvis, Covina 48.42
7. Desmond McGill, Serra 48.45
8. Ray Whitson, Victor Valley 49.38
9. Matt Lea, Camarillo 49.71.

800 METER RUN

1. Ryan Meuse, Simi Valley 1:54.40
2. Mark Hassell, Barstow 1:54.59
3. Devin Lindoh, Dana Hills 1:54.70
4. Owen Keville, Santa Monica 1:54.84
5. Eric Soliz, Costa Mesa 1:54.88
6. Kevin Elliot, Mira Costa 1:55.25
7. John West, Sonora 1:55.67
8. Lonnie Carr, Bonita 1:56.57
- Christopher Felix, St Joseph (S Maria) NT.

1,600 METER RUN

1. Jason Taylor, Peninsula 4:19.51
2. Jason Hunter, Sultana 4:20.32
3. Jason Manhart, Trabuco Hills 4:20.48
4. Ronnie Buchanan, Righetti 4:20.49
5. Irving Moreno, Poly (Riverside) 4:22.27
6. Erik Gans, Dos Pueblos 4:22.97
7. David Jackson, Rlm/ World 4:32.20
8. Doug Hall, Poly (Pasadena) 4:33.79
9. Brad Hegemier, La Baptist 4:35.30.

3,200 METER RUN

1. Isalah Festa, Morro Bay 9:07.06
2. Chad Durham, Poly (Long Beach) 9:14.97
3. David Lopez, Hoover 9:18.00
4. Ronnie Buchanan, Righetti 9:18.61
5. Ryan Gallagher, Temecula Valley 9:21.11
6. Tony Trueba, Huntington Beach 9:24.70
7. Gabriel Hernandez, Rubidoux 9:31.11
- Jason Manhart, Trabuco Hills NT
- Jacob Geyer, Palmdale NT.

110 METER HIGH HURDLES

1. Dominic DeGrammont, Tustin 13.54 w:3.2
2. Kenyon Rambo, Poly (L Beach) 13.75 w:3.2
3. Brinadon Brown, Dominguez 14.22 w:3.2
4. Clinte Motley, Alta Loma 14.25 w:3.2
5. Mike Smith, El Toro 14.28 w:3.2
6. Detrik Lindsey, BishMontgomery 14.53 w:3.2
7. Tjuan Freeman, Lompoc 14.60 w:3.2
8. Shane Vickers, Tustin 14.72 w:3.2
9. Eric Nunez, Loara 14.73 w:3.2.

300 METER INT HURDLES

1. Dominic DeGrammont, Tustin 36.70
2. Kenyon Rambo, Poly (Long Beach) 37.18
3. David Warren, Hawthorne 37.74
4. AL Williams, Irvine 38.20
5. Leonard Lexion, San Bernardino 38.43
6. Donvouge Manuel, Leuzinger 38.61

PREP RESULTS

- Shane Vickers, Tustin NT
- Elmo Traylor, Muir, John NT
- Joe Love, Rancho Cucamonga NT.

4X100 METER RELAY

1. Muir, John 40.91
2. Chino 41.24
3. Serra 41.26
4. Rowland 41.77
5. Hawthorne 42.09
6. Tustin 42.18
7. Woodbridge 42.58
8. Loyola 42.83
9. Jordan 42.83

4X400 METER RELAY

1. Muir, John 3:12.83
2. Dominguez 3:13.91
3. Hawthorne 3:15.80
4. Poly (Long Beach) 3:16.07
5. Notre Dame (So) 3:18.01
6. Damien 3:19.29
7. Serra 3:21.33

- Loyola NT

- Tustin NT.

HIGH JUMP

1. Clint Motley, Alta Loma 6-08
2. Demario Franklin, Arcadia 6-08
3. Elliot Parks, El Toro 6-08
4. Lester Deraad, Tustin 6-08
5. Bryan Reese, Dana Hills 6-04
6. Eric Davis, Covina 6-04
7. Michael Jackson, Channel Islands 6-04
8. Henry Jenkins, Paso Robles 6-04
9. Marcel Allmond, St Paul 6-02.

POLE VAULT

1. Alan Ekstrand, Glendora 14-06
2. Travis Vandorec, Fountain Valley 14-06
3. Joel Kiriwinski, Arroyo 14-06
4. Eddie Becker, Temescal Canyon 14-06
5. Andrew Peeke, Peninsula 14-06
6. Cameron St. Clair, Brea-Olinda 14-0
6. Jesse Calwood, Alascadero 14-0
6. Ben Shelton, Centennial (Corona) 13-06
- Ted Whalen, Mater Del NH.

LONG JUMP

1. Henry Jenkins, Paso Robles 22-08.25 w.4.0
2. Courtney Palmore, Oxnard 22-07 w.2.7
3. Ray Bardone, Edison 22-05 w.4.0
4. Mike Smith, El Toro 22-03 w.3.0
5. Brandon Jones, Ayala 22-03 w.4.0
6. Matt Primous, Lompoc 22-01.50 w.3.6
7. Robert Nero, Chino 21-11.75 w.2.8
8. Tony Turner, Gahr 21-10.75 w.2.5
9. Desmond McGill, Serra 21-02.50 w.3.8.

TRIPLE JUMP

1. Clint Motley, Alta Loma 47-07.25 w.2.8
2. Matt Primous, Lompoc 47-02.50 w.2.1
3. Thomas Carter, Muir, John 46-06.50 w.2.8
4. Markus Carr, Palmdale 46-03.75 w.2.4
5. Andy Badger, Diamond Bar 45-10.75 w.3.2
6. Tony Turner, Gahr 45-04.50 w.3.5
7. Jamal Stamps, Morningside 45-01.25 w.2.6
8. Phikana Johnson, St Paul 44-11.50 w.2.2
9. Carl Green, Poly (Long Beach) 44-08.75 w.3.7.

SHOT PUT

1. Scott Moser, Huntington Beach 60-0
2. John Bello, Rancho Cucamonga 58-07.75
3. Derek Kurkowski, Canyon Springs 57-07.25
4. Scott Wiegand, Arcadia 56-09.25



Clint Motley

Photo by Bill Cockerham

5. Mike Rainis, St Paul 56-02.75
 6. Justin Birrell, Esperanza 55-10.25
 7. John O'Neill, Santa Margarita 54-07.50
 8. Steve Myers, Brawley 54-07.50
 9. Kevin Jackson, Serra 53-07.75
- ## DISCUS THROW
1. Scott Moser, Huntington Beach 188-07
 2. John Bello, Rancho Cucamonga 183-03
 3. Reedus Thurmond, Serra 175-06
 4. Jim Norum, Brea-Olinda 166-0
 5. Richard Legarra, Wilson (Hac Hts) 164-11
 6. Scott Wiegand, Arcadia 162-08
 7. Chris Tandy, Etiwanda 162-04
 8. Robert Hollins, Apple Valley 148-05
 9. Derek Kurkowski, Canyon Springs 143-04.

GIRLS—FINALS

100 METER DASH

1. Angela Williams, Chino 11.15 w.2.7
 2. Malika Edmonson, St Bernard 11.52 w.2.7
 3. Tiffany Thompson, N.Dame (So) 24.01 w.2.5
 4. Michelle Perry, Quartz Hill 11.72 w.2.7
 5. Miya Edmonson, St Bernard 11.73 w.2.7
 6. Brianna Glenn, La Mirada 11.86 w.2.7
 7. Tiffany Thompson, N Dame (So) 11.91 w.2.7
 8. Crystal Phillips, Poly (L Beach) 12.01 w.2.7
 9. Ragean Hill, Redlands 12.21 w.2.7.
- ### 200 METER DASH
1. Kinshasa Davis, Wilson (LBch) 22.70 w.2.5
 2. Malika Edmonson, St Bernard 23.52 w.2.5
 3. Tiffany Thompson, N.Dame (So) 24.01 w.2.5
 4. Brianna Glenn, La Mirada 24.09 w.2.5
 5. Latrice Borders, Wilson (L Bch) 24.21 w.2.5
 6. Nakaya Johnson, Ayala 24.40 w.2.5
 7. Regine Caruthers, St Bernard 24.48 w.2.5
 - Jackie Dix, Woodbridge NT w.NW
 - Julia Gray, North, JW NT w.NW.

400 METER DASH

1. Kinshasa Davis, Wilson (Long Beach) 53.97
2. Bunni Ogundeyey, Poly (Long Beach) 55.15



Michelle Perry

Photo by Bill Cockerham

3. Julia Gray, North, JW 55.86
 4. Latrice Borders, Wilson (Long Beach) 55.95
 5. Regine Caruthers, St Bernard 56.08
 6. Kadrina Coffee, St Bernard 57.25
 7. Raven Herbert, Santa Ana Valley 57.73
 - Anita Winters-Dixon, Chino NT
 - Tiffany Hogan, Capistrano Valley NT.
- ## 800 METER RUN
1. Angelita Green, Poly (Long Beach) 2:10.50
 2. Summer Shaw, Huntington Beach 2:12.03
 3. Jenny Petite, Yucaipa 2:12.36
 4. Liz Morse, Corona Del Mar 2:12.53
 5. Makia Nelson, Brea-Olinda 2:14.15
 6. Arlene Bledsoe, Poly (Long Beach) 2:15.78
 7. Bridie Hatch, Nordhoff 2:16.70
 - Kim Gildersleeve, Wilson (Long Beach) NT
 - Hanna Lim, Arcadia NT.

1,600 METER RUN

1. Elaine Canchola, Nordhoff 4:55.34
2. Sarah Ellis, La Canada 5:02.38
3. Mary Moore, Woodbridge 5:06.67
4. Heather Garritson, Buena 5:07.04
5. Kyra Patterson, San Luis Obispo 5:08.67
6. Latesha Jones, Rialto 5:11.60
7. Katie Nuanes, Santa Margarita 5:15.35
- Amanda Armstrong, Thousand Oaks NT
- Maryanna Vasquez, Colton NT.

3,200 METER RUN

1. Andrea Nepp, Highland 10:23.34
2. Lauren Flesman, Canyon (Cc) 10:38.13
3. Kimi Welch, Yucaipa 10:38.96
4. Elaine Canchola, Nordhoff 10:45.84
5. Allyson Marquand, University 10:52.62
6. Alicia McFall, Newport Harbor 11:03.07
7. Brooke Thomas, Laguna Hills 11:06.40
- Heather Garritson, Buena NT
- Mary Moore, Woodbridge NT.

100 METER HIGH HURDLES

1. Nicole Hoxie, North, JW 13.43 w.3.4
2. Ashley Bethal, Mission Viejo 13.62 w.3.4

3. Michelle Perry, Quartz Hill 13.82 w.3.4
4. Hannah Cooper, Hawthorne 13.87 w.3.4
5. Randi Smith, Beverly Hills 14.40 w.3.4
6. Mia Davis, West Covina 14.42 w.3.4
7. Detra King, Poly (Long Beach) 14.81 w.3.4
8. Christina Proctor, Muir, John 15.04 w.3.4
9. Shannon Livingstone, Simi Vly 15.18 w.3.4.

300 METER LOW HURDLES

1. Hannah Cooper, Hawthorne 42.90
2. Randi Smith, Beverly Hills 43.84
3. Sunny Nicholas, Sunny Hills 44.58
4. Detra King, Poly (Long Beach) 45.27
5. Sarah Bonilla, Brea-Olinda 45.50
6. Becky Rauth, Harvard (Westlake) 45.90
7. Danielle Perry, Murrieta Valley 46.06
- Veronica Callaway, Wilson (Long Beach) DNF.

4X100 METER RELAY

1. St Bernard 44.91
2. Wilson (Long Beach) 45.63
3. Poly (Long Beach) 46.33
4. North, JW 47.38
5. Woodbridge 47.45
6. Chino 47.75
7. St Mary's Academy 48.00
8. Ayala 48.11

4X400 METER RELAY

1. St Bernard 3:41.14
2. Wilson (Long Beach) 3:44.10
3. Poly (Long Beach) 3:44.13
4. North, JW 3:54.16
5. Woodbridge 3:54.30
6. Ayala 3:55.41
7. Newport Harbor 4:01.60
8. Morningside 4:03.30
- San Marcos NT.

HIGH JUMP

1. Tayyiba Haneef, Laguna Hills 5-06
2. Liz Giller, Chaminade 5-04
2. Michelle Mahike, Marymount 5-04
2. April Ross, Newport Harbor 5-04
5. Ashley Bethal, Mission Viejo 5-04
6. Tia Hanson, Cajon 5-04
6. Sara Foster, Valencia (V) 5-04
8. Jenny Berman, St Lucy's 5-04
- Alexis Hill, Pomona DQ.

POLE VAULT

1. Heather Sicker, Camarillo 12-05.50
2. Bridget Pearson, Hoover 12-0
3. Sara Highman, Mission Viejo 11-06
4. Bianca Maran, St Monica 11-06
5. Katie Rorem, Marina 11-0
6. Caroline Rebello, Marina 10-06
7. Julia Sanders, Arroyo Grande 10-06
8. Serina Bruins, Rancho Cucamonga 10-0
- Leora Ward, Peninsula NH.

LONG JUMP

1. Michelle Perry, Quartz Hill 18-03.50 w.3.7
2. Bunni Ogundeyey, Poly (LBch) 19-01 w.4.6
3. Brianna Glenn, La Mirada 19-00.75 w.3.4
4. Ashley Bethal, Mission Viejo 18-11.75 w.2.5
5. Genein Jefferson, Eisenhower 18-11 w.3.3
6. Reyna King, St Mary's Acad 18-09.50 w.4.8
7. Angela Williams, Chino 18-03.75 w.2.9
8. Zunilda Agarro, St Mary's Acad 18-03.25 w.3.6
9. Kenya Corey, Quartz Hill 16-05 w.3.2.

TRIPLE JUMP

1. Reyna King, St Mary's Acad 38-03.50 w.1.8
2. Brianna Glenn, La Mirada 38-01.50 w.1.8
3. Blessing Ufodicama, Poly (LB) 38-11.75 w.2.0

PREP RESULTS

4. Kinicia Robinson, Morning 38-08.50 w:2.0
 5. Alexis Hill, Pomona 38-03.25 w:2.5
 6. Genein Jefferson, Eisenhower 37-06.25 w:2.2
 7. M.E. Clayton, Newport Harbor 37-02 w:2.3
 8. Rita Mejia, Don Lugo 36-08.75 w:2.8
 9. Ebony Poe, Cerritos 36-06.25 w:2.9.
- SHOT PUT**
1. Cynthia Ademiluyi, Poly (Long Beach) 45-03
 2. Stephanie Brown, Arroyo Grande 41-08.50
 3. Vanessa Shields, Arroyo Grande 40-02.50
 4. Jenny Shutt, Edison 39-06.75
 5. Andrea Loman, Poly (Riverside) 39-05
 6. Nicole Krause, St Lucy's 38-07
 7. Leslie Hoyler, Whittier Christian 38-00.50
 8. Brandi Charles, La Salle 38-0
 9. Patty Asuego, Mira Costa 37-09.25.
- DISCUS THROW**
1. Carrie Axton, Los Amigos 144-0
 2. Melissa Price, Loara 132-08
 3. Cynthia Ademiluyi, Poly (Long Beach) 130-01
 4. Cari Suong, North, JW 124-11
 5. Jami Ouesta, Edison 123-07
 6. Katherine Henzie, Foothill 118-01
 7. Sandra Paulo, Bell Gardens 116-06
 8. Lena Rathbone, Hemet 116-02
 9. Sylvia Madueno, Newport Harbor 112-0.

▲Central Section

Thursday 5/22 Sanger H.S., Sanger, CA.
From: Doug Speck

Weather breezy and low 80's (cross-wind-gauges used in affected events) The top three qualify for the State Meet in two weeks in Sacramento. This meet run a week prior to most other areas of California and their State Qualifiers. Few years back state went to two regionals that qualified "Finals only" groups to State meet from North and South. Central Section never really changed from the date-timing of that format.

Boys:

- 100m (+2.07)
1. Jerome Avery (Lemoore) 10.56w, 2. Tierre Sams (Edison, Fresno) 10.67, 3. Kenny Wiley (Bullard, Fresno) 10.68. (Avery looked good in reading to a very quick gun, eventually edging away to meter win over the field. Sams, quick early this spring at 10.63, then injured, looked on road to recovery with two weeks until state meet to continue to glue his act together).
- 200m (+1.27 mps)
1. Jerome Avery (Lemoore) 21.67, 2. Brian Grant (Ridgeview, Bakersf) 21.86, 3. Ryan Beasley (Bakersfield) 21.89 (Pesty crosswind had runners going first 50 meters into it, with relatively short, impressive senior Avery finishing off good sprint double)
- 400m
1. Nick Ray (Ridgeview, Bak) 48.46, 2. CJ Nakayama (Clovis) 49.16, 3. Richard Rivera (Tulare) 46.46.
- 800m
1. Jose Arambula (McFarland) 1:56.86, 2. Ryan Smithhart (Buchanan, Clovis) 1:58.08, 3. Steve Barrus (Clovis) 1:58.49.
- 1600m
1. Steve Barrus (Clovis) 4:19.35, 2. Matt Duma (Mt. Whitney, Visalia) 4:21.84, 3. Mike

- Pestorich (Clovis West, Fres) 4:22.66, 4. Richard Granillo (Golden West, Visalia) 4:23.15.
- 3200m
1. Juan Chavira (Hanford) 9:13.25, 2. Mike Kasahun (Fresno) 9:14.32, 3. Noel Nelson (Redwood, Visalia) 9:15.25, 4. Jose Perezchica (McFarland) 9:34.86. (Nelson led through 4:35, 1 first 1600, Chavira 63.2 final 400 still had some run in him).
- 110mHH (+1.50)
1. Tim Bogdanoff (Buchanan, Clovis) 14.08, 2. Lamarlo Robinson (Western, Tulare) 14.27, 3. Kevin Carter (South, Bak) 14.43. (Bogdanoff, 11th grader, previous PR 14.72 shocked with a big win here—everything appeared okay with timing and all)
- 300mHH
1. Nick Ray (Ridgeview, Bakersf) 37.62 (Meet Record), 2. Tim Bogdanoff (Buchanan, Clov) 38.46, 3. Kevin Carter (South, Bak) 38.58. (Bogdanoff's time achieved while rolling through finish line (on way to mid 37's) as led until final hurdle then crashed. Ray continued fine meet, not panicking despite quite a ways behind most of event).
- 4x100m Relay
1. Edison (Fresno) 41.59, 2. Lemoore 41.66, 3. Bakersfield 42.53.
- 4x400m Relay
1. Ridgeview (Bakersfield) (Grant 51.0-Howard 49.6-Ray 50.7 - Ray 47.6 from behind on anchor 3:18.75, 2. Bakersfield 3:29.44, 3. Clovis 3:21.00.



Gabriel Zarate

Photo by Bill Cockerham

HJ

1. Gabriel Zarate (Selma) 7-0, 2. Jason Howard (Ridgeview, Bak) 6-10, 3. Chris Dewrey (Stockdale, Bak) (soph Zarate ineligible early part of season had two narrow misses at 7-02. Basketball guard, about 6-2, only lifts during season, jumped 6-1 in junior high—great talent! Howard 7-02.25 at Arcadia early April all over the place this evening - including HH during the event).
- PV
1. Mark Unzueta (Lemoore) 15-6, 2. Seth

- Benson (Golden West, Visalia) 15-6, 3. Brian Price (Kingsburg) (Unzueta Jr with 16-2 best, Benson 15-4 former pr).

LJ

1. BB Malone (Golden West, Visalia) 22-08.5, 2. Mariel Armstrong (McLane, Fresno) 22-06, 3. CJ Nakayama (Clovis) 22-04.5.
- TJ
1. Jason Howard (Ridgeview, Bak) 49-01.25, 2. BB Malone (Golden West, Vis) 46-07.75, 3. Duvan Archie (Hoover, Fresno) 46-06.5, 4. Grady Wilburn (Clovis West, Fresno) 44-06.25. (What's the prep record for your third meet ever in the event—probably this is it, as Jason Howard continues to amaze with his range of events—he only took one jump this evening! The brother of Auburn sprinter Bryan Howard (Bryan started in Bakersfield at West HS before move to Canyon Springs HS of Moreno Valley). Howard was 14.65 in the Highs, 6-10 in the HJ, this TJ, and 49.6 relay split during the evening — all that and appears to be a great kid also!).
- SP
1. Van Mounts (Bakersfield) 67-00.75 (#3 mark nation), 2. Rodney Leslie (Ridgeview, Bakersf) 56-05, 3. Jeff Beadle (Highland, Bakersf) 53-10.25. (Mounts 65-2, F, 66-1, 65-02.5, 67-00.75, 66-01.5 series).
- DT
1. Van Mounts (Bak) 181-03, 2. Jeff Beadle (Highland, Bak) 168-03, 3. Justin Johnson (Fresno) 166-03.

Girls:

- 100m - (+1.24)
1. Bo Alade (Foothill, Bak) 12.01, 2. Halima DeCree (Foothill, Bak) 12.04, 3. Tiffany Bennett (Centennial, Bak) 12.38.
- (R-2)
1. Sparkle Cook (South, Bak) 12.39 (one of the names of the year - DeCree, a late find this spring, again battled with senior teammate Alade, with Alade narrowly winning. The two some had both raced 11.90 a couple of weeks back with wind conditions unknown).
- 200m (wind legal)
1. Halima DeCree (Foothill, Bakersfield) 24.99, 2. Bo Alade (Foothill, Bak) 25.15, 3. Amy Cameron 25.49 (R-2) 1. Tiffany Bennett (Centennial, Bakersfield) 25.28. (interesting here, as frosh find DeCree nipped teammate rival Alade for the win. They do run second races in lane events in this meet, with this one a rare one where winner from Section II took one of three spots to State Meet).
- 400m
1. Michelle Boughton (Centennial, Baker) 57.02, 2. Lenore Harris (Wasco) 57.40, 3. Amber Newsome (Stockdale, Bakersfield) 57.47.
- 800m
1. Rachelle Loftus (Buchanan, Clovis) 2:16.70, 2. Emily Barrus (Clovis) 2:20.12, 3. Lupe Banuelos (Exeter) 2:21.45.
- 1600m
1. Tracy Cohn (Stockdale, Bak) 5:03.93, 2. Stephanie McCarty (Madera) 5:07.29, 3. Emily Lawson (Clovis West, Fresno) 5:12.00. (Cohn, 4:55.33 at Arcadia in April dominated here over

last lap, first half of good double).

3200m

1. Tracy Cohn (Stockdale, Bakersfield) 10:53.56, 2. Emily Lawson (Clovis West, Fresno) 10:59.73, 3. Stefanie McCarty (Madera) 11:18.00 (Cohn sat on Lawson, then kicked her down to complete good distance double)
- 100mH (+2.16)
1. Mandi Ruzicki (Tehachapi) 14.87w, 2. Dee Scott (South, Bak) 15.34, (R-1) (+1.72) 1. Lisa Ford (Buchanan, Clovis) 15.80
- 300mLH
1. Rachel Bauer (Buchanan, Clovis) 45.04, 2. Dee Scott (South, Bakersf) 45.66, 3. Mandy Ruzicki (Tehachapi) 45.68
- 4x100 Relay
1. Foothill (Bak) 48.17, 2. Lemoore 48.46, 3. South (Bak) 48.53, 4. Edison (Fresno) 49.05.
- 4x400 Relay
1. Stockdale 3:56.99, 2. Clovis West (Fresno) 3:58.10, 3. Buchanan (Clovis) 3:59.89.
- HJ
1. Nikki Avery (Lemoore) 5-6, 2. Erin Boothe (Buchanan, Clov) 5-03, 3. Joy Nelson (Clovis) 5-0.
- PV
1. Brooke Lankard (Golden West, Visalia) 11-06, 2. Allison Knode (Kingsburg) 11-6, 3. Allyson Crosby (Stockdale, Bak) 10-6, 4. Kyla Pavlina (Kingsburg) 10-6.
- LJ
1. Dee Scott (South, Bakersfield) 18-03w, 2. April Horne (Clovis West, Fresno) 17-05.5, 3. Tasha Thomas (Bakersfield) 17-04.25.
- TJ
1. Brittny Roberts (Bullard, Fresno) 37-0, 2. April Horne (Clovis West, Fresno) 35-09, 3. Suzanne Fagundes (Western, Tulare) 35-06.25.
- SP
1. Brandy Smith (Madera) 45-10, 2. April Burton (Bak) 43-04, 3. Rebekah Reynolds (Kings Christian) 42-06.5, 4. Robin Schwamb (Selma) 41-04. (one of meet's shockers, as senior Smith improved three feet to among the nation's top dozen throwers overall with this fine win 40-11, 42-6, 41-4, 45-10, 43-10, 42-1 series).
- DT
1. April Burton (Bakersfield) 163-05, 2. Cecilia Barnes-Milham (Clovis West, Fresno) 150-04, 3. Krissy Schellie (Sierra, Tollhouse) 136-08. (Burton 151-08, 163-05, and 156-00 all better than Barnes-Milham's best here).

▲Central Coast Section

May 29, 1997: San Jose, CA - from Bob Rush & Keith Conning, San Jose City College

Boys Results

SCORES FOR BOYS

- 1 Oak Grove High School 40, 2 Del Mar High School 393 No. Monterey Co. H.S. 38, 4 St. Ignace High School 35, 5 Silver Creek High School 28, 6 San Lorenzo Valley H.S. 20, 6 Los Altos High 20, 8 Leigh High School 18, 9 Gunn High School 17, 10 Gunderson High School 16, 11 Cupertino High School 14, 11 Wilcox High School 14, 11 North Salinas High Sch 14, 11

PREP RESULTS

Archbishop Riordan H.S. 142, 11 Serra High School 14, 16 Hollister High School 12, 17 Yerba Buena High School 11, 18 Piedmont Hills High Sch. 10, 18 Aptos High School 10, 18 Gilroy High School 10, 21 St. Francis High School 9, 22 El Camino High School 8, 22 Menlo-Atherton High School 8, 22 Fremont High School 8, 22 Bellarmine College Prep 8, 22 Palo Alto High School 8.

FINALS

Boys 4x100 Meter Relay

* C.C.S. Record: 41.54 Independence High School 1988

1 Gunderson High School 41.60
1 Tony Galaviz 12, 2) Nate Ellis, 3) Wes Morgan 11, 4) Laurent Harris 11
2 No. Monterey Co. H.S. 42.41
1) Willie Jones, 2) Chris Vivit 12, 3) Matt Talen, 4) David Gruhalva

3 Cupertino High School 42.54
1) Rhad Urbano 12, 2) Jeff Hesse 12, 3) Mike Whitaker, 4) David Jackson

4 Del Mar High School 42.57
5 St. Francis High School 42.67
6 North Salinas High Sch 42.70
Milpitas High School FS
Oak Grove High School DQ

Boys 1,600 Meter Run
* C.C.S. Record: 4:08.7h Stillman, Willow Glen 1977

1 Brendan Fitzgibbon, 12 St. Ignatius 4:13.00
2 Andrew Wolf, 12 Bellarmine 4:16.30
3 Brad Hansen, 12 St. Ignatius 4:18.38
4 Cuco Chavez, 11 Hollister 4:19.94
5 Joma DeWald, 11 Soquel 4:21.26
6 Nuru Abdella, 11 Cupertino 4:23.73
7 Andrew Hill, 10 Los Altos 4:25.90
8 Elijah Biliotta, 12 York 4:30.41
9 Peter Carter, 12 Los Gatos 4:37.76
10 Oscar Gonzalez, 11 Mt. Pleasant 4:41.09
11 Jason Huette, 12 North Salinas 4:41.87
12 Jose Acosta, 11 Piedmont Hills 4:47.52

Boys 110 Meter High Hurdles
* C.C.S. Record: 13.9h Montgomery, Independence 1983. W: -0.3

1 Arend Watkins, 12 Silver Creek 13.6h
2 Guy McGowan, 11 Leigh 14.1h
3 Tony Galaviz, 12 Gunderson 14.1h
4 Derek Seymour, 12 San Lorenzo Valley 14.4h
5 Thomas Hocker, 11 Silver Creek 14.8h
6 Rich Barbaria, 12 Serra 15.0h
7 John Tanforan, 12 St. Francis 15.1h
8 Brandon Orlando, 11 Gilroy 15.2h

Boys 400 Meter Run
* C.C.S. Record: 45.51 Green, Cubberley 1979

1 Ernesto Salinas, 11 Gilroy 48.18
2 Jelani Hogg, Archbishop Riordan 48.58
3 Brian Carson, 12 Gunn 48.64
4 Matt Stout, Mills 49.61
5 Matt Taylor, 12 No. Monterey Co. 49.71
6 Arthur Crockett, 10 Del Mar 50.34
7 Terence Robinson, 11 North Salinas 50.85
- Terry Wood, 12 Archbishop Riordan FS

Boys 100 Meter Dash
* C.C.S. Record: 10.42 Burroughs, Independence 1988. W: -0.2.

1 Chris Vivit, 12 No. Monterey Co. 10.5h
2 Kenny Slayton, 12 Oak Grove 10.7h
3 Aaron Bryant, 11 Wilcox 10.7h

4 Mike Nealy, 12 Yerba Buena 10.7h
5 Jeff Hesse, 12 Cupertino 10.7h
6 Perry Dorsey, 12 Monterey 10.7h
7 Hung Nguyen, 10 Silver Creek 11.0h
8 Arvin Wu, El Camino 11.0h

Boys 800 Meter Run

* C.C.S. Record: 1:50.7h Brown, Los Altos 1970
1 Brendan Fitzgibbon, 12 St. Ignatius 1:53.15
2 Jason Rudolph, 12 Palo Alto 1:54.11
3 Tamo Trujillo, 11 No. Monterey Co. 1:54.74
4 Jason Adkins, 12 Wilcox 1:54.77
5 D.J. Ozan, 10 Del Mar 1:56.46
6 Adam Tucker, 11 St. Francis 1:58.35
7 Clint Sapiro, 12 Salinas 1:59.31
8 Oscar Gonzalez, 11 Mt. Pleasant 2:12.51

Boys 300 Meter Int Hurdles

* C.C.S. Record: 36.60 Montgomery, Independence 1988

1 Guy McGowan, 11 Leigh High 38.34
2 Derek Seymour, 12 San Lorenzo Valley 39.02
3 Thomas Hocker, 11 Silver Creek 39.05
4 Jeff Pomo, 12 Palma 39.12
5 Efrain Carrasco, 12 Overfelt 40.13
6 Brian Carroll, 12 Saratoga 40.14
7 Chad Allen, 11 Saratoga 40.18
8 Brendan Hall, 12 St. Ignatius 41.10

Boys 200 Meter Dash
* C.C.S. Record: 20.9h Hampton, Silver Creek 1974. W: -1.0.

1 Kenny Slayton, 12 Oak Grove 21.53
2 Arvin Wu, El Camino 21.86
3 Hung Nguyen, 10 Silver Creek 22.04
4 Steve Harris, 12 Del Mar 22.16
5 Perry Dorsey, 12 Monterey 22.24
6 Jeff Hesse, 12 Cupertino 22.25
7 Michael Garvin, 12 North Salinas 22.59
8 Glen Stone, 11 Yerba Buena 22.86

Boys 3,200 Meter Run
* C.C.S. Record: 9:01.6h MacMillan, Gunn 1973

1 Gary Passanisi, 11 Aptos 9:21.44
2 Cuco Chavez, 11 Hollister 9:23.72
3 Adam Perez, 11 Serra 9:28.27
4 Neil McDonagh, 09 St. Ignatius 9:31.83
5 Mohammed Aboul, Westmoor 9:35.65
6 Dan McDonough, 11 Cupertino 9:36.73
7 Adam Boothe, 12 Pioneer 9:39.13
8 Brendan Wells, 11 St. Ignatius 9:51.82
9 Brian Cooke, Burlingame 9:51.84
10 Victor Cortez, 12 San Jose 9:58.27
11 Brian Harrington, 10 Del Mar 10:09.58
12 Brad Hansen, 12 St. Ignatius 10:17.19

Boys 4x400 Meter Relay
* C.C.S. Record: 3:15.8h Los Altos 1970

1 Gunn High School 3:18.65
1) Eric Hu, 2) Nick Chang, 3) Beau Williams, 4) Brian Carson 12
2 Del Mar High School 3:20.99
1) Arthur Crockett 10, 2) D.J. Ozan 10, 3) Coby Gillespie, 4) Steve Harris 12
3 St. Francis High School 3:21.19 6
1) John Tanforan 12, 2) Adam Tucker 11, 3) Tom Rees, 4) Spencer Elliott

4 Oak Grove High School 3:21.77
5 No. Monterey Co. H.S. 3:22.33
6 St. Ignatius High School 3:23.06
7 El Camino High School 3:27.34
- Archbishop Riordan H.S. DNF
Boys Long Jump

* C.C.S. Record: 25'03.25" Johnson, Pacific Grove 1964

1 Chris Lacy, 12 Oak Grove 22'10.75" -0.7
2 William Nero, Menlo-Atherton 22'04.50" 1.4
3 Donald Strickland, 11 Riordan 22'02.75" -0.2
4 Fred Jackson, 11 Wilcox 21'07.75" 3.4
5 Tyrone Ward, 11 Alisal 21'04.00" 0.8
6 Cortes Cagape, 11 Yerba Buena 21'02.75" -0.1
7 Steve Galtan, 10 Hollister 21'01.00" 0.6
- Michael Cordoba, 11 N Salinas FOUL NWI

Boys Triple Jump
* C.C.S. Record: 50'11.50" Rucker, Silver Creek 1986. NWI.

1 Michael Cordoba, 11 N Salinas 47'03.25"
2 Danny Douglas, 12 Fremont 45'11.25"
3 Glen Stone, 11 Yerba Buena 45'08.00"
4 Vincent Ibia, 10 Silver Creek 45'05.25"
5 Greg Fisher, 12 No. Monterey 45'03.00"
6 John Seol, 11 Salinas High School 43'09.75"
7 Tyrone Ward, 11 Alisal 42'10.75"
8 William Nero, Menlo-Atherton 41'03.75"

Boys Shot Put
* C.C.S. Record: 63'09.00" Brannen, Los Gatos 1964

1 Pete Bjorklund, 10 Los Altos 58'06.00"
2 Andre Carter, 12 Oak Grove 54'01.25"
3 Brock Torredal, Woodside 52'11.00"
4 Brandon Goldstein, 11 Piedmont Hills 51'11.50"
5 P.J. Uperesa, Jefferson H 50'09.00"
6 Brett Nichols, 11 King City 50'00.00"
7 Tim Snyder, 11 Gunn H 49'11.00"
8 Joe Wilford, 11 Palma 49'07.50"

Boys Discus Throw
* C.C.S. Record: 199'10.00" Wirtz, Leland 1988

1 Mike Foughl, 12 Del Mar 159'03.00"
2 Adam Sanborn, 12 San Lorenzo 158'03.00"
3 Brandon Goldstein, 11 Pied Hills 151'06.00"
4 Mike Donnelly, 12 St. Ignatius 148'07.00"
5 Albert Tulpakutu, San Mateo 143'04.00"
6 Brent Bower, 11 Gunn 140'09.00"
7 Pete Bjorklund, 10 Los Altos 136'10.50"

Boys High Jump
* C.C.S. Record: 7'03.00" Rogers, Overfelt 1985

1 Darren Marble, 11 Los Altos 6'10.00"
2 Ben Cook, 12 Carmel H 6'04.00"
2 John Darcey, 11 Serra 6'04.00"
4 Michael Cordoba, 11 North Salinas 6'02.00"
4 B. Auch, 12 Cupertino 6'02.00"
6 Bryan McQueen, 11 Harbor 6'02.00"
7 Adam Harris, 12 St. Ignatius 6'02.00"
8 Josh Lanole, 12 Aptos H 5'10.00"

Boys Pole Vault
* C.C.S. Record: 16'10.00" Slover, Leland 1983

1 Steve Harris, 12 Del Mar 15'06.00"
2 David Grijalva, 12 No. Mont. 15'06.00"
3 Robert Carbajal, Mt. Pleasant 14'06.00"
4 Forrest Wells, King City 14'00.00"
5 Theotis Daniels, 9 Gonzales 14'00.00"
6 Justin Nikbaksh-Tali, 11 Mitty 13'00.00"
- Conor Riley, 12 St. Francis NH
- Jason Lueck, 10 St. Ignatius NH

Girls Results

SCORES: 1 St. Ignatius High 36, 2 North Salinas High 34, 3 Gunn High School 32, 4 Menlo High School 31, 5 Piedmont Hills High 30, 6 Los Altos High 28, 7 Aptos High School 24, 8 Los Gatos High 23, 9 Fremont Christian

20, 10 Gonzales High 18, 10 Capuchino High 18, 12 Gilroy High School 16, 13 Notre Dame High 13, 13 Mitty High School 13, 15 St. Francis High 12, 16 Gunderson High 11, 17 Leland High School 10, 17 Mountain View High, 10, 17 Lincoln High 10, 17 No. Monterey Co. 10.

Girls 4x100 Meter Relay

* C.C.S. Record: 47.43 St. Francis 1988

1 Gunn High School 48.67
1) Jayna Lin, 2) Kate Graham, 3) Jackie McDewitt 12, 4) Monica Coleman 12

2 North Salinas 48.87
1) Laloya Rosario, 2) Sah Nee Roseby 9, 3) Nichole Tatum

3 St. Francis High School 48.91
1) Maureen Marquess 09, 2) Kerry Blaschke 10, 3) Sarah Clemm 11, 4) Michelle Steingart 12

4 Piedmont Hills High Sch 48.94
5 Milpitas High School 49.05
6 Mitty High School 49.26

7 Leland High School 50.06
8 No. Monterey Co. H.S. 50.1h

Girls 1,600 Meter Run
* C.C.S. Record: 4:48.7h Chapman, Gunderson 1986

1 Anne-Elyse Smith, 11 Aptos I 5:10.94
2 Katie Appenrod, 11 St. Ignatius 5:12.56
3 Jeanne Fishback, 12 Los Gatos 5:13.01
4 Serena DelaPlaza, 12 Westmont 5:18.33
5 Lauren Gustafson, Mills High School 5:19.19
6 April Khara, 10 Palo Alto High 5:21.00
7 Sharon Hepworth, 10 Pied Hills 5:26.51



Darren Marble
Photo by Bill Cockerham

PREP RESULTS

8 Annette Holmquist, 12 Santa Teresa 5:27.68
9 Kim Nebeker, 10 Milpitas High 5:27.97
10 Amy Briley, 10 No. Monterey Co. 5:28.51
- Lauren Miller, Los Altos High School DNF
- Johanna Wans, 12 Valley Christian DNF

Girls 100 Meter Low Hurdles
* C.C.S. Record: 14.14 Maxie, Mills '83 & Finnerty, Piedmont

H 1986, W: 0.6.
1 Damesha Craig, 12 Menlo High 14.65
2 Mandy Mazik, 12 Capuchino 14.71
3 Tamiela Allen, 12 North Salinas 14.81
4 Stephanie Downey, 12 Los Altos 15.20
5 Bethany Jones, 12 Notre Dame 15.42
6 Becca Saenz, 12 Los Altos High School 15.44
7 Kelley Watson, 11 Milpitas High School 15.45
8 Latoya Phillips, 9 Mitty High School 15.65

Girls 400 Meter Run

* C.C.S. Record: 53.92 Maxie, Mills 1982
1 Monica Coleman, 12 Gunn High 55.75
2 Kameelah Elarms, 12 Piedmont Hills 55.95
3 Maggie Vessey, 9 Monte Vista Chr. 56.05
4 Tracy Hess, 10 Lincoln 58.56
5 Erin Lapping, 10 St. Ignatius 58.78
6 T.J. Dickinson, 11 Burlingame 58.97
7 Dominique Haley, 10 Leland 59.12
8 Jazzmin Tucker, 11 Monterey 1:00.0h

Girls 100 Meter Dash

* C.C.S. Record: 11.92 Coleman, Carmont 1989, W: -0.2.
1 Damesha Craig, 12 Menlo High 11.6h
2 Sah Nee Roseby, 9 North Salinas 12.0h
3 Tenesha Webb, 10 Wilcox High School 12.1h
4 Tori Respass-Parso, 9 Stevenson HS 12.1h
5 Enjoli Smith, 12 Gilroy High School 12.3h
6 Jasmine Washington, 10 St. Ignatius 12.3h
7 Kerry Blaschke, 10 St. Francis 12.3h
- Kristie Ostojka, 11 Hollister High School NT

Girls 800 Meter Run

* C.C.S. Record: 2:04.0h Dowell, Santa Teresa 1986
1 Stephanie Chavez, 12 Los Gatos 2:12.2h
2 Colleen Wrenn, 11 Palo Alto 2:14.1h
3 Brianna Denley, 12 No. Monterey 2:15.5h
4 Katie Rigney, 12 Santa Catalina 2:16.1h
5 Lina Biber-Ferro, 11 Los Gatos 2:17.0h
6 Amy La Pine, 10 Los Gatos 2:19.0h
7 April Kihara, 10 Palo Alto 2:20.8h
8 Taylor Todd, 10 Hollister 2:23.4h

Girls 300 Meter Low Hurdles

* C.C.S. Record: 41.71 Ponder, Del Mar 1996
1 Mandy Mazik, 12 Capuchino 42.9h
2 Tamara Gulley, 9 Oak Grove 43.2h
3 Michelle Steingart, 12 St. Francis 43.8h
4 Carey Carver, 12 Harbor High 44.4h
5 Leanne Staten, 11 Leland 45.3h
6 Rometra Craig, 09 Menlo 45.4h
7 Stephanie Downey, 12 Los Altos 45.6h
8 Tenia Green, 9 Mitty 47.1h

Girls 200 Meter Dash

* C.C.S. Record: 23.9h Bolton, Andrew Hill 1978, W: -0.9.
1 Damesha Craig, 12 Menlo High School 23.93
2 Sah Nee Roseby, 9 North Salinas 24.58
3 Enjoli Smith, 12 Gilroy 24.98
4 Tori Respass-Parso, 9 Stevenson 24.99
5 Monica Coleman, 12 Gunn 25.34
6 Kristie Ostojka, 11 Hollister 25.56
7 Kerry Blaschke, 10 St. Francis 26.03

8 T.J. Dickinson, 11 Burlingame 26.32

Girls 3,200 Meter Run

* C.C.S. Record: 10:09.5h Shubert, Del Mar 1983
1 Marielle Schlueter, 12 St. Ignatius 10:58.8h
2 Anne-Elyse Smith, 11 Aptos 11:02.7h
3 Ana Lilia Martinez, 11 King City 11:05.9h
4 Nicole Portley, Aragon 11:15.0h
5 Celeste Dunlap, 09 Cupertino 11:20.4h
6 Chloe Glare, Menlo-Atherton 11:30.0h
7 Eileen Grove, 12 St. Ignatius 11:36.1h
8 Jeanne Fishback, 12 Los Gatos 11:39.6h
9 Sara Strand, 10 Everett Alvarez 11:40.4h
10 Rachel Wiseman, 12 Mt. Pleasant 11:45.0h
11 Katie Brizgys, 10 Palo Alto 11:56.7h
12 Johanna Wans, 12 Valley Christian 12:16.4h

Girls 4x400 Meter Relay

* C.C.S. Record: 3:50.33 St. Francis 1989
1 St. Ignatius High School 3:53.69
1) Erin Lapping 10, 2) Katie Appenrodt 11, 3) Erica Lipton, 4) Jasmine Washington 10
2 Leland High School 3:57.00
1) Jenn Leitner 12, 2) Dominique Haley 10, 3) Sonja Willis 12, 4) Leanne Staten 11
3 Mitty High School 3:57.68
1) Ashley Toews, 2) Tami Monson 12, 3) Sarah Smith, 4) Tenia Green 9
4 Los Gatos High School 3:58.81
5 North Salinas High Sch 4:02.00
6 Menlo-Atherton 4:04.72
7 Piedmont Hills 4:04.96
8 Los Altos High School 4:07.17

Girls Long Jump

* C.C.S. Record: 20'06.00" Ponder, Del Mar 1996
1 Christine Chan, 12 Mtn View 17'10.50" 0.6
2 Kameelah Elarms, 12 Piedmont 17'06.75" 0.0
3 Tracy Hess, 10 Lincoln 16'11.00" 0.1
4 Jessica Worl, 12 S Catalina 16'09.75" -0.5
5 Shawna Adkins, 11 Piedmont 16'09.00" 0.9
6 Tami Monson, 12 Mitty 16'02.50" 0.0
7 Becca Saenz, 12 Los Altos 16'01.75" -0.2

Girls Triple Jump

* C.C.S. Record: 40'02.00" Brown, Woodside 1983, NWL
1 Evelyn Shih, 12 Gunn High 37'05.25"
2 Shawna Adkins, 11 Piedmont 37'04.00"
3 Angela Anderson, 12 Aptos 36'07.00"
4 Nikki Gillott, 11 No. Monterey 36'05.75"
5 Sharon Nicks, 12 North Salinas 35'08.25"
6 Becca Saenz, 12 Los Altos High 35'07.00"
7 Taylor Todd, 10 Hollister High Scho 34'06.75"
8 Aryn Murray, 9 Live Oak High 34'01.25"

Girls Shot Put

* C.C.S. Record: 44'05.50" Etuale, Jefferson 1994
1 Amy Thiel, Fremont Christian 41'08.50"
2 Shanah Keyes, 12 Gilroy 39'01.00"
3 Jenn Santos, 11 Los Altos 38'06.00"
4 Casey Upesora, Jefferson 37'08.25"
5 Kristy Prasad, 11 Milpitas 36'07.00"
6 Sarah Roberts, 12 Live Oak 36'05.25"
7 Melissa Taylor, 11 Westmont 34'08.75"
8 Jonelle Guillen, 11 North Salinas 34'07.50"

Girls Discus Throw

* C.C.S. Record: 165'10.00" Tulua, Carmel 1996
1 Amy Thiel, Fremont Christian 141'01.25"
2 Jenn Santos, 11 Los Altos 118'05.25"

3 Sarah Roberts, 12 Live Oak 118'01.50"
4 Edie Lee, Burlingame 116'02.50"
5 Madolyn Orr, 12 Mitty 106'08.25"
6 Marie Walbeck, 11 Notre Dame 105'07.00"
7 Kirsti McElwain, 12 San Lor Valley 104'00.50"
8 Heather Hill, 11 Sacred Heart 86'08.75"

Girls High Jump

* C.C.S. Record: 5'09.50" Johnson, Menlo-Atherton 1990
1 Sandra Butler, 11 Gunderson 5'06.00"
2 Holly Demeter, 10 Los Altos 5'04.00"
3 Kim Stone, 10 York 5'04.00"
4 Loren Gualco, 12 Notre Dame 5'02.00"
5 Jenny Lee, 12 St. Ignatius 5'02.00"
6 Shatoya James, 10 Gunderson 5'00.00"
7 Danielle Dupree, 10 York 5'00.00"
8 Kristen Owen, 12 St. Francis 4'10.00"

Girls Pole Vault

* C.C.S. Record: 10'04.50" Badillo, Mt. Pleasant 1996
1 Vanessa Yebra, 11 Gonzales 10'06.00" *
2 Iran Serrano, 10 Gonzales 10'06.00" *
3 Kimberly Fox, 11 Notre Dame 9'06.00"
4 Lindsay Sam, 11 Mitty 9'00.00"
4 Christie Olsson, 11 St. Ignatius 9'00.00"
6 Karyn Lewis, 11 Hollister 9'00.00"
7 Lynda Tran, 11 Mt. Pleasant 8'06.00"
- Anna Furniss, 11 St. Ignatius High NH

North Coast Section

FINALS
Sat, 31 May 1997: Berkeley, CA

From: Keith Conning

DISCUS BOYS

BRIAN CHASE, 12 Carl Newman 167-06.0
ROCCI DORIA, 12 Amador Valley 160-09.0
SETH BARRETT, 12 Santa Rosa 153-11.0
MARCUS MATHENEY, 12 St. Bernard 152-11.0
MATT HENNESSEY, 11 Tamalpais 150-09.0
PAT FAY, 11 Northgate 147-03.0

LONG JUMP BOYS

DAN LITTLEFIELD, 10 SonVly 22-00.5 w: +0.00
DARRELL LEWIS, 12 Pittsb 22-00.5 w: -1.20
KIERAN COX, 12 Antioch 21-08.25 w: -1.00
MATT HUNT, 11 Fortuna 21-08.0 w: +1.20
CHRIS JANORAS, 12 Tenn 21-03.25 w: -1.20
JERRIOD MACK, 11 St. M 20-09.75 w: -2.50

POLE VAULT GIRLS

MARIA LOPEZ, 12 Newark Memorial 11-05.0
SHAIL PEC-CROUSE, 10 Santa Rosa 10-03.0
AMY BEI, 10 Montgomery 10-00.0
SOPHIE DONNELLY, 11 Sonoma Valley 9-06.0
ANN MARIE GUGLIEMO, 12 Novato 9-06.0
BETHANY WILSON, 12 Terra Linda 9-03.0
YVONNE LEE, 11 Washington 9-03.0
ERIN MANN, 10 San Ramon Valley 9-00.0
BECKY STUDEBAKER, 12 South Fork 9-00.0

LONG JUMP GIRLS

BETH JOHNSON, 11 Logan 17-00.75 w: +0.00
TRACIE BANKS, 12 Campo 17-00.25 w: +0.50
RAQUEL BREWER, 12 Berk 16-09.5 w: -4.10
MONTICUA SARGENT, 11 Log16-08.5 w: -1.90
SHANITA BRYANT, 9 Ygnado16-06.5 w: -0.80
MICHELLE BREWER, 12 Brk16-05.75 w: -0.60

DISCUS GIRLS

MELISSA REIS, 11 James Logan 149-10.0

ROSIE AIKENS, 10 St. Mary's College 128-01.0
DANA LAWSON, 12 Clayton Valley 127-06.0
TIA DE SOTO, 10 Montgomery 113-07.0
RACHAEL ROSEMEYER, 10 Camp 113-07.0
KATY SAVAGE, 11 Alameda 112-01.0

HIGH JUMP BOYS

SETH BARRETT, 12 Santa Rosa 6-08.0
DARRELL LEWIS, 12 Pittsburg 6-08.0
DAVID COLIN, 12 James Logan 6-04.0
STEVE CARPENTER, 10 Ygnacio Vly 6-04.0
KEVIN WEAVER, 10 McKinleyville 6-04.0
MARK TEMPEL, 11 Montgomery 6-02.0
ANTHONY TAYLOR, 12 S. F. University 6-00.0

SHOT PUT BOYS

BRIAN CHASE, 12 Cardinal Newman 58-07.5
JEREMY HOLT, 12 Tamalpais 55-07.75
ROCCI DORIA, 12 Amador Valley 52-04.5
MARCUS MATHENEY, 12 St. Bern 51-09.25
JAMES FABIAN, 12 Ygnacio Valley 50-01.0
ANDREW BALL, 12 Mt. Diablo 49-10.25

TRIPLE JUMP BOYS

JERRIOD MACK, 11 St. M 49-00.25 w: +2.1
JASON HUMPHREY, 12 O'Dowd 45-06.0
TAFARI WALSTON, 11 Logan 45-05.5 w: -1.90
DAMIAN MACKAY, 11 Logan 45-00.25 w: -1.70
HEINER HILBERT, 12 Piner 44-01.25 w: +0.60
CHAD FRAZIER, 12 Lib U 44-00.75 w: -2.20

POLE VAULT BOYS

TRENT NAHAS, 12 Monte Vista 14-06.0
JACOB HAYES, 12 Fortuna 14-00.0
BRANDON BRAUNSTEIN, 10 Newark 14-00.0
RYAN TACHERIA, 11 San Ramon 13-06.0
BEN FOSTER, 11 Amador Valley 13-06.0
RICH WISE, 12 Dublin 13-06.0
CONNOR SWEGLE, 11 De La Salle 13-00.0
LEE MCDOLE, 11 De La Salle 12-06.0
JOHN STOVALL, 11 Washington 12-06.0

SHOT PUT GIRLS

THERESA HAHN, 11 Granada 40-04.25
MELISSA REIS, 11 James Logan 40-02.0
F. MATRANGA, 11 Healdsburg 39-08.25
JULIE HOWARD, 11 Ukiah 37-06.5
ERICA CHEW, 11 Monte Vista 37-01.0
ROSIE AIKENS, 10 St. Mary's 36-03.0

HIGH JUMP GIRLS

SPRING HARRIS, 10 St. Mary's 5-05.0
NICOLE BRANAGH, 12 Miramonte 5-05.0
JOANNA PARKER, 9 Northgate 5-03.0
KIBIBI BODDEN, 12 Logan 5-03.0
JESSICA WRIGHT, 12 Rancho Cotate 5-02.0
SAMANTHA SMITH, 12 Monte Vista 5-00.0
JENNY EGGERS, 12 Carondelet 5-00.0
ROSE CLARK, 12 Granada 5-00.0
SKYE VENDT PEARCE, 9 Sonoma 4-10.0

TRIPLE JUMP GIRLS

BETH JOHNSON, 11 Logan 36-08.5 w: +1.40
JAMARA SMITH, 10 Logan 36-08.25 w: +1.30
NICOLE BRANAGH, 12 Mira36-07.25 w: +2.00
BRIONNE DAWSON, 11 Car 35-01.0 w: +1.60
RAQUEL BREWER, 12 Berk 35-00.25 w: +1.30
SHANITA BRYANT, 9 YgValley34-08.0 w: -0.70
400 METER RELAY GIRLS
James Logan High School 46.55
(JAMARA SMITH, CARLA ESTES, NATASHA NEAL, ADRENA WILLIAMS)
Endral High School 46.94
(SHARITA REED, SENEIK SAAVEDRA, MARSHAYLA SHAW, EBONY KIRTON)

PREP RESULTS

Bishop O'Dowd High School (OLA ADENJI, VENUS JAMES, ELAINE MAES, ERIN DANGERFIELD)	48.40
Mission San Jose High Sch	48.43
Santa Rosa High School	49.54
Pittsburg High School	49.62
Eureka High School	49.76
Benicia High School	49.7
400 METER RELAY BOYS	
James Logan High School (JASON PEASE, SHAUN ROSS, MINH NGUYEN, ROY WILLIAMS)	42.45
St. Mary's College H.S. (RICH NERO, JAFAR WILLIAMS, PAKI GORDON, DEVIN PORCHE-WEST)	42.86
California High School (LORENZO KING, WILL DOWNER, JAY JONES, RICCO BROWN)	43.07
San Ramon Valley High Sch.	43.35
Redwood High School	43.61
Santa Rosa High School	43.64
Moreau Catholic High Sch.	44.0
1600 METER RUN GIRLS	
JULIA STAMPS, 12 Santa Rosa	4:42.79
KRISTIN GORDON, 12 Carondelet	4:53.90
KATIE HOTCHKISS, 12 Mission SJ	4:57.05
KELLEY HOWISEY, 12 Clayton Vly	4:57.08
KERSTI MILLER, 11 Miramonte	5:00.84
MEGHAN ANDRADE, 10 Carondelet	5:06.04
KATY BERKES, 11 Campolindo	5:07.00
TIFFANY HANSEN, 12 Redwood	5:13.67
1600 METER RUN BOYS	
JON STEVENS, 11 Mission San Jose	4:18.26
TOM PRINDIVILLE, 12 De La Salle	4:20.65
ALEX SANCHEZ, 12 De La Salle	4:20.98
SCOTT McDONALD, 11 Logan	4:27.85
RYAN MACK, 10 Ukiah	4:29.83
CRAIG LEE, 11 College Park	4:30.33
JEREMY TAUT, 10 Eureka	4:35.7
PETER BARIA, 12 Castro Valley	4:39.5
100 METER HI HURDLES GIRLS	
DAVEETTA SHEPARD, 12 De Anza w. -1.86	13.80
NATASHA NEAL, 11 James Logan	13.94
CARRIE MCGRAW, 11 Miss San Jose	14.83
KATIE SCHUCKLE, 12 Santa Rosa	14.85
VENUS JAMES, 12 Bishop O'Dowd	15.19
BECCA FONG, 9 Mission San Jose	15.94
KIBIBI BODDEN, 12 James Logan	15.98
NAILAH LUGENT, 11 James Logan	16.7
110 METER HI HURDLES BOYS	
RICH NERO, 11 St. Mary's	14.66 w. -0.56
DONTE JOSEPH, 12 Pinole Valley	14.82
JASON ANDREWS, 12 Rancho Cotale	15.07
CHARLES AMEY, 11 James Logan	15.13
JESSE HESS, 12 Tamalpais	15.19
JASON PEASE, 12 James Logan	15.48
KEVIN ERNST, 11 Las Lomas	15.8
KEVIN MACKIE, 11 Northgate	16.1
400 METER DASH GIRLS	
AISHA MARGAIN, 9 San Lorenzo	54.60
SENEIK SAAVEDRA, 12 Endinal	54.89
ROSE CRISS, 12 Anady	55.12
BRANDEE GRANT, 12 Holy Names	55.18
DENISE CUTHBERT, 10 Newark	57.89
COLLEEN FITZGERALD, 11 ColiPark	58.29
DEVORAH HARRIS, 10 Montgomery	58.99
ASHLI TINGLE, 10 Castro Valley	59.06
400 METER DASH BOYS	

WILL DOWNER, 12 California	48.50
JAFAR WILLIAMS, 11 St. Mary's	48.58
SHANE SANDERS, 12 Cardinal	49.69
DAN SCHUMANN, 12 Cardinal New	49.82
JAMES DADZIE, 12 Newark Memorial	49.90
CHANDLER WHITE, 11 St. Mary's	50.08
SHAUN ROSS, 12 James Logan	50.29
TONY MORALAS, 10 Benicia	51.22
100 METER DASH GIRLS	
ANITA McCALLUM, 10 San Lor	12.01 w. +0.62
ADRENA WILLIAMS, 9 James Logan	12.07
JAMARA SMITH, 10 James Logan	12.29
TRACIE BANKS, 12 Campolindo	12.54
BENECIA NEWHOUSE, 12 Benicia	12.63
DAWN MANN, 12 El Molino	12.5
CRYSTAL SCHYADRE, 10 Terra Linda	12.7
TAMARA EASLEY, 12 Pittsburg	12.9
100 METER DASH BOYS	
ATARI CALLEN, 10 De La Salle	10.96 w. -0.84
TIM STEVENS, 11 San Ramon Valley	11.07
TRAMELL PRE, 12 Mt. Diablo	11.13
ANTWON CHISHOLM, 11 Santa Rosa	11.16
CORNELL COLEMAN, 10 James Logan	11.24
PAKI GORDON, 10 St. Mary's College	11.26
DARIN CARTER, 12 Santa Rosa	11.30
MINH NGUYEN, 10 James Logan	11.44
800 METER RUN GIRLS	
MONICA VAN WEGEN, 12 Amad/Vly	2:11.87
DANIELLE PRICE, 11 Logan H	2:12.99
KATIE BERNARDING, 12 Sir F Drake	2:13.45
JENNIFER BRIDGEMAN, 12 Logan	2:13.55
AMANDA NECOEACHA, 11 Miss SJ	2:19.00
KELLEY HOWISEY, 12 Clayton Vly	2:20.00
KELLY PIATANESI, 11 Carondelet	2:20.32
JESSICA MARR, 10 Hayward	2:21.09
800 METER RUN BOYS	
JON STEVENS, 11 Mission S Jose	1:53.57
DREW OSTLER, 12 Mission S Jose	1:54.15
JEFF GEORGE, 12 De La Salle	1:55.36
TROY SMITH, 11 California	1:55.98
JAKE BOUEY, 12 Bishop O'Dowd	1:56.92
COJI WATANABE, 12 Piedmont	1:57.39
RYAN PRESTON, 11 Moreau Cath	1:57.62
MATT CLICK, 12 De La Salle	1:57.88
300 METER LOW HURDLE GIRLS	
NATASHA NEAL, 11 James Logan	41.23
DAVEETTA SHEPARD, 12 De Anza	42.37
CARRIE MCGRAW, 11 Mission S Jose	43.98
CAROLYN KING, 11 Carondelet	44.50
EBONY KIRTON, 10 Endinal	44.72
MELISSA GUANELLA, 12 Santa Rosa	45.8
VENUS JAMES, 12 Bishop O'Dowd	45.8
KATIE SCHUCKLE, 12 Santa Rosa	49.9
300 METER INT. HURD. BOYS	
JASON ANDREWS, 12 Rancho Cotale	38.64
RICH NERO, 11 St. Mary's College	38.78
MARLON BEAVER, 11 Newark Mem	38.96
KEVIN MACKIE, 11 Northgate	39.69
JESSE HESS, 12 Tamalpais	39.71
JERRY STEPAN, 11 Mission San Jose	40.72
BRUCE GIRON, 10 Monte Vista	40.6
JEFF McKEOWN, 11 Clayton Valley	40.8
200 METER DASH GIRLS	
AISHA MARGAIN, 9 San Lor	24.58 w. -3.40
ADRENA WILLIAMS, 9 James Logan	24.90
SHARITA REED, 11 Endinal	25.39
BRANDEE GRANT, 12 Holy Names	25.39
BENECIA NEWHOUSE, 12 Benicia	25.57

ROSE CRISS, 12 Anady	25.80
KATIE NASH, 11 Carondelet	26.26
200 METER DASH BOYS	
JAFAR WILLIAMS, 11 St. M	22.12 w. +1.82
ANTWON CHISHOLM, 11 Santa Rosa	22.13
DAVE NEWTON, 12 San Ramon Valley	22.19
SHAUN ROSS, 12 James Logan	22.33
WILL DOWNER, 12 California HS	22.61
DEVIN PORCHE-WEST, 11 St. M	22.78
TYREE DAVIS, 12 Pittsburg High	22.81
CORNELL COLEMAN, 10 Logan	22.93
3200 METER RUN GIRLS	
JULIA STAMPS, 12 Santa Rosa	10:19.50
KRISTIN GORDON, 12 Carondelet	10:20.91
TRINA COX, 10 Santa Ros	10:38.24
LISA GILLIS, 11 Moreau Catholic	11:08.34
MEGHAN ANDRADE, 10 Carond	11:12.64
AMY LOPER-RILEY, 9 Alhambra	11:15.88
KIRSTIN ODEGAARD, 11 Benicia	11:20.23
DEBORAH OSTEEN, 12 Clayton V	11:20.31
3NICOLE LA FRENIERE, 12 CGR	11:20.33
HEATHER GIBSON, 11 Piedmont	11:32.69
KATIE MARTIN, 10 Irvington	11:37.96
JULIE FISCHER, 9 Granada High	11:40.60
JULIE LENINGER, 11 Clayton Valley	11:52.5
ANN GLENN, 10 Sir Francis Drake	11:55.2
INGRID ELIAS, 11 Piedmont High	11:56.8
3200 METER RUN BOYS	
DAVE RODRIGUEZ, 12 Miss S Jose	9:19.28
TIM LAYDEN, 11 De La Salle	9:33.20
DAVID VIGIL, 10 College Park	9:34.58
CHAD FOSTER, 12 James Logan	9:35.39
NATHAN MARTIN, 11 Livermore	9:36.83
JAMES NIELSEN, 12 San Marin	9:41.29
TODD HUNT, 12 Novato	9:42.30
RICK RILEY, 12 Alhambra	9:44.04
CARL MOREN, 11 Piedmont	9:46.17
MAX HANLIN, 11 S. F. University	9:47.85
BRIAN ENGLETON, 11 De La Salle	9:50.17
SEAN KENADY, 12 De La Salle	9:50.80
BRIAN HENSTORF, 12 Amador Vly	9:51.68
ENRIQUE HENRIQUEZ, 12 SanLeans	9:55.30
C. RODRIGUEZ, 10 Elsie Allen	9:59.4
1600 METER RELAY GIRLS	
Endinal High School	3:49.27
(EBONY KIRTON, SHARITA REED, MICHELLE ARMSTRONG, SENEIK SAAVEDRA)	
James Logan High School	3:51.00
(CARLA ESTES, NATASHA NEAL, JENNIFER BRIDGEMAN, DANIELLE PRICE)	
Mission San Jose High Sch	3:51.75
(KATIE HOTCHKISS, STEPHANIE SMITH, CARRIE MCGRAW, LISA O'CONNER)	
Carondelet High School	3:55.90
Berkeley High School	3:59.18
St. Mary's College H.S	4:01.10
Bishop O'Dowd High School	4:01.90
Castro Valley High School	4:09.56
1600 METER RELAY BOYS	
St. Mary's College H.S	3:19.69
(KIMANI LOVAN, JAFAR WILLIAMS, DEVIN PORCHE-WEST, CHANDLER WHITE)	
California High School	3:22.69
(RICCO BROWN, WILL DOWNER, TROY SMITH, CURTIS COGDILL)	
Campolindo High School	3:22.90
(JARED BANKS, KEVIN ROTH, DUNCAN HAU, MATT BRIGGS)	
Cardinal Newman High Sch.	3:23.54

Novato High School	3:25.69
San Marin High School	3:26.83
De La Salle High School	3:28.79

▲ Sac-Joaquin Section

5/28/97, Wilson Track, UC Davis. From Walt Lange.

BOYS FINAL RESULTS

100m

1. WILSON (Grace Davis (D-II)) 10.87 w. -1.41;
2. HUNTER (Vacaville (D-II)) 10.89; 3. TAYLOR (Vacaville (D-II)) 11.00; 4. THAMES (Cordova (D-II)) 11.04; 5. BUTLER (Stagg (D-II)) 11.07; 6. COTTENGIN (Elk Grove (D-II)) 11.08; 7. KENNEDY (Foothill (D-II)) 8. WILLIAMS (Cordova (D-II)) 11.17;

200m

1. HUNTER (Vacaville (D-II)) 21.83 w. -1.96;
2. LEVINE (Golden Valley (D-II)) 21.93; 3. FIELDS (Stagg (D-II)) 21.93; 4. COTTENGIN (Elk Grove (D-II)) 22.22; 5. KENYON (Del Campo (D-II)) 22.30; 6. BROWN (Will C. Wood (D-II)) 22.57; 7. NAEGELE (Del Oro (D-II)) 22.65; 8. TAYLOR (Vacaville (D-II)) 22.88;

400m

1. LEVINE (Golden Valley (D-II)) 46.63; 2. BERRIAN (Athwater (D-II)) 47.16; 3. KENYON (Del Campo (D-II)) 47.38; 4. FIELDS (Stagg (D-II)) 49.54; 5. MAHAN (Stagg (D-II)) 49.70; 6. JOHNSON (Vanden (D-II)) 49.79; 7. NAEGELE (Del Oro (D-II)) 50.04; THOMSON (Sonora (D-II)) NO MARK;

800m

1. LEVINE (Golden Valley (D-II)) 1:51.47 (meet record); 2. CARROLL (Merced (D-II)) 1:54.47; 3. PLEMONS (Oakmont (D-II)) 1:54.87; 4. JEFFREY (Rocklin (D-III)) 1:55.07; 5. MAGAHEY (Woodland (D-II)) 1:55.44; 6. COOPER (Dixon (D-IV)) 1:56.70; 7. RIOS (Colfax (D-IV)) 1:59.92; 8. SCHWETZER (Casa Roble (D-II)) 2:01.29;

1600m

1. CHAMBERLIN (Oak Ridge (D-II)) 4:18.21;
2. ALTIERI (Jesuit (D-II)) 4:18.37; 3. DICHOSO (Downey (D-II)) 4:18.45; 4. FARLEY (Del Campo (D-II)) 4:18.81; 5. HOGAN (Downey (D-II)) 4:20.65; 6. COOPER (Dixon (D-IV)) 4:22.32;
7. MENCARINI (Florin (D-II)) 4:23.30; 8. HABEKOSS (Nevada Union (D-II)) 4:23.67; 9. DEWITT (Jesuit (D-II)) 4:23.67; 10. WALKER (Woodland (D-II)) 4:24.54; 11. DUNDAS (Tracy (D-II)) 4:26.76; 12. JEFFREY (Rocklin (D-III)) 4:28.16; 13. RODDY (Maricopa (D-III)) 4:29.15;
14. MILLER (Ponderosa (D-II)) 4:32.28; 15. YELPAALA (Jesuit (D-II)) 4:33.04; 16. MARZOLF (Lodi (D-II)) 4:38.19; 17. STONE (Lincoln-Stoddton (D-II)) 4:41.43; FARLEY (San Juan (D-III)) NO MARK;

3200m

1. CREASY (Nevada Union (D-II)) 9:19.99; 2. WILLINGHAM (East Union (D-III)) 9:20.18; 3. MIRAMONTE (Golden Valley (D-II)) 9:20.30; 4. FLEMING (Roseville (D-III)) 9:32.90; 5. WELSH (Jesuit (D-II)) 9:37.59; 6. WOOD (Nevada Union (D-II)) 9:41.92; 7. ULIBARRI (Sierra (D-III)) 9:44.70; 8. DOUGHERTY (Davis (D-II)) 9:48.16; 9. HASSAN (Nevada Union (D-II))

PREP RESULTS

9:49.10; 10. RIEMER (Elk Grove (D-II)) 9:50.31; 11. FIGUEROA (Johansen (D-I)) 9:54.01; 12. PIRINI (Oak Ridge (D-II)) 9:56.18; 15. CARVAHLO (Modesto (D-I)) 9:58.20; 14. KAMPPILA (El Dorado (D-II)) 10:03.73; 15. ALTIERI (Jesuit (D-II)) 10:03.94; 16. DEWITT (Jesuit (D-II)) 10:04.99; 17. RODRIGUEZ (Golden Valley (D-II)) 10:09.70; 18. MENCARINI (Florin (D-I)) 10:23.17; 110Hm

1. FRANKS (Jesuit (D-II)) 14.57 w. -0.2; 2. FRAZIER (Hogan (D-I)) 14.57; 3. KNOWLES (Fairfield (D-I)) 14.71; 4. RASMUSSEN (Johansen (D-I)) 14.72; 5. VAUGHN (Elk Grove (D-II)) 15.14; 6. CRITTENDEN (Hilmar (D-I)) 15.16; 7. DYER (Lindhurst (D-II)) 15.23; 8. ARCEO (St. Mary's (D-IV)) 16.04; 300m IH

1. KNOWLES (Fairfield (D-I)) 38.88; 2. VAUGHN (Elk Grove (D-II)) 39.50; 3. BATES (Del Oro (D-III)) 39.59; 4. HALL (Los Banos (D-III)) 39.62; 5. RASMUSSEN (Johansen (D-I)) 39.68; 6. MONTGOMERY (Laguna Creek (D-II)) 39.71; 7. GAMBLES (Armijo (D-I)) 41.34; 8. FRAZIER (Hogan (D-I)) 41.86; 4x100m Relay

1. (Stagg (D-I)) 41.41; 2. (Atwater (D-I)) 42.26; 3. (Grant (D-II)) 42.32; 4. (Sierra (D-III)) 42.50; 5. (Will C. Wood (D-II)) 42.69; 6. (Fairfield (D-I)) 43.10; 7. (Franklin (D-I)) 43.17; 8. (Del Campo (D-II)) 43.25; 4x400m Relay

1. (Stagg (D-I)) 3:16.08; 2. (Golden Valley (D-II)) 3:16.51; 3. (Fairfield (D-I)) 3:19.14; 4. (Vallejo (D-I)) 3:21.37; 5. (Atwater (D-I)) 3:22.31; 6. (Lincoln-Stoddon (D-I)) 3:22.71; 7. (Sierra (D-III)) 3:23.12; 8. (Del Campo (D-II)) 3:27.71; High Jump

1. FEILBACH (Bear Creek (D-II)) 6-10.0; 2. OSBY (Cordova (D-I)) 6-08.0; 3. WOODS (Tokay (D-I)) 6-06.0; 4. TODD (Del Oro (D-III)) 6-04.0; 5. AUGUSTINE (Yuba City (D-I)) 6-04.0; 6. CUMMINGS (Laguna Creek (D-II)) 6-04.0; 7. HOUSTON (Ceres (D-II)) 6-02.0; 8. DELGRECO (Del Oro (D-III)) 6-02.0; Pole Vault

1. GRITZ (Bear Creek (D-II)) 16-06.0; 2. DIETCHMAN (Ponderosa (D-II)) 14-09.0; 3. PHOEUN (Bear Creek (D-II)) 14-03.0; 4. TAFT (Bella Vista (D-III)) 14-03.0; 5. MYERS (Jesuit (D-II)) 14-03.0; 6. BEWSEY (Ponderosa (D-II)) 14-03.0; 7. DELURY (Oakmont (D-II)) 13-09.0; 8. LUM (Sierra (D-III)) 13-03.0; Long Jump

1. BROWN (Will C. Wood (D-II)) 23-07.75 (22'10.75, 23'7.75, F, 22'1.25, 22'4.5, P); 2. PEARSON (Stagg (D-I)) 21-06.0; 3. COLSON (Center (D-III)) 23-04.75; 4. STALLWORTH (Grant (D-II)) 21-04.0; 5. PRECIADO (Stagg (D-I)) 22-09.5; 6. OSBY (Cordova (D-I)) 22-03.25; 7. HICKS (Christian Brothers (D-IV)) 22-02.75; 8. KNOWLES (Fairfield (D-I)) 22-02.5; 9. BLANCHARD, N. (Del Oro (D-III)) 22-01.75; 10. FOSTER (Maritaca (D-III)) 22-01.0; Triple Jump

1. COLSON (Center (D-III)) 51-03.0 (48-

5.5, 49-5, 49-5.75, 49-11.5, 50-7, 51-3); 2. JOHNSON (Vander (D-III)) 47-05.5; 3. AUGUSTINE (Yuba City (D-I)) 47-03.75; 4. WASHINGTON (Stagg (D-I)) 46-06.75; 5. PRECIADO (Stagg (D-I)) 46-05.25; 6. FRAZIER (Hogan (D-I)) 46-04.25; 7. TODD (Del Oro (D-III)) 45-10.0; 8. MCKINNEY (Modesto (D-I)) 44-11.5; 9. FRANKLIN (Hogan (D-I)) 43-03.0; 10. TALLEY (Yuba City (D-I)) 43-00.25; Shot Put

1. BADOVINAC (Jesuit (D-II)) 59-07.5 (56'7.5, 59'7.5, F, 57'0.75, F, 57'0); 2. PRICE (Atwater (D-I)) 54-02.0; 3. MACKAY (Central Catholic (D-IV)) 54-00.5; 4. HILL (Vacaville (D-II)) 53-10.0; 5. DICKEY (Atwater (D-I)) 53-07.5; 6. WATSON (Beyer (D-I)) 52-04.5; 7. EVANS (Lincoln-Stoddon (D-I)) 52-02.75; PAYNE (Fairfield (D-I)) NO MARK; Discus

1. BADOVINAC (Jesuit (D-II)) 187-04.0 (175-9, 159-7, 167-5, F, 166-0, 187-4); 2. MACKAY (Central Catholic (D-IV)) 162-08.0; 3. MURDOCK (Golden Valley (D-II)) 159-11.0; 4. LAMOURE (Modesto (D-I)) 151-07.0; 5. WITTINGTON (Vallejo (D-I)) 151-01.0; 6. HALE (Bella Vista (D-II)) 146-07.0; 7. RASMUSSEN (Napa (D-II)) 141-05.0; 8. BUONAURO (Oak Ridge (D-II)) 135-05.0; Boys Team Scores 1. Stagg 50, 2. Golden Valley 48, 3. Jesuit 43, 4. Atwater 28, 5. Vacaville 28, 6. Bear Creek 26, 7. Fairfield 23, 8. Center 16, 9. Elk Grove 15, 10. Central Catholic 14.

Girls May 28, 1997: Wilson Track, Uc Davis, Ca From: Walt Lange Team Scores: 1. Valley 62, 2. Laguna Creek 30 1/3, 3. Lincoln-Stoddon 30, 4. St. Mary's 23 1/3, 5. Turlock & Tracy 22, 7. Vallejo 20, 8. Armijo 17, 9. Bear Creek 16, 10. Vacaville 15.

100 Meters 1. Holman (Valley (D-I)) 12.05 W: -1.90 2. Williams (Armijo (D-I)) 12.24 3. Totimeh (Valley (D-I)) 12.31 4. Tressler (Beyer (D-I)) 12.39 5. Martin (Valley (D-I)) 12.65 6. Smedley (Lincoln-Stoddon (D-I)) 12.68 7. Trapani (Oak Ridge (D-II)) 12.79 8. Bush (Lindhurst (D-III)) 12.92 200 Meters

1. Holman (Valley (D-I)) 25.10 W: -3.08 2. Williams (Armijo (D-I)) 25.32 3. Totimeh (Valley (D-I)) 25.40 4. Smedley (Lincoln-Stoddon (D-I)) 25.97 5. Santucci (Oakdale (D-III)) 26.26 6. Bush (Lindhurst (D-III)) 26.64 7. Franklin (Turlock (D-I)) 26.81 Bell (Will C. Wood (D-II)) No Mark 400 Meters

1. Jarvis (St. Francis (D-II)) 56.42 2. Santucci (Oakdale (D-III)) 56.46 3. Dwelly (Sacramento Waldorf (D-IV)) 58.38 4. Johnson (Nevada Union (D-I)) 58.53 5. Goss (Laguna Creek (D-II)) 58.97; 6. Miller (Kennedy (D-I)) 59.28 6 ? 7. James (Vallejo (D-I)) 1:00.69; Franklin

(Turlock (D-I)) No Mark 800 Meters 1. Hyatt (Placer (D-II)) 2:10.92 2. Miller (Modesto (D-I)) 2:14.11 3. Stief (Escalon (D-IV)) 2:16.8 4. Sugillan (Lincoln-Stoddon (D-I)) 2:19.70 5. Riley (Central Catholic (D-IV)) 2:20.75 6. Franco (Napa (D-FI)) 2:21.21 7. Dawson (Vallejo (D-I)) 2:21.47 8. Niels (Loretto (D-IV)) 2:24.45 1600 Meters

1. Dawson (Vallejo (D-I)) 5:04.71 2. Gunnison (Modality (D-2)) 5:07.20 3. Redshaw (Foothill (D-3)) 5:08.59 4. Nicolas (Lincoln-Stoddon (D-I)) 5:12.71 5. Starkey (Del Oro (D-3)) 5:15.22 6. Guerrero (Hughson (D-4)) 5:15.91 7. Clark (Vacaville (D-2)) 5:16.62 8. Fee (Placer (D-2)) 5:17.58 9. Peterson (Lagunacreek (D-2)) 5:18.68 10. Smith (Del Campo (D-2)) 5:24.88 3200 Meters

1. Leibig (Kennedy (D-I)) 10:46.95 2. Schindler (Ponderosa (D-II)) 11:01.40 3. Leinelder (Escalon (D-IV)) 11:16.85 4. Gorin (Golden Sierra (D-IV)) 11:24.01 5. Wade (Rocklin (D-III)) 11:26.97 6. Wong (Bella Vista (D-II)) 11:27.98 7. Witt (Folsom (D-II)) 11:28.21 8. Gunnison (Modality (D-I)) 11:32.24 9. Yonan (Beyer (D-I)) 11:32.62 10. Shannon (Davis (D-I)) 11:34.44 100m Hurdles

1. O'Reilly (St. Mary's (D-IV)) 14.52 W: -0.94 2. Tate (Turlock (D-I)) 14.77 3. Hollister (Turlock (D-I)) 15.33 4. White (Tracy (D-III)) 15.35 5. Dansby (Yuba City (D-I)) 15.39 6. Johnson, S. (Bret Harle (D-IV)) 15.88 7. Collins (Del Campo (D-II)) 16.06 8. Edwards (Hogan (D-I)) 16.15 300 Low Hurdles

1. O'Reilly (St. Mary's (D-IV)) 43.60 2. Tate (Turlock (D-I)) 44.66 3. Brown (Woodland (D-I)) 45.37 4. Moore (Will C. Wood (D-II)) 46.04 5. Ferguson (Dixon (D-IV)) 46.50 6. Millhollen (Del Oro (D-III)) 46.79 7. Alabanza (Modesta (D-I)) 46.83 8. Hollister (Turlock (D-I)) 49.40 4x100 Relay

1. (Valley (D-I)) 47.21 2. (Lincoln-Stoddon (D-I)) 49.55 3. (Hogan (D-I)) 49.98 4. (Oak Ridge (D-II)) 50.27 5. (Kennedy (D-I)) 50.46 6. (Armijo (D-I)) 50.71 7. (Ponderosa (D-II)) 50.81 8. (Edison (D-I)) 53.26 Valley Ties Meet Record Set in 1995 4x400 Relay

1. (Vallejo (D-I)) 3:55.61 2. (Valley (D-I)) 3:57.61 3. (Laguna Creek (D-II)) 3:58.15 4. (Nevada Union (D-I)) 4:01.53 5. (Beyer (D-I)) 4:02.61 6. (Lincoln-Stoddon (D-I)) 4:02.70

7. (Kennedy (D-I)) 4:03.07 (Will C. Wood (D-II)) No Mark High Jump 1. Hawkins (Tracy (D-III)) 5-05.0 2. Harris (St. Helena (D-IV)) 5-04.0 3. Ruff, J. (Ponderosa (D-II)) 5-02.0 4. Almy (Hughson (D-IV)) 5-00.0 4. Miller (St. Mary's (D-IV)) 5-00.0 4. Sims (Lagunacreek (D-II)) 5-00.0 7. Maves (Nevada Union (D-I)) 5-00.0 8. Moscovid (St. Mary's (D-IV)) 4-10.0 Pole Vault

1. Kitto (Bear Creek (D-II)) 10-06.0 2. Barnett (Downey (D-II)) 10-03.0 3. Wells (Bear Creek (D-II)) 10-00.0 4. Bell (East Union (D-III)) 10-00.0 5. Paulsen (Woodland (D-I)) 10-00.0 6. Epperly (Nevada Union (D-I)) 9-06.0 7. Koplin (Los Banos (D-III)) 9-00.0 8. Muzzio (Fairfield (D-I)) 9-00.0; Nev Meet Record For Kitto Long Jump

1. Martin (Valley (D-I)) 18-00.25 2. Jones (Oakmont (D-II)) 18-00.25 3. Noa (Grant (D-II)) 17-11.5 4. Griffith (Vacaville (D-II)) 17-11.5 5. Hawkins (Tracy (D-III)) 17-07.25 6. Laith (Placer (D-II)) 17-04.5 7. Trapani (Oak Ridge (D-II)) 17-03.5 8. Ruff, J. (Ponderosa (D-II)) 17-01.25 9. Desoto (Ripon (D-IV)) 16-10.5 10. Cummings (Florin (D-I)) 16-09.5 Triple Jump

1. Griffith (Vacaville (D-II)) 38-01.25 2. Doty (Merced (D-I)) 37-08.75 3. Hawkins (Tracy (D-III)) 37-06.75 4. Bush (Lindhurst (D-III)) 37-02.75 5. Harris (Merced (D-I)) 36-05.0 6. Moscovid (St. Mary's (D-IV)) 36-03.5 7. Cummings (Florin (D-I)) 35-02.5 8. Ruff, J. (Ponderosa (D-II)) 35-01.0 9. Woa (Grant (D-II)) 35-00.5 10. Desoto (Ripon (D-IV)) 34-10.75 Griffith Series: 36-1.50, 37-11.25, 38-1.25, 36-7, Pass, Foul Shot Put

1. Ross (Laguna Creek (D-II)) 45-09.0 2. Jordan (Lincoln-Stoddon (D-I)) 42-06.0 3. Camerena (Woodland (D-I)) 40-00.0 4. Roe (Stagg (D-I)) 38-10.5 5. Douglas (El Dorado (D-II)) 37-04.5 6. Elemen (Modesto (D-I)) 36-09.0 7. Rackley (Laguna Creek (D-II)) 35-02.0 8. Olson (Vacaville (D-I)) 33-09.0 Meet Record For Ross Discus

1. L. Ross (Legune Creek (D-II)) 169-04.0 2. Lilly (Johansen (D-I)) 128-00.0 3. Stephenson (Oakmont (D-II)) 126-07 4. Harocastle (East Union (D-III)) 126-07.0 5. Roe (Stagg (D-I)) 122-09.0 6. Olson (Vacaville (D-II)) 121-02.0 7. Moon (East Union (D-III)) 119-01.0 8. Gaskins (Christian Brothers (D-IV)) 114-02.0 Stephenson Gets 3rd Over Harocastle By 2nd Mark: 123-7, 121-7

9. (Kennedy (D-I)) 4:03.07 (Will C. Wood (D-II)) No Mark High Jump 1. Hawkins (Tracy (D-III)) 5-05.0 2. Harris (St. Helena (D-IV)) 5-04.0 3. Ruff, J. (Ponderosa (D-II)) 5-02.0 4. Almy (Hughson (D-IV)) 5-00.0 4. Miller (St. Mary's (D-IV)) 5-00.0 4. Sims (Lagunacreek (D-II)) 5-00.0 7. Maves (Nevada Union (D-I)) 5-00.0 8. Moscovid (St. Mary's (D-IV)) 4-10.0 Pole Vault

1. Kitto (Bear Creek (D-II)) 10-06.0 2. Barnett (Downey (D-II)) 10-03.0 3. Wells (Bear Creek (D-II)) 10-00.0 4. Bell (East Union (D-III)) 10-00.0 5. Paulsen (Woodland (D-I)) 10-00.0 6. Epperly (Nevada Union (D-I)) 9-06.0 7. Koplin (Los Banos (D-III)) 9-00.0 8. Muzzio (Fairfield (D-I)) 9-00.0; Nev Meet Record For Kitto Long Jump

1. Martin (Valley (D-I)) 18-00.25 2. Jones (Oakmont (D-II)) 18-00.25 3. Noa (Grant (D-II)) 17-11.5 4. Griffith (Vacaville (D-II)) 17-11.5 5. Hawkins (Tracy (D-III)) 17-07.25 6. Laith (Placer (D-II)) 17-04.5 7. Trapani (Oak Ridge (D-II)) 17-03.5 8. Ruff, J. (Ponderosa (D-II)) 17-01.25 9. Desoto (Ripon (D-IV)) 16-10.5 10. Cummings (Florin (D-I)) 16-09.5 Triple Jump

1. Griffith (Vacaville (D-II)) 38-01.25 2. Doty (Merced (D-I)) 37-08.75 3. Hawkins (Tracy (D-III)) 37-06.75 4. Bush (Lindhurst (D-III)) 37-02.75 5. Harris (Merced (D-I)) 36-05.0 6. Moscovid (St. Mary's (D-IV)) 36-03.5 7. Cummings (Florin (D-I)) 35-02.5 8. Ruff, J. (Ponderosa (D-II)) 35-01.0 9. Woa (Grant (D-II)) 35-00.5 10. Desoto (Ripon (D-IV)) 34-10.75 Griffith Series: 36-1.50, 37-11.25, 38-1.25, 36-7, Pass, Foul Shot Put

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1. L. Ross (Legune Creek (D-II)) 169-04.0 2. Lilly (Johansen (D-I)) 128-00.0 3. Stephenson (Oakmont (D-II)) 126-07 4. Harocastle (East Union (D-III)) 126-07.0 5. Roe (Stagg (D-I)) 122-09.0 6. Olson (Vacaville (D-II)) 121-02.0 7. Moon (East Union (D-III)) 119-01.0 8. Gaskins (Christian Brothers (D-IV)) 114-02.0 Stephenson Gets 3rd Over Harocastle By 2nd Mark: 123-7, 121-7

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