

JULY 1987

ISSUE NO. 127

# CALIFORNIA

## *Track & Running News*



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# CALIFORNIA

Track & Running News



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**ON THE COVER:** Janeene Vickers accounted for all 30 of Pomona High School's winning points at the California High School State Meet in Sacramento. See story, photos and results of State Meet beginning on page 12.  
cover photos Fine Flicks by Don Gosney



## 16th Annual HALF MARATHON

# BASS LAKE



# RUN THRU THE PINES

**August 1, 1987 • 8:00 a.m.**



**DISTANCE:** 13.3 miles. **AID STATIONS:** Approximately 5, 7½, & 10 miles. **SPLIT TIMES:** 5 mile & 10 mile splits. **ENTRY FEE:** \$8.00 pre-registration, if received by July 24, 1987. \$12.00 after July 24 and on race day. Checks payable to Fresno Pacific Cross Country. No refunds. **REGISTRATION & CHECK-IN:** 7:00 a.m. at the Pines Village. **DESCRIPTION:** Once around the lake, starting and finishing at the Pines Village. Mostly paved, some dirt roads. Many rolling hills first eight miles, several longer hills last five miles. Some shade. **CAUTION:** Runners should be well conditioned because of the difficulty of this course. Run on left hand side of road, facing traffic. **AWARDS LUNCH:** 11:30 at the Bass Lake Beach Boardwalk: box lunch (croissant sandwich, fresh fruit, chips, apple juice) -\$3.50. **MEET DIRECTOR:** Bill Cockerham (209) 255-4904.

#### DIVISIONS:

MEN: Junior (under 19), Open (19-29), 30-39, 40-49, 50-59, 60 & Over.  
WOMEN: Junior (under 19), Open (19-29), 30-39, 40-49, 50 & Over.

**AWARDS:**

First place plaque to winner of each division. Additional plaques will be given if *pre-entries* warrant. One award for every 5 *pre-entries* per division (example: 30 *pre-entries* in Men's 40-49 means 6 awards will be given in Men's 40-49).

**T-SHIRTS:**

Race T-shirts to all **participants**. Race day only.

**MERCHANDISE AWARDS:**

First overall male & female runners: two nights for two at The Pines Chalets.  
Random drawing for other merchandise awards at the Awards Lunch.

**SITE SPONSOR:**

Bass Lake Chamber of Commerce.

HOSTED BY:

Fresno Pacific College Cross Country Team

**TITLE SPONSOR:**

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**REFRESHMENTS:**

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ENTRY BLANK

Mail with \$8.00 entry fee to: Fresno Pacific Cross Country, 1717 S. Chestnut, Fresno, CA 93702

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SCHOOL OR CLUB: \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

CIRCLE DIVISION: Men- junior(under 19) open 30-39 40-49 50-59 60 & Over ☐ Check if planning to

	junior(under 19)	open	30-39	40-49	50 & Over	
Women-						Number in Party?

**WAIVER (must sign):** I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights I may have against the Bass Lake Chamber of Commerce, Fresno Track Club, Fresno Pacific College, 7-up Bottling Co. of Fresno, the U.S. Forest Service, the PG&E Company, and any and all sponsors, their agents, representatives, successors, or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Bass Lake Run Thru the Pines Half Marathon on August 1, 1987.

Signature (parent if under 18): \_\_\_\_\_



# Schedule

By JACK LEYDIG

Please send scheduling information directly to **Scheduling Editor, Jack Leydig**, P.O. Box 459, San Carlos, CA 94070.

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines. It is a good idea to always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

## Road Racing

### July 4 (Saturday):

**San Ramon:** American Independence Day Run, 5 & 10K, Bollinger Canyon Rd. & Alcosta Blvd., 8 am. Rick Reed, c/o Recr. & Parks Dept., 2222 Camino Ramon, San Ramon 94583. (415) 866-1410.

**Palo Alto:** The Great Chili Chase, 5K, Mitchell Park (3800 Middlefield Rd.), 9 am. Dave Korner, Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Redwood City:** 4th of July Parade Run, 5K, Time TBA. Bill Wooten, Red Morton Recr. Center, 1120 Roosevelt Ave., Redwood City 94061. (415) 364-6060.

**Milpitas:** Milpitas Firecracker 10,000 (10K), Milpitas Civic Center, 8:30 am. Karen McNamara, Milpitas Parks & Leisure Service, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

**Kenwood:** Kenwood Footrace, 10K & 3K, Warm Springs Rd., 7:30 am. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

**Pittsburg:** Delta Festival Fun Run, 5 & 1 Mi., Buchanan Park, 9 am. Santo Enea, 112 Pueblo Dr., Pittsburg 94565. (415) 427-0306.

**Corte Madera:** Corte Madera-Larkspur Official 5 Mile Community Field Run & 2.5 Mi. Walk, Redwood High School (Track at Doherty Dr.), 8 am/Runs, 8:10 am/Walk. Community Field Run, P.O. Box 605, Larkspur 94939. (415) 924-2306.

**San Francisco:** DSE Lake Merced Runs, 4.6 & 9.2 Mi., Sunset Blvd. Parking Lot, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Santa Cruz:** Firecracker 10K, Time TBA. Lisa McGinnis, Santa Cruz Parks & Recr., 307 Church St., Santa Cruz Parks & Recr., 307 Church St., Santa Cruz 95060. (408) 429-3477.

**Atwater:** Run for Independence, 2 & 5 Mi., Ralston Park, 7:30 am. Dan Wilmoth, 3841 Claremont Ct., Merced 95340. (209) 383-3470, eves.

**Brownsville:** Mountain Run, 5 & 10K, 16850 Willow-Glen Rd., 8 am. American Cancer Society, 621 "B" St., Marysville 95901. (916) 742-2896.

**Mt. Shasta:** Mt. Shasta July 4th Foot Race, 2 & 5 Mi., Mt. Shasta Blvd., 8:30 am. Jim Parker, M.D., 828 Pine St., Mt. Shasta 96067. (916) 926-5261, days.

**Arcata:** Northern California Fourth of July Jubilee Run, 10K & 3K Fun Run, Arcata Plaza. 9:30 a.m./3K, 10 a.m./10K. Six Rivers R.C., P.O. Box 214, Arcata 95521. Dennis & Marilyn Lewis (707) 822-5464.

**Lompoc:** Firecracker 8K Run, Beattie Park (Olive & Fifth), 9 am. Lompoc Elks Club, 905 E. Ocean, Lompoc 93436. Ray Fuller: (805) 866-7578 or 738-1352.

**North Fork:** Chainsaw Ridge Run, 10K & 2 Mi., North Fork Center, 7:30 am. Larry Duke, P.O. Box 38, North Fork 93643. (209) 877-4866.

**Santa Barbara (Goleta):** Semana Nautica 15K, San Marcos High School, 8 am. Semana Nautica, Box 6616, Santa Barbara 93160. (805) 964-2591.

**Laguna Niguel:** Monarch Bank 5 & 10K Run in the Parks, Crown Valley Park, 7 am. Bill Pascual, 24372 Las Naranjas, Laguna Niguel 92677. (714) 831-6618.

**La Palma:** La Palma ADP 5 & 10K, Central Park, 7:30 am. La Palma Recreation Dept., 7821 Walker St., La Palma 90623. (714) 522-6740.

**Torrance:** Spirit of America 5K, Wilson Park, 8 am. Exchange Club of Torrance, P.O. Box 5102, Torrance 90510. (213) 320-2255.

**Huntington Beach:** Huntington Beach 4th of July Parade 8K, City Hall, 8:30 am. Phil Beukema, P.O. Box 3980, Costa Mesa 92628. (714) 631-8700.

**Lake Miramar:** Scripps Ranch 10K & 2 Mi. Runs, 7 am. Ron Hoppenstand. (619) 566-5137.

**Las Vegas, NV:** LVTC 5,000 meters, Univ. of Nevada, 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**Delano:** Delano Lions Fun Run, 5K, Memorial Park, 7 am. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

**Eugene, OR:** Butte to Butte 10K Run. Spencer Butte Jr. High to Skinner Butte Park, 8 am. Butte to Butte, c/o Oregon Track Club, Box 1107, Eugene, OR, 97440. (503) 995-8248.



**Coronado:** Coronado Half-Marathon & 2 Mile, 7th & G Sts., 6:30 am. Kathy Loper (619) 437-4667.

**Lake Tahoe, NV:** Ponderosa Ridge Run, Spooner Summit (Hwy. 28 & 50), 9.5 Mi. (dirt roads), 10 a.m. Contact: (916) 581-5119.

**Newhall:** Independence Day Classic 5K, Newhall Park, 9 a.m. Santa Clarita Runners, P.O. Box 298, Saugus 91350. Greg Michaud (805) 296-6115.

**Pacific Palisades:** Palisades-Will Rogers 5 & 10K, 8:15 a.m. Brian Shea, Box 487, Pacific Palisades 90272. (213) 394-9611.

**Banning:** Independence 10K Run, Location TBA, 7:30 a.m. Felix Ortiz, P.O. Box 998, Banning 92220. (714) 922-1250.

### July 5 (Sunday):

**Calistoga:** Great Calistoga Footrace, 8K, Napa County Fairgrounds, 8:30 am. Silverado Striders R.C., 1325 Imola Ave., Napa 94559. (707) 257-1616.

**San Rafael:** County Fair Run 10K & 1 Mi. Kid's Run, Marin Civic Center, 8 am./1 Mi., 8:30 am. County Fair Run, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (415) 499-6400.

**Castro Valley:** Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina (17930 Lake Chabot Rd.), 8 am. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255, before 8 pm.

**Fountain Valley:** Park to Park Independence Day 5 & 10K, Mile Square Park (Brookhurst at Helli), 7 a.m./7:45 a.m. John Schneider, 2113 S. Yale St., Santa Ana 92704. (714) 549-0666.



## □ Schedule

### ■ July 6 (Monday):

**Fortuna:** Fortuna Rodeo Run, 2 & 5 Mi., Sport & Cycle, 7:15 p.m. Chris Christensen, 4205 Eel River Dr., Fortuna 95540. (707) 725-2998, eves.

### ■ July 7 (Tuesday):

**Santa Barbara:** Runners are Smilers 2-Mile Run, Palm Park, 6:15 pm. Sri Chinmoy Marathon Team: (805) 685-3325.

### ■ July 9 (Thursday):

**Valencia:** College of the Canyons 5K Cross-Country Series, 7 p.m. Gene Blankenship, Box 481, Newhall 91321. (805) 251-5562.

### ■ July 11 (Saturday):

**Felton:** Race Thru the Redwoods, 6.9 Mi., Henry Cowell State Park, 9 am. Linda Beach, P.O. Box 6, Felton 95018. (408) 336-2858 or 335-7922.

**Petaluma:** Stride for Life, 3 & 10K, Walnut Park (Petaluma Blvd. & D St.), 8 am. Petaluma Valley Hospital Foundation, 1360 N. McDowell Blvd., Petaluma 94952. (707) 778-7441.

**Woodland:** Woodland Classic 5-Miler, Vince's Restaurant, 8 am. Vince's Restaurant, 140 W. Main St., Woodland 95695. (916) 666-5049, Daniel Silva.

**Folsom:** Tri for Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 am. Will Roxburgh, Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Sacramento:** Buffalo Chips Summer 10K, William Land Park, 8 am. David Ragsdale: (916) 922-6199.

**Fontana:** Southridge Biathlon, 14 Mi. Bike, 4.4 Mi. Run, Shadow Park, 8 am. Southridge Biathlon, 17123 Manzanita Dr., Fontana 92335. (714) 822-2374.

**Castaic Lake:** Grand Prix Series Biathlon, 1K Swim, 40K Bike, 10K Run, Lake Castaic Recreation Area, Time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 93654. (805) 254-1833.

**Rio Vista:** Brannan Island "Outback Triathlon", 1/2 Mi. Swim, 5K Run, 20 Mi. Bike, Brannan Island State Park (Hwy 160), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Reno, NV:** Captain's Cup 5K Run, 2nd & Virginia St., 8 a.m. Port of Subs 5K, P.O. Box 3455, Reno, NV 89505. Cheryl Rodden. (702) 747-4781, Dave Minter.

**Tahoe Vista:** TOAC Northstar Lake Tahoe Series #2, 5 & 10K, North Tahoe Regional Park, 9 a.m. Tahoe Outdoors A.C., P.O. Box 5905, Tahoe City 95730. (916) 546-7240.

**Ventura:** Rotary 10K & One-Mile Fun Run, Ventura State Beach, 8 a.m. Inside Track, 1410 E. Main, Ventura 93001. (805) 643-1104.

### ■ July 12 (Sunday):

**San Francisco:** Gay Run, 5 & 10K, Golden Gate Park (Polo Fields, South Parking Lot), 9 am. S.F. Frontrunners, 1550 California St., Suite 6L200, San Francisco 94109.

**Foster City:** Bill Ring/49er Players Race for C.I.D., 10K, Shell Blvd. & E. Hillisdale Blvd., 7:30 a.m. C.I.D./Bayview Federal Savings, 910 Ralston Ave., Belmont 94002. (415) 595-0783.

**Mill Valley:** Mill Valley 5K, Camino Alto & Sycamore, 8:15 am/Men, 9 am/Women. Susie Shattuck, 90 LaVerne, Mill Valley 94941. (415) 388-0317.

# Westwinds Triathlon

## ★ McFARLAND ★



## Monday, September 7, 1987—LABOR DAY

1K (.62 miles) SWIM • 40K (24.8 miles) BIKE • 8K (4.9 miles) RUN

**START/FINISH:** Start at Lake Woollomes (8:30 a.m.). Finish at McFarland High School Track on Sherwood and Mast, McFarland. (Check in at McFarland for race packets.) Point-to-point. **FEES:** \$18 Pre-Registration postmarked August 21 or hand delivered August 25, \$54 Teams, \$25 late or race day entry. **NO RACE DAY ENTRY FOR TEAMS!!** **RACE CONTACTS:** Gary Farrell (805) 792-3187 days/Mike O'Haver (805) 792-3091 days M-Th. Or write the McFarland Recreation and Parks District, 100 S. 2nd St., McFarland, CA 93250. **AWARDS:** Custom-designed race medallions will be awarded at least 3 deep in 5-year divisions, male and female. 1st place will receive plaques. 1st place overall, male and female, receive trophies. Teams 3-deep in male, mixed, female will receive plaques and medallions. Special awards to 1st McFarland finisher, youngest finisher, and most distinguished (oldest) male and female. All finishers will receive t-shirts and medals. **WEATHER CONDITIONS:** It is usually hot and sunny in September, with temperatures 90°-100°. Be fully heat acclimated and hydrated before the race (water will be provided). **PARKING:** At McFarland High School (Sherwood offramp on 99, turn west 2 blocks) or at Lake Woollomes (Pond Road offramp on 99, follow signs east and north). Buses will take you and your bike from McFarland to Lake Woollomes either before or after race. (Awards and refreshments will be in McFarland at 12.) Try to provide own transportation. **SPONSORS:** Our primary sponsor is Westwinds Housing Development in McFarland. Other major sponsors: Stewart Title of Bakersfield, Cal Fame & Paramount Growers, McFarland, Bicycle Warehouse of Bakersfield, Snider Cyclery of Bakersfield.



## Schedule

**Hayward:** Sertoma Classic, 10K & 1 Mi., Hayward Air Terminal (Golf Course Rd. & Hesperian Blvd.), 9 am. Doug Daniels, 3508 Depot Rd., Hayward 94545. (415) 489-3385 or (408) 735-2960.

**Salinas:** Share the Road Biathlon, 8 Mi. Run, 33 Mi. Bike, Alisal High School, 777 Williams Rd., Time TBA. (No Raceday Registration). Fleet Feet, 364 Main Street, Salinas 93901. (408) 424-3533.

**San Luis Obispo:** Santa Barbara Savings & Loan 10K (Laguna Lake Park), Time TBA. Felicia Sutherland, 3908 State St., Santa Barbara 93110.

**Newport Beach:** Bastille Day 8K, Hotel Meridien, 8 am. United Cerebral Palsy Ass'n., 3020 W. Harvard St., Santa Ana 92704. (714) 641-3774 or 993-6267.

**Oceanside:** Triterium at Oceanside, 1.2 Mi. Swim, 25 Mi. Bike, 6 Mi. Run, Municipal Pier, Time TBA. Denis E. White & Assoc., P.O. Box 3449, Rancho Santa Fe 92067.

**San Diego:** Great Earth 10K & 2 Mi., Balboa Park, 7:30 am. Michael Ing, P.O. Box 80696, San Diego 92138. (916) 236-0842 or 448-3119.

**Foster City:** Sri Chinmoy 10 Miler, Sea Cloud Park, 8 a.m. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116. (415) 731-RACE.

**Redwood City:** "The Edgewood" 4 & 7.5 Mi. Trail Race, Edgewood County Park (Crestview & Edgewood Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Reno, NV:** Festival of Reno 5 & 10K, Place & Time TBA. Contact: (916) 581-5119.

**Gardena:** Star Festival 5K Run, Pacific Square Center, 8 a.m. Ken Nakaoka Co., 1630 W. Redondo Beach Blvd., #23, Gardena 90247. (213) 323-4444.

**Carlsbad:** Carlsbad Triathlon, 1 Mi. Swim, 16 Mi. Bike, 10K Run, Tamarack State Beach, Time TBA. Sara Drapkin, Carlsbad Parks & Rec., 1200 Elm Ave., Carlsbad 92008. (619) 438-5666.

**Novato:** Novato Tri Series #2, 1/2 Mi. Swim, 12 Mi. Bike, 3 Mi. Run. Indian Valley College, 8:30 a.m. Fleet Feet (415) 456-1095.

### July 14 (Tuesday):

**Santa Barbara:** Runners are Smilers 2-Mile, Palm Park, 6:30 pm. Sri Chinmoy Marathon Team: (805) 685-3325.

**San Diego:** Three Mile Run, South of Hilton, 6 pm. Alan Olson: (619) 274-4144.

### July 16 (Thursday):

**Valencia:** College of the Canyons 5K Cross-Country Series, 7 p.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 251-5562.

### July 18 (Saturday):

**Roseville:** Fair Classic, Distance TBA, Placer County Fair Grounds, Time TBA. Fleet Feet, 107 So. Harding Blvd., Roseville 95678. (916) 783-4558.

**Livermore:** Del Valle Biathlon, 3/4-Mi. Swim, 5.5 Mi. Run, & Relay, Del Valle Regional Park, 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Tulare:** Krazy Daze Run, 4 & 1 Mi., Tower Square on So. K St., 7 am. Greg Coleman, Tulare Parks & Rec., 830 So. Blackstone St., Tulare 93274. (209) 688-2001, x575.

**San Luis Obispo:** RRCA Women's Distance Festival 5K, Laguna Lake Park (Madonna Rd. btwn. Hiway 101 & Los Osos Valley Rd.), 8:30 am. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406.

**San Diego:** Spirit of San Diego 5K & 1 Mile, 7:30 am. Kathy Loper: (619) 437-4556.

**Lodi:** Lodi Triathlon, 1,000y Swim, 5 Mi. Bike, 3 Mi. Run, 8:00 am., Lodi Lake; Turner Rd. Dr. Wm. Henshaw, 801 S. Fairmont Ave., Lodi 95240. (209) 334-2020.

**Sacramento:** Eppie's Great Race, 6.1 Mi. Run, 13.5 Mi. Bike, 6.35 Mi. Paddle, William Pond Rec. Area (Arden Way), 8 am. Shirley Wild-Wagner (916) 366-2940.

**Antioch:** Tri-For-Fun, 1/2 Mi. Seim, 12 Mi. Bike, 3 Mi. Run, Contra Loma Regional Park, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

**Playa del Rey:** Bud Light Playa del Rey Swim-Run-Swim, 1/2 Mi. Swim, 3 Mi. Run, 1/2 Mi. Swim, Time TBA. John Stafford, Toes Tavern, 179 Culver Blvd., Playa del Rey 90293. (213) 827-1463.

**Oxnard:** Oxnard Bud Light Triathlon, 1.5 Mi. Swim, 40K Bike, 10K Run, Oxnard State Beach, Time TBA. Rob Fukutomi, 325 South A St., Oxnard 93030. (805) 984-4641.

### July 19 (Sunday):

**Arcata:** Mad River, 15K & 2 Mi., Water District Park #4 (Warren Creek Rd. off West End Rd.), Time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. Ron Ross. (707) 822-2009.

**Cerritos:** Cerritos Parks & Recreation 5K Run, Los Cerritos Mall, 7:30 am./Men, 7:50 am./Masters, 8:10 am./Women. Team Runners High 5K, 5519 Del Amo Blvd., LakeWood 90713. (213) 920-3580.

**Las Vegas, NV:** Mt. Charleston Notch Run, 4 Mi., Kyle Canyon Rd., 8 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV. 89101. (702) 382-3496.

**Ontario:** United States National Biathlon, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, 7 am. U.S.N.B., 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

**San Francisco:** San Francisco Audi Marathon, Time TBA. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2322.

**Occidental:** Country Run 10K, 8:30 a.m. Box 553, Occidental 95465.

### July 21 (Tuesday):

**Santa Barbara:** Runners are Smilers 2-Mile, Palm Park, 6:30 pm. Sri Chinmoy Marathon Team: (805) 685-3325.

### July 23 (Thursday):

**Valencia:** College of the Canyons 5K Cross-Country Series, 7 p.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 251-5562.

### July 25 (Saturday):

**Mill Valley:** Strawberry Village 4-Mile Run, (Back entrance on Reed Blvd.), 9 am. Angela Cincotta, #618 Strawberry Village, Mill Valley 94941. (415) 388-4523.

**Geyserville:** Redwood Coast Triathlon Series III: Lake Sonoma Championships, 1 Mi. Swim, 10K Run, 25 Mi. Bike, Lake Somona, 7:30 am. (July 11th Entry Deadline, 350 limit). Redwood Coast USLA, Box 337, Healdsburg 95448. (707) 575-7144.

**Gilroy:** Gilroy Garlic Festival Run, 10K, Gavilan College (5055 Santa Teresa), 7:30 am. Jane Maringer, P.O. Box 2311, Gilroy 95021. (408) 842-1625.

**Truckee:** Donner Lake Triathlon, 1/2 Mi. Swim, 6.89 Mi. Run, 14 Mi. Bike, Donner Lake, 9 am. Sherry Griswold Reed, Box 1772, Truckee 95734. (916) 587-2754.

**Escalon:** Escalon Park Fete Race, 10K & 2 Mi., Main St., 7:30 am. Carol Caten, P.O. Box 115, Escalon 95320. (209) 838-7694.

**Santa Barbara:** Sri Chinmoy 3 Mile Run, Palm Park (across from Red Lion Inn), 8 am. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

**Cypress:** Cypress 5 & 10K, 5700 Orange, 7:30 am. Tony Wyatt, Cypress Rec. & Park District, 5700 Orange, Cypress 90630. (714) 821-9500.

**Fallbrook:** Tri-4-Fun, 800y Swim, 7 Mi. Bike, 3 Mi. Run, Fallbrook High School, Time TBA. Ken Brower, 1841 Chapulin Ln., Fallbrook 92028. (619) 728-4555.

**Las Vegas, NV:** LVTC 2 & 5 Mi., Industrial & Blue Diamond Rds., 7 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV. 89101. (702) 382-3496.

**San Francisco:** Cameron House Fun Run, 5K, Golden Gate Park (Parking Lot, So. Side of Polo Fields), 9 a.m. Cameron House, 920 Sacramento St., San Francisco 94108. (415) 781-0401.

**San Francisco:** S.F. Giants & Gatorade Run to Homeplate, 5K, Candlestick Park (center-field gate), 11 a.m. Valerie Moyes, Candlestick Park, San Francisco 94124. (415) 468-3700, x715.



## ☐ Schedule

**Lake Tahoe:** Trout Creek 5 Mile, 10 a.m. Contact: (916) 581-5119.

**Long Beach:** Ruly Adoto Memorial 8K Run, 7:30 a.m. ALADS, 828 W. Washington, Los Angeles 90015-3310. (213) 749-1020.

### ■ July 26 (Sunday):

**Courtland:** Pear Fair 10-Miler, Bates School, 8:00 am. Jeff Bogle, City Sports Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453.

**Santa Cruz:** Wharf to Wharf Race, 6 Mi., Santa Cruz Wharf to Capitola, 8:30 am. Wharf to Wharf Race, Box 307, Capitola 95010. (408) 475-2196.

**Oakland:** Lake Merritt J&S Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

**Napa:** Exertec 5K Run, 920 Yount St., 8:30 am. Exertec Health Systems, 920-A Yount St., Napa 94558. (707) 226-1842.

**Davis:** Bud Light USTS Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. USTS, Box 1438, Davis 95617. (916) 758-9868.

**San Luis Obispo:** San Luis Obispo Recreation Dept. Triathlon, 1/2 Mi. Swim, 15 Mi. Bike, 3 1/2 Mi. Run, 7:30 am. San Luis Obispo Rec. Dept., 860 Pacific St., San Luis Obispo 93401. (805) 549-7305.

**San Pedro:** Palos Verdes Rehabilitation Clinic 5 & 10K (& 1 Mi. Walk), 6th & Palos Verdes, 8 am./5K, 8:30 am./10K, 9:30 am./Walk. Pro-Motion Events, P.O. Box 7000-470, Redondo Beach 90277. (213) 374-8990.

**Carlsbad:** Carlsbad 5K, Grand & Madison, 7:45 am. 9 a.m./Invit. In Motion, 3456 Ingham, San Diego 92109. (619) 483-9501.

**San Diego:** Lions-Padres 10K & 2 Mi., JM Stadium, 7:00 am. Jim Reed: (619) 239-7264.

**Big Bear Lake:** Big Bear Triathlon Series, 1/2 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. GO Sport, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

**San Mateo:** Fair For All Run, 10K, San Mateo County Fairgrounds, 9 a.m. Fair For All Race, c/o San Mateo County Fair, 25th Ave., & So. Delaware St., San Mateo 94403. (415) 574-FAIR.

**San Francisco:** San Francisco Asian Runners Club Embarcadero 5K & Fun Run. Mission & Embarcadero. 8:30 a.m. (415) 587-4725 or 343-5101.

**San Francisco:** "J" 5K Point. Jeff Palmer, 3200 California St., San Francisco 94118. (415) 346-6040 x244.

**Ventura:** Avenue Days 5K, 115 W. Main St., 8:30 a.m. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Olympia, WA:** Capital City Marathon, 7 a.m. Capital City Marathon, P.O. Box 1681, Olympia, WA 98507. (206) 786-1786.

**San Francisco:** Clean Air Run V, 8K, Pier 39 (tent. location), 9 a.m. American Lung Ass'n., 562 Mission St., #203, San Francisco 94105. Robin Jones: (415) 543-4410.

### ■ July 28 (Tuesday):

**Santa Barbara:** Runners Are Smilers 2-Mile, Palm Park, 6:30 pm. Sri Chinmoy Marathon Team: (805) 685-3325.

### ■ July 30 (Thursday):

**Valencia:** College of the Canyons 5K Cross-Country Series, 7 p.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 251-5562.

### ■ August TBA.

**Bay Area:** Dick Collins 24-Hour Run, Early August, Bay Area. Location and time TBA. Ultrarunners: (415) 994-5727.

### ■ August 1 (Saturday):

**Squaw Valley:** Squaw Valley USA mountain Run, 3.6 Mi. Trail run (2,000 ft. elevation gain), 9:30 a.m. Holly Beatie Farr, Image Promotions Ltd., P.O. Box 2575, Olympic Valley 95730. (619) 943-1890.

**Bass Lake:** Bass Lake Run Thru the Pines Half-Marathon, Pines Village, 8 a.m. Bill Cockerham, 4957 E. Heaton, Fresno 93727. (209) 255-4904.

**Mammoth Lakes:** Mammoth Snowcreek Triathlon, 1K Swim, 40K Bike, 10K Run, Time TBA. Rick Davis, P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

**Morro Bay:** Morro Rock to Cayucos Pier Fun Run, 6 Mi. (on beach at low tide), Time TBA. City of Morro Bay Rec. Dept., 535 Harbor St., Morro Bay 93442. (805) 772-1214, x229.

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## □ Schedule

**Santa Barbara:** Fiesta Footraces, 5 & 30K and 3x10K Relay, Cabrillo Arts Center, 8 a.m./30K & Relay, 8:30 a.m./5K. Chris Holmberg, 503 State St., Santa Barbara 93101. (805)563-1008.

**South El Monte:** San Gabriel River Bike Trail 12K Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**San Diego:** Aerospace 10K & 2 Mi., Balboa Park, 7 a.m. Pam Nolty: (619) 437-4667.

**San Diego:** Ocean Beach 5 & 10K, Ocean Beach, 7 a.m. In Motion: (619) 483-9501.

### ■ August 2 (Sunday):

**San Leandro:** Skyline 50K, Lake Chabot Marina, 7 a.m. Howard Brining, 100 Iris Ct., Hercules 94547. (415) 799-2502.

**Larkspur:** The Good Sport Couples Relay, Male/Female 2x2 Mi., Larkspur Landing Shopping Center, 10 a.m. The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930.

**Pacific Grove:** YWCA Women's Walk-Run, 10K Run and 5K Walk-Run, Lover's Point area, 9 a.m. Fabia Massaro, YWCA, 404 Camino El Estero, Monterey 93940. (408) 649-0834.

**Healdsburg:** River of No Return 2-person Pentathlon, 1/2 Mi. River Swim, 10 Mi. Canoe, 1/4 Mi. Portage, 9 Mi. Run, 22 Mi. Bike, 8 a.m. Trowbridge Rec. Inc., 20 Healdsburg Ave., Healdsburg 95448. (707) 433-7247, or Team Challenge: (415) 841-1190.

**Sonoma:** Kilpatrick's Ironkids Triathlon, (7-10 Yrs.: 100m Swim, 5K Bike, 1K Run; 11-14 Yrs.: 200m Swim, 10K Bike, 2K Run), Time TBA. Fleet Feet Triathlete: (415) 456-1095.

**Reno, NV:** Reno Run Relay, no other info available. Info: (916) 581-5119.

**Mt. Charleston, NV:** Mike's 18 Mile Forest Challenge, Kyle Canyon Rd., 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. Mike Naylor: (702) 383-1276.

### ■ August 3-9 (Mon-Sun):

**Lake Tahoe:** Camp Fleet Feet, (Swim, Bike, Run), Sugar Pine Pt. Fleet Feet: (916) 442-3338.

### ■ August 5 (Wednesday)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln. Pico Rivera 90660. (213) 942-8774.

### ■ August 6 (Thursday)

**Valencia:** College of the Canyons 5K Cross Country Series, 7 p.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 251-5562.

### ■ August 8 (Saturday)

**Ocean Township, N.J.:** Nat'l TAC Sr. Men's 10K Road Championships, Time TBA. Phil Benson, Box 2287, Ocean Township, NJ 07712. (201) 531-4156.

**Folsom Lake:** Tri-For-Fun, 1K Swim, 20K Bike, 5K Run, Beals Point, 8 a.m. Will Roxburgh, Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Reno, NV:** Dry Run, 5 & 15K, Fisherman's Park, Time TBA. Info: (916) 581-5119.

**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**Crater Lake, OR:** Crater Lake Rim Runs & Marathon, 6.7 & 13.0 Mi. & Marathon, 8:30 a.m. Crater Lake Rim Runs, 5830 Mack Ave., Klamath Falls, OR 97603. Bob Freirich: (503) 884-6939.

**Las Vegas, NV:** LVTC 2 & 5 Mi. Foster-Freedman Age Handicap, Sunset Park, 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

### ■ August 9 (Sunday)

**San Francisco:** National Running Festival for Women, 5K, Golden Gate Park, 8:30 a.m. Larry Wydro, Sierra Sports Mktg., 3204 Buchanan, San Francisco 94123. (415) 567-7224.

**Alameda:** Alameda Run for the Parks, 10K, Southshore Shopping Center, 9 a.m. Alameda Parks & Rec., Barry Weiss, City Hall - Room 201, Alameda 94501. (415) 522-4100, x227.

**Truckee:** TOAC Northstar Lake Tahoe Series #3, 5 & 10K, Northstar Lodge, 9 a.m. Tahoe Outdoor A.C., P.O. Box 5905, Tahoe City 95730. Mike Wolterbeek: (916) 587-0288.

**Arcata:** Freshwater Race, 2 Mi. & 10K, Freshwater Park, 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. Ellsworth Pence: (707) 445-9442.

**Big Bear Lake:** King of the Hill Triathlon, 1K Swim, 40K Bike, 10K Run, Time TBA. Don Frantz, P.O. Box 1746, Victorville 92392. (619) 949-1978.

**Ventura:** Inside's Out & Back 10K, 1410 E. Main St., 9 a.m. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Anaheim:** Orange County Biathlon & 3-Person Relay Series, 5 Mi. Run, 25 Mi. Bike, 5 Mi. Run, Anaheim Stadium, 7 a.m. (No Raceday Entry). Chuck Catania, P.O. Box 671, Brea 92622. (714) 525-8539.

**Los Angeles:** Samurai Nisei Week 5K Run, Japanese Village Plaza (First & Central), 8 a.m. Samurai 5K, 120 E. Emerson Ave., Monterey Park 91754. Wayne: (213) 623-1673.

**Westlake Village:** Carrera de Locos Half-Marathon, Westlake Elementary School, 8 a.m. (Raceday entry only). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

### ■ August 11 (Tuesday)

**San Diego:** Hospitality Point 3 Mile Run, 6 p.m. Tom Morrow: (619) 563-7597.

### ■ August 12 (Wednesday)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

### ■ August 13 (Thursday)

**Valencia:** College of the Canyons 5K Cross-Country Series, 7 p.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 251-5562.

### ■ August 14 (Friday)

**Palo Alto:** TGIF 5K Run, Palo Alto Baylands, 5 p.m. Anne Cribbs, Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.

### ■ August 15 (Saturday)

**Antioch:** Tri-For-Real Triathlon, 1 Mi. Swim, 6.5 Mi. Run, 20.6 Mi. Bike, Contra Loma Regional Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sacramento:** Susan B. Anthony Women's 5K Run, Glenn Hall Park (River Park), Time TBA. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580.

**Camarillo:** Gold Coast Tri Series, Ventura State Beach, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Tri-Club, P.O. Box 28, Camarillo 93011.

**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

**Los Angeles:** Tetrick Trail Run, 8 Mi., Griffith Park (Riverside/Los Feliz entrance), 7:30 a.m. (No Pre-Entry). John Sporleder, 150 S. Glenoaks Blvd., #9171, Burbank 91510.

**Huntington Beach:** Distance Derby 1.5, 3 & 10 Mi., Huntington Beach Pier, 7:30 a.m./10 Mi., 10 a.m. City of Huntington Beach Community Services, P.O. Box 190, Huntington Beach 92648. Bob Werth: (714) 536-5486.



## □ Schedule

**Pomona:** Run for Jerry's Kids, 5 & 10K, Foothill Beverage Co., 8 a.m. Steven Heath, Foothill Beverage Co., 2800 So. Reservoir Ave., Pomona 91766. (714) 627-3131.

**San Diego:** MADD Run for Fiscal Fitness, 2 Mi. & 10K, Balboa Park, 7:30 a.m. Toni Deal. (619) 272-8316.

**Las Vegas, NV:** LVTC 30 Minute Run, Univ. of Nevada (track), 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

## ■ August 16 (Sunday)

**Campbell:** Campbell Rotary Highlands Run, 10K, Campbell Park, 9 a.m. Campbell Rotary Highlands Run, P.O. Box 295, Campbell 95009. (408) 267-2780.

**Lafayette:** Run the Rim, 5K & 7 Mi., Lafayette Reservoir, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Francisco:** Alcatraz Challenge Triathlon, 1.5 Mi. Swim, 1 Mi. Run, 40K Bike, 14.5 Mi. Run, Time TBA. (150 Limit). Joe Oakes, 518 Outlook Dr., Los Altos 94022. (415) 941-6287.

**Los Gatos:** Animal Care-athon, 10K, Vasona Lake Park (298 Garden Hill Dr.), 8 a.m. Humane Society of Santa Clara, 2530 Lafayette St., Santa Clara 95050. (408) 727-3383.

**Hayward:** Zucchini Festival 10K, Cal State Hayward Campus, 9 a.m. Eden YMCA, 951 Palisade St. Hayward 94542. (415) 582-9614.

**Bodega:** Big Event Foot Race, 5 & 10K, Bodega Fire Hall, 9 a.m. Marge Windus, Box 249, Bodega 94922. (707) 876-3105.

**Mill Valley:** One Hour Run, Tamalpais High School (dirt track), two heats (fast heat first), 9 a.m. Dick Cordone, 918 Fifth Ave., San Rafael 94901. (415) 456-5334.

**Quincy:** Feather River Classic, 5K, 10 Mi. & 1.2 Mi. Fun Run, Pioneer Community Pool (Fairgrounds Rd.), 8 a.m. Roger Steward, Central Plumas Rec., P.O. Box 1551, Quincy 95971. (916) 283-3278.

**McKinleyville:** Hammond Bridge Half-Marathon, 2 Mi. & Half-Marathon, McKinleyville High School track, 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. Buzz Webb: (707) 839-3518.

## ■ August 19 (Wednesday)

**San Francisco:** Manufacturers Hanover Corporate Challenge, 3.5 Mi., Justin Herman Plaza (corporate teams only), 7 p.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2322.

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

## ■ August 20 (Thursday)

**Valencia:** College of the Canyons 5K Cross-Country Series, 7 p.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 251-5562.

**South Lake Tahoe:** High Sierra 10K Track Race, So. Lake Tahoe Intermediate School, 5:30 p.m. Info: (916) 581-5119.

## ■ August 22 (Saturday)

**Manitou Springs, CO:** Pikes Peak Marathon, Time TBA. Carl McDaniel, 5520 N. Union Blvd., Colorado Springs, CO 80218. (303) 594-0505.

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## □ Schedule

**Pico Rivera:** Rivera Park Sunset 5K, 6 p.m. Ken Elisaldez, P.O. Box 1016, Pico Rivera 90660. (213) 949-5648.

**June Lake:** June Lake 6 x 3 Mi. Relay, 8 a.m. Newport Beach R.A., 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

**Norwalk:** Norwalk 8K Challenge, City Hall, 8 a.m. Tak Hamabata, City of Norwalk, 12700 Norwalk Blvd., Norwalk 90650. (213) 929-2677, x220.

**Bonelli Park:** Bonelli Park Short Course Triathlons, (½ K Swim, 20K Bike, 5K Run; or 300 Yd. Swim, 7 Mi. Bike, 2 Mi. Run), Time TBA. LATOC, 2564 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Las Vegas, NV:** LVTC 5K, Industrial & Blue Diamond Rds. 7 p.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

## ■ August 23 (Sunday)

**San Francisco:** Presidio 10, 10 Mi., Central Grounds (Presidio), 9 a.m. The Guardsmen, 220 Sansome St., Suite 590, San Francisco 94104. (415) 781-6765.

**Redwood City:** Redwood Shores Biathlon, 400m Swim, 4 Mi. Run, 350 Marine World Pkwy., 10 a.m. Wayne Robson, Big Brothers/Big Sisters, 944 Ralston Ave., Belmont 94002. (415) 592-2354.

**Oakland:** Lake Merritt J&S Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse) (14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94605. (415) 632-9606.

**Sunnyvale:** Sunnyvale Baylands Classic, 5 & 10K, Moffett Industrial Park (Twin Creeks Softball Complex on Caribbean Dr.), 8 a.m. Sunnyvale Parks & Rec., P.O. Box 3707, Sunnyvale 94086. (408) 730-7350.

**Tahoe City:** Where the Hell is Truckee 18 Mi. Run, North Tahoe H.S., 9 a.m. Gerald Rockwell, P.O. Box 1676, Tahoe City 95730. (916) 583-5376.

**Fresno:** Fresno Biathlon, 5 Mi. Run, 21 Mi. Bike, Woodward Park, 7 a.m. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

**June Lake:** June Lake Triathlon, 500 Yd. Swim, 20 Mi. Bike, 10K Run, 9 a.m. (400 limit). Newport Beach R.A., 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

**South El Monte:** Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**Big Bear Lake:** Big Bear Triathlon Series-California State Championship, ½ Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. GO Sport, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

**San Diego:** America's Finest City Half-Marathon, Pt. Loma, 7 a.m. Lung Association. Pre-entry only. (619) 297-3901.

## ■ August 26 (Wednesday)

**South El Monte:** Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

## ■ August 29 (Saturday)

**Lake Tahoe:** World's Toughest Triathlon, 2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run, Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (702) 782-9723.

**Ventura:** Team Inside Track Cross-Country, 4 & 8K, Arroyo Verde Park, 8:30 a.m. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Bishop:** Mule Run Ultra 50K, 7 a.m. (200 limit). Bill Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211, eves.

**South El Monte:** Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

**Tule Springs, NV:** LVTC 2 & 5 Mi. & Picnic, Floyd Lamb State Park, 7 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

## ■ August 30 (Sunday)

**Oakland:** Run for Friends, 5 & 10K, Lake Merritt (568 Bellvue-Sailboat House), 9 a.m. Friends of Oakland Parks & Rec., 1520 Lakeside Dr., Oakland 94612. (415) 273-3092.

**San Francisco:** Baghdad by the Bay Half-Marathon, Treasure Island to Ft. Baker via Bay and Golden Gate Bridges, Time TBA. No contact available!

**Bodega Bay:** Bodega Bay to Breakers Run, 8K, Bodega Marine Lab. 9 a.m. Eleanor Uhlinger, P.O. Box 247, Bodega Bay 94923. (707) 875-2211.

**San Jose:** Bud Light USTS Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Lake Cunningham Park, Time TBA. Bud Light USTS, P.O. Box 1389, Solana Beach 92075. (619) 943-7500.

**Rio Dell:** Wildwood Days Distance Runs, 2 & 8 Mi., Fireman's Park, 9:30 a.m./2 Mi., 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 725-4018, Susan Sohrakoff.

**West Hollywood:** West Hollywood 5 & 10K, West Hollywood Park (647 N. San Vicente), 8 a.m. City of West Hollywood, 8611 Santa Monica Blvd., West Hollywood 90069. Curtis Brown (213) 854-7471, days.



## LOOKING AHEAD

**Marathons, Relays, Important Deadlines, Major Events, Etc.**

**September 4. Tahoe City:** Pepsi of Reno Lake Tahoe 72 Mile Run (counter-clockwise around lake), 6 a.m. (18 Hr. limit). Mike Hernandez: (916) 725-1526, eves.

**September 12. Wrightwood:** Angeles Crest 100 Mile Endurance Run, (mountain trails through Angeles National Forest to Pasadena), 5 a.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006.

**September 10-13. Carson City NV:** 166 Mile 4-Day Run or Relay (4-person teams, 41.5 Mi./Day), to Sacramento. Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

**September 12-13. Cook's Station:** 83 Mile 2-Day Run (41.5 Mi./Day) to Sacramento. Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

**September 13. Pt. Reyes:** Drake's Bay 50 Mile Run, Bear Valley HQ, 6 a.m. (rugged trails & 9,000 feet elev. gain) (enter by Aug. 20). Contact: (415) 921-7138.

**September 20. Squaw Valley:** Pacific Crest Trail Ultra-Marathon, Half-Marathon & Relay, (50K Ultra is PA/TAC Open Championships), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**September 27. Portland, OR:** Portland Marathon, Time TBA. Portland Marathon, P.O. Box D, Portland, OR 97075. (503) 226-1111.

**September 27. Hilton Head Island, SC:** Bud Light USTS National Championships, 1.5K Swim, 40K Bike, 10K Run, entry by invitation/qualification only, time TBA. Bud Light USTS Championship, P.O. Box 1389, Solana Beach, CA 92075. (619) 943-7500.





# 1987 California HIGH SCHOOL STATE MEET

## BOYS

By Doug Speck

### 100 Meters

photo by Burt Davis



QUINCY WATTS—100M

Some interesting questions were answered in the Prelims on Friday, when Quincy Watts (Taft, Woodland Hills) and Corey Ealy (Muir, Pasadena) matched up in Heat 1. Both had run 10.36 (#2 All-Time Californian Prep clocking) in the last couple of weeks, with Watts 10.17w (+3.78 meters per second aiding wind) in the LA City the week previous. The confrontation was over in the first five meters, as Watts had a good start, and appeared very much under control in moving to a 10.55-10.67 win over Ealy. Calvin Holmes (Carson), 10.36w in the LA City looked good in a 10.65 (-0.27) Heat 2 victory, with Tony Miller (Riordan, S.F.) edging Patrick Rowe (Lincoln, San Diego) and bunch-starting Raymond Ethridge (Crawford, San Diego) at 10.5 (-0.40) (for all three) in Heat 3. The Accutrack failure in Heat 3 forced officials to revert to hand times to decide

the six behind the heat winners to go onto the Finals, with a runoff forced when four tied at 10.6 for the ninth spot. Brian Bridgewater (Washington, LA) took that Saturday, 4:00 p.m. qualifier at 10.85.

The Finals field was a great one. The USC-bound All-World footballer Holmes had an exceptional start, with at least a meter over the entire field for the first 80 meters. Watts was out terribly this run, with everyone close in between. The watching crowd kept waiting for Quincy's move, which almost never came. At the 90 meter point the amazing Taft junior went into the overdrive very similar to the "Tommie-Jet" gear that former San Jose State sprint world record holder Tommie Smith exhibited near the end of his races during the 1960's on his way to a 200 meter Gold Medal in the 1968 Olympics. In a desperate final 10 meters Watts caught up to, then edged past (if you can call .01 that) to win 10.49-10.50 (0 wind) over Holmes. Ealy finished strongly also, clocking 10.58, with Ethridge 10.68.

1 Quincy Watts (Taft) Jr	10.49
2 Calvin Holmes (Carson)	10.50
3 Corey Ealy (Muir) Sr	10.58
4 Raymond Ethridge (Crawford) Sr	10.68
5 Tony Miller (Riordan) Jr	10.71
6 Brian Bridgewater (Washington-LA) Jr	10.74
7 Darren Stringer (Vacaville) Jr	10.78
8 Ricky Erving (Muir) Sr	10.80
9 Patrick Rowe (Lincoln-S.D.) Sr	10.93

Heat 1: 1. Quincy Watts (Taft) 10.55, 2. Corey Ealy (Muir) 10.67, 3. Ricky Erving (Muir) 10.78, 4. Brian Bridgewater (Washington-L.A.) 10.79, 5. Eddie Vaughn (Foothill-Sacto) 10.81m 6. Mike Orwat (Paraclete) 10.96, 7. Richard Turner (Prospect) 11.05, 8. Darrell King (Ygnacio Valley) 11.15, 9. Mike Davis (James Logan) 11.37. Heat 2: 1. Calvin Holmes (Carson) 10.65, 2. Anthony Williams (River City) 10.77, 3. Robert Carroll (Hawthorne) 10.83, 4. Sean Roberts (Taft) 10.95, 5. Marcell Lawson (Casa Grande-Petaluma) 11.02, 6. Kurt Hodges (Santa Cruz) 11.04, 7. Fred Lee (Butte Valley) 11.08, 8. Kiyoshi Moody (Castle Park) 11.09, 9. Michael Roberts (Tulare) 11.23. Heat 3: 1. Tony Miller (Riordan) 10.5, 2. Patrick Rowe (Lincoln-San Diego) 10.5, 3. Raymond Ethridge (Crawford) 10.5, 4. Darren Stringer (Vacaville) 10.5, 5. Martin Cannady (Duarte) 10.7, 6. Turrey Edwards (Bakersfield) 10.8, 7. Berry Smith (Mission-S.F.) 10.9, 8. Jeff Chimienti (Moreau) 11.3.

### 200 Meters

Quincy Watts is King here. Some super running took place in Friday's Heats. Heat 1 featured Quincy standing up at the start, loping the first 50 meters, coming off the turn in sixth place, and rocketing

Fine Flicks by Don Gosney



QUINCY WATTS—200M

the straight to a 20.8w (+2.19) win by six meters. In Heat 2 Tony Miller ate Corey Ealy up in the first 100 meters (clocked in 10.8 around the turn), but the Muir flash burst by on the straight on the way to a 20.84 (+1.95)-21.10 win over the Riordan runner. Heat 3 had Raymond Ethridge showcasing his rise to a position among the nation's best, blazing a solid 21.00 (+1.80) six meter win. The Accutrack failure from Heat 1 caused more fun and games, with ten athletes moving on to the finals on the ten lane facility when the hand times were gone back to.

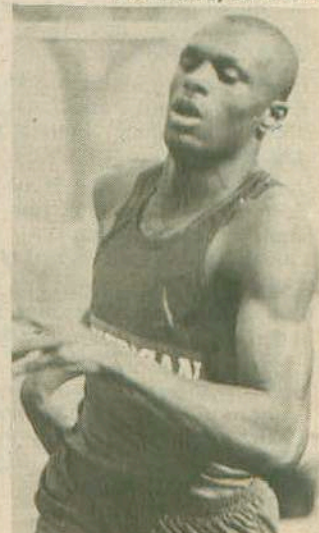
At the end of a long two days of sprinting a strong group, all of whom had electronic bests of under 21.50, lined up for the final. Interest in the prep sprints has been very high this year. The elements of style and amazing position changes at top speed that the rocket-finishing Watts and "whippet-quick" Ealy and the crew bring to the short events have riveted fans' attention on every matchup of this crew this Spring, and this would be their final get together. Ethridge and Ealy shot around the turn, with the duo battling for the lead as they crossed the 100m starting line at 10.8. Watts was a couple of meters back at that point, and battled by most of the field down the stretch on his way to a two meter triumph at 20.99 (0 wind), with Ealy edging Ethridge 21.16-21.17 for 2nd. Every inch was important as the team point race had turned into a struggle of hundredths of a second.

1 Quincy Watts (Taft) Jr	20.99
2 Corey Ealy (Muir) Sr	21.16
3 Raymond Ethridge (Crawford) Sr	21.17
4 Tony Miller (Riordan) Jr	21.54
5 Paul Peters (Santa Ana Valley) Sr	21.93
6 Robert Harris (Simi Valley) Sr	22.04
7 Robert Carroll (Hawthorne)	22.11
8 Anthony Williams (River City) Sr	22.22

Heat 1: 1. Quincy Watts (Taft) 20.8, 2. Anthony Williams (River City) 21.3, 3. Robert Carroll (Hawthorne) 21.4, 4. Robert Harris (Simi Valley) 21.4, 5. Devon Goodlow (Tokay) 21.4, 6. Fred Lee (Butte Valley) 21.6, 7. Steven Lewis (American-Fremont) 21.7, 8. Mike Davis (James Logan) 21.8. Heat 2: 1. Corey Ealy (Muir) 20.94, 2. Tony Miller (Riordan) 21.10, 3. Steve Lewis (American-Fremont) 21.79, 4. Martin Cannady (Duarte) 21.64, 5. Darrell King (Ygnacio Valley) 21.77, 6. Berry Smith (Mission-S.F.) 22.06, 7. Mike Wilson (Reseda) 22.20, 8. Frank Jones (Hoover) 22.20, 9. James Shipp (Silver Creek) 22.46. Heat 3: 1. Raymond Ethridge (Crawford) 21.00, 2. Paul Peters (Santa Ana Valley) 21.55, 3. Patrick Rowe (Lincoln-San Diego) 21.59, 4. David Sals (San Fernando) 21.65, 5. Derrick Franklin (Venice) 21.86, 6. Essex Burton (Mira Mesa) 21.95, 7. Torrey Edwards (Bakersfield) 22.04, 8. Leslie Haymon (Bullard) 22.20, 9. Shawn Hanna (Santa Rosa) 22.28.

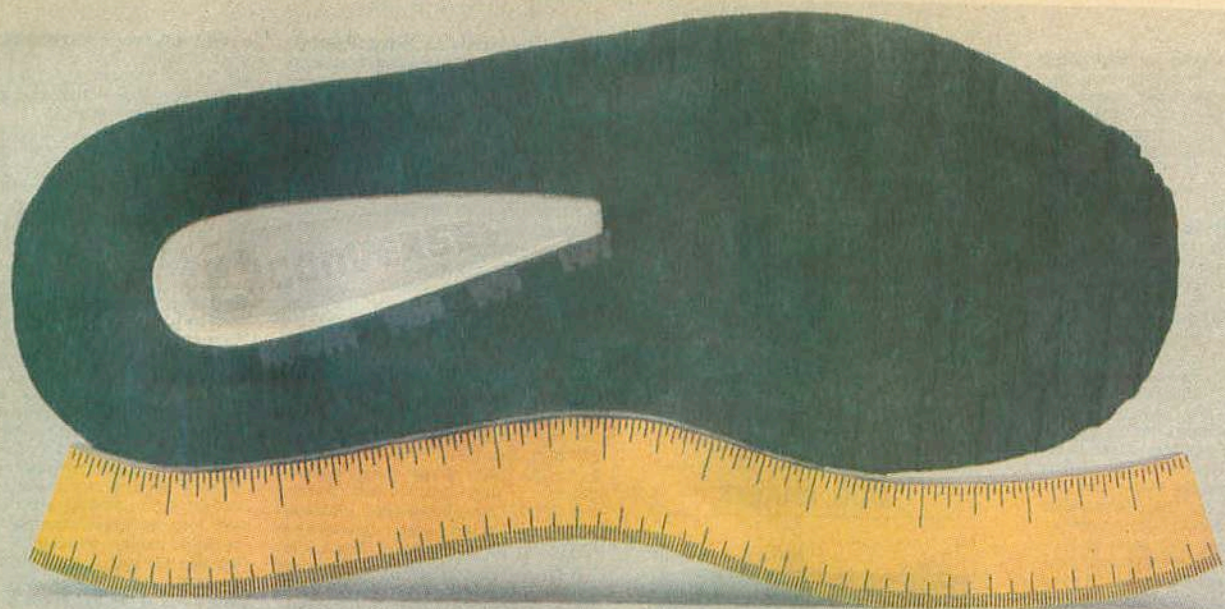
### 400 Meters

Fine Flicks by Don Gosney



STEVE LEWIS—400M





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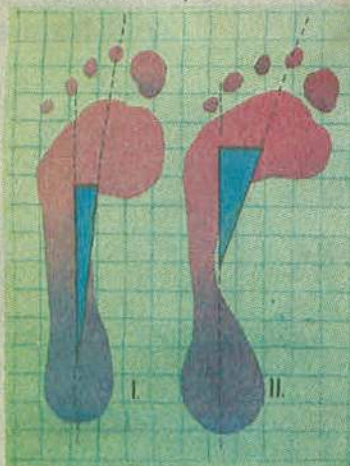
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There are six different A•B models to choose from—three for men and three for women—with additional performance features as you move up the line.

But no matter which one you choose, you'll get a lot of shoe for your money—without a lot of weight.

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Most shoes are designed for feet shaped like I. But a substantial number of runners have feet shaped like II. Our A•B Series shoes were designed with these runners in mind.

ABM•600™



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ABM•400™





This event was another very high quality one that featured the most glaring controversy on the track itself during the weekend. Steve Lewis (American-Fremont) was the defending champion, easily the favorite, and led qualifying on Friday with a strong 47.21. Also looking good on Friday were Morse junior, Michael Stephenson, Heat 2 winner at 47.6 over Hawthorne's Travis Hannah (47.6), and Maurice Horton, a midseason transfer from Duarte to Edison of Fresno, winning Heat 3 in 47.97. All ten finalists had seasonal PR's of under 48.5.

When the finalists lined up on Saturday the previews to actual running became weird rather quickly. After the runners were called up from their blocks by Men's starter, legendary Tom Moore, due to Accutrack problems, they gave it a second try. However, this time after the runners came to the set position, Steve Lewis took off on an obvious false start. After a minute's hesitation Mr. Moore announced that Lane 5 (Lewis) was disqualified for a false start. Moore lines himself up for this event some thirty yards back on the infield off of the track, standing opposite the staggers for Lane 4 and 5 so he can have a view of the entire field. Five photographers crowded the edge of the curb between the starter Moore and Lewis in Lane 5. Steve later indicated camera noises are what set him off, with one of that group swearing no one snapped their shutter while the athletes were in the blocks. Anyway, the big gun was out and the crowd let Moore and the Meet Officials know that they did not like it. Calling for the Meet Referee, Moore conferred for a moment, then announced that the runner in Lane 5 would be let back into the event due to the Accutrack problems of the prior start. Lewis and the crowd were happy.

The logic made no sense, but Lewis probably deserved to run if the camera racket really disturbed him. He was an easy favorite, had a tradition of real poise under pressure, and would achieve nothing of significance by playing games at the start. But with team title points and individual state championships on the line you can bet the official protests flew on this one.

Finally the race got off. Mr. Lewis had obviously hit some emotional highs and lows the last few minutes, and he worked off a little frustration early in the race. He screamed the first turn 100 meters in 11.2, and the backstretch 100 in 10.7 to have a huge lead by 200m at 21.9. Continuing strong around the final turn, he passed through 300m at 33.7 (11.8). At that point Steve had built up close to a ten meter lead, but his body and mind finally came back into this world and he very definitely struggled the final 100m. There was never a question about him winning, but his final 100m was run at 52.0 pace in finishing at 46.7 hand timed. Meanwhile, back in the pack it was interesting. Hawthorne, trying to win the team championship without possibly winning an event, needed a high place from Travis Hannah here. Maurice Horton, Arcadia's Steve Provenzano, and Michael Stephenson were all out strongly through 300m, with Hannah running the final straight like a young man possessed to power by those ahead of him, finally nailing Horton at the wire for second with 47.2 for both.

- 1 Steve Lewis (American-Fremont) Sr 46.7
- 2 Travis Hannah (Hawthorne) 47.2
- 3 Maurice Horton (Edison-Fresno) Sr 47.2
- 4 Steve Provenzano (Arcadia) Sr 47.2
- 5 Michael Stephenson (Morse) Jr 47.8
- 6 Sean Cumby (James Logan) 47.8
- 7 Paul Peters (Santa Ana Valley) Sr 48.0
- 8 Ronnie Brown (Hiram Johnson) Sr 48.9
- Frank Jones (Hoover) Jr 48.9

Heat 1: 1. Steve Lewis (American-Fremont) 47.21, 2. Steve Provenzano (Arcadia) 48.23, 3. Frank Jones (Hoover) 48.43, 4. Robert Myles (No. Monterey Co.) 48.66, 5. Mark Dunzo (Los

Angeles) 49.20, 6. James Shipp (Silver Creek) 49.52, 7. Haile Clay (Gunn) 49.56, 8. Marcus Wesley (Poway) 49.8. Heat 2: 1. Michael Stephenson (Morse) 47.6, 2. Travis Hannah (Hawthorne) 47.6, 3. Sean Cumby (James Logan) 47.8, 4. Shawn Hanna (Santa Rosa) 48.4, 5. Dan Earls (Acalanes) 48.7, 6. Derrick Vaughn (Venice) 49.4, 7. Jesse Casey (Downey) 49.5, 8. Bill Thurmond (Saddleback) 49.8, 9. Alex Mayberry (Bakersfield-East) 50.3. Heat 3: 1. Maurice Horton (Edison-Fresno) 47.77, 2. Paul Peters (Santa Ana Valley) 48.38, 3. Ronnie Brown (Hiram Johnson) 48.53, 4. Raymond Glass (Morningside) 49.20, 5. Jerry Marsee (San Pedro) 49.42, 6. Ronald Coleman (Manual Arts) 50.30, 7. Clint Terkilson (Williams) 50.30, 8. Dustin Seale (Poway) 50.85, 9. Chris Price (St. Patricks) 51.5.

## 800 Meters

photo by Burt Davis



DAN GABOR—800M

Rio Mesa of Oxnard's Travis Cooksey had quickly risen to the top of this event recently, blasting first 800's in about 1:22 on the way to a 1:52.05 best. Here, on Friday, Travis took Heat 3 in 1:54.16. Previous event favorite, Dan Gabor (Amador Valley, Pleasanton), bizarre coiffure and all, copped a 1600m finalist spot with a 4:17.4 5th place heat finish early on Friday, then looked very sharp in going through the gears during a 27.6 final 200m in a 1:53.80 heat victory. Dan later thought better of his 1600 chances and scratched from Saturday's Finals. Shaun Forhand (Mt. Carmel, San Diego), a light snappy strider with a wicked finish, took Heat 1 on Friday with a PR 1:53.03.

Saturday's Finals started with Davis Jashua (Johnson, Sacramento) taking it out around the first turn at 12.6 (100m) before the field cut for the pole. Cooksey took over at 200m in 25.1 and led through the first lap at 53.4, with the entire field in close tow. The scene was set for the finish during the third 200 meters. In weeks previous Cooksey continued to force the pace after the 400m, taking the snap out of the legs of the big kickers with a third 200 at or better than 29.0. Here, the tempo lagged, slipping to 15.3 around the 3rd turn for the fifth 100m, and 14.8 for the 6th 100 (1:23.5 600m and 30.1 third 200m), as Cooksey led over a pack poised for a big finish. At the top of the last turn the pack bunched up behind Travis, with the places at the finish basically all decided by athlete's ability to sprint the final 100m. Gabor managed

the best, racing 14.0 for that segment on the way to his 1:52.3 win over Nick-John Haiduc (Servite, Anaheim) 1:52.4. Haiduc is an All-Section football receiver who only had one relay race at the distance prior to League Finals.

- 1 Dan Gabor (Amador Valley) Sr 1:52.3
- 2 Nick-John Haiduc (Servite) Sr 1:52.4
- 3 Shawn Forhand (Mt. Carmel) Sr 1:53.0
- 4 James Fraser (Monte Vista-Sp. Vly) Sr 1:53.1
- 5 Marcus Robertson (Muir) Sr 1:53.2
- 6 Travis Cooksey (Rio Mesa) Jr 1:53.3
- 7 John Hottinger (Nevada Union) Sr 1:54.2
- 8 David Jashua (Hiram Johnson) Sr 1:55.2
- 9 Chano Salas (Clovis) Sr 1:55.9

Heat 1: 1. Shawn Forhand (Mt. Carmel) 1:53.03, 2. James Fraser (Monte Vista-Spring Valley) 1:53.49, 3. Nick-John Haiduc (Servite) 1:53.81, 4. Craig Olsen (El Dorado) 1:55.85, 5. Scott Sutich (Acalanes) 1:56.86, 6. Mark Dunzo (Los Angeles) 2:05.56, 7. Jorge Cabral (Belmont) 2:07.54. Heat 2: 1. Dan Gabor (Amador Valley-Pleasanton) 1:53.80, 2. David Jashua (Hiram Johnson) 1:55.03, 3. Will Breckenridge (Immanuel) 1:55.36, 4. Michael Howard (University-LA) 1:55.95, 5. Tim Corbin (Monte Vista-Danville) 1:55.99, 6. Craig Magness (Santa Teresa) 1:56.16, 7. Joe Amendt (James Lick) 1:57.74, 8. Joe Kinego (Wheatland) 1:58.18, 9. Tom Williams (Granite Hills) 2:00.42. Heat 3: 1. Travis Cooksey (Rio Mesa) 1:54.16, 2. Marcus Robertson (Muir) 1:54.41, 3. John Hottinger (Nevada Union) 1:54.91, 4. Chano Salas (Clovis) 1:54.95, 5. Art Gonzales (St. Mary's-Stockton) 1:55.55, 6. Steve Dirkse (Bakersfield-South) 1:55.60, 7. Robert Mata (Roosevelt-LA) 1:57.76, 8. Mohammed Ribhi (Balboa) 2:01.57, 9. Ray Dolph (Monte Vista) 2:02.6.

## 1600 Meters

Fine Flicks by Don Gosney



SCOTT ROBINSON—1600M

This was another strong event. Paul Thomas (Jesuit, Sacramento) made the decision to go after a 1600-3200 double, with formidable Scott Robinson (Bellarmine Prep, San Jose) his big competition. The duo had never met during the Spring. Scott had comfortably handled the State's best at Arcadia over 1600m in 4:10.80, with Thomas racing there a nation-leading 8:53.92 3200. Both have 1:54 800 speed, with Thomas an amazing 4:12.24 (mile)-9:01.76 (2 mile) same day double at March's Pathmark National Indoor High School Championships. This was one event with a bit more casual qualifying formula than all others. The first five from each heat qualified as op-

posed to the heat winner and next fastest times situation. Paul took Heat 1 on Friday at 4:12.12, with Andy Davis (Patrick Henry, San Diego) edging Robinson in Heat 2, with both at 4:15.5.

A group of nine sub 4:15 milers started in the Finals. Jason Lienau (Clovis) set out as the pacesetter through a leisurely 62.6-2:06.9 first two laps, with Thomas closest as the field stayed tightly bunched. At the 800 point the Jesuit star realized he had better try to run some of the kick out of the explosive Robinson. Scott looked very good, actually appearing to restrain himself from taking the lead on the backstretch of the third lap as Thomas began to up the ante. Paul covered the 200m after the two lap post in 31.9, accelerated to 30.2 as they approached the 1200 mark (62.1 3rd 400m-3:08.9 at 1200), then really dug in with a 28.4 first 200 during the final lap. The last 1:30.5 600m had not fazed Robinson, as he waited and blasted by with 100m to go to a four meter triumph in 4:07.95. Scott's final 800 was right at 2:01, with his overall race showing he has the potential to run a lot faster if he can be dragged along quicker in the early laps. Thomas finished in an excellent 4:08.57, with most of the rest in the event recording seasonal bests.

- 1 Scott Robinson (Bellarmine) Sr 4:07.95
- 2 Paul Thomas (Jesuit) Sr 4:08.57
- 3 Sabra Haissani (Ocean View) 4:11.54
- 4 Andy Davis (Henry) Sr 4:11.64
- 5 Jason Martin (Fallbrook) Sr 4:11.75
- 6 Jason Lienau (Clovis) Sr 4:12.95
- 7 John Smith (Miramonte) Sr 4:13.35
- 8 Raul Serratos (Moreno Valley) Sr 4:15.79
- 9 Chris Bray (Nevada Union) Sr 4:25.3

Heat 1: 1. Paul Thomas (Jesuit) 4:12.12, 2. Jason Lienau (Clovis) 4:12.90, 3. Raul Serratos (Moreno Valley) 4:13.08, 4. Jason Martin (Fallbrook) 4:13.12, 5. Chris Bray (Nevada Union) 4:13.35, 6. Jorge Castro (Ramona) DQ, 7. Sven Haug (Birmingham) 4:16.16, 8. Alex Dasilva (El Cerrito) 4:18.28, 9. Bret Kimple (Carpinteria) 4:18.65. Heat 2: 1. Andy Davis (Henry) 4:15.5, 2. Scott Robinson (Bellarmine) 4:15.5, 3. Sabra Haissani (Ocean View) 4:15.9, 4. John Smith (Miramonte) 4:16.3, 5. Dan Gabor (Amador Valley-Pleasanton) 4:17.4, 6. Tefere Gebre (Belmont) 4:17.7, 7. Kurt DePlyffer (Laguna Beach) 4:19.4, 8. Chris Burger (Berkeley) 4:19.6, 9. Robert Pena (Buena) 4:19.6.

## 3200 Meters

Fine Flicks by Don Gosney



PAUL THOMAS—3200M

continued on next page...



### 3200 Meters

This event lost a little luster when Kinney National Cross Country Champion from the Fall, Marc Davis (San Diego), sprained an ankle during his Section Meet and had to scratch. Paul Thomas had taken Marc in a midseason showdown at Arcadia, winning by three seconds in a nation-leading 8:53.92. The question was whether Thomas could come back from a 1600m Heat on Friday and an all-out effort at that distance an hour and a half before Saturday's 3200m final. A flock of people with bests of between 9:00 and 9:15 would keep the show interesting.

Mason Myers (Vacaville) took over the chore as designated pace-setter, pulling Thomas through 2:13.4-3:22.0 (68.6)-4:31.1 (69.1)-5:40.5 (69.4) lap posts from the 800m on. The surprising element was that the Sac Joaquin Section duo had no company at that five lap point, with Tefre Gebre (Belmont, LA) leading the other twenty-three competitors some 20 meters back. At 6:50.9 (70.9) for six laps Gebre led Aaron Mascorro (Rosemead) in pulling to within five meters of the leading duo. The seven lap point was passed at 7:59.8. Down the backstretch Thomas narrowly led over Myers and Mascorro, passing through the 3000m point with a half a lap to go at 8:32.6. From there on it was Thomas fighting off the challenge of Mascorro on the turn, then launching a big move himself to finish with a 30.2 last 200m and 9:02.82 win over Mascorro's 9:03.46. Myers PR'd at 9:05.31, with Gebre continuing the Belmont distance tradition with a very improved 9:08.39 for 4th.

1 Paul Thomas (Jesuit) Sr	9:02.82
2 Aaron Mascorro (Rosemead)	9:03.46
3 Mason Myers (Vacaville) Sr	9:05.31
4 Tefre Gebre (Belmont) Sr	9:08.39
5 Chris Lugo (Valencia) Sr	9:08.64
6 Frank Flores (Hart) Sr	9:09.32
7 Bryan Dameworth (Agoura)	9:16.02
8 Trevor Drummond (Helix) Sr	9:16.34
9 Greg Flynn (West Torrance) Sr	9:21.5
10 Corey Trowinger (Acalanes) Sr	9:21.9
11 Jeff Korn (Birmingham) Sr	9:22.2
12 Mike Parrut (Jesuit) Sr	9:27.6
13 Greg Lopez (Hilltop) Sr	9:28.2
14 Shawn Nooran (Moreau) Sr	9:30.8
15 Brian Williamson (Westmont) Jr	9:32.2
16 Ian Alsen (Granada Hills) Jr	9:33.1

### 110m High Hurdles

Fine Flicks by Don Gosney



DANA HALL—110HH

Dana Hall (Ganesha, Pomona) still felt he had something to prove his senior year after pulling a hamstring in the Finals of the 1986 State Finals on the way to finishing third. The University of Washington bound footballer had a chance here to close out an undefeated season in the event. Tall, powerful Shelton Boykin (San Fernando) had exploded to 13.84 in the LA City Finals in edging Ron Copeland (Dorsey) 13.88, with '86 State runner-up Albert Pride (Grant, Sacramento) rounding into shape. Boykin ran into big problems in Friday's heats, losing his balance while battling Pride over Hurdle 9, and falling into the last barrier in the race, finishing in 9th. Hall was the quickest heat winner at 13.90 (0 wind).

The Finals on Saturday was interesting for a while. Copeland had a slight lead out of the blocks, with Hall emerging from the pack to take over by the halfway point. From there on in Dana steadily powered away and showed his superiority over this year's crop of California timber toppers with a 13.98 win over Copeland (14.13), Pride (14.14), and Mark Crear (Rowland, Rowland Heights) 14.14. Crear was as improved an athlete as there was in the State in the event this season.

1 Dana Hall (Ganesha) Sr	13.98
2 Ronald Copeland (Dorsey) Jr	14.13
3 Albert Pride (Grant-Sacto) Sr	14.14
4 Mark Crear (Rowland) Sr	14.15
5 Doug Cower (St. Mary's-Berkeley) Sr	14.29
6 Dimitri Ghys (Kingsburg) Sr	14.37
7 John Montgomery (Independence) Jr	14.47
8 Ron Cason (Buena) Sr	14.52
9 Yki Vallery (Hawthorne) Sr	14.56

Heat 1: 1. Albert Pride (Grant-Sacto) 14.24, 2. Ron Cason (Buena) 14.35, 3. Yki Vallery (Hawthorne) 14.57, 4. Diator Gildersleeve (Grant-Sacto) 14.77, 5. Elliott Beverly (Oakland) Sr 14.77, 6. John Petros (San Marcus-S.B.) 14.3, 7. Teddy Yu (Birmingham) 14.6, 8. Fred Saria (Mira Mesa) 14.9, 9. Shelton Boykin (San Fernando) 26.1. Heat 2: 1. Dana Hall (Ganesha) 13.90, 2. Doug Conner (St. Mary's-Berkeley) 14.06, 3. John Montgomery (Independence) 14.40, 4. Dimitri Ghys (Kingsburg) 14.48, 5. Darrell Thompson (Cerritos) 14.79, 6. Jesse Quintana (Selma) 14.85, 7. Charles Patterson (Lincoln-San Diego) 15.02, 8. Mike Lodgen (Bellarmine) 15.02, 9. Andy Connor (Yreka) 15.68. Heat 3: 1. Ronald Copeland (Dorsey) 14.26, 2. Mark Crear (Rowland) 14.26, 3. Darryl Lockett (Dorsey) 14.64, 4. MacArthur Anderson (Bakersfield) 14.77, 5. Craig Gilbert (Overfelt) 14.80, 6. Nathan Sutton (James Logan) 14.80, 7. Richard Terwilliger (Oakmont) 14.91, 8. Mark D'Ambra (Granada) 14.94, 9. Tim Estes (Fort Bragg) 15.23.

### 300m Int. Hurdles

Halfway through Saturday evening's running event program the team battle had boiled down to a struggle between Muir and Hawthorne. Taft (Woodland Hills) had self-destructed with a dropped baton in the 400m relay, and it was obvious that either Muir or Hawthorne would "nuts and bolts" their way to the title, with everyone of their finalists having a great deal of pressure on their every step. In the intermediates the weight was on Yki (say it "Ike") Vallery of Hawthorne, most likely a high placer, but in this event lost momentum at a barrier can easily cost 2, 3, or 4 positions, with the corresponding point loss the kiss of team death. Yki had recorded a state best of 36.88 in winning his Section 4A title, but had minor step problems on the way to a fourth in the Southern Section affair.



YKI VALLERY—300IH

Heat winners were Dana Hall (Ganesha, Pomona) 37.40, Vallery 37.16, and Shelton Boykin (San Fernando) 37.85. In the finals Hall, John Montgomery (Independence, San Jose), and Mark Crear (Rowland, Rowland Heights) were out very strong over the first five flights, with Vallery hesitating through step difficulties over the first few barriers and definitely off the pace. As the field came off the turn and headed down the homestretch the powerful Hawthorne senior started his run to individual and team glory. Picking people off one by one and having easily the most momentum of anyone in the field over the final three barriers Vallery eased by the trio ahead of him and crossed the finish line with a two meter victory over Crear 37.14-37.36. Yki usually does not come from behind, but here he had no choice. Immediately after finishing the Hawthorne star collapsed to the track and stayed there quite a while. Then he went over to the grass and stayed in the horizontal posture there for a while before the victory ceremony.

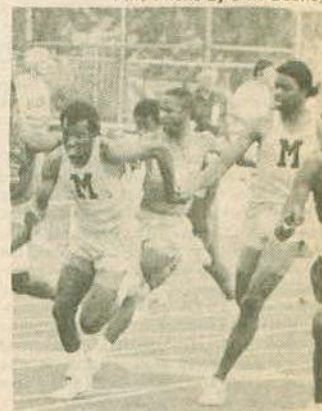
1 Yki Vallery (Hawthorne) Sr	37.14
2 Mark Crear (Rowland) Sr	37.36
3 Dana Hall (Ganesha) Sr	37.63
4 Albert Pride (Grant-Sacto) Sr	37.67
5 John Montgomery (Independence) Jr	37.72
6 Shelton Boykin (San Fernando) Sr	37.77
7 Kevin Jones (Mt. Miguel) Jr	38.38
8 Ronald Copeland (Dorsey) Jr	38.58
9 Chris Moura (Menlo Atherton) Sr	38.99

Heat 1: 1. Dana Hall (Ganesha) 37.40, 2. Mark Crear (Rowland) 37.86, 3. Kevin Jones (Mount Miguel) 37.90, 4. Kirk Ayers (Western) 38.41, 5. Rick Terwilliger (Oakmont) 39.34, 6. Andy Sample (Antioch) 37.63, 7. Jim Farmer (Clovis West) 40.00, 8. Darin Maiden (Bakersfield-South) 38.8, 9. Charles Wilford (Diamond Bar) 40.8. Heat 2: 1. Yki Vallery (Hawthorne) 37.16, 2. John Montgomery (Independence) 37.38, 3. Albert Pride (Grant-Sacto) 37.67, 4. Mark D'Ambra (Granada) 38.91, 5. Bryan Addison (Chatsworth) 39.45, 6. Bardon Farley (Chico) 40.47, 7. John Marugg (Carlsbad) 40.47, 8. Kevin Broschat (Bakersfield-North) 40.48. Heat 3: 1. Shelton Boykin (San Fernando) 37.85, 2. Ronald Copeland (Dorsey) 38.22, 3. Chris Moura (Menlo Atherton) 38.30, 4. John Barry (Ygnacio Valley) 38.31, 5. Doug Conner (St. Mary's-Berkeley) 38.72, 6. Henry Coleman (Manual Arts) 39.02, 7. Chris Coleman (Independence) 38.9, 8. John Petros (San Marcos) 40.8.

### 400m Relay

Saturday's first men's running event featured some quick groups that tied into the team struggle in a big way. Hawthorne, Muir (Pasadena), and Taft (Woodland Hills) are the state's best in the event and the trio would also battle for the state team title. Hawthorne appeared to be in real trouble when super sophomore anchor runner, Curtis Conway, pulled up at the end of the Section 4A race. However, with Leroy Thomas placing Conway, the Cougars raced 41.20 behind Muir's 41.06 in Heat 1 in Friday's prelims here. Muir's Corey Ealy (10.36-20.80) sailed by Thomas on the anchor with a flying start 9.5 leg after receiving the baton about three meters down. Taft had improved to 40.88 during LA City action, with their Heat 2 victory on Friday quick, but uneventful, as the trio of David Feinstein, Sean Roberts, and David Flores gave Watts a big lead to start the anchor, and he cruised a 9.3 with a flying start to win by ten meters in 41.08. Ah, but you do have to show up and run the Finals.

Fine Flicks by Don Gosney



MUIR—400R

The show for Taft became botched rather quickly, as the pass from lead off runner David Feinstein to Sean Roberts was poor, and the second pass to Flores was dropped. Meanwhile, Muir was clicking on the exchanges, with a steady Morningside squad the leaders as the baton came to the anchor runners. Charles Jordan was no match for Corey Ealy, as the Muir star blazed by on the way to a new State Meet record of 40.78. Morningside recorded a fine 41.06, with Hawthorne an important 3rd at 41.34. Taft's second consecutive title hopes ended here.

1 Muir	40.78
2 Morningside	41.6
3 Hawthorne	41.34
4 Crawford	41.69
5 Dorsey	41.97
6 Carson	42.02
7 Duarte	42.17
8 Simi Valley	42.25

Heat 1: 1. Muir 41.06, 2. Hawthorne 41.20, 3. Dorsey 41.59, 4. Crawford 41.69, 5. Bakersfield 42.13, 6. Tokay 42.40, 7. Henry 42.83, 8. Quincy 44.6. Heat 2: 1. Taft-Woodland Hills 41.08, 2. Simi Valley 41.99, 3. Duarte 42.06, 4. Reseda 42.35, 5. James Logan 42.36, 6. Moreau 42.75, 7. Archbishop Mitty 42.93, 8. Roosevelt-Fresno 42.96, 9. Bella Vista 43.08. Heat 3: 1. Morningside 41.79, 2. Carson 42.11, 3. Castlemont 42.27, 4. Rioridan 42.28, 5. Independence 42.30, 6. Poway 42.45, 7. Acalanes 42.65, 8. Edison-Fresno 42.86, 9. Monte Vista-Danville 43.45.

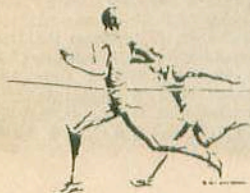


## 1600m Relay

At the end of a long weekend the whole team struggle came down to this exciting event. The team and event struggle took on a bit of a disappointing note when Quincy Watts could only run 47.6 on the anchor of his Taft team at the end of a long Friday, and that group did not qualify for the Finals here. It was "deja vu" for Hawthorne, as very simply the Cougars needed to finish two places ahead of Muir to win the State Team Championship. The last time the Meet was here, 1985, Hawthorne was basically in the same position. Back then it was Henry Thomas who was out of the event with an appendectomy. But Coach Kye Courtney's sprinters think of themselves as quarter milers first, then work on down. In 1985 the Cougars took the team title off their win in this event, as Sean Kelly, having what later turned out to be mononucleosis, anchored that group to victory. In 1987 it was Curtis Conway, super soph who leads off at usually 49.0 or better, who was down. Coach Courtney explained to the squad that simply what was needed was a solid race that would put them two positions ahead of Muir. Junior Travis Hannah led the reply that they were not going to be the group to break the string of four consecutive State Championships for the school in the event, and they intended to win the darn thing. The race was interesting. Jason Gray had Muir out in fine style, leading off in 49.0, while Leroy Thomas had Hawthorne out in 50.9. Courtney moved Robert Carroll to second position this week, and the 10:51-21:45 sprinter rocketed a determined 47.1 to bring the team back into the hunt. Yki Valley continued to strengthen the Cougar argument with a 47.9, and when Travis Hannah received the baton for the Hawthorne anchor only Morningside and Raymond Glass was ahead. Muir, meanwhile, was mired far back in traffic, and it would take an unreal anchor leg by Marcus Robertson against some very fine people to pull Muir to within one place of the Courtney's crew. Hannah screamed the last 150 during his leg, shooting by Glass on the homestretch on the way to a 46.5 leg, while Robertson anchored Muir in a fine 47.4 but could finish no higher than sixth. Hawthorne picked up what it needed, finishing with 34 points for the team win.

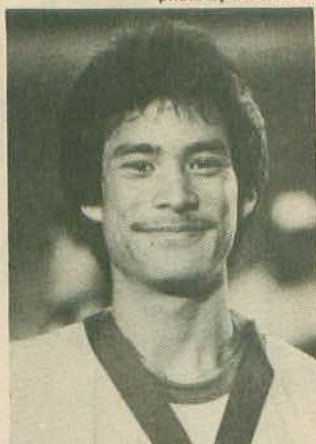
1 Hawthorne	3:11.77
2 Morningside	3:12.50
3 Simi Valley	3:13.65
4 James Logan	3:14.45
5 Morse	3:14.54
6 Muir	3:14.68
7 Compton	3:16.66
8 Independence	3:19.99
9 Reseda	3:21.8

Heat 1: 1. Morningside 3:15.55, 2. Compton 3:16.81, 3. Reseda 3:18.84, 4. Ygnacio Valley 3:19.34, 5. Berkeley 3:19.60, 6. Oakland 3:22.84, 7. Overfelt 8:22.92, 8. Westmoor 3:25.77, 9. Bakersfield-East 3:28.4. Heat 2: 1. Hawthorne 3:14.82, 2. Independence 3:16.25, 3. Merced 3:19.15, 4. Taft-Woodland Hills 3:19.99, 5. Santa Rosa 3:21.24, 6. Hiram Johnson 3:21.27, 7. Poway 3:21.99, 8. Carson 3:26.01, 9. Williams 3:29.40. Heat 3: 1. James Logan 3:15.84, 2. Muir 3:15.99, 3. Morse 3:17.15, 4. Simi Valley 3:19.00, 5. Tokay 3:19.15, 6. Mount Miguel 3:20.55, 7. Edison-Fresno 3:20.64, 8. Bakersfield-South 3:23.76, 9. Banning 3:29.01.



## High Jump

photo by Burt Davis



LUIS JULIO—HJ

This super competition ended with eight athletes over 6-9. Fully half of the finalists came up with personal bests in an evening that brought the event some respectability in 1987. Heck, it took 6-8 on Friday to sort out the dozen people who were allowed on to Saturday's competition.

Tim Prince (Logan, Union City), the state's first 7-footer this spring, was probably a very slight favorite off of that performance. The winner turned out to be a real surprise who improved his seasonal bests in the event by a magnificent 5 and 1/2 inches. How many other jumpers in the State Finals have PR'd by a half a foot! But there was a story leading up to that.

With the bar going up at 1" increments after 6-8 in the finals, there was a surprising group of seven that cleared 6-10. Joel Mitre (Redlands), a big improver over the length of the season, and Matt Farmer (Monte Vista, Spring Valley), were at new PR's at that level. That duo fell by the wayside at 6-11, with Valley of Sacramento's Chris Arentz over (after a 6-8 previous best), Walter Barney (Livermore), and Tim Prince (Logan) clearing that lofty height. Ricky Pickett (Clovis) cleared 6-10 and was not able to negotiate 6-11. In interesting tactical moves along the way Prince had passed at 6-9 after clearing 6-8, and very surprisingly Luis Juico (pronounced Whoo-wee-koo) of Piedmont Hills in San Jose passed 6-11 after clearing 6-10 (he must have known things that we did not). At 7-0 Juico shockingly cleared on his first attempt, then sat out three misses by Arentz, Prince, and Barney. Luis, a steady but not spectacular performer during the past two years, then had the bar placed at 7-1 1/4, where he followed a miss with an even more spectacular clearance of this level that marked an amazing one-day peak and improvement. At 7-2 1/4 he took three tries.

1 Luis Juico (Piedmont Hills)	7-1 1/4
2 Chris Arentz (Valley-Sacto)	6-11
3 Walter Barney (Livermore)	6-11
4 Tim Prince (James Logan)	6-11
5 Joel Mitre (Redlands)	6-10
6 Matt Farmer (Monte Vista-SpVly)	6-10
7 Rick Pickett (Clovis)	6-10
8 Mike Paule (Del Campo)	6-9
9 Chris LaQuay (Vacaville)	6-8
10 Lance McGrath (Poway)	6-8
11 Derek Pippert (Damien)	6-6
12 Brian Coch (Bullard)	6-6

Finalists: 1. Brian Koch (Bullard) 6-8, 2. Joel Mitre (Redlands) 6-8, 3. Derek Pippert (Damien) 6-8, 4.

Matt Farmer (Monte Vista-Spring Valley) 6-8, 5. Lance McGrath (Poway) 6-8, 6. Luis Juico (Piedmont Hills) 6-8, 7. Chris Arentz (Valley-Sacto) 6-8, 8. Rick Pickett (Clovis) 6-8, 9. Walter Barney (Livermore) 6-8, 10. Chris LaQuay (Vacaville) 6-8, 11. Mike Paule (Del Campo) 6-8, 12. Tim Prince (James Logan) 6-8.

## Pole Vault

Fine Flicks by Don Gosney



STEVE SLOCUM—PV

One of the weekend's highlighted events turned out to be the biggest disappointment. California has truly had a spectacular group of Pole Vaulters this year, with the best ever qualifying for a State Finals competition having eleven clear 15-0. With the runway situation at Hughes Stadium having the Triple Jump on the same runway as the Vault (pits at opposite ends), it was necessary to vacate the facility to start the three-jump trials, so the decision was made to allow all of those eleven athletes into the Finals instead of take the time to weed out two competitors and get down to nine.

On Saturday afternoon at 2:30, fully an hour and a half before anything else, a number of fans and a top field showed up to compete. The freaky weather, which included a little rain, maybe set the tone for things. As usual, Brent Burns (Acalanes, Lafayette) sat back and waited for most of the field to eliminate themselves before he would start at over 16 feet. Some interesting things happened along the way to that height. Jeff McKee (Downey) and Ed Quijada (Rio Vista) both PR'd in their 4th place tie at 15-2. Jeff LaMonica (Poly, Sun Valley) came north figuring to let it all hang out with no real pressure (off his 14-3 pre meet PR), qualifying at 15-0, then really amazing with 14-8, 15-2 and 15-6 clearances that had him end up 3rd. It was at this 15-6 where things became strange. Pat Alduenda (Ramona, San Diego Section) started at this height, and was the day's first tragedy with three misses right where he started. Steve Slocum cleared this 15-6 height on his first attempt, while Tom Parker (Notre Dame, Sherman Oaks) was over on his second trial (LaMonica was over on his third jump). At 15-10 the previous trio all failed three times, planning on their 2nd, 3rd, and 4th place awards when Brent Burns started to vault. With the bar at 16-2 Burns came down the runway the first time for a real attempt, and with very little charge at the box, looked very poor in missing. Could the unimaginable happen? Here was easily the State's best athlete in the event, biting at the bit for revenge after being upset in last year's State competition in

some kind of trouble. Yep, anything is possible. On his next two trials Burns lacked penetration through the box, and while he was easily over the bar, his attempts did not carry him far enough into the pit, and he came down on the bar for two more misses and finished with no height. Slocum had to pinch himself. He had been thrust into the winner's circle in a very bizarre manner.

1 Steve Slocum (Foothill)	15-6
2 Tommy Parker (Notre Dame)	15-6
3 Jeff LaMonica (Poly-Sun Valley)	15-6
4 Ed Quijada (Rio Vista)	15-2
5 Jeff McKee (Downey)	15-2
6 Jay Rafail (Vista)	15-2
7 Tom Richards (San Marcos)	14-8
8 Mike Guevara (Clovis West)	14-8

Finalists: 1. Jeff LaMonica (Poly-Sun Valley) 15-0, 2. Tom Richards (San Marcos) 15-0, 3. Ed Quijada (Rio Vista) 15-0, 4. Steve Slocum (Foothill-Santa Ana) 15-0, 5. Tony Parker (Notre Dame-Sherman Oaks) 15-0, 6. Jeff McKee (Downey) 15-0, 7. Jay Rafail (Vista) 15-0, 8. Rick Gordon (Rio Vista) 15-0, 9. Mike Guevara (Clovis West) 15-0, 10. Pat Alduenda (Ramona) 15-0, 11. Brent Barnes (Acalanes) 15-0.

## Long Jump

Fine Flicks by Don Gosney



PERCY KNOX—LJ

Percy Knox (Antelope Valley, Lancaster) led qualifying with a fine 24-9 (+0.18), but Alonzo Livingston (Skyline, Oakland), at 24-2 (+0.09), and Joel Smith (Cordova, Rancho Cordova), 24-1 1/4 (+2.22 (24-1 legal -1.10), looked dangerous. That trio seemed to possess the kind of pop that separated them from the rest of the competitors.

In Saturday's Finals it was Smith who blasted out over 24 feet first, opening up with 24-0 1/4 in a competition where there were no wind-aided leaps. Livingston and Knox fouled the first time down, with Knox taking the lead at 24-1 1/4 on his second trial. Livingston ended the trials with a 24-1 1/4 to tie Percy. With the pressure on Knox responded with a 24-6 1/2 on his fourth jump, and no one was able to improve in the last two rounds. Percy thus finished the season undefeated in the event, having earlier this year becoming the seventh Californian under any conditions to jump over 26 feet as a prep, with his 26-0 1/2 wind-aided best.

continued on next page...



## Long Jump, contd.

1. Percy Knox (Antelope Valley)	24-6 1/2
2. Alonzo Livingston (Skyline)	24-1 1/4
3. Joel Smith (Cordova)	24-0 1/4
4. MacArthur Anderson (Bakersfield)	23-5
5. Billy Wright (Edison-Fresno)	23-0
6. Frank Jones (Hoover)	22-8 1/4
7. Albert Pride (Grant-Sacto)	22-6

**Finalists:** 1. Percy Knox (Antelope Valley) 24-9, 2. Alonzo Livingston (Skyline) 24-2, 3. Joel Smith (Cordova) 24-1 1/4, 4. Billy Wright (Edison-Fresno) 23-9 1/4, 5. Frank Jones (Hoover) 23-8 1/4, 6. Stacy Gibson (Royal) 23-6, 7. Charles Huff (La Jolla-San Diego) 23-5 1/4, 8. MacArthur Anderson (Bakersfield) 23-3 1/4, 9. Albert Pride (Grant-Sacto) 23-1 1/4.

## Triple Jump

Fine Flicks by Don Gosney



JOEL SMITH—TJ

This was an event with a super group throughout the season, with a ton of people over 48 feet. The wind pretty steadily blew into the faces of the jumpers as they went north-south in the Trials Friday. Alfonso Davis (Fairfield) jumped during one of the least restrictive breezes (-0.51 mps) to a 50-3 to lead that jumping. Reggie Jackson (Riordan, San Francisco) improved to a fine 49-10 1/2 there, with seven at 48-4 or better in the Trials.

On Saturday the wind died. It was Joel Smith's time to shine in the event. On his third leap he sailed out to 50-10, throwing out a challenge that no one could deal with this day. Amazing soph Russell White (Crespi, Encino), touted by many as a future Heisman Trophy candidate, showed his all-around athletic ability with a 49-7 1/4 opener to lead early, an effort that held on for second. Jackson continued his fine jumping with 49-1 1/4 for 3rd, with MacArthur Anderson (Bakersfield) 49-1 1/4 (4th) and Davis 5th at 48-11 1/4.

1. Joel Smith (Cordova)	50-10
2. Russell White (Crespi)	49-7 1/4
3. Reggie Jackson (Riordan)	49-1 1/2
4. MacArthur Anderson (Bakersfield)	49-1 1/4
5. Alfonso Davis (Fairfield)	48-11 1/4
6. Dimitri Ghuyts (Kingsburg)	48-6 1/4
7. Anthony Terrell (Mission San Jose)	48-4 1/4

**Finalists:** 1. Alphonso Davis (Fairfield) 50-3, 2. Reggie Jackson (Riordan) 49-10 1/2, 3. Joel Smith (Cordova) 49-7 1/4, 4. MacArthur Anderson (Bakersfield) 49-0, 5. Dimitri Ghuyts (Kingsburg) 48-7 1/2, 6. Anthony Terrell (Mission San Jose) 48-7, 7. Russell White (Crespi) 48-4, 8. Charles Huff (La Jolla-San Diego) 47-3 1/4, 9. Ryan Benjamin (Tulare) 46-10.

## Shot Put

Fine Flicks by Don Gosney



DAVE BULTMAN—SP

This was the kind of an event that makes the State Meet so interesting. There are a number of top quality athletes in every event, and there are always a couple during the Meet who end up really exploding forth at this level. In the Trials Kalesph Carter (Edison, Huntington Beach) was the leader at 62-0, as the form charts held true on the favorites.

The Finals was another story. Carter opened up with 61-0 1/4 to take the lead. It was during the second round, though, that big things happened (in case you do not remember this was the ring of Michael Carter's 81 foot throw). Dave Bultman, a student last year at Independence High of San Jose, where he was a 56 foot shot putter and 175 foot discus thrower, had moved this year to Royal High in Simi Valley and continued to develop nicely. He had a seasonal Shot best of 62-0 and fared very well competitively. Here he blew it all away on his second toss as he dropped it way past the last line of chalk and all keeping an eye on things knew it was something special. The measurement was 67-0, only a five foot improvement, and making Dave the number eleven All-Time Californian in the event. Dave backed the 67-0 up with a 66-3 1/2 on toss number three, then retired after a fourth effort foul, having proved who the best in the State was. Carter did improve on his final toss of the year out to 63-0, assuming the favorite's role for next year's event title run.

1. Dave Bultman (Royal)	67-0
2. Kalesph Carter (Edison-HuntBch)	63-0
3. Sam Cavallaro (James Logan)	61-4 1/2
4. Jason Miller (Clovis West)	58-10 1/4
5. Rick Fuller (El Monte)	58-3 1/4
6. Rick Cox (San Ramon)	58-2 1/4

7. Brent Noon (Fallbrook)	57-7
8. Kevin Marks (Nevada Union)	57-2 1/4
9. Doug Blanchard (Edison-HuntBch)	56-7 1/2

**Finalists:** 1. Kalesph Carter (Edison-H.B.) 62-0 1/2, 2. Jason Miller (Clovis West) 59-6, 3. Jason Miller (Clovis West) 59-6, 4. Dave Bultman (Royal) 59-2 1/4, 5. Sam Cavallaro (James Logan) 58-11, 6. Brent Noon (Fallbrook) 58-1 1/4, 7. Kevin Marks (Nevada Union) 57-3, 8. Rick Fuller (El Monte) 57-1, 9. Doug Blanchard (Edison-H.B.) 56-11 1/4, 10. Rick Cox (San Ramon-Danville) 56-3 1/4.

## Discus

Fine Flicks by Don Gosney



DAVE BULTMAN—DT

Dave Bultman (Royal, Simi) set a 1987 state standard in the event with a 196-10 in Friday's qualifying. A major disappointment here was Mike Bain (Corona del Mar), consistently over 180 feet all season long, failing to qualify for the Finals.

Prior to his Shot Put antics on Saturday Bultman covered Rich Cox (San Ramon, Danville) and his 185-0 second toss with a 193-6 effort of his own during that round to take a lead no one could challenge.

The duo were the only ones over 180 feet, with Dave adding 184-7 and 192-3 (and a 182-6 opener) to show his superiority over this year's California group in the event. Dave is a big boy, a fine student, and we will hear more from him in the future.

1. Dave Bultman (Royal)	193-6
2. Rick Cox (San Ramon)	185-0
3. John Wirtz (Leland)	178-5
4. Tony Scanlan (Burroughs-Ridgecrest)	174-1
5. Greg Winkler (St. Francis-Mt. View)	164-2
6. Andy Connor (Yreka)	164-1
7. Rich Brown (Mission Viejo)	161-1
8. Tim Boerum (Redwood-Larkspur)	158-3
9. Allen Smith (Madera)	145-4

**Finalists:** 1. Dave Bultman (Royal) 196-10, 2. John Wirtz (Leland) 180-11, 3. Rick Cox (San Ramon) 175-7, 4. Greg Winkler (St. Francis-Mt. View) 173-2, 5. Allen Smith (Madera) 170-9, 6. Tony Scanlan (Burroughs-Ridgecrest) 168-8, 7. Tim Boerum (Redwood-Larkspur) 167-6, 8. Andy Connor (Yreka) 167-2, 9. Alex Smith (Madera) 166-6.

## Team Scoring

Coach Kye Courtney and staff again deserve another big pat on the back. This makes five consecutive team titles for the Hawthorne Cougars. Men's titles in 1983-84-85, and the Women's win in 1986. It was done with the team's quickest member, soph Curtis Conway, going down with injury in the last three weeks of the season, and never racing again. There was a mid-season "attitude adjustment" period for the crew, after which they came out charging, with the mental approach the Hawthorne staff has determined is necessary for success at the top. Coach Bill Paul and his Muir Mustangs have nothing to be ashamed of. They had a super group that would have won many other state titles. Their Football program in the Fall was undefeated with many of the same athletes, and for many of their group it was a senior year frocked with glory from the beginning. A monster appears to be brewing up north, with James Logan of Union City having quality athletes all over the place and a seeming commitment to move to the head of the class. They were eighth here as a team, but keep an eye on that group in the future.

photo by Burt Davis



HAWTHORNE



# Girls

By Keith Conning

## 100 Meters

Fine Flicks by Don Gosney



JANEENE VICKERS—100M

Senior Janeene Vickers (Pomona), the Southern Section champion at 11.89 and the pre-meet California wind-aided leader at 11.49w (11.89 legal), won in 11.76 (+.12mps). Senior Madette Smith (Quartz Hill), second in the Southern Section at 11.93 and the pre-meet California leader at 11.83, was also second here in 11.89. Senior LaShawn Simmons (El Monte), third in the Southern Section at 12.21 and third in the 1986 State Meet at 11.94, was third, again in 12.01.

There was a runoff on Saturday afternoon for the ninth place in the final because the Accutrack didn't work on the third heat.

Senior Ronda Brooks (Oakland), the winner of heat 2 in 11.92, faded to seventh in the final in 12.12.

1 Janeene Vickers (Pomona) Sr	11.76
2 Madette Smith (Quartz Hill) Sr	11.89
3 LaShawn Simmons (El Monte) Sr	12.01
4 Stacey Rogers (Hiram Johnson) Sr	12.03
5 Kim Matthews (Morse) Sr	12.05
6 LeAnn Tinkshell (Locke) So	12.10
7 Ronda Brooks (Oakland) Sr	12.12
8 LaNia Brice (Lincoln-Stockton) Fr	12.36
9 Abiola Davis (Berkeley) So	12.38

Heat 1: 1. LaShawn Simmons (El Monte) 11.91, 2. Stacey Rogers (Hiram Johnson) 11.93, 3. Kim Matthews (Morse) 12.03, 4. LeAnn Tinkshell (Locke) 12.13, 5. Abiola Davis (Berkeley) 12.25, 6. Sharon Polley (El Molino) 12.42, 7. Denise Anderson (Kennedy-LA) 12.45, 8. Charlotte Vines (San Marcos) 12.54, 9. Filima Grisby (Edison-Fresno) 12.57. Heat 2: 1. Ronda Brooks (Oakland) 11.92, 2. Karen Lawson (St. Francis-Mt. View) 12.33, 3. Onnie Ferguson (Crawford) 12.34, 4. Loral Isles (El Camino-Oceanside) 12.38, 5. LaNia Brice (Lincoln-Stockton) 12.39, 6. Angela Davidson (Wasco) 12.42, 7. Erin McLaughlin (Alhambra-Martinez) 12.3, 8. Stephanie Lampkin (Independence) 12.5. Heat 3: 1. Janeene Vickers (Pomona) 11.6, 2. Madette Smith (Quartz Hill) 11.7, 3. Annette Colman (Carlmont) 12.1, 4. Laura Ainsworth (Fremont) 12.1, 5. Mindy Putnam (Oakland) 12.2, 6. Shamone Chisolm (Edison-Fresno) 12.2, 7. Dana Ramey (Davis) 12.2, 8. Nikama Prevost (San Fernando) 12.2, 9. Tenisha Talley (Kennedy-Richmond) 12.3.

## 200 Meters

Fine Flicks by Don Gosney



MADETTE SMITH—200M

Senior Madette Smith (Quartz Hill), the Southern Section champion at 24.25, second in the 1986 State Meet at 24.33, and the pre-meet California leader at 23.99w (24.25), won in 24.14. Senior Kim Matthews (Morse, San Diego), the San Diego Section champion at 24.51w, was second in 24.16. Sophomore Angela Rolfe (Dorsey, Los Angeles), the Los Angeles Section champion in 24.29, was third in 24.28.

Senior Ronda Brooks (Oakland), the San Francisco/Oakland champion in 24.45, the heat 3 winner in 23.95, and the fastest qualifier for the final, was fifth in 24.53.

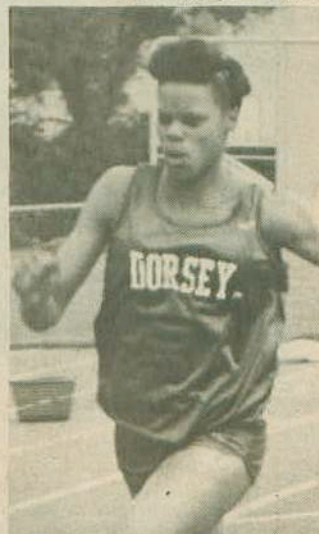
Rosie Williams (East Nicolaus), the Northern Section champion at 24.7 and the winner of heat 1 in 24.09, was fifth in 24.49.

1 Madette Smith (Quartz Hill) Sr	24.12
2 Kim Matthews (Morse) Sr	24.16
3 Angela Rolfe (Dorsey) So	24.28
4 Rosie Williams (East Nicolaus)	24.49
5 Ronda Brooks (Oakland) Sr	24.53
6 Simone Cain (Hueneme) Jr	24.88
7 Andreen Alvarenga (Archbishop Mitty) Jr	24.96
8 LeAnn Tinkshell (Locke) So	25.22
9 Stacey Rogers (Hiram Johnson) Sr	34.10

Heat 1: 1. Rosie Williams (East Nicolaus) 24.09, 2. Stacey Rogers (Hiram Johnson) 24.41, 3. LaNia Brice (Lincoln-Stockton) 25.08, 4. Nicole Devoe (Piedmont Hills) 25.23, 5. Patricia Brown (Chowchilla) 25.31, 6. Joslyn Mack (St. Francis-Mt. View) 25.55. Heat 2: 1. Madette Smith (Quartz Hill) 23.96, 2. Kim Matthews (Morse) 24.06, 3. Andreen Alvarenga (Archbishop Mitty) 24.69, 4. LeAnn Tinkshell (Locke) 24.82, 5. Chris Williams (Vallejo) 24.89, 6. Sabrina Lee (Washington-Fresno) 25.30, 7. Erin McLaughlin (Alhambra-Martinez) 25.48, 8. Lisa Hunter (Brethren) 25.50, 9. Althea Fuller (Cleveland) 25.94. Heat 3: 1. Ronda Brooks (Oakland) 23.95, 2. Simone Cain (Hueneme) 24.35, 3. Angela Rolfe (Dorsey) 24.45, 4. Deanna Amy (Hawthorne) 25.02, 5. Debra Hamilton (Locke) 25.05, 6. Sharon Polley (El Molino) 25.09, 7. Abiola Davis (Berkeley) 25.17.

## 400 Meters

Fine Flicks by Don Gosney



ANGELA ROLFE—400M

Sophomore Angela Rolfe (Dorsey, Los Angeles), the Los Angeles Section champion at 53.81, and the pre-meet California leader at 53.68, won in 53.55. Rolfe spurred down the backstretch to break away from the field. It was the second best time in the nation this season. Junior Crystal Irving (Long Beach Poly), the Southern Section champion at 54.45 and second in the 1986 State Meet at 55.61, was second again in 53.98. Junior Andreen Alvarenga (Archbishop Mitty, San Jose), second in the Central Coast Section at 57.1, was third in 54.75.

1 Angela Rolfe (Dorsey) So	53.55
2 Chrystal Irving (Long Beach Poly) Jr	53.96
3 Andreen Alvarenga (Archbishop Mitty) Jr	54.75
4 Debra Hamilton (Locke) So	55.55
5 Roslyn Mack (St. Francis-Mt. View) So	55.60
6 Bernatha Whitmore (Compton) Jr	55.83
7 D'Angela Smith (Valley-Sacto) Sr	55.95
8 Simone Cain (Hueneme) Jr	56.29
9 Rosie Williams (East Nicolaus)	56.9

Heat 1: 1. Angela Rolfe (Dorsey) 53.35, 2. Bernatha Whitmore (Compton) 55.65, 3. Roslyn Mack (St. Francis-Mt. View) 56.08, 4. D'Angela Smith (Valley-Sacto) 56.83, 5. Tanya Dooley (Bret Harte) 57.3300, 6. Tarsha Handy (Piedmont Hills) 57.44, 7. Kim Toney (Atascadero) 58.46, 8. Kathi Roldan (Mt. Whitney) 58.79, 9. Marian Coote (San Domenico) 59.6. Heat 2: 1. Crystal Irving (Long

Beach Poly) 55.5, 2. Rosie Williams (East Nicolaus) 56.1, 3. Stephani Sampo (Davis) 57.0, 4. Wendt Simmons (Santa Rosa) 57.5, 5. Adienna Thomas (Hawthorne) 58.1, 6. Beth Kilmer (Acalanes) 58.1, 7. Yasmin Daher (Castle Park) 59.0. Heat 3: 1. Andreen Alvarenga (Archbishop Mitty) 55.39, 2. Debra Hamilton (Locke) 55.75, 3. Simone Cain (Hueneme) 56.81, 4. Socorro Vazquez (South Gate) 57.42, 5. Shani Freeman (Crawford) 57.78, 6. Edwina Ammonds (Roosevelt-Fresno) 59.15, 7. Sheila Williams (Immanuel) 59.6, 8. Vivian Banks (Skyline) 60.6.

## 800 Meters

Fine Flicks by Don Gosney



KIM McALLISTER—800M

Sophomore Kim McAllister (Locke, Los Angeles), the Los Angeles Section champion at 2:17.14, won in 2:12.92. Junior Kristina Hand (Fallbrook), the San Diego Section champion at 2:13.26 and eighth in the 1986 State Meet at 2:12.66, was second in 2:13.52. Junior Althia Moses (Morningside, Ingleswood), fourth in the Southern Section at 2:14.90, was third in 2:13.68.

Senior Kris Kochel (Ventura), who had the fastest time in California of 2:12.38 going into the meet and had placed sixth in the 1986 State Meet at 2:11.01, placed fifth in 2:13.87.

Senior Kathy Lee (Acalanes, Lafayette), the North Coast Section champion in 2:13.63 and the winner of heat 2 in 2:13.63, placed sixth in 2:14.24.

McAllister led at the 200 in 29.4 and the 400 in 1:04.5 (35.1). Hand led at 600 in 1:39.3 (34.8).

The winning time was the second slowest in the history of the State Meet. Only Alice Trumbley (Coalinga), who won the 1976 State Meet in Berkeley in 2:13.3, had a slower winning time.

Senior Kathryn Krieger (San Luis Obispo), the Southern Section champion at 2:12.70 and pre-meet favorite, placed seventh in 2:14.90.

1 Kimberly McAllister (Locke) So	2:12.92
2 Kristina Hand (Fallbrook) Jr	2:13.52
3 Althia Moses (Morningside) Jr	2:13.68
4 Persephone Lowery (Norco) So	2:13.69
5 Kris Kochel (Ventura) Jr	2:13.87
6 Kathy Lee (Acalanes) Sr	2:14.24
7 Kathryn Krieger (San Luis Obispo) Sr	2:14.90
8 Courtney Clark (Las Lomas) Jr	2:14.95
9 Erika Lovett (Savanna) Jr	2:16.3

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## 800m, contd.

**Heat 1:** 1. Kimberly McAllister (Locke) 2:13.49, 2. Persphone Lowery (Norco) 2:14.48, 3. Althia Moses (Morningside) 2:14.81, 4. Kathryn Krieger (San Luis Obispo) 2:15.02, 5. June Untalan (Rio Linda) 2:17.96, 6. Lorie Leverett (Sonoma Valley) 2:18.07, 7. Gabby MacKenzie (Dixon) 2:18.22, 8. Dawn Pittman (Casa Grande-Petaluma) 2:18.83, 9. Karrie King (Granada Hills) 2:22.3. **Heat 2:** 1. Kathy Lee (Acalanes) 2:13.48, 2. Courtney Clark (Las Lomas) 2:14.10, 3. Erika Lovett (Savanna) 2:14.18, 4. Janet Bowie (Woodside) 2:16.30, 5. Caryn Neel (Elina) 2:18.99, 6. Joann Arnold (Palo Alto) 2:21.12, 7. La Monica Smith (Banning) 2:21.91, 8. Denise Walker (Golden Sierra) 2:22.65, 9. Tonya Russell (Taft) 2:24.28. **Heat 3:** 1. Kristina Hand (Fairbrook) 2:13.1, 2. Kris Kochel (Ventura) 2:13.82, 3. Kristi Bache (University-San Diego) 2:16.55, 4. Whitney Wyatt (Bakersfield) 2:17.24, 5. Margo Gray (Hamilton) 2:18.46, 6. Shannon Leider (Clovis) 2:18.16, 7. Gina Westby (Torrey Pines) 2:20.34, 8. Romona Pena (Washington-S.F.) 2:25.34.

4:29.3. Jorgensen ran the last lap in 1:09.4.

Bryant ran shoulder to shoulder with Jorgensen down the backstretch and around the turn.

1	Kira Jorgensen (Vista) So	4:45.98
2	Robin Bryant (Hesperia)	4:46.59
3	Mary Mendoza (Presentation) Sr	4:52.83
4	Tracey Williams (Mt. View) Jr	4:54.52
5	Kathy Karpel (Ocean View)	4:55.38
6	Melissa Sutton (Newbury Park) Sr	4:57.50
7	Kara Olsen (San Pedro) Sr	4:57.57
8	Beth Bartholomew (Fremont-Sunnyvale) Fr	5:02.90
9	Melanie Hiatt (Davis) Sr	5:03.33

**Heat 1:** 1. Kira Jorgensen (Vista) 4:54.78, 2. Melissa Sutton (Newbury Park) 4:55.36, 3. Mary Mendoza (Presentation) 4:55.84, 4. Kathy Karpel (Ocean View) 4:58.09, 5. Kara Olsen (San Pedro) 5:00.27, 6. Laurie Andeen (Menlo Atherton) 5:04.49, 7. Maria Ravazza (Acalanes) 5:10.14, 8. Sandra Rodriguez (Wilson) 5:12.98, 9. Karen Karcher (Romona) 5:15.05. **Heat 2:** 1. Tracey Williams (Mt. View) 5:03.93, 2. Melanie Hiatt (Davis) 5:04.17, 3. Robin Bryant (Hesperia) 5:04.38, 4. Beth Bartholomew (Fremont-Sunnyvale) 5:04.64, 5. Brigid Freyne (Poly-Riverside) 5:05.10, 6. Beki Collins (West Valley) 5:06.17, 7. Denise McFaymen (Mira Mesa) 5:07.39, 8. Peemee Lemus (Montgomery) 5:12.1, 9. Veli Lehman (El Cerrito) 5:15.3.

Mendoza's splits: 1:09.2, 2:24.7 (1:15.5), 3:43.4 (1:18.7), 5:03.6 (1:20.2), 6:25.4 (1:21.8), 7:47.6 (1:22.2), 9:08.9 (1:21.3), 9:46.2 (3000m), 10:23.04 (1:15.2).

1	Mary Mendoza (Presentation) Sr	10:23.04
2	Kira Jorgensen (Vista) Sr	10:30.08
3	Reyna Cervantes (Montebello)	10:30.72
4	Karen Hecox (South Hills-Covina)	10:31.95
5	Katy McCandless (Castilleja) Jr	10:32.77
6	Tracey Williams (Mt. View-El Monte) Jr	10:33.35
7	Brigid Freyne (Poly-Riverside) Jr	10:35.44
8	Nicole Nugent (Torrey Pines) Sr	10:38.0
9	Kara Olsen (San Pedro) Sr	10:50.8
10	Jeanise Eisenman (Calistoga) Sr	11:00.5
11	Christy Farrell (Thousand Oaks) Sr	11:05.7
12	Julie Dyson (Casa Roble) Jr	11:09.5
13	Karen Karcher (Romona) Jr	11:10.1
14	Sandra Rodriguez (Wilson) Sr	11:10.5
15	Georgia McClean (Belmont) Sr	11:11.0
16	Tina Gorbet (Lassen)	11:16.1
17	Anne Kuphauld (Bella Vista) Jr	11:18.8
18	Jennifer Walsh (Ygnacio Valley) Sr	11:24.4
19	Sheri Lawson (Kennedy-LA) Jr	11:32.4
20	Julie Verre (St. Francis) Sr	1:39.0

Section at 14.33 and second in the 1986 State Meet at 13.94, placed second in 13.68. Senior Effie Daetz (Leigh, San Jose), the Central Coast Section champion in 13.63w, was third in 13.76.

1	Janeene Vickers (Pomona) Sr	13.34
2	LaShawn Simmons (El Monte) Sr	13.68
3	Effie Daetz (Leigh)	13.76
4	Doris Williams (Poly-Riverside) Sr	13.89
5	Laurie Smith (Valley-Sacto) Sr	13.96
6	Staci Leach (Thousand Oaks) Sr	13.9
7	LaShawn McBride (Long Beach Poly) Sr	13.9
8	Laura Ainsworth (Fremont-LA) Sr	14.0
9	Lori Finnerty (Piedmont Hills) Sr	14.5

**Heat 1:** 1. Janeene Vickers (Pomona) 13.42, 2. Laurie Smith (Valley-Sacto) 13.77, 3. LaShawn Simmons (El Monte) 13.78, 4. Lori Finnerty (Piedmont Hills) 14.05, 5. Shiana Mosby (Alta Loma) 14.52, 6. Kim Lassair (Northgate) 14.60, 7. Dee Balch (Redwood-Visalia) 15.11, 8. Natalie Masson (Narbonne) 15.2. **Heat 2:** 1. Doris Williams (Poly-Riverside) 13.85, 2. Effie Daetz (Leigh) 13.90, 3. Laura Ainsworth (Fremont-LA) 14.37, 4. Michelle Decoux (Bishop O'Dowd-Oakland) 14.45, 5. Felicia Harris (San Lorenzo) 14.54, 6. Angie Evans (Vanden) 14.79, 7. Nikki Hunziker (Antioch) 15.04, 8. Darla Vaughn (Mira Mesa) 15.11, 9. Rocky Wingert (Yreka) 15.32. **Heat 3:** 1. Staci Leach (Thousand Oaks) 13.94, 2. LaShawn McBride (Long Beach Poly) 13.94, 3. Michelle Outlaw (Lincoln-San Diego) 14.41, 4. Chrishelle Johnson (Stagg) 14.59, 5. Gina Albanese (Branham) 14.65, 6. Kim Young (Madera) 14.71, 7. Ungela Brockman (Bishop's) 15.09, 8. Odessia Dorsey (Dorsey) 15.34, 9. Bobbette Crosse (McAteer) 16.45.

## 1600 Meters

Fine Flicks by Don Gosney



KIRA JORGENSEN—1600M

Sophomore Kira Jorgensen (Vista), the San Diego Section champion in 5:00.90 and the California leader at 4:51.03, won in 4:45.98 to become the national leader. Jorgensen set a new California sophomore class record. The old record was 4:46.0 by Linda Goen (North, Bakersfield) in 1977. Goen won the 1977 State Meet in 4:47.8.

Robin Bryant (Hesperia), the Southern Section champion at 4:52.36, was second in 4:46.59. Senior Mary Mendoza (Presentation, San Jose), the Central Coast Section champion at 4:52.1, placed third at 4:52.83.

Junior Tracey Williams (Mountain View, El Monte), second in the Southern Section at 4:53.01 and winner of heat 2 in 5:03.93, placed fourth in 4:54.52.

Williams led at the 400 in 1:05.6. Jorgensen led at 800 in 2:18.9 (1:13.3), the 1200 in 3:36.5 (1:17.6), and the 1500 in

## 3200 Meters

Fine Flicks by Don Gosney



MARY MENDOZA—3200M

Senior Mary Mendoza (Presentation, San Jose), the Central Coast Section champion in 10:28.8 and third in the 1986 State Meet at 10:26.69, won in 10:23.04. Sophomore Kira Jorgensen (Vista), the San Diego Section champion in 10:49.99 and the pre-meet California leader at 10:24.23, was second in 10:30.08. Reyna Cervantes (Montebello), fourth in the Southern Section at 10:36.80, was third in 10:30.72.

Junior Tracey Williams (Mountain View, El Monte), the Southern Section champion at 10:32.20 and second in the 1986 State Meet at 10:25.75, placed sixth in 10:33.85.

## 100m Low Hurdles

Fine Flicks by Don Gosney



JANEENE VICKERS—100LH

Senior Janeene Vickers (Pomona), the Southern Section champion at 13.40, defending champion at 13.74, and pre-meet California leader, set a new California and meet record of 13.34 (+.76mps). The old California and meet record of 13.41 was set by Gail Devers (Sweetwater, National City) at Los Angeles in 1984.

Vickers becomes the third best performer all-time in the United States with the fifth best performance. Only Yolanda Johnson (Washington, Denver, Colorado), who ran 13.06 at altitude in 1986 and freshman Candy Young (Beaver Falls, PA) who ran 13.30 in 1977, have run the distance faster.

Senior LaShawn Simmons (El Monte), the fifth and last qualifier in the Southern

## 300m Low Hurdles

Fine Flicks by Don Gosney



JANEENE VICKERS—300LH

Senior Janeene Vickers (Pomona), the Southern Section champion at 41.01, defending champion at 41.32, and the pre-meet California leader, won in 40.96. Vickers set a new meet record of 40.26, the top mark in the nation this season, in winning heat 1. The old meet record of 40.90 was set by Leslie Maxie (Mills, Millbrae) at Los Angeles in 1984.

"I'm still happy despite the fact I didn't get that last record (300LH)," said Vickers to Gerry Carroll of the *San Francisco Examiner*. "But it's been two days, running four events each day. I'll take what I'm able to win."

"It's not like I'm going to go home and party," Vickers said to Scott Howard-Cooper of the *Los Angeles Times*. "I'm



going to go home, go to Chuckie Cheese's and go to sleep."

Senior Effie Daetz (Leigh, San Jose), the Central Coast Section champion in 43.00, placed second in 41.86. Senior Laurie Smith (Valley, Sacramento), the Sac-Joaquin Section champion in 42.3, was third in 41.94.

"All I wanted to do was get in the 41's, and I made that, so I'm very pleased," Smith said to Bob Burns of the *Sacramento Bee*. "I wasn't very nervous today, and that scared me. I usually like to feel a little nervous because it gives me a little adrenalin. But overall, I was pleased with my performance."

1	Janeene Vickers (Pomona) Sr	40.96
2	Effie Daetz (Leigh) Sr	41.86
3	Laurie Smith (Valley-Sacto) Sr	41.94
4	Laura Ainsworth (Fremont-LA) Sr	42.79
5	Sharon Manship (Thousand Oaks) Sr	42.95
6	Christelle Johnson (Stagg) Sr	43.08
7	Wendi Simmons (Santa Rosa) Sr	43.27
8	Lori Finerty (Piedmont Hills) Sr	43.71
9	Gina Albanese (Branham) Sr	44.3

**Heat 1:** 1. Janeene Vickers (Pomona) 40.26, 2. Christelle Johnson (Stagg) 43.37, 3. Michelle Decoux (Bishop O'Dowd-Oakland) 44.39, 4. Doris Williams (Poly-Riverside) 44.65, 5. Julie Rosemond (Ventura) 44.72, 6. Christina Gangnuss (Foothill-Pleasanton) 45.19, 7. Clara Trigg (Armijo) 46.93, 8. Terri Bell (Crenshaw) 47.5, 9. D'Quita Woods (Castlemont) 49.1. **Heat 2:** 1. Laurie Smith (Valley-Sacto) 42.25, 2. Laura Ainsworth (Fremont-LA) 43.19, 3. Gina Albanese (Branham) 43.59, 4. Lori Finerty (Piedmont Hills) 44.26, 5. Kim Young (Madera) 44.65, 6. Michelle Outlaw (Lincoln-San Diego) 45.24, 7. Latanya Davenport (Locke) 45.99, 8. Stephanie Williams (University-San Diego) 46.1. **Heat 3:** 1. Sharon Manship (Thousand Oaks) 42.97, 2. Mendi Simmons (Santa Rosa) 43.77, 3. Stacy Leach (Thousand Oaks) 44.37, 4. Kathi Roldan (Mt. Whitney) 44.70, 5. Odessa Dorsey (Dorsey) 45.90, 6. Salynda Gray (Mount Miguel) 47.39, 7. Traci Ciapponi (Chico) 48.1.

The St. Francis of Mountain View team of Joslyn Mack, Jennifer Jackson, Roslyn Mack and Karen Lawson, the Central Coast Section champions at 48.19, won in 46.95. Morse of San Diego (Shawnette Sapp, Nicolo Stennis, Yolanda Fitch, Angel Leath), the San Diego Section champion at 48.28 and the California leader at 46.89, placed second in 47.00. Dorsey of Los Angeles (W. Williams, Delena Zimmerman, L. Christian, Angela Rolfe), the Los Angeles champion in 47.25, was third in 47.55.

Pomona (Lillian King, Shanegya Campbell, Shandra Richmond, Janeene Vickers), the Southern Section champion at 47.32 and the winner of heat 1 in 47.67, dropped the baton between their leadoff and second leg runners.

1	St. Francis-Mt. View	46.95
2	Morse	47.00
3	Dorsey	47.55
4	Long Beach Poly	47.79
5	Hueneme	48.08
6	Edison-Fresno	48.13
7	Crawford	48.51
8	Oakland	48.5
9	Pomona	51.7

**Heat 1:** 1. Pomona 47.67, 2. Hueneme 48.39, 3. Henry 48.54, 4. Cajon 48.70, 5. Bishop O'Dowd-Oakland 49.04, 6. Valjejo 49.16, 7. San Fernando 49.17, 8. Vanden 49.38, 9. Chowchilla 49.98.

**Heat 2:** 1. Dorsey 47.29, 2. Long Beach Poly 47.91, 3. Crawford 48.09, 4. Edison-Fresno 48.13, 5. Washington-Fresno 49.52, 6. University-LA 49.95, 7. Banning 50.27, 8. Pleasant Valley 50.45, 9. Independence 50.65. **Heat 3:** 1. Morse 47.23, 2. St. Francis-Mt. View 47.29, 3. Oakland 47.95, 4. Rio Mesa 48.56, 5. Los Gatos 49.36, 6. Berkeley 49.42, 7. Presentation 49.57, 8. College Park 49.7.

## 1600m Relay

Fine Flicks by Don Gosney



LONG BEACH POLY—1600R

Long Beach Poly (Demetria Darrington, Tracy McCray, Chinyera Kennedy, Crystal Irving), the Southern Section champion in 3:49.75, won in 3:46.20. Muir of Pasadena (Adnanne Lett, Kathy Butler, Leslie Allen, Staci Moore), second in the Southern Section at 3:50.60, was second at 3:48.88. Valley of Sacramento (Shayla Gentry, Laurie Smith, Michelle Silva, D'Angela Smith), the Sac-Joaquin Section champion in 3:56.7, placed third in 3:51.77.

Locke of Los Angeles (LaTanya Davenport, Kimberly McAllister, Sanders, Debra Hamilton), the Los Angeles Section champion, California leaders at 3:46.09, and winners of heat 1 in 3:51.8, did not place.

Dorsey of Los Angeles (O. Dorsey, Angela Rolfe, W. Williams, Delena Zimmerman), second in the Los Angeles Section at 3:48.3, finished second but was disqualified for unsportsmanlike conduct when their anchor, Delena Zimmerman, threw the baton to the ground after being passed by Crystal Irving (Long Beach Poly) in the stretch. It cost Dorsey 8 points and a share of the team title.

1	Long Beach Poly	3:46.20
2	Muir	3:48.33
3	Valley-Sacramento	3:51.77
4	Woodbridge	3:53.59
5	Clovis	3:53.7
6	Hawthorne	3:57.2

**Heat 1:** 1. Locke 3:51.8, 2. Woodbridge 3:55.7, 3. Crawford 3:56.3, 4. Thousand Oaks 3:56.4, 5. St. Francis-Mt. View 4:03.0, 6. South Gate 4:07.3, 7. Los Angeles 4:11.3. **Heat 2:** 1. Dorsey 3:50.0, 2. Hawthorne 3:55.4, 3. Clovis 3:55.8, 4. Acalanes 3:56.8, 5. Immanuel 4:00.4, 6. El Capitan 4:01.4, 7. Kennedy-Richmond 4:02.2, 8. Washington-Fremont 4:02.5. **Heat 3:** 1. Muir 3:49.52, 2. Valley-Sacramento 3:51.98, 3. Long Beach Poly 3:53.78, 4. Oakland 4:00.22, 5. Piedmont Hills 4:00.35, 6. Bishop O'Dowd-Oakland 4:03.81, 7. Lincoln-Stockton 4:18.78.

## High Jump



LYNN PATRICK—HJ

Sophomore Lynn Patrick (Serra, San Diego), the San Diego Section champion at 5-6, won with a jump of 5-10. Sophomore Lori Svoboda (El Dorado, Placentia), the Southern Section champion at 5-10½, placed second at 5-9. Senior Lashawn McBride (Long Beach Poly), second in the Southern Section at 5-6, fifth in the 1986 State Meet at 5-6, was third at 5-8.

1	Lynn Patrick (Serra-San Diego)	5-10
2	Lori Svoboda (El Dorado)	5-9
3	LaShawn McBride (Long Beach Poly)	5-8

4	Eugenia Miller (Crenshaw)	5-8
5	Samantha Shaver (Los Altos)	5-8
6	Mary Prince (Paradise)	5-8
7	Stacia Pollock (Westlake)	5-7
8	Lisa Coleman (Marina)	5-7
9	Celia Willis (Clovis West)	5-6
10	Julieann Broughton (Armijo)	5-2

**Finalists:** 1. Lori Svoboda (El Dorado) 5-8, 2. Eugenia Miller (Crenshaw) 5-8, 3. Mary Prince (Paradise) 5-8, 4. Lynn Patrick (Serra-San Diego) 5-8, 5. LaShawn McBride (Long Beach Poly) 5-8, 6. Stacia Pollock (Westlake) 5-8, 7. Celia Willis (Clovis West) 5-8, 8. Julieann Broughton (Armijo) 5-8, 9. Samantha Shaver (Los Altos) 5-7.

## Long Jump

photo by Burt Davis



KAREN LAWSON—LJ

Senior Karen Lawson (St. Francis, Mountain View), third in the Central Coast Section at 18-6 and seventh in the 1986 State Meet at 18-2½, won at 19-1½. Senior Angie Evans (Vanden, Travis AFB), second in the Sac-Joaquin Section at 19-0½ and ninth in the 1986 State Meet at 17-5½, placed second at 19-1¼.

"The last few jumps my leg was real tired," said Evans to Steve Dempsey of the *Fairfield Daily Republic*. "My leg was giving out and I thought I might have to back out. I had to block it out on my last jump."

"My friend Michelle (Outlaw of Lincoln in San Diego) pulled me to the side and said 'hey, extend your legs and land on your butt.' She said to do it. So I said OK. 'I did it but I got a bruise (on her you know what)...but it was worth it.'"

Senior LaShawn Simmons (El Monte), second in the Southern Section at 19-0½, was third at 19-1.

Senior Madette Smith (Quartz Hill), the Southern Section champion at 19-10½, the 1986 State Meet champion at 20-4¼, and the national leader at 20-11, had no mark in the final. She had jumped 20-5 to lead the qualifying on Friday.

1	Karen Lawson (St. Francis-Mt. View)	19-1½
2	Angie Evans (Vanden)	19-1¼
3	LaShawn Simmons (El Monte)	19-1
4	Michelle Outlaw (Lincoln-San Diego)	18-5½
5	Serina Strange (Indio)	17-11
6	LaTanya Canada (Castle Park)	17-9½
7	Tonia Knott (Fresno)	17-8½
8	April Broussard (Royal)	16-9

continued on next page...

## 400m Relay

photo by Burt Davis



ST. FRANCIS/MT. VIEW—400R



## Long Jump, contd.

Entrants: 1. April Oliver (Dorsey) 16-5, 2. Tiesha Holmes (Los Angeles) 18-7½, 3. Melanie Usher (Crenshaw) 17-10¼, 4. Lynette Christian (Dorsey) 17-8¾, 5. Yolanda Burton (McAteer) 18-10½w, 6. Domita Lyons (Encin) 17-3½, 7. Alli Torczon (Tatt) 16-9¼, 8. Lisa Bryant (Bakersfield) 16-6¼, 9. Denise Buttici (Northgate) 17-3¼, 10. Charon Pfeiffer (Clayton Valley) 17-4w, 11. Lora Stome (Torrey Pines) 18-4, 12. Stephanie Rhoades (Woodland) 17-11½w, 13. April Broussard (Royal) 19-½, 14. Wendi Simmons (Santa Rosa) 18-4w, 15. LaTanya Canada (Castile Park) 19-4w, 16. Michelle Outlaw (Lincoln-San Diego) 19-½w, 17. Tonia Knott (Fresno) 19-1¼, 18. Tonya Conner (Barstow) 18-1¼w, 19. Karen Lawson (St. Francis-Mt. View) 19-3¼w, 20. Lezli Jensen (Los Gatos) 17-4¼w, 21. Jennifer Hans (Pleasant Valley) 18-8½w, 22. Serina Strange (Indio) 19-11¼, 23. Angie Evans (Vanden) 19-½w, 24. LaShawn Simmons (El Monte) 20-4w, 25. Mario Albert (Milpitas) 18-9½, 26. Stacie Rogers (Hiram Johnson) 19-6½w, 27. Maddette Smith (Quartz Hill) 20-5w.

## Triple Jump

Senior Kim Lassair (Northgate, Walnut Creek), the North Coast Section champion at 38-5½, won with a jump of 39-6¼. "This is surprising, quite surprising," Lassair said to Joe Rodrigo of the *Contra Costa Times*. "It was scary. I expected her (Jackie Anderson) to win—easily." "I thought it would take 40 feet at least," said Lassair to Eldredge McCready of the *Oakland Tribune*. "She (defending champion) Felicia Harris of San Lorenzo, who failed to qualify told me, 'I give you all my energy,'" Lassair said.

Senior Jackie Anderson (Mt. Miguel, Spring Valley), the San Diego Section champion at 39-11½ and third in the 1986 State Meet at 38-8, placed second at 39-2. Senior Sharon Manship (Thousand Oaks), third in the Southern Section at 37-6¼, was third at 39-0.

1 Kim Lassair (Northgate)	39-6¼
2 Jackie Anderson (Mt. Miguel)	39-2
3 Sharon Manship (Thousand Oaks)	39-0
4 Angie Hill (Lincoln-L.A.)	38-7¼
5 Kami Tarman (Chico)	38-7
6 Tonya Conner (Barstow)	38-5½
7 LaFrancia West (Grossmont)	38-1½

Entrants: 1. Yolanda Burton (McAteer) 38-3, 2. Lisa Fager (Mission Viejo) 36-11½, 3. Wendy Brown (Argonaut) 34-9½, 4. Angela Hill (Lincoln-L.A.) 39-½, 5. LaFrancia West (Grossmont) 38-7½, 6. Melynee Bass (Vacaville) 36-7, 7. Lisa Gill (Alamogordo) 36-10½, 8. Cherise Poole (Henry) 37-11½, 9. Christina Gangmuss (Foothill-Pleasanton) 35-7, 10. Jennifer Jackson (St. Francis-Mt. View) 36-1, 11. Gina Prince (Pacific Grove) 37-0, 12. Sharon Manship (Thousand Oaks) 38-5½, 13. Kim Young (Madera) 38-1¼, 14. Tonya Conner (Barstow) 38-2½, 15. Ally Kalb (Monte Vista-Danville) 36-9, 16. Stacie Haro (Gilroy) 35-1, 17. Wendi Simmons (Santa Rosa) 37-3½, 18. Serina Strange (Indio) 37-6½, 19. Stacy Lyles (Vallejo) 35-5, 20. Kami Tarman (Chico) 38-5, 21. Temeca Richardson (Tulare) 37-7½, 22. Kim Lassair (Northgate) 38-8¼, 23. Jackie Anderson (Mount Miguel) 40-4.

## Shot Put

Jennifer Wheelchel (Agoura), third in the Southern Section at 41-7½ and fifth in the 1986 State Meet at 41-3½, won at 43-9½. Freshman Dawn Dumble (Bakersfield), the Central Section champion at 41-5½, placed second at 43-0½. Junior Heidee Ruiz (Los Gatos), the Central Coast Section champion at 42-9, was third at 42-4.

1 Jennie Wheelchel (Agoura)	43-1½
2 Dawn Dumble (Bakersfield)	43-0½
3 Heidee Ruiz (Los Gatos)	42-4
4 Yvonne Hill (Poly-Riverside)	42-4
5 Theresa Faafu (Ventura)	41-7¾
6 Maureen McKinney (Reedley)	40-8¾
7 Starla Ahu (Vista)	39-6¼
8 Laura Aronson (Bakersfield-West)	38-6
9 Aloese Afatasi (Jefferson-Daly City)	31-2¼

Entrants: 1. Sherrif Husany (Lincoln-S.F.) 31-9, 2. Sheree Ogden (Antioch) 33-11, 3. Julie Dejarlais (Las Lomas) 36-2½, 4. Dora Briggs (Rincon Valley Christian) 35-2¼, 5. Christy Bruno (North Monterey County) 34-11¼, 6. Tina Cruz (Sonora) 36-6¼, 7. Debbie Leatham (James Logan) 36-10¼, 8. Vanessa Holly (Henry) 35-1¼, 9. Tracy Lopez (Vacaville) 37-1½, 10. Angela Arrington (Palmdale) 38-6½, 11. Pat Simpson (Vacaville) 38-7½, 12. Larua Aronson (Bakersfield-West) 39-9¼, 13. Robin Longwell (Grossmont) 36-7½, 14. Aloese Afatasi (Jefferson-Daly City) 40-9¼, 15. Carolyn Hueth (West Torrance) 39-6, 16. Kesha Martin (University-L.A.) 37-4¼, 17. Melissa Hake (Wilson) 37-5½, 18. Nancy Wannamaker (Pleasant Valley) 39-4½, 19. Victoria Gurney (El Camino Real) 38-7, 20. Starla Ahu (Vista) 40-4½, 21. Tracy Wilson (Taft-

Woodland Hills) 38-4¼, 22. Maureen McKinney (Reedley) 40-2½, 23. Dawn Dumble (Bakersfield) 43-3¼, 24. Jenny Wheelchel (Agoura) 43-3½, 25. Yvonne Hill (Poly-Riverside) 42-5, 26. Theresa Faafu (Ventura) 42-9, 27. Heidee Ruiz (Los Gatos) 42-4¼.

## Discus

Fine Flicks by Don Gosney



DAWN DUMBLE—DT

Freshman Dawn Dumble (Bakersfield), the Central Section champion at 151-11, won at 145-9. Senior Terri Mann (Pt. Loma, San Diego), second in the San Diego Section at 134-1 and fifth in the 1986 State Meet at 134-4, placed second at 144-1. Sophomore Jenny Peters (Gunn, Palo Alto), second in the Central Coast Section at 136-3, was third at 138-5. Freshman Melissa Weis (Bakersfield), second in the Central Section at 143-3 and the leading qualifier on Friday at 143-2, placed fifth in the final at 132-8.

1 Dawn Dumble (Bakersfield)	145-9
2 Terri Mann (Point Loma)	144-1
3 Jenny Peters (Gunn)	138-5
4 Allison Franke (Canyon-Anaheim)	135-1
5 Melissa Weis (Bakersfield)	132-8
6 Reneeka Williams (Nogales)	128-4
7 Sheree Ogden (Antioch)	128-1

Entrants: 1. Brenda Villa (Banning) 109-2, 2. Melissa Hake (Wilson) 106-8, 3. Debbie Leatham (James Logan) 111-3, 4. Vicki Gurney (El Camino Real) 106-1, 5. Sherrif Husany (Lincoln-S.F.) 97-4, 6. Julie Dejarlais (Las Lomas) 110-2, 7. Sheree Ogden (Antioch) 132-2, 8. Michelle Gustin (Sanger) 112-11, 9. Laurie Edelbrock (St. Joseph) 120-0, 10. Queen Tumanuvao (Bell Gardens) 123-5, 11. Marcy Cochran (Northolt) 126-11, 12. Charlynn Edwards (Galt) 118-1, 13. Starla Ahu (Vista) 123-3, 14. Sabrina Miles (Vallejo) 111-10, 15. Jennifer Ruff (Sequoia) 123-11, 16. Debbie Combellin (Amador Valley-Pleasanton) 129-8, 17. Terri Mann (Point Loma) 134-4, 18. Reneeka Williams (Nogales) 137-0, 19. Taylor (Grant-Sacto) 133-8, 20. Donna McKinnon (Yreka) 128-2, 21. Jenny Peters (Gunn) 129-2, 22. Tammy Bermudes (Fremont-Sunnyvale) 124-9, 23. Allison Franke (Canyon-Anaheim) 138-6, 24. Robin Longwell (Grossmont) 126-5, 25. Melissa Weis (Bakersfield) 143-2, 26. Dawn Dumble (Bakersfield) 138-11.

## Team Scoring

Pomona won the team championship with 30 points. Janeene Vickers won the 100, the 100LH, and the 300LH.

Long Beach Poly was second with 28 points. Crystal Irving was second in the 400. Their relay teams were first in the 1600R and fourth in the 400R. Lashawn McBride was third in the high jump.

Dorsey of Los Angeles and St. Francis of Mountain View tied for third with 22 points.

## Head Track Coach Opening

The position of head track and field coach at Arcadia High School is open.

Coach Greg Jones is returning to graduate school and the head position is vacant.

The 2,300 student high school is located 20 miles east of downtown Los Angeles in a progressive suburban community, has a rich tradition in the sport, is the home of the West's top in-season high school competition - the Arcadia Invitational, and has a new nine-lane all-weather track.

Full time teaching positions are available.

Interested applicants should contact:

Vice Principal Steve Powell  
Arcadia High School  
(818) 446-0131

## Rough Rider INVITATIONAL

Friday, Oct. 23, 1987  
Fresno, California  
Woodward Park

### STATE MEET COURSE

CONTACT: Jim Fletcher  
Roosevelt High School  
4250 E. Tulare  
Fresno, CA 93710  
(209) 435-8780 (home)





# Prep Notes

By KEITH CONNING

## Central Section

**May 21. Ratcliffe Stadium, Fresno-**Senior **Alex Smith** (Madera) threw the discus 178-11.

Senior **MacArthur Anderson** (Bakersfield) triple jumped 50-9. Senior **Dimitri Ghuyts** (Kingsburg) placed second at 48-2.

Sophomore **Kim Young** (Madera) set a meet record of 14.15 in the 100 LH. **Shiana Mosby** (East, Bakersfield) was second in 14.25.

Sophomore **Angela Davidson** (Wasco) ran the 100 in 11.94w.

Freshman **Dawn Dumble** (Bakersfield) threw the discus 151-11. Freshman **Melissa Weis** (Bakersfield) placed second at 143-3.

Bakersfield won the boys and girls team championships.

## Central Coast Section Region 1

**May 22. College of San Mateo-Tony Miller** (Riordan, S.F.) set a new meet record of 21.1 in the 200. The old record of 21.7 was set by **Carl Montgomery** (South San Francisco) in 1979.

**Scott Robinson** (Bellarmine, San Jose) won the 1600 in 4:13.6.

**Mary Mendoza** (Presentation, San Jose) set a new meet record of 4:58.4 in the 1600. The old meet record of 5:08.4 for the mile was set by Mendoza last year.

Mendoza also set a meet record of 10:34.5 in the 3200. The old meet record of 10:52.7 was set by Mendoza last year.

## Central Coast Section Region 2

**May 22. San Jose City College-The St. Francis (Mountain View) 4 x 100 relay** team of **Joslyn Mack, Jennifer Jackson, Roslyn Mack, and Karen Lawson** set a new meet record of 47.5.

## Central Coast Section Region 3

**May 22. Los Gatos H.S.-John Montgomery** (Independence, San Jose) won the 110 high hurdles in 14.05.

**Andreen Alvarenga** (Mitty, San Jose) set a meet record of 55.43 in the 400.

**Effie Daetz** (Leigh, San Jose) set a meet record of 13.61 in the 100 LH. **Lori Finnerly** (Piedmont Hills, San Jose) was second in 14.28 and **Gina Albanese** (Branham, San Jose) was third in 14.30.

**Daetz** won the 300 LH in 42.72. **Albanese** was second in 43.0 and **Finnerly** was third in 43.80.

## North Coast Section 2A Trials

**May 22. Santa Rosa Junior College-Felicia Harris** (San Lorenzo) the 1986 State Meet champion, triple jumped 40-6 1/4 (no wind instrument). Her series: 40-3 1/4, 40-6 1/4, 39-10 1/4. Her previous best was 40-2 1/4w.

"They told me I was in front of the takeoff (board) on every jump," she said to Jeff Farauto of the *Hayward Daily Review*. "I felt good, but I wanted to get 41 feet."

"If she could figure out how to get the middle part out there, she could easily add another foot or foot-and-a-half," San Lorenzo assistant coach Tim Wason said.

## North Coast Section 3A Trials

**May 22. Logan High School, Union City-Rick Cox** (San Ramon, Danville) threw the discus 183-4.

## North Coast Section 2A

**May 23. Santa Rosa Junior College-Brent Burns** (Acalanes, Lafayette) vaulted 17-5 1/2, the best mark in the nation this season.

"I wasn't sure today was going to be the day," said Burns to Darrell Moody of the *Contra Costa Times*. "I was tired the whole time. When I hit 17-5 1/2 it was no big deal. I didn't get excited because it takes too much energy out of you if you start jumping around."

"It took a long time for them (the crew) to get the bar up to 17-10, and I think I cooled off a little but, I just took too much time."

Burns' vaults: (16-0) 0, (16-6) 0, (17-0) X0, (17-5 1/2) X0.

Burns also won the shot put with a 51-0 1/2 toss. "The shot takes a lot of energy out of you, and it's not good on the wrists."

I didn't think I would jump that well because it took so long," Burns said to Alan McAllister of the *Oakland Tribune*. "I had to be here around noon for the shot put."

"My vaulting is coming along good. I used a low grip today because of a bend in the (plant) box, which makes the pole speed faster. I planned to do 17-10 today, but I was tired and it took too long for (officials) to get the bar up and measure it."

**Michelle DeCoux** (Bishop O'Dowd, Oakland) won the 300 LH in 43.91 despite coming to a virtual standstill at the 10th barrier.

"I've always had trouble with the last hurdle," she said to McAllister. "Once I get a little stronger I think I'll run faster. Also, I strained my knee in practice last week."

Last year, after losing to San Lorenzo's Harris in the 2A trials, she bypassed the finals.

"I chickened out," she admitted to Jeff Farauto of the *Hayward Daily Review*. "I wasn't used to losing and I thought if I couldn't beat her, why run it. I just had to change my attitude."

"I felt like I should have run it last year just to see what would have happened. I had to prove to myself today that I'm capable of competing."

"I expected her (Harris) to go out fast. I just tried to hang with her until the straightaway," DeCoux explained. "Having her in front of me helped me."

"I attribute her success to her work ethic," said O'Dowd coach Tony Greer to the *Oakland Tribune*. "She's a hard worker and that really pays off in her performances. The investment you make early in the year pays off at the end of the year."

**Felicia Harris** (San Lorenzo) triple jumped 39-2w, finished second in the 300 LH in 44.56 and 110 LH in 14.86w.

"I'm satisfied with my hurdles time, because both were my bests," she said to McAllister. "I'll go as far as I can in the three events while I last. I had hoped to triple jump at least 40 feet today, but my legs are bothering me a lot."

## North Coast Section 3A

**May 23. Logan High School, Union City-Steve Lewis** (American, Fremont) set a new meet record of 46.5 in the 400. The old meet record of 47.7 was set by **Ulysee Walker** (Berkeley) in 1981. He also won the 200 in 21.6.

Fine Flicks by Don Gosney



TONY MILLER

"If I'm dead at the finish, I know I've done my best," said Lewis to Eldredge McCready of the *Oakland Tribune*. "I'm shooting for 45.5. In the 200, I want to do 20.8, at least. I know I have it in me; I just don't know how to get it out."

**Tim Prince** (Logan, Union City) set a new meet record of 7-0 in the high jump. The old meet record of 6-8 1/4 was set by **James Robertson** (Northgate, Walnut Creek) in 1986. Robertson placed second at 6-8.

"I'm just glad to be finally over 6-10," said Prince to the *Hayward Daily Review*.

"Finally," Prince said to Marvin Wamble of the *San Jose Mercury News*. "I thought I was dead when I started looking at the bar. I didn't think I could do it. When I popped over it, I was just hoping that my calves didn't knock the bar off."

"After I cleared 6-10, I didn't know if I should go on," he said. "I was going to save it for next week. But Eric (Lewis) told me to go for it. Once I got the taste of 7 feet, I like it. It's not that bad."

Prince missed three attempts at 7-1. He thinks he can clear 7-1 or 7-2 this season. "I feel good," Prince said to McCready. "It's been a long time since I got up to that height. Seven feet was my main goal. What ever is after that ..."

Prince cleared 7-0 on his first attempt. Prince becomes only the fifth high jumper in North Coast Section history to clear 7-0. **Kerry Myers** (Berkeley) jumped 7-2 in 1978, **Mark Wilson** (Monte Vista, Danville) 7-1 1/4 in 1974, **Don Pierce** (Pittsburg) 7-0 in 1966, and **John Lane** (American, Fremont) 7-0 in 1976.

**Rick Cox** (San Ramon, Danville) threw the discus 179-5.

**Kim Lassair** (Northgate, Walnut Creek) set a meet record of 39-4 1/4 in the triple jump. The old meet record of 39-2 1/4 was set by **Yvette Bates** (Berkeley) in 1982.

"I wasn't feeling well today or yesterday," said Lassair to McCready. Lassair is bound for Howard University on a track scholarship.

**Sheree Ogden** (Antioch) threw the discus 139-1.

## Central Coast Section

**May 29. Independence High School-Junior Tony Miller** (Riordan, San Francisco) won the 100 in 10.41 and the 200 in 21.08w.

Senior **John Montgomery** (Independence, San Jose) won the 110 HH in 14.09 and the 300 HH in 37.6. Senior **Chris Moura** (Menlo-Atherton) was second in 37.6.

Senior **Reggie Jackson** (Riordan, S.F.) long jumped 23-9 and triple jumped 48-2.

Junior **John Wirtz** (Leland, San Jose) threw the discus 183-5.

Senior **Mary Mendoza** (Presentation, San Jose) won the 1600 in 4:52.1 and the 3200 in 10:28.8.

Junior **Katy McCandless** (Castilleja, Palo Alto) was third in the 1600 in 4:59.1 and second in the 3200 in 10:50.5.

Freshman **Beth Bartholomew** (Fremont, Sunnyvale) was second in the 1600 in 4:58.6.

Senior **Effie Daetz** (Leigh, San Jose) won the 100 LH in 13.63w and the 300 LH in 43.00.

Senior **Lori Finnerly** (Piedmont Hills, San Jose) was second in the 100 LH in 14.01 and third in the 300 LH in 43.92.

Senior **Gina Albanese** (Branham, San Jose) was third in the 100 LH in 14.16 and second in the 300 LH in 43.64.

## North Coast Section Meet of Champions

**May 30. Berkeley-Senior Steve Lewis** (American, Fremont) set a new meet record of 47.08 in the 400. The old record of 47.31 was set by Lewis in 1986.

"I didn't feel relaxed at all," said Lewis to Eldredge McCready of the *Oakland Tribune*. "My back was hurting and it was real uncomfortable."

"I know I can do it (set a state meet record) if I do everything right," said Lewis to Carl Steward of the *Hayward Daily Review*. "All my training has been leading up to the State Meet, and I hope to run around 45.0."

"I know there's money to be made in track," Lewis said, "and I want to use my body as my business. I want to get all I can out of running before I try something else."



## □ Prep Notes

"I'm not lifting any weights or taking vitamins right now," he said. "I just want to see how fast I can run naturally."

Senior **Brent Burns** (Acalanes, Lafayette) set a new meet record of 17-0 in the pole vault. The old meet record of 16-7 1/2 was set by Burns in 1986.

"That (17-6) was one of my best jumps of the season even though I missed," Burns said to McCready.

"I wasn't thinking 17 feet or 17-6, I was just thinking technique today," said Burns to Scott West of the *Contra Costa Times*.

"I was definitely looking to jump high, but I was also thinking about my technique. This is the kind of year where you have to make sure you keep going on, then work on (other things)."

Senior **Anthony Terrell** (Mission San Jose, Fremont) set a new meet record of 48-11 in the triple jump. The old meet record of 48-6 was set by Byron Criddle (El Cerrito) in 1980.

Senior **Sam Cavallaro** (Logan, Union City) put the shot 60-6 1/2.

Senior **Jeanise Eisenman** (Calistoga) won the 3200 in 10:50.80. Her father Miles Eisenman, a former distance great at Oklahoma State, wonders if this is the first time that an athlete from a Class A school has won an MOC title. Please let us know if you have the answer.

Junior **Michelle DeCoux** (Bishop O'Dowd, Oakland) won the 100 LH in 14.33. She also set a meet record of 43.47 in the 300 LH. The old meet record of 43.52 was set by **Karen Brown** (Drake, San Anselmo) in 1984.

"I wanted to win really bad," said DeCoux to McCready. "The past two years in this meet, I haven't done well."

"I didn't expect to win either (100 LH or 300 LH) race today," explained DeCoux to Dennis Miller of the *Hayward Daily Review*. "I'm just glad today's over. I'm stressing out."

Senior **Kim Lassair** (Northgate, Walnut Creek) triple jumped 38-5 1/2.

"Her (Felicia Harris) shins were hurting," said Lassair to McCready. "I wish she had qualified."

"I wish I would've jumped better," Lassair said to Scott West. "It was awful. I wanted to get the record (39-6), but my hamstring hurts. I wanted to place for state, but the performance should have been better."

□ **Oakland Athletic League-San Francisco AAA**

**May 30. Laney College, Oakland-Ronda Brooks** (Oakland) won the 100 in 11.84 and the 200 in 24.45.

Brooks went to her senior prom the night before the meet. "It wasn't bad, I got in early... about 3 a.m.," Brooks said to Jim Bainbridge of the *Oakland Tribune*. "When I got my date, I told him right off that we'd have to be back early, and he was understanding. I wasn't that tired at all."

"I knew I had the lead at the top of the curve in the 200, and from there on, I was concentrating on keeping my form together," Brooks said. "I wanted to be sure I had a good lane assignment for the state meet."

□ **Hudson sets triple jump mark**

**June 6. Baton Rouge, La.-Rio Linda High School graduate Sheila Hudson**, a sophomore at California, broke the world outdoor best for the women's triple jump, leaping 45-2 1/2 during the NCAA Track and Field Championships.

The jump broke the mark of 45-0 1/2 set by **Flora Hycinth** of Alabama and the U.S. Virgin Islands last month at Tuscaloosa, Alabama.

It also erased the American record of 44-11 3/4 established by **Wendy Brown** of Southern California last month at Los Angeles.

□ **28th Golden West Invitational**

**June 13. Hornet Stadium, CSU Sacramento-Kamy Keshmiri** (Reno, Nevada) set a new national high school and meet record of 225-2 in the discus. The old national record of 224-3 was set by Keshmiri at the Arcadia Invitational earlier this season. Keshmiri's series: 215-2, 223-10, 225-2, 212-0, 221-1, 212-11. It was the first time he had opened with a throw over 200 feet. The old meet record of 209-6 was set by **Dave Porath** (Atwater, CA) in 1978. It was also a national record at the time.

"I was hoping for over 230 today, but 225 I'll take it," said Keshmiri. "I'll be eligible to go to the TAC junior next year, so I'll go to Keebler next week. I thrive on competition. It makes you want to pull more. I came in with a low throw on the third attempt (the record), because the wind was knocking down my high throws. I want to throw the shot about 66. I put as much time into both events. You've got to keep flexible. I've never opened with a throw over 200 feet before."

"That was a great throw," said his father Joe, a four time Olympian for Iran, to Mike Fleiss of the *Sacramento Union*. "I am so proud of Kamy. I feel more joy than I did even when I was competing."

"I've never had three throws over 220," said Keshmiri.

**John Nichols** (Winnfield, LA.) placed second at 211-1, which makes him the fourth best discus thrower of all-time. "It was great to see him throw that far," said Nichols to Fleiss. "I've never competed against him before, but I didn't come here to win. I just came here to compete and learn."

**Dwight Johnson** (Tempe, AZ.) was third at 207-6. Johnson is number three all-time with 212-11 at Arcadia.

**Michael Bain** (Corona del Mar, Newport Beach), a non-qualifier in the State Meet, placed fifth at 182-9.

**George Kersh** (Pearl, MS.) set a new national high school and meet record of 1:46.58. The old national record of 1:47.31 was set by **Pete Richardson** (Berkeley) at the 1981 State Meet at Cerritos. The old meet record of 1:48.56 was set by **Jeff Van Wie** (Suffern, NY) in 1983.

Kersh's splits: 23.9, 51.3, (27.4), 1:17.4 (26.1), 1:46.58 (29.1). The wind was blowing into Kersh's face during the 2nd and 4th 200's.

"I wasn't shooting for a national record here," Kersh said to Frank Marqua of the *Sacramento Union*, implying he intended to make a more serious bid next week in The Athletics Congress Junior National meet in Tucson, Arizona. "I figured if it happens, it happens."

"I knew I could get close, but I didn't know about (the 1:56 range). That shocked me. It just felt great right from the start. I figured if I could keep it up, I could hold on at the end."

**Dan Gabor** (Amador Valley, Pleasanton), the State Meet champion at 1:52.3, placed sixth in a personal record of 1:50.71. He moves to sixth place on the NCS all-time list.

**Raymond Ehrhidge** (Crawford, San Diego), third in the State Meet 200 at 21.17, won in 21.65 (-3.19 mps).

**Steve Lewis** (American, Fremont), the State Meet champion in 46.7, won the 400 in 46.14, the second best time in the nation this season. He becomes number five all-time in California.

"I thought I'd do better. I was waiting for some guy to come along down the



**ERIC HENRY in second with PAUL THOMAS running third**

stretch, but no one did," Lewis said to the *Oakland Tribune*. "I want to get out of the 46s. I've been in them a long time, and I'm way behind. Next week I want to get in the low 45s."

**Jason Pyrah** (Willard, MO.) won the mile in 4:04.25. Pyrah's splits: 27.6, 55.4, 1:56.2, 2:27.6, 2:59.5, 3:30.7, 3:45.5 (1500).

**Scott Robinson** (Bellarmine, San Jose), the State Meet champion in 4:07.95, finished fifth in 4:11.05.

**Eric Henry** (McCullough, The Woodlands, TX), who competed in the Kinney National Cross Country championship in San Diego, outkicked **Dan Middleman** (Clarke, Westbury, NY) in the 3,000-8:14.75 to 8:15.17. **Paul Thomas** (Jesuit, Carmichael), the State Meet 3200 champion in 9:02.86, placed third in 8:20.25. Henry's splits provided by his outstanding distance coach **Dan Green** were: 64.4, 2:12.4, 3:21.3, 4:29.5, 5:38.5, 6:46.7, 7:46. Henry led the first lap. Middleman led at the 800 at 2:12.0, the 1200 at 3:21.1, the 1600 at 4:29.4. **Pat Haller** (Everett, WA) led at 2000 in 5:38.4. Middleman led at 2400 in 6:46.6.

**Joe Galeano** (Centerreach, NY) won the 110 HH in 13.64 (-1.12). **Dana Hall** (Ganesha, Pomona), the State Meet champion in 13.98, placed fourth in 14.05.

**Kelly Carter** (DeKalb, S.W., Decatur, GA) won the 400 IH in 51.55, the fastest time in the nation this year. **Albert Pride** (Grant, Sacramento), fourth in the State Meet 300 IH in 37.67, also placed fourth here in 52.92.

**Luis Juico** (Piedmont Hills, San Jose), the State Meet champion at 7-1 1/4, placed third in the high jump at 7-0.

**Brent Burns** (Acalanes, Lafayette), who no-heighted at the State Meet, cleared 17-4 1/2 in the pole vault to win. His series: 16-4 X, 16-8 X, 17-0 X, 17-4 1/2 X, 17-9 1/2 000.

"It (16-4) was a horrible jump," Burns said to Joe Roderick of the *Contra Costa Times*. "but I blew way over it. It's a height I shouldn't have any problems with."

"All of them (vaults) were pretty good. The first one, I was twisted, the second one I really liked. The third one was not too good and not too bad. I wasn't taking off too well, but I was rocking back good."

**Pat Alduenda** (Ramona), who also no-heighted at the state meet, placed fifth at 15-8 1/2.

**Nugent Cotton** (Furr, Houston, TX) won the long jump at 25-11w (25-9 legal). **Alonso Livingston** (Skyline, Oakland) second at the State Meet at 24-1 1/4, was also second here at 24-9 1/4w (24-2 legal). "I was pumped up for the meet because my grandparents and coach were in the stands, but I knew (Cotton) was going to

win," Livingston said to the *Oakland Tribune*. "I was talking to him last night, and he said he averages 25 feet per jump."

**Joel Smith** (Cordova, Rancho Cordova), third in the State Meet at 24-0 1/4, placed fourth at 23-7 1/4w (23-4 1/4 legal). **MacArthur Anderson** (Bakersfield), fourth in the State Meet at 23-5, placed fifth at 23-10 1/4w.

**Smith**, the State Meet champion at 50-10, won the triple jump at 51-11. Smith's jumps: 49-8 3/4 (+0.66), 50-1 1/2 (+3.28), 51-11 (+1.91), 50-3 (+2.71), 49-7 (+2.70), 50-10 1/2 (+3.92).

"I really think it was the competition today," Smith said in explaining an impressive series to Marqua. "Each time the level gets a little higher, that's when I'm better. If someone jumps something good, I feel I can reach that. It gets my adrenaline flowing."

**John Richardson** (Miller, MO) threw the javelin 242-1.

**Aaron Pierce** (Seattle, WA) won the decathlon with 6536. **Andy Connor** (Yreka) placed second with 6202. **Jeff Lamonica** (Sun Valley) was fifth with 5907.

□ **Clovis Cross Country Invitational**

The Clovis Invitational will be held at Woodward Park, Fresno on Saturday, September 26. They will use the State Meet course and have three enrollment divisions. Write to Steve Ward, 7178 N. Jackson #113, Fresno, CA 93710 over the summer, or to Clovis HS, 1055 Fowler Ave., Clovis, CA 93612 during the school year.

□ **Reebok-Cal Women's Invitational**

The Reebok-Cal Women's Invitational will be held at Golden Gate Park in San Francisco on Saturday, September 26. The course is located on the site of the 1986 TAC Cross Country National Championships. The tentative schedule includes: 9:00 a.m. College Men 5 Miles; 9:45 a.m. High School Boys 5,000m; 10:30 a.m. High School Girls 5,000m; 11:15 a.m. College Women's 5,000m. Write to Tony Sandoval, University of California, Hearst Gym, Berkeley, CA 94720.

□ **Mariner Invitational**

The Mariner Invitational will be held at Garin Park in Hayward on Saturday, October 17. The course for the varsity is 3.1 miles and all other levels will run 2.0 miles. There will also be a coaches race. There will be a spaghetti feed and cross country clinic on Friday October 16 from 6:30-8:30 p.m. at Moreau High School. Write to Phil Wilder, Moreau High School, 27170 Mission Blvd., Hayward, CA 94544 or call (415) 582-5851.



# C.I.F. Section Results

## San Diego Section T&F Finals

By Tom Shanahan

The 28th San Diego CIF track and field finals began with San Diego High's Marc Davis winning the 1600 meters on a sprained right ankle. It ended with the National Kinney cross country champion watching from the stands as his state title chances in the 3200 disappeared.

Davis sprained his ankle just before the 1600 in the warmup area adjacent to the track. No one knew it at the time, even as he was running a very un-Davis like race. Davis charged to the lead as he usually does on the first lap, but eventually fell to fifth on the first turn of the gun lap.

"When I fell behind, I thought for a second that it's not worth it," Davis said, "But then I said to myself, 'Yes it is.'"

With that, Davis kicked by his faster opponents to win in a slow 4:14.90. Fallbrook's Jason Martin was second in 4:16.06, Patrick Henry's Andy Davis third in 4:17.12, and Ramona's Jorge Castro fourth in the same time as Davis.

"I amazed myself," said Davis, who is bound for Arizona. "I wasn't trying to prove anything by coming from behind for a change, I was hurting. I was surprised I won."

It turned out to be his high school last race. With the order of events changed this year, the 1600 was the second race and the 3200 - Davis' speciality and an event he would have been favored to win at the state meet was the second to last event.

Davis was fifth in the 1986 state meet with 8:59.92. At the prestigious Arcadia Invitational April 11, Davis lost to Sacramento Jesuit's Paul Thomas. But it was his first loss to Thomas and he blamed it on being tired from just returning from Poland and Italy where he represented a U.S. Junior team in the World Cross Country championships.

"At first I thought I could run, but when I tried to warmup, I could only run about five or 10 yards and I had to quit," Davis said.

David had planned to drop the 1600 at the state meet anyway. But now he was forced to consider running on a bad ankle in an event he didn't think he could win at state or dropping out so a close friend of his, Castro, could go as an alternate.

"What do I do?" Davis said. "Jorge is a good friend. He's had a tough year."

Castro was the 1986 San Diego Section champion and placed seventh at the state meet with a 4:13.51 as a junior, but bronchitis kept him from regaining last year's form.

Thus, Davis decided to drop out of the state meet and give Castro one more race.

There were two meet records set in the finals and one in the trials.

Ramona senior Pat Alduenda cleared 15-8 1/2 in the Pole Vault to add to his section record of 16-0. He also cleared 16-1 in a dual meet that stands as San Diego County's all-time best mark.

Mount Miguel senior Jackie Anderson, the national girls triple jump leader most of the year when she established a section record of 41-8 on May 12 at the Grossmont League trials, improved her section meet record to 39-11 on a sprained right ankle. The injury forced her to withdraw from the long jump.

The third meet record came in the 100 meters trials, where Crawford senior Raymond Ethridge ran 10.56 on Mt. Carmel's dirt track. Lincoln senior Patrick Rowe ran a 10.47 in another heat of the trials, but it was wind-aided.

Rowe then came back to beat Ethridge in the finals of both sprints. Rowe, bound for San Diego State after being one of the nation's most highly recruited wide receivers, ran 10.66 to Ethridge's 10.67. In the 200, Ethridge took the lead on the turn, but Rowe came from behind again to win with a wind-aided mark of 21.12 to Ethridge's 21.18.

The athlete of the meet honors went to Monte Vista senior Matt Farmer and Lincoln senior Michelle Outlaw.

Farmer won the boys award by winning the long jump with a wind-aided 23-10, the high jump at 6-8 and placing second in the triple jump with a 47-11.

Only one girl could win the award, but a case could have been made for Outlaw or Morse senior Kim Matthews.

Outlaw won three events, the 100 low hurdles in a section best 14.40, the 300 hurdles in 46.35 and the long jump at 18-0 1/4.

Outlaw, bound for Colorado, finished her San Diego career with seven section championships. She won the 100 hurdles twice ('85 and '87), the last three 300 hurdles titles and twice took the long jump ('86 and '87).

Matthews won the 100 in a wind-aided 12.05, the 200 in a wind-aided 24.51 and came from behind to anchor the Tigers' 400-meter relay team to the school's ninth straight win in the event.

Matthews finished her San Diego career with four section championships as well as being the only Tiger who ran on the last four 400-meter relay teams. She won the 100 and the last three 200 titles.

Vista sophomore Kira Jorgensen had an easy time in the girls distances, winning the 1600 in 5:00.90 and defending her 3200 title in 10:49.90. She says she hopes to win the 3200 title four straight years.

Freshman Brent Noon withstood the pressure of his first section finals by improving one foot to take the shot put title with a 57-6 1/2.

Morse's Yolanda Fitch had to work harder than expected as she defended her 400 title. She won in a section-best 56.64, but she was pushed by 57.09 from Crawford freshman Shani Freeman.

Serra's Lynn Patrick took the girls high jump with a 5-6, while freshman Christy Kurras was second at 5-4.

Poway was a surprise winner of the boys title, using depth to edge Crawford 48 to 47. Morse easily won the girls title, scoring 61 points to Crawford's 40.

### Boys

100—1. Rowe (SD Lincoln), 10.66 (wind 1.9 m.p.s. aiding); 2. Ethridge (SD Crawford), 10.67; 3. Moody (SD Castle Park), 10.99.

200—1. Rowe (SD Lincoln), 21.12w; 2. Ethridge (SD Crawford), 21.18w; 3. Wesley (Poway), 21.87.

400—1. Stevenson (SD Morse), 48.87; 2. Wesley (Poway), 49.58; 3. Seale (Poway), 50.00.

800—1. Forehand (SD Mt. Carmel), 1:53.25; 2. Williams (Granite Hills), 1:54.37; 3. Fraser (Spring Valley Monte Vista), 1:55.26.

1,600—1. Davis (San Diego), 4:14.90; 2. Martin (Fallbrook), 4:16.06; 3. Davis (Patrick Henry), 4:17.12; Davis (San Diego), twisted his ankle and will not run in state meet.

3,200—1. Drummond (La Mesa High), 9:18.62; 2. Sandknop (Escondido San Diego), 9:26.26; 3. Pat Higuera (SV Mount Miguel), 9:32.67.

400 RELAY—1. SD Crawford, 42.22; 2. Poway, 42.85; 3. SD Patrick Henry, 43.20.

MILE RELAY—1. SV Mount Miguel, 3:22.26; 2. SD Morse, 3:22.51; 3. Poway, 3:23.26.

110 HIGH HURDLES—1. Patterson (SD Lincoln), 14.74; 2. Saria (SD Mira Mesa), 14.87; 3. Petros (San Marcos), 14.96.

300 INTERMEDIATE HURDLES—1. Jones (SV Mount Miguel), 38.70; 2. Marugg (Carlsbad), 39.81; 3. Petros (San Marcos), 39.88.

HIGH JUMP—1. Farmer (SV Monte Vista), 6-8; 2. McGrath (Poway), 6-8; 3. Camarena (Del Mar Torrey Pines), 6-6.

POLE VAULT—1. Alduenda (Ramona), 15-8 1/2; 2. Rafail (Vista), 15-0; 3. Rapp (SD Patrick Henry), 15-0.

LONG JUMP—1. Farmer (SV Monte Vista), 23-10w; 2. Huff (La Jolla), 23-7 1/2w; 3. Ashworth (Poway), 23-4 1/2.

TRIPLE JUMP—1. Coons (SD Crawford), 47-11 1/2; 2. Farmer (SV Monte Vista), 47-4 1/2w; 3. Huff (La Jolla), 47-0w.

SHOTPUT—1. Noon (Fallbrook), 57-6 1/2; 2. Seau (Oceanside), 56-8 1/2; 3. Leoncini (Valhalla), 54-5 1/4.

DISCUS—1. Malsack (Escondido), 171-4; 2. Rowe (SD Mira Mesa), 163-9; 3. MacRenato (SD University City), 159-11.

FINAL TEAM LEADERS—1. Poway, 48; 2. SD Crawford, 47; 3. SV Monte Vista, 36.

### Girls

100—1. Matthews (SD Morse), 12.05w; 2. Ferguson (SD Crawford), 12.22w; 3. Lauri Isles (Oceanside El Camino), 12.26w.

200—1. Matthews (SD Morse), 24.51w; 2. Fitch (SD Morse), 24.74w; 3. Vaughn (SD Mira Mesa), 25.19w.

400—1. Fitch (SD Morse), 56.64; 2. Freeman (SD Crawford), 57.09; 3. Daher (SD Castle Park), 58.62.

800—1. Hand (Fallbrook), 2:13.26; 2. Bache (SD University City), 2:16.18; 3. Westby (DM Torrey Pines), 2:17.86.

1,600—1. Jorgensen (Vista), 5:00.90; 2. Karcher (Ramona), 5:11.62; 3. McFadden (SD Mira Mesa), 5:13.42.

3,200—1. Jorgensen (Vista), 10:49.90; 2. Nicole Nugent (DM Torrey Pines), 11:07.95; 3. Karcher (Ramona), 11:23.57.

400 RELAY—1. SD Morse, 48.28; 2. SD Crawford, 48.41; 3. SD Patrick Henry, 49.29.

MILE RELAY—1. SD Crawford, 4:01.17; 2. SD Morse, 4:03.16; 3. Lakeside El Capitan, 4:03.55.

100 LOW HURDLES—1. Outlaw (SD Lincoln), 14.40; 2. Vaughn (SD Mira Mesa), 14.44; 3. Brockman (Bishop's), 14.84.

300 LOW HURDLES—1. Outlaw (SD Lincoln), 46.35; 2. Williams (SD University City), 46.80; 3. Gray (SV Mount Miguel), 47.05.

HIGH JUMP—1. Patrick (SD Serra), 5-6; 2. Kurras (Poway), 5-4; 3. Anastas (Poway), 5-2.

LONG JUMP—1. Outlaw (SD Lincoln), 18-0 1/2; 2. Canada (SD Castle Park), 17-11 1/4; 3. Stowe (DM Torrey Pines), 17-8 1/4.

TRIPLE JUMP—1. Anderson (SV Mount Miguel), 39-11 1/2; 2. Poole (SD Patrick Henry), 37-2 1/4; 3. West (La Mesa Grossmont), 36-10 1/4.

SHOTPUT—1. Adu (Vista), 40-5 1/4; 2. Longwell (LM Grossmont), 38-10 1/4; 3. Holly (SD Patrick Henry), 37-11 1/2.

DISCUS—1. Longwell (LM Grossmont), 138-8; 2. Mann (SD Point Loma), 134-1; 3. Adu (Vista), 128-9.

FINAL TEAM LEADERS—1. SD Morse, 61 points; 2. SD Crawford, 40; 3. Vista, 37.

## Southern Section T&F Finals

By Doug Speck

On the last three weekends in May the massive Southern Section gathered for Divisional (1A, 2A, 3A, 4A) basically on League size) competitions and the Masters (State Qualifying) affair. With all the thrills and spills that come from the best of 476 schools there was no shortage of action over the month. There were the usual heartbreaks, such as the National Leading Hawthorne Women's 400 meter relay dropping the baton during Prelims action, and the bad days that are just a part of life, but overall this area of the state will once again be sending by far the strongest contingent to the State Meet in Sacramento.

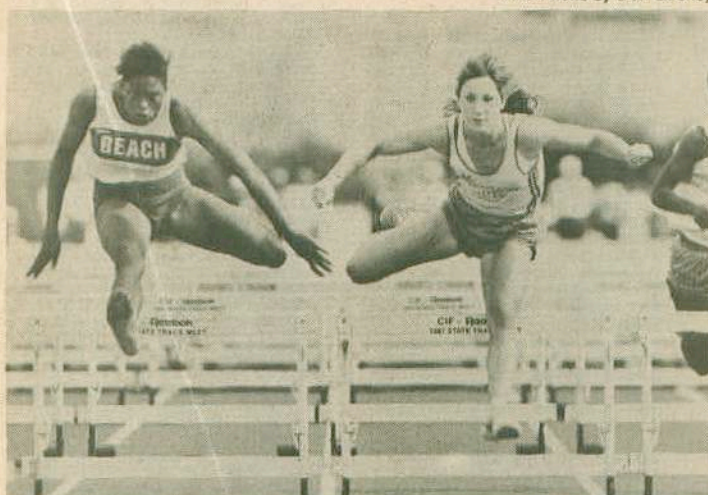
Speedsters Janelene Vickers (Pomona) and Corey Ealy (Muir) were the individual stars of the month of action. Vickers, coming back in an amazing way from over a month of serious injury in April, showed she is equal to any prep female athlete in the nation. Ealy joined the upper echelon of Calif. sprinters ever with super individual and short relay leg action.

Vickers picked for her four events during the final part of the season the 100 meters, 100 and 300 meter hurdles, and anchoring her school's 400m relay squad. After the Hawthorne disaster in the 4A Prelims, the Pomona relay group somewhat surprisingly emerged from the Divisional Finals with the best time of 47.74. The fine young group handed the baton to Janelene ahead of the crowd in the Masters competition, and the Red Devil flash sailed 10.8 with a flying start for the final 100m in that affair to lead her team to a 47.32 win over Long Beach Poly's 48.00. It was during Divisional action in this event that last year's defending State 100m champion, Angela Burnham (Rio Mesa, Oxnard), pulled a hamstring and had to bow out of individual action for the remainder of the season. Over 100m Vickers was kept honest by LaShawn Simmons (El Monte) and Maddette Smith (Quartz Hill). In the 3A Divisional Simmons crept ahead of the quick starting Vickers at 60 meters, before Vickers closed well to ride a 2.99 meter per second breeze to a 11.49w win over LaShawn's 11.62w. Smith was the 4A Champion with an 11.53w aided by 4.78 mps. In the Finals it was a classic duel, with the country's best hurdler (Vickers) and one of the country's top Long Jumpers (Smith) meeting in common 100m sprint ground. Smith is a short-striding, quick sprinter, with Vickers having a much longer gait that she can maintain amazing momentum off of. In the Masters affair the field was out even, with Smith edging away to a one meter lead by the 70 meter point. Over the final 15 meters Vickers dug down and showed her amazing strength at top speed, easing by to an 11.89-11.93 win (wind #0.99 mps). Smith was the star of the area over 200m and in the Long Jump. With 200 competition Burnham and Kee-Sha Adams (Hawthorne-chicken pox) out of things Maddette cruised a 23.97w (#2.83) 4A Divisional win, then raced a comfortable 24.25 (-2.16) Masters win. In the Long Jump Smith jumped a fine 19-10 1/4 (#1.0) in the State Qualifying affair in a tricky "off to the north side" pit the Women are forced to jump in here. Simmons (19-1/2 #1.5) and Serina Strange (Indio) 18-11 (#0.5) kept the Quartz Hill star honest. It was in the Hurdles that Vickers really shined. The Section has real flyers over the 100m distance. LaShawn Simmons (El Monte) had two meters on Vickers halfway through a 3A divisional run, with Vickers edging up and past from there on in a 13.62-13.79 (#1.36) win. LaShawn



# Prep Notes

Fine Flicks by Don Goosney



STACI LEACH (right) leads LaSHAWN McBRIDE

McBride (Long Beach Poly) took the 4A title over Staci Leach (Thousand Oaks) 13.77-13.96 (#0.06). The Masters competition brought together a super group, with the above foursome making up probably the best-ever Section Finals group ever gathered. Talented Doris Williams (Riverside Poly) decided to join the show up front in the State Qualifying affair, with a fourth place in that meet at 13.83. After a basically even start in that competition Vickers raced her best effort ever, steadily pulling away after the third flight of barriers to record a super 13.40 (wind #0.37), taking down Gail Devers' (Sweetwater, National City) all-time California best of 13.41 from 1984. Vickers is now #3 All-Time nationally, with only 1986 National Trackster of the year, Yolanda Johnson (Colorado), and Candy Young (Pennsylvania) ahead of her on the 30" hurdle list. Leach put together a super run, taking 2nd in 13.73 (#8 All-Time Californian), with McBride 3rd (13.80), Williams (13.83), and Simmons (5th 14.33) filling out the field. Hopefully the powers to be recognize that California is the only major state left running the 30" barriers, with a move in the next couple of years to 33" putting us in the mainstream nationally. Things were interesting in the 300m hurdles. Sharon Manship and Leach (both from Thousand Oaks) had run under 43.0 lately to keep Vickers honest. Frustratingly, Vickers continues to have one major step difficulty per race in the event, and she followed suit these weekends. In the Divisional Janeene blazed 42.77 at the 3A level, with Leach coming back to successfully protest a disqualification in a 4A win at 42.69 over Manship (43.34). In the Masters Vickers showed her class, rocketing away after three flights into record land, and despite basically stopping at the sixth hurdle, still racing to a 41.01 Section Record (and #2 All-Time nationally) behind Leslie Maxie's 40.18 National Record. Manship was 2nd at 42.88 with Leach next at 43.87.

Men's sprint and relay action at the top was exciting and quick. Corey Ealy (Muir, Pasadena) stole the show individually. After 10.6-21.1 League wins on the quick Arcadia facility, Ealy slipped a bit the qualifying week, barely moving on over 200m. In the Divisional the Muir senior bounced back, with his short, quick, high knee stride in very high gear. His short

"punch" stride kind of reminds one of Marlies Gohr of East Germany, certainly a compliment as the East European is felt by many to be the top sprinter in the history of the sport. In the 4A 100m, facing a top group, he used a good start and super acceleration over the final 50m to pull away to a 10.36 (-1.80 mps wind) win, putting his name among the top 25 prep sprinters ever nationally in the event, and #2 All-Time in California behind Henry Thomas (Hawthorne), who had a 10.25 prep best. Robert Carroll (Hawthorne) was 2nd at 10.51 with W.C. Morrison (Pasadena) racing a fine 10.55 in 3rd. Over 200m, in the 4A Race, the Muir flash was just as hot, riding a +1.56 mps breeze to a big 20.80 clocking, again the Golden State's #2 clocking ever (behind Mr. Thomas, who had a 20.4 hand-timed best). In that 4A title run Robert Harris (Simi Valley) was closest at 21.38, with Robert Carroll (Hawthorne) 21.45, Paul Peters (Santa Ana Valley) 21.48, and Steve Provenzano (Arcadia) 21.49 filling out the quick race. Mike Orwat (Paraclete, Lancaster) looked good in a 1A 10.54w (+2.79) win. Ernie Barnes (Monrovia) took the 2A 100 title at 10.62w (+2.76) Charles Jordan (Morningside, Inglewood) that division's 200m title at 21.59w (+2.48), with Martin Cannady (Duarte) 10.63w (+2.66)-21.62 (+0.25) the 3A sprint title. In the Masters Sprints Ealy again emerged as the class of the field, racing 10.63 (+0.23) to run down the quick-starting Orwat (3rd 10.79), with Cannady closing for 2nd at 10.78. Over 200 in the Masters Ealy, Harris, and Cannady were even coming off the turn (10.8 for the first 100m), with Ealy pulling away over the final 50m to win at 21.27 (-0.40) over Cannady's 21.51, with Robert Carroll moving up to 3rd at 21.67. Ealy is a very quick athlete who would just run out of steam at the end of his 200m races as a junior, and he must be commended on his increased level of strength and conditioning this season.

Relay action on the Men's side was interesting (and rather bizarre). A steadily improving Morningside (Inglewood) group emerged with the quickest 400m relay time from the Divisionals with their perfect passes helping them to a fine 41.11 clocking. Hawthorne was the 4A victors, with Travis Hannah, Yki Vallery, Robert Carroll, and Curtis Conway racing 41.23 to handle the quick-closing Muir

group (41.32) anchored by Ealy. The only problem for Hawthorne was that Conway fell off the track onto the infield just past the finish of that event, having pulled a muscle attachment in the hip area, finishing him for that afternoon (and the next week's State Qualifying affair also). That opened the door for a Muir team victory in the Men's 4A level, as Conway would have placed high in both sprints and ran on an untouchable Hawthorne 4x400m relay group. Muir ended up the team victors at 62 to Hawthorne's 53. In the Masters Meet Muir put together a fine effort to win in an area seasonal best of 40.92 (also a school record over some super groups), with Morningside (41.29) 2nd, Simi Valley 41.47 in 3rd, and Hawthorne keeping alive for the state meet without Conway in 4th at 41.71. Without Conway in the 4x400m relay Hawthorne had an interesting situation, with a number of squads breathing down their neck. After three legs in the 4A race Hawthorne was right in the thick of it, but the exchange from Robert Carroll to Hannah went awry, with the baton ending up on the infield. Travis grabbed the stick and set out after the field, hoping to salvage a spot into the State Qualifying affair and keep State team and relay title hopes alive (Hawthorne has won the last four 4x400m State Finals relay races for Men). Marcus Robertson anchored Muir to a 3:15.81 win at 47.6, while Hannah still managed 48.8 (including his infield tour) to have the Cougars finish 5th at 3:17.85. Morningside was the 2A titleists in 3:15.65. In the Masters run at this distance it was very interesting, with Morningside's balanced team, anchored by Raymond Glass, having quite about an eight meter lead over Hawthorne (and Hannah) going into the final leg. Travis's patented flying last 100m looks great, but the time he takes to go through the 2nd 100m to make that big move possible is catching up with him in the tactics department, as other runners fly by or away from Hannah up through that point, and he tries to pull them back in during the final straight-away. Travis split in the high 46 second range, but just missed catching Glass and Morningside at the tape 3:13.40-3:13.48. Travis did his best open 400m running of the season in the Masters affair, running down Paul Peters (Santa Ana Valley) on the final stretch, 47.80-48.12. Peters negative split a 47.79 4A win, with Hannah out-gunning him with a 12.1 final 100m in the Masters affair.

Travis Cooksey (Rio Mesa, Oxnard), part of the Section's most improved Track & Field program in the last years, emerged in a big way over 800m. Racing as part of strong Rio Mesa distance relay groups that recorded a Nation Leading Distance Medley Relay at Arcadia and the nation's second fastest 4x800m relay at Mt. SAC, Travis starred individually in May. In the 4A Meet he blasted out in 25.9-53.8, with a 10 meter lead through 600m at 1:22.6. Marcus Robertson (Muir, Pasadena) 1:53.29 came closest to Cooksey's State Leading 1:52.05 win, with Crescenta Valley (La Crescenta) soph Morgan Bateman showing real promise with a 1:53.98 in 3rd. Nick-John Haiduc (Servite, Anaheim), in only his fifth effort at the distance was a 1:54.13 3A titlest, after a 52.7 opening 400m. In the Masters the script changed little, as Cooksey charged out through 25.0-53.0-1:21.9 200m posts, with the pack struggling to stay close. This week it was Bateman closest to Cooksey's 1:53.37 with a 1:53.94.

Dana Hall (Ganesha, Pomona) continued his fine season of hurdling. He was handed a rare defeat in the 4A 300m Intermediates, as Yki (say it "Ike") Vallery raced a divisional record 36.88 to Dana's 37:31. Hall took the 4A Highs at 14.35 (-1.69 mps wind). Diamond Bar's Charles Wilford raced 37.66 in the 3A In-

termediates, with Mark Crear 2nd at 38.44 and the Highs victor at 14.45 (+1.21). In the Masters affair Vallery had intermediate step problems, and Hall raced away to a 37.13 win, with improving Kirk Ayers (Western, Anaheim) 2nd at 37.74. In the Highs Hall put together his finest race of the season, blazing the nation's #2 time of the season at 13.84, with Crear also improving nicely with a 14.07 in 2nd.

Crystal Irving (Poly, Long Beach) continues to round into top shape over 400m, improving to a fine 53.98 in winning the 4A title over Bernithia Whitmire (Compton) 54.90, then easily taking the Masters title at 54.45. Poly was quickest in the 4x400m event, with Irving anchoring a Masters meet 3:49.75 group with a 53.5. Hawthorne pushed Poly to a 3:48.66 in the 4A title race, with Kee-Sha Adams anchoring the Cougars in 54.3 in a 3:49.67, but the Hawthorne frosh star came down with the Chicken Pox during the next week and could not run in the State Qualifier. Hawthorne still threw together a 3:52.94 with half its regular squad to qualify for State in the event.

The State Meet schedule followed in the Masters affair had the women's 1600m before the 3200m. Top fields graded both. Tracey Williams (Mountain View, El Monte) rocketed out through 64.7-2:18.6 400m splits in the first event, with Robbyn Bryant (Hesperia) and Kathy Karpel (Ocean View, Huntington Beach) close by 1200m at 3:36.5. With 200m to go the trio was even, with the smaller, quick-striding Bryant fastest on the run-in to win 4:52.36-4:53.01 over Williams, with Karpel 4:45.16 in 3rd. Over 3200m seven of the entrants had bests of under 10:50, and Ashley Black (Palos Verdes) would drop below that barrier this evening, so it was a very, very special group. Guess what? Williams led at the start of this event also, racing a 32.3 first 200m, 67.8 400m, and still had 10 meters through a 5:07.3 1600 (she had run 4:59.5 for the first 1600m in the 3A Divisional when the 3200 was the first event). By the end of seven laps (in 9:15.1) Bridget Freyne (Riverside Poly) had joined Williams, with Karen Hexco (South Hills, Covina) and Ranya Cervantes (Montebello) 10 meters back. After passing through 3000m (200m to go) at 9:56.2, it was Williams surprisingly with the most sprint left, edging away to a 10:32.20 win, with Hexco closing at 35.3 for the final half lap for 2nd in 10:33.66. Hexco is a 9th grader and real future star, as she prefaced her Masters run with a solo 10:34.27 2A Divisional win the week previous. Over 800 meters some interesting problems took care of some promising athletes from last year. Kathy Grayson (Mission Viejo) never rounded into shape, Desiree Joubert (Westlake, Westlake Village) was hurt, and then had a shoe ripped off in a serious spiking incident in the 4A divisional race. Kris Kochel (Ventura) came back from mid-season problems to take the 4A title at 2:14.40. In the State Qualifier it was two athletes who have showed promise in the past who proved best that day when the going got tough. Kathryn Krieger (San Luis Obispo) showed great promise in 1986, then had few invitational appearances in 1987. After a 3rd in the 2A Meet she showed up along with Erika Lovett (Savanna, Anaheim) to challenge Kochel down the homestretch of the Masters affair. Lovett had been the Open winner at Arcadia, but relatively untested against the best. Well, after a 1:37.7 600 at the Masters it was Lovett first to go by Kochel on the Homestretch, then with a well timed run at the tape, Krieger came on to win at 2:12.70, with Lovett 2:12.86 and Kochel 2:13.58.

continued on next page...



## Southern, contd.

The men's distance race section titles went to veterans on the kick. At 1600m Newport Harbor junior Jim Geerlings showed promise in a 4:16.15 3A win after a 3:10.3 1200 split, while Haisam Sabra (Ocean View, H.B.) pulled a bit of an upset in the 4A with a 4:14.14 (58.4 final 400m) win over Raul Serratos (Moreno Valley). 4:15.90, in the Masters affair the entire pack was in attendance through 63.4-2:08.1-3:11.8 400m splits, with Serratos taking the lead and charging ahead at the 1200m point. Racing the next 200m in 29.5 Serratos steadily raced away to an over 2 second win with his 59.7 final lap at 4:11.41 to 4:13.50 for Sabra and 4:13.87 for Kurt DePlyffer (say it Dee-fee-fur) (Laguna Beach). At 3200m some interesting people fell by the wayside, as usual strong peakers Scott Hempel (Walnut) and Richard Erbes (Glendale), both 9:07 in midseason failed to get through their divisional races. Defending Champion, Aaron

On the women's side Long Beach Poly won the 4A title with 62 points over Thousand Oaks with 51. Hawthorne had ineligible and injury problems that brought possibly the Section's top ever female dual and championship meet squad to its knees with a fifth place finish here. Upland and Corona del Mar, two very well-balanced squads battled for the 3A title with Janene Vickers and Pomona, with Upland emerging victorious 43-41-40 (with Pomona on the end off three Vickers wins and a relay title). Walnut took the 2A title over Alhambra 40-35, with Paso Robles handling Los Padres League-mates Atascadero 54-44 for the 1A women's championship.

## BOYS

DISCUS—1. Bultman (Royal), 184-8;  
2. Bain (Corona del Mar), 181-3; 3.  
Scanlon (Ridgecrest Burroughs), 178-7; 4.  
Brown (Mission Viejo), 167-5; 5. Flebeck  
(Castrano Valley), 163-5; 6. Fuller  
(Arroyo), 155-6.

## GIRLS

7. DISCUS—1. Franke (Ana. Canyon), 38-4; 2. Williams (Nogales), 134-3; 3. Cochran (Nordhoff), 126-6; 4. Tumanuvao Bell Gardens), 126-3; 5. Edelbrock (Santa Maria St. Joseph), 123-9; 6. Shaffer Carpinteria), 122-10.



# Prep Notes

## L.A. City Section T&F Finals

### At Birmingham High Boys

100—1. Watts (Taft), 10.17w (3.78 m.p.s.); 2. Holmes (Carson), 10.36; 3. Roberts (Taft), 10.62; 4. Bridgewater (Washington), 10.63; 5. Vaughn (Venice), 10.79; 6. Franklin (Venice), 10.82.

200—1. Watts (Taft), 20.63 (wind 1.63 m.p.s. aiding); 2. Franklin (Venice), 21.54; 3. Wilson (Reseda), 21.67; 4. Sals (San Fernando), 21.75; 5. Shivers (Banning), 21.82; 6. Vaughn (Venice), 22.26.

400—1. Marsee (San Pedro), 48.47; 2. Dunzo (Los Angeles), 48.63; 3. Vaughn (Venice), 48.68; 4. R. Coleman (Manual Arts), 48.82; 5. Roberts (Taft), 48.87; 6. Armstrong (Reseda), 49.56.

800—1. Cabral (Belmont), 1:55.36; 2. Mata (Roosevelt), 1:55.85; 3. Dunzo (Los Angeles), 1:56.17; 4. Howard (University), 1:56.79; 5. Houston (Locke), 1:56.98; 6. Bell (Narbonne), 2:00.60.

1,600—1. Haug (Birmingham), 4:14.67; 2. Gebre (Belmont), 4:15.93; 3. Vinski (Roosevelt), 4:18.77; 4. Ortiz (Venice), 4:20.12; 5. Wilky (University), 4:22.56; 6. Duran (Kennedy), 4:25.26.

3,200—1. Aslen (Granada Hills), 9:18.02; 2. Korn (Birmingham), 9:25.11; 3. Gebre (Belmont), 9:31.41; 4. Miranda (Birmingham), 9:34.79; 5. Bettinger (Chatsworth), 9:46.9 (ht); 6. Vinski (Roosevelt), 9:48.6.

110 HIGH HURDLES—1. Boykin (San Fernando), 13.84; 2. Copeland (Dorsey), 13.88; 3. Lockett (Dorsey), 14.98; 4. Yu (Birmingham), 14.61; 5. Hall (University), 14.68; 6. Ricks (Reseda), 14.92.

300 INTERMEDIATE HURDLES—1. Boykin (San Fernando), 37.47; 2. Addison (Chatsworth), 38.52; 3. H. Coleman (Manual Arts), 38.53; 4. Copeland (University), 38.54; 5. Lockett (Dorsey), 38.54; 6. Harris (Carson), 39.38.

400 RELAY—1. Taft, 41.08; 2. Carson, 41.35; 3. Dorsey, 41.84; 4. Reseda, 41.97; 5. Manual Arts, 42.11; 6. Birmingham, 42.41.

1,600 RELAY—1. Taft, 3:16.06; 2. Carson, 3:17.80; 3. Banning, 3:18.29; 4. Reseda, 3:18.87; 5. Dorsey, 3:19.97; 6. University, 3:20.40.

HIGH JUMP—1. McCowan (Carson), 6-2; 2. Hu (Belmont), 6-2; 3. Richardson (University), 6-2; 4. Gustafson (Chats-

worth), 6-2; 5. Lindsey (Carson), 6-2; 6. Jackson (South Gate), 6-0.

POLE VAULT—1. Bray (Van Nuys), 14-0; 2. tie between La Monica (Poly) and Ford (Sylmar), 13-0; 4. tie between McCowan (Carson) and Bettinger (Chatsworth), 12-6 (Bettinger won jumpoff to advance to State meet); 6. Gordo (Bell), 12-0.

LONG JUMP—1. Howlett (Jordan), 22-11 1/4; 2. Proctor (University), 22-9w; 3. Armstrong (Reseda), 22-2 1/4w; 4. Wilkenson (Reseda), 21-9; 5. Rodgers (University), 21-1 1/4w; 6. Trotty (Gardena), 21-0 1/2.

TRIPLE JUMP—1. Smith (Taft), 45-6 1/4; 2. Martin (Chatsworth), 45-8 1/4; 3. Wilkenson (Reseda), 45-4 1/4w; 4. Ricks (Reseda), 44-1 1/4; 5. Proctor (University), 44-10; 6. Diaz (Jefferson), 42-5 1/4.

SHOTPUT—1. Wyatt (Dorsey), 54-8; 2. Davis (University), 53-5; 3. McDaniel (Jordan), 52-7 1/4; 4. Orrill (Granada Hills), 52-0 1/2; 5. Swan (El Camino Real), 51-3; 6. Prince (Fairfax), 50-9.

FINAL TEAM LEADERS—1. Taft, 58; 2. Carson, 40; 3. Dorsey, 38; 4. Reseda, 36; 5. University, 35; 6. Belmont, 32.

### Girls

100—1. Tinkshell (Locke), 12.04w (2.69 m.p.s.); 2. Ainsworth (Fremont), 12.16; 3. Anderson (Kennedy), 12.20; 4. Provost (San Fernando), 12.40; 5. Aurther (Crenshaw), 12.44; 6. Christian (Dorsey), 12.57.

200—1. Rolfe (Dorsey), 24.29; 2. Hamilton (Locke), 24.82; 3. Tinkshell (Locke), 25.24; 4. Fuller (Cleveland), 25.34; 5. Zimmerman (Dorsey), 25.44; 6. Prevost (San Fernando), 25.56.

400—1. Rolfe (Dorsey), 53.81; 2. Hamilton (Locke), 55.73; 3. McAllister (Locke), 55.89; 4. Vasquez (South Gate), 56.71; 5. Marvin (Banning), 57.60; 6. Currie (Canoga Park), 59.03.

800—1. McAllister (Locke), 2:17.14; 2. Smith (Banning), 2:18.74; 3. Gray (Hamilton), 2:19.43; 4. King (Granada Hills), 2:20.15; 5. Cunningham (Washington), 2:24.11; 6. Garcia (Manual Arts), 2:24.25.

1,600—1. Olsen (San Pedro), 5:04.53; 2. Rodriguez (Wilson), 5:09.87; 3. McLean (Belmont), 5:10.28; 4. A. Guidi (El Camino Real), 5:13.09; 5. Martin (San Pedro), 5:20.96; 6. Peck (El Camino Real), 5:27.29.

3,200—1. Olsen (San Pedro), 11:11.09; 2. Rodriguez (Wilson), 11:24.91; 3. McLean (Belmont), 11:31.69; 4. Lawson (Kennedy), 11:42.33; 5. Peck (El Camino Real), 11:46.39; 6. Haro (University), 11:47.68.

100 LOW HURDLES—1. Ainsworth (Fremont), 14.10w (3.33 m.p.s.); 2. Dorsey (Dorsey), 14.72; 3. Foreman (Locke), 14.96; 4. Masson (Narbonne), 14.98; 5. Merican (Grant), 15.31; 6. Thompson (Crenshaw), 15.61.

300 LOW HURDLES—1. Ainsworth (Fremont), 43.23; 2. Dorsey (Dorsey), 44.60; 3. Davenport (Locke), 45.4 (ht); 4. Bell (Crenshaw), 46.8; 5. Dietzel (Narbonne), 47.6; 6. Foreman (Locke), 48.6.

400 RELAY—1. Dorsey, 47.25; 2. University, 48.89; 3. San Fernando, 48.92; 4. Banning, 49.05; 5. Crenshaw, 49.18; 6. Canoga Park, 49.54; Locke dropped baton.

1,600 RELAY—1. Locke, 3:46.09; 2. Dorsey, 3:48.3 (ht); 3. South Gate, 4:00.87; 4. Los Angeles, 4:03.38; 5. Banning, 4:03.65; 6. El Camino Real, 4:03.87.

HIGH JUMP—1. Miller (Crenshaw), 5-7; 2. Clarke (El Camino Real), 5-6; 3. Kim (Fremont), 5-0; 4. Davis (Banning), 5-0; 5. Eym (University), 4-11; 6. Hobbs (Banning), 4-11.

LONG JUMP—1. Christian (Dorsey), 16-10 1/4; 2. Usher (Crenshaw), 16-10; 3. Holmes (Los Angeles), 16-9; 4. Ainsworth (Fremont), 16-4 1/2; 5. Oliver (Dorsey), 15-11 1/4; 6. Ho (Belmont), 15-11 1/4.

SHOTPUT—1. Wilson (Taft), 40-7; 2. Gurney (El Camino Real), 40-0 1/2; 3. Hake (Wilson), 39-6; 4. Martin (University), 39-5 1/4; 5. Burn (Fremont), 39-5; 6. McConeahy (Van Nuys), 36-4.

FINAL TEAM LEADERS—1. Locke, 71; 2. Dorsey, 69; 3. Fremont, 40; 4. Crenshaw, 27; 5. El Camino Real, 24; 6. tie between San Pedro and Wilson, 22.

## Central Section T&F Finals

### At Ratcliffe Stadium

#### BOYS

400 relay — Bakersfield (Allison, Edwards, Anderson, Adams), 42.24; Edison, 42.60; Roosevelt, 42.79; Tulare, 42.92; Bullard, 43.15; South, 43.39.

1,600 — Rachel, GW, 4:15.8; Lienau, Clovis, 4:16.64; Guardiola, Tulare, 4:21.44; Vasquez, Hanf, 4:24.54; Romero, Arv, 4:28.35; Rodriguez, McL, 4:30.24.

Discus — Alx. Smith, Mad, 178-11; Stubblefield, South, 175-6; All. Smith, Mad, 165-1; Edwards, East, 158-9; Stevens, Bak, 153-2; Rowe, Sang, 157-0.

110 High Hurdles — Anderson, Bak, 14.32; Quintana, Sel, 14.43; Ghys, Kings, 14.58; Maiden, South, 14.65; Broschat, North, 14.68; Plambersingh, Bak, 15.19.

400 — Horton, Ed, 47.99; Jones, Hoov, 48.26; Mayberry, East, 49.58; Jefferson, East, 50.89; Richardson, Tul, 50.99; Cortez, Reed, 51.5.

100 — Roberts, Tul, 10.74; Edwards, Bak, 10.77; Wright, Ed, 10.80; Haymon, bull, 10.87; Allison, Bak, 10.99; Eiofson, Bak, 10.99.

800 — Dirkse, South, 1:54.94; Breckinridge, Imm, 1:55.54; Sales, Cl, 1:55.85; Espinoza, Bak, 1:56.33; Guillory, McL, 1:57.30; Borden, Sie, 1:58.59.

Long Jump — Wright, Ed, 23-4 1/2; Anderson, Bak, 23-3 1/2; Jones, Hoov, 33-0 1/2; Krancher, MW, 22-11 1/2; Benjamin, Tul, 22-11; Stallworth, Tul, 22-7 1/4.

300 Intermediate Hurdles — Maiden, South, 38.62; Broschat, North, 39.30; Farmer, CW, 39-38 (section soph class record, old, 39.50; Maiden, 1985); Quintana, Sel, 39.45; Ghys, Kings, 39.77; Daniels, Corc, 39-97.

200 — Edwards, Bak, 21.63 (w); Jones, Hoov, 21.75; Haymon, Bull, 21.96; Roberts, Tul, 22.17; Adams, Bak, 22.55; Fahney, CW, 22.75.

Shot Put — Miller, CW, 56-7 1/2; Rowe, San, 54-8; All. Smith, Mad, 54-4; Thornton, Bull, 53-7 1/2; Alx. Smith, Mad, 53-1 1/2; Gray, Corc, 49-9 1/2.

3,200 — Murillo, Mon, 9:19.25; Cole, Yos, 9:19.55; Donson, McL, 9:28.9; Nunez, GW, 9:33.21; Jewell, MW, 9:34.15; Peralta, Red, 9:35.97.

Pole Vault — Guevara, CW, 15-0; Edwards, Cl, 14-6; Oliver, Coal, 14-6; Estes, CW, 14-3; Sault, Bak, 13-6; Lewis, Coa, 13-6.

Triple Jump — Anderson, 50-9; Ghys, King, 48-2; Benjamin, Tul, 46-4 1/2; Jones, Hoov, 46-2; Duke, Wash, 45-4 1/2; Roberson, West, 44-9 1/4.

High Jump — Pickett, Cl, 6-8; Hendrix, South, 6-6; Koch, Bull, 6-4; Bartlewski, Ch, 6-4; Gray, San, 6-4; (tie) Ireland, Ed, and Krancher, MW, 6-4.

1,600 relay — Edison, 3:19.94; East, 3:24.11; South, 3:25.34; Roosevelt, 3:26.15; Bakersfield, 3:26.24; Tulare, 3:27.22.

Team scoring — Bakersfield, 72; South, 48; Edison, 44 1/2; Tulare, 36; Clovis West, 31 1/2; Clovis, 31; Hoover, 26; Madera, 24; East, 22; Bullard, 22; Kingsburg, 16; Golden West, 14; Selma, 12; Sanger, 11; Roosevelt, MNonache and North, 10; McLane, 9; Immanuel, 8; Yosemite, 8; Coalinga, 7; Mount Whitney, 6; Chowchilla, 5; Hanford, 4; Arvin and Corcoran, 2; West, 1; Redwood, 1; Sierra, 1.

1,600 — Leider, Cl, 5:10.11 (meet record, old, 5:10.18; Shaw, CW, 1984); Martinez, Foot, 5:11.50; Russell, Taft, 5:12.14; Maynor, Gar, 5:18.08; Wagoner, CW, 5:18.40; Samniogo, Mad, 5:31.23.

100 Low Hurdles — Young, Mad, 14.15 (meet record, old, 14.17; Budwig, CW, 1984; section soph class record, old, 14.4; Karns, Sierra, 1982); Mosby, East, 14.25; Balch, Red, 14.63; McGruder, Roos, 15.04; Sperling, CW, 15.45; Mosher, Imm, 15.49.

400 — Roldan, MW, 56.99; Ammonds, Roos, 57.61; Willems, Imm, 57.95; Flynn, Cl, 58.33; Bruner, Mad, 1:00.7; Richardson, Cl, 1:01.34.

800 — Davidson, Was, 1:19.94; Chisom, Ed, 1:21.17; Grisby, Ed, 1:22.9; P. Brown, Ch, 1:23.7; S. Brown, Ch, 1:24.3; Mitchell, McL, 1:24.9; Cope, Mon, 1:25.2.

Triple Jump — Richardson, Tul, 38-1 1/2 (meet record, old, 37-8 1/2; Roberts, Washington, 1984); Young, Mad, 37-7 1/2; Haller, Gar, 37-1 1/2; Taylor, Cent, 36-9; Mosby, East, 36-5 1/2; Colbert, East, 36-3 1/2.

High Jump — Willis, CW, 5-6; Ammonds, Roos, 5-4; Jackson, Lat, 5-4; Warkentin, Imm, 5-2; (tie) Mosher, Imm, 5-2 and Lowndes, Hoov, 5-2.

800 — Wyatt, Bak, 2:16.35; Leider, Cl, 2:18.72; Russell, Taft, 2:19.27; Holterman, Yos, 2:25.65; Cuellar, Sed, 2:25.88; Huott, MW, 2:26.80.

300 Low Hurdles — Young, Mad, 44.50; Mosby, East, 45.71; Roldan, MW, 45.83; Sperling, CW, 46.61; Duttarier, Cl, 47.60; Balch, Red, 47.96.

200 — Davidson, Wasco, 25.15; P. Brown, Ch, 25.45; Lee, Wash, 25.61; S. Brown, Ch, 26.12; Flynn, Cl, 26.19.

Discus — Dumble, Bak, 151-11; Weis, Bak, 143-3; Gustin, San, 123-6; Martin, Bak, 120-9; Smith, Mad, 120-6; Cartwright, Sel, 119-4.

3,200 — Wagoner, CW, 11:40.05; Prather, SI, 11:47.17; Lorenzano, Was, 11:54.54; Samniogo, Mad, 11:56.43; Caulfield, East, 11:58.05; Maynor, Gar, 12:00.47.

Long Jump — Knott, Fr, 18-1; Bryant, Bak, 17-4 1/2; Torczon, Taft, 17-4 1/2; Willis, CW, 17-2 1/2; Trujillo, Reed, 16-9 1/2; Richardson, Tul, 16-7 1/2 1/2.

1,600 relay — Clovis (Richardson, Purgason, Leider, Flynn), 3:59.02; Roosevelt, 4:00.41; Immanuel, 4:01.33; Edison, 4:02.07; Madera, 4:05.92; Taft, 4:09.01.

Team scores — Bakersfield 52, Madera 40, Clovis 37, Clovis West 32, Edison and Roosevelt 28, Wasco 26, Chowchilla 24, Mount Whitney and East 21, Taft 19, Immanuel 18 1/2, Garces 15, Washington 12, Reedley and Fresno 10, Redwood 9, Fort Hays 8, Sanger 8, Sierra 8, West 6, McLane 6, Laton 6, Central 4, Yosemite 4, Monache 4, Hoover 1 1/2, Porterville 1.

### JASON LIENAU

100 — Davidson, Was, 11.94; Chisom, Ed, 12.17; Grisby, Ed, 12.29; P. Brown, Ch, 12.37; S. Brown, Ch, 12.43; Mitchell, McL, 12.49; Cope, Mon, 12.52.

Triple Jump — Richardson, Tul, 38-1 1/2 (meet record, old, 37-8 1/2; Roberts, Washington, 1984); Young, Mad, 37-7 1/2; Haller, Gar, 37-1 1/2; Taylor, Cent, 36-9; Mosby, East, 36-5 1/2; Colbert, East, 36-3 1/2.

High Jump — Willis, CW, 5-6; Ammonds, Roos, 5-4; Jackson, Lat, 5-4; Warkentin, Imm, 5-2; (tie) Mosher, Imm, 5-2 and Lowndes, Hoov, 5-2.

800 — Wyatt, Bak, 2:16.35; Leider, Cl, 2:18.72; Russell, Taft, 2:19.27; Holterman, Yos, 2:25.65; Cuellar, Sed, 2:25.88; Huott, MW, 2:26.80.

300 Low Hurdles — Young, Mad, 44.50; Mosby, East, 45.71; Roldan, MW, 45.83; Sperling, CW, 46.61; Duttarier, Cl, 47.60; Balch, Red, 47.96.

200 — Davidson, Wasco, 25.15; P. Brown, Ch, 25.45; Lee, Wash, 25.61; S. Brown, Ch, 26.12; Flynn, Cl, 26.19.

Discus — Dumble, Bak, 151-11; Weis, Bak, 143-3; Gustin, San, 123-6; Martin, Bak, 120-9; Smith, Mad, 120-6; Cartwright, Sel, 119-4.

3,200 — Wagoner, CW, 11:40.05; Prather, SI, 11:47.17; Lorenzano, Was, 11:54.54; Samniogo, Mad, 11:56.43; Caulfield, East, 11:58.05; Maynor, Gar, 12:00.47.

Long Jump — Knott, Fr, 18-1; Bryant, Bak, 17-4 1/2; Torczon, Taft, 17-4 1/2; Willis, CW, 17-2 1/2; Trujillo, Reed, 16-9 1/2; Richardson, Tul, 16-7 1/2 1/2.

1,600 relay — Clovis (Richardson, Purgason, Leider, Flynn), 3:59.02; Roosevelt, 4:00.41; Immanuel, 4:01.33; Edison, 4:02.07; Madera, 4:05.92; Taft, 4:09.01.

Team scores — Bakersfield 52, Madera 40, Clovis 37, Clovis West 32, Edison and Roosevelt 28, Wasco 26, Chowchilla 24, Mount Whitney and East 21, Taft 19, Immanuel 18 1/2, Garces 15, Washington 12, Reedley and Fresno 10, Redwood 9, Fort Hays 8, Sanger 8, Sierra 8, West 6, McLane 6, Laton 6, Central 4, Yosemite 4, Monache 4, Hoover 1 1/2, Porterville 1.

Other C.I.F. Sections... Results from San Francisco/Oakland, North Coast, Northern, Sac-Joaquin, Central Coast to come.

Fine Flicks by Don Gosney



SHELTON BOYKIN



# SoCal Diary

By BILL MINARIK

## May 25

The preps moved another week closer to the State Meet as the L.A. City Section held their semis and the Southern Section held its divisional championships at the L.A. City Meet, both section favorites, Taft in the boys division and Locke in the girls advanced all of their top athletes.

In the Southern Section, Muir High's boys were the winners 62-53 over Hawthorne in 4A competition as Hawthorne dropped the stick on the last handoff in the 1600m relay while leading and ended up 5th behind first place Muir and that cost them the meet which they would have won by one point. Duarte lead by Martin Cannaday won the 3A boys 50-37 over runner-up Diamond Bar. The 2A boys title went to sprint ladened Morningside 61-42 over Orange while Paraclete again doing it all in the sprints was an easy 63-37 winner over Paso Robles in 1A boys.

In the girls competition, Long Beach Poly took the 4A, 62-51 over Thousand Oaks as state 100 meter champ Angela Burnham of Rio Mesa pulled a leg muscle while anchoring her team to a 3rd place finish in the 400 relay, and had to scratch from the 100, 200, and 1600m relay. Upland grabbed the 3A title 43-41 over Corona Del Mar as the winner was not determined until both teams had crossed the finish line in the 1600m relay. Walnut topped Alemany 40-35 in 2A and Paso Robles was a 54-44 victor over nearby Atascadero in 1A.

In the NCAA Division II Championships, it was all Abilene Christian as they took the mens title by a surprisingly close 127-93 count over S.E. Missouri State and then clearly outdistanced SoCal power C.P.S.L.O. 166-114 in the women's division. Other SoCal school placing high in the competition included the C.S.L.A. men 5th with Stan Oporski setting a triple jump record at 54-7. The CPSLO men took 7th, while the C/S Northridge men took 8th and the CSN women took 6th. The C/S Bakersfield men took 15th and the Cal Poly Pomona women grabbed the #8 spot.

At the NAIA Championships, Coach Terry Franson's amazing Azusa-Pacific thinclads won their 5th consecutive mens title 108-82 over runner-up Wayland Baptist. As usual, A-P women were a very respectable 7th in their division with 25 points.

In the NCAA Division III Meet, the Pomona-Pitzer men took the number 6 spot with 24 points while Oxy was close

behind with 17. In the women's meet, Cressey Stewart and Michelle Trimble went 1-3 in the 1500 good for all 16 of Oxy's points.

In the PAC-10 Meet at Corvallis, it was all UCLA, as the Bruin men destroyed the field and runner-up Oregon 176-108, while the Lady Bruins got some sweet revenge over the Women of Troy while winning the inaugural PAC-10 Meet for women 121-107.

In the men's meet UCLA racked up a whopping 99 points in the sprints, while Oregon's talented distance corps could manage only 37 and was held without a win. Best efforts for the Bruins would have to be Henry Thomas with a 20.24 win in the 200 and John Banich with a 194-3 winning effort in the discus.

USC's mens team, which has been racked by injuries and ineligibilities all year, was able to grab 4th place with 69 points. Key performers for Troy were Luis Morales with a 10.24-20.44 sprint double good for a first and second, Eric White and Mike Klassen who went 1-2 in the vault, and Fredson Mayiek who took 2nd in the 10,000.

The women's meet was basically a rerun of the USC-UCLA dual. The only difference being that the Trojans weren't quite as sharp, and with Sharon Hatfield out from her party injuries, some of the other schools were able to break the Trojans up. On the other hand, nobody was going to break up the Bruins Gail Devers as she had a perfect day, notching a 11.17-22.71-13.28-21-10 individual quad win and then anchoring both relay teams to 44.45 and 3:33.8 wins. Monica Phillips 2nd place finish in the 400 at 53.31 also gave the Bruins a big lift.

## June 1

The L.A. City C.I.F. Section finally got to its championship meet, however there were no surprises as Taft High behind superstar sprinter Quincy Watts was a comfortable 58-40 winner over a Calvin Holmes lead Carson team. Quincy as usual was perfect with a 10.17-20.63 individual double as well as anchoring both relay teams to victory at 41:08 and 3:16.06. Another good pair of times was turned in by San Fernando's Shelton Boykin who won both hurdles in 13.84 and 37.47. Otherwise none of the rest of the marks were overly exciting.

The girls from Locke High got off to a slow start in their division, but came on strong in the end and with the score tied

with Dorsey and only the 1600 relay to go, they were able to withstand a strong anchor leg by Dorsey's Angela Rolfe and win in 3:46.09 to take their 4th consecutive title 71-69. Locke's Latanya Davenport had a disastrous start as she showed late and was scratched in the 100m Hurdles and then dropped the stick in the 400 relay, but finished 3rd in the 300 hurdles and ran a tough 1600 relay leg. Its amazing that Locke Coach Jimmy Lee is able to field a team as competitive as his is when you consider the fact that of the 2000 student body at Locke, 1500 are ineligible under the "C" average-no fail rule.

At the San Diego Championships at Mt. Carmel, the boys from Poway pulled out the meet 48-47 over Crawford High by placing 3rd in the 1600 relay while the girls from Morse High used 5 first places in the sprints to outdistance Crawford 61-40. The big news from this meet is that Kinney Cross Country champ Marc Davis of San Diego High twisted his ankle in winning the 1600 and is definitely out of the State Meet.

The Southern Section held its masters meet which qualifies 5 of the top 9 athletes in each event for the State Meet. Muir High's boys looks tough in the State Meet with Corey Ealy at 10.63 and 21.27 leading the way in the sprints and his Muir teammates combining for 40.92 and 3:15.1 relay times. In the girls competition, Pomona High must now be the clear state favorite as Janeene Vickers notched an 11.89-13.40-41.01 individual triple with the last two being Southern Section records; and also anchored her 400 relay team to a winning 47.32.

## June 8

Relays were the name of the game at the California State Prep Track Championships at Sacramento. In the boys meet Hawthorne trailing Muir High by two points going into the 1600m Relay was able to win their specialty for the 5th straight year in 3:11.77 while Muir's very respectable time of 3:14.68 could get them no better than 6th which worked out to a 34-27 Hawthorne win. Taft High with Quincy Watts notching a 10.49-20.99 sprint double saw any chance for the team title disappear when the 1600 relay team DQed in the Prelims and the 400 relay team dropped the stick. The surprise individual performer in the boys meet had to be Dave Bultman of Royal High who heaved the Shot 67-0 as part of a weight double which was a PR by nearly 5 feet. He also had an



## ☐ SoCal Diary

excellent winning discus throw of 193-6.

In the girl's competition, it was the Ja-neene Vickers show as the Pomona senior raced to an 11.76-13.34-40.96 triple win to give her team the title with 30 points. It might have been more except Pomona dropped the stick in the 400 relay. Another team which should have had a piece of the championship was Dorsey. The Dons had crossed the finish line 2nd in the 1600 relay to give them 30 points and a tie with Pomona. However, the officials ruled that Dorsey's anchor girl had thrown the baton after crossing the line and DQed the team. Dorsey Coach Paul Knox has filed an official protest of the officials ruling, saying that the baton was not thrown but just dropped. I have to go along with Paul on this one. Based on eye-witness accounts of the incident, the Dorsey girls were robbed. Dorsey wasn't the only team to get stung by the officials. Locke High which finished 4th in the 1600 relay also got the DQ for allegedly throwing the stick; which combined with their dropped stick in the 400m relay in the City Finals knocked them out of any title contention. Even if a team does throw a baton after the race, I fail to see where that indicates any sign of unsportsmanlike conduct. It just seems like a way of celebrating. I cannot see where it would demean any other team. In any case, it happened after the race was finished. In any other sport, if anything happens after the game is over, it's taken care of administratively in subsequent activity. The "throwing the baton" rule is absolutely the worst rule in the sport of track and field.

Getting back to the competition, there were two big disappointments in the field events. The first was in the pole vault where national leader Bret Burns came in

at 16-2 and no-heighted and Maddette Smith, the national leader in the Long Jump, from Quartz Hill, fouled out.

Fine Flicks by Don Gosney



WENDY BROWN

At the NCAA Div. I Championships, the UCLA men put on a performance which will be long remembered, as they annihilated the field and runner-up Texas 81-28. Not only was the margin of victory the biggest in the history of the meet, but the Bruin total equalled that of the 2nd, 3rd, and 4th place teams combined. In fact, the Bruins first day total of 45 points was already way more than they needed. While such stalwarts as Henry Thomas, Michael Marsh, Danny Everett, Kevin Young, and Jim Banich came through with flying colors, it was the surprise efforts of Jim Connolly who won the decathlon with

a come-from-behind 8121 point performance, and Mark Junkerman who took second in the steeplechase with a school record setting 8:36.21 time. Both of these efforts came early in the meet and set the tempo for the rest of the team. An interesting statistic on the Bruin win was that it was accomplished without the help of any foreign athletes. In fact the vast majority of points were earned by athletes who prepped right here in SoCal. I never thought I would see that type of a scenario again. In any case, after what happened to Coach Bob Larsen's crew last year, they were definitely due some good fortune in 1987.

Some special recognition should go to Coach Red Estes' Fresno State Bulldogs. Lead by Doug Fraley's winning pole vault effort of 18-5½, FSU's point total of 16 was more than any PAC-10 school other than UCLA.

In the women's competition, the Women of Troy hung tough the whole meet, but just didn't have the big guns to match LSU which won it with 62 points compared to the Trojans 3rd place total of 51. All Trojan top performers including Wendy Brown, Evette Bates, Diane Clements, Gervaise McCraw, Myra Mayberry, Leslie Maxie, and Monica Taylor came through with solid performances. In another year, 51 points might have been a championship total.

UCLA Coach Bob Kersee apparently felt that even extending superstar Gail Devers to the limit would not generate enough points for the team title, so he limited her to the 100 and both relays which will help keep her ready for many of the big meets ahead this summer. In any case, the Lady Bruins totalled 27 points which was good for a very respectable 6th place.

As a final note, Dixon Farmer is leaving as head track coach at San Diego State and will be replaced by his assistance and former Oxy teammate Jim Cerveney who prepped locally at Mission Bay High.

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# ■ CTRN Around the Bay

By MARK WINITZ



## Over the Edge at Dipsea

*"I don't think there's any real tricks (for running Dipsea). It's just real hard work—a lot of strength and concentration."*

Christie Patterson  
Winner, 1987 Dipsea

I ran the Dipsea race, that rough and tumble combination of competitive running and bush wacking, for the first time last June 14th. After all, I'd seen the flick *On the Edge* at least six or eight times. The first one was at a special screening for the Tamalpa Runners in Mill Valley.

That was several years ago, before Mount Tamalpais became the center of the Northern Hemisphere for a large mass of runners who embraced Bruce Dern as their modern Daniel Boone, Columbus, Sir Francis Drake, or what have you.

Make that at least a dozen times. In Marin I joined the Tamalpa folks in uproariously cheering on their local running comrades who had suddenly become big screen stars. The din in that theater rivaled the decibel level going up Heartbreak Hill in Boston. And in Boston itself, I sat with other out-of-town marathoners at a pre-release screening of the aforesaid. It happened to be on the day before the marathon. During the whole show you could have heard a pin drop. Later, when the general release cut of *On the Edge* arrived at the local theater, I relished it more times than I care to remember. Now, my videotape of the same is wearing a bit thin.

I've seen as many versions of that cult film as I care to. Now I figured it was about time to go one step (or 671 steps) further—and go over the edge. I'd take the risk somewhat analogous to Magellan's uncharted voyage four centuries ago: I requested an entry form for Dipsea, diligently filled it out and sent it back the same day I received it (entries are now limited to 1500 and they filled fast). I shifted the emphasis of my training. I dubbed it "over the edge" training.

Before you get the wrong idea, one thing you should know: I'm not one of those "the earth is flat" kind of guys. I've done my share of trail and mountain running, and do a good portion of my training in the Bay Area's coastal range. Still, I expected to feel like a rank seaman—and innocent Billy Budd—when I took the line in Mill Valley.

The Dipsea is a race with a long tradition (77 years to be exact). Next to Boston, they say it's the oldest race on American soil. And this is real soil, much of which is rock-strewn, gouged, root-creased, and sprouting with poison oak. The Dipsea has a following of local devotees who make this event the peak of their running efforts year in and year out. There are many vets, countless tales, a lot of legends. Like 80-year old "Dipsea Deamon" Jack Kirk, who has raced and thrashed the wild route over Mt. Tam 52 consecutive years. A large portion of the runners, most of whom return time and again against their better judgement, know these trails more intimately than their own backyards. After all, how many times have you rolled—I mean really rolled—in your backyard turf? If you haven't taken a tumble on the Dipsea trail, it means only one thing: You haven't raced it. You probably haven't even run it. But it doesn't take long to become initiated, and hooked on the tangled branches and other assorted challenges on the Mountain.

*"I was just sitting there after the race, wondering whether I'll run it again. But I know within two days I'll be looking forward to next year."*

David Hansen  
Land Manager  
26,000 acre Midpeninsula  
Regional Open Space District

Knowing what to expect, and anticipating it, is a definite advantage at Dipsea. In fact, it's just about a prerequisite. Some of the narrow, roller-coaster trails are slow—but they can be fast if you use them right and you're paid up on your life insurance policy. Much of the route is fast if you've trained to turn the old wheels—but it can be slow on legs turned to jello, even underneath the most experienced trail runners. A good portion of the course is arduous, much of it just plain treacherous, and practically every inch of it beautiful. Of course, the kicker is that technically the course is "open." Although many of the varied—let's see I won't say "paths;" how about simply "routes"—over the Mountain are now off limits, there's still an opportunity to take alternate excursions. A good number of them will get you to the finish line at Stinson Beach...eventually.

Of course, I knew all this before getting into the race. After all, I'd run it once in training about two months before the ultimate test. My training buddy Eric (a one-year Dipsea vet) and I proceeded to get off the track several times and ended up doing about 6 miles more of trekking than the intended 7.1-mile race distance. So I knew—or I thought I knew—what to expect as far as footing, elevation changes, tangents, etc. I knew about some of the several remaining "shortcuts." Like the short detour off the trail and onto the Panoramic Highway in the last mile or so. Authoritative advice had told me that I would save about thirty seconds there.

I'd heard that I could "ideally" expect a time equal to my flat recent PR for 10 miles (60 minutes). So, somewhat naively, I set a tentative goal of sub-60.

Oh, by the way, I've left out an important detail which you probably know about already. The Dipsea is a handicap race. You get a head start on the course according to some supposedly carefully considered factor associated with your age and sex. For example, if you happen to be an under-9 or over-51 year old female competitor, you get a 22-minute head start over the "scratch" runners (young colt males). The first one to cross the finish (regardless of handicap) is the winner. The handicapping system is a subject for perennial criticism and debate, and has undergone a series of adjustments in an attempt to yield equitable results. That's a topic in itself worthy of a separate article. I'll simply say, here, that as a 37-year-old entrant, my 2-minute handicap wasn't going to let me win the race (by any means). But as an uninitiated newcomer, I appreciated it. It was better than a mass zip start—so I thought. I didn't learn until later that the handicap system at Dipsea is both a blessing and a curse.

Race day. I was really up for this one. I warmed up, intrigued by the interval starts. But I began to be a bit concerned when I saw the many waves of runners who were taking off ahead of me as they started in their respective handicap groups. I wasn't worried about the speedsters. In short order, they'd be up the infamous stairs and headed well toward the blue. But I began to wonder whether my 60-minute goal was realistic



## □ Around the Bay

with the long queue of runners that would inevitably clog the narrow trails in front of me the entire distance.

I'd been forewarned about the stairs. Every one of the 671 steps would be crowded. They were. A fast walk up most of them, with an occasional burst in the gaps was all I got. My goal was to reach the top of the stairs before my aforementioned training buddy (a 33-minute 10Ker, 9 years my junior with a minute less handicap). But he scrambled by me on the second set—the last I'd see of him, I thought.

My official orientation to Dipsea came a mile and a half later going down a steep ravine they call Suicide. You can take the suicidal steep, narrow path down towards Muir Woods, or use your brains and take the less treacherous, but longer, path to the right. I didn't know the difference and made a split-second decision. When in doubt, I always go left. In fact, I blasted left behind several agile fellows. Whoa...steep. Imagine a bowling ball bouncing crazily downhill towards a long line of human bowling pins. I clutched at the walls of Scotch Broom that bounded each side of the trail. Mistake. Those bugers are sharp. That's why Roy Kissen wore those heavy gloves that I shook in the warmup area. Roy is one of the producers of *On the Edge* and was a favored "scratch" runner. He wore the gloves for precisely that reason. Today, Kissen got swallowed up somewhere by the Mountain.

A little further down Suicide, I went down in the brush. Popped back up, a little muddier. The conditions were just fine, the locals were saying. Best in years. Overcast, foggy, cool, drizzle through the redwood rain forests. The slight dampness of the ground made for better traction, they insisted. O.K. If you guys say so.

*"The trail wasn't bad. I went down on my butt going over the cliff at Windy Gap, but..."*

Russ Kiernan  
18 Dipseas  
Considered the best  
downhill runner in  
the race.

The slide down Suicide was, evidently, worth it. My training buddy had taken the safer alternate. He didn't catch me again until Muir Woods on the long ascent up Dynamite. By the relatively flat (notice the qualifying adjective) open stretch of the Hogsback, I'd just about given up on 60 minutes. Although some of the trails are wider here, there's still lots of runners to go around. Physically, I felt good. No problems. I kept it steady up steep Cardiac and got a bit overanxious through the downhill of Swoop Hollow. I'm a downhill runner, yet couldn't come close to letting out the throttle. Trying to avoid the en-

tanglement of another runner's legs, I took another brief spill in Steep Ravine. I didn't mind at that point. Everybody's fallen there at one time or another, and by then my 60 was as likely as gathering grapes from... well... thorns.

After the short Insult uphill, I reached the fork and took the shortcut out to the Panoramic Highway where you can smell the finish. Here, on the wide pavement, I was able to take full advantage of the downslope. Burned it. Got a few snide remarks like "Hotdog!" But you get used to those when you're a downhill runner. Went strongly all the way out onto Highway 1 and through the crowd-lined cattle chute at the finish like a bull out of pasture. 65 and a half. (Even got an acknowledgement from Barry Spitz, the race announcer.) Honestly, I felt like turning around immediately and doing it all once again. I felt that good. Too good. The race had flown by too fast. Time flies when...

Oh, by the way, Christie Patterson—a 39 year old nurse from Belevedere—won that part of the Dipsea race that I never saw. Last year's winner, Gail LaDage Scott, 41, of Durango, Colorado, battled the 1-minute "Sal Vasquez" penalty (imposed upon the previous year's winner) and a turn off course at Swoop Hollow which cost her the lead, to finish second. Mill Valley's frequent second and third placer, 49-year-old Russ Kiernan, again had to be happy with third.

Mike McCannus (scratch, 48:21) turned in the fastest time of the day and settled for 7th place. Hot master Joan Colman won the non-invitational Runner's Division race, which started behind the invita-

tional. If she were allowed to compete in the invitational section, she would have no doubt finished in the top five. Four-time winner Sal Vasquez had to sit this one out with an ankle injury incurred in the PA-TAC 5K championships several weeks earlier. If you'd like some detailed coverage of what went on at the front, and in the trenches, plus insights by the winners, and old whipper snappers, get ahold of my July RunCal.

As for me, I think I've become a Dipsea addict with only one dose. Let's see...how many years before I get another minute? Tell me about that little connector that you can sneak through. What's the secret of getting up those 671 steps? Most importantly, can someone tell me how in the heck I missed the Dipsea all these years?

*"The National Park Service has got this race all sewed up now. You can't run where you're supposed to anymore. There's no shortcuts...only alternate routes."*

Jack Kirk  
1967 Dipsea Winner  
at age 60

Mark Winitz is a competitive runner and running journalist who resides in Los Altos Calif. He is Bay Area Editor for California Track and Running News and publishes the RunCal Newsletter on California running. Please direct any correspondence on S.F. Bay Area running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022 or telephone (415) 948-0618.



# 1987 KINNEY CROSS COUNTRY CHAMPIONSHIPS

**December 5, 1987 5000 Meters  
Woodward Park, Fresno, CA**



# PA-TAC Notes

By JOHN MANSOOR



## 1988 Championship Bids Requested

Even though it seems that we are hardly into the 1987 year the time has come for bidding on the 1988 events! If you are one of those events that are interested in hosting a Pacific Championship, please contact the office at (916) 966-6185 for details and a bid form. As in 1987, all Championships will be part of the Grand Prix and are certain to attract the finest athletes on the West Coast. Championships may be for Open Men, Open Women, or Masters. They may also be combined with all three categories. All Championships are team Championships as well. Distances range from 1 mile to 100 miles. All Championships are expected to provide a minimum of \$2000 in prize funds for Pacific Athletes, free entry for top Grand Prix scorers from this year, and advertise in the official LDR Schedule which this year has been our own, *Cal Track & Running News*. The bidding period closes on October 11, 1987 for most events, with the bidding period for the Master's Marathon Championship closing on August 1, 1987. The intent of the Championship program is to develop our regional athletes into National and International contenders. In 1987, our ten Championships will provide \$30,000 in prize money for just Pacific Athletes. In addition, the LDR committee is adding over \$15,000 from the Grand Prix making it possible for our athletes to train and race at their best!

## High Five 5K Championship

Team Challenge recently hosted their first Pacific Championship with resounding success. Conducting the event at Pt. Pinole Regional Park, on a partial cross-country course, "Capt. Kirk" of Team Challenge learned just how fun and exciting Championship events can be! The results are printed below. Next month I will print the Russian River 8K Championship results, along with the updated Grand Prix standings. The next Championship will be the Women's 10K Championship in Auburn with over \$4000 in prize funds, followed by the Master's 10K Championship in Monterey and the Open 50K Championships in Squaw Valley. Don't miss them! One final note, at this time it appears likely that the San Fran-

cisco Half Marathon, scheduled for November 22nd, will be awarded the Half Marathon Championship for 1987. I will give you an update on this next month.

## Open Women's 5K Results

	TIME/PTS.
1 Terry Puckett(PacFlyers)	16:42/30
2 April Powers (Tamalpa)	16:44/24
3 Johanna Reneke (Impalas)	17:08/23
4 Heike Skaden (Pac Flyers)	17:15/22
5 Peggy Smyth (Pac Flyers)	17:20/21
6 Julie Thomas (Reebok Aggies)	17:22/20
7 Sharlet Gilbert (Unat.)	17:23/19
8 Sandra Sup (Pac Flyers)	17:27/18
9* Connie Hester (Reebok Aggies)	17:40/17
10 Rossy Cardenas (Pac Flyers)	17:42/16
11 Kathy Crooker (Reebok Aggies)	17:49/15
12 Sue Brusher (Reebok RT)	17:50/14
13 Bev Marx (Pac Flyers)	17:54/13
14 Laurie Binder (Unat.)	17:58/12
15 Heather Sullivan (GSFTC)	18:06/11
16* Sharon Maley (Reebok Aggies)	18:07/10
17 Pat English (Tamalpa)	18:12/9
18 Susan Putney (Reebok Aggies)	18:14/8
19* Cynthia Bailey	18:20/7
20 Leslie McMullin (Tamalpa)	18:20/6
21 Joan Colman (WVTC)	18:21/5
22 Joann Dahlkoetter(Reebok Ag)	18:23/4
23 Sharon Sanders (ReebokAg)	18:28/3
24 Peggy Lavelle (Impalas)	18:42/2
25 Shane Felix (Reebok Aggies)	18:42/1

\* TAC card status in question.

## Women's Team Results

1 Pacific Flyers	86:24/3
2 Reebok Aggies	89:02/2
3 Tamalpa	92:36/1
4 Impalas	93:35
5 Silver State	99:15
6 Greater SF	Incomplete

## Open Men's 5K Results

1 Dan Grimes (Unat.)	14:18/30
2 Domingo Tibaduiza (Peppermill RT)	14:18/24
3 Jeff Adkins (Sub 4)	14:19/23
4 Tim Gruber (Unat.)	14:22/22
5 Rob Anex (Pac Flyers)	14:27/21
6 Alan Dehlinger (Peppermill RT)	14:37/20
7 Ray Cook (Peppermill RT)	14:38/19
8 Danny Aldrige (Team Avia)	14:40/18
9 Mark Hoefler (FF Racing)	14:41/17
10 Carmelo Rios (Reebok Aggies)	14:42/16
11 Scott Buttinghauser(ReebokAg)	14:43/15
12 Joaquin Leanno (Peppermill RT)	14:48/14
13 David Minter (Peppermill RT)	14:48/13
14 Jon Stokka (Pac Flyers)	14:49/12
15 Dan Stefanisko (Boho RT)	14:51/11
16 Glyn Reynolds (Reebok Aggies)	14:52/10
17 Scott Steinmaus (Sacramento TC)	14:56/9
18 John Sup (Pac Flyers)	15:00/8
19 Kevin Osterberg (Unat.)	15:01/7
20 Jon Klinkman (Pac Flyers)	15:02/6
21 Jose Aispuro (Reebok Aggies)	15:03/5
22 Chris Ryalls (Reebok Aggies)	15:05/4
23 Joseph Green (Reebok Aggies)	15:06/3
24 Robbie Wright (Reebok Ag)	15:10/2
25 Bill Langhout (Reebok RT)	15:10/1

## Men's Team Results

1 Peppermill TR	73:09/3
2 Reebok Aggies	74:26/2
3 Pacific Flyers	74:33/1
4 Greater SF	78:33

## Master Women's Results (40 +)

1 Joan Colman (WVTC)	18:21/20
2 Margie Timberlake (Pac Flyers)	18:57/14
3 Joan Ulyot (WVTC)	19:03/13
4 Karen Lanterman (WVTC)	19:04/12
5 Heidi Skaden (Pac Flyers)	19:23/11
6 Vicki Bigelow (Reebok Aggies)	19:45/10
7 Laury Fisher (WVTC)	19:46/9
8 Gail Rodd (WVTC)	19:59/8
9 Alice Rose (NorCal Srs)	20:14/7
10 Mary Fox (Unat.)	21:01/6
11* Sally Wolfer	21:10/5
12 Ruth Anderson (NorCalSrs)	21:53/4
13 Barbara Robben (Unat.)	23:29/3
14* Linda Sunnen	23:33/2
15 Karen Gudiksen (NorCal Srs)	23:44/1

\* TAC card status in question.

## Team Results

1 West Valley T.C.	96:13/3
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## Master Men's Results (40 +)

1 Bill Sevald (Excelsior TC)	15:35/20
2 Dan Murray (Unat.)	15:41/14
3 David Rivera (WVJ&S)	15:50/13
4 Gene Dangel (East Bay Striders)	15:56/12
5 Bob Lindsey (Pac Flyers)	16:05/11
6 Bill Clark (WVTC)	16:12/10
7 Jim Gibbons (Tamalpa)	16:15/9
8 Dennis Tracy (WVTC)	16:15/8
9 Gary Goettelmann (WVTC)	16:20/7
10 Harvey Franklin (WVTC)	16:21/6
11 David Taylor (East Bay Str)	16:22/5
12* Dete Kraus (WVJ&S)	16:27/4
13 Doug Butt (WVTC)	16:29/3
14 Jim Hampton (Unat.)	16:31/2
15* Chuck Winters	16:32/1

\* TAC card status in question.

## Team Results

1 West Valley TC	81:42/3
2* West Valley J&S	83:24/2
3 Pacific Flyers	84:20/1
4* East Bay Striders	84:38
5 Tamalpa	87:56
6 Lake Merritt JS	91:01

\* Team standings dependent upon members TAC card status.

## Senior Women's Results (50 +)

1 Vicki Bigelow (Reebok Aggies)	19:45/10
2 Alice Rose (NorCal Seniors)	20:14/6
3* Sally Wolfer	21:10/4
4 Ruth Anderson (NorCal Srs)	21:53/2
5 Barbara Robben (Unat)	23:29/1

## Team Results

1 Nor Cal Seniors	66:06/1
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## Senior Men's Results (50 +)

1 John Finch (Unat.)	17:03/10
2 Fred Mattos (Pac Flyers)	17:57/6
3 Ross Smith (Silver State)	18:02/4
4 Peter Todd (NorCal Srs)	18:26/2
5 Tom Walsh (Nor Cal Srs)	18:32/1

## Team Results

1 Nor Cal Seniors	55:35/1
2 Lake Merritt JS	56:35

## Super Senior Men (60 +)

1 Bob Malain (NorCal Srs)	18:37/1
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# The Athlete's Kitchen

By NANCY CLARK, M.S., R.D.



## How to Build a Better Dinner

**H**ow many times after a hard workout do you arrive home, devour the handiest food in sight, and then, feel angry with yourself for having eaten a bunch of junk instead of a wholesome dinner? Athletes often came to me with self disgust saying "I know what I should eat. I just don't do it." For example, runner Paul Johnson habitually invaded the ice cream. Skater Jane Appelon got into the peanut butter. Rugby player George King munched out on pretzels. If you, also, routinely stuff yourself with calories, but neglect to nourish your body with wholesome foods and a pleasant meal, the following tips may help you build not only a better dinner - but also a trimmer, stronger, better body.

**TIP #1:** One prerequisite to successful evening eating is a hearty lunch and/or afternoon snack, that prevents you from arriving home ravenously hungry, ready to attack the refrigerator. When you're too famished to care about eating a "well balanced diet", you can too easily opt to munch-out on the handiest foods around. Rather than try to delay eating and "hold off" till evening, you might as well eat more food at lunch or snack-time - and then have the energy to not only enjoy a quality afternoon workout, but also prepare a nourishing meal.

**TIP #2:** Plan time to food shop, so that your kitchen is stocked with wholesome, ready-to-eat foods. You're more likely to eat a better dinner if nutritious foods are readily available. For example, when it comes to vegetables, raw carrots and green peppers are ready-to-munch. V-8 and tomato juices require no cooking. For cooked dinners, stock-up on frozen broccoli, green beans and spinach. They'll be ready in five minutes - with minimal fuss

and preparation. Since freezing does not destroy the nutritional value, these frozen veggies often provide more nutrients than fresh ones-particularly the wilted types that may have been sitting around your refrigerator a day too long. Another easy vegetable source is spaghetti sauce. I've found that Prego (elite regular or low-sodium) is superior to my three-hour homemade variety! It's great for English Muffin Pizzas, quickly assembled and popped into the toaster-oven.

As for fruits, orange juice made from frozen concentrate is just as nutritious as the fresh-squeezed variety. Oranges (and OJ) rank highest in nutritional value among all the fruits. By drinking a glass of OJ per day, you'll get all the vitamin C you need, plus a hefty dose of potassium (to replace sweat losses) and folic acid (to build red blood cells). Bananas also score high on the "good fruit" list. To prevent over-ripening, simply store bananas in the refrigerator. The skins will turn black, but the fruit itself will be fine.

For protein, canned fish is great. Tuna sandwiches (mixed with lite mayonnaise), salmon (on stoned wheat crackers) and sardines (with toast) provide not only protein and iron but also the omega-3 fatty acids that protect against heart disease. Canned clams (tossed into pasta) are additionally a great source of zinc (a mineral that's important for healing, and often lacking in the diets of non-meat eaters).

Other convenient protein sources include low-fat dairy products: cheese, cottage cheese, milk and yogurt. You might want to try Weight Watcher's new stick-cheese. It's similar to cheddar but has less fat-and goes nicely with crackers and V-8 for a no-cook meal! Pre-grated part-skim mozzarella is handy for English muffin pizzas, salads and pasta. Yogurt,

which stays fresh for one or two weeks, is a ready-to-eat appetizer, main course or dessert.

For carbohydrates, stoned wheat crackers are a non-cook staple. Keep bread stocked in the freezer - it'll thaw by the time you've made the tuna salad. Or, simply pop frozen slices into the toaster. When cooking pasta or rice, make a double or triple batch; store the extra in a plastic bag. You can then quickly heat up a portion the next day by dumping it into boiling water for a minute. It'll be done by the time the spaghetti sauce is hot.

**TIP #3:** If you like to cook, plan weekend cook-a-thons. George, who enjoys cooking when he has the time, creates a big batch of something on the weekend, so that it's ready and waiting when he arrives home tired and hungry after work. He prefers convenience to variety, and thrives well on chile, chile, chile for a week; then curry, curry, curry the next week; turkey, turkey, turkey, etc. When he can't face another turkey dinner, he simply cooks something else. But, at least he has a quick and easy option to chips, cookies, ice cream or McDonald's.

To help guide your evening food choices, the following are sample 650 calorie, 60% carbohydrate, wholesome, quick-and-easy training-diet meals that can healthfully fuel even the least-skilled of cooks. The portions are appropriate for an active woman who needs about 1800 calories per day; hungry men may need double this amount.

10 Stoned wheat crackers  
1/2 c canned salmon  
12 oz. can V-8 Juice  
1 large apple

2 sl. Branola bread  
2 Tbsp Peanut butter  
2 Tbsp Raisins  
1 cup Fruit yogurt

Pizza: 4 halves English muffin  
3/4 cup Spaghetti sauce  
2 oz mozzarella cheese  
1 cup lemonade

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**See page 8 for a  
subscription form.**



*Nancy Clark, MS, RD is nutritionist at Boston-area's Sports Medicine Brookline. Her popular book The Athlete's Kitchen (Simon & Schuster; Bantam Paperback) is available by asking at Dalton Bookstores.*



# Long Distance Log

By RICHARD LEE SLOTKIN

May 24. Los Angeles.

## The Brentwood 5/10K

**A** couple of wire to wire wins in the 10K took some of the excitement out of Brentwood this year, but not quite all of it. It's not too surprising for a Bob Larsen-coached ex-Bruin star to win a local event with a sub-30, but when a 10 year old girl who isn't much bigger than her Raggedy Ann doll is first female, and in a sub-36 yet, that is surprising.

Well, when you think about it, if you can figure Steve Ortiz to be the man to beat, considering the guy is likely to run somewhere under 30 minutes in a race where hardly anyone else will, then maybe you better like Carrie Garritson's chance to blow out all the rest of the girls in a race where none are likely to get close to the 35 minute mark. What is amazing is that that little ponytailed imp is really in that kind of league. And that's not the half of it. In fact, it's only the quarter of it.

While Carrie was scrambling to a 35:30 first F, her older brother James was winning the 15 & Under division with a 33:50. And kid brother Jarrod was taking 3rd in the same division in 37:51.

James is 11.

And Jarrod is 8.

And you can all go and eat your hearts out.

I don't mean to rub it in or anything, but there's still one more Garritson. That's Heather and she took second place in the girls' 15 & Under group. Heather is the only Garritson who didn't break 40 minutes. She ran "only" 40:42, but what the hell: she's only 6.

In five years this will be the fastest family distance team in the world. In eight years I doubt if any of them will still be running.

Why? Simple. The kids are putting in weeks that would challenge college seniors and they are all still in grammar school. In eight years they will all be ten year veterans of very intense training and competition, and they'll be very likely candidates to contract a severe case of burn-out. I hope not, because this is truly awesome talent. Considering the ages, though, it's also very overworked talent.

Anyway, while Carrie was making history-she is no more than half as old as the next youngest winner to get her name

on the permanent trophy-Beth Milewski was holding on to second place. Beth had run the Long Beach Marathon 3 weeks earlier and it caught up with her in the last quarter mile in the form of Marie Rollins. Rollins swept by Milewski and she had just enough of a kick to join little Garritson-well, all the Garritsons are little, for now-in the sub-36 club. Rollins just made it with a 35:59. Milewski wasn't challenged any further and was 3rd in 36:13. Three weeks after a marathon!

photo by Richard Lee Slotkin



STEVE ORTIZ: "...going to establish myself early."

Well, what about the guys? Before the race Steve Ortiz told me that he intended to be aggressive right from the start. He said he would establish himself early.

And he did just that. By a quarter of a mile he had moved into the lead, just a step ahead of John-the-good-doctor-Koningh. About 5 yards behind was Jerry Alexander. Now, Ortiz is not a man given to moderation. He'd rather go out hard and take a chance on busting, all the while hoping that he doesn't, than cool it and let others build up their confidence ... and a big lead. Sometimes it works, sometimes it doesn't. Reminds you a little bit of Juma Ikangaa, and although he's not quite in a class with the great Tanzanian they both like to see if they can break the field before they break themselves.

So, there was Ortiz, establishing himself with a 4:30 first mile and a 6 yard lead. A couple of blocks later, Koningh had fallen back about 15 yards and Alexander had pulled up and challenged for the lead. Ortiz then became aggressive and almost savagely wrenched it back, pulling to a 5 yard lead.

And, as far as first place goes, that was just about it. Ortiz kept up the pressure and eventually opened up a 50 yard lead and all the action was for, well not even for second, because Koningh got that back just after a mile and a half and let Ortiz pull him from 50 yards ahead to a big lead over 3rd.

With Ortiz looking quite good up front and Koningh looking fairly convincing with a lock on second, there was only 3rd place to contend for. Alexander was challenged by Matt Ebner and Rich McCandless, but he was holding them off.

So, Ortiz continued on to a 29:43 win with Koningh, who had managed to cut the lead down to 40 yards, just 8 seconds back. With a quarter mile to go, Alexander was unhappy about a 3rd place finish, a victim of what he felt was too fast a start, but at least happy that he was ahead of McCandless, as he related later. And just then, wouldn't you know it, McCandless zipped by him. So, it was McCandless in 3rd at 30:05 and Alexander 4th in 30:16.

The 5K held earlier, was a bit different. For one thing, there weren't any Garritsons in it. And, the men's winner wasn't determined until about the last 3 or 4 hundred yards, although you could see it coming well before that. But, we digress just a





## □ Long Distance Log

bit. Let us go back to the beginning, or, at least, the first mile.

By the time the first mile was reached, a lead pack of 7 had been reduced to four: Bonito Cruz, Victor Santamaria of UCLA, Joe Nitti, also of UCLA, and Steve Chipman. Shortly thereafter, Chipman took the lead. From there on until the final stretch, Chipman did the work while Cruz dogged him from 4 or 5 yards behind and Nitti and Santamaria slowly fell back. With about a half mile to go, actually more like 2/3 of a mile, it was obvious that Cruz was just drafting and waiting to make his move. About that time, Chipman's breathing seemed to become a bit more labored, although Cruz said he hadn't noticed. That was also the time when Chipman seemed to be making one last surge because he added another few yards to his lead.

photo by Richard Lee Slotkin



JAMES GARRITSON

photo by Richard Lee Slotkin



CARRIE GARRITSON

photo by Richard Lee Slotkin



EUGENIO CRUZ

But that was almost literally his last gasp because Cruz soon made his move, and when he did now it really was a half mile to go—he poured it on to take a lead. That took about a quarter mile and as soon as Cruz moved past Chipman, Chipman seemed to have conceded the place because he quickly glanced behind him to see how close anyone else was. He was pretty safe there because Nitti was a good 60 yards back. And ahead, he watched Cruz pulling 10, 15, 20 yards ahead until he had about a 35 yard lead when he crossed the finish line. Cruz's time was 14:29, Chipman's 14:36.

Jeanne Lasee-Johnson came down from Vegas to get herself a pretty convincing win by a half minute in the women's race. The time was 16:30. Mary Tracey was second in 17 flat and last year's winner, Kelly Babcock, was just 5 seconds behind Tracey.

### Division Results - Men's 10K

**15 & Under:** 1. James Garritson 33:50, 2. Delmer Davila 37:32, 3. Jarrod Garritson

37:51. **16-19:** 1. Gumby 33:42, 2. Kevin O'Donnell 39:29, 3. Jason Harmon 39:48. **20-29:** 1. Steve Ortiz 29:43, 2. Matt Ebner 30:19, 3. Alfredo Rosas 30:32. **30-39:** 1. John Koningh 29:51, 2. Rich McCandless 30:05, 3. Jerry Alexander 30:16. **40-49:** 1. Don McCarthy 34:24, 2. Dan Pondella 36:04, 3. Roger Patrick 36:34. **50-59:** 1. Ron Pattinson 35:34, 2. Peter Gottlieb 38:47, 3. David Thomas 40:29. **60 & Over:** 1. Larry Banuelos 39:32, 2. Eddie Lewin 42:14, 3. Bry Thorne 43:27.

### Division Results - Women's 10K

**15 & Under:** 1. Carrie Garritson 35:30, 2. Heather Garritson 40:42, 3. Erica Terrack 44:37. **16-19:** 1. Akemi Royer 42:58, 2. Lisa Ford 49:03, 3. Alison Clayton 49:15. **20-29:** 1. Marie Rollins 35:59, 2. Beth Milewski 36:13, 3. Alexandria Aguirre 36:39. **30-39:** 1. Mrygail Brauner 40:07, 2. Arlene Ucinski

40:52, 3. Donna Silveria 41:38. **40-49:** 1. Jan Acton 40:34, 2. Judy Hillestad 46:44, 3. Robin Shafer 48:59. **50-59:** 1. Jacqueline Parriaux 52:05, 2. Diane Minasion 54:56, 3. Barbara Kleinman 59:36.

### Division Results - Men's 5K

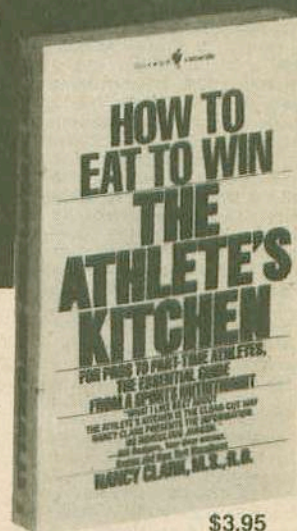
**15 & Under:** 1. Rene Rigel 15:31, 2. Peter Del Cerda 15:42, 3. Gabe Sanchez 16:29. **16-19:** 1. Victor Santamaria 14:51, 2. Bill Lind 15:47, 3. Rolando Reyes 15:48. **20-29:** 1. Eugene Cruz 14:29, 2. Steve Chipman 14:36, 3. Joe Nitti 14:49. **30-39:** 1. Dave Parsel 15:04, 2. Tim Hampton 15:52, 3. Bill Sumner 16:05. **40-49:** 1. Mickey Depalo 16:16, 2. Larry Fabela 16:37, 3. Brian Fernee 16:41. **50-59:** 1. Andre Tocco 16:57, 2. Robert Lyons 18:30, 3. Gunnar Linde 18:34. **60 & Over:** 1. Gunnar Brickner 18:38, 2. Milo Sather 20:30, 3. Jack Green 20:35.

### Division Results - Women's 5K

**15 & Under:** 1. Judith McCullough 19:34, 2. Cristina Pickering 20:55, 3. Wendy Hromadka 21:19. **16-19:** 1. Irma Ramirez 21:07, 2. Lara Jackle 22:37, 3. Linda Coco 22:59. **20-29:** 1. Jeanne Lasee Johnson

16:30, 2. Mary Tracey 17:00, 3. Kelly Babcock 17:05. **30-39:** 1. Vicki Eyre 19:18, 2. Liz Greenberger 19:40, 3. Bev Lowe 19:57. **40-49:** 1. Molly Thayer 18:49, 2. Judy Kewley 19:51, 3. Rita Gilmore 20:37. **50-59:** 1. Carolyn Leacock 23:56, 2. Carolyn Ryan 24:45, 3. Betty Crosby 27:10. **60 & Over:** 1. Margaret Miller 20:41, 2. Leonor Flores 25:37, 3. Trudy Schoenfeld 30:58.

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—Bill Rodgers



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# Results

## Masters Track & Field

### Sportarcade II Masters T&F Meet

March 14, Mt. SAC.

#### Men's Results

**100m: (30-34)** 1. Mike Black 11.6, 2. Edward Hauck 11.7, 3. Charles Missouri 11.8. **(35-39)** 1. Marion McCoy 10.9, 2. Michael Holzgang 12.2, 3. Robert Myers 12.5. **(40-44)** 1. Dennis Duffy 11.6, 2. Carlodon Collins 12.7, 3. Juan Bustamante 13.2. **(45-49)** 1. Kenny Dennis 11.4, 2. Walt Butler 11.5, 3. Fred Niedmeyer 12.2. **(50-54)** 1. Bruce Springbett 11.6, 2. Nick Newton 12.3, 3. Roger Tsuda 12.5. **(55-59)** 1. Frank Kishi 13.3, 2. Barney Phillips 13.6, 3. Harold Wallace 14.9. **(60-64)** 1. Robert Matanabe 12.5, 2. Gene Harte 12.9, 3. Art Goto 14.2. **(65-69)** 1. John Alexander 13.3, 2. Chas Mercurio 13.5, 3. Byron Walls 15.0. **(70-74)** 1. William Morales 14.5, 2. Bert Morrow 15.7, 3. Chia-Tsung Pao 17.6. **(75-79)** 1. Anthony Castro 15.0. **(80-84)** 1. Mary Ames 31.4.

**200m: (30-34)** 1. Mike Black 22.9, 2. Gayle Sharp 23.5. **(35-39)** 1. Warren Spikes 27.2, 2. Marion McCoy 28.6, 3. Russ Rutledge 28.9. **(40-44)** 1. Rommie Smith 24.1, 2. Dan Fitzsimmons 25.1, 3. Elliott Mason 24.3. **(45-49)** 1. Ross Irving 27.6, 2. Peter Stobart 29.4. **(50-54)** 1. Nick Newton 23.4, 2. Bruce Springbett 23.5, 3. Roger Tsuda 23.6. **(55-59)** 1. Frank Kishi 24.0, 2. David Fraitag 25.4. **(60-64)** 1. Robert Matanabe 22.4, 2. Jock Jocoy 23.3, 3. James Bierman 40.9. **(65-69)** 1. Byron Walls 31.2. **(70-74)** 1. Bert Morrow 33.7. **(75-79)** 1. Anthony Castro 31.7.

**400m: (30-34)** 1. Thomas Byas 54.3, 2. Charles Missouri 55.6. **(35-39)** 1. Russ Rutledge 55.1. **(40-44)** 1. Mac Amos 57.4. **(45-49)** 1. Robert Jones 57.4, 2. Ross Irving 60.1, 3. Peter Stobart 66.6. **(50-54)** 1. Stan King 58.6, 2. Jesse Carrington 59.2. **(55-59)** 1. David Fraitag 69.2. **(60-64)** 1. Gene Harte 1:08.4, 2. Robert Watanabe 1:10.2, 3. Larry Banuelos 1:11.1. **(65-69)** 1. John Alexander 1:03.1. **(70-74)** 1. Chia-Tsung Pao 1:37.1.

**800m: (30-34)** 1. Jerry Williams 2:12.4. **(35-39)** 1. Jim Bordon 2:03.3. **(40-44)** 1. Michael Lalum 3:05.2. **(45-49)** 1. Bill Knocke 2:10.3, 2. Peter Stobart N.T. **(50-54)** 1. Lloyd McGuire 2:29.6, 2. Ross Dunton 2:37.6, 3. Ross Dunton 2:31.5. **(55-59)** 1. Leonard Walts 2:29.3, 2. Bob Holmes 2:34.0, 3. Al Escososa 2:56.0. **(60-64)** 1. Ray Gil 2:46.6, 2. Jack Jocoy 2:50.0. **(65-69)** 1. David Cohen 3:02.5. **(70-74)** 1. Ed Stotsenberg 3:06.3.

**1500m: (30-34)** 1. Gayle Sharp 6:24.0, 2. Randy Bown, N.T. **(35-39)** 1. Bill Sumner 4:24.5, 2. Name not available, 4:24.7, 3. Wayne Douglas 4:31.7. **(40-44)** 1. Jim Hampton 4:14.4, 2. Jack Petty 4:30.1, 3. Michael Lalum 5:24.4. **(55-59)** 1. Ben Castro 5:17.3. **(60-64)** 1. Joe King 5:17.8.

**5000m: (30-34)** 1. Gary Poltz 16:01.8, 2. Steve Rohde 17:03.3, 3. Randy Bown 18:39.0. **(35-39)** 1. Gary Skills 17:57.8, 2. Roger Perkins 18:46.4. **(40-44)** 1. Michael Lalum 22:32.6. **(55-59)** 1. Al Escososa 23:00.1. **(60-64)** 1. Joe King 18:43.6, 2. Ray

Gil 20:03.3. **(65-69)** 1. Phil Jones 21:26.7. **5000m Racewalk: (40-44)** 1. Jesus Orendain 27:42.3. **(55-59)** 1. William Russell 36:36.2. **(60-64)** 1. Edwin Livengood 30:01.7, 2. Cher Unruh 35:22.3.

**10,000m: (30-34)** 1. Randy Bown 36:29.42. **(35-39)** 1. Gary Stiles 38:09.16. **(40-44)** 1. Michael Lalum 40:55.11. **(60-64)** 1. Larry Banuelos 42:33.49.

**3000m Steeplechase: (35-39)** 1. Henry Lange 11:01.8. **(40-44)** 1. John Gosgrove 12:57.3. **(45-49)** 1. Booker Washington 12:56.8.

**110m High Hurdles: (30-34)** 1. Kevin Speaks 16.9. **(35-39)** 1. Delario Robinson 15.1. **(45-49)** 1. John Dobroth 16.1. **(50-54)** 1. Jerry Stanners 18.9, 2. Bill Adler 19.5.

**100m Low Hurdles: (60-64)** 1. George Simon 20.6. **(65-69)** 1. Chuck McFate 20.4.

**80m Low Hurdles: (50-54)** 1. Christel Miller 15.0. **(70-74)** 1. Chia-Tsung Pao 16.4, 2. Bert Morrow 16.6.

**300m IH: (30-34)** 1. Kevin Speaks 44.0. **(45-49)** 1. Bill Knocke 42.3.

**4x200m Relay: (50-59)** 1. L.A. Valley A.C. 1:05.5. **(60-69)** 1. L.A. Valley A.C. 2:23.2.

**High Jump: (35-39)** 1. Charles Rader 6-6, 2. Michael Saafir 6-0. **(40-44)** 1. John Fiedler 5-2, 2. Don Dvorak 5-3, 3. Bob Bly 4-8. **(45-49)** 1. Carlodon Collins 5-2, 2. Donald Dvorak 5-2, 3. Gary Bane 4-10. **(50-54)** 1. Nick Newton 5-2, 2. Jerry Stanners 5-0. **(55-59)** 1. Jack Smith 5-0. **(60-64)** 1. Bob Richards 4-6, 2. Joe King 4-4. **(65-69)** 1. Chuck McFate 4-2. **(75-79)** 1. Carol Johnston 4-0.

**Long Jump: (40-44)** 1. Carlodon Collins 19-0 1/2, 2. Bob Bly 17-5 1/2. **(45-49)** 1. Donald Dvorak 17-8 1/2, 2. Robert Jones 17-5. **(50-54)** 1. Rick Schmidt 19-1 1/2, 2. Roger Tsuda 17-2 1/2, 3. Roger Tsuda 17-2 1/2. **(55-59)** 1. Jack Smith 15-11. **(60-64)** 1. Bob Richards 15-5, 2. Ken Mitchell 12-11. **(65-69)** 1. Chas Mercurio 10-6. **(70-74)** 1. William Morales 12-10, 2. John Damski 12-0 1/2. **(75-79)** 1. Arthur Vesco 9-6 1/2.

**Pole Vault: (30-34)** 1. Leon Roach (No Height given). **(35-39)** 1. Richard Ying 12-0. **(40-44)** 1. Mike Morris 11-6, 2. Bob Bly 11-6, 3. Harold Sansbury 10-0. **(45-49)** 1. Gary Bane 10-0. **(50-54)** 1. Jerry Stanners 10-0, 2. Dave Douglas 9-0. **(55-59)** 1. Harold Wallace 9-0. **(60-64)** 1. Bob Richards 11-0. **(75-79)** 1. Carol Johnston 9-0, 2. Jack Angelman 7-0, 3. Robert MacConagh N.H.

**Triple Jump: (35-39)** 1. Not readable, 29-5 1/2. **(40-44)** 1. Carlodon Collins 27-1 1/2. **(45-49)** 1. Robert Jones 34-4, 2. Donald Dvorak 32-9. **(50-54)** 1. Jerry Stanners 31-11. **(60-64)** 1. Bob Richards 29-1 1/2, 2. Ken Mitchell 24-11. **(65-69)** 1. Chas Mercurio 20-8. **(75-79)** 1. Arthur Vesco 19-4.

**Discus: (30-34)** 1. William Pendleton 108-3. **(35-39)** 1. Mike Deller 144-2, 2. John Case 97-7, 3. Michael Holzgang 95-9. **(40-44)** 1. Cornelius McCorn 117-1, 2. Jerry Elbert 124-9, 3. Steve Chaton 92-3. **(45-49)** 1. John White 98-2. **(50-54)** 1. James Hart 145-2, 2. Dick Kennerly 112-4, 3. Hal Smith 97-7. **(55-59)** 1. Harold Wallace 108-0, 2. Dewey Wade 83-2. **(60-64)** 1. Bob Richards 165-3, 2. Ken Mitchell 113-10, 3. Jack Jocoy 94-7. **(65-69)** 1. Seymour Lampert 103-7, 2. Aaron Crowenite 93-3. **(70-74)** 1. James York 87-0, 2. James Crotners 81-0. **(75-79)** 1. Arthur Vesco 76-7. **(80-84)** 1. Burt DeGroot 78-0.

**Javelin: (35-39)** 1. John Case 150-1 1/2, 2. Michael Holzgang 150-1 1/2. **(45-49)** 1. Carlodon Collins 133-5, 2. Gary Bane 121-10, 3. Robert Jones 104-4 1/2. **(50-54)** 1. Hal Smith 119-10, 2. Chuck Coultis 119-8. **(60-64)** 1. Bob Richards 138-0, 2. Ken Mit-

chell 120-0. **(70-74)** 1. William Morales 150-1 1/2, 2. Chuck McMaron 100-8, 3. James Crotners 70-6 1/2. **(75-79)** 1. Robert MacConagh 83-0, 2. Jack Angelman 77-5 1/2, 3. James York 55-3.

**Hammer: (35-39)** 1. Mike Deller 156-2. **(45-49)** 1. John White 101-9. **(50-54)** 1. James Hart 133-5, 2. Dave Douglas 121-6. **(60-64)** 1. Bob Richards 148-0, 2. Edison Grimm 53-10. **(65-69)** 1. Seymour Lampert 96-3. **(70-74)** 1. James York 95-10. **(75-79)** 1. Arthur Vesco 94-11.

**Shot Put: (30-34)** 1. William Pendleton 44-10. **(35-39)** 1. Mike Deller 41-8, 2. Michael Holigan 37-1, 3. John Case 35-10. **(40-44)** 1. Steve Chaton 36-7, 2. Eric Westin 32-0 1/2. **(45-49)** 1. John White 33-3. **(50-54)** 1. James Hart 47-7 1/2, 2. Hal Smith 44-3 1/2, 3. Dave Douglas 44-3 1/2. **(55-59)** 1. Harold Wallace 36-3, 2. Jack Smith 35-6 1/2, 3. Dewey Wade 32-2 1/2. **(60-64)** 1. Bob Richards 47-10 1/2, 2. Ken Mitchell 39-3. **(65-69)** 1. Seymour Lampert 37-9, 2.

Hal Cronkhite 35-9, 3. Aaron Cronkhite 36-8 1/2. **(70-74)** 1. James York 34-5 1/2, 2. James Crotners 33-9 1/2. **(80-84)** 1. Burt DeGroot 26-9.

#### Women's Results

**100m: (80-84)** 1. Mary Ames 31.4. **200m: (45-49)** 1. Jeanne Carter 26.4. **400m: (45-49)** 1. Jeanne Carter 1:10.7. **(70-74)** 1. Dorothy Stotsenberg 2:03.8.

**1500m: (80-84)** 1. Mary Ames N.T. **5000m: (50-54)** 1. Jane Dods 23:14.7. **5000m Racewalk: (40-44)** 1. Caroline Butler 30:22.0. **(45-49)** 1. Mary Steed 32:05.0.

**80m Low Hurdles: (50-54)** 1. Christel Miller 15.0. **(55-59)** 1. Shirley Kinsey 16.8.

**Long Jump: (50-54)** 1. Christel Miller 13-3 1/2. **(55-59)** 1. Shirley Kinsey 11-7. **(70-74)** 1. Edith Mendyka 7-0.

**Triple Jump: 1.** Christel Miller 26-11 1/2. **(55-59)** 1. Shirley Kinsey 20-0.

**Discus: (75-79)** 1. Edith Mendyka 51-11. **Javelin: (75-79)** 1. Edith Mendyka 60-5.

## Track & Field

### Community College Track

### Northern California Championships

#### MEN

(State meet qualifiers)

**1,600 relay** — Merritt 3:09.92; Taft 3:11.65, Contra Costa 3:12.05; Santa Rosa 3:12.10. **400 Intermediate Hurdles** — Burks, FCC, 52.27; Shaben, SJD, 52.61; Graves, CCSF, 53.29; Swift, Chab, 54.30.

**5,000** — Heskett, WV, 14:56.9; Neubaum, Mod, 14:58.7; Llanez, FCC, 15:00.1; Gomez, CCSM, 15:08.6; Johnson, Red, 15:10.8; Garrett, AR, 15:20.7.

**Discus** — Owens, Sis, 163-8; Cathers, Butte, 163-1; Charette, COS, 158-9; East, KR, 153-0. **Lang, Sky, 152-3; Hartog, DV, 151-8.**

**High Jump** — Puffer, Sac, 6-11; Hespworth, AR, 6-9; Smith, Taft, 6-8; Mosley, SJD, 6-7; Lierman, Hart, 6-7; Smith, FCC, 6-7.

**200** — Davis, Taft, 20.97w; Pica, DV, 21.13; Hunter, SR, 21.17; Brooks, Merritt, 21.18.

**100** — Barnes, Taft, 10.29w; Pica, DV, 10.30; White, Sac, 10.54; Pippins, Merc, 10.56.

**800** — Cook, Sis, 1:50.27; Carnegie, Taft, 1:50.45; Saggau, SJ, 1:50.92; Carey, SJD, 1:51.53.

**400** — Davis, Taft, 46.91; Parker, Sac, 47.27; Prevost, Taft, 47.57; Knox, Merritt, 47.83.

**Pole Vault** — Hampstead, Sac, 15-6; Stewart, Butte, 14-6; Whitson, Mod, 14-8; Piercey, Shas, 14-0; Dower, SR, 14-0; Strommeyer, SR, 14-0.

**400 relay** — Taft 40.57; Merritt 41.35; Contra Costa 41.37; Diablo Valley 41.77.

**110 High Hurdles** — Jefferson, Taft, 14.13; Swift, Chab, 14.14; Burks, FCC, 14.62; Graves, CCSF, 14.63.

**Long Jump** — Brooks, Merritt, 25-7 1/2w; Coleman, Taft, 25-11w; Rucker, SJ, 25-11w; Hespworth, AR, 24-1 1/2; Smith, CCSF, 23-10 1/2; Robinson, FCC, 23-7 1/4.

**Shot Put** — Lang, Sky, 53-7; Howard, Taft, 52-6 1/2; Weddell, Sac, 50-9; Strom, Sac, 50-1 1/2; Guest, Shas, 49-6 1/2; Charette, COS, 48-1/2.

**3,000 steeplechase** — Coker, AR, 9:38.1; Silveira, SJD, 9:40.8; Krueger, Port, 9:47.0; Hoepker, Foot, 9:25.5; Brown, Taft, 9:55.7; Riley, Port, 9:57.5.

**1,500** — Rivera, Mod, 3:49.58; Bouquet, Taft, 3:50.79; Carnegie, Taft, 3:50.83; Williams, DV, 3:54.42; Domingue, WV, 3:55.18.

**Javelin** — Hunter, Sac, 243-7; Chachere, WH, 220-3; Overmeyer, COS, 213-7; Powell, COS, 204-4; Johnson, Shas, 203-8; Sweeney, DV, 193-3.

**Hammer** — Biberthaler, FCC, 169-2; Owens, Sis, 167-4; Jacobsen, FCC, 155-8; Martin, AR, 150-9; West, CR, 150-7; Hanson, Shas, 146-2.

**Triple Jump** — Rucker, SJ, 50-3 1/2; Rivera, Mod, 48-9 1/2; Threat, FCC, 48-3 1/2; Puffer, Sac, 47-7; Braxton, SR, 46-8; Girard, Sis, 46-7 1/2.

**10,000** — Llanez, FCC, 31:07.53; Hoepker, Foot, 31:52.1; Larabee, Shas, 32:00.4; Quirk, WV, 32:03.21; Mielick, MPC, 32:10.8; Pepper, DeAnza, 32:10.8.

**Team scoring** — Taft 118, Fresno CC 67, Sacramento CC 58, Merritt 37, Modesto JC 32, College of the Siskiyous 30, American River 27, San Jose CC 26, Diablo Valley 26, San Joaquin Delta 24, College of the Sequoias 22, Shasta 22, Santa Rosa 19 1/2, Butte 18, West Valley 15, Contra Costa 15, Chabot 14, Skyline 13, Foothill 12, CC San Francisco 12, West Hills 8, Porterville 7, Marced 5, Kings River 4, San Mateo 4, Cosumnes River 4, College of the Redwoods 2, Monterey Peninsula 2, Harbottle 1 1/2, DeAnza 1.

#### WOMEN

(State meet qualifiers)

**3,000** — Cruz, COS, 10:24.2; Horton, Taft, 10:24.2; McGee, SR, 10:40.2; Baker, Port, 10:46.2; Crowley, CR, 10:49.7; Miller, WV, 10:56.4.

**1,600 relay** — Sacramento 3:52.47; Merritt 3:55.39; Modesto 3:56.93; Shasta 3:57.15.

**200** — Ervin, CC, 24.50w; Simmons, Mod, 25.02; Smith, Marin, 25.27; Lambert, Hart, 25.50.

**Triple Jump** — Diggs, Hart, 39-4 1/2; Callahan, Sac, 38-7 1/2; Martin, Mod, 38-5 1/2; Miles, Sac,



## Results

37-54; Smith, COS, 36-9; Johnson, SJ, 36-4  
400 — Miles, Sac, 56.80; Ervin, CC, 56.95;  
Moore, SJD, 57.53; Bugera, DeAnza, 57.66  
400 Intermediate Hurdles — Hines, Merritt,  
1:02.50; Hayes, Sac, 1:04.11; Cunningham,  
SR, 1:04.92; Little, Shas, 1:05.49

100 — Smith, Marin, 12:05w; Simmons, Mod,  
12:10; Bonner, CC, 12:19; Lambert, Hart,  
12:20

800 — Gukenheimer, WV, 2:16.50; Burke,  
Marin, 2:17.84; Bird, KR, 2:17.80; Hinkston,  
Merritt, 2:18.46

400 relay — Contra Costa 47.5; Sacramento  
47.6; Merritt 48.7; Hartnell 48.7

Discus — Fremstad, Sky, 154-9; Dearing,  
Yuba, 141-0; Hobbs, COS, 137-0; King, FCC,  
128-7; Ramirez, Hart, 122-8; Barragan, SR,  
118-8

1,500 — Burke, Marin, 4:44.05; Cruz, COS,  
4:44.42; Davenport, COS, 4:51.73; Daley,  
Foot, 4:53.81; Baker, Port, 4:54.46; McGee,  
SR, 4:54.70

100 Low Hurdles — Hayes, Sac, 14.77w;  
Diggs, Hart, 15.23; Broadway, Sac, 15.39; Bo-  
nin, SR, 15.45

High Jump — Miles, Sac, 5-4; Fluegel, Merc,  
5-4; DePoncel, Foot, 5-2; Brown, COS, 5-2;  
Nelson, AR, 5-0; Norris, COS, 5-0

Long Jump — Simmons, Mod, 20-1 1/4; Diggs,  
Hart, 19-2; Callahan, Sac, 19-1 1/4; Smith, COS,  
19-0; Turpin, DeAnza, 17-11 1/4; Marzloff, SJD,  
17-10 1/4

Shot Put — Fremstad, Sky, 41-6 1/4; King,  
FCC, 40-7 1/4; Mitchell, CC, 38-10; Airheart,  
FCC, 38-3; Barragan, SR, 37-7; Bauer, Lassen,  
37-5 1/4

Javelin — Harris, Butte, 141-0; Santos, Sierra,  
130-4; Harvey, Sac, 122-3; Crews, AR, 122-1;  
Bauer, Lassen, 121-1; Raine, Hart, 121-0

5,000 — Cruz, COS, 17:57.2; Hollahan,  
Shasta, 17:59.2; DeOliveira, DeAnza, 18:19.2;  
Dee, Mont, 18:25.0; Grafius, Mod, 18:35.9; Da-  
ley, Foot, 18:36.4

Team scores — Sacramento CC 88, Hartnell  
53, College of the Sequoias 51, Contra Costa  
44, Modesto JC 41, College of Marin 34, Mer-  
ritt 32, Shasta 22, Santa Rosa JC 20, Skyline  
20, Foothill 19, Butte 18, Fresno CC 15, DeAn-  
za 12, West Valley 11, Yuba 10, American  
River 10, San Joaquin Delta 8, Sierra 8, Taft 6,  
Merced 6, Porterville 6, Kings River 6, Monte-  
rey Peninsula 4, Lassen 3, San Jose CC 2,  
Cosumnes River 2, Cabrillo 1, CC San Fran-  
cisco 1

## Southern California Championships

### At Bakersfield College Men

100 — 1. McCree (Long Beach), 10.64;  
2. Love (Long Beach), 10.71; 3. Faulkner  
(Santa Monica), 10.74; 4. Dixon (Long  
Beach), 10.81; 5. Bush (Cerritos), 10.88;  
6. Tobin (Pasadena), 10.94

200 — 1. McCree (Long Beach), 21.24;  
2. Faulkner (Santa Monica), 21.36; 3. Riley  
(Long Beach), 21.41; 4. Dixon (Long  
Beach), 21.48; 5. Lezine (Long Beach),  
21.70; 6. Stephens (Saddleback), 21.94

400 — 1. Lee (El Camino), 48.08; 2.  
Douglas (El Camino), 48.54; 3. Riley (Long  
Beach), 47.35; 4. Walltower (Santa  
Monica), 47.51; 5. Lezine (Long Beach),  
48.05; 6. White (Santa Barbara), 48.64

800 — 1. Washington (Mt. SAC),  
1:48.94; 2. Thompson (Mt. SAC),  
1:49.25; 3. Cronin (Saddleback), 1:49.42;  
4. Atkins (Mt. SAC), 1:50.10; 5. Weedon  
(Long Beach), 1:50.38; 6. Sorenson  
(Rancho Santiago), 1:50.37

1,500 — 1. Washington (Mt. SAC),  
3:50.01; 2. Moya (El Camino), 3:56.39; 3.  
Knapp (Fullerton), 3:56.85; 4. Lopez  
(Rancho Santiago), 3:56.97; 5. Hirschman  
(El Camino), 3:57.39; 6. Williamson  
(Hancock), 3:57.56

5,000 — 1. Parcel (Orange Coast),  
14:50.16; 2. Droze (San Bernardino),  
14:57.83; 3. Iniquez (Hancock), 15:04.9  
(hand time); 4. Williamson (Hancock),  
15:06.0; 5. Vance (Mt. SAC), 15:08.5; 6.  
Morton (Oxnard), 15:16.4

10,000 — 1. Parcel (Orange Coast),  
31:26.3; 2. Chio (MiraCosta), 31:27.3; 3.  
Miller (Mt. SAC), 31:36.4; 4. Iniquez  
(Hancock), 32:08.5; 5. Gutierrez (Saddle-  
back), 32:35.7; 6. Weaver (Long Beach),  
32:48.7

110 HURDLES — 1. Johnson (Long  
Beach), 14:21; 2. Thompson (Pasadena),  
14:34; 3. Hall (Mt. SAC), 14:37; 4.  
Bradshaw (Glendale), 14:55; 5. Smith (Mt.  
SAC), 14:51; 6. Pye (Long Beach), 14:71

400 HURDLES — 1. Smith (Mt. SAC),  
51:29; 2. Hall (Mt. SAC), 51:54; 3. Joyce  
(Long Beach), 52:14; 4. Herron (MiraCosta),  
52:37; 5. Davis (Orange Coast), 52:84;  
6. Miller (Mt. SAC), 53:34

3,000 STEEPLECHASE — 1. Miller (Mt.  
SAC), 9:25.2; 2. Wells (Grossmont),  
9:42.0; 3. Gregorio (Grossmont), 9:45.0;  
4. Alvarez (Orange Coast), 9:45.6; 5.  
DeRosso (Hancock), 9:46.1; 6. Nevarez  
(Rancho Santiago), 9:49.0

400 REELAY — 1. Long Beach, 40.48;  
2. El Camino, 40.95; 3. Mt. San Antonio,  
41:29; 4. Bakersfield, 41:60; 5. San Diego  
Mesa, 41:75; 6. Saddleback, 42:14

1,600 RELAY — 1. El Camino (Harts-  
field, Douglas, Coulson, Lee), 3:07.41; 2.  
Long Beach, 3:10.92; 3. Mt. San Antonio,  
3:12.08; 4. MiraCosta, 3:13.07; 5. Cerri-  
tos, 3:13.62; 6. Rancho Santiago,  
3:15.26

HIGH JUMP — 1. Clark (Pasadena),  
6-10; 2. Moore (Long Beach), 6-8; 3.  
Thomas (Ventura), 6-8; 4. Wallsmith  
(Saddleback), 6-8; 5. Risener (MiraCosta),  
6-8; 6. tie between Wise (Long Beach) and  
Kozak (Long Beach), 6-8

POLE VAULT — 1. Meyle (Long  
Beach), 18-0; 2. Fisher (Rancho Santiago),  
16-0; 3. Wicks (Bakersfield), 16-0; 4.  
Milton (Long Beach), 16-0; 5. Rodriguez  
(Mt. SAC), 15-6; 6. Duncan (Cuesta),  
15-6

LONG JUMP — 1. Tobin (Pasadena),  
25-1 1/2; 2. Love (Long Beach), 24-9; 3.  
Gray (Cerritos), 23-1 1/2; 4. Sanders  
(Bakersfield), 23-5 1/2; 5. Hooks (Long  
Beach), 22-10; 6. Parish (Mt. SAC), 22-6

TRIPLE JUMP — 1. Hooks (Long  
Beach), 52-1 1/2; 2. Parish (Mt. SAC),  
51-2 1/2; 3. Williams (Pasadena), 49-6 1/2; 4.  
Franklin (SD Mesa), 48-4; 5. Barron  
(Pasadena), 47-8; 6. Johnson (Bakers-  
field), 47-2

SHOTPUT — 1. Schain (Glendale), 54-  
6 1/2; 2. Laut (Moorpark), 54-1; 3. Florence  
(Pasadena), 53-6; 4. Bierle (Long Beach),  
52-6; 5. Lowther (Moorpark), 51-5; 6.  
Robinson (MiraCosta), 49-10

DISCUS — 1. Buckner (Long Beach),  
158-8; 2. Bivens (Long Beach), 152-0; 3.  
Ane (Valley), 146-9; 4. Navarro (Mt. SAC),  
146-1; 5. Quiroz (MiraCosta), 145-10; 6.  
Helgesen (MiraCosta), 143-0

HAMMER — 1. Thiss (SD Mesa),  
179-6; 2. Williams (Santa Monica), 171-8;  
3. Esparza (Citrus), 152-5; 4. Mourani  
(Orange Coast), 145-3; 5. Cameron  
(Citrus), 137-0; 6. Engerbretzen (Gross-  
mont), 136-6

JAVELIN (old style) — 1. Hefferan  
(Golden West), 203-4; 2. Poling  
(Moorpark), 199-0; 3. Bryant (Ventura),  
196-7; 4. Aiken (Orange Coast), 196-4; 5.  
Doerr (Pasadena), 194-10; 6. Goodrich  
(Glendale), 194-1

FINAL TEAM SCORES — Long Beach,  
155; Mt. San Antonio, 104; El Camino, 46;  
Pasadena, 45; Orange Coast, 31

### Women

100 — 1. Giddens (Santa Monica),  
11.98; 2. Stiles (Mt. SAC), 12.19; 3.  
Nevels (Santa Monica), 12.25; 4. Craven  
(El Camino), 12.28; 5. Frazier (El Camino),  
12.40; 6. Simpson (San Bernardino),  
12.54

200 — 1. Stiles (Mt. SAC), 24.48; 2.  
Giddens (Santa Monica), 24.55; 3. Craven  
(El Camino), 24.96; 4. Williams (Santa  
Monica), 25.17; 5. Simpson (Santa Ber-  
nardino), 25.26; 6. Newman (El Camino),  
25.41

400 — 1. Willis (El Camino), 54.90; 2.  
Johnson (Santa Monica), 56.55; 3. Smith  
(Grossmont), 56.84; 4. Jones (Valley),  
57.02; 5. Adams (Mt. SAC), 57.23; 6.  
Carillo (SD Mesa), 59.94

800 — 1. Eager (MiraCosta), 2:14.29;  
2. Hartman (MiraCosta), 2:14.30; 3.  
Upsher (MiraCosta), 2:14.31; 4. Maldona-  
do (Mt. SAC), 2:15.16; 5. Dial (Cuesta),  
2:19.55; 6. McFarlane (Cerritos), 2:20.44

1,500 — 1. Arteaga (Santa Monica),  
4:43.14; 2. Verlinda (San Diego), 4:45.95;  
3. Ribar (Moorpark), 4:46.72; 4. Wright  
(Orange Coast), 4:46.96; 5. Cook (Gross-  
mont), 4:50.21; 6. Lies (Orange Coast),  
4:50.24

3,000 — 1. Maldonado (Mt. SAC),  
10:04.34; 2. Almandariz (Santa Monica),  
10:09.9; 3. Arteaga (Santa Monica),  
10:19.24; 4. Christ (MiraCosta),  
10:19.28; 5. Hoffman (El Camino),  
10:29.50; 6. Vaughn (Saddleback),  
10:33.88

5,000 — 1. Maldonado (Mt. SAC),  
17:20.79; 2. Almandariz (Santa Monica),  
17:44.43; 3. Arteaga (Santa Monica),  
17:50.18; 4. Hoffman (El Camino),  
17:53.64; 5. Courter (Grossmont),  
17:55.58; 6. Ribar (Moorpark), 18:08.77

100 HURDLES — 1. Frazier (El Cami-  
no), 14.81; 2. John (Long Beach), 14.82;  
3. Courtright (Oxnard), 14.85; 4. Simpson  
(San Bernardino), 14.86; 5. Harrison (Mt.  
SAC), 14.89; 6. Williams (Santa Monica),  
15.36

400 HURDLES — 1. Harrison (Mt.  
SAC), 61.44; 2. McRae (El Caminold),  
61.63; 3. White (El Camino), 64.20; 4.  
Torres (MiraCosta), 67.45; 5. Lewis  
(Moorpark), 68.17; 6. Tolliver (Mt. SAC),  
68.74

HIGH JUMP — 1. Kee (Bakersfield),  
5-6; 2. Redic (SD Mesa), 5-6; 3. Gilbert  
(Cerritos), 5-4; 4. Barnes (MiraCosta), 5-2;  
5. Ignatius (Pasadena), 5-2; 6. Hawley  
(Moorpark), 5-2

LONG JUMP — 1. Johnson (Santa  
Monica), 18-3; 2. Richards (SD Mesa),  
18-2; 3. Newman (El Camino), 18-3; 4.

Motley (Long Beach), 18-0; b. Courtright  
(Oxnard), 17.9; 6. Strachan (Grossmont),  
17-8

TRIPLE JUMP — 1. Newman (El Cami-  
no), 38-0; 2. Munoz (Mt. SAC), 37-5; 3.  
Loughridge (El Camino), 37-2; 4. Walker  
(Bakersfield), 37-1; 5. Dones (Moorpark),  
35-6; 6. Campbell (Santa Monica), 35-6

SHOTPUT — 1. Bergman (San Diego),  
43-6; 2. Kahui (SD Mesa), 42-5; 3. Gill  
(Fullerton), 40-6; 4. Carter (Compton),  
39-2; 5. Lyle (Fullerton), 39-0; 6. Smith  
(Trade Tech), 36-0

JAVELIN — 1. Collier (SD Mesa),  
143-3; 2. Bergman (SD Mesa), 136-11; 3.  
Carter (Compton), 123-7; 4. Itkoff (Cerrit-  
tos), 123-5; 5. Prulhiere (Cerritos), 123-3;  
6. Cataster (SD Mesa), 123-1

FINAL TEAM SCORES — Santa Moni-  
ca, 92; El Camino, 85; Mt. San Antonio,  
82; SD Mesa, 56; MiraCosta, 43

Top four in all running event through  
800 and both relays, and top six in all other  
events qualify for State meet, Friday and  
Saturday at American River College in  
Sacramento



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# Results

## J.C. State Meet

May 16, American River College

### MEN

100—1. McCree (Long Beach), 10.69; 2. Barnes (Taft), 10.70; 2. Pica (Diablo Valley), 10.74; 4. Love (Long Beach), 10.92; 5. Dixon (Long Beach), 10.93; 6. Pippins (Merced), 11.02.

200—1. McCree (Long Beach), 21.19; 2. Davis (Taft), 21.30; 3. Pica (Diablo Valley), 21.36; 4. Brooks (Merritt), 21.49; 5. Riley (Long Beach), 21.54; 6. Dixon (Long Beach), 21.60.

400—1. Lee (El Camino), 46.45; 2. Davis (Taft), 46.86; 3. Douglas (El Camino), 47.12; 4. Riley (Long Beach), 47.20; 5. Parker (Sacramento), 48.15; 6. Walltower (Santa Monica), 48.40.

800—1. Washington (Mt. SAC), 1:49.69; 2. Cronin (Saddleback), 1:49.99; 3. Cook (Siskiyou), 1:50.09; 4. Thompson (Mt. SAC), 1:50.45; 5. Atkins (Mt. SAC), 1:50.60; 6. Saggau (San Jose), 1:50.79.

1,500—1. Washington (Mt. San Antonio), 3:46.80; 2. Rivera (Modesto), 3:47.85; 3. Carnegie (Taft), 3:48.11; 4. Bouquet (Taft), 3:49.99; 5. Perez (San Joaquin Delta), 3:50.75; 6. Hirschman (El Camino), 3:52.34.

5,000—1. Heskett (West Valley), 14:38.91; 2. Parcel (Orange Coast), 14:45.10; 3. Llanez (Fresno), 14:47.89; 4. Neubauer (Modesto), 14:50.54; 5. Droze (San Bernardino), 14:51.04; 6. Iniguez (Hancock), 14:57.27.

110 HURDLES—1. Johnson (Long Beach), 14.24; 2. Hall (Mt. SAC), 14.42; 3. Swift (Chabot), 14.49; 4. Thomas (Pasadena), 14.56; 5. Graves (CCSF), 14.83; 6. Jefferson (Taft), 14.89.

400 HURDLES—1. Hall (Mt. SAC), 50.89; 2. Graves (San Francisco), 52.36; 3. Joyce (Long Beach), 52.70; 4. Burks (Fresno), 52.89; 5. Herron (MiraCosta), 53.34; 6. Swift (Chabot), 54.03.

STEEPLECHASE—Miller (Mt. SAC), 9:16.2; 2. Coker (American River), 9:28.0; 3. Krueger (Porterville), 9:35.4; 4. Wells (Grossmont), 9:37.7; 5. DeRosso (Hancock), 9:38.2; 6. Siveira (San Joaquin Delta), 9:38.5.

400 RELAY—1. Long Beach, 39.83; 2. Taft, 40.30; 3. Merritt, 40.59; 4. El Camino, 41.11; 5. Mt. San Antonio, 41.14; 6. Contra Costa, 41.57.

1,600 RELAY—1. El Camino, 3:07.99; 2. Merritt, 3:10.64; 3. Long Beach, 3:11.39; 4. Mt. San Antonio, 3:12.17; 5. Taft, 3:12.45; 6. Contra Costa, 3:14.20.

HIGH JUMP—1. Puffer (Sacramento), 7.0; 2. Moore (Long Beach), 7.0; 3. Hepworth (American River), 7.0; 4. Clark (Pasadena), 6.10; 5. Thomas (Ventura), 6.10; 6. Mosley (San Joaquin Delta), 6.8.

POLE VAULT—Wicks (Bakersfield), 16.6; 2. Hempstead (Sacramento), 16.0; 4. tie between Meyle (Long Beach) and Rodriguez (Mt. SAC), 15.6; 5. Fisher (Rancho Santiago), 15.6; 6. Milton (Long Beach), 15.0.

LONG JUMP (all jumps wind-aided)—1. Brooks (Merritt), 25.11; 2. Love (Long Beach), 25.74; 3. Tobin (Pasadena), 25.54; 4. Gray (Cerritos), 24.64; 5. Sanders (Bakersfield), 23.84; 6. Hepworth (American River), 23.7.

TRIPLE JUMP—1. Hooks (Long Beach), 53.24; 2. Parish (St. SAC), 53.13; 3. Rucker (San Jose), 50.5; 4. Williams (Pasadena), 50.0; 5. Franklin (SD Mesa), 49.3; 6. Puffer (Sacramento), 49.14.

SHOTPUT—1. Laut (Moorpark), 54.64; 2. Howard (Taft), 53.84; 3. Schain (Glendale), 53.54; 4. Florence (Pasadena), 53.4; 5. Lang (Skyline), 53.34; 6. Birlee (Long Beach), 52.34.

DISCUS—1. Cathers (Butte), 167.6; 2. Charette (Sequoias), 161.11; 3. Owens (Siskiyou), 160.9; 4. Navarro (Mt. SAC), 154.11; 5. Buckner (Long Beach), 154.3; 6. Hartogh (Diablo Valley), 151.1.

HAMMER—1. Thiss (SD Mesa), 175.5; 2. Williams (Santa Monica), 173.5; 3. Owens (Siskiyou), 171.10; 4. Biberthaler (Fresno), 170.5; 4. Esparza (Citrus), 156.5; 6. Hanson (Shasta), 154.8.

JAVELIN—1. Overmeyer (Sequoias), 215.2; 2. Chachere (West Hills), 213.0; 3. Doerr (Pasadena), 204.4; 4. Aiken (Orange Coast), 203.2; 5. Hunter (Sacramento), 202.7; 6. Bryant (Ventura), 198.8.

DECATHLON—1. Johnson (Long Beach), 6:815; 2. Collins (Long Beach), 6:752; 3. Martinez (Mt. San Antonio), 6:369; 4. Smith (Taft), 6:592; 5. Tynan (Fresno), 6:539; 6. Wilbourn (Sequoias), 6:533.

FINAL TEAM SCORES—1. Long Beach, 118; 2. Mt. San Antonio, 89; 3. Taft, 57; 4. El Camino, 31; 5. tie between Pasadena and Merritt, 28.

### WOMEN

100—1. Giddens (Santa Monica), 12.19; 2. Stiles (Mt. San Antonio), 12.33; 3. Nevels (Santa Monica), 12.37; 4. Smith (Marin), 12.41; 5. Cravin (El Camino), 12.43; 6. Simmons (Modesto), 12.61.

200—1. Stiles (Mt. SAC), 24.60; 2. Giddens (Santa Monica), 24.83; 3. Cravin (El Camino), 25.15; 4. Simmons (Modesto), 25.37; 4. Smith (Marin), 25.54; 6. Ervin (Contra Costa), 25.58.

400—1. Willis (El Camino), 56.67; 2. Milas (Sacramento), 57.24; 3. Ervin (Contra Costa), 57.26; 4. Bugera (DeAnza), 57.52; 5. Johnson (Santa Monica), 57.72; 6. Moore (San Joaquin Delta), 58.37.

800—1. Upsher (MiraCosta), 2:14.23; 2. Eager (MiraCosta), 2:14.65; 3. Hartman (MiraCosta), 2:14.95; 4. Gukenheimer (West Valley), 2:16.26; 5. Hinkston (Merritt), 2:16.30; 6. Burke (Marin), 2:17.92.

1,500—1. Burke (Marin), 4:39.86; 2. Daley (Foothill), 4:41.28; 3. Cook (Grossmont), 4:43.20; 4. Arteaga (Santa Monica), 4:43.69; 5. Rivera (San Diego), 4:43.89; 6. Wright (Orange Coast), 4:44.05.

3,000—1. Maldonado (Mt. SAC), 10:00.19; 2. Almendariz (Santa Monica), 10:05.30; 3. Cruz (Sequoias), 10:07.85; 4. Christ (MiraCosta), 10:09.60; 5. Arteaga (Santa Monica), 10:10.35; 6. Vaughn (Saddleback), 10:19.93.

100 HURDLES—1. Frazier (El Camino), 14.29; 2. Courtwright (Oxnard), 14.52; 3. Simpson (Santa Barbara), 14.75; 4. John (Long Beach), 15.30; 5. Diggs (Hartnell), 15.41; 6. Hayes (Sacramento), 15.85.

400 HURDLES—1. McRae (El Camino), 1:01.01; 2. Harrison (Mt. SAC), 1:01.39; 3. Hines (Merritt), 1:03.95; 4. Littrell (Shasta), 1:04.69; 5. Cunningham (Santa Rosa), 1:05.51; 6. White (El Camino), 1:05.80.

400 RELAY—1. Mt. San Antonio, 46.60; 2. Contra Costa, 47.61; 3. Sacramento, 48.11; 4. Merritt, 48.42; 5. Long Beach, 49.35; 6. Bakersfield, 49.38.

1,600 RELAY—1. El Camino, 3:44.19; 2. Mt. San Antonio, 3:44.57; 3. Santa Monica, 3:52.74; 4. Merritt, 3:55.67; 5. Modesto, 3:58.55; 6. MiraCosta, 3:58.89.

HIGH JUMP—1. Key (Bakersfield), 5.6; 2. Redic (SD Mesa), 5.6; 3. Fluegel

(Merced), 5.4; Barnes (MiraCosta), 5.4; Gilbert (Cerritos), 5.2; 6. Norris (Sequoias), 5.2.

LONG JUMP (all jumps wind-aided)—1. Simmons (Modesto), 20.0; 2. Callahan (Sacramento), 19.74; 3. Johnson (Santa Monica), 19.34; 4. Courtwright (Oxnard), 19.2; 5. Smith (Sequoias), 18.11; 6. Diggs (Hartnell), 18.94.

TRIPLE JUMP (all jumps wind-aided)—1. Diggs (Hartnell), 40.11; 2. Newman (El Camino), 39.94; 3. Martin (Modesto), 39.74; 4. Loughridge (El Camino), 38.10; 5. Sequoias, 38.64; 6. Walker (Bakersfield), 38.44.

SHOTPUT—1. Fremstad (Skyline), 44.44; 2. Kauh (SD Mesa), 43.54; 3. Mitchell (Contra Costa), 41.10; 4. Gill (Fullerton), 41.44; 5. Bergman (SD Mesa), 40.74; 6. King (Fresno), 40.64.

DISCUS—1. Fremstad (Skyline), 155.5; 2. Dearing (Yuba), 137.10; 3. Hobbs (Sequoias), 134.9; 4. Kauh (SD Mesa), 132.9; 5. Gill (Fullerton), 130.9; 6. King (Fresno), 130.3.

JAVELIN—1. Collier (SD Mesa), 138.10; 2. Harris (Butte), 137.7; 3. Santos (Sierra), 137.0; 4. Raine (Hartnell), 135.7; 5. Carter (Compton), 133.10; 6. Itloff (Cerritos), 133.7.

HEPATHLON—1. Bergman (SD Mesa), 4:801; 2. Hembree (Moorpark), 4:279; 3. Becker (Hartnell), 4:083; 4. DePorcel (Foothill), 4:066; 5. Crews (American River), 4:042; 6. Gilbert (Cerritos), 4:007.

FINAL TEAM SCORES—1. Santa Monica, 64; 2. Mt. San Antonio, 62; 3. El Camino, 61; 4. SD Mesa, 34.

## College/Open Track & Field

## Fresno State Weight Pentathlon/Triathlon

January 31, Warmerdam Field, Fresno.

### Men's Pentathlon Results

1. Mike Ostrom, FSU	4159
2. Matt Mileham, NYAC	4088
3. Daron Crass, FSU	3726
4. Scott Biberthaler, FCC	3182
5. Andy Harris, FSU	3162

### Women's Triathlon Results

1. Lacy Barnes, Unat.	2367
2. China Blockton, FSU	1807
3. Cheryl Villaran, FSU	1683
4. Joey Classen, Az.Pac.	1655
5. Tammy Williamson, Az.Pac.	1537

## Cal Poly vs Fresno State

April 11, Cal Poly, San Luis Obispo.

### Men's Results

Hammer: 1. Ostrom (FSU) 189-1, 2. Halter (UA) 178-0, 3. Fahey (UA) 148-1.  
400m Relay: 1. FSU (Archie, Walker, Brooks, McCoy) 42.49, 2. Cal Poly 42.58.  
Javelin: 1. Seidmeyer (FSU) 206-8, 2. Warren (SLO) 193-2, 3. Ostrom (FSU) 190-7.

Steeplechase: 1. Huff (Reebok) 8:46.36, 2. Ahlquist (SLO) 9:09.0, 3. McGhie (FSU) 9:51.27.

1500m: 1. Porter (SLO) 3:54.69, 2. Griffiths (SLO) 3:56.05, 3. Charanduk (FSU) 3:56.44.

110m Hurdles: 1. Johnson (SLO) 14.43, 2. Krupitski (FSU) 15.24, 3. Crume (FSU) 15.43.

High Jump: 1. Mudy (SLO) 6-10, 2. Chambers (SLO) 6-8, 3. Richardson (FSU) 6-4.

Shot Put: 1. Bender (FSU) 59-6 1/2, 2. Halter (UA) 52-1, 3. Beach (SLO) 49-1 1/2.

400m: 1. Weber (FSU) 49.60, 2. Poppo (FSU) 50.39, 3. Doucet (FSU) 51.16.

100m: 1. McCoy (FSU) 10.55, 2. Walker (FSU) 10.71, 3. Josephson (SLO) 10.75.

Long Jump: 1. Archie (FSU) 22.8, 2. Frazier (FSU) 22.6, 3. Loeprich (SLO) 22.11 1/2.

800m: 1. Roberson (FTC) 1:53.65, 2. Pather (FSU) 1:56.14, 3. Freer (FSU) 1:56.53.

400m IH: 1. Johnson (SLO) 52.23, 2. Daves (FSU) 53.04, 3. Burchell (SLO) 59.1.

200m: 1. Josephson (SLO) 21.62, 2. McCoy (FSU) 21.63, 3. Walker (FSU) 21.66.

Pole Vault: 1. Fraley (FSU) 17.0, 2. Krupitski (FSU) 16.1, 3. Florine (SLO) 15.6.  
5000m: 1. Huff (Reebok) 14:35.55, 2. Rubio (UA) 14:39.95, 3. Conover (Reebok) 14:40.25.

1600m Relay: 1. SLO (Josephson, Loeprich, Sutter, Johnson) 3:20.08, 2. FSU 3:20.15, 3. FSU B, 3:33.4.

Discus: 1. Budwig (FSU) 162-1, 2. Ostrom (FSU) 146-3, 3. Nighswonger (SLO) 138-9.

### Team Scores:

#### 1. Women's Results

5000m: 1. Stehly (SLO) 17:10.34, 2. White (SLO) 17:10.36, 3. Ogas (SLO) 17:19.97.

400m Relay: 1. FSU (Boulware, Edeh, Newton, Freow) 46.91, 2. FSU B, 48.42, 3. SLO, dq.

Shot Put: 1. Paquette (SLO) 44-8 1/2, 2. Blockton (FSU) 42-6 1/2, 3. Barnes (FSU) 39-8 1/2.

1500m: 1. DeBettencourt (SLO) 4:29.60, 2. Buzza (FSU) 4:34.49, 3. Katerhagen (SLO) 4:38.30.

Long Jump: 1. Salery (FSU) 5.83, 2. Chandler (SLO) 5.81, 3. Lee (SLO) 5.74.

100m Hurdles: 1. Hanson (SLO) 14.00, 2. Johnson (SLO) 14.34, 3. Kuehnis (SLO) 14.96.

400m: 1. Edeh (FSU) 54.57, 2. Blake (FSU) 56.46, 3. Colebrook (SLO) 56.76.

100m: 1. Freow (FSU) 11.89, 2. Newton (FSU) 12.08, 3. Boulware (FSU) 12.13.

Javelin: 1. Healey (FSU) 150-10, 2. Lundberg (SLO) 128-11, 3. Barnes (FSU) 123-10.

800m: 1. Colebrook (SLO) 2:14.92, 2. DeBettencourt (SLO) 2:15.50, 3. Jones (FSU) 2:16.40.

400m Hurdles: 1. Hanson (SLO) 60.30, 2. Hagan (SLO) 61.06, 3. Stavrianoudakis (FSU) 62.45.

200m: 1. Edeh (FSU) 24.70, 2. Newton (FSU) 24.96, 3. Blake (FSU) 25.19.

High Jump: 1. Mendonca (FSU) 6-0, 2. Mariseal (FSU) 5-6, 3. Novak (SLO) 5-6.

Discus: 1. Barnes (FSU) 183-5, 2. Paquette (SLO) 166-4, 3. Blockton (FSU) 155-2.

3000m: 1. Stehly (SLO) 10:02.1, 2. Minkler (SLO) N.T., 3. White (SLO) N.T.

1600m Relay: 1. FSU (Blake, Newton, Stavrianoudakis, Edeh) 3:44.5, 2. SLO (Johnson, Hanson, Hagan, Colebrook) 3:48.44.

Triple Jump: 1. Salery (FSU) 33-7 1/2, 2. Campbell (SLO) 35-11 1/2, 3. Sharkey (SLO) 38-0 1/2.

Team Scores: 1. Fresno State 76, 2. Cal Poly San Luis Obispo 69.

## Northridge Invite. Track & Field Meet

April 11-12, Northridge.

### Men's Results

5000m, Sec. A: 1. Mick Schcachter (Etonic) 14:11.6, 2. Steve Bishop (Running Exp) 14:16, 3. Dave Walsh (CSUN) 14:25.  
Sec. B: 1. Schumacher (CSULB) 14:45.41, 2. Green (CSULB) 14:49.1, 3. Dan Ash (Redlands) 14:51.25.

110m Hurdles: 1. David Ashford (SSTC) 14.10, 2. Derek Knight (W.Wood) 14.11, 3. Ike Mbadugha (AzPac) 14.17.

continued on next page...

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## Results

**3000 Steeplechase:** 1. Dave Daniels (Unat.) 9:03.62, 2. Jim Ortiz (UCLA) 9:06.93, 3. Steve Chapman (R.Exp) 9:11.61.

**400 Relay:** 1. Azusa Pacific 41.01, 2. Cal Lutheran 41.25, 3. CSUN 41.26.

**1500m:** 1. Darren Near (Azusa Pacific) 3:51.47, 2. Will James (CSUN) 3:51.81, 3. Chris Thomas (Unat) 3:51.00.

**400m:** 1. Brian Jones (SDTC) 47.00, 2. Larry Jackson (USTC) 47.16, 3. Mike Marsh (UCLA) 47.37.

**100m:** 1. W. Dickerson (AllAm) 10.48, 2. Oliver Daniels (SDTC) 10.49, 3. Pat Nwankwo (AzPac) 10.51.

**800m:** 1. Brian Theriot (Unat) 1:49.68, 2. Dwayne Biggers (SMTC) 1:50.02, 3. Benny Brown (AllAm) 1:50.65.

**400m IH:** 1. Andre Hargrove (Unat) 51.69, 2. Austin Shanks (SDTC) 52.45, 3. P. Grimes (AllAm) 52.81.

**200m:** 1. W. Dickerson (All Am) 20.8, 2. Innocent Egbunike (Unat) 20.8, 3. Chris Falck (SMCC) 21.1.

**1 Mile Relay:** 1. All American A, 3:14.6, 2. Cal Lutheran 3:17.1, 3. Air Force 3:17.75.

**Hammer:** 1. Bill Green (Mazda) 74.04, 2. David Wilson (UCLA) 62.04, 3. Steve Prokop (AIA) 57.04.

**High Jump:** 1. Walt Stewart (CSUN) 6-10, 2. Mark Webster (A. Force) 6-8, 3. Jason Meisler (Unat), Mike Demeter (CalLuth), Randy White (A.Force), Drew Pierson (SDSU) 6-6.

**Pole Vault:** 1. Doug Wicks (SSTC) 17-8 1/2, 2. Chris Branham (LATO) 16-0, 3. Lynn Dobosy (AIA), John Lee (UCLA), Chris O'Conner (UCLA) 16-0.

**Long Jump:** 1. Cliff Lattin (B.Athl) 23-2 1/2, 2. Troy Kurelich (CalLuth) 22-7, 3. Dave Johnson (Nike) 22-7.

**Shot Put:** 1. John Frazier (SSTC) 64-1 1/4, 2. Ade Olukoku (A.Pac) 57-5 1/4, 3. Chris Sweeney (UCLA) 57-3 1/4.

**Javelin:** 1. Kevin Doode (AllAm) 211-11, 2. Ferdnand Douglas (R.Ex) 210-9, 3. Robert Gibson (A.Force) 197-0.

**Triple Jump:** 1. Cameron Gary (SDTC) 50-11 1/2, 2. Eddie West (T. West) 50-0, 3. M. Willis (AllAm) 49-9.

**Discus:** 1. Hank Kraychir (AllAm) 191-2, 2. Christian Okoye (Unat) 189-11, 3. Pete Thompson (Westwood) 181-9.

### Women's Results

**100m Hurdles:** 1. Maureen McGee-Hamilton (LA Mer) 14.13, 2. Princess Cooper (CSLB) 14.77, 3. Sheila Tarr (T. West) 14.82.

**400m Relay:** 1. Azusa Pacific 49.19, 2. Air Force 49.98, 3. Cal Lutheran 52.47.

**1500m:** 1. Sheila Ralston (T. West) 4:24.97, 2. Beth Metcalf (Unat) 4:32.64, 3. Mary Kenney (CSUF) 4:32.73.

**400m:** 1. Kim Turner (LA Merc) 55.72, 2. Barbara Fogo (A.Force) 57.02, 3. Jill Yord (LA Merc) 57.51.

**100m:** 1. V. Williams (USIU) 11.39, 2. Andralette Gill (RTC) 11.45, 3. Lydia Devela (S. Int'l) 11.47.

**800m:** 1. Rose Manday (T. West) 2:04.29, 2. Gail Conway (SMTC) 2:05.54, 3. Deann Gutowski (LA Merc) 2:05.89.

**400m Hurdles:** 1. Wendy Craig (SDTC) 1:03.62, 2. Kim Petway (AzPac) 1:05.26, 3. Pam Fortner (Pomona) 1:06.85.

**200m:** 1. Lydia Devela (Int'l Ex) 24.03, 2. Danean Howard (SSTC) 24.20, 3. Marbella Washington (LA Merc and Lorna Boothe (LA Merc) 24.23.

**3000m:** 1. Carol Keller (R.Exp) 9:36.7, 2. Darcy Arreola (CSUN) 9:39.9, 3. Annie Seawright (UCLA) 9:43.2.

**1 Mile Relay:** 1. Unat. All-Stars 3:50.1, 2. Air Force 4:05.6, 3. Pomona 4:06.9.

**5000m:** 1. Nancy Bowman (CSUN) 16:38.41, 2. Laurie Chapman (UCLA) 16:42.6, 3. Regina Jacobs (LATO) N.T.

**Long Jump:** 1. Lori Costello (AllAm) 18-5 1/2, 2. Melvina Lay (All Am) 16-9 1/2, 3. Saelda Washington (CSUN) 16-5 1/2.

**Shot Put:** Sec. A: 1. Brandi Gail

(Pomona) 47-8, 2. Cassandia Dumas 45-1, 2. Toni Lutgens (UCLA) 44-9 1/2.

**Javelin:** 1. Janet Nichols (C.Athl.) 157-6, 2. Colleen Gainey (CSUN) 155-4, 3. Sheila Carpenter (AIA) 149-3.

**High Jump:** 1. Sue Patterson (C.Athl) 5-10 1/2, 2. Noreen Flynn (CSUN) 5-8 1/2, 3. Jane Buchan (C.Athl) 5-6 1/2.

**Discus:** 1. Francine Kaylor (C.Athl) 174-1, 2. Toni Lutgens (UCLA) 171-6, 3. Rhonda Lashonkohl (Unat.) 152-11.

## Long Beach State Twilight Invite.

### May 2 Long Beach.

#### Men's Results

**100m:** 1. Anthony Ford (CSLB) 10.48, 2. Herby Akten (Azusa) 10.49, 3. Rex Brobbly (Ujima) 10.52.

**200m:** 1. Anthony Ford (CSLB) 21.05, 2. Mike Dexter 21.14, 3. Kettrell Berry (Semper TC) 21.21.

**400m:** 1. Dwyane Biggers (SMTC) 46.22, 2. Kettrell Berry (Semper TC) 46.92, 3. Mark Briggs (CSBakersfield) 48.08.

**800m:** 1. Billy Konchellah (Unat) 1:50.79, 2. Doug Sullivan (CSNorthridge) 1:51.86, 3. Will James (CSNorthridge) 1:52.14.

**1500m:** 1. Joey Bunch (Unat) 3:49.8, 2. Dave Walsh (CSNorthridge) 3:51.1, 3. Rod Curry (Unat) 3:51.9.

**Steeplechase:** 1. Mark Bowman (USN) 9:02.3, 2. Tyrus Deminter (SMTC) 9:19.8, 3. Rich Medillan (Unat) 9:31.8.

**5000m:** 1. Mark Ruelas (Unat) 14:35.4, 2. Brav Clary (Unat) 14:55.7, 3. Madrid (Loeschorns TC) 14:58.2.

**110m Hurdles:** 1. James McCraney (SSTC) 13.93, 2. Derek Knight (Westwood TC) 14.05, 3. Chris Branham (LATO) 14.20.

**400m Hurdles:** 1. Derek Knight (Westwood TC) 51.59, 2. James Ferreira (CSLB) 51.87, 3. Tyrone McCullough (CSLB) 52.52.

**4x100m Relay:** 1. Azusa 40.7, 2. Ujima 41.0, 3. CS Long Beach 41.0.

**1 Mile Relay:** 1. Diadora 3:14.53, 2. Azusa 3:15.27, 3. Canada West 3:19.14.

**Long Jump:** 1. Gary Jackson (CSN) 23-5, 2. Jerry Gilmore (CSN) 23-4 1/4, 3. Dava Dangleis (Azusa) 23-2.

**Javelin:** 1. Douglas Fernandez (RunEx) 213-6, 2. Mike Brennan (Canada West) 208-1, 3. Jim Bamish (CSLA) 194-4.

**Shot Put:** 1. Ade Olukoku (Azusa) 57-8 1/4, 2. Lorne Hilton (Canada West) 55-7 1/2, 3. Eric Bergreen (Westwood) 52-8.

**Triple Jump:** 1. Alton Henry (Roadrunner) 49-8, 2. Willie Hannon (CSN) 48-9, 3. Dario Robinson (CPP) 48-9.

**Pole Vault:** 1. Bill Thilken (Unat) 16-6, 2. Tim Lonheim (Azusa) 16-6, 3. Brooks Morris (Unat) 15-7.

**High Jump:** 1. Jack Nance (Azusa) 6-9 1/2, 2. Troy Haines (Unat) 6-9 1/2, 3. Jack Nance (Azusa) 6-9 1/2.

**Hammer:** 1. Darren McFee (Canada West) 63.80, 2. Ed Arcaro (All American) 58.12, 3. Rande Treece (CSLA) 52.86.

**Discus:** 1. Christian Ikdye (Azusa) 63.78, 2. Jud Binley (Unat) 62.52, 3. Jay Kovar (All American) 60.72.

## PCAA Champs

### May 8 & 9, U.C. Irvine:

#### Men

**100—Jones (FS), 10.39** (wind 1.2 m.p.s. aiding); Ford (CSLB), 10.52; Combs (UCSB), 10.56. **200—Ford (CSLB), 20.97**; Jones (FS), 21.23; Combs (UCSB), 21.38; Walker (FS), 21.44; Stewart (UCI), 21.50.

**400—Walker (FS), 46.71**; Stewart (UCI), 47.21; Ramsey (SJS), 47.68.

**800—Baker (UCSB), 1:52.63**; Guest (UCI), 1:53.35; Goulet (UCI), 1:53.77.

**1,500—Goulet (UCI), 3:50.25**; Graves (UCI), 3:50.44; Freer (FS), 3:52.00, 3,000 STEEPLCHASE—Prince (US), 8:56.75; Hardemon (FS), 9:01.43; Charanduk (FS), 9:03.89; Martin (UCI), 9:09.78; King (FS), 9:13.30.

**5,000—Quinonez (UCI), 14:25.94**; Graves (UCI), 14:31.98; Vicencio (UCI), 14:35.58. **10,000—Quinonez (UCI), 29:51.60**; Escobedo (CSLB), 30:31.19; Imlay (UCI), 30:39.93; Charanduk (FS), 30:53.28.

**400 RELAY—Fresno St., 40.90**, UC Irvine, 41.32; Utah St., 42.78. **1,600 RELAY—UC Santa Barbara, 3:11.24**, UC Irvine, 3:13.02; New Mexico St., 3:13.07, 4. San Jose St., 3:14.02.

**HJ—Dreibelbis (UCSB), 7-0 1/4**; Reis (SJS), 6-10 1/4; Blauer (US), 6-9 1/4. **PV—Fraleigh (FS), 18-0 1/4**; Kenyon (UCI), 15-9; Bishop (UCSB), 15-6.

**LJ—Frazier (FS), 24-5 1/2**; Nelson (FS), 23-11; Archie (FS), 23-8. **TJ—Frazier (FS), 52-1 1/4**; Archie (FS), 52-2 1/4; Justice (UCI), 49-10 1/4; Williams (FS), 49-0.

**SP—J. Bender (FS), 61-11**; Leonard (SJS), 55-2 1/4; Robuck (UCSB), 53-1. **DT—Katches (SJS), 188-9**; Meyerhoff (SJS), 161-11; Budwig (FS), 162-7.

**HT—Ostrom (FS), 198-7**; Cross (FS), 195-3; Kim (UCSB), 169-7. **JT—Siedmeyer (FS), 230-6**; Nelson (US), 211-6; Ostrom (FS), 208-0. **DECATHLON—Waincoat (UCI), 7,076**; Baker (FS), 6,651; Crume (FS), 6,427.

**FINAL TEAM SCORE—Fresno St., 209**; UC Irvine, 162; UC Santa Barbara, 84; San Jose St., 66; CS Long Beach and Utah St., 49; New Mexico St., 28.

**Women**

**100—Green (UNLV), 11.60**; Franklin (UNLV), 11.80; Davis (UNLV), 11.80; Freow (FS), 11.85; Boulware (FS), 11.94; Vaughn (UCI), 11.98.

**200—Green (UNLV), 23.86**; Roberts (CSLB), 24.24; Newton (FS), 24.25; Edah (FS), 24.29; Vaughn (UCI), 24.43; Franklin (UNLV), 24.43.

**400—Edeh (FS), 53.73**; Cheeks (UNLV), 54.27; Hemmans (SDS), 54.59; Shaw (CSF), 55.43; Blake (FS), 55.97.

**800—Hull (UNLV), 2:05.23**; Zaleski (CSLB), 2:07.14; Hensel (UNLV), 2:08.65; Rabbitt (UCI), 2:10.88.

**1,500—Hull (UNLV), 4:16.40**; Harrington (UCI), 4:16.73; Rabbitt (UCI), 4:16.83; McLaughlin (UCI), 4:26.09; Kenney (CSF), 4:30.75; Buzza (FS), 4:33.14.

**3,000—Harrington (UCI), 9:38.28**; Torrez (UCSB), 9:42.93; Kenney (UCF), 9:43.83; King (UCI), 9:45.67; McLaughlin (UCI), 9:56.68.

**5,000—Abraham (UCI), 17:06.06**; Ogas (FS), 17:13.28; Gaenslen (UCSB), 17:13.67. **10,000—Bradley (SDS), 37:05.3**; Ogas (FS), 37:13.9; Wong (CSLB), 37:31.8.

**100 HURDLES—Davis (UNLV), 13.49**; Smith (SDS), 13.57; Franklin (UNLV), 13.88; Cooper (CSLB), 14.18; Gage (UCI), 14.26. **400 HURDLES—Hemmons (SDS), 58.53**; Ice (CSLB), 59.78.

**400 RELAY—Nevada Las Vegas, 45:83**; Fresno St., 45.96; San Diego St., 46.80; UC Irvine, 46.93. **1,600 RELAY—Nevada Las Vegas, 3:37.36**; Fresno St., 3:40.34; San Diego St., 3:41.29; CS Long Beach, 3:45.69; UC Irvine, 3:49.94.

**HJ—Mendonca (FS), 5-10**; Mariscal (FS), 5-7 1/4; Srubek (FS), 5-7 1/4. **LJ—Wiley (CSLB), 19-8 1/4**; Compton (FS), 19-5 1/4; McKnight (SDS), 19-4 1/4; TJ—Compton (FS), 40-7 1/4; Grelson (UCI), 40-3 1/4; Jackson (UNLV), 39-0 1/4.

**SP—Norton (CSLB), 48-3 1/4**; Leppaluto (SDS), 45-9 1/4; DT—Barnes (FS), 177-10; Norton (CSLB), 169-7; Mosley (FS), 142-7. **JT—Healy (FS), 154-10**; Norton (CSLB), 153-10; Brown (UNLV), 148-7. **HEPTATHLON—Grelson (UCI), 5,367**.

**FINAL TEAM SCORES—Fresno St., 159**; Nev. Las Vegas, 127; UC Irvine and San Diego St., 92; CS Long Beach, 79; CS Fullerton, 25; UC Santa Barbara, 18.

## Oxy Invitational

### May 9, Occidental College:

#### Men

**100—Brown (Beach TC), 10.59**; Moore (Northern Arizona), 10.60; M. Sanford (Unat), 10.68; Messana (Claremont-Mudd), 10.71. **200—Koon (Northern Arizona), 21.06**; Babers (U.S. Air Force), 21.29; Brown (Beach), 21.30; Grisby (Coast Athletics), 21.66.

**400—Strachan (Arizona), 46.73**; Hall (Northern Arizona), 46.85; Jackson (Ujima), 46.99. **800—Goods (Nebraska), 1:47.96**; Herron (Arizona), 1:48.02; Humphrey (Nebraska), 1:48.25; Clarke (Arizona), 1:48.96; Babers (U.S. Air Force), 1:49.00; Shaw (Occidental), 1:50.0 (ht), Cushing-Murray (UCLA), 1:51.25.

**1,500—Verster (Nebraska), 3:43.55**; Cannada (Arizona), 3:47.47; Mawhorter (USC), 3:49.15. **5,000—Guisto (Arizona), 13:57.51**; Bishop (Maccabi), 14:07.70; Maxwell (Arizona), 14:10.25.

**110 HH—Kerho (UCLA), 13.80**; Ashford (S&S), 14.04; Alexander (Ujima), 14.38; Nicholson (Arizona), 14.56; Simmons (S&S), 14.65. **400 IH—Smith (USIU), 52.68**. **3,000 STEEPLCHASE—Quint (Occidental), 9:10.7**.

**400 RELAY—Northern Arizona, 40.46**; LJ—Baylor (S&S), 25-6; TJ—Harper (USC), 51-0 1/2; Garey (San Diego TC), 50-10; West (Track West), 50-9 1/2; Pullins (USC), 50-8; Watts (USC), 49-1.

**SP—Doehring (S&S), 62-2**; Michaels (USC), 55-3 1/4; DT—Wenig (USC), 166p7. **HT—McKee (Canada), 213-6**; Arcaro (All American), 194-2; Prokop (AIA), 193-0; Knight (Unat), 189-0; Ballway (AA), 183-4; Beard (Occidental), 182-10; Ansberry (UCLA), 179-1. **JT—Barnett (AIA), 240-7**; Johnson (NYAC), 214-11.

**Women**

**100—Balden (World Class), 11.44**; DeVega (Philippines), 11.67. **400—Brisco (World Class), 51.50**; Conway (Santa Monica TC), 54.40; Marx (World Class), 54.55.

**800—Chalmers (Northern Arizona), 2:03.52**; Wysocki (Brooks), 2:05.98; Johnson (World Class), 2:06.52. **1,500—Herron (Arizona), 4:22.87**; Carnes (Track West), 4:23.37; Seawright (UCLA), 4:30.90; Trimble (Occidental), 4:32.16.

**3,000—Jacobs (Los Angeles TC), 9:07.38**; Nagle (Run. Ex.), 9:40.52; Fisher (UCLA), 9:44.66; Anetsberger (Northern Arizona), 9:49.65; Trimble (Occidental), 9:51.63.

**400 HURDLES—Koellner (USC), 60.57**. **400 RELAY—World Class, 44.91**; UCLA, 45.04; Northern Arizona, 47.18. **1,600 RELAY—USC, 3:34.48**. **HJ—Johnson (Arizona), 5-10**.

**SP—Torcolacci (Canada), 53-1**; Joyner-Kersey (World Class), 50-5; Larson (Unat), 45-10.

**JT—Wheeler (Stanford), 168-10**; Morro (Unat), 163-8; Oliveria (CSLA), 162-9; Johnson (Northern Arizona), 158-0; Bernstein (CA), 155-9; Joyner-Kersey (World Class), 147-11; Wright (La Verne), 140-10.

## CCAA Champs

### May 8 & 9, Cal State Northridge:

#### Men

**100—Hendrix (CSN), 10.67w** (2.57 m.p.s.); Jackson (CSN), 10.73; Josephson (CPSLD), 10.74. **200—Josephson (CPSLD), 21.66w** (2.3 m.p.s.); Jackson (CSN), 21.87; Hendrix (CSN), 22.05.

**400—Briggs (CSB), 47.52**; Huntington (CSLA), 47.84; Purvis (CSB), 48-17. **800—Roman (CPP), 1:50.74**; Sullivan (CSN), 1:51.36; James (CSN), 1:51.37; Katz (CSB), 1:51.48; Spina (CPP), 1:51.63; Briglia (CSLA), 1:51.76.

continued on next page...



# Results

Fine Flicks by Don Gosney

1,500—James (CSN), 3:46.31; Young (CSLA), 3:48.46 (fell); Roman (CPP), 3:48.71; Griffith (CPSLO), 3:49.66; Walsh (CSN), 3:50.28; 5,000—Livingston (CPSLO), 14:31.83; Griffiths (CPSLO), 14:48.08; Perez (CPP), 14:53.61.

110 HH—Johnson (CPSLO), 14.23w (4.68 m.p.s.); Jeffries (CSN), 14.32; Gilliams (CSLA), 14.43; Lumpkin (CSLA), 14.47; Hamilton (CSLA), 14.59; 400 IH—Johnson (CPSLO), 51.32; Lumpkin (CSLA), 52.20; Fisher (CSN), 52.55; Jeffries (CSN), 52.80.

10,000—Livingston (CPSLO), 31:00.99; Dechard (CSN), 31:43.54; Campbell (CPSLO), 32:17.58; 3,000 STEEPCHASE—Ahluwist (CPSLO), 9:26.2; Acosta (CSLA), 9:32.9; Sinclair (CPP), 9:44.8.

PV—Horvath (CSSLO), 16-0 1/4; Florine (CPSLO), 15-6 1/4; Mikula (CPSLO), 15-6 1/4; LJ—Jackson (CSN), 24-9 1/4; Oporoki (CSLA), 24-3 1/4; Gilmore (CSN), 24-1w (23-1 1/4 legal).

HT—Lange (CSN), 181-9; Neeham (CPP), 177-7; Treece (CSLA), 177-3; JT—Pillchman (CSB), 201-9; Bamish (CSLA), 198-5; Pfeiffer (CSLA), 197-6.

400 RELAY—CS Northridge, 41.03; Cal Poly SLO, 41.47; Cal Poly Pomona, 41.47; Cal Poly Pomona, 41.76; MILE RELAY—CS Bakersfield, 3:13.89; CS Northridge, 3:14.07; CS Los Angeles, 3:14.99.

HJ—Lee (CSB), 7-2 1/4; Jones (CSLA), 7-1; Stewart (CSN), 6-11 1/4; TJ—Oporoki (CSLA), 53-0 1/4 (no wind reading); Hannan (CSN), 48-0; Burnett (CSLA), 45-10 1/4.

SP—McDaniel (CSB), 54-9 1/4; Garza (CSLA), 49-3 1/4; Lange (CSN), 45-10; DT—Garza (CSLA), 164-3; Caneta (CSB), 153-11; Retzer (CSLA), 152-5.

DECATHLON (final)—Bamish (CSLA), 6,699; Pfeiffer (CSLA), 6,678; Leprich (CPSLO), 6,462 (Event leaders); 110 HH—Cline (CPP), 15.4; DT—Pfeiffer, 135.10; PV—Valentine (CPSLO), 14-2 1/4; JT—Bamish, 193-6; 1,500—Stuck (CSN), 4:20.92.

FINAL TEAM SCORES—CS Los Angeles, 175; CS Northridge, 167; Cal Poly SLO, 154; CS Bakersfield, 81; Cal Poly Pomona, 63; UC Riverside, 8; Chapman, 2. COACH OF THE YEAR—Don Strametz (CSN). ATHLETE OF THE MEET—Dave Johnson (CPSLO).

## Women

100—Polk (CPSLO), 12.01w (2.1 m.p.s.); White (CSB), 12.15; Hanson (CPSLO), 12.20; 200—Price (CSB), 24.95 (wind 1.8 m.p.s. aiding); Polk (CPSLO), 25.22; Anthony (CSB), 25.29.

400—Price (CSB), 56.16; Colebrook (CPSLO), 56.36; Stinson (CSN), 56.73; 800—Arreola (CSN), 2:06.15 (meet record, old mark, 2:07.65; G. Prieur, CPSLO, 1986); Prieur (CPSLO), 2:09.26; Stachura (CSN), 2:11.13.

1,500—Arreola (CSN), 4:23.90; DeBettencourt (CPSLO), 4:27.79; Stachura (CPSLO), 4:29.75; 3,000—Prieur (CPSLO), 9:33.13; White (SPSLO), 9:34.13; Stehly (CPSLO), 9:41.05.

100 HURDLES—Hanson (CPSLO), 13.61w (4.08 m.p.s.); Johnson (CPSLO), 14.26; White (CSB), 14.28; Farr (CSN), 14.60; Fortner (CPP), 14.67; 400 HURDLES—Hagan (CPSLO), 60.29; Hanson (CPSLO), 62.05; Turner (CSN), 62.09; Binns (CPSLO), 62.20.

5,000—White (CPSLO), 16:38.61; Stehly (CPSLO), 16:53.48; Bowman (CSN), 17:14.01; 10,000—Rizzo (CPSLO), 37:31.9; Brookes (CSN), 37:58.9; Marks (CPSLO), 39:24.7.

HJ—Wiegman (CPSLO), 5-10; Flynn (CSN), 5-6 1/2; Rhinesmith (CSB), 5-4 1/2; LJ—Sharkey (CPSLO), 18-6 1/4; Franklin (CSN), 18-4 1/4; Lee (CPSLO), 18-3 1/4.

SP—Gail (CPP), 44-5 1/4; Strohmeyer (CPP), 43-10 1/4; Paquette (CPP), 43-10 1/2; JT—Lundberg (CPSLO), 147-8; Lundberg win on best second throw, 146-2 to 141-6; Gainey (CSN), 147-8; Reed (CPP), 138-4.



DARCY ARREOLA

400 RELAY—Cal Poly SLO, 46.83; CS Bakersfield, 47.04; CS Northridge, 47.81; MILE RELAY—Cal Poly SLO, 3:47.99; CS Northridge, 3:51.30; CS Bakersfield, 3:53.02.

TJ—Pile (CSN), 39-5 1/4w (38.4 legal); Davidson (CSN), 38-7; Sharkey (CPSLO), 37-9 1/4; DT—Paquette (CPSLO), 162-6; Gail (CPP), 142-1; Bovec (CSN), 127-8.

HEPTATHLON (final)—Schimek (CPP), 4,930; Glenn (CPP), 4,549; no third. (Event leaders) LJ—Schimek, 16-4 1/4; JT—Schimek, 136-6; 800—Glenn, 2:26.08.

FINAL TEAM SCORES—Cal Poly SLO, 256 (sixth straight title); CS Northridge, 146; Cal Poly Pomona and CS Bakersfield, 77; Chapman College, 13; UC Riverside, 1. COACH OF THE YEAR—Lance Harter (CPSLO). ATHLETE OF THE MEET—Darcy Arreola (CSN).

## S & W Invitational

### Men

100—1. Glance (Sports TC), 10.03w; 2. Witherspoon (Santa Monica TC), 10.07; 3. tie between C. Smith (Sports TC) and McRae (Pittsburgh), 10.10; 200—1. Lewis (Santa Monica TC), 20.25; 2. Evans (unat), 20.40; 3. Smith (Sports TC), 20.43.

400—1. Morris (Jamaica), 45.37; 2. Daniel (Team Elite), 45.98; 800—1. Konchellah (Kenya), 1:47.11; 2. J. Robinson (Santa Monica TC), 1:47.14; 3. Theriot (Adidas), 1:47.75.

MILE—1. Padilla (Athletics West), 3:58.50; Guy (unat), 3:58.56; 3. Oldfield (Oregon International), 4:00.12; 3,000 STEEPCHASE—1. Hyde (U.S. Air Force), 8:31.0; 2. Hoff (Reebok), 8:38.0; Marsh (Athletics West), 8:44.6.

110 HH—1. Campbell (Bee-Fit), 13.19; 2. Pierce (Karam), 13.49; 3. Stewart (Cheetahs), 13.57; 4. Dixon (unat), 13.65; 5. Jett (California), 13.76; 6. Kingdon (unat), 13.80; 400 IH—1. Ba (Senegal), 48.90; 2. K. Young (UCLA), 49.33; 3. B. Williams (S&S), 49.54.

400 RELAY—1. Sports TC (Glance, Moore, W. Smith, C. Smith), 39.10; 2. Odessa CC, 39.10; 3. China, 39.95; 800 RELAY—1. Santa Monica TC (Clark, Floyd, Lewis, Witherspoon), 1:20.6; 2. Odessa JC, 1:21.2; 1,600 RELAY—1. UCLA, 3:02.44; 2. Odessa JC, 3:03.90; 3. Rice, 3:04.46.

HJ—1. Stanton (S&S), 7-5 1/4; 2. Kemp (Boise St.), 7-5 1/4; Balkin (S&S), 7-3 1/4; PV—1. Vigneron (France), 18-6 1/4; 2. Tarpenning (NYAC), 18-6 1/4; 3. Kenworthy (S&S), 18-6 1/4.

JT—1. Kimble (unat), 56-11 1/4; 2. Banks (unat), 55-11 1/4; 3. Elliott (unat), 54-8; SP—1. Heisler (NYAC), 62-2 1/4; 2. Plunknett (unat), 59-10 1/4; 3. Muse (Boise St.), 59-4 1/4.

DT—1. Buncie (NYAC), 243-5; 2. Burns (Athletics West), 205-8; 3. Bindley (S&S), 205-2; 4. Svensson (Sweden), 197-6; 5. Heisler (Indiana TC), 195-11; HT—1. Daal (NYAC), 243-5; 2. Green (Mazda), 241-1; 3. Driscoll (unat), 223-10.

### Women

100—1. Ottey Page (Los Angeles TC), 11.11; 3. Marshall (LATC), 11.20; 3. A. Brown (Stars & Stripes), 11.22; 4. Inniss (Atoms), 11.26; 5. D. Williams (Puma), 11.29; 6. Young (Young Achievers), 11.44; 400—1. Thimm (West Germany), 62.00; 2. S. Howard (S&S), 62.98; 3. Thomas (Jamaica), 53.54.

800—1. Gallagher (Los Angeles TC), 2:03.81; 2. Parrott (Indiana TC), 2:04.43; 3. Mosqueda (CS Los Angeles), 2:04.55.

100 HURDLES—1. McKenzie (S&S), 13.16; 2. Blanford (unat), 13.32; 3. Day (Sacramento TC), 13.48; 400 HURDLES—1. Brown-King (Athletics West), 57.25; 2. Freeman (LSU TC), 57.81; 3. Bryant (LATC), 58.47; 4. Epps (Cheetahs), 58.83.

HJ—1. Graves (Kansas St.), 6-2; Jampolsky (Oregon), 6-0 1/4; 3. tie between Buchan (Coast Athletics) and Clark (CA), 5-10.

LJ—1. S. Williams (CA), 21-6 1/4; 2. Hudson (California), 21-1 1/4; 3. Brown (USC), 21-0 1/4; TJ—1. Brown (USC), 44-2; 2. Hudson (California), 44-1 1/4; 3. Bates (USC), 43-10.

SP—1. Pagel (Mazda), 62-10; 2. Dukes (unat), 57-8 1/4; 3. Dasse (CA), 56-4 1/4; DT—Nickerson (Sacramento TC), 176-3; 2. Brown (Oregon), 172-2; 3. Kaylor (CA), 167-9.

5. Hawkins (Accusplit), 45-9 (ht); 6. Lewis (Fremont American HS), 46-6 (ht).

800—1. Gray (Santa Monica TC), 1:44.65 (meet record, old mark, 1:44.72; Gray, 1985); 2. Redwine (Athletics West), 1:45.35; 3. Barbosa (Brazil), 1:46.54; 4. Armour (Puma), 1:47.25; 5. Theriot (Adidas), 1:47.79.

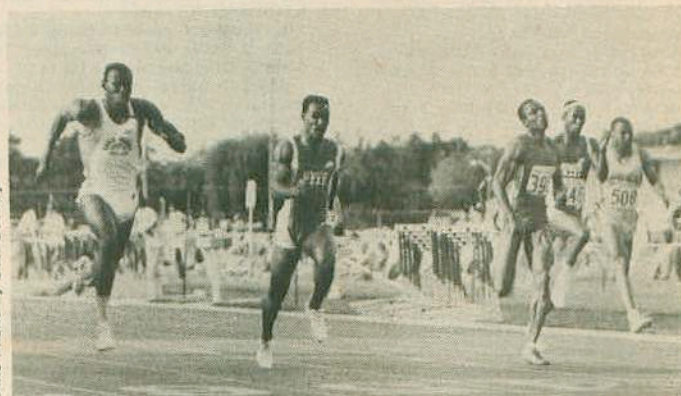
MILE—1. Scott (Tiger), 3:59.08; 2. Spivey (Athletics West), 3:59.93; 3.

Fine Flicks by Don Gosney



WENDY BROWN

Fine Flicks by Don Gosney



S & W 100 (left to right): Mark Witherspoon, Harvey Glance, Calvin Smith, Dwayne Evans, Mike Marsh.

## Pepsi Invitational

May 16, UCLA:

### MEN

100—1. Witherspoon (Santa Monica TC), 10.14 (wind 0.6 m.p.s. aiding); 2. Glance (Tyson's), 10.14; 3. Thomas (UCLA), 10.18; 4. Marsh (UCLA), 10.26; 5. Morales (USC), 10.28; 6. Woodson (Purdue), 10.34; 7. Watts (Taft HS), 10.36; 8. Zhen (China), 10.37; 9. Floyd (Santa Monica TC), 10.39.

200 (Oly. Dev.)—1. Thomas (UCLA), 20.37 (wind 0.2 m.p.s. against); 2. Watts (Taft HS), 20.87; 3. Brown (San Diego TC), 20.9 (ht); 4. Li (China), 21.0 (ht); 5. Moore (Sports TC), 21.5 (ht).

400—1. Egbunike (Nigeria), 44.75; 2. Everett (UCLA), 44.88; 3. McKay (Puma), 45.22; 4. Phillips (World Class), 45.4 (ht).

Hacker (Athletics West), 4:00.3.

110 HH—1. Foster (World Class), 13.1 (wind 0.2 m.p.s. against); 2. Campbell (Stars & Stripes), 13.1; 3. Kingdon (Reebok), 13.3; 4. Woodson (Purdue), 13.8; 5. Stewart (Cheetahs), 13.8; 6. Reading (USC), 13.9.

400 RELAY—1. China, 39.86; 2. BYU, 40.07; 3. San Diego TC, 40.41; 4. Ujima, 40.91; 5. Fresno St., 41.03.

HIGH JUMP (Oly. Dev.)—1. Stanton (Stars & Stripes), 7-5 1/4; 2. tie between Balkin (Stars & Stripes) and Saunders (Bermuda), 7-2 1/4; 4. Stones (Tiger), 7-1; 5. Lee (CS Bakersfield), 7-1; 6. Lucero (AIA), 7-1.

POLE VAULT—1. Tully (Mazda), 19-0 1/4 (meet record, old mark, 18-11 1/4; Tully, 1986); 2. Fraley (Fresno St.), 18-4 1/2; 3. Kenworthy (Stars & Stripes), 18-4 1/2; 4. Bell (Pacific Coast Club), 18-0 1/4.

TRIPLE JUMP—Banks (Mazda), 54-10 1/4 (wind 1.2 m.p.s. aiding); 2. Emordi (Texas Southern), 53-4 1/4 (wind 1.5 m.p.s. aiding); 3. Oporoki (CS Los Angeles), 53-2 1/4 (wind 0.8 m.p.s. aiding).

continued on next page...



# Results

photo by Richard Lee Slotkin



JACKIE JOYNER-KERSEE

**SHOTPUT**—1. Brenner (Mazda), 11-8 1/4 (meet record, old mark, 70-6 1/4, Brian Oldfield, UCTC, 1980, and Kevin Atkins, Athletics West, 1986); 2. Taffris (Stars & Stripes), 69-6 1/4; 3. Atkins (Athletics West), 67-4 1/4; 4. McDermott (New York AC), 64-9 1/4; 5. Oldfield (Chicago TC), 62-7 1/4; 6. Banich (UCLA), 62-3 1/4; 7. Doehring (Stars & Stripes), 62-0 1/2; 8. Blutreich (UCLA), 59-0.

**JAVELIN** (Oly. Dev.)—1. Bradstock (Britain), 259-5; 2. Barnett (AIA), 258-3; 3. Connolly (UCLA), 239-0; 4. Bender (Stars & Stripes), 237-2.

## WOMEN

**200**—1. Devers (UCLA), 22.85 (wind 0.6 m.p.s. against); 2. Brown (Stars & Stripes), 23.34; 3. Inniss (Atoms), 23.64; 4. Howard (Stars & Stripes), 23.71; 5. Green (UNLV), 23.93; 6. Newton (Firehouse St.), 24.34.

**400**—1. Brisco (World Class), 50.71; 2. Walton-Floyd (Santa Monica TC), 51.75; 3. Howard (Stars & Stripes), 51.9 (ht); 4. Cabell (Coast Athletics), 52.5; 5. Washington (Santa Monica TC), 52.8.

**800**—1. Hull (Nevada Las Vegas), 2:00.65; 2. Groenendaal (Adidas), 2:01.74; 3. Conway (Santa Monica TC), 2:02.51; 4. Gallagher (Los Angeles TC), 2:02.58; 5. Gutowski (LA Mercuriettes), 2:04.96; 6. Bayles (unat), 2:06.31.

**1 MILE**—1. Knisely (New Balance), 4:29.04; 2. Chalmers (Northern Arizona), 4:29.86; 3. Deltfelsen-Shesky (Athletics West), 4:30.10; 4. Colebrook (Cal Poly SLO), 4:36.05; 5. Ralston (unat), 4:37.35; 6. Rabbitt (UC Irvine), 4:38.2 (ht).

**100 HURDLES** (hand timed)—1. Joyner-Kersey (World Class), 12.6 (wind 0.6 m.p.s. aiding, meet record, hand timed); 2. Thompson (UCLA), 13.3; 3. Tolbert (Arizona St.), 13.4; 4. McGee-Hamilton (LA Mercuriettes), 13.5.

**400 HURDLES**—1. Sheffield (San Diego TC), 58.39; 2. Maxie (USC), 57.54; 3. Kellon (UCLA), 57.98; 4. Epps (Cheetahs), 58.59; 5. Wright (San Diego TC), 58.85; 6. Vickers (unat/Pomona HS), 59.21.

**LJ**—1. Joyner-Kersey (World Class TC), 22-7 (wind 0.5 m.p.s. aiding, meet record, old mark, 21-1 1/4, Jennifer Inniss, Atoms, 1986); 2. Inniss (Atoms), 22-1 (wind 1.0 m.p.s. aiding); 3. Bell (Cheetahs), 19-9.

ATTENDANCE—9,003

photo by Richard Lee Slotkin



STEVE SCOTT

## Los Angeles Invitational T&F Meet

May 17, Cal State Los Angeles.

### Men's Results

**100m**: 1. Rex Brown (San Diego TC) 10.58, 2. Darryl Hudson (San Diego St) 10.61, 3. Gregg Holmes (S&S TC) 10.63.

**200m**: 1. Sangouma (France) 20.76, 2. Rex Brobbly (Ghana) 21.20, 3. Berry Kettell (USMC) 21.23.

**400m**: 1. Derek Redmond (England) 46.05, 2. Biggers (SMTC) 46.42, 3. Brian Jones (SDTC) 46.83.

**800m**: 1. Eric Schermerhorn (USC) 1:49.30, 2. Scott Baker (UCSB) 1:50.37, 3. Rod Brower (Unat.) 1:50.55.

**1500m**: 1. Frank Morgan (Am. West Airlines) 3:48.00, 2. Steve Chipman (RunExTC) 3:48.19, 3. Rod Curry (Unat.) 3:50.26.

**3000m Steeplechase**: 1. Dave Daniels (Unat.) 9:04.7MR, 2. Rafael Cohenares (RunExTC) N.T., 3. Bert Amman (UCLA) 9:27.2.

**5000m**: 1. Steve Ortiz (Adidas TC) 14:28.89, 2. Zasfers (UCLA) 14:34.19, 3. Phillip Armijo (Unat.) 14:35.00.

**10,000m**: 1. Randy Hoyle (USMC) 31:36.4, 2. Victor Morales (CSLA) 33:41.7, 3. Todd Kapeller (USMC) 40:47.6.

**110m High Hurdles**: 1. James McCraney (Unat.) 14.08MR, 2. Derek Knight (UCLA) 14.10, 3. David Ashford (S&S TC) 14.11.

**400m IH**: 1. George Porter (USC) 50.69, 2. Ken Smith (USIU) 52.32, 3. Andrew Fields (So Bay TC) 52.95.

**400m Relay**: 1. US Marine Corps A, 42.13, 2. US Marine Corps B 42.33, 3. San Bernardino Valley TC 42.67.

**1600m Relay**: 1. Cal State Northridge 3:13.36, 2. Cal State Los Angeles A, 3:14.64, 3. US Marine Corps 3:27.79.

**High Jump (College)**: 1. Anthony Mudy (CPSLO) 6-11 1/4, 2. Dan McNamara (Unat.) 6-10, 3. Frank Eatmon (CSLA) 6-10.

**High Jump (Open)**: 1. Leo Williams (USN) 7-2, 2. Steve Jones (CSLA) 7-2, 3. Dan McNamara (Unat.) 7-0.

**Long Jump**: 1. Gordon Laine (Lay Witnesses for Christ) 24-1 1/4, 2. Rodney Van (SDSU) 24-7 1/4, 3. Jerry Gilmore (CSNorthridge) 24-1 1/4.

**Pole Vault**: 1. Bill Thilken (Nordic TC) 16-6, 2. Bill Halverson (SDTC) 16-6, 3. Tom Lomheim (Azusa Pacific) 16-0 1/4.

**Triple Jump**: 1. Greg Harper (USC) 50-7 1/4, 2. Darryl Taylor (So Bay TC) 50-4 1/4, 3. Adrian Justice (UC Irvine) 48-1 1/4.

**Javelin**: 1. Al Collatz (Unat.) 214-10, 2. James Barry (Unat.) 178-5, 3. Scott Piffel (All-Am TC) 175-3.

**Hammer (College)**: 1. Keith Ansberry (UCLA) 181-7, 2. Rande Treece (CSLA) 179-11, 3. Rod Carrillo (CSLA) 169-3.

**Hammer (Open)**: 1. Bill Green (Mazda TC) 252-7, 2. Mike Maynard (S&S TC) 229-5, 3. Dave Wilson (UCLA) 210-10.

**Shot Put**: 1. John Bender (Unat.) 65-6, 2. Jim Banich (UCLA) 62-4 1/2, 3. Brian Blutreich (UCLA) 57-10 1/4.

**Discus (College)**: 1. Oscar Garza (CSLA) 174-4, 2. Jeff Canata (CSBakersfield) 164-7, 3. Douglas Fernandez (RunExTC) 153-11.

**Discus (Open)**: 1. Mike Buncic (NYAL) 214-7, 2. Art McDermott (NYAC) 192-8, 3. Jim Banich (UCLA) 189-7.

**Decathlon**: 1. John Pfeifer (CSLA) 6753, 2. Jim Bamish (CSLA) 6037.

### Women's Results

**100m**: 1. Jeanette Bolden (World Class TC) 11.61, 2. Andralette Gill (S&S TC) 11.65, 3. Nikki Williams (UCLA) 11.98.

**200m**: 1. Andralette Gills (S&S TC) 24.02, 2. Cathy Roberts (Long Beach State) 24.20, 3. Kirsten Church (UCLA) 24.44.

**400m**: 1. Valerie Brisco (World Class TC) 51.85, 2. Choo Choo Knighten (UCLA) 54.58, 3. Kerri Zaleski (Long Beach State) 54.75.

**800m**: 1. Julie Seline (USC) 2:10.86, 2. Kiki Laboteaux (UCLA) 2:10.96, 3. Kirstin Dowell (Unat.) 2:11.53.

**1500m**: 1. Kim Gallagher (LATIC) 4:25.00, 2. Teresa Poy (Cal State Northridge) 4:39.78, 3. Sydney Thatcher (CPSLO) 4:40.46.

**3000m**: 1. Cynthia Nagle (RunExTC) 9:41.96, 2. Barbara Gaenslen (UCSB) 9:48.00, 3. Bernadette Torres (UCSB) 10:06.9.

**100m Hurdles**: 1. Janet Harvey (S&S TC) 13.78, 2. Nikki Williams (UCLA) 13.82, 3. Maureen McGee Hamilton (LA Merc) 14.05.

**400m Hurdles**: 1. Robin Marks (World Class TC) 58.85, 2. Rosalyn Bryant (LATIC) 59.23, 3. Nicole Thompson (UCLA) 61.93.

**400m Relay**: 1. World Class TC 44.40, 2. UCLA 45.19, 3. US Marine Corps 51.81.

**Long Jump**: 1. Lori Costello (All-Am TC) 18-8, 2. Angela McKnight (SDSU) 18-1 1/4, 3. Danielle Sharkey (CPSLO) 17-7.

**High Jump**: 1. Sue Patterson (CstAth) 6-0 1/2, 2. Lori Clark 5-10, 3. Jane Buchan (CstAth) 5-8.

**Triple Jump**: 1. Gaylen Ames (SDSU) 38-1 1/4, 2. Erin Simms (UCLA) 37-0 1/2, 3. Rhondelyn McCloney (Long Beach State) 36-9 1/2.

**Javelin**: 1. Cathie Wilson (CstAth) 181-0, 2. Cathy Sulinski (Puma TC) 170-0, 3. Deena Bernstein (CstAth) 160-8.

**Shot Put**: 1. Melody Torcolacci (U.Manitoba) 56-5 1/4, 2. Diana Clements (USC) 53-1 1/4, 3. Brani Gail (CPP) 46-1 1/4.

**Discus**: 1. Laura DeSnoo (SDTC) 188-10, 2. Kris Larsen (Unat.) 166-9, 3. Stacey Hom (CSLA) 150-3.

## Southern Cal TAC Championships

May 23, UCLA:

### Men

**100**—Wheeler (Stars & Stripes), 10.46; 2. Daniels (Santa Monica TC), 10.49; 3. Brown (San Diego TC), 10.53; 4. Freeman (SdTC), 10.53; 5. Holmes (S&S), 10.59; 6. Milner (SDTC), 10.61.

**200**—Sangouma (France), 20.97; 2. Jones (S&S), 21.28; 3. Holmes (S&S), 21.31; 4. Rowe (Accusplit), 21.36; 5. Thippen (SDTC), 21.37.

**400**—1. Rowe (Accusplit), 45.80; 2. Biggers (SMTC), 46.11; 3. Babers (U.S. Air Force), 46.28; 4. Parker (Ujima), 46.85.

**800**—1. Bunch (unat), 1:50.3; 2. Goulet (UC Irvine), 1:51.4; 3. James (CS Northridge), 1:51.8; 4. Fitzgerald (Brown), 1:51.6; 5. Atkins (Cheetahs), 1:51.7; 6. Movee (SMTC), 1:51.7.

**1,500**—1. Greer (SDTC), 3:45.48; 2. Luevano (SMTC), 3:46.09; 3. Jordan (SMTC), 3:46.26; 4. Cushing-Murray (UCLA), 3:46.30; 5. J. Ortiz (UCLA), 3:49.74; 6. Jaspers (Netherlands), 3:50.36.

**5,000**—1. Bishop (Rockwell TC), 13:59.19; 2. J. Ortiz (UCLA), 14:24.17, 10,000—1. Barney (Arkansas TC), 28:46.50; 2. Scannell (Adidas), 29:55.01; 3. Weston (San Fernando Valley TC), 30:54.81.

**110 HURDLES**—1. Woodson (Los Angeles TC), 13:72; 2. McCraney (unat), 13.94; 3. Lenstohm (S&S), 14.15; 4. Ashford (S&S), 14.22; 5. Simmons (S&S), 14.33.

**400 HURDLES**—1. Cooper (S&S), 51.63; 2. Smith (Cheetahs), 52.66; 3. Joyce (Long Beach CC), 52.69; 4. Graham (Iowa St.), 52.88.

**3,000 STEEPLECHASE**—1. Matthews (unat), 8:45.89; 2. Chipman (Running Ex.), 8:53.40; 3. Coimenoires (Venezuela), 8:55.66.

**HIGH JUMP**—1. Nordquist (Tiger), 7-2 1/2; 2. Balkin (S&S), 7-2 1/2; 3. McNamara (unat), 7-0; 4. Haynes (Athletics Inc.), 6-10; 5. tie between Salazar (unat) and Moody (CPSLO), 6-10.

**POLE VAULT**—1. Ward (Mazda), 17-4; 2. Thilken (Nordic), 17-4; 3. Halverson (SDTC), 17-0; 4. Horvath, (CPSLO), 17-0; 5. Mulligan (Arizona St.), 16-8.

**LONG JUMP**—1. Cannon (Cheetahs), 24-4 1/4; **TRIPLE JUMP**—1. Taylor (South Bay), 50-6 1/4; 2. Parish (Mt. SAC), 49-5.

**SHOTPUT**—1. McDermott (New York AC), 63-6; 2. Plucknett (Striders), 62-1 1/4; 3. Suellohn (Nike), 60-1 1/4.

**DISCUS**—1. Buncic (NYAC), 204-3; 2. Wilkey (Maccabi), 201-0; 3. McDermott (NYAC), 195-2; 4. Thompson (Westwood TC), 180-8.

**HAMMER**—1. Mileham (NYAC), 233-0; 2. Williams (Santa Monica College), 180-10; 3. Piberthaler (unat), 176-7.

**JAVELIN**—1. Collatz (unat), 227-4; 2. Bender (S&S), 221-3; 3. Fernandez (Running Ex.), 218-0; 4. Baker (AIA), 201-0.

**WOMEN**  
**100**—1. Ashford (Mazda), 11.28 (wind 1.35 m.p.s. aiding); 2. Inniss (Atoms), 11.33; 3. Cuthbert (Jamaica), 11.44; 4. Givens (Puma), 11.57; 5. Giddens (Santa Monica College), 11.91.

**200**—1. Ottey (Jamaica), 22.61 (wind 1.20 m.p.s. against); 2. Givens (Puma), 22.97; 3. Williams (Puma), 23.11; 4. Cabell (Coast Athletics), 24.35.

**400**—1. Cabell (CA), 53.07; 2. Roberts (CA), 54.55; 3. Hommens (SDTC), 54.94; 4. Gutowski (Mercuriettes), 55.09; 5. Willis (South Bay TC), 55.39; 6. Turner (Mercuriettes), 55.66.

**800**—1. Gallagher (LATIC), 2:02.03; 2. Ross (SDTC), 2:05.88; 3. Arreola (CS Northridge), 2:08.22; 4. Ralston (Track West), 2:09.83.

**1,500**—1. Wysocki (Brooks), 4:15.76; 2. Ward (SMTC), 4:21.01; 3. Metcalf (unat), 4:23.03; 4. Ralston (TW), 4:24.40.

**3,000**—1. Jacobs (Los Angeles TC), 9:10.45; 2. Nagle (Running Ex.), 9:39.85; 3. Kanes (TW), 9:50.18; 4. Almenadri (Santa Monica College), 9:55.88.

**5,000**—Lasse-Johnson (unat), 16:39.35.

**100 HURDLES**—1. Washington (Muza), 13.60; 2. Frazier (SBTC), 13.85; 3. Tarr (TW), 14.42.

**400 HURDLES**—1. Bryant (LATIC), 58.98.

**HJ**—1. Clarke (CA), 6-0 1/4; 2. Patterson (CA), 5-10 1/2; 3. Buchan (CA), 5-10 1/2; 4. Tarr (TW), 5-6 1/2.

**LJ**—1. Inniss (Atom), 21-0 1/4.

**SP**—1. Dasse (CA), 60-4; 2. Gail (CPP), 47-10 1/4; 3. Barnes (SBTC), 44-5 1/4.

**DT**—1. DeSnoo (SDTC), 186-1; 2. Dasse (CA), 185-4; 3. Kaylor (CA), 170-7; 4. K. Larson (unat), 164-7; 5. Barnes (SBTC), 156-3; 6. Gail (CPP), 146-5.

**JT**—1. K. Smith (CA), 194-4 (first throw in two years); 2. Sutfin (LATIC), 191-7; 3. Tarr (TW), 157-3; 4. Schmick (CPP), 145-9.



# Results

photo by Burt Davis



GAIL DEVERS

## PAC 10 Champs

May 24, Corvallis, OR:

### Men

100—1. Morales (USC), 10.45; 2. Thomas (UCLA), 10.59; 3. Marsh (UCLA), 10.65; 4. Mahorn (California), 10.72; 5. Dannis (Oregon), 10.81; 6. Gonsolin (CI), 10.94.  
200—1. Thomas (UCLA), 20.24; 2. Morales (USC), 20.44; 3. Everett (UCLA), 20.49; 4. Marsh (UCLA), 20.59; 5. Mahorn (CI), 20.75; 6. Dannis (CI), 21.20.  
400—1. Everett (UCLA), 45.52; 2. Senior (Arizona St.), 46.16; 3. Washington (UCLA), 46.32; 4. Lanning (OI), 46.54; 5. Durr (Washington St.), 46.90; 6. Williams (OI), 47.5.  
800—1. Herron (Arizona), 1:47.68; 2. Manson (WS), 1:48.25; 3. Anderton (OI), 1:48.32; 4. Schermerhorn (USC), 1:48.74; 5. Clarke (A), 1:48.80; 6. Phillips (UCLA), 1:49.29.  
1,500—1. Stirling (Washington), 3:44.29; 2. Olesen (Stanford), 3:45.63; 3. Quade (A), 3:45.76; 4. Kuphaldt (OI), 3:46.87; 5. Dunbar (OI), 3:47.27; 6. Peterson (OI), 3:47.48.  
5,000—1. Cannada (A), 13:53.29; 2. Giusto (A), 13:58.55; 3. Nelson (OI), 14:04.39; 4. Gaffield (UCLA), 14:09.88; 5. Junkermann (UCLA), 14:13.00; 6. Navarrette (WS), 14:14.51.  
10,000—1. Navarrette (Washington St.), 29:54.39; 2. Mayiek (USC), 30:13.97; 3. Bennion (Oregon), 30:16.74; 4. Bergesen (OI), 30:31.89; 5. Reinke (Washington), 30:32.99; 6. Yuster (UCLA), 30:41.9.

3,000 STEEPCHASE—1. Bell (W), 8:36.68; 2. Nelson (OI), 8:38.59; 3. Hemstrom (Oregon St.), 8:40.04; 4. Junkermann (UCLA), 8:40.81; 5. Ramirez (Arizona), 8:45.32; 6. Flamm (California), 8:45.46.

HAMMER—1. Jonsson (WS), 237.2; 2. Thomas (OS), 209.3; 3. Finch (OI), 201.4; 4. Wilson (UCLA), 200.8; 5. Tolputt (USC), 200.5; 6. Billingsley (WS), 199.7.

LONG JUMP—1. Birden (OI), 25.84; 2. Berry (OI), 25.74; 3. Young (UCLA), 24.94; 4. Gambetta (WS), 24.34; 5. Olivan (USC), 24.3; 6. Duncan (AS), 24.24.

JAVELIN—1. Miller (WS), 248.11; 2. Mendenhall (WS), 242.1; 3. Connolly (UCLA), 239.6; 4. Roberson (W), 231.7; 5. Rockett (W), 222.5; 6. Skipper (OI), 219.4.

SHOTPUT—1. Banich (UCLA), 63.54; 2. DeSouza (OI), 60.104; 3. Sweeney (UCLA), 58.104; 4. Blutreich (UCLA), 58.14; 5. Johnson (W), 57.74; 6. Michaels (USC), 57.44.

110H—1. Parker (AS), 13.52; 2. Kerho (UCLA), 13.57; 3. K. Young (UCLA), 13.87; 4. Brown (WS), 14.00; 5. Jett (CI), 14.04; 6. R. Young (UCLA), 14.08.

400H—1. K. Young (UCLA), 50.08; 2. Bugg (AS), 50.23; 3. Jett (CI), 50.47; 4. R. Young (UCLA), 51.38; 5. Chiamulera (OI), 51.79; 6. Rucker (AS), 51.90.

400 RELAY—1. UCLA (Marsh, Everett, Young, Thomas), 39.46; 2. Arizona St., 39.75; 3. USC, 39.95; 4. California, 49.69; 5. Oregon, 40.79; 6. Arizona, 41.71.

1,600 RELAY—1. UCLA (Washington, Stanich, K. Young, Everett), 3:07.49; 2. USC, 3:11.80; 3. Washington St., 3:11.81; 4. Arizona, 3:11.92; 5. Stanford, 3:15.38; 6. Oregon St., 3:16.55.

HIGH JUMP—1. Harris (CI), 7-2 1/2; 2. Noji (W), 7-2 1/2; 3. Rogers (CI), 7-2 1/2; 4. Morris (CI), 7-0 1/2; 5. Marshall (SI), 6-10 3/4; 6. Hodnot (OS), 6-8 3/4.

DISCUS—1. Banich (UCLA), 194.3; 2. DeSouza (OI), 194.0; 3. Tabish (W), 189.9; 4. Nisula (CI), 189.4; 5. Schneider (SI), 185.11; 6. Blutreich (UCLA), 184.11.

TRIPLE JUMP—1. Berry (OI), 53.64; 2. Williams (OI), 52.84; 3. Washington (UCLA), 52.34; 4. Williams (CI), 52.2; 5. Harper (USC), 52.04; 6. Mooring (CI), 50.114.

POLE VAULT—1. White (USC), 17-4 1/2; 2. Klassen (USC), 17-0 1/2; 3. Richards (UCLA), 16-4 3/4; 4. Mulligan (AS), 16-0 1/4; 5. Till (OS), 15-9; 6. Lewis (WS), 15-9.

TEAM SCORES (final)—UCLA, 176; Oregon, 108; Washington St., 79; USC, 69; California, 58; Washington, 45; Arizona, 43; Arizona St., 40; Oregon St., 18; Stanford, 14.

### Women

100—1. Devers (UCLA), 11.17; 2. Qualls (WS), 11.52; 3. Jones (A), 11.77; 4. Mayberry (USC), 11.85; 5. Tolbert (AS), 11.94; 6. Church (UCLA), 12.07.  
200—1. Devers (UCLA), 22.71; 2. McGraw (USC), 23.27; 3. Qualls (WS), 23.30; 4. Hunter (OI), 23.77; 5. Mayberry (USC), 23.79; 6. Phillips (UCLA), 23.99.  
400—1. McGraw (USC), 53.23; 2. Phillips (UCLA), 53.31; 3. Taylor (USC), 53.51; 4. Knighten (UCLA), 53.84; 5. Holmes (AS), 54.77; 6. Foster (AS), 55.03.  
800—1. N'Drin (WS), 2:05.13; 2. Bolender (W), 2:05.73; 3. Dong (W), 2:06.75; 4. Noll (USC), 2:06.81; 5. Muir (WS), 2:07.99; 6. Morris (OI), 2:08.40.  
1,500—1. Graves (OI), 4:18.57; 2. Davis (CI), 4:19.00; 3. Chapel (UCLA), 4:22.21; 4. Harper (AS), 4:23.00; 5. Lyon (USC), 4:27.38; 6. Ley (WS), 4:29.71.  
100 HURDLES—1. Devers (UCLA), 13.28; 2. Tolbert (AS), 13.29; 3. Thompson (UCLA), 13.69; 4. Williams (UCLA), 13.93; 5. tie between O'Brien (OI) and Stark (OS), 14.15.  
400 HURDLES—1. Maxie (USC), 57.29; 2. Kellon (UCLA), 58.32; 3. Board (SI), 59.46; 4. Stark (OI), 59.84; 5. Koelner (UCLA), 60.89; 6. Thompson (UCLA), 61.39.  
400 RELAY—1. UCLA (Thompson, Phillips, Church, Devers), 44.45; 2. Washington St., 45.08; 3. USC, 45.14; 4. Oregon, 45.83; 5. Arizona St., 45.89; 6. Washington, 47.13.

3,000—1. Hand (OI), 9:13.86; 2. Plumer (UCLA), 9:14.54; 3. Graves (OI), 9:14.62; 4. Herron (A), 9:24.78; 5. Gray (SI), 9:39.69; 6. Chapman (UCLA), 9:43.96.

10,000—1. LaMena (AS), 34:51.24; 2. Johnson (OI), 35:07.92; 3. O'Hara (CI), 35:25.28; 4. Urrutia (W), 35:30.56; 5. Porter (UCLA), 35:54.14; 6. Dore (A), 36:14.57.

HIGH JUMP—1. Borsheim (W), 6-0 1/4; 2. Johnson (A), 5-10 3/4; 3. Jampolsky (OI), 5-10 3/4; 4. Fink-Sisniega (A), 5-10 3/4; 5. tie between Vidakovits (CI) and Belzner (AS), 5-9.

SHOTPUT—1. Clements (USC), 55.44; 2. Garrett (A), 52-10 3/4; 3. Jones (W), 50-8 1/4; 4. Purpur (SI), 50-0; 5. Ross (W), 49-7 1/4; 6. Brown (OI), 48-0 1/4.

LONG JUMP—1. Devers (UCLA), 21-10; 2. Hudson (CI), 21-4 1/4; 3. Bates (USC), 21-0 1/2; 4. Brown (USC), 21-0 1/4; 5. Jampolsky (OI), 20-3 1/2; 6. Jones (A), 20-3 1/4.

JAVELIN—1. Uusitalo (W), 180-7; 2. Wheeler (SI), 174-5; 3. Coe (WS), 170-9; 4. Clements (USC), 168-8; 5. Smith (OI), 164-4; 6. Bailey (CI), 156-11.

1,600 RELAY—1. UCLA (Kellon, Knighten, Phillips, Devers), 3:33.81; 2. USC, 3:40.09; 3. Oregon, 3:41.59; 4. Washington St., 3:43.80; 5. California, 3:44.78; 6. Arizona St., 3:46.20.

DISCUS—1. Lavine (WS), 189-7; 2. Lutiens (UCLA), 181-2; 3. Garrett (OI), 179-1; 4. Purpur (SI), 175-9; 5. Brown (OI), 167-10; 6. Paris (USC), 165-10.

TRIPLE JUMP—1. Hudson (CI), 44-8; 2. Jones (A), 43-4 1/4; 3. Bates (USC), 42-11; 4. Brown (USC), 42-2; 5. Thorsland (OI), 39-11 1/2; 6. Goodrich (OI), 39-7 3/4.

TEAM SCORES (final)—UCLA, 121; USC, 107; Oregon, 85 1/2; Arizona, 60; Washington St., 55; Washington, 49; California, 40 1/2; Arizona St., 35 1/2; Stanford, 30; Oregon St., 5 1/4.

800m: 1. David Timmons (Golden Bear TC) 1:50.04, 2. David Ottaway (Cal) 1:50.68, 3. Don Daves (FSU) N.T.

110m High Hurdles: 1. Pat Duffy (Cal) 14.07, 2. Kevin McPherson (Cal) 14.36, 3. Tim Baker (FSU) 15.53.

400m Hurdles: 1. George Porter (USC) 50.44, 2. Don Daves (FSU) 53.84, 3. Hugh Adams 1:00.60.

1 Mile: 1. John King (FSU) 4:28.6, 2. Dan Vega (FCC) 4:31.4, 3. Darin Jauregui (Taft JC) 4:32.8.

High Jump: 1. Jeff Rodgers (Cal) 6-10, 2. Mark Thompson (Unat) 6-6, 3. Tim Baker (FSU) 6-4.

Long Jump: 1. Randy Williams (Unat) 23-10, 2. Eric Wright 23-5, 3. Bryon Young 23-3 1/4.

Triple Jump: 1. Henry Ellard (LA Rams) 54-6 1/2, 2. Cornell Archie (FSU) 52-8 1/4, 3. Ken Frazier (FSU) 52-8.

Pole Vault: 1. Scott Krupinski (FSU) 17-6 1/2, 2. Steve Hardison (Unat) 16-0, 3. Todd Sprague (FSU) 16-0.

Javelin: 1. Steve Roller (Unat) 243-5, 2. Roy Seidmeyer (FSU) 233-7, 3. Allan Colatz 227-5.

Shot Put: 1. John Bender (FSU) 59-7 1/4, 2. Ron McKee 57-9, 3. Daron Crass (FSU) 41-10 1/4.

Hammer: 1. Matt Mileham (NYAC) 226-5, 2. Mike Ostrom (FSU) 203-5, 3. Daron Crass (FSU) 200-3.

Discus: 1. Mike Buncie (NYAC) 210-0, 2. Paul Bender (Unat) 193-11, 3. Andy Morris (FSU) 144-2.

110m Hurdles (High School): 1. Dante Stewart (Lemoore HS) 15.11, 2. Tom Parry (Lemoore HS) 15.45.

### Women's Results

100m: 1. Michele Winder (Unat) 12.93, 2. Michelle Ponsetto (FSU) 12.97.

200m: 1. Natalie Day (Sacto TC) 25.19, 2. Teresa Stravrainoudakis (FSU) 26.07, 3. Michelle Ponsetto (FSU) 26.15.

1 Mile: 1. Linda Hooke (FSU) 5:35.4.

100m Hurdles: 1. Natalie Day (Sacto TC) 13.63, 2. Tamara Compton (FSU) 16.50.

400m Hurdles: 1. Teresa Stravrainoudakis (FSU) 1:02.35.

Long Jump: 1. Tamara Compton (FSU) 19-0.

High Jump: 1. Tonya Mendonca (FSU) 5-10, 2. Beth Vidakovits (Cal) N.H.

Shot Put: 1. China Blockton (FSU) 40-9 1/4.

Javelin: 1. Cathie Wilson (Unat) 182-9, 2. Ingrid Bailey (Cal) 157-1, 3. Chris Healy (FSU) 139-4.

Discus: 1. Lacy Barnes (FSU) 189-2, 2. China Blockton (FSU) 139-7, 3. Angie Williams (Unat) 94-4.

## Taco Bell Mini-Meet

May 27, Warmerdam Field, Fresno.

### Men's Results

100m: 1. Keith McCoy (FSU) 10.68, 2. Garrett Moore (Sacto TC) 10.79, 3. Leslie Haymon (Bullard HS) 11.11.  
200m: 1. Jerry Wortell (Sacto TC) 21.67, 2. Ted Weber (FSU) 22.19, 3. Leslie Haymon (Bullard HS) 22.64.  
400m: 1. Larry Walker (FSU) 46.86, 2. Jack Armour (Puma TC) 47.81.



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## Results

### Road Racing

#### MDA-Boston Milk Run

##### Medford, MA.

On one of Boston's first spring days, John Gregorek of Barrington, Rhode Island became the MDA-Boston Milk Run's first double champion after he edged British native John Doherty in a sprint for the finish. Gregorek, who is 27 and was the 1985 winner, ran 28:34 to Doherty's 28:36. On the women's side, Australia's Lisa Martin ran uncontested to capture her third major win in as many weeks in a time of 32:19, while Lesley Welch was second.

Gregorek, who recently beat Arturos Barrios in another race to the tape in a 10K in England, battled Doherty for the lead throughout the race. They were followed by Kenyan natives Yobes Ondieki (29:00) in third and Sosthenes Bitok in fourth (29:01).

In the master's division, it was the return of the Redcoats, as British natives Priscilla Welch claimed her third consecutive victory with a time of 33:37, and Alan Rushmere outkicked Mexico's Antonio Villanueva at the finish to win in 30:37. The wheelchair race was captured by Jim Knaub, a California resident, with a time of 27:06.

##### Overall Results - Men

1 John Gregorek (Barrington, RI)	28:34
2 John Doherty (W. Warwick, RI)	28:36
3 Yobes Ondieki (Kenya)	29:00
4 Sosthenes Bitok (Kenya)	29:01
5 Joseph Kipsang (Takoma Park, MD)	29:01

##### Masters

1 Alan Rushmere (England)	30:37
2 Antonio Villanueva (Mexico)	30:40
3 Larry Olsen (Milford, MA)	30:47

##### Overall Results - Women

1 Lisa Martin (Australia)	32:19
2 Lesley Welch (Brookline, MA)	32:30
3 Carla Beurskens (Netherlands)	32:34
4 Brenda Webb (Austin, TX)	32:42
5 Carol Rouillard (Montreal)	32:58

##### Masters

1 Priscilla Welch (Boulder, CO)	33:37
2 Bobbi Rothman (Coconut Creek, FL)	36:43
3 Juana Stavalone (San Jose)	38:15

#### Park to Park

##### March 21, Atascadero, 10K & Half Mara.

##### Overall Results 10K

1 Brent Hopkins	36:30
2 K.C. Kinsell	37:02
3 John Blair	37:27
4 George Griffin	37:29
5 Mark Anderson	39:23
6 Kevin Kennedy	40:11
7 Chuck Marble	40:53
8 Gary Raymond	42:07
9 Mike Lange	42:29
10 Kristie Lahr (F)	42:32

##### Overall Results - Half Marathon

1 Frank Hutchinson	1:16:02
2 Andrew Estrada	1:16:07
3 Mike Holton	1:17:01
4 Christopher Connors	1:19:57
5 Derek Eastwood	1:20:33
6 Rick Nagano	1:21:41
7 Tom Johnson	1:22:09
8 Larry Jamison	1:23:02
9 Len Thorton	1:23:12
10 Don Perry	1:25:51

#### Pride of the Foothills

##### March 21, Glendora, 1/2 Mara., 5K & 10K.

Over 1,200 runners took part in the ninth annual "Pride of the Foothills" Spring Run. Matt Ebner, 26, from West Covina placed first in the half marathon with a time of 1:04:43. The former UCLA



START: Pride of the Foothills

track athlete was followed by Jose Messia, 26, of Anaheim, who ran a 1:05:03.

##### Top 5 - 2K

1 Rory Cooper (27) SLO	7:13
2 Sean Dem (14) NewportBch	8:15
3 Kirk Warner (9) Glendora	8:16
4 David Hall (10) Glendora	8:18
5 Chad Hoffman (13) BalboaIsland	8:28

##### Top 5 - Men's 5K

1 Sergio Valenzuela (22) Rosemd	15:42
2 Darren Near (21) Azusa	15:51
3 Drew Clark (40) Boulder	15:58
4 Enrique Serratos (34) BladwinPK	16:15
5 Gabe Sanchez (15) LaHabra	16:15

##### Top 5 - Women's 5K

1 Mary Tracey (27) SantaMaria	17:18
2 Heather Garriston (6) Fullerton	20:32
3 Veronica Vallarta (15) So.ElMon	20:40
4 Mary Conger (26) Altadena	22:31
5 Mariaelena Rodriguez (27) BaldPk	22:45

##### Top 5 - Men's 10K

1 John Koning (30) Irvine	30:06
2 Peter Quint (22) LagunaNig	30:48
3 Rory Cooper (27) SLO	32:26
4 John Araujo (29) W.Covina	34:50
5 Arthur Vanveen (24) TempleCity	35:37

##### Top 5 - Women's 10K

1 Carrie Garriston (10) Fullerton	35:53
2 Janice Velie (31) Glendora	36:02
3 Terry McColium (30) Glendora	37:49
4 Julie Finnegan (27) Claremont	41:40
5 Cristina Pickering (11) Placentia	43:24

##### Top 5 - Men's Half Marathon

1 Matt Ebner (26) W.Covina	1:04:43
2 Jose Messia (26) Anaheim	1:05:03
3 Celso Allenbrand (23) Anaheim	1:06:06
4 Moacir Marconi (28) Anaheim	1:06:18
5 Craig Fuller (31) HermosaBch	1:06:46

##### Top 5 - Women's Half Marathon

1 Claudia Morales (36) L.A.	1:23:04
2 Cindy Scott (32) Lancaster	1:26:24
3 Cheryl Allen (40) HuntngtnBch	1:31:18
4 Catherine Molina (29) Rosemd	1:32:19
5 Kathleen Page (25) Calabasas	1:38:21

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## Results

### IAAF World Cross Country Champs.

March 22, Warsaw, Poland.

#### Overall Men's Results (11,950 Meters)

1. John Ngugi (Kenya) 36:07
2. Paul Kipkoech (Kenya) 36:07
3. Paul Arpin (France) 36:51
4. Abebe Mekonnen (Eth) 36:53
5. Some Muge (Kenya) 36:54
7. Pat Porter (USA) 37:04
12. Ed Eyestone (USA) 37:11

#### Men's Team Scores:

1. Kenya 53, 2. England 146, 3. Ethiopia 161, 4. Italy 223, 5. France 245, 6. Portugal 309, 7. Spain 340, 8. Belgium 378, 9. United States 418, 10. Canada 487.

#### Overall Results - Women (5050 Meters)

1. Annette Sergent (France) 16:46
2. Liz Lynch (Sco) 16:48
3. Ingrid Kristiansen (USA) 16:55
5. Lesley Welch (USA) 16:57

#### Women's Team Scores:

1. United States 46, 2. France 50, 3. Soviet Union 55, 4. Romania 94, 5. Kenya 117, 6. Norway 143, 7. England 152, 8. Portugal 159, 9. Scotland 163, 10. Canada 186.

#### Overall Results - Junior Men (7000 Meters)

1. Danda Kirochi (Kenya) 22:18
2. Demeke Bekele (Eth) 22:18
3. Dedebe Demisse (Eth) 22:20
4. William Kosgei (Kenya) 22:27
5. Mathew Rono (Kenya) 22:28

#### Junior Men Team Scores:

1. Ethiopia 19, 2. Kenya 20, 3. Japan 73, 4. United States 120, 5. Canada 124, 6. Spain 125, 7. Italy 171, 8. Soviet Union 171, 9. England 174, 10. Morocco 177.

### Jimmy Stewart National Relay Marathon

From Sharon Jacobs

March 29, Los Angeles.

#### Open Men Results:

1. Team Inside Track 2:14:54, 2. Gardena Auto Repair 2:16:13, 3. Tabori Running Center 2:20:26.

#### Open Women Results:

1. La Track Club Women 2:39:02, 2. Team Inside Track 2:58:26, 3. Gvorskab Lanvok 2:58:29.

#### Open Mixed Results:

1. Santa Clarita B 2:23:04, 2. Host Harriers 3:00:42, 3. Basin Blues A 3:03:17.

#### Elite Men Results:

1. Team Adidas 1, 2:08:39, 2. Central Mass Striders 2:10:52, 3. Gardena Auto Repair 2:12:00.

Team Adidas team members: Mike Blackmore, Steve Ortiz, Dave Daniels, Tim Gruber, Steve McCormack.

#### Elite Women Results:

1. Gardena Auto Repair B, 2:37:27.

#### Elite Mixed Results:

1. Team Adidas 2, 2:24:34, 2. Reebokers 2:24:38, 3. Gardena Auto Repair 2:29:28.

#### Physicians Men Results:

1. Loma Linda Univ. Phy. 2:39:58, 2. Totally Rad. 3:14:18, 3. Running Rads 3:21:17.

#### Physicians Mixed Results:

1. IV Dentists/Doctors 3:08:38, 2. Synapses V, 3:13:06, 3. The Heartbreakers 3:20:30.

#### Restaurants Men Results:

1. The Grill 3:19:44, 2. Jimmy's Restaurant 3:21:53, 3. Queen Mary Sailors 3:25:32.

#### Restaurants Mixed Results:

1. Bafa Cantina Horndogs 3:38:45, 2. Queens Royal Troupe 4:33:36.

#### Entertainment Industry Men Results:

1. KABC-TV Sales 3:02:10, 2. KABC-TV News 3:05:30, 3. Welk Music Group 3:08:07.

#### Entertainment Industry Mixed Results:

1. Peacock Strutters 3:01:54, 2. Bunny's Brats 3:25:05, 3. Mickey Mouse Runners 3:35:36.

#### Corporate Men Results:

1. Sting'n Bees 2:24:42, 2. TRW (Kuegler) 2:30:57, 3. Northrop 2, 2:31:47.

#### Corporate Women Results:

1. Northrup 3, 3:08:23, 2. Random Runners 3:21:56, 3. Diehard Tem 3:39:03.

#### Corporate Mixed Results:

1. Ath Shoe Fac, 2:51:04, 2. Zerox 3:01:40, 3. The Water Factory 3:04:13.

#### Medical Personnel Men Results:

1. Frontrunner Med Men 3:05:39, 2. Pasadena Frontrunners 3:10:32, 3. St. Johns Latin Lovers 3:21:47.

#### Medical Personnel Women Results:

1. No Wimps ER Club 3:16:07, 2. Nurse Galore 3:20:06, 3. Frontrunner Fillies 3:33:30.

#### Medical Personnel Mixed Results:

1. Mixed Medical Frontrunners 2:58:23, 2. Plaque Crackers 3:23:12, 3. St. Francis Nun Run 3:26:57.

#### Seniors Men Results:

1. Gardena Auto Repair 8, 2:27:03, 2. Gardena Auto Repair 9, 2:30:49, 3. Charlie's Gang 2:31:39.

#### Senior Women Results:

1. Slvtc Women 3:30:44.

#### Seniors Mixed Results:

1. Gardena Auto Mixed 7, 2:52:40, 2. Gardena Auto Repair 6, 3:01:14, 3. Foothill Flyers 3:07:19.

#### Financial Institutions Men Results:

1. Bear Stearns Bullets 2:56:28, 2. The Tiered Trackers 3:07:52, 3. Will Rodgers Ridge Run 3:13:24.

#### Financial Institutions Mixed Results:

1. Oakmont 3:00:26, 2. City National Bank 3:11:29, 3. Capital Runamuckers 3:19:55.

#### Insurance Companies Men Results:

1. Faces 2, 2:53:29, 2. Topa Champan 3:02:50, 3. Triple "g's", 3:11:39.

#### Insurance Companies Mixed Results:

1. Bakersfield Flashers 3:32:43, 2. Carl Warren & Co., 3:37:55, 3. Mutts and Jeff 3:46:09.

#### Corporate Masters Men Results:

1. Northrop 1, 2:37:51, 2. Random Harriers 2:38:05, 3. LA Times 1, 2:56:21.

#### Corporate Masters Mixed:

1. Jet Propulsion Lab 2:58:17, 2. Aerospace 1, 2:59:43, 3. Hughes Mean Masters 3:00:37.

#### Mended Heart Men Results:

1. Score Jogging Club 4:03:01, 2. Cardiac Kids 4:08:58, 3. Prospect Plodders 4:10:30.

#### Law Enforcement Men Results:

1. LAPD 100, 2:31:47, 2. FBI 1, 2:40:07, 3. LAPD Gold, 2:45:00.

#### Law Enforcement Women Results:

1. Maligals 3:31:54, 2. FBI Women 3:39:42, 3. Sherman's Angels 4:04:20.

#### Law Enforcement Mixed Results:

1. Fastfeds 87, 3:00:34, 2. LAPD So Bay Flyers 3:04:03, 3. Team 1 Health Dept., 3:20:04.

#### College/Univ. Students Men Results:

1. Pico Rivera College 2:39:31, 2. Club Hack Glac. Sqd. 2:43:59, 3. The Road Warriors 2:51:59.

#### College/Univ. Students Women Results:

1. SCRR Women C, 3:14:03, 2. Wildcats 3:45:22, 3. Pico College Women 4:01:14.

#### College/Univ. Students Mixed Results:

1. Synergy 3:08:10, 2. Fidm 1, 3:08:58, 3. Pico Rivera 099er's B, 3:16:12.

#### Senior High Students Men Results:

1. Palisades HS Men 2:38:32, 3. Belmont X-C 1, 2:36:52.

#### Senior High Students Women Results:

1. Pico Rivera 3:01:24, 2. SCRR Women 1, 3:23:24, 3. Culver City Athletics 2, 3:24:40.

#### Junior High Students Men Results:

1. SoCal Roadrunners H, 2:53:28, 2.



STEVE McCORMACK (Team adidas) crosses the finish line in first for his team at Jimmy Stewart National Relay Marathon.

- Revere Boys 1, 3:02:07, 3. Revere Boys 2, 3:05:52.

#### Junior High Students Women Results:

1. SCRR Roadrunner A, 3:03:44, 2. SCRR Road runner B, 3:05:42, 3. Chieff and English 1, 3:19:41.

#### Junior High Students Mixed Results:

1. Team Garrtson, 2:49:16, 2. Chieff and English 2, 2:52:56, 3. Revere Mixed, 2:57:34.

#### Military Men Results:

1. Navy Fleet Feet A, 2:33:59, 2. Marine Strike Force, 2:42:09, 3. USAF Rocket Racers 2:50:49.

#### Military Women Results:

1. Norton AFB Every Team 4:17:38.

#### Community Service/Church Grp Women:

1. Team Scientology III, 2:41:49, 2. Mountingcoats 1, 3:37:48, 3. Run to Eat, 3:40:16.

#### Community Service/Church Grp Mixed:

1. Rancho Masters 2:38:41, 2. Aztlan Red, 2:56:07, 3. Cigna 1, 3:04:57.

#### Real Estate Men Results:

1. Bats, 2:52:32, 2. Jon Douglas Company 3:09:24, 3. Ring Management 3:29:04.

#### Law Firms Men Results:

1. RWG "A", 2:58:18, 2. ML&B "V" 3:20:32, 3. Basin Blues B, 3:22:31.

#### Firefighters Men Results:

1. LA Co. Fire 1, 2:39:23, 2. "Haz Mat Rats", 2:50:19, 3. LA Co. Fire 2, 2:52:00.

#### Super Seniors Men Results:

1. Gardena Auto Repair 21, 2:34:52, 2. Basin Blues Spr Senr, 2:48:23, 3. Team Pacific Coast 2:48:49.

#### Super Seniors Women Results:

1. Fleet Feet 3:13:04, 2. Slow But Sure 4:29:17.

#### Insurance Women Results:

1. Executive Life Explr. 4:35:03.

#### Racewalk Women Results:

1. SCRR Walkers 6, 4:20:36, 2. LA Walkers Club 4, 5:03:18, 3. LA Walkers Club 5, 5:06:07.

#### Visiting Cities Results:

1. San Francisco 2:19:30, 2. Boston 2:19:58, 3. Dallas 2:23:05.



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# Results

## Spartan Breakaway

### April 4. Heliyer Co. Park, San Jose.

Overall Results - Men's 3K	
1 Brian King (Salinas)	9:10
2 Brian Rivers (Fremont)	9:11
3 Jose Trujillo (Morgan Hill)	9:13
Overall Results - Women's 3K	
1 Heidi Hansen (Los Altos)	10:22
2 Lori Lopez (Portola Valley)	10:30
3 Deborah Earl (Salinas)	11:17
Overall Results - Men's 10K	
1 Ted Pawlak (Rohnert Park)	33:25
2 Alan Newhart (Santa Clara)	34:20
3 Cliff Pappadakis (San Jose)	34:30
Overall Results - Women's 10K	
1 Barbara Zimmer (Palo Alto)	37:58
2 Rosa Gutierrez (San Jose)	39:45
3 Betty Gongora (San Jose)	40:37

## Message to Garcia

### April 4. San Francisco.

Overall Results	
1 Steven Greenhaugh	33:13
2 John Grant	33:13
3 Peter Cawse	33:13
4 Unknown	33:40
5 Robert Darling	33:45
6 John McMurray	34:05
7 Emery Mitchell	34:21
8 Unknown	34:27
9 Brian Horigan	34:28
10 James Warmowski	34:31
11 Lon Kincannon	34:42
12 Steven Fleck	34:48
13 Samuel Rojas	35:09
14 Joe Wahlg	35:31
15 Mike Adams	35:49
16 Brian Peterson	36:03
17 Sean McAllister	36:21
18 Carlos Quinonez	36:44
19 Scott Kinan	36:54
20 David Lieberman	37:08
21 Mehmet Akcan	37:14
22 Gary Lieberman	37:15
23 David Rollins	37:21
24 Lupe Garcia	37:25
25 Brian Taylor	37:27

## San Gabriel River 5K

### April 5. So. El Monte.

Division Results - Men	
6-9: 1. Kevin Gemme 29:11, 2. Miguel Galan 29:20, 3. Michael Avila 33:50, 10-14: 1. Mike Lance 27:11, 15-18: 1. Bobby Queen 18:09, 2. Phillip Shipman 19:53, 19-24: 1. Sergio Valenzuela 16:08, 2. Andrew Gonzalez 16:19, 3. Juan Torres 16:48, 25-29: 1. Clyde Matsumura 15:51, 2. Allen Kennedy 16:39, 3. Steve Kane 16:46, 30-34: 1. Jose Rodriguez 17:21, 2. Ramon Rivera 19:01, 3. Matthew Neve 19:07, 35-39: 1. Jerry Lawrence 18:17, 2. Manny Alvarez 20:07, 3. Jose Anda Jr. 20:13, 40-44: 1. Jarrett Williams 18:07, 2. Mike Lalum 20:07, 3. Juan Arcos 21:02, 45-49: 1. Mickey Lalum 21:59, 50-54: 1. Cliff Stobia 20:07, 2. Stan Ramsey 20:45, 60-64: 1. Wiley Nelson 26:13.	
Division Results - Women	
6-9: 1. January Galan 33:39, 15-18: 1. Lisa Becker 25:12CR, 25-29: 1. Lorrie Martinez 21:07, 2. Grace Pasillas 25:33, 3. Diane Vasquez 27:14, 30-34: 1. Julie Holdridge 30:12, 35-39: 1. Donna Morin 21:53, 2. Alica Quiroga 31:07, 40-44: 1. Fidelia Gutierrez 35:26.	

## Valenza 5K

### April 5. Moorpark.

Division Results - Men	
12 & Under: 1. Doug Spencer 24:02, 2. Jaxon Todd 33:32, 13-14: 1. Ronnie Clayton 19:33, 2. Jeffery Pearlman 21:05, 16-18: 1. Jamie Rosler 19:15, 2. Sean Clayton 19:45, 3. Mike Feldstein 20:47, 19-29: 1. Mike Smith 15:45, 2. Phil Frellich 17:42, 3. James Wegeng 18:19, 30-34: 1. Peter Mogg 15:43, 2. George Arellano 16:47, 3. James Steppan 17:06, 35-39: 1. Thomas Hall 16:32, 2. Joe Calhoun 17:11, 3. Gary Lyn 18:05, 40-44: 1. Dennis Fletcher 18:26, 2. Steve Kennerly 18:51, 3. Manuel Partillo 21:27, 45-49: 1. Aba Ramirez 18:12, 2. Ron Baumsteiger 18:30, 3. Mike Froman 18:45, 50-59: 1. Cliff Adcock 18:36, 2. Vic Smart 24:04, 3. Eric Hanney 27:56, 70 & Over: 1. Dean Scofield 28:57, 2. Dann Hypes 58:42.	
Division Results - Women	
12 & Under: 1. Jennifer Heine 23:00, 2. Jennifer Daruty 23:13, 3. Terri Ramirez 23:32, 13-15: 1. Shelby Klungseth 24:09, 16-18: 1. Dawn Jurado 29:44, 19-29: 1. Kathleen Sherman 19:58, 2. Kathleen Tallon 23:34, 3. Marta Festenese 25:05, 30-34: 1. Bishop M 23:26, 2. Karen King 23:41, 3. Cindy Lemine 25:08, 35-39: 1. Martha Juado 21:25, 2. Elizabeth Blair 23:40, 3. Kelly Owens 28:56, 40-44: 1. Leslie Stepan 22:58, 2. Kathleen Slater 23:44, 3. Tina Gedney 25:12, 45-49: 1. Carol Forster 25:28.	

## Pear Blossom Run

### April 11. Medford, OR. 20K.

Overall Results - Men	
1 Ken Hunter (34) Eugene	1:02:12
2 Leonard Hill (34) Klamath Falls	1:03:55
3 David Montgomery (28) Eugene	1:04:18
4 Bill Yeoman (29) Ashland	1:04:37
5 Matthew Pinder (29) Ashland	1:04:42
6 Derik McIver (37) Reno	1:05:13
7 Carl Meininger (33) Portland	1:05:43
8 Don Stearns (26) Bend	1:06:00
9 Alex Guletsky (34) Portland	1:07:01
10 David Petersen (31) Bend	1:07:29

Division Results - Men	
18 & Under: 1. Richard Johnson 1:11:38, 2. Leland Debow 1:12:38, 3. Peter Williams 1:17:07, 20-29: 1. David Montgomery 1:04:18, 2. Bill Yeoman 1:04:37, 3. Matthew Pinder 1:04:42, 30-34: 1. Ken Hunter 1:02:12, 2. Leonard Hill 1:03:55, 3. Carl Meininger 1:05:43, 35-39: 1. Derik McIver 1:05:13, 2. John Zinselmair 1:09:38, 3. Kent Cummins 1:10:03, 40-44: 1. Clarke McCance 1:10:20, 2. Ed Cadman 1:11:04, 3. Chuck Wall 1:14:16, 45-49: 1. Gary Sampson 1:14:29, 2. Les Young 1:14:57, 3. Alan Tracy 1:17:58, 50-54: 1. Val Wiethorn 1:17:48, 2. William Beckwith 1:18:27, 3. Ron Grabowski 1:21:22, 55-59: 1. Ray Hatten 1:09:22, 2. Ken Oliver 1:19:51, 3. Bill McChesney 1:20:49, 60-69: 1. Joe King 1:20:01, 2. Len Ramp 1:24:51, 3. Paul Reese 1:25:01, 70 & Over: 1. Tom Petersen 2:02:09, 2. John Gustafson 2:05:15, 3. Dean Powell 2:05:47.	
Overall Results - Women	
1 Mary Alice (23) Arlington	1:13:21
2 Sidney Cataldo (30) Ashland	1:16:15
3 Sandy Rowan (30) Klamath Falls	1:16:20
4 Jane Wootton (28) Bend, OR	1:17:16
5 Shirley Durtch (35) Eugene, OR	1:18:11
6 Pamela Jensen (28) Pasco, WA	1:18:27
7 Sharon Downing (31) Springfield	1:18:45
8 Hilary Simmons (17) Roseburg	1:19:22
9 Mara Siegel (25) Eugene	1:19:34
10 Elaine Delsman (41) Ashland	1:20:04

Division Results - Women	
18 & Under: 1. Hilary Simmons 1:19:22, 2. Heather Flynn 1:40:54, 3. Chantel Robinson 1:41:23, 20-29: 1. Mary Alice 1:13:21, 2. Jane Wootton 1:17:16, 3. Pamela Jensen	

1:18:27, 30-34: 1. Sidney Morrison-Cataldo 1:16:15, 2. Sandy Rowan 1:16:20, 3. Sharon Downing 1:18:45, 35-39: 1. Shirley Durtch 1:18:11, 2. Robbyn Runyon 1:22:08, 3. Marilyn Nippold 1:22:39, 40-44: 1. Elaine Delsman 1:20:04, 2. Patti Young 1:30:01, 3. Judy Mooney 1:34:34, 45-49: 1. Paula Suttora 1:39:55, 2. Norma Smith 1:41:21, 3. Lynne Forsyth 1:45:51, 50-54: 1. Lyn Lagrander-Cole 1:34:51, 2. Ursula Robichaud 1:42:38, 3. Susan Means 1:43:46, 55-59: 1. Jean Irvin 1:38:12, 2. Daisy Roberts 1:43:59, 3. Marcia McChesney 1:46:42, 60 & Over: 1. Betty Gillette 1:54:57, 2. Pat Dixon 2:03:52, 3. Carol Klocke 2:17:43.	
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## IAAF World Cup Marathon

### April 11-12. Seoul, South Korea.

Overall Men's Results	
1 Ahmed Saleh (DJI)	2:10:55
2 Taisuke Kodama (JPN)	2:11:23
3 Salvatore Bettiol (ITA)	2:11:28
4 Salvatore Nicosia (ITA)	2:12:13
5 Osvaldo Faustini (ITA)	2:12:57
15 Tom Ratcliffe (USA)	2:14:44
28 Brad Hawthorne (USA)	2:15:57
87 Frank Plasso (USA)	2:24:30
100 Dan Gonzalez (USA)	2:27:11
Men's Team Scores:	
1. Italy 6:36:38, 2. Japan 6:39:23, 3. France 6:43:46, 13. United States 6:55:11.	
Overall Results - Women	
1 Zoya Ivanova (URS)	2:30:39
2 Maria Lelut (FRA)	2:31:27
3 Katrin Dorre (GDR)	2:31:30
14 Janice Ettle (USA)	2:37:02
24 Carol Iurish-McLachie (USA)	2:39:39
30 Laura Albers (USA)	2:43:56
Women's Team Scores:	
1. Soviet Union 7:34:39, 2. German Democratic Republic 7:42:10, 3. France 7:46:41, 6. United States 8:00:37.	

## San Gabriel River Bike Trail Run

### April 11. So. El Monte. 4 Mile.

Division Results - Men	
5 & Under: 1. Brackon Garrison 38:08, 15-18: 1. Chris Cosand 24:53, 25-29: 1. Mike Shiver 22:46, 2. James Waddell 24:03, 3. Jay White 25:45, 30-34: 1. Gary Foltz 21:20, 2. Francisco Rodriguez 25:49, 3. Orellana Carlos 26:56, 35-39: 1. Victor Chavez 26:08, 2. Ron Chiya 29:05, 40-44: 1. Jarrett Williams 23:56, 2. Juan Arcos 27:09, 3. Mike Lalum 29:07, 45-49: 1. Alfonso Villanueva 27:00, 50-54: 1. Cliff Stobia 26:37, 55-59: 1. Alfred Cruz 35:06, 60-64: 1. Wiley Nelson 34:10.	
Division Results - Women	
25-29: 1. Hither Dibdin 26:01, 2. Gwen Koyama 33:26, 30-34: 1. Doris Chung 36:30, 2. Laura Trippy 40:54, 35-39: 1. Ruth Savced 39:08, 40-44: 1. Theresa Riley 32:28, 2. Kathy Bates 34:00, 50-55: 1. Norma Martin 45:06.	

## Rotary River Run

### April 11. 6 Mi., 3 Mi., 1 Mi.

Overall Results - 6 Mile	
1 Al Lomeli	32:52
2 John Revere	34:16
3 Louie Phillips	35:47
4 Frank Ortega	35:54
5 Tim Loomis	37:17
6 Tim Giesel	38:54
7 Tommy Upton	38:55
8 Juan Huaracha	39:01
9 George Chavana	40:41
10 Steven Whitwill	40:54

### Overall Results - 3 Mile

1 David Coros	15:25
2 Alfonso Gamino	16:32
3 Paul Campos	16:41
4 Reynaldo Garza	17:48
5 Bob Perry	17:55

### Overall Results - 1 Mile

1 George Campos	6:07
2 Abraham Nunez	6:53
3 Leroy Murphy	7:17
4 Jose Mora	7:44
5 Emma Ruiz	8:08

## Spring Triathlon

### April 11. Oxnard.

A cool, calm day made for perfect conditions for record breaking performances at the City of Oxnard Parks & Reer. Dept.'s 3rd Annual Spring Triathlon. Dan Cloyd, Tammy Madsen and the relay team of Jonathan Geer, Jay Calabrese and Anthony Valdez all turned in record times in the men's, women's and relay divisions. In the men's division, Garrett McCarthy of South Pasadena took an early lead after the 425 yard swim at the Hueneme High School Pool and left the water with a 15 second lead over Point Mugu's Cloyd. During the 11.2 mile bike, Ken Hinkle of Port Hueneme made up the gap on the stronger swimmers, and left the bike-to-run transition with a small lead on McCarthy and Cloyd.

McCarthy and Cloyd quickly closed the gap on Hinkle during the early stages of the 2.6 mile run and raced neck and neck to the finish. Cloyd managed to out kick McCarthy to the end and came out with a 4 second victory. Cloyd, McCarthy, and Hinkle were all well under the previous course record of 52:40 set by Cloyd in last November's Turkey Tri.

Tammy Madsen of Ventura took a lead after the swim and never looked back to post the top time in the women's division and break the previous course record in a time of 1:04:26. The previous mark of 1:04:27 was set by Melinda Wallace of Thousand Oaks last November.

The race for second was extremely close with Oxnard's Tiffany Vogel narrowly edging Lori Lytle, also of Oxnard, 1:08:50 to 1:08:52.

In the relay division, the team of Geer, Calabrese, and Valdez took over 4 minutes off the previous mark of 55:13, also set in last November's Turkey Tri by Geer, Calabrese and Milligan.

In all, there were 108 entrants in the event, which included many first-timers getting ready for the upcoming triathlon season. The highlight and goal for many of these triathletes will be the 1987 Oxnard Bud Light Triathlon conducted by the Oxnard Parks and Recreation Department.

The Bud Light will consist of a 1.5K swim, 40K bike, and 10K run and will be the kick off event for the City's 27th Annual Sports Festival on July 18.

Overall Results - Men	
1 Dan Cloyd (Pt. Mugu)	49:31
2 Garrett McCarthy (So. Pasadena)	49:35
3 Kenny Hinkle (Pt. Hueneme)	50:25
4 John Stewart (Pt. Hueneme)	52:48
5 Mark Ellis (Ventura)	54:48
6 Mike Langley (Simi Valley)	55:35
7 Butch Stinton (Simi Valley)	55:41
8 Robert Neary (Ventura)	55:46
9 Rick Kern (Camarillo)	56:29
10 Peter O'Keefe (L.A.)	57:45

Overall Results - Women	
1 Tammy Madsen (Ventura)	1:04:26
2 Tiffany Vogel (Oxnard)	1:08:50
3 Lori Lytle (Oxnard)	1:08:52
4 Patricia Canning (Ventura)	1:09:17
5 Kim Stinton (Simi Valley)	1:09:22



## Results

### Duarte Bud Light Run for Fitness

April 11. Duarte. 5K & 10K.

#### Division Results - Men's 5K

13 & Under: 1. Terrel Reyes 17:12, 2. Michael Steiner, Jr. 17:46, 3. Mark Steiner 19:56, 14-17: 1. Guillermo Palos 17:05, 2. Eric Persell 17:09, 3. Tim Banthrum 17:37, 18-24: 1. Sergio Valenzuela 15:53, 2. Gilbert Ortega 16:21, 3. Juan Torres 16:38, 25-29: 1. Vicente Rivera 17:00, 2. Luis Alvarado 17:01, 3. Natividad Carrasco 17:20, 30-34: 1. Robert Duenas 21:33, 2. Foss Chais 21:40, 3. Andy Montgomery 21:47, 35-39: 1. Enrique Serratos 16:23, 2. Chris Melvin 16:47, 3. Michael Steiner 18:19, 40-49: 1. Mike St. Andre 18:04, 2. Art De Tomaso 18:19, 3. Manny Alvarez 20:12, 50-59: 1. Salvador Gonzalez 18:09, 2. Joe Jacobsen 18:11, 3. Florenzo Vargas 18:38, 45-49: 1. Catrino Gonzalez 16:59, 2. Richard Corriveau 20:23, 3. Henry Perez 22:11, 50-54: 1. George Marrett 20:20, 2. Carlos Vega 21:42, 3. Parks Bunn 22:54, 55-59: 1. Jerry Withers 18:43, 2. Ignacio Marical 20:54, 3. Gene Doss 22:03, 60 & Over: 1. Larry Banuelos 19:53, 2. Walt Malone 24:00.

#### Division Results - Women's 5K

13 & Under: 1. Sara Lee Reyes 20:28, 2. Sandy Serratos 23:23, 3. Diem Tran 26:07, 14-17: 1. Lucinda Reyes 19:01, 2. Kathy Nymman 24:15, 3. Michelle Jarecki 25:49, 18-24: 1. Gale Dixon 24:53, 2. Lala Reyes 25:06, 3. Margaret Mudy 26:43, 25-29: 1. Rosie Duenas 20:18, 2. Colleen Fitzgerald 21:27, 3. Rosa Torres 23:32, 30-34: 1. Kathy Hart 20:43, 2. Nancy McCluekin 21:03, 3. Barbara Ledesma 24:58, 35-39: 1. Mary Cortez 23:13, 2. Elizabeth Blair 24:30, 3. Pam Dugan 26:57, 40-44: 1. Gloria Sanlilian 20:55, 2. Virginia Lara 25:08, 3. Marcha Madsen 25:09, 50-54: 1. Irene Oibez 23:27, 2. Nancy Tuoy 30:08, 3. Eleanor Persell 30:26, 55-59: 1. Patricia Pruitt 24:04, 2. Betty Crosby 28:30, 3. Helen Olivias 32:34, 60 & Over: 1. Daisy Wong 29:28, 2. Lucy Byers 35:06.

#### Division Results - Men's 10K

13 & Under: 1. David Burnette 44:20, 2. Richard Vasquez 46:27, 3. Eric Diaz 47:27, 14-17: 1. Eric Orozco 36:33, 2. Scott Jung 37:18, 3. Matt Strain 43:20, 18-24: 1. Doug Boyle 39:15, 2. Pedro Serafin 40:37, 3. Jesus Ibarra 42:18, 25-29: 1. John Arango 33:18, 2. Dan Burten 36:03, 3. Leslie Rich 37:27, 30-34: 1. Jim Ulvestad 32:38, 2. Tony DiPaola 33:22, 3. Jose Gonzalez 36:19, 35-39: 1. Rich Valdez 35:48, 2. Ernie Bacon 36:44, 3. Raul Orozco 37:33, 40-44: 1. Wayne Mitchell 33:54, 2. Sterling Forman 36:59, 3. Don Parker 40:20, 45-49: 1. Baldomero Pedraza 41:38, 2. Eugene Hampton 42:03, 3. Bob Twohy 42:25, 50-54: 1. Carlos Valle 37:49, 2. Norm McAbee 38:05, 3. Eugene Black 39:26, 55-59: 1. Aurelio Camacho 42:04, 2. Leo Pao 43:04, 3. Dennis Sullivan 44:28, 60 & Over: 1. Dick Diener 44:26, 2. Casey Poole 47:15, 3. Wallace Taylor 49:08.

#### Division Results - Women's 10K

13 & Under: 1. Rose Maree Arradondo 1:05:18, 2. Virginia Mora 1:09:30, 18-24: 1. Rosalie Bonviv 47:18, 2. Denise Smith 49:35, 3. Myrna Campos 57:41, 25-29: 1. Frances Hart 41:40, 2. Terri Strang 46:02, 3. Alice Keim 49:52, 30-34: 1. Rosanne Cook 44:27, 2. Laurie Land 45:28, 3. Pam Nagami 45:40, 35-39: 1. Donna Morin 46:43, 2. Adell Williams 47:33, 3. Jean Yaussi 57:28, 40-44: 1. Cookie Petrie 46:11, 2. Barb Reukena 47:55, 3. Laurie Burnham-Massey 51:46, 45-49: 1. Cecily Parke 43:49, 2. Muriel Cl Pov 52:27, 3. Carol Oglesby 56:08, 50-54: 1. Shirley Lawrence 1:00:05, 2. Alda Marin 1:11:04, 55-59: 1. Elaine Herfert 56:51, 60 & Over: 1. Mildred Swiader 1:02:12.

## Pack Rat Triathlon

April 11. Martinez.

#### Overall Results

1. Jerry Cvecko (33) Pleasant Hi 3:05:06  
2. Mark Giblin (24) Felton 3:11:51  
3. Tom Decew (40) Berkeley 3:12:52  
4. Bernhard Hillier (30) Palo Alto 3:29:30  
5. Mike Huhn (31) Orinda 3:29:41  
6. Daniel Hernandez (25) Healdsb 3:39:24  
7. Hans Facer (34) Lafayette 3:58:41  
8. Tom Staff (25) Sunnyvale 4:03:29  
9. Jason Regan (16) Santa Cruz 4:03:59  
10. Cynthia Nesvig (32) San Mateo 4:07:28

## Indian Valley Cross Country 5 Mile

April 12. Novato.

#### Division Results - Men

12 & Under: 1. Dan Lilot 35:25, 2. Andrew Seefeld 37:11, 3. Matt Seefeld 37:27, 13-15: 1. Charles Butz 29:46, 2. Matt Melzger 33:19, 3. Quinn Wallace 42:11, 16-19: 1. Mario Scardino 29:45, 2. Willie Guerrero 33:24, 3. Dennis Houseman 34:51, 20-29: 1. Greg Johnson 27:46, 2. Mike Lopez 28:12, 3. John Kluge 29:34, 30-34: 1. Mark Richtman 28:14, 2. Mike Killeen 28:59, 3. Mike Hotten 29:23, 35-39: 1. George Green 27:50, 2. David Ripp 30:23, 3. Jackson Barker 30:52, 40-49: 1. Denis Tracy 28:35, 2. Larry Perkins 29:44, 3. Donn DeAngelo 30:11, 50-59: 1. Darryl Beardsall 29:09, 2. Dale Basye 35:00, 3. Morgan Petersen 37:18, 60 & Over: 1. Karl Bollinger 36:14, 2. Donovan Larsen 45:51, 3. Fred Ullner 47:15.

#### Division Results - Women

12 & Under: 1. Nika Horn 33:00, 2. Karl Horn 40:05, 3. Elizabeth Conkling 44:51, 13-15: 1. Amanda Montgomery 41:03, 2. Samantha Traylor 41:42, 3. Stormy Wilson 41:56, 20-29: 1. Mindy North 37:54, 2. Nancy Parish 40:32, 3. Nancy Romanoff 40:33, 30-34: 1. Linda Lee 36:08, 2. Cheng-er Mehmedbasich 37:37, 3. Catherine Moody 40:00, 35-39: 1. Anita Lee 37:52, 2. Sandra Peracin 40:42, 3. Rebecca Fines 40:43, 40-49: 1. Kathy Colletto 39:09, 2. Marge Smith 39:15, 3. Carol Nast 42:30, 50-59: 1. Tina Kambuir 42:13, 2. Joan Elloway 42:31, 3. Joanne Kambin 43:18, 60 & Over: 1. Teresa Allen 51:20.

## Run for Excellence

April 12. Hayward. 10K.

#### Division Results - Men

13 & Under: 1. Rodney Linch 40:39, 2. Paul Hodges III 54:38, 14-18: 1. Sanjiv Nayyar 38:55, 2. Keith Indorf 46:52, 3. Jeff Pollard 49:14, 19-29: 1. Scott Steinmaus 31:22, 2. Chris Jagers 32:22, 3. Mike Gama 33:26, 30-39: 1. Ernie Rivas 33:07, 2. David Stanciliffe 33:39, 3. Lon Kincannon 34:13, 40-49: 1. Searcy Barnett 35:05, 2. Dale Severy 35:06, 3. Roger Zoldan 36:02, 50-59: 1. John Finch 36:04, 2. Richard Laine 40:09, 3. Don Hildebrand 41:15, 60 & Over: 1. Don Lucero 42:15, 2. Mac Osborn 44:04, 3. John Rasmussen 47:38. Wheelchair: 1. Taylor Carey 28:31, 2. Robert Withrell 34:30, 3. Brian Gulan 35:29.

#### Division Results - Women

13 & Under: 1. Tiki Wilcox 40:03, 2. Thea Roberts 45:39, 3. Penny Hodges 59:36, 14-18: 1. Kimberly Morris 48:21, 19-29: 1. Shane Felix 39:15, 2. Susan Hawthorne 40:23, 3. Laura Melchionne 43:01, 30-39: 1. Laurie Binder 36:22, 2. Judy Leydig 38:15, 3. Penny Demoss 39:56, 40-49: 1. Julia Yaffee 44:36, 2. Nouria Harris 44:49, 3. Susan Nisbet 50:32, 50-59: 1. Anne Golseth 59:01, 2. Helen Gallagher 1:10:21, 60 & Over: 1. Judy Golding 1:05:41.

## Livermore Fitness Day

April 12. Livermore. 10K & 5K.

#### Division Results - Men's 5K

11 & Under: 1. Aaron Totten 21:29, 2. Erik Dettelsen 23:25, 3. Jeff Dupont 26:40, 12-17: 1. Chris Kremer 16:36, 2. Jeff Buhl 16:49, 3. Craig Schlicher 16:59, 18-23: 1. Pedram Aram 18:06, 2. Andrew Lillie 19:26, 3. Steve Clendenin 19:37, 24-29: 1. Dan Harxed 15:30, 2. Vincent Castro 16:51, 3. Mark Maurer 19:40, 30-39: 1. Jed Loves 17:04, 2. Scott Snaff 18:08, 3. Keene Matsuda 18:44, 40-49: 1. Karl Romano 17:21, 2. Darryl West 20:24, 3. Jay Wisner 21:25, 50-59: 1. Walter Eneldi 25:00, 2. Bill Denhoy 27:13, 3. Marvin Gibson 27:37, 60 & Over: 1. Dick Petch 24:11, 2. Russell Bush 25:46, 3. Ben Levitan 37:06.

#### Division Results - Women's 5K

11 & Under: 1. Valerie Steltz 26:26, 2. Carolyn Nelson 27:26, 3. Michelle Haynes 29:21, 12-17: 1. Dana Osborn 22:46, 2. Laura Buhl 23:00, 3. Cindy Keller 25:08.

18-23: 1. Kathryn Ball 22:22, 2. Kimberly Bowen 23:08, 3. Charlotte Dale 23:19, 24-29: 1. Suzanne Kowalski 20:27, 2. Theresa Drake 23:07, 3. Margaret West 27:45, 30-39: 1. Tricia Wisner 21:24, 2. Pat Cox 25:43, 3. Denise Vallon 25:49, 40-49: 1. Marilyn Snapp 24:52, 2. Marlene Morgan 25:11, 3. Rose Wilkins 28:15, 50-59: 1. Jackie Vosbrink 27:41, 2. Barbara Dittis 28:04, 3. Ruth Levitah 30:22, 60 & Over: 1. Marjorie Plummer 38:12, 2. Lorena Schneider 41:05, 3. Ruth Esgold 41:05.

#### Division Results - Men's 10K

12-17: 1. Robert Scott 36:32, 2. Chris Seeger 37:56, 3. Jason Berlin 46:10, 18-23: 1. Chris Brown 37:19, 2. Steve Lewis 38:29, 3. Brett Greene 39:42, 24-29: 1. Victor McLeod 34:31, 2. Craig Whichard 35:14, 3. John Howard 36:38, 30-39: 1. Julios Ratti 34:49, 2. Eric Push 36:13, 3. Frank Garcia 36:40, 40-49: 1. Ralph Dorward 38:55, 2. Robin Williams 40:18, 3. James McBride 40:58, 50-59: 1. Marlin Larson 45:29, 2. Roger Ayvch 45:53, 3. Dale Turner 46:25, 60 & Over: 1. Steve Woishnis 46:02, 2. Ulysses Ratti 47:43, 3. Don King 1:04:57.

#### Division Results - Women's 10K

11 & Under: 1. Hazen Hayrell-stulen 1:04:05, 18-23: 1. Pam Silva 50:50, 2. Betsy Streeter 58:30, 24-29: 1. Consuelo Garcia 40:19, 2. Marlene Wikander 43:51, 3. Elaine Globis 43:58, 30-39: 1. Sharlet Gilbert 38:17, 2. Carol Bruton 44:26, 3. Pam Moser 45:10, 40-49: 1. Camille Creanse 46:51, 2. Jean Urban 54:00, 3. Michele Howard 54:47, 50-59: 1. Maureen Gerisk 51:47, 2. Mary Zagotta 54:53, 3. Anita Wall 59:25, 60 & Over: 1. Clara Azevedo 57:36.

## McDonald's Santa Barbara Biathlon

From David Schaeffer

April 12. Goleta Beach.

#### Pro/Open - Men

10K run, 20 mi. bike.

Overall Results - men  
1. Ken Kiss 2:00:21  
2. Jon Black 2:01:27  
3. Brad Kearns 2:01:50

#### Pro/Open - Women

1. Nancy Vallance 2:17:43  
2. Mary Ryzner 2:24:51  
3. Cheri Savage 2:33:15

#### 5K run, 10 mi. bike.

Amateur  
1. Rick Kozlowski (San Diego) 1:05:09  
1. Catherine Hennelly 1:14:55

## ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event \_\_\_\_\_ Location of Event \_\_\_\_\_

Name of Event \_\_\_\_\_

Type of Event: long distance run track meet cross country other \_\_\_\_\_

Starting Time \_\_\_\_\_ Distance if a running event \_\_\_\_\_

Other Important Info \_\_\_\_\_

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

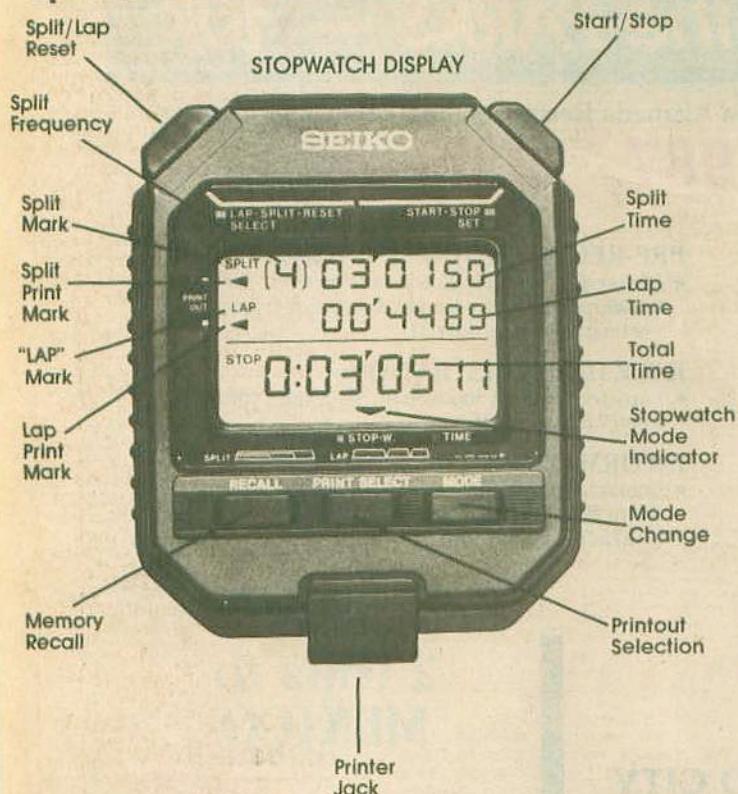
Address \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070



# Digital Quartz Stopwatch With Printer, SP11

Special Limited Time Offer: \$175 while supply lasts



## System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```
/1984  9 25
START  9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
```

```
1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
0:00'45 38
2-0:01'30 48
0:00'45 10
3-0:02'16 36
0:00'45 88
4-0:03'01 23
0:00'44 87
```

## Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

## Specifications

### Time Base & Accuracy:

Quartz oscillator,  $\pm 0.5$  seconds (24 hours/70°F)

### Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

### Time Measurement: 1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

### Modes:

Split Time and Split/Lap Time; time of day and calendar.

### Temperature:

Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F.

### Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

### Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

### Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- One year warranty

### Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

# \$175

## Available From:

**Jack's Athletic Supply**  
P.O. Box 459  
San Carlos, CA 94070  
(415) 595-2249

Also a special \$10.00 discount for mentioning that you saw the ad in CT&RN.



# ALAMEDA RUN for the PARKS — 10K

**Sunday, August 9, 1987 9:00 am**

- Contact Alameda Recreation and Park Department, Room 201, City Hall, Alameda, CA 94501 (415) 522-4100, Ext. 227