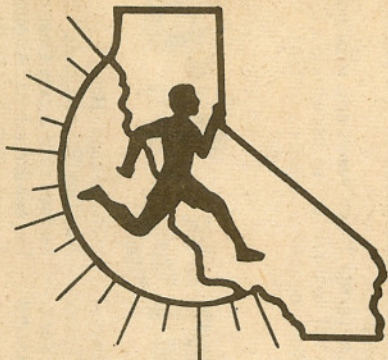


CALIFORNIA TRACK NEWS

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MARCH - APRIL 1975

VOLUME 1
NUMBER 4

50¢



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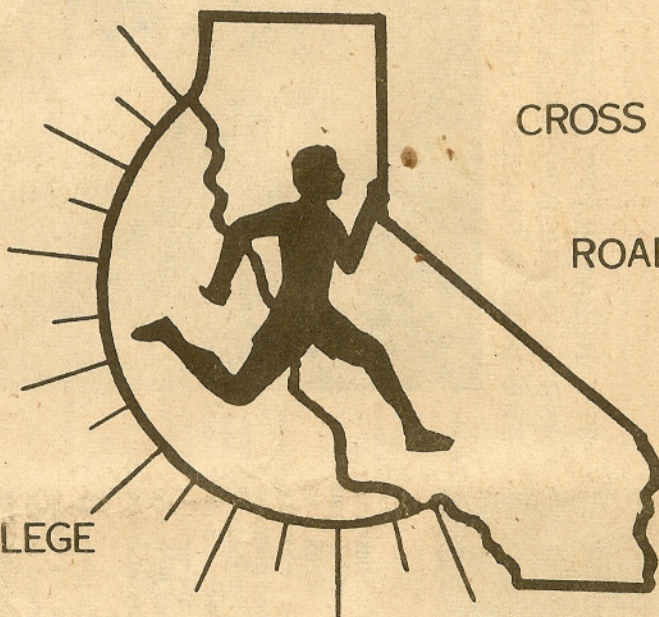
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**CALIFORNIA TRACK NEWS**

1717 S. Chestnut Ave.
Fresno, CA 93702

BIMONTHLY \$3.50 / YEAR

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EDITOR: Bill Cockerham

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CALIFORNIA no. 1

Can there be any doubt about California being number one in all areas of track? The table comparing 1974 meet results for the various state high school track meets found elsewhere in this issue, shows California State Meet Champions would have won or placed in every event in any of the state championships (except the 100 yard dash which you will recall, was run into a head wind). In the open class 32% of last year's AAU placers were from California. A look at Women's Track and Field World's 1974 US ranking will reveal Californians received more than a random share of honors.

The purpose of California Track News is to provide due recognition for the many outstanding track and field performances by Californians, as well as to further promote our sport and serve as a source of communications for all of California track. We hope reading CTN is as much fun for you as putting it together is for us. We are thankful for the enthusiastic way in which you have received CTN. As the newness wears off we trust your support will remain constant. California Track News is for you — keep helping to make it better by spreading the word about us to friend and by keeping us informed of schedules, results, news, etc. form your area. Your comments, suggestions, and criticism is also welcome. Let us hear from you.

California Track News is mailed in the first week of each month it is published. We mail by bulk rate and issues mailed to points in California shouldn't take longer than a week to arrive. If you are having trouble getting your issue promptly, please let us know and we may be able to pin-point problem areas. If you would like to receive your copy by first class mail please add \$1.50 to the subscription price. For air mail add \$2.50 to the subscription price.

If you are interested in pushing California Track News and making some money at the same time for your team or yourself write us about becoming a CTN sales person. It's not hard to sell CTN to competitors, coaches, parents and fans.

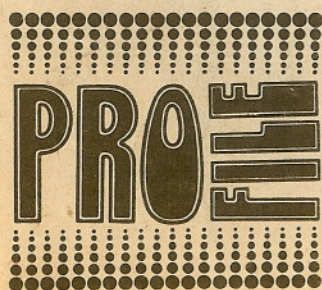
keeping track

David Pain has organized a group travel package to the AAU Masters Track Championships to be held in New York, August 8-10, and the World Masters Track and Field Championships August 11-17 in Toronto, Canada. If interested contact Dave at 1160 Via Espana, La Jolla, CA 92037. . . Doug Rudolf, assistant coach at Mt. Whitney High School in Visalia, recently had an article published in *The Coaching Clinic* titled "Track and Cross-Country Competition via the Postman." For a copy write Doug at Mt. Whitney HS, 900 S. Conyer St., Visalia, CA 93727. Be sure to enclose a self addressed, stamped envelope. . . Word has it that the "Jamul" in the name Jamul Toads Track Club is the name of a small suburb of San Diego. . . There will not be a 1975 Women's World Marathon Championships in German as previously expected.

Planning on running the Boston

at Sheraton Boston, round trip air Los Angeles/Boston and 4 days use of a budget rent a car. Cost: \$378.73. They can be contacted at Avenues of the World Travel, 787 Ninth St., San Pedro, CA (213-547-9973). Another group originating in Northern California provides for air fare and housing at about \$360.00. Contact Jack Leydig, 603 S. Eldorado, San Mateo, CA 94402 (415-342-3181).

More than 350 showed up for the pre-marathon symposium the Friday night before Mission Bay. . . Ace walker, Larry Walker, is track and cross country coach at Notre Dame High School in Southern California. . . Anyone passing through Fresno and wanting a friendly slow run for fun can contact a running partner at 264-9973, 227-5163, or 229-1523. . . The 1975 Prep International Invitational Meet will be held on June 21. Any coaches who have seniors they feel will qualify should contact Doug Rudolf at

**Marc Genet**

MARC GENET: San Jose State University, junior. Age 20; 5 feet, 11 inches; 148 pounds. Born April 30, 1954. Formerly of Santa Ana High School.

Best Marks: one mile - 4:11(74); 2 mile - 8:51(74); 3 mile - 13:41(74); 6 mile - 28:56(73). Coached by Don Riggs.

Super standout in San Jose's get tough cross country program is Marc Genet, a junior from Santa Ana. A firm believer of Coach Don Riggs coaching philosophy,

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Super standout in San Jose's get tough cross country program is Marc Genet, a junior from Santa Ana. A firm believer of Coach Don Riggs coaching philosophy, Marc and his teammates consider themselves as "the ghetto runners" who as Marc says, "...thrive on one thing - toughness. You have to be a tough SOB to withstand Riggs. Please excuse the language but the truth hurts, as does life. Riggs teaches us two things: be tough, and win, because if you're not a winner we (SJS) don't want you. Life, like running, is 99% mental, your physical environment has nothing to do with it." Marc goes on to add, "San Jose's facilities are not the best, but this fact is unimportant when you consider that being tough and wanting to win are the decisive factors in successful cross country running. You have to sacrifice for what you want. You can go to the richest school, live in a nice apartment, but I promise you, we'll beat you every time. If you are tough and want to win SJS is the only place to go."



As for Marc's favorite event? "Distance! Anywhere from one to six miles and preferably every other week in competition." When asked why he participates in cross country and distance running, he candidly replied, "I'm crazy. I love pain. I love having my coach call me dirty names." Training rules are simple, "Anything for toughening." And he has to be tough to succeed as he's done time and time again.

The San Jose Mad Man wants to run for as long as he can providing he keeps improving. He is looking forward to the all-important NCAA and conference competitions where he plans to win the PCAA and become an NCAA All American. Another personal goal each season for Marc is, "to learn about myself."

PCAA cross country champs
L to R: Rodriguez(2), Avrea
(3), Genet(1), Sweeney(4) and
Wilson(5).



Contact Dave at 1100 Via Espana, La Jolla, CA 92037. ... Doug Rudolf, assistant coach at Mt. Whitney High School in Visalia, recently had an article published in **The Coaching Clinic** titled "Track and Cross-Country Competition via the Postman." For a copy write Doug at Mt. Whitney HS, 900 S. Conyer St., Visalia, CA 93727. Be sure to enclose a self addressed, stamped envelope. ... Word has it that the "Jamul" in the name Jamul Toads Track Club is the name of a small suburb of San Diego. ... There will not be a 1975 Women's World Marathon Championships in German as previously expected.

Planning on running the Boston Marathon? You can take advantage of reduced rates on travel and accommodations by joining one of the tours arranged for Californians. A group originating in Southern California provides for 3 nights

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THE RELAY BATTLES BETWEEN THE LONG BEACH COMETS AND LAKEWOOD INTERNATIONAL PROVIDED EXCITING RACES THIS INDOOR SEASON. HERE LONG BEACH WINS BY A TENTH.



ON THE COVER: California Track News is put out at Fresno Pacific College. One of our staff and track athletes is Joe Prince pictured on the cover running 9.7 on February 22, 1975. Joe also ran the 220 this day in 21.7. The following Monday Joe underwent surgery for cancer. Last season he was the only man to beat Clancy Edwards in the 220. He was CCAA 220 champion and has best marks of 9.5 (9.4w) and 21.4 (20.7r). Joe Prince holds 16 school records at Ravenswood High School in East Palo Alto one of which is the two mile at 9:57.6. Pray with us that Joe will have a speedy and complete recovery.

ATHLETES *IN* ACTION



by STEVE WARD

The majority of track clubs today are concerned mainly with the performance of their athletes in competition, although the majority of the athletes life is spent apart from competition and practice. Athletes in Action has broken away from this pattern. They have chosen to use their athletic skills both on and off the track to bring about a positive impact on society, to help change the world.

Athletes in Action works as a team, on and off the field. Having in mind this belief that athletes can help change the world, the Athletes in Action Track Team could be considered both a track club and an active evangelistic group.

Athletes in Action is the athletic ministry of Campus Crusade for Christ, International. Campus Crusade for Christ is an interdenominational Christian movement of students and laymen who have united to help change the world in this generation through introducing others to Jesus Christ. Campus Crusade had its beginning at UCLA in 1951 when Bill Bright and his wife, Vonette first began to train teams of students to effectively present the Gospel of Jesus Christ to other students. In 1966 Dave Hannah was appointed to direct the athletic ministry. That year Athletes in Action formed a basketball team which competed against many of the major universities in the United States. Since then the Athletes in Action has expanded to two basketball teams, two wrestling teams, a track team, three weight lifting teams, a gymnastic team, a tennis exhibition team and an outreach professional football players on a flag football team.

In 1968 Bob Price, 1968 Olympic alternate in the steeplechase, founded the Athletes in Action Track Team. He is presently the director of the team as well as an active competitor. "Dave Hannah

Although competition and presentation of improving track techniques is an important aspect of the team, their reason for existence is somewhat different. "The main purpose of the team is to establish a platform from which we can present the claims of Jesus Christ to people who are interested in track and field. I feel that if I can relate something that will enhance the life of the listener I should make every attempt to do it. The claims of Jesus Christ and the resulting effect that he has had in my own life provide me that 'something.' I've seen His power transform my own life and I know that He can do the same in others," Price asserted.

A short booklet distributed by AIA entitled Total Release presents a new concept of winning. By the world's standard winning is simply defeating your opponent and losing is being defeated by your opponent. By God's definition "winning is the total release of all that you are toward God's purpose for you in a given situation." With this definition in mind the person who crosses the finish line last can be just as much a winner as the person who crossed first. Thus, all athletes may become winners and need not come away from a race dejected, because of a poor finish, if they have done their best.

One of the major objectives of the team is to share the wealth of track knowledge acquired by the team members with aspiring young track athletes of all levels and abilities by addressing high school and college assemblies, civic groups, churches and sponsoring track clinics.

In the few short years of its existence AIATT has amassed a wealth of talent, especially in the distance running events. Currently there are two divisions of the club. Competing staff members are dedicated full time to the AIA ministry. They see their work much in the same way as missionaries. Current staff members are: Chris Adsit (decathlon, Colorado State), Charlie Boatright (distances, Oklahoma State), Ed Haver



Bud Hanson

SAM YOUNG(l) and RON KURRLE(r) wage a close battle with two miles to go in the World Masters Marathon. Kurrle won.

Books and films from Track & Field News

COMPUTERIZED RUNNING TRAINING PROGRAMS, Gardner and Purdy. The guesswork has been taken out of training by the computer.

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In 1968 Bob Price, 1968 Olympic alternate in the steeplechase, founded the Athletes in Action Track Team. He is presently the director of the team as well as an active competitor. "Dave Hannah originally conceived the idea of a track and field team," Price stated, "because he felt that it would be a good sport to place among the AIA program, based on its international appeal. We found that it was possible to secure an audience that was interested in what we had to say both in terms of instruction athletically as well as communicating our spiritual experiences as Christians."



Key figures in the Athletes in Action track program: TRACY SMITH(r) and BOB PRICE(l).

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Competing non-staff members belong to the team but are not involved full time with the AIA ministry. They are often involved in the clinics and occasionally give talks at various functions as well as their role in competition. To join this division one must have resided within the SPAAAU for the past four months. There are presently 20 non-staff competing members of which the majority are distance runners.

Currently handling the coaching duties for the AIATT are Steve Wyper, Bob Price, and Russ Hodge. Bill Toomey, coach at UC Irvine where the AIATT train, is also giving assistance.

Along with many outstanding individual successes the AIATT has gathered in the following current achievements: 4th-1973 AAU cross country championships, 1st-1974 AAU 30 kilometer championships, 3rd-1974 SPAAAU cross country championship, 1st-1974 California Club Championship, 4th-1974 AAU 25 kilometer championship.

The AIATT hopes to someday field a team of 20-30 full time staff athletes. With this size they would field a strong dual meet team.

Athletes in Action has brought into being a new type of track team; one that is active both on and off the field. If you are interested in joining this team or would like them to speak for your group, contact: Athletes in Action, 1451 E. Irvine Blvd. Suite #12, Tustin, CA 92680.



Bud Hanson

SAM YOUNG(l) and RON KURRLE(r) wage a close battle with two miles to go in the World Masters Marathon. Kurrle won.

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RUN RUN RUN, Fred Wilt. Long considered the most comprehensive and helpful book on running training. All methods, theories, tactics, warm-up, pace—sprints thru marathon. 6th printing. Paperbound. \$3.95

HURDLERS BIBLE. Wilbur Ross's fine book on hurdling training, technique, style comparisons, etc. The most complete work on hurdling ever produced. Illustrated. Paperbound. 1969. 2nd edition. \$4.95

TRACK AND FIELD OMINBOOK, Ken Doherty. Colossal, comprehensive guide to modern coaching theories and techniques of all events. Hundreds of sequence drawings. 498pp. 1971. Hard cover. \$10.50

THE JUMPS: Contemporary Theory, Technique and Training, Fred Wilt, ed. Collection of articles on the HJ, TJ, LJ, and PV comprises a modern essential guide to these events for coach and athlete. 1973. \$5.00

THE THROWS: Contemporary Theory, Technique and Training, Fred Wilt, ed. Another excellent collection, this on the Shot, Discus, Hammer, and Javelin. "Must" reading for coach and athlete. \$6.00

MECHANICS OF THE POLE VAULT. The bible of the event by Dick Ganslen, 8th edition. All you want to know about vaulting. \$4.00

TRACK TECHNIQUE: The Technical Quarterly of Track & Field. Edited by Fred Wilt. Articles on technique, training, sports medicine, psychology, theory, etc. \$4.00

FILMS AND FILM LOOPS show the styles and techniques of the champions and make excellent coaching and study aids. Available in 16mm., Super 8 and 8mm. 1972 Men's Olympic Instructional film; 1972 Women's Olympic Instructional; 1972 Olympic Men's Medalists film; and 50 loop films of Olympic competitors: Stones, Milburn, Seagren, Borzov, Wottle, Feuerbach, et al.

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spotlight on:

David Bryan Kurrasch is, beyond doubt, the current California high school shot put king. Last year as a junior at Santa Ana High School he was State Champion with a season best toss of 64-8 $\frac{1}{4}$ and went all year undefeated. He also holds national shot put records for 15 year olds: 65-11 $\frac{3}{4}$ (8 pound), 61-1 (12 pound) and 51-2 $\frac{1}{4}$ (16 pound).

Just as Kurrasch is considered top shot putter so is Newport Harbor High School considered the high school shot put capitol of California. Newport Harbor has produced the current state record holder Jim Neidhart at 69-3 $\frac{3}{4}$, plus Terry Albritton with 67-9 and Mark Stevens with 67-2 $\frac{3}{4}$. One can't help but wonder what might happen if David Kurrasch and Newport Harbor High School got together. Well, that's exactly what has happened and in his first competition as a NHHS student he upped his PR to 64-11 $\frac{3}{4}$ at the Sunkist Indoor Meet.

Dave and head coach at Newport Harbor, Bob Hailey, were happy to answer several questions for California Track News readers.

CTN: How did you happen to get into shot putting?

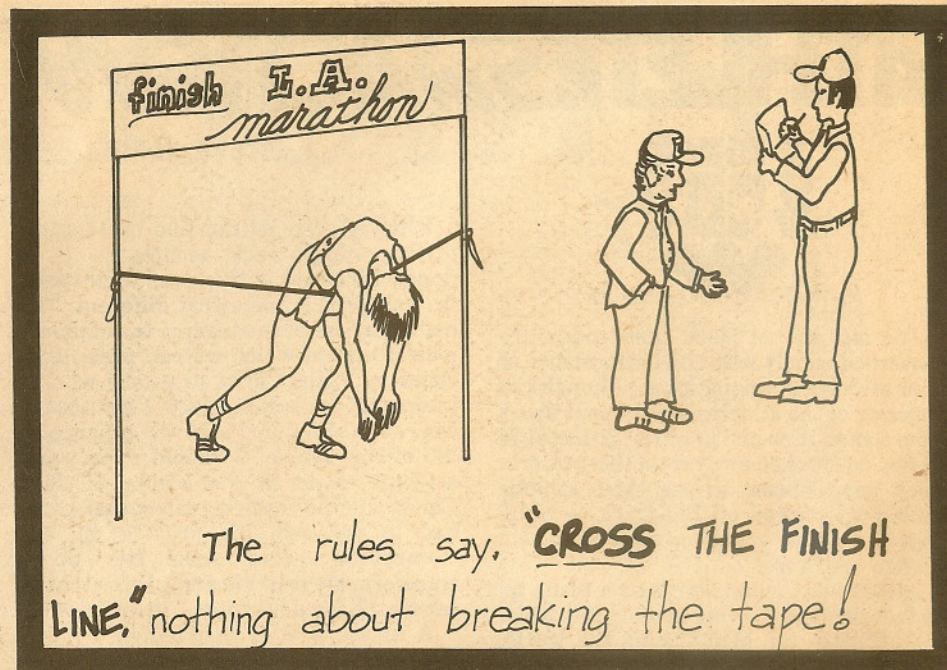
Kurrasch: I started throwing the shot in the ninth grade to get out of spring



David Kurrasch

football. As a freshman I threw 46 feet with the 12 pound. At the beginning of my sophomore year I poured a shot put ring in the back of my Santa Ana home. I did this to give myself a practice advantage over someone who beat me as a freshman. I started that sophomore year with 46-6 and ended it with 61-1 for a national 15 year old record. I went on to place third in CIF

training program is divided into two basic phases: September to February and March to June. The first phase goes something like this: Monday-weight training (bench press, cleans, squats, military press); Tuesday-running (2x10, 2x20, 2x30, 2x40, 20xstadium steps); Wednesday-same as Monday; Thursday-throwing (40 shot puts, 40 discus throws);

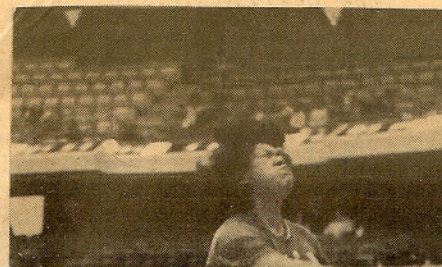


PROFILE

Emily Dole

EMILY MANUMA DOLE: Cypress High School junior and Lakewood International track club. Age 17; 5 feet, 10 $\frac{1}{2}$ inches; 240 pounds. Born September 28, 1957 in Downey, California.

Best Marks: Shot put - 1972 42-11 $\frac{1}{2}$ (8 pound); 1973 45-11 (4 kilo); 1974 48-3 $\frac{3}{4}$ (4 kilo). Coached by Les Beurman.



Just entering her junior track season at Cypress High School Emily Dole has already had many exciting and noteworthy moments in her first two and a half years in track and field. She's been Anaheim District shot put champion and the 14-14 Age Group National Champion before placing second last year in the girl's division of the California State Meet. In 1974 she also participated with a group from Mt. San Antonio College in Mexico City in the little Central American Games where she won the shot put (48-1) and discus (122-4).

Emily enjoys volleyball and basketball but track has been where she has found her real satisfaction. "To me track is different. It's individual. When I step into the ring it's just me, with the help of the good Lord, who puts the shot. Track has also provided lots of opportunities for travel and meeting new friends."

David Kurrasch

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CTN: Didn't you go undefeated all of your junior year last year?

Kurrasch: Yes, my junior year I was undefeated. I opened at Sunkist with 59-2 and went on to win everything including State. My season best 64-8 ranked me fourth in the nation. I was also fourth with the 16 pound at 52-6½. I was 24th in the nation as a sophomore.

CTN: Any predictions about this season?

Kurrasch: My goals for this year include being undefeated again. That isn't actually a goal since I know for a fact that I'll be undefeated. Another goal for this year is to throw close to, if not 70 feet, or, at least, take the school record away from mean Jim Neidhart. Most of all, I want to satisfy myself by throwing what I am capable of throwing. I don't know what I'm capable of throwing but if I feel it on a certain throw that'll be it.

CTN: You started the indoor season with 64-11¾ at Sunkist then threw 63-4½ at the Southern California Indoor Games and finally 62-9 at the San Diego Indoor. Any explanation for this decline in performance?

Kurrasch: The decrease in distance each meet is due only to an increase in hard weight training. So far I am the leading thrower in the nation by one foot.

CTN: Could you tell us a little bit about your training?

Kurrasch: First of all, every thrower is an individual and ones workout can never be exactly the same as anothers. One person may need more technique work and another more weight work. My

training program is divided into two basic phases: September to February and March to June. The first phase goes something like this: Monday-weight training (bench press, cleans, squats, military press); Tuesday-running (2x10, 2x20, 2x30, 2x40, 20xstadium steps); Wednesday-same as Monday; Thursday-throwing (40 shot puts, 40 discus throws); Friday-same as Monday. The second phase emphasizes more throwing: Monday-weight training; Tuesday-throw shot and disc; Wednesday-throw shot and disc; Thursday-competition; Friday-weights.

CTN: Have you put on any weight this year over last year?

Kurrasch: My freshman year I weighed 217 pounds, as a sophomore 212, a junior 203, and this year I am up to 245 pounds.

CTN: What about any special diet?

Kurrasch: I eat steak almost every day. I take a vitamin supplement which makes up for any vitamin deficiency my body might have. When I need to gain weight I'll take 2 protein milk shakes per day. These consist of 2 cups of juice, 1 cup of protein powder, a large scoop of ice milk, 1 egg, and honey. When you take these shakes while being on a heavy lifting program the weight and strength gain is fantastic.

CTN: Have you given any thought to where you might like to go to college next year?

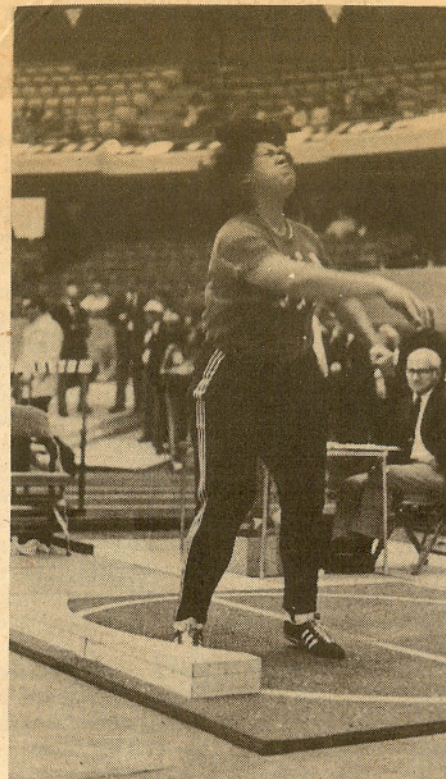
Kurrasch: Out of the long list of schools I have been recruited by I have been most impressed by Cal Berkeley, Arizona State, UCLA, Stanford, Kansas, UTEP, and University of Arizona. If I don't stay in California I would have to find a school with a comparable training environment as far as weather. I also must have a school whose conference will give me good competition. Competition is a great part of success; without it there is nothing to directly push you.

CTN: Coach Hailey, with all of the shot put success at Newport Harbor you must be doing something right. What is it?

Hailey: Our shot put success started

Downey, California.

Best Marks: Shot put - 1972 42-11½ (8 pound); 1973 45-11 (4 kilo); 1974 48-3¾ (4 kilo). Coached by Les Beurman.



with the beginning of the Jim Hemsley coaching era in 1967. Since he took over the shot putters at Newport Harbor we have never had a putter under 55 feet. Our really great ones started with Mark Stevens in 1970 who put 58-7 and the next year increased it to 67-2¼. Terry Albritton then came along from a 65 footer to 67-9 in 1972 and in 1973 came Jim Neidhart's 69-3¾. Last year Skip Franklin put 58-5 and now this year we have Dave Kurrasch who has already put 64-11 indoors.

CTN: How did Dave happen to end up at Newport Harbor when he had previously been attending Santa Ana High School?

Hailey: Dave's mother works at the Ford Philco Plant in Newport Beach. They

a nan years in track and field. She's been Anaheim District shot put champion and the 14-14 Age Group National Champion before placing second last year in the girl's division of the California State Meet. In 1974 she also participated with a group from Mt. San Antonio College in Mexico City in the little Central American Games where she won the shot put (48-1) and discus (122-4).

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Emily is a firm believer in lots of sleep and vitamins and says of workouts, "I just train, train, train." Her immediate goals include 50+ feet in the shot and competing in the Nationals. She admits her eye is on the Pan American and Olympic Games. As for long range goals she hopes to attend college on at least a partial athletic scholarship and then go into either law or the theater. "I love comedy and am a laughy person around other people. I am proud to be a Samoan and say 'Talofa' to all my Samoan brothers and sisters."

made the move so she could be nearer to her work. We were very glad to have such a fine athlete transfer into our school district. Dave is quite a young man and has already taken steps toward the leadership of our track team for 1975.

CTN: Dave, how do you feel about the move?

Kurrasch: The coaching staff at Newport is fantastic. The coaches will listen to the athlete's point of view regarding technique and training. Much of my workout has been a combination of my personal ideas and coach Hailey's. In order for an athlete to be a champion the player/coach relationship must be a good one. At Newport this relationship is super.



Bud Hanson

SAN FERNANDO VALLEY TRACK CLUB CROSS COUNTRY CREW
l to r: Babiraki, Smith, Sutherland, Akayama, Horn, Grinnal, Tabori

SCHEDULED

MARCH

- 14-15 **USTFF DECATHLON.** *Cal State Hayward.*
- 15 **SPA 24 KILO CHAMPIONSHIPS.** *9 am, Palos Verdes High School.*
- 15 **PA 30 KILO CHAMPIONSHIPS.** *Mike Jones, 228 North Ave., Aptos 95003.*
- 15 **MASTERS ALL COMERS.** *12 noon, LA Valley College.*
- 15-16 **SOUTH BAY STRIDER INVITAT.** *Harbor JC. Bob Kersee, 857 W. 29th., San Pedro 90731.*
- 16 **POMONA HISTORIC MARATHON.** *9 am. Doug Hamilton, 1763 N. Garey Ave., Pomona 91767.*

- 16 **NAPA BLOSSOM HILL RUN.** *9:30 am. Ron Whitney, Heritage School, Calistoga 94515.*
- 22 **OJAI VALLEY INVITATIONAL.** *Marti Young, 1314 N. Brown, Ojai 93030.*
- 22 **LOS ANGELES MARATHON.** *8 am. Fred Honda, LA Rec. Dept., 200 N. Main St., Los Angeles 90012.*
- 23 **ARROYO VERDE 15 KILO CROSS COUNTRY.** *9 am. Connie Rodewald, 852 Sharon, Camarillo 93010.*
- 23 **LAKE MERCED RUN.** *5 miles, 11 am. Jack Bettencourt, 136 Dundee Dr., San Francisco 94080. Masters & Women.*
- 23 **NCSTC HERBERT HOOVER RELAYS.**
- 29 **SAN DIEGO COUGAR INVITATIONAL.** *Len Williams, 2426 56th, SD 92105.*
- 26-27 **USTFF DECATHLON.** *UC Santa Barbara.*
- 27 **SOUTHERN CALIFORNIA RELAYS.** *UC Irvine.*
- 29 **SAN JOSE INVITATIONAL.** *San Jose City College.*

- 29 **SAN DIEGO COUGAR INVITATIONAL.** *13 Len Williams, 1426 56th, SD 92105*
- 29 **CCAC FUN RUN.** *6 miles, 10 am. Pat Miller, 8615 Balboa, No. 31, Northridge 91324.*
- 29 **MORRO BAY ROAD RACE.** *5 miles, 10 am. San Luis Distance Club, Box 1134, San Luis Obispo 93406.*
- 30 **SPACE RACE.** *6 miles, 10 am. Roeding Park, Fresno.*

APRIL

- 5 **ALL COMERS TRACK MEET.** *San Diego State. 12 noon. Tentative.*
- 5 **SACRAMENTO RELAYS.** *1 pm. Sacramento State.*
- 5 **2 MAN 14 MILE RELAY.** *9 am. La Mirada Park. Joe Burgasser, 2721 168th St., Torrance 90504.*
- 5-6 **LONG BEACH COMETS INVITAT.** *Pete Scanlon, 2925 Knoxville, LB 90815.*
- 5-6 **GRANDFATHER GAMES.** *12 noon. LA Valley College.*
- 6 **PA 50 KILO CHAMPIONSHIPS.** *10 am. Abe Underwood, 6555 Riverside Blvd., Sacramento 95831.*
- 6 **KAWEAH RIVER RUN.** *8 miles. Dave Bronzan, Box 271, Fresno 93708.*
- 12 **MILBRAE LINONS RELAYS.** *Dr. Harmon Brown, 2335 David Ct., San Mateo 94403.*
- 12 **SAN DIEGO RELAYS.** *Balboa Stadium.*
- 12 **GOLDEN GATE PARK 8 MILER.** *10 am. Jack Leydig, Box 1551, San Mateo 94401.*
- 13 **SPA RELAY CHAMPIONSHIPS.** *Jim Harvey, 950 Via Los Padres, Santa Barbara 93111.*
- 13 **NATIONAL AAU 50 KILO CHAMPS.** *7 am. Hanson Dam. Marvin Rowley, 9725 Lev Ave., Arleta, 91331.*

- LA COSTA 20 KILO CROSS COUNTRY.** *Carlsbad (near San Diego).*
- PSA 15 KILO CHAMPIONSHIPS.** *Mission Bay, San Diego.*
- WOODY WILSON RELAYS.** *UC Davis.*
- WARRIOR RELAYS.** *Westmont Col.*
- MICKEY'S MISSILES INVITATIONAL.** *Audrey Tyler, 5526 Miraflores Dr., San Diego 92114.*
- LIVERMORE 8.5 MILER.** *10 am. Richard Baxter, 776 Adams Ave., Livermore 94550.*
- 20 **OXNARD TO LA RELAY.** *8 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.*
- 20 **SPRING RIDGE RUN.** *5 & 11 miles. 10 am. Cupertino Yearlings, Box 1049, Cupertino 95014.*
- 25 **VISALIA 10 MILER.** *Dave Bronzan, Box 271, Fresno 93708.*
- 25-27 **MT SAN ANTONIO RELAYS.** *Walnut.*
- 26 **GOLDEN GATE CHARITY RUN.** *6 miles, 12: noon. Cathedral Hill Medical Center, 1801 Bush St., San Francisco 94109.*
- 27 **MT' DIABLO DISTURBANCE RACE.** *6.6 miles, 9 am. Jack Kirk, Star Route, Mariposa 95338. PRE ENTRIES REQ.*

MAY

- 3 **NCSTC TRACK MEET.** *Los Altos High School.*
- 3 **LAKEWOOD INVITATIONAL.** *Dave Rodda, 3315 Ladoga, Long Beach 90815*
- 4 **MAY RUN—STRAWBERRY STROLL.** *6.5 miles, 10 am. Mary King, Holy Names College, 3500 Mountain Blvd., Oakland 94619.*
- 4 **KNIGHTS OF COLUMBUS MARATHON** *Cupertino, 9 am. Dan O'Keefe, 20186 Forrest Ave., Cupertino 95014.*

SEE TOMORROWS STARS TODAY

san jose relays



- LA Valley College.
- 15-16 **SOUTH BAY STRIDER INVITAT.** 26-27 **USTFF DECATHLON.** UC Santa Barbara. 13 **SPA RELAY CHAMPIONSHIPS.** Jim Harvey, 950 Via Los Padres, Santa Barbara 93111. 4 **NATIONAL AAU 50 KILO CHAMPS.** 7 am, Hanson Dam. Marvin Rowley, 9725 Lev Ave., Arleta, 91331.
- 16 **POMONA HISTORIC MARATHON.** 9 am. Doug Hamilton, 1763 N. Garey Ave., Pomona 91767. 29 **SAN JOSE INVITATIONAL.** San Jose City College.
- 6.5 miles, 10 am. Mary King, Holy Names College, 3500 Mountain Blvd., Oakland 94619. **KNIGHTS OF COLUMBUS MARATHON** Cupertino, 9 am. Dan O'Keefe, 20186 Forrest Ave., Cupertino 95014.

SEE TOMORROWS STARS TODAY



san jose relays

FEATURING THE FINEST JUNIOR COLLEGE AND HIGH SCHOOL ATHLETES IN THE STATE OF CALIFORNIA

SATURDAY, MARCH 29, 1975 --- at SAN JOSE CITY COLLEGE

"Meet results -- fantastic!" Bob Myers, El Camino College coach.

"Best organized meet since I've been at Wilson." Adam Banks, Wilson HS (San Francisco) coach.

"Greatest meet I have ever attended. We will be back in '75." Jim Thompson, LA Southwest College coach.

"This has been the best trip for our kids, and I've enjoyed the competition." John Barnes, Glendale HS coach.

"The combination junior college/high school meet produced more good marks than have come out of any single meet in the country." Fran Errota of the Mercury News.

JUNIOR COLLEGE HIGHLIGHTS '74

High Jump	Madau (Fullerton)	7-0½
Discus	Frankiwich (Merced)	174
	Pushkin (Foothill)	173
Long Jump	Carter (El Camino)	25-0½
	Overstreet (San Jose)	24-7¾
2 Mile R.	LA Pierce	7:44.2
Pole Vault	Johnson (Glendale)	16-0
Mile Relay	LA Southwest	3:13

HIGH SCHOOL HIGHLIGHTS '74

100	Farmer (Wilson)	9.5
	Hampton (Silver Ck)	9.5
	Jefferson (San Diego)	9.6
220	Hampton (Silver Ck)	20.9
	Kimball (DeLaSalle)	4:05
Mile	Kartman (Wilson)	13.8
120 Highs	Beedle (La Sierra)	7-0
High Jump	LaRusch (Glendale)	6-8
Triple Jump	Bryson (Oakland)	50-2¼

JUNIOR COLLEGE INFORMATION

Write: Bert Bonano, track coach
San Jose City College
2100 Moorpark Ave.
San Jose, CA 95128
Phone: (408) 298-2181

HIGH SCHOOL INFORMATION

Write: Frank Olson, meet director
Santa Teresa High School
650 Snell Road
San Jose, CA 95123
Phone: (408) 578-9100

All sections in the state have received sanction by CIF except Los Angeles.



Many of the local high school and junior college coaches are willing to house visiting athletes and coaches the Friday night before the meet. If you desire housing, please inform us immediately.

ENTRIES DUE NO LATER THAN
WEDNESDAY, MARCH 19, 1975

CALIFORNIA'S TOP WOMEN - INDOOR 1975

compiled by CALVIN BROWN



ROSETTA BIRT(r) placed second in 7.2 to DOLLY FLEETWOOD's 7.0

60 YARD DASH

6.8(1)	Martha Watson (LI) 1-18
7.0(2)	Dollie Fleetwood (SCC) 1-18
7.0(3)	Renaye Bowen (LI) 1-18
7.0(1)	Penny Slaughter (LI) 1-25
7.1(1)	Cobbs (WL JHS) 1-25
7.1(2)	Paula Ng (EBTC) 1-25
7.1(3)	Debbie Byfield (EBTC) 1-25
7.2(4)	Gail Douglas (LBC) 1-18
7.2(1)	Lela Johnson (LBC) 1-25
7.2(2)	Rosetta Birt (LI) 1-25
7.2(3)	Jane Harding (SBS) 2-7
7.2(4)	Kim Moran (LATC) 2-7
7.3(1)	Pan Curran (Un-SPA) 1-25
7.3(2)	Tina Roberson (SCC) 1-25
7.3(3)	Sandy Muse (WWW) 1-25
7.4(1)	Roxanne Banks (WWW) 1-24
7.4(3)	Maureen Abare (LI) 1-25
7.4(3)	Shiavonne Shy (LBC) 1-25
7.4(4)	Linda Morrison (WWW) 1-25
7.4(4)	Carolyn Hamel (WWW) 1-25

880 YARD RUN

2:15.7(1)sp	Francie Larrieu (PCC) 2-7
2:17.5(1)	Paula Rose (13)(BA) 1-18
2:19.6(2)	Barney Carral (13)(SCC) 1-18
2:24.9(3)	Sharon Hulse (12-13)(PAT) 1-18
2:25.0(4)	Corinne Nunez (13)(RRR) 1-18
2:29.5(5)	Mari Gibbs (12)(LI) 1-18
2:31.7(6)	Carol Czarnetski(13)(BA) 1-18

1000 YARD RUN

2:26.8(1)	Francie Larrieu (PCC)
2:37.9(1)	Paula Rose (13)(BA) 1-25
2:38.6(1)	Ruth Kleinsasser (UR) 1-25
2:38.7(2)	Carol Flournoy (SCC) 1-25
2:42.0(1)	Teresa Caudillo (LBC) 1-25
2:44.2(3)	Rochelle Hatfield(14)(BA) 1-25
2:45.2(2)	Jane Spencer (WWW) 1-25
2:45.9(1)	Becky Wolfenbarger (SCC) 1-24
2:46.7(4)	Pam Jewell (LBC) 1-25

800 METER RUN

2:09.5(2)	Francie Larrieu (PCC) 1-10-
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TWO MILE RUN

10:36.8(1)	Jacki Hansen (SFVTC) 1-24
10:58.2(2)	Doreen Assumma (RRR) 1-24
11:08.4(3)	Diane Stern (SCC) 1-24
11:29.8(5)	Laurie Jewell (LBC) 1-24
12:08.2(6)	Monique Gregoire (SCC) 1-24
12:12.4(7)	Kathy Anno (OCT) 1-24
12:36.8(8)	Erin Gallagher (Un) 1-24

1500 METER WALK

6:45.8(1)	Susan Brodock (RRR) 2-7
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ONE MILE WALK

7:15.2(1)	Susan Brodock (RRR) 2-7
7:33.3(2)	Esther Marquez (RRR) 2-7
7:41.0(1)	Linda Brodock (RRR) 1-25
8:09.5(4)	Cindi Brodock (BA) 2-7
8:23.1(5)	Sheila Thomsen (OX) 2-7

50 YARD HURDLES (33")

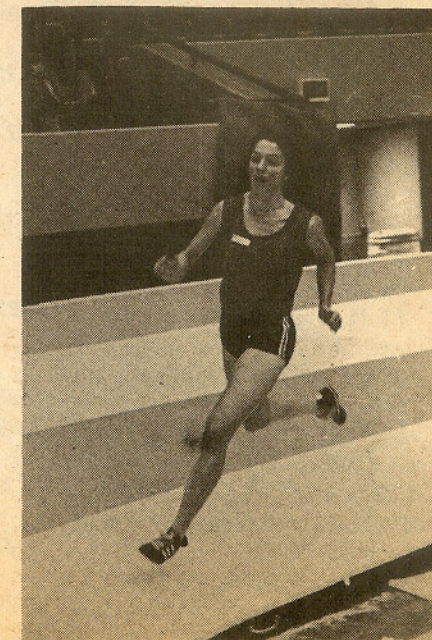
6.4(2)	Patty VanWolvalaere (WWW) 2-14
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640 RELAY (4X160 Yards)

1:12.8(1)	Lakewood International 1-18
1:12.8(2)	Wilt's Wonder Women 1-18
1:14.6(1)	Long Beach Comets 1-25
1:15.8(3)	Premier Track Club 1-18
1:17.6(1)	Southern Calif. Cheetahs(12-13)1-18
1:18.2(2)	Orange Coast Thunderbolts 1-25
1:19.5(2)	Southern Calif. Cheetahs B 1-18
1:21.6(4)	Wilt's Wonder Women(12-13) 1-25
1:22.7(4)	Long Beach Comets (12-13) 1-18
1:24.1(1)	Long Beach Comets (10-11) 1-25
1:25.0(2)	Southern Calif Cheetahs(10-11) 1-25
1:26.2(2)	Blue Angels (12-13) 1-24
1:28.4(3)	Bell-Jeff 1-24
1:28.7(3)	Rialto Road Runners 1-25
1:29.5(4)	Blue Angels (10-11) 1-25
1:30.0(5)	Wilt's Wonder Women(10-11) 1-25

60 YARD HURDLES (33")

7.6(1)	Patty VanWolvalaere (WWW).2-15
7.8(2)	Pat Donnelly (LI) 1-18
7.8(3)	Deanne Carlsen 1-18
7.8(2)	Rot (WWW) 2-15
8.0(4)	Janice Lester (LBC) 1-18
8.6(1)	Janet Bedford (Un-SLO) 1-25
8.6(1)	Patty Cape (LBC) 1-25
8.6(2)	Bobbette Krug (LI) 1-25
9.0(3)	Alison Reed (Un) 1-25
9.1(1)	Karen Ueda (LBC) 1-25
9.1(2)	B. Sinclair (Un) 1-25
9.5(1)	Mary Rowell (SBS) 1-25



PATTY CAPE

MILE RELAY

3:53.6(1)	Premier Track Club 2-15
3:54.4(2)	Long Beach Comets 2-15

7.0(2) Dollie Fleetwood (SCC) 1-18
 7.0(3) Renaye Bowen (LI) 1-18
 7.0(1) Penny Slaughter (LI) 1-25
 7.1(1) Cobbs (WL JHS) 1-25
 7.1(2) Paula Ng (EBTC) 1-25
 7.1(3) Debbie Byfield (EBTC) 1-25
 7.2(4) Gail Douglas (LBC) 1-18
 7.2(1) Lela Johnson (LBC) 1-25
 7.2(2) Rosetta Birt (LI) 1-25
 7.2(3) Jane Harding (SBS) 2-7
 7.2(4) Kim Moran (LATC) 2-7
 7.3(1) Pan Curran (Un-SPA) 1-25
 7.3(2) Tina Roberson (SCC) 1-25
 7.3(3) Sandy Muse (WWW) 1-25
 7.4(1) Roxanne Banks (WWW) 1-24
 7.4(3) Maureen Abare (LI) 1-25
 7.4(3) Shavonne Shy (LBC) 1-25
 7.4(4) Linda Morrison (WWW) 1-25
 7.4(4) Carolyn Hamel (WWW) 1-25

500 YARD DASH

1:06.1(1) Jarvis Scott (PTC) 1-18
 1:06.5(1) Kathy Weston (WS) 1-7
 1:07.0(1) Julie Lake (LI) 1-24
 1:07.6(1) Sharon Dill (LI) 1-24
 1:07.2(2) Kathy Keyes (PAT) 1-24
 1:09.0(2) Pam Green (SCC) 1-24
 1:09.1(3) Yolanda Rich (LBC) 1-24
 1:10.2(2) Michelle Hopper (PTC) 1-18
 1:10.2(1) Sharon Hulse (12-13) (PAT) 1-24
 1:10.7(3) Carolyn MacDonald (WWW) 1-24
 1:11.0(4) Kalua Bell (SCC) 1-24
 1:11.6(5) Therese SanAgustin (LBC) 1-18
 1:12.2(4) Susan Moreno (LI) 1-24
 1:12.3(2) Della Equipilag (12-13) (SCC) 1-24
 1:12.4(1) Ella Rich (LBC) 1-24
 1:12.4(3) Lydia Laidlaw (12-13) (WWW) 1-24
 1:12.5(1) L. Honeywell (12-13) (MVGB) 1-24
 1:13.3(1-D) Beth Rockcliffe (OCT) 1-24
 1:14.2(5) Sherrie Goldstein (MTC) 1-24



ESTHER MARQUEZ(l) and SUE BRODOCK(r)

2:17.5(1) Paula Rose (13) (BA) 1-18
 2:19.6(2) Barney Carral (13) (SCC) 1-18
 2:24.9(3) Sharon Hulse (12-13) (PAT) 1-18
 2:25.0(4) Corinne Nunez (13) (RRR) 1-18
 2:29.5(5) Mari Gibbs (12) (LI) 1-18
 2:31.7(6) Carol Czarnetski (13) (BA) 1-18

1000 YARD RUN

2:26.8(1) Francie Larrieu (PCC)
 2:37.9(1) Paula Rose (13) (BA) 1-25
 2:38.6(1) Ruth Kleinsasser (UR) 1-25
 2:38.7(2) Carol Flournoy (SCC) 1-25
 2:42.0(1) Teresa Caudillo (LBC) 1-25
 2:44.2(3) Rochelle Hatfield (14) (BA) 1-25
 2:45.2(2) Jane Spencer (WWW) 1-25
 2:45.9(1) Becky Wolfenbarger (SCC) 1-24
 2:46.7(4) Pam Jewell (LBC) 1-25
 2:47.6(3) Anne Dandoy (SBS) 1-25
 2:47.9(5) Marsha Erickson (SCC) 1-25
 2:49.6(5) Carol Czarnetski (13) (BA) 1-25
 2:50.7(4) Patty Cape (LBC) 1-25
 2:51.2(1) Debbie Morelli (LBC) 1-24
 2:51.4(2) Amy Thompson (LBC) 1-24
 2:53.5(1) Andrea Kirkorn (10-11) (BA) 1-25
 2:53.6(1) Jackie Bennett (12-13) (PAT) 1-24
 2:54.8(5) Pam Penn (SCC) 1-25
 2:54.9(6) Frances Kerl (Un-SPA) 1-25
 2:58.2(3) Kathy Anno (OCT) 1-24

1000 METER RUN

2:40.2(1) Francie Larrieu (PCC) 1-18
 2:45.2(2) Cyndy Poor (SJC) 1-18
 2:53.1(3) Kathy Weston (WS) 1-25
 2:53.6(4) Judy Graham (SJC) 1-24
 2:55.2(3) Mary Decker (PAT) 1-18
 3:00.7(4) Teresa Caudillo (LBC) 1-18

1500 METER RUN

4:09.9(1) Francie Larrieu (PCC) 2-15
 4:24.8(2) Julie Brown (UCLA) 2-7
 4:48.8(4) Anne Dandoy (SBS) 2-7
 4:49.1(5) Roma Antonawicz (LATC) 2-7
 4:49.2(6) Teresa Caudillo (LBC) 2-7

ONE MILE RUN

4:29.0(1) Francie Larrieu (PCC) 2-15
 4:41.3(2) Julie Brown (UCLA) 2-15
 4:47.9(3) Kate Keyes (UCLA) 2-15
 4:48.5(4) Linda Heinmiller (UCLA) 2-15
 4:53.0(3) Judy Graham (SJC) 1-18
 4:54.2(2) Debbie Heald (LMM) 1-25
 5:00.6(5) Lee Chin Shia (UR) 1-18
 5:03.4(6) Jacki Hansen (SFVTC) 1-18
 5:03.6(7) Carol Flournoy (SCC) 1-18
 5:03.9(3) Becky Wolfenbarger (SCC) 1-25
 5:11.5(6) Jamie Bowen (LI) 1-25
 5:13.0 Maria Stearns (UCLA) 1-18
 5:15.0(1) Kathy Jewell (LBC) 1-25
 5:16.7(2) Karen Parrish (BA) 1-25
 5:20.3(3) Jane Spencer (WWW) 1-25
 5:20.9(1) Mari Gibbs (12) (LI) 1-25
 5:21.7(1) Diane Stern (SCC) 1-25
 5:22.7(1) Vicki Cook (10) (RRR) 1-25

640 RELAY (4X160 Yards)

1:12.8(1) Lakewood International 1-18
 1:12.8(2) Wilt's Wonder Women 1-18
 1:14.6(1) Long Beach Comets 1-25
 1:15.8(3) Premier Track Club 1-18
 1:17.6(1) Southern Calif. Cheetahs (12-13) 1-18
 1:18.2(2) Orange Coast Thunderbolts 1-25
 1:19.5(2) Southern Calif. Cheetahs B 1-18
 1:21.6(4) Wilt's Wonder Women (12-13) 1-25
 1:22.7(4) Long Beach Comets (12-13) 1-18
 1:24.1(1) Long Beach Comets (10-11) 1-25
 1:25.0(2) Southern Calif. Cheetahs (10-11) 1-25
 1:26.2(2) Blue Angels (12-13) 1-24
 1:28.4(3) Bell-Jeff 1-24
 1:28.7(3) Rialto Road Runners 1-25
 1:29.5(4) Blue Angels (10-11) 1-25
 1:30.0(5) Wilt's Wonder Women (10-11) 1-25



PATTY CAPE

MILE RELAY

3:53.6(1) Premier Track Club 2-15
 3:54.4(2) Long Beach Comets 2-15
 3:58.0(3) San Jose Cindergals 2-15
 4:03.5(2) Lakewood International 1-24
 4:03.5(3) Wilt's Wonder Women 1-24
 4:10.9(4) Wilt's Wonder Women B 1-24
 4:14.2(5) Arcadia 1-24
 4:16.4(1) Rialto Road Runners (12-13) 1-24
 4:17.0(6) Long Beach Comets B 1-24
 4:24.0(2) Wilt's Wonder Women (12-13) 1-24
 4:27.9(3) Long Beach Comets (12-13) 1-24
 4:30.3(4) Blue Angels 1-24
 4:42.1(5) Wilt's Wonder Women B (12-13) 1-24
 4:51.3(6) Montebello Track Club 1-24

LONG JUMP

20-6% (1) Martha Watson (LI) 1-18
 18-8(3) Jodi Anderson (PTC) 2-7
 18-0% (3) Kim Moran (LATC) 1-18
 17-1(1) Bobbette Krug (LI) 1-24
 16-11% (2) Beth Rockcliffe (OCT) 1-24
 16-11% (1) Alice Gast (LBC) 1-25
 16-9% (3) Melinda Peterson (LI) 1-24
 16-8(2) Vicki Raborn (LBC) 1-24
 16-3% (3) Karen Ueda (LBC) 1-24
 16-2% (5) Marla McQuarrie (LI) 1-24
 16-2% (6) Shavonne Shy (LBC) 1-24

HIGH JUMP

5-6(3) Sandy Taylor 2-7
 5-4(1) Pam Blackburn (Cubberly HS) 1-24
 5-4(2) Marilyn King (Milbrae Lions) 1-24
 5-4(3) Cindy Sandberg (San Jose C.) 1-24
 5-2(4) Kathy McQuillan (Wills Sp.) 1-24
 5-2(5) Chris Shanhan (Wills Sp.) 1-24
 5-2(6) Lisa Kinimaka (San Jose C.) 1-24
 5-0(7) Denise Cornell (Salinas VI TC) 1-24

SHOT PUT (4 kilo)

47-11% (1) Emily Dole (LI) 1-25
 45-6% (1) Vera Peco (LBC) 1-25
 36-10(2) Bea Hunt (RRR) 1-25
 34-0% (2) Michelle Peterson (LBC) 1-25



FRANCIE LARRIEU

Malibu ~ Tapia Park



Bud Hanson



Bud Hanson

TOP: Trails on the first portion of the course allow for ample maneuvering.

RIGHT: After a little more than two miles the trails begin to narrow.

One of the most interesting and exciting cross country races in Southern California is the Malibu Canyon/Tapia Park race sponsored by the Culver City Athletic Club. In just its third year this challenging, yet enjoyable event has already drawn top performers and large fields. The 10 kilometer route consists of two tree lined loops and encompasses such diversions as dirt trails, short steep hills, a stream six feet wide, soft river bottom sand and a 120 degree turn off of a steep down hill. Needless to say, nobody gets bored in Malibu Canyon and, surprisingly enough, fast times are also produced.

Since Tapia Park is located in the scenic smog free Santa Monica Mountains many of the runners and their families take advantage of the picnic facilities and barbecues by spending the day in

relaxation and reminiscing following the race. Not only the runners enjoy the scenery and competition along the trails and roads but the course is laid out in such a way that spectators can take in superb viewing of five different stages of the race from one central location.

As always, the Culver City Athletic Club is extremely conscientious about marking the course with both flags and chalk and have organized the race with the competitors interests and needs first. This year, in addition, the Southern Pacific Association Long Distance Running Committee is considering sending the winner of the race to the National 15 kilometer Championship, expenses paid. This year's event was held Sunday, March 1, 1975 (just one day after CTN press time, so results will not be

available till next issue), and you can be sure it was another big success.

Last year the individual champion was the Golden West Athletic Association's Phil Ryan in 34:02 followed by Bob Macias, Ron Fister, Pat Miller and Jim Arguella. The East Los Angeles Track Club easily defeated the Culver City AC 30 to 71 for team honors. Seniors Track Club grabbed masters team title.

The Culver City AC takes pride not only in the Malibu Canyon/Tapia Park race but also hosts two other major races this year: the National 50 Kilometer Championships on April 13, and the Hanson Dam 10 Mile Road Race scheduled for May 11. For information regarding these running events contact Marfin Rowley, 9725 Lev Ave., Arleta, CA 91331.

mailbag

KEN KARNES (Athletic Director, Long Beach Comets)

I have found your magazine to be very informative. Casey Ide has coined a phrase that I believe is very true; "Girls track and field is the world's greatest kept secret." There are those that still have the image of the huge Russian shot putter as being typical of those girls that do participate in girls track and field. If they could only see one of the track meets they would, certainly, change their minds. We might need a couple more years but the girls will be coming on even stronger.

BOB McGUIRE (coach, Pleasant Hill High School)

During a postal run on November 26, 1974, Cathy Costello put together half miles of 2:33, 2:46, 2:46, and 2:39 to record an excellent 10:44.0 time for two miles on the track.

JOE HERZOG (cross country coach Hamilton Junior High School)

Thought you might be interested to know that for the first time ever a girl won our school's cross country "Most Valuable Runner" award. In just her first year of running Becky Kamps worked out twice a day and never missed a practice.

JACK LEYDIG (editor, Northern Cal Running Review)

Just received my CTN in the mail today and noticed one big omission in your "California Honor Roll." Roy Kissin (San Ramon HS and West Valley TC) was undefeated in Northern California prep competition this cross country season, recording a 9:02 two-mile to turn back also previously undefeated Jeff Curran (Los Altos HS and West Valley TC) who recorded a 9:03. He was second only to Hulst in the AAU Senior Nationals in Belmont, and then, in the National AAU Junior Cross Country on December 21 at Alameda, he turned back all preps, finishing third overall, and handing Hulst and Serna an unexpected defeat.

STAN STAFFORD (former SPAAAU Long Distance Running Chairman)

Club. In just its third year this challenging, yet enjoyable event has already drawn top performers and large fields. The 10 kilometer route consists of two tree lined loops and encompasses such diversions as dirt trails, short steep hills, a stream six feet wide, soft river bottom sand and a 120 degree turn off of a steep down hill. Needless to say, nobody gets bored in Malibu Canyon and, surprisingly enough, fast times are also produced.

Since Tapia Park is located in the scenic smog free Santa Monica Mountains many of the runners and their families take advantage of the picnic facilities and barbecues by spending the day in

a way that spectators can take in superb viewing of five different stages of the race from one central location.

As always, the Culver City Athletic Club is extremely conscientious about marking the course with both flags and chalk and have organized the race with the competitors interests and needs first. This year, in addition, the Southern Pacific Association Long Distance Running Committee is considering sending the winner of the race to the National 15 kilometer Championship, expenses paid. This year's event was held Sunday, March 1, 1975 (just one day after CTN press time, so results will not be

Phil Ryan in 34:02 followed by Bob Macias, Ron Fister, Pat Miller and Jim Arguella. The East Los Angeles Track Club easily defeated the Culver City AC 30 to 71 for team honors. Seniors Track Club grabbed masters team title.

The Culver City AC takes pride not only in the Malibu Canyon/Tapia Park race but also hosts two other major races this year: the National 50 Kilometer Championships on April 13, and the Hanson Dam 10 Mile Road Race scheduled for May 11. For information regarding these running events contact Marfin Rowley, 9725 Lev Ave., Arleta, CA 91331.

"California Honor Roll." Roy Kissin (San Ramon HS and West Valley TC) was undefeated in Northern California prep competition this cross country season, recording a 9:02 two-mile to turn back also previously undefeated Jeff Curran (Los Altos HS and West Valley TC) who recorded a 9:03. He was second only to Hulst in the AAU Senior Nationals in Belmont, and then, in the National AAU Junior Cross Country on December 21 at Alameda, he turned back all preps, finishing third overall, and handing Hulst and Serna an unexpected defeat.

STAN STAFFORD (former SPAAAU Long Distance Running Chairman)

I found CTN very interesting and informative. It is always interesting to see how many of my California friends are doing. I was chairman of the SPAAAU Long Distance Running Committee from 1964 - 1969 and I see the majority of runners who were competing then are still competing. The longevity of a long distance running competitor must be far greater than any other sport. I got involved in AAU long distance running in 1946 and such people as Pete Mundle, Phil Clarke, Bill Wells, Mike Kish and many others ran then and are still running now. It was interesting to see that Ray Hatton, our Oregon National Master 5,000, 10,000 and Cross Country Champion from Bend, Oregon, received votes on your California athlete awards both in track and cross country. Maybe California would like to claim him, but he is an Oregonian.



DON CHEEK(r) holds off a challenger in masters 500 indoors

SPOTLIGHT ON: Janice Lester

Janice Lester is a 20 year old sophomore at Orange Coast College in Costa Mesa. She stands 5 feet seven inches tall with shoulder length auburn hair. Her special interests include music, all sports, business, guys, and bumming around. She runs track and here is her story as she relates it: "I became interested in track as a freshman while I was attending Costa Mesa High School. We only had about ten girls on the team then. Gradually, the team grew and by the time I was a junior we had close to thirty-five girls out for track. Coached by John Carney and Joan Allen, five of us competed in the 1973 CIF Finals and placed second to a strong team from San Marcos High in Santa Barbara. Individually, I won the 80 yard hurdles, placed second in the 220, and ran leadoff on our victorious 440 yard relay team.

"In 1971 I also became a member of the Long Beach Comets AAU Track and Field Team coached by Ken Karnes. I competed in both high school and AAU track simultaneously. My first year in the AAU was weird. I was so naive that I really didn't know what I was getting myself into. In 1972 with help and encouragement from assistant coach Bob Cape I tried



hurdling and many old folks thought I was crazy. But that same year I placed second in the state and fifth nationally in the 80 yard hurdles. I concentrated on my high school competition until I graduated in June, 1973. In 1974 I shocked those same old folks by trying the 400 meter hurdles. My improvement in this event shocked me even more. In June, at the California State AAU Championships at UCLA, I set a state record in the 400 meter hurdles at 59.5. My time was the fastest in the nation that year and it placed me second on the USA all-time list behind American record holder Wendy Koenig. At the AAU

National Championships in Bakersfield I placed third.

"Currently I am running in Hamilton Beach under coach Bob Maimbourg as well as running for the Long Beach Comets. Track and field has done a lot for me. Running with the Comets, I've traveled to many places and have met many super people. A lot of times I get frustrated or discouraged over my abilities. But it's all part of the scene. If I didn't get down on myself occasionally, then I wouldn't be able to enjoy my high times.

"In high school it was hard being a female athlete. Some of the guys on campus looked at us as men. But it's not unfeminine to run! All it takes is desire. I've taken track as a part of my life and I will always enjoy the sport. Even more important to me is the fact that I come from a very successful home atmosphere. I have a brother and sister who run also, and with the three of us around we keep our parents extremely busy. There's never a dull moment! I am grateful for having a good home life and for the opportunities that sports have given me. Above all, it's the people. We're all striving for the same goals and I think it is terrific."

CALIFORNIA'S BEST 1975 INDOOR MARKS

college - open

60 YARD DASH

5.9	Quarrie (Beverly Hills Striders)
6.0	Williams (Unattached)
6.1	Edwards (Cal Poly SLO)
6.1	Gilkes (Unattached)
6.2	Clark (Cal State Hayward)
6.2	Whitaker (San Jose State)
6.2	Hamilton (West Coast Club)
6.2	Lay (Cal Poly Pomona)
6.3	Larry (Cal State Hayward)
6.3	Smith (Cal State Hayward)
6.3	Watson (San Jose State)
6.3	Pettus (Bay Area Striders)
6.3	Turner (All American TC)
6.3	Williams (Cal State Long Beach)
6.3	Duffy (Cal Poly Pomona)
6.3	Brown (Cal State Northridge)
6.3	Jackson (Beverly Hills Striders)

440 YARD DASH

48.1	Schultz (Pacific Coast Club)
48.1	Parks (Beverly Hills Striders)
48.5	Bolding (Pacific Coast Club)

500 YARD DASH

56.0	Bolding (Pacific Coast Club)
56.3	Parks (Beverly Hills Striders)
56.7	Schultz (Pacific Coast Club)
57.0	Singletary (Southern Cal College)
57.1	Myles (LA Harbor College)
57.3	McZeal (LA Southwest College)
57.5	Byrd (Cal Poly SLO)
57.6	Erickson (Beverly Hills Striders)
57.6	Lutz (Pacific Coast Club)
57.9	Steele (Glendale College)

600 YARD DASH

1:09.0	Bolding (Pacific Coast Club)
1:09.6	Cassellman (Pacific Coast Club)
1:10.1	Robinson (Cal Berkeley)

880 YARD RUN

1:49.4	Winzenried (Beverly Hills Striders)
1:51.9	Brown (Unattached)
1:56.2	Phelps (Unattached)
1:56.3	Scott (UC Irvine)
1:57.0	Waitz (US International Univ)
1:59.3	Bordoni (Stanford)

ONE MILE RUN

3:59.6	Cummings (Brigham Young)
4:07.5	Cotton (Grossmont College)
4:08.4	Wheeler (Beverly Hills Striders)
4:10.8	Malec (San Diego Mesa College)
4:11.0	Smith (Athletes in Action)
4:11.0	Lawson (Pacific Coast Club)
4:11.9	Pullen (Grossmont College)
4:13.1	Steiner (Unattached)
4:13.7	Kimball (Oregon State)
4:15.0	Halberstadt (Pacific Coast Club)

1000 YARD RUN

2:08.4	Winzenried (Beverly Hills Striders)
2:13.0	Scott (Washington State)
2:11.7	Wheeler (Beverly Hills Striders)
2:15.0	Steiner (Unattached)
2:15.4	Hellebrand (Moorpark College)
2:15.6	Fox (Rio Hondo College)
2:16.0	La Gorio (LA Pierce College)
2:17.4	Chisam (Athletes in Action)
2:18.1	McCullough (Cal State Long Beach)
2:18.1	Davis (Southern Cal College)

TWO MILE RUN

8:36.4	Smith (Athletes in Action)
8:42.0	Halberstadt (Pacific Coast Club)
8:43.6	Tuttle (Beverly Hills Striders)
8:42.0	Lawson (Pacific Coast Club)
8:43.6	Tuttle (Beverly Hills Striders)
8:45.2	Williams (Oregon)
8:51.0	Thomas (Glendale College)
8:54.4	Stewart (US Army)
8:56.6	Babiracki (San Fernando Valley TC)
9:57.6	Wilcox (Cal State Long Beach)



Bud Hanson
AL FEUERBACH indoor shot put leader

ONE MILE WALK

6:27.9	Walker (Beverly Hills Striders)
6:38.6	DiBernardo (Beverly Hills Striders)
6:39.9	Valle (Sierra Race Walkers)
6:45.8	DeNoon (Blue Angels)
6:48.7	Bouldin (Beverly Hills Striders)
6:49.8	Dooley (Unattached)
7:04.0	Glusker (West Valley TC)
7:10.3	Adriano (West Valley TC)

MILE RELAY

3:13.0	Pacific Coast Club
3:22.2	Grossmont College

junior college

60 YARD DASH

6.3	Enoex (Trade Tech)
6.3	Groves (LA Valley)
6.3	Winstead (Fullerton)
6.3	Martin (Orange Coast)
6.4	Brown (Contra Costa)
6.4	Barnes (Diablo Valley)
6.4	Triplett (Bakersfield)
6.4	Whitmore (LA Pierce)
6.4	Pipersburg (Santa Barbara)
6.4	White (LA Southwest)
6.4	Crenor (Citrus)

500 YARD DASH

57.1	Myles (LA Harbor)
57.3	McZeal (LA Southwest)
57.4	Steele (Glendale)

1000 YARD RUN

2:15.4	Hellebrand (Moorpark)
2:15.6	Fox (Rio Hondo)
2:16.0	La Gorio (LA Pierce)

ONE MILE RUN

4:07.5	Cotton (Grossmont)
4:10.8	Malec (San Diego Mesa)
4:11.9	Pullen (Grossmont)
4:15.9	Graves (Santa Ana)
4:19.7	Saavedra (Fullerton)
4:22.0	Ayon (Citrus)

TWO MILE RUN

8:51.0	Thomas (Glendale)
9:13.0	Esparza (Moorpark)
9:13.2	Morden (LA Valley)

60 YARD HIGH HURDLES

500 YARD DASH

56.0	Bolding (Pacific Coast Club)
56.3	Parks (Beverly Hills Striders)
56.7	Schultz (Pacific Coast Club)
57.0	Singletary (Southern Cal College)
57.1	Myles (LA Harbor College)
57.3	McZeal (LA Southwest College)
57.5	Byrd (Cal Poly SLO)
57.6	Erickson (Beverly Hills Striders)
57.6	Lutz (Pacific Coast Club)
57.9	Steele (Glendale College)

600 YARD DASH

1:09.0	Bolding (Pacific Coast Club)
1:09.6	Cassellman (Pacific Coast Club)
1:10.1	Robinson (Cal Berkeley)
1:10.3	Williams (Mickey's Missiles)
1:11.3	Mann (Beverly Hills Striders)
1:11.3	Redd (Mickey's Missiles)
1:11.6	Jenner (San Jose Stars)
1:12.0	Brown (Cal Berkeley)
1:14.5	Byrd (Cal Poly SLO)
1:15.1	Ward (West Valley TC)

600 METER DASH

1:18.3	Winzenried (Beverly Hills Striders)
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Karin Smith

500 and 600 indoor leader JIM BOLDING

2:17.4	Chisam (Athletes in Action)
2:18.1	McCullough (Cal State Long Beach)
2:18.1	Davis (Southern Cal College)

TWO MILE RUN

8:36.4	Smith (Athletes in Action)
8:42.0	Halberstadt (Pacific Coast Club)
8:43.6	Tuttle (Beverly Hills Striders)
8:42.0	Lawson (Pacific Coast Club)
8:43.6	Tuttle (Beverly Hills Striders)
8:45.2	Williams (Oregon)
8:51.0	Thomas (Glendale College)
8:54.4	Stewart (US Army)
8:56.6	Babiracki (San Fernando Valley TC)
8:57.6	Wilson (Cal State Long Beach)
8:57.8	Taylor (Oregon)

THREE MILE RUN

13:33.8	Smith (Athletes in Action)
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60 YARD HIGH HURDLES

7.0	White (Unattached)
7.0	Jackson (Beverly Hills Striders)
7.0	Rich (Cal International)
7.2	Hill (US Army)
7.2	Carty (Bay Area Striders)
7.3	Bolding (Pacific Coast Club)
7.3	Frierson (Cal Poly Pomona)
7.3	Robinson (All American TC)
7.4	Florant (Cal Berkeley)
7.4	Foster (Stanford)

HIGH JUMP

7-5½	Stones (Pacific Coast Club)
7-1	Wilson (Oregon State)
7-1	Underwood (Beverly Hills Striders)
7-0	Owens (Unattached)
6-10	Brown (All American TC)
6-10	Miles (Cal State Long Beach)
6-10	Madau (Cal State Fullerton)
6-10	Winston (Cal State Los Angeles)
6-10	Phillips (Chapman College)
6-10	Kotinek (UCLA)

POLE VAULT

18-1	Ripley (San Jose State)
17-4	Baird (Cal State Long Beach)
17-1	Mooers (UCLA)
17-0½	Tully (UCLA)
17-0	Carrigan (Pacific Coast Club)
16-10	Richards (Pacific Coast Club)
16-0	Martin
16-10	Dias (Beverly Hills Striders)
16-6	Richards (Pacific Coast Club)
16-0	Martin (San Jose State)
15-6	Miguel (RH Striders)
15-6	Haagen (Cal Poly SLO)
15-6	Richards (Cal State Long Beach)

AL FEBERBACH indoor shot put leader

ONE MILE WALK

6:27.9	Walker (Beverly Hills Striders)
6:38.6	DiBernardo (Beverly Hills Striders)
6:39.9	Valle (Sierra Race Walkers)
6:45.8	DeNoon (Blue Angels)
6:48.7	Bouldin (Beverly Hills Striders)
6:49.8	Dooley (Unattached)
7:04.0	Glusker (West Valley TC)
7:10.3	Adriano (West Valley TC)

MILE RELAY

3:13.0	Pacific Coast Club
3:22.2	Grossmont College
3:22.2	San Diego Mesa College
3:23.2	Cal Poly San Luis Obispo
3:24.4	UC Berkeley
3:25.4	Stanford
3:25.4	UC Irvine
3:25.4	Mt. San Antonio College
3:25.8	Bakersfield College
3:26.4	Cal State Northridge

LONG JUMP

26-4¼	Moore (Mickey's Missiles)
26-1¼	Robinson (Mickey's Missiles)
25-8¼	Williams (USC)
25-6¼	Whitley (Cal International)
25-3¼	Haynes (US Army)
24-8½	Overstreet (San Jose City College)
24-4	Jackson (Beverly Hills Striders)
24-1½	Lofton (Stanford)
23-9¼	Davis (San Jose State)
23-4	Wallace (Azusa Pacific College)

TRIPLE JUMP

53-9	Jackson (Beverly Hills Striders)
52-1½	Tiff (Beverly Hills Striders)
51-9	Rim (Oregon State)
51-4	Reader (CAI International)
49-10¼	Marlon (Consumnes River College)
49-10	Scott (Mt. San Antonio College)
48-4¼	Gill (Redlands)
48-2¼	Rotella (Fresno Pacific)
47-6¼	Legrande (West Valley College)

SHOT PUT

69-3¼	Feuerbach (Pacific Coast Club)
67-0¼	Woods (Pacific Coast Club)
65-11¼	Albritton (Hawaii)
65-3¼	Shmuck (Beverly Hills Striders)
62-2¼	Doupe (Cornell)
62-9¼	Neidhart (Unattached)
62-2¼	Doupe (Cornell)
58-9	Albright (Cal State Northridge)
58-7¼	Turri (Southern Cal College)
57-8¼	Pagel (UCLA)

ONE MILE RUN

4:07.5	Cotton (Grossmont)
4:10.8	Malec (San Diego Mesa)
4:11.9	Pullen (Grossmont)
4:15.9	Graves (Santa Ana)
4:19.7	Saavedra (Fullerton)
4:22.0	Ayon (Citrus)

TWO MILE RUN

8:51.0	Thomas (Glendale)
9:13.0	Esparza (Moorpark)
9:13.2	Morden (LA Valley)

60 YARD HIGH HURDLES

7.5	White (LA Southwest)
7.7	Owens (Mt. San Antonio)
7.8	Hall (Mt. San Antonio)
7.8	Simmons (LA Southwest)
7.9	Bass (LA Harbor)
7.9	Gaeta (Bakersfield)
7.9	Feola (Fullerton)
8.0	Pient (Fullerton)

HIGH JUMP

6-8¼	Parks (Glendale)
6-6¼	Viggians (El Camino)
6-6¼	Churchill (Canyons)

TRIPLE JUMP

49-10¼	Marlon (Cosumnes River)
49-10	Scott (Mt. San Antonio)
47-6¼	Legrande (West Valley)
47-6	Magee (Trade Tech)
47-6	Johnson (LA Harbor)
46-3¼	Bargoza (Modesto)
45-5	Oliver (Alameda)
44-11¼	Paysinger (LA Harbor)

ONE MILE RELAY

3:22.3	Grossmont
3:22.3	San Diego Mesa
3:25.4	Mt. San Antonio
3:25.8	Bakersfield
3:26.2	LA Harbor
3:26.3	LA Southwest
3:27.3	LA Pierce
3:28.5	Palomar
3:31.6	San Mateo
3:31.8	San Francisco

TWO MILE RELAY

8:04.4	LA Pierce
8:06.4	LA Harbor
8:07.8	Fullerton
8:10.4	Santa Ana
8:15.8	Hancock

high school

60 YARD DASH

6.1	Andrews (West Bakersfield)
6.2	Jefferson (Crawford)
6.2	Bussey (Kearny)
6.3	Burgan (Washington)
6.3	Brown (Los Angeles)
6.4	Greene (Mar Vista)
6.4	Woodard (San Bernardino)
6.5	Jones (Fontana)
6.5	Parke (Long Beach Jordan)

500 YARD DASH

58.2	Theriot (Newport Harbor)
59.0	Sexton (Compton)
59.6	Granville (Lynwood)
59.6	Humann (Newport Harbor)
59.8	Law (Chino)
59.8	Broccoli (Newbury Park)
59.9	McQuarrie (Bolsa Grande)
60.0	Menninger (La Canada)
60.1	Riggins (Helix)
60.3	Mulroy (Newport Harbor)

1000 YARD RUN

2:15.3	Hacche (Birmingham)
2:15.4	Delatorre (Banning)
2:15.8	Davies (Monte Vista)
2:17.0	Castro (Mt. Miguel)
2:17.3	Broccoli (Newbury Park)
2:17.8	Becklund (Patrick Henry)
2:18.2	Cohen (El Camino Real)
2:18.6	Hayes (Lakewood)
2:18.6	Cook (Mission Viejo)
2:19.3	Schlock (St Genevieve)

ONE MILE RUN

4:20.4	Blackburn (Royal)
4:20.9	Serna (Loara)
4:21.6	Suhr (Leigh)
4:21.9	Cook (Mission Viejo)
4:22.1	Arriola (Gahr)
4:22.6	Gallagher (Loara)
4:23.6	Angel (Huntington Beach)
4:23.6	Moses (Crescenta Valley)
4:25.0	Hayden (Sunny Hills)
4:25.3	Koler (Costa Mesa)



RALPH SERNA leads SCOTT BLACKBURN

60 YARD HIGH HURDLES

7.3	Kennedy (Serramonte)
7.3	Hicks (Serramonte)
7.4	Andrews (West Bakersfield)
7.5	Finley (Cupertino)
7.5	Cooper (Ellis)
7.5	Peterson (Saddleback)
7.5	Jackson (Pomona)
7.5	Flowers (Eisenhower)
7.6	Lewis (Muir)
7.6	Armour (Morse)

HIGH JUMP

6-8	Flowers (Eisenhower)
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LONG JUMP

24-0%	Sutton (Morningside)
22-6%	Armour (Morse)
22-4	Bisciglia (Crespi)
22-3%	Smith (Muir)
21-9%	Kelley (Long Beach Poly)
21-9	Leonard (Western)
21-6%	Jamerson (Moreno Valley)
21-3%	McClendon (University, SD)
21-1%	Henry (Patrick Henry)
21-1	Buckley (Lakewood)

POLE VAULT

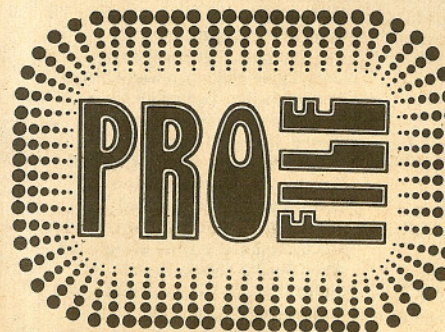
15-0	Schimmel (Villa Park)
15-0	Vahistrom (Villa Park)
14-6	Goodman (Agoura)
14-6	Curran (Crespi)
14-0	Turner (Cypress)
14-0	Woepse (Mater Dei)
13-6	Moss Mar Vista)
13-6	Addy (Long Beach Jordan)
13-6	James (Elk Grove)

SHOT PUT

64-11%	Kurrasch (Newport Harbor)
59-3	Bersano (Los Gatos)
58-10%	Slinkard (St. Paul)
58-3%	Laut (Santa Clara)
56-4%	Zitbell (Pomona)
54-9%	French (Warren)
54-1%	Malone (El Cajon)
53-10%	Stern (Lowell)
53-7%	Valasquez (Gladstone)
53-1%	Taylor (Dominguez)

ONE MILE RELAY

3:23.4	Muir
3:26.3	Newport Harbor
3:29.0	Rolling Hills
3:29.3	Compton
3:29.3	Lakewood
3:29.7	Claremont
3:31.1	Santa Ana
3:32.3	Newbury Park
3:32.4	Serramonte
3:32.6	Loara



Bennie Myles

BENNIE MYLES: Sophomore Harbor College. Age 20; 6 feet, 2 inches; 185 pounds. Born July 2, 1954 at Bolton, Mississippi. Attended Dominguez High School in Compton.

Best Marks: 440 - 48.4(74), 46.2 relay(74); 220 - 21.7(74), 21.0 relay(74); 880 - 1:55.0(74), 1:54.1 relay(74), Indoor 500 - 57.1(75).

An indoor 500 yard dash in 57.1 isn't a bad way to start a new track season. For Bennie Myles of Los Angeles Harbor College this is only an indication of things to come later in the season. Last year as a freshman he picked up the Most Valuable, Most Inspirational and Team Captain honors at the Harbor awards ceremony. This year he is shooting for the State JC 440 title, but admits his greatest satisfaction comes from being a part of helping his team to do well.

Bennie likes to compete at least once every week during the season. He finds it absolutely necessary to get a minimum of 8 hours of sleep each night and loads up on vitamin C and E. As for competition strategy, he says, "It depends on who I am running against. I try to find out about my



2:17.8 Becklund (Patrick Henry)
 2:18.2 Cohen (El Camino Real)
 2:18.6 Hayes (Lakewood)
 2:18.6 Cook (Mission Viejo)
 2:19.3 Schlock (St Genevieve)

ONE MILE RUN

4:20.4 Blackburn (Royal)
 4:20.9 Serna (Loara)
 4:21.6 Suhr (Leigh)
 4:21.9 Cook (Mission Viejo)
 4:22.1 Arriola (Gahr)
 4:22.6 Gallagher (Loara)
 4:23.6 Angel (Huntington Beach)
 4:23.6 Moses (Crescenta Valley)
 4:25.0 Hayden (Sunny Hills)
 4:25.3 Koler (Costa Mesa)

TWO MILE RUN

9:05.3 Serna (Loara)
 9:07.8 Kissin (San Ramon)
 9:09.4 Kingery (San Carlos)
 9:09.5 Hunt (Patrick Henry)
 9:09.6 Baksh (Hollywood)
 9:12.4 R. Aguirre (Santa Barbara)
 9:15.3 Hernandez (Mission Bay)
 9:18.4 Hernandez

9:18.4 Laird (San Marcos)
 9:19.2 Moore (Rancho Alamitos)
 9:21.6 Blackburn (Royal)

60 YARD HIGH HURDLES

7.3 Kennedy (Serramonte)
 7.3 Hicks (Serramonte)
 7.4 Andrews (West Bakersfield)
 7.5 Finley (Cupertino)
 7.5 Cooper (Ellis)
 7.5 Peterson (Saddleback)
 7.5 Jackson (Pomona)
 7.5 Flowers (Eisenhower)
 7.6 Lewis (Muir)
 7.6 Armour (Morse)

HIGH JUMP

6-8 Flowers (Eisenhower)
 6-6 Johnson (Arroyo)
 6-6 Washington (Fremont)
 6-6 Muhl (Hart)
 6-4 Lawson (El Dorado)
 6-4 Connor (Estancia)
 6-4 Nelson (Azusa)
 6-4 Kushner (Eldorado)
 6-2 Rosendahl (Bonita Vista)
 6-2 Mitchell (Dominguez)

TWO MILE RELAY

8:03.4 University, LA
 8:04.2 Palisades
 8:06.4 Not

Bennie Myles



College this is only an indication of things to come later in the season. Last year as a freshman he picked up the Most Valuable, Most Inspirational and Team Captain honors at the Harbor awards ceremony. This year he is shooting for the State JC 440 title, but admits his greatest satisfaction comes from being a part of helping his team to do well.

Bennie likes to compete at least once every week during the season. He finds it absolutely necessary to get a minimum of 8 hours of sleep each night and loads up on vitamin C and E. As for competition strategy, he says, "It depends on who I am running against. I try to find out about my opponents; whether they are front runners, or finishers, or strong competitors, etc."

The Harbor standout really enjoys being a part of track and field. "I have met so many great people through track and keep meeting new ones. I enjoy the competition and being able to keep improving in something. Track also helps me continue my education. I also feel track has given me more confidence in myself. It has helped me develop lasting friendships. It has taught me that to achieve something in life, it can only be done through hard work, a good attitude and discipline. I, especially, enjoy running at Harbor, because we run track as a team. We have fun all year long. The coaches have convinced us that one can beat an individual, but it's sure tough to beat a group. I am sure we work harder than a lot of other teams, but we, actually, enjoy practice." Bennie plans to continue enjoying running at a major university with a strong academic program as well as a solid track team. He has chosen law enforcement as a career objective.

Typical Week's workouts (February 16-21):

Sunday: 30 minute "fun" run. **Monday:** 8x150 from the middle of the curve. Short distance run on the golf course. **Tuesday:** 6x330, 2 at close to full speed, 4 working on the last 220, "gathering" on the curve and building on the straight. About 39 seconds each. **Wednesday:** 16x110 run as progressive relays, 4 sets of 4. **Thursday:** Relay passes, extra long session of exercises and stretching. Short distance run on the course. **Friday:** Relays meet competition. In addition, before each practice session jog two miles, exercise as a team and run 10 stadium stair runs.

Central Section "Valley" High School All-Time List 50 Deep

Compiled by:

RON BLACKWOOD

AND 1974 TOP MARKS 20 DEEP

From: California Track News
 1717 South Chestnut Ave.
 Fresno, CA 93702

\$1.00

CALIFORNIA TRACK NEWS :

100 YARD DASH

9.4	James Jackson (Alameda) 54
	Forrest Beaty (Hoover-Glendale) 62
	James Hines (McClymonds-Oakland) 64
	Mel Gray (Montgomery-Santa Rosa) 67
	George Reddick (Hamilton-LA) 71
	Elijah Jefferson (Crawford-SD) 74
9.5	Frank Wykoff (Glendale) 28
	Bob Poynter (Pasadena) 56
	Jerry White (Corcoran) 56
	Willie White (Jefferson-LA) 56
	Preston Griffin (Centennial-Cptn) 57
	Hubie Watson (Jordan-LA) 59
	Herm Harville (Jefferson-LA) 62
	Larry Sapp (Bonita-LaVern) 62
	Richard Stebbins (Fremont-LA) 62
	Ed Smith (Fremont-LA) 62
	Jerry Williams (Berkeley) 63
	John House (Muir-Pasadena) 63
	Tommie Smith (Lemoore) 63
	Jerry Bradley (Hogan-Vallejo) 63
	Harold Busby (Muir-Pasadena) 65
	Ralph Wise (Pasadena) 65
	Richard Jenkins (Lasuens-San Pedro) 65
	Ronnie R. Smith (Manuel Arts-LA) 66
	J'D' Hill (Edison-Stockton) 66
	Phil Underwood (Dorsey-LA) 66
	Dave Master (El Cerritos) 67
	Howard Williams (Muir-Pasadena) 67
	Dan Moore (Fremont-LA) 67
	Warren Edmondson (Oakland) 68
	Ken Jones (S. Bakersfield) 68
	Bob Ballard (Bellflower) 68
	Al Hearvey (Los Angeles) 69
	Seaborn Bowens (Kennedy-Sacto) 69
	Jackie White (Santa Ana) 69
	Willie Robinson (El Centro) 69
	Larry Kirk (Dominquez-Compton) 70
	Sammie Burns (El Cerrito) 70
	Ned Fletcher (Muir-Pasadena) 71
	Vince Brown (Pittsburg) 71
	DeVon Trahan (Saddleback-StaAna) 71
	Mel Jacobs (Channel Island-Oxnard) 71
	Mike Shavers (Albany) 71-72
	Carl McCullough (Sacramento) 72
	Harold Tassin (Centennial-Cmptn) 72
	Greg Jones (Lemoore) 72
	James Milton (Morse-San Diego) 72
	Tony Watkins (McClymonds-Oak) 72
	Phil Pipersburg (Santa Barbara) 73
	Wesley Walker (Carson-LA) 73
	Ron Whitaker (Wilson-SF) 73
	Mike Farmer (Wilson-SF) 74
	Millard Hampton (Silver Creek-SJ) 74
	Mike Simmons (Carson-LA) 74
	Joel Andrews (W. Bakersfield) 74
	Vernell Ferguson (Ganesha-Pomona) 74

440 YARD DASH

46.1	Ulis Williams (Compton) 61
46.6	Larance Jones (Lemoore) 69
46.7	Jerry White (Corcoran) 56
	Edesel Garrison (Centennial-Cptn) 68
	Tony Krzyzosiak (Garden Grove) 71
46.8	Ray Johnson (Blair-Pasadena) 71
46.9	Lee Evans (Overfelt-San Jose) 65
	Mike Newton (Whittier) 67
	Wayne Collett (Gardens) 67
47.0	Dave Archibald (Leusinger-Lwndle) 61
	Freddie Banks (Jefferson-LA) 64
	Andy Young (Jordan-Long Beach) 68
	Ron Whitaker (Wilson-SF) 73
47.1	Ollie Matson (Washington-SF) 48
	Bill Simms (Whittier) 69
	Rick Brown (Los Altos) 70
	Frank Berry (Washington-LA) 71
47.2	Bruce Anderson (Muir-Pasadena) 61
	Benny Brown (Sunnyvale) 71
	Bob Harrell (Santa Ana) 71
47.3	Don Owens (Centennial-Cmptn) 61
	Forrest Beaty (Hoover-Glendale) 62
	Tommie Smith (Lemoore) 63
	Milton Mitchell (Lincoln-LD) 70
	Greg Jones (Lemoore) 71
	Joe DeDora (Santa Rosa) 71
	Don Tyler (Lincoln-San Diego) 71
47.4	Randy Julian (Bolsa Grande-GdnGr) 65
	Tony Lawson (Pittsburg) 72
47.5	Henry Dorsey (Berkeley) 56
	John Smith (Fremont-LA) 68
	Frank Hughes (Cupertino) 68
	Claude Brown (Gardena) 71
47.6	Ray Saddler (Castlemont-Oak) 60
	Mike Slingetary (San Diego) 65
	Alan Sheats (Muir-Pasadena) 74
47.7	LeRoy Hurte (Manuel Arts-LA) 60
	Walt Jensen (Coalinga) 65
	Leon Horn (Grant-Del Paso Hts) 62
	Larry Winrow (Castlemont-Oak) 65
	Gus Briscoe (Washington-LA) 69
	Billy Hicks (Morningside-Inglewood) 70
	Brien Theriot (Newport Hbr-NptBch) 74
	Rod Connors (Cordova-RchCrd) 74
47.8	Jack Yerman (Woodland) 56
	Carlos Tan (St. Ignatius-SF) 67
	Leon Vaughn (Compton) 61
	Spencer Williams (Chaffey-Ontario) 64
	Wendell Musgrove (S. Bakersfield) 64
	Jim Andrews (Los Altos) 70
	Jim Deckard (McClymonds-Oak) 72
	Clarence Taylor (Richmond) 67

880 YARD DASH

ONE MILE RUN

3:59.4	Tim Danielson (Chula Vista) 66
4:02.4	Richard Kimball (DeLaSalle, Con) 74
4:04.2	Curtis Beck (Santa Monica) 72
4:05.4	Mark Schilling (Garden Grove) 72

4:05.5	Terry Cotton (Valley-El Cajon) 72
4:06.7	Barrie Williams (N. Torrance) 72
4:06.7	Andy Clifford (Sunnyhills-Ful) 74
4:07.2	Armando Valencia (Valley-El Cajon) 67
4:07.6	Ralph Serna (Loara-Anaheim) 74
4:08.0	Peter Romero (Reedley) 67
4:08.2	Alvin Gilmore (Lompoc) 73
	Ray Wicksell (West-Covina) 74
4:08.4	Terry Williams (Lompoc) 73
4:08.5	Carl Trentadue (Westminister) 65
4:08.6	Eddie Arriola (Gahr-Cerritos) 72
4:08.7	Dennis Carr (Lowell-Whittier) 62
4:08.8	Bob O'Brien (Bellflower) 73
	Jim Arriola (Gahr-Cerritos) 74
4:08.9	John Musich (Burbank) 74
4:09.0	Clifton West (Kennedy-Sacramento) 68
4:09.1	Tom Davidson (Valley-El Cajon) 68
	Eric Hulst (Laguna Beach) 74
	Jim Schankel (Lompoc) 74
4:09.2	Mike Soloman (Westminister) 67
	Brent Tubb (Cleveland-Reseda) 70
4:09.5	Mike Ryan (Wilcox-Santa Clara) 65
	Tom Colley (San Geronio-S.Bdo) 74
4:09.6	Rusty Nahierny (Washington-Frmt) 74
4:10.0	Morgan Groth (Alhambra-Martnz) 61
4:10.2	Thornton Bigley (Clairmont-S.D.) 67
4:10.4	Terry Lamb (Grande-Garden Gr) 69
4:10.6	John McDonald (Hoover-Glendale) 67
	Tom Smith (Granite Hills-S.D.) 74
4:10.7	Steve Miller (Carlmont-Belmont) 72
	Paul Cummings (Righetti-Sta Mria) 71
4:10.8	Lloyd Appar (Lincoln-S.D.) 67
4:10.9	Doug McLean (Costa Mesa) 72
4:11.0	Dale Story (Orange) 59
	Duwane Ray (Modesto) 65
	Jay Woods (Vista-S.D.) 74
4:11.1	Eugenio Amaya (Burlingame) 69
	Klaus Hoffman (St. Ignatius-S.F.) 68
4:11.2	Decker Underwood (S. Torrance) 69
4:11.3	Steve Crowley (Gunn-Palo Alto) 73
4:11.4	Conrad Shur (Sunnyhills-Ful) 74
4:11.5	Lynn Ryan (Irvington-Fremont) 74
4:11.6	Harold Marshall (Redondo Beach) 71

9:03.1	Steve Mowry (Madison-S.D.) 74
9:03.2	Mike Durham (Troy-Fullerton) 73
9:03.6	Don Olson (Monte Vista-Sp. Val.) 67
	Kasto Lopez (Sanger) 70
	Wolfgang Schmulewicz (Lincoln-S.F.) 71
9:03.7	Jeff Curran (Los Altos) 74
9:04.0	John Olswang (Costa Mesa) 72
9:04.1	Rusty Nahireny (Washington-Fmt) 74
9:04.2	Johnny Mendez (Artesia) 69
	Mark Dulaney (Palo Verde-PV Est) 70
9:04.3	Juan Garcia (Redwood-Visalia) 74
9:04.4	Ed Ramirez (Channel Island-Ox) 68
	Scott Schweitzer (Burbank) 71

STATE HIGH SCHOOL

THREE MILE RUN

13:43.6	Richard Kimball (DeLaSalle-Conc) 74
13:45.4	Ralph Serna (Loara-Anaheim) 74
13:53.8	Terry Williams (Lompoc) 72
13:56.4	Jose Amaya (Wilson-L.A.) 71
	Mitch Kingery (San Carlos) 74
14:02.6	Dave Taylor (Merced) 72
14:05.4	Eric Hulst (Laguna Beach) 74
14:10.2	Steve Brooks (Mt. Plsnt-San Jose) 71
14:11.4	Larry Greer (Lakewood) 70
14:11.6	Mike Ryan (Wilcox-Santa Clara) 65
14:11.8	Ajim Baksh (Hollywood) 74
14:13.2	Jim Schankel (Lompoc) 74
14:13	Ron Fritzke (Leigh-San Jose) 74
14:14.0	Steve Crowley (Gunn-Palo Alto) 72
	Roger Fabing (Lompoc) 74
14:15.0	Carl Cattarin (Carlmont-Belmont) 72
14:18.0	Brien McPherson (Palo Verde-PV Est) 70
	Rich Van Slyke (Stagg-Stockton) 73
14:19.8	Dave White (El Modena-Orange) 69
14:20.0	Brian Hunsaker (Corona Del Mar) 74
14:20.8	Bob Macias (Belmont-L.A.) 67
	Ron Sasser (Millikan-Long Beach) 70
	Doug McLean (Costa Mesa) 72
14:21.0	Mark Washburn (Bloomington) 74
14:21.4	Rich McCandless (Westmont-Cmpbl) 73
	Bob Barnett (Hillsdale-San Mateo) 74
14:22.4	Dave Babiracki (Granada Hills) 70
14:23.0	Peter Romero (Reedley) 67
14:23	Barnett (Hillsdale-San Mateo) 74
14:24.0	Jim Chaffin (Poly-Long Beach) 70
	Randy Krause (Lynwood) 71
14:26.0	Chris Hoffman (St. Bernard-PDR) 69
14:26.4	Rich Nance (Monroe-Sepulveda) 73
14:27.0	Robert Angel (Huntington Bch) 73
14:27.4	Juan Garcia (Redwood-Visalia) 74
14:27.8	Hector DeAnda (Banning-Wilmington) 71
14:28.0	Robert Yslas (Madera) 67
	Dan Gruber (Awalt-Mt. View) 73
14:29.0	Chuck Webb (Millikan-L.B.) 64
14:29.2	George Manriquez (Mt. Pleasant-SJ) 72

Vince Brown (Pittsburg) 71
DeVon Trahan (Saddleback-StaAna) 71
Mel Jacobs (Channel Island-Oxnard) 71
Mike Shavers (Albany) 71-72
Carl McCullough (Sacramento) 72
Harold Tassin (Centennial-Cmptn) 72 47.8
Greg Jones (Lemoore) 72
James Milton (Morse-San Diego) 72
Tony Watkins (McClymonds-Oak) 72
Phil Pipersburg (Santa Barbara) 73
Wesley Walker (Carson-LA) 73
Ron Whitaker (Wilson-SF) 73
Mike Farmer (Wilson-SF) 74
Millard Hampton (Silver Creek-SJ) 74
Mike Simmons (Carson-LA) 74
Joel Andrews (W., Bakersfield) 74
Vernell Fergerson (Ganesha-Pomona) 74

Larry Winrow (Castlemont-Oak) 65
Gus Briscoe (Washington-LA) 69
Billy Hicks (Morningside-Inglewood) 70
Brien Theriot (Newport Hbr-NptBch) 74
Rod Conners (Cordova-RchCrd) 74
Jack Yerman (Woodland) 56
Carlos Tan (St. Ignatius-SF) 67
Leon Vaughn (Compton) 61
Spencer Williams (Chaffey-Ontario) 64
Wendell Musgrove (S. Bakersfield) 64
Jim Andrews (Los Altos) 70
Jim Deckard (McClymonds-Oak) 72
Clarence Taylor (Richmond) 67

4:09.6 Rusty Nahiery (Washington-Frmt) 74
4:10.0 Morgan Groth (Alhambra-Martnz) 61
4:10.2 Thornton Bigley (Clairmont-S.D.) 67
4:10.4 Terry Lamb (Grande-Garden Gr) 69
4:10.6 John McDonald (Hoover-Glendale) 67
Tom Smith (Granite Hills-S.D.) 74
4:10.7 Steve Miller (Carlmont-Belmont) 72
Paul Cummings (Righetti-Sta Mria) 71
4:10.8 Lloyd Appar (Lincoln-S.D.) 67
4:10.9 Doug McLean (Costa Mesa) 72
4:11.0 Dale Story (Orange) 59
Duwane Ray (Modesto) 65
Jay Woods (Vista-S.D.) 74
4:11.1 Eugenio Amaya (Burlingame) 69
Klaus Hoffman (St. Ignatius-S.F.) 68
4:11.2 Decker Underwood (S. Torrance) 69
4:11.3 Steve Crowley (Gunn-Palo Alto) 73
4:11.4 Conrad Shur (Sunnyhills-Ful) 74
4:11.5 Lynn Ryan (Irvington-Fremont) 71
4:11.6 Harold Marshall (Redondo Beach) 74
4:11.9 Dennis Savage (San Marcos) Sta B. 65
John Johnson (Skyline-Oakland) 74
Bill Schabram (San Marcos Sta B) 65

14:20.8 Bob Macias (Belmont-L.A.) 67
Ron Sasser (Millikan-Long Beach) 70
Doug McLean (Costa Mesa) 72
Mark Washburn (Bloomington) 74
14:21.0 Rich McCandless (Westmont-Cmpbl) 73
14:21.4 Bob Barnett (Hillsdale-San Mateo) 74
Dave Babiracki (Granada Hills) 70
14:23.0 Peter Romero (Reedley) 67
14:23 Barnett (Hillsdale-San Mateo) 74
14:24.0 Jim Chaffin (Poly-Long Beach) 70
Randy Krause (Lynwood) 71
14:26.0 Chris Hoffman (St. Bernard-PDR) 69
14:26.4 Rich Nance (Monroe-Sepulveda) 73
14:27.0 Robert Angel (Huntington Bch) 73
14:27.4 Juan Garcia (Redwood-Visalia) 74
14:27.8 Hector DeAnda (Banning-Wilmington) 71
14:28.0 Robert Yslas (Madera) 67
Dan Gruber (Awalt-Mt. View) 73
14:29.0 Chuck Webb (Millikan-L.B.) 64
14:29.2 George Manriquez (Mt. Pleasant-SJ) 72
Chris Cole (St. Ignatius-S.F.) 72
14:29.4 Gut Arbogast (Crespi-Encino) 73

800 YARD DASH

220 YARD DASH

20.7 Phil Underwood (Dorsey-LA) 66
Mel Gray (Montgomery-Santa Rosa) 67
20.8 Carl McCullough (Sacramento) 72
Mike Farmer (Wilson-SF) 74
20.9 James Hines (McClymonds-Oak) 64
Dave Masters (El Cerrito) 67
Millard Hampton (Silver Creek-SJ) 74
21.0 Mike Shavers (Albany) 72
21.1 Ralph Turner (Burroughs-Burbnk) 61
Forrest Beaty (Hoover-Glendale) 65
Harold Busby (Muir-Pasadena) 65
Dan Moore (Fremont-LA) 67
Mike Simmons (Carson-LA)
Vernell Fergerson (Ganesha-Pomona) 74
21.2 Johnny James (Perris) 64
Willie Deckard (Dorsey-LA)
Edesel Garrison (Centennial-Cptn) 68
Al Hearvey (Los Angeles) 69
Ronnie Welch (Los Angeles) 69
Paul Wallace (Hamilton-LA) 72
James Milton (Morse-San Diego) 72
Clarence Edwards (Santa Ana) 73
21.3 Montgomery Turner (Washington-LA) 66
Leo Warfield (Franklin-Stockton) 66
Ron Pharris (Anaheim) 67
Charles Rushing (Jefferson-LA) 67
Ken Jones (S. Bakersfield) 68
LeMan Childress (Hoover-Fresno) 69
Don Lebow (N. Riverside) 70
Larry Manuel (Hogan-Vallejo) 70
Frank Berry (Washington-LA) 71
Duran Harder (Burbank-Sacramento) 73
Ivory Lewis (Wilson-SF) 74
Gerald Bryant (Montclair) 74
21.4 Don Ward (Bullard-Fresno) 69
Bill Sims (Whittier) 69
Frank Berry (Crenshaw-LA) 70
Jim Henry (Napa) 71
George Reddick (Hamilton-LA) 71
David Thomas (Hamilton-LA) 71
Chuck Bommarito (Crestmoor-SnBrno) 71
Tony Watkins (McClymonds-Oak) 72
Bruce Girasole (Madison-San Diego) 72
Greg Jones (Lemoore) 72
Doug Dantzler (Fremont-LA) 73
Danny Miller (Morse-San Diego) 73
Elijah Jefferson (Crawford-SD) 73
Mike Harris (Indio) 74

1:48.5 Dale Scott (El Cerrito) 72
1:48.8 Richard Joyce (Sierra-Whittier) 65
1:49.0 Clark Mitchell (Bakersfield) 65
1:49.2 Dennis Carr (Lowell-Whittier) 63
Robert Hose (Madison-San Diego) 64
Brent Tubb (Cleveland-Reseda) 71
1:50.1 Terry Rogers (Hilltop-Chula Vista) 66
1:50.4 Greg Jones (Poly-Long Beach) 68
1:50.6 Rick Brown (Los Altos) 70
George Coon (Miramonte-Orinda) 65
1:50.9 James Baxter (Los Angeles) 69
1:51.0 John Musich (Burbank) 74
DeVone Smith (Compton) 64
1:51.1 Larry Banks (Dorsey-LA) 67
1:51.2 Paul Williams (Huntington Beach) 68
Rico Sanchez (Canoga Park) 69
Robert Harrell (Santa Ana) 72
1:51.4 Tom Kovacich (Buena Park) 72
Karl Henry (Eisenhower-Rialto) 66
1:51.5 Don Burns (Redondo Beach) 67
James Robinson (McClymonds-Oak) 72
Curtis Beck (Santa Monica) 73
Larry Arnett (Pasadena) 64
1:51.6 Bob Langston (Millikan-Long Beach) 68
Steve Rine (Santa Monica) 67
1:51.7 Albert Seeney (Manuel Arts-LA) 72
1:51.8 Art Martinez (Wilson-LA) 67
Perrell Keeling (Morningside-Ingwd) 71
1:51.9 Pete Fairchild (Encina-Sacto) 67
Ray VanAsten (Bonita-LaVern) 60
1:52.0 Jan Underwood (Buena Park) 60
Steve Scott (Upland) 74
1:52.1 Ralph Lee (San Mateo) 60
Ed Ricke (Millikan-Long Beach) 66
Dave Gnerre (Fontana) 68
Ron Hyatt (Placer-Auburn) 72
1:52.2 Doug Parker (Chico) 62
Dave Boggard (Simi V.-S.Susana) 65
George Alfaro (Pittsburg) 68
Bob Frank (Whittier) 70
Mickey Senior (Montclair-Pomona) 70
Nathan Burks (Castlemont-Oak) 70
Mike Tyrell (Saratoga) 71
Randy Carlson (Westmont-Cmpbl) 71
Frank Nelms (Crenshaw-LA) 71
Bob See (Del Valle-Walnut Creek) 71
1:52.3 Bill Heinzen (Glendora) 72
Tom Lloy (Edison-Hntngtn Bch) 74
Don Bowden (Lincoln-San Jose) 54
Walt Channels (Colton) 64

TWO MILE RUN

8:46.5 Richard Kimball (DeLaSalle-Conc) 74
8:48.8 Curtis Beck (Santa Monica) 72
8:50.5 Eric Hulst (Laguna Beach) 74
8:53.4 Marc Genet (Santa Ana) 72
8:53.5 Dave Taylor (Merced) 72
8:53.8 Dale Fleet (Clairmont-S.D.) 71
8:54.2 Jim Salcido (Sunnyhills-Ful) 72
8:54.4 Gordon Innes (Upland) 71
Jose Amaya (Wilson-L.A.) 71
8:54.6 Peter Romero (Reedley) 67
Bob Grubbs (Washington-Fremont) 72
8:54.8 Terry Cotton (Valley-El Cajon) 72
Terry Williams (Lompoc) 73
8:55.2 Fred Richerson (Salesian-L.A.) 69
8:55.4 Tim Danielson (Chula Vista) 66
8:55.6 Ron Johnson (W. Torrance) 70
8:56.9 Jim Schankel (Lompoc) 74
8:57.0 Ralph Gamez (Berkeley) 66
Ruben Chappins (Excelsior-Nrwk) 69
8:57.2 Tom Hale (Campolindo-Moraga) 71
8:57.8 Mike Ryan (Wilcox-Santa Clara) 64
Benton Hart (Modesto) 74
8:58.2 Steve Martin (Davis) 72
8:58.4 Tom Koppes (St. John Bosco-Biflwr) 72
8:58.8 Jim Chaffin (Poly-Long Beach) 70
8:59.5 Kirk Pfeffer (Crawford-S.D.) 74
8:59.8 Dave White (El Modena-Orange) 69
9:00.6 Armando Cendejas (Buena Park) 74
Guy Arbogast (Crespi-Encino) 74
Mitch Kingery (San Carlos) 74
9:00.8 Ed Mendoza (Helix-LaMesa) 71
Gary Blume (Marina-Huntington Bch) 74
9:01.0 Otis Martin (Lincoln-S.D.) 67
9:01.6 Gordon MacMitchell (Gunn-P. Alto) 73
Mark Washburn (Bloomington) 74
9:02.0 Tom Davidson (Valley-El Cajon) 68
Roy Kissin (San Ramon) 74
9:02.4 Ralph Serna (Loara-Anaheim) 74
9:02.6 Armando Valencia (Valley-El Cajon) 67
9:02.8 Eddie Granillo (East Bakersfield) 70

120 YARD HIGH HURDLES

13.6 Charles Jackson (Lompoc) 71
Dan Jones (Palo Verde-Blythe) 72
Tom Andrews (W. Bakersfield) 73
Carl Florant (Palo Alto) 73
Mike Harris (Indio) 74
13.7 Steve Caminiti (Crespi-Encino) 64
Earl McCullough (Poly-Long Beach) 64
Bruce Gridley (Northview-Covina) 66
Jerry Proctor (Muir-Pasadena) 67
Charles Rich (Washington-L.A.) 69
Jerry Wilson (Roosevelt-Fresno) 69
Milton Turner (Castlemont-Oak) 70
Fred Shaw (Muir-Pasadena) 74
Dedy Cooper (Ells-Richmond) 74
13.8 Roger Moody (Corona) 64
Bill Persons (San Fernando) 65
Richard Miller (Monrovia) 65
John Cottier (Crespi-Encino) 68
Mark Low (Pomona) 69
Dan Redfern (San Juan-Ctrs Hts) 69
Earl Adkins (Locke-L.A.) 69
McKinley Mosley (Bakersfield) 70
Al Hall (Morningside-Inglewood) 70
James Royal (Poly-Long Beach) 72
Mike Nealy (Edison-Stockton) 72
Mike Johnson (Pasadena) 73
James Owens (NorteDel Rio-Sac) 73
Rich Graybell (Las Lomas) 74
Robert Gaines (Kennedy-Richmd) 74
Brian Fulton (Burbank) 74
Mike Kirtman (Wilson-S.F.) 74
13.9 Carl Davis (Compton) 63
Ed Orr (Jefferson-L.A.) 63
Al Pesce (Crespi-Encino) 66
George Farmer (La Puente) 66
Don Parish (Dorsey-L.A.) 66
Mike Jeter (Gardena) 67
Ron Hamley (Lowell-Whittier) 68
Jose Rivas (Tulare) 72
Ik3 Allmond (Serramonte-Daly City) 73
Jim Austin (Muir-Pasadena) 74

180 YARD LOW HURDLES (TURN)

18.6	Wayne Collett (Gardena) 67
	Rich Graybehl (Las Lomas-Wint Ck) 74
18.7	Jerry Proctor (Muir-Pasadena) 67
18.8	Mike Jeter (Gardena) 67
18.9	Gene Delk (San Jose) 67
	Larry Crayton (Oceanside) 68
	Fred Shaw (Muir-Pasadena) 74
	Jim Austin (Muir-Pasadena) 74
19.0	Eddie Johnson (Grant-Sac) 67
	Ron Hamley (Lowell-Whittier) 68

HIGH JUMP

7-3	Reynaldo Brown (Compton) 68
7-1½	Mark Wilson (Monte Vista-Danville) 74
7-1½	Dwight Stones (Glendale) 71
7-1½	Otis Hailey (Wasco) 68
7-0½	Jerry Culp (Oceanside) 70
7-0	Don Pierce (Pittsburg) 66
	Mark Ridge (Merced) 74
	Clark Beedle (LaSierra-Sac) 74
	Charles Hatch (Wilson-S.F.) 74
6-11½	Dave Bradford (Compton) 68

LONG JUMP

26-2½	Ken Duncan (McClatchy-Sac) 72
26-0½	Jerry Proctor (Muir-Pasadena) 67
25-10½	Heulon Hewitt (Merced) 68
25-9½	Gerald Hardeman (Edison-Fresno) 72
25-7	James McAlister (Blair-Pasadena) 70
25-6½	Ted Hammond (Compton) 73
25-5½	Doyle Steel (San Diego) 66
25-5	Carl McCullough (Sacramento) 72
25-4½	Johnny Johnson (Pacific Grove) 65
25-4½	Oscar Bean (Jefferson-L.A.) 56
	Randy Williams (Edison-Fresno) 71
25-4½	Monte Upshaw (Piedmont) 54
25-3	Willie Davis (Roosevelt-L.A.) 58
	Bobby Bonds (Poly-Long Beach) 64
25-2½	George Brown (Jordan-L.A.) 49
25-2	Phil Quinet (Homestead-Cupertino) 68
25-1½	Jerry Herndon (Cajon-San Berdo) 73
25-1½	Tony Brown (Poly-Long Beach) 71
24-11½	Willie Crawford (Fremont-L.A.) 64
24-11	Lewis King (Lincoln-S.D.) 67
	Mel Gray (Montgomery-Santa Rosa) 67
24-10½	Mark Cleghorn (Berkeley) 73
24-10	Rick Ferguson (Merced) 68
	Lynn Swann (Sierra-San Mateo) 70
	Jim Spillane (Palos Verdes-PV Est) 73
24-9½	Manuel Muckell (Poly-Long Beach) 65
24-9½	Louie Watkins (Jordan-L.A.) 55
24-8½	Bill Jackson (Fremont-L.A.) 57
24-8	Tony Lorick (Fremont-L.A.) 59
	Steve Thompson (East Bakersfield) 70
24-7½	Bob McKeever (Fremont-L.A.) 62
24-7½	Mac Burton (Washington-S.F.) 57
	Henry Harris (Loyola-L.A.) 66
24-7	Steve Rim (Clovis) 72
	Mike McKee (Skyline-Oak) 73
24-6½	Preston Griffen (Centennial-Cptn) 57
	Norman Wood (Madera) 61
	Denny Smith (Compton) 65
24-6½	Steve Turner (Glendale) 50
	Montell Wilson (Manuel Arts-L.A.) 63
24-6½	Bill Johnson (Jefferson-L.A.) 50
	Walt Roberts (Compton) 60
	Marv Motley (Poly-Long Beach) 62
24-6	Steve Rodgers (Brawley) 58
	Tommie Smith (Lemoore) 63

TRIPLE JUMP

52-6½	David Tucker (Memorial-Fresno) 70
52-3½	Randy Williams (Edison-Fresno) 71
51-8	Mike Wood (Manual Arts-L.A.) 63
51-3	Willie Banks (Oceanside) 74
50-10	Steve Rim (Clovis) 72
50-2½	Don Bryson (Oakland) 74
50-1½	Tom Cochee (Tech-Oakland) 72
49-9½	Craig Conway (Cupertino) 70
49-9	Louis Tucker (Washington-Easton) 73
49-8	Larry Freeman (Poly-Long Beach) 65
49-6½	Ernie Lopez (Central-Fresno) 70
49-4½	Tom Andrews (W. Bakersfield) 73
49-4½	Dale Krebs (Gunn-Palo Alto) 71

65-9½	John Buehler (Whittier) 70
65-8½	Randy Withrow (Pasadena) 70
65-7½	Don Castle (Cubberly-Palo Alto) 61
65-7½	Dave Gerasimchuk (Narbonne-L.A.) 72
65-6	Bruce Wilhelm (Fremont-Sunnyvale) 63
65-2½	Bill Pace (El Rancho-Whittier) 61
65-2½	Lonnie Shelton (Foothill-Bakfld) 73
64-11	Pete Schmock (San Dieguito) 68
	Billy Joe Winchester (Mt. Miguel-SV) 70
64-9	Sam Cunningham (Santa Barbara) 69
64-8½	Kerry Eskeli (Serra-Gardena) 69
64-8½	Dave Kurrasch (Santa Ana) 74
64-4½	Mark Ostoich (San Bernardino) 67
64-3½	George Brown (Granada Hills EICJ) 67
64-1	Steve Marcus (Palisades) 65
63-11½	Mike Bianco (El Segundo) 61
	Brett Mannon (Los Gatos) 72
63-9½	Homer Robertson (Pacific-Sberdo) 56
63-9	Bob Brannon (Los Gatos) 64
63-3½	Ed Howard (Muir-Pasadena) 67
63-3	Roger Freberg (San Marino) 70
63-1½	Mike Metoyer (Gardena) 72
63-1½	Ray Alger (Whittier) 65
63-0½	Robin Luke (Ygnacio Valley-Cnrd) 68
62-10	Warren Shank (Rio Americano-Adn) 72
62-9½	Mike Budinich (South Gate) 72
62-9½	Chris Adams (Los Altos) 70
62-8½	Dave Schiller (Millikan-Long Beach) 70
	Carlos McCall (Centennial-Compton) 71
	Brody Dunn (Mayfair-Lakewood) 65
62-7½	Dave Davis (Canoga Park) 56
62-6½	Mike Garrett (Taft) 66
62-5½	Don Vick (Chaffey-Ontario) 53
62-5	Larry Maggard (Turlock) 62
	Jerry Woods (Sonora) 65
	Russ Brown (Hoover-Fresno) 74
62-4½	Mike McKeever (Mt. Carmel-L.A.) 57
62-3	Al Dalerio (Clovis) 68
62-2½	Jim O'Brien (DeAnza-Richmond) 62
62-1½	Dave Gheradi (St. Ignatius-S.F.) 72
62-1	Ralph Fruguglietti (Albany) 73

DISCUS THROW (3 POUNDS, 9 OUNCES)

201-6	Ray Burton (Vacaville) 74
201-3	Chris Adams (Los Altos) 70
200-1	Scott Overton (Los Altos) 72
198-6	Dave Voorhees (Tulelake) 73
195-8	Billy Joe Winchester (Mt. Miguel-SV) 70
195-5	Lonnie Shelton (Foothill-Bakerfld) 73
195-4	Bob Stoeker (Los Altos) 62
	Tom Birtwhistle (Gunn-Palo Alto) 69
194-2	Dave Hickson (Lelaand-San Jose) 73
	Darrel Elder (Redwood-Larkspur) 74
194-0	Ralph Fruguglietti (Albany) 73
193-0	Jim Penrose (Carlmont-Belmont) 68
190-2	Mark McNaughton (Hoover-Fresno) 74
189-1	Jim Peters (Piedmont) 66
	Jon Glenhill (Pacific-San Leandro) 69
187-9	Jay Pluskin (Los Altos) 72
	Doug Otterstetter (Marina-San Lndro) 73
186-6	Marcus Gordien (Claremont) 73
186-5½	Mike Louisiana (Logan) 66

ALL-TIME LIST

compiled by RON BLACKWOOD



	John Foye (Locke-L.A.) 74	6-11	Dave Bush (Campbell) 72
	Mike Kirtman (Wilson-S.F.) 74	6-10½	Greg Fries (San Geronio-S.Bdo) 73
19.1	Bill Woods (Roosevelt-Fresno) 67	6-10½	Max Lowe (Awalt-Mt. View) 64
	John Hicks (Gardena) 67		Fred Jackson (Castlemont-Oak) 66
	Phil Lindley (Monrovia) 67	6-10½	Charley Dumas (Centennial-Cptn) 55
	Jose Rivas (Tulare) 72		Bill Morris (Compton) 66
	Gary Rice (Ceres) 68		Kelly Donahue (PaloVerdes-PV Est) 73
	John Alexander (Hoover-Fresno) 71		Brian Shaw (Pittsburg) 73
	Wally Henry (Lincoln-S.D.) 73		Doug Case (Laguna Beach) 74
	Trennis Jackson (San Bernardino) 74		Vic Schurhill (Alemany-Miss. Hills) 74
19.2	John Veal (Centennial-Compton) 67		Steve Peterie (Warren-Downey) 74
	Eric Barfield (McClymonds-Oak) 67	6-10	Tom Clayburn (Balboa-S.F.) 66
	Richard Edwards (Compton) 67		Doug Huff (Lincoln-L.A.) 66
	Jerrold Dolphins (Dorsey-L.A.) 67		Ron Wicks (Centennial-Compton) 67
	Calvin Norris (Washington-Eston) 67		Steve Lang (Fremont-L.A.) 67
	Lewis King (Lincoln-S.D.) 67		Randy Fukerson (Santa Fe-SF Sps) 70
	Dale Jakle (Los Altos) 74		Kerry Elders (Fresno) 71
19.3	John Nordella (Birmingham-Van Nys) 67		Carl Miles (Poly-Long Beach) 72
	Charles Jackson (Lompoc) 71		Bill Scarborough (Clovis) 74
	Steve Reimer (Wasco) 72		Dave Haber (Alameda) 74
	Roland Solomon (Cabrillo-Lompoc) 74		Rich Parks (Cresenta Valley) 74
	Dale Walters (Lakewood) 74		Phillips (Valley-Santa Ana) 74
	James Owens (NorteDelRio-Sac) 74	6-9½	Richard Jones (Bakersfield) 62
19.4	Stan Hudson (Franklin-Stockton) 67		Ed Hanks (Hoover-S.D.) 64
	Kerry Elders (Fresno) 71		John Radetich (San Carlos) 66
	McKenley Mosley (Bakersfield) 71		Scott English (Chatsworth) 68
	Bill Farmer (Lemoore) 72	6-9½	Otis Burrell (Jefferson-L.A.) 62
	Phil Branson (Monache-Prtrville) 74		Eric Rittterath (Eagle Rock) 71
	Mike Crittenden (Kennedy-Rich) 74		Bill Erbes (Homestead-Cupertino) 72
			Randy Turner (Wilson-S.F.) 73
		6-9½	Bob Channell (McLane-Fresno) 63
			Tim Brown (Morse-S.D.) 67
			Phil Singleton (San Diego) 67
			Ken Burnside (San Ramon-Danville) 67
			Rick Fletcher (Hoover-Fresno) 68
			Bill Heitchew (Alhambra) 71
			Jim Geddes (La Jolla) 73

180 YARD LOW HURDLES (STRAIGHT)

18.1	Steve Caminiti (Crespi-Encino) 64
	Earl McCullough (Poly-L.B.) 64
18.3	Tom Hester (San Bernardino) 62
	Ed Moody (McClymonds-Oak) 62
	Alvin Mann (Edison-Fresno) 63
	Jerry Wilson (Roosevelt-Fresno) 69
	Milton Turner (Castlemont-Oak) 70
	Mike Nally (Edison-Fresno) 72

POLE VAULT

6-9%	Richard Jones (Bakersfield) 82
	Ed Hanks (Hoover-S.D.) 64
	John Radetich (San Carlos) 66
	Scott English (Chatsworth) 68
6-9%	Otis Burrell (Jefferson-L.A.) 62
	Eric Ritterath (Eagle Rock) 71
	Bill Erbes (Homestead-Cupertino) 72
	Randy Turner (Wilson-S.F.) 73
6-9%	Bob Channell (McLane-Fresno) 63
	Tim Brown (Morse-S.D.) 67
	Phil Singleton (San Diego) 67
	Ken Burnside (San Ramon-Danville) 67
	Rick Fletcher (Hoover-Fresno) 68
	Bill Heitchew (Alhambra) 71
	Jim Geddes (La Jolla) 73

POLE VAULT

16-8¾ Steve Smith (South-Torrance) 69
Mike Tully (Milikan-Long Beach) 74
16-7 Robert Pullard (Los Angeles) 69
16-6¾ Paul Wilson (Warren-Downey) 65
16-5 Johnny Vaughn (Corona) 66
16-4 Paul Hegler (Muir-Pasadena) 66
16-2¾ Tim Curran (Crespi-Encino) 73
16-1 Bob Steinhoff (Warren-Downey) 65
15-9 Roger Martin (Camden-San Jose) 71
15-8½ Tim Quinn (Monroe-Sepulveda) 72
15-8 Jim Knaub (Lakewood) 74
15-7¾ Fritz Selzer (Glendale) 71
15-7 Al Sandoval (West-Covina) 72
15-6¾ Robert Sprung (Pomona) 67
Larry Hintz (Buchser-Santa Clara) 73
15-6 Jim Lydol (San Mateo) 69
Michael White (Dominquez-Compton) 71
15-5¼ Victor Diaz (Rubidoux-Riverside) 67
15-4 Tom Dullan (Buena-Ventura) 64
Len Herring (Compton) 68
Brian Goodman (Agoura) 74
15-3½ Herbert Black (Fremont-L.A.) 72
15-3 Rick Yates (Inglewood) 71
15-2¾ Bob Richards, Jr. (Bonita-LaVern) 68
15-2 Ron Mooers (Valencia-Placentia) 71
Larry Johnson (Hoover-Glendale) 72
15-1¾ Bill Jorgensen (Orange Glen-Fibk) 73
15-1½ Dennis Gingrich (Rosemead) 69
15-1 Dave Cronk (South-Torrance) 66
Jack DeGrandchamp (Santa Bar) 65
Jim Collins (Valencia-Placentia) 72
15-0¾ Wayne Myers (Foothill-Sac) 66
15-0¾ Marc Savage (Clairmont) 63
Sam Albanese (King City) 69
15-0 Bob Seagren (Pomona) 64
Doug Updick (Carmel) 69
15-0 Clint Ostrander (Taft-Woodland H) 66
Russ Royal (Fremont-Sunnyvale) 69
Niel Chapman (Warren-Downey) 69
Ken Haagen (San Marcos-Sta Bar) 72
Mark Bill (Foothill-Sac) 72
Gray Bell (Foothill-Ft. Hill Farms) 72
Scott Turner (DelMar-San Jose) 73
Mike Baker (Katella-Anaheim) 73
Tom DiStanislao (Newport Harbor) 73
Craig Wilson (Milikan-Long Beach) 74
14-11½ Steve Rutherford (Fresno) 68
14-11 Tom Porter (Sonora) 66
Steve Hardison (Roosevelt-Fresno) 68
14-10¾ Tom Lindsay (LaSierra-Carmichael) 70
Mike Hill (Mayfair-Lakewood) 70

15-0	Doug Updick (Carmel) 69
	Clint Ostrander (Taft-Woodland H) 66
	Russ Royal (Fremont-Sunnyvale) 69
	Niel Chapman (Warren-Downey) 69
	Ken Haagen (San Marcos-Sta Bar) 72
	Mark Bill (Foothill-Sac) 72
	Gray Bell (Foothill-Ft. Hill Farms) 72
	Scott Turner (DelMar-San Jose) 73
	Mike Baker (Katella-Anaheim) 73
	Tom DiStanislao (Newport Harbor) 73
14-11½	Craig Wilson (Milikan-Long Beach) 74
14-11	Steve Rutherford (Fresno) 68
	Tom Porter (Sonora) 66
14-10½	Steve Hardison (Roosevelt-Fresno) 68
	Tom Lindsay (LaSierra-Carmichael) 70
	Mike Hill (Mayfair-Lakewood) 70

52-6%	David Tucker (Memorial-Fresno) 70
52-3½	Randy Williams (Edison-Fresno) 71
51-8	Mike Wood (Manual Arts-L.A.) 63
51-3	Willie Banks (Oceanside) 74
50-10	Steve Rim (Clovis) 72
50-2½	Don Bryson (Oakland) 74
50-1¼	Tom Cochee (Tech-Oakland) 72
49-9½	Craig Conway (Cupertino) 70
49-9	Louis Tucker (Washington-Easton) 73
49-8	Larry Freeman (Poly-Long Beach) 65
49-6½	Ernie Lopez (Central-Fresno) 70
49-4½	Tom Andrews (W. Bakersfield) 73
49-4¼	Dale Krebs (Gunn-Palo Alto) 71
49-4	Kevin McCarthy (Cupertino) 73
49-3½	Larry Freeman (Santa Clara) 69
48-10½	John Triplett (Branham-San Jose) 72
48-10	Ray Foreman (Roosevelt-Fresno) 68
	Danny Williams (Hoover-Fresno) 74
48-8	Charles Wheeler (Merced) 74
48-7½	Denny Rogers (Los Altos) 66
48-5½	Greg Hay (Concord) 72
48-4½	Tom Cousey (Ellis-Richmond) 60
48-3¾	John LeGrands (Westmont-Cmpbl) 73
48-2½	Doug Smith (South Bakersfield) 69
48-2¼	Jake Torrance (Western Tulare) 72

48-2 Sam Gibson (Banning-Wilmington) 76
Nathan Johnson (Seaside) 74
48-1½ Don Jackson (Oakland) 74
John Haynes (El Cerrito) 74
48-1 John Meadows (Western Tulare) 72
James Lofton (Washington-L.A.) 73
48-0¼ Thermond Wells (Balboa-S.F.) 73
47-11½ Rich Dunn (Leigh-San Jose) 67
Chuck Steffes (Sunnyvale) 68
47-11 Fiod Utley (Cupertino)
Larry Johnson (Fresno) 74
47-10½ Fred Miller (Leigh-San Jose) 70
Tony Rotella (Central-Fresno) 71
47-10 Phil Quintet (Homestead-Snyvale) 68
47-9¼ Mike Chicott (San Gabriel) 64
47-9¼ Al McClure (Vista) 73
47-9 Robbie Lucas (Rio Vista) 72
Blakeney (Seaside-Monterey) 73
Bill Napier (Lynbrook-San Jose) 74
47-8½ Mike Dobbins (Merced) 74
47-7¾ Lonnie Shelton (Foothill-Bakfld) 73
47-7¼ Charles Knight (Edison-Fresno) 70
47-7 Marvin Blackwell (E. Bakersfield) 74
47-6½ Larry Diggs (San Bernardino) 67
Kevin Moore (Oroville) 70
Dave Quick (North Bakersfield) 73

69-6% Jim Neidhart (Newport Harbor-NB) 73
67-9% John Hubbell (Poly-Long Beach) 66
67-9 Terry Albritton (Newport Harbor) 72
67-8% Dave Doupe (Inglewood) 73
67-6% Randy Cross (Crespi-Encino) 72
67-2% Mark Stevens (Newport Harbor-NB) 71
67-2 Dave Murphy (Sunnyhill-Fullerton) 66
65-11% Curt Hampton (El Cajon-San Diego) 74
65-10 Steve Wilhelm (Fremont-Sunnyvale) 67

201-6 Ray Burton (Vacaville) 74
201-3 Chris Adams (Los Altos) 70
200-1 Scott Overton (Los Altos) 72
198-6 Dave Voorhees (Tulelake) 73
195-8 Billy Joe Winchester (Mt. Miguel-SV) 70
195-5 Lonnie Shelton (Foothill-Bakerfld) 73
195-4 Bob Stoecker (Los Altos) 62
Tom Birtwhistle (Gunn-Palo Alto) 69
194-2 Dave Hickson (Leland-San Jose) 73
Darrel Elder (Redwood-Larkspur) 74
194-0 Ralph Fruguglietti (Albany) 73
193-0 Jim Penrose (Carlmont-Belmont) 68
190-2 Mark McNaughton (Hoover-Fresno) 74
189-1 Jim Peters (Piedmont) 66
Jon Glenhill (Pacific-San Leandro) 69
187-9 Jay Pluskin (Los Altos) 72
Doug Otterstetter (Marina-San Lndro) 73
186-6 Marcus Gordien (Claremont) 73
186-5½ Mike Louisiana (Logan) 66
186-4 Rory Kenward (San Marcus-Sta Bar) 68
186-0 Dave Doupe (Inglewood) 73
185-10 Ron Allen (Lynbrook-San Jose) 73
185-7 Mike Davis (Hillsdale-San Mateo) 69
184-11 Fred DeBernardi (Hart-Newhall) 67
184-9 Bob Otto (Porterville) 71
184-7 Winston Landes (Palo Alto) 67
184-3 Charles Anderson (Porterville) 70
184-2 Glenn Moore (Mt. Pleasant-San Jose) 74
184-1 Scott Covey (Homestead-Cuptno) 70
183-11 Burt Marks (Salinas) 64
183-10 Jim Groover (Branham-San Jose) 72
183-8½ Tyler Wilkins (Mt. View) 62
183-8 John Reed (Monterey) 63
183-6 Chuck Smart (Los Altos) 64
182-11 Ken Cowl (Castro Valley) 71
182-8 Bill Walker (Campbell) 67
Rich Gunther (Campolindo-Mrga) 71
182-7 Ralph Show (Homestead-Snyvle) 68
182-6 Stan McDonald (Edison-Fresno) 63
182-5 Richard Turner (Sunset-Hayward) 71
182-1 Steve Lehmer (Loara-Anaheim) 66
181-10 Gary Bersano (Los Altos) 74
181-9 Fritz Coffman (Monte Vista Whttr) 72
Bill Harvey (Vista) 73
181-6 Fred Huston (Camarillo) 72
181-5 Kim McGowan (Fremont-Snyvle) 73
181-3 Steve Davis (Los Altos) 67
Ron Grant (Riverdale) 74
181-2 Bill Staley (Los Lomas-Wlnt Ck) 64
181-1 Don Schmidt (King City) 61

41.0 Wilson-San Francisco (Farmer,
Whitaker, Kirtman, Walker) 73
41.1 El Cerrito (Gaines, Watson, Smith,
Burns) 71
41.2 Castlemont-Oakland (Pruitt, Turner,
Irvin, Gibson) 70
41.2 Hamilton-Los Angeles (Avant, Wallace,
Thomas, Reddick) 71
41.2 El Cerrito (Smith, Battle, Lewis,
Burns) 70

more



440 R:

- 41.2 Crenshaw-Los Angeles (Coulter, Franklin, Tyler, Johnson) 72
 41.2 Wilson-San Francisco (Farmer, Kirtman, Ward, Lewis) 74
 41.3 Centennial-Compton (Hilbreth, Graham, Buford, White) 68
 41.3 Centennial-Compton (Hilbreth, Graham, White, Garrison) 68
 41.3 Fremont-Los Angeles (McBee, Sanders, Smith, Solomon) 71
 41.3 Willson-San Francisco (Farmer, Whitaker, Lewis, Walker) 72
 41.3 Centennial-Compton (McMillan, Rawls, Tassin, Orange) 72
 41.4 Edison-Stockton (Montgomery, Nelson, Roe, Donnell) 69
 41.4 Santa Ana (Winstead, Farrell, Greer, White) 70
 41.4 Crenshaw-Los Angeles (Johnson, Ross, Tyler, Moore) 71
 41.4 Kennedy-Richmond (Johnson, Gaines, Barmes, Jackson) 74
 41.4 Gardena-Los Angeles (Colé, Jones, Robinson, Broussard) 74
 41.5 Edison-Fresno (Wright, Burks, McCloud, Amps) 68
 41.5 Lincoln-San Diego (Robinson, Maxwell, Franklin, Murphy) 68
 41.5 Los Angeles (Welch, Davis, Jones, Hearvey) 69
 41.5 Pittsburg (Butler, Davis, Adams, Ligons) 70
 41.5 Berkeley (Griffin, Arndt, Bennett, Odum) 70
 41.5 Edison-Stockton (Farrell, Montgomery, Roe, Gray) 70
 41.5 San Diego (Fenderson, Neal, Jones, Turner) 71
 41.5 Muir-Pasadena (Baldwin, Bass, Herron, Sheats) 74

ONE MILE RELAY

- 3:13.2 Castlemont-Oakland (Roberts, Morgan, Curry, Rodgers) 71
 3:13.8 Muir-Pasadena (Herron, Austin, Shaw, Sheats) 74
 3:14.3 Centennial-Compton (Hilbreth, Buford, McCall, Garrison) 68
 3:14.6 Fremont-Los Angeles (Payne, Vernon, Williams, Smith) 68
 3:14.9 West-Bakersfield (Glover, Andrews, Foster, Boen) 71
 3:15.0 Santa Ana (Denmark, Dicus, Mead, Harrell) 72
 3:15.1 Centennial-Compton (McCall, Davis, Manlay, Buford) 69
 3:15.2 Los Angeles (Davis, Reese, Davis, Baxter) 69
 3:15.2 Dominguez-Compton (Coach, Franks, Franks, Thompson) 71
- 3:27.4 La Habra 60
 3:27.9 Orange 61
 3:28.0 La Habra 62
 3:28.4 Hoover-Glendale 62
 Los Angeles 69
 3:28.9 El Cerrito (Ennis, Walker, Watson, Scott) 72
 3:29.0 Poly-Long Beach 60
 3:29.4 South Gate 61
 3:29.5 Castlemont-Oakland (Morgan, Robert, Rodgers, Curry) 71
 3:30.0 Miramonte-Orinda 65
 3:30.1 Dominguez-Compton 61
 Bakersfield 65
 Los Altos 65
 3:30.2 Millikan-Long Beach 68
 El Cerrito 70
 3:30.4 Fontana 68

TWO MILE RELAY

- 7:44.0 El Cerrito (Stodden, Wolfe, Rice, Wood) 69
 7:44.2 Berkeley 65
 7:46.2 Arcadia (Hoar, Hughes, Cass, Stuart) 73
 7:46.4 Taft-Woodland Hills (Barry, Gould, Lagorio, Donahue) 73
 Tustin 65
 7:48.0 Mission Viejo 73
 7:49.2 LaCanada 74
 7:49.6 El Cerrito (Sproul, Ennis, Kaufman, Scott) 72
 7:50.4 DelValle-Walnut Creek (Ellison, Burke, Guichard, See) 71
 7:50.6 Pittsburg 67
 7:50.8 Hoover-Glendale 61
 7:51.2 Castlemont-Oakland 69
 7:52.0 LaCanada 73
 7:52.6 Castlemont-Oakland 71
 Mt. Diablo-Concord 71
 7:52.8 Petuma 74
 7:53.0 Crescenta Valley-Glendale 63
 Miramonte-Orinda 64
 7:53.2 Lowell-LaHabra 65
 Casa Roble-Orangevale 72
 7:53.4 San Marcos 72
 7:53.6 Clayton Valley-Concord 61
 Encina-Sacramento 72
 7:53.6 Arcadia 72
 7:54.0 Millikan-Long Beach 65
 Manuel Arts-Los Angeles 72
 7:54.2 Orange 62

SPRINT MEDLEY RELAY

(440, 220, 220, 880)

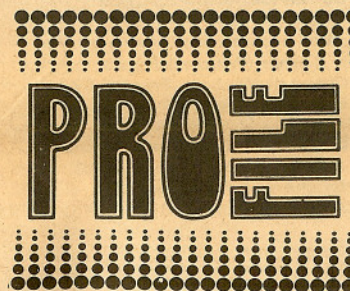
FOUR MILE RELAY

- 17:13.2 Lompoc (Schankel, Fabing, Gilmore, Williams) 73
 17:15.0 Clairmont-San Diego (Novak, Lord, Harper, Fleet) 71
 17:39.0 Dos Pueblos-Goleta (Phillips, Szeriwo, Lambert, Bjorkman) 72
 17:41.0 Marina-Huntington Beach 73
 17:41.2 Crespi-Encino 65
 17:41.6 Monte Vista-Spring Valley 73
 17:42.6 Mira Costa-Manhattan Beach 70
 17:46.2 Helix-La Mesa 70
 17:46.6 Merced 73
 17:46.8 Clairmont-San Diego 70
- 17:47.2 Mission Viejo 73
 17:47.8 Carlemon-Belmont 72
 17:49.0 Westminster 65
 17:49.4 Tustin 65
 17:50.0 Hillsdale-San Mateo 62
 17:50.2 Awalt-Mountain View 71
 17:50.8 Downey 62
 17:51.2 Gunn-Palo Alto 73
 17:51.8 Palo Alto 59
 17:52.2 Point Loma-San Diego 69
 17:52.6 Mt. Pleasant-San Jose 71
 17:53.6 St. Ignatius-San Francisco 72
 17:54.0 Granada Hills 72
 17:55.0 Willow Glenn-San Jose 71
 17:55.2 Sunny Hills-Fullerton 73



CALIFORNIA STATE HIGH SCHOOL ODD EVENT RECORDS

100 meter dash	10.2	Bill Gaines, San Jose 68
200 meter dash (t)		
200 meter dash (s)	20.2	Forrest Beaty, Hoover-Glendale 61
400 meter dash		
800 meter run	1:48.5	Dale Scott, El Cerrito 72
1500 meter run	3:48.9	Richard Kimball, DeLaSalle-Concord 74
3000 meter run	8:22.0	Terry Williams, Lompoc 73
5000 meter run	14:08.4	Terry Williams, Lompoc 73
6 mile run	28:45.2	Terry Williams, Lompoc 73
10,000 meter run	29:55.8	Terry Williams, Lompoc 73
10 mile run	50:01.0	Fred Richardson, Salesian-Los Angeles 69
1 hour run	12 miles, 23 yards	Fred Richardson, Salesian-Los Angeles 69
Marathon	2:23:47.0	Mitch Kingery, San Carlos 73
120 yard highs (42")	14.1	Dedy Cooper, Ellis-Richmond 74
440 yard intermediates	52.7	Mark Low, Pomona 69
400 meter intermediates	51.9	Richard Graybehl, Las Lomas-Walnut Creek 74
3000 meter steeplechase	9:13.4	Steve Mowry, Madison-San Diego 73
High hurdle relay	58.4	Fresno (Larson, Cox, Lyon, Elders) 71
Low hurdle relay	53.5	Franklin-Stockton 74
Shot put (16 pounds)	57-10 1/4	Dave Murphy, Sunny Hills-Fullerton 66
Discus (4 pounds, 2 ounces)	177-4	Ray Burton, Vacaville 74
Hammer (16 pounds)	173-11	Chuck Vandagriff, Castro Valley 67
Pentathlon	3418	Dixon Farmer, Miramonte-Orinda 59
Decathlon	6899	Bob Mathias, Tulare 48



Brian Theriot

During the recent indoor track campaign Newport Harbor High's Brian Theriot became the second fastest high schooler ever in the 500 yard dash. His 58.2 ranks next after Milt Mitchell's

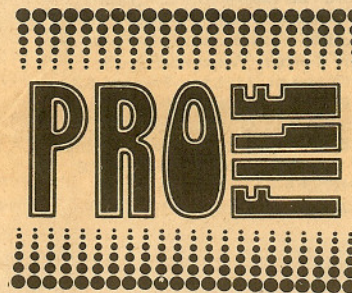
3:13.2	Castlemont-Oakland (Roberts, Morgan, Curry, Rodgers) 71	3:27.4	La Habra 60
3:13.8	Muir-Pasadena (Herron, Auston, Shaw, Sheats) 74	3:27.9	Orange 61
3:14.3	Centennial-Compton (Hilbreth, Buford, McCall, Garrison) 68	3:28.0	La Habra 32
3:14.6	Fremont-Los Angeles (Payne, Vernon, Williams, Smith) 68	3:28.4	Hoover-Glendale 62
3:14.9	West-Bakersfield (Glover, Andrews, Foster, Boasen) 71		Los Angeles 69
3:15.0	Santa Ana (Denmark, Dicus, Mead, Harrell) 72	3:28.9	El Cerrito (Ennis, Walker, Watson, Scott) 72
3:15.1	Centennial-Compton (McCall, Davis, Manley, Buford) 69	3:29.0	Poly-Long Beach 60
3:15.2	Los Angeles (Davis, Reese, Davis, Baxter) 69	3:29.4	South Gate 61
3:15.2	Dominquez-Compton (Coach, Franks, Franks, Thornburg) 71	3:29.5	Castlemont-Oakland (Morgan, Robert, Rodgers, Curry) 71
3:15.5	Lincoln-San Diego (Mitchell, Carrero, Fennel, Murphy) 68	3:30.0	Miramonte-Orinda 65
3:15.6	Los Altos (Andrews, Davis, Thompson, Brown) 70	3:30.1	Dominquez-Compton 61
3:15.8	Muir-Pasadena 68		Bakersfield 65
3:15.8	Bakersfield (Bennett, Jansen, Fite, Greasham) 74	3:30.2	Los Altos 65
3:15.9	San Bernardino (Diggs, Andrews, Lee, Andrews) 68		Millikan-Long Beach 68
3:16.0	McClymonds-Oakland (Deckard, Watkins, Harris, Robinson) 71	3:30.4	El Cerrito 70
3:16.2	Dorsey-Los Angeles 69		Fontana 68
3:16.3	Washington-Los Angeles (Brown, Reddix, King, Berry) 71	3:30.6	Millikan-Long Beach 66
3:16.4	Morningside-Inglewood 70	3:30.7	Bellflower 59
3:16.4	Morningside-Inglewood (Brooks, Hall, Keeling, Shaw) 71	3:30.8	Hoover-Glendale 62
3:16.6	Poly-Long Beach 70		Aviation-Redondo Beach 65
3:16.8	Tech-Oakland 70		Sacramento 72
3:16.8	Poly-Long Beach (Gilliam, Sprowl, Moore, Haggerty) 74	3:31.0	Piedmont 64
3:16.8	Morse-San Diego (Patrick, Juhl, McDonald, Hooker) 74	3:31.1	Poly-Long Beach 59
3:16.9	Dominquez-Compton 70	3:31.2	Los Angeles 70
3:16.9	Washington-Los Angeles (Ledet, McNeal, Bullock, Lofton) 74	3:31.3	Poly-Long Beach 70
			Centennial-Compton 70
		3:31.4	Morse-San Diego 74

DISTANCE MEDLEY RELAY (440, 880, 1320, MILE)

10:03.0	Lompoc (Jackson, Costa, Gilmore, Williams) 73
10:10.2	Valley-El Cajon (Kuehne, Smith, Owens, Cotton) 72
10:12.0	El Modena-Orange (Fredman, Nelson, Woolley, White) 70
10:13.4	Berkeley 65
10:13.8	Wilcox-Santa Clara 65
10:14.0	Poly-Long Beach 70
10:14.2	El Cerrito (Sidney, Scott, Sproul, Bailey) 72
10:15.0	LaCanada 74
10:15.6	Lompoc (Gilmore, Jackson, Hansen, Williams) 72
10:15.8	Reedley (Taplac, Clark, Bravo, Nicholas) 71
10:16.0	Clairemont-San Diego 72
10:16.8	Burlingame 69
10:17.2	Compton 68
10:18.0	Lincoln-San Diego 67
10:18.2	La Habra 68
	Upland 74
10:18.8	Glendale 74
10:19.2	Clairmont-San Diego (Novak, McFann, Harper, Fleet) 71
10:19.4	Ygnacio Valley-Concord 71
10:19.6	Excelsior-Norwalk 73
	Mission Viejo 74
10:20.0	Miramonte-Orinda 64
10:20.2	Lompoc 74
10:20.6	Palo Alto 59
	Wilson-Los Angeles 71
	Merced 73
10:20.8	Garden Grove 72
	La Canada 73

880 RELAY

1:25.9	Jefferson-Los Angeles (Batten, White, Phillips, Randall) 56
	Dorsey-Los Angeles (Grant, Hanley, Parrish, Underwood) 66
1:26.0	Castlemont-Oakland 60
	Jefferson-Los Angeles 63
	Castlemont-Oakland 65
	Fremont-Los Angeles 67
	Castlemont-Oakland 67
1:26.1	Centennial-Compton 67
	Jefferson-Los Angeles 62
	Jefferson-Los Angeles 64
1:26.2	San Bernardino 62
	Los Angeles 64
	Muir-Pasadena 67
1:26.3	McClymonds-Oakland 62
	San Diego 63
	Manuel Arts-Los Angeles 63
	Fremont-Los Angeles 63
	Gardena 66
	Hamilton Los Angeles 72



Brian Theriot

BRIAN THERIOT: Senior, Newport Harbor High School. Age 18; 6 feet; 175 pounds. Born February 15, 1957 in Orange, California.

Best Marks: 100 - 9.8; 220 - 21.9; 440 - 47.7; 440 relay - 47.3; 500 yards indoors - 58.2. Coached by Bob Hailey.

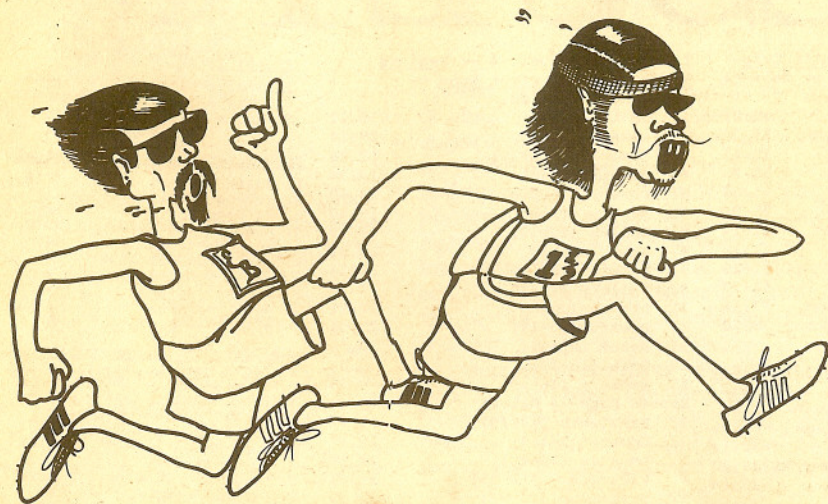


During the recent indoor track campaign Newport Harbor High's Brian Theriot became the second fastest high schooler ever in the 500 yard dash. His 58.2 ranks next after Milt Mitchell's (Lincoln-San Diego) 57.4 set in 1970.

Outdoors Brian is looking forward to running his favorite distance, the quarter mile and is pointing toward a goal of 46.9 by State Meet time. As for racing strategy Brian says, "I go out hard and keep a fast pace the first 110, then get into a fast but relaxed stride on the back stretch and, finally, sprint in the last 110." He adds, "I try to keep a constant level of superiority over my opponents. I train hard, get 10 hours of sleep each night and take vitamins E and C."

Brian's long range goals consist of having a great college running career and "...to be the greatest white 440 runner ever." As for college he's not yet sure but, "The southern California area is the best place for training. UCLA seems to be on top and that is where I want to be, too. I really don't enjoy the pressure of meet after meet but I thrive on winning and being number one in the quarter mile. My coach feels a lot of base work is needed to get through the long season. Speed + Strength + Relaxation = a great quarter miler. I just wish every athlete had the kind of parents and coach I have. My parents have instilled love and ability into me. My coach has given me the training and needed discipline to overcome all opponents and believe that I can be a great 440 man."

Typical Week's Training: Monday: 660 breakdown plus several 330s; Tuesday: hill work consisting of repeated springs up hill, 6x220; Wednesday: relaxed 330s; Thursday: Competition; Friday: more hills and relay springs—"Irish Relays, as Uncle Bob calls them, where each man sprints a 110 for his leg and continues until he reaches the start"; Saturday: 3x330 in 43 or 3x220 in 25; Sunday: light striding on the grass.



Bakersfield College

TICKETS:

Adults \$1.50
Students \$1.00
Children \$.50

INVITATIONAL RELAYS

Featuring over 40 community colleges from California and Arizona

SATURDAY, APRIL 19, 1975 ---- MEMORIAL STADIUM

Field Events Start at 10:00 am



Track Events Start at Noon

U.S. STATE MEET MARKS

LISTED BELOW ARE THE WINNING MARKS FOR EACH EVENT IN THE STATE CHAMPIONSHIP FOR EACH STATE:

STATE	100	220	440	880	Mile	2 Mile	120 HH	180 LH	Mile R.	HJ	LJ	PV	SP	DT	TJ
Alabama	9.6	21.7	49.4	1:57.0	4:18.0	9:30.4	14.2	19.5	3:20.9	6-5	22-4	13-8	56-0	168-4	46-11½
Arizona	9.8	21.5	49.2	1:55.0	4:18.4	9:21.6	14.2	19.6	3:20.4	6-10½	24-7½	15-0½	57-9½	171-1	
Arkansas	9.6	21.6	48.8	1:56.3	4:21.8		13.9	19.4	3:21.7	6-7	23-3½	15-1	65-7½	162-1	
California	9.8	21.1	47.7	1:51.0	4:06.6	8:46.5	13.7	18.9	3:13.8	7-0	24-3½	15-6	63-10½	193-0	50-7
Colorado	9.6	21.2	47.0	1:52.9	4:21.0	9:36.9	14.3	19.4	3:29.1	6-7	22-11	15-7½	57-9½	176-0	50-8
Connecticut	9.8	22.1	48.7	1:55.0	4:12.5	9:11.2	14.2		3:25.5	6-9	22-9½	13-0	56-4½	158-7	47-7½
Delaware	9.5	22.5	50.9	1:57.9	4:25.6	9:49.0	14.5	19.8	3:26.4	6-3	21-2	12-9	58.3	159-2	46-0½
Florida	9.8	21.5	48.8	1:53.4	4:14.5	9:27.8	14.3		3:17.8	6-7	24-2½	14-0½	59-3½	181-4	
Georgia	9.6	21.7	49.2	1:55.0	4:06.9	8:55.9	13.7	19.6	3:20.4	6-6	22-8½	13-4	55-6½	170-6	49-2½
Hawaii	10.2	22.7	50.8	1:56.7	4:18.9	9:36.8	14.6	20.2		6-2	21-5½	13-6	52-6	158-11	44-6½
Idaho	10.1	22.6	50.2	1:55.1	4:19.3	9:44.8	14.9		3:24.1	6-5½	22-2½	15-1	58-11½	165-5	43-11½
Illinois	9.7	21.6	48.5	1:52.0	4:12.4	9:02.0	12.8		3:15.2	6-10½	24-8	14-0	52-1	171-1	42-11½

STATE	100	220	440	880	Mile	2 Mile	120 HH	180 LH	Mile R.	HJ	LJ	PV	SP	DT	TJ
Alabama	9.6	21.7	49.4	1:57.0	4:18.0	9:30.4	14.2	19.5	3:20.9	6-5	22-4	13-8	56-0	168-4	46-11½
Arizona	9.8	21.5	49.2	1:55.0	4:18.4	9:21.6	14.2	19.6	3:20.4	6-10½	24-7½	15-0½	57-9½	171-1	
Arkansas	9.6	21.6	48.8	1:56.3	4:21.8		13.9	19.4	3:21.7	6-7	23-3¼	15-1	65-7½	162-1	
California	9.8	21.1	47.7	1:51.0	4:06.6	8:46.5	13.7	18.9	3:13.8	7-0	24-3½	15-6	63-10½	193-0	50-7
Colorado	9.6	21.2	47.0	1:52.9	4:21.0	9:36.9	14.3	19.4	3:29.1	6-7	22-11	15-7½	57-9¾	176-0	50-8
Connecticut	9.8	22.1	48.7	1:55.0	4:12.5	9:11.2	14.2		3:25.5	6-9	22-9½	13-0	56-4½	158-7	47-7¼
Delaware	9.5	22.5	50.9	1:57.9	4:25.6	9:49.0	14.5	19.8	3:26.4	6-3	21-2	12-9	58.3	159-2	46-0½
Florida	9.8	21.5	48.8	1:53.4	4:14.5	9:27.8	14.3		3:17.8	6-7	24-2¼	14-0½	59-3¾	181-4	
Georgia	9.6	21.7	49.2	1:55.0	4:06.9	8:55.9	13.7	19.6	3:20.4	6-6	22-8¾	13-4	55-6¾	170-6	49-2½
Hawaii	10.2	22.7	50.8	1:56.7	4:18.9	9:36.8	14.6	20.2		6-2	21-5¾	13-6	52-6	158-11	44-6¾
Idaho	10.1	22.6	50.2	1:55.1	4:19.3	9:44.8	14.9		3:24.1	6-5¼	22-2¼	15-1	58-11¾	165-5	43-11½
Illinois	9.7	21.6	48.5	1:52.0	4:12.4	9:02.0	13.8		3:15.2	6-10½	24-¾	14-9	60-4	174-1	48-11½
Indiana	9.8	21.8	48.9	1:53.9	4:14.4	9:11.9	14.0	19.3	3:18.4	6-10	23-3¼	15-5½	58-2	169-10	
Iowa	9.9	22.2	49.2	1:53.9	4:19.2	8:58.8	14.0	19.8	3:24.2	6-7¼	22-6¾	15-0	60-4	168-7	
Kansas	10.1	22.8	49.0	1:56.1	4:14.3	9:24.5	14.7	19.5	3:20.2	7-1¼	24-11¾	15-0	60-8½	181-7	
Kentucky	9.8	21.9	48.0	1:55.6	4:15.0	9:23.2	14.1	19.7	3:19.2	6-6	22-5	12-6	56-9	150-1	46-11½
Louisiana	9.6	21.4	48.3	1:56.7	4:24.7	9:50.8	14.4	19.1	3:16.8	6-8	24-7	13-6	61-3¾	174-2	48-1
Maine	10.4	22.7	50.9	1:58.8	4:20.7	9:34.0	15.3	19.9		6-0	21-2¼	13-6	57-4¾	147-6	42-9
Maryland	9.7	21.9	49.1	1:55.7	4:10.0	9:27.5	14.5		3:23.4	6-6¾	22-8½	13-0	57-8½	150-5	45-6¾
Massachusetts	9.6	21.9	49.4	1:53.8	4:14.5	9:11.4	14.5	20.0	3:26.2	6-4	21-3½	13-0	56-10	168-11	45-0¾
Michigan	9.8	21.2	48.8	1:53.7	4:13.1	9:00.4	14.1	19.3	3:18.5	6-8½	23-1¼	15-6¾	58-10		
Minnesota	9.9	22.1	49.7	1:56.3	4:12.1	9:12.3	14.5	19.8	3:22.6	6-7	22-2¼	14-7¼	60-5	169-4	
Mississippi	10.0	21.6	49.0	1:57.7	4:24.8		14.5	19.5	3:24.0	6-4	23-11	12-0	54-3¾	151-6	
Missouri	9.9	21.9	49.8	1:53.4	4:16.2	9:20.7	14.1	19.1	3:22.7	6-9	22-3¾	15-1½	55-2½	172-0	46-6¾
Montana	10.0	21.1	49.2	1:56.9	4:18.6	9:21.2	14.5	19.9	3:23.9	6-5	22-2	14-3	55-1½	159-10	46-5¾
Nebraska	9.6	22.3	48.9	1:53.4	4:26.0	9:16.7	14.1	19.9	3:24.7	6-7½	22-10¾	14-0	56-10½	173-0	46-1½
Nevada	9.9	22.5	49.9	1:55.7	4:26.1	9:36.4	14.5	20.2	3:22.9	6-5¾	23-2¼	12-6	59-5½	153-1	
New Hampshire	10.2	22.1	50.5	2:00.3	4:30.3	9:48.1	15.0	19.9		6-1	21-2¼	13-0¼	54-9	155-5	42-4¼
New Jersey	9.8	21.7	48.9	1:54.7	4:16.6	9:06.7	14.2		3:18.9	6-8	22-10	14-0	64-5½	196-2	
New Mexico	9.8	22.0	48.4	1:55.1	4:17.9	9:29.1	14.2	19.5	3:22.0	6-4	23-8½	14-0½	59-4	168-5	
New York	9.6	21.4	48.1	1:51.3	4:07.8	9:12.4	14.2		3:19.8	6-8	22-2¼	15-4¾	59-2½	171-6	47-5¾
North Carolina	9.5	21.0	48.5	1:55.7	4:09.8	9:21.1	13.7	19.2	3:18.5	6-9¼	23-1	15-0	58-2½	165-0	47-11½
North Dakota	10.4	23.0	51.0	1:58.4	4:26.5	9:33.5	15.0	20.1	3:26.9	6-3	21-5	14-2	57-8¾	168-4	
Ohio	9.7	21.6	48.3	1:52.9	4:15.1	9:09.2	13.6	18.9	3:17.6	6-9	22-9¼	15-5	61-6	185-1	
Oklahoma	9.8	21.4	48.2	1:53.6	4:19.4	9:21.2	14.4		3:18.4	6-4¾	23-11½	14-0	55-11½	156-11	
Oregon	9.6	21.5	48.6	1:55.0	4:11.0	9:05.6	13.7	20.0	3:20.4	6-5	23-3	15-0	60-2¼	179-7	46-6¾
Pennsylvania	9.8	21.7	49.1	1:53.9	4:17.5	9:11.9	13.7		3:20.2	6-9¾	22-2¼	14-0	63-7	174-1	46-11
Rhode Island	9.7	22.1	48.6	1:57.1	4:26.8	9:22.2	14.9	19.8		6-10	23-4½	14-0	57-5½	153-2½	44-8
South Carolina	9.9	21.9	49.5	1:59.6	4:25.5	9:52.5	14.5	19.9	3:25.2	6-7½	22-9¾	13-0	57-4¾	160-3	
South Dakota	10.2	23.0	50.0	1:58.4	4:20.2	9:24.5	14.8	19.8	3:26.2	6-4¾	21-7¼	13-3	57-6	169-4	45-4¼
Tennessee	9.7	22.0	48.9	1:58.5	4:19.9	9:41.2	14.4	19.5	3:22.8	6-7	22-6¾	13-6	55-10¾	167-1	
Texas	9.3	21.3	47.1	1:52.8	4:17.4		13.8		3:14.6	6-10	24-0¼	14-9	60-0	195-8	
Utah	9.9	21.9	49.3	1:56.6	4:25.9	9:37.8	14.4	19.5	3:24.4	6-6	23-1¼	13-6	59-6	171-10	
Vermont	10.1	22.6	51.2	1:59.8	4:25.4	9:52.0	15.0	20.5		6-4	21-7	12-6	51-6	144-6	43-8½
Virginia	9.8	21.3	47.0	1:54.9	4:12.3	8:59.6	14.0	20.0	3:17.3	6-9	23-10¾	13-7½	58-2	166-5	49-2¾
Washington	9.9	21.6	47.3	1:53.9	4:12.9	9:17.6	14.2	19.5	3:19.8	6-10¾	22-3¾	14-6	56-9½	173-2	47-4
West Virginia	9.7	22.0	49.4	1:57.8	4:23.9	9:42.3	14.2	19.5	3:27.5	6-3¾	21-5½	13-0	55-5½	151-10	
Wisconsin	9.9	22.2	49.9	1:56.5	4:15.5	8:56.6	14.4	19.5	3:22.1	6-7	23-1	13-9	58-4¾	158-0	
Wyoming	10.0	22.8	51.2	2:00.9	4:29.8	9:43.7	14.5	19.3	3:32.1	5-10	21-10¾	13-6	53-5	152-10	43-8¾

RESULTS

Pico Rivera, November 24 -- 1974

Turkey Trot Results10 Mile:

1. Ray Hughes	48:37
2. Ron Kurrle	48:58
3. Ron Young	50:35
4. Carlos Alfaro	50:48
5. Jerry Smart	50:54
6. Alex Flores	51:05
7. Bob Arce	51:37
8. Skip Shaffer	51:48
9. Pat Kennedy	52:10
10. Ken Moffit	52:10

40 & Over:

1. Richard Fleming	56:06
2. George Pavall	56:49
3. Sam Nicholson	57:09
4. Aurelio Camacho	57:26

50 & Over:

1. Ed Almeida	56:04
2. Avery Bryant	58:05
3. Dan Seamount	58:33
4. James Oleson	61:21
5. Julius Karabel	65:02

60 & Over:

1. John Montoya	62:36
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5 Mile:Junior High:

1. Mike Taylor	36:16
2. Paul Fischbeck	36:38
3. David Daly	37:40
4. Mike Phillips	38:00
5. Marc Pittman	38:21

High School:

1. Bill Mendoza	31:44
2. Lou Hurtado	33:04
3. Peter Martinez	33:20
4. Steve Blomkei	33:37
5. Tim Taylor	34:05

Women:

1. Nadia Garcia	35:18
2. Patricia Garcia	40:57
3. Roberta Takahashi	41:38
4. Diane Hargrove	45:20
5. Jane Janousek	47:28

/Wes Alderson/

November 30, Belmont.

Natl. AAU Cross Country

1. John Ngeno (WSU)	29:58.8
2. Neil Cusack (NYAC)	30:15.6
3. Ted Castaneda (CTC)	30:22.9
4. Greg Fredericks (PP)	30:39.5
5. David Taylor (UO)	30:43.0
6. Domingo Tibaduiza (UNTC)	30:43.8
7. Ed Mendoza (JT/A)	30:45.0
8. Jim Johnson (CNW)	30:46.5
9. Gary Tuttle (BHS)	30:49.2
10. Mike Peterson (CTC)	30:53.7
11. Frank Shorter (FTC)	30:56.4
12. Rick Rojas (NMTC)	30:56.5
13. Scott Bringham (UNAT)	30:59.5
14. Bob Wallace (ENMTC)	31:00.4
15. Tom Howard (RK)	31:01.0
16. Marty Liquori (NYAC)	31:03.0
17. Charles Maguire (PP)	31:05.1
18. Chris McCubbins (CTFA)	31:05.9
19. Tony Stannings (WKU)	31:07.0
20. Don Kardong (CNW)	31:10.3
21. Don Timm (AIA)	31:11.7
22. David Moller (URAC)	31:15.6
23. Ron Zarate (UNTC)	31:17.2
24. John Gregorio (CTC)	31:19.0
25. Dave Harper (JT/A)	32:48.5
26. Tom Lux (OTC)	32:49.2
27. John Currie (RK)	32:50.7
28. Jerry Slaven (FTC)	32:51.2
29. Leonard Hill (UNAT)	32:52.0
30. Lee Fidler (ATLTC)	32:52.2
31. Trini Balderrama (PTC)	32:53.6
32. Jack Bellah (WVTC/B)	32:54.8
33. Thom Hunt (SDTC)	32:55.2
34. Jeffrey Kramer (QM)	32:56.8
35. Wayne Akiyama (SFVTC)	32:57.7
36. Byron Dyce (FTC)	32:58.4
37. Phillip Meyers (QM)	32:58.8
38. Kirk Pfeffer (JT/A)	32:58.9
39. Scott Boyd (FTC)	32:59.5
40. Ben de la Garza (UNTC)	33:00.2
41. Elliott Evans (PLTC)	33:00.7
42. Cliff Morden (SFVTC)	33:04.4
43. Jerry Swartz (SMTC)	33:06.8
44. Glenn Behnke (UCTC)	33:08.0
45. Ken Elmer (RK)	33:09.0
46. Tom Wysocki (UNTC)	33:10.8
47. Dale Fleet (JT/A)	33:11.1
48. Greg Griffin (CSU)	33:11.3
49. Dennis Fikes (QM)	33:11.5
50. Tomas Rodriguez (CSLB)	33:11.9
51. Mark Malec (JT/B)	33:12.7
52. Terry Valentine (AIA)	33:13.4
53. John Lunn (CTC)	33:15.7
54. Jim Dare (WVTC/B)	33:16.6
55. Bill Blewett (ATLTC)	33:17.8
56. Peter Farwell (UCTC)	33:26.7
57. Don Riggs (AIA)	33:27.1
58. Dave Cords (WVTC/B)	33:27.3
59. Lewi Patterson (SMTC)	33:29.1
60. Alvaro Mejia (WVTC/B)	33:29.2
61. Mitch Kingery (CWTC)	33:29.9
62. Karl Thornton (PP)	33:30.1
63. Julio Piazza (PP)	33:37.0
64. Jim Scorgie (RK)	33:37.9
65. Tom Heinonen (UO)	33:39.1
66. Mark Kushner (UCLA)	33:40.8
67. Charles Horn (SFVTC)	33:45.4
68. Kris Larnmark (SDTC)	33:45.8
69. George Pullen (JT/B)	33:46.0
70. Dennis Wilson (JT/A)	33:46.0
71. John Routh (MTC)	33:47.7
72. Tom Brown (CSU)	33:48.3
73. Doug McLean (WVTC/G)	33:50.0
74. Humberto Hernandez (WVTC)	33:53.4
75. Terry Ybarra (UNTC)	33:54.8
76. Lynn Lee (PLTC)	33:55.6
77. Gordon Rado (SLODC)	33:57.1
78. Jim McLatchie (UCTC)	33:57.9
79. Wes Crist (FTC)	33:59.2
80. John Jones (OHTC)	34:01.0
81. Angelo Martinez (ALTC)	34:01.7
82. Pat Finn (CSU)	34:02.5
83. Ken Shaw (OTC)	34:03.6
84. Ron Fritze (CWTC)	34:04.3
85. Shawn James (UNAT)	34:05.5
86. Dennis Kasischeke (SDTC)	34:06.6
87. Tom Smith (JT/B)	34:07.4
88. Gordon Haller (USN)	34:09.1
89. Ken Misner (FTC)	34:13.0
90. Keith Woodard (SOMTC)	34:13.8
91. Jairo Vargas (UNTC)	34:15.4
92. Joe McDevitt, Jr. (WVTC/R)	34:15.9
93. Bob Price (AIA)	34:16.3
94. Carl Shakley (CSU)	34:16.7
95. Doug Boswell (UCLA)	34:17.6
96. Joseph Stewart (CNW)	34:18.0
97. Bob Barnett (CWTC)	34:21.9
98. Mike Kelly (CPM)	34:23.0
99. Eric Sigmont (UO)	34:23.7
100. Robert Boglione (QM)	34:24.0
101. Pete Sweeney (MAC)	34:25.6
102. Jim Warrick (SLODC)	34:25.9
103. Tom Rado (WVTC/C)	34:26.1

LaJolla, December 7 -- 5 Mile Euro-

pean Style Cross Country, at Univer-

sity of California San Diego

1. Jay Woods (Vista HS)	29:09
2. Gary Hernandez (MissByHS)	29:50
3. Pete Smith (Un)	30:11
4. Matt Walker (SDTC)	30:23
5. Scott Claypoole (Un)	31:05
6. Bob Fisher (Un)	31:09
7. Ken Unitt (Crawford HS)	31:14
8. Tom Bache (SDTC)	31:16
9. Thom Hunt (San Carlos Lop.)	31:20
10. Rod Ruffin (Un)	31:30
11. Bill Stock (SDTC) 1st Vet	33:14
44. Patti Hurl (SDTC) 1st Woman	38:28

La Jolla, December 14 -- PSA-AAU 10km

Cross Country Championship, at Univ-

ersity of California San Diego

1. Thom Hunt (San Carlos Lop.)	31:56
2. Randy Prine (SCL)	32:53
3. Gary Hernandez (Miss Bay HS)	33:12
4. Tom Bache (SDTC)	33:24
5. Rick Papworth (SCL)	33:36
6. Pete Smith (Un)	34:04
7. Ed Goldberg (SDTC)	34:31
8. Don Shanahan (SDTC)	34:37
9. Jon Freyer (Un)	34:37
10. Jim Thompson (SDTC)	35:15
25. Nadia Garcia (SDTC) 1st Woman	38:10
28. Ray Archibald (SDTC) 1st Vet	38:38

/Kaj Johansen/

Alameda, December 21 -- National AAU

Junior Cross Country Championship,

8000 meter.

1. Robert Thomas (Glendale Col)	24:25
2. John Roscoe (SW Michigan)	24:26
3. Roy Kissin (WVTC)	24:29
4. Ralph Serna (Loara High)	24:30
5. Eric Hulst (Laguna Beach)	24:31
6. James Buell (W Cent Kentucky)	24:36
7. Clifford W. Morden (SFVTC)	24:38
8. Guy Arbogast (Wash State U)	24:44
9. Dan Fulton (Ore State Uni)	24:59
10. Rick Whitaker (Bigfoot TC)	25:06
11. Don Clary (Anchorage)	25:10
12. Paul Hansen (W Cent Kentucky)	25:11
13. Steve Lacy (Wisconsin State)	25:14
14. Vicken Simonian (LA City)	25:18
15. Mitch Kingery (CWTC)	25:24
16. Henry Perez (BigVlyHarriers)	25:29
17. George Aquirre (SBAA)	25:30
18. Roger Casillas (BigVlyHarr.)	25:31
19. Mike Marks (W.Cent Kentucky)	25:34
20. Peter Kummant (LorainCityRR)	25:35
21. Rich McCandless (WVTC)	25:36
22. Marty Ludwikowski (CHW H.S.)	25:38
23. Ron Adams (SFVT)	25:39
24. Tom Larson (Big Foot TC)	25:40
25. Tom Burridge (W.Cent Kentucky)	25:41
26. Ted Quintana (Alameda TC)	25:42
27. Peter Sweeney (MAD)	25:43
28. Greg Gustafson (Bigfoot TC)	25:44
29. Brian Hunsaker (UA)	25:45
30. George Aguilar (Un)	25:46
31. Dave Casillas (CollofStFran)	25:47
32. Trini Balderrama (PhoenixTC)	25:48
33. Bob Barnett (CWTC)	25:56

La Mirada, January 4 -- Seniors

Track Club Age Group Runs

First Race--4 Miles:

1. White (Open)	19:12
2. Baksh (16-19)	19:14
3. Simonian (16-19)	19:26
4. Hughes (Open)	19:34
5. Chamblis (Open)	19:40
6. Rowley (Open)	19:50
7. Colley (16-19)	19:55
8. Arce (Open)	19:58
9. Waterhouse (16-19)	20:14
10. Tillery (16-19)	20:19
11. Broten (Open)	20:21
12. Howard (16-19)	20:31
13. Perez (Open)	20:32
14. Resh (16-19)	20:38
15. McGarry (16-19)	20:39

Second Race--4 Miles:

1. Darmiento (13-15)	20:32
2. Gomez (13-15)	20:37
3. Roberts (40-49)	21:24
4. Villarreal (13-15)	21:51
5. Nicholson (40-49)	22:02
6. Nichols (13-15)	22:08
7. Chavira (13-15)	22:09
8. Kerkonian (13-15)	22:12
9. Bryant (50-59)	22:13
10. Ceja (50-59)	22:14
11. Cook (12 U)	22:17
12. Bottlik (13-15)	22:52
13. Perez (40-49)	22:53
14. Serna (13-15)	22:58
15. Marston (40-49)	23:11

/Jim Bole/

Los Gatos, January 5--PA AAU 15 Kilo-

meter Championships

Men's Open:

1. Jim Nuccio (WVTC)	46:12
2. Bill Clarke (WVTC)	46:46
3. Darren George (AIA)	47:07
4. Mike Pinocci (WVTC)	47:25
5. Al Mejia (WVTC)	47:28
6. Greg Brock (WVTC)	47:49
7. Trevor Vilsoen (Okla State)	48:11
8. Charlie Harris (WVTC)	48:11
9. Doug McLean (WVTC)	48:11
11. Stacy Geiken (Woodside Run.)	49:41

Juniors:

10. Bob Paulin (Cambrian Rd Run.)	48:43
18. Ray Aver (Los Gatos Pacers)	51:21
24. Jay Marlow (Gilroy TC)	52:36
25. Gregg Pujol (Los Gatos Pcars)	52:58
27. Rick Bowers (WVJ&S)	53:10
28. Joe Salazar (East Side)	53:19
31. Chris Castro (Los Gatos Pcars)	53:34
38. Bruce Hiller (WashingtonHS)	54:36
41. Howard Davie (WVJ&S)	55:21
42. Todd Baker (WVJ&S)	55:21

Masters:

51. Ken Napier (WVJ&S)	52:04
53. Carl Martin (WVJ&S)	56:51
56. Lee Holley (Marin TC)	57:41
57. Templemen (NCSTC)	58:12
59. Don Carpenter	58:43
61. Gough Reinhardt (NCSTC)	59:13
62. Bill Floodberg (WVJ&S)	59:36
67. Harry Hill (WVJ&S)	60:21

Flight 2

2. Sharon Dill	LIT	1:08.3
8. Marsha Erickson	SCC	1:11.3
9. Kalua Bell	SCC	1:11.4

1000 Meter (Indoor Qualifying)

1. Julie Brown	UCLA	2:51.1
2. Teresa Caudillo	LBC	3:01.4
3. A. Dandoy	SOBS	3:02.9
4. Roma Antoniewicz	LATC	3:05.0
5. Jane Spencer	WVW	3:06.5
6. Rochelle Hatfield	BA	3:09.0
7. Patty Coursey	BA	3:18.2
8. Tracy Billings	BA	3:24.4
9. Kathy Anno	OCT	3:27.4
10. Anna Malloy	BA	3:29.5

ONE MILE RUN (Indoor Qualifying)

1. Jackie Hansen	SFVTC	4:52.4
2. Kate Keyes	UCLA	4:56.8
3. Lee Chin-Shia	URTC	4:57.7
4. Becky Wolfenbarger	SCC	4:57.7
5. Carol Flournoy	SCC	5:03.1
6. Jami Bowen	LIT	5:12.1
7. Maria Stearns	UCLA	5:15.0
8. Christina Troffer	GGTC	5:18.0
9. Doreen Assuma	RRR	5:18.5
10. Virginia Lantry	BA	5:20.5
11. Diane Stern	SCC	5:21.0
12. Debbie Porter	RRR	5:23.0
13. Suzanne Keith	RRR	5:23.9
14. Karen Parish	BA	5:41.0

60 YARD HURDLES (Indoor Qualifying) (w=0.9)

1. Pattie Van Wolvelaere	WVW	7.8
2. Deanne Carlson	UNATT	7.9
3. Janice Lester	LBC	8.0
4. Pat Donnelly	LIT	8.3
5. Sandi Tyler	LIT	8.8
6. Michele Morse	WVW	9.4

ONE MILE WALK

1. Susan Brodock	RRR	7:38.2
2. Sheila Thomsen	UNATT	8:06.8
3. Linda Brodock	RRR	8:11.5

4 x 160 YARD RELAY (Indoor Qualifying)

1. Lakewood International	1:10.7
2. UCLA (disqualified)	1:12.2
3. Wilt's Wonder Women	1:12.2
4. Premier Track Club	1:12.9
5. Long Beach Comets "A"	1:13.7
6. Los Angeles Track Club "A"	1:14.9
7. Long Beach Comets "B"	1:14.9
8. Southern California Cheetahs	1:15.8
11. South Bay Striders	1:22.8

Flight 2

8. Orange Coast Thunderbolts	1:17.5
9. SAL Track Club	1:18.2
Los Angeles Track Club "B" Disq	2:0.0
10. Blue Angels	1:21.9

SHOT PUT

1. Emily Dole	LIT	48'4"
2. Beverly Pendleton	PTC	39'1 1/2"

DISCUS

1. Terri Sabol	LATC	154-5 1/2
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LONG JUMP

1. Martha Watson	LIT (0.0) 20'5 1/2"
2. Jodi Anderson	PTC (-.8) 19'2 1/2"
3. Kim Moran	LATC (0.0) 18'11 1/4"
4. Alice Gast	LBC (0.0) 17' 3/4 "
5. Darla Crowell	LIT (-.8) 16' 10 1/4"
6. Chris O'Brien	LATC (0.0) 16' 7 1/2"
7. Linda Morrison	WVW (0.0) 16' 4 1/4"

3. Ted Castaneda (NAC)	30:22.9	137. Angelo Martinez (ALTC)	34:01.7	11. Don Clary (Anchorage)	25:10	8. Charlie Harris (WVTC)	48:11	4. Long Beach Comets "A"	1:14.9
4. Greg Fredericks (PP)	30:39.5	138. Pat Finn (CSU)	34:02.5	12. Paul Hansen (Kentucky)	25:11	9. Doug McLean (WVTC)	48:11	5. Los Angeles Track Club "B"	1:14.9
5. David Taylor (UO)	30:43.0	139. Ken Shaw (OTC)	34:03.6	13. Steve Lacy (Wisconsin State)	25:14	11. Stacy Geiken (Woodside Run.)	49:41	6. Long Beach Comets "B"	1:14.9
6. Domingo Tibaduiza (UNTC)	30:43.8	140. Ron Fritzsche (CWTC)	34:04.3	14. Vicken Simonian (LA City)	25:18	Juniors:		7. Southern California Cheetahs	1:15.8
7. Ed Mendoza (JT/A)	30:45.0	141. Shawn James (UNAT)	34:05.5	15. Mitch Kingery (CWTC)	25:24	10. Bob Paulin (Cambrian Rd Run.)	48:43	11. South Bay Striders	1:22.8
8. Jim Johnson (CNW)	30:46.5	142. Dennis Kasische (SDTC)	34:06.6	16. Henry Perez (BigVlyHarriers)	25:29	18. Ray Aver (Los Gatos Pacers)	51:21	Flight 2	
9. Gary Tuttle (BHS)	30:49.2	143. Tom Smith (JT/B)	34:07.4	17. George Aquirre (SBAA)	25:30	24. Jay Marlow (Gilroy TC)	52:36	8. Orange Coast Thunderbolts	1:17.5
10. Mike Peterson (CTC)	30:53.7	144. Gordon Haller (USN)	34:09.1	18. Roger Casillas (BigVlyHarr.)	25:31	25. Gregg Pujol (Los Gatos Pcrs)	52:58	9. SAL Track Club	1:18.2
11. Frank Shorter (FTC)	30:56.4	145. Ken Misner (FTC)	34:13.0	19. Mike Marks (W.CentKentucky)	25:34	27. Rick Bowers (WVJ&S)	53:10	Los Angeles Track Club "B" Disq	1:20.0
12. Rick Rojas (NMTC)	30:56.5	146. Keith Woodard (SOMTC)	34:13.8	20. Peter Kummant (LorainCityRR)	25:35	28. Joe Salazar (East Side)	53:19	10. Blue Angels	1:21.9
13. Scott Bringham (UNAT)	30:59.5	147. Jairo Vargas (UNTC)	34:15.4	21. Rich McCandless (WVTC)	25:36	31. Chris Castro (LosGatosPcrs)	53:34	SHOT PUT	
14. Bob Wallace (ENMTC)	31:00.4	148. Joe McDevitt, Jr. (WVTC/R)	34:15.9	22. Marty Ludwikowski (CHW H.S.)	25:38	38. Bruce Hiller (WashingtonHS)	54:36	1. Emily Dole	LIT 48'4"
15. Tom Howard (RK)	31:01.0	149. Bob Price (AIA)	34:16.3	23. Ron Adams (SFVT)	25:39	41. Howard Davie (WVJ&S)	55:21	2. Beverly Pendleton	PRTC 39'1 1/2"
16. Marty Liquori (NYAC)	31:03.0	150. Carl Shakley (CSU)	34:16.7	24. Tom Larson (Big Foot TC)	25:40	42. Todd Baker (WVJ&S)	55:21	DISCUS	
17. Charles Maguire (PP)	31:05.1	151. Doug Boswell (UCLA)	34:17.6	25. Tom Burridge (W.CentKentucky)	25:41	Masters:		1. Terri Sabol	LATC 154-5 1/2
18. Chris McCubbins (CTFA)	31:05.9	152. Joseph Stewart (CNW)	34:18.0	26. Ted Quintana (Alameda TC)	25:42	51. Ken Napier (WVJ&S)	52:04	LONG JUMP	
19. Tony Staynings (WKU)	31:07.0	153. Bob Barnett (CWTC)	34:21.9	27. Peter Sweeney (MAD)	25:43	53. Carl Martin (WVJ&S)	56:51	1. Martha Watson	LIT (0.0) 20'5 1/2"
20. Don Kardong (CNW)	31:10.3	154. Mike Kelly (CPM)	34:23.0	28. Greg Gustafson (Bigfoot TC)	25:44	56. Lee Holley (Marin TC)	57:41	2. Jodi Anderson	PRTC (-7.8) 19'2 1/2"
21. Don Timm (AIA)	31:11.7	155. Eric Sigmont (UO)	34:23.7	29. Brian Hunsaker (UA)	25:45	57. Templemen (NCSTC)	58:12	3. Kim Moran	LATC (0.0) 18'11 1/4"
22. David Moller (URAC)	31:15.6	156. Robert Bogleione (QM)	34:24.2	30. George Aguilar (UA)	25:46	59. Don Carpenter	58:43	4. Alice Gast	LEC (0.0) 17' 3/4"
23. Ron Zarate (UNTC)	31:17.2	157. Pete Sweeney (IAC)	34:25.6	31. Dave Casillas (CollofStFran)	25:47	61. Gough Reinhardt (NCSTC)	59:13	5. Darla Crowell	LIT (+8.16) 10' 1/4"
24. John Gregorio (CTC)	31:19.0	158. Jim Warrick (SLODC)	34:25.9	32. Trini Balderrama (PhoenixTC)	25:48	62. Bill Floodbery (WVJ&S)	59:36	6. Chris O'Brien	LATC (0.0) 16' 7 1/2"
25. Robert Thomas (SFVTC)	31:22.5	159. Tom Read (WVTC/G)	34:26.1	33. Bob Barnett (CWTC)	25:56	67. Harry Hill (WVJ&S)	60:21	7. Linda Morrison	WWW (0.0) 16' 4 1/4"
26. Jim Crawford (NYAC)	31:24.8	160. Joe Tinius (WKU)	34:26.8	34. Tim Holmes (WVTC)	25:59	70. Don Lucero	60:26	8. Andee Garcia	LEC (0.0) 15' 11"
27. Paul Stemmer (PP)	31:26.6	TEAM SCORES: /Jack Leydig/		35. Armando Cendejas (UA)	26:02	71. Ron Neidrauer (WVJ&S)	60:44	9. Marla McQuarrie	LIT (-0.5) 15' 8 3/4"
28. Mike Boit (ENMTC)	31:28.9	1. Colorado Track Club	83	36. Richard Aguirre (SBAA)	26:03	Women:		10. Dana Davidson	DTC (0.0) 15' 7"
29. Tracy Smith (AIA)	31:29.6	2. New York Athletic Club	88	37. Don Moses (CrescentaVly H.S.)	26:04	54. Peggy Lyman (WVTC)	57:06	HIGH JUMP	
30. Reggie McAfee (PP)	31:30.4	3. Philadelphia Pioneer Club	95	38. Tony Keller (Oregon St U)	26:05	74. Joan Ulliot (WVTC)	60:55	1. Sandi Tyler	LIT 5'6"
31. Larry Brown (ENMTC)	31:30.8	4. Eastern New Mexico Track Club	106	39. Ron Fritzsche (CWTC)	26:06	81. Kathy Himmelbergen (WVTC)	62:14	2. Deanne Wilson	LATC 5'4"
32. Larry Lawson (SMTCT)	31:32.4	5. Club Northwest (Seattle)	148	40. Jerry Tucker (BigVlyHarriers)	26:07	86. Ruth Anderson (NCSTC)	63:12	*****	
33. Mike Manley (OTC)	31:33.4	6. Florida Track Club	150	41. Shawn James (WSTC)	26:08	89. Jackie Jones (Un)	63:38	14-18 DIVISION	
34. Bill Clark (WVTC/B)	31:35.3	7. University of Nevada TC (Reno)	185	42. Toni Ruggle (UA)	26:09	92. Phyllis Olerich (WVTC)	64:20	*****	
35. Dennis Williams (ENMTC)	31:36.1	8. Jamul Toads (San Diego) "A"	194	43. David Ramer (GWTC)	26:11	94. Yvette Cotte (Un)	65:06	100 YARD DASH (No wind reading)	
36. Jeff Galloway (FTC)	31:37.8	9. West Valley TC (San Mateo) "Blue"	224	44. Paul Frederickson (DeAnza)	26:15	95. Penny Tomei (WVTC)	65:10	1. Pam Curran	UNATT 11.6
37. Thomas Childers (QM)	31:38.2	10. San Fernando Valley Track Club	22	45. Jefferey Curran (WVTC)	26:16	104. Janett Cotte (Un)	67:33	2. Alison Reed	UNATT 12.5
38. Cliff Clark (NYAC)	31:38.8	11. Quantico Marines	24	46. Ronnie Maestas (NewMexTC)	26:18	106. Kathy Maloney (PamaKid)	68:34	3. Donna McFall	OCT 12.8
39. Steven Flanagan (CTC)	31:39.2	12. Santa Monica Track Club	25	47. Timothy Gagen (GWTC)	26:21	/Rich Chappell		880 YARD RUN	
40. Eric Hulst (UNAT)	31:41.0	13. Athletes in Action	26	48. Roy Hoglund (WSTC)	26:24			1. Linda Jackson	PRTC 2:26.5
41. Charles Vigil (CTC)	31:42.1	14. University of Chicago Track Club	29	49. Bryan Geissler (Bigfoot TC)	26:25			2. Carolyn Williams	PRTC 2:33.4
42. Gary Barger (UO)	31:43.5	15. Jamul Toads "B"	37	50. Paul O'Neil (Eldorado H.S.)	26:25			ONE MILE RUN	
43. Philip Mdoe (ENMTC)	31:45.5	16. Chico State Univ.	41	/Robert E. DeCell				1. Monique Gregoire	SCC 5:38.6
44. Ed Leddy (NYAC)	31:49.4	17. Atlanta Track Club	433	Los Altos, January 1 -- 15th Annual				TWO MILE RUN	
45. Barry Brown (FTC)	31:52.2	18. West Valley TC "Red"	451	Midnight Run, Foothill College, Los				1. Lisa Davis	BA 12:32.6
46. Tom Fleming (NYAC)	31:54.8	19. San Luis Obispo Distance Club	456	Alto Hills, 5.2 Miles				2. Lisa Metheny	RRR 12:45.6
47. Mike Ruffatto (CTC)	31:58.9	20. Camino West TC (San Carlos)	483	Men:				ONE MILE WALK	
48. Dave Babiracki (SFVTC)	32:00.0	21. Ft. Collins TC (Colorado)	491	1. Alvara Mejia	26:27			1. Teri Teegarden	BA 8:31.9
49. Jack Bacheler (FTC)	32:01.6	22. West Valley TC "Green"	516	2. Rich Kimball	26:48			2. Lisa Metheny	RRR 8:54.0
50. Leon Garcia (UNAT)	32:02.8	23. Camp Pendleton Marines	530	3. Joe Taxiera	26:58			3. Lisa Davis	BA 9:10.5
51. Tom Hoffman (UCTC)	32:04.0	24. Excelsior Track Club (S.F.)	554	4. John Freemuth	27:01			4. L. Young	SoBS 9:49.7
52. Hans Menet (UNTC)	32:04.5	25. Valley of the Moon TC (Marin)	595	5. Chris Berka	27:07			JAVELIN	
53. Richard Trujillo (CTC)	32:05.9			6. Randy Luce	27:46			1. Jenny Stary	SALTC 115-1
54. Doug Brown (KTC)	32:07.5			7. Lars Kaupang	28:00			2. Roberta Bruder	UCLA 98-9
55. Ted Quintana (ALTC)	32:08.3			8. Nick Vogt	28:01			DISCUS	
56. Gil Esparza (JT/A)	32:10.8			9. Mark Payne	28:07			1. Roberta Bruder	UCLA 111-2
57. Patrick Tyson (CNW)	32:14.0			10. Kevin Seals	28:21			*****	
58. Chris White (RK)	32:14.6			11. Joe Salazar	28:25			*****	
59. Harvey Kluvers (SMTCT)	32:16.0			12. Mike Williamson	28:33			14-15 DIVISION	
60. George Stewart (WVTC/B)	32:18.5			13. Jake White	28:39			*****	
61. Tom Donnelly (PP)	32:19.6			14. Mark Mirza	28:48			100 YARD DASH (W=-0.4)	
62. John Lesch (UCTC)	32:20.5			15. Dave Mihailoff	28:48			1. Denise Garcia	OCT 12.0
63. Gary Close (JT/A)	32:20.8			16. Dave Hull	28:48			2. Beth Rockliffe	OCT 12.1
64. Herman Atkins, Jr. (CNW)	32:21.5			17. Bill Yaley	29:02			3. Kim Becktold	LATC 12.5
65. Sam Ring (CNW)	32:24.3			18. Dennis O'Halloran	29:05			4. Kathy Wall	OCT 12.9
66. Roy Kissin (WVTC/B)	32:25.6			19. Tom Blake	29:10			220 YARD DASH (W=+3.6)	
67. Joseph Mengich (ENMTC)	32:27.5			20. Rich Stiller	29:13			1. Debbie Robertson	UCLA 25.3w
68. Nick Rose (WKU)	32:28.9			21. Tom Gleason	29:22			2. Chris A'Harrar	UCLA 25.7w
69. Coswell DePeiza (FTC)	32:30.8			22. Bruce Wolfe	29:23			3. Pam Curran	UNATT 25.8w
70. Duncan Macdonald (UNAT)	32:31.9			23. Chuck McMillan	29:27			4. Patty Cape	LEC 25.8w
71. Mike Breen (JT/B)	32:33.4			24. Ray Orwig	29:34			5. Judy Johnson	LIT 25.9w
72. Danny Morris (QM)	32:35.1			25. Dick Cordone	29:41			6. Pam Green	SCC 26.2w
73. Bob Wilson (JT/A)	32:36.4			Women:				7. D. Porter	RRR 26.5w
74. Frank Ybarbo (QM)	32:38.2			1. Phyllis Olerich	33:19			500 YARD DASH (Indoor Qualifying)	
75. Terry Williams (BHS)	32:39.3			2. Ann Witherspoon	34:47			Flight 1	
76. Jose Saavedra (FULL)	32:39.8			3. Loretta Simons	35:55			1. Jarvus Scott	PRTC 1:05.1
77. Carl Smith (SFVTC)	32:40.7			4. Chris Sakalaris	35:55			2. Yolanda Rich	LEC 1:08.7
78. Anders Gardenborn (SDTC)	32:42.7			5. Judy Gumbs	36:19			4. Terese San Agustin	LEC 1:09.0
79. Jim Birnbaum (WVTC/B)	32:43.2			Estimated 250-300				5. Michelle Hopper	PRTC 1:09.0
80. Mike Elder (SMTCT)	32:43.9			Runners				6. Clydine Crowder	UCLA 1:09.7

/Ken Simpson/

/Joe Banderson/

UCLA, January 5. Girls & Women Indoor Qualifying

WOMEN'S DIVISION

60 YARD DASH (Indoor Qualifying)

Flight 1 (W=0.0)		
1. Martha Watson	LIT	6.8
2. Dollie Fleetwood	SCC	6.8
4. Gail Douglas	LEC	7.0
5. Pattie Van	WWW	7.1
9. Penny Slaughter	LIT	7.3
11. Lela Johnson	LEC	7.4
13. Gayle Butler	UCLA	N.T.
Flight 2 (W=0.0)		
3. Kim Moran	LATC	7.0
6. Jane Harding	SoBS	7.2
7. Pam Curran	UNATT	7.2
8. Linda Morrison	WWW	7.3
10. Adrienne Lair	PRTC	7.4
13. Denise Eddington	LATC	7.5

220 YARD DASH (W=+3.6)

1. Debbie Robertson	UCLA	25.3w
2. Chris A'Harrar	UCLA	25.7w
3. Pam Curran	UNATT	25.8w
4. Patty Cape	LEC	25.8w
5. Judy Johnson	LIT	25.9w
6. Pam Green	SCC	26.2w
7. D. Porter	RRR	26.5w

500 YARD DASH (Indoor Qualifying)

Flight 1		
1. Jarvus Scott	PRTC	1:05.1
2. Yolanda Rich	LEC	1:08.7
4. Terese San Agustin	LEC	1:09.0
5. Michelle Hopper	PRTC	1:09.0
6. Clydine Crowder	UCLA	1:09.7
7. Kathy Keys	PATR.	1:10.5
10. Pamela Green	SCC	1:11.4
11. Barbara Moore	UNATT	1:11.8

ONE MILE RUN

1. Monique Gregoire	SCC	5:38.6
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TWO MILE RUN

1. Lisa Davis	BA	12:32.6
2. Lisa Metheny	RRR	12:45.6

ONE MILE WALK

1. Teri Teegarden	BA	8:31.9
2. Lisa Metheny	RRR	8:54.0
3. Lisa Davis	BA	9:10.5
4. L. Young	SoBS	9:49.7

JAVELIN

1. Jenny Stary	SALTC	115-1
2. Roberta Bruder	UCLA	98-9

DISCUS

1. Roberta Bruder	UCLA	111-2
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100 YARD DASH (W=-0.4)

1. Denise Garcia	OCT	12.0
2. Beth Rockliffe	OCT	12.1
3. Kim Becktold	LATC	12.5
4. Kathy Wall	OCT	12.9

220 YARD DASH (W=+3.8)

1. Shiarhonne Shy	LEC	26.5w
2. Kalua Bell	SCC	27.4w
3. Marsha Erickson	SCC	27.4w
4. Sandy Adams	RRR	28.4w
5. Carroll Young	UNATT	28.4w

440 YARD DASH

1. Ella Rich	LEC	60.2
2. Susan Moreno	LIT	60.9
3. Sheryl Harpan	LIT	62.0
4. Marlene Heilmann	AA	63.2
5. Dannele Hollinger	UNATT	64.5

880 YARD RUN

1. Marsha Erickson	SCC	2:24.5
2. Laura Johnson	SCC	2:28.0
3. Cathy Vander Eyken	PATR.	2:42.4

ONE MILE RUN

1. Pam Penn	SCC	5:42.4
2. Shelli Wooldridge	SCC	5:42.4

TWO MILE RUN

1. Kathy Anno	OCT	12:18.1
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100 METER HURDLES (w=+0.3)

1. Jeanne Erb	LATC	16.1
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ONE MILE WALK

1. Cindi Johnson	BA	8:06.8
2. Karlene Waskov	RRR	9:16.4

SHOT PUT

1. Elaine Roque	LATC	36-2
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JAVELIN

1. Lisa Van Benthem	WWV	137-5
2. Lynne Van Benthem	WWV	135-7
3. Lorelei Van Benthem	WWV	127-9

DISCUS

1. Elaine Roque	LATC	109-9 1
2. Lisa Cravits	LATC	83-11

LONG JUMP

1. Kim Becktold	LATC(+0.5)	16-1 1
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HIGH JUMP

1. Stefie Brojnikoff	LATC	5-0 1/2
2. Elaine Roque	LATC	5-0 1/2

/Bob Seaman

January 11, Mission Bay Marathon.

1. Ed Mendoza (JTTC)	22	2:16:33
2. Kirk Pfeffer (JTTC)	18	2:17:44
3. Ronald A. Wayne (Un)	25	2:18:46
4. Ken Moffitt (OC)	22	2:21:32
5. Carl Swift (BHS)	21	2:22:12
6. Wayne S. Akiyama (SFVTC)	22	2:22:55
7. Edward Chaidze (CSUN)	22	2:22:59
8. Richard Sliney (Un)	27	2:23:15
9. Raymond Hughes (BHS)	35	2:23:37
10. Dennis Kasischke (SDTC)	28	2:23:48
11. Joseph Skaja (PSTC)	24	2:26:41
12. Todd Ferguson (AIA)	31	2:28:38
13. Kaj Johansen (SDTC)	29	2:28:38
14. David Askren (OC)	20	2:29:16
15. Doug McLean (WVTC)	21	2:29:41
16. Ron Kurrle (BHS)	26	2:30:38
17. John Freemuth (Un)	24	2:31:36
18. Ken Bakely (Un)	20	2:32:44
19. Andrew McBride (Un)	18	2:32:44
20. Donald Gregory (PC)	21	2:33:19
21. Ruben Ruiz (Tucson RC)	17	2:33:35
22. Richard Hagin (Un)	26	2:34:02
23. Geoff Pietsch (Un)	37	2:34:44
24. Carlos Alfaro (AZLAN)	27	2:35:02
25. Jeff Rigdon (SDTC)	21	2:35:04
26. Gregory Griffin (Cal Tech)	20	2:35:11
27. William Johnson (SDTC)	23	2:36:06
28. Dave Lomeli (Tucson RC)	16	2:37:03
29. Jon Higley (PBP)	21	2:37:07
30. Roy Buchanan (APC)	21	2:37:36
31. Jim Sane (Un)	16	2:38:03
32. Steven Ward (PC)	21	2:38:23
33. David Mitchell (Un)	21	2:38:27
34. Ross Smith (WVJ&S)	47	2:38:30
35. Benny Holt (SDTC)	31	2:38:56
36. Richard Bartek (SBAA)	42	2:39:05
37. Jon Lehman (CMC)	20	2:39:09
38. Paul Cook (AIA)	22	2:39:24

Sonoma, January 12 -- Daisy Hill IV.

13.5 Miles	
1. Darryl Beardall (35-39)	1:15:00
2. Gene Fitzgerald (Open)	1:15:27
3. Kevin Searls (High School)	1:17:13
4. Bob Darling (Open)	1:19:22
5. Jeff Kroot (Open)	1:20:46
6. Glenn McCarthy (Open)	1:22:06
7. Mike Brandner (High School)	1:22:13
8. Gene Schaumburg (35-39)	1:23:30
9. Bob Bunnell (Open)	1:23:30
10. Kees Tuinzing (Open)	1:23:51
11. Robert Malain (40-49)	1:24:28
12. Louis Dougherty (Open)	1:24:29
13. Augusto Cano (Open)	1:28:47
14. Jack Hackmann (Open)	1:29:00
15. Gary Warner (Open)	1:30:42
16. Mark Gallo (Open)	1:30:46
17. Paul Williams (35-39)	1:31:02
18. John Lynde (Open)	1:31:39
19. Romero Mendoza (Open)	1:31:49
20. Caron Schaumburg (Women)	1:31:49
21. Gough Reunhardt (40-49)	1:33:06
22. Colin Hermans (35-39)	1:33:18
23. Kathy Costello (Women)	1:33:55
24. Kathy Rankin (Women)	1:34:09
25. Evan MacBride (Open)	1:34:30

/Bob Lynde/

Pico Rivera, January 12 -- 4.4 Mile

Morning	
1. Dave White	21:13
2. Phil Ryan (GWAA)	21:30
3. Mike Chambliss (SBAA)	21:52
4. Gordon Haller	22:15
5. Bill Schulz (1st 16-19)	23:06
6. Joey Gomez (1st 13-15)	23:11
7. Steve Smith	23:23
8. Unidentified	23:31
9. Scott Roley	23:32
10. Jim King	23:33
11. Reginald Fair	23:36
12. Bill Thomsen (STC) 1st 30-39	23:37
13. Skip Shaffer (CCAC)	23:38
14. Jim Smith	23:49
15. Vernon Matsukawa	23:59
16. Rudy Ceja (STC) 1st 50-59	24:59
17. Aurelio Camacho (STC) 1st 40-49	25:15
18. David Trusel (1st 12-U)	25:26
19. Al Clark (1st 60 & over)	27:05
20. Vickie Cook (1st Girl)	27:11
21. Elaine Kent (1st Woman)	31:45
5.0 Mile Afternoon	
1. Ajim Baksh (Un)	24:38
2. Bob Macias (ELATC)	24:56
3. Conrad Gonzales (Un)	25:14
4. Unregistered Runner	26:08
5. Kevin Kellogg (1st 16-19)	26:30
6. Michael Darmiento (1st 13-15)	26:46
7. Doug Perez (CCAC)	27:12
8. Steve Broten (STC)	27:25
9. Francisco Bustamonte	27:41
10. Skip Shaffer (CCAC) 1st 30-39	27:48
11. Walt Windsor (1st 40-49)	29:46
12. Chuck Seekins (1st 50-59)	30:37
13. Connie Rodewald (1st Woman)	47:52

/Connie Rodewald/

LA Sports Arena, January 18 -- L.A.

Sunkist Indoor Meet

High Jump:	
1. Stones (PCC)	7-5 1/2
2. Woods (Oregon State)	7-2
3. Underwood (BHS)	7-0
4. Joy (UTEP)	7-0
Shot Put:	
1. Feuerbach (PCC)	68-9
2. Albritton (Hawaii)	64-5 1/2

Women's 60:

1. Watson (Lakewood Inter)	6.8
2. Fleetwood (SCC)	7.0
3. Bowen (Lakewood Inter)	7.0
4. Douglas (LBC)	7.2

Women's 500:

1. Scott (Premier TC)	1:06.1
2. Hopper (Premier TC)	1:10.2
3. Dill (Lakewood Inter)	1:10.3
4. Rich (LBC)	1:10.4
5. San Agustin (LBC)	1:11.6

Women's 1000 Meters:

1. Larrieu (PCC)	2:40.2
2. Poor (SJC)	2:45.2
3. Decker (Patriots TC)	2:55.2
4. Caudillo (LBC)	3:00.7

Women's Mile:

1. Brown (UCLA)	4:48.3
2. Gibbons (SG)	4:51.8
3. Graham (SJC)	4:53.0
4. Keyes (UCLA)	4:55.7
5. Lee (Redlands)	5:00.6
6. Hansen (SJVAC)	5:03.4
7. Flournoy (SCC)	5:03.6
8. Stearns (UCLA)	5:13.0

Women's 640 Relay:

1. Lakewood International	1:12.8
2. Wilt's Wonder Women	1:12.8
3. Premier Track Club	1:15.8
4. Long Beach Comets	1:19.4

Women's 60 Yard Hurdles (33"):

1. Van Wolvaere (WWV)	7.7
2. Donnelly (Lakewood Inter)	7.8
3. Carlsen	7.8
4. Lester (LBC)	8.0

Women's Long Jump:

1. Watson (Lakewood Inter)	20-6 1/2
2. Anderson (PTC)	18-7
3. Moran (LATC)	18-0 3/4

High School Mile (Seeded):

1. Blackburn (Royal)	4:20.4
2. Serna (Loara)	4:20.9
3. Suhr (Leigh, San Jose)	4:21.6
4. Cook (Mission Viejo)	4:21.9
5. Arriola (Gahr)	4:22.1

High School 640 Relay--Race 1:

1. Muir	1:04.2
2. Skyline, Oakland	1:06.7
3. Verbum Dei	1:07.7

High School 640 Relay--Race 2:

1. San Bernardino	1:06.7
2. Fremont	1:07.6
3. La Canada	1:08.6

High School 640 Relay--Race 3:

1. Locke	1:08.0
2. Dorsey	1:08.4
3. Compton	1:08.5

High School 640 Relay--Race 4:

1. San Fernando	1:07.7
2. LB Poly	1:07.8
3. Rolling Hills	1:08.2

High School 640 Relay--Race 5:

1. Lennox	1:09.5
2. Hawthorne	1:10.2
1. Delatorre (Banning)	2:15.4
2. Broccoli (Newbury Park)	2:17.3
3. Moraga (Santa Ana)	2:19.7

High School 1000--Race 2:

1. Hacche (Birmingham)	2:15.3
2. Cohen (El Camino Real)	2:18.2
3. Schlock (St. Genevieve)	2:19.3

High School 500--Race 1:

1. Granville (Lynwood)	59.6
2. Law (Chino)	59.8
3. McQuarrie (Bolsa Grande)	59.9

High School 500--Race 2:

1. Theriot (Newport Beach)	58.7
2. Sexton (Compton)	59.0

Long Beach, January 19 -- Long Beach Ocean 6.2 Mile

1. J. F. Carlson (Open)	33:07
2. Jim Arquilla (Open)	33:36
3. Gord Haller (Open)	33:46
4. Ron Kurrle (Open)	34:09
5. P. Pappas (16-19)	34:13
6. Mike Chambliss (Open)	34:45
7. Ray Howard (16-19)	34:46
8. W. A. McDermott (Open)	34:54
9. Mike Walterhouse (16-19)	35:01
10. Dan Johnson (16-19)	35:05
11. Ron Young (Open)	35:16
12. Steve Brotten (Open)	35:31
13. Mark Fish (Open)	35:33
14. Terry Smart (40)	35:50
15. John Rupp (Open)	35:53
16. Jim Triplett (16-19)	35:54
17. Greg Edwards (13-15)	36:23
18. Jim Landeros (16-19)	36:28
19. Greg Gonzales (16-19)	36:30
20. Jeff Wise (16-19)	37:01
21. E. Hynes (16-19)	37:07
22. B. J. Coventry (Open)	37:08
23. J. E. Wells (Open)	37:09
24. Craig Williams (16-19)	37:37
25. Vernon Matsukawa (16-19)	37:41
58. Vicky Cook (Girls)	40:32
71. Clyde Ailing (50)	42:11
87. Chick Dahlsten (60)	43:48
95. Lisa Davis (Women)	44:37

/Geza Bottlik/

San Francisco, January 24 -- 12th

Annual San Francisco Examiner Games

Mile Walk:

1. Ron Laird (New York AC)	6:30.1
2. Estaban Valle (Sierra RW)	6:39.9
3. Tom Dooley (Un)	6:49.8
4. Wayne Clusker (WVTC)	7:04.0
5. Manny Adriano (WVTC)	7:10.3
6. Jerry Lansing (Un)	No time

High School Mile Relay:

1. Serramonte	3:32.4
2. San Mateo	3:33.2
3. Gilroy	3:38.1
4. McClatchy (Sacramento)	3:46.2

Women's Sprint Medley Relay:

1. Berkeley East Bay TC	2:24.8
2. Millbrae Lions TC	2:27.1
3. Will's Spiketts	2:27.2
4. Santa Cruz	2:29.0
5. Orinda TC	2:30.3

High School Sprint Medley Relay:

1. Grant Union (Sacramento)	3:40.0
2. Hoover (Fresno)	3:40.9
3. Highlands (Sacramento)	3:41.7
4. Serramonte	3:54.7

Junior College Sprint Medley Relay:

1. San Jose City College	3:36.5
2. Contra Costa	3:37.4
3. Foothill	3:39.2
4. Lanet	3:44.3

College Long Jump:

1. Ralph Byrd (Cal.St.Stanis)	22-9 1/2
2. Stan Uman (Chico State)	21-9 3/4
3. John Shattuck (Cal.St.Hayw)	21-2 3/4
4. Mark Davis (Cal Poly)	21-2 3/4
5. Eric Murphy (Cal.St.Hayw)	19-11
6. Brad Morinoli (Cal.St.Hayw)	19-8 1/2

High School Two Mile Relay:

1. Mills (Millbrae)	8:18.2
2. St. Ignatius (San Fran)	8:19.2
3. La Sierra (Sacramento)	8:29.2
4. Leigh (San Jose)	8:38.8

Junior College Mile Relay:

1. College of San Mateo	3:31.6
2. City Coll. of San Francisco	3:31.8
3. Foothill College	3:36.2

Open 60 Yard Dash Section I:

1. Ray Glark (Cal.St.Hayward)	6.2
2. Melvin Watson (San Jose St)	6.3
3. Vince Bredbell (Un)	6.4
4. Tony Campbell (California)	6.5
5. Mark Yov (SanFran.CityCol)	6.6

Open 60 Yard Dash, Section II

Seeded:	
1. Steve Williams (Un)	6.0
2. Clancy Edwards (Cal Poly)	6.2
3. James Gilkes (Un)	6.2
4. Ron Whitaker (San Jose St)	6.2
5. John Pettus (Bay Area Str)	6.3
Invitational Shot Put:	
1. Al Feuerbach (PacCstClub)	69-3 1/2
2. Pete Schmuck (BHS)	64-2 1/2
3. George Woods (PacCstClub)	63-7 1/2
4. Dave Doupe (Cornell)	62-2 1/2

600 Yard Run Section I:

1. Curtis Byrd (Cal Poly)	1:14.5
2. Dariusz Pobabos (E.NewMex)	1:14.6
3. Jim Ward (WVTC)	1:15.1
4. Mark Hadley (Stanford)	1:15.7

600 Yard Run Section II:

1. Jim Bolding (Pac Cst Club)	1:11.8
2. James Robinson (Calif.)	1:11.9
3. Rick Brown (Calif.)	1:12.0
4. Bob Casselman (PacCstClub)	1:12.5

Invitational Two Mile Run:

Invitational Two Mile Run:	
1. Marty Liquori (NewYork AC)	8:40.8
2. John Ngono (Wash State)	8:45.8
3. John Lawson (Pac Cst Club)	8:47.8
4. Frank Shorter (Florida St)	8:54.8

18. Ken Blakely (Un)	20	2:32:44	4. Unregistered Runner	26:08	High School 640 Relay--Race 4:	1.07.7	4. Serramonte	3:54.7	5. John Halberstadt (PCC)	4:15.0
19. Andrew McBride (Un)	18	2:32:44	5. Kevin Kellogg (1st 16-19)	26:30	1. San Fernando	1:07.7	Junior College Sprint Medley Relay:		Invitational Pole Vault:	
20. Donald Gregory (PC)	21	2:33:19	6. Michael Darmiento (1st 13-15)	26:46	2. LB Poly	1:07.8	1. San Jose City College	3:36.5	1. Don Baird (Australia)	17-0
21. Ruben Ruiz (Tucson RC)	17	2:33:35	7. Doug Perez (CCAC)	27:12	3. Rolling Hills	1:08.2	2. Contra Costa	3:37.4	2. Casey Carrigan (PCC)	16-6
22. Richard Hagin (Un)	26	2:34:02	8. Steve Broten (STC)	27:25	High School 640 Relay--Race 5:		3. Foothill	3:39.2	3. Kjell Isaksson (Sweden)	16-6
23. Geoff Pietsch (Un)	37	2:34:44	9. Francisco Bustamonte	27:41	1. Lennox	1:09.5	4. Lanet	3:44.3	4. Vic Dias (BHS)	16-0
24. Carlos Alfaro (AZTLAN)	27	2:35:02	10. Skip Shaffer (CCAC) 1st 30-39	27:48	2. Hawthorne	1:10.2	College Long Jump:		5. Roger Martin (San Jose St)	16-0
25. Jeff Rigdon (SDTC)	21	2:35:04	18. Walt Windsor (1st 40-49)	29:46	High School 1000--Race 1:		1. Ralph Byrd (Cal.St.Stanis)	22-9½	Men's Long Jump:	
26. Gregory Griffin (CalTech)	20	2:35:11	19. Chuck Seekins (1st 50-59)	30:37	1. Delatorre (Banning)	2:15.4	2. Stan Uzman (Chico State)	21-9 3	1. Tommy Haynes (US Army)	25-2
27. William Johnson (SDTC)	23	2:36:06	38. Connie Rodewald (1st Woman)	47:52	2. Broccoli (Newbury Park)	2:17.3	3. John Shattuck (Cal.St.Hayw)	21-2 3	2. Cecil Overstreet (SUCC)	24-8½
28. Dave Lomeli (Tucson RC)	16	2:37:03	/Connie Rodewald/		3. Moraga (Santa Ana)	2:19.7	4. Mark Davis (Cal Poly)	21-2 3	3. Jim Lofton (Stanford)	24-1½
29. Jon Higley (PBP)	21	2:37:07	LA Sports Arena, January 18 -- L.A.		High School 1000--Race 2:		5. Eric Murphy (Cal.St.Hayw)	19-11	4. Chen Chin Ling (Rep of China)	24-1½
30. Roy Buchanan (APC)	21	2:37:36	Sunkist Indoor Meet		1. Hacche (Birmingham)	2:15.3	6. Brad Morisoli (Cal.St.Hayw)	19-8½	5. Curtis Davis (San Jose St)	23-9½
31. Jim Sane (Un)	16	2:38:03	High Jump:		2. Cohen (El Camino Real)	2:18.2	High School Two Mile Relay:		6. Dan Carter (San Jose)	23-2½
32. Steven Ward (PC)	21	2:38:23	1. Stones (PCC)	7-5½	3. Schlock (St. Genevieve)	2:19.3	1. Mills (Millbrae)	8:18.2	7. Fred Samara (New York AC)	22-3½
33. David Mitchell (Un)	21	2:38:27	2. Woods (Oregon State)	7-2	High School 500--Race 1:		2. St. Ignatius (San Fran)	8:19.2	8. Mark Thorpe (California)	21-3 3/4
34. Ross Smith (WVJ&S)	47	2:38:30	3. Underwood (BHS)	7-0	1. Granville (Lynwood)	59.6	3. La Sierra (Sacramento)	8:29.2	9. Marion Anderson (BAS)	21-3½
35. Benny Holt (SDTC)	31	2:38:56	4. Joy (UTEP)	7-0	2. Law (Chino)	59.8	4. Leigh (San Jose)	8:38.8	Invitational High Jump:	
36. Richard Bartek (SBAA)	42	2:39:05	Shot Put:		3. McQuarrie (Bolsa Grande)	59.9	Junior College Mile Relay:		1. Dwight Stones (PCC)	7-3½
37. Jon Lehman (CMC)	20	2:39:09	1. Feuerbach (PCC)	68-9	High School 500--Race 2:		1. College of San Mateo	3:31.6	2. Lee Braach (Wash State)	7-2
38. Paul Cook (AIA)	22	2:39:24	2. Albritton (Hawaii)	64-5½	1. Theriot (Newport Beach)	58.7	2. City Coll. of San Francisco	3:31.8	3. Paul Underwood (Ariz St)	7-0
39. John Brennan (SBAA)	39	2:39:24	3. Woods (PCC)	63-5	2. Sexton (Compton)	59.0	3. Foothill College	3:36.2	4. Reynaldo Brown (AllamerTC)	6-10
40. John Swift (Un)	16	2:39:40	4. Shmook (BH Striders)	63-4	3. Bayless (Chatsworth)	1:10.1	College Mile Relay:		5. Mark Ridge (California)	6-8
41. Ronald Deis (CMC)	18	2:39:45	Two Mile:		High School Two Mile Relay:		1. Cal Poly	3:23.8	6. Mike Fleer (Oregon State)	6-8
42. Matt Woessner (PC)	20	2:39:49	1. Prefontaine (Oregon TC)	8:24.4	1. University, Los Angeles	8:03.4	2. Cal State Hayward	3:30.1	6. Eric Ritterrate (Calif)	6-8
43. Eric McFadden (PoC)	18	2:39:51	2. Johnson (Club Northwest)	8:30.4	2. Palisades	8:04.2	3. UC Davis	3:35.1	/Chuck Skow/	
44. Dennis Smith (SDTC)	27	2:40:07	3. Ngono (Washington State)	8:35.6	3. Notre Dame	8:06.4	4. Chico State	3:37.1	Seniors Mile Run:	
45. Bob Mackel (SDTC)	32	2:40:42	4. Halberstadt (PCC)	8:42.0	4. Mills (Millbrae)	8:10.8	1. Dennis Teegarden (NorCalSrs)	4:39.0	World Masters Marathon	
46. Bob Arce (Un)	22	2:41:04	5. Tuttle (BH Striders)	8:43.6	High School Two Mile (Rated):		2. Ken Napier (West Vly Jog.)	4:40.7	1. Ron Kuzrle (Un)	2:22:47
47. Ralph Anievas (SDTC)	28	2:41:40	6. Thomas (Glendale College)	8:52.4	1. R. Aguirre (Santa Barbara)	9:18.8	3. Robert Shaw (NorCal Srs)	4:43.6	2. Sam Young (Cal State LA)	2:22:59
48. Dennis Dillie (WVTC)	23	2:41:45	600:		2. Moore (Rancho Alamitos)	9:19.2	4. Michael Healy (WestVlyJog)	4:47.5	3. Mark Kushner (Culver City)	2:24:22
49. Louis Hurtado (Un)	16	2:41:56	1. Bolding (PCC)	1:11.0	3. G. Aguirre (Santa Barbara)	9:24.6	5. Paul Richardson (Un)	4:47.7	4. Darren George (AIA)	2:30:15
50. Christopher Hughes (Un)	16	2:42:21	2. Williams (Mickey's Missile)	1:11.3	4. Bragg (Westchester)	9:27.0	High School Two Mile Run:		5. Gary Dobrenz (Culver City)	2:30:15
51. Bob Doran (SBAA)	20	2:42:26	3. Cassleman (PCC)	1:11.6	High School Mile (Rated):		1. Roy Kissin (San Ramon)	9:07.8	6. Todd Ferguson (AIA)	2:30:43
52. John Kittelson (PoC)	19	2:43:02	4. Jenner (San Jose)	1:11.6	1. Angel (Huntington Beach)	4:23.6	2. Mitch Kingery (San Carlos)	9:09.4	7. Steve Broten (Seniors TC)	2:32:40
53. Thomas Gleason (Un)	32	2:43:11	500 (Race 1):		2. Moses (Crescenta Valley)	4:23.6	3. Ron Fritzsche (Leigh)	9:25.0	8. Mark Stevenson (Un)	2:32:46
54. Stewart Boden (RR)	20	2:43:26	1. Parks (BH Striders)	56.3	4. Young (Bell)	4:25.6	4. Tim Holmes (Downey)	9:27.6	9. Reynaldo Calderon (Aztlan)	2:34:41
55. Cliff Cole (Westmont)	19	2:44:15	2. Frazier (Arizona State)	56.4	High School Shot Put:		5. Sammy Garcia (Wasco)	9:34.8	10. Luis Arreola (Un)	2:35:29
56. Ed Almeida (SDTC)	52	2:44:19	3. Peoples (DC Striders)	56.4	1. Kurasch (Newport Harbor)	64-11 3/4	Junior College Triple Jump:		11. Orville Atkins (SeniorsTC)	2:35:55
57. Thomas Homeyer (Un)	26	2:44:44	4. Erickson (BH Striders)		2. Bersano (Los Gatos)	59-3	1. Mike Marlow (Cosumnes Riv)	49-10½	12. John Rudberg (SeniorSTC)	2:37:05
58. Joseph Meza (Un)	17	2:45:01	500 (Race 2):		3. Slinkard (St. Paul)	58-10½	2. John Legrande (West Valley)	47-6½	13. David Saylor (Culver City)	2:37:23
59. Gordon Lutes (SDTC)	30	2:45:16	1. Shorts (Long Beach State)	57.3	4. Laut (Santa Clara)	58-3½	3. Richard Barboza (Modesto)	46-3 3/4	14. S. Trenholme (Pomona TC)	2:38:34
60. Brian Freeman (SDTC)	48	2:45:21	2. Singletary (So Cal College)	57.4	High School Pole Vault:		4. Greg Oliver (Alameda)	45-5	15. Jerry Baldonado (Un)	2:40:33
61. Mark Cotler	15	2:46:05	3. Byrd (Cal Poly)	57.5	1. Schimmel (Villa Park)	15-0	5. Clifton Richardson (AmerRiv)	42-9 3/4	16. Bill McDermott (Un)	2:41:06
62. Benjamin Sawyer (OAC)	37	2:46:21	Junior College Mile Relay:		2. Vahistrom (Villa Park)	15-0	Women's 60 Yard Dash:		17. Don Jones (Seniors TC)	2:42:01
63. Ed Dally (Un)	43	2:46:31	1. Mt. San Antonio	3:26.2	3. Goodman (Agoura)	14-6	1. Freida Cobbs (WestlakeJHS)	7.1	18. Dimas Iglesias (RRR)	2:42:25
64. Phil Sweeney (OC)	18	2:46:35	2. Southwest L.A.	3:27.9	4. Curran (Crespi)	14-6	2. Paula Ng (BerkeleyE.BayTC)	7.1	19. Ed Lopez (Cal State Full)	2:43:04
65. Tom Lawrence (SDTC)	38	2:46:43	3. Glendale	3:32.2	High School High Jump:		3. Debbie Byfield (BerkE.BayTC)	7.1	20. Conrad Ereon (Seniors TC)	2:44:02
66. Gerald Haslam (VotMTC)	37	2:46:49	880:		1. Johnson (Arroyo)	6-6	4. Elaine Parker (MillbraeLion)	7.2	21. Paul French (Un)	2:44:30
67. Don Shanahan (SDTC)	32	2:47:14	1. Wohlhuter (Chicago TC)	1:48.8	2. Washington (Fremont)	6-6	5. Yolanda Allen (Serramonte)	7.3	22. Darty Cronin (Un)	2:45:28
68. John Rupp (Un)	28	2:47:39	2. Boit (Kenya)	1:49.1	3. Muhl (Hart)& Conner (Estan)	6-4	College/Junior College 60 Yard Dash:		23. Dan Sheeran (Seniors TC)	2:45:36
69. Ronald Newstat (CSSS)	21	2:48:09	3. Winzenried (BH Striders)	1:50.0	High School Long Jump:		1. Clancy Edwards (Cal Poly)	6.2	24. Dave Sills (Seniors TC)	2:47:01
70. Matthew Walker (Un)	22	2:50:10	4. Scott (UC Irvine)	1:56.3	1. Sutton (Morningside)	24-3/4	2. Roy Larry (Cal State Hayw)	6.3	25. Don Wright (Un)	2:48:59
71. William Carson (Un)	20	2:50:11	Mile:		2. Bisciglia (Crespi)	22-4 3/4	3. Clayton Smith (CalSt.Hayw)	6.3	26. Kevin Kellogg (Un)	2:49:27
72. Steven Humphrey (STC)	31	2:50:12	1. Liquori (New York AC)	4:05.0	3. Smith (Muir)	22-3½	4. Eric Brown (Contra CostaJC)	6.4	27. Paul Wielenga (Un)	2:49:37
73. David Holland (Un)	34	2:50:21	2. Cummings (BYU)	4:05.0	4. Jamerson (Moreno Valley)	21-6 3/4	5. Mike Barnes (DiabloVly JC)	6.4	28. Ruben Weyand (Un)	2:49:44
74. Tom Rothhaar (SDTC)	32	2:50:41	3. Popejoy (Chicago TC)	4:09.1	High School 60 High Hurdles:		Seniors 60 Yard Dash (50+):		29. Ted Bechtel (Un)	2:50:47
75. Jim Thompson (Un)	30	2:51:04	4. Byers (Ohio St.)	4:10.3	1. Cooper (Ellis, Richmond)	7.5	1. Payton Jordan (Stanford)	7.0	30. Skip Shaffer (Culver City)	2:51:30
76. Ken Unitt (Un)	16	2:51:15	Long Jump:		2. Peterson (Saddleback)	7.5	2. Carles "Dub" Carter (NCSTC)	7.2	/Bill Selvin/	
77. Yale Strom (Un)	17	2:51:16	1. Moore (Mickey's Missiles)	26-4½	3. Lewis (Muir)	7.6	3. John Satti (NCSTC)	7.8	Los Angeles, January 25-26, USTFF-Cal State	
78. Terry Allen (Un)	17	2:51:25	2. Robinson (Mickey's Miss.)	26-0	4. Barnstead (Righetti)	7.9	4. Jerry Lopes (NCSTC)	7.8	Los Angeles Decathlon	
79. Jim Waters (SDTC)	34	2:52:44	3. Whitley (Cal Inter)	25-6½	High School 60:		5. Karl Thursty (NCSTC)	7.9	1. Rex Harvey (USAF)	7001
80. Reynaldo Calderon (CdA)	28	2:53:01	4. Haynes (US Army)	25-3½	1. Andrews (West Bakersfield)	6.1	6. Anthony Puglizievich (NCSTC)	8.0	2. Joe Tyler (U. Nevada)	6774
81. Richard Mead (Phaeton)	18	2:53:01	Pole Vault:		2. Burgan (Washington)	6.3	High School 60 Yard Hurdles:		3. Gene Luko (CS LA)	6639
82. Dennis Wilson (JTTC)	18	2:53:02	1. Ripley (San Jose State)	18-1	3. Brown (Los Angeles)	6.3	1. Ron Kennedy (Serramonte)	7.3	4. Chester McCaugh (Unatt)	6378
83. Reggie Heywood (Un)	11	2:53:12	2. Isaksson (Sweden)	17-0	4. Woodard (San Bernardino)	6.4	2. Tony Hicks (Serramonte)	7.3	5. John Lawrence (Chaffey) 1-JC	6335
84. Nick Ortega (TucsonRC)	16	2:54:06	3. Carrigan (PCC)	16-6	High School Two Mile:		3. Joel Andrews (West Bkfld)	7.4	6. David Cordtz (Santa Rosa) 2-JC	6075
85. Jimmy Landeros (Un)	17	2:54:07	4. Richards (PCC)	16-6	1. Kissin (San Ramon)	9:09.6	4. Don Finley (Cupertino)	7.5	7. Mourido Bardalos (UC Irvine)	6063
86. Craig Williams (Un)	16	2:54:30	60 High Hurdles:		2. Baksh (Hollywood)	9:09.6	Seniors Long Jump:		8. William Luke (CSLA)	6058
87. Marshall Spalding (SCL)	16	2:54:38	1. White (Un)	7.1	3. Kingery (San Carlos)	9:14.3	1. Phil Presber (NCSTC)	20-3 3/4	9. Mario Bardalos (Unattached)	6035
88. Alan Reynolds (Un)	17	2:54:39	2. Jackson (BH Striders)	7.1	4. Fritzsche (Leigh, San Jose)	9:24.0	2. Malachi Andrews (BAS)	19-5½	10. Ed Barber (Fresno Pacific)	5914
89. Donald Kalmar (Un)	32	2:54:45	3. Frierson (Cal Poly Pomona)	7.3	5. Curran (Los Altos)	9:24.0	3. Phil Conley (Un)	18-11½	11. Tom Byron (Santa Barbara) 1-HS	5918
90. Doug Best (Un)	16	2:54:59	4. Rich (Cal Inter)	7.5	High School Mile Relay:		4. Ed Mahany (NCSTC)	18-2½	12. Jim Baum (Unattached)	5911
91. Alex Wright (Un)	18	2:55:18	60:		1. Muir	3:23.4	Invitational 60 High Hurdles:		13. Steve Moore (Unattached)	5836
92. Stephen Kellogg (CalTech)	19	2:55:21	1. Williams (Un)	6.1	2. Newport Harbor	3:29.0	1. George Carty (BAS)	7.2	14. Hugh Adams (Corona Del Mar TC)	5825
93. Randy Campbell (SDTC)	19	2:55:27	2. Quarrie (BH Striders)	6.1	3. Compton	3:29.3	2. Clim Jackson (BHS)	7.2	15. Steve Reimer (Fresno Pacific)	5615
94. Walter Elliott (Un)	16	2:55:52	3. Edwards (Cal Poly)	6.1	4. Lynwood	3:33.8	3. Jim Bolding (Pac Cst Club)	7.3	16. Steve Wright (Porterville) 2-HS	5601
			4. Gilkes (BH Striders)	6.2			4. Carl Florant (California)	7.4	17. Jack Reed (Indio) 3-HS	5545
							5. John Foster (Stanford)	7.4	/Ron Morris/	

Portola Valley, January 25 -- PA AAU

20 Kilo Championship

1. Jim Nuccio (WVTC)	1:03:03
2. Bill Clark (WVTC)	1:03:58
3. Wayne Badgley (Un)	1:04:12
4. George Stewart (WVTC)	1:04:46
5. Alvaro Mejia (WVTC)	1:04:59
6. Gary Blume (Un)	1:05:22
7. Brian Maxwell (UCBerk)	1:05:30
8. Don Makela (Un)	1:05:42
9. Jan Sorshen (Un)	1:06:22
10. Greg Brock (WVTC)	1:06:45
11. Doug McLean (WVTC)	1:06:57
12. Charles Harris (WVTC)	1:07:33
13. Fenton Carey (USN)	1:07:47
14. Fred Emeling (WVTC)	1:08:05
15. John Sheehan (WVTC)	1:08:18
16. Mike Conroy (ETC)	1:09:09
17. Dennis Tracy (WVTC)	1:09:14
18. Ross Smith (WVJ&S)	1:09:19
19. Gary Wolfgram (Un)	1:09:24
20. Peter Martin (Aggie TC)	1:09:33
21. Stacy Hanoum (Gilroy)	1:11:49
22. David Warren (ETC)	1:12:04
23. Gary Chilton (Stan RC)	1:12:22
24. William Valey (Un)	1:12:25
25. Tim Swazey (PANA)	1:12:49
48. Peggy Lyman (WVTC)	1:20:02
72. Ruth Anderson (NCSTC)mw	1:26:29
75. K. Himmelburger (WVTC)	1:26:53
84. Yvette Cotte (Un)	1:28:27
86. Jeanette Cotte (Un)	1:29:35
136 Starters	/Jim Woodruff/

San Diego, January 25 -- San Dieguito

Half Marathon

Open Division

1. Dennis Kasischke (SDTC)	1:11:55
2. Frank Candelario (Un)	1:16:26
3. Ed Granchalek (SDTC)	1:16:28
4. Rick Hagin (SDTC)	1:16:37
5. Bill Johnson (SDTC)	1:16:41
6. Tom Bache (SDTC)	1:16:42
7. Don Shanahan (SDTC)	1:16:49
8. Mitchell David (Un)	1:16:49
9. Keith Stripsky (Un)	1:17:19
10. John Rupp (Un)	1:19:08
11. Ralph Anievas (SDTC)	1:19:50
12. Walt Buchingham (SDTC)	1:21:12
13. Thomas Homeyer (Un)	1:21:32
14. Ed Barvick (SDTC)	1:21:53
15. Tom Rothhaar (SDTC)	1:21:56
16. Randy Campbell (Un)	1:22:41
17. R. Thomas Hinck	1:23:18
18. Butch Richardson (Un)	1:23:43
19. Dan Sweeney	1:24:56
20. Bill T. Omlin	1:25:19

Senior Division, Over 50

1. Ed Almeida (SDTC)	1:20:16
2. Abel Rocha (Tijuana)	1:29:11
3. Wayne Zook (SDTC)	1:33:29
4. Douglas P. Miller (SDTC)	1:35:14
5. Marvin Moar (SDTC)	1:52:02

Senior Division, Over 40

1. B. S. Freeman (SDTC)	1:22:37
2. Bill Stock (SDTC)	1:23:36
3. Richard Fleming (SDTC)	1:25:37
4. Vernon Parker (SDTC)	1:28:15
5. Wayne Groesbeck (SDTC)	1:28:27

Women's Division

1. Nadia Garcia (SDTC)	1:23:20
2. Eileen Waters (SDTC)	1:36:10
3. Jan Gervais (SDTC)	1:37:35
4. Nicki Hobson (SDTC)	1:39:52
5. Trisha Halsey (Un)	1:46:51

/Bill Gookin/

Inglewood, February 7 -- L.A. Times

Indoor Meet

60 Yard High Hurdles:	
1. Tommie Lee White (Un)	7.0
2. Larry Shipp (LSU)	7.0
3. Charles Rich (Cal Inter)	7.1
4. Clim Jackson, (BH Striders)	7.1

Women's 60 Yard Dash:

1. Irene Szewinska (Poland)	6.8
2. Martha Watson (Lake Inter)	6.9
3. Penny Slaughter (LK Inter)	7.0
4. Dollie Fleetwood (SCC)	7.1

60 Yard Dash:

1. Steve Williams (Un)	6.1
2. Clancy Edwards (Santa Ana)	6.2
3. James Gilkes (Un)	6.3
4. Mark Lutz (PCC)	6.4

L.A. City High School 640 Yd. Relay:

1. Washington High School	1:08.3
2. Roosevelt High School	1:12.7
3. Cleveland High School	1:12.8

Women's 500 Yard Run:

1. Kathy Weston (Will's Spike)	1:06.5
2. Brenda Walsh (Canada)	1:07.5
3. Debra Sapenter (PrView A&M)	1:07.5
4. Jarvis Scott (Premier TC)	1:07.9
5. Sharon Dill (Lake Inter)	1:09.6

Shot Put:

1. Al Feuerbach (PCC)	68-10 1/2
2. George Woods (PCC)	67-0 1/2
3. Terry Albritton (U of Haw.)	65-11 1/2
4. Jim Neidhart (Un)	62-6

Community College Mile Relay:

1. Bakersfield	3:25.8
2. L.A. Harbor	3:26.2
3. L.A. Southwest	3:26.3
4. Mt. San Antonio	3:26.7

600 Yard Run:

1. Bernd Herrmann (W. Germany)	1:11.1
2. Boyd Gittins (Club No. West)	1:11.3
3. Ralph Mann (BH Striders)	1:11.3
4. Bob Cassleman (PCC)	1:11.6
5. Dave Jenkins (England)	1:12.4

C.I.F. High School 640 Yard Relay:

1. Muir High School	1:05.5
2. Saddleback High School	1:08.5
3. Rolling Hills High School	1:08.5
4. L.A. Lutheran High School	1:10.4

Pole Vault:

1. Don Baird (CalStLgBeach)	17-0 1/2
2. Mike Tully (UCIA)	16-6
3. Casey Carrigan (PCC)	16-6
4. Vic Dias, (BH Striders)	16-6
5. Kjell Isaksson (BH Striders)	16-6
6. Bob Richards (PCC)	16-0

Two Mile Relay**:

1. Cal State Fullerton	7:27.8
2. U.C. Irvine	7:29.8
3. Cal State Long Beach	7:29.8
4. Occidental College	7:34.4
5. Redlands University	7:53.0

**Race 160 yds. short due to missed lap

500 Yard Run:

1. Jim Bolding (PCC)	57.0
2. Maxie Parks (BH Striders)	57.5
3. Claver Kamanya (Tanzania)	57.8
4. Albert Shortts (CalLgBeach)	58.2

Women's 1,500 Meter Run:

1. Francie Larrieu (PCC)	4:18.7
2. Julie Brown (UCIA)	4:24.8
3. Mwinga Mwanjala (Tanzania)	4:24.9
4. Ann Dandoy (So. Bay Striders)	4:48.8
5. Roma Antoniewicz (LATC)	4:48.8
6. Teresa Caudillo (LBC)	4:49.4

Sprint Medley Relay:

1. Cal State Northridge	3:40.9
2. Cal State Los Angeles	3:40.9

Women's Mile Walk:

1. Sue Brodock (RRR)	7:15.2
2. Esther Marquez (RRR)	7:33.3
3. Linda Brodock (RRR)	7:52.1
4. Cindi Johnson (Angels TC)	8:09.5
5. Sheila Thomsen (Un)	8:53.1

High Jump:

1. Dwight Stones (PCC)	7-5 1/2
2. Tom Woods (Ore. State U.)	7-2 1/2
3. Paul Underwood (BH Striders)	7-0
4. Mike Fleer (Ore. St. U.)	7-0
5. Carl Miles (Cal St. Lg. Bch)	6-10
6. Tony Madau (Cal St. Full.)	6-10

San Mateo, February 8 -- Northern

California Track & Field Association

All-Comers Meet

Open Division:

2 Mile Walk: Jim Brownlee (SCC)	17:33
60 HH: Karl Johnk (Stanford)	8.2
Javelin: Monte Makons (Stanford)	166-8
Shot: Bruce Jenner (SJ Stars)	44-0
Mile: Jeff Parietti (Stanford)	4:23
60 #1: James Lofton (Stanford)	6.6
60 #2: Larry Shields (WestVly)	6.6

Discus: Dan Kempek (Un)

HJ: Bill Kleppe (Hillsdale)

440: Scott Jones (Stanford)

TJ: Paul Cox (UCSF)

LJ: Charley Harwood (Stanford)

3 Mile: Ed Schelegle (Aggie TC)

880: Reggie Mason (Stanford)

PV: Greg Miguel (Bay Area Str)

High School Division:

60 HH: Richard Clark (MenloAth)	8.5
Shot: Steve Beland (Serra)	40-4 1/2
Mile: Bob Barnett (Hillsdale)	4:30
Mile (W): Peggy Lyman (WVTC)	5:22
60: Tim Trank (Woodland)	6.8
440: Dave Kellogg (Woodside)	52.7
TJ: Jacob Lo (Lowell)	44-4
LJ: George Bartlett (Woodland)	19-11
2 Mile: Ron Loza (Mill)	10:20
880: Rick Passanisi (Hillsdale)	2:06

Hermosa Beach, February 9 -- 23rd

Hermosa Beach Ocean Run, 5 Mile

1. Bruce Johnson	27:48
2. Jim Arquilla (AATC)	28:16
3. Joe Carlson (AATC)	28:20
4. Walt Hitt	29:18
5. Carl Swift	29:20
6. Mark Fish	29:31
7. Bob Macias	29:46
8. Paul Cook (AIA)	29:52
9. Peter Mundle (SMFC)	30:04
10. Dennis Caldwell	30:09
11. Bob Arce	30:31
12. Wendell Smith (GWAA)	30:40
13. Mark Carreon (ECC)	30:55
14. Bill Jones	31:07
15. Steve Brotten (STC)	31:18
16. Randy Graves	31:32
17. Scott Hunter	31:33
18. Jim Landeros	31:35
19. Bob Emmerling (BHS)	31:39
20. John Pagliano (GWAA)	31:41

/Marvin Winer /Wes Alderson/

San Diego, February 15 -- San Diego

Indoor Meet

High School 1,000:	
1. Davies (Monte Vista)	2:15.8
2. Castro (Mt. Miguel)	2:17.0
3. Becklund (Henry)	2:17.8

High School 500:

1. Theriot (Newport Harbor)	58.2
2. Riggins (Helix)	60.1
3. Gillett (Mt. Miguel)	60.5

High School Pole Vault:

1. Moss (Mar Vista)	13-6
2. Thaler (El Capitan)	12-6

High School Long Jump:

1. Armour (Morse)	22-6 3/4
2. McClendon (University)	21-3 1/4
3. Henry (Henry)	21-1 3/4

High School Shot Put:

1. Kurrasch (Newport Harbor)	62-8
2. Malone (El Cajon)	54-1 1/2
3. Anderson (Santana)	50-10

High School High Jump:

1. Rosendahl (Bonita Vista)	6-2
2. Hanson (Mt. Miguel)	6-0
3. Cunningham (Grossmont)	6-0

High School Two Mile:

1. Hunt (Henry)	9:09.5
2. Hernandez (Mission Bay)	9:15.3
3. Laird (San Marcos)	9:18.4

High School Mile Relay-Race 1:

1. Vista	3:41.2
2. Castle Park	No Time

High School Mile Relay-Race 2:

1. Crawford	3:36.3
2. Clairemont	3:37.1
3. Helix	3:42.0

High School Mile Relay-Race 3:

1. Mt. Miguel	3:33.0
2. Grossmont	3:36.3
3. Morse	3:38.0

High School 60 High Hurdles:

1. Armour (Morse)	7.6
2. Moore (Oceanside)	7.8
3. Klippert (El Capitan)	7.8

High School 60:

1. Jefferson (Crawford)	6.2
2. Bussey (Kearny)	6.2
3. Greene (Mar Vista)	6.4

Junior College Mile Relay:

1. Grossmont	3:22.2
2. SD Mesa	3:22.2
3. Palomar College	3:28.5

Junior College Mile:

1. Cotton (Grossmont)	4:07.5
2. Malec (SD Mesa)	4:10.8
3. Pullen (Grossmont)	4:11.9

Junior College 640 Relay:

1. SD Mesa	1:06.1
2. San Diego City College	1:07.0

Junior College 1000:

1. Mills (Grossmont)	2:13.1
2. Sweeney (Mesa)	2:15.8
3. Fields (Southwestern)	2:19

Girl's Sprint Relay:

1. Southern Calif. Cheetahs	1:55.0
2. Wilt's Wonder Women	1:56.8
3. Orange Coast Thunderbolts	1:59.0

Women's Mile Relay:

1. Premier Track Club	3:53.6
2. Long Beach Comets	3:54.4
3. San Jose Cinderellas	3:58.0

Women's High Hurdles - 60 Yards:

1. Van Wolvericere (WWW)	7.6
2. Rot (Israel)	7.8
3. Donnelly (Lakewood Inter)	7.9

Women's Mile:

1. Larrieu (PCC)	4:29
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6. Dennis Fridly (LVTC)

7. Louis Grieco (LaLoma Str)

8. Tony Gerardi (LVTC)

9. Gregory Gonzales (Un)

10. Joe Fiore (LVTC)

11. John Capps (Atomic City)

12. John Walker (LVTC)

13. John Pagliano (AMJA)

14. Mike Neal (LVTC)

15. Jose Solorio (LVTC)

16. Daniel Walter (AMJA)

17. Bill Freedman (LVTC)

18. Larry Clark (Un)

19. Nick Ortega (Un)

20. Joey Frausto (LaLoma Str)

/Las Vegas Track Club/

Culver City, February 16 -- SPAAA

Championships, 30 km

1. Peter Frederiksson (USIU)

2. Dave White (Un)

3. Mark Kushner (CCAC)

4. Sam Young (AZTL)

5. Ron Kurlle (BHS)

6. Mike Chambliss (SBAA)

7. Ray Hughes (BHS)

8. Jim Arquilla (AATC)

9. Joe Carlson (AATC)

10. Carl Swift (BHS)

11. P. H. Cook (ATA)

12. Bill McDermott (Un)

13. David Eastland (AATC)

14. Peter Mundle (SMAA) 1st 40+ 1:44:59

15. Jerry Smartt (Un) 2nd 40+ 1:46:12

16. Reynaldo Calderon (AZTL) 1:47:13

17. Carlos Alfaro (AZTL) 1:47:52

18. Dan Wojcik (SBAA) 1st 16-19 1:48:09

19. Jeff Rawlings (CCAC) 1:48:42

18. Butch Richardson (Un)	1:23:43
19. Dan Sweeney	1:24:56
20. Bill T. Omlin	1:25:19
<u>Senior Division, Over 50</u>	
1. Ed Almeida (SDTC)	1:20:16
2. Abel Rocha (Tijuana)	1:29:11
3. Wayne Zook (SDTC)	1:33:29
4. Douglas P. Miller (SDTC)	1:35:14
5. Marvin Moar (SDTC)	1:52:02
<u>Senior Division, Over 40</u>	
1. B. S. Freeman (SDTC)	1:22:37
2. Bill Stock (SDTC)	1:23:36
3. Richard Fleming (SDTC)	1:25:37
4. Vernon Parker (SDTC)	1:28:15
5. Wayne Groesbeck (SDTC)	1:28:27
<u>Women's Division</u>	
1. Nadia Garcia (SDTC)	1:23:20
2. Eileen Waters (SDTC)	1:36:10
3. Jan Gervais (SDTC)	1:37:35
4. Nicki Hobson (SDTC)	1:39:52
5. Trisha Halsey (Un)	1:46:51
/Bill Gookin/	

Fresno, January 26 - **Big Dipper Handicap**, 6.0 Miles

	<u>Name</u>	<u>Team/Undcp</u>	<u>Time</u>
1.	Len Thornton	HSTC/4	33:51
2.	Wayne VanDellan	HSTC/2	31:56
3.	David Cords	West Vly/4	30:30
4.	Sid Toabe	HSTC/6	37:35
5.	Louis Grieco	Phaethon/4	32:35
6.	Alfred Lara	Unatt/4	33:13
7.	David Bronzan	HSTC/4	33:31
8.	Scott Thornton	HSTC/3	36:11
9.	Lupe Callistro	Las Palmas/2	35:31
10.	Rich Peterson	HSTC/2	35:44
11.	Javier Carranza	La Loma/3	36:51
12.	Jose Renteria	La Loma/4	34:24
13.	Gilbert Hinz	BkfldTC/4	37:57
14.	Vince Garza	Phaethon/1	35:03
15.	Genaro Salazar	La Loma/0	34:15
16.	Harry Harder	HSTC/8	42:16
17.	Nick Kalmeta	KingsCan/2	36:41
18.	Dan Meyer	KingsCan/2	36:41
19.	Ron Canales	Las Palmas/4	35:27
20.	John Arriola	Las Palmas/4	35:37
		/Larry Lung/	

Vallejo, February 1 -- **Channel to Lake 10 Mile Run**

1. Darryl Beardall (Marina AC)	52:45
2. Steve Slawson (Solano TC)	53:40
3. Kevin Searls (DiablvlyTC)	54:04
4. Randy Sturgeon (SolanoTC)	54:10
5. Gary Wolfram (Un)	54:24
6. Mark Dawson (Vly of Moon)	55:05
7. Jon Higley (USAF)	55:16
8. John Leeper (Aggie TC)	55:40
9. Doug Butt (Un)	55:46
10. Wayne Plymale (Pamakids)	55:49
11. Ken Guthrie (WVJ&S)	56:00
12. Bill Kipp (Sacto CC)	56:48
13. Mark Proteau (Un)	57:01
14. Dan Moore (LivermoreVlyRC)	57:29
15. Kurt Vineyard (Un)	57:53
16. Bill Jensen (Pamakids)	57:56
17. Jim Bordonio (Un)	58:08
18. Harold DeMoss (WVTC)	58:50
19. Chuck Staigiano (Dolphin)	59:00
20. Jeff Jahn (Vly of Moon)	59:05
21. Bob Meyers (Pamakids)	59:22
22. Ralph Bowles (Un)	59:31
23. Phil Holder (Mare Island)	60:02
24. Louis Daugherty (NapaVlyRC)	60:08
25. Phil Bailey (Mare Island)	60:15
29. Colin Templeman (NCSTC) 40+	61:24
30. Bill Flodberg (WVJ&S) 40+	61:25
64. Ruth Anderson (NCSTC)	67:27
69. Jennifer Searls (Un)	68:20
78. Penny DeMoss (WVTC)	70:56
/Solano Track Club/	

1. Cal State Fullerton	7:27.8	3. Pullen (Grossmont)	30:04
2. U.C. Irvine	7:29.8	Junior College 640 Relay:	30:09
3. Cal State Long Beach	7:29.8	1. SD Mesa	30:31
4. Occidental College	7:34.4	2. San Diego City College	30:40
5. Redlands University	7:53.0	Junior College 1000:	30:55
**Race 160 yds. short due to missed			
Lap			
500 Yard Run:			
1. Jim Bolding (PCC)	57.0	1. Mills (Grossmont)	31:07
2. Maxie Parks (BH Striders)	57.5	2. Sweeney (Mesa)	31:18
3. Claver Kamanya (Tanzania)	57.8	3. Fields (Southwestern)	31:32
4. Albert Shorts (CalgBeach)	58.2	Girl's Sprint Relay:	31:33
Women's 1,500 Meter Run:			
1. Francie Larrieu (PCC)	4:18.7	1. Southern Calif. Cheetahs	31:35
2. Julie Brown (UCLA)	4:24.8	2. Wilt's Wonder Women	31:39
3. Mwinga Mwanjala (Tanzania)	4:24.9	3. Orange Coast Thunderbolts	31:41
4. Ann Dandoy (So.Bay Strids)	4:48.8	Women's Mile Relay:	
5. Roma Antoniewicz (LATC)	4:48.8	1. Premier Track Club	3:53.6
6. Teresa Caudillo (LBC)	4:49.4	2. Long Beach Comets	3:54.4
Sprint Medley Relay:			
1. Cal State Northridge	3:40.9	3. San Jose Cinderals	3:58.0
2. Cal State Los Angeles	3:40.9	Women's High Hurdles - 60 Yards:	
3. Cal Poly Pomona	3:42.3	1. Van Wolverlcare (WWW)	7.6
Mile Run:			
1. Filbert Bayi (Tanzania)	3:59.6	2. Rot (Israel)	7.8
2. John Walker (New Zealand)	3:59.9	3. Donnelly (Lakewood Inter)	7.9
3. Rod Dixon (New Zealand)	4:01.1	Women's Mile:	
4. Byron Dyce (Florida TC)	4:01.3	1. Larrieu (PCC)	4:29
5. Steve Prefontaine (Ore.TC)	4:03.4	2. Brown (UCLA)	4:41.3
Mile Walk:			
1. Ron Laird (New York AC)	6:25.6	3. Keyes (UCLA)	4:47.9
2. Larry Walker (BH Striders)	6:27.9	Women's Sprint Medley Relay:	
3. Steve DiBernardo (BH Strid.)	6:38.6	1. Wilt's Wonder Women	1:48.3
4. Don DeNoon (Blue Angels TC)	6:45.8	2. Long Beach Comets	1:50.2
5. Ed Bouldin (BH Striders)	6:48.7	3. Lakewood International	1:51.3
Women's Long Jump:			
1. Brenda Eissler (Canada)	20-6 1/2	Open 60 High Hurdles:	
2. Martha Watson (Lake Inter)	20-5 1/2	1. White (Un)	7.0
3. Jodi Anderson (Wash High)	18-8	2. Jackson (Striders)	7.0
4. Kim Moran (LATC)	17-8 1/2	3. Rich (Cal Inter.)	7.0
Long Jump:			
1. Arnie Robinson (Mick's Miss.)	26-1 3/4	Open 60:	
2. Bouncy Moore (Mick's Miss.)	26-0 1/2	1. Quarrie (Striders)	5.9
3. Stan Whitley (Cal Inter)	24-11	2. Williams (Un)	6.0
4. Henry Jackson (BH Striders)	23-8	3. Edwards (Cal Poly)	6.1
High School Two Mile Run:			
1. Ralph Serna (Loara High)	9:10.2	Open Shot Put:	
2. Bob Aguirre (Santa Barb Hi)	9:12.4	1. Feuerbach (PCC)	68-6 3/4
3. Ajim Baksh (Hollywood Hi)	9:20.2	2. Shmuck (Striders)	65-3 3/4
4. Terry Huddleston (Sn Clemt)	9:31.0	3. Neidhart (Un)	62-9 1/2
5. Jon Cook (Mission Viejo Hi)	9:32.4	Open Long Jump:	
6. Burch Linsley (PalisadesHi)	9:35.0	1. Robinson (Mickey's Miss.)	26-1 3/4
Girl's 640 Yard Relay:			
1. Washington High School	1:18.1	2. Williams (USC)	25-8 3/4
2. Royal High School	1:19.9	3. Moore (Mickey's Missiles)	25-5 1/2
3. Carson High School	1:21.8	Open 600:	
4. Laguna Beach High School	1:22.8	1. Robinson (Cal)	1:10.1
1,000 Yard Run:			
1. Mike Boit (Kenya)	2:07.5	2. Williams (Mickey's Miss.)	1:10.3
2. Lowell Paul (U. of Chicago)	2:08.8	3. Cassleman (PCC)	1:10.5
3. Randy Makolosky (Canada)	2:08.9	Open Two Mile Run:	
4. Ken Swenson (Colo. TC)	2:11.4	1. Prefontaine (Oregon TC)	8:24.4
5. Gerald Jones (IdahoStUniv)	2:12.4	2. Nyeno (Wash. State)	8:27.4
6. Tom Steiner (Un)	2:15.0	3. Nyambui (Tanzania)	8:31.6
Mile Relay:			
1. Cal Poly San Luis Obispo	3:23.2	Open 880:	
2. U.C. Irvine	3:25.4	1. Brown (Un)	1:51.9
3. Cal State Long Beach	3:26.8	2. Phelps	1:56.2
Women's High Jump:			
1. Joni Huntley (Ore.St.Univ)	6-2 1/2	3. Weitz (USIU)	1:57
2. Debbie Brill (Canada)	6-0	Open Mile:	
3. Sandi Tyler (LakewoodInter)	5-6	1. Bayi (Tanzania)	3:56.4
Two Mile Run:			
1. Tracy Smith (AIA)	8:36.4	2. Walker (New Zealand)	3:56.9
2. Dick Quax (New Zealand)	8:37.6	3. Wohlhuter (Chicago TC)	3:58.4
3. Jim Johnson (Club NrthWat)	8:43.8	Open High Jump:	
4. Bob Wilson (CalStgBeach)	8:57.6	1. Underwood (Striders)	7-0
200 Competitors /Pamela McNally/			
Reedley, February 16. All Comers Track Meet			
LJ: Andre Jackson (CS Bakersfield)			
HJ: Roger Trujillo (La Loma Striders)			
SP: Sam Alexander (COS)			
PV: Steve Hardison (Unatt)			
DT: Sam Alexander (COS)			
JT: Bob Morris (CS Bakersfield)			
HT: Jim Turley (CS Bakersfield)			
440R: Fresno Pacific			
Mile: Fernie Montanez (Phaethon TC)			
440: Randy Cockerel (CS Bakersfield)			
70 HH: Gary Broom (CS Bakersfield)			
100: Carlo Prandini (Fresno State)			
880: Tony Garza (Fresno State)			
330 H: Hugh Adams (La Loma Striders)			
220: Joe Prince (Fresno)			
3 mile: Alex Fierros (La Loma Striders)			
Mile R: La Loma Striders			
/Hugh Adams/			

10. Dennis Caldwell	30:09
11. Bob Arce	30:31
12. Wendell Smith (GWAA)	30:40
13. Mark Carreon (ECC)	30:55
14. Bill Jones	31:07
15. Steve Brotten (STC)	31:18
16. Randy Graves	31:32
17. Scott Hunter	31:33
18. Jim Landeros	31:35
19. Bob Emmerling (BHS)	31:39
20. John Pagliano (GWAA)	31:41
/Marvin Winer /Wes Alderson/	
<u>Sacramento, February 15 -- First</u>	
<u>Annual River Run, 8.5 Miles</u>	
1. Jim Nuccio (Open)	41:48
2. Tim Peterson (Open)	42:59
3. Steve Dean (Open)	43:05
4. Jim Birnbaum (Open)	
5. Darryl Beardall (35-39) 1st	43:59
6. Jim Sane (HS) 1st	45:01
7. Jim Howard (Open)	45:32
8. Art Baudendistel (HS)	45:54
9. Timothy Jordan (35-39)	45:57
10. Tom O'Neil (HS)	46:16
11. John Sheehan (Open)	46:18
12. Gary Sutherland (HS)	46:38
13. Marlon Smith	46:39
14. Bruce McInturf (HS)	46:48
15. Mark Dawson (Open)	46:54
16. Rod Read (HS)	46:58
17. Emilio Rodriguez (HS)	47:03
18.	
19. Michael Garrett (Open)	47:09
20. Pete Gaul (HS)	47:14
21. Steve Barr (Open)	47:23
22. Tim Swezey (Open)	47:25
23. Frank Krebs (30-35) 1st	47:27
24. Steve Williams (Open)	47:42
25. Walt Lange (30-35)	47:46
<u>40-50</u>	
1. Bill Jensen	48:42
2. Bob Malain	49:58
3. Walt Betschart	50:27
<u>50 & Over</u>	
1. Paul Reese	55:25
2. Will Shank	56:05
3. Mike O'Neil	60:22
<u>Women's Open</u>	
1. Jeanie Fuller	55:45
2. Karen Bessey	59:44
3. Peggy Lavelle	62:46
<u>Women over 40</u>	
1. Ruth Anderson	56:06
2. Carroll O'Conner	67:23
 200 Competitors /Pamela McNally/	
<u>Reedley, February 16. All Comers Track Meet</u>	
TJ: Andre Jackson (CS Bakersfield)	48-2
LJ: Roger Trujillo (La Loma Striders)	22-6
HJ: Gary Broom (CS Bakersfield)	6-0
SP: Sam Alexander (COS)	49-4
PV: Steve Hardison (Unatt)	14-0
DT: Sam Alexander (COS)	153-5
JT: Bob Morris (CS Bakersfield)	186-9
HT: Jim Turley (CS Bakersfield)	136-4
410R: Fresno Pacific	43.1
Mile: Fernie Montanez (Phaethon TC)	4:42.6
410: Randy Cockerel (CS Bakersfield)	50.8
70 HH: Gary Broom (CS Bakersfield)	9.1
100: Carlo Prandini (Fresno State)	10.3
880: Tony Garza (Fresno State)	2:04.1
330 IH: Hugh Adams (La Loma Striders)	38.9
220: Joe Prince (Fresno)	22.4
3 mile: Alex Fierros (La Loma Striders)	15:15.
Mile R: La Loma Striders	3:27.8
/Hugh Adams/	