

MARCH 1994

# CALIFORNIA

## Track News



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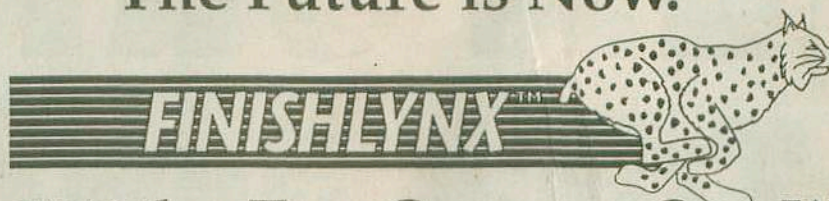
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4	291	2	Yale	Yale	42.58
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### References

- Millrose Games
- Penn Relays
- NCAA Championships
- Oregon State University
- Arkansas State University
- Harvard University
- And Many More!

### Cal Events

- Stanford Relays
- West Valley Relays
- K-Bell Invitational
- S & W Modesto Relays
- NCAC Conference Championships
- NORCAL JC Championships

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# CALIFORNIA Track News

**Bill Cockerham**  
Editor & Publisher

**Judy Cockerham**  
Production/Advertising Manager

**Keith Conning**  
High School Editor

**Doug Speck**  
Southern California  
High School Editor

**Dennis McClanahan**  
California Coaches Alliance

**Bob Womack**  
High School All-Time Lists

**Bill Minarik**  
SoCal Diary

**Jim Hunt**  
Technique & Training

**PHOTOGRAPHERS:** Keith Conning, Burt Davis, Phillip Enbody, Don Gosney, Ken Isaak, Kirby Lee, Bill Leung Jr., Mike Lambert, Elaine Rosenfield and Doug Speck.

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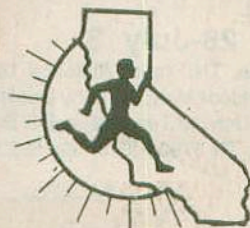
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## EDITORIAL

### OUT OF THE BLOCKS

Spring means sunny skies, green trees, flowers, and ... TRACK SEASON! Right after the New Year I start counting the days until the sound of the first starting gun. It's here!

We are off and running in a brand new track and field season. What excitement and surprises will 1994 hold? We'll find out -- stay tuned.

It would be a pretty long haul between cross country and track, if it were not for one big event in February to hold us over through the oval drought. That event, of course, is the annual (the 35th annual, to be exact) Sunkist Invitational Indoor Meet. This is the only surviving California indoor action--and track in California wouldn't be the same without it. Gone are the L.A. Times, Oakland, San Francisco, San Diego, and Long Beach meets.

I have extremely fond memories of many Sunkist meets, dating back to my Duarte High and Westmont days in the 60's. The State's track world owes a debt of gratitude to the persistent and dedicated father/son duo of Al and Don Franken. Our hats are off to you both for sticking with it through thick and thin. Thanks, Al. Thanks, Don. See Doug Speck's action-packed story of this year's action (page 16).

I would like to challenge each reader to do something extra for our sport in 1994. Sometimes the problems seem so big that it's hard to see any hope. If we each do something little, it will all add up to a big step in the right direction. What can you do? You can get active in the California Track and Cross Country Coaches Alliance, and the California/Nevada Track Coaches Association. You can volunteer to help at local track meets where there is something for everyone. Call a coach--volunteer today. Don't just talk about it. Get up and do something for the sport.

See you at a meet--with a stopwatch or tape measure in your hand.

*Bill*



**ON THE COVER:** Decathletes CHRIS HUFFINS (left), DAN O'BRIEN (center), and AVERY ANDERSON (right) battle to the tape in the Decathlon 50 Meters. Anderson was the winner. See story and results beginning on page 16.

Photo by Kirby Lee/L.A. Times



# SCHEDULE

Please send cross country and track information to CTN, 4957 E. Heaton Ave., Fresno, CA 93727.

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

## High School

### Track & Field

#### March 5 (Saturday)

**Long Beach:** Long Beach Poly Track & Field Invitational. Veteran's Stadium. CIF sanctioned. Info: (310) 591-0581. Meet Director: Charles Clinton.

**Sanger:** Sanger Spring Classic. 10 a.m.  
**Los Banos:** Los Banos Track & Field Invitational. 9 a.m. Los Banos HS. Contact Mike Miller (209) 826-6033 or (209) 826-2214.

#### March 11 (Friday)

**Visalia:** Pioneer Relays. Sunkist Stadium. 4 p.m.

#### March 12 (Saturday)

**Azusa:** 20th Annual Foothill Relays. At Azusa Pacific University. All events--relay format. Contact: Irv Ray (818) 969-3434 or Morrier Gear (818) 014-8652.

#### March 12-13

**Syracuse, NY:** National Scholastic Championships. Carrier Dome, Syracuse University. Tracy Sundlun, Metropolitan Athletics Congress, 57 Reade St., New York, NY 10007-1821, (212) 227-0071, FAX (212) 227-0756.

#### March 18 (Friday)

**Sanger:** North Yosemite League Relays. 2 p.m.

#### March 19 (Saturday)

**Santa Cruz:** Throws Series #26. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

**Selma:** Selma Relays. 9 a.m.

#### March 26 (Saturday)

**Long Beach:** 7th Annual Bruin Invitational. At Long Beach Veteran's Stadium. 10 a.m. Hosted by Long Beach Wilson HS. Open & Relay events, large & small school divisions, full F/S schedule. CIF sanctioned. Includes steeplechase. Contact Therese Butler (310) 420-4124 or Terry Kennedy (719) 996-7534 after 5 p.m.

**Azusa:** Meet of Champions Distance Invitational. Cougar Stadium at Azusa Pacific. 400, 800, 1600, 3200, 4x400, 2K Steeple. Contact Irv Ray (818) 969-3434 or Tim O'Rourke (818) 914-2794.

**Martinez:** Martinez Relays. Alhambra High School. Relays in all events. 3-person relays in field events. Contact Tim Bruder, Alhambra HS, 150 E Street, Martinez 94553 (510) 313-0439 or FAX (510) 229-1844.

#### April 2 (Saturday)

**Berkeley:** Oakland Invitational. At Edwards Stadium, UC Berkeley. Contact Ralph Belany at McClymonds HS (510) 893-6569 or Attorney Tom Broome (510) 465-8744w.

#### April 8 (Friday)

**Davis:** UC Davis High School Invitational. Contact Jon or Deanne Vochatzer at (916) 752-1111.

#### April 8-9 (Fri-Sat)

**Fresno:** Bob Mathias Fresno Relays. Ratcliffe Stadium. Red Estes, Fresno State University, Athletic Dept. #27, Fresno 93740 (209) 278-4097, FAX (209) 278-6611.

#### April 9 (Saturday)

**Arcadia:** Arcadia/Foot Locker Invitational. Arcadia HS. Contact Doug Speck or Mary Lou Guy at Arcadia HS (818) 446-0131.

#### April 16 (Saturday)

**San Jose:** Hampton/Phillips Track & Field Classic. At San Jose CC. Contact Bob Poynter or Frank Slaton (408) 274-1700w, (408) 238-0825h, or FAX (408) 270-1004.

#### April 22 (Friday)

**Sanger:** Sanger Metric Classic. 4 p.m.

#### April 23 (Saturday)

**San Mateo:** 3rd Annual Half Moon Bay Track Distance Carnival. College of San Mateo campus. 3200, 800, mile, and 1600 relay. Freshmen race freshmen, sophomores race sophomores, etc. Relay open. Info: HMBay Track, 30 Marie Ct., Half Moon Bay, CA 94019 (415) 726-9043.

#### April 30 (Saturday)

**Reedley:** Reedley Invitational. 10:30 a.m.

#### May 6 (Friday)

**Sanger:** North Yosemite League Finals. 4:30 p.m.

#### May 7 (Saturday)

**Sacramento:** Sacramento Meet of Champions. 11 a.m. Jerry Colman (916) 487-3175.

#### May 19 (Thursday)

**Visalia:** CIF Central Section Finals. Sunkist Stadium. 4 p.m.

#### May 29 (Sunday)

**Sacramento:** Pacific Association Youth Championships. Pacific Association (916) 983-4622.

#### June 3-4 (Fri-Sat)

**Cerritos:** CIF California State Track & Field Championships. Cerritos College.

#### June 11 (Saturday)

**Sacramento:** Golden West High School Invitational. American River College. John Mansoor, 120 Ponderosa Court, Folsom, CA 95630 (916) 983-4622.

#### June 24-25 (Fri-Sat)

**Tallahassee, FL:** Junior National Outdoor T&F Championships. Mike Long, Track Office, Florida State Univ., PO Box 2195, Tallahassee, FL 32370 (904) 644-3270 FAX (904) 644-4845.

#### June 28-July 3

**Knoxville, TN:** Youth Athletics T&F National Outdoor Meet. Dorothy Doolittle, Athletic Dept., Univ. of Tennessee, PO Box 15016, Knoxville, TN 37901 (615) 994-5222.



# SCHEDULE

## July 19-24

**Lisbon, Portugal:** 5th IAAF World Junior T&F Championships.

## July 26-31

**Gainesville, FL:** Junior Olympic National Outdoor T&F Championships. John Webb, Athletic Dept., Box 14485, Univ. of Florida, Gainesville, FL 32604 (904) 375-4683 ext. 4461. FAX (904) 375-4809.

## Cross Country

### October 29 (Saturday)

**Azusa:** Collegiate Invitational. Invitational High School 2 Mile 7:30 p.m. All Divisions. Contact Iv Ray (818) 969-3434.

### December 3 (Saturday)

**Fresno:** Foot Locker West Regional Cross Country Championships. Woodward Park.

New race schedule for 1994. Includes coaches race. 5K. Contact Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

### December 10 (Saturday)

**San Diego:** Foot Locker Cross Country National Championships. Morley Field, Balboa Park.

## College & Open

### Track & Field

### March 4-5 (Fri-Sat)

**Kansas City, MO:** NAIA Indoor Championships. Municipal Auditorium. Doug Sliska, 1221 Baltimore, Kansas City, MO 64105 (918) 494-8828.

**Atlanta, GA:** USA/Mobil Indoors. Georgia Dome. Heliodoro Rico, PO Box 427, Crugers, NY 10521 (914) 271-4252.

### COACHES/MEET DIRECTORS

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# SCHEDULE

## March 5 (Sat)

**Fresno.** FSU All-Corners. Warmerdam Field at FSU. 10 a.m. Contact Red Estes (209) 278-4097.

**Pomona:** Bronco Invitational. Cal Poly Pomona. Contact Jim Sackett (909) 869-2831.

**San Diego:** Aztec Invitational. San Diego State. Contact Rhan Sheffield (619) 594-5514.

## March 11-12 (Fri-Sat)

**Indianapolis, IN.** NCAA I Indoor Championships. Thomas McLean, USAT&F, PO Box 6060, Indianapolis, IN 46206 (317) 261-0500.

**Fargo, ND:** NCAA II Indoor Championships. North Dakota State. Don Larson, Track Coach, North Dakota State University, 16th Ave. & University Drive N., Fargo, ND 58105 (701) 237-7793.

**Oshkosh, WI:** NCAA III Indoor Championships. University of Wisconsin/Oshkosh. Bruce Coleman, Track Coach, U of Wisconsin/Oshkosh, 800 Algoma Blvd., Oshkosh, WI 54901 (414) 424-7143.

## March 12 (Saturday)

**Sacramento:** Sacramento Invitational. CS Sacramento. Contact Joe Neff (916) 278-6208.

**Northridge:** Northridge/Alemanly Invitational. CSUN. Contact Don Strametz (818) 885-3608.

**Fullerton:** Titan Invitational. CS Fullerton. Contact John Elders (714) 773-3490.

## March 17-18

**Tucson, AZ:** Arizona Decathlon/Heptathlon. Univ. of Arizona. Contact Mike Maynard (602) 621-8420.

## March 18-19

**San Luis Obispo:** Golden Mustang Invitational. Cal Poly SLO. Contact Brooks Johnson (805) 756-2235.

## March 19 (Saturday)

**Santa Barbara.** Easter Relays. SB City College. Contact Russ Smelley (805) 565-6108.

**Sacramento:** Beaver Relays. American River College.

**Los Angeles:** Inner City Relays. LA City College. Contact M. Thompson (213) 953-4000 x260.

## March 19-20

**Eagle Rock:** Oxy Decathlon/Heptathlon. Occidental College. Contact Bill Harvey (213) 259-2608.

## March 24-25

**Tempe, AZ:** Sun Devil Decathlon/

Heptathlon. Arizona State Univ. Contact Herman Frazier (602) 965-3856.

## March 25-26

**Stanford:** Stanford Invitational. Contact Betsy Riccardi (415) 725-0761.

**San Francisco:** VISA-SFSU Decathlon/Heptathlon. San Francisco State. Contact Matt Lydum (415) 338-1561.

## March 26 (Sat)

**Santa Cruz:** Throws Series #24. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

**Northridge.** Cal State Northridge Invitational.

## March 28-29 (Mon-Tues)

**Fresno.** FSU Decathlon/Heptathlon. Warmerdam Field at FSU. Contact Red Estes (209) 278-4097.

**San Diego:** UC San Diego Invitational. UC San Diego. Contact Tony Salemo (619) 534-0328.

## March 28-29

**Fresno:** Easter Decathlon/Heptathlon. Fresno State. Contact Bob Fraley (209) 278-4097.

## April 2 (Saturday)

**Riverside:** Riverside Track Classic. UC Riverside. Contact Chris Rinne (909) 787-5207.

**Sacramento:** Stan Wright Panther Invitational. Sacramento CC. Contact Bob Lanza (916) 558-2305.

**Tempe, AZ:** Sun Angel Classic. Arizona State Univ. Contact Herman Frazier (602) 965-3856.

## April 8-9 (Fri-Sat)

**Fresno.** Bob Mathias Fresno Relays. Ratcliffe Stadium. Contact Red Estes (209) 278-4097.

## April 9 (Sat)

**Azusa.** GSAC Championships. Azusa Pacific Univ. Kevin Reid, 901 E. Alosta, Azusa 91702 (818) 815-3856.

**Davis:** 39th Woody Wilson Track Invitational. Contact Jon Vochatzer at UC Davis (916) 752-1111.

**San Diego:** UC San Diego Invitational. UC San Diego. Contact Tony Salemo (619) 534-0238.

**Las Vegas, NV:** Las Vegas Invitational. UNLV. Contact Karen Dennis (702) 739-3256.

## April 14-15 (Thu-Fri)

**Walnut.** Mt. SAC & California Invitational Decathlon/Heptathlon. Contact Terry Franson (818) 812-3024.

## April 15 (Friday)

**Pomona.** Pomona-Pitzer Invitational. Contact Pat Mulcahy (909) 621-8016.

## April 15-16 (Fri-Sat)

**Sacramento:** Panther Decathlon/Heptathlon. Sacramento CC. Contact Bob Lanza (916) 558-2305.

## April 15-17 (Fri-Sun)

**Walnut.** Mt. SAC Relays. Contact Dan Schrum (909) 594-5611 x4840.

## April 16 (Saturday)

**San Francisco.** Johnny Mathis Invitational. San Francisco State. Contact Matt Lydum (415) 338-1561.

## April 19-20 (Tues-Wed)

**Salinas:** Nor-Cal Multi Events Championships. Hartnell College.

## April 23 (Saturday)

**Azusa.** BFI Meet of Champions. All events. Invit. mile elites + Steve Scott. Contact Iv Ray (818) 969-3434.

**San Mateo:** 3rd Annual Half Moon Bay Track Distance Carnival. College of San Mateo campus. Men--2 mile. Women--mile. Run in middle of High School Invitational. Info: HMBay Track, 30 Marie Ct., Half Moon Bay, CA 94019 (415) 726-9043.

**Irvine:** Irvine Invitational. UC Irvine. Contact Vince O'Boyle (714) 856-6080.

**Santa Barbara:** Nick Carter/Gaucha Invite. UC Santa Barbara. Contact Pete Dolan (805) 893-8276. Verify this date.

**Stanislaus:** Stanislaus Invitational. CS Stanislaus. Contact Kim Kemp (209) 667-3312.

## April 30 (Saturday)

**San Diego.** UC San Diego Invitational.

## April 30-May 1 (Sat-Sun)

**Westwood.** Cal/Nevada State Meet. at UCLA.

## May 4-7 (Wed-Sat)

**Davis:** Northern California Athletic Conference Outdoor Championships. UC Davis. Jon Vochatzer, Athletic Dept., UC Davis, Davis 95616 (916) 752-8608. May 7 (Sat)

## May 7 (Saturday)

**Northridge:** Northridge Open. CSUN. Contact Don Strametz (818) 885-3608.



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#4219 Women's 1 kg.	\$214.95

### CANT. HI-SPIN

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#4221 Boys' 1.6 kg.	\$154.95
#4222 Women's 1 kg.	\$144.95



CANT. BLACK



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#4228 Men's 50-59 1.5 kg.	\$ 77.95
#4227 Women's 1 kg.	\$ 74.95

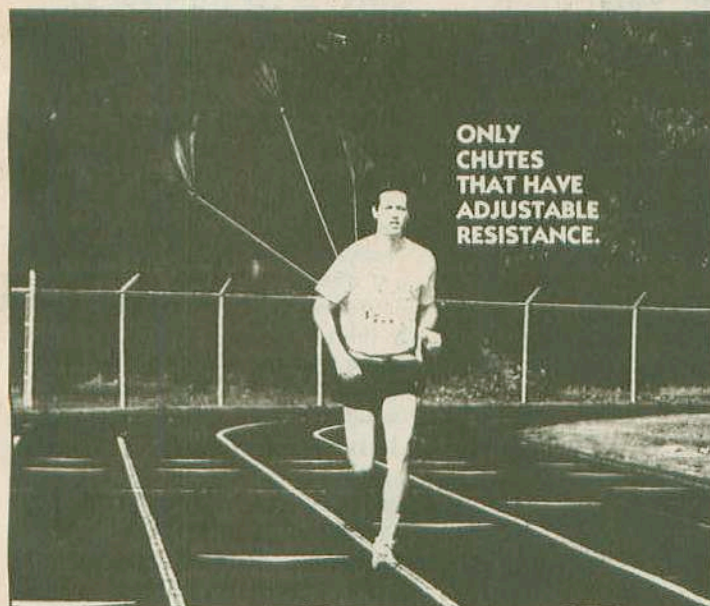
### CANT. BLUE

#4230 Men's 2 kg.	\$52.95
#4231 Boys' 1.6 kg.	\$47.95
#4232 Men's 50-59 1.5 kg.	\$47.95
#4233 Women's 1 kg.	\$44.95



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# SCHEDULE

**Pomona:** Poly Invitational. Cal Poly Pomona. Contact Jim Sackett (909) 869-2831.

**Tucson, AZ:** Wildcat Last Chance T&F Meet. Drachman Stadium. Dave Murray, McKale Center, Univ. of AZ, Tucson, AZ 85721 (602) 621-4829.

## May 13 (Friday)

**Modesto:** Northern California Junior College. Modesto JC. Jack Albani, Athletic Dept., Modesto JC, Modesto 95350 (209) 575-6279.

## May 14 (Saturday)

**Modesto:** S&W Modesto Invitational Track Meet. (Date changed from May 7.) Contact Tom Moore (209) 537-0411.

**Sacramento:** Sacramento Hornet Invitational. CS Sacramento. Contact Joe Neff (916) 278-6208.

**Long Beach:** So. Calif. Striders Open Invite. Long Beach State. Contact John Lomax (213) 666-0379.

**Eagle Rock:** Oxy Invitational. Occidental College. Contact Bill Harvey (213) 259-2608.

**San Diego:** Southern California Junior College Championships. San Diego Mesa College. Amie Robinson, Athletic Dept., 7250 Mesa College Drive, San Diego 92111-4998. (619) 627-2739.

**Flagstaff, AZ:** Flagstaff Invitational. Northern Arizona Univ. Contact Ron Mann (602) 523-5646.

**Eugene, OR:** Oregon Twilight. Hayward Field. Mark Stream, 2727 Leo Harris Parkway, Eugene, OR 97401 (503) 364-5321.

## May 17 (Tuesday)

**Walnut:** Mt. SAC Twilight. 4 p.m.

## May 18-21 (Wed-Sat)

**Fresno:** WAC Championships. Warmerdam Field at FSU.

## May 20-21

**Van Nuys:** Twilight Distance Classic. Contact Skip Stolley (213) 730-9617.

**Pullman, WA:** Pacific-10 Conference Outdoor Championships. (Multi 14th & 15th). Washington State University. Marcia Saneholtz, Athletic Dept., WSU, Bohler Gym, Pullman, WA 99164-1610 (509) 335-0201.

**Norwalk:** California Junior College Championships. Cerritos College. Doug Wells, Athletic Dept., 11110 Alondra Blvd., Norwalk 90650 (310) 860-2451 ext. 2889.

## May 21 (Saturday)

**San Francisco:** Kezar Mizuno Invitational. Pat Devaney (415) 875-3838.

**Davis:** Davis Invitational (NCAA/USA T&F)

Qualifying Meet. Contact Jon Vochatzer at UC Davis (916) 752-1111.

**Los Angeles:** Los Angeles Invitational. CS Los Angeles. Contact Kevin McCarthy (213) 343-6413.

**Birmingham:** Santa Monica Distance. 5 p.m.

## May 21-22 (Sat-Sun)

**Santa Barbara:** VISA Twilight Decathlon. UC Santa Barbara. Contact Pete Dolan (805) 893-8276.

## May 24-25 (Tues-Wed)

**Long Beach:** SCA/USATF Heptathlon Championships. Long Beach St. Contact Andy Sythe. Contact Andy Sythe (310) 985-1700.

## May 25 (Wednesday)

**Fresno:** FSU Last Chance. Warmerdam Field at FSU. Contact Red Estes (209) 278-4097.

**Long Beach:** Long Beach Twilight Invite. Long Beach State. Contact Andy Sythe (310) 985-1700.

**Tempe, AZ:** Arizona State NCAA Last Chance Meet. Sun Angel Stadium. Ken Lehman, ICA-Track Office, Tempe, AZ 85287-2505 (602) 965-4313.

## May 26-28 (Thurs-Sat)

**Azusa:** NAIA National Outdoor Championships (Hep & Dec 5/26-27). Azusa Pacific University. Kevin Reid, 901 E. Alosta, Azusa 91702 (818) 815-3856.

## May 28 (Saturday)

**San Jose:** Bruce Jenner Mobil Grand Prix. San Jose CC. Contact Bert Bonnano (408) 288-3730.

## May 29 (Sunday)

**Norwalk:** Southern California USATF Association Outdoor Championships. Cerritos College. Doug Wells, Athletic Dept., 11110 E. Alondra Blvd., Norwalk 90650 (310) 860-2451 ext. 2889.

## June 1-4 (Wed-Sat)

**Boise, ID:** NCAA Division I Championships.

## June 4 (Saturday)

**Eugene, OR:** Prefontaine Classic. Hayward Field. Tom Jordan, 2110 Fairmount Blvd., Eugene, OR 97403 (503) 683-5635.

## June 5 (Sunday)

**Norwalk:** SCA/USATF Championships. Cerritos College. Contact Doug Wells (310) 860-2451 x2889.

## June 9 (Thursday)

**Long Beach:** USATF Tune-up. Long Beach State. Contact Andy Sythe (310) 985-1700.

## June 10 (Friday)

**Fresno:** Central California USATF Assoc. Championships. Ratcliffe Stadium. Ken Dose, Athletic Dept., 1101 E. University Ave., Fresno 93741 (209) 442-4600 ext 8445.

## June 16-18

**Knoxville, TN:** USATF Championships. Contact Gloria Ray (615) 522-3777.

## June 22 (Wednesday)

**Van Nuys:** SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

## June 29 (Wednesday)

**Van Nuys:** SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

## June 30 (Thursday)

**Long Beach:** SCA/USATF All-Comers Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

**Santa Barbara:** Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

## July 1 (Friday)

**Santa Monica:** SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

## July 6 (Wednesday)

**Van Nuys:** SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

## July 7 (Thursday)

**Long Beach:** SCA/USATF All-Comers Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

**Azusa:** Azusa Pacific Summer Twilight Track/XC Series. 5 p.m. Field Events, 5:30 p.m. Track Events, 7 p.m. 2 & 3 mile XC races. Contact Irv Ray, Azusa Pacific University, (818) 969-3434.

**Santa Barbara:** Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

## July 8 (Friday)

**Santa Monica:** SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

## July 9 (Saturday)

**Los Angeles:** SCA/USATF All-Comers



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Meet. LA City College. Contact M. Thompson  
 (213) 953-4000 x 260.

**July 13 (Wednesday)**

**Van Nuys:** SCA/USATF All-Comers Meet.  
 Birmingham HS. Contact Scott King (805)  
 259-2687.

**July 14 (Thursday)**

**Long Beach:** SCA/USATF All-Comers  
 Meet. Long Beach State. Contact Andy Sythe  
 (310) 985-1700.

**Azusa:** Azusa Pacific Summer Twilight  
 Track/XC Series. 5 p.m. Field Events, 5:30  
 p.m. Track Events, 7 p.m. 2 & 3 mile XC rac-  
 es. Contact Irv Ray, Azusa Pacific Universi-  
 ty, (818) 969-3434.

**Santa Barbara:** Santa Barbara All-  
 Comers. SBCC. Contact R. Paulson (805)  
 965-0581 x 2275.

**July 15 (Friday)**

**Santa Monica:** SCA/USATF All-Comers  
 Meet. Santa Monica College. Contact C.  
 Shropshire (213) 291-2376.

**July 20 (Wednesday)**

**Van Nuys:** SCA/USATF All-Comers Meet.

Birmingham HS. Contact Scott King (805)  
 259-2687.

**Gateshead, Great Britain:** USA/Great  
 Britain Dual Meet.

**July 21 (Thursday)**

**Long Beach:** SCA/USATF All-Comers  
 Meet. Long Beach State. Contact Andy Sythe  
 (310) 985-1700.

**Santa Barbara:** Santa Barbara All-  
 Comers. SBCC. Contact R. Paulson (805)  
 965-0581 x 2275.

**Azusa:** Azusa Pacific Summer Twilight  
 Track/XC Series. 5 p.m. Field Events, 5:30  
 p.m. Track Events, 7 p.m. 2 & 3 mile XC rac-  
 es. Contact Irv Ray, Azusa Pacific Universi-  
 ty, (818) 969-3434.

**July 22 (Friday)**

**Santa Monica:** SCA/USATF All-Comers  
 Meet. Santa Monica College. Contact C.  
 Shropshire (213) 291-2376.

**July 23 (Saturday)**

**Norwalk:** SCA/USATF AC Championship.  
 Cerritos College. Contact M. Thompson (213)  
 953-4000 x 260.

**July 24-29**

**St. Petersburg, Russia:** Goodwill  
 Games.

**July 27 (Wednesday)**

**Van Nuys:** SCA/USATF All-Comers Meet.  
 Birmingham HS. Contact Scott King (805)  
 259-2687.

**July 28 (Thursday)**

**Azusa:** Azusa Pacific Summer Twilight  
 Track/XC Series. 5 p.m. Field Events, 5:30  
 p.m. Track Events, 7 p.m. 2 & 3 mile XC rac-  
 es. Contact Irv Ray, Azusa Pacific Universi-  
 ty, (818) 969-3434.

**Santa Barbara:** Santa Barbara All-  
 Comers. SBCC. Contact R. Paulson (805)  
 965-0581 x 2275.

**July 29 (Friday)**

**Santa Monica:** SCA/USATF All-Comers  
 Meet. Santa Monica College. Contact C.  
 Shropshire (213) 291-2376.

**August 4 (Thursday)**

**Santa Barbara:** Santa Barbara All-



# SCHEDULE

Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

## August 5 (Friday)

**Santa Monica:** SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

## August 6 (Saturday)

**Los Angeles:** SCA/USATF All-Comers Meet. LA City College. Contact M. Thompson (213) 953-4000 x 260.

## August 12-13

**USA (TBA):** USA-Germany Decathlon.

**Windsor, Canada:** USA - Canada Heptathlon.

**Durham, NC:** USA-Pan Africa Dual Meet.

## September 3

**Paris, France:** 10th IAAF/Mobil Grand Prix Final.

## September 8-10

**London, Great Britain:** 7th IAAF World Cup Track & Field.

# Masters

## Track & Field

### March 5 (Saturday)

**Chicago, IL:** USATF National Masters Men's & Women's Indoor Pentathlon Championships. Proviso West HS. 3 p.m. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168 (414) 843-3567 h, (708) 473-3700.

### March 5-6

**Alameda:** Pacific Assoc. Indoor Pole Vault Development Grand Prix. Horace Crow PV Center, 2317 Central Ave., Alameda. Contact Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-8618.

### March 12 (Saturday)

**Rancho Santiago:** John Ward Masters Invitational. Rancho Santiago College. Contact Al Siddons, Rancho Santiago College, 17th & Bristol, Santa Ana 92706 (714) 564-6936.

### March 19 (Saturday)

**Santa Cruz:** Throws Series #26. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmen-son, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

**Los Angeles:** Inner City Relays. Los Angeles CC. Contact Marv Thompson (213) 662-1062.

### March 25-27

**Columbia, MO:** USATF National Masters Indoor Championships. University of Missouri. Donald Dobson, Univ. of Missouri, 344 Heames Center, Columbia, MO 65211 (314) 882-4087.

### April 23 (Saturday)

**Westwood:** Bob Watanabe Memorial Meet. UCLA. Contact W. E. Adler, 435 Tahquitz Cyn. Way, Palm Springs 92262 (619) 325-6307.

**Hayward:** Chabot College Meet. (510) 796-7138.

### April 24-May 7

**Pasadena:** Crown Valley Senior Games. Occidental College. 50+. Contact Christel Miller, Director or Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly St., Pasadena 91103 (818) 795-4331, 397-4062.

### May 14 (Saturday)

**Long Beach:** Southern California Striders Meet. CS Long Beach. Contact Hugh Cobb (619) 436-7696.

### May 21 (Saturday)

**Visalia:** Visalia Classic. Sunkist Stadium. Contact Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

### May 29 (Sunday)

**Irvine:** Dan Aldridge Memorial Meet. UC Irvine. Contact Mac McCormick (714) 586-9982 eve.

### June 11 (Saturday)

**Los Gatos:** Los Gatos Pacific Classic. Los Gatos HS. Rick Mylem, c/o Athletic Performance, 55 W. Main St., Los Gatos 95030 (408) 354-7365.

### June 17-19 (Fri-Sun)

**St. Louis, MO:** USNSO Senior Open. 55+. Washington University. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO 63017 (314) 878-4900.

### June 18 (Saturday)

**Eagle Rock:** USATF/SCA Championships. Occidental College. Christel Miller (818) 843-2139.

### June 25-26 (Sat-Sun)

**Santa Cruz:** USATF/Pacific Association Open/Masters Decathlon/Heptathlon Championships. Soquel High School. Santa Cruz TC, PO Box 1803, Capitola 95010. Contact Bill Johnson, meet director (408) 335-0460.

**Mexico City:** Mexico vs. USA Meet. Bill Adler, 435 E. Tahquitz Cyn., Palm Springs 92262 (619) 325-6307.

### July 2-3

**USATF West Regional Masters Championships.** Site TBA. Hugh Cobb (619) 436-7696.

### July 10 (Sunday)

**Los Angeles:** Trojan Masters Meet. USC. Russ Reabold (818) 917-6289.

### July 16 (Saturday)

**Santa Cruz:** Santa Cruz Age-Graded Championships. Soquel High School. Ages 18 & up, Bill Johnson, Santa Cruz TC, PO Box 1803, Capitola 95010.

### July 21-30

**St. Petersburg, Russia:** 1994 Goodwill Games. (Some masters events.) Elizabeth Morris, AICEP, 10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4 (514) 697-3735.

### July 23 (Saturday)

**Santa Cruz:** Pacific USATF Masters & Submasters Weight Pentathlon Championships. At KEL Field. 9 a.m. Contact Gary Kelmen-son, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

### July 23-24 (Sat-Sun)

**Norwalk:** Patriot Invitational. Cerritos College. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles 90027-4711 (213) 662-1062.

### July 16-17

**Joplin, MO:** USATF National Masters Decathlon/Heptathlon Championships. Contact Tom Thome (417) 451-7417.

### August 4-7

**Edmonton, Alberta:** North American Regional Association of WAVA Championships. Contact Liz McBlain (403) 438-2911 or Bruce Thomas (Games Chairperson), PO Box 51030, Edmonton Alberta T5W5G5 (403) 474-8928.

### August 11-14

**Eugene, OR:** 27th USATF National Masters Championships. Contact Tom Jordan, PO Box 10826, Eugene, OR 97440 (503) 687-1989.

### August 20 (Saturday)

**Seattle, WA:** USATF National Outdoor Weight & Superweight Throw Championships. Univ. of Washington. Contact Ken Weinbel, 4103 Hillcrest Ave., SW, Seattle, WA 98116 (206) 932-3923.



# SCHEDULE

## September 11 (Sunday)

**Berkeley:** NorCal Seniors Classic. Edwards Stadium. Mark Grubi (415) 289-3352.

## September 26-October 8

**Brisbane, Australia:** World Masters Games. Info: Crowd Pleasers, Inc. Suite 333, 11777 S.E. Zion Hill Drive, Gresham, OR 97080 (503) 658-6011. FAX (503) 658-6011. Toll Free: (800) 424-8735.

## Camps & Clinics

### March 5 & 6

**Alameda:** Pacific Assoc. Indoor Pole Vault Development Grand Prix Final and Awards (3/6) & Clinic (3/5). At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

### March 27-31

**San Luis Obispo:** Sky Jumpers Spring Break Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

### June 1-29 (Mon-Wed-Fri)

**Azusa:** Sprint/Form Training Camp for Distance Runners. 5:30-7:30 p.m. Azusa Pacific Univ. track. \$40. Contact Scott Wilson, APU (818) 969-3434 ext 3294.

### June 11 (Saturday)

**Azusa:** Middle & Long Distance Coaches Seminar (cross country and track). Azusa Pacific University. Call Irv Ray (818) 969-3434 x 3294.

### June 19-23

**San Luis Obispo:** Sky Jumpers Summer Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

## July 31-August 5

**Prescott, AZ:** Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

## July 31-August 5 & August 7-12

**Lake Tahoe:** Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

## August 13-20

**Mammoth Lakes:** 1st Annual Steve Scott Running Camp. For info call Irv Ray at Azusa Pacific University (818) 969-3434 x3294.

## August 14-18

**Stanford:** Stanford Cross country Camp. Info (415) 723-2736. (Inquire about the track & field, throwing events, and speed & strength developments camps.)

## August 23-28

**Catalina Island:** Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

## December 27-31

**San Luis Obispo:** Sky Jumpers Christmas Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

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# SoCal Track & Field Preview

## PAC-10 Men

UCLA will not have the point total it did last year, but what they have should be enough since the conference, as a whole, is down this year. Look for USC to sprint their way into second.

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

## PAC-10 Women

Barring any significant injuries, UCLA should do it again as Oregon lost too many points from last year to have a title chance. The Ducks, however, will probably score enough distance points to edge an improving Arizona team for second.

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

## Big West Men

On paper, this conference is a virtual toss-up between Utah State and Nevada, however, Nevada's point scorers appear less vulnerable than the Utes, so that's the way I'll call it.

- |              |                   |
|--------------|-------------------|
| 1. Nevada    | 5. Long Beach St. |
| 2. Utah St.  | 6. CS Fullerton   |
| 3. UCSB      | 7. New Mexico St. |
| 4. UC Irvine |                   |

## Big West Women

UNLV added some good athletes to its roster this past year, however, they were in events which the Rebels were already strong in, so I'll go with a better balanced Utah State team.

- |                   |                   |
|-------------------|-------------------|
| 1. Utah St.       | 5. UCSB           |
| 2. UNLV           | 6. Nevada         |
| 3. UC Irvine      | 7. New Mexico St. |
| 4. Long Beach St. | 8. CS Fullerton   |

## CCAA Men

There is not much change expected here as the CPSLO men are the class of the field with CS Los Angeles comfortably ahead of UC San Diego, which should move into the show position.

- |                   |                    |
|-------------------|--------------------|
| 1. CPSLO          | 4. Cal Poly Pomona |
| 2. CS Los Angeles | 5. UC Riverside    |
| 3. UCSD           | 6. CS Bakersfield  |

## CCAA Women

This will be another dual meet between Cal State LA and CPSLO. On paper, CSLA's front line strength would edge out CPSLO's depth, however just one key injury would put the Golden Eagles out of business.

- |                   |                    |
|-------------------|--------------------|
| 1. CS Los Angeles | 4. UC San Diego    |
| 2. CPSLO          | 5. Cal Poly Pomona |
| 3. CS Bakersfield | 6. UC Riverside    |

## SCIAC Men

Claremont-Mudd has really upgraded their program in the past few years and should be rewarded with another conference title. Former power Occidental had one of their better recruiting classes come in, but has a long way to go to the top.

- |                   |                 |
|-------------------|-----------------|
| 1. Claremont-Mudd | 5. Whittier     |
| 2. Pomona-Pitzer  | 6. Cal Tech     |
| 3. Occidental     | 7. Cal Lutheran |
| 4. Redlands       | 8. LaVerne      |

## SCIAC Women

Pomona-Pitzer has far too much depth for the rest of the conference, although Oxy's front line strength might make it close at conference time.

- |                   |                 |
|-------------------|-----------------|
| 1. Pomona-Pitzer  | 5. LaVerne      |
| 2. Occidental     | 6. Cal Lutheran |
| 3. Claremont-Mudd | 7. Cal Tech     |
| 4. Redlands       | 8. Whittier     |

## Community College Men

Long Beach CC should have things pretty much to themselves this year with Riverside having enough big points to grab second.

- |                  |                   |
|------------------|-------------------|
| 1. Long Beach CC | 4. Bakersfield    |
| 2. Riverside CC  | 5. San Diego Mesa |
| 3. Mt. SAC       |                   |

## Community College Women

The Riverside women appear to be picking up where their men left off in 1992, with big distance points which should carry them to the SoCal title ahead of Mt. SAC.

- |               |                   |
|---------------|-------------------|
| 1. Riverside  | 4. San Diego Mesa |
| 2. Mt. SAC    | 5. El Camino      |
| 3. Long Beach |                   |

## NAIA District III Men

APU men should dominate the district and place highly at the Nationals with a strong group of decathletes and distance runners. Westmont men will be an excellent district level team with great depth in many of the events. Pt. Loma men will probably be stronger at the national level than at the district level; they have several great athletes but lack strong depth in all the events.

- |                   |                    |
|-------------------|--------------------|
| 1. Azusa Pacific  | 5. Biola           |
| 2. Westmont       | 6. So. Cal College |
| 3. Pt. Loma       | 7. Concordia       |
| 4. Fresno Pacific |                    |

## NAIA District III Women

APU women should have the best team they have ever had at the district and national level. Westmont women, also, have the best district/national team in many years; they have a very large team and the qualify is very good. Pt. Loma women might be a better team nationally than on the district level. They have a few excellent athletes, but lack the numbers. Elizabeth Onyambu for Biola should be unstoppable this year.

- |                  |                         |
|------------------|-------------------------|
| 1. Azusa Pacific | 5. Fresno Pacific       |
| 2. Westmont      | 6. Southern Cal College |
| 3. Pt. Loma      | 6. Concordia            |
| 4. Biola         |                         |

With thanks to Eric Schwab at Fresno Pacific College for his input.



# THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.

## Too Good To Be True?

Today's magazines are filled with claims that sound too good to be true:

A sports bar with the correct ratio of carbohydrates, protein and fat that, when added to "fastburn technology", can supposedly *burn fat faster!*

A portable gym@ only \$29.95 that is advertised to give you *A flat belly--fast! No kidding, just 2 five-minute workouts a day does it!*

A videotape to counter our changing physiques--*A great shape can be yours...at any age!* The testimonial "I'm in my fifties...if I can do it, you can do it" might shame you into buying the program.

Miracle creams that melt cellulite... *Thinner thighs in thirty days!*

Capsules that can replace fruits and vegetables in your diet while improving your energy and health.

You can easily find a proclaimed solution to whatever concerns you: fat thighs, flabby belly, balding hair, reduced stamina, aging skin, cancer, heart disease, the toll of stress or poor diet. Because we all want to be winners, we can easily be persuaded to buy these magic pills and potions. Busy athletes, in particular, are attracted to the time-saving benefits. Popping a pill is far easier than peeling oranges and steaming broccoli. Drinking a muscle-building potion is easier than lifting weights. Eating a fat-burning sports bar is preferable to going on a reducing diet. And who knows, like buying a lottery ticket, you might even hit the jackpot!

As a result, the sports supplement industry is a booming business that thrives on our hopes and aspirations. The ads all sound sooo convincing, as do the testimonials. For example, one fad supplement is praised by at

least four Olympians. Do you challenge those endorsements? Or are you left wondering "Maybe that product will help *me*, too?" The least you have to lose is money. But the most you have to lose is your health. Remember the 1989 nightmare caused by people who overdosed on the amino acid tryptophan, only to be confronted with Eosinophilia-Myalgia Syndrome....and 27 deaths? The purity, safety and side effects of most of these miracle cures are often untested, unknown and poorly regulated.

Deciphering sports supplement facts from fiction can be hard even for sports nutrition professionals. Some of the products refer to "scientific research" that supports the claims. Sometimes the research is valid but sometimes it is taken out of context, misinterpreted or misused to promote products. Sometimes the research is published only in obscure foreign journals that lack professional recognition. The ads may fail to mention the research was done on rats, not athletes. Commonly, vitamin and mineral claims are based on research with hospitalized patients (not well-nourished athletes) who, of course, showed dramatic improvements when given a pill or diet that corrected their nutritional deficiencies.

Advertised claims are sometimes based on quasi-science. That is, there may be a morsel of truth behind the claim. For example, one ad claimed that chromium supplements can build bigger muscles. True, chromium helps incorporate amino acids into muscle tissue, thereby increasing muscle size. But, the claims related to one flawed study. No one even measured if the subjects were chromium deficient to start!

Testimonials are based on how a person feels: "I feel stronger when I take dessicated liver pills." It's difficult to argue with another's feelings. Because each of us is metabolically unique, the positive response noticed by one person may be a negative response in another. For example, caffeine helps some athletes perform better, but hinders others with side

effects such as "coffee stomach" and "caffeine jitters."

So, what's an eager athlete to do--spend the food budget on promises for improvements or be skeptical and discount all advertised claims as nonsense? That's a tough choice, because so much is not yet known. According to Luke Bucci in his book *Nutrients as Erogenic Aids for Sports and Exercise* (CRC Press), the scientific community knows only about 55% of what's to be known about nutritional ergogenic aids. Even conservative nutrition researchers get surprised. As Dr. William Evans, specialist in the effects of nutrition and exercise on aging, reports "I was very skeptical when we entered into a vitamin E research study. I doubted we'd find any positive results--but I got surprised. We really can see nice benefits from E in older athletes."

How are you, a naive reader, to know the truth? How can you tell if these products are real or a scam? Will the latest sports supplement improve your performance or just deplete your bank account? A safe rule of thumb is: If a claim sounds too good to be true, it undoubtedly is too good to be true. Any valid miracle cure will instantly become mainstream public knowledge. (Remember how quickly we got bombarded with information about oat bran, fish oil, olive oil and vitamin E?) Without doubt, a cream that truly melts away fat thighs will get headline news in respected newspapers and magazines--not just an advertised claim or a biased testimonial.

Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, teaches athletes how to eat to win. For more information, read her popular Sports Nutrition Guidebook, available by sending \$18 (payable to Sports Nutrition Materials) to Sports Nutrition Services, 830 Boylston St., Brookline, MA 02167.





# PREP NOTES

By KEITH CONNING

## ■ Girls' Cross-Country Taking A Heavy Toll, Study Shows

Biological factors contribute to physical problems.

By Marc Bloom  
New York Times  
December 4, 1993

Three years ago, Melody Fairchild of Boulder, CO, then a feathery 5-foot-2-inch, 95-pound runner, was heralded as the greatest female distance-running prospect since a teen-aged Mary Decker first appeared on the track scene nearly 20 years before.

Fairchild, of Boulder High, won two national high school cross-country titles, broke many records in track and cross-country and became the first American girl to break 10 minutes for the two-mile run, clocking 9 minutes 55.92 seconds on an indoor track.

But in the summer after high school, Fairchild began to suffer from injuries, and burned out. She stopped running for two years. "If you combine a highly motivated runner with a really ambitious coach, you can run yourself ragged as a young woman," said Fairchild, who is attempting a comeback at the University of Oregon.

Fairchild's frustrations exemplify a complex running pattern in which young, thin girls become champions, only to suffer a quick demise. Now, new evidence of that pattern has emerged in a comprehensive study that shows that girls' cross-country has the highest injury rate in any high school sport, including football.

The study, which spanned 13 years from 1979 to 1992, looked at 18 sports involving 60,000 high school athletes in the Seattle area. According to the study, about one out of every three female cross-country runners suffered an injury, with tendinitis of the knee, shin splints, ankle sprains and stress fractures of the leg being the most common injuries. Those who were hurt averaged two injuries per season. The incidence of injury came out to 61.4 injuries per 100 runners.

Football, wrestling and girls' soccer were ranked second, third and fourth, in terms of injuries. Boys' cross-country, rated fifth, had an injury rate about two-thirds that of girls' cross-country.

### Biological Factors

The high rate of injuries in girls cross-country appears to stem from the time of year the sport is held, the growing recognition the sport has received and the pressures that recognition has created, and biological factors, including puberty and bone density.

The study, which is continuing, was apparently the first to examine the injury impact of such a wide range of high school sports. It was conducted by Dr. Stephen G. Rice, director of the Athletic Health Care System at the University of Washington in Seattle and a specialist in pediatric and orthopedic sports medicine. Rice said he believed the findings, limited as they were to the Seattle area, were indicative of a nationwide trend.

Cross-country competition involves races of about two to three miles that are run of grass fields and in hilly parks by athletes who usually train at least five miles a day. Events range from dual meets to invitational meets involving thousands of runners at sites such as Van Cortlandt Park in the Bronx. The sport is challenging and offers youngsters many health benefits.

Even so, many injuries are being incurred, and some of that apparently has to do with cross-country taking place in the fall, as do three of the other sports listed in the top five in terms of injuries. While most cross-country coaches recommend summer training to get in shape for the sport, girls tend not to be devoted off-season runners, said Rice, and come into the fall lacking fitness, which can lead to injury.

In contrast, girls' track and field, a winter and spring sport that allows ample semester time for runners to get in shape, was ranked only ninth in Rice's study, with less than half the injury rate of girls' cross-country.

There is also the related factor of popularity. Nationwide, girls cross-country partic-

ipation has grown to more than 116,000 runners, with the total for boys just less than



MELODY FAIRCHILD

Fine Flicks by Don Gosney

160,000, according to the most recent figures from the National Federation of State High School Associations. The status of girls' cross-country has given girls greater opportunities for recognition and college scholarships. And that, in turn, has put more pressure on girls to train harder, which leads to injuries, according to doctors.

Every state has championship cross-country competition for girls. In most states, girls race the same distance as boys do. The annual Foot Locker national high school cross-country championship feature both a boy's and a girl's event. Many college coaches will be on hand looking for prize recruits, both male and female.

When Decker, now Mary Decker Slaney, started running in the early 1970's, there were few girls track teams, and the distances that girls ran were relatively short. Even in the Olympics, there was no 1,500-meter race for women till 1972, no marathon until 1984 and no 10,000-meter race until 1988.

As in gymnastics and swimming, the top

*continued next page...*



# PREP NOTES

female prospects in high school distance running seem to be getting younger and younger. In San Diego, one of the girls' favorites will be 15-year-old freshman, Erin Davis of Saratoga Springs, N.Y., the state and Northeast regional champion. [Note: Erin Davis won the Foot Locker National Championships in a time of 17:11.8.]

This season's Connecticut cross-country champion, Jill Akus, is a 5-foot, 72-pound freshman, and her victorious Norwich team had four freshmen among its top five runners. In New Jersey, Red Bank Catholic, scoring with five freshmen girls, placed a close second in the state cross-country finals.

In Kentucky this fall, one team virtually robbed the cradle. A 10-year-old fifth grader, Rachel Sanford of Somerset, won the state's 3-A Division, and is believed to be the youngest state champion ever. While Sanford, a 4-11, 75-pounder, attends elementary school, state rules allow her to run for the Southwestern Pulaski High School cross-country team.

Are these precocious "twigs," as one coach calls them, likely stars of the future or prime candidates for injuries?

When fit, girls are natural runners, said Pete Whitehorse, coach of the Tottenville High girls team in Staten Island that has won 11 of the last 14 New York City Public Schools Athletic League cross-country titles. "They can run forever," he said. "Before their lungs give out, their knees will."

In fact, there are physical factors that can compromise girls' running prowess.

Stress fractures, which can cause long layoff, are associated with a woman's estrogen levels. "A prepubescent girl has a low estrogen level and has not developed maximum bone density," said Dr. Mona Shangold, director of the Sports Gynecology and Women's Life Cycle Center at Hahnemann University in Philadelphia. "Certain training might be too stressful for her bones."

In addition, said Shangold, thin girls who train heavily often do not menstruate, keeping estrogen levels low. "They are losing bone at a time when they should be adding bone," she said.

Other factors that can predispose female runners to injury, according to Rice, are wider hips than boys, sharper angulation of the thigh bone in comparison to boys and weak muscles on the inside of the knee.

## Training Too Hard

And many training programs are too ambitious, said Jack Daniels, an exercise physiologist

## Running in Pain

A 13-year study, which looked at nearly 60,000 high school athletes in 18 sports, has determined that girls cross-country has the highest injury rate. The study was done in the Seattle area from 1979-92.

Rank/Sport	Season	Total Athletes	No. of injuries per 100 athletes	% of different athletes injured
1 Girls Cross Country	Fall	1,299	61.4	33.1
2 Football	Fall	8,560	58.8	36.7
3 Wrestling	Winter	3,624	49.7	32.1
4 Girls Soccer	Fall	3,186	43.7	31.6
5 Boys Cross Country	Fall	2,481	38.7*	24.6
6 Girls Gymnastics	Winter	1,082	38.9	26.2
7 Boys Soccer	Spring	3,848	36.4	25.2
8 Girls Basketball	Winter	3,634	34.5	24.2
9 Girls Track	Spring	3,543	24.8*	18.0
10 Boys Basketball	Winter	3,874	29.2	22.9
11 Volleyball	Fall	3,444	19.9	16.1
12 Softball	Spring	2,957	18.3	14.8
13 Boys Track	Spring	4,425	17.3	13.6
14 Baseball	Spring	3,397	17.1	14.4
15 Fastpitch	Spring	134	11.9	11.9
16 Co-ed Swimming	Winter	4,004	8.3	6.4
17 Co-ed Tennis	Fall/Spring	4,096	7.0	5.8
18 Co-ed Golf	Fall/Spring	2,170	1.4	1.3
<b>Totals</b>		<b>59,758</b>	<b>30.6</b>	<b>21.1</b>

\*Boys cross country was ranked ahead of girls gymnastics, and girls track was ranked ahead of boys basketball, based on the overall number of participants, team practices and actual competitions.

Source: Stephen G. Rice M.D., University of Washington

(Prep Editor: The preceding chart appeared in the New York Times on December 4, 1993.)

ologist and coach of the women's cross-country championship team at Cortland (N.Y.) State University.

"I've seen girls training 60 to 80 miles a week from eighth grade on. Coaches may be stuck satisfying parents who want their kids to get scholarships," said Daniels. "High school girls should run no more than 30 to 40 miles a week."

Rice would like to see all runners keep diaries of their workouts and how they feel.

"We need to scrutinize the training regimen and assured that athletes are getting sufficient rest," he said.

In high school, Fairchild did not train more than 50 miles a week, but her running was intense, with frequent speed work. "I went through a year of mental burnout from the whole thing," she said.

And she had to cope with injuries, involving the hip, knee and ankle.

Fairchild, who is now 20, has gained weight and height. She is now 5-4 and a relatively robust 113 pounds. She placed fifth in this fall's Pac-10 cross-country meet, but only 71st in the National Collegiate Athletic Association championships. She is not sure how committed she will be in pursuing the greatness that once seemed her destiny.

Still, she is content. "I'm healthy and I'm not in pain," Fairchild said. "I definitely do not see my running reaching its peak until after my college years."

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# MEET SPOTLIGHT

By Doug Speck

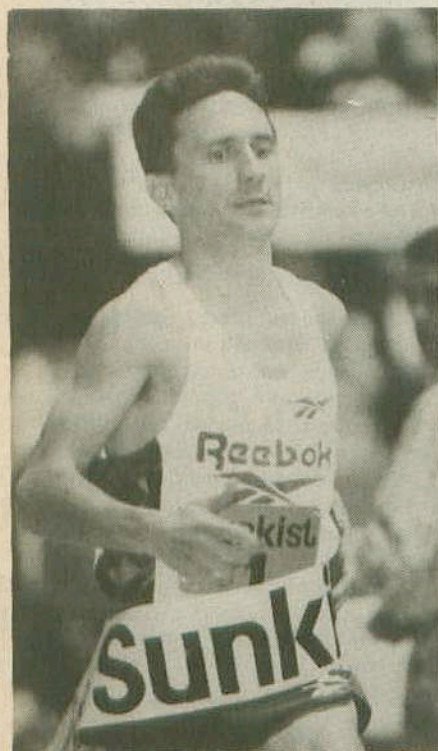
## Sunkist

Saturday, February 19, 1994.  
Los Angeles Sports Arena.  
160 yard banked board track

### ■ Open/Invitational

A fine Thirty-Fifth Annual Sunkist Indoor Meet started off the 1994 Collegiate/Open California track scene, with Sunkist, Al Franken's Southern California Sports Association, and the other meet sponsors certainly deserving plaudits for continuing big-time track in Southern California. A fine show featuring a number of sterling efforts entertained the 11,500 who showed up for the action.

Particular interest centered around late meet



MARCUS O'SULLIVAN

Photo by Kirby Lee/L.A. Times

addition, Irina Privalova (Russia), who was ranked fourth in the world last

year at 100 meters (10.94 best and fourth in World Championships) and hot this winter. In the absence of Gail Devers, who was pulled out by Coach Bob Kersee in a money dispute over the late addition of the Russian star, Privalova was a show in herself! The Russian met a top group over 50 meters that included Chryste Gaines and Esther Jones, with the foreign visitor showing impressive speed in blasting away from the pack after 20 meters. Privalova's powerful long stride was in another world this evening, with her 6.08 Meet Record (interestingly taking down Devers' 6.10 standard) the evening's most impressive performance.

Maria Mutola (Mozambique) was going for Mary Decker's 1:59.7 world 880 yard best this event. Latanya Sheffield was the early leader, blasting out the first 160 yard lap with Maria in close tow at 52.8 440 pace! The quick running continued, with the duo passing 440 yards at 56.3. The crowd really was into helping the African star over the last lap or two, but the task of taking down a quality world best with no competitive help near the was one that Mutola was not up to this evening. Maria was the winner by nearly 8 seconds in 2:00.21, one of history's finest indoor performances on this size track.

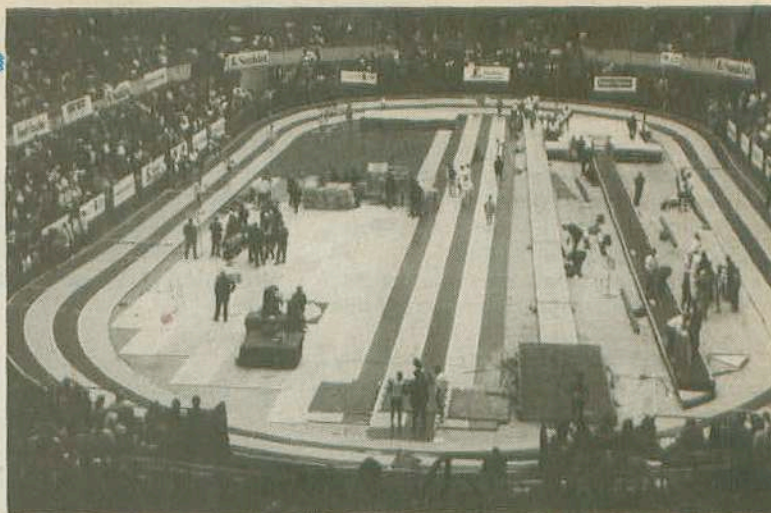
Jackie Joyner-Kersey, here competing for the "Honda Track Club," looked super in blasting a 6.87 50 meter hurdle win, a mark that was within .03 over her American and Meet Record.

One of the last times here that they stopped the entire Meet for the Open Shot Put they had one of Southern California's great track moments in Randy Barnes' 74-4 1/4 World Record.

The formula was attempted again this evening, with Barnes competing against Greg Tafralis and Art Venegas's UCLA crew. Barnes was 66-3 1/4 on his third effort to win easily, with the big pop not coming this evening. Coach Venegas continues his magic at Bruinville, with Joe Bailey 61-8 1/2, Mark Parlin 60-0 1/4, and Jonathon Ogden 58-4 3/4 places 2-3-4.

Ruben Reina took an exciting last two lap sprint with Foot Locker AC teammate Matt Guisto in the 3000m, winning 7:56.00-7:56.57 in an interesting match-up of former prep Kinney/Foot Locker National Cross Country Champions.

Marcus O'Sullivan closed with an impressive 57.0 final 440 to win the mile at 4:00.31. Suzy Hamilton was the Women's Mile winner



with a big last-lap sprint at 4:38.43.

Brent Burns, former UC Berkeley star, now Pole Vaulting for Reebok, took that event at 18-8 1/4.



RANDY BARNES

Photo by Kirby Lee/L.A. Times

### RESULTS Men

TDI Men's 50 Meters - Jeff Laynes (Unat) 5.77, Marcus Reed (UCLA) 5.77, Tony Miller (Nike West) 5.78, Kevin Braunskill (Goldwin TC) 5.82, Gentry Bradley (UCLA) 5.85, (R-2) Robert Esmie (Canada) 5.67, Davidson Ezinwa (Nigeria) 5.69, Jon Drummond (Nike Int'l) 5.69, Henry Neal (Unat) 5.70, Brian Bridgewater (Nike Int'l) 5.86, Jeff Williams (Reebok) 5.89.

500 Yards - Antonio McKay (New York AC) 58.7, Frankie Atwater (Anderson Int'l) 58.8, Mi-

continued next page...



# MEET SPOTLIGHT

chael Graham (Santa Monica TC) 59.3, Kevin Henderson (Goldwin TC) 59.7.

**Daily News 880 Yards**- David Kiptoo (Kenya) 1:51.25, Ibrahim Aden (Central Arizona Coll) 1:51.26, Carlos Ward (Asics Track West) 1:51.81, George Kersh (Reebok) 1:52.44, Scott Peters (Nike) 1:52.82.

**Sunkist Mile**- Marcus O'Sullivan (Ireland) 4:00.31, Ihoussine Siba (Morocco) 4:01.35, Marcus Dunbar (Reebok) 4:01.96, Edgar de Oliveira (Brazil) 4:02.86, Jim Spivey (Asics) 4:05.26, Jama Bile (Central Arizona Coll) 4:08.47.

**Foot Locker 3000 Meters**- Ruben Reina (Foot Locker AC) 7:56.00, Matt Guisto (Foot Locker AC) 7:56.57, Mbarek Hussein (New Balance TC) 7:59.12, Brian Abshire (Reebok) 7:59.30, Wes Ashford (Mizuno) 8:00.83, Martin Keino (Unat) 8:01.59, Richie Boulet (California) 8:01.60, Joao Nityamba (Angola) 8:06.9, Angel Martinez (Mt. SAC) 8:18.2.

**50 Meter Hurdles**- Tony Li (China) 6.50, Mark Crear (Reebok) 6.58, Glenn Terry (Unat) 6.59, Roger Kingdom (Foot Locker AC) 6.60, Robert Reading (JC Penney's) 6.69.

**Decathlon 50 Meter Hurdles**- Avery Anderson (UCLA) 6.63, Chris Huffins (Unat) 6.65, Dan O'Brien (Reebok) 6.66, Ross Flowers (UCLA) 6.84.

**Mobil Pole Vault**- Brent Burns (Reebok) 18-8 1/4, Dean Starkey (Reebok) 18-4 1/2, Tim Bright (Mizuno) 17-8 1/2, Brandon Richards (Unat) 17-4 1/2, Simon Arkell (Australia) 17-4 1/2, John Sommers (UCLA) 17-0 3/4, Tim McMichael's (Athletes in Action) 17-0 3/4.

**Shot Put**- Randy Barnes (Goodwin TC) 66-3 1/4, Joe Bailey (UCLA) 61-8 1/2, Mark Parlin (UCLA) 60-0 1/4, Jonathan Ogden (UCLA) 58-4 3/4, Gregg Taffalls (Reebok) 57-10 1/4.

## Women

**50 Meters**- Irina Privalova (Russia) 6.08, Chryste Gaines (Mizuno) 6.29, Esther Jones (Nike Int'l/LA.) 6.32, Christie Opara (So Cal Cheetahs) 6.32, Wendy Vereen (Goldwin TC) 6.48, Camille Noel (UCLA) 6.76.

**TDI 440 Yards**- Donald Duprey (Sagehen TC) 54.91, Shaaniqua Campbell (Arizona State) 55.44, Miriam Knijn (San Diego TC) 55.45.

**Lady Foot Locker Women's 880 Yards**- Maria Mutola (Monzambique) 2:00.21, Kim Toney (Arizona State) 2:08.04, Karen Bennett (Arizona) 2:12.15, Jane Brooker (Athletes in Action) 2:13.23, Tanya Blake (Arkansas) 2:14.36, Elizabeth Onyambu (Biola College/Kenya) 2:14.7 (ht).

**Women's Mile**- Suzy Hamilton (Reebok) 4:38.43, Sarah Thorset (Unat) 4:40.01, Sarah Howell (Reebok) 4:41.38, Sarah Schwald (Arkansas) 4:42.57, Shola Lynch (Foot Locker AC) 4:44.15, Darcy Arreola (Reebok) 4:44.92, Mirsada Buric-Adam (Nike-Bosnia) 4:58.19.

**Nike Women's 50 Meter Hurdles**- Jackie Joyner-Kersey (Honda) 6.87, San Yiling Chan (USC/Hong Kong) 7.03, Doris Williams (Unat) 7.08, Dawn Bowles (Foot Locker AC) 7.09, Marsha Guidado (Unat) 7.16.

## ■ High School

(FOR AFFILIATIONS OF ATHLETES MENTIONED IN STORY BELOW SEE RESULTS THAT FOLLOW.)

Underclass stars Bryan Howard, Julia Stamps, and Michael Granville set records and had a strong supporting cast to highlight the Thirty-Fifth Annual Sunkist Invitational, which features top high school athletes right along the best in the world in the Open/Invitational portion of a

big track & field day.

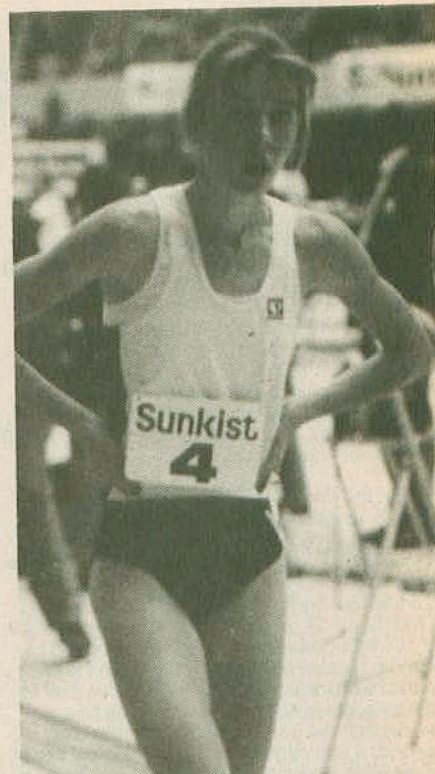
Bryan Howard, the nation's top returning 100m dashman at 10.43, was very impressive in a 5.84 50 meter heat win, with Pat Johnson 5.89, and Marques Holliwell 5.90 also looking good. It was good to see Ali Evans, who had knee surgery last spring, take his heat at 5.94. Howard was something else in the Finals, really powering away from the field after the half-way point to win at 5.69 by two full meters. The 5.69 takes down the 5.80 auto-timed record set by Paul Turner of San Diego last year here, with Billy Gaines (NJ) having a 5.4 hand-timed mark. The power that Howard showed was very impressive in racing to the equal #7 AT U.S. mark (that's all levels, including University/Open) and inside the top twenty all-time world (!). Mr. Howard and Jemaine Stafford (Franklin, Rochester, NY) (10.47 and 20.70 last year) will be meeting at the Arcadia/Foot Locker Meet in early April, with that a monumental showdown!

Julia Stamps, America's latest great young distance darling, showed L.A. area fans her "stuff." The frosh star from Santa Rosa who had an appendectomy after big wins at the Stanford Invitational (17:40 CR) and Mt. SAC Sweepstakes win (17:57 in warm weather) and her Fall Cross-Country season prematurely, has emerged this winter with a third in the World Cross-Country trials to make the Junior team to go to Budapest, Hungary (late March), and continued with sterling efforts here.

In a two mile filled with others such as Carrie Garritson and Sarah Brandy (Oregonian who was 15th in the Foot Locker Cross-Country Championships), Stamps and Brandy quickly left the pack behind during a 71 second opening 440, with Sarah sitting back a meter of our young star through a 5:11.5 first mile. The duo rolled far ahead of Garritson in third, with the next three quarter-mile segments taking between 81 and 82 seconds, with Stamps starting an acceleration over the final 440 (covered in 74 seconds) that had her finish in 10:30.2, with Brandy deserving much credit for continually pushing the tempo with her 10:33.3 in second.

Adding to the glory of the moment, it turned out that Stamps had taken down the 10:31.54 national frosh record set by Deresa Walters (Pensfield, NY) from 1988. There are now two super frosh prep distance runners, with Erin Davis (Saratoga Springs, NY) showing great poise in winning the Foot Locker National CC title in December. Stamps returned some six and a half hours later to compete against 4:18.9 1500m runner Angela Froese from Canada. The fresh foreigner gradually moved away over the last half mile to win 4:52.50-4:59.99 over Stamps, with the Golden State ninth grader completing a great day of running! A group of Californians fared nicely in this Mile. Massachusetts transfer Mary Cobb (4:59 mile last year for Pittsfield, Mass HS), who started off spectacularly this Fall Cross-Country season before a stress fracture, looked very strong with a 5:04.65 in third, with Claire Becker 5:10.95 in fifth.

Michael Granville last year had a spectacular



JULIA STAMPS

Photo by Bill Cockerham

frosh year of running, recording 47.24 (400m) and 1:51.03 (800m) bests, the latter a U.S. 9th grade record. He started his prep career with a frosh 500y record last winter, and would compete in that event once again this year. Looking very powerful from the start, Michael had Jimmy Hutsell (48.30 last year for 400m) along for company early on. The 500 may be the perfect distance for Granville, combining his speed (10.5w for 100m as a frosh!) and middle distance endurance. Over the final three quarters of a lap the soph star steadily pulled away from the pack, showing power, but not strain, as he pressed into the tape. The time was a shocking 57.7 Meet Record that turned out to be a U.S. soph class 500 yard record by six tenths of a second! The mark is also the equal number five prep time ever run. The 57.8 previous Meet Record by Henry Williams (Carson) had stood since 1976! Other local heat winners, Ethan Taub (59.2 after a broken leg in football!) and Steve Campbell (60.0) won in fine times and looked ready for good spring one-lap seasons. Interestingly, Granville could not shift gears early enough in a Seeded 880 yard event, with Mike Wenz getting the jump on him, then holding on by .07 (2:00.63-2:00.70) in a terrific race down the homestretch.

The other top running event mark was from

continued next page...



# MEET SPOTLIGHT

the Girls relay events with Momingside (Inglewood) racing 3:56.9 for the 4x440y event off of splits of 59.5-57.0-61.4 and 58.0. The Monarchs look poised for another hot spring season! Joronda White of the Monarch team recorded the number sixteen ever prep 500 yard time at 1:07.6, with teammate Felicia Williams next fastest in her 1:09.0 race win.

A great group of field events added much excitement to the afternoon.

A great Girls High Jump field had five 5-8 or better jumpers, with Misty May finally emerging the winner at 5-8, with Tracie Lawyer, Tina Bowman, and Savant Williams over 5-6 for the day. Ebonie Henderson led off the Long Jump with a towering 18-11, then had two fouls, but won by more than a foot! A fine Triple Jump field had Tamiaka Porter lead narrowly over Amber Roberts 38-0 1/4 to 38-0 after one round, with the San Diego area star putting it out to 39-0 1/4 on her final effort to win.

On the Boys' Field side, in the High Jump, James Lincoln surprised with a lifetime best 6-10 to win over 7-2 jumper, Jeremy Fischer 6-8. In the Long Jump and Triple Jump Jamal Chase was at the center of great competitions, with a 25-foot foul his first LJ effort and 23-7 winner (2nd 22-4 1/2). In the TJ, Von Ware led off at 49-0 1/2, with Chase only one fair effort, a 49-3 before he headed off for relay duty. With the crowd's attention drawn to Ware on his final effort by yours truly, the announcer, one had a sense that the San Diego area star could respond. Ware certainly did, stretching out to well over 50-feet, with the only problem that he was over a foot behind the board, with the leap measuring 49-1 1/2. A fine overall event had eight athletes over 46-0 1/4.

The Pole Vault field was led by national leader Scott Slover, who had recorded the #5 prep leap ever with a 17-0 clearance the previous week in Reno. A fine competition here had four over at 15-0, including Finnish foreign exchange student, Esa Sullinen (15-4 last year in Europe). Powerful Ben Stark surprised with a 15-8 clearance along with Robbie Weighall. Slover left the field behind at that point, moving the bar up from 16-0 to 16-4 3/4, where he cleared. He had some good attempts at a meet record 16-8 3/4. An outdoors Shot Put competition was taken by Wade Tift (59-1) with Bakersfield aiming for more State Meet points with Jeremy Staat improving to 57-1 in second. The Discus (outdoors of course) by Chris DeMatini at a fine 183-5, an early national outdoor leader.

In the Girls 50 Meter event, Andrea Anderson took her annual win at 6.54, with Heather Sumpter looking very strong. An interesting athlete to view was frosh Michelle Perry, a super age-groupier (12.22 100m and 24.94 200m last year in eighth grade!) who is now at Quartz Hill. With two days practice since basketball, Perry looked very powerful, and will be a solid athlete outdoors when the tall star can really unwind.

In the 880, Canadian Heather DeGeest, a 2:08 800m performer outdoors, looked very strong in a 2:13.4 win, with Kristie Johnston 2:19.9 in second. Shemie Donovan, one of the Golden

State's comeback stories after an accident nearly ended her running career with serious knee problems, was a Mile race winner at 5:18.4, with leader, Lyad Gozal having the terrible luck of stepping on the curb and going down while ahead on the last turn. Great all-arounder, Mieshe McKelvey had the day's quickest 50 meter Hurdle time at 7.68 (worth about 8.45 for the more commonly run national 55 meter event).

In the Relays, Etiwanda, a powerful crew with the Taylor sisters and Jaime Sims, had the day's quickest 4x160 time at 1:15.8, with Long Beach Poly surviving a serious bobble, then returning to take the 8x160 at 2:38.1. Outdoor weight events were taken by Delores Tuilomoau (SP) 41-7, and soph Mandy Buckey (DT) 122-2.

Southern Californians had their first prep look at William "Obea" Moore, who last summer amazed with a 47.16 8th grade national and age-14 record. In an 880 race the Muir frosh let experienced indoor runner, Robert Rodriguez (NH), get away from him, with the smooth frosh finishing second 2:00.2-2:01.0. A seventy second first 440 doomed a top national mile field in the Seeded event, with Mark Hauser sprinting best over 4:19 indoor performer John Mortimer (NH) to win 4:24.76-4:25.44. Darren Homan looked good in a second race win at 4:26.3. West Indies transfer Pamenos Ballantyne, who had the end of his Cross-Country season held back with a knee problem, took the Seeded Two Mile event at 9:30.7 with a final 440 at 64.8. USC Football signee Larry Parker had the fastest Boys 50m HH time at 6.83 (worth about 7.52 for the nationally run 55 meter event).

In the relays Muir cleaned clock at the 4x160 (1:06.3) and 8 x 160 event (2:13.1), with Foothill (Santa Ana) tough in the 4x400 (3:27.6). The third ranked nationally in Cross Country, the Thousand Oaks Boys distance team took the 4x880 event at 8:11.4.

## RESULTS

### Boys

**50 Meters** (H-1) Kaaron Conwright (Westchester) 6.11, Leo Settle (Dorsey, L.A.) 6.17. (H-2) Pat Johnson (Redlands) 5.89, Greg Cleave (Cypress) 6.14. (H-3) Marques Holliswell (West, Bakersfield) 5.90, Gary Young (Woodbridge, Irvine) 5.94, Curtis Sifford (San Geronio, San Bernardino) 6.02, Willie Jones (Franklin, Stockton) 6.02, William League (Rancho Verde, Moreno Valley) 6.08. (H-4) 1. Akinya Taylor (Dominguez, Compton) 6.04, Damien Murphy (Poly, Long Beach) 6.07.

**Daily News Football 50 Meters** (H-1) Bryon Howard (Canyon Springs, Moreno Valley) 5.84, Desmond Birks (Eisenhower, Rialto) 5.95, Michael Graham (Edison, Huntington Beach) 6.12, Jim McElroy (Washington, L.A.) 6.12. (H-2) All Evans (Vallejo) 5.94, Ken Haslip (Muir, Pasadena) 5.96, Jesus Reyes (Chino) 6.00, Ricky Boyer (Serra, Gardena) 6.07, Rodney Sermons (Bishop Amat, La Puente) 6.12.

**(Finals)** Bryon Howard 5.69 (National HS Record - old record 5.80 Paul Turner of University City in San Diego 1993), Marques Holliswell (West, Bakersfield) 5.84, Gary Young (Woodbridge, Irvine) 5.93, All Evans (Vallejo) 5.93, Desmond Birks 5.98. **Monterey Mushroom 500y** (R-1) Ethan Taub (Foothill, Santa Ana) 59.2 (50.7 440y), Delton Charles (Westmoor, Daly City) 59.9. (R-2)

Michael Granville (Bell Gardens) 57.7 (Meet Record - National Soph Record and #5 HS performance ever), Jimmy Hutsell (Cypress) 59.5. (R-3) Steve Pettes (Mayfield, Las Cruces, NM) 59.4. (R-4) Steve + Campbell (Alta Loma) 60.0.

**880 Yards** (R-1) Robert Rodriguez (Londonderry, NH) 2:00.2. (R-2) Rolando DeAngelus (Buena, Ventura) 2:02.5.

**Daniel Freeman Hospital Seeded 880-Mike** Wenz (Canyon, Canyon Country) 2:00.63, Michael Granville (Bell Gardens) 2:00.70, Brock Tessman (Monte Vista, Danville) 2:00.91.

**Mile** (Rated) (R-1) Darren Homan (Sonora) 4:26.3, Alex Teakel (Bishop O'Dowd, Oakland) 4:27.1, Phil Sitner (Villa Park) 4:29.8, Javier Ramirez (Nordhoff, Ojai) 4:30.1. (R-2) Brian Peterson (Rowland, Rowland Heights) 4:34.9.

**Foot Locker Boys Seeded Mile-** Mark Hauser (St. Augustine, San Diego) 4:24.76, John Mortimer (Londonderry, NH) 4:25.44, Mebrahtom Kellezi-ghi (San Diego) 4:25.45, Eric Dunn (Arroyo Grande) 4:26.94, Daniel Sikirk (Gunderson, San Jose) 4:29.00, Andrew Hunt (Springfield, Or) 4:30.16.

**Asics Boys Two Mile-** Pamenos Ballantyne (Sanger) 9:30.7, Brandon del Campo (Thousand Oaks) 9:34.3, Rondie Gibbs (Rubidoux, Riverside) 9:36.7, Konrad Knudsen (Del Campo, Fair Oaks) 9:38.2, Pat Gamity (Arroyo Grande) 9:44.9, Adalberto Sanchez (Capistrano Valley, Mission Viejo) 9:48.2.

**50 Meter Hurdles** (R-1) Jason Medearis (Hart, Newhall) 6.86, Danny Haag (Granada Hills) 7.31. (R-2) Gerimi Burleigh (Upland) 6.90, Tyson Murphy (Santa Monica) 7.14, Anthony Montgomery (St. Mary's, Berkeley) 7.15, Nam Doung (Silver Creek, San Jose) 7.19. (R-3) Larry Parker (Bakersfield) 6.83, Steve Forte (El Camino, Oceanside) 7.19.

**4x160 Yards** (R-1) Inglewood 1:07.9, Gahr (Cerritos) 1:08.8. (R-2) Manual Arts (L.A.) 1:09.2. (R-3) Muir (Pasadena) 1:06.3, DeAnza (Richmond) 1:06.6. (R-4) Pasadena 1:08.2. (R-5) Serra (Gardena) 1:08.7. (R-6) El Camino (Oceanside) 1:09.9. (R-7) Bishop Amat (La Puente) 1:08.1, San Diego 1:08.6. (R-8) Dorsey (L.A.) 1:08.5, Taft (Woodland Hills) 1:08.8.

**8x160-** (R-1) Chino 2:21.4, Birmingham (Van Nuys) 2:23.8. (R-2) Fairfax (L.A.) 2:17.9, Ganesha (Pomona) 2:21.3. (R-3) Upland 2:17.8. (Seeded) Muir (Pasadena) 2:13.1, Momingside (Inglewood) 2:16.6, Poly (Long Beach) 2:16.7.

**4x440 yards** (R-1) Compton 3:33.6, Rio Mesa (Oxnard) 3:36.5, Cypress 3:36.8. (R-2) Foothill (Santa Ana) 3:27.6, Momingside (Inglewood) 3:31.0, Dorsey (L.A.) 3:32.2. (R-3) Lynwood 3:35.8, Poly (Long Beach) 3:36.9. (R-4) Esperanza (Anaheim) 3:37.3. (R-5) Bullard (Fresno) 3:34.3, Loyola (L.A.) 3:34.4. (R-6) Inglewood 3:34.5, St. Mary's (Berkeley) 3:34.8.

**4x880 yards** (R-1) Thousand Oaks 8:11.4, Hart (Newhall) 8:17.7, San Gabriel 8:26.6, Saddleback (Santa Ana) 8:27.7, Villa Park 8:28.1. (R-2) Newport Harbor (Newport Beach) 8:30.7, Loyola (L.A.) 8:32.3. (R-3) Wilson (Long Beach) 8:42.7.

**HJ-** James Lincoln (Birmingham, Van Nuys) 6-10, Jeremy Fischer (Camarillo) 6-8, Calvin Bates (Valley, Sacramento) 6-6, Jon Roby (Corcoran) 6-6, Jason Pfaff (Ayala, Chino) 6-4, Casey Turner (Monte Vista, Danville) 6-4, Troy Langley (Canyon, Anaheim) 6-4.

**Evian PV-** Scott Slover (Leland, San Jose) 16-4 3/4, Rob Weighall (Highland, Bakersfield) 15-8, Ben Stark (Porterville) 15-8, Esa Sullinen (Burbank, Burbank) 15-0, Jeff Truman (Covina) 14-6, (tie) Dan Shimooka (San Pasqual, Escondido) & A.J. Blackburn (Clovis West, Fresno) 14-0, Paul Kokorowski (El Camino, Woodland Hills) 14-0, Boris Orloff (St. John Bosco, Bellflower)

continued next page...



# MEET SPOTLIGHT

er) 13-6, (tie) Tim Taylor (Acalanes, Lafayette), Ric Vermillion (Fillmore), & Sean Taylor (Fallbrook) 13-6, Brian Acevedo (Belmont, L.A.) 13-6.

LJ- Jamal Chase (Quartz Hill) 23-7 (F, F, 23-7), Aaron Fox (Siquia, Flagstaff, Az) 22-4 1/2, Myron McClure (Rowland, Rowl Hts) 22-2 3/4, Danny Haag (Granada Hills) 22-1 1/4, Jesus Reyes (Chino) 22-0 1/4, Jason Clayton (Chaparral, Las Vegas, Nv) 21-11 3/4, Rob Weighall (Highland, Bakersfield) 21-8 1/2, Chris McAllister (Pasadena) 21-6.

TJ- Jamal Chase (Quartz Hill) 49-3 (F, 46-8 1/2, 49-3), Von Ware (Rancho Buena Vista, Vista) 49-1 1/2 (48-7, 47-4 1/2, 49-1 1/2), Reggie Mitchell (Sweetwater, National City) 47-6 3/4 (47-0 1/2, 47-3 3/4, 47-6 3/4), Reggie Curry (Tustin) 47-3 1/4, Michael Turner (Morningside, Inglewood) 46-11, Aaron Fox (Siquia, Flagstaff, Az) 46-6 3/4, Myron McClure (Rowland, Rowl Hts) 46-6 1/2, Gerimi Burleigh (Upland) 46-0 1/4.

SP- (held outdoors at USC) Wade Tift (Newport Harbor, Newport Bch) 59-1, Jeremy Staat (Bakersfield) 57-1, J.D. Martin (Madera) 54-0 1/4, Brad Hisey (Fallbrook) 53-9 3/4, Ihsan Warren (St. Mary's, Berkeley) 53-3, Chris DeMartini (St. Ignatius, San Francisco) 53-2 3/4, Pentecost (Loyola, L.A.) 52-4 1/4, Brian Tade (El Camino Real, Woodland Hills) 51-9 1/2, Smitty Diecks (Riverside Poly) 51-5 3/4, Steve Gonzales (Newport Harbor, Newport Bch) 50-7.

Discus (held outdoors at USC) Chris DeMartini (St. Ignatius, San Francisco) 183-5, Jeremy Staat (Bakersfield) 167-3, Adam Stout (Alta Loma) 155-10, Jason Bader (Edison, Huntington Beach) 154-8, Steve Gonzales (Newport Harbor, Newport Bch) 154-2, Coleman Johnson (Riverside Poly) 153-8, J.D. Martin (Madera) 152-7.

## Girls

50 Meters (H-1) Andrea Anderson (Poly, Long Beach) 6.50, Heather Sumpter (Muir, Pasadena) 6.64, Jonquil David (Charter Oak, Covina) 6.73, Melisha Wilson-Duval (Woodbridge, Irvine) 6.74. (H-2) Jamie Sims (Etiwanda) 6.57, Mari Kong (Bonita Vista, Chula Vista) 6.84, Jamie Taylor (Etiwanda) 6.85. (R-3) Ebonie Henderson (Bakersfield) 6.65, Aminah Haddad (Poly, Long Beach) 6.76, Kunesha Miller (Morse, San Diego) 6.85. (H-4) Krystal Waldon (West Covina) 6.75, Michelle Perry (Quartz Hill) 6.78, Tai-ne Gibson (Morningside, Inglewood) 6.79.

(Finals) Andrea Anderson 6.54, Heather Sumpter 6.60, Ebonie Henderson 6.65, Jamie Sims 6.67, Melisha Wilson-Duval 6.73, Jonquil David (Charter Oak, Covina) 6.73.

500 Yards (R-1) Aisha Washington (Poly, Long Beach) 1:11.7, Lana Garner (Morse, San Diego) 1:12.0, Veronica Woods (Independence, San Jose) 1:12.4, Erika Bowling (Etiwanda) 1:12.6. (R-2) Joronda White (Morningside, Inglewood) 1:07.6 (#16 prep performance All-Time). (R-3) Felicia Williams (Morningside, Inglewood) 1:09.0.

TDI Girls 880 Yards (R-1) Heather DeGeest (Valley Royal, Canada) 2:13.4, Kristie Johnston (Central, Fresno) 2:19.9, Pam Richardson (Montgomery, Santa Rosa) 2:22.6. (R-2) Dulce Maria Cruz (Mexico) 2:20.7, Melissa McVey (Redlands) 2:24.9.

1 Mile (R-1) Sherrie Donovan (Madera) 5:18.4, Mary Nwaoguakor (Muir, Pasadena) 5:20.2, Meghan Mayes (Capistrano Valley, Mission Viejo) 5:20.8, Lyad Gozal (Beverly Hills) 5:22.8. (R-2) Amy Van Atta (Buena, Ventura) 5:31.6.

Nike Girls Seeded Mile- Angela Froese (Valley Royal, Canada) 4:52.50, Julia Stamps (Santa Rosa) 4:59.99, Mary Cobb (Santa Barbara) 5:04.65, Helena Kimball (Londonderry, NH) 5:06.72, Claire Becker (Bonita Vista, Chula Vista) 5:10.95, Katie Brandy (Ashland, Or) 5:17.86, Iris Cripps (Glendale, Or) 5:21.50.

Reebok 2 Mile- Julia Stamps (Santa Rosa) 10:30.2 (Meet Record - National Frosh Record - old record 10:31.54 Derasa Walters (Pentfield, NY) 1988), Sarah Brandy (Ashland, Or) 10:33.3, Carrie Garrison (Buena Park) 11:06.3, Kay Nekota (Agoura) 11:25.4, Sarah Dickerman (Del Campo, Fair Oaks) 11:30.1, Deborah Bleisch (Silver Creek, San Jose) 11:44.7, Gabriela Rodriguez (Oxnard) 11:45.5, Carrie Burnham (Santa Teresa, San Jose) 11:47.3, Karen Richter (Rancho Bernardo, San Diego) 11:49.5, Annie Ebner (St. Lucy's, Glendora) 11:49.9.

50 Meter Hurdles (R-1) Miesha McKelvey (Gahr, Cerritos) 7.68, Chidera Madu (Valley, Sacramento) 7.77, Rory Kelly (Westchester) 7.92. (R-2) Katie Mook (Foothill, Santa Ana) 7.79, Jennifer Odum (Independence, San Jose) 7.89, Andrea Wasden (Rio Mesa, Oxnard) 7.97. (R-3) Jennifer Berrier (Berkeley) 7.82, Nicole Thomas (Morningside, Inglewood) 8.03.

4x160 (R-1) Canyon Springs (Moreno Valley) 1:19.3. (R-2) Etiwanda 1:15.8, St. Bernard (Playa del Rey) 1:16.1. (R-3) Pomona 1:17.9, Morningside (Inglewood) 1:18.7. (R-4) El Cerrito 1:19.4. (R-5) Morse (San Diego) 1:16.0, Lynwood 1:18.5.

8x160- (Rated) Mission Viejo 2:40.7, Saddleback (Santa Ana) 2:43.8.

4x440 Yards- (R-1) Morningside (Inglewood) 3:56.9, St. Bernard (Playa del Rey) 4:03.7, Poly (Long Beach) 4:05.4. (R-2) Pius X (Downey) 4:19.1. (R-3) Rio Mesa (Oxnard) 4:09.8, Foothill (Santa Ana) 4:14.2. (R-4) Upland 4:19.6. (R-5) Lynwood 4:18.2. (R-6) El Cerrito 4:22.6.

4x880 Yard Relay (R-1) Poly (Long Beach) 10:10.1, Vista 10:10.8, Esperanza (Anaheim) 10:14.7, Agoura 10:14.9, Edison (Huntington Beach) 10:15.3, Corona del Mar (Newport Bch) 10:15.7. (R-2) South Pasadena 10:18.6. (R-3) El Toro 10:31.3.

HJ- Misty May (Newport Harbor, Newport Beach) 5-8, (tie) Tracye Lawyer (Cate, Carpinteria) & Tina Bowman (Newport Harbor, Newport Bch) 5-6, Savant Williams (Poly, Long Beach) 5-6, Danielle Boswell (Bullard, Fresno) 5-4, (tie) Erin Duffey (St. Francis, Mountain View) & Liz Giltner (Chaminade, Canoga Park) 5-4, Kathy Watson (Saugus) 5-4, Jayme Ullrich (North, Bakersfield) 5-2.

LJ- Ebonie Henderson (Bakersfield) 18-11, Tamleka Porter (Orange Glen, Escondido) 17-6 3/4, Loren Parker (Bakersfield) 17-1 3/4, LaToya LeJay (Canyon Springs, Moreno Valley) 17-0 3/4.

TJ- Tamleka Porter (Orange Glen, Escondido) 39-0 1/4, Amber Roberts (Muir, Pasadena) 38-3, Michelle Reid (Folsom) 37-1, Joanna Hayes (JW North, Riverside) 37-0 1/4, LaToya LeJay (Canyon Springs, Moreno Valley) 35-11, Kori Joiner (Rancho Bernardo, San Diego) 35-4 1/2.

SP- (held outdoors at USC) Delores Tuimolou (Channel Islands, Oxnard) 41-7, Pekaali Lailu (Nogales, La Puente) 41-1 1/2, Nicole Brooks (Berkeley) 39-1, Andria Brown (South, Bakersfield) 39-0.

Discus (held outdoors at USC) Mandy Buckley (Bakersfield) 122-2.

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California Track and Cross Country  
**COACHES ALLIANCE**

# Californians Around the Nation This Winter Indoor Season

## From DOUG SPECK

### 12/3 - Clemson Inv/South Carolina

(Wom) SP - Crystal Brownlee (Univ So Carolina/Westlake HS, Westlake Village) 47-11 1/4.

### 12/11 - Tri/ University Kentucky

(Men) SP - Chad Pearce (Univ Kentucky/Trabuco Hills HS, Mission Viejo) 51-11 1/4.

### 1/8 - Snake River Open/Weber State

Idaho State Results: (Wom) Mile: 1. Christy Oliveira (Id St/West Valley HS, Cottonwood) 5:12.3.

### 1/8 - Father Diamond Memorial /George Mason, Fairfax, Va

(Men) 1000m 1. Louie Quintana (Villanova/Arroyo Grande HS) 2:24.84. (Wom) Mi 1. Becky Spies (Villanova/Livermore HS) 4:46.41.

### 1/14 - Dual Idaho State/Boise State, Idaho State

(Wom) 55mHH 2. Stacy Mikaelson (Id St) 8.73. HJ 4. Mikaelson 5-2. 400m 3. Mikaelson 59.94.

### 1/15 - Cornell, Syracuse, Georgetown at Cornell

(Wom) Mile 7. Michelle Muething (Georgetown/Amador Valley HS, Pleasanton) 5:24.9. 3000m, 2. Miesha Marzell (Georgetown/Bishop O'Dowd HS, Oakland) 10:02.0.

(Men) 1000m 1. Bryan Woodward (Geogtr/LB Poly) 2:27.9 (plus 49.4 relay leg). Mile 4. Francisco Quinonez (Geotr/Santa Ana HS) 4:18.1 (plus 4:16.1 dist med relay split). PV 3. Tom Ryan (Geotr/Bellarmino HS, San Jose) 15-5.

### 1/15 - Tri-Way/Illinois, Loyola, Villanova

(Wom) 800m - 1. Becky Spies (Villanova/Livermore HS) 2:09.58.

### 1/15 - Invitational/U.S. Military Academy

(Men) 3000m 1. Mike Barnstein (Military Academy/Garden Grove HS) 8:02.9.

### 1/21 - Purdue Relays

(Men) 600m 1. Joe Curran (Notre Dame/San Rosa (Ca) 1:20.74.

### 1/21 - Barnett Bank Inv/University of Florida (Gainesville)

(Wom) 55mHH (5h2) Ch'a Mosley (Georgia Tech/Marshall HS, L.A.) 8.67. 200m 19. Mosley 25.95. (Men) 800m 18. Greg Robeson (Georgia Tech/Mt. Carmel HS, San Diego) 1:59.29.

### 1/22 - Tri/Georgetown, Navy, William & Mary, at Annapolis

(Men) 800m 1. Bryan Woodward (Georgetown/LB Poly) 1:54.41. 3000m Francisco Quinonez (Georgetown/Santa Ana HS) 8:26.02. PV Tom Ryan (Geogtr/Bellarmino HS, San Jose) 15-1.

### 1/22 - Princeton Relays

(Wom) Mile 5. Cybelle McFadden (William & Mary/St. Francis HS, Sacramento) 5:11.14.

### 1/22 - Ohio State vs. Indiana at Columbus, OH

(Men) TJ: 1. Keir Gumbs (Ohio State/Bishop O'Dowd HS) 48-7 1/2.

### 1/22 - Nebraska Open - Lincoln, NE

(Wom) 55m HH 1. Kwani Stewart (Neb/Yuba City HS) 7.84. (Men) 55mHH 1. Isaac Carson (Neb/Westmoor HS, Daly City) 7.30. 55m Carson 6.33.

### 1/22 - Early Bird Invitational/Eastern Washington Univ -Cheney

(Wom) 55m (3h2) Channele Anderson (Washington State Univ/LB Poly HS) 7.52.

### 1/28-29 - University of Idaho Inv/Kibbie Dome, Moscow, ID

(Wom) 55m (2h2) Kam Warner (Univ Wash/West HS, Bakersfield) 7.47. (2h4) Taminika Terry (Univ Wash/Muir HS, Pasadena) 7.55. 55mH (2h1) Warner 8.21. HJ 2. Tiffany Salmon (Washington State Univ/Live Oak HS, Morgan Hill) 5-5 1/4.

### 1/28 - Terrier Classic/Boston University

(Wom) Mile 3. Becky Spies (Villanova/Livermore HS) 4:40.78...Miesha Marzell (Georgetown/Bishop O'Dowd HS) 4:53.63. 5000m Deena Drossin (Arkansas) 16:37.63. (Men) Mile 4. Louie Quintana (Villanova/Arroyo Grande HS) 4:00 51.

### 1/28 - Univ Delaware

(Wom) 800m 2. Michelle Muething (Georgetown/Amador Valley HS) 2:21.4. Mile 2. Muething 5:17.4.

### 1/29 - Rocky Mountain Cup/Air Force Academy

(Men) 55m 3. E. Mitchell (Colorado/Los Alamitos HS) 6.30. (Wom) SP 1. Melissa Weis (Colorado/Bakersfield HS) 52-9 1/2.

### 1/29 - Quad/Idaho State (Montana State-Montana-Utah State)

(Men) Mile 4. Jeremy Redding (Id St/Shasta) 4:16.97. 3000m 2. Brad Rutledge (Idaho St/Highland Ranch, Ca (?) 8:37.6.

(Wom) 2. Christy Oliveira (Id St/West Valley HS, Cottonwood) 5:08.0. LJ 2. Stacy Mikaelson (Id St) 18-00.75. 3000m 3. Oliveira 10:27.12.

### 1/29 - Wolfpack Invitational/University of Nevada - Reno

(Men) 55m 1. David Lawyer (Boise State/Santa Barbara HS) 6.28 (6.25 heat).

### 1/29 - West Virginia Invitational

(Wom) 3000m 1. Cybelle McFadden (William & Mary/St. Francis HS, Sacto) 10:22.1. 2. Angela Dalke (Wm & Mary/Bishop O'Dowd HS) 10:24.2.

### 1/29 - Patriot Games/George Mason Univ (Va)

(Wom) 1000m 1. Miesha Marzell (Georgetown/Bishop O'Dowd HS) 2:50.71. (Men) 800m 1. Bryan Woodward (Georgetown/LB Poly) 1:51.02. PV 3. Tom Ryan (Geotr/Bellarmino HS, San Jose) 14-11...4. Brian Held (Geotr/L.A., Ca (?) 13-11 1/4.

### 1/29 - Nike Invitational/University of Minnesota

(Wom) Pentathlon - Glenda Whipple (Univ Mn/Shasta JC) 3368.

### 1/29 - Wildcat Classic/Univ Kentucky

5000m Stewart Ellington (Univ Tennessee/Channel Islands HS) 14:47.73.

### 1/29 - Indiana Tri-Way (Purdue-Illinois) at Bloomington, IN

(Men) 400m 3. Jon Lockard (Purdue/Logan HS, Union City) 49.71. 800m 1. Kenny White (Purdue/Muir HS, Pasadena) 1:53.95...3. Chad Yeutter (Purdue/Mt. SAC/Apple Valley HS) 1:55.27. (Wom) 55m 4. Shawna Jenkins (Purdue/Del Mar HS, San Jose) 7.28. 200m 9. Jenkins 26.19.

### 1/29 - Invite/University South Carolina

(Wom) SP 3. Crystal Brownlee (South Carolina/Westlake HS, Westlake Village) 49-9 3/4. 4. Lisa Misipeka (Unat/Temecula Valley HS) 48-5 1/2.

### 2/4 - Millrose Games/New York City

(Men) Mile 3. Louie Quintana (Villanova/Arroyo Grande HS) 4:00.52. (Wom) Collegiate Mile 1. Becky Spies (Villanova/Livermore HS) 4:42.30.

### 2/5 - Winter Relays at Virginia Military Institute

(Men) PV 3. Tom Ryan (Georgetown/Bellarmino Prep HS, San Jose) 15-0.

continued next page...



# California Track and Cross Country COACHES ALLIANCE

## 2/5 - Idaho State Tri (BYU/Colorado) at Idaho State

(Wom) Mile 1. University of Idaho (Id St/West Valley HS, Cottonwood) 10:03. LJ Stacy Mikaelson (Id St) 18-2 1/2. 3000m 1. University of Idaho (Id St/West Valley HS) 54-2

## 2/6 - Mobil International/George Mason Univ (Va)

(Wom) Distance 1. Villanova 11:13.42 (Spies 4:40.1 a) Miesha Marzell (Georgetown/ Bishop O'Dowd) 3:29.2 1200m leg (team third Provisional Qualifier) (Men) Distance 1. Villanova 9:39.09 (Quintana anchor) 1:00.5 Bryan Woodward (Georgetown/LB Poly) 1. 5 lead off 800m - team 3rd 9:41.20 - NCAA Provisional Qualifier

## 2/5 - University of Nebraska Inv

(Wom) 55m Kwa Stewart (Nebraska/Yuba City HS) 6.99. Mile Christi Blackmer (Nebraska/Upland HS) 5:04.04. 3000m 2. Mena Drossin (Arkansas/Agoura) 9:49.47. LJ Stewart 20-9. (Men) Mile - David elsh (Univ Arkansas/Jesuit HS, Sacto) 4:14.54.

## 2/11-12 - Cornsker Invitational/University Nebraska

(Wom) 200m Kwa Stewart (Nebraska/Yuba City HS) 24.40. 3000m Christina Blackmer (Nebraska/Upland HS) 10:12.25. 5mHH Stewart 7.76. (Men) 55m Riley Washington (Nebraska/Southwest HS, Chula Vista) 6.18. 3000m 4. Francis O'Neill (Kansas State/Long Beach) 8:06.09.

## 2/11-12 - Iowa State Inv

(Men) 800m 3. Kenny White (Purdue/Muir HS) 1:49.71. (Wom) 55mH Glenda Whipple (Univ Minnesota/Shasta JC) 8.56.

## 2/12 - Tri/Northern Arizona University - Flagstaff

(Wom) 55m - Lesa Parker (Arizona State/Bishop O'Dowd) 6.87. 800m 2. Kim Toney (Arizona State/Atascadero HS) 2:09.69. HJ 1. Julie Broughton (Arizona) 5-10. TJ Montgomery (Arizona/Clovis West HS) 41-7.

## 2/12 - Univ Oklahoma Inv

(Men) 3000m David Welsh (Univ Arkansas/Jesuit HS, Sacto) 8:04.75.

## 2/12 - Winter Invitational/George Mason Univ

(Wom) Mile 4. Miesha Marzell (Georgetown/Bishop O'Dowd HS) 4:50.85...6. Angela Dalke (Mary/Bishop O'Dowd HS) 4:56.78. 3000m 4. Cybelle McFadden (Wm & Mary/St. Francis HS, Sacto) 10:15.07.

## 2/12 - Illinois Indoor Invitational

(Men) 55m 7. Napoleon Kaufman (Univ Washington/Lompoc HS) 6.39. 600m 3. Alex Bynoe (Univ Yash/Gunn HS, Palo Alto) 1:21.45. 200m 5. Tim Nish (Univ Wash/San Clemente HS) 21.76. TJ 1. Tony

(Univ Wash/Marina HS, Huntington Beach) 49-05. 3000m 2. Bryan Dameworth (Wisconsin/Agoura HS) 8:16.80. 3. James Menon (Wisconsin/San Luis Obispo HS) 8:18.70.

## 2/12 - Tri Meet Tennessee, Mississippi, at Indiana, Bloomington

(Men) 3000m 3. Stewart Ellington (Tennessee/Channel Islands HS) 8:29.38.

## 2/13 - Gator Classic/University of Florida, Gainesville

(Men) 800m 3. Bryan Woodward (Georgetown/LB Poly) 1:49.33.

## 2/13 - Holiday Inn Classic

400m J'Launa Gilford (LSU/LB Poly HS) 56.90.

## 2/13 - Portland Inv

(Wom) Mile 1. Milena Glusac (Oregon/Fallbrook HS) 4:48.25.

## 2/18 - Indiana Intercollegiate, Bloomington

(Men) 400m 7. Kenny White (Purdue/Muir HS, Pasadena) 50.40. 800m 4. Chad Yeutter (Purdue/Mt. SAC/Apple Valley HS) 1:54.58.

## 2/18-19 - Atlantic Coast Conference, Greensboro, NC

(Men) Mile 3. Steve Guerrini (Wake Forest/Santa Rosa HS) 4:12.59.

## 2/18-19 - Southwest Conference Indoor Meet

(Men) Mile 2. Jordan (SMU/Venice HS) 4:10.98. 3000m 1. David Monk (Baylor/Vacaville HS) 8:25.09. 5000m 2. Brian Keim (Baylor/San Pasqual HS, Escondido) 14:32.69. 55mHH 2. Marcus Stokes (Texas/Villanova HS, Ojai) 7.32. (Wom) 3000m 1. Jennifer Hamel (Baylor/Merced HS) 9:48.74. HJ 2. Edwina Ammonds (Houston/Fresno) 5-7 3/4.

## 2/19 - Flagstaff Inv/Northern Arizona University

(Wom) 55m 1. Lesa Parker (Arizona State/Bishop O'Dowd) 6.92. HJ 1. Julie Broughton (Ariz) 5-10 1/2.

## 2/19 - Gamecock Inv/University of South Carolina - OUTDOORS

(Wom) SP Crystal Brownlee (Univ So Carolina/Westlake HS, Westlake Village) 50-3 1/4...4. Lisa Mipeka (Univ/Tamercula Valley HS) 48-8 3/4. (Men) SP 1. Brent Noon (Georgia Tech/Fallbrook HS) 64-2 1/4.

## 2/19 - Collegiate Invitational/George Mason Univ

(Wom) 5000m 5. Cybelle McFadden (William & Mary/St. Francis HS, Sacto) 17:41.01.

## 2/19-20 - Big East Conference Championships, Syracuse Univ

(Wom) 800m 3. Miesha Marzell (Georgetown/Bishop O'Dowd HS) 2:09.86. 1000m 1. Becky Spies (Villanova/Livermore HS) 2:48.16 (Collegiate Leader). 3000m, 2. Spies 9:36.50. Distance Medley Relay 1. Villanova 11:22.88 (Spies anchor). (Men) 500m 4. Bryan Woodward (Georgetown/LB Poly HS) 1:04.19. 800m 1. Bryan Woodward 1:53.31. Mile 1. Louie Quintana (Villanova/Arroyo Grande HS) 4:08.10.

## Big 10 Conference - February 25-26

(Day 1) (Men) 3000m 4. Bryan Dameworth (Wisconsin/Agoura HS) 8:14.59. (day 2) 800m 2. Kenny White (Purdue/Muir HS) 1:53.19. 5000m 1. James Menon (Wisconsin/San Luis Obispo HS) 14:13.56. 2. Dameworth 14:13.84.

## Big 8 Conference - February 25-26

(Men) 55m 1. Riley Washington (Nebraska/Southwest HS, Chula Vista) 6.23. 200m 4. Eric Mitchell (Colorado/Los Alamitos HS) 21.95. 400m 3. Lamont Warren (Colorado/L.A. Dorsey HS) 48.76. 55mHH 1. Isaac Carson (Nebraska/Westmoor HS, Daly City) 7.37. (Wom) Pentathlon - 4. Heather Sterlin (Colorado/Mission Viejo HS) 3440. LJ 3. Sterlin 18-3. 55m 3. Kwani Stewart (Nebraska/Yuba City HS) 7.15...5. Tanisha Johns (Colorado/Johnson HS, Sacto) 7.24. 800m 4. Latoya Polk (Oklahoma State Univ/EI Camino JC/Hamilton HS) 2:14.35. 55mHH 1. Stewart 7.85. 2. Yvonne Scott (Colorado/Johnson HS, Sacto) 7.97. TJ 6. Katrina Hall (Oklahoma State Univ/Franklin HS, Stockton) 37-10. SP 2. Melisa Weis (Colorado/Bakersfield HS) 52-8 3/4.

## Arcadia/Foot Locker Invitational Records

Event	Men	Women	Event	Men	Women
100 m	10.40	11.38	400m R	41.18	45.80
200m	20.79	22.87	1600m R	3:11.33	3:46.30
400m	46.70	52.90	DMR	10:09.71	11:57.02
800m	1:49.9	2:10.33	HJ	7-2	6-0
1600m	4:06.4	4:48.58	LJ	25-3.25	20-9.25
3200m	8:45.2	10:18.41	TJ	51-0.75	41-9.25
110m HH	13.70	--	SP	71-4.25	51-1.5
100m HH/33"	--	14.33	DT	224-3	172-4
300m IH	36.42	42.32	PV	17-3	--



# RESULTS

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

## CROSS COUNTRY

### USAT&F National Cross Country Championships

November 27, Missoula, Montana.

#### Junior Women 5K

1. Becki Wells (U of Colo) 18:32, 2. Jessica Fry (Bloomsday RR) 18:52, 3. Valencia Tilden (Wings of SW) 19:00, 4. Flora Big Hair (Wings of No Plains) 19:04, 5. Jessie Paywa (Wings SW) 19:17, 6. Darcee Gilbert (Montana St U) 19:19, 7. Darlene Salvador (Wings SW) 19:27, 8. Danielle Nelson (Fresno St TC) 19:37, 9. Gretchen Carr (un) 19:55, 10. Tamarah Begay (Wings SW) 19:57.

11. Kelly Jacobson (Fresno St TC) 20:16, 12. Liz Leigh-Wood (Fresno St TC) 20:28, 13. Kelly Upshaw (Wings SW) 20:29, 14. Betsy Cunningham (Colgate U) 20:34, 15. Teri Kelewood (Wings SW) 20:43.

**Team Scores:** 1. Wings of the Southwest 28, 2. Fresno State TC 58, 3. Bloomsday Road Runners 68.

#### Junior Men 8K

1. Corey Ihmels (Iowa St) 25:29, 2. Brandon Leslie (Wings SW) 25:41, 3. Ricardo Brewer (Fresno St TC) 26:06, 4. Christopher Merkle (So Utah Univ) 26:14, 5. Bryan Kee (Wings SW) 26:25, 6. Vernon Yazzie (Wings SW) 26:26, 7. John Tsabetsaye (Wings SW) 26:29, 8. Elphonso Curley (Wings SW) 26:32, 9. Kevin Schilling (Bucknell) 26:35, 10. Jonathan Estabrook (Iowa St) 26:36.



**RICARDO BREWER**

Photo by Bill Cockerham

11. Orlando Begay (Wings SW) 26:37, 12. Kurt Kenas (Bobcat TC) 26:51, 13. Chance Rush (Wings of So Plains) 26:52, 14. Ben Boyd (Wake Forest) 26:53, 15. Fernando Mendoza (Fresno St TC) 26:57.

**Team Scores:** 1. Wings of the Southwest 15, 2. Bobcat TC 73, 3. Bucknell 87.

#### Senior Women 6K

1. Lynn Jennings (Nike Internat) 20:18, 2. Ceci St. Geme (Asics TC) 20:36, 3. C. Ay-



**CECI ST. GEME**

Fine Flicks by Don Gosney

ala-Troncoso (Nike TX) 20:44, 4. Celsa Kidman (un) 20:45, 5. Melody O'Reilly (Nike Running Room) 20:46, 6. Liz Wilson (Sporthill TC) 20:49, 7. Cathy Palacios (Asics TC) 20:50, 8. Kathy Franey (Reebok RC) 20:51, 9. Lucy Nusrata (Reebok RC) 20:53, 10. Laura La-Mena-Coll (Reebok RC) 20:55.

11. Fran Tenbelsel (Team New Balance) 20:59, 12. Patty Wiegand (Nike South) 21:03, 13. Laura Cattivera (Boston AA) 21:01, 14. Margaret Groos (Nike South) 21:03, 15. Sammy Gdowski (Reebok RC) 21:06. Others--22. Jeanne Sapienta (Impala RT) 21:24, 24. Robyn Berry (Adidas) 21:27.

**Team Scores:** 1. Reebok Racing Club 33, 2. Asics Track Club 46, 3. Nike South 83, 4. Adidas 123, 5. Mountain West TC 126.

#### Senior Men 10K

1. Todd Williams (Adidas) 29:55, 2. Pat Porter (Mizuno TC) 30:01, 3. Ed Eyestone (Reebok RC) 30:03, 4. Shannon Butler (Nike Portland A) 30:08, 5. Tom Ansberry (Nike Portland A) 30:11, 6. Mark Coogan (Adidas) 30:14, 7. Craig Dickson (Reebok RC) 30:15, 8. Tim Hacker (Nike North) 30:21, 9. Bradford Schlapak (NYAC) 30:22, 10. Steve Scott (Asics TC) 30:24.

11. Eric Morrison (Wisconsin TC) 30:26, 12. Brad Barquist (Mizuno) 30:28, 13. Timothy Gannon (Boston RC) 30:30, 14. Aaron Ramirez (Mizuno) 30:31, 15. Rod DeHaven (New Balance) 30:31. Others: 20. Mark Plaatjes (Mizuno) 30:40, 21. Tom Nohilly (Reebok) 30:41, 24. Todd Trask (un) 30:47, 32. Jamey Harris (Fresno St TC) 31:04.

**Team Scores:** 1. Adidas 63, 2. Reebok RC 63, 3. Mizuno TC 71, 4. Nike North 92, 5. Nike Portland A 109.

## TRACK & FIELD

### Cal State Bakersfield Invitational

February 5.

#### Men

**110m Hurdles:** 1. David Ashford (So-Bay TC) 14.5, 2. Jeff Correia (Taft) 14.8, 3. Alonza Wiggins (Taft) 14.9.

**3000m:** 1. Erick McBride (CSUB) 8:52.4, 2. Curtis Alexander (FSU) 8:52.5, 3. John Bekmanis (FSU) 9:14.7.

**100m/Masters:** 1. Mike Lucero (37) 12.3, 2. Jack Randolph (60+) 16.4, 3. Clarence Killion (75) 16.6.

**Pole Vault/Masters:** 1. Jerry Stanners (59) 10-0.

**High Jump/Masters:** 1. Jerry Stanners (59) 4-9.

**4x100m Relay:** 1. Taft 'A' 40.7, 2. CSUB 'A' 41.6, 3. CSUB 'B' 42.1.

**Shot:** 1. Rod Chronister (un) 56-2, 2. BoBo Mounts (un/JH) 55-1.5, 3. Jared Wright (FSU) 52-2.5.

**Long Jump:** 1. Derrick Mitchell (FSU) 23-9, 2. Kendall Hoggatt (FSU) 23-4.5, 3. Libby Tracy (CSUB) 22-11.

**3200m/High School:** 1. Adrian Dominguez (Highland TC) 11:05, 2. Todd Jordan (Taft TC) 11:34, 3. Phil Smith (Taft TC) 12:90.

**200m/Masters:** 1. Mike Busby (un) 24.6.

**Distance Medley Relay:** 1. Taft College 10:27.9, 2. Westmont 'A' 10:32.1, 3. Westmont 'B' 10:42.4.

**4x200m Relay:** 1. CSUB 1:26.9, 2. South Bay TC 1:27.8, 3. Advantage 'A' 1:30.4.

**400m Hurdles (combined):** 1. Alonzo Wiggins (Taft) 54.2, 2. Ruben Parrish (FSU) 55.7, 3. Jeff Correia (Taft) 55.8.

**Javelin (combined):** 1. Ken Teasley (un) 225-0, 2. Brett Zandgs (un) 184-8, 3. Rod Chronister (jn) 179-3.

**High Jump:** 1. Brent Miller (FSU) 6-8, 2. Matthew Gardner (Fresno Pacific) 6-8, 3. Melvin Roberts (Viking TC/HS) 6-6.

**4x800m Relay:** 1. Westmont 'A' 8:07.3, 2. Fresno State 8:10.9, 3. Renegade TC 8:10.9.

**Sprint Medley Relay (200, 200, 400, 800):** 1. Taft College 3:23.6, 2. CSUB 3:30.0, 3. South Bay TC 3:33.0.

**400m:** 1. Thomas Hasani (MLKTC) 51.5, 2. Brian Enns (Fresno Pacific) 57.8.

**Hammer (combined):** 1. Monte Wilson (CSUB) 186-1, 2. Randy Heron (FSU) 182-6, 3. Robert Clark (un) 180-7.

**Triple Jump:** 1. DeAndres Roberson (CSUB) 49-4, 2. Robert House (FSU) 48-10, 3. Derrick Mitchell (FSU) 48-1.5.

**5,000m:** 1. Israel Pose (FSU) 15:18.4, 2. Jassen Strokoch (Westmont) 15:40.1, 3.

Bill Lind (Reebok) 15:51.2.

**4x400m Relay (combined):** 1. Taft 'A' 3:15.4, 2. CSUB 3:16.7, 3. South Bay TC 3:23.4.

**Discus (combined):** 1. Rod Chronister (un) 161-11, 2. D. Dumble (BC) 151-9, 3. Monte Wilson (CSUB) 147-11.

#### Women

**100m Hurdles:** 1. Lisa Collet (FSU) 15.1, 2. Nneka Black (MLKTC) 16.5, 3. Clare Boykin (FSU) 16.7.

**4x100m Relay:** 1. FSU 49.2, 2. CSUB 'A' 50.0, 3. Westmont 54.1.

**Long Jump:** 1. Lisa Collet (FSU) 18-9.5, 2. Rachel Hudson (FSU) 17-2, 3. Clare Boykin (FSU) 16-2.5.

**Javelin:** 1. Cathia Wilson (un) 145-10, 2. Staci Darden (FSU) 125-1, 3. Lisa Collet (FSU) 109-3.

**Triple Jump:** 1. Stacey Thompson (CSUB) 37-4.5, 2. Rachel Hudson (FSU) 35-4, 3. Clare Boykin (FSU) 34-9.

**400m Hurdles:** 1. Stacy Thompson (CSUB) 1:05, 2. Nneka Black (MLKTC) 1:09.1, 3. Jennifer Peterson (FSU) 1:10.2.

**4x800 Relay:** 1. Westmont 'A' 9:56.5, 2. Westmont 'B' 10:54.

**5000m:** 1. Dina Farage (FSU) 17:47.7, 2. Shelly Calvert (un) 18:38, 3. Shirley Rojas-Weller (Fresno Pacific) 19:44.2.



**DINA FARAGE**

Photo by Bill Cockerham

**Sprint Medley Relay (200, 200, 400, 800):** 1. FSU 4:08.6, 2. Westmont 5:04.

**400m:** 1. Meredith Rainey (un) 54.6, 2. Noelle Righter (un) 1:03.0, 3. Chyllis Scott (Fresno Pacific) 1:10.0.

**High Jump:** 1. Clarissa Moulton (CSUB) 5-



# RESULTS

7-2. 2. Amy Chell (FSU) 5-5, 3. Kim Moshier (FSU) 5-5.

**Discus (combined):** 1. Pam Dukes 164-3, 2. Lacy Barnes (un) 162-11, 3. Misako Hampton (BC) 119-11.

**Distance Medley Relay:** 1. Westmont "A" 12:33.9, 2. Fresno State 13:28.8, 3. Westmont "B" 14:05.0.

**4x200m Relay:** 1. FSU 1:43.9, 2. CSUB 1:44.6, 3. MLK Track Club 1:52.4.

**Shot:** 1. Pam Dukes 53-2.75, 2. Lacy Barnes (un) 39.5, 3. Dev Dunlap (CSUB) 38-11.75.

**3000m:** 1. Meredith Rainey (un) 10:11.1, 2. Dina Farage (FSU) 10:39.4, 3. Shelly Calvert (un) 10:34.0.

**3000m/High School:** 1. Lori Fancon (Taft) 12:08.7, 2. Tracy Boeling (Taft) 12:16.6.



MEREDITH RAINEY

Photo by Bill Leung, Jr.

## Four-Way Meet at UCSB

February 11, Pauley Track.

### Women

**Javelin:** 1. Debbie Malachowski (AP) 132-11, 2. MaChuen Ping (Taiwan) 116-11, 3. Mary Wilson (UCSB) 115-3 1/2. **High Jump:** 1. Julie Rusher (UCSB) 5-4, 2. Jennifer Fielding (FP) 5-2, 3. Kaline Freeman (UCSB) 5-0. **Shot:** 1. Ma Chuen Ping (Taiwan) 41-8 1/2, 2. Debbie Malachowski (AP) 40-4 3/4, 3. Melissa Stewart (AP) 33-11 1/2. **4x400 Relay:** 1. UCSB 51.20, 2. Westmont 52.77. **500m:** 1. Julie Thomas (UCSB) 5:03.0, 2. Misty Allen (West) 5:05.2, 3. Deanna Hadley (UCSB) 5:19.1.

**Long Jump:** 1. Jennifer Ponder (AP) 15-11 1/2, 2. Janine Molina (FP) 15-5, 3. Jennifer Hackworth (West) 14-11. **55m Hurdles:** 1. Kym Carter (open) 7:9, 2. Michelle Campbell (AP) 8:08, 3. Lisa Knott (UCSB) 8:78. **400m:** 1. Fatima Yusef (AP) 54.47, 2. Karen Narita (UCSB) 1:03.02, 3. Lori Grant

(West) 1:05.13. **55m:** 1. Kym Carter (open) 7:20, 2. Sara Naylor (West) 7:40, 3. Becky Knowlton (West) 8:61.

**800m:** 1. Brandy Pierce (West) 2:19.42, 2.



DEBBIE MALACHOWSKI

Photo by Ken Isaak

**Shira Dozman (UCSB) 2:20.47, 3. Missy MacPherson (UCB) 2:24.18. 400m Hurdles:** 1. Tami Olsen (UCSB) 1:06.03, 2. Allison Higgins (UCSB) 1:08.73, 3. Amy Johnson (West) 1:14.56. **200m:** 1. Sara Naylor (West) 26.05, 2. Lisa Knott (UCSB) 27.05, 3. Karen Narita (UCSB) 27.36. **Discus:** 1. Debbie Malachowski (AP) 138-2, 2. Melissa Stewart (AP) 128-6, 3. Melissa Cable (West) 119-9. **4x400 Relay:** 1. Azusa Pacific 3:49.23, 2. UCSB 4:07.63, 3. Westmont 4:25.44. **Two Mile:** 1. Kristen von Teuber (UCSB) 11:02.39, 2. Miriam Niednagel (West) 11:09.21, 3. Misty Allen (West) 11:12.77. **1000m:** 1. Nicole Devries (AP) 3:11.39, 2. Chyllis Scott (FP) 3:42.77. **Triple Jump:** 1. Carmen Gage (AP) 36-6, 2. Mary Saver (AP) 36-1, 3. Jennifer Lagle (UCSB) 34-6.

**Team Score:** 1. Westmont 149, 2. UC Santa Barbara 132, 3. Azusa Pacific 108, 4. Fresno Pacific 45.

### Men

**Long Jump:** 1. Hong Li (un) 24-1, 2. Eric Lee Gilmore (FP) 21-7, 3. Josh Sidewell (West) 19-8 1/4. **Hammer:** 1. Jeff Gartenburg (UCSB) 161-0, 2. Brent Cornelius (West) 142-1, 3. Chris Chirgwin (West) 116-8. **Javelin:** 1. Mark Cassagre (UCSB) 176-1, 2. Mike Saklers (West) 115-2, 3. Greg Tutton (West) 112-5 1/2. **Weight Throw:** 1. Rene Bustamante (AP) 57.9, 2. Larry Johnston (AP) 56.2, 3. Ryan Rodt (AP) 51.5. **4x100 Relay:** 1. UCSB 43.06, 2. Westmont 43.73.

**500m:** 1. Matt Nealon (West) 4:17.6, 2. Gus Harper (UCSB) 4:21.1, 3. Phil Livingood (West) 4:24.6. **High Jump:** 1. Ben Beal (AP) 6-9 1/4, 2. Eli Gladden (UCSB) 6-4, 3. Matt Gardner (FP) 6-4. **55m High Hurdles:** 1. Marc Syverson (West) 8:64, 400m (combined): 1. Wallace Henry (AP) 49.16, 2. Jim Drake (West) 50.73, 3. Neil Smith (West) 51.84.

**55m (combined):** 1. Allen Lollis (West)

6:56, 2. Josh Frey (UCSB) 6:91, 3. Daniel McDowell (FP) 7:05. **Shot:** 1. Rene Bustamante (AP) 53-11 1/2, 2. Jeff Gartenberg (UCSB) 49-7, 3. Ryan Root (AP) 49-2 1/2. **800m:** 1. Matt Nealon (West) 1:54.98, 2. Jon Colletti (AP) 1:55.53, 3. Adrian Garcia (UCSB) 1:56.24. **400m Hurdles:** 1. Andy White (UCSB) 54.58, 2. Ken Reynolds (UCSB) 55.57, 3. Kevin Glaspey (AP) 57.42.

**Triple Jump:** 1. Hong Li (un) 51-0, 2. Ben Beal (AP) 46-0, 3. Delton Walker (UCSB) 45-2. **200m (combined):** 1. Allen Lollis (West) 22.58, 2. Mark Kallick (open) 22.75, 3. Masa Fisher (UCSB) 23.00. **Pole Vault:** 1. Luke Walker (AP) 16-6, 2. Tim Cockrell (AP) 15-6, 3. Kimo Morris (UCSB) 15-0. **Two Mile:** 1. Jose Iniguez (un) 9:05.11, 2. Tony Bergman (AP) 9:05.44, 3. Kevin Berko (AP) 9:05.71. **4x400 Relay:** 1. UCSB "A" 3:20.78, 2. Azusa Pacific "A" 3:21.44, 3. Westmont "A" 3:27.34. **1000m:** 1. Erik Storkey (AP) 2:29.79, 2. Gus Harper (UCSB) 2:33.62, 3. Devon Walton (UCSB) 2:38.51. **Discus:** 1. Rene Bustamante (AP) 160-5 1/2, 2. John Davis (AP) 159-11 1/2, 3. Marc Kallick (SBTC) 140-9.

**Team Score:** 1. Westmont 176, 2. UC Santa Barbara 143, 3. Azusa Pacific 131, 4. Fresno Pacific 38.

## Long Beach State All-Comers

February 12, Long Beach State.

### Men

**100:** Race 1-1. Jaime Barragan 10.5, 2. Anthony Jones 10.6, 3. Antonious Dotson 10.7. **Race 2-1.** Shawn Perry 10.8. **Race 3-1.** Don Scott 11.0. **Race 4-1.** Larry Cooper 11.1. **Race 5-1.** Jerry Ibarra 11.6.

**200:** Race 1-1. Anthony Jones 21.6, 2. Dominique Arnold 21.9, 3. Terry Johnson 22.5. **Race 2-1.** Shawn Perry 21.7. **Race 3-1.** Don Scott 22.5. **Race 4-1.** Steve Stewart 23.8.

**400:** Race 1-1. Tunji Bello 49.0, 2. Stirling Lankford 49.1, 3. Mike Lewis 49.2. **Race 2-1.** James Heitsell 50.3. **Race 3-1.** Latavia Moore 53.1. **Race 4-1.** Vanilla 55.7.

**800:** Race 1-1. Carlos Ward 1:49.7, 2. Jeff Nasternak 1:54.4, 3. Nyron Bernard 1:56.9. **Race 2-1.** Crystin Wuthrich 1:59.9. **Race 3-1.** Henry Sweeney 1:59.6. **Race 4-1.** Demond Todd 2:13.3. **Race 5-1.** Pepe Montez 2:07.4. **Race 6-1.** Shahram DeZahd 2:06.5. **Race 7-1.** Travis Williamson 2:15.1.

**1500:** Race 1-1. Daire Jasiri 4:15.3, 2. Octavio Camacho 4:15.4, 3. Sha DeZahel 4:27.2. **Race 2-1.** Sheldon Salvary 4:41.8. **2000 SC:** 1. Ken Dempster 6:32.9.

**3000:** 1. Steve Marcelo 10:01.7, 2. Kent Roberts 10:03.0, 3. James Smith 10:17.9. **55m H:** Race 1-1. David Ashford 7.6, 2. Dominique Arnold 7.7, 3. Raymond Banner 7.7. **Race 2-1.** Levar Castillo 8.1.

**400m H:** 1. Terry Malone 56.6, 2. Zak Donaldson 57.6, 3. Ed Cabs 57.8.

**400m Relay:** 1. Inglewood 44.7, 2. Hawthorne "A" 45.7, 3. Compton CC 46.1.

**1600m Relay:** 1. LBCC "A" 3:16.8, 2.

LBCC "B" 3:19.5, 3. South Bay TC 3:20.9.

**HJ:** 1. Brian Stanton 7-1, 2. Adrian Keller 6-4.75, 3. Mario Leon 6-2.75, 4. Martin Haynes 6-2.75.

**PV:** 1. Jason Hinkin 15-6, 2. Rob Reighall 14-6, 3. John Shirley 14-6.

**LJ:** 1. M. Pullins 22-7.75, 2. Gerald Williams 21-4.25, 3. L. Rose 20-11.75.

**TJ:** 1. Jonathon Jordan 50-11, 2. Chris Czerwinski 42-11.75, 3. Tad Peterson 33-3.25.

**SP:** Flight 1-1. Tyler Lento 42-11, 2. Sam Costillano 39-8.5, 3. Matt Sabert 39-5. **Flight 2-1.** Paul Fulbright 48-8.25, 2. Jared Naab 47-10.75, 3. Brodie 46-6.25. **Flight 3-1.** Brandon Whiting 46-9.6, 2. Brent 44-2.75, 3. Bram 40-4.25.

**DT:** 1. Shawn Wilbourn 143-5, 2. Paul Fulbright 140-11, 3. Tighe Jaffe 138-5.

**JT:** 1. Hector Sanchez 182-1, 2. Jason Bader (HS) 169-6, 3. Shawn Wilbourn 166-11.

### Women

**100:** Race 1-1. Cheryl Porter 12.0, 2. Lisa Moxley 12.1, 3. Angel Mosley 12.3. **Race 2-1.** Jollery Nichols 13.3. **Race 3-1.** Denise Forna 15.7.

**200:** Race 1-1. Oshonda Posey 25.4, 2. David Toney 25.6, 3. Angel Mosley 25.8. **Race 2-1.** Rononda Green 26.9. **Race 3-1.** Tonya Crawford 27.6. **Race 4-1.** Andrea Anderson 24.8. **Race 5-1.** Miesha Williams 26.2. **Race 6-1.** Deshaun Miles 28.6.

**400:** Race 1-1. Allison Poulin 56.8, 2. Lee Hinds 57.7, 3. Christina Soria 60.7. **Race 2-1.** Aisha Washington 63.0. **Race 3-1.** Whitney Viltz 66.0. **Race 4-1.** Shavent Williams 61.0. **Race 5-1.** Pam Simpson 62.5. **Race 6-1.** Lyshawn Stringer 57.8.

**800:** Race 1-1. Stacey Pando 2:18.7, 2. Shelly Wall 2:19.7, 3. Joan Gallager 2:23.5. **Race 2-1.** Tamara McLin 2:24.8. **Race 3-1.** Sajye Williams 2:29.0. **Race 4-1.** Lashda Dams 2:26.6. **Race 5-1.** Christy Bauer 2:39.8.

**1500:** 1. Lisa Bower 4:56.9, 2. Jamie Cummings 5:06.1, 3. Evangelina Machado 5:09.1.

**3000:** 1. Brooke Mabe 10:21.1, 2. Adriane Trader 11:00.4, 3. Julie Robles 11:53.9.

**2000 SC:** 1. Angie Co 9:53.3.

**5000:** 1. Lynn Snyder 21:10.8.

**400m H:** 1. Whitney Viltz 1:12.4, 2. Kim Cooper 1:15.3, 3. Keisha Thompson 1:16.4.

**HJ:** 1. Jen Kump 5-3, 2. Tonia King 4-11, 3. Brooke Kuhn 3-10.

**LJ:** 1. Tara Oettinger 17-5.75, 2. Sonya Bryant 16-9.25, 3. Shannon Chapman 14-3.25.

**TJ:** 1. Angel Carver 39-10.5, 2. Tasha Burnett 37-11.75, 3. Ebony Poe 30-4.25.

**SP:** 1. Jennifer Sullivan 28-8.5, 2. Maria Casiano 26-8.25, 3. Rosemary Amezcua 25-4.

**DT:** 1. Anna Crossley (HS) 98-11, 2. Bethany Parson 96-5, 3. Leslie Hunter (HS) 88-11.

**JT:** 1. Nadena Valkoff 113-3, 2. Terra Baccellato 97-4, 3. Lisa Ngo 77-2.



# RESULTS

## PA/USATF Pole Vault Grand Prix

February 13, Horace Crow Indoor Pole Vault Facility, Alameda, CA.

Young Women: 1. Erica Hause (Personal Record TC) 6-3. Open Women: 1. Pam Reynolds (PRTC) 8-3. Men 70-74: 1. Jim Johnson (No Cal Seniors TC) 7-3. Young Men: 1. Scott Wenholz (PRTC) 12-6. Men 30-34: 1. Kevin Stange (PRTC) 13-0. Men 40-44: 1. Eddie Seese (PRTC) 13-0. Men 45-49: 1. Joe Miyoshi (Santa Cruz TC) 11-7. Open Men: 1. Vic Pelayo (un) 14-0. Men 35-39: 1. Bob Olsen (PRTC) 14-10.

## 53rd Long Beach Relays

February 19, Long Beach State University/Open Men

4x100m Relay: 1. USC 42.34. 4x200m Relay: 1. UC Irvine 1:42.42. 4x400m Relay: 1. USC "A" 3:13.16. 2. UCLA 3:14.77. 3. UC Irvine 3:18.52. 4x800m Relay: 1. Westmont 7:54.14. 2. Occidental 8:02.89.

4x1600m Relay: 1. Asics Track West "A" 17:28.63. 2. Claremont-Mudd Scripps 17:31.57. 3. UC Irvine "A" 17:36.79. Sprint Medley: 1. Long Beach State 3:34.58. Distance Medley: 1. Asics Track West 10:11.18. 2. UCLA 10:15.58. 3. USC 10:43.24.

3000m Steeplechase: 1. Creighton Harris (UCLA) 9:18.94. 2. Jacques Salberg (un) 9:19.51. 3. Terrence Flynn (Oxy) 9:41.47. 4. Dan Niednagel (UCLA) 9:42.45. 5. Ken Dempster (Beach TC) 10:06.75. 6. Bob Heath (Beach TC) 10:09.44.

5000m: 1. Dave Schumacher (Glory Days TC) 14:44.84. 2. Brian Godsey (un) 14:47.66. 3. Stephen Flynn (un) 15:20.30. 4. Jeff Sneed (un) 15:57.58. 5. Octavio Camacho (LBSU) 16:22.37.

110m Hurdles: 1. Kehinde Alade (USC) 14.13. 2. Dominique Arnold (un) 14.60. 3. Ed Cabs (un) 16.67.

400m Hurdles: 1. Kelvin Gamble (CGTC) 56.10. 2. Ed Cabs 56.88.

HJ: 1. Brian Stanton (SSTC) 7-0 1/2. 2. Brad Milby (UCLA) 6-4 3/4.

PV: 1. Clarence Phelps (UCB) 16-1 3/4. 2. Armeet Barkan (UCB) 15-7 3/4. 3. Mike Marshall (un) 14-2. 4. Greg Charles (TMTCC) 13-2 1/4.

LJ: 1. Patrick Scott (un) 23-10 1/4. 2. Geoffrey Vaughn (LBSU) 23-8. 3. Michael Pullins (un) 23-5. 4. Josh Bradley (UCLA) 21-5 1/2.

TJ: 1. Jonathan Jordan (un) 50-7 1/2. 2. Dale Johnson (un) 49-3. 3. Patrick Scott (un) 47-4 3/4.

SP: 1. Greg Hodel (UCLA) 56-8. 2. James Prestidge (USC) 44-6 1/4.

DT: 1. Gary Kirchoff (USC) 178-9. 2. Jamie Presser (UCLA) 168-11. 3. Roman Slodonskyj (USC) 141-2.

JT: 1. Ken Hall (USA East) 203-6. 2. Hector Sanchez (LBSU) 185-4. 3. Bill Moll (LBSU) 178-10.

HT: 1. Balazs Kiss (USC) 205-11. 2. Chad

Danowsky (USC) 176-11. 3. Alex Halston (un) 163-2.

### University/Open Women

4x100m Relay: 1. USC "A" 46.98. 2. UC Irvine 48.64. 4x200m Relay: 1. UCLA 1:40.87. 2. UC Irvine 1:42.42. 4x400m Relay: 1. UCLA "A" 3:40.49. 2. USC "B" 3:56.69. 3. UCLA "B" 3:59.95.

4x800m Relay: 1. Asics Track West 9:16.13. 2. UCLA 9:17.18. 3. Westmont 9:25.13. 4x1600m Relay: 1. Asics Track West 20:22.93. 2. UCLA 20:58.06. 3. LBSU "A" 21:05.66.

Sprint Medley: 1. UCLA 1:43.01. Distance Medley: 1. UCLA 11:39.70. 2. Asics Track West 11:57.14. 3. LBSU 12:15.43.

3000m: 1. Laura Monson (UCI) 9:59.2. 2. Jade Preato (Nike Coast) 10:11.5. 3. Kim Ojeda (Asics TW) 10:19.1. 4. Githa Hampson (UCLA) 10:32.5. 5. Donna Nettleship (Asics TW) 10:33.0.

5000m: 1. Jeanene Harlick (UCLA) 16:59.15. 2. Adriana Lozano (USC) 19:31.56. 3. Monica Shelley (West) 20:42.68.

100m Hurdles: 1. Felice Lipscomb (USC) 14.24. 2. Lisa Moxley (LBSU) 15.33. 3. Margiecia Martin (Oxy) 19.29.

400m Hurdles: 1. LeGretta Hinds (LBSU) 1:04.59. 2. Sky Green (UCI) 1:07.43. 3. Michelle Merritt (UCI) 1:08.39.

HJ: 1. Tish Waller (Goldwin) 6-1 1/2. 2. Claire Look-Jaeger (Nike) 5-9 3/4. 3. Tanya Smith (USC) 5-7 3/4. 4. Amy Acuff (UCLA) 5-5 3/4. 5. Reischea Canidate (USC) 5-5 3/4. 6. Jennifer Kump (LBSU) 5-5 3/4.

LJ: 1. Marieke Veltman (un) 19-5 3/4. 2. Nicole Haynes (USC) 18-3. 3. Kristi Kaufman (Nike Cst) 18-1 1/4.

SP: 1. Ramona Pagel (un) 61-2 1/4. 2. Gea Johnson (un) 47-1 3/4. 3. Nada Kavar (un) 45-10 3/4. 4. Candy Roberts (UCLA) 44-2. 5. Nicole Haynes (USC) 37-10.



RAMONA PAGEL

Photo by Bill Cockerham

DT: 1. Candy Roberts (UCLA) 163-5. 2. Sarah Andrews (UCLA) 161-7. 3. Nada Kavar (un) 141-6. 4. Celeste McVey (USC) 141-3.

JT: 1. Donna Beard (AIA) 138-1. 2. Celeste McVey (USC) 133-5. 3. Nadene Valkoff (LBSU) 109-3.

HT: 1. Ericka Dice (un) 154-3. 2. Donna Beard (AIA) 143-3. 3. Angie Edinger (Oxy) 114-1.

### Community College/Men

4x100m Relay: 1. Taft CC 41.90. 2. El Camino 42.25. 3. Long Beach CC 42.55. 4. Pasadena 45.14. 4x200m Relay: 1. El Camino "A" 1:28.73. 2. Cerritos 1:35.26. 3. El Camino "B" 1:36.39.

4x400m Relay: 1. Taft CC "A" 3:11.79. 2. Taft CC "B" 3:16.59. 3. Long Beach CC 3:21.69. 4x800m Relay: 1. El Camino 8:07.82. 2. Taft CC 8:23.24. 3. Pasadena CC 8:34.77. 4x1600m Relay: 1. El Camino 18:15.61. 2. Long Beach CC 18:44.44. 3. Taft 19:30.03. 4. Los Angeles CC 20:01.73.

Sprint Medley: 1. Long Beach CC 3:32.7. 2. Cerritos 3:39.41. 3. El Camino "A" 3:39.73. Distance Medley: 1. El Camino 10:18.21. 2. Long Beach CC 10:28.69. 3. Taft 10:55.49.

5000m: 1. Collin Johnson (TCC) 14:58.96. 2. Marc Shorless (PCC) 17:09.30.

110m H: 1. Jeff Correla (TCC) 14.70. 2. Vincent Bungy (TCC) 15.03. 3. Alonzo Wiggins (TCC) 15.05. 400m H: 1. Alonzo Wiggins (TCC) 53.20. 2. Curt McIntire (TCC) 54.14. 3. Jeff Correla (TCC) 54.34.

HJ: 1. Jon Parry (TCC) 6-10 3/4. 2. Tremayne Williams (LBCC) 6-8 3/4. 3. Mario Leon (ECC) 6-6 3/4.

PV: 1. Eric Stanfield (LBCC) 14-8. 2. Lan Nguyen (LBCC) 14-2. 3. Mario Ayala (CCC) 12-2 1/2.

LJ: 1. James Jones (TCC) 22-1. 2. Robert Sims (LBCC) 21-3 3/4. 3. Derrick Winston (CCC) 21-2.

TJ: 1. James Jones (TCC) 47-8. 2. Mario Leon (ECC) 47-4. 3. Santiago Delgado (CCC) 43-1 1/4.

SP: 1. Rob Garrison (TCC) 47-6 1/4. 2. Frank Hoffman (SDMCC) 47-4 1/4. 3. Troy Stricklin (CCC) 43-5.

DT: 1. Troy Stricklin (CCC) 151-7. 2. Rob Garrison (TCC) 142-5. 3. Jacob Sada (SDMCC) 138-1.

JT: 1. Robert Ernster (CCC) 164-9. 2. Wally Senior (LBCC) 163-2. 3. Chris Kanowsky (LBCC) 158-9.

HT: 1. Jacob Sada (SDMCC) 153-4. 2. Frank Hoffman (SDMCC) 147-4. 3. Andrew Hammond (PCC) 122-9.

### Community College/Women

4x100m Relay: 1. El Camino CC "A" 50.74. 4x200m Relay: 1. El Camino CC 1:41.23. 2. Pasadena CC 1:57.68. 3. Los Angeles CC 2:04.44. 4x400m Relay: 1. Long Beach CC 3:56.16. 2. El Camino CC "A" 3:56.62. 3. El Camino 4:14.53.

4x800m Relay: 1. El Camino 10:06.65. 4x1600m Relay: 1. Long Beach CC 23:11.28. Sprint Medley: 1. El Camino "A" 1:45.76. 2. Long Beach 1:48.33. Distance Medley: 1. El Camino 12:50.58. 2. Pasadena 14:38.63.

3000m: 1. Carmen Payan (RSCC) 11:14.0. 2. Sonia Perez (RSCC) 11:22.1. 3. Rachel Dyer (TCC) 11:27.3. 5000: 1. Kelly Fulton (PCC) 20:42.68.

100m Hurdles: 1. Leshette Molette (ECC) 15.05. 2. Karen Vigilant (LBCC) 15.68.

400m Hurdles: 1. Karen Vigilant (LBCC) 1:05.43. 2. Diana Murrin (ECC) 1:08.64. 3. Nyesha Kelly (LBCC) 1:11.95.

LJ: 1. Wintress Lang (CoCC) 17-3 3/4. 2. Sonya Bryant (LBCC) 17-1 3/4. 3. Stacey Cobb (CCC) 14-6 1/4.

TJ: 1. Angel Carver (LBCC) 41-8 3/4. 2. Wintress Lang (CoCC) 40-0. 3. Shirene McKinney (CCC) 35-8 1/2.

SP: 1. Kelly Smith (SDMCC) 43-1 3/4. 2. Juanita Blanco (SDMCC) 36-11 1/2. 3. Yolanda Crowder (TCC) 35-3.

DT: 1. Kelly Smith (SDMCC) 109-7. 2. Bethany Parsons (LBCC) 105-1. 3. Sharon Murtach (PCC) 104-0.

JT: 1. Karyn Tammara (SDMCC) 104-1. 2. Aricha Bell (LBCC) 98-1. 3. Sharon Murtach (PCC) 76-7 3/4.

## CalTech Invitational

February 26.

### Women

100m: 1. Louie (Whit) 14.15. 200m: 1. Mills (CIT) 29.55. 400m: 1. Chen (CIT) 1:17.37. 800m: 1. Chavez (Whit) 2:33.35. 1500m: 1. Talbot (Whit) 5:08.73. 3000m: 1. Houchin (FP) 11:53.73. 100mH: 1. Oldenburg (CIT) 22.21. 2000 Steeplechase: 1. Bates (Whit) 10:15.47. 400m Relay: 1. Louie-Akiyama-Chavez-Lee (Whit) 56.34. 1600m Relay: 1. Chavez-Talbot-Haas-Bates (Whit) 4:38.25.

High Jump: 1. Fielding (FP) 5-4 1/4. Triple Jump: 1. Larson (CIT) 32-11. Long Jump: 1. Louie (Whit) 15-5. Shot: 1. Mills (CIT) 32-1 1/2. Javelin: 1. Oldenburg (CIT) 102-5. Discus: 1. Oldenburg (CIT) 106-2.

Team Scores: 1. CalTech 181. 2. Whittier 169. 3. Fresno Pacific 56.

### Men

100m: 1. McCall (Whit) 12.06. 200m: 1. Gilmore (Whit) 23.65. 400m: 1. McDowell (FP) 53.24. 800m: 1. Smith (un) 1:59.58. 1500m: 1. Smith (un) 4:08.23. 5000m: 1. Gottardi (un) 15:32.9. 10,000m: 1. Spadini (CIT) 37:18.90. 110mH: 1. Metz (CIT) 16.76. 400mH: 1. Metz (CIT) 1:01.54. 400m Relay: 1. CalTech (Bergeron, Brewington, Greenberg, Metz) 46.77. 1600m Relay: 1. Fresno Pacific (McDowell, Gilmore, Gardner, Enns) 3:34.51.

Pole Vault: 1. Siron (CIT) 10-6. Long Jump: 1. Brewington (CIT) 18-10 3/4. High Jump: 1. Bryant (un) 6-1 1/2. Triple Jump: 1. Brewington (CIT) 38-3 1/4. Javelin: 1. Bryant (un) 181-9. Shot: 1. Bryant (un) 46-8 1/4. Discus: 1. Hagan (un) 143-4.

Team Scores: 1. CalTech 256. 2. Whittier 144. 3. Fresno Pacific 54.

## Azusa Pacific Indoor All-Comers

February 26, Azusa.

### Men

Mile: 1. Tony Bergman (AP) 4:15.2. 2. Kevin Berko (AP) 4:15.4. 500: 1. Wallace Henry (AP) 1:04.78. 2. P. Yuma (SoCalCheetahs) 1:04.78. 35# Weight: 1. Larry



# RESULTS

Johnston (AP) 54-7 1/4, 2. Mike Susank (Clare-Mudd) 54-1 3/4. 4x800m Relay: 1. Claremont-Mudd "A" 7:54.64. Distance Medley: 1. Azusa Pacific 10:17.01.

HJ: 1. Matthew Gardner (Fresno Pacific) 6-4 1/2, 2. Mike DeWitt (AP) 6-0 1/2. LJ: 1. Hong Li (AP) 24-1 3/4, 2. Kevin Mehlman (CS Northridge) 21-8 3/4. 60 meters (combined): 1. Jaime Barragan (LBCh State) 6.69, 2. Ray Brown (un) 6.80. 60m Hurdles (combined): 1. Rich Benoy (Springco) 7.85, 2. Derek Pye (un) 7.9. 1000 Yards: 1. Eric Starkey (AP) 2:09.94, 2. Brian Godsey (un) 2:10.46.

2 Mile: 1. Scott Wilson (un) 9:26.34, 2. John Gachau (AP) 9:26.44. SP: 1. Rene Bustamante (AP) 52-4, 2. Mike Susank (Clare-Mudd) 50-0 3/4. 200m: 1. John Akerboom (un) 22.91, 2. Jason Granillo (AP) 24.35. 4x400m Relay: 1. Azusa Pacific 3:23.44, 2. Claremont-Mudd "A" 3:24.06. PV: 1. Luke Walker (AP) 17-1, 2. Vince Beresford (AIA) 16-5. TJ: 1. Ben Beal (AP) 47-5 1/4, 2. Mike DeWitt (AP) 45-3 3/4.

## Women

Mile: 1. Michele Buchicchio (Asics West) 5:11.18, 2. Barbara Verduin (AP) 6:20.61. 500m: 1. Kristy Matthews (San Diego St) 1:17.86. HJ: 1. Mary Sauer (AP) 5-4 1/4, 2. Terry Pruitt (AP) 5-2 1/4. LJ: 1. Sarah Bennett (AP) 14-8 3/4, 2. Rianne Graves (Clare-Mudd) 15-0 1/2. 4x800m Relay: 1. Claremont-Mudd "A" 9:55.8. Distance Medley: 1. Claremont-Mudd 14:10.20. SP: 1. Debbie Malachowski (APU) 40-1 1/2, 2. Melissa Stewart (AP) 37-2 1/4.

60m Hurdles: 1. Marsha Guialdo (Nike Coast) 8.10, 2. Tiffany Smith (un) 8.42. 60m (combined): 1. Lisa Moxley (un) 7.91, 2. Ambre Thompson (Intl Elite) 8.09. 1000 yards: 1. Michele Buchicchio (Asics West) 2:39.55, 2. Kristy Matthews (San Diego St) 2:40.96. 2 Mile: 1. Jen Stallard (Clare-Mudd) 14:59.1, 2. Jenny Blew (Clare-Mudd) 15:19.1. 5000m: 1. Nicole Ballew (Clare-Mudd) 21:35.0, 2. Heidi Riukin (Clare-Mudd) 20:20.5.

200m: 1. Fatima Yusseff (AP) 23.30, 2. Heather Baldwin (Clare-Mudd) 29.72. TJ: 1. Terri Pruitt (AP) 35-7 1/4, 2. Mary Sauer (AP) 35-4 1/2. 4x400m Relay: 1. Claremont-Mudd "A" 4:14.61.

## NAIA Indoor Championships

March 3-5. Kansas City, MO.

### Men

60 Yd Dash: 1. Edward Dillard (Lindenwood, MO) 6.39, 80 Yd HH: 1. James Rolins (Central State, OH) 7.44. 440 Yd Dash: 1. Hugh Powell (Central State, OH) 49.58. 600 Yd Run: 1. Carl Oliver (Wisconsin-Parkside) 1:13.44. 880 Yd Run: 1. Sasha Smiljanig (Simon Fraser BC) 1:54.05, 6. Jon Colletti (Azusa Pacific) 1:59.07. 1000 Yd Run: 1. Dudley Dawkins (Oklahoma Baptist) 2:13.80, 2. Matt Nealon (Westmont, CA) 2:16.27, 5. Anthony Fisher (Azusa Pacific, CA) 2:17.41.

Mile Run: 1. Eluid Bargantury (Missouri

Valley) 4:07.98, 6. Tony Bergman (Azusa Pacific, CA) 4:15.99, 7. Kevin Berko (Azusa Pacific, CA) 4:24.43. 2 Mile: 1. Eluid Bargantury (Missouri Valley) 9:09.28, 3 Mile: 1. Derek Kite (Lubbock Christian, TX) 13:55.89. Mile Relay: 1. Central State, OH 3:19.61, 2. Mile Relay: 1. Simon Fraser, BC 7:52.26, 13. Westmont, CA 8:14.46. Distance Medley: 1. Lubbock Christian, TX 10:10.48, 3. Azusa Pacific, CA 10:22.29, 15. Westmont, CA 10:48.64.

TJ: 1. Hong Li (Azusa Pacific, CA) 51-00.25, 4. Ben Beal (Azusa Pacific, CA) 47-10.5, 11. Charles Johns (Azusa Pacific, CA) 46-11.75. SP: 1. Rene Bustamante (Azusa Pacific, CA) 55-10.25. PV: 1. Curt Heywood (Linfield, OR) 17-00, 2. Luke Walker (Azusa Pacific, CA) 16-08.0, 5. Tim Cockrell (Azusa Pacific, CA) 16-04.0. LJ: 1. Andre Eley (Findlay, OH) 24.03.5, 2. Tage Peterson (Azusa Pacific, CA) 23-10.5, 4. Hong Li (Azusa Pacific, CA) 23-07.75.

HJ: 1. Jim McHugh (Hillsdale, MI) 7-00.0, 5. Ben Beal (Azusa Pacific, CA) 6-09.0, 9. Tage Peterson (Azusa Pacific, CA) 6-06.0. Weight Throw: 1. Stephen Gehley (Western Oregon) 17.63 (57-10.25), 2. Rene Bustamante (Azusa Pacific, CA) 17.22 (56-06.0), 3. Larry Johnston (Azusa Pacific, CA) 17.10 (56-01.25). Pentathlon: 1. Darren Reid (Oklahoma Baptist) 4014, 4. Tage Peterson (Azusa Pacific, CA) 3758, 8. David Pope (Azusa Pacific, CA) 3587, 15. David Fair (Azusa Pacific, CA) 3340, 16. Jordan Foote (Biola) 3272.

Team Scores: 1. Central State/OH 84, 2. Azusa Pacific/CA 76, 3. Oklahoma Baptist 57, 4. Lubbock Christian/TX 53, 5. Missouri Valley 47, ...16. Westmont/CA 8.



MICHELLE CAMPBELL (left) & CARMEN GAGE

Photo by Ken Isaak

## CAL/NEV TRACK COACHES DUAL MEET RANKINGS

As of 3/10/94

### MEN

1. UCLA
2. UC Berkeley
3. Fresno State
4. USC
5. CS Northridge
6. Stanford
7. UN Reno
8. CPSLO
9. Azusa Pacific
10. CS Bakersfield
11. CS Los Angeles
12. CS Long Beach
13. UC Davis
14. CS Stanislaus
15. UC Santa Barbara
16. CS Chico
17. Redlands
18. UC San Diego
19. Westmont
20. Claremont-Mudd
21. Pt. Loma
22. Occidental
23. Humboldt

### Also receiving votes:

CS Pomona, CS Fullerton, CS Sacramento, Pomona-Pitzer, SF State, UC Irvine, UC Riverside.

### WOMEN

1. UCLA
2. Fresno State
3. Stanford
4. USC
5. UC Berkeley
6. CS Northridge
7. CPSLO
8. UN Las Vegas
9. CS Los Angeles
10. Azusa Pacific
11. UC Santa Barbara
12. CS Long Beach
13. UC Davis
14. UN Reno
15. CS Stanislaus
16. CP Pomona
17. CS Bakersfield
18. UC San Diego
19. Humboldt
20. San Diego State
21. CS Chico
22. Occidental
23. Pomona-Pitzer

### Also receiving votes:

CS Fullerton, Claremont-Mudd, Pt. Loma, UC Irvine, Westmont.

### Women

60 Yard Dash: 1. Sevatheda Fynes (Southern-New Orleans, LA) 6.76. 60 Yard Hurdles: 1. Michelle Campbell (Azusa Pacific, CA) 8.05. 440 Yard Dash: 1. Fatima Yusuf (Azusa Pacific, CA) 54.00. 600 Yard Run: 1. Audrea Sterling (Central State, OH) 1:24.42. 880 Yard Run: 1. Dytanya Maryland (Prairie View A&M, TX) 2:14.34. 1000 Yard Run: 1. Elizabeth Onyambu (Biola) 2:34.23. Mile Run: 1. Suzanne Weeder (Doane, NE) 4:55.73.

2 Mile: 1. Rosa Ibarra (Wayland Baptist, TX) 10:53.62, 3 Mile: 1. Rosa Ibarra (Wayland Baptist, TX) 17:24.03. Mile Relay: 1. Central State, OH 3:48.91, 4. Azusa Pacific, CA 3:53.35. 2 Mile Relay: 1. Hillsdale, MI 9:24.39, 3. Westmont, CA 9:36.43. Distance Medley: 1. Hillsdale, MI 12:14.84,

5. Westmont, CA 12:33.01.

TJ: 1. Christine Gray (Prairie View A&M, TX) 40-10.5, 9. Carmen Gage (Azusa Pacific, CA) 36-06.5, 10. Mary Sauer (Azusa Pacific, CA) 35-11.0. SP: 1. Heather Rhoadarmer (Doane, NE) 47-05.75. LJ: 1. Rowena Wellford (Wayland Baptist, TX) 19-04.0. HJ: 1. Corinna Wolf (Simon Fraser, BC) 1.76 (5-09.25), Mary Sauer (Azusa Pacific, CA) no mark. Pentathlon: 1. Kim Vanderhoek (Simon Fraser, BC) 3771, 4. Carmen Gage (Azusa Pacific, CA) 3347.

Team Scores: 1. Wayland Baptist/TX 80, 2. Central State/OH 57, 3. Doane/NE 56, 4. Prairie View A&M/TX 37, 5. Simon Fraser/BC 34, 6. Azusa Pacific/CA 28, 16. Biola/CA 10, 17. Westmont/CA 8.



# RESULTS

## Fresno State All-Comers Meet

March 5, Warmerdam Field, Fresno.

### Women

100: 1. Trudy Robert (Camp Pendleton) 13.46, 2. Fredericka Turner (Camp Pend) 14.19, 3. Brandy Williams (Notre Dame) 14.4. 200 (combined): 1. Erin Green (CS Bkfld) 26:01, 2. Sarahtyah Wilson (Fresno St) 26.1, 3. Katina Marshall (CSB) 27.0. 400: 1. Sabrina Brown (CSB) 58.81, 2. Jennifer Petersen (Fresno St) 1:01.12, 3. Sarahtyah Wilson (Fresno St) 1:03.15. 800: 1. Theresa Smith (FSU) 2:25.3, 2. Jill Camron (Fresno St) 2:27.5, 3. Amber McCrea (un) 2:28.0.

1500: 1. Shannon Lieder (Fresno St TC) 4:31.6, 2. Ann Burris (Fresno St) 4:49.0, 3. Dina Farage (Fresno St) 4:58.4. 5000: 1. Julie Oehlschlaeger (FSU) 20:03.42, 2. Becky Beltran (un) 20:08.79. 100H: 1. Claire Boykin (FSU) 15.76, 2. Rachel Hudson (Fresno St) 17.15. 400H: 1. Julia Dudley

(FSU) 1:06.5, 2. Desiree Green (CSB) 1:10.4. 4x400 Relay: 1. CSB (Thompson, Hudson, Green, Brown) 4:02.9, 2. Fresno State (Petersen, Ausland, Wilson, Dudley). 4x100 Relay: CS Bakersfield (Marshall, Baxter, Green, Montgomery) 3:51.28.

HT: 1. Staci Darden (FSU) 141-5, 2. Jennifer Viavia (un) 135-4, 3. Devlyn Dunlap (CSB) 112-2. 20# Wt: 1. Darden (FSU) 42-7, 2. Krista Morales (Fresno St) 35-9 1/2. JT: 1. Darden (FSU) 126-10, 2. Jill Camron (Fresno St) 111-9, 3. Rachel Hudson (Fresno St) 106-3. DT: 1. Lacey Barnes (Nike) 178-6, 2. Talafulu Misa (un) 148-2, 3. Staci Darden (Fresno St) 144-6. LJ: 1. Stacey Thompson (CSB) 20-1, 2. Rachel Hudson (Fresno St) 17-9 1/2, 3. Claire Boykin (Fresno St) 17-6. SP: 1. Rica Brown (un) 52-2 1/4, 2. Jennifer Viavia (un) 42-2 1/2, 3. Lacey Barnes (un) 41-10. HJ: 1. Clarissa Moulton (CSB) 5-7, 2. Kim Moshier (Fresno St) 5-7, 3. Jennifer Fielding (Fresno Pacific) 5-3. TJ: 1. Thompson (CSB) 38-1 1/4, 2. Rachel Hudson (Fresno St) 37-2 1/2, 3. Claire Boykin (Fresno St) 35-6 3/4.

### Men

100 (combined): 1. Scotty Stokes (un) 10.5, 2. Keith Jones (CSB) & Gerald McCladdie (CSB) 10.6. 200 (combined): 1. Stokes (un) 21.7, 2. Keith Jones (CSB) 21.9, 3. Russel Hester (CSB) 22.0. 400: 1. John Bayfield (un) 50.82, 2. Johnny Dennis (Camp Pend) 52.86, 3. Charles Stewart (Camp Pend) 53.98. 800 (combined): 1. Joe Carnage (un) 1:54.5, 2. Jason Lienau (un) 1:57.8, 3. Curtis Alexander (Fresno St) 1:58.9.

1500: 1. Rod Heskett (un) 3:58.56, 2. Joe Carnegie (un) 3:58.8, 3. Jason Lienau (un) 3:59.7. 3000 Steeplechase: 1. Polo Duarte (FSU) 9:52.7, 2. Jon Steele (Fresno St) 9:55.4. 5000: 1. Sargeant Holloway (Camp Pendleton) 15:47.8. 100H: 1. Rueben Parrish (FSU) 15.15, 2. Eric Evans (Fresno St) 15.73, 3. Alonzo Arreola (Fresno St) 15.84. 400H: 1. Parrish (FSU) 56.8, 2. Jonathan Akers (Fresno St) 58.0, 3. Kendall Hoggatt (Fresno St) 58.5. 4x400 Relay: 1. FSU (Jordan, Akers, Arreola, Craft) 3:25.3, 2. Fresno Pacific (McDowell, Gilmore, Gardner, Enns) 3:35.4, 3. Pick-up (Duffy, Gould, Houchin, Hardison) 3:42.8. 4x100 Relay: 1. CSB (Jones, Hester, Margain, McCladdie) 3:41.62, 2. Act Right TC (King, Castle, Fuller, Greene) 3:42.80, 3. Camp Pendleton "A" (Bean, Baker, Alexander, Cintron) 3:44.15.

HT: 1. Scott Bieberthaler (un) 190-4, 2. Monte Wilson (CSB) 186-9, 3. Randy Heron (Fresno St) 184-11. DT: 1. Stewart Thompson (un) 173-3, 2. Rod Chronister (un) 167-11, 3. Monte Wilson (CSB) 159-10. JT: 1. Todd Reich (FSU) 257-8, 2. Trevor Turner (Fresno St) 198-7, 3. Ken Teasley (un) 192-0. LJ: 1. Robert Foster (FSU) 24-11, 2. Derrick Mitchell (Fresno St) 24-10, 3. Kendall Hoggatt (Fresno St) 23-7 1/4. SP: 1. Randy Arley (un) 56-5 1/2, 2. Rod Chronister (un) 54-2 1/4, 3. Jared Wright (Fresno St) 52-7 1/2. PV: 1. Brandon Vance (FSU) 16-0, 2. Paul Friederbach (un) 16-0, 3. P.J. Chadwick (un) 15-6, 4. Steve Hardison (WVTC/master) 15-0. HJ: 1. Brent Miller (FSU) 6-7 1/2, 2. Dan McNamara (un) 6-6 3/4, 3. Matt Gardner (Fresno Pacific) 6-4 3/4. TJ: 1. DeAndre Roberson (CSB) 50-11 1/2, 2. Derrick Mitchell (Fresno St) 49-2 1/2, 3. Leavy Baker (un) 43-11 1/4.

Presser (UCLA) 177-11. HT: 1. Hodel (UCLA) 199-3. JT: 1. Moll (CSLB) 193-8. Team Scores: UCLA 98, CS Los Angeles 36, CS Santa Barbara 27, Long Beach State 26.

### Women

100: 1. Noel (UCLA) 12.11. 200: 1. Malco (UCLA) 24.73. 400: 1. Scott (UCLA) 54.42, 2. Tochluk (UCLA) 54.47. 800: 1. Crain (UCLA) 2:13.31. 1500: 1. Delgado (UCLA) 4:38.69. 3000: 1. Hecox (UCLA) 9:26.15, 2. Pando (LBS) 9:52.84. 100 Hurdles: 1. Hinds (LBS) 13.91, 2. Marvin (UCLA) 14.53. 400 Hurdles: 1. Marvin (UCLA) 59.84. 400 Relay: 1. UCLA 46.61. 1600 Relay: 1. UCLA 3:43.54. HJ: 1. Acult (UCLA) 5-9 3/4. LJ: 1. Brown (UCLA) 17-7 1/4. TJ: 1. Brown (UCLA) 38-4 1/4. SP: 1. Hill (CSLA) 48-5 1/4, 2. Roberts (UCLA) 45-6. DT: 1. Andrews (UCLA) 172-8, 2. Hill (CSLA) 164-4, 3. Roberts (UCLA) 160-4, 4. Clark (CSLA) 150-11, 5. Phillips (CSLA) 147-8. JT: 1. Henderson (CSLA) 127-1.

Team Scores: UCLA 106-1/2, CS Los Angeles 25, UC Santa Barbara 18-1/2, Long Beach St. 17.

## Multi-Team Meet at USC

March 5. At USC.

### Men

100: 1. Shelton (USC) 10.63, 2. Volson (USC) 10.73w. 200: Race 1-1. Evans (CSN) 21.70. Race 2-1. Volson (USC) 21.54, 2. Shelton (USC) 21.60, 3. Bradley (USC) 21.66. 400: 1. Stein (CSN) 48.14. 800: 1. Candaele (CPSLO) 1:51.31, 2. Held (CPSLO) 1:51.95. 1500: 1. Candaele (CPSLO) 3:50.60. 3000: 1. Coulson (UCI) 8:26.15. 1100H: 1. Aladeta (USC) 14.08. 400H: 1. Rodriguez (USC) 50.94. 400 Relay: 1. USC "B" 41.36, 2. USC "A" 41.42, 3. CS Northridge 41.43. 1600 Relay: 1. USC 3:11.74, 2. CS Northridge 3:12.33, 3. UC Irvine 3:12.33.

Team Scores: USC 98, CS Northridge 55, Cal Poly SLO 34, UC Irvine.

### Women

100: 1. Sau Ying Chan (USC) 11.73. 200: 1. Ellison (CSN) 24.98. 400: 1. Jayasinghe (USC) 55.61. 800: 1. Byron (CSN) 2:13.79. 1500: 1. Miller (CSN) 4:38.88. 3000: 1. Monson (UCI) 9:53.7, 2. Orefice (CPSLO) 9:58.9. 100 Hurdles: 1. Sau Ying Chan (USC) 13.58, 2. Lipscomb (USC) 14.25. 400 Hurdles: 1. Green (UCI) 65.07. 400 Relay: 1. USC 45.46, 2. CS Northridge 48.02, 3. UC Irvine 48.16. 1600 Relay: 1. USC 3:47.76, 2. CS Northridge 3:54.97, 3. Cal Poly SLO 3:55.86. HJ: 1. Korbel (CPSLO) 5-4 1/4. LJ: 1. House (CSN) 20-0 1/4. TJ: 1. House (CSN) 39-8 1/2. SP: 1. Stricklin (CSN) 44-1 1/4. DT: 1. Peters (CPSLO) 161-6, 2. Stricklin (CSN) 155-4, 3. McVey (USC) 143-9, 4. Ehman (CPSLO) 142-5. JT: 1. Dunn (CSN) 154-0, 2. Haynes (USC) 151-8, 3. Elerts (CPSLO) 141-9.

## Multi-Team Meet at UCLA

March 5. At UCLA.

### Men

100: 1. Barragan (LBS) 10.71. 200: 1. Bradley (UCLA) 21.28, 2. Barragan (LBS) 21.64. 400: 1. Benkez (CSLA) 48.22. 800: 1. Terry (UCLA) 1:51.66. 1500: 1. Harris (UCLA) 3:54.14. 3000: 1. Rowtham (UCLA) 8:38.97. 1100H: 1. Anderson (UCLA) 14.13, 2. Washington (CSLA) 14.71. 400 IH: 1. Washington (CSLA) 53.30. 400 Relay: 1. UCLA 41.43, 2. CS Los Angeles 42.09. 1600 Relay: 1. UCLA 3:14.93. HJ: 1. Anderson (UCLA) 7-0 1/2. PV: 1. Sommers (UCLA) 16-6 3/4. LJ: 1. Hicks (UCLA) 32-2. TJ: 1. Moultry (UCLA) 46-3 1/4. SP: 1. Hodel (UCLA) 57-4 1/2. DT: 1.

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