

CALIFORNIA

Track & Running News

MARCH 1995

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ISSUE NO. 209



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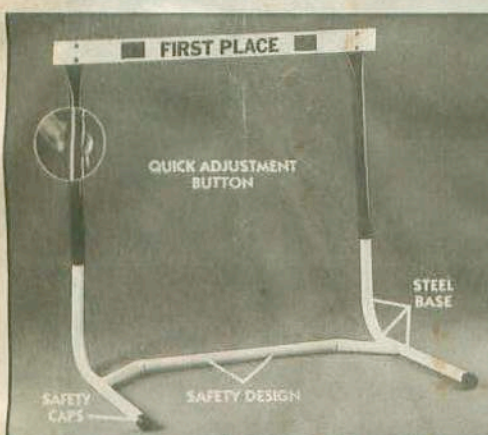


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Since 1974

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FROM THE EDITOR

Credit Where Due

If you missed the 1995 (36th Annual) Sunkist Indoor meet, you not only missed the lone surviving California indoor action, but you missed one great competitive and spectacular spectacle. It's not easy to host such an extravaganza. It takes money ... lots of money. Indoor facilities aren't readily available in California, and don't come without a price. Also, most big-name athletes don't show up for free. It all adds up.

All of the other indoor meets in California, ie. Inglewood, Long Beach, San Diego, Oakland and San Francisco, have become extinct. They couldn't compete with all of the other entertainment and sports action in California. Sunkist, however, has endured and survived -- for 36 years! A remarkable legacy of providing a unique and exciting experience for the state's track fans, as well as opportunity for its

young, developing athletes.

The driving force behind the Sunkist Meet is, of course, the faithful and continued sponsorship of Sunkist. But, the real catalyst that keeps it going is the commitment and dedication of Al Franken and son Don. They have seen it all in meet promotion, and have hung in through thick and thin. It is a tribute to Al and Don that the meet is still here. Al and Don, we owe you a big "thank you!" and are hoping for at least another 36 years of Sunkist!

ON THE COVER: Sunkist milers CECI ST. GEME (2nd 4:39.79), middle, and SARAH THORSETT (1st 4:38.64), right.
Photo by Kirby Lee



And
Presents

THE RUNNING
Network

Dr. Workman's Shoe Review...

The Sole Providers

WELCOME to the 1995 Spring shoe review brought to you by *California Track & Running News* and The Running Network. We have reviewed the best new training

shoes from ten of the top running shoe companies in the world. The shoes were selected after consulting avid runners and researching the upcoming models. Following are a few points to consider.

There really is no "best shoe", the key is finding one that best fits your foot and running style. This review is written to give you an idea what the shoes are like if you were to take them for a run. It is written from a runner's point of view for the runner (not so much the consumer) with a little health advice weaved in. Anna Thompson (an experienced high level runner of many years) and myself have run in each shoe in the re-



view to give you an idea of how they feel after they're broken in.

Each company has its own style and feel, so if you like the fit and performance of a shoe, check within that company when buying new shoes. If a shoe has done well for you, stick with it ... you may even want to buy a few pairs in case it goes out of style. Conversely, if you are experiencing difficulties with a shoe, try a different manufacturer. There are plenty of high quality makes in the market--shop around.

Let's begin....

By DR. DARIN W.
WORKMAN

The Sole Providers

The Facts:

- All shoes were wear tested by the same man and the same woman for consistency of comparison.
- All shoe weights were taken from women's size 7 and men's size 9.
- Most shoes use grooves or notches in forefoot to increase flexibility, we only mentioned a few.
- The shoes may be made in more colors than those mentioned.

ADIDAS



SL 96

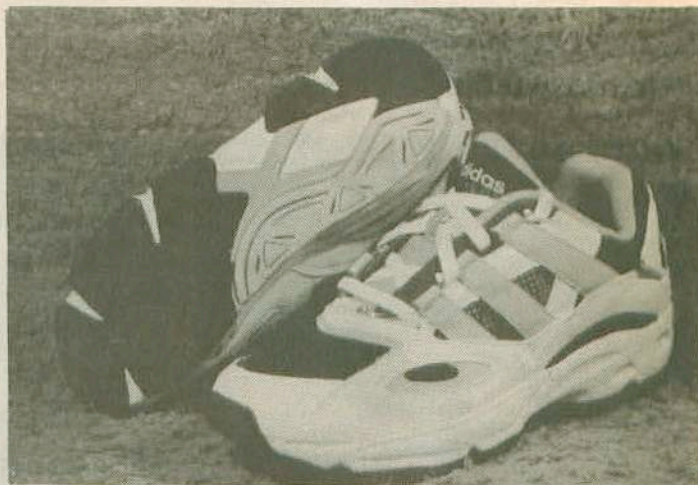
Price: \$74.95 (w), \$79.95 (m)

Colors: White/Black/Grey/Purple (women)
White/Sambura/Toro (men)
Wt.: 9.8 oz. (women) 11.3 oz. (men)
Last: Semi-curved slip last.

Outstanding Features: Pebax Torsion bar allowing independent front and rear foot movement. Three stripes tighten around midfoot when shoe is laced.

ROAD TEST: Most noticeable on this shoe is the wide toe box (characteristic of Adidas), excellent cushioning, and ease of torsion between the rear and forefoot. The SL 96 fits high around the ankle with cutouts around the malleoli (ankle bones), has sol-

id heel support and straps snugly around the midfoot with "Riemmen" stripes that anchor to the midsole and tighten while lacing. The SL 96 is flexible, moves freely with the foot and maintains good stability. We recommend it for the neutral runners.



Lexicon

Price: \$79.95 (w), \$84.95 (m)

Colors: White/Red/Black (women)
White/Black/Purple (men)
Wt.: 11.8 oz. (women) 13.2 oz. (men)
Last: Straight combination last.

Outstanding Features: Nylon heel cable gives a snug fit. Medially extended Pebax Torsion bar and dual density midsole in rear and forefoot to reduce excessive pronation.

ROAD TEST: If you want a motion control shoe, you can feel secure in this one. The Lexicon has rear and midfoot stability found in few other shoes. In addition, a nylon cable runs through the lacing system and attaches to each side of the heel. When



FYI...

A recent study at the University of Massachusetts revealed that firm midsoles decrease certain stresses on the knees and act as a supportive orthotic. Polyurethane or a blend is suggested as a good midsole material.

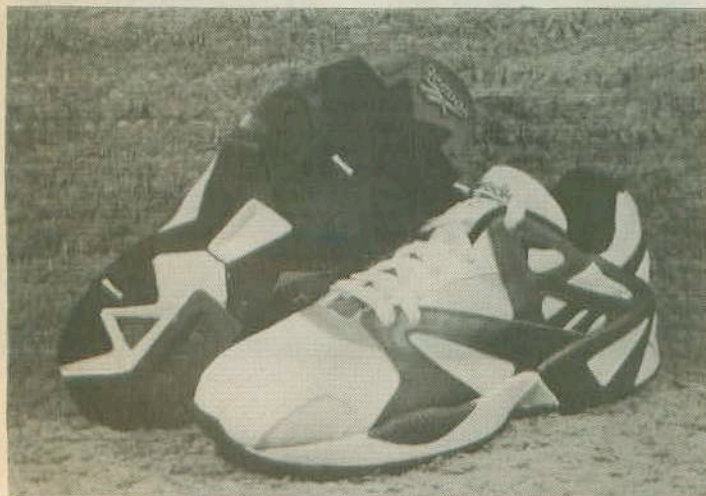
*Joseph Hamill, Ph.D.,
Director of Biomechanics Lab*

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The Sole Providers

the shoe is tightened, the cable draws the shoe to the heel. Lexicon maintains the wide Adidas toe box, effective cushioning throughout and well padded upper. It's easy to get on (traditional tongue), but takes a few runs to loosen up.

REEBOK



Ventilator Plus

Price: \$79.99

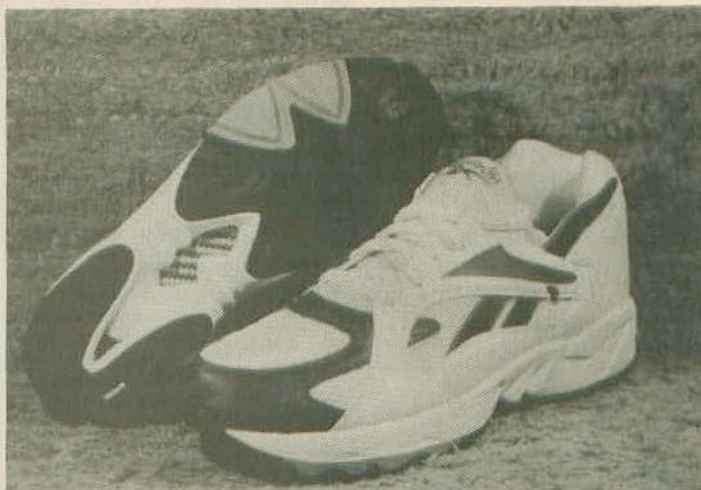
Colors: White/Violet/Bluejay/Turquoise (women)
White/Blue/Black/Racing Red (men)

Wt.: 11.3 oz. (women) 12.8 oz. (men)

Last: Semi-curved combination

Outstanding Features: Rearfoot Support Structure gives exceptional motion control. Hexalite- 8mm in the heel and 5.5mm in the forefoot for varied shock absorbance.

ROAD TEST: The Ventilator Plus is the most stable of all the Reeboks I have tested. It has a firm but shock absorbent midsole that rocks well from heel to toe. The Rearfoot Support Structure is strong, yet flexes slightly to absorb shock. It takes a few runs to break in (most stability shoes do). The highly padded upper includes side screens that provide superior ventilation. We found it to be an excellent long distance trainer, good off road traction and good for speed work. A good all around stability shoe.



Inferno Road

Price \$79.99

Colors: White/Blue/Hot Pink (women)
White/Regency Blue/Sport Blue/Red (men)

Wt.: 9.0 oz. (women) 10.4 oz. (men)

Last: Semi-curved combination

Outstanding Features: GraphLite arch bridge for lightweight and support. Heel Hexalite (8mm) for lightweight cushioning. Medial post for antipronation.

ROAD TEST: The Inferno Road is an excellent cushion shoe for the neutral to slightly pronating runner. We noticed that this model has a more narrow fit with secure forefoot strapping and solid inconspicuous midfoot support. However, the side stripe is high and may irritate the lateral malleolus. The Inferno Road is excellent for speedwork as it is light, tight and smooth, yet the heel support and cushioning make it efficient for long road runs. All in all, the shoe glides smooth and straight from heel strike to toe off.

■ We also tested the **Alterra** - Reebok's off-road shoe. It is sharp looking and made of rugged materials. A very solid heel counter, full weave board last and firm midsole (off-road shoes require less cushioning) make it stable, but a wider midsole would be helpful. The outsole extends up the toe and heel to prevent wear and has great traction.

continued next page...

The Sole Providers

ETONIC



Strata

Price \$69.99

Colors: White/Purple/Blue (women)
White/Indigo Blue/Violet (men)
Wt.: 9.8 oz. (women) 11.7 oz. (men)
Last: Semi-curved anatomical slip last.

Outstanding Features: StableAir units in both rearfoot and forefoot for remarkable cushioning. External TPU counter heel support. PEBAX eyestay Z-bar for midfoot support.

ROAD TEST: If you have a thin foot or desire a stable upper, try the Strata! It has a firm heel counter and midfoot support system that is unyielding to the laces and the midfoot. This shoe really hugs the foot. However, bypassing the PEBAX eyestays liberates the forefoot for more flexibility. On the road, Strata demonstrates how effectively the StableAir unit absorbs and re-bounds energy. The shoe works in well while remaining stable.



Pro III

Price \$79.95

Colors: White/Teal/Sea Blue (women)
White/Black/Sea Blue (men)
Wt.: 10.5 oz. (women) 12.5 oz. (men)
Last: SCAL slip last

Outstanding Features: Polyurethane midsole for long life and injury prevention. Rearfoot pronation StableAir unit giving comfort and stability. Traditional lacing system.

ROAD TEST: The Pro III is easy to get on and lace up. The rearfoot provides the same stability as the Strata, but lends more freedom to the midfoot and greater space in the toe box. The upper has supportive strapping and is well padded. The midsole gently guides you beginning with heel strike veering you out of pronation. I appreciated the StableAir unit in the Pro III almost as much as in the Strata. The forefoot should have it as well. This shoe is best for long runs with it's stability, comfort and forefoot flexibility.

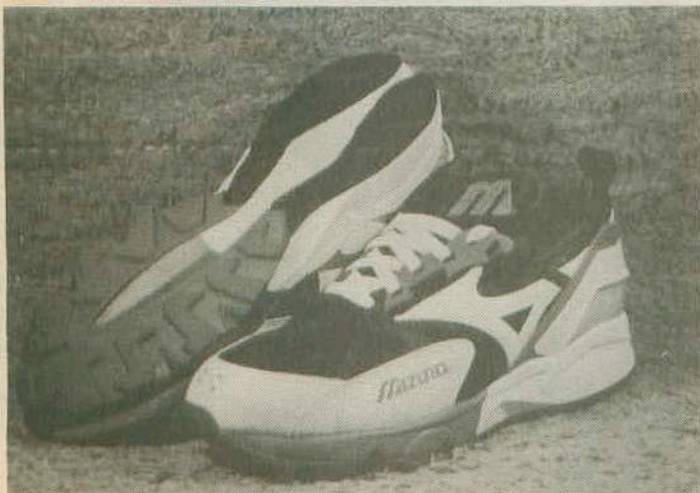
Founded in 1986 as Running International, **The Running Network** is a clearinghouse for major regional and specialized running magazines in the United States. Network publications boast a circulation of almost 500,000 and collectively represent the largest running-related circulation in North America. These 24 magazines and tabloids reach over 30 major running markets throughout the United States. Through their regional and specialized appeal, these publications provide information and services no national magazine can match.

THE RUNNING
Network™

continued next page...

■ The Sole Providers

■ MIZUNO



Mondo Revolution

Price \$99.95

Colors: White/Black/Purple (men only)

Wt.: 12.9 oz.

Last: Semi-curved slip last.

Outstanding Features: F-3 Foam heel and counter for custom molded rearfoot fit. Extended Dynamic Foot Contour heel counter providing unusually firm heel support. Groove midsole to guide the foot at heel strike. Floating custom fitting lace system.

ROAD TEST: This is definitely the leader in the Mizuno running pack. Great technology and it all fits together well. The upper is well padded, slips on easily, and contours well to the foot—mostly because of the way the F-3 foam heel counter conforms to the rearfoot. The floating lace system is anchored by straps to the forefoot and rearfoot. This shoe has the Mizuno midsole feel and moves nicely on or off road. The Mondo Revolution is also an excellent choice for a larger runner—plenty of room inside.

Mondo Control

Price \$79.95

Colors: White/Lavender/Mint (women)
White/Aquamarine/Navy/Sunkist (men)

Wt.: 11.7 oz. (women) 12.8 oz. (men)

Last: Semicurved combination last.



Mizuno Mondo Control

Outstanding Features: Dual density flared midsole for stability. Molded heel counter to improve rearfoot motion control.

ROAD TEST: Mizuno makes shoes that will truly fit the bigger runners and those with wide feet. The Mondo Control is an excellent example of motion control and forefoot room. The flared midsole definitely gives you a firm foundation—this coupled with the molded heel counter keeps even the roughest of runners in line. The Mondo Control has a high ankle construction and is a good choice for orthotics. All around, it's a good solid training shoe with plenty of room.

■ If you are interested in a less expensive general purpose shoe with a slightly more snug feel and a wraparound tongue, look into the **Mondo Reflex** (men's and women's). The midsole and stability of the Mondo Reflex closely resembles that of the Mondo Control. We found that most of the Mizuno's tested received orthotics well, demonstrated good torsion abilities and were flexible in the forefoot.

■ SAUCONY

Scorpion

Price \$64.95

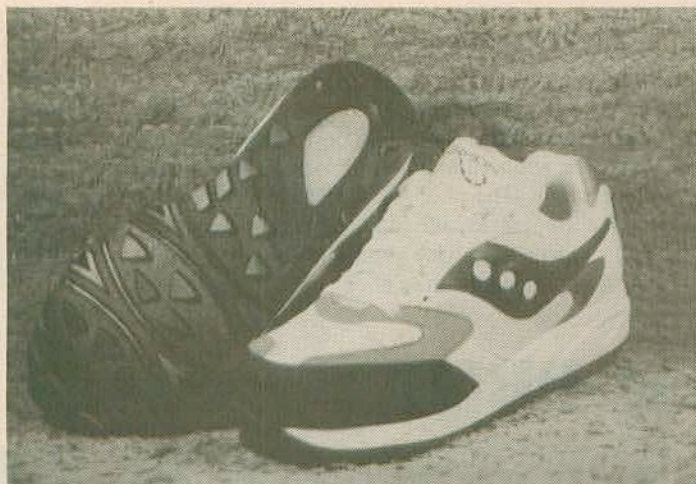
Colors: White/Magenta/Purple (women)
White/Marlin/Navy (men)

Wt.: 10.5 oz. (women) 11.9 oz. (men)

Last: Saucony Stability combination last.

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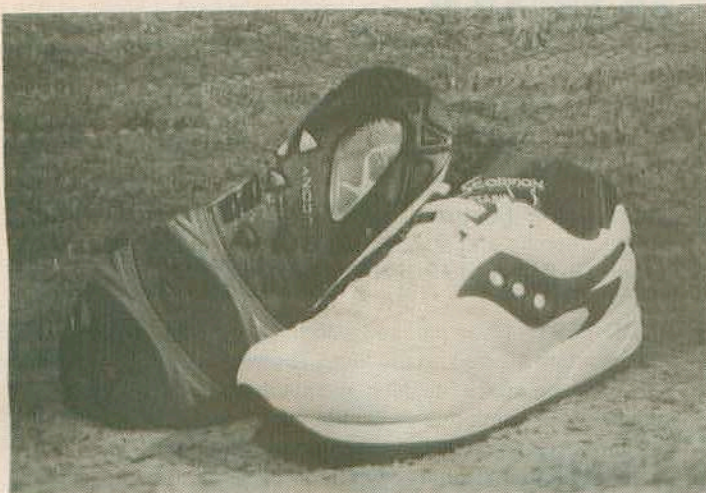
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Saucony Scorpion

Outstanding Features: Stytherm heel counter to prevent rearfoot motion. Removable RB Sockliner with molded cushioning cradle to envelop the heel and decrease motion. V.I.P. Suspension System with heel plugs of different densities, with different models.

ROAD TEST: The new Scorpion continues that traditional Saucony feel. Wide spacious toe box, firm rearfoot and smooth heel to toe movement. This model has a single density midsole with standard density plugs in the heel strike area of the midsole for greater cushioning. The insole really conforms well to the foot to eliminate friction from rubbing. I am most impressed with the overall movement of the shoe on the road -- it goes with the natural neutral foot motion.



Scorpion Stabil

Price \$77.95

Colors: White/Dusty Turquoise/Fuschia (women)
White/Blue/Regal Purple (men)
Wt.: 11.8 oz. (women) 13.0 oz (men)
Last: Saucony Stability combination last.

Outstanding Features: Stytherm Counter to reduce rear-foot motion. 3 density Molded EVA Midsole with the firmest density on the medial side to deter pronation. V.I.P. Suspension System made of firm density PU plugs in the heel strike area of the midsole for greater stability.

ROAD TEST: When testing this shoe, I actually looked at my feet to make sure that I had the Stabil on. This shoe is so flexible and smooth -- it just doesn't feel like a stability shoe. While the Scorpion feels like it absorbs the shock, this model gives more of a rebound. I also noticed that the softest midsole material is found in the midline at the rear to receive the heel and guide it properly. To me this new V.I.P. Suspension System is more gentle on the foot than even the G.R.I.D. system -- a move in the right direction.

■ Anna tested the new **G.R.I.D. Sensation II** and was highly impressed with the extremely cushioned heel. Although she didn't rate it as a highly stable shoe (slip lasted), she liked the strong arch support and flexibility. The wraparound tongue design is easy to get on and off and keeps the shoe snug but comfortable.

NEW BALANCE



700

Price \$69.95

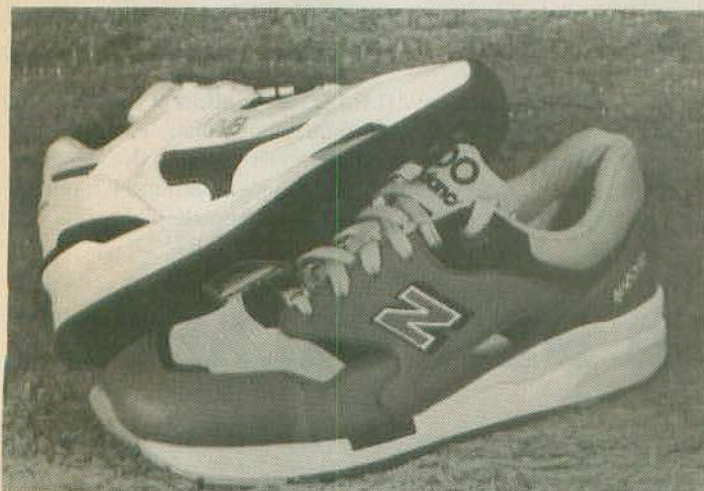
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■ The Sole Providers

Colors: White/Purple/Sable (women)
White/Navy (men)
Wt.: 8.8 oz. (women) 11.7 oz. (men)
Last: SL1

Outstanding Features: Rearfoot ABZORB (polyurethane based elastymer) technology for shock absorption. Lightweight C-CAP midsole with firm medial post for stability and comfort.

ROAD TEST: New Balance builds good orthotic shoes -- the 700 being no exception adds the comfort of a slip last construction. This company pays particular attention to detail (good job teams 31 and 36). The upper is smooth and seemingly seamless -- easy to wear with no socks. It gives stability in the rearfoot and snug flexibility in the forefoot. The design places the foot in a natural gait providing great absorption and return of energy at heel strike. The 700 is great for speed as well as long distance.



998 (w) and 1600(m)

Price: \$104.95 (women), \$170.00 (men)

Colors: White/Purple/Fuschia (women)
Shadow Grey/Navy (men)
Wt.: 9.5 oz. (women) 12.3 oz. (men)
Last: SL1

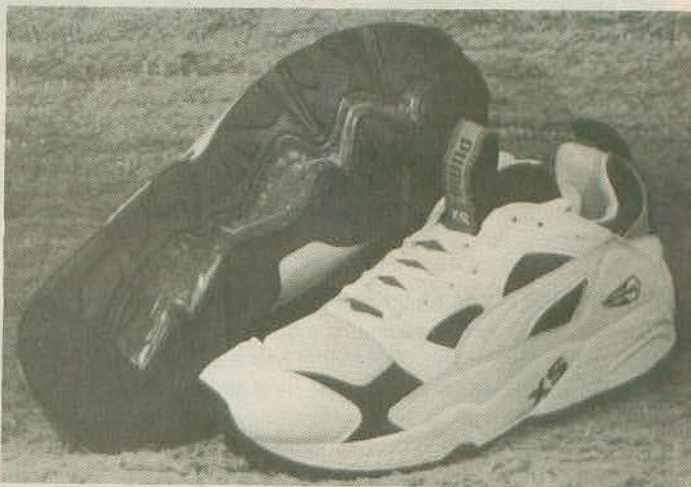
Outstanding Features: The women's 998 still offers comfort and stability and the men's 1600 had rear foot ABZORB technology for shock absorption. A stable shoe with conservative design and colors.

ROAD TEST: Anna tested the women's 998 -- no changes, just a great women's shoe. Comfort is the first response with stability at a close second. The upper is well-cushioned and se-

cure. The midsole provides good cushioning and strong heel, arch & forefoot support without being stiff.

The new 1600 replaces the long standing 1500 as New Balance's top shoe. It has slightly more toe room and smooth upper construction. The new ABZORB technology effectively reduces shock at heel strike and the shoe glides well through toe off. The 1600 remains a stability shoe with conservative design and colors. A very distinguished shoe.

■ PUMA



XS SPEED II

Price \$74.95

Colors: White/Black/Red (men only)
Wt.: 12.2 oz.
Last: Semi-curved slip w/tuck

Outstanding Features: Rearfoot Trinomic for increased heel cushioning and stability. Dual density EVA plug to control motion. PUMA AEROPRENE for sock like fit.

ROAD TEST: I was pleased with how easily the AEROPRENE fitting system slipped on the foot. The whole upper is form fitting with good toe space, cushion and stitching. The XS Speed II hugs the foot comfortably. On the road, I was impressed with the Trinomic's exceptional shock absorbing ability. The foot moves with no resistance from heel to toe making this shoe fit well to it's name. For a neutral to slight pronator, the XS Speed II is also a distance shoe that will win your confidence.

continued next page...

The Sole Providers

■ The **TX 400** is a good choice if you are looking for a more stable shoe than the **XS Speed II**. It is built on the same last, but seems to have a little wider toe box and more firm midsole. It moves well with the foot because of its cut out midfoot for torsion and forefoot flexibility.



Viento (Fall 1995)

Price \$44.95

Colors: Canton/White/Ink (women only)

Wt.: 10.1 oz.

Last: Semi-curved canvas board.

Outstanding Features: Rearfoot Trinomic technology for stable cushioning.

ROAD TEST: The Viento is proof that you can buy an excellent running shoe at a low price. It has a comfortable fit throughout with a wide toe box, firm heel counter and excellent midfoot comfort. Anna rated it very good for long distances because of its comfort, excellent cushioning & strapping system and stable but flexible midsole. She doesn't recommend it for speed work, but feels it suited for off road as it has very good traction, a wide midsole base and adequate midfoot torsion.



FYI...

Tongues are making a comeback, which makes the crowd applaud. However, when the pendulum swings (as when the wraparound tongue was the fad) be careful not to throw the baby out with the bathwater. Each technical option brings a more custom fit for you.

ASICS



GEL-KAYANO

Price: \$115.00 (women), \$120.00 (men)

Colors: Hydro/Black/Concord (women's and men's)

Wt.: 11.0 oz. (women) 13.0 oz. (men)

Last: Semi-straight combination.

Outstanding Features: Rear and forefoot GEL system for cushioning. Exoskeletal logo stripes for custom fit and midfoot support. Trusstic system reduces weight of the shoe without sacrificing structural integrity. Mono-Tongue system for custom fit.

ROAD TEST: Asics put everything they have into this shoe. It is one of the **CORE** series providing stability and cushion to those of medium build. The upper is more spacious, plenty of toe room and good cushioning. A wide base midsole and dual density EVA give the GEL-KAYANO stability. The GEL system receives shock well, and is exposed at the heel if you would like to feel it. The midsole cut out encourages torsion between fore and rearfoot. If you want a roomy, cushioned and flexible shoe, here it is.

continued next page...

■ The Sole Providers



GEL-MORO

Price \$75.00

Colors: White/Black/Denim (men only)

Wt.: 11.5 oz.

Last: Combination

Outstanding Features: Rearfoot HexGEL for cushioning. Contoured dual density EVA for cushioning and torsion ability. Aggressively studded rubber outsole providing traction for a variety of surfaces and conditions.

ROAD TEST: The GEL-MORO is part of the A.S.T. line -- off road and/or stability shoes. The upper is roomy without surrendering stability. It has a good heel counter and strong midfoot strapping. The rearfoot GEL makes it comfortable on hard surfaces. The most striking thing about the GEL-MORO is the outsole. It resembles an artificial turf cleat -- very aggressive! This is a great off road shoe, but it could use a wider midsole for stability. It is relatively light for a trainer, is adequately supportive and moves nicely from heel to toe.

■ From the Lyte series, we tested the **GEL-DS TRAINER**. This shoe is made for the light, fast paced runner desiring a light, quick shoe that can go the distance. This one has the stability to do the long distances and the snug, light feel for effective speed work. Very flexible and comfortable.

■ NIKE



Air Max² Light

Price: \$130.00 (women), \$135.00 (men)

Colors: White/Black/Sapphire (women)

White/Black/Glass Blue (men)

Wt.: 10.0 oz. (women) 12.5 oz. (men)

Last: Semi-curved slip last.

Outstanding Features: Three pressure chambers in the heel (5 psi under heel and 25 psi on each side of the heel). Mid-foot cutout to provide torsion biomechanically compatible to the foot. Strong heel counter for rearfoot support.

ROAD TEST: Yes, the Air Max2 technology really works. I found that the lesser pressure down the middle of the heel surrounded by the higher pressure units formed a gutter for the foot to naturally follow from heel to midfoot. The strong heel counter and insertable arch supports add stability. On the road, the Air Max2 has a comfortable upper, good toe space, rearfoot stability and an effective torsion system. This shoe really shines on the long road runs, but will do well off road. I don't recommend it for speed work.

■ We also had an opportunity to review the Nike Triax series. This is 3 pair of shoes [**Air Huarache**(10.6 oz.), **Structure**

continued next page...

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(11.6 oz.) and **Max** (11.8 oz.) **Triax** that are aimed at providing top quality and light weight at a low price (\$85.00 each). The Huarache is flexible and form-fitting, has a wraparound tongue and moderate heel support. The Structure has a footbridge to deter pronation and is a bit more solid than the Huarache (the name is Structure, not stability). Max is to me the most stable with a stronger heel counter, a more firm midsole and less midfoot torque. Each has rear and forefoot Air-Sole units and the latter two have traditional tongues. Three very different, very fine inexpensive shoes.



Air Zoom LWP

Price \$100.00

Colors: White/Black/Cherry (women)
White/Citrus/Black/Voltage Purple (men)
Wt.: Unavailable
Last: Semi-curved slip last.

Outstanding Features: Exoskeletal medial/lateral external arch supports that tighten around the foot upon lacing. Stretch mesh upper for ventilation and comfort. Air-Sole heel and Tensile-Air in the forefoot.

ROAD TEST: This is a performance shoe -- only serious runners need apply. No heel counter, no stability devices, no heavy upper strapping . . . just light weight, ventilation and comfort. LWP stands for "Light Weight Performance" and that's just what you get. The upper is just a detail to keep the midsole attached to the foot. The heel straps in nicely and there's plenty of toe space. The midsole envelopes the foot and allows freedom of movement. Obviously, the Air Zoom LWP is for racing, tempo runs and speed work.

■ BROOKS



Vantage

Price: \$79.95

Colors: White/Cobalt Blue/Black (women)
White/Black/Bronze (men)
Wt.: 10.5 oz. (women) 12.5 oz. (men)
Last: Curved, California slip last

Outstanding Features: POD Technology that segments the mid and outsole into smaller segments (or pods) that react individually with the foot. Rearfoot Hydroflow for shock absorbance. Modified Diagonal Rollbar enhances motion control.

ROAD TEST: It may be a bit stiff for a day or two, but don't be discouraged -- it works in nicely. The upper is well padded has a solid arch & heel support and high ankle construction with lower cut for the lateral malleolus. The Vantage is stable and firm, but maintains good shock absorbency, flexibility and rear/forefoot torsion. Although it is all right for off road, the Vantage's natural environment is the hard top.

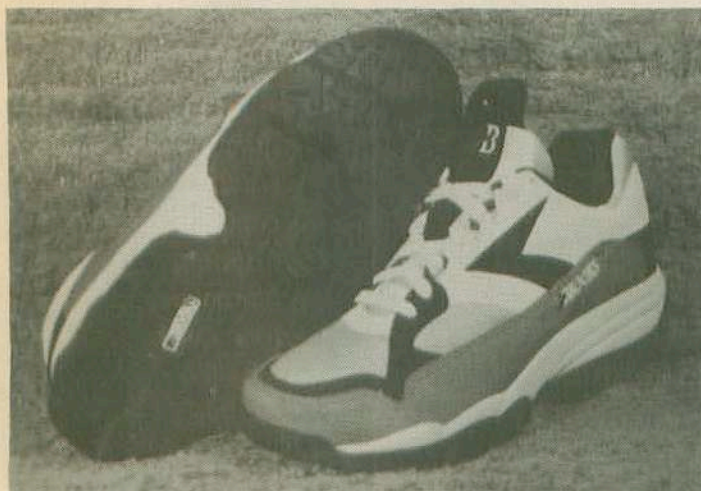


FYI...

When choosing a shoe to wear with orthotics, it's good to have a stable rearfoot (combination or board last) and a high ankle construction (orthotics lift the heel and high ankle design will hold the foot better).

continued next page

The Sole Providers



Vanguard

Price \$74.95

Colors: Pewter/Evergreen/Black (men only)

Wt.: 13.0 oz.

Last: Curved, California slip last

Outstanding Features: Footshield upper design to protect and support the foot. Rearfoot HydroFlow for shock absorption. Heel and toe bumpers to protect the feet. Forefoot pods designed to accommodate flexion of the forefoot. Midfoot cut out for torsion.

ROAD TEST: The Vanguard is truly an off road vehicle -- rough and protective outside with a solid heel counter and mid-

sole (firm is good on dirt), heel and toe bumper protection, well padded and tough upper. It's movement is accentuated by the forefoot flex grooves and suprising rear/forefoot torsion. And like most off road machines it keeps the passenger comfortable and free from the dangerous outside environment. The Vanguard moves deceptively well for such a sure footed stability shoe.

■ The third member of the Van'tage Series 2000 is the **Villanova** cross-terrain running shoe with stronger upper strapping and more apparent arch and medial support. This shoe is more firm in general than either the Vantage or the Vanguard. Even with that, it somehow feels very smooth and comfortable (don't ask me why).

About Your Reviewer...

As you can imagine, reviewing running shoes definitely has its advantages. You receive the very best products on the market, take them for a test run, and give opinions on their performance. So, aside from meeting an article deadline and finding closet space for the shoes, what could be so difficult? The reality is that the author must be qualified in the subject. The finished product is a culmination of the author's understanding and experience. Many things need to be considered when dealing with as complex a machine as the body. Dr. Workman makes his living as a mechanic for that machine. His background includes physics, biomechanics (body movement), gait analysis (manner of walking and running) and years of indepth human anatomy. Perhaps more important are the years he has spent dealing with injured athletes in his practice. For this reason, his reviews consider the effects that shoes have on the feet and therefore, everything that rests on those feet.

Although biomechanical background is extremely important, the reviewer must also be a runner to accurately convey the performance of a shoe. Dr. Workman began running at age twelve, achieving a high level of success. Gaining an appreciation for good running shoes, he now studies shoe performance and technology. Having a normal gait enables him to give a neutral shoe evaluation. Conversely, working with variations of abnormal gait helps him appreciate the effect a shoe can have on an athlete.

Dr. Darin Workman practices at the Houstonian Medical Specialists in Houston, Texas. He runs a chiropractic practice and is director of the Houstonian Rehabilitation Associates. He specializes in sports injuries and back and neck injuries. Dr. Workman is an avid runner, race director and freelance writer/lecturer.

✓ Our appreciation goes to Valerie Andrews of *Southern Runner* magazine for her efforts in preparing the section.



There are no small
victories in the fight
against heart disease.

American Heart
AssociationSM



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SoCAL DIARY

By Bill Minarik

Track & Field Preview

PAC-10

Men

The UCLA men again appear to have enough big points to take this one in front of an Oregon team which is ready to challenge. Ron Alice will need another year before he has USC in position to be tops here.

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

Women

This year may very well be a repeat of last year with UCLA appearing to have enough field event strength to stay ahead of Arizona State's track rabbits. If either should falter, look for Oregon, which is rich with new talent to move ahead.

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

Big West

Men

With Nevada reportedly dropping the sport, Utah State should dominate, with New Mexico State second in a very weak conference.

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

Women

UNLV did a little bit better than Utah State in the recruiting wars, so I look for the Rebels to dethrone the Aggies come May.

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

CCAA

Men

With CPSLO gone, Cal State LA has a virtual lock here. Cal State Bakersfield appears to be the best of the rest.

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

Women

The strength here is a mirror reflection of the men's division.

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

American West

Men

With CS Northridge still recovering from the earthquake, along with the shock of almost having their sport

dropped, CPSLO should have enough points to take things here.

- | | |
|-----------------|-----------------|
| 1 CPSLO | 3 CS Sacramento |
| 2 CS Northridge | 4 Southern Utah |

Women

CPSLO should have enough to sweep the field here.

- | | |
|-----------------|-----------------|
| 1 CPSLO | 3 CS Sacramento |
| 2 CS Northridge | 4 Southern Utah |

SCIAC

Men

Claremont-Mudd's field event strength will be the telling tale here, with the rest of the conference even further back than last year.

- | | |
|------------------|----------------|
| 1 Claremont-Mudd | 5 Whittier |
| 2 Pomona-Pitzer | 6 Cal Tech |
| 3 Redlands | 7 LaVeme |
| 4 Oxy | 8 Cal Lutheran |

Women

On paper, Pomona-Pitzer is a little stronger than Oxy, so I'll go with the Sagehens this year, with Claremont-Mudd in the show position.

- | | |
|------------------|----------------|
| 1 Pomona-Pitzer | 5 LaVeme |
| 2 Oxy | 6 Cal Lutheran |
| 3 Claremont-Mudd | 7 Whittier |
| 4 Redlands | 8 Cal Tech |

Community College

Men

With Ron Alice gone from Long Beach, it looks like Ted Banks and his Riverside thinclads will be kings-of-the-hill. Mt. SAC appears to be the only other team capable of challenging for the title.

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

Women

Riverside again appears to be the class of the field with second place up for grabs among four teams.

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

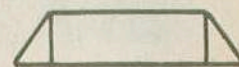
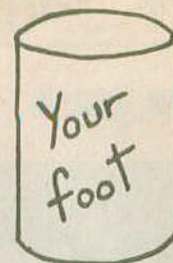
CSAC

Men

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

Women

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



↑ Your shoe

**Don't Force
Your Foot
into a
Running Shoe
that isn't
Designed for
Your . . .**

- ◇ weight
- ◇ mileage
- ◇ foot shape
- ◇ biomechanics
- ◇ orthotics
- ◇ needs
- ◇ wants
- ◇ dreams

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Running and Fitness
Association's**

Running Shoe Database

can help you match the
*right shoe to the right
foot.**

For a free data sheet concerning
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envelope to: AR&FA RSDB,
4405 East West Highway, Suite
405, Bethesda, MD 20814

*(Left foot also included)

MEET SPOTLIGHT

By Doug Speck



A close 50 meters with MIKE MARSH (right) edging JON DRUMMOND--both at 5.73--for the win.
Photo by Bill Cockerham

Sunkist Indoor Invitational

event in the track and field program at the prep level in California, from dual to state meet. There are a number of other Girls in the state who are pursuing the event seriously, with Bridget Pearson of Toll JHS in Glendale second here at 8-6. That part of the competition ended before Melissa had the bar placed at 10-0 for her first attempts of the evening. Showing impres-

sive athletic ability from years of gymnastic work and strength and determination to match, Price became an instant hit by sailing over 10-0 and 11-0 by huge margins. The bar next went to a new American Record 12-02 (3.71 meters), with Price clearing on her second attempt. At 12-04 she had good attempts, but was not able to clear this evening. Yours truly, the announcer, built Price up to the level she is due, as the top ranked American prep athlete in the world in her event! Comfortably channeling the nervous energy from attempting heights that no other American had cleared and the attention of the huge crowd will come with time. The first year event has a great "Ambassadoress!"

LaKeisha Backus (Wilson, Long Beach) is just part of the greatest group of prep female sprinters ever gathered in one area of the nation (Southern California) at one time. Backus, the World Junior medalist at 200 meters (22.86w--making her the #4 prep in U.S. history in the event under any conditions), is just one of a flock of flyers, with Andrea Anderson and Aminah Haddad of Long Beach Poly, and Heather Sumpter of Muir (Pasadena) certainly needing no introduction. Heats were all set up here with expectations to an absolutely great final. Anderson (6.50), Haddad (6.49), Backus (6.41) within .02 of the National Prep Record of 6.39!), Kelli White (Logan, Union City) (6.53), and Sumpter (6.61) were the five heat winners. There were some definite officiating problems here, with places and hand-times picked at the finish line, then times to the hundredths supplied by an Omega Hawkeye Timing system. Responsibility for bringing all of that information together to determine the six finalists was not "clear-cut" enough, with the time for the Girls Finals coming and going with no athletes appearing at the starting line. Without much explanation, the meet zoomed right past this once-in-a-lifetime

finals match-up of a classic crew. Similar match-ups will take place outdoors, but Backus was absolutely scary with her power in her Heat win, with the others looking very, very good.

Julia Stamps, a couple of months from her huge thirty-second win at the Foot Locker National Cross-Country Championships, was allowed to compete in the Open Division of the Meet, with all prep athletes competing "unattached" out of their season of competition. The Prep National Record is 4:38.5 and the soph class record is 4:47.4. It looked as if the race would go somewhere in the mid-4:30's, with Stamps' ability to "hang-on" for as long as possible definitely worth the viewing attention. With buddy Ceci St. Geme taking the event out through a 67.1 first 440, Stamps sat in 5th place, rolling along in traffic that the prep soph typically never faced in her regular season high school races. Julia would show off shins later in the evening quite bloodied from the spikes of those around her this evening. The 880 for the leaders came by at 2:18.4, with Stamps 2:19.4 in 7th. Gamely hanging on, the leaders were 3:31.6 at the 1320 with Julia back in 8th at 3:33.1. Sarah Thorsett (Nike North, Wisconsin) would lead the battle up front, closing with a 67 second 440 to win at 4:38.64, with our prep star upping the tempo slightly from her third 440 of 73.7 with a 73.6 final 440 that had her finish in a fine 4:46.73, bettering the prep soph record of 4:47.4. The record-laden career of California's latest "distance darling" continues. Next on the agenda is qualifying for the World Cross-Country Championships, February 18th, with the World competition March 25th in England.

Kristie Johnston (Central, Fresno) and Micah Davis (Mead, Spokane, Wa) were the others who were very dominating with excellent middle distance performances this evening. Johnston, recently signed at USC for the next four years, raced the nation's leading prep indoor 880 at 2:14.8 with a show of power that was very impressive at this stage. Davis, one of the latest from the great Mead HS program, disappointed at not qualifying for the Foot Locker National Cross-Country championships, had a bit of revenge here. Against a fine Boys Seeded Mile field, Davis followed 4:10 junior Billy Harp-

continued next page...

Saturday, February 11th. L.A. Sports Arena.
Track 160 yard banked board.

PREP ACTION

The annual huge day of action at the Sunkist Indoor meet provided just about all of California's top prep track and fielders with some great competition. There were a number of sterling performances during the day and evening, with California's latest female prep stars, Melissa Price on the field, and LaKeisha Backus and Julia Stamps on the track, performing magnificently.

Melissa Price, who many fans may remember from her impressive American Record performance of 11-06.25 in the State Meet exhibition with Jocelyn Chase, went on to be the number one ranked American of any age in the Women's Pole Vault. She had a neat summer of competition, which included a USA Track & Field Senior title in the event, and competition in the Goodwill Games in St. Petersburg, Russia. Indoors this winter she had already heated up the action with an American record (again of any age!) with a 12-1 1/2 clearance at the January 21st Reno "Pole Vault Summit," a special weekend of clinics and competition planned by the Development Committee of the sport. The 12-1 1/2 was with a short run-up, with all who viewed her efforts there indicating eventual potential quite a bit higher. Price was excited about the Sunkist competition, and let no one down.

A week previous, the State Federated Council had voted to make the Girl's Pole Vault a full

MEET SPOTLIGHT

er of Oregon through a 64.7 440, and when the pace slipped to 2:11.7 at the 880 it looked like one of those 4:25 runs. Surprisingly, at the 880 Davis slammed on the accelerator and quickly moved to a ten year lead with no one able to respond to his 62.7 third 440 that had him come by the 1320 at 3:14.6 with a 35 yard lead. Continuing strong to the finish, Davis finished at 4:18.24 with Brett Strahan (Hart, Newhall) next in the field at 4:22.45.



MELISSA PRICE

Photo by Bill Leung, Jr./Geek Media

A number of other individuals and teams were strong this day. Ramsey Jay (Ventura), who had already run under 50.0 indoors for 400 meters at the Air Force Academy a week previous, looked great in a fine 58.5 500 yard win. Super frosh Angela Williams (Chino), who raced 11.78 for 100m and 24.03 for 200m last year as the nation's best junior high sprinter, was very impressive in stretching out over the 500 yard distance, winning her race in the day's quickest, a 1:07.9 that was inside the national prep all-time top twenty listing. Utah's Lee Lorenz added to the middle distance action, with the 1:53.3 runner racing out at 56.8 for the first 440 in the Seeded 880 before racing to a two second 1:58.21 victory. Keith O'Doherty (Thousand Oaks) cruised to

a 9:31.5 Seeded Two Mile victory, with Annie Ebner (St. Lucy's, Glendora) 11:26.3 in winning the Girls race. Heather Miller (Henley, Klamath Falls, Or) was a strong finisher in the Girls prep Seeded Mile, winning at 5:10.84.

Muir (Pasadena) had Jamal Carr finish very strongly in the Boys 50 meter event, taking his heat conqueror, Felton Charles (Westmoor, Daly City), 5.82-5.92. Carr joined relay-mates in very impressive 1:04.7 (4x160) and 2:11.62 (8x160) wins. Halving the 2:11.62 into 2 x 1:05.8's would give the Muir team the three fastest 4x160's in the entire meet among preps. The Mustangs look hot once again in 1995!

The Morningside (Inglewood) team looked quickly early also. The girls 4x160 group was a quick 1:13.6, with the Boys the day's quickest 4x440, a 3:31.4. The very strong Long Beach Poly Girls group took the Seeded 8x160 at 2:34.38. Bishop O'Dowd (Oakland) blazed on of the nation's top prep times in the Girls 4x440 at 4:00.1. Esperanza (Anaheim), off strong 2:23 anchor by Courtney Pugmire, took the Girls 4x880 event at 9:49.4, with Thousand Oaks the Boys contest at 8:12.7.

The Hurdle events were taken by Joanna Hayes (North, Riverside), who raced a fine 7.38 in the 50 meter Girls event, with Long Beach Poly's Eric Patterson the quickest Boys Heat winner at 7.01 over the 50 Meter Highs.

There was some other good action in the field. Rene Loraine (Petaluma) took a good field in the Boys Pole Vault at 15-06, with surprising Mike Hdezoz (Mills, Millbrae) second ahead of a strong group with a 15-00 pr. Chris McAllister (Pasadena) shocked with a 48-8 Triple Jump win, with Clarence Scott (Fremont, L.A.) taking the Boys Long Jump with a fine 23-04.25 jump. Pat Leonard (Piner, Santa Rosa) topped 7-2 1/4 jumper Kevin Dotson (Los Alamos, NM) and a good group with a 6-8 High Jump win. Tracye Lawyer (Cate, Carpinteria) escaped with a 5-6 Girls High Jump win, with Liz Giltner, Carmel's surprising Erica Larson, and Tayiba Haneef (Laguna Hills) also over that height. Jemae Wright (Logan, Union City) took the Long Jump at 18-1 1/4 over rival Pam Simpson (Poly, Long Beach) (17-10). Reynnda King (St. Mary's, Inglewood) took the Triple Jump at 36-5 1/4.

Outdoor action in the weights had some good marks. Thomas Schmidt (Chino) took the Boys Shot at 57-2 1/2, with John Davis (Wilson, Long Beach) a fine 170-00 in the Discus. Adria Brown (South Bakersfield) was 41-00 in the girls Shot, with Nadia Lopez (Arroyo Grande) 141-01 in the Discus for a new Meet Record.

RESULTS

Open (High School participants)

50m (R-1) Mike Marsh (Santa Monica TC) 5.73...4. Bryan Howard (Canyon Springs HS, Moreno Valley) 5.81. 500y Danny Harris (World Class TC) 56.58...5. Michael Granville (Bell Gardens) 64.60 (slipped while going around first turn)

High School Boys:

50m (H-1) Marques Holliwell (West, Bakersfield) 5.85, 2. Dee Morankola (DeAnza, Richmond) 5.93, 3. Ray Butler (Morningside, Inglewood) 6.04. (H-2) (hand-time) Adrian Logan (Upland) 6.0, 2. John Burks (Kennedy, Sacramento) 6.0, 3. William Taylor (Morningside, Inglewood) 6.0, 4. Greg Cleve (Cypress) 6.0. (H-3) Felton Charles (Westmoor, Daly City) 5.89, 2. Jamaal

Carr (Muir, Pasadena) 5.90. (H-4) Kadar Lewis (Harvard-Westlake, North Hollywood) 6.10. **Football 50m** (H-1) Chris McAllister (Pasadena) 6.00, 2. Vince Williams (University City, San Diego) 6.02, 3. Chad Morton (South Torrance) 6.03 (R-2) Bryan Harrison (Dana Hills, Dana Point) 6.07. **50m (F)** Carr 5.82, 2. Charles 5.92, 3. Holliwell 5.92, 4. Morankola 5.97, 5. McAllister 6.06, 6. V. Williams 6.06.

500y (R-1) Ramsey Jay (Ventura) 58.5, 2. Aaron Richberg (Logan, Union City) 59.6, 3. Tom Brown (McClymonds, Oakland) 1:00.1. (R-2) Bobby Jones (Manual Arts, L.A.) 59.8. (R-3) Lydell Burston (Morse, San Diego) 59.7. (R-4) Felix Sanchez (University City, San Diego) 59.6. **880y** (Seeded) Lee Lorenz (Bingham, South Jordan, UT) 1:58.21, 2. Jonevan Hornsby (St. Mary's, Berkeley) 2:00.28, 3. Brian Duff (Loyola, L.A.) 2:00.29. (Rated) (R-1) 1. Mike Balderas (Garden Grove) 2:01.8, 2. Jorge Lopez (Compton) 2:02.0. (R-2) Derek Loudonback (Mira Costa, Manhattan Beach) 2:01.3, 2. Matt Blasdel (Santa Margarita, Rancho SM) 2:02.1.

Mile (Seeded) Micah Davis (Mead, Spokane, Wa) 4:18.24, 2. Brett Strahan (Hart, Newhall) 4:22.45, 3. Antonio Arce (Palmdale) 4:23.61, 4. Eric Mickelson (Newport, Bellevue, Wa) 4:25.99, 5. Daniel Sikiric (Leland, San Jose) 4:26.36, 6. Billy Harper (Junction City, Or) 4:26.74. (Rated) (R-1) Peter Gilmore (Palisades, Pacific Palisades) 4:28.2, 2. David Romero (Scripps Ranch, San Diego) 4:28.3, 3. Greg Phister (Davis) 4:30.6, 4. Amerigo Rossi (Harbor, Santa Cruz) 4:30.9. (R-2) Peter Egerton (Santa Rosa) 4:29.1, 2. Dave Mitchell (Morro Bay) 4:29.2, 3. Javier Ramirez (Nordhoff, Ojai) 4:29.9, 4. Tom Kloos (El Camino, Oceanside) 4:31.4, 5. Byron Hardie (Bishop Amat, La Puente) 4:32.3, 6. Yonathon Asmeron (McAteer, San Francisco) 4:32.6. (R-3) Brendan Pacheco (Brethren Christian, Cypress) 4:29.3, 2. Phil Gonzales (Crescenta Valley, La Crescenta) 4:29.9, 3. Mike Thatcher (La Canada) 4:30.7.

Two Mile Run Keith O'Doherty (Thousand Oaks) 9:31.5, 2. David McQuitty (Grossmont, La Mesa) 9:42.6, 3. John Greene (Agoura) 9:44.6, 4. David Lopez (Hoover, Glendale) 9:47.4, 5. Tom Becker (Bellarmine, San Jose) 9:48.1, 6. James Liu (Temple City) 9:48.5. **50mHH** (R-1) Eric Patterson (Poly Long Beach) 7.01, 2. Steve Forte (El Camino, Oceanside) 7.06, 3. Jeff Nord (Los Altos) 7.19. (R-2) Dan Nord (Los Altos) 7.09, 2. Chey Walker (West Covina) 7.12, 3. Jason Mavarian (Orange Glen, Escondido). **4x160 Re** (R-1) Muir, Pasadena 1:04.7, 2. Serra, Gardena 1:07.3. (R-2) Canyon Springs, Moreno Valley 1:10.3. (R-3) Hawthorne 1:07.8, 2. Crenshaw, L.A. 1:10.3. (R-4) 1. Wilson (Long Beach) 1:08.3, 2. El Camino (Oceanside) 1:08.8, 3. Palmdale 1:10.4. (R-5) Westmoor (Daly City) 1:08.4, 2. Westchester 1:10.1. (R-6) Grant, Sacramento 1:09.7. (R-7) Cleveland, Reseda 1:08.7. (R-8) Pasadena 1:07.4, 2. DeAnza, Richmond 1:08.1, 3. Norco 1:09.0.

8x160y (Rated) (R-1) Morningside, Inglewood 2:14.2, 2. Jordan, Long Beach 2:15.5. (R-2) Upland 2:22.2. (R-3) Crenshaw, L.A. 2:17.0. (Seeded) Muir, Pasadena 2:11.62, 2. Manual Arts, L.A. 2:17.26. **4x440y** (R-1) Morningside, Inglewood 3:31.4, 2. Foothill, Santa Ana 3:35.7. (R-2) Alta Loma 3:35.7, 2. Upland 3:35.8. (R-3) Poly, Long Beach 3:41.1. (R-4) Vallejo 3:43.5. (R-5) Crenshaw, L.A. 3:35.0, 2. Pomona 3:36.1. **4x880** (R-1) Thousand Oaks 8:12.7, 2. Orange 8:16.7, 3. Santa Rosa 8:20.3. (R-2) Upland 8:31.4, 2. Arroyo (El Monte) 8:38.5. (R-3) Fillmore 8:31.2.

HJ Pat Leonard (Piner, Santa Rosa) 6-08, 2. Kevin Dotson (Los Alamos, NM) 6-06, 3. David Larsen (Stockdale, Bakersfield) 6-06, 4. Jon Roby (Corcoran) 6-06, 5. Ron Stewart (Gardena) 6-06, 6. Branden Zeldler (Bellarmine, San Jose) 6-06, 7. Dale Fowle (Saugus) 6-04, 8. Danny Vasquez (Century Santa Ana) 6-04, 9. Josh Ambrose (Peninsula, Rolling Hills) 6-04. **PV** Rene Loraine (Petaluma) 15-06, 2. Mike Hdezoz (Mills, Millbrae) 15-00, 3. Dan Schimooka (San Pasqual, Es-

continued next page...

MEET SPOTLIGHT

Sunkist Invitational OPEN RESULTS--MEN

50 meters (Race 1): 1. Marsh (Santa Monica) 5.73, 2. Drummond (Nike) 5.73, 3. Johnson 5.80, 4. Howard (un, Canyon Springs HS) 5.81, 5. Jefferson (Santa Monica TC) 5.82. (Race 2): 1. Bolden (un) 5.79, 2. Hargraves (New Era) 5.83, 3. Reed (un) 5.83, 4. Bowen (Fresno St) 5.85, 5. Middleton (Mt. SAC) 5.99, 6. Laynes (West Coast) 6.0.

50 meter Hurdles: 1. Crear (Reebok) 6.50, 2. Reading (Accusplit) 6.62, 3. Swift (In-Sport) 6.64, 4. Benoy (SpringCo) 6.72, 5. Alade fa (USC/Nigeria) 6.77.

500 yards: 1. Harris (World class) 56.58, 2. Neal (Home Depot) 59.14, 3. South (New Era) 60.28, 4. Storr (un) 61.29, 5. Granville (un, Bell Gardens HS) 64.60 (fell).

880: 1. Gray (SMTC) 1:52.94, 2. Blazek (Reeb) 1:53.17, 3. Ward (Asics) 1:53.61, 4. Vincent (SMTC) 1:54.59, 5. Destine (SMTC) 1:54.70, 6. Terry (UCLA) 1:55.62, 7. Armour (AZ St) 1:56.47, 8. B. Konchallah (Kenya) 2:02.57.

3000: 1. Rueben Reina (Foot Locker) 7:59.20, 2. Bergetun (Kenya) 7:59.82, 3. Boulet (Cal) 8:00.32, 4. Oleson (Canada) 8:02.86, 5. M. Keino (Az) 8:02.99, 6. Ashire (Reeb) 8:05.94, 7. Gidabuday (Tanzania) 8:08.20, 8. Farmer (Home Depot) 8:09.00, 9. Nguku (RivCC/Kenya) 8:13.98.

Mile: 1. Bruton (Asics/Ireland) 3:58.30, 2. Pyrah

(Mizuno) 8:58.43, 3. Johns (Reeb/NZ) 4:01.78, 4. Harris (Reeb) 4:06.51, 5. Cushing-Murray (SMTC) 4:06.65, 6. Aouita (Morocco) 4:06.77, 7. Siba (Morocco) 4:09.96, 8. Spivey (Asics) 4:10.12, 9. Merchoud (RivCC/Moroc) 4:11.56, 10. Monba (Valley Royal/Canada) 4:14.09, 11. Nicolas (Ore) 4:17.80.

Pole Vault: 1. Hysong (Stars & Stripes) 18-6 1/2, 2. Payne (Nike) 18-6 1/2, 3. Bright (un) 18-6 1/2, 4. Manson (GoldwinTC) 18-2 1/2, 5. Burns (Reebok) 17-10 1/2, 6. tie Besmer (SoBayTC) & Sommers (un) 17-4 1/2, 8. Henning 17-4 1/2, 9. Curran (un) 16-10 3/4, 10. tie Slover (UCLA) & Takahashi (Japan) 16-10 3/4. NH--Starkey, Thorsen, Basics, Yonakura, Beresford.

Long Jump: 1. Walder (Adidas) 25-4 3/4, 2. Knox (un) 24-8 1/2, 3. Adkins (Cal) 24-7, 4. Moringana (Japan) 24-2 1/4, 5. Ganda (UCLA) 23-7 1/4.

OPEN RESULTS--WOMEN

500 yards: 1. Richards (Jamaica) 1:02.64, 2. Irving (Atoms) 1:04.04, 3. Dooley (Fresno St TC) 1:04.33, 4. White (AZSt) 1:06.8, 5. Joseph (Trinidad) 1:06.78.

50 meter Hurdles: 1. Joyner-Kersey (Honda) 6.82, 2. Goode (Goldwin) 6.97, 3. Williams (Goldw) 7.01, 4. Veltman (WestCst) 7.19, 5. Walker (UCRiv/Jam) 7.23.

880 yards: 1. Mutola (Mozambique) 2:01.05, 2. Paulaviciene (Canada) 2:03.58, 3. Marshall (NewBal) 2:05.29, 4. Fletcher (Canada) 2:11.76, 5. Crain (UCLA) 2:12.52, 6. D. Williams (RivCC) 2:12.57, 7. Toney (un) 2:12.91.

Mile: Thorsett (Nike North) 4:38.64, 2. St. Geme (Asics) 4:39.79, 3. ten Benschel (NewBal) 4:40.28,



JULIA STAMPS

Photo by Bill Leung, Jr.

4. Schward (Ark) 4:42.28, 5. Howell (Reeb/Can) 4:43.07, 6. Eichner (Reeb) 4:44.43, 7. DiMuro (Nike Int) 4:46.56, 8. De Geest (Can) 4:46.55, 9. Stamps (un, Santa Rosa HS) 4:46.73 (national high school sophomore record; old mark 4:47.4, Deanna Coleman, Issaquah, WA 1978), 10. Sleeuwenthoek (Netherlands) 4:50.61, 11. Lopez (Cal)

5:54.92, 12. Noll-Mayne (Asics) 4:57.36.

High Jump: 1. Bradburn (Nike) 5-11 1/2, 2. Colman (Nike Cst) 5-9 3/4, 3. Rembao (Reeb) 5-9 3/4, 4. Lock-Jaeger (Nike Cst) 5-7 3/4.

condido) 15-00, 4. Mike Brown (Torrey Pines, Del Mar) 15-00, 5. Logan Nichols (Arroyo Grande) 14-06, 6. Steve Michaels (Brethren Christian, Cypress) 14-06, 7. Kiet Vong (Mt. Pleasant, San Jose) 14-06, 8. Corby Wright (Bear Creek, Stockton) 14-06, 9. Jason Spotts (North, Bakersfield) 14-00, 10. Pete Kovacs (El Modena, Orange) 13-06, 11. David Hernandez (Damen, La Verne) 13-06, 12. Tony Gregorson (Rancho Bernardo, San Diego) 13-06, 13. Dan Baumeister (Loyola, L.A.) 13-06.

LJ Clarence Scott (Fremont, L.A.) 23-04.25, 2. Chris McAlist (Pasadena) 22-10, 3. Tyree Washington (La Sierra, Riverside) 22-07, 4. Majaliwa McKeaver (Ramona, San Diego Section) 22-03.75, 5. Patrick McCall (Carson) 22-01.75, 6. Steve Smith (Gahr, Cerritos) 21-10.75, TJ Chris McAlist (Pasadena) 48-08, 2. Reggie Curry (Tustin) 46-10.5, 3. Michael Turner (Morningside, Inglewood) 46-03.25, 4. Anthony Sanford (Lincoln, San Diego) 45-09.25. **SP** (held outdoors) Thomas Schmidt (Chino) 57-02.5, 2. John Davis (Wilson, Long Beach) 56-07, 3. Jeremy Lingenfelter (Claremont) 56-06.75, 4. Brian Chase (Santa Rosa) 54-09.75, 5. Matt Pentecost (Loyola, L.A.) 54-02.5, 6. Joe Burgess (Elk Grove) 52-01, 7. Jason Hammond (Fowler) 51-05, **DT** (thrown outside) John Davis (Wilson, Long Beach) 170-00, 2. Billy Bush (Downey, Modesto) 167-00, 3. Sepehr Sharif (University, Irvine) 166-04, 4. Thomas Schmidt (Chino) 163-10, 5. Badier (Edison, Huntington Beach) 163-01, 6. Matt Pentecost (Loyola, L.A.) 158-02, 7. Chad Jones (Arroyo Grande) 152-00.

High School Girls in Open portion:

Mile Sara Thorsett (Nike North) 4:28.64.....9. Julia Stamps (Santa Rosa) 4:46.73 (nat'l soph class record old record 4:47.4 1978 Deanna Coleman (Issaquah, Wa), (Stamps 4:27.8 at 1500m)

High School Girls:

50m (R-1) Andrea Anderson (Poly, Long Beach) 6.50, 2. Akiba McKinney (Monte Vista, Spring Valley) 6.60, 3. Summer Washington (St. Ignatius, San Francisco) 6.77, (R-2) Aminah Haddad (Poly, Long Beach) 6.49, 2. Jonquil David (Charter

Oak, Covina) 6.71, 3. Tori Edwards (Pomona) 6.72, 4. Wendy DeFord (Hilltop, Chula Vista) 6.76, (R-3) LaKeisha Backus (Wilson, Long Beach) 6.41 (MEET RECORD), Zhauntel Holman (Valley, Sacramento) 6.68, (R-4) Kelli White (Logan, Union City) 6.53, 2. Madinah Ali (Canyon Springs, Moreno Valley) 6.76, 3. Sonny Butler (Morningside, Inglewood) 6.78, 4. Virginia Williams (Dominguez, Compton) 6.80, (R-4) Heather Sumpter (Muir, Pasadena) 6.59, 2. Jernae Wright (Logan, Union City) 6.66, 3. Krystal Walden (West Covina) 6.67, No Final Run

500y (R-1) Angela Williams (Chino frosh) 1:07.9 (#18 prep all-time), 2. Veronica Carter (Cajon, San Bernardino) 1:09.0, 3. Lana Garner (Morse, San Diego) 1:09.6, (R-2) Vicky Anwuri (Bishop Montgomery, Torrance) 1:11.4, **880** (R-1) Kristie Johnston (Central, Fresno) 2:14.8, 2. Pamela Richardson (Montgomery, Santa Rosa) 2:20.3, 3. Kristin Roth (Torrey Pines, Del Mar) 2:26.1, (R-2) Sharlene Downing (Cheyenne, North Las Vegas) 2:25.1, **Mile** (Rated) (R-1) Shelby Horgan (Temescal Canyon, Elsinore) 5:27.3, 2. Shalynn Fullove (Louisville, Woodland Hills) 5:27.8, 3. Jamie Valcaro (Katella, Anaheim) 5:28.4, (R-2) 1. Heather Culbertson (Marina, Huntington Beach) 5:27.5, 2. Amy Van Atta (Buena, Ventura) 5:29.8, (Seeded) 1. Heather Miller (Henley, Klamath Falls, Or) 5:10.84, 2. Kerry Dugan (Boulder, Co) 5:12.05, 3. Cara Alely (Hanover, NH) 5:12.53, 4. Kim Mortenson (Thousand Oaks) 5:14.27.

2 Mi Annie Ebner (St. Lucy's, Glendora) 11:26.3, 2. Emily Lawson (Clovis West, Fresno) 11:36.8, 3. Nancy Dollar (San Clemente) 11:51.5, 4. Jinna Rohde (Fairbrook) 11:52.4, **50mHH** (R-1) Joanna Hayes (North, Riverside) 7.38, 2. Deaweh Totimih (Valley, Sacramento) 7.58, 3. Felicia Stone (Kennedy, Sacramento) 7.82, 4. Angie Polk (Cerritos) 7.86, (R-2) Ayanara Grant (Bishop O'Dowd, Oakland) 7.50, 2. Kelly Moten (Muir, Pasadena) 7.66, (R-3) Andrea Wasden (Hano, Oxnard) 7.69, 2. Inshirah Jones (Esperanza, Anaheim) 7.97, (R-4) Ashley Bethel (Mission Viejo) 7.92, **4x160y** (R-1) Morningside 1:13.6, 2. Muir 1:17.9, 3. Wilson (Long Beach) 1:18.1, (R-2) Valley, Sacramento 1:17.9, 2. West Covina 1:18.3, (R-3) Gar-

dena 1:17.5, 2. Canyon Springs (Moreno Valley) 1:19.8, (R-4) Channel Islands (Oxnard) 1:19.4, (R-5) St. Bernard (Playa del Rey) 1:21.6, (R-6) Little Rock 1:20.0, (R-7) Logan, Union City 1:14.0, **8x160y** (Rated) Mission Viejo 2:41.4, 2. Saddleback (Santa Ana) 2:41.6, 3. Yucaipa 2:50.4, (Seeded) Poly, Long Beach 2:34.36, 2. Palmdale 2:36.69, **4x440y** (R-1) Bishop O'Dowd, Oakland 4:00.1, 2. St. Bernard, Playa del Rey 4:02.5, 3. Morningside, Inglewood 4:07.6, 4. Poly, Long Beach 4:08.6, (R-2) Pomona 4:12.5, (R-3) Foothill, Santa Ana 4:11.7, (R-4) Dorsey, L.A. 4:18.2, (R-5) Palmdale 4:15.2, **4x880y** (R-1) Esperanza, Anaheim 9:49.4, 2. Poly, Long Beach 9:54.4, 3. El Modena (Orange) 9:58.3, 4. El Toro 10:00.5, (R-2) Vista 10:15.17, (R-3) Dos Pueblos (Goleta) 10:50.6.

HJ Tracye Lawyer (Cate, Carpinteria) 5-06, 2. Liz Giltner (Chaminade, Canoga Park) 5-06, 3. Erica Larson (Carmel) 5-06, 4. Tayyiba Haneef (Laguna Hills) 5-06, 5. Tara Fleming (Immanuel, Reedley) 5-04, 6. (tie) Natalie Shaw (Simi Valley), Shavent Williams (Poly, Long Beach), and Callie Lamont (Ceres) 5-04, **PV** Melissa Price (Kingsburg) 12-02 (AMERICAN RECORD, BREAKING PRICE'S OWN RECORD OF 12-1.5 SET 1/21/95 IN RENO, NV) 2. Bridget Pearson (Toil JHS, Glendale) 8-06, 3. Kolby Keiser (Sanger) 8-06, LJ Jar-nae Wright (Logan, Union City) 18-01.25, 2. Pam Simpson (Poly, Long Beach) 17-10.75, 3. Stephanie Jones (Walnut) 17-10, 4. Ashley Bethel (Mission Viejo) 17-6 1/2, 5. Kristie Kieruff (Esperanza, Anaheim) 17-6 1/4, 6. Akiba McKinney (Monte Vista, Spring Valley) 17-03, TJ Reyna King (St. Mary's, Inglewood) 36-05.25, 2. Deaweh Totimih (Valley, Sacramento) 36-03.25, 3. Kelly O'Connor (Esperanza) (Esperanza) 36-00, 4. Erica Dickson (Mission Viejo) 35-10, 5. Kimela West (Gardena) 35-09, **SP** (thrown outside) Andria Brown (South, Bakersfield) 41-00, 2. Sonya Bryant (Marina, Huntington Beach) 39-04.25, **DT** (thrown outside) Nadia Lopez (Arroyo Grande) 141-1, 2. Mandy Buckley (Bakersfield) 135-10, 3. Darlene Tulua (Carmel) 131-04, 4. Chantiqua Ross (Elk Grove) 128-07.



PREP NOTES

By KEITH CONNING

■ Northern California Results Wanted

Please send Northern California track results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823. FAX (510) 849-4406. e-mail: conning@aol.com

Northern California is defined as including the following six C.I.F. sections: Central Coast, North Coast, Northern, Oakland, Sac-Joaquin, and San Francisco. All other sections should send results to Doug Speck, 563 N. Willowgrove, Glendora, CA 91740.

■ Major Track and Field Rule Revisions for 1995

Rule Reference

4-3-1: A single manufacturer's logo or trademark may be worn on each item of uniform apparel. The American Flag may also be worn on the uniform and shall not exceed 2" x 3".

5-7-3: The starting commands for individual races or opening relays of 800 meters or longer shall be "On Your Marks."

7-4-3: The vaulter's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating shall be visible in a one-inch contrasting color, as well as a one-inch circular band indicating the maximum top hand hold position. Pole rating markings are to be located above the hand-hold band.

7-4-7: Hard or unyielding surfaces, such as concrete, metal, wood or asphalt around the landing pad, must be padded or cushioned with a minimum of 2" dense foam or other suitable material(s).

7-3-8; 7-4-11: In the Pole Vault and High Jump, if a competitor decides to pass a trial, the competitor must declare that intention prior to the start of the clock by the event judge.

7-4-15: The Pole Vault Crossbar may now be moved an additional six inches in the direction of the landing pad. This gives the vaulter the opportunity to position the crossbar from a point 12 inches beyond the vertical plane of the top of the stopboard, up to a maximum distance of 30 inches in the direction of the landing surface.

10-4-1: Beginning with the 1995 season, National Records will only be considered in which fully automatic timing was used or a conversion from manual timing (MT) or FAT equivalent as stipulated by 10-4-1.

Source: 1995 National Federation Edition Track and Field and Cross Country Rules Book.

■ Upcoming Track Meets in Northern California

Mariner Invitational

The Mariner Invitational will take place at Chabot College in Hayward on **Saturday, March 11.**

One of the featured events is an open Dream Mile, which is scheduled for noon. Contact coach Phil Wilder at Moreau Catholic High School in Hayward.

Kiwanis-Bellarmine

The Kiwanis-Bellarmine Prep meet will take place at Los Gatos High School on **Saturday, March 18.** Contact coach Terry Ward at Bellarmine Prep in San Jose.

Stanford Festival

The Stanford Festival will take place at Stanford on **Friday, March 24 and Saturday, March 25.**

16th Annual Oakland Invitational

The 16th Annual Oakland Invitational Relays will take place at Edwards Stadium, University of California, Berkeley on **Saturday, April 1** starting at 8:30 a.m.

Historically, this meet is one of the best high school track invitational in Northern California each year. This year's meet has 74 high schools entered including schools from Texas and Oregon.

On February 11 senior LaKeisha Backus (Wilson, Long Beach), the 2nd-place finisher in the World Junior Championships in a barely wind-aided 22.86, set a new Sunkist Indoor meet record of 6.41 in the 50 meters. The old record of 6.43 was set by sophomore Marion Jones (Rio Mesa, Oxnard) in 1991. The national high school indoor record is 6.39. Backus' mark was the third fastest of all-time.

Ball (Galveston, Texas) ran the tenth fastest 4 x 100 in the United States last year at 41.05. Their team includes junior Michael Martin, who ran the 100 meters in 10.58 as a sophomore.

Senior Sarah Brandy (Ashland, Oregon) ran the 3,000 meters in 10:00.37 last year, which was the sixth fastest by a returning U.S. high schooler.

John Muir (Pasadena), the defending State Meet boys' team champion, brings sophomore 400-800 meter sensation William "Obea" Moore (46.96 and 1:52.91 as a freshman), the defending state 4 x 400 relay squad (3:12.54), and the second place 4 x 100 relay team (41.09).

Six of the top seven State Meet girls' teams are entered. They include team champion Skyline (Oakland), second place Bishop O'Dowd (Oakland), fourth place Muir (Pasadena), fifth place Wilson (Long Beach), and sixth place Carondelet (Concord) and Pittsburg.

Four individuals who won State Meet championships--senior Heather Sumpter (Muir, Pasadena) 100 (11.58); senior LaKeisha Backus (Wilson, Long Beach) 200 (23.21, 22.86 wind-aided); senior Elissa Riedy (Mission San Jose,

Fremont) 1600 (4:54.25); and sophomore Daveetta Shepherd (Salesian, Richmond) 100 high hurdles (13.86)--will run. Shepherd has transferred from Kennedy.

Three State Meet championship relay teams--Muir (Pasadena) boys' 4 x 100, Wilson (Long Beach) girls' 4 x 100 (46.15), and Skyline (Oakland) girls' 4 x 400 (3:41.90)--will take their marks.

The girls' 4 x 400 features five of the top nine relay teams in the State Meet: defending champion Skyline (Oakland) (3:41.90), fourth place Bishop O'Dowd (Oakland) (3:47.94), fifth place James Logan (Union City) (3:48.83), sixth place Valley (Sacramento) (3:51.21), and ninth place Amador Valley (Pleasanton) (3:52.60). Add Wilson (Long Beach) with a best of 3:49.16.

Three other girls' events--100, 100 high hurdles, and 4 x 100--have four state finalists each.

The top individual race of the day will be the girls' 100 high hurdles, where state champion sophomore Daveetta Shepherd (Salesian, Richmond) (13.86), faces third place finisher senior Joanna Hayes (North, Riverside) (14.02), fourth placer senior Jennifer Odom (Independence, San Jose) (14.23), and fifth placer junior Ayana Grant (Bishop O'Dowd, Oakland) (14.28w).

The boys' 4 x 100 matches five squads that ran 41.60 or better last year: Ball (Galveston, Texas) 41.05; Muir (Pasadena), 2nd at state, 41.09; Vallejo 41.28; Skyline (Oakland), 6th at state, 41.56; and Kennedy (Sacramento) 41.60.

This year for the first time I will announce this meet with a wireless mike from the finish line.

For more information you may contact Ralph Belany, Meet Director, (510) 893-6569; or Thomas Broome, Co-Chair, (510) 465-8744.

Steve Lewis

The Steve Lewis meet will take place on **April 1.** Contact American High School.

Hampton-Phillips

The Hampton-Phillips meet will take place at San Jose City College on **April 15.** I will announce this meet. Contact coach Bobby Poynter at Silver Creek High School in San Jose.

Vallejo Invitational

The Vallejo invitational will take place at Corbus Stadium on the campus of Vallejo High School on **Saturday, April 22.** I will announce this meet. Contact coach Mike Wilson at Vallejo High School.

Bella Vista Bronco Invitational

The 1995 Bella Vista Bronco Invitational will be held at American River College on Sat-

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PREP NOTES

urday, April 22. The invitation list is being expanded to include all high schools in the C.I.F. Sac-Joaquin Section and selected high schools from the Northern, North Coast, and Central Sections. The number of schools participating will be limited to approximately thirty-five (35), determined on a "first come first served" basis, to assure that the fields for each event are reasonably sized.

Contact coach Dave Unterholzner at Bella Vista High School, 8301 Madison Avenue, Fair Oaks, CA 95628 (916) 971-5052 or Steve Fagundes at (916) 657-0914 from 8:00 a.m. to 4:00 p.m.

Bob Warren

The Bob Warren meet will take place at Acalanes High School in Lafayette on **Friday, April 28**. This meet used to be called the Charles Eaton Relays. It has now been named for the long-time Acalanes coach Bob Warren, who has given so much to North Coast Section track. I have worked closely with Bob the last few years, and he is certainly deserving of this honor. He coached Brent Burns among many other great pole vaulters.

Contact coach Manny Myers at Acalanes.

Bear Creek Invitational

The Bear Creek Invitational will take place on the new track at the Delta College campus in Stockton on **Saturday, April 29**. Contact coach Greg Wright at Bear Creek in Stockton.

Bay Area Top 8

James Logan (Union City) will host the Bay Area Top 8 meet on **Saturday, April 29**. Contact coach Lee Webb at James Logan. I will be announcing this meet instead of the Bear Creek Invitational in Stockton.

The Top 8 meet used to take place on a Friday, but they have moved to Saturday this year. They have invited teams from Northern California.

Sacramento Meet of Champions

The fifteenth annual Sacramento Meet of Champions (SMOC) will be held at American River College on **Saturday, May 6**. Invitations will be sent to the North Coast, Oakland, and San Francisco Sections, along with the traditional sac-Joaquin and North Sections. Both open and invitational sessions will be held. The expanded schedule of events should provide even more opportunities for your quality athletes to compete at the meet.

Throughout its fourteen year history, the SMOC has been host to the finest high school track and field athletes from northern California. The meet records attest to the quality of the athletes who have competed and will compete at this year's edition.

Invitational Meet Records: Girls-11.94, 23.80, 55.10, 2:14.42, 4:54.25, 10:46.2, 14.29, 42.34, 46.19, 3:43.0, 19-1, 39-5, 5-10, 51-11 1/2, 179-1; Boys-10.54, 21.14, 47.32, 1:51.19, 4:11.1, 9:05.1, 14.04, 37.38, 41.35, 3:15.2, 24-3 1/4, 49-5, 6-10, 16-9 1/2, 58-0, 187-8.

I will announce this meet. The meet director is **Jerry Colman** (Sacramento Track Club) (916) 487-3175.

Golden West Invitational

The Golden West Invitational will take place at American River College in Sacramento on **June 10**. Contact John Mansoor, 120 Ponderosa Court, Folsom, CA 95630. (916) 983-4622; fax 916/983-4624

U.S. Junior Olympics

The U.S. Junior Olympics will take place at San Jose City College on **July 25-30**. Contact Steve Haas, San Jose City College, 2100 Moorpark, San Jose, CA 95128. (408) 288-3730; fax 408/287-7222

■ Women Who Soar the Friendly Skies

January 20 (NY Times)—Women have begun to soar through the air in track and field, competing in the last exclusive male event in a sport that has been slow to give parity to female athletes.

The event is the pole vault, one of the sport's toughest challenges. Several recent decisions by ruling bodies have led to widespread sanctioning of the women's pole vault, validating the efforts of such national-class athletes as Melissa Price, Pam Reynolds and Philippa Raschker.

Last month, Oregon became the first state to approve pole vaulting for women as a standard event in high school programs. Next month, California is expected to follow.

Thirteen other states, including New York and New Jersey, have indicated in a national high school federation survey that they would permit girls who wanted to pole-vault to do so in boys events.

In March, the women's vault will be added as an exhibition event to the program at the U.S./Mobil national indoor meet in Atlanta.

"I love flying through the air," said Price, 17, a high school senior from Kingsburg, Calif., who is the top-ranked American and U.S. record-holder with a mark of 11 feet 6 1/4 inches from 1994.

Price, who attends Kingsburg High and has vaulted 12-6 in practice this season, will compete for the first time indoors tonight at the Pole Vault Summit in Reno. Price hopes to shatter her record at the meet, where more than 200 pole-vaulters are expected, including 25 women, the largest women's field ever assembled.

"I would love to better 13 feet," said Price, a former gymnast who took up pole vaulting to try and better her father's performance when he was in school. She has done just that. Now Price can aim for the world record.

Earlier this month, the sport's governing body, the International Amateur Athletic Federation, based in Monte Carlo, announced it would recognize world records in the women's pole vault. The indoor record, 13 feet 4 1/2 inches, was set last year by Nicole Rieger, 22, of Germany.

But according to athletes and coaches, the 13-foot range is only a temporary milestone. "Women are capable of 16 to 17 feet," said Rick Baggett, coach of the Willamette Striders Pole Vault Club in Portland, Ore.

The first male to vault 16 feet was in 1962 when the fiberglass pole was introduced. The

current men's world records are 20-1 3/4 inches (indoors) and 20-2 1/4 inches (outdoors), both held by Sergei Bubka of Ukraine.

Women were kept out of the pole vault because officials considered it too difficult or dangerous for them. Pole vaulting requires speed, strength, agility and courage.

"There are no differences training men and women vaulters," Baggett said.

In track and field, there are 22 standard individual events. In recent years, women have gained events like the 10,000 meters and the triple jump, and now compete in virtually the same program as men do. And there has been talk about changing the women's heptathlon into a decathlon, which has the pole vault.

Reynolds, 30, the fifth-ranked American woman, will also compete this weekend in Reno. Reynolds, a Penn State graduate and former high-school coach, moved to Portland to train with Baggett, who coaches close to 200 men, women and children and has converted his spacious backyard into a training center.

"It's neat to be a pioneer," Reynolds said. "There's been a tremendous surge of women vaulters. And Rick's facility is awesome."

On Baggett's property is a full-sized pole vaulting runway and pit, along with gymnastics apparatus and a weight room converted from a barn. Baggett coaches 18-footers like Ron Johnson and Garth Willard, 10-footers like Reynolds and 12-year-olds who take classes and show up for Sunday "vault barbecues" with their parents.

"About 20 percent of my kids are girls," Baggett said. "Three years ago when I started, I had none."

The closest thing to Baggett's operation anywhere in the world is the Sergei Bubka Pole Vault School in Bubka's home city of Donyetsk, where scores of boys, but no girls, practice every day as American kids would shoot baskets.

With the Summer Olympics in Atlanta next year, the pole vaulting explosion is likely to continue. This year, women will be able to vault for the first time at the indoor and outdoor high school national championships in Syracuse, N.Y., and Raleigh, N.C., respectively.

Price can look forward to other major events. The IAAF is considering the event for its world championships in 1997. A women's pole vault is already on the card at the World Masters Championships, which will be held in Buffalo, N.Y., this summer.

Raschker, 47, an accountant from Marietta, Ga., has captured three world titles in the pole vault in her age group and has a best mark of 11-1. Raschker, the Jackie Joyner-Kersey of Masters track and field, has won dozens of other national and world titles in the sprints, hurdles, jumps and heptathlon.

"Women are still learning the vault," Raschker said. "There's no doubt we will see 16 feet and better in the near future."

There are now an estimated 60 countries that conduct a women's pole vault, according to IAAF spokeswoman Anna Legnani, who said by phone from Monte Carlo that the event would probably be included in the 2000 Sydney Olympics.

But there is still no women's pole vault in American colleges. "We want to wait a couple of

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PREP NOTES

years to see how it develops on the high school level," said Georgetown Coach Frank Gagliano, president of the NCAA Track and Field Coaches Association.

Two of America's four pole manufacturers, Gill and Port-a-Pit, now make poles designed for women. These poles are shorter, with less diameter and density and they bend easier and at a lower point than the men's models.

World-class male vaulters typically use 17-foot poles. Women are vaulting with poles around 12 or 13 feet. But there is some debate as to whether women really need different poles.

Price, at 5 feet 2 inches and 123 pounds, prefers a standard pole; she likes its stiffness. Price feels she has gained power from weight training and will vault on a new, longer pole in Reno in her record attempt.

■ To Jump, Perhaps to Soar Over Bar

RENO, Nevada, January 22 (NY Times) -- As a deejay, Bill Alan McClain has worked his share of weddings, anniversaries and picnics. Pole-vault summits are different. The music is less important than the volume.

"They like it loud," McClain said Friday night as he set up a pair of speakers at the Reno Livestock Events Center. "No Tony Bennett on this circuit."

Melissa Price, a 17-year-old high school junior from Kingsburg, Calif., requested the melodious punk of Green Day. With the volume and her adrenaline sufficiently pumped up, she surpassed her own American record, breaking the

12-foot barrier with a leap of 12 feet 1 inch, bettering her old mark of 11-6 1/4 by more than half a foot.

In October, during football season at Kingsburg High, Price had resigned her position as head cheerleader. If she were going to jump up and down, it would no longer be on the sidelines.

"I wanted to break a world record," Price said. "That

MELISSA PRICE

Photo by Bill Leung, Jr/
Geek Media

was much more important."

For now, the world record is safe, both the indoor mark of 13-4 1/2, held by Nicole Rieger, 22, of Germany, and the outdoor mark of 13-5 3/4, held by Sun Caiyun of China. But Price is only a high school senior, and this was her first meet of the season.

If she has yet to break a world record, Price and her competitors have shattered the gender

barrier that once obstructed the sport. Pole vaulting remains largely an exhibition event for women, but Oregon has approved it as a competitive event in high school, and California is due to follow suit next month.

At the elite level, pole vaulting suffers from anemic marketing by the U.S. Track and Field Federation. At the high school level, the sport is weathering a storm roiled by high costs -- poles go for \$200 to \$300, foam pits for \$5,000 -- and the growing threat of injury litigation. To sustain the event, pole-vaulting officials have taken a cue from the circus and taken their high-wire act on the road.

Competitions have been held on the waterfront in Seattle, at shopping malls in Los Angeles, even in the French Quarter in New Orleans. This weekend, more than 200 elite college and high school vaulters gathered for the third annual National Pole Vault Summit, two days of competition and clinics. Saturday, 160 vaulters competed on three runways at the Reno Livestock Center, their poles sticking up like toothpicks on a giant plate of hors d'oeuvres.

Price provided the weekend's highlight on Friday night. At 17, she was the youngest of the seven elite women vaulters, but clearly the most gifted, with upper-body strength gained from 5 a.m. weightlifting sessions, unmatched speed and acceleration on the runway, and a gymnast's ability to invert her body and guide it over the crossbar.

She had pretzeled her lighter 13-foot poles, so Price, at 5 foot 2 inches and 123 pounds, switched to a pole designed for a 150-pound jumper. The increased pole stiffness gave her greater thrust off the launching pad, and when she cleared an 11-foot practice jump by 2 feet, the audience of jumpers and coaches reacted with surprise and delight.

"Wow," said Brad Lewton, a high school senior from Las Vegas. "She just killed everything I've ever done."

Once the competition began, Price passed until the bar was raised to 10 feet. Her coach, Dave Crass, stood restively along the mezzanine. Two years ago, Price had approached him at practice and asked if she could attempt a jump. Her father, Terry, had vaulted 11-6 in high school, and "I wanted to break his records." In July, she surpassed her father's mark by a quarter of an inch, and now she was hoping to jump 12-6 at her first indoor meet.

"I'm so nervous," Crass said. "It's so easy to no-height."

At the 1992 Olympic trials in New Orleans, Crass had been sitting two rows behind the parents of the decathlete Dan O'Brien, when the gold-medal favorite failed to clear a height in the pole vault, ruining his Olympic chances and Reebok's "Dan and Dave" commercial campaign.

"I felt so bad for him," Crass said. "It cost him \$5 million."

He needn't have worried about Price. She soared over the bar at 10 feet, leaving enough room for a small plane to navigate. Scott Slover, a freshman at UCLA and the national junior champion at 17-0 3/4, spun on his heels in disbelief.

"Oh my God!" Slover screamed. "She's going to be the next world-record holder."

Price then passed until the bar reached 11

feet. Again, she cleared it easily on her first attempt. The same thing happened at 11-7, an American record.

"She smoked it," said Sean Brown, a sophomore vaulter at Cal Poly-San Luis Obispo with a personal best of 17 feet. "She plants her pole better than any of the guys around here."

Now the bar went to 12-1. No American woman had ever jumped 12 feet. Price grazed the bar, but it remained in place. Relieved, she lay on her back in the pit with her second record of the evening.

"I'm totally blown away," Brown said. "I'm glad I'm not a high school freshman. I don't know if seeing this would make me go home and work harder or just quit."

Next, the bar was moved to 12-4. Twice, Price gained enough height only to land on top of the bar. She was getting tired. For her third and final attempt, the music suddenly switched from Green Day to the geriatric rock and roll of Kiss.

"You can't set a world record to Kiss," Brown snorted, and the music switched back to Green Day.

It didn't help. Fatigued, Price missed again. Still, it had been a night of uncharted accomplishment and intriguing possibility.

"I think I can get 13 feet the next month or two," she said.

And after that?

"Way beyond 13 feet," she said. "Way beyond."

■ Chris Darden vs. O.J. Simpson

Los Angeles, January 25--Deputy District Attorney Christopher Darden, who delivered an opening statement in the O.J. Simpson trial, ran cross country and track at John F. Kennedy High School in Richmond. He graduated in 1982.

O.J. Simpson ran track at Galileo High School in San Francisco, the City College of San Francisco, and the University of Southern California.

■ Kelli White (Logan, Union City)

January 27--Logan track star Kelli White, who will begin her final high school season in a few weeks, won the 200-meter dash at the All-Corners Meet at Edwards Stadium in Berkeley last weekend, finishing in 25.6 seconds. White placed third in the 100 and fifth in the 200 at the State Meet last June.

■ US Air Invitational

Johnson City, Tennessee, January 28--Ron Harris, Reebok, Eisenhower High School, Rialto 1983, placed fifth in the mile in 4:02.29.

Doug Ellington, Tennessee, Milpitas High School, placed third in the 5,000 meters in 15:04.25.

Tim Bright, unattached, Soquel High School 1976, placed fourth in the pole vault at 18-0 1/2.

Percy Knox, unattached, Antelope Valley High School, Lancaster 1987, placed second in the long jump at 26-5 3/4.

Michelle Muething, Georgetown, Amador

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Valley High School, Pleasanton, placed fourth in the mile at 5:10.50.

Miesha Marzell, Georgetown, Bishop O'Dowd High School, Oakland, won the 3,000 meters in 10:07.61.

■ Vault Fact

Contra Costa Times, January 29—Melissa Price, 17, of Kingsburg High School set a national women's pole vault record of 12 feet, 1 inch last week in Reno. That mark would have won the men's gold medal at the 1896, 1900, 1904 and interim 1906 Olympic Games.

■ Names In The Game

WASHINGTON, Jan. 30 (AP) -- Twenty-five top female athletes, including Olympic gymnast Mary Lou Retton, 14-year-old tennis pro Venus Williams, Olympic swimmer Summer Sanders and U.S. gymnastics champion Dominique Dawes, will participate in the MILK Women's Sports Day Walk For Your Bones on the National Mall Thursday.

The Walk begins the 1995 MILK National Girls and Women in Sports Day celebration. It is expected to attract members of Congress and the Administration. The day salutes the achievements of women athletes and promotes the importance of sports and fitness activities for women.

The other top athletes participating include softball pitcher Lisa Fernandez; soccer players Colette Cunningham and Julie Foudy; sailor Alison Townley; baseball player Kim Bratz, and swimmers Nancy Hogshead and Donna de Varona.

Also, wheelchair tennis champion Brenda Gilmore; lacrosse player Betsy Dougherty; speedskater Cathy Turner; golfer LaRee Sugg; waterskiier Camille Duval-Hero; fitness specialist Kathy Smith; taekwondo champion Lynnette Love; tennis player Elise Burgin; gymnast Nadia Comaneci; rhythmic gymnast Wendy Hilliard; basketball player and track and field athlete MARION JONES, and track and field competitors Lillian Greene-Chamberlain, MELISSA PRICE and Benita Fitzgerald.

(Prep Editor: Marion Jones, who is at the University of North Carolina, attended Rio Mesa and Thousand Oaks High Schools. Melissa Price attended Kingsburg High School in the Central Section.)

■ Millrose Games

Madison Square Garden, New York City, February 3—Junior Michael Stember (Jesuit High School, Carmichael), who placed second in the Golden West Invitational mile last June in 4:11.26, placed third in the High School Boys' 1-mile run in 4:16.71.

Senior Seneca Lassiter (Lafayette High School, Williamsburg, Virginia), who placed second in the National Scholastic Outdoor mile last June in 4:07.13, won the race in 4:16.14.

Senior John Mortimer (Londonderry High School, New Hampshire), who placed second in the Foot Locker National Cross Country Championship in San Diego, was second in 4:16.69.

Junior Sally Glynn (Walter Johnson High School, Rockville, MD), who placed second in the Foot Locker National Cross Country Cham-

pionship, won the High School Girls' 1-mile run in 4:52.20.

Matt Giusto (San Mateo High School 1984) placed eighth in the 3,000 meters in 8:01.12. Brian Abshire (De Anza High School, Richmond 1982) was tenth in 8:08.80.

Hurdler Greg Foster (UCLA 1980) failed in his bid to match pole vaulter Bob Richards with 11 Millrose victories in a single event. Richards' son Brandon (San Marcos High School, Santa Barbara 1985) set the national high school pole vault record of 18-2 in 1985. Foster, 36, finished fourth in the 60 hurdles. Allen Johnson, former NCAA indoor champion from North Carolina, won in 7.58, the best by an American this year.

"I was last here two years ago, third last year and now I've won," Johnson said. "I wasn't ready to run with these guys two years ago and I was a little more experienced last year. Now, I'm ready to beat them."

Mark Crear (John A. Rowland High School, Rowland Heights 1987) placed third in the 60 hurdles in 7.63. Robert Reading (St. Mary's High School, Berkeley 1985) was sixth in 7.89.

Many of the meet's biggest stars didn't win. World record holder Sergei Bubka of Ukraine was a bust in the pole vault, clearing only one jump, at 18 feet, 8 1/4. That got him second place behind Russian Igor Trandenkov, who won at 19-2 1/4.

Afterward, Bubka offered only two short sentences about his first U.S. indoor appearance in eight years.

"I was embarrassed and disappointed," he said. "I really wanted to do well in New York."

Brent Burns (Acalanes High School, Lafayette 1987) placed sixth in the pole vault at 18-4 1/2. Tim Bright (Soquel High School 1976) was seventh at 18-0 1/2. Dean Starkey (James Logan High School, Union City 1984) was ninth at 18-0 1/2.

Angela Chalmers of Canada won the women's mile in 4:31.66, as Hassiba Boulmerka of Algeria, the Olympic and world champion at 1,500 meters, finished third.

Regina Jacobs (Agrill Episcopal Academy, North Hollywood 1981) placed second in the mile in 4:32.79.

Senior Becky Spies (Villanova/Livemore High School 1991) won the College Mile in 4:43.48.

Melisa Weis (Bakersfield High School 1990) placed third in the shot put at 54-4 3/4, and fifth in the Weight Throw at 52-2.

■ Sheila Hudson

(Rio Linda 1985)

Maebashi, Japan, February 5—Sheila Hudson (Rio Linda High School 1985) placed third in the triple jump at 45-1 1/4. Ana Biryukova, Russia, won with a jump of 47-0 1/2. Ren Ruipirig, China, placed second with 46-5 3/4.

■ Girls' Pole Vault Approved as Scoring Event at League, Section and State Track & Field Championships

La Mirada, February 6—California educators moved into the forefront as the State CIF

Federated Council, at its February 3 meeting, voted to adopt the girls' pole vault as a scoring event at the league, section and state level.

Previously, California was the first state to sponsor a pole vault exhibition for girls at the state championship level, doing so at the 1994 state finals. California was also the initial state to propose the addition of the girls pole vault as a scoring event, although in the interim, Oregon became the first state to adopt the inclusion of this event. California, thus, becomes the second state to adopt the girls pole vault nationally, giving both the boys and girls six scored field events in league, section and state finals.

"We're extremely pleased that California again leads in providing exceptional opportunities for young women reaching towards new achievements," said State CIF Commissioner of Athletics Thomas Bymes. "The Federated Council action on this item ensures more opportunities for girls to vault in California."

In anticipation of approval of the event, prior to the Federated Council meeting, the State CIF office reviewed safety concerns in the vault with its advisory committee plus held a special pole vault meeting with experts in the sport to address these issues. A time schedule model was discussed, as well as appropriate starting heights.

The current California and national leader in the pole vault in Melissa Price of Kingsburg High in California, who vaulted 11-2 during last year's exhibition at the CIF/TOYOTA State Track and Field Championships.

(Prep Editor: The preceding press release came from the CIF.)

■ Runner Valmon Seeks Honors

NEW YORK, Feb. 6 (AP) -- If Andrew Valmon, one of the best and most consistent 400-meter runners in the world, has a complex about the No. 4, he can't be blamed.

Valmon has been ranked as high as fourth in the world in the 400 meters. He was a member of gold-medal-winning U.S. Olympic 4x400-meter relay teams in 1988 and 1992, and a member of the gold medal-winning U.S. World Championship 4x400-meter relay team in 1993. But he is yet to be a member of the U.S. team in the 400.

He has run a career-best 44.28 seconds in finishing fourth at the 1993 U.S. trials for the World Championships. He has finished fourth twice at the USA-Mobil Outdoor Championships. And he has been ranked fourth in the United States three times.

There's perhaps an easy explanation for Valmon's dilemma: He runs in an event in which Americans dominate the world scene. With such runners as Michael Johnson, Butch Reynolds and Quincy Watts, it's difficult to crack the top three and be regarded as among the elite.

"If I said it didn't bother me (getting recognition), I'd be lying," Valmon said Monday at the Metropolitan Track Writers' luncheon. "But I'm in an event where the world record-holder (Reynolds) is still competing, where the gold medalist from the 1988 Olympics (Steve Lewis)

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is still competing and where the gold medalist from the 1992 Olympics (Watts) is still competing."

So are the last two world champions, Antonio Pettigrew from 1991, and Johnson, from 1993. In addition, Johnson was ranked No. 1 in the world in 1990, '91, '93 and '94, Watts in '92 and Reynolds in '88 and '89.

In an attempt to crack through that highly regarded group, Valmon is dedicating himself to training with two goals in mind: Breaking into the medals class at the 1996 Atlanta Olympics and running under 44 seconds.

Only seven runners, all Americans, ever broken the 44-second barrier-- Reynolds (43.29), Watts (43.50), Johnson (43.65), the injured Danny Everett (43.81), former world record-holder Lee Evans (43.86), Lewis (43.87) and Larry James (43.97).

"If I fall short and not make the top three, I have nothing to lose," Valmon said. "But I want to be in the top three. Then, my career will be fulfilled."

Valmon has begun his season impressively. He won the 400 at last month's Commonwealth Invitational at Cambridge, Mass., and the 400 at last Friday night's Millrose Games at Madison Square Garden. In neither meet was he originally scheduled to compete in the 400. Instead, he was signed to run the 500.

But when other runners withdrew from the 400, Valmon was requested to run it by meet directors Bill Clark (Commonwealth) and Howard Schmetz (Millrose).

"It's an adjustment," Valmon said about preparing for the 400 instead of the 500. "I am stronger than I am fast. I run the 500 for a conditioning base. The 400 is an all-out sprint."

At Cambridge, the accommodating Valmon was timed in 46.46, and at New York, he clocked 48.36 on the slow Garden track, beating a field that included Derek Mills, ranked No. 2 in the world; Pettigrew, ranked No. 3, and fast-rising Calvin Davis.

The victory was Valmon's third at the prestigious Millrose Games. He won the 500 in 1991 and '93.

Valmon was slowed during the 1994 season because of Achilles tendinitis and did not accept a deal to become a contract runner for this year's new, five-meet U.S. Mobil indoor track and field television series, which began with the Millrose Games.

"I wanted to run myself into the meets," Valmon said. He wanted to prove himself, prove that he has recuperated sufficiently from his injury despite disdaining surgery and proving that he belongs among the best 400-meter runners in the world, despite the wealth of competition.

So far, he has done that.

ALL-TIME LIST WORLD MEN 400 METERS

- 43.29 *Butch Reynolds (Archbishop Hoban, Akron, OH 1983) 1988
- 43.50 *Quincy Watts (Taft, Woodland Hills, CA 1988) 1992
- 43.65 *Michael Johnson (Skyline, Dallas, TX 1986) 1993
- 43.81 *Danny Everett (Fairfax, Los Angeles, CA 1985) 1992
- 43.86(A) *Lee Evans (Overfelt, San Jose, CA 1965) 1968

-43.87 *Steve Lewis (American, Fremont, CA 1987) 1988

-43.97(A) *Larry James (U.S.) 1968

-44.14 Rob Hernandez (Cuba) 1990

-44.18 Samson Kitur (Kenya) 1992

Source: Track & Field News, March 1995.

*=Americans making world list.

(Prep Editor: Note that four of the top six 400 meters of all-time were turned in by former California preps!)

■ IAAF Suspends 4 Athletes

MONTE CARLO, Monaco, Feb. 9 (AP) -- Five track and field athletes, including Americans Mike Gravelle and Gea Johnson, have been suspended after failing recent drug tests, the sport's world governing body said Thursday.

Gravelle, the top-ranked U.S. discus thrower; Johnson, a former NCAA heptathlon champion, and Jamaican sprinter Aston Morgan, the world leader in the 55-meter dash this season, were among the athletes facing four-year bans.

"They have been suspended pending a hearing with their national federations," International Amateur Athletic Federation spokesman Christopher Winner said in confirming the positive tests.

Winner said Gravelle, 29, of San Francisco, and Johnson, 27, of Monticello, Utah, both flunked out-of-competition tests in the United States last year. Gravelle tested positive for testosterone, while Johnson tested positive for steroids, Winner said.

Gravelle, who attended San Jose State, won the U.S. discus championship last year and was third in 1991 and 1993.

He was shocked at the test results. "I'm devastated," he said by telephone. "This is a sport I've given my life to. If this is how my track and field life is going to end, I'm heartbroken, because I'm innocent."

"I've never used steroids in my life. I've never had a problem with in-competition testing. The only thing positive about me is my attitude."

Gravelle said the test was administered last November, one day after he returned from a two-week honeymoon in Mexico.

"I hadn't worked out in months," he said. "I wasn't preparing for a competition. I won't be competing until about May or June."

"It doesn't make sense. It's absolutely ludicrous. It's a shame it happened to me."

"I will try to fight this to the fullest extent. But I don't have any money. To try and defend myself will cost about \$200,000. If that doesn't work, I will leave track and field with a bitter taste, knowing I have played by the rules."

Johnson was the NCAA heptathlon champion at Arizona State in 1990. She has been slowed by a knee injury suffered at the U.S. Olympic trials in 1992.

Winner said Morgan, who has run 6.13 seconds for 55 meters this year, tested positive for steroids after finishing second in the 60 at the Jan. 7 meet at Saskatoon, Canada. Morgan also has the sixth best time in the world this year in the 60 (6.65).

Also facing four-year bans after failing out-of-competition tests are Lithuanian 800-meter runner Dalia Matuseviciene, a semifinalist at the 1988 Olympics, and Ecuadorian Freddy Femandoc Caiza.

Winner said the tests were part of the IAAF's increased out-of-competition testing program. He said the IAAF plans to test 1,400 athletes this year, focusing on those ranked in the top 10 of their events.

(Prep Editor: Mike Gravelle was born in San Francisco on April 13, 1965. He graduated from St. Ignace High School (San Francisco) in 1983. He also competed for Skyline Community College in 1986. His personal record is 214 feet 0 inches, which he threw in 1991. He was picked by Sieg Lindstrom, a senior writer for Track & Field News to repeat as the national champion this year.)

■ 14 Runners Threaten To Quit

ALAMOSA, Colo., Feb. 10 (AP) -- Fourteen Adams State College cross country runners have accused coach John Kernan of unfair and "demeaning" treatment and threatened to quit the team if he returns next season.

Adams State's men's track team has won three consecutive NCAA Division II titles.

Kernan is in his fifth year as track coach at Adams State and was named coach of the year in 1992 after winning one national title. He took over the school's cross country team when coach Joe Vigil retired last year.

On Wednesday, 15 members of the team met with athletic director Vivian Frausto and Adams State interim president Marvin Motz to protest against Kernan, according to a copyright story by the Alamosa Valley Courier. All but one of the runners present at the four-hour meeting said they planned to transfer or not run at all next season.

The runners' dissatisfaction with Kernan culminated early in January when five members of the team were dismissed after failing to pick up their winter workout schedules before the Christmas break. All of the runners were reinstated during the meeting. But they said they expect problems to persist.

Motz suggested some of the problems were being caused by members of the cross country team who still are loyal to Vigil.

"What we have is a situation where we change from an extremely popular program (with Vigil)," Motz said. "And to change from that without pitfalls isn't possible."

■ Northern Californians at Sunkist

Los Angeles, February 11.

Boys

L.A. Cellular 50 meters heats: Dee Morankola (De Anza, Richmond) placed second in race one in 5.93.

John Burks (Kennedy, Sacramento) placed second in race two in 6.0 (hand-timed).

Felton Charles (Westmoor, Daly City) won race three in 5.89; James Hines (Grant, Sacramento) was fourth in 6.14, and Brett Fercild (Westmont, Campbell) was fifth in 7.04.

Mario Zamora (Westmoor, Daly City) placed second in race four in 6.19. Lincoln Dupree (Grant, Sacramento) was third in 6.45.

50 meters final: Felton Charles (Westmoor, Daly City) placed second in 5.92. Dee Morankola (De Anza,

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Richmond) was fourth in 5:97. 500 yards. **Aaron Richberg** (Logan, Union City) placed second in race one in 59.6. **Tim Brown** (McClymonds, Oakland) was third in 1:00.1.

Mike Wilson (Vallejo), the son of Vallejo coach Mike Wilson, placed third in race two in 1:03.1. Prime Sports Rated 880 yards. **Ben van Denheuvel** (Santa Rosa) placed fourth in 2:04.6. Home Depot Seeded 880 yards. **Jonevan Homsby** (St. Mary's, Berkeley) placed second in 2:00.28.

Rated Mile. **Greg Phister** (Davis) placed third in race one in 4:30.6. **Amerigo Rossi** (Harbor, Santa Cruz) was fourth in 4:30.9.

Peter Egerton (Santa Rosa) won race two in 4:29.1. **Jonathan Asmerom** (McAteer, San Francisco) placed sixth in 4:32.6.

Seeded Mile. **Daniel Sikiric** (Leland, San Jose) placed fifth in 4:26.36. **Michael Blair** (Napa) was ninth in 4:32.15. **Alex Teakell** (Bishop O'Dowd, Oakland) was tenth in 4:32.16.

Daniel Freeman Hospitals Two Mile. **Tom Becker** (Bellarmine, San Jose) placed fifth in 9:48.1. 50-meter Hurdles. **Jeff Nord** (Los Altos) placed third in race one in 7.19. **Aaron Hill** (De Anza, Richmond) placed fourth in 7.53.

Dan Nord (Los Altos) won race two in 7.09. **Brian Click** (Logan, Union City) placed fourth in 7.46. **David Moorman** (Valley, Sacramento) placed second in race three in 7.26.

4 x 160-yard Relay. **Kennedy** (Sacramento) placed third in race one in 1:11.4. **Rancho Cotate** (Rohnert Park) placed fourth in race three in 1:14.2. **Westmoor** (Daly City) won race five in 1:08.4. **Grant** (Sacramento) won race six in 1:09.7. **Silver Creek** (San Jose) placed second in race seven in 1:12.2. **De Anza** (Richmond) placed second in race eight in 1:08.1.

TDI 4 x 440-yard Relay. **Vallejo** won race four in 3:43.5. **Silver Creek** (San Jose) placed fourth in race five in 3:44.1.

Nike 4 x 880-yard Relay. **Santa Rosa** placed second in race one in 8:18.7. They were incorrectly reported finishing third on the result sheet according to their coach.

Monterey Mushrooms High Jump. **Pat Leonard** (Piner, Santa Rosa) won with jump of 6-8. **Brendan Zeidler** (Bellarmine, San Jose) placed sixth at 6-6.

Maurice Crumby (Balboa, San Francisco) set the meet record of 7-0 in 1982.

Evian Pole Vault. **Rene Loraine** (Petaluma) won at 15-6. **Mike Haldexos** (Mills, Millbrae) placed second at 15-0. **Kiet Vong** (Mt. Pleasant, San Jose) was seventh at 14-6. **Corby Wright** (Bear Creek, Stockton) was eighth at 14-6. **Casey Gregory** (Bella Vista, Fair Oaks) and **Bevan Hart** (Christian Brothers, Sacramento) no heighted at 13-0.

Daily News Long Jump. **Jojo Wright** (Silver Creek, San Jose) had two fouls and a pass; no legal mark. **KNX Radio Triple Jump**. **Rasheed Abdullah** (Logan, Union City) placed sixth at 43-11 1/2. **Anthony Colson** (Center, Elverta) was seventh at 43-0 1/2. **Mark Saso** (Bellarmine, San Jose) and **Gary Smith** (Logan, Union City) had no legal mark.

Shot Put (held outdoors at USC, which is just north of Exposition Park). **Brian Chase** (Santa Rosa) placed fourth at 54-9 3/4. **Joe Burgess** (Elk Grove) was sixth at 52-1.

Discus (held outdoors at USC). **Billy Bush** (Downey, Modesto), Suzy Powell's school, placed second at 167-0. **Chris DeMartini** (St. Ignatius, San Francisco) set the meet record of 183-5 in 1994.

Girls

KNX Radio 50 meters. **Summer Washington** (St.

Ignatius, San Francisco) placed third in race one in 6.77. **Skaka Taylor** (Logan, Union City) placed fifth in race two in 7.13. **Zhauntel Holman** (Valley, Sacramento) placed second in race three in 6.68.

Kelli White (Logan, Union City) won heat 4 in 6.53. It was the fourth fastest time of the day. The final was not run, because the meet was running behind schedule.

Jernae Wright (Logan, Union City) placed second in race five in 6.66. **Jamara Stallworth** (Grant, Sacramento) was fourth in 6.90.

TDI 880 yards. **Pamela Richardson** (Montgomery, Santa Rosa) placed second in race one in 2:20.3. **Angie Milner** (Modesto) was eighth (no time), and **Jennifer Bridgeman** (Logan, Union City) was ninth (no time).

Larisha McPherson (Silver Creek, San Jose) placed second in race two (incorrect time posted). The winner ran 2:25.1 and third place was 2:29.1. The result sheet showed 2:22.8 for McPherson.

Prime Sports Rated Mile. **Maggie Hurst** (Sonoma) placed fourth in race one in 5:31.0. Seeded Mile. **Emily Allison** (Leland, San Jose) placed eighth in 5:24.50. **Deborah Bleisch** (Silver Creek, San Jose) was ninth in 5:25.65.

Women's Mile. **Julia Stamps** (Santa Rosa) placed ninth in 4:46.73, a new national sophomore class indoor record. The old record of 4:47.4 was set by Deanna Coleman (Issaquah, Wa) in 1978. She moves to #2 on the North Coast Section all-time list (indoors and outdoors) ahead of Becky Spies (Livermore 1991/ Villanova 1995) 4:46.78 and behind Cheri Williams (Livermore 1978) 4:44.95. Nike Two Mile. **Julia Stamps** (Santa Rosa) set the meet record of 10:30.2 in 1994. The race was run in 11:26.3 this year.

50-meter Hurdles. **Deaweh Totimeh** (Valley, Sacramento) placed second in race one in 7.58. **Felicia Stones** (Kennedy, Sacramento) was third in 7.82. **Ayanna Grant** (Bishop O'Dowd, Oakland) won race two in 7.50.

4 x 160-yard Relay. **Valley** (Sacramento) won race two in 1:17.9. **Bishop O'Dowd** (Oakland) placed third in 1:20.9. **Hogan** (Vallejo) placed second in race four in 1:20.1. **Logan** (Union City) won race seven in 1:14.0, the second fastest time of the day.

Venue Sports 4 x 440-yard Relay. **Bishop O'Dowd** (Oakland) won race one in 4:00.1, the fastest time of the day. **Valley** (Sacramento) placed third in race five in 4:24.7. Asics 4 x 880-yard Relay. **Silver Creek** (San Jose) placed fifth in race one at 10:13.8. **Rancho Cotate** (Rohnert Park) placed tenth in race three at 11:22.0.

High Jump. **Erica Larson** (Carmel) placed third at 5-6. **Callie Lamont** (Ceres) was sixth at 5-4. **Missy Grub** (Atwater) was ninth at 5-2.

Long Jump. **Jernae Wright** (Logan, Union City) won at 18-1 1/4. **Ayanna Grant** (Bishop O'Dowd, Oakland) placed ninth at 16-1 3/4. **Julie Tinker** (Valley, Sacramento) was 12th at 15-8. **Tisha Ponder** (Del Mar, San Jose) was 13th at 15-2. **AMC Triple Jump**. **Deaweh Totimeh** (Valley, Sacramento) placed second at 36-3 1/4. **Andrea Lacson** (Logan, Union City) was seventh at 34-10 1/4.

Shot Put (held outdoors at USC, which is adjacent to the L.A. Sports Arena). **Darlene Tulua** (Carmel) placed fourth at 36-11 1/4.

Chelsea Stephens (Atwater) set the meet record of 42-2 1/4 in 1993. Discus (held outdoors at USC). **Darlene Tulua** (Carmel) placed third at 131-4. **Chaniqua Ross** (Elk Grove) was fourth at 128-7. **Suzy Powell** (Downey, Modesto) set the national high school record of 188-4 in 1994.

■ U.S. Women's World Cross Country Team Trials

Birmingham, Alabama, February 18--The top six juniors qualified for the IAAF World Cross Country Championships in Durham, England, March 25.

Freshman **Kortney Dunscombe** (Stanford 1998/Bend High School, Oregon 1994) won the junior women's 4,077 meters race in 14:09. **Jessica Fry** (Rogers High School, Spokane, Washington 1994) placed second in 14:11. Senior **Mary Cobb** (Santa Barbara High School 1994/Pittsfield High School, Pittsfield, Massachusetts), third in the Foot Locker National in 17:17, was third in 14:12. Junior **Sally Glynn** (Johnson High School, Rockville, Maryland), second in the Foot Locker National in 17:12, was fourth in 14:14. Sophomore **Julia Stamps** (Santa Rosa High School), the Foot Locker National champion in 16:41, was fifth in 14:15. **Heather Burroughs** was sixth in 14:19.

The top five from the senior women's race qualified. Earlier, **Olga Appell** qualified for the team by winning the U.S. cross country title at the national championships in Portland on December 4. **Joan Nesbit** won the senior women's 6117 meters race in 21:01. **Gwyn Coogan** (Claremont-Mudd-Scripps 1985) placed second in 21:24. **Liz Wilson** (Oregon 1990) was third in 21:27. **Katy McCandless** (Castilleja High School, Palo Alto 1988) was fourth in 21:40. **Carmen Ayala-Troncoso** (35-years-old) was fifth. **Carole Zajac** (Baldwin High School, Pittsburgh, Pa 1990), a teammate of **Becky Spies** at Villanova, was sixth in 21:47.

Gwyn Coogan qualified for a second national team during March. **Gwyn** will run in the 10,000 meters at the Pan American Games in Mar del Plata, Argentina, March 11-26. **Gwyn's** husband, **Mark Coogan**, will run the marathon at the Pan Ams.

Fourth placed **Katy McCandless**, an American expatriate, returned from her home in London to qualify for the team.

■ Pan Am Change

February 21--U.S. Pan American Games women's team coach **Dave Rodda** reports that **Kim Graham** (Stonewall Jackson High School, Manassas, Va 1989) will not run the 400 meters in Mar de Plata next month. Taking her place is **Crystal Irving** (Long Beach Poly High School 1988), who was already on the squad in the 4x400 relay. **Graham** remains on the squad as a relay alternate. (from Weekly Notes, USATF, Feb. 21)

■ Tommie Smith (Lemoore High School)

The track world, says **Tommie Smith**, has changed drastically over the years -- along with so many other things -- whether in sports or in life in general. Once the dominant figure in the 200 meters/220 yards as a collegian at San Jose State, **Smith** has been a college coach for 23 years, most of them at Santa Monica (Calif.) College, a two-year institution.

Today's athletes, says **Smith**, have the benefit of modern scientific developments and, once out

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PREP NOTES

United States & California Track Preview

by Keith Conning

This list includes the top five returning athletes in each event in the United States plus all Californians who made the 1994 United States list. Wind-aided marks by Californians are included. I have also included 1995 indoor marks through the Sunkist indoor meet on February 11, 1995.

Source: High School Track 1995 by Jack Shepard.
Abbreviations: A=mark made at altitude (above 1,000 meters); e=mark made enroute to a longer distance; i=indoor; +=mark converted from yards; *=junior; **=sophomore; ***=freshman; ?=unknown year; all others presumed seniors.

BOYS

100 METERS

- 10.26 Deworski Odom (Overbrook, Philadelphia, Pa)
- 10.31 *Bryan Howard (Cyn Springs, Moreno Valley, Ca)
- 10.44 Germaine Stringer (SoWest DeKalb, Decatur, Ga)
- 10.50 *Robert Staten (Willowridge, Sugar Land, Tx)
- 10.52 Marques Holwell (West, Bakersfield, Ca)
- Other Californians:
- 10.55 *Felton Charles (Westmoor, Daly City)
- Wind-aided:
- 10.58 Tony Bray (Kennedy, Sacramento)

- 10.63 James Hinex (Grant, Sacramento)
- 10.69 Lajuan Gibbons (Jordan, Long Beach)
- 10.70 Sirr Parker (Locke, Los Angeles)

200 METERS

- 20.76 *Bryan Howard (Cyn Springs, Moreno Valley, Ca)
- 21.00 Martavious Houston (Anderson, Lauderdale Lks, Fl)
- 21.03 Trevor Rush (Mosley, Panama City, Fl)
- 21.15 Isaac Harvin (Cape Coral, Fl)
- 21.17 Toya Jones (Refugio, Tx)
- Other Californians:
- 21.31 *Felton Charles (Westmoor, Daly City)
- 21.45 Shaun Williams (Silver Creek, San Jose)
- 21.51 **William Moore (Muir, Pasadena)
- 21.56 *Vince Williams (University City, San Diego)
- Wind-aided:
- 21.18 Tony Bray (Kennedy, Sacramento)
- 21.50 Mike Russell (Rowland, Rowland Heights)

400 METERS

- 45.77 Desmond Johnson (St. August., New Orleans, La)
- 46.31 Jerome Young (Prince Tech, Hartford, Ct)
- 46.34 *Michael Granville (Bell Gardens, Ca)
- 46.72 Arthur Reece (Coldspring, Tx)
- 46.84 Robert Staten (Willowridge, Sugar Land, Tx)
- Other Californians:
- 46.96 **William Moore (Muir, Pasadena)
- 47.10 Mike Russell (Rowland, Rowland Heights)
- 47.17 *Felton Charles (Westmoor, Daly City)
- 47.45 Jerome Davis (Burroughs, Ridgecrest)



MICHAEL GRANVILLE

Photo by Kirby Lee/L.A. Times

- 47.49 Ramsey Jay (Ventura)
- Tyree Washington (La Sierra, Riverside)
- 47.75 *Lydeil Burston (Morse, San Diego)

800 METERS

- 1:48.98 *Michael Granville (Bell Gardens, Ca)
- 1:50.08 Rob Pearce (Lee, Springfield, Va)
- 1:50.34 Aaron Richberg (Logan, Union City, Ca)
- 1:50.72 Saeed Basweiden (Ft Un Milit. Acad. Ft Union, Va)
- 1:51.41 *Jason Owen (Stewartville, Mn)

Other Californians:

- 1:52.91 **William Moore (Muir, Pasadena)
- 1:53.39 Jonevan Hornsby (St. Mary's, Berkeley)

1,500 METERS

- 3:53.5e *Michael Stember (Jesuit, Carmichael, Ca)
- 3:54.5e Brett Strahan (Hart, Newhall, Ca)
- 3:55.15 *Billy Harper (Junction City, Or)
- 3:55.42 Seneca Lassiter (Lafayette, Williamsburg, Va)
- 3:55.9 Micah Davis (Mead, Spokane, Wa)

Other Californians:

- 3:58.6e Ricardo Etheridge (Barstow)
- 3:59.1e Michael Blair (Napa)

1,600 METERS

- 4:05.70 Seneca Lassiter (Lafayette, Williamsburg, Va)
- 4:08.52 *Michael Stember (Jesuit, Carmichael, Ca)
- 4:09.71 Brett Strahan (Hart, Santa Clarita, Ca)
- 4:09.79 Rob Pearce (Lee, Springfield, Va)
- 4:12.58+ Alex Valladares (Sterling, Baytown, Tx)

Other Californians:

- 4:13.71 Ricardo Etheridge (Barstow)
- 4:14.87 Michael Blair (Napa)
- 4:15.48 *Micheil Jones (Livermore)

Mile

- 4:07.13 Seneca Lassiter (Lafayette, Williamsburg, Va)
- 4:10.90 *Billy Harper (Junction City, Or)
- 4:14.05 Alex Valladares (Sterling, Baytown, Tx)

3,000 METERS

- 8:28.7 *Billy Harper (Junction City, Or)
- 8:32.04 Matt Downin (Pinkerton Academy, Derry, NH)
- 8:33.60 John Mortimer (Londonderry, NH)
- 8:34.0 Micah Davis (Mead, Spokane, Wa)
- 8:34.4e Antonio Arce (Palmdale, Ca)

PREP NOTES

of college, the top stars keep on competing for money on the international circuit.

"There's no comparison of track in the 1960's and today," he says. "We ran for the sake of competition, not for sponsors. We ran a lot on dirt tracks. I believe the commitment today is a personal thing. In my day it was the competition. We ran for running's sake...for the divine competition. It was program against program. The money didn't enter into it. Now it's a systematic process that leans toward the almighty dollar."

On the other hand, concedes Smith, now 40, he wouldn't mind still being in his twenties and competing for cash. Chances are he would do just fine. In 1967 he posted four of his seven individual world records. In 1968, at the Mexico City Olympics, he won the gold in the 200 meters. Smith was also a member of the first 4x400 meter relay to be clocked under three minutes.

These days, Smith is a busy man. This is the first season he coaches both men and women at Santa Monica. His ladies were unbeaten the last two years—incentive enough for his men to be tough, too.

Smith, an assistant coach for the U.S. team that competes at the IAAF World Indoor Championships in Barcelona, March 10-12, also pushes academics hard. He is a classroom teacher at Santa Monica and could easily pass for a sports psychologist.

"I spend a lot of time being mother and father (to my athletes), like being on time (for practice); the responsibility of young minds; that the mind controls the rest of the entity; the importance of them listening."

Smith developed his own rehabilitation classes in dealing with sports injuries. He instituted a program in the college pool to aid the aging. "When they see the results, you really see them smile," he says.

Smith will be in Atlanta early next month for the USA Mobil Indoor Championships at the Georgia Dome. Most of the U.S. contingent for the world championships will come from that meet, and Smith is raring to go.

"This is the first time I have been considered for anything (as a part of a U.S. coaching staff). I'm excited about that." (from Weekly Notes, USATF, Feb. 21)

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PREP NOTES

Other Californians:

- 8:34.9e Jason Balkman (Lynbrook, San Jose)
8:37.4e Eleazar Hernandez (Camarillo)
8:37.8e Jeff Fischer (Thousand Oaks)

3,200 METERS

- 9:03.19 Antonio Arce (Palmdale, Ca)
9:04.75 Brad Hauser (Kingwood, Tx)
9:05.6 Cameron Copher (Ferris, Spokane, Wa)
9:06.0 Sky Detray (Mead, Spokane, Wa)
9:07.19 Matt Tooman (Deer Park, NY)

Other Californians:

- 9:07.97 Jason Balkman (Lynbrook, San Jose)
9:10.42 Jeff Fischer (Thousand Oaks)
9:10.9 *Michael Stember (Jesuit, Carmichael)
9:10.96 Eleazar Hernandez (Camarillo)
9:13.05 Jeff McLarty (Ayala, Chino Hills)
9:13.48 Adalberto Sanchez (Capistrano Valley, Mission Viejo)
9:16.24 Rey Sanchez (Delano)
9:16.93 *Aaron Gillen (Yreka)

STEEPLECHASE

- 9:29.9 Chris Mulford (Burnt Hills-Ballst Lk, Burnt Hills, NY)
9:35.12 *Billy Harper (Junction City, Or)
9:35.5 Patrick O'Shea (St. Anthony's, So Huntington, NY)
9:39.9 Micah Davis (Mead, Spokane, Wa)
9:43.2 Sampson Yohannes (Public, Hartford, Ct)

No Californians at 9:56.9 or faster.

TWO MILE

- 9:16.62 Seneca Lassiter (Lafayette, Williamsburg, Va)
9:20.2 *Lewis Jones (Kingwood, Tx)

5,000 METERS

- 15:07.37 Tim Broe (East Peoria, Ill)

110 HURDLES (39")

- 13.91 Kelvin Kelley (Baker, La)
13.97 Stewart Fleming (McEachern, Powder Springs, Ga)
Mike Price (Tyler, Tx)
Darrick Trimble (Kennedy, Warren, Oh)
Dawane Wallace (Mt. Vernon, Alexandria, Va)

No Californians at 14.26 or faster.

300 HURDLES

- 36.82 Mike Price (Tyler, Tx)
Johnny Love (Oak Ridge, Orlando, Fl)
37.0 Rodriguez Pfister (Ballou, Washington, DC)
37.42 Patric Williams (Rockdale, Tx)
37.2 *Clint Finley (Cuero, Tx)

Californian:

- 37.52 Desean Holmes (Muir, Pasadena)

HIGH JUMP

- 7-3 Ivan Wagner (Roosevelt, San Antonio, Tx)
7-2 1/4A *Kevin Dotson (Los Alamos, NM)
7-2 Tim James (Northwestern, Miami, Fl)
7-1 1/2 Bobby Williams (Great Bend, Ks)
7-1 Shane Lavy (Southern Cloud, Glasco, Ks)

No Californians at 6-10 1/2 or higher.

POLE VAULT

- 17-6 *Jacob Davis (Orangetfield, Tx)
16-0 *Scott Wilkinson (Stroud, Ok)
Toby Stevenson (Permian, Odessa, Tx)
Shane Stewart (Everman, Tx)
Jason Bragg (Stephenville, Tx)
Jon Colby Miller (Lazbuddie, Tx)

Californians:

- 15-6 1/2 Daniel Shimooka (San Pasqual, Escondido)
15-6 Mike Brown (Torrey Pines, San Diego)
15-6 Rene Lorraine (Petaluma)

LONG JUMP

- 25-1 Toya Jones (Refugio, Tx)
24-10 1/2 Frank Young (Kokomo, In)
24-9 Phillip Hayes (Smith, Carrollton, Tx)
24-7 Jonathan Weathers (Franklin, Philadelphia, Pa)
24-6 Jauron Pigg (Kokomo, In)

Californians:

- 24-0 1/2 Lurea Frazier (Pomona)
23-10 1/2 *Anthony Sanford (Lincoln, San Diego)
Wind-aided:
24-2 1/2 Tyree Washington (La Sierra, Riverside)
24-1 *Anthony Sanford (Lincoln, San Diego)
23-10 Chris Ferreira (Oak Ridge, El Dorado Hills)

TRIPLE JUMP

- 50-9 1/2 Tobyn Rucker (Elison, Killeen, Tx)
50-4 1/2 Tim Ruson (Webster Groves, Mo)
50-0 1/2 Omani Braswell (Public, Hartford, Ct)
49-9 3/4 Carlos Lyles (Davidson, Mobile, Al)
Jamie Johnson (Carthage, Ms)

Californians:

- 48-81 *Chris McAllister (Pasadena)
48-7 3/4 Reggie Curry (Tustin)

Wind-aided:

- 49-8 1/2 Reggie Curry (Tustin)
48-2 *Ty Anderson (Poly, Long Beach)
48-1 3/4 *Klase (Corona del Mar, Newport Beach)

SHOT PUT (12 lb)

- 63-6 *Adam Guthrie (Hyde Park, Austin, Tx)
62-2 1/4 Curtis Pettigrew (Kokomo, In)
60-7 Ray Wilkes (Bridgeton, NJ)
60-5 1/2 Louis Gordon (Bridgeton, NJ)
60-2 1/2 Joe Nault (Marquette, Wi)

Californian:

- 59-10 1/4 Jeremy Lingenfelter (Claremont)

DISCUS (3 lb, 9 oz)

- 198-10 *Ben Lindsey (Lynnwood, Wa)
190-4 Larry Wilson (Hawken, Gates Mills, Oh)
189-0 Jim Roberts (Shepherd, Tx)
185-2 Kevin Moore (Richland, Wa)
184-11 Chireal Jordan (Wheaton North, Wheaton, Ill)

Californians:

- 179-9 Billy Bush (Downey, Modesto)
178-2 Jason Bader (Edison, Huntington Beach)

HAMMER

- 189-8 *Sean Flynn (Pilgrim, Warwick, RI)
189-6 Marc Mazzoni (Bellarmine Prep, San Jose, Ca)
180-1 *Matt Kavanagh (Warwick, RI)
175-11 Bart Cerra (Lincoln, RI)
173-8 Dan Ernst (Valley Central, Montgomery, NY)

DECATHLON

- 6307 Gabe Garrett (River Ridge, Olympia, Wa)
5987a Vicky Tutt (Garrison, Tx)
5808 *Ken Rowland (Poplar Bluff, Mo)
5793 Jay Hinton (Maryvale, Phoenix, Az)
5616 Lavar Castillo (Lynwood, Ca)

Other Californians:

- 5202 *Alex Williamson (Danville)
5184 *James Colburn (Nordhoff, Ojal)
5074 *Thomas Veranneau (Damian, La Verne)
5053 *Curtis Proctor (Poly, Riverside)

GIRLS

100 METERS

- 11.57 Andrea Anderson (Poly, Long Beach, Ca)
11.58 *Heather Sumpter (Muir, Pasadena, Ca)
11.63 Aminah Haddad (Poly, Long Beach, Ca)
11.65 Kim McGruder (North Shore, Houston, Tx)
LaKeisha Backus (Wilson, Long Beach, Ca)

Other Californians:

- 11.78 ***Angela Williams (Magnolia Jr, Chino)
11.87 Kelli White (Logan, Union City)
***Miesha Withers (Jr HS, Long Beach)
11.96 *Michelle Perry (Quartz Hill)
11.99 Kunesha Miller (Morse, San Diego)
12.04 Madinah Ali (Canyon Springs, Moreno Valley)

Wind-aided:

- 11.46 LaKeisha Backus (Wilson, Long Beach)
11.60 Aminah Haddad (Poly, Long Beach)
**Zhaunte Holman (Valley, Sacramento)
11.68 Kelli White (Logan, Union City)
11.91 **Daveetta Shepherd (Salesian, Richmond)

Hand-timing:

- 11.8 **Zhaunte Holman (Valley, Sacramento)

*Jonquil Davis (Charter Oak, Covina)

Wind-aided:

- 11.7 Jennifer Odom (Independence, San Jose)

Windy and questionable timing:

- 11.6 Latanya O'Bryant (Lompoc)

200 METERS

- 23.21 LaKeisha Backus (Wilson, Long Beach, Ca)
23.23 Aminah Haddad (Poly, Long Beach, Ca)
23.65 *Michelle Munday (Woodson, Washington, DC)
23.74 Andrea Anderson (Poly, Long Beach, Ca)
23.80 Kelli White (Logan, Union City, Ca)

Other Californians:

- 23.87 Heather Sumpter (Muir, Pasadena)
24.03 ***Angela Williams (Magnolia Jr, Chino)
24.40 *Jonquil David (Charter Oak, Covina)
24.48 ***Miesha Withers (Jr HS, Long Beach)
24.49 Kunesha Miller (Morse, San Diego)
24.59 **Kinchasa Davis (Wilson, Long Beach)

Wind-aided:

- 22.86 *LaKeisha Backus (Wilson, Long Beach)
23.48 Andrea Anderson (Poly, Long Beach)
23.83 ***Angela Williams (Magnolia Jr, Chino)
23.84 **Kinchasa Davis (Wilson, Long Beach)
24.10 Madinah Ali (Canyon Springs, Moreno Valley)
24.16 ***Zhaunte Holman (Valley, Sacramento)
24.24 ***Miesha Withers (Jr HS, Long Beach)
24.50 *Michelle Perry (Quartz Hill)
24.60 *Theodora Rivers (Ca)

400 METERS

- 53.43 ***Charlynn Foster (Oak Gr Mid., Clearwater, Fl)
53.8 Suzann Reid (Roosevelt, Greenbelt, Md)
54.60 **Malika Edmonson (St. Bern., Playa del Rey, Ca)
55.02 *Angel Patterson (Penn, Philadelphia, Pa)
55.09 ***Jennifer Gardner (Jr HS, Fayetteville, NC)

Other Californians:

- 55.22 *Lana Garner (Morse, San Diego)
55.49 *Martina Ze (Livermore)
55.80 Veronica Anwuri (Bishop Montgomery, Torrance)
56.13 Sylvia Plesiak (Menlo-Atherton, Atherton)
*Crystal Miles-Threatt (Bishop O'Dowd, Oakland)

800 METERS

- 2:05.95 Jawauna McMullen (Christ the King, Mid Vlg, NY)
2:06.98 Julian Reynolds (Benjamin, North Palm Beach, Fl)
2:07.05 *Tameika Grizzle (Washington, NYC, NY)
2:08.93 Kristie Johnston (Central, Fresno, Ca)
2:09.14 Bethany Lucas (South Eugene, Eugene, Or)

Other Californians:

- 2:12.90 Tiffany Boykin (Laguna Hills)

1,500 METERS

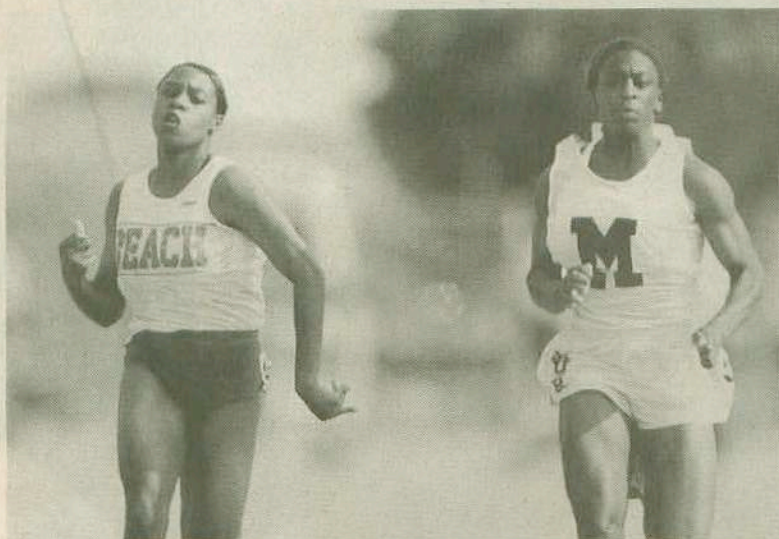
- 4:24.51 *Sally Lynn (Johnson, Bethesda, Md)
4:25.10 **Julia Stamps (Santa Rosa, Ca)
4:25.69 Kristin Nicolini (Annapolis, Md)
4:28.77 Garrie Tollefson (Dawson-Boyd, Dawson, Mn)
4:32.63 *Courtney Adams (Brebeuf, Indianapolis, In)

Other Californians:

- 4:35.9e Elissa Riedy (Mission San Jose, Fremont)
4:37.9e Claire Becker (Bonita Vista, Chula Vista)
4:41.34 ***April Lyon (Jr HS, Hesperia)
4:41.9e Courtney Pugmire (Esperanza, Anaheim)
4:41.9e *Tina Bowen (San Ramon Valley, Danville)
4:42.0e Lori Riedy (Mission San Jose, Fremont)
4:42.5e Carrie Calkins (Esperanza, Anaheim)

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PREP NOTES



AMINAH HADDAD (left) & HEATHER SUMPTER

Photo by Kirby Lee

1,600 METERS

- 4:49.85 *Sally Glynn (Johnson, Bethesda, Md)
4:53.3 *Janelle Thomas (Liberty, Bethlehem, Pa)
4:53.37 *Courtney Adams (Brebeuf, Indianapolis, In)
4:53.63 Kristin Nicolini (Anapolis, Md)
4:54.25 Elissa Riedy (Mission San Jose, Fremont, Ca)
Other Californians:
4:56.54 Claire Becker (Bonita Vista, Chula Vista)
4:57.9 Lori Riedy (Mission San Jose, Fremont)
4:59.35 *Deborah Bleisch (Silver Creek, San Jose)
4:59.59 Courtney Pugmire (Esperanza, Anaheim)
4:59.63 *Tina Bowen (San Ramon Valley, Danville)
5:00.2 *Amy Haase (San Dieguito, Encinitas)
5:00.21 Carrie Caulkins (Esperanza, Anaheim)
5:01.2 *Kristen Gordon (Carondelet, Concord)
5:01.27 *Kim Mortensen (Thousand Oaks)
5:01.30 Alison Lambert (Northgate, Walnut Creek)

MILE

- 4:46.73i **Julia Stamps (Santa Rosa, Ca)
4:57.74 Mary Cobb (Pittsfield, Ma)

3,200 METERS

- 10:26.51 **Julia Stamps (Santa Rosa, Ca)
10:30.28 Carrie Tollefson (Dawson-Boyd, Dawson, Mn)
10:33.61 *Sally Glynn (Johnson, Bethesda, Md)
10:34.64 *Mary Huang (Provo, Ut)
10:34.99 *Janelle Thomas (Liberty, Bethlehem, Pa)
Other Californians:
10:45.40 Molly Mehlig (Peninsula, Rolling Hills)
10:50.6 Elissa Riedy (Mission San Jose, Fremont)
10:51.0+ **Kristen Gordon (Carondelet, Concord)
10:51.41 *Amy Haase (San Dieguito, Encinitas)
10:53.65 *Kim Mortensen (Thousand Oaks)
10:53.91 *Annie Ebner (St. Lucys, Glendora)
10:54.38 Nancy Dollar (San Clemente)
10:56.0 Lori Riedy (Mission San Jose, Fremont)

100 METER HURDLES (33")

- 13.71A *Dominique Calloway (South, Denver, Co)
13.72 *Desiree McQueen (Randolph Campus, NYC, NY)
13.86 **Daveetta Shepherd (Salesian, Richmond, Ca)
13.94 Heather Burns (Washington, Tulsa, Ok)
*Lakeya Williams (Jamaica, NY)

Other Californians:

- 14.02 Joanna Hayes (North, Riverside)
14.23 Jennifer Odom (Independence, San Jose)
14.37 Andrea Wasden (Rio Mesa, Oxnard)
14.46 *Rori Kelly (Westchester, Los Angeles)

Wind-aided:

- 13.73 **Daveetta Shepherd (Salesian, Richmond)
13.80 Joanna Hayes (North, Riverside)
14.00 Jennifer Odom (Independence, San Jose)
14.28 *Ayanna Grant (Bishop O'Dowd, Oakland)

300 HURDLES

- 42.6 Sherella Jackson (Westbury, Houston, Tx)
43.11 Joanna Hayes (North, Riverside, Ca)
43.34 Lori Schenk (Watonga, Ok)
43.38 Connie McKnight (Robinson, Fairfax, Va)
43.50 *Chimika Carter (Groesbeck, Tx)

Other Californians:

- 43.3 *Nicole Thomas (Morningside, Inglewood)
43.59 Keisha Griffin (Washington, Los Angeles)
44.14 ChaRon Stewart (Beacon Christian, Oakland)
44.23 Kelly Moten (Muir, Pasadena)
44.30 **Daveetta Shepherd (Salesian, Richmond)
44.32 Colleen Rhemm (Muir, Pasadena)
44.35 Felicia Pulley (Wilson, Long Beach)

400 HURDLES

- 57.98 ***Charlyna Foster (Oak Gr Mid, Clearwater, Fl)
59.12 Joanna Hayes (North, Riverside, Ca)
59.79 Ayanna Reece (Washington, NYC, NY)
60.3 *Angel Patterson (Penn, Philadelphia, Pa)
61.32 Angela Lee (Franklin, Somerset, NJ)

HIGH JUMP

- 5-11 *Jeana McDowell (Highland, Gilbert, Az)
Debby Volkers (Western Christian, Hull, Ia)
5-10 3/4 Kristy Kierulff (Esperanza, Anaheim, Ca)
*Bianca McKell (Coronado, El Paso, Tx)
5-10 1/2 Stacey-Ann Grant (South Shore, Brooklyn, NY)

Other Californians:

- 5-10 Jamilla Churchill (Bishop O'Dowd, Oakland)
Tracye Lawyer (Cate, Carpinteria)
*Tara Fleming (Immanuel, Reedley)
5-8 Kelly Black (Downey)

- Misty May (Newport Harbor, Newport Beach)
*Shavett Williams (Poly, Long Beach)
**Liz Gilmer (Chaminade, Canoga Park)

POLE VAULT

- 12-2i Melisa Price (Kingsburg, Ca)
10-1 1/2 Serina Miller (Beaverton, Or)
10-0 *Holly Speight (Sprague, Salem, Or)
9-7 ?Melinda Olsen (Franklin, Portland, Or)
9-4 **Stacey Dodson (Sanger)
Other Californians:
9-0 1/4i ***Bridget Pearson (Toll Jr, Glendale)
9-0 Francisca Pleth (Burroughs, Burbank)
?Robyn Flynn (Fortuna)

LONG JUMP

- 20-8 1/4 LaShonda Christopher (River Ridge, Olympia, Wa)
20-2 3/4 Nicole Freeman (Garland, Tx)
20-1 Pamela Simpson (Poly, Long Beach, Ca)
19-8 1/2 Kim McGruder (North Shore, Houston, Tx)
*Jernae Wright (Logan, Union City)

Other Californians:

- 19-7 1/2 Tara Oettinger (Foothill, Santa Ana)
19-3 *Loren Parker (Bakersfield)
19-0 1/2 Jessica Velpey (Pleasant Valley, Chico)
Wind-aided:

- 20-5 *Jernae Wright (Logan, Union City)
20-1 1/2 Pamela Simpson (Poly, Long Beach)
19-6 1/4 *Loren Parker (Bakersfield)
19-0 1/2 *Stephanie Jones (Walnut)

TRIPLE JUMP

- 42-7 1/4 LaShonda Christopher (River Ridge, Olympia, Wa)
42-3 1/4 Nicole Gamble (Sumter, SC)
41-9 3/4 *Alisha Broussard (Dobie, Houston, Tx)
41-5 *DeAnne Davis (Cummings, Burlington, NC)
Twyla Smith (Pinecrest, Southern Pines, NC)

Californians:

- 38-11 1/4 Amber Roberts (Muir, Pasadena)
38-8 Aisha Harrison (Wasco)
Wind-aided:
39-8 Felicia Pulley (Wilson, Long Beach)
38-7 *Reynalda King (St. Marys Academy, Inglewood)
38-5 1/4 Cindi Pettibone (Gunderson, San Jose)

SHOT (4 kilo)

- 48-5 1/2 Holly Timperley (Battle Creek, Nb)
47-0 1/2 Heather Gambill (Battle Ground, Wa)
45-4 1/2 Regan Leahy (Eisenhower, Yakima, Wa)
45-2 3/4 *April Kockrow (Rushville, Nb)
45-1 3/4 *Betty Fostere (Tascosa, Amarillo, Tx)

Californians:

- 44-5 Christina Etuale (Jefferson, Daly City)
43-8 Andria Brown (South, Bakersfield)
43-3 *Janee Hubbard (Fresno)

DISCUS

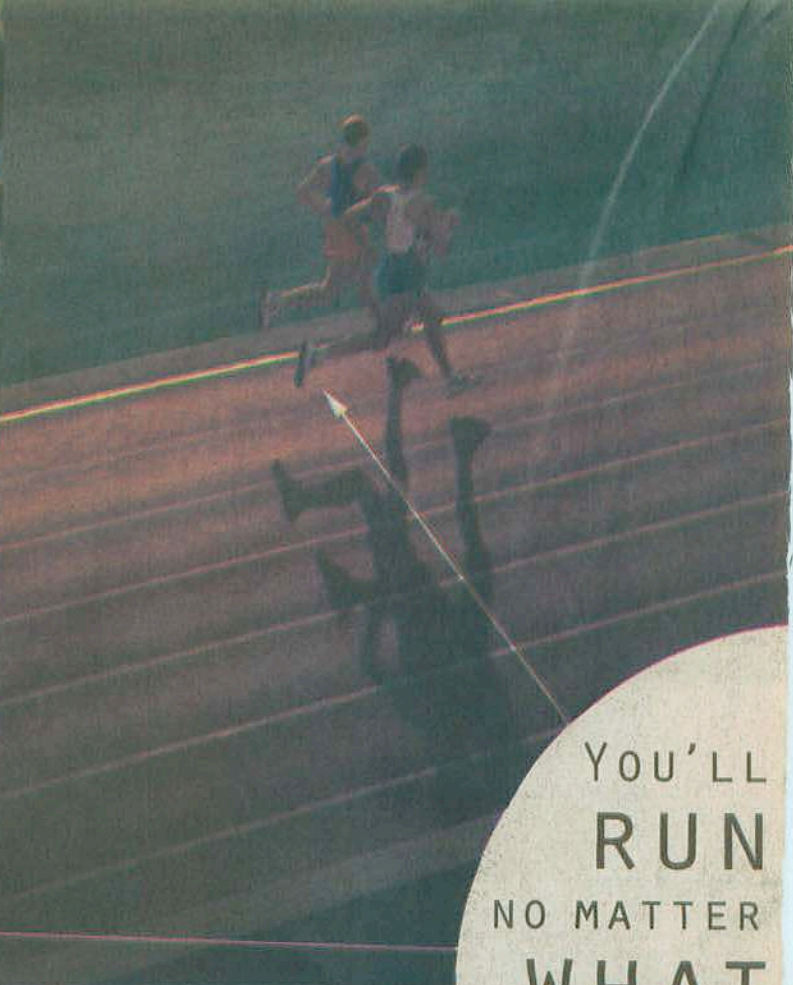
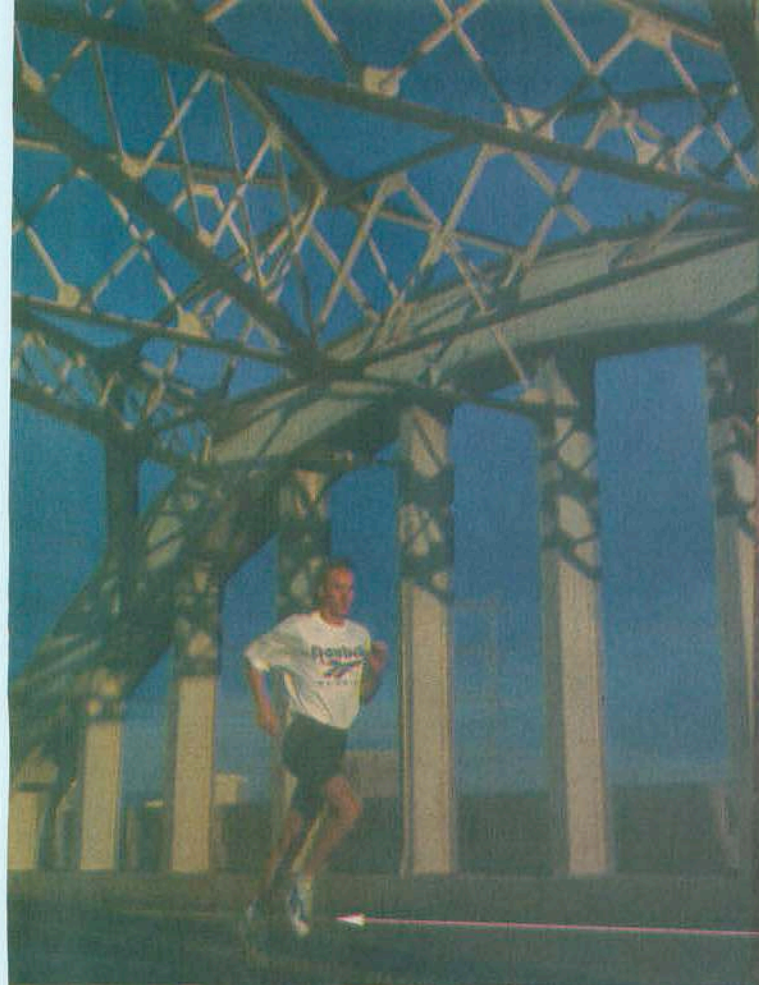
- 160-3 Gina LoMonaco (Half Hollow Hills, Dix Hills, NY)
157-0 Stephanie Wigness (Red River, Grand Forks, ND)
154-0 Nadia Lopez (Arroyo Grande, Ca)
153-0 Roberta Collins (Sandusky, Oh)
152-6 Jill Lackovich (Titusville, Fl)

Other Californians:

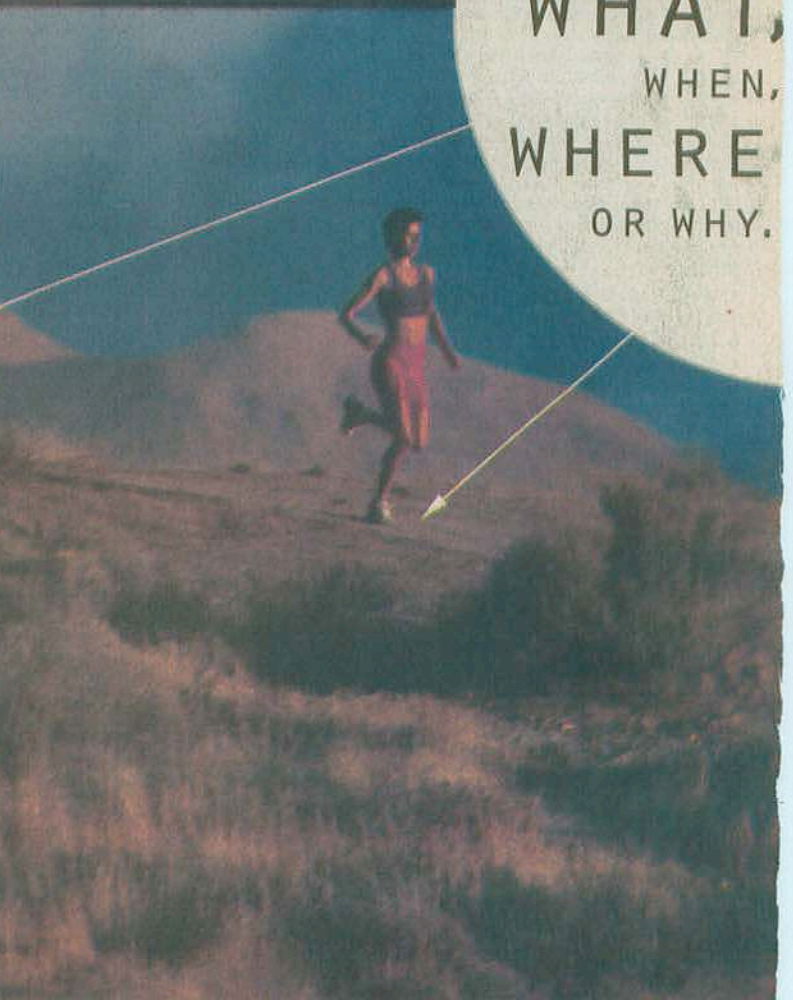
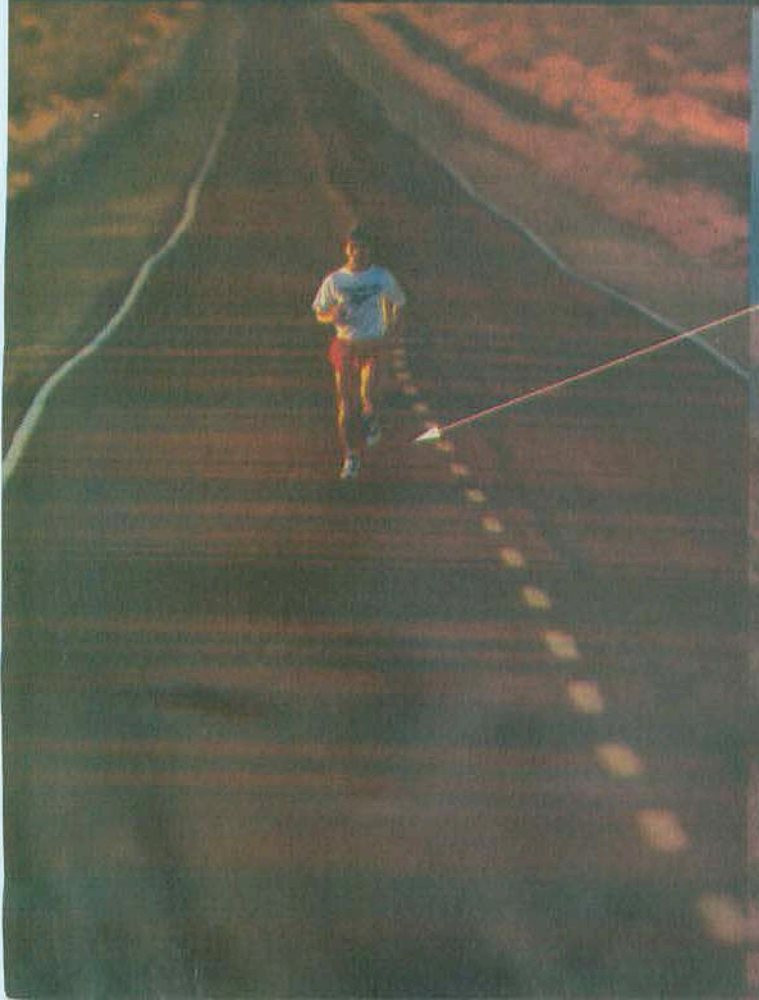
- 145-4 *Darlene Talua (Carmel)
143-3 Angela Burgess (Woodbridge, Irvine)
143-2 *Mandy Buckley (Bakersfield)

HEPTATHLON

- 5113 Shauna Rohbock (Mountain View, Orem, Ut)
4509 Apasha Blocker (Brockport, NY)
4475 Tish Henes (Henley, Klamath Falls, Or)
4444 Rebecca Barnett (Wheelerburg, Oh)
4431 *Kerry O'Bric (Edison, Huntington Beach, Ca)
Other Californians:
4309 *Marie Philman (Edison, Huntington Beach)



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WHAT,
WHEN,
WHERE
OR WHY.





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HOW.



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PREP RANKINGS

1994 ALL-CALIFORNIA HIGH SCHOOL CROSS COUNTRY TEAM

by Keith Conning

The top 25 runners are selected by their best time at Fresno in either the C.I.F. State Meet or the Foot Locker West Regional. Key: -=senior, *=junior, **=sophomore, ***=freshman; CR=course record.

▼ Boys

1. JASON BALKMAN

(Lynbrook)

- 14:54 1) Central Coast Section Division I
- 15:15 1) State Division I
- 14:58 1) Foot Locker West

2. -ANTONIO ARCE

(Palmdale)

- 16:02 3) Stanford Division II
- 15:09 2) Mt. SAC Team Sweeps
- 15:10 1) Southern Section Division II
- 15:25 1) State Division II
- 15:05 2) Foot Locker West
- 15:11.8 7) Foot Locker National

3. -ELEAZAR HERNANDEZ

(Camarillo)

- 15:02 1) Mt. SAC Team Sweeps
- 14:54 1) Southern Section Division I
- 15:20 2) State Division I
- 15:08 4) Foot Locker West
- 15:09.5 5) Foot Locker National

4. -BRETT STRAHAN

(Hart, Newhall)

- 16:01 2) Stanford Division I
- 15:21 4) Mt. SAC Team Sweeps
- 15:20 6) Southern Section Division I
- 15:46 11) State Division I
- 15:09 5) Foot Locker West
- 15:45.3 26) Foot Locker National

5. -ADALBERTO SANCHEZ

(Capistrano Valley)

- 15:25 1) Mt. SAC Race #12
- 14:55 2) Southern Section Division I
- 15:35 5) State Division I
- 15:15 11) Foot Locker West

6. -DAVE MITCHELL

(Morro Bay)

- 15:26 1) Southern Section Division IV
- 15:47 3) State Division IV
- 15:16 12) Foot Locker West

7. -PETER GILMORE

(Palisades)

- 15:55 12) Mt. SAC Ind. Sweeps
- 15:31 2) State Division II
- 15:19 14) Foot Locker West

8. -JEFF McLARTY

(Ayala, Chino)

- 16:11 4) Stanford Division I
- 15:23 7) Southern Section Division I
- 15:29 4) State Division I
- 15:22 15) Foot Locker West

9. *MICHEIL JONES

(Livermore)

- 16:17 2) Stanford Division III
- 15:32 2) Mt. SAC Division III Sweeps
- 16:24 1) North Coast Section Division III
- 15:25 1) State Division III
- 15:23 16) Foot Locker West

10. -TOM BECKER

(Bellarmine, San Jose)

- 16:31 5) Stanford Division I
- 15:23 6) Mt. SAC Team Sweeps
- 15:07 3) Central Coast Section I
- 15:44 7) State Division I
- 15:24 17) Foot Locker West

11. *AARON GILLEN

(Yreka)

- 15:49 4) State Division IV
- 15:28 18) Foot Locker West

12. -JEFF FISCHER

(Thousand Oaks)

- 15:41 9) Mt. SAC Team Sweeps
- 15:18 4) Southern Section I
- 15:29 3) State Division I
- 15:31 24) Foot Locker West

13. -GALVIN GONZALEZ

(McFarland)

- 16:16 1) Stanford Division IV
- 15:23 5) Mt. SAC Team Sweeps
- 15:31 31) State Division II

-ALEX TEEKEL

(Bishop O'Dowd, Oakland)

- 16:21 3) Stanford Division III
- 16:35 2) North Coast Section III
- 15:46 5) State Division III
- 15:31 21) Foot Locker West

15. -JAVIER RAMIREZ

(Nordhoff, Ojai)

- 16:12 1) Stanford Division III
- 15:10 1) Southern Section Division III
- 15:40 3) Mt. SAC Division III Sweeps
- 15:31 2) State Division III
- 15:38 32) Foot Locker West

16. -STEVE IMMEL

(Livermore)

- 16:27 5) Stanford Division III
- 15:27 1) Mt. SAC Division III Sweeps
- 16:37 3) North Coast Section Division III
- 15:33 3) State Division III

17. -JOHN GREENE

(Agoura)

- 16:22 2) Stanford Division II
- 15:27 4) Mt. SAC Ind. Sweeps
- 15:13 2) Southern Section Division II
- 15:36 3) State Division II
- 15:39 35) Foot Locker West

-REY SANCHEZ

(Delano)

- 15:41 8) Mt. SAC Ind. Sweeps
- 15:04 1) Central Section Division II
- 15:36 27) Foot Locker West



JULIA STAMPS & JASON BALKMAN
Fine Flicks by Don Gosney

*MICHAEL STEMBER

(Jesuit, Carmichael)

- 15:58 1) Stanford Division I
- 15:38 7) Mt. SAC Team Sweeps
- 14:51 1) Sac-Joaquin Section Division II
- 15:39 4) State Division II
- 15:36 28) Foot Locker West

20. *KENNY RHOAN (Sierra)

- 15:37 2) State Division II
- 15:47 1) Foot Locker JR Even

-KEITH O'DOHERTY

(Thousand Oaks)

- 15:14 3) Mt. SAC Team Sweeps
- 15:16 3) Southern Section Division I
- 15:41 6) State Division I
- 15:37 30) Foot Locker West

continued next page...

ALL-CAL H.S. X.C.

-TREVOR SYBERT (Vista)

16:43 11) Stanford Division I
15:46 10) State Division I
15:37 31) Foot Locker West

23. -DARREN HOLMAN

(Sonora)

15:55 5) Mt. SAC Division III Sweeps
15:02 1) Southern Section Division III
15:39 4) State Division II

-RICARDO VILLALOBOS

(Ramona, Riverside)

15:37 6) Mt. SAC Ind. Sweeps
15:32 4) Southern Section Division II
15:56 11) State Division II
15:39 34) Foot Locker West

25. -JAMES LIU

(Temple City)

15:21 1) Mt. SAC Ind. Sweeps
15:25 3) Southern Section Division II
15:40 5) State Division II

***KEVIN KOEPER**

(St. Francis, La Canada)

15:33 3) Southern Section Division III
16:00 9) State Division III
15:40 37) Foot Locker West

▼ Girls

1. **JULIA STAMPS

(Santa Rosa)

18:15 1) Stanford Division I
16:58CR 1) Mt. SAC Ind. Sweeps
18:10 1) North Coast Section Division I
17:06CR 1) State Division I
16:45CR 1) Foot Locker West
16:41.9 1) Foot Locker National

2. *ELAINE CANCHOLA**

(Nordhoff, Ojai)

19:00 13) Mt. SAC Division III Sweeps
17:35 1) Southern Section Division III
18:07 2) State Division III
17:33 2) Foot Locker West
17:57.9 19) Foot Locker National

3. -COURTNEY PUGMIRE

(Esperanza, Anaheim)

19:29 5) Stanford Division I
17:45 1) Southern Section Division I
18:08 2) State Division I
17:43 4) Foot Locker West
17:31.4 9) Foot Locker National

4. -AMY SKIERESZ (Agoura)

18:42 1) Stanford Division II
18:16 3) Mt. SAC Ind. Sweeps
17:50 1) Southern Section Division II
18:12 1) State Division II
17:47 5) Foot Locker West
17:43.6 14) Foot Locker National

5. *HEATHER GARRITSON**

(Buena Park)

17:49 1) Mt. SAC Division III Sweeps
18:04 2) Southern Section Division III
18:01 1) State Division III

17:53 7) Foot Locker West

18:09.3 23) Foot Locker National

6. **KRISTEN GORDON

(Carondelet, Concord)

19:06 3) Stanford Division I
19:39 2) North Coast Section Division I
18:46 8) State Division I
18:06 9) Foot Locker West

7. *KIM MORTENSEN

(Thousand Oaks)

18:24 1) Mt. SAC Team Sweeps
18:00 2) Southern Section Division I
18:29 4) State Division I
18:07 10) Foot Locker West

8. *VERONICA SANCHEZ**

(Wasco)

18:39 1) Central Section Division III
20:18 46) State Division III
18:12 11) Foot Locker West

9. *JESSICA CORBIN (Irvine)

19:05 7) Mt. SAC Team Sweeps
18:18 3) Southern Section Division I
18:19 3) State Division I
18:12 12) Foot Locker West

10. -TRACY CLARK

(Cor. Del Mar, Newport Bch)

19:34 1) Stanford Division III
18:28 3) Mt. SAC Division III Sweeps
18:10 4) Southern Section Division III
18:18 3) State Division III
18:14 14) Foot Locker West

11. -ALISON LAMBERT

(Northgate, Walnut Creek)

19:48 3) Stanford Division III
18:20 2) Mt. SAC Division III Sweeps
19:50 4) North Coast Section Division III
18:22 4) State Division III
18:15 15) Foot Locker West

12. **ANNIE EBINER

(St. Lucy's, Glendora)

18:41 7) Mt. SAC Division III
18:04 3) Southern Section Division III
19:15 17) State Division III
18:15 16) Foot Locker West

13. *HEATHER WALLACE

(Clayton Valley, Concord)

19:46 2) Stanford Division III
18:33 5) Mt. SAC Division III Sweeps
19:13 1) North Coast Section Division III
18:23 5) State Division III
18:17 19) Foot Locker West

14. -ELISSA RIEDY

(Mission San Jose, Fremont)

19:03 2) Stanford Division II
18:45 3) Mt. SAC Team Sweeps
19:35 2) North Coast Section Division II
18:19 2) State Division II

-ELIASER ESTRADA

(Santa Ana Valley)

18:47 8) Southern Section Division I
18:43 7) State Division I
18:19 21) Foot Locker West

16. **SHELBY HORGAN

(Temescal Canyon, Els)

18:19 5) Southern Section Division III
18:26 6) State Division III

***TINA BOWEN**

(San Ramon Valley, Danville)

19:32 4) Stanford Division II
19:05 6) Mt. SAC Ind. Sweeps
20:03 3) North Coast Section Division II
18:26 23) Foot Locker West

18. -RACHEL MOSHER

(San Leandro)

20:04 4) Stanford Division III
18:45 8) State Division III
18:30 24) Foot Locker West

19. -MOLLY MEHLBERG

(Peninsula, Rolling Hills)

19:40 7) Stanford Division I
18:22 4) Southern Section Division I
18:37 5) State Division I
18:31 26) Foot Locker West

20. *EMILY ALLISON

(Leland, San Jose)

18:10 2) Mt. SAC Ind. Sweeps
18:03 1) Central Coast Section Division II
18:34 3) State Division II

-JULIE HASSAN

(Nevada Union, Grass Valley)

18:32 2) Sac-Joaquin Section Division I
18:55 9) State Division I
18:34 28) Foot Locker West

22. **KATIE NUANCES

(Santa Margarita, Ran. SM)

18:49 8) Mt. SAC Division III Sweeps
18:49 7) Southern Section Division III
18:36 7) State Division III

23. -LORI RIEDY

(Mission San Jose, Fremont)

19:15 3) Stanford Division II
18:44 2) Mt. SAC Team Sweeps
19:26 1) North Coast Section Division II
18:38 4) State Division II

24. *DEVON STRATIFF

(Torrey Pines)

18:41 5) State Division II

25. *DEBORAH BLEISCH

(Silver Creek, San Jose)

20:06 13) Stanford Division I
18:35 1) Central Coast Section Division I
18:43 6) State Division I

continued next page...

YOUR COMPLETE
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CALIFORNIA
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PREP RANKINGS

1994 CALIFORNIA TEAM SCORING CONTEST

By Ray Scofield & Doug Speck

▲ Boys

By Doug Speck

Once again, as a way of looking at relative team strengths in the sport of track and field we did our scoring where we look at scoring done in a "50-deep" state-wide format. With the 50 top marks per event (Accutrack timing only and no wind-aided marks in sprints up through 200 meters), 50 points is given for the top mark per event all the way down to one point for the fiftieth mark in an event, the results are always interesting to view.

On the Boys' side, it was John Muir of Pasadena, always near the top in these contests, who dominated the rest of the state with its over 100 point victory over a fine San Diego High School team. Coach Clyde Turner has continued the Mustang tradition in fine style, scoring in all the running events up through the 800 meters, and adding spectacular relay teams. San Diego, led by super distance star Mebrathom Keflezighi, was very tough near the southern border, with four other individuals and both relay teams scoring in this contest.

TOP 50 TEAMS

1. Muir	454.0
2. San Diego	320.5
3. Bakersfield	315.5
4. Dorsey	307.5
5. Arroyo Grande	279.875
6. Rowland	273.0
7. Jesuit	270.0
8. Vallejo	263.0
9. Bellarmine	257.0
10. Morningside	248.5
11. Poly, Long Beach	240.5
12. St. Marys, Berk	237.5
13. Eisenhower	230.12
14. El Camino, Ocean	222.875
15. Madera	219.0
16. Westmoor	218.12
17. Chino	211.0
18. Rancho Bernardo	209.875
19. Patrick Henry	203.5
20. Silver Creek	203.0
21. St. Ignatius	201.5
22. University City	186.0
23. Redlands	184.0
24. Poly, Riverside	183.5
25. Valley, Sac.	181.0
26. Canyon Springs	177.0
27. Foothill, S A	177.0
28. Washington, L A	170.5
29. Rancho Buena Vista	168.5
30. Hart	164.12
31. Newport Harbor	164.0
32. Lincoln, San Diego	158.0
33. Upland	158.0
34. San Pasqual	149.0
35. Merced	148.0
36. Quartz Hill	145.12
37. Berkeley	145.0

38. Woodland	141.5
39. Fairfax, L A	141.0
40. St. Augustine	140.0
41. 1000 Oaks	139.0
42. Camarillo	134.5
43. Ayala	133.5
44. Loyola	133.375
46. Orange	130.0
47. Wood	128.5
48. West, Bakersfield	128.12
49. Helix	124.0
50. Highland, Bakersfield	123.5

INDIVIDUALS-- TOP TEN TEAMS

1. MUIR (454.0)	
100- Carr	25.5
100- Moore	23.5
200- Moore	41.0
400- Moore	48.0
400- Haslip	30.0
800- Moore	41.0
110H- Haslip	50.0
110H- Hunter	1.5
300H- Haslip	50.0
330H- Holmes	45.0
4 x 100	48.5
4 x 400	50.0
2. SAN DIEGO (320.5)	
100- George	31.5
200- George	8.5
800- Keflezighi	27.0
800- Jones	24.0
1600- Keflezighi	50.0
3200- Keflezighi	50.0
3200- Melgar	24.0
Disc- Liberty	29.0
4 x 100	42.5
4 x 400	34.0
3. BAKERSFIELD (315.5)	
100- Wofford	7.5
400- Armour	40.5
800- Armour	49.0
110H- Parker	40.0
300H- Parker	35.0
SP- Staat	40.0
Disc- Staat	49.0
4 x 100	12.5
4 x 400	49.0
4. DORSEY (307.5)	
100- Settle	31.5
200- Settle	46.5
400- Shepard	27.0
800- Wheeler	12.0
110H- Mabry	25.5
300H- Mabry	19.0
LJ- Smith	21.0
TJ- Smith	33.0
4 x 100	45.0
4 x 400	47.0
5. ARROYO GRANDE (279.875)	
800- Dunn	42.0
1600- Dunn	46.0
3200- Garrity	17.0
110H- B Jones	47.0
300H- B Jones	43.0
PV- Nichols	0.875
TJ- B Jones	7.0
SP- C Jones	39.0
Disc- C Jones	32.0
4 x 400	6.0

6. ROWLAND (273.0)	
200- Russell	30.5
400- Russell	47.0
800- Russell	44.0
800- Peterson	38.0
110H- McClure	27.5
TJ- McClure	47.0
4 x 400	39.0
7. JESUIT (270.0)	
1600- Stember	49.0
3200- Farley	48.0
3200- Stember	40.0
3200- Presnell	26.0
PV- Barnes	22.0
Disc- Kallikawa	43.0
Disc- Kelley	42.0
8. VALLEJO (263.0)	
100- Evans	47.0
200- Evans	46.5
400- Wilson	20.5
110H- Cooper	1.5
300H- Ford	16.0
HJ- John	41.5
4 x 100	47.0
4 x 400	43.0
9. BELLARMINE (257)	
1600- Dando	31.0
3200- Becker	29.0
110H- Edmond	39.0
300H- Edmond	48.0
4 x 400	17.5
HJ- Zeidler	43.0
LJ- Saso	8.5
TJ- Stallings	31.5
TJ- Saso	9.0
Disc- Perkins	2.0
10. MORNINGSIDE (248.5)	
100- Butler	27.0
200- Reed	15.0
200- Taylor	4.5
400- Reed	38.0
400- Suggs	20.5
LJ- Suggs	2.0
TJ- Turner	44.0
4 x 400	49.0

TOP TEN INDIVIDUALS--BOYS

1. 156.0	**Felton Charles (West., Daly City)
	100- 200- 400- LJ-
2. 153.5	***William Moore (Muir, Pasadena)
	100- 200- 400- 800-
3. 135.0	*Bryan Howard (Cyn Spr, Mor Vly)
	100- 200- 400-
4. 132.0	**Michael Granville (Bell Gardens)
	200- 400- 800-
5. 130.0	Ken Haslip (Muir, Pasadena)
	400- 110H- 300H-
6. 127.0	Mebrathom Keflezighi (San Diego)
	800- 1600- 3200-
7. 126.0	Pat Johnson (Redlands)
	100- 200- 400-
8. 123.0	Mark Hauser (St. Aug, San Diego)
	800- 1600- 3200-
9. 121.5	*Mike Russell (Rowland, Rowl Hts)
	200- 400- 800-
10. 106.0	Jesus Reyes (Chino)
	100- 200- LJ-

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CALIFORNIA TEAM SCORING

▲ Girls

By Ray Scofield

California had some "monster" Girls Track and Field teams in 1994, with the Golden State probably having a majority of the top dozen dual meet powers in the entire nation. The 1994 winner may have been a bit of a surprise to some, but to those who knew of the "top-end" depth of Logan of Union City the results really were not too shocking. Coach Lee Webb and staff's Logan crew has built for about half a dozen years into a team that would be very, very tough for anyone ever to handle. A very solid Long Beach Poly team leads the parade of very strong teams from across the state, with any others of the top ten showing an excellence across the "event spectrum" that helps to make the Golden State #1 nationally in the sport.

TOP 50 TEAMS

1. Logan	606.0
2. Poly, Long Beach	573.0
3. Bishop O'Dowd	496.5
4. Muir	450.0
5. Valley, Sacramento	419.0
6. Morningside	393.0
7. Morse	385.5
8. Wilson, Long Beach	380.5
9. Skyline	363.0
10. Esperanza	325.5
11. Bakersfield	279.0
12. Mission San Jose	253.0
13. Canyon Springs	246.0
14. Edison, Huntington Bch	214.5
15. Pittsburg	201.0
16. Newport Harbor	200.0
17. Foothill, Santa Ana	196.25
18. Carondolet	196.0
19. Independence	190.0
20. Central, Fresno	185.5
21. North, Riverside	176.0
22. Woodbridge	167.25
23. Kennedy, Richmond	156.5
24. Los Gatos	156.0
25. Channel Islands	153.0
26. Pomona	146.0
27. Clayton Valley	141.5
28. Rincon Junior High	140.0
29. Downey, Modesto	138.0
30. Etiwanda	133.25
31. Amador Valley	133.0
32. Hogan	129.5
33. Washington, LA	121.5
34. Edison, Fresno	120.0
35. Eisenhower	119.5
36. Berkeley	119.5
37. Agoura	119.0
38. St. Bernard	117.5
39. Tulare	117.0
40. Presentation	115.0
41. Pius X	113.0
42. Madera	111.5
43. Jefferson, Daly City	111.0
44. North, Bakersfield	110.5
45. Washington, Fremont	110.5
46. Westchester	110.5
47. Folsom	107.5
48. St. Francis, Mtn View	107.0
49. Arroyo Grande	100.25
50. Walnut	99.5

INDIVIDUALS-- TOP TEN TEAMS

1. LOGAN (606.0)	
100-White	42.5
100-Wright	36.0
100-Estes	27.5
100-Goods-Guidry	27.5
200-White	46.0
200-Goods-Guidry	13.5
200-Estes	10.0
400-Estes	23.5
400-White	18.0
800-Bridgeman	7.0
100H-Peterson	43.0
300H-Peterson	40.0
HJ-Chappelle	34.0
HJ-Townsend	22.0
LJ-Wright	49.0
LJ-Estes	17.5
LJ-Green	5.5
TJ-Lacson	26.5
TJ-Chappelle	13.5
4 x 100	45.0
2. POLY, LONG BEACH (573.0)	
100-Anderson	50.0
100-Haddad	48.0
200-Haddad	49.0
200-Anderson	47.0
400-Simpson	37.0
400-A. Williams	32.0
400-Anderson	27.0
400-Washington	10.5
800-Rhetta	42.0
800-Hill	33.0
HJ-S. Williams	41.5
LJ-Simpson	50.0
SP-Ademiluyi	7.0
4 x 100	50.0
4 x 400	49.0
3. BISHOP O'DOWD (496.5)	
100-B Grant	44.0
100-Bennett	10.5
200-B Grant	42.0
200-Bennett	8.0
400-Cr Miles-Threalt	39.5
400-Bennett	22.0
800-Ca Miles-Threalt	41.0
100H-B Grant	50.0
100H-A Grant	39.0
300H-A Grant	20.0
HJ-Churchill	47.5
LJ-A Grant	20.0
SP-Jones	25.0
4 x 100	42.0
4x 400	46.0
4. MUIR (450.0)	
100-Sumpter	49.0
200-Sumpter	45.0
1600-Nwaguokor	19.0
3200-Nwaguokor	23.0
100H-Moten	35.0
100H-Roberts	13.0
300H-Moten	39.0
300H-Rheem	37.0
HJ-Roberts	22.0
LJ-Roberts	38.0
TJ-Roberts	47.0
4 x 100	44.0
4 x 400	39.0
5. VALLEY, SACRAMENTO (419.0)	
100-Holman	34.5
200-Holman	26.0
400-Williams	46.0
400-Donaldson	35.0
1600-Whitmore	9.0
3200-Whitmore	27.0
100H-Madu	41.5

100H-Totimeh	36.0
300H-Madu	42.0
300H-Totimeh	31.0
300H-Williams	15.0
TJ-Totimeh	11.5
4 x 100	36.0
4 x 400	42.0
6. MORNINGSIDE (393.0)	
100-Williams	37.0
100-Gibson	25.5
200-Williams	41.0
200-Gibson	33.0
400-White	48.0
400-Williams	34.0
100H-Thomas	31.5
300H-Thomas	48.0
4 x 100	47.0
4 x 400	48.0
7. MORSE, SAN DIEGO (385.5)	
100-Miller	39.0
100-Brown	16.52
200-Miller	38.0
200-Gamer	29.5
200-Brown	2.0
400-Garner	45.0
400-Brown	2.5
100H-Jones	29.0
300H-Jones	29.0
LJ-Jones	45.0
TJ-Crews	33.0
4 x 100	46.0
4 x 400	31.0
8. WILSON, LONG BEACH (380.5)	
100-Backus	47.0
200-Backus	50.0
200-Davis	36.0
200-M Nelson	25.0
400-M Nelson	42.0
300H-Pulley	36.0
300H-J Nelson	10.0
300H-Davis	1.5
LJ-M Nelson	40.0
4 x 100	49.0
4 x 400	44.0
9. SKYLINE (363.0)	
100-Wallace	14.0
200-Harris	44.0
200-Goodwin	19.5
400-Harris	49.0
400-Crockett	33.0
400-Goodwin	4.5
300H-Harris	50.0
300H-Metcall	19.0

4 x 100	48.0
4 x 100 B	31.0
4 x 400	50.0
4 x 400 B	1.0
10. ESPERANZA (325.5)	
800-Pugmire	35.0
1600-Pugmire	43.0
1600-Caulkins	40.0
3200-Caulkins	10.0
100H-Jones	25.5
300H-Jones	4.0
HJ-Kierulff	50.0
HJ-Anderson	34.0
LJ-Kierulff	31.5
LJ-O'Connor	17.5
TJ-O'Connor	20.0
4 x 400	15.0

TOP TEN INDIVIDUALS

1. 144.0	Lafasha Gilliam (Pittsburg)
2. 143.5	***Davetta Shephard (Kenn, Rich)
3. 143.0	Angela Harris (Skyline, Oakland)
4. 141.0	*Joanna Hayes (North, Riverside)
5. 140.0	***Julia Stamps (RincJH, S Rosa)
6. 136.0	Bisa Grant (O'Dowd, Oakland)
136.0	*Eiissa Riedy (MissSJ, Fremont)
8. 124.0	*Andrea Anderson (Poly, L Beach)
124.0	Ebonie Henderson (Bakersfield)
10. 120.0	Amber Roberts (Muir, Pasadena)
	100H- HJ- LJ- TJ

TOP TEN TEAMS--COMBINED

Again, it is a group of traditional powers who dominate the combined team ratings, with Muir, Long Beach Poly, and Logan long-time legendary powers on both sides of the team slate.

	BOYS	GIRLS	TOTAL
1. Muir, Pasadena	454.0	450.0	904.0
2. Poly, Long Beach	240.5	573.0	813.5
3. Logan, Union City	120.5	606.0	726.5
4. Morningside, Inglewood	248.5	393.0	641.5
5. Valley, Sacramento	181.0	419.0	600.0
6. Bishop O'Dowd, Oakland	103.0	496.5	599.5
7. Bakersfield	315.5	279.0	594.5
8. Morse, San Diego	103.5	385.5	489.0
9. Canyon Springs, MorenoVly	177.0	246.0	423.0
10. Wilson, Long Beach	24.5	380.5	405.0

COACHES' CORNER

GEORGE PAYAN, Column Editor

Sky Jumpers Checklist for Safety, Cost Reduction and Increased Vaulting Performance

By Jan Johnson
Sky Jumpers Vaulters Training Center

Holding Down Costs and Increasing Safety

A. Pits

1. Make sure the weather cover you get has good ultraviolet protective qualities.
2. Keep pits covered and/or inside when not using.
3. Turn pits upside down to drain if they get wet.
4. Put pits up on tires to avoid rotting bottom.
5. Always strap and tie pits to manufacturer's specifications.
6. Prior to the season, remove "bags" from frame and have awning upholstery shop repair rips and tears.
7. Sometimes rebagging is cheaper than new pits.
8. Make sure your pit meets the minimum standards recommended by your governing agency.
9. Make sure pit is proper distance from back of box (6-12") for most pits.

B. Poles

1. Always carry in some kind of protective case (cardboard or PVC tubing).
2. Training and technique poles are more cost-effective for beginners.
3. Never allow an athlete to jump long run on pole under body weight.
4. Always inspect poles before using for nicks and scratches. Do not use poles that are badly scratched.
5. Immediately move to bigger pole when overbending (more than 90 degrees).
6. If a bigger pole is not available, shorten the run (2) strides (one left) and drop grip 2-3'.
7. Find good price point poles that will service the most vaulters. (Mean Green Sky Poles and Pacer Technique Poles.)
8. Teach proper technique--jumping up at T.O., with early, high hands.
9. Trim or glass poles with cracks on the bottom.

10. Always catch poles so they don't fall on runway or standards--MAKE THIS MANDATORY.
11. Pad all standard handles. Many poles are damaged from falling on unprotected standard handles.
12. Do not allow vaulters to lay poles around landing pit area, especially in front of the pit where alot of traffic occurs.

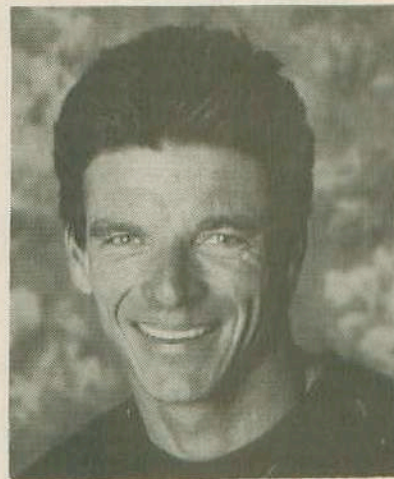
Teaching Beginners

1. Each season, start all beginners and more advanced vaulters with a prescribed **drill sequence**. Encourage your vaulters to use this set of drills each day as part of their regular routine, prior to actual vaulting. Each drill should be done 5-10 times per session emphasizing perfect technique.

2. **Training and technique pole drills** are a very important aspect of teaching good vaulting technique. Most manufacturers have 4 or 5 sizes available that will work for 90 percent of high school vaulters. These poles are very durable, cost considerably less than real poles and last a long time. Perhaps the most innovative pole of this type, currently on the market, is the new Pacer Technique Pole which combines the durability of a training pole with the reaction of a "real pole".

3. Your vaulters are ready to begin **vaulting for height** when they have mastered the beginner's drill sequence. They should first find a pole they can bend and vault on safely from 4 or 5 lefts. As they improve, they should gradually raise their grip one or two inches at a time until the pole is too soft. At this point, they should take the same handhold on a slightly stiffer pole from the same run. If the new pole is too big from the old run, have the vaulter increase the length of his approach one left. If the pole is still too big, he may need to move back one more left. This system is called "making the run fit the pole." It will save your program broken poles, give your kids great technique and improve the safety of your vaulters.

4. Once the fundamentals of technique have been learned, the progression is really just a



Jan Johnson

series of **higher grips, stiffer poles and longer runs**. During this entire sequence, it's very important to keep your vaulters focused on the basic elements of perfect technique listed below.

5. Basic Technique Concepts for Success

- a. Measured check mark system for all approaches.
 - b. Take off directly under top hand.
 - c. Both arms pressed all the way up prior to pole hitting box.
 - d. Jump up at the take off like a long jump.
 - e. Stay right side up for the first instant off the ground.
 - f. Bring (swing) a straight trail leg forward and then up.
 - g. Use top hand as a guide and row hands forward.
 - h. Pull body (upside down) close to the pole.
 - i. Learn to vault with standards a minimum of 18" back.
- #### **6. Common Technique Mistakes**
- a. Invalid step systems or no step system.
 - b. Running off the ground instead of jumping.
 - c. Slowing down to plant the pole.
 - d. Starting pole plant later than the next to last left.
 - e. Hands not all the way up prior to pole hitting box.
 - f. Hands, shoulders and hips not square at take off.
 - g. Take off inside of top hand.

continued next page...

Other Pole Vault Items of Interest...

RECOMMENDATIONS FROM THE USATF DEVELOPMENT MEETINGS

1995 USATF Pole Vault Summit on Safety

January 20- 21 ■ Reno, NV

1. To support the New Rules for High School vaulters. To encourage all Open and Elite vaulters to promote safety. To continually encourage the education of coaches and athletes, and recommend that State High School Associations require coaches to attend Clinics.
2. It is recommended that coaches teach a progression of drills to vaulters. In situations where the vaulter may need to use lighter poles, it is strongly recommended the **grip be lowered and a shorter pole be used at or above the vaulters's body weight.**

3. USATF Pole Development respects the professional integrity of the pole vault pole manufacturers, and will rely on their professional judgement as to how the pole is to be used. Recommends coaches contact manufacturers if there are questions about modifications. Coaches, high school athletes, open athletes and elite athletes are requested to **leave warning labels on poles.**

4. USATF Pole Vault Development would like to see a **standardized pole flex system** common to all manufacturers.

5. USATF Pole Vault Development recommends a study be made to:
a. Determine the feasibility of using a helmet in vaulting.
b. Find out if there is a helmet manufacturer who could produce a safe product.

6. Other concepts presented included a painted line outlining a safety zone be placed on the outside perimeter of the landing area which would allow a coach to recognize the likelihood of injury. Situation: In a practice session, an athlete lands several time outside the Safety Zone. The athlete is stopped from jumping and instruction is given to correct the technical problem.

COACHES' CORNER, continued

- h. Jump around the pole instead of into it.
- i. Pulling with arms instead of hanging during swing phase.
- j. Tucking trail leg off the ground instead of staying long.
- k. Throwing head back instead of swinging.
- l. Stiff-arming the pole.
- m. Getting jerked—allowing hips and feet to get pulled in front of shoulders right after take off.
- n. Holding hands wider than shoulder width.
- o. Carrying pole across body so that it creates a round house plant.
- p. Holding too high on too small a pole for current technique and ability.
- q. Failure to learn proper technique prior to raising grip.

7. Recommended H.S. Pole Sizes and Cost Comparison

"Mean Green"			Pacer "Technique"		
Sky Poles	Wt.	Price	Poles	Range	Price
12-4	120	\$159	12	100-130	\$174
13-1	120	191	13	130-160	210
13-1	130	191	14	150-170	229
13-1	140	191	14	170-190	229
14-0	140	209			\$842
14-0	150	209			
15-0	150	209			
15-0	160	284			
		\$1718			

For more detailed recommendations and information about the Sky Jumpers Vaulters Training Center contact Jan Johnson, Sky Jumpers Vaulters Training Center, 6505 Santa Cruz, Atascadero, CA 93422 (805) 466-8119. See "Camps & Clinics" in the Schedule section of this magazine.

The information in Coaches' Corner is offered to assist in the continuing education of California track & field and cross country coaches. George Payan, Jr. (Head Cross Country and Track coach at Valley High School in Santa Ana) serves CTRN as column editor.



SPECIAL CIF UPDATE Pole Vault Rule Safety Changes

National Federation Implements Three Major Pole Vault Rules changes

In an effort to diminish the potential for injury in the pole vault, three rule changes were adopted **beginning with the 1995 season** by the National Federation Track and Field Rules Committee at its meeting June 12-13 in Kansas City, Missouri.

The most dramatic change made by the committee involves the pole used by vaulters. With the passage of **Rule 7-4-3, the vaulter's weight shall be at or below the manufacturer's pole rating, and the manufacturer's pole rating shall be visible** in a one-inch contrasting color, as well as a one-inch circular band indicating the maximum hand-hold position. In addition, pole rating markings are to be located above the hand-hold band.

"The committee concluded that the utilization by vaulters of poles that are not appropriate for the individual's weight may increase the possibility for injury," said Frank Kovaleski, assistant director of the National Federation and editor of the high school track and field rules. "Therefore, a new article has been added which requires that the weight rating of the pole being used by the vaulter shall not be less than the vaulter's weight."

"The pole rating shall be visibly placed above the hand-hold band, preferably on the natural bend side of the pole. The meet referees of the pole vault event judge can actually weigh the vaulter(s) or require the appropriate coaches to verify that their athletes are using the appropriate pole. It is recommended that the event judge record the weight of each competitor next to their name on the scoring form. This information must be readily available if there is ever any question regarding the weight of the vaulter in relationship to the pole the vaulter was using."

Since school may have inventories that include multiple poles, coaches must mark all poles to conform to this rule. Poles may be labeled with a permanent marking pen that contrasts to the pole, with one-inch numerals above the hand-hold band. The top of the band should be placed six inches from the top of the pole with one-inch vinyl tape. Vaulters must be informed that their binding tape cannot conceal this band at any time.

Any pole not properly marked will be considered as illegal equipment. If a vaulter attempts to use an illegal pole, the individual will not be allowed to compete until a legal pole is secured. If, during competition, a vaulter is discovered using an illegal pole, the vaulter shall be immediately disqualified from the event.

The past restriction regarding the **allowed movement of the upright standards** is another rule change of note. In 1984, the rule was

continued next page...



NOTES From Doug Speck

SIMPLOT INDOOR GAMES

The February 18th Simplot Games at Pocatello, Idaho at Idaho State University was a monster hit. With this the first year in a while that the competition did not conflict with the date of the Sunkist meet, there was a big California presence with the very fine meet summarized elsewhere in this issue. The facility for the Meet is a 200 meter banked board track that sits atop an all-weather football field inside Holt Arena at the State University. The arena sits at about 5000 feet altitude, which, when combined with the track, makes it about the fastest track indoors in the country. Airfare to Salt Lake City is usually quite low from most major California airports, with Pocatello about a two hour drive north from that Utah major hub. Anyone looking for an exciting start to 1996 should consider the competition, which hopefully will be again held on the weekend after Sunkist.

Further information can be gathered from Greg Burch or Carol Lish at Simplot Games - PO Box 912 - Pocatello, ID 83204.

Pole Vault Info, continued

changed to allow the movement of the crossbar up to a maximum distance of 24 inches in the direction of the landing surface. **Rule 7-4-15 changes that distance to 30 inches.**

"This change will allow the bar to be moved deeper in the landing pad, which will allow vaulters to penetrate further back on the landing mat," Kovaleski said. "The 30-inch setting is consistent with other rule codes."

Rule 7-4-7 was revised to state that regarding hard or unyielding surfaces, it is recommended that concrete, metal, wood or asphalt that may extend out from under the landing pad be cut away and removed. The second option is to pad these hard surfaces with a minimum of two inches of dense foam or other suitable material(s).

"The pole vault is an exciting event with a strong appeal to an athlete who relishes the challenge of combining speed, strength, coordination and courage," Kovaleski added. "However, every effort should be made to ensure the safety of each competitor."

"The adoption of rules 7-4-3 and 7-4-7 may not eliminate all possible injuries, but the adherence to these rules should reduce the potential for injury. We must all continually strive to reduce the possibility of injury relating to the sport of pole vaulting and the adoption of these new rules certainly is a positive step in that direction."

JULIA STAMPS TO WORLD JUNIOR CROSS-COUNTRY CHAMPIONSHIPS

By virtue of her fifth place in the Junior World Cross-Country trials at Birmingham, Alabama on February 18th, Julia Stamps, the soph at Santa Rosa HS, will represent the U.S. in the World Junior Championships in the sport, to be held March 25th in England. Stanford's Kortney Dunscombe won the competition (held over a 4077 meter course) at 14:07, with Jessica Fry (Alabama), Mary Cobb (Pittsfield, Ma but 1993-94 school year at Santa Barbara HS), Sally Glynn (Johnson, Bethesda, MD), then Julia filling out the top five. Meet reports said that Julia had been quite ill the week of the competition, with her qualification based upon her physical shape really quite impressive.

ARCADIA/FOOT LOCKER

The April 8th Arcadia/Foot Locker Invitational will continue its tradition of excellence in 1995 with a great field lined up once again. The competition, which has produced eight national records in the last fifteen years (Suzy Powell broke the Discus mark last year), and a slew of national leaders early each April, has some of the best athletes in the nation lined up to come west for neat match-ups.

Headlining the Men's sprints will be a titanic struggle between Deworski Odom (Overbrook, Philadelphia, Pa), the runner-up in the World Junior Championships last summer over 100 meters at 10.26, and Bryan Howard (Canyon Springs, Moreno Valley), at 10.31 #2 nationally at 100m and the nation's top returnee over 200 meters at 20.76. Battling a great group of California milers that includes Mike Stember (Jesuit, Sacramento) (4:08.35 1600m) and Brett Strahan (4:09.71 1600m) will be Seneca Lassiter (Lafayette, Williamsburg, Va), who last year raced 4:07.13 for a full mile (4:05.70 for 1600m when converted). Lassiter was the Millrose Mile winner this winter for preps, and last year was the Penn Relays Prep Athlete of the Meet for a 1:50.8 800m relay leg and 1500m win by over two seconds at 3:55.42. The four-lap match-up of these and other athletes should be very, very special!

Helping to headline the Girls half of the meet will be Char Foster (Clearwater Central Catholic, Clearwater, Fl), last year the nation's top junior high athlete. Char set a World age-14 record for the full 400 meters hurdles last year at 57.98, and added an age-record over the flat 400 meter distance of 53.34, and added a 13.71 over the 100 meter low (30") hurdles—all as an eighth grader!!! This winter already indoors Char has set National Frosh 55m Hurdle

records (8.05) and a grade indoor 400m record (54.25). The young frosh athlete is real dynamite!

The above match-ups are just the tip of the iceberg of what will be another spectacular evening of competition on April 8th at the Arcadia High School Campus (30 miles east of downtown Los Angeles).

Interest has been very high from around the country in the meet, with typical involvement of the best from about fifteen states. More information can be secured about the Arcadia/Foot Locker Meet by calling (818) 445-7507 or fax (818) 445-8564 - Address - Arcadia/Foot Locker Invitational - Doug Speck - 180 Campus Drive - Arcadia, CA 91007

EDITORIAL RESPONSE

How often have you been sitting at a Section Championship event and seen a super local star or team just miss out by one place on a spot to move onto the state meet? You are very sure that there would be no question about this person or team's competitiveness near the top end of the state competition, but qualifying limitations preclude their involvement. You slap your hands together and indicate, "what a pity!"

In the sport of Track and Field, where there are a limited number of lanes, such inclusion is difficult with a huge prelims schedule that might require adding more heats to the meet date. In cross-country there is a bit more flexibility.

In the spirit of including very deserving teams in the State Meet a proposal was put forward to include highly ranked teams that miss moving on to the state meet by one position from their Section Finals race. This is not a complicated proposition, and every section has had an example of at least one squad in State Meet History that could be very competitive to bring a team plaque from the State Meet, but had to stay home because of qualifying restrictions.

There has been praise and some criticism of such a proposal. Anytime change is proposed there will be some questions raised.

Is this a plot from the South to involve more of their teams and dominate the competition? No, the individuals involved in the State Rankings, compiled by the author of this editorial, Doug Speck, are from all areas of the State, and could be enlarged with no problem. Contact your local person involved with the rankings to see how the communication works—I do not think anybody is too uncomfortable or they would just quit—no one ever has.

For example, anyone who saw the results of the State Meet in 1994 should realize that the North Coast and Northern Section probably had pretty good Division IV Girls squads. The Northern Section went 1-3 (Central Valley and West Valley), with the North Coast 2-4 (Miramonte and Branson). It might be worth looking to see what backed up those powers in their own section. I would be inclined to think that Ursuline (3rd and non-qualifying in the North Coast Div IV) would be quite competitive, as they were only four points (and 24 seconds) on the 1-5

continued next page...

California Track and Cross Country Coaches Alliance

Why Should I Join The Coaches Alliance?

Now in its fifth year, the CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The COACHES ALLIANCE directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco.

What Do I Receive For My Membership?

COACHES ALLIANCE members will receive a year's editions of **California Track & Running News**, the official publication of the ALLIANCE. Each month, members will be kept current with happenings around the state in the COACHES ALLIANCE section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

The COACHES ALLIANCE works directly with the State CIF regarding the selection of the Honor Coaches from each section in our sports. Starting in the fall of 1994, as a member of the Alliance, you will be able to vote in this process.

To join, please fill out and return the following: (Please Print)

Name: _____ School: _____

Section: _____ Mailing Address: _____

City: _____

Phone: Home (____) _____ School (____) _____

Dues for 1994/95 year (Tax Deductible) -- \$25.00.

Make check out to "Coaches Alliance" and send to:

Dennis McClanahan, Treasurer
c/o California Track & Running News
4957 East Heaton Ave., Fresno, CA 93727

Associate Member \$12 -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

School Membership \$50 -- Schools will receive discounts for all members of their staff at clinics, as well as a second copy of *California Track & Running News* (you can have it sent to the library, assistant coach, etc.). Please indicate name and/or address for the second copy below.

California Track and Cross Country COACHES ALLIANCE

Notes...

scorer team time watch) behind Branson at the Section Meet. Yreka was third in the Northern Section Finals, running within a minute through their top five of the State Champion Central Valley team! Do you want to ask any of the Coaches of the above-mentioned Northern California schools if those "left-out" schools would have been competitive and deserved a chance to be at the Fresno State Meet? I think we all know what their answer would be. Were Ursuline and Yreka ignored through the season in rankings--no. Ursuline was ranked third, third, and third in the three "pre-state meet" rankings, with Yreka 7th, 6th, and 6th in those listings. As a near classic statement of how good people are that are left out of the meet, Yreka had four individuals qualify to the Meet out of their Section Meet, almost giving meet organizers the headache of a full scoring team (five runners are the definition of a team at the state meet) in the placings that qualified as individuals!

An example was given of an athlete who was a State Meet individual champion that may have appeared to be an upset. Please read the proposal, as it involves teams only. There is no shortage of individuals in the State Meet. If you have ever looked closely at the placings of the five deep individuals from sections in the state meet, there is no shortage of those people in the meet. A study was done a few years back about the average placement of the individuals from sections who make it on to the state meet, with the results basically showing that is an area where no additions are needed. While we certainly admit the rankings are, and cannot be

perfect, to use an individual runner to challenge a proposal that involves teams is kind of like using oranges to compare to apples.

The criteria to follow for the decision-making on which teams to allow on to the State Meet as "at-large" is included in the proposal. Highly ranked teams during the season who would be competitive for a State Meet team award (given to the top three teams at the State Meet) who had an exceptional effort in the Section Finals, and missed moving on to the State Meet by one place, would be selected by a panel of statewide representatives, to move on to the State Meet. There is no inference that anyone is dictated to as to what meets they must run during the season. There is no inference that one must compete in certain meets for "ranking" purposes. This suggestion may have been done by people who have not been involved with rankings during some discussion.

This is not done at this time, and while the rankings are not perfect, sense can currently be made out of the efforts of teams from most sections of the state no matter where they run. Having been involved with ranking teams in Cross-Country for some time, it is felt that pretty good sense can be made out things in comparing different squads from different areas with information as it exists. In State Rankings every year since that Meet started, and Southern Section (eight divisions involving over 500 schools), with that Southern Section having "at-large" entries into the Section Meet (a system that has worked great), no one has ever had it suggested that they have to attend a certain meet for such ranking purposes. Course comparisons, local judgments from individuals in the sport, and a sense from experience usually puts things pretty

much in the ball-park. There is a little "wiggle-room" in the proposal to overcome most problems. Schools and Coaches seek out meets for a variety of reasons, and this proposal was certainly not made in the light of making schools "slaves to the ratings," but to give deserving teams a chance to gain the honors due them. I am sure the Artichoke Invitational will survive such a system.

The past State Meet management at Fresno has indicated another team or two would be no problem on the course in the competition there. I am sure that the teams that would be invited under this proposal had every intention of taking their season through that next weekend. To say adoption of such a proposal is bad for the sport and a step in the wrong direction is quite puzzling when there is room on the course and some obviously very, very deserving teams left out. It is nice to have a very mechanical, precise system with exact numbers, but with people willing to accept responsibility for such a new system, it just seems such a pity to go on year after year with teams from all areas of the state performing at a level of true excellence sitting out because of a lack of a touch of human flexibility. This is not the Olympic Games. These are impressionable teenagers who are achieving at a level of excellence who are deserving of another competition in their season of sport. This is a chance for an entity (State CIF) that is often times viewed as a mechanical, inflexible one to intersect a bit of "humanness" and flexibility into the conduct of the sport of the Cross-Country. The efforts in preparation and achievements of the top teams is fantastic. Let's give the kids a chance--we can always change it if it does not work.

-Doug Speck

CALIFORNIANS AROUND THE NATION THIS WINTER

From Doug Speck

Harvard Invitational 12/10 - Men's Mile 1. **Louie Quintana** (Villanova) 4:00.7. Early Bird Open - Columbia, SC 12/9 - Wom SP **Crystal Brownlee** (So Carolina) 49-04. 2. **Lisa Misipeka** (So Carol) 48-09.5. Lid-Lifter - 12/10 Fairfax, Va - 3000m **Cybel McFadden** (William & Mary) 10:10.0. Clemson Invitational 1/13 - SP 2. **Lisa Misipeka** (So Carolina) 49-01.75. 3. **Crystal Brownlee** (So Carol) 48-11.75. Illinois Inv - 1/14 - 3000m **Quintana** (Villanova) 8:13.60. 3. **Todd Tressler** (Vill) 8:37.07.

Cornell Inv 1/14 - (Men) 500m 1. **Bryan Woodward** (Georgetown) 1:04.9. 5000m 3. **Matt Creason** 15:17.5. PV 3. **Tom Ryan** (Georgetown) 15-03. Florida Inv - Gainesville 1/22 (Wom) 5000m 1. **Carrie Garrittson** (Alabama) 17:22.20. SP 1. **Lisa Misipeka** (So Carolina) 48-07.5. 2. **Kristin Heaston** (Florida) 48-05.5. ITHACA (NY) 1/20 - (Wom) 800m 2. **Becky Spies** (Villanova) 2:09.1. Georgetown vs. Penn State Penn State 1/21 - (Wom) Mile 2. **Miesha Marzell** (G) 5:02.5. 6. **Michelle Muething** (G) 5:16.1. 1/21 Georgetown Men vs. William & Mary and Navy at Navy - PV 2. **Tom Ryan** (G) 15-05.75. 400m 1. **Bryan Woodward** (G) 49.44. 800m 1. Woodward 1:54.8.

Badger Track Classic - Madison, Wisc - 1/21 (Men) 3000m 4. **Mark Gonzales** (Minnesota) 8:41.41. PV 1. **Tye Harvey** (Minnesota) 18-01. HJ 1. **Jeremy Fischer** (Wisc) 6-08.75. LJ 2. **Jeremy Fischer** (Wisc) 23-03.25. Four-Way Indiana 1/21 - (Wom) TJ 1. **Tameika Porter** (Ohio State) 40-04. LJ 1. **Porter** 18-06. Princeton Relays - 1/22 - **Mike Bernstein** (Army)

4:07.60. Terrier Classic - Boston 1/27-28 - (Men) 800m 1. **Bryan Woodward** (Georgetown) 1:48.88. Mile - 1. **Quintana** (Villanova) 4:02.31. 3000m 4. **Mike Bernstein** (Army) 8:03.34. (Wom) Mile 3. **Becky Spies** (Villanova) 4:41.32. East Tennessee Invitational - 1/28 - (Wom) 1. **Miesha Marzell** (Georgetown) 10:07.61. 800m 4. **Michelle Muething** (George) 2:18.63. (Mile) **Muething** 5:10.50.

Rocky Mountain Cup - Air Force Academy 1/28 (Oversized track) - (Men) 55m 2. **Rae Carruth** (Colorado) 6:29. 400m 3. **James Davis** (Colorado) 47.60. (Wom) 55mHH 2. **Yvonne Scott** (Colorado) 7:83. Barnett Bank Inv - Gainesville, FL 1/28 (Men) Dist Med (Quintana anchored Villanova 2nd 4:01.7). (Wom) Dist Med (Becky Spies anchored Villanova 4:41.7 1st 11:43.2 #6 Collegiate time ever). SP 1. **Kristen Heaston** (Fl) 50-02.5. 3. **Lisa Misipeka** (So Carolina) 49-0.25. Wt 1. **Misipeka** 58-06 (#10 All-Time American). Sooner Inv (Okla City) 1/28 - 55mHH 2. **Marcus Stokes** (Texas) 7:32. HJ **Chris Olsson-O'Neill** (Stephen F. Austin) 7-02. Minnesota Invitational - 1/28 - (Wom) Heptathlon 1. **Glenda Whipple** (Minn) 3279 (NCAA Provisional qualifier).

Purdue (Indiana/Illinois) 1/28 - (Men) 55m 5. **Leo Settle** (Purdue) 6:48. 200m 2. **Settle** 21.87. 400m 2. **John Lockard** (Purdue) 49.13. 800m 2. **Chad Yeutter** (Purdue) 1:53.77. 6. **Kenny White** (Purdue) 1:56.14. Mile 5. **Todd Dando** (Purdue) 4:29.03. 55mHH 5. **Myron McClure** (Purdue) 7:90. LJ 5. **Myron McClure** (Purdue) 21-08. Patriot Games - Fairfax, Va 2/4 - (Men) Wt 1. **McMahon** (Georgetown) 67-0. Indiana Inv (Bloomington) 2/3-4 - (Men) 55mHH 2. **Marcus Stokes** (Texas) 7:27. Illinois Women 2/4 - (Wom) HJ 2. **Danielle Boswell** (Nebraska) 5-10.5.

McGravy Memorial 2/4 - Lexington, Ky (Wom) 55mHH 1. **Kwani Stewart** (Sacto TC) 7:84.

Univ Illinois 5-way 2/4 - (Wom) Mile 6. **Amber Parkinson** (Nebraska) 5:11.70. HJ 2. **Danielle Boswell** (Nebraska) 5-10.5. (Men) Mile 6. **Ryan Wilson** (Arkansas) 4:14.29. 55mHH 3. **Isaac Carson** (Nebr) 7:1. 55m 9. **Carson** 6:47. Patriot Games - George Mason (Va) 2/4 (Men) 500m 1. **Bryan Woodward** (Georgetown) 1:03.58. PV 6. **Tom Ryan** (Georgetown) 15-03. (Wom) 800m 1. **Miesha Marzell** (George) 2:11.9. 1000m 1. **Michelle Muething** (Georgetown) 2:58.62. South Carolina Open 2/4 - (Wom) SP 1. **Crystal Brownlee** (So Carol) 50-06.25. 2. **Lisa Misipeka** (So Carol) 50-00.75. WT 2. **Misipeka** 57-06.5.

Big 10 Indoor Bests (as of 2-7) 55m **Leo Settle** (Purdue) 6:44 (200m 21.77). 400m **John Lockard** (Purdue) 48:53 (1:20.6 600m). 600m **Kenny White** (Purdue) 1:21.05. 800m **Chad Yeutter** (Purdue) 1:52.79. Husker Invitational - 2/11 - Lincoln, Ne (Men) 55m 3. **Riley Washington** (Nebr) 6:26. St. Valentine's Invitational - Boston 2/11 (Men) Mile 2. **Mike Bernstein** (Army) 4:03.79. Oklahoma Classic 2/11 - (Men) 3000m 2. **Brian Keim** (Baylor) 8:06.01. HJ 2. **Chris Olsson-O'Neill** (SF Austin) 6-11.75. Illinois-Wisconsin 2/11 (Men) Mile 6. **Bryan Dameworth** (Wisc) 4:11.31. 3000m 1. **James Menon** (Wisc) 8:16.66. 2. **Mark Hauser** (Wisc) 8:16.98. HJ 1. **Jeremy Fischer** (Wisc) 7-0.25. (Wom) 600m 5. **Celeste Buchanan** (Alabama) 1:39.24. 3000m 7. **Robin Snowbeck** (Wisc) 10:24.84. GMU Winter Invitational (Va) 2/11 (Wom) Mile 1. **Miesha Marzell** (Georgetown) 4:52.69. Univ Wyoming - **Jason Medearis** 55mHH 7.50. (top WAC time so far this season).

RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

TRACK & FIELD

Sky Jumpers Vertical Sports Club Pole Vault Competition

November 13, 1994. Atascadero.

Overall Results

1. Brett Engard (17) Paso Robles, 12-10.
2. Joe Davidman (19) Los Osos, 12-4. 3.
Todd Hunter (17) Atascadero, 12-4. 4. Lo-
gan Nichols (17) Arroyo Grande, 11-10. 5.
Dan Foss (33) Atascadero, 11-4. 6. Ryan
Clyma (15) Paso Robles, 10-10. 7. Andy
Brown (16) SLO, 10-4. 8. T. J. Clark (15)
Paso Robles, 9-4. 9. Chris Clark (13) Paso
Robles, 8-10. 10. Ernie Gamble (45) Atas-
cadero, 8-10. 11. Ben Clark (12) Paso Ro-
bles, 7-4 (new club record).

University of California All-Comers Meet

January 21, 1995. Edwards Stadium,
Berkeley. All races in meters.

Open Men

55--Marvin Love 6.2. 200--Paige 23.1.
400--Eugene Swift 52.5. 800--Robert Price
(City College of San Francisco) 1:57.1.
1,500--Matt Nolan 4:13.4. 3,000--Matt
Johansen 9:42.0. 5,000--Scott Kennedy
15:57.8. 4x100--City College of San Fran-
cisco 44.2. 55H--Eugene Swift 7.5.
300H--Robert Price (City College of San
Francisco) 41.6. High Jump--Pat Leonard
(Unattached) 6-7 1/2. Discus--Gerald
Gamble (Unattached) 151-4. Javelin--
Gerald Gamble (Unattached) 155-9.

High School Boys

55--Cooper 6.3. 200--Stevenson 22.8.
400--Burleson 51.8. 1,500--Keith Kennedy
(San Leandro) 4:21.9. 3,000--Kidane
10:08.0. 300H--Brooks 44.5. 4x100--
Westmoor 45.2. 4x400--Bishop O'Dowd
3:46.7. High Jump--Sam Burns (Hogan) 5-9
3/4. Long Jump--Sam Burns (Hogan) 22-9.
Triple Jump--Abdullah Rasheed (James Lo-
gan) 41-6 1/2. Discus--Alex Dabit (West-
moor) 117-9. Javelin--Chip Lilienthal (Napa
Track Club) 168-10.

High School Girls

55--Jernae Wright (James Logan) 7.1.
200--Kelly White (James Logan) 25.6.
400--Venus James 1:00.6. 4x100--Dr.
King T.C. 50.9. 4x400--Bishop O'Dowd
4:05.6. 55H--Ayana Grant (Bishop
O'Dowd) 8.5. Long Jump--Jernae Wright
(James Logan) 16-11 1/4. Triple Jump--
Andrea Lacson (James Logan) 33-5 3/4.
Discus--Penny Hansen (Nevada Union)
111-5. Javelin--Adrienne Lindsay (Napa
Track Club) 89-5.

Masters

200--Ross 27.0. 800--Randy Sturgeon
(West Valley Track Club) 2:11.2. 1,500--
Randy Sturgeon (West Valley Track Club)
4:37.0.

Long Beach State All Comer's

January 21, Long Beach.

Overall Results-Men

60 Meters (HS): 1. Larry Williams, 7.2. 60

Meters (Open): 1. J. Williams, 6.4. 200 Me-
ters (Youth): 1. David Kuhn, 24.3. 200 Me-
ters (HS): 1. Larry Williams, 23.0. 200 Me-
ters (Masters): 1. Quincy Watts, 21.3. 200
Meters (Open): 1. J. Williams, 20.9. 400
Meters (Youth): 1. Antoine Casey, 65.4.
400 Meters (HS): 1. Jeremy Womeck, 53.0.
400 Meters (Open): 1. Chris Faulkner, 50.2.
400 Meters (Masters): 1. Rob Russell, 58.7.
800 Meters (Youth): 1. Jayren Griffin,
2:38.9. 800 Meters (Open): 1. Dave San-
ford, 1:51.7. 1600 Meters (HS): 1. Jesse
Barraga, 4:40.5. 1600 Meters (Open): 1.
Jeff Sneed, 4:29.4. 1600 Meters (Open): 1.
Jeff Sneed, 4:29.4. 1600 Meters (Masters):
1. Dan Hirst, 5:30.0. 3200 Meters (HS): 1.
Justin Nyberg, 10:19.3. 3200 Meters (Mas-
ters): 1. Dan Hirst, 12:26.3. 3200 Meters
(Open): 1. John Arajo, 10:10.3. 60 M Hurdles
(HS): 1. Jeremy Womeck, 9.2. 60 M (Open):
1. Derek Knight, 7.7. 60 M (Masters): 1. Bill
Knocke, 9.6. 300 M Hurdles (HS): 1. Jeremy
Womeck, 44.0. 300 M (Masters): 1. Bill
Knocke, 48.3. High Jump (HS): 1. David
Kuhn, 5'10. High Jump (Open): 1. Brian
Stanton, 7'0. Pole Vault (Open): 1. John
Shirley, 15'0. Pole Vault (HS): 1. Sven North-
cott, 12'6. Long Jump (HS): 1. Mack
McKever, 22'10 1/2. Long Jump (Open): 1.
Clyde Wilkinson, 20'10 1/2. Triple Jump (HS):
1. David Jones, 38'11 1/2. Shot Put (Youth):
1. Jesse English, 31'1. Shot Put (HS): 1. John
Davis, 56'4. Shot Put (Open): 1. Travis
Haynes, 52'0. Discus (Youth): 1. Jesse Eng-
lish, 73'10. Discus (HS): 1. John Davis,
171'5. Discus (Open): 1. David Dumble,
169'6. Javelin (Open): 1. Josh Johnson,
195'5. Hammer (Open): 1. David Dumble,
178'9.

Overall Results-Women

60 Meters (HS): 1. Tameca English, 8.9.
60 Meters (Youth): 1. Stokley Fztime, 11.2.
60 Meters (Open): 1. J.J. Kersee, 7.2. 200
Meters (HS): 1. Tiffanie Neal, 28.3. 200 Me-
ters (Open): 1. J.J. Kersee, 24:36. 200 Me-
ters (Youth): 1. Julieta Moran, 30:7. 400
Meters (HS): 1. Lakeisha Bakus, 62:3. 400
Meters (Open): 1. Clare Look-Jaeger, 58:8.
400 Meters (Youth): 1. Cynthia Pena, 70:7.
4 x 400 Meters (Youth): 1. Team A, 4:26.7.
800 Meters (Youth): 1. Laakisha Williams,
3:13.1. 800 Meters (HS): 1. Jinna Rohde,
2:26.7. 800 Meters (Open): 1. Megan
Crawford, 2:25.4. 1600 Meters (HS): 1. Jin-
na Rohde, 5:19.2. 3200 Meters (HS): 1.
Sharon Rohde, 11:55.9. 3200 Meters
(Open): 1. Joan Gallagher, 11:53.2. 60 M
Hurdles (HS): 1. Ashley Behthel, 9.3. 60 M
Hurdles (Open): 1. J.J. Kersee, 8.2. 300 M
Hurdles (HS): 1. Jaclyn Stamps, 55:2. 300
M Hurdles (Open): 1. Nicole Haynes, 48:4.
300 M Hurdles (Masters): 1. Donna Nielsen,
51:0. High Jump (HS): 1. Tameca English,
4'8. High Jump (Open): 1. Clare Look-
Jaeger, 5'6. Long Jump (Open): 1. Glory Dol-
phin, 18'8 1/4. Long Jump (HS): 1. Lakisha
Poteet, 13'5. Shot Put (HS): 1. Nada Kaw-
ar, 49'8. Shot Put (Masters): 1. Mary Hirst,
26'4. Discus (HS): 1. Angelica Perez, 72'8 1/2.
2. Javelin (HS): 1. Tameca English, 87'10 1/2.
2. Javelin (Youth): 1. Jesse English, 79'8.
Javelin (Open): 1. Suzy Powell, 155'1.

Trackathon

January 22.

All runners in the five Trackathon races on
the American River College Track January
22 endured in common constant rain and
nasty wind. Foul weather slowed times and
deterred 25% of the entries from showing.
For the first time in its 5 year history the
race did not produce a national record.

A unique feature of the races (10K, 20K,
30K, marathon, 50K) was that 80% of the
finishers were age 42 or over. Average age
was 46.3 years.

Despite the unfavorable weather, the race
had only 4 DNFs.

Tom Fernino, 48, won the 10K in 50:09, fol-
lowed by Scott Atkins, 47, in 50:50 and
Gary Waldsmith, 54, 1:05:59. First woman
was Barbara Johnson, 35, in 1:05:58.

Gary Towle, 48, won the 20K in 2:10:37.
Richard Kegley, 76, finished in 2:51:16.

Bruce Hoffman, 32, cracking 3 hours for
the first time in his running career, won the
marathon in 2:55:36. Rae Clark, 42, running
gamely despite a cold, finished second in
3:02:31. Craig Newport, 48, clocked
3:04:34 for third. Dennis Scott, 46, got a
Boston qualifying time with 3:22:01. Bob
Sanchez, 56, weathered cramps to finish in
4:24:45.

Dave Pfister, 46, ran a 7:55 pace to win
the 30K race in 2:27:47.

Of 7 starters in the 50K, the only three fin-
ishers were Gary Stanhope, 34, in 4:37:22;
Jan Levat, 43, in 4:48:31; and Eric Poulsen,
43, in 4:53:10. Limited training result in Le-
vet not setting an age 50K record in this
race for the first time in three years.

All-Comers Meet

January 28, 1995. Los Gatos High School

High School Boys

60--Duitron 7.2. 100-Pike 11.8. 400--
Rutledge 54.9. 800-Wellwood 2:13.3. Mile--
Sikirie 4:32.9. 2 Mile--Murphy 10:48.0.
Shot Put--Phan 37-7 1/2. 25 Wt Throw--
Mazzoni 64-8.

Women

100--Frederick 13.5. 200--Frederick 22.3.
800--Campbell 2:41.1. 70 LH--Brown 11:34.
Long Jump--Stratton 16-1 1/2. Shot--
Morrison 41-8 1/2.

Millrose Games

February 3, 1995, Madison Square Garden,
New York. (Times and AP). Results Friday
(distances in meters unless noted).

High School Boys

1-mile--1. Seneca Lassiter, Lafayette,
Va., 4:16.14; 2. John Mortimer, Londonderry,
N.H., 4:16.69; 3. MICHAEL STEMBER,
JESUIT HIGH SCHOOL, CARMICHAEL,
CALIF., 4:16.71.

High School Girls

1-mile--1. Sally Glynn, Walter Johnson,
Md., 4:52.20; 2. Kristin Nicolini, Annapolis,
Md., 4:53.38; 3. Dana Ostrander, Shen-
dehowa, N.Y., 4:56.83.

Men

60--1. Henry Neal, Nike, 6.59 seconds. 2.

Michael Green, Jamaica, 6.61. 3. Olapade
Adeniken, Nigeria, 6.61.

400--1. Andrew Valmon, Mazda, 48.36. 2.
Calvin Davis, Nike, 48.58. 3. Derek Mills,
Atlanta, 48.80. 4. Antonio Pettigrew, Reebok,
49.94.

500--1. Derrick Adkins, Reebok, 1:01.70.
2. Kevin Lyles, Seton Hall, 1:01.80. 3. Roger
Franklin, Brooks, 1:03.51. 4. Mike Spang-
ler, Shore Athletic, 1:04.01.

800--1. Mark Everett, Gainesville, Fla.,
1:50.9. 2. Joseph Tengelei, Kenya, 1:51.1. 3.
Tony Parrilla, Adidas, 1:51.6. 4. George
Kersh, Reebok.

Mile--1. Graham Hood, Arkansas,
3:57.08. 2. Marcus O'Sullivan, Ireland
3:57.11. 3. Niall Bruton, Ireland, 3:58.14.

College Mile--1. Ken Nason, Villanova
4:13.41. 2. Bryan Spoonire, Seton Hall,
4:14.80. 3. Miles Hall, Duke, 4:15.50.

Masters Mile--1. Marcel Philippe, Irving-
ton, N.Y., 4:26.24. 2. Paul Mascali, Man-
hasset, N.Y., 4:28.42. 3. Harry Nolan,
Navesink, N.J., 4:32.40.

Mile Walk--1. Allen James, Athletics in
Action, 5:52.75. 2. Jonathan Matthews,
Golden Gate Race Walkers, 5:55.72. 3.
Wojciech Szela, Lehman, 6:03.14.

3,000--1. Reuben Reina, Foot Locker,
7:57.75. 2. Khalid Karrouani, Morocco,
7:58.86. 3. Andy Keith, Great Britain,
7:59.19. 8. MATT GIUSTO (SAN MA-
TEO HIGH SCHOOL, CA 1984). Foot
Locker, 8:01.12. 9. Todd Williams, Adidas,
8:01.14. 10. BRIAN ABSHIRE (DE ANZA
HIGH SCHOOL, RICHMOND, CA 1982).
Brooks, 8:08.80.

60 hurdles--1. Allen Johnson, Goldwin TC,
7:54. 2. Courtney Hawkins, Adidas, 7:59. 3.
MARK CREAR (JOHN A. ROWLAND
HIGH SCHOOL, ROWLAND HEIGHTS,
CA 1987). Reebok, 7:63. 4. Greg Foster,
Nike, 7:68. 5. Tony Dees, Nike, 7:75. 6.
ROBERT READING (ST. MARY'S HIGH
SCHOOL, BERKELEY, CA 1985). Nike,
7:89.

1,600 Relay--1. Rice, 3:16.49. 2. Essex
County, 3:19.04. 3. Ohio State, 3:20.05.

1,600 Relay--1. Seton Hall, 3:20.14. 2.
Shore Athletic, 3:22.17. 3. Morgan State,
3:22.38.

1,600 Relay--1. Rider, 3:25.39. 2. SUNY-
Albany, 3:27.21. 3. St. John's, 3:29.58.

1,600 Relay--1. New York Tech, 3:25.45.
2. Delaware State, 3:26.43. 3. C.W. Post,
3:32.11.

1,600 Relay--1. Pennsylvania, 3:27.59. 2.
Columbia, 3:27.84. 3. Dartmouth, 3:28.33.

1,600 Relay--1. Delhi, 3:28.28. 2. Mary-
land-Baltimore, 3:28.87.

Masters 1,600 Relay--1. D.C. Masters,
3:37.52. 2. Central Park TC, 3:40.46. 3.
Philadelphia Masters, 3:40.83.

3,200 Relay--1. NYAC, 7:41.13. 2. Seton
Hall, 7:41.78. 3. Norfolk State, 7:49.33.

3,200 Relay--1. Wake Forest, 7:47.20. 2.
Duke, 7:52.25. 3. New York Tech, 7:52.51.

3,200 Relay--1. Shore Athletic, 7:52.79.
2. Brown, 7:55.11. 3. Rhode Island, 7:58.43.

High Jump--1. Charles Austin, Mazda, 7-
5 1/4. 2. Randy Jenkins, Nike, 7-4 1/2. 3.
Tony Barton, Reebok, 7-3 3/4.

RESULTS

Long Jump--1. Roland McGhee, Nike, 27 feet, 2 inches. 2. Sheddric Fields, Houston, 25-8. 3. Erick Walder, Adidas, 25-4 1/2.

Shot Put--1. Kevin Toth, Nike, 68-2 1/2. 2. C.J. Hunter, U.S. West, 66-3 1/4. 3. Steve Albert, Amer Big Guys, 59-10 1/2.

Pole Vault--1. Igor Trandenkov, Russia, 19-0 1/4. 2. Sergel Bubka, Ukraine, 18-8 1/4. 3. Kory Tarpenning, Nike, 18-8 1/4. ...6. **BRENT BURNS (ACALANES HIGH SCHOOL, LAFAYETTE, CA 1987)**, Reebok, 18-4 1/2. 7. Nick Hysong, Stars & Stripes TC, 18-0 1/2. 7. **TIM BRIGHT (SOQUEL HIGH SCHOOL, CA 1976)**, Mizuno, 18-0 1/2. 9. **DEAN STARKEY (JAMES LOGAN HIGH SCHOOL, UNION CITY, CA 1984)**, Reebok, 18-0 1/2.

Weight Throw--1. Lance Deal, NYAC, 80-8 1/4. 2. Lou Chisari, NYAC, 77-0 1/2. 3. Scott McGee, Nike, 72-7 3/4.

Women

60--1. Gwen Torrence, Mazda, 7:09. 2. Carlette Guidry, Adidas, 7:21. 3. Juliet Cuthbert, Jamaica, 7:25.

400--1. Jearl Miles, Reebok, 54.35. 2. Natasha Kaiser-Brown, Foot Locker, 54.66. 3. Maicel Malone, Asics, 54.67. 4. Flirtisha Harris, Reebok, 55.18.

800--1. Maria Mutola, Mozambique, 2:02. 2. Joetta Clark, Nike/Foot Locker, 2:02.95. 3. Amy Wickus, Wisconsin, 2:03.41.

1 Mile--1. Angela Chalmers, Canada, 4:31.66. 2. **REGINA JACOBS (ARGYLL EPISCOPAL ACADEMY, NORTH HOLLYWOOD, CA 1981)**, Mizuno, 4:32.79. 3. Hassiba Boulmerka, Algeria, 4:34.29.

College Mile--1. **BECKY SPIES (LIVERMORE HIGH SCHOOL, CA 1991)**, Villanova, 4:43.48. 2. Jennifer Rhines, Villanova, 4:43.54. 3. Becky Wells, Alabama, 4:56.03.

60 Hurdles--1. Jackie Joyner-Kersey, Nike, 7:96. 2. Lynda Tolbert-Goodie, Mizuno, 7:97. 3. Michelle Freeman, Jamaica, 8:02.

1,600 Relay--1. Seton Hall, 3:46.26. 2. Essex County, 3:49.94.

1,600 Relay--1. Norfolk State, 3:49.68. 2. Anderson International, 3:56.66. 3. St. John's, 3:59.18.

1,600 Relay--1. Princeton, 3:56.27. 2. Brown, 3:57.31. 3. Cornell, 4:08.87.

High Jump--1. Angela Bradburn, Nike, 6-4 3/4. 2. Gwen Wentland, Kansas State, 6-2 1/4. 3. Yolanda Henry, Nike, 6-1 1/4.

Long Jump--1. Heike Drechsler, Germany, 22-10. 2. Jackie Joyner-Kersey, Nike, 22-5 1/4. 3. Susan Tiedtke-Greene, Germany, 21-8 3/4.

Shot Put--1. Connie Price-Smith, Mike Coast, 59-0 1/4. 2. Eileen Vanisi, unattached, 55-9. 3. **MELISA WEIS (BAKERSFIELD HIGH SCHOOL, CA 1990)**, Goldwin TC, 54-4 3/4. 4. Pam Dukes, Nike Coast, 49-8 1/4.

Weight Throw--1. **Sonia Fitts, Cabria Heights, NY, 61-11 3/4**. 2. Pam Dukes, Nike Coast, 60-11 1/2. 3. Alexan Earl-Givan, New Haven, CN, 57-9 1/2. ...5. **MELISA WEIS (BAKERSFIELD HIGH SCHOOL, CA 1990)**, Goldwin TC, 52-2 3/4.

Long Beach State All-Comers

February 4, Long Beach

Overall Results-Men

4 x 100 M (Open): 1. Long Beach State, 41.4. 4. 100 M (HS): 1. Crenshaw, 44.1. 60 M Hurdles (Masters): 1. Bill Knocke, 10.1. 60 M Hurdles (Open): 1. David Ashtford, 8.3. 60 M Hurdles (HS): 1. Jeremy Womack, 8.8. 1600 Meters (Masters): 1. Jamel Morese, 5:16.4. 1600 Meters (Open): 1. Ryan Wirth, 4:38.1. 1600 Meters (HS): 1. John Gould, 5:07.1. 400 Meters (Open): 1. Adan Herdon, 49.3. 400 Meters (HS): 1. Jeremy Womack, 52.1. 400 Meters (Masters): 1. Rob Russell, 57.2. 400 Meters (Youth): 1. Jayren Griffin, 1:13.1. 60 Meters (Open): 1. Jeff Williams, 6.5. 60 Meters (HS): 1. Juan Gibbons, 6.8. 300 M Hurdles (Open): 1. Felix Sanchez, 38.6. 300 M Hurdles (HS): 1. Vincent Montez, 41.3. 800 Meters (Open): 1. Julien Rust, 1:56.7. 800 Meters (HS): 1. Karim Rahim, 2:08.4. 800 Meters (Masters): 1. Rob Russell, 2:13.6. 800 Meters (Youth): 1. Jayren Griffin, 2:42.8. 200 Meters (Open): 1. J. Williams, 20.6. 200 Meters (HS): 1. Felix Sanchez, 22.6. 3200 Meters (HS): 1. Tyler Beardslee, 10:47.0. 3200 Meters (Open): 1. Pat Hill, 9:39.9. 1600 m Relay (Open): 1. Long Beach State A Team, 3:15.6. 1600 m Relay (HS): 1. Poly, 3:39.9. Long Jump (Open): 1. Clyde Wilkinson, 22'13/4. Long Jump (HS): 1. Mack McKeever, 22'10'3/4. Long Jump (Masters): 1. Stanley Royster, 20'1. Discus (Open): 1. Roman Slobodyiiv-siaij, 152'8. Discus (Masters): 1. Joe Marino, 124'4. Discus (HS): 1. Allen Parks, 126'2. Shot Put (Open): 1. Larry Walker, 39'9'3/4. Shot Put (Masters): 1. Bill Gardiner, 42'4. Shot Put (HS): 1. John Davis, 54'4'1/2. Javelin (Masters): 1. Bill Gardner, 139'8. Javelin (Open): 1. Joe Gore, 137'8. Pole Vault (Open): 1. Mike Marshall, 15'0. Pole Vault (HS): 1. Tony Stuart, 12'0. Triple Jump (Open): 1. Kevin Scannell, 44'4. Triple Jump (HS): 1. Ronald Stewart, 45'6'1/2. High Jump (Open): 1. Brian Stanton, 7'3. High Jump (Masters): 1. Mel Embree, 6'1'1/2. High Jump (HS): 1. Ronald Stewart, 6'7'1/2.

Overall Results-Women

60 M Hurdles (Open): 1. Glory Dolphin, 8.9. (HS): 1. Ashley Bethel, 8.9. 1600 Meters (Open): 1. Lisa Bower, 5:20.8. (HS): 1. Surya Williams, 5:41.8. 400 Meters (Open): 1. Dornisha, 59.8. (HS): 1. Sharent Williams, 1:02.1. 60 Meters (Open): 1. Nai-Ne Gibson, 7.7. (HS): 1. Ashley Bethel, 7.9. 300 M Hurdles (Open): 1. Di Murrin, 50.9. (HS): 1. Lisa McCreary, 52.1. 800 Meters (Open): 1. Lesley Noll-Mayne, 2:10.8. (HS): 1. Vanessa Jamieson, 2:29.8. 200 Meters (Open): 1. Nai-Ne Gibson, 25.5. (HS): 1. Christina Neal, 27.5. 3200 Meters (HS): 1. Jade Jamieson, 13:35.0. 1600 M Relay (Open): 1. Long Beach State, 4:14.8. (HS): 1. Poly, 4:12.7. Long Jump (Open): 1. Wendy Brown, 18'11'1/4. (HS): 1. Ashley Bethel, 16'11. Shot Put (Open): 1. Aisha McKinney, 31'10'3/4. (HS): 1. Eboni White, 30'11'1/4. Javelin (Masters): 1. Karen Vaughn, 81'4. (Open): 1. Nadene Volkoff, 111'11'1/2. Triple Jump (Open): 1. Wendy Boru, 39'10. (HS): 1. Rajsijheda Fortner, 31'1. High Jump (HS): 1. Sharent Wil-

liams, 55'3/4. (Open): 1. Wendy Boru, 55'3/4.

CSUB Roadrunner

Track and Field Invitational

Saturday, Feb. 4, 1995 Bakersfield

Overall Results-Men

Men's 110M Hurdles: 1. Walker Vaughn (FSU) 15.6. 2. Ted Rust (Cal Poly SLO) 16.8. 3. Mike Askjaer (FSU) 16.8. Men's 4x100M Relay: 1. Roadrunner TC, 41.6. 2. CSUB, 42.4. 3. King Club, 42.6. Men's 3,000 Meters: 1. Kevin Berkowitz (Cal Poly SLO) 8:34.1. 2. Ryan Winn (Unatt) 8:35.7. 3. Israel Pose (FSU) 8:42.8. Men's Sprint Medley Relay: 1. CSUB, 3:31.6. 2. Cal Poly SLO, 3:32.9. 3. Cal State LA, 3:43.6. Men's 500 Meters: 1. Russell Hester (Roadrunner TC) 1:01.8. 2. Dwayne Thomas (FSU) 1:04.1. 3. Joe Carnegie (Unatt) 1:06.5. Men's 55 Meters: 1. Larry King (Unatt) 6.3. 2. Lewis Jennings (Renegade TC) 6.4. 3. Shane Clark (CSUB) 6.4. Men's Distance Medley: 1. Cal Poly SLO, 10:20.7. 2. FSU, 10:28.3. 3. Westmont, 10:28.4. Men's 4 x 200M Relay: 1. Roadrunner TC, 1:27.4. 2. CSUB, 1:28.7. 3. FSU, 1:29.5. Men's 400M Hurdles: 1. Aabelino Garza (Renegade TC) 58.1. 2. Walker Vaughn (FSU) 58.8. 3. David Baeza (Cal Poly SLO) 56.8.

Men's 300 Meters: 1. Barry Smith (Cal State LA) 32.0. 2. Russell Hester (Roadrunner TC) 32.4. 3. Gerald McCladdie (Roadrunner TC) 33.0. Men's 4 x 800 Relay: 1. Cal Poly SLO, 7:56.1. 2. FSU A, 8:00.9. 3. Westmont, 8:17.5. Men's Hammer: 1. Monte Wilson (Unatt) 191'4. 2. Rod Charonister (ABG) 181'5. 3. Kevin Eubanks (ETC) 170'9. Men's Shot Put (College): 1. Billy McDaniel (Unatt) 57'6.75. 2. Rod Chronister (ABG) 53'2. 3. Matt Godbehre (CSUB) 52'4.75. Men's Shot Put (High School): 1. Van Mounts (BHS TC) 51'5.5. 2. DJ Barthelmes (BHS TC) 46'5. 3. Jacob Abney (HS) 43'4. Men's Long Jump (College): 1. Steve Amendsen (Cal Poly SLO) 23'7.75. 2. Libby Tracy (Roadrunner TC) 23'5. 3. Andrew Hill (Cal Poly SLO) 22'7.5. Men's Long Jump (High School): 1. Ryan Pearce (BHS TC) 20'5.5. 2. Pedro Padilla (Wasco) 20'2. 3. Tremaine Thomas (Running Rebel TC) 20'1. Men's Javelin: 1. Ken Teasley (Unatt) 194'11. 2. Alonzo Arreda (FSU) 186'9. 3. Mike Askjaer (FSU) 180'6. Pole Vault: 1. Bret Whitford (Cal Poly SLO) 15'0. 2. AJ Blackburn (FSU) 14'6. 3. Ben Stark (CSUB) 14'6. Men's High Jump: 1. Chris Bane (Cal Poly SLO) 6'4. 2. Walker Vaughn (FSU) 6'2. 3. Matthew Gardner (Fresno Pacific) 6'2. Men's 5000 Meters: 1. Ryan Winn (Unatt) 15:01.8. 2. Israel Pose (FSU) 15:06.0. 3. Ric Raya (Cal Poly SLO) 15:08.1. Men's 4 x 400M Relay: 1. FSU A 3:21.5. 2. Roadrunner TC, 3:21.5. 3. FSU B 3:28.2.

Overall Results-Women

Women's 100M Hurdles: 1. Monica Missick (FSU) 14.2. 2. Anita Madden (CSUB) 15.2. 3. Clarissa Moulton (CSUB) 15.5. Women's 4 x 100 Relay: 1. FSU, 49.3. 2. South High TC, 51.5. Women's 5,000 Meters: 1. Ann Burris (FSU) 17:20. 2. Kelly Jacobson (FSU)

18:04. 3. Liz Leighwood (FSU) 18:28.8. Women's Sprint Medley Relay: 1. Cal Poly SLO, 4:33.7. 2. Taft TC, NT. Women's 500 Meters: 1. Tanya Dooley (AIA) 1:11.2. 2. Kim Montgomery (CSUB) 1:20.5. 3. Jill Rowlett (Fresno Pacific) 1:23.7. Women's 55 Meters: 1. Trishun Jackson (FSTC) 7.0. 2. Shuntay Taylor (FSU) 7.2. 3. Monica Misseck (FSTC) 7.4. Women's Distance Medley: 1. Cal Poly SLO, 12:14. 2. FSU, 12:40. 3. Westmont, 13:32. Women's 4 x 200M Relay: 1. Valley Elite TC, 1:41.2. 2. FSU, 1:41.7. 3. Cal Poly SLO, 1:44.3. Women's 400M Hurdles: 1. Kerri Gabrielson (Cal Poly SLO) 1:04.2. 2. Denise Martinez (FSU) 1:07.8. 3. Lindsey Krause (Cal Poly SLO) 1:10.2. Women's 300 Meters: 1. Tanya Dooley (AIA) 37.6. 2. Sarhtyn Wilson (FSU) 40.0. 3. Kim Harris (FSU) 40.1. Women's 4 x 800M Relay: 1. FSU, 9:54.1. 2. Westmont, 10:41.1.

Women's Hammer: 1. Staci Darden (FSU) 143'6. 2. Rose Ballesteros (Citrus TC) 129'11. 3. Krista Morales (FSU) 122'0. Women's Long Jump: 1. Trishun Jackson (FSTC) 18'5. 2. Clarissa Moulton (CSUB) 17'6. 3. Carry Moyle (Cal Poly SLO) 16'9.25. Women's Discus: 1. Stacy Darden (FSU) 156'3. 2. Erica Ahmann (Cal Poly SLO) 151'7. 3. Mandy Bucky (Unatt) 133'3. Women's High Jump: 1. Jaime Ulrich (FSU) 5'5. 2. Tina Farnady (Cal Poly SLO) 5'3. 3. Diane Korbel (Cal Poly SLO) Diane Korbel (Cal Poly SLO) 5'3. Women's Javelin: 1. Lelica Zazaboi (FSU) 123'11. 2. Allison Eilerts (Cal Poly SLO) 121'9. 3. Erica Ahmann (Cal Poly SLO) 113'7. Women's Shot Put: 1. Andria Brown (HS) 41'5. 2. Misako Hampton (Unatt) 41'1.5. 3. Lelica Zazaboi (FSU) 41'1.25. Women's Triple Jump: 1. Clare Boykin (FSU) 34'10. 2. Carry Moyle (Cal Poly SLO) 34'9. 3. Nicole Vance (Running Rebel TC) 32'11. Women's 4 x 400M Relay: 1. FSU, 3:55.7. 2. Cal Poly SLO A, 4:00.0. 3. Cal Poly SLO B, 4:11.6. Women's 3000 Meters: 1. Danielle Nelson (FSU) 10:07.4. 2. Lori Fancon (Unatt) 10:19.5. 3. Miriam Niednagel (Westmont) 10:30.3.

All-Comers Track & Field Meet

February 4, 1995, University of California, Edwards Stadium, Berkeley

(All races in meters.) From Keith Conning

Open Men

55--Marvin Love (City College of San Francisco) 6.3. 200--Atlee Mahom (Canada) 21.1. 400--Nate Wright (Oakland) 49.8. 800--Ethan Taub (California frosh) 1:56.0. 1,500--Matt Nolan (Amador Valley coach) 4:08.9. 3,200--Scott Kennedy (San Leandro) 9:37.1. 55H--James Elliott (California) 7.7. 300H--James Elliott (California) 38.4. 4 x 100--Delta College 42.7. 4 x 400--City College of San Francisco 3:33.7. High Jump--Eric Weldon (Weight City T.C.) 2.00 (6-6 3/4). Pole Vault--Terry Simpson (Nike Indiana) 4.45 (14-7 1/4). Long Jump--Adam Powell (City College of San Francisco) 6.69 (21-11 1/2). Shot Put--Gabe Alende (Unattached) 16.78 (55-0 3/4). Dis-

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cus--Darrin Steele (University of Chicago Track Club) 50.28 (164-11). Javelin--Ed Wurz (Weight City T.C.) 44.32 (142-1).

High School Boys

55--Jasharlon Jones (Skyline) 6.4. 200--Marlon Monroe (Berkeley) 22.1. 400--Tim Brown (McClymonds soph) 49.3. 800--Aaron Richburg (James Logan) 2:02.0. 1,500--Alex Teekell (Bishop O'Dowd) 4:11.6. 3,200--Sebastin Do (Bear Creek) 9:43.0. 55HH Heat 1--Aaron Hill (De Anza) 8.0. 55HH Heat 2--Moses Jacko (Skyline) 8.0. 4 x 100--Bear River 44.8. 4 x 400--McClymonds 3:38.9. High Jump--Tim Andre (Sonoma Valley) 1.85 (6-0 3/4). Long Jump--Bryan Strickland (Montgomery) 6.88 (22-7). Triple Jump--Bryan Strickland (Montgomery) 12.80 (42-0). Shot Put--Jarod Buna (Amador Valley) 11.43 (37-6). Discus--Jarod Buna (Amador Valley) 32.30 (105-11). Javelin--Chip Lillenthal (Napa T.C.) 51.62 (169-4).

Open Women

55--Jodie Bailey 7.5. 200--Reyna Goodwin (City College of San Francisco) 27.0. 800--Tiffany Janssen (California) 2:26.5. 1,500--Darcy Bushnell (Unattached) 4:55.7. 55HH--Mika Hilaire (California) 8.5. High Jump--Kurtie Gardner (Unattached) 1.75 (5-8 3/4). Shot Put--Raifa Ibrahim (Weight City T.C.) 9.29 (30-5 3/4). Discus--Raifa Ibrahim (Weight City T.C.) 32.28 (105-10). Javelin--Raifa Ibrahim (Weight City T.C.) 31.88 (104-7).

High School Girls

55--Annetta McCallum (Acorn TC) 7.2. 200--Zarinah Tillman (Foothill) 25.4. 400--Zarinah Tillman (Foothill) 58.7. 800--Pamela Richardson (Montgomery) 2:18.7. 1,500--Candace Miles-Threatt (Bishop O'Dowd) 5:15.3. 55HH--Ayana Grant (Bishop O'Dowd) 8.3. 4 x 100--St. Ignatius 1:03.1. 4 x 400--Bishop O'Dowd 3:58.7. High Jump--Melissa Hansell (St. Ignatius) 4-7. Pole Vault--Dena Dorn (Rio Vista) 2.40 (7-10 1/2). Long Jump--Lauren Cohn (Sonoma Valley) 4.65 (15-3). Shot Put--Candace Webb (Bishop O'Dowd) 9.79 (32-1 1/2). Discus--Penny Hansen (Nevada Union) 32.48 (106-7).

Masters Men

400--James Robinson (California coach) 50.3. 1,500--Bernard Demai (Berkeley) 5:03.5. LJ--Del Eckels 5.80 (19-0 1/2).

Masters Women

1,500--Melinda Villar 5:09.9.

Age-Group Boys

55--Mike Cole 7.7. 200--Harold Domingue 30.2. Long Jump--Ron Rhymes (Washington, Oakland) 3.17 (10-4 3/4). Shot Put--Ron Rhymes (Washington, Oakland) 6.91 (22-8). Discus--Kyle Hammerquist (Washington Elem, Berkeley) 17.56 (57-7 1/2).

Age-Group Girls

55--Gabby Ward 9.5. 200--Molly Morris 36.0. 400--Michelle Jones 1:04.3.

Cal Tech Invitational

February 11, Pasadena.

Overall Results-Men

10,000 M: 1. Eric Snook (FP) 35:15.6. 3000 M Steeplechase: 1. Jeff Wilson (MC)

9:19.9. 100 M High Hurdles: 1. Jerald Stamps (PCC) 15:36. 100 Meters: 1. Thomas Fambach (MC) 11:00. 200 Meters: 1. Gene Shepard (PCC) 22:35. 400 Meters: 1. Marcus James (MC) 50:95. 800 Meters: 1. A Archer (CMS) 1:55:80. 1500 Meters: 1. Brad Aagaard (Unat) 4:01:31. 400 Meter Relay: 1. Moorpark College A. 42:89. 5,000 Meters: 1. Tim Hardin (SCC) 15:46:80. 1600 Meter Relay: 1. Moorpark College A. 3:25:52. Long Jump: 1. A Sutton (CMS) 19'11 1/4. Triple Jump: 1. Matthew Gardner (FP) 41'5 3/4. High Jump: 1. Andy Szilagyi (MC) 205cm. Javelin: 1. Quang Leba (CMS) 170'2". Discus: 1. G Okerson (CMS) 42:62m. Shot Put: 1. G. Okerson (CMS) 46'10". Pole Vault: 1. Jeff Beam (MC) 15'1".

Overall Results-Women

10,000 M: 1. Kerry Sue Houchin (FP) 41:37.6. 3000 M Steeplechase: 1. Susan Kwietniewski (PCC) 12:03.2. 100 Meters: 1. Avonya Linton (MC) 13:05. 100 M High Hurdles: 1. Lana Cantrell (PCC) 16:21. 200 Meters: 1. Avonya Linton (MC) 27:00. 400 Meters: 1. Melissa Giangrasso (PCC) 64:67. 400 M Intermediate Hurdles: 1. Heather Hanger (MC) 1:12:81. 800 Meters: 1. Sarah Gerard (CMS) 2:29:40. 1500 Meters: 1. Gretchen Brugman (CMS) 5:01:87. 3000 Meters: 1. Gailin Henderson (CIT) 11:03:75. 400 Meter Relay: 1. PCC, 52:60. 1600 Meter Relay: 1. CMS A, 4:21:84. High Jump: 1. Erika Spencer (LV) 150cm. Long Jump: 1. Abby Tammi (CMS) 15'4 3/4. Triple Jump: 1. Janine Molina (FP) 32'7 1/2. Javelin: 1. A Houser (CMS) 102'2". Shot Put: 1. Sarah Goodlaw (PCC) 34'11". Discus: 1. Sarah Goodlaw (PCC) 118'7".

All-Comers Meet

February 18, 1996. Edwards Stadium, Berkeley. From Keith Conning

Open Men

55-Ricky Carrigan (S. F. State) 6.2. 200-Ricky Carrigan (S.F. State) 21.1. 400-Ken Hall 48.2. 800-Tom McGuirk (Ireland) 1:56.0. 1500-Mike McManus 4:03.0. 3200-Mike McManus 9:10.0. 55H-Paul Kokorowski 8.0. 300H-Rob Price 39.7. 4x100-SFCC 42.7. 4x400-Johnson (Ken Hall 48.0, Tom McGuirk 47.9) 3:19.9. High Jump-Greg Wright (unat) 1.95m. Long Jump-Adam Powell (S.F.C.C.) 20-9 1/2. Pole Vault-Paul Kokorowski 15-0. Triple Jump-Ray Kimble 45-1 1/2. Shot Put-Gabe Allende (STC) 17.08m. Discus-Mike Bennett (STC) 154-9. Hammer-Mark Moran (SMAC) 158-0. Javelin-Jason Tweed (unat) 195-11.

Open Women

55-Marieke Veltman (World Class International Athletics) 7.0. 200-Allison Poulin (Nike Coast) 24.9. 400-Allison Poulin (Nike Coast) 56.2. 800-Melinda Villar 2:31.9. 1500-Jamie Bascom (Cal) 4:57.4. 55H-Marieke Veltman (WCIA) 7.8. 300H-Heather Mings (CSU Stanislaus) 49.5. 4x400-Acorn TC 4:08.5. High Jump-Heather Mings (CSU Stanislaus) 1.40m. Long Jump-Crystal Hayes 14-11. Shot Put-Ibrahim Raifa (Skyline) and Corey Fitzgibbon (unat) 8.29m. Hammer-Penny Hansen (unat) 96-9. Javelin-Sharon Murtagh (unat) 124-6.

High School Boys

55-Dee Maronkola (De Anza) And Jay Jones 6.3. 200-Brandon Nichols (Skyline) 21.7. 400-Ryan Jones (Lincoln) 51.3. 800-Alex Teekell (Bishop O'Dowd) 2:01:0. 1500-Ishma Asmatey (Logan) 4:21.5. 3200-Dan Brecht 10:11:0. 55H-Aaron Hill (De Anza) 7.6. 300H-Aaron Hill (De Anza) 41.5. 4x100-Skyline 44.9. 4x400-McClymonds 3:33.4. High Jump-John Young (St. Ignatius) 1.75. Pole Vault-Sam Carter (St. Ignatius) 11-6. Long Jump-Rasheed Abdullah (Logan) 18-10 1/2. Triple Jump-Rasheed Abdullah (Logan) 44-3 1/2. Shot Put-Aaron Lewis (St. Ignatius) 15.53m. Discus-Aaron Lewis (St. Ignatius) 145-4. Javelin-Paul Hartman (Napa) 150-3.

High School Girls

55-Jodi Bailey (Acorn TC/Skyline) 7.2. 200-Karla Estes 25.7. 400-Karla Estes 1:01.5. 800-Sarah Hallas (unat) 2:38.0. 1500-Sarah Hallas (unat) 5:19.0. 3200-Marielle Schlueter 12:39.1. 55H-Janae Mitchell (El Cerrito) 8.3. 300H-Monica Dale 48.4. 4x100-St. Ignatius 55.4. Long Jump-Andrea Lacson (Logan) 15-3 3/4. Triple Jump-Candace Webb (Bishop O'Dowd) 9.60m. Discus-Antoinette Tillman (Berkeley) 114-0. Javelin-Andrienne Lindsey (Napa) 90-7.

Age Group Boys

55-Magui Sliton 8.0. 200-Kenneth Finley 30.2. 400-Michael Sliton 1:14.2. Long Jump-Kyle Hammerquist (3M) 9-10. Triple Jump-Kelvin Smith (Claremont Grammar) 9.11m. Discus-Kelvin Smith (3M) 86-3.

Age Group Girls

50-Shammy Jointere 7.8. 200-Natajsha Monroe 33.9. 400-LaToya Ashworth 1:06.4. 800-Tearra Penicis 2:39.4.

All-Comers Meet

February 18, 1995. At Los Gatos High.

Open Men

60-Harvey 6.17. 100-Harvey 11:0. 200-Harvey 22.0. 400-Crampton 50.8. 800-Crampton 1:59.8. Mile-Sealey 4:32.3. 2-mile-Hill 9:38.8. 400 relay-Vong Marino, Becker, Scatena 44.5. High Jump-Bergbower 6-2. Pole Vault-Scatena 14-6. Long Jump-Leonesio 20-5 1/4. Shot Put-Dossey 52-0. Discus-Whiting 116-5.

Women

60-Manning 6.91. 100-Manning 12:0. 200-Manning 24.8. 400-Townsend 2:21.5. Mile-Townsend 5:10.3. 2-mile-McCrea 14:02.2. 60 hurdles-Midgely 10.7. 400 relay-Goodwin, Haggerty, Reedy, Kawa 53.6. High Jump-Quinteria 4-10. Long Jump-Valenzuela 14-6 1/2. Shot Put-Morrison 44-9.

Boys High School

60-Ecaline 6.60. 100-O'Neal 11:2. 200-Adams 23.3. 400-Pryor 50.9. Mile-Stroup 5:01.4. 400 relay-Milpitas 45.7. H-J-Becker 5-8. Pole Vault-Rene Loraine (Petaluma) 14-0. Long Jump-Ecaline 19-9. Shot put-Hosea 52-6. Discus-Roussel 121-5.

Girls

400-Odeda 58.6.

Masters

60-Raymond 7.00. 100-Raymond 12.2. 200-Raymond 25.1. 400-Horst 1:00.3.

800-Duffy 2:08.1. Mile-Lawson 4:46.9. 2 mile-Anderson 12:04.7. High Jump-Dvorak 5-0. Long Jump-Pardi 16-2 3/4. Triple Jump-Wood 34-3.

1995 Simplot Indoor Games Two National Records Highlight Super Meet

From Doug Speck

February 17-18, 1995. Pocatello, ID.

With the generous sponsorship and full manpower support of the many employees of the J.R. Simplot Company and the backing of the town of Pocatello, Idaho, the 1995 Simplot Games at Idaho State University was the top mid-season prep invitational in U.S. indoor history. Two National Records, one expected, the other a solo surprise, and a flock of yearly national leaders and all-time list marks came from the February 17 and 18 dates of competition. Credit must also go to the lightning fast Idaho State 200 meter banked board track which interestingly sits on an indoor artificial football turf infield in the massive Holt Arena. With the first year in a couple that the meet did not conflict with the L.A. area Sunkist Meet, California athletes were a big presence in the competition.

A much anticipated match-up here was the Sprint Medley (400- 200-200-800) between the Zodiacs TC (Washington HS, NYC) and Speed City TC (Poly HS, Long Beach, Ca), with the two schools' gigantic talent up through the 800. Washington had Tameika Grizzle (2:07.25), Melanie Barrow (56.13), Ayanna Reece (59.79 400mLH), with Poly countering with Andrea Anderson (1:15.7 100m), Aminah Haddad (23.23 200m), Pam Simpson (20-1 LJ and 56 400), and Sherron Rhetta (2:13 800m). Skyline (Oakland) had set the National Record here last year at 4:04.28. Records are not automatic and details sometimes run astray, but what came together here was a truly special event. Andrea Anderson had pulled late last season for Poly, but she obviously has recovered, blasting a 54.2 lead-off 400, leaving Washington's Ayanna Reece 57.8 far behind. Pam Simpson (25.0) and Haddad (23.81) stretched the lead over Melonie Barrow (25.9) and Igrean Maynard (25.9), with Rhetta starting the anchor for Poly with a six second lead over Tameika Grizzle. Rhetta was out in 32 for the first 200, with Grizzle imperceptibly closing the gap steadily over the next two laps to where she suddenly pulled up during the third of four 200 meter segments of the anchor. Showing amazing power, Grizzle powered by during the last lap, finishing in 2:10.5 and a 4:00.05 clocking for her team, destroying the old record by over four seconds! Rhetta was game, finishing in

RESULTS

2:21.7, with Poly's 4:04.74 #4 ever in the event. Poly deserves much credit for helping set up the record, with their girls later extracting a bit of revenge.

On the Boys Side, Muir HS of Pasadena is led by amazing soph "Obea" Moore, an age-group legend who was 46.96 and 1:52.91 last year as a frosh.

Coach Turner at Muir has others who can run, with soph Makio Haywood shocking with a 49.4 lead-off that raced away from the pack. Showing super hand-offs, Muir blazed 22.4 (soph DeAngelo Steward and senior Joaquin Gray) second and third legs, giving Obea Moore the baton far ahead of the pack. With a loping stride, Obea's pace is deceptive, with the huge lead continuing to stretch to over ten seconds to the finish. Moore covered the segment in 1:53.7, with Muir finishing in a shocking 3:27.90. This took down the 3:30.8 from St. Benedict in Newark, NJ from 1971, the second oldest relay record on the books!

The teams mentioned above helped to tell the tale of the rest of the meet. Aminah Haddad (Poly) returned over 200 meters to blast a 24.23 200, #7 All-Time among preps. Andrea Anderson was third in a hot Girls 55 Meter event, with cross-city rival, Lakeisha Backus (Wilson, Long Beach, Ca) taking a fast one 6.89 over Aleisha Latimer (6.91) and Anderson (6.96). In the 4x400 the Poly girls had their revenge. Shavent Williams (a 5-8 High-Jumper) led off in 57.8, with Pam Simpson (58.3), Aminah Haddad (57.5) handing Andrea Anderson a lead which she stretched significantly during a 54.9 leg, with Poly racing 3:48.58, the #4 prep time ever run in a more commonly competed in event than the Sprint Medley. Lakeisha Backus of Wilson broke open the 4x200 on leg #2 with a 24.0 leg as her team raced 1:41.38 (#10 All-Time) to win that race.

The Muir Boys group came back in the 4x400, with impressive results there. Soph Shaheed McCullough led off in 51.5, with Makio Haywood busting things open with a 49.3 leg, and Joaquin Gray 50.2 before giving to Obea Moore. Obea, who raced 10.81 (100m) and 21.51 (200m) last year, blazed 47.1 to have the team finish in 3:18.01 (#8 All-Time), another amazing solo team performance!

There were some other very impressive individuals. Michael Granville (Bell Gardens, Ca) was shocking! After slipping in last weekend's Sunkist Indoor in L.A. he wanted a race bad. With surprising Coloradan John Reyes in tow, Mike was out at 53.8 (400m) and 1:23.9 (600m). From the 600 on it was a show of power that no prep may have ever had, with Granville racing 26.9 (147.6 pace) for the final lap on the way to his 1:50.80 (!) win. The

1:50.80 is #3 All-Time and a Junior Class Record, just short of the 1:50.7 800m National Record by John Marshall back in 1981.

Char Foster, the amazing ninth grader from Clearwater, Florida, met a good 55m hurdles field in the morning's first track event, closing quickly after battling with California's Joanna Hayes, outleaning the Golden Stater 8.05-8.06. The 8.05 breaks Dominique Calloway's 8.15 National Frosh auto-timed record. Over 400m Char battled with sophs Aleisha Latimer and Heather Hanchak before edging away to another class record 54.25, with Hanchak finishing in a fine 54.84 and Latimer 55.01. Char's 400 is #6 All-Time among preps. Jacob Davis (Orangefield, Tx) wowed those who stuck around with a 17-0 clearance in the Pole Vault, with an excellent second attempt at a new Prep Indoor Record 17-6 3/4! California's Jernae Wright surprised LaShonda Christopher in the Long Jump 19-09 to 19-06, with Christopher returning with a vengeance in the Triple Jump, leaping prep history's #6 effort of 40-6 in winning by over four feet! Towering Charlie Clinger (Star Valley, Afton, WY) cleared 6-11 in the High Jump, then twice just knocked 7-1 1/4 off with his heels. Ian Waltz (Post Falls, Id) shocked with a 61-06 Shot Put win.

The other impressive relay performance was a team from Bingham, South Jordan, Utah, one of the nation's top-ranked prep harrier teams in the Fall. With Lee Lorenz anchoring in a solo 1:52.3 the Bingham group raced probably the fastest time ever run by a team west of the Mississippi, 7:53.04.

All events were solid in the Meet. The Provo HS duo of Tara Rohatinsky (1600m 4:57.58) and Mary Huang (3200m 10:55.74) both set meet records in the Girls Distances. Tara Mendoza (Eaglecrest, Co) followed Sarah Purdue out through a 62.0 400, then moved away during the final lap to an impressive 2:12.58 win, with Ohio's Candace Nicholson, moving up from the 400, second in 2:14.35. Jerome Young (Prince Tech, Hartford, Ct) came out from a 46.8-46.97 weekend in Boston, and looked good here in 22.03 (200m) and 48.14 (400m) wins, with a 48.05 in the Friday Heats in Flats. In the 55m, Bryan Howard (Canyon Springs, Moreno Valley, Ca) edged surprising Aaron Salahuddin (Tooele, Ut) 6.32-6.34. Corbin Talley (Bingham, Salt Lake City, Ut) raced a fine 9:22.97 in Provo's 1361 meters of altitude, and was not a part of his school's 7:53.04 4x800.

RESULTS

(heats in all but 3200m Friday February 17th - Finals Saturday, February 18th) - Track 200 meter banked board - Altitude 1361 meters - clubs and schools of attendance listed in following results

Boys:

55m Bryan Howard (West Valley Eagles/ Canyon Springs, Moreno Valley, Ca) 6.32 (#2 time nation) (6.49 heat). 2. Aaron Salahuddin (Roland Tolbert TC/Tooele, Ut) 6.34 (#3 time nation) (6.49 heat). 3. Joel Jorgenson (No Valley Fast Lane Athl/American Fork, Ut) 6.44. 4. Duan Ruff (CATO/Mullen, Denver, Co) 6.54. **200m** Jerome Young (Unat/Prince Tech, Hartford, Ct) 22.03 (National Leader) (22.41 heat). 2. Gabe Garrett (Northshore Express/River Ridge, Lacy, Wa) 22.44 (#3 time nation). 3. Clint Edmunds (Bingham/Universal Athl's/ Bingham, So. Jordan, Ut) 22.44 (#3 time nation). **400m** Jerome Young 48.14 (48.05 heat-Young is National Leader). 2. Jeremy Hurst (Caldwell TC/Caldwell, Id) 49.50. 3. Brett Guyon (Emery TC/Emery, Ut) 49.68. 4. Clint Jessen (Team Monster TC/ East, Cheyenne, WY) 49.87. **800m** Michael Granville (West Valley Eagles/Bell Gardens, Ca) 1:50.80 (#3 All-Time - Jr Class Record). 2. John Reyes (Joe Gentry Track Troupe/Broomfield, Co) 1:52.15 (#2 time nation - #9 All-Time). 3. Larry Olson (Northridge/Northridge, Layton, Ut) 1:54.30 (#3 time nation). 4. Aaron Richberg (Logan, Union City, Ca) 1:57.13. 5. Travis Gahrney (Central Warrior TC/Central, Grand Junction, Co) 1:57.38. 6. Andy Radu (Jeffco Jets/Arapahoe, Co) 1:57.64. 7. Brick Bergeon (Bronco Track Team??, Blackfoot, Ut) 1:58.77.

1600m Scott Cummings (Pioneer TC/Lehi, Ut) 4:20.32. 2. Jon Green (Roy Coca Cola TC/Roy, Ut) 4:21.02. 3. Josh Hernandez (CATO/Pomona, Arvada, Co) 4:21.95. 4. Teddy Craig (Cambel TC/Campbell County, Gillette, WY) 4:24.85. 5. Mike Feist (CMR Road Runners/CMR, Great Falls, MI) 4:25.01. 6. Mike Smith (Northridge Northridge, Layton, Ut) 4:25.87. **3200m** Corbin Talley (Bingham/Universal Athl's/ Bingham, South Jordan, Ut) 9:22.97 (National Leader). 2. Brad Treat (First Security Bank Highlanders TC/Flathead, Kalispell, Mt) 9:37.02. 3. Adam Starrk (Westside Flyers/Taylorville, Ut) 9:37.38. 4. Curtis Moore (Bingham/Universal Athl's/Bingham, South Jordan, Ut) 9:37.49. 5. John Grimsley (Billings Flash/Skyview, Billings, Mt) 9:37.68. 6. Sean Lee (SPUD Club/Centennial, Pueblo, Co) 9:37.83. 7. Erik Kean (Cheyenne Hawks/Central, Cheyenne, WY) 9:37.90. **55mHH** Slade Combs (Leopard TC East, Salt Lake City, Ut) 7.51 (#4 time nation) (7.57 heat). 2. Dan Nord (Jump City TC/ Los Altos, Ca) 7.78.

4x200m Joe Gentry Track Troupe (multi-school team) 1:31.77. **4x400m** Muir, Pasadena, Ca (John Muir Running Club) 3:18.01 (#5 All-Time). 2. Davis, Kaysville, Ut (Davis TC) 3:28.25. 3. Boxelder, Ut 3:29.95. **4x800m** Bingham, South Jordan, Ut (Bingham/Unvesal Athletics) 7:53.04 (National Leader) (Lee Lorenz 1:52.3). **Sprint Medley Relay** Muir, Pasadena, Ca (John Muir Running Club) 3:27.90 (National Record old record 3:30.8). 2. Gate City TC (Pocatello) 3:37.02 (#3 time nation). 3. Boxelder, Ut 3:37.64 (#4 time nation). 4. Hermiston, Or 3:37.85 (#6 time nation). 5. Emery, Ut (Em-

ery TC) 3:37.90.

HJ Charlie Clinger (Star Valley TC/Star Valley, Afton, WY) 6-11 (#2 mark nation). 2. Tom Burnham (Tiger Stop TC/Jerome, Id) 6-09. 3. Brian Jones (Flying Burritos/ Spanish Fork, Ut) 6-07. **PV** Jacob Davis (Orange County TC/Orangefield, Tx) 17-00 (Davis is national leader). 2. Dixon Brown (Davis TC/Davis, Kaysville, Ut) 16-00 (#2 mark nation). 3. Bill Jones (Willamette Striders PVClub/Hood River, Or) 15-00 (#5 mark nation). 4. Corby Wright (Bear Creek, Stockton, Ca) 15-00 (#5 mark nation). 5. Mike Weber (West. Greeley, Co) 14-06. 6. Kenneth Howell (Boulder Track??, Boulder, Co) 14-06. **LJ** France Davis (Skyline TC/Skyline, Salt Lake City, Ut) 23-05.5 (#5 mark nation). 2. Scott Warren (Flying Tigers TC/Idaho Falls, Id) 23-03.25. **TJ** Dan Nord (Jump City TC/Los Altos, Ca) 47-09 (6 mark nation). 2. Buck Anderson (Capital TC/Capital, Boise, Id) 46-06.5. **SP** Ian Waltz (River City TC/Post Falls, Id) 61-06 (National Leader). 2. Alex Jensen (Bruin TC/Mountain View, Orem, Ut) 58-03.5 (#6 mark nation). 3. Jarred Rome (Marysville-Pilchuck, Wa) 57-10.5. 4. Kevin Moore (Richland, Wa) 55-11.5.

Girls:

55m LaKeisha Backus (Teekay TC/ Wilson, Long Beach, Ca) 6.89 (National Leader). 2. Aleisha Latimer (Joe Gentry Track Troupe/Palmer, Colorado Springs, Co) 6.91 (#2 mark nation). 3. Andrea Anderson (Speed City TC/Poly, Long Beach, Ca) 6.96 (#3 mark nation). 4. Kelli White (Logan, Union City, Ca) 6.98 (#4 mark nation). 5. Heather Simpson (Muir Mustangs TC/Muir, Pasadena, Ca) 7.07. 6. Kenise Bacage (Colorado Flyers TC/Washington, Denver, Co) 7.10. 7. Jernae Wright (Logan, Union City, Ca) 7.12. **200m** Aminah Haddad (Speed City TC/Poly, Long Beach, Ca) 24.23 (#7 All-Time). 2. Heather Hanchak (Ellis, Pittsburgh, Pa) 25.10 (#2 mark nation). 3. Kelli White (Logan, Union City, Ca) 25.43 (#5 mark nation). 4. Jane Marshall (Mt. Olympus TC/Skyline, Salt Lake City, Ut) 25.64 (#6 mark nation). 5. Jernae Wright (Logan, Union City, Ca) 25.87. 6. Deanne Lipscombe (Leduc TC/Canada HS) 25.87. **400m** Char Foster (Greater Clearwater Times/Clearwater Central Catholic, Clearwater, Fl) 54.25 (National Frosh Class Record-#6 All-Time). 2. Heather Hanchak (Ellis, Pittsburgh, Pa) 54.84 (#2 mark nation) (56.70 heat). 3. Aleisha Latimer (Joe Gentry Track Troupe/Palmer, Colorado Springs, Co) 55.01 (#3 mark nation). 4. Erika Bowling (Etiwanda, Ca) 58.30. 5. Vickie Tams (Boxelder, Ut) 58.90. 6. Carmen Dominguez (Colorado Flyers TC/ Overland, Aurora, Co) 59.23. 7. Heidi Sonntag (Woods Cross TC/Woods Cross, Ut) 59.49. 8. Andy Garreffa (Rocky Mountain Flying Panthers/Central, Billings, Mt) 59.52. 9. Angie Poulsen (Roy Coca Cola TC/Roy, Ut) 59.56 (58.61 heat). 10. Kristi Funk (Emery TC/Emery, Ut) 59.67. **800m** Tara Mendoza (Fat City TC/ Eaglecrest, Co) 2:12.58 (National Leader). 2. Candace Nicholson (Unat/J. Adams, Cleveland, Oh) 2:14.35 (#3 mark nation). 3.

RESULTS

Nicole Hyer (Mt. Olympus TC/Kearns, Ut) 2:14.49 (#4 mark nation), 4. Sarah Pardue (Colorado Flyers TC/Overland, Aurora, Co) 2:15.69 (#6 mark nation), 5. Abby Bowers (Worland, Wy) 2:17.63, 6. Kelly Felsted (Davis TC/Davis, Kaysville, Ut) 2:18.62. **1600m** Tara Rohatinsky (Provo TC/Provo, Ut) 4:57.58 (#7 mark nation), 2. Carrie Messner (CATO/Mullen, Denver, Co) 4:58.68 (#8 mark nation), 3. Sarah Gardiner (Leopard TC/East, Salt Lake City, Ut) 5:10.18, 4. Becky Ward (YMCA Team Idaho/Richfield, Id) 5:17.74. **3200m** Mary Huang (PLprovo TC/Provo, Ut) 10:55.74 (#4 mark nation), 2. Jamee Windsor (Donnelley Sports TC/Twin Falls, Id) 11:15.32, 3. Kim Bugg (Highlands Ranch TC/Highland Ranch, Co) 11:27.23. **55mHH** Char Foster (Greater Clearwater Times/Clearwater Central Catholic, Clearwater, Fl) 8:05 (National Leader - National Frosh Class Automatic Timed Record), 2. Joanna Hayes (North, Riverside, Ca) 8:06 (#2 mark nation) (8:23 heat), 3. Ayanna Grant (Sprintec/Bishop O'Dowd, Oakland, Ca) 8:21, 4. Heidi Lundervold (Team Minnesota/Woodbury, Mn) 8:35, 5. Patrice Davis (Joe Gentry Track Troupe/Rampart, Colorado Spring, Co) 8:40, 6. Shauna Rohbock (Bruin TC/Mountain View, Orem, Ut) 8:43, 7. Kelly Molen (Muir Mustangs Track Club/Muir, Pasadena, Ca) 8:47, 8. Becky Jackson (Titans Club/Olympus, Salt Lake City, Ut) 8:50, 9. Rachel Joy (Joe Gentry Track Troupe/Harrison, Colorado Springs, Co) 8:51 (8:48 heat).

4x200m Wilson, Long Beach, Ca (Teekay TC) 1:41.38 (National Leader - #10 All-Time), 2. Washington, Denver, Co (Colorado Flyers TC) 1:41.95 (#3 mark nation), 3. Muir, Pasadena, Ca (Muir Mustangs TC) 1:44.80 (#8 mark nation), 4. Wilson 'B', Long Beach, Ca (Teekay TC #2) 1:46.33, 5. Joe Gentry TC, Co 1:46.53, 6. Leduc TC (Canada) 1:46.92. **4x400m** Poly, Long Beach, Ca (Speed City TC) 3:48.58 (National Leader - #4 All-Time), 2. Washington, NYC, NY (Zodiaks TC) 3:51.79 (#2 mark nation), 3. Bishop O'Dowd, Oakland (Sprintec) 3:55.19 (#4 mark nation), 4. Mt. Olympus TC, (SLC, Ut) 3:56.84, 5. Joe Gentry TC 4:04.51, 6. Wilson, Long Beach, Ca (Teekay TC) 4:07.02. **4x800m** Leduc TC (Canada) 9:44.67, 2. Poly, Long Beach, Ca (Speed City TC) 9:48.37, 3. Bruin TC (Mountain View, Orem, Ut) 9:48.41. **Sprint Medley** Washington, NYC, NY (Zodiaks TC) 4:00.05 (National Leader - National Record - old Record 4:04.28 Skyline, Oakland, Ca 1994), 2. Poly, Long Beach, Ca (Speed City TC) 4:04.74 (#4 time prep History), 3. Mt. Olympus TC (SLC, Ut) 4:12.43, 4. Pocatello, Id (Pocatello TC) 4:13.51 (#3 time nation), 5. Woods Cross, Ut (Woods Cross TC) 4:19.10, 6. Provo, Ut (Provo TC) 4:20.59, 7. North Valley Fast Lane (American Fork, Ut) 4:27.76.

HJ Lindsay Gardner (Tiger TC/Orem, Ut) 5-03. **Open PV** (included Collegians) Serina Miller (Willamette Striders PV Club/Beaverton, Portland, Or) 10-00 (#2 mark nation), 2. Stacy Dragila (Id St) & Karina Elstrom (Willamette Striders TC/Orem, Or) 9-

06 (=#4 mark nation), 4. Melissa Bullard (Davis TC/Davis, Kaysville, Ut) 9-00. LJ Jernae Wright (Logan, Union City, Ca) 19-09 (National Leader), 2. LaShonda Christopher (Unat/River Ridge, Lacy, Wa) 19-06 (#2 mark nation), 3. Pam Simpson (Speed City TC/Poly, Long Beach, Ca) 18-11 (#5 mark nation), 4. Tambi Jogis (North Valley Fast Lane Athfs/Orem, Ut) 18-03, TJ LaShonda Christopher (Unat/River Ridge, Lacy, Wa) 40-06 (#3 mark nation - #6 All-Time), 2. Heidi Lundervold (Team Minnesota/Woodbury, Mn) 36-03.5. **SP** Shauna Rohbock (Bruin TC/Mountain View, Orem, Ut) 40-05.5 (#4 mark nation), 2. Amber Sleaf (Hermiston, Or) 40-04 (=#5 mark nation), 3. Shelly Thomas (Bruin TC/Mountain View, Orem, Ut) 39-10.5, 4. Melanie Griffin (Pocatello TC/Orem, Ut) 39-01.

ROAD RACING

Humboldt Redwoods Marathon & Half Marathon

October 16, Weat.

Overall Results-Marathon Men

1. Scott Kennedy (24) San Leandro, 2:31:06, 2. James Washington (40) Arcata, 2:35:11, 3. David Holt (37) Goleta, 2:37:46, 4. John Caughey (35) Sonoma, 2:46:38, 5. Paul Sweeney (29) Tahoe City, 2:53:13, 6. Russell Trump (40) Yoncalla, Or, 2:53:43, 7. Jeff Wall (52) Daly City, 2:54:43, 8. Joe Burgasser (56) Saint Petersburg, FL, 2:55:20, 9. Ron Lund (37) Basalt, CO, 2:56:50, 10. Mark Herro (24) Arcata, 2:57:58.

Division Results-Marathon Men

19-24: 1. Scott Kennedy (24) San Leandro, 2:31:06, 25-29: 1. Paul Sweeney (29) Tahoe City, 2:53:13, 30-34: 1. Carl Cabico (31) San Jose, 3:01:29, 35-39: 1. David Holt (37) Goleta, 2:37:46, 40-44: 1. James Washington (40) Arcata, 2:35:11, 45-49: 1. Leon Devold (48) Redding, 2:59:16, 50-54: 1. Jeff Wall (52) Daly City, 2:54:43, 55-59: 1. Joe Burgasser (56) Saint Petersburg, FL, 2:55:20, 60-64: 1. Alex Derieux (60) San Francisco, 3:27:53, 65-69: 1. Dick Yaeger

Overall Results-Marathon Women

1. Bobbi Fyten (44) Fairbanks, AK, 3:06:49, 2. Lisa Begin (33) Santa Caria, 3:16:58, 3. Michelle Bradner (35) Anchorage, AK, 3:18:36, 4. Juliet Wiersema (27) San Francisco, 3:19:36, 5. Kathy Ohara (30) Bend, OR, 3:24:38, 6. Janet Green (41) Courtenay, BC, 3:26:06, 7. Mo Chambers (36) Los Altos Hills, 3:28:13, 8. Miryam Kadkhodayan (31) Cincinnati, OH, 3:31:33, 9. Carol Cumiale (42) Santa Cruz, 3:31:48, 10. Christine Urlick (33) San Francisco, 3:32:23.

Division Results-Marathon Women

19-24: 1. Moira Koehler (44) New York, NY 3:50:34, 25-29: 1. Juliet Wiersema (27) San Francisco, 3:16:58, 30-34: 1. Lisa Begin (33) Santa Maria, 3:16:58, 35-39: 1. Michelle Bradner (35) Anchorage, AK, 3:18:36, 40-44: 1. Bobbi Fyten (44) Fairbanks, AK, 3:06:49, 45-49: 1. Joanne Sidwell (47) Richmond, 3:49:37, 50-54: 1. Jindra Goodman (51) San Jose, 4:30:17.

Overall Results-1/2 Marathon Men

1. Dave Scudamore (24) Davis, 1:06:44, 2. Joe Rubio (31) San Luis Obispo, 1:06:55, 3. Alan Helinger (33) Reno, NV, 1:06:58, 4. Jose Alsipuro (33) Watsonville, 1:07:11, 5. Robert Anex (35) Davis, 1:07:15, 6. Tim Minor (36) Reno, NV, 1:07:49, 7. Jeff Hacker (34) Santa Clara, 1:08:12, 8. Charles Alexander (30) Mountain View, 1:08:30, 9. Jeff Hilderbrandt (34) Roseville, 1:08:40, 10. Danny Aldridge (38) Santa Rosa, 1:08:50.

Division Results-1/2 Marathon Men

6-12: 1. Shaun Lyle (11) Eureka, 1:31:02, 13-18: 1. Gregory Kelly (14) Ukiah, 1:45:00, 19-24: 1. Dave Scudamore (24) Davis, 1:06:44, 25-29: 1. Eric Walker (26) Santa Rosa, 1:08:51, 30-34: 1. Joe Rubio (31) San Luis Obispo, 1:06:55, 35-39: 1. Robert Anex (35) Davis, 1:07:15, 40-44: 1. Frances Hohn Gailson (41) Kirkwood, 1:11:32, 45-49: 1. Robert Darling (45) San Francisco, 1:17:07, 50-54: 1. Jon Macpherson (53) Santa Rosa, 1:16:57, 55-59: 1. Bernie Hollander (58) Mill Valley, 1:27:48, 60-64: 1. Philip Erath (60) Junction City, 1:29:07, 65-69: 1. Bill Stowe, (67) Fort Jones, 1:37:41, 70-74: 1. Walter Eugenio (72) Hercules, 1:44:49, 75-79: 1. Dale Findley (77) Yountville, 3:45:00, 80-84: 1. Thomas Cullen (83) Danville, 3:19:10.

Overall Results-1/2 Marathon Women

1. Terry Schmidt-Adams (38) Minden, NV, 1:16:47, 2. Honor Felthorson (39) Mill Valley, 1:17:04, 3. Christine Kennedy (39) Cupertino, 1:17:56, 4. Francine Benson (32) Antelope, 1:18:38, 5. Kathy D'onofrio-Wood (30) Truckee, 1:19:18, 6. Cathy Christensen (28) San Jose, 1:19:55, 7. Julie Rohloff (31) Los Gatos, 1:20:15, 8. Laura Sanchez (33) Salinas, 1:22:15, 9. Kristina Mathias (24) Sunnyvale, 1:22:29, 10. Rachael Hawlin (28) San Francisco, 1:23:01.

Division Results-1/2 Marathon Women

19-24: 1. Kristina Mathias (24) Sunnyvale, 1:22:29, 25-29: 1. Cathy Christensen (28) San Jose, 1:19:55, 30-34: 1. Francine Benson (32) Antelope, 1:18:38, 35-39: 1. Terry Schmidt-Adams (38) Minden, NV, 1:16:47, 40-44: 1. Leslie McHampton (43) San Rafael, 1:23:06, 45-49: 1. Cyncl Calvin (48) Auburn, 1:31:20, 50-54: 1. Joan Ottaway (50) Sausalito, 1:24:14, 55-59: 1. Cels Wildin (56) San Francisco, 1:49:08, 60-64: 1. Myra Rhodes (62) Sacramento, 1:44:27, 65-69: 1. Inge Hendron (65) Spokane, WA, 1:57:54, 70-74: 1. Mary Chu (74) San Francisco, 2:30:05.

Arturo Barrios Invitational

October 16, Chula Vista

Overall Results-Invitational 10K Men

1. Phillimon Hanneck (23) 27:59, 2. Godfrey Kiprotich (28) 28:06, 3. Mbarak Hussein (26) 28:15, 4. William Koeh (un) 28:28, 5. Silvio Guerra (26) 28:33, 6. Jeff Schiebler (20) 28:52, 7. Gideon Mutisya (27) 28:55, 8. John Kipkoskel (21) 29:00, 9. Brian Grosso (23) 29:01, 10. Brian Abshire (30) 29:06.

Overall Results-Invitational 10K Women

1. Nadia Prasad (27) 31:38, 2. Olga Appell (31) 31:46, 3. Dillah Asiago (un) 31:53, 4. Trina Painter (28) 32:26, 5. Lisa Ondieki (34) 32:52, 6. Gwyn Coogan (29) 33:16, 7.

Jody Hawkins (28) 33:21, 8. Ulla Marquette (36) 33:56, 9. Maria Servin (32) 34:15, 10. Robyn Berry (30) 34:17.

Overall Results-5K Men

1. Hector Hernandez (22) 14:27, 2. Paul Greer (30) 14:29, 3. Bryan Wallbank (26) 15:14, 4. Dennis Bourland (24) 15:21, 5. Jim Maynard (26) 15:35, 6. Dreux Valenti (25) 15:39, 7. Oscar Alarcon (22) 15:43, 8. Esteban Valdez (21) 15:47, 9. Ivan Lopez (21) 15:47, 10. Sergio Mahana (26) 15:52.

Division Results-5K Men

12 & U: 1. Keith Ramirez (12) 18:37, 13-17: 1. Ivan Lopez (17) 15:49, 18-24: 1. Hector Hernandez (22) 14:27, 25-29: 1. Bryan Wallbank (26) 15:14, 30-34: 1. Paul Greer (30) 14:29, 35-39: 1. Bryan Henderson (35) 16:11, 40-44: 1. Mark Woods (42) 17:01, 45-49: 1. Hotin Montgomery (48) 17:39, 50-54: 1. George Keim (52) 17:13, 55-59: 1. Francisco Franco (55) 17:09, 60-64: 1. Rob Morgan (60) 19:56, 65-69: 1. Jack Greer (68) 24:03, 70-79: 1. Larry Banuelos (70) 21:26, 80 & O: 1. Horla Nuno Zacarias (92) 44:21.

Overall Results-5K Women

1. Pam Alliemorrell (31) 17:55, 2. Jennifer Nanista (28) 18:25, 3. Beth Gregner (29) 18:44, 4. Shannon O'Connor (15) 18:54, 5. Sandra Simmons (37) 19:03, 6. Monica Gutierrez (20) 19:24, 7. Tracy Wright (26) 19:39, 8. Shannon Packard (30) 20:15, 9. Patricia Contreras (63) 20:32, 10. Maria Rodriguez (28) 20:38.

Division Results-5K Women

12 & U: 1. Kaleen Ramirez (10) 22:25, 13-17: 1. Shannon O'Connor (15) 18:54, 18-24: 1. Monica Gutierrez (20) 19:24, 25-29: 1. Jennifer Nanista (28) 18:25, 30-34: 1. Pam Alliemorrell (31) 17:55, 35-39: 1. Sandra Simmons (37) 19:03, 40-44: 1. Kerry Tabler (44) 20:50, 45-49: 1. Berry Rosenberg (46) 21:03, 50-54: 1. Judy Kewley (50) 21:55, 55-59: 1. Martha Walker (58) 24:43, 60-64: Dorothy Stock (62) 23:28, 65-69: 1. Lillian Williams (67) 59:23, 70-79: 1. Gerry Davidson (73) 27:24.

Overall Results-10K Men

1. Javier Zavala (22) 30:05, 2. Richard Verney (32) 30:28, 3. Brain Culley (23) 30:38, 4. James Sheremeta (30) 30:43, 5. Fi Zdea (21) 30:46, 6. Jerry Hernandez (30) 31:07, 7. Michael Alexander (25) 31:09, 8. Scott Lardner (22) 31:19, 9. Mats Edlund (32) 31:23, 10. Ken Flint (28) 31:29.

Division Results-10K Men

12 & U: 1. Kevin Schible (10) 40:49, 13-17: 1. Noah Randles (16) 34:32, 18-24: 1. Javier Zavala (22) 30:05, 25-29: 1. Michael Alexander (25) 31:09, 30-34: 1. Richard Verney (32) 30:28, 35-39: 1. Luis Camarillo (35) 33:22, 40-44: 1. Sam Hajj (43) 33:11, 45-49: 1. Phil Camp (47) 34:24, 50-54: 1. Hal Gofroth Jr (50) 34:26, 55-59: 1. Tom Morrow (56) 39:05, 60-64: 1. Antonio Verdin (61) 42:22, 65-69: 1. Jim O'Neil (69) 41:03, 70-79: 1. Louie Ojeda (70) 50:37, 80 & O: 1. Walt Kuetzing (82) 58:56.

Overall Results-10K Women

1. Tracy Jarman (24) 35:28, 2. Jennifer Bessel (26) 36:28, 3. Jill Newman (26) 37:08, 4. Karen Laslo (23) 37:42, 5. Julie Manson (12) 38:31, 6. Sepanta Dorri (21)

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38:45. 7. Marille Valline (29) 39:10. 8. Susie Stewart (25) 39:25. 9. Kim Carter (23) 39:41. 10. Marian Schmidt (39) 40:40.

Division Results-10K Women

12 & U: 1. Julie Manson (12) 38:31. 13-17: 1. Maria Cervantes (15) 43:21. 18-24: 1. Tracy Jarman (24) 35:28. 25-29: 1. Jennifer Bessel (26) 36:28. 30-34: 1. Tracy Tabb (30) 41:22. 35-39: 1. Marian Schmidt (39) 40:40. 40-44: 1. Mariat Fernandez (41) 42:31. 45-49: 1. Karen Chettie (46) 49:00. 50-54: 1. Darlene Burns (50) 48:03. 55-59: 1. Sharon Leitner (56) 54:22. 60-64: 1. Maris Greigh (60) 52:02.

Santa Barbara Half Marathon

November 5, Santa Barbara.

Overall Results

1. Chris Spitz (31) Newbury Park. 1:09:21. 2. Adolfo Lopez (35) Santa Maria. 1:09:35. 3. Jeff Jacobs (27) Santa Barbara. 1:11:56. 4. Gregg Horner (40) Santa Barbara. 1:12:31. 5. Harold Ketting (40) Santa Barbara. 1:12:31.

Division Results-1/2 Marathon Men

18 & U: 1. Didier Brocard (17) Santa Barbara. 1:26:55. 19-29: 1. Jeff Jacobs (27) Santa Barbara. 1:11:56. 30-34: 1. Chris Spitz (31) Newbury Park. 1:09:21. 35-39: 1. Adolfo Lopez (35) Santa Maria. 1:09:35. 40-44: 1. Gregg Horner (40) Santa Barbara. 1:12:08. 45-49: 1. Brain Waterbury (46) San Luis Obispo. 1:18:52. 50-54: 1. Dennis Mihora (50) Santa Barbara. 1:23:12. 55-59: 1. John Ayrea (57) Lompoc. 1:34:24. 60-64: 1. Carlos Ruiz (62) Garden Grove. 1:36:02. 65-69: 1. Gene Welch (67) Santa Barbara. 1:56:40. 70 & O: 1. Bill Wallace (71) Victorville. 1:56:40.

Division Results-1/2 Marathon Women

18 & U: 1. Vanessa Echipane (18) San Diego. 1:36:29. 19-29: 1. Misty Allen (28) San-

ta Barbara. 1:22:56. 30-34: 1. Karen Ives (32) Studio City. 1:24:39. 35-39: 1. Julie Hiramatsu (36) Santa Maria. 1:35:54. 40-44: 1. Elaine Triplett (43) Goleta. 1:26:27. 45-49: 1. Jeanne Gregory (46) Bakersfield. 1:37:14. 50-54: 1. Judith Fisher (51) Federal Way, WA. 1:43:08. 55-59: 1. Gina Faust (57) Woodland Hills. 1:36:59. 65-69: 1. Margie Withrow (68) Lompoc. 2:11:46.

Central California 1/2 Marathon & 5K Run

November 6, Fresno.

Division Results-1/2 Marathon Men

Wheelchair: 1. Dean Vanderpool. 1:18:44. 14 & U: 1. Elisha Petersen. 1:52:28. 15-17: 1. Isaiah Peterson. 1:26:58. 18-29: 1. Joe Carnegie. 1:13:45. 30-34: 1. Tim Wyman. 1:14:00. 35-39: 1. Jay Farrior. 1:09:14. 40-44: 1. Timothy Dwyer. 1:17:40. 45-49: 1. Steven Levy. 1:19:03. 50-59: 1. Mark Haymond. 1:24:00. 60-69: 1. Tommy Upton. 1:29:14.

Division Results-1/2 Marathon Women

15-17: 1. Kelly Swanson. 1:53:49. 18-29: 1. Julie Oehlschlaeger. 1:24:17. 30-34: 1. Ann Castillo. 1:32:39. 35-39: 1. Melissa Ortiz. 1:35:57. 40-44: 1. Sharlet Gilbert. 1:31:44. 45-49: 1. Suzanne Sobenes. 1:40:14. 50-59: 1. Jean Schwisow. 1:53:39. 60-69: 1. Liz DeMonte. 2:03:53.

Division Results-5K Men

17 & U: 1. Steve Rohan. 18:12. 18-24: 1. Roberto DeLoera. 17:18. 25-29: 1. Joe Hunter. 25:29. 30-34: 1. Robert Taylor. 17:31. 35-39: 1. Rene Gutierrez. 17:18. 40-44: 1. Robert Garcia. 18:09. 45-49: 1. James McCall. 22:49. 50-54: 1. Dave Pfister. 20:52. 60-69: 1. Chris Denny. 22:34. 70 & O: 1. Bob Musso. 24:48.

Division Results-5K Women

17 & U: 1. Jherysa Peterson. 22:27. 18-24:

RESULTS

1. Jennifer Colvard. 22:24. 25-29: 1. Shellie Taylor. 20:57. 30-34: 1. Sally Peterson. 19:50. 35-39: 1. Dana Phillips. 33:16. 40-45: 1. Judy Murakami. 25:51. 45-49: 1. Sharon Mayo. 24:08. 50-54: 1. Fran Sakata. 27:50.

Long Beach State Distance Carnival

December 10, Long Beach State Univ.

Overall Results-Men

800 Meters: 1. David Sanford (Open-Cal Coast TC) 1:52.8. 1. Billy Paules (HS-Unatt.) 2:00.6. 2. Dan Pulsipher (HS-Unatt.) 2:07.3. 3. Sheldon Salvary (HS-Unatt.) 2:07.5. 1. Rob Paules (Masters-Unatt.) 2:40.7. 1600 Meters: 1. Dave Sanford (Open-Cal Coast TC) 4:25.5. 2. Alan Roberts (Open-Unatt.) 4:27.7. 3. Joel Hope (Open-Unatt.) 4:31.4. 1. Juan Escalera (HS-Unatt.) 4:39.4. 2. Sheldon Salvary (HS-Unatt.) 5:10.1. 3. Juan Weddle (HS-Unatt.) 5:10.4. 3200 Meters: 1. Jim Maynard (Open-Cal Coast TC) 9:42.2. 2. Robert Davis (Open-Club Ed) 9:49.3. 1. Miguel Morales (HS-Unatt.) 11:29.3. 1. Rob Paules (Masters-Unatt.) 13:37.0. 5000 Meters: 1. Jerry Segura (HS-Unatt.) 18:31.9. 2. Andy Park (HS-Unatt.) 19:35.6.

Overall Results-Women

800 Meters: 1. Lisa Bower (Open-Unatt.) 2:32.8. 1. Shavett Williams (HS-Unatt.) 2:31.4. 2. Sherron Rhetta (HS-Unatt.) 2:32.2. 3. Surya Williams (HS-Unatt.) 2:32.4. 1600 Meters: 1. Tanya Futami (Open-Unatt.) 5:32.9. 1. Vanessa Jamieson (HS-Unatt.) 5:30.2. 2. Sue Williams (HS-Unatt.) 5:55.3. 3. Joy Dilday (HS-Unatt.) 6:00.4. 3200 Meters: 1. Sonya Berro (Open-Unatt.) 11:38.3. 1. Jade Jamieson (HS-Unatt.) 13:10.0.

U.S. Men's 5K Road Race /Palm Desert 5K

December 11, Palm Desert, CA.

Men

1. Matt Giusto (FLAC) 13:53. 2. Tim Gargiulo (Reebok) 13:56. 3. Reuben Reina (FLAC) 13:58. 4. Arturo Barrios (Reebok) 13:58. 5. Brian Abshire (Reebok) 13:59. 6. Bo Reed (Mizuno) 13:59. 7. Brian Baker (New Balance) 14:02. 8. Mark Coogan (adidas) 14:03. 9. Brad Barquist (Mizuno) 14:10. 10. Dan Nelson (New Balance) 14:22. 11. Wes Ashford (un) 14:31. 12. Ivan Huff (Reebok) 14:33. 13. Brian Grosso (un) 14:36. 14. Ian Aisen (un) 14:38. 15. Paul Thomas (Asics) 14:45.

Paramount 10K Run

January 14.

Division Results-10K Open Men

13 & U: 1. Michael Torres. 45:44. 14-17: 1. Garrett Jensen. 34:07. 18-23: 1. Brian Sax. 33:24. 24-29: 1. Mike Latham. 32:00. 30-34: 1. Tyrus Deminter. 32:05. 35-39: 1. Rodrigo Casas. 33:30. 40-44: 1. Ed Avol. 35:03. 45-49: 1. V. Paoezli. 35:40. 50-54: 1. Lee Baca. 38:09. 55-59: 1. Luis Gorodo. 39:29. 60-64: 1. Ben Bernal. 42:26. 65-69: 1. Milo Sather. 48:02. 70 & O: 1. John Moo-

shagian. 62:46. Wheelchair: 1. Eric Neitzel. 24:36.

Division Results-10K Women

13 & U: 1. Maria Benitez. 50:31. 14-17: 1. Jennifer Guillen. 51:56. 24-29: 1. Rosalina Garcia. 38:21. 30-34: 1. Diane Silva. 41:04. 35-39: 1. Kathy Britcliffe. 39:19. 40-44: 1. Elaine Triplett. 39:26. 45-49: 1. Becky Parker. 45:03. 55-59: 1. Chris Freeman. 50:46. 65-69: 1. Miyoko O'Hara. 61:47.

Special World Masters Division

Mary Story broke Judy Simon's 5 year record of 55:25 by just 3 seconds. The weather was perfect. No rain or wind. We had approximately 500 runners finish the course. Pat Devine went out hard and was just caught by Jim O'Neil just before the 6 mile mark.

Gregg Horner. (40yrs) the USATF Masters champ at Eugene. 32:28. came down from Santa Barbara to finish 6th overall giving Harold Ketting (40yrs), also from Santa Barbara a great run. Mike Latham ran a perfectly paced race to pull ahead and out kick the slowing Tyrus Demiter. Diana Tracy not only won the first overall female master but was the first overall in the entire race.

Division Results-10K Masters Men

40-44: 1. Gregg Horner. 32:51. 50-54: 1. Donald Gillman. 36:43. 65-69: 1. Jim O'Neil. 41:59. 70-74: 1. Larry Banuelos. 46:00. 75-79: 1. Donald Dilworth. 54:14. 80-84: 1. Chick Dahlsen. 56:42.

Division Results-10K Masters Women

40-44: 1. Diana Tracy. 36:47. 2. Sandy Robbins. 39:03. 70-74: 1. Mary Story. 55:22. 2. Gerry Davidson. 58:28.

Las Vegas International Marathon

February 4, Las Vegas, NV.

Overall Results-Men

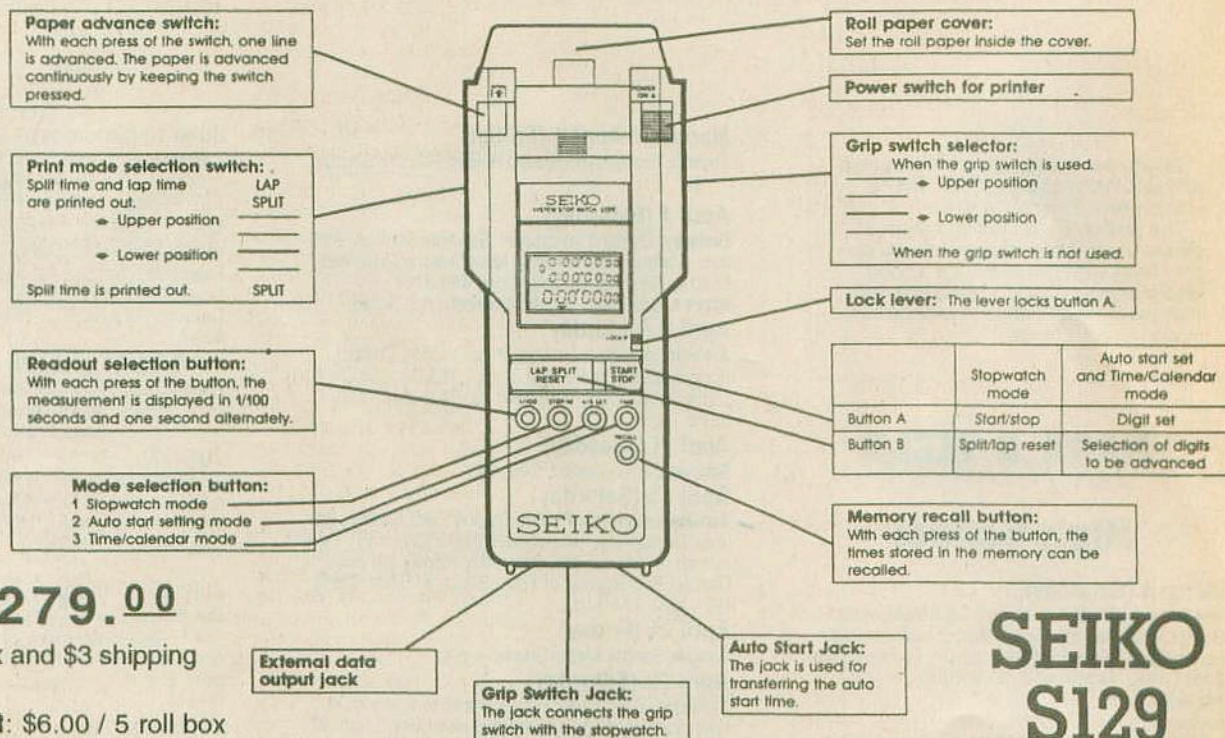
1. Vladimir Netreba, Russia. 2:14:52 (\$7,000). 2. Istvan Pinter, Hungary. 2:15:40 (\$3,500). 3. Ruben Maza, Venezuela. 2:15:50 (\$2,500). 4. Markus Gerber, Switzerland. 2:17:28. (\$1,200). 5. Andrej Witczak, Poland. 2:18:28. (\$800). 6. Anders Szalkai, Sweden. 2:18:52. (\$400). 7. Christian Zwick, Switzerland. 2:19:55. (\$400). 8. Ivo Rodriguez, Brazil. 2:21:01. (\$200). 9. Don Johns, Ottawa Lake, Mich. 2:21:45. (\$100). 10. Steve Fader, Cincinnati, Ohio. 2:23:43 (\$200).

Overall Results-Women

1. Laura Mason, Stroudsburg, Pa. 2:37:20 (batters Previous event record of 2:37:55 by marie Rollins in 1988). (\$7,200). 2. Elena Razzdroguina, Russia. 2:38:09 (\$3,200). 3. Gouzel Tazetdinova, Russia. 2:39:03. (\$2,200). 4. Natalya Balyakina, Russia. 2:40:37. (\$1,000). 5. Gail Hall, Bothell, Wash. 2:41:18. (\$600). 6. Heather Lucas, Murphysboro, Ill. 2:42:10. (\$200). 7. Patty Valadka, Houston, Tex. 2:34:56. (\$200). 8. Irina Bondarchouck, Russia. 2:46:45. (\$2,000. Master's winner). 9. Svetlana Netchaev, Russia. 2:48:27. (\$200). 10. Karen Sanford-Gall, Billings, Mont. 2:48:37. (\$100).

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The following data is printed permanently on tape:

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3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured or printed later from the memory function of the stopwatch.

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
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1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
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Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

Specifications

Time Base and Accuracy:

Quartz oscillator, ± 0.5 seconds (24 hours/70°F)

Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

Split Time and Split/Lap Time, time of day and calendar.

Temperature:

Accuracy guaranteed ranges 23°F to 104°F; operational ranges 5°F to 131°F.

Dimensions:

3.25" W x 8" L x 4" D

Weight: 12 ounces with batteries, paper and cord

Batteries:

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Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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SCHEDULE

Please send cross country and track and field information to CTRN, 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.

TRACK & FIELD

High School

March 4 (Saturday)

San Francisco: 5th Annual Time Trial, McAteer High School. 9 a.m. Contact Coach Marc Christensen, c/o McAteer High School, 555 Portola Dr., San Francisco 94131-1699. (415) 695-5700 ext 610, or (415) 585-2465 home.

Long Beach: Long Beach Poly High School Track & Field Invitational. Veteran's Stadium, Long Beach City College. Boys and girls, frosh, soph and varsity. Entry information due by February 3, 1995. Charles Clinton (310) 591-0581 or (310) 988-1905 home.

Los Banos: Los Banos Lions Track & Field Invitational. 9 a.m. Mike Miller (209) 826-6033.
Sanger: Sanger Spring Classic. 10 a.m.

March 10 (Friday)

Visalia: Pioneer Relays. 4:00 p.m.

March 11 (Saturday)

Stockton: Dom George Relays. San Joaquin Delta College. For info call: Greg Wright (209) 943-2735 home, or (209) 953-8235 at Bear Creek HS.

Hayward: Mariner Invitational. Chabot College. Contact Phil Wilder at Moreau Catholic High School.

March 11-12 (Sat-Sun)

Syracuse, New York: 11th Annual National Scholastic Indoor Track & Field Championships. Carrier Dome at University of Syracuse. Metropolitan Athletic Congress, PO box 170, Church St. Station, New York, NY 10008 (212) 227-0071 or FAX (212) 227-0756.

March 18

Los Gatos: Kiwanis-Bellarmino Prep Meet. Los Gatos High School. Contact Coach Terry Ward at Bellarmino Prep in San Jose.

March 24-25

Stanford: Stanford Festival.

March 25

Azusa: Meet of Champions. All divisions--boys and girls. Contact Iv Ray (818) 969-3434 ext 3294 or Tim O'Rourke at Arroyo HS (818) 444-9201.

March 31-April 1 (Fri-Sat)

Fresno: Bob Mathias Fresno Relays. Ratcliffe Stadium.

April 1 (Saturday)

Berkeley: Oakland Invitational. Edwards Stadium. 8:30 a.m. Contact Ralph Belany, Meet Director (510) 893-6569 or Thomas Broome (510) 465-8744.

Steve Lewis Meet. Contact American High School.

April 8 (Saturday)

Arcadia: Arcadia/Foot Locker Invitational. Contact Doug Speck, Arcadia High School, 180 Campus Dr., Arcadia 91007 (818) 445-7507 or FAX (818) 445-8564.

April 11 (Tuesday)

Sanger: Easter Classic. 5:00 p.m.

April 15 (Saturday)

San Jose: Hampton-Phillips Track & Field Classic. San Jose City College (site of 1995 Junior Olympics). High schools, middle schools, elementary schools and clubs. Contact Bob Poynter or Frank Slaton at Silver Creek HS (408) 274-1700.

April 21 (Friday)

Sanger: Sanger Metric Classic. 4 p.m.

April 22 (Saturday)

Saratoga: West Valley Relays. 9 a.m. to 5:30 p.m. at West Valley College. Contact Bill Hotchkiss, Leigh HS, 5210 Leigh Ave., San Jose, 95124.

Vallejo: Vallejo Invitational. Corbus Stadium at Vallejo High School. Contact Mike Wilson at Vallejo HS.

Sacramento: Bella Vista Bronco Invitational. American River College. Contact Coach Dave Unterholzner at Bella Vista HS, 8301 Madison Ave., Fair Oaks 95628 (916) 971-5052 or Steve Fagundes at (916) 657-0914 from 8 a.m. to 4 p.m.

April 28 (Friday)

Lafayette: Bob Warren Meet (formerly Charles Eaton Relays). Contact Coach Manny Myers at Acalanes HS.

April 29 (Saturday)

Stockton: Bear Creek Invitational. San Joaquin Delta College. For info call: Greg Wright (209) 943-2735 home, or (209) 953-8235 at Bear Creek HS.

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

May 6 (Saturday)

Sacramento: Sacramento Meet of Champions. American River College. Contact Jerry Colman (Sacramento Track Club (916) 487-3175.

May 18 (Thursday)

Bakersfield: CIF Central Section. 4 p.m.

May 27 (Saturday)

Santa Cruz: Pacific USATF T&F Masters & Submasters Weight Pentathlon Championships. KELfield. Championship /masters & submasters. Non-championship /Junior, HS, Open, men & women.. WT, HT, SP, DT, JT. Gary Kalmerson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

June 2-3 (Fri-Sat)

Norwalk: California State High School Track & Field Championships. At Cerritos College.

June 10 (Saturday)

Sacramento: Golden West High School Invitational. American River College. Pacific Association USATF. 120 Ponderosa Court, Folsom 95630 (916) 983-4622, FAX (916) 983-4624.

June 16-17 (Fri-Sat)

Raleigh, NC: National Scholastic Outdoor championships. North Carolina State. Mike Byrnes, 201 Spring St., Culpeper, VA 22701 (703) 829-6718, FAX (703) 829-0271.

June 23-24 (Fri-Sat)

Walnut: U.S. Junior National Track & Field Championships. Qualifier for Pan American Track & Field Championships in Santiago, Chile.

June 27

Joplin, MO: US Youth Athletics Championships. Missouri Southern State. Tom Rutledge, Ath Dept, Missouri southern State, Joplin, MO 64801 (417) 625-9554, FAX (417) 625-9773.

July 25-30 (Tues-Sun)

San Jose: US Junior Olympic Championships. San Jose City College. Steve Haas, Ath. Dept., 2100 Moorpark Ave., San Jose 95128 (408) 288-3730, FAX (408) 287-7222.

September 1-3

Santiago, Chile: Pan American Junior Championships.

College & Open

March 2-4

Manhattan, KS: National Junior College Athletic Assoc. Indoor Championships. Bramlage Coliseum. Cliff Rovelto, Track Office, Kansas State Univ., Manhattan KS 66506-3355 (913) 532-6567, FAX (913) 532-6093.

March 4 (Saturday)

Atlanta, GA: USA Mobil Indoor Track & Field Championships. Georgia Dome. Duffy Mahoney, USA Track & Field, PO Box 120, Indianapolis, IN 46206 (913) 532-6910. Tickets: (404) 525-1256.

Pomona: Bronco Invitational. Kellogg Field. Jim Sackett, 3801 W. Temple Ave., Pomona 91768 (714) 869-2831, FAX (714) 869-2814.

San Diego: Aztec Track Classic. San Diego State University. Men & women, universities and clubs. Info: (619) 594-5514 or 594-4194.

Tempe, AZ: Bill Sayer Invitational. Sun Angel Stadium. Ken Lehman, ICA-Track Office, Tempe AZ 85287-2505, (602) 965-4313, FAX (602) 965-8219.

March 10-11 (Fri-Sat)

Indianapolis, IN: NCAA I & II Indoor Championships. Qualifying standards apply. Duffy Mahoney (317) 261-0500, FAX (317) 261-0481.

Indianapolis, IN: NCAA III Indoor Championships. Qualifying standards apply. Ohio Northern Univ. Larry Cole, Track Coach, Ohio Northern Univ., King Horn Center, Ada, OH 45810 (419) 772-2458.

SCHEDULE

March 10-12 (Friday-Sunday)

Barcelona, Spain: World Indoor Championships.

March 11 (Saturday)

Fullerton: Cal State Fullerton Titan Invitational. CSF Sports Complex, John Elders, Ath. Dept., PO Box 34080, Fullerton 92634-9480 (714) 733-3490, FAX (714) 449-5396.

Sacramento: Sacramento Invitational. Horner Stadium. Joe Neff, Ath., Dept., 6000 J Street, Sacramento 95819-6073 (916) 278-6208.

March 11-12

Los Angeles: Occidental Decathlon & Heptathlon. Bill Henry Track. Bill Harvey, Ath. Dept., Occidental College, Los Angeles 90041 (213) 259-2608, FAX (213) 341-4993.

March 17-18

Tucson, AZ: Willie Williams Invitational. Drachman Stadium. (Hep & Dec 3/16-17). Dave Murray, Ath. Dept., McKale Center, U of Arizona, Tucson, AZ 85721 (602) 621-4829, FAX (602) 621-2681.

San Diego: Heptathlon-Decathlon. Pt. Loma Nazarene College.

Bakersfield: Bakersfield College Relays. Memorial Stadium. Bob Covey, Ath. Dept., 1801 Panorama Dr., Bakersfield 93305 (805) 395-4340.

March 17-25

Mar Del Plata, Argentina: Pan American Games.

March 18 (Saturday)

Santa Barbara: Easter Relays. LaPlaya Stadium. Robin Paulsen, Ath Dept, SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

San Luis Obispo: Nike/Cal Poly SLO Invitational. Brooks Johnson/Terry Crawford, Mott Gym, CPSLO, San Luis Obispo 93407 (805) 756-2235, FAX (805) 756-2699.

Long Beach: Collegiate Classic.

March 23-25

Tempe, AZ: Sun Devil Invitational. Ken Lehman (602) 965-4313, FAX (602) 965-8219.

March 24-25

San Francisco: San Francisco State Decathlon & Heptathlon. Cox Stadium. Matt Lydum, Ath. Dept., 1600 Holloway Ave., San Francisco 94132 (415) 338-1561.

Palo Alto: Stanford Invitational. Stanford Stadium. Michael Reilly, Ath. Dept., Stanford University, Stanford 94305-6150 (415) 723-2736.

La Jolla: UCSD Invitational Track & Field Meet. Contact Tony Salerno, Head Track & Field coach, UCSD, ICA-0905, 9500 Gilman Dr., La Jolla 92093 (619) 534-0328.

March 25 (Saturday)

Northridge: Northridge Invitational. CANCELLED.

Durham, Great Britain: IAAF/Snickers World Cross Country Championships.

March 31-April 1 (Fri-Sat)

Fresno: Bob Mathias Fresno Relays. Ratcliffe Stadium.

April 1 (Saturday)

Tempe, AZ: Sun Angel Classic. Sun Angel Stadium. Herman Frazier, Arizona St. U-ICA, Tempe, AZ 85287-2505 (602) 965-3856, FAX (602) 965-8219.

Sacramento: Stan Wright Panther Invitational. Hughes Stadium. Bob Lanza/Lisa Baudin, 3835 Freeport Blvd., Sacramento 95822-1386 (916) 558-2305/2610, FAX (916) 441-4142.

Riverside: UC Riverside Invitational. Chris Rinne, Track

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Coach, U of Calif. Riverside, Riverside 92521 (909) 787-5207, FAX (909) 787-3569.

Pasadena: Cal Tech Invitational.

April 8 (Saturday)

Davis: Woody Wilson Invitational. Toomy Field. Jon Vochatzer, Ath. Dept., UC Davis, Davis 95616 (916) 752-8608.

San Luis Obispo: Cal Poly Open. Brooks Johnson/Terry Crawford, Mott Gym, CPSLO, San Luis Obispo 93407

(805) 756-2235, FAX (805) 756-2699.

San Diego: UCSD Invitational Track & Field Meet. Contact Tony Salerno, Head Track & Field Coach, UCSD, ICA-0905, 9500 Gilman Dr., La Jolla 92093 (619) 534-0328.

April 9 (Sunday)

Athens, Greece: World Marathon Cup.

April 10-11 (Mon-Tues)

Fresno: FSU Decathlon/Heptathlon, Warmerdam Field.

SCHEDULE

9 a.m. Red Estes, Ath. Dept., #27 FSU, Fresno 93740-0027 (209) 278-4097, FAX (209) 278-6611.

April 13-14 (Thurs-Fri)

Azusa: Cal Invitational Multi-Events. (Mt. SAC Relays Multi) Azusa Pacific University. Kevin Reid, 901 E. Alosta, Azusa 91702 (818) 815-3856, FAX (818) 969-7180.

April 13-15 (Thurs-Sat)

Walnut: Mt. SAC Invitational. Dan Shrum, 1100 North Grand Ave., Walnut 91789 (714) 594-5611 ext 4840, FAX (714) 594-4266.

April 14 (Friday)

Pomona: Pomona-Pitzer Invitational.

April 15 (Saturday)

San Francisco: Johnny Mathis Invitational. Cox Stadium. Matt Lydum, Ath. Dept., 1600 Holloway Ave., San Francisco 94132 (415) 338-1561, FAX (415) 338-1967.

Long Beach: Long Beach Grand Prix. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

April 18-19

Sacramento: VISA Decathlon & Panther Heptathlon. Hughes Stadium. Bob Lanza/Lisa Bauduin, 3835 Freeport Blvd., Sacramento 95822-1386 (916) 558-2305/2306, FAX (916) 441-4142.

April 22 (Saturday)

Turlock: Stanislaus Invitational. Cal State Stanislaus. Kim Duyst, Ath. Dept., 801 West Monte Vista, Turlock 95382 (209) 667-3312, FAX (209) 667-3084.

Berkeley: Pierce Golden Bear Challenge. UC Berkeley. Erv Hunt, Ath. Dept., U of Calif., Berkeley 94720 (415) 642-3158.

Santa Barbara: Nick Carter Gaucho Invitational. Pauley Track, UCSB. Pete Dolan, Ath. Dept., UCSB, Santa Barbara 93106 (805) 893-8276, FAX (805) 893-8640.

Azusa: BFI Meet of Champions. College & open. Contact Kevin Reid (818) 815-3856.

Irvine: UC Irvine Invitational. Vince O'Boyle or Ed Crawford, Crawford, UCI, Irvine 92717 (714) 856-6080, FAX (714) 856-6260.

April 27

Fullerton: Fullerton Open. CSF Sports Complex. John Elders, Ath. Dept., PO Box 34080, Fullerton 92634-9480 (714) 733-3490, FAX (714) 449-5396.

April 28-29 (Fri-Sat)

San Diego: GSAC Championships. Pt. Loma Nazarene College.

April 29-30 (Sat-Sun)

Fresno: Cal/Nevada Championships. Ratcliffe Stadium. Red Estes, Ath. Dept. #27 FSU, Fresno 93740-0027 (209) 278-4097, FAX (209) 278-6611.

Beijing, China: World Cup of Racewalking.

May 6 (Saturday)

Sacramento: Hornet Invitational. Joe Neff, Ath. Dept., 6000 J Street, Sacramento 95819-6073 (916) 278-6208.

Pomona: Poly Invitational. Kellogg Field. Jim Sackett, 3801 W. Temple Ave., Pomona 91768 (714) 869-2831, FAX (714) 869-2814.

May 10-11

Chico: Northern California Athletic Conference Championships. Cal State Univ. Chico. Kirk Freitas, Ath. Dept., Cal State Univ. Chico, Chico 95929 (916) 898-5150.

May 12 (Friday)

Sacramento: Northern California Junior College Championships. American River College. Bill Allen/ Jean Snuggs, 4700 College Oak Drive, Sacramento 95841 (916) 484-8143.

May 12-13 (Fri-Sat)

Long Beach: Big West Conference Outdoor Championships. Long Beach State Track. Cindy Masner, Ath. Dept., LBSU, 1250 Bellflower Blvd., Long Beach 90840.

May 13 (Saturday)

Modesto: Modesto Invitational. Modesto JC Stadium. Tom Moore, PO Box 367, Ceres 95307 (209) 537-0411.

Bakersfield: Southern California Junior College Championships. Memorial Stadium. Bob Covey, Ath. Dept., 1801 Panorama Drive, Bakersfield 93305 (805) 395-4340.

Los Angeles: Occidental Invitational. Bill Henry Track. Bill Harvey, Ath. Dept., Occidental College, Los Angeles 90041 (213) 259-2608, FAX (213) 341-4993.

Eugene, OR: Twilight Meet. 5 p.m. Tom Heinonen 1-800-531-9253, John Gillespie (503) 346-5438.

May 14 (Sunday)

Long Beach: Southern California Striders Meet of Champions. Long Beach State Track. John Lomax, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (213) 666-0379.

May 17-18

Sacramento: American West Conference Decathlon & Heptathlon.

May 17-20 (Wed-Sat)

Provo, UT: WAC Championships. Cougar Stadium. Craig Poole, Ath. Dept., BYU SFH #33, Provo, UT 84602 (801) 378-7508, FAX (801) 378-5756.

Sacramento: American West Conference Championships. Hornet Stadium. Joe Neff, Ath. Dept., 6000 J Street, Sacramento 95819 (916) 278-6208.

May 18-20

Odessa, TX: National Junior College Athletic Assoc. Championships. (Hep & Dec 5/16-17). Ratliff Stadium. James Segrest, 201 W. University, Odessa, TX 79764 (915) 335-6426, FAX (915) 335-6304.

May 19-20

Tucson, AZ: PAC-10 Championships. Univ. of Arizona. (Multi 5/12-13). Dick Bartech, Ath. Dept., McKale Center, U of Arizona, Tucson, AZ 85721 (602) 621-4694, FAX (602) 621-2681.

Bakersfield: California Community College State Championships. Memorial Stadium. Bob Covey, Ath. Dept., 1801 Panorama Drive, Bakersfield 93305 (805) 395-4340.

Van Nuys: Asics Twilight Distance Classic (not a road race). Tom Bradley Track. Skip Stolley, 825 16th St., Suite B, Santa Monica 90403 (310) 453-7655.

May 20 (Saturday)

Davis: Davis Invitational. Toomey Field. Jon Vochatzter, Ath. Dept., UC Davis, Davis 95616 (916) 752-8608.

May 20-21 (Sat-Sun)

Santa Barbara: VISA Late Afternoon Decathlon. Pauley Track, UCSB. Pete Dolan, Ath. Dept., UCSB, Santa Barbara 93106 (805) 893-3276, FAX (805) 893-8640.

Santa Barbara: SCA Heptathlon Championships. La Playa Stadium. Jane Fredericks (805) 893-3746.

May 24-27

Emporia, KS: NCAA Division II Championships. Welch Stadium. David Harris, 1200 Commercial, Box 4020, Emporia, KS 66801 (316) 341-5938, FAX (316) 341-5603.

May 25-27 (Thurs-Sat)

Azusa: NAIA National Outdoor Championships. Azusa Pacific University. Kevin Reid, 901 E. Alosta, Azusa 91702 (818) 815-3856, FAX (818) 969-7180.

Northfield, MN: NCAA Division III Championships. Carlton College. Bill Terriguez, Ath. Dept., Carlton College, Northfield, MN 55057 (507) 663-4053, FAX (316) 341-5603.

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SCHEDULE

May 27 (Saturday)

San Jose: Bruce Jenner Classic/Grand Prix Meet. San Jose City College. Bert Bonanno, Ath. Dept., 2100 Moorpark Ave., San Jose 95128 (408) 288-3730, FAX (408) 971-9882.

May 31-June 3 (Wed-Sat)

Knoxville, TN: NCAA I Championships. Tom Black Track. Doug Brown, PO Box 15016, Knoxville, TN 37901-5016 (615) 974-1265, FAX (615) 974-5393.

June 3 or 4

Eugene, OR: Prefontaine Classic. Hayward Field. Tom Jordan, 2110 Fairmount Blvd., Eugene, OR 97403 (503) 683-5635, FAX (503) 687-1016. Verify date.

June 4 (Sunday)

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

June 9 (Friday)

Fresno: Central California USATF Championships. Ratcliffe Stadium. Ken Dose, Ath. Dept., 1101 E. University Ave., Fresno 93741 (209) 442-4600 ext 8445, FAX (209) 485-3367.

June 10 (Saturday)

Long Beach: USATF Championship Tune-Up. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

June 13-17 (or 14-18)

Sacramento: USA Mobil Outdoor Championships. Hughes Stadium. Jean Snuggs, Ath. Dept., 4700 College Oak Drive, Sacramento 95841 (916) 484-8143. (Multi 6/13-14, or 6/14-15).

June 17 (Saturday)

Pasadena: Tournament of Walkers (5K & 10K Track). Cal Tech Track. Richard Oliver, 11431 Sunshine Terrace, Studio City 91604-3128 (818) 985-9854, FAX (818) 985-0452.

June 23-24 (Fri-Sat)

Walnut: USATF Junior Championships. Qualifying standards apply.

July 28-30 (Fri-Sun)

Colorado Springs, CO: U.S. Olympic Festival '95. Air Force Academy. Ralph Lindeman, Ath. Dept., US Air Force Academy, Colorado Springs, CO 80840 (719) 472-2173, FAX (719) 472-3798.

August 4-13

Gothenburg, Sweden: World Track & Field Championships.
Fukuoka, Japan: World University Games.

September 9 (Saturday)

Monte Carlo, Monaco: IAAF Mobil Grand Prix Finals.

Masters

March 11

Santa Ana: Orange Spring Games/John Ward Masters Meet. Rancho Santiago College. Al Siddons (714) 564-5936.

March 11-12

Los Angeles: Decathlon/Heptathlon. Occidental College. Gary Miller (818) 843-2139 (until 9 a.m. PST).

March 18 (Saturday)

Santa Barbara: Easter Relays (some masters events). Russ Smalley (805) 555-6010.

March 25 (Saturday)

Santa Cruz: KELfield Throws Series #37. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

April 2 (Sunday)

Carlsbad: Carlsbad 5000 (Masters 5K Championships). Tim Murphy, Elite Racing, 10509 Vista Sorrento Pkwy #102, San Diego 92121 (619) 450-6510, FAX (619) 450-6905.

April 8

Los Angeles: USATF/SCA Meet. Occidental College. (818) 843-2139.

April 22 (Saturday)

Santa Cruz: KELfield Throws Series #38. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

April 23

Irvine: Steve Scott Open Invitational & Masters Meet. UC Irvine. Mac McCormick (714) 586-9942 eve.

Los Angeles: Crown Valley Senior Games. Occidental College. Cynthia Vaughn (818) 397-4064.

May 14 (Sunday)

Long Beach: Southern California Striders Meet of Champions. CSU Long Beach. Hugh Cobb (619) 436-7696.

May 20 (Saturday)

Visalia: Visalia Classic Masters T&F Meet. 30+ Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

Santa Cruz: KELfield Throws Series #39. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 27 (Saturday)

Santa Cruz: USATF/Pacific Masters & Submasters Weight Pentathlon Championships. KELfield. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 28 (Sunday)

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Mac McCormick (714) 586-9942 eve.

June 10

Los Gatos: Los Gatos Open & USATF Pacific Association Masters Championships. Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

June 17-18

Eugene, OR: USATF National Masters Decathlon/Heptathlon Championships. Mark Stream (503) 346-5321.

June 24

Los Gatos: USATF West Regional Masters Championships. Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

July 1 (Saturday)

Santa Cruz: KELfield Throws Series #37. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

July 6-9

East Lansing, MI: USATF National Masters Championships. Michigan State University. Randy Williams,

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SCHEDULE

12651 Cloverlawn, Detroit, MI 48238 (313) 834-0378.

July 13-23

Buffalo, NY: WAVA World Veteran's Athletics Championships. WAVA Meet Director, Box 150, Niagara Square Station, Buffalo, NY 14201-0150 (716) 852-2765, FAX (716) 852-0131.

September 16-17 (Sat-Sun)

Sylvania, OH: USA Men's/Women's Masters 24-Hour National Championship. Olander Park, Tom Falvey/Dave Payette, 2338 Laskey Rd., Toledo, OH 43613 (419) 475-0731 or 1341, FAX (419) 473-3590.

October 8 (Sunday)

Minneapolis, MN: Twin Cities Marathon (US Master's National Championships). Scott Schneder, 708 N. First St., Suite 33, Minneapolis, MN 55401 (612) 673-0778, FAX (612) 673-0780.

Canandaigua, NY: Masters 10K Cross Country Championships. Peter Glavin, 160 Laney Rd., Rochester, NY 14620 (716) 242-9031.

All-Comers

March 25 (Saturday)

Santa Cruz: KELfield Throws Series #37. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

April 22 (Saturday)

Santa Cruz: KELfield Throws Series #38. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 20 (Saturday)

Santa Cruz: KELfield Throws Series #39. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 27 (Saturday)

Santa Cruz: Pacific USATF Masters & Submasters Weight Pentathlon Championships. All divisions. HT, SP, DT, JT, WT. Championship Divisions: Masters & Submasters Men and Women. Non-Championship Divisions: Junior, High School, Open, Men and Women. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

tact Gary Kelmenson, 5601 Empire Grade, Santa Cruz (408) 458-0202.

June 29 (Thursday)

Santa Barbara: SCA/USATF Thursday Series. La Playa Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 1 (Saturday)

Santa Cruz: KELfield Throws Series #40. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

Long Beach: SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

July 6 (Thurs.)

Azusa: Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Iv Ray (818) 969-3434 ext 3294.

Santa Barbara: SCA/USATF Thursday Series. La Playa Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

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Camps & Clinics

July 7 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

July 13 (Thurs.)

Azusa: Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

Santa Barbara: SCA/USATF Thursday Series. La-Playa Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 14 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

July 15 (Saturday)

Long Beach: SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

July 20 (Thurs.)

Azusa: Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

Santa Barbara: SCA/USATF Thursday Series. La-Playa Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 21 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

July 27 (Thurs.)

Azusa: Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

Santa Barbara: SCA/USATF Thursday Series. La-Playa Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 28 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

July 29 (Saturday)

Long Beach: SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

August 3 (Thursday)

Santa Barbara: SCA/USATF Thursday Series. La-Playa Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222. Verify this date.

August 4 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

April 13-15

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

April 17-19

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

June 2-30

Azusa: Azusa Sprint Training Camp for Distance Runners. Contact Scott Wilson (818) 969-3434 ext 3294.

June 10

Azusa: Australian Training Model (Part 2). For middle and long distance runners. Coaches/Athlete Clinic. Contact Irv Ray, c/o Azusa Pacific University, PO box 7000, Azusa 91702 (818) 969-3434 ext 3294.

June 18-20

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

July 10-15

Azusa: San Gabriel Valley Day Camp. Summer day track camp for boys and girls ages 10-18. Contact Irv Ray (818) 969-3434 ext 3294.

July 23-July 27

Flagstaff, AZ: Ron Mann's High Altitude Camp Track & Field/Cross Country Camp. Northern Arizona University. Info: (602) 523-0011 or Coach Mann (602) 523-5645. Track & Field Cross Country Camp, PO Box 15400, Flagstaff, AZ 86011-5400.

July 30-August 4

Lake Tahoe: Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720. (Camp also in Prescott, AZ at this same time).

July 31-August 5

August 6-13

Mammoth Lakes: Steve Scott Camp and Workshop for Mature Coed Athletes & Families. Contact Irv Ray, c/o Azusa Pacific University, PO Box 7000, Azusa 91702 (818) 969-3434 ext 3294.

August 22-27

Catalina Island: Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

December 27-31

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

ROAD RACING

March 4 (Saturday)

Sausalito: Run for the Seals, 4 Mi., Marin Headlands (Rodeo Beach), 9 a.m. California Marine Mammal Center, Marin Headlands, Ft. Cronkhite 94965.

Woodside: Woodside Marathon, Half-Marathon & 5 Mi., Huddark (Redwood Meadow), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Scotts Valley: Triathlon for Youth, 18&Under only, distances vary w/age, Scotts Valley Park, 8 a.m. NorthWind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Gonzales: YMCA Gonzales Grape Stampede, 5K/10K, 800 Alta St., 10 a.m. Luke Seward, P.O. Box 1106, Soledad 93960 (408/678-1239).

Chico: Bidwell Classic Half Marathon & Fun Runs (2 Mi. & Kids' 0.5 Mi.), South Park Dr. (One-Mile area), 8 a.m./Fun Runs, 9 a.m./HM. Chico R.C., P.O. Box 1182, Chico 95927 (916/898-4791).

Sanger: Blossom Trail Run, 2 Mi. & 10K, 8:15 a.m. Kathy Moulthrop Porter, c/o KPTV, 1544 Van Ness Av., Fresno 93721 (209/266-1800).

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

Santa Barbara: Adventours 5K Run #2, East Palm Park, 8:30 a.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105 (805/963-2248).

Southgate: The Azalea Festival, 5K/10K, Hollydale Park, 8 a.m. Info: Finish Line Int'l. (714/841-5417).

Manhattan Beach: A.M. Good/Morning 5K, Time TBA. Info: 310/376-8294.

San Diego: Sue Krenn 15K, East Mission Bay Dr. (near Hilton), 7:30 a.m. SDTC, Hal Goforth, 575 Otay Lakes Rd., #42, Chula Vista 91913 (619/421-3424).

San Diego: Camel Mountain Ranch 5K, Camel Mtn. Ranch Community Park, 7:30 a.m. Info: Warren Jennings (619/487-1301).

Bozartown, NV: LVTC 15K/2M, Location Pending, 8 a.m. Tom Hodges, Las Vegas TC, P.O. Box 81045, Spring Valley, NV 89190 (Hotline: 702/594-0970).

March 5 (Sunday)

San Francisco: DSE Golden Gate Promenade, 7.13 Mi., Dolphin Club (Hyde & Jefferson Sts.), 9:30 a.m. Info: 415/978-0837.

Calistoga: Sutter Home Napa Valley Marathon & 5K, 7 a.m. SHNVM, P.O. Box 4307, Napa 94558 (707/255-2609).

Femdale: Foggy Bottoms Milk Run, 2, 4.1 & 10 Mi., Main & Ocean Sts., 1:30 p.m./2m, 2 p.m. Jack West, 470 Trinity, Trinidad 95570 (707/677-3655).

Los Angeles: City of Los Angeles Marathon & 5K, L.A. Coliseum (Mara.), Jefferson & Figueroa (5K), 8:40 a.m. Lisa Rosenfield, 11110 W. Ohio Av., #100, Los Angeles 90025 (310/444-5544).

Del Amo: St. Patrick's Day Run for the Blind, 5K/10K & Kids' Dash, Del Amo Fashion Center, 8 a.m. Info: 310/375-1614.

San Diego: Chevy's to Chevy's 10K, Chevy's on Flowerhill, 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Escondido: The Auto Trader 10K/5K Runs/Walks, Kit Carson Park, 7:30 a.m. Auto Trader 10K, 4060 Morena Blvd., #G355, San Diego 92117 (619/272-8316).

SCHEDULE

Calexico: Strides Across the Border 10K, to Mexicali, B.C., 8 a.m. Info: SandRock Prods. (800/950-3888).

March 11 (Saturday)

San Francisco: Irish Sprint 4.5 Mi. Run/Walk, Lake Merced (Sunset Parking Lot), 10 a.m. Irish Sprint, c/o Rich Farringer, 1359 Higdon St., Manteca 95336 (415/905-0647).

Walnut Creek: Ginder Grinder 10K/5K, Borges Ranch Ranger Sta., 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Cool: Cool Canyon Crawl, 50K, 8 a.m. (ENTRIES CLOSED). Sierra Express R.C., 10010 Snowy Owl Way, Auburn 95603 (916/885-3438).

Oroville: Oroville Classic, 3M/5M, Oroville Municipal Auditorium (1200 Meyers St.), 9 a.m. Dollars for Scholars, c/o Buck Animal Hospital, 750 Oroville Dam Blvd. West, Oroville 95965 (916/538-2300).

Fresno: San Joaquin River Run/Walk, 7:15 a.m. Corner of Ingram & Fallbrook, 2 mile run/walk, 10K, 1K kid's run. Info (209) 436-8333.

Bakersfield(?): Nat'l. Physical Education & Sports Week Fun Run, 1M/5K/10K, Beach Park (bike path), 8 a.m. Carolyn "Scottie" Miller, c/o Shafter H.S., 526 Mannel Av., Shafter 93263.

Lompoc: LVDC Winter Memorial 5K & 10K Runs, Ryon Park (Ocean & "O" Sts.), 8:30 a.m./5K, 9:15 a.m./10K. Leo Aragon, LVDC, P.O. Box 694, Lompoc 93438 (805/736-6773).

San Diego: St. Patrick's Day 10K, East Mission Bay, near Hilton, 7:30 a.m. Kathy Loper Events, 7801 Mission Center Rd., #200, San Diego 92108 (619/298-7400).

San Diego: Cystic Fibrosis Stairclimb, 501 W. Broadway, 8 a.m. (race top top for time), 9 a.m. (race to top, 20 flights of stairs, as many times as possible in 3 hours...take elevator down). Cystic Fibrosis Fdn., 2320 Fifth Av., Suite A, San Diego 92101 (619/234-5880).

Del Mar: St. Patrick's Day Sunset Beach Blast, 5K/8K & Kids' Run, Torrey Pines State Beach Park, 4 p.m./8K, 4:30 p.m./5K. Beach Blast, P.O. Box 2293, Del Mar 92014 (619/481-1607).

Henderson, NV: Child Seeker's 10K, Location & Time TBA. Tom Hodges, Las Vegas TC, P.O. Box 81045, Spring Valley, NV 89190 (Hotline: 702/594-0970).

March 12 (Sunday)

San Francisco: DSE Kennedy Drive Run, 4.7 Mi. & Kids' Run, Golden Gate Park (polo fields), 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

Mt. Tamalpais: Muir Woods Trail 5K/10K, south parking lot, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Soquel: Anybody's Triathlon (3M/10M/400Ys), Soquel H.S., (100 Limit, No Relays), 8:15 a.m. North-Wind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Merced: County Bank Rascal Creek Run V, 10K, 3K & 1M Youth Run (State 10K Championships), Rahilly Park, 8:45 a.m./1M, 9:30 a.m./10K, 9:40 a.m./3K. David Zacharias, 860 W. Olive Av., #B, Merced 95348 (209/723-3911, 722-4428).

Mendocino: Mendocino Trail Marathon, Half-Marathon & 10K, Russian Gulch State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Torrance: Mobil St. Patrick's Day 10K Run for the Blind, plus 5K & Kids' 1/2 Mile, Del Amo Fashion Center, 8:10 a.m. Kathi May, 1705 Via Boromada, Palos Verdes Estates 90274 (310/375-1614).

March 18 (Saturday)

Redwood City: Wildflower Wilderness Run, 7.5M/4M, Edgewood County Pk. (Edgewood Rd. & Crestview off I-280), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Boulder Creek: Big Basin Marathon, Half-Marathon & 6 Mi., Park HQ, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Santa Rosa: Redwood Empire 12 Hour Track Run, Santa Rosa J.C. (Bailey Field, track), 8 a.m. (40 runner limit). Redwood Empire Track Run, 3605 Aaron Dr., Santa Rosa 95404 (Mike McGuire: 707/542-6687).

Sacramento: Run for the Children 5K/10K, McGeorge School of Law, 10 a.m. Julie Weng, 806 "E" St., Sacramento 95814 (916/441-6088).

Sacramento: Pocket Pursuit Duathlon (5K/10K/5K), Bel Air Shopping Ctr., 9 a.m. True Grit Prods., Matt Tofft, 1306 Daisy Ct., Roseville 95661 (916/782-8124).

Fort Bragg: Whale Run, 10K/5K, Half Road Parking Lot (1 Mi. north of Ft. Bragg), 8:45 a.m. Soroptimist Int'l., 350 No. Franklin St., Ft. Bragg 95437 (Susan Windling: 707/961-0902).

Fresno: St. Paddy's Day Dash, 3M/6M & Kids 9&U Leprechaun Run, Herndon Business Park (Marks & Herndon Aves.), 7:30 a.m./Kids, 7:45 a.m./3M, 8 a.m. American Lung Ass'n., 234 N. Broadway, Fresno 93701 (209/266-5864, 800/584-4872).

Visalia: Visalia Runner's Spring Classic, Visalia Convention Center, 8 a.m. Info: (209) 625-1347.

Bakersfield: Campfire Footfest, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Luis Obispo: Paul Spangler Memorial 10K Fitness Relay, Laguna Lake Park (2x5K teams), 9 a.m. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406.

Santa Barbara: Adventours 5K Run #3, East Palm Park, 8:30 a.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105 (805/963-2248).

Catalina Island: Catalina Island Marathon, 5K/10K, Two Harbors (Mara.) or Avalon (5K/10K), 7 a.m./Mara., 8 a.m./10K, 8:10 a.m./5K. California Athletic Productions, 21 - 30th Pl., Long Beach 90803 (310/433-4557).

San Diego: Nutrition Fuels Fitness 5K, Mission Bay (south of Hilton), 8 a.m. Nutrition Fuels Fitness 5K, c/o San Diego Food Bank, 33375 Dectur Rd., San Diego 92133 (Mary Ryzner: 619/749-5336).

San Diego: Cystic Fibrosis Stairclimb, One American Plaza (600 W. Broadway), 9 a.m. Info: 619/234-5880.

Temecula: Temecula St. Patrick's Day 10K/5K & 1 Mi. Kids' Run, Rancho California Sports Park, 8 a.m. Kathy Loper Events, 1801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

Las Vegas, NV: Discover Aviation 5 Mi., N.L.V. Air Terminal, 8 a.m. Tom Hodges, Las Vegas TC, P.O. Box 81045, Spring Valley, NV 89190 (Elliot Alper: 702/361-2100).

March 19 (Sunday)

Pacific: DSE "Pacifica Terrifica" 5 Mile, Linda Mar School (Rosita Rd.), 9:30 a.m. Info: 415/978-0837.

San Jose: Mercury News 10K Race, Park Av. & Almaden Blvd., 9 a.m. Mercury News Race Director, 750 Ridder Park Dr., San Jose 95190 (408/920-5533).

Pope Valley: Pope Valley Biathlon (2.5M/22mB-2.5mR), east of Angwin at Pope Valley Farmer's Center, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Stockton: Stockton 4 Mi. & Team Challenge, Grupe Park (must pre-reg.), 9:30 a.m. Mission Hospital Cen-

ter for Sports & Wellness, 26732 Crown Valley, #291, Mission Viejo 92691 (Lloyd Meolin: 209/239-9347).

Lake Mission Viejo: Shamrock N' Roll, 5K/10K/1K, North Beach, 7:30 a.m./5K/10K, 9:30 a.m./1K. Info: Race Pace Promotions (714/661-6547).

March 25 (Saturday)
Oakland: Greek Independence Day Run, 5K Run, Lake Merritt (new boathouse), 8:30 a.m. George Zuras, 601 Fortress Isle, Alameda 94501 (510/521-3310, eves).

Walnut Creek: Mt. Diablo Marathon & Half-Marathon, Northgate H.S. (Castle Rock Rd.), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Applegate: Applegate 5K Spring Run, Applegate Christian School, 9 a.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Crescent City: Wild River Run, 15K/5M, 10 Mi. NE of Crescent City, 11 a.m. RWRR, 645 Meridian, Crescent City 95531 (707/464-3779).

Bakersfield: Rio Bravo Valley 10 Miler, Lake Ming Rd. & Frontage Rd., 8 a.m. Rio Bravo Valley 10 Miler, 3825 Fairmount St., Bakersfield 93306.

Atascadero: Park to Park 10K and Half-Marathon Runs, Paloma Creek Park, 9 a.m. City of Atascadero, Dept. of Community Serv., 6500 Palma Av., Atascadero 93422 (Attn: Park to Park) (Sue Roval: 805/461-5008).

Carpinteria: Orchard to Ocean Run, 5K/10K/1M, Carpinteria Middle School, Time TBA. Marybeth Carly, P.O. Box 299, Carpinteria 93013 (805/684-2783).

Malibu: Stotsenberg 5K/10K Races, Pepperdine Univ., 8 a.m./5K, 8:45 a.m. Donor Services, Pepperdine Univ., 24255 Pacific Coast Hwy., Malibu 90263 (310/456-4115).

Las Vegas, NV: LVTC Relay Marathon, Tule Springs, 8 a.m. Tom Hodges, Las Vegas TC, P.O. Box 81045, Spring Valley, NV 89190 (Carlos Ross: 702/459-6957).

March 26 (Sunday)

San Francisco: DSE Potrero Hill Run, 4.5 Mi., 17th St. & Arkansas, 9:30 a.m. Info: 415/978-0837.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Run, 5K/10K/15K, Old Boathouse (Lake Merritt; 14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

Sausalito: Houlihan's to Houlihan's 12K (PA/USATF Championships), 8 a.m. Houlihan's to Houlihan's, 3929 California St., San Francisco 94118 (415/564-0532).

Anaheim: Disneyland Marathon & 5K (& 2K Family Run), 7 a.m./Mara., 7:15 a.m./5K. Disneyland Marathon, P.O. Box 3232, Anaheim 92803 (800/524-9200).

April 1 (Saturday)

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

Santa Rosa: Call of the Wild Marathon/Half-Marathon 10K, Warren Richardson Trailhead on Channel Dr., 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Davis: NorCal Duathlon #1, (5K/10K/5K/5K), 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Sacramento: American River 50M, Cal-State Univ. to Auburn Overlook (Pre-Reg. only, 500 Limit), 6 a.m. Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661 (916/783-4558).

Santa Barbara: Santa Barbara Marathon, General Store (near Hwy. 154/San Marcos Pass), 7 a.m. (74 Runner Limit). Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105 (800/967-8758).

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Santa Barbara: Adventours 5K Run #4, East Palm Park, 8:30 a.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105 (805/963-2248).
Los Angeles: L.A. Philharmonic 5K/10K & Kiddie 1K, Griffith Park, Time TBA. Info: 213/850-2165.
Carlsbad: Junior Carlsbad (12 & Under), Diaper Dash to 1 Mi. (varies w/age), 7:20 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., Suite 102, San Diego 92121 (619/450-6510).
El Cajon: El Cajon 20K, 7:30 a.m. Info: Judi Richardson (619/444-3785).

April 2 (Sunday)

San Francisco: DSE Rainbow Falls 5K, Golden Gate Park (Transverse & Kennedy Dr.), 9:30 a.m. Info: 415/978-0837.
Palo Alto: Fifty Plus 8K Run & 5K Racewalk (PA/USATF Championships), (must be 50 years old to compete), Stanford Stadium, 8 a.m./Walk (judged), 8:40 a.m./Fitness Walk, 9 a.m./8K Run, Fifty Plus R.A., P.O. Box D, Stanford 94309 (415/323-6169).
San Jose: Spartan Gold Rush, Distance TBA, Hellyer Park, 9 a.m. Andrea Byers, P.O. Box 720724, San Jose 95172 (408/288-6951).
Santa Cruz: Wilder Ranch Biathlon (5mR-12mB), Wilder Ranch State Park (2 Mi. north of Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).
Santa Rosa: Spring Lake Classic, 5K/10K, Spring Lake Regional Park, 9 a.m. TerraSport, P.O. Box 110951, Truckee 96162 (John or Kate: 916/582-4231).
San Luis Obispo: Cuesta Biathlon (10K-40K), Cuesta College (gym), 8 a.m. Cuesta Biathlon, Warren Hansen, Athletic Dept., Cuesta College, P.O. Box 8106, San Luis Obispo 93403 (805/546-3207).
Santa Clarita: Santa Clarita Runners Women's 5K, Valencia Industrial Center (Rye Canyon & I-5/Magic Mtn. Pkwy.), 8 a.m. Santa Clarita Runners, Toni Mench, P.O. Box 800298, Santa Clarita 91380 (805/259-5441).
Carlsbad: Carlsbad 5000 (6 events all morning), (9,000 Limit). Elite Racing, 10509 Vista Sorrento Pkwy., Suite 102, San Diego 92121 (619/450-6510).

April 8 (Saturday)

San Francisco: (Also listed on Apr. 9 - Verify Date) DSE "Walt's Run", about 17 Mi. or 8.5 Mi., Dolphin Club (Hyde/Jefferson) to Sausalito & back, 8 a.m. Info: 415/978-0837.
San Mateo: April Showers Fun Run, 5K/10K, Coyote Point Park, 10 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).
Pindie: Three Valley's Half-Marathon & 5K, Pinole Valley H.S., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).
Big Sur: Big Sur Coastal Challenge Marathon/Half-Marathon/10K, Andrew Molera State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/888-1829).
Clam Beach: Master's Run, 6.2 Mi., Clam Beach frontage road, 10 a.m. Info: Larry Moss: 707/677-3324.
Fresno: Run for Relief, 10K/2M, Fresno Pacific College (1717 S. Chestnut), 7 a.m. Run for Relief, c/o 4957 E. Heaton, Fresno 93727 (209/638-6911, -5007).
Fresno: Spring Fling Biathlon (4.4mR-18mB), Woodward Park, 9 a.m. Tri-Sport Unltd., 132 W. Nees, #111, Fresno 93711 (209/432-0800).
Santa Barbara: Santa Barbara Winery Chardonnay 10M/5K, Leadbetter Beach, 8 a.m. Adventours Outdoor Excursions, P.O. Box 215, Santa Barbara 93102 (805/963-2248).
Temecula: Callway's Run Through the Vineyards, 5K/10K, Bell Vineyards (Rancho California Rd.), 7:45

a.m./5K, 8:15 a.m. Temecula Sunrise Rotary, P.O. Box 2203, Temecula 92593 (909/684-5700, x231).
San Diego: Rainforest 5K Run, Mission Bay Park (south of Hilton), 7:30 a.m. Rainforest Run, 4060 Morena Blvd., #G355, San Diego 92117 (619/272-8316).
Medford, OR: Pear Blossom Run, 10M/1M/2M, Time TBA, Jerry & Zella Swartsley, P.O. Box 146, Medford, OR 97501 (503/535-1205).

April 9 (Sunday)

San Francisco: (Also listed Apr. 8 - Verify Date) DSE "Walt's Run", 17 or 8.5 Mi., Dolphin Club (Hyde & Jefferson), 8 a.m. Info: 415/978-0837.
San Francisco: Gimme Shelter 5K Run (PA/USATF Championships) & 1 Mi. Walk for the Homeless, Yerba Buena Center, 9 a.m. Info: RhodyCo Prods (415/564-0532).
Oakland: Misty Redwood Run, 10K, Redwood Regional Park, 9 a.m. American Lung Assoc., 295 - 27th St., Oakland 94612 (510/693-5474).
Los Gatos: Tortoise & Hare 10K Run/5K Walk, Los Gatos H.S., 8:30 a.m. Good Samaritan League, 2425 Samaritan Dr., San Jose 95124 (408/559-2555).
Chico: Chico Duathlon (1.5mR-15mB-1.5mR and 4mR-30mB-4mR), Durham Park, 9 a.m. Exchange Club Center for Prevention of Child Abuse, 2592 Notre Dame Blvd., Suite B, Chico 95928 (916/894-8920).
Los Angeles: Santa Monica Mountains Adventure Run 10K/20K, Tripp Ranch (Topanga State Park), 8 a.m. Stan Swartz/Trail Runners, 911 El Medio Av., Pacific Palisades 90272 (310/459-3757).
San Diego: San Diego International Duathlon (5kR-25kR-5kR), Sabre Springs Business Park, 7:30 a.m. KOZ Enterprises, P.O. Box 421052, San Diego 92142 (619/627-9111).

April 15 (Saturday)

San Francisco: Rabbit Run, 5K/0.25M, Golden Gate Park (Polo Fields), 9 a.m. South Park Race Prods., P.O. Box 77681, San Francisco 94117 (415/665-3397).
San Francisco: Ruth Anderson 100K, Lake Merced (Sunset Blvd. parking lot), 6:30 a.m. Dick Collins, 1015 Hollywood Av., Oakland 94602 (510/530-6634).
Sausalito: Golden Gate Headlands Marathon/Half-Marathon & 7 Mi., Rodeo Beach (Marin Headlands), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).
Arcata: Atalanta's Victory Run, 2 & 5 Mi., Arcata Co-op, 9:30 a.m. Info: Cathy Dickerson: 707/826-1512.
El Dorado Hills: Mother Lode Duathlon (5mR-28mB), 8 a.m. True Grit Prods., Matt Tofft, 1306 Daisy Dr., Roseville 95661 (916/782-8124).

April 16 (Sunday)

San Francisco: DSE Easter Sunday Egg Run, 3 Mi. & Kids' Run, Riordan H.S. (175 Phelan), 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.
Angel Island: Romancing the Island 12K/25K, Angel Island State Park (ferry from Tiburon only at 8:30 a.m.), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).
Arcata: One Hour Track Run, Humboldt St. (?), 10:45 a.m. Info: Bill Daniel (707/822-8050).
Upland: SACH Race, 5K/10K, Memorial Park, 7:30 a.m./5K, 8:30 a.m. Vicki Mosby, San Antonio Fdn., 999 San Bernardino Rd., Upland 91786 (909/920-4964).
Fresno: Easter Celebration Jog, Woodward Park, 1 mile walk/2 mile jog, 3 mile run. Starts at dawn. Info: (209) 638-5007 or (209) 456-0535.

April 17 (Monday)

Hopkinton, MA: Boston Marathon, qualifying times needed, 12 noon. BAA, P.O. Box 1995, Hopkinton, MA 01748 (617/236-1652).

April 21 (Friday)

Pasadena: Crown Valley Senior Games (thru May 6), Track & Field and Swimming events held at various sites in the San Gabriel Valley. Cynthia Vaughan, 85 E. Holly St., Pasadena 91103 (818/397-4062).

April 22 (Saturday)

Treasure Island (S.F. Bay): Nimitz Run, 5K/10K, 9 a.m. NROTC Unit 25, Callaghan Hall, Univ. of California, Berkeley 94720 (415/497-4649).
Calistoga: Napa Valley Trail Marathon/Half-Marathon & 10K, Napa Valley State Park (Hwy 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).
Lake Berryessa: Lake Berryessa Quadrathlon (0.5mS-16mB-4mR-5mB), Putah Creek Resort (north end of Lake), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).
Davis: Earth Day Run, 5K/10K, 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).
Chinese Camp: Red Hills Earth Day Trail Run, 12K/2M, Red Hills Recr. Area (1 mi. east of Chinese Camp), 9 a.m./12K, 10 a.m. Tuolumne Trails Council, Box 313, Columbia 95310 (Mike Sullivan: 209/532-1910; Chuck Knowles: 209/532-2594).
Millerton Lake: Millerton Lake Wildflower Triathlon (1mS-25mB-5mR), North Shore boatramp, 10 a.m. Fresno State Triathlon Club, CSU-Fresno, USU Room 306, 5280 No. Jackson, Fresno 93740 (209/224-2617).
So. Pasadena: Road Runner Classic, 1K/5K/10K, YMCA, 7:30 a.m. YMCA, 1605 Garfield Av., So. Pasadena 91030 (213/682-2147).
Irvine: UCI Zot Trot, 1K/5K, UCI Campus, 7:30 a.m./1K, 7:45 a.m. Alumni Assoc., Phineas Banning Alumni House, Univ. of California, Irvine 92717 (714/824-2586).

April 23 (Sunday)

San Francisco: DSE Diamond Heights Run, 2.99 Mi., McAteer H.S. (Portola & O'Shaughnessy), 9:30 a.m. Info: 415/978-0837.
Stanford: MBA Challenge for Charity, 5K/10K, Stanford Stadium, 8:30 a.m. Valerie Wharton, 1244 University Dr., Menlo Park 94025 (415/326-1459).
Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.
Livermore: Livermore Fitness Day 5K/10K, The Barn (3131 Pacific Av.), 8:30 a.m. Sheryl Hardin/Rich Lange, 71 Trevarno Rd., Livermore 94550 (510/373-5700).
Martinez: Brickyard Run, 4M/8M, Martinez Municipal Park (Talbot & Buckley Sts.), 8:30 a.m. Diablo R.R., P.O. Box 31236, Walnut Creek 94598 (510/906-8880).
Antioch: West Coast Sprint Triathlon (1Ks-20KB-5kR), Contra Loma Regional Park, 8 a.m. TerraSport, P.O. Box 10951, Truckee 96162 (916/582-4231).
Yountville: Rotary Run to Literacy, 5K/10K, Yountville Library (6548 Yount St.), 9 a.m. Carol Stein, Napa City/County Library, 1150 Division St., Napa 94559 (707/253-4283).
Corralitos: Big Head Duathlon (2mR-12mB-2mR), Bradley Elem. School, 8:15 a.m. NorthWind Promos,

SCHEDULE

P.O. Box 2451, Aptos 95001 (408/688-6072).
Stockton: Stockton Asparagus Festival Run, 3 Mi., Oak Grove Regional Park (8 Mi. Rd. & I-5), Time TBA. Stockton Asparagus Festival, 1132 No. Hunter St., Stockton 95202 (209/466-6674).

Shingle Springs: Marshall M.A.S.H. Run, 5K/10K/0.5M, Ponderosa H.S., 8:30 a.m./0.5M, 9 a.m. Marshall M.A.S.H., c/o Marshall Hospital, Marshall Way, Placer-ville 95667 (916/626-2766).

Truckee: Summit to Shore Race (Pentathlon) (5K Downhill Ski, 5K Nordic Ski, 5K Run, 10K Bike, 3K Paddle), Donner Ski Ranch, 8:30 a.m. (indiv. or 2-person teams). Jeff Schloss, Far West Ski Assoc., P.O. Box 10046, Truckee 96162 (916/582-1231).

Hornitos: Indian Gulch to Hornitos (35 Mi. north of Merced), 8:30 a.m. Payson Taylor, 1402 Edith Dr., Gustine 95322 (209/854-2809).

Lompoc: Laura Stegman Memorial Women's 5K, River Park, 9 a.m. Bill & Mary Graham, LVDC, P.O. Box 694, Lompoc 93438 (805/736-4896, eves).

Valencia: "Run for the Health of It" 5K, Time TBA. Fran Conaway, 23845 McBean Pkwy., Valencia 91355 (805/253-8082).

Laguna Beach: (Also listed Apr. 30 - Verify Date) Laguna Beach Classic 5K/10K & 1K Kids' Run, Laguna Canyon Sawdust Festival Grounds, 7:45 a.m. Info: 619/434-7706 or 714/494-6811.

Redlands: Run Through Redlands, 5K/10K/Half-Marathon, Redlands Mall, 7:45 a.m./5K, 8:15 a.m. Norm Lynde, Redlands Kiwanis, P.O. Box 1702, Redlands 92373 (909/335-2791).

La Jolla: La Jolla Half-Marathon & 5K, Del Mar Fairgrounds to La Jolla Cove, 7:30 a.m. Jerry Gottlieb, P.O. Box 1664, La Jolla 92038 (619/454-1262).

April 28 (Friday)

San Diego: Night Moves 5K, San Diego State Univ. (near Aztec Center), 6:30 p.m. Eric Huth, AS/SDSU Recr. Sports, 196 Peterson Gym, San Diego 92182 (619/594-6424).

April 29 (Saturday)

Eureka: Rhododendron Run, 2M/4M, Waterfront Dr., 10 a.m. Bill Honsal: 707/441-4084.

Davis: Mutt Strutt, 5K/10K, U.C. Davis Vet Center, 8 a.m. (dog optional). A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916/757-6017).

Angels Camp: Paint the Town 5K/10K, downtown, Time TBA. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Nevada City: Nevada City Spring Run 5K/10K, 433 Broad St., 8:30 a.m. Nevada City United Methodist Church, 433 Broad St., Nevada City 95959 (916/265-2797).

San Jose: Mt. Hamilton Marathon/Half-Marathon & 10K, Joseph Grant City Park (Mt. Hamilton Rd.), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Santa Rosa: California 50 Mile Endurance Run, Annadel State Park (dirt trails), 6 a.m. Tom & Nancy Crawford, 2818 Rollo Rd., Santa Rosa 95404 (707/526-0661).

Los Angeles: The YMCA Unity 5K/10K Runs, Location & Time TBA. Info: W2 Promotions (310/828-4123).

April 30 (Sunday)

San Francisco: May Day Run, 5K/10K, Golden Gate Park (Band Shell), 9 a.m. American Heart Assoc., 120 Montgomery St., Suite 1650, San Francisco 94104 (415/433-2273).

Daily City: DSE San Bruno Mountain 5K/10K/Half-

Marathon, San Bruno Mtn. State Park (atop Guadalupe Cyn. Pkwy.), 8:30 a.m./H-M, 9:30 a.m. Info: 415/978-0837.

Saratoga: Run to the Stars 3K/8K, Christa McAuliffe Elem. School, 8:30 a.m./3K, 9 a.m. Hank Lawson/Marty Wagner, 12375 Farr Ranch Rd., Saratoga 95070 (408/446-9063).

Scotts Valley: "For Youth Only" Y.E.S. Triathlon, Distances TBA, El Rancho Preschool, 8 a.m. NorthWind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Milpitas: LSI Logic Classic, 5K/10K, 1551 McCarthy Blvd., 9 a.m. J&A Productions, 1032 Hacienda Av., Campbell 95008 (408/866-8848).

Byron: Rally Round the Lake 5K, Discovery Bay (Swim & Racquet Club), 9:30 a.m. Phil Paulson, 5514 Marlin Ct., Byron 94514 (510/634-6654).

Carmel: Big Sur International Marathon, Pfeiffer Big Sur State Park to Carmel on Hwy. 1, 7 a.m. (3,000 Limit). BSIM, P.O. Box 222620, Carmel 93922 (408/625-6226).
Carmel: Big Sur KCCN-TV 5K, Crossroads Shopping Ctr., 8 a.m. (2-wave start). Big Sur KCCN-TV 5K, P.O. Box 222620, Carmel 93922 (408/625-6226).

Los Angeles: Jimmy Stewart Relay Marathon (5-person teams), Griffith Park Ranger Station, 8 a.m. Laura McLaughlin, 1328 - 22nd St., Santa Monica 90404 (310/829-8968).

Laguna Beach: (Also listed Apr. 23 - Verify Date) Laguna Beach Classic 5K/10K & Kids' 1K, Sawdust Festival Grounds, 7:45 a.m./5K, 8:15 a.m./10K, 9:15 a.m./1K. Info: 619/434-7706, 714/494-6811.

May 6 (Saturday)

Stockton: KOT - 10K/5K, Lake Brookside (Club Brookside), 8 a.m. A.B. Coleman/Kids on Track, P.O. Box 691506, Stockton 95269 (209/957-1846).

Colfax: Colfax Record Run 5K/10K & 0.5M Kids' Run, downtown, 8:30 a.m./Kids, 9 a.m. Janis Quinn, P.O. Box 1036, Colfax 95713 (916/637-4878).

Lake San Antonio: Wildflower Triathlon Festival (Long Course) (1.2mS-56mB-13.1mR), Time TBA. Wildflower Triathlon, Monterey County Parks Dept., P.O. Box 5279, Salinas 93915 (408/755-4899).

Turlock: Turlock Rotary Biathlon (10K/50K) and Fun Run, Turlock H.S. (Berkeley Av. btwn. Canal & Marshall), 8 a.m. John Jauregui, 436 E. Main St., Turlock 95380 (209/634-2002).

Playa del Rey: Rainbow Workers Unity 5K/10K, Time TBA. Info: W2 Promotions (310/828-4123).

Anaheim: Go With the Flow 5K Run for Water, Anaheim Lake, 8 a.m. Info: 714/378-3333.

Huntington Beach: Southern California Hillsea 7.57 Mi., Central Park west, 8 a.m. The Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

San Bernardino: Tin Man Triathlon (3.1mR-9mB-100yS) and 5K, Cal-State Univ., 8 a.m. Jon Shultz, P.O. Box 5884, San Bernardino 92412 (909/884-6431).

May 7 (Sunday)

San Francisco: San Francisco Performing Arts Workshop 5K, Marina Green, 9 a.m. Performing Arts Workshop, Fort Mason Center, Landmark Bldg. C, Room 265, San Francisco 94123 (415/673-2634).

San Francisco: DSE Land's End Run 5K & Kids' Run, Balboa Av./Great Hwy, 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

Cupertino: Tandem's Up & Running Goes Wild With Marine World Africa USA, 10K/2M & 1M Kids' Run, 19333 Valco Pkwy., 9 a.m./10K-2M, 10 a.m./1M. Info: Rhody-Co Prods. (415/564-0532).

Danville: Devil Mountain Run, 5K/10K, Town & Country Shopping Ctr., 8 a.m. Devil Mtn. Run, P.O. Box 93, Pleasanton 94566 (510/426-1435).

Fair Oaks: Sun Run, 5M/2.3M & 0.5M Kids' Run, Fair Oaks Community Clubhouse (California & Temescal), 8 a.m./0.5M, 8:30 a.m./5M, 8:35 a.m./2.3M. Sheryl Bray, Fair Oaks Chamber of Commerce, P.O. Box 352, Fair Oaks 95628 (916/961-4312).

Lake San Antonio: Wildflower Olympic Triathlon (1.5kS-40kB-10kR) (Tri-Fed Collegiate Championships), Time TBA. Wildflower Triathlons, Monterey County Parks Dept., P.O. Box 5279, Salinas 93915 (408/755-4899).

Weott: Avenue of the Giants Marathon & 10K, Dyerville Bridge, Time TBA. Ave. of the Giants, c/o 281 Hidden Valley Rd., Bayside 95524 (707/443-1226).

Lone Pine: Wild Wild West Marathon/10M/3M, Tuttle Creek Campgrounds, Time TBA. Donna Bonnell, P.O. Box 749, Lone Pine 93545 (619/876-4444).

Ventura: Law Day 5K, Ventura County Gov't. Ctr., 9 a.m. Steve Henderson, 4475 Market St., Suite B, Ventura 93003 (805/650-7599).

Escondido: San Dieguito River Park Trail 6 Mi., 7:30 a.m. Info: Elite Racing (619/450-6510, 714/548-4897).

San Diego: To Hill & Back 5K/10K, Torrey Pines State Beach, 7:30 a.m. Info: Joan (619/481-1607).

Spokane, WA: Lilac Bloomsday Run, 12K. Convention Center, Lilac Bloomsday Assoc., PO Box 1511, Spokane, WA 99210 (509) 838-1579.

May 13 (Saturday)

Larkspur: The Human Race 5 Mile, Ferry Terminal, 8 a.m. Mary Fitzpatrick, Volunteer Center, 70 Skyview Terr., San Rafael 94903 (415/479-5660).

San Mateo: The Human Race 5K/10K, Coyote Point Park, 8:30 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).

Pleasanton: The Human Race 10K Run, 4400 Rosewood Dr., 8:30 a.m. The Volunteer Center, 333 Division St., Pleasanton 94566 (510/462-3570).

San Jose: Mike Popolizio Quicksilver 50K/50M, Quicksilver Park (Mockingbird entrance), 6 a.m. Al Hill, 6363 Firefly Dr., San Jose 95120 (408/978-5199).

Inglewood: The Crippled Children's 5K & 10K, Hollywood Park, Time TBA. Info: W2 Promotions (310/828-4123).

San Diego: Native Americans 10K/5K, Balboa Park, 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

San Diego County: Los Boys 50 Mile Trail Run, Anza Borrego Desert (Laguna Mtns.), Guyamaca to Green Valley, 5 a.m. (100 Limit). Tom Waddell, 8382 Morning Mist Ct., San Diego 92119 (619/461-4595).

May 14 (Sunday)

San Francisco: DSE Right to Assemble Run, 7.46 Mi., Howard & Spear (Bay to Breakers course), 8 a.m. Info: 415/978-0837.

Fresno: Mother's Day HIV Awareness Run/Walk-a-Thon, 10K, 2 Mile Run/Walk, 1K Kid's Run. Lewis Eaton Trail on San Joaquin River Parkway, 7:30 a.m. 1K, 7:45 a.m. 2 Mile, 8:00 a.m. 10K. Info: Chris Moad (209) 268-1184.

May 19 (Friday)

Los Gatos: Relay for Life, 18-Hour Relay (8-12 runners), Los Gatos H.S. track, 6 p.m. Connie Tuelletten,

SCHEDULE

American Cancer Society, 535 Race St., Suite 200,
San Jose 95126 (408/287-5973).

May 20 (Saturday)

Stinson Beach: Muir Woods Marathon/25K/7M, Mt. Tam State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Oakland: Run for the Cranes 5K/10K, Jack London Square (Waterfront Restaurant), 8 a.m. Richard Matthews, MCM, 652 Chetwood, #B, Oakland 94610 (510/601/7095).

San Ramon: Wind Breaker 5K Run, Camino Ramon & Bishop Dr., 8:30 a.m. Steve Piersol, 2222 Camino Ramon, San Ramon 94583 (510/275-2300).

Redding: Annual RSVP Benton Ranch 5K/10K/Jr.Mile, Caldwell Park (Quartz Hill Rd.), 7:30 a.m./5K-10K, 8:30 a.m./1M. Kim Stempien/Betty Brass, 1670 Market Sts., Suite 300, Redding 96001 (916/225-5803).

San Diego: Breakers 10 Miler & 5K Run, Belmont Center at roller coaster, 7 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

May 21 (Sunday)

San Francisco: Examiner Bay to Breakers 12K, Howard & Spear Sts., 8 a.m. EXBB, P.O. Box 429200, San Francisco 94142 (415/512-5000, x2222).

San Carlos: San Carlos Rotary Club 5K/10K, Burton Park, 8:30 a.m. Info: 415/594-5199.

Berkeley: Tilden Tough Ten, 10 Mi., Inspiration Point (Wildcat Cyn. Rd.), 9 a.m. Info: 510/601-7887.

Inverness: Out Where the Tule Elk Roam 8 Mi., Tomales Point (north end of Pierce Pt. Rd.), 10 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Santa Cruz: Cabrillo Triathlon (0.5mS-18mB-5mR), Nisene Marks Park, 8 a.m. Cabrillo College Athletics, 6500 Soquel Dr., Aptos 95003 (408/479-6409).

Morgan Hill: South Bay Triathlon III (0.75mS-17mB-5mR), Uvas Reservoir, 8 a.m. Info: J&A Prods. (408/866-8848).

Nevada City: Gold Country Trail Marathon, Half-Marathon, 10K/5K, Pioneer Park, 6:30 a.m./Mara., 7:30 a.m. George & Jan Hagel, 17647 Shoshoni Trail, Nevada City 95959 (916/265-0705).

Bayside: Jacoby Creek Streak, 1.8 & 4.8 Mi., Bayside Grange, 10 a.m. Info: Bill Morris: 707/822-8565.

Irvine: Duathlon in EXILE (5kR-30kB-5kR), Amtrak Station, 8 a.m. SBR Sports Prods., 5405 Alton Pkwy., Suite 445, Irvine 92714 (714/858-7386).

Newport Beach: "Bach" Bay Classic, 8K/Half-Marathon/Marathon/2K, Newport Beach Back Bay, 7 a.m./Mara-HM, 8 a.m. Info: Hope House (714/776-7490), Race Pace (714/661-6547).

San Diego: Over the Bay Bridge 4 Mile, S.D. Convention Center to Tidelands Pk. in Coronado, 8 a.m. Over the Bay Bridge Run, c/o Breaking 40, 4060 Morena Blvd., #G355, San Diego 92117 (619/272-8316).

May 27 (Saturday)

San Bruno: San Bruno Memorial Cross-Country Run, 4 Mi., San Bruno County Park, 8:30 a.m. Runners' Inn, 486 San Mateo Av., San Bruno 94066 (415/952-8127; 209/532-1910).

Sausalito: Headlands Wolf Ridge Classic Marathon/Half-Marathon/5M, Rodeo Beach (Fl. Cronkhite, GGNRA), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Bonita: Bonita Road Runners 5x5 and 5 Mi. Road Races, Rohr Park, 7:30 a.m. Info: Bob Hutslar (619/267-6112).

May 28 (Sunday)

Daly City: DSE Daly City Scenic Run, 6.8 Mi. & Kids' Run, Colma School (E. Markt St. & Hillside), 9 a.m./Kids, 9:30 a.m. Info: 415/978-0837.

Oakland: Lake Merritt Joggers & Y Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse - 14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

Lodi: The Trix Run, 5K/1M & Kids 0.5M, Lodi Lake, 8 a.m./5K-1M, 9:15 a.m./0.5M. Todd Mulbarger, Lodi Events, P.O. Box 243, Woodbridge 95258 (209/3343-RACE).

Arroyo Grande: Strawberry Stampede, 5K & 10K, 8 a.m. Ben Horner, P.O. Box 456, Arroyo Grande 93421 (805/489-6878).

Los Angeles: Brentwood 5K/10K, San Vicente Blvd. & Barrington Av. (Brendwood), 8 a.m./5K, 8:45 a.m. Info: 310/820-7585.

May 29 (Monday)

Kentfield: Pacific Sun 10K/2.5M/KidSoft Track Races (Ages 4-14: 200m, 400m, 800m, Mi.), College of Marin, 8 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903 (415/472-RACE).

Portola Valley: Portola Valley Marathon/Half-Marathon/9M, Corte Madera School (Alpine Rd./I-280), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1629).

Clayton: Clayton Memorial Day Classic Half-Marathon/10K/5K, Mitchell Canyon Pk., 8 a.m. Hank Stratford, P.O. Box 30, Clayton 94517 (510/672-9200).

Lakeside: Lake Jennings Water Run, 8K & 1 Mi. Fun Run, 7:30 a.m. Info: Mindy (619/466-0585, x270).

La Canada/Flintridge: 20th Annual Fiesta Day's Run. 1 mile fun run, 5K and 10K. 7:30 a.m. 1 mile, 8:00 a.m. 5 & 10K. Descando Gardens. Info: (818) 790-0123.

LOOKING AHEAD

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

June 10 (Saturday)

Palos Verdes Peninsula: Kiwanis Club of Palos Verdes Marathon & 5K (also 3-person Marathon Relay: 2x10M and 10K), Peninsula Center (Rolling Hills Estates), 7 a.m. Patricia Gill, P.O. Box 2856, Palos Verdes Estates 90274 (310/828-4123).

South Lake Tahoe: Capt. Robert DeCelle II Memorial Tahoe Relay, 72 Mi. (7-person teams), 7 a.m. Robert DeCelle, P.O. Box 1606, Alameda 94501 (510/521-9626).

June 11 (Sunday)

Mill Valley: Dipsea Race, 7.1 Mi., Time TBA (handicap race)...send SASE (all entry forms mailed out on Apr. 1 only, fills in one week). Dipsea, P.O. Box 30, Mill Valley 94942 (415/381-DIPC).

June 24 (Saturday)

Aptos: Forest of Nisene Marks Runs, Marathon/Half-Marathon/5K, Nisene Marks State Park, 8 a.m. Gary Benito, Santa Cruz Host Lions, P.O. Box 477, Santa Cruz 95061 (408/427-2524).

Squaw Valley: Western States 100 Mile Endurance Run (entries closed), 5 a.m. Helen & Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161).

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