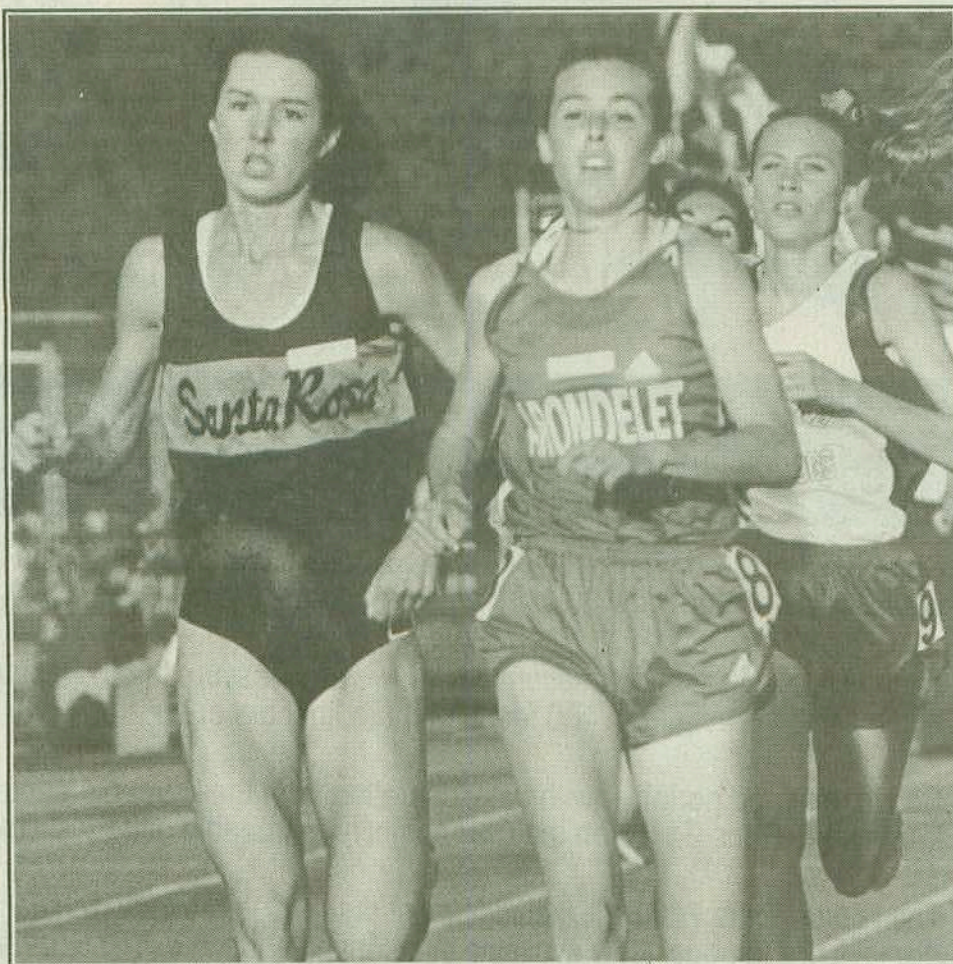


CALIFORNIA

Track & Running News

MAY / JUNE 1997

ISSUE NO. 228



97/10
Walt Lange
4920 Oak Leaf Avenue
Carmichael CA 95608

STATEWIDE COVERAGE

TRACK & FIELD

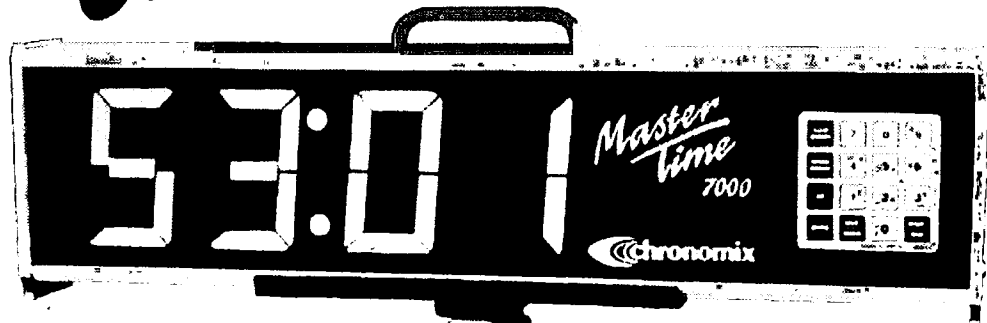
CROSS COUNTRY

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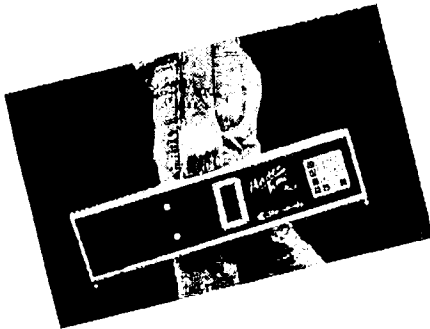
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Bill Cockerham
Editor & Publisher

Judy Cockerham
Production Manager

Keith Conning
High School Editor

Doug Speck
Southern California
High School Editor

Dennis McClanahan
California Coaches Alliance

Bob Womack
High School All-Time Lists

George Payan
Coaches Education Editor

Cregg Weinmann
Shoes Editor

PHOTOGRAPHERS: Allison Cockerham, Keith Conning, Burt Davis, Phillip Endbody, Don Gosney, Ken Isaak, Kirby Lee, Bill Leung, Jr., Elaine Rosenfield, Richard Lee Slotkin, Doug Speck and Vidd Waterbury.

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4957 E. Heaton Avenue
Fresno, CA 93727
(209) 255-4904 Office & FAX
E-mail: CTRN@ix.netcom.com
Internet:
<http://www.runningnetwork.com/CTRN/>

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Since 1974

ISSUE NO. 228

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FROM THE EDITOR

Wow! What a track season it is! There has been all kinds of exciting things happening in the world of track and field in California. This issue of *California Track and Running News* chronicles just some of this action. Inside these 40-pages you will find a report on the BIG Arcadia Invitational and even BIGGER Mt. SAC Relays. On the prep level you can't do too much better than these two Southern California events.

This issue also serves as an introduction to the Fall cross country season. George Payan has included several articles in his Coaches Education section that deal with the harrier aspect of our sport. Then, there is the schedule of upcoming events to keep you motivated for even more hot action in the Golden State.

I would like to remind coaches, meet directors and others with access to results and schedule information to speedily send it on to us. If at all possible, please send by e-mail to:

CTRN@ix.netcom.com

As you know, CTRN is now on the Internet Worldwide Web. If you like what you are holding in your hands as the print version of CTRN, you will love the

electronic version, which has even *more* information (and more timely). You can find CTRN on-line at:

<http://www.runningnetwork.com/CTRN/>

The next issue (July/August 1997) of the print version will be the Track and Field Championship issue, with big results from all of the C.I.F. Sections, State Meet and Golden West.

Stay tuned.



ON THE COVER: California's dynamic distance trio -- JULIA STAMPS, KRISTEN GORDON and ANDREA NEIPP -- racing at the Arcadia Invitational's 1600 Meters. Look for the results beginning on page 19.

Photo by Bill Leung, Jr./Geek Media

SCHEDULE

Youth

Track & Field

July 18-7

San Diego: California State Games. (Verify dates). Mesa College. Info: (619) 233-9950. California State Games, PO Box 126698, San Diego 92112.

July 28-29

Walt Disney World, FL: AAU National Multi-Events Club Championship. Info: (407) 363-6170.

July 30-August 2

Walt Disney World, FL: AAU National Track & Field Club Championship. Info: (407) 363-6170.

August 3-4

Charlotte, NC: AAU National Multi-Event Championships (AAU Junior Olympic Games). Info: (407) 363-6170.

August 6-9

Charlotte, NC: AAU National Track & Field Championships (AAU Junior Olympic Games). Info: (407) 363-6170.

Cross Country

December 7

Walt Disney World, FL: AAU National Cross Country Championships. (407) 363-6170.

High School

Track & Field

May 1

Sanger: NYL Frosh/Soph County Championships. 3 p.m.

May 2

Lafayette: Bob Warren Relays (F/S). Acalanes HS.

Stanislaus: Don Gilbert Invitational. CS Stanislaus. 1 p.m.

Shafter: Shafter Invitational.
Reedley: Reedley Invitational. Reedley HS. 4 p.m. (Check date).

Hanford: San Joaquin Valley Relays.

May 6

Sanger: T.R.A.C. Trials 3 p.m. Sanger HS.
Fresno: NYL Trials. Roosevelt HS.

May 9

Sanger: T.R.A.C. Finals. Sanger HS. 5:15 p.m.

Fresno: NYL Meet. Ratcliffe Stadium.

May 10

Sacramento: Sacramento Meet of Champions. Hughes Stadium 11 a.m.

May 14

Sacramento: Metro League Championships. Hughes Stadium. 4 p.m.

Pittsburg: BVAL Championship Trials. Pittsburg HS.

May 15

Fresno: C.I.F. Central Area. 4:30 p.m. North/Ratcliffe Stadium, Fresno. Central/Sunkist in Visalia. South/Bakersfield.

May 16

Pittsburg: BVAL Championships/Finals.

May 17

Los Gatos: CCS Sub Section. Los Gatos. 9 a.m.

Long Beach: Southern Section CIF Prelims. Long Beach CC. 12 noon.

May 21

Davis: Sac-Joaquin Sub-Section/Trials. Toomey Field, UC Davis. 2 p.m.

May 22

Sanger: CIF Central Section. Sanger HS. 4 p.m.

Union City: North Coast Championships Trials.

May 23

Davis: Sac-Joaquin Sub-Section/Finals. Toomey Field, UC Davis. 2 p.m.

May 24

San Jose: Central Coast Section Trials. San Jose CC. 1 p.m.

Union City: North Coast Championships Finals.

Long Beach: Southern Section CIF Finals. Long Beach CC. 12 noon.

May 28 & 30

Davis: CIF Sac-Joaquin Section Championships. Toomey Field, UC Davis 2 p.m.

May 29

San Jose: Central Coast Section Finals. San Jose CC. 4 p.m.

May 30

Cerritos: Southern Section Masters Meet. Cerritos CC. 5 p.m.

May 30-31

Berkeley: Meet of Champions. Trials & Finals. UC Berkeley.

June 6-7

Sacramento: CIF State Track & Field Championships.

June 14

Sacramento: Golden West Invitational. Info: (916) 989-2411.

June 20-21

Columbus, OH: USATF Junior Nationals.

July 26 (Saturday)

Santa Barbara: Santa Barbara Fiesta Pole Vault Championships on the Beach. West Beach. Information: Steve Morris (805) 965-7979 or (805) 569-1289.

Cross Country

September 27

La Habra: 20th Sonora Cross Country Invitational. At Carbon Canyon Park, Brea. Varsity, Junior Varsity, Frosh/Soph. Contact Coach Marc Ware (714) 826-4753.

October 18 (Saturday)

Lodi: Lincoln/Lodi Cross Country Invitational Meet. At Lodi Lake (Turner Rd. east of Lower Sacramento Rd.). Frosh girls 2 mile/10 a.m. Frosh boys 2 mile/10:20 a.m. Soph girls 2 mile/

COACHES . . .

Let us know the date(s) of your 1997 cross country invitationals.

Write: 4957 E. Heaton Ave., Fresno, CA 93727

FAX: (209) 255-4904

E-mail: CTRN@ix.netcom.com

We will include it in this Schedule *and* on our Web Site at *no charge*.

SCHEDULE

10:40 a.m. Soph boys 2 mile/11:00 a.m. Varsity girls 5K/11:20 a.m. Varsity boys 5K/11:50 a.m. Meet officials: Tod Anton, Lincoln (209) 478-8052; Don Womble, Lodi (209) 931-3497; Gary Knackstedt, Lodi (209) 331-7815; Steve Rapaport, Lincoln (209) 478-3773; Steve (Overgaard, Lincoln (209) 547-1710; Lynn Yanko, Lincoln (209) 953-8745.

December 6 (Sat.)

Fresno: 19th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 13 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535. E-mail: CTRN@ix.netcom.com.

December 13 (Sat.)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships. 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

College & Open

Track & Field

May 2

San Francisco: NorCal JC Trials.

Stanford: Stanford vs. Cal.

May 3

Stanford: Stanford vs Berkeley.

Chico: Chico Invitational. Contact Kirk Freitas (916) 898-5150.

Santa Barbara: Nick Carter Invitational. Info: (805) 893-8276.

Irvine: Steve Scott Invitational.

May 9

Stanford: Cardinal Invitational. Contact Michael Reilly (415) 723-2736.

Turlock: NCAC Championship. Contact Kim Duyt (209) 667-3312.

May 10

Stockton: NorCal JC Finals. Info: (209) 474-5191.

Modesto: Modesto Relays. Contact Tom Moore (209) 537-0411.

Eagle Rock: Occidental Invitational. Contact Bill Harvey (213) 259-2715.

May 16

Santa Monica: Asics Santa Monica Distance Classic. Santa Monica College. (310) 483-7655.

May 17

Davis: Davis Open Invitational.

Irvine: Big West Championships.

Fresno: California JC State Championships.

May 17-18:

Seattle, WA: PAC-10 Decathlon & Heptathlon.

May 18

San Jose: Bruce Jenner Classic. Contact Bert Bonanno (408) 288-3730.

May 19

Santa Barbara: Armed Forces Championships. Contact John Register (703) 325-1837.

May 21-23

Marietta, GA: NAIA National Championships.

May 24

Hayward: Pacific Association Open Championships. Contact Ken Grace (510) 786-6930.

Los Angeles: Patriots Invitational. Contact: Marv Thompson (213) 257-1285.

May 24-25

Seattle, WA: PAC-10 Championships.

June 4-7

Bloomington, IN: NCAA Championships.

June 7

Long Beach: USATF Championship Tune-up (SCA Grand Prix). CS Long Beach. Contact: Andy Sythe (310) 985-1700.

San Diego: San Diego-Imperial Assoc. USA Track & Field Championships. UC San Diego. 12 noon. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

June 11-15

Indianapolis, IN: USATF Nationals.

Saturday, June 28

Soquel: USATF Pacific Association Championships and Age-Graded Meet. Open & Masters compete together. Contact Bill Johnson (408) 335-0460.

July 26 (Saturday)

Santa Barbara: Santa Barbara Fiesta Pole Vault Championships on the Beach. West Beach. Information: Steve Morris (805) 965-7979 or (805) 569-1289.

August 1

Los Angeles: SCA Summer Grand Prix.

Cross Country

September 6

San Francisco: Pacific Cross Country Series. #1—Golden Gate Park. 4 Miles.

September 20

Rocklin: Pacific Cross Country Series. #2—Sierra College Challenge. Men/4 mile, Women/5K.

September 27

Santa Rosa: Pacific Cross Country Series. #3—Empire Open. Men/8K. Women/5K.

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SCHEDULE

October 4

Davis: Pacific Cross Country Series. #4—Aggie Invitational. Men/8K. Women/5K.

October 11

Oakland: Pacific Cross Country Series. #5—Mills Invitational. 5K.

October 25

Belmont: Pacific Cross Country Series. #6—Crystal Springs Challenge. Men/4.19. Women 2.95.

November 1

Stanford: Pacific Cross Country Series. #7. Nor Cal Open. Men/8K. Women/5K.

November 8

San Rafael: Pacific Cross Country Series. #8—Tamalpa Challenge. 8K.

November 22

San Francisco: Pacific Cross Country Series. #9—GP Championships, West Regional. Men/10K. Women/8K.

Masters

Track & Field

May 3

Visalia: Visalia Classic Masters Trak & Field Meet. Sunkist Stadium. Contact Bob Higginbotham, 1026 w. Princeton, Visalia 93277 (209) 732-8030.

May 4

Eagle Rock: Crown Valley Spring Games/Pasadena Senior Olympics (50+). Occidental College. Info: Cynthia Vaughn (818) 397-4064.

May 10

Long Beach: Southern California Striders Meet of Champions. CS Long Beach. Info: Hugh Cobb (619) 436-7696.

May 21-28

Tucson, AZ: US National Senior Sports Classic VI. TLOC, 4 East Congress, 2nd Floor, Bank One Annex Bldg., Tucson, AZ 85701 (520) 791-5555.

May 25

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Info: Mac McCormick (714) 586-9942.

May 29-June 1

Rancho Cordova: Senior Games. Cordova High School. (916) 277-6094.

June 8

Eagle Rock: USATF Southern California District Championships. Occidental College. Info: Christel Miller (818) 843-2139 (before 9 p.m.).

June 14

Los Gatos: Los Gatos Open & Masters

Classic. Various locations. Monica Townsend, 138 Johnson, Los Gatos (408) 395-9486.

Saturday, June 28

Soquel: USATF Pacific Association Championships and Age-Graded Meet. Open & Masters compete together. Contact Bill Johnson (408) 335-0460.

June 29

Los Angeles: Trojan Master's Meet. USC. Contact Russ Reabold (818) 917-6289.

July 12

San Jose: USATF Western Regional Championships. San Jose City College. Monica Townsend, 138 Johnson, Los Gatos 95032. (408) 395-9486.

July 17-27

Durban, South Africa: WAVA World Championships. Contact Barbara Kousky, USATF National Master's Chairman (541) 687-1989.

July 19-20

Soquel: USATF Pacific Association Masters Decathlon/Heptathlon Championships, plus Women's Decathlon. Contact TBA.

August 7-10

San Jose: 30th Annual USATF National Masters Championships. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose 95113. Contact: Steve Hess (408) 288-2935.

August 16

Seattle, WA: USATF National Masters Weight & Superweight Championships. Contact: George Mathews, 5701 6th Ave. South, Seattle, WA 98108. (206) 764-7000 w.

September 20-21

Thomasville, NC: USATF National Masters Decathlon & Heptathlon. Contact: Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. (910) 476-1228 h, 475-8141 w.

October 4

Santa Barbara: Club West Masters Meet. Santa Barbara City College. Contact Beverly Lewis (805) 969-5851 or Gordon McClenathen (805) 964-3005.

October 11

Orlando, FL: USATF National Masters Weight Pentathlon Championships. Orlando/Disney Sports Complex. Jeff Wentworth, PO Box 10000, Lake Buena Vista, FL 32830-1000. (407) 363-6627, FAX (407) 363-6601.

October 12

Long Beach: Sri Chinmoy Masters Games. CS Long Beach. 40+. Bigalita Egger (310) 645-0271.

October 27

Long Beach: Sri Chinmoy Masters Games. (40+). CS Long Beach. Contact Bigalita Egger (310) 645-0271.

November 15

Long Beach: Long Beach Senior Games (50+). Long Beach City College. Contact Karla Yuki (310) 570-1776.

1998

July 30-August 2, 1998

Orono, Maine: 31st Annual National Masters Championships. August 9-22, 1998

Portland, OR: Nike World Masters Games. 30 years & older. Information: 1-800-98-GAMES (1-800-984-2637). 1988 Nike World Masters Games, 55 SW Yamhill Street, Suite 300, Portland, OR 97204-9650.

All-Comers

Saturday, May 17; Tuesday, May 20; Tuesday, June 10

Stanford: All-Comers Meet. 5:15 p.m. (A limited number of events.) Information (415) 723-2736.

Saturday, June 14

Los Gatos: Los Gatos Open and Masters Classic. Los Gatos High School. Contact Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

Tuesday, June 17, August 19, September 16

Marin: Tamalpa Runner's Track Meet. College of Marin 6 p.m. Contact Kevin Mangan (415) 927-1429.

June 19; July 3, 10, 12, 17, 24, 31; August 7

Santa Barbara: All Comers Meet. Santa Barbara City College. 6 p.m. Verify ahead. Contact Robin Paulsen (805) 965-0581 x2275.

Friday, June 20, August 8

San Diego: All Comers Track Meet. Balboa Stadium & San Diego High School). 6 p.m. Contact Movin Shoes (619) 462-1656.

Thursday, June 26; July 3, 12, 24, 31;

August 7, 14

Los Gatos: All Comer Track Meet. Los Gatos High School. PV at 5 p.m., Field 5:30 p.m., Running 6 p.m. Contact Willie Harmatz (408) 354-7365.

Friday, June 27, July 11, July 18

San Diego: All Comers Track Meet. Balboa Stadium & San Diego High School. 6 p.m. Contact Movin Shoes (619) 462-1656.

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SCHEDULE

June 28, July 12

Long Beach: All-Comers. Contact Andy Sythe (310) 985-1700.

June 24, July 1, 8, 15, 22, 29 Tuesdays

Wilmington: Los Angeles Unified 36th Annual Summer Track & Field Meets. At Banning High School (1527 Lakme Ave., Wilmington). Youth, open, masters, boys, girls, men & women ages 5 to 77+. Youth & pole vault at 6 p.m. Novice, open, masters at 7 p.m. Contact James Fiorenza, Senior Recreation Director, LA Unified, 5607 Capistrano Ave., Woodland Hills, CA 91367.

June 25, July 2, 9, 16, 23, 30—Wednesdays

Van Nuys: Los Angeles Unified 36th Annual Summer Track & Field Meets. At Birmingham High School, corner of Victory Blvd., and Balboa Blvd., Van Nuys. Youth, open, masters, boys, girls, men & women ages 5 to 77+. Youth & pole vault at 6 p.m. Novice, open, masters at 7 p.m. Contact James Fiorenza, Senior Recreation Director, LA Unified, 5607

Capistrano Ave., Woodland Hills, CA 91367.

June 26, July 3, 10, 17, 24, 31—Thursdays

Bell: Los Angeles Unified 36th Annual Summer Track & Field Meets. At Bell High School (4328 Bell Ave., Bell). Youth, open, masters, boys, girls, men & women ages 5 to 77+. Youth & pole vault at 6 p.m. Novice, open, masters at 7 p.m. Contact James Fiorenza, Senior Recreation Director, LA Unified, 5607 Capistrano Ave., Woodland Hills, CA 91367.

July 1, 3, 8, 10, 12, 15, 22, 24, 29, 31

Hayward: All Comers Track Meet. Chabot Community College. 6 p.m. Contact Norm Guest (510) 786-6936.

Thursday, July 17

La Jolla: USCAA National Track & Field Championships. Corporate. Contact (312) 321-6842 or in San Diego contact Jerry Trapp at jtrapp@lucent.com.

July 18-20

Long Beach: All Comers Track Meet. Cal State Long Beach. 12 noon (PV at 10 a.m.).

Part of the Southern California Grand Prix.

Contact Andy Sythe (562) 985-1700.

July 26 (Saturday)

Santa Barbara: Santa Barbara Fiesta Pole Vault Championships on the Beach. **West Beach.** Information: Steve Morris (805) 965-7979 or (805) 569-1289.

July 26

Long Beach: SCA Summer Grand Prix Finals. CS Long Beach. Contact TBA.

September 1-2

Stanford: DecaJam. Stanford University.

Contact Harry Marra (415) 345-0799.

Camps & Clinics

June 29-July 3

Stanford: Stanford Camp of Champions. Stanford University. Track & Field. Contact Vin Lananna, SU Athletics, Stanford 94305-6150 (415) 723-2736.

July 20-25

Carpinteria: Gary Tuttle's Distance Running Camp. Cate School. Gary Tuttle, 1410 E. Main Street, Ventura, 93001 (805) 643-1104.

July 27-August 1

Arcata: Humboldt State Long Distance and Steeple Workshop. Contact David Wells, Humboldt State Athletics, Arcata 95521 (707) 826-5955.

Lake Tahoe: Runner's Workshop Cross Country Clinic. Ages 12 & older. Contact: Mark & Rene Celestin, Coordinators (310) 493-7545. Write to: Runner's Workshop Inc., P.O. Box 5028, Los Alamitos 90720.

August 3-8

Sugar Bowl Ski Resort (approx. 80 miles east of Sacramento): Sierra "High" Distance Running Camp. Information: Jim Hunt (916) 791-8165.

August 4-8

Grouse Ridge: High Altitude Running Camp & Clinic. Contact Nick Vogt, Christian Runner's Association, 1025 Grange Road, Meadow Vista 95722. (916) 878-0697.

August 9-13

Stanford: Stanford Camp of Champions. Stanford University. Cross Country. Contact Vin Lananna, SU Athletics, Stanford 94305-6150 (415) 723-2736.

August 18-23 or 23-28

Catalina Island: Runner's Workshop Cross Country Clinic. Ages 12 & older. Contact: Mark & Rene Celestin, Coordinators (310) 493-7545. Write to: Runner's Workshop Inc., P.O. Box 5028, Los Alamitos 90720.

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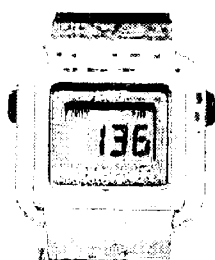


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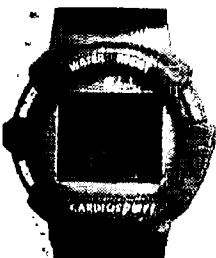
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PREP NOTES

From Keith Conning

FINDING A COLLEGE

So what, exactly, are you looking for? A small school? A stellar faculty in your major? A reputation for track? What else? The male-to-female ratio, for one thing. Reasonable dorm cuisine. A few hip local hangouts. A surrounding community that'll keep you happy for maybe four years—or longer.

You're in luck. You have several options for finding schools based on lots of criteria, including field of study, location, setting, size, and sports.

"<http://www.collegeview.com>" lets you search a database of more than 3,500 two- and four-year colleges. You don't have to register, but if you do, you'll get more comprehensive service, and it doesn't cost anything. Enter your name and choose your password—"http://www.collegeview.com" will get back to you via e-mail within a few minutes to confirm your membership.

To begin your research, click on College Search. You'll get a screen with a number of boxes containing parameters such as study area, urban or rural setting, athletics, and others. Click on your choice for each box. As more detailed queries pop up, answer them. College View will present you with a list of schools that match your choices.

The site's links don't take you to the colleges themselves but rather to overviews of basic statistics, including contact information, minimum admission requirements, number of students enrolled, and degrees offered. The datasheets do contain individual college's but they're not hyperlinked.

The "<http://www.usmall.com/college/search/index.html>" Internet College Exchange hosts a similar system, as does the "<http://csearch/bin/ch01.cgi>" College Board Online's search page. At the College Board, click on the button next to the degree level you want to pursue. Then it's on to Geographic, Majors, and General buttons to fill out your preferences. Press Search Now, and the results page will fill with a list of schools. Click on the individual colleges to see their statistics.

Another good source is "<http://www.usnews.com/usnews/fair/home.htm>" U.S. News Online College Fair, which posts school rankings and articles on financial aid, admissions policies, and more. One interesting section is a "<http://www.usnews.com/usnews/fair/head.htm>" list of schools whose professors exhibit "an unusually strong commitment to undergraduate teaching."

California High School or J.C. Athletes OFF TO COLLEGE

<u>Who?</u>	<u>Event(s)</u>	<u>School</u>	<u>College</u>
MEN			
Wilson Aquino	3200	Hoover, Glendale	Cal State Los Angeles
Jesse Barragan	800, 1600	Long Beach Wilson	CS Northridge
Mazi Foster	400	Long Beach Wilson	Southern University
Robert Kyle	200, 400, LJ	Los Banos	CS Bakersfield
Felipe Montoro	1600	Hoover, Glendale	Oregon Univ.
Demond Todd	400, 800	Long Beach Wilson	Clark University
WOMEN			
Amanda Boice	800, HJ, Hep	Folsom High	Univ. of Utah
Blanca Carreon	3000, 5000, XC	Los Banos	CS Stanislaus
Marisa Rodriguez	XC	Los Banos	San Jose State

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High School and is a sought-after track announcer in the Northern California area.

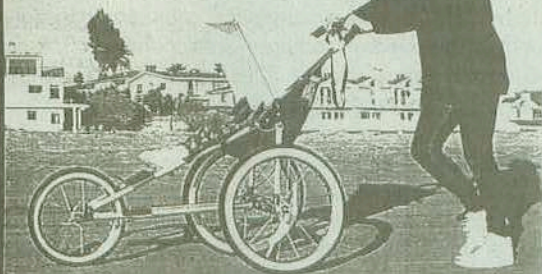


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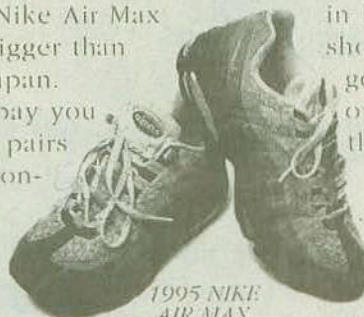
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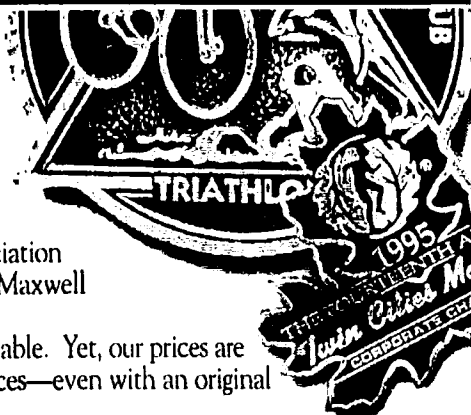
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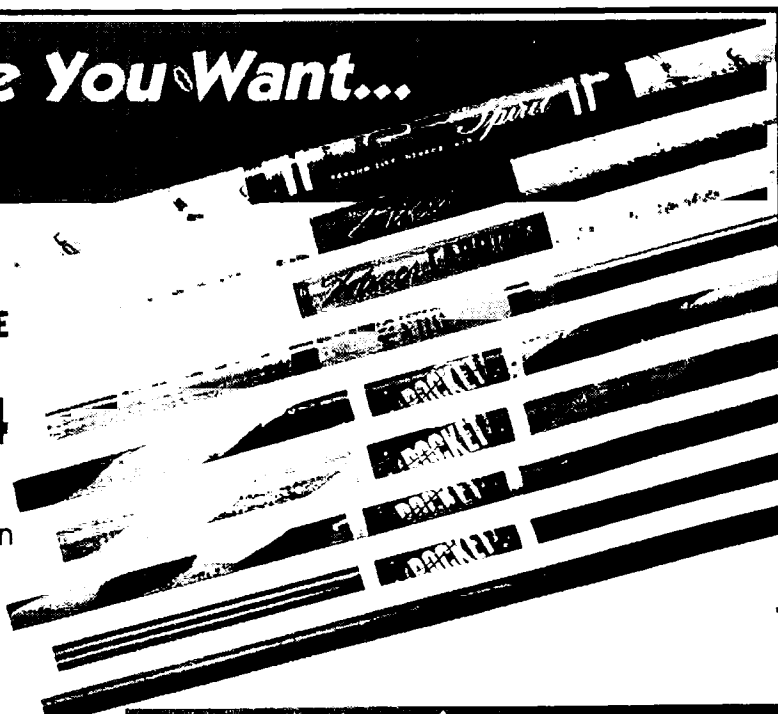
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COACHES EDUCATION

NORTHERN ARIZONA UNIVERSITY DISTANCE RUNNING

By Ron Mann, Head Track & Field Coach, Northern Arizona University



PHILOSOPHY

If athletes follow sensible progressions of workouts throughout the course of the season, they will not experience

what we often refer to as "peaking out." Workouts must be kept interesting, as well as challenging, to prevent athletes from imagining they are experiencing this phenomenon. However, if early season interval workouts, for example, are made too intense and if too much emphasis is placed on major competitions early in the season:

- athletes will suffer a psychological let-down in motivation, and
- they will fail to improve on early season marks in the championship meets later in the season.

Although it is important that the athlete establish a daily training regimen, the coach should recognize individual differences and be flexible enough to grant an athlete a period of "active rest" when he recognizes signs of overtraining.

TRAINING MODULES

At Northern Arizona we use the hard day / easy day approach in training. This means:

- if they train extremely hard on Monday, they should train with less intensity on Tuesday, and so on
- in addition, we train athletes on a 14-day work cycle so that they will not have the exact same workout every Monday, but rather varied workouts throughout the 14-day cycle.

This removes the staleness athletes encounter when each week's workouts are the same.

We use five methods of training in working with distance and middle distance runner.

1. DISTANCE TRAINING

Over-distance training is essential in the balanced program of a distance runner. This training should be at a level that challenges the aerobic system. The workload should produce a heart rate of between 140-160 bpm. This consists of:

- long runs at a steady pace covering from 6-8 miles for an 800 runner,
- up to 14-16 miles for a 10,000 runner, and
- longer for a marathoner.

These runs can take place in the morning before school or in the afternoon. The distance and amount of road runs they require will vary as to the aerobic and anaerobic needs of the athlete's primary event.

2. REPETITION RUNS

The purpose of repetition runs is to allow the athlete to sustain a high quality pace for a fairly long period of time, thus approaching the anaerobic threshold creating a positive training effect on that system.

Repetition runs are usually from 600 meters up to 2 miles in length. The recovery or interval between repetition runs is longer than in interval training. An example:

8 x 800m with 4 minutes rest between each

3. FARTLEK

Fartlek training is a Swedish term for "speed play." There are two forms of Fartlek training:

A. Holmer Fartlek is an individual training method and not a group method. It can be as hard or easy as the individual

The information submitted for the Coaches Education section is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. **George Payan** (Head Cross Country and Track Coach at Santa Ana Valley High School in Santa Ana) serves the Coaches Alliance and *CT&RN* as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in

sharing your coaching expertise within this forum, or would like to comment on a past article, please contact George Payan,

23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443, or e-mail at: coaches@deltanet.com

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



continued next page...

COACHES EDUCATION

wants to make it. It includes all of the elements of a race in one practice session.

Example: Assume the workout is to be one hour in length

- Begin with a slow jog warm-up at 7-8 minutes per mile for 2 miles (this is to get the body ready for the hard work ahead).
- Then pick up the pace to what feels like race pace and carry it for 400-600 meters or until a genuine feeling of fatigue sets in.
- Without rest, sprint for 100 to 150 yards until it begins to "hurt."
- This is followed by a jog recovery.
- A series of short sprints follows with an equal amount of rest between each.

Next, imagine that they are racing an opponent over the last 200 meters of a race:

- Set a pace that they would use in the final stages of the race and hold it as long as possible until the fatigue feeling is felt again
- This race is worked on with a similar run and recovery.
- Repeat these activities until they have run for one hour.

B. Lydiard Fartlek is a method of gradual increase in pace and decrease in pace without a jog recovery.

Example: 2 miles at 7-8 minutes pace for warm-up
3 miles at 5:30 pace
1 mile at 6:30 pace
2 miles at 6:00 pace, and
2 miles cool-down at 8 minutes per mile pace for a total run of 10 miles.

4. INTERVAL TRAINING

Interval training is a system for endurance training which alternates measured runs at a measured pace with a set recovery between each run.

- D = Distance to be run
- I = Interval or rest between runs
- R = Number of repetitions
- T = Time to be run
- A = Activity during the rest interval

To vary a workout, any one of these five elements can be changed to give the training effect.

Example:

- 12 x 400 in 65 seconds, 1 minute jog recovery
- A runner who is doing an interval training session should do from one to two-and-a-half times their racing distance in bouts, not including the warm-up or cool-down
- The recovery that is taken between each run is determined by taking one's pulse, when the pulse returns to 120 beats per minute, the athlete is ready for another bout
- The distance for each bout is less than or equal to 600 meters in interval training for maximum utilization of the system.

5. SPEED TRAINING

The basic reason for speed training is to improve the speed at which the athlete can run relaxed and maintain running form. This training is done mostly at the end of the season just prior to the big meets.

Example:

- 1 x 600 meters all out with a 20-minute rest interval
- Followed by 10 x 100m as fast as possible, with a 100m walk interval between each.

Macro 1 / August-September

(Early Cross Country)

Goal: To increase mileage and aerobic capacity

- 4 days Distance Run
- 6 days Recovery Runs
- 4 days Fartlek

Macro II / October-November

(Late Cross Country)

Goal: Maintain aerobic increase fast runs

- 2 days Distance Runs
- 6 days Recovery Runs
- 4 days Fartlek
- 2 days Repetition Runs

Macro III / December (Winter Break)

Goal: To maintain aerobic

- 6 days Distance Runs
- 4 days Recovery Runs
- 4 days Fartlek

Macro IV / January (Indoor)

Goal: Increase anaerobic, become track ready

- 2 days Distance Runs 2 days Intervals - SLOW
- 4 days Recovery Runs
- 4 days Fartlek
- 2 days Repetition Runs

Macro V / February-March

(Early Outdoors)

Goal: Increase anaerobic track ready, become race ready

- 2 days Distance Runs 2 days Intervals
- 4 days Recovery Runs 2 days Intervals — FAST
- 2 days Fartlek
- 2 days Repetition Runs

Macro VI / April-May

(Late Outdoor)

Goal: Maintain aerobic, race ready, increase speed

- 2 days Distance Runs 1 day Interval
- 2 days Recovery Runs 2 days Speed
- 2 days Fartlek 2 days Race
- 1 day Repetition 2 days Rest

Macro VII / June-July

(Summer Break)

Goal: Active Rest

- Swimming
- Easy Distance Runs
- Hiking

A typical micro cycle will point toward the goals of the macro cycle and will be consistent with the overall training picture. The sample which follows is from the Macro V. It is only 7 days of a 14-day cycle.

- Monday a.m. 40 minute run
p.m. 12 x 400m with 1:30 rest interval
- Tuesday a.m. 40 minute run
p.m. Recovery run — lift weights
- Wednesday a.m. 40 minute run
p.m. 24 x 150m jog recovery
- Thursday a.m. 40 minute run
p.m. Recovery run
- Friday a.m. 40 minute run
p.m. Race
- Saturday p.m. Fartlek—nothing longer than 2000m, nothing shorter than 800m
- Sunday p.m. Distance run 40-60 minutes.

CROSS COUNTRY PROGRAMS

Hoover High School Cross Country

By Greg Switzer, Coach

RECRUITING

At Hoover, the first question we have to answer is "where are our runners coming from?" With no feeder program of any kind, we have to be very clever to get kids to try out. We follow this routine: 1) Advertise in the school bulletin, 2) have a name and address sign-up sheet always available in the coach's classroom, 3) talk to the PE coaches at the junior high to try and identify any upcoming talent, 4) get an address printout of all the incoming freshmen with 3.5 GPA's or higher and have TA's address envelopes for all these prospects and mail an invitation to Cross Country Tryouts the second Saturday after school is out.

TRYOUTS

I like tryouts because I think kids like to feel they "made" the team. Our standard is relatively easy for freshmen — 7:50 or better in the mile for the girls, and 6:20 or better for the guys. If someone doesn't make the standard, we work with them for 10 days and test again. We do that all summer long until the kid hits the mark or gives up trying. For the first 3-4 weeks of summer during the CIF dead period, former team captains, now alumni, run the 10-day cycle of training and tryouts for the beginners.

MAJOR TRAINING OBJECTIVE

Learn to run in your ZONE! Zone is a catchall term for the pace at which we do steady state or lactate threshold runs, tempo runs, hill repeats, repetition runs, interval training, spring training, etc. Basically, "zone" means the best or fastest pace you can run, with respect to

whatever your energy level is that day, so that at the conclusion of each rep and at the conclusion of the entire workout you can say, "I could have gone both farther and faster!" At Hoover, our training maxim is this: "Successful running is not about how fast you can run with pain; but rather how fast you can run WITHOUT pain." We strive for this all year long.

EARLY SUMMER TRAINING

(June through mid-July)

The second week in June, we have a team meeting in which all returners are given a log book to take home and keep a record of their training (Thank you! Ken Reeves of Nordhoff!). For the last 2-3 weeks of school and the first 3-4 weeks of summer, the team does Time Running (a

continued next page...

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Sat-Sun, July 26-27	LA Valley College, Van Nuys (Los Angeles/Van Nuys area)

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Saturday, July 26	Centennial High School Auditorium, Corona
Saturday, August 2	Amateur Athletic Foundation, Los Angeles

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COACHES EDUCATION

set number of minutes per day on their own). On Sunday, they phone their total into the coach who monitors their progress. The following is the breakdown:

Weeks 1-6 Minute Buildup

WK	M	Tu	W	Th	F	Sa	Su	TOT
1	10	15	10	15	10	15	20	95
2	12	21	12	21	12	21	28	127
3	15	27	15	27	15	27	36	162
4	19	33	19	33	19	33	44	200
5	24	39	24	39	24	39	52	241
6	30	45	30	45	30	45	60	285

When they finish these six weeks — the dead period is over — they're used to running daily and they're ready to start hitting target mileage as follows:

Mileage Targets

	1st Yr	2nd Yr	3rd Yr	4th Yr
	9th	10th	11th	12th
Boys	24-32	32-40	40-50	40-50+
Girls	18-24	24-32	32-40	32-40+

As before, the kids phone their totals into the coach on Sundays. During this time through the end of summer, we meet as a team 3 days a week, usually Tuesday, Thursday and Saturday. They run on their own the other days.

LATE SUMMER TRAINING

(Mid-July through early September)

1. Continue daily running.
2. Challenge better runners to alternate a high mileage week with a target week (i.e. 60-50-70-50-80-50) with the last high week being the last week of vacation.
3. Our long run, building gradually over the summer, hits 2 hours (always an easy pace on grass and trail).
4. Our uphill running becomes a little more specific: on 3 separate occasions, we run 20-30 minutes up Mt. Wilson as fast as we can without violating ZONE guidelines.

5. The last two Saturdays before school we practice racing conditions by running a flat 3 mile race-like effort striving for 2 even splits over mile 1 and mile 2 and

then a negative (faster) split over mile 3. This prepares us for the season's beginning invitationals.

6. Cruise intervals on the infield of the track. Up to 6x 1 mi with 60 sec recovery.

7. Mondays the varsities try to meet for a fast flat run; upper edge of ZONE.

EARLY SEASON

(early September through late October)

1. Continue target mileage (but no more high weeks).
2. Long run reduces to 60-70 minutes usually on Sunday individually, or on Monday as a team.
3. One day of weight training which is a circuit with about 30 stations. 10 reps on each. By October, I encourage individuals to stay and work extra on hamstring curls and squats (3 sets of 10, starting at 10-20 lbs. with weight increasing each week to a goal of body weight).
4. Hill running becomes more specific with repeats up to 6x3 min. uphill, jog down 3 minutes for recovery. We want to be strong uphill runners, not so we can dominate the competition on the uphill, but so that we can hold our position uphill with relative ease and then have better energy on the all important crest and downhill.
5. Repetition runs are on the flat and usually alternate each week with uphill repeats (though on non-race weeks we usually do one of each). In September we're doing things like 3 x 1 mi. repeats with 5 min. rests. In October it would be 6x880 (jog 440), and late October something like: 1x 1 mi. +3x880 + 5x440 with the last 2-3 440s at 1 mi. race pace. These workouts are all done on the trails at Griffith Park.

6. Typical week:

- Mon Practice race starts; 3x1 mi (5 min. recovery) + 3 mi run.
- Tues 30 min run around the infield of the track + weight training + 20 min run
- Wed 55 min run in the hills stopping to do 6 hill crests of 30 sec each
- Thurs Flat ZONE run of 45 minutes around campus and nearby parks
- Fri Easy run of 30-40 min + 4x110
- Sat Mt. SAC Invitational + 30 min easy run
- Sun 60 min slow and easy

LATE SEASON

(Late October through November)

After 20 years of trying, like Jack Farrell of Thousand Oaks, I still don't know how to peak a team. If I try anything unusual, my teams are always flat. So our aim is business-as-usual from Saturday after the race through Tuesday or Wednesday. From then to the Saturday race, we do about half the usual. The only other change is that our repetition work becomes linked to the specific course we will be running on Saturday.

Typical week:

- Sat (after meet) 30-40 min run after the race
- Sun 60 min run easy in hills
- Mon 25 min run + weights + 20 min run
- Tues Simulate Mt. SAC. Race warmup + 1 mi (flat, should be a zone PR) + 3x 1.5 min uphill repeats + 1x880 (flat) + 3x440 (last 2 at 1 mi race pace)
- Wed 35-45 min zone run. (Note: Tuesday's workout was at zone pace, and therefore did not tire us out)
- Thurs 15 min run + stretch
- Fri 20 min easy run + 4x110 (e-m-fast-faster)

CONCLUSION

By running "zone" throughout the year, we strive to train without straining. Consequently, our runners still feel fresh at the end of the season. I have made mistakes in overtraining and the uniform

continued next page...

Santa Margarita Cross Country

By Dave Zeitler, Coach

The Santa Margarita cross country program starts with three weeks of rest following track season. During this time the athletes are encouraged to stay active with other sports, but asked NOT to run. With this break from the rigors of training, it is my hope that the teams will return refreshed and anxious to start their training regimen.

Rest is followed by 2 to 3 weeks of easy running, every other day for 30 minutes each run. From this point on is the gradual progression—increasing the number of days and the length of the runs.

By the time school is out for summer vacation, the dedicated runners are going 5 to 6 days a week. Most of the runs last just 30 minutes, but for 1 or 2 days the duration of the run is extended to 40-45 minutes. At this time, we also begin our summer weight training, lifting 3 times per week.

Since this is the CIF "dead period," the captains usually organize a run after the coach has gone home; this allows the

boys and girls to run with someone. By the time the "dead period" is over in mid-July, our varsity guys are expected to be able to run comfortably for 45 minutes 3-5 times a week, with at least 1 long run per week lasting one hour.

For the next 5-6 weeks the emphasis is on getting as much distance on the legs as possible. Many of our runs will be over hilly terrain and, while speed is NOT stressed, effort, consistency and teamwork are the main focus of our running. During this time (mid-July to mid-August) none of our runs will be less than 45 minutes, and at least 3 per week will be for 1 hour. On days when the runs are only 45 minutes the varsity will run an easy 30 minutes in the evening at home.

The last week in August marks the beginning of the next phase of our training—getting ready to race. For the next 6 weeks (last week of August to the first week of October) our running consists:

Monday — Cruise intervals

Tuesday — 45 minutes of running in the hills followed immediately by 3x400m on the track at race pace with 1 minute interval

Wednesday (if there is a race on Thursday) — a shorter distance run followed by 6-8x100m strides. If there is no race on Thursday, we will do repetitions in the form of fartlek. Usually the hard efforts of the fartlek last between :30 and 1:30. There would probably be 8 of these hard efforts within a 45-50 minute run.

Thursday — either race day or another distance day — 45 minutes and over flat terrain.

Friday — an OFF day, or the team will do a pre-meet workout on their own at home.

Saturday we usually race at an Invitational.

Sunday the runners are expected to run a minimum of 45 minutes and hopefully, are going for 1 hour.

Let me explain a little about the above sample week since I believe it crucial to whatever success we achieve at SMHS. The term "cruise intervals" comes from Dr. Jack Daniels. For my boys and girls it means running 1000m at :24/mile slower than race pace. Because there is less intensity than what most people run intervals at, there is only 1:00 interval (rest). Both boys and girls will do 5 of these, followed by and preceded by 2

miles of easy running and some stretching. These C.I. are done over moderately hilly terrain. On Tuesday, because it gets so hot in Rancho Santa Margarita, the workouts are conducted in the morning before school. This is doubly beneficial, I believe, because not only do we get a quality workout in the cool of the morning, we also are doing our last hard work before a Thursday race some 9 hours earlier. The "repetitions" also come from Dr. Daniels. These are shorter hard efforts done much faster than race pace. I think a small selling point of the program is the Friday-OFF concept. This allows the teenager to go home like other students do, get ready for the football game that night, or do whatever his friends are doing. The trade-off for this is the Sunday morning run. This is obviously unsupervised and totally optional, however over the years, I believe our athletes do it. I emphasize to them that this will supply the strength that we will need in late season. One last not here is that on Tuesday afternoon the varsity boys and girls do a pool workout, running in deep water. I'm not so sure this helps their cardiovascular, but I think helps them loosen up and definitely helps team morale and camaraderie.

From the second week of October until league finals, we enter the next phase of our program. Monday workouts are now typified by race pace running with longer intervals (the rest period). The runs will be from 600m to 1600m. We continue the same Tuesday effort including the pool for varsity members in the afternoon. If we are racing on Thursday, then Wednesday stays the same. If there is no race on Thursday, we do some cruise intervals that are shorter (usually 800m) and less (usually 4-5) and done on flat terrain. Thursday is a distance, 40-45 minutes followed by some easy strides. Friday is still our off day. If there is no invitational on Saturday, we will go for a long run in the hills. If we expect (hope) to go to C.I.F. Finals, we will discontinue the optional one hour run on the Sunday before league finals.

continued next page...

Hoover High School, continued

result is always sickness, injuries and fatigue at season's end when all the important races occur. Of course, my runners may, in fact, never reach their true potential because I keep them from pushing to their limit. But that possibility I am willing to trade for the benefits of this statement:

"Successful running is not about how fast you can run with pain, but rather how fast you can run WITHOUT pain!"



COACHES EDUCATION

The preparation for C.I.F. is characterized by shorter and faster running. Monday before C.I.F. Prelims we'll run for 35 minutes in the hills. Tuesday we go to the track for some "cruising." We alternate 400m and 800m. Cruise 400m, 800m, 400m then race pace 800m, 400m all with 1 minute interval. The boys and girls love this workout on the flat, sure-footing of the track and I love it for the leg speed we get from it and the confidence they get. The times they hit are often much faster than the times that are asked for! Wednesday they will go 35-40 minutes and Thursday for 30 minutes. Both these days are done over flat terrain and on Thursday we'll follow the run with some easy strides. Friday is still the off day. If we're still in the running the following week(s), we simply repeat these same workouts.

BASE BUILDING PHASE / July 22-July 28

Mon. at SMHS — 45 minutes, Var. 30 min. in evening
 Tues. at Woods Canyon — 1 hour
 Wed. at SMHS — 45 min., Var. 30 min. in evening
 Thurs. At Whiting Ranch — 1 hour
 Fri. at SMHS hilly — 45 min.
 Sat. Huntington Beach Pier to Newport Pier and back
 Sun. Off

EARLY SEASON PHASE / Sept. 2 - 8

Mon. 6 mi. easy at opponent's course
 Tues. Cruise intervals, 5-6 x 1000m
 Wed. at Peters Canyon — 1 hour
 Thurs. at SMHS — 45 min. in hills and 3x400m at race pace
 Fri. 45 min. — easy
 Sat. 5K at Laguna Beach
 Sun. Off

MID-SEASON PHASE

Oct. 14 - 20

Mon. .5 mi. at race pace — .5 mi. jog
 1.0 mi. at race pace — .5 mi. jog
 .5 mi. at race pace — 1 mi. warmdown
 This workouts is done the O.C. Champs course
 Tues. at SMHS — 45 min. In the hills, + 3x400m at race pace
 Wed. 4x800m at Cruise Int. pace
 Thurs. 45 min. — easy
 Fri. Off
 Sat. O.C. Championships
 Sun. 1 hour on own

LATE SEASON PHASE

Nov. 18 - 24

Mon. 35 min. in the hills
 Tues. on the track = 1 min. int. between all
 400 at Cruise int.
 800 at Cruise int.
 400 at Cruise int.
 800 at race pace
 400 at race pace
 Wed. 40 min. — easy
 Thurs. 35 min. — easy
 Fri. Off
 Sat. C.I.F. Finals

Pool workouts — Tuesday after school

5 min. easy swim
 2x50m in relay races
 2x25m under water
 5 min. warm easy running in water
 fartlek varying lengths of time, but always ending w/sprint
 5 min. easy running in water

Weight room 3 x week in the summer/2 x optional during season

Bench press — free weights
 Dumbbell curls — free weights
 "Flies" — machine
 Bar-dips
 Lat. pull downs — front and back
 Arm swing with weights

TEST THE SHOE THAT BEAT NIKE AIR MAX!



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Arcadia Invitational



Sharing the lead in Arcadia's Invitational 1600m -- JON STEVENS (left) and RYAN ANDRUS.

Photo by Bill Leung, Jr./Geek Media

From DOUG SPECK

April 12, 1997. Arcadia, CA.

Boys Events—Finals

100 METER DASH-INVITATIONAL

1. Miguel Fletcher, ALEMANY, MISSION HILLS 10.70 w.-1.1
2. Andre' Ammons, SKYLINE, OAKLAND 10.78 w.-1.1
3. Sammie Parker, POLYTECHNIC, LONG BEACH 10.81 w.-1.1
4. Michael McNair, MATER DEI, SANTA ANA 10.91 w.-1.1
5. Bryan Harrison, ROSWELL, GA 10.92 w.-1.1
6. Jason Manly, ROWLAND, ROWLAND HEIGHTS 10.95 w.-1.1
7. Aaron Bryant, WILCOX, SANTA CLARA, CALIF 10.98 w.-1.1
8. Devon Davis, PICKERING, AJAX, ONTARIO, CA 11.14 w.-1.1
9. Cornell Coleman, LOGAN, UNION CITY 11.16 w.-1.1

Eleventh grader Miguel Fletcher edged ahead of a good group over the last half of the event to win.

100 METER DASH

1. Darrell Rideaux, POLYTECHNIC, LONG BEACH 10.72 w.-1.6
2. Michael Lipscomb, SO HILLS, WEST COVINA 10.98 w.-1.6
3. De'Angelo Steward, MUIR, PASADENA 11.06 w.-1.6
4. Josh Levi, CHINO 11.13 w.-1.6
5. Tawain Jones, MORSE, SAN DIEGO 11.19 w.-1.6

Rideaux, who gave Fletcher all he could handle a week previous, was seeded here off early season times and dominated a good group.

200 METER DASH

1. Michael Lipscomb, SO HILLS, WEST COVINA 22.02 w:0.0
2. Tyrone Reynolds, HAWTHORNE 22.20 w:0.0
3. Dustin Zand, HIGHLAND, GILBERT, ARIZONA 22.29 w:0.0

4. Demetris Patterson, BIRMINGHAM, VAN NUYS 22.36 w:0.0
5. Charles Crook, KATELLA, ANAHEIM 22.43 w:0.0

200 METER DASH INVITATIONAL

1. Sultan McCullough, MUIR, PASADENA 21.04 w:0.0
2. Ja'Warren Hooker, ELLENS, ELLENSBURG, WA 21.20 w:0.0
3. Miguel Fletcher, ALEMANY, MISSION HILLS 21.33 w:0.0
4. Bryan Harrison, ROSWELL, GA 21.34 w:0.0
5. Michael McNair, MATER DEI, SANTA ANA 21.63 w:0.0
6. Jason Manly, ROWLAND, ROWLAND HEIGHTS 21.91 w:0.0
7. Anthony Branch, PICKERING, AJAX, ONTARIO, CA 21.92 w:0.0
8. Robert Jarvis, COVINA 22.40 w:0.0
9. Paul Jones, ROWLAND, ROWLAND HEIGHTS 22.44 w:0.0

Eleventh grader Sultan McCullough finally emerged in the "big-time" here with a win against a great group. Hooker had earlier run 46.23 with Fletcher the 100m winner (and 10.48-21.06 in 1996). One of the nation's great prep tailbacks, McCullough rocketed off the turn with a lead and Hooker and the others, including World Junior silver medalist Bryan Harrison (Georgia) could not dent the meter or two margin.

400 METER DASH INVITATIONAL

1. Ja'Warren Hooker, ELLENSBURG, ELLENSBURG, WA 46.23
2. Tony Berrian, ATWATER, ATWATER, CA 46.49
3. Tim Brown, MCCLYMOND, OAKLAND 47.27
4. Marcus Anderson, POLYTECHNIC, LONG BEACH 48.16
5. Eddie Levine, GOLDEN VALLEY, MERCED 48.18
6. Matt Neisen, EASTLAKE, REDMOND, WA 48.31
7. Lawrence Jones, TAFT, WOODLAND HILLS 48.60

Great field that exceeded expectations. Hooker, 10.56 and 47.5 last year and 10.53-47.26 a couple of weekends previous, was very, very powerful from 200-350 meters, with Berrian quite impressive with

his time in second. Hooker, looks the part, a big-time football star.

400 METER DASH

1. Jucorie Tryon, MUIR, PASADENA 47.70
2. Calvin Carlyle, DORSEY, LOS ANGELES 48.25
3. Larry Jones, TAFT, WOODLAND HILLS 48.93
4. Matt Rowe, MOUNTAIN VIEW, OREM, UTAH 48.99
5. Jelani Hogg, ARCHBISHOP RIORDAN, SAN FR 49.22

800 METER RUN INVITATIONAL

1. James Levine, GOLDEN VALLEY, MERCED 1:49.21
2. Ryan Meuse, SIMI VALLEY 1:52.57
3. Kyle Wies, POULSON, MONTANA 1:52.64
4. Obea Moore, MUIR, PASADENA 1:52.99
5. Clint Coon, HEMET 1:53.11
6. Mark Hassell, BARSTOW 1:53.27
7. Jason Hunter, SULTANA, HESPERIA 1:53.29
8. Ryan Carroll, MERCED 1:53.31
9. Bert Whitson, VICTOR VALLEY, VICTORVILLE 1:55.43
10. Drew Ostler, MISSION SAN JOSE, FREMONT 1:55.54
11. Karim Abdul Rahim, POLYTECHNIC, LONG BEACH 1:56.21
12. Jason Maunomatis, GRANITE HILLS, EL CAJON, CA 1:57.26
13. Scott Johnson, RIO MESA, OXNARD 1:58.43
14. Kelsey Backen, EAST VALLEY, YAKIMA, WA 1:59.91

Obea Moore, World Junior Gold Medalist, but never an individual winner in this meet, continued his string. Moore could have dropped to the 400 any of the last three years and won there, but included this as a part of his early season "over-distance preparation (with 1:49.16 and 1:50.50 times the last two years behind Michael Granville). Anyway, here Obea was out—24.0 and 50.5 with surprising James Levine in close tow. Down the backstretch Obea continued to push, past the 600 in under 1:18! Levine shocked by raging past, with Obea fading the final 200 to finish fourth. Levine romped down the homestretch, appearing to have something in reserve in his 1:49.21 win! Obea did rest a slight upper hamstring problem the previous week, with anchor duty on a quick 4x100 (see below) earlier in the week. He would not run the 4x400.

1600 METER RUN INVITATIONAL

1. Ryan Andrus, MOUNTAIN VIEW, OREM, UT 4:13.18
2. Jon Stevens, MISSION SAN JOSE, FREMONT 4:16.84
3. Adrian Ramirez, CHULA VISTA 4:17.22
4. Ben Mohamed, MONROE, VAN NUYS 4:17.27
5. Ronnie Buchanan, RIGHETTI, SANTA MARIA 4:17.37
6. Juan Miramontes, GOLDEN VALLEY, MERCED 4:18.17
7. Mike Altieri, JESUIT, SACRAMENTO 4:18.21
8. Ryan Siser, MEAD, SPOKANE, WA 4:19.28
9. Rey Coronado, CAMARILLO 4:21.66
10. Matthew Humann, WEST CHRIST, YAKIMA, WA 4:21.99
11. Mike Baskin, MT CARMEL, SAN DIEGO 4:23.84
12. Brandon Hauser, EAST VALLEY, YAKIMA, WA 4:24.32
13. Jason Manhart, TRABUCO HILLS, MISSION VIEJO 4:26
14. Robert Seaman, SUNNYSIDE, TUCSON, AZ 4:26.78

Ryan Andrus can run one heck of a lot faster than this, hoping for a 2:04 and some pressure the second half of the event for a good time. After a 2:07.5 800 he effortlessly and powerfully edged away from the field to a comfortable win, leaving all impressed with

his abilities and potential to be one of America's great distance runners.

3.200 METER RUN INVITATIONAL

1. Isaac Hawkins, FERRIS, SPOKANE, WASHINGTON 8:58.47
2. Joey Corr, EASTLAKE, REDMOND, WA 9:07.98
3. David Rodriguez, MISSION SAN JOSE, FREMONT 9:08.27
4. Rhy Reynolds, NEWPORT, NEWPORT, OREGON 9:09.70
5. Isalah Festa, MORRO BAY 9:10.60
6. Chad Durham, POLYTECHNIC, LONG BEACH 9:11.36
7. Jason Fayant, MEAD, SPOKANE, WASHINGTON 9:13.37
8. Joe Urbanski, SAL POINTE CATHOLIC, TUCSON 9:13.72
9. Gary Pastanisi, APTOS, APTOS, CALIFORNIA 9:13.98
10. Michael Kasahun, FRESNO 9:15.00
11. Casey Perry, SHADLE PARK, SPOKANE, WA 9:15.46
12. Mark Gleason, MISSION VIEJO 9:15.71
13. Josh Rohatinsky, PROVO, PROVO, UTAH 9:16.10
14. Dan Gaston, HUNTINGTON BEACH 9:16.59
15. Geoff Fleming, ROSEVILLE 9:16.60
16. Tom Prindville, DE LA SALLE, CONCORD 9:17.91
17. Morgan Thompson, MEAD, SPOKANE, WA 9:17.95
18. David Lopez, HOOVER, GLENDALE 9:23.15
19. Chad Foster, LOGAN, UNION CITY 9:25.11
20. Tony Trueba, HUNTINGTON BEACH 9:26.82
21. Bryan Green, LITTLE ROCK 9:28.90
22. Justin Nyberg, IRVINE 9:29.57

Another of the deep distance events in this meet's history had a group come by at 4:32, with Isaac Hawkins, who runs with a very economical, short and powerful stride, easing away to a fine 8:58.47 win, with the next sixteen placers under 9:20.

110 METER HIGH HURDLES

1. Tracy Smith, RANCHO BUENA VISTA, VISTA 14.52 w.-1.1
2. James Brown, DANA HILLS, DANA POINT 14.65
3. Marcell Alimond, ST. PAUL, SANTA FE SPRING 14.73
4. Greg Flint, DAVIS, KAYSVILLE, UTAH 14.85
5. Terry Ellis, DORSEY, LOS ANGELES 15.06

110 METER HIGH HURDLES INVITATIONAL

1. Dominique De Grammont, TUSTIN 13.72 w.-1.2
2. Anthony Branch, PICKERING, AJAX, ONTARIO, CA 14.16
3. Shariff Paxon, CRENSHAW, LOS ANGELES 14.28
4. Reggie Depass, MONTGOMERY, SAN DIEGO 14.33
5. Marquis Thomas, MUIR, PASADENA 14.57
6. Ricky Moody, HARRISON, COLORADO SPRINGS 14.61
7. Avena Watkins, SILVER CREEK, SAN JOSE 14.85
8. Thomas Hocka, SILVER CREEK, SAN JOSE 14.96
9. Henry Frazier, HOGAN, VALLEJO 15.00

Dominique De Grammont (say it "day-gra-mown") is quickly becoming one of the area's more consistent quick hurdlers in recent history. His last three weekends have been 13.74-13.92 and 13.73 here—comfortably handling a good pack over the last half of the event.

300 METER INT HURDLES

1. David Warren, HAWTHORNE 38.14
2. Tracy Smith, RANCHO BUENA VISTA, VISTA 38.24
3. Nick Seedall, EAST, SALT LAKE CITY, UT 38.46
4. Elmo Taylor, MUIR, PASADENA 38.58
5. Thomas Hocka, SILVER CREEK, SAN JOSE 38.67

300 METER INT HURDLES INVITATIONAL

1. Kenyon Rambo, POLYTECHNIC, LONG BEACH 36.66
2. Dominique De Grammont, TUSTIN 36.91
3. Reggie Depass, MONTGOMERY, SAN DIEGO 37.85
4. Jason Andrews, RANCHO COTATE, ROHNERT PAR 38.05
5. Shane Vickers, TUSTIN 38.06
6. Nick Ray, RIDGEVIEW, BAKERSFIELD, CA 38.20
7. Greg Flint, DAVIS, KAYSVILLE, UTAH 38.21

8. JOE LOVE, RANCHO CUCAMONGA 38.74

DeGrammont had handled Rambo the previous weekend in a slightly slower race. Here Rambo was off to the races, probably running the first two hurdles as fast as anyone in recent years. The Ohio State bound wide-receiver knew DeGrammont would make a move, with the Tustin star pressing close over the last two barriers. Over the final hurdle Rambo showed his athletic skills, quickly alternating his lead-leg to maintain momentum into the finish in an excellent 36.66.

4X100 METER RELAY INVITATIONAL

1. MUIR, PASADENA 40.28
2. MUIR, PASADENA "B" 40.90
3. POLYTECHNIC, LONG BEACH 41.13
4. CHINO 41.67
5. TUSTIN 41.77
5. NOTRE DAME, SHERMAN OAKS 41.77
7. LOGAN, UNION CITY 42.44
8. BIRMINGHAM, VAN NUYS 42.94
9. PICKERING, AJAX, ONTARIO, CA 42.95.

The meet gets rolling early on, with the prep teams on the track dealing with 7000-8000 knowledgeable spectators rooting for their favorites, and teams on the track hoping to establish the year's pecking order early. Muir was the whole show here, with Obea Moore anchoring the A team to an impressive 40.28, but the B team unreal with a prep World Best 40.90. The crowd loved it, with Muir some 5 miles away from the meet site, with track interest big in Jackie Robinson's hometown. The meet got rolling after this stunner!

4X100 METER RELAY

1. UNIVERSITY CITY, SAN DIEGO 41.88
2. FAIRVIEW, BOULDER, COLORADO 42.12
3. HARRISON, COLORADO SPRINGS 42.30
4. MORNINGSIDE, INGLEWOOD 42.47
5. HAWTHORNE 42.60

4X400 METER RELAY

1. HAWTHORNE 3:20.00
2. MORNINGSIDE, INGLEWOOD 3:21.51
3. SKYLINE, OAKLAND 3:21.55
4. MCCLYMOND, OAKLAND 3:21.80
5. HARRISON, COLORADO SPRINGS 3:23.49

4X400 METER RELAY INVITATIONAL

1. MUIR, PASADENA 3:10.99
2. DOMINQUEZ, COMPTON 3:13.66
3. POLYTECHNIC, LONG BEACH 3:14.40
4. RIDGEVIEW, BAKERSFIELD, CA 3:18.10
5. TAFT, WOODLAND HILLS 3:19.10
6. ST. MARY'S, BERKELEY 3:21.19
7. RANCHO CUCAMONGA 3:24.32
8. DORSEY, LOS ANGELES 3:26.36
9. DAVIS, KAYSVILLE, UTAH 3:27.91.

The "mettle" of the Muir group would be tested here, as Obea Moore was on the trainer's table after the 800 and the rest of the squad would be tested. Long Beach Poly was talented, with Dominguez having run 3:14.90 solo in recent weeks. Muir was up to the test, with a 50.0 lead-off followed by three legs in the 47 range for their 3:10.99 range. A healthy Obea on the anchor (45.5 in recent weeks there) would have given Muir a new National Record, breaking the 3:07.40 by Hawthorne). After the rest of the meet and that we could have all died and gone to "track heaven," but that's why they have next year....

DISTANCE MEDLEY INVITATIONAL

1. ST. IGNATIUS, SAN FRANCISCO 10:13.22
2. DE LA SALLE, CONCORD 10:17.89
3. PENINSULA, ROLLING HILLS 10:19.42
4. NEVADA UNION, GRASS VALLE 10:20.47
5. MISSION SAN JOSE, FREMONT 10:26.03
6. POLYTECHNIC, LONG BEACH 10:27.69
7. SANTA ANA 10:31.20
8. TORREY PINES, ENCINITAS 10:33.94
9. JESUIT, SACRAMENTO, CA 10:34.11
10. TUSTIN 10:34.78
11. MT. CARMEL, SAN DIEGO 10:35.06
12. RAMONA 10:38.07
13. BIRMINGHAM, VAN NUYS 10:40.24
14. BARSTOW 10:44.52
15. RANCHO BERNARDO, SAN DIEGO 10:44.65
16. GOLDEN VALLEY, MERCED 10:46.58
17. CORONA DEL MAR, NEWPORT B 11:03.35

Great depth up front graced another fine distance medley here.

HIGH JUMP INVITATIONAL

1. Jason Howard, RIDGEVIEW, BAKERSFIELD, CA 7-02.25
2. Damian Olson, BEND HIGH, BEND, OREGON 7-0
3. Clint Motley, ALTA LOMA 6-08
4. Quincy Brown, GARDENA 6-04
5. David Collin, LOGAN, UNION CITY 6-04
6. Lester Deraad, TUSTIN 6-04
6. Vincent Hobbs, REDLANDS 6-04

Jason Howard, who had cleared 7-0 locally in Bakersfield, amazed with his effort here. Joined by Oregon's Damian Olson through 7-0, Howard shocked by clearing a Meet Record 7-02.25, then just edging off 7-4 (he would have been over 7-3 3/4) on his second attempt. Utilizing a very long, almost "long-jump" run-up, Howard will do some big, big things later in the spring!

POLE VAULT INVITATIONAL

1. Steve Harris, DEL MAR, SAN JOSE 17-0
2. Justin McGee, APOLLO, GLENDALE, ARIZONA 15-06
3. Eric Rasmussen, JOHANSEN, MODESTO 15-0
4. Rodney Mayberry, TEMECULA 15-0
5. Mark Unzueta, LEMOORE 15-0
6. Travis Vandover, FOUNTAIN VALLEY, CA 15-0
6. David Gritz, BEAR CREEK, STOCKTON 15-0
6. Luke Stokes, EDISON, HUNTINGTON BEACH 15-0
9. Joel Kriwinski, ARROYO GRANDE 14-06
10. Jaimal Hornbacher, RANCHO BUENA VISTA, VISTA 14-06
11. Blake Powell, HIGHLAND, GILBERT, ARIZONA 14-06
12. Chris Humphrey, SULTANA, HESPERIA 14-0
13. Ted Whalen, MATER DEI, SANTA ANA 14-0
14. Chris Burns, POWAY 13-06
15. Merrick Jackson, DAVIS, KAYSVILLE, UTAH 13-06

Some of the more emotional moments in the prep sport recently took place here, with 7500 people clapping in unison to try to help Steve Harris over 16-6 and 17-0. It was like a solo music performer with his instrument in front of an audience of his true fans, with the San Jose area star feeding off the support of those who wished him over the lofty height.

LONG JUMP INVITATIONAL

1. Kenny Pearson, A.A. STAGG, STOCKTON, CA 23-00.25 w.2.7
2. Patrick McCall, CARSON 22-11.25 w.0.8
2. Daniel Herman, GRANTHILLS, EL CAJON, CA 22-11.25 w.0.7
4. Archie Duran, HOOVER, FRESNO 22-02.75 w.2.8
5. Ray Bardone, EDISON, HUNT BEACH 22-02.50 w.3.2
6. Devon Davis, PICKERING, AJAX, ONTARIO, CA 22-02 w.0.0

Arcadia Invitational

7. Louis Patrick, PICKERING, AJAX, ONTARIO, CA 22-01.25 w:0.0
8. De'Angelo Steward, MUIR, PASADENA 21-09 w:2.9
9. Joe Augustina, YUBA CITY, YUBA CITY, CA 21-08.75 w:1.1
10. Billy Wingfield, CARSON 21-08.50 w:0.0
11. Jabori Pride, DAMIEN, LA VERNE 21-07.75 w:1.3
12. Darius Ellis, BLAIR, PASADENA 21-06.25 w:0.0
13. Kris Phillips, RIO MESA, OXNARD 21-03.50 w:2.0
14. Dean Murray, VICTORIA, AUSTRALIA 21-02.50 w:1.1
15. Thomas Hendricks, LOGAN, UNION CITY 21-02.25 w:3.1
16. Shaun Ross, LOGAN, UNION CITY 20-10.75 w:1.1
17. Robert Nero, CHINO 20-10.50 w:2.7
18. Jovan Griffith, LOMPOC 20-07.75 w:2.5

TRIPLE JUMP INVITATIONAL

1. Devon Davis, PICKERING, AJAX, ONTARIO, CA 47-11.50 w:0.0
2. Matt Primous, LOMPOC 46-09.25 w:0.0
3. Joe Augustina, YUBA CITY, YUBA CITY, CA 46-00.75 w:0.0
4. Marcus Carr, PALMDALE 45-05.50 w:0.0
5. Thomas Carter, MUIR, PASADENA 45-05 w:0.0
6. Tafari Walton, LOGAN, UNION CITY 45-00.25 w:0.0
7. Jarrell Meir, RIGHETTI, SANTA MARIA 44-08.75 w:0.0
8. Jerrod MACK, ST. MARY'S, BERKELEY 44-06.50 w:0.0
9. Glen Stone, YERBA BUENA, SAN JOSE 44-05.50 w:0.0
10. Rod Moore, MORNINGSIDES, INGLEWOOD 44-04.75 w:0.0
11. Henry Frazier, HOGAN, VALLEJO 44-03.25 w:0.0
12. Draper Rivers, MORSE, SAN DIEGO 44-01.75 w:0.0

SHOT PUT INVITATIONAL

1. Van Mounts, BAKERSFIELD 65-04.25
2. Chris Sprague, SOUTH EUGENE, EUGENE, OREG 63-02.25
3. Rian Ingram, LAKE RIDGE, LAKE OSWEGO, OR 61-0
4. Kalene Crabbs, PUNAHOU, HONOLULU, HAWAII 58-11
5. Scott Moser, HUNTINGTON BEACH 58-09.75
6. Dan Arthenius, MOUNTAIN VIEW, OREM, UTAH 58-03.50
7. Roy Rivas Jr., CARLSBAD 57-04
8. Mark Hoxmeyer, HILLSBORO, OREGON 56-05
9. John Badovinac, JESUIT, SACRAMENTO, CA 56-04
10. John Bello, RANCHO CUCAMONGA 55-09.75
11. Justin Birelli, ESPERANZA, ANAHEIM, CALIFOR 55-02
12. Derek Kurkowski, CANYON SPRINGS, MORENO VA 55-0
13. Jon O'Neil, SANTA MARGARITA, RANCHO S 54-03
13. Greg Dickey, ATWATER, ATWATER, CA 54-03
15. Steve Parker, MCATEER, SAN FRANCISCO 53-10
16. Dennis Fox, CRESPI, ENCINO 52-03
17. Scott Wiegand, ARCADIA 50-08
18. Doug Sells, SHELTON, SHELTON, WASHINGTON 50-02.50
19. Anthony Gabriel, MORSE, SAN DIEGO 50-00.25
19. Mike Rahnis, ST. PAUL, SANTA FE SPRING 50-00.25

Chris Sprague led early at 62-05.5, with Mounts out to 63-09.5 on his fourth throw to take the lead. Sprague, an eleventh grader as Mounts, was 63-02.25 on his fifth and 63-02 on his final effort, with Mounts blasting his 65-04.25 on the final throw in the competition.

DISCUS THROW INVITATIONAL

1. Scott Moser, HUNTINGTON BEACH 205-07
2. John Bello, RANCHO CUCAMONGA 189-08
3. Reedus Thurmond, SERRA, GARDENA 188-03
4. Dan Arthenius, MOUNTAIN VIEW, OREM, UTAH 187-11
5. Mark Hoxmeyer, HILLSBORO, OREGON 182-06
6. John Badovinac, JESUIT, SACRAMENTO, CA 182-05
7. Jim Norum, BREA OLINDA, BREA 178-05
8. Chris Sprague, SOUTH EUGENE, EUGENE, OREG 175-06
9. Van Mounts, BAKERSFIELD 169-08
10. Anthony Gabriel, MORSE, SAN DIEGO 169-0
11. Rian Ingram, LAKE RIDGE, LAKE OSWEGO, OR 168-07
12. Jeff Beadle, HIGHLAND, BAKERSFIELD 163-0
13. Mike Donnelly, ST. IGNATIUS, SAN FRANCIS 155-11

14. Thomas Fortune, HARRISON, COLORADO SPRINGS 151-10
15. Greg Dickey, ATWATER, ATWATER, CA 151-05
16. Steve Parker, MCATEER, SAN FRANCISCO 149-06
17. Jason Pease, LOGAN, UNION CITY 147-08
18. Kurt Vollers, SERVITE, ANAHEIM 146-03

Scott Moser had some fairly good wind to throw in the late afternoon here, following his 207 throw of the previous week with a big final effort here, 205-7! Reedus Thurmond, an eleventh grader with five weeks of the event under his belt, amazed with his 188'03 in third. It took 175 feet to make the group of eight in the finals!

Girls Events

Picture post-card evening (mid-70's at the start, mid-60's by the end) greeted 1000 athletes at the suburban school 15 miles east of downtown Los Angeles. A packed house, 7500, rocked and rolled to an amazing series of performances by some of the country's best once again. The roars during some of the stretch runs and applause of appreciation for impressive solo efforts was quite emotional to even the closest followers of the sport. Kinshasa Davis of Long Beach Wilson was the star of the evening, with performances that put the senior leader of the strong Wilson team in the class of past local heroes like Marion Jones with an absolutely staggering 51.3 anchor split for her team in the 4x400 relay.

100 METER DASH INVITATIONAL

1. Angela Williams, CHINO 11.50 w:0.0
 2. Malika Edmonson, ST. BERNARD, PLAYA DEL REY 11.99
 3. Shakerrah Merritt, POLYTECHNIC, LONG BEACH 12.02
 3. Damesha Craig, MENLO SCHOOL 12.02
 5. Akiba McKinney, MONTE VISTA, SPRING VLY 12.04
 6. Miya Edmonson, ST. BERNARD, PLAYA DEL REY 12.09
 7. Lashonda Cutchin, BAYSIDE, VA. BEACH, VA. 12.15
 8. Tammy Wallace, POMONA 12.34
 9. Zhauntel Holman, VALLEY, SACRAMENTO 12.52.
- (Williams gone after 20 meters to very impressive time)

100 METER DASH

1. Adrena Williams, LOGAN, UNION CITY 12.03 w:0.0
2. Zahalea Showe, POLYTECHNIC, LONG BEACH 12.04
3. Brianna Glenn, LA MIRADA 12.13
4. Latrice Borders, WILSON, LONG BEACH 12.16
5. Tiffany Thompson, NOTRE DAME, SHERMAN OAKS 12.17

200 METER DASH INVITATIONAL

1. Kinshasa Davis, WILSON, LONG BEACH 23.53 w:0.0
2. Bunni Ogundoye, POLYTECHNIC, LONG BEACH 24.52
3. Damesha Craig, MENLO SCHOOL 24.65
4. Latrice Borders, WILSON, LONG BEACH 24.66
5. Lashonda Cutchin, BAYSIDE, VA. BEACH, VA. 24.69
6. Tiffany Thompson, NOTRE DAME, SHERMAN OAKS 24.95
7. Tammy Wallace, POMONA 25.26

Kinshasa Davis, looking stunningly sharp tonight, blasted entire straight-away, with time seeming faster than eventually announced.

200 METER DASH

1. Brianna Glenn, LA MIRADA 24.71 w:0.0
2. Senek Saavedra, ENCINAL, ALAMEDA, CA 24.77
3. Adrena Williams, LOGAN, UNION CITY 24.94
4. Janice Thomas, DORSEY, LOS ANGELES 25.06
5. Angie Poulsen, ROY HIGH, ROY, UTAH 25.32

400 METER DASH INVITATIONAL

1. Kinshasa Davis, WILSON, LONG BEACH 52.61
2. Regine Caruthers, ST. BERNARD, PLAYA DEL RE 55.60

3. Senek Saavedra, ENCINAL, ALAMEDA, CA 55.99
 4. Angie Poulsen, ROY HIGH, ROY, UTAH 56.39
 5. Kadrina Coffee, ST. BERNARD, PLAYA DEL RE 57.60
 6. Janice Zawaski, BEAUMONT COMPOSITE, CAN 58.13
- Kinshasa Davis, a racer, not a "pacer." If you know what we mean (see 4x400 later), continued her impressive evening with another shocker here.
- ### 400 METER DASH
1. Rose Criss, ANALY (SEBASTAPOL) 56.01
 2. Julia Gray, NORTH, RIVERSIDE 56.02
 3. Deanna Slaton, SILVER CREEK, SAN JOSE 56.64
 4. Tiffany Smith, TAFT, WOODLAND HILLS 56.79
 5. Nikelola Balogun, WESTCHESTER, LOS ANGELES 57.15

800 METER RUN INVITATIONAL

1. Lindsay Hyatt, PLACER, AUBURN, CA 2:09.35
2. Tanya Wright, BEAUMONT COMPOSITE, CAN 2:10.70
3. Angelita Green, POLYTECHNIC, LONG BEACH 2:10.74
4. Stephanie Chavez, LOS GATOS 2:11.15
5. Summer Shaw, HUNTINGTON BEACH 2:13.45
6. Jeanna Compost, SACHEM, LK RONKONKOMA, NY 2:13.50
7. Nicole McRae, GARFIELD, SEATTLE, WA 2:14.16
8. Yvonne Anderson, WM PENN, PHILADELPHIA, PA 2:14.79
9. Maika Nelson, BREA OLINDA, BREA 2:15.32
10. Rachel Ross, PASADENA 2:15.77
11. Kim Gildersleeve, WILSON, LONG BEACH 2:16.17
12. Jennifer Bridgeman, LOGAN, UNION CITY 2:17.38
13. Monica Van Wegen, AMADOR VLY, PLEASANTON 2:18.44
14. Missy Blackshire, FERRIS, SPOKANE, WA 2:19.51
15. Kerri Bock-Wilmes, CARONDOLET, CONCORD 2:19.81

Great race, with Hyatt winning the race down the homestretch against the impressive Canadian Wright and her other California rivals.

1,600 METER RUN INVITATIONAL

1. Kristen Gordon, CARONDOLET, CONCORD 4:46.24
2. Julia Stamps, SANTA ROSA 4:46.88
3. Andrea Neipp, HIGHLAND, PALMDALE 4:50.65
4. Abby Miller, GREEN VALLEY, HENDERSON, NV 4:53.19
5. Tracy Cohn, STOCKDALE, BAKERSFIELD 4:55.43
6. Julie Ott, UNIVERSITY, SAN DIEGO 4:55.54
7. Katie Nuanes, SANTA MARGARITA, RANCHO S 4:55.96
8. Stefani Clark, EAST, SALT LAKE CITY, UT 4:58.02
9. Kelly Rice, GILLETTE, CAMPBELL CO, WY 4:58.17
10. Erin Doherty, FLOWING WELLS, TUCSON, AZ 4:58.45
11. Sarah Ellis, LA CANADA 4:58.60
12. Elaine Canchola, NORDHOFF, OJAI 5:00.26
13. Lisa Whiting, MOUNTAIN VIEW, OREM, UTAH 5:02.56
14. Christine Zawaski, BEAUMONT 5:04.02
15. Tiffany Hansen, REDWOOD, LARKSPUR, CA 5:06.09
16. Kelly Howtsey, CLAYTON VALLEY, CONCORD 5:08.41
17. Kelly Fugal, MOUNTAIN VIEW, OREM, UTAH 5:09.17
18. Brianna Hibbs, POWAY 5:16.59
19. Kylee Wells, GRESHAM, OREGON 5:16.98

The northern California greats, Gordon and Stamps went at it, with Gordon edging ahead in the great stretch run.

3,200 METER RUN INVITATIONAL

1. Tara Rohatinsky, PROVO, PROVO, UTAH 10:39.93
2. Trina Cox, SANTA ROSA 10:43.25
3. Laura Fleishman, CANYON, CANYON COUNTRY 10:44.80
4. Kimi Welsh, YUCAIPA 10:46.40
5. Jackie Pacentrilli, DOHERTY, COLO SPRINGS 10:56.96
6. Jackie Berman, SACHEM, LAKE RONKONKOMA, NY 11:02.79
7. Alida McFall, NEWPORT HARBOR, NEWPORT B 11:03.19
8. Kim Garnic, LA CANADA 11:05.45
9. Allyson Marquand, UNIVERSITY, IRVINE 11:06.26
10. Jaymie Harper, SANTANA, SANTEE 11:06.28
11. Mary Moore, WOODBRIDGE, IRVINE 11:08.91

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12. Vickie Whiteside, YUCAIPA 11:09.04
13. Deborah Osteen, CLAYTON VALLEY, CONCORD 11:09.92
14. Kim Ethier, DOHERTY, COLORADO SPRINGS 11:13.37
15. Emily Hawkins, FERRIS, SPOKANE, WASHINGTON 11:14.54
16. Lisa Gillis, MOREAU CATHOLIC, HAYWARD 11:19.76
17. Marielle Schlueter, ST. IGNATIUS, SAN FRANCISCO 11:20.50
18. Breanne Schwellzer, SAUGUS 11:25.00
19. Kim Bates, LOS ALAMITOS 11:35.41

Injured last year, Rohatinsky emerged here to seem as sharp as ever, turning a big mid-race move into eventual victory.

100 METER HIGH HURDLES

1. Debra King, POLYTECHNIC, LONG BEACH 14.62 w.-1.2
2. Jalima Levine, WM PENN, PHILADELPHIA, PA 14.76 w.-1.2
3. Kameel Fleming, DORSEY, LOS ANGELES 14.85 w.-1.2
4. Lisa O'Reilly, ST. MARY'S, STOCKTON 14.96 w.-1.2
5. Tomisha Allen, NORTH SALINAS, SALINAS 15.20 w.-1.2

100 METER HIGH HURDLES INVITATIONAL

1. Michelle Perry, QUARTZ HILL 13.88 w.0.0
2. Nicole Hoxie, NORTH, RIVERSIDE 13.93
3. Hannah Cooper, HAWTHORNE 14.30
4. Roxanne Woodley, PICKERING, AJAX, ONTARIO, CAN 14.34
5. Ashley Bethel, MISSION VIEJO 14.51
6. Natasha Neal, LOGAN, UNION CITY 14.56
7. Amanda Shanklin, SANTA MARGARITA, RANCHO S 15.16
8. Cassie Greenlee, EASTLAKE (REDMOND, WA) 15.65

Running out of lane 1 with her seed, Michelle Perry marked a huge break-through with a win over 96 Cal Champ, Nicole Hoxie and crew.

300 METER LOW HURDLES

1. Debra King, POLYTECHNIC, LONG BEACH 43.93
2. Amanda Shanklin, SANTA MARGARITA, RANCHO S 44.34
3. Michelle Steingart, ST. FRANCIS, MOUNTAIN VIE 44.73
4. Myesha Kirtman, LOWELL, SAN FRANCISCO 44.89
5. Carrie McGraw, MISSION SAN JOSE, FREMONT 46.85

300 METER LOW HURDLES INVITATIONAL

1. Angel Patterson, WM PENN, PHILADELPHIA, PA 41.94
2. Natasha Neal, LOGAN, UNION CITY 42.37
3. Randi Smith, BEVERLY HILLS 42.91
4. Michelle Perry, QUARTZ HILL 43.37
5. Hannah Cooper, HAWTHORNE 43.38
6. Lisa O'Reilly, ST. MARY'S, STOCKTON 43.95
7. Frances Santin, TAFT, WOODLAND HILLS 44.63
8. Cassie Greenlee, EASTLAKE (REDMOND, WA) 46.06
9. Nicole Hoxie, NORTH, RIVERSIDE 46.19.

Great race where Natasha Neal was out for the first 150, with Patterson, just outside of her, racing stride for stride down the straight-away, with the Philadelphian eventually taking the victory in a time 41.94 which took down Gayle Kellon's ancient Meet Record of 42.34.

4X100 METER RELAY

1. ENCINAL, ALAMEDA, CA 47.59
2. NORTH, RIVERSIDE 48.40
2. WOODBRIDGE, IRVINE 48.40
4. AYALA, CHINO 48.63
5. VALLEY, SACRAMENTO 49.76

4X100 METER RELAY INVITATIONAL

1. ST. BERNARD, PLAYA DEL RE 45.60
2. LOGAN, UNION CITY 45.82
3. POLYTECHNIC, LONG BEACH 45.88
4. WILSON, LONG BEACH 46.05
5. WM PENN, PHILADELPHIA, PA 47.30
6. TAFT, WOODLAND HILLS 47.88
7. DORSEY, LOS ANGELES 48.60
8. FOOTHILL, BAKERSFIELD 48.75

9. PALMDALE 50.16.

First race of the night featured the teams ranked 1-4 timewise in 1996 with good groups back. Cranking third and fourth legs, Malika Edmonson on the anchor, had St. Bernard take the win in a time 45.60.

4X400 METER RELAY INVITATIONAL

1. WILSON, LONG BEACH 3:40.33
2. ST. BERNARD, PLAYA DEL RE 3:42.14
3. WM PENN, PHILADELPHIA, PA 3:44.94
4. TAFT, WOODLAND HILLS 3:53.18
5. FOOTHILL, BAKERSFIELD 4:03.65.

Great close to the evening had a script written in Hollywood. William Penn put their three best runners first, being without Neferlitti Cooper this meet. Kinshasa Davis (Wilson) received the baton fully 25 meters down, and after not really making up much ground the first 200 meters, chomped at the lead with every stride after that, eventually bursting past in the last 40 meters during an amazing 51.3 split!!). Needless to say you can figure out who Athlete of the Meet was.

4X400 METER RELAY

1. ENCINAL, ALAMEDA, CA 3:50.25
2. WILSON, LONG BEACH "B" 3:52.30
3. MUIR, PASADENA 3:57.88
4. SKYLINE, OAKLAND 3:59.77
5. CARONDOLET, CONCORD 4:00.64

DISTANCE MEDLEY INVITATIONAL

1. CARONDOLET, CONCORD 11:59.05
2. UNIVERSITY, SAN DIEGO 12:08.75
3. LOWELL, SAN FRANCISCO 12:10.17
4. GREEN VALLEY HENDERSON, NV 12:13.36
5. LOGAN, UNION CITY 12:20.12
6. SACHEM, LAKE RONKONKOMA, NY 12:23.93
7. FALLBROOK 12:25.64
8. PALO ALTO 12:26.81
9. AYALA, CHINO 12:27.01
10. YUCAIPA 12:27.08
11. DANA HILLS, DANA POINT 12:28.06
12. ST. IGNATIUS, SAN FRANCISCO 12:29.53
13. UNIVERSITY, IRVINE 12:33.32
14. EL MODENA, ORANGE 12:33.64
15. TORREY PINES, ENCINITAS 12:34.30
16. ORANGE GLEN, ESCONDIDO 12:36.70
17. SANTA MARGARITA, RANCHO S 12:37.06
18. RANCHO BERNARDO, SAN DIEG 12:38.01
19. POLYTECHNIC, LONG BEACH 12:41.03

HIGH JUMP INVITATIONAL

1. Camee Williams, SPRINGFIELD, OHIO 5-06
2. Ashley Bethel, MISSION VIEJO 5-04
2. Lisa Underhill, RANCHO BUENA VISTA, VISTA 5-04
2. Genein Jefferson, EISENHOWER, RIALTO 5-04
5. Karissa Ortega, ARROYO GRANDE 5-04
6. Mia Gramaja-Jones, DORSEY, LOS ANGELES 5-04
7. Kibbi Bodden, LOGAN, UNION CITY 5-04
8. Crystal Givens, WILSON, LONG BEACH 5-04
8. Alexis Hill, POMONA 5-04

Ohloan Camee Williams, one of the nation's great all-arounders, sported a thigh bandage (slight injury from Indoor Nationals) while winning here. The 13.9-42.1 hurdler and 20+ long jumper would normally have been all over the facility during the evening.

POLE VAULT INVITATIONAL

1. Blanca Maran, SANTA MONICA 11-03
2. Bridget Pearson, HOOVER, GLENDALE 10-06

3. Julie Sanders, ARROYO GRANDE 10-06

4. Katie Rorem, MARINA, HUNTINGTON BEACH 10-06
5. Kylee Nixon, POWAY 10-0
6. Sarah Higham, MISSION VIEJO 10-0
7. Summer Shaw, HUNTINGTON BEACH 10-0
8. Heather Siddle, CAMARILLO 10-0
9. Margo Hair, INTERLAKE, BELLEVUE, WA 10-0
10. Maria Lopez, NEWARK 9-06
10. Ami Desai, THOUSAND OAKS 9-06
10. Serira Bruns, RANCHO CUCAMONGA 9-06
10. Jenny Thompson, WOODBRIDGE, IRVINE 9-06
14. Hannah Johnson, ATASCADERO 9-06
15. Maggie O'Malley, ATASCADERO 9-06
16. Kaley Kiro, BEAR CREEK, STOCKTON 9-0

LONG JUMP INVITATIONAL

1. Aldia McKinney, MONTE VISTA, SPR VLY 18-10.50 w: NWI
2. Reyna King, ST. MARY'S, INGLEWOOD 18-09.50 w: NWI
3. Angela Williams, CHINO 18-09.50 w: NWI
4. Bunni Ogunleye, POLY, LONG BEACH 18-06.75 w: NWI
5. Ashley Bethel, MISSION VIEJO 18-04.50 w: NWI
6. Lisa Bonser, PICKERING, AJAX, ONTARIO, CAN 18-04 w: NWI
7. Kameelah Elams, PIEDMONT HILLS, SJOSE, C 17-11 w: NWI
8. Genein Jefferson, EISENHOWER, RIALTO 17-08.75 w: NWI
9. Dominique Green, LOGAN, UNION CITY 17-05 w: NWI
10. Hannah Cooper, HAWTHORNE 17-04.75 w: NWI
11. Chakwan Turner, WILSON, LONG BEACH 17-04.75 w: NWI

TRIPLE JUMP INVITATIONAL

1. Andria Booker, EL CAMINO, OCEANSIDE 38-0 w: 2.0
2. Lisa Bonser, PICKERING, AJAX, ONTARIO, CAN 38-05 w: 0.0
3. Nichole McAlister, GRANITE HILLS, EL CAJ, CA 37-11.50 w: 2.3
4. Reyna King, ST. MARY'S, INGLEWOOD 37-10.25 w: 0.8
5. Genein Jefferson, EISENHOWER, RIALTO 37-07 w: 3.0
6. Sherita Williams, EL CAMINO, OCEANSIDE 37-06.25 w: 1.7
7. Angel Patterson, WM PENN, PHILAD, PA 37-05.50 w: 1.5
8. Takhia Morgan, MOUNTAIN VIEW, TUSC, AZ 36-10.25 w: 2.9
9. Jameka Taylor, LITTLEROCK 36-06 w: 3.1
10. Amanda Shanklin, ST MARG, RANCHO S 36-05.75 w: NWI
11. Shirley Anku, RANCHO BUENA VISTA, VISTA 36-05 w: 0.5
12. Brittonne Dawson, CARONDOLET, CONCORD 36-05 w: 2.0
13. Nicola Peyton, SANTA MONICA 36-02.25 w: 2.0
14. Beth Johnson, LOGAN, UNION CITY 36-02.25 w: 1.8
15. Jennifer Woolton, MARINA, HUNT BEACH 35-09.50 w: 2.5
16. Latanya Agors, GROSSMONT, LA MESA, CA 35-08 w: 3.5
17. Shanee Thomas, POLY, LONG BEACH 35-06.25 w: 1.3
18. Jamara Smith, LOGAN, UNION CITY 35-03.25 w: 3.8

SHOT PUT INVITATIONAL

1. Krista Keir, WESTERVILLE SOUTH, OHIO 49-0
2. Cynthia Ademiluyi, POLYTECHNIC, LONG BEACH 47-04.50
3. Chaniqua Ross, LAGUNA CREEK, ELK GROVE 45-02.25
4. Kristin Bryden, ANDERSON 43-05.50
5. Andrea Thornton, SHELTON, SHELTON, WASHING 43-01.25
6. Stephanie Brown, ARROYO GRANDE 42-04.75
7. Jessica Cosby, GRANADA HILLS, CA 42-00.50
8. Cathy Fuallamaa, EAST, SALT LAKE CITY, UT 41-00.25
9. Amy Thiel, FREMONT CHRISTIAN 38-07
10. Suzanne Lin, TRABUCO HILLS, MISSION VI 38-04.25
11. Julie Beachler, BAKERSFIELD 38-10.25
12. Brandy Smith, MADERA 38-07.50
13. Megan Kessler, ARCADIA 38-02.25
14. April Burton, BAKERSFIELD 37-03.25
15. Vanessa Shields, ARROYO GRANDE 37-02.75
16. Nicole Sanders, ORANGE GLEN, ESCONDIDO 37-01
17. Dana Lawson, CLAYTON VALLEY, CONCORD 36-09.75
18. Jean Clark, CHINO 36-00.50

Long Beach Poly star Cynthia Ademiluyi tried to keep Ohio star Krista Keir honest here.

Arcadia Invitational

DISCUS THROW INVITATIONAL

1. Chaniqua Ross, LAGUNA CREEK, ELK GROVE 167-04
2. April Burton, BAKERSFIELD 164-01
3. Krista Keir, WESTERVILLE SOUTH, OHIO 161-07
4. Cedilia Barnes-Mileham, CLOVIS WEST, FRESNO, CA 156-02
5. Amy Thiel, FREMONT CHRISTIAN 149-02
6. Kristin Bryden, ANDERSON 145-10
7. Carrie Axton, LOS AMIGOS, FOUNTAIN VLY. 145-07
8. Melissa Reis, LOGAN, UNION CITY 140-06
9. Mandy Borschowa, MOUNT SI. SNOQUALMIE, WA. 135-0
10. Cynthia Ademikuyi, POLYTECHNIC, LONG BEACH 134-08
11. Jessica Byrne, RAMONA 133-10
12. Julie Gunzel, PAYSON, ARIZONA 130-09
13. Cathy Fuallamaa, EAST, SALT LAKE CITY, UT 127-03
14. Sandra Paulo, BELL GARDENS 126-07
15. Stephanie Brown, ARROYO GRANDE 122-01
16. Erin Haentjens, ARROYO GRANDE 121-09.

After the very favorable wind conditions that the Boys had (wind died down early evening when sun went down) the Girls event had an impressive a series of performances as any in the entire meet.

Open/Day Portion

OPEN MEET HIGHLIGHTS: (HELD BETWEEN 11:00 AM AND 4:00 PM DATE OF INVITATIONAL)

BOYS

100m

- (R-1) Hill (St. John Bosco, Bellflower) 11.04 (+.6). (R-2) Uku (Narbonne, Harbor City) 11.07 (+.6). 2. Hart (Westchester, LA) 11.09. (R-3) Patton (Cottonwood, Salt Lake City) 11.13 (-1.1).

200m

- (R-1) Sylve (Eisenhower, Yakima) 22.23 (-0.8). (R-2) Bartling (Grossmont, La Mesa) 21.95 (-2.4). Douglas (University City, San Diego) 21.97. 3. Coomes (St. Augustine, San Diego) 22.27. (R-3) Patton (Cottonwood, Salt Lake City) 21.83 (+1.4). Grant (Ridgeview, Bakersfield) 22.09. 3. Hart (Westchester, LA) 22.09.

400m

- (R-1) Sylve (Eisenhower, Yakima, Wa) 48.50. 2. Young (North, Riverside) 48.70. 3. Lea (Camarillo) 49.05. 4. Whitson. (R-2) Berganza (St. Paul, Whittier) 48.91. 2. Denman (Gardena) 48.97. 3. White (Milpitas) 49.02.

800m

- (R-1) Lindahl (Dana Hills, Dana Point) 1:56.87. 2. Adkins (Willcox, Santa Clara) 1:56.97. 3. Pride (Damien, La Verne) 1:57.95. (R-2) Keville (Santa Monica) 1:55.75. 2. West (Sonora, La Habra) 1:56.75. 3. Graham (Diamond Bar) 1:57.90.

1600m

- (R-1) Greene (St. Augustine, San Diego) 4:19.82. 2. Marino (Crenshaw, LA) 4:23.03. 3. Ramirez (Royal, Simi Valley) 4:23.94. (R-2) Bergquist (Fairview, Boulder, Co) 4:20.94. 2. Rastler (Gunderson, San Jose) 4:22.89. 3. Muite (North Hollywood) 4:23.73.

3200m

1. Francisco (Sunnyside, Tucson, Az) 9:28.13. 2. Leahy (Burbank) 9:29.17. 3. Balderos (Silver Creek, San Jose) 9:33.69.

110mH

- (R-1) Lee (Dorsey, LA) 14.53 (+0.8) Meet Record, Brown

- (Dominguez, Compton) 14.60. 3. Warren (Hawthorne) 14.90. (R-2) Seedall (East, Salt Lake City, Ut) 14.83 (+0.5). 2. (lie) Nero (St. Mary's, Berkeley) & Bravin (Valhalla, El Cajon) 14.85. (H-3) Galaviz (Gunderson, San Jose) 14.4 (hl) (+0.92). Rasmussen (Johansen, Modesto) 14.4. 3. Hobbs (Redlands) 15.1.

300mH

- (R-1) Seedall (East, Salt Lake City, Ut) 38.34. 2. Elggren (Davis, Kaysville, Ut) 29.23. 3. Bravin (Valhalla, El Cajon) 39.30. (R-2) Thoma (Chaminade, Canoga Park) 39.10. 2. Hobbs (Redlands) 39.57. (R-3) Lee (Dorsey, LA) 39.51.

400m Re

- (R-1) Loyola (LA) 42.82. 2. St. Bernard (Playa del Rey) 43.07. 3. Bishop Amat (La Puente) 43.35.

4x400 Re

- (R-1) Gunderson (San Jose) 3:23.74. 2. Gunn (Palo Alto) 3:23.83. 3. Edison (Hunt Bch) 3:28.86. (R-2) Gardena 3:24.44. 2. Hamilton (LA) 3:25.32. 3. Torrey Pines (Encinitas) 3:25.62.

Dist Medley

1. Chino 10:29.51 (MEET RECORD). 2. Fresno 10:29.60. 3. Santa Monica 10:39.55.

HJ

1. Christian (Crenshaw, Ia) 6-04. 2. Taylor (University, SF) 6-4. 3. Mairdur (Birmingham, Van Nuys) 6-4.

PV

1. Cheng (Rancho Buena Vista, Vista) 14-6. 2. Foster (Amador Valley, Pleasanton) 14-6. 3. Bruses (Camarillo) 14-0.

LJ

1. Dunn (St. Bernard, Playa del Rey) 22-5.25 (wind ok). 2. Langston (Rancho Cucamonga) 21-5.75 (wind ok).

TJ

1. Predado (Slagg, Stockton) 44-7.14w (43-05.75 ok). 2. Turner (Gahr, Cerritos) 44-1.75w. 3. Jones (Edison, Hunt Bch) 44-01.25 (ok).

SP

1. Torres (Rosemead) 54-7. 2. Bjorklund (Los Altos) 54- 3. 3. Barthelmes (Bakersfield) 53-04.25.

DT

1. Johnson (Fresno) 167-04. 2. Johnson (Bakersfield) 163-0. 3. Villarino (San Jacinto) 155-1.

GIRLS

100m

- (h-1) McCallum (San Lorenzo) 12.25 (+0.6). 2. Dix (Woodbridge, Irvine) 12.30. 3. Blaschke (St. Francis, Mountain View) 12.56. (H-2) Holmes (Palmdale) 12.26 (+1.91). 2. Bruner (Westchester, LA) 12.30. 3. Arutunyan (Hoover, Glendale) 12.66. (R-3) Johnson (Ayala, Chino Hills) 12.27 (+1.91). 2. Perry-Gates (Victor Valley, Victorville) 12.35. 3. Callaway (Wilson, LB) 12.62.

200m

- (R-1) Margain (San Lorenzo) 25.14 (-1.5). 2. Johnson (Ayala, Chino Hills) 25.14. 3. Holmes (Palmdale) 25.38. (R-2) Criss (Analay, Sebastopol) 25.15 (-0.5). 2. Smith (Wilson, LB) 25.26. 3. Woods (Skyline, Oak) 25.71. (R-3) Malone (Cleveland, Reseda) 26.02 (-2.7).

400m

- (R-1) Margain (San Lorenzo) 57.09. 2. Elarms (Piedmont Hills, San Jose) 57.30. 3. Kirtman (Lowell, San Francisco) 57.92. (R-2) Wrenn (Palo Alto) 58.04. 2. Kaine (Beverly Hills) 58.14. 3. Nash (Carondelet, Concord) 58.71. (R-2) White (Esperanza, Anaheim)

- 58.42. 2. Crumrine (Flintbridge Prep, La Canada) 58.53.

800m

- (R-1) Altrow (St. Mary's, Stockton) 2:15.86. 2. Bledsoe (Poly, Long Beach) 2:16.18. 3. Hatch (Nordhoff, Ojai) 2:16.46. (R-2) Biber-Ferro (Los Gatos) 2:18.75. 2. Kihara (Palo Alto) 2:19.21.

1600m

- (R-1) Goering (Fairview, Boulder, Co) 5:02.87. 2. Heaton (Eisenhower, Yakima, Wa) 5:04.79. 3. Chou (Lowell, San Francisco) 5:07.89. (R-2) Miller (Rim of World, Lake Arrowhead) 5:11.71. 2. Barbour (Dana Hills, Dana Pt) 5:15.71. 3. Maude (La Canada) 5:17.76.

3200m

1. Akana (Lowell, San Francisco) 10:41.02. Gladrit (University, SD) 11:02.0. 3. Goering (Fairview, Boulder, Co) 11:14.1.

100mH

- (R-1) Bonser (Pickering, Can) 15.35 (+0.0). Proctor (Muir, Pasadena) 15.44. 3. Livingston (Simi Valley) 15.78. (R-2) +0.0 Nicholas (Sunny Hills, Fullerton) 15.1 (0.0). 2. Dawkins (Muir, Pas) 15.4. 3. Bradley (Muir, Pas) 15.8. (R-3) Carter (Rancho Bernardo, San Diego) 15.29 (+1.9). 2. Martin (West Hills, Santee) 15.46m 3. Downey (Los Altos) 15.59.

300LH

- (R-1) Tallington (Penn, Phil, Pa) 44.49. 2. Levine (Penn, Phil, Pa) 45.63. 3. King (Carondelet, Concord) 46.08. (R-2) Nicholas (Sunny Hills, Fullerton) 46.15. 2. Doty (Merced) 46.64. 3. Rauth (Harvard-Westlake, No Hollyw) 46.87. (R-3) Edmond (North, Rivers) 46.48. 2. Downey (Los Altos) 46.78. 3. Martin (West Hills, Santee) 47.031.

400m Re

- (R-1) Redlands 49.09. 2. Wilson (Long Beach) "B" 49.53. 3. Granite Hills (El Cajon) 50.05. (R-2) St. Francis (Mountain View) 49.79. 2. Littlerock 50.19. 3. Gunn (Palo Alto) 50.30.

1600m Re

- (R-1) Gunn (Palo Alto) 4:02.34. 2. Rancho Bernardo (San Diego) 4:05.70. 3. Arcadia 4:06.06. (R-2) Silver Creek (San Jose) 4:05.51. 2. Torrey Pines (Encinita) 4:06.50. 3. San Marcos (Santa Barbara) 4:07.05.

Dist Med Re

1. West Hills (Santee) 12:43.94. 2. South Hills (W Cov) 12:47.58. 3. Eisenhower (Yakima, Wa) 12:47.94.

HJ

1. Berman (St. Lucy's, Glendora) 5-4. 2. Turpin (Simi Valley) 5-2. 3. Ostroff (Harvard-Westlake, No. Hollyw) 5-2.

PV

1. Nellis (Bear Creek, Stockton) 10-00. 2. Barnett (Downey, Modesto) 9-6. 3. Dennison (Rancho Bernardo, SD) 9-6.

LJ

1. Gertsch (San Pasqual, Escondido) 18-6.75 (ok). 2. Ogarro (St. Mary's, Inglewood) 18-03.5. 3. Taylor (Littlerock) 18-03.25w (18-00 ok).

TJ

1. Hill (Pomona) 37-06. 2. Vice (Downey) 37-00.5w (36-07.25 ok). 3. Uufodana (Poly, Long Beach) 36-09.25.

SP

1. Kraus (St. Lucy's, Glendora) 39-08. 2. Foster (Ventura) 36-10.25. 3. Askew (Birmingham, Van Nuys) 35-08.5.

DT

1. Clark (Chino) 126-08. 2. Soong (North, Riverside) 125-05. 3. Kessler (Arcadia) 124-01.

More complete results of the ARCADIA INVITATIONAL found on CTRN's web site at:

<http://www.runningnetwork.com/CTRN/>

PREP RESULTS

Bob Mathias Relays

April 3-5, 1997, Ratcliffe Stadium, Fresno.
Small High School Boys

Final Team Standings

1 Garces 58, 2 San Lorenzo 46, 3 Corcoran
43 Chowchilla 43, 5 Selma 42, 6 Kingsburg
36, 7 Central Catholic 28, Mendota 28, 9
Coalinga 19, 10 Alhambra 18, 11 Mariposa 15,
12 Shafter 13, 13 Dinuba 12, 14 Sierra 11, 15
Dos Palos 10, 16 Australia 8, 17 Taft 6, 18
Fowler 3, 19 Bret Harte 2.

Running (All races are wind legal)

100 meters

(heat 1):

1. Brian Mulhofer (Garces) 11.28

(heat 2):

1. Matt Parades (Corcoran) 11.27

(heat 3):

1. Steve Butler (Chowchilla) 11.62

(final):

1. Matt Parades (Corcoran) 11.22

2. Brian Mulhofer (Garces) 11.24

3. Raymond Crane (Dos Palos) 11.52

4. Jesse Schlunegger (Sierra) 11.63

5. Steve Butler (Chowchilla) 11.72

200 meters

(section 1):

1. Casey Holeman (Sierra) 23.89

2. Trent Logan (Australia) 24.14

3. Luke Higdon (Garces) 24.17

(section 2):

1. Matt Parades (Corcoran) 22.95

2. Brian Mulhofer (Garces) 23.19

3. Sherman Clayton (Mariposa) 23.75

110-meter hurdles

(heat 1):

1. Derek Seymour (San Lorenzo) 15.04

(heat 2):

1. Em Sanderson (San Lorenzo) 16.09

(final):

1. Derek Seymour (San Lorenzo) 14.7

2. Em Sanderson (San Lorenzo) 15.6

3. Scott Uhles (Garces) 15.8

4. Amos Cruz (Alhambra) 16.0

5. Joey Vasquez (Selma) 16.1

300-meter hurdles

(section 1):

1. Amos Cruz (Alhambra) 42.82

(section 2):

1. Derek Seymour (San Lorenzo) 39.95

400 meters

(section 1):

1. Brent Rockenboch (Dos Palos) 54.88

(section 2):

1. Glenn Jennings (Taft) 50.72

800 meters

1. Romero Arias (Mendota) 2:00.26

2. Matt Neufeld (Shafter) 2:01.72

3. Chano Luviano (Dinuba) 2:01.83

4. Juan Verduzco (Chowchilla) 2:03.79

5. Eduardo Ochoa (Corcoran) 2:06.10

1600 meters

1. Jesse Plummer (San Lorenzo) 4:35.71

2. Rick Riley (Alhambra) 4:36.64

3. Ramiro Arias (Mendota) 4:37.09

4. Juan Verduzco (Chowchilla) 4:37.78

5. Alejandro Palacios (Corcoran) 4:38.74

400-meter relay

(section 1):

1. Coalinga - 46.1

2. Chowchilla - 46.52

3. Mariposa - 46.62

(section 2):

1. Corcoran - 44.36

2. Selma - 45.58

3. Mendota - 46.76

1600-meter relay (section 1):

1. Dos Palos - 3:44.23

2. Chowchilla - 3:47.07

3. Yosemite - 3:47.26

(section 2):

1. Garces - 3:38.77

2. Corcoran - 3:41.65

3. Mendota - 3:41.79

Field Events

Discus:

1. Luke Mackay (Central Catholic) 160-6

2. Adam Sanborn (San Lorenzo) 143-8

3. Phil Harvey (Central Catholic) 141-10

High Jump:

1. Lance Deckhard (Chowchilla) 6-4

2. Danny Danaho (Garces) 6-2

3. Tim Ruffell (Mariposa) 6-2

Long Jump:

1. Jim Whitfield (Corcoran) 21-3

2. John Lake (Garces) 19-10 1/4

3. Chris Williams (Chowchilla) 19-9

Pole Vault:

1. Brian Price (Kburg) 14-6 (ties meet record)

2. J.J. Garcia (Kingsburg) 14-0

3. Dan Bunker (Kingsburg) 11-0

Shot Put:

1. Luke Mackay (Central Catholic) 49-9

2. Danny Elliott (Coalinga) 45-7

3. Joey Vasquez (Selma) 41-10

Triple Jump

1. John Lake (Garces) 42-9 3/4

2. Joseph Mealy (Selma) 41-9

3. Joey Vasquez (Selma)

Small High School Girls

Final Team Standings

1 Kingsburg 89, 2 Alhambra 50, 3 Shafter 40, 4

Sierra 39, 4 Selma 39, 6 Notre Dame 36, 7

Garces 27, 8 Bret Harte 26, 8 Taft 26, 10

McFarland 21, 11 Corcoran 20, 12 Australia

14, 13 Dos Palos 10, 14 Chowchilla 7, 14

Coalinga 7, 16 San Lorenzo 6, 16 Yosemite 6,

18 Caruthers 2, 18 Fowler 2.

Running (All races are wind legal)

100 meters

(heat 1):

1. Allison Knodel (Kingsburg) 12.85

(heat 2):

1. Adrienne Colbert (Shafter) 13.25

(heat 3):

1. Renee Contreras (Kingsburg) 13.22

(final):

1. Allison Knodel (Kingsburg) 13.01

2. Erin DeLong (Kingsburg) 13.15

3. Stephanie Johnson (Bret Harte) 13.34

4. Adrienne Colbert (Shafter) 13.40

5. Renee Contreras (Kingsburg) 13.51

200 meters

(section 1):

1. Andrea Garcia (Corcoran) 27.97

2. Alyana Lacey (Chowchilla) 28.04

3. Jennifer Scaparo (Sierra) 28.73

(section 2):

1. Allison Knodel (Kingsburg) 26.95

2. Erin DeLong (Kingsburg) 27.47

3. Heather McNaughton (Kingsburg) 27.87

400 meters

(section 1):

1. Kim Eames (Yosemite) 1:05.2

2. Kelsey Scott (Notre Dame) 1:06.38

3. Ginger White (Garces) 1:09.26

(section 2):

1. Laura Underwood (Alhambra) 1:01.14

2. Tanisha Cook (Unattached) 1:03.83

3. Jamie Rempel (Sierra) 1:05.22

800 meters:

1. Niki Salcido (Taft) 2:28.05

2. Cristina Sanchez (McFarland) 2:28.07

3. Tracy Bowling (Taft) 2:30.53

4. Jessica Neu (Alhambra) 2:30.78

5. Anita Jones (Australia) 2:32.60

1600 meters:

1. Tracy Bowling (Taft) 5:19.22

2. Cristina Sanchez (McFarland) 5:25.62

3. Jessica Neu (Alhambra) 5:26.00

4. Amy Loper-Riley 5:26.29

5. Anita Jones 5:33.18

100-meter hurdles

(heat 1):

1. Kristi McElwain (San Lorenzo) 18.36

(heat 2):

1. Stephanie Johnson (Bret Harte) 17.21

(heat 3):

1. Allison Ulbrich (Garces) 17.82

(final):

1. Stephanie Johnson (Bret Harte) 16.87

2. Ida Zapanta (Garces) 17.54

3. Amber Anderson (Shafter) 17.58

4. Allison Ulbrich (Garces) 17.80

5. Regina Bartsch (Sierra) 18.03

300-meter hurdles

(section 1):

1. Ida Zapala (Garces) 53.39

(section 2):

1. Laura Musser (Notre Dame) 50.98

400-meter relay

(section 1):

1. Chowchilla 54.74

2. Dos Palos 55.67

3. Yosemite 57.78

(section 2):

1. Kingsburg 51.54

2. Shafter 52.81

3. Alhambra 53.69

1600-meter relay:

1. Alhambra 4:18.47

2. Notre Dame 4:21.64

3. Shafter 4:23.57

4. Chowchilla 4:27.74

5. Kingsburg 4:28.04

Field Events

Pole Vault:

1. Allison Knodel (Kingsburg) 11-0

2. Kyla Pavlina (Kingsburg) 10-6

3. Katherine Azar (Kingsburg) 9-0

Long Jump:

1. Lacy Turner (Dos Palos) 15-7 1/4

2. Andrea Garcia (Corcoran) 15-6 3/4

3. Jennifer Scaparo (Sierra) 15-4

Triple Jump:

1. Priscilla Viveros (Selma) 33-4 3/4

2. Heather McNaughton (Kingsburg) 32-11 1/2

3. Corina Clinger (Selma) 32-9 3/4

High Jump:

1. Loren Gualco (NDame) 5-6 meet record

2. Jenna Lazzarini (Garces) 5-4

3. Lydia Brown (Shafter) 5-0

4. Alina Kessling (Australia) 5-0

5. Casey Turner (Caruthers) 4-8

Shot Put:

1. Robin Schwamb (Set) 38-10.5 meet record

2. Krissy Schellir (Sierra) 34-2

3. Kelly Mahaffey (Corcoran) 31-2

Discus:

1. Krissy Schellir (Sierra) 128-8

2. Tammy d'Artenay (Coalinga) 111-2

3. Robin Schwamb (Selma) 106-11

Large High School Boys

Final Team Standings

1 Clovis 56, 2 Ridgeview 36, 3 Fresno 29, 4

Lemoore 28, 5 Bakersfield 28, Serra 28, 7

Alwater 26, 8 Buchanan 24, 9 Mclane 16, 10

Hoover 14, Golden West 14, 12 Bakersfield

12, Redwood 12, Johansen 12, McFarland 12,

16 Grant 11, 17 Reed 10, Yuerba Buena 10,

19 Clovis West 8, 20 Madera 6, 21 Porterville

5, 22 Tulare 4, Centennial 4, Mt. Whitney 4,

25 N. Bakersfield 2, Edison 2, Beyer 2, Los

Banos 2, Chino 2, 30 Tulare Western 1,

Stockdale 1.

Running

100 meters

(heat 1): (wind: +1.38)

1. Warren Rogers (Serra) 10.77

(heat 2):

1. Paul Howard (Edison) 10.84

(heat 3):

1. Shawn Turner (Lemoore) 10.99

(heat 4):

1. Daunte Marshall (Lemoore) 11.21

(final):

PREP RESULTS

1. Tony Berian (Atwater) 10.82
2. Shawn Turner (Lemoore) 10.85
3. Kim Johnson (Hoover) 11.09
4. Dante Marshall (Lemoore) 11.13
5. Marcel Armstrong (McLane) 11.17

1,600 meters:

1. Steve Barrus (Clovis) 4:24.37
2. Michael Kasahun (Fresno) 4:24.89
3. Mike Pistorich (Clovis West) 4:25.14
4. Noel Nelson (Redwood) 4:27.13
5. Richard Granillo (Golden West) 4:27.86

3,200 meters:

1. Michael Kasahun (Fresno) 9:26.59
2. Noel Nelson (Redwood) 9:31.33
3. Steve Barrus (Clovis) 9:34.75
4. Jose Perezchica (McFarland) 9:41.01
5. Erik Aquilar (Porterville) 9:41.94

110-meter hurdles

- (heat 1):
1. Kevin Charter (South Bakersfield) 14.52
- (heat 2):

1. CJ Nakayama (Clovis) 15.31
- (heat 3):

1. Tim Bodganof (Buchanan) 14.96
- (final):

1. Kevin Carter (South Bakersfield) 14.51
2. Tim Bodganof (Buchanan) 14.66
3. CJ Nakayama (Clovis) 14.89
4. Erik Rasmussen (Johansen) 14.90
5. Cameron McClure (Golden West) 15.30

300-meter hurdles

- (section 1):
1. Mike Newton (Lemoore) 41.01

(section 2):

1. Robert Hall (Los Banos) 41.19
- (section 3):

1. Nick Ray (Ridge) 37.76 (New meet record)
- 400-meter relay

(section 1):

1. Clovis West - 44.62
2. Sonora - 44.65

3. Buchanan - 44.95
- (section 2):

1. Hoover - 44.41
2. Stockdale - 44.62

3. Sanger - 44.68
- (section 3):

1. Serra - 42.22
2. Atwater - 43.19

3. Grant - 43.40
- 1600-meter relay

(section 1):

1. Los Banos - 3:28.44
2. Yerba Buena - 3:28.96

3. Fresno - 3:30.66
- (section 2):

1. Sanger - 3:27.97
2. McLane - 3:28.45

3. Tulare Western - 3:29.79
- (section 3):

1. Ridgeview - 3:19.45
2. Serra - 3:21.17

3. Clovis - 3:22.38
- Distance Medley Relay:

1. Fresno - 10:38.6
2. McFarland - 10:47.7

3. Madera - 10:58.0
4. McLane - 10:59.9

5. Mt. Whitney - 11:08.0
- Field Events

Pole Vault:

1. Mark Unzueta (Lemoore) 15' 6"

2. Erik Rasmussen (Johansen) 15'
3. Seth Benson (Golden West) 14' 6"

High Jump

1. Myles Bacon (Reedley) 6' 6"
2. Chris Sims (Clovis) 6' 4"

3. Josh Alfaro (Buchanan) 6' 0"
3. Mike Benas (Porterville) 6' 0"

3. Mark Unzueta (Lemoore) 6' 0"
- Triple Jump: (All jumps wind legal)

1. Grady Wilburn (Clovis West) 44' 6 1/2"
2. Ouran Archie (Hoover) 44' 5"

3. Glen Stone (Yerba Buena) 43' 8 1/4"
4. Chet Bou (McLane) 43' 7 1/2"

5. Folsom Alkhradwo (Clovis West) 42' 9 1/2"
- Discus:

1. Reed Thurmons (Serra) 187' 2"
2. Van Mounts (Bakersfield) 171' 3"

3. Austin Abney (South Bakersfield) 156' 1"
4. Mike Rexroth (Centennial) 155' 7"

5. Jason Matson (North Bakersfield) 153' 8"
- Shot Put:

1. Van Mounts (Bkfeld) 64' 8" (new meet record)
2. Greg Dickey (Atwater) 55' 7 1/2"

3. Rodney Leslie (Ridgeview) 53' 10"
4. Austin Abney (South Bakersfield) 50' 1 1/2"

5. Jess Watson (Beyer) 49' 7"
- Long Jump:

1. Jason Howard (Ridgeview) 22' 9 3/4"
2. CJ Nakayama (Clovis) 22' 4 1/2"

3. Marcel Armstrong (McLane) 21' 10 3/4"
4. Donte Stallworth (Grant) 21' 7 3/4"

5. Bobby Nero (Chino) 21' 4 1/4"
- Large High School Girls

Final Team Standings

1. Clovis West 62, 2. Clovis 51, 3. Lemoore 44, 4. Bakersfield 36, 5. S. Bakersfield 34, 6. Edison 26, 7. Buchanan 25, 8. Mt. Whitney 21, 9. Stockdale 17, 10. Beyer 14, 11. Reedley 12, 12. N. Bakersfield 12, 13. Centennial 12, 14. Golden West 10, 15. York 10, 16. Foothill 10, 17. Sanger 9, 18. Modesto 8, 19. Porterville 6, 20. Los Banos 4, 21. Atwater 2, 22. Central 2, 23. Sonora 2, 24. Tulare Union 2, 25. Madera 1, 26. Johansen 1, 27. McLane 1.

Running

100 meters

- (heat 1) (wind +0.36)
1. April Horne (Clovis West) 12.96

- (heat 2) (wind +0.68)
1. Meka Jones (Lemoore) 12.57

- (heat 3) (wind -2.64)
1. Desma Marshall (Edison) 13.06

- (heat 4) (wind -0.31)
1. Amber Newsome (Stockdale) 12.62

- (Final) (wind +0.56)
1. Meka Jones (Lemoore) 12.5

2. Tiffany Bennett (Centennial) 12.83
3. Stephanie Tresler (Beyer) 12.56

4. Desma Marshall (Edison) 12.74
5. Sparkle Cook (South) 12.89

1,600 meters:

1. Emili Lawson (Clovis West) 5:16.13
2. Angie Milner 5:19.91

3. Rachelle Loftas (Buchanan) 5:24.22
4. Christina Krumm (Modesto) 5:19.91

5. Angela Ruiz (Reedley) 5:27.27
- 3,200 meters:

1. Emili Lawson (Clovis West) 11:07.20
2. Vanessa Yonan (Beyer) 11:21.90

3. Kristen Farley (Clovis) 11:34.53

4. Jennifer Tolal (Clovis West) 11:38.23
5. Jennifer DeRugo (Sonora) 11:41.17

100-meter hurdles

- (heat 1) (wind -0.57)
1. Dee Scott (Buchanan) 15.72

- (heat 2):
- (wind +0.42)

1. Aris Burrell (Clovis) 16.60
- (final) (wind +0.75)

1. Dee Scott (South) 15.8
2. Lisa Ford (Buchanan) 16.03

3. Aris Burrell (Clovis) 16.32
4. Cindy Wong (Mt. Whitney) 16.66

5. Audrey Karlea (Mt. Whitney) 17.26
- 300-meter hurdles

(section 1):

1. Dana Judd (Centennial) 48.76
- (section 2):

1. Dee Scott (South) 45.75
- 400-meter relay

(section 1):

1. Stockdale - 51.72
2. Roosevelt - 52.17

3. Mt. Whitney - 52.25
- (section 2):

1. Foothill - 49.14
2. Lemoore - 49.14

3. Edison - 50.14
- 1600-meter relay

- (section 1):
1. Lemoore - 4:07.49

2. Porterville - 4:09.54
3. Centennial - 4:18.02

- (section 2):
1. Edison - 4:05.55

2. Clovis West - 4:08.58
3. Clovis - 4:09.47

- Distance Medley Relay:
1. Clovis High 13:06.71

2. Clovis West 13:15.24
3. Centennial 13:20.50

4. Buchanan 13:55.99
5. Stockdale 13:50.51

Field Events

Pole Vault:

1. Brooke Lankard (GW) 11-7 (' meet record)
2. Stacy Dodson (Sanger) 10-0

3. Denita Napier (Lemoore) 9-6
- High Jump

1. Kim Stone (York) 5-6
2. Nikki Avery (Lemoore) 5-4

3. Joy Nelson (Clovis) 5-0
- Triple Jump:

- (All marks are wind-legal unless noted with "w")
1. Joy Nelson (Clovis) 35-2 1/2

2. Staci Gorubec (Clovis) 34 - 10 1/2
3. Tosha Thomas (Bkfld) 34 8 1/2

- Discus:
1. April Burton (Bakersfield) 167-6 (meet record)

2. Cecelia Barnes Mileham (Clovis West) 141-3
3. Kalina Powell (Mt. Whitney) 124-1

- Shot Put:
1. April Burton (Bakersfield) 39-8

2. Danni Lara (N Bakersfield) 37-2 1/2
3. Laquina Canfield (Edison) 36-9

- Long Jump:
- (All marks wind legal unless noted by "w")

1. April Horne (Clovis West) 17-0

2. Kristen Barsboom (Reedley) 16-9
3. Tosha Thomas (Bakersfield) 16-3 1/2
4. Dee Scott (S Bakersfield) 16-3 1/2
5. Leticia Gonzales (S Bakersfield) 16-2 3/4

Oakland Invitational

Edwards Stadium, University of California, Berkeley.

Saturday, April 5, 1997. By Keith Conning
Boys National Class Marks

* Obea Moore (Muir, Pasadena), the World Junior 400 meter champion, injured his right hamstring in a dual meet this week and did not run. He received the first annual Louis K. Jones Scholar/Athlete Award. He jogged around the Edwards Stadium track on Saturday morning, but his coach Clyde Turner wisely decided it was best to rest him.

* Tim Brown (McClymonds, Oakland), ninth in the State Meet, won the 400 meters in 47.51.

* Muir (Pasadena), running without an the injured Obea Moore, still was able to set a meet record of 1:26.58 in the 4x200 meters. The old record of 1:26.99 was set by Ball (Galveston, Texas) in 1995.

* Muir won the 4x400 in 3:16.51.

* Muir won the sprint medley in 3:32.10.

* Mission San Jose won the distance medley in 10:32.8.

Girls National Class Marks

* Malika Edmondson (St. Bernard, Playa del Rey), the State Meet champion, won the 100 meters in 11.96 (wind -1.17 mps). Damesha Craig (Menlo), third in the State Meet, placed second in 12.01.

* Julia Stamps (Santa Rosa), national junior champion in the 3,000 meters, broke her own meet record of 4:52.0 in the 1,600 meters by running 4:51.5. Jennifer Akana (Lowell, San Francisco), seventh in the State Meet, placed second in 4:59.8.

* Natasha Neal (Logan, Union City), seventh in the State Meet 100 meters, won the 100 meter hurdles in 14.28 (+0.49 mps).

* Kristen Gordon (Carondelet, Concord), the Foot Locker national champion, smashed the 3,200 meter record by running 10:23.8. The old record of 10:50.60 was set by Elisa Reidy (Mission San Jose, Fremont) in 1994. Trina Cox (Santa Rosa), eighth in the State Meet, placed second in 10:51.0.

* St. Bernard set a new meet record in the 4x100 of 45.84. The old meet record of 46.57 was set by Skyline, Oakland in 1994. Logan was second in 46.33, also under the old meet record.

* St. Bernard also set a new meet record in the 4x200 of 1:37.79. The old meet record of 1:37.95 was set by Logan in 1996. Logan placed second in 1:40.38.

* Chaniqua Ross (Laguna Creek, Elk Grove), second in the State Meet, won the shot put at 45-2 1/2. Ross' series: 34-8 1/4, 42-3 1/4, 35-2, foul, 44-5 1/4, 45-2 1/2.

* Ross, the State Meet champion, also won the discus at 159-10. Ross' series: 153-10, 153-8, 159-10, 159-0. Amy Thiel (Fremont Christian), seventh in the State Meet, placed second at 149-6. Thiel's series: 149-6, foul, 139-4, 128-2.

PREP RESULTS

* Santa Rosa won the girls' distance medley in 11:52.1. Julia Stamps anchored in 4:50.2. Carondelet was second in 12:25.7.

Boys Team Scores

1. Muir (Pasadena) 83, 2. Skyline 46, 3. Logan 44.2, 4. St. Mary's (Berkeley) 36, 5. Mission San Jose 34, 6. Hawthorne 32.6, 7. Silver Creek 27, 8. Stagg (Stockton) 26, 9. Amador Valley 25.6, 10. De La Salle 24.6, 11. McClymonds 22, 11. Morningside 22.

100 Meters

Section 2 (-2.25 mps)

1. Kenny Slaton (Oak Grove) 11.05
2. Tyrone Reynolds (Hawthorne) 11.23
Section 3 (-1.10 mps)

1. David Currie (Pittsburg) 10.69
2. Andre Ammons (Skyline) 10.74
3. Aaron Bryant (Wilcox) 10.86
4. Tyree Davis (Pittsburg) 11.05
5. DeAngelo Steward (Muir) 11.06
6. Cornell Coleman (Logan) 11.16

400 Meters

1. Tim Brown, McClymonds, 47.51
2. Jucorie Tryon, John Muir, 47.89
3. Stephen Jowwon, Muir, 49.52
4. Jafar Williams, St. Mary's Berkeley, 49.56
5. Jason Willis, St. Bernard, 49.74
6. Jason White, Milpitas, 49.90

800 Meters

1. Drew Ostler, Mission S.J., 1:57.30
2. Xavier Savant, John Muir, 1:58.14
3. Jake Bouey, Bishop O'Dowd, 1:58.57
4. David Rios, Colfax, 1:58.91
5. Mike Arp, St. Mary's, Berk, 1:59.40
6. Justin Willingham, East Union, 1:59.63

1600 Meters

1. Jon Stevens, Mission S.J., 4:20.5
2. Gav Chamberlain, Oak Ridge, 4:21.5
3. Steve Dundas, Tracy, 4:23.9
4. Justin Willingham, East Union, 4:24.4
5. Eric Rastler, Gunderson, 4:25.1
6. Brian Hensdorf, Amador Valley, 4:25.9

3200 Meters

1. Dave Rodriguez, Mission S.J., 9:31.1
2. Enrique Henriquez, San Leandro, 9:35.1
3. Chad Foster, Logan, 9:36.1
4. Justin Willingham, East Union, 9:39.0
5. Chris Mayer, Ashland, Ore, 9:39.1
6. Leo Balderas, Silver Creek, 9:41.1

110 Meter High Hurdles

Section 1 (-1.41)
1. Elmo Traylor (Muir) 15.09
Section 2 (+.60)

1. Thomas Hocker (Silver Creek) 15.07
2. Tino Ratliff (McAteer) 15.19
3. Jeff McKeown (Clayton Valley) 15.33
Section 3 (-1.76)

1. Arand Watkins (Silver Creek) 14.29
2. Michael Sturgeon (Elsie Allen) 14.40
3. David Warren (Hawthorne) 14.94
4. Richard Nero (St. Mary's, B) 15.41

300 Meter Hurdles

1. David Warren, Hawthorne, 38.65
2. Thomas Hocker, Silver Creek, 39.05
3. Jason Andrews, Rancho Cotate, 39.15
4. Marquis Thomas, John Muir, 40.96
5. Efran Carrasco, Overfelt, 41.03
6. Jerry Stephen, 41.65

4x100

1. John Muir "B", 41.74
2. Hawthorne, 42.40
3. Skyline, 42.57

4. St. Mary's, Berkeley, 42.58

5. Logan, 42.69

6. Morningside, 42.84

4x200

1. John Muir, 1:26.58
2. Skyline, Oak, 1:30.13
3. Logan, 1:30.36
4. Morningside, 1:30.43
5. Elsie Allen, 1:30.87
6. McClymonds, 1:30.97

4x400

1. John Muir, 3:16.51
2. Hawthorne, 3:21.92
3. St. Marys, Berk, 3:22.76
4. Mclmonds, 3:24.46
5. Skyline, 3:24.80
6. Gunderson, 3:27.43

4x800

1. De La Salle, 8:13.1
2. Silver Creek, 8:22.1
3. Skyline, 8:23.8
4. Campolindo, 8:27.0
5. Castro Valley, 8:31.8
6. San Ramon, 8:34.7

Sprint Medley

1. John Muir, 3:32.10
2. Gunn, 3:39.14
3. Morningside, 3:39.92
4. St. Mary's, 3:44.40
5. Ashland, 3:45.28
6. Cardinal Newman, 3:47.81

Distance Medley

1. Mission S.J., 10:32.8
2. Amador Valley, 10:59.5
3. Campolindo, 11:00.2
4. De La Salle, 11:04.7
5. Castro Valley, 11:06.4
6. Jesuit, 11:07.4

High Jump

1. David Collin, Logan, 6'4"
2. Anthony Taylor, University High, 6'2"
3. Darryl Fellbach, Bear Creek, 6'2"
4. Damon Gaston, Milpitas, 6'2"
5. Taferi Walston, Logan, 6'0"
6. Taylor Cropper, Ashland, OR, 6'0"

Pole Vault

1. Robert Carbajal, Mt Pleasant, 14' 0"
2. Ruan Pultz, Reed, Nv., 13' 6"
3. Jamie Camilo, Hawthorne, 13' 0"
4. Tler Conner Swegle, De La Salle, 13' 0"
5. Ryan Tschelira, San Ramon, Ben Foster
6. Amador Valley, Joe Forbes, Amos
Alonzo Stagg, 13' 0"

Long Jump

1. Patrick McCall, Carson, 22' 3/4" (-0.76 mps)
2. Kenny Pearson, A.A. Stagg, 22' 1/4" (+1.00)
3. Jerry Predado, A.A. Stagg, 21' 10" (-0.24)
4. Thomas Hendricks, Logan, 21' 6" (+.64)
5. Chris Janoras, Tennyson, 21' 5 3/4"
6. DeAngelo Steward, John Muir, 21' 4 1/4"

Triple Jump

1. Jerry Predado, A.A. Stagg, 45' 5 3/4"
2. Thomas Carter, Muir, 45' 1"
3. Jerrod Mack, St. Marys, Berk, 44' 9"
4. Taferi Walston, James Logan, 44' 5 1/2"
5. Kenny Pearson, A.A. Stagg, 44' 2 _"
6. Antoine Fisher, Sierra, 43' 8"

Shot Put

1. Brian Chase, Cardinal Newman, 55' 4 1/4"
2. John Badovinac, Jesuit, 55' 4"
3. Steve Parker, McAteer, 53' 6 1/2"

500 Meter Hurdles

1. Davetta Sheppard, DeAnza, 44.20
2. Hannah Cooper, Hawthorne, 44.51
3. Lisa O'Reilly, St. Mary's, Stockton, 44.82

4. David Halustic, Sir Frands Drake, 5110"

5. Richard Bailey, Yreka, 50' 7 3/4

6. Arthur Wilder, John Muir, 48' 11 1/2"

Discus

1. Rood Doria, Amador Valley, 166-8
2. John Badovinac, Jesuit, 166-4
3. Brian Chase, Cardinal Newman, 166-2
4. Steve Parker, McAteer, 160-8
5. Richard Bailey, Yreka, 152-0
6. Rusty Price, Tracy, 145-0

Girls

100 Meters

Section 1 (-1.19)

1. Anita McCallum (San Lorenzo) 12.47
2. Felicia Jiles (Pittsburg) 12.70

Section 2 (+.41)

1. Carla Estes (Logan) 12.36
2. Elaine Maes (Bishop O'Dowd) 12.40

Section 3 (-1.17)

1. Malika Edmondson (Oakland) 11.96
2. Damesha Craig (Menlo) 12.01
3. Melisha Withers (Morningside) 12.11
4. Adrena Berry (Logan) 12.19
5. Miya Edmondson (Oakland) 12.19
6. Sunny Butler (Morningside) 12.66

400 Meters

1. Senek Saavedra, Encinal, 55.59
2. Regine Caruthers, 55.79
3. Ryan Peters, Skyline, 57.30
4. Monica Coleman, Gunn, 58.16
5. Alsha Margain, San Lorenzo, 58.74
6. Sunja Watson, Logan, 58.94

800 Meters

1. Jennifer Bridgeman, Logan, 2:16.02
2. Danielle Price, Logan, 2:16.86
3. Monica Van Wegen, Amador Valley, 2:17.32
4. Deanna Slaton, Silver Creek, 2:19.33
5. Kadrina Coffee, St. Bernard, 2:19.55
6. Melissa Guanella, Santa Rosa, 2:20.55

1600 Meters

1. Julia Stamps, Santa Rosa, 4:51.5
2. Jennifer Akana, Lowell, 4:59.8
3. Lindsay Hyatt, Placer, 5:07.9
4. Katie Hotchkiss, Mission S.J., 5:08.1
5. Yvonne Liebig, Kennedy, Sacram, 5:09.8
6. Kira Morser, University, 5:15.8

3200 Meters

1. Kristin Gordon, Carondelet, 10:23.8
2. Trina Cox, Santa Rosa, 10:51
3. Yvonne Liebig, J.F. Kennedy, Sacto, 10:56.9
4. Susan Chou, Lowell, 11:10.4
5. Deborah Osteen, Clayton Valley, 11:19.7
6. Kirstin Odegaard, Benicia, 11:43.6

100 Meter High Hurdles

Section 1 (-1.77)

1. Kelly Watson (Milpitas) 16.29

Section 2 (-1.52)

1. Jaquillia Lewis (Vallejo) 15.33
2. Ebony White (Tracy) 15.37
3. Rene Warner (McAteer) 15.74
4. Carrie McGraw (Mission San Jose) 15.79
Section 3 (+.49)

1. Natasha Neal (Logan) 14.28
2. Hannah Cooper (Hawthorne) 14.67
3. Lisa O'Reilly (St. Mary's, S) 14.94
4. Christl Proctor (Muir) 15.60
5. Lori Nolte (Reed) 15.66

300 Meter Hurdles

1. Davetta Sheppard, DeAnza, 44.20
2. Hannah Cooper, Hawthorne, 44.51
3. Lisa O'Reilly, St. Mary's, Stockton, 44.82

4. Myesha Kirtman, Lowell, 45.54

5. Carrie McGraw, Mission S.J., 46.15

6. Rebecca Paterson, Overfelt, 47.15

4x100

1. St. Bernard, 45.94
2. Logan, 46.33
3. Encinal, 48.12
4. Skyline, 48.61
5. Carson, 49.40
6. Logan "B", 49.52

4x200

1. St. Bernard, 1:37.79
2. Logan, 1:40.38
3. Encinal, 1:41.28
4. Morningside, 1:44.45
5. Fremont, 1:46.10
6. John Muir, 1:46.87

4x400

1. Encinal, 3:57.28
2. James Logan, 4:00.87
3. Morningside, 4:01.05
4. Fremont, Oak, 4:03.5
5. Mission, S.J., 4:03.55
6. Hawthorne, 4:03.81

4x800

1. Lowell, 9:37.9
2. Carondelet, 9:55.0
3. Campolindo, 10:02.1
4. Ursuline, 10:10.2
5. Castro Valley, 10:27.3
6. Montgomery, 10:40.7

Sprint Medley

1. Fremont, 1:51.76
2. Hogan, 1:53.28
3. Carondelet, 1:53.84
4. St. Mary's, 1:54.45
5. Campolindo, 1:57.18
6. Ursuline, 1:59.78

Distance Medley

1. Santa Rosa, 11:52.1
2. Carondelet, 12:25.7
3. Mission San Jose, 12:52.0
4. Campolindo, 12:53.7
5. Amador, 13:08.6
6. Castro Valley, 13:18.3

High Jump

1. Lori Nolte, Reed NV, 5'2"
2. Nichol Hawkins, Tracy, 5'2"
3. Susan Schaap, Yreka, 5'2"
4. Melissa Guanella, Santa Rosa, 5'2"
5. Spring Harris, St. Mary's Berkeley, 5'0"
6. Lisa Mackie, Montgomery, 5'0"

Pole Vault

1. Kaley Killo, Bear Creek, 10'0
2. Valerie Nellis, Bear Creek, 10'0
3. Becky Studebaker, South Fork, 9'6"
4. Visna Lork, Yreka, 9'6"
5. Erin Mann, San Ramon Valley, 9'0
6. Autumn Bell, East Union, 9'0

Long Jump

1. Carla Estes, Logan, 17'10 3/4" (+1.52)
2. Dominique Green, Logan, 17'6 _" (+1.99)
3. Tracie Banks, Campolindo, 17'3 _" (nw)
4. Hannah Cooper, Hawthorne, 17'0 _" (+1.28)
5. Montigua Sargent, Logan, 17'0 1/4"
6. Raquel Brewer, Berkeley, 16'8 1/2"

Triple Jump

1. Brionne Dawson, Carondelet, 36'9"
2. Kinisha Robinson, Morningside, 36'3 1/2"
3. Karen Trapini, Oak Ridge, 35'7"
4. Raquel Brewer, Berkeley, 35'3 1/2"

PREP RESULTS

5. Jamara Smith, Logan, 35'1 1/4"
6. Beth Johnson, Logan, 34'9 1/2"
Shot Put
1. Chaniqua Ross, Laguna Creek, 45'2"
2. Amy Thiel, Fremont Christian, 38'3 1/4"
3. Melissa Reis, Logan, 37'11 3/4"
4. Dana Lawson, Clayton Valley, 36'1"
5. Rachel Rosemeyer, Campolindo, 35'4"
6. Jessie Hardcastle, East Union, 34'9 3/4"
Discus
1. Chaniqua Ross, Laguna Creek, 159-10
2. Amy Thiel, Fremont Christian, 149-6
3. Melissa Reis, Logan, 123-8
4. Jessie Hardcastle, East Union, 122-2
5. Tia DeSoto, Montgomery, 115-4
6. Rosie Aikens, St. Mary's, Berkeley, 109-10

St. Francis Carnival

- St. Francis High School, Mountain View, Saturday, April 5, 1997. By Keith Conning
Boys
200 1. Harris (Del Mar) 21.4
400 1. Hogg (Riordan) 49.0, 2. Stout (Mills) 50.2
800 1. Fitzgibbon (St. Ignatius) 1:55.6, 2. Tucker (St. Francis) 1:58.2, 3. Ozan (Del Mar) 1:59.4
3000 1. McDonough (Cupertino) 8:56.4, 2. Abdella (Cupertino) 9:03.2, 3. Hill (Los Altos) 9:08.8
110HH 1. McGowan (Leigh) 14.8, 2. Tanforan (St. Francis) 14.9, 3. Hall (St. Ignatius) 15.1
300HH 1. McGowan (Leigh) 39.9
4x100 1. Cupertino 43.32, 2. Del Mar 43.35
4x400 1. Gunn 3:24.2, 2. Del Mar 3:24.9, 3. Riordan 3:26.3
HJ 1. Marble (Los Altos) 6-6
PV 1. Grijalva (North Monterey County) 14-6, 2. Riley (St. Francis) 13-0, 3. Lishansky (St. Ignatius) 13-0
LJ 1. Strickland (Riordan) 21-11
TJ 1. Cordoba (N. Salinas) 45-8 3/4
Shot 1. Bjorklund (Los Altos) 53-0, 2. Torres (Rosemead) 51-11
Discus 1. Donnelly (St. Ignatius) 157-6
Girls
200 1. Hogg (International Studies Academy) 25.8
400 1. K. Elarms (Piedmont Hills) 58.80, 2. Hogg (International Studies Academy) 59.45, 3. Wrenn (Palo Alto) 59.64
800 1. Kihara (Palo Alto) 2:21.0, 2. Biber-Ferro (Los Altos) 2:22.2
1500 1. Appenrodt (St. Ignatius) 4:51.5, 2. Delaplace (Westmont) 4:57.8, 3. Gustafson (Mills) 4:58.7
3000 1. Schlueter (St. Ignatius) 10:37.1, 2. Dunlap (Cupertino) 10:43.5, 3. Riley (Alhambra) 10:47.7
100HH 1. Downey (Los Altos) 15.49, 2. Steingart (St. Francis) 15.53, 3. Slater (Leland) 15.90
300H 1. Steingart (St. Francis) 45.7, 2. Slater (Leland) 46.7
4x100 1. Mitty 49.8
4x400 1. Mitty 4:04.8
4x800 1. Los Gatos 9:51.7
HJ 1. Demeter (Los Altos) 5-4, 2. Lee (St. Ignatius) 5-2

- PV 1. Sara (Mitty) 9-0, 2. Yi (Mills) 9-0, 3. Erklila (St. Ignatius) 8-6
LJ 1. K. Elarms (Piedmont Hills) 18-3 1/2, 2. Monson (Mitty) 17-6, 3. Hess (Lincoln) 17-1 1/2
TJ 1. Adkins (Piedmont Hills) 36-3, 2. Shih (Gunn) 35-5 3/4, 3. Saenz (Los Altos) 35-3 3/4
Shot 1. Santos (Los Altos) 38-1 1/2, 2. Williams (Hillsdale) 37-10, 3. Guillon (N. Salinas) 36-11
Discus 1. Uperesa (Jefferson) 114-5, 2. Santos (Los Altos) 112-2

Trabuco Hills HS Invitational

April 5, 1997: Mission Viejo, CA. From Dave Winkler

- Boys**
100
1. Fletcher, Alemany, 10.63
2. Rideaux, LB Poly, 10.68
3. McNair, Mater Del, 10.86
200
1. Fletcher, Alemany, 21.59
2. Rideaux, LB Poly, 22.01
3. McNair, Mater Del, 22.05
400
1. Anderson, LB Poly, 49.04 (Meet Record)
2. Cruel, LB Poly, 49.18
3. Morello, Laguna Hills, 50.21
800
1. Lindahl, Dana Hills, 1:57.21
2. Valderan, Arlington, 1:59.66
3. Perez, Santa Ana, 1:59.98
1600
1. Brix, University, 4:24.72
2. Merino, Crenshaw, 4:25.24
3. Manhart, Trabuco Hills, 4:25.44
3200
1. Chavira, Hanford, 9:24.75
2. Durham, LB Poly, 9:25.00
3. Trueba, Huntington Beach, ??
110 High Hurdles
1. Degrammont, Tustin, 13.92 (Meet Record)
2. DePass, Montgomery, 14.09
3. Rambo, LB Poly, 14.56
300 Intermediate Hurdles
1. Degrammont, Tustin, 37.50 (Meet Record, 5th all time county)
2. Rambo, LB Poly, 37.89
3. DePass, Montgomery, 38.01
400 Relay
1. LB Poly 41.88
2. Tustin 42.41
3. University City/SD 42.83
800 Relay
1. Tustin 1:29.26
2. Loyola 1:29.63
3. Fountain Valley 1:31.88
Sprint Medley
1. Woods Cross/Utah 3:44.09
2. Fountain Valley 3:48.49
3. Santa Ana 3:51.49
1600 Relay
1. LB Poly 3:24.20
2. Canyon Springs 3:27.51
3. Santa Margarita 3:27.86
Distance Medley
1. Santa Ana 10:47.55

2. Dos Pueblos 10:48.39
3. Huntington Beach 10:48.91
6400 Relay
1. LB Poly 18:23.09
2. El Toro 18:26.0
3. Tustin 18:31.0
High Jump
1. Parks, El Toro, 6-6
2. Deraad, Tustin, 6-4
3. Kattelman, Woods Cross/Utah, 6-4
Pole Vault
1. Vandover, Fountain Valley, 14-6
2. Stokes, Edison, 14-6
3. Allen, Woodbridge, 14-0
Long Jump
1. Parks, El Toro, 22-51/2
2. Langston, RA, 21-113/4
3. Miller, El Modena, 21-61/2
Triple Jump
1. Lowe, Rancho Cucamonga, 45-41/2
2. Anstead, Dana Hills, 43-81/4
3. Green, LB Poly, 43-6
Shot Put
1. Kurkowski, Canyon Springs, 59-73/4
2. Bello, Rancho Cucamonga, 57-81/2
3. O'Neil, Santa Margarita, 56-93/4
Discus Throw
1. Moser, Huntington Beach, 198-9 (Meet Record)
2. Bello, Rancho Cucamonga, 186-7
3. Clark, Newport Harbor, 166-7

- Girls**
100
1. Glenn, La Mirada, 12.09
2. Merritt, LB Poly, 24.68
3. Dix, Woodbridge, 12.51
200
1. Merritt, LB Poly, 24.68
2. Glenn, La Mirada, 25.12
3. Dix, Woodbridge, 25.34
400
1. Ogunleye, LB Poly, 56.21
2. Torres, Woodbridge, 58.86
3. Johnson, Westchester, 58.94
800
1. Green, LB Poly, 2:17.12
2. Fitzgerald, Dana Hills, 2:18.79
3. Nelson, Brea, 2:20.09
1600
1. Nuanes, Santa Margarita, 5:03.88
2. Horgan, Temescal Canyon, 5:04.79
3. Welsh, Yucaipa, 5:04.32
3200
1. Welsh, Yucaipa, 11:10.76
2. Horgan, Temescal Canyon, 11:21.6
3. Moore, Woodbridge, 11:31.32
100 Hurdles
1. Bethel, Mission Viejo, 14.77
2. Hunt, Westchester, 14.82
3. King, LB Poly, 15.02
300 Hurdles
1. King, LB Poly, 46.11
2. Shanklin, Santa Margarita, 46.31
3. Ogunleye, LB Poly, 47.46
400 Relay
1. LB Poly 46.85 (Meet Record)
2. Santa Margarita 51.44

3. El Modena 51.71
800 Relay
1. Brea Olinda 1:49.29
2. Dos Pueblos 1:50.82
3. Santa Margarita 1:53.30
1600 Relay
1. LB Poly 3:53.51
2. Esperanza 4:07.91
3. Santa Margarita 4:08.20
Sprint Medley
1. Woods Cross/Utah 4:19.84
2. Brea Olinda 4:46.22
3. Hanford 4:50.31
3200 Relay
1. El Modena 10:01.68
2. Dos Pueblos 10:04.72
3. Temescal Canyon 10:08.08
Distance Medley
1. LB Poly 12:49.6
2. Dos Pueblos 13:17.2
3. Pacifica 13:53.2
6400 Relay
1. La Canada 21:12.0
2. Esperanza 21:55.0
3. El Modena 22:06.0
High Jump
1. Bethel, Mission Viejo, 5-4
2. Malkey, Marymount, 5-4
3. McKinney, Hanford, 5-4
Pole Vault
1. Burns, R Cuca, 10-0 (Ties Meet Record)
2. S. Higham, Mission Viejo, 9-6
3. Gutierrez, Esperanza, 9-0
Long Jump
1. Bethel, Mission Viejo, 17-31/4
2. Shanklin, Santa Margarita, 16-11
3. Clayton, Newport Harbor, 15-71/2
Triple Jump
1. Shanklin, Santa Margarita, 36-3
2. Clayton, Newport Harbor, 35-1
3. Augustine, Woodbridge, 33-111/4
Shot Put
1. Ademikuyi, LB Poly, 44-81/4 (Meet Record)
2. Linn, Trabuco Hills, 37-8
3. Eason, Canyon Springs, 35-101/2
Discus Throw
1. Price, Loa, 132-7
2. Ademikuyi, LB Poly, 128-6
3. Eason, Canyon Springs, 118-11

Bay Valley League

- Wednesday, April 9, 1997. De La Salle High School, Concord. From Keith Conning
Girls
Carondelet (Concord) 103, Clayton Valley (Concord) 33, Kristen Gordon (Carondelet), the Foot Locker National High School Cross Country Champion, ran an easy double in preparation for the Arcadia Invitational this weekend. The 800, 1,600, and 3,200 meters were not reported in tenths of seconds in the local newspaper.
800 Meters
1. Kristen Gordon (Carondelet) 2:23
1,600 Meters
1. Kristen Gordon (Carondelet) 5:04
2. Megan Andrade (Carondelet) 5:09
3. Kelly Howlsey (Clayton Valley) 5:20

PREP RESULTS

3,200 Meters

1. Deborah Osteen (Clayton Valley) 11:32

100 High Hurdles (33") Meters

1. Carolyn King (Carondelet) 15.1

300 Low Hurdles (30") Meters

1. Carolyn King (Carondelet) 45.9

Boys

Tom Prindville (De La Salle) will compete in the 3,200 meters at Arcadia.

De La Salle 93, Clayton Valley 43

800 Meters

1. Tom Prindville (De La Salle) 1:57

Pole Vault

1. Connor Swegle (De La Salle) 13-0

Pittsburg Relays

Saturday, April 12, 1997. Pittsburg High School, Pittsburg. From Keith Conning Daveetta Sheperd (De Anza, Richmond), who won the state meet 100-meter hurdles as a freshman, earned the girls athlete of the meet honors. The senior won the open 100 meters at 12.27 seconds and the 400 in 57.64.

Boys

Team Scores 1. Edison (Fresno) 58, 2. Antioch 47, 3. Hayward 46, 4. Vallejo 42, 5. Tamalpais 40

4 x 100 1. Edison 44.12, 4 x 400 1. Edison 3:30.0, 4 x 800 1. College Park 8:19.1.

Distance Medley 1. College Park 10:57.5.

Girls

Team Scores 1. Vallejo 72, 2. Pittsburg 52, 3. Liberty 51, 4. College Park 50, 5. De Anza 45

100 1. Sheperd (De Anza) 12.27
400 1. Sheperd (De Anza) 57.64, 2. Cameron (Edison) 59.42, 1,600 1. Dixon (Skyline) 5:18.4, 2. Arroyo (Pittsburg) 5:18.1, (this is how the result appeared in the Contra Costa Times) 3. Wheeland (Northgate) 5:28.1, 4. Nikanyan (De Anza) 5:29.2.

PV 1. Hampton (Liberty) 8-6, 4 x 100 1.

Pittsburg 50.48, 2. Edison 50.82, 4 x 200 1. Pittsburg 1:46.53, 2. Benicia 1:49.99, 4 x 400 1. Fremont 4:03.15, 2. Pittsburg 4:08.1, 3. Edison 4:08.5, Sprint Medley 1. Fremont 1:50.15, 2. College Park 1:51.5, 3. Benicia 1:52.7

Mt. Sac Relays

April 19, 1997, Walnut.

High School Results — Boys

4x800m Relay

1 8:07.69 Eisenhower
2 8:08.79 Paradiete
3 8:11.39 Riverside Poly

4 X 800 Meter Relay

1 7:48.60 De La Salle H.S.
2 7:59.31 Cheyenne
3 7:59.58 Foothill H.S.(Sc)

Shuttle Hurdle Relay

Section 1

1 1:08.2 Rio Mesa

Section 2

1 1:07.2 Arroyo Grande

Section 3

1 1:06.21 Diamond Bar

Section 4

1 1:03.16 Upland

Section 5

1 1:03.40 Mullen

Shot Put

1 52' 1/4 Barthelme, D.J. (Bkfld Hs)
2 51' 2 1/2 McKnight, Keith (Bkfld Hs)
3 50' 3 Norum, Jim (Brea-Clinda Hs)

Inv Shot Put

1 63'5-3/4 Mounts, Van (Bakersfield Hs)
2 61'4 Moser, Scott (Hunt Beach Hs)
3 58'10-1/2 Bello, John (Rancho Cucum Hs)

Pole Vault

1 13-9 1/4 Strey, Brian (Agoura)
2 13-9 1/4 Kutz, Justin (Righetti)
3 13-9 1/4 Shelton, Ben (Centennial)

4 X 100 Meters

1 42.83 Birmingham
2 43.47 St Paul
3 44.00 Centennial (Bkfld)

4 X 100 Meters

1 44.25 Los Altos
2 44.37 Warren
3 44.52 Katella

4 X 100 Meters

1 43.05 Bakersfield H.S.H
2 48.29 J.W. North
3 44.22 El Dorado (Lv)

4 X 100 Meters

1 42.56 Dominguez
2 43.71 Washington Prep
3 43.94 La Costa Canyon

4 X 100 Meters

1 43.09 Harvard-Westlake
2 43.14 Canyon Springs
3 43.83 Rancho Cucamonga

4 X 100 Meters

1 42.91 Etiwanda
2 43.79 Verbum Dei
3 43.94 Ayala

4 X 100 Meters

1 43.11 Banning
2 43.24 Rancho Buena Vista
3 43.25 Hawthorne

Inv 4 X 100 Meters

1 41.74 Long Beach Poly
2 41.84 Mullen
3 41.92 Chino A

Long Jump

1 22' 9 1/4 Wells, Jerry (South Bkfld Hs)
2 21' 7 3/4 Phillips, Kris (Rio Mesa)
3 21' 7 3/4 Mack, Jerrod (St. Mary's)

Inv Long Jump

1 21'11-3/4 Nero, Robert (Chino Hs)
2 21'8-1/4 Peroulis, Jr (Grand Junction)
3 20'11-3/4 Wingfield, Billy (Carson Hs)

1500 Meters

1 4:01.29 Moreno, Irving (Riv. Poly)
2 4:02.33 Manhart, Jason (Triabuco Hills.)
3 4:02.64 Lopez, Manuel (Belmont)

Sprint Medley Relay

1 3:38.64 Warren
2 3:38.80 Belmont
3 3:39.11 Morningside

Sprint Medley Relay

1 3:31.03 Sultana
2 3:36.65 St Ignatius Prep
3 3:41.47 Eisenhower

Inv Sprint Medley Relay

1 3:34.79 Ventura

2 3:35.23 St Mary's Academy

3 3:40.25 Etiwanda

Inv 110 Meter Hurdles

1 14.43 Paxton Sharif (Crenshaw)
2 14.80 Ellis, Terry (Dorsey)
3 14.84 Love, Joe (Rancho Cucum)

Inv 110 Meter Hurdles

1 14.20 Depass, Reggie (MontgHs)
2 14.71 Smith, Tracy (R Buena Vista)
3 14.96 Bodganof, Tim (Buchanan)

110 Meter Hurdles

1 14.59 Lee, Greg (Dorsey)
2 14.96 Presley, David (Cheyenne)
3 15.09 Rahje, Parker (Upland)

Inv 100 Meter Hurdles

1 14.70 Bethal Ariley (Mission Viejo)
2 15.00 Fleming, Khameel (Dorsey)
3 15.13 Mazik, Mandy (Capuchino H.S.)

Inv 400 Meters

1 48.80 Robert, Marcus (Downey)
3 49.85 Sharpe Picky (Mt. Carmel Hs)
4 50.07 Hodges, Daniel (Rowland Hs)

Inv 400 Meters

1 48.31 Ray, Nick (Ridgeview (Bkfl))
2 48.81 Sims, Scott (La Costa)
3 48.97 Jones, Larry (Talt)

High Jump

1 6-4 3/4 Lewis, Sean (Upland)
2 6-2 3/4 Jennings, Ian (Edison)
3 6-2 3/4 Richards, Jeremy (Righetti)

Inv High Jump

1 6' Charlesworth, Joe (Torrance Hs)
2 6' Howard, Jason (Ridgeview)
3 6' Jackson, Michael (Chsl Hs)

Discus

1 67'10 Johnson, Justin (Fresno Hs)
2 16'35 Bower, Brent (Gunn H.S.)
3 16'05 Heber, Murray (Kane)

Inv Discus

1 192'9 Moser, Scott (HuntBeach Hs)
2 177'3 Bello, John (RCucamonga Hs)
3 174'7 Tarin, Carlos (Mullent)

Inv 100 Meters

1 10.98 Patterson, Demtrus (Birming)
2 11.00 Hollowell, Roman (Mullen)
3 11.15 St. Paul, Francis (Murphy Hs)

Inv 100 Meters

1 10.96 Durbin, Steve (Harv-Westlake)
2 11.04 Jones, Paul (Rowland Hs)
3 11.06 Levi, Josh (Chino Hs)

Inv 100 Meters

1 10.68 Fletcher, Miguel (Alemany)
2 10.84 Fargas, Justin (Notre Dame)
3 11.02 Brown, Derek (Dominguez Hs)

Inv Pole Vault

1 14'9 Stokes, Luke (Edison)
2 14'9 Kriwinski, Joel (Arroyo Gr)
3 14'3 Vandrovec, Travis (Fontana Hs)

Distance Medley Relay

1 10:40.43 Serra
2 10:44.57 Don Bosco Tech
3 10:49.41 Eisenhower

Distance Medley Relay

1 10:13.64 Mission San Jose
2 10:29.45 Clovis
3 10:30.83 Chino

Inv 300 Intermediate Hurdles

1 38.18 Allmond, Marcell (St Paul)

2 38.84 Young Channley (J.W. Norm)

3 38.86 Brown, Brandon (Doming)

Inv 300 Intermediate Hurdles

1 38.15 Warren, David (Hawthorne Hs)
2 38.08 Smith, Tracy (Comax Vly)
3 40.03 Fontanez, Anthony (Apple)

4 X 200 Meter Relay ?

2 1:30.93 Harvard-Westlake
3 1:31.98 Washington Prep
5 1:35.10

4X 200 Meter Relay

1 1:30.91 Long Beach Jordan
2 1:32.05 Verbam Dei
3 1:34.05 South Bakersfield

4 X 200 Meter Relay

2 1:32.08 Channel Island
3 1:33.36 Centennial
4 1:33.43 Brea-Clinda

4 X 200 Meter Relay

1 1:30.50 Bakersfield H.S.
2 1:30.95 Dorsey
3 1:31.19 Canyon Springs

4 X 200 Meter Relay

1 1:30.36 St Mary's Academy
2 1:30.61 Etiwanda
3 1:30.94 Cheyenne

Inv 4 X 200 Meter Relay

1 1:25.95 Long Beach Poly
2 1:28.34 Dorsey
3 1:28.83 Mullen

Inv 800 Meters

1 1:53.89 Grober, Charlie (Mullen)
2 1:54.69 Fitzgibbon, Brendan (St Ign)
3 1:54.99 Strong, Brandon (Parad)

Triple Jump

1 46'6-1/4 Turner, Tony (Gahr)
2 44'6-3/4 Badger, Andy (Diamond Bar Hs)
Inv Triple Jump

Inv Triple Jump

1 46'2 Mack, Jerrod (St. Mary's)
2 44'11-3/4 Meir, Jarrell (Righetti)
3 44'7-3/4 Green, Carl (Lg Beach Poly Hs)

Inv 200 Meters

1 21.98 Jones, Paul (Rowland Hs)
2 22.04 Nero, Robert (Chino Hs)
3 22.13 Patterson, Demetrius (Blrm)

Inv 3000 Meters

1 8:33.38 Hansen, Brad (St. Ignatius)
2 8:34.55 Osadiuk, Steve (Nanimo Tc)
3 8:36.95 Buchanan, Ronnie (Righ)

Hammer

1 212-0 Ejdervall, Marten (Life Colleg)
2 208-11 Mannon, Kevin (So. Carolina)
3 201-0 Boothby, Scott (Idaho St.)

4 X 400 Meter Relay

1 3:26.81 Leuzinger
2 3:27.96 Valencia
3 3:29.34 Los Altos

4 X 400 Meter Relay

1 3:23.88 Morningside
2 3:26.55 Cleveland
3 3:28.56 Bell Gardens

4 X 400 Meter Relay

1 3:21.69 St. Paul
2 3:26.32 Yucaipa
3 3:27.79 Riverside Poly

4 X 400 Meter Relay

1 3:19.24 Talt
2 3:28.48 Chino

PREP RESULTS

3 3:29.65 Apple Valley H.S.
4 X 400 Meter Relay
 1 3:23.60 Santa Ana Valley
 2 3:25.06 Redlands H.S.
 3 3:28.25 Harvard-Westlake

4 X 400 Meter Relay
 1 3:23.29 Mullen
 2 3:24.33 St Francis Mt View
 3 3:26.86 Rancho Cucamonga

4 X 400 Meter Relay
 1 3:23.70 Rowland
 2 3:24.01 Cheyenne
 3 3:24.13 J.W. North

Inv 4 X 400 Meter Relay
 1 3:22.28 St Mary's Academy
 2 3:29.47 La Fremont
 3 3:30.67 Washington Prep

Inv 4 X 1600 Meter Relay
 1 17:41.79 De La Salle
 2 17:50.04 Nevada Union Hs
 3 18:08.02 Tustin

High School Results — Girls

4 X 800 Meter Relay
 1 9:17.68 Long Beach Poly
 2 9:25.60 Los Gatos
 3 9:36.15 China

Long Jump
 1 18'5-1/2 Perry, Michelle (Quartz Hill Hs)
 2 17'10-1/2 Montoya, Paola (Mexico)
 3 16'9-3/4 Scott, Dee (South Elgin)

Inv Long Jump
 1 19' 3 1/4 Ogunleye, Bunmi (LBCh Poly)
 2 18'10 1/4 Williams, Angela (Chino Hs)
 3 18' 6 1/4 Corley, Kenya (Quartz Hill Hs)

Shuttle Hurdle Relay
 Section 1

1 1:10.18 Newbury Park
 2 1:10.80 Redlands H.S.

Section 2
 1 1:10.94 Thousand Oaks
 2 1:11.32 Arroyo Grande

Section 3
 1 1:07.74 Santa Ana Valley
 2 1:07.86 Ayala

Section 4
 1 1:06.21 Muir
 2 1:08.94 Cheyenne

Discus
 1 136' 4 McGrath, Erin (Eastlake)
 2 125' 0 Atkins, Rosie (St Marys)
 3 124' 6 Shields, Maya (Ramona)

Inv Discus
 1 164'2 Burton, April (Bakersfield Hs)
 2 163'4 Ross, Chantiqua (LagCk)
 3 150'2 Brown, Stephanie (Arroyo G)

High Jump
 1 5-5 Menzel, Erica (San Marcos Hs)
 1 5-5 Omar, Ameerah (Upland)
 3 5-5 Foster, Sara (Valencia Hs)

Inv High Jump
 1 5'7 Gliner, Liz (Chaminade)
 2 5'7 Corrales, Mireya (Mexico)
 3 5'5 Ortega, Karissa (Arroyo Gr)
 4 5'5 Mahke, Michelle (Marymount)

Inv Pole Vault
 1 11' 6 Pearson, Bridget (Hoover Hs)
 2 11' Maran, Blanca (S Monica Hs)

3 11' Szider, Heather (Camarillo)
4 X 100 Meters
 1 49.74 University High
 2 50.85 Harvard-Westlake
 3 51.66 San Marcos

4 X 100 Meters
 1 50.50 Western
 2 50.59 Gahr
 3 51.14 Mt Carmel

4 X 100 Meters
 1 48.18 Ayala
 2 50.51 Long Beach Jordan
 3 50.69 Centennial

4 X 100 Meters
 1 48.73 South Bakersfield
 2 50.90 Cleveland
 3 50.94 Arroyo Grande

4 X 100 Meters
 1 48.42 Carson
 2 48.79 Ethwanda
 3 50.49 St Mary's Academy

4 X 100 Meters
 1 48.20 Redlands H.S.
 2 48.64 J.W. North
 3 50.12 Eisenhower

Inv 4 X 100 Meters
 1 46.15 Long Beach Poly
 2 47.98 Taft
 3 48.27 Valley Royals

Inv 1500 Meters
 1 4:38.97 Saeni, Fabiola (Federacion)
 2 4:39.23 Elmore, Malindi (Valley Royals)
 3 4:38.71 Shields, Sharolyn (Calgary)

Inv 100 Meter Hurdles
 1 14.54 Perry, Michelle (Quartz Hill Hs)
 2 14.64 Cooper, Hannah (Hawth)
 3 14.85 Davis, Mia (West Covina Hs)

Shot Put
 1 36'7-1/4 Russell, Sheri (Ramona)
 2 35'8-1/2 Edwards, Jessie (Redlands)
 3 35'5-3/4 Rackley, Cinnamon (LagCreek)

Inv Shot Put
 1 47' 1 Adeniyi, Cynthia (LBCh Poly)
 2 45' 8 Ross, Chantiqua (LagCk)
 3 44'11 1/4 Brown, Stephanie (Arroyo Gr)

Inv 400 Meters
 1 57.05 Harrison, Jodi (Mullen)
 2 57.14 Babatunda, Tawa (EdmThunder)
 3 57.28 Nelson, Malka (Brea-Olinda Hs)

Inv 400 Meters
 1 55.27 Green, Angelita (LB Beach Poly)
 2 56.28 Lock, Jena (Victoria T&F)
 3 57.01 Smith, Tiffany (Taft Hs (La))

Pole Vault
 1 10-3 1/4 Glesseler, Carolina (Palmdale)
 2 10-0 Ward, Leora (Peninsula)
 3 9-6 1/4 Kathria, Nazma (Righetti)

Inv 100 Meters
 1 12.23 Granson, Ebony (Taft)
 2 12.36 Hill, Ragan (Redlands Hs)
 3 12.52 Bonnette, Tiffany

Inv 100 Meters
 1 12.26 Thompson, Tiffany (N Dame)
 2 12.41 Dennis, Heather (Vly Royals)
 3 12.42 Page, Diela (Muir)

Inv 100 Meters
 1 11.40 Williams, Angela (Chino Hs)
 2 11.96 Weekes, Alta (Calgary Int)

3 12.09 Glenn, Brianna (La Mirada Hs)
Triple Jump
 1 38'11-3/4 Leyva, Paola (Mexico)
 2 35'8-1/2 Werth, Stephanie (N Dame)
 3 34'11-1/2 Dupres, Myoshia (Riv Poly Hs)

Inv Triple Jump
 1 37'8-1/2 Jefferson, Genev (EisenHs)
 2 37'1-1/2 Goodhart, Chris (Gr Junction)
 3 36'7-3/4 Ugodama, Blessing (L Bch P)

Inv Distance Medley Relay
 1 12:21.74 St Ignatius Prep
 2 12:34.55 Clovis
 3 12:45.31 Temecula

Inv 300 Intermediate Hurdles
 1 44.89 Santin, Frances (Taft Hs (La))
 2 45.93 Szirony, Melanie (Vly Royals)
 3 46.66 Dawkins, Rokshuna (Muir)

Sprint Medley Relay
 1 1:51.65 Ethwanda
 2 1:56.87 Thousand Oaks
 3 1:58.59 Don Pueblo

Inv Sprint Medley Relay
 1 1:46.66 Chino
 2 1:51.05 St Mary's Academy
 3 1:54.63 Stockdale

Inv 4 X 200 Meter Relay
 1 1:46.82 Redlands H.S.
 2 1:46.98 Lakewood
 4 1:48.95 Channel Island

4 X 200 Meter Relay
 1 1:45.20 Carson
 2 1:47.50 El Modena
 3 1:48.78 Crenshaw A

4 X 200 Meter Relay
 1 1:48.58 St Mary's Academy
 2 1:49.21 Centennial
 3 1:50.54 Grand Junction

Inv 4 X 200 Meter Relay
 1 1:37.32 Long Beach Poly
 2 1:42.62 Ayala
 3 1:44.82 Dorsey

Inv 800 Meters
 1 2:13.27 Austin, Molly (Mullen)
 2 2:13.40 Babatunda, Tawa (Edmonton)
 3 2:16.23 Shaw, Summer (Hun Beach Hs)

200 Meter
 1 25.14 Phillips, Crystal (LBCh Poly)
 2 25.78 Nassar, Astrid (FedMexicana)
 3 25.82 Johnson, Teona (LBCh Poly)

200 Meters
 1 24.10 Weekes, Alta (Calgary Int)
 2 24.34 Merrith, Sekeriah (LBCh Poly)
 3 24.72 Glenn, Brianna (La Mirada Hs)

Inv 3000 Meters
 1 9:28.25 Neipp, Andrea (Highland)
 2 9:52.40 Graces, Martha (FedMex)
 3 9:53.30 Zhang Kao (China)

4 X 400 Meter Relay
 1 4:26.00 Trabuco Hills
4 X 400 Meter Relay
 1 4:15.11 Centennial (Bakers.)

2 4:16.93 Los Alisos H.S.
 3 4:19.78 Ganesha
4 X 400 Meter Relay
 1 4:06.81 Gahr

2 4:09.61 Banning
 3 4:10.05 Lakewood

4 X 400 Meter Relay
 1 4:08.61 Eisenhower
 2 4:11.27 Foothill (Nc)
 3 4:13.59 South Bakersfield

4 X 400 Meter Relay
 1 4:06.72 Washington Prep H.S.
 2 4:06.94 Arcadia
 3 4:08.04 Apple Valley H.S.

4 X 400 Meter Relay
 1 3:58.87 Hawthorne
 2 4:01.06 Stockdale
 3 4:03.91 San Marcos

4 X 400 Meter Relay
 1 4:01.58 Valley Royals H.S.
 2 4:02.50 Ayala
 3 4:02.58 Morningside

Inv 4 X 400 Meter Relay
 1 3:44.54 Long Beach Poly
 2 3:47.72 Taft High School
 3 4:03.37 Brea Olinda

4 4:05.79 Grand Junction
 5 4:17.25 Cheyenne
Inv 4 X 1600 Meter Relay
 1 20:57.13 Yucaipa

2 21:04.22 University (So)
 3 21:45.14 La Canada
 4 21:34.12 Chao Yang Hs
 5 21:40.75 El Modena

Hampton/Phillips Track Classic

April 20, 1997, San Jose City College, By Keith Conning

Arend Watkins (Silver Creek, San Jose), a senior, set a meet record of 14.24 (-0.8) in the 110 meter high hurdles. The old record of 14.31 was set by Watkins in heat 3. Thomas Hocker (Silver Creek, San Jose), a junior, set a meet record of 53.90 in the 400 meter intermediate hurdles. The old record of 54.39 was set by Coke Edmon (Bellammina, San Jose) in 1994. Steve Harris (Del Mar, San Jose), a senior, set a meet record in the pole vault of 15-6. The old record of 15-0 was set by Louis Leno (Liberty, Brentwood) in 1992.

Damesha Craig (The Menlo School, Atherton) won the 200 meter dash in 24.51 (no wind information). They had a wind gauge, but no wind reading appeared in the results.

Nicole Hoxie (J.W. North, Riverside), a senior, set a meet record of 14.15 (-0.3) in heat 4 of the 100 meter high hurdles. The old record of 14.20 was set by Jennifer Odom (Independence, San Jose) in 1992.

Hoxie broke her record in the final at 13.97 (+1.6). Maria Lopez (Newark Memorial, Newark), a senior, pole vaulted 10-6.

Boys

100 Meter Dash

Heat 2 (-0.9) 1. Ken Slaton 12 Oak Grove 11.16
 Q. Heat 3 (-0.4) 1. Aaron Bryant 11 Wilcox 11.11
 Q. Final (nw) 1. Bryant 10.74, 2. Slaton 10.75, 3. Mike Nealy 12 Yerba Buena 11.10, 4. Hung Nguyen 10 Silver Creek 11.17, 5. Rico Paredes 11 Yerba Buena 11.18, 6. Rhad Urbano 12 Cupertino 11.22.

PREP RESULTS

200 Meter Dash

Section 1 (nw) 1. Brian Carson 12 Gunn 22.72. Section 2 (nw) 1. Laurent Harris 11 Gunderson 22.50. Section 3 (nw) 1. Steve Harris 12 Del Mar 21.63, 2. Ken Slaton 12 Oak Grove 21.77, 3. Aaron Bryant 11 Wilcox 22.13, 4. Jelani Hogg 12 Archbishop Riordan 22.31, 5. Lenny Douglas Dublin 22.37.

400 Meter Dash

1. Jelani Hogg 12 Archbishop Riordan 48.40, 2. Brian Carson 12 Gunn 49.22, 3. Terry Wood 12 Archbishop Riordan 50.81, 4. Arthur Crockett 10 Del Mar 50.84.

800 Meter Run

1. Jason Adkins 12 Wilcox 1:57.39, 2. Beau Williams 12 Gunn 1:57.89, 3. Jacob Green 12 Gilroy 1:58.08, 4. Mike McKinish 11 Reed 1:59.27, 5. D.J. Ozan 10 Del Mar 1:59.32.

1,600 Meter Run

1. Nuru Abdella 11 Cupertino 4:25.19, 2. Dan McDonough 11 Cupertino 4:27.63, 3. Nick Pielusch 12 Leland 4:28.14, 4. D.J. Ozan 10 Del Mar 4:28.32.

3,200 Meter Run

1. Nathan Martin 11 Livermore 9:40.00, 2. Nick Pielusch 12 Leland 9:40.53, 3. Nuru Abdella 11 Cupertino 9:44.50, 4. Brian Harrington 10 Del Mar 9:47.28, 5. Victor Cortes San Jose High Academy 9:50.46, 6. Leo Balderas 11 Silver Creek 9:52.03, 7. Marshall Boyd 11 Gunn 9:59.91.

110 Meter High Hurdles

Meet Record: 14.39 Isaac Carson Jefferson, Daly City, CA 1991 Heat 1 (-0.4) 1. Thomas Hocker 11 Silver Creek 14.70 Q, 2. Matua Mauga 12 Independence 14.80 Q, 3. Mike Owen 12 Saint Francis 15.50 Q, Heat 2 (-1.0) 1. Guy McGowan 11 Leigh 16.64 Q, Heat 3 (+1.1) 1. Arend Watkins 12 Silver Creek 14.31 Q Meet record Final (-0.8) 1. Watkins 14.24 Meet record, 2. McGowan 14.70, 3. Mauga 14.84, 4. Hocker 15.15.

400 Meter Intermediate Hurdles

Meet Record: 54.39 Coke Edmon (Bellarmine, San Jose) 1994 1. Thomas Hocker 11 Silver Creek 53.90 Meet record.

4x100

Section 1 1. Archbishop Mitty 44.66. Section 2 1. Silver Creek 43.46. Section 3 1. Oak Grove 42.62, 2. Cupertino 42.86, 3. Yerba Buena 43.03, 4. Menlo Atherton 43.77, 5. Saratoga 43.81.

4x400

Section 2 1. Yerba Buena 3:25.37, 2. Silver Creek 3:25.81. Section 3 1. Del Mar 3:24.53, 2. Archbishop Mitty 3:26.35, 3. Menlo Atherton 3:31.41.

Pole Vault

Meet Record: 15-0 Louis Lino (Liberty, Brentwood) 1992 1. Steve Harris 12 Del Mar 15-6 Meet record, 2. Casey Hayes 12 Grants Pass 14-6, 3. Coner Riley 12 Saint Francis 13-6, 4. Rico Paredes 11 Yerba Buena 13-0, 5. Justi Nikkashidali 11 Archbishop Mitty 13-0, 6. Rich Wise Dublin 13-0, 7. Ben Hagerman 11 Grants Pass 13-0.

Long Jump

1. Mike Nealy 12 Yerba Buena 22-5 nw, 2.

William Nero 12 Menlo Atherton 21-2 nw.

Triple Jump Frosh/Soph

1. Vincent Ibia 10 Silver Creek 44-1 1/2 nw Shot Put
1. Eric Garrett 10 Archbishop Riordan 50-2 1/2, 2. Shane Bush 12 Reed 49-7 1/4.

Discus

1. Albert Tulpulu 12 San Mateo 150-9

Girls

100 Meter Dash

Heat 2 (-0.3) 1. Enjoli Smith 12 Gilroy 12.59. Final (nw) 1. Smith 12.19, 2. Kerry Blaschke 10 St. Francis 12.32.

400 Meter Dash

Meet record: 57.44 Malika Freeman (Skyline, Oakland) 1992 Section 1 1. Tracy Hess 10 Lincoln, San Jose 59.86. Section 2 1. Deanna Slaton 9 Silver Creek 55.81 Meet record, 2. Julia Gray 11 J.W. North 56.76, 3. Jini Hogg 10 International Studies Academy 58.06, 4. Monica Coleman 12 Gunn 58.28, 5. Carrie McGraw 11 Mission San Jose 59.52.

200 Meter Dash

Section 2 (nw) 1. Deirdre Resse 9 Milpitas 26.13. Section 3 (nw) 1. Jini Hogg 10 International Studies Academy 25.57. Section 4 (nw) 1. Damesha Craig 12 Menlo 24.51, 2. Aisha Margaine 9 San Lorenzo 24.63, 3. Julia Gray 11 J.W. North 25.32, 4. Enjoli Smith 12 Gilroy 25.37, 5. Rebecca Paterson 12 Overfelt 26.56.

800 Meter Run

Meet record: 2:23.40 Laneshia McPherson (Silver Creek, San Jose) 1994 1. Katie Holchikiss 10 Mission San Jose 2:17.72 Meet record, 2. Amanda Neiochea 11 Mission San Jose 2:19.94, 3. Jessica Allnow 12 Saint Mary's, Stockton 2:21.94, 4. Becca Straw 11 Grants Pass 2:22.39.

1,600 Meter Run

1. Katie Holchikiss 10 Mission San Jose 5:16.62, 2. Celeste Dunlap 9 Cupertino 5:19.43, 3. Sonja Willis 12 Leland 5:19.80, 4. Krista Carlson 11 Grants Pass 5:19.89, 5. Hagu Solomon 9 Mission San Jose 5:28.42, 6. Lizzy Bailey 10 Mission San Jose 5:29.65, 7. Kim Nebeker 10 Milpitas 5:29.70, 8. Annette Holmquist 12 Santa Teresa 5:29.78.

3,200 Meter Run

1. Chloe Glare 10 Menlo Atherton 11:41.67

100 Meter High Hurdles

Meet Record: 14.20 Jennifer Odom (Independence, San Jose) 1992 Heat 1 (-1.5) 1. Damesha Craig 12 Menlo 14.76 Q, 2. Lisa O'Conner Mission San Jose 16.91. Heat 2 (nw) 1. Lisa O'Reilly 12 St. Mary's, Stockton 15.04 Q, 2. Lori Nolte 12 Reed 15.38 Q, 3. Cherokee Osborne 9 Reed 16.17. Heat 3 (nw) 1. Carrie McGraw 11 Mission San Jose 15.64 Q, 2. Leanne Slater 11 Leland 16.51 Q. Heat 4 (nw) 1. Nicole Hoxie 12 J.W. North 14.15 Q Meet record 2. Kelly Watson 11 Milpitas 15.70 Q. Final (1.6) 1. Hoxie 13.97 Meet record, 2. O'Reilly 14.94, 3. McGraw 15.42, 4. Craig 15.51, 5. Watson 15.56, 6. Nolte 15.85, 7. Slater 15.98.

400 Meter Low Hurdles

Meet record: 1:05.20 Tanya Lazar-Lea (Vallejo) 1992 Section 1 1. Myesha Kirtman 12 Lowell 1:02.75 Meet record. Section 2 1. Nicole Hoxie 12 J.W. North 1:04.61.

4x100

1. Archbishop Mitty 49.78, 2. Milpitas 49.79, 3. Mission San Jose 50.08, 4. St. Francis 50.24, 5. Gunn 50.56, 6. Gilroy 50.68, 7. Reed 50.77.

4x400

1. Mission San Jose 4:02.62, 2. Archbishop Mitty 4:07.42, 3. Gilroy 4:11.29.

4x800

1. Archbishop Mitty 10:15.30.

Pole Vault

1. Maria Lopez 12 Newark Memorial 10-6, 2. Lindsay Sam 11 Archbishop Mitty 8-6, 3. Lynda Tran 11 Mt. Pleasant 8-0, 4. Amie Gryzb 9 Archbishop Mitty 8-0.

Long Jump

1. Kameelah Elarms 12 Piedmont Hills 17-7 1/2 nw, 2. Tracy Hess 10 Lincoln 16-10 nw, 3. Damesha Craig 12 Menlo 16-8 1/2 nw, 4. Shawna Adkins Piedmont Hills 16-8 1/4 nw. Triple Jump
1. Shawna Adkins Piedmont Hills 37-1 nw, 2. Evelyn Shih 12 Gunn 36-3 1/2 nw, 3. Cherokee Osborne 9 Reed 34-2 nw, 4. Lesley Muller 11 Saint Francis 34-2 nw.

Shot Put

1. Ikeda Presberry 10 Milpitas 34-11 1/4, 2. Kristy Prasad 11 Milpitas 34-8, 3. Casey Romano 10 Archbishop Mitty 34-2 1/2, 4. Shanah Keyes 12 Gilroy 34-2, 5. Kaci Williams 9 Grants Pass 34-0 1/4.

Discus

1. Kyla McFarland 12 Grants Pass 123-3.

Woody Wilson Invitational

April 21, 1997. U.C. Davis. By Keith Conning Eddie Levine (Golden Valley, Merced) set a meet record of 1:52.66 in the 800 meter dash. The old record of 1:56.5 was set by Welsh (Colfax) in 1992.

Yvonne Liebig (Kennedy, Sacramento) set a meet record of 10:52.24 in the 3,200 meter run. The old record of 11:25.9 was set by Anne Gunnison (McClatchy, Sacramento) in 1995.

Boys

200 Meter Dash

1. E. Levine (Golden Valley) 22.18.

400 Meter Dash

Meet record: 48.89 Davis (Davis) 1996 1. J. Levine (Golden Valley) 47.94 meet record, 2. M. Kenyon (Del Campo) 49.19, 3. K. Thompson (Sonora) 50.02, 4. D. Newton (San Ramon) 50.72.

800 Meter Dash

Meet record: 1:56.5 Welsh (Colfax) 1992 1. E. Levine (Golden Valley) 1:52.66 meet record, 2. D. Rios (Colfax) 1:59.83, 3. Walker (Woodland) 1:59.89.

1,600

Meet record: 4:21.68 Wulf (Bellarmine) 1996 1. G. Fleming (Roseville) 4:18.2 meet record, 2. J. Miramontes (Golden Valley) 4:18.9, 3. McGahey

(Woodland) 4:18.8, 4. D. Rios (Colfax) 4:21.7, 5. E. Mencurini (Florin) 4:23.6, 6. Miller (Ponderosa) 4:26.6, 7. Willingham (East Union) 4:27.6.

3,200 Meter Run

1. C. Farley (Del Campo) 9:32.02, 2. Alliere (Jesuit) 9:33.33, 3. J. Hart (Sonora) 9:33.43, 4. Deritt (Jesuit) 9:46.69, 5. E. Mencurini (Florin) 9:48.97.

4x400

1. Golden Valley 3:23.97.

110 Meter Hurdles

1. Vaughn (Elk Grove) 15.31, 2. Lewis (Sierra) 15.34.

300 Meter Hurdles

1. J. Levine (Golden Valley) 38.83, 2. Vaughn (Elk Grove) 40.54.

4x100

1. Bishop O'Dowd 49.84.

High Jump

1. Feilbach (Bear Creek) 6-4.

Long Jump

Meet record: 22-0.75 Hatada (Casa Roble) 1992 1. D. Littlefield (Sonoma Valley) 22-0.75 ties meet record.

Triple Jump

Meet record: 44-9.25 Hatada (Casa Roble) 1992 1. E. Hublee (South Tahoe) 45-4.5 meet record, 2. J. Seitz (South Tahoe) 45-0.25, 3. M. Smith (Del Campo) 43-9.25, 4. J. Humphrey (Bishop O'Dowd) 43-7.

Shot Put

Meet record: 54-9 Badovinac (Jesuit) 1996 1. Badovinac (Jesuit) 56-4 meet record, 2. Mackay (Central Catholic) 49-5.25.

Discus

Meet record: 163-7 Badovinac (Jesuit) 1996 1. Badovinac (Jesuit) 165-7.5 meet record, 2. A. Maschmeyer (Del Campo) 149-3, 3. Harvey (Central Catholic) 148-4.

Girls

200

1. R. Chriss (Analay) 25.89

400

Meet record: 56.60 Crummy (Hogan) 1992 1. R. Chriss (Analay) 56.16 meet record, 2. Miller (Kennedy) 59.2.

800 Meter Dash

1. L. Hyatt (Placer) 2:16.13, 2. C. Jarvis (St. Francis) 2:21.08.

1,600 Meter Run

1. L. Hyatt (Placer) 5:13.5, 2. Liebig (Kennedy) 5:17.1, 3. A. Gunnison (C.K. McClatchy) 5:19.7, 4. J. Wong (Bella Vista) 5:22.7.

3,200 Meter Run

Meet record: 11:25.9 Gunnison (C.K. McClatchy) 1995 1. Liebig (Kennedy) 10:52.24 meet record, 2. J. De Rego (Sonora) 11:47.29.

4x400

1. Placer 4:06.24, 2. Woodland 4:07.10, 3. Bishop O'Dowd 4:09.56.

100 Meter High Hurdles

1. Tale (Turlock) 15.2, 2. Hollister (Turlock) 15.6, 3. A. Smith (Ponderosa) 16.0.

300 Meter Hurdles

1. Brown (Woodland) 46.48, 2. V. James (Bishop O'Dowd) 47.70.

PREP RESULTS

High Jump

Meet record 5-2 Taylor (Fairfield) 1995 and Holden (Wood) 1996

1. J. Saltzman (Big Valley) 5-4 meet record

Pole Vault

Meet record: 8-6 Wirth (Woodland) 1996 1.

Kitto (Bear Creek) 10-0 meet record, 2. Bell (East Union) 10-0, 3. R. Kilgore (Reno) 9-6, 4. H. Anderson (Reno) 9-0, 5. S. Gosnell (Golden Valley) 8-6.

Long Jump

1. K. Trapani (Oak Ridge) 17-5.25

Triple Jump

Meet record: 34-7 McClung (Fall River) 1992 1. K. Trapani (Oak Ridge) 37-0.25 meet record, 2. J. Saltzman (Big Valley) 34-9.25.

Shot Put

1. Guzman (Woodland) 39-0

Discus

1. Hardcastle (East Union) 121-8.

Bella Vista Bronco

Invitational

April 26, 1997. Submitted by Rich McCann (Davis) via Keith Conning.

Boys

Team Scores 1. Vallejo 57, 2. Cordova 56, 3. Del Campo 48, 4. Jesuit 46, 5. Christian Brothers 36, 6. Ponderosa 30.

100 1. Williams (Cordova) 11.09, 200 1. Kenyon (Del Campo) 22.1, 400 1. Kenyon (Del Campo) 48.28, 2. Carroll (Merced) 49.82, 3. Graves (Christian Brothers) 50.6, 800 1. Carroll (Merced) 1:55.8, 2. Rios (Cordova) 1:56.7, 3. Schweitzer (Casa Roble) 1:56.2, 1,500 1.

Farley (Del Campo) 4:01.9, 2. Rios (Cordova) 4:03.2, 3. Canahio (Modesto) 4:06.4, 4x100 1. Christian Brothers 43.63, 4x400 1. Vallejo 3:24.3, 2. Cordova 3:27.2, HJ 1. Osby (Cordova) 6-4, PV 1. Delichman (Ponderosa) 14-7, 2. Bewsey (Ponderosa) 14-0, 3. Myers (Jesuit) 13-6, LJ 1. Osby (Cordova) 21-9, TJ 1. Smith (Del Campo) 44-4, SP 1. Hughes (El Camino) 50-5, 2. Jesse (Capital Christian) 50-0.

DT 1. Phillips (Reno) 156-6, 2. Robbins (Bear River) 155-4.

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DT 1. Phillips (Reno) 156-6, 2. Robbins (Bear River) 155-4.

DT 1. Phillips (Reno) 156-6, 2. Robbins (Bear River) 155-4.

18th C.C.S. Top 8 Classic

Friday, April 25, 1997. Los Gatos High School, Los Gatos. From Keith Conning

Aaron Bryant (Wilcox), the boys' track athlete of the meet, won the 100 meters in 10.50 (wind +1.5 meters per second). It is the fastest time in California this year.

Brad Hanson (St. Ignatius, San Francisco) won the 1,600 meters in 4:14.4, the top time in California this year. Brendan Fitzgibbon (St. Ignatius) placed second in 4:14.8. Gary Passanisi (Aptos) was third in 4:16.6. Arend Watkins (Silver Creek, San Jose) set a meet record of 13.89w (wind: +3.7) in the 110 meter high hurdles. The old record of 13.96 was set by Isaac Carson (Jefferson, Daly City) in 1991. This meet allows wind-aided marks for meet records according to Rick Milam.

Kim Stone (York, Monterey), the girls' field event athlete of the meet, won the high jump at 5-8.

Vanessa Yerba (Gonzales) won the pole vault at 11-0.

Boys Results

Team Scores 1. North Monterey County 41, 2. Silver Creek 36, 3. Oak Grove 35, 4. Gunn 32, 4. Del Mar 32.

100

Section 1 (+1.5)

1. Aaron Bryant, Wilcox 10.50

2. Kenny Slaton, Oak Grove 10.73

3. Steve Harris, Del Mar 10.84

5. Perry Dorsey, Monterey 11.06

6. Hung Nguyen, Silver Creek 11.13

Section 2 (nw)

1. Chris Vivil, North Monterey County 11.00

200 (w: 0.1)

1. Steve Harris, Del Mar 21.63

2. Kenny Slaton, Oak Grove 21.74

3. Aaron Bryant, Wilcox 21.82

4. Lauren Harris, Gunderson 22.30

Section 2 (0.7)

1. Tom Stout, Mills 22.50

400

1. Jason White, Milpitas 48.77

2. Ernesto Salinas, Gilroy 48.88

3. Brian Carson, Gunn 49.25

4. Terry Wood, Riordan 49.62

5. Matt Tayan, North Monterey County 49.90

6. Tom Stout, Mills 49.95

7. Spencer Elliott, St. Francis 50.42

800

1. Temo Trujillo, North Monterey County 1:57.10

2. Beau Williams, Gunn 1:57.36

3. Jason Adkins, Wilcox 1:57.42

4. Adam Tucker, St. Francis 1:57.47

5. Lewis Briseno, King City 1:58.20

6. Trevor Gulna, Westmont 1:58.39

7. Jacob Green, Gilroy 1:58.55

8. Jason Rudolph, Palo Alto 1:59.30

9. Andrew Wulf, Bellarmine 1:59.80

1,600

1. Brad Hanson, St. Ignatius 4:14.4

2. Brendan Fitzgibbon, St. Ignatius 4:14.8

3. Gary Passanisi, Aptos 4:16.6

4. Cuco Chavez, Hollister 4:20.8

5. Eric Rastler, Gunderson 4:24.1

6. Joma Dewald, Soquel 4:24.7

7. Andrew Hill, Los Altos 4:26.0

3,200

1. Brian Cooke, Burlingame 9:26.6

2. Cuco Chavez, Hollister 9:27.4

3. Leo Balderas, Silver Creek 9:27.8

4. Dan McDonough, Cupertino 9:28.5

5. Nick Plielusch, Leland 9:33.0

6. Adam Boothe, Pioneer 9:33.4

7. Brad Stapleton, Serra 9:36.2

8. Nuru Abdegia, Cupertino 9:37.8

9. Jose Acosta, Piedmont Hills 9:43.1

10. Andrew Hill, Los Altos 9:45.1

110H

Section 1 (+3.7)

1. Arend Watkins, Silver Creek 13.89w

2. Tony Galavic, Gunderson 14.39w

3. Guy McGowan, Leigh 14.40w

4. Malua Mauga, Independence 14.75w

5. Derek Seymour, San Lorenzo 15.04w

6. Brandon Hall, St. Ignatius 15.18w

7. Ryan Travalle, Carmel 15.19w

Section 2 (nw)

1. Emerson Sanerson, San Lorenzo Valley 15.2

2. Efrain Carrasco, Overfelt 15.2

300H

1. Guy McGowan, Leigh 38.06

2. Tom Hocker, Silver Creek 38.30

3. Derek Seymour, San Lorenzo 39.23

4. Brian Carroll, Saratoga 39.60

5. Efrain Carrasco, Overfelt 39.91

6. Transon Hum, Independence 40.44

7. Brandon Hall, St. Ignatius 40.57

8. Emmerson Sanerson, San Lorenzo 40.80

4x100

1. Oak Grove 41.8, 2. NMC 42.7, 3. Del Mar 42.8, 4. North Salinas 43.1, 5. Wilcox 43.2, 6. Cupertino 43.30, 7. Gunderson 43.4, 8. Riordan, St. Ignatius, St. Francis 43.50.

4x400

1. Gunderson 3:20.0, 2. Gunn 3:20.9, 3. Del Mar 3:21.2, 4. St. Francis 3:22.9, 5. St. Ignatius 3:23.9, 6. Milty 3:24.3, 7. North Monterey County 3:27.0.

HJ

1. Darren Marble, Los Altos 6-9

2. Ben Cook, Carmel 6-4

3. Cisco Narewski, King City 6-4

PV

1. David Grigalva, North Monterey 14-0

2. Justin Nikbakhsh-Talik, Milty 13-6

LJ

1. Damon Gaston, Milpitas 21-5 1/4 nw

TJ

(no wind information)

1. Mike Cordoba, North Salinas 46-10

2. Greg Fisher, North Monterey Co. 44-8 1/2

3. Vince Ibia, Silver Creek 44-8

4. Alex Shye, Los Altos 43-10

5. John Seol, Salinas 43-9

6. Gregg Quarels, Los Altos 43-8

SP

1. Pete Bjorklund, Los Altos 57-0 3/4

2. Andre Carter, Oak Grove 54-4 1/4

3. Callahan McCabe, Bellarmine 50-1

4. Tim Snyder, Gunn 50-0 1/2

5. Eric Garrett, Riordan 49-11 1/2

6. Brandon Goldstein, Piedmont Hills 49-11

DT

1. Mike Donnelly, St. Ignatius 158-0

2. Adam Sanborn, San Lorenzo 153-5

3. Brent Bower, Gunn 152-8

Frosh/Soph

3,200

1. Brian Harrington, Del Mar 9:49.9

2. Francisco Uribe, Riordan 9:56.1

3. Booker Tynes, Milty 9:56.6

4. Matt Howick, Homestead 9:56.7

Girls Results

Team Scores 1. Los Altos 44, 2. St. Ignatius 40.67, 3. Los Gatos 39, 3. Piedmont Hills 39, 5. Gunn 30

100

Section 1 (+1.6)

1. Enjoli Smith, Gilroy 12.34

2. Mandy Majik, Capuchino 12.36

3. Kerry Blaschke, St. Francis 12.42

4. Kristie Ostojka, Hollister 12.43

Section 2 (nw)

1. Amber Taylor, North Monterey County 12.50

2. Aleishia Jackson, Piedmont Hills 12.67

200

(nw)

1. Enjoli Smith, Gilroy 25.47

2. Kristie Ostojka, Hollister 25.64

3. Kerry Blaschke, St. Francis 25.68

4. Tamara Gully, Oak Grove 25.88

5. Jasmine Washington, St. Ignatius 25.97

6. Dee Reese, Milpitas 26.25

400

1. Stephanie Chavez, Los Gatos 56.13

2. Kameelah Elarms, Piedmont Hills 56.72

3. Monica Coleman, Gunn 57.29

4. Tracy Hess, Lincoln 59.63

5. Maureen Marquess, St. Francis 59.70

6. Erin Lapping, St. Ignatius 1:00.00

7. Angelica Brown, Milpitas 1:00.06

800

1. Stephanie Chavez, Los Gatos 2:17.79

2. Liha Biber-Ferro, Los Gatos 2:19.25

3. Katie Rigney, 2:19.40

4. Katie Appenrod, St. Ignatius 2:20.75

5. Amy Lapine, Los Gatos 2:21.63

6. April Kihara, Palo Alto 2:21.86

1,600

1. Katie Appenrod, St. Ignatius 5:10.0

2. Marielle Schlueter, St. Ignatius 5:12.5

3. Anne Elyse Smith, Aptos 5:12.8

4. April Kihara, Palo Alto 5:14.9

5. Lauren Gustafson, Mills 5:16.7

6. Sonja Willis, Leland 5:18.9

3,200

1. Marielle Schlueter, St. Ignatius 11:14.2

2. Nicole Portley, Aragon 11:16.7

3. Chloe Glare, Menlo-Atherton 11:29.7

4. Anne Elyse Smith, Aptos 11:36.0

5. Celeste Dunlap, Cupertino 11:36.2

6. Sarah McAleer, Los Gatos 11:36.5

7. Eileen Grove, St. Ignatius 11:48.3

100H (nw)

1. Tamisha Allen, North Salinas 14.99

2. Mandy Mazik, Capuchino 15.00

3. Leanne Slater, Leland 15.17

4. Kelly Watson, Milpitas 15.31

PREP RESULTS

5. Stephanie Downey, Los Altos 15.38

6. Taylor Teerlink, Saratoga 15.75

500H

1. Mandy Mazik, Capuchino 44.30

2. Carey Carver, Harbor 45.00

3. Leanne Slater, Leland 45.02

4. Stephanie Downey, Los Altos 46.07

5. Teria Green, Mitty 46.61

6. Alexandra Balagso, Independence 46.73

7. Rebecca Paterson, Overfelt 47.15

8. Sara Clemm, St. Francis 47.50

4x100

1. Milpitas 49.18, 2. Mitty 49.43, 3. Gunn 49.45,

4. South San Francisco 49.80, 5. Leigh 49.94,

6. Piedmont Hills 50.3, 7. Gilroy 50.5, 8. NMC

50.5,

4x400

1. Gunn 3:59.2, 2. Los Gatos 4:02.8, 3. Mitty

4:03.3, 4. Leland 4:05.7, 5. North Monterey

County 4:06.6, 6. St. Ignatius 4:06.9, 7.

Piedmont Hills 4:07.1, 8. Gilroy 4:07.3, 9. Los

Altos 4:09.3

HJ

1. Kim Stone, York 5-8

2. Holly Demeter, Los Altos 5-6

3. Sandra Butler, Gunderson 5-4

4. Jenny Lee, St. Ignatius 5-4

5. Kristen Owen, St. Francis 5-2

6. Danielle Dupree, York 5-2

PV

1. Vanessa Yerba, Gonzales 11-0 meet record

2. Kimberly Foxx, Notre Dame 9-6

3. Lindsey Sam, Mitty 9-0

4. Elisa Yi, Mills 8-6

5. Lisa Wong, North Salinas 8-6

6. Anna Furniss, St. Ignatius 8-6

7. Christine Olsson, St. Ignatius 8-6

8. Lisa Heame, King City 8-6

LJ (nw)

1. Kameelah Elarms, Piedmont Hills 17-5

2. Shawna Addins, Piedmont Hills 16-11 1/2

TJ (nw)

1. Shawna Addins, Piedmont Hills 36-10 3/4

2. Evelyn Shin, Gunn 36-6 3/4

3. Nikki Gilotti, North Monterey County 35-9 3/4

4. Becca Saenz, Los Altos 35-7 1/4

SP

1. Jenn Santos, Los Altos 38-6 1/2

2. Shanah Keyes, Gilroy 37-5

3. Jonelle Gullon, North Salinas 35-8

4. Diane Williams, Hillsdale 35-7

DT

1. Jenn Santos, Los Altos 112-6

Sanger Metric Classic

April 25, 1997: Sanger, CA

Boys Events:

100 Meters

1. Jerome Avery (Lemoore) 10.66

2. Wiley (Bullard) 10.90

3. Holland 10.93

400 Meters

1. Myers (Clovis) 50.16

2. Domenic (Buchanan) 50.62

3. Johnson (Sanger) 51.59

800 Meters

1. Jose Arambula (McFarland) 1:56.23

2. Smithhart (Buchanan) 1:56.46

3. Barrus (Clovis) 1:57.86

1600 Meters

1. Steve Barrus (Clovis) 4:19.78

2. Pestorch (Clovis West) 4:24.68

3. Buckeye (Clovis) 4:24.97

3200 Meters

1. Mike Kasahun (Fresno) 8:30.07

2. Rebolko (Menache) 8:43.42

3. Zambrano (Madera) 8:45.64

110 Meter Hurdles

1. Bagdanoff (Buchanan) 14.8

2. Nakayama (Clovis) 14.8

3. Riley (Bullard) 14.9

300 Meter Hurdles

1. Tim Bagdanoff (Buchanan) 38.50

2. Avila (Selma) 40.04

3. Avery (Lemoore) 40.06

4x100 Meter Relay

1. Lemoore 41.88, 2. Clovis 42.91, 3. Bullard

42.98

Sprint Medley Relay

1. Madera 3:41.63, 2. Sanger 3:44.49, 3.

McLane 3:45.45

4x400 Meter Relay

1. Buchanan 3:35.57, 2. Clovis 3:26.86, 3.

Sanger 3:32.08

High Jump

1. Gabriel Zarate (Selma) 7-0

2. Deckard (Chowchilla) 6-3

3. Bacon (Reedley) 6-3

Pole Vault

1. Mark Unzueta (Lemoore) 15-10

2. Gionette (Lemoore) 14-00

3. Besner (Clovis) 13-06

Long Jump

1. Archie (Hoover) 22-04

2. Armstrong (McLane) 21-11

3. Nakayama (Clovis) 21-09.5

Triple Jump

1. Duran Archie (Hoover) 45-09

2. Wilburn (Clovis West) 43-10

3. Bou (McLane) 42-07.5

Shot Put

1. Sergio Colmenero (Madera) 49-11.75

2. Harding (Sanger) 49-09.5

3. Cerrato (Washington) 49-07.75

Discus

1. Chris Ranglas (Buchanan) 157-00

2. Bailey (Hoover) 154-08

3. Johnson (Fresno) 154-03

Team Scores 1. Clovis 78, 2. Buchanan 61, 3.

Lemoore 55, 4. Sanger 43, 5. Madera 40, 6.

Hoover 30, 7. Clovis West 27, 8. McLane 25,

9. Bullard 24, 10. Selma 20.

Outstanding Performers: Jerome Avery

(Lemoore), Gabriel Zarate (Selma)

Girls Events

100 Meters

1. Nikki Avery (Lemoore) 12.89

2. Knobe (Kingsburg) 12.98

3. DeLong (Kingsburg) 13.05

400 Meters

1. Amber Newsome (Stockdale) 57.82

2. Mitchell (Lemoore) 57.93

3. Harris (Wasco) 58.35

800 Meters

1. Tracy Cohn (Stockdale) 2:19.7

2. Barrus (Clovis) 2:22.2

3. Smith (Clovis West) 2:22.8

1600 Meters

1. Tracy Cohn (Stockdale) 5:03.9

2. Kinder (Bullard)

3. Lawson (Clovis West) 5:16.1

3200 Meters

1. Jennifer Toler (Clovis West) 11:32.06

2. McCarty (Madera) 11:34.22

3. Davis (McFarland) 11:43.35

100 Meter Hurdles

1. Artis Burrell (Clovis) 16.18

2. Bauer (Buchanan) 16.57

3. Plumeria (Stockdale) 16.96

300 Meter Hurdles

1. Rachel Bower (Buchanan) 46.28

2. Plumeria (Stockdale) 46.78

3. Nazarov (Central) 47.05

Sprint Medley Relay

1. Clovis 4:25.11, 2. Sanger 4:27.18, 3.

Lemoore 4:30.79

4x100 Meter Relay

1. Clovis 50.0, 2. Lemoore 50.2, 3. Bullard

51.0

4x400 Meter Relay

1. Stockdale 4:02.10, 2. Bullard 4:04.08, 3.

Clovis 4:04.40

High Jump

1. Amanda Fossen (Reedley) 5-03

2. Roberts (Bullard) 5-03

3. Villana (Sanger) 5-01

Pole Vault

1. Allison Knobe (Kingsburg) 11-00

2. Dodson (Sanger) 10-06

3. Pavlina (Kingsburg) 10-00

Long Jump

1. April Home (Clovis West) 17-02

2. Garcia (Corcoran) 16-04.5

3. Arade (Buchanan) 16-01

Triple Jump

1. Brittney Roberts (Bullard) 36-04

2. Home (Clovis West) 34-06

3. Lopez (Central) 34-03

Shot Put

1. Smith (Madera) 39-04.5

2. Schwamb (Selma) 38-10.5

3. Neal (Lemoore) 37-09

Discus

1. Cedilia Barnes-Milleham (Clovis) 147-10

2. Schell (Sierra) 139-0

3. Smith (Madera) 124-01

Team Scores 1. Clovis West 70, 2. Bullard

56, 3. Stockdale 54, 4. Lemoore 50, 5. Clovis

49, 6. Madera 36, 7. Buchanan 34, 8.

Kingsburg 30, 9. Sanger 27, 10. Corcoran 14.

Outstanding Performers: Tracy Cohn

(Stockdale), Cedilia Barnes-Milleham (Clovis

West)

West Valley/Chico

Invitational

Friday, April 25, CSU Chico, From Scott

Fairley, West Valley Track Coach and Keith

Conning

Fairley reported: "Weather conditions were

warm and calm for the evening finals session.

All races were timed using a fully automatic

FinishLynx timing system."

Boys Results

Team Scores

1. Hogan 51, 2. Oakmont 43, 3. Yuba City 40,

4. Elk Grove 37, 5. Valley 34, 5. Wood 34,

100

1. Ric Cottengim (Elk Grove) 10.96

2. Marcel Dunn (Wood) 10.89

200

1. Ric Cottengim (Elk Grove) 22.45

400

1. Latjuan Gowans (Valley) 49.68

2. Ryan Lockin (Gridley) 49.71

800

1. Jared Plemmons (Oakmont) 1:56.27

2. Scott Baldwin (Pleasant Valley) 1:58.29

3. Justin Willingham (East Union) 1:58.65

4. Ryan Wade (Central Valley) 1:59.16

5. Brian Nichols (Paradise) 1:59.38

1,600

1. Erik Mencarini (Florin) 4:20.93

2. Ryan Mack (Ukiah) 4:21.56

3. Gaetan Habekoss (Nevada Union) 4:23.30

4. Junsin Willingham (East Union) 4:25.75

5. Brad Garland (Nevada Union) 4:27.76

3,200

1. Corey Creasy (Nevada Union) 9:19.64

2. Philip Hassan (Nevada Union) 9:24.27

3. David Braund (West Valley) 9:36.52

4. Dan Cline (Durham) 9:37.78

5. Justin Willingham (East Union) 9:40.22

6. Erik Mencarini (Florin) 9:41.53

110H

1. Henry Frazier (Hogan) 14.75

2. Joe Augustine (Yuba City) 14.99

3. Ken Vaughn (Elk Grove) 15.00

4. Scott Reese (Woodland) 15.37

5. Joe Wright (Hogan) 15.41

6. Byron Talley (Yuba City) 15.43

300H

1. Joe Augustine (Yuba City) 38.89

2. Henry Frazier (Hogan) 39.39

3. Ken Vaughn (Elk Grove) 39.76

4x100

1. Wood 43.16

4x400

1. Valley 3:27.56

HJ

1. Joey Bartlett (Las Plumas) 6-4

PREP RESULTS

4. Chris Uribe (Oakmont) 52-0 1/2
5. Wayne Brewer (Lassen) 51-3 1/2
6. Ryan Dusa (Sutter) 50-2

DT

1. Wayne Brewer (Lassen) 160-3
2. Marcus Mattheeny (St. Bernards) 153-11
3. Chris Uribe (Oakmont) 153-3

Girls Results

Team Scores 1. West Valley 67, 2. Valley 66, 3. Enterprise 39, 4. Anderson 28, 5. Woodland 26, 100

1. Zhauntel Holman (Valley) 12.15
2. Maddin Harris (Enterprise) 12.48
3. Yahvoh Totimeh (Valley) 12.49
4. Danielle Martin (Valley) 12.67

200

1. Zhauntel Holman (Valley) 25.30
2. Yahvoh Totimeh (Valley) 25.80
3. Kartila Bush (Lindhurst) 26.29

400

1. Heather Otter (Enterprise) 58.77
2. Tanisha Silas (Hogan) 59.25
3. Charane Wilson (Eureka) 59.82
4. Jenny Jefferies (West Valley) 59.92
5. Katy Harris (Pleasant Valley) 59.97
6. Jacque Teague (Chico) 59.99

800

1. Cassidy Johnson (Nevada Union) 2:19.58
2. Nicole Ruff (Las Plumas) 2:20.91
3. Crystal Johnson (Eureka) 2:22.35

1,600

1. Jenae Erickson (West Valley) 5:18.85
2. Erin Gulbrandsen (Pleasant Valley) 5:18.96

3,200

1. Kara Hurn (Central Valley) 11:15.44
2. Hillery Gemmill (Central Valley) 11:48.11
3. Lori Kluck (Central Valley) 11:49.89

100H

1. Tiara Anderson (West Valley) 15.50
2. Dwan Dansby (Yuba City) 16.03
3. Jessica Miceli (Trinity) 16.20

300H

1. Sarah Brown (Woodland) 44.58
2. Tiara Anderson (West Valley) 44.62
3. Nikkita Mocer (Wood) 46.25
4. Heather Contreras (Sutter) 47.03
5. Jessica Miceli (Trinity) 47.53

6. Amy Christensen (Nevada Union) 47.93

4x100

1. Valley 48.16, 2. Hogan 49.89, 3. Enterprise 50.29, 4. Florin 50.92

4x400

1. Valley 3:58.71, 2. West Valley 4:02.25, 3. Wood 4:05.73, 4. Woodland 4:06.36, 5. Pleasant Valley 4:06.65, 6. Nevada Union 4:08.48

PV

1. Autumn Bell (East Union) 10-3
2. Becky Studebaker (South Fork) 10-0
3. Christa Epperly (Nevada Union) 9-6
4. Wendy Paulsen (Woodland) 9-0
5. Crystal Green (Woodland) 9-0
6. Amy Hicksted (Incline) 8-6
6. Kiera Drazil (Elk Grove) 8-6

LJ

1. Macklin Harris (Enterprise) 18-2 1/4
2. Danielle Martin (Valley) 18-1 3/4

3. Julie Jones (Oakmont) 17-1 1/2
4. Leah Jackson (Big Valley) 16-10 1/4

TJ

1. April Jackson (West Valley) 5-4
2. Nena Custodio (Anderson) 5-2

SP

1. Kristin Bryden (Anderson) 45-10
2. Katherine Heffernan (Mercy) 39-0
3. Heather Hill (Sacred Heart Cathedral) 37-8 1/2

2

4. Jill Camarena (Woodland) 37-7
5. Julie Howard (Ukiah) 37-2 1/2
6. Jeniele Gaston (Croville) 36-8 1/2

DT

1. Kristin Bryden (Anderson) 137-6
2. Jesse Hardcastle (East Union) 129-1
3. Nikki Stover (Corning) 115-8
4. Jaynee Moon (East Union) 113-11
5. Dustie Borchard (Red Bluff) 111-2

Lincoln High School Invitational

April 26, 1997. Stockton, CA. From Steve Rapaport (all times are hand)

Varsity Boys Winners

- 100 Meters** Butler (Stagg) 10.41, **200 Meters** E. Levine (Golden Valley) 21.66, **400 Meters** E. Levine (Golden Valley) 46.74, **800 Meters** J. Levine (Golden Valley) 1:53.71, **1500 Meters** Miramontes (Golden Valley) 4:02.0, **Two Mile** Miramontes (Golden Valley) 9:24.5, **110 Meter High Hurdles** Lewis (Sierra) 14.5, **300 Meter Hurdles** Shackelford (Lincoln) 40.12, **4x100 Meter Relay** Stagg 42.39, **4x400 Meter Relay** Stagg 3:23.3, **High Jump** Fellbach (Bear Creek) 6-09.25, **Pole Vault** Gritz (Bear Creek) 16-02, **Long Jump** Pearson (Stagg) 22-10.5, **Triple Jump** Preciado (Stagg) 44-06, **Shot Put** Rigatto (Lincoln) 47-08.5, **Discus** Marelllo (Bear Creek) 148-10,

Varsity Girls Winners

- 100 Meters** Smedley (Lincoln) 12.22, **200 Meters** Smedley (Lincoln) 25.71, **400 Meters** Jones (Sierra) 60.8, **800 Meters** Suguitan (Lincoln) 2:23.1, **1500 Meters** Nicolas (Lincoln) 4:56.0, **Two Mile** Nicolas (Lincoln) 11:39.0, **100 Meter Hurdles** Gillot (North Monterey) 15.37, **300 Meter Hurdles** Gillot (North Monterey) 47.22, **4x100 Meter Relay** Lincoln 50.3, **4x400 Meter Relay** Lincoln 4:08.6, **High Jump** Gillot (North Monterey) 4-10, **Pole Vault** Killo (Bear Creek) 10-00, **Long Jump** Basham (Calaveras) 16-04, **Triple Jump** Gillot (North Monterey) 35-08, **Shot Put** Jordon (Lincoln) 42-04.25, **Discus** Jordon (Lincoln) 119-06,

Orange County Championships

Saturday, April 26, 1997. At Trabuco Hills High School. From: Dave Winkler

Boys

- Team Scores:** 1. Tustin 77, 2. El Toro 50, 3. Edison 39, 4. Huntington Beach 30, 5. Mater Dei 28, 100

1. McNair, Mater Dei, 10.67

2. Crook, Katella, 10.81
3. Bardone, Edison, 10.90
4. Chavis, Mission Viejo, 10.91
5. Esparza, Brea, 10.91

200

1. McNair, Mater Dei, 21.59
2. Stovall, Woodbridge, 22.04
3. Crook, Katella, 22.19
4. Williams, Tustin, 22.20
5. Moos, Edison, 22.28

400

1. Morello, Laguna Hills, 49.82
2. Vickers, Tustin, 49.84
3. Perado, Savanna, 59.92
4. West, Sonora, 50.54
5. Foelmi, El Toro, 50.55

800

1. Lindahl, Dana Hills, 1:55.01
2. Soliz, Costa Mesa, 1:55.72
3. Tsentas, Foothill, 1:56.12
4. Beardslee, Corona Del Mar, 1:56.38
5. Heath, Foothill, 1:57.32

1600

1. Gleason, Mission Viejo, 4:19.43
2. Lee, El Toro, 4:22.91
3. Manhart, Trabuco Hills, 4:24.36
4. Leon, Santa Ana, 4:24.39
5. Smith, Tustin, 4:24.95

3200

1. Gleason, Mission Viejo, 9:27.96
2. Russell, Orange, 9:33.29
3. Gaston, Huntington Beach, 9:35.62
4. Trueba, Huntington Beach, 9:36.70
5. Smith, Tustin, 9:38.92

110 High Hurdles

1. DeGrammont, Tustin, 13.73 (meet record)
2. Smith, El Toro, 14.40
3. Brown, Dana Hills, 14.52
4. Vickers, Tustin, 14.87
5. Dicus, Mission Viejo, 14.94

300 Intermediate Hurdles

1. DeGrammont, Tustin, 37.49 (meet record)
2. Smith, El Toro, 38.71
3. Williams, Irvine, 38.96
4. Carr, Esperanza, 39.39
5. Dicus, El Modina, 38.96

400 Relay

1. Tustin 42.09
2. Mater Dei 42.75
3. Woodbridge 43.55
4. Edison 43.62
5. Katella 43.68

1600 Relay

1. Tustin 3:22.36
2. Santa Margarita 3:22.63
3. Savanna 3:24.47
4. Edison 3:26.45
5. Santa Ana 3:26.45

High Jump

1. Deraad, Tustin, 6-10
2. Parks, El Toro, 6-8
3. Smith, Costa Mesa, 6-6
4. Fuentes, Saddleback, 6-4
5. Reese, Dana Hills, 6-4

Long Jump

1. Parks, El Toro, 23-0 (meet record)
2. Bardone, Edison, 22-7 3/4
3. Jones, Edison, 21-10

4. Palacios, Mater Dei, 21-8 1/2
5. Sango, El Toro, 21-6 1/4

Triple Jump

1. Jones, Edison, 45-8 3/4
2. Walker, Los Amigos, 45-3 1/2
3. Binder, Laguna Hills, 44-5 3/4
4. Odden, Marina, 43-11 1/2
5. Valanos, Woodbridge, 43-7

Pole Vault

1. Vandrovac, Fountain Valley, 15-0
2. Allen, Woodbridge, 14-6
3. Stokes, Edison, 14-0
3. Sumner, Marina, 14-0
5. Petlowany, El Toro, 14-0

Shot Put

1. Moser, Huntington Beach, 59-7 1/2
2. O'Neil, Santa Margarita, 55-6 1/2
3. Vollers, Servite, 54-10
4. Rudisell, Costa Mesa, 53-8
5. Birrell, Esperanza, 52-5

Discus Throw

1. Moser, Huntington Beach, 192-7
2. Norum, Brea, 171-0
3. Reese, Newport Harbor, 167-9
4. Clarke, Newport Harbor, 166-2
5. Vollers, Servite, 163-9

Girls

Team Scores: 1. Santa Margarita 78, 2. Woodbridge 77.5, 3. Newport Harbor 55.5, 4. Mission Viejo 51, 5. Brea Olinda 25, 100

1. Dix, Woodbridge, 12.04
2. Stone, Woodbridge, 12.27
3. Steele, Esperanza, 12.35
4. Packard, Westminster, 12.41
5. Dozier, Westminster, 12.47

200

1. Dix, Woodbridge, 24.96
2. Bethel, Mission Viejo, 25.11
3. Stone, Woodbridge, 25.12
4. Dozier, Westminster, 25.67
5. Atkinson, Santa Margarita, 25.98

400

1. Torres, Woodbridge, 57.39
2. Buccola, Mater Dei, 58.84
3. Ciampa, San Clemente, 59.19
4. Atkinson, Santa Margarita, 59.26
5. McQuaid, Woodbridge, 59.59

800

1. Nuanes, Santa Margarita, 2:17.79
2. Morse, Corona Del Mar, 2:18.21
3. Nelson, Brea, 2:18.82
4. Spahr, Marina, 2:20.10
5. Moran, Saddleback, 2:23.49

1600

1. Nuanes, Santa Margarita, 5:08.79
2. Marquand, University, 5:09.65
3. Dahlberg, El Modina, 5:12.02
4. Thomas, Laguna Hills, 5:12.69
5. McFall, Newport Harbor, 5:12.72

3200

1. Nuanes, Santa Margarita, 11:10.32
2. Thomas, Laguna Hills, 11:10.75
3. McFall, Newport Harbor, 11:19.8
4. Bates, Los Alamitos, 11:30.7
5. Kulak, Sunny Hills, 11:31.6

PREP RESULTS

100 Hurdles

1. Bethel, Mission Viejo, 14.1
2. Shanklin, Santa Margarita, 14.3
3. Clayton, Newport Harbor, 15.3
4. Zimmon, Edison, 15.6
5. Bonilla, Brea, 15.6

300 Hurdles

1. Shanklin, Santa Margarita, 46.10
2. McCarten, San Clemente, 46.66
3. Bonilla, Brea, 46.82
4. S. Higham, Mission Viejo, 47.19
5. McQuaid, Woodbridge, 47.29

400 Relay

1. Woodbridge 48.39, 2. Capistrano Valley 49.39, 3. Mater Dei 49.40, 4. Newport Harbor 50.31, 5. Brea Olinda 50.35

1600 Relay

1. Woodbridge 3:58.36, 2. Brea Olinda 4:00.49, 3. Newport Harbor 4:01.75, 4. Santa Margarita 4:02.44, 5. Capistrano Valley 4:09.22

High Jump

1. Haneel, Laguna Hills, 5-6
2. Bethel, Mission Viejo, 5-2
3. Bourgeois, Newport Harbor, 5-2
4. Chang, Dana Hills, 5-0
5. 4 tied 5-0

Long Jump

1. Bethel, Mission Viejo, 17-11
2. Shanklin, Santa Margarita, 16-10 3/4
3. Clayton, Newport Harbor, 16-10 3/4
4. Oparah, Brehren, 16-6
5. Wright, Kennedy, 16-5 1/4

Triple Jump

1. Shanklin, Santa Margarita, 37-1 1/2
2. Clayton, Newport Harbor, 36-11
3. Segura, El Toro, 36-0 1/4
4. McQuaid, Woodbridge, 35-5 3/4
5. Wooton, Marina, 34-11 3/4

Pole Vault

1. S. Higham, Mission Viejo, 10-6
2. Rorem, Marina, 10-6
3. Foellers, Irvine, 10-0
4. Gutierrez, Esperanza, 9-6
5. McCaslin, Marina, 9-6

Shot Put

1. Linn, Trabuco Hills, 40-11 1/4
2. Shutt, Edison, 39-11
3. Questa, Edison, 36-2 1/4
4. Madueno, Newport Harbor, 35-11
5. Homewood, Marina, 35-3

Discus Throw

1. Axton, Los Amigos, 134-5
2. Price, Trabuco Hills, 124-6
3. Madueno, Newport Harbor, 123-0
4. Jame, Esperanza, 121-3
5. Roberts, Woodbridge, 117-1

Tulare County High School Championships

April 26, 1997: Porterville, CA

Boys Events

100 Meters

1. Shawn Jones (Western) 10.1
2. Kyrn Kalepa (Western) 11.0
3. Eric James (Monache) 11.1

200 Meters

1. Richard Rivera (Tulare) 22.7
2. O. Harper (Exeter) 22.9
3. Jeremy Weaver (Mount Whitney) 23.0

400 Meters

1. Gave Orasco (Tulare) 50.7
2. Shade Staples (Delano) 52.3
3. Mike Benas (Porterville) 52.5

800 Meters

1. Matt Duma (Mount Whitney) 1:57.4
2. M. Rodriguez (Exeter) 1:59.3
3. Clono Luiviano (Dinuba) 2:02.2

1600 Meters

1. Noel Nelson (Redwood) 4:22.1
2. Richard Granillo (Golden West) 4:25.6
3. Matt Duma (Mount Whitney) 4:28.1

3200 Meters

1. Noel Nelson (Redwood) 9:20.6
2. Erik Aguilar (Porterville) 9:57.4
3. Dieter Temmerman (Mt Whitney) 10:32.1

110 Meter Hurdles

1. Lamario Robinson (Western) 14.4
2. Darwin Wattree (Delano) 14.9
3. Scott Zschau (Mount Whitney) 15.0

300 Hurdles

1. Lamar Spear (Western) 38.8
2. Scott Zschau (Mount Whitney) 39.5
3. Darwin Wattree (Delano) 40.0

4x100 Meter Relay

1. Western 43.8, 2. Tulare 44.6, 3. Mount Whitney 44.8

4x400 Meter Relay

1. Golden West 3:25.9, 2. Tulare 3:26.2, 3. Exeter 3:27.4

High Jump

1. Jacob Hoogland (Cent. Vly Christ) 6-00.5
2. Mike Walker (Monache) 5-08
3. Mike Benas (Porterville) 5-08

Pole Vault

1. Seth Benson (Golden West) 15-04
2. Shannon Dyrge (Golden West) 13-06
3. Garrett Surratt (Redwood) 13-00
3. Ryan Ferenc (Mount Whitney) 13-00

Long Jump

1. BB Malone (Golden West) 23-00
2. Nick Williams (Redwood) 21-05
3. Rickey Robinson (Western) 20-10.75

Triple Jump

1. BB Malone (Golden West) 46-10.5
2. Andre Crossley (Western) 42-05
3. I. Clark (Exeter) 41-08

Shot Put

1. Ryan Job (Porterville) 51-00
2. Ted Jack (Golden West) 49-09
3. W. Sally (Exeter) 47-00

Discus

1. Ted Jack (Golden West) 147-07
2. Matt Crisp (Redwood) 144-02
3. Josh Blackwell (Lindsay) 143-08

Team Scores: 1. Western 74, 2. Golden West 67, 3. Mount Whitney 57, 4. Tulare 39, 5. Redwood 38, 6. Exeter 37, 7. Porterville 34, 8. Delano 28, 9. Monache 20, 10. Dinuba 16.

Girls Events

100 Meters

1. Shaneka Beavers (Porterville) 12.4
2. Penny Osborns (Redwood) 13.0
3. Stephanie Farmer (Golden West) 13.1

200 Meters

1. Banuelos (Exeter) 26.6
2. Crystin Fontaine (Porterville) 27.2
3. Erica Peterson (Porterville) 27.2

400 Meters

1. Allison Cochran (Porterville) 59.9
2. Jennifer Matteson (Redwood) 60.1
3. Esquivel (Mount Whitney) 60.3

800 Meters

1. Banuelos (Exeter) 2:20.3
2. Jenny Navarette (Mount Whitney) 2:21.0
3. Stacy Esquivel (Mount Whitney) 2:21.0

1600 Meters

1. Gonzales (Exeter) 5:28.2
2. Hannah Sellers (Cent. Valley Christian) 5:40.6
3. Melinda Brambila (Monache) 5:41.6

3200 Meters

1. Melinda Brambila (Monache) 12:05.8
2. Hannah Sellers (Cent. Vly Chris) 12:14.8
3. Michelle Huff (Monache) 12:43.6

100 Meter Hurdles

1. Cindy Wong (Mount Whitney) 16.2
2. Audrey Karlea (Mount Whitney) 16.3
3. Brooke Lankard (Golden West) 16.6

300 Meter Hurdles

1. Cindy Wong (Mount Whitney) 46.4
2. Audrey Karlea (Mount Whitney) 49.5
3. Candace Lord (Tulare) 50.3

4x100 Meter Relay

1. Porterville 50.1, 2. Mount Whitney 51.1, 3. Golden West 51.6

4x400 Meter Relay

1. Porterville 4:12.4, 2. Exeter 4:13.5, 3. Golden West 4:18.2

High Jump

1. Behtany Driscoll (Golden West) 4-08
2. Patty Bazaldua (Strathmore) 4-08
3. Amanda Oliver (Cent. Vly Christian) 4-09
3. Landee Later (Tulare) 4-08

Pole Vault

1. Brooke Lankard (Golden West) 12-04
2. Andrea Loble (Mount Whitney) 9-06
3. Christy Clark (Monache) 9-00
3. Jamie Sorrick (Golden West) 9-00

Long Jump

1. Shaneka Beavers (Porterville) 16-04
2. Stephanie Farmer (Golden West) 15-00
3. Lori Hivers (Cent. Valley Christian) 14-09

Triple Jump

1. Shaneka Beavers (Porterville) 34-03
2. Lori Hivers (Cent. Vly Christian) 33-00.5
3. Shelly Taylor (Strathmore) 12-06.5

Shot Put

1. Kym Washington (Western) 36-00
2. Esther Taylor (Tulare) 34-06
3. Mamey Perry (Porterville) 34-01

Discus

1. Karina Powell (Mount Whitney) 121-00
 2. Kym Washington (Western) 109-06
 3. Nicole Vafeados (Monache) 106-00
- Team Scores: 1. Mount Whitney 98, 2. Porterville 87.33, 3. Golden West 83.66, 4. Monache 40, 5. Exeter 39, 6. Central Valley Christian 39, 7. Redwood 31.5, 8. Tulare 31.33, 9. Western 18, 10. Strathmore 14.

Viking Classic

Saturday, April 26, 1997. Sonoma State, Rohnert Park. From Keith Conning.

Julia Stamps (Santa Rosa) set a meet record in the 3,200 meters at 10:29.26. The old record of 10:33.45 was set by Stamps in 1994.

Boys Results

400 1. Andrews (Rancho Cotate) 50.34, 800 Meet record: 1:57.50 Dan Held, Santa Rosa 1990, 1. Teulle (Santa Rosa) 1:57.10 meet record, 1,600 1. Barrios (Santa Rosa) 4:27.23, 300H Meet record: 39.02 Andrews 1996, 1. Andrews (Rancho Cotate) 38.20 meet record, HJ 1. Temple (Montgomery) 6-6, 2. Littlefield (Sonoma) 6-6, LJ Meet record: 21-9 3/4 Hunt, Fortuna 1996, 1. Littlefield (Sonoma) 22-0 meet record, 2. Carter (Santa Rosa) 21-11, SP 1. Chase (Cardinal Newman) 57-6 1/4, DT 1. Chase (Cardinal Newman) 167-4.

Girls Results

200 1. Criss (Analy) 25.69, 2. Harris (Montgomery) 26.12, 400 Meet record: 59.04 Richardson, Montgomery 1995, 1. Criss (Analy) 55.65, 800 1. Cox (Santa Rosa) 2:19.56, 1,600 1. Cox (Santa Rosa) 5:05.05, 2. Haile (Montgomery) 5:16.81, 3. Hallas (Ursuline) 5:18.39, 3,200 Meet record: 10:33.45 Stamps 1994, 1. Stamps (Santa Rosa) 10:29.26 meet record, 300H 1. Guandella (Santa Rosa) 47.74, 4x100 Meet record: 51.27 Santa Rosa 1995, 1. Petaluma 50.85 meet record, 4x400 1. Montgomery 4:09.83, HJ Meet record: 5-4 1/4 Wright, Rancho Cotate 1994, 1. Guandella (Santa Rosa) 5-5 meet record, 2. Vandi-Pearce (Sonoma) 5-2, 2. Montero (Petaluma) 5-2, PV Meet record: 9-0 Studebaker (South Fork) 1996, 1. Shall Pec-Crouse (Santa Rosa) 10-0 meet record, 2. Studebaker (South Fork) 9-6, 3. Bel (Montgomery) 9-0, SP 1. Matranga (Healdsburg) 37-10, DT Meet record: 111-10 Schaal, El Molino 1994, 1. DeSoto (Montgomery) 119-2 meet record.

Bay Area Top "8"

Saturday, April 27, 1997. James Logan High School, Union City. From Keith Conning

Coach Lee Webb (James Logan) paid the way for the St. Bernard (Playa del Rey) girls' team, one of the best in the United States, to come up to battle his girls' team. Warren Edmonson, whose daughters run for St. Bernard, was a track star at Oakland High School.

Boys Highlights

Junior Jon Stevens (Mission San Jose, Fremont), sixth in the state meet 1,600 meters, moved down in distance to win the 800 meters in 1:51.33, a meet record. The old record of 1:54.18 was set by Kareem Morrell (San Jose Academy, San Jose) in 1996. It was the third fastest time by a Californian this season. Senior Brendan Fitzgibbon (St. Ignatius, San Francisco), who placed second

PREP RESULTS

in the CCS Top 8 1,600 meters in 4:14.8 and ran a :51 leg on the S.I. 4 x 400 Friday night, came back tonight to place second in 1:52.57. His coaches Brian Richter and Aldo Congi wanted to simulate the state meet competition—two nights back-to-back of all-out running. Senior Tom Prindville (De La Salle, Concord) was third in 1:53.18. The first three athletes were under the old meet record. Senior Tim Brown (McClymonds, Oakland), ninth in the state meet 400 meters and number three in California at 47.27, set up the great times with a very fast first 400 meters in :54. Brown was fourth in 1:54.50. Tony Berrian (Alwater), fourth in the state meet 400 meters and the California leader at 46.49, was fifth in 1:55.59.

Senior Brad Hanson (St. Ignatius), who won the CCS Top 8 1,600 meters on Friday night in 4:14.4, won in 4:14.86, a meet record. The old meet record of 4:17.15 was set by Mike Wojciechowski (Clayton Valley, Concord) in 1996.

Hanson was also trying to simulate the state meet, with two hard races in two nights. Senior Dave Rodriguez (Mission San Jose, Fremont), the Division II state cross country champion, placed second in 4:16.87, also under the old record. Leaders' splits: 1:03.5, 2:08.3 (1:04.8), 3:14.0 (1:05.7), 4:14.5 (1:00.5).

Senior John Badovinac (Jesuit, Carmichael), the national leader in the hammer throw, won the shot put at 59-9 1/2, a meet record. The old record of 56-8 was set by Dave Spitz (Monte Vista, Danville) in 1995. Senior Greg Dickey (Alwater) placed second at 59-5, also breaking the old record. In fact, the two were taking turns setting new meet records in the competition.

Girls Highlights

Senior Malika Edmonson (St. Bernard, Playa del Rey), the state meet 100 meter champion, won the 100 meters in 11.74 (-0.9), a meet record. The old record of 11.90 was set by Carla Estes (James Logan) in 1996. Freshman Adrena Williams (James Logan, Union City), who changed her last name from Berry earlier this season, placed second in 11.92. Freshman Miya Edmonson, Malika's sister, was third in 11.94.

Sophomore Lindsay Hyatt (Placer, Auburn), the state meet 800 meter champion and the national leader at 2:09.35, won the 800 meters in 2:13.02. Junior Danielle Price (James Logan), who led the first lap in 1:03.2, placed second in 2:14.81. Senior Jennifer Bridgeman (James Logan), eighth in the state meet, was third in 2:18.42.

Hyatt also won the 1,600 meters in 4:59.07. Leaders' splits (on my stopwatch): 1:10.3, 2:28.3 (1:18.0), 3:47.1 (1:18.9), 4:58.9 (1:12.8). Yvonne Liebig (Kennedy, Sacramento) won the 3,200 meters in 10:51.59, a meet record. The old record of 10:55.29 was set by Anne Gunnison (C.K. McClatchy, Sacramento) in 1996. Splits: 1:16.2, 2:37.0 (1:20.8), 3:58.9 (1:21.9), 5:21.4 (1:22.6), 6:45.1 (1:23), 7:33.5 (1:24), 10:51.3 (1:17.8).

Senior Daveetta Shepherd (De Anza,

Richmond), the 1994 state meet 100 hurdles champion, won the 100 meter high hurdles in 13.84 (+0.7), a meet record. The old record of 14.35 was set by Shepherd (Salesian, Richmond) in 1996. Junior Natasha Neal (James Logan, Union City), seventh in the state meet 100 meters, placed second in 14.20, also under the former record.

Neal, the California leader in the 300 hurdles at 42.37, won the 300 hurdles in 41.94, a meet record. The old record of 44.8 was set by Shepherd (Salesian) in 1995. Neal's mark equals the top time in the nation. Shepherd placed second in 42.05. Lisa O'Reilly (St. Mary's, Stockton), eighth in the state meet, who is coached by 1988 Olympic gold medalist Andre Phillips, was third in 43.69. All three athletes were under the old record.

The James Logan 4 x 100 team won in 45.67, a meet record. The old record of 46.00 was set by James Logan in 1995. Logan's time was the second fastest time in the nation this season. St. Bernard (Playa del Rey), the national leader at 45.60, placed second in 46.02.

The St. Bernard 4 x 400 team won in 3:43.91, a meet record. The old record of 3:49.85 was set by James Logan in 1995. I had announced before the race that Long Beach Poly had won the Penn Relays in 3:42+ earlier in the day on national television. Warren Edmonson told me that his daughters scratched from the 200 meters. I presume to concentrate their efforts on the long relay. Logan placed second in 3:51.27.

Maria Lopez (Newark Memorial, Newark) won the pole vault at 11-1, a meet record. The old record of 11-0 was set by Lopez in 1996. Junior Chaniqua Ross (Laguna Creek, Elk Grove) won the shot put at 47-10, a meet record. The old record of 45-2 was set by Yaalau Pohahau (Balboa, San Francisco) in 1996. Ross won the discus with a throw of 161-5, a meet record. The old record of 144-6 was set by Ross in 1995. There was a favorable quartering wind blowing in from San Francisco Bay, which helped hold up the platters. Junior Melissa Reis (James Logan) placed second at 147-1 1/2. Junior Amy Thiel (Fremont Christian, Fremont) was third at 146-2. All three athletes were over the old record.

Night Meet

Boys Results

100

Section 1 +0.8

1. Andre Ammons 12 Skyline 10.78
2. Kenny Slaton Oak Grove 10.93
3. Paul Holland Edison-F 10.98
4. Minh Nguyen 10 Logan 11.05
5. Arvin Wu El Camino 11.11

Section 2 +0.9

1. Joseph Hunter 11 Vacaville 10.86
2. Shaun Ross 12 Logan 11.10

200

Section 1 +0.2

1. Jama Alexander Edison-F 22.36
2. Jafar Williams St. Mary's-B 22.4
3. Dave Newton San Ramon 22.53

Section 2 -0.5

1. Andre Ammons 12 Skyline 21.58
2. Joseph Hunter Vacaville 21.80
3. Paul Holland Edison-F 22.12

400

1. Jason White 12 Milpitas 49.26
2. Jafar Williams 11 St. Mary's-B 59.39

800

Meet Record: 1:54.18 Kareem Morrell (San Jose Academy) 1996

1. Jon Stevens 11 Mission San Jose 1:51.33

meet record

2. Brendan Fitzgibbon 12 St. Ignatius 1:52.57
3. Tom Prindville 12 De La Salle 1:53.18
4. Tim Brown 12 McClymonds 1:54.50
5. Tony Berrian 12 Alwater 1:55.59
6. Jeff George 12 De La Salle 1:55.89
7. Matt Click 12 De La Salle 1:56.2
8. Mike Arp 11 St. Mary's-B 1:56.38
9. Ryan Preston 11 Moreau 1:57.00

1,600

Meet Record: 4:17.15 Mike Wojciechowski (Clayton Valley) 1996

1. Brad Hansen 12 St. Ignatius 4:14.86 Meet record

2. Dave Rodriguez 12 Mission San Jose 4:16.87

3. Scott MacDonald 11 Logan 4:20.71
4. Alex Sanchez 12 De La Salle 4:21.87
5. Ryan Pease ?? Central Valley 4:22.84
6. Chad Foster 12 Logan 4:23.90
7. Steve Dundas 12 Tracy 4:24.41
8. Brian Henstorf 12 Amador Valley 4:25.63

3,200 Meters

1. Chad Foster 12 Logan 9:37.78

Splits: [1:12.5, 2:25.2 (1:12.7), 3:37.6 (1:12.5), 4:51.6 (1:11.4) 6:04.0 (1:12.4), 7:17.1 (1:13.2), 8:30.0 (1:13.0), 9:37.2 (1:07.2).]

2. Nathan Martin Livermore 9:39.25

110 Hurdles (+1.2)

1. Rich Nero 11 St. Mary's (Berkeley) 14.65

2. Jason Pease 12 Logan 15.47

3. Charley Amey 11 Logan 15.48

300 Hurdles

1. Rich Nero 11 St. Mary's-B 39.87

2. Jerry Stephan 12 Mission San Jose 40.6

3. Jessie Hess Tamalpais 40.61

4. Rico Paredes Yerba Buena 40.76

400 Relay

1. Oak Grove 42.16, 2. Logan 42.40, 3. Skyline 42.47, 4. Yerba Buena 42.48, 5. St. Mary's (Berkeley) 42.78, 6. Alwater 42.78, 7. Vacaville 42.82, 8. Edison (Fresno) 43.5

1,600 Relay

1. St. Mary's-B 3:20.66, 2. McClymonds 3:21.04, 3. Fremont 3:21.15, 4. Skyline 3:21.55, 5. Oak Grove 3:25.86, 6. Logan 3:26.11, 7. Alwater 3:27.07

High Jump

Meet Record: 6-6 Paul Maloney (St. Vincent) 1989, Matt Hurd (Antioch)

1994, Saleem Mahdi (Pittsburg) 1995, Sean Fitzhugh (Antioch) 1995, Ryan Bailey (Mt. Pleasant) 1996.

1. Darrell Lewis 12 Pittsburg 6-8 Meet record

Pole Vault

1. Jesse Washington 11 Logan 12-6

1. Rico Paredes 11 Yerba Buena 12-6

Long Jump

1. Mike Nealy 12 Yerba Buena 23-2 1/4

2. Darnell Lewis Pittsburg 23-0

3. Jerrol Mack 11 St. Mary's-B 22-3 1/2

4. Jason Humphrey 12 O'Dowd 21-11

5. Justin Wilson Oak Grove 21-9 3/4

Triple Jump

1. Jerrod Mack 11 St. Mary's-B 47-0

2. Jason Humphrey 12 O'Dowd 45-1 3/4

3. Tafari Walston 11 Logan 45-0

4. Damian Mackey 11 Logan 44-6

5. Benson Jones 11 Clayton Valley 43-11 1/2

Shot Put

Meet record: 56-8 Dave Spitz (Monte Vista) 1995

1. John Badovic 12 Jesuit 59-9 1/2

2. Greg Dickey 12 Alwater 59-5

3. Steve Parker 12 McAteer 55-3

4. Andre Carter 12 Tamalpais 54-11

5. Rood Doria 12 Oak Grove 53-5

Discus

1. John Badovic 12 Jesuit 174-11

2. Rood Doria 12 Amador Valley 164-11

3. Luke Mackay 10 Central Catholic 161-9

4. Steve Parker 12 McAteer 158-4

5. Matt Hennessy Tamalpais 151-11

6. Greg Dickey 12 Alwater 149-9

7. Phil Harvey 12 Central Catholic 149-4

Girls Results

100

Meet Record: 11.90 Carla Estes (Logan) 1996

Section 1 +0.2

1. Desman Marshall 11 Edison-F 12.50

Section 2 -0.9

1. Malika Edmonson 12 St. Bern 11.74 meet record

2. Adrena Williams 9 Logan 11.92

3. Miya Edmonson 9 St. Bernard 11.94

4. Jamara Smith 10 Logan 12.3h

5. Felicia Jiles ?? Pittsburg 12.3h

200

Section 1 -0.4

1. Tania Woods Skyline 25.47

2. Andrea Kincard Skyline 26.05

3. Katie Nash Carondelet 26.31

Section 2 +0.3

1. Damesha Craig 12 Merlo 24.59

2. Regina Carrathers 12 St. Bernard 24.94

3. Carla Estes 12 Logan 25.16

4. Adrena Williams 9 Logan 25.35

5. Felicia Jiles Pittsburg 25.91

400

1. Kadrina Coffee ?? St. Bernard 56.89

2. Sunja Watson 12 Logan 57.26

3. Jini Hogg 10 International Studies 57.43

4. Venus James 12 O'Dowd 59.33

800

1. Lindsay Hyatt 10 Placer 2:13.02

2. Danielle Price 11 Logan 2:14.81

3. Jennifer Bridgeman 12 Logan 2:18.42

4. Jessica Altow St. Mary's-S 2:18.65

5. Monica Van Wagon Amador Valley 2:18.87

6. Kelly Howley 12 Clayton Valley 2:19.33

7. Amanda Neochea Mission San Jose 2:21.99

8. Terri O'Brien 11 Moreau 2:22.1

PREP RESULTS

1,600

1. Lindsay Hyatt 10 Placer 4:59.07
 2. Katie Holchiss 10 Mission San Jose 5:05.06
 3. Kelly Howlsey 12 Clayton Valley 5:05.75
 4. Yvonne Liebig 11 Kennedy (Sac) 5:06.18
 5. Kira Morser 10 University 5:11.53
 6. Molly Peterson 10 Laguna Creek 5:25.4
 7. Kesa Heri ??Central Valley 5:17.33
 8. Emily Dixon 10 Skyline 5:21.00
 9. Lisa Gillis 11 Moreau 5:21.09
3,200
 Meet record: 10:55.29 Anne Gunnison (McClatchy) 1996
 1. Yvonne Liebig 11 Kennedy (Sac) 10:51.59
 meet record
 2. Deborah Osteen Clayton Valley 11:07.68
 3. Julia Lewis Granada 11:18.53
 4. Lisa Gillis 11 Moreau 11:22.35
 5. Katie Martin Irvington 11:31.95
 6. Julie Lehniger Clayton Valley 11:36.30
 7. Randi FeePlacer 11:38.80
 8. Kristine Musante Clayton Valley 11:43.98
 9. Marce Silva Amador Valley 11:48.6
100 Hurdles
 Meet Record: 14.35 Daveetta Shepherd (Salesian) 1996
 Section 1 (+0.7)
 1. Ebony White 9 Tracy 15.39
 2. Becca Fong ? Miss Jose 16.25
 Section 2 (+0.7)
 1. Daveetta Shepherd 12 De Anza 13.84 meet record
 2. Natasha Neal 11 Logan 14.20
 3. Damesha Craig 12 Merlo 14.67
 4. Lisa O'Reilly 12 St. Mary's (Stockton) 14.80
 5. Mickla Tate 12 Turlock 15.22
 6. Carrie McGraw 10 Mission San Jose 15.24
 7. Carolyn King 11 Carondelet 16.02
300 Hurdles
 Meet Record: 44.8 Daveetta Shepherd (Salesian) 1995
 Section 1
 1. Nallah Lugent 11 Logan 46.23
 2. Mickla Tate 12 Turlock 46.47
 3. Mandy Hollister 11 Turlock 47.53
 4. Montiqua Sargent 11 Logan 47.72
 Section 2
 1. Natasha Neal 11 Logan 41.94 meet record
 2. Daveetta Shepherd 12 De Anza 42.05
 3. Lisa O'Reilly St. Mary's-S 43.69
 4. Carrie McGraw Mission San Jose 45.75
 5. Lisa O'Conner Mission San Jose 46.85
 6. Carolyn King 11 Carondelet 47.06
400 Relay
 Meet Record: 46.00 James Logan 1995
 1. Logan 45.67 meet record, 2. St. Bernard 46.02, 3. Logan B 48.18, 4. Benicia 48.55, 5. O'Dowd 49.35, 6. Mission San Jose 49.97, 7. Edison 50.45
 1,600 Relay
 Meet Record: 3:49.85 James Logan 1995
 1. St. Bernard 3:43.91 meet record, 2. Logan 3:51.27 Spills: [57.5, 55.5 Carla Estes, 60.3, 57.8], 3. Skyline 3:57.32, 4. Mission San Jose 3:57.89, 5. Logan B 3:59.11, 6. Carondelet 4:03.407, O'Dowd 4:08.74
High Jump
 1. Kibibi Bodden 12 Logan 5-2

2. Spring Harris 12 St. Mary's-B 5-2
Pole Vault
 Meet record: 11-0 Maria Lopez (Newark) 1996
 1. Maria Lopez Newark 11-1
 2. Becky Studebaker 12 South Fork 10-0
 3. Mora Kelly Carondelet 9-6
 4. Christi Bolanos 11 Amador Valley 8-6
 5. Lynda Tran 11 Mt. Pleasant 8-6
Long Jump
 1. Carla Estes 12 Logan 18-6 3/4
 2. Dominique Green 11 Logan 18-5 1/2
 3. Beth Johnson 11 Logan 18-0 1/2
 4. Brionne Dawson 11 Carondelet 17-5
 5. Montiqua Sargent 11 Logan 16-10 1/2
Triple Jump
 1. Beth Johnson 11 Logan 38-1 1/2
 2. Brionne Dawson 11 Carondelet 38-0 1/2
Shot Put
 Meet Record: 45-2 Vaataa Pohahau (Baiboa) 1996
 1. Chaniqua Ross 11 Lag Crik 47-10 meet rec
 2. Amy Thiel 11 Fremont Christian 39-8
 3. Dana Lawson 12 Clayton Valley 38-2
 4. Melissa Reis 11 Logan 37-11
 5. Lagulna Canfield 12 Edison-Fresno 36-10
 6. Roslyn Foket 10 Logan 36-2
 7. Katie Olsen 12 Cupertino 35-10
 8. Rosie Atkins St. Mary's 35-8
 9. Tara Wilson 11 Emery 35-7
 10. Cinnamon Radley 12 Laguna Creek 35-4
 11. Elizabeth Peacock 12 Moreau 35-2
Discus
 Meet Record: 144-6 Chaniqua Ross (Laguna Creek) 1995
 1. Chaniqua Ross 11 LagCrik 161-5 meet rec
 2. Melissa Reis 11 Logan 147-1 1/2
 3. Amy Thiel 11 Fremont Christian 146-2
 4. Rosie Atkins 10 St. Mary's 117-6 1/2
 5. Keisha Miller 10 Logan 112-10
Fresh/Soph
400 Relay
 Meet Record: 43.66 St. Mary's (Berkeley) 1996
 1. McClymonds 43.15 meet record
Pole Vault
 Meet Record: 13-0 3/4 Alex Gordon (James Logan) 1991
 1. Brandon Braunstein 10 Newark 13-1
Day Meet
Boys Results
 100 1. Arvin Wu El Camino 11.06. 400
 1. Will Donner California 50.03, 2. Genna Noramemko Castro Valley 50.89, 110 Hurdles
 1. Marlon Beaver Newark 15.2, 1,600 Relay
 1. California 3:26.42, Long Jump 1. Cox Antioch 22-3 3/4, 2. Janoras Tennyson 21-9.
Girls Results
 1,600 1. Amanda Roberts Alameda 5:19.38, 1,600 Relay 1. Berkeley 4:05.96, Triple Jump
 1. Raquelle Brewer Berkeley 37-1, Shot Put
 1. Theresa Hahn 11 Granada 37-5.

Don Gilbert Invitational

May 2, 1997. Sacramento State. Submitted by Richard McCann (Davis) via Keith Conning
Boys
 Team Scores 1. Del Oro 83, 2. Del Campo 78,

3. Jesuit 62, 4. Cordova 50, 5. Yuba City 47, 200 1. Kenyon (Del Campo) 22.0, 2. Williams (Cordova) 22.0, 3. Naegle (Del Campo) 22.2, 400 1. Kenyon (Del Campo) 48.3, 2. Davis (Douglas) 48.5, 3. Nagele (Del Campo) 49.6, 800 1. Altieri (Jesuit) 1:57, 2. Farley (Del Campo) 1:58.1, 3. Schweitzer (CR) 1:58.8, 1,600 1. Farley (Del Campo) 4:20.5, 2. Altieri (Jesuit) 4:26.3, 3. Walsh (Jesuit) 4:26.4, 3,200 1. Mancarini (Florin) 9:38, 110H 1. Augustine (Yuba City) 14.6, 2. Franks (Jesuit) 14.6, 3. Talley (Yuba City) 15.2, 300H 1. Bates (Del Campo) 39.4, 4x400 1. Cordova 3:25.9, 2. Del Campo 3:26.2, HJ 1. Todd (Del Campo) 6-6, 2. Osby (Cordova) 6-4, LJ 1. Colson (Cordova) 22-6, TJ 1. Colson (Cordova) 46-6 1/2, SP 1. Badovinac (Jesuit) 60-6, 2. Mashmeyer (Del Campo) 59-1 1/2, 3. Rippee (Sparks) 52-2, DT 1. Badovinac (Jesuit) 178-3, 2. Berge (El Camino) 148-0 1/2.

Girls

Team Scores 1. Nevada Union 94, 2. Florin 60, 3. Del Campo 34, 4. Del Oro 41, 5. Lindhurst 38, 100 1. Bush (Lindhurst) 12.4, 400 1. Johnson (Nevada Union) 58.1, 800 1. Johnson (Nevada Union) 2:23, 300H 1. Millholien (Del Campo) 47.6, 4x400 1. Florin 4:09.8, HJ 1. Duduglian (Del Campo) 5-2, PV 1. Epperly (Nevada Union) 10-6, 2. Hicksten (Indine) 10-0, 3. Ballely (Woodcreek) 9-0.

Bob Warren Relays

Friday, May 2, 1997. Acalanes High School, Lafayette. From Keith Conning
Boys Results
 2 Mile
 1. David Vigil (College Park) 9:46.0
 2. Rick Riley (Alhambra) 9:46.4
 110 HH
 1. Rich Nero (St. Mary's, Berkeley) 14.92
400 Relay
 1. St. Mary's (Berkeley) 43.21
PV
 1. Ben Foster (Amador Valley) 14-0
 2. Conner Swegle (De La Salle) 13-6
 3. Ryan Taschera (San Ramon Valley) 13-6
LJ
 1. Aaron Baker (Foothill) 22-6 1/2
 2. Keman Cox (Antioch) 22-3 1/2
 3. Johnny Tucker (Benicia) 21-9 1/2
 4. Jerrod Mack (St. Mary's, Berkeley) 21-9 1/4
 5. Jason Humphrey (Bishop O'Dowd) 21-8
SP
 1. Matt Norris (St. Mary's, Berkeley) 52-4
 2. Craig Johnson (Northgate) 49-8 1/2
DT
 1. Collin Farr (College Park) 148-9 3/4

Girls Results

100
 1. Trade Banks (Campolindo) 12.64
 2. Benicia Newhouse (Benicia) 12.71
2 Mile
 1. Megan Andrade (Carondelet) 11:25.5
 2. Kristen Odegard (Benicia) 11:27.0

3. Kersti Miller (Miramonte) 11:48.2
 4. Amanda Roberts (Alameda) 11:49.9
400 Relay
 1. Bishop O'Dowd 49.15, 2. Benicia 50.19, 3. Carondelet 50.28
880y Relay
 1. Benicia 1:48.08, 2. Carondelet 1:48.45
1,600 relay
 1. Carondelet 4:02.0
4-mile relay
 1. Campolindo 22:34, 2. Castro Valley 22:39, 3. Amador Valley 22:43, 4. College Park 22:56, 5. Acalanes 22:57
HJ
 1. Jenny Eggers (Carondelet) 5-2
 2. Nicole Branagh (Miramonte) 5-2
PV
 1. Mahogany Taylor (Benicia) 8-6
 2. A. Simmons (Castro Valley) 8-6
LJ
 1. Trade Banks (Campolindo) 17-1
TJ
 1. Nicole Branagh (Miramonte) 35-4
SP
 1. Rachel Rosemeyer (Campolindo) 36-11
 2. Elizabeth Peacock (Moreau Cath) 35-7 1/2

George Thompson Bear Creek Invitational

May 3, 1997. Stockton, CA
Team Standings
Varsity Boys Large School
 1. Golden Valley 114
 2. Alwater 72.5
 3. Johansen 65
Varsity Boys Small School
 1. Christian Brothers 46
 2. St. Mary's 31
 3. Escalon 8
 3. McClymonds 8
Varsity Girls Large School
 1. Lincoln 107
 2. Laguna Creek 82
 3. Vacaville 68
Varsity Girls Small School
 1. Endinal 122
 2. Escalon 52
 3. Christian Brothers 14
Fresh/Soph Boys Large School
 1. Lincoln 74
 2. Tokay 72
 3. Laguna Creek 36
Fresh/Soph Boys Small School
 1. McClymonds 74
 2. Christian Brothers 11
 3. St. Mary's 4

Boys Results (Sections Combined)

100 Meters
 1. Hunter (Vacaville) 10.86
 2. Dixon (Edison) 11.06
 3. Hollis (Christian Brothers) 11.14
200 Meters
 1. E. Levine (Golden Valley) 21.79
 2. Hunter (Vacaville) 21.82
 3. Dixon (Edison) 22.46

PREP RESULTS

400 Meters

1. E. Levine (Golden Valley) 47.00
2. Shackelford (Lincoln) 50.26
3. Williams (Lincoln) 50.29

800 Meters

1. J. Levine (Golden Valley) 1:53.16
2. McGahey (Woodland) 1:55.95
3. Berrien (Atwater) 1:57.56

1600 Meters

1. Miramontes (Golden Valley) 4:20.50
2. Levine (Golden Valley) 4:26.10
3. Roddy (Manteca) 4:29.74

3200 Meters

1. Ulbarri (Sierra) 9:56.33
2. Roddy (Manteca) 9:57.59
3. Figueroa (Johanson) 9:59.46

110 Meter Hurdles

1. Arcea (St. Mary's) 14.78
2. Rasmussen (Johanson) 14.81
3. Lewis (Sierra) 15.10

300 Meter Hurdles

1. Vaughn (Elk Grove) 39.95
2. Rasmussen (Johanson) 40.19
3. Chapman (Sierra) 40.85

4x100 Meter Relay

1. Atwater 42.94
2. Edison 43.37
3. Sierra 43.49

4x400 Relay

1. Golden Valley 3:21.18
2. Atwater 3:24.98
3. Woodland 3:28.28

High Jump

1. Ross (Sierra) 6-00
2. Smith (St. Mary's) 6-00
3. Brown (Edison) 6-00

Pole Vault

1. Rasmussen (Johanson) 17-00
2. Griz (Bear Creek) 16-00
3. Phoenix (Bear Creek) 14-00

Long Jump

1. J. Levine (Golden Valley) 21-08.5
2. Hicks (Christian Brothers) 21-08.5
3. Newsom (Edison) 21-08.5

Triple Jump

1. Foster (Manteca) 43-02.5
2. Robey (Christian Brothers) 42-10
3. Frazier (Liberty) 42-01.5

Shot Put

1. Dickey (Atwater) 61-07.5
2. Hill (Vacaville) 52-05
3. Price (Atwater) 51-03

Discus

1. Dickey (Atwater) 162-10
2. Navest (Elk Grove) 161-04
3. Murdock (Golden Valley) 159-00

Girls Results

100 Meters

1. Reed (Endinal) 12.33
2. Grayson (Edison) 12.49
3. Smedley (Lincoln) 12.57

200 Meters

1. Saabedra (Endinal) 24.93
2. Reed (Endinal) 25.31
3. Smedley (Lincoln) 25.79

400 Meters

1. Saavedra (Endinal) 55.79

2. O'Reilly (St. Mary's) 58.40

3. Armstrong (Endinal) 59.01

800 Meters

1. Stief (Escalon) 2:18.44
2. Sugillan (Lincoln) 2:20.84
3. Clark (Vacaville) 2:23.76

1600 Meters

1. Leinfelder (Escalon) 5:06.81
2. Altnow (St. Mary's) 5:15.12
3. Nicolas (Lincoln) 5:15.47

3200 Meters

1. Leinfelder (Escalon) 11:00.83
2. Stewart (Vacaville) 12:09.75
3. Hartman (Elk Grove) 12:12.90

100 Meter Hurdles

1. O'Reilly (St. Mary's) 14.71
2. Tate (Turlock) 15.49
3. Hollister (Turlock) 15.71

300 Meter Hurdles

1. Kinton (Endinal) 45.35
2. Brown (Woodland) 45.62
3. Tate (Turlock) 47.63

4x100 Meter Relay

1. Endinal 48.01, 2. Lincoln 51.02, 3. Laguna 51.85

4x400 Meter Relay

1. Endinal 3:52.68, 2. Lincoln 4:03.16, 3. Laguna 4:09.33

High Jump

1. Griffith (Vacaville) 5-04
2. Sims (Laguna) 5-00
3. Delamonte (Turlock) 5-00

Pole Vault

1. Nellis (Bear Creek) 10-00
2. Bell (Manteca) 9-06
3. Killo (Bear Creek) 9-00

Long Jump

1. Griffith (Vacaville) 17-02.5
2. Shaw (Endinal) 16-10
3. Cordero (Liberty) 15-09

Triple Jump

1. Griffith (Vacaville) 39-07
2. Chestnut (Laguna) 35-03
3. Roberts (Atwater) 34-08.5

Shot Put

1. Ross (Laguna) 46-10.5
2. Jordan (Lincoln) 42-00
3. Roe (Stagg) 38-07

Discus

1. Ross (Laguna) 168-10
2. Hardcastle (Manteca) 135-05
3. Jordan (Lincoln) 130-02

East Yosemite League

May 8, 1997: Porterville, CA

Boys Events

100 Meters

1. Shawn Jones (Western) 11.0
2. Kyran Kalepa (Western) 11.1
3. Eric James (Monache) 11.1

200 Meters

1. Eric James (Monache) 22.4
2. Richard Rivera (Tulare) 22.7
3. Jason Harper (Exeter) 22.9

400 Meters

1. Richard Rivera (Tulare) 50.2
2. Gabe Orocco (Tulare) 50.3
3. Raul Rivera (Tulare) 50.8

800 Meters

1. Richard Rivera (Tulare) 2:02.9
2. Mario Rodriguez (Exeter) 2:03.8
3. Rick Turner (Tulare) 2:07.1

1600 Meters

1. Erik Aguilar (Porterville) 4:28.3
2. Rick Turner (Tulare) 4:29.8
3. Raul Rivera (Tulare) 4:43.4

3200 Meters

1. Erik Aguilar (Porterville) 9:46.3
2. Rick Turner (Tulare) 10:11.6
3. Juve Huanaco (Monache) 10:16.9

110 Meter Hurdles

1. Lamaro Robinson (Western) 14.5
2. Lamar Spear (Western) 15.5
3. Filbert Martinez (Monache) 15.9

300 Meter Hurdles

1. Lamar Spear (Western) 38.6
2. Lamaro Robinson (Western) 39.4
3. Severo Cowan (Monache) 39.7

4x100 Meter Relay

1. Tulare Western 43.5, 2. Tulare 44.2, 3. Monache 44.3

4x400 Meter Relay

1. Tulare 3:22.6, 2. Exeter 3:23.7, 3. Monache 3:23.7

High Jump

1. Mike Garner (Western) 6-06
2. Dustin Schultz (Exeter) 6-00
3. Kyran Kalepa (Western) 5-10

Pole Vault

1. Mike Gray (Porterville) 12-06
2. Steven Anderson (Western) 12-06
3. Adam Graf (Monache) 12-00

Long Jump

1. Ricky Robinson (Western) 21-00
2. Kevin Jones (Western) 20-08
3. Lamaro Robinson (Western) 20-03

Triple Jump

1. Undie Crossley (Western) 44-01
2. Ricky Robinson (Western) 43-05.25
3. Isaac Clark (Exeter) 42-02

Shot Put

1. Ryan Job (Porterville) 50-09
2. Will Saily (Exeter) 47-08.5
3. Chris Lattrell (Tulare) 46-02

Discus

1. Ryan Job (Porterville) 140-09
2. Cesar Banuelos (Monache) 136-04
3. Steven Castaneda (Monache) 128-07

Boys Team Scores

1. Tulare Western 147, 2. Tulare Union 123, 3. Monache 87, 4. Porterville 66, 5. Exeter 55, 6. Delano 17.

Girls Events

100 Meters

1. Shaneka Beavers (Porterville) 12.5
2. Crystin Fontaine (Porterville) 13.0
3. Nicki Porter (Tulare) 13.0

200 Meters

1. Crystin Fontaine (Porterville) 26.6
2. Erica Peterson (Porterville) 26.7
3. Lupe Banuelos (Exeter) 26.8

400 Meters

1. Lupe Banuelos (Exeter) 60.6
2. Erica Peterson (Porterville) 61.4
3. Jill Marshall (Tulare) 62.4

800 Meters

1. Lupe Banuelos (Exeter) 2:32.9

2. Kristie Gonzales (Exeter) 2:34.8

3. Melina Brambila (Monache) 2:35.5

1600 Meters

1. Kristie Gonzales (Exeter) 5:38.2
2. Melina Brambila (Monache) 5:45.9
3. Mae Empleo (Porterville) 5:51.7

3200 Meters

1. Melina Brambila (Monache) 12:14.8
2. Kristie Gonzales (Exeter) 12:27.6
3. Michelle Bull (Monache) 12:41.2

100 Meter Hurdles

1. Tanosha Tucker (Western) 16.5
2. Reilly Schafer (Delano) 17.1
3. Candace Lord (Tulare) 17.6

300 Meter Hurdles

1. Candace Lord (Tulare) 49.1
2. Kassia Regehr (Exeter) 49.2
3. Holly Nonorques (Monache) 50.6

4x100 Meter Relay

1. Porterville 51.7, 2. Tulare Union 52.0, 3. Tulare Western 52.0

4x400 Meter Relay

1. Porterville 4:07.5, 2. Tulare Union 4:12.2, 3. Exeter 4:21.2

High Jump

1. Julie Walte (Western) 5-00
2. Landee Laler (Tulare) 4-10
3. Candace Wells (Porterville) 4-06

Pole Vault

1. Lisa Tjomehoj (Tulare) 9-00
2. Christy Clark (Monache) 8-06
3. Rebekah Stark (Porterville) 7-06

Long Jump

1. Shaneka Beavers (Porterville) 18-04
2. Suzanne Fagundes (Western) 16-05
3. Nicki Porter (Tulare) 16-04

Shot Put

1. Marney Perry (Porterville) 35-05
2. Esther Taylor (Tulare) 35-01
3. Rosemary Rodriguez (Monache) 31-11

Discus

1. Nicole Valeadas (Monache) 107-00
2. Marney Perry (Porterville) 105-06
3. Prudence Garrison (Tulare) 92-02

North Yosemite League

May 9, 1997: Ratcliffe Stadium, Fresno, CA

Boys Events

100 Meters

1. Holland (Edison) 10.75
2. Wiley (Bullard) 10.84
3. Alexander (Edison) 10.86

200 Meters

1. Holland (Edison) 21.87
2. Alexander (Edison) 22.17
3. Johnson (Hoover) 22.20

400 Meters

1. Andrews (Roosevelt) 50.04
2. Jordan (Hoover) 51.78
3. William (Edison) 51.80

800 Meters

1. Robinson (Fresno) 2:04.67
2. Blancas (Roosevelt) 2:05.97
3. Hein (Edison) 2:06.26

1600 Meters

1. Kasahun (Fresno) 4:23.55
2. Fuentes (Fresno) 4:33.34
3. Mendoza (McLane) 4:33.59

PREP RESULTS

3,200 Meters

1. Fuentes (Fresno) 10:00.75
2. Gonzalez (McLane) 10:27:54
3. Rodarte (Roosevelt) 10:39.46

110 Meter Hurdles

1. Riley (Bullard) 15.26
2. Hutchings (Bullard) 15.60
3. Tash (McLane) 16.29

300 Meter Hurdles

1. Hutchings (Bullard) 41.65
2. Fernandez (McLane) 42.10
3. Wells (McLane) 42.62

4x100 Meter Relay

1. Roosevelt 42.30, 2. Edison 42.46, 3. Hoover 43.27

4x400 Meter Relay

1. Fresno 3:28.80, 2. Hoover 3:29.30,
3. Roosevelt 3:31.42

High Jump

1. Hallford (Edison) 6-05
2. Phommachak (McLane) 6-00
3. Bou (McLane) 5-08

Pole Vault

1. Munoz (McLane) 12-00
2. Schneider (Bullard) 11-06
3. Blanco (Roosevelt) 11-06

Long Jump

1. Armstrong (McLane) 22-10
2. Archie (Hoover) 22-06
3. Jordan (Hoover) 20-08

Triple Jump

1. Archie (Hoover) 44-10
2. Armstrong (McLane) 43-11
3. Carano (Hoover) 42-04

Shot Put

1. Bailey (Hoover) 47-05
2. Jones (McLane) 46-07.5
3. Coleman (Bullard) 41-09

Discus

1. Johnson (Fresno) 158-07
2. Bailey (Hoover) 145-07
3. Guzman (Roosevelt) 135-09

Boys Team Scores 1. McLane 107, 2. Hoover 93, 3. Roosevelt 78, 4. Edison 76, 5. Fresno 70, 6. Bullard 69.

Girls Results

100 Meters

1. Sharp (Edison) 12.64
2. Samuels (McLane) 12.83
3. Hall (Roosevelt) 12.97

200 Meters

1. Marshall (Edison) 25.55
2. Cameron (Edison) 25.82
3. Woods (Bullard) 26.51

400 Meters

1. Cameron (Edison) 58.84
2. Woods (Bullard) 59.12
3. Joore (Bullard) 61.27

800 Meters

1. Kinder (Bullard) 2:30.31
2. Larson (Bullard) 2:35.97
3. Montemayor (Roosevelt) 2:37.22

1,600 Meters

1. Kinder (Bullard) 5:27.48
2. Gomez (Roosevelt) 5:31.96
3. Robles (Bullard) 5:41.79

3,200 Meters

1. Kinder (Bullard) 12:12.20

2. Gomez (Roosevelt) 12:16.22

3. Abraha (Fresno) 13:15.85

100 Meter Hurdles

1. Parish (Bullard) 17.29
2. Ice (McLane) 17.61
3. Lewis (Hoover) 17.67

300 Meter Hurdles

1. Butler (Bullard) 50.68
2. Parrish (Bullard) 51.48
3. Jones (McLane) 51.52

4x100 Meter Relay

1. Edison 49.64, 2. McLane 50.22,
3. Bullard 51.64

4x400 Meter Relay

1. Bullard 4:17.5, 2. Fresno 4:20.1

High Jump

1. Roberts (Bullard) 5-02
2. Devere (Bullard) 5-02
3. Kao (Fresno) 4-04

Pole Vault

1. Robles (Bullard) 7-06

Long Jump

1. Roberts (Bullard) 16-10.25
2. Byrd (Edison) 15-10.25
3. Smith (Bullard) 15-07.75

Triple Jump

1. Roberts (Bullard) 35-11
2. Aiewine (McLane) 32-03

Shot Put

1. Bryant (Bullard) 38-03.5
2. Canfield (Edison) 36-04.5
3. Gardea (Fresno) 34-08.5

Discus

1. Sakakihana (Fresno) 103-00
2. Gardea (Fresno) 101-09
3. Kao (Fresno) 99-09

Girls Team Scores 1. Bullard 194, 2. Edison 86, 3. Fresno 64, 4. McLane 59, 5. Roosevelt 36, 6. Hoover 16.

Tri-River Conference

May 9, 1997, Ratcliffe Stadium, Fresno, CA

Boys Events

100 Meters

1. C.J. Nakayama (Clovis) 11.00
2. Dominique Moultrie (Clovis West) 11.06
3. David Shabaglian (Clovis) 11.23

200 Meters

1. Eric Myers (Clovis) 22.53
2. David Shabaglian (Clovis) 22.89
3. Tyler James (Clovis) 22.92

400 Meters

1. Eric Myers (Clovis) 50.20
2. Shaka Dickson (Central) 50.71
3. Henry Johnson (Sanger) 51.75

800 Meters

1. Ryan Smithhart (Buckham) 1:59.07
2. Gabriel Gil (Madera) 1:59.33
3. Steve Barrus (Clovis) 2:00.27

1,600 Meters

1. Steve Barrus (Clovis) 4:19.44
2. Mike Pestorich (Clovis West) 4:22.9
3. Mike Buckley (Clovis) 4:20.52

3,200 Meters

1. Mike Buckley (Clovis) 9:44.95
2. Mitch Alcom (Clovis West) 9:44.95
3. Alberto Moya 9:56.56

110 Meter Hurdles

1. Tim Bogdanof (Buckham) 14.51

2. C.J. Nakayama (Clovis) 14.73

3. John Gonzalez (Central) 15.88

300 Meter Hurdles

1. Tim Bagdonoff (Buckham) 39.02
2. Jason Eila (Clovis) 41.51
3. Josh Alfaro (Buckham) 43.09

4x100 Meter Relay

1. Clovis 43.49 (Shabaglian, Meyers, James, Shark), 2. Sanger 44.36 (Reyna, Terronez, Chavez, Johnson), 3. Buckham 44.55 (Lunn, Bogdanoff, Renfro, Comerid)

4x400 Meter Relay

1. Sanger 3:26.31 (Terronez, Vasquez, Reyna, Johnson), 2. Buckham 3:27.98 (Bogdanof, Smithhart, Renfro, Domenid), 3. Clovis 3:28.77 (Stark, Shabaglian, James, Myers)

High Jump

1. Chris Sims (Clovis) 6-04
2. Grady Wilburn (Clovis West) 6-02
3. John Alfaro (Buckham) 6-02

Pole Vault

1. Mike Oida (Clovis) 13-09
2. Matt Besmer (Clovis) 12-08
3. Garrett Largent (Buckham) 12-00

Long Jump

1. C.J. Nakayama (Clovis) 23-04 (meet record)

2. Angel Chavez (Sanger) 20-03.25

3. Grady Wilburn (Clovis West) 19-09

Triple Jump

1. Grady Wilburn (Clovis West) 44-02
2. Fokuso Akiradeno (Clovis West) 42-07.5
3. Angel Chavez (Sanger) 42-01.75

Shot Put

1. Chris Ranglas (Buckham) 50-04.75
2. Mike Guldry (Clovis West) 49-08.75
3. Adam Fell (Madera) 49-06.75

Discus

1. Mike Guldry (Clovis West) 158-04
 2. Adam Pierce (Madera) 148-02
 3. Chris Ranglas (Buckham) 147-02
- Boys Team Scores 1. Clovis 175, 2. Buckham 98.5, 3. Clovis West 84, 4. Sanger 61, 5. Madera 40, 6. Central 25.5.

Girls Events

100 Meters

1. Sara Heath (Clovis) 12.71
2. Jameelah McGee (Clovis) 12.96
3. Tereza Wade (Sanger) 12.98

200 Meters

1. J.J. McGee (Clovis) 26.21
2. Danielle Hogue (Clovis West) 26.54
3. Sara Heath (Clovis) 26.58

400 Meters

1. Corrine Akins (Buckham) 59.74
2. Jennifer Fielder (Clovis West) 60.46
3. LaVega Harris (Clovis) 61.28

800 Meters

1. Rochelle Loftus (Buckham) 2:18.36 (meet record)
2. Emily Barrus (Clovis) 2:19.13
3. Marilyn Smith (Clovis West) 2:23.68

1,600 Meters

1. Stephanie McCarty (Madera) 5:06.62 (meet record)

2. Christie Gregory (Clovis) 5:07.6

3. Emily Lawson (Clovis West) 5:12.45

3,200 Meters

1. Emmill Lawson (Clovis West) 11:26.16
2. Stefanie McCarty (Madera) 11:30.4
3. Kristin Fairley (Clovis) 11:50.6

100 Meter Hurdles

1. Rachel Bauer (Buckham) 15.74
2. Aris Burrell (Clovis) 15.81
3. Lisa Ford (Buckham) 15.85

300 Meter Hurdles

1. Rachel Bauer (Buckham) 45.42
2. D. Beta (Clovis West) 47.81
3. Lisa Ford (Buckham) 47.86

4x100 Meter Relay

1. Clovis West 50.12 (Beta, Hall, Fielder, Horne), 2. Central 52.05 (Yanes, Lopez, Nazarov, Harris), 3. Buckham 52.23 (Gray, Douglas, Arada, Atkins)

4x400 Meter Relay

1. Buckham 4:01.36 (meet record) (Loftus, Atkins, Ford, Bauer), 2. Clovis West 4:05.30 (Russler, Smith, Fielder, Schmidt), 3. Clovis 4:09.29 (McGee, Prandini, Harris, Barrus)

High Jump

1. Melissa Villalana (Sanger) 5-02
2. Erin Booth (Buckham) 5-02
3. Aubrey Majeske (Buckham) 5-00

Pole Vault

1. Kolby Keiser (Sanger) 9-06
2. Stacy Dodson (Sanger) 9-00
3. Breann Welton (Clovis) 8-06

Long Jump

1. Jennifer Bass (Clovis West) 16-00
2. Yanes (Central) 16-00
3. Douglas (Buckham) 15-04.5

Triple Jump

1. Tina Lopez (Central) 36-02.75
2. Staci Gorbvec (Clovis) 34-09.25
3. Jennifer Bass (Clovis West) 34-08.25

Shot Put

1. Brandi Smith (Mad) 42-02 (meet record)
2. Cecilia Barnes-Mileham (Clovis W) 36-09
3. Jamie Farley (Buckham) 36-09

Discus

1. Cecilia Barnes-Mileham (CIV) 155-00 (meet record)
2. Jamie Farley (Buckham) 119-04
3. Brandi Smith (Madera) 114-06

Girls Team Scores 1. Clovis West 132.5, 2. Buckham 122, 3. Clovis 113.5, 4. Madera 54, 5. Sanger 41, 6. Central 32.

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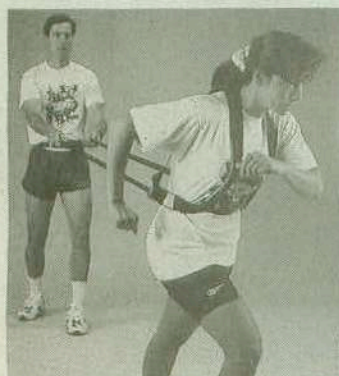


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