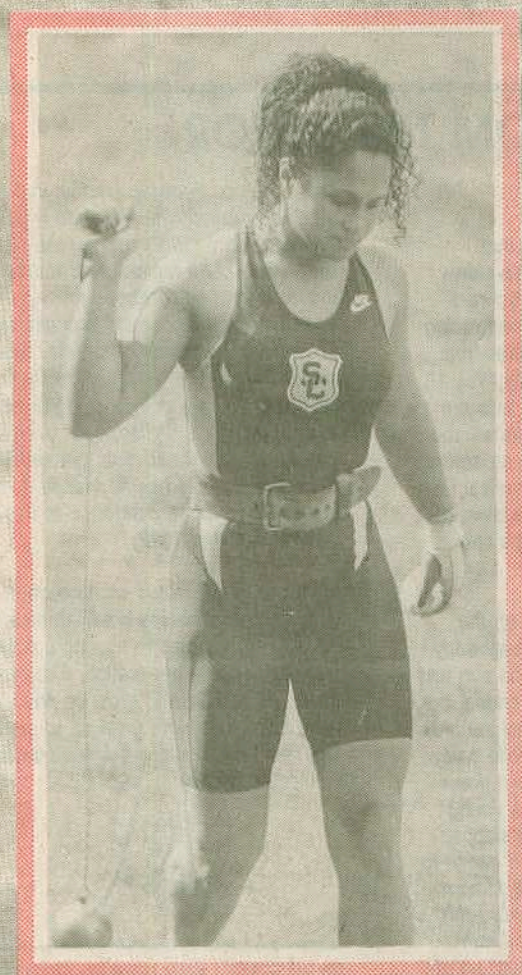


CALIFORNIA

Track & Running News

MAY 1996

ISSUE NO. 220



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STATEWIDE COVERAGE OF TRACK & FIELD,
CROSS COUNTRY AND ROAD RACING

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Since 1974

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FROM THE EDITOR

It Could Happen

I recently read a wonderful story that I would like to share with you. I like this story because it speaks to what many of you are doing as track, cross country and road racing coaches and parents. The story comes from The Research Consortium Newsletter (Vol. 18, No. 2 / Winter, 1996). Those of you who are also in physical education professions will recognize the Research Consortium as an arm of the American Alliance for Health, Physical Education, Recreation and Dance. Coaches, after all, are physical educators and parents should be, too.

A Midwesterner was vacationing on the New England coast. One morning, very early, she was walking along the beach. The sun was still below the horizon, the rain had ended, the sea was calm, and a rainbow bridged the blue Atlantic with the green shoreline. While enjoying the beauty about her, she glanced down the beach and saw a lone figure of a young man silhouetted against the sea. He skipped and frolicked as if performing a ritual dance to celebrate the dawn. Fascinated, she moved closer. As she approached, she realized the young man was not dancing -- he was with graceful and joyous movement, picking up objects and tossing them into the sea.

Soon she realized the objects were starfish.

"Why are you throwing starfish into the sea?" she asked him. "The tide is going out and if they are still here when the sun rises, they will die," he replied. And without breaking his rhythm he continued tossing them out to sea. "That's ridiculous!" she exclaimed. "There are thousands of miles of beach and millions of starfish, you can't really believe that what you are doing could possibly make a difference!" He smiled, bent over and picked up another starfish, paused thoughtfully, and remarked as he tossed it into the waves, "It makes a difference to this one." (from Footnotes, 1992)

This story illustrates what coaches can do. In spite of what seems like insurmountable odds when it comes to making a difference with the younger generation, if each coach saves a few kids who grow up and each save a few kids, who grow up to save a few kids, etc., etc. You can see the possibilities.

It could happen.

ON THE COVER: USC's outstanding hammer duo: BALAZS KISS and LESLIE COONS.

Photos by Bill Leung, Jr./Geek Media

37th Annual

Golden West Invitational

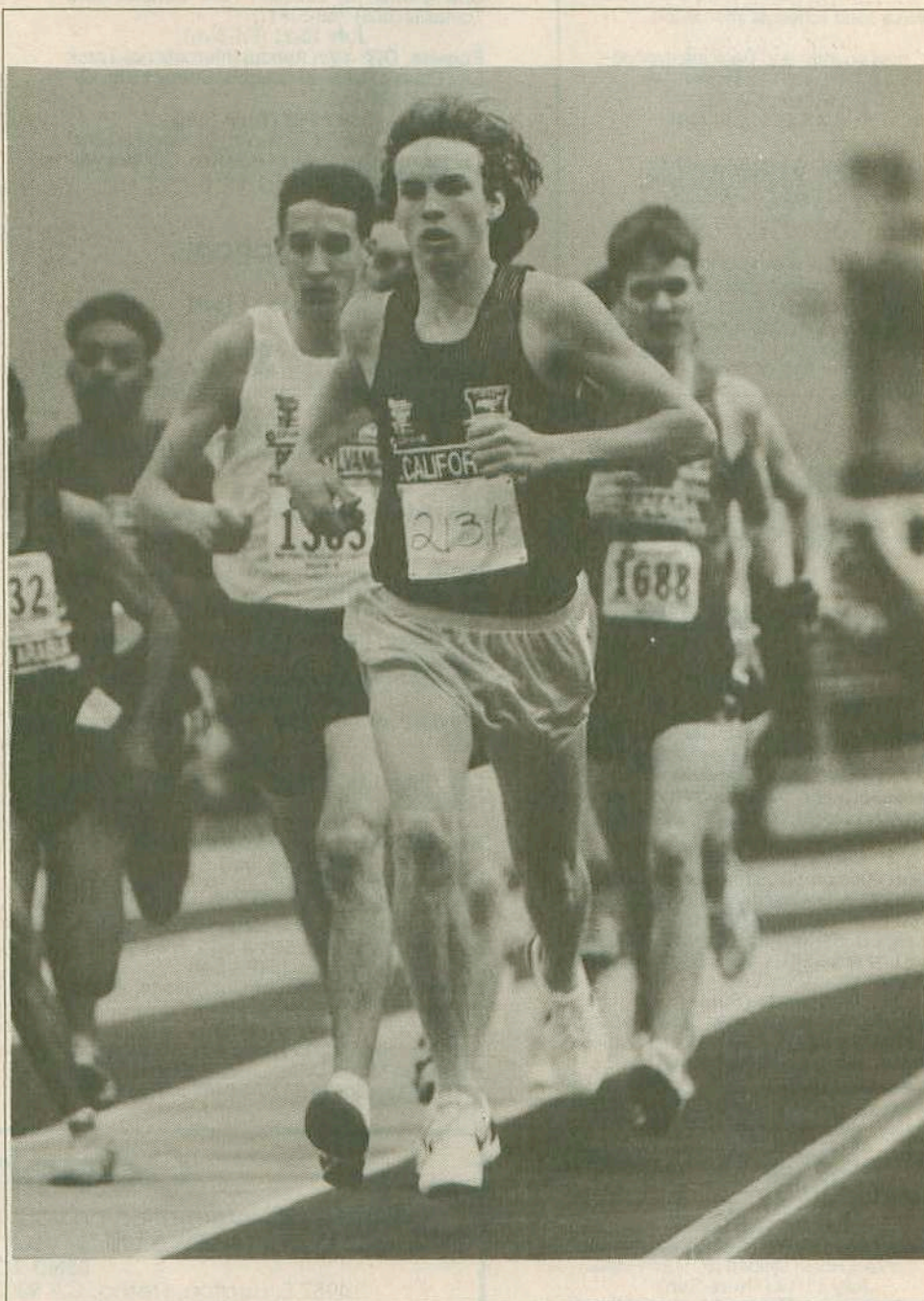


Sacramento, Calif.

June 8
1:30 p.m.
American
River
College

The Golden West Invitational is the premier high school track meet in the country featuring the top eight athletes in each event from around the nation.

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SCHEDULE

Please send schedule information...

Cross country and track information--

CTRN, 4957 E. Heaton Ave.,
Fresno, CA 93727
FAX (209) 255-4904

Road Racing information--

Jack Leydig, PO Box 1390,
San Mateo, CA 94401
FAX (415) 348-1862

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

▲ Track & Field Cross Country

Youth Track & Field

Track & Field

May 18-19 (Sat-Sun)

Hayward: 3M Track Club Invitational. Chabot College. Contact Will Pittman (510) 581-4428.

May 26-27 (Sun-Mon)

Pacific Association Championships. Location TBA. Contact James Wynn (408) 263-1607.

June 8-9 (Sat-Sun)

Stockton: Kids on Track Invitational. Delta College. Contact A. B. Coleman (209) 462-4623.

June 15 (Sat)

Santa Rosa: Santa Rosa Express TC Invitational. Elsie Allen HS. Contact Bob Shor (707) 538-0708.

June 16 (Sun)

Santa Rosa: Junior Olympic Championships. Contact Bob Shor (707) 538-0708.

June 22-23 (Sat-Sun)

Stockton: San Joaquin County Invitational. Delta College. Contact Al Midgett (209) 943-2520.

June 29-30 (Sat-Sun)

Reno, NV: Silver State Striders TC/West Coast Classic Invitational. Reed HS. Contact Bruce Sussong (702) 849-0599.

July 3-7 (Wed-Sun)

Salt Lake City, UT: Youth National Championships. Contact Rolan Colbert (801) 264-9922.

July 11-14 (Thurs-Sun)

Pacific Association Region 14 Junior Olympic

Championships. Location TBA. Contact Brad Tomasini (805) 758-3081.

July 19-21 (Fri-Sun)

Eugene, OR: 19th Annual International Track City Classic. Univ. of Oregon. Contact Erin Olsen (503) 687-8453.

July 23-28 (Tues-Sun)

Houston, TX: USATF Junior Olympic National Championships. Univ. of Houston. Contact Willie Richardson (713) 437-1758.

High School

Track & Field

May 3 (Fri.)

Lafayette: Bob Warren Meet. At Acalanes HS.
Fresno: NWYL Championships. Ratcliffe Stadium.

May 4 (Sat)

Sacramento: Sacramento MOC. At American River College.

May 7 & 9

San Mateo: Peninsula AL. College of San Mateo.

May 8 & 10

Martinez: Mountain Bay AL Meet. At Alhambra HS. Finals on 5/10.

May 9 (Thurs.)

San Mateo: Peninsula AL Finals. At College of San Mateo.

Fresno: North Area Meet. Ratcliffe Stadium.

May 10 (Fri.)

Clovis: Golden Eagle Relays. Clovis West. Noon.

May 11 (Sat)

Los Gatos: CCS North Sub-Section. At Los Gatos HS.

May 16 (Thurs.)

Sanger: CIF Valley Championships.

May 18 (Sat)

San Jose: CCS Semi-Finals. At San Jose CC.

May 20-23 (Mon-Thurs)

Oakland: OAL Meet. At Laney College. Field finals 5/20. Track trials 5/21 & 5/22, finals 5/23.

May 24-25 (Fri-Sat)

Berkeley: NCS Meet of Champions. At UC Berkeley.

May 25 (Sat)

San Mateo: Pacific Association Championships. San Mateo College. Contact Dave Shrock at CSM Athletics (415) 574-6448 or Pacific As-

soc. Office (916) 983-4622. Open to high school, collegiate, and open athletes.

May 31-June 1

Norwalk: CIF State Meet. At Cerritos College.

June 8 (Sat)

Sacramento: Golden West Invitational. At American River College. 1:30 p.m. Info: (916) 983-4622.

June 28-29

Columbus, OH: 1996 USATF Junior National Championships. Ohio Wesleyan University. Entries must be received by June 18, 1996. (All participants must be at least 14 years of age on the day of competition and not older than 19 years of age, and must not turn 20 during 1996; their year of birth must be 1977 or later.) Contact Wayne A. Roberts, Meet Administrator, Columbus Recreation & Parks, 90 W. Broad St., Room 115, Columbus, OH 43215-9019 (614) 645-8431.

Cross Country

August 28 (Wed.)

Los Banos: Warm-up Meet. At San Luis State Park Forebay. Contact Mike Miller, XC Coach. Los Banos HS, 1966 S. 11th St., Los Banos 93635.

Sept. 7 (Sat.)

Monterey: Condor Earlybird Invitational.

Sept. 14 (Sat.)

Kingsburg: Kingsburg Invitational.

Fresno: McLane Invitational. Woodward Park.

Irvine: Woodbridge Invitational.

Oakmont: Oakmont Invitational.

Sept. 19 (Thurs.)

Porterville: Monache Invitational.

Sept. 20 (Fri.)

Sanger: Sanger Invitational. Avocado Lake.

Sept. 21 (Sat.)

Grass Valley: Nevada Union Invitational.

San Francisco: Lowell Invitational.

Hawaii: Hawaii Invitational.

Bret Harte: Frog Town Invitational.

Wasco: Wasco Invitational.

September 27 (Fri.)

Hanford: Hanford Invitational. Hickey Park.

Coaches...

Send CTRN information on your track/field or cross country invitational. We will list your event at *no charge!*

SEND TO:

4957 E. Heaton, Fresno, CA 93727 or FAX (209) 255-4904

SCHEDULE

Visalia: Mt. Whitney Invitational. Mooney Grove Park.

Sept. 28 (Sat.)

Carson City: Carson Invitational.

Daly City: Westmoor "Ram" Invitational.

Merced: Merced Invitational. Lake Yosemite.

October 3 (Thurs.)

Los Banos: Los Banos Invitational. At San Luis State Park Forebay. Contact Mike Miller, XC Coach, Los Banos HS, 1966 S. 11th St., Los Banos 93635.

October 4 (Fri.)

Visalia: Golden West Invitational. Cutler Park.
Visalia: Mt. Whitney Visalia Invitational. Mooney Grove Park.

October 5 (Sat.)

Half Moon Bay: Half Moon Bay Invitational.

Palo Alto: Stanford Invitational.

Oahu: Hawaii Invitational.

October 9 (Wed.)

Madera: Madera Elks Invitational.

October 12 (Sat.)

Fresno: Clovis Invitational. Woodward Park.

Atascadero: Atascadero Invitational.

San Mateo: Crystal Springs Invitational.

Huntington Beach: Fountain Valley Invit.

Castro Valley: Castro Valley Invitational.

Hawaii: Hawaii Invitational.

October 18 (Fri.)

Fresno: Roosevelt Rough Rider Invitational. Woodward Park.

Tulare: Tulare Western Invitational.

October 19 (Sat.)

San Luis Obispo: Cal Poly Invitational.

Hayward: Mariner Invitational.

October 22 (Tues.)

Fresno: Madera K of C Invit. Woodward Park.

October 23 (Wed.)

Mendota: Mendota Invitational.

October 24 (Thurs.)

Reedley: Reedley Invitational.

October 25 (Fri.)

Rocklin: Placer/Sierra Invit. Sierra College.

October 25 & 26 (Fri-Sat)

Walnut: Mt. SAC Invitational.

October 26 (Sat.)

Soquel: Soquel Invitational.

Alameda: Oakland Invitational.

October 31 (Thurs.)

Kingsburg: John Seaman Invitational.

November 1

Bakersfield: Kern Invitational.

November 8 (Fri.)

Fresno: League Champs. Woodward Park.

November 14 (Thurs.)

Sanger: CIF Central Section Championships. Avocado Lake.

November 21 (Thurs.)

Fresno: Grand Masters Valley Championships. Woodward Park.

November 30 (Sat.)

Fresno: CIF State Meet Championships. Woodward Park.

December 7 (Sat.)

Fresno: 18th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 16 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 16 (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 4 (Sat.)

Santa Rosa: Pat Ryan Invit. Santa Rosa CC.

Chico: Chico Invitational. CSU Chico.

May 10

Stanford: Cardinal Invitational.

May 10-11

Los Angeles: PAC-10 Decathlon/Heptathlon Championships.

May 11 (Sat.)

Modesto: Modesto Relays. (209) 524-3116.

Eagle Rock: Occidental Invitational.

May 15-17 (Wed.-Sat.)

Albuquerque, NM: WAC Championships.

May 17-18

Los Angeles: Asics Classic. 7 p.m. (213) 730-9617.

May 18 (Sat.)

Davis: Davis Invitational. UC Davis.

May 18-19

Los Angeles: PAC-10 Championships.

May 22 (Wed.)

Salinas: Hartnell Throwers Meet. Gary Shaw (408) 755-6845.

May 23-25 (Thurs.-Sat.)

Marietta, GA: NAIA Outdoor Championships.

May 25 (Sat.)

San Mateo: Pacific Association Championships. San Mateo College. Contact Dave Shrock at CSM Athletics (415) 574-6448 or Pacific Assoc. Office (916) 983-4622. Open to high school, collegiate, and open athletes.

May 30-June 1 (Thurs.-Sat.)

Eugene, OR: NCAA Championships.

June 1 (Sat.)

San Jose: Bruce Jenner Classic. San Jose CC. (408) 298-2181 ext 3731.

Azusa: Pre-Olympic Invitational. 7 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

June 7 (Fri.)

Fresno: Central Cal USATF Championships. Ratcliffe Stadium. 6 p.m.

June 14-23

Atlanta, GA: US Olympic Trials. (317) 261-0500.

June 29-30

Columbus, OH: USATF Junior National Championships.

July 20-August 4

Atlanta, GA: Olympic Games.

Masters

May 3-5

Solano: Solano County Senior Games. 55+. Gaylord Whitlock (707) 864-0484.

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SCHEDULE

May 5

Irvine: Steve Scott Invitational (masters day). UC Irvine. Mac McCormick (714) 586-9942.

May 11

Long Beach: Southern California Striders Meet of Champions. CSU Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad 92009 (619) 436-7696.

May 18

Visalia: Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

Santa Cruz: KELfield Throws Meet #49. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 25

Santa Cruz: USATF Pacific Association Weight Pentathlon championships. KELfield. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

May 26

Irvine: Dan Aldrich Memorial Meet. UC Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo 92656 (714) 586-9942 (eve).

May 30-June 2

Sacramento: California Senior Games State Championships. At Sacramento State University. Qualifier for Senior Games Nationals in Tucson on May, 1997. State Games Hotline: (800) 229-8625 or (916) 277-6190.

June 1

San Jose: Bruce Jenner Classic. San Jose CC. M40+ 400, 1500/M50+, 200/100 60+, M70+, women. Bruce Springbett (408) 354-2005, 354-7333.

June 8

Los Gatos: USATF Pacific Association Masters Championships. Los Gatos HS. HT/JT/WT at KELfield (408-458-0202). SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

June 9

Long Beach: USATF/SCA Championships. CSU Long Beach. Marvin Thompson & Hugh Cobb. SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park 90065-3724. (213) 257-1285.

June 15

Soquel: USATF Pacific Association Age-Graded Championships. Soquel HS. Bill Johnson, Santa Cruz TC, PO Box 1803, Capitola 95010 (408) 335-0460. June 22-23

Soquel: USATF Pacific Association Masters Decathlon/Heptathlon Championships. Soquel HS. Bill Johnson, Santa Cruz TC, PO Box 1803, Capitola 95010 (408) 335-0460.

June 30

Los Angeles: Trojan Masters Meet. USC. Russ Reabold, 1125 N. Stimson, La Puente 91744 (818) 917-6289.

July 6

Los Angeles: SCA Series/Grand Prix All-Comers. LA Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles 90065-3724. (213) 257-1285, FAX (213) 259-0265.

July 13-14

San Diego: USATF National Masters Decathlon/Heptathlon Championships. Ed Oleata, 2870 Glenbrook Way, La Jolla 92037 (619) 453-4570.

July 20

Norwalk: USATF West Regional Masters Championships. Cerritos College. Marvin Thompson or Doug Wells (213) 380-5409.

Los Angeles: SCA Series/Grand Prix All-Comers. LA Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles 90065-3724. (213) 257-1285, FAX (213) 259-0265.

August 2

Norwalk: SCA Series/Grand Prix Championships. Cerritos College. Doug Wells (310) 860-2451, ext 2889.

August 3

Santa Cruz: USATF West Regional Masters Weight Pentathlon Championships. KELfield. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

August 15-18

Spokane, WA: 29th Annual USATF National Masters Championships. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204 (509) 533-3644, FAX (509) 533-4128.

August 31

Seattle, WA: USATF National Masters Weight & Superweight Championships. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116 (206) 932-3923.

September 14

Bozeman, MT: USATF National Masters Weight Pentathlon.

October 5

Santa Barbara: Club West Masters Meet. Santa Barbara CC. Beverly Lewis or Gordon McClenathan (805) 964-3005.

October 27

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

All-Comers

July 6, 13, 20, 27

Azusa: Summer Twilight Cross Country Series. 7 p.m. Contact Irv Ray (818) 815-6000, ext 3294.

Camps & Clinics

June 2-30

Azusa: Sprint Training for Distance Runners. With Coach Scott Wilson. Contact (818) 815-6000, ext. 3294.

June 10

Azusa: Part 2 -- Australian Training Model for Middle & Long Distance Runners, Pre-Comp/Comp Series. Contact Irv Ray (818) 815-6000, ext. 3294.

July 10-15

Azusa: San Gabriel Valley Summer Day Track Camp. Boys & girls, ages 10-18. Contact Irv Ray (818) 815-6000, ext. 3294.

June 13-15

Atascadero: Sky Jumpers Vaulting Camp. All vaulters 12 and up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422. Information: (805) 466-8119 or FAX (805) 466-8273.

June 29-30 (Sat-Sun)

Irvine: AAF/CIF Cross Country Clinic--Basics Clinic (for high school coaches). At University High School. For registration materials contact Palmer Addressing & Mailing, PO Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

June 29-30 (Sat-Sun)

San Diego: AAF/CIF Cross Country Clinic--Basics Clinic (for high school coaches). At Mt. Carmel High School. For registration materials contact Palmer Addressing & Mailing, PO Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

July 6-7 (Sat-Sun)

Yucaipa: AAF/CIF Cross Country Clinic--Basics Clinic (for high school coaches). At Yucaipa High School. For registration materials contact Palmer Addressing & Mailing, PO Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

July 6-7 (Sat-Sun)

Santa Barbara: AAF/CIF Cross Country Clinic--Basics Clinic (for high school coaches). At Santa Barbara City College. For registration materials contact Palmer Addressing & Mailing, PO Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

July 13-14 (Sat-Sun)

Van Nuys: AAF/CIF Cross Country Clinic--Basics Clinic (for high school coaches). At LA Valley College. For registration materials contact Palmer Addressing & Mailing, PO Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

July 13 (Sat)

Corona: AAF/CIF Cross Country Clinic--Advanced Clinic (for high school coaches, basic clinic prior attendance required). At Corona High School Auditorium. For registration materials contact Palmer Addressing & Mailing, PO Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

July 20 (Sat)

Los Angeles: AAF/CIF Cross Country Clinic--Advanced Clinic (for high school coaches, basic clinic prior attendance required). At Amateur Athletic Foundation. For registration materials contact Palmer Addressing & Mailing, PO Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

July 31-August 5

August 6-13

Mammoth Lakes: Steve Scott Camp & Workshop. 2 sessions. Contact Irv Ray (818) 815-6000, ext. 3294.

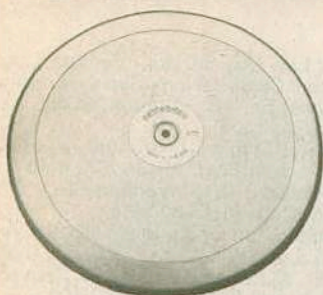
December 28-31

Atascadero: Sky Jumpers Vaulting Camp. All vaulters 12 and up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422. Information: (805) 466-8119 or FAX (805) 466-8273.



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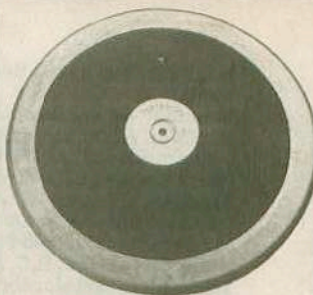
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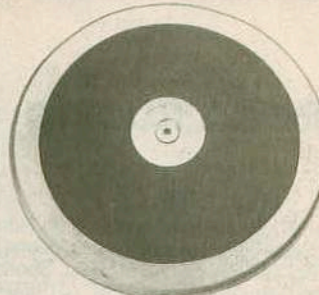


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Women's 1 kg. \$69.95

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Call Toll-Free 1-800-556-7464

SCHEDULE

▲ Road Racing

May 3 (Fri.)

San Diego: SDSU Night Moves 5K Fun Run, San Diego State Univ. (near Scripps College), 6:30 p.m. Night Moves 5K, SDSU Recr. Sports, 196 Peterson Gym, San Diego 92182 (619/594-6424).

Las Vegas, NV: Mojave 250M Death Race/Relay (2 days), 12-person teams (\$500 entry fee), Mojave Desert near Las Vegas, Time TBA. Ron Cooke, 1000 N. Parton St., 'E', Santa Ana 92701 (714/953-4440).

May 4 (Sat.)

Angel Island: Angel Island Run/Walk, 4.5M (ferry service from S.F. & Tiburon), 12:30 p.m. The Guardsmen, 115 Sansome St., #310, San Francisco 94104 (415/781-6785).

San Francisco: What-Mi-Wok Trail 100K, Redeo Lagoon (Marin Headlands), 5 a.m. (16 Hr. cutoff). Bay Area Ultra Runners, Kellie Sheehan, 6 Gerke Alley, San Francisco 94133 (415/291-8772).

San Jose: Quicksilver Ride & Tie (Pro/Am), 11/23M (1 horse, 2 riders, alternating running & riding), Time TBA. Wayne & Robin Hinrichs, 1865 Indian Valley Rd., Novato 94947 (415/897-9044).

Santa Cruz: Berry Creek Falls Half-Marathon/10K, Hiway 1 at Waddell Creek (10M north of Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Monterey County: Wildflower Long Course Triathlon (1.2mS-56mB-13.1mR), Lake San Antonio, 8 a.m. (40 Ironman qualifying slots). Tri-California Events, P.O. Box 51116, Pacific Grove 93950 (408/373-0679).

Monterey County: Wildflower Mountain Bike Triathlon (0.25mS-10mMB-2mR), geared to novice & youth (11-17), also elite open division, 9 a.m. Tri-California, P.O. Box 51116, Pacific Grove 93950 (408/373-0679).

Sacramento: Run for the Flame 5K, Crocker Park (downtown), 2:30 p.m. DeBencik & Hensley Events, 918 Second St., #200, Sacramento 95814 (916/443-6223).

Roseville: Foothills Fun Run 5K (& Kids' 1M/0.5M), Woodcreek H.S., Time TBA. Karen Darst, 7501 Foothills Blvd., Roseville 95747 (916/789-4652).

Colfax: Colfax Record Run/Walk, 5K/10K & 0.5M Kids' Run, downtown, 8:30 a.m./Kids, 9 a.m. Janis Quinn, Soroptimist Intl., P.O. Box 1036, Colfax 95713 (916/637-4878).

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Santa Barbara: UCSB Spring Runs, 5K/10K, UCSB Campus Lagoon, Time TBA. Info: 805/893-3908.

Inglewood: The Crippled Children's Run, 5K/8K, 8 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

Manhattan Beach: Manhattan Mile/5K/'Marathon', Live Oak Park, 7:30 a.m./5K, 8 a.m./Mile races: every 15 min. do mile heat (23 repeats). Erika Stevens/MB Track Club, P.O.

Box 3431, Manhattan Beach 90266 (310/376-8460).

Fountain Valley: Orange County's Run for the Roses 6K & 1.25M Fun Run, Mile Square Park, 8:30 a.m./6K, 9:30 a.m. Info: 714/964-8064.

North Las Vegas, NV: Menudo Run, 10K/2M. Fiesta Motel (Rancho & Lake Mead) 7 a.m. Latino Police Officers Assoc., PO Box 16012, Las Vegas 89101. (702) 645-9618.

Cabo San Lucas, B.C. (Mexico): Los Cabos International Half-Marathon, 10K/5K, Hard Rock Cafe (Plaza Bonita), 7:30 a.m. Prime Time, Box 1009, Twin Peaks 92391 (909/875-8045).

May 5 (Sun.)

San Francisco: Ocean Beach 5K/10K (run at low tide), Time TBA. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

San Francisco: DSE South Embarcadero Run, 6.25M, Dolphin Club (502 Jefferson), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Palo Alto: JCC Health & Fitness Fun Triathlon (440yS-11.4mB-5kR), ALS Jewish Community Ctr., 8:30 a.m. Rosan Comperts, 655 Arastradero Rd., Palo Alto 94306 (415/493-6702).

Cupertino: Tandem's Up & Running 10K/2M (& Kids' 1M Run (7-12 Yrs.)), 19333 Valco Pkwy., 9 a.m./10K-2M, 10 a.m./Kids. Up & Running, c/o Rhodyco Prod., 1417 Irving St., San Francisco 94122 (415/564-0532).

San Jose: Nihonmachi Run 5K, 4th/Jackson St. (Japantown), 9 a.m. Yu-Ai Kai Community Center, 588 No. Fourth St., San Jose 95112 (408/294-2505).

Danville: Devil Mountain Run, 5K/10K/Kids' 200m & 400m (3-8 Yrs.), Town & Country Village S.C., 8 a.m./5-10K, 9:30 a.m. DMR, P.O. Box 93, Pleasanton 94566 (510/426-1435).

Los Banos: Los Banos PAL May Day Run, 5K/1M, Tuttle Creek Campground, 9 a.m./Kids' 1M, 9:20 a.m./1M Elite, 9:50 a.m./5K. Gregg Wilson, 945 Fifth St., Los Banos 93635 (209/827-0603).

Stockton: The Bagel Chase 5K, 9:30 a.m. Laurie Merrill, 1116 Edgewood Dr., Lodi 95240 (209/367-1787).

Monterey County: Wildflower Olympic Distance Triathlon (0.93mS-24mB-6.2mR), Lake San Antonio, 9 a.m. Tri-California, 1105 David Av., Pacific Grove 93950 (408/373-0679).

Napa: Vichy Springs Run, 5M/2.5M, William Hill Winery (1761 Atlas Peak Rd.), 9 a.m. Vichy Springs Run, 2429 Stonehouse Ct., Napa 94558 (707/252-4456).

Boonville: Boontling Classic 5K, Anderson Valley Elem. School (Hwy 128 north of Boonville), 10 a.m. Mike McDonald/North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/895-2701).

Fair Oaks: Sun Run 5M (& 0.5M Kids' Run), Community Clubhouse (7997 California), 8:30 a.m. Marsha Karley, Fair Oaks Chamber of Commerce, P.O. Box 352, Fair Oaks 95628 (916/967-2903).

Weott: 25th Annual Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, 9 a.m. Ken Yonasko, 281 Hidden Valley Rd., Bay-side 95524 (707/443-1226).

Lone Pine: Wild Wild West Marathon, 10M/3M Fun Run, Tuttle Creek Campground, 7 a.m. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545 (619/876-4444).

Ventura: Law Day 5K Run, Ventura County Government Center, 9 a.m. Steve Henderson, 4475 Market St., #B, Ventura 93003 (Inside Track: 805/643-1104).

Studio City: Studio City 5K/10K, near Laurel Canyon/Ventura Blvd., 8 a.m./5K, 8:30 a.m. Sondra Frohlich, 12153 Ventura Blvd., #100, Studio City 91604 (818/980-3811).

Chino Hills: "Run for the Hills", 5K/10K, Alterra Park, 8 a.m./5K, 8:30 a.m. Kiwanis Club of Chino Hills, 3233 Grand Av., N-223, Chino Hills 91709 (Katrina Hamilton: 818/966-2199).

Irvine: Orange County Half Marathon & 5K, Sand Canyon & Barranca (near Irvine Spectrum), 8 a.m. OCHM, P.O. Box 7132, Newport Beach 92660 (714/476-7076).

San Diego: Get Movin' San Diego 5K/10K, Torrey Pines Beach/Hwy 101, 8 a.m. Kathy Loper, 7801 Mission Center Ct., #103, San Diego 92108 (619/736-1001).

San Diego: San Dieguito River Park Trail Events, 6M/4M, 8 a.m. Info: 619/235-5445.

Vancouver, BC (Canada): Vancouver International Marathon & Half-Marathon, BC Place Stadium, 7 a.m. Gordon Rogers, P.O. Box 3213, Vancouver, BC, V6B 3X8 Canada (604/872-2928).

May 6 (Mon.)

Anaheim: Go With the Flow 5K Run for Water, 5K, Anaheim Lake, 8 a.m. San Dieguito River Park Trail Run, 7801 Mission Center Ct., #103, San Diego 92108 (714/378-3333).

May 9 (Thurs.)

San Luis Obispo: Cal Poly Rec. Sports Night Moves 5K, Cal Poly campus/Rec. Sports Center, 6 p.m. Info: (805) 756-1366.

May 11 (Sat.)

Larkspur: The Human Race, 5M, Larkspur Ferry Terminal, 8 a.m. Dianne Faw, The Volunteer Center, 650 Las Gallinas, San Rafael 94903 (415/479-5660).

San Mateo: The Human Race 10K/5K, Coyote Point Park, 8:30 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).

Pleasanton: Human Race 10K/5K, 4400 Rosewood Dr., 8:30 a.m. The Volunteer Center, 333 Division St., Pleasanton 94566 (510/462-3570).

San Jose: Mike Popolizio Quicksilver 50K/50M, Mockingbird Hill Ln., 6 a.m. Quicksilver R.C., c/o 6363 Firefly Dr., San Jose 95120 (408/227-7102).

San Jose: The Human Race, 10K/5K, 2655 Seely Rd., 8:30 a.m. Nicki Amatore, Volunteer Exchange, 1922 The Alameda, #211, San Jose 95126 (408/247-1126).

Lodi: Walk for the Health of It 5K/1M Walk/Run, Lodi Memorial Hospital, 9 a.m. Joanne Barkley, 149 So. Fairmont Av., Lodi 95240 (209/339-7582).

Sacramento: Sacramento Race for the Cure 5K, State Capitol, 9 a.m. Race for the Cure, 918 Second St., #200, Sacramento 95814 (916/443-6223).

Truckee: Donner Lake 7M/14M, Donner Lake State Park (east end of Lake), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

SCHEDULE

Bakersfield: Bakersfield Action Sports Triathlon (1.5K/5K-10K/10K), Lake Ming (West shore) 8 a.m. (wave start) (May 3 Reg. Deadline; Entry Limit 1000 + 150 Relay Teams). No. Bakersfield Recr. & Park District, 405 Galaxy Av., Bakersfield 93308 (805/399-2720).

Lompoc: La Purisima Mission 10K/5K, 8:30 a.m./5K, 9 a.m. Lompoc Valley D.C., P.O. box 694, Lompoc 93438 (Ray Gil: 805/736-4233).

Century City: Revlon Run/Walk for Women 5K (men's & women's divisions), Fox Studios (backlot), 8 a.m. Info: 818/759-9522.

Los Angeles: Human Race 5K/10K & 1M Kids' Run, Griffith Park, 8 a.m./1M, 8:30 a.m. Volunteer Center, 2117 W. Temple St., 3rd Flr., Los Angeles 90026 (213/484-2849).

Huntington Beach: Southern California Hillsea 7.57M, Central Park West, 8 a.m. The Finish Line Internat'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Solana Beach: Fiesta del Sol Triathlon (500mS-15K/5K/5K), Fletcher Cove, 7:30 a.m. Koz Enterprises, P.O. Box 421052, Solana Beach 92142 (619/528-8111).

San Diego: Native American Run, 5K/10K, Balboa Park, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Las Vegas, NV: LVTC/ 10M-5M-2M. Silk Purse Ranch (between Durango & Tenaya). Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

May 12 (Sun.)

San Francisco: DSE "Right to Assemble" Run, 7.46M, Howard/Spears Sts., 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/897-0837).

Watsonville: Mothers Day Run for Shelter 10K/1M, Callahan Park, 8 a.m. Jim Belcher, 215 Highland Dr., Aptos 95003 (408/728-5649).

Santa Rosa: Santa Rosa 10K/5K, Location TBA, 8 a.m./10K, 8:15 a.m. High Valley Promotions, 2926 Yulupa Av., Santa Rosa 95405 (707/327-9223).

Fresno: 5th Annual Mother's Day HIV Awareness Run. 1K Kid's Run/7:30 a.m. 2 Mile Run/Walk/7:45 a.m. 4 Mile/8 a.m. Lewis Eaton Trail (southeast at Woodward Park). Info: Chris Moad (209) 268-1184.

Bakersfield: Kaiser Permanente Tri-4-Kids (7-10 Yrs: 100yS-4mB-0.6mR; 11-14 Yrs: 200yS-7mB-1.9mR), Cal-State Univ., Time TBA. No. Bakersfield Recr. & Park District, Tri-4-Kids, 405 Galaxy Av., Bakersfield 93308 (805/399-2720).

May 18 (Sat.)

Davenport: Big Creek Ride & Tie, 30M (1 horse, 2 runners alternating riding/running), Time TBA. Barbara McCrary, 330 Swanton Rd., Davenport 95017.

Morgan Hill: Mushroom Mardi Gras Fun Run, 10K/5K, 8:30 a.m. Morgan Hill Mushroom Mardi Gras Festival, 305 Vineyard Town Center, #184, Morgan Hill 95037 (408/778-1786).

Oakland: Port of Oakland's Run for the Cranes, 5K/10K, Jack London Square (Water/Washington Sts.), 8 a.m. Richard Mathews, c/o MCM, 161 John St., Oakland 94611 (510/601-7095).

Antioch: Skip to Skips 10 Mile Challenge Run/

Mtn. Bike, 7 a.m./Bike, 8 a.m./Run. Darryll Whaley, P.O. Box 824, Clayton 94517 (510/672-5286).

Benicia: Benicia Young Life 5K Run/Walk, Ninth Street Park (9th & West K), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Yountville: Pancake Run, 2M/10K, Yountville School, 8 a.m. Lynn Garvey, Yountville School, 6554 Yount St., Napa 94599 (707/253-3485).

Stockton: KOT 10K/5K, 8 a.m. Dennis Jennings, Kids on Track, P.O. Box 645, Stockton 95201 (209/462-4623).

Oakdale: Oakdale Chocolate Festival 5K Fun Run, "I" St./Yosemite Blvd., 7 a.m. Oakdale Chamber of Commerce, 590 N. Yosemite Av., Oakdale 95361 (209/847-2244).

Placerville: Fun, Fitness, Health Run/Walk, 5K/10K & Kids event, 50 Main St., 8:30 a.m./Kids, 9 a.m. Nutting Chiropractic, 50 Main St., Placerville 95667 (916/621-4090).

Davis: Mutt Strut 5K (run with dog only), UCD Health Sciences Bldg., 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Merced: Pancake Run, 2M/10K, Lake Yosemite, 8:30 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

Reno, NV: Silver State 50K, Time TBA. Ken McKim, 1460 Prospect, Sparks, NV 89431 (702/356-2024).

Hanford: Knudson Scholarship Run, 3K & 10K, Lacey Park (Douty & Florida Sts.), 8 a.m. Bill Hazen, P.O. Box 841, Hanford 93232 (209/582-4628).

Shafter: Shafter May Festival, 5K/10K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Atascadero: Kennedy Club Fiktness Short Course Triathlon (1/4 pool swim, 16.5mile bike, 4 mile run). 6:30 a.m. Kennedy Club Fitness, 3534 El Camino Real, Atascadero 93422 (805) 466-6775.

Burbank: Run for the Hungry, 5K & Munchkin Mile (11 & under), Johnny Carson Park, 8 a.m. Info: Mickey DePalo (818/238-5390).

Las Vegas, NV: Las Vegas Stars 5K. Cashman Field. N. Las Vegas Blvd. & Washington. (702) 386-7200.

Las Vegas, NV: Relay for Life. UNLV (Maryland between Flamingo & Tropicana). 10 a.m.

May 19 (Sun.)

San Francisco: Examiner Bay to Breakers, 12K, Howard & Spear Sts. to Ocean Beach, 8 a.m. (Elite field must qualify & enter by 4/15; others must enter by 5/1). EXBB, P.O. Box 429200, San Francisco 94142 (415/808-5000, x2222 or 510/808-5000, x2222 or 408/808-5000, x2222).

San Carlos: San Carlos Rotary 5K/10K, Burton Park, 8:30 a.m. George Stafford, 700 Chestnut St., San Carlos 94070 (415/594-5199).

So. San Jose: Power Bar-South Bay Triathlon IV (0.75mS-17mB-5mR), Uvas Reservoir, 8 a.m. J&A Prods., 1032 Hacienda Av., Campbell 95008 (408/866-8848).

Berkeley: Tilden Tough Ten, 10M, Tilden Park (Inspiration Point, parking lot off Wildcat Canyon), 9 a.m. LMJS, 12001 Broadway Terr., Oakland 94611 (510/601-7887).

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SCHEDULE

Fremont: Ohlone Wilderness 50K Trail Run, 7 a.m. (75 Limit). John Vonhof, 4438 Gibraltar Dr., Fremont 94536 (510/797-8169).

Lompoc: Stride & Ride Biathlon (2.5mR-12.5mB-2.5mR), 8:30 a.m. Info: 805/733-0012.

Newport Beach: Bach Bay Classic 8K/Half-Marathon/2K Minuet, Back Bay, 8 a.m./H-M, 8:10 a.m./8K. Hope House, 707 No. Anaheim Blvd., Anaheim 92805 (714/776-7490).

Fountain Valley: Go With the Flow 5K and Water Festival, 3451 E. Miraloma Av., 8 a.m. Katie Coates, P.O. Box 20895, Fountain Valley 92728 (714/378-3333).

Ontario: Ontario 5000, 5K, Ontario Airport Hilton, 8 a.m. Info: 714/458-6036.

Tecate-Ensenada: 5-Person, 73 Mi. Relay, Tecate Town Square, 7 a.m. Info: 619/454-0317.

San Diego: Over the Bay Bridge, 4M, 8 a.m. Over the Bay Bridge Run, c/o Breaking 40, 4060 Moreno Blvd., #G355, San Diego 92117 (619/272-8316).

May 25 (Sat.)

San Bruno: San Bruno Memorial Cross Country Run, 4M, San Bruno City Park, 8:30 a.m. Runners Inn, 486 San Mateo Av., San Bruno 94066 (Don Conklin: 415/952-8127; Mike Sullivan: 209/529-8341).

Pinole: Pinole Spring Festival 4M/1K Kids' Run, Fernandez City Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Oak View: Ventura Lions Club 2K/10K, Foster Park (Ojai bike trail), 8 a.m. Info: Inside Track (805/643-1104).

Topanga: Jacqueline Hansen Tough Topanga 10K, Trippet Ranch (Topanga State Park), 8 a.m. Info: 310/455-3671.

Sierra Madre: Mt. Wilson Trail Race, 8.6M, Kersting Ct., 7:30 a.m. (Pre-Reg. Only, May 13 Deadline; 300 Limit). Parks & Rec. Dept., City of Sierra Madre, 232 W. Sierra Madre Blvd., Sierra Madre 91024 (818/355-7135, x255).

Bonita: Bonita Road Runners 5K/10K, Rohr Park, 7:30 a.m./5K, 8 a.m. Bonita Road Runners, P.O. Box 851, Bonita 91908 (Ken Velasquez: 619/421-5473).

Las Vegas, NV: Run to the Sun 6M. Eldorado High School 7 a.m. The Running Store, 4350 E. Sunset Rd., Henderson, NV 89014. Karla Ely (702) 898-7866.

May 26 (Sun.)

San Francisco: DSE Walt Stack Trail 25K/10K, Dolphin Club (502 Jefferson), 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: LMJS Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611 (510/601-7887).

San Ramon: Wind Breaker 5K Run/Inline, Bishop Dr./Camino Ramon, 8:30 a.m./Inline, 8:45 a.m./Run. Steve Pierol, City of San Ramon, 12501 Alcosta Blvd., San Ramon 94583 (510/275-2308).

Grass Valley: Grass Valley Memorial Run 8K, Memorial Park, 8:30 a.m. Sierra Trailblazers R.C., P.O. Box 1811, Cedar Ridge 95924 (916/265-4387).

Incline Village, NV: I Can Run For Drug Free Youth, Distance, Location & Time TBA. Fleet Feet, P.O. Box 5792, Incline Village, NV 89450 (702/831-0668).

Arroyo Grande: Strawberry Stampede 10K/5K, start at gazebo, 7 a.m. Ben Horner, P.O. Box 456, Arroyo Grande 93421 (800/439-6878).

Brentwood: Brentwood Run, 5K/10K, San Vicente Blvd. & Barrington Av., 8 a.m./5K, 8:45 a.m. Info: 310/820-7585.

May 27 (Mon.)

Kentfield: Pacific Sun Races, 10K/2.5M/YMCA Youth Track Races, College of Marin, 8 a.m. TRS, 80 Mitchell Blvd., San Rafael 94903 (415/472-RACE).

El Sobrante: MiniMan Triathlon (250yS-10mB-2mR), Lakeridge A.C. (San Pablo Dam Rd./Castro Ranch Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778; 510/222-2500).

Clayton: Memorial Day Challenge, 5K/10K/Half-Marathon, Mitchell Canyon Park, 8 a.m. Hank Stratford, P.O. Box 30, Clayton 94517 (510/672-9200).

Santa Cruz: Memorial Day Race for Knowledge, 5K/10K, Natural Bridges State Park entrance (Delaware St.), 8:30 a.m./3K, 9 a.m./10K. Tom Brekka, 101-F Frederick St., Santa Cruz 95062 (408/458-9631).

Vacaville: Fiesta Days 8K/1M, The Nut Tree, 8 a.m./1M, 8:30 a.m. Track Central, 878 Tulare Dr., Vacaville 95687 (707/446-7388, 446-3293).

La Canada-Flintridge: Fiesta Days Run, 5K, Descanso Gardens (1418 Descanso Dr.), 8 a.m. Info: Sheree Violon (YMCA) (818/790-0123).

Lakeside: Lake Jennings Memorial Day Water Run, 8K & 1 Mi. Fun Run, 7:30 a.m. Waterun '96, c/o Breaking 40, 4060 Moreno Blvd., #G355, San Diego 92117 (619/272-8316).

May 29 (Wed.)

Santa Barbara: Nite Moves 5K Run/Walk & optional 1K ocean swim, Leadbetter Beach, Time TBA. Info: 805/563-2634.

June 1 (Sat.)

Aptos: Forest of Nisene Marks Marathon/Half-Marathon/5K, Park HQ, 8 a.m. Harry Taub, Lions Club, P.O. Box 1676, Soquel 95073 (408/479-5483).

Sacramento: Tri For Fun Triathlon Series #1 (1kS-20kB-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 92648 (916/965-8326).

Sacramento: California Senior Games, 5K, Cal State Univ., 7:30 a.m. (May 10 Entry Deadline). California Senior Games, 6005 Folsom Blvd., Sacramento 95819 (Ron & Charlotte Sturgeon: 916/678-5005).

Rancho Cordova: Cordova Twilight Classic 5K, Cordova H.S./Hagan Park, 7 p.m. Classic Challenge Series, c/o Up & Running, 11114 Oberlin River Ct., Rancho Cordova 95670 (916/362-1841).

Pollock Pines: Run for the Pines, 0.5M/5K/10K/13M, Sierra Ridge School, 8 a.m. Bruce Boom, 6126 Dolly Varden, Pollock Pines 95726 (916/644-5908).

Gridley: Coot Scoot 5K/10K/1M, Gray Lodge Wildlife Area, 8:30 a.m. Bruce Forman, Calif. Dept. of Fish & Game, 1701 Nimbus Rd., Rancho Cordova 95670 (916/358-2885).

Reno, NV: Reno Air Championship Races (see Jun. 2), Kids' Races only on Jun. 1, Winfield Park, 9 a.m. Bill Meister, 13235 Fellowship Way, Reno, NV 89511 (702/688-3926).

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Santa Maria: Elks Rodeo Parade Route 5K, 8:30 a.m. Mill & Broadway. Santa Maria Legal Secretaries Assoc., PO Box 1365, Santa Maria 93456 (805) 934-3012.

Fontana: Fontana Days Half-Marathon, 5K & Kids' 1M, Lytle Creek (Apple White Campgrounds), 7:45 a.m./H-M & 1M, 8 a.m./5K. Barbara Smith, 17005 Upland Av., Fontana 92335 (909/350-6729).

Corona Del Mar: Corona Del Mar Scenic 5K, Ocean Blvd. & Helitrope, 8:15 a.m./Women, 8:35 a.m./Men. Sue Stein, 3300 Newport Blvd., P.O. Box 1768, Newport Beach 92658 (714/644-3151).

San Diego: Domino's Pizza CV Run & Walk, 5K/10K, Carmel Valley Town Center, 7:30 a.m. CV 5000, P.O. Box 2293, Del Mar 92014 (619/736-1001).

Rosario Beach, B.C. (Mexico): Festival De Primavera 5K/10K/1M, 7:45 a.m./1M, 8 a.m./5K, 8:10 a.m. Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Las Vegas, NV: LVTC/5K & 2M Championships. Bunker Family Park (Alexander & Tenaya), 7 a.m. Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

June 2 (Sun.)

Mill Valley: DSE Practice Dipsea, 6.8M, Old Mill Park (finish at Stinson Beach), 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Sonoma: Hit the Road Jack 10K/2.3M, Sonoma Cheese Factory, 8 a.m. Boy's & Girl's Club, P.O. Box 1726, Sonoma 95476 (707/938-8544, 935-7504).

San Francisco: San Francisco Italian A.C. Statuto Race, 4.2M, S.F.A.C., 9 a.m. S.F.A.C., Ray Piva, 1630 Stockton St., San Francisco 94133 (415/781-0165).

Millbrae: Millbrae Hillclimber 5K/10K, Millbrae Park (Richmond/Palm), 6 p.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (415/696-1196).

Hillsborough: Hillsborough Concours Family Fun Run, 5K/10K, North School, 8 a.m. Hillsborough Concours Fun Run Office, 2500 Ralston Av., Hillsborough 94010 (415/344-2272).

Alameda: Harbor Bay 5K/10K, Harbor Bay Ferry Terminal, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

San Jose: Alum Rock Run, 10K/0.5M Kids' Run, Alum Rock Park Visitor's Center, 8:30 a.m./10K, 10 a.m./Kids. Gary Haffey, 460 Park Av., San Jose 95110 (408/295-0320).

San Jose: Pure Software San Jose Int'l. Triathlon (1kS-40kB-10kR), Lake Almaden, 7:30 a.m./Elite, 8 a.m./Age-Groups. J&A Prods., 1032 Hacienda Av., Campbell 95008 (408/866-8848).

SCHEDULE

Sacramento: California Senior Games 10K, Cal State Univ., 7:30 a.m. (May 10 Entry Deadline). California Senior Games, 6005 Folsom Blvd., Sacramento 95819 (Ron & Charlotte Sturgeon: 916/678-5005).

Ukiah: Russian River Run, Half-Marathon & 8K, East Side Rd./Talmage, 6 a.m./HM, 8 a.m./8K. North Coast Striders, P.O. Box 518, Ukiah 95482 (707/462-3329).

Nevada City: Gold Country Trail Marathon/Half-Marathon/10K/5K, Pioneer Park, 7:30 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Reno, NV: Reno Air Championship 15K/5K & 3x5K Relay, (15K/220 Edison Way, Reno; 5K/Greg St. & River Path, Sparks), 8:30 a.m./5K, 9 a.m./15K & Relay. Bill Meister, 13235 Fellowship Wy., Reno, NV 89511 (702/688-3926).

Santa Paula: Heart Association 10K/1M, Veterans Park (900 E. Ventura behind Police Station), 8 a.m. American Heart Assoc., 1367 Del Norte Rd., Camarillo 93010 (Inside Track: 805/643-1104).

Los Angeles: All Sports Festival & Expo, 8K Run/Walk, L.A. Convention Center, 7:30 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

San Diego: Port of San Diego International Triathlon (1kS-30kB-10kR; 500mS-20kR-5kR), Spanish Landing Park, 7 a.m. Koz Enterprises, P.O. Box 421052, San Diego 92142 (619/528-8111).

June 8 (Sat.)

San Jose: Run 5 MORE for Our Children, 5K/10K, MORE Clinic (near Santa Clara Univ.), 9:15 a.m./10K, 9:20 a.m./5K. Robyn Klassen, 2145 The Alameda, San Jose 95126 (408/987-0950).

Sloughhouse: Sloughhouse Country Run, 5K/10K & Kids' 1M, (12700 Meiss Rd.), 8 a.m./Kids, 8:30 a.m. Lou Edgar, P.O. Box 160488, Sacramento 95816 (916/424-2624; 444-9304).

Folsom: Folsom Family Run, 5K/10K, Willow Creek Town Ctr. (E. Bidwell/Blue Ravine), 8 a.m. Try All Sports, 813 Harbor Blvd., #228, W. Sacramento 95691 (916/372-7367).

So. Lake Tahoe: Capt. Robert De Celle II Tahoe Memorial Relay, 72M (7-person teams), Hwys. 50/89, 7 a.m. Robert E. DeCelle, P.O. Box 1606, Alameda 94501 (510/523-2264 or 510/521-9626).

Santa Barbara: The State Street Mile, Pedregosa/State St., 8 a.m. (age group races). Lori Russell, 3207 Campanil Dr., Santa Barbara 93109 (805/687-1508).

Cayucos: The Cayucos 5K. Hardie Park. Jim Hurley, 1751 Feam St., Los Osos 93402 (805) 528-6576.

Arcadia: The American Cancer Society & Polish American Congress Making Strides Against Cancer, 5K/10K Run, Arboretum, 8 a.m./5K, 8:30 a.m. Info: 818/577-9797.

Palos Verdes: Palos Verdes Marathon, 3-Person Relay & 5K (& Kids' Runs - 10 & Under), 7 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

San Diego: UT Dr. Seuss Kid's Magic Mile (12 & Under), Harbor Dr. (downtown), 8 a.m. In Motion, Dr. Seuss Races, 511 S. Cedros, #B, Solana Beach 92075 (619/792-2900).

Las Vegas, NV: LVTC/5K & 2M. Sunset Park (southmost entrance from Sunset on Eastern). 8 a.m. Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

June 9 (Sun.)

Mill Valley: 86th Annual Dipsea Race, 7.1M, 8:30 a.m. Dipsea, Box 30, Mill Valley 94942 (415/331-3550) (send SASE for entry; all forms mailed out on Apr. 1 only...fills in 1 week).

San Francisco: Alcatraz Triathlon (1.5mS-2mR-18mB-10mR), Alcatraz Island, 7:15 a.m. (\$150 Entry Fee). Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

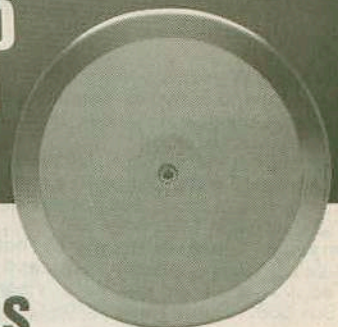
San Francisco: DSE Polo Fields 5K, Golden Gate Park (south side of Polo Fields), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Redwood City: Sequoia Hospital's "Run by the Bay"...**CANCELLED FOR 1996.**

Alameda: Run the Runway 5K/10K, Alameda Naval Air Station, 6 p.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Pleasanton: Pleasanton Spirit Run, 5K/10K, Pleasanton Sports Park, 8 a.m./10K, 8:30 a.m./5K. Tim Lundell/Rotary Club, 2358 Greenberry Ct., Pleasanton 94566 (510/484-4874).

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SCHEDULE

Aptos: Aptos Women's 5-Miler, Aptos Village Park (entrance to Forest of Nisene Marks), 9 a.m. Carol Cuminala, P.O. Box 3568, Santa Cruz 95063 (408/458-9028).

Salinas: Run in the Sun 10K, 5K Walk, Kids' Mile, Chamisal Tennis Club, 8:30 a.m./Mile, 9 a.m./10K, 9:15 a.m. Joan, 185 Robley Rd., Salinas 93908 (408/484-1135, 649-1135).

Guerneville: Vineman Internat'l. Triathlon (1mS-24mB-10kR), Johnson's Beach, 8 a.m. (Tri-Fed Jr. Nat'l. team qualifier). Vineman, P.O. Box 6007, Santa Rosa 95406 (707/528-1630).

Modesto: Modesto Downtown Classic, 1M/8K, Courthouse lawn, 7:45 a.m./1M, 8:15 a.m./8K. Modesto Downtown Classic, 816 Altamont Ct., Modesto 95358 (Dale Ghaner: 209/521-9582; Barbara Miller: 209/575-4040).

Healdsburg: Fitch Mountain Foot Race, 3K/10K, Downtown Plaza, 8 a.m. Jerry Strong, 14685 Grove St., Healdsburg 95448 (707/838-5141).

Bakersfield(?): Gleaner's Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Lompoc: Valley of the Flowers Marathon/Half-Marathon/5K/1M Kids' Run, Lompoc H.S. (Huyck Stadium), 7 a.m./Mara., 7:30 a.m./H-M, 8 a.m./5K, 9 a.m./1M. Rick Bolitte, Lompoc Family YMCA, 201 W. College Av., Lompoc 93436 (805/736-3483).

Studio City: Studio City 5K/10K, Laurel Canyon/Ventura Blvd., 8 a.m./5K, 8:30 a.m./10K. Sondra Frohlich, 12153 Ventura Blvd., #100, Studio City 91604 (818/980-3811).

Laguna Niguel: Maximum 5K/10K Run & 1K Kids' Fun Run, Plaza de la Paz (Home Base Shopping Ctr.), 7:30 a.m./5K, 8:30 a.m. Info: Vicky Carabini (714/831-6163).

San Diego: Union Tribune Dr. Seuss Run for Literacy, 8K, Balboa Park, 7 a.m. In Motion, Dr. Seuss Races, 511 S. Cedros, #B, Solana Beach 90275 (619/792-2900).

June 11 (Tue.)

Bakersfield: BTC Handicap 5K #1, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

June 12 (Wed.)

Santa Barbara: Nite Moves 5K Run/Walk & optional 1K ocean swim, Leadbetter Beach, Time TBA. Info: 805/563-2634.

June 15 (Sat.)

San Jose: Fujitsu-KNTV "Run for the Kids" 8K/2M & Kids' Youth Races (ages 4-14; 200m/400m/800m/Mile), near No. First/Rio Robles, 8:30 a.m./8K-2M, 9:30 a.m./Kids. Jackson Ross/Kim Hosaka, Fujitsu, 3545 N. First St., San Jose 95134 (408/922-9000).

Pleasanton: Tri For Fun #1 (400yS-12mB-3mR), Shadow Cliff's Regional Park, 7 a.m. On

Your Mark Event Management, P.O. Box 2061, Arnold 95223 (209/795-7832).

Folsom: Folsom Family Run, 5K/10K, Willow Creek Town Ctr. (E. Bidwell/Blue Ravine), 8 a.m. Try All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

Graeagle: Graeagle Outpost 5K/10K, Hwy 89 (49 mi. north of Truckee), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Venice: Venice Area Chamber of Commerce Father's Day Weekend 5K/10K & 1K Kids' Fun Run, new library on So. Venice Rd., 8 a.m./5K, 8:30 a.m./10K. Info: Venice Area Chamber of Commerce (310/827-2366).

West Los Angeles: Papa-Do-Run-Run & Walk, 10K/5K, VA Medical Center West LA/Back Bay Newport Beach, 8 a.m. Joe Del Castillo, 3600 Wilshire Blvd., Ste. 920, Los Angeles 90010 (213/382-7337).

Playa del Rey: Keep L.A. Running, 5K/10K, Dockweiler Beach, 8 a.m./5K, 8:30 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

San Juan Capistrano: Capistrano Trail Mix 5K Trail Run/Mountain Bike Ride, Rancho Capistrano, 8 a.m. Info: Kinane Events (619/434-7706).

Poway: Chaparral School 5K/1M, Chaparral Elem. School, 8 a.m. Info: 619/487-9221.

Las Vegas, NV: LVTC/5K & 2M. Pueblo Park (Lake Mead & Pueblo), 7 a.m. Contact: Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 898-RUNN: The Running Store.

June 16 (Sun.)

San Francisco: DSE Presidio Gate Run, 3.3M & Kids' Run, Dolphin Club (Jefferson at foot of Hyde), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: Perry's to Perry's 5K/10K, Perry's Restaurant (Union St.), 9 a.m. RhodyCo Prods., 1417 Irving St., San Francisco 94122 (415/564-0532).

Menlo Park: Oak Knoll Otter 5K, 1895 Oak Knoll Ln., 8:30 a.m. Ceci St. Geme, 1935 Oak Av., Menlo Park 94025 (415/325-7940).

Oakland: Dick Houston Woodminster X-C Race, 7.3M, Joaquin Miller Park (Pinewood area), 9 a.m. Gareth Fong, c/o Island City Runners, P.O. Box 1493, Alameda 94501 (510/655-8228).

Yountville: The Vineyards 5K/10K Run/Walk, Whistle Stop Center (downtown), 8 a.m. Steve Zanetell, 6505 Washington St., #5, Yountville 94599 (707/226-3610).

Isleton: Isleton Crowdad Festival Classic 5 Mile Fun Run, Delta Av./Jackson Rd. at Main St., 8 a.m. EZ Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

Soda Springs: High Sierra Marathon/Half-Marathon, Serene Lakes Lodge, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Fresno: Father's Day 6 Mile. Downtown Fresno. Time TBA. Father's Day Run, 1501 E. Browning Ave., Fresno 93710.

Lake Elsinore: Lake Elsinore 5K Dash, Diamond Field, 8 a.m. Info: Kathy Loper Events (619/298-7400).

June 19 (Wed.)

San Mateo: "Longest Day Run", 5M, Coyote Point County Park (south of S.F. airport), 7:30 p.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Santa Barbara: Nite Moves 5K Run/Walk & optional 1K ocean swim, Leadbetter Beach, Time TBA. Info: 805/563-2634.

June 20 (Thur.)

Los Angeles: Union Bank Heart of the City 5K, 445 S. Figueroa, 7 p.m. Karen T. Williams, Union Bank, 445 S. Figueroa (G08-999), Los Angeles 90069 (213/236-5710).

June 22 (Sat.)

Stinson Beach: DSE Double Dipsea, 13.7M, to Mill Valley & back, 9 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Palo Alto: Baylands Front Runners Pride Run, 10K/5K, Palo Alto Baylands, 8:30 a.m. Baylands Front Runners, P.O. Box 223, Cupertino 95015 (408/984-4076).

Los Altos: Bay Area Corporate Relays, Foot-hill College (track), 8 a.m./5K, 10 a.m./T&F events. Kaye Donnelly/BACCA, P.O. Box 898, Menlo Park 94026 (415/573-4703).

Los Gatos: Skyland Mountain Run, 10K/5K, Radonich Evergreen Ranch, 8:30 a.m. Karen Izzo, 25059 Skyland Rd., Los Gatos 95030 (408/353-5945).

San Jose: "We Care for Pets" 5K Run/Walk (with your pet or 'solo'), Santa Clara Fairgrounds, 9:30 a.m. Patrick Walberg, 1150 Charmwood Ct., Sunnyvale 94089 (408/245-5420).

Pleasanton: 4-H Fair Fun Run, 5K, Alameda Co. Fairgrounds (main gate), 8:30 a.m. Barbara Costella, 4133 Florida Ct., Livermore 94550 (510/447-6109).

Arnold: Two Rivers Trail Run, 7M/9M/2.9M, Cedar Center (Hwy. 4), 9 a.m. On Your Mark Event Management, P.O. Box 2061, Arnold 95223 (209/795-7832).

San Bernardino: Tin Man Triathlon (5kR-8.2mB-100yS), Cal State Univ., 8 a.m. Jon Shultz, P.O. Box 5884, San Bernardino 92412 (909/884-6431).

San Diego: Run for the Gold, 5K/10K, Sea World, 7:30 a.m. Run for the Gold, c/o Kathy Loper Events, 7801 Mission Center Ct., #103, San Diego 92108 (619/298-7400).

San Diego County: American Cancer Society's Relay for Life Run/Walk 24-Hour Relay (various locations), 6 p.m. Info: Dave Ziedelis (619/299-4200).

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SCHEDULE

Las Vegas, NV: Deer Creek 9M Trail Run & Picnic, Deer Creek 8 a.m.

June 23 (Sun.)

Novato: Stafford Lake Biathlon (2mR-10mB or 10kR-40kR), Stafford Lake County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Palo Alto: The Recycled Race, 5K/10K, Baylands Athletic Center (Embarcadero & Geng), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/686-1196).

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5K/10K/15K, Old Boathouse (14th St./Lakeside Dr.), 9 a.m. Info: 510/601-7887.

Hayward: Garin Park Dry Creek Trail Runs, 8K/2.1M, Garin Park (by the Barn), 8:30 a.m. Friends of Garin Park, 27170 Mission Blvd., Hayward 94544 (510/582-2206).

Hayward: Spectrum 5K "Mutt Strut", Cal State Univ., 9 a.m. Gloria Wilson, Spectrum Community Services, 1435 Grove Way, Hayward 94546 (510/886-1487).

Newport Beach: Newport 5000 (& Kids' 1M,

12 & Under), Jamboree & Birch, 7:30 a.m./Masters 5K, 8:30 a.m./Open 5K, 9:30 a.m./1M. Newport 5000, P.O. Box 10325, Newport Beach 92660 (714/476-7076).

Brea: The Road Less Traveled 10.2M, Carbon Canyon Regional Park, 8:15 a.m. Info: Eric "Gumby" Anderson (714/531-7053).

June 25 (Tue.)

Bakersfield: BTC Handicap 5K #2, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

June 26 (Wed.)

Redwood City: Edgewood Trail Race, 5M, Edgewood County Park (I-280 & Edgewood Rd.), 7 p.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Santa Barbara: Nite Moves 5K Run/Walk & optional 1K ocean swim, Leadbetter Beach, Time TBA. Info: 805/563-2634.

San Diego: Lawyers Have a Heart 5K Run/Walk, downtown, 6:30 p.m. Info: Perette Godwin (619/291-7454).

June 28 (Fri.)

Sacramento: River Run 5K, Miller Park, 7 p.m. Try All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

June 29 (Sat.)

San Francisco: Pride Run '96, 10K/5K, Golden Gate Park (Polo Fields), 9 a.m. San Francisco Front Runners, John Kruse, 584 Castro St., #300, San Francisco 94114 (415/668-3771).

Gustine: Freedom Run, 5K/10K, Henry Miller Park (Second/West Ave.), 7:30 a.m. Jim Bonta, 1065 Lee Av., Gustine 95322 (209/854-1739).

Rio Vista: Brannan Island "Outback" Triathlon (900yS-14mB-3.8mR), Brannan Island State Recr. Area, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Rocklin: Rocklin Cultural Jubilee, 5K/10K/Kids' 0.5M, Sierra College (football field, 5000 Rocklin Rd.), 7 a.m./0.5M(boys), 7:15 a.m./0.5M(girls), 7:30 a.m. Rocklin Community Services, 5480 Fifth St., P.O. Box 1380, Rocklin 95677 (916/623-4100).

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SCHEDULE

Squaw Valley: Western States 100 Mile Endurance Run, 5 a.m. Norm & Helen Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161) (entries closed...entries must be received by Nov. 15 & pre-quality...determined by lottery).

Lompoc: Flower Festival Parade Route 5K, Lompoc Shopping Ctr. (H & Pine Sts.), 9:15 a.m. Mary Lou Seelandt, LVDC, P.O. Box 694, Lompoc 93438 (805/737-6153).

June 30 (Sun.)

San Francisco: DSE Twin Peaks Run, 3.36M, Portola Dr./Twin Peaks Blvd., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Castro Valley: Lake Chabot Trail Challenge, 13.1M/5K, Lake Chabot Park Marina, 8 a.m. Michael Raffee, Golden Bay Runners, 4340 Krause St., Pleasanton 94588 (510/484-1339).

San Jose: Danskin Women's Triathlon (0.75K-20K-5K), Almaden Lake Park, 8 a.m. Diane Lydon, Lydeco, 10 Park Av., #11, Mill Valley 94041 (800/452-9526).

Baywood Park: Junefest 4 Mile Run, 9 a.m. Downtown Baywood Park, Ron Roundy, 2160-B Pine St., Los Osos 93402 (805) 528-0775.

July 4 (Thur.)

Pacifica: "No Frills" Fourth of July 5M Run & 2.5M Stride, Community Center (540 Crespi Dr./Hwy. 1), 9 a.m. City of Pacifica, c/o Walt Kohnert, 170 Santa Maria Av., Pacifica 94404 (415/738-7381).

Redwood City: 4th of July Parade Run, 3 Mi., 9:15 a.m. Redwood City Park/Recr., Attn: Bill Wooten, 1400 Roosevelt Av., Redwood City 94061 (415/780-7317).

Palo Alto: The Great Palo Alto Chili Chase 5K Run/Walk, Mitchell Park (3800 Middlefield Rd.), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988; 415/696-1196).

Moraga: The Fourth in Moraga 5M/2M & Kids' 1K, Moraga Commons (Moraga Rd./St. Mary's Rd.), 8:30 a.m./1K, 8:45 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Ramon: Run San Ramon Independence Day Classic, 5K/10K, Central Park (Alcosta Blvd./Bollinger Canyon Rd.), 8:30 a.m. City of San Ramon Community Services, P.O. Box 5148, San Ramon 94583 (510/275-2300).

Santa Cruz: Firecracker 10K Race, Harvey West Park, 8:30 a.m. Lisa McGinnis, 307 Church St., Santa Cruz 95060 (408/429-3477).

Spreckels: Spreckels 4th of July Celebration 10K/1M, Spreckels Park (3rd & Lianco), 8:30 a.m. Spreckels Volunteer Fire Co., Stan Overwieser/Jim Adam, P.O. Box 7247, Spreckels 93962 (408/455-2211).

Kenwood: Kenwood Footraces, 3K/10K, Warm Springs Rd./Hwy. 12, 7:30 a.m. John Royston, 1252 Martha Way, Santa Rosa 95405 (707/546-1021).

Lodi: The Trix Run, 5K/1M & 0.5M Kids' Run, Lodi Lake, 8 a.m./5K-1M, 9:15 a.m./Kids. Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (916/852-TIME).

Atwater: Run for Independence, 2M/5M, Ralston Park (3rd & Grove), 7 a.m./2M, 7:30 a.m. Gordon Wilkinson, 2254 Bellevue Rd., Atwater 95301 (209/358-2824).

Vacaville: TCI Cable - July 4th 5K Fun Run, Three Oaks Community Ctr. (1100 Alamo Dr.), 7:30 a.m. Todd Grames, Three Oaks Community Ctr., 1100 Alamo Dr., Vacaville 95687 (707/449-5619).

Sacramento: 4th of July River Run, 5 Mi., Glen Hall Park, 8 a.m. (Free!!). Dick Kinter, 6847 Sutter Av., Carmichael 95608 (916/944-1503).

Mt. Shasta: Mt. Shasta July 4th Run/Walk, 2M/5M, downtown, 8:30 a.m. Jim Parker, M.D., 822 Pine, Mt. Shasta 96067 (916/926-5261).

San Luis Obispo: The Pozo 5K Run, 8:30 a.m. Start at Pozo Saloon. Joe Rubio, Venue Sports, 4035 South Higuera St., San Luis Obispo 93401 (805) 781-3790.

Santa Barbara: 42nd Annual Semana Nautica 15K, Santa Barbara AA, 4476 Meadowlark Lane, Santa Barbara 93105.

Santa Clarita: Santa Clarita 5K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Redondo Beach: Village Runner 4th of July 5K, Catalina Ave., 8 a.m. Info: Village Runner (310/375-2626).

Anaheim Hills: Firecracker 5K/10K, Canyon H.S. (220 S. Imperial Hwy.), 7:30 a.m. Canyon Hills Community Council, P.O. Box 18261, Anaheim Hills 92817 (714/630-6473/Wk), 714/974-0919(H).

San Juan Capistrano: Rancho Capistrano Trail Mix 5K Run/Mtn. Bike Ride/Family Bike, Ride & Tie, loop along Oso Creek, 8 a.m. Kinane Events (619/434-7706).

Huntington Beach: Huntington Beach 4th of July Parade 5K Run, Civic Center, 7:45 a.m. Kinane Events (714/374-1535, 619/434-7706).

Lake Forest: Four on the 4th 4-Mile Road Race, Time TBA. Info: SBR Sports Productions (714/858-7386).

Laguna Niguel: 4th of July Run in the Parks 10K/5K & Kids' Races, Crown Valley Community Park, 7 a.m./5K-10K, 9:30 a.m./Kids. Info: Rob/South Coast YMCA (714/495-9622).

Coronado: Coronado Independence Day 15K Run & 5K Run/Walk, Tidelands Park, 7 a.m. Info: Kathy Loper Events (619/298-7400).

San Diego: Scripps Ranch 10K & 2M Fun Run, 7 a.m. Info: 619/486-4415.

July 6 (Sat.)

Avery: Hemia Hill Runs, 10K & Half-Marathon, Avery Hotel (Moran Rd./Hwy. 4), 8:30 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Soda Springs: Serene Lakes Triathlon (800yS-12mB-5K), Serene Lakes, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Sacramento: Tri for Fun Triathlon Series #2 (1kS-20kB-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

Weaverville: Timber Ridge Run, 5K/10K, Weaverville Post Office, 8 a.m. Trinity RRC, P.O. Box 575, Weaverville 96093 (Ernie: 916/623-4210, John: 916/266-3491).

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Guadalupe: Fields to Fair 10 Mile Run, 8 a.m. Start at Van Buren School. Luis Escobar (805) 934-2001 days, Jim Batterson (805) 922-856,

Gary Silva (4207 Plumeria Court, 93455 805-937-3026).

July 7 (Sun.)

Oakland: Oakland A's All-Star Run 5K/10K, Oakland Coliseum parking lot, 9 a.m./10K, 9:30 a.m. Lake Merritt Breakfast Club, 3446 Noyo St., Oakland 94602 (510/530-4586).

Sacramento: Fleet Feet Capitol Mile, State Capitol Bldg., Time TBA. Doug Thurston, 918 Second St., #200, Sacramento 95814 (916/443-6223).

Lake Tahoe: Spooner Lake Half Marathon/10M/10K, Nevada State Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Santa Barbara: Chuck's 17th Annual Beach Run. On the sand. Start at Leadbetter Beach. Contact Steve or Brad (805) 687-4417.

July 9 (Tue.)

Bakersfield: BTC Handicap 5K #3, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 10 (Wed.)

San Diego: SDTC 3 Mi. Fun Run, Mission Bay Park (Hospitality Point), 6:15 p.m. Info: 800/450-7382.

July 12 (Fri.)

Mt. Rainier, WA: Mt. Rainier to the Pacific Relay, 150M (11-person teams) (Jul. 12-13), Rainier Overland Lodge (1M east of Ashford), Time TBA. Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA 98107 (206/782-6547, 783-5285).

July 13 (Sat.)

Davenport: World Championship Ride & Tie (1 horse, 2 runners - alternate running/riding), Time TBA. Curt Riffle, 469 Casita Way, Los Altos 94022 (415/949-0620).

Inglewood: Stop the Violence Run, 5K/10K & Kiddie-K, Inglewood Forum, 8 a.m. Info: W2 Promotions (310/828-4123).

Newport Beach: Bastille Day 5K/8K & Kids' 1K, The Sutton Place Hotel, 6 p.m./Kids 1K, 6:30 p.m./5K, 7 p.m./8K. Kinane Events (714/288-9080).

July 14 (Sun.)

San Francisco: San Francisco Marathon/5K, Golden Gate Bridge (finish at Kezar Stadium), 8 a.m. USAT&F, 120 Ponderosa Ct., Folsom 95630 (800/722-3466).

Palo Alto: Bay to Breakfast Run, 5K/10K, Baylands Athletic Center, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Aptos: Monterey Bay Masters Challenge Triathlon (0.5mS-16mB-4mR), Seascap Resort, 8:30 a.m. Doug Mackinnon, 2669 Mattison Ln., Santa Cruz 95062 (408/476-8867).

Ukiah: Women's Distance Festival 5K Run/Walk, Pomolita School, 8 a.m. Ruth Powell/North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/462-3329).

SCHEDULE

July 20 (Sat.)

Pleasanton: Tri for Fun #2 (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Sacramento: Eppie's Great Race (5.82mR-12.5mB-6.35mPaddle), Sunrise Bridge (American River), 8 a.m. The Great Race, 3711 Branch Center Rd., Sacramento 95827 (916/366-2940).

Graeagle: Graeagle Triathlon (0.5mS-15mB-5kR), Graeagle Store, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Morro Bay: 27th Annual Morro Bay to Cayucos Beach Run. Start at Morro Rock. Morro Bay Rec. Dept., 1001 Kennedy Way, Morro Bay 93442.

July 21 (Sun.)

Palo Alto: Garden Court Hotel Breakfast Run, 5 Mi., G.C. Hotel, 8:30 a.m. Info: RhodyCo Prods. (415/564-0532).

Aptos: Safeway Challenger 5K Run/Walk, Seascape Resort & Park, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Truckee: Donner Lake Triathlon (1.5kS-40kB-10kR), Donner Lake Park, 7 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Johnsville: Plumas Eureka 5K/10K/10M, Plumas Eureka State Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

July 23 (Wed.)

Bakersfield: BTC Handicap 5K #4, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 27 (Sat.)

San Francisco: San Francisco Triathlon (800yS-18mB-5mR), Crissy Field (Presidio of S.F.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Alameda: Harbor Bay Club Tri-Fest (250yS-10kB-1.5mR), Harbor Bay Club, 8 a.m. Harbor Bay Club, Attn: Cynthia, 200 Packet Landing Rd., Alameda 94502 (510/521-5416, x121).

Guerneville: Vineman Triathlon (2.4mS-112mB-26.2mR) & Half-Vineman Triathlon (1.2mS-56mB-13.1mR), Johnson's Beach to Airport Bus. Ctr. (Santa Rosa), 6:30 a.m./Full, 8 a.m./Half. Vineman, P.O. Box 6007, Santa Rosa 95406 (707/528-1630).

Gilroy: Run for the Stinkin' Roses, 10K/5K, Gavilan Community College, 7:15 a.m./10K, 7:30 a.m. Chris Filice, Gilroy Garlic Festival, P.O. Box 2311, Gilroy 95021 (408/842-1625).

Squaw Valley: The Mountain Run/Fitness Walk, 3.6M, Squaw Valley Ski Resort, 9 a.m. Holly Beattie, Image Promotions, P.O. Box 2575, Olympic Valley 96146 (916/426-9559).

Cypress: Cypress 5K/10K Run & 2M Stroll, Civic Center, 7:30 a.m. Info: Ray Frankeny or June Liu (714/229-6780).

San Diego: Top Gun 10K & 5K Fun Run, Miramar Air Station, 7:30 a.m. Info: 619/537-4127.

July 28 (Sun.)

Oakland: Lake Merritt Joggers & Striders 4th Sunday Run, 5K/10K/15K, Old Boathouse (14th St. & Lakeside Dr.), 9 a.m. LMJS Hotline: 510/601-7887.

Tiburon: Tiburon Triathlon (0.5mS-9mB-2mR), Belvedere Community Park, 7:30 a.m. (300 Limit). Peter Winkler, P.O. Box 764, Tiburon 94920 (415/389-9360).

Santa Cruz: Wharf to Wharf Race, 10K, Santa Cruz Wharf/Boardwalk to Capitola Wharf, 8:30 a.m. (14,000 Limit). Kirby Nicol, P.O. Box 307, Capitola 95073 (408/475-2196).

Courtland: Delta Pear Fair 5 Miler/10 Miler Fun Run, Bates Elem. School (center of town), 8 a.m. EZ Living Casuals, P.O. Box 1025, Walnut Grove 916/776-1627.

Bucks Lake: Mile High Tri (0.5mS-17.5mB-6mR), Bucks Lake (near Quincy, Lakeshore Resort), 8 a.m. Lisa, c/o Quincy A.C., P.O. Box 1638, Quincy 95971 (916/283-2255).

San Luis Obispo: San Luis Obispo Rec. Dept. Triathlon (1/2mS, 15mB, 3.8mR). Sinsheimer Park. Rich Ogden, Recreation Dept., City of San Luis Obispo, 860 Pacific St., San Luis Obispo 93401.

July 31 (Wed.)

San Diego: SDTC Fun Run, 3 Mi., Mission Bay Park (Hospitality Point), 6:15 p.m. Info: 800/450-7382.

LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)

Aug. 3 (Sat.)

Bass Lake: 25th Annual Bass Lake Run Thru the Pines Half Marathon and 4 Mile. Pines Village, 7 a.m. Run Thru the Pines, 4957 E. Heaton Ave., Fresno 93727 (209) 255-4904.

Aug. 4 (Sun.)

Castro Valley: Skyline 50K Endurance Run, Lake Chabot Marina, 7 a.m. Golden Bay Runners, c/o Will Uher, 16183 Lyle St., San Leandro 94578 (510/278-0451).

Aug. 5-9 (Mon.-Fri.)

Grouse Ridge: (near Nevada City) High Altitude Running Camp & Clinic (3 seminars & 2 training runs per day on trails at 7,700 ft. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Aug. 23 (Fri.)

Portland, OR: Nationwide Insurance Hood to Coast Relay, 195M, starts at Timberline Lodge (Mt. Hood), 2-days (Fills by May). Hood to Coast Relay, 5319 S.W. Westgate Dr., Suite 262, Portland, OR 97221 (503/292-4626).

Aug. 24 (Sat.)

Five Brooks: Pt. Reyes 50K, just south of Olema, 7 a.m. Guy Palmer, 49 Harte Av., San Rafael 94901 (415/459-8649).

Aug. 25 (Sun.)

Reno, NV: Silver State Marathon/Half-Marathon/10K, Bowers Mansion County Park, 6 a.m./Mara., 7 a.m. Ken McKim, 2358 Camelot, Reno, NV 89509 (702/329-6122).



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American Heart Association



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MEET SPOTLIGHT

By DOUG SPECK

Arcadia Invitational



April 13.

The Twenty-ninth Arcadia Invitational Meet at Arcadia High School featured its usual (fingers crossed) great weather and turnout of athletes and spectators once again to set the chemistry for the finest in Prep Track and Field. The young athletes have never let the affair down on the track and in the field, with the 1996 competition truly fitting of the Olympic year theme! One National Federation Record by **Froidan Seilala Sua**, UCLA bound next year, and over-all twenty yearly national outdoor prep leading efforts once again left viewers speechless.

Great match-ups and emerging stars were all over the place during the evening of Invitational action. **Muir HS**, led by **Obea Moore** had sparked interest with its potential to break the National 4x400 relay record of 3:07.40 by **Hawthorne**, with Moore set up against **Michael Granville** in another great 800m event. **Sterling HS** of Houston one of the Lone Star State's best was coming in for the relays against Muir. On the Girls' side Sua's weight efforts, distance runner **Kim Mortensen** a super distance medley group from **East HS** in Salt Lake City, hurdler **Dominique Calloway**, and a lot of speed in the sprints and relays, would be the highlights.

The Invite evening started off in style with **Logan** (Union City) blasting 46.15 in the Women's 4x100 relay. The Men's event had Obea Moore running leg two for Muir, blasting down the backstretch to a couple of meter lead over the Sterling, Texas group. However, Muir could not complete the second baton pass as the Texans raced away to a 41.11 win!

Washington's **Ben Lindsey** was over in the Discus about this time leading a great deep event with a 202'5" win. Field event action cranked up early on the main facility with a great Boy's Long Jump having **Clarence Scott** win on a better second jump after a 25-01.5 best that nipped **Patrick McCall** 25-01.5w (24-07.5 wind legal) with **Ronney Jenkins** 24-09 and **Gerald Williams** 24-05.5 in one of the deepest ever area jump events. **Jennifer Walker** of Virginia took the Girls Triple Jump at this same time at 40-06.25w over **Tisha Ponder's** 40-04.75.

Kim Mortensen negative split a 4:44.9 1600m meet record run with **Annie Ebner** and **Kristen Gordon** joining her under 4:50! Washington's **Kell Griffin** kicked best to take a 4:12.51 Boys 1600 over **Robert Frichel** (Hemet) 4:12.95 who

had run 1:51.83 in the Open Day 800 earlier! **Maldo Haywood** next blasted a Nation-leading 13.93 110m High Hurdles win over a great field with fourth place 14.16. In the Women's short Hurdles Denver's statuesque **Dominique Calloway** blasted the last three flights on the way to a 13.71 Meet Record. **Damesha Craig**, the daughter of former 49er running back **Roger**, impressed with a Women's 11.80 100m triumph. Super soph, **Miguel Fletcher**, took a top Men's group at 10.68.

The Men's 800 was a classic match-up with **Michael Granville** 1:47.96 here last year and **Obea Moore** in the low 1:49's before emerging as a 45.14 400m runner. A top group joined the duo, with Granville taking the event out in the low 25's for the first 200 then controlling the lead during the next lap. Washington athletes **Chris Schaefer** and **Chris Waddle** made a run at Michael down the backstretch after 500 meters, but Granville held them off, with a 600m time in the mid 1:21's. Moore moved up to challenge with 150 meters to go, but Granville was too powerful, cruising to a 1:48.80 win with Moore next at 1:50.05 (and seventh at 1:52.35!). Colorado's **Tara Mendoza** followed **Sherron Rhetta** early on in the Women's two lapper, but the Colorado star had too much for the locals as she raced away to a 2:08.02 Meet Record win that took down the ancient (then) National Record of **Linda Goen** from 1977!

Utah's **Mary Huang**, coached by former Pomona HS great hurdler **Mark Low**, dominated a good 3200m field, winning at 10:34.11. The Men's run had **Bolota Asmeron** of San Francisco kick best, a sub 60 over the final lap, to win at 9:04.96, with a dozen under 9:20! National Junior Champ **Carla Estes** took the Women's 400 event in a fine 54.33. **Felton Charles** finally started to fulfill his great promise with a 46.68 Men's win that is the best time run in the nation. **Joe Naivalu** continued the fine hurdling with a 37.33 300m Intermediates win. **Char Foster** continued her string (now two as a soph) of 300m barrier victories here, racing a 42.90 National Leader in a bizarre event that had one athlete false start out and two others trip and not finish during the event.

Meanwhile, some great field event action was happening. **Steve Michels** continued a great year of Vaulting with a 16-00 win, with Utah's **Melissa Bullard** taking a deep Girls' event at

10-6 (seven over 10-00). **Seilala Sua** signed at UCLA on Friday, then took down current Bruin **Suzy Powell's** Meet and National Federation records with a 180-02 toss here. It was one of the best ever April Women's prep discus events, with five over 150-05!

The Women's Distance Medley relay was set up to be a great event and it turned out to be that way, but an incredible group from East HS in



MICHAEL GRANVILLE

Photo by Bill Leung, Jr./Geek Media

Salt Lake City turned it into a run-away with an 11:53.85 that is the number six prep time ever run, and easily the best ever run so early in the year! **Kim Mortensen** race in the 4:44's to anchor a Thousand Oaks team that finished in 12:02.84 to edge Carondolet 12:02.85, an amazing series of times. Super **Angela Williams** limited herself to relay and 200 action here, blazing a 23.73 National Leader in looking as

continued next page

MEET SPOTLIGHT

sharp as ever! The Men's race was a great one, with recently eligible **Adrian Logan** shocking with a 21.09 triumph as fifth place was 21.43! A surprising **Ramona HS** team from San Diego took the Men's Distance Medley at 10:14.90, the best time in the nation!

In late finishing Field Events, Seilala Sua waded over to the Shot Put, blasting a 50-6 win to end her successful evening! Super soph, **Van Mounts' 62-07.5**, led the Men's Shot field! Las Vegas's Ike Olekaibe surprised with a great win over a top Men's Triple Jump group (five over 49 feet coming in), with a 49-11.5 best leap. Tisha Ponder took the Women's Long Jump at 19-03.75. 7-2 jumper **Kevin Dotson** took South Carolina's 7-2 leaper **David Furman**, with Dotson over 6-10 this evening.

The Big 1600 meter relay end to the evening had the **Wilson of Long Beach Women**, with three frosh, **Veronica Calloway, Joni Smith, and Latrice Borders**, joining with junior **Kinchasa Davis** to set a Meet Record 3:42.32. The Men's event was all John Muir, with the Mustangs, anchored by Obea Moore's 45.0 racing 3:08.92, with the crowd chanting "Obea, Obea, Obea" at the end of another magical Arcadia evening.

RESULTS

BOYS/INVITATIONAL

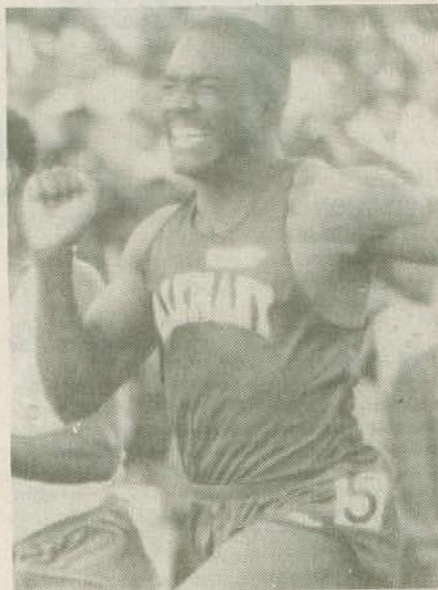
100 METER DASH INV 1. Miguel Fletcher (Alemany, Mission Hills) 10.68 w:-1.2 (FLETCHER HAS #2 TIME NATION); 2. Vince Williams (University City, San Diego) 10.71 w:-1.2; 3. Adrian Logan (Upland) 10.75 w:-1.2; 4. Bryan Harrison (Roswell, GA) 10.83 w:-1.2; 5. Gerald Williams (Lynwood) 10.90 w:-1.2; 6. Kevin Griswold (Garden Grove) 10.91 w:-1.2; 7. Ronney Jenkins (Hueneme, Oxnard) 11.02 w:-1.2. **Finals 100 METER DASH SDD** 1. Clarence Scott (Dorsey, Los Angeles) 10.85 w:NWI; 2. DeAngelo Steward Holmes (Muir, Pasadena) 10.91 w:NWI; 3. Jerome Burrell (Palm Springs) 11.06 w:NWI; 4. Kareem Kelly (Polytechnic, Long Beach) 11.07 w:NWI; 5. Joe Naivalu (Fremont, Sunnyvale) 11.08 w:NWI; 6. Daryl Rideaux (Polytechnic, Long Beach) 11.11 w:NWI; 7. Tawalin Jones (Morse, San Diego) 11.12 w:NWI; 8. Kevin Land (Bakersfield) 11.17 w:NWI.

200 METER DASH SDD 1. Ray Carter (Morse, San Diego) 21.99 w:0.0; 2. Kareem Kelly (Polytechnic, Long Beach) 22.15 w:0.0; 3. Jason Manly Rowland, Rowland Hts.) 22.21 w:0.0; 4. Emon Thomas (Bakersfield) 22.25 w:0.0; 5. Damon Hamm (Milpitas) 22.49 w:0.0; - Jerome Burrell (Palm Springs) DQ w:NWI. **200 METER DASH INV** 1. Adrian Logan (Upland) 21.09 (NATIONAL LEADER) w:0.0; 2. Miguel Fletcher (Alemany, Mission Hills) 21.24 w:0.0 (#3 MARK NATION); 3. Vince Williams (University City, San Diego) 21.30 w:0.0 (#4 MARK NATION); 4. Bryan Harrison (Roswell, GA) 21.35 w:0.0 (#5 MARK NATION); 5. Michael Granville (Bell Gardens) 21.43 w:0.0 (#6 MARK NATION); 6. Kevin Griswold (Garden Grove) 21.72 w:0.0; 7. Leon Callen (DeLaSalle, Concord) 21.78 w:0.0.

400 METER DASH SDD 1. Guillermo Macias (Bishop Amat, La Puente) 48.45; 2. Marcus Anderson (Polytechnic, Long Beach) 48.67; 3. Kashus Perona (Eisenhower, Rialto) 48.89; 4. Darrell Logan (Banning, Wilmington) 49.35; 5. Chauncey Young (North, Riverside) 49.46; 6. Chris Forde (Notre Dame, Sherman Oaks) 49.75; - Tim Brown (McClymond, Oakland) DQ. **400 METER DASH INV** 1. Felton Charles (McClymond, Oakland)

46.68 (NATIONAL LEADER); 2. Damian Allen (Damien, La Verne) 47.87 (#5 MARK NATION); 3. Eddie Levine (Golden Vly, Merced) 47.97; 4. Ray Carter (Morse, San Diego) 48.28; 5. Brian Ely (West, Salt Lake City, UT) 48.38; 6. Chris Wylie (Myers Park, Charlotte, NC) 48.45; 7. Lydell Burston (Morse, San Diego) 48.50; 8. Vince Vasquez (Golden Vly, Merced) 49.27.

800 METER RUN INV 1. Michael Granville (Bell Gardens) 1:48.80 (NATIONAL LEADER); 2. Obea Moore (Muir, Pasadena) 1:50.05 (#2 MARK NATION); 3. Chris Schafer (Eisen-



MIGUEL FLETCHER

Photo by Bill Leung, Jr./Geek Media

hower, Yakima, WA) 1:51.28 (#3 MARK NATION); 4. Dan Sikiric (Leland, San Jose) 1:51.32 (#5 MARK NATION); 5. Phil Mishka (Whitmer, Toledo, OH) 1:51.83 (#6 MARK NATION); 6. Beebe Rutledge (Los Gatos) 1:51.90 (#7 MARK NATION); 7. Chris Waddle (Eisenhower, Yakima, WA) 1:52.35 (#8 MARK NATION); 8. Kareem Mcrell (San Jose High Academy) 1:53.21; 9. Garrick Goods (Dorsey, Los Angeles) 1:53.30; 10. Jess Strutzel (Huntington Beach) 1:54.62; 11. Victor Gonzalez (West Covina) 1:55.05; 12. James Levine (Golden Vly, Merced) 1:55.41; 13. Xavier Savant (Muir, Pasadena) 1:55.85.

1,600 METER RUN INV 1. Kell Giffin (Bainbridge Is) 4:12.51 (NATIONAL OUTDOOR LEADER); 2. Robert Fichtel (Hemet) 4:12.95 (#2 MARK NATION); 3. Matt Twiest (Albuquerque Academy, NM) 4:15.15; 4. Ajani Brown (Crawford, San Diego) 4:16.32; 5. Scott Cummings (Lehi, UT) 4:16.64; 6. Jon Stevens (Mission San Jose, Fremont) 4:17.90; 7. Enrique Torres (Silver Creek, San Jose) 4:19.33; 8. Chris Gabriel (San Diego, Encinitas) 4:20.32; 9. Chris Sorrensen (La Cueva, Albuquerque, NM) 4:21.12; 10. Yelapaala Ka-Akema (Jesuit, Sacramento) 4:21.65; 11. Tyler Beardslee (Corona Del Mar, Newport Beach) 4:23.53; 12. Martin Brk (University, Irvine) 4:24.91.

3,200 METER RUN INV 1. Bolota Asmerom (McAteer, San Francisco) 9:04.96 (NATIONAL LEADER); 2. Larry Henderson (Mira Mesa, San Diego) 9:06.32 (#2 MARK NATION); 3.

Michell Jones (Livermore) 9:07.28 (#3 MARK NATION); 4. Randy Maestretti (DeLaSalle, Concord) 9:07.57 (#5 MARK NATION); 5. Bernard Maitai (Whittier) 9:10.95 (#6 MARK NATION); 6. Matt Pearson (O'Dea, Seattle, WA) 9:12.40; 7. Juan Chavira (Hanford) 9:12.67; 8. Dave McQuitty (Grossmont, La Mesa) 9:13.44; 9. Joe Smith (Livermore) 9:13.45; 10. Brad Treat (Flathead, Kallispell, MT) 9:14.33; 11. Dave Rodriguez (Mission San Jose, Fremont) 9:16.60; 12. Jim Nelson (Napa) 9:17.00; 13. Kevin Koeper (St. Francis, La Canada) 9:20.80; 14. Tony Trueba (Huntington Beach) 9:21.10; 15. Bryan Green (Little Rock) 9:22.40; 16. Jesse Barragan (Wilson, Long Beach) 9:22.80; 17. Juan Pablo Miramontes (Golden Vly, Merced) 9:25.90; 18. Dan Gaston (Huntington Beach) 9:26.40; 19. Chad Schmidt (North, Bakersfield) 9:27.50; 20. Jeremy Lyon (Hesperia) 9:29.40; 21. Sean Clendaniel (Yucaipa) 9:30.50.

110 METER HIGH HURDLES INV 1. Makio Haywood (Muir, Pasadena) 3.93 w:-1.4 (NATIONAL LEADER); 2. Joe Naivalu (Fremont, Sunnyvale) 13.99 w:-1.4 (#3 MARK NATION); 3. Michael Harte (Greeley Central, CO) 14.05 w:-1.4 (#5 MARK NATION); 4. Adrian Logan (Upland) 14.16 w:-1.4; 5. Sharif Paxton (Crenshaw, Los Angeles) 14.40 w:-1.4; 6. Kenyon Rambo (Polytechnic, Long Beach) 14.44 w:-1.4; 7. Dominique Degramant (Tustin) 14.77 w:-1.4; 8. Mike Sciacca (Flagstaff, AZ) 14.83 w:-1.4; 9. Jake Kuritz (Torrey Pines, Encinitas) 14.89 w:-1.4. **110 METER HIGH HURDLES SDD** 1. Robby Hughes (Hawthorne) 14.46 w:-1.4; 2. Pat Swanson (Esperanza, Anaheim) 14.63 w:-1.4; 3. Wilbert Moore (Paramount) 14.68 w:-1.4; 4. Reginald Depass (Montgomery, San Diego) 14.75 w:-1.4; 5. Glen Valdez (Stockdale, Bakersfield) 4.93 w:-1.4; 6. Chris Barnsdale (Montgomery, Santa Rosa) 15.01 w:-1.4; 7. John Bull (Mtn. View) 15.08 w:-1.4; 8. Shawn McIlwain (Covina) 15.25 w:-1.4.

300 METER INT HURDLES SDD 1. Wilbert Moore (Paramount) 37.77; 2. Robby Hughes (Hawthorne) 37.78; 3. Reginald Depass (Montgomery, San Diego) 38.46; 4. Glen Valdez (Stockdale, Bakersfield) 38.79; 5. Chris Barnsdale (Montgomery, Santa Rosa) 39.43; 6. Chad Hicks-Beach (Manna, Huntington Beach) 39.84; 7. Clint Motley (Alta Loma) 39.87; 8. Michael Harte (Greeley Central, CO) 40.25. **300 METER INT HURDLES INV** 1. Joe Naivalu (Fremont, Sunnyvale) 37.33 (#4 MARK NATION); 2. Greg Flint (Davis, Kaysville, UT) 38.25; 3. Dominique Degramant (Tustin) 38.54; 4. Matt Blasdel (Santa Margarita, Rancho SM) 38.63; 5. Jake Kuritz (Torrey Pines, Encinitas) 39.16; 6. Mike Sciacca (Flagstaff, AZ) 39.33.

4X100 METER RELAY SDD 1. Crenshaw (Los Angeles) 41.50; 2. Muir (Pasadena) "B" 41.84; 3. Valley (Sacramento) 42.31; 4. Garden Grove 42.33; 5. Bakersfield 42.76; 6. Golden Valley (Merced) 42.78; 7. Rancho Cucamonga 43.40; 8. Lynwood 43.56. **4X100 METER RELAY INV** 1. Sterling (Houston, TX) 41.11 (STERLING IS CO-NATIONAL LEADER); 2. Morse (San Diego) 41.46; 3. Polytechnic (Long Beach) 41.81; 4. University City (San Diego) 42.13; 5. Dorsey (LA) 42.32; 6. Hueneme (Oxnard) 42.91; 7. Taft (Woodland Hills) 43.28; 8. Milpitas 43.30; Muir (Pasadena) DNF.

4X400 METER RELAY SDD 1. Muir (Pasadena) "B" 3:17.70; 2. Morningside (Inglewood) 3:18.92; 3. Eisenhower (Rialto) 3:20.25; 4. Taft (Woodland Hills) 3:21.27; 5. Valley (Sacramento) 3:24.24; 6. Alta Loma 3:25.40; 7. Upland 3:25.45; 8. Garden Grove 3:26.56; 9. Bakersfield 3:26.60. **4X400 METER RELAY INV** 1. Muir (Pasadena) 3:08.92 (MUIR IS NATIONAL LEADER #3 HS TEAM EVER); 2. Sterling (Houston, TX) 3:14.52; 3. Morse (San Diego) 3:15.16; 4. Golden Valley (Merced) 3:15.70; 5. Polytechnic (Long Beach) 3:19.31.

continued next page...

MEET SPOTLIGHT

DISTANCE MEDLEY INV 1. Ramona 10:14.90 (10:14.90 (#1 MARK NATION); 2. Nevada Union (Grass Valley) 10:16.40 (#2 MARK NATION); 3. Bingham (South Jordan, UT) 10:17.24 (#3 MARK NATION); 4. St. Ignatius (San Francisco) 10:20.90 (#4 MARK NATION); 5. Tustin 10:23.93 (#5 MARK NATION); 6. Leland (San Jose) 10:24.60 (#7 MARK NATION); 7. DeLaSalle (Concord) 10:25.14; 8. Santa Margarita (Rancho Santa Margarita) 10:30.15; 9. Mission San Jose (Fremont) 10:31.30; 10. Edison (Huntington Beach) 10:33.3h; 11. Bellarmine Prep (San Jose) 10:34.6h; 12. Davis (Kaysville, UT) 10:36.3h; 13. Ayala (Chino) 10:37.20; 14. Wilson (Long Beach) 10:37.6h; 15. PROVO, UTAH 10:42.5h.

HIGH JUMP INV 1. Kevin Dotson (Los Alamos, NM) 6-10 (DOTSON HAS =#3 MARK NATION); 2. Elliott Parks (El Toro) 6-08; 2. David Jr. Furman (Camden, SC) 6-08; 4. Ron Nelson (La Mirada) 6-06; 4. Geoffrey Fallasen (Warren, Downey) 6-06; 6. Josh Hill (Camarillo) 6-06; 7. Corey Johnson (Los Alamitos) 6-06; 8. Robert Crockett (Doherty, Colorado Springs, CO) 6-06; 9. Matt Hurd (Antioch) 6-04; 10. Mitch Naber (Arroyo Grande) 6-04; 10. Henry Jenkins (Paso Robles) 6-04; 12. Bobby Olsen (Arroyo, El Monte) 6-04.

POLE VAULT INV 1. Steve Michels (Brethren Christian, Cypress) 16-00 (=#4 MARK NATION); 2. Erik German (Interlake, Bellevue, WA) 15-06 (GERMAN HAS =#4 NATION); 3. Spencer Schumacher (Cherry Creek, Englewood, CO) 15-06; 4. Justin McGee (Apollo, Glendale, AZ) 15-0; 5. Nate Fox (Edison, Huntington Beach) 15-0; 6. Steve Harris (Del Mar, San Jose) 14-06; 7. Jeremy Kemp (Davis, Kaysville, UT) 14-0; 8. Axel Page (Monte Vista, Spring Vly) 14-0; 9. Moises Gallardo (Covina) 14-0; 9. Alfredo Llamas (South Gate) 14-0; 11. Merlin Demartini (Harvard-Westlake, No. Hollywood) 14-0; 11. Joel Kriwinski (Arroyo Grande) 14-0.

LONG JUMP INV 1. Clarence Scott (Dorsey, Los Angeles) 25-01.50 w:1.5; 2. Patrick McCall (Carson) 25-01.50 w:2.6 (24-07.5 WIND LEGAL); 3. Ronney Jenkins (Hueneme, Oxnard) 24-09 w:1.7; 4. Gerald Williams (Lynwood) 24-05.50 w:1.0; 5. Brian Merchain (Rancho Cucamonga) 23-03 w:2.2; 6. Mike Nealy (Yerba Buena, San Jose) 23-02 w:2.7; 7. B.J. Stewart (Norco) 23-01.50 w:3.2; 8. Billy Wingfield (Carson) w:NWI.

TRIPLE JUMP INV 1. Ike Olekaibe (Cimarron Memorial, Las Vegas, NV) 49-11.25 w:0.1 (NATIONAL LEADER); 2. Derrick Evans (Muir, Pasadena) 49-05.25 w:0.1 (#3 MARK NATION); 3. Gerald Williams (Lynwood) 48-02.50 w:0.1; 4. Demetrius Murray (Foss, Tacoma, WA) 47-09.75 w:0.0; 5. Justin Cox (Rancho Buena Vista, Vista) 47-03.50 w:0.1; 6. Peter Slater (Pleasant Valley, Chico) 46-07.25 w:0.0; 7. Tim Brown (Montclair) 45-11.25 w:0.0; 8. Jarrell Meier (Righetti, Santa Maria) 45-01 w:0.1.

SHOT PUT INV 1. Van Mounts (Bakersfield) 62-07.50 (#6 MARK NATION); 2. J.D. Martin (Madera) 61-09.75 (MARTIN HAS #6 MARK NATION); 3. Jason Hammond (Fowler) 61-01 (#7 MARK NATION); 4. Brian Chase (Cardinal Newman, Santa Rosa) 60-11.50 (#8 MARK NATION); 5. John Badovinac (Jesuit, Sacramento) 59-04.50; 6. Dan Arrenhius (Mountain View, Orem, UT) 58-11; 7. Ben Lindsey (Lynwood, WA) 58-07.50; 8. Tony Sotelo (Ramona) 56-00.50; 9. Mike Lopez (Arroyo, El Monte) 54-07.50; 10. Derek Kurkowski (Canyon Springs, Moreno VA) 54-03.50; 11. Mike Hughes (Muir, Pasadena) 52-02.50; 12. Adam Tomps (Esperanza, Anaheim) 51-01.

DISCUS THROW INV 1. Ben Lindsey (Lynwood, WA) 202-05 (#2 MARK NATION); 2. Dan Arrenhius (Mountain View, Orem, UT) 188-10 (#4 MARK NATION); 3. J.D. Martin (Madera) 188-01 (#5 MARK NATION); 4. Lance Jauron (McQueen, Reno, NV) 185-05; 5. Jon Gagnon (Christian Bros., Sacramento) 180-0; 6. Paul Northway (Judge Memorial, SLC, UT) 179-08; 7. Jason Hammond (Fowler) 176-0; 8. John Bello (Rancho Cucamonga) 172-0; 9. Jeff Beadle (Highland, Bakersfield) 71-11; 10. Scott Moser (Huntington Beach) 170-11; 11. Tony So-

telo (Ramona) 168-05; 12. Sean Jame (Esperanza, Anaheim) 161-08; 13. John Badovinac (Jesuit, Sacramento) 155-10; 14. Van Mounts (Bakersfield) 154-06; 15. David Herrick (Mt. Carmel, San Diego) 153-05.

Athlete of the Meet:
MICHAEL GRANVILLE



ANGELA WILLIAMS

Photo by Bill Leung, Jr./Geek Media



KIM MORTENSEN

Photo by Bill Leung, Jr./Geek Media

GIRLS/ INVITATIONAL

100 METER DASH I

INV Damesha Craig (St. Francis, Mountain View) 11.80 w:-1.3

(NATIONAL LEADER); 2. Jernae Wright (Logan, Union City) 11.95 w:-1.3 (Wright was previous national leader); 3. Akiba McKinney (Monte Vista, Spring Vly) 12.20 w:-1.3; 4. Latroya Mucker (Hamilton, Los Angeles) 12.22 w:-1.3; 5. Latrice Borders (Wilson, Long Beach) 12.25 w:-1.3; 6. Sharika Higgins (Channel Islands, Oxnard) 12.34 w:-1.3; 7. Brianna Glenn (La Mirada) 12.35 w:-1.3; 8. Zahalea Showe (Polytechnic, Long Beach) 12.40 w:-1.3. **100 METER DASH SDD** 1. Zhauntel Holman (Valley, Sacramento) 12.12 w:NWI; 2. Altrina Higgins (Chino) 12.23 w:NWI; 3. Disia Page (Muir, Pasadena) 12.44 w:NWI; 4. Shonda Robinson (Collinwood, Cleveland, OH) 12.45 w:NWI; 5. Janice Thomas (Dorsey, Los Angeles) 12.46w:NWI; 6. Tranisha Holmes (Palmdale) 12.57 w:NWI; 7. Kalena Barnes (Bishop Amat, La Puente) 12.65 w:NWI; 8. Joney David (Charter Oak, Covina) 12.66 w:NWI.

200 METER DASH SDD 1. Lana Garner (Morse, San Diego) 24.63 w:0.0; 2. Latrice Borders (Wilson, Long Beach) 24.65 w:0.0; 3. Sharika Higgins (Channel Islands, Oxnard) 24.99 w:0.0; 4. Akiba McKinney (Monte Vista, Spring Vly) 25.13 w:0.0; 5. Janice Thomas (Dorsey, Los Angeles) 25.54 w:0.0; 6. Evelyn Wilson (Wilson, Long Beach) 25.55 w:0.0; 7. Bo Alade (Foothill, Bakersfield) 25.65 w:0.0; 8. Joney David (Charter Oak, Covina) 25.93 w:0.0. **200 METER DASH INV** 1. Angela Williams (Chino) 23.73 w:0.0 (NATIONAL LEADER); 2. Kinshasa Davis (Wilson, Long Beach) 24.19 w:0.0 (#2 TIME NATION); 3. Damesha Craig (St. Francis, Mountain View) 24.32 w:0.0 (#4 TIME NATION); 4. Dominique Calloway (South Denver, CO) 24.50 w:0.0 (#5 TIME NATION); 5. Latroya Mucker (Hamilton, Los Angeles) 24.83 w:0.0; 6. Brianna Glenn (La Mirada) 25.25 w:0.0; 7. Shonda Robinson (Collinwood, Cleveland, OH) 25.43 w:0.0; 8. Ednisha Curry (Palmdale) DQ w:NWI.

400 METER DASH INV 1. Carla Estes (Logan, Union City) 54.33 (NATIONAL LEADER); 2. Lana Garner (Morse, San Diego) 54.58 (Garner has nation's #2 time); 3. Joni Smith (Wilson, Long Beach) 54.62 (#3 TIME NATION); 4. Malika Edmonson (St. Bernard, Playa Del Rey) 54.82 (#4 TIME NATION); 5. Julia Gray (North, Riverside) 56.20; 6. Aisha Washington (Polytechnic, Long Beach) 56.68; 7. Regine Caruthers (St. Bernard, Playa Del Rey) 57.36. **400 METER DASH SDD** 1. Senek Saavedra (El Cerrito) 56.22; 2. Lucretia McKinney (Hanford) 56.47; 3. Latoya Thomas (Polytechnic, Long Beach) 57.29; 4. Alex Allen (Bishop Blanchet, Seattle, WA) 57.54; 5. Veronica Callaway (Wilson, Long Beach) 58.49;

6. Rashida Cameron (Collinwood, Cleveland, OH) 59.26; 7. Brandee Grant (Holy Names, Oakland) 59.29; 8. Randi Smith (Beverly Hills) 59.93.

800 METER RUN INV 1. Tara Mendoza (Eaglecrest, Aurora, CO) 2:08.02 (NATIONAL OUTDOOR LEADER); 2. Shannon Weeks (Sachem, Lake Ronkonkoma, NY) 2:10.71 (#2 TIME NATION); 3. Amanda Boice (Folsom) 2:14.66 (#5 TIME NATION); 4. Kelly Felsted (Davis, Kaysville, UT) 2:14.85 (#6 TIME NATION); 5. Kerri Bock-Williams (Carondelet, Concord) 2:15.02; 6. Martina Ze (Livermore) 2:15.16; 7. Maribel Delgado (Santa Ana Valley, Santa Ana) 2:15.59; 8. Candace Miles-Threatt (Amador Valley, Pleasanton) 2:15.60; 9. Laniessa McPherson (Silver Creek, San Jose) 2:17.25; 10. Kadrina Coffee (Palmdale) 2:17.33; 11. Betty Butler (Dorsey, Los Angeles) 2:17.34; 12. Sherron Rhett (Polytechnic, Long Beach) 2:17.63; 13. Jamie Claiborne (Peninsula, Rolling Hills) 2:17.72; 14. Tina Bowen (San Ramon Valley, Danville) 2:18.22; 15. Ashley Holt (Menlo Atherton, Atherton) 2:18.31; 16. Angie Miller (Modesto) 2:18.95.

1,600 METER RUN INV 1. Kim Mortensen (Thousand Oaks) 4:44.9h (NATIONAL LEADER); 2. Annie Ebner (St. Lucy's Priory, Glendora) 4:47.5h (#2 TIME NATION); 3. Kristen Gordon (Carondelet, Concord) 4:49.3h (#3 TIME NATION); 4. Autumn Fogg (Hunterdon Central, Flemington, NJ) 4:54.2h (#6 TIME NATION); 5. Amy Yoder (East Noble, Kendallville, IN) 4:54.9h (#7 TIME NATION); 6. Allyson Marquand (University, Irvine) 4:57.8h; 7. Adrienne Sorenson (Mountain View, Orem, UT) 4:58.2h; 8. Shalynn Fullove (Louisville, Woodland Hills) 5:00.6h; 9. Tara Rohatinsky (Provo, UT) 5:03.4h; 10. Jandee Hood (Mountain View, Orem, UT) 5:04.0h; 11. Kelly Fugal (Mountain View, Orem, UT) 5:06.7h; 12. Kylee Wells (Gresham, OR) 5:14.3h; 13. Keri Seher (Sachem, Lake Ronkonkoma, NY) 5:15.4h; 14. Emily Allison (Leland, San Jose) 5:17.9h.

3,200 METER RUN INV 1. Mary Huang (Provo, UT) 10:34.11 (#2 TIME NATION); 2. Kimi Welsh (Yucaipa) 10:36.75 (#4 TIME NATION); 3. Trina Cox (Santa Rosa) 10:55.74; 4. Julie Harris (Canyon, Canyon Country) 10:58.95; 5. Anne Gunnison (McClatchy, Sacramento) 11:03.12; 6. Kim Ethier (Doherty, Colorado Springs, CO) 11:03.76; 7. Lisa Gillis (Moreau Catholic, Hayward) 11:06.81; 8. Jaymie Harper (Santana, Santee) 11:07.67; 9. Sarah Schmidt (Scripps Ranch

continued next page.

MEET SPOTLIGHT

San Diego) 11:08.03; 10. Vickie Whiteside (Yucaipa) 11:08.60; 11. Mindy Brown (Yucaipa) 11:15.10; 12. Breanne Schweitzer (Saugus) 11:26.10; 13. Serena Meyer (Yucaipa) 11:28.00.

100 METER HIGH HURDLES INV 1. Dominique Calloway (South, Denver, CO) 13.71 w:-1.3 (MEET RECORD, OLD 13.98 by Latasha Colander 1994, Joanna Hayes 1995) (NATIONAL LEADER); 2. Davetta Shepard (Salesian, Richmond) 14.30 w:-1.3 (SHEPARD HAS #3 TIME NATION); 3. Char Foster (Clearwater Central Catholic, FL) 14.42 w:-1.3 (#7 TIME NATION); 4. Ashley Bethel (Mission Viejo) 14.47 w:-1.3; 5. Nicole Hoxie (North, Riverside) 14.99 w:-1.3; 6. Deetra King (Polytechnic, Long Beach) 15.30 w:-1.3. **100 METER HIGH HURDLES SDD** 1. Michelle Perry (Quartz Hill) 14.56 w:-2.1; 2. Tisha Ponder (Del Mar, San Jose) 14.72 w:-2.1; 3. Lisa O'Reilly (St. Mary's, Stockton) 15.04 w:-2.1; 4. Rashida Green (Polytechnic, Long Beach) 15.17 w:-2.1; 5. Nadine Myvett (Wilson, Long Beach) 15.19 w:-2.1; 6. Katie Schukle (Santa Rosa) 15.30 w:-2.1.

300 METER LOW HURDLES INV 1. Char Foster (Clearwater Central, FL) 42.90 (NATIONAL LEADER); 2. Rashida Ruddock (Coral Springs, FL) 43.97 (#7 TIME NATION); 3. Nicole Hoxie (North, Riverside) 44.39. **300 METER LOW HURDLES SDD** 1. Katie Schukle (Santa Rosa) 43.84 (#5 TIME NATION); 2. Michelle Steingart (St. Francis, Mountain View) 43.94 (#6 TIME NATION); 3. Deetra King (Polytechnic, Long Beach) 44.25; 4. Lisa O'Reilly (St. Mary's, Stockton) 44.26; 5. Stacy Hebert (Buena, Ventura) 44.95; 6. Nadine Myvett (Wilson, Long Beach) 46.26; 7. Atoya Shaw (Chandler, AZ) 46.39; 8. Leanne Slater (Pioneer, San Jose) 46.71.

4X100 METER RELAY INV 1. Logan (Union City) 46.15 (NATIONAL LEADER); 2. St. Bernard (Playa Del Rey) 46.55 (#2 TIME NATION); 3. Polytechnic (Long Beach) 47.06 (#5 TIME NATION); 4. Morse (San Diego) 47.49; 5. Palmdale 47.60; 6. Dorsey (Los Angeles) 47.71; 7. Muir (Pasadena) 48.00; 8. El Cerrito 48.14. **4X100 METER RELAY SDW** 1. North (Riverside) 47.61; 2. Valley (Sacramento) 47.90; 3. Chino 48.25; 4. St. Francis (Mountain View) 48.38; 5. Collinwood (Cleveland, OH) 48.63; 6. Wilson (Long Beach) "B" 48.85; 7. Foothill (Bakersfield) 49.03; 8. Taft (Woodland Hills) 49.40.

4X400 METER RELAY INV 1. Wilson (Long Beach) 3:42.32 (NATIONAL LEADER #16 ALL-TIME HS TEAM); 2. Polytechnic (Long Beach) 3:46.24 (#2 TIME NATION); 3. Logan (Union City) 3:47.48 (#3 TIME NATION); 4. Dorsey (Los Angeles) 3:51.99; 5. St. Bernard (Playa Del Rey) 3:54.23; 6. Morningside (Inglewood) 4:00.5h; 7. Collinwood (Cleveland, OH) 4:03.2h.

4X400 METER RELAY SDD 1. Morse (San Diego) 3:49.0h (#4 TIME NATION); 2. Amador Valley (Pleasanton) 3:49.3h (#5 TIME NATION); 3. El Cerrito 3:51.6h; 4. Polytechnic (Long Beach) "B" 3:55.4h; 5. Taft (Woodland Hills) 3:59.0h; 6. Carondelet (Concord) 4:00.4h; 7. Wilson (Long Beach) "B" 4:01.0h; 8. Clayton Valley (Concord) 4:07.5h; 9. Valley (Sacramento) 4:09.4h.

DISTANCE MEDLEY INV 1. East (Salt Lake City, UT) 11:53.85 (NATIONAL LEADER - #6 HS TEAM ALL-TIME); 2. Thousand Oaks 12:02.84 (Mortensen 4:44.2 anchor); 3. Carondelet (Concord) 12:02.85; 4. Lowell (San Francisco) 12:10.65; 5. University (Irvine) 12:14.40; 6. University (San Diego) 12:16.25; 7. St. Ignatius (San Francisco) 12:19.15; 8. Ayala (Chino) 12:22.08; 9. Yucaipa 12:22.09; 10. El Modena (Orange) 12:22.95; 11. Sachem (Lake Ronkonkoma, NY) 12:23.05; 12. Rancho Bernardo (San Diego) 12:32.2h; 13. Gilbert, AZ 12:34.42; 14. El Capitan (Lakeside) 12:35.6h; 15. Logan (Union City) 12:37.1h; 16. Newport Harbor (Newport Beach) 12:37.5h; 17. Esperanza (Anaheim) 12:45.8h.

HIGH JUMP INV 1. Callie Lemont (Ceres) 5-06; 2. Heather Newlin (Ceres) 5-04; 3. Ashley Bethel (Mission Viejo) 5-04; 4. Amanda Boice (Folsom) 5-02; 5. Shenessa Sobers (University City, San Diego) 5-02; 4. Jennifer Thomas (Centennial, Corona) 5-02.

POLE VAULT INV 1. Melissa Bullard (Davis, Kaysville, UT) 10-06 (#4 PREP MARK 1996); 2. Alexa Harz (Peninsula, Rolling Hills) 10-06; 3. Kimberly Wyatt (West Torrance) 10-06; 4. Katie Rorem (Marina, Huntington Beach) 10-06; 5. Bridgette Pearson (Hoover, Glendale) 10-06; 6. Bianca Maran (Santa Monica) 10-06; 7. Emika Hoernig (Foothill, Santa Ana) 10-06; 8. Stephanie Heup (Marina, Huntington Beach) 9-06; 9. Ashley Feinberg (Reed, Sparks, NV) 9-06; 10. Jenny Sargent (Ontario) 9-06; 11. Rosada Martin (Soquel) 9-06; 12. Carolina Gieseler, PALMDALE 9-06; 12. Jenny Thompson (Woodbridge, Irvine) 9-06; 14. Breanna Haut (Harbor, Santa Cruz) 9-06.

LONG JUMP INV 1. Tisha Ponder (Del Mar, San Jose) 19-03.75 w:0.0 (PONDER IS NAT'L OUTDOOR LEADER); 2. Laren Parker (Bakersfield) 19-01.75 w:0.5; 3. Akiba McKinney (Monte Vista, Spring Vly) 18-08.50 w:0.0; 4. Bummi Onguleye (Polytechnic, Long Beach) 18-08 w:0.0; 5. Ashley Bethel (Mission Viejo) 18-04.50 w:0.4; 6. Keomi Johnson (Collinwood, Cleveland, OH) 18-02 w:0.7; 7. Jernae Wright (Logan, Union City) 18-00.50 w:0.0; 8. Rosalyn Grant (Ganesha, Pomona) 18-00.50 w:0.5; 9. Julie Tinker (Valley, Sacramento) 17-09 w:0.0; 10. Zunilda Ogarr (St. Mary's, Inglewood) 17-08.50 w:0.0; 11. Ebony Edwards (Chandler, AZ) 17-06.50 w:0.0; 12. Richelle Perkins (The Bishops School, LA) 17-05 w:0.0; 13. Kelly O'Connor (Esperanza, Anaheim) 17-04 w:0.0; 14. Reynda King (St. Mary's, Inglewood) 17-03 w:0.0.

TRIPLE JUMP INV 1. Jennifer Walker (Jefferson, Alexandria, VA) 40-06.25 w:2.2 M(38-5.75 WIND LEGAL); 2. Tisha Ponder (Del Mar, San Jose) 40-04.75 w:1.9 (#4 MARK NATION); 3. Julie Tinker (Valley, Sacramento) 39-05.50 w:0.2; 4. Kerry O'Bric (Edison, Huntington Beach) 39-02 w:1.4; 5. Kelly O'Connor (Esperanza, Anaheim) 38-04.75 w:1.8; 6. Casey Whyte (San Pasqual, Escondido) 8-02 w:0.9; 7. Connie Smith (Modesto) 38-00.50 w:2.2; 8. Julie Phipps (Barlow, Gresham, OR) 37-08.50 w:2.2; 9. Latanya Collier (Banning, Wilmington) 37-0 w:1.8; 10. Rosalyn Grant (Ganesha, Pomona) 36-11 w:2.2; 11. Erica Dickson (Mission Viejo) 36-09 w:2.5; 12. Richelle Perkins (The Bishops School, LA) 36-08 w:2.2; 13. Kristi Forman (Reed, Sparks, NV) 36-06 w:2.6; 14. Nicole McAlister (Granite Hills, El Cajon) 36-02.25 w:2.2.

SHOT PUT INV 1. Seilala Sua (Tomas Aquinas, Ft. Lauderdale, FL) 50-06 (NATIONAL LEADER - #11 PREP ALL-TIME); 2. Cathy Fuallemaa (East, Salt Lake City, UT) 49-06.50; 3. Vavatau Pohahau (Balboa, San Francisco) 43-05.50; 4. Chaniqua Ross (Laguna Creek, Elk Grove) 43-02.25; 5. Kristy Martin (Robinson, Fairfax, VA) 41-09.25; 6. Cheree Hicks (Little Rock) 41-08.50; 7. Susan Hatchett (Arroyo Grande) 40-07.

DISCUS THROW INV 1. Seilala Sua (Tomas Aquinas, Ft. Lauderdale, FL) 180-02 (NATIONAL LEADER - NATIONAL FEDERATION RECORD OLD RECORD 179'1 SUZY POWELL); 2. Chaniqua Ross (Laguna Creek, Elk Grove) 159-08 (#2 MARK NATION); 3. Darlene Tulua (Carmel) 157-06 (#3 MARK NATION); 4. Kristy Martin (Robinson, Fairfax, VA) 154-05 (#4 MARK NATION); 5. Mandy Buckey (Bakersfield) 150-05 (#5 MARK NATION); 6. Carrie Axton (Los Amigos, Fountain Vly) 143-01; 7. Kristin Bryden (Anderson) 135-04; 8. Marie Philman (Edison, Huntington Beach) 132-09; 9. Christina Magana (Fallbrook) 131-07; 10. Susan Hatchett (Arroyo Grande) 130-10; 11. Anna Bullock (Lehi, UT) 127-11; 12. Sonya Bryant (Marina, Huntington Beach) 125-08; 13. April Burton (Bakersfield) 123-04; 14. Allison Cardin (Sachem, Lake Ronkonkoma, NY) 122-02.

Athlete of the Meet: SEILALA SUA

GIRLS/OPEN-Top 5 Places

100 METER DASH 1. Tina Frazier (Cajon, San Bernardino) 12.37 w:1.3; 2. Shamira DeJurnett (Lutheran, LaVerne) 12.40 w:1.3; 3. BO Alade (Foothill, Bakersfield) 12.46 w:1.3; 4. Holly Harris (South Torrance) 12.56 w:1.3; 5. Regina Young (Muir,

Pasadena) 12.77 w:1.3. **100 METER DASH** 1. Mychael Strickland (Sultana, Hesperia) 12.2h w:1.7; 2. Ragean Hill (Redlands) 12.3h w:1.7; 3. Sharmile Williams (Narbonne, Harbor City) 12.5h w:1.7; 4. Katrina Brooks (Etiwanda) 12.7h w:1.7; 5. Rahseeda Hardaway (Reed, Sparks, NV) 12.8h w:1.7. **100 METER DASH** 1. Nicole Funn (Eisenhower, Rialto) 12.2h w:2.3; 2. Amber Newsome (Stockdale, Bakersfield) 12.3h w:2.3; 3. Shelley Fopiano (Fallbrook) 12.4h w:2.3; 4. Randa Brownlee (Washington, Los Angeles) 12.5h w:2.3; 5. Daly Syhachack (St. Mary's, Stockton) 12.6h w:2.3.

200 METER DASH 1. Attrina Higgins (Chino) 24.93 w:-2.3 (MEET RECORD OLD RECORD 25.06 CAMPBELL (Alta Loma) 1988); 2. Holly Harris (South Torrance) 25.86 w:-2.3; 3. Shamira DeJurnett (Lutheran, LaVerne) 26.14 w:-2.3; 4. Brandee Grant (Holy Names, Oakland) 26.22 w:-2.3. **200 METER DASH** 1. Nikelola Balogun (Westchester, LA) 25.33 w:-1.3; 2. Brandy Jones (Westmoor, Daly City) 25.68 w:-1.3; 3. Brandy Apodaca (Amador Vly, Pleasanton) 25.94 w:-1.3; 4. Charone Briscoe (Wilson, Long Beach) 26.24 w:-1.3. **200 METER DASH** 1. Kalena Barnes (Bishop Amat, La Puente) 25.50 w:-0.6; 2. Jessica Johnson (St. Mary's, Inglewood) 25.79 w:-0.6; 3. Amber Newsome (Stockdale, Bakersfield) 25.88 w:-0.6; 4. Jameka Taylor (Little Rock) 26.08 w:-0.6.

400 METER RUN 1. Crystal Miles-Threatt (Amador Vly, Pleasanton) 56.84; 2. Pia McAllister (Clayton Vly, Concord) 57.58; 3. Sabrina Edge (Rancho Buena Vista, Vista) 58.25; 4. Paula Spaeth (Jefferson, Alexandria, VA) 58.81; 5. Lorraine Johnson (Wilson, Long Beach) 1:00.14. **400 METER RUN** 1. Nicole Funn (Eisenhower, Rialto) 57.37; 2. Peggy Johnson (Louisville, Woodland Hills) 58.04; 3. Jessica Johnson (St. Mary's, Inglewood) 59.20; 4. Rhondalynn Crawford (Collinwood, Cleveland, OH) 1:00.38; 5. Naquisha Moulton (Arlington, Riverside) 1:00.74. **400 METER RUN** 1. Nikelola Balogun (Westchester, LA) 57.18; 2. Myesha Kirtman (Lowell, San Francisco) 58.34; 3. Maika Nelson (Brea Olinda, Brea) 58.50; 4. Elyse Stowell (East, Salt Lake City, UT) 59.04; 5. Kelly Marshall (Edison, Huntington Beach) 59.70; 6. Natalie Shaw (Simi Valley) 1:00.28.

800 METER RUN 1. Monica Vanwegen (Amador Vly, Pleasanton) 2:16.33; 2. Anna Behrens (Peninsula, Rolling Hills) 2:17.10; 3. Sarah Gardiner (East, Salt Lake City, UT) 2:17.71; 4. Cara Motter (Brawley) 2:18.06; 5. Stefani Clark (East, Salt Lake City, UT) 2:18.85. **800 METER RUN** 1. Elizabeth Jackson (East, Salt Lake City, UT) 2:15.04 (MEET RECORD, OLD RECORD 2:16.79 WELCH (Bella Vista, Fair Oaks) 1992); 2. Ali Pearson (Turlock) 2:17.71; 3. Hanna Kim (Arcadia) 2:18.04; 4. Shelby Horgan (Temescal Cyn, Lake Elsinore) 2:18.98; 5. Lakeisha Lee-Brazier (Wilson, Long Beach) 2:19.05.

1,600 METER RUN 1. Tracy Cohn (Stockdale, Bakersfield) 5:01.54 (MEET RECORD, OLD RECORD 5:05.76 JESSICA DE LA CERDA (Hart, Newhall) 1994); 2. Kelly Howsay (Clayton Vly, Concord) 5:05.20; 3. Julia Roysdon (Valhalla, El Cajon) 5:05.30; 4. Shelby Horgan (Temescal Cyn, Lake Elsinore) 5:06.02; 5. Jennie Ewing (Castro Vly) 5:10.40. **1,600 METER RUN** 1. Katie Hotchkiss (Mission San Jose, Fremont) 5:16.03; 2. Melissa Peralta (South Gate) 5:17.90; 3. Maria Alba (Hawthorne) 5:19.49; 4. Hilary Probst (Livermore) 5:27.15; 5. Bart Almaraz (Buena, Ventura) 5:28.90.

3,200 METER RUN 1. Andrea Neipp (Highland, Palmdale) 10:58.82 (MEET RECORD, OLD RECORD 11:11.30 DIANE PETTIT (San Marino) 1987); 2. Jennifer Akana (Lowell, San Francisco) 11:05.64; 3. Deborah Osteen (Clayton Vly, Concord) 11:13.08; 4. Shae Messersmith (Lehi, UT) 11:13.72; 5. Nancy Zhang (Rowland Hts) 11:16.93.

100 METER HIGH HURDLES 1. Hannah Cooper (Hawthorne) 14.90 w:1.5; 2. Kerry O'Bric (Edison, Huntington Beach) 15.16 w:1.5; 3. Jonae Hunt (Westchester, LA) 15.30 w:1.5; 4. Akira

continued next page...

MEET SPOTLIGHT

Kennett (Calabasas) 15.66 w:1.5; 5. Bahad Hernandez (Mt. Carmel, San Diego) **100 METER HIGH HURDLES** 1. Robin Leafblad (Arlington, Riverside) 15.21 w:-0.5; 2. Lisa Honaker (Simi Valley) 15.91 w:-0.5; 3. Rasheidah Channell (West Covina) 16.02 w:-0.5; 4. Mickila Tate (Turlock) 16.08 w:-0.5; 5. Shannon Livingston (Simi Valley) 16.32 w:-0.5. **100 METER HIGH HURDLES** 1. Nicole Vance (Stockdale, Bakersfield) 15.49 w:1.4; 2. Monique Stinson (West Covina) 15.58 w:1.4; 3. Laurel Grigg (Crescenta Vly, La Crescenta) 16.42 w:1.4; 4. Susan Pettus (Marina, Huntington Bch) 16.61 w:1.4; 5. Sarah Cruse (Santa Monica) 16.65 w:1.4.

300 METER LOW HURDLES 1. Hannah Cooper (Hawthorne) 44.69; 2. Robin Leafblad (Arlington, Riverside) 45.13; 3. Wendy Habsch (Simi Valley) 46.54; 4. Erin Crapo (Davis, Kaysville, UT) 47.45; 5. Christine Kysor (Canyon, Cyn Country) 47.71. **300 METER LOW HURDLES** 1. Katrina Brooks (Etiwanda) 45.43; 2. Jasmin Espinoza (Silver Creek, San Jose) 46.83; 3. Saran Bonilla (Brea Olinda, Brea) 47.22; 4. Rosalyn Grant (Ganesh, Pomona) 47.30. **300 METER LOW HURDLES** 1. Mia Davis (West Covina) 46.44; 2. Sara McBee (Brea Olinda, Brea) 47.79; 3. Natasha Jeanty (Little Rock) 48.24.

4X100 METER RELAY 1. Westchester (Los Angeles) 8.88; 2. St. Mary's (Inglewood) 49.60; 3. Brea Olinda (Brea) 50.40; 4. Muir (Pasadena) "B" 50.51; 5. Carson 51.51. **4X100 METER RELAY** 1. Cajon (San Bernardino) 49.92; 2. Gunn (Palo Alto) 50.05; 3. Stockdale (Bakersfield) 50.87; 4. Hawthorne 51.00; 5. Etiwanda 51.08.

4X400 METER RELAY 1. Eisenhower (Rialto) 4:04.77; 2. Reed (Sparks, NV) 4:06.32; 3. Beverly Hills 4:07.15; 4. Stockdale (Bakersfield) 4:09.69; 5. Muir (Pasadena) "B" 4:09.97.

4X400 METER RELAY 1. Westchester (Los Angeles) 4:01.58; 2. Brea Olinda (Brea) 4:02.22; 3. Hawthorne 4:05.50; 4. St. Mary's (Inglewood) 4:08.20; 5. Mt. Carmel (San Diego) 4:10.00.

DISTANCE MEDLEY OPEN 1. Stockdale (Bakersfield) 12:38.85 (MEET RECORD OLD RECORD 12:40.33 Madera 1988); 2. Dana Hills (Dana Point) 12:42.13; 3. Castro Valley 12:44.18; 4. Canyon (Canyon City) 12:48.42; 5. Fallbrook 12:57.91.

HIGH JUMP 1. Mia Gramath-Jones (Dorsey, LA) 5-04; 2. Jenny Berman (St. Lucy's Prior, Glendora) 5-02; 3. Nichole Mamilton (Greeley Central, CO) 5-02; 4. Julie Fox (Cactus, Glendale, AZ) 5-0; 5. Natalie Shaw (Simi Valley) 5-0; 5. Sarah McFarland (Dana Hills, Dana Pt.) 5-0; 5. Michelle Stevenson (Thousand Oaks) 5-0.

POLE VAULT 1. Melissa Jacobs (Redlands) 9-06 (MEET RECORD, OLD RECORD 8-6 JULIE PATTON (Foothill, Santa Ana) 1995); 2. Jenna Baum (Thousand Oaks) 9-0; 3. Franci Pleth (Burbank) 8-06; 4. Elizabeth Ewing (Castro Vly) 8-06; 5. Jammie Lawrence (Temple City) 8-06.

LONG JUMP 1. Connie Smith (Modesto) 18-11.50 w:2.0 (MEET RECORD, OLD RECORD 18-04.25 Bryant (Banning, Wilmington) & PETERSON (Dos Pueblos, Goleta) 1990); 2. Kara Walker (Muir, Pasadena) 18-04 w:3.1 (17-11 wind legal); 3. Monique Harris (Cerritos) 18-02.25 w:0.9; 4. Pia McAllister (Clayton Vly, Concord) 17-09.25 w:2.3 (17-09 wind legal); 5. Jessica Burnham (Los Altos) 17-03.75 w:0.8.

TRIPLE JUMP 1. Genevieve Jefferson (Eisenhower, Rialto) 37-03 w:1.8 (MEET RECORD OLD RECORD 37-02 KAM WARNER (West Bakersfield) 1990); 2. Ebony Poe (Cerritos) 37-01 w:3.3 (36-06.5 wind legal); 3. Rickisha Herron (Birmingham, Van Nuys) 36-02.50 w:-0.1; 4. Joy Munson (Newbury Park) 36-00.50 w:2.9 (34-07 wind legal); 5. Mary Lou Badillo (Mt. Pleasant, San Jose) 36-00.25 w:0.1.

SHOT PUT 1. Maureen Onyegabako (Reed, Sparks, NV) 40-02.75 (MEET RECORD OLD RECORD 37-08.25 PETERS (Gunn, Palo Alto) 1989); 2. Mhenilyn Frazier (Cerritos) 39-09; 3. Mandy Clark (Bakersfield) 37-11.75; 4. Jennifer Vail (Palm Springs) 37-07; 5. Dong Vloc (Mt. Pleasant, San Jose) 36-09.75.

DISCUS THROW 1. Cheree Hicks (Little Rock) 139-02; 2. Cathy Fuailemaa (East, Salt Lake City, UT) 129-06; 3. Sandra Paulo (Bell Gardens) 124-06; 4. Jennifer Vail (Palm Springs) 118-0; 5. Sandra Sahouriah (Westmoor, Daly City) 117-06.

BOYS / OPEN-TOP 5 PLACES

100 METER DASH 1. Ivan Boynton (Crenshaw, LA) 11.00 w:1.7; 2. Igke Evero (Alta Loma) 11.04 w:1.7; 3. Bryant Hayes (Notre Dame, Sherman Oaks) 11.21 w:1.7; 4. Rawle McIntosh (Carson) 11.22 w:1.7; 5. Joe Flood (McAteer, San Francisco) 11.23 w:1.7. **100 METER DASH** 1. LaFAYETTE Bailey (Little Rock) 10.91 w:1.8; 2. Mike McNair (Mater Dei, Santa Ana) 11.06 w:1.8; 3. Demetrius Patterson (Birmingham, Van Nuys) 11.19 w:1.8; 4. Alvin Arzu (Notre Dame, Sherman Oaks) 11.22 w:1.8; 5. Korney Taylor (Fremont, LA) 11.27 w:1.8. **100 METER DASH** 1. Damon Anderson (Westchester, LA) 10.98 w:0.8; 2. David Belk (Birmingham, Van Nuys) 11.18 w:0.8; 3. Chris London (Walnut) 11.21 w:0.8; 4. Michael Harte (Greeley Central, CO) 11.27 w:0.8; 5. Maurice Threewitts (Birmingham, Van Nuys) 11.33 w:0.8.

200 METER DASH 1. Guillermo Macias (Bishop Amat, La Puente) 21.7h w:0.5; 2. Maurice Threewitts (Birmingham, Van Nuys) 21.8h w:0.5; 3. Mike McNair (Mater Dei, Santa Ana) 21.9h w:0.5; 4. Ivan Boynton (Crenshaw, LA) 22.0h w:0.5; 5. Mike Pasive (Fremont, Sunnyvale) 22.4h w:0.5. **200 METER DASH** 1. Lafayette Bailey (Little Rock) 22.30 w:0.8; 2. David Belk (Birmingham, Van Nuys) 22.31 w:0.8; 3. Mory Banks (Crenshaw, LA) 22.47 w:0.8; 4. Steve Neuman (Rancho Cotate, Rohnert Park) 22.53 w:0.8; 5. Kevin Morris (Canyon Springs, Moreno Vly) 22.83 w:0.8. **200 METER DASH** 1. Demetrius Patterson (Birmingham, Van Nuys) 22.47 w:-0.4; 2. Jamil Johnson (Rancho Cucamonga) 22.72 w:-0.4; 3. Reggie Reagor (West Covina) 22.84 w:-0.4; 4. Jeff Feiereisen (Thousand Oaks) 22.86 w:-0.4.

400 METER RUN 1. Malachi Davis (Davis) 48.50; 2. Jess Strutzel (Huntington Beach) 48.73; 3. Jermaine Lovelace (Fremont, LA) 50.39; 4. Robert Glover (Crenshaw, LA) 50.98; 5. Ricky Sharpe (Mt. Carmel, San Diego) 51.60. **400 METER RUN** 1. Marion Jarrett (Mark Keppel, Alhambra) 49.21; 2. Ryan Meuse (Simi Valley) 50.03; 3. Carlos Aguilar (Palisades, Pacific Palis) 50.32; 4. Tmar Byers (Washington, LA) 50.96; 5. Moses Manji (Rowland, Rowland Hts.) 51.70. **400 METER RUN** 1. Mike Green (Eisenhower, Rialto) 49.90; 2. Brian Jones (Garden Grove) 50.59; 3. Ronald Fleming (Fremont, LA) 51.34.

800 METER RUN 1. Robert Fichtel (Hemet) 1:51.83 (MEET RECORD, OLD RECORD 1:53.09 MARK SENIOR (Mt. Miguel, Spring Valley) 1988); 2. Ajani Brown (Crawford, San Diego) 1:52.77; 3. Ryan Meuse (Simi Vly) 1:55.20; 4. Greg O'Hair (Reed, Sparks, NV) 1:55.62; 5. Jan Maynard (Marina, Huntington Beach) 1:56.83. **800 METER RUN** 1. Mark Hassel (Barstow) 1:55.00; 2. Luke Leininger (Clayton Vly, Concord) 1:57.82; 3. Ed Pollick (El Toro) 1:58.33; 4. Ryan Murietta (El Modena, Orange) 1:58.60; 5. Ricardo Lopez (Chula Vista) 1:59.03.

1,600 METER RUN 1. Andrew Wulf (Bellarmine Prep, San Jose) 4:16.19; 2. Manuel Lopez (Belmont, LA) 4:20.05; 3. Ali Benmohamed (Monroe, North Hills) 4:20.57; 4. David Jackson (Rim of the World, Lake Arrowhead) 4:21.20; 5. Alfonso Ibarra (Arlington, Riverside) 4:21.85. **1,600 METER RUN** 1. Doug Hall (Flintridge Prep, La Canada) 4:24.00; 2. Alex Sanchez (DeLaSalle, Concord) 4:26.00; 3. Carlos Rojas (Valencia, Placentia) 4:26.30; 4. Leo Balderas (Silver Creek, San Jose) 4:27.10; 5. Micah Fuson (Taft) 4:27.50.

3,200 METER RUN 1. Matt Brown (Corona) 9:22.34; 2. Michael Kasahun (Fresno) 9:24.83; 3. Ryan Bullock (Bingham, South Jordan, UT) 9:29.96; 4. Brian Henstorf (Amador Vly, Pleasanton) 9:30.75; 5. David Bazzi (O'Dea, Seattle, WA) 9:33.74.

110 METER HIGH HURDLES 1. Justin Stanford (Alta Loma)

14.8h w:-0.1; 2. Mike Smith (El Toro) 14.8h w:-0.1; 3. John Hall (Servite, Anaheim) 14.8h w:-0.1; 4. Chad Hicks-Beach (Marina, Huntington Beach) 14.9h w:-0.1; 5. Kenny Moore (Taft) 14.9h w:-0.1. **110 METER HIGH HURDLES** 1. Mike Owens (Reed, Sparks, NV) 14.7h w:0.6; 2. John Johnson (Muir, Pasadena) 14.7h w:0.6; 3. Clint Motley (Alta Loma) 14.7h w:0.6; 4. Dave Garrett (Thousand Oaks) 15.2h w:0.6; 5. Nick Seedall (East, Salt Lake City, UT) 15.2h w:0.6. **110 METER HIGH HURDLES** 1. Randy Hurt (Rio Mesa, Oxnard) 14.8h w:3.4; 2. Jonathan Pittman (St. John Bosco, Bellflower) 14.8h w:3.4; 3. Todd Latham (Norco) 14.9h w:3.4; 4. Prentice Byrd (Upland) 14.9h w:3.4; 5. Joe Love (Rancho Cucamonga) 15.3h w:3.4.

300 METER INT HURDLES 1. John Hall (Servite, Anaheim) 38.60; 2. Jermaine Hunsaker (Ganesh, Pomona) 38.95; 3. Jason Andrews (Rancho Cotate, Rohnert Park) 39.23; 4. Rob Gardner (Davis, Kaysville, UT) 39.54; 5. John Bull (Mountain View) 39.71. **300 METER INT HURDLES** 1. Nick Seedall (East, Salt Lake City, UT) 39.30; 2. Richard Bravin (Yajhalla, El Cajon) 41.09; 3. Anthony Fontanez (Apple Valley) 41.22. **300 METER INT HURDLES** 1. Mike Owens (Reed, Sparks, NV) 40.02; 2. Fernando Garcia (St. Mary's, Stockton) 40.57; 3. Donye Smith (Hamilton, LA) 41.06.

4X100 METER RELAY 1. Notre Dame (Sherman Oaks) 42.91; 2. Muir (Pasadena) "C" 43.29; 3. Little Rock 43.50; 4. Fremont (Sunnyvale) 43.61; 5. Carson 44.80. **BOYS 4X100 METER RELAY** 1. Hawthorne 42.29 (MEET RECORD OLD RECORD 42.55 Mt. Pleasant (San Jose) 1992); 2. Del Mar (San Jose) 43.10; 3. Birmingham (Van Nuys) 43.11; 4. Westchester (LA) 43.37; 5. West Covina 43.55.

4X400 METER RELAY 1. Hawthorne 3:23.07; 2. Davis (Kaysville, UT) 3:24.18; 3. Del Mar (San Jose) 3:25.27; 4. Diamond Bar 3:26.42; 5. Fremont (LA) 3:28.75. **4X400 METER RELAY** 1. Rancho Cucamonga 3:25.59; 2. Hamilton (LA) 3:27.05; 3. Rio Mesa (Oxnard) 3:28.46; 4. Reed (Sparks, NV) 3:29.47; 5. Washington (LA) 3:30.25.

DISTANCE MEDLEY 1. Dos Pueblos (Goleta) 10:31.84 (MEET RECORD OLD RECORD 10:34.30 SOUTH TORANCE 1987); 2. Eisenhower (Rialto) 10:37.72; 3. Silver Creek (San Jose) 10:39.49; 4. Mt. Carmel (San Diego) 10:40.23; 5. Belmont (LA) 10:42.85.

HIGH JUMP 1. Clint Motley (Alta Loma) 6-07; 2. Ben Mallard (Victoria, Australia) 6-07; 3. Norm Brady (Reed, Sparks, NV) 6-04; 4. B.J. Stewart (Norco) 6-04; 5. Michael Cooper (Highland, Palmdale) 6-02; 5. Dajuan Hawkins (Newbury Park) 6-02.

POLE VAULT 1. Nguyen Vong (Silver Crk, San Jose) 14-06; 2. Jeff Schneider (Murrieta Vly, Murrieta) 14-0; 3. Bret Updyke (Temecula) 14-0; 4. Leo Abad (South Gate) 14-0; 5. Luke Stokes (Edison, Huntington Beach) 13-06.

LONG JUMP 1. Javier Baylon (South Gate) 22-08 w:0.9; 2. Sam Burns (Hogan, Vallejo) 22-07.50 w:1.9; 3. Hong LY (Victoria, Australia) 22-04.75 w:2.6; 4. Ike Olekaibe (Cimarron Memorial, Las Vegas, NV) 21-03.50 w:1.2; 5. Arron Gillette (Narbonne, Harbor City) 21-01.25 w:0.5.

TRIPLE JUMP 1. Dajuan Hawkins (Newbury Park) 46-03 w:1.9; 2. Quincy Sims (Damien, LaVerne) 46-00.50 w:1.9; 3. Glen Stone (Yerba Buena, San Jose) 45-0 w:2.5 (44-04 wind legal); 4. Mike Alvidrez (El Modena, Orange) 44-04.75 w:2.4; 5. Brian Johnston (Fremont, Sunnyvale) 44-00.75 w:0.2.

SHOT PUT 1. Brodie Riederich (Edison, Huntington Beach) 56-03.25 (MEET RECORD); 2. David Herrick (Mt. Carmel, San Diego) 54-03; 3. Tyler Steel (Harvard-Westlake, No. Hollywood) 52-04; 4. Mike Rainis (St. Paul, Santa Fe Springs) 50-03.25; 5. Jeff Beadle (Highland, Bakersfield) 50-02.50.

DISCUS THROW 1. Paul Neff (Arroyo Grande) 160-02.50; 2. Lucas Miranda (Hemet) 158-05; 3. Taso Tsirtsis (El Toro) 155-01.50; 4. Willie Howard (Los Altos) 155-00.50; 5. Mike Lopez (Arroyo, El Monte) 153-09.

ALAMEDA RUN FOR THE PARKS . . . ALHAMBRA MOONLIGHT 8K . . . AMERICA S
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 INVITATIONAL . . . AVENUE OF THE GIANTS MARATHON . . . BASS LAKE HALF
 MARATHON . . . BAY TO BREAKERS . . . BAYSIDE TECHNOLOGY 8K . . . BIG FRESNO
 FAIR CROSS-CITY RACE . . . BIG SUR INTERNATIONAL MARATHON . . . BRICKYARD
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 . . . FOOT LOCKER CROSS COUNTRY CHAMPIONSHIPS . . . GIMME SHELTER 5K . . .
 GOLDEN WEST . . . GREAT RACE 10K . . . HAMPTON PHILLIPS CLASSIC . . .
 HOULIHAN S TO HOULIHAN S . . . HUMBOLDT REDWOODS MARATHON & HALF
 MARATHON . . . JENNER MEET . . .
 STEWART MARATHON RELAY . . . J . . .
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 LOS ANGELES MARATHON . . . M . . .
 MASH DASH 5K . . . MODESTO RELAY . . .
 SAC RELAYS . . . MT. WILSON TRAIL F . . .
 NAPA VALLEY MARATHON . . . NEWPC . . .
 . . . NIKE/CAL POLY SLO INVITATION . . .
 PACIFIC SUN . . . PALM DESERT 5K . . .
 VERDES MARATHON . . . PIERCE GOLD . . .
 CHALLENGE . . . PRUCARE EAT & RUN . . .
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TECHNIQUE & TRAINING

By Jim Hunt

Distance Runners -- Forget the Iron

There is no doubt that resistance training in the weight room will improve overall strength which, in itself, can improve speed. Squats, leg extensions, leg curls and toe raisers will improve strength for propelling one's body forward at greater velocities. Bench press, lat pulls, military press and bent arm pullovers can strengthen the upper body and make it easier stay in an erect and upright position while running.

There is no doubt that pumping iron can improve athletic performance in games, but if you are a high school or collegiate distance runner, why compete with the football team and other team sports for time in the weight room? Pumping iron is not specific to the muscle action of running and does not improve endurance.

If you are a distance runner who does not have the luxury of using school equipment, do not despair. You can create your own resistance strengthening program.

Running involves multiple joint actions and forces numerous muscle groups in the hips, legs, ankle and feet to work concurrently to maintain control and balance, while weight training tends to concentrate on isolating muscular action.

Competitive running requires the development and maintenance of speed over a specified period of time and is dependent on the amount of force exerted with each foot strike. The greater the force of the foot strike and the shorter the period of time that it takes the foot to get on and off the surface, the greater the power. Distance runners need to spend time doing strength training that is specific to running.

Plyometrics, hill running and other dynamic power-producing exercises are far more beneficial to runners than

those found in the weight room. Toe raisers, leg extensions and bench press all produce overall better strength, but are not specific to the action of running and do not improve the power needed for running faster.

Your muscles behave plyometrically when you run.

As you run, one foot moves forward prior to foot strike. The calf muscles, as well as the Achilles, are pre-stretched the same as in a plyometric drill. When the foot strikes the ground the calf muscles help stabilize the foot and ankle while it is bearing the force of the body landing on it. By lifting the flexible part of the foot an instant prior to the foot strike the tibialis anterior is put on stretch for a very forceful contraction that provides the proper pronation and supination necessary for proper foot actions. At foot strike, all of the muscles of the feet are stretched as the force of the foot strike collapses the foot and stretches the arch.

As the forward motion of the center of mass passes the fulcrum of the foot, the calf muscle starts the heel lift, the tibialis anterior contracts forcefully, and the Achilles, arch and the flexible part of the foot snap back to their normal position. The more quickly and powerfully that these actions happen the faster you run. The quads supply the power for the legs to move forward with each stride.

During push-off, the drive leg is extended backward behind the center of mass, putting the quads on stretch. When the leg is fully extended the quads are motivated to contract vigorously to bring the leg forward for the next foot strike. The more quickly and powerfully this is done, the faster you run.

While weight training can definitely increase muscle strength, it does not improve the rate at which the muscles can supply force. Improving the quickness with which muscles can contract is the best way to improve running speed.

Strength is the force exerted by your muscles plus the distance over which the force is exerted. Power is the force multiplied by the distance then divided by time. Covering the greatest distance in the shortest amount of time is the objective of foot racing. Power is much more important than strength in racing.

We need strength in our abdominal, back and lat muscles to help hold us upright, but we need power in the upper and lower limbs to be able to run fast. The farther and faster we run, the more important strength in the upper body becomes. If the upper body tires and the runner loses the upright position of the trunk and head, running mechanics become erratic, over-striding occurs and turnover slows.

Using one's own body weight supplies sufficient resistance for developing and maintaining upper body strength. A pull-up station with three levels, a bar dip station, an inclined push-up rack and a sit up rack for forward and backward crunches will provide ample opportunity to strengthen all of the muscles from the lower back and abdominal to the tips of the fingers. Keeping in mind that running is a dynamic kind of thing and that most of the work is done by the feet and lower leg muscles, we can devise better ways of strengthen these areas than can be done in a weight room.

1. The high bench step-up. This exercise is done by standing on an 18" box, stepping backward with one foot

continued next page...

until the flexible part of the foot strikes the ground, then returning quickly to a straight up position. Begin with 10 reps on each leg then progress to two sets of ten and then three. As the athlete becomes stronger, add hand held dumbbells in 5 lb. increments. This exercise emphasizes the development of the hamstrings with secondary benefits to the gluteals and quads.

2. One leg squats. Stand in front of a box with one foot far enough away so that when at full squat, the knee does not extend past the foot and with the toes of the other foot touching the top of the box for balance. This squatting exercise is excellent for developing the quads and gluteals with secondary benefits to the hamstrings. Use the same progressions as was listed for the high bench sit-ups.

3. One leg hops in place. Stand on one leg and do vertical hops, landing on the flexible part of the foot, putting the foot and lower leg muscles on stretch, then rising quickly again. This exercise improves all of the lower leg muscles that are involved in high speed running.

4. Quick step walking, skipping and easy running on dirt or grass. 20 meters forward, then return backward times 3. This activates the gastroc muscles for lifting the heel. Walking, skipping and running backward, strengthens some of the smaller muscles that become involved when running fast.

5. High knee skipping. Skip with high knees while extending the lower leg and foot forward, then quickly bringing the foot back under the center of mass in a clawing action. Do on dirt or grass, 20 meters x 4.

6. Hill charges. Use a 50 meter steep hill, running vigorously with quick explosive feet and arms strengthens both the quads and lower leg muscles.

7. Hill hopping and bounding. Use a 50 meter steep hill, hop half way on one leg, then finish on the other

(quick on and off the feet). Bounding--low impact alternating R-L-R 50 meters.

8. Hill running. Anyone living in an area with lots of hills can improve their running economy and power by just doing most of their mileage in undulating terrain.

9. Run 96 turnovers in 60 sec. down a slight incline at 3k speed. Practice in segments of 10 sec. at 1.6 turnovers per sec. until that ratio can be maintained for 60 seconds. Running downhill at 3k speed will teach the legs the proper running rhythm and increase stride length without slowing stride cadence.

10. Barefoot strides on the grass. 12 x 100--run barefoot for 100m at a relaxed pace, then return running backward 6 times each way. This strengthens the feet and ankles, as well as the small muscles, of the lower legs not activated by any other exercise. Running backward also helps strengthen the hamstrings.

All of the above exercises will help improve running economy and race performance. These exercises can easily be worked into a warm-up or a circuit course. Jogging and stretching have no place in the warm-up. Jogging teaches a slow turnover and stretching does not prepare the muscles for dynamic movements. Stretching should be a part of the warm-down to soothe sore and spasming muscles.

Warm-down with crazy feet. In order to do high intensity workouts, the muscles in the feet and lower legs must be able to withstand the pounding of absorbing the shock of the body's weight several hundred times during races and workouts.

The following exercises can be utilized in the warm-down to strengthen the muscles and tendons that are involved in absorbing the shock landing.

1. Walk 20m x 2 on the front part of the foot with heels never touching.
2. Repeat with toes turned in.

3. Do the same with toes turned out (duck walk).

4. Repeat same pattern while quick step skipping.

5. Repeat same pattern while quick step running.

6. Repeat same pattern while quick step bunny hopping.

7. 2 x 20m walking on heels, toes pointed skyward.

8. Lean with back to wall and raise the toes as high as possible. Start with 10 reps on each foot and build up to 3 sets of 10.

When others see you doing these exercises they will probably laugh, thus the term "crazy feet." Do these 2 to 3 times per week on a regular basis and you will have the last laugh.

One of the problems with strength training in the weight room is management of time and supervision. The logistics of team workouts involving throwing, jumping and running training is nearly impossible as it is, without adding weight room supervision.

The time for strengthening by weight training is during the summer and between cross country and track season, not during the competitive season when the coach and athlete are so involved in the intensities of competition.

This article contains some direct quotes from articles written by Owen Anderson and Walt Reynolds in the December 1995, January-February 1994 and November-December 1994 issues of *Running Research*. If you are truly interested in the scientific aspects of distance running, subscribe to *Running Research* by calling (517) 393-3150.

Jim Hunt is the International Director for Distance Running & Walking for Special Olympics International, as well as active coaching at the junior college level. Jim's coaching career included 21 years at Humboldt State University where his teams regularly finished in the top 10 at the NCAA level and produced 64 All-Americans. His 1980 team won the NCAA Nationals in cross country.

THE ATHLETE'S KITCHEN

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

Fueling on a Budget

"I'm a college athlete who hates to cook and has limited money to spend in restaurants. What fast food places offer the most amount of carbohydrates for the least amount of money?"

"When I travel with my team to away-games, I get \$15 a day for food money. How can I spend it on a good sports diet without blowing my budget?"

"As the coach, I can control where the team bus makes the dinner stop after a game. Where should we stop for inexpensive, but healthy, meals?"

TRAVELLING ATHLETES are confronted with many challenges. Not only do they struggle with changing schedules, irregular meal times and the stress of competition, but also with how to best fuel themselves on the road. For baseball players, rugbys, runners, figure skaters and others attending an out-of-town event, food challenges abound, particularly if the athletes are on a budget or unwilling to spend much money on a balanced sports diet.

Let's say you are a 140-pound athlete who needs 2,700-3,000 calories per day -- about 900-1,000 calories per meal. The cheapest way to stave off hunger is to fill up on fatty foods. You can buy 1,000 calories of four donuts for only \$2.00. You could also clog your arteries with 1,000 calories of two large french fries for about \$3.00, or dip into 3 servings of Taco Bell's nachos for \$2.60 (1,000 calories, about 50% from fat). Unfortunately for athletes, fatty foods leave muscles unfueled; you really should invest in carbohydrate-rich foods

that often cost more! For \$2 you can buy only 300 calories of butternut squash at Boston Market--barely enough to abate hunger--and you'd have to pay about \$10 there for 1,000 calories of new potatoes.

So what's a budget-limited athlete to do? Where are the sports nutrition bargains? This article can help you identify some fast food menus that offer more than less than 30% fat for a reasonable amount of money.

▲ Breakfast suggestions

When traveling, the best food bargain is to eat breakfast in your room. Simply pack along cereal, raisins, and a spoon, then buy some milk at the corner store. Or bring bagels and juice. If you insist on eating out, here are some suggestions.

Bagel Shop	Dunkin' Donuts	McDonald's
Bagel with jelly	2 Lowfat Muffins	Hotcakes w/syrup
Yogurt (lowfat fruit)	Orange juice, 8 oz.	(two orders)
Orange juice, 8 oz.	Milk, 8 oz.	Milk, 8 oz.
Coffee		
700 calories	700 calories	1,100 calories
5 gms fat	8 gms fat	10 gms fat
\$4.00	\$3.10	\$2.70

▲ Lunch & Dinner

The best sports diet is carbohydrate-based, includes adequate protein and is 20 to 30% fat (about 60 to 90 grams of fat/day). The most nutritious sources of carbohydrates are fruits, juices and vegetables, but they tend to be costly for the amount of calories they provide. (In restaurants, juices tend to cost twice as much as soft drinks per 100 calories.) If you are unwilling to spend much money on nutrient-dense carbs, your best bet is to pack your gym bag with oranges, bananas, dried apricots,

fruit and vegetable juices (orange, V-8, carrot, tomato). Use them to balance the following meals, many of which include soft drinks for a carbo-boost. (Given that 10% of calories can appropriately come from sugar, soft drinks can be balanced into your diet. Just be sure to balance it!)

McDonald's	Wendy's	Burger King
McGrilled Chicken	Garden Salad/	Whopper
2 Fat-free Muffins	w/fat-free french	(no mayo)
Medium Cola	Soft Breadstick	Dutch Apple Pie
Vanilla Froz. Yogurt	Large Chili	Medium Cola
	Medium Frosty	
930 calories	1,050 calories	1,000 calories
4 gms fat	30 gms fat	30 gms fat
\$5.70	\$4.40	\$4.00

▲ Best bets

The best food bargains can be found at Mexican and Italian restaurants (bean-based meals, pasta, pizza). Taco Bell's bean burrito is among the best choices. Pull in the team bus, please!

Taco Bell	Taco Bell	Pizza Hut
2 Bean Burritos	Light 7-layer Burrito	Cheese Pan Pizza
Cola (20 oz.)	Pintos n' Cheese	(3 slices, medium)
	Cola (20 oz.)	Medium Lemonade
1,050 calories	900 calories	1,000 calories
22 gms fat	16 gms fat	33 gms fat
\$2.80	\$4.00	\$4.00



Nancy Clark, MS, RD, is director of Nutrition Services at Boston-area's SportsMedicine Brookline. She wrote this article with the research assistance of Jennifer Riha, graduate student at Boston University. For a fast food list that includes fat grams, cost per 100 calories and

sample menus, send \$5 to: Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.

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SoCAL DIARY

By Bill Minarik

March 4

The final days of the indoor track season saw the **Azusa Pacific** men add the NIAA Nationals to its list of championships. APU used its usual field event strength to accumulate 91 points, ahead of runner-up **Oklahoma Baptist's** fleet feet which accounted for 83. The **Azusa Pacific** women had their best point total ever with 76, good for third place behind **Central State Ohio's** winning total of 96.

Outdoors, **UCLA** opened the season at home with a relatively easy dual meet sweep of **CS Long Beach**, **CS Los Angeles** and **UCSB** in both men and women's competition, despite the fact that many top stars were back at the USA Indoor Nationals. The men's scores were 96-26, 101-26 and 86-43, while the women prevailed by reportedly identical scores, although that was an error. Top efforts of the day included an explosive 63-4 shot put effort by Cal State LA junior **Tambi Wenj** and a splendid early season discus throw by the Bruins' **Suzy Powell** of 193-10. (You long-time community college track fans should remember **Tambi Wenj** as one of **Coach Ron Allice's** stalwarts during his dynasty at **Long Beach CC**. **Tambi** has been out of college for awhile and apparently had his Division I eligibility expire, otherwise he would have probably joined his former mentor at **USC**.) One disappointment at this meet was the lack of female sprinters in the 400 relay. Only **UCLA** brought a team to the starting line and they proceeded to drop the stick. In the 100 dash, again only two Bruins came to the starting line. What used to only afflict community colleges appears to have infected the four-year ranks, as well.

Over at **USC**, the Trojans also started strong with a sweep of dual meets over **UC Irvine**, **CS Northridge**, **CS Fullerton** and **CS Bakersfield** in both men and women's action. The scores there were: 92-43, 84-68, 105-32, and 108-31 for the men; and 101-38, 96-48, 92-27, and 92-22 in the women's meets. The top marks came from two Trojan hammer throwers, **Balasz Kiss** with a relaxed 241-6 to capture the men's and **Leslie Coons** with an all-out 189-0 for the women's win.

In the community college ranks, **Bakersfield** cruised to pair of easy four-way wins over **Glendale**, **Valley and Canyons** (111-31-28-20 and 102-21-16-1). The **Santa Monica** women eased by **Moorpark** and **Canyons** 89-56-20.

March 10

Indoor track provided the spotlight for many of SoCal's top tracksters this past weekend with the National Prep Championships at Boston providing the biggest news. At that one, the **Muir** boys won the 800, 1600 and sprint medley relays, smashing the national record in the latter two with times of 3:13.34 and 3:25.90. Individually, **Michael Granville** of Bell Gardens cruised the 800 wire-to-wire in 1:51.26. SoCal girls also made their presence known as the **Long Beach Wilson** girls won both the 800 and 1600 relays, the latter in a national record-setting time of

3:44.38. Among the top individual champions was **Angela Williams** of Chino who became the second fastest performer of all-time in both the 60 and the 200 with clockings of 7.32 and 23.73.

At the **NCAA Division I Nationals**, both **UCLA** men and women gathered in a bunch of points in the shot put with **Jonathan Ogden** and **Mark Parlin** going 1-2, while **Valeyta Althouse** and **Nada Kavar** went 1-3. The Bruins' **Amy Acuff** just missed another high jump title taking third at 6-0 3/4 on fewer misses.

At the **Division II Nationals**, the **Cal State LA** men and women had some excellent individual performances enroute to 3rd and 6th place finishes respectively. The most notable performances for the **Golden Eagles** came from **Tambi Wenj** with a meet record 60-11 1/2 shot put and **John Jordan's** meet record 52-10 3/4 triple jump. **Abilene Christian** won both men's and women's divisions.

Outdoors, the **USC** men and women continue to roll along with the men defeating **Cal State Long Beach** in a dual meet 86-64, and the women taking it to both **Long Beach State** and **San Diego State** 99-31 to 102-43. Top performances of the day belonged to the **Jim Bush Track Club's** 1600 meter relay team, comprised of ex-Trojans, which sped to a 3:05.2 clocking, and Trojan thrower **Leslie Coons** who notched a weight triple highlighted by a 186-5 hammer throw.

At **Claremont**, in a couple of close tri-meets, the **Claremont-Mudd** men outdistanced **UCSD** and **Westmont** 86-73-32, while the **UCSD** women slid by **Westmont** and **CM** 69-59-53. At **Pt. Loma**, the **Navy** men took a four-way meet 217-163-114-74 in front of **Pt. Loma**, **Cal Lutheran** and **Whittier**. However, **Pt. Loma's** women were 177-161-98-73 winners over **Navy**, **Whittier** and **Cal Lutheran**. At the **Benny Brown Memorial** at **CS Fullerton**, former **UCLA** thrower **Brian Blutrich** gave his Olympic comeback effort a boost with a 197-5 discus throw.

In a **Western States Conference** community college four-way meet the **Moorpark** men were way ahead of **Glendale**, **Valley** and **Santa Barbara** 101-37-35-13, while the **Santa Barbara** women eased past **Moorpark**, **Valley** and **Glendale** 62-59-31-21.

March 18

The main attraction last weekend for SoCal track fans was at Westwood where **Kentucky**, **Tennessee** and **Cal** were in town to test **UCLA**. In a men's tri-meet, the Bruins depth was the deciding factor 91 1/2-59 1/2-38 over the Bears and the Wildcats. The same was true in the women's four-way meet by a count of 70-45 1/2-36 1/2-31 in front of the Bears, Wildcats and volunteers. Best effort for the Bruin came **Ibrahim Hassan** with a convincing 20.86-46.38 sprint double. For the Lady Bruins, **Suzy Powell** was again over 190 in the discus with a 191-3 effort. Another Bruin thrower, **Nada Kavar** from nearby **Crescenta Valley High**, continues to improve at 52-6 and 179-1, and could be one of **UCLA's**

key performers at the Nationals if she continues to improve at her current rate.

At **UC Riverside**, in some **CCAA** duals, the **UCSD** men took the measure of **CS Bakersfield** and **UCR** by 57-45 and 73-27, while the **CS Bakersfield** women eased by **UCSD** and **UCR** 53 1/2-44 1/2 and 57 1/2-37 1/2. I would speculate that time scoring here is 3-2-1 in each event with 3 points for each relay win.

Up at the **Cal Poly SLO Invitational**, **USC's Jason Shelton** served notice to **UCLA's Ato Boldon** that there is more than one national class sprinter in town, as he smoked a 10.21 100 to highlight that meet. More bad news for **UCLA** fans as 3 **University of Washington** throwers posted marks of 61-4, 193-9, and 225-1 respectively.

In the only scoring high school invitational of the weekend, the boys from **Birmingham High** edged runner-up **Ridgecrest** 72-68 while the **Quartz Hill** girls ran away from second place **Beverly Hills** 89-58 at the **Burbank Invitational**.

March 25

The **Northridge Invitational** was the very first meet at the refurbished **Cal State Northridge** track and field facility and, judging by some of the times posted, local athletes are hoping it is the first of many. **Pete Hargreaves** of the **New Era Track Club** started things off by smoking the 100 meters in 10.19. Other fine sprint times were turned in by **Bryan Krill** at 20.66, while hurdler **Robert Reading** ran an easy 13.40 to begin his Olympic quest. Top performance by a woman belonged to Bruin alum **Dawn Dumble** who spun the discus out 191-3.

In a multi-team meet at **UC Irvine**, the **Cal State LA** men put a scare into Division I powers **Iowa** and **Ohio State** before settling into third place 134-110-94. Top performers for the **Golden Eagles** included **Jon Jordan** with a nifty 24-11, 53-0 jump double and **Tambi Wenj** who posted a winning 62-11 1/2 and 166-7 weight double. On the distaff side, the **Big Red** of **Cornell** used their distance points to ease past **Minnesota** 130 1/2-124. The big marks posted here belonged to guest discus throwers **Kris Kuehl** and **Edie Boyer** with marks of 197-9 and 193-11 respectively. Elsewhere, the **Biola** men won a close 106-92 dual meet over **Pt. Loma Nazarene** with the **Pt. Loma** women smoking **Biola** 106-17.

April 1

USC took a trip to **Baton Rouge, Louisiana**, last Saturday to take on the powerful **LSU Tigers** in a multi-team meet and came away with a combined 14 first place finishes in the non-scoring affair. **Kehinde Aleda'fa** lead the Trojan charge with a 13.85-51.43 hurdle double, while **Leslie Coons** did it for the women with two firsts and a second including a winning hammer throw of 187-8.

Closer to home in men's duals, the **Cal Poly**

continued next page...

SoCAL DIARY

Pomona men demonstrated that they are still in the CCAA Championship hunt as they dusted **CS Los Angeles** and tied **CS Bakersfield** 58-36 and 49-49. The Cal State LA women look like the team to beat at conference time as they took both CPP and CSB 42-37 and 41-34.

At Fresno, the **Fresno State** men and women racked up identical point totals as they ran by **CS Northridge**, **Mt. SAC** and **UC Davis** 235-138 1/2-128 1/2-122 and 235-178-146-62.

At Cal Poly SLO, the **BYU Cougars** warmed up for their big triangular meet with **USC** and **UCLA** by sweeping the men's and women's sections of a four-way meet over **Kent State**, **Cal Poly SLO** and **UCSB** by scores of 210-190 1/2-136-130 1/2 and 204-159-148-133.

Down at **UC San Diego** in an open meet, there turned out to be a tremendous competition in the men's and women's discus. No less than five throwers were over 200 feet in the men's and 190 in the women's. In the latter, there were excellent efforts from a **UCLA** quartet representing the past, present and future. **Dawn Dumble** lead that parade at 197-8, followed by **Suzy Powell** at 196-5, redshirt **Rachel Noble** at 194-3, and **Nada Kavar** with an NCAA qualifying 183-11. The effort by Noble was all the more amazing when you consider that last year her most notable achievement was a second place finish in the JUCO National hammer throw at 159 feet. In the shot and discus, she was down the list in events, won at 46 feet and 161 feet. This year, she has posted early season marks of 51 feet and 194-3. That's more than just an improvement—that's a metamorphosis.

At the **Pasadena High School** games at Occidental College, the **Muir** boys team continues to sizzle in the relays as the Mustangs took the 400 easily at 41.10 and then ran the third fastest time ever at 3:08.75 in the 1600. **Obea Moore** anchored the latter with a 45.0 leg and then won the open 800 at 1:53.68.

April 8

There was a relatively light track menu last week, as most schools were just getting in some mid-season work in preparation for the stretch drive. At the **Big West Challenge Cup** at **UCSB**, the **Long Beach State** men, behind sprinter **Jaime Barragan**, took the four-way competition 180-175 1/2-166 1/2-79 over **UCSB**, **UC Irvine** and **CS Fullerton**. The UCI women, however, were 193 1/2-170-141-75 1/2 winners in front of **UCSB**, **LBS** and **CSF**.

In a multi-team meet at **CS Bakersfield**, the **Biola** men were 187-168-148-81 victors over **Westmont**, **CSB** and **Fresno Pacific**. The home team women, however, were able to pull out a 167-161-129-30 victory in front of **Westmont**, **Fresno Pacific** and **Biola**. At **Claremont-Mudd College**, both **CM** and **Pomona Pitzer** swept dual meet victories from **Oxy** and **Cal Tech** in both men and women's competition.

Down at the **Irvine Invitational** prep meet at Irvine High School, a couple of very close finishes saw the **Long Beach Wilson** boys edge **El Toro** 56-54, while the **Edison** girls used their field event strength to stay just ahead of a potent **Long Beach Wilson** team 80-76.

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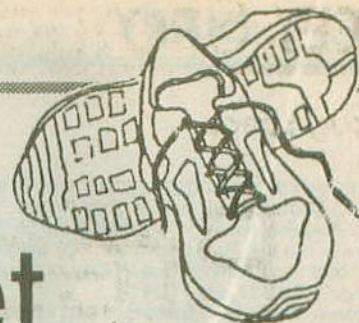


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MOSTLY SHOES

By Cregg A. Weinmann



Streak the Internet

Ron Hill turned onto Boylston Street, in downtown Boston on a rainy April afternoon in 1970. This was another day in a growing streak of continuous days of running for the British Olympian. Yes, it was a bit more spectacular than his usual daily run, as he became a Boston Marathon champion, in record time. The daily aspect of getting out for the run was key to his success in the marathon...

I have run for just over thirty-one years this track season. My training has varied over that time, alternating between, morning, afternoon, or both. During my adult life, I have been prone to compulsive streaks (my wife is convinced I have a compulsion toward the acquisition of shoes). My current training is almost entirely carried out in the morning. As I have become more serious about returning to the form I haven't seen in 20 years, my time spent training has increased. This increase has caused the starting time of my training runs to back up, because of the odd habit of my boss expecting me to show up for work at the same time each day. I start work at 7:30 a.m., so with my commute (an exhaustive three minutes each way), delivery of kids to school, breakfast, usual preparation activities, and dressing (twice --once to run, once for school), requires my 30-50 minute training run to start between 5:15 and 5:30 a.m. This was my schedule before I started writing this column. With the addition of another activity to my monthly schedule, I needed to manage the delivery of my prose. The solution was to sign-up for an Internet account and shoot it off at the speed of light to

CTRN@aol.com, the e-mail address for *California Track and Running News*. Of course, using the Internet to send e-mail was just the beginning. When you set up a mailbox you now have to check it. And what good would it be to set up a mailbox, without getting any mail? Naturally, I signed up for track results, fan discussion, training tips, and the like. What followed was a continuous flow of mail to my electronic mailbox. This created a new dilemma, when do you check your mail? Preferring not to inconvenience my wife by taking up the 'normal' waking hours on-line (or tie up the phone line), I did the only logical thing--I got up a half an hour earlier to take care of my 'net time!

Is there any topic not on the Internet? I believe this is a rhetorical question. Running is there. Track & Field is there. Throws, jumps, hurdles, distances, sprints--it's all there. Mailing lists, user's groups, web sites. Information. What is on the 'net for running shoes? The shoe companies are warming up to the Internet. Planet Reebok has been there for some time. Many others have followed, here are some addresses to try:

<http://www.asicstiger.com>
<http://www.brookssports.com>
<http://www.etonc.com>
<http://www.newbalance.com/nb/>
<http://www.puma.uk.com>
<http://www.planetreebok.com>
<http://www.saucony.com>

That's not all the shoe information though; these sites have more information about shoes, and where to buy them:

<http://www.runnersworld.com>
<http://www.eastbay.com>

<http://www.telrun.com>

<http://www.best.com/~blholmes/hoys/>

Ron Hill is still running, remarkably, more than 25 years without missing a day (perhaps longer, I've lost track). I'm not sure if that's first thing in the morning, it's not really important, each runner has their own preferences. I am trying to extend my longest streak of 109 days. I'm sure Ron would have some useful pointers for me, but I haven't gotten any e-mail from him yet. Maybe he needs that extra half hour of sleep.

Cregg A. Weinmann, an ardent fan and long-time participant in the sport of track and road racing, is a teacher living and working in Bakersfield, CA. Cregg's E-mail address is: shuz2run@lightspeed.net



For a sample copy and subscription information for Cregg's newsletter...

Running ShoesLetter

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MEET SPOTLIGHT

By Doug Speck

Preps at Mt. SAC

The Prep portion of the Mt. SAC Relays was as strong as it has been in the last decade. Some great relay action accented some strong individual event performances during the day-long Saturday action. One of recent running history's greatest distance struggles, a 3000m event between **Kim Mortensen** and **Jim Lei** of China left all viewers speechless. Super sprinting and hurdling by youngster **Miguel Fletcher** and **Sharif Paxton**, strong relay action by **Muir** (4x200), **Hemet** (4x800) anchored by **Robert Frichtel**, and **De la Salle** (Concord) (4x1600), and a great series of field event efforts were the Boys' highlights.

Angela Williams (200m), and some strong relay running by **Carondelet** (4x800) and **Yucaipa** (4x1600m) were the female standouts.

Mortensen and Jim Lei, who earlier in the day had taken the 1500m event at 4:23.50, sailed through the first 1600m of the 3000m event at 5:00.0 with the American doing all of the pace-setting work—the pace did not lag at all over the final three and a half laps, with the crowd getting into what was an amazing effort by the duo. Over the final lap the lead changed hands a couple of times, with the twosome eventually dead-heating at 9:15.89, the #6 US prep 3000 ever for the Thousand Oaks star.

Carondelet (Concord) early in the day was second to a Chinese squad in the 4x800 relay 9:09.23-9:10.81, with the bay area school's effort among the top

forty in US prep history, and the #2 California time ever. Yucaipa cranked it up in the Women's 4x1600 late in the day, racing 20:47.92, the #11 prep time in U.S. History. **Angela Williams** blasted a 23.56 200m win, with **Nicole Hoxie** a surprising 13.89 100m Hurdles race for other Women's highlights.

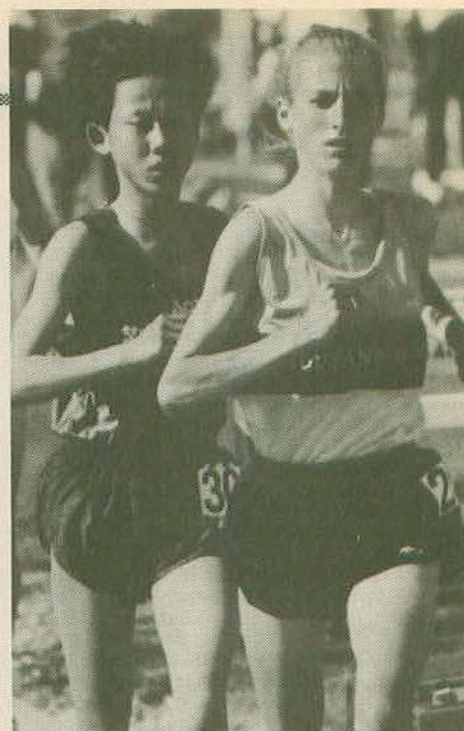
On the Men's side, it was soph Miguel Fletcher coming out best against a strong 200m field, racing 21.06. Sharif Paxton of Crenshaw exploded in the hurdles to a strong 13.77 National Leader, with Robert Frichtel racing 3:56.09 to take the 1500m after a 1:52 anchor on a 7:52.14 4x800 relay squad. **Obea Moore** showed up for a 20.4 split on his team's 1:26.35 winning 4x200 squad. De la Salle (Concord) closed the day with an excellent 17:34.59 4x1600m relay win.

A great series of Men's Prep field events had **Kevin Wilkinson** High Jump 7-0, **Steve Michels** take the vault at 16-00.75, **Clarence Scott** Long Jump 24-05.75w, Las Vegas's **Ike Olekaibe** Triple Jump 50-09w, **Jason Hammond** toss 65-2 in the Shot, and **John Bello** improve to 181-00 in the Discus.

RESULTS

Saturday April 20th * = Foreign athlete left out of results
Girls:

100m - (R-1) (wind +0.5 mps) Disia Page (Muir, Pas) 12.33, 2. Ragean Hill (Redlands) 12.43, 3. Aliba Green (University City, SD) 12.45. (R-2) (+1.51) Latroya Mucker (Hamilton, LA) 11.82, 2. Attrina Higgins (Chino) 12.17, 3. Christie Winkle (Washington, Phoenix, Az) 12.25, 4. Joney David (Charter Oak, Covina) 12.36. (R-3) (+2.0) Brianna Glenn (La Mirada)



Kim Mortensen & Jim Lei

Photo by Bill Cockerham

11.96, 2. Michelle Perry (Quartz Hill) 12.06, 3. Zahalea Showe (Poly, Long Beach) 12.28, 4. Shamira DeJurnett (Lutheran, La Verne) 12.31, 5. Tiffany Thompson (Alemany, Miss Hills) 12.42. 200m - (R-1) (+1.0 mps) Brianna Glenn (La Mirada) 24.71, 2. Michelle Boykin (Arroyo Grande) 25.41, 3. Shamira DeJurnett (Lutheran, La Verne) 25.52, 4. Joney David (Charter Oak, Covina) 25.58. (R-2) (+1.1) Angela Williams (Chino) 23.56, 2. Tammy Wallace (Pomona) 24.47, 3. Kela Walker (Muir, Pas) 25.03, 4. Latroya Mucker (Hamilton, LA) 25.12, 5. Christie Winkle (Washington, Phoenix, Az) 25.21. 400m - (R-1) Myesha Williams (Poly, Long Beach) 56.78, 2. Peggy Johnson (Louisville, Woodland Hills) 57.73. (R-2) Aisha Washington (Poly, LB) 56.44, 2. Julia Gray (North, Riverside) 57.17, 3. LaToya Thomas (Poly, LB) 57.68, 4. Nicole Funn (Eisenhower, Rialto) 58.15.

800m - Karla Bettancourt (Mexico) 2:09.20, * * * 5. Kelly Howsey (Clayton Valley, Concord) 2:15.83, * * * 8. Kadrina Coffee (Palmdale) 2:16.81, 9. Kerri Bock-Willmes (Carondelet, Concord) 2:18.42. 1500m - Jim Lei (China) 4:23.50, * * * 4. Jennifer Burris (Ayala, Chino Hills) 4:39.04, 5. Shalynn Fullove (Louisville, Woodland Hills) 4:40.9, 6. Kelly Howsey (Clayton Valley, Concord) 4:44.53, * 8. Latanya Sumlin (North Bakersfield) 4:49.33. 3000m - (tie) Kim Mortensen (Thousand Oaks) & Jim Lei (China) 9:15.89, 3. Annie Ebner (St. Lucy's, Glendora) 9:43.50, 4. Kristen Gordon (Carondelet, Concord) 9:46.14, * * 7. Andrea Neipp (Highland, Palmdale) 10:22.94, 8. Emily Lawson (Clovis West, Fresno) 10:26.79, 9. Nancy Zhang (Rowland, Rowland Heights) 10:1.16, 10. J. Osteen (Clayton Valley, Concord) 10:32.52, 11. Karen Nilsson (Ayala, Chino Hills) 10:33.59, 12. Danielle Day (Quartz Hill) 10:40.11.

100mH (R-1) (wind +1.1) Keyla Estrada (Mexico) 14.91, 2. Jonae Hunt (Westchester) 15.13. (R-2) (+1.8) Nicole Hoxie (North, Riverside) 13.89, 2. Rori Kelly (Morningside, Inglewood) 14.45, 3. Michelle Perry (Quartz Hill) 14.76, 4. Hannah Cooper (Hawthorne) 14.91. 300mLH (R-1) Michelle Perry (Quartz Hill) 44.17, 2. Frances Santin (Taft, Woodland Hills) 44.40, 3. Stacy Hebert (Buena, Ventura) 44.89, 4. Katrina Brooks (Etiwanda) 45.96, * 6. Christine Keyser (Canyon, Canyon County) 46.44, (R-2) Hannah Cooper (Hawthorne) 43.89, 2. Deetra King (Hawthorne) 44.57, * 4. Robin Leafblad (Arlington, Riverside) 45.20. 400m Re (R-1) Hart (Newhall) 50.82, 2. Haw-

continued next page.

MEET SPOTLIGHT

thorne 50.92. (R-3) Canyon Springs (Moreno Valley) 49.27, 2. Bishop Montgomery (Torrance) 50.72. (R-4) Pomona 49.05, 2. Redlands 49.52, 3. Charter Oak (Covina) 50.65. (R-5) Ayala (Chino Hills) 50.10, 2. Hamilton (L.A.) 50.47. (R-6) Poly (Riverside) 50.28, 2. Arroyo Grande 50.46, 3. Nogales (La Puente) 50.65. (R-7) Los Gatos 50.31, 2. Taft (Woodland Hills) 50.32, 3. Westchester 50.39, 4. Carondelet (Concord) 50.39, 5. Kennedy (Sacramento) 50.87. (R-7) Poly (Long Beach) 47.19, 2. Morningside (Inglewood) 47.58, 3. Dorsey (L.A.) 47.91, 4. Chino 47.97, 5. North (Riverside) 48.34, 6. Muir 48.50, 7. Palmdale 48.66. **4x200m** (R-1) Eisenhower (Rialto) 1:44.32. (R-2) Canyon Springs (Moreno Valley) 1:44.54, 2. Ayala (Chino Hills) 1:45.29. (R-4) Dorsey (L.A.) 1:40.26, 2. Morningside (Inglewood) 1:40.36, 3. Chino 1:42.60 (Williams 23.3 anchor), 4. Los Gatos 1:45.83. **4x400m** (R-1) Los Gatos 4:04.52. (R-2) Buchanan (Clovis) 4:04.98, 2. Hawthorne 4:05.52. (R-3) Louisville (Woodland Hills) 4:05.44. (R-4) Canyon Springs (Moreno Valley) 4:07.30. (R-5) Morningside (Inglewood) 3:55.27, 2. Taft (Woodland Hills) 4:01.42, 3. Carondelet (Concord) 4:01.87. (R-6) Dorsey (L.A.) 3:51.34, 2. Poly (Long Beach) 3:55.88, 3. Palmdale 3:56.35, 4. North (Riverside) 3:58.89. **4x800m** - Chino 9:09.23, 2. Carondelet (Concord) 9:10.81, 3. Amador Valley (Pleasanton) 9:27.93, 4. Peninsula (Rolling Hills) 9:28.10, 5. Poly (Long Beach) 9:28.54, 6. Thousand Oaks 9:39.24, 7. Buena (Ventura) 9:45.46, 8. Cheyenne (Las Vegas) 9:45.81. **4x1600m** - Mexico 20:35.34, 2. Yucaipa 20:47.92, 3. Canyon (Canyon Country) 21:12.74, 4. Clayton Valley (Concord) 21:25.12, 5. Amador Valley (Pleasanton) 22:09.74, 6. St. Lucy's (Glendora) 22:19.19, 7. Redlands 22:24.09. **800m Sprint Medley** - (R-1) Don Lugo (Chino) 1:54.25. (R-2) Poly (Long Beach) 1:49.25, 2. Morningside (Inglewood) 1:51.80. **Distance Medley Relay** - Amador Valley (Pleasanton) 12:31.95, 2. Peninsula (Rolling Hills) 12:40.12, 3. Canyon Springs (Moreno Valley) 12:46.87, 4. Clovis 12:54.79, 5. Temescal Canyon (Elsinore) 12:56.90, 6. Buchanan (Clovis) 12:59.61. **Shuttle Hurdles** (R-1) Ayala (Chino Hills) 72.41. (R-2) Thousand Oaks 68.43. (R-3) Newbury Park 72.94.



Mandy Buckley

Photo by Bill Cockerham

(Bear Creek, Stockton) 9-0. (Seeded) Bridgett Pearson (Hoover, Glendale) cleared 11-8 in this competition as a non-scorer. Lindsey York (Canada) 10-6, (tie) * * & Kaley Kito (Bear Creek, Stockton) 9-0. L.J. - Burni Oguniye (Poly, Long Beach) 18-10 (+1.06), 2. Rosalyn Grant (Ganeshia, Pomona) 18-01 (+1.39), * *, 5. Walker (Muir, Pas) 16-11.5 (+.5). (Seeded) Michelle Perry (Quartz Hill) 18- 01.75 (+0.8), 2. Pia McAllister (Clayton Valley, Concord) 17-09.5 (+1.0), 3. Tiffany Johnson

Redlands 16-11.75 (+0.4), T.J. - Rosalyn Grant (Ganeshia, Pomona) 36-10.5w (no wind reading), 2. Genein Jefferson (Eisenhower, Rialto) 36-08.5w, 3. Myeshia Dupree (Poly, Riverside) 36-04.75w, 4. Nicola Peyton (Santa Monica) 36-03.5w, 5. Nina Onwubere (Banning, Wilmington) 35- 08.75w. (Seeded) Stephanie Werth (Chaminade, Canoga Park) 37- 01.75w, 2. Latisha Robinson (Morningside, Inglewood) 36-06w, 3. Kinicia Robinson (Morningside, Inglew) 36-03.2, 4. Pia McAllister (Clayton Valley, Concord) 36-01.25w. SP Cynthia Ademiluji (Poly, Long Beach) 40-10.25, 2. Stacy Davidson (Reedley) 40-01.25, 3. Susan Hatchett (Arroyo Grande) 40-01.25, 4. Jennifer Vail (Palm Springs) 39-06.5, 5. Melissa Wallace (Clovis) 39-02.5. DT - Mandy Buckley (Bakersfield) 145-08, 2. Susan Hatchett (Arroyo Grande) 140-04, *, 4. Stephanie Brown (Arroyo Grande) 125-00, 5. Sandra Paulo (Bell Gardens) 120-08, 6. Stacy Davidson (Reedley) 120-02, 7. Mirna Hernandez (Escondido) 115-04, 8. Julie Christensen (St. Lucy's, Glendora) 111-10. (Seeded) Jennifer Vail (Palm Springs) 137-01.25.

Boys:

100m (R-1) (+2.5) Igme Evero (Alta Loma) 10.86w, 2. Larry Cooper (Hawthorne) 10.93w, 3. Tim Brown (Montclair) 11.05w. (R-2) (+2.03) Leon Callen (De la Salle, Concord) 10.60w, 2. Jerome Burrell (Palm Springs) 10.85w, 3. Ivan Boynton (Crenshaw, L.A.) 10.92w, 4. Terry Johnson (Rancho, Las Vegas) 10.92w, 5. Emon Thomas (Bakersfield) 10.96w, 7. Kareem Kelly (Poly, Long Beach) 10.97w. (R-3) (no wind info) Damian Allen (Damien, La Verne) 10.68w, *, 3. Damon Anderson (Westchester) 11.00w, 3. Daunte Burks (Kennedy, Sacto) 11.02w. **200m** (R-1) (-0.4) Igme Evero (Alta Loma) 21.2 ht, 2. Jerry Johnson (Rancho, Las Vegas) 21.5, 3. Thomas Omdroglieve (Leuzinger, Lawndale) 21.8. (R-2) (+1.2) Miguel Fletcher (Alemany, Mission Hills) 21.06, 2. Vince Williams (University City, San Diego) 21.25, 3. Michael Granville (Bell Gardens) 21.35, 4. Ivan Boynton (Crenshaw, L.A.) 21.87, 5. Jerome Burrell (Palm Springs) 21.94. **400m** (R-1) Chauncey Young (North, Riverside) 49.11, 2. Kashus Perona (Eisenhower, Rialto) 49.29, 3. B.J. Myles (Banning, Wilmington) 50.08, 4. Robert Glover (Crenshaw, L.A.) 50.63. (R-2) Michael Granville (Bell Gardens) 46.95, 2. Vince Williams (University City, SD) 47.35, 3. Howard Moore (De la Salle, Concord) 48.80, 4. Terrence Johnson (Chaparral, Las Vegas) 48.97, 5. Carlton Davis (Kennedy, Sacto) 49.36, 6. Marquis Anderson (Poly, Long Beach) 49.61, 7. Darrel Logan (Banning, Wilmington) 50.02.

800m - Ajani Brown (Crawford, San Diego) 1:54.98, *, 3. William Zamora (Baldwin Park) 1:56.23, 4. Mike Wojciechowski (Clayton Valley, Concord) 1:56.37, 5. Garrick Goods (Dorsey, L.A.) 1:56.49, 6. Greg Lomenick (Eisenhower, Rialto) 1:56.87. **1500m** - Robert Fichtel (Hemet) 3:56.09, 2. Ajani Brown (Crawford, San Diego) 3:57.16, *, 4. Chad Schmidt (North Bakersfield) 3:58.66, 5. Alfonso Ibarra (Arlington, Riverside) 4:02.36, 6. David Jackson (Rim of World, Lake Arrowhead) 4:02.52. **3000m** - David McCullity (Grossmont, La Mesa) 8:44.35, 2. Bernard Maitai (Whittier) 8:44.74, 3. Chad Schmidt (North Bakersfield) 8:49.07, 4. Sean Clendaniel (Yucaipa) 8:51.49, 5. Jacob Geyer (Palmdale) 8:51.90, *, 7. Alfonso Ibarra (Arlington, Riverside) 8:55.89, 8. Kevin Koeper (St. Francis, La Canada) 8:57.68, 9. Manuel Andrade (Coachella Valley, Thermal) 9:00.48. **110mH** (R-1) (+1.5) Reggie DePass (Montgomery, San Diego) 14.32, 2. Clinte Motley (Alta Loma) 15.12. (R-2) (+2.0) Sharif Paxton (Crenshaw, L.A.) 13.77, 2. Wilbert Moore (Paramount) 14.23, 3. Adrian Logan (Upland) 14.29, 4. Kenyon Rambo (Poly, Long Beach) 14.49, 5. Walter Tabb (Etiwanda) 14.91. **300mH** (R-1) Reggie DePass (Montgomery, San Diego) 38.16. (R-2) Kenyon Rambo (Poly, Long Beach) 37.22, 2. Wilbert Moore (Paramount) 37.26, 3. Robby Hughes (Hawthorne) 38.21. **400m Re** (R-1) Rowland 43.52, 2. Chino 43.82. (R-2) Apple Valley 43.70, (R-3) Calvary Chapel (Santa Ana) 43.1 ht, 2. Don Lugo (Chino) 43.5, (R-4) Norco 43.66, 2. Narbonne (Harbor City) 43.75, 3. St. Francis (Mountain View) 43.78. (R-5) Eisenhower (Rialto)

43.51, 2. Redlands 43.51, 3. Inglewood 43.73. (R-6) Muir "B" (Pas) 42.30, 2. Westchester 43.47. (R-7) Jordan (Long Beach) 42.33, 2. Wilson (?) 42.83, 3. Damien (La Verne) 43.36, 4. Paramount 43.73. (R-8) De la Salle (Concord) 42.19, 2. Bakersfield 42.66, 3. Notre Dame (Sherman Oaks) 42.71, 4. Rancho Cucamonga 43.09. (R-9) Poly (Long Beach) 41.98, 2. Hawthorne 42.67, 3. University City (San Diego) 42.81, 4. Alemany (Mission Hills) 42.82, 5. Morningside (Inglewood) 42.91. **4x200** - (R-1) Canyon Springs (Moreno Valley) 1:31.36. (R-2) Chino 1:32.33. (R-3) Muir "B" 1:28.25, 2. Bakersfield 1:29.37, 3. Inglewood 1:30.75. (R-4) Eisenhower (Rialto) 1:31.31. (R-5) Crenshaw (LA) 1:28.23, 2. Notre Dame (Sherman Oaks) 1:29.54, 3. Jordan (Long Beach) 1:29.55, 4. Rancho (Las Vegas) 1:29.98. (R-6) Muir "A" 1:26.35, 2. Morningside (Inglew) 1:27.81, 3. Serra (Gardena) 1:28.08, 4. Poly (Long Beach) 1:28.11, 5. Dorsey (LA) 1:28.36, 6. De la Salle (Concord) 1:28.65. **4x400m** (R-1) Calvary Chapel (Santa Ana) 3:26.46. (R-2) Palm Springs 3:24.88, 2. Rowland 3:26.85, 3. Fremont (LA) 3:27.65. (R-3) Paramount 3:23.27, 2. Banning (Wilmington) 3:26.20, 3. Riverside Poly 3:26.82. (R-4) Hamilton (LA) 3:27.67. (R-5) Redlands 3:26.87. (R-6) Diamond Bar 3:25.19, 2. Don Lugo (Chino) 3:27.20. (R-7) Alemany (Mission Hills) 3:20.82, 2. Eisenhower (Rialto) 3:20.86, 3. Taft (Woodland Hills) 3:22.74, 4. Marshall (Pasadena) 3:25.70. (R-8) Morningside (Inglew) 3:19.53, 2. Hawthorne 3:20.27, 3. Bakersfield 3:24.51. (R-9) Serra (Gardena) 3:17.74, 2. Dorsey (LA) 3:21.59, 3. Kennedy (Sacto) 3:25.21. **4x800m** - (R-1) Barstow 8:09.02 (Hassell 1:53.7), 2. Canyon Springs (Moreno Valley) 8:09.94. (R-2) Hemet 7:52.14, 2. Clayton Valley (Concord) 7:55.19, 3. Yucaipa 7:55.46, 4. Eisenhower (Rialto) 7:58.87, 5. De la Salle (Concord) 8:00.14, 6. Los Gatos 8:00.52. **4x1600m** - De la Salle (Concord) 17:34.59, 2. Clayton Valley (Concord) 17:51.67, 3. Yucaipa 18:07.27, 4. Nordhoff (Ojai) 18:14.10, 5. Hoover (Glendale) 18:14.47, 6. St. Francis (Mountain View) 18:21.93, 7. Reedley 18:31.59, 8. Warren (Downey) 18:33.85. **Spr Med** (R-1) St Francis (Mountain View) 3:37.76. (Inv) Dorsey 3:31.74, 2. Alemany (Mission Hills) 3:33.95, 3. Dominguez (Compton) 3:38.27. **Dist Med** (R-1) Warren (Downey) 10:48.22. (Inv) Clovis 10:34.99, 2. Poway 10:36.03, 3. Belmont 10:41.34, 4. Arlington (Riverside) 10:42.42, 5. De la Salle (Concord) 10:45.84. **Shuttle High Hurdles** - (R-1) Burroughs (Ridgecrest) 70.10. (R-2) Upland 65.01. (R-3) Thousand Oaks 65.61. (R-4) Eisenhower (Rialto) 65.55. (R-5) Diamond Bar 65.02. (R-6) Muir (Pas) 60.24.

HJ - Kevin Wilkinson (Arroyo Grande) 7-00, 2. Ron Nelson (La Mirada) 6-08, 3. Mitch Naber (Arroyo Grande) 6-06, 4. Clinte Motley (Alta Loma) 6-06, 5. Jonathan Hobbs (Redlands) 6-06, 6. (tie) Josh Hill (Camarillo) & Geoffrey Fallasen (Warren, Downey) 6-06. (Seeded) Matt Castiglione (Clovis) 6-08, 2. Don Christian (Crenshaw, L.A.) 6-06. **PV** Steve Michels (Brethren Christian, Cypress) 16-00.75, 2. Justin McGee (Apollo, Phoenix) 15-00, 3. David Gritz (Bear Creek, Stockton) 15-00, 4. (tie) Mark Zueta (Lemoore), Joe Krwinski (Arroyo Grande), & Nate Fox (Edison, Huntington Beach) 14-01.25. LJ - Clarence Scott (Dorsey, LA) 24-05.75w (+2.03), 2. Howard Moore (De la Salle, Concord) 23-04 (+1.66), 3. B.J. Stewart (Norco) 22-07.25w (+3.28), 4. Derrick Evans (Muir Pasadena) 22.5w (+3.73), TJ - Ike Olekaibe (Cimarron, Las Vegas, Nv) 50-09w (no wind reading taken), (Seeded) Dominique Young (Mission Viejo) 45- 09.75w. SP Jason Hammond (Fowler) 65-02, 2. Van Mounts (Bakersfield) 63- 00.25, 3. Derek Kurkowski (Canyon Springs, Moreno Valley) 54-00, 4. Lucas Miranda (Hemet) 52-07.25. (Seeded) Joseph Woods (Eisenhower, Rialto) 51-09. DT John Bello (Rancho Cucamonga) 181-00, 2. Derek Baxter (Ayala, Chino Hills) 165-06, 3. Jason Hammond (Fowler) 160-06, *, 5. John Dagata (Paraclete, Lancaster) 157-10, 6. Sam McMullen (Calvary Chapel Santa Ana) 156-03. (Seeded) Jake Sweet (Alta Loma) 154-01.

PREP NOTES

By KEITH CONNING

■ Results, Newspaper Stories, and Photos Wanted

Please send results, newspapers stories (include the date and name of the paper), and photos.

~Northern California: Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823; fax (510) 849-3342; web site: <http://www.best.com/~jcon/keith> (This site is under construction. Please be patient as we work out the kinks on the new frontier.)

~Southern California: Doug Speck, 563 N. Willowgrove, Glendora, CA 91740.

~Central Section: CTRN, 4957 E. Heaton Ave., Fresno, CA 93727 FAX (209) 255-4904.

■ On a personal note

I would like to apologize to all my readers for not having a timely column and results for the month of April. As you may know, this is a labor of love (volunteer effort) and sometimes other priorities take precedence—like teaching, family and other volunteer pursuits.

I was very busy with the Oakland Invitational at the same time that my disk was due in Fresno. Therefore, they had to go ahead without my input.

■ Thanks to all

I would like to thank everyone who has provided material for this issue. I especially want to thank **Mike Elnesser**, who has a wealth of information.

■ E-mail to the Prep Editor

Kerri Woolheater
(Casa Grande, Petaluma) '92
March 28

The last time we saw you, at the Oakland Relays, you said to keep you advised on how **Kerri Woolheater** was doing at the University of Kansas. (Kerri graduated from Casa Grande in Petaluma in 1992. She spent one year at SMU in Dallas, came home for one year, and then accepted another scholarship to run for KU.)

Running in her 3rd indoor season at the final Big 8 Indoor Championships on Feb. 24, she was a member of the DMR which finished 1st at 11:26.97. Her 800m leg was 2:13. They set a school and Big 8 record with this time and also qualified for nationals.

At nationals on March 9 they entered with the 10th best time and finished the race in 7th place with a time of 11:34. Their 7th place finish earned them All-American honors.

Their time was slower because two of their teammates for this race ran one hour earlier in the finals of the 800m and the mile. Their 800m runner, Kristi Kloster, won the 800 and their miler, Melissa Swartz, finished 5th.

Kerri started her last outdoor season this past weekend at the Alabama Relays. She will have one indoor season left for next year before she graduates.

If you need any other info let us know.

Dennis & Mary Woolheater
Petaluma

■ Stember Chases a Goal and a Legend

In footsteps of Ryun, Sacramento prep is latest to seek the elusive sub-four minute mile.

By Julie Cart, Times Staff Writer
Los Angeles Times, February 25—The incongruity of racing against a legend, whose name, 31 years later, carries so little meaning to teenage athletes, does nothing to stop the comparisons.

Michael Stember of Sacramento Jesuit High School, all arms and bony legs, and **Jim Ryun** of Wichita East High School, skinny chest thrust out, are the current now-and-then of high school runners. Of course, each bright young American miler is burdened with Ryun's legacy held up as "the next..." for as long as his talent holds up.

Stember is the latest in line. The 18-year-old hears Ryun's echoes in every footfall. In every interview. Inquisitions, he calls them. Everyone seems to expect that the lanky senior will be the first American high school runner to break the four-minute mile, since **Marty Liquori** did it in 1967. Ryun was the first.

To do so, a young runner must first test himself many times against his betters. That brought Stember to the L.A. Invitational Saturday night, far from home and in well over his head in the men's open mile. Stember finished a brave fourth, in a time of 4:07.1. Many strides and



STEMBER

Photo by Kathy Kelley



years ahead was the winner, **Jim Sorenson** in 4:04.59.

It was a notable race, in the endearing way of a sport that finds a statistical benchmark in every run, jump or throw. Stember's time was the third-best mile ever indoors by a high school student. Notable, too, was its comparison to Ryun. The time was one-tenth of a second faster than Ryun was able to run at this age, indoors.

Stember was scarcely seven seconds from the goal others have set for him. But what legitimacy does a four-minute mile have in a metric world, anyway?

"It's a standard that for 40 years has made a tremendous amount of sense in track and field," said **Doug Speck**, meet director of the Arcadia Invitational, an elite high school competition. "People understand that running four, 60-second laps together is an accomplishment. There are just some thresholds in sports, and it's one."

Speck, who saw Ryun break four minutes in high school, said Stember is widely thought to be in the same mold.

"It's a legitimate possibility, he said. "We're not just blowing smoke."

Stember's coach, **Walt Lange** gingerly addressed the issue. "There was a time when it was a taboo subject [with Stember]," Lange said. "Now we talk about it all the time. It seems to me that the talent is there." Stember's athletic talent has been honed as the youngest of six children raised in a household where sports were every child's after school activity. Stember speaks modestly of his ability and steers all conversations back to his admission that much hard work lies ahead if he is to enjoy anything like Ryun's career.

"People talk about the four minute thing to me, but that's just talk," Stember said, his mop of blond hair matted with sweat after the race.

"They say I'm just seconds away, but those are humongous seconds. I have to say it's a goal of mine, but I've got a lot of work to do. A lot."

Given the modest competition available in high school, Stember would not be expected to run under four minutes in a high school meet. He's more likely to reach that time in open competition, racing against older, faster runners. April, he says, looks like a good month to try.

However, true to his youthful code, Stember refuses to plan for the race.

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PREP NOTES

"It's going to be a spur-of-the-moment type of thing," he said "I'm not a split type of guy. I like to compete, to do what I have to do to win. The time will come."

(Prep Editor: I saw Jim Ryun win the mile run at the 1965 AAU Championship in San Diego in 3:55.3, while he was a senior in high school.)

I would like to thank Mike Elsesser for faxing this story.)

Men's All-time Outdoor List

MILE	
3:55.3	Jim Ryun (East, Wichita, Ks) 65
3:56.8	Ryun 65
3:58.1	Ryun 65
3:58.3	Ryun 65
3:59.0	*Ryun 64
3:59.4	Tim Danielson (Chula Vista, Ca) 66
3:59.8	Marty Liquori
	(Essex Catholic, Roselle, NJ) 67
4:00.1	Liquori
4:01.1	Liquori
4:01.5	Gerry Lindgren
	(Rogers, Spokane, Wa) 64
4:02.4	Richard Kimball
	(De La Salle, Concord) 74

Source: *HIGH SCHOOL TRACK 1996*, produced by Jack Shepard.

■ USATF Will Propose Stanford for 1999 World Track Meet

INDIANAPOLIS, March 4, 1996 — USA Track and Field will propose **Stanford University** in Palo Alto, Calif., as the site of the 1999 World Track and Field Championships. USATF's executive committee, meeting Sunday in Atlanta, voted to endorse a bid from a Bay Area organization that would bring the global events to the United States for the first time.

USATF's 22-member executive committee considered bids from the California group and from Seattle, WA. The Seattle organization had proposed the University of Washington's Husky Stadium as the meet site. Details of the vote were not available.

USATF will now present a bid to the International Amateur Athletic Federation, the world governing body for track. USATF will work with The Partnership, a group based in San Jose, CA, that had tried to secure the 1997 world meet for Palo Alto. If the IAAF awards the meet to the U.S., The Partnership would become the local organization committee.

"The executive committee was pleased with two bids, and the vote was close," said USATF president **Larry Ellis** of Skillman, N.J. "We look forward to the IAAF awarding the world championship to the U.S. for 1999. Stanford can offer the finest, most convenient facilities in the event's history."

The IAAF is expected to decide on a site for

the 1999 meet around the time of this summer's Olympics in Atlanta. Only once has the event been held outside of Europe. Previous world championships sites have been Helsinki in 1983, Rome in 1987, Tokyo in 1991, Stuttgart in 1993 and Gothenburg, Sweden, in 1995.

The 1997 event had been awarded to Mexico City, but the Mexican federation returned the rights to the IAAF following a national economic crisis. The IAAF subsequently awarded the meet to Athens.

■ Dom George Relays

Stockton, March 9--The McClymonds (Oakland) 4x100 relay team won in 3:16 (no tenths reported). The **El Cerrito girls' 4x200** team won in 1:41 (no tenths reported).

■ Mt. Pleasant Relays

De Anza College, Cupertino, March 9--The James Logan (Union City) girls' 4x100 relay team won in 47.4.

■ No hurdle too high

Running for the tiny nation of Cape Verde, Henry Andrade relentlessly pursues his Olympic dream

By **Fahizah Alim, Bee Staff Writer**
The Sacramento Bee

Tuesday, March 12, 1996 -- When **Henry Andrade** strides into the 1996 Olympics opening ceremonies carrying the flag of the Republic of Cape Verde—the only athlete to represent the tiny country off the coast of Western Africa—he will be nearing the last steps of a long and lonely journey.

This quiet, intense man's participation in the track and field events of the Olympic Games comes after years of delay and detours. Just about everyone has given up on the idea at one time or another—except Andrade and his relatives, many of whom live in Sacramento, where he was born and grew up.

His single-mindedness and persistence have not only earned him citizenship in his parents' native country and a shot at Olympic gold but also the opportunity to help usher an impoverished and underdeveloped country into the 21st century.

"Henry is capable of winning the gold medal," says business and sports attorney **Greg Harp-er**, who helped Andrade gain dual citizenship he

needed to compete for Cape Verde. "He has defeated **Roger Kingdom**, two-time Olympic champion in the 110-meter high hurdles. And he has defeated almost all the top people in this event."

Andrade's event is the 110-meter high hurdles. He was a Junior Olympic record holder in the event at age 13. He is a two-time NCAA champion and a six-time All-American. In 1985, Andrade became one of three hurdlers in the history of NCAA competition to win both the indoor and outdoor championships.

He has the credentials. And he is slowly raising the \$20,000 it will take to go to the Games this summer in Atlanta. A week ago, Andrade's brothers, sisters, and friends held a benefit for him in Sacramento and raised \$7,000. Surrounded by those who know him and believe in him, Andrade choked up as he expressed his thanks. Now, Atlanta awaits.

Andrade was born in Sacramento 33 years ago to parents who had come from Cape Verde, the tiny nation of 10 islands 350 miles from Senegal. Working through an underground connection run by Cape Verdeans who had immigrated to the United States, Andrade's father, Manuel, fled encroaching communism and wretched poverty in 1960, 15 years before the country gained independence from Portugal.

Manuel Andrade settled in Sacramento, working at a restaurant 16 hours a day for \$1 an hour. It took two years before he had enough money to send for his wife and children. The family settled in Oak Park, where Henry Andrade's older brother and idol, Joe, was the first person in the family to realize that running could be empowering.

"I had to run," says **Joe Andrade** with a laugh. "I was a black person who couldn't speak English, and we lived on a dead-end street."

Watching his brother compete gave Henry the running fever.

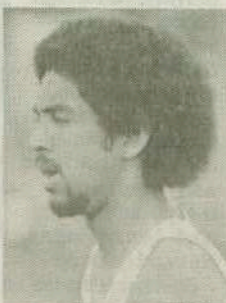
"He would hide beneath the bleachers at Hughes Stadium and watch me run," I'm going to beat you, Joe. He would always tell me the same thing. "I'm going to beat you Joe." "He's incredibly competitive." No kidding.

Henry Andrade says he was 6 years old when he first decided to be an athlete. "I've known all along what I was going to do. My first love was football, my second was basketball, and track was my third. During his high school years at **Hiram Johnson High**, Andrade earned various all-state, all-league and all-city honors in the three sports.

From a poor family, he wore the same Nike sneakers through three basketball seasons. In track he held the state record in both the 110- and 300-meter hurdles going into the California State Meet in his junior year. But a disqualification brought on by a false start at Hughes Stadium in 1979 proved to be one of the most disappointing experiences of his life.

"There was just too much pressure from the

continued next page



ANDRADE

Fine Flicks by Don Gosney

PREP NOTES

media and the coaches," says Andrade. "I had led the state in both hurdle events throughout the year, and I was favored as the first double winner in these two events. But it didn't happen."

Time and time again, something interfered with Andrade's plans. A disqualification in the junior Olympics in 1979 on a technicality. An injury in college. Trouble at home. Still, Andrade was undaunted.

"It's just been the story of my life," says Andrade behind an emotionless mask. "Nothing has ever been easy."

His home life was tough, and his parents didn't understand his ambition. In his junior year, he went to four different high schools, spending half a year in Tacoma, WA, with his brother Joe, who had joined the military. Tacoma provided the respite he needed. He returned to Sacramento, and in 1980, his senior year in high school, he was recruited to play wide receiver at Southern Methodist University with Eric Dickerson as a teammate.

He was on course—or so he thought. But his college football and track careers in the early 1980's were marred by injuries—a broken wrist and nerve damage in his leg. When Andrade fitted up for the football season during his senior year, he says it was "incredible" but he found himself sitting on the bench.

"I knew I was going pro," says Andrade, who is 5-foot-11 and weighs 167 pounds. "To this day, I should have been playing professional football."

In fact, he was offered a free-agent contract with the San Diego Chargers in 1985. That opportunity forced Andrade to make a choice—football or track. Andrade opted to hit the European track and field circuit which, in hindsight, he calls a bad decision. Having no manager or agent, Andrade ranked eight in the world, but barely had enough money to get home from Europe when the circuit ended.

But he was world-class fast (his all-time best in the 110-meter high hurdles is 13.36)-- and he wanted to prove it in the Olympics. First, though,

he turned to football again, playing briefly for the New York Giants during the NFL strike of 1987. Afterward, back in Sacramento and down on his luck, he started thinking about getting dual citizenship and running track for Portugal, the country that had colonized Cape Verde. He then found out that Cape Verde qualified for its own representation.

It wasn't until he moved to Southern California in 1989 that he found the help that had eluded him for years. It came in the form of the Harper brothers—Greg, a lawyer, and Nick, a chiropractor whom Andrade met in Norwalk.

Nick Harper was impressed with Andrade's athletic feats and determination.

"My brother told me about Henry because he knew I represented athletes who played in other countries," says Greg Harper, a 39-year-old attorney in Berkeley. "Nick told me that Henry was the most humble guy on that level of ability. World-class athletes have really big egos, but Henry is very low-key. You would think he was the water boy or something."

Harper began working in 1992 on arranging for Andrade's dual citizenship with Cape Verde. He contacted the Cape Verde consul general, who said the country was willing. But communications and the application process were slow, in part because of the island nation's limited resources. Andrade met with the prime minister of Cape Verde in Southern California in 1992. The citizenship process briefly accelerated after they spoke in the Crioula language they share.

In 1993, Andrade represented Cape Verde in the ninth annual African Championship—the first international sports competition held in South Africa since the end of apartheid. While there, he conducted a clinic for hundreds of kids in the national stadium. Later that year, Andrade represented Cape Verde in the World Championship Games in Toronto, where he missed making the finals by a photo finish. He also injured his hamstring attachment and it kept him from running for two years. He

missed the U.S. Championships at Hughes Stadium last year. But surgery last August has helped him recover, he says.

These days, he trains three hours a day for the Olympics. He runs during his lunch hour and does weight training after work as a claims adjuster for State Fund Insurance. He is also pursuing a master's degree in kinesiology that will be awarded in May at California State University, Long Beach.

"It's very difficult, but I don't complain," Andrade says. "I do what I have to do. ...I have sacrificed everything for my plan. Girlfriends have left me for my plans."

His determination has paid off. Andrade has met the qualifying standards (13.38 for the 110 meter high hurdles) for the U.S. trials in Atlanta on June 14. He's going to enter the trials as a part of his training program. But even if he qualifies for the U.S. team, he's says he will compete for Cape Verde.

"That's because I'm Cape Verdean, and I stand for all Cape Verdeans. I want to represent my people, my country and make my father proud. For him and my family, this is a big opportunity."

Andrade hopes to do well in the Olympics, but in getting there, he has found another goal much bigger than the one he has started out with. His goal now is to help develop a youth sports program in Cape Verde, which he has only visited during a brief plane layover. But he is, nonetheless, passionate about this country that has no track, no stadium and no coaches.

"I want to set up a track and field program," says Andrade, "so that by the year 2000, Cape Verde athletes will be competing internationally and be able to benefit from being in the Olympic Games."

"It's important for all youngsters to be able to compete and learn the lessons of planning and working hard and sticking to it that I can use throughout my life. I want to be known as a person who came to compete and worked hard and never backed down from anyone or any challenge."

[Prep Editor: Henry Andrade's personal best is 13.45 in 1984 (see table below)].

Kiwanis-Bellarmine

Los Gatos High School, March 16—Leon Callen (De La Salle, Concord) won the 200 meters in 21.3. Micheil Jones (Livermore) defeated Bolota Asmerom (McAteer, San Francisco) in the 3200 meters—9:12.57 to 9:13.13.

Demeshia Craig (St. Francis, Mt. View), the daughter of 49er great Roger Craig, won the 100 meters in 11.99 and the 200 meters in 24.1.

Kristen Gordon (Carondelet, Concord) won the mile in 4:59.83 and the two-mile in 10:34.2.

Tisha Ponder (Del Mar, San Jose) long jumped 19-7.

continued next page.

Henry Andrade

17Apr 1962
5-11 165

Sacramento, CA

Cape Verde Islands;
United States '92;
Unattached;

Southern Methodist '85;

Hiram Johnson HS
(Sacramento, Ca) '80

110 Hurdles:

79	13.9y hs				
80	13.79 hs				
81					
82f	13.66A	(x,10)	6)NCAA		
83s	13.75, 13.58w		5)NCAA	-)TAC	
84j	13.45	(10,6)	2)NCAA	3)TAC	6)OT 13.28w
85S	13.50,	(8,6)	1)NCAA	4)TAC	4)OF 13.43w, 13.2
86	14.14, 13.91w			-)TAC 13.5w	
--					
89	14.00, 13.75w				
90	13.66, 13.47w		8)TAC	2)OF	
91	13.51				
92	13.58A	(x,18)		6)OT 13.59, 13.46w	
93	(14.64)			6h)WC	

Source: FAST UNITED STATES ANNUAL 1994

■ Johnson jumps right into track

By Steve Fryer

March 19, Orange County Register—Cory Johnson of Los Alamitos figured this was the year to clear 7-feet in the high jump. He didn't figure this was the month to clear 7-feet in the high jump. Yet he felt relaxed and confident enough clearing 6-6 and then 6-10 in his first meet of the season last week at Gahr of Cerritos that he decided to go for it.

He nicked the bar, but it stayed up and Johnson became just the third Orange County high school athlete, and the first non-Carlson, to go 7-feet in the high jump. **Brian and Kevin Carlson** of Katella were the first O.C. high schoolers to clear the mark, and Kevin (the first to clear 7-feet) is the county record-holder at 7-1.

Gahr's track and field facility recently was refurbished, and Johnson liked the results.

"The runaway was perfect," he said. I wanted to take advantage of it, and I was kind of hyper because it was my first meet of the season. I said, "What do I have to lose?"

As he cleared 6-6 then 6-10 and the bar was nudged to 7-feet, a crowd gathered.

"That was fun," he said. "When I cleared it, I just went ballistic. It was funny."

Since the Gahr meet, Johnson has cleared 6-10 in practice consistently. But having just finished basketball season, Johnson, a 6-foot-2 senior who averaged 12 points a game, had not practiced high jumping much before Gahr.

"We gave him a week off after basketball," said Los Alamitos track and field assistant coach **Jim Van Gorder**, who coaches jumpers with **Jay Jensen**. "When we started jumping in the Gahr meet, Cory said, 'Where do we start?' I said '6-feet,' and then we went to 6-4 and then 6-8 and it was all going so easy for him."

Johnson hoped to be near Kevin Carlson's record, set in 1991, either around the time of the Orange County Championships or the Mt. San Antonio College Relays on April 20 (Johnson is unsure in which meet he will participate), or when the CIF Southern Section Preliminaries are held May 10-11.

"I'm really looking to go 7-3, 7-4 this year," he said. "If I can get over (7-feet) again by that time, then I can go into those meets with confidence."

Said Van Gorder: "I'd rather have him be around 6-8 now and build as the season progresses."

Van Gorder said he doesn't think Johnson already has peaked.

"Oh that won't happen with him," Van Gorder said. "He's just starting to mature. I'd love to predict he'll go 7-3 and you really can't predict that. But he's got it in him."

"When you pass 7 feet," Johnson said, "It seems like you've achieved a lot. But I can achieve so much more. If I keep practicing hard and doing what needs to be done, it won't be a problem."

■ Stanford Track & Field Invitational

45 Colleges and Universities and 76 High Schools to Compete at Stanford's New Track & Field Venue

STANFORD, March 19 (Stanford Media Relations) - In past years, the **Stanford Track & Field Invitational** has been the largest such event during the early track & field outdoor season in the Western United States. This year is no exception as more than 37 colleges and universities and more than 76 high schools will be competing on Stanford's new track & field venue, **Cobb Track & Field**.

The new state-of-the-art facility is built on the site of what was for many years the home of Stanford Track & Field, **Angell Field**. **Cobb Track & Angell Field** features a nine-lane all weather track named in honor of **Chuck Cobb** and his family. In addition, all field event competition venues will be contained within the track, including multi-direction runways for the pole vault, long and triple jumps, all throwing cages and areas, and an interior water jump to contest the steeplechase.

"The newly renovated Cobb Track & Angell Field is a wonderful homecoming for Stanford Track & Field," said **Vin Lananna**, Stanford's Director of Track & Field. "It's a tremendous step forward for our program, Stanford Athletics and the track & field world as a whole."

Several of the nation's top colleges and universities will be competing, including **Brigham Young, Purdue, Stanford, Arkansas, California, Notre Dame, Oregon, Washington, and Washington State**. Several former United States Olympians will be competing, including **Patti Sue Plumer, Jeff Atkinson, and Chryste Gaines**. Also competing will be three-time world decathlon champion **Dan O'Brian** and former Stanford All-American **Jackie Edwards**. Edwards is a former Olympian for the Bahamas.

Friday's events will kickoff at 8:30 a.m. with the field events. The running events will be at 11:00 a.m. Saturday's events will start at 9:00 a.m. There will be a ribbon cutting ceremony at 11:30 a.m. to dedicate the new track & field facility at Stanford.

For youngsters (ages 6-12), there will be a "Kids Half Lapper" on Saturday at 10:30 a.m. Boys and girls ages 6-to-12 will be admitted free to the Stanford Track & Field Invitational when accompanied by an adult. Awards will be given to all participants in all categories.

■ Gordon serves notice in 3,200

By J. Eric Docktor

Concord, March 20, Oakland Tribune—Generally, March is not a great time to judge a

high school runner. March is a time for heavy training, long distance jaunts and a few grueling interval workouts.

And that's exactly why **Kristen Gordon's** time of 10:34 in the 3,200-meter run at the K-Bell Invitational on Saturday was so special. Gordon posted the fastest outdoor time in the nation this season, and it has earned Gordon -- a junior at **Carondelet High** -- Prep of the Week honors.

"She's not ready to peak," Carondelet coach **Helen Lehman** said. "That gives you an indication of what she's going to do this season."

Gordon also ran a meet-record 4:59 mile at the K-Bell and ran on Carondelet's winning mile-relay team. Her 3,200 time qualifies Gordon for the National Championship meet at the end of the season and is only 15 seconds off the best time in the nation last year, according to Lehman.

"I felt like I wasn't going that fast," Gordon said. "When I heard the time I didn't think I was going that fast at all." And considering Gordon did not have anyone running with her -- she finished more than 27 seconds ahead of the second-place runner -- her time was all the more impressive.

Julia Stamps -- one of the premier distance runners in Northern California -- didn't run in the K-Bell," Lehman said. "If she had, that would have been interesting."

Gordon said competition from Stamps, who goes to Santa Rosa High, would have helped her time. "A lot of times when you're running by yourself, and you're hurting a bit, your body slows you down," Gordon said. "With someone there I would have pushed myself a bit."

Before Saturday, Gordon did not consider the 3,200 her best event. She said she started her track career in ninth grade focusing on the 3,200, but last year became more interested in the mile. She didn't change focus until last Saturday. Gordon knows there is room for improvement on her time because she ran a negative split -- meaning her second mile was faster than her first.

Her early success is due partially to a change in her winter routine. Gordon had been a three-sport athlete for the Cougars during her freshman and sophomore years, running cross country and track in the fall and spring, and playing soccer in the winter.

"At the end of cross country season (she was second in the state), my body was dead," she said, explaining why she did not play soccer this year. "I knew I'd miss soccer, but it was something I had to do to be successful with running."

(Prep Editor: I would like to thank Gary Brooks for faxing me this story.)

■ Stanford Invitational

Cobb Track and Angell Field, Stanford, March 22-23—**Michell Jones** (Livermore), fifth in the 1995 State Meet 1,600 meters in 4:11.94, set a new meet record of 4:14.14. The old

continued next page...

PREP NOTES

record of 4:17.1 was set by **Adam McAbey** (Miramonte, Orinda) in 1986. **Aaron Gillen** (Yreka) placed second in 4:15.23, which was also under the old record.

JoVesa Naivalu (Fremont, Sunnyvale), the 1995 State Meet high hurdles champion in 14.33, was called for a false start. The recall starter told me that he had his feet were in the air, not touching the blocks. JoVesa's father told me that his son felt that he was touching the blocks.

The **Nevada Union** (Grass Valley) boys' distance medley relay team of **Shawn Glynn** 1,200 meters, **Brad Garland** 400 meters, **Nelson Laux** 800 meters, and **Steve Hackworth** 1,600 meters, won in 10:28.95. Their projected time submitted by coach **Clyde Lehman** was 10:29.99. The **Livermore** team of **Adrian Eimerl**, **Dave Bettencourt**, **Tim Ricard**, and **Michelle Jones** (4:16.4) placed second in 10:30.31. Jones passed several runners during his leg, but he couldn't quite catch Hackworth. Coach **D. Gutierrez** projected 10:30. **De La Salle** was third in 10:32.12. **Los Gatos** was fourth in 10:34.95. The **St. Ignatius** (San Francisco) team of **Brendan Fitzgibbon**, **Ben Daniels**, **Ben Brandin**, and **Paul Wellman** placed fifth in 10:35.74.

Carla Estes (James Logan, Union City) set a new meet record of 55.45 in the girls' 400 meters. The old record of 56.39 was set by **Kaseiah Crockett** (Skyline, Oakland) in 1995.

Senior **Kristen Koppes** (Foothill, Redding), sixth in the 1995 State Cross Country Meet Division II in 18:31, won the 3,000 meters in 10:05.46. Junior **Anne Gunnison** (McClatchy, Sacramento), seventh in the 1995 State Meet 3,200 meters in 10:54.01, placed second in 10:08.78. Freshman **Trina Cox** (Santa Rosa) was third in 10:12.75.

The **James Logan** girls' 4 X 100 relay team won in 47.04 and the 4 X 400 relay in 3:51.22.

Breanna Haut (Harbor, Santa Cruz), the 1995 Central Coast Section champion in the pole vault, won at 10-0. **Maria Lopez** (Newark Memorial, Newark) placed second at 10-0. Senior **Darlene Tulua** (Carmel), third in the 1995 State Meet shot put at 42-9 3/4, set a new meet record of 47-7. The old record of 44-4 was set by **Heidi Ruiz** (Los Gatos) in 1988.

Senior **Darlene Tulua** (Carmel), third in the 1995 State Meet discus at 147-8, also set a new meet record in the discus of 146-1. The old meet record of 145-6 was set by **Soozie Shanley** (Tulare Union) in 1994.

Stan Wright Panther Invitational

Hughes Stadium, Sacramento, March 29--Jim McGee (Sacramento) won the 100 meters in 10.65 (no wind information) and the long jump at 24-6 (nwi) 7.47m.

Martinez Relays

Alhambra High School, Martinez, March 30--The Carondelet girls' distance medley relay team set a new meet record of 12:38.4 in the distance medley relay.

(Prep Editor--I competed in this meet in 1958 for Abraham Lincoln High School in San Francisco.)

In 1960 Castlemont High School of Oakland set the 4x200 record of 1:27.7 and the 4x400 record of 3:19.1. Not bad for a dirt track.)

17th Annual Oakland Invitational Relays

Edwards Stadium, Berkeley, April 6--Jim McGee (Sacramento) won the 100 in 10.64. **Maikio Haywood** (Muir, Pasadena) won the 110 hurdles in 14.27 and the 300 hurdles in 37.04. **Kenyon Rambo** (Long Beach Poly) placed second in 37.76.

The **Muir** 4x100 team won in 41.27. Muir won the 4x200 in 1:26.19 with **Obea Moore** running 20.5. **McClymonds** (Oakland) placed second in 1:27.43. **Felton Charles** ran a very fast second leg for McClymonds putting them into a brief lead over Muir.

Muir won the 4x400 in 3:11.75. McClymonds placed second in 3:15.15.

The **Muir** sprint medley relay team won in 3:28.75. The **Livermore** distance medley team won in 10:24.64.

Mission San Jose (Fremont) placed second in 10:33.20.

Clarence Scott (Dorsey), the state meet long jump champion, won with a leap of 25-4 1/2.

Derrick Evans (Muir) won the triple jump at 48-2 1/2. **Van Mounts** (Bakersfield) defeated **Brian Chase** (Cardinal Newman, Santa Rosa) by six inches--60-10 to 60-4.

Lance Jaaron (McQueen, Reno, Nevada), the two-time Nevada state discus champion, who has signed with UCLA, won with a throw of 184-1.



Derrick Evans

Photo by Bill Cockerham

Jernae Wright (Logan, Union City), second in the State Meet 100 meters, won in 11.87. **Miesha Withers** (Morningside, Inglewood) placed second in 11.98. **Malika Edmundson** (St. Bernard, Playa del Rey) won the 400 in 55.98.

Julia Stamps (Santa Rosa), the state meet 3,200 meter champion, won the 1,600 meters in 4:52.00.

Daveeta Shephard (Salesian, Richmond) won the 100 meter hurdles in 14.31, but was disqualified for a uniform violation. She was not running in a school issued singlet. **Nicole Hoxie** (John W. North, Riverside) placed second in 14.34. Shephard also won the 300 hurdles in 43.80. This time she was running in a school issued Salesian singlet.

James Logan (Union City) won the 4x100 in 46.63. **St. Bernard** (Playa del Rey) placed second in 47.47. **Morningside** (Inglewood) was third in 47.53. **Long Beach Poly** was fourth in 47.72. Muir (Pasadena) was fifth in 47.80. **James Logan** (Union City) won the 4x200 in 1:37.95, the eighth best in California history and the 22nd best in United States history. **Muir** (Pasadena) placed second in 1:41.10.

James Logan (Union City) also won the 4x400 in 3:51.50. **Dorsey** (Los Angeles) placed second in 3:51.81. **Amador Valley** (Pleasanton) was third in 3:52.53. **El Cerrito** was fourth in 3:53.55. **Long Beach Poly** was fifth in 3:55.06.

St. Bernard (Playa del Rey) won the girls sprint medley relay in 1:46.63. **El Cerrito** placed second in 1:49.69. **Long Beach Poly** was third in 1:49.76.

The **Silver Creek** (San Jose) girls' distance medley relay won in 12:39.44.

Christa Epperly (Nevada Union, Grass Valley) won the pole vault at 10-0. **Tisha Ponder** (Del Mar, San Jose) won the long jump at 20-0 3/4 and the triple jump at 40-3 1/2. **Vatau Pohahu** (Balboa, San Francisco) won the shot put at 44-3. **Chaniqua Ross** (Laguna Creek, Elk Grove) won the discus at 153-0.

Editorial

The case of **Daveeta Shephard** at the **Oakland Invitational Relays** brings up the question of the rules that govern our sport. Daveeta was disqualified after winning the 100 meter hurdles, because she ran in a pink jog bra instead of her standard Salesian singlet.

It is the responsibility of each track coach to know the rules and to follow them.



SHEPARD

Photo by Bill Cockerham

continued next page.

PREP NOTES

Walt Butler, Daveeta's coach, claimed that he didn't know the uniform rule. Yet it was clearly spelled out by the meet management that they would enforce the uniform rule.

Ignorance of the law is no excuse, as I used to teach my Berkeley High School Business Law students.

We as coaches need to get our act together. Please read the rule book and follow the rules, so that our student-athletes will not be punished.

■ Third Annual Bear Creek Invitational

Stockton, April 6--**David Gritz** (Bear Creek, Stockton) won the pole vault at 15-6.

Lisa O'Reilly (St. Mary's, Stockton) won the 300 low hurdles in 43.80. **Marcelus Rooney** (Woodland) won the shot put at 43-9 1/2.

■ Northern Californians at Arcadia Invitational

Arcadia High School, April 13--**Tim Brown** (McClymonds, Oakland) won the seeded 400 meters in 47.25, but he was disqualified for three steps over the line. **Felton Charles** (McClymonds, Oakland) won the invitational 400 meters in 46.68.

Dan Sikiric (Leland, San Jose) placed fourth in the 800 meters in 1:51.32. **Beebe Rutledge** (Los Gatos) was sixth in 1:51.90. **Kareem Morrell** (San Jose High Academy, San Jose) was eighth in 1:53.21.

Bolota Asmerom (McAteer, San Francisco) won the 3,200 meters in 9:04.96. **Michell Jones** (Livermore) placed third in 9:07.28. **Randy Maestretti** (De La Salle, Concord) was fourth in 9:07.57, which is the second best time in his school's great distance running history.

Maestretti passed **Jeremy Seven** (9:11.00+ two-miles 1990) on the De La Salle all-time list, but he still trails state champion **Rich Kimball** (8:46.5 two-miles 1974). **Joe Smith** (Livermore) was ninth in 9:13.45.

Joe Naivalu (Fremont, Sunnyvale), the state high hurdles champion, placed second in 13.99 (-1.31) and won the 300 intermediate hurdles in 37.33.

Golden Valley (Merced) placed fourth in the boys' 4x400 in 3:15.70. **McClymonds** (Oakland) did not run, because **Michael Nixon** missed the plane. He had taken the SAT in the morning, but didn't meet up with his teammates after the test. It's too bad, because both **Felton Charles** and **Tim Brown** ran excellent times in their 400 meter races. But we will hear from them at the state meet.

Nevada Union (Grass Valley) placed second in the boys' distance medley relay in 10:16.40. **St. Ignatius** (San Francisco) was fourth in 10:20.9. **Leland** (San Jose) was fifth in 10:24.60. **De La Salle** (Concord) was sixth in

10:25.14. **Mission San Jose** (Fremont) ran 10:31.30. **Bellarmino Prep** (San Jose) ran 10:34.6.

Brian Chase (Cardinal Newman, Santa Rosa) placed fourth in the shot put at 60-11 1/2. **John Badovinac** (Jesuit, Carmichael) was fifth at 59-4 1/2.

John Gagnon (Christian Brothers, Sacramento) placed fifth in the discus at 180-0.

Damesha Craig (St. Francis, Mountain View), the daughter of 49er great Roger Craig, won the 100 meters in 11.80 (-1.22). **Jernae Wright** (Logan, Union City) placed second in 11.95. Craig placed third in the 200 meters in 24.32 (0).

Carla Estes (Logan, Union City) won the 400 meters in 54.33. **Kristen Gordon** (Carondelet, Concord) placed third in the 1,600 meters in 4:49.3.

Davetta Shepherd (Salesian, Richmond) placed second in the 100 meter high hurdles in 14.30 (-1.21). **Katie Schukle** (Santa Rosa) won the seeded 300 meter low hurdles in 43.84. **Michelle Steingart** (St. Francis, Mountain View) placed second in 43.94.

The **James Logan** (Union City) girls' invitational 4x100 meter relay team won in 46.15. The **Amador Valley** (Pleasanton) girls' seeded 4x400 meter relay placed second in 3:49.3. The **El Cerrito** team of senior **Tiffany Ross** 58.5, junior **Seneik Saavedra** 55.6, senior **Danielle Bigbee** 58.7, and senior **Mia White** 58.8, finished third in 3:51.6.

The **James Logan** (Union City) girls' invitational 4x400 meter relay team placed third in 3:47.48.

The **Carondelet** (Concord) girls' distance medley relay team placed third in 12:02.85. **Lowell** (San Francisco) was fourth in 12:10.65 and **St. Ignatius** (San Francisco) was seventh in 12:19.15.

Tisha Ponder (Del Mar, San Jose) won the long jump at 19-3 3/4 and placed second in the triple jump at 40-4 3/4. **Julie Tinker** (Valley, Sacramento) was third at 39-5 1/2. **Vavatau Puhahau** (Balboa, San Francisco) placed third in the shot put at 43-5 1/2. **Chaniqua Ross** (Laguna Creek, Elk Grove) was fourth at 43-2 1/4. Ross placed second in the discus throw at 159-8. **Darlene Tulua** (Carmel) was third at 157-6.

■ Pierce-Golden Bear

Edwards Stadium, Berkeley, April 13--**Julia Stamps** (Santa Rosa) placed third in the women's mile in 4:51.08. **Monal Chokshi** (Stanford) won in 4:46.00. **Moore** (Stanford) placed second in 4:50.93.

■ Northern Californians at Mt. SAC

Mt. San Antonio College, Walnut, April 20--**Leon Callen** (De La Salle, Concord) won 100 meters open 1 in 10.60w (+2.03).

The **De La Salle** (Concord) 4x1600 relay team of **Alex Sanchez** (4:23), **Chris Coffee** (4:26), **Randy Maestretti** (4:21), and **Tom Prindiville** (4:22) won in 17:34.59.

Kristen Gordon (Carondelet, Concord) placed third in the 3,000 meters in 9:46.14.

The **Carondelet** (Concord) girls' 4x800 relay team of **Megan Andrade** (2:22.6), **Kristen Gordon** (2:15.3), **Kelly Piatanesi** (2:17.3), and **Kerri Bock-Willmes** (2:14.9) placed second in 9:10.81. That is an average of 2:17+ per girl! **Amador Valley** (Pleasanton) was third in 9:27.93. The **Amador Valley** (Pleasanton) girls' distance medley relay team won in 12:31.95.

■ Hampton-Phillips Track Classic

San Jose City College, San Jose, April 20--**Daniel Sikiric** (Leland, San Jose) set a new meet record of 4:14.66 in the 1,600 meters. The



SIKIRIC
Photo by Kirby Lee

old record of 4:21.20 was set by **Billy Harper** (Junction City, Oregon) in 1994.

Michell Jones (Livermore) placed second in 4:14.85, also under the old record.

Joe Naivalu (Fremont, Sunnyvale), the state high hurdle champion, set a new meet record of 14.00 (no wind information) in heat 3. The old record of 14.39 was set by **Isaac Carson**

(Jefferson, Daly City) in 1991. Naivalu came back to win the final in 14.06 (+1.9).

Lisa O'Reilly (Saint Mary's, Stockton), who is coached by 1988 Olympic champion in the 400 intermediate hurdles **Andre Phillips**, won heat one of the 100 meter low hurdles in 14.40 (nwi).

The **El Cerrito** girls' 4x400 team won in 3:53.90.

Maria Lopez (Newark Memorial, Newark) won the pole vault at 10-6.

■ Vallejo Relays

Corbus Field, Vallejo High School, April 20--The **McClymonds** boys' 4x200 relay won in 1:27.2. **Kana** (Lowell, San Francisco) won the 1,600 meters in 5:00.1.

Davetta Shepherd (Salesian, Richmond) won the 100 meter high hurdles in 14.38. The **Lowell** (San Francisco) girls' distance medley relay team won in 12:31.9. **Vavatau Puhahau** (Balboa, San Francisco) won the girls' shot put at 44-1 1/2.

■ Penn Relays

Philadelphia, April 25--The **Georgetown** women's distance medley team of **Miesha Mar-**

continued next page.

PREP NOTES

zell (Bishop O'Dowd High School, Oakland), Amy Ross, Julian Reynolds, and Jolline Stasheli won in 11:07.69.

Mindy Wirtz (Kent State/Leland High School, San Jose 1990) placed fourth in the shot put at 49-6 1/4.

■ CCS Top 8 Classic

Los Gatos, April 26--Dan Sikiric (Leland, San Jose) set a new meet record of 1:51.77 in the 800 meters. The old record of 1:52.1 was set by Keith Allen (Bellarmine, San Jose) in 1984. Joe Naivalu (Fremont, Sunnyvale), the State Meet champion, won the 110 meter high hurdles in 13.8.

Dameesha Craig (St. Francis, Mt. View), the daughter of 49er great Roger Craig, set a new meet record of 11.3 in the 100 meters. The old record of 11.80 was set by Karen Lawson (St. Francis) in 1987. Tisha Ponder (Del Mar, San Jose) set a new meet record of 14.1 in the 100 meter high hurdles. The old record of 14.65 was set by Jennifer Odom (Independence, San Jose). Ponder also long jumped 19-6 and triple jumped 39-6.

Darlene Tulua (Carmel) threw the discus 147-8.

■ Bay Area Top 8 Invitational

Union City, April 27--There were 22 new meet records and one tied out of 48 events! It was a great evening of track and field.

Felton Charles (McClymonds, Oakland) won the 200 meters in 21.47. Charles (McClymonds, Oakland), the Arcadia champion in 46.68, set a new meet record of 47.36 in the 400 meters. The old record of 48.73 was set by Jeff Laynes (Oakland) in 1989. Laynes is running very well this season in the 100 meters. Tim Brown (McClymonds, Oakland), who was disqualified at Arcadia, placed second in 47.67, also under Laynes record.

Michell Jones (Livermore), third at Arcadia in 9:07.28, won the 3,200 meters in 9:05.23. Daniel Sikiric (Leland, San Jose), 4th at Arcadia in the 800 in 1:51.32, placed second in 9:15.61.

The McClymonds (Oakland) mens' 1,600 meter relay team (51.3, 51.4, Felton Charles 46.7, and Tim Brown 46.6) set a new meet record of 3:16.29. The old meet record of 3:18.79 was set by Berkeley in 1994.

Joe Naivalu (Fremont, Sunnyvale), the State Meet champion and second at Arcadia in 13.99, set a new meet record of 14.16 in the 100 meter high hurdles. The old record of 14.59 was set by Steve Warren (Clayton Valley, Concord) in 1990. Naivalu missed the varsity race, because of a mistake in the program. He was allowed to run in an open lane in the frosh-soph race. Naivalu (Fremont, Sunnyvale) also set a new meet record of 37.89 in the 300 meter intermediate hurdles. The old record of 38.58 was set by Naivalu in the day meet. It was a very busy

weekend for Naivalu as he also competed in Los Gatos on Friday.

Howard Moore (De La Salle, Concord) set a new meet record of 24-0 in the long jump. The old record of 23-10 was set by Jimmi Banks (San Leandro) in 1993.

Lance Jauron (McQueen, Reno, Nevada), the two-time Nevada State Meet champion, set a new meet record of 188-1 in the discus. The old record of 170-0 was set by Jason Sisneros (Logan, Union City) in 1990.

Carla Estes (Logan, Union City) set a new meet record of 11.90 in the 100 meters. The old record of 11.98 was set by Jernae Wright (Logan, Union City) in 1995.

Estes, the Arcadia 400 champion in 54.33, also won the 200 meters in 24.38.

Kristen Gordon (Carondelet, Concord), third at Arcadia in 4:49.3, set a new meet record of



GORDON

Photo by Kathy Kelley

4:50.25 in the 1,600 meters. The old record of 5:02.5 was set by Melissa Freeburg (California, San Ramon) in 1991.

Lindsay Hyatt (Placer) placed second in 4:53.02. Anne Gunnison (McClatchy, Sacramento), the Sac-Joaquin Section champion, was third in 4:59.37. Jennifer Akana (Lowell, San Francisco) was fourth in 4:59.82.

Daveeta Shepherd (Salesian, Richmond), second at Arcadia in 14.30, set a new meet record of 14.35 in the 100 meter hurdles. The old record of 14.57 was set by Tanya Lazar-Lea (McAteer, San Francisco) in 1990.

The Logan womens' 400 meter relay team, the Arcadia champion in 46.15, won in 46.29.

The Amador Valley (Pleasanton) womens' 1,600 meter relay team, second at Arcadia seeded in 3:49.3, won in 3:53.84.

Maria Lopez (Newark Memorial, Newark) set a new meet record of 11-0 in the pole vault. The old record of 9-6 was set by Amanda Bauer (Mission San Jose, Fremont) and Shannon Flet (Acalanes, Lafayette) in 1995. Denise Warner (Ponderosa, Shingle Springs) placed second at 10-6, also above the old meet record.

Jernae Wright (Logan, Union City) set a new meet record of 20-1 in the long jump. The old record of 19-6 1/2 was set by Wright in 1995.

Uaatau Pohahau (Balboa, San Francisco) put the shot 45-2.

■ Unkind cut pains Berkeley High star

Williams kicked in a school window; injury slashes his final track season

By Cicero A. Estrella
San Francisco Examiner

BERKELEY, April 27-- Marcus Williams Jr. had planned to compete in the long jump and the 110-meter high hurdles for Berkeley High this spring. Track season would have capped off a three-sport senior year for Williams, who already has earned a scholarship to play wide receiver for the University of Colorado this fall. But a moment of frustration and bad judgment left Williams, 18, with a deep cut in his right Achilles' tendon and wiped out his track season. Luckily for him, the track season was the only thing he lost.

Last month, Williams was late for school and was dropped off at the building where his classroom is located. Berkeley High, a closed campus during the school day, allows entry only at specific locations once classes begin. Williams was instructed by a teacher to use the main entrance at Milvia Street, located on the other side of the large campus. Williams lost his temper and, not realizing his own strength, kicked through a glass pane window at the doorway of the building and injured his foot.

"I saw the cut, but I didn't know how bad it was," he said. "When I figured out what I had just done, I started wondering if I could play again or if I was going to lose my scholarship. All of that just started going through my head. That scared me a lot."

The 6-5, 210-pound Williams is a versatile athlete who starred as a wide receiver and line-backer last fall. The only other time he played football was when he was a sophomore, opting to concentrate on basketball and track his junior year.

"There's no question about his ability to play football. The Lord has been good to him," said former Berkeley High football coach Mike Tuiasosopo, now the defensive line coach at Utah State.

"In terms of being a clutch player, special players need to make special plays. Marcus has the ability to do that. When he's at the top of his game, there aren't many who can match him."

Williams also played forward and center on the Yellowjackets basketball team. In track, he ran the hurdles and was a member of the 440 relay team last year, and was planning to add

continued next page.

LOOK FOR **FULL COVERAGE OF**
THE CIF CALIFORNIA STATE TRACK & FIELD MEET IN
CTRN'S JULY/AUGUST ISSUE. DON'T MISS IT!

NORTHERN CALIFORNIA Track & Field Preview

By Keith Conning

This preview was originally supposed to appear in the April issue. However, I didn't get my disk in in time for that issue.

These are the top ten athletes returning. However, I have listed athletes whose grade last year was unknown. Thus, there will be some athletes listed, who have actually graduated from high school. I decided to do this so that I would not leave out anyone who deserves to be in the preview.

All corrections and additions should be sent to Keith Conning, 2235 Browning Street, Berkeley, CA 94702 or fax (510) 849-3342.

Abbreviations: *Junior, **Sophomore, ***Freshman, ****8th grader, *****7th grader, ? Class unknown (may have already graduated), all others presumed seniors.

MEN

100 Meters

Electronic Timing

- 10.65 ?Shawn Redmond (Grant, Sacramento)
- 10.71 *Demetrius Guidry (BearCk, Stoc) 3rd SJS
- 10.76 ?Terrance Davis (Bear Creek, Stockton)
- 10.85 ?E.J. Jackson (Beyer, Modesto)
- 10.87 Vincent Daglow (DeAnza, Richmond)
- 10.87 ?Brett Fernald (Westmont, Campbell)
- 10.87 Damon Hamms (Milpitas) 5TH CCS
- 10.87 Leon Callen (De la Salle, Concord)
- 10.88 George Jordan (Pittsburg) 4th NCS
- 10.90 Jason Cooper (Skyline, Oakland) 1ST OS

200 Meters

Electronic Timing

- 21.23 *Demetrius Guidry (Bear Creek, Stockton) 2nd SJS, 6th State
- 21.33 Leon Callen (De la Salle, Concord) 1st NCS
- 21.79 ?Shaun Redmond (Grant, Sacramento)

- 21.93 ?Melvin McClendon (Franklin, Stockton)
- 21.98 ?Mike Ward (Alisal, Salinas) 5TH CCS
- 22.03 ?Brent Fernald (Westmont, Campbell)
- 22.15 ?E.J. Jackson (Beyer, Modesto)
- 22.20 Jason Cooper (Skyline, Oakland) 1ST OS
- 22.21 ?Keish Livingston (Seaside, Monterey)
- 22.24 Christon Rance (SacHt, SFran) 4TH CCS

400 Meters

- 47.84 Felton Charles (McClymonds, Oakland)
- 48.12 *Tim Brown (McClymonds, Oakland) 1ST OS
- 48.26 ?Brandon Nichols (Skyline, Oakland)
- 48.48 *James Levine (Golden Valley, Merced)
- 48.57 Kenny Gowan (Oakmont) 1st SJS
- 48.58 *Eddie Levine (GVly, Merced) 3rd SJS
- 48.82 ?Carlton Davis (Kennedy, Sacramento)
- 48.86 ?Antonio Harrison (Vallejo)
- 49.11 *Demetrius Guidry (BCreek, Stockton)
- 49.35 Howard Moore (De la Salle, Conc) 3rd NCS

800 Meters

- 1:50.29 Mike Stember (Jesuit, Sacramento)
- 1:52.6 Dan Sikiric (Leland, San Jose) 2ND CCS
- 1:54.49 *Kareem Morrell (San Jose) 3RD CCS
- 1:52.53 *James Levine (GVLY, Mer) 1st SJS, 4th S
- 1:54.81 Alex Rodriguez (Tenny, Hayward) 5th NCS
- 1:54.99 ?Nick Tuttle (Leland, San Jose) 4TH CCS
- 1:55.45 Beebe Rutledge (Los Gatos) 5TH CCS
- 1:56.73 Jerome Morton (McAtear, SF) 2ND SFS
- 1:57.66 Shane Lewis (East, Manteca) 3rd SJS
- 1:58.22 ?Mike Mann (Turlock)

continued next page...

NOTES...

the long jump to his credentials this year.

But for someone who has excelled in competition and getting the better of his opponents, Williams, through his injury, has quickly learned just how vulnerable he can be.

"Things happen at any time," he said. "A person is not invincible. You can get hurt any time doing anything. It's been a real learning experience."

The foot has been encased in a cast since he underwent an hour-long operation last month.

According to Marcus Williams Sr., because his son is still growing, doctors have said his chances for a 100 percent recovery are good. The next step is a rehabilitation program that is set to begin when the cast is removed in about two weeks.

As for the scholarship, Williams has been reassured by Colorado's coaching staff that he will be a Buffalo come the fall. In fact, he has already been given No. 81, a tough number to live up to since it was last worn by Michael Westbrook, who was selected fourth overall in last year's NFL draft by the Washington Redskins.

Williams realizes he might have to redshirt his freshman year but says he is prepared to do that. For now, he is biding his time until the cast is removed. He expects the rehab to be a lot of

work but is itching to get started. The inertia forced by the injury doesn't agree with him.

"Not being able to (participate in sports) just tears me up," said Williams, who still keeps track team ties by attending meets and practices after school. "It just reminds me how stupid what I did was, now that I can't play."

Williams is trying to take away something positive from his misfortune.

"I'm taking it as something good," he said, adding that it has taught him to curb his temper. His father has a similar attitude and said his son is taking advantage of the recovery time by focusing his attention on other things besides sports.

"He's using the time to work on his studies and getting himself mentally prepared for college," said Marcus Williams Sr. "It's working out for the better."

■ Craig Lawson (Granada Hills, 1989)

BYU senior **Craig Lawson** ran to a 28:53.96 10K at Mt. SAC. That ranks Lawson #2 in the NCAA behind **Godfrey Siamusiye**. Craig was the LA City cross country champion, as well as the LA City 2 mile champion. (Thank you to Roger Lawson for providing this information.)

■ UPCOMING MEETS... SACRAMENTO MEET OF CHAMPIONS

Dear Coach,

The Sixteenth Annual **Sacramento Meet of Champions** (SMOC) will be held at American River College on Saturday, May 4, 1996. Invitations will be sent out to the North, North Coast, Oakland, Sac-Joaquin, and San Francisco Sections. A "meet exception" has been granted by the North Coast Section for the SMOC. Both open and invitational sessions will be held for varsity boys, with the open sessions having a frosh-soph boys division for the first time. For this first year, the frosh-soph boys division will be contested for Sac-Joaquin Section athletes only.

The selection procedure for the open and invitational sessions for varsity girls and boys will be similar to that used at the prestigious Arcadia Invitational. The top ten (10) athletes/relay teams ranked by performance in each event (nine [9] in running events where the curve is run in lanes) will be invited to the invitational session. The next eighteen (18) athletes/relay teams will qualify for an invitation to the open session. In the open session for frosh-soph boys the top ten (10) athletes/relay teams ranked by

continued next page...

PREP NOTES

1600 Meters

- 4:04.00 Mike Stember (Jesuit, Sacramento)
#2 All-time NorCal, 1st SJS, 1st State
4:11.94 Micheil Jones (Livermore) 1st NCS
4:13.78 Dan Sikiric (Leland, San Jose) 3RD CCS
4:15.17 *Tom Prindiville (De la Salle, Concord)
4:16.13 Mike Wojciechowski (ChyVlyCon) 2nd NCS
4:16.39 Enrique Torres (Siv Crk, San Jose) 1ST CCS
4:16.79 Aaron Gillen (Yreka) 1ST NS
4:17.30 **Jon Stevens (Miss SJ, Fremont) 6th NCS
4:19.6 Dan Bracht (Petaluma) 5th NCS
4:20.6c Peter Carter (Los Gatos) (4:22.1y)

3200 Meters

- 9:02.36 Michael Stember (Jesuit, Sacramento)
1st SJS, 6th State
9:09.27 Micheil Jones (Livermore) 2nd NCS
9:18.7 Aaron Gillen (Yreka) 2ND NS
9:19.8 Bolota Asmeron (McAteer, SF) 1ST SFS
9:22.17 *Tom Prindiville (DeLaSalle, Conc) 12th NCS
9:22.33 Enrique Torres (Silver Crk, SJose) 5th CCS
9:23.2 Jim Nelson (Napa) 2nd SJS
9:26.6 Brian Pryor (Vintage, Napa)
9:26.8 Dan Sikiric (Leland, San Jose)
9:27.1 Scott Abbott (Jesuit, Sacramento)

110 Meter High Hurdles

- Electronic Timing
14.38 Jovesa Naivalu (Fremont, Sunnyvale)
2nd CCS, 1ST STATE
14.62 *Donte Joseph (Pinole Valley) 1st NCS
14.82 Marcus Williams (Berk) 2nd NCS, tore achilles

performance in each event (nine [9] in running event where the curve is run in lanes) will be invited. The open session will begin at 10:00 am and, following an hour break after the last running event, the invitational event will begin at 5:00 pm (see attached schedules). The invitational session follows the running event time schedule for the California Interscholastic Federation (CIF) State Meet Finals. Again, the meet will feature individual competition only, no team scores will be kept. All races and/or heats for both sessions except the 1600 meter and 3200 meter will be timed with an ACCUTRAK timing system. There will be distinctive medals for each heat of running events and all the field events in the open session. The awards for the invitational session will be the traditional marble based medallions. In addition, there will be an award given to the top male and female athlete (single event performance) in both the track and field events for the invitational session.

The entry fees for accepted invitations to the open session will be \$3.00 for individual events and \$10.00 for relays and for the invitational session will be \$5.00 for individual events and \$15.00 for relays. At least one (1) coach for each men's team and one (1) coach for each women's team with invited athletes for either the open session or the invitational session will be admitted free for charge. Athletes, coaches, and

- 14.91 Chris Barnsdale (Mont, SRosa) 4th NCS
15.00 Harold Wilson (Vallejo)
15.00 ?Andy Kotko (Ponderosa, Shingle Springs)
15.17 ?John Young (St. Ignatius, San Francisco)
15.20 ?Moses Jacko (Skyline, Oakland)
15.23 ?Mark Fowler (Argonaut, Jackson)
15.34 ?Edwards (Wood, Vacaville)

300 Meter Intermediate Hurdles

- 38.42 Joe Naivalu (Fremont, Sunnyvale) 3rd CCS
38.52 Harold Wilson (Vallejo) 2nd SJS
38.67 ?Eric Brandt (East, Manteca)
38.89 Chris Barnsdale (Mont, SRosa) 2nd NCS
39.02 ?Andy Kotko (Ponderosa, Shingle Springs)
39.04 Andre Rutledge (Encinal, Alameda) 1st NCS
39.54 *Jason Andrews (R Cot, Rohn Pk) 5th NCS
39.5 *Seth Barrett (Santa Rosa) 6th NCS
39.6 *James Levine (Golden Valley, Merced)
39.93 ?Ron Carter (Stagg, Stockton)

High Jump

- 6-9 ?Eric Newman (Wilcox, S Clara) 2ND CCS
6-08 Saleem Mahdi (Pittsburg) 4th NCS
6-08 ?James Sumner (Colusa) 2ND NS
6-07 *Gibson (Oak Ridge, El Dorado Hills)
6-06 Matt Hurd (Antioch) 5th NCS
6-06 Sam Burns (Hogan, Vallejo)
6-06 ?Keith Avant (Lassen, Susanville)
6-06 Broderick Jones (Vallejo) 3RD SJS
6-06 Jeff Poisson (CarNewm, S Rosa) 3rd NCS
6-04.5 ?D. Beals (Salinas) 5TH CCS
6-04 Chris Fiori (Bellarmine, San Jose)

spectators attending or competing in the open session will receive free admission to the invitational session.

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

Open Meet Records:

*Varsity Girls-12.69, 25.68, 57.27, 2:18.20, 5:17.8, 11:27.4, 15.86, 46.61, 49.78, 4:00.29, 18'3 1/2", 35'11 1/2", 5'3 1/2", 38'4", 120'7"; Varsity Boys-10.90, 21.39, 49.17, 1:56.34, 4:22.6, 9:40.8, 15.03, 39.34, 43.27, 3:22.88, 22'7", 44'5", 6'4", 14'3", 51'6", 155'7".

Invitational Meet Records:

Varsity Girls: 11.71, 23.80, 54.94, 2:12.89, 4:54.25, 10:46.2, 14.14, 42.34, 46.16, 3:43.0, 19'7", 39'5", 5'10", 10'0", 51'1 1/2", 179'1"; Varsity Boys: 10.54, 21.14, 47.32, 1:50.29, 4:11.1, 9:05.1, 14.04, 37.38, 41.35, 3:15.2, 24'3 1/4", 49'5", 7'1/4", 16'9 1/2", 58'1 1/2", 187'8".

We look forward to your participation in the 1996 Sacramento Meet of Champions.

Jerry Colman, Meet Director
Rita Fagundes, Asst. Meet Director
(Bella Vista H.S.)

Steve Kester, Officials Coordinator
Steve Fagundes, Selection Committee.

- 6-04 ?McMillan (Bellarmine, San Jose)
6-04 ?Jason Ryan (Tokai, Lodi)
6-04 *Herrera (Del Oro, Loomis)
6-04 ?Scott Allen (Nevada Union, Grass Valley)
6-04 ?Freeman (Modesto)
6-04 ?Keenan Culross (Seq, RedwCity) 6TH CCS
6-04 Taman Batista (Elk Grove)
6-04 *Manguth (Sonora)
6-04 *Vicaia (Justin-Siena, Napa)

Pole Vault

- 15-06 ?Scott Wenholz (Gilroy) 1ST CCS
15-00 ?Stefan Gubser (No, Salinas) 6TH CCS
14-06 ?Jared Holman (Wood, Vacaville)
14-06 ?Mateo Evanger (NoMonCo) 4TH CCS
14-06 Nguyen Vong (Silv Crk, SJose) 5TH CCS
14-00 Jeremiah Johnson (Logan, Union City)
13-07 ?David Gritz (Bear Creek, Stockton)
13-06 Tebbs (Del Oro, Loomis)
13-06 ?Nathan Gould (Manteca)
13-06 Cody Metzger (Lib, Brentwd) 3rd NCS
13-06 *Rasmussen (Johansen, Modesto)
13-06 *Willie Dietzman (Pondersa, Sh Springs)

Long Jump

- 23-04 Peter Slater (Pleasant Valley, Chico) 1ST NS
23-02 ?Lawrence Calloway (McClatchy, Sac)
23-01.75 Christian Rance (Sacred Heart Cathedral, San Francisco) 4TH CCS
23-01.5 Jim McGee (Sacramento) 2ND SJS
23-00 *Mike Nealy (Yerba Buena, San Jose)
22-10 ?Kirk Mead (Northgate, Walnut Creek)
22-09.75 ?Sam Burns (Hogan, Vallejo)
22-07 Brian Strickland (Montgomery, S Rosa)
22-06.75 Saleem Mahdi (Pittsburg)
22-05 ?K.C. Nelson (Lassen, Susanville)

Triple Jump

- 47-11.5 Peter Slater (Pleasant Valley, Chico)
1ST NS, 7th State
47-04.25 ?James Bibbs (Overfit, SJose) 2nd CCS
47-00.25 Scott Towne (St. Mary's, Stock) 1st SJS
46-06.25 Saleem Mahadi (Pittsburg) 2nd NCS
46-04.5 ?Matt Benjamin (Rio Vista)
46-03 ?Ralph Griffin (Franklin, Stockton)
45-10.5 ?K.C. Nelson (Lassen, Susanville) 3rd NCS
45-08 *Saleem Muhammad (DeLaS, Con) 3rd NCS
45-04 ?Darren Bonney (No, Salinas) 3RD CCS
45-01.75 ?Tyron Jackson (Red Bluff) 4TH NS
45-01.75 Anthony Ratcliff (McAteer, SF) 1ST SFS

Shot Put

- 61-02 *Brian Chase (CNew, SR) 1st NCS, 3rd
54-05.25 ?Gene Quicha (Jeff, Daly City) 3RD CCS
53-11 ?Greg Dickey (Atwater)
53-08.5 Rob Vincelette (Atwater)
53-03 *Kevin Asher (Serra, SMateo) 5TH CCS
52-01 ?Powers (Placer, Auburn)
51-11 ?Derek Dittmer (Gund, SJ) 6TH CCS
51-02 ?Doug Madosky (Manteca)
50-10.25 ?Matt Young (Salinas)
50-09.5 ?Blakes (Woodland)

Discus

- 171-09 John Gagnon (Christian Bro, Sac) 3RD SJS
171-00 Gordon Hovey (MVista, Cuper) 1ST CCS
162-06 ?Greg Dickey (Atwater)
159-10 Will Beck (Christian Brothers, Sacramento)

continued next page...

PREP NOTES

- 156-03 Dan McGilvray (Los Gatos) 4TH CCS
 156-00 *John Badovinac (Jesuit, Sacramento)
 155-10 ?Jason Wishard (Monterey)
 155-09 Jeremy Mills (McKinleyville) 4th NCS
 154-04 ?Jose Ochoa (West Valley, Cottonwood)
 153-10 ?Shylo Eaton (Tokay, Lodi)

GIRLS

100 Meters

Electronic Timing

- 11.56 Jernae Wright (Log, UnCity) 2nd NCS & State
 11.92 *Daveetta Shepherd (Salesian, Richmond)
 12.02 *Zhauntel Holman (Valley, Sacramento)
 12.25 Carla Estes (Logan, Union City)
 12.27 *Stephanie Chavez (Los Gatos) 1ST CCS
 12.31 **Janae Mitchell (El Cerrito)
 12.35 *Tiffany Battle (Armijo, Fairfield) 2ND SJS
 12.45 *Pilar Arroyo (Tracy) 3RD SJS
 12.48 ?Lewis (Hogan, Vallejo) 4TH SJS
 12.50 Katie Jasmer (Anderson) 1ST NS
 12.50 ?Jacobs (St. Francis, Sacramento) 5TH SJS

200 Meters

Electronic Timing

- 24.49 *Carla Estes (Logan, Union City)
 24.74 ***Aisha Margain (JHS, Oakland)
 24.75 Jernae Wright (Logan, Union City)
 24.76 **Sidney Charkamaly (JHS, Oakland)
 25.21 Turshika Bennett (O'Dowd, Oak) 3rd NCS
 25.32 *Seneik Saavedra (El Cerrito)
 25.38 Tisha Ponder (Del Mar, SJose) 3RD CCS
 25.41 *Enjoli Smith (Gilroy)
 25.50 Crystal Miles-Threatt (O'Dowd, Oakland)
 25.53 Shavon Jennings (Woodside) 2ND CCS

400 Meters

- 53.27 *Carla Estes (Log, UnCity) 1st NCS, 2nd St
 56.15 Turshika Bennett (O'Dowd, Oak) 7th NCS
 56.38 Crys Miles-Threatt (O'Dowd, Oak) 3rd NCS
 56.39 *Seneik Saavedra (El Cerrito) 4th NCS
 56.4 *Angie Milner (Modesto) 1ST SJS
 56.76 Martina Ze (Livermore)
 56.80 ***Aisha Margain (JHS, Oakland)
 57.13 *Monica Van Wegen (Amador Vly, Pleas)
 57.37 *Myesha Kirtman (Lowell, S Fran) 1ST SFS
 57.41 Tisha Ponder (Del Mar, San Jose) 1ST CCS

800 Meters

- 2:12.34 Martina Ze (Liver) 2nd NCS, 2ND State
 2:12.89 *Julia Stamps (Santa Rosa)
 2:13.06 *Angie Milner (Modesto) 3rd State
 2:13.13 Amanda Boice (Folsom)
 2:13.39 Tina Bowen (San Ramon, Danville)
 2:14.8 Can. Miles-Threatt (O'Dowd, Ok) 6th NCS
 2:15.23 *Jennifer Bridgeman (Log, UnCity) 4th NCS
 2:15.24 *Monica Van Wegen (Amador Vly, Pleas)
 2:15.25 Allison Pearson (Turlock) 4th SJS
 2:15.52 Laneisha McPherson (SCR, SJ) 1ST CCS

1600 Meters

- 4:45.05ci *Julia Stamps (Santa Rosa)
 (4:45.30m outdoors)
 4:54.97 *Kristen Gordon (Carond, Conc)
 2nd NCS, 5th State
 5:01.93 Laneisha McPherson (SCR, SJ) 1st CCS
 5:02.07 Debra Bleisch (SCR, SJose) 2ND CCS

- 5:03.15 Tina Bowen (SRamVly, Danville) 5th NCS
 5:04.74 *Anne Gunnison (McClatchy, Sac) 1ST SJ
 5:10.1 Denise Warner (PondShSpr) 4TH SJS
 5:11.8 **Desiree Gobert (Clear Lake) 7th NCS
 5:12.72 Ashley Holt (Menlo Atherton, Atherton)
 5:13.65 Ali Pearson (Turlock)

3200 Meters

- 10:15.27 *Julia Stamps (Santa Rosa) 4th All-time
 NorCal; 1ST NCS, 1st State
 10:47.8 *Kristen Gordon (Carondoleit, Concord)
 3rd NCS
 10:54.01 *Anne Gunnison (McClatchy, Sacramento)
 1ST SJS, 7th State
 10:54.83 Deborah Bleisch (Silver Creek, San Jose)
 4TH CCS, 8th State
 11:02.03 Laura Sandoval (St. Ign, San Fr) 2ND CCS
 11:11.3 Oasii Lucero (Lowell, San Fr) 1ST SFS
 11:16.6 **Lisa Gillis (Moreau, Hayward)
 11:17.65 *Deborah Osteen (Clay Vly, Conc) 4th NCS
 11:20.02 Shana Driscoll (St. Ign, S Fran) 3RD CCS
 11:22.5 **Jazmine Angiero (Fairfield) 3RD SJS

100 Meter High Hurdles (33")

Electronic timing

- 14.05 *Daveetta Shephard (Salesian, Richmond)
 1st NCS, 4th State
 14.06 Ayanna Grant (Bishop O'Dowd, Oakland)
 4th NCS, 7th State
 14.25 **Joanne Mitchell (El Cerrito) 2nd NCS
 14.74 **Natasha Neal (JHS, Castro Valley)
 14.93 *Lisa O'Reilly (St. Mary's, Stock) 3RD SJS
 15.03 *Australia Ratliff (Pittsburg) 3rd NCS
 15.20 ?Shaniera Clark (Vallejo)
 15.27 *Katie Schukle (Santa Rosa)
 15.34 Odessa Balumba (Logan, Union City) 5th NCS
 15.40 ?Barnes (San Juan, Citrus Heights)
 15.41 *Mickie Tate (Turlock) 5TH SJS
 15.57 **Carolyn King (Carondoleit, Concord)

300 Meter Low Hurdles

- 42.90 *Daveetta Shephard (Salesian, Richmond)
 1st NCS, 3rd State
 44.05 *Katie Schukle (S Rosa) 2nd NCS, 8th State
 44.49 *Melissa Cartmell (SRamVI, Dnville) 4th NCS
 44.51 **Carolyn King (Caron, Concord) 5th NCS
 44.78 *Lisa O'Reilly (St. Mary's, Stock) 3RD SJS
 44.95 **Leanne Stater (Pioneer, SJose) 1ST CCS
 45.18 *Michelle Steingart (St. Fr, Mtn V) 2ND CCS
 45.22 ?Tanisha Allen (North, Salinas) 3RD CCS
 45.54 Jasmin Espinoza (Silver Creek, San Jose)
 45.3 **Janae Mitchell (El Cerrito)

High Jump

- 5-06 *Jessica Saltzman (Big Valley, Biber) 1ST NS
 5-06 Tait Holden (Wood, Vacaville) 3RD SJS
 5-06 *Jenny Eggers (Caron, Concord) 6th NCS
 5-06 *Jessica Wright (R Cotate, Rohnert Park)
 5-06 ?Amy Tan (Monta Vista, Cupertino) 1ST CCS
 5-05 Karen Townsend (Logan, UnCity) 2nd NCS
 5-04 Rhyann Armstrong (Indep, San Jose) 3RD CCS
 5-04 ?Wago (Mercy, Burlingame)
 5-04 *Heather Newlin (Ceres)
 5-04 ?Joetta Taylor (Fairfield) 2ND SJS
 5-04 *Loran Gualco (NDame, Belmont) 4TH CCS
 5-04 Amanda Boice (Folsom) 4TH SJS
 5-04 *Melissa Guanella (Santa Rosa) 4th NCS
 5-04 Erin Nichols (Acalanes, Lafayette) 5th NCS

Pole Vault

- 10-06.25 Shannon Flett (Acalanes, Lafayette)
 1st NCS, 6th State
 10-02 Denise Warner (Pond, Shingle Springs)
 1ST SJS, 5th State
 10-00 *Laura Eckley (WVly, Cottonwd) 1ST NS
 09-10 *Breanna Haut (Harbor, SCruz) 1ST CCS
 09-10 **Amanda Sweetin (Tokay, Lodi) 2ND SJS
 09-10 *Maria Lopez (Newark) 4th NCS
 09-06 ?Petra Chlouba (Mitty, SJose) 2ND CCS
 09-03 ?Jenny Ruff (Ponderosa, Shingle Springs)
 09-03 Hilary Herndon (Del Oro, Loomis)
 09-03 *Becky Studebaker (S Fork, Mir) 3rd NCS

Long Jump

- 20-09.75 Jernae Wright (Logan, Union City)
 #2 All-time NorCal; 1st NCS & State
 19-08.25 Tisha Ponder (Del Mar, San Jose) 1ST CCS
 19-02.5 Carla Estes (Log, UnCity)
 2nd NCS, 3rd State
 18-06.5 Julie Tinker (Valley, Sacramento)
 18-05 Connie Smith (Modesto)
 18-03 Janet Sterbentz (SCRk, SJose) 6TH CCS
 18-01.75 ?Macklin Harris (Enter, Redding) 3RD NS
 18-01 ?Lineni Noa (Grant, Sacramento)
 18-01 ?Joetta Taylor (Fairfield)
 17-11 1/4 *Kameelah Elarms (Pied Hills, San Jose)

Triple Jump

- 39-11.75 Tisha Ponder (Del Mar, SJose) 4TH CCS
 38-07.5 Andrea Lacson (Logan, Union City)
 2nd NCS, 8th State
 38-04.5 Connie Smith (Mod) 3RD SJS, 4th State
 38-03 Julie Tinker (Vly, Sac) 2ND SJS, 7th St
 37-07 *Barnes (San Juan, Citrus Hts) 4TH SJS
 36-09.25 Kristy Johnson (Ygn Vly, Conc) 7th NCS
 36-09 ?Lineni Noa (Grant, Sacramento)
 36-08.25 *Mercedes Williams (St. Joseph, Alamed)
 36-06 Lydia Idem (Logan, Union City) 7th NCS
 36-05.75 *Jessica Miceli (Trinity, Weav) 5th NS

Shot Put

- 44-08 **Chaniqua Ross (Laguna Crk, Elk Grove)
 1ST SJS, 4th State
 43-09.5 Darlene Tulua (Carm) 3RD CCS, 3rd State
 43-00.5 *Kristen Bryden (Ander) 1ST NS, 6th St
 41-05.5 Pohahaug Vavaton (Balboa, SF) 1st SFS
 40-09 Barbara Weaver (SJuan, CHts) 2ND SJS
 39-11.5 Marisela Rooney (Woodland)
 39-06.75 ?Danielle Bazner (East, Manteca) 4TH SJS
 39-05.75 **Bell Jordan (Lincoln, Stockton) 5TH SJ
 38-04 Nicole Roots (Franklin, Stockton) 6TH SJS
 37-08 ?Becky Witt (Louisville, Woodland Hills)

Discus

- 151-04 **Chaniqua Ross (Laguna Creek, Elk Grove)
 1ST SJS, 6th State
 150-04 Darlene Tulua (Carmel) 1ST CCS, 3rd St
 145-08 *Kristen Bryden (Anderson) 1ST NS
 132-03 Mary Kailiwa (Loretto, Sac) 3RD SJS
 125-09 ?Mersei (Arroyo Grande)
 124-10 **Marissa Wilson (Santa Rosa) 6th NCS
 124-04 ?Sarah Lilly (Johansen, Modesto) 5TH SJS
 123-05 ?Angel Naylor (East, Manteca) 6TH SJS
 123-03 ?Christy Riker (Sonora)
 122-09 ?Micaela Gauden (Oak Rdg, El Dor Hills)

PREP NOTES

RESULTS

NORTHERN CALIFORNIA

From Keith Conning

Dom George Relays

March 9, 1996, Stockton

From Greg Wright
Boys

1600-Golden Valley 4:34. 65HHS-Tokay 40.34. 400R-Golden Valley 44.50. 800R-McClymonds 1:28. 1600R-McClymonds 3:16. 3200R-Vallejo 8:39. SMR-Golden Valley 3:37. DMR-Golden Valley 11:00. HJ-Vallejo 18-8. LJ-Franklin 59-11. TJ-Turlock 119-1.

Girls

1600-Pearson (Turlock) 5:24. 60 LH-Turlock 44.22. 400R-El Cerrito 48.44. 2. Vallejo 49.78. 3. St. Mary's 50.63. 1600R-El Cerrito 4:00. 800R-El Cerrito 1:41. 3200R-Vallejo 10:46. SMR-El Cerrito 1:53. DMR-Turlock 13:40. HJ-Atwater 13-8. PV-Bear Creek 21'. LJ-St. Mary's 43-6. TJ-St. Mary's 93-5. SP-Atwater 90-8. DT-Atwater 289-11.

Mt. Pleasant Relays

March 9, 1996, De Anza College, Cupertino

Boys

Team scores -- Logan 101; 2. St. Ignatius 95; 3. Arroyo Grande 86; 4. Bellarmine 49; 5. St. Francis 41; 6. Silver Creek 34; 7. North Salinas 30 1/2; 8. Mt. Pleasant 16 1/2; 9. Lowell 11.

4x110 HH -- Arroyo 1:08.2; 2. Silver Creek 1:09.6; 3. Logan 1:11.7. 4X2-mile -- St. Ignatius 41:38; 2. Logan 42:28; 3. St. Francis 42:40. 400 relay -- Logan 43.4; 2. Bellarmine 43.8; 3. St. Francis 44.5. 4x880 relay -- Bellarmine 8:14.4 (meet record, old record 8:16.4cBellarmine 1990); 2. St. Ignatius 8:20.1; 3. Silver Creek 8:24.9. 4x300 IH relay -- Silver Creek 3:01.1; 2. St. Ignatius 3:01.6; 3. Logan 3:02.1. 4x220 relay -- North Salinas 1:34.9; 2. Arroyo 1:35.2; 3. Lowell 1:35.9. 4xmile relay -- St. Ignatius 18:52.0; 2. St. Francis 19:14.7; 3. Bellarmine 19:49.1. Weightman's relay -- Arroyo 48.1; 2. North Salinas 48.2; 3. Logan 49.0. 4x440 relay -- Logan 3:32.7; 2. St. Ignatius 3:34.1; 3. Silver Creek 3:36.8. 4xpole vault -- Arroyo 51-6 (meet record, old record 46-0 Mt. Pleasant 1993); 2. St. Ignatius 43-0; 3. Logan 41-0. Top mark -- Kirwinski (A), Vong (SC), Johnson (L) 14-0.

High jump relay -- Arroyo 25-2 (meet record, old record 23-11 Bellarmine 1995); 2. Logan 23-8; 3. North Salinas 22-0. Top mark -- Nabee, Wilkinson (A) 6-8. Triple jump relay -- Logan 167-4 1/2; 2. Arroyo 155-0 3/4; 3. North Salinas 152-9 1/2. Top mark -- Wilkinson (A) 43-5 1/2. Long jump relay -- Logan 83-5 (meet record, old record 81-7 Logan 1992); 2. Arroyo 81-5;

3. Mt. Pleasant 76-8. Top mark -- Washington (MP) 21-9 1/4. Shot put relay -- Logan 173-0 1/2; 2. Arroyo 169-7 1/4; 3. Bellarmine 160-11. Top mark -- Pease (L) 46-3. Discus relay -- St. Ignatius 506-3; 2. Arroyo 504-0 1/2; 3. Logan 462-7 1/4. Top mark -- Antonini (B) 134-0 1/2.

Girls

Team scores -- Logan 122; 2. Arroyo Grande 87; 3. St. Ignatius 85; 4. St. Francis 54; 5. Mt. Pleasant 44; 6 (tie), N. Salinas and Lowell (S.F.) 26; 8. Silver Creek 19.

4x100M hurdles -- St. Francis 1:11.1; 2. Logan 1:13.5; 3. Mt. Pleasant 1:15.5. 4xtwo mile -- St. Ignatius 48:00.03 (meet record, old record 48:08.9c Arroyo Grande 1991); 2. Logan 50:38.0; 3. Arroyo Grande 50:54.0. 4x100M -- Logan 47.4 (ties meet record Logan 1995); 2. St. Francis 49.3; 3. Arroyo Grande 51.4. 4x880 relay -- St. Ignatius 10:04.7; 2. Logan 10:16.6; 3. Lowell 10:24.8. 4x300M low hurdles -- Logan 3:28.0; 2. St. Francis 3:32.6; 3. St. Ignatius 3:42.9. 4x220 relay -- Logan 1:42.1 (meet record, old record 1:43.3 Logan 1995); 2. St. Francis 1:48.5; 3. Arroyo Grande 1:50.0. 4xone mile -- Silver Creek 22:31.8 (meet record, old record 23:06.5c Arroyo Grande 1991); 2. St. Ignatius 22:59.0; 3. Logan 23:13.0.

4x100M weight -- Arroyo Grande 57.0 (meet record, old record 61.4 St. Ignatius 1995); 2. Logan 1:02.3; 3. St. Ignatius 1:02.9. 4x440 -- Logan 3:55.9 (meet record, old record 4:00.7c Bishop O'Dowd 1992); 2. Silver Creek 4:16.1; 3. St. Ignatius 4:28.4. 4xpole vault -- (tie), Mt. Pleasant and Arroyo Grande 31-0; 3. Logan 29-6. Top mark -- Five had 8-0.

4xhigh jump -- Arroyo Grande 19-10 (meet record, old record 19-6 Vallejo 1992); 2. St. Francis 18-10; 3. St. Ignatius 18-10. Top mark -- Deely (SJ), Ortega (AG) and Owen (SF), 5-2. 4xtriple jump -- Logan 136-9 1/4 (meet record, old record 131-4 1/2 Santa Teresa 1993); 2. St. Ignatius 127-11 1/2; 3. Arroyo Grande 123-3/4. Top mark -- Lacson (Logan) 35-10 1/4. 4xlong jump -- Logan 66-6 (meet record, old record 66-3 3/4 Logan 1995); 2. St. Ignatius 60-10; 3. Arroyo Grande 59-3/4. Top marks -- Estes (Logan) 18-10 3/4; 2. Wright (Logan) 18-0 1/2. 4xshot put -- Arroyo Grande 130-3/4 (meet record, old record 128-4 Vallejo 1992); 2. N. Salinas 114-1/2; 3. Logan 111-3 1/4. Top mark -- Hatchett (AG) 37-8. 4xdiscus -- Arroyo Grande 401-0 (meet record, old record 399-2 1/2 Arroyo Grande 1991); 2. Logan 360-7 3/4; 3. N. Salinas 332-1 1/2. Top mark -- Hatchett (AG) 125-1/4.

Overall results 1. Logan 223; 2. St. Ignatius 180; 3. Arroyo Grande 173; 4. St. Francis 95; 5. Mt. Pleasant 60 1/2; 6. N. Salinas 56 1/2; 7. Silver Creek 53; 8. Bellarmine 49; 9. Lowell 35.

K-Bell Classic XII

Los Gatos

Boys

Team scores (Top five teams and CCS finishers) -- McAteer 57; 2. De La Salle 53;

3. Del Mar 48; 4. McClymonds 34; 5. San Jose 29; 6. Milpitas 23; 7. Silver Creek 22; 8. Los Altos 21; 11. Bellarmine 17.83. 12. Riordan 15.5; 13. Mission San Jose 14; 14. Los Gatos 13; 16. Wilcox 11; 17. St. Francis 10.83; 19. Independence 10; 21. Piedmont Hills 7; 23. Mt. Pleasant and Yerba Buena 6; 27. Kennedy 4; 28. Gunn and Santa Clara 2; 31. Newark Memorial and Oak Grove 1.

Hammer throw -- Hoard (Bellarmine) 16 0; 2. Sun (Bellarmine) 98-9; 3. Beiki (Bellarmine) 98-8; 4. Horgan (Bellarmine) 98-0. 100 -- Leon Callen (De La Salle) 10.78. 2. Joe Flood (McAteer) 11.03; 3. D. Hamm (Milpitas) 11.15. 200 -- Leon Callen (De La Salle) 21.3; 2. Joe Flood (McAteer) 21.8. 3. Curtis Napoleon (Del Mar) 21.9. 4. Anthony Ratcliff (McAteer) 22.0; 5. D. Hamm (Milpitas) 22.1; 6. Leroy Jordan (Bellarmine), Eric Stuart (St. Francis), and Jeff Hesse (Cupertino) 22.2; 9. Kenny Slaton (Oak Grove) 22.5.



Felton Charles

Photo by Bill Cockerham

400 -- Felton Charles (McClymonds) 48.17; 2. Howard Moore (De La Salle) 48.56; 3. Curtis Napoleon (Del Mar) 49.58; 4. Kareem Morrell (San Jose Academy) 50.66; 5. Jelani Hogg (Riordan) and Eric Stuart (St. Francis) 50.84; 7. Mike Luther (Bishop O'Dowd) 50.93. 800 -- Kareem Morrell (San Jose Academy) 1:54.93 (meet record); 2. Beebe Rutledge (Los Gatos) 1:56.10; 3. Michell Jones (Livermore) 1:56.37; 4. Tim Brown (McClymonds) 1:57.68; 5. Adrian Eimerl (Livermore) 1:58.23; 6. Jason Adkins (Wilcox) 1:58.70; 7. Brendan Fitzgibbon (St. Ignatius) 1:59.46; 8. Ray Uto-Uko (Del Mar) 1:59.52.

1600 -- Jon Stevens (Mission San Jose) 4:23.17; 2. Tom Prindville (De La Salle)

4:23.93; 3. Andrew Wulf (Bellarmine) 4:26.18; 4. Enrique Torres (Silver Creek) 4:27.76; 5. David Rodriguez (Mission SJ) 4:27.99; 6. Randy Maestretti (De La Salle) 4:28.21; 7. Marty Kinsey (Granada) 4:29.66. 3200 -- Michell Jones (Livermore) 9:12.57 (meet record); 2. Bolota Asmerom (McAteer) 9:13.13; 3. Randy Maestretti (De La Salle) 9:26.99; 4. Enrique Torres (Silver Creek) 9:27.34; 5. David Rodriguez (Mission SJ) 9:28.67; 6. Joe Smith (Livermore) 9:29.31; 7. Jon Stevens (Mission San Jose) 9:30.58; 8. Tom Prindville (De La Salle) 9:33.6; 9. Paul Wellman (St. Ignatius) 9:37.22; 10. Brad Hansen (St. Ignatius) 9:38.51; 11. John Collin (St. Francis) 9:40.42; 12. Brian Henstorf (Amador Valley) 9:42.98; 13. Tim Ricard (Livermore) 9:45.14; 14. Dave Keffler (Santa Cruz) 9:55.59; 15. Chris Coffee (De La Salle) 9:56.21.

110 HH -- Matua (Independence) 15.87. 2. Nguyen Vong (Silver Creek) 16.07; 3. Ray Guanella (Santa Rosa) 16.31. 300 IH -- Nathan Edwards (Wilcox) 42.70; 2. Leon Sullivan (San Jose Academy) 42.91. 3. Bryan Andrews (Bishop O'Dowd) 42.95. 400 relay -- McClymonds 43.60; 2. Milpitas 43.84; 3. Yerba Buena 44.26; 4. St. Francis 44.47; 5. Gunn 44.71. Mile relay -- McClymonds 3:20.9; 2. Milpitas and San Jose 3:30.8; 4. Del Mar 3:32.2; 5. Los Gatos 3:32.5.

Long jump -- Moore (DLS) 22-3; 4. Wood (Riordan) 21-2 1/4; 5. Washington (Mt. Pleasant) 20-10 1/4. Triple jump -- Ratcliff (McAteer) 44-11 3/4; 4. Washington (Mt. Pleasant) 42-8 3/4. High jump -- Moreno (Riordan) 6-2; 3. McMillan (Bell) 6-2; 5. Johnson (Del Mar) 6-0. Pole vault -- Harris (DM) 14-3; 2. Bodner (DM) 13-0; 3. Vong (Silver Creek) 13-0; 4. Bakke (DM) 12-5. 5. Chandler (SC) 12-0. Shot put -- Howard (Los Altos) 52-4 1/2; 3. Young (PH) 48-11. Discus -- Howard (LA) 158-2; 2. Fought (DM) 148-2; 5. McGilvray (LG) 140-6.

Girls

Team scores (Top five teams and CCS finishers) -- St. Francis 52; 2. Carondelet 43; 3. O'Dowd and Santa Rosa 40; 5. Del Mar 36; 6. St. Ignatius 34; 7. Woodside 22; 8. Los Altos 19; 9. Silver Creek 17; 11. Mitty 15; 12. Mission San Jose 12.5; 13. Piedmont Hills 12; 15. Mt. Pleasant 10.75; 16. Milpitas and Newark Memorial 10; 18. Fremont, Gunn, Overlett 8; 21. Palo Alto 7.75; 22. Independence, Pioneer 7; 24. Santa Clara, Saratoga; 6. 29. Los Gatos, Menlo-Atherton 4; 33. Presentation 1.5.

100 -- Craig (St. Francis) 11.99; 2. Ponder (DM) 12.18; 3. Jennings (Woodside) 12.58; 5. Blaschke (St. Francis) 12.71. 200 -- Craig (St. Francis) 24.1; 2. Ponder (DM) 24.7; 3. Jennings (Woodside) 25.6; 400 -- Jennings (Woodside) 58.03; 800 -- Bock-Willmes (Carondelet) 2:20.05; 3. Appenrodt (SI) 2:22.03; 4. Holt (M-A) 2:22.65; 5. Biberferro (Los Gatos) 2:22.91.

Mile -- Gordon (Carondelet) 4:59.83; 2. Bleisch (SC) 5:13.83; 3. McPherson (SC) 5:18.44; 4. A. Ricketts (Saratoga) 5:18.44; 5. M. Ricketts (Saratoga)

PREP NOTES

5:19.64. 2-mile -- Gordon (Carondelet) 10:34.2; 3, Driscoll (SI) 11:18.4; 4, Sandoval (SI) 11:22.6. 110 LH -- Schukle (SF) 15.16; 4, Steingart (SF) 15.35. 300 LH -- Schukle (SF) 45.57; 2, Steingart (SF) 45.99; 3, Slater (Pioneer) 46.09; 5, Espinoza (Silver Creek) 48.90. 400 relay -- St. Francis 49.70; 2, Gunn 51.01; 3, Independence 51.11; 4, St. Ignatius 51.76; 5, Los Gatos 52.01. Mile relay -- Carondelet 4:07.4; 3, Mitty 4:15.0; 4, Piedmont Hills 4:19.2; 5, Moreau 4:20.8.

Long jump -- Ponder (DM) 19-7; 2, Elarms (Piedmont Hills) 17-0; 3, Parriott (Mitty) 16-1 3/4. High jump -- McLain (Milpitas) 5-4; 4, Owen (St. Francis) 5-0; 5, Deely (SI) 5-0. Triple jump -- Ponder (DM) 38-0 1/4; 2, Bayer (Mission SJ) 36-8; 4, Steingart (SF) 33-9; 5, Burnham (Los Altos) 33-8. Shot put -- Webb (O'Dowd) 36-8 1/2; 2, Vloo (Mt. Pleasant) 36-2; 3, Deamero (LA) 34-9 1/2; 5, Megan Bourbeaux Poy (Palo Alto) 33-1. Discus -- Deamero (LA) 112-10; 2, Hotchkiss (Overfelt) 109-9; 3, Hu (Palo Alto) 102-3; 5, Esteban (MSJ) 95-8.

Stanford Invitational

March 22, 23, 1996.

Cobb Track and Angell Field, Stanford Boys

100 -- Naivalu (Fremont) 11.12; 2, Jones (Skyline) 11.25; 3, Tinsley (Gilroy) 11.26. 400 Section 1 -- E. Levine (Golden Valley) 48.88; 2, Brown (McClymonds) 48.92; 3, Davis (Davis) 49.67; 4, Moore (De La Salle) 49.94; 5, J. Layne (Golden Valley) 50.70. 400 Section 2 -- Andrews (Rancho Cotate) 50.34; 2, Newman (Rancho Cotate) 51.21. Mile -- Jones (Livermore) 4:14.14; 2, Gillen (Yreka) 4:15.23; 3, Asmerom (McAteer) 4:18.31; 4, Stevens (Mission SJ) 4:20.59; 5, Johnson (Oregon City) 4:26.00.

3,000 -- Torres (Silver Creek) 8:47.58; 2, Rodriguez (Mission SJ) 8:52.03; 3, Hansen (St. Ignatius) 8:52.75; 4, Henstorf (Amador Valley) 8:54.38; 5, Wellman (St. Ignatius) 8:54.96. 100 hurdles -- Rossow (Elk Grove) 15.10; 2, Mauga (Independence) 15.37; 3, Armer (N. Monterey) 15.81. 400 hurdles -- Naivalu (Fremont) 54.59; 2, Andrews (Rancho Cotate) 56.18; 3, Rossow (Elk Grove) 57.65; 4, Moorhead (Sheldon) 57.95; 5, Lucero (Westmoor) 58.72.

400 relay -- De La Salle 42.80; 2, Gunn 44.27; 3, Golden Valley 44.48; 4, Westmoor 44.58; 5, Mitty 45.88. 1,600 relay -- McClymonds 3:18.86; 2, Golden Valley 3:19.47; 3, De La Salle 3:25.54; 4, Los Gatos 3:26.52; 5, Del Mar 3:27.94. 3,200 relay -- Nevada Union 8:00.35; 2, De La Salle 8:01.34; 3, Bellarmine 8:13.55; 4, Los Gatos 8:13.86; 5, Huntington Beach 8:17.87.

Distance Medley relay Section 1 -- Nevada Union 10:28.95; 2, Livermore 10:30.31; 3, De La Salle 10:32.12; 4, Los Gatos 10:34.95; 5, St. Ignatius 10:35.74; 6, Mission San Jose 10:44.60; 7, Logan 10:47.11; 8, Huntington Beach 10:47.17; 9, Golden

Valley 10:47.31; 10, Amador Valley 10:51.42; 11, Skyline 10:54.76; 12, Oregon City 10:57.91; 13, Santa Rosa 10:58.37.



Jernae Wright

Photo by Bill Cockerham

Distance Medley relay Section 2 -- Elk Grove 10:44.48; 2, Eureka 10:53.08; 3, Serra 10:56.59; 4, Burlingame 10:57.61.

High jump -- Guanella (Santa Rosa) 6-6 3/4; 2, Dawson (Antioch) 6-6 3/4; 3, (tie), Bull (Mountain View) and Portman (Burlingame) 6-4 3/4. Pole Vault -- Harris (Del Mar) 14-6; 2, Vong (Silver Creek) 13-6; 3, Johnson (Logan) 13-6; 4, Lippman (North Monterey County), Meeker (Elk Grove), and Grijalva (North Monterey County) 13-0. Long jump -- Moore (De La Salle) 21-9 1/2; 2, Capalbo (Loyola) 21-6 1/2; 3, White (McClymonds) 20-10 3/4. Triple jump -- Mackey (Logan) 43-6 1/4; 2, Washington (Logan) 43-0 3/4; 3, Augustine (Yuba City) 42-6; 4, (tie), Johnston (Fremont) and Herndon (Valley-Sacramento) 42-5 1/4. Shot Put -- Badovinac (Jesus) 56-2 1/2; 2, Howard (Los Altos) 55-10 1/2; 3, Bill (Sheldon) 53-1 1/2; 4, Parker (McAteer) 52-7; 5, Asher (Serra) 48-11 1/4; 6, Ransom (Logan) 48-1 1/2. Discus -- Jauron (McQueen) 177-2; 2, McGilvray (Los Gatos) 153-3; 3, Manibusan (Tracy) 141-1; 4, Ransom (Logan) 140-3.

Girls

100 -- Wright (Logan) 12.07; 2, Craig (St. Francis) 12.09; 3, Smith (Gilroy) 12.66. 400 Section 1 -- Estes (Logan) 55.45 (meet record); 2, Cr. Miles-Threat (Amador Valley) 58.51; 3, Jennings (Woodside) 58.80; 4, Bridgeman (Logan) 59.10; 5, Van Wegen (Amador Valley) 59.62; 6, Kirtman (Lowell) 59.63; 7, Williams (Sacred Heart Cathedral) 59.96. 400 Section 2 -- Bennett (Bishop O'Dowd) 59.16. Mile -- McPherson (Silver Creek) 5:15.17; 2, Spahr (Huntington) 5:17.56; 3, Gunnison (McClatchy) 5:18.66; 4, Bleisch (Silver Creek) 5:19.06. 5, Holt (Menlo-Atherton) 5:23.74.

3,000 -- Koppes (Foothill) 10:05.46; 2, Gunnison (McClatchy) 10:08.78; 3, Cox (Santa Rosa) 10:12.75; 4, Lawson (Clovis

West) 10:24.34; 5, Akana (Lowell) 10:34.01. 100 hurdles -- Grant (Bishop O'Dowd) 14.94; 2, O'Reilly (St. Mary's, S) 15.17; 3, Allen (North Salinas) 15.60; 4, Balumbu (Logan) 16.15. 400 hurdles -- O'Reilly (St. Mary's) 1:04.77; 2, McGraw (Mission SJ) 1:05.11; 3, Guanella (Santa Rosa) 1:06.75; 4, Chapman (Hawaii Prep) 1:10.35. 400 relay -- Logan 47.04; 2, Valley-Sacramento 49.86; 3, Gunn 50.91; 4, Los Gatos 51.14; 5, Harbor 51.89.

1,600 relay -- Logan 3:51.22; 2, Gunn 4:15.02; 3, Amador Valley 4:01.00; 4, Skyline 4:12.95; 5, Hawaii Prep 4:15.12. 3,200 relay -- Amador Valley 9:38.48; 2, Lowell 9:54.52; 3, Logan 9:57.18; 4, Palo Alto 10:08.56; 5, Livermore 10:10.07. Distance medley relay -- Logan 12:52.78; 2, Lowell 12:56.30; 3, Mission San Jose 12:57.47; 4, St. Ignatius 12:58.14; 5, Santa Rosa 13:19.87; 6, Livermore 13:21.96; 7, University 13:25.38.

High Jump -- Hawkins (Tracy) 5-4; K. Townsend (Logan) 5-2; 3, Burdick (Aragon) 5-0. Pole vault -- Haut (Harbor) 10-0; 2, Lopez (Newark Memorial) 10-0; 3, Erickson (Logan) 8-0; 4, (tie), Yi (Mills), Swanson (Gilroy), Pennycock (N. Monterey Co.) and Grow (Logan) 7-6. Long jump -- Wright (Logan) 18-3 1/2; 2, Tinker (Valley-Sacramento) 17-9 1/4; 3, Anderson (Yreka) 17-0 1/2; 4, Burnham (Los Altos) 16-10 3/4; 5, Chapman (Hawaii Prep) 16-4 1/4. Triple jump -- Tinker (Valley-Sacramento) 36-2 1/4; 2, Lascos (Logan) 35-3 1/4; 3, Bartholomew (Logan) 34-0; 4, Sterbentz (Silver Creek) 33-8; 5, Burnham (Los Altos) 33-7 1/4. Shot -- Tulua (Carmel) 47-7. Discus -- Tulua (Carmel) 146-1; 2, Ross (Laguna Creek) 142-9; 3, Bryden (Anderson) 122-11; 4, DeAmoro (Los Altos) 116-9; 5, Thiel (Logan) 108-1.

Stan Wright Panther Invitational

March 29, 1996. Hughes Stadium, Sacramento City College

Boys

100 nwi 1. McGee (Sacramento) 10.65; 2, Shallen Jones (McClymonds) 10.98; 3, Daunte Burks (Kennedy) 11.09.200. 2. Eddie Levine (Golden Valley) 22.193. Willie Cain (Valley) 22.47. 400 1. Eddie Levine (Golden Valley) 48.11. 2. Tim Brown (McClymonds) 48.31. 3. Malachi Davis (Davis) 49.47. 4. Vince Vasquez (Golden Valley) 49.74. 800 1. James Levine (Golden Valley) 1:55.72. 2. Tim Brown (McClymonds) 1:59.42. 3200 1. Dan D'Ottovio (Placer) 9:43.23. 2. Juan Pablo Miramontes (Golden Valley) 9:43.88. 4x100 1. Golden Valley 42.66. 2. Kennedy 43.49. 3. Sacramento 43.52. 4. Vallejo 43.62. 4x400 1. Golden Valley 3:20.59. 2. Kennedy 3:25.20. 110 High Hurdles 1. Harold Wilson (Vallejo) 15.09. High Jump 1. Broden Jones (Vallejo) 6-8. 2. Warner Herndon (Valley) 6-4. Long Jump 1. McGee (Sacramento) 24-6. Triple Jump 1. Qualon Allen (Valley) 44-8. Discus 1. Jon Gagnon (Christian Brothers) 171-10.

Girls

100 1. Zhauntel Holman (Valley) 12.12. 2. Jacquiline Lewis (Vallejo) 12.52. 200 1. Turshika Bennett (Bishop O'Dowd) 25.74. 2. Jacquiline Lewis (Vallejo) 26.06. 3. Vishani Miller (Kennedy) 26.27. 400 1. Turshika Bennett (Bishop O'Dowd) 58.34. 800 1. Lindsey Hyatt (Placer) 2:17.21. 2. Anne Gunnison (McClatchy) 2:22.32. 1500 1. Lindsey Hyatt (Placer) 4:45.00. 2. Anne Gunnison (C.K. McClatchy) 4:45.99. 3. Yvonne Liebig (Kennedy) 5:03.45.

100 High Hurdles 1. Ayana Grant (Bishop O'Dowd) 14.99. 4x100 1. Valley 48.89. 2. Vallejo 49.97. 4x400 1. Kennedy 4:06.70.

Long Jump 1. Julie Tinker (Valley) 18-4. 2. Ayana Grant (Bishop O'Dowd) 17-11 3/4. 3. Danielle Martin (Valley) 17-6 1/4. 4. Shemila Johnson (Vallejo) 16-9. Triple Jump 1. Julie Tinker (Valley) 37-0 1/2. Shot Put 1. Jennifer Burkley (Golden Valley) 35-4 3. 4. Discus 1. Brett Sowa (El Camino) 114-1.

Martinez Relays

March 30, 1996. Alhambra High School

Boys

4x100-St. Mary's 43.9. 4x200-St. Mary's 1:34.1. 4x400-St. Mary's 3:31.0. 4x800-Clayton Valley 8:09.5. SMR-St. Mary's 1:35.7. DMR-Clayton Valley 10:50.5. HHR-Castro Valley 1:08.1. HJR-Castro Valley 17-8. PVR-Liberty 26-0 (ties meet record by College Park 1978). LJR-St. Mary's 56-10. TJR-St. Mary's 124-4. SPR-Ygnacio Valley 133-1. DR-Northgate 165-7.

Girls

4x100-College Park 50.9. 4x200-Carondelet 1:47.5. 4x400-Carondelet 4:05.6. Amador 4:06.1. 4x800-Carondelet 9:32.1 (meet record). SMR-Carondelet 1:51.9 (meet record). DMR-Carondelet 12:38.4 (meet record). HHR-Ygnacio Valley 1:14.1. HJR-Campolindo 14-7 (meet record). PVR-Acalanes 17-6 (meet record). LJR-Clayton Valley 42-8 1/2. TJR-College Park 95-3 (meet record). SPR-Clayton Valley 93-9 1/4. DTR-Clayton Valley 164-6.

Oakland

Invitational Relays

April 6, 1996. Edwards Stadium, Berkeley

Boys

Team Scores
1. Muir (Pasadena) 129. 2. Poly (Long Beach) 59. 3. Morningside (Inglewood) 38. 4. Mission San Jose (Fremont) 31.50. 5. Livermore 30. 6. De La Salle (Concord) 29. 7. Bakersfield 26. 7. Dorsey (Los Angeles) 26. 9. McClymonds (Oakland) 24. 10. Skyline (Oakland) 21. 10. McAteer (San Francisco) 21.

100

Meet: 10.59 Kevin Wilhite (Cordova. Rancho Cordova) 1981
1. Jim McGee (Sacramento) 10.64
2. Leon Callen 12 (De La Salle) 10.70
2. J'Sharon Jones 12 (Skyline) 10.70
4. DeAngelo Stewart 11 (Muir) 10.77

PREP NOTES

5. Karim Kelly 9 (Poly LB)	10.87
6. George Jordan (Pittsburg)	10.92
7. Kevin Land (Bakersfield)	10.98
8. Daryl Rideaux 9 (Poly LB)	11.00
9. Joe Flood (McAteer)	11.01
10. Daunte Burks 12 (Kennedy, S)	11.10
11. Emon Thomas (Bakersfield)	11.11

400 Meters

Meet: 46.68 Derek Shepard (Lincoln, SF) 1992

1. Steve Collins 11 (Muir)	48.27
2. Carleton Davis 11 (Kennedy, S)	48.32
3. Jess Strutzel (Huntington Bch)	48.60
4. Malachi Davis 12 (Davis)	48.75
5. Marcus Anderson 11 (Poly, LB)	49.50
6. Steve Newman 12 (RanCotate)	50.09

600 Meters

Meet: 1:54.10 Brian Woodward (Poly, Long Beach) 1992

1. Jess Strutzel (Huntington Bch)	1:54.58
2. Michael Jones (Livermore)	1:54.73
3. Kareem Morrell 12 (SJ Acad)	1:55.60
4. Alex Rodriguez 12 (Tennyson)	1:57.05
5. Xavier Savant 11 (Muir)	1:57.37
6. Enrique Torres 12 (Silver Creek)	1:57.77
7. David Pios 10 (Colfax)	1:58.01
8. Luke Leininger 12 (Clayton Vly)	1:58.16

1,600 Meters

MR-4:17.37 Martin Higginbotham (Berkeley) 1984

1. Bolota Asmerom 12 (McAteer)	4:18.93
2. Jon Stevens 10 (Mission SJ)	4:20.06
3. Andrew Wulf 11 (Bellarmine)	4:23.57
4. Daniel Embaye 12 (Logan)	4:28.40
5. Tony Trueba (Huntington Beach)	4:24.10
6. Amadu Kamara 12 (S Rosa)	4:28.40

3200 Meters

Meet: 9:02.40 Adam McAboy (Miramonte) 1988

1. Dave Rodriguez 11 (Mission SJ)	9:25.67
2. Joe Smith 12 (Livermore)	9:25.91
3. Bryan Pruyn (Vintage)	9:26.38
4. Daniel Gohlke 12 (Skyline)	9:29.04
5. Daniel Embaye 12 (Logan)	9:31.57
6. Brian Henstorf 11 (Amador Vly)	9:32.56
7. Tony Trueba (Huntington Beach)	9:36.16
8. Dan Gaston (Huntington Beach)	9:36.36
9. Jim Nelson 12 (Napa)	9:37.48
10. Chad Durham 10 (Poly LB)	9:41.59
11. Enrique Henriquez 11 (SLean)	9:42.48

110 High Hurdles

Meet: 14.18 John Prudenti (Justin-Siena, Napa) 1989

1. Makio Haywood 12 (Muir)	14.27
2. Kenyon Rambo 11 (Poly LB)	14.47
3. Robbie Hughes 12 (Hawthorne)	14.47
4. Derrick Evans 12 (Muir)	14.99
5. Chris Bamsdale 12 (Montg)	15.00
6. David Warren 11 (Hawthorne)	15.34
7. Jason Andrews 11 (RCotate)	15.50

300 IH Hurdles

Meet: 36.88 Mark Boyd (St. Mary's) 1980

1. Makio Haywood 12 (Muir)	37.04
2. Kenyon Rambo 11 (Poly LB)	37.76
3. Chris Bamsdale 12 (Monty)	39.04
4. Jason Andrews 11 (RCotate)	39.41
5. Robbie Hughes 12 (Hawthorne)	40.40
6. Thomas Hocker 10 (Silver Crk)	40.54

4x100

Meet: 41.11 Ball (Galveston, TX) 1995

1. Muir 41.27, 2. Poly, LB 41.90, 3. Morningside 42.37, 4. Muir "B" 42.53, 5. Dorsey	
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42.68, 6. Bakersfield 42.89, 7. Hawthorne 42.90, 8. De La Salle 43.00, 9. Pittsburg 43.16, 10. St. Mary's 43.28, 11. Vallejo 43.44, 12. Sacramento 43.60, 13. Logan 43.64.	
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4x200

Meet: 1:26.99 Ball (Galveston, TX) 1995

1. Muir 1:26.19 (meet record), 2. McClymonds 1:27.43, 3. Morningside 1:27.97, 4. Bakersfield 1:30.20, 5. De La Salle 1:31.56, 6. Hogan 1:33.50.	
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4x400

Meet: 3:14.01 Muir 1994

1. Muir 3:11.75 (meet record), 2. McClymonds 3:15.15, 3. Dorsey 3:18.67, 4. Poly LB 3:19.44, 5. Muir 3:20.42, 6. Hawthorne 3:21.89, 7. St. Mary's 3:23.79, 8. Morningside 3:23.90, 9. Kennedy, S. 3:27.24, 10. Rancho Cotate 3:27.68.	
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Sprint Medley

MR-3:27.03 Logan 1995 (#1 in USA)

1. Muir 3:28.75, 2. St. Mary's 3:41.72, 3. Poly LB 3:43.64, 4. Montgomery 3:47.60, 5. Morningside 3:48.79, 6. De La Salle 3:55.26.	
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4x800

Meet: 8:00.90 Bellarmine 1994

1. Clayton Valley 7:57.09 (meet record), 2. De La Salle 7:57.69, 3. Poly LB 8:03.48, 4. Nevada Union 8:05.00, 5. Acaianes 8:18.62, 6. Santa Rosa 8:21.15.	
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Distance Medley

Meet: 10:23.30 Santa Rosa 1995

1. Livermore 10:24.64, 2. Mission SJ 10:33.20, 3. Skyline 10:38.40, 4. Bellarmine 10:42.18, 5. Nevada Union 10:42.35, 6. Clayton Valley 10:44.40.	
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High Jump

Meet: 7-0 Maurice Crumby (Baiboa) 1981

1. Rodrick Jones 12 (Vallejo)	6-8
2. Ray Guanella 12 (Santa Rosa)	6-6
3. Matt Hurd 12 (Antioch)	6-6
4. David Esparza 11 (Santa Rosa)	6-2
5. Chris Fiori (Bellarmine)	6-0
6. Pat O'Leary 12 (Mission SJ)	6-0

Pole Vault

Meet: 15-6 1/2 Rene Lorraine (Petaluma) 1995

1. Nguyen Vong 12 (Silver Creek)	14-6
2. Willie Delichman 11 (Ponderosa)	14-0
3. Tony Moore (Castro Valley)	13-0
3. John Belicina (Yerba Buena)	13-0
3. Kevin Bewsey 11 (Ponderosa)	13-0
6. Ben Foster 10 (Amador Valley)	12-6

Long Jump

Meet: 24-0 1/2 Jason Duff (Etiwanda) 1990

1. Clarence Scott 12 (Doseyr)	25-4 1/2 (meet record)
2. Jim McGee (Sacramento)	23-0
3. Derrick Evans 12 (Muir)	22-3 1/2
4. Sam Burns 12 (Hogan)	22-2
5. De'Angelo Stewart 11 (Mr)	21-8
6. Myron Washington 12 (Mt. Ple)	21-4

Triple Jump

Meet: 48-9 Tony Rogers (Hiram Johnson) 1988

1. Derrick Evans 12 (Muir)	48-2 1/2
2. Rod Moore 11 (Morningside)	44-11 1/2
3. Anthony Ratcliff 12 (McAt)	44-11
4. Jamal Stamps 11 (Morn)	43-4 1/4
5. Saleem Mahdi (Pittsburg)	43-3 3/4

6. Steve Collins 11 (Muir)	43-2
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Shot Put

Meet: 62-3 Dennis DeSoto (Santa Rosa) 1981

1. Van Mounts (Bakersfield)	60-10
2. Brian Chase 11 (CNewman)	60-4
3. John Badovinac 10 (Jesuit)	58-9
4. Steve Parker 11 (McAteer)	51-9 1/2
5. Dave Freeland 12 (Pond)	51-3 1/2
6. Matt Norris 10 (St. Mary's)	47-4

Discus

Meet: 187-2 Jeff Buckey (Bakersfield) 1991

1. Lance Juron 12 (McQu, Reno)	184-1
2. John Gagnon 12 (Christian Bros)	167-4
3. Brian Chase 11 (Card Newman)	163-8
4. Van Mounts (Bakersfield)	158-0
5. Rocci Doria 11 (Amador Valley)	153-7
6. Steve Parker 11 (McAteer)	150-7

Girls

Team Scores

1. James Logan (Union City) 84.33, 2. Poly (Long Beach) 72, 3. St. Bernard (Playa del Rey) 45.50, 4. Morningside (Inglewood) 42, 5. Santa Rosa 31, 6. El Cerrito 30, 7. Carondelet (Concord) 25, 8. Del Mar (San Jose) 24, 9. Campolindo (Moraga) 22.50, 10. Nevada Union (Grass Valley) 22, 10. Castro Valley 22.	
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100

Meet: 11.40 Marion Jones (Rio Mesa) 1991

1. Jernae Wright 12 (Logan)	11.87
2. Miesha Withers (Morningside)	11.96
3. Zahalea Showe 10 (Poly LB)	12.24
4. Pilar Arroyo 12 (Tracy)	12.47
5. Carlotta Eckford 12 (Tracy)	12.81
6. Brandy Apodaco 11 (Amad Vly)	12.82

400

Meet: 54.28 Latasha Gilliam (Pittsburg) 1994

1. Malika Edmondson (St. Bern)	55.98
2. Regina Caruthers 11 (St. Bern)	57.06
3. Brandi Grant 11 (Holy Names)	57.59
4. Turshika Bennett 12 (O'Dowd)	58.54
5. Pia McAllister 11 (Clayton Vly)	58.63
6. Porsha Edlington 12 (East Union)	58.66
7. Crystal Miles-Threat (AmVly)	58.72
8. Jamara Smith 9 (Logan)	59.88

800

Meet: 2:11.70 Becky Spies (Livermore) 1989

1. Kristen Gordon 11 (Carondelet)	2:16.83
2. Marina Ze 12 (Livermore)	2:16.89
3. Kerri Bock-Willmes 11 (Caron)	2:17.77
4. Jennifer Bridgeman 11 (Logan)	2:18.05
5. Betty Butler 12 (Dorsey)	2:18.20
6. Monica Van Wegen 11 (AmVly)	2:18.61
7. Kelly Howlsey 11 (Clayton Vly)	2:20.22
8. Danielle Price 10 (Logan)	2:21.65
9. Ann Franco 12 (Skyline)	2:21.99
10. C. Miles-Threat 12 (Amador V)	2:22.00

3200

Meet: 10:50.60 Elissa Riedy (Mission San Jose) 1994

1. Jen Schindler 11 (Ponderosa)	11:09.41
2. Trina Cox 9 (Santa Rosa)	11:12.60
3. Deborah Osteen 12 (Clay Vly)	11:16.10
4. Marie Gardner 12 (Ashland)	11:24.47
5. Katie Fontana 12 (Napa)	11:39.18
6. Josie Sepulveda 12 (Poly LB)	11:43.92
7. Heather Gibson 10 (Piedmont)	11:49.70

100 High Hurdles

Meet: 14.19 Latanya Davenport (Locke) 1989

1. Davetta Shephard (Salesian)	14.31 DG (improper uniform)
2. Nicole Hoxie (North)	14.34

Malika Edmondson

Photo by Bill Cockerman

3. Rori Kelly (Morningside)	14.81
4. Tisha Ponder (Del Mar)	15.05
5. Katie Schukle 11 (Santa Rosa)	15.61
6. Laren Parker 12 (Bakersfield)	15.62
7. Hannah Cooper 11 (Hawthorne)	15.88
8. Stephanie Fong (Mission SJ)	15.98

300 Hurdles

Meet: 43.44 Joanna Hayes (North) 1995

1. Davetta Shephard (Salesian)	43.80
2. Petra King (Poly LB)	45.04
3. Katie Schukle (Santa Rosa)	45.32
4. Nicole Thomas (Morningside)	45.60
5. Hannah Cooper 11 (Hawthorne)	46.19
6. Nicole Hoxie (North)	46.21
7. Melissa Guanella 11 (SRosa)	47.67

PREP NOTES

4x100

MR: 46.57 Skyline 1994
1. Logan 46.63, 2. St. Bernard 47.47, 3. Morningside 47.53, 4. Poly LB 47.72, 5. Muir 47.80, 6. North 48.06

4x200

Meet: 1:38.88 Morningside 1994
1. Logan 1:37.95, 2. Muir 1:41.10, 3. El Cerrito 1:41.70, 4. Morningside 1:44.14, 5. Bishop O'Dowd 1:44.75, 6. Fremont 1:48.08

800 Medley

MR: 1:44.35 Skyline 1994
1. St. Bernard 1:46.43, 2. El Cerrito 1:49.69, 3. Poly LB 1:49.76, 4. Carondelet 1:52.09, 5. Morningside 1:52.92, 6. Ashland 1:53.75

4x400

Meet: 3:46.30 Morningside 1994
1. Logan 3:51.50, 2. Dorsey 3:51.81, 3. Amador Valley 3:52.53, 4. El Cerrito 3:53.55, 5. Poly LB 3:55.06, 6. North 4:00.40, 7. Morningside 4:02.03, 8. Carondelet 4:05.30, 9. Kennedy, Sac. 4:06.40, 10. Clayton Valley 4:06.84, 11. Fremont 4:07.12, 12. Skyline 4:09.24, 13. Laguna Creek 4:09.38

4x800

MR: 9:37.80 Berkeley 1980
1. Poly LB 9:32.38 MR, 2. Logan 10:02.24, 3. Castro Valley 10:03.23, 4. Campolindo 10:05.56, 5. Drake 10:07.56, 6. Tracy 10:09.54

Distance Medley

MR: 12:09.10 Mission San Jose 1994
1. Silver Creek 12:39.44, 2. Castro Valley 12:44.92, 3. Skyline 12:45.52, 4. Mission SJ 12:56.14, 5. Poly 12:57.50, 6. Livermore 12:59.87

High Jump

Meet: 5-8 Tara Fleming (Immanuel) 1995
1. Tait Holden 12 (Wood) 5-6
2. Savent Williams 12 (Poly LB) 5-6
3. Adrienne McMullen 10 (Campol) 5-4
4. Melissa Guanella 11 (S Rosa) 5-4
5. Rose Clark 11 (Granada) 5-2
6. Ann Horeis 12 (Campolindo) 5-2

Pole Vault

Meet: 9-0 Amanda Bauer (Mission San Jose) 1995
1. Christa Epperty (Nevada Union) 10-2 (meet record)

2. Shannon Flett 12 (Del Oro) 9-6
3. Becky Studebaker (South Fork) 9-0
4. Illea Erickson 10 (Logan) 8-0
4. Jill Forde 12 (Del Oro) 8-0
4. Lynda Tran 10 (Mt. Pleasant) 8-0

Long Jump

Meet: 19-2 Robyne Johnson (Berkeley) 1983
1. Tisha Ponder 12 (Del Mar) 20-0 3/4
2. Lauren Parker 12 (Bakers) 18-4 1/2
3. Shemila Johnson 11 (Vallejo) 17-5 1/2
4. Savent Williams 12 (Poly LB) 17-0 3/4
5. Allison Parks (St. Bernard) 16-10 1/2
6. Ayana Grant 12 (O'Dowd) 16-10 1/2

Triple Jump

Meet: 37-7 Felicia Harris (San Lorenzo) 1987
1. Tisha Ponder 12 (Del Mar) 40-3 1/2 (meet record)
2. Andrea Lacson 12 (Logan) 36-4 1/2

3. Molly Luman 12 (Ashland) 35-2 1/2
4. Demetria Beverly 12 (OakT) 35-2 1/4
5. Mercedes Williams (St. Joseph) 35-1
6. Jenny Eggers 11 (Carondelet) 34-4 1/2

Shot Put

Meet: 48-9 Dawn Dumble (Bakersfield) 1990
1. Vatau Pohahau 12 (Balboa) 44-3
2. Chaniqua Ross (Laguna Crk) 42-4 1/2
3. Debbie Pardini (Nevada Un) 36-8 1/2
4. Dory Vloo 12 (Mount Pleas) 35-7 1/2
5. Candace Webb 12 (O'Dowd) 34-8 1/2
6. Dana Lawson 11 (Clayt Vy) 34-6 1/4

Discus

Meet: 171-7 Suzy Powell (Downey, Modesto) 1994
1. Chaniqua Ross (Laguna Creek) 153-3
2. Mandy Buckley (Bakersfield) 140-11
3. Debbie Pardini (Nevada Union) 113-8
4. Melissa Reis 10 (Logan) 112-10
5. Antoinette Tillman (Berkeley) 111-0
6. Tia DeSoto 9 (Montgomery) 110-8
7. Dory Vloo 12 (Mount Pleasant) 110-2



Chaniqua Ross

Photo by Bill Cockerham

Bear Creek Invitational

April 6, 1996. Stockton

Boys

Large School 1. Golden Valley 127, 2. Bear Creek 89, 3. Franklin 71, Woodland 71. **Small School** 1. Calaveras 54, 2. St. Mary's 41, 3. South Tahoe 34.

3200 1. Miramontes (Golden Valley) 9:48.40. **1600 Relay** 1. Golden Valley 3:18.50, 2. Franklin 3:24.47, 3. Calaveras 3:26.75. **High Jump** 1. Feilbach (Bear Creek) 6-4. **Pole Vault** 1. Gritz (Bear Creek) 15-6, 2. Gilbert (Mariposa) 15-0, 3. Williams (Stagg) 14-0, 4. Phoeun (Bear Creek) 13-6. **Long Jump** 1. Pearson (Franklin) 21-10 1/2. **Triple Jump** 1. Herndon (Valley) 44-10 1/2, 2. Seitz (South Tahoe) 44-8 1/2, 3. Allen (Valley) 44-4 3/4. **Shot Put** 1. Blakes (Woodland) 50-6 1/2. **Discus Throw** 1.

MacKay (Central) 148-10.

Girls

Large School 1. Woodland 154, 2. Lincoln 68.5, 3. Ceres 64. **Small School** 1. St. Mary's 106, 2. St. Francis 30, 3. Central Catholic. **100** 1. Watson (Edison) 12.35, 2. Tinker (Valley) 12.53, 3. Wynne (Golden Valley) 12.60, 4. Hunt (Florian) 12.65. **200** 1. Jacobs (St. Francis) 25.50, 2. O'Reilly (St. Mary's) 25.73. **400** 1. Jacobs (St. Francis) 58.68, 2. Bell (Rocklin) 59.51, 3. Garcia (Woodland) 1:00.19. **1000H** 1. O'Reilly (St. Mary's) 14.74.

300LH 1. O'Reilly (St. Mary's) 43.80. **400 Relay** 1. Valley 48.63, 2. Edison 50.60, 3. St. Mary's 50.62. **1600 Relay** 1. Valley 4:00.31, 2. Woodland 4:01.80. **High Jump** 1. Newlin (Ceres) 5-6, 2. Lemont (Ceres) 5-4, 3. Ramos (Woodland) 5-2. **Pole Vault** 1. Nellis (Bear Creek) 8-6, 2. Kitto (Bear Creek) 8-6, 3. Forbes (Rocklin) 8-0. **Triple Jump** 1. Lemont (Ceres) 34-10 1/2. **Shot Put** 1. Rooney (Woodland) 43-9 1/2, 2. Jordon (Lincoln) 40-10, 3. Burkley (Golden Valley) 35-5. **Discus Throw** 1. Rooney (Woodland) 117-7.

Foothill/St. Francis Track & Field Carnival

April 6, 1996

Men

200 1. Napoleon (Del Mar) 22.0, 400 1. Napoleon (Del Mar) 48.7, 2. Hogg (Riordan) 49.8. **800** 1. Newman (Los Gatos) 1:57.5, 2. Dominiquez (Overfelt) 1:58.2, 3. Guina (Westmont) 1:58.7, 4. Adkins (Wilcox) 1:59.1. **1500** 1. Rutledge (Los Gatos) 4:09.3, 3000 1. Sikiric (Leland) 8:48.8, 2. Boothe (Pioneer) 9:03.3, 3. Piellusch (Leland) 9:04.8, 4. Collin (St. Francis) 9:07.3. **1100H** 1. Bull (Mountain View) 14.9. **400 Relay** 1. Del Mar 42.7.

1 Mile Relay 1. Del Mar 3:26.00, 2. St. Francis 3:27.00, 3. Riordan 3:27.9. **Distance Medley** 1. Leland 10:48.7 (Sikiric 3:09.7). **High Jump** 1. Bull (Mountain View) 6-11. **Pole Vault** 1. Harris (Del Mar) 14-6. **Discus** 1. Howard (Los Altos) 151-7 1/2, 2. Tuipuloto (San Mateo) 148-9.

Women

100 1. Craig (St. Francis) 11.9, 200 1. Craig (St. Francis) 24.4, 400 1. Kirtman (Lowell) 58.3, 2. Sczawinski (Los Gatos) 58.3, 3. Wrenn (Palo Alto) 59.6. **1500** 1. Renteria (Westmont) 4:52., 5. Kihara (Palo Alto) 5:02.8. **6. Holmquist (Santa Teresa) 5:03.9. 3000** 1. Allison (Leland) 10:41.4, 2. Sandoval (St. Ignatius) 10:48.6. **1100H** 1. Steingart (St. Francis) 15.9. **300LH** 1. Steingart (St. Francis) 44.0, 2. Slater (Pioneer) 46.0, 3. Carver (Harbor) 46.2. **400 Relay** 1. St. Francis 48.1 (meet record), 2. Los Gatos 49.9, 3. St. Ignatius 50.4, 4. Gunn 50.6, 5. Mitty 50.7.

1 Mile Relay 1. Saint Francis 4:03.2, 2. St. Ignatius 4:07.3. **Distance Medley** 1. Lowell 12:34.2. **High Jump** 1. Lee (St. Ignatius) 5-2. **Pole Vault** 1. Furniss (St. Ignatius) 8-6, 2. Sam (Mitty) 8-0. **Triple Jump** 1. Burnham (Los Altos) 36-5 1/4, 2. Shih (Gunn) 35-5 1/2, 3. Roberts (St. Ignatius) 34-11, 4. Broughton (Douglas) 34-9 1/4. **Shot Put** 1. Nilme-

er (Burlingame) 37-11, 2. Santos (Mt. View) 36-9 1/2, 3. Hill (SacHeart) 36-2. **Discus** 1. DeArmero (Los Altos) 115-3.

King City Invitational

April 13, 1996

From Mike Essesser

Boys

Team Scores 1. North Monterey County 106, 2. Paso Robles 56, 3. Monterey 51. **Pole Vault** 1. Jesse Collwood (Atascadero) 13-6, 2. Ryan Clyman (Paso Robles) 13-6. **Shot Put** 1. Matt Young (Salinas) 52-0 1/2. **Discus** 1. Matt Young (Salinas) 150-6.

Girls

Team Scores 1. North Monterey County 119, 2. Arroyo Grande 101, 3. Overfelt (San Jose) 54. **400** 1. Michelle Boykin (Arroyo Grande) 59.4, 2. Katie Haviland (North Monterey County) 59.8. **High Jump** 1. Carissa Ortega (Arroyo Grande) 5-2. **Pole Vault** 1. Hannar Johnson (Atascadero) 9-0, 2. Jody Pennycook (North Monterey County) 8-6, 3. Maggie O'Malley (Atascadero) 8-6, 4. Hang Le (Overfelt) 8-0, 5. Karyn Luis (Hollister) 8-0. **Triple Jump** 1. Nikki Gillot (North Monterey County) 36-8. **Shot Put** 1. Vanessa Shields (Arroyo Grande) 36-5 1/2. **Discus** 1. Estella Miranda (Salinas) 119-0, 2. Jackie Hotchkiss (Overfelt) 114-4.

Vallejo Relays

April 20, 1996. Corbus Field, Vallejo High School

Boys

Team Scores 1. Vallejo 56, 2. Santa Rosa 51, 3. McAteer 48. **McClymonds** 48, 5. Pittsburg 47, 6. Skyline 44, 100 1. Jones (Skyline) 10.82, 2. Jordan (Pittsburg) 10.87, 3. Cudrie (Pittsburg) 10.88, 4. Flood (McAteer) 10.96, 400 1. Charles (McClymonds) 47.89, 2. Brown (McClymonds) 48.28, 3. Luther (Bishop O'Dowd) 50.05, 1,600 1. Asmerom (McAteer) 4:19.6, 2. Enriquez (Skyline) 4:25.0, 3. Kamara (Santa Rosa) 4:25.3, 4. Gohlke (Skyline) 4:26.8. **1100H** 1. Barnsdale (Santa Rosa) 14.50, 2. Sturgeon (Elsie Allen) 14.73, 3. Harold Wilson (Vallejo) 15.32.

4x100 1. Pittsburg 43.00, 2. Vallejo 43.67. **4x200** 1. McClymonds 1:27.2. **4x400** 1. McClymonds 3:20.0, 2. Vallejo 3:27.2. **4x800** 1. Santa Rosa 8:13.7. **Sprint Medley** 1. Napa 3:47.7. **Distance Medley** 1. Bishop O'Dowd 10:56.4.

High Jump 1. Poisson (Cardinal Newman) 6-10, 2. Jones (Vallejo) 6-8, 3. Guanella (Santa Rosa) 6-6. **Pole Vault** 1. Gash (Santa Rosa) 11-6. **Long Jump** 1. Burns (Hogan) 22-2 1/4. **Triple Jump** 1. Mahdi (Pittsburg) 45-9, 2. Holmes (St. Mary's) 45-5 1/2, 3. Ratcliff (Moreau) 45-4 1/2. **Shot Put** 1. Chase (Cardinal Newman) 58-5, 2. Parker (McAteer) 49-9 1/4. **Discus** 1. Chase (Cardinal Newman) 164-7, 2. Hall (Montgomery) 150-7.

Girls

Team Scores 1. Santa Rosa 66, 2. Vallejo 57, 3. Montgomery 51, 4. Bishop

PREP NOTES

O'Dowd 43, 5. Lowell 35, 6. Pittsburg 34, 100 1. Daveetta Shepherd (Salesian) 12:51, 2. Williams (Armijo) 12:65, 3. Walker (Pittsburg) 12:71, 400 1. Bennett (Bishop O'Dowd) 58.58, 2. Jiles (Pittsburg) 59.51, 3. Shepherd (Salesian) 59.98, 4. Johnson (Vallejo) 1:00.11, 1600 1. Kana (Lowell) 5:00.1, 2. Gunnison (McClatchy) 5:04.0, 3. Lucero (Lowell) 5:08.2, 4. Gillis (Moreau) 5:08.2, 5. Cox (Santa Rosa) 5:09.8.

100H 1. Shepherd (Salesian) 14.38, 2. Schukle (Santa Rosa) 14.97, 3. Ratliff (Pittsburg) 15.72, 4. Warner (McAteer) 16.17, 4x100 1. Vallejo 49.05, 2. Pittsburg 50.16, 4x200 1. Vallejo 1:46.2, 4x400 1. Vallejo 4:11.0, 4x800 1. Santa Rosa 10:01.44, Sprint Medley 1. Santa Rosa 1:51.7, Distance Medley 1. Lowell 12:31.9.

High Jump 1. Guanela (Santa Rosa) 5-2, Pole Vault 1. Bel (Montgomery) 8-9, 2. Wilson (Terra Linda) 8-9, 3. Peccrosse (Santa Rosa) 8-0, Long Jump 1. R. Brewer (Berkeley) 17-5, 2. Maes (Bishop O'Dowd) 17-3 1/2, 3. Johnson (McAteer) 16-10 1/2, Triple Jump 1. Mordecai (Santa Rosa) 33-10, Shot Put 1. Puhahau (Balboa) 44-1 1/2, 2. Wilson (Montgomery) 38-0, 3. Webb (Bishop O'Dowd) 35-4 1/2, Discus 1. Peacock (Moreau) 110-4.

Hampton/Phillips Track Classic

April 20, 1996, San Jose City College
Boys

100 Final (0.4) -- Joe Naivalu (Fremont) 10.95, 2. Damon Hamm (Milpitas) 11.15, 3. Jeff Hesse (Cupertino) 11.22, Heat 1 (1.2) Hesse 11.10, Heat 2 (nwi) 1. Naivalu and Hamm 10.80, 3. Alex Tinsley (Gilroy) 10.90, 4. Aaron Bryant (Wilcox) 11.00, 4. Steve Harris (Del Mar) 11.00, 200 (1.6) -- Jeff Hesse (Cupertino) 22.50, 2. Mike Pham (Mission San Jose) 22.93, 3. Bob Liddicoat (Calaveras) 22.95 (3.1), 400 -- Curtis Napoleon (Del Mar) 48.79, 2. Kareem Morrell (San Jose) 49.74, 3. Jelani Hogg (Flordan) 49.98, 800 -- Jon Stevens (Mission San Jose) 1:58.80, 2. Kareem Morrell (San Jose) 1:58.56, 3. Jason Adkins (Wilcox) 1:59.32, 4. Ray Oto-Uko (Del Mar) 1:59.45.

1,600 -- Daniel Sikiric (Leland) 4:14.66, meet record; 2. Micheil Jones (Livermore) 4:14.85, 3. Enrique Torres (Silver Creek) 4:19.54, 4. Ricardo Dominguez (Overfelt) 4:19.55, 5. Dave Rodriguez (Mission San Jose) 4:22.75, 3,200 -- Enrique Torres (Silver Creek) 9:37.50, 2. Jon Stevens (Mission San Jose) 9:46.10, 3. Victor Cortez (San Jose) 9:53.00, 100 high hurdles Final (1.9) -- Joe Naivalu (Fremont) 14.06, meet record (14.00 nwi heat 3); 2. Lamont Webb (Merrill West) 14.77 (14.70 nwi heat 2); 3. Matua Mauga (Independence) 14.95, Heat 1: (nwi) 1. Mauga 15.00, Heat 2: (nwi) 1. Webb 14.70, Heat 3: (nwi) Naivalu 14.00, 400 intermediate hurdles -- Joe Naivalu (Fremont) 54.76, 2. Steve Freeman (Washington-Fremont) 57.45, 3. Efrain Carrasco (Overfelt) 58.88.

400 relay -- Del Mar 42.91, 2. Milpitas

43.55, 3. Fremont 43.77, 1,600 relay -- Del Mar 3:25.19, 2. Milpitas 3:27.71, 3. Washington-Fremont 3:27.93, 3,200 relay -- Leland 7:56.50, meet record; 2. Livermore 8:06.80, 3. Mt. Pleasant 8:31.10.

High jump -- Jimmy Wiggins (Del Mar) 6-2; 2. Chris Smith (St. Mary's) 6-2; 3. Scott Portman (Burlingame) 6-2; 4. Ryan Bailey (Mt. Pleasant) 6-2, Pole vault -- Nguyen Vong (Silver Creek) 15-3 meet record; 2. Dan Burke (Del Mar) 14-0; 3. Patrick Malone (St. Francis) 13-0, Long jump (nwi) -- Mike Nealy (Yerba Buena) 22-4 1/2; 2. Myron Washington (Mt. Pleasant) 21-10 1/4; 3. Alex Tinsley (Gilroy) 21-5 1/4, Triple jump (nwi) -- Myron Washington (Mt. Pleasant) 45-6 1/4; 2. Mike Whitaker (Cupertino) 42-3 1/2; 3. Askia Whitaker (Mitty) 41-7 3/4, Shot put -- Rocci Doria (Amador) 50-9; 2. Roscoe Jordan (Yerba Buena) 50-4; 3. Eric Langley (Calaveras) 47-8, Discus -- Rocci Doria (Amador) 151-4; 2. Eric Langley (Calaveras) 150-1; 2. Bob Garrison (Antioch) 144-5 1/2.

Girls

100 Final (nwi) -- Malika Edmonson (St. Bernard) 12.35; 2. Kathy Gross (Independence) 12.62; 3. Allison Parks (St. Bernard) 12.64, Heat 1 (2.2) 1. Gross 12.60, 2. Amy Friedrich (Mt. Pleasant) 12.70, Heat 2 (0.8) 1. Edmonson 12.00, 2. Cindy McGowan (Leigh) 12.60, Heat 3 (0.7) 1. Parks 12.40, 200 Section 1 (3.0) -- Tisha Ponder (Del Mar) 24.67; 2. Malika Edmonson (St. Bernard) 24.74; 3. Shavonne Jennings (Woodside) 24.96, 4. Regine Caruthers (St. Bernard) 25.18, 5. Enjoli Smith (Gilroy) 25.45, 6. Danielle Ross (El Cerrito) 25.62, Section 2 (3.5) -- 1. Kathy Gross (Independence) 25.99; 2. Rebecca Paterson (Overfelt) 26.30, 400 -- Regine Caruthers (St. Bernard) 57.39, meet record; 2. Senik Saavodra (El Cerrito); 3. Shavonne Jennings (Woodside) 57.52, 4. Enjoli Smith (Gilroy) 59.75, 800 -- Laneisha McPherson (Silver Creek) 2:20.39, meet record; 2. Tiffany White (El Cerrito) 2:25.92; 3. Leraime McPherson (Santa Teresa) 2:27.29, 1,600 -- Laneisha McPherson (Silver Creek) 5:10.30; 2. Katie Hotchkiss (Mission San Jose) 5:15.35; Monica Topete (Silver Creek) 5:17.95.

3,200 -- Emily Allison (Leland) 11:22.85; 2. Mary Lucido (Homestead) 11:50.52; 3. Tasha Arbuckle (Merrill) 12:01.55, 100 hurdles Final (1.9) -- Lisa O'Reilly (St. Mary's) 14.56; 2. Maria Diaz (Santa Teresa) 16.57; 3. Staci Duncan (Mitty) 16.85, Heat 1: (nwi) 1. O'Reilly 14.40, Heat 2: (1.0) 1. Tisha Ponder (Del Mar) 14.80, 2. Diaz 16.00, 3. Duncan 16.30, Heat 3: (2.1) 1. Stephanie Fong (Mission San Jose) 16.10, 400 low hurdles -- Lisa O'Reilly (St. Mary's) 1:04.12, meet record; 2. Jasmin Espinoza (Silver Creek) 1:08.46; 3. Carrie McGraw (Mission San Jose) 1:09.35, 400 Relay -- El Cerrito 48.76; 2. Gunn 50.08; 3. Independence 50.31; 4. Gilroy 50.71, 1,600 relay -- El Cerrito 3:53.90; 2. Silver Creek 4:05.77; 3. Independence 4:14.54, 3,200 relay -- 1. Leland 10:01.20; 2. Independence 10:30.05; 3. Mt. Pleasant 10:42.90.

High jump -- 1. Holly McLean (Milpitas) 5-0; 2. Sandra Butler (Gunderson) 4-10; 3. Amanda Sears (Mt. Pleasant) 4-8, Pole vault -- 1. Maria Lopez (Newark Memorial) 10-6; 2. Mary Lou Badillo (Mt. Pleasant) 9-0; 3. Lynda Tran (Mt. Pleasant) 8-0; 3. Lindsay Sam (Mitty) 8-0, Long jump (nwi) -- Tisha Ponder (Del Mar) 18-7, meet record; 2. Tamara Livers (Independence) 17-6 1/2; 3. Cheryl Williams (St. Mary's) 16-11 1/2, Triple jump (nwi) -- 1. Tisha Ponder (Del Mar) 38-3 1/2; 2. Mary Lou Badillo (Mt. Pleasant) 36-1; 3. Cathleen Riddell (Mt. Pleasant) 35-4 1/2; 4. Anita Ruben (Saint Mary's) 34-7, Shot put -- Chaniqua Ross (Laguna Creek) 36-4; 2. Dony Vloo (Mt. Pleasant) 36-7; 3. Amy Thiel (Fremont Christian) 34-9, Discus -- Chaniqua Ross (Laguna Creek) 136-4, meet record; 2. Adeline Martinez (Live Oak) 119-8 1/2; 3. Jackie Hotchkiss (Overfelt) 118-9; 4. Amy Thiel (Fremont Christian) 113-7.

FROSH/SOPH--110 High Hurdles (1.0) -- Thomas Hocker (Silver Creek) 15.53.

YOUTH GIRLS--4x100--1. Golden State Track Club 50.69.

CENTRAL CALIFORNIA

Sanger Spring Classic

March 2, Sanger.

Boys

400mR: 1. Reedley (Weaver, Enns, Iwo, Fossen) 53.50, 2. Sanger 54.99, 3. Madera 55.16, 1600m: 1. Emil Lawson (Clovis W) 5:22.50, 2. Jull Lawson (CW) 5:29.72, 3. Ruiz (Reed) 5:38.42, 100mH: 1. Cindy Wong (MW) 17.38, 2. Nazarov 18.02, 3. Raymond 18.74, TJ: 1. Katherine Azar (Kingsb) 32-3, 2. Bass (CW) 32-1, 3. Rodney (San) 32-0, 800m: 1. Stefani McCarty (Mad) 2:22.9, 2. E. Lawson (CW) 2:30.4, 3. J. Lawson (CW) 2:36.4, 300mLH: 1. Amy Nazarov (Cen) 48.5, 2. Wong (MW) 48.6, 3. Barch (Sie) 54.3, 100m: 1. J. Vogel (MW) 13.80, 2. contreras (Kingsb) 13.85, 3. Martinez (Kingsb) 13.87, SP: 1. Brandy Smith (Mad) 36-7, 2. Ervin (Kingsb) 36-4, 3. Cline (Sie) 35-10, 400m: 1. J. Fiedler (CW) 65.48, 2. Esquevel (MW) 67.72, 3. Criado (Mad) 68.29, 200m: 1. Russler (CW) 28.4, 2. Wormley (MW) 28.5, 3. Yancy (Mad) 28.6, 3200m: 1. S. Smith (CW) 12:17.4, 2. Toller (CW) 12:27.7, 3. Gardner (San) 12:50.9, HJ: 1. M. Villasa-va (San) 4-10, 2. Bass (CW) 4-10, 3. Phillips (MW) 4-8, PV: 1. Allison Knode (Kingsb) 9-6, 2. Paulina (Kings) 7-3, 3. Wall (Reed) 7-3, LJ: 1. Wormley (MW) 15-8 3/4, 2. Wong (MW) 15-6 1/2, 3. Whaples (San) 14-11 1/2, 1600mR: 1. MW (Wong, Wormley, Esquevar, Naverette) 4:24.01, 2. Clovis West 4:24.62, 3. Reedley 4:27.05, DT: 1. Karina Powell (MW) 130-04, 2. Barnes-Mileham (CW) 130-0, 3. Richards (Mad) 113-8.

Boys

400mR: 1. Central (Oripilla, Roman, Gibbs, Stroud) 45.31, 2. MW 46.43, 3. Clovis W 46.74, 1600m: 1. Matt Duma (MW) 4:31.57, 2. Nelson (RW) 4:32.88, 3. Rhoad

(Sie) 4:37.22, PV: 1. J. Spomer (Kings) 12-0, 2. Berberian (CW) 11-0, 3. Jimenez (Reed) 10-0, 110mH: 1. Mark Roman (Cen) 15.21, 2. Zschou (MW) 17.49, 3. DeMott (MW) 17.55, SP: 1. JD Martin (Mad) 60-5, 2. Harding (San) 48-7, 3. Robinson (Sie) 46-4 1/2, 800m: 1. E. Reyes (Mad) 2:04.3, 2. Tell (Cen) 2:06.0, 3. Leyva (Mad) 2:06.2, TJ: 1. Spomer (Kings) 40-4, 2. Owens (Kings) 38-9 1/2, 3. Chavez (San) 38-5 1/2, 400m: 1. K. Straug (Cen) 52.5, 2. Viola (CW) 55.5, 3. Camila (MW) 54.5, 3200m: 1. Noel Nelson (King) 9:48.1, 2. Duma (MW) 9:56.5, 3. Rhoad (Sie) 10:04.6, LJ: 1. M. Bacon (Reed) 19-7, 2. Jimenez (Reed) 19-2, 3. Spoune (King) 19-2, 300mH: 1. M. Brazil (MW) 41.6, 2. Roman (Cen) 41.6, 3. Gonzales (Cen) 44.6, 100m: 1. K. Johnson (Hoov) 11.55, 2. Leas (San) 11.88, 3. Cribbs (Cen) 11.96, HJ: 1. Mike Bacon (Reed) 6-2, 2. Federoff (Cen) 6-0, 3. Johnson (King) 6-0, DT: 1. JD Martin (Mad) 183-10, 2. Biggs (MW) 153-10, 3. Hicks (MW) 143-10, 1600mR: 1. MW 3:37.6, 2. Central 3:38.3, 3. Madera 3:39.7, 200m: 1. K. Johnson (Hoov) 23.42, 2. Leas (San) 23.92, 3. Straub (Cen) 24.38.



J. D. Martin

Photo by Bill Cockerham

Frosh/Soph Boys

400mR: 1. Sanger (Hamm, Lerie, Johnson, Cooks) 47.65, 1600m: 1. Mike Pestovich (CW) 4:48.77, PV: 1. Shawn Fianagan (CW) 10-6, 65mH: 1. Jim Starling (MW) 10-1, SP: 1. Matt Crisp (RW) 44-4 1/2, HJ: 1. Charlie Johnson (San) 5-10, 400m: 1. Bret Howzer (Mad) 53.89, 300mH: 1. J. Hall (Cen) 46.7, LJ: 1. Trevor Lewis (MW) 18-1 1/2, 800m: 1. S. Dickson (Cen) 2:08.47, 100m: 1. A. Ordaz (Mad) 12.15, DT: 1. Matt Crisp (RW) 121-7, 200m: 1. Rockenbach (Kb) 25.17, TJ: 1. Josh Yanes (Cen) 39-6, 3200m: 1. Robert Lopez (San) 10:07.00, 1600mR: 1. Sanger (Luna, Johnson, Avila, Binger) 3:50.41.

PREP NOTES

Easter Classic

Sanger. Boys

100m: 1. Shawn Jones (TuW) 10.8, 2. J. Avery (Lem) 11.0, 3. R. Howard (Cent) 11.1. 110mHH: 1. Ryan Kwast (Corc) 14.5, 2. K. Carter (South) 14.7, 3. C. McClure (GWest) 15.0. 1600m Relay: 1. Clovis (Negrete, Negrete, Nakayama, Myers) 3:26.3, 2. 300m IH: 1. Ryan Kwast (Corc) 39.0, 2. S. Ramirez (Del) 40.3, 3. K. Carter (South) 40.3. 3200m: 1. Michael Kasahun (Fresno) 9:30.4, 2. M. Duma (MtWhit) 9:45.9, 3. J. Rebollo (Mend) 9:47.0. 3200m Relay: 1. Clovis 8:10.6, 2. Centennial 8:11.6, 3. Madera 8:15.1. 400m Relay: 1. Edison (Alexander, Holland Murrill, Sams) 42.3, 2. Lemoore 42.7, 3. South 43.4. 6400m Relay: 1. Reedley (Godiner, Osorio Espino, Lujan) 18:31.9, 2. McFarland 18:34.4, 3. Madera 18:47.0. 800m Relay: 1. South (Bogacki, Wells, Borrero, Lynn) 1:29.9, 2. Tulare West 1:33.3, 3. Edison 1:33.4. DT: 1. J. Martin (Mad) 190-1, 2. J. Hammond (Fow) 178-6, 3. B. Biggs (MtWhit) 140-5. HJ: 1. Gabriel Zarate (Sel) 6-4, 2. M. Unzueta (Lem) 6-2, 3. T. Kuzuki (Reed) 6-2. LJ: 1. Darrell Murray (Edison) 21-7.5, 2. J. Wells (South) 21-3.5, 3. T. Kozuki (Reed) 20-10.5. PV: 1. Mack Unzueta (Lem) 15-3, 2. N. Paramo (Lem) 14-6, 3. Brian Price (Kings) 14-0. SP: 1. J. Martin (Mad) 62-2, 2. J. Hammond (Fow) 60-11, 3. R. Reynolds (CloVW) 49-7. TJ: 1. Chris Hanson (Caruth) 43-10, 2. A. Crossley (41-8), 3. A. Chavez (Sang) 40-9.

Girls

100m: 1. Capricia Thompson (CloV) 12.3, 2. N. Goshen (FHill) 12.6, 3. J. Sams (TuW) 12.6. 100mHH: 1. Brandi Jenkins (GW) 14.8, 2. M. Henry (South) 15.7, 3. D. Scott (South) 16.3. 1600m Relay: 1. Golden West (Driscoll, Mathews, Hirbuck, Jenkins) 4:06.9, 2. Reedley 4:11.4, 3. Bullard 4:11.6. 300mLH: 1. Brandi Jenkins (GW) 45.6, 2. C. Wong (MtWhit) 47.5, 3. A. Hrelik (GW) 48.4. 3200m: 1. A. Ruiz (Reed) 11:24.7, 2. E. Lawson (CloVW) 11:27.3, 3. S. McCarty (Mad) 11:33.1. 3200m Relay: 1. Clovis West (Russler, Lawson, Lawson, Tole) 10:06.7, 2. Madera 10:10.9, 3. Exeter 10:19.5. 400m Relay: 1. Clovis (Gorubec, Prandini, Harris, Thompson) 50.3, 2. Golden West 50.4, 3. Ft. Hill 50.5. 600m Relay: 1. Ft. Hill (Garcia, Goshen, Banner, Manoso) 1:47.4, 2. Lemoore 1:49.3, 3. Tulare West 1:49.4. DT: 1. C. Barnes-Mileham (CloVW) 145-9, 2. L. Richard (Mad) 131-2, 3. K. Powell (MtWhit) 124-11. HJ: 1. Tara Fleming (Imm) 5-6, 2. M. Henry (South) 5-0, 3. J. Watte (TuW) 5-0. LJ: 1. April Horne (CloVW) 16-8, 2. L. Boutavong (MCL) 16-4, 3. R. Shota (Sel) 16-2.25. PV: 1. B. Lankard (GW) 10-9, 2. C. Clark (Mon) 8-6, 3. M. Wall (Reed) 8-0. SP: 1. S. Davidson (Reed) 40-10, 2. R. Schwarz (Sel) 39-5, 3. B. Smith (Mad) 38-6. TJ: 1. R. Shota (Sel) 36-0, 2. M. Henry (South) 35-3.5, 3. M. Gray (TuW) 35-3.

Sanger Metric Classic

April 19, Sanger.

Varsity Boys

100m: 1. Jerome Avery (Lem) 10.89, 2. S. Turner (Lem) 11.03, 3. D. Murray (Edison) 11.06. 110mHH: 1. Mark Roman (Cen) 14.3, 2. R. Kwast (Corc) 14.9, 3. C. Costa (Lem) 14.9. 1600m: 1. Jacob Elkins (Bullard) 4:27.00, 2. S. Barrus (Clovis) 4:28.63, 3. J. Miramontes (GVly) 4:28.69. 1600m Relay: 1. Golden Valley 3:18.97, 2. Edison 3:20.71, 3. Lemoore 3:30.0. 300mIH: 1. Ryan Kwast (Corc) 40.04, 2. Anthony Murril (Edison) 40.44, 3. Fernando Avila (Selma) 40.45. 3200m: 1. Michael Kasahun (Fresno) 9:33.6, 2. J. Miramontes (GVly) 9:53.6, 3. J. Lopez (Roos) 9:55.9. 400m: 1. Eddy Levine (GVly) 49.04, 2. V. Vasquez (GVly) 50.43, 3. P. Garcia (Roos) 52.39. 400m Relay: 1. Lemoore (Turner, Barrie, Marshal, Aver) 42.29, 2. Edison 42.51, 3. Golden Valley 43.15. 800m: 1. James Levine (GVly) 1:55.45, 2. J. Ekins (Bull) 1:59.60, 3. J. Lopez (McFar) 2:02.38. DT: 1. JD Martin (Mad) 192-1, 2. J. Smith (CloVW) 149-1, 3. J. Robinson (Sierra) 144-0. HJ: 1. Matt Castiglione (CloV) 6-5, 2. A. Federoff (Cent) 6-3, 3. C. Schwarm (Yose) 6-1. LJ: 1. CJ Nakayama (CloV) 21-5, 2. B. Heights (Bull) 20-10.5, 3. D. Archie (Hoov) 20-4. PV: 1. M. Unzueta (Lem) 15-2, 2. N. Paramo (Lem) 15-2, 3. J. Spomer (Kings) 14-0. SP: 1. JD Martin (Mad) 65-11, 2. B. Reynolds (CloVW) 50-0.5, 3. G. Smith (Edison) 49-0.5. Sprint Relay: 1. Golden Valley (LeVine, LeVine, Molton, Vasquez) 3:30.47, 2. Clovis 3:39.28, 3. Roosevelt 3:43.04. TJ: 1. F. Armstrong (GVly) 43-5, 2. D. Archie (Hoov) 43-1.5, 3. C. Bou (MCL) 42-6. Weight Relay: 1. Lemoore 49.93, 2. Hoover 50.13, 3. Clovis West 51.99.

Varsity Girls

100m: 1. April Horne (CloVW) 13.00, 2. E. Wynne (GVly) 13.04, 3. L. Taylor (Lem) 13.10. 100mHH: 1. Tara Kulikov (Coal) 17.26, 2. S. Burrell (CloV) 17.29, 3. A. Scott (Australia) 17.48. 1600m: 1. Christa Gregory (CloV) 5:26.21, 2. R. Macias (Coal) 5:30.33, 3. K. Pilger (CloV) 5:33.29. 1600m Relay: 1. Clovis West 4:11.04, 2. Bullard 4:14.04, 3. Madera 4:20.85. 300m IH: 1. Amy Nazarov (Cent) 48.02, 2. Tara Kulikov (Coal) 50.52, 3. Gretchen Marks (Hoov) 51.61. 3200m: 1. Lona Davis (McR) 11:46.16, 2. Christina Sanchez (McFar) 11:46.16, 3. Sarah Smith (CloVW) 11:59.50. 400m: 1. Amanda Franklin (CloVW) 60.16, 2. A. Nazarov (Cent) 60.20, 3. N. Black (Hoov) 65.07. 400m Relay: 1. Clovis West (Betta, Fielder, Franklin, Horn) 50.00, 2. Clovis 50.66, 3. Lemoore 50.78. 800m: 1. Sabana Huber (Buch) 2:23.15, 2. K. Robles (Bull) 2:25.31, 3. R. Macias (Coal) 2:27.51. DT: 1. Allison Parks (Buch) 123-8, 2. L. Richard (Mad) 122-1, 3. S. Davidson (Reed) 119-9. HJ: 1. A. Scott (Australia) 5-3, 2. Erin Booth (Buch) 5-1, 3. J. Nelson (CloV) 4-11. LJ: 1. Shawmilla Johnson (Edis) 16-10.5, 2. A. Horne (CloVW) 16-6, 3. R. Shota (Sel) 16-4. PV: 1. Kyla Pavlina (Kings) 9-9, 2. K. Azar (Kings) 9-3, 3. A. Tomato (CloV) 9-3.

SP: 1. Melissa Wallace (CloV) 41-2, 2. S. Davidson (Reed) 40-7, 3. B. Smith (Mad) 37-8.5. Sprint Relay: 1. Clovis (Harris, Thompson, Prandini, Burns) 4:19.61, 2. Madera 4:22.35, 3. Bullard 4:28.41. TJ: 1. Reena Sihota (Sel) 36-9, 2. J. Nelson (CloV) 35-5.5, 3. S. Gorubec (CloV) 33-11.

Bob Mathias

Fresno Relays

April 12-13, Ratcliffe Stadium, Fresno.

High School Boys/Large Schools

100m: 1. Tierre Sams (Ed) 10.46, 2. E. Jackson (Bey) 10.70, 3. Kris Richard (Junip-Serra) 10.79. 1600m: 1. Tom Hurst (Son) 4:30.32, 2. Duma (MW) 4:30.62, 3. Tony Morott (BC) 4:31.02. 3200m: 1. Rudy Ballardo (McF) 9:48.18, 2. J. Willbanks (MCL) 9:48.93, 3. Rick Turner (Tul) 9:57.14. 400m Relay: 1. Serra 42.43, 2. Lemoore 42.46, 3. South 42.90. 1600m Relay: 1. Serra 3:17.89, 2. Edison 3:23.09, 3. South 3:23.69. DMR: 1. Clovis 10:41.06, 2. Elk Grove 10:48.50, 3. Reedley 10:53.35. 110mHH (ht): 1. Kevin Carter (Sou) 14.8, 2. Jason Rossow (EG) 14.9, 3. Joe Augustine (YC) 15.2. 300mIH: 1. Moose Brazell (MW) 39.79, 2. Jason Rossow (EG) 39.90, 3. Anthony Murril (Ed) 40.07.

HJ: 1. Mike Bacon (Reed) 6-6, 2. Matt Castiglione (CloV) 6-6, 3. Darryl Feilbach (BC) 6-2. TJ: 1. Duran Archie (Hoov) 43-4/1, 2. F. Armstrong (GV) 43-1, 3. CH Heouth (MCL) 41-10. LJ: 1. Matt Castiglione (CloV) 22-5 3/4, 2. Duran Archie (Hoov) 21-11 1/2, 3. Todd Kozuki (Reed) 21-11. SP: 1. Victor Leyva (Mon) 57-7 1/2, 2. Greg Dickey (Atw) 50-4 1/4, 3. Jesse Watson (Bey) 51-1 1/2. PV: 1. David Griz (BC) 14-6, 2. Eric Rasmussen (Joh) 14-6, 3. Nick Paramo (Lem) 14-6. DT: 1. Victor Leyva (Mon) 184-11, 2. Greg Dickey (Atw) 154-3, 3. Mark Salvaggio (Sou) 146-7.

Team Scores: 1. Clovis 38, 2. South 36, 3. Lemoore 32, 4. Elk Grove 31, 5. Reedley 29, 6. Edison 26, 7. Bear Creek, Stockton 22, 8. Serra, San Mateo 20, 9. Monache & Atwater 20, 11. McLane 19, 12. Hoover 18, 13. Mt. Whitney 18, 14. Beyer, Modesto 16, 15. McFarland 12, 16. Sonora 10, 17. Golden Valley, Merced 9, 18. Johansen, Modesto 8, 19. Golden West 7, 20. Tulare 6, 21. Western & Yuba City 6, 23. Madera 5, 24. Stockdale & Buchanan 4, 26. Clovis West 2, 27. Highland, North & Sanger 1.

High School Girls/Large Schools

100m: 1. Capricia Thompson (CloV) 12.43, 2. Holly Phonecia (NS) 12.78, 3. Nicole Sims (Atw) 12.82. 1600m: 1. Stefanie McCarty (Mad) 5:14.0, 2. Juli Lawson (CIW) 5:21.06, 3. Emili Lawson (CMW) 5:25.77. 3200m: 1. Emili Lawson (CMW) 11:23.04, 2. Angela Ruiz (Reed) 11:34.01, 3. Kim Pilger (CloV) 11:41.97. DMR: 1. Madera 12:59.14, 2. Clovis 13:07.56, 3. Buchanan 13:14.99. 400m Relay: 1. South 50.04, 2. Clovis 50.42, 3. Atwater 50.63. 1600m Relay: 1. Clovis 4:04.03, 2. South 4:07.16, 3. Buchanan 4:08.04. 100mHH: 1. Tamisha Alen (NS) 14.75, 2. Brandi Jenkins (GW) 15.07, 3. Miesha Henry (Sou) 15.13. 300mIH: 1. Brandi

Jenkins (GW) 45.31, 2. Amy Nazarov (Cen) 47.08, 3. Cindy Wong (MW) 47.59.

HJ: 1. Tara Fleming (Imm) 5-8, 2. Melissa Grubb (Atw) 5-4, 3. Miesha Henry (Sou) 5-4. LJ: 1. April Horne (CW) 16-11 1/4, 2. Lileni Noa (Gr) 16-10, 3. Jana Ramos (MW) 16-3 3/4. TJ: 1. Shelley Hill (Bey) 36-11 1/2, 2. Jamie Sams (TW) 34-11 1/4, 3. Marie Grey (TW) 34-10 1/2. PV: 1. Valerie Nellis (BC) 9-6, 2. Vivian Yip (LB) 9-0, 3. Denita Napier (Lem) 9-0. SP: 1. Cecilia Barnes-Mileham (CIW) 38-8, 2. Denni Lara (Nor) 37-7, 3. Brandy Smith (Mad) 36-10. DT: 1. Cecilia Barnes-Mileham (CIW) 142-2, 2. Cassidy Kilburn (CloV) 123-3, 3. Denni Lara (Nor) 120-10.

Team Scores: 1. Clovis West 70, 2. Clovis 55, 3. South 40, 4. Madera 28, 5. Buchanan 22, 6. North Salinas 22, 7. Golden West 21, 8. Atwater 20, 9. Western & Mt. Whitney 16, 11. North 14, 12. Beyer 13, 13. Bear Creek & Los Banos 12, 15. Grant, Sacramento & Immanuel 10, 17. Reedley 9, 18. Central 8, 19. Lemoore, Bullard & McFarland 6, 22. Edison & McLane 4, 24. Stockdale 3, 25. Merced 2.

Fastest Kids Race

Boys (grades 7-8): 1. Jonathan Loft (Kings Chris) 5.84, (grades 5-6): 1. Garrett Jerome (Mt. View) 6.46. Girls (grades 7-8): 1. Neka Jones (Cent) 6.27, (grades 5-6): 1. Salina Cormier (Athers) 7.0.

High School Boys/Small Schools

100m: 1. Mulhoffer (Gar) 11.22, 2. Crane (DP) 11.56, 3. Sherman (Mar) 11.59. 400m Relay: 1. Garces 45.00, 2. Selma 45.86, 3. Mariposa 46.00. 110mHH: 1. Avila (Sel) 15.48, 2. Aviles (Men) 16.02, 3. Bailin (Al) 16.10. LJ: 1. Torres (Car) 22-3/4, 2. Hansen (Car) 20-6, 3. Spomer (King) 20-6 1/4. HJ: 1. Zarate (Sel) 6-4, 2. Kosian (Wash) 6-4, 3. Rumlitt (Mar) 6-2. DT: 1. Hammond (Fow) 155-6, 2. Robinson (Sie) 142-7, 3. McKay (CC) 140-0. 400m: 1. Thompson (Al) 51.15, 2. Noon (SLV) 51.67, 3. Fernandez (Wash) 52.98. 800m: 1. Ocha (Men) 2:00.78, 2. Rhoan (Sie) 2:01.87, 3. Moore (Mar) 2:02.06. 200m: 1. Thompson (Al) 22.94, 2. Noon (SLV) 23.32, 3. Clayton (Mar) 23.71. 300mIH: 1. Avila (Sel) 40.61, 2. Garcia (Sel) 41.15, 3. Aviles (Men) 41.55. PV: 1. Gilbert (Mar) 14-6, 2. Spencer (King) 14-0, 3. Price (King) 13-0. SP: 1. Hammond (Fow) 61-6, 2. Elliot (Coal) 44-1, 3. Williams (Wash) 43-1. TJ: 1. Hansen (Car) 42-2 1/2, 2. Lake (Gar) 42-2, 3. Spomer (King) 41-10. 1600m: 1. Rhoan (Sie) 4:35.70, 2. Arias (Men) 4:39.15, 3. Rebollo (Men) 4:41.26. 1600m Relay: 1. Mendota 3:35.75, 2. Coalinga 3:37.55, 3. Mariposa 3:37.28.

Team Scores: 1. Selma 64, 2. Mariposa & Mendota 50, 4. Garces 40, 5. Sierra 39, 6. Alhambra 35, 7. Caruthers 29, 8. Kingsburg 27, 9. Fowler 25, 10. Washington 24, 11. San Lorenzo Valley, Dos Palos 19, 13. Coalinga 8, 14. Central Catholic & Corcoran 6, 16. Kings Christian 4, 17. Yosemite 3.

High School Girls/Small Schools

100mHH: 1. Johnson (BH) 17.24, 2. Rowlett (Yos) 18.15, 3. Prato (Al) 18.18. 400m

PREP NOTES

Relay: 1. Shafter 51:91, 2. Bret Harte 52:39, 3. Selma 54:07. **1600m:** 1. Pinasco (SJM) 5:49.4, 2. Christian (Gar) 5:53.6, 3. Ghattio (Al) 5:59.9. **100mHH:** 1. Kulikov (Coal) 16:89, 2. Johnson (BH) 17:59, 3. Ubrich (Gar) 17:92. **HJ:** 1. Ernest (Mar) 5-0, 2. Reynolds (KC) 4-10, 3. Welch (Mar) 4-8. **LJ:** 1. Sihota (Sel) 17-5 1/4, 2. Sakowski (Gar) 17-3 1/2, 3. Crane (DP) 16-1 3/4. **DT:** 1. Cline (Sie) 109-9, 2. McElvain (SLV) 108-3, 3. Bettencourt (Wash) 107-5. **PV:** 1. Knobe (King) 10-10, 2. Pavlina (King) 9-6, 3. Azar (King) 8-0. **400m:** 1. Underwood (Al) 1:02.77, 2. Warring (BH) 1:03.41, 3. Pearce (Mar) 1:05.67. **100m:** 1. Warfield (SLV) 12.82, 2. Knobe (King) 13.23, 3. Jackson (Fow) 13.40. **800m:** 1. Macias (Coal) 2:29.75, 2. Peterson (Corc) 2:30.47, 3. Viveros (Sel) 2:44.80. **300mLH:** 1. Bartch (Sie) 53.51, 2. Uriarte (Sel) 53.74, 3. Zapata (Gar) 53.88. **TJ:** 1. Sihota (Sel) 36-1/4, 2. Sakowski (Gar) 32-8, 3. Crane (DP) 32-6 1/4.

Team Scores: 1. Selma 65, 2. Kingsburg 62, 3. Mariposa 41, 4. Garces 38, 5. Sierra 32, 6. Alhambra 30, 7. Bret Harte 28, 8. Coalinga 26, 9. San Lorenzo Valley 23, 10. Dos Palos 20, 11. Fowler 14, 12. Kings Christian 11, 13. Yosemite & San Joaquin Memorial 10, 15. McFarland 8, 16. Washington 7.

SOUTHERN CALIFORNIA

From Doug Speck

Irvine Invitational

Sat. 4/6, Irvine HS

Boys:

400m: Williams (Orange) 48.74, 800m - Barragan (Wilson, Long Beach) 1:56.27, 2. Pollick (El Toro) 1:57.16, 3. Landahl (Dana Hills) 1:57.24. **1600m:** Robles (Woodbridge, Irv) 4:27.66, 3200m - Gleason (Mission Viejo) 9:43.42, 110mHH - DeGrammont (Tustin) 14.51, 2. Swanson (Esperanza, Anah) 14.67, 300mLH - DeGrammont 38.72, 2. Oh (Irvine) 39.55, 400m Re - Villa Park 43.67, 1600m Re - El Toro 3:28.23.

HJ: Johnson (Los Alamitos) 6-6, **PV:** Allen (Woodbridge) 14-6, **SP:** Noll (El Toro) 53-06.5, **DT:** Moser (Hunt Bch) 168-09, 2. Mendoza (Mission Viejo) 160-07.

Girls:

400m: White (Esperanza, Anaheim) 58.92, 800m - Cuthbertson (Marina, Hunt Bch) 2:17.94, 2. Fitzgerald (Dana Hills) 2:18.88, 1600m - Winkler (Fountain Valley) 5:12.07, 3200m - Winkler (FV) 11:11.59, 100mHH - Myvett (Wilson, Long Beach) 15.50, 300mLH - Myvett 45.60, 400m Re - Wilson (Long Beach) 47.62, 2. Woodbridge 49.62, 1600m Re - Wilson (LB) 4:07.56.

HJ: McFarland (Dana Hills) 5-04, **PV:** Heup (Marina, Hunt Bch) 10-00, 2. McCaslan (Marina, HB) 10-00, **LJ:** O'Connor (Esp) 17-09, **TJ:** O'Connor 38-09.25, **SP:** Philman (Edison, HB) 38-11.5, **DT:** Philman 140-06, Tolson (Fountain Valley) 138-11, 3. Bryant (Marina, HB) 137-00.

Orange County Championships

Sat 4/20, Trabuco Hills HS (Mission Viejo) Boys:

100m (wind 0) Griswold (Garden Grove) 10.6 (ht), 2. Crook (Katella, Anaheim) 10.7, 3. Fitzgerald (Santa Margarita, Rancho SM) 10.8. **200m** - Griswold 21.49, 2. McNair (Mater Dei, Santa Ana) 22.34, 400m - Griswold (GG) 48.09, 2. Strutzel (Huntington Beach) 48.84, 3. Williams (Orange) 49.42, 800m - Strutzel 1:56.83, 2. Maynard (Marina, Hunt Bch) 1:57.72, 3. Pollick (El Toro) 1:58.59, 1500m - Beard-slee (Corona del Mar, Newp Bch) 4:05.20, 2. Nyberg (Irvine) 4:05.20, 3. Kaput (El Toro) 4:05.72, 3000m - Gavar (Tustin) 8:48.49, 2. Trubea (Huntington Beach) 8:50.06, 3. Wichersham (Mater Dei, SA) 8:55.01, 110mHH - (-.69) DeGrammont (Tustin) 14.14, 2. Swanson (Esperanza, Ana) 14.58, 3. Blasdel (Santa Margarita, RSM) 15.02, 300mLH - Blasdel 38.26, 3. DeGrammont 38.43, 3. Hall (Servite, Anaheim) 38.44, 400m Re - Garden Grove 42.88, 2. Santa Margarita 42.89, 3. Tustin 43.57, 1600m Re - Santa Margarita 3:24.44, 2. Irvine 3:25.44, 3. El Toro 3:26.13.



Kerry O'Bric

Photo by Bill Cockerham

HJ: Johnson (Los Alamitos) 6-10, 2. Parks (El Toro) 6-10, **PV:** Vandovec (Fountain Valley) 14-04, 2. Bradley (Fount V) 14-00, **LJ:** Parks (El Toro) 22-08.75, **TJ:** Kurien (Westminster) 44-02, **SP:** Reiderich (Edison, Hunt Bch) 54-00.25, 2. Tomps (Esperanza, Anah) 54-00, **DT:** Moser (Hunt Bch) 172-03, 2. Jame (Esperanza, Ana) 169-05, 3. Reese (Newport Harbor, Newp Bch) 165-05.

Scores: El Toro 56, 2. Santa Margarita 47, 3. (tie) Garden Grove & Huntington Beach 42.

Girls:

100m: Dix (Woodbridge) 12.54, 200m - Bethel (Mission Viejo) 25.30, 400m - White (Esperanza, Anah) 57.89, 800m - Cuthbert-

son (Marina, Hunt Bch) 2:18.11, 2. Nuanes (Santa Margarita) 2:18.84, 1500m - Delgado (Santa Ana Valley) 4:46.18, 2. Nuanes (Santa Marg) 4:46.72, 3. Cuthbertson (Marina, HB) 4:48.82, 4. Fitzgerald (Dana Hills) 4:49.25, 3000m - Winkler (Fountain Valley) 10:21.59, 2. Garrisson (Buena Park) 10:34.82, 3. Bates (Los Alamitos) 10:41.05, 100mHH, (+1.43) Bethel (Mission Viejo) 14.21, 2. O'Bric (Edison, HB) 15.25, 300mLH - Yoshino (Woodbridge) 45.12, 2. Stokes (University, Irv) 45.38, 3. McCarten (San Clemente) 45.49, 400m Re - Woodbridge 49.34, 2. Brea Olinda 50.12, 1600m Re - Edison 4:01.0, 2. Brea Olinda 4:01.6, 3. Woodbridge 4:03.0.

HJ: Haneef (Laguna Hills) 5-6, 2. Bethel (Miss Viejo) 5-6, **LJ:** O'Bric 19-03.5, 2. O'Connor (Esperanza, Ana) 18-09w, 3. Bethel (Miss Viejo) 17-11.75, **TJ:** O'Connor (Esp) 39-09, 2. O'Bric 39-08, 3. Dickson (Mission Viejo) 37-01, **SP:** Totogae (Los Amigos, Fountain Valley) 40-00.5, 2. Philman (Edison, HB) 39-05.75, 3. Tolson (Fount Valley) 39-00.25, **DT:** Aston (Los Amigos) 141-10, 2. Philman (Edis) 135-10, **Scores:** Edison 78.5, 2. Mission Viejo 53, 3. Woodbridge 46.5, 4. Marina 42.

Mt. Carmel Invitational

Sat., April 20, Mt. Carmel HS (San Diego)

Boys:

100m (R-1) (wind +2.47) Brandon Boone (Redmond, Wa) 11.02w, 2. Tawaun Jones (Morse, SD) 11.03w, 3. Brian Amonn (Torrey Pines, Encinitas) 11.06w, (R-2) (+1.61) Jason Lewis (Mt. Miguel, San Diego) 11.02, 2. Lawrence Owusu (El Camino, Oceanside) 11.09, 200m (R-1) no wind into Lydell Burston (Morse, SD) 21.97, 2. Ray Carter (Morse, SD) 22.07, 3. Tawain Jones (Morse, SD) 22.19, 4. Brandon Boone (Redmond, Wa) 22.20, 400m (R-1) Lydell Burston (Morse, SD) 48.59, 2. Ray Carter (Morse, SD) 48.82, 3. Kendall Pinson (Morse, SD) 50.57, 800m (R-1) Jason Mauromatis (Mt. Miguel, Spring Valley) 1:58.57, 2. Kevin Elliott (Mira Costa, Manhattan Beach) 1:59.03, 1600m (R-1) Galen Reid (Ramona) 4:21.44, 2. Chris Gabriel (San Dieguito, Encinitas) 4:21.80, 3. James Adams (Ramona) 4:21.82, 4. Mike Baskin (Mt. Carmel, SD) 4:28.50.

3200m: Galen Reid (Ramona) 9:40.51, 2. Adrian Ramirez (Chula Vista) 9:42.91, 3. Joe Urbanski (Salpointe, Tucson) 9:42.93, 4. Brent Bolton (Scripps Ranch, SD) 9:45.32, 110mHH (R-1) (+1.59 mps) Jake Kuritz (Torrey Pines, Encinitas) 14.78, 2. Eric Benson (Orange Glen, Escondido) 15.23, 300mLH (R-1) Jake Kuritz (Torrey Pines, Enc) 39.20, 2. Tracy Smith (Rancho Buena Vista, Vista) 39.70, 400m Re (R-1) Morse (SD) 42.34, 2. Rancho Buena Vista (Visita) 43.59, 1600m Re (R-1) Morse (SD) 3:18.51, 2. Serra (SD) 3:26.70, 4x800m - Salpointe (Tucson, Az) 8:17.92, **Distance Medley** - Mira Misa (SD) 10:44.36.

HJ: Ryan Mitchell (Sweetwater, National City) 6-04, **PV:** Axel Page (Monte Vista, Spring Valley) 14-08, 2. Mark Lee (Granite Hills, El Cajon) 14-08, **LJ:** (No wind readings) Anthony Sanford (Lincoln, SD) 23-07.5, 2.

Brandon Boone (Redmond, Wa) 23-03.25, 3. Dwayne Ross (Scripps Ranch, SD) 23-03, 4. Marvin Abbott (Serra, SD) 22-10.5, **TJ:** - (no wind info) Justin Cox (Rancho Buena Vista, Vista) 47-11.75, 2. Anthony Sanford (Lincoln, SD) 46-07.5, 3. Dion Lomax (Ontario) 44-08.75, **SP:** Tony Sotelo (Ramona) 57-2, 2. David Herrick (Mt. Carmel, SD) 53-10, 3. Roy Rivas (Carlsbad) 52-05.75, **DT:** John Gagnon (Christian Brothers, Sacramento) 174-9, 2. Tony Sotelo (Ramona) 163-7, 3. David Herrick (Mt. Carmel, SD) 162-11, 4. Anthony Gabriel (Morse, SD) 157-0, 5. David Gillespie (Rancho Bernardo, SD) 154-11, (S-2) Jason Neinberg (La Jolla) 166-3.

Girls:

100m (R-1) (+1.39) Latrice Borders (Wilson, LB) 12.05, 2. DeCola Groce (Morse, SD) 12.42, 3. Andria Booker (El Cam. Oceanside) 12.47, (R-2) (+1.19) Dayshawna Littleton (Morse, SD) 12.51, 200m (R-1) (no wind info) Kinchasa Davis (Wilson, LB) 24.33, 2. Evelyn Wilson (Wilson, LB) 24.86, 3. Lana Garner (Morse, SD) 24.89, 4. Latrice Borders (Wilson, LB) 25.05, 400m (R-1) Kinchasa Davis (Wilson, LB) 55.32, 2. Lana Garner (Morse, SD) 5.33, 3. Carolyn Jackson (Salpointe, Tucson, Az) 58.95, 800m (R-1) Laura Carpenter (Rancho Buena Vista, Vista) 2:20.97, 2. Fatima El-Farrah (Vista) 2:22.00, 1600m - Julie Ott (University, SD) 5:12.75, 2. Marissa Hurwitz (Bishops, La Jolla) 5:14.34, 3. Jessica Lunt (Coronado) 5:16.28, 3200m - Kelly Grimes (Scripps Ranch, SD) 11:38.74, 2. Sonia Rodriguez (Vista) 11:43.16, 3. Dawna Marshall (Bonita Vista, Chula Vista) 11:44.29, 100mHH (R-1) (+1.77) Nadine Myvett (Wilson, LB) 15.04, 2. Monique Stinson (West Covina) 15.72, 300mLH (R-1) Nadine Myvett (Wilson, LB) 44.76, 2. Ailee Acero (Hilltop, Chula Vista) 46.15, 3. Jenelle Nelson (Wilson, LB) 46.65, 400m Re (R-1) Wilson (LB) 47.65, 2. Morse (SD) 48.04, 3. Wilson "B" 50.02, 1600m Re (R-1) Wilson (LB) 3:45.98, 2. Morse (SD) 3:56.34, 3. Wilson "B" 4:05.11, 4x800m - Wilson (LB) 9:54.19, **Dist Med Re** - La Jolla 12:57.71.

HJ: Joy Gertsch (San Pasqual, Esc) 5-04, 2. Amanda Scott (Australia) 5-03, **PV:** Kim Trout (Escondido) 10-02, 2. Shannon Flett (Acalanes, Lafayette) 10-02, 3. Leslie Smith (Orange Glen, Esc) 9-08, **LJ:** - (no wind info) Richelle Perkins (Bishops, La Jolla) 18-04.25, 2. Joy Gertsch (San Pasqual, Esc) 17-04.25, **TJ:** - (no wind info except on winner) Casey Whyte (San Pasqual, Esc) 38-01 (wind legal), 2. Mercedes Williams (St. Josephs, Oak) 36-10.5, 3. Richelle Perkins (Bishops, La Jolla) 36-04.75, 4. Naoma Johnson (Castle Park, SD) 36-04.5, **SP:** Mary Alessi (Helix, La Mesa) 40-6, 2. Cami Cooper (Brawley) 37-00.25, 3. Christina Magana (Fallbrook) 36-09.25, **DT:** Christina Magana (Fallbrook) 133-6, 2. Katrina Crouch (El Capitan, Lakeside) 129-9, 3. Allison Thompson (Orange Glen, Escondido) 119-4, (S-2) Janice Edwards (Mission Bay, SD) 118-5.

California Track and Cross Country
COACHES ALLIANCE

The Total Distance Runner

By Jim Arquilla, Long Beach Wilson Coach



Many distance coaches have trouble getting their runners to enjoy track. Distance runners enjoy the wide open spaces of cross country running, but many feel confined by running continuously around a track. If they become bored and lose interest it results in poor performances. Athletes who are great cross country runners may become only good or average track runners.

On the other side are middle distance runners who should be good cross country athletes, but don't perform up to their abilities. They feel intimidated by running 3 miles in cross country and bored by the daily distance runs. They see no point to distance workouts and would rather be on the track running shorter, faster intervals where they can see more progress.

Development of Successful Teams in Both Sports

Some schools are good in cross country and others are good in track, but very few are competitive in both. The success the school has in both sports really motivates the distance runner to want to participate in both sports. For example, the best sprinters at school want to run on the distance medley and sprint medley because they realize that their distance teammates are very competitive and the chances of getting medals at relay meets are very good. On the other side, the distance runners are motivated to perform at their best because they are always going to be in the "hunt" based on the performances of the sprinters. The sprinters cheer on the distance runners

and vice versa. Some of these athletes walk away from relay meets with 3 and 4 medals each. If the distance runner can see some success for his/her hard work, they are more likely to enjoy their track experience, even though they may not like working out on the track. School's who have won many dual meets and invitationals are successful because of overall team balance—not just great individuals. The need to uphold the role of the distance runner on the track team helps to motivate the cross country runner to want to participate. If he/she works hard there is a benefit (awards) at the end.

The second aspect of developing a solid distance program is to have a year-round running program. This program involves various types of running to motivate and hold the interest of the runner. Running long distance is hard, tedious and boring. It has to be fun, not boring, so that the coach doesn't lose the runner. Divide the year into phases - 1) summer, 2) fall/cross country, 3) winter and 4) spring/track. Even though it is a year-round program, give athletes "time off." It is very, very important that distance runners have a chance to get away from running and do other things. It is not only a physical rest, as some coaches think, but a mental break. They need to recharge their batteries so they want to run. After a break runners will come up and ask to start running again, which tells the coach they are rested (mentally & physically) and ready for the next season.

Summer

The first phase of the season is summer. Runners should run as soon as school ends in June. One week before school ends have a cross country team meeting. Each runner should be given a weekly chart telling them what to do until the team starts meeting towards the end of July. The running is all distance, no track workouts. Keep the runners away from the all-comers meets and road races, because too many races in the summer leads to burn-out or peaking early during the cross country season.

Try not to run the same road run twice in a two week period. This helps with the boredom and makes the running more enjoyable. Explore new places, drive away from the area, especially if you don't have hills nearby. The more different the runs, the better it is. Cap off the summer with a running camp in the mountains. It is a great time to get in some tough running, but more importantly, the team has a chance to bond as they head into the cross country competition.

Fall/Cross Country

The second phase of the year-round program is the fall or cross country season. Most distance runners enjoy cross country because it is different and more varied than running around the track. The real coaching comes with convincing the 800/1600 (middle distance runner) that he/she can be a successful cross country runner. The workouts must not be boring for the middle dis-

continued next page...

California Track and Cross Country COACHES ALLIANCE

tance runner. An example would be playing games, like progressive tag, where speed and fartlek are important so runners will feel like they can finish at the top. Being part of a winning program also helps motivate the middle distance runner to be part of the team.

After cross country, the whole team takes a break from running. From the middle of November to Christmas vacation, there is no running. This is a very important because the athlete has been running steadily from late June (4 months) with no break. They "need" this period of time to rest and relax their minds. This time away is critical if you want the distance runner to run track. They need time to regroup and get ready.

One recommendation is to have a distance pentathlon at the end of cross country season. Since they are in great shape, motivate them to run track by timing them in the 400, 800, 1200, 1600 and 3200. Keep records to make it interesting and competitive. The veteran runners get excited about track, because they can see some improvement from last track season. The upper class runner can point this out to younger or new runners. It's also an excellent opportunity for the coach to evaluate the talent for the upcoming track season.

Winter

Runners begin the third phase of the year-round program with winter running to prepare for the track season. Begin during Christmas vacation and build up the base until they jump on the track around the middle to late February. Usually, athletes are enthusiastic about running again because they had a break.

Keep them off the track so they won't "burn out" from too much track running. Most complaints from runners come because they don't like running around the track. Hills, tempo running and fartlek are good ways to get runners into shape without doing intervals on the track. This allows them some freedom to do other workouts. Because they have been

working hard, it won't take long for them to run well once the interval training on the track begins. Remember, the sooner a runner begins intervals on the track, the sooner the athlete begins to run towards his/her peak with a greater risk of burn-out as May rolls around. So, try to keep them off the track so they will peak later in the season and their legs and minds will be fresher.

After the track season, the distance runners take another break until summer running begins in late June. This gives them about six weeks off so they can relax and rest like they did in the fall after cross country. They are usually ready to begin running again as the school year ends.

Remember, the key to getting middle distance and distance runners interested in both sports is activities and variation to keep their interest.

The information in the Coaches' Corner column 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 CTRN 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.

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



1996 AAF/CIF Cross Country Clinics

BASIC CLINICS

Sat-Sun, June 29-30 Mt. Carmel High School, San Diego

Sat-Sun, June 29-30 University High School, Irvine

Sat-Sun, July 6-7 Yucaipa High School
(Riverside/San Bernardino area)

Sat-Sun, July 6-7 Santa Barbara City College

Sat-Sun, July 13-14 LA Valley College, Van Nuys

ADVANCED CLINICS

(Basic clinic prior attendance required)

Saturday, July 13 Corona High School Auditorium,
Corona

Saturday, July 20 Amateur Athletic Foundation, Los
Angeles

To receive registration materials, please contact:

Palmer Addressing & Mailing, PO Box 61,

Beverly Hills, CA 90213

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Kim Mortensen's Track Training



**From
Jack
Farrell**

**Thousand
Oaks High
School**

Immediately after the Foot Locker Nationals, Kim began a period of active rest which lasted almost a month. During this time she hiked and biked and did some moderate running. After winter break, the team began training again. Kim's mileage stood at about 5 miles a day during the month of January. Before the rains hit, we were able to get in some moderate track work. One workout we did more than once was 4x440 at mile effort followed by 4x220 at half-mile effort. Since we were between seasons, I asked the athletes to refrain from timing their individual efforts, but instead, to record a total time, including jogging. There was a 440 jog between each 440 and a 220 jog between each 220. The total time dropping over multiple sessions should indicate a rising level of shape. This workout is exactly 3 miles and Kim would do it in about 19 minutes. Todd Disney would run about 17:30.

Another workout was 2 miles of accelerations where the athletes would

build to near sprint speed down the straightaways and then decelerate and jog the curves. I would record the total time for the two miles and Kim ran these in about 13:30. She tended to jog the recoveries faster than everyone else.

When the rains hit, we went to alternative street training. We have two different 1500 meter loops in the immediate area of our school. After a brief street run, I usually have the team jog one loop and then run 2 at race pace for two miles. My top boys would run these down in the 4:30's and Kim would run about 4:50.

Kim's daily mileage increased to about 6 per day during February and then 7 per day since March. The biggest difference in her training from cross country is the pace at which she is able to cover miles on the roads. Last fall, Kim's daily training pace was in the 6:20-6:30 range and dropped to about 6:10 right before the big post-season meets. I thought, at that pace, she was going to have a great track season. But her pace has dropped below 6 minutes per mile and is frequently around 5:50 this track season. I have only two male athletes that can run that fast on the roads.

The Thousand Oaks program avoids the traditional hard-easy format. It calls for steady, balance training where one day is very much like any other. Athletes run in their comfort zones. Over time, the training pace gradually drops as oxygen uptake increases and faster competition times follow. Our work on



Photo by Bill Leung, Jr./Geek Media

the track is often merely pace work and to check to see where we are. The bulk of the crucial training takes place on the roads.

Reproduced below are Kim's workouts surrounding the two weeks of Arcadia and Mt. SAC where she posted some nation-leading performances.

✓ **Monday, 4/8**

7 mile run through Wildwood Canyon

✓ **Tuesday, 4/9**

1.5 mile warm-up. 2x600, 2x400 (600-1000) from flying start, 2x600 (from 1000 to finish) from flying start. Kim ran 1:50/1:50/71/70/1:50/1:47. 2 mile warm-down.

✓ **Wednesday, 4/10**

The team ran a two-mile loop to the park next door to the school. Kim did 2x1 mile around the park in 5:50/5:50 and then a different two mile loop

continued next page...

California Track and Cross Country COACHES ALLIANCE

back to school. Total for day was 6 miles.

✓ Thursday, 4/11

2.6 mile street loopback to the track. 8x220 at mile pace. Kim ran 33-35 seconds. 2 mile warm-down.

✓ Friday, 4/12

5 mile road run with a stop at a park for stretching and drills along the way.

✓ Saturday, 4/13

Arcadia Invitational. Kim ran a nation-leading 4:44.9 1600 meters and then anchored our distance medley to a second place finish with another 4:44.2 leg.

✓ Sunday, 4/14

Rest day.

✓ Monday, 4/15

Kim ran 2.5 miles to a park called Wildflower. The team stopped for stretching and drills. From there, she completed the remainder of a 7 mile run. I caught the last mile for Todd, Josh and Kim. Todd and Josh ran 5:35 and Kim 5:40.

✓ Tuesday, 4/16

Kim reported that her 7 miler yesterday took 43 minutes. It rained in the morning and our dirt track was badly puddled in parts. I wanted to switch to our street loops, but the team begged to run in the mud. I had to modify the track work which was a half-miler's workout, as we are shooting for a fast 4x800 time at Mt. SAC. We ran 2x330, then 2x220. Before we could go back to the 330's, the track was a mess. I substituted another 3x220 away from the puddles. We ended with a mile warm-down.

✓ Wednesday, 4/16

This was the day before a league tri-meet. We ran 1.5 miles to a park for stretching and drills. The top group including Kim completed a 6 mile run. Todd and Josh ran their last mile in 5:45 and Kim ran her in 5:59.

✓ Thursday, 4/17

League tri-meet versus Royal and Simi Valley. Kim ran 5:10 for the mile and 2:20 for the half-mile.

✓ Friday, 4/18

I took the team directly to the park next door to the school. One mile consists of 2 loops around the park on a dirt bike path and some grass. Kim did 5.5 miles. I asked the team not to turn on their watches and to slow down. However, I surreptitiously timed some of the miles. Kim's last two miles were 6:22-6:10.

✓ Saturday, 4/19

Mt. SAC Relays. Kim anchored our 4x800 team to a school record 9:39.24 with a 2:15.8 leg. Later in the day, she ran a nation-leading and meet record 9:15.89 3000m.

Kim has maintained a remarkable consistency in her training and racing. She has achieved a very high level of fitness and seems to be able to run very fast and stay within her comfort zone. At the time of this writing, we are just heading into the post-season. Thousand Oaks has 6 varsity distance runners still competing. Today, Monday, May 6, was a somewhat challenging 7 mile run for our top three, 6 miles for the remaining three. Kim completed the run in 40:50. Her first mile was 5:30 and her last mile was 5:38. We stopped for stretching at a park at the 1.5 mile point. I cautioned the group to slow down a bit as they are a little excited to be heading into the CIF SS Division I prelims.

NOTE: References to Josh and Todd in this article are to senior Josh Carolan (2:00/4:24) and senior Todd Disney (4:25/9:34). Todd Disney was third in State Division I Cross Country.

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California Track and Cross Country Coaches Alliance

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

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

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

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

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

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

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

Name: _____ School: _____

Section: _____ Mailing Address: _____

City: _____

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

Dues for 1995/96 year (Tax Deductible) -- \$25.00.

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

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

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RESULTS

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

▲ Track & Field

Mountain Pacific Sports Federation Meet

February 23 & 24, 1996, Reno Livestock Events Center

Men

Final Team Standing
1. Arizona 104, 2. Oregon 93, 3. Washington 72, 4. Washington State 57, 5. Stanford 55, 6. Cal 52, 7. Utah State 50, 8. Long Beach State 46, 9. Arizona State 44, 10. Cal State Northridge 36, 11. Portland 10.

55 Meter Dash

1. Jaime Barragan	LBS	6.28(PQ)
2. Patrick Johnson	UO	6.33
3. Ed Turner	UW	6.43
4. Frank Madu	WSU	6.46
5. Brandon Thomas	LBS	6.46
6. Martin Proulx	Cal	6.47
7. Jacob Glickman	LBS	6.50
8. LeJuan Gibbons	WSU	6.54

200 Meter Dash

1. Patrick Johnson	UO	21.26(PQ)
2. Ed Turner	UW	21.29(PQ)
3. Jacob Glickman	LBS	21.69
4. Frank Madu	WSU	21.78
5. Leo Criner	CSN	22.07
6. Lewis Young	LBS	22.23
7. Jerre Miller	CSN	22.70
8. Dave Patterson	Cal	22.98

400 Meter Dash

1. Jimmie Johnson	Stan	47.29(PQ)
2. Lewis Young	LBS	47.43(PQ)
3. BJ Dawson	UW	48.25
4. Shante Williams	ASU	48.46
5. Derek Favorite	CSN	48.95
6. Greg Anderson	USU	48.95
7. Larry Leach	UW	49.15
8. Reggie Charlton	ASU	49.41

800 Meter Run

1. Luther Kopf	UA	1:53.31
2. Stuart Lyall	USU	1:53.33
3. Rasto Kiplangat	WSU	1:53.77
4. Brice Newton	UW	1:54.65
5. Ryan Ollerman	WSU	1:55.25
6. Timur Voltesky	UA	1:55.90
7. Ty Minnis	UW	1:59.30
8. Vondre Armour	ASU	2:03.19

Mile Run

1. Richie Boulet	Cal	4:09.72(PQ)
2. Bob Keino	UA	4:11.01(PQ)
3. Eric Kamau	WSU	4:11.19
4. J'Dee Wilson	USU	4:11.96
5. Steve Hatzebeler	UW	4:12.46
6. Jason Lunn	Stan	4:12.59
7. Matt Davis	UO	4:15.28
8. Daniel DasNeves	UO	4:15.99

3000 Meter Run

1. Bob Keino	UA	8:13.95(PQ)/FHR
2. Matt Davis	UO	8:19.94(PQ)
3. J'Dee Wilson	USU	8:31.96
4. Nick Pavach	UW	8:33.4
5. Brent Hauser	Stan	8:35.00
6. Jon Weldon	Stan	8:38.20
7. Andy Carusetta	ASU	8:38.75
8. Micah Davis	UO	8:38.95

5000 Meters

1. Ryan Grote	Port	14:53.54
2. Rick Cantelle	UO	14:59.43
3. Rob Reeder	Stan	15:01.39
4. Nathan Nutter	Stan	15:03.99
5. Margarito Casillas	UA	15:06.44
6. Jason Perscheid	Stan	15:07.26
7. Matt Farley	Stan	15:07.54
8. Eric Kamau	WSU	15:13.38

55 Meter Hurdle

1. Dominique Arnold	WSU	7.30(PQ)
2. Keith Moten	Cal	7.48
3. Ray Livingston	UO	7.50
4. Gaute Gunderson	ASU	7.52
5. Charlie Davidson	CSN	7.58
6. Marquis Jones	CSN	7.58
7. Kenny Mitchell	ASU	7.73
8. Brooks Gibbons	USU	7.76

4x400 Relay

1. Washington	3:14.81
2. Cal State Northridge	3:17.31
3. Cal	3:18.66
4. Arizona	3:18.69
5. Washington State	3:18.71
6. Utah State	3:20.33
7. Stanford	3:22.85

High Jump

1. Chris Nelson	UO	7'4 1/2"-2.25(AQ)
2. Rob Reynolds	UW	7'1 1/4"
3. James Lincoln	CSN	6'10 1/4"
4. Andrew Damberville	UW	6'8 1/4"
5. Aaron Junta	LBS	6'8 1/4"
6. Pat Leonard	CAL	6'8 1/4"
7. Jon Roby	UA	6'6 1/4"
8. Chris Ferreira	CAL	6'6 1/4"

Pole Vault

1. Jussi Autio	UA	17'1"
2. Lance Habin	USU	16'8"
3. Paul Synder	USU	16'6"
4. Chris Buddin	Stan	16'6"
5. Clarence Phelps	Cal	16'8"
6. Dominic Johnson	UA	16'2"
7. Adam Fusco	Stan	15'7"
8. Ross Bomben	Cal	15'2"

Long Jump

1. Ray Livingston	UO	25'5 1/2"
2. Anthony Hazard	ASU	24'7 1/2"
3. Detric Cofield	LBS	24'5 1/2"
4. Matt Carrillo	CSN	24'5"
5. Hillary Mawindi	WSU	24'3"
6. Leo Slack	WSU	24"
7. Jody Mortimore	UO	23'5 1/4"
8. Jamie Webb	Stan	23'4"

Triple Jump

1. Lenards Ozolish	CAL	52'10"(PQ)
2. Greg Bleakney	UO	50'4 1/2"

3. Chris Nelson	UO	49'9"
4. Brian Manning	Stan	49'7 3/4"
5. Hilary Mawindi	WSU	49'3 1/4"
6. A.J. Cornelius	UA	48'3 3/4"
7. Chris Czenwinski	LBS	47' 1/4"
8. Detric Cofield	LBS	46'3 3/4"

Shot Put

1. Chima Ugwu	UA	60'9 1/2"(PT)
2. Ernie Cornwell	UW	59'8 3/4"(PT)
3. Tyson Lingerfelter	UA	59'0"(PT)
4. Gabe Torre	UA	57' 1/2"
5. Ian Waltz	WSU	56'7 1/4"
6. Dusty Carlson	UO	55'4 3/4"
7. Scott Schaley	USU	55'4 1/4"
8. Damon Devault	LBS	52'5 1/4"

35 Pound Weight

1. Mika Laiho, ASU	64'9 3/4"-19.70(PQ)
2. A Corcoran, UA	63'9 3/4"-19.45(PQ)
3. T Kolunsarka, UA	63'9 3/4"-19.45(PQ)
4. Mark Landa, ASU	62'11 1/4"-19.18(PQ)
5. Ryan Carcoline, Cal	61'5 3/4"-18.73(PQ)
6. Gabe Torre, UA	59'2 3/4"
7. Justin Dudek, USU	57'5"
8. Travis Nutter, Cal	56'4 3/4"

Women

Final Team Standing

1. Washington 95, 2. Stanford 81, 3. Arizona 78, 4. Oregon 74, 5. Cal 63, 6. UNLV 50, 7. Arizona State 47, 8. Washington State 32, 9. Cal State Northridge 31, 10. Long Beach State 16, 11. Nevada 9, Utah State 9, 13. Portland 3.

Women's Coach of the Year: Orin Richburg, Washington

Women's Athlete of the Meet: Beth Burton, Cal State Northridge

55 Meter Dash

1. Latasha Gilliam	Cal	6.94(PQ)
2. Donielle	UNLV	7.01
3. Francesca Green	WSU	7.04
4. Tike Jackson	ASU	7.04
5. Marzetta Benton	UW	7.08
6. LaReina Woods	UO	7.09
7. Felicia Lane	UA	7.16
8. Tika Walton	ASU	7.19

200 Meter Dash

1. LaReina Woods	UO	24.41(PQ)
2. Dawnn Mortenen	UA	24.54
3. Tamika Brown	WSU	24.56
4. Marzetta Benton	UW	24.86
5. Tike Jackson	ASU	24.88
6. Judy Fraser	UNLV	24.91
7. Heather Miller	Stan	25.19
8. Donielle Twitty	UNLV	25.24

400 Meter Dash

1. Judy Fraser	UNLV	54.96(PQ)
2. Angela Harris	UNLV	55.21
3. Chantel Reynolds	Cal	55.51
4. Nicole Commissiong	UO	55.56
5. Tish Haynes	UO	55.79
6. Patrice Woods	UW	55.91
7. Cheryl Allen	UNLV	56.14
8. Sue Morris	UO	56.98

800 Meter Run

1. Lorieann Adams	ASU	2:10.88
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2. Kale Rembold	UW	2:13.02
3. Sara Moore	Stan	2:13.15
4. Vicky Flescher	UO	2:13.31
5. Allison Dring	UA	2:14.76
6. Missy Hansen	WSU	2:18.41
7. Lia Minelli	UW	2:15.21
8. Kathryn Gotez	NV	2:19.54



Dena Dey

Photo by Bill Cockerham

Mile Run

1. Dena Dey	Stan	4:57.16
2. Sarna Renfro	Stan	4:57.42
3. Tara Carlson	UW	4:57.59
4. Lisa Lopez	Cal	4:58.61
5. Kaarin Knudson	UO	5:03.90
6. Angelina Froese	UW	5:05.00
7. Elissa Riedy	Cal	5:06.05
8. Sara Council	WSU	5:06.30

3000 Meter Run

1. Amy Skiersz	UA	9:26.67(AQ)/FHR
2. Milena Glusac	UO	9:34.74(AQ)
3. Tara Carlson	UW	9:40.78(PQ)
4. Sarna Renfro	Stan	9:44.88(PQ)
5. Marie Davis	UO	9:59.75
6. Emily Nay	UA	10:00.66
7. Colleen Walsh	USU	10:14.60
8. Rosy Gardner	OU	10:15.31

5000 Meter Run

1. Mary Cobb	Stan	16:54.6(PQ)
2. Viola Schaffer	UA	16:57.0(PQ)
3. Emily Nay	UA	17:19.2(PQ)
4. Kortney Dunscombe	Stan	17:42.1
5. Deeja Youngquist	UW	18:05.1
6. Amy Blackwell	Port	8:16.4
7. Tenaya Soderman	Cal	18:19.4
8. Lisa Quintaince	UA	18:22.4
Anna Platt	USU	18:24.6
Katie Malm	UW	18:41.9
Marilyn Moberly	WSU	18:51.1
Lisa Hart	USU	19:01.2
Lora Erickson	USU	19:10.3
Lisa Trenholme	Port	19:20.1

RESULTS

Amy Carling	UNLV	19:31.1
55 Meter Hurdles		
1. Michelle Johnson	UA	7.77(PQ)
2. LeGretta Hinds	LBS	7.92(PQ)
3. Dee Buzzi	UA	8.01
4. Mickey Rogers	CSN	8.14
5. Elinor Tolson	CSN	8.15
6. Adra Hysong	ASU	8.17
7. Jenni Davidson	USU	8.22
8. Bernadette Armand	Stan	8.30

4x400 Relay	
1. UNLV	3:45.90
2. Oregon	3:46.00
3. Arizona	3:46.25
4. Stanford	3:49.43
5. Washington	3:51.01
6. Cal State Northridge	3:51.57
7. Washington State	3:53.52
8. Nevada	3:55.06

Distance Medley Relay	
1. Stanford	11:46.83(PQ FHR)
2. Arizona	11:57.04
3. California	12:15.45
4. Washington	12:19.17
5. Utah State	12:40.67
6. Nevada	13:05.31
7. UNLV	13:17.26

High Jump		
1. Fiona Daly	ASU	5'11 1/2"
2. Chi Johnson	CAL	5'9 3/4"
3. Tracey Lawyer	Stan	5'7 3/4"
4. Sondra Biere	UW	5'5 3/4"
5. Misty May	LBS	5'5 3/4"
6. Alissa Anderson	NV	5'5 3/4"
Kerrie Eaton	NV	5'5 3/4"
Kristy Kierluff	LBS	5'5 3/4"

Pole Vault		
1. Jen Dalton	Stan	10'6"
2. Tyra Holt	Stan	10'6"
3. Marion Meyer	USU	10'6"
4. Pam Delano	CSN	9'0"
5. Bandy Mills	NV	7'0"

Long Jump		
1. Francesca Green	WSU	19'10 3/4"
2. Adra Hyson	ASU	19'7"
3. Crystal Hayes	Cal	19'5 3/4"
4. Grace Upshaw	Cal	19'4 3/4"
5. Jennifer Thomas	UO	19'2"
6. Amy Littlepage	Cal	19'1 1/2"
7. Marzetta Penton	UW	19'1"
8. Trya Holt	Stan	18'4"

Triple Jump		
1. Amy Littlepage	CAL	41'7 1/4"
2. Kyla Sutton	UW	39'3 1/2"
3. Francis Saaly	UNLV	38'6 1/4"
4. Stacy Robson	UO	37'9 1/4"
5. Rhonda Whitmer	STAN	36'10 1/2"
6. Mandy Clayton	STAN	36'9 1/4"
7. Sharon Olson	UW	36'7"
8. Tricia Schmidt	USU	36'5 3/4"

Shot Put		
1. Aretha Hill	UW	47'11 1/4"
2. Beth Burton	CSN	46'11 1/2"
3. Janne Antonsen	ASU	46'2 1/2"
4. Valerie Sweitzer	UO	44'8 1/2"
5. Chris Cvitanich	UO	44'4 1/4"
6. Tonia Brewer	UO	44'2 1/4"
7. Soozie Shanley	UW	44'1"
8. Kristina Mataafa	CSN	43'8"

20 LB Wt. Throw		
1. Beth Burton	CSN	56'7"-17.24(PQ)
2. Holly Montoya	UA	53'2 3/4"-16.22(PQ)

3. Soozie Shanley	UW	52'2 1/2"-15.91(PQ)
4. Aretha Hill	WSU	51'1/4"
5. Sue Demars	Stan	46'11 1/2"
6. Jenna Hall	WSU	46'11 1/4"
7. Kirran Moss	LBS	46'5 1/2"
8. Sami Jo Small	Stan	46'1"

Northridge Invitational

March 23, Northridge.

Men

100m:	1. Hargraves (New Era) 10.19w, 2. Grant (LBCC) 10.50, 3. Eneola (un) 10.52.
200m:	1. Krill (Bush) 20.66w, 2. Williams (Riv) 20.82, 3. Benitez 21.32. 400m: 1. Washington (Miz) 49.06, 2. Suzuki (Nippon) 49.59, 3. Dabney (AntVly) 50.00. 800m: 1. Garcia (UCSB) 1:57.56, 2. Smith (Asics) 1:57.96, 3. Allan (Oxy) 1:58.21. 1500m: 1. Allan (O) 4:06.98, 2. Cullum (un) 4:07.66, 3. Aalaard (Stags) 4:07.98. 5000m: 1. Quinonez (un) 15:18.90, 2. Flamm (UCSB) 15:25.73, 3. Jones (UCSB) 15:31.20.

110mHH:	1. Reading (Bush) 13.40w, 2. Harrington (un) 13.48, 3. Russo (un) 14.16. 400mIH: 1. Boissy (RCC) 54.70, 2. Allen (San BernVly) 54.85, 3. Russo (un) 55.11. 400m Relay: 1. CS Northridge 42.70, 2. Azusa Pacific 42.79, 3. Long Beach CC 42.92. 800m Relay: 1. New Era 1:26.91, 2. CS Northridge A 1:27.76, 3. CS Northridge B 1:30.36. 1600m Relay: 1. San Bernardino Valley 3:26.90, 2. Riverside 3:31.31, 3. Ventura 3:32.24. Sprint Medley: 1. San Bernardino Valley 3:31.06, 2. Riverside 3:32.77, 3. Bakersfield 3:34.67.
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HJ:	1. Stanton (Stars & Stripes) 7-0 1/2, 2. Nordquist (un) 6-10 3/4, 3. Williams (un) 6-10 3/4. PV: 1. Marchano (un) 17-7 1/2, 2. Sommers (No Limit) 17-1 1/2, 3. Babil (No Limit) 17-1 1/2. LJ: 1. Scurry (un) 25-8 3/4w, 2. Odajima (Nippon) 24-8 1/2w, 3. Perry (un) 23-11 1/2w. TJ: 1. Robinson (US Marines) 48-6 3/4w, 2. Rose (un) 46-1 1/4, 3. Gladden (UCSB) 44-3 1/4. SP: 1. Viera (un) 57-10 1/4, 2. Tift (UCLA) 57-2 3/4, 3. Pentecost (un) 56-1 1/4. DT: 1. Kirchoff (un) 189-11, 2. Sullivan (UCLA) 187-10, 3. McPherson (UCLA) 187-0. HT: 1. Williams (un) 215-7, 2. Spitz (un) 186-11, 3. George (CSBkld) 174-1. JT: 1. Bradstock (un) 255-4, 2. Noel (un) 232-9, 3. Greenberg (AdvAth) 212-1.
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Women

100m:	1. Mitchell (un) 11.48w, 2. Taplin (Nike) 11.55, 3. Howard (un) 11.81. 200m: 1. Riveras (New Era) 24.01w, 2. Tillman (CSN) 24.34, 3. Lloyd (un) 24.35. 400m: 1. Rivers (NE) 55.92, 2. Thompson (un) 58.95, 3. McPherson (UCSB) 1:00.69. 800m: 1. Areola (Nike) 2:09.67, 2. Nichols (CSBk) 2:13.41, 3. Lowery (CalCst) 2:16.40. 1500m: 1. Nugenbauer (Nike) 4:37.02, 2. Garcia (un) 4:42.99, 3. Mayock (Riv) 4:44.99. 3000m: 1. Alexander (UCSB) 10:28.51, 2. Gray (UCSB) 10:29.65, 3. Baratas (un) 10:33.67.
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100mHH:	1. Simmons (Nike) 13.99w, 2. Tolson (CSN) 14.12, 3. Ammons (un) 14.19. 400mIH: 1. Buck (NE) 1:08.6, 2. Thompson (un) 1:07.18, 3. Green (CSB) 1:07.19. 400m Relay: 1. CS Northridge A 48.82, 2. CS Northridge B 49.83, 3. Bakersfield 50.52.
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800m Relay:	1. CS Northridge A 1:43.27, 2. CS Northridge C 1:45.87, 3. Bakersfield 1:48.59. 1600m Relay: 1. Occidental 4:19.66, 2. Ventura 4:25.79, 3. Middlebury 4:26.78. Sprint Medley: 1. CS Northridge 1:47.01, 2. New Era 1:48.19, 3. Ventura 1:55.22.
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HJ:	1. Coleman (AdvAth) 5-10, 2. Svoboda (un) 5-8, 3. Ammonds (un) & Simmons (Nike) 5-4 1/4. PV: 1. Smith (No Limit) 12-6, G. Smith (NL) 10-8 3/4, 3. Delano (CSN) 10-2 3/4. LJ: 1. Carter (un) 19-3 1/4w, 2. McKnight (Nike) 18-4 1/2w, 3. House (un) 18-3 1/4w. TJ: 1. Moses (Belize TC) 38-6w, 2. Lamay (CSB) 36-7 1/2w, 3. Hammerstrom (CSN) 38-4 1/4w. SP: 1. Dumble (Reeb) 54-5 1/4, 2. Carter (un) 49-2 1/2, 3. Burton (CSN) 46-0. DT: 1. Dumble (Reeb) 191-3, Noble (un) 177-11, 3. Martin (USC) 161-10. HT: 1. Coons (USC) 174-2, 2. Noble (un) 157-10, 3. Burton (CSN) 145-6. JT: 1. Carter (un) 139-0, 2. Ison (un) 127-3, 3. Ruiz (UCSB) 126-1.
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Stanford Invitational

March 23, Palo Alto.

Men

400m:	1. C. Harrison (un) 45.93, 2. A. Harrison (un) 46.46, 3. Ward (Hartnell) 47.18. 400mIH: 1. Hall (SoCalCh) 51.66. LJ: 1. J. Robinson (un) 23-8 1/4. SP: 1. Kisligis (S&S) 62-0 1/4, 2. Jones (Purdue) 59-11. 3. Pickering (Brit) 58-10 3/4, 4. Conwell (Wash) 58-6 3/4. HT: 1. Carter (Rock Mtn Elite) 222-0, 2. Connolly (Stan) 205-6, 3. Nutter (Cal) 204-6. JT: 1. Hall (un) 211-5.
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Women

400m:	1. Antoine (Utah St) 53.61, 3000m: 1. Dryer (West St) 9:26.16, 2. Chokshi (Stan) 9:30.74, 3. Chan (BYU) 9:34.37, 4. Flowers (Ark) 9:43.68. 5000m: 1. PS Plumer (Nike) 15:59.20, 2. T. Carlson (Wash) 16:02.19, 3. Karr (Port) 16:03.24, 4. Alder (BYU) 16:09.09, 5. Renfro (Stan) 16:09.84. 10,000m: 1. Orefice (CPSLO) 35:24.52, 2. Ballard (CS Sacto) 35:39.19, 3. Blackwell (Port) 35:47.19. 400mIH: 1. Poulen (un) 58.33, 2. Weber (NoCo) 1:01.65, 3. Black (Cal) 1:03.65. 3000mSC: 1. Padilla (Asics) 11:24.55. DMR: 1. Georgetown 11:41, 2. Stanford 11:44. PV: 1. Dalton (Stan) 11-0, 2. Holt (Stan) 10-6, 3. Meyer (Utah St) 10-6. LJ: 1. Veltman (Reeb) 20-8 1/2, 2. Edwards (Miz) 20-7 3/4, 3. Green (Wash) 19-10 1/2. SP: 1. Sims (Ark) 48-10 3/4, 2. Hill (Wash) 46-3 1/4. HT: 1. Dice (un) 168-7, 2. Shanley (Wash) 159-10. JT: 1. Carroll (San Mateo AC) 186-6, 2. McCormick (San Mateo AC) 164-11, 3. Raine (un) 146-8.
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Multi-Team Meet at UC Irvine

March 23, Irvine.

Men

100m:	1. Davis (Iowa) 10.59, 2. Miller (CB) 10.59. 200m: 1. Trowers (Iowa) 21.35, 2. Russell (CB) 21.77. 400m: 1. Morris (Iowa) 47.9. 800m: 1. Novatny (Iowa) 1:55.2. 1500m: 1. Feldy (Iowa) 3:55.54. 5000m: 1.
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D. Gonzalez (Asics) 14:41.2. 110mHH: 1. Trowers (Iowa) 13.76, 2. Banner (CSLA) 14.21, 3. Raymond (Iowa) 14.63, 4. Gamble (CSLA) 14.74. 400mIH: 1. Raymond (Iowa) 51.6. 3000mSC: 1. Nason (Cor) 9:14.73. 400m Relay: 1. Iowa 40.08. 1600m Relay: 1. Iowa 3:10.77, 2. Ohio St. 3:11.66.
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HJ:	1. Winston (OhSt) 6-8. PV: 1. Kovacs (UCI) & C. Shimooka (Corn) 15-7. Open-1: Drath (un) 18-5 1/4, 2. Walker (un) 17-0 3/4, 3. Beresford (un) 17-0 3/4. LJ: 1. Jordan (CSLA) 24-11 1/4. TJ: 1. Jordan (CSLA) 53-0 1/4, 2. Gumbs (OhSt) 49-5 1/4. SP: 1. Wenj (CSLA) 62-11 1/2. DT: 1. Schleater (Minn) 189-11, 2. Marsh (Minn) 170-2. HT: 1. Wenj (CSLA) 166-7, 2. Denga (CB) 160-11. JT: 1. Morales (CSLA) 189-2.
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Team Scores:	1. Iowa 134, 2. Ohio St. 110, 3. CS Los Angeles 94, 4. Cornell 89, 5. Cal Baptist 79, 6. UC Irvine 58, 7. Cal Poly Pomona 57, 8. Minnesota 50, 9. CS Fullerton 27.
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Women

100m:	1. Carmichael (OhSt) 11.83. 200m: 1. Boyd-Pleasant (OhSt) 24.2, 2. Rejouis (OhSt) 24.4, 3. Pruitt (GPP) 24.77. 400m: 1. McJunkins (OhSt) 57.2. 800m: 1. Dennison (Cor) 2:13.7. 1500m: 1. Wysocki (Nike) 4:18.90, 2. Molway (UCI) 4:35.65, 3. Walker (Cor) 4:35.96. 3000m: 1. Scheu (Cor) 10:03.5. 100mHH: 1. Boyd-Pleasant
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Ruth Wysocki

Photo by Bill Leung, Jr./Geek Media

(OhSt) 13.90, 2. White (Minn) 14.68. 400mIH: 1. Reece (OhSt) 61.9. 400m Relay: 1. Ohio State 46.34. 1600m Relay: 1. Ohio St. 3:48.8.

HJ:	1. White (Corn) 5-4. LJ: 1. Boyd-Pleasant (OhSt) 20-4 1/2, 2. Porter (OhSt) 19-5, 3. Hughes (CPP) 19-2 1/4. TJ: 1. Carver (CSLA) 40-10, 2. Porter (OhSt) 40-7 1/2. SP: 1. Juraskova (CSLA) 48-11 1/2, 2. Erickson (Min) 47-0 3/4, 3. Gomes (OhSt) 46-11 3/4. DT: 1. Kuehl (un) 197-9, 2. Boyer (un) 193-11, 3. Juraskova (CSLA) 170-4, 4. Clark (CSLA) 155-8. HT: 1. Clark (CSLA) 183-9, 2. Juraskova (CSLA) 153-6. JT: 1. Simonsen (Min) 151-9.
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Team Scores:	1. Cornell 130 1/2, 2. Minnesota 124, 3. Ohio St. 117, 4. UC Irvine
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RESULTS

112 1/2, 5. CS Los Angeles 79. 6. Cal Poly Pomona 31. 7. CS Fullerton 21.

Quadrangular at Fresno State

March 24. Warmerdam Field, Fresno.

Men

100m: 1. Jaime Barragan (Long Bch) 10.52, 2. Charlton Jordan (FresSt) 10.71, 3. Robert Fountaine (Kent) 10.84, 4. Brandon Thomas 10.89, 5. Etroy Nelson (FresSt) 10.91. **200m:** 1. Jaime Barragan (Long Bch) 21.22, 2. Demetrius Snaer (FresSt) 21.62, 3. Etroy Nelson (FresSt) 21.93, 4. Robert Fountaine (Kent) 21.98, 5. Markus Alexander (Air Force) 22.19. **400m:** 1. Lewis Young (LgBch) 47.98, 2. Deonte Day (Air Force) 48.63, 3. Jason Isaac (Fres St) 49.32, 4. John Wise (Kent) 49.68, 5. Marcus Nichols (Air Force) 51.25. **800m:** 1. Aaron Samansky (Fres St) 1:51.58, 2. Ted Huziak (Kent) 1:53.85, 3. Richie Shehadey (Fres St) 1:54.51, 4. Jeremy Barnes (Fres St) 1:55.18, 5. Stephen Penchak (Air Force) 1:57.79.

1500m: 1. Andrew Mark (Air Force) 3:53.42, 2. Paul Graddon (Air Force) 3:57.69, 3. Nacho Flores (Fres St) 3:58.42, 4. Kevin Michalske (Kent) 4:04.48, 5. Rick Antonucci (Kent) 4:04.24. **3000mSC:** 1. Andy Meehan (Air Force) 9:08.35, 2. Polo Duarte (Fres St) 9:23.57, 3. Matt Bower (Fres St) 9:23.64, 4. Steve Radtke (Air Force) 9:26.91, 5. Shane Rogers (Air Force) 9:32.94. **100mHH:** 1. Ranjeet Randhawa (Fres St) 14.82, 2. Mike Wells (Kent) 14.84, 3. Lisle Babcock (Air Force) 14.91, 4. Brendon Falconer (Kent) 14.92, 5. Walker Vaughn (Fres St) 14.94. **400mIH:** 1. Paul Gomez (Air Force) 53.39, 2. Reuben Parrish (Fres St) 54.68, 3. Lisle Babcock (Air Force) 55.59, 4. Walker Vaughn (Fres St) 56.61, 5. Mick Wells (Kent) 57.83. **4x100m Relay:** 1. Fresno State (Samansky, Potter, Gross, Snaer) 3:13.06, 2. Air Force 3:14.30, 3. Long Beach State 3:17.65, Fresno State B 3:21.74, 5. Kent 3:22.05. **Sprint Medley:** 1. Fresno State (Potter, Houston, Jonas, Burleson) 3:32.50, 2. Fresno State B 3:33.63, 3. Kent 3:39.69.

LJ: 1. Detric Cofield (Lg Bch) 25-9, 2. Mike Lowe (Kent) 25-5 1/4, 3. Derrick Mitchell (Fres St) 24-3 3/4, 4. Clyde Wilkinson (Lg Bch) 24-2 1/4, 5. Brenson Falconer (Kent) 24-2 1/4. **TJ:** 1. Mike Lowe (Kent) 49-9 1/4, 2. Derrick Mitchell (Fres St) 49-8 1/2, 3. Chris Czerwinski (LgBch) 47-9 1/4, 4. Detric Cofield (Lg Bch) 47-1, 5. Robert Jentberg (Air Force) 45-6 1/2. **DT:** 1. Jason Dossey (Fres St) 169-10, 2. John Desevich (Kent) 156-1, 3. Bobby Sadire (Air Force) 155-1, 4. Travis Lewis (Air Force) 44-7, 5. Luis Melgoza (Fres St) 143-4. **SP:** 1. John Desevich (Kent) 54-3 1/2, 2. Jason Dossey (Fres St) 51-6 1/4, 3. Travis Lewis (Air Force) 48-11 3/4, 4. Greg Ganim (Kent) 46-10 3/4, 5. Bobby Sadler (Air Force) 46-7 1/4. **HT:** 1. Jason Dossey (Fres St) 190-11, 2.

Chris Dose (Fres St) 175-6, 3. Travis Lewis (Air Force) 149-6, 4. Heath Duncan (Air Force) 146-5, 5. Greg Ganim (Kent) 140-2. **JT:** 1. Chris Kanowsky (Lg Bch) 203-9, 2. John Hetzendorf (Kent) 200-6, 3. Gabe Shippe (Kent) 196-1, 4. Mark Askjaer (Fres St) 185-4, 5. Jason Crass (Fres St) 184-1. **PV:** 1. David Cox (Fres St) 17-8 1/2, 2. Dan Schweitzer (Kent) 15-0, 3. Marcus Nichols (Air Force) 15-6, 4. Lupe Nieves (Lg Bch) 14-1 1/4. **HJ:** 1. Erik Nyberg (Fres St) 6-11 3/4, 2. Mike Caza (Kent) 6-11 3/4, 3. Clayton Cole (Air Force) & Moses Kearny (Fres St) 6-9 3/4, 5. Scott Parman (Air Force) 6-8.

Team Scores (4-way): 1. Fresno State 195.5, 2. Air Force 155.5, 3. Kent 150, 4. Long Beach State 112.



David Cox

Photo by Elaine Rosenfield

Women

100m: 1. Angela Daigle (Fres St) 11.86, 2. Kesha Criswell (Fres St) 11.95, 3. Samone Cole (Fres St) 12.00, 4. Shuntay Taylor (Fres St) 12.34, 5. LeGretta Hinds (Lg Bch) 12.71. **200m:** 1. Kesha Criswell (Fres St) 24.97, 2. Shuntay Taylor (Fres St) 25.11, 3. Heather Doyle (Kent) 25.72, 4. Heather Russell (Kent) 26.01, 5. Dafona McClain (Lg Bch) 26.19. **400m:** 1. Tami Simpson (Fres St) 55.91, 2. Ardin Harrison (Fres St) 56.30, 3. Heather Doyle (Kent) 56.46, 4. Dafona McClain (Lg Bch) 58.76, 5. Stacy McClain (Air Force) 1:00.71. **800m:** 1. Irene Orozco (Fres St) 2:10.49, 2. Kristen Busarow (Kent) 2:15.17, 3. Kathy Moore (Air Force) 2:16.01, 4. Sara Domeler (Kent) 2:19.84, 5. Christina Neal (Lg Bch) 2:20.63. **1500m:** 1. Devon Moates (Fres St) 4:45.22, 2. Christa Ayuso (Lg Bch) 4:46.67, 3. Danielle Nelson (Fres St) 4:49.53, 4. Karen Pomeroy (Kent) 4:52.59, 5. Michelle Lyons (Kent) 4:54.52.

3000m: 1. Dolly Patel (Air Force) 10:07.19, 2. Danielle Nelson (Fres St) 10:11.88, 3. Kelly Jacobson (Fres St) 10:12.73, 4. Michelle Lyons (Kent) 10:28.94, 5. Michelle Greening (Lg Bch) 10:49.01. **100mIH:** 1. Samone Cole (Fres St) 14.04, 2. LeGretta Hinds (Lg Bch) 14.23, 3. Felecia Brown (Fres St) 14.32, 4. Melanie Jenne (Kent) 14.56, 5. Lori Himes (Fres St) 14.82. **400m IH:** 1. LeGretta Hinds (Lg Bch) 1:00.23, 2. Deneise Martinez (Fres St) 1:02.56, 3. Kirsten Nelson (Fres St) 1:02.93, 4. Lori Himes (Fres St) 1:07.19, 5. Connie Lobb (Kent) 1:07.54. **4x100m Relay:** 1. Fresno State (Cole, Taylor, Daigle, Criswell) 45.60, 2. Kent 47.69, 3. Air Force 51.61, 4. 4x400m Relay: 1. Fresno State (Harrison, Simpson, Brown, Daigle) 3:46.18, 2. Kent 4:00.71, 3. Air Force 4:01.64, 4. Long Beach St. 4:02.45. **Sprint Medley:** 1. Fresno State (Wilson, Anderson, Hill, Dawson) 4:03.91, 2. Kent 4:09.29.

LJ: 1. Felicia Brown (Fres St) 19-0, 2. Carrie Jansen (Fres St) 18-8, 3. Kesha Harper (Kent) 18-1 3/4, 4. Brandy Hamm (Kent) 17-10 1/2, 5. Kristy Kierruff (Lg Bch) 16-2 3/4. **TJ:** 1. Felicia Brown (Fres St) 37-9 1/2, 2. Carrie Jansen (Fres St) 36-9 1/2, 3. Kathie Wheeler (Kent) 35-11 1/2, 4. Kelly Van Shoyk 34-9 1/2, 5. Katie Joynt (Air Force) 34-8 1/4. **DT:** 1. Mindy Wirtz (Kent) 176-0, 2. Staci Darden (Fres St) 161-7, 3. Roberta Collins (Kent) 153-04, 4. Tyrenda Stamps (Fres St) 151-7, 5. Kirran Moss (Lg Bch) 130-8. **SP:** 1. Mindy Wirtz (Kent) 49-3 3/4, 2. Roberta Collins (Kent) 44-7, 3. Kirran Moss (Lg Bch) 41-3 1/4, 4. Leica Zazabol (Fres St) 40-11 3/4, 5. Tyrenda Stamps (Fres St) 40-8 3/4. **JT:** 1. Leica Zazabol (Fres St) 136-11, 2. Julia Kozlars (Kent) 136-1, 3. Erika Spence (Fres St) 134-8, 4. Beth Oburra (Kent) 129-3, 5. Shannon Chapman (Lg Bch) 106-11. **HJ:** 1. Kristi Kierruff (Lg Bch) 5-6, 2. Tracy Luther (Kent) 5-4, 3. Jennifer Petykowski (Air Force) 5-4, 4. Kathy Wheeler (Kent) 5-4, 5. Felecia Brown (Fres St) 5-2. **HT:** 1. Staci Darden (Fres St) 176-10, 2. Kirran Moss (Lg Bch) 165-10, 3. Melissa Bauermeister (Fres St) 154-11, 4. Leica Zazabol (Fres St) 139-0, 5. Mindy Wirtz (Kent) 136-4. **PV:** 1. Melissa Price (Fres St) 13-0, 2. Jennifer Peyton (Lg Bch) 8-8, 3. Chelsea Padula (Fres St) 8-8, 4. Katie Joynt (Air Force) 8-4.

Team Scores (4-way): 1. Fresno State 237, 2. Kent 159, 3. Long Beach State 113, 4. Air Force 102.

Four-Way Meet

March 30. Warmerdam Field, Fresno.

Men

100m: 1. Nelson (FSU) 10.65, 2. Jordan (MSAC) 10.70, 3. Jordan (FSU) 10.71. **200m:** 1. Criner (CSN) 21.32, 2. Jordan (MSAC) na, 3. Nelson (FSU) 21.64. **400m:** 1. C. Brown (CSN) 47.73, 2. Snaer (FSU) 47.92, 3. Russell (MSAC) 48.06. **800m:** 1. Samansky (FSU) 1:52.45, 2. Barnes (FSU) 1:53.85, 3. Balderas (CSN) 1:55.50. **1500m:** 1. Duarte (FSU) 3:56.69, 2. Shehadey (FSU) 3:57.52, 3. Braden (UCD) na. **5000m:** 1. Flores (FSU) 14:55.1, 2. Ramirez (CSN) 15:03.96, 2. McManus (UCD)

15:13.79. **110mHH:** 1. Castillo (MSAC) 14.4, 2. Jones (CSN) 14.4, 3. Walker (MSAC) 14.5. **400mIH:** 1. White (UCD) na, Walker (MSAC) 53.75, 3. Jones (CSN) 54.32. **400m Relay:** 1. Fresno State 41.09, 2. CS Northridge na, 3. Fresno State B 42.82. **1600m Relay:** 1. CS Northridge 3:12.79, 2. Fresno State A 3:13.63, 3. Mt. SAC 3:13.75. **Sprint Medley:** 1. Fresno State A 3:30.73, 2. CS Northridge 3:31.16, 3. Fresno State B 3:33.56.

HJ: 1. Kearney (FSU) 7-1 3/4, 2. McGinnis (MSAC) 6-11 3/4, 3. Nyberg (FSU) 6-11 3/4, 4. PV: 1. Cox (FSU) 18-0 1/2, 2. Vance (FSU) 15-6 1/4, 3. Haldezos (UCD) 15-6 1/4, 4. LJ: 1. Mitchell (FSU) 24-1 1/2, 2. Hoggatt (FSU) 23-8 1/4, 3. Whitley (MSAC) 22-4 1/4, 4. TJ: 1. Mitchell (FSU) 50-10 1/4, 2. Reed (UCD) 46-4, 3. Bursch (UCD) 44-92. **SP:** 1. Dossey (FSU) 52-1 3/4, 2. Bush (CSN) 51-6 1/2, 3. Borges (UCD) 46-2 1/2. **DT:** 1. Dossey (FSU) 169-7, 2. Blakelield (UCD) 159-2, 3. Zasmekuz (UCD) 150-9. **HT:** 1. Dossey (FSU) 198-4, 2. Blakelield (UCD) 180-8, 3. Dose (FSU) 174-2. **JT:** 1. Cheeks (MSAC) 189-7, 2. Crass (FSU) 185-9, 3. Davilla (MSAC) 183-2.

Team Scores: 1. Fresno State 235, 2. CS Northridge 138 1/2, 3. Mt. San Antonio 121 1/2, 4. UC Davis 122.

Women

100m: 1. Cole (FSU) 11.92, 2. Criswell (FSU) 12.06, 3. Bradfield (CSN) 12.27. **200m:** 1. Tillman (CSN) 24.04, 2. Criswell (FSU) 24.74, 3. Cole (FSU) 24.76. **400m:** 1. Tillman (CSN) 54.74, 2. Simpson (FSU) 55.82, 3. Harrison (FSU) 55.92. **800m:** 1. Moates (FSU) 2:12.61, 2. Boone (CSN) 2:17.55, 3. Sanford (CSN) 2:18.65. **1500m:** 1. Peckler (UCD) 4:39.09, 2. Nelson (FSU) 4:40.26, 3. Dawson (FSU) 4:45.71. **5000m:** 1. Whitmore (CSN) 17:41.5, 2. Dickerman (UCD) 18:05.2, 3. Robles (MSAC) 18:16.9. **100mHH:** 1. Cole (FSU) 14.08, 2. Tolson (CSN) 14.10, 3. Brown (FSU) 14.44. **400mIH:** 1. Nelson (FSU) 1:02.61, 2. Carroll (UCD) 1:03.24, 3. Johnigan (CSN) 1:04.02. **400m Relay:** 1. Fresno State A 45.91, 2. CS Northridge 46.74, 3. Fresno State B 48.41. **1600m Relay:** 1. Fresno State 3:44.65, 2. CS Northridge 3:49.22, 3. UC Davis 3:57.77. **Sprint Medley:** 1. CS Northridge 4:10.24, 2. Fresno State 4:14.08.

HJ: 1. Ulrich (FSU) 5-3 3/4, 2. Potter (MSAC) 5-1 3/4, 3. Taylor (UCD) 5-1 3/4. **PV:** 1. Price (FSU) 12-6, 2. Delano (CSN) 10-4, 3. Padula (FSU) 7-0. **LJ:** 1. Jansen (FSU) 18-7w, 2. Ellison (CSN) 17-6, 3. Cole (FSU) 17-4. **TJ:** 1. Graham (UCD) 40-4, 2. Lagle (UCD) 35-11 1/2, 3. Jansen (FSU) 35-8. **SP:** 1. Burton (CSN) 45-5, 2. Mataafa (CSN) 42-2, 3. Reis (UCD) 41-1 1/2. **DT:** 1. Darden (FSU) 159-8, 2. Mataafa (CSN) 149-6, 3. Stamps (FSU) 146-1. **HT:** 1. Darden (FSU) 172-4, 2. Burton (CSN) 155-1, 3. Zazabol (FSU) 144-1. **JT:** 1. Zazabol (FSU) 142-8, 2. Spence (FSU) 142-1, 3. Varela (UCD) 101-8. **Team Scores:** 1. Fresno State 235, 2. CS Northridge 178, 3. UC Davis 146, 4. Mt. San Antonio 62.

RESULTS

Multi-Team Meet at Stanford

March 30. Palo Alto.

Men

400m Relay: 1. Stanford 41.44. HT: 1. Connolly (Stan) 204-5. 2. Mazzoni (Stan) 174-5. SP: 1. Pickering (un) 61-1 1/4.

Women

100m: 1. Dean (UCI) 12.18. 1500m: 1. Chokshi (Stan) 4:22.69. 2. Jenni Westphal (Wis) 4:23.63. 3. Renfro (Stan) 4:28.72. 3000m: 1. Cobb (Stan) 9:27.37. 400m Relay: 1. Stanford 47.14. 1600m Relay: 1. UC Irvine 3:52.95. 400mH: 1. Green (UCI) 61.30. DT: 1. Small (Stan) 161-0. LJ: 1. Payne (un) 20-0. PV: 1. Jackson (Stan) 11-8. 2. Dalton (Stan) 11-0.

Multi-Team Meet at Baton Rouge

March 30. Baton Rouge, LA.

Men

100m: 1. Shelton (USC) 10.32. 400m: 1. Davis (USC) 46.94. 800m: 1. Pacheco (USC) 1:51.29. 2. Turner (USC) 1:51.31. 1500m: 1. Pacheco (USC) 3:54.05. 110mH: 1. Alade'fa (USC) 13.85. 400mH: 1. Alade'fa (USC) 51.43. 400m Relay: 1. LSU 39.89. 2. USC 40.26. 1600m Relay: 1. LSU 3:11.45. 2. USC 3:13.17. PV: 1. Diaz (un) 17-10 3/4. LJ: 1. Baptiste (un) 24-3. HT: 1. Kiss (USC) 246-9. 2. Johansson (USC) 215-10.

Women

100m: 1. Hill (LSU) 11.46. 2. Edwards (USC) 11.78. 200m: 1. Boone (LSU) 24.15. 2. Gibson (USC) 24.69. 400m: 1. Feagin (LSU) 52.79. 800m: 1. Penc (USC) 2:08.78. 1500m: 1. Shiferaw (USC) 4:31.00. 3000m: 1. Shiferaw (USC) 10:34.32. 100mH: 1. Carson (LSU) 13.03. 400mH: 1. Walker (LSU) 59.56. 2. Shegog (USC) 1:01.84. 400m Relay: 1. LSU 43.56. 2. USC 45.53. 1600m Relay: 1. LSU 3:41.88. 2. USC 3:54.18. HT: 1. Smith (USC) 6-7. LJ: 1. Hyacinth (un) 20-4 1/2. 2. Hunt (LSU) 19-06 3/4. 3. Dolphin (USC) 19-2 3/4. TJ: 1. Lee (LSU) 44-10 3/4. 2. Hyacinth (un) 42-0 1/2. 3. Dolphin (USC) 41-0 1/4. SP: 1. Coons (USC) 47-6 1/4. 2. Maretin (USC) 45-2 1/2. DT: 1. Olivares (LSU) 142-6. 2. Coons (USC) 140-0. HT: 1. Coons (USC) 187-8. 2. Martin (USC) 156-2. JT: 1. Eve (un) 175-9.

Multi-Team Meet at Cal Poly Pomona

March 30.

Men

100m: 1. Harris (CSB) 10.74. 2. Lankford (CSLA) 10.74. 200m: 1. Turner (CSB) 21.31. 2. Stokes (CSB) 21.43. 400m: 1. Turner (CSB) 47.5. 400m Relay: 1. CS Bakersfield 41.6. SP: 1. Wenj (CSLA) 61-6 1/4. HT: 1. Wenj (CSLA) 179-5. Team Scores: 1. Cal Poly Pomona 58. 2. CS Los Angeles 38. 3. CPP 49. 4. CS Bakersfield 49. 5. CSB 46. CSLA 31.

Women

400m: 1. Ogans (CSLA) 55.7. 1500m: 1. Pinto (CSLA) 4:36.2. 400m Relay: 1. Cal Poly Pomona 47.2. 2. CS Bakersfield 47.5. SP: 1. Juraskova (CSLA) 47-2 1/4. DT: 1. Juraskova (CSLA) 159-1. 2. Clark (CSLA) 147-0. 3. Hampton (CSB) 141-2. HT: 1. Clark (CSLA) 170-5. 2. Juraskova (CSLA) 158-8. Team Scores: 1. CS Los Angeles 42. 2. Cal Poly Pomona 37. 3. CS Bakersfield 52. 4. Cal Poly Pomona 34. 5. CSLA 41. 6. CSB 34.

Multi-Team Meet at Cal Poly SLO

March 30. San Luis Obispo.

Men

100m: 1. Andam (BYU) 10.40. 2. Myles-Mills (BYU) 10.43. 200m: 1. Graham (Kent) 21.29. 400m Relay: 1. BYU 41.15. PV: 1. McCauley (BYU) 16-6. Team Scores: 1. BYU 210. 2. Kent 190 1/2. 3. Cal Poly SLO 136. 4. UC Santa Barbara 130 1/2.

Women

100m: 1. Cox (CPSLO) 11.85. 200m: 1. Cox (CPSLO) 24.30. 800m: 1. Monahan (BYU) 2:10.32. 1500m: 1. Teemant (BYU) 4:32.99. 5000m: 1. Orefice (CPSLO) 17:09.94. 100mH: 1. Jenne (Kent) 14.28w. 400mH: 1. Williams (BYU) 1:01.64. 400m Relay: 1. BYU 46.97. PV: 1. Serrano (CPSLO) 10-7. SP: 1. Christiansen (BYU) 53-1. 2. Wirtz (Kent) 48-2 3/4. DT: 1. Ahman (CPSLO) 177-6. 2. Wirtz (Kent) 175-6. 3. Collins (Kent) 161-0. HT: 1. Tabla (BYU) 172-9. Team Scores: 1. BYU 204. 2. Kent 159. 3. Cal Poly SLO 148. 4. UC Santa Barbara 133.

Multi-Team Meet at UC San Diego

March 30.

Men

100m: 1. Knight (LBCC) 10.65. (Race 2): 1. Foster (LBCC) 10.63. 2. Williams (RivCC) 10.65. 200m: 1. Dexter (Vegas) 21.57. 400m: 1. Krill (Bush TC) 46.67. 2. Shepard (un) 47.23. 800m: 1. Ono (Japan) 1:50.42. 2. Ethridge (SanBernCC) 1:50.74. 3. Allen (Occi) 1:50.82. 1500m: 1. Hernandez (WestSt) 3:49.41. 5000m: 1. Moura (Brazil) 13:36.85. 2. Gonzalez (UCI) 14:21. 3. Martinez (Cacique) 14:23.28. 10,000m: 1. Bashir (RivCC) 30:32.38. 110mH: 1. Benoy (Springco) 13.94. 2. Russo (un) 13.27. 3. Andrade (un) 14.28. 400mH: 1. Russo (un) 52.05. 400m Relay: 1. Long Beach 40.71. 2. Bakersfield CC 41.96. 1600m Relay: 1. Bakersfield 3:16.09. 2. SD Mesa 3:17.63. 3. Ventura 3:18.17.

HJ: 1. Stanton (un) 7-0 1/4. 2. Walker (Patriots) 7-0 1/4. 3. Takahise (Japan) 7-0 1/4. 4. K. Carlson (SoCal Coll) 7-0 1/4. PV: 1. Drath (un) 17-4 1/2. 2. Babits (No Limit) 17-4 1/2. 3. Slover (UCLA) 17-4 1/2. LJ: 1. Shida (Japan) 25-6. 2. Bean (LBCC) 24-4 1/4. 3. Boykin (LBCC) 24-3. DT: 1. Setliff

(un) 214-0. 2. Washington (un) 210-7. 3. Hart (un) 203-2. 4. Godina (Reeb) 202-3. 5. Bloom (un) 202-3. HT: 1. M. Williams (un) 217-5. 2. Desantis (un) 214-10. 3. Sargeant (un) 211-9. JT: 1. Twedt (un) 209-3.

Women

100m: 1. I. Miller (un) 11.17. 2. A. Williams (un) 11.75. 3. B. Grant (un) 11.98. 220: 1. Mayberry (un) 24.21. 1500m: 1. C. Martinez (Cacique) 4:33.17. 2. M. Lopez (El CamCC) 4:33.23. 100mH: 1. McKnight (Nike) 13.68. 2. Campbell (AzPac) 13.96. 400m Relay: 1. Long Beach CC 48.08.

HJ: 1. Look-Jaeger (Nike) 6-2. 2. Dam-bacher (Braz) 6-0. 3. Coleman (AdvanAth) 6-0. LJ: 1. Loud (Nike) 21-10 1/4. 2. Jackson (UCLA) 19-2 3/4. 3. Nelson (LBCC) 19-0 1/2. TJ: 1. Noel (LBCC) 38-6 3/4. SP: 1. Brown (un) 51-5. 2. Flynt 49-3. 3. Tuimoleau (VenCC) 47-10. DT: 1. Barnes-Mileham (un) 208-6. 2. Dukes (un) 198-7. 3. Dumble (jn) 197-8. 4. Powell (UCLA) 196-5. 5. Noble (un) 194-3. 6. Garrett (un) 193-4. 7. Kavar (UCLA) 183-11.

Western State Conference Moorpark/Bakersfield/Ventura

Men

100m: 1. Fambach (Moor) 10.5. 200m: 1. Armour (Bk) 21.6. 400m: 1. McLucas (Ven) 49.6. 800m: 1. Krause (Moor) 1:59.6. 1500m: 1. Sanchez (Bk) 4:10.8. 5000m: 1. Hernandez (Moor) 15:37.2. 110mH: 1. McLucas (Ven) 14.6. 400mH: 1. Walsh (Ven) 400m Relay: 1. Bakersfield 42.7. 1600m Relay: 1. Bakersfield 3:22.6. HJ: 1. Sijlagyi (Moor) 6-6. PV: 1. Beam (Moor) 15-0. LJ: 1. Conaway (Moor) 21-11. TJ: 1. Rolins (Bk) 46-3. SP: 1. Staat (Bk) 55-5. DT: 1. Staat (Bk) 177-10. JT: 1. Canales (Moor) 161-0. Team Scores: 1. Moorpark 78 1/2. 2. Bakersfield 67 1/2. 3. Ventura 35.

Women

100m: 1. Hogan (Bk) 12.6. 200m: 1. Hogan (Bk) 26.6. 400m: 1. Tobin (Ven) 1:06.0. 800m: 1. Palmquist (Moor) 2:28.7. 1500m: 1. Nakashima (Bk) 5:21.0. 3000m: 1. Nakashima (Bk) 11:46.0. 100mH: 1. Grah (Bk) 16.1. 400mH: 1. Grah (Bk) 1:09.1. 400m Relay: 1. Bakersfield 52.0. 1600m Relay: 1. Moorpark 4:26.1. HJ: 1. Hogan (Bk) 5-0 1/2. PV: 1. O'Connor (Moor) 8-6. LJ: 1. Arana (Ven) 15-8. TJ: 1. Grah (Bk) 34-7. SP: 1. Tuimoleau (Ven) 47-6 1/2. DT: 1. Righetti (Ven) 120-7. JT: 1. Toler (Bk) 109-1. Team Scores: 1. Bakersfield 76. 2. Ventura 57. 3. Moorpark 38.

Valley/West LA/Canyons/Hancock

Men

100m: 1. Lee (Ven) 10.4. 200m: 1. Lee (Ven) 20.8. 400m: 1. Baker (WLA) 50.5. 800m: 1. Sneli (Ven) 2:03.4. 1500m: 1. Tinajero (Ven) 4:16.2. 5000m: 1. Valenzuela (Ven) 15:50.1. 110mH: 1. Ellis (WLA) 15.1. 400mH: 1. Ellis (WLA) 56.4. 400m Relay: 1.

Valley 41.9. 1600m Relay: 1. West LA 3:28.3. HJ: 1. Guy (Ven) 6-0. PV: 1. Tumbola (Han) 14-0. LJ: 1. Johnson (WLA) 22-5 1/2. TJ: 1. Johnson (WLA) 45-5 1/4. SP: 1. Patricio (Ven) 41-8. DT: 1. Patricio (Ven) 114-0. HT: 1. Anderson (Cyn) 104-7. JT: 1. Phillips (Cyn) 139-6.

Team Scores: 1. Valley 82. 2. West LA 58. 3. Canyons 21. 4. Hancock 13.

Women

100m: 1. London (Ven) 12.7. 200m: 1. Saybe (Ven) 26.6. 400m: 1. Rivera (Ven) 1:02.6. 800m: 1. Saybe (Ven) 2:30.1. 1500m: 1. Overlock (Cyn) 5:03.1. 3000m: 1. Overlock (Cyn) 10:58.8. 400m Relay: 1. West LA 53.8. 1600m Relay: 1. Valley 4:29.8. HJ: 1. Watson (WLA) 5-2. LJ: 1. Dunkerley (Cyn) 15-2 1/4. TJ: 1. Dunkerley (Cyn) 30-10 1/2. SP: 1. Vargas (Ven) 35-8. DT: 1. Salavea (Han) 95-11. JT: 1. Salavea (Han) 116-11.

Team Scores: 1. Valley 51. 2. Canyons 45. 3. West LA 21. 4. Hancock 15.

Quadrangular at Bakersfield

April 5.

Men

100m: 1. Greg Turner (CSUB) 10.5. 2. Anthony Harris (CSUB) 10.7. 3. Allen Lollis (West) 10.8. 200m: 1. Gerald McCladdie (un) 21.4. 2. Scottie Stokes (CSUB) 21.5. 3. Anthony Harris (CSUB) 21.6. 400m: 1. Gerald McCladdie (un) 47.9. 2. Jim Drake (West) 49.2. 3. Darnell Miller (CSUB) 50.4. 800m: 1. Darnell Miller (CSUB) 1:58.2. 2. Josh Gustafson (West) 1:58.4. 3. Scott Curtis (FPC) 1:59.8. 1500m: 1. Nathan Robinson (FPC) 4:03.8. 2. Trevor Sybert (Bio) 4:05.0. 3. Matt Nealson (West) 4:10.0. 3000m SC: 1. Todd Farrington (West) 10:03.1. 2. Matt Thompson (West) 10:30.0. 3. Jim Britts (Bio) 11:02.6. 5000m: 1. Eben Robinson (West) 9:07.6. 2. Philip Livingood (West) 9:12.0. 3. Trevor Sybert (Bio) 9:31.3. 100mH: 1. Kwabena Stewart (CSUB) 15.8. 2. Marc Syverson (West) 16.6. 3. Jordan Foote (Bio) 16.7. 400mH: 1. Kwabena Stewart (CSUB) 55.50. 2. Philip Livingood (West) 1:00.0. 2. Kyle Swanson (Bio) 1:01.3. 4x100m Relay: 1. Cal State Bakersfield 41.8. 2. Biola 44.0. 3. Westmont 44.0. 4x400m Relay: 1. Cal State Bakersfield 3:22.4. 2. Fresno Pacific A 3:27.2. 3. Westmont A 3:29.3.

HT: 1. Monte Wilson (un) 186-10. 2. Darnell Flint (un) 170-3. 3. Kevin Eubanks (un) 166-2. LJ: 1. Jon Thiesen (FPC) 22-10 1/2. 2. Jason Sargent (CSUB) 21-2. 3. Mark Syverson (West) 20-10 1/2. JT: 1. Josh Siowell (West) 164-7. 2. Nathan Hitchcock (Bio) 162-4. 3. Marc Syverson (West) 150-6. HJ: 1. David Larsen (CSUB) 6-10. 2. Kyle Swanson (Bio) 6-2. 3. Marc Syverson (West) 6-0. SP: 1. Billy McDaniel (un) 57-6 1/4. 2. Marc Eubanks (CSUB) 48-8 1/2. 3. Nathan Hitchcock (Bio) 39-3 1/4. PV: 1. Jason Rice (Bio) 14-6. 2. Tim Paulsen (Bio) 12-6. 3. Jim Shevlin (Bio) 12-0. TJ: 1. Marc Syverson (West) 43-7. 2. RC Griffin (FPC) 41-1. 3. Jason Sargent (CSUB) 40-9. DT:

RESULTS

1. Marc Eubanks (CSUB) 142-5, 2. Morrie Minnsberg (Bio) 133-2, 3. Nathan Hitchcock (Bio) 120-0.

Team Scores: 1. Biola 187, 2. Westmont 168, 3. Cal State Bakersfield 148, 4. Fresno Pacific 81.

Women

100m: 1. Erin Green (CSUB) 12.2, 2. Renee Williams (CSUB) 12.5, 3. Yalsa Eggin (CSUB) 12.6. **200m** (heat 1): 1. Erin Green (CSUB) 24.5, 2. Renee Williams (CSUB) 25.7, 3. Sara Naylor (West) 25.8. (heat 2): 1. Stacey Thompson (un) 24.6. **400m:** 1. Stacey Thompson (un) 55.2, 2. Janice Nichols (CSUB) 55.8, 3. Sara Naylor (West) 58.2. **800m:** 1. Courtney Postlethwait (West) 2:27.3, 2. Rebecca Redon (West) 2:27.4, 3. Rhonda Brown (FPC) 2:38.5. **1500m:** 1. Julie Hassan (West) 4:50.4, 2. Miriam Niednagel (West) 4:50.4, 3. Angie Sisk (FPC) 5:16.8. **3000m:** 1. Annaka Gustafson (West) 10:45.3, 2. Amy Bergenske

ney (FPC) 119-5, 3. Katy Seagle (FPC) 119-3. **HJ:** 1. Heidi Hagen (FPC) 5-2, 2. Kacy O'Malley (CSUB) 5-0, 3. Jessica Beard (West) 5-0. **SP:** 1. Kenya Wells (CSUB) 44-2, 2. Sandra Clark (West) 38-2, 3. Coleen Krause (FPC) 33-1/2. **TJ:** 1. Amy Neely (West) 33-8, 2. Rhonda Brown (FPC) 32-4 1/2, 3. Jessica Beard (West) 31-6. **DT:** 1. Misako Hampton (CSUB) 142-3, 2. Kenya Wells (CSUB) 126-0, 3. Angela Laney (FPC) 113-0.

Team Scores: 1. Cal State Bakersfield 167, 2. Westmont 161, 3. Fresno Pacific 129, 4. Biola 30.

Triangular Meet at Oregon

April 6, Hayward Field, Eugene, OR.

Men

100m: 1. Frank Madu (WSU) 10.59, 2. Damon Dunn (Stan) 10.66, 3. Patrick Khoo (UO) 10.75, 4. Anthony Bookman (Stan) 10.79, 5. Jeff Lighthouse (WSU) 10.79. **200m:** 2. Frank Madu (WSU) 21.18, 2. Patrick Khoo (UO) 21.80, 3. Tony Lechelt (WSU) 22.08, 4. Jauron Pigg (Stan) 22.18, 5. Jeff Lighthouse (WSU) 22.44. **400m:** 1. Kuni Arita (UO) 49.38, 2. Damien Smith (UO) 49.47, 3. Brian Zieser (WSU) 49.56, 4. Robin Kiyonaga (UO) 50.42, 5. Matt Ab-bink (Stan) 50.64. **800m:** 1. Rasto Kiplangst (WSU) 1:49.54, 2. Ryan Ollerman (WSU) 1:51.13, 3. Gregg James (UO) 1:52.37, 4. Jake Maas (Stan) 1:53.37, 5. Eric Anderson (WSU) 1:54.76. **1500m:** 1. Benjamin Andrews (UO) 3:48.05, 2. Jason Lunn (Stan) 3:48.23, 3. Kamau (WSU) 3:48.62, 4. Scott Nicholas (UO) 3:48.87, 5. Jon Waldon (Stan) 3:51.63. **5000m:** 1. Karl Keska (UO) 13:56.06, 2. Gregory Jimmerson (Stan) 14:22.59, 3. Matthew Davis (UO) 14:30.15, 4. Rob Reeder (Stan) 14:33.20, 5. Nathan Nutter (Stan) 14:43.93. **110mHH:** 1. Dominique Arnold (WSU) 13.82, 2. Derrell Bushnell (UO) 14.66, 3. Josh Gleason (Stan) 14.93, 4. Quincy Ruffin (UO) 14.98, 5. Lars Edstrom (WSU) 15.59. **400mHH:** 1. Jeff Allen (Stan) 53.69, 2. Tyson Allen (WSU) 54.37, 3. Will Driessen (UO) 54.39, 4. Trevor Wyckoff (WSU) 54.86, 5. Jeremy Alden (UO) 55.19. **3000mSC:** 1. Daniel Das Neves (UO) 8:44.26, 2. Ernie Ammons (WSU) 8:59.73, 3. Konrad Knutsen (UO) 9:09.60, 4. Mark Fadil (Stan) 9:10.21, 5. Rob Aubrey (UO) 9:13.50. **4x100m Relay:** 1. Washington State (Lighthouse, Lechelt, Arnold, Madu) 41.19, Oregon & Stanford DNF (Jimmie Johnson/Stan & Patrick Johnson/UO pulled up lame. **4x400m Relay:** 1. Washington State (Allen, Kiplangst, Zieser, Arnold) 3:15.68, Oregon 3:15.55, 3. Stanford 3:17.59.

HJ: 1. Chris Nelson (UO) 7-0 1/2, 2. Chris Mosley (WSU) 7-0 1/2, 3. Tenner Cropper (UO) 6-8 3/4, 4. Leo Slack (WSU) 6-6 3/4, 5. Josh Gleason (Stan) 6-2 3/4. **PV:** 1. Chris Buddin (Stan) 16-4 3/4, 2. Adam Fusco (Stan) 15-11, 3. Brian Zieser (WSU) 15-11, 4. Paul Pappas (UO) 15-5, 5. Mario Oliver (UO) 15-5. **LJ:** 1. Jody Mortimore (UO) 24-1, 2. Jauron Pigg (Stan) 23-9 1/2, 3. Hilary

Mawinda (WSU) 23-8 1/4, 4. Joe Newsum (Stan) 23-4 3/4, 5. Leo Slack (WSU) 23-4. **TJ:** 1. Gregg Bleakney (UO) 53-1 3/4, 2. Hilary Mawinda (WSU) 49-11 3/4, 3. Chris Nelson (UO) 49-7, 4. Matt Classen (UO) 47-7 1/4, 5. Aaron Robinson (WSU) 47-7 1/4. **SP:** 1. Dusty Carlson (UO) 57-9 1/2, 2. Pete Swanson (Stan) 55-6 1/4, 3. Ian Waltz (WSU) 55-5, 4. Ryan Cole (UO) 51-6 1/4, 5. Justin Strand (Stan) 51-1. **DT:** 1. Ian Waltz (WSU) 177-0, 2. Pete Swanson (Stan) 163-1, 3. Kevin Moore (WSU) 160-6, 4. Justin Strand (Stan) 160-2, 5. Jeff McCarty (Stan) 158-9. **HT:** 1. Adam Connolly (Stan) 206-11, 2. Jeremy Robinson (UO) 198-2, 3. Justin Strand (Stan) 193-6, 4. Dusty Carlson (UO) 181-4, 5. Marc Mazzoni (Stan) 173-1. **JT:** 1. Jim Lile (UO) 210-4, 2. Jared Vigna (UO) 196-6, 3. Matt Stadelman (WSU) 195-6, 4. James Pete (WSU) 194-4, 5. Todd Van Hee (UO) 186-7.

Team Scores: 1. Oregon 148, 2. Washington State 137, 3. Stanford 110.

Women

100m: 1. Francesca Green (WSU) 11.75, 2. Jamila Godfrey (UO) 11.96, 3. Heather Miller (Stan) 11.97, 4. Tamika Brown (WSU) 12.15, 5. Alisha Wallace (UO) 12.29. **200m:** 1. LaReina Woods (UO) 24.14, 2. Nicole Commissiong (UO) 24.17, 3. Heather Miller (Stan) 24.33, 4. Tamika Brown (WSU) 24.83, 5. Francesca Green (WSU) 25.14. **400m:** 1. Nicole Commissiong (UO) 54.36, 2. Sue Morris (UO) 55.81, 3. Monica Hoggatt (Stan) 56.51, 4. Heidi Schultz (WSU) 58.78, 5. Deannea Knowles (UO) 59.38. **800m:** 1. Keann Knudson (UO) 2:08.71, 2. Monal Chokshi (Stan) 2:09.64, 3. Vicky Fleschner (UO) 2:11.85, 4. Missy Hansen (WSU) 2:13.76, 5. Dana Pevovar (WSU) 2:16.34. **1500m:** 1. Mary Cobb (Stan) 4:21.95, 2. Dene Day (Stan) 4:22.17, 3. Marie Davis (UO) 4:32.38, 4. Leila Burr (Stan) 4:33.79, 5. Annemarie Hobbs (WSU) 4:38.43. **3000m:** 1. Milena Glusac (UO) 9:24.35, 2. Sama Renfro (Stan) 9:33.41, 3. Korthey Dunscombe (Stan) 9:50.96, 4. Rosy Gardner (UO) 10:07.69, 5. Kristin Lie-bich (WSU) 10:09.30. **100mHH:** 1. Bernedette Armand (Stan) 14.51, 2. Tori Hall (WSU) 14.54, 3. Nicky Booth (WSU) 14.58, 4. Jennifer Thomas (UO) 14.63, 5. Tracye Lawyer (Stan) 14.88. **400mHH:** 1. Tish Henes (UO) 1:00.43, 2. Nicky Booth (WSU) 1:01.94, 3. Amy Henderson (Stan) 1:03.02, 4. Tamara Schurch (UO) 1:04.12, 5. Tori Hall (WSU) 1:05.78. **4x100m Relay:** 1. Oregon (Wallace, Godfrey, Woods, Commis) 45.38, 2. Washington State 46.58, 3. Stanford 47.29. **4x400m Relay:** 1. Oregon (Wallace, Woods, Godfrey, Norris) 3:48.96, 2. Washington State 3:49.32, 3. Stanford 4:03.48.

HJ: 1. Tracye Lawyer (Stan) 5-8 3/4, 2. Katrinka Jackson (Stan) 5-7, 3. Jennifer Thomas (UO) 5-7, 4. Francesca Green (UO) 5-5, 5. Reagan Lyons (WSU) 5-3. **LJ:** 1. Francesca Greene (WSU) 20-6 1/4, 2. Jennifer Thomas (UO) 19-4 3/4, 3. Tamara Schurch (UO) 18-8, 4. Kirsten Koch (WSU) 18-0 1/4, 5. Jen Test (Stan) 17-11. **TJ:** 1.

Kirsten Koch (WSU) 39-1, 2. Jan Test (Stan) 38-1/4, 3. Kirsten Kutela (UO) 37-1/2, 4. Rhonda Wimer (Stan) 36-10 1/4, 5. Stacy Robson (UO) 36-8 1/4. **SP:** 1. Christine Cvitahich (UO) 45-9 3/4, 2. Valerie Sweitzer (UO) 45-5 3/4, 3. Katrina Jackson (Stan) 44-7, 4. Kim Hulse (WSU) 43-10, 5. Tonia Brewer (UO) 41-9 1/4. **DT:** 1. Sue Demars (Stan) 161-6, 2. Sami Jo Small (Stan) 154-0, 3. Kim Hulse (WSU) 153-6, 4. Tonia Brewer (UO) 145-11, 5. Heidi Fisk (UO) 141-10. **HT:** 1. Molly Moore (WSU) 143-4, 2. Jeanne Kail (WSU) 143-02, 3. Kristen Christopher (WSU) 136-4, 4. Sami Jo Small (Stan) 131-10, 5. Monique Bradshaw (Stan) 122-0. **JT:** 1. Katie Pear-mine (UO) 162-11, 2. Jennifer Thomas (UO) 150-2, 3. Tonia Brewer (UO) 142-2, 4. Molly Moore (WSU) 141-2, 5. Sami Jo Small (Stan) 136-7.

Team Scores: 1. University of Oregon 135.5, 2. Stanford 116.5, 3. Washington State 106.

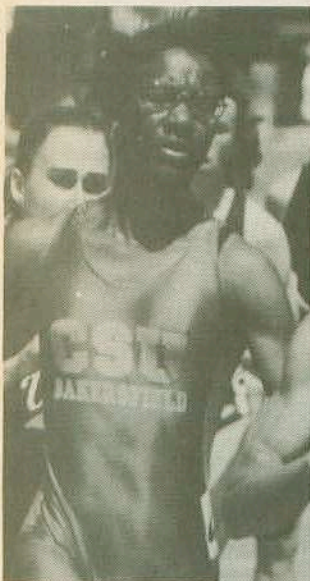
Pierce Golden Bear Challenge

April 12-13, Edwards Stadium, Berkeley.

Men

100m: 1. Jason Shelton (USC) 10.43 w 0.60, 2. Rory Gilpin (Tex) 10.79, 3. John Penton (Cal) 10.95, 4. David Paterson (Cal) 10.96, 5. Dante Johnson (Air Force) 10.98. **200m:** 1. Jerome Davis (USC) 21.32 w -0.10, 2. Greg Turner (CS Bkld) 21.51, 3. Rory Gilpin (Tex) 21.56, 4. Dwayne Riley (Tex) 21.79, 5. David Paterson (Cal) 21.81. **400m:** 1. Greg Turner (CS Bkld) 47.18, 2. Adrian Williams (Sac St) 47.76, 3. LaSalle Vaughn (Tex) 47.99, 4. Donald Oliver (Cal) 48.01, 5. Marcus Alexander (Air Force) 48.18. **110mHH:** 1. Derek Spears (Tex) 13.68 w +1.90, 2. Kehinde Aladefa (USC) 13.94, 3. Dwayne Riley (Tex) 14.28, 3. Keith Moten (Cal) 14.28, 5. Chris Huffins (MizTC) 14.34. **400mHH:** 1. Derek Spears (Tex) 50.19, 2. Kehinde Aladefa (USC) 50.32, 3. Zane Cole (Tex) 50.96, 4. James Elliot (Cal) 51.46, 5. Thomas McGuirk (un) 51.68. **800m:** 1. Isaac Turner (USC) 1:49.72, 2. Jason Lunn (Stan) 1:51.92, 3. Diego Ash (USC) 1:52.39, 4. Ali Claiborne (Tex) 1:52.65, 5. Drake Dawson (Sac St) 1:53.16.

1500m: 1. Richie Boulet (Cal) 4:04.67, 2. Brandon Pacheco (USC) 4:07.96, 3. Jason Lunn (Stan) 4:08.3, 4. Eric Mack (Air Force) 4:08.74, 5. Andrew Marx (Air Force) 4:10.29. **3000mSC:** 1. Shane Rogers (Air Force) 9:18.27, 2. Jose Fierro (Stan) 9:20.62, 3. Steve Radtke (Air Force) 9:21.16, 4. Nathan Wilbert (Tex) 9:25.43, 5. Jeff Novak (Tex) 9:33.52. **5000m:** 1. Andy Meehan (Air Force) 14:32.72, 2. Jason Balkman (Stan) 14:34.66, 3. Peter Gilmore (Cal) 14:37.43, 4. Jason Perscheid (Stan) 14:52.88, 5. Barry Trask (Tex) 14:55.41. **4x100m Relay:** 1. USC 40.57, 2. Texas 40.97, 3. Cal State Bakersfield 41.16, 4. Air Force Academy 41.55, 5. California 41.75. **4x400m Relay:** 1. California 3:09.11, 2. Texas 3:09.73, 3. USC 3:10.78, 4. Air



Janice Nichols

Photo by Bill Cockerham

(West) 11:02.4, 3. Emily Maldonado (Bio) 11:54.0. **100mHH:** 1. Anita Madden (CSUB) 14.9, 2. Hatti Russell (West) 15.4, 3. Katy Seagle (FPC) 15.9. **400mHH:** 1. Stacey Thompson (un) 1:03.5, 2. Desiree Green (CSUB) 1:04.8, 3. Anita Madden (CSUB) 1:09.9. **4x100m Relay:** 1. Cal State Bakersfield 48.7, 2. Westmont 52.0, 3. Fresno Pacific 53.5. **4x400m Relay:** 1. Cal State Bakersfield 4:02.6, 2. Westmont 4:16.3, 3. Fresno Pacific 4:21.1.

HT: 1. Misako Hampton (CSUB) 142-6, 2. Bethany Parsons (CSUB) 140-0, 3. Coleen Krause (FPC) 111-2. **LJ:** 1. Renee Williams (CSUB) 16-1, 2. Shandra Snook (FPC) 16-0, 3. Kacy O'Malley (CSUB) 15-11. **JT:** 1. Sandra Clark (West) 126-0, 2. Angela La-

RESULTS

Force Academy 3:11.90, 5. Stanford 3:18.16.

HT: 1. Balazs Kiss (USC) 252-05, 2. Beng Johansson (USC) 222-04, 3. Travis Nutter (Cal) 209-08, 4. Justin Strand (Stan) 205-04, 5. Adam Connolly (Stan) 201-01. JT: 1. Gregg Marsh (Tex) 210-10, 2. Mike Maroney (Tex) 210-01, 3. Bob Johnson (Tex/non-scoring) 209-11, 4. Ryan Edgton (Tex/non-scoring) 198-04, 5. Andrew Kerns (Cal) 198-03. LJ: 1. Rich Duncan (Tex) 24-04.5 w -1.34, 2. Chris Ferreira (Cal) 23-10.0, 3. Leonard Cobb (Tex) 23-09.5, 4. Libby Tracey (CS Bkld) 23-07.25, 5. Lenards Ozolinsh (Cal) 23-05.25. PV: 1. Brent Burns (ReebTC) 17-10.5, 2. Marcus Nichols (Air Force) 16-08.75, 3. Sean Brown (SLO) 16-8.75, 4. Wayne Guldry (Tex) 16-08.75, 5. Chad Perry (Tex) 16-02.75. SP: 1. Peter Swanson (Stan) 52-01.75, 2. Solomon Kalihwa (Cal) 51-05, 3. Matt Loggins (Cal) 51-00.75, 4. Derek Baumer (Sac St) 49-11.75, 5. Travis Lewis (Air Force) 49-07.25. DT: 1. Jason Smith (Tex) 183-11, 2. Troy Stricklin (USC) 173-08, 3. Peter Swanson (Stan) 170-01, 4. Travis Nutter (Cal) 160-00, 5. Jeff McCarthy (Stan/non-scoring) 155-10. TJ: 1. Leonard Cobb (Tex) 53-05 x +1.40, 2. Leonard Ozolinsh (Cal) 52-05.5, 3. Rich Duncan (Tex) 52-05.25, 4. Taiwo Madison (USC) 47-05.75, 5. Dave Livingston (Davis) 46-8.25. HJ: 1. Rich Duncan (Tex) 7-00.5, 2. David Larsen (CS Bkld) 6-10.75, 3. Clayton Cole (Air Force) 6-08.75, 4. Scott Parman (Air Force) 6-08.75, 5. Eric Weldon (Cal-non-scoring) 6-06.75. Team Scores: 1. Texas 178, 2. California 143.5, 3. USC 112, 4. Air Force Academy 94, 5. Stanford 89, 6. Cal State Bakersfield 40, 7. Sac State 27, 8. UC Davis 19, 9. Humboldt State 17, 10. Cal Poly SLO 16.

Women

100m: 1. Torri Edwards (USC) 11.68 w +1.00, 2. Latasha Gilliam (Cal) 11.70, 3. Esi Benyarku (USC) 11.87, 4. Tamartha Cox (SLO) 11.90, 5. Grace Upshaw (Cal) 12.29. 200m: 1. Torri Edwards (USC) 23.8 x -0.20, 2. Tai-ne Gibson (USC) 24.3, 3. Tamartha Cox (SLO) 24.6, 4. Grace Upshaw (Cal) 24.8, 5. Monica Hoggatt (Stan) 24.9. 400m: 1. Chantal Heynois (Cal) 54.54, 2. Maya Greene (Cal) 55.21, 3. Asha Jayasighe (USC) 55.30, 4. Heather Miller (Stan) 56.27, 5. Stacy McClain (Air Force) 58.32. 100mHH: 1. Ali Pulliam (un) 13.82 w -1.20, 2. Tanya Smith (USC) 14.35, 3. Sara Garcia (Davis) 14.46, 4. Jamila English (Cal) 14.65, 5. Ine Jones (Cal) 14.88. 400mHH: 1. Amy Henderson (Stan) 1:01.85, 2. Nneka Black (Cal) 1:01.88, 3. Jamila English (Cal) 1:02.81, 4. Brandy Stephens (USC) 1:03.07, 5. Marti McCoy (HumbSt) 1:03.40. 800m: 1. Grazyna Penc (USC) 2:06.94, 2. Suzie Jones (un) 2:07.28, 3. Dena Day (Stan) 2:09.11, 4. Janice Nichols (CS Bkld) 2:09.33, 5. Lisa Lopez (un) 2:10.82. Mile: 1. Monal Chokski (Stan) 4:46.00, 2. Sarah Moore (Stan) 4:50.93, 3. Julia Stamps (un) 4:51.08, 4. Dolly Patel (Air Force) 4:57.63, 5. Lori Riedy (Cal) 4:58.84. 3000m: 1. Emebet Shiferaw (USC) 9:39.2, 2. Magdalena Lewy (Cal)

9:40.9, 3. Rae Henderson (un) 9:44.4, 4. Sara Flores (Humb St) 9:49.6, 5. Kay Luo (Stan/non-scoring) 10:01.72. 4x100m Relay: 1. USC 45.39, 2. California 46.21, 3. Stanford 47.65, 4. CS Bakersfield 48.13, 5. Nevada-Reno 48.16. 4x400m Relay: 1. California 3:40.84, 2. USC 3:45.88, 3. Stanford 3:50.88, 4. Nevada-Reno 3:56.78, 5. UC Davis 3:57.74.

HT: 1. Leslie Coons (USC) 194-04, 2. Erica Dice (un) 175-11, 3. Carrie Martin (USC) 160-07, 4. Nadia Lopez (Cal) 150-08, 5. Cara Heads (Cal) 141-09. LJ: 1. Grace Upshaw (Cal) 19-05.0 w -0.80, 2. Crystal Hayes (Cal) 18-11.0, 3. Ine Jones (Cal/non-scoring) 18-05.25, 4. Jennifer Test (Stan) 17-10.5, 5. Angela Orlando (Davis) 17-04.25. SP: 1. Leslie Coons (USC) 46-06, 2. Carrie Martin (USC) 45-00.25, 3. Katrinka Jackson (Stan) 43-03, 4. Mika Hilaire (Cal) 43-00.5, 5. Kerrie Gilbert (Nev-Reno) 41-05.25. JT: 1. Sami Jo Small (Stan) 139-07, 2. Pilar Varela (Davis) 120-05, 3. Laurel Trindle (Nev-Reno) 108-07, 4. Dena Dom (SLO) 105-04, 5. Mika Hilaire (Cal) 101-02. HJ: 1. Tracye Lawyer (Stan) 5-08.5, 2. Tanya Smith (USC) 5-07.75, 3. Chi Johnson (Cal) 5-07.75, 4. Alicyn Chappelle (Sac St) 5-05.75, 5. Jennifer Petykowski (Air Force) 5-05.75. TJ: 1. Amy Littlepage (Cal) 41-01.75 w -1.47, 2. Robyne Johnson (un) 39-8.5, 3. Tammy Graham (Davis) 38-06, 4. Ine Jones (Cal) 38-05, 5. Jennifer Test (Stan) 37-04.5. DT: 1. Erica Ahmann (SLO) 175-06, 2. Sami Jo Small (Stan) 165-03, 3. Sue Demars (Stan) 161-01, 4. Carrie Martin (USC) 154-08, 5. Nadia Lopez (Cal) 151-00.

Team Scores: 1. California 157, 2. USC 154, 3. Stanford 125, 4. UC Davis 65.5, 5. Nevada-Reno 47.5, 6. Cal Poly SLO 42, 7. Air Force Academy 22, 8. Cal State Bakersfield 18, 9. Humboldt State 16, 10. Sac State 15.

Bob Mathias Fresno Relays

April 12 & 13. Ratcliffe Stadium, Fresno.

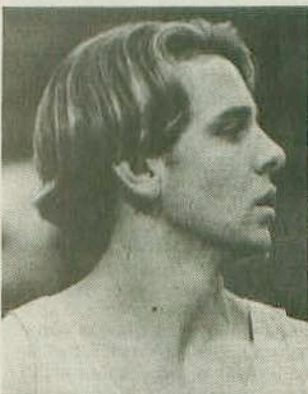
Open Men

100m: 1. Jeff Laynes (GodwinTC) 10.13, 2. Peter Hargraves (NewEra) 10.26, 3. Jeff Williams (Miz) 10.26. 200m: 1. Jeff Williams (Miz) 19.87, 2. Terry Bowen (Miz) 20.40, 3. Alvin Harrison (un) 20.41. 400m: 1. Quincy Watts (BushTC) 44.78, 2. Alvin Harrison (un) 45.23, 3. Andrew Valmon (Reeb) 46.20. 800m: 1. Terri Davis (AccuTC) 1:49.99, 2. Aaron Samansky (FresSt) 1:50.03, 3. Jack Armour (WestTC) 1:50.85. Mile: 1. Kipp Oranburger (FresStTC) 4:09.50, 2. Ernie Freer (ReebAg) 4:12.73. 110mHH: 1. Robert Reading (Accu/Nike) 13.33, 2. Larry Harrington (un) 13.34, 3. Eugene Swift (In-sportTC) 13.41. 400mHH: 1. Aaron Lacy (Team Patriots) 51.67, 2. Troy Johnson (Rocky Mtn Elite) 52.11, 3. John Johnson (SacTC) 53.01. 400m Relay: 1. Mizuno 40.01, 2. Long Beach St. 40.47, 3. Fresno St. A 40.98. 1600m Relay: 1. Fresno St. A 3:13.86, 2. Team Patriots 3:15.13, 3. Cal Baptist 3:16.17.

TJ: 1. Robert Cannon (Stars & Str) 53-10, 2. Ray Kimble (un) 52-4, 3. Robert House (FresStTC) 51-10 3/4. LJ: 1. Clyde Wilkinson (LBChSt) 24-10 3/4, 2. Detric Garfield (LBChSt) 24-10, 3. Derrick Mitchell (FresSt) 24-9. HJ: 1. Moses Kearney (FresSt) 6-11 3/4, 2. Undrae Walker (Team Pat) 6-11 3/4, 3. Erik Nyberg (FresSt) 6-9 3/4. SP: 1. Bill McDonnell (un) 58-0 1/2, 2. Matt Godbehre (un) 54-11 1/4, 3. Brian Brophy (Visa) 53-3. DT: 1. John Wirtz (Reeb RC) 188-3, 2. Steve Muse (BigDaddy) 183-4, 3. Thomas Rosvold (Norway) 140-7. JT: 1. Todd Riech (un) 263-8, 2. Alan Collatz (un) 219-5, 3. Dallas Richey (un) 209-11. PV: 1. Pat Manson 18-8 1/4, 2. Tim Bright 18-6 1/2, 3. Nick Hysong 18-4 1/2.

Open Women

100m: 1. Christy Gaines (PowerAide) 11.38, 2. Juan Ball (SoCalCh) 11.58, 3. Tara Perry (CoqCh) 11.80. 200m: 1. Juan Ball (SoCalCh) 23.39, 2. Angela Daigle (FresSt) 24.10, 3. Kasha Criswell (FresSt) 24.53. 400m: 1. Cheryl Allen (UNLV) 53.07, 2. Tanya Dooley (AIA) 53.41, 3. Crystal Irving (AtomsTC) 53.70. 800m: 1. Nicole Teter (Nike) 2:05.86, 2. Meredith Rainey (Foot Locker) 2:05.87, 3. Jean Fletcher (PhnxTC) 2:08.6. Mile: 1. Meredith Rainey (FootLocker) 4:45.67, 2. Liz Zaragoza (Miz) 4:45.95, 3. Bigna Samuel (un) 4:46.29. 100mHH: 1. Rhonda Calvin (USArmy) 13.11, 2. Sau Ying Chan (un) 13.32, 3. Samone Cole (FresSt) 13.64. 400mHH: 1. Trevaia Williams (AtomsTC) 57.79, 2. Ardin Harrison (FresSt) 1:01.18, 3. Stacey Thompson (un) 1:01.19. 400m Relay: 1. Fresno St. A 45.43, 2. UNLV 46.38, 3. Fresno St. B 47.38. 1600m Relay: 1. Atoms TC 3:35.91, 2. UNLV 3:36.13, 3. Fresno St 3:46.39.



Scott Slover

Photo by Bill Leung, Jr./Geek Media

LJ: 1. Jackie Edwards (Miz) 20-8 1/2, 2. Lisa Hale (un) 20-1/4, 3. Tonya Sedwick (un) 19-10 1/4. HJ: 1. Jayme Ulrich (FresSt) 5-4, 2. LeAnn Kazmer (UNLV) 5-0. TJ: 1. Lisa Austin (un) 40-11 3/4, 2. Tracy Duimage (Rocky Mtn Elite) 40-9 3/4, 3. Felicia Brown (FresSt) 39-10. SP: 1. Sharron Simmons (un) 49-4 1/2, 2. Misako Hampton (CSB)

44-8 3/4, 3. Kenya Wells (CSB) 42-3/4. JT: 1. Staci Rainey (San Mateo) 150-5, 2. Amy Bubak (un) 137-4, 3. Erika Spence (FresSt) 133-7. DT: 1. Lacy Barnes-Mileham (Nike) 199-10, 2. Staci Darden (FresSt) 165-8, 3. Becky Elwood 165-3. PV: 1. Melissa Price (FresSt) 13-5 1/2, 2. Jennifer Dalton (Stan) 10-0.

Open/Intercollegiate Men

100m: 1. Jason Miller (CBap) 10.60, 2. Charlton Jordan (FresSt) 10.61, 3. Ranjeet Randhawa (FresSt) 10.70. 200m: 1. Jason Miller (CBap) 21.54, 2. Matt Potter (FresSt) 21.81, 3. Benji Green (FresStTC) 21.88. 400m: 1. Lewis Young (LBS) 48.11, 2. Demetrius Snaer (FresSt) 48.47, 3. Chris Jones (FresSt) 48.72. 800m: 1. Wayne Gabidon (un) 1:53.2, 2. Richard Shehadeh (FresSt) 1:54.67, 3. Nate Brown (CBap) 1:55.36. 1500m: 1. Matt Bower (FresSt) 4:02.24, 2. Gray Mavhera (CBap) 4:03.96, 3. Bruce Tyner (LA Pat) 4:04.05. 5000m: 1. Nacho Flores (FresSt) 14:41.6, 2. Nate Jobe (UCSB) 14:47.9, 3. Liam Jones (UCSB) 15:05.4. 110mHH: 1. Shawn Wilbourn (Nike) 14.31, 2. Ranjeet Randhawa (FresSt) 14.32, 3. Tim Kroeker (Can) 14.32. 400mHH: 1. Rueben Parrish (FresSt) 54.26, 2. Walker Vaughn (FresSt) 56.04, 3. Johann Boult (Hawaii Elite) 56.62. 400m Relay: 1. Fresno State 42.62, 2. Cal Baptist 42.00. 1600m Relay: 1. Fresno State A 3:17.71, 2. Cal Baptist 3:21.22, 3. Hawaii Elite 3:21.38. 3000mSC: 1. Bart Stephens (Reeb Ag) 9:24.80, 2. Forest Quinlan (UCSB) 9:30.25, 3. Jon Steele (FresSt) 9:47.50.

HJ: 1. Moses Kearney (FresSt) 6-11 3/4, 2. Erik Nyberg (FresSt) 6-9 3/4, 3. Andy Richey (UCSB) 6-8. LJ: 1. Derrick Mitchell



Irene Orozco

Photo by Bill Cockerham

(FresSt) 24-9 1/4, 2. Jon Thiesen (FresPac) 24-3, 3. Jim Devine (CBap) 22-3. TJ: 1. Derrick Mitchell (FresSt) 50-4 3/4, 1. Jason Sergeant (Bak) 48-9 1/2, 3. Walter Russell (CBap) 47-1 3/4. JT: 1. Mike Askjaer (FresSt) 182-3, 2. Shawn Perry (un) 179-5, 3. Dutter Senior (UCSB) 178-2. HT: 1. Robert Degnan (CBap) 184-10, 2. Jason Dos-

RESULTS

sey (FresSt) 184-8, 3. David George (Bak) 173-9. **SP:** 1. Jason Dossey (FresSt) 53-6, 2. Damon DeVault (un) 51-7, 3. Marcus Eubanks (Bak) 49-5. **PV:** 1. Scott Slover (UCLA) 17-4 1/2, 2. Brandon Vance (FresSt) 16-8 3/4, 3. John Shirley (un) 16-2 3/4. **DT:** 1. Jason Dossey (FresSt) 175-5, 2. Damon DeVault (un) 171-6, 3. Shylo Eaton (FresSt) 143-0.

Team Scores: 1. Fresno State 294, 2. Cal Baptist 76, 3. UC Santa Barbara 71, 4. Long Beach State 41, 5. Fresno Pacific 39, 6. Bakersfield 37, 7. UCLA 10, 8. Stanislaus 6.

Open Intercollegiate Women

100m: 1. Tara Perry (CoqCh) 11.59, 2. Reyna Hill (FresSt) 11.93, 3. Shuntay Taylor (FresSt) 11.96. **200m:** 1. Tara Perry (CoqCh) 24.27, 2. Reyna Hill (FresSt) 24.43, 3. Shuntay Taylor (FresSt) 24.66. **400m:** 1. Ardin Harrison (FresSt) 57.06, 2. Tami Simpson (FresSt) 57.39, 3. Dafona McLain (LBS) 58.81. **800m:** 1. Michelle Henry (UNLV) 2:16.13, 2. Sharon Reichow (un) 2:17.31, 3. Missy MacPherson (UCSB) 2:18.25. **1500m:** 1. Irene Orozco (FresSt) 4:44.71, 2. Michelle Henry (UNLV) 4:47.14, 3. Katie Durham (UNLV) 4:47.76. **3000m:** 1. Kristin Von Teuber (Asics/SparkTC) 10:07.26, 2. Danielle Nelson (FresSt) 10:07.89, 3. Kelly Jacobson (FresSt) 10:08.77. **5000m:** 1. Staci Brunton (un) 17:53.31, 2. Gabriela Rodriguez (UCSB) 18:27.47, 3. Liz Leigh Wood (FresSt) 18:20.35. **100mHH:** 1. Felicia Brown (FresSt) 14.09, 2. Lori Himes (FresSt) 14.34, 3. Melissa Price (FresSt) 15.43. **400mHH:** 1. Deneise Martinez (FresSt) 1:04.05, 2. Kirsten Nelson (FresSt) 1:04.43, 3. Ann Murphy (CBAP) 1:09.35. **400m Relay:** 1. Fresno State 46.81, 2. Fresno Pacific 53.98. **1600m Relay:** 1. Fresno State 4:00.78, 2. Fresno Pacific 4:10.12, 3. UC Santa Barbara 4:11.92.

TJ: 1. Carrie Jansen (FresSt) 36-1 3/4, 2. Christine Arroyo (UNLV) 36-0 1/4, 3. Kirsten Nelson (FresSt) 34-9 1/2. **HJ:** 1. Jayme Ullrich (FresSt) 5-5 3/4, 2. LeAnn Kazmer (UNLV) 5-3 3/4, 3. Tania Mayne (UCSB) 5-0. **LJ:** 1. Amey Mitchell (FresSt) 20-1 1/2, 2. Felicia Brown (FresSt) 19-11 1/2, 3. Carrie Jansen (FresSt) 18-10 1/2. **SP:** 1. Misako Hampton (UCSB) 46-7, 2. Kenya Wells (UCSB) 43-2, 3. Kirran Moss (LBS) 41-3. **DT:** 1. Becky Elwood (un) 165-3, 2. Staci Darden (FresSt) 164-0, 3. Tyrenda Stamps (FresSt) 154-10. **HT:** 1. Staci Darden (FresSt) 175-8, 2. Kirran Moss (LBS) 162-2, 3. Melissa Bauermeister (FresSt) 142-3. **PV:** 1. Chelsea Padula (FresSt) 9-0, 2. Jennifer Payton (LBS) 8-6. **JT:** 1. Mary Wilson (UCSB) 142-1, 2. Erika Spence (FresSt) 140-3, 3. Kristy McGihon (BeachTC) 121-8. **Team Scores:** 1. Fresno State 242, 2. UC Santa Barbara 77 1/2, 3. UNLV 61, 4. Long Beach State 52, 5. Fresno Pacific 40, 6. Bakersfield 33 1/2, 7. Cal Baptist 14, 8. Stanislaus 4, 9. Sonoma State 4.

Junior College Men

100m: 1. Kendall Terrance (FCC) 10.39, 2. Shaun Williams (SF) 10.41, 3. Gwangee

Pittman (FCC) 10.64. **200m:** 1. Shaun Williams (SF) 21.09, 2. Kendall Terrance (FCC) 21.76, 3. Reggie Richardson (Cha) 21.95. **400m:** 1. Jos Swetman (Cha) 50.68, 2. Atikum Wondaferow (SF) 50.89, 3. Nate Burk (CC) 51.29. **800m:** 1. tie Yonathan Asmerom (SF) & Mike Morgan (FCC) 2:01.01, 3. Richard Norman (FCC) 2:02.02. **1500m:** 1. Yonathan Asmerom (SF) 4:05.36, 2. Amado Munoz (LA) 4:17.72, 3. Cesar Vasquez (LACC) 4:18.45. **3000mSC:** 1. David Abrego (FCC) 10:10.31, 2. Dickson Mwal (Cit) 10:14.05, 3. Steve Rohan (FCC) 10:53.75. **110mHH:** 1. Trevon McKinzie (LA) 15.26, 2. Phil Olmos (FCC) 15.38, 3. Harle DeLeon (Cit) 15.45. **400mHH:** 1. Shannon Maas (Sis) 57.03, 2. Ben Mbugua (LA) 59.12, 3. William Reed (CR) 59.28. **400m Relay:** 1. San Francisco 41.78, 2. Fresno 42.84, 3. Chabot 43.09. **1600m Relay:** 1. San Francisco 3:20.06, 2. Chabot 3:24.67, 3. Fresno 3:32.51.

HJ: 1. Jeff Soukup (FCC) 6-4, 2. Jason Glenn (FCC) 6-0, 3. Lawn Parker (Cha) 5-10. **PV:** 1. Calvin Chenmany (SF) 12-0. **LJ:** 1. Chad Innis (Cit) 22-3 1/4, 2. Ben Mbugua (LA) 21-10 1/4, 3. Adobe Williams (Sis) 21-9 1/4. **SP:** 1. Greg Riley (FCC) 50-11, 2. Todd Sproul (COS) 49-11, 3. Bobby Majors (FCC) 42-8. **DT:** 1. Todd Sproul (COS) 166-10, 2. Jon Paxton (Cha) 146-10, 3. Mike Dubortoli (Sis) 142-3. **JT:** 1. Jason Glenn (FCC) 158-5, 2. Steve Ruys (Sis) 152-7, 3. Phil Olmos (FCC) 150-3. **HT:** 1. Bobby Majors (FCC) 146-4, 2. Blake Lindsay (CR) 146-3, 3. Mike Dubortoli (Sis) 130-7. **TJ:** 1. Ron Scurlock (Cha) 44-10 1/2, 2. Jason Glenn (FCC) 44-4 3/4, 3. Reggie Richardson (Cha) 44-3 1/2.

Team Scores: 1. Fresno 163, 2. San Francisco 93, 3. Chabot 88, 4. Los Angeles 61, 5. Citrus 51, 6. Siskiyou 45, 7. Cosumnes River 17, 8. Contra Costa 15, 9. Sequoias 10, 10. Kings River 7, 10. DeAnza 3.

Junior College Women

100m: 1. Patricia Jacinto (Cha) 12.01, 2. Roshawanda Walker (CC) 12.12, 3. Tyra Ryan (FCC) 12.43. **200m:** 1. Patricia Jacinto (Cha) 25.25, 2. Roshawanda Walker (CC) 25.95, 3. Majuana Anderson (FSU) 26.21. **400m:** 1. Anissa Tan (SF) 59.21, 2. Majuana Anderson (FSU) 59.55, 3. Tany Carpenter (CR) 1:02.29. **800m:** 1. Melisa Flynn (FCC) 2:18.93, 2. Logan Hiroshima (SF) 2:28.02, 3. Becky Loggins (Cha) 2:34.42. **1500m:** 1. Logan Hiroshima (SF) 5:05.33, 2. Melisa Flynn (FCC) 5:18.10, 3. Raquel Dvando (LA) 5:21.51. **3000m:** 1. Delphina Martinez (LA) 2:01.66, 2. Salome Murray (FCC) 2:10.27, 3. Lorena Perez (FSU) 11:43.81. **5000m:** 1. Lupe Hernandez (Cit) 21:05.14. **100mHH:** 1. Amanda Martinez (Cha) 15.79, 2. Alissa Redmon (CC) 15.79, 3. TeraAnn Amer (Cit) 17.23. **400mHH:** 1. Monique Dale (SF) 1:18.24, 2. Alissa Redmon (cc) 1:09.75, 3. TeraAnn Amer (Cit) 1:10.74. **400m Relay:** 1. Chabot 50.05, 2. Contra Costa 50.59, 3. DeAnza 51.48. **1600m Relay:** 1. Fresno 4:07.65, 2. Contra Costa 4:14.57, 3. Fresno State frosh/soph 4:33.67.

HJ: 1. Susan Stitt (Cit) 4-10, 2. Wendy

Ballreich (DA) 3, 3. Prauina Sukhu (Cit) 4-8. **TJ:** 1. Karmen Furr (Cit) 37-4 1/2, 2. Monique Dale (SF) 35-7 1/2, 3. Melissa Smith (FSU) 34-8. **SP:** 1. Rashawanda Holmes (Cha) 39-10, 2. Kari Usrey (FCC) 37-7, 3. Amanda Martinez (Cha) 36-0. **DT:** 1. Ebeth Andrade (Cit) 125-11, 2. Rashawanda Holmes (Cha) 123-10, 3. Kari Usrey (FCC) 121-3. **JT:** 1. Jennifer Lloyd (DA) 111-11, 2. Shalom Kimble (CR) 106-7, 3. Faith Yee (FCC) 101-7. **HT:** 1. Ebeth Andrade (Cit) 137-5, 2. Brooke Aderman (Cha) 115-6, 3. Poppy Ammon (Cha) 7. **PV:** 1. Natina Guidicatti (DA) 8-0.

Team Scores: 1. Chabot 101, 2. Citrus 94, 3. Fresno 91, 4. Contra Costa 61, 5. San Francisco 58, 6. DeAnza 50, 7. Fresno State frosh/soph 46, 8. Cosumnes River 20, 9. Los Angeles 17.

BFI Invitational

April 13. Azusa Pacific College.

Men

100m: 1. Condon (Brit) 10.33w, 2. Hollowell (un) 10.39. (Race 2): 1. Wiley (AzP) 10.62. **400m:** 1. McDonald (Jam) 45.62, 2. Washington (New Era) 46.00. **800m:** 1. Robinson (SacTC) 1:48.80, 2. Ono (Jap) 1:48.85. **1500m:** 1. Cruz (Bra) 3:44.02, 2. Cushing-Murray (SMTc) 3:44.25. **110mHH:** 1. Ashford (Marr) 14.03w, 2. Rukso (SoBay) 14.04. **400m Relay:** 1. France 39.68. **HJ:** 1. K. Carlson (SCC) 7-2 1/2, 2. L. Williams (un) 7-0 1/2. **LJ:** 1. Powell (Foot Locker) 26-11w (26-3 legal best), 2. Mizuno (SoCal-Cheet) 25-7 1/4w, 3. Jordan (CSLA) 24-8 1/2w.

Women

400m: 1. L. Wilson (SoBay) 51.63, 2. D. Hill (un) 52.36. **800m:** 1. Wysocki (Nike) 2:02.5. **2. L. Wilson (un) 2:02.6. 1500m:** 1. Arreola (Nike) 4:15.64, 2. Groenendahl (SMTc) 4:21.29. **100mHH:** 1. D. Williams (Goldwin) 13.44, 2. Coon (Can) 13.53, 3. Campbell (Jam) 13.62. **PV:** 1. Patton (RanSantiago) 10-4. **LJ:** 1. Simmons (Nike) 20-10 3/4, 2. W. Brown (un) 19-7 1/2.

Multi-Team Meet at UCLA

April 13.

Men

100m: 1. Boldon (UCLA) 10.19, 2. Fields (Hou) 10.66, 3. Bradley (UCLA) 10.66. (Race w): 1. Blackburn (CSN) 10.70, 2. Criner (CSN) 10.75. **200m:** 1. Hassan (UCLA) 20.59, 2. Olasussen (Hou) 21.33, 3. Criner (CSN) 21.37. **400m:** 1. Darling (Hou) 47.05, 2. Brown (CSN) 47.80. **800m:** 1. Niednagel (UCLA) 1:53.56, 2. Thomas (Hou) 1:53.77, 3. Fichtel (UCI) 1:54.87. **1500m:** 1. Elizondo (UCLA) 3:52.34, 2. Thomass (Hou) 3:56.21, 3. Hardie (UCI) 3:59.32. **3000m:** 1. Olin (UCLA) 8:34.17, 2. Lynch (UCLA) 8:38.03, 3. Godsey (CSN) 8:38.74. **110mHH:** 1. Pemberton (Hou) 13.80, 2. Anderson (UCLA) 14.00, 3. Burleigh (UCLA) 14.52. **400mHH:** 1. Cox (Hou) 50.75, 2. Fell (UCLA) 53.17, 3. Combs (Hou) 53.83. **400m Relay:** 1. UCLA (Boldon,



Mark Parlin

Photo by Bill Cockerhan

Hassan, Allen, Bradley) 39.95, 2. Houston 40.01, 3. CS Northridge 41.41. **1600m Relay:** 1. UCLA (Hassan, Terry, Bradley, Boldon) 3:09.23, 2. Houston 3:11.18, 3. CS Northridge 3:13.9.

LJ: 1. Pemberton (Hou) 26-1 1/2, 2. Fields (Hou) 25-5 1/2, 3. Haggstrom (Hou) 23-6 3/4. **HJ:** 1. Pitchford (UCLA) 6-8, 2. Vines (Hou) 6-8, 3. Barnett (UCLA) 6-6. **TJ:** 1. Moultry (UCLA) 49-0 1/4, 2. Leng (UCLA) 47-2 1/2, 3. Tran (UCI) 44-10 1/4. **DT:** 1. Dumble (UCLA) 183-8, 2. McPherron (UCLA) 183-6, 3. Sullivan (UCLA) 179-1. **SP:** 1. Parlin (UCLA) 61-11 1/2, 2. Ogden (UCLA) 60-10, 3. Davis (Hou) 57-11 1/4. **PV:** 1. Slover (UCLA) 17-10 1/2, 2. Reddy (UCLA) 16-4 3/4, 3. Dumble (UCLA) 200-2, 2. Haynes (UCLA) 165-5, 3. Titi (UCLA) 161-3. **JT:** 1. Fischer (UCI) 174-6, 2. Watrin (CSN) 172-4.

Team Scores: 1. UCLA 107, 2. Houston 53, 3. CS Northridge 21, 4. UC Irvine 21.

Women

100m: 1. Anderson (UCLA) 11.64, 2. Courville (Hou) 11.67, 3. Tillman (CSN) 11.849. **200m:** 1. Anderson (UCLA) 23.65, 2. Courville (Hou) 24.01, 3. Edwards (UCI) 24.84. **400m:** 1. Twumasi (UCLA) 55.56, 2. Noel (UCLA) 56.02, 3. Bowling (CSN) 56.31. **800m:** 1. Molway (UCI) 2:11.19, 2. Lucas (UCLA) 2:11.6, 3. Davis (UCLA) 2:11.75. **1500m:** 1. Kechris (UCLA) 4:37.1, 2. Brix (UCI) 4:38.9, 3. Espinosa (Hou) 4:42.5. **3000m:** 1. Whitmore (CSN) 10:07.0, 2. George (UCLA) 10:12.7, 3. Nekota (UCI) 10:13.9. **110mHH:** 1. Hayes (UCLA) 13.53, 2. Duftus (Hou) 14.18, 3. Tolson (CSN) 14.28. **400mHH:** 1. Hayes (UCLA) 58.99, 2. Malco (UCLA) 59.49, 3. Green (UCI) 59.95. **400m Relay:** 1. UCLA (Grant, Anderson, Malco, Twumasi) 45.12, 2. CS Northridge 46.50, 3. Houston 46.89. **1600m Relay:** 1. UCLA (Noel, Anderson, Twumasi, Hayes) 3:43.57, 2. Houston 3:48.89, 3. UC Irvine 3:50.10.

HJ: 1. Acuff (UCLA) 6-2, 2. Harris (Hou) 5-4 1/4. **LJ:** 1. Ollison (Hou) 19-0 (+2.7), 2. Ellison (CSN) 18-3 3/4 (+2.9). **SP:** 1. Airhouse (UCLA) 59-8 1/2, 2. Kavar (UCLA) 52-4. **DT:** 1. Powell (UCLA) 189-11, 2. Kavar (UCLA) 179-5. **TJ:** 1. Jackson (UCLA) 37-1.

Team Scores: 1. UCLA 88, 2. CS Northridge 41, 3. Houston 28, 4. UC Irvine 24

RESULTS

▲ Road Racing

Winter Memorial Run

March 9, Lompoc

Overall Results-5K

1. Scott Coe, Lompoc, 15:57. 2. Paul Lee, Pismo Beach, 16:01. 3. Doug Sims, Santa Maria, 16:06. 4. Albert Esparza, Lompoc, 17:32. 5. Peter Anderson, Lompoc, 17:45. 6. Jim Batterson, Santa Maria, 18:50. 7. Greg Eisen, Lompoc, 19:33. 8. Kathi Froemming, (F) Lompoc, 19:45. 9. Angelo Torres, Lompoc, 19:51. 10. Michael Coe, Lompoc, 20:00.

14. Abby Hogan, (F) Santa Maria, 20:38. 15. Maya Soto (F) Lompoc, 20:45. 20. Mercy Wynn (F) Lompoc, 22:16. 21. Margaret Coe (F) Lompoc, 22:18. 22. Yaeko Patrick (F) Lompoc, 20:20.

Overall Results-10K

1. Doug Sims, Santa Maria, 35:38. 2. Paul Lee, Pismo Beach, 35:44. 3. Joe Berquist, Atascadero, 37:36. 4. Alan Shufeldand, Lompoc, 41:39. 5. Jim Batterson, Santa Maria, 41:42. 11. Kathi Froemming, (F) Lompoc, 44:05.

Big Basin Trail Runs

March 16, Big Basin Redwood State Park, Overall Results-Marathon

1. Brian Hepner (28) Santa Cruz, 3:30:00. 2. William Carlson (37) Sacramento, 3:35:08. 3. Jeff Johnson (un) Stanford, 3:36:08. 4. Rob Byrne (38) Pleasanton, 3:51:02. 5. Gary Dudley (43) Salinas, 3:59:55.

Overall Results-1/2 Marathon

1. Jim Grant (26) Walnut Creek, 1:17:27. 2. Ian Shearer (27) Santa Cruz, 1:17:55. 3. Pierre Brunet (28) Dublin, 1:18:53. 4. Steve Colburn (28) Walnut Creek, 1:21:35. 5. Shayne Kline (24) Aptos, 1:22:30. 6. Troy Soeres (27), Sunnyvale, 1:23:18. 7. John Siebir (30) San Francisco, 1:23:40. 8. Glen Seiler (39) Santa Cruz, 1:25:00. 9. Kurt Schwenke (36) Milwaukee, WI, 1:27:10. 10. Gordon Hollerman (30) Burlingame, 1:27:25.

11. Rob Greenhaw (36) El Grandada, 1:56:44. 12. Rob Kidwell (29) Berkeley, 1:56:56. 13. Bill Hopkins (40) Corralitos, 1:57:06. 14. Kevin O'Donnell (31) San Francisco, 1:57:18. 15. Jeff Johnson (29) Berkeley, 1:57:19. 16. Gregg Summers (34) San Mateo, 1:57:20. 17. Mike Rudd (41) Hollister, 1:57:50. 18. Katie Gengler (24) San Luis Obispo, 1:58:20. 19. Brad McKeague (33) Kentfield, 1:59:05. 20. Tim Unrew (27) Monterey, 1:59:35.

Overall Results-4 Mile

1. Joe Kammer (38) Aptos, 20:51. 2. Erna Kessell (35f) Davis, 20:51. 3. Jeff Arnett (47) Santa Cruz, 24:25. 4. Antonina Hines (53f) Santa Cruz, 30:30. 5. Joan Inman (47f) Boulder Creek, 31:15.

Mobil St. Patrick's Day Run for the Blind

March 17, Torrance.

Overall Results-10K Men

1. Gus Quinonez, 30:21. 2. Dave Lorne, 30:39. 3. Rafil Abdelhak, 31:26.

Overall Results-10K Women

1. Carrie Kissel, 35:02. 2. Jane Despas, 36:21. 3. Aine Lynam, 38:11.

Overall Results-5K Men

1. David Rodriguez, 15:24. 2. Cihma Lachen, 15:26. 3. Rejep Ivazi, 15:58.

Overall Results-5K Women

1. Ann Luevano, 16:26. 2. Sandra Rodriguez, 18:28. 3. Vicki Ford, 18:42.

Redwood Wild River Run

March 23, Crescent City.

Overall Results-15K

1. Scott Martin (32) Ashland, 50:22. 2. Billy Morris (30) Trinidad, 53:11. 3. Terry Sudell (40) Medford, 55:49. 4. Shawn Lyle (13) Eureka, 57:40. 5. Thomas Brown (48) Bandon, 57:42. 6. Jack West (44) Trinidad, 57:53. 7. Jeff Frome (44) McKinleyville, 58:33. 8. Jim Griggs (40) Eureka, 59:41. 9. David Frankel (17) Grants Pass, 59:45. 10. Tim Hawkins (36) Gold Beach, 1:00:11.

11. Fred Arnold (44) Brookings, 1:00:14. 12. Rich Alexander (33) Arcata, 1:00:24. 13. Victor Lumbrales (26) Medford, 1:00:37. 14. Eric Frome (15) McKinleyville, 1:00:41. 15. Christine Mateer (34f) Arcata, 1:00:48. 16. Clayton Gillette (40) Medford, 1:00:54. 17. Dusty Miller (49) Mount Shasta, 1:01:37. 18. Sharon Powers (36f) McKinleyville, 1:01:41. 19. Bob Bad (42) Bayside, 1:03:02. 20. Gary Timek (48) Arcata, 1:03:13.

21. David Collerzane (33) Trinidad, 1:03:24. 22. Karen Kelley-Day (46f) Eureka, 1:04:05. 23. Randy Carrio (48) Eureka, 1:04:05. 24. Dylan Pierce (16) Crescent City, 1:04:12. 25. Russ Burnette (48) Crescent City, 1:04:26.

27. Jeanette Woodcock (41f) Eureka, 1:04:40. 33. Lisa McCready (37f) Crescent City, 1:07:32. 34. Mandy Ballengen (37f) un, 1:07:40. 42. Jan McDonald (43f) Medford, 1:10:20. 45. Trich Strepy (42f) Trinidad, 1:10:59. 48. Felicia Dugan (32f) Ashland, 1:11:27. 52. Marie Gonzales, (34f) Placerville, 1:12:15.

Overall Results-5K

1. Flynt Pierce (11) Crescent City, 20:47. 2. Zachary Freiwald (18) Crescent City, 21:21. 3. Joe Sullivan (23) Crescent City, 22:11. 4. John Phillips (30) Crescent City, 22:35. 5. Tyler Frome (12) McKinleyville, 22:51. 6. Matthew Farr (14) Eureka, 23:27. 7. Brad Hirsch (45) Crescent City, 23:29. 8. Christopher Woodcock (11) Eureka, 23:35. 9. Andrea Woodcock (13f) Eureka, 23:39. 10. Teasha Burkman (16f) Brookings, 23:43.

11. Edward Woodcock (41) Eureka, 24:13. 12. Jon Davis (13) Eureka, 24:26. 13. Ida Metcalf (38f) Crescent City, 24:31. 14. John Manning (48) Brookings, 25:08. 15. Teresa Miller (11f) Mt. Shasta, 25:15. 16. George Van der Sluis (14) Crescent City, 25:53.

17. Maria Niesen (20f) Crescent City, 25:54. 18. Andrea McKinnon (20f) Crescent City, 25:56. 19. Allen Gillette (12) Medford, 26:09. 20. Holly Shumard (17f) McKinleyville, 26:11.

21. Laura Holt (17f) McKinleyville, 26:12. 22. Kyle Gillette (10) Medford, 26:18. 23. Gene Schmitt (59) Grants Pass, 26:31. 24. Colin Mateer (40) Arcata, 27:31. 25. Joseph Mateer (34) Arcata, 27:32. 29. Carly McCready (6f) Crescent City, 30:34. 32. Theresa Schlinching (38f) Crescent City, 30:59.

Park To Park 1/2 Marathon & 10K

March 23, Atascadero.

Overall Results-1/2 Marathon

1. Doug Sims, 1:15:13. 2. Andreas Softker, 1:15:37. 3. Frank Hutchinson, 1:17:50. 4. Dave Fleishman, 1:18:02. 5. Gino Brunello, 1:20:54. 6. Timothy Dwyer, 1:22:57. 7. James Eales, 1:24:03. 8. Joseph Berquist, 1:25:04. 9. Christian Hesche, 1:26:49. 10. Charlie Joslin, 1:27:22.

11. Rick Nagano, 1:28:24. 12. Robvert LaFebre, 1:30:30. 13. Kenneth GelJack, 1:30:42. 14. Michelle Johnson (F) 1st F 30-39/Overall, 1:30:45. 15. Richard Leutinger, 1:30:49. 16. Scott Hull, 1:31:28. 17. Josh Mathiesen, 1:31:39. 18. Larry Jamison, 1:31:54. 19. Ken Hammond, 1:32:17. 20. Tim Culp, 1:33:33.

29. Paulette Scoville (f) 2nd F 30-39, 33. Ben Horner (M) 1st M 60-69, 41. Frances Saponaro (f) 1st F 40-49, 60. Stephanie Shuck (f) 1st F 14-18, 1:56:27. 61. Laura Chambers (f) 1st F 19-29, 80. Grace Blouin (f) 1st F 13 & Under, 2:17:34.

Overall Results-10K

1. Paul Lee, 34:36. 2. Russ Cutting, nt. 3. Gregor Borgenheimer, nt. 4. Sergio Reyes, nt. 5. Bill Lind, 36:17. 6. Brian Waterbury, 36:52. 7. Alan Bell, 38:15. 8. Tom Himmelfrich, 39:13. 9. Gary Raymond, 39:35. 10. Stanley Reyes, nt.

11. Jason Wilkinson, 40:05. 12. Daniel Reeve, nt. 13. Andrew Cruce, nt. 14. John Ematt, nt. 15. Karen Steele (f) 40-40. 16. Martha Blackwell (f) nt. 17. Jim Franta, 41:55. 18. Mark Anderson, 42:02. 19. Tom Jeffries, 42:37. 20. Justin Banks, 42:50.

24. Vanessa Reynaga (f) 1st F 14-18, 43:12. 34. Christina-Reyes (f) 1st F 13 & Under, 46:08. 36. Mad Dog Rehorn (M) 1st M 50-59, 46:32. 55. David Hakin (M) 1st M 13 & Under, 49:53. 59. George Marrett (M) 1st M 60-69, 51:06. 61. Christine Reddel (f) 1st F 40-49, 51:37. 80. Bob Herman (M) 1st M 70 & O, 54:48. 90. Lisa Norcott (f) 1st F 60-69, 56:16. 111. Olga Lucanc (f) 1st F 50-59, 62:00. 142. Elizabeth Baker (f) 1st F 70 & O, 1:21:37.

Cuesta 50K Biathlon

March 31, San Luis Obispo.

Overall Results-50K

1. Lee/Hagy, 1:30:36. 2. Scott Smith, 1:30:49. 3. Babb/Benson, 1:31:17. 4. Ryan Huckabay, 1:31:18. 5. Russ Cutting,

1:31:19. 6. Hutchinson/Furbee, 1:31:57. 7. McKeown/Banzaha, 1:32:04. 8. Steve Ferrario, 1:33:26. 9. Bell/Cleek, 1:35:22. 10. Bill Shawhan, 1:35:44.

11. Christian Hesche, 1:36:18. 12. Oliver Griswold, 1:36:58. 13. David Delucchi, 1:37:00. 14. Carter/Chamberlain, 1:37:07. 15. Johnson/Goughnour, 1:37:20. 16. Joe Nordin, 1:37:23. 17. Sims/Sims, 1:38:35. 18. Coe/Davis, 1:39:06. 19. Nicholson/Stark, 1:39:18. 20. Cooper/Cooper, 1:39:45.

Carlsbad 5000

March 31, Carlsbad.

Carlsbad, California (March 31, 1998) Mexico's Armando Quintanilla ran history's fourth fastest time-13 minutes, 18 seconds- to hold off a late challenge from Zimbabwe's Phillimon Hanneck and win the men's invitational title at today's 11th annual Carlsbad 5000.

In the women's invitational Angela Chalmers of Canada broke open the race early and easily outdistanced eight-time US Cross Country champion Lynn Jennings of New Market, NH, and Ireland's Brenda Denny. Both Chalmers and Quintanilla earned \$5,000 for their victories over and international field dotted with Olympians and Olympic contenders.

Among those contenders was Portland's Marc Davis who set an American record of 13:24 in finishing third. Davis led late in the race, but could not hold off the late charges



Marc Davis set an American Record of 13:24

Photo by Bill Leung, Jr./Geek Media

RESULTS

of Quintanilla and Hanneck. The tip three times of Quintanilla, Hanneck (13:22) and Davis all qualify for the tip 10 road times in the history of the event. More than 13,000 competed in the Carlsbad 5000 and the previous day's Junior Carlsbad run.

In races leading up to the Invitational American mile record holder Steve Scott won the People's 30-39 title, running 14:30. Two wheelchair 5K road world bests were set in the Wheelchair Invitational-Mustapha Badid of Dallas, TX, finished in 10:49 in the men's race, and DeAnna Sodoma of Carlsbad, CA, won her fifth straight women's title in 12:08.

Overall Results-Men

1. Armando Quintanilla, Mexico, 13:18. 2. Phillimon Hanneck, Zimbabwe, 13:22. 3. Marc Davis, Portland, OR, 13:24. 4. Hezron Otwar, Kenya, 13:25. 5. Khalid Kairouani, Morocco, 13:27. 6. Peter Githuka, Kenya, 13:38. 7. James Bungei, Kenya, 13:42. 8. Pablo Olmedo, Mexico, 13:45. 9. Shannon Butler, Boulder, CO, 13:46. 10. Ahmed Ibrahim, Morocco, 13:47.

11. Ronaldo DaCosta, Brazil, 13:49. 12. Pat Porter, Colorado, 13:50. 13. Edgar De-Oliviera, Brazil, 13:52. 14. Ian Robinson, Great Britain, 13:53. 15. Ian Aisen, un, 13:56. 16. Michal Bartoszak, Poland, 13:57. 17. Peter Julian, Idaho, 13:58. 18. Khalid Khannouchi, un, 13:58. 19. Peter de la Cerda, Colorado, 13:59. 20. Salvador Parra, un, 14:04.

Masters Men: Boguslaw Maminski, Poland, 14:48. Anton Nwmezak, NY, 14:55. Lloyd Stephenson, San Francisco, 15:02. Men 29 & U: Dave Lorne, 14:43. Scott Pesch, Eureka, 14:38. Corey Trovinger, Santa Cruz, 14:42. Men 30-39: 1. Steve Scott, San Diego, 14:30. Gus Quinones, Los Alamitos, 14:36. Danny Reed, Riverside, 14:37. Wheelchair Men: Mustapha Badid, Texas, 10:49. Jacob Heilveil, Washington, 10:50.

Overall Results-Women

1. Angela Chalmers, Canada, 15:20. 2. Lynn Jennings, New Market, NH, 15:37. 3. Breeda Bennehy, Ireland, 15:40. 4. Kate Fonshell, Philadelphia, 15:41. 5. Regina Jacobs, Oakland, 15:45. 6. Delilah Aslago, Kenya, 15:48. 7. Colette Murphy, Carmel, IN, 15:48. 8. Nora Rocha, Mexico, 15:52. 9. Sarah Schwald, Brighton, MA, 15:53. 10. Malgorzata Sobanska, Poland, 15:58.

11. Vickie Huber, Oregon, 16:02. 12. Annetta Luevano, California, 16:05. 13. Renata Sobiesiak, Poland, 16:06. 14. Petra Wassiluk, Germany, 16:07. 15. Ulla Marquette, Canada, 16:07. 16. Carole Zajac, Pennsylvania, 16:08. 17. Kathy Franey, Massachusetts, 16:10. 18. Solange De Souza, Brazil, 16:14. 19. Robyn Meagher, Canada, 16:27. 20. Siwana Periera, Brazil, 16:30.

Masters Women: Mary O'Conner, New Zealand, 16:45. Anne Audain, Boise, ID, 17:02. Michelle Buchicchio, Pomona, CA, 17:15. Women 39 & Under: Marisa Avendano Alhambra, 16:32. April Powers, Corte Madera, 16:47. Karen Oudekerk, San Diego, 17:00. Wheelchair Women: DeAnna

Sodoma, Carlsbad, 12:08. Cheri Becerra, 13:27.

Cherry Blossom 10-Mile

March 31, Washington D.C.

Overall Results-Open Men

1. Lazarus Nyakeraka (30) Kenya, 46:37. 2. Joseph Kariuki (26) Kenya, 46:49. 3. Johannes Mabitle (28) South Africa, 47:05. 4. Benson Masya (25) Kenya, 47:18. 5. Abdelrazzak Haki (25) Morocco, 47:27.

Overall Results-Open Women

1. Joan Nesbit (34) Carboro, NC, 53:25. 2. Lieve Slegers (30) Belgium, 54:09. 3. Lizanne Bussieres (34) Montreal, Canada, 54:43. 4. Kim Jones (37) Spokane, WA, 55:08. 5. Lori Hewig (35) Newport News, VA, 55:55.

Woodside Trail Runs

April 6, Woodside.

Overall Results-1/2 Marathon

1. Ian Robinson (28) Menlo Park, 1:30:25. 2. David Quincy (35) Menlo Park, 1:31:23. 3. Geoff Matter (40) Hopkinton, MA, 1:31:45. 4. Mark Rowland (34) Menlo Park, 1:32:48. 5. Steve Worthy (49) Walnut Creek, 1:37:00. 6. Yvonne Kamstra (30f) Lakewood, CO, 1:37:00. 7. Wiktor Greger (43) San Jose, 1:37:30. 8. Chris Cummings (27) San Francisco, 1:37:45. 9. Kurt Gilson (34) Menlo Park, 1:37:50. 10. Peter Zepfer (32) Mt. View, 1:37:52.

11. Greg Inchauspe (35) San Ramon, 1:39:30. 12. Steve Sanders (26) Menlo Park, 1:39:45. 13. Steve Raney (25) Palo Alto, 1:40:05. 14. Jonathan Penn (38) Los Altos, 1:40:20. 15. Diane Peterson (27) San Francisco, 1:40:35.

17. Paola Benassi (33f) San Jose, 1:42:00. 18. Jessa Vartanion (32f) San Jose, 1:42:02. 23. Michele Bjurman (32f) San Jose, 1:47:38.

Overall Results-5K

1. Scott Asire (31) Redwood City, 37:00. 2. Lex Kamstra (33) Lakewood, 39:30. 3. John Novitsky (37) Woodside, 39:32. 4. Barry Oliver (26) San Mateo, 40:59. 5. Wayne Barbee (48) Placerville, 44:35.

Santa Anita Derby Day 5K

April 6, Arcadia.

Division Results-5K Men

Overall: 1. Alfonso Nunez (31) Huntington Park, 15:18. 2. Nolan Shahead (46) Pasadena, 15:29. 3. Leroy Brady (20) un, 15:36. 12 & U: 1. Aaron Chavez (12) La Puente, 19:21. 2. Josh Finley (11) West Covina, 21:08. 3. Gabriel Hines (12) Glendale, 21:33. 13-17: 1. Daniel Phlifer (16) Sunland, 16:51. 2. Randy Nater (17) Canoga Park, 18:20. 3. Brain Acosta (15) Arcadia, 18:42. 18-24: 1. Leroy Brady (20) un, 15:36. 2. Guillermo Medrano (21) Azusa, 16:17. 3. Warren Wolf (20) San Marino, 16:46. 25-29: 1. Chip Smith (26) Albuquerque, NM, 15:55. 2. John Guzman (29) Huntington Park, 16:35. 3. Jose Zavala (26) South Pasadena, 16:40.

30-34: 1. Alfonso Nunez (31) Huntington Park, 15:18. 2. Jerry Hernandez (32) Harbor City, 16:15. 3. Rich Valdez (30) Fullerton, 16:24. 35-39: 1. Tom Garcia (37) Anaheim, 15:40. 2. David Adams (35) Redondo Beach, 15:47. 3. Dean Lotgren (38) Manhattan Beach, 16:04. 40-44: 1. Nicolas Hernandez (41) Whittier, 15:59. 2. Steve Blum (40) Ventura, 16:01. 3. Alfonso Hernandez (40) 18:16. 45-49: 1. Noian Shadeed (46) Pasadena, 15:29. 2. Don Ocana (47) Placentia, 17:28. 3. Barry Witter (45) La Verne, 20:19. 50-54: 1. Wayne Mitchell (51) Silverado, 17:08. 2. Neville Pearson (52) La Puente, 20:51. 3. Bruce Becker (53) La Verne, 20:19. 55-59: 1. Ray Hughes (57) Claremont, 20:08. 2. Booker Washington (58) La Puente, 20:51. 3. Ernie Morales (59) Hacienda Heights, 21:50. 60-64: 1. Carlos Valle (60) San Bernardino, 17:49. 2. Derck Wharton (60) Tustin, 19:08. 3. William Wall (63) Chino, 20:13. 65-69: 1. Bob Vitale (66) PlsVrds PnsI, 21:57. 2. Emilio Chaviz (65) Monterey Park, 22:55. 3. Ruben Esqueda (65) La Habra, 23:04. 70 & U: 1. Larry Banuelos (71) Pico Rivera, 21:29. 2. Roy Murand (71) Monterey Park, 25:58. 3. Don Golden (71) South Pasadena, 26:35.

Division Results-5K Women

Overall: 1. Kelly Flathers (24) Woodland Hills, 17:41. 2. Karina Arreola (20) Alhambra, 18:39. 3. Gretchen Lohr (35) 18:50. 12 & U: 1. Desiree Kolisar (12) Duarte, 24:59. 2. Amy Wilson (8) Arcadia, 25:11. 3. Christy Dillard (12) Arcadia, 28:06. 13-17: 1. Maria Agras (15) La Habra, 20:47. 2. Susanna Hans (16) Temple City, 22:08. 3. Julie Pack (14) Temple City, 22:34. 18-24: 1. Kelly Flathers (24) Woodland Hills, 17:41. 2. Karina Arreola (20) Alhambra, 18:39. 3. Edwina Fley (24) Santa Ana, 19:05. 25-29: 1. Bob-bijo Carlovsky (25) 20:11. 2. Susan Carey (26) Escondido, 20:29. 3. diva Brisco (28) Santa Ana, 19:05. 30-34: 1. Adrienne Trad-er (32) Hawthorne, 19:14. 2. Tess Joyce (33) Fountain Valley, 19:56. 3. Nella Abelson (32) Pasadena, 20:19. 35-39: 1. Gretchen Lohr (35) un, 18:50. 2. Marie Romero (37) La Canada Flintri, 20:11. 3. Lorie Fyvo (35) La Puente, 21:34. 40-44: 1. Elizabeth Davidson (41) 20:01. 2. Dawn Brett (40) 22:37. 3. Carol Laurence (42) Reseda, 23:02. 45-49: 1. Charlene Aburto (45) un, 19:26. 2. Julie Lister (49) Glendale, 20:19. 3. Debby Jamieson (46) Newport Beach, 20:38. 50-54: 1. Nancy Ten Berge (54) Huntington Beach (54) 24:24. 2. Coni McElroy (51) Hesperia, 24:55. 3. Barbara Reukema (50) Temple City, 25:58. 55-59: 1. Jeanne Hoagland (59) Los Angeles, 23:51. 2. Elaine Murphy (57) Arcadia, 24:40. 3. Helen Geoffrion (57) Santa Monica, 29:49. 60-64: 1. Jane Dods (60) Burbank, 27:54. 2. Reiko Nakazawa (63) 35:30. 3. Giovanna Schaefer (61) Manhattan Beach, 35:39. 65-69: 1. Lillian Esqueda (66) La Habra, 32:01. 2. Marie Earl (66) West Covina, 40:33. 3. Louise Martin (66) Whittier, 43:11. 70 & U: 1. Mary Coropoff (70) Los Angeles, 43:18. 2. Madeleine Lorrimer (79) south Pasadena, 49:20. 3. Virginia McTaggart (70) Glendale, 51:35.

Romancing The Island

April 7, Angel Island.

Overall Results-12K

1. JD Allegrucci (31) Mt. View, 49:05. 2. Belinda Soszyn (41f) Bangor, NSW Australi, 51:40. 3. Jason Young (26) San Francisco, 51:45. 4. Perry Davis (37) San Ramon, 52:45. 5. Drew Doblar (un) San Jose, 53:50. 6. Ebe Metcalf (30) San Francisco, 53:52. 7. Penny Demoss (46) Oakland, 55:08. 8. Mark Muraoka (33) Mt. View, 55:25. 9. Alex Romanczuk (33) Scotts Valley, 55:45. 10. Michaela Petermann (26f) San Francisco, 55:45.

11. Mark McKee (39) San Francisco, 56:15. 12. Roland Dreier (25) Berkeley, 56:25. 13. Suzanna Sandrock (32f) Corte Madera, 56:55. 14. Edwin Wilkerson (36) Napa, 56:58. 15. Glenn Wiegert (30) San Francisco, 57:05. 16. Daniel Levine (27) San Francisco, 57:05. 17. Richard Parker (50) San Francisco, 57:36. 18. Vicki Kennedy (32f) Berkeley, 58:20. 19. Marcelo Castro (28) Scotts Valley, 58:58. 20. Russell Clough (54) Palo Alto, 1:00:05.

23. Gigi Maaliki (22f) San Francisco, 1:00:45. 26. Jocelyn Schappagh (27f) Berkeley, 1:01:52. 29. Cristina Romanczuk (34f) Scotts Valley, 1:02:25. 31. Gina Binnard (26f) Foster City, 1:02:50. 35. Carol Dineen (44f) San Francisco, 1:03:23.

Overall Results-25K

1. Alex Hetherington (28) Vista, 1:34:45. 2. Karl malmshheimer (32) Capitola, 1:40:30. 3. Mike Rossner (31) San Francisco, 1:43:30. 4. David Habas (32) Oakland, 1:49:40. 5. Mike Whittemiller (34) Santa Monica, 1:52:45. 6. Charles McDonald (41) Davis, 1:53:28. 7. Greg O'Brien (28) San Francisco, 1:58:10. 8. David Hetherington (23) Richmond, 1:58:15. 9. Dana Rogers (25f) Berkeley, 2:03:50. 10. Lizzie Callaro (26f) San Francisco, 2:08:20.

11. Sue Chen (43f) San Leandro, 2:08:46. 13. Liza Hetherington (26f) San Francisco, 2:13:30. 16. Patty Jacques (48f) Stockton, 2:25:15.

Coastside Blufftop Walk, Run & Roll

April 13, Half Moon Bay.

Division Results-10K Men

18 & U: 1. Jerry Pera, 36:40. 2. James Shattuck, 44:50. 3. Teddy Guinten, 55:24. 19-38: 1. John Hines, 34:23. 2. Peter Hsia, 36:10. 3. Matt Romersa, 37:49. 39-54: 1. Dan Mokeno, 37:54. 2. 106, 47:15. 3. Steve Holmlund, 47:16. 55 & O: 1. Bob Barber, 43:13. 2. Camilo Jeronima, 48:40.

Division Results-10K Women

18 & U: 1. Kim O'Brien, 48:44. 19-38: 1. Judy Waltz, 45:01. 2. Mary Parrott, 46:23. 3. Denise Valkema, 47:05. 39-54: 1. Butter Fennie, 46:17. 2. Jane Scupay, 54:21. 3. Julia McKeon, 1:00:54.

Division Results-5K Men

18 & U: 1. John Caserta, 23:49. 2. Du Pemberton, 23:55. 3. Joey Guntren, 31:20. 19-38: 1. 127, 24:26. 2. Po Chiu, 27:29. 3. Paul Bollinger, 31:38. 39-54: 1. 138, 24:12.

RESULTS

2. Don Pemberton, 29:49. 55 & O: 1. Warren Hultberg, 31:19. 2. Bruno Giusti, 31:25.

Division Results-5K Women

18 & U: 1. 128. 32:02. 19-38: 1. 120. 24:27. 2. Victoria Thompson, 34:17. 3. Ann Bielawski, 58:33. 39-54: 1. Margaret Haight, 29:48. 2. Kathleen Baiber, 32:51. 55 & OJane Easton, 32:45.

Pear Blossom

April 13, Medford, Or.

Overall Results-10 Mile Men

1. Matt Messner (27) North Bend, 51:27.8. 2. Michael Pynes (29) Tacoma, Wa, 51:32.6. 3. Peter Williams (34) Bend, 52:06.4. 4. Leonard Hill (43) Klamath Falls, 52:27.3. 5. Timothy Vandervugt (31) Bend, 54:00.1. 6. Scott Martin (32) Ashland, 54:23.6. 7. Kenny White (34) Bellingham, Wa, 55:26.1. 8. John Welsel (29) Klamath Falls, 56:26.9. 9. Jason Jacobson (22) Salem, 56:42.2. 10. Jason Young (25) Medford, 56:58.7.

11. James Burton (43) Merlin, 57:02.4. 12. John Gallagher (33) Salem, 57:06.6. 13. Robinson Howell (37) Mercer Island, Wa, 57:15.4. 14. K.C. Taylor (39) Eugene, 57:23.1. 15. Tim Twietmeyer (37) Auburn, Ca, 58:01.7. 31. Jerry Ray (31) McKinleyville, Ca, 1:01:04.6.

Run for Relief

April 13, Fresno Pacific

Division Results-10K Men

Overall: 1. Alfred Lara, 33:05. 2. Barry Proctor, 33:09. 3. Dal Campbell, 33:39. 4. Eric Schwab, 33:54. 5. Jim Hartig, 35:07. 19 & U: 1. Johann Reimer, 45:00. 20-24: 1. Jeff Lang, 42:35. 25-29: 1. Eric Schwab, 33:54. 30-34: 1. Keith Jackson, 39:43. 35-39: 1. Al Lara, 33:05. 40-44: 1. Dale Campbell, 33:39. 45-49: 1. Steven Levy, 35:40. 50-54: 1. Alfred Leal, 40:22. 55-59: 1. Rusty DeReiter, 48:44. 60-64: 1. Ric Zamarripa, 44:16. 65-69: 1. Tony Bush, 49:48. 70-74: 1. Bob Muso, 58:29. 75-79: 1. Harry Harder, 68:22.

Division Results-10K Women

Overall: 1. Daniela Chuhantseff, 38:57. 2. Kerry Sue Houchin, 41:44. 3. Deanna Voelker, 42:47. 4. Donna Aldrich, 46:39. 5. Beth Fallis, 47:42. 19 & U: 1. Cathy Urroz, 54:06. 20-24: 1. Kerry Sue Houchin, 41:44. 25-29: 1. Daniela Chuhantseff, 38:57. 30-34: 1. Angelica Malagon, 49:04. 35-39: 1. Beth Fallis, 47:42. 40-44: 1. Deanna Voelker, 42:47. 45-49: 1. Sharon Mayo, 48:32. 50-54: 1. MaryAnn Barroso, 50:16. 55-59: 1. Jackie Ryle, 54:06. 60-64: 1. Sydney Loo, 1:08:22. 70-74: 1. Dorothy Thomas, 59:16.

Santa Barbara Winery 10 Mile

April 13, Santa Barbara.

Overall Results-10 Mile

1. Gregg Horner (42) Santa Barbara, 53:31. 2. Tom Garcia (37) Anaheim Hills, 53:36. 3. Michael Smith (32) Santa Barbara, 53:43. 4. Pedro Gutierrez (27) Santa Barbara, 54:00. 5. Ramiro Aguirre (29) Goleta, 54:02. 6. Dave Chairez (36) Las Ve-

gas, NV, 55:22. 7. Jeff Jacobs (28) Santa Barbara, 55:24. 8. Andrews Soffker (36) San Luis Obispo, 56:00. 9. David Saunders (29) Santa Barbara, 56:52. 10. Dan Mitchell (37) Oxnard, 57:00.

11. Donald Faith (41) Carpinteria, 57:13. 12. Fred Mellon (35) Santa Barbara, 57:17. 13. Michael Nagel (27) Germany, 57:34. 14. David Holt (39) Goleta, 57:50. 15. Robert Thornton (33) Camarillo, 58:03. 16. Aaron Goldschmidt (33) Santa Barbara, 58:10. 17. David Peterson (38) Santa Barbara, 58:38. 18. Andy Ligeti (34) Santa Barbara, 58:51. 19. Juan Cabeza (52) Torrance, 58:58. 20. John Lofthus (19) Santa Barbara, 59:38.

21. Steven Jones (34) Santa Barbara, 59:40. 22. Steven Jones (34) Santa Barbara, 59:40. 23. Jim Kornell (44) Santa Barbara, 59:43. 24. Greg Borgenheimer (24) San Luis Obispo, 1:00:06. 25. Jose Gonzalez (34) Santa Barbara, 1:00:09. 26. Pete Kain (32) Half Moon Bay, 1:00:57. 27. John Ayre (29) Loma Linda, 1:00:59. 28. Michael Cage (37) Santa Barbara, 1:01:12. 29. Hans Van Koppen (41) Summerland, 1:01:18. 30. Gene Ball (50) Oxnard, 1:01:25.

31. Matthew Fisher (35) Goleta, 1:01:41. 32. Keith Anderson (34) Santa Barbara, 1:01:57. 33. Brain Copeland (38) Mission Viejo, 1:01:58. 34. James Bergmann (29) Burbank, 1:02:06. 35. Scott Marrett (32) Woodland Hills, 1:02:35. 36. Paul Procnaska (36) Nippomo, 1:03:01. 37. Joe Jablonski (37) Santa Barbara, 1:03:21. 38. Chris Marks (25) Goleta, 1:03:21. 39. Tim Townsend (34) Laguna Beach, 1:03:23. 40. Ray Howard (38) Avalon, 1:03:32.

41. Vic Birtalan (53) Goleta, 1:03:38. 42. Phil Howard (34) Santa Clarita, 1:03:45. 43. Mike Dungan (43) Santa Barbara, 1:03:48. 44. Elizabeth Milewski (37) Woodland Hills, 1:03:56. 45. Richard Averett (43) Newport Beach, 1:04:05. 46. Arnie Moser (39) Oxnard, 1:04:13. 47. James Quinn (31) Santa Barbara, 1:04:18. 48. Dennis Mihora (51) Santa Barbara, 1:04:32. 49. Frank Ogilvie (45) Summerland, 1:04:33. 50. Robolod Del Campo (48) Thousand Oaks, 1:04:40.

53. Christine Hale (29f) Santa Barbara, 1:04:54. 58. Megan Riker (27f) Santa Barbara, 1:05:18. 70. Marilyn Mayo (34f) Del Mar, 1:06:26. 75. Carol Knox (32f) Santa Barbara, 1:06:35. 85. Susan Petronio (33f) Santa Barbara, 1:07:26. 92. Cecilia Ramos (44f) Ventura, 1:08:13. 97. Dianna Hall (38f) Santa Barbara, 1:08:48. 98. June Gessner (43f) Laguna Beach, 1:08:58. 102. Helena Kvapil (24f) San Jose, 1:09:16.

China Camp Runs

April 13, San Rafael.

Overall Results-1/2 Marathon

1. Ray Yokoi (26) Berkeley, 1:16:50. 2. Marc Puppo (30) San Leandro, 1:20:30. 3. Martin McDermott (35) Gilbert, 1:23:15. 4. Steven Appleberg (26) San Francisco, 1:23:59. 5. Steve Gregg (39) Oakland, 1:24:08. 6. Chris Cummings (27) San Francisco, 1:24:35. 7. Dave Johnson (33) San Jose, 1:25:08. 8. George Rehmet (29) San Francisco, 1:28:10. 9. Rob Wald (30) San Mateo, 1:30:25. 10. Brian Derango (un) San Rafael, 1:31:05.

19. Naomi Loudon (40f) Windsor, 1:42:17. 21. Melanie Moclin (42f) Mill Valley, 1:42:50. 22. Valerie Hamilton (38f) Windsor, 1:43:10. 23. Leslie Birdlebout (30f) Mill Valley, 1:43:12. 24. Evangeline Elston (27f) Mill Valley, 1:43:30.

Overall Results-Marathon

1. Dari Shaon (30) Atherton, 3:51:12. 2. John Clark (53) Citrus Heights, 4:25:00. 3. Fred Paine (53) Benecia, 4:31:00. 4. Joan Risse (43f) Santa Rosa, 4:33:00. 5. Walter Risse (48) Santa Rosa, 4:33:00.

Overall Results-7 Mile

1. Austin Bond (25) Berkeley, 46:14. 2. Diane Peterson (28f) San Francisco, 47:10. 3. Scott Cauchois (29) Berkeley, 47:12. 4. Eileen Smith (40f) San Rafael, 47:50. 5. Kelly Ridgeway (37f) Windsor, 48:01.

GOP Stampede

April 14, Coronado to San Diego

Division Results-Men

17 & U: 1. Mark Savel (16) San Diego, 28:53. 2. Antonio Valencia (17) Campo, 33:03. 3. PJ Garahan (12) Coronado, 37:17. 18-24: 1. Javier Zavala (23) San Diego, 24:27. 2. Steve Young (22) FPO, 31:47. 3. Pedro Aranda (21) Tijuana, 33:06. 25-29: 1. Dan Kash (27) San Diego, 26:50. 2. Michael Johnston (29) Santee, 30:28. 3. Mark Leavitt (25) San Diego, 32:56. 30-34: 1. Gus Quinoniz (30) Los Alamitos, 25:03. 2. Chris Gray (32) San Diego, 28:24. 3. Andy Thacher (33) Poway, 29:33. 35-39: 1. Douglas Henson (37) San Diego, 30:24. 2. Thomas McDonough (39) San Diego, 30:50. 3. John Visosky (36) El Cajon, 31:58. 40-44: 1. Armando Fraire (41) Tijuana, 29:16. 2. Luis Gonzalez Arias (43) San Ysidro, 34:21. 3. Robert Oplinger (42) San Diego, 35:07. 45-49: 1. Murray Pearlman (46) Solana Beach, 32:33. 2. Spencer Wilson (47) Oceanside, 32:52. 3. Steve Norman (49) San Diego, 33:00. 50-54: 1. James Noto (54) San Diego, 33:07. 2. Harry Jackman (52) Coronado, 35:26. 3. Steve Chatfield (50) San Diego, 36:00. 55-59: 1. Arnie Amaya (55) national City, 33:34. 2. Michael Archuleta (55) San Diego, 37:71. 3. Melvin Jones (55) San Diego, 39:56. 60-64: 1. Antonio Verdin (63) Tijuana, 33:31. 2. Phillip Campbell (60) Cardiff, 35:54. 3. George Fowler (61) Mammoth Lakes, 41:36. 65-69: 1. Ollie Olivares (66) Lakeside, 36:31. 2. Terry Layton (65) San Diego, 44:07. 3. Jim Espinosa (66) Bonita, 45:32. 70-79: 1. Jack Green (70) Oceanside, 42:42. 2. John Cross (71) Bonita, 47:32. 3. Harold Mulder (74) 50:54. 80 & O: 1. Robert Kroger (80) San Diego, 46:00.

Division Results-Women

17 & U: 1. Angela Petersen (13) San Diego, 38:23. 2. Laurie O'Connor (12) San Diego, 39:42. 3. Ronya Shatila (16) San Diego, 40:28. 18-24: 1. Laurie Boyd (22) San Diego, 36:13. 2. Amanda Nickoloff (22) La Jolla, 41:53. 3. Ami Abeledo (22) Carlsbad, 42:34. 25-29: 1. Heather Black (25) Oceanside, 34:18. 2. Susan Hair (29) San Diego, 37:02. 3. Kathy Hollis (27) Westminster, CO, 37:03. 30-34: 1. Kelli Mathew (32) Coronado, 34:36. 2. Julianne Cormier (31) San

Diego, 36:32. 3. Jennifer Sommars (34) San Diego, 36:41. 35-39: 1. Leticia Luna (36) Tijuana, 34:54. 2. Penelope Towan (35) Coronado, 34:59. 3. Diana Tenio (39) San Diego, 35:29. 40-44: 1. Marianne Jager (42) San Diego, 41:14. 2. Lynn Konen (40) San Diego, 41:29. 3. Carol Lebeau (42) San Diego, 41:56. 45-49: 1. Willie Mundt (47) El Cajon, 35:40. 2. Jan Hadley (46) Coto De Gaza, 38:12. 3. Jane Dalton (45) Coronado, 40:18. 50-54: 1. Ursula Tains (54) Chula Vista, 37:37. 2. Mary McCalister (54) Ramona, 41:42. 3. Joyce Finley (51) Coronado, 42:03. 55-59: 1. Judy Cahoon (57) San Marcos, 45:27. 2. Virginia Lopez (55) Chula Vista, 49:06. 3. Mary Alice Isenhardt (59) Carlsbad, 1:13:23. 60-64: 1. Teresa Verdini (61) Tijuana, 54:24. 70-79: 1. Mary Storey (71) Riverside, 42:26. 80 & O: 1. Judy Simon (80) La Mesa, 52:24.

Wildflower Run

April 14, Morgan Hill

Division Results-10K Men

Overall: 1. J. Marden, 32:49.11. 2. Jim Christensen, 32:49.84. 3. Stacy Van Horn, 33:56.67. 9-12: 1. J. Hill, 48:54.66. 2. D. DeMars, 53:30.39. 3. Kelly Curtis, 110:13.41. 13-18: 1. Kalama Akana, 36:20.88. 2. Ben Moser, 47:50.84. 19-29: 1. Hector Leija, 34:27.77. 2. Ismael Garcia, 36:54.82. 3. J. Martinez, 37:42.47. 30-39: 1. J. marden, 32:49.11. 2. Jim Christensen, 32:49.84. 3. Stacy Van Horn, 33:56.67. 40-49: 1. Mike Rudd, 39:07.29. 2. David Pogue, 39:53.50. 3. David Imboden, 40:12.78. 50-59: 1. Jan Valencia, 38:21.81. 2. Jim Howe, 38:40.28. 3. Don Charlesworth, 42:08.27. 60 & O: 1. Chuck Wilson, 42:55.55. 2. Bill Flobberg, 43:10.34. 3. John Wells, 53:55.60.

Division Results-10K Women

Overall: 1. Elizabeth Nast, 40:35.87. 2. Leslie Asbury, 40:45.82. 3. Cynthia Hinz, 41:10.49. 13-18: 1. Melanie Hahn, 46:51.31. 2. Kristen McLeay, 49:51.81. 3. Sara Rhea, 49:58.47. 19-29: 1. Leslie Asbury, 40:45.82. 2. Lina Hofmann, 42:41.92. 3. T. Netsch, 43:52.20. 30-39: 1. Elizabeth Nast, 40:35.87. 2. Cynthia Hinz, 41:10.49. 3. Kim Moyano, 46:57.71. 40-49: 1. Susan Holcomb, 46:18.58. 2. Marti Menz, 48:30.05. 3. C. Pokriots, 49:36.4. 50-59: 1. B.J. Empey, 53:18.19. 2. D. Thompson, 59:57.36. 3. Elizabeth Fallon, un.

Division Results-2K Boys

Overall: 1. Donnie Copeland, 8:47.5. 2. Justin Nakasaki, 9:06.3. 3. Kyle Fronckowiak, 10:25.5. 8 & U: 1. Adrian Zrebski, 11:11.5. 2. Rodney Spencer Jr., 11:11.8. 3. Chris Curtis, 12:31.1. 9-12: 1. Donnie Copeland, 8:47.5. 2. Justin Nakasaki, 9:06.3. 3. Kyle Fronckowiak, 10:25.5.

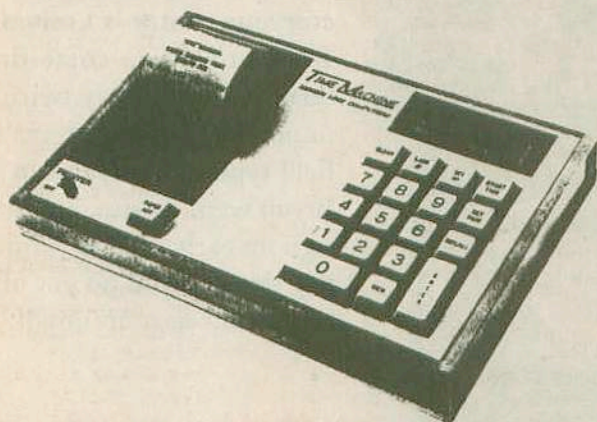
Division Results-2K Girls

Overall: 1. Cameron Bair, 9:05.05. 2. Nicole Rousseve, 9:13.0. 3. Kristine Amaya, 9:38.0. 8 & U: 1. Alyssa Zrebski, 10:50.1. 2. Alyssa Amaya, 15:06.2. 3. Julianne Curtis, 15:08.7. 9-12: 1. Cameron Bair, 9:05.05. 2. Nicole Rousseve, 9:13.0. 3. Kristine Amaya, 9:38.0.

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Wharf to Wharf

Santa Cruz, California

This summer, on July 28, a few fast runners will be in Atlanta for the centennial celebration of the Olympic Games. If you aren't going to Atlanta, you don't have to be left at home on the couch. Get out and show your Olympic Spirit. Run Wharf to Wharf in Santa Cruz.

Go for the challenge, inspiration and fun of the spectacular 10k seaside course, forty live bands, and throngs of festive fans. Go for the cash prizes, top 100 windbreakers and coveted finisher tee shirts or just go to groove on Santa Cruz.

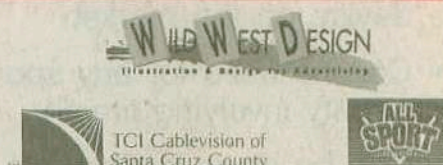


But get going soon, because, just like the Olympics, Wharf to Wharf is not for everyone. Entry is limited to 14,000 on a first-come-first-served basis. Nearly twice that number apply each year. The field typically sells out in June. If you want to run, you must sign up early. There is no race-day registration. So get off the couch and sign up now!!

It's the best little roadrace in California.

Go for it!!

Wharf to Wharf is a footrace. Runners, joggers and walkers welcome. Pets and wheeled vehicles including bikes, roller blades, skateboards and baby strollers are prohibited. Special considerations provided for wheelchairs and other runners with special needs.



OFFICIAL ENTRY FORM

1996 WHARF TO WHARF RACE

SUNDAY JULY 28-8:30 A.M.

NAME											BEST 1995 10K TIME			YOUR AGE ON RACEDAY		
ADDRESS											TARGET TIME FOR WTW 10K			SEX		
CITY					STATE			ZIP				DAY TELEPHONE				
<input type="checkbox"/> WHEELCHAIR ATHLETE <input type="checkbox"/> ATHLETE WITH OTHER SPECIAL NEEDS (SPECIFY)																

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to participants, volunteers, spectators, coaches, event officials and event monitors and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in this event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said event. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, heirs, next of kin, successors and assigns as follows: (A) Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event. THE FOLLOWING ENTITIES OR PERSONS: WHARF TO WHARF RACE INC., CITY OF SANTA CRUZ, COUNTY OF SANTA CRUZ, CITY OF CAPITOLA, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether cause by negligence of releases or otherwise. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and/or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible. Under applicable law, I certify that I have read this document; and, I understand its content.

PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, claim, damage, whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents of legal guardian. I agree to comply with all race rules and instructions of race officials and I understand that right to reject any race entry application or issue special invitations is reserved by Wharf to Wharf Race, Inc.

Signatures

Runner

Parent/Guardian if under 18

Date

ONLY ONE ENTRY PER FORM (FORM MAY BE PHOTOCOPIED), FORM MUST BE SIGNED

Clip and mail with check for \$18.00 to: WHARF TO WHARF RACE, Box 307, Capitola, CA 95010

If your check is cashed you are in. If you do not make the 14,000-runner cut your check will be returned. ONCE ACCEPTED ENTRY FEES ARE NOT REFUNDABLE.