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# CALIFORNIA

## Track & Running News

November / December 1997

Issue No. 231

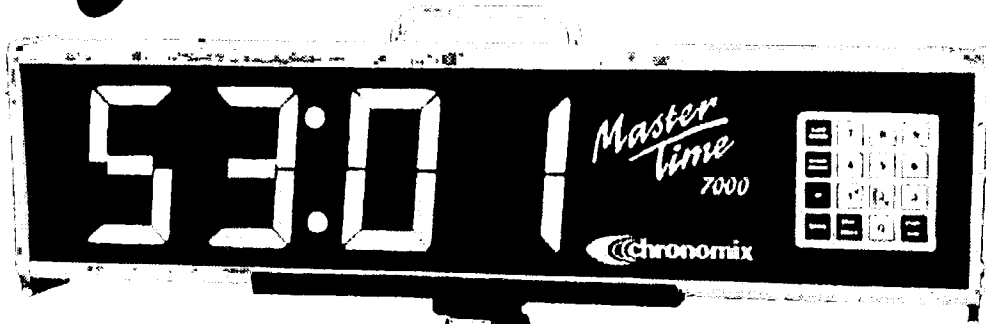


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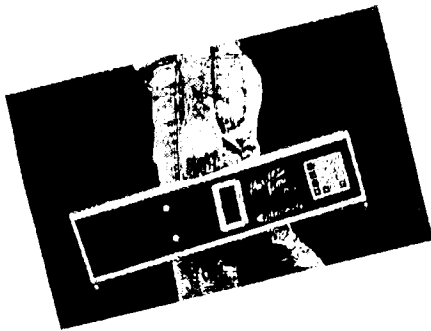
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# CALIFORNIA

## Track & Running News

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## FROM THE EDITOR

After 230 issues and nearly 24 years, this is the final issue of *California Track and Running News* that Judy and I will publish. CTRN was born in our living room in 1973, the first year of our marriage. It has continued to fill a big space in our living room, and in our growing family, ever since. Much of what the Cockerham family is and does has revolved around cross country/track & field in California. The journey has been great! We've loved it. It is time, however, for a weary runner to pass the baton to a fresh pair of legs which can not only continue but pick up the pace.

The new owner of CTRN is Larry Eder, whom I am sure many of you already know. Larry has a proven "track" record in the publication business as the publisher of *American Track & Field*. Working with Larry as the new editor will be Cynci Calvin who has been filling that role with the *Pacific Athlete* magazine. Larry and Cynci will continue to provide coverage of what you have come to expect from CTRN and more. Their first issue, the February/March issue will come out January 15, 1998.

From the beginning, the aim of CTRN has been to provide a method of communication, education and recognition for California's track and running communities. Athletes and coaches needed and deserved better than what we saw, and so we have tried to provide it over the past 24 years.

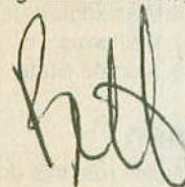
Ever since I slipped on my first singlet as a Duarte High School sophomore back in 1960 I have been "hooked" on cross country/track & field. I have benefited much from the sport. CTRN was a way that something could be given back.

Cross Country/Track & Field is a wonderful sport. A very noble sport. While reflecting on what it is that makes this such a wonderful sport, I realized that a big factor was the people involved. The athletes, the coaches, the officials, the meet

directors, and the fans -- these are what has made the sport what it is.

"Thank you" to each of you for your part in it and for enriching our lives in the process.

It would not be impossible for Judy and I to thank everyone who helped make CTRN happen over all these years. There have many who, for the love of the sport, have donated time and effort to bring you what you wanted in a track and running magazine. The magazine would not have been possible without their consistent and enthusiastic support month after month. And, I might add, for no pay. It is to these faithful and devoted staff that we dedicate our final issue of *California Track and Running News*. It's been good.



**ON THE COVER** (clockwise from top left): 23 Years of highlights including LOUIE QUINTANA (photo by Kirby Lee), BRIAN BLUTREICH (photo by Barbara DeGroot), STEVE SCOTT & MARION JONES (photos by Bill Leung, Jr./Geek Media), JOE RICHARDSON (Fine Flicks by Don Gosney), BECKY SPIES (photo by Bill Leung, Jr./Geek Media), JULIA STAMPS (left) & KRISTEN GORDON (photo by Bill Leung, Jr./Geek Media), RICH KIMBALL, LESLIE DENIZ (photo by Dave Stock) and JEFF NELSON (middle) in the 2 Mile (photo by Dave Stock).



# SoCAL DIARY

## Cross Country Prediction

By Bill Minarik

*Prediction based on pre-season information. We will be able to check his intuition(?) and accuracy very soon.*

### Pac-10 Men

Stanford appears to be starting a dynasty similar to what USC had in track back in the 50's. Besides their returnees from last year's runaway National Champs, they bring in what has been reported to be one of the best recruiting classes in cross country history. Oregon is a solid but distant second, while Arizona will beat out UCLA due to a better freshman crop.

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

### Pac-10 Women

The Cardinals will also rule this domain in a manner not much different than the men. Arizona appears to have the muscle to move into second, while UCLA could grab third if Kim Mortensen stays injury free.

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

### CCAA Men

Cal Poly Pomona still has the depth to prevail here with UC San Diego in for a solid second. UC Riverside seems to be in

the show position in a conference which doesn't appear to have changed much from last year.

- |                   |                   |
|-------------------|-------------------|
| 1. CalPoly Pomona | 4. Cal State L.A. |
| 2. UC San Diego   | 5. Grand Canyon   |
| 3. UC Riverside   |                   |

### CCAA Women

While Grand Canyon and UC San Diego appear to be as close as they were last year, Cal State LA, thanks to a good recruiting year will make it a three-team race.

- |                 |                    |
|-----------------|--------------------|
| 1. UC San Diego | 4. UC Riverside    |
| 2. Grand Canyon | 5. Cal Poly Pomona |
| 3. CSLA         |                    |

### SCIAC Men

The race here pits Claremont-Mudd Scripps depth against Oxy's front line strength. There doesn't appear to be any freshmen who will get the Bengals any closer than they were last year, so I'll go with CM again with Redlands moving ahead of Whittier for third.

- |                  |                  |
|------------------|------------------|
| 1. Clare-MuddScr | 5. Pomona-Pitzer |
| 2. Occidental    | 6. Cal Tech      |
| 3. Redlands      | 7. La Verne      |
| 4. Whittier      | 8. Cal Lutheran  |

### SCIAC Women

Claremont again appears to be the class of the field with Pomona-Pitzer the only school with enough depth to challenge them. Whittier should move past Oxy into the show position.

- |                  |                 |
|------------------|-----------------|
| 1. Clare-MuddScr | 5. Cal Tech     |
| 2. Pomona-Pitzer | 6. La Verne     |
| 3. Whittier      | 7. Redlands     |
| 4. Oxy           | 8. Cal Lutheran |

### SoCal Community College Men

Both of last year's powerhouses, Moorpark and Pasadena, return 4 of their top 7, but will be hard-pressed to get by Riverside which returns its first 3 and brings in 2 top freshman which give them the top team on paper. Trade Tech will top 7 all returning could challenge for #1.

- |              |               |
|--------------|---------------|
| 1. Riverside | 4. Trade Tech |
| 2. Moorpark  | 5. Glendale   |
| 3. Pasadena  |               |

### SoCal Community College Women

With L.A. Mission College having dropped cross country, Mt. SAC should have everything to themselves this year. Orange Coast should get in for second with Pasadena CC third.

- |                 |                   |
|-----------------|-------------------|
| 1. Mt. SAC      | 4. San Diego Mesa |
| 2. Orange Coast | 5. Moorpark       |
| 3. Pasadena CC  |                   |



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# PREDICTIONS

By Bob Womack

*Right after the 1996 Olympic Games, Bob Womack went out on his traditional limb by venturing to pick the U.S. Olympic Team for the next Olympics -- Sydney in the year 2000. As one of the premier cross country and track announcers in the nation, Bob is used to sticking his neck out. As with his announcing, he calls it as he sees it. This is the concluding article in his series of Olympic Predictions.*

## WOMEN--Part VI Conclusion

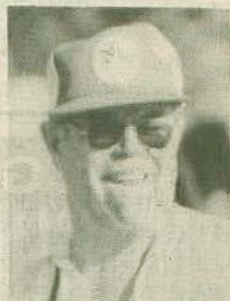
### HORIZONTAL JUMPS

It will seem like a strange 2000 U.S. Olympic team without **Jackie Joyner-Kersey**. The last US team to actually get to an Olympics or world championships minus Jackie was at Montreal in 1976, when **Gerald Ford** was President and catching heat for picking an obscure Kansas senator as his running mate.

**Bob Womack** -- track-and-field-fan/expert-without-parallel, announcer of many California collegiate track and cross country events, voice of Foot Locker Cross Country West -- Bob serves

CTRN as creator and maintainer of the High School All-Time Lists and contributor of many special features.

A C.P.A. when not following track, Bob lives and works in Fresno, CA.



Nevertheless, Jackie has retired, taking with her a valid claim to being the world's greatest woman athlete ever. (You can make a claim for **Babe Didrikson** but her career was brief. And, as baseball's **Branch Rickey** used to say, "The hallmark of greatness is durability.")

So, what of life for American long jumping after Joyner-Kersey? Well, **Shana Williams** looked like the heiress apparent at the Trials, where she became the third American 23-footer, then fouled all of her qualifying jumps at the Games.

**Marieke Veltman's** high-strung temperament is a two-edged sword; it worked for her at Atlanta in June, where she made the team with a big final jump and against her in July, when she couldn't get out of the qualifying. **Sharon Couch** was on the 1992 Olympic team and got pushed off the '96 team only by Veltman's last minute come-through. She has since dumped her long time coach, and moved back East to start over from Square One.

Then there are the "usual suspects," the jumpers who've been filling the places in the nationals for the last decade—people like **Gwen Loud**, **Sheila Echols**, **Julie Bright**, **Sheila Hudson**, **Tonya Sedwick**—who are pushing into their 30's, in some cases well into their 30's.

Of the younger crop, **Angee Henry** looked tough in winning the NCAA meet but couldn't find the board at the Trials. A couple of North Carolinians, **Nicole Gamble** and **LaShonda Christopher**, would appear to be better-suited to the triple jump. The national junior champion, Californian **Jernae Wright**, has good sprint speed but her 20-9 PR is a couple of feet short of what it takes to compete at world level.

The ironic thing is that the U.S. had two terrific jump prospects who should have been money in the bank all the way through 2004: **Juliana Yendork** and **Marion Jones**. Both have had a long

chain of injuries, and while while Jones is still talking about a comeback in 1997, Yendork has apparently decided to get on with the rest of her life.

By the time the triple jump finally got on the Olympic program this year, **Sheila Hudson**, America's best for nearly a decade and one of the best in the world at one point, has been left in the dust by East Europeans who were jumping into the next time zone. Hudson will be 33 at Sydney, and while she is still likely to be a contender for the US team, she is not likely to be jumping the 49 feet or so it will probably take to medal.

On the other hand, I'm not at all sure any American will be. Her two teammates in Atlanta, **Cynthia Rhodes** and **Diana Orange**, are the same age, and **Wendy Brown**, who was fourth in the Trials, is even older.

The best young jumper appears to be **Telisa Young**, who broke through with PR's at the Trials and in Europe. The North Carolina U. pair of **Gamble** and **Christopher** also figure here. Of the two, **Gamble**, the 1996 junior champ, appears to have the most potential and competitive ability. **Vanette Kinard** of Kansas State and **Amy Littlepage** of Cal are two other collegians of promise and there were a number of stars in this year's high school ranks: **Dahlia Ingram**, **Alisha Broushard**, and **Deanna Simmons**.

### U.S. Olympic Team Predictions: Long Jump

Shana Williams  
Sharon Couch  
Sheila Hudson

### U.S. Olympic Team Predictions: Triple Jump

Telisa Young  
Nicole Gamble  
Sheila Hudson.



## OLYMPICS 2000 / PREDICTIONS

### THROWS

Say goodbye to **Connie Price-Smith** and **Ramona Pagel**, too. After carrying the hod for the US in the shot for the last decade (three Olympics for Price-Smith, four for Pagel), they're headed for retirement, leaving America's hopes in the event pinned on a group of developing youngsters.

Chief among these youngsters is UCLA's **Valeyta Althouse**, although she had to be disappointed in her 1996 season—upset in the NCAA, making the Olympic team only when **Dawn Double** couldn't get a qualifier, and then bombing at the Games. But she is already the fourth best US thrower ever at age 22 and only likely to get better.

Dumble is still around, of course, but she seems to have plateaued in the 57-58 foot range and, as the smallest of the top putters, is not likely to get that much better. **Eileen Vanisi** has distinguished herself for amazing talent and equally incredible inconsistency. She had huge years in 1991 and 1994; if the every-third-year pattern holds in 1997, you might want to make a hunch play on her for Sydney.

**Amy Steer**, the surprise NCAA winner, confirmed her potential by throwing well at the Trials but finished behind **Amy Christiansen**, also a collegian, who PR'd.

**Paulette Mitchell**, who impressed as a major talent at the 1992 Trials, has apparently opted for the hammer. And the best (by far) of the '96 prep crop, **Seilala Sua**, who won the junior title by three feet, is headed for discus stardom.

The cupboard in that event is very well stocked, thank you. **Suzy Powell**, the Trials winner at 20, figures to be in the 210-215 range in four years and a force for the next decade. **Aretha Hill**, who also made the return trip to Atlanta, has even more potential—bigger and a tough competitor who beat Powell at the PAC-10 and produced an Olympic qualifying mark under pressure. And there's Sua, who threw 181 feet for eighth at the Trials as an 18-year-old high school senior and then told reporters she was "disappointed" with her performance.

And there's more. Of all the US Olympians, none had a longer or rockier road to Atlanta than **Lacy Barnes-Mileham**. And while Lacy will be 36 at Sydney, an age at which most athletes are heading for the barn, Lacy may well decide she wants to enjoy the view from the top a while longer. You can count on her to throw in 195-200 range and while logic suggests that the young lionesses will be throwing farther by then, they are going to have to do it on the day. (An incentive for her to stick around is that she could conceivably be part of the first mother-daughter combination in Trials history. **Cecelia Barnes-Mileham**, a high school sophomore, won her California section meet.)

And there are the "usual suspects"—**Dawn Dumble**, **Melissa Weis**, **Carla Garrett**, **Janet Hill**—who've been around for a while, each capable of having a breakthrough that could produce an Olympic berth, especially if one or more of the favorites is having a bad day. **Erica Ahmann**, from Cal Poly SLO, could be a sleeper; she's younger than the above group and has shown a knack for producing her best form in hot competition.

And from the prep ranks, besides Sua, there is **Chaniqua Ross**, who won the California title as a sophomore, and the even larger **Darlene Tulua**, who had an eye-popping shot and discus marks in her section meet but had a bad state meet.

Finally, and I don't know what to tell you about them, there is **Edie Boyer** and **Kristin Kuehl**. They were among the favorites to make the '96 Olympic team, given their size, talent, and showing at the prior year's nationals. And they choked up like a sinkful of coffee grounds at the Trials. Boyer's one legal throw was under 150 feet and Kuehl never did get in a fair throw. I won't say they won't be back, but I wouldn't count on them, either.

The hammer throw will be added to the world championship program in 1997 and to the Olympics in 2000 and pretty much the same thing has happened as in the triple jump. The **Bonnie Edmonsons** and **Sonia Fittses** who pioneered the sport in the United States have been left behind

and a new group of throwers has arisen, most of whom have been throwing for only two or three years, which sets up a classic good news, bad news situation.

The bad news is the inexperience. Let me give you a sample: At the Olympic Trials, the cage was set up in technical compliance with international rules, but with the practical effect of shutting off the right side of the sector. The more experienced men throwers had little problem; they just adjust their release to aim their throws for the left half of the sector. (This is why **Carl Lewis** had to dodge stray hammers in the long jump qualifying.) The women lacked the experience and of the 99 throws in qualifying, 25 hit the cage and landed in fair territory.

The good news is, of course, that these throwers are young and going to get better. How fast they are improving can be seen from the fact that the American record was broken almost every week during the season and wound up 16 feet farther at season's end.

As of now, only one American, **Dawn Ellerbe**, is throwing at world class level, a situation likely to change without notice. Possibly the most intriguing entry is **Paulette Mitchell**, who set an AR in her eleventh-ever competition. And there is a whole barrel full of collegians pressing behind her: **Leslie Coons**, **Theresa Findlay**, **Katie Panke**, **Dawn Tabla**, **Amy Christiansen**, **Kiyomi Parish**, **Windy Dean**. Some of these will probably wind up in other events (Christiansen looks better in the shot and Dean is desperately needed in the javelin), but you can expect more people popping out of the woodwork continually—which is true for any event just really getting started.

The javelin presents no such rosy picture. Only four American throwers active in 1996 have ever thrown 200 feet—and it took 202 to make the final at Atlanta. Of those four, **Donna Mayhew** and **Paula Berr** have been injured to the point where they are not likely to reach 200 again. Mayhew, in fact, has announced her retirement. The other two, **Nicole Carroll** and **Erica Wheeler**, have done it once



each. Carroll is the more likely to produce future results. She is slightly younger (32 at Sydney to Wheeler's 33), has been improving consistently, and throws better under pressure. Going into the Trials, she was the only thrower with an Olympic qualifier so that competition was literally winner-take-all. Carroll was third going into the final throw; she needed it to make the team and she did. (Wheeler threw a qualifier later, so Nicole would have gone anyway, as it proved, but you wouldn't have wanted to bet on it at the time.)

The bright hope for the future is NCAA champion **Windy Dean**, who was the team for five throws at Atlanta. There is not a lot coming up behind her; she won the NCAA by almost 20 feet. And the junior title went at 162.

This opens the door for current second-tier throwers; anybody who can get to Olympic qualifying distance (196-11) has an excellent chance to make the team. This should be a good incentive for people like **Lynda Lipson** (also bumped off the '96 USOT for lack of a qualifier), **Meg Foster**, **Kristin Dunn**, **Ashley Selman**, and **Jen McCormick** to keep at it for another four years. It happened for Carroll and Wheeler, it can happen for them.

## U.S. Olympic Team Predictions: Shot Put

Valeyta Althouse  
Teri Steer  
Amy Christiansen.

## U.S. Olympic Team Predictions: Discus

Suzy Powell  
Aretha Hill  
Seilela Sua.

## U.S. Olympic Team Predictions: Hammer

Dawn Ellerbe  
Paulette Mitchell  
Leslie Coons

## U.S. Olympic Team Predictions: Javelin

Windy Dean  
Nicole Carroll  
Lynda Lipson.

## HEPTATHLON

There are a series of thresholds in the heptathlon: A score of 5000 labels you as a prospect (at least if you're young enough); 5400 is the threshold for collegiate competition at the national level; 5800 for the national level; 6200 for world class; and 6660 for medal contention. The United States has had one real medal contender since women's multi competition expanded from five events to seven in 1981 and **Jackie Joyner-Kersey** went to the well once too often this year and came up dry. Now, the US needs somebody to step up from the level below.

The most likely candidate is **Kelly Blair**, the Trials winner and eighth at the Games, who is the youngest of the group at the next level. **Sharon Hansen**, who capped a long career with a top-10 finish at Atlanta, and **Kim Carter**, the No. 2 American heptathlete behind JJK for the last several years, are not much younger than Jackie. And **DeDe Nathan** and **Jamie McNair** look to be close to their maximum potential plus McNair has a consistency problem. Which means we have to look to the level beyond that for help.

**Windy Simmons**, **Crossa Yasen**, and **Nicole Haynes** all PR'd at the Olympic Trials, which says something for their competitive abilities. Simmons has been sneaking up the ladder unnoticed for several years; she has no really strong events—but no weak ones, either. Yasen has a potential monster event in the high jump and throws the javelin well, something that most heptathletes don't; but she needs a lot of work in the shot and her basic speed is so-so. Haynes, who finished second to Yasen at NCAA, is an

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excellent thrower, but with even less speed than Yasen. In the forest behind them, I like a pair of Brigham Young athletes, **Alicia Brimhall** and **Tiffany Lott**. Lott, the 1994 national junior champ, was scheduled to make a push for the '96 team. Her BYU coaches redshirted her to keep her from competing in six of seven events every week in dual meets, but she got hurt. If she's sound, she'll be back. In the prospect category are three Californians: **Kelly O'Bric**, **Tracye Lawyer**, and **Ashley Bethel**, who finished in that order at juniors. But 2004 might be a more realistic arrival date for them.

## U.S. Olympic Team Prediction:

Kelly Blair  
DeDe Nathan  
Tiffany Lott



# All-Time California High School Boys List

## By Robert Womack

The All-Time California Boys High School List includes marks received through July 23, 1997.

I, again, acknowledge the help of others, including, but not limited to, Ron Blackwood, Steve Brand, Keith Conning, Scott Fairley and Jack Shepard. Responsibility for errors and omissions is entirely that of the writer. Please send additions and corrections to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710 or FAX to (209) 225-6951.

Also again, numbers following the year of performance indicate the number of state championships won.

I have accepted Van Mounts' 71-10 "foul" at the National Scholastic Meet as legitimate so that it is not only the state junior class record, but also makes Mounts the No. 2 performer all-time. (Sharp-eyed readers of the lists will have noted that we gave the same treatment to Suzy Powell's 1995 Modesto mark in the girls' discus, which is the state record.) My reasoning is that the put in question was well within the sector, as defined by high school rules. However, the NSO was using the (narrower) international sector and Mounts' throw landed inches outside the foul line. Why the National Scholastic, as a high school meet, was using the international sector is an excellent question. An even better one might be why there are multiple sets of rules in the first place?

-Bob Womack

## 100 Meters

**State Meet Record:** 10.30 Riley Washington (Southwest, San Diego) 1992 at Norwalk. **Frosh:** 10.62 Marquez Holliwell (West, Bkfld) 1992. **Soph:** 10.43 Bryan Howard (Canyon Springs, Moreno Vly) 1993. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.25 Henry Thomas (Hawthorne) 1985.

|       |                                       |      |
|-------|---------------------------------------|------|
| 10.25 | Henry Thomas (Hawthorne)-1 @ERock     | 1985 |
| 10.29 | Ricky Carrigan (Compton)-1            | 1991 |
| 10.30 | Quincy Watts (Taft, Woodland Hills)-1 | 1987 |
| 10.30 | Riley Washington (Southwest, SD)-1    | 1992 |
| 10.31 | Bryan Howard (CynSpr, MorVly)-1       | 1994 |
| 10.33 | Marquez Holliwell (West, Bkfld) -1    | 1995 |
| 10.36 | Corey Ealy (Muir, Pasadena)           | 1987 |
| 10.37 | Pat Johnson (Redlands)-1              | 1994 |
| 10.39 | Kenny Robinson (Berkeley)-1           | 1981 |
| 10.39 | Ray Brown (Muir, Pasadena)            | 1984 |
| 10.41 | Tony Miller (Riordan, San Francisco)  | 1987 |
| 10.41 | Stoney Jordan (Indio)                 | 1993 |
| 10.41 | Barry Smith (Mission, San Francisco)  | 1989 |
| 10.42 | Benari Burroughs (Indep, San Jose)    | 1988 |
| 10.42 | Curtis Conway (Hawthorne)-1           | 1989 |
| 10.42 | Bryan Harrison (Dana Hills)           | 1995 |
| 10.43 | Jeff Laynes (Oakland)                 | 1989 |
| 10.44 | Stanley Davis (Inglewood)             | 1984 |

|       |                                       |      |
|-------|---------------------------------------|------|
| 10.45 | Darron Norris (El Camino (Oceanside)  | 1984 |
| 10.45 | Jim McGee (Sacramento) -1             | 1996 |
| 10.45 | Vince Williams (Univ City, San Diego) | 1996 |
| 10.46 | Kevin Willhite (Cordova, RCordova)    | 1981 |
| 10.46 | Gentry Bradley (Plus X, Downey)       | 1992 |
| 10.46 | Tierre Sams (Edison, Fresno)          | 1996 |
| 10.47 | Miguel Fletcher (Alemany, MissHills)  | 1996 |

### Hand Timing:

|      |                            |      |
|------|----------------------------|------|
| 10.2 | Michael Sanford (Pasadena) | 1979 |
|------|----------------------------|------|

## 200 Meters

(\*220 Yards Minus 0.12)

**State Meet Record:** 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Frosh:** 21.15 Warren Rogers (Serra, Gardena) 1997. **Soph:** 20.97 Quincy Watts (Taft, Woodland Hills) 1986 and Kareem Kelly (Poly, Long Beach) 1997. **Junior:** 20.50 Quincy Watts (Taft, Woodland Hills) 1987. **Senior:** 20.53 Brian Bridgewater (Washington, L.A.) 1988.

|       |  |      |
|-------|--|------|
| 20.50 | Quincy Watts (Taft WdIndH) at Provo-2  | 1987 |
| 20.53 | Brian Bridgewater (Washington, L.A.)-1 | 1988 |
| 20.57 | Calvin Harrison (North, Salinas)-1     | 1993 |
| 20.62 | Sultan McCullough (Muir, Pasadena)     | 1997 |
| 20.64 | Henry Thomas (Washington, L.A.)-2      | 1985 |
| 20.67 | Bryan Howard (Cyn Spr, MorVly)         | 1994 |

|   |                                       |      |
|---|---------------------------------------|------|
| 20.68*                                    | James Sanford (Pasadena)              | 1977 |
| 20.77                                     | Obea Moore (Muir, Pasadena) -1        | 1996 |
| 20.80                                     | Corey Ealy (Muir, Pasadena)           | 1987 |
| 20.81                                     | Kevin Willhite (Cordova, RCordova)-1  | 1981 |
| 20.82                                     | Michael Marsh (Hawthorne)-1           | 1985 |
| 20.82                                     | Barry Smith (Mission, S.F.)-1         | 1989 |
| 20.83                                     | Pat Johnson (Redlands)-1              | 1994 |
| 20.85                                     | Ricky Carrigan (Compton)-1            | 1991 |
| 20.88*                                    | Michael Sanford (Pasadena)            | 1979 |
| 20.89                                     | Curtis Conway (Hawthorne)             | 1989 |
| 20.91                                     | Bill Green (Cubberley, Palo Alto)     | 1979 |
| 20.97                                     | Danny Everett (Fairfax, L.A.)         | 1985 |
| 20.97                                     | Kareem Kelly (Poly, Long Beach)       | 1997 |
| 20.99                                     | Vince Williams (Univ City, San Diego) | 1996 |
| 21.00                                     | Raymond Ethridge (Crawford, SDiego)   | 1987 |
| 21.01                                     | Chip Rish (Marina, Huntington Beach)  | 1985 |
| 21.03                                     | Ken Robinson (Berkeley)-1             | 1981 |
| 21.06                                     | Marquez Holliwell (West, Bkfld)       | 1995 |
| 21.06                                     | Miguel Fletcher (Alemany, Miss Hills) | 1996 |
| <b>Hand Timing: (*220 yds. minus 0.1)</b> |                                       |      |
| 20.6*                                     | Phil Underwood (Dorsey, L.A.)-1       | 1966 |
| 20.6*                                     | Mel Gray (Montgomery, Santa Rosa)-1   | 1967 |
| 20.7*                                     | Carl McCullough (Sacramento)          | 1972 |
| 20.7*                                     | Mike Farmer (Wilson, S.F.)            | 1974 |
| 20.7*                                     | Dupree Branch (Barstow)               | 1976 |
| 20.7                                      | Eric Coleman (Monrovia)               | 1982 |
| 20.8*                                     | James Hines (McClymonds, OkInd)-1     | 1964 |
| 20.8*                                     | Dave Masters (El Cerrito)             | 1967 |
| 20.8*                                     | Millard Hampton (Silver Crk, SJose)-1 | 1974 |

## 400 Meters

(\*440 Yds. Minus 0.26)

**State Meet Record:** 45.25 Calvin Harrison (North, Salinas) 1993 at Cerritos. **Frosh:** 46.96 Obea Moore (Muir, Pasadena) 1994. **Soph:** 45.14 Obea Moore (Muir, Pasadena) 1995. **Junior:** 45.27 Obea Moore (Muir, Pasadena) 1996. **Senior:** 45.09 Henry Thomas (Hawthorne) 1985.

|        |                                      |      |
|--------|--------------------------------------|------|
| 45.09  | Henry Thomas (Hawthorne) at Berlin   | 1985 |
| 45.14  | Obea Moore (Muir, Pasadena) -1       | 1995 |
| 45.25  | Calvin Harrison (North, Salinas)-1   | 1993 |
| 45.51  | Bill Green (Cubberley, Palo Alto)-1  | 1979 |
| 45.76  | Danny Everett (Fairfax, L.A.)        | 1985 |
| 45.76  | Steve Lewis (American, Fremont)-2    | 1987 |
| 46.04  | Chip Rish (Marina, Huntington Bch)-2 | 1985 |
| 46.15  | Michael Granville (Bell Gardens)     | 1995 |
| 46.16  | Steve Campbell (Alta Loma, Ontario)  | 1995 |
| 46.25  | Alvin Harrison (North, Salinas)      | 1993 |
| 46.34* | James Sanford (Pasadena)-1           | 1977 |
| 46.34  | Tyree Washington (LaSierra,Rivsd)    | 1995 |
| 46.38  | Fabian Cooper (Washington, L.A.)-1   | 1982 |
| 46.49  | Tony Berrian (Atwater)               | 1997 |
| 46.53  | Eddie Levine (Golden Vly, Merced)-1  | 1997 |



# All-Time Boys

|  |                                      |      |
|--|--------------------------------------|------|
| 46.57*                                   | Dave Timmons (Oakland)-1             | 1981 |
| 46.62                                    | Jerome Davis (Burroughs, Ridg)       | 1995 |
| 46.63                                    | Beno Bryant (Dorsey, L.A.)-1         | 1989 |
| 46.67*                                   | Rod Bethany (Fontana)                | 1978 |
| 46.67                                    | Quincy Watts (Taft, Woodland Hills)  | 1988 |
| 46.68                                    | Derrick Shepard (Lincoln, SF)-1      | 1992 |
| 46.68                                    | Felton Charles (McClymonds, Oakland) | 1996 |
| 46.72                                    | Richard Dupree (Mt. Pleasant, SJ)-1  | 1992 |
| 46.75*                                   | Ron Williams (Chatsworth)            | 1977 |
| 46.80                                    | Blair McMurray (Compton)             | 1982 |
| <b>Hand Timed: (*440 yds. minus 0.3)</b> |                                      |      |
| 45.7                                     | Chip Rish (Marina, Hunt Bch)-2       | 1985 |
| 45.8*                                    | Ulis Williams (Compton)-2            | 1961 |
| 46.3*                                    | Larance Jones (Lemoore)-1            | 1969 |
| 46.4*                                    | Jerry White (Corcoran)-2             | 1956 |
| 46.4*                                    | Edesel Garrison (Centennial, Comp)-1 | 1968 |
| 46.4*                                    | Tony Krzyzosiak (Garden Grove)-1     | 1971 |
| 46.4*                                    | Dave Timmons (Oakland)-1             | 1981 |
| 46.5*                                    | Ray Johnson (Blair, Pasadena)        | 1971 |
| 46.5*                                    | Rod Bethany (Fontana)                | 1978 |
| 46.6*                                    | Lee Evans (Overfelt, San Jose)       | 1965 |
| 46.6*                                    | Mike Newton (Whittier)-1             | 1967 |
| 46.6*                                    | Wayne Collett (Gardena)-1            | 1967 |
| 46.6*                                    | Derald Harris (Pittsburg)-1          | 1976 |
| 46.6                                     | James Levine (Golden Vly, Merced)    | 1997 |

## 800 Meters

(\*880 Yds. Minus 0.7)

**State Meet Record:** 1:46.45 Michael Granville (Bell Gardens) 1996 @ Norwalk. **Frosh:** 1:51.03 Michael Granville (Bell Gardens) 1993. **Soph:** 1:48.98 Michael Granville (Bell Gardens) 1994. **Junior:** 1:47.96 Michael Granville (Bell Gardens) 1995. **Senior:** 1:46.45 Michael Granville (Bell Gardens) 1996.

|         |  |      |
|---------|--|------|
| 1:46.45 | Michael Granville (BGard)-2 @Norwalk   | 1996 |
| 1:47.31 | Pete Richardson (Berk) at Norwalk-1    | 1981 |
| 1:47.8* | Dale Scott (El Cerrito)-1              | 1972 |
| 1:48.1* | Richard Joyce (Sierra, Whittier)-1     | 1065 |
| 1:48.2  | Jeff West (Crenshaw, L.A.)             | 1979 |
| 1:48.3* | Clark Mitchell (Bakersfield)           | 1965 |
| 1:48.40 | Aaron Richberg (Logan, Union City)-1   | 1995 |
| 1:48.5* | Dennis Carr (Lowell, Whittier)-1       | 1963 |
| 1:48.5* | Robert Hose (Madison, San Diego)-1     | 1964 |
| 1:48.52 | James Levine (Gold Vly, Merced)-1      | 1997 |
| 1:48.7* | Jim Walters (Estancia, Costa Mesa)-1   | 1977 |
| 1:49.0* | Dan Aldridge (Petaluma)                | 1975 |
| 1:49.16 | Obea Moore (Muir, Pasadena)            | 1995 |
| 1:49.21 | Eric Schermerhorn (Wdbridge, Irvine)-1 | 1984 |
| 1:49.29 | Michael Stember (Jesuit, Carmichael)   | 1996 |
| 1:49.30 | Scott Cox (Wilson, Long Beach)         | 1981 |
| 1:49.3* | Dave Kingsland (El Modena)             | 1977 |
| 1:49.4* | Brent Tubb (Cleveland, Reseda)         | 1971 |
| 1:49.42 | Vondre Armour (Bakersfield)-1          | 1994 |
| 1:49.43 | Eddie Davis (Compton)                  | 1981 |
| 1:49.50 | Brian Wilkinson (Merced)               | 1993 |
| 1:49.5* | David Mack (Locke, L.A.)-2             | 1979 |
| 1:49.56 | Mike Katri (Fortuna)-1                 | 1992 |
| 1:49.64 | Milton Hughes (Stagg, Stockton)        | 1992 |
| 1:49.7* | Terry Rogers (Hilltop, Chula Vista)-1  | 1966 |

## 1600 Meters

(\* One Mile Minus 1.8)

**State Meet Record:** 4:05.4y Mark Schilling (Garden Grove) 1972 at Oroville. **Frosh:** 4:15.4\* Harry Nicholas (Reedley) 1968. **Soph:** 4:07.5\* Jim Arriola (Gahr,

Cerritos) 1974. **Junior:** 4:02.4\* Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6\* Tim Danielson (Chula Vista) 1966.

|          |  |      |
|----------|--|------|
| 3:57.6*  | Tim Danielson (ChVista) at SDiego-2      | 1966 |
| 4:00.6*  | Rich Kimball (DeLaSalle, Concord)-1      | 1974 |
| 4:02.4*  | Curtis Beck (Santa Monica)               | 1972 |
| 4:03.5*  | Paul Medvin (University, L.A.)-2         | 1979 |
| 4:03.6*  | Mark Schilling (Garden Grove)-1          | 1972 |
| 4:03.7*  | Terry Cotton (Valley, El Cajon)          | 1972 |
| 4:03.98* | Mebrahtom Kellezighi (San Diego)-1       | 1994 |
| 4:04.00  | Mike Stember (Jesuit, Carm) -1           | 1995 |
| 4:04.15  | Mark Mastalir (Jesuit, Carmichael)-1     | 1986 |
| 4:04.21* | Pedro Reyes (Jesuit, Carmichael)         | 1980 |
| 4:04.23  | Eric Mastalir (Jesuit, Carmichael)       | 1986 |
| 4:04.66* | Steve Whitcomb (Helix, La Mesa)          | 1979 |
| 4:04.8*  | Thom Hunt (Henry, San Diego)             | 1976 |
| 4:04.86* | Harold Kuphaldt (Bella Vista, Fair Oaks) | 1982 |
| 4:04.9*  | Barrie Williams (North, Torrance)        | 1972 |
| 4:04.9*  | Andy Clifford (Sunny Hills, Fullerton)   | 1974 |
| 4:05.1*  | Mark Stillman (Willow Glen, SJose)-1     | 1977 |
| 4:05.2*  | Ralph Serna (Loara, Anaheim)             | 1975 |
| 4:05.29* | Roman Gomez (Belmont, LA)-2              | 1985 |
| 4:05.4*  | Armando Valencia (Valley, El Cajon)      | 1967 |
| 4:06.1*  | Mark Fricker (Hemet)                     | 1977 |
| 4:06.18  | Larry Guinee (Castro Valley)-1           | 1980 |
| 4:06.2*  | Pete Romero (Reedley)                    | 1967 |
| 4:06.26  | Coley Candaele (Carpinteria)-1           | 1990 |
| 4:06.4*  | Alvin Gilmore (Lompoc)-1                 | 1973 |
| 4:06.4*  | Ray Wicksell (West Covina)               | 1974 |
| 4:06.4*  | Stan Ross (Serra, San Mateo)             | 1977 |

## 3200 Meters

(\* 2 Miles Minus 3.6)

**State Meet Record:** 8:44.9 Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8\* Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9\* Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3\* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7\* Jeff Nelson (Burbank) 1979.

|          |                                      |      |
|----------|--------------------------------------|------|
| 8:32.7*  | Jeff Nelson (Burbank) at Westwood-2  | 1979 |
| 8:40.4*  | Eric Reynolds (Camarillo)-1          | 1983 |
| 8:41.0*  | Eric Hulst (Laguna Beach)-2          | 1976 |
| 8:41.6*  | Thom Hunt (Henry, San Diego)         | 1976 |
| 8:42.3*  | Ralph Serna (Loara, Anaheim)         | 1975 |
| 8:42.9*  | Rich Kimball (DeLaSalle, Concord)-1  | 1974 |
| 8:44.95  | Eric Mastalir (Jesuit, Carmichael)-1 | 1986 |
| 8:45.2*  | Curtis Beck (Santa Monica)-1         | 1972 |
| 8:46.78  | Jon Butler (Edison, Hunt Beach)-1    | 1981 |
| 8:48.8*  | Chuck Assumma (Eisenhower, Rialto)   | 1979 |
| 8:49.0*  | Don Moses (Crescenta Valley)         | 1976 |
| 8:49.3*  | Frank Assumma (Eisenhower, Rialto)-1 | 1977 |
| 8:49.4*  | Pete Romero (Reedley)-1              | 1967 |
| 8:49.7*  | Marc Genet (Santa Ana)               | 1972 |
| 8:49.8*  | Rod Berry (Redwood, Larkspur)        | 1977 |
| 8:49.9*  | Dave Taylor (Merced)                 | 1972 |
| 8:50.2*  | Dale Fleet (Clairemont, San Diego)-1 | 1971 |
| 8:50.2*  | Mark Spillsbury (Foothill, Tustin)   | 1976 |
| 8:50.6*  | Jim Salcido (Sunny Hills, Fullerton) | 1972 |
| 8:50.8*  | Jose Amaya (Wilson, Los Angeles)     | 1971 |
| 8:50.8*  | Gordon Innes (Upland)                | 1971 |
| 8:50.8*  | Sal Godinez (Salesian, Los Angeles)  | 1976 |
| 8:51.0*  | Bob Grubbs (Washington, Fremont)     | 1972 |
| 8:51.15* | Marc Dani (Valhalla, El Camino)      | 1986 |
| 8:51.15* | Jay Marden (Miss San Jose, Fremont)  | 1981 |

## 110 Meter Hurdles

(\* 120 Yards Plus 0.03)

**State Meet Record:** 13.41 Steve Kerho. Mission Viejo, @ Sacramento, 1982. **Frosh:** 14.89 Kenyon Rambo (Poly, Long Beach) 1994. **Soph:** 14.34 Kenyon Rambo (Poly, Long Beach) 1995. **Junior:** 13.69\* Phillip Johnson (Gardena) 1977. **Senior:** 13.41 Steve Kerho (Mission Viejo) 1982.

|        |   |      |
|--------|---|------|
| 13.41  | Steve Kerho (Mission Viejo) at Sacto-1  | 1982 |
| 13.48  | Dominique DeGrammont (Tustin) -1        | 1997 |
| 13.58  | Sharif Paxton (Crenshaw, LA)            | 1997 |
| 13.64  | Kenyon Rambo (Poly, Long Beach)         | 1997 |
| 13.67* | Phillip Johnson (Gardena)-1             | 1978 |
| 13.67  | David Ashford (West Covina)-1           | 1981 |
| 13.67  | Isaac Carson (Jefferson, DalyCity)-1    | 1991 |
| 13.68  | Jovesa Naivalu (Frem, Sunnyvale) -2     | 1996 |
| 13.73  | Don Ward (St. Mary's, Berkeley)-1       | 1980 |
| 13.79  | Henry Andrade (Hiram Johnson, Sacto)    | 1980 |
| 13.79  | Troy Weaver (Edgewood, Covina)          | 1982 |
| 13.80  | Ron Brown (Bishop Amat, La Puente)      | 1982 |
| 13.80  | Makio Haywood (Muir, Pasadena)          | 1996 |
| 13.81* | Ken Margerum (Fountain Valley)          | 1977 |
| 13.84  | Shelton Boykin (San Fernando)           | 1987 |
| 13.84  | Dana Hall (Ganesha, Pomona)-1           | 1987 |
| 13.85  | Ronnie McCoy (Edison, Fresno)           | 1981 |
| 13.86  | Brian DePass (Montgomery, SD)           | 1997 |
| 13.87* | Milan Stewart (West Covina)-1           | 1978 |
| 13.87  | Drue Powell (Reseda)-1                  | 1993 |
| 13.87  | Dominique De Grammont (Tustin)          | 1996 |
| 13.88  | Robert Reading (St. Mary's, Berkeley)-1 | 1985 |
| 13.88  | Terry Johnson (Katella, Anaheim)-1      | 1986 |
| 13.88  | Ron Copeland (Dorsey, Los Angeles)      | 1987 |
| 13.90* | Jim Scarella (San Ramon, Danville)-1    | 1979 |
| 13.90  | Erick Montgomery (Indep, San Jose)      | 1983 |

**Hand Timing:**

|       |  |      |
|-------|--|------|
| 13.2y | Dedy Cooper (Harry Ells, Richmond)     | 1975 |
| 13.3y | Robert Gaines (Kennedy, Richmond)-1    | 1975 |
| 13.3y | Jon Peterson (Saddleback, Santa Ana)   | 1975 |
| 13.3y | Phillip Johnson (Gardena)-1            | 1978 |
| 13.5y | Ken Margerum (Fountain Valley)         | 1977 |
| 13.6  | Arend Watkins (Silver Creek, San Jose) | 1997 |
| 13.6y | Charles Jackson (Lompoc)-1             | 1971 |
| 13.6y | Dan Jones (Palo Verde, Blythe)-1       | 1972 |
| 13.6y | Tom Andrews (West, Bakersfield)        | 1973 |
| 13.6y | Carl Florant (Palo Alto)               | 1973 |
| 13.6y | Mike Harris (Indio)                    | 1974 |
| 13.6y | Wilbur Gregory (Mission Viejo)         | 1975 |
| 13.6y | Tonie Campbell (Banning, Wilmington)   | 1978 |

## 300 Meter Int. Hurdles

(\* 330 Yards Minus 0.19)

**State Meet Record:** 35.50 George Porter (Cabrillo, Lompoc) at Sacramento 1985. **Frosh:** 38.07 Kenyon Rambo (Poly, Long Beach) 1994. **Soph:** 37.18 Kenyon Rambo (Poly, Long Beach) 1995. **Junior:** 36.10 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 35.32 George Porter (Cabrillo, Lompoc) 1985.

|       |   |      |
|-------|---|------|
| 35.32 | George Porter (Cabr, Lomp) @ Walnut-2   | 1985 |
| 36.18 | Makio Haywood (Muir, Pasadena) -1       | 1996 |
| 36.28 | Jovesa Naivalu (Fremont, Sunnyvale)     | 1996 |
| 35.43 | John Montgomery (Indep, San Jose)-1     | 1988 |
| 36.44 | Kevin Jones (Mt. Miguel, Spring Valley) | 1988 |
| 36.57 | Kenyon Rambo (Poly, Long Beach) -1      | 1997 |
| 36.56 | Michael Graham (Hawthorne)              | 1985 |



# All-Time Boys

|  |                                       |      |
|--|---------------------------------------|------|
| 36.59                                      | Mickey Grimes (Cyn Spr, MorVly) -1    | 1995 |
| 36.65                                      | Ken Haslip (Muir, Pasadena)-2         | 1994 |
| 36.70                                      | Dominique DeGrammont (Tustin)         | 1997 |
| 36.71                                      | Kenny Hall (Ganesha, Pomona)          | 1985 |
| 36.74                                      | Keith Pontifflet (Esperanza, Anaheim) | 1985 |
| 36.76                                      | Mike King (Menlo-Atherton)            | 1985 |
| 36.80                                      | Raymond Young (Hawthorne)             | 1984 |
| 36.80                                      | Jason Medearis (Hart, Newhall)        | 1994 |
| 36.82                                      | Felix Sanchez (Univ City, SD)         | 1995 |
| 36.83                                      | Anthony Reynolds (Fremont, L.A.)      | 1984 |
| 36.84                                      | Gordon Bugg (West Covina)             | 1984 |
| 36.88                                      | Yki Vallery (Hawthorne)-1             | 1987 |
| 36.88                                      | Keith Williams (Escondido)-1          | 1991 |
| 36.90                                      | Bill Gaines (Indep, San Jose)         | 1986 |
| 37.00                                      | Tracy Smith (R Buena Vista, Vista)    | 1997 |
| 37.07                                      | Chris Redmond (Vallejo)               | 1992 |
| 37.08                                      | Nate Wright (Oakland)                 | 1988 |
| 37.10                                      | Al Blades (Muir, Pasadena)            | 1984 |
| <b>Hand Timed: (*330 yards minus 0.2):</b> |                                       |      |
| 36.2*                                      | Dedy Cooper (Harry Ellis, Richmond)   | 1975 |
| 36.2*                                      | Charles White (San Fernando)          | 1976 |
| 36.6                                       | Ron Seanez (Gilroy)                   | 1981 |

## High Jump

**State Meet Record:** 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-10 Gabriel Zarate (Selma) 1996. **Soph:** 7-2 Gabriel Zarate (Selma) 1997. **Junior:** 7-3 Maurice Crumby (Balboa, S.F.) 1982. **Senior:** 7-4 1/2 Maurice Crumby (Balboa, S.F.) 1983.

|         |   |      |
|---------|---|------|
| 7-4 1/2 | Maurice Crumby (Balb, S.F.) @Stanfd-2   | 1983 |
| 7-4     | Jeremy Fischer (Camarillo)-1            | 1994 |
| 7-3 1/4 | Lee Balkin (Glendale)-1                 | 1979 |
| 7-3     | Reynaldo Brown (Compton)-3              | 1968 |
| 7-3     | Tim Pottl (Alemany, Mission Hills)      | 1979 |
| 7-3     | Jeff Rogers (Overfelt, San Jose)        | 1985 |
| 7-3     | Avery Anderson (North, Riverside)-1     | 1991 |
| 7-2 1/4 | Jeff Nadeau (Monroe, Sepulveda)-1       | 1993 |
| 7-2 1/4 | Jason Howard (Ridgeview, Bkld) -1       | 1997 |
| 7-2     | Billy Hice (Oakland)                    | 1977 |
| 7-2     | Dennis Smith (Santa Monica)-1           | 1977 |
| 7-2     | Kerry Myers (Berkeley)                  | 1978 |
| 7-2     | Frank Schiefer (Madison, San Diego)     | 1979 |
| 7-2     | Kenny Burke (Westlake, Simi Valley)-1   | 1984 |
| 7-2     | Reggie Betton (AntVly, Lancaster)-1     | 1988 |
| 7-2     | Art Lloyd (Eisenhower, Rialto)          | 1994 |
| 7-2     | Elliott Parks (El Toro)                 | 1997 |
| 7-2     | Gabriel Zarate (Selma)                  | 1997 |
| 7-1 3/4 | Mark Wilson (Monte Vista, Danville)     | 1974 |
| 7-1 1/2 | Dwight Stones (Glendale)-1              | 1971 |
| 7-1 1/2 | Todd Kelly (Big Valley, Bieber)         | 1993 |
| 7-1 1/4 | Otis Hailey (Wasco)                     | 1968 |
| 7-1 1/4 | Luis Juico (Piedmont Hills, San Jose)-1 | 1987 |
| 7-1     | Rob Olson (El CamReal, Woodland H)      | 1977 |
| 7-1     | Greg Denby (Crenshaw, L.A.)-1           | 1980 |
| 7-1     | Anthony Caire (Plus X, Downey)-1        | 1981 |
| 7-1     | Maury Burnett (Washington, L.A.)        | 1982 |
| 7-1     | Andre La Coste (Lakewood)               | 1988 |
| 7-1     | Mark Wilson (charter Oak, Covina)-1     | 1989 |
| 7-1     | Kevin Carlson (Katella, Anaheim)-1      | 1991 |
| 7-1     | Darryl Feilbach (Bear Crk, Stockton)    | 1997 |

## Pole Vault

**State Meet Record:** 17-0 1/2 Anthony Curran (Crespi, Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi, Encino) 1975. **Soph:** 16-2 Brent Burns

(Acalanes, Lafayette) 1985. **Junior:** 17-6 Brent Burns (Acalanes, Lafayette) 1986. **Senior:** 18-2 Brandon Richards (San Marcos, Santa Barbara) 1985.

|          |  |      |
|----------|--|------|
| 18-2     | Brandon Richards (SMarc, S.B.) @Eug.   | 1985 |
| 17-8 1/2 | Brent Burns (Acalanes, Lafayette)-1    | 1987 |
| 17-4 1/4 | Anthony Curran (Crespi, Encino)-2      | 1978 |
| 17-4     | David Cox (Hoover, Fresno)-1           | 1991 |
| 17-1     | Tye Harvey (Sonora)                    | 1993 |
| 17-0 3/4 | Matt Warwick (Hesperia)                | 1988 |
| 17-0 3/4 | Scott Slover (Leland, San Jose)-2      | 1994 |
| 17-0 1/2 | Doug Fraley (Clovis West)              | 1983 |
| 17-0     | Mike Kibort (Saratoga)-1               | 1982 |
| 17-0     | Tom Parker (Notre Dame, ShermOaks)     | 1988 |
| 17-0     | Steve Harris (Del Mar, San Jose)       | 1997 |
| 17-0     | Erik Rasmussen (Johansen, Modesto)     | 1997 |
| 16-8 3/4 | Steve Smith (South, Torrance)-2        | 1969 |
| 16-8 3/4 | Mike Tully (Millikan, Long Beach)      | 1974 |
| 16-7     | Robert Pullard (Los Angeles)           | 1969 |
| 16-7     | David Gritz (Bear Creek, Stockton) -1  | 1997 |
| 16-6 3/4 | Paul Wilson (Warren, Downey)-2         | 1965 |
| 16-6     | Brian Worden (Notre Dame, ShermOaks)   | 1975 |
| 16-6     | Greg Ernst (El Dorado, Palacentia)     | 1978 |
| 16-6     | Tom Richards (San Marcos, S.B.)-1      | 1988 |
| 16-6     | Borya Orloff (St.J. Bosco, Bellflower) | 1994 |
| 16-6     | Robbie Weighall (Foothill, Bkld)       | 1994 |
| 16-5 1/4 | Steve Michels (Breth Chris, Cypress)-1 | 1996 |
| 16-5     | Jon Vaughn (Corona)                    | 1966 |
| 16-4 3/4 | Paul Heglar (Muir, Pasadena)           | 1966 |
| 16-4 3/4 | Esa Saillinen (Burroughs, Burbank)     | 1994 |



JOE RICHARDSON

Fine Flicks by Don Gosney

## Long Jump

**State Meet Record:** 26-4 3/4 James Stallworth (Tulare) at Cerritos 1989. **Frosh:** 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10 3/4 4 Heulon Hewitt (Merced) 1968. **Senior:** 26-4 3/4 James Stallworth (Tulare) 1989.

|           |   |      |
|-----------|---|------|
| 26-4 3/4  | James Stallworth (Tulare) at Cerritos-1 | 1989 |
| 26-3 3/4  | Randy Williams (Edison, Fresno)-1       | 1971 |
| 26-2 1/4  | Ken Duncan (McClatchy, Sacto)           | 1972 |
| 26-0 3/4  | Jerry Proctor (Muir, Pasadena)-1        | 1967 |
| 26-0 3/4  | Joe Richardson (Pasadena)-1             | 1984 |
| 26-0      | Johnny Cleveland (Soquel)-1             | 1984 |
| 25-11 1/2 | Larry Doubly (Manual Arts, L.A.)-1      | 1976 |
| 25-10 3/4 | Heulon Hewitt (Merced)-1                | 1968 |
| 25-9 1/2  | Gerald Hardeman (Edison, Fresno)        | 1972 |
| 25-7      | James McAlister (Blair, Pasadena)-1     | 1970 |
| 25-6 1/4  | Ted Hammond (Compton)                   | 1973 |
| 25-5 1/2  | Percy Knox (Antelope Vly, Lancaster)-1  | 1987 |
| 25-5 1/4  | Doyle Steel (San Diego)-1               | 1966 |
| 25-5      | Carl McCullough (Sacramento)-1          | 1972 |
| 25-5      | Gerald Price (Univ City, San Diego)-1   | 1990 |
| 25-4 3/4  | Johnny Johnson (Pacific Grove)          | 1965 |
| 25-4 1/2  | Oscar Bean (Jefferson, L.A.)-1          | 1956 |
| 25-4 1/2  | Clarence Scott (Fremont, LA) -1         | 1995 |
| 25-4 1/4  | Monte Upshaw (Piedmont)-2               | 1954 |
| 25-4      | Donnie Butler (Fremont, L.A.)           | 1978 |
| 25-3 3/4  | Diatori Gildersleeve (Grant, Sacto)-1   | 1988 |
| 25-3      | Willie Davis (Roosevelt, L.A.)          | 1958 |
| 25-3      | Bobby Bonds (Poly, Riverside)-1         | 1964 |
| 25-3      | Ken Frazier (Mission, S.F.)             | 1981 |
| 25-2 1/2  | George Brown (Jordan, L.A.)-2           | 1949 |

## Triple Jump

**State Meet Record:** 52-5 3/4 Marcus Hooks (Lakewood) at Norwalk 1986. **Frosh:** 48-4 Dave Tucker (S.J. Memorial, Fresno) 1968. **Soph:** 50-2 1/2 Ken Frazier (Mission, S.F.) 1980. **Junior:** 52-6 1/4 Dave Tucker (S.J. Memorial, Fresno) 1970. **Senior:** 53-6 1/2 Joe Richardson (Pasadena) 1984.

|           |                                      |      |
|-----------|--------------------------------------|------|
| 53-6 1/2  | Joe Richardson (Pasadena) at Sacto-1 | 1984 |
| 52-10 1/2 | Charles Mayfield (Muir, Pasadena)    | 1980 |
| 52-6 1/4  | Dave Tucker (S.J. Memorial, Fresno)  | 1970 |
| 52-6      | Henry Ellard (Hoover, Fresno)-1      | 1979 |
| 52-5 3/4  | Marcus Hooks (Lakewood)-1            | 1986 |
| 52-4 3/4  | Ken Frazier (Mission, S.F.)-1        | 1981 |
| 52-3 1/2  | Randy Williams (Edison, Fresno)      | 1971 |
| 52-0      | Von Ware (RanBuenVista, Vista)-1     | 1994 |
| 51-11     | Joel Smith (Cordova, RCordova)-1     | 1987 |
| 51-8 3/4  | MacArthur Anderson (Bakersfield)     | 1987 |
| 51-8      | Mike Woods (Manual Arts, L.A.)       | 1963 |
| 51-7 3/4  | Phouphet Singbandith (Magn, Anah)-1  | 1990 |
| 51-7 1/2  | Vestee Jackson (McLane, Fresno)      | 1981 |
| 51-6 1/2  | Greg Caldwell (Fremont, L.A.)-1      | 1976 |
| 51-5 3/4  | Freeman Miller (Fremont, L.A.)-1     | 1980 |
| 51-3      | Willie Banks (Oceanside)-2           | 1974 |
| 51-3      | Ricky Holliday (Muir, Pasadena)      | 1980 |
| 51-3      | Anthony Colson (Center, Elverta) -1  | 1997 |
| 51-2 1/4  | Dokie Williams (El Cam, Oceanside)-1 | 1977 |
| 51-2 1/4  | Tim Prince (Logan)                   | 1988 |
| 51-2      | Lenny McGill (Or Glen, Escondido)-1  | 1989 |
| 50-11 3/4 | Tony Parrish (Marina, HuntBch) -1    | 93   |
| 50-11 1/2 | Harold Rucker (Silver Creek, SJose)  | 1986 |



# All-Time Boys

|           |                                 |      |
|-----------|---------------------------------|------|
| 50-11 1/2 | Terrance Strong (Bakersfield)-1 | 1984 |
| 50-11 1/4 | DeAndre Roberson (West, Bkfld)  | 1989 |

## Shot Put

**State Meet Record:** 74-4 3/4 Brent Noon (Fallbrook) at Cerritos 1990. **Frosh:** 59-8 Brent Noon (Fallbrook) 1987 & Van Mounts (Bakersfield) 1995. **Soph:** 63-11 1/2 Van Mounts (Bakersfield) 1996. **Junior:** 71-10 Van Mounts (Bakersfield) 1997. **Senior:** 76-2 Brent Noon (Fallbrook) 1990.

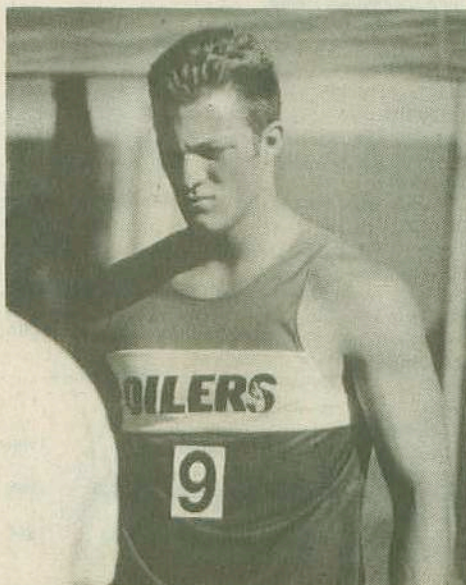
|           |                                       |      |
|-----------|---------------------------------------|------|
| 76-2      | Brent Noon (Fallbrook)-2              | 1990 |
| 71-10     | Van Mounts (Bakersfield) -1           | 1997 |
| 69-6 1/2  | Brian Blutreich (Capistrano Valley)-2 | 1985 |
| 69-3 3/4  | Jim Neidhart (Newport Harbor)-1       | 1973 |
| 68-5 1/2  | Steve Montgomery (Lass, Susanville)-1 | 1976 |
| 68-5      | Dave Kurrasch (Newport Harbor)-1      | 1975 |
| 67-9 3/4  | John Hubbell (Poly, Long Beach)-1     | 1966 |
| 67-9      | Terry Albritton (Newport Harbor)      | 1972 |
| 67-9      | John McKenzie (Hart, Newhall)         | 1976 |
| 67-8 1/4  | Dave Doupe (Inglewood)                | 1973 |
| 67-6 1/2  | Randy Cross (Crespi, Encino)-1        | 1972 |
| 67-2 1/4  | Mark Stevens (Newport Harbor)-1       | 1971 |
| 67-2      | Dave Murphy (Sunny Hills, Fullerton)  | 1966 |
| 67-0      | David Bultman (Royal, Simi)-1         | 1987 |
| 66-8      | Mark Parlin (Esperanza, Anaheim)-1    | 1991 |
| 65-11 1/2 | Curt Hampton (El Cajon)-1             | 1974 |
| 65-11     | J. D. Martin (Madera)                 | 1996 |
| 65-10 3/4 | Dave Porath (Atwater)-1               | 1978 |
| 65-10     | Steve Wilhelm (Fremont, Sunnyvale)    | 1967 |
| 65-9 3/4  | John Buehler (Whittier)-1             | 1967 |
| 65-9      | Dave Laut (Santa Clara, Oxnard)       | 1975 |
| 65-9      | Jeff Stover (Chico)                   | 1976 |
| 65-9      | John Bender (Shafter)                 | 1984 |
| 65-8 3/4  | Randy Withrow (Pasadena)-1            | 1970 |
| 65-7 3/4  | Don Castle (Cubberley, Palo Alto)     | 1961 |

## Discus

**State Meet Record:** 203-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985, 203-4 Rob Powell (Redwood, Visalia) at Cerritos 1990 and 203-4 Scott Moser (Huntington Beach) 1997 @ Sacramento. **Frosh:** 173-6 Antonio Dobbins (Burroughs, Ridgecrest) 1979. **Soph:** 182-5 Jeff Buckley (Bakersfield) 1990. **Junior:** 210-1 Jeff Buckley (Bakersfield). **Senior:** 213-11 Scott Moser (Huntington Beach) 1997.

|        |                                       |      |
|--------|---------------------------------------|------|
| 213-11 | Scott Moser (Hunt Beach) -2 @ Salinas | 1997 |
| 210-8  | Brian Blutreich (Capistrano Valley)-1 | 1985 |
| 210-1  | Jeff Buckley (Bakersfield)-1          | 1991 |
| 209-6  | Dave Porath (Atwater)-1               | 1978 |
| 203-4  | Rob Powell (Redwood, Visalia)-1       | 1990 |
| 202-10 | John Bello (Rancho Cucamonga)         | 1997 |
| 201-6  | Ray Burton (Vacaville)-1              | 1974 |
| 201-3  | Chris Adams (Los Altos)-2             | 1970 |
| 200-8  | Brent Noon (Fallbrook)                | 1990 |
| 200-7  | Paul Bender (Shafter)-1               | 1980 |
| 200-4  | Scott Ender (Hoover, Fresno)-1        | 1976 |
| 200-1  | Scott Overton (Los Altos)-1           | 1972 |
| 199-8  | John Badinovac (Jesuit, Carmichael)   | 1996 |
| 199-0  | John Wirtz (Leland, San Jose)-1       | 1988 |
| 198-6  | Dave Voorhees (Tulelake)              | 1973 |
| 198-1  | Gabe Torre (Notre Dame, Riverside)    | 1992 |
| 197-7  | Pete Swanson (San Benito, Hollis)     | 1992 |
| 197-6  | Kevin Richardson (Shafter)            | 1984 |
| 196-10 | David Bultman (Royal, Simi)-1         | 1987 |

|        |  |      |
|--------|--|------|
| 195-8  | Billy Joe Winchester (Mt. Mig, Spr. Vly) | 1970 |
| 195-6  | Chris DeMartini (St. Ignatius, San Fran) | 1994 |
| 195-5  | Lonnie Shelton (Foothill, Bakersfield)-1 | 1973 |
| 195-4  | Bob Stoecker (Los Altos)-2               | 1962 |
| 195-4  | Tom Birtwhistle (Gunn, Palo Alto)        | 1969 |
| 194-10 | David Thomson (Santa Ynez)-1             | 1977 |



SCOTT MOSER

Photo by Bill Cockerham

## 400 Meter Relay

(\* 440 Yards Minus 0.23)  
**State Meet Record:** 40.24 Hawthorne (Alexander, Smith, Allen, Conway) at Cerritos 1989.

|       |  |      |
|-------|--|------|
| 40.24 | Hawthorne at Cerritos (Alexander, Smith, Allen, Conway)  | 1989 |
| 40.28 | Muir (Pasadena) -1                                       | 1997 |
| 40.53 | Serra (Gardena) -1                                       | 1996 |
| 40.64 | Hawthorne (Marsh, Graham, Parnam, Thomas)                | 1985 |
| 40.64 | Muir (Pasadena)  | 1996 |
| 40.73 | Serra (Gardena)  | 1997 |
| 40.78 | Muir, Pasadena-1 (Douglas, Ervin, Robertson, Ealy)       | 1987 |
| 40.78 | Skyline (Oakland) -1                                     | 1995 |
| 40.82 | Hawthorne (Marsh, Young, Parnam, Thomas)]                | 1984 |
| 40.83 | Edison, Fresno-1 (Cowings, Woods, Walker, Wheeler)       | 1983 |
| 40.86 | Berkeley-1 (McCree, Robinson, Clewis, Murray)            | 1981 |
| 40.87 | Hawthorne (Young, McGee, Young, Thomas)                  | 1983 |
| 40.88 | Taft, Woodland Hills (Feinstein, Roberts, Flores, Watts) | 1987 |
| 40.90 | Edison (Fresno) (Sams, Holland, Alexander, Harris)       | 1997 |
| 40.90 | Muir "B" (Pasadena)                                      | 1997 |

|       |  |      |
|-------|--|------|
| 40.91 | Hawthorne (Hannah, Vallery, Carroll, Conway)             | 1987 |
| 40.92 | Dorsey, Los Angeles (Boles, Williams, Williams, Jackson) | 1981 |
| 40.93 | Berkeley-1 (Davis, Henderson, Hunter, Usher)             | 1984 |
| 40.93 | Muir, Pasadena (Limbrick, Ealy, Ervins, Jeffries)        | 1986 |
| 40.95 | Washington (Los Angeles)                                 | 1990 |
| 40.98 | Berkeley (Davis, Henderson, Hunter, Paulding)            | 1983 |
| 41.00 | El Camino, Oceanside -1 (Powell, Eubanks, Owbsu, Forte)  | 1994 |
| 41.01 | Oakland-1 (Porter, Watson, Williams, Watson)             | 1982 |
| 41.04 | Poly (Long Beach)  | 1997 |
| 41.05 | Washington (Los Angeles)                                 | 1988 |
| 41.05 | San Bernardino-1   | 1990 |

### Hand Timing:

(\* 440 yards minus 0.2)

|       |   |      |
|-------|---|------|
| 40.7  | Poly (Long Beach)   | 1997 |
| 40.8* | Wilson, San Francisco-1 (Farmer, Whitaker, Kirtman, Walker) | 1973 |
| 40.9* | El Cerrito -1 (Gaines, Watson, Smith, Burns)                | 1971 |
| 40.9* | Harry Ellis (Richmond) -1 (Miller, Gentry, Davis, Cooper)   | 1975 |
| 40.9* | Hamilton (Los Angeles) (Menzies, Goosby, Martin, Mullins)   | 1976 |
| 40.9  | Berkeley -1 (McCree, Robinson, Walker, Murray)              | 1981 |

## 1600 Meter Relay

(\* Mile Minus 1.1)

**State Meet Record:** 3:08.66 Muir (Pasadena) (Tryon, McCullough, Haywood, Moore) 1996 @ Norwalk.

|          |  |      |
|----------|--|------|
| 3:07.40  | Hawthorne @ Austin, Texas (Graham, Marsh, Kelly, Thomas) | 1985 |
| 3:08.66  | Muir (Pasadena) -1 (Tryon, McCullough, Haywood, Moore)   | 1996 |
| 3:08.72  | Muir (Pasadena) (Tryon, McCullough, McCullough, Moore)   | 1997 |
| 3:08.94  | Berkeley -1 (Walker, Richardson, Murray, Robinson)       | 1981 |
| 3:09.45  | Hawthorne -1 (Graham, Young, Kelly, Thomas)              | 1984 |
| 3:10.11  | Hawthorne -1 (McGee, Torrence, Kelly, Thomas)            | 1983 |
| 3:10.33  | Perris 1983 (Flanagan, Stamps, Jackson, Harris)          |      |
| 3:10.37  | Centennial, Compton -1 (Graham, Ware, Jackson, Turner)   | 1980 |
| 3:10.42  | Berkeley (Dotson, Richardson, Walker, Robinson)          | 1980 |
| 3:10.46  | Hawthorne -1 (Alexander, Conway, DelPino, Hannah)        | 1988 |
| 3:10.47* | Banning, Wilmington -1 (Davis, Caesar, Plalock, Lewis)   | 1978 |
| 3:10.80  | Morse (San Diego) (Jones, Carter, Pinson, Burston)       | 1996 |
| 3:10.99  | Muir (Pasadena) (Myrick, McCullough, Tryon, McCullough)  | 1997 |
| 3:11.10  | Poly, Long Beach   | 1981 |
| 3:11.32  | Compton (Davis, Taylor, Smith, Barksdale)                | 1980 |



# All-Time Boys

|         |                                    |      |                       |                                       |      |
|---------|------------------------------------|------|-----------------------|---------------------------------------|------|
| 3:11.77 | Hawthorne -1                       | 1987 | 4x1500                |                                       |      |
|         | (Thomas, Carroll, Thomas, Hannah)  |      | 16:13.4               | Compton                               | 1987 |
| 3:11.81 | Centennial, Compton                | 1981 | 4x1600 Relay          |                                       |      |
|         | (Pinchback, Ware, Jones, Graham)   |      | 17:13.2               | Lompoc                                | 1973 |
| 3:11.94 | Poly (Long Beach)                  | 1997 |                       | (Schankel, Fabing, Gilmore, Williams) |      |
| 3:12.1* | Castlemont, Oakland -1             | 1971 | Sprint Medley Relay   |                                       |      |
|         | (Roberts, Morgan, Curry, Rodgers)  |      | 3:21.1                | Berkeley                              | 1981 |
| 3:12.21 | Dorsey, Los Angeles -1             | 1989 |                       | (Lewis, Murray, Robinson, Richardson) |      |
| 3:12.3* | Westchester, Los Angeles           | 1978 | Distance Medley Relay |                                       |      |
|         | (Brown, Lee, Jones, Pittman)       |      | 9:56.3                | Jesuit, Carmichael                    | 1986 |
| 3:12.44 | Muir (Pasadena) -1                 | 1995 |                       | (Thomas, Cahill, Mastalir, Mastalir)  |      |
|         | (Gray, Haywood, McCullough, Moore) |      | 4x120 LH              |                                       |      |
| 3:12.45 | Muir, Pasadena                     | 1981 | 53.5                  | Franklin, Stockton                    | 1974 |
|         | (Carroll, Anderson, Mathis, Brown) |      | 4x120 HH              |                                       |      |
| 3:12.50 | Morningside, Inglewood             | 1987 | 58.4                  | Fresno                                | 1971 |
| 3:12.5* | Fremont, Los Angeles               | 1978 |                       | (Larson, Cox, Lyons, Elders)          |      |
|         | (Butler, Derry, Shelton, Daniels)  |      | SP (16 lb.)           |                                       |      |

## Miscellaneous Records

|                    |   |      |
|--------------------|---|------|
| 100 Yards          |   |      |
| 9.44               | Mike Sanford (Pasadena)                       | 1979 |
| 9.3(hand)          | Tony Pitts (Valley, Santa Ana)                | 1978 |
| 220 Yards (str.)   |   |      |
| 20.2               | Forest Beaty (Hoover, Glendale)               | 1961 |
| 1500 Meters        |   |      |
| 3:46.4             | Paul Medvin (University, L.A.) @ Bloomington) | 1979 |
| 3000 Meters        |   |      |
| 8:07.60            | Eric Mastalir (Jesuit, Carm) at Sacto         | 1986 |
| 3 Miles            |   |      |
| 13:43.6            | Rich Kimball (Concord, DeLaSalle)             | 1974 |
| 5000               |   |      |
| 14:01.40           | Eric Mastalir (Jesuit, Carmichael)            | 1986 |
| 6 Miles            |   |      |
| 27:58.0            | Eric Hulst (Laguna Beach)                     | 1976 |
| 10,000 Meters      |   |      |
| 28:55.0            | Eric Hulst (Laguna Beach)                     | 1976 |
| 10 Miles           |   |      |
| 49:15.0            | George Aguirre (Santa Barbara)                | 1975 |
| 1 Hour             |   |      |
| 12M.254Y           | Ajim Baksh (Hollywood)                        | 1975 |
| Marathon           |   |      |
| 2:23:47            | Mitch Kingery (San Carlos)                    | 1973 |
| 110 H (42")        |   |      |
| 14.23              | Jovesa Naivalu (Fremont, Sunnyvale)           | 1996 |
| 180y LH (Straight) |   |      |
| 18.1               | Steve Caminilli (Crespi, Encino)              | 1964 |
| 18.1               | Earl McCullough (Poly, Long Beach)            | 1964 |
| 180y LH (turn)     |   |      |
| 18.6               | Wayne Collett (Gardena)                       | 1967 |
| 18.6               | Rich Graybehl (Las Lomas, Walnut Ck)          | 1974 |
| 300 LH             |   |      |
| 35.52              | Danny Harris (Perris)                         | 1983 |
| 400 IH (hand)      |   |      |
| 51.5               | Charles White (San Fernando)                  | 1976 |
| 400 IH (auto)      |   |      |
| 51.78              | Makio Haywood (Muir, Pasadena)                | 1996 |
| 440y IH            |   |      |
| 52.7               | Mark Low (Pomona)                             | 1969 |
| 2000 SC            |   |      |
| 5:43.9             | Steve Guerrini (Santa Rosa)                   | 1991 |
| 3000 SC            |   |      |
| 9:10.8             | Dave Daniels (San Geronio, S.Bern.)           | 1976 |
| 4x200              |   |      |
| 1:25.6             | Berkeley                                      | 1976 |
| 4x800              |   |      |
| 7:44.0y            | El Cerrito (Stodden, Wolfe, Rice, Wood)       | 1969 |

|      |                       |                                       |      |
|------|-----------------------|---------------------------------------|------|
| 1987 | 4x1500                |                                       |      |
|      | 16:13.4               | Compton                               | 1987 |
| 1981 | 4x1600 Relay          |                                       |      |
|      | 17:13.2               | Lompoc                                | 1973 |
|      |                       | (Schankel, Fabing, Gilmore, Williams) |      |
| 1971 | Sprint Medley Relay   |                                       |      |
|      | 3:21.1                | Berkeley                              | 1981 |
|      |                       | (Lewis, Murray, Robinson, Richardson) |      |
| 1989 | Distance Medley Relay |                                       |      |
| 1978 | 9:56.3                | Jesuit, Carmichael                    | 1986 |
|      |                       | (Thomas, Cahill, Mastalir, Mastalir)  |      |
| 1995 | 4x120 LH              |                                       |      |
| 1981 | 53.5                  | Franklin, Stockton                    | 1974 |
|      | 4x120 HH              |                                       |      |
| 1987 | 58.4                  | Fresno                                | 1971 |
| 1978 |                       | (Larson, Cox, Lyons, Elders)          |      |
|      | SP (16 lb.)           |                                       |      |
|      | 57-10 1/4             | Dave Murphy (Sunny Hills, Fullerton)  | 1966 |
|      | DT (4 lb. 6 oz.)      |                                       |      |
|      | 177-4                 | Ray Burton (Vacaville)                | 1974 |
|      | HT (12 lb.)           |                                       |      |
|      | 219-2                 | Kevin McMahon (Bellarmine, San Jose)  | 1990 |
|      | HT (16 lb.)           |                                       |      |
|      | 173-11                | Chuck Vandagriff (Castro Valley)      | 1967 |
|      | JT (Old)              |                                       |      |
|      | 218-11                | Mike Ostrom (Las Lomas, Walnut Creek) |      |
|      | 1983                  |                                       |      |
|      | JT (New)              |                                       |      |
|      | 214-7                 | Greg Johnson (Woodside)               | 1990 |
|      | Pentathlon            |                                       |      |
|      | 3418                  | Dixon Farmer (Miramonte, Orinda)      | 1959 |
|      | Decathlon             |                                       |      |
|      | 7172                  | Tom Richards (San Marcos, S.B.)       | 1988 |

## Non-Standard Events

The following is the supplemental (non-standard event) lists for California boys. As with the girls list, this is the first time most of these have been printed and, therefore, there probably will be errors and omissions. Readers are encouraged to direct corrections to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710 or FAX (209) 225-6951.

### 1500 Meters

|                                |                                       |                                    |
|--------------------------------|---------------------------------------|------------------------------------|
| (+ enroute to longer distance) |                                       |                                    |
| Frosh:                         | 3:59.71                               | Jason Balkman (Lynbrook, San Jose) |
| 1992. Soph:                    | 3:51.5                                | Jim Arriola (Gahr, Cerritos) 1974. |
| Junior:                        | 3:46.65                               | Mike Stember (Jesuit, Carmichael)  |
| 1995. Senior:                  | 3:46.4                                | Paul Medvin (University, LA)       |
| 1979.                          |                                       |                                    |
| 3:46.4                         | Paul Medvin (Univ. LA) @ Bloomington  | 1979                               |
| 3:46.65                        | Mike Stember (Jesuit, Carmichael)     | 1995                               |
| 3:47.65                        | Reggie Williams (River City, WSacto)  | 1988                               |
| 3:48.73                        | Daniel Das Neves (Helix, La Mesa)     | 1992                               |
| 3:48.8                         | Jim Arriola (Gahr, Cerritos)          | 1976                               |
| 3:48.9                         | Rich Kimball (De La Salle, Concord)   | 1974                               |
| 3:49.0+                        | Harold Kuphaldt (B Vista, Fair Oaks)  | 1982                               |
| 3:49.4                         | Mark Fricker (Hemet)                  | 1977                               |
| 3:50.1                         | Ian Alsen (Kennedy, Granada Hills)    | 1988                               |
| 3:50.1+                        | Coley Candaele (Carpinteria)          | 1990                               |
| 3:50.2                         | Charlie Christensen (Edison, HuntBch) | 1977                               |



**ERIC  
MASTALIR**

Photo by  
Burt Davis

|         |                                     |      |
|---------|-------------------------------------|------|
| 3:50.2  | Steve Whitcomb (Helix, La Mesa)     | 1979 |
| 3:50.2+ | Mebrahtom Keflezighi (San Diego)    | 1994 |
| 3:50.26 | Brandon Pacheco (Brethren, Cypress) | 1995 |
| 3:50.3+ | Louie Quintana (Arroyo Grande)      | 1990 |
| 3:50.4  | Ralph Serna (Loara, Anaheim)        | 1975 |
| 3:50.47 | Angel Martinez (San Gabriel)        | 1992 |
| 3:50.5  | Mark Mastalir (Jesuit, Carmichael)  | 1986 |
| 3:50.8  | Andy Di Conti (La Canada)           | 1980 |
| 3:51.0  | Eric Mastalir (Jesuit, Carmichael)  | 1986 |
| 3:51.1  | Dave Cangelosi (Villa Park)         | 1979 |
| 3:51.2  | Dennis Arriola (Gahr, Cerritos)     | 1979 |
| 3:51.2+ | Jeff Williams (Foothill, Tustin)    | 1982 |
| 3:51.36 | Gary Gonzales (Clovis)              | 1981 |
| 3:51.5  | Mike O'Reilly (San Rafael)          | 1978 |

### 3000 Meters

(+ enroute to longer distance)

Frosh: 8:44.5 David Naranjo (Sanger) 1983. Soph: 8:26.7+ Calvin Gaziano (Castro Valley) 1983. Junior: 8:19.9+ Harold Kuphaldt (Bella Vista, Fair Oaks) 1981. Senior: 8:07.60 Eric Mastalir (Jesuit, Carmichael) 1986.

|         |                                      |      |
|---------|--------------------------------------|------|
| 8:07.60 | Eric Mastalir (Jesuit, Carm) @ Sacto | 1986 |
| 8:09.0+ | Eric Reynolds (Camarillo)            | 1983 |
| 8:10.54 | Mark Mastalir (Jesuit, Carmichael)   | 1986 |
| 8:12.7+ | Thom Hunt (Henry, San Diego)         | 1976 |
| 8:16.2+ | Jeff Nelson (Burbank)                | 1979 |
| 8:16.3  | Chuck Assumma (Eisenhower, Rialto)   | 1979 |
| 8:16.3  | Richard Perez (San Gorg, San Bern)   | 1980 |
| 8:16.79 | Reggie Williams (River City, Sacto)  | 1988 |
| 8:17.5+ | Jon Butler (Edison, Hunt Bch)        | 1981 |
| 8:17.7+ | Jay Marden (Miss San Jose, Fremont)  | 1981 |
| 8:18.2+ | Mark Dani (Valhalla, El Cajon)       | 1986 |
| 8:19.9+ | Harold Kuphaldt (B Vista, Fair Oaks) | 1981 |
| 8:20.25 | Paul Thomas (Jesuit, Carmichael)     | 1987 |
| 8:20.59 | Daniel Das Neves (Helix, La Mesa)    | 1992 |
| 8:20.6  | Roman Gomez (Belmont, LA)            | 1984 |
| 8:20.6+ | Bryan Dameworth (Agoura)             | 1990 |
| 8:21.0+ | Mike Carlton (Northview, Covina)     | 1981 |
| 8:21.3+ | Jesse Torres (Independence, S.Jose)  | 1981 |
| 8:21.6  | Matt Blaty (Marina, Hunt Bch)        | 1979 |
| 8:21.6  | Jeff Vandereems (Mission Viejo)      | 1979 |
| 8:22.0  | Terry Williams (Lompoc)              | 1973 |
| 8:22.26 | Jimmie Rodriguez (Santa Ana Valley)  | 1989 |
| 8:22.4  | Mark Junkermann (Los Alamitos)       | 1983 |
| 8:23.11 | David Welsh (Jesuit, Carmichael)     | 1989 |
| 8:23.2+ | Mark McAboy (Miramonte, Orinda)      | 1986 |

### 5000 Meters

Frosh: -- Soph: 14:32.8 Eric Hulst (Laguna Beach) 1974. Junior: 14:16.2 Ralph Serna (Loara, Anaheim) 1974. Senior: 14:01.40 Eric Mastalir (Jesuit, Carmichael) 1986.



# All-Time Boys

|          |  |      |
|----------|--|------|
| 14:01.40 | Eric Mastalir (Jesuit, Sacto) @          | 1986 |
| 14:08.4  | Terry Williams (Lompoc)                  | 1973 |
| 14:15.5  | Jeff Nelson (Burbank)                    | 1979 |
| 14:16.2  | Ralph Serna (Loara, Anaheim)             | 1974 |
| 14:18.9  | Thom Hunt (Henry, San Diego)             | 1975 |
| 14:19.9  | Chuck Assumma (Eisenhower, Rialto)       | 1978 |
| 14:19.9  | Reggie Williams (River City, W Sacto)    | 1988 |
| 14:22.0  | Richard Kimball (De La Salle, Concord)   | 1974 |
| 14:22.6  | Hal Schulz (Redwood, Larkspur)           | 1976 |
| 14:23.70 | Harold Kuphardt (Bella Vista, Fair Oaks) | 1982 |
| 14:25.9  | Roy Kissin (San Ramon Vly, Danville)     | 1975 |
| 14:29.2  | Dave Taylor (Merced)                     | 1972 |
| 14:29.49 | Jesus Gutierrez (Pasadena)               | 1984 |
| 14:32.8  | Eric Hulst (Laguna Beach)                | 1974 |
| 14:33.4  | Jim Schankel (Lompoc)                    | 1974 |
| 14:34.6  | George Aguirre (Santa Barbara)           | 1975 |
| 14:35.0  | Benton Hart (Modesto)                    | 1974 |
| 14:36.6  | Tom Grewe (Carpinteria)                  | 1982 |
| 14:36.8  | Dave Daniels (San Gorg, San Bern)        | 1977 |
| 14:37.72 | Andy Di Conti (La Canada)                | 1980 |
| 14:38.8  | Mike Ryan (Wilcox, Santa Clara)          | 1965 |
| 14:39.6  | Sean Nugent (Culver City)                | 1982 |
| 14:40.34 | Mark Mastalir (Jesuit, Carmichael)       | 1986 |
| 14:41.85 | Adam McAboy (Miramonte, Orinda)          | 1986 |
| 14:42.3  | John Morris (Las Lomas, Walnut Crk)      | 1983 |

## 10,000 Meters

**Frosh:** 32:48.0 Bryan Carroll (Los Altos) 1979. **Soph:** 30:12.8 Eric Hulst (Laguna Beach) 1973. **Junior:** 29:11.1 Eric Hulst (Laguna Beach) 1975. **Senior:** 28:55.0 Eric Hulst (Laguna Beach) 1976.

|          |                                       |      |
|----------|---------------------------------------|------|
| 28:55.0  | Eric Hulst (Laguna Beach) @           | 1976 |
| 29:46.0  | Thom Hunt (Henry, San Diego)          | 1974 |
| 29:55.8  | Terry Williams (Lompoc)               | 1973 |
| 30:19.4  | Chuck Assumma (Eisenhower, Rialto)    | 1978 |
| 30:42.8  | Guy Arbogast (Crespi, Encino)         | 1974 |
| 30:50.8  | Mike Breen (Claremont, San Diego)     | 1973 |
| 30:53.0  | Steve Webb (Kennedy, La Palma)        | 1978 |
| 30:55.37 | Grant Foster (Monte Vista, Cupertino) | 1983 |
| 31:05.1  | Joey Gomez (Valencia, Placentia)      | 1978 |
| 31:07.0  | Gary Borbon (Upland)                  | 1979 |
| 31:22.1  | Carmelo Rios (Lennox, Lawndale)       | 1977 |
| 31:32.2  | Bob Love (Carlmont, Belmont)          | 1978 |
| 31:33.6  | Jack Bellah (Leigh, San Jose)         | 1972 |
| 31:40.2  | Steve Brooks (Mt. Pleasant, S Jose)   | 1972 |
| 31:43.0  | Bob Kryczko (Upland)                  | 1973 |
| 31:45.6  | Roy Kissin (San Ramon Vly, Danville)  | 1974 |
| 31:49.4  | Mike Ryan (Wilcox, Santa Clara)       | 1964 |
| 31:50.0  | Kevin McCarthy (Hawthorne)            | 1972 |
| 31:51.0  | Gary Vann (Del Mar, San Jose)         | 1967 |
| 31:51.2  | Joe Whytock (Burlingame)              | 1968 |
| 31:53.0  | Larry Greer (Lakewood)                | 1970 |
| 31:54.0  | Guz Quinonez (Hunt Bch)               | 1983 |
| 31:55.0  | Gordon MacMitchell (Gunn, Palo Alto)  | 1972 |
| 31:57.2  | Jim French (South, Torrance)          | 1969 |
| 31:57.6  | Steve Lopez (Hill, San Jose)          | 1987 |

## 3000 Meter Steeplechase

**Frosh:** — **Soph:** 9:24.6 Eric Hulst (Laguna Beach) 1974. **Junior:** 9:10.8 Dave Daniels (San Gorgonio, San Bern.) 1976. **Senior:** 9:15.8 Humberto Barajas (Vista) 1976. **Frosh:** — **Soph:** — **Junior:** 53.22 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 51.33 Felix Sanchez (University City, San Diego) 1995.

|        |   |      |
|--------|---|------|
| 51.33  | Felix Sanchez (Univ City, SD) @         | 1995 |
| 51.81  | Coke Edmon (Bellarmine, San Jose)       | 1994 |
| 51.84  | Don Ward (St. Mary's, Berkeley)         | 1980 |
| 51.86  | Raymond Young (Hawthorne)               | 1984 |
| 52.43  | Jim Scannella (San Ramon Vly, Danville) | 1979 |
| 52.60  | JoVesa Naivalu (Fremont, Sunnyvale)     | 1996 |
| 52.92  | Albert Pride (Grant, Sacramento)        | 1987 |
| 53.05  | Mike King (Menlo-Atherton)              | 1985 |
| 53.15* | Andre Phillips (Silver Crk, San Jose)   | 1977 |
| 53.18  | Greg Muniz (Woodbridge, Irvine)         | 1992 |
| 53.21  | Steve Kerho (Mission Viejo)             | 1982 |
| 53.22  | Wilbert Moore (Pleasanton)              | 1996 |
| 53.23  | George Porter (Cabrillo, Lompoc)        | 1984 |
| 53.37  | Mike Englehart (DeLaSalle, Concord)     | 1986 |
| 53.38  | Tim Hoban (Foothill, Pleasanton)        | 1981 |
| 53.67  | Mark White (Richmond)                   | 1977 |
| 53.68  | Tonle Campbell (Banning, Wilmington)    | 1978 |
| 53.76  | Michael Graham (Hawthorne)              | 1984 |
| 53.78  | Chris Crisman (Poly, Riverside)         | 1981 |
| 53.81  | Larry Cowling (Sacramento)              | 1978 |
| 53.87  | Vince Newsome (Vacaville)               | 1979 |

### Hand Time:

|       |  |      |
|-------|--|------|
| 51.5  | Charles White (San Fernando)             | 1976 |
| 51.6  | Richard Graybehl (Las Lomas, Walnut Crk) | 1974 |
| 52.2* | Ron Seanez (Gilroy)                      | 1981 |
| 52.4  | Dixon Farmer (Miramonte, Orinda)         | 1959 |
| 52.4  | Mark Low (Pomona)                        | 1969 |
| 52.4  | Henry Andrade (Johnson, Sacto)           | 1980 |
| 52.7  | Walter Murray (Berkeley)                 | 1981 |
| 52.7  | Erick Montgomery (Independence, SJ)      | 1983 |
| 53.5* | Leif Liebrand (Alhambra)                 | 1960 |
| 53.6* | John Brooks (Mt. Diablo, Concord)        | 1965 |

## Shot Put

(16 pound)

**Frosh:** — **Soph:** — **Junior:** 53-7 1/2 Brian Blutreich (Capistrano Valley) 1984. **Senior:** 57-10 1/4 Dave Murphy (Sunny Hills, Fullerton) 1966.

|           |  |      |
|-----------|--|------|
| 57-10 1/4 | Dave Murphy (Sunny Hills, Fullerton) @ | 1966 |
| 57-9 3/4  | Steve Montgomery (Lassen, Sunnyvale)   | 1976 |
| 57-4      | John McKenzie (Hart, Newhall)          | 1976 |
| 56-5      | Dave Doupe (Inglewood)                 | 1973 |
| 55-10 1/2 | Jim Neidhart (Newport Harbor)          | 1973 |
| 55-9      | Dave Kurasch (Newport Harbor)          | 1975 |
| 55-4 1/2  | Lonnie Shelton (Foothill, Bakersfield) | 1973 |
| 55-3 1/4  | Terry Albritton (Newport Harbor)       | 1972 |
| 55-1      | John Hubbell (Poly, Long Beach)        | 1966 |
| 55-0      | Dave Porath (Atwater)                  | 1978 |
| 54-11 1/2 | John Brenner (Fullerton)               | 1979 |
| 54-11 1/2 | John Bender (Shafter)                  | 1984 |
| 54-11     | Mark Bailey (Helix, La Mesa)           | 1979 |
| 54-7      | Bruce Wilhelm (Fremont, Sunnyvale)     | 1963 |
| 54-6 3/4  | Steve Marcus (Palisades)               | 1965 |
| 54-6      | Matt Pentecost (Loyola, LA)            | 1995 |
| 54-1      | Tom Colich (Inglewood)                 | 1966 |
| 53-11     | Greg Aitkenhead (Mission Viejo)        | 1984 |
| 53-7 1/2  | Brian Blutreich (Capistrano Valley)    | 1984 |
| 53-7      | Bob Brannen (Los Gatos)                | 1964 |
| 53-6      | Bill Pace (El Rancho, Pico Rivera)     | 1961 |
| 53-4 3/4  | Mike McKeever (Mt. Carmel, LA)         | 1957 |
| 53-4      | Bret Mannon (Los Gatos)                | 1972 |
| 52-10     | Homer Robertson (Pacific, San Bern)    | 1956 |
| 52-9 3/4  | Don Vick (Chaffey, Ontario)            | 1953 |

## Discus

(International)

**Frosh:** — **Soph:** 156-10 Jeff Buckley (Bakersfield) 1990. **Junior:** 164-10 Reedus Thurmond (Serra, Gardena) 1997. **Senior:** 177-4 Ron Burton (Vacaville) 1974.

|        |  |      |
|--------|--|------|
| 177-4  | Ron Burton (Vacaville) @               | 1974 |
| 169-0  | Chris Adams (Los Altos)                | 1970 |
| 168-8  | Scott Endler (Hoover, Fresno)          | 1976 |
| 167-3  | Lonnie Shelton (Foothill, Bakersfield) | 1973 |
| 167-1  | Dave Hickson (Leland, San Jose)        | 1973 |
| 164-10 | Reedus Thurmond (Serra, Gardena)       | 1997 |
| 164-4  | Bob Stoecker (Los Altos)               | 1962 |
| 164-4  | Matt Karsevar (Clovis)                 | 1989 |
| 163-9  | Dave Porath (Atwater)                  | 1978 |
| 161-2  | Steve Lehmer (Loara, Anaheim)          | 1966 |
| 160-4  | Dave Powell (Vacaville)                | 1976 |
| 160-0  | Mike Lewis (Lincoln, San Francisco)    | 1957 |
| 160-2  | Jack Egan (Balboa, San Francisco)      | 1954 |
| 158-11 | Ralph Fruguglietti (Albany)            | 1973 |
| 158-3  | John Bello (Rancho Cucamonga)          | 1996 |
| 156-11 | Sim Iness (Tulare)                     | 1948 |
| 156-10 | Jeff Buckley (Bakersfield)             | 1990 |
| 156-8  | Jamie Presser (Cupertino)              | 1989 |
| 156-2  | Chad Jones (Arroyo Grande)             | 1995 |
| 155-3  | Brian Blutreich (Capistrano Valley)    | 1984 |
| 155-0  | Fred Huston (Camarillo)                | 1972 |
| 154-0  | Mark Bailey (Helix, La Mesa)           | 1979 |
| 154-0  | John Davis (Wilson, Long Beach)        | 1995 |
| 153-10 | Dave Davis (Canoga Park)               | 1956 |
| 153-5  | Jay Pushkin (Los Altos)                | 1973 |

## Hammer

**Frosh:** — **Soph:** 190-7 Lucas McKay (Central Catholic, Modesto) 1997. **Junior:** 211-4 John Badovinac (Jesuit, Carmichael) 1996. **Senior:** 220-3 John Badovinac (Jesuit, Carmichael) 1997.

|       |   |      |
|-------|---|------|
| 220-3 | John Badovinac (Jesuit, Carm) @ Sacto   | 1997 |
| 219-2 | Kevin McMahon (Bellarmine, S Jose)      | 1990 |
| 207-2 | Jeremy Robinson (Bellarmine, S Jose)    | 1992 |
| 203-8 | Jim Beene (Dos Pueblos, Goleta)         | 1989 |
| 199-7 | Marc Mazzoni (Bellarmine, San Jose)     | 1995 |
| 191-2 | David Popejoy (Bellarmine, San Jose)    | 1989 |
| 190-7 | Lucas McKay (Central Catholic, Modesto) | 1997 |
| 179-4 | Bill Stengele (Los Gatos)               | 1992 |
| 177-6 | Toby Norwood                            | 1992 |
| 176-7 | Alex Maschmeyer (Del Campo, Fair Oaks)  | 1997 |
| 176-2 | Dave Charlesworth (Los Gatos)           | 1992 |
| 171-6 | Chad Stearns (Bellarmine, San Jose)     | 1984 |

## Decathlon

**Frosh:** — **Soph:** 5410 Dave McCabe (Savannah, Anaheim) 1989. **Junior:** 6444 Dixon Farmer (Miramonte, Orinda) 1958. **Senior:** 6970 Tom Richards (San Marcos, Santa Barbara) 1988.

|      |                                     |      |
|------|-------------------------------------|------|
| 6970 | Tom Richards (San Marcos, S Barb) @ | 1988 |
| 6711 | Bob Mathias (Tulare)                | 1948 |
| 6613 | Rick Martinez (Claremont)           | 1983 |
| 6526 | John Sheerer (Upland)               | 1979 |
| 6444 | Dixon Farmer (Miramonte, Orinda)    | 1958 |
| 6396 | Andrew Herman (Santa Ynez)          | 1989 |



# All-Time Boys

|       |                                      |      |
|-------|--------------------------------------|------|
| 6384  | Shawn Collins (Los Gatos)            | 1986 |
| 6343  | Pat Nevins (Enterprise, Redding)     | 1986 |
| 6256  | John Sheerer (Upland)                | 1979 |
| 6255  | Tim Baker (Oakdale)                  | 1986 |
| 6202  | Andy Connor (Yreka)                  | 1987 |
| 6201  | Joey Duarte (Notre Dame, ShermOaks)  | 1985 |
| 6084  | Danny Haag (Granada Hills)           | 1994 |
| 6060  | Levar Castillo (Lymwood)             | 1995 |
| 6012  | David Kuhn (Calvary Chapel, SAna)    | 1996 |
| 5979  | Chris Prescott (Chino)               | 1992 |
| 5907  | Jeff Lamonica (Poly, Sun Valley)     | 1987 |
| 5865  | Chris Campbell (Poly, Riverside)     | 1995 |
| 5845w | Isalah Mustafa (Santa Clara, Oxnard) | 1992 |
| 5804  | Jon Cartwright (Porterville)         | 1994 |
| 5778  | Jim Gash (Santa Rosa)                | 1985 |
| 5769w | Mark Aucutt (Santa Clara, Oxnard)    | 1992 |

## 800 Meter Relay

(\* 880 yards minus 0.5)

|         |   |      |
|---------|---|------|
| 1:25.1* | Berkeley @  | 1980 |
| 1:25.1  | Berkeley @ Sacramento<br>(Clewis, Walker, Murray, Robinson) | 1981 |
| 1:25.4* | Jefferson, LA -1<br>(Batten, White, Phillips, Randall)      | 1956 |
| 1:25.4* | Dorsey, LA<br>(Grant, Hanley, Parriah, Underwood)           | 1966 |
| 1:25.4  | Berkeley  | 1995 |
| 1:25.41 | Hawthorne<br>(Hanna, Vallery, Carroll, Conway)              | 1987 |
| 1:25.5* | Castlemont, Oakland -1                                      | 1960 |
| 1:25.5* | Jefferson, LA   | 1963 |
| 1:25.5* | Castlemont, Oakland   | 1965 |
| 1:25.5* | Fremont, LA -1  | 1967 |
| 1:25.5* | Centennial, Compton   | 1967 |
| 1:25.6* | Centennial, Compton -1                                      | 1961 |
| 1:25.6* | Jefferson, LA -1  | 1962 |
| 1:25.6* | Jefferson, LA   | 1964 |
| 1:25.70 | Muir, Pasadena<br>(Bell, Blades, Hatcher, Brown)            | 1984 |
| 1:25.7* | San Bernardino  | 1962 |
| 1:25.7* | Los Angeles   | 1964 |
| 1:25.7* | Muir, Pasadena  | 1967 |
| 1:25.73 | Muir, Pasadena  | 1987 |
| 1:25.8* | McClymonds, Oakland   | 1962 |
| 1:25.8* | San Diego -1  | 1963 |
| 1:25.8* | Manual Arts, LA   | 1963 |
| 1:25.8* | Fremont, LA   | 1965 |
| 1:25.8* | Gardena   | 1966 |
| 1:25.8* | Hamilton, LA  | 1965 |

## 3200 Meter Relay

(\* 2 miles minus 2.8)

|         |  |      |
|---------|--|------|
| 7:41.2* | El Cerrito @ Berkeley<br>(Stodden, Wolfe, Rice, Wood)    | 1969 |
| 7:41.35 | De La Salle, Concord                                     | 1997 |
| 7:41.4* | Berkeley   | 1965 |
| 7:43.4* | Arcadia<br>(Hoar, Hughes, Cass, Stuart)                  | 1973 |
| 7:43.6* | Taft, Woodland Hills<br>(Berry, Gould, Lagorio, Donahue) | 1973 |
| 7:44.3  | Hawthorne  | 1985 |
| 7:45.2* | Tustin   | 1965 |
| 7:45.78 | Thousand Oaks<br>(McCarter, Patterson, Tadlock, Fairman) | 1987 |
| 7:45.79 | La Canada  | 1983 |
|         | (Trevethick, Smith, Larson, Trevethick)                  | 1983 |

|         |   |      |
|---------|---|------|
| 7:46.08 | Rio Mesa, Oxnard  | 1987 |
| 7:46.4* | Mission Viejo   | 1973 |
| 7:46.4* | Notre Dame, Sherman Oaks<br>(Morrill, Russell, McKenna, Rochelau) | 1975 |
| 7:46.6* | Oakland   | 1976 |
| 7:46.8* | La Canada<br>(Koningh, Seaman, Sherburn, Dastrup)                 | 1974 |
| 7:47.0* | El Cerrito<br>(Sproul, Ennis, Kaufman, Scott)                     | 1971 |
| 7:47.6* | Del Valle, Walnut Creek   | 1971 |
|         | (Ellison, Burke, Guichard, See)                                   | 1971 |
| 7:47.8* | Pittsburg   | 1967 |
| 7:48.0* | Hoover, Glendale  | 1961 |
| 7:48.23 | Pasadena  | 1983 |
| 7:48.4* | Castlemont, Oakland   | 1969 |
| 7:48.4  | El Modena   | 1981 |
| 7:48.4* | Dos Pueblos, Goleta   | 1981 |
| 7:48.59 | Eisenhower, Rialto  | 1990 |
| 7:48.86 | Bellarmino, San Jose  | 1990 |
| 7:49.2* | La Canada   | 1973 |

## 6400 Meter Relay

(\* 4 miles minus 7.2)

|          |   |      |
|----------|---|------|
| 17:06.0* | Lompoc @<br>(Schankel, Fabing, Gilmore, Williams)                 | 1973 |
| 17:07.8* | Clairemont, San Diego<br>(Novak, Lord, Harper, Fleet)             | 1971 |
| 17:21.4* | Jesuit, Carmichael<br>(Thomas, Thomas, Mastalir, Mastalir)        | 1986 |
| 17:23.6* | Leigh, San Jose   | 1979 |
| 17:24.8* | Mission San Jose, Fremont   | 1979 |
| 17:25.9* | Helix, La Mesa  | 1979 |
| 17:26.4* | Jesuit, Carmichael  | 1979 |
| 17:26.9* | Mission San Jose, Fremont   | 1980 |
| 17:28.1* | Mission San Jose, Fremont   | 1978 |
| 17:29.7* | Skyline, Oakland  | 1978 |
| 17:30.2* | San Geronio, San Bernardino<br>(Troutman, Muller, Daniels, Flynn) | 1975 |
| 17:30.4* | Foothill, Santa Ana   | 1975 |
| 17:32.2* | Dos Pueblos, Goleta<br>(Phillips, Szerwo, Lambert, Bjorkman)      | 1972 |
| 17:33.72 | Camarillo   | 1990 |
| 17:33.72 | Hart, Santa Clarita   | 1993 |
| 17:33.8* | Marina, Huntington Beach  | 1973 |
| 17:34.0* | Crespi, Encino  | 1965 |
| 17:34.4* | Monte Vista, Spring Valley  | 1973 |
| 17:34.4* | Crawford, San Diego<br>(Best, Shepherd, Hendrick, Lean)           | 1975 |
| 17:34.59 | De La Salle, Concord  | 1996 |
| 17:35.4* | Mira Costa, Huntington Beach                                      | 1970 |
| 17:35.4* | Glendale  | 1974 |
| 17:35.61 | Walnut  | 1989 |
| 17:35.8* | Crescenta Valley  | 1976 |
| 17:36.3* | Leigh, San Jose   | 1978 |

## Sprint Medley Relay

(\* mile minus 1.1)

|         |   |      |
|---------|---|------|
| 3:21.1  | Berkeley @ Sacramento<br>(Clewis, Murray, Robinson, Richardson) | 1981 |
| 3:21.15 | Hawthorne<br>(Thomas, Marsh, Graham, Kelly)                     | 1985 |
| 3:23.5  | Compton<br>(Barksdale, Davis, Smith, Davis)                     | 1980 |
| 3:23.82 | Hawthorne<br>(Thomas, Marsh, Young, Kelly)                      | 1984 |
| 3:24.9  | Compton   | 1981 |
| 3:26.3* | La Habra  | 1961 |

|          |   |      |
|----------|---|------|
| 3:26.8*  | Orange  | 1961 |
| 3:26.8*  | Independence, San Jose                                  | 1988 |
| 3:26.9*  | La Habra  | 1962 |
| 3:27.04  | Logan, Union City                                       | 1995 |
| 3:27.3*  | Hoover, Glendale  | 1962 |
| 3:27.3*  | Los Angeles   | 1969 |
| 3:27.3*  | Bakersfield<br>(Barber Mosley, Harris, Dalzell)         | 1981 |
| 3:27.33  | El Modena<br>(McGoveny, Nusbrand, Smith, Esparza)       | 1982 |
| 3:27.7*  | Bakersfield<br>(Barber Mosley, Watkins, Johnson)        | 1980 |
| 3:27.8*  | El Cerrito<br>(Ennis, Walker, Watson, Scott)            | 1972 |
| 3:27.9*  | Poly, Long Beach  | 1960 |
| 3:27.93* | Compton   | 1982 |
| 3:28.1*  | Anaheim   | 1985 |
| 3:23.13  | Muir, Pasadena  | 1995 |
| 3:28.25* | Walnut  | 1982 |
| 3:28.3*  | South Gate  | 1961 |
| 3:28.3*  | San Geronio<br>(Vincen, Ellison, Grant, Flynn)          | 1975 |
| 3:28.3   | Berkeley  | 1980 |
| 3:28.4*  | Castlemont, Oakland<br>(Morgan, Robert, Rodgers, Curry) | 1971 |

## Distance Medley Relay

(400, 800, 1200, 1600)

(\* 2 1/2 miles minus 4.6)

|           |   |      |
|-----------|---|------|
| 9:56.3    | Jesuit, Carmichael @ San Jose<br>(Thomas, Cahill, Mastalir, Mastalir) | 1986 |
| 9:58.4*   | Lompoc<br>(Jackson, Costa, Gilmore, Williams)                         | 1973 |
| 10:02.3   | Eisenhower, Rialto  | 1979 |
| 10:03.57* | Bella Vista, Fair Oaks<br>(Wardlow, Reyes, Sparks, Kuphaldt)          | 1982 |
| 10:05.6*  | Valley, El Cajon<br>(Kuehne, Smith, Owens, Cotton)                    | 1972 |
| 10:05.8*  | Eisenhower, Rialto<br>(Assumma, birks, Harris, Assumma)               | 1978 |
| 10:07.4*  | El Modena<br>(Fredman, Nelson, Woolley, White)                        | 1970 |
| 10:08.8*  | Berkeley  | 1965 |
| 10:09.0*  | Crescenta Valley  | 1976 |
| 10:09.1*  | Wilcox, Santa Clara   | 1965 |
| 10:09.1*  | Compton   | 1981 |
| 10:09.6*  | Poly, Long Beach  | 1970 |
| 10:09.71  | Corona Del Mar  | 1989 |
| 10:09.8   | El Cerrito<br>(Scott Sidney, Sproul, Bailey)                          | 1972 |
| 10:10.2*  | Leigh, San Jose<br>(Kirkham, Andrews, Suhr, Fritzsche)                | 1975 |
| 10:10.4*  | La Canada<br>(Verniere, Dastrop, Sherburn, Koningh)                   | 1974 |
| 10:10.6*  | University, LA  | 1976 |
| 10:11.1*  | Reedley<br>(Taplac, Clark, Bravo, Nicholas)                           | 1971 |
| 10:11.4*  | Clairemont, San Diego   | 1972 |
| 10:11.4*  | Laguna Beach  | 1976 |
| 10:12.2*  | Burlingame  | 1969 |
| 10:12.2   | Thousand Oaks   | 1980 |
| 10:12.6   | Compton   | 1968 |
| 10:12.6*  | Skyline, Oakland<br>(Klugh, Foster, Moss, Johnson)                    | 1975 |
| 10:12.6   | Santa Barbara   | 1980 |





# CLICK On These Invitationals

By John Flynn

They've taken cross country to another level, deeper into the vast reaches of cyberspace.

Jim Couch and George Varvas are not content with having the quickest race results this side of instant replay. They want the whole world to know about it.

All runners in the 1997 Griffith Park-Bellarmine (Burbank) and Woodbridge (Irvine) Invitationals now have their names posted on the Internet.

Both meet directors ventured into computerized results several years ago (see CTRN November/December 1995). Even with their large fields, complete results generally are available about 10 minutes after the last runner crosses the finish line. Of critical importance, of course, is coaches' cooperation:

Meet director Jim Couch (left) and Jamesfield Tso load all 3,000 runners' names from the Griffith Park-Bellarmine Invitational on to the Internet. High school volunteers did the same for George Varvas after this year's Woodbridge Invitational.

supplying runner names for computer input, prior to race day.

With their computers loaded this year, Couch and Varvas took the next logical step, without knowing each other's plans. Computer volunteer Jamesfield Tso had Bellarmine-Jefferson's web site populated by 3,000 new names within hours of the meet's September 27 conclusion.

Hampered by a software glitch, Woodbridge's student volunteers needed about three days to complete the loading of 5,400 runner names, following the September 20 meet.

Couch (Bellarmine) and Varvas (Woodbridge) cite benefits from setting up camp on the Internet. For one, it adds a bit of excitement to their Invitationals and the sport of cross country in general. Said Couch: "Competitors, their families and friends can log in for fun and the thrill of it." Added Varvas: "Coaches can use it as a scouting tool for meets later in the season."

For a look, try:

<http://www.iusd.k12.ca.us/schools/woodbridge>  
and  
<http://www.digilink.net/~bjhs>



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|---------------|--|-----------------------|------------------|
| 14:49.39      | Kim Mortensen<br>Sr / Thousand Oaks        | 4:46.28<br>10:03.11   | Division<br>1996 |
| 14:51.51      | Cory Schubert<br>Sr / Del Mar, San Jose    | 4:47.31<br>10:04.2    | NorCal<br>1983   |
| 14:53.07      | Schubert                                   | 4:44.93<br>10:08.14   | State<br>1983    |
| 14:54.5c      | Schubert                                   | 4:48.6c<br>10:05.9    | Section<br>1983  |
| 14:56.9c      | Cheri Williams<br>Sr / Livermore           | 4:50.7c<br>10:06.2c   | Section<br>1978  |
| 14:57.46c     | Williams                                   | 4:43.35c<br>10:15.11c | State<br>1978    |
| 14:57.99      | Laurie Chapman<br>Sr / Gunderson, San Jose | 4:45.13<br>10:12.86   | State<br>1986    |
| 14:59.1c      | Schubert                                   | 4:51.4c<br>10:07.7c   | Region<br>1983   |
| 14:59.95      | Julia Stamps<br>Sr / Santa Rosa            | 4:44.78<br>10:15.17   | State<br>1997    |
| 15:02.09      | Vickie Cook<br>So / Alemany, Miss. Hills   | 4:47.31<br>10:14.78   | State<br>1980    |
| 15:02.29      | Stamps                                     | 4:42.79<br>10:19.50   | Section<br>1997  |
| 15:03.11      | Mortensen                                  | 4:51.48<br>10:11.63   | League<br>1996   |
| 15:03.9       | Chapman                                    | 4:48.7<br>10:15.2     | Section<br>1986  |
| 15:04.49      | Cook<br>Jr                                 | 4:45.21<br>10:19.28   | Section<br>1981  |

Notes: c = time converted to metric from original one mile or two mile clocking

Special thank you to Plato Yanicks, retired coach, Menlo-Atherton High School, California, for use of his private sports memorabilia library which made this research effort possible.

ME





# THE ATHLETE'S KITCHEN

## Joining the Lunch Bunch

*"I'm hungry for lunch by 10 a.m. I try to hold off until noon, but, I don't always last that long . . ."*

*"I generally exercise during lunchtime and then just have some juice afterwards. By 3 o'clock, I'm starving!!!"*

*"Are those instant lunches, such as Cup of Noodles, any good?"*

**F**or active people who are continuously fueling up for workouts and refueling afterwards, lunch is the second most important meal of the day. (Breakfast remains the first "meal of champions.") Lunch refuels the muscles of people who exercise in the morning or at noon, and fueled up the muscles and boosts the blood sugar of afternoon exercisers. Given that our bodies tend to get hungry at least every 4 hours, athletes who eat breakfast at 7:00 or 8:00 a.m. are certainly ready for lunch by 11:00 or 12:00. And those who eat breakfast at 6:00 a.m. are ready by 10:00!

Ideally, you should eat according to hunger, not by the clock. After all, hunger is simply your

body's request for more fuel. When your body has processed breakfast, hunger tells you it needs more food again to function well. If you've eaten too little in the morning, you can easily be ready for lunch at 10:00.

The concern then arises: If you devour lunch before noon, what will you have left to eat the rest of the day? The solution is simple: A second lunch at 2:00. For a nation of lunch limiters, two lunches may seem a novel idea. But why not? Adequate midday fuel truly invests in a higher energy afternoon.

In general, when you plan your day's intake, try to divide your calories evenly: 25% for breakfast, lunch-1, lunch-2, and dinner OR 30% for breakfast, lunch and dinner plus 10% of the calories for afternoon snack. By experimenting with these fueling patterns, you'll eradicate afternoon sweet cravings, pre-dinner hungry horrors, and post-dinner dietary disasters!

Despite the importance of lunch, logistics can be a hassle. Here are some tips for planning a power lunch.

**BROWN BAGGING IT.** All brown-baggers quickly tire of the what-to-pack-for-lunch dilemma. Hence, most of them end up packing the same food every day; yet-another-turkey-sandwich, salad, or bagel. If you're tired of the same stuff, consider these suggestions:

✓ Assemble a lunch with at least three types of food that total at least 500 calories (if you are on a reducing diet) to 800+ calories. (Use the calorie information on food labels or a calorie guide.) This means *bagel + yogurt + banana*, or *salad + turkey + pita*. Just a bagel (300 cals.) or a salad (200 cals.) is too little fuel. You'll end up craving sweets.

✓ Re-acquaint yourself with peanut butter. In this era of fat-free foods, peanut butter has lost its shelf space. I consider peanut butter to be a great food for athletes—even dieters—because it "sticks to the ribs" and keeps you fueled for the whole afternoon. Yes, it may be have more calories than a standard turkey sandwich, but the satisfying peanut butter allows you to nix excessive afternoon snacks that contribute excess calories to your day's intake. Yes, 2 tablespoons of peanut butter has about 16 grams of fat. But this fat can fit into your day's fat budget (about 50 grams fat for a dieting female athlete; 70 grams for an active man).

**PACK PLANNED-OVERS FROM DINNER** and heat them in the microwave oven.

Homemade foods are nutritionally preferable to many instant lunches. A Cup of Noodles, for example, is little more than 2 packets of salt, one tablespoon of fat, refined white flour, and very little protein or nutritional value. A better instant lunch would be the cups of instant bean meals, such as Knorr's Hearty Lentil Soup, or Fantastic Food's Rice & Beans. These offer more protein, fiber, other nutrients — and are a simple way to eat wholesome beans.

**FAST FOOD LUNCHES.** When you're grabbing lunch at a quick service restaurant, look for the lower fat options, such as the BK Broiler chicken sandwich without mayo + milk (450 calories, 11 gm fat); Taco Bell's chicken fajita wrap + a diet soda (460 cals., 12 gm fat); 2 slices Domino's pizza (500 cals, 18 gm fat). For dessert, eat a piece of fruit you tucked in your pocket before leaving home.

**HOT LUNCHES.** If you are lucky enough to have a cafeteria at work or be included in a business lunch, take advantage of the hot meal option. Enjoying a nice dinner at lunch: 1) fueled you for an energetic late-afternoon workouts, 2) simplifies the "what's to eat for dinner" routine; you'll feel less hungry and will be content with a sandwich, 3) reduces the hungry horrors you'd otherwise fight if you skip lunch or "hold off until dinner." (Why hold off? You are going to eat the calories eventually; honor hunger and eat now!)

**LUNCH FOR DIETERS.** Because many weight-conscious people deem meals as "fattening," dieters commonly skip or skimp on lunch. As one overweight walker commented, "I'm fat, so I don't deserve to eat lunch." Sad statement, but never-the-less common in our society. Once she gave herself permission to fuel her body appropriately (sandwich, yogurt, fruit) for lunch, she discovered the benefit of eating this meal: more effective at work, less hungry in the afternoon, less likely to raid the refrigerator the minute she arrived home, and better able to lose weight and enjoy exercise. She, like most active people, learned lunch works!

Nancy Clark, MS, RD, nutrition counselor at Boston-area's Sports-Medicine

Brookline, is author of

Nancy Clark's Sports Nutrition

Guidebook, 2nd Edition (\$20, 1997)

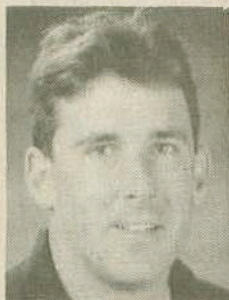
and the NYC Marathon Cookbook (\$23).

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# COACHES EDUCATION



## Teaching Progressions for Beginning Discus Throwers

By Don Babbitt  
University of Georgia  
Athens, GA

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

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

sharing your coaching expertise within this forum, or would like to comment on a past article, please contact George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443, or e-mail at:

coaches@deltanet.com

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



### How to hold the discus

The first step in introducing the discus to the beginner is to give them a feel for how to hold the discus. To begin, the thrower should hold the discus in the palm of their outstretched arm (this is the non-throwing arm). They should then place their right hand (for the right-handed thrower) on top of the discus with their finger tips extending over the edge of the lip of the discus. Each finger should be spread apart. This should give the thrower an idea as to how the discus should feel in their hand. The coach should make sure that the thrower is not gripping the discus, but that they are lightly supporting the discus in their hand.

Next, the thrower should hold the discus in their hand while their arm is dangling straight down from the shoulder. Here again, the coach should make sure that the thrower is not gripping the discus, but that the last joint in each finger is wrapped around the edge of the discus. The thrower can now start swinging their arm back and forth like a pendulum. This will give the thrower a feel for how the discus should feel in their hand, while their hand is moving. The centrifugal force generated by this swinging motion will keep the discus in the thrower's hand and should reduce the thrower's need to want to grasp the discus.

### Teaching the Release

After the beginner has gotten used to the proper way to hold the discus, they are now ready to learn the release. Many times, when a beginner is asked to release a discus, they will throw the discus out the

"back" of the hand instead of the "front".

An easy way to teach the proper direction in which to let go of the discus is to have the thrower hold the discus by their waist as described in the previous paragraph. From this position the thrower will tilt their hand backward and let the discus roll out of their hand and fall on to the ground. When this happens, the discus should roll forward off each finger starting with the pinky and ending with the index finger. The coach should make sure that the discus does not fall out the "back" of the hand causing it to roll off the index finger first and pinky last.

The next step in teaching the proper release of the discus is to have the thrower bowl the discus. This drill can be done with a partner who should start by standing roughly ten yards apart from the thrower who is about to bowl the discus. This drill is fairly easy, for it requires the thrower to just roll the discus, on it's edge, to their partner as if they were releasing a bowling ball down a bowling alley. The partner in this drill can then bowl the discus back to the other partner to complete this drill. As the throwers get more proficient at this drill, they can increase the distance between themselves and work on releasing the discus with a little more pace.

Another release drill can also be performed which is an advanced variation of the pendulum drill. The thrower will start this drill by swinging the discus from a dangling arm as previously described. As the thrower's arm is swinging forward, they will release the discus out the front of their hand which will cause the discus to

*continued next page...*



be thrown straight up in the air. The coach should make sure that the discus has a good amount of rotation on it, and that the discus lands on its edge when it comes back to the ground. It is important that these two things occur for they are indicators for a proper release.

The next step will have the thrower swing the discus back and forth in a plane that is parallel to the ground. This poses a problem for many beginners because they are afraid that the discus will fall out of their hand as they are swinging the discus. During this exercise, their tendency will be to grab on to the discus instead of letting the centrifugal force, that is generated by the swinging motion, hold the discus in their hand. To begin this drill, the thrower will hold the discus in the outstretched palm of their non-throwing hand, while their throwing hand is placed on top of the discus. The grip should be the same as described in the first paragraph. The thrower will then swing the discus backward with an outstretched arm and then swing the discus back into the palm of their non-throwing arm. As this drill is being performed, the thrower should make an effort to keep the throwing hand on top of the discus while they are swinging their arm and not turn the discus over so their hand is underneath the discus. This drill should be repeated many times in succession with no pause between the direction changes on the throwing arm.

### Stand throw from a kneeling position

Once the thrower is comfortable with swinging the discus back and forth and is able to do this without "cupping" or grabbing the discus, they should be ready to work on an actual throw. The first drill that can be introduced, that involved an actual throw, is a stand throw from a kneeling position. Throwing from a kneeling position may seem strange, but it serves to reduce the power that can be achieved by the thrower, by eliminating the legs from the throw, which in turn will reduce the possibility of an errant throw. It also serves to focus on the upper body's role in the throwing action. This will allow

the thrower to concentrate better on the arm action of the throw.

To begin this drill, the thrower should assume a kneeling position on one knee, with the left foot forward and the right knee supporting their body weight. The thrower will then take the discus and swing it back as they relax and stretch their throwing arm during the back swing. The coach should make sure that the thrower rotates their trunk backward, along with their throwing arm so that their whole body stays in "contact" with the discus. Once the arm has been pulled back as far as possible, the thrower should "pull" the discus through by turning the trunk and pulling their arm forward. The release should be flat and the discus should land flat against the ground anywhere from 15 to 45 feet in front of the thrower. If this drill is performed properly, the discus should slide to a halt at some distance directly in front of the thrower. Once again, the coach should make sure that the discus is coming out of the thrower's hand properly and that it has the proper flight and rotation.

### The stand throw

When the beginning thrower is able to perform all of the previously mentioned drills, they should be able to make the transition into the stand throw with relative ease. To introduce the proper position for the stand throw, the coach should have the thrower stand in front of the discus ring facing their whole body out toward the center of the sector. From this position the thrower will step their right foot back in toward the center of the discus ring so that their feet are a little more than shoulder width apart and their right heel is lined up with the left toe. The thrower should then bend their right knee and shift their weight back on the ball of their right foot. At the same time the thrower should swing the discus as far back behind their body as it will go, which will usually be a position back over the left heel. From this position, the thrower will immediately initiate the throw by pivoting their right foot which will then cause the right hip and shoulder to rotate through. This action will cause the

throwing arm to be whipped around and the discus will be released as in the previously described release drills.

The coach will also want to look for the following things when the thrower is performing the stand throw;

1) The thrower pivots on the ball of the right foot during the throw, and finishes the pivot with the right foot pointing in the direction of the throw.

2) The left leg (i.e. block leg) straightens out to form a solid block as the discus is being swung around to be released. The block is caused by a sudden deceleration of the left side of the body which in turn will cause an acceleration of the right side, thus accelerating the discus it is being released.

3) The orbit is the path that the discus follows as it is being thrown. The orbit of the discus should follow a high-low-high pattern. This means that the discus will be at its highest point as it is fully drawn back (i.e. when it is over the left heel). The discus will hit the lowest point in its orbit when it is passing by the right foot. From this point the discus will start to rise back up to its high point as the throwing arm is brought around to release the discus.

4) The head should always be facing straight away from the chest during the throw. Make sure that the thrower does not turn their head away during the release. The head should actually be thrown back during the release to allow the chest to get up into the throw.

### The half-turn

Once the stand throw has been mastered, the beginning thrower can progress to the half-turn drill. This drill teaches the fundamentals of pivoting on the right foot in the middle of the ring and it is a technique that can be used in competition. The thrower can actually begin this drill without the discus so that they can focus their concentration on the pivoting action of the right foot and the turning of their body. The thrower should start this drill with their right foot placed in the center of the ring with almost all of their weight bearing down on the ball of their right foot. The right leg should be

*continued next page...*



bent as it is at the beginning of a stand throw. The whole body should be lined up in a position that is similar to that at the beginning of a stand throw except that the thrower will be lined up to throw out the back of the ring. It is also suggested that when the thrower is performing this drill without the discus, that they have their hands on their hips to minimize the use of the upper body to gain rotational momentum.

Once the thrower is comfortable with the starting position for this drill, they will begin by rotating their right hip, knee, and foot in unison to cause their body to start rotating around. The body of the thrower will be balanced over the ball of the right foot which will be pivoting as the body turns 190 degrees to the stand throw position. At no time should the heel of the right foot touch the ground. While the right is pivoting, the left leg should be pulled close to the ground. While the right is pivoting, the left leg should be close to the right leg causing the knees to almost touch together in an effort to increase the speed of the body's rotation. As the thrower is finishing the 180 degree turn, they will shoot the left leg out into a straightened-out position that is similar to that seen at the beginning of the stand throw. At the end of the 180 degree turn the coach should take note to see that the thrower has maintained the following positions:

- 1) The feet are in heel-toe alignment.
- 2) The thrower's back is facing the throwing sector and their chest is facing toward the back of the ring.
- 3) The thrower's weight is balanced over the ball of the right foot (i.e. pivot foot).
- 4) The right leg is bent and the left leg is almost straight, while slightly flexed. The thrower should be in a position to deliver a solid stand throw.

Once the thrower is able to master these positions following a 180 degree turn, they can advance to a series of half-turns to solidify their right foot pivot. The next step will be for the thrower to perform this drill with the discus in hand. They can do this without releasing at first by either holding on to the discus as they turn or by taping

the discus to their hand. The final step will be to perform this drill with a release at the end. It is important for the coach to emphasize the smooth transition from the half-turn to the throw. The thrower should not be stopping or stalling after their half-turn before they go into a release. The half-turn with the upper body which is usually the most common fault for beginners with this drill.

The final important detail that the coach should note for this drill is maintaining the proper orbit of the discus. The thrower should start the drill by swinging the discus backward, at hip level, and then pushing it forward as the half-turn is initiated. As the thrower starts their half-turn, the thrower will direct the discus in an upward path so the discus reaches its "high-point" when it is closest to the front of the ring. By doing this, the thrower will insure that the discus has established its proper orbit with a high-point when the discus is near the front of the ring and the low-point when the discus is positioned close to the back of the ring. The proper orbit will enable the thrower to release the discus as it is ascending towards the high-point of its orbit, which in turn will cause a nice parabolic flight.

The next drill that the beginning thrower should attempt, once the half-turn is mastered, is called the step-in. This drill begins with the thrower standing in the back of the ring. As with the half-turn, the thrower should start this drill without the discus and with their hands on their hips to minimize the use of the upper body to gain momentum. To begin this drill, the thrower will, step, settle their weight down onto the ball of the right foot. At this point, the thrower should be in a position similar to the starting position for the half-turn drill. The thrower will then proceed to perform the half-turn and throw. As the different parts of the step-in drill become more comfortable, they can be molded into one complete movement with no pauses between positions. It is essential that the coach makes sure that the heel of the right foot never touches the ground once the full step-in drill has begun. The emphasis of this drill should be the continued pivot of the right foot. It is also important that the

coach makes sure that the thrower initiates the 180 degree turn by pivoting the right foot. The general rule of thumb is that you pivot to get into position to throw and not to pivot as a reaction to the throw. The coach should also make sure that the thrower holds the discus low behind their right hip as the step into the center of the ring.

The next drill that follows the step-in, is called the South African drill. This drill begins just like the step-in, except that the thrower will drive their right leg into the middle of the ring as they push off with the left leg to generate power out of the ring. This is an excellent drill to teach the thrower how to drive across the ring using the leg drive from both the right and left legs. With this drill it is important that the coach is careful to make sure that the beginning thrower does not initiate the start of the throw with the upper body which is the tendency of a lot of beginners. The coach will also want to check for the following things:

- 1) The thrower keeps the upper body relaxed as they lead with the right leg into the center of the ring.
- 2) The thrower pushes off with the left leg out the back of the ring as their chest is facing the right sector line. At the same time, they will sweep their right leg outward and then across their body as it is driven toward the center of the discus ring. These points are extremely important to remember to make sure that the thrower does not over-rotate out the back of the ring. Many throwers mistakenly wait until they are lined up facing toward the center of the ring before they drive toward the front of the ring. When this occurs, the sweeping action of the right leg causes them to land about a foot and half to the left of where they are trying to drive. This will result in over-rotation. This is why the thrower should drive the right sector line, to compensate for the sweeping action of the right leg which will cause them to land in the center of the ring.
- 3) The thrower should land in a balanced position on the ball of their right foot near the center of the discus ring.
- 4) The thrower should always be on the

*continued next page...*



# The Joy of Running

By Ken Reeves, Nordhoff High School



The day before the big race, the skies opened up and caused rivers to flow along the course. Puddles reached halfway across the trail. The grass was mushy and slick. Traction on the uphill demanded extra effort and slipping and sliding were an expected result of the muddy downhill. Fog covered the course in an eerie haze and the tacky mud added pounds to the shoes and aches to the legs. In the eyes of the Southern Section, this could be a liability nightmare. In the eyes of an eight year old, this is totally cool.

Such was the state of the Woodward Park course as my son and I prepared to run the coaches' race at the Foot Locker Western Regionals. Many a day, Tyson, my son, had pedaled along with me on my long runs, encouraging and coaching as the legs slowed down and the mind demanded rest. His reward for coaching me during my training for the Boston was to be able to run in this year's "coaches race." His training consisted of a

*continued next page...*

balls of the feet during the throw.

5) Make sure the discus follows the proper orbit, with the low points being when the discus is closest to the back of the ring and the high point being achieved when the discus is closest to the front of the ring.

Once the thrower is able to perform the South African drill, they are now ready to attempt a full throw. Before attempting a full throw, there is one drill that can be used to introduce the turn out the back of the ring. This is called the 360 degree turn drill. As with the 180 degree turn drill, the thrower can perform this drill without the discus and their hands on their hips in an effort to eliminate the upper body from initiating the turning movement. This drill will begin with the thrower standing almost straight up while having all their weight balanced on the ball of the left foot. The feet will be slightly wider than shoulder width apart with the left leg slightly flexed while the right leg is only slightly bent. From this position the thrower will pivot in a complete circle on the ball of the left foot and comes to a stop in the original starting position. The coach should pay careful attention to the fact that the right leg should stay wide as the turn is being performed. Many beginners will pull the ankles together in an attempt to gain more rotational speed. This should be discouraged for this is not how the thrower will turn out the back of the ring during a full throw.

## Getting out the back of the ring

When the thrower is able to perform a complete 360 degree turn without much effort, they can now attempt a full throw.

To begin, the thrower will line up in the back of the ring with their feet on either side of the center portion of the back of the ring. This position will be exactly like the starting position for the beginning of the 360 degree turn drill except that the thrower will hold the discus in their hand behind their right hip. When the thrower starts the throw, their weight should be equally distributed over both the right and left legs as they perform a wind-up with the

discus to gain a little momentum to start the throw. There is really no need to do more than one wind-up and this wind-up should not be so extreme as to make the thrower off balance as they begin the throw. As the thrower starts to come out of their wind-up and turn out the back of the ring, they should shift all their weight over the left foot so they can pivot on the ball of the left foot. This will allow them to turn easily out the back of the ring. Once the thrower has shifted all their weight to the left foot and is beginning to initiate the turn, they should sweep their right foot out away from the ring, make a wide circular sweep. When the thrower has turned 90 degrees out the back of the ring, they will find that they are in the starting position for the South African drill. At this point they should complete the rest of the throw in the same way that they performed the South African drill.

One of the hardest things a beginning thrower will have trouble getting used to is having a balanced turn out the back of the ring. It is critical that the coach makes sure that their throwers do not initiate the turn

out the back with the upper body, and that they use a driving left leg and sweeping right leg to generate the impulse to get them across the ring. The upper body should be relaxed during the whole rotational process until the delivery phase of the throw.

The coach should make sure that these technical elements occur during a full throw:

1) Once the thrower reaches the stand throw position, the throwing arm will make a 90 degree angle with the torso. This 90 degree angle between the arm and torso will be sustained through the release of the discus.

2) The rhythm of the throw will be from slow to fast (i.e. there will be a buildup of rotational speed throughout the throw).

A typical throwing workout may consist of the following for an athlete who is working on the right foot pivot:

- 5 half-turns
- 10 step-ins
- 3 South Africans
- 10 full throws
- 33 throws total



few bike rides, a month of swim practice and a one mile run. Needless to say, he would be following the old saying that is better to be undertrained than overtrained.

Packed in his bag was his orange Ojai Snails Running club singlet, Taz socks, Levi shorts and his oldest pair of Vans. While certainly not the most stylish runner on the course, young Tyson might have been the most excited.

Immediately after consuming a breakfast of a blueberry muffin and a chocolate Powerbar, Tyson set about getting his race face on. Firmly planted across his face was a grin any Halloween pumpkin would have been happy to own. His warm-up was simple and to the point. As he slowly jogged along the course, his eyes darted from side to side, looking for the soggy or slick area which could affect his race plan. As he mapped out his assault of the course, I took pride in his careful planning as he talked over what he had to do to have a successful race.

After an extensive 30 second stretching program which limbered up both of his arms, Tyson took off his sweatshirt and jogged to the starting line. Mimicking our team's pre-race rituals, he calmly ran his strides and then took a minute to check his shoelaces and secure his starting position. A few pre-race words from me concerning starting pace were patiently listened to, and being ever-traditional, he responded as most of my team would, quietly and politely, he smiled and he said, "I know."

So, as the fog drifted across the marshy start, his eyes were aglow. His orange singlet was just a tad too long, and his warm-up had probably been a tad too short. Goals were set, racing flats, a dirty old pair of Vans, were certainly double knotted and his race plan was well thought out.

The long wait was finally over with the bang of the gun. Hundreds of coaches and parents were out to challenge the Foot Locker course. Tyson and I were going along for the ride. The last instructions were to go out under control and stay with me and we will see the race. Like a faithful puppy, he was loping along

my right shoulder. The ribbon of runners quickly pulled away, but it didn't cause any dismay. The rush of the race was taking hold and, while the breathing was starting to become a little labored, the smile enveloped his face.

"Look dad, mud!"

On the far left portion of the course, just past the Christmas tree, Tyson was sliding into heaven. While others were looking for the shortest route, my son was definitely looking for the one less traveled. Time was no object, adventure was. On the

**Sometimes, we as coaches forget why most of our runners get involved and stay involved with cross country.**

right loomed a great mud puddle, just deep enough to cover most of my lower body from the spray results of an eight-year-old's laughing attempt to exceed Mike Powell's world record in the mud jump. On the left, his eyes caught sight of the beams just banked enough to get "big air, Dad." In the middle lay enough mud to cancel any Southern Section final. Michael couldn't have soared any higher as Tyson leaped to knock the few remaining leaves off the lower branches of the nearly barren trees. And those huge piles of leaves just off the edge of the course were deep enough to invite his muddy legs to crash through nature's hard work.

While his tiny feet were trudging through the muck, mud and the maze that makes up the beautiful Woodward Park course, his mouth was passing out numerous coaching tips. I was certainly aware that little bodies have big ears, but I didn't have a clue that my son could almost cover my entire coaching vocabulary in a 5K race. As we rounded the grassy corner by the rock, my ears heard what my mind was saying. "Quick steps down hill, Dad," as my coach tried to ski across the marshy downhill. "Ten quick steps around the corners" came just before "pull the

rope up the hill." The course passed ever so quickly as we ran in our own little bubble of time, unconcerned with those in front of us and surprised that people were actually behind us.

Along the course, many parents, athlete and coaches reminded me of the community feeling of cross country that crosses school, county and state lines. Tyson certainly found his home on this range, for never was heard a discouraging word. "Way to go little man, keep it up" brought a smile to his face. Coach Clendaniel's numerous offers of chocolate donuts did little to sway Tyson's desire to someday be a Nordhoff Ranger rather than a Yucaipa Thunderbird, even though I would certainly think that offering an eight year old chocolate donuts could be considered undue influence.

Soon, the experience would be behind us. Other finishers were starting their warm-downs, freshmen boys were completing their warm-ups and the finish line loomed ahead. Each new step brought us closer to the conclusion of his first 5K, but not to the end of our run. This was a magical time. It was more exciting than any of the rest of the day's race even though it took much longer.

Running the race with my son was fun and it reopened my eyes to a few things. Sometimes, we as coaches forget why most of our runners get involved and stay involved with cross country. It is not always for medals, state championships or PRs. It is not because we, as coaches, stress the **4 T's of training, tactics, tangents, and times**. Certainly athletes get involved in our sport for a variety of reasons. However, at one time, the activity of running was pure joy. The rush of running fast, the tired joy of completing a demanding run or challenging workout, the adventure of running a new route all add to the excitement of our sport. Running allows us to daily find our own mud puddles to stomp in and find our own piles of leaves to run through.

My son helped me once again find the adventure in running. I thank him and look to continue on that journey with him as he coaches me on the joys of running.



# Hosting a League Championship Meet

By Al Britt, John Ahern, Jack Brisarer and George Payan

**Y**ou are a new track and field coach looking forward to your first season. Your Athletic Director has just informed you that it is your school's turn to host the League Track & Field Meet. Sound familiar? Hopefully some of the following comments and ideas will assist in reducing your stress level.

If you have a person in your league who is qualified to serve as a meet director then they should do so each year, with each school sharing the various responsibilities. The income from the snack bar and t-shirt sales would still be the responsibility of the assigned league meet school on an annual rotational basis. Gate receipts and the ticket booth are the responsibility of the League President. All gate receipts go to the League and the Meet Director should have clear communication with the League President as to who will be at the front gate to sell tickets.

At your pre-race track & field meeting, you want to ask that each school take on part of the responsibility for the League Meet. In a six-team league each school could be responsible for two field events so that there is always enough personnel to properly run the event. Each school should receive a form for the meet personnel, which they will fill out and return with their league entries. This form will state the events which that school is responsible for in the prelims and finals. The form will also include the equipment which the school should supply for the event, such as tape measures, bullhorn, marked shot puts, and a scale to weigh the discus. Prior to the start of the season and after your pre-season league track meeting, the meet director should send to all AD's and track coaches a notice of the due date for the league entries, the time and place (map) of your league meet, and schematic layout of the facility. This letter should also include the time and place of your end-of-the-season seeding meeting, which is normally held before or after your last regular dual meet. It is important to get this information on paper and not rely on word-of-mouth. It would be an excellent idea to send along a current copy of the league track & field constitution at this time; do not assume that each coach has one or has read it.

Try to keep in mind that attention to detail, and advance planning will greatly reduce your stress level. As the Meet Director, your job is to supervise -- do not assign yourself a specific job. You must keep checking back with the people you have placed in charge of each area. Meet with your boosters, assistant coaches, and AD's early in the season to assign duties. Be prepared to describe in detail what is needed in each job. Phone your starters, send them the same information you mailed to the coaches and AD's regarding the time, place, and schedule. All your meet personnel must have a ribbon which allows them access to the track & field area. As the meet director you may need to make out a use of facility request, for electric power, lights, restrooms and clean-up. The facility request should be made out at least a year in advance. Also fill out a contract for use of an auto-timing system at least a year in advance. Mention with the meet date(s) an alternate make-up date(s).

✓ **Never assume that some aspect of the meet will get handled without your participation.**

The following are some of the areas which can be divided among the league schools:

### Clerk of the Course

- Two adults and 3 to 4 students to work the Clerk area.
- Speaker System
- Lane Numbers. Review last year's program to get the correct sets of lane numbers. These can be ordered from SpringCo. Hip #'s should be placed on camera side of the leg below the running shorts.
- Scissors
- Two clipboards
- Trash can
- Fully charged walkie talkie
- Scotch tape
- Notepads and/or post-it notes
- 3 or 4 chairs
- Writing pens, staples, staple remover, paper clips
- 3-ply heat sheets, with folders to place between heat sheets so as not to write through.

- 1 or 2 tables, canopy if hot weather, 3 to 5 benches depending on the number of heats in prelims]

- Flags, stakes, hammer to section off Clerk area
- Position Clerk area near warm-up area, with working tables facing benches and the opposite side facing a wall or fence
- Post order of events and heats on board or fence
- First call 20 minutes prior to start of race.

### Awards/Scoring

- 2 or 3 tables, 5 chairs
- Set up in area where athletes, parents, or coaches do not have access.
- Fully charged walkie talkie
- Check with the League school in charge of ordering and bringing awards to the meet, well in advance of meet date
- 3 dozen extra large envelopes and 4 to 6 empty paper boxes depending on the number of divisions run
- Writing pens, staple, scissors, blank labels, notepad, sharp pencils
- It is a good idea to have someone print up two sets of labels for each award. One is placed on the front or back of the individual award container and the other matching label is placed on the outside of the school's award envelope as the award is placed in the envelope.
- Have only one person work each division of awards. Keep them assigned to the same job. Put one of your best adult helpers in charge to supervise this area.
- Score books with two or three scorers
- Mistakes in scoring or awards can create a problem in expediting the meet. Do not have more than three adults handling the awards. One for each level. Make sure they have their own supplies and a walkie talkie
- If you are using a laptop computer at the meet to input results, then you should always have a current score (fully charged batteries and alternate power supply). Your parents or booster may have a small generator as a back-up power supply if you lose power to the timer or computer.

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# COACHES EDUCATION

## Coaches Corner

- One table and chair, fully charged walkie talkie, CIF qualifying form for varsity relay members to be filled out at conclusion of the meet. Report all adds or drops for the CIF meet at conclusion of the meet.

## Hurdle Crews

One school should be in charge of the hurdle crew. They must know the correct hurdle height for each race and the number of heats or final races, and the color coded track markings for all hurdle races.

- Hurdles placed in warm-up area.
- At least one person assigned to each flight for replacement of broken hurdles, or to set fallen hurdles.
- Count hurdles prior to meet to see if additional hurdles must be brought from another school.
- Hurdles must be placed back in storage after the meet.
- One or two hurdle carts may be needed to move hurdles if there are not enough hurdles for both the long and short hurdle races.

## Set-up and Take-down Crew

Who is in charge of setting up the pits, high jump, pole vault, discus and shot screens? Who is in charge of putting away the pits and equipment after the meet? Most importantly, where is the proper place for each piece of equipment? Long and triple jump pits must be lightly watered, turned over and raked out.

- Bullhorn, red & white flags, two large red cones (one for each takeoff board), rakes, shovels, 4 tape measures, 4 chairs, copy of jumping rules for fouls and breaking ties placed on clipboard with event sheet.

Discus and shot put area must be marked.

Triple jump takeoff boards should be set at distances from the pit that coaches agree to at their seeding meeting. No more than 2 or 3 take off boards should be used for runway (24, 32, 38).

## Starting Blocks

Assign two boys or girls as starting block crew for prelims and finals. Make sure they have a meet program and that the starting blocks are put back in storage after the meet.

## Finish Line

Assign two schools to supply judges and back-up timers for the finish line, and flag off the finish line area. It is important to keep judges back off the line until a race has finished. There must be a unobstructed view for the auto timing and/or video camera. Both

of these might be placed on the opposite side of the track as the officials.

- 6 to 7 timers and 4 place pickers for the prelims and the same for the finals from different schools if possible.
- Auto timing system, and/or video camera have all priority on places of each race. Judges are there if system fails.
- Timers bring their own watches. If a school has a 8-lane timer that would work great, plus you should bring extra watches to the meet.
- Place pickers are to cover places 2-5 with the timers for 1st and 6th also picking.
- Head finish judge and one assistant. Very important person, he/she must coordinate the finish line with timers, starters, and auto timing system and/or video.
- Use some back-up system to your auto timing system such as a video camera and TV and an operator. You could arrange this with your audiovisual department or a booster. This back-up should be up and running in all running events. Your games committee, which should be decided at your seeding meeting would have the final decision on all appeals. There should be a walkie-talkie at the finish line.
- Pre-assign lane judges for relays, explain where they are to stand, the zone line and the use of the red and white flags before and after each race.

## Seeding & Meet Program

Your league could purchase a track & field software program such as Hy-Tek at (919) 633-5111, Easyware at (513) 248-0598, Park Enterprises at (308) 368-7327, Track on a Mac, or Apple Raceberry Jam to run your meet program and heat sheets. This software is not difficult to learn and a booster or student with a little computer background could easily learn the program. Lead time is needed for this process, so do not wait until the last week prior to your league meet to locate an operator. The league would have to compensate the individual for their time, however, using a software program and a laptop computer and printer at your seeding meeting is the easiest and fastest way to seed and run your meet program.

One school would be in charge of sending out the entry forms. You only print the name of the competing individual and grade one time then enter their marks under the proper event heading. Once the seeded program has been given to each school then each school should be responsible for copying a given number of copies to be used at the League Meet. You should be able to find a coach, teacher, student, booster who will do the computer work.

As a meet director you need to start early in the summer or fail to find such a person. It is a good idea to bring all the original entry forms which were turned in by the coach to the seeding meeting. There are people who will seed your meet for a fee (using computer) so if you can't find someone at school, check with the CIF office for names.

## Press & Announcer

- Provide a program and shelter for the press
  - Proper speaker system for the announcer.
- Give the announcer the home phone numbers of the head coaches, so that he/she may speak to them prior to the meet regarding the accomplishments of their team and athletes.

## Security

Assign field and gate security to adults. Use military personnel, or some of your school's campus security. Let your administrators and AD's assist with solving this problem. You will have enough of your own problems.

*Remember, you are still trying to coach your team.*

Assign adults in groups of two to patrol the infield and keep the infield clear of students, coaches and athletes not competing.

## Toolbox

- Items to bring to the meet in a box:
- 3 staplers, staples, staple remover
  - Red & white official flags, for relay zones, finish line for recall start, and long and triple jump judges.
  - Extension cords and t-bars plugs
  - Extra batons
  - Measuring tapes
  - Clipboards, 12 each
  - Pencils, pens
  - Large paper clips
  - Duct tape, Scotch tape, masking tape
  - Extra result cards
  - Staple gun and staples for posting results
  - Copy machine, if necessary
  - Large hammer
  - Screwdrivers
  - Crescent wrench
  - Pliers
  - 1,000 feet of flags and 35 wooden stakes
  - Typed out rules for field events taken from National Federation Book
  - Large, thick rubber bands
  - Official heat sheets and final race sheets should be on 3-ply carbonless paper. All sheets should be individually stapled at the side to prevent movement between the sheets as they are filled out.

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# Coaching the 800/1500-1600

By Manny Bautista

When coaching the 800-1600, the coach must find the right combination of both speed and endurance for that particular athlete. The coach must first determine if that athlete is a 400/800 type or a 800/1600 type.

If your athlete is a 400/800 type, then they have good speed and handle short interval workouts well, but they don't handle the longer repetition type workouts as well. When working with 800 runners, in general, you don't need lots of time on the track. Remember, they only run 2 laps. The most important thing is to

simulate parts of races in training. If you have a sophomore boy who you think can run under 2:00, then at some point that athlete has to get used to coming by the 400 in 58 seconds and keep going by the 600 in 1:28 at least.

Let's assume this athlete is a 400/800 type. Early in the season you might work this athlete on some long repetition type training such as 3-4 600's at date pace. Since the athlete has good speed, use dual meets to work on speed; run the athlete in the 400 and 4x400, maybe even a 200.

As you move into the middle of the season, you might add a workout known as the 500

meter drill. This workout is designed to help with the finishing sprint. The workout is set up this way: the coach is at the beginning of the straight-away, the athletes take off from there, run a complete lap (400 meters) then sprint to the finish. The coach determines the pace that they need to come by at, but it should be faster than race pace. Once the athlete passes the finish line they keep jogging around the track back to the coach (300 meter recovery) and start again. This is a pretty tough workout and the athlete only needs to do 4-6 of these.

As you move closer to the end of the season you can turn it up a notch. This next workout is



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## Meet Director continued

Contact trainers so that they know the time and place of the meet and what is required.

Assign one of your coaches to supervise the collection and proper storage of all meet equipment.

Assign one or two parents to call in the results to the local paper.

Correctly fill out CIF form and fax on time to CIF office. Have assistant double-check your entries as they are entered on the CIF form. Do not do this job by yourself. You will be spent after the meet and it is important to get the proper athlete's in their events, with the correct spelling, and grade level. Use one or two assistants to check your work as you fill out the CIF entry form.

Team assignments should be assigned at the pre-season meeting, then a follow-up call to key individuals as you approach your end-of-the-season seeding meeting. Everything should be in place by the seeding meeting.

The key is getting everything set in motion--you will never be in complete control. You could easily be lost trying to control all situations. Know there will be mistakes, don't blame anyone, just make the correction and move on.

## Additional Field Event Comments

From John Ahern, Orange, CA

### I. High Jump & Pole Vault

A. Have at least 2 adults and 2 to 3 students

1. One adult specifically keeps track of the jumper's clearances and misses while also calling those "up", "on deck" and "in the hole". In the pole vault, poles need to be checked prior to the event. Any poles not approved for usage need to be removed from the event area.

2. The other adult keeps track of athlete's time for attempt, placement of bar height, observes plane of the bar for violations, and placement of standards.

3. Students should be placing crossbars back on the standards. And, in the pole vault, one student should be catching the crossbars for athletes.

B. Have extra crossbars.

C. Standard placement and high jump pit placement need to be set up well in advance for warm-up and measuring of marks at least forty-five minutes prior to starting time.

1. Once high jump event athletes have measured their marks, the standards are not to be moved. Therefore mark the surface where the standards are using tape. If, for some reason, the standard falls it can be placed back at the original location.

2. During the high jump competition, the pit will probably slide. Therefore it will occasionally need to be returned to the original

position. Remember pit should never touch the standards.

### II. Long and Triple Jumps

A. Have at least 3 adults and 2 to 3 students

1. One adult specifically keeps track of the athlete's performances while also calling those "up", "on deck" and "in the hole".

2. The second adult keeps track of athlete's time for attempt, the "board", and measures performances.

3. The third adult observes the landing in sand, the athlete's exit from the pit, and places metal rod attached to tape measure in athlete's sand mark.

4. Students should be manning shovels and rakes to prepare sand surface for next athlete.

B. Take off boards should be standard distances

1. In the long jump this is not usually a problem since most facilities have eight and twelve foot boards installed. If there is a discrepancy and board lengths are not standard, coaches should be informed in advance.

2. In the triple jump this is usually a problem. Very rarely do you find the standards of 24 and 32 feet. Therefore, you need to discuss the takeoff board distances with your league coaches prior to the meet. Do not create any more than 3 boards on the runway and try to keep the distance between the boards over six feet. Any closer and you officials will have problems with spotting takeoffs.

3. In both long and triple, a numbered board system will greatly help the officials. If

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known as the Russian workout; it was used by the Russian coaches back when they had a large number of women who could run under 2:00. It goes something like this: 5x200's at date pace with 45 seconds rest; after 5, you give the athlete 3:00 minutes recovery then you start again. The goal is a total of 15. This is a high lactate workout and should be modified to your athlete's ability level. The next time you do this workout you take the rest down to 30 seconds between each 200.

With an athlete that is a 800/1600 type, they can usually handle a bigger load in training, but they should still be trained with a speed emphasis. You may not run them in the 200 in a dual meet, but you could run them in, say, a 1600 meters and 4x400. The workouts would be almost the same but they might do an extra rep or two.

Another question that comes up has to do with mileage for an 800 meter runner. As with all aspects of training, there are many different

schools of thought on this. But, as a general rule, if you have the athletes run between 35-45 minutes on non-track days and about an hour on the long run day, that should do it.

When training the 1500/1600 run many of the same principles apply. The athlete is training to race, therefore training must simulate racing to a large degree. Early in the season, a 1500/1600 runner would most likely do a larger volume of repetition type training. You can still include many things to simulate race type situations. For example, most high school races are not run at even pace. Most races are run at a varied pace, such as 62-68-69-66. In training, vary the pace; you might have your athletes do a couple of 200's at the beginning of the workout (600's) and finish with a few more 200's at faster than race pace.

As with the 800 meter runners, the 1500/1600 meter runner needs to be able to come through the halfway point in the race at a fast pace and not panic. If you are training an

athlete to run a 4:20 mile, then they must be able to come by the 800 in under 2:10 and feel in control. There are several ways to accomplish this. Some examples of workouts would range from repeat 600's up to repeat 1200's, varying the pace within the distance the athlete is running. A distance that seems to work well early in the season for 1500/1600 runners is 1000 meters, 2 1/2 laps around the track. With this distance, a number of different things can be worked on—endurance, pace and even speed. The mileage for the 1500/1600 runner should be about 45 minutes to an hour on easy days and up to maybe an hour and a half on the long run day.

The most important factor of working with your 800-1600 athletes is to know your athletes. Find out what works for them, know their likes and dislikes when it comes to training. Most of all make sure the athlete always leave the track feeling positive.

using cones, try not to block visibility of the board.

## III. Shot Put and Discus

- A. Have at least 3 adults and 2 to 3 students
  1. One adult specifically keeps track of the athlete's performances while also calling those "up", "on deck" and "in the hole".
  2. The second adult keeps track of athlete's time for attempt, the "ring", athlete's exit from the ring, and measures performances.
  3. The third adult observes the implement landing, places metal marker attached to tape measure in athlete's implement mark.
  4. Students should be returning implements to athletes.

B. Shot put and discus areas should be fenced areas.

1. If there are other events that are dangerously close to these areas your event schedule should be modified.

2. For example, a conflict arises with a sector line in the discus and high jumpers that use seventeen step approaches. In order to maintain safety these two events should not be run at the same time, especially since a high jumper's back would be to the discus ring.

C. If your league does not mark all throws in the preliminaries, you need to have plenty of markers.

1. Do not use one marker per athlete and have officials guess as to whether a throw might or might not be better than a previous one.

2. Three markers for each athlete means that you will need at least 27 metal markers flights of nine.

## D. Implement usage

1. After weighing and checking implements you need to separate approved implements and for meet purposes confiscate unapproved implements.
2. The confiscation of unapproved implements should be discussed prior to meet with all coaches. You also need to discuss whether unapproved implements should be returned at conclusion of the meet.

**Note:** To save time in field events (LJ, TJ, SP, DT) — if large numbers — establish a minimum standard that must be reached before a measurement is made. This should agreed upon by all head coaches.

## Observation from a Track Starter

By Jack Brisarar

1. **P.A.** Ask the PA announcer not to talk when athletes are obviously just getting into their blocks.

## 2. Blocks

- A. All are in working order with sufficient pins to hold it firmly to the surface.
- B. All of the athletes understand how these blocks work.
- C. More than one set of blocks and/or someone in charge of placing them at the start line.

## 3. Hurdles

- A. Place correctly on the track at the proper line.

B. Be in place in a timely fashion.

C. Suggest they have an 11th flight to be set between the boys and girls high hurdles races (less movement of hurdles).

## 4. Finish Line

The athletes are often prepared to start before the finish after a heat or a previous race.

## 5. Clerk of Course

This person keeps the meet on time, does not allow for slowdown or speeding up of the meet.

A. Organize the contestants in the proper lanes and are attired properly.

B. Have athletes at the starting line 5 plus minutes before the posted start time.

C. Be prepared to reseed races, if necessary, due to excessive scratches.

D. Have the announcer give ample time for 1st, 2nd and last call for running and field events, as necessary.

## 6. Umpires

A. The umpires need to be stationed throughout the entire meet. There must be people at the exchange zones, but they are also needed along the backstretch and in both turns.

B. The starter often will be moving to the next start line.

## 7. Sprinklers

Be sure that the sprinklers do not come on until after the meet is over.

## 8. Instructions

Attached instructions on clipboards for head finish judges and assistants.



# Safety in the Throwing Events

**By William Byron Pendleton**

The importance of safety in the throwing events cannot be overstated. In high school only the Pole Vault has a great history of serious injuries incurred by participants and spectators. In high school the throwing events concerned are the shot put and discus.

## **A Word of Warning**

The first item on the agenda of any throwing coach should be assembling the throwers on the first day and making the point that these implements "can kill you". Deaths have been recorded in the past among throwers and spectators. This does not mean throwing has to be a hazardous activity, only that throwing is like crossing the street. No one would walk a busy street blindly without looking both ways. Similarly, any athlete in the vicinity of throwing workouts or competition must be observant. In terms of liability for a coach, he/she must let the throwers know serious injury and death are a possibility. Yet, with proper caution being exercised, no one should suffer a scratch.

## **Be Observant**

The first key to safety is being observant. Any implement can be avoided if an athlete sees it coming. Throwers in the ring need to be observant for casual observers, people crossing the throwing area head for other school destinations, and runners who may be in the throwing area or heading into it. The majority of non-throwers have no familiarity at all with throwing events. Most don't realize that the thrower begins with his back to the throwing area making him blind to the landing area, or that the implements often land out of the sector and that the thrower (particularly beginners) may have little idea where the implement is going. As a result, the thrower needs to call out a warning to anyone

approaching the throwing area. They also need to understand that if the person stares dumbly at them and continue to walk across their landing area, they must resist the urge to throw anyway and wait until the area is clear before they throw.

Ideally, from a safety point of view, a coach could have all the throwers throw and then have all of them walk out together to retrieve their implements. This way no one would be in danger of being hit. In the real world, however, coaches and athletes are working with a limited amount of time, and this method of working out takes a greater amount of time since the ring will be empty as all the throwers walk to their implements. A more practical solution is to have the throwers retrieve their own implements as other throwers throw, so that throwing time in the ring is maximized. Thus, throwers must learn to throw and then retrieve their implements taking a wide path outside the sector. They must also be looking backwards the majority of the time they are retrieving their implement. They should never be in front of the cage when someone else is throwing. No one can count on dodging a discus inside a 100' range, so approach from the side.

## **The Discus**

The key in discus safety is the cage. Ideally a cage fits the specifications given in the high school handbook or the specifications from the official body. This insures that the front poles of the cage extend beyond the front of the ring minimizing the area that foul throws can land in. The poles and cage can be placed or closed if the screen is movable a few feet from the sector line.

If spectators are present, a string of flags or ropes are a necessity. These restraints should set back 30 or 40 feet as opposed

to the often seen 10 or 15 feet. Since spectators will often be sitting in lawn chairs, they will react slowly to errant throws and need to be forced to set up far away by restraining flags. Whenever possible, advise your athletes to sit along the left side of the sector if they are going to watch. The majority of throwers are right-handed, so the majority of foul throws are lost on the right. They should sit either behind the screen or well beyond what any thrower in the competition is capable of throwing since landing discs will often bounce erratically or roll well beyond the landing site. If a ring does not have a cage, keep everyone behind a line drawn by the back line of the ring.

During competition the judges running the throwing events must make sure that the persons marking the throws have their faces turned toward the thrower and that they are not bent over marking a previous throw as a second thrower begins to throw. Another common discus safety problem is that throwers will stand next to a cage that has netting for sides. While netting prevents a discus from bouncing back off the screen towards the thrower, netting also will move several feet outward when the discus hits the net. If a thrower stands next to the net, he may be hit. Therefore, throwers usually need to be cautioned to stand away from netting.

## **The Shot Put**

Since the shot ring has no cage, throwers in the area of a shot must be alert even though putters typically lose far fewer throws out of sector than other events, although rotational throwers will be more erratic than gliders. Again, resting or waiting throwers should be behind the ring or well beyond the possible landing area, not along the foul lines.





## Three Tips to Safety for Pole Vaulters

From Rick Foster

1.

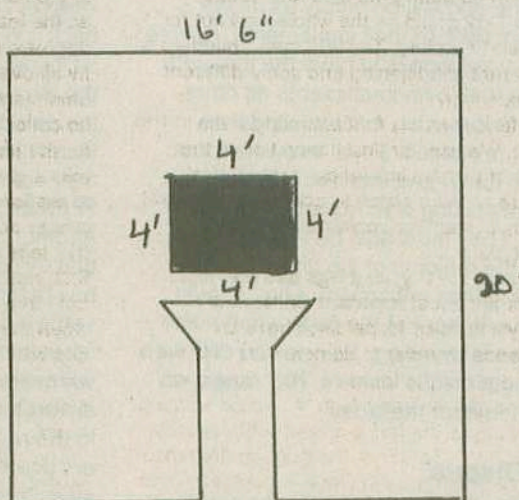
Since a pole vaulter falls after each vault, the vaulter must learn the proper method of landing. **DO NOT LAND ON YOUR FEET.** Try to land on your back in laid-out position as often as possible. (The pit is designed to absorb your body in laid-out position.) The biggest fault I see in beginners is landing on their feet. This can lead to back injuries, also the vaulter is more likely to lose their balance and fall out the side or back of the pit.

2.

I spray a 4-foot square on the pit and tell my vaulters they have to land in this area (See drawing adjacent).

3.

The crossbar has a 4-foot highly visible area in the middle for the vaulter to see and try to go over the area painted. If the vaulter goes over the bar in the area they will land in the 4' area I have painted on the pit. (See drawing below).



14'10" length of crossbar

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# Beginning Hurdle Training

**By Fred Almond**  
**Mission Viejo High School**

### Introduction

Suppose you are a young coach with little track and field experience. In your pre-season meeting with your other coaches, three or four, some "walk-ons" (maybe you are a "walk-on"). It is discovered that last years hurdle coach won't be back and no one wants to coach the hurdles. The jump coach, shot put and discus coach, and the distance coach all give convincing arguments why they can't coach hurdles, and why you *should* coach hurdlers since you have the sprints and relays. Disarmed, you reluctantly agree to take on the responsibility.

With that as a premise, the following is an outline of how it is done. Keep in mind that some of your athletes may be multi-event performers and coordination with the other coaches is essential. You will learn on the job.

All my runners begin practice with Mach exercises "A", "B" and "C" and leg swings "A", "B", "C" as part of the overall warm-up, whether it be traditional or dynamic. When the hurdle group comes to me I have the experienced girls model all activities first. The following is an outline of our hurdle routine:

### Fence

1. Tubes 3x10 each leg (add during season)
2. Lead leg and trail leg 15 each leg (add during season)

### Hurdles

1. Hamstring stretch and groin stretch
2. "Walk around" trail leg position
3. "Walk overs" with 5hx3 (add during season)
4. "Grape stompers" or "mash potatoes" 5-10h (must go left and right) x30 each direction
5. Liftovers 10 each leg (add during season)

### Drills with soft hurdlers or regular hurdles

1. Walk trail legs over 5hx5 right and left leg
2. Jog trail legs over 5hx5 right and left leg
3. Walk lead leg (B skip) over 5hx5 right and left leg
4. Jog lead leg (B skip) over 5hx5 right and left leg

5. Run trail leg with 5 steps between hurdles x3
6. Run lead leg with 5 steps between hurdles x3
- \*7. Run over hurdles (8 step approach) 3 to 5 hurdles with 5 steps between hurdles x3 (add on any given day) \*\*\* this could be speed workout for the day, i.e., 4x4x40 with hurdles (3 each) or 3x3x60 with hurdles (5 each)
- \*8. Out of blocks over 3-5 hurdles, 3 steps between
- \*9. Out of blocks over 10h shortened x3 with full recovery
- \*10. Out of blocks over 10h regular x3 with full recovery

We do the first 6 drills daily and the one step drill and playing with hurdle spacing is interspersed during the next few weeks.

Drills 7-12 could be the whole workout for 100 meter hurdlers. The 300 meter hurdlers will do different conditioning and some different technique work.

The fence work is fundamental for the hurdler. We use surgical tubing tied to the bottom of a chain link fence and the girls simulate running action to activate the central nervous system for coordination and stereotyping.

The next activity, lead legs and trail legs, is the first and most important drill for the neophyte hurdler. Hopefully, I have an experienced hurdler to demonstrate. We set a hurdle against the fence at 30 inches and have the athlete use a high "A" action with foot which attacks the fence or wall with the toes "cocked" up. (For boys, the drills on the fence would be at 39" and the torso would lean over lead leg and a high arm action where the forearm is approximately at the height of the forehead. On other drills, there should be adjustments considering boy's races. They race at 110 meters.) The momentum is like a falling forward action. As the lead foot makes contact with the fence or wall, the opposite foot on the ground should be on the toes. The lead leg knee should be bent slightly upon contact with fence; simply straighten the leg to return to the starting position. The torso upon foot contact with the fence should be bent slightly; do not let it lean very far — keeping the back straight and shoulder squared.

The lead arm (arm opposite of lead leg) can be taught two different ways (the athlete will

feel more comfortable with one or the other) and I teach both. The first action of the arm we teach is a natural bent arm; upon contact of the foot with the wall, the opposite hand would be extended forward so that the hand would be aligned to the center of the body, reaching as far as the upper shin, the elbow bent about 120 degrees. This arm action seems to be the most natural action. The other method taught is called "reading your watch." (Many world elite hurdlers including this years World Championship have used this method very effectively.) The arm is raised to shoulder height, the elbow bent about ninety degrees so that it appears that the athlete can read a watch if it were on their wrist. The wrist would align with the nose. The lead arm action must not allow the shoulders to be other than square to the hurdle. The trail arm (on the same side as the lead leg) should be "cocked" at 90 degrees with the hand at the hip. This arm can fly all over the place if the coach doesn't emphasize its proper location. Since this drill is so critical, I work individually with the new girls for the first couple of weeks. Sometimes I will take a girl out of a hurdle drill and put her back to the fence drill to further stereotype the proper action. Both right and left lead legs and trail legs are instructed for two basic reasons: first, most of the 13-15 year old girls (boys) do not have the speed or strength to three-step when they begin hurdling and will have to alternate or four-step when they begin racing; secondly, being able to hurdle with either leg is a distinct advantage for the 300 meter hurdle event.

The girls do the trail leg drill with a 33 inch height (boys 39") and the hurdle placed approximately two feet from the fence, adjusting for the height of the athlete. Both hands are placed on the fence and the hurdler stands with her lead leg beside and slightly forward of the front edge of the hurdle. The trail leg is pulled over the hurdle with the knee on an upward angle and the head as close to the buttock and hip as possible. The trail leg is then advanced forward as the toe becomes averted (the foot in a dorsiflexed position with the small toe up) and the thigh moves to a position parallel to the hurdle rail. This action (a hip circle) is at right angles to the body. Keeping the heel close to the buttock-hip until the trail leg crosses the hurdle, the knee is

*continued next page...*



## COACHES EDUCATION

continued to be pulled through high to the under the upper arm position, and then the foot (still in a dorsiflexed position) comes down sweeping past the hurdle pawing the ground as it begins another repetition over the side of the hurdle. It is important to keep the shoulders and torso squared to the fence. It is often necessary to physically handle the athlete's knee and foot to help direct the proper path and technique for the knee, leg and foot.

The next activity is used with regular hurdles set at 33 inches (39"). The athletes do a hamstring stretch by placing their heel (not the achilles) on the hurdle top and slowly lower their chests to their knees, one leg then the other. Also alternating one leg then the other, the athletes do a groin stretch, standing perpendicular to the hurdle place one leg on the top of the hurdle knee, calf, and foot on the rail and bend the torso toward the ground, touching both hands to the ground. The athlete finishes this stretch, then lifts the torso up and "walks around" with one leg on top of hurdle while slowly moving the body so that the hip-buttocks is next to the heel on the hurdle. Next, the athlete moves to a station where 5-10 hurdles are lined up, bottom side rails touching the front rail of the next hurdle. The athlete then walks over the hurdle. Coaching points here are to remind athlete the knee leads and is lifted high, don't turn the body, keep the shoulder square, and pull the trail through just like the fence drill.

To increase strength in the hip flexor our athletes do two drills. The first drill has a variety of names — grape-stompers, mash-potatoes, etc. Simply put, it is an "A" skip over the sides of the hurdles that are lined up lower rails touching. The athlete moves sideways lifting each leg over as she goes over each of the 5-10 hurdles. One circuit going left is followed by another circuit going right. The next strength developer for the hip flexor is the lift over. When the exercise is begun two hurdles are used — one to hold onto and the other to lift the leg over. The athlete will not be able to do many of these lifts at first, 5-10 reps each leg, but as the season goes along the athlete will get stronger so that 20-25 each leg is manageable. Bracing herself for balance with one hurdle, standing up very straight and tall, she will lift her almost straight leg (knee must be slightly bent) over the edge of the hurdle top. The new girls will generally try to lean back on the drill, but one must insist on bent knee and straight, tall body posture.

Drills with soft hurdles utilizes walking, jogging, and running over the sides of hurdles spaced at different intervals and eventually

different heights. With the novice on the first day I take off top of the hurdle, take a piece of pipe insulation (foam rubber) and put it over the wood and lay the top of the hurdle, standing up, and lean it against the outside front of the hurdle. Five hurdles will be set up so that three walking steps can be taken in between each hurdle. The girls line up and I walk with each girl as she does a trail leg at each hurdle. Emphasis is on the lead foot actually being past the hurdle so there can be a "trail" leg action; also, the arms need to be in control. The next drill with the same hurdle set up would be walk through lead leg. The athlete would use an "B" march step over the hurdle. Once the walking drills are completed, jogging trail legs and lead legs is utilized. The jogging mode is a high knee prancing stride with three strides in between hurdles. Generally, the first day with the new hurdlers ends at this point, and the girls are then given a conditioning workout.

Normally, progression to the jogging trail and lead legs is faster each day in the first week as the athlete becomes more familiar with the routine. The coach must reinforce the correct technique steadfastly, i.e. arms in the correct position, knee leading over the hurdle, "B" skip motion with the lead leg. From the jogging stage the progression is to three-quarter speed.

Three-quarter speed necessitates opening up the hurdle spacing with the goal of getting comfortable with the rhythm of the 100 meter event. In addition, at this time, the athlete is introduced to the eight-step approach to the first hurdle. (Spacing of hurdles for 3/4 speed and full speed may be different on different surfaces, i.e., I would tend to use more regulation spacing — 8.5 meters on all-weather surfaces and 8.0 meters spacing on dirt.) At first, let the athlete stand at the first hurdle one foot forward of the other (as in a blocksetting) and run eight steps toward the starting line. Then have the athlete mark where the eighth step came down, then move an additional five feet further from the first hurdle. Practice starting from that point and run past the hurdle. Do not attempt the hurdle until you (the coach) is confident that the athlete will be taking off the ground approximately five to six and a half feet from the first hurdle. Five feet is usually too close for proper hurdle clearance, but beginners will not be approaching the first hurdles with a velocity to clear taking off at 6 to 6 1/2 feet which is what they will do later on in the season. Once the athletes have their own starting line to negotiate eight steps to the first

hurdle, they are ready to go over five training hurdles. The soft training hurdles (about \$90 each) are very forgiving of a lead leg or trail leg hitting the hurdle. Spacing on the next four hurdles is critical. Twenty-four feet or 7.3 meters has been a successful spacing to begin with, especially considering these girls are not in spikes and not in condition, but moving the spacing to 25'7" or 7.8 meters should happen on the fourth or fifth day, and by the ninth or tenth day or thereabouts (it really depends on the learning curve) the spacing should go to 26'3" or 8 meters, which is not too far from the regular spacing of 27'10 1/2" or 8.5 meters, using five steps in between. (By this time, buying spikes should be encouraged. The hurdlers should use spikes with drills before using them in the first meet and it should be on the surface that the athlete will be racing on.)

The coach needs to watch these drills from 4 position; directly behind the hurdles, directly in front of the hurdler, approximately ten yards from the final hurdle, in the middle of the flight of hurdles on the lead leg side, and on the trail leg side. If you possess a video camera—use it. If you can't replay it on the field, have the hurdlers go to a room at lunch and see themselves on the monitor. This will help the learning curve dramatically.

Speaking of learning curves, it is incumbent upon the coach of hurdlers to do a lot of reading and viewing of video. Also, if possible, to clinics and listen to and see hurdle presentations. The AAF/CIF Track & Field Coaching Program offers clinics in January and February. If a coach sees the complete presentations on the weekend, he/she will receive a track and field manual for free. For reading, my suggestions include the book *The Science of Hurdling* by Brent McFarlane. Important periodicals include: *Track Coach* (formerly *Track Technique*), published quarterly by *Track & Field News*; *Track and Field Coaches Review*, published quarterly by U.S. Track coaches Association; and *Track and Field Quarterly Review*, published by N.C.A.A. Division I Track Coaches' Association; *The Hurdles*, edited by Jess Jarver, published by *Track & Field News*. Finally, I suggest the purchase of all of Speed Dynamics videos: *Sprint Training Vol. I*, *Vol. II*, *High Hurdles Vol. I*, *Vol. II*, *Drills for Speed*, and *13 Seconds*.

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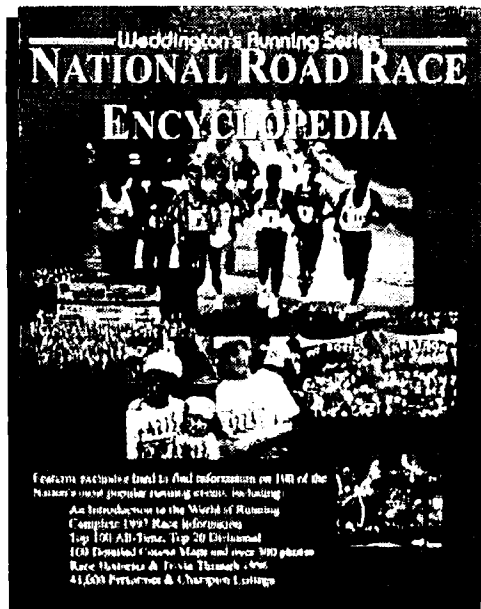
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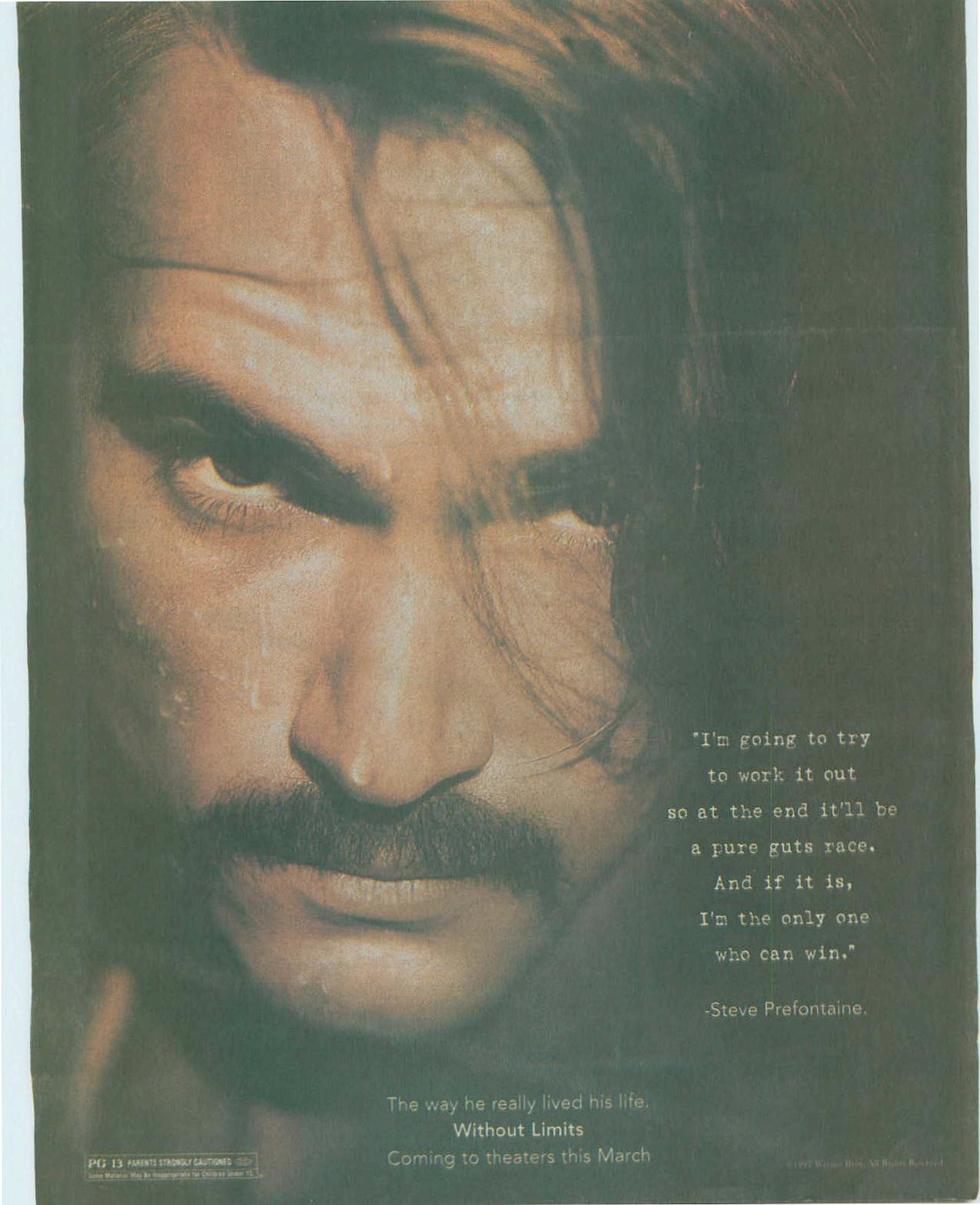
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