

Final Scores

1.	Bakersfield	115 1/2	points
2.	Cerritos	104	points
3.	Pasadena	80	points
4.	Long Beach	46 1/2	points
5.	Valley	43	points
6.	Pierce	46	points
7.	El Camino	37	points
8.	Santa Monica	26	points

METROPOLITAN CONFERENCE FINALS

Cerritos College

Track and Field

May 3, 1969

440 yd. relay

1. Cerritos	41.7
2. Bakersfield	41.8
3. Long Beach	42.5
4. Santa Monica	42.6
5. El Camino	42.8
6. Valley	42.8

Long Jump

1.	Garry Moody	Pasadena	24' 2"
2.	Rufus Morris	Bakersfield	23' 10 3/4"
3.	Mike Laurella	El Camino	22' 10 3/4"
4.	Steve Sutton	Cerritos	22' 9 1/4"
5.	Fred Kakabeen	Valley	22' 7"
6.	Ken Whitaker	Pierce	22' 6 1/4"

1. Norm Laraway	Pasadena	6' 4 1/2"
2. Al Broom	Bakersfield	6' 2"
3. Joe Huley	El Camino	6' 2"
4. Dennis Weber	Cerritos	6' 2"
5. Robert Reader	Bakersfield	6' 0"
John Watson	Long Beach	6' 0"

One Mile run

1.	Jim Estes	Valley	4:08.9
2.	Cliff Chisom	Pasadena	4:10.2
3.	Mike Wagenback	Valley	4:10.6
4.	John Mollring	Santa Monica	4:10.8
5.	Rick Hitchcock	Bakersfield	4:11.4
6.	Nick Rosner	Pasadena	4:12.8

Shot Put

1.	Ed Howard	Pasadena	53' 10"
2.	Rod Mansfield	El Camino	50' 4"
3.	Rudy Juarez	Cerritos	49' 10 3/4"
4.	Dave March	Pierce	49' 10 1/4"
5.	Steve Verry	El Camino	49' 3 1/4"
6.	Roy Anderson	Pierce	49' 1 1/2"

120 yd. high hurales

1.	Henry Shipes	15.0	Bakersfield
2.	Larry Broy	15.1	Cerritos
3.	Allan Tobin	15.4	Long Beach
4.	Ken Whitaker	15.4	Pierce
5.	Dennis Ruby	15.5	Cerritos
6.	Jeff Stewart	15.5	El Camino

440 yd. dash

1.	Jim Thomas	Long Beach	48.1
2.	Joe Martinez	Cerritos	48.5
3.	Tim Hayes	Pierce	48.5
4.	Jim Bray	El Camino	49.1
5.	Hendersen Cooper	Santa Monica	49.4
6.	Jack Sands	Bakersfield	49.6

100 yd. dash

1.	Bob Ballard	Cerritos	9.7
2.	Vincent Ludd	Bakersfield	9.9
3.	Hardie Massengill	Long Beach	10.0
4.	Rufus Morris	Bakersfield	10.0
5.	G.T. Hughes	Pasadena	10.0
6.	Dave Cohen	Cerritos	10.0

380 yd. run

1.	Bruce Sutherland	Pasadena	1:53.0
2.	Jim Estes	Valley	1:53.9
3.	Bob Stevens	El Camino	1:54.0
4.	Mike Hageman	Cerritos	1:54.2
5.	Tom Lynch	Santa Monica	1:54.4
6.	Brian Castleman	Bakersfield	1:54.5

440 yd. intermediate hurdles

1.	Henry Snipes	Bakersfield	53.7
2.	Rick Quezada	Valley	55.2
3.	Allan Tobin	Long Beach	55.6
4.	Larry Broy	Cerritos	55.8
5.	Ed Sausman	Bakersfield	56.0
6.	Dennis Ruby	Cerritos	56.0

Triple Jump

1.	Robert Reader	Bakersfield	48' 8 1/2"
2.	Steve Sutton	Cerritos	45' 10 3/4"
3.	Harold Kelley	Pasadena	45' 10 3/4"
4.	Frank Ramistella	Santa Monica	45' 9"
5.	Joe Huley	El Camino	44' 1 1/2"
6.	Rufus Morris	Bakersfield	43' 9"

220 yd. dash

1.	Bob Ballard	Cerritos	21.9
2.	Dave Cohen	Cerritos	22.2
3.	Rufus Morris	Bakersfield	22.4
4.	Vincent Ludd	Bakersfield	22.5
5.	Tim Hayes	Pierce	22.5
6.	review film		

Two mile run

1.	Jesse Gomez	Pasadena	9:00.9
2.	Bob Macias	Pierce	9:02.4
3.	Rick Hitchcock	Bakersfield	9:03.9
4.	Frank Rodriguez	Bakersfield	9:04.2
5.	Nick Rosner	Pasadena	9:13.3
6.	Mark Covert	Valley	9:17.5

Mile Relay

1.	Bakersfield	3:17.7
2.	Santa Monica	3:18.2
3.	Valley	3:20.0
4.	Cerritos	3:20.0
5.	Long Beach	3:21.0
6.	Pasadena	3:21.2

Discus

1.	Kevin Johnson	Cerritos	150' 9"
2.	Greg Art	Bakersfield	146' 11"
3.	Steve Lounsberry	Pierce	146' 8"
4.	March, Dave	Pierce	146' 4"
5.	Steve Sutton	Cerritos	142' 11"
6.	Mike Craig	Bakersfield	142' 2"

Pole Vault

1.	Jeff Sakala	Pierce	15' 5 1/2"
2.	Greg Smithey	Long Beach	15' 3 1/4"
3.	Alan Mann	Pasadena	15' 0"
4.	John Hastings	Pasadena	15' 0"
5.	Mike Bartell	Bakersfield	15' 0"
6.	Marty Ybarra	Valley	14' 6"