

Aug. 14, 1st Day.

OPEN	100 Meters	Score
Bajema, Don	San Diego State	10.8 853
Sobieszccyk, Jim	Kearney St.	11.4 710
Quiller, Jerry	Boulder, Col.	11.3 733
Pannel, George	Santa Barbara	10.9 828
Veenker, Bruce	SBAA	11.7 643
Zepeda, Jim	Santa Maria	12.0 5.80
Smith, Pat	Lompoc	12.9 408
Slocum, Kurt	Calif. T & F ASSN.	11.2 756
Danache, Daniel	Santa Barbara	11.3 733

HIGH SCHOOL	Score
Kring, Kenny	SMHS 11.2 756
Kring, Buddy	SMHS 12.5 482
Watson, Richard	SLOHS 12.9 408
Regdon, Bob	San Jose H.S 12.4 501
Scott, Larry	Aviation H.S 11.6 665
Hernandez, Mike	St. Jo. H.S 12.3 520
Moore, Vic	Cab. H.S 13.1 373

Long Jump	Score
Bajema 676 cm	22.2 770
Sobieszccyk 657 cm	21.7 730
Quiller 631	20'8 $\frac{1}{2}$ 673
Pannel 691	22.8 802
Veenker 637	20'10 $\frac{3}{4}$ 686
Zepeda 565	18'6 $\frac{1}{2}$ 526
Smith -----	-----
Slocum 650	21.4 715
Danache 643	21.1

HIGH SCHOOL	Score
Kring, K 660 cm	21.8 736
Kring, B 583	19.1 $\frac{1}{2}$ 566
WATSON 526	18.8 17.3 434
Regdon 554	18.2 500
Scott 562	18.5 $\frac{1}{4}$ 519
Hernandez 494	16.2 $\frac{1}{2}$ 356
Moore 569	18.8 535

OPEN	Shot Put	Score
Bajema	1230 cm	40.4 619
Sobieszccyk	1178	38.7 $\frac{3}{4}$ 584
Quiller	1130	37.1 553
Pannel	1348	44.2 $\frac{1}{4}$ 695
Veenker	1102	36.2 533
Zepeda	1071	35.1 $\frac{1}{2}$ 512
Slocum	1222	40.1 614
Danache	1202	39.5 $\frac{1}{4}$ 600
Thoreson	1180	38.8 $\frac{1}{2}$ 586
Shur	901	29.7 386

HIGH SCHOOL	Score
Kring, K 1174 cm	38.6 582
Kring, B 810	26.7 314
Watson 852	27.11 $\frac{1}{2}$ 348
Regdon 837	27.5 $\frac{1}{2}$ 335
Scott 838	27.6 336
Hernandez 874	28.8 365
Moore 743	24.4 $\frac{1}{2}$ 258

Open	100 Meters	Score
Thoreson, Dave	S.C. Striders	11.1 780
Shur, Lawrence	SBAA	12.1 560

Long Jump	Score
Thoreson 712 cm	23.4 $\frac{1}{4}$ 844
Shur 0	0 0

1970 Cen. Coast Decathlon (con't)

High Jump

Category	Name	Height (cm)	Height (ft/in)	Score
OPEN	Bajema	178	5'10 1/4	662
	Sobieszczyk	203	6'8"	882
	Quiller	164	5'4 1/4	531
	Pannel	178	5'10 1/4	662
	Veenker	159	5'2 1/2	483
	Zepeda	159	5'2 1/2	483
	Slocum	183	6'8"	707
	Danache	168	5'6	569
	Thoreson	200	6'6 3/4"	857
	Suhr	168	5'6	569
HIGH SCHOOL	Kring, K	173	5'8	616
	Kring, B	164	5'4 1/2	531
	Watson	168	5'6	569
	Regdon	148	4'10 1/2	374
	Scott	164	5'4 1/4	531
	Hernandez	0	0	0
	Moore	178	5'10 3/4	662

100 Meters

Category	Name	Time	Score
OPEN	Bajema	50.9	766
	Sobieszczyk	52.3	707
	Quiller	54.5	627
	Pannel	59.4	833
	Veenker	58.4	1,071
	Zepeda	56.7	717
	Slocum	53.7	657
	Danache	57.3	620
	Thoreson	51.3	749
	Suhr	56.7	717
HIGH SCHOOL	Kring, K	51.8	728
	Kring, B	50.9	1,167
	Watson	58.3	1,187
	Regdon	60.2	1,126
	Scott	53.2	506
	Hernandez	65.5	276
	Moore	68.4	203

TOTAL SCORE AFTER FIRST DAY

Category	Name	Score
HIGH SCHOOL	Kring, K	3128
	Kring, B	2360
	Watson	2216
	Regdon	2136
	Scott	2617
	Hernandez	1517
	Moore	2031
OPEN	Bajema	3670
	Sobieszczyk	3613
	Quiller	3771
	Pannel	3820
	Veenker	2829
	Zepeda	2642
	Slocum	3113
Danache	3230	
Thoreson	3816	
Suhr	2056	

1970 Cent. Coast Decathlon

Aug. 15, 2nd Day

High Hurdles

<u>OPEN</u>		
Bajema		15.0 848
Sobieszczyk		15.5 797
Quiller		16.4 712
Pannel		14.3 926
Veenker		17.0 660
Zepeda		21.3 376
Slocum		15.8 767
Danach		16.4 712
Thoreson		15.1 837
Suhr		19.5 480

<u>HIGH SCHOOL</u>		
Kring, K		15.6 787
Kring, B		21.0 392
Watson		17.8 597
Regdon	18.9	18.9 519
Scott		19.3 493
Hernandez		19.2 499

<u>OPEN</u>		<u>Discus Throw</u>	
Bajema	30.80 m	101' 1/2	492
Sobieszczyk	36.26	118' 11 1/2	610
Quiller	35.70	117' 1 1/2	599
Pannel	41.73	136' 11	719
Veenker	37.30	122' 4 1/2	631
Zepeda	34.09 18.23	59' 10	173
Slocum	34.09	11' 10	564
Danache	31.57	103' 7	509
Thoreson	41.63	136' 7	717
Suhr			

<u>HIGH SCHOOL</u>			
Kring, K	31.81 m	101' 4	514
Kring, B	22.10	72' 6	280
Watson	27.35	89' 8 1/2	412
Regdon	19.60	64' 4	212
Scott	24.35	79' 10 1/2	339
Hernandez	19.79	64' 11	217

Pole Vault

<u>OPEN</u>			
Bajema	3.54 m	11' 7 1/2	684
Sobieszczyk	3.82	12' 6 1/2	759
Quiller	3.07	10' 1	519
Pannel	3.82	12' 6 1/2	759
Veenker	3.68	12' 1	722
Zepeda	2.16	7' 1	255
Slocum	3.82	12' 6 1/2	759
Danache	3.20	10' 6	587
Thoreson	4.54	14' 10 3/4	942
Suhr	2.75	9' 0 1/4	452

<u>HIGH SCHOOL</u>			
Kring, K	4.13 m	13' 6 1/2	840
Kring, B	3.54	11' 7 1/2	684
Watson	2.93	9' 7 1/2	507
Regdon	3.07	10' 1	549
Scott	2.16	7' 1	255
Hernandez	2.16	7' 1	255

1970 Cent. Coast Decathlon (con't)

Aug. 15, 2nd Day

<u>OPEN</u>		<u>Javelin Throw</u>		
Bajema		51.33 m	168'5	651
Sobieszczyk		61.04	200'3	774
Quiller	37x29	37.29	122'4	449
Pannel		54.66	179'4	694
Veenker	37x85	37.85	124'2	458
Zepeda		33.35	109'5	386
Slocum		54.31	178'2	690
Danache		44.86	147'2	562
Thoreson		51.66	169'6	655
Suhr		27.25	89'5	281

<u>HIGH SCHOOL</u>				
Kring, K		46.43 m	152'4	584
Kring, B		31.09	102'0	349
Watson		39.64	130'0 1/2	485
Regdon		25.12	82'2 1/2	241
Scott	26x95	26.95	88'8 1/2	275
Hernandez		44.81	147'0	561

1500 Meters

<u>OPEN</u>			
Bajema		5:04.0	387
Sobieszczyk		4:33.7	565
Quiller		4:33.2	568
Pannel		4:36.1	549
Veenker		5:50.6	172
Zepeda		5:00.7	404
Slocum		4:48.1	475
Danache		5:37.9	225
Thoreson		4:38.5	534
Suhr		4:32.7	571

<u>HIGH SCHOOL</u>			
Kring, K		4:43.5	503
Kring, B		5:03.6	389
Watson		4:40.5	522
Regdon		5:42.3	206
Scott		4:56.9	425
Scott Hernandez		---	---

TOTAL POINTS FOR DECATHLON

<u>Thoreson</u>	7500	<u>Kring, K</u>	6656
<u>Pannel</u>	OK 7467	<u>Watson</u>	4769
<u>Sobieszczyk</u>	OK 7118	<u>Kring, B</u>	4454
<u>Bajema</u>	6732	<u>Scott</u>	4434
<u>Slocum</u>	6698	<u>Regdon</u>	3861
<u>Quiller</u>	5988	<u>Hernandez</u>	3049
<u>Danache</u>	5825		
<u>Veenker</u>	5472		
<u>Zepeda</u>	4236		
<u>Suhr</u>	4054		

1. FIRST DEC. WIN EVER FOR THORESON - (TN)
2. P.R. FOR PANNEL.
3. P.R. FOR K. KRING - 4TH ON ALL-TIME H.S. LIST -