



TRACK AND FIELD

1970

College of San Mateo

1970 Track and Field Brochure

District Superintendent and Chancellor	Dr. Clifford G. Erickson
College President	Dr. Robert L. Ewigleben
Dean of Student Affairs	Dr. Allan R. Brown
Chairman, P.E. Division	Clifford G. Giffin
Director of Athletics	Herbert H. Hudson
Track and Field Coach	Bob Rush
Athletic Publicist	Fred Baer
Athletic Trainer	Jack Dawson
School Address	1700 West Hillsdale Blvd. San Mateo, CA 94402
School Phone	415-341-6161
Enrollment	18,500
Mascot	Bulldog
Colors	Royal Blue and White
Conference	Golden Gate Conference
Member Schools	Chabot College, Foothill College Laney College, Merritt College City College of San Francisco San Jose City College, Diablo Valley College, College of San Mateo
Track and Field Brochure Editor	David Reiss
Original Cover Design	Randy King

Contents

College of San Mateo Information Sheet	I
Contents	II
1969 Scores	III
Top Individual Performances of 1969	IV
Top Marks of the Golden Gate Conference in 1969	V
College of San Mateo Track Coach Bob Rush	VII
College of San Mateo 1970 Track and Field Roster	VIII
College of San Mateo 1970 Track and Field Schedule	1
College of San Mateo Track and Field Records	2
College of San Mateo Stadium Records	3
College of San Mateo Honor Roll	5
College of San Mateo vs Diablo Valley College	7
College of San Mateo vs Merritt College	8
College of San Mateo vs Chabot College	9
College of San Mateo vs Laney College	10
College of San Mateo vs San Jose City College	11
College of San Mateo vs City College of San Francisco	12
College of San Mateo vs Foothill College	13
College of San Mateo vs Contra Costa College	14
College of San Mateo vs University of California at Berkeley Freshmen	15
College of San Mateo vs Stanford University Freshmen	16
Golden Gate Conference Relay Records	17
Santa Barbara Easter Relay Records (Junior College Division)	18
Golden Gate Easter Relay Records	19
West Coast Relay Records (Junior College Division)	20
Northern California Relay Records (Large Division)	21
Mount San Antonio Relay Records (Junior College Division)	22
Golden Gate Conference Meet Records	23
Northern California Meet Records	24
California Junior College State Meet Records	25
National Junior College Records and Best Marks	26
Notes to Athletes	29
1970 is the first year the College of San Mateo will meet De Anza College in a dual meet.	

1969 Scores

Merritt	74	San Mateo	62
San Jose City College	69	San Mateo	67
San Mateo	70	City College of San Francisco	66
San Mateo	72	Chabot	41
San Mateo	117	Diablo Valley	19
San Mateo	77	Laney	59
Foothill	73	San Mateo	63
Golden Gate Conference Relays		3rd	70½
Northern California Relays		8th	16
Golden Gate Conference Meet		3rd	73
Northern California Meet		10th	16
California Junior College Meet		34th	2

College of San Mateo
Top Individual Performances of 1969

100 yd. Dash	Oscar Jones	9.7n
220 yd. Dash	Mike Miller	22.2n
440 yd. Dash	Mike Miller	48.2n
880 yd. Run	Edmond Temple	1:56.2
One Mile Run	Ernie Dawson	4:20.5n
Two Mile Run	Mike Dailey	9:26.0n
120 yd. High Hurdles	Jim Miller	14.8
440 yd. Intermediate Hurdles	Tim Sershen	56.6
High Jump	Scott Ellington Oscar Jones	6-2
Pole Vault	Ron Coleman	15-0
Long Jump	Steve Mitchell	22-8 $\frac{1}{2}$
Triple Jump	Fred Tinsley	43-5 $\frac{3}{4}$
Shot Put	Tino Salzano	49-3 $\frac{1}{4}$
Discus Throw	Gerry Fogel	164-6
440 yd. Relay		42.2n
One Mile Relay		3:18.0n
Two Mile Relay		8:01.6
Four Mile Relay		18:45.2n
Sprint Medley Relay		3:45.6n
Distance Medley Relay		10:47.6n
480 Shuttle Hurdle Relay		57.6

GOLDEN GATE CONFERENCE TRACK & FIELD BEST MARKS - 1969 SEASON THROUGH STATE MEET

100:

9.3 Warren Edmonson, Mer
9.4n Norbert Payton, Mer
9.6n Mike Miller, SJCC
9.7 Art Lewis, Laney
n Tony Lomax, Laney
n Oscar Jones, CSM
9.8n Bill Hatcher, CSM
n Michael Clarke, Chab
n Don Jackson, Mer
n Andrew Watkins, CCSF
n Randall Washington, SJCC

220:

20.8 Mike Miller, SJCC
n Warren Edmonson, Mer
21.7n Norbert Payton, Mer
21.8n Henry Stuckey, Mer
21.9 Tony Lomax, Laney
22.2 Burt Villareal, Foot
n Lamont Jackson, Mer
n Andrew Watkins, CCSF
n Mike Miller, CSM
22.3 John Brown, Laney
n Steve Jordan, CCSF
n Dan Jackson, Mer
Art Lewis, Laney

440:

46.9 Warren Edmonson, Mer
47.7 Lamont Jackson, Mer
48.1n Larry Glen, Mer
48.2n Mike Miller, CSM
48.5n Vince Ansley, CCSF
48.7n Henry Stuckey, Mer
48.8 Bert Villareal, Foot
49.0 Bob Piatt, Foothill
49.5 Mike Frates, Foot
n Roy Turner, Mer
49.6n Larry Furiosi, CSM
n Steve Jordan, CCSF

880:

1:53.4n Mark Wade, SJCC
1:54.2 Dave Gibbons, Chab
1:54.6n Klaus Hofmann, CCSF
1:55.4n Humberto Hernandez, CCSF
n Ray Thompson, Chab
1:55.8n Frank Rivera, Laney
1:56.2 Edmond Temple, CSM
n Ken Wilkins, Mer
1:56.3n Lamont Jackson, Mer
1:56.8 Bob Piatt, Foot

Mile:

4:14.5 Klaus Hofmann, CCSF
4:14.7n Humberto Hernandez, CCSF
4:16.7n Jim Tracy, CCSF
4:17.6n Frank Rivera, Laney
4:18.1n Jeff Ruble, Foot
4:20.3n Dave Palmer, CCSF
4:20.5n Ernie Dawson, CSM
4:20.8 Edmond Temple, CSM
4:23.5 Frank Bautista, Chab
4:23.6n Joe Belton, CSM

2-Mile:

9:16.0 Jim Tracy, CCSF
9:20.4 Vic Cary, CCSF
9:21.0n Bob Darling, CCSF
9:26.0n Mike Dailey, CSM
9:28.2n Humberto Hernandez, CCSF
9:30.0n Frank Bautista, Chab
9:31.2n Bill Seaver, Chab
9:33.2n Frank Rivera, Laney
9:33.8n Ralph Patten, DVC
9:35.0n Joe Belton, CSM

3-Mile:

14:54.6 Bob Darling, CCSF
15:28.8 Norm Allen, SJCC
15:56.0n Guy Monroe, SJCC
16:14.2n Mick Howard, Chab

120 High Hurdles:

14.3 Eric Barfield, Mer
14.8 Jim Miller, CSM
14.9 Donnie Bruce, CCSF
15.1 Mark Ernst, DVC
15.2 Jim Portman, CSM
Steve Gendreau, Foot
15.3n Tim Sershen, CSM
15.5n Mike McCoy, DVC
15.7n Randall Washington, SJCC

440 Intermediate Hurdles:

55.1n Eric Barfield, Mer
55.8n Larry Glenn, Mer
55.9n Dayton Evans, SJCC
56.1 Roy Turner, Mer
Steve Gendreau, Foot
56.4 Donnie Bruce, CCSF
Tom Varela, Laney
56.6n Tim Sershen, CSM
57.0n Robin Little, Chab
57.2n Mike Hermens, DVC

GGC TRACK & FIELD BEST MARKS/1st add:

High Jump:

6-10 $\frac{1}{4}$	Clyde Sadler, CCSF
6-6	Dave Fishbaugh, Chab
	Ron Vann, Laney
	Ted Lepas, SJCC
	Jim Morrison, Laney
	Bruce Washburn, DVC
6-4	Don Davis, Laney
	Tom Clyburn, CCSF
	Mark Dailey, Foot
	Dan Greens, Mer
	Gary Kendell, DVC

Pole Vault:

15-0	Ron Coleman, CSM
14-9 $\frac{1}{4}$	Robert Witt, Chab
14-0	Art Lewis, Laney
	Don Nelson, CSM
	Tony Roseland, SJCC
	Bruce Kranak, Foot
13-6	Paul Conroy, CCSF
	John Nesbitt, Foot
13-0	Ron Auger, Chab
	Bill Supan, Foot
	Ron Melot, DVC
	Roquero, Foot
	Dave Detlefsen, Laney
	Forito Flores, CSM
	Roy Turner, Mer

Long Jump:

24-4	Tom Clyburn, CCSF
24-1	Norbert Payton, Mer
22-10 $\frac{1}{2}$	Mike Lusk, Mer
22-5 $\frac{3}{4}$	Charles Lee, Mer
22-4 $\frac{1}{2}$	David Robinson, CCSF
22-0 $\frac{1}{2}$	Dan Greene, Mer
	Glen Johnson, SJCC
21-11 $\frac{1}{4}$	Mike Miller, SJCC
21-11	Gene Delk, SJCC
	Tony Lomax, Laney
22-8 $\frac{1}{2}$	Steve Mitchell, CSM

Triple Jump:

47-0 $\frac{1}{4}$	August Berry, CCSF
46-8	Cornell Willimas, SJCC
46-5 $\frac{1}{2}$	Bruce McClain, Foot
46-1 $\frac{3}{4}$	Norbert Payton, Mer
46-1	Jeffery Johnson, SJCC
45-9 $\frac{1}{2}$	Don Bruce, CCSF
45-8	Mike Lusk, Mer
45-3	Ken Borczi, Foot
44-11	Larry Forrest, Chab
44-7	Randall Washington, SJCC

Shot Put:

			W	L	Pts.
56-8 $\frac{1}{4}$	Dan Mosley, Mer		7	0	14
53-2	Clyde Miles, DVC	Mer	5	2	10
50-4	Bob Thayer, Laney	Foot	5	2	10
50-1	Gene Hansen, DVC	SJCC	4	3	8
49-3 $\frac{1}{4}$	Tino Salzano, CSM	CCSF	4	3	8
47-8 $\frac{1}{2}$	Jim Devine, Mer	CSM	2	5	4
47-6 $\frac{1}{2}$	Phil Bossett, Foot	Laney	1	6	2
46-11 $\frac{3}{4}$	Bill Currier, Chab	Chab	0	7	0
46-11 $\frac{1}{4}$	Mike Lacey, Laney	DVC			
46-9 $\frac{1}{2}$	Mike Boschetti, CSM				

Final GGC StandingsDiscus Throw:

171-11	Winston Landes, Foot
164-11	Dan Mosley, Mer
164-6	Gerry Fogel, CSM
163-5	Clyde Miles, DVC
158-9	Lou Nava, CSM
147-5	Dan Heiser, Chab
145-9	Sam Jordon, CSM
145-8	Bob Tahyer, Laney
143-1	John Brisnois, Foot
142-1	Jim Baldocchi, CCSF

440 Relay:

40.4	Merritt
41.4n	Laney
n	CC San Francisco
41.7n	San Jose CC
42.2	Foothill
n	San Mateo
44.0n	Chabot
45.6n	Diablo Valley

880 Relay:

1:24.1	Merritt
1:27.8	Laney
1:29.4n	CC San Francisco
1:30.5n	Foothill
n	San Jose CC
1:32.1n	Chabot

Mile Relay:

3:08.2	Merritt
3:16.4n	CC San Francisco
3:18.0n	San Mateo
3:18.6n	Foothill
3:19.9n	Chabot
3:21.6n	San Jose CC
3:22.4n	Laney
3:34.8n	Diablo Valley

2-Mile Relay:

7:53.0n	Chabot
7:57.2	Merritt
7:57.4	Foothill
7:58.4n	Laney
8:01.6n	San Mateo
8:15.6n	San Jose CC
8:43.2n	Diablo Valley

4-Mile Relay

17:26.6	CC San Franci
18:12.8n	Laney
18:32.2n	Chabot
18:45.2n	San Mateo
19:25.2n	San Jose CC
19:34.8n	Merritt
19:48.2n	Diablo Valley

Sprint Medley Relay:

3:27.5	Merritt
3:29.9n	San Jose CC
3:45.6n	San Mateo
3:49.4n	Diablo Valley

Distance Medley Relay:

10:12.4	CC San Franci
10:15.4n	Laney
10:17.2n	Chabot
10:35.4n	Merritt
10:38.0n	Diablo Valley
10:47.6n	San Mateo
10:54.4n	San Jose CC

480 Shuttle Hurdle Rel:

57.6	San Mateo
57.9n	Merritt
60.1n	Diablo Valle
61.8	CC San Franci
65.6n	Chabot
67.5n	San Jose CC
70.5n	Laney

College of San Mateo Track Coach BOB RUSH

New College of San Mateo track and cross country coach Bob Rush has a tremendous challenge awaiting him at CSM.

Former CSM mentor Phil Casaroli took Golden Gate Conference harrier titles in both of his seasons at the Matean helm and also grabbed the GGC track and field meet and NorCal cross country meet in 1968.

Casaroli left CSM to become Central Coast regional director for American Physical Fitness corporation, which manufactures Exer-Genies.

Rush, 34, is a San Carlos resident who for the past six years has coached track and cross country at San Mateo High School.

A native of Northern California, Rush is a graduate of Nevada Union High School, Sacramento City College, and San Jose State College.

While at Sacramento CC he competed in both the mile and two mile in the state junior college finals and then went on to further track and cross country competition at San Jose, where he received his bachelor's degree in 1958 and master's in 1959.

After four successful years of coaching at C.K. McClathey High, Rush came to San Mateo High. In his six seasons he brought the Bearcubs three varsity track championships and one varsity cross country title. His 43-8-1 track record includes a 3-3 split with Carlmont. (Rush's teams won the last three times.)

Late last spring Rush was appointed to the physical education faculty at the San Mateo Junior College District's new Skyline College campus in San Bruno.

But he never got started at the new college, which opened its doors just this fall, as the late departure of Casaroli left a vacancy at CSM which Rush was the obvious candidate to fill.

Joining Rush at CSM are two of his top trackmen of last season, Half miler Dave Robertson (1:56.8) and pole vaulter Jim Lydon (15-2), both State High School Meet veterans.

1970 COLLEGE OF SAN MATEO TRACK ROSTER

<u>NAME</u>	<u>HT.</u>	<u>WT.</u>	<u>AGE</u>	<u>YEAR</u>	<u>COL. EXP.</u>	<u>HIGH SCHOOL/HOMETOWN</u>
Keith Adams	5-10	170	19	Soph	V	San Mateo
Events: 880, Mile						
Gilbert Anda	6-0	162	19	Soph	V	Terra Nova/Pacifica
Events: High Jump						
Robert Bernal	6-0	190	18	Frosh	0	South San Francisco
Events: Shot Put, Discus						
Dan Best	6-1	155	18	Frosh	0	Half Moon Bay
Events: 2-Mile, Mile (4:31.1)						
David Betti	5-8	145	18	Frosh	0	Capuchino/San Bruno
Events: 440 (51.9), 220, Relays						
Steve Bickel	6-0	135	18	Soph	L	Hillsdale/San Mateo
Events: 880, Mile (4:31.1), 2-Mile						
Mike Boschetti	6-6	245	20	Soph	L	Aragon/San Mateo
Events: Discus (158-0 coll), Shot Put						
Caughtemoc Cadena	5-11	155	19	Soph	V	South San Francisco
Events: 220, 440						
Tim Gerner						
Events: Pole Vault						
Don Getchel	6-3	175	18	Frosh	0	Westmont/Daly City
Events: Pole Vault (13-3)						
Gary Graf	5-10	162	19	Soph	0	Capuchino/Millbrae
Events: Intermediate Hurdles, High Hurdles, Shuttle Hurdle Relay						
Bill Hatcher	5-6	132	20	Soph	L	Menlo-Atherton/Menlo Park
Events: 100 (9.7), 220 (21.8t), 440, Relays						
Gary John	5-10	170	20	Frosh	0	South San Francisco
Events: 440 (49.6n), 880 (1:56.7)						
Jim Lydon	5-9	130	18	Frosh	0	San Mateo
Events: Pole Vault (15-2)						
Harold Malone	6-0	160	21	Frosh	0	Ravenswood/Palo Alto
Events: 100, 220, 440						
James Miller	5-11	160	19	Soph	L	Carlmont/San Carlos
Events: 120 HH (14.5), 440 I.H.						
Greg Moon	5-10	155	20	Soph	0	Carlmont/San Carlos
Events: Mile, 2-Mile						
Willie Morrison	5-8	160	18	Frosh	0	Hearne/(TX)/East Palo Alto
Events: 100 (9.8), Relays						
Dave Nichols	6-0	175	19	Soph	V	San Mateo
Events: 2-Mile, Shot, Discus, Javelin						
Mike Nilmeyer	6-0	190	19	Soph	V	El Camino/So. San Francisco
Events: Triple Jump, Long Jump						
Barry Raymond	5-11	170	19	Frosh	0	Crestmoor/San Bruno
Events: 220 (22.5), 440 (49.3)						
Eric Reich	5-8	155	18	Frosh	0	Carlmont/Belmont
Events: Pole Vault (14-8)						
Vince Repetto	6-0	165	18	Frosh	0	Capuchino/San Mateo
Events: High Jump (6-5)						
Tim Sershen	6-2	160	19	Soph	L	Oceana/Pacifica
Events: 440 Intermediate Hurdles						
Tom Sershen	6-3	165	19	Soph	V	Oceana/Pacifica
Events: 440, 880						

Peter Snyders	6-0	142	18	Frosh	0	Half Moon Bay
Events:	Mile, 2-Mile					
Steve Stradley	5-6	130	19	Soph	V	Carlmont/San Carlos
Events:	880, Mile					
Doug Thompson	5-10	145	18	Frosh	0	Hillsdale/San Mateo
Events:	Pole Vault (12-3)					
Gary Unze	5-9	155	19	Soph	V	San Carlos
Events:	100.220					
Larry Varnum	5-9	160	19	Soph	V	South San Francisco
Events:	Mile, 2-Mile					
Hans Voshes	6-2	160	19	Frosh	0	Crestmoor/San Bruno
Events:	440 (52.0), 880					

College Experience: 0 - none; V - Veteran; L - Letterman

COLLEGE OF SAN MATEO

TRACK SCHEDULE

1970

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>OPPONENT</u>	<u>LOCATION</u>
Sat.	Feb. 28	10:00 am	Golden Gate Conference Relays	Foothill
Fri.	Mar. 6	3:00 pm	*Diablo Valley College	Pleasant Hill
Sat.	Mar. 14	10:00 am	*Merritt College	San Mateo
Fri.	Mar. 20	3:00 pm	*Chabot College	San Mateo
Sat.	Mar. 28	12:00 noon	Santa Barbara Easter Relays	Santa Barbara
Sat.	Apr. 4	10:00 am	*Laney College & Cal Frosh	Berkeley
Fri.	Apr. 10	3:00 pm	*San Jose City College	San Mateo
Fri.	Apr. 17	2:30 pm	*City College of San Francisco	San Francisco
Tues.	Apr. 21	3:00 pm	*Foothill College	San Mateo
Sat.	Apr. 25	1:00 pm	Northern California Relays	Modesto
Wed.	Apr. 29	1:00 pm	Golden Gate Conference Trials	San Jose
Fri.	May 1	6:00 pm	Golden Gate Conference Meet	San Jose
Sat.	May 9	11:00 am	West Coast Relays	Fresno
Wed.	May 13	1:00 pm	Northern California Trials	Modesto
Sat.	May 16	1:00 pm	Northern California Meet	Santa Rosa
Sat.	May 23	3:00 pm	California State Championships	Modesto

* denotes Golden Gate Conference Meet.

College of San Mateo Track and Field Records

100 yd. Dash	9.6	Bob Hyllton	1940
220 yd. Dash	21.0	John L. Simmons	1950
220 yd. Dash (turn)	21.4	Steve Firenze	1963
440 yd. Dash	47.5	Ron Benson	1963
880 yd. Run	1:50.4	Ron Benson	1963
One Mile Run	4:11.7	Ralph Likens	1965
Two Mile Run	9:09.2	Jeff Fishback	1961
Three Mile Run	14:22.6n	Edmond Temple	1968
120 yd. High Hurdles	14.2	Al Rockwell	1964
440 yd. Intermediate Hurdles	56.6	Tim Sershen	1969
High Jump	6-10 $\frac{1}{4}$	Ted Winfield	1964
Pole Vault	16-8	Dennis Phillips	1966
Long Jump	24-11 $\frac{1}{8}$	John L. Simmons	1950
Triple Jump	46-0	Connie Verneck	1939
Shot Put	54-2 $\frac{1}{4}$	Bob Merlo	1962
Discus Throw	165-1 $\frac{1}{2}$	Tom Grimm	1966
440 yd. Relay	41.7	Gary Olivieri, Roy Pinelli Bill Johnson, Frank Varriale	1965
One Mile Relay	3:16.2	Steve Firenze, Barry Sheldon George Smith, Ron Benson	1963
220 yd. Low Hurdles	23.3	Lee Roy Kirkpatrick	1936
330 yd. Intermediate Hurdles	38.4	Willie Webster	1965
400 meters	49.8	Frank Varriale	1964
800 meters	1:56.2	Tony Casillas	1964
1500 meters	3:55.7	Dave Kamrar	1963
5000 meters	15:01.8	Marcel Hetu	1964
Javelin Throw	195-9	Les Steers	1939
880 yd. Relay	1:27.8	Gary Olivieri, Dave McQueen Frank Varriale, Bill Johnson	1965
Two Mile Relay	7:42.9	Ralph Lee, Sam Rutland Jim Grotthoff, Jeff Fishback	1961
Four Mile Relay	17:31.7	Tony Casillas, Chuck Hazard Ralph Likens, Marcel Hetu	1965
Sprint Medley Relay	3:24.6	Steve Firenze, George Smith Jerry Rose, Ron Benson	1963
Distance Medley Relay	10:01.7	Bill Skrifvars, Dave McQueen Marcel Hetu, Ralph Likens	1965
Two Man Ten Mile Relay	43:11.3	Marcel Hetu, Ralph Likens	1964
480 yd. Shuttle Hurdles	56.7	Al Marefos, Jim Portman Steve Mitchell, John Schuller	1968

College of San Mateo Stadium Records

100 yd. Dash:			
J.C.	9.4	Sam Davis	Fresno City College 1967
Open	9.5	Steve Robinson	Santa Clara Valley Y.V. 1965
220 yd. Dash:			
J.C.	21.2	Jim Hatcher	Fresno City College 1967
Open	21.4	Steve Robbins	Santa Clara Valley Y.V. 1965
440 yd. Dash:			
J.C.	46.2	Lee Evans	San Jose City College 1968
Open	46.2	Lee Evans	San Jose City College 1968
880 yd. Run:			
J.C.	1:51.9	Ron Stone	Santa Clara College 1968
Open	1:51.9	Ron Stone	Santa Clara College 1968
One Mile Run:			
J.C.	4:12.2	Ralph Likens	College of San Mateo 1965
Open	4:11.6	Alex Whittle	Stanford Frosh 1965
Two Mile Run:			
J.C.	9:17.6	Neil Duggan	Allan Hancock College 1967
Open	9:07.9	Bill Morgan	Golden Gate Track Club 1965
120 yd. High Hurdles:			
J.C.	14.2	Rickey Rogers	Contra Costa College 1966
Open	14.2	Rickey Rogers	Contra Costa College 1966
440 yd. Intermediate Hurdles:			
J.C.	57.0	Tim Sershen	College of San Mateo 1969
Open	57.0	Tim Sershen	College of San Mateo 1969
High Jump:			
J.C.	6-9	Ted Winfield	College of San Mateo 1964
Open	6-10	Fred Jackson	Castlemont High School 1966
Long Jump:			
J.C.	24-6½	Stan Whitley	Allan Hancock College 1967
Open	23-5½	Ricky Rogers	Contra Costa College 1966
Triple Jump:			
J.C.	50-1	Doug Olmstead	Foothill College 1965
Open	50-1	Doug Olmstead	Foothill College 1965
Shot Put:			
J.C.	54-9	Russ Hodge	Foothill College 1966
Open	54-9	Russ Hodge	Foothill College 1966
Discus Throw:			
J.C.	174-6	Mike Hoffman	Foothill College 1967
Open	181-4	Dave Weill	Indian Track Club 1965
Pole Vault:			
J.C.	16-4	Dennis Phillips	College of San Mateo 1966
Open	16-4	Dennis Phillips	College of San Mateo 1966
Javelin Throw:			
Open	237-6	Dick Bock	Santa Clara Valley Y.V. 1965
70 yd. High Hurdles:			
Open	8.5	Bud Walsh	Stanford 1966

College of San Mateo Stadium Records (con't)

330 yd. Intermediate Hurdles:

J.C.	37.6	Tyrone Brown	Allan Hancock College	1967
Open	37.6	Tyrone Brown	Allan Hancock College	1967

440 yd. Relay:

J.C.	41.3	Stan Whitley, Calvin Cook	Allan Hancock College	1967
		Robert Horne, Jim Hatcher		
Open	41.3	Stan Whitley, Calvin Cook	Allan Hancock College	1967
		Robert Horne, Jim Hatcher		

880 yd. Relay:

J.C.	1:26.7	Joel Scotia, Ezunial Burts	Fresno City College	1965
		Tim Vaux, Alvin Mann		
Open	1:26.7	Joel Scotia, Ezunial Burts	Fresno City College	1965
		Tim Vaux, Alvin Mann		

One Mile Relay:

J.C.	3:16.0	Roy Finks, Howard Carter	Contra Costa College	1968
		Carl Harris, Clarence Taylor		
Open	3:16.0	Roy Finks, Howard Carter	Contra Costa College	1968
		Carl Harris, Clarence Taylor		

Two Mile Relay:

J.C.	7:49.1	Marcel Hetu, Tony Casillas	College of San Mateo	1965
		Jack Sandin, Bill Skrifvars		
Open	7:49.1	Marcel Hetu, Tony Casillas	College of San Mateo	1965
		Jack Sandin, Bill Skrifvars		

Sprint Medley Relay:

J.C.	3:29.6	Mike Peters, Jim Spitzer	American River College	1965
		Bob Cline, Kay King		
Open	3:29.6	Mike Peters, Jim Spitzer	American River College	1965
		Bob Cline, Kay King		

Distance Medley Relay:

J.C.	10:01.7	Bill Skrifvars, Dave McQueen	College of San Mateo	1965
		Marcel Hetu, Ralph Likens		
Open	10:01.7	Bill Skrifvars, Dave McQueen	College of San Mateo	1965
		Marcel Hetu, Ralph Likens		

480 yd. Shuttle Hurdle Relay:

J.C.	57.3	Cornelius McCormick, Jim Bains	Merritt College	1964
		Bill Sanders, Abe Johnson		
Open	57.3	Cornelius McCormick, Jim Bains	Merritt College	1964
		Bill Sanders, Abe Johnson		

College of San Mateo Honor Roll

100 yd. Dash:

1. Bob Hylton	9.6	1940
2. Bill Johnson	9.7	1965
3. Mike Carboni	9.7	1964
4. Fred Storek	9.7	1967
5. Oscar Jones	9.7n	1969

220 yd. Dash:

1. Steve Firenze	21.4	1963
2. Bill Johnson	21.6	1965
3. Gary Olivieri	21.9	1965
4. Bob Hylton	22.0	1940
5. Fred Storek	22.0	1967

440 yd. Dash:

1. Ron Benson	47.5	1963
2. Mike Miller	48.2n	1969
3. Dave McQueen	49.1	1965
4. Leon Purchase	49.2	1940
5. Steve Firenze	49.3	1964

880 yd. Run:

1. Ron Benson	1:50.4	1963
2. Bill Skrifvars	1:53.1	1965
3. Cross	1:53.8	1966
4. Edmond Temple	1:54.1	1968
5. Jim Groothoff	1:54.8	1962

One Mile Run:

1. Ralph Likens	4:11.7	1965
2. Ralph Lee	4:12.2	
3. Dave Kamar	4:12.7	1963
4. Marcel Hetu	4:12.9	1965
5. Edmond Temple	4:13.3	1968

Two Mile Run:

1. Jeff Fishback	9:09.2	1961
2. Dave Kamar	9:18.4	1963
3. Ralph Likens	9:19.3	1965
4. Ted Lydon	9:21.0	1967
5. Marcel Hetu	9:21.9	1965

120 yd. High Hurdles:

1. Al Rockwell	14.2	1964
2. Lee Roy Kirkpatrick	14.6	1936
3. John Schuller	14.6n	1968
4. Bob Little	14.8	1962
5. Jim Portman	15.0	1969

440 yd. Intermediate Hurdles:

1. Tim Sershen	56.6n	1969
----------------	-------	------

High Jump:

1. Ted Winfield	6-10 $\frac{1}{4}$	1964
2. Les Steers	6-7 $\frac{5}{8}$	1939
3. Divird	6-6 $\frac{1}{4}$	1965
4. Connie Varneck	6-5 $\frac{1}{4}$	1939
5. Wedlow	6-4	1965

Pole Vault:

1. Dennis Phillips	16-8	1966
2. Rich Dragovich	15-1	1968
3. Ron Coleman	15-0	1969
4. Ken Gallo	14-6	1967
5. Don Nelson	14-6	1969

Long Jump:

1. John L. Simmons	24-11 $\frac{1}{8}$	1950
2. Bill Fitzpatrick	23-6	1938
3. Bobby Jordon	23-1 $\frac{1}{2}$	1967
4. Carl Krohn	22-11 $\frac{3}{4}$	1965
5. Gildo Trevison	23-3	1940

Triple Jump:

1. Connie Verneck	46-0	1939
2. Adams	45-10	1966
3. Peterson	45-3	1966
4. Chuck Johnston	44-9	1968
5. Buddy Crowell	44-8	1967

Shot Put:

1. Bob Merlo	54-2 $\frac{1}{2}$	1962
2. Carlson	53-1 $\frac{1}{4}$	1967
3. Dunker	51-4	1967
4. Taylor	50-7 $\frac{1}{4}$	1964
5. Larry Kennedy	50-6 $\frac{1}{2}$	1962

Discus Throw:

1. Tom Grimm	165-1 $\frac{1}{2}$	1966
2. Gerry Fogel	164-6	1969
3. Lou Nava	158-9	1969
4. Saunders	157-10	1965
5. Jack King	149-4	1934

College of San Mateo Honor Roll (con't)

440 yd. Relay:

1. Gary Olivieri, Bob Pinelli, Frank Varriale, Bill Johnson	41.7	1965
2. Gary Olivieri, Sprague, Frank Varriale, Bill Johnson	42.1	1965
3. Steve Mitchell, Oscar Jones, Mike Miller, Larry Furiosi	42.2n	1969
4. Steve Mitchell, Al Marefos, Jim Portman, Fred Storek	42.7n	1968
5. Roy Pinelli, Gary Oliveri, Hunt, Sprague	43.5	1965

One Mile Relay:

1. Steve Firenze, Barry Sheldon, George Smith, Ron Benson	3:16.2	1963
2. Frank Varriale, Willie Webster, Jack Sandin, Bill Johnson	3:17.6	1965
3. Frank Varriale, Bill Skrifvars, Dave McQueen, Bill Johnson	3:17.7	1965
4. Mike Miller, Oscar Jones, Larry Furiosi, Gerry Fogel	3:18.0n	1969
5. ??	3:20.3	1964

ADDITION TO 880 YD. RUN:

Groothoff, 1:52.4, 1962

Lee, 1:53.2, 1962

Dual Meet Records

College of San Mateo vs Diablo Valley College

100 yd. Dash	Fred Storek	9.8	CSM	1968
220 yd. Dash	Bill Johnson	22.0	CSM	1965
	Fred Storek	22.0	CSM	1968
440 yd. Dash	Ron Benson	48.8	CSM	1963
880 yd. Run	Bill Skrifvars	1:53.1	CSM	1965
One Mile Run	Ralph Likens	4:14.2	CSM	1965
Two Mile Run	Ted Lydon	9:33.0	CSM	1967
120 yd. High Hurdles	John Schuller	14.9	CSM	1968
440 yd. Inmt. Hurdles	Tim Sershen	57.0	CSM	1969
High Jump	Ted Winfield	6-4	CSM	1964
	Don Pierce	6-4	DVC	1967
Pole Vault	Rich Dragovich	14-8 $\frac{1}{2}$	CSM	1968
Long Jump	Mike McInerny	22-3	DVC	1963
Triple Jump	Mike McInerny	45-1 $\frac{1}{2}$	DVC	1964
Shot Put	Jeff Dunker	49-10	CSM	1967
Discus Throw	Lou Nava	154-9	CSM	1969
440 yd. Relay	Mitchell, Furiosi Miller, Hatcher	43.1	CSM	1969
One Mile Run	Johnsnn, McQueen Skrifvars, Varriale	3:20.1	CSM	1965

Dual Meet Scores

1963	San Mateo	91	Diablo Valley	30	1967	Diablo Valley	76	San Mateo	60
1964	San Mateo	77	Diablo Valley	59	1968	San Mateo	112	Diablo Valley	19
1965	San Mateo	111	Diablo Valley	19	1969	San Mateo	117	Diablo Valley	19
1966	San Mateo	67 $\frac{1}{2}$	Diablo Valley	63 $\frac{1}{2}$					

Series Record: San Mateo 6, Diablo Valley 1

Dual Meet Records

College of San Mateo vs Merritt College

100 yd. Dash	Overton Williams	9.5	Mer	1959
220 yd. Dash	Warren Edmonson	21.7	Mer	1969
440 yd. Dash	Ron Benson	48.8	CSM	1963
880 yd. Run	Jim Groothoff	1:54.8	CSM	1963
One Mile Run	Edmond Temple	4:18.1	CSM	1968
Two Mile Run	Ralph Likens	9:32.5	CSM	1964
120 yd. High Hurdles	Eric Barfield	14.9	Mer	1969
440 yd. Inmt. Hurdles	Eric Barfield	56.0	Mer	1969
High Jump	Ted Winfield	6-8	CSM	1964
Pole Vault	Rich Dragovich	15-1	CSM	1968
Long Jump	David Wolper	23-6	Mer	1968
Triple Jump	Norbert Payton	44-2	Mer	1968
Shot Put	Dan Mosley	54-0	Mer	1969
Discus Throw	Dan Mosley	158-4	Mer	1969
440 yd. Relay	Payton, Stuckey Jackson, Edmonson	41.7	Mer	1969
One Mile Relay	Stuckey, Turner Glenn, Jackson	3:19.5	Mer	1969

Dual Meet Scores

1963	San Mateo	72	Merritt	49	1967*	San Mateo	75	Merritt	29
1964	San Mateo	65	Merritt	71	1968	San Mateo	69	Merritt	67
1965	San Mateo	86	Merritt	50	1969	Merritt	74	San Mateo	62
1966	San Mateo	71 $\frac{1}{2}$	Merritt	64 $\frac{1}{2}$					

Series Record: San Mateo 5, Merritt 2

* 1967 meet was not completed.

Dual Meet Records

College of San Mateo vs Chabot College

100 yd. Dash	Larry Swearington	9.9	Chab	1965
220 yd. Dash	Terry Pogni	22.1	Chab	1966
440 yd. Dash	Charles Clabiorne	49.6	Chab	1968
880 yd. Run	Ron Benson	1:54.4	CSM	1963
One Mile Run	Marcel Hetu	4:18.1	CSM	1964
Two Mile Run	Dave Kamrar	9:26.9	CSM	1963
120 yd. High Hurdles	Al Rockwell	14.7	CSM	1966
440 yd. Inmt. Hurdles	Tim Sershen	58.6	CSM	1969
High Jump	Ted Winfield	6-6	CSM	1964
Pole Vault	Ron Coleman	14-7	CSM	1968
Long Jump	Bob Jordon	22-3 $\frac{1}{4}$	CSM	1967
Triple Jump	Larry Forrest	43-6	Chab	1969
Shot Put	Roger Carlson	50-8 $\frac{3}{4}$	CSM	1967
Discus Throw	Tom Grimm	153-8	CSM	1966
440 yd. Relay	Samuels, Furiosi Miller, Hatcher	43.0	CSM	1969
One Mile Relay	Sheldon, Firenze Benson, Smith	3:20.4	CSM	1963

Dual Meet Scores

1963	San Mateo	116	Chabot	6	1967	San Mateo	98	Chabot	38
1964	San Mateo	121	Chabot	14	1968	San Mateo	92	Chabot	44
1965	San Mateo	107	Chabot	25	1969	San Mateo	89	Chabot	47
1966	Chabot	70	San Mateo	66					

Series Record: San Mateo 6, Chabot 1

Dual Meet Records

College of San Mateo vs Laney College

100 yd. Dash	Tony Lomax	9.8	Laney	1969
220 yd. Dash	Tony Lomax	21.9	Laney	1969
440 yd. Dash	Mike Miller	49.1	CSM	1969
880 yd. Run	Edmond Temple	1:56.2	CSM	1969
One Mile Run	Edmond Temple	4:20.8	CSM	1969
Two Mile Run	Mike Dailey	9:37.0	CSM	1969
120 yd. High Hurdles	Jim Portman	15.2	CSM	1969
440 yd. Inmt. Hurdles	Tim Sershen	57.3	CSM	1969
High Jump	Ron Van	6-6	Laney	1969
Pole Vault	Ron Coleman	14-0	CSM	1969
Long Jump	Tony Lomax	21-11	Laney	1969
Triple Jump	Fred Tinsley	43-5 3/4	CSM	1969
Shot Put	Bob Thayer	49-0 $\frac{1}{4}$	Laney	1969
Discus Throw	Lou Nava	153-9	CSM	1969
440 yd. Relay	Baldrige, Lomax Lewis, Brown	42.6	Laney	1969
One Mile Relay	Miller, Varela Detlefson, Moore	3:24.1	Laney	1969

Dual Meet Scores

1969 San Mateo 77 Laney 59

Series Record: San Mateo 1, Laney 0

Dual Meet Records

College of San Mateo vs San Jose City College

100 yd. Dash	Rich Lavigne	9.7	SJCC	1965
220 yd. Dash	Bill Johnson	22.0	CSM	1965
	Lee Evans	22.0	SJCC	1966
440 yd. Dash	Lee Evans	46.8	SJCC	1965
880 yd. Run	Harry Cross	1:56.2	CSM	1966
One Mile Run	Marcel Hetu	4:16.4	CSM	1965
Two Mile Run	Ralph Likens	9:26.5	CSM	1965
120 yd. High Hurdles	Jim Miller	14.8	CSM	1969
440 yd. Inmt Hurdles	Dayton Evans	56.3	SJCC	1969
High Jump	Ted Winfield	6-5	CSM	1964
Pole Vault	Dennis Phillips	15-0	CSM	1965
Long Jump	Boykin	22-11	SJCC	1965
Triple Jump	Jeff Johnson	46-1	SJCC	1969
Shot Put	Roger Carlson	52-1 $\frac{1}{2}$	CSM	1967
Discus Throw	Gerry Fogel	153-3	CSM	1969
440 yd. Relay	Delk, Miller Robinson, Harris	42.3	SJCC	1968
One Mile Relay	McQueen, Varriale Johnson, Skrifvars	3:17.9	CSM	1965

Dual Meet Scores

1963	San Mateo	98	San Jose CC	24	1967	San Mateo	78	San Jose CC	58
1964	San Mateo	91	San Jose CC	45	1968	San Jose CC	78 $\frac{1}{2}$	San Mateo	57 $\frac{1}{2}$
1965	San Mateo	105	San Jose CC	30	1969	San Jose CC	69	San Mateo	67
1966	San Jose CC	72	San Mateo	64					

Series Record: San Mateo 4, San Jose CC 3

Dual Meet Records

College of San Mateo vs City College of San Francisco

100 yd. Dash	Tom Gardner	9.7	CCSF	1964
	Mike Carboni	9.7n	CSM	1964
	Fred Storek	9.7	CSM	1967
220 yd. Dash	Bill Johnson	21.7	CSM	1965
440 yd. Dash	Lee Benton	48.9	CCSF	1965
880 yd. Run	Bill Skrifvars	1:53.2	CSM	1965
One Mile Run	Ralph Likens	4:12.2	CSM	1965
Two Mile Run	Ralph Likens	9:20.7	CSM	1965
120 yd. High Hurdles	Bob Little	14.8	CSM	1962
	Al Rockwell	14.8	CSM	1964
440 yd. Inmt. Hurdles	Don Bruce	57.7	CCSF	1969
High Jump	Dwight Tucker	6-9	CCSF	1966
Pole Vault	Dennis Phillips	15-2 $\frac{1}{4}$	CSM	1966
Long Jump	Ray Hearne	24-3	CCSF	1966
Triple Jump	Dwight Tucker	45-2	CCSF	1965
Shot Put	Roger Carlson	52- $\frac{1}{2}$	CSM	1967
Discus Throw	Alex Darnes	173-3	CCSF	1962
440 yd. Relay	Bradford, Ranson Benton, Prince	41.9	CCSF	1965
One Mile Relay	Coleman, Benton Davis, Johnson	3:17.7	CCSF	1965

Dual Meet Scores

1963	San Mateo	81	CC San Francisco	41	1967	San Mateo	72	CC San Francisco	64
1964	San Mateo	99	CC San Francisco	37	1968	San Mateo	81	CC San Francisco	55
1965	San Mateo	78	CC San Francisco	54	1969	San Mateo	70	CC San Francisco	66
1966	San Mateo	83 $\frac{1}{2}$	CC San Francisco	47 $\frac{1}{2}$					

Series Record: San Mateo 7, CC San Francisco 0

Dual Meet Records

College of San Mateo vs Foothill College

100 yd. Dash	Russ Hodge	9.7	Foot	1966
220 yd. Dash	Bill Johnson	22.1	CSM	1965
	Fred Storek	22.1	CSM	1967
440 yd. Dash	Russ Pierce	48.6	Foot	1963
880 yd. Run	Charles Oakley	1:53.3	Foot	1962
One Mile Run	Ralph Likens	4:18.0	CSM	1965
	Marcel Hetu	4:18.0n	CSM	1965
Two Mile Run	Marcel Hetu	9:21.9	CSM	1965
120 yd. High Hurdles	Al Rockwell	15.0	CSM	1963
440 yd. Inmt. Hurdles	Steve Gendreau	56.3	Foot	1969
High Jump	Ted Winfield	6-8 $\frac{1}{2}$	CSM	1964
Pole Vault	Dennis Phillips	16-4	CSM	1966
Long Jump	Russ Hodge	23-2 $\frac{3}{4}$	Foot	1966
Triple Jump	Doug Olmstead	47-10	Foot	1965
Shot Put	Russ Hodge	54-7 $\frac{1}{2}$	Foot	1966
Discus Throw	Winston Landes	163-2	Foot	1969
440 yd. Relay	Holden, Villareal Frates, Marshall	42.2	Foot	1969
One Mile Relay	Marshall, Frates Villareal, Piatt	3:19.8	Foot	1969

Dual Meet Scores

1963	San Mateo	71	Foothill	51	1967	Foothill	69	San Mateo	67
1964	San Mateo	92	Foothill	44	1968	San Mateo	68	Foothill	48
1965	San Mateo	88	Foothill	48	1969	Foothill	73	San Mateo	63
1966	Foothill	82 $\frac{1}{2}$	San Mateo	53 $\frac{1}{2}$					

Series Record: San Mateo 4, Foothill 3

Dual Meet Records

College of San Mateo vs Contra Costa College *

100 yd. Dash	Travis Williams	9.6	CCC	1964
220 yd. Dash	Travis Williams	21.8	CCC	1964
440 yd. Dash	Ernie Rogers	49.0	CCC	1962
	Ron Benson	49.0	CSM	1963
880 yd. Run	Edmond Temple	1:54.1	CSM	1968
One Mile Run	Ralph Lee	4:16.3	CSM	1962
Two Mile Run	Ralph Likens	9:21.4	CSM	1965
120 yd. High Hurdles	Al Rockwell	14.3	CSM	1964
330 yd. Inmt. Hurdles	Rickey Rogers	38.2	CCC	1966
High Jump	Tyson Osborne	6-6 $\frac{1}{2}$	CCC	1967
Pole Vault	Dennis Phillips	15-7	CSM	1966
Long Jump	Marion Anderson	24-8 $\frac{3}{4}$	CCC	1968
Triple Jump	Rickey Rogers	46-7 $\frac{1}{2}$	CCC	1966
Shot Put	Roger Carlson	51-4	CSM	1967
Discus Throw	Rich Saunders	154-1 $\frac{1}{2}$	CSM	1965
440 yd. Relay	Williams, Brignolo Griffin, Rogers	42.2	CCC	1965
One Mile Relay	Nelson, Greer Chase, Harris	3:20.9	CCC	1966

Dual Meet Scores

1963	San Mateo	84	Contra Costa	38	1966	San Mateo	75	Contra Costa	61
1964	San Mateo	101	Contra Costa	32	1967	San Mateo	71	Contra Costa	65
1965	San Mateo	83	Contra Costa	52	1968	Contra Costa	83	San Mateo	53

Series Record: San Mateo 5, Contra Costa 1

* Contra Costa College is now a member of the Camino Norte Conference.

Dual Meet Records

College of San Mateo vs Stanford University Freshmen

100 yd. Dash	Bob Hylton	9.8	CSM	1940
	Bob Walters	9.8	SUF	1941
220 yd. Dash	Bill Johnson	21.7	CSM	1965
	Del Martin	21.7n	SUF	1965
440 yd. Dash	Jim Ward	48.0	SUF	1965
880 yd. Run	Bill Skrifvars	1:53.2	CSM	1965
One Mile Run	Alex Whittle	4:11.6	SUF	1965
Two Mile Run	Ralph Likens	9:20.7	CSM	1965
120 yd. High Hurdles	Don Reese	14.8	SUF	1941
330 yd. Inmt. Hurdles	Willie Webester	38.6	CSM	1965
High Jump	Dave Harper	6-6 $\frac{1}{4}$	SUF	1967
Pole Vault	Dennis Phillips	15-2 $\frac{1}{2}$	CSM	1965
Long Jump	John Goode	23-11 $\frac{3}{4}$	SUF	1963
Triple Jump	Buddy Crowell	44-4	CSM	1967
Shot Put	Roger Carlson	52-11	CSM	1967
Discus Throw	Bob Stoecker	167-2 $\frac{1}{2}$	SUF	1963
Javelin Throw	George Porter	208-10 $\frac{1}{2}$	SUF	1963
440 yd. Relay	Sears, Taplin Martin, Ward	42.0	SUF	1965
One Mile Relay	Johnson, McQueen Varriale, Skrifvars	3:17.1	CSM	1965

Dual Meet Records

College of San Mateo vs University of California at Berkeley Freshmen

100 yd. Dash	Theodore P. Ellison	9.9	CSM	1937
	Forrest Beaty	9.9	Cal	1963
220 yd. Dash	Forrest Beaty	21.5	Cal	1963
440 yd. Dash	Grover Klemmer	48.0	Cal	1940
880 yd. Run	Ron Benson	1:52.5	CSM	1963
One Mile Run	Cliff West	4:12.3	Cal	1969
Two Mile Run	Cilff West	9:15.6	Cal	1969
120 yd. High Hurdles	Lee Roy Kirkpatrick	14.9	CSM	1936
440 Inmt. Hurdles	Tim Sershen	57.2	CSM	1969
High Jump	Connie Verneck	6-5 $\frac{1}{4}$	CSM	1939
Pole Vault	Ron Coleman	14-0	CSM	1969
Long Jump	Bill Fitzpatrick	23-6	CSM	1938
Triple Jump	Steve Mitchell	43-4 $\frac{3}{4}$	CSM	1969
Shot Put	Bill Wohle	48-11	CSM	1937
Discus Throw	Lou Nava	157-0	CSM	1969
Javelin Throw	Manuel White	183-5	Cal	1938
440 yd. Relay	Mitchell, Jones Miller, Furiosi	42.4n	CSM	1969
One Mile Relay	Firenze, Sheldon Benson, Smith	3:19.5	CSM	1963

Golden Gate Conference Relays Records

100 yd. Dash	Travis Williams	9.5	CCC	1964
120 yd. High Hurdles	Rickey Rodgers	14.2	CCC	1966
440 yd. Relay	Calloway, Miller Delk, Harris	41.1	SJCC	1968
880 yd. Relay	Calloway, Miller Robinson, Harris	1:26.9	SJCC	1968
One Mile Relay	Schneickert, Gallequillos Harris, Robinson	3:17.7	SJCC	1968
Two Mile Relay	Sullivan, Dennis Pennington, Noel	7:54.0	SJCC	1963
Four Mile Relay	Garcia, Hoffman Darling, Tracy	18:22.2	CCSF	1969
Sprint Medley Relay	Procella, Rose Firenze, Benson	3:29.2	CSM	1963
Distance Medley Relay	Smith, Benson Huff, Kamrar	10:14.4	CSM	1963
480 yd. Shuttle Hurdles	McCormick, Bains Sauders, Johnson	57.3	Mer	1964
High Jump Relay	Reed, Osborne, Anderson	19-4	CCC	1968
Individual	Ted Winfield	6-9	CSM	1964
Pole Vault Relay	Coleman, Johnson, Dragovich	41-5 3/4	CSM	1968
Individual	Dennis Phillips	15-4	CSM	1966
Long Jump Relay	Harris, Delk, Johnson	68-10 $\frac{1}{4}$	SJCC	1968
Individual	Earl Harris	23-10 $\frac{1}{4}$	SJCC	1968
Triple Jump Relay	Olmstead, Lozano, Armstrong	138-11 3/4	Foot	1965
Individual	Doug Olmstead	49-9 $\frac{1}{4}$	Foot	1965
Shot Put Relay	Castle, Mills, Headley	156-11	Foot	1963
Individual	Don Castle	54-10 $\frac{1}{4}$	Foot	1963
Discus Throw Relay	Mills, Castle, Kennedy	453-11 $\frac{1}{2}$	Foot	1963
Individual	Les Mills	168-3 $\frac{1}{2}$	Foot	1963

1969 Scores

1. Merritt	95	5. CC San Francisco	52
2. Laney	82	6. Chabot	49
3. San Mateo	70 $\frac{1}{2}$	7. Foothill	37
4. San Jose CC	52 $\frac{1}{2}$	8. Diablo Valley	23

Santa Barbara Easter Relays Records*

100 yd. Dash	Ron Smith	Los Angeles CC	9.4	1967
120 yd. High Hurdles	Geoff Vanderstock	Mt. San Antonio	14.4	1965
	Tyrone Brown	Allan Hancock	14.4	1967
	Ervin Hunt	Fresno CC	14.4	1967
	Ernie Holmes	Bakersfield	14.4	1967
	Tyrnoe Dutton	Los Angeles CC	14.4	1968
Two Mile Run	Mike Wagonbach	Los Angeles Valley	9:08.2	1969
440 yd. Relay	Martin, Washington Deckard, Jones	Los Angeles CC	41.1	1969
880 yd. Relay	Cook, Horne Brown, Hatcher	Allan Hancock	1:25.4	1967
One Mile Relay	Jones, Margadant Becker, Myers	Los Angeles Pierce	3:13.3	1967
Two Mile Relay	Hansen, Newman Tubb, Myers	Los Angeles Pierce	7:34.9	1967
# Sprint Medley Relay	Smith, Taylor McCormick, Anderson	Los Angeles Valley	3:32.0	1953
# Distance Medley Relay	Eck, Delaney Aguirre, Delaney	Santa Ana	9:59.2	1964
# 480 yd. Shuttle Hurdles	Machamer, Allen Avant, Sommers	Mt. San Antonio	56.6	1956
High Jump	Fred Jackson	Laney	7-0	1968
Pole Vault	Dick Railsback	Pasadena CC	15-7	1966
Long Jump	Stan Whitley	Allan Hancock	24-5	1967
Triple Jump	Del Thompson	Fresno CC	48-4	1966
Shot Put	Steve Fite	ChaffeyC	58-3	1965
Discus Throw	Joe Keshmiri	Allan Hancock	172-6½	1966
# Javelin Throw	Goins	Pasadena CC	193-8	1949

Event no longer held.

* Junior College Division.

Golden Gate Easter Relays Records

Two Mile Run	Andy Volmer	Modesto JC	9:21.4	1968
Three Mile Run	Bob Darling	CC San Francisco	14:54.6	1969
440 Inmt. Hurdles	Mike Toler	West Valley	54.9	1969
440 yd. Relay	Calloway, Miller Robinson, Harris	San Jose CC	41.9	1968
880 yd. Relay	Edmonson, Stuckey Glenn, Payton	Merritt	1:26.3	1969
One Mile Relay	Finks, Carter Harris, Coleman	Contra Costa	3:18.6	1968
Two Mile Relay	Jackson, Wallis Frank, Wilkens	Merritt	7:57.2	1969
Four Mile Relay	McLenegan, Aveni Kinder, Ruble	Foothill	17:58.6	1968
Sprint Medley Relay	Finks, Hart Harris, Carter	Contra Costa	3:30.2	1968
Distance Medley Relay	Cannizzaro, Bates DuVal, Ray	Modesto JC	10:30.6	1968
480 yd. Shuttle Hurdles	Mitchell, Portman Masaoka, Schuller	San Mateo	58.7	1968
High Jump	Dan Corckett	Merritt	6-6	1968
Pole Vault	Ron Coleman	San Mateo	14-6	1968
Long Jump	Marion Anderson	Contra Costa	23-1 3/4	1968
Triple Jump	Rich Dunn	West Valley	48-5 1/4	1968
Shot Put	Junior Olson	Sacramento CC	52-3 1/4	1968
Discus Throw	Gerry Fogel	San Mateo	152-8	1968

West Coast Relays Records*

100 yd. Dash	Travis Williams	Contra Costa	9.3	1964
	Fred Kuller	Santa Ana	9.3	1965
Two Mile Run	Neill Duggan	Allan Hancock	8:54.0	1966
120 yd. High Hurdles	Don Shy	Mt. San Antonio	13.6	1965
440 yd. Inmt. Hurdles	Mike Tolar	West Valley	52.0	1969
440 yd. Relay	Payton, Stuckey Glenn, Edmonson	Merritt	40.5	1969
880 yd. Relay	Adams, Woedle Johnson, Olison	Bakersfield	1:24.7	1966
One Mile Relay	Meyers, Margadant Becker, Howard	Los Angeles Pierce	3:11.6	1967
Two Mile Relay	Newfan, Tubb Meyers, Hanson	Los Angeles Pierce	7:29.3	1967
Distance Medley Relay	Biacani, King Vogel, Neff	American River	9:53.4	1964
High Jump	Ed Caruthers	Santa Ana	7-0 $\frac{1}{4}$	1965
Pole Vault	Dick Railsback	Pasadena CC	16-1 $\frac{3}{4}$	1966
Long Jump	Henry Hines	Sacramento CC	26-2 $\frac{3}{4}$	1969
Triple Jump	Mahoney Samuels	Foothill	51-10 $\frac{3}{4}$	1962
	Robert Reader	Bakersfield	51-10 $\frac{3}{4}$	1969
Shot Put	Steve Fite	Chaffey	60-8 $\frac{1}{2}$	1965
Discus Throw	Les Mills	Foothill	175-8 $\frac{1}{2}$	1963
Javelin Throw	John Hollady	Chaffey	210-4	1968

* Junior College Division.

Mt. San Antonio Relays Records

120 yd. High Hurdles	George Greenwood	San Bernardino	14.0	1961
440 yd. Inmt. Hurdles	James King	San Diego Mesa	52.2	1969
440 yd. Relay	Turner, Veal Evans, Lee	Compton	41.1	1968
880 yd. Relay	London, Martin Deckard, James	Los Angeles CC	1:25.5	1969
One Mile Relay		Phoenix (AZ)	3:12.5	1965
Two Mile Relay		Santa Ana	7:36.8	1965
Four Mile Relay	Covert, King Wagonbach, Estes	Los Angeles Valley	17:00.4	1969
Sprint Medley Relay		Mt. San Antonio	3:22.8	1961
Distance Medley Relay		Fullerton JC	9:57.3	1961
High Jump	Joe Faust	Mt. San Antonio	6-11½	1962
Pole Vault	Dick Railsback	Pasadena CC	16-1	1966
Long Jump	Stan Royster	Los Angeles CC	23-10	1966
Shot Put	Jeff Smith	Long Beach CC	56-6½	1964
Discus Throw	Steve Fite	Chaffey	173-00	1964
Javelin Throw	Frank Covelli	Cerritos	225-0	1961
480 yd. Shuttle Hurdles	Seagren, Vanderstock Johnson, Shy	Mt. San Antonio	53.7	1965

* Junior College Division.

Northern California Relays Records (Division I, Large College)

100 yd. Dash	Warren Edmonson	Merritt	9.3	1969
Two Mile Run	George Stewart	College of Marin	9:10.6	1969
120 yd. High Hurdles	Ervin Hunt	Fresno CC	14.1	1966
440 yd. Relay	Payton, Stuckey Glenn, Edmonson	Merritt	40.7	1969
880 yd. Relay	Edmonson, Stuckey Glenn, Payton	Merritt	1:24.1	1969
One Mile Relay	Stuckey, Glenn Edmonson, Jackson	Merritt	3:08.2	1969
Two Mile Relay	Bohlander, Boehme Alvarez, Green	American River	7:45.6	1968
Four Mile Relay	Mitchell, Johnson Alvarez, Green	American River	18:31.3	1967
Sprint Medley Relay	Allen, Bates Mott, Martin	Sacramento CC	3:22.8	1968
Distance Medley Relay	Skrifvars, McQueen Hetu, Likens	San Mateo	10:01.7	1965
480 yd. Shuttle Hurdles	Thompson, Smith Man, Hunt	Fresno CC	55.7	1966
High Jump	Clyde Sadler	CC San Francisco	6-10½	1969
Pole Vault	Tom Wunschel	American River	15-9	1968
Long Jump	Henry Hines	Sacramento CC	25-4 3/4	1969
Triple Jump	Dwight Tucker	CC San Francisco	51-1½	1966
Shot Put	Don Castle	Foothill	58-7½	1963
Discus Throw	Les Mills	Foothill	175-7	1963

1969 Scores

1. Fresno CC	66	10. San Jose CC	10
2. Merritt	63½	11. De Anza	9
3. Sacramento CC	46	12. Foothill	8½
4. American River	29	13. Diablo Valley	6
5. CC San Francisco	25	14. College of Marin	5
Contra Costa	25	15. West Valley	4
7. Laney	24	16. San Joaquin Delta	2
8. San Mateo	16	17. Santa Rosa	1
9. Chabot	11		

Golden Gate Conference Meet Records

100 yd. Dash	Warren Edmonson	Merritt	9.4	1969
220 yd. Dash	Lee Evans	San Jose CC	21.1	1966
440 yd. Dash	Lee Evans	San Jose CC	46.2	1966
880 yd. Run	Ken Noel	San Jose CC	1:52.4	1963
One Mile Run	Ralph Likens	San Mateo	4:15.1	1965
Two Mile Run	Ed Ortegon	Foothill	9:18.8	1965
120 yd. High Hurdles	Rickey Rogers	Contra Costa	14.3	1966
440 yd. Inmt. Hurdles	Eric Barfield	Merritt	55.7	1969
High Jump	Jesse Reed	Contra Costa	6-7½	1967
Pole Vault	Sam Caruthers	San Jose CC	15-7½	1968
Long Jump	Charles Booth	Contra Costa	24-6	1963
Triple Jump	Doug Olmstead	Foothill	49-7¼	1965
Shot Put	Don Castle	Foothill	59-11	1963
Discus Throw	Les Mills	Foothill	187-3	1963
440 yd. Relay	Adam Banks, Bob Prince O.J. Simpson, Lee Benton	CC San Francisco	41.1	1966
	Norbert Payton, Henry Stuckey Larry Glenn, Warren Edmonson	Merritt	41.1	1969
One Mile Relay	Roy Finks, Howard Carter Carl Harris, Clarence Taylor	Contra Costa	3:16.0	1968

1969 Scores

1. Merritt	140 3/4
2. CC San Francisco	104 3/4
3. San Mateo	73
4. San Jose CC	51
5. Chabot	42
6. Foothill	34
7. Diablo Valley	29 3/4
8. Laney	21 3/4

Past Meet Winners

1963	San Mateo	119½
1964	San Mateo	139
1965	San Mateo	166 1/3
1966	Foothill	113
1967	San Jose CC	101½
1968	San Mateo	104
1969	Merritt	140 3/4

Past Conference (Dual) Champions

1963	San Mateo
1964	Merritt
1965	San Mateo
1966	CC San Francisco
1967	San Jose CC
1968	Contra Costa
1969	Merritt

Northern California Meet Records

100 yd. Dash	Sam Davis	Allan Hancock	9.4	1967
220 yd. Dash	Mike Miller	San Jose CC	20.8	1969
	Warren Edmonson	Merritt	20.8n	1969
440 yd. Dash	Jim Hatcher	Allan Hancock	47.4	1967
880 yd. Run	Bob Martin	Sacramento CC	1:50.7	1968
One Mile Run	Ralph Likens	San Mateo	4:11.7	1965
Two Mile Run	Neil Duggan	Allan Hancock	9:09.3	1966
120 yd. High Hurdles	Rickey Rogers	Contra Costa	14.3	1966
440 yd. Inmt. Hurdles	Bob Phelps	Allan Hancock	53.9	1969
High Jump	Max Lowe	Foothill	6-10	1965
	Don Pierce	Diablo Valley	6-10	1968
Pole Vault	Steve Hardison	Fresno CC	15-8½	1969
Long Jump	Henry Hines	Sacramento CC	24-9½	1969
Triple Jump	Rich Dunn	West Valley	49-5 3/4	1969
Shot Put	Dan Mosley	Merritt	55-10	1969
Discus Throw	Les Mills	Foothill	187-5	1963
440 yd. Relay	Payton, Stuckey Glenn, Edmonson	Merritt	40.9	1969
One Mile Relay	Stuckey, Glenn Edmonson, Jackson	Merritt Merritt	3:14.7	1969

1969 Scores

1.	Merritt	70
2.	CC San Francisco	48
3.	Sacramento CC	47½
4.	Contra Costa	42
5.	American River	40 3/4
6.	Fresno CC	29½
7.	Porterville	26
8.	San Jose CC	25
9.	College of Marin	20
10.	San Mateo	16
11.	Chabot	12 3/4
12.	Allan Hancock	12
	Foothill	12
	Reedley	12
15.	Redwoods	11
16.	West Valley	10

Past Team Champions

1954	Modesto JC	43½
1955	CC San Francisco	60½
1956	Modesto JC	89 3/4
1957	Modesto JC	83
1958	CC San Francisco	92 2/5
1959	College of Sequoias	58
1960	College of Sequoias	74
1961	Fresno CC	50 9/10
1962	College of Sequoias	58½
1963	College of Sequoias	75
1964	Merritt	78
1965	Fresno CC	84
1966	Fresno CC	99
1967	Allan Hancock	142
1968	Sacramento CC	55
1969	Merritt	70

California State Meet Records

100 yd. Dash	Travis Williams	Contra Costa	9.3	1964
	Fred Kuller	Mt. San Antonio	9.3	1965
	Sam Davis	Fresno CC	9.3	1967
220 yd. Dash	Ron Smith	Los Angeles CC	20.9	1967
440 yd. Dash	Gary Comer	Los Angeles Pierce	46.4	1961
880 yd. Run	Bob Hose	San Diego CC	1:49.5	1965
One Mile Run	Bob Delaney	Santa Ana	4:05.4	1964
Two Mile Run	Neill Duggan	Allan Hancock	8:57.8	1967
120 yd. High Hurdles	George Greenwood	San Bernardino	13.9	1964
	Herman Franklin	Los Angeles Harbor	13.9	1968
440 yd. Inmt. Hurdles	Mike Bates	Sacramento CC	52.8	1969
	Jim Seymour	Golden West	52.8n	1969
High Jump	Max Lowe	Foothill	7-0½	1965
Pole Vault	Dennis Phillips	San Mateo	16-5½	1966
	Dick Railsback	Pasadena CC	16-5½	1966
Long Jump	Gene Wilson	Sequoias	25-0½	1960
Triple Jump	Larry Freeman	Long Beach CC	49-11 3/4	1966
Shot Put	Don Castle	Foothill	58-8½	1963
Discus Throw	Doug Fisher	Reedley	182-4½	1967
440 yd. Relay	Payton, Stuckey	Merritt	40.4	1969
	Glenn, Edmonson			
One Mile Relay	Myers, Murgaden	Los Angeles Pierce	3:10.1	1967
	Beeker, Hansen			

1969 Scores

1. Merritt	54	San Jose CC	10
2. Sacramento CC	44	22. San Bernardino	9
3. Contra Costa	42	23. Los Angeles Pierce	8
4. Bakersfield	28	Redwoods	8
5. Fresno CC	20	West Valley	8
East Los Angeles	20	26. Cerritos	6
7. American River	19	Compton	6
8. Golden West	18	Marin	6
Mt. San Antonio	18	Palomar	6
Los Angeles Valley	18	Pasadena CC	6
Los Angeles CC	18	31. De Anza	4
12. CC San Francisco	16	Merced	4
13. San Diego Mesa	15	33. Long Beach CC	3
Riverside CC	15	34. San Mateo	2
15. Ventura	11	Reedley	2
16. Chaffey	10	36. Sierra	1
Diablo Valley	10	MiraCosta	1
Foothill	10	Los Angeles Harbor	1
Santa Ana	10	Allan Hancock	1
Porterville	10	Fullerton JC	1

National Junior College Records

100 yd. Dash:				
9.3	Travis Williams	Contra Costa	1964	
	Fred Kuller	Santa Ana	1965	
	Mel Gray	Ft. Scott	1968	
	Warren Edmonson	Merritt	1969	
220 yd. Dash:				
20.6	Mel Gray	Ft. Scott	1968	
440 yd. Dash:				
46.1	Lee Evans	San Jose CC	1966	
880 yd. Run:				
1:48.6	Ray Van Asten	Mt. San Antonio	1962	
One Mile Run:				
3:56.1	Neil Duggan	Allan Hancock	1966	
Two Mile Run:				
8:54.0	Neil Duggan	Allan Hancock	1966	
120 yd. High Hurdles:				
13.6	Don Shy	Mt. San Antonio	1965	
440 yd. Intermediate Hurdles:				
51.2	Geoffery Vanderstock	Mt. San Antonio	1966	
High Jump:				
7-1½	Ed Caruthers	Santa Ana	1965	
Pole Vault:				
16-8	Dennis Phillips	San Mateo	1966	
Long Jump:				
26-2 3/4	Henry Hines	Sacramento CC	1969	
Triple Jump:				
51-10 3/4	Mahoney Samules	Foothill	1962	
	Robert Reader	Bakersfield	1969	
Shot Put:				
60-8½	Steve Fite	Chaffey	1965	
Discus Throw:				
187-5	Les Mills	Foothill College	1963	
Javelin Throw:				
273-0	Mark Murro	Mesa Comm.	1968	
440 yd. Relay:				
40.4	Norbert Payton, Henry Stuckey Merritt		1969	
	Larry Glenn, Warren Edmonson			

One Mile Relay:			
3:08.2	Larry Glenn, Henry Stuckey	Merritt	1969
	Warren Edmonson, Lamont Jackson		
Two Mile Relay:			
7:29.3	Biff Newman, Terry Tubb	Los Angeles Pierce	1967
	Paul Myers, Robert Hansen		
Four Mile Relay:			
17:00.4	Mark Covert, Bob King	Los Angeles Valley	1969
	Mike Wagonbach, Jim Estes		
Sprint Medley Relay:			
3:22.8	Ray Van Asten, Les Phillips	Mt. San Antonio	1961
	Duane Reidenbach, Bob Miltz		
	Thomas Allan, Mike Bates	Sacramento CC	1968
	James Mott, Robert Martin		
Distance Medley Relay:			
9:53.4	Al Biancani, Kay King	American River	1964
	Roy Vogel, Joe Neff		
480 yd. Shuttle Hurdle Relay (low, high, low, high):			
53.7	Bob Seagren, Geoff Vanderstock	Mt. San Antonio	1965
	Bruce Johnson, Don Shy		

National Junior College Bests In Other Events

100 meter Dash:			
10.1n	Mel Gray	Ft. Scott	1968
	Mickey Mathews	Laney	1968
200 meter Dash (Straight):			
20.3	Dave Morris	Pasadena CC	1962
220 yd. Dash: (Straight)			
20.3	Dave Morris	Pasadena CC	1962
200 meter Dash (Turn):			
20.2	Mike Fray	Mesa Community	1968
400 meter Dash:			
45.2	Lee Evans	San Jose CC	1966
800 meter Dash:			
1:48.3	Bob Hose	San Diego Mesa	1965
1500 meter Run:			
3:41.6n	Neill Duggan	Allan Hancock	1966
Three Mile Run:			
13:56.0	Neill Duggan	Allan Hancock	1966
5000 meter Run:			
14:26.8n	Neill Duggan	Allan Hancock	1966

Six Mile Run:				
29:41.2n	John Hayes	Tacoma Community	1968	
10,000 meter Run:				
33:09.8n	Keith Jeffers	San Diego CC	1968	
110 meter High Hurdles:				
13.8	George Carty	Odessa Community	1968	
3000 meter Steeplechase:				
8:57.8	Dick Krenzer	Los Angeles Valley	1963	
400 meter Intermediate Hurdles:				
50.0	Geoff Vanderstock	Mt. San Antonio	1966	
*440 yd. Intermediate Hurdles:				
50.2n	Geoff Vanderstock	Mt. San Antonio	1966	
330 yd. Intermediate Hurdles:				
35.7	Geoff Vanderstock	Mt. San Antonio	1966	
Hammer Throw:				
167-3	Ron Sakahara	Fullerton JC	1963	
Decathlon:				
8230	Russ Hodge	Foothill	1966	

* Mark set after close of regular Junior College season.

NOTES TO ATHLETES

Welcome to the 1970 College of San Mateo Track & Field Team.

The sport of track and field has come a long way in the last decade. The record books have literally been rewritten during the 1960's. There are many reasons for this, but the one that is most prominent is "dedication". The "new breed" of track athlete who helped rewrite the book is one who is extremely dedicated to the sport, the team, his coach, his school, and himself. The Ryuns and the Toomeys have been willing to "pay the price" to become champions.

"Paying the price" involves many factors both on and off the athletic field. It involves putting in extra study time to keep up the grades, and giving up certain modern trends in dress and appearance in order to take on an athletic look. It involves being a complete team man, sometimes giving up your own individual needs and desires for the good of the team. It involves being courteous to officials and opponents, of controlling your temper, to handle victory with humility, and defeat with valor.

The days and hours you spend on the track will never return. Take each day one at a time and do the best job you know how. Set your goals high. Be proud of being a track and field athlete; be proud of your team, your school, your parents, and most important be proud of yourself.

Many of the friendships that you are now making on the track team will last for a lifetime. I hope that I can be included.

Good luck for the coming 1970 season.

Sincerely,

Bob Rush
Track and Field Coach
College of San Mateo

Track Awards Regulations

The Athlete must earn a total of twelve (12) points during the season in regularly scheduled dual conference competition, or make a fraction of a point in the Conference, Northern California, or State meets. Members of a winning relay team in a dual meet shall be awarded three points each. In all cases the Athlete must have the recommendation of the coach.

Awards

1. A certificate is given for each award won.
2. The first award is one-half the cost of a C.S.M. jacket.
3. The second award in the same sport is a C.S.M. blanket.