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June 1, 1970

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Track & Field News
P. O. Box 296
Los Altos, California 94022

Gentlemen:

Thought you might be interested in the official results of the SPAAAU District Decathlon conducted at Long Beach State on the 30-31 of May.

As far as I know the two decathlon men mentioned below rank high (or tops) in the nation of the Junior College athletes in decathlon scoring this year. Thought you'd like to include these marks in your annual statistics this year.

MIKE HILL - Frosh - MSAC (First ever decathlon)

100m	-	11.2	756
L.J.	-	23'0	820
S.P.	-	39'4 $\frac{1}{2}$	599
H.J.	6'4		796
400m	-	49.8	814
1st Day Total			<u>3785</u>
110m HH	14.9		854
Discus-	118'6 $\frac{1}{4}$		607
P.V.	- 11'0		630
Jav.	- 167'0		645
1500m	- 4:33.9		<u>564</u>
Total (2 days)			<u>7090</u>

BILL BAKLEY - Soph - Phoenix (at L.B.State) (at MSAC)

11.4	710	11.3	733
22'7 $\frac{1}{2}$	798	22'8	802
40'4 $\frac{1}{4}$	620	39'9-3/4	608
6'0	725	6'3-3/4	769
51.7	732	51.8	728
	<u>3585</u>		<u>3640</u>
15.4	807	15.5	797
120'8	621	125'3 $\frac{1}{2}$	649
11'6	672	11'2	644
172'1 $\frac{1}{4}$	665	177'6	687
4:37.7	540	4:41.9	513
	<u>6890</u>		<u>6930</u>

Keep up your great work.

Don Ruh
Track Coach

DR/mh

SPAAU INVITATIONAL DECATHLON

West Los Angeles, Calif., May 30-June 1 (by Jack Shepard)--Avoiding injuries which have kept him from completing ^{very} many decathlons for the past three years, Russ Hodge scored 8025 points to ~~XX~~ win the SPAAU Invitational decathlon at UCLA's fine facility, site of Bill Toomey's record effort. Hodge, who ^{until earlier this year} hadn't been over 7400 points since his world record of 8230 in 1966, due to recurring muscle pulls, combined what he called "solid but not great performances" for the second best total in ~~world so far~~ ^{the} this year. Russ put together 4214 points the first day, ~~which~~ ^{the} the best marks being a 10.5 100 meters and 55'11 $\frac{1}{4}$ " in the shot. Russ came through with a near best of 13'5 $\frac{1}{2}$ " in the vault the second day to put 8000 points within reach ~~but~~ ^{he} trying to avoid muscle pulls which have stopped him in the javelin before. ~~He~~ ^{he} used a very short run up and threw only 192'1". Needing a 4:45.6 in the 1500-meters to score 8000 Russ assured himself a good ~~marks~~ ^{score} with a 4:41.5.

The marks behind Russ were ^{also} impressive. John Warkentin, ex of Fresno State, upped his best by over 100 points with a 7710 as he challenged Hodge up ^{on} the javelin. There, John lost some 65 points as he fouled ^{needlessly} on a 195 foot throw and had to settle for 178'3". John came back with a good 4:33.9 1500 which could have been faster if he had been closer to Hodge, point wise. Third went to Barry King, ~~the~~ ^{whose} whose 7486 was also a PR and raised the British record by over 90 points. Barry, like Hodge, employed the Fosbury Flop for 5'11", cleared 120' ~~foot~~ in the vault, threw 204'1" and then came home in 4:43.9 ^{over} to score his points. George Pannel in fourth also had a PR with his 7370-200 points up on his 1969 best. Dave Thoreson was fifth at 6354, but lost a good score when his three discus ~~masses~~ ^{throws} were well out of bounds and Darl Locke at 6285 would have had a PR if he hadn't missed the 10' ~~foot~~ ^{good but of} starting height in the vault- the lowest the standards would go.

The weather was ^{good but of} little help. The first day was somewhat cool and ~~foggy~~ smoggy and the slight breezes were erratic. The second day was nearly perfect- warm with gently breezes, though the 1500 was run after sundown in supprisingly crisp weather.

Jack Shepard

SPAAU Inv't Decath. UCLA 5/30-6/1/70

1. Russ Hodge(Striders) 8025 (10.5, 22'10", 55'11 $\frac{1}{4}$ ", 6'0", 48.9, 14.9, 162'0", 13'5 $\frac{1}{2}$ ", 192'1", 4:41.5); 2. John Warkentin(unat) 7710 PR(11.0, 22'10 $\frac{3}{4}$ ", 45'8 $\frac{1}{2}$ ", 6'2", 48.4, 14.5, 147'11", 13'0", 178'3", 4:33.9); 3. Barry King (Striders) 7486 British Rec(11.1, 22'5", 53'9", 5'11", 50.6, 16.1, 159'8", 12'0", 204'1", 4:43.9); 4. George Pannel(~~XXXX~~ Unat) 7370 PR(10.8, 21'7 $\frac{3}{4}$ ", 42'10 $\frac{1}{4}$ ", 6'2", 49.0, 14.5, 130'11", 12'0", 173'8", 4:27.7); 5. Dave Thoreson (Striders) 6354 (11.5, 21'9", 36'10 $\frac{1}{4}$ ", 6'5", 50.6, 15.5, nh(3fouls), 14'6", 149'10", 4:45.1); 6. Darl Locke(Cal TC) 6285(10.9, 20'11 $\frac{1}{4}$ ", 41'8", 6'0", 49.9, 16.0, 127'10", nh(missed opening height of 10'0"), 159'5", 4:31.6).

Special 12044 - Gary Power 13.9(ok); 2. Jeff Bonmister 14.9, no Brd.

Mit Hill Wins

Pacific AAU

Decathlon Title

Mike Hill, an 18-year-old freshman at Mt. San Antonio College, Sunday captured the Southern Pacific Assn. AAU decathlon championship with a surprising 7,090 total at Cal State Long Beach.

He qualified for the National AAU meet at South Lake Tahoe this year.

Hill, a 5-foot-9, 178-pounder, posted the following marks in Sunday's final five events:

120-yard high hurdles, 14.9; discus, 118-6¼; pole vault, 11-0; javelin, 167-0, and 1,500, 4:33.9.

Steve Spencer of Canada also surpassed the qualifying standard of 6,900 points for the nationals by finishing second with 6,966.

Don Bajema of San Diego State placed third with 6,896 points followed by Bill Bakley of Phoenix (Ariz.) College and Kurt Slocum of the California Track and Field Club with 6,890 and 6,664, respectively.

Hodge Scores Easy Victory in Decathlon

Russ Hodge of the Striders scored the second-best mark in the world this year, 8,025 points, in winning a two-day AAU invitational decathlon meet Monday at UCLA.

Hodge won three of the 10 events—the 100 meters in 10.5, the shot put at 55-11¼ and the discus at 162-0. The best mark in the world this year is 8,072 points by Jeff Bennett of Oklahoma Christian College. Bill Toomey of Santa Barbara holds the world record of 8,222.

The results:

CONTESTANTS—Russ Hodge (Striders), John Warkentin (unattached), Barry King (Striders), George Pannel (Westmont), Dave Thoreson (Striders), Darrel Locke (California Track & Field Assn.).

100 METERS—Hodge, 10.5; Pannel, 10.8; Locke, 10.9; Warkentin, 11.0; King, 11.1; Thoreson, 11.5.

LONG JUMP — Warkentin, 22-10¾; Hodge, 22-10; King, 22-5; Thoreson, 21-9; Pannel, 21-7¾; Locke, 20-11¼.

SHOT PUT—Hodge, 55-11¼; King, 53-9; Warkentin, 45-8½; Pannel, 42-10; Locke, 41-8; Thoreson, 36-10¼.

HIGH JUMP—Thoreson, 6-5; Warkentin and Pannel, 6-2; Hodge and Locke, 6-0; King, 5-11.

400 METERS—Warkentin, 48.4; Hodge, 48.9; Pannel, 49.0; Locke, 49.9; King and Thoreson, 50.6.

FIRST DAY TOTALS—Hodge, 4,214; Warkentin, 3,974; King, 3,893; Pannel, 3,855; Locke, 3,678; Thoreson, 3,576.

110-METER HIGH HURDLES—Warkentin and Pannel, 14.5; Hodge, 14.9; Thoreson, 15.5; Locke, 16.0; King, 16.7.

DISCUS—Hodge, 162-0; King, 159-8; Warkentin, 147-11; Pannel, 130-11; Locke, 127-10; Thoreson, no mark.

POLE VAULT—Thoreson, 14-6; Hodge, 13-6; Warkentin, 13-0; King and Pannel, 12-0; Locke, no height.

JAVELIN—King, 204-1; Hodge, 192-1; Warkentin, 178-3; Pannel, 173-8; Locke, 159-5; Thoreson, 149-10.

1,500 METERS—Locke, 4:31.6; Warkentin, 4:33.9; Pannel, 4:37.7; Hodge, 4:41.5; King, 4:43.9; Thoreson, 4:45.1.

TOTAL POINTS—Hodge, 8,025; Warkentin, 7,710; King, 7,486; Pannel, 7,370; Thoreson, 6,354; Locke, 6,285.