

Results Far Western Conference Track Meet

Sacramento - Humboldt - Sonoma at Rohnert Park, May 4, 1974

Hammer

Lynn McGill Sac 168'2"
Steve Meyer H 130'10"
Mark Muzi Sac 119'4"
Bob LeBrun Son 98'1½"

3000 m/sc

Terry Pintane Son 9:34.0
Jim Fritz H 9:48.6
Jim Bredy H 9:52.1
Bob Bunnell Son 10:06.6

220

Ralph Ligons Sac 22.3
John Roberts Sac 22.4
Dave Gestri Son 22.5
Duane Walker Sac 23.2

Long Jump

Tyrone Taylor Sac 20'¾"
Sam Escobar H 18'9½"
Mark Fisher Son 18'9"
Allen Ostenberg H 18'5¼"

4x110 relay

Sacramento 42.5
Humboldt 43.5
Sonoma 45.8

3 miles

Ron Elijah H 14:00.1
Mark Elias H 14:12.1
Mark Dulaney H 14:30.8
Conrad Lowry H 14:37.3

Shot Put

Jon Godsey H 51'2"
Walter Reno Sac 48'6"
Jim Meyer H 46'8¼"
Lynn McGill Sac 43'3"

1 mile run

Ron Elijah H 4:20.0
Craig Streichman H 4:22.6
Gary Lathrup H 4:25.4
Mark Dulaney H 4:26.4

4x440 relay

Sacramento 3:21.3
Humboldt 3:32.9
Sonoma 3:47.7

Javelin

Dan Dinkler H 206'6"
Jim Cocnuo Sac 170'2½"
Doug Hallock Son 158'1½"
Butch Alexander Son 117'6"

1200H

Tom Ellis Sac 14.3
Oran Gravenburg H 15/3
Don Klosterman Son 15.8
Tom Nelson H 16.1

Discus

Steve Meyer H 145'6"
Walter Reno Sac 137'10"
Jim Godsey H 134'9½"
Mike McKenna Son 126'8"

440

Larry Bolton Sac 49.2
Dave Gestri Son 49.7
Brian Miller H 49.9
Dwight Crocker Sac 50.3

Triple Jump

Sam Escobar H 41'11½"
Tyronne Taylor Sac 41'1"
Steve Fishbaugh Son 38'10½"
Steve Hoag Son 38'2"

100

Ralph Ligons Sac 10.0
John Roberts Sac 10.3
Duane Walker Sac 10.4
Ed Goodlaw H 10.4

High Jump

Ken Thurston Son 6'4"
Rick Cooke H 6'2"
Lewis Jakkeon H 6'0"
Allen Ostenberg H 6'0"

880

John Mijares Sac 1:53.1
Barry Anderson H 1:56.0
Doug Hall H 1:?? (NT recorded)
Bob Coward H 1:57.6

Pole Vault

Jim McCray Sac 14'0"
Terry Abbott Sac 13'6"
Dennis Simas H 13'0"
Mark Fisher Son 12'2½"

440H

Tom Ellis Sac 1:55.9
~~Frank Dearman~~ Frank Dearman Sac 1:57.0
Tim Quinn Sac 1:57.2
Steve Boyle H 1:59.0

SCORING: Sacramento 88
Humboldt 86
Sonoma 29