

1976

GIRLS TRIALS
Region Meet?

Price 25¢

Track and Field



NOTES:

CENTRAL COAST SECTION

MAY 22, 1976

GIRLS ONLY (Pgm)
Region Meet?

8 lb SHOT PUT (continued)

QUALIFIERS

1

2

3

4

5

6

7

8

DISTANCE

8 1b SHOT PUT

Flight I

Name	School	Distance
1. Leticia Gonzalez	Lincoln	25'6 3/4"
2. Lisa Strong	Gilroy	30'6 1/2"
3. Pam Gracie	Leland	30'9 11"
4. Bridget Edwards	Piedmont Hills	30'11 1/2"
5. Rebecca McLean	Los Gatos	31' 5"
6. Cheryl McGeehan	Gilroy	33' 3 3/4"
7. Betsy Shelton	San Mateo	34'
8. Tammy Williams	Andrew Hill	34' 0
9. Gina Lombardi	Sequoia	34'

Flight II

1. Monica Braun	Monterey	34' 2"
2. Gale Zaphiropoules	Homestead	34' 2"
3. Peggy Pollock	Cupertino	34' 3"
4. Linda Dean	Westmont	34' 3 1/2"
5. Carolyn Bond	Leigh	34' 7"
6. Karen Woodbeck	Cupertino	35' 1/2"
7. Kathy Shelby	James Lick	35' 1/2"
8. Casie Walz	Ayer	35' 3"

Flight III

1. Marilyn Maida	Willow Glen	35' 5 1/2"
2. Denise Beacohn	Watsonville	37' 2 3/4"
3. Marta Kuehl	N. Salinas	37' 4 3/4"
4. Chris Chandler	Mt. Pleasant	39' 4 1/2"
5. Denise Burtis	Silver Creek	39' 9"
6. Kathy Kuchta	King City	40' 6"
7. Susan Springer	Salinas	41' 9 1/4"
8. Sheila Pannell	Leland	42' 3 3/4"
9. Maria Garcia	Harbor	42' 9 1/4"

*Three trials - top eight get three more trials. Top seven to CCS.

PARTICIPATING HIGH SCHOOLS

Alisal	Lick	San Lorenzo Valley
Andrew Hill	Lincoln	San Mateo
Aptos	Live Oak	San Jose
Awalt	Los Altos	Santa Clara
Ayer	Los Gatos	Santa Cruz
Branham	Lynbrook	Santa Teresa
Buchser	Menlo-Atherton	Saratoga
Camden	Milpitas	Seaside
Carlmont	Mills	Sequoia
Crestmoor	Monta Vista	Silver Creek
Cupertino	Monterey	Soquel
Fremont	Mt. Pleasant	St. Francis
Gilroy	Mountain View	Sunnyvale
Gunn	North Salinas	Watsonville
Harbor	Oak Grove	Westmont
Hollister	Overfelt	Wilcox
Homestead	Pacific Grove	Willow Glen
King City	Piedmont Hills	Woodside
Leigh	Pioneer	Yerba Buena
Leland	Salinas	

OFFICIALS

TIMERS:

Chief Time Keeper: Rubin Miller

Brad April	Linda McOwen
Mrs. Armansco	Betty Menacho
Nan Blackledge	Mr. McClure
Mrs. Bishop	Denise Pemberton
Mr. Bishop	Katherine Talbot
Paula Clark	J. Vieran
Al Dunanshy	Diana Willing
Ray Erauwel	
Mr. Friedman	Clerk: Don Carroll
Ron Hellekson	
Ann Holtzmueller	
Mr. Holmes	
Jim Kearnin	
Mr. Leonard	
Mr. McDonald	
Mr. Mendonca	
Mr. McClure	

LONG JUMP (continued)

QUALIFIERS

DISTANCE

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____

LONG JUMP

<u>Name</u>	<u>School</u>	<u>Distance</u>
1. Vicky Bray	Menlo-Atherton	16' 0
2. Maribeth Bretzke	Los Altos	16' 1"
3. Perrin Brew	Los Altos	16' 3 1/2"
4. Louise Burket	N. Salinas	16'
5. Cathy Canavan	Cupertino	16' 1 1/2"
6. Valerie Crandall	Crestmoor	16' 5"
7. Marsha Gallion	Ayer	16'
8. Kathie Gardner	Silver Creek	17'
9. Kathy Handcock	King City	16' 1"
10. Janet Harman	Awalt	16'
11. Terri Harvey	Aptos	16' 3"
12. Jeani Horn	Cupertino	16' 6"
13. Rachael Hudson	Hollister	16' 1 1/2"
14. Vivi Hudson	Live Oak	16' 1"
15. Tina Johnson	Monterey	16' 1/4"
16. Sarita Johnson	Oak Grove	17'
17. Julie Lerda	N. Salinas	16'
18. Becky Lowe	Salinas	16' 2 3/4"
19. Nancy Market	N. Salinas	16' 2"
20. Michelle Mausano	Watsonville	16' 2"
21. Laurel McKenzie	Cupertino	17' 3 1/4"
22. Connie Paul	Leland	16' 10"
23. Nancy Pedrotti	Monta Vista	16' 3 1/2"
24. Cheryl Phifer	James Lick	16' 1/2"
25. Karen Richards	Lynbrook	16' 2 1/2"
26. Vickie Riggins	Yerba Buena	16' 4"
27. Mary Riordan	Saratoga	16' 10 1/2"
28. Lori Rucker	Leland	16' 3"
29. Betsy Spangler	Los Altos	16' 3/4"
30. Denise Sanders	Yerba Buena	16' 8"
31. Jeanette Snider	Ayer	16' 4"
32. Veronica Soto	Gilroy	16' 7 1/4"
33. Sue Taylor	Cupertino	16'
34. Nancy Vesling	Saratoga	16' 1"
35. La Donna White	Monterey	16' 1 1/2"
36. Kurt Wilcox	San Mateo	16' 4 1/2"

OFFICIALS

Head Track Referee	Sue Grigsby
Head Field Judge	Miss Bray
Finish Judges:	Angelia Fischinger Pat Spike Kelly Spapelton Steve Tyrell
Head Starter	John Ruth
Assistant Starter	Mr. Tinez
Shot Put	Mike Naloos
Discus	Karen Bartlett
Wind Machine	Glenn Bartle
Long Jump	Doug Johnson
High Jump	Mr. & Mrs. Spangler

*Three trials - Top eight get three more trials. Top seven to CCS.

ACKNOWLEDGMENTS

San Jose City College
House of Blue Jean
The Broderick Co., Inc.
Ryan's Sporting Goods

HIGH JUMP - continued

<u>Name</u>	<u>School</u>	<u>Height</u>
36. Kathy Sparks	Ayer	5'
37. Carol Dougherty	Los Gatos	5'
38. Kathy Raugust	Salinas	5'
39. Karen Bobst	Pioneer	5'
40. Linda Birkel	Gunn	5'1"
41. Natalie Vogel	Gilroy	5'1"
42. Patti Zwieg	Cupertino	5'1"
43. Paquita Guinoez	Andrew Hill	5'2"
44. Julie Moo	Lynbrook	5'2"
45. Karyn Hinkelman	Los Altos	5'3"
46. Joni Martin	San Lorenzo	5'4"
47. Tanja White	Leland	5'5"
48. Pam Blackburn	Cubberley	5'6"

QUALIFIERS:

HEIGHT:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____

Jump until seven jumpers left.

HIGH JUMP

<u>Name</u>	<u>School</u>	<u>Height</u>
1. Melody Felton	Willow Glen	4'9"
2. Terri Parker	San Mateo	4'9"
3. Stacy Martin	Camden	4'9"
4. Anita Scarpa	Salinas	4'9"
5. Barbara Boyle	Carlmont	4'9"
6. Sally Riggle	Westmont	4'9"
7. Liela Vasquez	Watsonville	4'9"
8. Vanessa Holbert	Mt. Pleasant	4'9"
9. Valerie Chapman	Silver Creek	4'9"
10. Christa Cavanah	Harbor	4'9"
11. Bonnie Newman	Mills	4'9"
12. Denise Ludwig	Monta Vista	4'9"
13. Chris Geleta	Soquel	4'9"
14. Gina Gates	Willow Glen	4'9"
15. Tami Barnett	Monta Vista	4'9"
16. Diane Stasio	Homestead	4'9"
17. Denise Sanders	Yerba Buena	4'10"
18. Urainnah Broussard	Piedmont Hills	4'10"
19. Cathy Parker	San Mateo	4'10"
20. Jennifer Russo	Watsonville	4'10"
21. Tonette Williams	Silver Creek	4'10"
22. Sheila Caviel	Carlmont	4'11"
23. Jeri Moo	Lynbrook	4'11"
24. Cathlin Milligan	Gunn	4'11"
25. Louise Burket	N. Salinas	4'11"
26. Patti Wise	Awalt	4'11"
27. Barbara Franza	Westmont	4'11"
28. Janet Carrol	Carlmont	4'11"
29. JoAnn Zweg	Cupertino	5'
30. Betsy Spangler	Los Altos	5'
31. Shelly Craig	Monta Vista	5'
32. Kelly Hintz	Buchser	5'
33. Carrie Cavanah	Harbor	5'
34. Theresa Cesari	Fremont	5'
35. Michelle McDonald	St. Francis	5'

ORDER OF EVENTS FOR QUALIFYING MEET:10:00 - 12:00

High Jump
Shot Put
100 yard dash preliminaries
80 yard hurdles preliminaries
220 yard dash preliminaries

1:00 - 4:00

Long Jump
Discus
80 yard hurdles
440 yard relay
880 yard run
100 yard dash
440 yard dash
220 yard dash
Mile run
Mile relay

80 YARD-LOW HURDLES

Heat	Lane	Name	School	Time
I	1	Linda Elkins	Sequoia	12.2
	2	Kiert Wilcox	San Mateo	11.8
	3	Cheryl Phifer	James Lick	11.5
	4	Kris Costello	Lynbrook	11.1
	5	Jennifer Kelly	Leland	11.3
	6	Veronica Soto	Gilroy	11.6
	7	Laurie Froman	Ayer	12.1
	8	Midori Nakamura	San Mateo	12.5
II	1	Carol Bollinger	Watsonville	12.2
	2	Kathy Raugust	Salinas	11.9
	3	Heidi Hanson	Gunn	11.5
	4	Kathy Schentrud	Willow Glen	11.1
	5	Kathie Gardner	Silver Creek	11.4
	6	Tina Pisetti	N. Salinas	11.7
	7	Terri Ovsok	Piedmont Hills	12.1
	8	Jenny Barrett	Branham	12.5
III	1	Damita Clausell	Silver Creek	12.2
	2	Brenda Damon	Menlo-Atherton	12.0
	3	Margaret Manoogian	Los Altos	11.6
	4	Loretta Stewart	Aptos	11.2
	5	Carrie Cavanah	Harbor	11.4
	6	Joyce Coleman	Cupertino	11.8
	7	Linda Munch	Branham	12.2
	8	Marianne Mendez	Lincoln	12.9
IV	1	Julia Kobrinsky	Salinas	12.2
	2	Linda Robinson	Soquel	12.0
	3	Joni Martin	San Lorenzo	11.6
	4	Jeani Horn	Cupertino	11.2
	5	Bonnie Newman	Mills	11.5
	6	Ivy Moyer	Monta Vista	11.8
	7	Kelly Hintz	Buchser	12.2
	8	Sonya Welsh	Westmont	12.6

DISCUS (continued)

Flight IV

	Name	School	Distance
1.	Kathy Korach	Watsonville	111' 3"
2.	Annette Hammonds	Silver Creek	112' 3"
3.	Kim Piaravilla	Santa Cruz	115' 1"
4.	Maria Garcia	Harbor	115' 3"
5.	Kathy Kuohta	King City	117' 7"
6.	Martha Kuehl	N. Salinas	118' 9"
7.	Barb Lloyd	Monta Vista	119' 0"
8.	Casi Walz	Ayer	119' 2"
9.	Susan Springer	Salinas	134' 10"

QUALIFIERS

	DISTANCE
1	
2	
3	
4	
5	
6	
7	
8	

* Three trials - top eight get three more trials. Top seven to CCS.

*Four from each heat go to the semi. Four from each semi to the finals.

DISCUSFlight I

<u>Name</u>	<u>School</u>	<u>Distance</u>
1. Leticia Gonzales	Lincoln	83' 4"
2. Pam Biddle	Leigh	85' 7 1/2"
3. Pam Gracie	Leland	84'
4. Lisa Strong	Gilroy	86' 7"
5. Jean Cruickshank	Piedmont Hills	90'
6. Karen Hoag	San Mateo	91' 1/2"
7. Cheryl McGeehan	Gilroy	92' 2"
8. Monica Braun	Monterey	98' 3"
9. Betsy Shelton	San Mateo	98' 7"
10. Luan Sheldon	Salinas	98' 11"
11. Gina Lombardi	Sequoia	98' 11"

Flight II

1. Marilyn Maida	Willow Glen	99' 1"
2. Chris Chandler	Mt. Pleasant	99' 4 1/2"
3. Kathy Sparks	Ayer	99' 6"
4. Kathy Shelby	James Lick	99' 9"
5. Julie Glage	Westmont	99' 11"
6. Becky Greening	Fremont	100' 2"
7. Diana Bishop	Los Altos	100' 7"
8. Linda Dean	Westmont	101' 6"
9. Debbie Zamagni	Lynbrook	101' 8"
10. Carolyn Walker	Monta Vista	102' 2"

Flight III

1. Cathy Hargens	Harbor	103' 5"
2. Allison Prnjak	Watsonville	103' 10"
3. Denise Beacom	Watsonville	105' 6 3/4"
4. Karen Woodbeck	Cupertino	105' 11"
5. Mary Colantuno	Milpitas	106' 3/4"
6. Hope King	Gunn	106' 3"
7. Liz Mee	Menlo-Atherton	107' 1"
8. Norma Williamson	Lynbrook	109' 7"
9. Sheila Pannell	Leland	109' 10"
10. Wendy Michelli	Santa Teresa	110' 11"

80 YARD-LOW HURDLES (continued)QUALIFIERSTIME:

1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____

100 YARD DASH

<u>Heat</u>	<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
I	1	Regina Lambert	Salinas	11.6
	2	Pam Goldsbrorough	Willow Glen	11.5
	3	Kim Elmore	Silver Creek	11.4
	4	Mary Ellis	Yerba Buena	11.1
	5	Leticia Sherrill	Milpitas	11.3
	6	Maria Bullock	Buchser	11.5
	7	Michelle Maksano	Watsonville	11.6
	8	Theresa Pence	Homestead	11.7
II	1	Sue Tompkins	Soquel	11.7
	2	Sylvia Ledferd	Seaside	11.6
	3	Karen Taylor	Piedmont Hills	11.4
	4	Kris Costello	Lynbrook	11.1
	5	Terri Kelly	Silver Creek	11.4
	6	Sonia Randolph	Milpitas	11.5
	7	Karen Rudolf	Pioneer	11.6
	8	Lois Spivey	Sequoia	11.7
III	1	Sher Smolensky	Gilroy	11.7
	2	Franza Baykau	Westmont	11.6
	3	Della Hampton	James Lick	11.4
	4	Robin Holiday	Ayer	11.2
	5	Pam Davis	Monterey	11.3
	6	Corrine Cronin	Crestmoor	11.5
	7	Nancy Pedrotti	Monta Vista	11.6
	8	Jan Dies	Saratoga	11.7

440 YARD RELAY - continued

<u>Heat</u>	<u>Lane</u>	<u>School</u>	<u>Time</u>
IV	1		
	2	Mills	52.7
	3	Yerba Buena	52.3
	4	Lynbrook	51.9
	5	N. Salinas	52.4
	6	Branham	51.3
	7	Seaside	52.9
	8		

QUALIFIERS:TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____

First two from each heat to finals.

440 YARD RELAY

Heat	Lane	School	Time
I	1		
	2	Silver Creek	51.7
	3	San Mateo	52.7
	4	Piedmont Hills	50.5
	5	Westmont	52.6
	6	Sequoia	53.0
	7	James Lick	52.4
	8	Saratoga	52.1
II	1		
	2	Monterey	52.0
	3	Harbor	50.5
	4	Ayer	51.3
	5	Cupertino	52.3
	6	Los Altos	52.7
	7	Monta Vista	52.6
	8	St. Francis	53.0
III	1		
	2	Salinas	51.2
	3	Menlo-Atherton	53.0
	4	Watsonville	52.1
	5	Leland	52.4
	6	Mt. Pleasant	52.6
	7	Soquel	51.8
	8	Milpitas	52.8
IV	1		
	2	Mills	52.7
	3	Yerba Buena	52.3
	4	Lynbrook	51.9
	5	N. Salinas	52.4
	6	Branham	51.3
	7	Seaside	52.9
	8		

100 YARD DASH - continued

Heat	Lane	Name	School	Time
IV	1	Debbie Corner	Lynbrook	11.7
	2	Janet Sevely	St. Francis	11.6
	3	Teri Serrano	Leland	11.4
	4	Peaches Palmer	Piedmont Hills	11.2
	5	Isaura Servin	Santa Clara	11.4
	6	Pam Biddle	Leigh	11.5
	7	Ruth Wilson	Willow Glen	11.6
	8	Gina Hendy	Wilcox	11.7
V	1	Cheryl Greggans	Woodside	11.7
	2	Bridgett Hendricks	Piedmont Hills	11.6
	3	Laurel McKenzie	Cupertino	11.4
	4	Eloise Mallory	S.C.	11.3
	5	Varissi Coney	Milpitas	11.3
	6	Perrin Brew	Los Altos	11.5
	7	Laurie Wilber	Branham	11.6
	8	Valarie Crandall	Crestmoor	11.7

QUALIFIERS:

TIME:

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____

Three from each heat + the fastest 4th place go to semi; four from each semi go to the final.

MILE RUN

<u>Heat</u>	<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
III	1	Gretchen Guelich	Soquel	5:48.7
	2	Paula Jackson	Live Oak	5:05.5
	3	Caron Choy	Salinas	5:25.4
	4	Terry Schneider	Santa Cruz	5:34.5
	5	Annette Mungai	Santa Cruz	5:38
	6	Elizabeth Kemp	Saratoga	5:43.2
	7	Ann Nunizata	Santa Teresa	5:46
	8	Katie Fox	Menlo-Atherton	5:47.2
	1a			
	2a	Joy Todd	James Lick	5:50
	3a	Karen Richards	Lynbrook	5:51.7
	4a	Sandy Paulin	Camden	5:52.7
	5a	Irene Ramirez	North Salinas	5:56.4
	6a	Nancy Baldwin	Pacific Grove	5:56.9
	7a	Vicki Freitas	Hollister	5:58
	8a			

MILE RUN

(Two from each heat plus the next two fastest times - advanced to finals)

<u>Heat</u>	<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
I	1	Kathy Oli	Monta Vista	5:46
	2	Sue Munday	Lincoln	5:04
	3	Vickie Bray	Los Altos	5:10.2
	4	Andrea Justin	Milpitas	5:29.2
	5	Alicia Munoz	Watsonville	5:35.7
	6	Esther Sandoval	Seaside	5:43.4
	7	Jennifer Torres	Aptos	5:40.5
	8	Olga Santiago	San Jose	5:44.9
	1a	Ricki Eastman	Westmont	5:57.1
	2a	Debbie Dobbs	Los Altos	5:47.8
	3a	Chris Sakelarios	Sequoia	5:49.4
	4a	Shannon Holmes	Gunn	5:51
	5a	Cindy Hill	Gunn	5:53.1
	6a	Pia Laevastu	Monterey	5:52
	7a	Toni Taylor	Sunnyvale	5:55.3
	8a	Sharon Metcalf	Westmont	5:56.5
II	1	Mary Chicca	Oak Grove	5:48
	2	Sharon Furtado	Buchser	5:05
	3	Sue Neary	Aptos	5:16
	4	Brenda Dake	Salinas	5:31
	5	Annette Nielson	Carlmont	5:37.3
	6	Megan Hayes	Lincoln	5:42.8
	7	Patti D'Ardenne	Leland	5:45.8
	8	Irene Crowley	Overfelt	5:47.1
	1a			
	2a	Carol Costraella	Ayer	5:49.5
	3a	Celia Brown	Mountain View	5:51.5
	4a	Karen Palmtag	Watsonville	5:52
	5a	Nina Kapsoff	Milpitas	5:53.5
	6a	Valarie Sheetz	Ayer	5:55.1
	7a	Patricia Prendergast	St. Francis	5:56.6
	8a	Grawert Keike	Los Altos	5:57.2

440 YARD DASH

<u>Heat</u>	<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
I	1	Libby Tarkington	Watsonville	61.3
	2	Carolyn Bing	Lynbrook	58.7
	3	Kelly Osterkamp	Soquel	61.1
	4	Leigh Breen	Salinas	62.5
	5	Audrey Schmidt	Gilroy	63.1
	6	Joslyn West	Lincoln	61.7
	7	Laurie Lichenor	Gilroy	67.0
	8	Cheryl Greggans	Woodside	62.3
II	1	Cathy McKean	Ayer	61.3
	2	Lezli Peterson	Harbor	59.0
	3	Doty Kelly	Lynbrook	63.9
	4	Marquita Belk	Silver Creek	56.7
	5	Diane Figliomeni	Saratoga	62.5
	6	Jill McPherson	Branham	61.8
	7	Lori Medlen	Santa Cruz	61.8
	8	Stephanie Stewart	Los Gatos	62.3
III	1	Heidi Perham	Homestead	63.0
	2	Linda Elkins	Sequoia	62.4
	3	Francine Ward	Milpitas	61.3
	4	Ann Robinson	Lynbrook	62.2
	5	Leah Bennion	Westmont	66.7
	6	Julie Peterson	Harbor	61.6
	7	Maureen Gardelie	Salinas	61.9
	8	Betsy Brew	Los Altos	60.2

QUALIFIERS

<u>TIME</u>
1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____

* Two from each heat plus the two fastest times advance to finals.

220 YARD DASH

Heat	Lane	Name	School	Time
I	1	Mary Ellis	Yerba Vista	26.6
	2	Peaches Palmer	Peidmont Hills	27.4
	3	Isaura Servin	Santa Clara	25.6
	4	Marquita Belk	Silver Creek	24.6
	5	Kelly Hintz	Buchser	26.2
	6	Elaine Wright	Cupertino	26.9
	7	Theresa Pence	Homestead	27.1
	8	Leticia Sherrill	Milpital	27.0
II	1	Robin Holiday	Ayer	24.8
	2	Della Hampton	James Lick	26.4
	3	Sonia Randolph	Milpitas	27.4
	4	Peggy Jordan	Saratoga	26.9
	5	Perrin Brew	Los Altos	27.0
	6	Lezli Peterson	Harbor	26.7
	7	Kelly Osterkamp	Soquel	27.1
	8	Laurel McKenzie	Cupertino	26.1
III	1	Varissi Coney	Milpitas	27.3
	2	Nancy Pedrotti	Mountain View	26.7
	3	Regina Lambert	Salinas	27.1
	4	Pam/Goldsborough	Willow Glen	27.1
	5	Marsha Gallion	Ayer	24.9
	6	Eloise Mallory	Silver Creek	26.2
	7	Tammy Anderson	Buchser	27.5
	8	Gloria Cunha	St. Francis	27.0
IV	1	Kris Costello	Lynbrook	25.2
	2	Maureen Gardelie	Salinas	27.4
	3	Linda Elkini	Sequoia	27.1
	4	Doty Kelly	Lynbrook	27.0
	5	Karen Taylor	Peidmont Hills	26.2
	6	Teri Serrano	Leland	26.5
	7	Pam Davis	Monterey	26.7
	8	Debbie Duncan	Carlmont	27.4

Same as 100. 3 from each Heat + fastest 4th place go to semi. 4 from each semi go to the final.

MILE RELAY

Heat # 1

1.	Los Gatos	4:27.7
2.	Buchser	4:21
3.	North Salinas	4:22.4
4.	Branham	4:11.3
5.	Harbor	4:19
6.	Lynbrook	4:17.5
7.	Silver Creek	4:23.5
8.		

Heat # 2

1.	Cupertino	4:21.2
2.	Salinas	4:16
3.	Lincoln	4:24.4
4.	Monta Vista	4:22.5
5.	Los Altos	4:17.5
6.	Menlo-Atherton	4:19
7.	Gilroy	4:32.6
8.		

Heat # 3

1.	Watsonville	4:21.8
2.	Westmont	4:32.7
3.	San Mateo	4:22.9
4.	Piedmont Hill	4:17.2
5.	Soquel	4:19.0
6.	Santa Cruz	4:24.8

* Two from each heat + the next two fastest times. Advanced to Finals.

220 YARD DASH
(continued)

<u>Heat</u>	<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
V	1	Gina Healy	Wilcox	25.4
	2	Kelly Hintz	Buchser	26.2
	3	Jackie Hendi	Wilcox	26.5
	4	Lois Spivez	Sequoia	27.1
	5	Cavanoh	Harbor	26.9
	6	Lauren Mathewson	Leland	27.4
	7	Mary Riordan	Saratoga	27.0
	8	Brenda Damon	Menlo-Atherton	26.6

880 YARD RUN

Heat	Lane	Name	School	Time
I	1	Laurie Spence	Soquel	2:27.8
	2	Brenda Oake	Salinas	2:25.0
	3	Sue Munday	Lincoln	2:24.39
	4	Karen Hardy	Aptos	2:29.1
	5	Sharon Furtado	Buchser	2:18.0
	6	Alison Hansen	Salinas	2:33.0
	7	Cindy Hill	Gunn	2:31.2
	8	Rene Mallet	Branham	2:32.0
II	1	Alicia Munoz	Watsonville	2:31.5
	2	Carolyn Bing	Lynbrook	2:26.0
	3	Jody Cobb	Salinas	2:24.6
	4	Renee Cunningham	San Lorenzo	2:32.6
	5	Diane Figliomeni	Saratoga	2:30.4
	6	Dee Devine	Monta Vista	2:32.4
	7	Paula Jackson	Live Oak	2:20.6
	8	Nina Peticolas	Santa Cruz	2:28.3
III	1	Cathlin Milligan	Gunn	2:25.2
	2	Kathy Tarkington	Watsonville	2:29.0
	3	Caron Choy	Salinas	2:27.2
	4	Linda Hopsie	Monta Vista	2:31.0
	5	Becky Barrett	Branham	2:23.0
	6	Annette Nielsen	Carlmont	2:31.8
	7	Georgia Sakelarois	Sequoia	2:33.0
	8	Diane Beach	Alisal	2:32.2

880 YARD RUN (continued)

QUALIFIERS

TIME:

1	
2	
3	
4	
5	
6	
7	
8	

* Two from each heat plus the two fastest times.