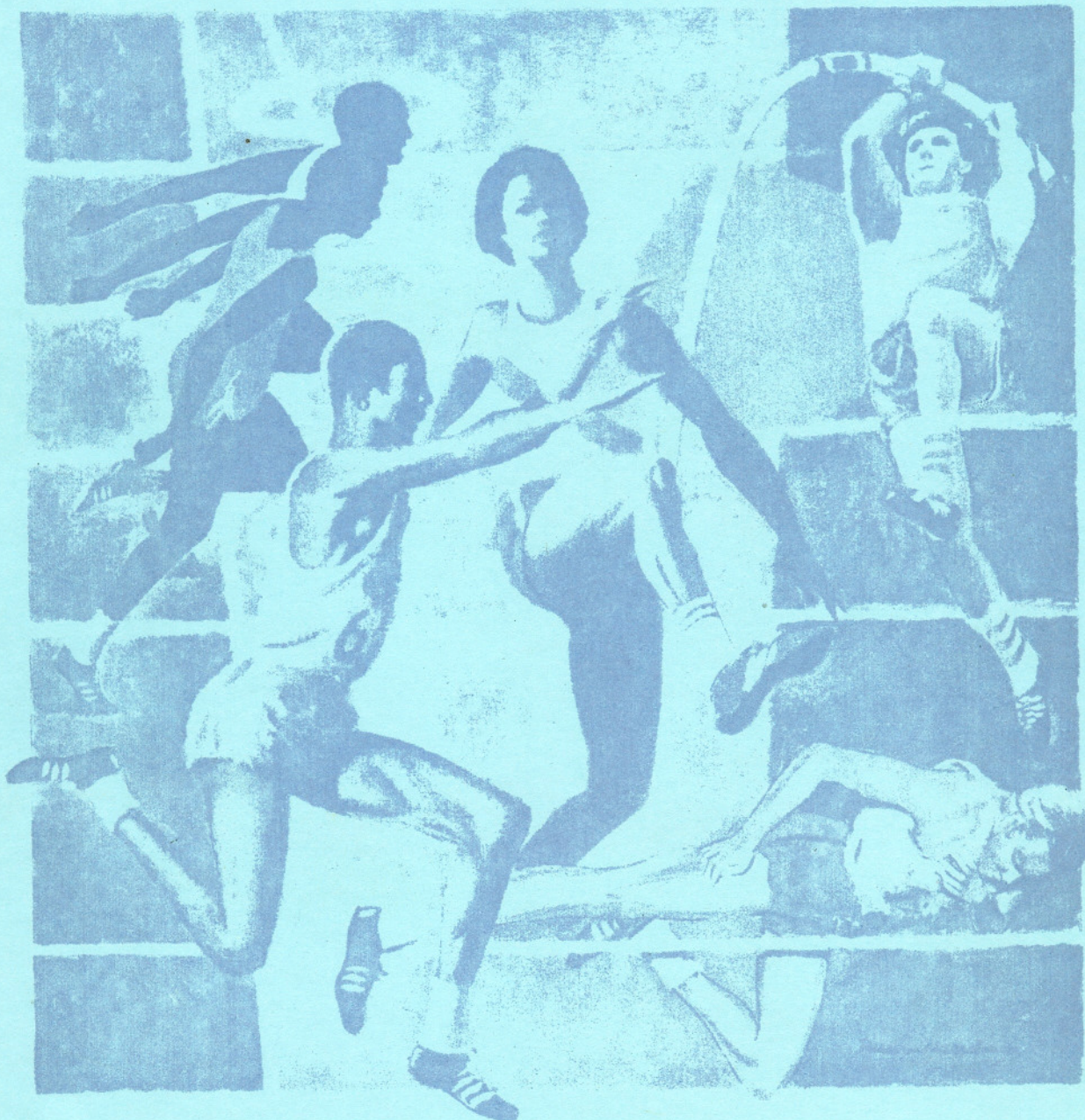


C. S. M.

TRACK & FIELD

1977 RECORD BOOK



College of San Mateo

COLLEGE OF SAN MATEO

1977 TRACK ROSTER

<u>Name</u>	<u>Year</u>	<u>Graduate</u>	<u>Event</u>	<u>Home Town</u>
Alden, Mike	Soph	Serra	Middle Dis.	San Mateo
Anderson, Kieth	Soph	San Carlos	Spr. /Hur.	Redwood City
Benson, Eric	Frosh	Burlingame	Distance	Burlingame
Berini, Bob	Frosh	Aragon	Weights	San Mateo
Black, Kim	Frosh	Carlmont	Pole Vault	Belmont
Bliss, Gordon	Frosh	Carlmont	Hurdles	Belmont
Buekers, Bob	Frosh	Woodside	Jumps	Redwood City
Canty, Barry	Frosh	Half Moon Bay	Sprints	Half Moon Bay
Curry, Brian	Frosh	San Mateo	Middle Dis.	San Mateo
Davis, Gary	Frosh	San Mateo	Sprints	San Mateo
DeAragon, Randy	Frosh	Burlingame	Distance	Burlingame
Dicus, Kurt	Frosh	Reed, Nev.	Distance	Burlingame
Dietrich, John	Frosh	San Carlos	Middle Dis.	Redwood City
Dillard, Bob	Soph	Mills	Jumps	Burlingame
Eden, Hugh	Frosh	Hillsdale	Weights	San Mateo
Farey, Kevin	Frosh	Menlo Atherton	Distance	Menlo Park
Fedyna, Tom	Frosh	Westmoor	Weights	Daly City
Foulke, Bob	Soph	San Mateo	Middle Dis.	San Mateo
Gerkenmeyer, Mark	Soph	Menlo Atherton	Hurdles	Menlo Park
Greggans, Mike	Soph	Woodside	Sprints	Redwood City
Grippi, Steve	Frosh	Serra	Hurdles	San Mateo
Gustavson, Andy	Soph	San Mateo	Sprints	Hillsbo.
Hull, Dave	Soph	Menlo Atherton	Distance	Menlo Park
Hurdal, Brian	Soph	Carlmont	Middle Dis.	Belmont
Ingram, Dennis	Soph	Menlo Atherton	Sprints	Menlo Park
Jett, Mike	Frosh	San Mateo	Jumps	San Mateo
Karwoski, Eric	Frosh	Sequoia	Sprints	San Mateo
Kellogg, Dave	Frosh	Woodside	Middle Dis.	Redwood City
Kingery, Mitch	Soph	San Carlos	Distance	Redwood City
Kirchknopf, Tristan	Frosh	Woodside	Weights	Portola Val.
Lax, Keith	Frosh	San Mateo	Sprints	Foster City
Mc Nab, Joe	Frosh	Serra	Sprints	South San Francisco
Mello, Paul	Frosh	Crestmoor	Distance	Half Moon Bay
Nelson, Tom	Soph	San Carlos	Hurdles	San Carlos
Oparko, Dave	Frosh	Hillsdale	Weights	San Mateo
Peterson, Skip	Soph	Sparks, Nev.	Sprints	Burlingame
Pincombe, Rich	Frosh	Serra	Distance	Redwood City
Sawyer, Joe	Frosh	San Mateo	Pole Vault	San Mateo
Sherrin, Ron	Frosh	Burlingame	Middle Dis.	San Mateo
Sodek Shay	Frosh	Serra	Middle Dis.	San Mateo
Stevenson, Kevin	Soph	Aragon	Pole Vault	Belmont
Smith, Mike	Frosh	San Mateo	Weights	San Mateo
Tafralis, Gregg	Frosh	Capuchino	Weights	Millbrae
Takaha, Andy	Soph	San Mateo	Distance	San Mateo
Walsh, Jim	Soph	Serra	Sprints	Redwood City
Walters, Brad	Frosh	Half Moon Bay	Weights	Half Moon Bay
Weber, Tom	Frosh	Mills	Distance	Millbrae
Wernick, Ken	Frosh	Carlmont	Distance	San Carlos
Wright, Larry	Soph	Carlmont	Jumps	Belmont
Young, Dan	Frosh	Hillsdale	Jumps	San Mateo

COLLEGE OF SAN MATEO
TRACK AND FIELD SCHEDULE

1977

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>OPPONENT</u>	<u>LOCATIONS</u>
Sat.	March 5	10:00	GGC Relays	West Valley College
Sat.	March 12	10:00	San Jose-S.F.-San Mateo	San Mateo
Sat.	March 19	11:00	DeAnza-San Mateo-West Valley	West Valley College
Wed.	March 23	3:00	San Mateo-Laney	Laney College
* Sat.	March 26	12:00	Santa Barbara Relays	Santa Barbara
Sat.	April 2	12:00	DVC Relays	Diablo Valley
Thurs.	April 7	11:00	Marin-Santa Rosa Relays	Santa Rosa
Sat.	April 9	10:00	San Jose Relays	San Jose
Wed.	April 13	3:00	Foothill-San Mateo-Chabot	Chabot College
* Sat.	April 16	10:00	Bakersfield Relays	Bakersfield
Fri.	April 22	2:30	Diablo Valley-San Mateo	San Mateo
Wed.	April 27	2:30	Golden Gate Conference Trials	San Jose City College
Fri.	April 29	6:00	Golden Gate Conference Finals	San Jose City College
* Sat.	May 7	12:00	West Coast Relays	Fresno
Fri.	May 13	12:30	Northern California Trials	Delta (Stockton)
Fri.	May 20	5:00	Northern California Finals	Diablo Valley College
* Sat.	May 28	7:00	California State Championships	Bakersfield College

Head Coach: Bob Rush
Asst. Coach: Pete Michon
Asst. Coach: Vince Marchi
Colors: Royal Blue and White
Mascot: Bulldogs
Athletic Trainer: Jack Dawson

President of the College: Dr. David Mertes
Dean of Students: Dr. Allan Brown
Dean of Instruction: Dr. Lois Callahan
Athletic Director: Cliff Giffin

Board of Trustees: James R. Tormey, Jr., President; Carl E. Ward, Clerk;
Eleanore D. Nettle, James G. Rudolph, Robert A. Tarver,
Glen P. Smith, Chancellor-Superintendent

*Denotes overnight trips

COLLEGE OF SAN MATEO

Track and Field

Best Marks 1977 Season100 Meter Dash

Mike Greggans	10.5
Jim Walsh	11.1
Dennis Ingram	11.4

200 Meter Dash

Mike Greggans	21.3
Jim Walsh	22.8
Dennis Ingram	23.3
Keith Lax	23.9

400 Meter Dash

Bob Foulke	48.2
Gary Davis	49.9
Andy Gustavson	50.6

800 Meter Run

Brian Hurdal	1:55.0
Ron Sherrin	1:55.3
Shay Sodek	1:56.4
Brian Curry	1:58.1
Eric Benson	1:59.6
Gary Davis	1:59.8
Mike Alden	2:00.0

1500 Meter Run

Mitch Kingery	3:55.2
Eric Benson	4:00.9
Kurt Dicus	4:01.6
Andy Takaha	4:16.2
Tom Weber	4:18.0

One Mile Run

Mitch Kingery	4:16.1
Kurt Dicus	4:18.3
Dave Hull	4:20.6(R)
Eric Benson	4:22.3
Rich Pincombe	4:31.0
Kevin Farey	4:35.7(R)
Andy Takaha	4:41.8

5000 Meter Run

Mitch Kingery	14:43.2
Paul Mello	14:48.5
Dave Hull	15:08.8
Kurt Dicus	15:17.4
Kevin Farey	15:37.6
Tom Weber	16:18.0
Steve Brewer	16:35.0

Two Mile Run

Mitch Kingery	9:05.6
Paul Mello	9:17.0
Dave Hull	9:21.8
Kurt Dicus	9:25.0
Rich Pincombe	9:39.4
Kevin Farey	9:49.0
Andy Takaha	10:48.0

10,000 Meter Run

Paul Mello	31:24.5
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110 Meter High Hurdles

Gordon Bliss	14.8
Tom Nelson	15.1
Mark Gerkenmeyer	15.4
Keith Anderson	15.6

400 Meter Inter. Hurdles

Keith Anderson	53.3
John Dietrich	56.2
Gordon Bliss	56.3
Mark Gerkenmeyer	56.4
Steve Grippi	57.3
Tom Nelson	58.1

3,000 Meter Steeplechase

Dave Hull	9:18.8
Rich Pincombe	9:44.6
Ken Wernich	10:02.2
Kevin Farey	10:13.9
Andy Takaha	10:52.0

Shot Put

Gregg Tafralis	53'8"
Mike Smith	52'3-1/2"
Brad Walters	48'3"

Discus Throw

Gregg Tafralis	174'4"
Brad Walters	154'4"
Mike Smith	141'3"
Hugh Eden	134'1"

Javelin Throw

Tristan Kirchknopf	184'10"
Bob Berini	175'1"
Scott Gordon	159'7"
Hugh Eden	154'9"
Mark Gerkenmeyer	144'0"

Best Marks 1977 Season (continued)

440 Relay

Bob Foulke, Mike Greggans,
Andy Gustavson, Gary Davis 42.4

One Mile Relay

Mike Greggans, Andy Gustavson,
Ron Sherrin, Bob Foulke 3:14.3

High Jump

Bob Dillard 6'8-1/4"
Mike Jett 6'8"
Larry Wright 6'8"
Skip Peterson 6'6"

Pole Vault

Kevin Stevenson 16'0"
Kim Black 16'0"
Bob Dillard 15'6"
Joe Sawyer 14'6"

Long Jump

Skip Peterson 24'10"
Dan Young 22'8-1/4"
Andy Gustavson 22'6-1/2"
Keith Lax 19'11"

Triple Jump

Hugh Eden 46'2-1/2"
Andy Gustavson 46'0"
Mike Jett 43'11"
Keith Lax 43'1"

1977 DUAL MEET SEASON

Top Point Scorers

1.	Mitch Kingery	68 pts.
2.	Gregg Tafralis	59 pts.
3.	Bob Foulke	56 pts.
4.	Mike Greggans	51 pts.
5.	Skip Peterson	50 pts.
6.	Keith Anderson	41 pts.
7.	Bob Dillard	39 pts.
8.	Mike Jett	33 pts.
9.	Ron Sherrin	33 pts.
10.	Hugh Eden	24 pts.

Most Points in One Dual Meet

1. Mike Greggans 18 points against Foothill College

College of San Mateo
Track and Field Honor Roll 1977

<u>100 yd. Dash</u>	<u>Time</u>	<u>Date</u>	<u>120 yd. High Hurdles</u>	<u>Time</u>	<u>Date</u>
1. Bob Hylton	9.6	1940	1. Al Rockwell	14.2	1964
2. Mike Carboni	9.7	1964	2. Jim Miller	14.4	1970
3. Bill Hohson	9.7	1965	3. Lee Roy Kirkpatrick	14.6	1936
4. Fred Storek	9.7	1967	4. John Schuller	14.6n	1968
5. Oscar Jones	9.7	1969	5. Bob Little	14.8	1962
6. Mike Greggans	9.7w	1976	6. Jim Portman	15.0	1969
7. Ted Morr	9.8	1947	7. Mark Gerkenmeyer	15.2	1976

<u>220 yd. Dash</u>	<u>Time</u>	<u>Date</u>	<u>One Mile Run</u>	<u>Time</u>	<u>Date</u>
1. Steve Firenze	21.4	1963	1. Ralph Likens	4:11.7	1965
2. Bill Johnson	21.6	1965	2. Ralph Lee	4:12.2	1962
3. Gary Olivieri	21.9	1965	3. Dave Kamar	4:12.7	1963
4. Bob Hylton	22.0	1940	4. Marcel Hetu	4:12.9	1965
5. Fred Storek	22.0	1967	5. Edmond Temple	4:13.3	1968
6. Mike Greggans	22.2	1976	6. Jeff Fishback	4:15.1	1961
7. Mike Miller	22.2	1969	7. Mitch Kingery	4:16.1	1977
			8. Ted Lydon	4:18.3	1967

<u>440 yd. Dash</u>	<u>Time</u>	<u>Date</u>	<u>Two Mile Run</u>	<u>Time</u>	<u>Date</u>
1. Ron Benson	47.5	1963	1. Mitch Kingery	9:05.6	1977
2. Mike Miller	48.2n	1969	2. Jeff Fishback	9:09.2	1961
3. Bob Foulke	48.5	1976	3. Jim Van Dine	9:14.5	1973
4. Rick Fambrini	48.8	1961	4. Steve Palladino	9:15.6	1976
5. Chris Penny	48.9n	1975	5. Paul Mello	9:17.0	1977
6. Dave McQueen	49.1	1965	6. Dave Kamar	9:18.4	1963
7. Frank Varriale	49.1	1965	7. Ralph Likens	9:19.3	1965
8. Leon Purchase	49.2	1940	8. Ted Lydon	9:21.0	1967
9. Steve Firenze	49.3	1964	9. Dave Hull	9:21.8	1977
10. Andy Alexander	49.3	1972	10. Marcel Hetu	9:21.9	1965

<u>880 yd. Dash</u>	<u>Time</u>	<u>Date</u>	<u>Three Mile Run</u>	<u>Time</u>	<u>Date</u>
1. Ron Benson	1:50.4	1963	1. Mitch Kingery	13:55.8	1976
2. Groothoof	1:52.4	1962	2. Jim Van Dine	14:03.8	1973
3. Bill Skrifvars	1:53.1	1965	3. Paul Mello	14:19.8	1977
4. Ralph Lee	1:53.2	1962	4. Edmond Temple	14:22.6	1968
5. Cross	1:53.8	1966	5. Jose Cortez	14:33.1	1972
6. Edmond Temple	1:54.1	1968	6. Dave Hull	14:39.0	1977
7. Brian Hurdal	1:55.2	1976	7. Vic Massa	14:48.0	1972
8. Jack Sandin	1:55.3	1965	8. Scott Carvey	14:48.0	1972
			9. Dan Best	14:48.8	1971
			10. Steve Palladino	14:55.3	1976

College of San Mateo
Track and Field Honor Roll 1977

440 yd. Inter Hurdles

	<u>Time</u>	<u>Date</u>
1. Ken Phelps	54.9	1972
2. Keith Anderson	55.0	1977
3. Tim Sershen	56.1	1970
4. Leon Swindell	56.4	1972
5. Mark Gerkenmeyer	56.7	1976
6. Keith Slade	56.9	1971
7. Ken Barranti	57.1	1975
8. Mike Clabby	57.2	1970
9. Jim Miller	58.0	1970

<u>Shot Put</u>	<u>Mark</u>	<u>Date</u>
1. Bob Merlo	54'2 $\frac{1}{4}$ "	1962
2. Gregg Tafralis	53'8"	1977
3. Roger Carlson	53'1 $\frac{1}{4}$ "	1967
4. Mike Smith	52'3 $\frac{1}{2}$ "	1977
5. Dunker	51'4"	1967
6. Taylor	50'7 $\frac{1}{4}$ "	1964
7. Larry Kennedy	50'6 $\frac{1}{2}$ "	1962
8. Tino Salzano	49'3 $\frac{1}{4}$ "	1969
9. Brad Walters	48'3"	1977
10. Steve Boschetti	48'1"	1971

High Jump

	<u>Mark</u>	<u>Date</u>
1. Ted Winfield	6'10 $\frac{1}{4}$ "	1964
2. Bob Dillard	6'8 $\frac{1}{4}$ "	1977
3. Mike Jett	6'8"	1977
4. Larry Wright	6'8"	1976
5. Les Steers	6'7 $\frac{1}{2}$ "	1939
6. Divird	6'6 $\frac{1}{4}$ "	1965
7. Skip Peterson	6'6"	1977
8. Connie Varneck	6'5 $\frac{1}{4}$ "	1939

Discus Throw

	<u>Mark</u>	<u>Date</u>
1. Gregg Tafralis	174'4"	1977
2. Mike Boschetti	167'2"	1970
3. Tom Grimm	165'1 $\frac{1}{2}$ "	1966
4. Gerry Fogel	164'6"	1969
5. Lou Nova	158'9"	1969
6. Chuck Saunders	157'10 $\frac{1}{2}$ "	1965
7. Brad Walters	154'4"	1977

Pole Vault

	<u>Mark</u>	<u>Date</u>
1. Dennis Phillips	16'8"	1966
2. Ryan Paton	16'1 $\frac{1}{2}$ "	1975
3. Kevin Stevenson	16'0"	1977
4. Kim Black	16'0"	1977
5. Jim Lydon	15'6"	1970
6. Bob Dillard	15'6"	1977
7. Rich Dragovich	15'1"	1968
8. Ron Coleman	15'0"	1969
9. Earle Caldwell	15'0"	1975

Long Jump

	<u>Mark</u>	<u>Date</u>
1. John L. Simmons	24'11 $\frac{1}{4}$ "	1950
2. Skip Peterson	24'10"	1977
3. Bill Fitzpatrick	23'6"	1938
4. Gildo Trevison	23'3"	1940
5. Bobby Jordan	23'1 $\frac{1}{2}$ "	1967
6. Carl Krohn	22'11 3/4"	1965
7. Steve Mitchell	22'8 $\frac{1}{2}$ "	1969
8. Dan Young	22'8 $\frac{1}{4}$ "	1976
9. Andy Gustavson	22'6 $\frac{1}{2}$ "	1977
10. Walker	22'2 $\frac{1}{4}$ "	1964

Javelin Throw

	<u>Mark</u>	<u>Date</u>
1. Les Steers	195'9"	1939
2. Tristan Kirchknoff	194'10"	1977
3. Jim Trujillo	175'5"	1967
4. Bob Berini	175'1"	1977
5. Scott Gordon	159'4"	1977
6. Hugh Eden	154'9"	1977

Triple Jump

	<u>Mark</u>	<u>Date</u>
1. Hugh Eden	46'2 $\frac{3}{4}$ "	1977
2. Connie Varneck	46'0"	1939
3. Andy Gustavson	46'0"	1977
4. Adams	45'10"	1966
5. Peterson	45'3"	1966
6. Dan Clark	44'10 $\frac{1}{2}$ "	1973
7. Chuck Johnston	44'9"	1966
8. Buddy Crowell	44'8"	1967

College of San Mateo
Track and Field Honor Roll 1977

100 Meter Dash
1. Mike Greggans

<u>Time</u>	<u>Date</u>
10.5	1977

1500 Meter Run
1. Mitch Kingery
2. Dave Kamrar
3. Eric Benson
4. Kurt Dicus
5. Dave Hull
6. Steve Palladino

<u>Time</u>	<u>Date</u>
3:55.2	1977
3:55.7	1963
4:00.9	1977
4:01.6	1977
4:04.5	1976
4:04.8	1976

200 Meter Dash
1. Mike Greggans
2. Skip Peterson
3. Bob Foulke

<u>Time</u>	<u>Date</u>
21.3	1977
22.2	1977
22.6	1976

<u>3000 Meter Steeplechase</u>	<u>Time</u>	<u>Date</u>
1. Dave Hull	9:18.8	1977
2. Mitch Kingery	9:36.7	1976
3. Rich Pincombe	9:44.6	1977
4. John Shroyer	9:59.6	1976

400 Meter Dash
1. Bob Foulke
2. Chris Penny
3. Andy Gustarson
4. Frank Varriale
5. Gary Davis

<u>Time</u>	<u>Date</u>
48.2	1977
48.9	1975
49.3	1976
49.8	1964
49.9	1977

<u>5000 Meter Run</u>	<u>Time</u>	<u>Date</u>
1. Mitch Kingery	14:32.2	1976
2. Steve Palladino	14:47.0	1976
3. Paul Mello	14:48.5	1977
4. Marcel Hetu	15:01.7	1964
5. Dave Hull	15:08.8	1977
6. Kurt Dicus	15:17.4	1977

800 Meter Run
1. Brian Hurdal
2. Bob Foulke
3. Ron Sherrin
4. Tony Casillas
5. Shay Sodek
6. Gary Spann

<u>Time</u>	<u>Date</u>
1:54.5	1976
1:55.3	1976
1:55.3	1977
1:56.2	1964
1:56.4	1977
1:57.6	1976

<u>10,000 Meter Run</u>	<u>Time</u>	<u>Date</u>
1. Paul Mellp	31:24.5	1977
2. Steve Palladino	32:22.6	1976
3. Ted Lydon	33:08.0	1967

College of San Mateo
Track and Field Honor Roll 1977

<u>110 Meter High Hurdles</u>	<u>Time</u>	<u>Date</u>	<u>Marathon</u>	<u>Time</u>	<u>Date</u>
1. Gordon Bliss	14.8	1977	1. Jose Cortez	2:21:48	1971
2. Tom Nelson	15.1	1977	2. Mitch Kingery	2:27:0	1976
3. Mark Gerkenmeyer	15.2	1976	3. Dave Hull	2:37:45	1976
4. Kieth Anderson	15.3	1976			

<u>400 Meter Inter. Hurdles</u>	<u>Time</u>	<u>Date</u>
1. Kieth Anderson	53.3	1977
2. John Dietrich	56.2	1977
3. Gordon Bliss	56.3	1977
4. Mark Gerkenmeyer	56.4	1977

<u>440 Yd. Relay</u>	<u>Time</u>	<u>Date</u>
1. Gary Olivieri, Bob Pinelli, Frank Varriale, Bill Johnson	41.7	1965
2. Gary Olivieri, Bill Sprague, Frank Varriale, Bill Johnson	42.1	1965
3. Steve Mitchell, Oscar Jones, Mike Miller, Larry Furiosi	42.2	1969
4. Bill Hatcher, Willie Morrison, Barry Raymond, Oscar Jones	42.3	1970
5. Mike Greggans, Andy Gustavson, Bob Foulke, Gary Davis	42.4	1977
6. Steve Mitchell, Al Marefos, Jim Portman, Fred Storek	42.7	1968
7. Bob Pinelli, Gary Olivieri, Steve Hunt, Bill Sprague	43.5	1965

<u>One Mile Relay</u>	<u>Time</u>	<u>Date</u>
1. Mike Greggans, Andy Gustavson, Ron Sherrin, Bob Foulke	3:14.3	1977
2. Steve Firenze, Barry Sheldon, George Smith, Ron Benson	3:16.2	1963
3. Frank Varriale, Willie Webster, Jack Sandin, Bill Johnson	3:17.6	1965
4. Frank Varriale, Bill Skrifvars, Dave McQueen, Bill Johnson	3:17.7	1965
5. Mike Greggans, Dan Mackenze, Andy Gustavson, Bob Foulke	3:17.8	1976
6. Ken Phelps, Barry Raymond, Andy Alexander, Dave Robertson	3:17.9	1971
7. Mike Miller, Oscar Jones, Larry Furiosi, Gerry Fogel	3:18.0	1969
8. Barry Raymond, Gary John, Dave Robertson, Tom Sershen	3:18.0	1970

COLLEGE OF SAN MATEO
TRACK AND FIELD RECORDS

100 Meter Dash	10.5	Mike Greggans	1977
200 Meter Dash	21.3	Mike Greggans	1977
400 Meter Dash	48.2	Bob Foulke	1976-
800 Meter Run	1:54.5	Brian Hurdal	1976
1500 Meter Run	3:55.2	Mitch Kingery	1977
3000 Meter Steeplechase	9:18.8	Dave Hull	1977
5000 Meter Run	14:32.2	Mitch Kingery	1976
10,000 Meter Run	31:24.5	Paul Mello	1977
Marathon	2:21:48	Jose Cortez	1971
110 Meter High Hurdles	14.8	Gordon Bliss	1977
400 Meter Inter. Hurdles	53.3	Kieth Anderson	1977
High Jump	6'10 1/4"	Ted Winfield	1964
Pole Vault	16'8"	Dennis Phillips	1966
Long Jump	24'11 1/8"	John L. Simmons	1950
Triple Jump	46'2 1/2"	Hugh Eden	1977
Shot Put	54'2 1/4"	Bob Merlo	1962
Discus Throw	174'4"	Gregg Tafralis	1977
Javelin Throw	195'9"	Les Steers	1939
440 yd. Relay	41.7	Gary Olivieri, Roy Pinelli, Bill Johnson, Frank Varriale	1965
One Mile Relay	3:14.3	Mike Greggans, Andy Gustauson, Ron Sherrin, Bob Foulke	1977
Sprint Medley Relay	3:24.6	Steve Firenze, George Smith, Jerry Rose, Ron Benson	1963
Distance Medley Relay	10:01.7	Bill Skrifrars, Dave McQueen, Marcel Hetu, Ralph Likens	1965
480 yd. Shuttle H. Hurdles	56.7	Al Marefos, Jim Portman, Steve Mitchell, John Schuller	1968
480 yd. Shuttle HL. Hurdles	57.3	Kieth Anderson, Tom Nelson, Mark Gerkenmeyer, Gordon Bliss	1977

COLLEGE OF SAN MATEO
TRACK AND FIELD RECORDS

100 yd. Dash	9.6	Bob Hylton	1940
220 yd. Dash (Straight)	21.0	John L. Simmons	1950
220 yd. Dash (Turn)	21.4	Steve Firenze	1960
440 yd. Dash	47.5	Ron Benson	1960
880 yd. Run	1:50.4	Ron Benson	1960
One Mile Run	4:11.7	Ralph Likens	1960
Two Mile Run	9:05.6	Mitch Kingery	1970
Three Mile Run	13:55.8	Mitch Kingrey	1970
120 yd. High Hurdles	14.2	Al Rockwell	1960
220 yd. Low Hurdles	23.3	Lee Roy Kirkpatrick	1930
330 yd. Low Hurdles	38.4	Willie Webster	1960
440 yd. Inter. Hurdles	54.9	Ken Phelps	1970
880 yd. Relay	1:27.8	Gary Olivieri, Dave McQueen, Frank Varriale, Bill Johnson	1965
Two Mile Relay	7:42.9	Ralph Lee, Jim Grotthof, Sam Rutland, Jeff Fishback	1961
Four Mile Relay	17:19.2	Dave Hull, Eric Benson, Kurt Dicus, Mitch Kingery	1977
Two Man, Ten Mile Relay	43:11.3	Marcel Hetu, Ralph Likens	1964
Three Man, High Jump Relay	19'4"	Bob Dillard, Mike Jett, Skip Peterson	1977
Three Man, Pole Vault Relay	41'5 3/4"	Ron Coleman, Chuck Johnston, Rich Dragovich	1968
Three Man, Long Jump Relay	63'9 1/4"	Skip Peterson, Dan Young, Andy Gustavson	1977
Three Man, Triple Jump Relay			
Three Man, Shot Put Relay	146'11 1/2"	Mike Smith, Brad Walters, Gregg Tafralis	1977
Three Man, Discus Relay	433'10"	Mike Smith, Brad Walters Gregg Tafralis	1977
Three Man, Javelin Relay			

COLLEGE OF SAN MATEO STADIUM RECORDS

60 Yard Dash:				
Open	6.0	Bob Triplett	San Jose State	1976
100 Yard Dash:				
J.C.	9.4	Sam Davis	Fresno City College	1967
Open	9.5	Steve Robinson	Santa Clara Valley Y.V.	1965
220 Yard Dash:				
J.C.	21.2	Jim Hatcher	Fresno City College	1968
		Bob Triplett	San Jose City College	1976
Open	21.4	Steve Robinson	Santa Clara Valley Y.V.	1965
440 Yard Dash:				
J.C.	46.2	Lee Evans	San Jose City College	1966
Open	46.2	Lee Evans	San Jose City College	1966
880 Yard Run:				
J.C.	1:51.9	Ron Stones	Santa Rosa Junior College	1968
Open	1:51.2	Willie Eashman	Cal State Hayward	1968
Mile Run:				
J.C.	4:12.2	Ralph Likens	College of San Mateo	1965
Open	4:06.3	Jim Day	West Valley Track Club	1974
Two Mile Run:				
J.C.	9:13.6	Mitch Kingrey	College of San Mateo	1977
Open	9:03.6	Jim Dare	West Valley Track Club	1975
Three Mile Run:				
J.C.	13:55.8	Mitch Kingrey	College of San Mateo	1976
Open	13:44.0	Wolfgang Schuolwics	Unnat.	1976
Six Mile Run:				
J.C.	31:45.0	Fred Arroua	Modesto	1976
60 Yard High Hurdles:				
Open	7.0	George Carty	West Valley Track Club	1976
70 Yard High Hurdles:				
Open	8.5	Bud Walsh	Staniford	1966
120 Yard High Hurdles:				
J.C.	14.1	Mike Crittendon	Contra Costa College	1976
Open	13.8	George Carty	West Valley Track Club	1976
330 Yard Intermediate Hurdles:				
J.C.	37.6	Tyrone Brown	Allen Hancock College	1967
440 Yard Intermediate Hurdles:				
J.C.	53.7	Steve Nelson	San Jose City College	1976
Open	54.2	Mark Young	West Valley Track Club	1975
One Mile Walk:				
Open	6:52.6	Bill Raney	Athens Club	1969
Two Mile Walk:				
Open	13:42.2	Tom Dooley	Athens Club	1969
Three Mile Walk:				
Open	21:50.0	Bill Raney	Athens Club	1969

COLLEGE OF SAN MATEO STADIUM RECORDS Cont.

High Jump:	J.C.	7'0"	King Wiley	San Francisco City College	1975
	Open	7'1 1/4"	Dave Haber	Cal State Hayward	1976
Pole Vault:	J.C.	16'4"	Dinnis Phillips	College of San Mateo	1966
	Open	17'1 1/2"	Mike Weidig	Bay Area Striders	1975
Long Jump:	J.C.	24'6 1/2"	Stan Whitley	Allan Hancock College	1967
	Open	23'5 1/4"	Ricky Rodgers	Contra Costa College	1966
Triple Jump:	J.C.	50'1"	Doug Olmstead	Foothill College	1965
	Open	51'5 1/2"	Chuck Steffles	West Valley Track Club	1976
Shot Put:	J.C.	59'8 1/2"	Dave Laut	San Jose City College	1977
	Open	67'9 3/4"	Al Feuerbach	Pacific Coast Track Club	1972
Discus Throw:	J.C.	174'6"	Mike Hoffman	Foothill College	1967
	Open	202'10"	John Powell	Pacific Coast Track Club	1972
Javelin Throw:	J.C.	209'3"	Tom Walker	Chabot	1975
	Open	247'9"	Tom Walker	U.C. Berkeley	1976
100 Meter Dash:	J.C.	10.7	Horace Berry	San Jose City College	1977
	Open	10.5	John Pettus	Bay Area Striders	1976
			Bob Triplett	San Jose State	1976
200 Meter Dash:	J.C.	21.9	Eugene Raccial	San Jose City College	1977
	Open	20.7	James Lofton	Stanford	1977
400 Meter Dash:	J.C.	48.7	Russel Harris	San Jose City College	1977
	Open				
800 Meter Run:	J.C.	1:55.2	Fred Harvey	San Jose City College	1977
	Open	1:48.1	Rick Brown	West Valley Track Club	1976
1500 Meter Run:	J.C.	3:57.9	Mitch Kingery	College of San Mateo	1977
	Open	3:48.6	Andy Clifford	U.C. Berkeley	1977
5,000 Meter Run:	J.C.				
	Open	14:19.6	John Anderson	Oregon Track Club	1971
10,000 Meter Run:	J.C.				
	Open	29:56.0	Gerry Garcia	West Valley Track Club	1976
110 Meter High Hurdles:	J.C.	14.6	Charles Hatch	San Francisco City College	1977
	Open	14.0	Ashland Whitfield	So. Arizona Track Club	1976
400 Meter Int. Hurdles:	J.C.				
	Open	52.0	John Charles Aki-Bua	Uganda	1971
			Jared Butler	Bay Area Striders	1976

College of San Mateo Stadium Records (cont'd)

440 yard 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 yard 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		
Four Mile Relay:				
J.C.	17:11.8	Art Baudenistor, Loran Ringo, American River College		1976
		Rich Langford, Bob Deis		
Sprint Medley Relay:				
J.C.	3:28.2	Randy Dangerfield, Rod Lewis, Steve Mitchell,		
		Hardie Smith, Lancy College		1976
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 yard Shuttle Hurdle Relay:				
J.C.	57.3	Cornelius McCormick, Jim Bains, Merritt College		1964
		Bill Sanders, Abe Johnson		

SENIOR'S EVENTS

Mile Run:	4:30.1	Paul Richardson	Sundance Track Club	1976
60 yard Dash:	6.6	Jim Lingel	A.A.V. Official	1971
220 yard Dash:	23.8	Jim Lingel	Bay Area Striders	1972
Pentathlon:	3,179 points	Sam Goldberg	Woodstock	1971
3 Mile Run:	15:45.6	John Finch	N.C.S.T.C.	1972
6 Mile Run:	27:58.8	Jerry Garcia	U.S. Army	1975
100 yd. Dash	10.4	Rick Mason	Stanford Road Runners	1972
440 yd. Dash	51.7	Bill Green	Unatt	1972
880 yd. Dash	51.7	David Pratt	NCSTA	1973

AGE GROUP EVENTS

3 Mile Run (14 yr. age group)	15:03.8	Rod Berry	Redwood H.S.	1974
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DUAL MEET RECORDS

College of San Mateo vs. Chabot College

100 Meter Dash	Mike McRae	10.6	Chabot	1977
100 Yard Dash	Larry Swearington	9.9	Chabot	1965
	Fred Adams	9.9	Chabot	1975
200 Meter Dash	Mike Greggans	21.7	C.S.M.	1977
220 Yard Dash	Terry Pogni	22.1	Chabot	1966
400 Meter Dash	Bob Foulke	48.8	C.S.M.	1977
440 Yard Dash	Rich Cook	49.0	Chabot	1971
800 Meter Run	Dave Emery	1:54.6	Chabot	1977
880 Yard Run	Ron Benson	1:54.4	C.S.M.	1963
One Mile Run	Marcel Hetu	4:18.1	C.S.M.	1964
	Tom Smith	4:18.1	Chabot	1977
Two Mile Run	Jim Van Dine	9:14.5	C.S.M.	1973
3,000 Meter Steeple Chase	Mitch Kingery	9:36.7	C.S.M.	1976
Three Mile Run	Steve Palladino	14:55.3	C.S.M.	1976
110 Meter High Hurdles	Gordon Bliss	14.8	C.S.M.	1977
120 Yard High Hurdles	Al Rockwell	14.7	C.S.M.	1966
400 Meter Intm Hurdles	Kieth Anderson	54.6	C.S.M.	1977
440 Yard Intm Hurdles	Tim Sershen	55.9	C.S.M.	1970
High Jump	Robert Peterson	6'9"	Chabot	1977
Pole Vault	Kevin Stevenson	15'1 1/2"	C.S.M.	1977
Long Jump	Mike McRae	23'11 1/2"	Chabot	1977
Triple Jump	Mike McRae	49'7"	Chabot	1976
Shot Put	Roger Carlson	50'8 3/4"	C.S.M.	1967
Discus Throw	Gregg Tafralis	169'11"	C.S.M.	1977
440 Yard Relay		42.2	Chabot	1977
One Mile Relay	(Greggans, Davis, Sherrin, Faulke)	3:16.8	C.S.M.	1977
Three Mile	Jose Cortez	14:55.2	C.S.M.	1976
Javelin Throw	Tom Walker	213'4"	Chabot	1976
5,000 Meter Run	Mitch Kingery	14:48.4	C.S.M.	1977

DUAL MEET SCORES

1963	San Mateo - 116, Chabot	- 6	1970	San Mateo - 69, Chabot	- 66
1964	San Mateo - 121, Chabot	- 14	1971	Chabot - 97, San Mateo	- 39
1965	San Mateo - 107, Chabot	- 25	1972	Chabot - 78, San Mateo	- 58
1966	Chabot - 70, San Mateo	- 66	1973	Chabot - 94, San Mateo	- 42
1967	San Mateo - 98, Chabot	- 38	1974	Chabot - 82, San Mateo	- 50
1968	San Mateo - 92, Chabot	- 44	1975	Chabot - 114, San Mateo	- 31
1969	San Mateo - 89, Chabot	- 47	1976	Chabot - 103, San Mateo	- 42
			1977	Chabot - 73, San Mateo	- 72

Series Record: San Mateo: 7 -- Chabot: 8

DUAL MEET RECORDS

College of San Mateo vs. De Anza College

100 Meter Dash	Bill Johnson	11.0	De Anza	1977
100 Yard Dash	Mike Greggans	9.7	CSM	1976
200 Meter Dash	Skip Peterson	22.3	CSM	1977
220 Yard Dash	Mike Greggans	22.2	CSM	1976
400 Meter Dash	Bob Foulke	48.5	CSM	1977
440 Yard Dash	Bill Popin	51.2	CSM	1975
800 Meter Run	Ron Sherrin	1:56.0	CSM	1977
880 Yard Run	Dave Nolte	1:56.1	De Anza	1975
One Mile Run	Mitch Kingery	4:16.1	CSM	1977
Two Mile Run	Eger	9:25.7	De Anza	1976
5000 Meter Run	Mitch Kingery	15:06.3	CSM	1977
Three Mile Run	Jim Van Dine	14:33.8	CSM	1975
110 Meter High Hurdles	Mark Gerkensmeyer	15.5	CSM	1977
120 Yard High Hurdles	Andy Pecota	15.2	De Anza	1976
400 Meter Intermed. Hurdles	Kieth Anderson	56.3	CSM	1977
440 Yard Intermed. Hurdles	Kent Wigton	56.2	De Anza	1976
High Jump	Larry Wright	6' 8"	CSM	1976
Pole Vault	Ryon Paton	15' 6"	CSM	1975
Long Jump	Bertoli	23' 0"	De Anza	1976
Triple Jump	Tom Carrico	46' 11 3/4"	De Anza	1977
Javelin Throw	Tom Giles	186' 8"	De Anza	1977
Shot Put	Lee Foster	51' 10"	De Anza	1977
Discus Throw	Bill Perry	156' 10"	De Anza	1977
440 Yard Relay		43.7	De Anza	1977
One Mile Relay	Davis, Gustavson, Sherrin, Foulke	3:22.8	CSM	1977

DUAL MEET SCORES

1975 College of San Mateo 77, De Anza College 68 (First Meet)

1976 College of San Mateo 59, De Anza College 83

1977 College of San Mateo 103, De Anza College 52

Series Record: San Mateo: 2 - De Anza: 1

DUAL MEET RECORDS

College of San Mateo vs. Diablo Valley College

100 Meter Dash	John Gill-Ivory Lewis	11.1	D.V.C.	1976-77
100 yard Dash	Fred Storek	9.8	C.S.M.	1968
	Jared Butler	9.8	D.V.C.	1972
200 Meter Dash	Mike Greggans	22.0	C.S.M.	1977
220 yard Dash	Bill Johnson	22.0	C.S.M.	1965
	Fred Storek	22.0	C.S.M.	1968
400 Meter Dash	Gary Davis	50.5	C.S.M.	1977
440 yard Dash	Ron Brown	47.9	D.V.C.	1976
800 Meter Run	Ron Sherrin	1:55.3	C.S.M.	1977
880 yard Run	Bill Skrifavars	1:53.1	C.S.M.	1965
1500 Meter Run	Ron Criner	4:04.1	D.V.C.	1977
One Mile Run	Falph Likens	4:14.2	C.S.M.	1965
Two Mile Run	Mike Emry	9:12.0	C.S.M.	1976
Three Mile Run	Mike Emry	15:05.4	D.V.C.	1975
110 Meter High Hurdles	Tom Nelson	15.6	C.S.M.	1977
120 yard High Hurdles	John Schuller	14.9	C.S.M.	1968
	Jared Butler	14.9	D.V.C.	1972
400 Meter Intermediate Hurdles	Kieth Anderson	55.2	C.S.M.	1977
440 yard Intermediate Hurdles	Todd Skinner	55.5	D.V.C.	1972
High Jump	Greg Redmond	7'5"	D.V.C.	1972
Pole Vault	Jim Lydon	15'0"	C.S.M.	1971
	Ryon Paton	15'0"	C.S.M.	1975
Long Jump	Joe Theimat	22'3½"	D.V.C.	1977
Triple Jump	George Francis	46'9½"	D.V.C.	1977
Javelin Throw	Jike Taylor	180'8"	D.V.C.	1977
Shot Put	Gregg Tafralis	52'8½"	C.S.M.	1977
Discuss Throw	Mike Boshetti	165'6"	C.S.M.	1970
440 yard Relay		42.7	D.V.C.	1976
One Mile Relay	Johnson, McQueen, Skrifvars, & Varrile	3:20.1	C.S.M.	1965

DUAL MEET SCORES

1963 San Mateo	91,	Diablo Valley	30	1969	San Mateo	117,	Diablo Valley	19
1964 San Mateo	77,	Diablo Valley	59	1970	San Mateo	72,	Diablo Valley	64
1965 San Mateo	111,	Diablo Valley	19	1971	*Diablo Valley	91,	San Mateo	45
1966 San Mateo	67½,	Diablo Valley	63½	1972	Diablo Valley	88,	San Mateo	46
1967 Diablo Valley	76,	San Mateo	60	1973	Diablo Valley	90,	San Mateo	46
1968 San Mateo	112,	Diablo Valley	19	1974	Diablo Valley	99,	San Mateo	36
		1975 Diablo Valley	99,	San Mateo	46			
		1976 Diablo Valley	83,	San Mateo	58			
		1977 San Mateo	108½,	Diablo Valley	31½			

Series Record; San Mateo: 9 - Diablo Valley: 6

*C.S.M. declared winner because D.V.C. used an ineligible runner.

DUAL MEET RECORDS

College of San Mateo vs. City College of San Francisco

100 meter Dash	Keith Limmell	10.8	C.C.S.F.	1976
100 yard Dash	Tom Gardner	9.7	C.C.S.F.	1964
	Mike Corboni	9.7	C.S.M.	1964
	Fred Storek	9.7	C.S.M.	1967
	Larry Shields	9.7	C.C.S.F.	1971
200 meter Dash	Keith Limmell	22.4	C.C.S.F.	1976
	Mike Greggans	22.4	C.S.M.	1977
220 yard Dash	Bill Johnson	21.7	C.S.M.	1965
400 meter Dash	Bob Foulke	48.7	C.S.M.	1977
440 yard Dash	Lee Benton	48.9	C.C.S.F.	1965
800 meter Run	Ron Sherrian	1:56.3	C.S.M.	1977
880 yard Run	Bill Skrifvars	1:53.2	C.S.M.	1965
1500 meter Run	Mitch Kengery	3:57.9	C.S.M.	1977
One Mile Run	Ralph Likens	4:12.2	C.S.M.	1965
Two Mile Run	Mitch Kingery	9:19.0	C.S.M.	1977
110 meter H H	Charles Hatch	14.6	C.C.S.F.	1977
120 yard High Hurdles	Bob little	14.8	C.S.M.	1962
	Al Rockwell	14.8	C.S.M.	1964
400 meter Intermediate Hurdles	Kieth Anderson	55.1	C.S.M.	1977
440 yard Intermediate Hurdles	William Fields	55.3	C.C.S.F.	1973
High Jump	Dwight Tucker	6'9½"	C.C.S.F.	1966
Pole Vault	Kevin Stevenson	15'6"	C.S.M.	1977
Long Jump	Ray Hearne	24'3"	C.C.S.F.	1966
Triple Jump	Mike Haynes	47'11"	C.C.S.F.	1977
Shot Put	Roger Carlson	52'½"	C.S.M.	1967
Discus Throw	Alex Darnes	173'3"	C.C.S.F.	1962
440 yard Relay	(M. Haynes, C. Winters, R. Haynes, B. Cody)	41.8	C.C.S.F.	1977
One Mile Relay	(Coleman, Benton, Davis, & Johnson)	3:17.7	C.C.S.F.	1965
Three Mile Run	Jim Van Dine	15:08.8	C.S.M.	1973
Javelin Throw	Bob Berini	170'2"	C.S.M.	1977

DUAL MEET SCORES

1963	San Mateo - 81	C.C.S.F.- 41	1970	San Mateo - 76	C.C.S.F. - 60
1964	San Mateo - 99	C.C.S.F.- 37	1971	San Mateo - 71	C.C.S.F. - 65
1965	San Mateo - 78	C.C.S.F.- 54	1972	C.C.S.F. - 74	San Mateo- 62
1966	San Mateo - 83½	C.C.S.F.- 47½	1973	C.C.S.F. - 76	San Mateo- 60
1967	San Mateo - 72	C.C.S.F.- 64	1974	C.C.S.F. - 90	San Mateo- 45
1968	San Mateo - 81	C.C.S.F.- 55	1975	C.C.S.F. - 95	San Mateo- 49
1969	San Mateo - 70	C.C.S.F.- 66	1976	C.C.S.F. - 73	San Mateo- 71
			1977	San Mateo - 99	C.C.S.F. - 46

SERIES RECORD: SAN MATEO: 10 ----- C.C.S.F.: 5

DUAL MEET RECORDS

College of San Mateo vs. Foothill College

100 Meter Dash	Doug Hill	10.7	Foothill	1976
100 Yard Dash	Russ Hodge	9.7	Foothill	1966
200 Meter Dash	Mike Greggans	21.7	C.S.M.	1977
220 Yard Dash	Willie Ridley	21.9	Foothill	1972
400 Meter Dash	Steve Chepkwony	48.0	Foothill	1977
440 Yard Dash	Russ Pierce	48.6	Foothill	1963
800 Meter Run	Shay Sodek	1:56.4	C.S.M.	1977
880 Yard Run	Charles Oakley	1:53.3	Foothill	1962
1500 Meter Run	Mitch Kingery	4:03.6	C.S.M.	1976
One Mile Run	Ralph Likens	4:18.0	C.S.M.	1965
	Marcel Hetu	4:18.0	C.S.M.	1965
Two Mile Run	Marcel Hetu	9:21.9	C.S.M.	1965
Three Mile Run	Bob Smith	14:29.6	Foothill	1972
5000 Meter Run	Mitch Kingery	14:48.4	C.S.M.	1977
110 Meter High Hurdles	Gordon Bliss	14.8	C.S.M.	1977
120 Yard High Hurdles	John Foster	14.8	Foothill	1973
400 Meter Intermed. Hurdles	Kieth Anderson	54.6	C.S.M.	1977
440 Yard Intermed. Hurdles	Steve Gendreau	56.3	Foothill	1969
	Tim Sershen	56.3	C.S.M.	1970
High Jump	Ted Winfield	6'8 1/2"	C.S.M.	1964
Pole Vault	Dennis Phillips	16'4"	C.S.M.	1966
Long Jump	Russ Hodge	23'2 3/4"	Foothill	1966
Triple Jump	Doug Olmstead	47'10"	Foothill	1965
Shot Put	Russ Hodge	54'7 1/4"	Foothill	1966
Discus Throw	Gregg Tafralis	169'11"	C.S.M.	1977
440 Yard Relay	Holden, Villareal	42.2	Foothill	1969
	Frates, Marshall			
One Mile Relay	Greggans, Davis,	3:16.8	C.S.M.	1977
	Sherrin, Foulke			
Javelin	Ryon	189'6"	Foothill	1974

DUAL MEET SCORES

1963 San Mateo 71 Foothill 51	1969 Foothill 73 San Mateo 63
1964 San Mateo 92 Foothill 44	1970 San Mateo 86 Foothill 50
1965 San Mateo 88 Foothill 48	1971 Foothill 81 San Mateo 55
1966 Foothill 82½ San Mateo 53½	1972 Foothill 76 San Mateo 60
1967 Foothill 69 San Mateo 67	1973 Foothill 74 San Mateo 62
1968 San Mateo 68 Foothill 48	1974 Foothill not in GGC this year!

1975 Foothill 97 San Mateo 46

1976 Foothill 80 San Mateo 65

1977 San Mateo 121 Foothill 24

*Series Record: San Mateo: 6 -- Foothill: 8

DUAL MEET RECORDS

College of San Mateo vs. Laney College

100 Meter Dash	Elder Walker	10.7	Laney	1977
100 Yard Dash	Antonio Watkins	9.7	Laney	1974
200 Meter Dash	Mark Kent	22.0	Laney	1977
220 Yard Dash	Tony Lomax	21.9	Laney	1969
400 Meters	Bruce Sterling	49.8	Laney	1977
440 Yard Dash	Mike Miller	49.1	C.S.M.	1969
800 Meter Run	Jerry Trotter	1:59.6	Laney	1977
880 Yard Run	James Robinson	1:52.8	Laney	1974
1500 Meter Run	Mitch Kingery	4:19.0	C.S.M.	1977
One Mile Run	Edmond Temple	4:20.8	C.S.M.	1969
Two Mile Run	Joe Taxiera	9:29.6	Laney	1974
Three Mile Run	Jim Van Dine	14:47.1	C.S.M.	1973
110 Meter High Hurdles	Tom Nelson	15.6	C.S.M.	1977
120 Yard High Hurdles	Vernon Taylor	15.0	Laney	1974
400 Meter Intm. Hurdles	Kieth Anderson	57.2	C.S.M.	1977
440 Yard Intm. Hurdles	Tim Sershen	56.0	C.S.M.	1970
High Jump	Ron Van	6'6"	Laney	1969
Pole Vault	Jim Lydon	15'4"	C.S.M.	1971
Long Jump	Wayne Crump	22'5"	Laney	1976
Triple Jump	O'Neal August	46'3 3/4"	Laney	1970
Javelin Throw	Tristan Kirchknoff	162'6"	C.S.M.	1977
Shot Put	Bob Thayer	49'1/4"	Laney	1969
Discus Throw	Gregg Tafralis	155'7"	C.S.M.	1977
440 Yard Relay		41.9	Laney	1974
One Mile Relay	Phelps, Alexander, Raymond, & Robertson	3:23.0	C.S.M.	1971

DUAL MEET SCORES

1969	San Mateo - 77, Laney - 59	1972	San Mateo - 86, Laney - 50
1970	San Mateo - 69, Laney - 67	1973	Laney - 8-, San Mateo - 56
1971	Laney - 77, C.S.M. - 59	1974	Laney -102, San Mateo - 25
	1975	San Mateo - 104, Laney - 39	
	1976	San Mateo - 79, Laney - 11	
	1977	San Mateo - 97, Laney - 44	

SERIES RECORD: SAN MATEO: 6 - LANEY: 3

DUAL MEET RECORDS

College of San Mateo vs. San Jose City College

100 Meter Dash	Horace Berry	10.7	S.J.C.C.	1977
100 yard Dash	Rich Lavigne	9.7	S.J.C.C.	1965
200 Meter Dash	Eugene Raccial	21.9	S.J.C.C.	1977
220 yard Dash	Bill Johnson	22.0	C.S.M.	1965
	Lee Evans	22.0	S.J.C.C.	1966
400 Meter Dash	Russell Harris	48.7	S.J.C.C.	1977
440 yard Dash	Lee Evans	46.8	S.J.C.C.	1965-1976
	Millard Hampton			
800 Meter Run	Fred Harvey	1:55.2	S.J.C.C.	1977
880 yard Run	Lynn Ryan	1:54	S.J.C.C.	1976
1500 Meter Run	Mitch Kingery	3:57.9	C.S.M.	1977
One Mile Run	John Bettencourt	4:16.0	S.J.C.C.	1976
Two Mile Run	Shawn James	9:14.0	S.J.C.C.	1976
Three Mile Run	Jim Van Dine	14:42.2	C.S.M.	1973
110 Meter High Hurdles	Scott Monroy	14.7	S.J.C.C.	1977
120 yard High Hurdles	Jim Miller	14.8	C.S.M.	1969
400 Meter Inter Hurdles	Kieth Anderson	55.1	C.S.M.	1977
440 yard Inter Hurdles	Steve Nelson	54.4	S.J.C.C.	1976
High Jump	Thurlis Gibbs	6'10"	S.J.C.C.	1977
Pole Vault	Kevin Stevenson	15'6"	C.S.M.	1977
Long Jump	Cecil Overstreet	24'½"	S.J.C.C.	1975
Triple Jump	Junior Rojas	47'4½"	S.J.C.C.	1977
Javelin Throw	Steve Nolan	193'0"	S.J.C.C.	1976
Shot Put	Dave Laut	59'8½"	S.J.C.C.	1977
Discus Throw	Mike Boschetti	164'9"	C.S.M.	1970
440 yard Relay	H. Perry	41.0	S.J.C.C.	1976
	M. Hampton			
	J. Douglas			
	S. Fincher			
One Mile Relay	Johnson	3:17.7	S.J.C.C.	1976
	Milligan			
	Jones			
	Hampton			

DUAL MEET SCORES

1963 San Mateo 98, San Jose 24	1969 San Jose 69, San Mateo 67
1964 San Mateo 91, San Jose 45	1970 San Mateo 96½, San Jose 39½
1965 San Mateo 105, San Jose 30	1971 San Jose 82, San Mateo 49
1966 San Jose 72, San Mateo 64	1972 San Jose 97, San Mateo 38
1967 San Mateo 78, San Jose 58	1973 San Jose 86, San Mateo 46
1968 San Jose 78½, San Mateo 57½	1974 San Jose 94, San Mateo 31
1975 San Jose 117, San Mateo 25	
1976 San Jose 113, San Mateo 31	
1977 San Jose 87, San Mateo 58	

Series Record: San Mateo: 5 -- San Jose: 10

DUAL MEET RECORDS

College of San Mateo vs. West Valley College

100 Meter Dash	Brian Hurley	10.9	W.V.C.	1977
100 Yard Dash	D. Cavaco	10.2	W.V.C.	1975
200 Meter Dash	Skip Peterson	22.3	C.S.M.	1977
220 Yard Dash	D. Cavaco	22.5	W.V.C.	1975
400 Meter Dash	Bob Foulke	48.5	C.S.M.	1977
440 Yard Dash	Tyrrell	49.3	W.V.C.	1976
800 Meter Run	Ron Sherrin	1:56.0	C.S.M.	1977
880 Yard Run	Bob Foulke	1:57.2	C.S.M.	1976
One Mile Run	Mitch Kingery	4:16.1	C.S.M.	1977
Two Mile Run	Pete Dinno	9:35.0	W.V.C.	1975
3,000 Meter Steeple Chase	Mitch Kingery	9:36.7	C.S.M.	1976
5,000 Meter Run	Mitch Kingery	15:06.3	C.S.M.	1977
3 Mile	Fritzke	14:44.4	W.V.C.	1976
110 Meter High Hurdles	Mark Gerkenmeyer	15.5	C.S.M.	1977
120 Yard High Hurdles	Reedy	15.7	W.V.C.	1976
400 Meter Intermediate Hurdles	Keith Anderson	56.3	C.S.M.	1977
400 Yard Intermediate Hurdles	Keith Anderson	57.0	C.S.M.	1976
High Jump	Larry Wright	6'8"	C.S.M.	1976
Pole Vault	Steve Oravetz	17'1"	W.V.C.	1977
Long Jump	Skip Peterson	22'10 $\frac{1}{4}$ "	C.S.M.	1977
Triple Jump	Willis	47'10"	W.V.C.	1976
Javelin Throw	Tristan Kirchknoph	180'7"	C.S.M.	1977
Shot Put	Bersano	48'7 $\frac{3}{4}$ "	W.V.C.	1976
Discus Throw	Gregg Tafralis	153'2"	C.S.M.	1977
440 Yard Relay		42.6	W.V.C.	1976
One Mile Relay		3:21.7	C.S.M.	1976

DUAL MEET SCORES

1975 West Valley College-98, San Mateo-47
 1976 West Valley College-96, San Mateo-49
 1977 San Mateo College-89, West Valley-56
 Series Record: West Valley College 2, San Mateo 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	21.5 w	Mer	1970
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
Three Mile Run	Jose Cortez	15:49.6	CSM	1971
120 Yd. High Hurdles	Eric Barfield	14.9	Mer	1969
	Ray Pope	14.9	Mer	1972
440 Yd. Interm.	Larry Glenn	55.3	Mer	1970
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	Emory Montgomery	44'3½"	Mer	1970
Shot Put	Dan Mosley	54'0"	Mer	1969
Discus Throw	Mike Boschetti	166'7"	CSM	1970
440 Yd. Relay	Payton, Stuckey, Glenn, Jackson	41.7	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	71½	Merritt	64½	1970	San Mateo	69	Merritt	67
					1971	Merritt	99	San Mateo	36
					**1972	Merritt	91	San Mateo	45
					1973	San Mateo	92	Merritt	44
					1974	Merritt did not field a team			

*1967 meet was not completed

**Merritt lost meet because of ineligible runner

Series Record: San Mateo 9 Merritt 2

BR:ma

GOLDEN GATE CONFERENCE RELAYS
MEET RECORDS 1977

100 Meter Dash	Ernest Lewis	10.6	DVC	1977
100 Yd. Dash	Travis Williams	9.5	CCC	1964
110 Meter High Hurdles	Scott Monroy	14.2	SJCC	1977
120 Yd. High Hurdles	Ricky Rodgers	14.2	CCC	1966
3000 Meter Steeple Chare	Dave Hull	9:34.3	CSM	1977
3 Mile Run	Jim Van Dine	14:11.0	CSM	1973
5000 Meter Run	Paul Mello	15:13.3	CSM	1977
440 Yd. Relay	Calloway, Miller Delk, Harris	41.1	SJCC	1968
880 Yd. Relay	H. Berry, E. Rachal S. Jones, K. Merriwether	1:26.0	SJCC	1977
One Mile Relay	Stuckery, Gordon Glenn, Edmonsan	3:15.1	Merritt	1970
Two Mile Relay	M. Molina, T. Smith R. Judy, D. Emery	7:51.8	Chabot	1977
Four Mile Relay	Werner, McCandless Sullivan, Sommer	17:25.4	West Valley	1975
Sprint Medley Relay	Ford, Stuckey Glenn, Baker	3:27.6	Merritt	1970
Distance Medley Relay	Swearengin, Bentz See, Schapp	10:12.4	DVC	1972
480 Yd. Shuttle Hurdles (High-Lows)	McCormick, Bains Saunders, Johnson	57.3	Merritt	1964
480 Yd. Shuttle Hurdles (All Highs)	G. Veatch, L. Jackson M. Martin, M. McRae	60.5	Chabot	1977
High Jump Relay	Moore, Hatch Turner	19.10"	SFCC	1977
High Jump Individual	Ted Winfield	6'9"	CSM	1964
Pole Vault Relay	Mulligan, Searle, Oravetz	74'1"	West Valley	1977
Pole Vault Individual	Ryon Paton	15'5"	CSM	1975
Long Jump Relay	Harris, Delk, Johnson	68'10 1/4"	SJCC	1968
Long Jump Individual	Earl Harris	23'10 1/4"	SJCC	1968
Triple Jump Relay	Martin, Jackson, McRae	141'3 1/2"	Chabot	1977
Triple Jump Individual	Doug Olmstead	49'9 1/4"	Foothill	1965
Shot Put Relay	Castle, Mills, Headlay	156'11"	Foothill	1963
Shot Put Individual	Don Castle	54'10 1/4"	Foothill	1963
Discus Throw Relay	Patterson, Buss, Seed	455'9"	Foothill	1973
Discus Throw Individual	Lee Mills	168'3 1/2"	Foothill	1963
Three Mile Run	Jim Van Dine	14:11.0	CSM	1973
Javelin Relay	Walker, Ferdinand, Nordman	547'10"	Chabot	1975
Javelin Individual	Tom Walker	205'5"	Chabot	1975

GOLDEN GATE CONFERENCE

Trials and Finals

Meet Records 1977

100 M. Dash	Ernest Lewis	DVC	10.2	1977
100 Yd. Dash	Warren Edmonson	Merritt	9.4	1969
200 M. Dash	Millard Hampton	San Jose	20.4	1976
220 Yd. Dash	Royce Ford	Merritt	20.9	1970
400 M. Dash				
440 Yd. Dash	Lee Evans	SJCC	46.2	1966
800 M. Run				
880 Yd. Run	James Robinson	Laney	1:48.4	1974
1500 M. Run	Tom Smith	Chabot	3:51.6	1977
One Mile Run	Rich McCandless	West Valley	4:11.2	1975
Two Mile Run	Ed Ortegon	Foothill	9:18.8	1965
5000 M. Run	Ron Fritzke	West Valley	14:40.4	1976
Three Mile Run	Ted Quintana	Chabot	13:59.8	1975
110 M. High Hurdles	Scott Monroy	San Jose	13.7	1977
120 Yd. High Hurdles	Derk Ligons	Chabot	14.2	1974
400 M. Inter Hurdles				
440 Yd. Inmt. Hurdles	Larry Glenn	Merritt	53.5	1970
	William Fields	CCSF	53.5	1973
High Jump	Thurlis Gibbs	SJCC	7'0"	1977
Pole Vault	Steve Oravetz	WVC	16'6"	1977
Long Jump	Henry Stuckey	Merritt	24'8 $\frac{1}{2}$ "	1970
Triple Jump	Ralph Byrd	Chabot	52'0"	1973
Shot Put	Dave Laut	San Jose	60'5 $\frac{1}{2}$ "	1977
Discus Throw	Les Mills	Foothill	187'3"	1963
3000 M. Steeplechase	Dave Hull	CSM	9:18.8	1977
Javelin	Tom Walker	Chabot	219'9"	1976
440 Yd. Relay	Barry, Rachial, Jones, Merriwither	San Jose	40.7	1977
One Mile Relay	Menninger, DeNux, Jakle, Chepkwony	Foothill	3:14.2	1977

Northern California Community College
Track and Field Championships
Meet Records
Nor Cal Trials and Finals 1977

100 Meter Dash	Paul Jackson	Alameda	10.1	1976
200 Meter Dash	Millard Hampton	San Jose City	20.9	1976
220 Yd. Dash	Mike Miller	San Jose City	20.8	1969
	Warren Edmonson	San Jose City	20.8	1969,70
400 Meter Dash	Steve Chepkwony	Foothill College	46.86	1977
800 Meter Run	Tom Jones	San Jose City	1:51.7	1976
880 Yd. Run	Gary McManus	Diablo Valley	1:50.6	1975
1500 Meter Run	Bob Deis	American River	3:48.3	1976
3000 Meter Steeplechase	Joaquin Leano	Porterville	9:06.7	1977
5000 Meter Run	Juan Garcia	Sequoias	14:23.6	1976
10,000 Meter Run	Wally Montenegro	San Jose City	31:14.4	1976
110 Meter High Hurdles	Scott Monroy	San Jose City	14.2	1976
120 Yd. High Hurdles	Jerry Wilson	Fresno City	13.9	1971
400 Meter Inter. Hurdles	Paul Brown	Alameda	52.1	1976
440 Yd. Relay	Barry, Rachial, Jones, Merriwither	San Jose City	40.12	1977
One Mile Relay		Merrit College	3:13.6	1971
Shot Put	Dave Laut	San Jose City	60'5"	1977
Discus Throw	Les Mills	Foothill College	187'5"	1963
Javelin Throw	Tom Walker	Chabot College	222'7"	1976
High Jump	Rich Allen	San Jose City	6'10½"	1976
Pole Vault	Steve Oravetz	West Valley	17'0"	1977
Long Jump	Mike McRace	Chabot College	25'1¼"	1976
Triple Jump	Mike Marlow	Cosumnes River	51'8"	1976

**CALIFORNIA COMMUNITY COLLEGE
TRACK and FIELD CHAMPIONSHIPS
STATE MEET RECORDS 1977**

100 Meter Dash	Houston McTear	Santa Monica	10.18	1977
200 Meter Dash	Millard Hampton	San Jose	20.4	1976
400 Meter Dash	Steve Chepkwony	Foothill	46.76	1977
800 Meter Run	Tim Costa	Fullerton	1:48.2	1977
1500 Meter Run	Tom Colley	San Bernardino	3:45.9	1976
3000 Meter Steeplechase	Shannon Laird	Palomar	8:53.2	1977
5000 Meter Run	Vicken Simoniam	L.A.C.C.	14:10.4	1976
10,000 Meter Run	Kurt Pfeffer	Grossmont	29:48.8	1976
110 Meter High Hurdles	Andre Hall	Mt. Sac.	14.1	1976
400 Meter Inter. Hurdles	John Rudd	Passadena	50.2	1976
440 Yd. Relay	Sherman Jones Eugene Rachal Horace Berry Ken Meriweather	San Jose	39.8	1977
One Mile Relay		L.A. Southwest	3:09.0	1974
Shot Put	Dave Laut	San Jose	60'10 ³ / ₄ "	1977
Discus Throw	Sylvester Marshall	West Hills	184'3"	1970
Javelin Throw	Luc LaPerriere	Palomar	266'8"	1977
High Jump	Max Lowe	Foothill	7' ¹ / ₂ "	1965
Pole Vault	Charles Brown Steve Oravetz	El Camino West Valley	16'11 ³ / ₄ "	1977
Long Jump	Marcus Jennings	Chaffey	25'9 ¹ / ₄ "	1977
Triple Jump	Chris DeFrance	Bakersfield	51'4"	1976

UNITED STATES JUNIOR COLLEGE RECORDS THROUGH 1976

Made by competitors attending a two-year college and accepted by the National Joint Junior College Track Records Committee. Claims for National Junior College Track Records should be submitted to Dave Kamanski, Cerritos College, Norwalk, California.

100-Yard Dash--9.2s

Doug Hawken (Glendale CC, Arizona), 1969.

220-Yard Dash--20.6

Mel Grey (Fort Scott Community College, Kansas) Pittsburg, Kansas, April 9, 1968.

Wardell Gilbreath (New Mexico JC, New Mexico) 1973.

440-Yard Dash--45.8

Karl Farmer (Los Angeles Southwest) Bakersfield, Calif., June 15, 1973.

880-Yard Run--1m 48.0 (4 turns)

James Robinson (Laney College, Oakland) Bakersfield, Calif., May 25, 1974.

One-Mile Run--3m 56.1s

Neill Duggan (Allan Hancock College, Calif.), San Diego, Calif., June 11, 1966.

Two-Mile Run--8:43.6

Terry Cotton (Grossmont College, Calif.) Irvine, Calif., March 23, 1975.

Three Mile Run--13:31.4

Arthur Redhair (Central Arizona College, Arizona) 1976.

Six-Mile Run--28:05.6

Kirk Pfeffer (Grossmont, College, El Cajon, Calif.) Irvine, Calif., March 28, '76.

120-Yard High Hurdles--13.5

Charles Rich (Los Angeles Southwest) San Diego, California, May 22, 1971.

440-Yard Intermediate Hurdles--50.56

John Rudd (Pasadena City College, Calif.) Fresno, Calif., May 8, 1976.

High Jump--7 ft. 3"

Kyle Arney (Glendale Community College, Arizona) 1976.

Long Jump--26 ft. 2-3/4"

Henry Hines (Sacramento City College, Calif.), Fresno, Calif., May 10, 1969.

Pole Vault--17 ft. 1/4"

Ralph Haynie (Central Arizona College, Coolidge, Ariz.) San Jacinto, Texas, May 24, 1974.

Discus Throw--194 ft. 10"

Steve Brown (Fullerton College, Fullerton, Calif.) Irvine, Calif., March 28, 1976.

Shot Put--62 ft. 10"

Ron Senkiw (Mesa Community College, Mesa, Ariz.) San Jacinto, Texas, May 24, 1974.

Javelin Throw--273 ft. 0"

Mike Murro (Mesa Community College, Mesa, Ariz.) Garden City, Kansas, April 9, '68.

Hammer Throw--187 ft. 11"

Casey Ballwey (Fullerton College, Calif.), Fresno, Calif., May 12, 1973.

Triple Jump--52 ft. 9"

Michael Marlow (Cosummes River College, Calif.) Fresno, Calif., May 8, 1976

440-Yard Relay--39.8

San Jose City College, San Jose, Calif., (Horace Berry, Millard Hampton, Jim Douglas, Stan Fincher) Bakersfield, Calif., May 29, 1976.

880-Yard Relay--1:24.1

Merritt College, Oakland, Calif., (Norbert Payton, Henry Stuckey, Larry Glenn, Warren Edmonson), Cupertino, California, April 26, 1969.

One-Mile Relay--3:08.2

Merritt College, Oakland, Calif. (Larry Glenn, Henry Stuckey, Warren Edmonson, Lamont Jackson), Cupertino, California, April 26, 1969.

Two-Mile Relay--7m 29.3s

Pierce College, Calif., (Biff Newman, Terry Tubb, Paul Myers, Robert Hansen), Fresno, California, May 13, 1967.

Four Mile Relay--16:56.8

Fullerton College, Fullerton, Calif. (Scott Fessenden, Jon Albrecht, Jose Saavedra, Armando Cendejas) Bakersfield, Calif., April 3, 1976.

Sprint Medley Relay--3:19.7

Essex County (Lawrence Brown, Alfred Daley, Horace Tuitt, Ainsley Armstrong) Gainesville, Fla., March 30, 1973.

Distance Medley Relay--9:50.8

Fullerton College, Fullerton, Calif., (Barry Hyde, Jon Albrecht, Phil Wingard, Jose Saavedra) Walnut, Calif., April 23, 1976.

480-Yard Shuttle Hurdle Relay, (low, high, low, high) 53.7s

Mt. San Antonio College, Calif. (Bob Seagren, Geoff Vanderstock, Bruce Johnson, Don Shy), Walnut, California, April 23, 1965.

480-Yard Shuttle Hurdle Relay (all highs) 59.1

Fullerton College, Fullerton, Calif., (Jeff Schrecengost, John Stroot, Bryan Poland, Ward Kinsman) Bakersfield, Calif., April 22, 1972.

Mile Relay Intermediate Hurdles--3:42.7

City College of San Francisco, (Thermond Wells, Rich McGee, Roy Gaines, Dwight Williams), San Mateo, California, April 26, 1975.

3000 Steeplechase--8:51.6

Henry Perez (San Joaquin Delta College, Calif.) Bakersfield, Calif., April 3, '76.

ACKNOWLEDGMENTS

SPECIAL THANKS AND RECOGNITION TO THE MEN WHO GAVE SO MUCH OF THEIR TIME AND EFFORT TO MAKE THIS A SUCCESSFUL TRACK and FIELD SEASON:

STUDENT COACH - DAVE SHROCK

TEAM MANAGERS - RANDY DeARAGON

ROBBIE INGRAM

BRAD THOMPSON

SPECIAL AWARDS, AS VOTED BY THE 1977 TRACK and FIELD TEAM:

SEASON CAPTAINS - KEVIN STEVENSON

JIM WALSH

MOST VALUABLE TRACK ATHLETE - MITCH KINGERY

MOST VALUABLE FIELD ATHLETE - GREGG TAFRALIS

MOST IMPROVED ATHLETE - PAUL MELLO

MOST INSPIRATIONAL ATHLETE - PAUL MELLO

SPECIAL RECOGNITION TO THE ATHLETES WHO REPRESENTED THE COLLEGE OF SAN MATEO IN THE 1977 CALIFORNIA COMMUNITY COLLEGE STATE TRACK and FIELD CHAMPIONSHIP MEET:

PAUL MELLO 3 rd place in the 10,000 Meter Run
with a Personal Best Mark of 31:12.0

SKIP PETERSON 4 th place in the Long Jump
with a Personal Best Mark of 24'11"

KIM BLACK tied for 4 th place in the Pole Vault

MITCH KINGERY 3 rd place in the 5000 Meter Run

GREGG TAFRALIS 5 th place in the Shot Put and
5 th place in the Discus Throw

PLACING THE COLLEGE OF SAN MATEO IN 9 th PLACE IN TEAM STANDINGS

BULLDOGS



BULLDOGS