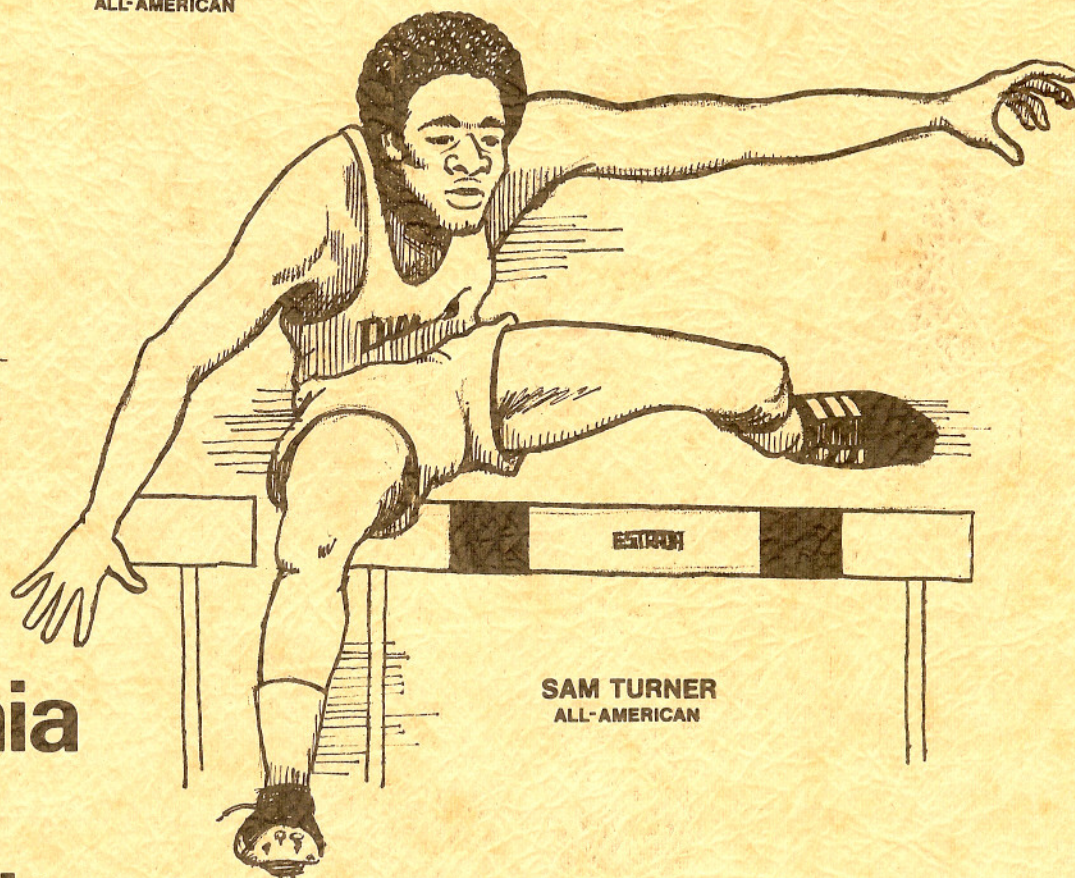


CAREY SIMONS
ALL-AMERICAN

DIABLO TRACK AND FIELD 1977



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California
State
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Los Angeles

Cover Design By



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1977 CAL STATE LOS ANGELES TRACK AND FIELD SCHEDULE

Jan. 21-22.....	Southern California Indoor Games; at Long Beach Arena.	All Day
Jan. 29-30.....	7th Annual Cal State L.A. Decathlon; at CSULA.	9 a.m.
Feb. 26.....	Cal State Bakersfield, Cal Poly Pomona, Nevada-Las Vegas, CSULA; at Bakersfield.	1 p.m.
March 5.....	Westmont College; at CSULA.	1:15 p.m.
March 12.....	Cal State Northridge; at Devonshire Downs.	1 p.m.
March 19.....	Cal State Northridge Relays; at Devonshire Downs.	All Day
March 23.....	Ambassador College; at CSULA.	3 p.m.
March 25.....	Santa Barbara Relays; at U.C. Santa Barbara.	2:30 p.m.
March 26.....	Univ. Redlands Relays; at Redlands.	All Day
April 2.....	San Diego State; at San Diego.	Noon
April 9.....	Open.	
April 16.....	U.C. Santa Barbara; at UCSB.	1 p.m.
April 22-23....	Mt. San Antonio College Relays; at Walnut.	9 a.m.
April 30.....	Fresno State, U.C. Irvine, CSULA; at CSULA.	1:15 p.m.
May 6-7.....	West Coast Relays; at Fresno.	All Day
May 7.....	U.C. Riverside Invitational; at Riverside.	5 p.m.
May 12-13-14..	California Collegiate Athletic Association Championships; at Devonshire Downs (Hosted by Cal State Northridge).	All Day
May 26-27-28..	National Collegiate Athletic Association Division II Championships; at Fargo, North Dakota. (Hosted by Univ. North Dakota).	All Day
June 2-3-4....	National Collegiate Athletic Association Division I Championships; at Champaign, Illinois. (Hosted by Univ. Illinois).	All Day

1977 CAL STATE LOS ANGELES TRACK AND FIELD OUTLOOK

Some top returnees, including six CCAA champions and four NCAA Division II All-American selections, and some top notch recruits should give Cal State Los Angeles one of its most talented track and field squads ever as the Diablos try to improve upon their second-place finish in the California Collegiate Athletic Association and their 11th-place finish in the nationals.

The Diablos went 8-1 in dual-meet competition last season, losing only to PCAA contender San Diego State on a cool, wet day when CSULA was hit hard by injuries. Early in the year, CSULA defeated eventual CCAA champion Cal State Northridge, and then, at the end of the season, the Diablos routed U.C. Irvine, the eventual NCAA Division II champion.

Eight Diablo athletes went on to ear Division II All-American status.

Another highlight of the 1976 season was a win over Occidental College, the first time CSULA has beaten the Tigers in track in 11 years of competition.

1976 Results

CSULA 89, Occidental 59, Cal Poly Pomona 22½, Cal State Bakersfield 12½.

(CSULA 83, Occidental 66. CSULA 103, CPP 26. CSULA 109, CSB 15.)

CSULA 90, Cal State Northridge 73.

CSULA 106, Ambassador College 30.

San Diego State 89, CSULA 56.

CSULA 96, U.C. Santa Barbara 48.

CSULA 75, Fresno State 58, U.C. Irvine 56.

(CSULA 81, FSU 71. CSULA 91, UCI 65.)

A CLOSER LOOK AT THE DIABLOS

SPRINTS--Strong. CSULA has the both conference sprint champions returning, John Foye (9.6-10.5/21.5n) in the 100 meters and Larry Rowles (9.4w-10.7n/21.3) in the 200 meters. Also returning is hurdler/sprinter Chester Hart, who dashed a 9.6 100 yards last season. Top recruits are Glenn Yates (9.8) from Duarte HS and Gary ("Cornbread") Jenkins, a 9.6 sprinter and the Metropolitan Conference champion at Long Beach CC last season. For the 400 meters, CSULA has Gerald Peete (47.6/46.0r), twice the Metro Conference champion.

MIDDLE DISTANCES--Inexperienced. Freshman Randy Osborne (1:57.9) was the track MVP at Marshall HS last year and he's expected to run in the 1:53's this season. Cleveland Whalen (1:53/4:06.6 mile) will compete in both the 800 and the 1500 meters. Backing Whalen in the 1500 is senior Manual Reynoso (4:00.2), a third-place finisher in the CCAA last season. Carey Simons, the school record-holder at 3:51.8 also will compete in the 1500.

DISTANCES--Competitive. Simons, a Division II All-America pick in both track and cross country, heads the list. He's the school record holder and the CCAA champion in the 5000 meters (14:32.5n) and also holds the CSULA 10,000-meter record (30:00.6n). Backing him is junior Rodger Schoonover, the No. 1 runner on CSULA's cross-country team who has a 2-mile best of 9:17 and a 3-mile best of 14:33. John Araujo ran a 4:26 mile at Montebello HS last year and could develop into a fine collegiate distance runner. In the steeplechase, CSULA will go with senior Felipe Brizuela (9:46.0n), the second-place finisher in the CCAA cross-country meet last November.

A CLOSER LOOK AT THE DIABLOS (cont.)

HURDLES-- Very Strong. Chester Hart, a junior, holds the school record in the 110-meter highs at 14.1 but was injured in the conference meet. Coppy Rillera won the CCAA title and has bests of 14.1 for the season. Behind them, sophomore Sam Turner ran a wind-sided 14.7 last season. Turner also won the CCAA championship in the 400-meter IH and set a school record of 51.31 in the nationals. He set a frosh record of 52.20 in the 440-yard IH and anchored CSULA's mile- and 1600-meter relay teams, and third leg on the 400-meter squad. Jerry Desantis (55.4n), a three-year letterman, also returns. Philip Bouchereau, a transfer from UCLA has run 53.4 while freshman Joseph Brown was sixth in the state (37.5) in the 330-yard LH at Pasadena HS.

WEIGHTS AND JAVELIN--Improved. Colin Sutherland, an import from Great Britain, is the British junior record holder in the discus at 190-2 and the Scottish record holder as well. He'll turn the normally weak discus into a very strong event for the Diablos. Sutherland also is a 50-foot shot putter. Backing him in the discus is junior Oba Warren (152-3), who improved some 14 feet last year in his second season of competition. Kavlin Knab (150) adds depth. In the shot, senior Don Baxter (53-5 3/4) ranks second on CSULA's all-time list and finished sixth in the CCAA meet. Bill Luke (208-6) holds the CSULA frosh javelin record at 206-8 and won the CCAA title last season. Transfer Jeffrey Ferguson threw a school-record 199-5 at Ventura J.C. last year.

JUMPS--Strong. Gary George went 6-8½ at Mt. SAC and already has scaled 6-8 to win the Southern California Indoor Games in January. The coaches feel he has great potential. Mike Healey, a tall freshman, went 6-6 last season at Don Boxco Tech HS and he's hoping for 6-10 this year. Rick Lovern, the quarterback on the Diablo football team, also went 6-6 in high school.

A CLOSER LOOK AT THE DIABLOS (cont.)

JUMPS (cont.) CSULA has a strong long jump crew led by decathlete John Turek (24-4½) and Yates (24-0 3/4). John Tigner, a junior, was 24+ at Citrus CC and finished second in the CCAA last year at 22-7½. Kerell Broussard (23-0) is expected to improve this year as a sophomore. The Diablos expect to have a pair of 47-foot triple jumpers in Ben Ochart (47-1 as a freshman in 1974) and junior Dan Luna (45-1½w), a hard worker. Yates also may compete in the triple jump.

POLE VAULT--Strong. Senior Keith Adams (15-9) finished fifth in the CCAA meet and won his division at the Southern California Indoor Games in January at 15-6. The coaches say he may break the school record. Ferguson went 15-6 at Ventura JC and was the team MVP.

DECATHLON---Strong. A transfer from Weber State, Turek has a best of 7,280 points and should carry on CSULA's fine decathlon tradition. His best marks are 10.6 in the 100 meters, 14.7 in the 110-meter HH and 24-4½ in the long jump. He was ranked nationally in the decathlon while attending Fullerton CC in 1974. Bill Buke (6,177) finished sixth in the CCAA as he scored his personal best. Ferguson (6,172) rounds out CSULA's competitors.

RELAYS--Strong. The team of George Reddick, Rowles, Turner and Foye (40.63) won the CCAA 400-meter championship and finished fourth in the nationals. Yates of Jenkins should fill in for the graduated Reddick. CSULA has lost two members of its mile/1600-meter relay squad, but Peete and Osborne should help the Diablos absorb some of the loss.

1977 CAL STATE LOST ANGELES TRACK AND FIELD ROSTER

<u>Name</u>	<u>Event</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Class</u>	<u>Hometown</u>	<u>High School/JC</u>
Keith Adams	PV	5-10	150	Sr.	Los Angeles	Fremont/Trade Tech
Dan Apodaca	LJ, TJ	5-7	135	Soph.	El Sereno	Garfield
John Araujo	800	5-7	145	Fr.	Pico Rivera	Montebello
Don Baxter	SP, Hammer	5-8	240	Sr.	Los Angeles	L.A. Jordan/Harbor
Philip Bouchereau	IH	5-9	155	Sr.	Monterey Pk.	Mark Keppel/ELAC
Felipe Brizuela	Dist., Stteple	5-5	125	Sr.	Duarte	Duarte/Citrus
Kerell Broussard	LJ, TJ	5-10	155	Soph.	Carson	Pius X
Joseph Brown	IH, 800	5-6	135	Fr.	Los Angeles	Pasadena
Jerry DeSantis	IH	6-0	165	Sr.	Alhambra	Alhambra
Jeff Ferguson	PV, Decath	6-2	170	Jr.	Oxnard	Rio Mesa/Ventura
John Fisanotti	Dist.	5-7	130	Jr.	La Crescenta	Crescenta Valley/Glen.
John Foye	Sprints	6-0	155	Jr.	Los Angeles	Locke
John Garza	400	5-8	150	Jr.	Montebello	Lutheran
Gary George	HJ	6-3	175	Jr.	Pomona	Ganesha/Mt. SAC
Chester Hart	HH, Sprints	5-10	170	Jr.	Phoenix, AZ.	S. Mountain/Mesa
Mike Healy	HJ	6-6	180	Fr.	Rosemead	Don Bo'sco Tech
Gary Jenkins	Sprints	5-5	160	Jr.	Long Beach	L.B. Poly/LBCC
Bryan Jonason	Dist., Steeple	5-9	140	Jr.	Temple City	Arcadia/Citrus
Kalvin Knab	Dis., SP	5-10	200	Sr.	Glendale	Glendale/Glendale
Rick Lovern	HJ	6-2	195	Jr.	Independence, Kansas	
Bill Luke	Jav, Decath	5-10	175	Sr.	N. Hollywood	N. Hollywood
Dan Luna	LJ, TJ	5-10	150	Jr.	Alhambra	Alhambra
Ben Ochart	LJ, TJ	5-7	155	Sr.	Hollywood	Belmont
Randy Osborne	400, 800	6-0	155	Fr.	Los Angeles	Marshall
Gerald Peete	400, Sprints	5-8	155	Jr.	Compton	L.B. Jordan/LBCC

1977 CAL STATE LOS ANGELES TRACK AND FIELD ROSTER (cont.)

<u>Name</u>	<u>Event</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Class</u>	<u>Hometown</u>	<u>High School/JC</u>
Chris Ponce	Dist.	5-10	160	Jr.	Monterey Pk.	Alhambra
Manuel Reynoso	Dist.	6-0	145	Sr.	Claremont	Claremont/Citrus
Coppy Rillera	HH	6-2	160	Sr.	Gardena	Gardena
Larry Rowles	Sprints	6-0	175	Sr.	Compton	Centennial
Roger Schoonover	Dist.	6-0	145	Jr.	Eagle Rock	Eagle Rock/Glendale
Carey Simons	Dist., Steeple	5-11	145	Sr.	Alhambra	Alhambra
Colin Sutherland	Dis, SP	6-7	240	Fr.	Beckenham, England	
John Tigner	LJ, TJ	6-0	175	Sr.	Fontana	Fontana/Chaffey
Keith Turner	Sprints	5-9	160	Soph.	Los Angeles	Locke
Sam Turner	HH, IH	6-3	175	Soph.	Los Angeles	Locke
John Turek	Decath	5-10	185	Sr.	Buena Park	Buena Park/Fullerton
Joel Walehwa	800	5-10	140	Sr.	Uganda	
Bobby Ward	400, 800, 1500	5-11	150	Jr.	Gardena	Lutheran/WLA
Oba Warren	Dis, SP	6-1	210	Jr.	Los Angeles	Locke
Keith Watkins	HH	6-1	175	Fr.	West Covina	West Covina
Cleveland Whalen	800, 1500	6-1	155	Sr.	Los Angeles	Manual Arts/WLA
Calvert Wright	800	6-2	185	Jr.	Los Angeles	Locke
Glenn Yates	LJ, Sprints	5-10	160	Fr.	Duarte	Duarte
Kevin Zimmerman	PV, Decath	5-9	155	Fr.	Alhambra	Alhambra

ATHLETE PROFILES

KEITH ADAMS--CSULA's leading returnee in the pole vault, Adams has a best of 15-9 last season and finished fifth in the CCAA meet. A consistent vaulter, he hopes to break the 0-year old school record of 16-6 $\frac{1}{4}$. Adams, who set an L.A. City "C" record of 12-10 while at Fremont H.S. climbed 15-6 in January to win his division of the Southern California Indoor Games at the Long Beach Areen.

JOHN FOYE--Foye is the defending CCAA champion in the 100 meters and earned Division II All-America status as he anchored the Diablo 400-meter relay team which finished fourth in the nationals. Foye has a best of 9.6 over 100 yards, and he won the Santa Barbara Relays 100-meter dash last season in 10.5. Foye was a City hurdles champion at Lock HS and he has high jumped 6-4.

CHESTER HART--Although injured in the conference meet, Hart set a CSULA record of 14.1 for the 110-meter HH last season at the Mt. SAC relays. He ran a classy 13.8 as a freshman at Mesa College in Arizona. Hart has run 9.6 over 100 yards and he ran the second leg on CSULA's mile relay squad last year.

BILL LUKE--The defending CCAA javelin champion, Luke also placed sixth in the conference decathlon last year, scoring a lifetime-best 6,177 points. A three-year track letterman at CSULA, he won the conference javelin last season with his best throw of the year (207-1) and has a top throw of 208-6. Luke also is a 14-0 pole vaulter, and he finished second in the 167-pound weight class in the CCAA wrestling championships last year. He was a three-year letterman in track, wrestling and football at North Hollywood HS.

GERALD PEETE--Twice the Metropolitan Conference champion in the 440 while at Long Beach CC, Peete enters the season as CSULA's No. 1 quarter-miler. He ran a speedy 6.2 over 60 yards in an all-comers meet last December, and

ATHLETE PROFILES (cont.)

GERALD PEETE (cont.) has a best of 47.6 for 400 meters. Peete was clocked in a relay leg at 46.0. He attended Long Beach Jordan HS.

COPPY RILLERA--Rillera is the defending CCAA champion in the 100-meter HH and the CSULA record-holder for the 12 -yard HH at 14.1. In 1975, as a sophomore, he finished fourth in the conference meet with a wind-sided 14.2. In addition to co-holding the CSULA indoor 70-yard HH record of 7.5, Rillera holds the school frosh record at 14.9n. He is a three-year letterman at CSULA.

LARRY ROWLES--The veteran sprinter on CSULA's track team, Rowles is the defending CCAA champion in the 200 meters. Another Division II All-America pick from CSULA's 400-meter relay team, Rowles is entering his fourth year of track competition for the Diablos. He finished fourth in the State meet while competing for Centennial HS. As a freshman, Rowles ran a wind-aided 9.4 100; his best times are 10.7 over 100 meters and 21.3 for 220 yards.

CAREY SIMONS--Simons was the MVP on last year's CSULA track team, winning the CCAA 5,000-meter championship and finishing second in the 10,000-meters, both in school-record times. He finished fourth in the NCAA Division II 5,000-meter race last spring and earned All-American status. He also was an All-America pick in cross-country in 1975. Simons holds every CSULA metric record from the 1500 to the 10,000.

COLIN SUTHERLAND--Sutherland should be the find of the year for Cal State L.A. He's the United Kingdom's Junior record holder in the discus, with a best last season of 190-2. Sutherland is aiming at the world discus record and hopes to surpass 200 feet this year, as a freshman. Sutherland, 6-foot-7 and 240 pounds is from Beckenham, Kent England, and he played on the basketball team there which won the English National Junior Championship in 1975. His brother also plays on England's national basketball team.

ATHLETE PROFILES (cont.)

JOHN TUREK--With a best of 7,280 points, Turek figures to be CSULA's mainstay in the decathlon this season. He competed one year at Weber State and before that, finished second in the state while at Fullerton College. His best marks are 10.6 for 100 meters, 24-4½ in the long jump and 14.7 in this high hurdles.

SAM TURNER--The CSULA frosh record-holder in the intermediate hurdles, Turner won the CCAA championship and then recorded a school record 51.31 in the nationals. A talented runner, Turner was an All-America pick on the 400-meter relay. In addition to running the third leg on the short relay, Turner anchored the 1600-meter relay team which won the CCAA title. At Locke HS, Turner set and L.A. City record of 37.3 in the 330-IH.

CLEVELAND WHALEN--A transfer from Cal State Fullerton, Whalen has a 4:06.6 best for the mile. At Manual Arts HS, he was the 1972 Southern League mile champion and he finished third in cross country the previous season. He also has run a 1:53 880, a 9:18 2-mile and a 14:40 3-mile.

OBA WARREN--Warren improved his discus to 152-3 last season and will combine with Sutherland to give CSULA an outstanding 1-2 punch in what traditionally has been a weak event. A junior, Warren is expected to throw beyond 160 feet this year. Warren, who also will put the shot, played offensive tackle on CSULA's football team last season.

GLENN YATES--The best of the frosh recruits, Yates ran 9.8 in the 100 and won the CIF 3-A long jump title with a best of 24 feet. He was the school MVP in track in 1973, 1974, 1975 and 1976 and earned three letters each in track, basketball and football.