

May 1, 1977

Results of the Sixth Annual Long Beach Invitational Track Meet

3000 METER STEEPLECHASE--1. Mike Cour (San Diego Track Club) 9:05.5;
2. Hank Lawson (San Diego St.) 9:26.0; 3. Rich McCandless (CS Long Beach)
9:26.7; 4. Howard Burgess (CS Long Beach) 9:30.2

400 METER RELAY--1. All American Track Club (Lemetis Mack, William Miller,
Eugene Driver and Michael Gore) 41.7; 2. Maccabi Union T.C. 42.5;
3. U.S.I.U. 45.7

HAMMER--1. Peter Galle (Maccabi Union T.C.) 216-0; 2. Ed Arcaro
(Maccabi Union T.C.) 204-8; 3. George Frenn (Maccabi Union T.C.) 204-10;
4. Hal Connally (Maccabi Union T.C.) 189-8; 5. Tom Allison (CS Northridge)
157-4

1500 METERS (1st Flight)--1. Tom Bryant (Santa Monica T.C.) 3:49.6;
2. Armando Cendejas (CS Long Beach) 3:50.1; 3. Tom Lux (Jamul Toads)
3:50.7; 4. Larry Hayden (CS Long Beach) 3:56.1; 5. Paul Goghuer
(Santa Monica T.C.) 3:59.1
(2nd Flight)--1. Steve Lassergard (Maccabi Union T.C.) 3:51.0; 3:53.1
2. Glenn Jewell (Unattached) 3:52.2; 3. Rory Trap (Jamul Toads) ~~3:52.2~~
4. Alan Hazard (Maccabi Union T.C.) 3:53.7; 5. Keith Colburn (Santa Monica
Track Club) 3:53.9

110 METER HURDLES--(First Flight) 1. Chester Hart (CS Los Angeles) 14.0;
2. Paul White (CS Long Beach) 14.0; 3. Delario Robinson (All American T.C.)
14.9; 4. Michael Greene (Westwood T.C.) 16.0
(2nd Flight) 1. Craig Durck (CS Long Beach) 14.4; 2. Al Stanford (All
American T.C.) 14.4; 3. Al Borden (Unat.) 14.45; 4. Alton Colbert (All
American T.C.) 14.5

400 METERS--(1st Flight) 1. Hubert Beasley (CS Long Beach) 47.1;
2. Bryan Saunders (CS Long Beach) 47.5; 3. Adlai (Maccabi Union T.C.) 49.0
4. Frank Nelms (So. Bay T.C.) 49.4; 5. Billy Derreck (So. Bay T.C.) 51.2
(2nd Flight) 1. Randy Benson (Pacific Coast Club) 48.7; 2. Jimmy Dykes
(CS Long Beach) 49.3; 3. Carl Jones (CS Los Angeles) 50.0; 4. M. Smith
(CS Long Beach) 50.0; 5. Don Barton (USC) 50.0

LONG JUMP--1. Keith Taylor (All American T.C.) 24-6 $\frac{1}{2}$; 2. Greg Magee
(CS Long Beach) 24-3 $\frac{1}{2}$; 3. Elliot Thomas (All American T.C.) 23-9 $\frac{1}{2}$;
4. Don Moore (Unat.) 23-2 $\frac{1}{2}$; 5. Alvin Spencer (Unat.) 22-8 $\frac{3}{4}$

SHOT PUT--1. Mike Budinoich (Maccabi Union T.C.) 61-4; 2. Jim Niedhart
(Unat.) 60-3; 3. Ken Pagel (Maccabi Union T.C.) 59-1; 4. Jean Beaudry
(San Diego St.) 56-0; 5. Bob Barrows (Jamul Toads) 54-1 $\frac{1}{2}$

JAVELIN--1. Joe Gould (Maccabi Union T.C.) 246-1; 2. Larry Stuart
(Maccabi Union T.C.) 241-6; 3. Fred Carpenter (Athletes in Action) 238-1;
4. Mike Packer (San Diego St.) 232-7; 5. Ted DeMill (Unat.) 230-2

HIGH JUMP--1. Carl Miles (CS Long Beach) 6-10; 2. Dean Owens (Jamul Toads) 6-10; 3. Mike Franz (CS Long Beach) 6-8; 4. Paul Jiggiano 6-6; 5. Bill Bunting (Jamul Toads) 6-4

100 METERS (1st Flight) 1. Jeff Williams (CS Long Beach) 10.5; 2. Stanford Brewer (CS Long Beach) 10.5; 3. Greg County (CS Long Beach) 10.6; 4. Bob Yallen (Maccabi Union T.C.) 10.8
(2nd Flight) 1. Colin Bradford (USC) 10.5; 2. Phil Pipersburg (CS Long Beach) 10.6; 3. Don Tavie (CS Long Beach) 10.9; 4. Wayne Brownston (Maccabi T.C.); 5. Eugene Driver (All American T.C.) 10.9
(3rd Flight) 1. Marion McCoy (Maccabi Union T.C.) 10.7; 2. Lemie Mack (All American T.C.) 10.8; 3. Duke Ferguson (San Diego State) 10.8; 4. Kruler (San Diego St.) 11.1; 5. Don Couser (Unat.) 11.1

400 METER INTERMEDIATE HURDLES--(1st Flight) 1. Otis Fisher (Maccabi Union T.C.) 52.0; 2. David Lizardi (CS Long Beach) 52.5; 3. Chris Casselman (Maccabi Union T.C.) 52.56; 4. Phil Bouchereau (CS Los Angeles) 53.8
(2nd Flight) 1. Paul White (CS Long Beach) 53.3; 2. John Carlin (CS Long Beach) 55.9; 3. Al Borden (Unat.) 56.8

800 METERS--(1st Flight) 1. Mark Rafferty (Santa Monica T.C.) 1:51.1; 2. Malcolm Cleary (Occidental College) 1:51.4; 3. Howard Keely (CS Long Beach) 1:51.4; 4. Peter Mogg (SO. Bay T.C.) 1:51.9
(2nd Flight) 1. Rick Penner (Athletes in Action) 1:50.4; 2. Bruce Helkbrand (CS Northridge) 1:50.8; 3. Randy Smith (CS Northridge) 1:51.09; 4. John Thurton (Maccabi Union T.C.); 5. Glenn Fox (CS Northridge) 1:52.8

POLE VAULT--1. Don Baird (CS Long Beach) 17-9; 2. Charlie Brown (17-0) (El Camino College); 3. Baamo Eskola (Finland) 17-0; 4. Mike Sabatino (UC Irvine) 16-6; 5. Jim Knaub (CS Long Beach) 16-0

TRIPLE JUMP--1. Keith Taylor (All American T.C.) 50-9; 2. Maurice Valentine (CS Long Beach) 50-2; 3. Askiel Bruno (Unat.) 47-2 $\frac{1}{2}$;
(1st Flight)

200 METERS--1. Jeff Williams (CS Long Beach) 21.7; William Miller (All American T.C.) 21.8; 3. Bryan Saunders (CS Long Beach) 22.3; 4. Eugene Driver (All Amer. T.C.) 22.3; 5. Gary Osterholt (Occidental College) 22.9
(2nd Flight) 1. Phil Pipersburg (CS Long Beach) 22.1; 2. Marion McGill (All Amer. T.C.) 22.5; 3. Don Barton (USC) 22.5; 4. Glen Ladsen (So. Bay T.C.) 23.2; 5. Eugene Watkins (USIU) 24.3
(3rd Flight) 1. Colin Bradford (USC) 21.6; 2. Wanie Brownstein (CS Long Beach) 22.1; 3. Adali Hayes (CS Long Beach) 22.2; 4. Jimmy Dykes (CS Long Beach) 22.5; 5. Alvin Spencer (Unat.) 23.0

5000 METERS--1. Gary Nitti (Santa Monica T.C.) 14:23.6; 2. Dave Smith (Athletes in Action) 14:30.3; 3. Chuck Smeed (Athletes in Action) 14:32.7; 4. Mark Dulaney (Athletes in Action) 14:35.2

MILE RELAY--1. CS Long Beach (Hubert Beasley, Bryan Saunders, Leonard Ledet and David Lizardi) 3:16.5; 2. All American T.C. 3:16.7; 3. CS Long Beach 'E' 3:25.0; 4. USIU 3:31.7

DISCUS--1. Ralph Fruguslietti (USC) 198-5; 2. Dan Gardner (Maccabi T.C.) 193; 3. Sutherland (CS LA) 192-0; 4. Marcus Gordien (Cal Poly Pomona) 189-8; 5. Steve Brown (CS Long Beach) 184-2

over 200
in warmups