

(Jr. Olympic Nat'l's, Continued) 3000m: Martini/Del 9:49.3, 8-Van Housen/Woodside 10:04.9, (Semi 2) 7-Gong/Lo 10:27.8; 100mH: Redo/KS 13.66, 3-Sanders/Berk 13.82; 400mH: Harmon/ThOaks 58.77, 3-Demorest/SCI 60.65; 1500mRW: Paudler/WA 7:12.1, 20-Perry/Stktn 8:22.1, 21-Ross/Oro 8:55.6; 400mR: BEBTC (Spence, Ware, Johnson, Rodgers) 46.04 (45.89 in semis, new Nat'l meet record); LJ: Joyner/IL 21-0 3/4w, 5-Sanders/Berk 19-10 1/4w, 7-Johnson/OKld 19-4 1/4w; HJ: Lind/NB 6-0, 10-Bishop/OKld 5-6 (5-8 qual.); SP: Ramos/Anaheim 45-11 1/2; DT: Johnson/AZ 157-6, 8-Nickerson/RanCord 124-6 1/2 (132-3 qual.); JT: Hughes/OR 165-10.
/Keith Conning; Jim Hume/

ADDITIONS: Nat'l TAC Girls Age-Group (July 5-7, Tempe, AZ) - 800mMR: 7-Hilltop TC 1:49.69; 2MR: 3-Woodside Str. 10:13.43; DT: 3-Durchslag/WDS 117-0; SP(8#): 3-Durchslag 40-1 1/2; JT: 5-Durchslag/WDS 120-0; LJ: 2-Bates/BE 18-11 1/2; /12-13 DIV./ 100m: 2-Hutchins/GG 12.25. /Keith Conning/

— NorCal Prep Bests —

(Compiled by Keith Conning) - Here are the 1980 NorCal Prep Bests (by performer), ten deep. Any corrections or additions should be sent directly to Keith at 2235 Browning St., Berkeley, CA 94702. *** KEY: *=junior; **=sophomore; ***=fresh; c=yard mark converted to meters; ****=8th grade. The automatic times (listed in 100ths) which make the lists have been placed in positions of relative "value" by assigning a conversion factor of either 0.24 (100, 200, 110H) or 0.14 (400). A question mark before the name (?) indicates that year in school is unknown. Thanks to Howard Willman for the Central Coast Section marks. - Note that all running events are in meters this year!

100 METERS

- 10.59 *Ken Robinson (Berkeley)
- 10.4 Carl Montgomery (So. San Francisco)
- 10.4c *Gerald White (McClymonds, Oakland) (9.5y)
- 10.72 Fred Williams (Norte del Rio, Sacramento)
- 10.73 Eric Washington (Woodside)
- 10.6 Wayne Johnson (Terra Linda, San Rafael)
- *Rick Mills (Independence, San Jose)
- *Ken Smith (Palo Alto)
- Troy Brooks (Washington, Fremont)
- 10.6c *Emile Armstrong (Sacred Heart, S.F.) (9.7y)
- **Kevin Wilhite (Cordova, Rancho Cordova) (9.7y)

200 METERS

- 21.21 *Ken Robinson (Berkeley)
- 21.22 *Gerald White (McClymonds, Oakland)
- 21.35 Eric Washington (Woodside)
- 21.40 *Anthony Toney (No. Salinas, Salinas)
- 21.44c Carl Montgomery (So. San Francisco)
- 21.62c Tommy Ford (Berkeley)
- 21.65c *Ken Smith (Palo Alto)
- 21.68c Harry Campbell (Mt. Pleasant, San Jose)
- 21.5c *Homer Dotson (Berkeley)
- Wayne Johnson (Terra Linda, San Rafael)

400 METERS

- 47.49 Mike Barber (Highlands, No. Highlands)
- 47.60 Harry Campbell (Mt. Pleasant, San Jose)
- 47.68c ?Carl Bonner (Vallejo)
- 47.74 Rod M. Green (Palo Alto)
- 47.6 *Chris Prietto (De La Salle, Concord)
- 47.79 *Anthony Toney (No. Salinas, Salinas)
- 47.92 Tony Eddings (Johnson, Sacramento)
- 47.9 *Ulysee Walker (Berkeley)
- 48.2 *Homer Dotson (Berkeley)
- 48.6 Doug Loisel (Mission San Jose, Fremont)
- *David White (St. Mary's, Berkeley)

800 METERS

- 1:50.19 *Pete Richardson (Berkeley)
- 1:51.87 *Dave Rodriguez (Montgomery, Santa Rosa)
- 1:52.5c Vincent Wilkins (Oakland)
- 1:53.51 ?John O'Dell (Vintage, Napa)
- 1:53.62 Scott Oliver (Los Gatos)
- 1:53.7c Willie Cage (Galileo, San Francisco)
- 1:53.71 *Brendan Saunders (Bellarmine, San Jose)
- 1:53.9 Larry Guinee (Castro Valley)
- 1:54.2 Greg Long (Calaveras, San Andreas)
- 1:54.3 Andre Preston (Berkeley)



(Left) Rich Read, Mission San Jose, did a 4:17.3 for sixth best NorCal time in the mile; (Right) John Frank, Central Valley (Redding), clocked 9:05.49 to rank second in the 8-lap event (3200m) behind Jay Marden. /Don Gosney Photos/

1600 METERS

- 4:04.58c Pedro Reyes (Jesuit, Carmichael) (4:06.01 Mi.)
- 4:06.18 Larry Guinee (Castro Valley)
- 4:13.2c *Jay Marden (Mission San Jose, Fremont) (4:14.6)
- 4:13.29 Greg Long (Calaveras, San Andreas)
- 4:15.2c Mike Vail (Mira Loma, Sacramento) (4:16.7)
- 4:15.8c Rich Read (Mission San Jose, Fremont) (4:17.3)
- 4:16.0c Mario Springer (Mountain View) (4:17.4)
- 4:16.2c *Jesse Torres (Independence, San Jose) (4:17.6)
- 4:16.5c Ken Bergkamp (Leigh, San Jose) (4:18.0)
- 4:16.6c *Tito Torres (Johnson, Sacramento) (4:18.1)

3200 METERS

- 8:56.08 *Jay Marden (Mission San Jose, Fremont)
- 9:05.49 John Frank (Central Valley, Redding)
- 9:05.7c Mike Vail (Mira Loma, Sacramento) (9:08.8 2-Mi.)
- 9:08.5c Greg Long (Calaveras, San Andreas) (9:11.7)
- 9:10.18c *Tito Torres (Johnson, Sacramento) (9:13.39)
- 9:10.2c *Jesse Torres (Independence, San Jose) (9:13.4)
- 9:11.1c Jeff Magallanes (Seaside) (9:14.3)
- 9:11.2c *Mike McCollum (Palo Alto) (9:14.4)
- 9:11.3c *Jeff Scott (El Camino, Sacramento) (9:14.7)
- 9:14.68 Marco Ibarra (Wilson, San Francisco)

110 METER HIGHS

- 13.73 Don Ward (St. Mary's, Berkeley)
- 13.79 Henry Andrade (Johnson, Sacramento)
- 14.02 Daryl Hill (O'Dowd, Oakland)
- 14.10 Frank Williamson (Skyline, Oakland)
- 14.0 Hiram Mack (McClymonds, Oakland)
- 14.1 Chad Le Fever (Washington, Fremont)
- ?Sherron Grant (Sacramento)
- John Zukowski (Hillsdale, San Mateo)
- 14.2 Don Rogers (Norte Del Rio, Sacramento)
- *Reggie Hawkins (Hillsdale, San Mateo)



300 METER LOW HURDLES

36.26	Don Ward (St. Mary's, Berkeley)
36.2c	Frank Williamson (Skyline, Oakland)
36.8	*Ronnie Seanez (Gilroy)
36.8c	Henry Andrade (Johnson, Sacramento)
37.71	John Zukowski (Hillsdale, San Mateo)
37.5	?Ernest Dumas (Galileo, San Francisco)
	*Walter Murray (Berkeley)
37.75	*Tim Redick (Woodside)
37.6	?Charlie Harper (Tracy)
	Joe Jackson (Monterey)

400 METER RELAY

41.29	Berkeley
41.76	Silver Creek, San Jose
41.87	Woodside
41.94	Johnson, Sacramento
42.05	Mt. Pleasant, San Jose
42.10	Cordova, Rancho Cordova
42.0c	Skyline, Oakland
42.1c	Norte Del Rio, Sacramento
42.2	De Anza, Richmond
	Grant, Sacramento

1600 METER RELAY

3:10.42	Berkeley
3:15.0	St. Mary's, Berkeley
3:15.93	Highlands, North Highlands
3:16.2c	Johnson, Sacramento
3:16.59	Oakland
3:16.6c	Vallejo
3:19.4c	Mt. Pleasant, San Jose
3:19.8	Galileo, San Francisco
3:20.0c	Skyline, Oakland
3:20.4c	El Cerrito

HIGH JUMP

6-11½	Ivan Morris (Johnson, Sacramento)
6-10 3/4	?Arne Simonsen (Ceres)
6-10	?Doug Williams (Vacaville)
6-9	Ricky Caldwell (Berkeley)
	Bob Lucas (Pittsburg)
	James Modkins (Pittsburg)
6-8½	?Farrar (Encina, Sacramento)
6-8	*T.J. Bartel (Westmont, Campbell)
	Dan Iliff (Palma, Salinas)
	Edre Luster (Oakland Technical)
	Jim Moran (Berkeley)
	?Brian Spears (DeAnza, Richmond)
	*Darrell Washington (Oak Grove, San Jose)
	James Wilson (Hayward)
	Paul Warrin (Castro Valley)

POLE VAULT

15-6½	Greg Ellis (Menlo-Atherton, Atherton)
15-6¼	D.J. Bahl (Awalt, Mountain View)
15-6	Ben Mahoney (St. Francis, Mountain View)
15-2	Robert Crumpler (Menlo-Atherton, Atherton)
	*Mitch Norris (Del Mar, San Jose)
15-1	Warren Jaques (Del Mar, San Jose)
15-0½	Leon Hanson (Antioch)
15-0	Ken Payless (Sunnyvale)
	*Marc Anderson (Buchser, Santa Clara)
14-9¼	Tony Faber (Yuba City)

LONG JUMP

23-10 3/4	**Ken Frazier (Mission, San Francisco)
23-7½	Carl Burton (Ceres)
23-4½	Byron Criddle (El Cerrito)
23-3	Ralph Lumactod (Buchser, Santa Clara)
23-1 3/4	?Eric Wright (Armijo, Fairfield)
23-1	*Ken Smith (Palo Alto)
23-0 3/4	John Bailey (Berkeley)
22-11	Mike Berry (Oak Grove, San Jose)
	*Steve Green (Salinas)
22-10½	*Carl Nelson (Las Plumas, Oroville)

TRIPLE JUMP

50-4 3/4	Byron Criddle (El Cerrito)
50-2½	**Ken Frazier (Mission, San Francisco)
48-10 3/4	John Bailey (Berkeley)
47-9	Mike Metoyer (Tamalpais, Mill Valley)
47-8½	Victor Torres (Silver Creek, San Jose)
47-8¼	Leonard Robinson (Yerba Buena, San Jose)

TRIPLE JUMP (Continued)

47-3	Donald Franks (Serramonte, Daly City)
46-7 3/4	Greg Marshall (Mt. Pleasant, San Jose)
	Robert Stroughter (San Mateo)
46-5	?Brian Spears (De Anza, Richmond)

SHOT PUT

61-1½	Cameron Baxter (Folsom)
60-7¼	*Dennis DeSoto (Santa Rosa)
59-1	*Dave Maggard (Acalanes, Lafayette)
59-0	Rey Mendizabel (Gunderson, San Jose)
58-8½	Clark Davidson (Antioch)
58-5	Ray Bellantoni (Del Mar, San Jose)
58-4¼	*Tim Sutro (Del Mar, San Jose)
58-3 3/4	Beau Babka (Stagg, Stockton)
58-2½	Rodney Cupp (Mt. Eden, Hayward)
57-9½	Don Boyd (Fortuna)

DISCUS

185-7	Eric Olson (Northgate, Walnut Creek)
183-2	Steve Colvin (Lowell, San Francisco)
180-4½	*Chris Day (Montgomery, Santa Rosa)
179-7	Rodney Cupp (Mt. Eden, Hayward)
176-7	?Brad Smith (Tracy)
176-6	*Henry Hall (Westmoor, Daly City)
174-3	Don Boyd (Fortuna)
173-2	*Dave Maggard (Acalanes, Lafayette)
172-3	Marc Barnum (Salinas)
	Dave Nagengast (Del Mar, San Jose)
	Bruce Owen (Silver Creek, San Jose)

--- GIRLS ---

100 METERS

11.34	*Sharon Ware (Berkeley)
11.6c	***Patrice Carpenter (De Anza, Richmond) (10.6y)
11.92	*Qwendolyn Ward (De Anza, Richmond)
11.7c	Kim Webster (Berkeley)
12.08	***Nedra Rodgers (Berkeley)
11.9c	?Barbara Ballard (Cordova, Rancho Cordova)
	*Robyne Johnson (Berkeley)
	***Delisa Lynch (Oakland Technical)
11.9	*Valerie Spence (San Lorenzo)
12.0c	**Karen Schaefer (Central Catholic, Modesto)
	***Monica Taylor (Del Paso, Sacramento)

200 METERS

23.62	*Sharon Ware (Berkeley)
24.3c	Volaney Harris (Oakland)
24.3	*Tanaya King (Berkeley)
24.63	*Qwendolyn Ward (DeAnza, Richmond)
24.4	**Gurtha Pounds (Live Oak, Morgan Hill)
24.5	***Patrice Carpenter (De Anza, Richmond)
24.7c	?Cheryl Griffin (Kennedy, Sacramento)
	Lisa Peters (Northgate, Walnut Creek)
24.7	*Valerie Spence (San Lorenzo)
	Kim Webster (Berkeley)

400 METERS

54.36	Volaney Harris (Oakland)
54.38	**Sherrill Miller (Fremont, Sunnyvale)
55.3	Lisa Peters (Northgate, Walnut Creek)
	**Jessica Spies (Livermore)
55.49	?Deby Sanders (Edison, Stockton)
55.6	Alison Adams (Campolindo, Moraga)
55.9	?Cheryl Griffin (Kennedy, Sacramento)
	Kim Webster (Berkeley)
56.2	**Maree Hansen (Alhambra, Martinez)
56.55	*Margaret Demorest (Buchser, Santa Clara)

800 METERS

2:09.73	**Marilyn Davis (Miramonte, Orinda)
2:09.87	**Maria King (Ayer, Milpitas)
2:11.1	**Jessica Spies (Livermore)
2:11.4	*Tracy Weber (Lynbrook, San Jose)
2:11.56	*Kathy Douglas (Kennedy, Richmond)
2:11.6	*Kerry Brogan (Los Altos)
2:13.0	**Jill Ellingson (Hayward)
2:13.16	**Laurie Hollingworth (Piner, Santa Rosa)
2:13.2	Lisa Sandel (Campolindo, Moraga)
2:14.3c	**Jenny Ray (Oakland)
2:14.34	***Sharon Yaninek (Presentation, San Jose)

1600 METERS

4:48.57	Lisa Sandel (Campolindo, Moraga)
4:49.94	Roxanne Bier (Independence, San Jose)
4:55.2c	*Tracy Weber (Lynbrook, San Jose)
4:56.6c	**Maria King (Ayer, Milpitas)
4:57.5c	*Heike Skaden (Encina, Sacramento)
4:57.7c	*Kerry Brogan (Los Altos)
4:59.9c	*Joni Weaver (Ponderosa, Shingle Springs)
5:04.05c	Liz Strangio (Mission San Jose, Fremont)
5:04.8	?Shelly Nieto (Merced)
5:05.7c	**Mary Ann Morse (Carondelet, Concord)

3200 METERS

10:28.9c	*Heiki Skaden (Encina, Sacramento)
10:36.36	Liz Strangio (Mission San Jose, Fremont)
10:41.5	**Robyn MacSwain (Terra Linda, San Rafael)
10:42.17	*Mary Gaffield (El Cerrito)
10:42.8c	Roxanne Bier (Independence, San Jose)
10:46.1	*Karin Lambden (Castro Valley)
10:46.6c	*Kerry Brogan (Los Altos)
10:49.1	Diane Gong (Lowell, San Francisco)
10:52.3	Lisa Dailey (Petaluma)
10:53.4c	Amy Harper (Prospect, Saratoga)

100 METER LOW HURDLES

13.4	Judy Young (Berkeley)
13.82	*Sherifa Sanders (Berkeley)
13.6	*Robyne Johnson (Berkeley)
13.97	Alesia Sweeney (Tamalpais, Mill Valley)
13.9	*Val Flamingo (Northgate, Walnut Creek)
14.0	Sally Meinbress (Acalanes, Lafayette)
14.52	Gretchen Mills (Gunn, Palo Alto)
14.3	?Shiri Milton (Fairfield)
14.59	****Evette Bates (King Junior HS, Berkeley)
14.4	*Teri Haynes (El Cerrito)

400 METER RELAY

45.7	Berkeley
46.23	De Anza, Richmond
47.0c	Kennedy, Sacramento
47.2c	Cordova, Rancho Cordova
48.37	San Carlos
48.3	Logan, Union City
48.5c	Ells, Richmond
48.66	Silver Creek, San Jose
48.79	Fremont, Sunnyvale
48.84	Saratoga
	Overfelt (San Jose)

1600 METER RELAY

3:46.7	Berkeley
3:53.4	Campolindo (Moraga)
3:53.67	Livermore
3:55.7	Miramonte (Orinda)
3:56.2	El Cerrito
3:57.53	Carlmont (Belmont)
3:57.5	Drake (San Anselmo)
	Castro Valley
3:58.53c	Oakland
3:59.59	Fremont (Sunnyvale)

HIGH JUMP

6-0	*Karen Lysaght (St. Francis, Sacramento)
5-10	Lisa Greenfield (Redwood, Larkspur)
5-9½	Trish King (Menlo-Atherton, Atherton)
5-9	**Cheryl Bishop (Berkeley)
5-8½	*Karen Robinson (Fremont, Sunnyvale)
5-7	*Maggie Van Zeeland (Acalanes, Lafayette)
	?Jennifer Jacobsen (Woodland)
	?Keri Johnson (South Lake Tahoe)
5-6 3/4	Joy Dana (Colusa)
5-6	Dana Davidson (Lynbrook, San Jose)
	Kathy Barry (Leigh, San Jose)

LONG JUMP

19-5½	*Sherifa Sanders (Berkeley)
19-4	*Robyne Johnson (Berkeley)
19-1½	Lesia Jackson (Terra Linda, San Rafael)
18-11½	****Evette Bates (Pinole Jr. HS, Pinole)
18-9½	Tammie Sullivan (Ayer, Milpitas)
18-9½	Lisa Greenfield (Redwood, Larkspur)
18-6½	*Maggie Van Zeeland (Acalanes, Lafayette)
18-3½	*Margaret Demorest (Buchser, Santa Clara)
18-2 3/4	**Kelly Abruzzini (Gilroy)
	Judy Young (Berkeley)



(Left) Roxanne Bier had second best 1600m and fifth best 3200m clockings for the season. /Gosney/ (Right) Marilyn Davis (L) had top 800. /Stock/



(Left) Kerry Brogan was ranked in 800, 1600 & 3200. (Right) Sherifa Sanders (L) and Judy Young (R) had two best hurdles times. /D. Gosney/

SHOT PUT (4KG)

44-8½	Leslie Deniz (Gridley)
44-1½	*Mel Rodriguez (Mariposa)
41-10	*Laura DeSnoo (Washington, Fremont)
40-9½	La Ree Dinnin (O'Dowd, Oakland)
40-6 3/4	?Becky Koch (Escalon)
40-5½	Kathy Callaghan (Monte Vista, Danville)
39-11 3/4	*Jeanne Gallegos (Liberty, Brentwood)
39-8 3/4	Wendy Fortner (Liberty, Brentwood)
39-8½c	*Deanne Phillips (Mira Loma, Sacramento)
39-6	Deanna Ramirez (Hill, San Jose)

DISCUS

183-1	Leslie Deniz (Gridley)
160-2	*Laura DeSnoo (Washington, Fremont)
142-11	*Mel Rodriguez (Mariposa)
141-6	Carolyn Perkins (Westmoor, Daly City)
139-0	Mellisa Kennedy (Roseville)
136-4 3/4	?Karen Nickerson (Cordova, Rancho Cordova)
134-10	**Stephanie Townsel (Silver Creek, San Jose)
133-2	*Jane Hambleton (Buchser, Santa Clara)
130-2 3/4	**Cindi Durschlag (San Carlos)
129-3	?Mary Dentinger (El Camino, Sacramento)