

S P R I N G S P O R T S

CENTRAL COAST SECTION

1996



ARCO

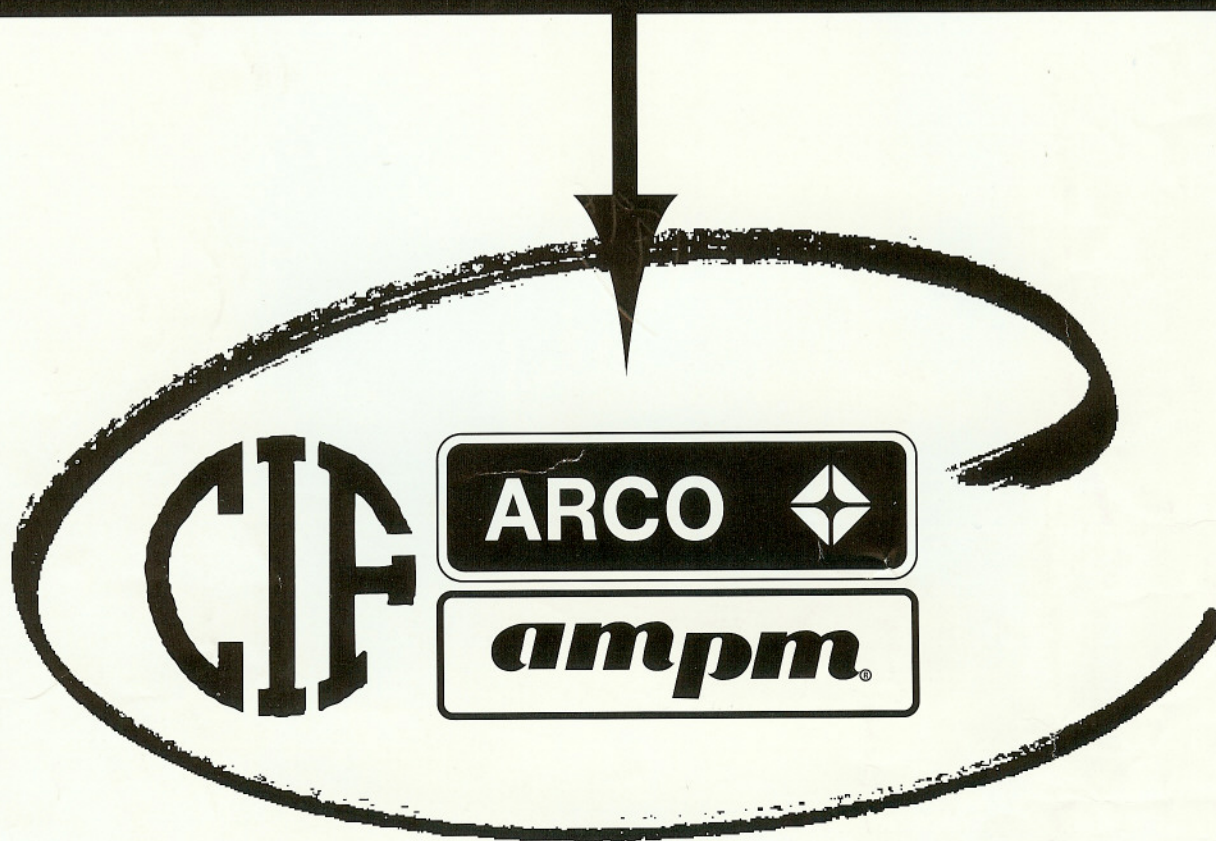


am pm

In the game

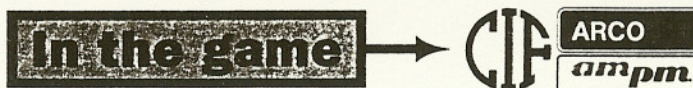
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CENTRAL COAST SECTION CHAMPIONSHIPS



1996 TRACK & FIELD CHAMPIONSHIPS

San Jose City College

May 23, 1996

CENTRAL COAST SECTION

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CENTRAL COAST SECTION/CIF/ARCO *ampm*

FINALS - MAY 23, 1996

Event 17 Girls 4x100 Meter Relay Finals

Thursday 05/23/96 at 6:30 PM

CCS Meet Record: 47.43 St. Francis 1988

Lane	#	Heat 1 Finals		
1		Gilroy High School	49.92	
2		St. Ignatius High School	49.80	
3		Bunn High School	49.61	
4		St. Francis High School	48.21	47.6 1
5		Los Gatos High School	49.39	2
6		Independence High School	49.78	
7		No. Monterey Co. H.S.	49.81	
8		Leigh High School	50.08	

Event 1 Boys 4x100 Meter Relay Finals

Thursday 05/23/96 at 6:35 PM

CCS Meet Record: 41.54 Independence 1988

Lane	#	Heat 1 Finals		
1		Bellarmino College Prep	43.60	6 43.19
2		Bunn High School	43.52	
3		St. Francis High School	43.08	3 42.87
4		Del Mar High School	42.62	1 42.0
5		Milpitas High School	42.92	2 42.38
6		Yerba Buena High School	43.39	4
7		Cupertino High School	43.60	5
8		El Camino High School	44.18	

Event 18 Girls 1,600 Meter Run Finals

Thursday 05/23/96 at 6:40 PM

CCS Meet Record: 4:48.7h Laurie Chapman, Gunderson 1986

Pos	#	Heat 1 Finals		
1		Bleisch, Deborah	12 Silver Creek	5:09.41
2		McPherson, Laneisha	12 Silver Creek	5:13.02
3		Allison, Emily	12 Leland	5:10.82
4		Holt, Ashley	12 Menlo-Athert	5:14.67
5		Appenrodt, Katie	10 St. Ignatius	5:15.11
6		Portley, Nicole	10 Aragon High	5:17.08
7		Topete, Monica	9 Silver Creek	5:18.53
8		Holmquist, Annette	11 Santa Teresa	5:19.36
9		Squire, Sarah	10 Hillsdale	5:19.92
10		Schlueter, Marielle	11 St. Ignatius	5:21.39
11		Renteria, Lisa	12 Westmont Hig	5:21.52
12		Delaplace, Serena	11 Westmont Hig	5:22.14

Event 2 Boys 1,600 Meter Run Finals

Thursday 05/23/96 at 6:50 PM

CCS Meet Record: 4:08.7h Mark Stillman, Willow Glen 1977

Pos	#	Heat 1 Finals		
1	4:14.16	Sikiric, Daniel	12 Leland	4:17.28 1
2	4:15.2	Mulf, Andrew	11 Bellarmine	4:20.27 2
3		Collin, John	12 St. Francis	4:18.50 4
4		Dominguez, Ricardo	12 Overfelt	4:21.56
5	4:16.2	Torres, Enrique	12 Silver Creek	4:19.83 3
6		Rutledge, Beebe	12 Los Gatos	4:21.22
7		Rastler, Eric	11 Gunderson	4:25.13
8		Newman, Tom	12 Los Gatos	4:25.80
9		D'Anjou, Chris	12 Live Oak	4:26.26
10		Harnagel, John	12 Leland	4:27.65
11		Carter, Peter	11 Los Gatos	4:28.86
12		Chavez, Cuco	10 Hollister	4:29.58

Event 19 Girls 100 Meter Int Hurdles Finals

Thursday 05/23/96 at 7:00 PM

CCS Meet Record: 14.14 Maxie, Mills '83 & Finnerty, Pied H '86

Lane	#	Heat 1 Finals	Wind Reading:	
1		Buchanan, Shana	12 Santa Clara	15.87
2		Gillott, Nikki	10 N.M.C.	15.64
3		Mazik, Mandy	11 Capuchino	15.41
4		Allen, Tamisha	11 No. Salinas	14.65
5		Ponder, Tisha	12 Del Mar	14.75
6		Steingart, Michelle	11 St. Francis	15.60
7		Downey, Stephanie	11 Los Altos	15.77
8		Slater, Leanne	10 Pioneer	15.95

Event 3 Boys 110 Meter High Hurdles Finals

Thursday 05/23/96 at 7:10 PM

CCS Meet Record: 13.9h Erick Montgomery, Independence 1983

Lane	#	Heat 1 Finals	Wind Reading:	
1		Tanforan, John	11 St. Francis	15.36
2		Vong, Nguyen	12 Silver Creek	15.18
3		Magua, Matua	11 Independence	14.82 3
4		Naivalu, Joe	12 Fremont	13.65 14.08 1
5		Bull, John	12 Mtn. View	14.5 14.70 2
6		Seymour, Derek	11 S.L.V.	15.13 4
7		Arner, Chase	12 N.M.C.	15.35
8		Travaille, Ryan	11 Carmel	15.50

CENTRAL COAST SECTION/CIF/ARCO ampm

FINALS - MAY 23, 1996

BAD Head wind 5+ MPH

Event 20 Girls 400 Meter Dash Finals

Thursday 05/23/96 at 7:15 PM

CCS Meet Record: 53.92 Leslie Maxie, Mills 1982

Lane	#	Heat 1 Finals		
1		Williams, Kamilia	11 Sacred Heart	58.32 <i>56.9</i>
2		Haviland, Katie	12 N.M.C.	58.22
3		Elarns, Kameelah	11 Pied. Hills	57.39
4		Sczawinski, Rose	11 Los Gatos	56.73 <i>56.8</i>
5		Jennings, Shavone	12 Woodside	57.77 <i>56.3</i>
6		Coleman, Monica	10 Gunn	57.96
7		Wrenn, Colleen	10 Palo Alto	58.28
8		Chellam, Tamara	12 Mitty	59.76

Event 5 Boys 100 Meter Dash Finals

Thursday 05/23/96 at 7:30 PM

CCS Meet Record: 10.42 Benari Burroughs, Independence 1988

Lane	#	Heat 1 Finals	Wind Reading:	
1		Slaton, Kenny	11 Oak Grove	10.97
2		Tinsley, Alex	12 Gilroy <i>10.79</i>	10.85
3		Bryant, Aaron	10 Wilcox <i>10.75</i>	10.77
4		Hamm, Dannon	12 Milpitas <i>10.67</i>	10.61
5		Naivalu, Joe <i>2</i>	12 Fremont <i>10.73</i>	10.77
6		Jones, Sherman	12 Yerba Buena	10.79
7		Harris, Steve	11 Del Mar <i>5</i>	10.95
8		Banks, Tonaga	12 Lincoln	11.04

Event 4 Boys 400 Meter Dash Finals

Thursday 05/23/96 at 7:20 PM

CCS Meet Record: 45.51 Bill Green, Cubberley 1979

Lane	#	Heat 1 Finals		
1		Berg, Manuel	12 Serra	51.48
2		Sams, Brandon	12 R.L.S.	50.77
3		Gaines, Damien	12 Yerba Buena	50.38 <i>51.09</i>
4		Napoleon, Curtis	12 Del Mar <i>48.5</i>	48.68 <i>1</i>
5		Hogg, Jelani	11 Riordan <i>48.9</i>	49.50 <i>2</i>
6		Stuart, Eric	12 St. Francis <i>50.23</i>	50.45 <i>3</i>
7		Bugliemelli, Nick	12 Milpitas	51.24
8		Hickok, Joel	12 Watsonville	51.88

Event 22 Girls 800 Meter Run Finals

Thursday 05/23/96 at 7:35 PM

CCS Meet Record: 2:04.0h Kristen Dowell, Santa Teresa 1986

Lane	#	Heat 1 Finals		
1		Libien, Stephanie	11 St. Ignatius	2:22.96
2		Peshkoff, Joanna	12 Salinas	2:21.92
3		McPherson, Laneisha	12 Silver Creek	2:19.58
4		Lombardi, Ally	11 Los Gatos	2:17.91
5		Holt, Ashley	12 Menlo-Athert	2:21.20
6		Biber-Ferro, Lina	10 Los Gatos	2:20.69
7		Rigney, Katie	11 S. Catalina	2:22.67
8		Wallace, Allyson	12 Notre Dame	2:23.08

Event 21 Girls 100 Meter Dash Finals

Thursday 05/23/96 at 7:25 PM

CCS Meet Record: 11.92 Annette Coleman, Carlmont 1989

Lane	#	Heat 1 Finals	Wind Readings:	
1		Washington, Jasmine	9 St. Ignatius	12.49
2		Taylor, Amber	9 N.M.C.	12.44
3		Smith, Enjoli	11 Gilroy	12.20
4		Craig, Demesha	11 St. Francis <i>2.0</i>	11.74 <i>1</i>
5		Blaschke, Kerry	12 St. Francis	12.15
6		Chavez, Stephanie	11 Los Gatos	12.26
7		Ostojka, Kristy	10 Hollister	12.47
8		Chan, Christine	11 Mtn. View	12.50

Event 6 Boys 800 Meter Run Finals

Thursday 05/23/96 at 7:43 PM

CCS Meet Record: 1:50.7h Rick Brown, Los Altos 1970

Lane	#	Heat 1 Finals		
1		Adkins, Jason	11 Wilcox	1:57.17
2		Tuttle, Nick	12 Leland	1:57.14
3		Newman, Tom	12 Los Gatos	1:56.06
4		Morrell, Kareem	12 San Jose	1:54.63
5		Rutledge, Beebe	12 Los Gatos	1:55.77
6		Fitzgibbon, Brendan	11 St. Ignatius	1:56.75
7		Kaminskis, Greg	12 N.M.C.	1:57.15
8		Immel, Casey <i>1.5</i>	12 Bellarmine	1:57.47 <i>7</i>

CENTRAL COAST SECTION/CIF/ARCO *ampm*

FINALS - MAY 23, 1996

Event 23 Girls 300 Meter Low Hurdles Finals
Thursday 05/23/96 at 7:50 PM

CCS Meet Record: 42.88 Keri Sanchez, Santa Teresa 1989

Lane	#	Heat 1 Finals	
1		Gillott, Nikki	10 N.M.C. 46.86
2		Slater, Leanne	10 Pioneer 46.06
3		Mazik, Mandy	11 Capuchino 45.37
4		Ponder, Tisha	12 Del Mar 44.16
5		Steingart, Michelle	11 St. Francis 44.18
6		Carver, Carey	11 Harbor 45.78
7		Allen, Tamisha	11 No. Salinas 46.52
8		Clema, Sarah	10 St. Francis 47.94

Event 8 Boys 200 Meter Dash Finals
Thursday 05/23/96 at 8:10 PM

CCS Meet Record: 20.9h Millard Hampton, Silver Creek 1974

Lane	#	Heat 1 Finals	Wind Reading:
1		Tinsley, Alex	12 Gilroy 22.28
2		Stuart, Eric	12 St. Francis 22.18
3		Jones, Sherman	12 Yerba Buena 22.03
4		Hama, Dameron	12 Milpitas 21.65
5		Napoleon, Curtis	12 Del Mar 22.00
6		Jordan, LeRoy	12 Bellarmine 22.09 <u>22.08</u>
7		Hesse, Jeff	11 Cupertino 22.19
8		Slaton, Kenny	11 Oak Grove 22.39

Event 7 Boys 300 Meter Int Hurdles Finals
Thursday 05/23/96 at 7:58 PM

CCS Meet Record: 36.60 John Montgomery, Independence 1988

Lane	#	Heat 1 Finals	
1		DeSilva, Jonathan	12 Hillsdale 40.40
2		Hocker, Thomas	10 Silver Creek 40.14
3		McGowan, Guy	10 Leigh 38.84
4		Naivalu, Joe	12 Fremont 37.63
5		Carroll, Brian	11 Saratoga 39.66
6		Carrasco, Efrain	11 Overfelt 40.03
7		Austin, Manuel	12 Los Gatos 40.36
8		Armer, Chase	12 N.M.C. 40.82

Event 25 Girls 3,200 Meter Run Finals
Thursday 05/23/96 at 8:15 PM

CCS Meet Record: 10:09.5h Cory Shubert, Del Mar 1983

Pos	#	Heat 1 Finals	
1		Allison, Emily	12 Leland 11:22.50
2		Driscoll, Shana	12 St. Ignatius 11:28.16
3		Portley, Nicole	10 Aragon High 11:29.18
4		Lucido, Mary	9 Homestead 11:33.33
5		Molinare, Marcella	12 Mills 11:38.12
6		Sandoval, Laura	12 St. Ignatius 11:38.91
7		Grove, Eileen	11 St. Ignatius 11:40.67
8		Fishback, Jeanne	11 Los Gatos 11:50.89
9		Topete, Monica	9 Silver Creek 11:55.80
10		Strand, Sara	9 Alvarez 11:56.67
11		Nguyen, Jennifer	10 Monta Vista 11:57.49
12		Martinez, Ana Lilia	10 King City 11:58.09

Event 24 Girls 200 Meter Dash Finals
Thursday 05/23/96 at 8:05 PM

CCS Meet Record: 23.9h Kelia Bolton, Andrew Hill 1978

Lane	#	Heat 1 Finals	Wind Reading:
1		Ostojka, Kristy	10 Hollister 25.96
2		Jones, Brandy	12 Westmoor 25.47
3		Blaschke, Kerry	12 St. Francis 24.99
4		Craig, Damesha	11 St. Francis 23.73
5		Jennings, Shavone	12 Woodside 25.35
6		Smith, Enjoli	11 Gilroy 25.21
7		Gross, Kathy	12 Independence 25.80
8		Holly, Phonacia	12 No. Salinas 26.02

CENTRAL COAST SECTION/CIF/ARCO *ampm*

FINALS - MAY 23, 1996

Event 9 Boys 3,200 Meter Run Finals

Thursday 05/23/96 at 8:33 PM

CCS Meet Record: 9:01.6h Gordan MacMitchell, Gunn 1973

Pos	#	Heat 1 Finals		
1		Torres, Enrique	12 Silver Creek	9:31.01
2		Hansen, Brad	11 St. Ignatius	9:32.59
3		Wellman, Paul	12 St. Ignatius	9:38.53
4		White, Louie	10 1/2 Moon Bay	9:39.31
5		Passanisi, Gary	10 Aptos	9:41.68
6		Boothe, Adam	11 Pioneer	9:42.21
7		Balderas, Leo	10 Silver Creek	9:42.55
8		Smith, Ryan	12 Mills	9:42.85
9		Dominguez, Ricardo	12 Overfelt	9:43.53
10		Jensen, George	12 Burlingame	9:46.22
11		Cooke, Brian	11 Burlingame	9:49.65
12		Sikiric, Daniel	12 Leland	9:52.39

Event 26 Girls 4x400 Meter Relay Finals

Thursday 05/23/96 at 8:50 PM

CCS Meet Record: 3:50.33 St. Francis 1989

Lane	#	Heat 1 Finals		
1		Silver Creek High School	4:04.77	
2		Independence High School	4:03.82	
3		Gunn High School	4:00.91	
4		St. Francis High School	3:58.46	
5		Los Gatos High School	3:58.72	
6		St. Ignatius High School	4:01.78	
7		No. Monterey Co. H.S.	4:04.25	
8		Salinas High School	4:05.34	

Event 10 Boys 4x400 Meter Relay Finals

Thursday 05/23/96 at 9:00 PM

CCS Meet Record: 3:15.8h Los Altos 1970

Lane	#	Heat 1 Finals		
1		Archbishop Riordan H.S.	3:26.06	
2		Bellarmino College Prep	3:23.63	
3		Gunn High School	3:22.73	
4		Los Gatos High School	3:22.43	
5		Del Mar High School	3:23.22	
6		St. Francis High School	3:22.84	
7		Gunderson High School	3:26.00	
8		San Jose High School	3:26.80	

Casey

Andra

Ryan

Ray

CENTRAL COAST SECTION/CIF/ARCO *ampm*

FINALS - MAY 23, 1996

Event 27 Girls Long Jump Finals Thursday 05/23/96 at 4:30 PM

CCS Meet Record: 19'10.75" Wendy Brown, Woodside 1983

Pos	#	Flight 1 Finals	
1		Warfield, Jennie	12 S.L.V. 16'08.50"
2		Livers, Taare	12 Independence 16'11.50"
3		Roberts, Lakeeja	12 St. Ignatius 17'00.00"
4		Bushman, Shana	12 Santa Clara 17'01.00"
5		Chan, Christine	11 Mtn. View 17'04.50"
6		Burnham, Jessica	12 Los Altos 17'05.00"
7		Elaras, Kameelah	11 Pied. Hills 17'07.00"
8		Ponder, Tisha	12 Del Mar 19'02.75"

Event 30 Girls Discus Throw Finals Thursday 05/23/96 at 4:30 PM

CCS Meet Record: 152'00.00" Jenny Peters, Gunn 1989

Pos	#	Flight 1 Finals	
1		Pese, Carolyn	12 Jefferson 114'00.00"
2		Miranda, Estella	12 Salinas 114'03.00"
3		Vloo, Dony	12 Mt. Pleasant 116'09.00"
4		Thiel, Amy	10 Fremont Chri 121'03.00"
5		Hotchkiss, Jackie	Overfelt 121'08.00"
6		Sahoureih, Sandra	12 Westmoor 123'09.00"
7		Martinez, Adaline	12 Live Oak 126'08.00"
8		Tulua, Darlene	12 Carmel 148'09.00"

Event 28 Girls Triple Jump Finals Thursday 05/23/96 at 6:45 PM

CCS Meet Record: 40'02.00" Wendy Brown, Woodside 1983

Pos	#	Flight 1 Finals	
1		Freyberg, Frances	12 Menlo-Athert 35'06.00"
2		Milah, Jordan	Gilroy 36'01.00"
3		Shih, Evelyn	11 Gunn 36'03.50"
4		Burnham, Jessica	12 Los Altos 36'04.50"
5		Gillott, Nikki	10 N.M.C. 36'05.25"
6		Owens, Sienna	12 Independence 36'08.50"
7		Badillo, MaryLou	12 Mt. Pleasant 37'07.00"
8		Ponder, Tisha	12 Del Mar 40'10.50"

Event 31 Girls High Jump Finals Thursday 05/23/96 at 6:45 PM

CCS Meet Record: 5'09.50" Chi Johnson, Menlo-Atherton 1990

Pos	#	Flight 1 Finals	
1		Norman, Natasha	12 Mtn. View 5'00.00"
2		Butler, Sandra	10 Gunderson 5'00.00"
3		Holly, Phonacia	12 No. Salinas 5'00.00"
4		Gillott, Nikki	10 N.M.C. 5'00.00"
5		McClain, Holly	12 Milpitas 5'02.00"
6		Owen, Kristen	11 St. Francis 5'02.00"
7		Stone, Kim	9 York 5'02.00"
8		Murray, Lindsay	12 King City 5'02.00"
9		Gualco, Loren	11 Notre Dame 5'02.00"

Event 29 Girls Shot Put Finals Thursday 05/23/96 at 5:00 PM

CCS Meet Record: 44'05.50" Christine Etuale, Jefferson 1994

Pos	#	Flight 1 Finals	
1		Santos, Jen	10 Mtn. View 35'06.50"
2		Thiel, Amy	10 Fremont Chri 35'07.50"
3		Vloo, Dony	12 Mt. Pleasant 36'03.50"
4		Nilaeayer, Cami	12 Burlingame 36'09.25"
5		Pese, Carolyn	12 Jefferson 36'09.75"
6		Hill, Heather	11 Sacred Heart 38'02.50"
7		Tulua, Darlene	12 Carmel 38'04.75"
8		Sahourieh, Sandre	Westmoor 39'01.00"

Event 32 Girls Pole Vault Finals Thursday 05/23/96 at 4:00 PM

CCS Meet Record: 10'00.00" Breanna Haut, Harbor 1995

Pos	#	Flight 1 Finals	
1		Badillo, MaryLou	12 Mt. Pleasant 8'06.00"
2		Fox, Kimberly	10 Notre Dame 9'00.00"
3		Furniss, Anna	10 St. Ignatius 9'00.00"
4		Yebra, Vanessa	10 Gonzales 9'00.00"
5		Martin, Rosada	12 Soquel 9'00.00"
6		Serrano, Iran	9 Gonzales 9'06.00"
7		Swanson, Jennifer	12 Gilroy 9'06.00"
8		Haut, Breanna	10 Harbor 10'00.00"

CENTRAL COAST SECTION/CIF/ARCO *ampm*

FINALS - MAY 23, 1996

Event 11 Boys Long Jump Finals

Thursday 05/23/96 at 6:15 PM

CCS Meet Record: 25'03.25" Johnny Johnson, Pacific Grove 1964

Pos	#	Flight 1 Finals		
1		Nava, John	12 Serra	21'00.25"
2		McClintock, Patrick	12 Lick	21'00.75"
3		Ray, Jeff	12 Alisal	21'01.50"
4		Rauf, Kumi	12 Santa Cruz	21'04.75"
5		Grazian, Dave	12 M.V.C.	21'05.00"
6		McMillan, Bryan	12 Bellarmine	21'09.00"
7		Nealy, Mike	11 Yerba Buena	22'05.50"
8		Washington, Myron	12 Mt. Pleasant	22'10.75"

Event 14 Boys Discus Throw Finals

Thursday 05/23/96 at 4:45 PM

CCS Meet Record: 199'10.00" John Wirtz, Leland 1988

Pos	#	Flight 1 Finals		
1		Ferrel, Emiliano	12 Palma	134'10.00"
2		Bjorklund, Pete	9 Los Altos	140'00.00"
3		Mafi, Ben	12 So. San Fran	143'11.00"
4		Sanborn, Adam	12 S.L.V.	149'01.00"
5		Antonini, John	12 St. Ignatius	149'08.00"
6		Young, Josh	12 Pied. Hills	151'02.00"
7		Passamani, Jeff	12 M.V.C.	159'04.00"
8		Howard, Willie	12 Los Altos	166'11.00"

Event 12 Boys Triple Jump Finals

Thursday 05/23/96 at 5:00 PM

CCS Meet Record: 50'11.50" Harold Rucker, Silver Creek 1986

Pos	#	Flight 1 Finals		
1		Fisher, Greg	11 N.M.C.	43'02.00"
2		Quach, Toan	11 Gunderson	43'03.00"
3		Stone, Glen	10 Yerba Buena	43'03.25"
4		Whitaker, Mike	10 Cupertino	43'05.00"
5		McMillan, Bryan	12 Bellarmine	43'10.50"
6		Cordoba, Mike	10 No. Salinas	45'00.00"
7		Vargas, David	12 Palma	45'02.75"
8		Washington, Myron	12 Mt. Pleasant	46'11.75"

Event 15 Boys High Jump Finals

Thursday 05/23/96 at 5:00 PM

CCS Meet Record: 7'03.00" Jeff Rogers, Overfelt 1985

Pos	#	Flight 1 Finals		
1		Costa, John	12 N.M.C.	6'00.00"
2		Wiggins, Jimmy	12 Del Mar	6'00.00"
3		Portman, Scott	12 Burlingame	6'02.00"
4		Johnson, Tony	12 Del Mar	6'02.00"
5		Gaston, Damon	11 Milpitas	6'02.00"
6		Fiori, Chris	12 Bellarmine	6'02.00"
7		Marble, Darren	10 Los Altos	6'02.00"
8		Bull, John	12 Mtn. View	6'02.00"
9		Baily, Ryan	12 Mt. Pleasant	6'04.00"

Event 13 Boys Shot Put Finals

Thursday 05/23/96 at 6:45 PM

CCS Meet Record: 63'09.00" Bob Brannon, Los Gatos 1965

Pos	#	Flight 1 Finals		
1		Zimmerman, Tyson	12 N.M.C.	49'00.00"
2		Bjorklund, Pete	9 Los Altos	50'04.50"
3		Campbell, Matthew	12 Hillsdale	50'05.50"
4		Jordan, Roscoe	12 Yerba Buena	51'09.25"
5		Asher, Kevin	12 Serra	51'10.50"
6		Young, Matt	12 Salinas	51'11.50"
7		Howard, Willie	12 Los Altos	54'04.50"
8		Young, Josh	12 Pied. Hills	55'07.00"

Event 16 Boys Pole Vault Finals

Thursday 05/23/96 at 6:00 PM

CCS Meet Record: 16'10.00" Scott Slover, Leland 1993

Pos	#	Flight 1 Finals		
1		Mullins, Tyler	10 Soquel	13'00.00"
2		Malone, Patrick	12 St. Francis	13'06.00"
3		Brijalva, David	11 N.M.C.	14'00.00"
4		Bakke, Dan	12 Del Mar	14'00.00"
5		Scheiza, Brian	12 Palma	14'00.00"
6		Lippman, Joey	12 N.M.C.	14'00.00"
7		Vong, Nguyen	12 Silver Creek	15'00.00"
8		Harris, Cleve	11 Del Mar	15'09.00"

CENTRAL COAST SECTION



1996 TRACK AND FIELD SEMI-FINALS & FINALS ORDER OF EVENTS

Saturday, May 18 & Thursday, May 23
SAN JOSE CITY COLLEGE

TIME SCHEDULE--RUNNING EVENTS

<u>May 18</u>	<u>May 23</u>	<u>EVENT</u>	<u>OFFICIALS</u>
2:00	6:30	400 Meter Relay	SCVAL/NPL/PSAL/PAL/GPSL
2:15	6:40	1600 Meter	(2) (2) (1) (2) (1)
2:45	7:00	100 Meter Low Hurdles	
3:00	7:10	110 Meter High Hurdles	
3:15	7:15	400 Meter	
3:30	7:25	100 Meter	
3:45	7:35	800 Meter	
4:05	7:50	300 Meter Hurdles	
4:30	8:05	200 Meter	
4:50	8:15	3200 Meter	
5:20	8:50	1600 Meter Relay	SCVAL/NPL/PSAL/PAL/GPSL (2) (2) (1) (2) (1)

TIME SCHEDULE--FIELD EVENTS

<u>May 18</u>	<u>May 23</u>	<u>EVENT</u>	<u>OFFICIALS</u>
1:00	4:00	POLE VAULT GIRLS	GPSL
1:00	4:30	LONG JUMP GIRLS	STAL
1:00	4:45	DISCUS BOYS	WVAL
1:00	5:00	SHOT PUT GIRLS	SCCAL
1:00	5:00	HIGH JUMP BOYS	SCVAL
1:00	5:00	TRIPLE JUMP BOYS	MTAL
3:00	6:00	POLE VAULT BOYS	MBL
3:00	6:15	LONG JUMP BOYS	STAL
3:00	6:30	DISCUS GIRLS	WVAL
3:00	6:45	TRIPLE JUMP GIRLS	MTAL
3:00	6:45	HIGH JUMP GIRLS	SCVAL
3:00	6:45	SHOT PUT BOYS	MHAL
		HURDLES	WCAL

TIME SCHEDULE--IMPLEMENT WEIGH-INS

May 18	12:00-12:30 & 2:00-2:30	PAL
May 23	4:00-4:30 & 5:45-6:15	PAL

**31ST ANNUAL
CENTRAL COAST SECTION TRACK & FIELD CHAMPIONSHIPS
SATURDAY, MAY 18, 1996 & THURSDAY, MAY 23, 1996
SAN JOSE CITY COLLEGE**

MEET OFFICIALS

Meet Director	Steve Filios
Referees	Ken Thomas/Ken Johnson
Field Referees	Carol Davies/Scott Chisam
Starter	Bob Hughey
Recall Starter	Jerry Collett
Clerks of the Course	Heather Washington/Bill Pratt/ John McPherson
Clerk of the Finish	Sean Daley
Announcers	Mike Gibeau/Peter Jensen/Rick Milam
Weights & Measures	Bill Daskarolis
Awards	Central Coast Section
Computerized Meet Seeding/Results	Mark McConnell/Bob Watson

**SPECIAL THANKS TO BERT BONANNO, SJCC ATHLETIC DIRECTOR,
STEVE HAAS, SJCC TRACK COACH,
AND SAN JOSE CITY COLLEGE**

NATIONAL FEDERATION CONVERSION TABLE

(Used for seeding purposes; the second event listed for each conversion is the distance being run at tonight's meet. Note: A different conversion process is used for times making the all-time lists in this program).

100 yards to 100 meters	-----	+	.9 seconds
220 yards to 200 meters	-----	-	.1 second
440 yards to 400 meters	-----	-	.3 seconds
880 yards to 800 meters	-----	-	.7 seconds
1600 meters to one mile	-----	+1	.6 seconds
3200 meters to two miles	-----	+3	.4 seconds
120 yard HH to 110 meter HH	-----		same
110 yard LH to 100-meter LH	-----	-	.1 second
300 meter H to H to 330-yard H	-----	+	.2 seconds
400 meter relay to 440-yard relay	-----	+	.2 seconds
1600 meter relay to mile relay	-----	+1	.2 seconds

CENTRAL COAST SECTION TRACK AND FIELD RECORDS

400 Relay:	Boys	Independence 41.54, 1988
	Girls	St. Francis 47.43, 1988
1600 meters:	Boys	Mark Stillman 4:08.7, Willow Glen, 1977
	Girls	Laurie Chapman 4:48.7, Gunderson, 1986
110 HH:	Boys	Erick Montgomery 13.9, Independence, 1983
100 LH:	Girls	Leslie Maxie, 14.14, Mills, 1983
		Lori Finnerty, 14.14, Piedmont Hills, 1986
400 meters:	Boys	Bill Green, 45.51, Cubberley, 1979
	Girls	Leslie Maxie, 53.92, Mills, 1982
100 meters:	Boys	Benari Burroughs, 10.42, Independence, 1988
	Girls	Annette Coleman, 11.92, Carlmont, 1989
800 meters:	Boys	Rick Brown, 1:50.7, Los Altos, 1970
	Girls	Kristen Dowell, 2:04, Santa Teresa, 1986
300 IH:	Boys	John Montgomery, 36.60, Independence, 1988
300 LH:	Girls	Keri Sanchez, 42.88, Santa Teresa, 1989
200 meters:	Boys	Millard Hampton, 20.9, Silver Creek, 1974
	Girls	Kelia Bolton, 23.9, Andrew Hill, 1978
3200 meters:	Boys	Gordon MacMitchell, 9:01.6, Gunn, 1973
	Girls	Cory Shubert, 10:09.5, Del Mar, 1983
1600 relay:	Boys	Los Altos, 3:15.8, 1970
	Girls	St. Francis, 3:50.33, 1989
Long Jump:	Boys	Johnny Johnson, 25'3 1/4, Pacific Grove, 1964
	Girls	Wendy Brown, 19'10 3/4, Woodside, 1983
Discus:	Boys	John Wirtz, 199'10, Leland, 1988
	Girls	Jenny Peters, 152'0, Gunn, 1989
Shot Put:	Boys	Bob Brannen, 63'9, Los Gatos, 1964
	Girls	Tina Etuale, 45'06.5, Jefferson, 1995
Triple Jump:	Boys	Harold Rucker, 50'11 1/2, Silver Creek, 1986
	Girls	Wendy Brown, 40'2, Woodside, 1983
High Jump:	Boys	Jeff Rogers, 7'3, Overfelt, 1985
	Girls	Chi Johnson, 5'9 1/2, Menlo-Atherton, 1990
Pole Vault:	Boys	Scott Slover, 16'10, Leland, 1993
	Girls	Breanna Haut, 9'06, Harbor, 1995



California Interscholastic Federation

CENTRAL COAST SECTION

1691 Old Bayshore Highway, Suite 200, San Jose, CA 95112

Phone: 408-441-9505

Fax: 408-441-9509

Dear Athletes, Coaches, Parents and Spectators,

Your presence here at the CCS playoffs is significant. As representatives of your schools and communities, each one of you plays an important role in the educational process that is athletic competition.

These events represent the hard work and dedication of many individuals, not only athletes, but coaches who have been working many hours after school, parents who have sacrificed time and energy to support their children and school communities of spectators, booster clubs, faculty and administrators. They all deserve to be acknowledged for the success of these teams.

It is the hope of all of us involved in the Central Coast Section that everyone participating in these playoffs has a rewarding experience marked by exciting competition, fun, learning and most importantly, a demonstration of sportsmanship and class. All of you deserve and can create this type of environment for our athletes and our section.

My sincere best wishes for a rewarding competitive experience.

Sincerely,

A handwritten signature in dark ink, appearing to read 'Dotty J. McCrea'. The signature is fluid and cursive, with a long horizontal stroke at the end.

Dotty McCrea

Principal

Mercy High School, San Francisco

President, Central Coast Section

THE CENTRAL COAST SECTION OF THE CALIFORNIA INTERSCHOLASTIC

FEDERATION BELIEVES IN GOOD SPORTSMANSHIP

The member schools of the CIF/Central Coast Section are committed to providing a sportsmanlike environment for students, coaches and spectators. To that end, the CIF/Central Coast Section has adopted the following sportsmanship and crowd control policy. Each member school of the CCS participating in any CCS/CIF/ARCO *am/pm*. A Playoff Contest has signed a contract indicating that this Policy has been shared with the staff, athletes, coaches, spirit squads, booster clubs, band members and director and any other school entity involved with interscholastic athletics. We are committed to insuring a positive athletic experience for our participants and fans.

***THE FOLLOWING ARE EXPECTED TO BE ROLE MODELS DEMONSTRATING SPORTSMANSHIP AT ALL TIMES:**

School Administrative Staff
Coaches, Players and Cheerleaders
Booster Club Members

Athletic Directors
Faculty Members
Band Members and Band Directors

***COACHES, PLAYERS AND SPECTATORS WILL RESPECT THE INTEGRITY AND JUDGMENT OF SPORTS OFFICIALS**

***THE CONDUCT OF COACHES, PLAYERS AND CHEERLEADERS GENERALLY SETS THE TONE FOR CIF/CCS SCHOOL CONTESTS. THEY WILL BE EXPECTED TO MAINTAIN THE HIGHEST LEVEL OF DECORUM AT ALL CIF/CCS CONTESTS**

***THE FOLLOWING BEHAVIOR IS UNACCEPTABLE AT ALL CIF/CCS HIGH SCHOOL CONTESTS**

Berating your opponent's school or mascot
Obscene cheers or gestures
Artificial noise makers

Berating opposing players
Negative rooters signs
Complaining about Officials' calls (verbal or gesture)

***PLEASE NOTE THE POSTING AT THE ENTRANCE TO THIS CONTEST AS WELL AS THE NOTATION ON THE BACK OF TICKET STUBS REGARDING OUR SPECTATOR SEATING POLICY**
In order that all persons may experience maximum enjoyment at CCS athletic events and to enhance and encourage good public order:

It is the policy of the Central Coast Section/CIF that all persons wishing to audibly cheer or support a particular team be seated in an area designated for, or most closely identified with, the team in question.

Seating of persons audibly cheering for a particular team, in the cheering section or areas most closely identified with the opposing team is to be avoided whenever possible and such persons shall be directed by staff to the appropriate seating location for their team.

THE CENTRAL COAST SECTION OF THE CALIFORNIA INTERSCHOLASTIC FEDERATION
ENDORSES AND SUPPORTS



CONGRATULATIONS!!!

1996 CCS SPRING SPORTS HONOR COACHES

The CCS takes this opportunity to recognize these dedicated coaches for their tireless efforts in working with high school athletes.

Honor Coach nominees are submitted by their schools and leagues, then selected by their respective CCS Sport Committees. There are few higher honors than to have earned the respect and admiration of ones peers.

Formal recognition of CCS Honor Coach winners took place at the January Board of Managers meeting. The Central Coast Section is proud to honor these special coaches!

BADMINTON

LEN HILL, PALO ALTO HS (r)
Principal Marilyn Cook (l)



BASEBALL

DAVE VIEIRA, MONTA VISTA HS (l)
Principal Mary Stone (r)



GOLF

JOHN POWERS, STEVENSON HS (r)
Headmaster Greg Foster (l)



SOFTBALL

LARRY SCHEMBRI, LEIGH HS (r)
Principal James Russell (l)



CONGRATULATIONS!!!

1996 CCS SPRING SPORTS HONOR COACHES

BOYS SWIMMING & DIVING
BILL ZIRZOW, WESTMONT HS (l)
Principal Terry Peluso (r)



BOYS TENNIS
KEITH CLARK, PALO ALTO HS (r)
Principal Marilyn Cook (l)



TRACK & FIELD
HAL DANER, GUNN HS (r)
Principal Chris Rich (l)



TRACK & FIELD
TERRY WARD, BELLARMINE PREP (l)
Principal Fr. John Murphy (r)



GYMNASTICS - HONOR COACH DIANE CARSON GIBBS, GUNN HS
(Picture not available)

SPRING HONOR COACH AWARD WINNERS

	<u>1988-89</u>	<u>1989-90</u>	<u>1990-91</u>
Badminton	Kenneth Taylor, Willow Glen	Carolyn Buszdieker, Fremont	NONE
Baseball	Bob Brian, So. SF	Joe Winstead, Los Gatos	David Gigliotti, Santa Teresa
Golf	Steven Cox, Leland	Ronald Jones, Gilroy	Chon Gallegos, Santa Teresa
Gymnastics	NONE	NONE	NONE
Softball	Edna Avilla, Westmont	Cheryl Nash, Mercy-Burling.	David Chapman, Monta Vista
Swimming-B	John Williams, Palo Alto	Steven Barnett, Lynbrook	Tom Lebherz, Santa Teresa
Tennis -B	Kent Miller, Leland	Hideko Azama, Piedmont Hills	Terry Cress, Monta Vista
Track & Field	Ed Parker, Mills	Avis Kelley, Gilroy	Stephen Filios, St. Francis
	<u>1991-92</u>	<u>1992-93</u>	<u>1993-94</u>
Badminton	Mike Gervasoni, Silver Creek	David Pugh, Lynbrook	NONE
Baseball	Jeff Gingrich, Oak Grove	Chuck Camuso, Homestead	William Hutton, Mitty
Golf	Gary Rossman, Gunderson	Leo Ruth, Bellarmine	Ralph Stark, Serra
Gymnastics	NONE	NONE	Lynn Horiye, St. Francis
Softball	Kevin Newman, Gunderson	Joseph Given, Not. Dame-Sal.	Naomi Patridge, Half Moon Bay
Swimming-B	Larry Rogers, Bellarmine	Steve Yamamoto, St. Francis	Keith Strange, Serra
Tennis -B	Lou Padilla, Mt. Pleasant	Gary Dinneen, St. Francis	Dennis Mullen, Santa Cruz
Track & Field	Don Dooley, San Mateo	Monty Steadman, Overfelt	Thomas Tuite, St. Francis
Boys			Roger O'Sullivan, No. Mont. Co.
Girls			
	<u>1994-95</u>	<u>1995-96</u>	
Badminton	NONE	Len Hill, Palo Alto	
Baseball	Chris Bradford, St. Francis	David Vieira, Monta Vista	
Golf	NONE	John Powers, R.L. Stevenson	
Gymnastics	NONE	Diane Carson Gibbs, Gunn	
Softball	Frank Firpo, Burlingame	Lawrence Schembri, Leigh	
Swimming-B	NONE	Bill Zirzow, Westmont	
Tennis-B	Steve Proulx, RL Stevenson	Keith Clark, Palo Alto	
Track & Field	NONE	Terence Ward, Bellarmine	
		Harold Daner, Gunn	

"Official Sports Medicine Consultants to the Central Coast Section"

Sequoia Hospital



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540 Ralston, Suite B
Belmont
415-363-5668

Sequoia Hospital
Redwood City
415-363-5690

PAST CHAMPIONS - SPRING

BASEBALL

1976 LEIGH
1977 EL CAMINO
1978 INDEPENDENCE
1979 CARMEL
1980 TERRA NOVA
1981 ST. FRANCIS
1982 PROSPECT
1983 ST. FRANCIS

1984 SERRA

1985 BELLARMINE

1986 BELLARMINE

1987 BELLARMINE (DIV. I))
HARBOR (DIV. II)

1988 MENLO (3A)
BELLARMINE (4A)

1989 MENLO (2A)
BRANHAM (3A)
LELAND (4A)
1990 NO. MONTEREY CO. (3A)
MONTA VISTA (4A)

1991 BLACKFORD (3A)
SERRA (4A)

1992 MT. PLEASANT (I)
CARLMONT (II)

1993 SERRA (I)
CARLMONT (II)

1994 SERRA (I)
SEQUOIA (II)

1995 ST. FRANCIS (I)
SOQUEL (II)

SOFTBALL

CAMDEN
NOTRE DAME-BELMONT
WILLOW GLEN
PROSPECT
INDEPENDENCE
HILLSDALE
CARLMONT
MTN. VIEW (DIV. I)
HILLSDALE (DIV. II)
MONTA VISTA (DIV. I)
CARLMONT (DIV. II)
PROSPECT (DIV. I)
MILLS (DIV. II)
PIONEER (DIV. I)
NO. SALINAS (DIV. II)

MONTA VISTA (DIV. I)
LIVE OAK (DIV. II)

MONTA VISTA (DIV. I)
HALF MOON BAY (DIV. II)

GUNDERSON (DIV. I)
NO. SALINAS (DIV. II)
ST. LAWRENCE (DIV. III)
MITTY (DIV. I)
HILLSDALE (DIV. II)
FREMONT CHR. (DIV. III)
GUNDERSON (DIV. I)
HILLSDALE (DIV. II)
FREMONT CHR. (DIV. III)
WILCOX (DIV. I)
LOS ALTOS (DIV. II)
NOTRE DAME-SAL. (DIV. III)
LOS GATOS (DIV. I)
LYNBROOK (DIV. II)
CAPUCHINO (DIV. III)
LELAND (DIV. I)
MITTY (DIV. II)
CAPUCHINO (DIV. III)
LEIGH (DIV. I)
LOS ALTOS (DIV. II)
CAPUCHINO (DIV. III)

BADMINTON

SINGLES

SARATOGA-THEIS
MILPITAS-GUITERREZ
MILPITAS-GUITERREZ
PALO ALTO-YEE
PALO ALTO-YEE
WESTMOOR-TING
GUNN-WEINSTEIN
SARATOGA-BONNET

GUNN-DREWS

GUNN-DREWS

(G) SILVER CREEK-VETTEL
(B) PALO ALTO-MARTIN

(G) GUNN-NIELSEN
(B) JEFFERSON-WU

(G) FREMONT-DANG
(B) JEFFERSON-WU

(G) FREMONT-DANG
(B) MTN. VIEW-THAI

(G) PROSPECT-YAMASAKI
(B) MILPITAS-NGUYEN

(G) LYNBROOK-HUANG
(B) MILPITAS-NGUYEN

(G) SARATOGA-ENI KEEVA
(B) SILVER CREEK-DANG

(G) WESTMOOR-WO
(B) WESTMOOR-WO

(G) EL CAMINO-HO
(B) EL CAMINO-WONDANY

(G) PALO ALTO-HU
(B) EL CAMINO-WONDANY

DOUBLES

MILPITAS-GUITERREZ/AGUILERA
SARATOGA-THEIS/CLARK
PALO ALTO-HENDRICKS/YEE
CUBBERLEY-YOUNG/JIMINEZ
GUNN-JIMINEZ/WANG
PALO ALTO-YOUNG/DING
SEQUOIA-TUOHOKO/MILLER
GUNN-DREWS/DRAFT

TERRA NOVA-LOTTI/QUINTANILLA

SEQUOIA-OHUAFI/TAUTUA

(G) GUNN-HUFF/NIELSEN
(B) LINCOLN-MURAKAMI/LUU
(MX) HOMESTEAD-CHOE/TURNER
(G) MTN. VIEW-KESSELRING/HIGHLANDER
(B) GUNN-SAXENA/CHENG
(MX) LYNBROOK-CHOW/STEOVICH
(G) SEQUOIA-SCHNITTGRUND/TUIONO
(B) MILPITAS-FONTANARES/BUJAY
(MX) FREMONT-RUDOLPH/HUYNH
(G) LYNBROOK-TSENG/HUANG
(B) WILLOW GLEN-MA/YANG
(MX) PIEDMONT HILLS-TRAN/VO
(G) LYNBROOK-HUANG/TSENG
(B) MILPITAS-VO/VUONG
(MX) LOS ALTOS-IP/SANTOS
(G) PALO ALTO-MITCHELL/SAXTON
(B) INDEPENDENCE-LI/LAI
(MX) WILCOX-NGUYEN/LE
(G) SO. SAN FRANCISCO-SATO/HO
(B) MILPITAS-NGUYEN/VUONG
(MX) PALO ALTO-GUNTURI/TEREJOHN
(G) WILCOX-NGO/LE
(B) PALO ALTO-LO/SACERDOTI
(MX) MILPITAS-NGUYEN/NGUYEN
(G) WESTMOOR-WO/WO
(B) PALO ALTO-NICHOLS/GOLDBERG
(MX) MILPITAS-NGUYEN/NGUYEN
(G) SEQUOIA-LAU/MUKAI
(B) PALO ALTO-SACERDOTI/
SCHNEIDERMAN
(MX) LYNBROOK-CHENG/TANG

TRACK & FIELD**SWIMMING (B)****TENNIS (B)****GIRLS**

1976	HARBOR
1977	SILVER CREEK
1978	HILL
1979	INDEPENDENCE/SALINAS/ & FREMONT (TIE)
1980	FREMONT
1981	SAN CARLOS
1982	MILLS
1983	WOODSIDE
1984	ST. FRANCIS
1985	LOS GATOS
1986	ST. FRANCIS
1987	ST. FRANCIS
1988	ST. FRANCIS
1989	ST. FRANCIS
1990	SANTA TERESA
1991	LYNBROOK
1992	MT. PLEASANT
1993	ST. FRANCIS
1994	LOS GATOS
1995	ST. FRANCIS

BOYS

MT. PLEASANT
SILVER CREEK
MT. PLEASANT
CUBBERLY
WOODSIDE
INDEPENDENCE
INDEPENDENCE
INDEPENDENCE
INDEPENDENCE
INDEPENDENCE
RIORDAN
INDEPENDENCE
RIORDAN
BELLARMINE
ST. IGNATIUS
MT. PLEASANT
NO. SALINAS
BELLARMINE
LOS ALTOS

SANTA CLARA
SANTA CLARA
LYNBROOK
LEIGH
LYNBROOK
LELAND
BELLARMINE
BELLARMINE
LELAND
BELLARMINE
BELLARMINE
BELLARMINE
BELLARMINE
BELLARMINE
BELLARMINE
BELLARMINE
BELLARMINE
BELLARMINE
BELLARMINE
BELLARMINE

GUNN
GUNN
GUNN
CARMEL
GUNN
GUNN
BELLARMINE
BELLARMINE
LOS ALTOS
MENLO-ATHERTON
BELLARMINE
SARATOGA
BELLARMINE
BELLARMINE
HOMESTEAD
PALO ALTO
PALO ALTO
PALO ALTO
PALO ALTO
PALO ALTO

GYMNASTICS

1976	LELAND/LOS ALTOS
1977	LIVE OAK
1978	WESTMONT
1979	LOS ALTOS
1980	GUNN
1981	LELAND
1982	LELAND
1983	LOS ALTOS
1984	LELAND
1985	LELAND
1986	LELAND
1987	ST. FRANCIS
1988	ST. FRANCIS
1989	LOS ALTOS
1990	LOS ALTOS
1991	ST. FRANCIS
1992	ST. FRANCIS
1993	GUNN
1994	GUNN
1995	GUNN

GOLF

LELAND
LELAND
CARMEL
ST. IGNATIUS
LELAND
AWALT
HARBOR
HARBOR
HARBOR
CARMEL
BELLARMINE
R.L. STEVENSON
R.L. STEVENSON
R.L. STEVENSON
SAN BENITO
R.L. STEVENSON
APTOS
LELAND
R.L. STEVENSON
BELLARMINE