

Central Coast Section Boys' Track & Field All-Time Lists

Compiled by Howard Willman

(Includes marks through Aug. 31, 1981)

- ✓ 15-deep (approximately) lists for all championship events
- ✓ Top marks in selected "odd" events
- ✓ National records, state and NorCal bests
- ✓ Years in school for athletes



Rick Brown



Lee Evans



Millard Hampton

FORWARD

It is the intention of these lists to provide the best track & field marks recorded by Central Coast Section athletes in legitimate competition and under fair conditions. All of the championship events have been selected for listing, with depth varying primarily because of access to marks. Research for deeper lists in all events is under way, however. The "odd" events selected were picked on the basis of popularity and accuracy of list. Certain popular "odd" events weren't selected because an accurate enough listing has not yet been attained. Again, research continues.

The running events take on a metric flavor, as that trend is finally coming to the high school level, with the exception of the mile, 2-mile and mile relay. The metric "equivalents" to the mile and 2-mile (the 1600 meters and 3200 meters) are considered by the compiler a backwards step for the sport since they are "non-events" outside the high school scene. Also note that 1500- and 3000-meter times are not converted to miles and 2-miles but are kept separately (in the "odd" events section). The mile relay is used instead of the 1600-meter relay because of the local scarcity of the latter's use.

These lists were initiated by expert Fran Errota in 1974 and have been updated by the current compiler since 1978. The knowledge of many coaches, athletes and fans has been sought to make this reference source as thorough, accurate and authoritative as possible. The names of these individuals are too many to list here, but there are certainly some whose names cannot go unmentioned. Those helpful people include Plato Yanicks (Menlo-Atherton coach), owner of one of the most complete collection of track materials in the world; Augie Argabright (San Jose Cindergals coach), whose backlog of women's records provided much of the early girls' marks; Wes Mathis (secretary of the National Library of Sports), who allowed the use of his immensely helpful track resources; and the past and present high school editors of Track & Field News whose efforts have produced accurate records and lists since the magazine began publication in 1948.

In striving for accuracy, errors have undoubtedly crept into the lists. Corrections discovered during production are included on the amendments page. However, anyone with corrections and/or additions is urged to contact the compiler at the address below. Any questions or criticisms are welcome.

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EXPLAINING THE STATISTICS

In order to attain as complete listings as possible, certain guidelines with the statistics have been followed. Outlined here are the most important ones.

Abbreviations

Year in school (where no abbreviation appears next to an athlete, year in school is unknown):

s = senior *** = freshman
j = junior **** = 8th-grader
so = sophomore ***** = 7th-grader

* (after school) = ineligible athlete

* (after time) = time recorded en route to a longer distance

A = mark recorded at an altitude above 1000 meters (approximately 3280 feet)

f (before year) = mark recorded before Jan. 1 of school year

+ = converted time; see following situations:

- 1) If next to a time under a metric list, then this time has been converted from yards by multiplying the yard time by .9941939.
- 2) If next to a time under a yard list, then this time has been converted from meters by multiplying the metric time by 1.0058399.

y = time recorded at yard distance and has not been converted; see following situations:

- 1) If next to a time in boys' 110mHH list, then this is the actual time recorded for 120yHH (10.7 inches shorter than 110mHH); thus, a 14.1 at 110m is considered slightly faster (and is placed higher) than a 14.1 at 120y.
- 2) If next to a time in girls' 100mLH list, then this is the actual time recorded for 110yLH (23 inches longer than 100mLH); thus, a 14.2 at 110y is considered slightly faster (and is placed higher) than a 14.2 at 100m.

Note: This is used for hand times only; fully-automatic times are converted.

Timing

Fully-automatic times (FAT), listed in 100ths, are considered faster than hand times, listed in 10ths, on the following basis:

Races of less than 1 lap -- FAT times are placed .24 seconds higher than hand times.

Races of 1 lap -- FAT times are placed .14 seconds higher than hand times.

Races of more than 1 lap -- FAT times are placed .09 seconds higher than hand times.

Records

Listed at the heading of each event are national records and California and NorCal bests. The national records are those recognized by Track & Field News (T&FN) and most often do not match with those given by the National Federation of State High School Athletic Associations. In T&FN's judgment, that body is unnecessarily restrictive in their eligibility policies (concerning meet size, season length, non-winning marks, eligible schools and athlete affiliation/meet sanction). California and NorCal bests are the best marks in those geographical areas known to the compiler.

When a record is denoted by a "y" or "m," then this is the actual time recorded at yards or meters, respectively. When there is a "+," this is the time to which the original time converts. These converted times are the ones considered when selecting records. Races of one lap or less, only fully-auto times can be considered records. Hand-timed bests are given -- for reference only -- when they are intrinsically far superior to the auto records. The auto time, however, is the record. In the hurdles, times made with higher-than-required barriers are denoted by "HH" (high hurdles) or "IH" (intermediate hurdles). When a record is denoted by an "A," this mark was recorded at an altitude above 1000 meters (approximately equal to 3280 feet). When this occurs, a second-best mark -- one recorded under 1000 meters -- is given for reference.

Eligibility

T&FN's policy, with certain adjustments, is considered best. Any athlete from any school currently in the CCS (unless the school has been closed) is eligible for these lists as long as he/she has not received a diploma, has not exceeded four years of high school competition and has not reached his/her 20th birthday. School affiliation is not a prerequisite for inclusion of an athlete's marks. This means that an athlete can represent his/her school or club or can compete unattached and still qualify for these lists. It means that ineligible athletes may qualify for these lists. And, it allows for inclusion in these lists female athletes from CCS schools who competed before girls' high school programs were formed. Many of these athletes -- as high schoolers -- were competitive on an open national, and sometimes international, basis.

Acceptable competition can range from high school dual meets and all-comer meets to national and international championships. Indoor marks, however, are not included in these lists and are kept separately. Research is under way for listings of indoor marks.

Each season begins on Sept. 1 and ends on Aug. 31. Spring graduates remain eligible for these lists until Aug. 31 of their graduating year.

Pre-high school marks are given only when they are of good enough quality to make the regular portion of the list. Also, these pre-high schools must be within the CCS geographical area.

About the lists

There are 6 pieces to each entry in these lists. They are: mark, year in school, athlete's name, athlete's school and its location, and the year in which the mark was recorded. When no mark appears by an athlete, his/hers is the same as that of the athlete above him/her. When no year in school information appears next to an athlete, the info is unknown to the compiler. When no location is given for the school, then it is the same as the name of the school.

CCS STARS FEATURED ON THE COVER (left-to-right)

PICK BROWN (Los Altos, 1970) -- Of the finest performances at a state meet by any athlete, his has to rank as the best by a CCS athlete. In 1970, he won the 440 (47.8), 880 (1:50.6) and ran 47.0 to anchor his team's victorious mile relay unit (3:15.6) as the Knights took home the team championship in the disbelief of many who thought a 440/880 double was impossible (and Brown had added a mile relay anchor). That 880 time is still the CCS best, as is that Knight mile relay time. His 440 mark of 47.2 (46.9 for meters, converted) is third best (behind national record holder Bill Green and later world record holder Lee Evans).

Track & Field News named him High School Track Athlete-of-the-Year as the magazine handed its Athlete-of-the-Year award to a field-eventer (triple jumper Dave Tucker of San Joaquin Memorial in Fresno).

Afterwards, at Cal and later on, he earned American 800-meter rankings (by T&FN) of 8th in '71, 6th in '72, 5th in '73, 6th in '74, 6th in '76 and 7th in '78. His PR is 1:45.4 ('72). In '76, he recorded his best-ever 400 time, 46.3.

Never made the Olympic team, but came close on two occasions: in '72 he took 6th in 1:45.4 (3rd was 1:45.1), and in '76 he finished 5th in 1:47.0 (3rd was 1:46.3). Best finish in an NCAA meet was 2nd in '71 as a freshman (1:49.5 for 880).

One of the many fine athletes molded by coach Leo Long's well-respected program at Los Altos.

LEE EVANS (Overfelt of San Jose, 1965) -- Two-time Olympian and current holder of three world records, he was named the best 400-meter runner in the world for the 1960s by T&FN and 5th best of the '70s.

In '68 Olympics in the high altitude of Mexico City, he set a WR in the 400 of 43.86 and anchored a 4x400 team that blazed 2:56.16 for another WR, neither of which has been neared in the 13 years since. In '72, although a member of the US 4x400 team he didn't compete because other members' injuries and a lack of available alternates left the team little short. Many experts considered the USA a sure bet for another gold medal.

Set 10 world records, three in the 400 (44.95 in '67 and 44.06 and 43.86 in '68) and twice on a 4x400 team (2:59.6 in '66 and 2:56.16 in '68) for his five outdoor records. His other five were indoors, three at 500 yards (54.5 in '70 and 54.4 twice in '71), one at 500 meters (1:02.0 in '73) and one at 600 meters that still stands (1:16.7 in '73).

Won five outdoor AAU 400/440 championships ('66-'69, '72). Won the '72 AAU indoor 600-yard championship. Won the '68 NCAA 400 while at San Jose State. Won '67 Pan-American Games 400.

Panked the No. 1 quartermiler in the world by T&FN in '66, '67, '68 and '70, 2nd in '69, 9th (5th US) in '71 and 3rd in '72. Except for his '71 ranking, he had the same ranking among Americans. In the 200 (PR 20.4 in '69), he was ranked 7th (5th US) in '69 and 8th US in '67. In 440 hurdles (PR 50.2 in '71), he was ranked 4th US in '70.

As a freshman at San Jose City College in '66, he broke the national junior college 400 record four times, lowering it from 46.7 to 45.2. The next three years he joined the Speed City corps at SJS. From '73-'75, competed for the now-defunct International Track Association (pro track). At age 34, he clocked 47.5 in the 1981 Brooks Invitational at Berkeley.

Never won a state high school championship (4th as a junior in '64, pulled a groin in '65), but an impressive performer at Overfelt, where he transferred after two years at Central High of Fresno. Coached at Overfelt by Stan Dowell, later of Silver Creek and now coach at Independence. Dowell will sometimes still work him through some of his old high school workouts. Came to Overfelt with a 52.3 PR and left with a 47.0 (46.7 for meters, converted), a CCS best for 14 years until Cubberley's Bill Green broke it and the national record in '79.

MILLARD HAMPTON (Silver Creek of San Jose, 1974) -- 1976 Olympic gold and silver medalist in the 4x100 meters and 200 meters, respectively. In relay, ran third leg to help USA to a 38.33 clocking. In 200, was second to Jamaica's Don Quarrie, 20.23 to 20.29.

...continued on next page

...CCS stars continued...Millard Hampton continued...

Those performances capped the finest season of his career, a season in which he won the AAU 200 (20.89) and Final Olympic Strials (a PR 20.10), was ranked second in the world (to Quarrie) and first in the US and won four state community college titles in his sophomore year at San Jose City College (10.4 100, 20.4 200, 39.8 440 relay for a national record, and 3:13.3 mile relay with a 47.1 anchor). His 20.10 was also a national community college record. Only other year he was was '80, when he was No. 9 US in 200. Other PRs are 9.4y ('75), 10.33m ('77) and 46.5m ('76).

Holds record for most CCS individual titles with six, three each in the 100 and 220, from soph through senior years. Also helped Silver Creek to 440 relay win as soph for seven total CCS championships. Won state 220 in '74 (21.1).

Coached throughout high school and SJCC by Bobby Poynter, who is now at San Jose State. After SJS, Hampton went on to UCLA for two years.

AMENDMENTS TO ALL-TIME LISTS

These amendments are either additions (a), corrections (c) or deletions (d) to the lists on the following pages. They were discovered too late in production to appear in the actual lists. For corrections, the underscored part is the correction.

100 METERS

(a) 10.7 sDwayne Taylor (Overfelt, San Jose) 78

200 METERS

Straight:

(c) 21.0+ Tom Pettit (King City) 56

4 X 100 METERS

(c) 41.4+ Woodside 75

(*Tim Doyle, sMike Greggans, *Eric Hill, sRobert Sweet)

(c) 42.07 Woodside 80 . . . REMAINS IN SAME POSITION ON LIST

HIGH JUMP

(c) 6-11 sDave Bush (Campbell) 72

LONG JUMP

(c) 23-8 sJim Fregosi (Serra, San Mateo) 59

DISCUS

(c) 185-7 sMike Davis (Hillsdale, San Mateo) 69

100 YARDS

(a) 9.6 sHolden Smith (Los Gatos) 76

Wind-aided:

(a) 9.6 sDwayne Taylor (Overfelt, San Jose) 78

5000 METERS

(a) 15:15.0 sBernie Lahde (St. Francis, Mountain View) 68

(c) 15:24.3 sRon Larrieu (Palo Alto) 56

COLLEGE SHOT PUT

(c) 53-91 sBob Brannen (Los Gatos) 64 . . . REMAINS IN SAME POSITION ON LIST

100 METERS

National record: 10.16, Houston McTear (Baker, Fla.), 1976
 California best: 10.39, Ken Robinson (Berkeley), 1981
 NorCal best: 10.39, Ken Robinson (Berkeley), 1981

10.2	sBill Gaines (San Jose)* 68
10.57	sKen Smith (Palo Alto) 81
10.59	sBill Green (Cubberley, Palo Alto) 79
10.4	sCarl Montgomery (South San Francisco) 80
10.73	sEric Washington (Woodside) 80
10.5	sMillard Hampton (Silver Creek, San Jose) 74
	sGlenn Cannon (Mt. Pleasant, San Jose) 76
	sPeggie Grimes (Hill, San Jose) 81
10.84	*Greg Chow (Prospect, Saratoga) 81
10.6	sKeith Taylor (Piedmont Hills, San Jose) 76
	(10)
	*Rick Mills (Independence, San Jose) 80
10.87	sPeggie Rodgers (Hillsdale, San Mateo) 81
10.93	*Wiley Watson (Stevenson, Pebble Beach) 81
10.7	sRobert Sterling (Silver Creek, San Jose) 80
	sTroy Christy (Del Mar, San Jose) 80
	*Anthony Toney (North Salinas, Salinas) 80
	sErnest Bonner (Seaside) 80
	*John Anderson (Willow Glen, San Jose) 81
10.95	*Mike Meredith (Serra, San Mateo) 81
10.97	*Tim Peoples (Silver Creek, San Jose) 81
	(20)

Wind-aided:

10.3	sMillard Hampton (Silver Creek, San Jose) 74
10.61	sCarl Montgomery (South San Francisco) 80
10.62	sPeggie Grimes (Hill, San Jose) 81
10.78	*Greg Chow (Prospect, Saratoga) 81
10.6	sRobert Sterling (Silver Creek, San Jose) 80
	sTroy Christy (Del Mar, San Jose) 80
	sAllen Weaver (Hollister) 81
10.91	*Wiley Watson (Stevenson, Pebble Beach) 81
10.7	sJim Thompson (Crestmoor, San Bruno) 80
	sHarry Campbell (Mt. Pleasant, San Jose) 80
	*Tim Peoples (Silver Creek, San Jose) 81
	sAaron Palmer (Lick, San Jose) 81
	sRoyce Clark (North Salinas, Salinas) 81
	sSteve Roth (Palma, Salinas) 81

200 METERS

National record: 20.22, Dwayne Evans (South Mountain, Phoenix, Ariz.), 1976
 California best: 20.80y (20.68+), James Sanford (Pasadena), 1977
 NorCal best: 20.81, Kevin Willhite (Cordova, Rancho Cordova), 1981

Add. 1 for 4d (12 ft)

20.8+	sMillard Hampton (Silver Creek, San Jose) 74
21.09	sBill Green (Cubberley, Palo Alto) 79
20.9+	sGlenn Cannon (Mt. Pleasant, San Jose) 76
21.1+	sChuck Bommarito (Crestmoor, San Bruno) 71
+	sKeith Taylor (Piedmont Hills, San Jose) 76
+	sDwayne Green (Ayer, Milpitas) 77
21.35	sEric Washington (Woodside) 80
21.40	*Anthony Toney (North Salinas, Salinas) 80
21.44+	sCarl Montgomery (South San Francisco) 80
21.2+	sJohn Figueroa (Sunnyvale) 64
	(10)
+	sDon Coulter (Harbor, Santa Cruz) 76
+	sAndre Phillips (Silver Creek, San Jose) 77
+	*Dwayne Taylor (Overfelt, San Jose) 77
21.51+	*Mark Stewart (Camden, San Jose) 77
21.52	sReggie Grimes (Hill, San Jose) 81
21.3+	sCalvin Robinson (Overfelt, San Jose) 67
21.4+	sBrad Lyman (Los Altos) 68
21.65+	*Ken Smith (Palo Alto) 80
	sMaurice White (Gunderson, San Jose) 81
21.68+	sHarry Campbell (Mt. Pleasant, San Jose) 80
	(20)
21.69+	sArt Nicholson (Menlo-Atherton, Atherton) 79
	(21)

Wind-aided:

20.7	sMillard Hampton (Silver Creek, San Jose) 74
20.8+	sGlenn Cannon (Mt. Pleasant, San Jose) 76
21.0+	sKeith Taylor (Piedmont Hills, San Jose) 76

Wind-aided and no smoke from starting gun:

20.9+	sDwayne Green (Ayer, Milpitas) 77
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Straight course:

20.9+	Hal Davis (Live Oak, Morgan Hill) 38
+	Dick Brown (Lincoln, San Jose) 56
21.0+	Tom Pettit (King City) 56

Straight course and wind-aided:

20.4+	sJohn Figueroa (Sunnyvale) 64
20.5+	sGary Mahon (Fremont, Sunnyvale) 64
20.7+	sLee Evans (Overfelt, San Jose) 65
21.0+	Eddie King (Salinas) 55
+	Jim Marshall (Ravenswood, East Palo Alto) 66

400 METERS

National record: 45.51, Bill Green (Cubberley, Palo Alto), 1979
 California best: 45.51, Bill Green (Cubberley, Palo Alto), 1979
 NorCal best: 45.51, Bill Green (Cubberley, Palo Alto), 1979

45.51	sBill Green (Cubberley, Palo Alto) 79
46.7+	sLee Evans (Overfelt, San Jose) 65
46.9+	sRick Brown (Los Altos) 70
47.0+	sBenny Brown (Sunnyvale) 71
47.3+	sFrank Hughes (Cupertino) 68
47.47+	sArt Nicholson (Menlo-Atherton, Atherton) 79
47.60	sHarry Campbell (Mt. Pleasant, San Jose) 80
47.74	sRod M. Green (Palo Alto) 80
47.6+	sCarlos Tan (St. Ignatius, San Francisco) 56
+	sJim Andrew (Los Altos) 70
	(10)
+	sKeith Taylor (Piedmont Hills, San Jose) 76
47.79	*Anthony Toney (North Salinas, Salinas) 80
47.81+	sTony Thompson (Woodside) 78
48.0+	*Don Coulter (Harbor, Santa Cruz) 75
+	sRon Kennedy (Serramonte, Daly City) 75
48.1+	Eddie King (Salinas) 55
+	sJim Duran (Cupertino) 63
+	sJulian Lucas (Gunn, Palo Alto) 70
+	sMike Tyrell (Saratoga) 71
+	sTony Harris (Independence, San Jose) 79
	(20)

800 METERS

National record: 1:47.31, Pete Richardson (Berkeley), 1981
 California best: 1:47.31, Pete Richardson (Berkeley), 1981
 NorCal best: 1:47.31, Pete Richardson (Berkeley), 1981

1:50.0+	sPick Brown (Los Altos) 70
1:50.4+	sConrad Suhr (Leigh, San Jose) 75
1:51.5+	sRalph Lee (San Mateo) 60
1:51.6+	sMike Tyrell (Saratoga) 71
+	sRandy Carlson (Westmont, Campbell) 71
1:51.7+	sDon Bowden (Lincoln, San Jose) 54
1:51.9+	sJerry Tallon (Serra, San Mateo) 66
+	sDave Hamilton (Leigh, San Jose) 74
+	sMark Stillman (Willow Glen, San Jose) 77
1:52.1+	Dale Bennett (Los Altos) 65
	(10)
+	sLarry Davis (Los Altos) 70
1:52.3+	sTom Light (Pacific Grove) 76
+	sBruce Jensen (Buchser, Santa Clara) 77
+	sJeff Maxwell (Westmoor, Daly City) 77
1:52.4+	sRobin Ruble (Los Altos) 60
	(15)

MILE

National record: 3:55.3, Jim Ryun (East, Wichita, Kan.), 1965
 California best: 3:59.4, Tim Danielson (Chula Vista), 1966
 NorCal best: 4:02.4, Richard Kimball (De La Salle, Concord), 74

4:06.9 sMark Stillman (Willow Glen, San Jose) 77
 4:08.2 sStan Ross (Serra, San Mateo) 77
 4:09.5 sMike Ryan (Wilcox, Santa Clara) 65
 4:10.7 *Steve Miller (Carlmont, Belmont) 72
 4:10.9 sRobert Smith (Awalt, Mountain View) 78
 4:11.1 sKlaus Hoffman (St. Ignatius, San Francisco) 68
 sEugenio Amaya (Burlingame) 69
 4:11.3 sSteve Crowley (Gunn, Palo Alto) 73
 4:12.1 sJohn Sup (Palma, Salinas) 77
 4:12.19+ sJeff Purrington (Willow Glen, San Jose) 81
 (10)
 4:12.3 sManny Mahon (Lynbrook, San Jose) 68
 4:12.8 sRobin Ruble (Los Altos) 60
 4:13.4 Bob Scurich (Watsonville) 65
 sPaul Cox (Los Gatos) 81
 4:13.5 *Ernie Ferrell (Overfelt, San Jose) 72
 *Conrad Suhr (Leigh, San Jose) 74
 (16)

2 MILES

National record: 8:36.3, Jeff Nelson (Burbank), 1979
 California best: 8:36.3, Jeff Nelson (Burbank), 1979
 NorCal best: 8:46.5, Richard Kimball (De La Salle, Concord), 1974

8:55.21+ sJesse Torres (Independence, San Jose) 81
 8:57.4 sMitch Kingery (San Carlos) 75
 8:57.8 sMike Ryan (Wilcox, Santa Clara) f64
 8:59.25+ sMike McCollum (Palo Alto) 81
 9:01.6 sGordon MacMitchell (Gunn, Palo Alto) 73
 9:02.6 *Carlos Carrasco (Mt. Pleasant, San Jose) 78
 9:03.0 sJeff Curran (Los Altos) f74
 sFon Fritzke (Leigh, San Jose) 75
 9:04.82+ sNelson Bernal (Westmont, Campbell) 81
 9:06.0 sJerry Emory (Gunn, Palo Alto) 75
 (10)
 9:06.9 sJoe Rubio (Willow Glen, San Jose) f80
 9:07.8 sSteve Brooks (Mt. Pleasant, San Jose) 72
 9:08.3 sBob Love (Carlmont, Belmont) 78
 9:08.7 sKen Holladay (Gilroy) 78
 9:08.8 *Bob Ebert (Willow Glen, San Jose) 71
 9:09.3 sBrian Dulin (Leigh, San Jose) f80
 9:10.0 sMike Hart (Willow Glen, San Jose) f70
 sPaul Cox (Los Gatos) f80
 9:10.9 sArvid Kretz (Mills, Millbrae) 68
 9:11.0 sEugenio Amaya (Burlingame) 69
 (20)
 sStacy Geiken (Cubberley, Palo Alto) 74
 sJeff Norton (Los Altos) 73
 9:11.2 sRich McCandless (Westmont, Campbell) 73
 9:11.8 Joel Green (Aragon, San Mateo) 77
 (24)

110-METER HIGH HURDLES

National record: 13.60, Thomas Wilcher (Central, Detroit, Mich.), 1981
 13.3, Pod Wilson (Bartram, Philadelphia, Pa.), 1979
 12.9y, Renaldo Nehemiah (Scotch Plains-Fanwood, Scotch Plains, N.J.), 1979
 California best: 13.67, Dave Ashford (West Covina), 1981
 13.2y, Dedy Cooper (Ells, Richmond), 1975
 NorCal best: 13.73, Don Ward (St. Mary's, Berkeley), 1980
 13.2y, Dedy Cooper (Ells, Richmond), 1975

13.6y	sCarl Florant (Palo Alto) 73
13.7y	sRon Kennedy (Serramonte, Daly City) 75
13.8y	sMike Allmond (Serramonte, Daly City) 73
y	sTom Bobertz (Serramonte, Daly City) 76
13.9y	sTony Hicks (Serramonte, Daly City) 75
14.18+	sMalcolm Dixon (Sequoia, Redwood City) 78 14.09 yds FAT?
14.0y	sSteve Guthrie (Cupertino) 78
14.34	sGary Tucker (Sequoia, Redwood City) 81
14.1	sJohn Zukowsky (Hillsdale, San Mateo) 80
	sRon Seanez (Gilroy) 81
	(10)
y	sDon Finley (Cupertino) 75
y	Scott Monroy (Overfelt, San Jose) 75
y	Byron Hawkins (Burlingame) 76
y	sRichard Clark (Menlo-Atherton, Atherton) 77
y	sEric McPherson (Mt. Pleasant, San Jose) 79
y	sReggie Hawkins (Hillsdale, San Mateo) 81
14.36+	sAndre Phillips (Silver Creek, San Jose) 77 14.27 yds
14.2y	sPandy Weil (Burlingame) 66
y	sPandy White (Mills, Millbrae) 67
y	Ashland Whitfield (South San Francisco) 69
	(20)
y	sDave Bagshaw (Gunn, Palo Alto) 71
y	sDon Reed (Mt. Pleasant, San Jose) 76
y	sTroy Durio (Mt. Pleasant, San Jose) 78
	(23)

Wind-aided:

13.8y	sDon Finley (Cupertino) 75
14.2	sBarry Livingston (Silver Creek, San Jose) 81

300-METER LOW HURDLES

National record: 35.87yIH (35.67+), Bill Blessing (Hillcrest, Dallas, Texas), 1974
 California best: 35.79, Walter Murray (Berkeley), 1981
 NorCal best: 35.79, Walter Murray (Berkeley), 1981

36.22+	sAndre Phillips (Silver Creek, San Jose) 77
36.25+	sRon Seanez (Gilroy) 81
36.5+	sTroy Durio (Mt. Pleasant, San Jose) 78
36.83+	sMark Chapman (Yerba Buena, San Jose) 77
36.8+	sTony Hicks (Serramonte, Daly City) 75
+	sDave Jakle (Los Altos) 75
+	sRick Luttrell (San Carlos) 78
37.14+	sBrian Motooka (Gunn, Palo Alto) 77
36.9+	sBill Ribera (Carlmont, Belmont) 78
37.16+	Harold Ross (Hillsdale, San Mateo) 77
	(10)
37.19+	sTim Redick (Woodside) 81
37.0+	sDon Finley (Cupertino) 75
37.1+	sTom Bobertz (Serramonte, Daly City) 76
37.36	sDoug Smith (Serra, San Mateo) 81
37.44	**Erick Montgomery (Independence, San Jose) 81
37.2+	Byron Hawkins (Burlingame) 76
37.3+	*Don Reed (Mt. Pleasant, San Jose) 75
	(17)

4 X 100 METERS

National record: 40.76, Ball (Galveston, Texas), 1979
 40.2y (40.0+), Lincoln (Dallas, Texas), 1970
 California best: 40.86, Berkeley, 1981
 NorCal best: 40.86, Berkeley, 1981

41.4+ Woodside 75
 (*Tim Doyle, sMike Greggans, *Eric Hill, sRobert Sweet)
 41.5+ Piedmont Hills (San Jose) 76
 (*Johnny Jones, sSherman Jones, sPhil Lorin, sKeith Taylor)
 41.70+ Mt. Pleasant (San Jose) 76
 (*Varsi Littlejohn, sGlenn Cannon, sDon Reed, sKen Meriwether)
 41.76 Silver Creek (San Jose) 80
 (sRaymond Holland, sRobert Sterling, *Rory Flint, **Tim Peoples)
 41.83+ Cubberley (Palo Alto) 79
 (sJeff Moss, sTerry Smith, sChris Cooke, sBill Green)
 41.8+ Silver Creek (San Jose) 72
 (sDarrell Craven, sCliff Paige, sDavid Wiley, **Millard Hampton)
 + Yerba Buena (San Jose) 76
 (**Jeff Blevins, sEugene Rachal, *Kyle Stevens, *Mark Chapman)
 41.97+ Silver Creek (San Jose) 77
 (sAndre Phillips, sLee Sparkman, **Dave Pulliam, *Melvin Holland)
 41.9+ Monterey 72
 (sCharles Smith, sDon Royston, sHerb Lusk, *Frazier Sumpter)
 42.05 Mt. Pleasant (San Jose) 80
 (sGreg Marshall, sHarry Campbell, sBobby Lister, **Ken Williams)
 (10)
 42.06 07 Woodside 80
 (*Alan Laulusa, *Tim Redick, **Willie Williams, sEric Washington)
 42.0+ Carlmont (Belmont) 75
 (sGreg Russell, *Brent Nance, sRich Montero, sAaron Brisbane)
 + Mt. Pleasant (San Jose) 78
 (sCarlwell Hawthorn, sDerrick Carter, sTroy Durio, sRod Dawkins)
 42.1+ Los Altos 73
 (*Dennis Kimball, *Mike Sanford, **Dave Jakle, sDoug Hill)
 + Silver Creek (San Jose) 74
 (**Bobby Apis, sMillard Hampton, **Harvey Hunter, sDavid Wesley)
 + Mt. Pleasant (San Jose) 75
 (**Varsi Littlejohn, *Glenn Cannon, *Don Reed, *Greg Johnson)
 + Serramonte (Daly City) 75
 (sMitchell Lockett, sAlvin Diles, sTony Hicks, sRon Kennedy)
 + Carlmont (Belmont) 78
 (sBrent Arnold, *Ricky Cheadle, sChris Carrion, sBill Ribera)
 42.2+ Yerba Buena (San Jose) 74
 (**Ronnie Anderson, **Eugene Rachal, *Stan Jones, sJim Douglas)
 (19)

- .2 yds vs mtrs

4 X 440 YARDS

National record: 3:10.05+ (3:08.94m), Berkeley, 1981
 California best: 3:10.05+ (3:08.94m), Berkeley, 1981
 NorCal best: 3:10.05+ (3:08.94m), Berkeley, 1981

3:15.6 Los Altos 70
 (sBob Thompson 52.5, sLarry Davis 48.1, sJim Andrew 48.0, sRick Brown 47.0)
 3:17.7 Cubberley (Palo Alto) 79
 (sJeff Moss, sChris Cooke, *Rod M. Green, sBill Green)
 3:18.3 Piedmont Hills (San Jose) 76
 (sClay Taylor, sSherman Jones, *Johnny Jones, sKeith Taylor)
 3:18.5 Sequoia (Redwood City) 67
 (*Greg Willis, *Gene Curry, *Don Willis, sDarryl White)
 Silver Creek (San Jose) 76
 (sDuane Barkley, **Melvin Holland, *Andre Phillips, sFred Harvey)
 3:18.7 Los Altos 68
 (**Bob Thompson, **Jim Andrew, **Larry Davis, **Rick Brown)
 3:19.1 San Carlos 78
 (**Darren Williams, sRick Luttrell, sDave Gillooley, sStan Beal)
 3:19.23 Independence (San Jose) 81
 (**Erick Montgomery 49.5, sKenny Sumpter 50.5, **Jim Reyes 49.8, sMike O'Neal 49.4)
 3:19.2 Serramonte (Daly City) 75
 (sDean Martinelli, sAlvin Diles, sTony Hicks, sRon Kennedy)
 3:19.6 Gunn (Palo Alto) 70
 (*Tom Paul, *Dale Krebs, *Dave Bagshaw, sJulian Lucas)
 (10)
 Mt. Pleasant (San Jose) 75
 (sIke Grozier, *Greg Johnson, *Don Reed, *Glenn Cannon)
 3:19.7 Mt. Pleasant (San Jose) 76
 (*Varsi Littlejohn, **Derrick Carter, sGreg Bourne, sGlenn Cannon)
 3:19.9 San Mateo 75
 (sBob Mardis, sGary Davis, sAndy Gustavson, sBob Foulke)
 3:20.1 San Carlos 77
 (sGreg Wallace, *Rick Luttrell, *Stan Beal, *Dave Gillooley)
 3:20.2 Buchser (Santa Clara) 73
 (sSteve Marcki, sLarry Hintz, sBrad Young, sJohn Siirila)
 3:20.4 Los Altos 69
 (*Bob Thompson, *Jim Andrew, *Larry Davis, *Rick Brown)
 Crestmoor (San Bruno) 69
 (**Chuck Bommarito, sRick Del Carlo, sBob Banning, sBarry Raymond)
 3:20.5 Crestmoor (San Bruno) 70
 (sSteve Bule, sGary Hicklin, sToby Garza, *Chuck Bommarito)
 Mt. Pleasant (San Jose) 80
 (sHarry Campbell, sGreg Marshall, sBobby Lister, sMarichal Gilbert)
 3:20.8 Sequoia (Redwood City) 68
 (sGreg Willis, sCeasar Oravillo, sGene Curry, sDon Willis)
 (20)
 3:20.98 Milpitas 81
 (sKen Hopkins 50.1, **Alan Hayes 51.0, sTim King 50.1, sOran Woods 49.8)
 3:20.9 Mt. Pleasant (San Jose) 72
 (sTom Clark, *Eddy Martinez, sAlan Donaldson, sKenny Williams)
 3:21.2 Cupertino 74
 (sSteve Lambson, sAl Grayson, *Don Finley, sMark Mildbrandt)
 (23)

HIGH JUMP

National record: 7-4 $\frac{1}{4}$, Gail Olson (Sycamore, Ill.), 1978
 California best: 7-3 $\frac{1}{4}$, Lee Balkin (Glendale), 1979
 NorCal best: 7-2, Bill Hice (Oakland), 1977
 7-2, Kerry Myers (Berkeley), 1978

6-11 Dave Bush (Campbell) 72
 6-10 $\frac{1}{2}$ sMax Lowe (Awalt, Mountain View) 64
 sKirk Collins (Monterey) 75
 sJoel Wyrick (Mt. Pleasant, San Jose) 78
 6-10 $\frac{1}{4}$ sMervyn Fernandez (Hill, San Jose)* 78
 *Joe Hicks (North Salinas, Salinas) 79
 6-10 sThurlis Gibbs (Hill, San Jose) 76
 sDoug Wright (Live Oak, Morgan Hill) 78
 *Mesha Spivey (Woodside) 78
 *Dan Iliff (Palma, Salinas) 79
 (10)
 6-9 3/4 sJohn Radetich (San Carlos) 66
 6-9 $\frac{1}{2}$ sBill Erbes (Homestead, Cupertino) 72
 *Bill Graber (Los Altos) 77
 6-9 sLarry Wright (Carlmont, Belmont) 75
 sReggie Du Pee (Menlo-Atherton, Atherton) 81
 6-8 3/4 sPeter Imperial (St. Ignatius, San Francisco) 77
 6-8 $\frac{1}{2}$ sJeff Stuart (Gunn, Palo Alto) 79
 6-8 $\frac{1}{4}$ sChris Williams (Crestmoor, San Bruno) 77
 (18)

POLE VAULT

National record: 18-1 $\frac{1}{4}$, Joe Dial (Marlow, Okla.), 1981
 California best: 17-4 $\frac{1}{4}$, Anthony Curran (Crespi Carmelite, Encino), 1978
 NorCal best: 16-1 3/4, Bert Tardieu (Del Mar, San Jose), 1978

16-1 3/4 sBert Tardieu (Del Mar, San Jose) 78
 15-9 sRoger Martin (Camden, San Jose) 71
 15-6 3/4 sMitch Preciado (Homestead, Cupertino) 78
 sRoss McAlexander (Monta Vista, Cupertino) 78
 15-6 $\frac{1}{2}$ sLarry Hintz (Buchser, Santa Clara) 73
 sGreg Ellis (Menlo-Atherton, Atherton) 80
 15-6 $\frac{1}{4}$ sD.J. Bahl (Awalt, Mountain View) 80
 15-6 sJim Lydon (San Mateo) 69
 sBlake Fearnside (Del Mar, San Jose) 77
 sBen Mahoney (St. Francis, Mountain View) 80
 (10)
 15-4 sMarc Anderson (Buchser, Santa Clara) 81
 15-3 sJim Westlund (Fremont, Sunnyvale) 77
 15-2 sRobert Crumpler (Menlo-Atherton, Atherton) 80
 *Mitch Norris (Del Mar, San Jose) 80
 15-1 sWarren Jaques (Del Mar, San Jose) 80
 15-0 $\frac{1}{2}$ sSam Albanese (King City) 69
 15-0 $\frac{1}{4}$ sDoug Updike (Carmel) 69
 15-0 sRuss Royal (Fremont, Sunnyvale) 69
 sScott Turner (Del Mar, San Jose) 73
 sDoug Searle (Camden, San Jose) 75
 (20)
 sTodd Lovejoy (Del Mar, San Jose) 76
 sJeff Kitts (Monta Vista, Cupertino) 77
 sKevin McElveny (Lynbrook, San Jose) 77
 sMark Kibort (Fremont, Sunnyvale) 78
 sMike Kenison (Mills, Millbrae) 79
 sKen Bayless (Sunnyvale) 80

LONG JUMP All Time Marks - Boys

National record: 26-8, Carl Lewis (Willingboro, N.J.), 1979
 California best: 26-2 $\frac{1}{4}$, Ken Duncan (McClatchy, Sacramento), 1972
 NorCal best: 26-2 $\frac{1}{4}$, Ken Duncan (McClatchy, Sacramento), 1972

25-4 3/4	*Johnny Johnson (Pacific Grove) 65
25-2	sPhil Quinet (Homestead, Cupertino) 68
24-10	sLynn Swann (Serra, San Mateo) 70
24-5	Denny Rogers (Los Altos) 65
24-4 3/4	sPaul Bates (Menlo-Atherton, Atherton) 77
24-4	sRex White (Camden, San Jose) 77
24-0 $\frac{1}{2}$	*Vester Robinson (Silver Creek, San Jose) 72
23-11	sKen Smith (Palo Alto) 81
23-10 $\frac{1}{2}$	*Rick Miller (Leigh, San Jose) 70
	Brett Woods (Los Gatos) 77
23-10	sCraig Conway (Cupertino) 71
	(10)
23-9 $\frac{1}{2}$	Nathan Johnson (Seaside) 75
23-9 $\frac{1}{4}$	sDon Finley (Cupertino) 75
23-9	sKen Murphy (Menlo-Atherton, Atherton) 70
23-8 3/4	sSteve Bruce (Menlo-Atherton, Atherton) 79
23-8 $\frac{1}{2}$	sGrady Rogers (Homestead, Cupertino) 67
	*Steve Marcki (Buchser, Santa Clara) 72
23-8	Jim Fregosi (Serra, San Mateo) 59
23-7 $\frac{1}{2}$	*Steve Coy (Los Altos) 63
	(18)

Wind-aided:

24-7 $\frac{1}{2}$	sCharlie Johnson (Sequoia, Redwood City) 67
24-4	sCraig Conway (Cupertino) 71
24-3 $\frac{1}{2}$	sDon Finley (Cupertino) 75
24-2	**Mark Thorp (Cupertino) 71

TRIPLE JUMP

National record: 53-4 $\frac{1}{4}$, Sanya Owolabi (Sleepy Hollow, North Tarrytown, N.Y.), 1978
 California best: 52-10 $\frac{1}{2}$, Charles Mayfield (Muir, Pasadena), 1980
 NorCal best: 52-4 3/4, Ken Frazier (Mission, San Francisco), 1981

50-0 3/4	sPeter Moreno (Lick, San Jose) 76
50-0 $\frac{1}{2}$	sKen Taylor (Yerba Buena, San Jose) 81
49-11 $\frac{1}{2}$	sCraig Conway (Cupertino) 71
49-8	sMyrt Easley (Woodside) 75
49-6 3/4	*Myron Porter (Willow Glen, San Jose) 78
49-4 $\frac{1}{2}$	sDale Krebs (Gunn, Palo Alto) 71
49-4	sKevin McCarthy (Cupertino) 73
49-3 $\frac{1}{2}$	sHarry Freeman (Santa Clara) 69
49-2 3/4	sPaul Bates (Menlo-Atherton, Atherton) 77
49-0 3/4	sLoren Lebherz (Serramonte, Daly City) 77
	(10)
49-0 $\frac{1}{2}$	Junior Rojas (Overfelt, San Jose) 75
48-10 $\frac{1}{2}$	sJohn Triplett (Branham, San Jose) 72
48-9 $\frac{1}{2}$	Gerald Steward (Seaside) 77
48-8 3/4	sJohn LeGrande (Westmont, Campbell) 73
48-7 $\frac{1}{2}$	Denny Rogers (Los Altos) 66
48-3 $\frac{1}{2}$	*Larry Weldon (Silver Creek, San Jose) 80
48-3 $\frac{1}{4}$	sGreg Malveaux (San Carlos) 75
48-2 $\frac{1}{4}$	sMark Thorp (Cupertino) 73
48-2	Nathan Johnson (Seaside) 74
48-1	sDon Finley (Cupertino) 75
	(20)
48-0 $\frac{1}{2}$	sTim Thompson (Carlmont, Belmont) 79
48-0	Kevin Utley (Peterson, Sunnyvale) 75
	sRex White (Camden, San Jose) 77
	(23)

Wind-aided:

50-7 3/4	sHarry Freeman (Santa Clara) 69
50-1 $\frac{1}{4}$	sPeter Moreno (Lick, San Jose) 76
49-5 3/4	Junior Rojas (Overfelt, San Jose) 75
49-1 $\frac{1}{2}$	sJohn LeGrande (Westmont, Campbell) 73
48-8 3/4	sPhil Quinet (Homestead, Cupertino) 68
48-4	Chuck Steffes (Sunnyvale) 68
48-1 3/4	*Greg Woodard (Silver Creek, San Jose) 77
48-0 $\frac{1}{2}$	Chris Moulton (Hill, San Jose) 69

SHOT PUT

National record: 81-3½, Mike Carter (Jefferson, Dallas, Texas), 1979
 California best: 69-3 3/4, Jim Neidhart (Newport Harbor, Newport Beach), 1973
 NorCal best: 68-5½, Steve Montgomery (Lassen, Susanville), 1976

65-10	sSteve Wilhelm (Fremont, Sunnyvale) 67
65-7 3/4	sDon Castle (Cubberley, Palo Alto) 61
65-6	sBruce Wilhelm (Fremont, Sunnyvale) 63
63-11½	sBret Mannon (Los Gatos) 72
63-9	sBob Brannen (Los Gatos) 64
62-9½	sChris Adams (Los Altos) 70
62-9	sPat Graham (Leland, San Jose) 77
62-7	sBruce Parker (St. Ignatius, San Francisco) 78
62-2½	sRon Comer (Sunnyvale) 76
62-1¼	sDave Gherardi (St. Ignatius, San Francisco) 72
	(10)
61-11½	sTim Sutro (Del Mar, San Jose) 81
61-10	sSteve Aimonetti (Campbell) 79
61-5	sScott Overton (Los Altos) 72
61-4 3/4	sChuck Smart (Los Altos) 64
61-2	*Gary Bersano (Los Gatos) 74
61-0	sRon McKee (Camden, San Jose) 78
	(16)

DISCUS

National record: 213-6, Clint Johnson (Shawnee Mission South, Overland Park, Kan.), 1980
 California best: 209-6, Dave Porath (Atwater), 1978
 NorCal best: 209-6, Dave Porath (Atwater), 1978

201-3	sChris Adams (Los Altos) 70
200-1	sScott Overton (Los Altos) 72
195-4	sBob Stoecker (Los Altos) 62
	sTom Birtwhistle (Gunn, Palo Alto) 69
194-2	sDave Hickson (Leland, San Jose) 73
193-0	sJim Penrose (Carlmont, Belmont) 68
189-2	sSteve McEnroe (Seaside) 79
189-1	sTim Sutro (Del Mar, San Jose) 81
188-8	sTom Peterson (North Salinas, Salinas) 78
187-9	sJay Pushkin (Los Altos) 72
	(10)
185-10	sRon Allen (Lynbrook, San Jose) 73
185-7	*Mike Davis (Hillsdale, San Mateo) 69
185-1	sSteve Struble (Sunnyvale) 78
184-7	Winston Landes (Palo Alto) 67
184-2	sGlen Moore (Mt. Pleasant, San Jose) 74
184-1	sScott Covey (Homestead, Cupertino) 70
183-11	sBurt Marks (Salinas) 64
183-10	sJim Groover (Branham, San Jose) 72
183-8	sTyler Wilkins (Mountain View) 62
	sJohn Reed (Monterey) 63
	(20)

Sloping field:

204-5	sScott Overton (Los Altos) 72
196-3	sBob Stoecker (Los Altos) 62

SELECTED "ODD" EVENTS

100 YARDS

National record: 9.30, Houston McTear (Baker, Fla.), 1975
 9.0, Houston McTear (Baker, Fla.), 1975
 California best: 9.44, Michael Sanford (Pasadena), 1979
 NorCal best: 9.56, Bill Green (Cubberley, Palo Alto), 1979

9.56 sBill Green (Cubberley, Palo Alto) 79
 9.4 sBill Gaines (San Jose)* 68
 9.5 sMillard Hampton (Silver Creek, San Jose) 74
 sGlenn Cannon (Mt. Pleasant, San Jose) 76
 9.76 sCarl Montgomery (South San Francisco) 80
 9.6 Hal Davis (Live Oak, Morgan Hill) 39
 Jim Peterson (San Jose) 39
 Dick Brown (Lincoln, San Jose) 56
 sJohn Figueroa (Sunnyvale) 64
 sJoe Richards (Watsonville) 65
 (10)
 Jim Marshall (Ravenswood, East Palo Alto) 66
 sBrad Lyman (Los Altos) 68
 sChuck Bommarito (Crestmoor, San Bruno) 71
 *Keith Taylor (Piedmont Hills, San Jose) 75
 sKen Meriwether (Mt. Pleasant, San Jose) 76
 *Andre Wilkes (Santa Cruz) 77
 sMark Stewart (Camden, San Jose) 78
 sKen Smith (Palo Alto) 81
 (18)

Wind-aided:

9.4 *Keith Taylor (Piedmont Hills, San Jose) 75
 9.5 sJohn Figueroa (Sunnyvale) 64
 sChuck Bommarito (Crestmoor, San Bruno) 71
 *Rod Dawkins (Mt. Pleasant, San Jose) 77
 9.6 *Mike Skinner (Santa Clara) 76
 *Ken Terrell (Serramonte, Daly City) 76
 sDwayne Green (Ayer, Milpitas) 77
 sMaurice White (Gunderson, San Jose) 81

1500 METERS

National record: 3:39.0, Jim Ryun (East, Wichita, Kan.), 1964
 California best: 3:46.4, Paul Medvin (University, Los Angeles), 1979
 NorCal best: 3:48.9, Richard Kimball (De La Salle, Concord), 1974

3:54.6 sJeff Purrington (Willow Glen, San Jose) 81
 3:56.5 sBrian Dulin (Leigh, San Jose) 81
 3:57.6 sRobin Ruble (Los Altos) 60
 sJesse Torres (Independence, San Jose) 81
 3:57.7 sPaul Cox (Los Gatos) 81
 3:58.2 sKen Bergkamp (Leigh, San Jose) 80
 3:58.4 sRoger Yeager (Fremont, Sunnyvale) 80
 3:59.0 sMario Springer (Mountain View) 80
 3:59.9 sRick Ifland (Soquel) 78
 4:00.0 *Dave Avila (Cupertino) 78
 (10)
 sTim Gruber (Aptos) 78
 (11)

3000 METERS

National record: 8:08.0', Steve Prefontaine (Marshfield, Coos Bay, Ore.), 1969
 California best: 8:12.7', Thom Hunt (Henry, San Diego), 1976
 NorCal best: 8:17.7', Jay Marden (Mission San Jose, Fremont), 1981

8:21.3' sJesse Torres (Independence, San Jose) 81
 8:23.5' sMike McCollum (Palo Alto) 81
 8:29.6' sJoe Rubio (Willow Glen, San Jose) 81
 8:31.3 *Carlos Carrasco (Mt. Pleasant, San Jose) 78
 8:32.2' sNelson Bernal (Westmont, Campbell) 81
 (5)

3 MILES

National record: 13:17.0, Gerry Lindgren (Rogers, Spokane, Wash.), 1964
 California best: 13:43.6, Richard Kimball (De La Salle, Concord), 1973
 NorCal best: 13:43.6, Richard Kimball (De La Salle, Concord), 1973

13:56.4 *Mitch Kingery (San Carlos) f73
 14:03.9 sMike McCollum (Palo Alto) 81
 14:04.3 sJesse Torres (Independence, San Jose) 81
 14:06.2 sPon Fritzke (Leigh, San Jose) 75
 14:10.2 sSteve Brooks (Mt. Pleasant, San Jose) f71
 14:11.6' sMike Ryan (Wilcox, Santa Clara) 65
 14:13.9 sNelson Bernal (Westmont, Campbell) 81
 14:14.0 sSteve Crowley (Gunn, Palo Alto) f72
 14:15.0 sCarl Cattarin (Carlmont, Belmont) 73
 14:21.4 sRich McCandless (Westmont, Campbell) 73
 (10)
 *Bob Barnett (Hillsdale, San Mateo) 74
 *Bob Love (Carlmont, Belmont) f76
 14:24.8 sBob Paulin (Camden, San Jose) 76
 14:27.3 sKen Holladay (Gilroy) 78
 14:28.0 Dan Gruber (Aptos) 73
 14:28.8 *Fernando Balderas (San Jose) 79
 14:29.2 *George Manriquez (Mt. Pleasant, San Jose) f71
 sChris Cole (St. Ignatius, San Francisco) f71
 14:30.0 sJohn Sup (Palma, Salinas) f76
 (20)

5000 METERS

National record: 13:44.0, Gerry Lindgren (Rogers, Spokane, Wash.), 1964
 California best: 14:08.4, Terry Williams (Lompoc), 1973
 NorCal best: 14:22.0, Richard Kimball (De La Salle, Concord), 1974

14:38.8 sMike Ryan (Wilcox, Santa Clara) 65
 14:42.7 sMike McCollum (Palo Alto) 81
 14:45.7 sJesse Torres (Independence, San Jose) 81
 14:48.6 *Mitch Kingery (San Carlos) 74
 14:52.3 sJoe Rubio (Willow Glen, San Jose) 81
 14:55.7 sNelson Bernal (Westmont, Campbell) 81
 15:17.8 sJim Scattini (Palma, Salinas) 81
 15:20.0 *Roy Gonzalez (Gunderson, San Jose) 80
 15:24.3 Ron Larrieu (Palo Alto) 56
 15:26.0 sBrad Zamczyk (Homestead, Cupertino) 81
 (10)

6 MILES

National record: 27:36.4, Rudy Chapa (Hammond, Ind.), 1976
 California best: 27:58.0, Eric Hulst (Laguna Beach), 1976
 NorCal best: 29:13.2, Rod Berry (Redwood, Larkspur), 1977

30:07.2 sRich McCandless (Westmont, Campbell) 73
 30:27.0 *Bob Love (Carlmont, Belmont) 77
 30:30.0 sJack Bellah (Leigh, San Jose) 72
 30:31.0 sSteve Brooks (Mt. Pleasant, San Jose) 72
 30:45.0 *Mike Ryan (Wilcox, Santa Clara) 64
 (5)

10,000 METERS

National record: 28:32.7, Rudy Chapa (Hammond, Ind.), 1976
 California best: 28:55.0, Eric Hulst (Laguna Beach), 1976
 NorCal best: 31:32.5, Bob Love (Carlmont, Belmont), 1978

31:32.5 sBob Love (Carlmont, Belmont) 78
 31:33.5 sJack Bellah (Leigh, San Jose) 72
 31:40.1 sSteve Brooks (Mt. Pleasant, San Jose) 72
 31:49.4 *Mike Ryan (Wilcox, Santa Clara) 64
 31:51.0 *Barry Vann (Aragon, San Mateo) 67
 (5)

MARATHON

National record: 2:23:05, Clancy Devery (South Salem, Salem, Ore.), 1977
 California best: 2:23:47, Mitch Kingery (San Carlos), 1973
 NorCal best: 2:23:47, Mitch Kingery (San Carlos), 1973

2:23:47 **Mitch Kingery (San Carlos) 73
 2:30:39 sAlex Aguilar (Silver Creek, San Jose) 74
 2:31:25 ***David Cortez (St. Francis, Mountain View) 74
 2:34:12 *Gordon MacMitchell (Gunn, Palo Alto) f71
 2:37:26 Jose Cortez (Sequoia, Redwood City) 70
 (5)

400-METER INTERMEDIATE HURDLES

National record: 50.52, Paul Lankford (Farmingdale, N.Y.), 1977
 49.8, Bob Bornkessel (Shawnee Mission North, Mission, Kan.), 1968
 California best: 51.84, Don Ward (St. Mary's, Berkeley), 1980
 51.5, Charles White (San Fernando), 1976
 NorCal best: 51.84, Don Ward (St. Mary's, Berkeley), 1980
 51.6, Richard Graybehl (Las Lomas, Walnut Creek), 1974

52.2+ sRon Seanez (Gilroy) 81
 53.15+ sAndre Phillips (Silver Creek, San Jose) 77
 54.10 sReid Johnson (Palo Alto) 81
 54.42 sRick Luttrell (San Carlos) 78
 54.5+ sTom Bobertz (Serramonte, Daly City) 76
 54.7+ Steve Nelson (Lincoln, San Jose) 74
 55.54+ Brad Hill (Monta Vista, Cupertino) 77
 55.5+ sTony Hicks (Serramonte, Daly City) 75
 55.79 sTim Fedick (Woodside) 81
 55.7+ sBruce Barron (St. Francis, Mountain View) 81
 (10)

4 X MILE

National record: 17:06.6, South Eugene (Eugene, Ore.), 1976
 California best: 17:13.2, Lompoc, 1973
 NorCal best: 17:30.8, Leigh (San Jose), 1979

17:30.8	Leigh (San Jose) 79
17:43.5	Leigh (San Jose) 78
17:44.5	Leigh (San Jose) 77
17:46.0	Los Gatos 81
17:47.8	Carlmont (Belmont) 72
17:48.8	Mt. Pleasant (San Jose) 77
17:49.0	Leigh (San Jose) 80
17:49.9	Hillsdale (San Mateo) 62
17:50.2	Awalt (Mountain View) 71
17:51.1	Carlmont (Belmont) 77

(10)

DISTANCE MEDLEY (2½ miles)

National record: 10:01.6, South Eugene (Eugene, Ore.), 1977
 California best: 10:03.0, Lompoc, 1973
 NorCal best: 10:13.4, Berkeley, 1965

10:13.7	Wilcox (Santa Clara) 65
10:14.9	Leigh (San Jose) 75
10:16.8	Burlingame 69
10:20.5	Palo Alto 59
10:21.4	Carlmont (Belmont) 71
10:21.5	Los Altos 60
10:21.9	Carlmont (Belmont) 65
10:23.8	Carlmont (Belmont) 72
10:24.0	Los Gatos 81
10:24.2	Wilcox (Santa Clara) 64

(10)

COLLEGE SHOT PUT

National record: 67-9, Mike Carter (Jefferson, Dallas, Texas), 1979
 California best: 57-10¼, Dave Murphy (Sunny Hills, Fullerton), 1966
 NorCal best: 57-9 3/4, Steve Montgomery (Lassen, Susanville), 1976

54-7	sBruce Wilhelm (Fremont, Sunnyvale) 63
53-7	sBob Brannen (Los Gatos) 64
53-4	sBret Mannon (Los Gatos) 72
51-10¼	sSteve Wilhelm (Fremont, Sunnyvale) 67
51-6	sLarry Kennedy (Menlo-Atherton, Atherton) 61

(5)

COLLEGE DISCUS

National record: 177-7, Clint Johnson (Shawnee Mission South, Overland Park, Kan.), 1979
 California best: 177-4, Ray Burton (Vacaville), 1974
 NorCal best: 177-4, Ray Burton (Vacaville), 1974

169-0	sChris Adams (Los Altos) 70
167-1	sDave Hickson (Leland, San Jose) 73
164-4	sBob Stoecker (Los Altos) 62
156-10	sSteve Wilhelm (Fremont, Sunnyvale) 67
156-7	sDon Schmidt (King City) 61

(5)