

1976 UNITED STATES TRACK AND FIELD FEDERATION
Executive Offices
30 N. Norton Avenue, Tucson, AZ 85719

Compiled by Don Steffens

many excellent times were turned in by competitors in the USTFP-T&F National Competition in 1976. But, for the first time in several years, no new records were established. All in all, though, the results are again outstanding.

York of Elmhurst, Illinois won the high school two-mile team race for the third year in a row, despite the loss of individual record holder Ron Craker who graduated last year. Joe Newton's bunch ran 47:34.4 and, with that time, moved into seventh place on the all-time list. His guys did that due mainly to close team contact as there was no "Craker-type" leader this year. Dominant still were teams entered from the large postal meets contested in the San Francisco Bay Area, namely Carlmont, Watsonville, and Leigh.

Rod Berry, the nation's best soph three-miler last spring, came back to win the two-mile outright and share the top spot over three miles. He and Tim Holmes (of Modesto's Downey) both ran 14 minutes flat. Berry is a junior at Redwood of Larkspur and his 9:04.6 two-mile was better than his spring best of 9:09.4. Last year's frosh record setter Carlos Carrasco of Mt Pleasant moved into the varsity competition grandly with a tie for second at 9:09.6. Holmes, with a 9:09.0 in 1974, is the only soph who has ever run faster. Three freshmen ran under 10 minutes, the most to break that barrier since 1971 when 5 went under.

Girls participated for the first time. Naturally, not too many teams competed but we hope many more will participate in 1977. Please spread the word to the girls coaches at your respective schools. We hope that participation by girls will reach the same level as that of boys.

Fewer collegiate teams than ever sent in marks. Perhaps the distance is simply too short, since most conference title meets are not contested at 6 miles. But it is our thinking that a three-mile would allow for a good workout sometime during the season.

Results were printed in the February issue of Track & Field News and will be submitted to The Harrier for consideration.

HIGH SCHOOL GIRLS TWO MILE INDIVIDUAL RACE (new event)

11:33.8 Tara Hobbs Jr. (Santa Barbara, CA)
 12:20.0 Pam Cox Sr. (Santa Barbara, CA)
 12:20.0 Molly Miller Sr. (Santa Barbara, CA)
 12:24.8 Cindy Schmand, Soph (Santa Barbara, CA)
 12:30.6 Wanda Branch Sr. (Santa Barbara, CA)
 12:33.2 Pam Propeck Fr. (Woodstock, Ill.)

HIGH SCHOOL GIRLS TWO MILE TEAM RACE (new event)

61:09.2 Santa Barbara, CA
 65:07.4 Woodstock, IL
 67:32.4 Santa Barbara B, CA
 70:45.0 Nord, Amherst, CH
 78:15.6 Nord B, Amherst, CH

HIGH SCHOOL TWO MILE INDIVIDUAL RACE (Record 8:51.8 by Ron Craker, York, Elmhurst, IL 1975)

9:04.6 Rod Berry jr (Redwood, Larkspur, CA)
 9:09.6 Mike walterhouse sr (Mission Viejo, CA)
 9:09.6 Carlos Carrasco soph (Mt Pleasant, San Jose, CA)
 9:13.8 Robert Love jr (Carlmont, Belmont, CA)
 9:14.4 Jeff hildebrandt jr (South Salem, Ore)
 9:14.4 Clancy Devery jr (South Salem, CA)
 9:14.8 Paul Brewer jr (Leigh, San Jose, CA)
 9:14.8 Mark LaBonte jr (Mission Viejo, CA)
 9:17.2 Rich Vasquez jr (Clayton Valley, Concord, CA)
 9:21.6 Armando Siqueiros sr (Watsonville, CA)
 9:22.6 Tim Mcnamara sr (Maine South, Park Ridge, IL)
 9:23.0 Roger Innes sr (Upland, CA)
 9:24.0 Brad Kester jr (Artesia, Lakewood, CA)
 9:26.8 Todd Peterson sr (York, Elmhurst, IL)
 9:26.8 Mike Garcia sr (York, Elmhurst, IL)
 9:30.4 Carter Lambert sr (Forest Hill, Jackson, Miss)
 9:30.8 Bob Bradshaw sr (York, Elmhurst, IL)
 9:30.8 Gary Thurston sr (M-A, Atherton, CA)
 9:31.2 Tim Dunham sr (York, Elmhurst, IL)
 9:33.0 Fred Stillings jr (Artesia, Lakewood, CA)
 9:33.2 Robert Trujillo sr (East, Pueblo, CO)
 9:34.6 Colin Chapman sr (Redwood, Larkspur, CA)
 9:35.0 Don Hurley jr (Cretin, St Paul, MN)
 9:35.4 Joe Chisolm sr (Suffern, NY)
 9:37.0 Craig Clinger sr (N Central, Spokane, WA)
 9:38.0 Mike brady jr (N Central, Spokane, WA)
 9:38.6 Gary Goodstein sr (Menlo School, Menlo Park, CA)
 9:38.8 Curt Hoffman jr (York, Elmhurst, IL)
 9:39.2 Jeff Snow sr (York, Elmhurst, IL)
 9:40.0 Greg Mandanis sr (Carlmont, Belmont, CA)
 9:40.2 Steve Benf sr (Maine South, Park Ridge, IL)
 9:42.0 Kevin Scott jr (East, Pueblo, CO)
 9:43.0 Gilbert Munoz sr (Watsonville, CA)
 9:44.0 Carlos Cordova sr (Watsonville, CA)
 9:44.0 Craig Hochhaus jr (Clayton Valley, Concord, CA)
 9:45.0 Steve Feinstein jr (Nepham, Belmore, NY)
 9:45.2 Mark Trilevsky sr (Upland, CA)
 9:45.2 Tom Flemmer sr (Centennial, Pueblo, CO)

HIGH SCHOOL TWO MILE TEAM RACE (Record 46:21.0 by Lompoc, CA 1972)

47:34.4 York, Elmhurst, IL	51:22.6 Suffern B, NY
48:41.2 Mission Viejo, CA	51:32.4 Forest Hill, Jackson, MISS
48:48.8 Carlmont, Belmont, CA	51:34.8 Centennial B, Pueblo, CO
48:50.0 Watsonville, CA	51:41.6 Mission Viejo B, CA
49:02.2 Upland, CA	51:45.0 Mephram B, Bellmore, NY
49:05.2 East, Pueblo, CO	51:48.2 M-A, Atherton, CA
49:06.8 Leigh, San Jose, CA	51:51.0 Half Moon Bay, CA
49:10.6 York B, Elmhurst, IL	52:07.2 Woodstock, IL
49:16.0 South Salem, OR	52:23.6 Upland B, CA
49:28.6 Cretin, St. Paul, MN	52:34.0 Merced B, CA
49:30.2 Carmel, IN	53:14.0 W Valley, Spokane, WA
49:30.6 Redwood, Larkspur, CA	53:40.0 Holy Cross, Waterbury, CON
49:31.0 Artesia, Lakewood, CA	54:25.0 Edmonds, WA
49:44.6 Suffern, NY	54:29.2 Peninsula, Gig Harbor, WA
49:48.0 Mephram, Bellmore, NY	54:45.0 Sacred Heart, S Francisco, CA
49:49.4 Maine South, Park Ridge, IL	55:02.4 Naugatock, CON
49:55.8 Centennial, Pueblo, CO	55:58.6 Holy Cross B, Waterbury, CON
50:21.6 Mt Pleasant, San Jose, CA	56:36.6 Forest Hill B, Jackson, MISS
50:23.2 Merced, CA	57:09.4 Edmonds B, WA
50:24.8 Carlmont B, Belmont, CA	57:42.2 Peninsula B, Gig Harbor, WA
50:27.0 North Central, Spokane, WA	57:56.0 Carmel B, IND
50:40.0 Leigh B, San Jose, CA	60:43.0 Sacred Ht B, S Fran, CA
51:06.0 Half Moon Bay, CA	

HIGH SCHOOL THREE MILE INDIVIDUAL RACE (Record 13:43.6 by Rich Kimball of DeLaSalle, Concord, CA 1973)

14:00.0 Rod Berry jr (Redwood, Larkspur, CA)
14:00.0 Tim Holmes sr (Downey, Modesto, CA)
14:18.2 Jeff Wilhelm sr (Steele, Amherst, OH)
14:33.0 Mike Brady jr (N Central, Spokane, WA)
14:35.0 Craig Olinger sr (N Central, Spokane, WA)
14:39.8 Paul Brewer jr (Leigh, San Jose, CA)
14:40.2 Joe Chisolm sr (Suffern, NY)
14:41.2 Jim O'Shea sr (Woodbury, Central Valley, NY)
14:42.4 Bob Smith sr (Heelan, Sioux City, IA)
14:45.2 Tom Flemmer sr (Centennial, Pueblo, CO)
14:46.0 Raul Gil sr (Santa Barbara, CA)
14:46.8 Michael Clay sr (Choctawhatchee, Ft Walton Beach, FL)
14:47.6 Todd Peterson sr (York, Elmhurst, IL)
14:48.2 Gilbert Munoz sr (Watsonville, CA)
14:49.0 Bob Nunez soph (Lompoc, CA)
14:50.4 Doug Drew jr (Steele, Amherst, OH)
14:50.4 Jack Malin jr (Steele, Amherst, OH)
14:50.8 Larry Gorman sr (York, Elmhurst, ILL)
14:51.2 Denis Schneider jr (Steele, Amherst, OH)
14:51.6 Bob Bradshaw sr (York, Elmhurst, IL)
14:51.6 Stan Heinrichs sr (Santa Barbara, CA)
14:53.6 Andy Halpin sr (Woodbury, Central Valley, NY)
14:55.2 Derek Hanks sr (Choctawhatchee, Ft Walton Beach, FL)
14:56.0 Gary Thurston sr (M-A, Atherton, CA)
14:56.2 Steve Haug sr (Choctawhatchee, Ft Walton Beach, FL)
14:56.6 Colin Chapman sr (Redwood, Larkspur, CA)
14:56.6 Mike Garcia sr (York, Elmhurst, IL)
14:56.8 Armando Siqueiros sr (Watsonville, CA)

14:58.8 Tim Dunham sr (York, Elmhurst, IL)
 15:01.2 Max Birnkammer sr (Ft Walton Beach, FL)
 15:02.8 Jeff Montoya jr (Centennial, Pueblo, CO)
 15:05.2 Freddy Castillo soph (Western, Tulare, CA)
 15:11.0 Jim DeLauney soph (Suffern, NY)
 15:13.2 Ron Barrera sr (Suffern, NY)
 15:14.0 Carlos Cordova sr (Watsonville, CA)
 15:14.6 Curt Hoffman jr (York, Elmhurst, IL)
 15:14.8 Mike Scally jr (N Rockland, Thiells, NY)
 15:15.0 Elias Medina sr (Santa Barbara, CA)
 15:18.8 Lupe Calistro jr (Western, Tulare, CA)
 15:19.0 David Grimes jr (Watsonville, CA)
 15:19.6 Matt Dwyer sr (Suffern, NY)
 15:19.6 Joe Itak sr (Clarkstown S, New City, NY)
 15:20.2 Phil Brock jr (Redwood, Larkspur, CA)
 15:21.4 Ralph Cosenza sr (Suffern, NY)
 15:22.6 Mark Canales fr (Western, Tulare, CA)
 15:22.2 Greg Boyd sr (Choctawhatchee, Ft Walton Beach, FL)
 15:23.0 Bob Wanamaker sr (Clarkstown N, New City, NY)
 15:23.4 Jim Demers sr (Suffern, NY)
 15:24.0 Mark Smith jr (Tempe, AZ)
 15:26.8 Kevin Millon sr (York, Elmhurst, IL)
 15:27.0 Alvin Strunk jr (York, Elmhurst, IL)
 15:27.6 Steve Chamberlain sr (Redwood, Larkspur, CA)
 15:27.8 Bruce Ochoa soph (Merced, CA)
 15:28.0 Jose Garcia sr (Watsonville, CA)
 15:30.6 Adrian Hall sr (Niceville, FL)

HIGH SCHOOL THREE MILE TEAM RACE (Record 73:17.6 by York, Elmhurst, IL 1975)

74:24.8 York, Elmhurst, IL	79:45.0 Mt Whitney, Visalia, CA
75:05.4 Steele, Amherst, OH	80:06.4 N Rockland, Thiells, NY
75:31.8 Choctawhatchee, Ft Walton Bch, FL	80:11.2 Nanuet, NY
75:45.4 Suffern, NY	80:37.8 Clarkstown, New City, NY
75:33.8 Redwood, Larkspur, CA	81:33.0 Tempe, AZ
75:46.0 Watsonville, CA	81:33.6 Niceville, FL
76:32.0 North Central, Spokane, WA	81:47.2 Choctawhatchee B, Ft Walton Bch, FL
76:43.6 Santa Barbara, CA	81:59.8 Clarkstown S, New City, NY
77:12.2 Leigh, San Jose, CA	83:14.0 N Central B, Spokane, WA
77:45.2 Woodbury, Central Valley, NY	84:04.8 Suffern C, NY
77:49.0 York B, Elmhurst, IL	84:19.4 Santa Barbara B, CA
78:08.4 Centennial, Pueblo, CO	84:59.2 Mt Whitney B, Visalia, CA
78:49.2 Western, Tulare, CA	85:01.0 Ft Walton Beach, FL
78:51.4 Suffern B, NY	86:19.2 Centennial B, Pueblo, CO
79:18.4 Merced, CA	91:08.8 Niceville B, Fla

NORTH AMERICAN THREE MILE INDIVIDUAL RACE (Open Record 13:14.0 by Jack Bachelor, Florida Track Club, 1969; College University Record 13:25.6 by Steve Prefontaine, Oregon, 1970; Junior College Record 13:47.8 by Dave Babiracki, Los Angeles Valley JC, 1971)

13:38.2 Steve Crane fr (Ohio State)	13:49.6 Jon Sutherland (Club Northridge)
13:43.4 Cordy Braun sr (Wash)	13:54.8 Steve Surface jr (Wash)
13:45.2 Tom Byers sr (Ohio State)	14:03.4 Gerardo Canchola jr (UCSB)
13:46.4 Bill Stolp soph (Wash)	14:09.0 Tim Murray sr (Wash)
13:49.6 Gary Gustafson soph (Wash)	14:11.0 John Samore (Sioux City, IA AC)

HIGH SCHOOL FROSH TWO MILE INDIVIDUAL RACE (Record 9:31.2 by Carlos Carrasco, Mt. Pleasant, San Jose, CA 1975)

9:46.0 Jack Kurr (Gunn, Palo Alto, CA)
9:52.8 Eric Sappenfield (LaCumbre, Santa Barbara, CA)
9:58.8 Kevin O'Connor (Carlmont, Belmont, CA)
10:06.0 Mike Hobbs (LaCumbre, Santa Barbara, CA)
10:15.0 Steve Adams (Foothill, Santa Ana, CA)
10:20.0 Felix Soto (Mt Pleasant, San Jose, CA)
10:21.8 Guillermo Salcido (Merced, CA)
10:22.8 Don Scott (Foothill, Santa Ana, CA)
10:24.0 Charlie Schell (Half Moon, Bay, CA)
10:31.0 Dave Garcia (York, Elmhurst, IL)
10:31.0 John Hoch (M-A, Atherton, CA)
10:32.8 Bill Thoner (Foothill, Santa Ana, CA)
10:34.8 10:35.6 Steve Owens (Forest Hill, Jackson, MISS) Eric Fillhart (Upland, CA)
10:37.2 John Hoch (M-A, Atherton, CA)
10:38.4 Roy Cortez (Merced, CA)
10:40.0 Jose Zuniga (Merced, CA)
10:40.6 Mike Custer (York, Elmhurst, IL)
10:41.6 Ken Bergkamp (Leigh, San Jose, CA)
10:44.2 Mike Newman (York, Elmhurst, IL)
10:47.4 Bruce Thrupp (Foothill, Santa Ana, CA)
10:47.4 Casey Kester (Foothill, Santa Ana, CA)
10:49.4 George Lonergan (Holy Cross, Waterbury, Conn)

HIGH SCHOOL FROSH TWO MILE TEAM RACE (Record 52:10.4 by Westminster, CA 1975)

52:45.4 Foothill, Santa Ana, CA	56:33.2 York B, Elmhurst, IL
53:29.2 Merced, CA	56:47.6 Suffern, NY
53:43.4 York, Elmhurst, IL	57:00.0 Mt Pleasant, San Jose, CA
54:23.0 Half Moon Bay, CA	57:06.2 M-A, Atherton, CA
54:41.2 LaCumbre, Santa Barbara, CA	59:12.0 Canyon Park, Bothell, WA
54:42.0 Leigh, San Jose, CA	59:13.6 Woodstock, IL
54:51.0 Carlmont, Belmont, CA	60:48.4 Christian Bros, Syracuse, NY
55:17.0 Gunn, Palo Alto, CA	61:49.6 Nord, Amherst, OH
56:06.8 M-A, Atherton, CA	62:48.0 Canyon Park, B, Bothell, WA
56:33.0 Centennial, Pueblo, CO	67:26.2 Nord, B, Amherst, OH

HIGH SCHOOL FROSH THREE MILE INDIVIDUAL RACE (Record 15:10.0 by Mitch Kingery, San Carlos, CA 1971)

15:22.6 Mark Canales (Western, Tulare, CA)
15:34.2 Gene Sostre (Manuet, NY)
15:35.6 Jack Kurr (Gunn, Palo Alto, CA)
16:17.8 John Hoch (M-A, Atherton, CA)
16:25.0 Guillermo Salcido (Merced, CA)
16:26.0 Frank Contreras (Merced, CA)
16:28.0 Ken Bergkamp (Leigh, San Jose, CA)
16:39.0 Steve Contreras (Lompoc, CA)
16:52.8 Roy Cortez (Merced, CA)
16:55.6 Jeff Maurer (Leigh, San Jose, CA)
16:58.0 John Hausler (M-A, Atherton, CA)

HIGH SCHOOL FROSH THREE MILE TEAM RACE (Record 82:33.4 by Homestead, Sunnyvale, CA 1969)

83:59.4 Merced, CA	88:19.2 M-A, Atherton, CA
85:46.2 Leigh, San Jose, CA	89:24.0 Lompoc, CA
88:12.6 Gunn, Palo Alto, CA	

VARSIITY

MEET: National 2-mile Postal
DATE: November 6, 1976
COURSE: 2.0 miles; Tartan track
CONDITIONS: warm and pleasant

RESULTS: 16th (of 52 teams) 50:47

Ken Romiguere	3rd	9:39.0	(School Record)
Scott Flagg	30th	10:02	(4th in Canyon All-Time List)
Charlie Harb	38th	10:13	(Personal Record)
Jason Lee	39th	10:15	(Personal Record)
Tom Jensen	49th	10:38	(Personal Record)
Greg Romiguere	51st	10:47	(Personal Record)

54 runners finished

Canyon came up with an impressive performance at the 2-mile postal at West Valley JC, getting six PR's, even though some people expected more. Ken Romiguere broke Dave Mills' 8-year old school record and knocked off 14.8 seconds from his PR. Ken finished 7th among all the juniors at the meet, of which there were approximately 190 runners. Scott Flagg got a tie for 30th among juniors, as he knocked 8 seconds from his PR. Charlie Harb got a PR by 5 seconds, Jason Lee got his by 12 seconds, Greg Romiguere got his by nearly a minute, as did Tom Jensen. Greg, amazingly enough, even got a PR in the mile by running 5:09 for his first mile. The team finish of sixteenth is quite impressive, especially considering some of the teams Canyon beat (Monte Vista, Half Moon Bay, San Ramon, St. Ignatius, Sunnyvale, San Carlos, Alameda, Logan, Hillsdale, Los Altos, Washington, Soquel, and South San Francisco). All those teams have always been cross country powers, except perhaps South City, which has been sort of weak ever since some guy named Casillas graduated. Canyon, incidentally, also beat HAAL foe Tennyson by a healthy 3:15.

This race should serve as a good tuneup for the NCS 3A Southern Area meet next week at Chabot Gate in Oakland, where one of the prime contenders will be Mission San Jose, which beat Canyon by just 13 seconds.

Awards

Best Performance: TOM JENSEN

Intestinal Fortitude: SCOTT FLAGG

Boy Scout: KEN ROMIGUIERE (his good deed for the day was knocking Dave Mills' name off the school record board)