

CALIFORNIA

Track & Running News

JULY / AUGUST 1995

❖ Since 1974 ❖

ISSUE NO. 213

CIF/Toyota
HIGH SCHOOL
STATE MEET



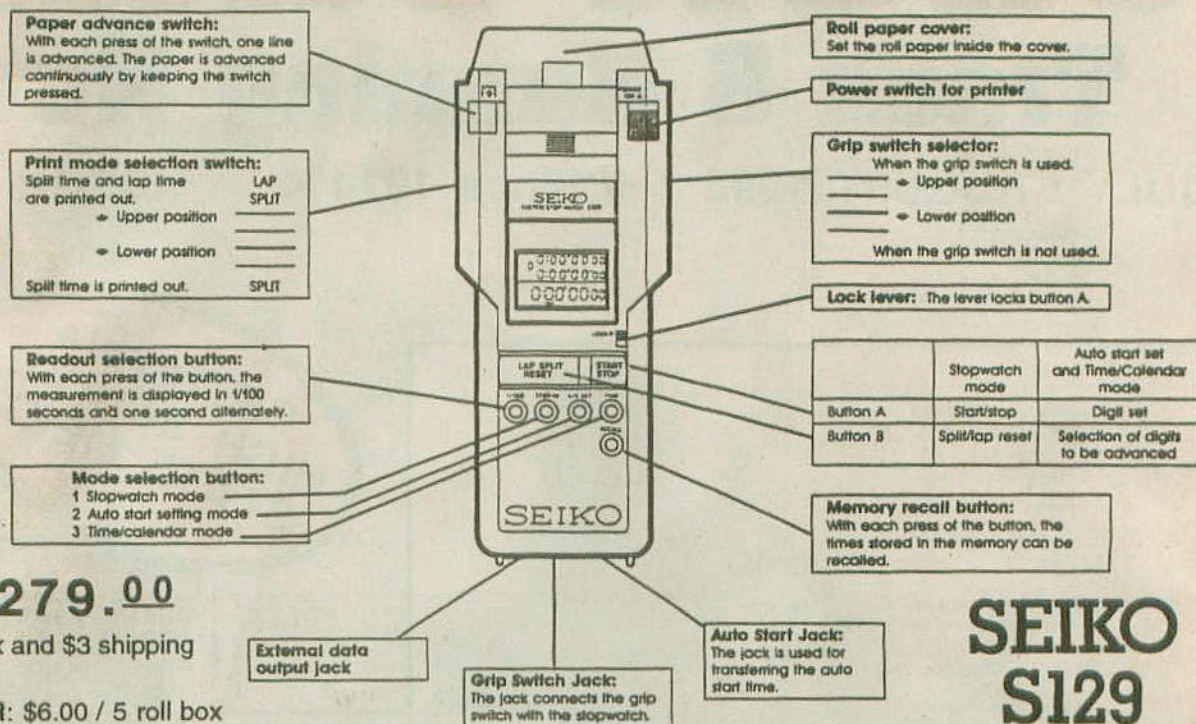
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Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION



\$279.00

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PAPER: \$6.00 / 5 roll box

System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured or printed later from the memory function of the stopwatch.

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

1989 3 28

START 17:06

SPLIT

1-0:00'19 13

2-0:00'20 41

3-0:00'21 69

4-0:00'23 14

5-0:00'24 60

6-0:00'26 11

7-0:00'27 58

8-0:00'29 21

9-0:00'33 78

10-0:00'37 18

1989 3 28

START 17:07

SPLIT / LAP

1-0:00'07 06

0:00'07 06

2-0:00'09 03

0:00'01 97

3-0:00'11 11

0:00'02 08

4-0:00'13 15

0:00'02 04

Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

Specifications

Time Base and Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

Modes:

Split Time and Split/Lap Time, time of day and calendar.

Temperature:

Accuracy guaranteed ranges 23°F to 104°F; operational ranges 5°F to 131°F.

Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

JACK'S ATHLETIC SUPPLY

2 P.O. Box 459, San Carlos, CA 94070 • (415) 595-2249

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CTRN @ AOL.COM

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FROM THE EDITOR

Another Good Show

You are holding in your hands the *CTRN* Annual High School State Meet Issue. It is one of my favorites each year because it treats a meet the way we would like to see all meets treated. Once again, you will find a write-up of each event with the complete results and a photo of the winner. An undertaking such as this is not only expensive from a page standpoint, but takes a mountain of work from a number of dedicated *California Track & Running News* staffers. Especially to be thanked are Keith Conning, Doug Speck, Kim Kutcher, and Kirby Lee. Not to be overlooked, too, is Judy Cockerham who put it all together for us.

We all certainly appreciate the fine efforts of the athletes and coaches who participated in the CIF State Meet; and we are very appreciative of the journalistic efforts of our fine staff in reporting all the action. The event, however, could not have happened without either the core of organizers and officials, nor the sponsor. The sponsor this year was Toyota, which is the title sponsor of the California Interscholastic Federation (CIF). "Thank You" to all of those who gave of their time, energy and money to make this another great meet.

If you get bored this summer waiting for the World Championships, just around the corner, listed below are some different and interesting books to keep you occupied until track heats up again in August.

Age-Graded Tables. This book allows you to quickly and easily compare your performances at different ages and in different events. Included are tables for all standard track and field events, LDR distances, and racewalking. Ages covered are age-8 thru

age-100. For a copy of the 60-page *Age-Graded Tables* book, which includes samples and charts, send \$6 plus \$1.25 postage to the National Masters News, P.O. box 2372, Van Nuys, CA 91404.

Why Run? describes the benefits of running and tells you how to get started in a way that is safe, easy and fun. This 18-page booklet is designed to educate the American public about running: an activity that can help people develop and maintain fitness in a short period of time. The booklet is available from the RRCA for \$2.00 (postage and handling included) from RRCA at 1150 S. Washington St., Alexandria, VA 22314.

The Complete Book of Jumps is a training manual for track and field jumping events. World-class field event coaches Bob Fraley and Ed Jacoby, draw on their combined 60 years of coaching experience, take the mystery out of the competitive jumping events and help track and field coaches understand how to teach these skill events. The 136-large page book sells for \$17.95 from Human Kinetics. To order call (217) 351-5076.

Enjoy!

ON THE COVER: Some of 1995's CIF/Toyota California High School State Meet standouts -- **MICHAEL STEMBER** (left), **LAKEISHA BACKUS** (winner of two events --100 & 200) and **OBEA MOORE**.

See the section devoted to complete and unsurpassed coverage of the State Meet, beginning on page 16.

Photos by Kirby Lee

SCHEDULE

Please send schedule information...

Cross country and track information--

CTRN, 4957 E. Heaton Ave.,
Fresno, CA 93727
FAX (209) 255-4904

Road Racing information--

Jack Leydig, PO Box 1390,
San Mateo, CA 94401
FAX (415) 348-1862

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

TRACK & FIELD

High School

Track & Field

July 21-23 (Friday-Sunday)

Eugene, OR: Track City International Classic. Hayward Field, University of Oregon. Sub-Bantam through Young Men/Women. Track City Track Club, c/o Erin Olsen-Regali, Registrar, 3604 Gilham Road, Eugene, OR 97408. Info: (503) 687-8453.

July 25-30 (Tues-Sun)

San Jose: US Junior Olympic Championships. San Jose City College. Steve Haas, Ath. Dept., 2100 Moorpark Ave., San Jose 95128 (408) 288-3730, FAX (408) 287-7222.

September 1-3

Santiago, Chile: Pan American Junior Championships.

Cross Country

September 23 (Saturday)

Concord: DLS/CHS adidas Cross Country Invitational. 9 a.m. Newhall Park (North Coast Section Meet of Champions course). Contact Helen Lehman at Carondelet HS (510) 686-5347 or Rico Baiatti at De La Salle HS (510) 686-3310.

October 14 (Saturday)

Kamuela, HI (The Big Island): 22nd Annual Hawaii Preparatory Academy XC Invitational. Boys and girls. Varsity and Jr. Varsity races. Info: Steve Perry, Athletic Director (808) 885-8227, Coach Joy Upshaw-

Margerum (808) 885-8261 or Coach Phil Conley (808) 885-8218. No entry fee!

December 2 (Saturday)

Fresno: Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 9 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 3 (Sunday)

Boston, MA: US Junior Cross Country Championships.

December 9 (Saturday)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

Baton Rouge, LA: Junior Olympic National Cross Country. Highland Road Park. Pete Boudreaux, 855 Hearthstone Dr., Baton Rouge, LA 70806 (504) 383-3843.

College & Open

Track & Field

July 28-30 (Fri-Sun)

Colorado Springs, CO: U.S. Olympic Festival '95. Air Force Academy, Ralph Lindeman, Ath. Dept., US Air Force Academy, Colorado Springs, CO 80840 (719) 472-2173, FAX (719) 472-3798.

August 4-13

Gothenburg, Sweden: World Track & Field Championships.

August 27-September 3

Fukuoka, Japan: World University Games.

September 9 (Saturday)

Monte Carlo, Monaco: IAAF Mobil Grand Prix Finals.

1996

February 10

Las Vegas: Las Vegas Invitational Indoor Track Meet. Contact Franken Enterprises (310) 278-2030.

Columbia, SC: Women's Olympic Marathon Trials.

February 17

Charlotte, NC: Men's Olympic Marathon Trials.

Cross Country

September 9 (Saturday)

Buena Park: Whittier Invitational

September 30 (Saturday)

Palo Alto: Stanford Invitational.

October 21 (Saturday)

Belmont: Crystal Springs Challenge. PA/USATF Grand Prix Series. Open & collegiate. Men/4.2 miles; women 2.96 miles. Info: Dave Shrock (415) 574-6448.

November 4 (Saturday)

Azusa: Golden State Athletic Conference.

November 11 (Saturday)

Azusa: Cougar Collegiate 2 Miler. 8 a.m. Walnut: USATF Western Regionals. Mt. SAC. 11 a.m.

November 18 (Saturday)

Kenosha, WI: NAIA X-C Nationals.

November 20 (Monday)

Ames, IA: NCAA Cross Country Championships.

December 3 (Sunday)

Boston, MA: USA X-C Nationals.

Masters

July 1 (Saturday)

Santa Cruz: KELfield Throws Series #37. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

July 5-9

East Lansing, MI: USATF National Masters Championships. Michigan State University, Randy Williams, 12651 Cloverlawn, Detroit, MI 48238 (313) 834-0378.

July 13-23

Buffalo, NY: WAVA World Veteran's Athletics Championships. WAVA Meet Director, Box 150, Niagara Square Station, Buffalo, NY 14201-0150 (716) 852-2765, FAX (716) 852-0131.

August 5 (Saturday)

Soquel: USATF Pacific Assoc. Championships. Soquel HS. Age-graded meet, open & masters athletes compete together. Bill Johnson (408) 335-0460. Santa Cruz TC, Box 1803, Capitola 95103.

August 19 (Saturday)

Seattle, WA: USATF National Masters Weight & Superweight Championships. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116 (206) 932-3923.

August 26 (Saturday)

Grass Valley: USATF National Masters Weight Pentathlon Championships. Nevada Union HS. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945 (916) 273-3660.

September 2 (Saturday)

Berkeley: NorCal Seniors TC Classic. Dan Behrens, 2838 Enea Way, Antioch 94509-4755 (510) 754-3318.

September 16 (Saturday)

Santa Cruz: KELfield 2nd Anniversary Meet. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

September 16-17

Sylvania, OH: USA Men's/Women's Masters 24-Hour National Championship. Olander Park. Tom Falvey/Dave Payette, 2338 Laskey Rd., Toledo, OH 43613 (419) 475-0731 or 1341, FAX (419) 473-3590.

September 17 (Sunday)

Long Beach: Sn Chimney Masters Games. CSU Long Beach. 40+. Bigalita Egger (310) 645-0271.

SCHEDULE

October 1 (Sunday)

Long Beach: Sri Chinmoy Masters Games. CSU Long Beach. 40+. Bigalita Egger (310) 645-0271.

October 7 (Saturday)

Santa Barbara: Club West Masters Meet. Santa Barbara City College. Club West, 937 Arcady Rd., Montecito 93108 (805) 969-5851.

Minneapolis, MN: Twin Cities Marathon (US Master's National Championships). Scott Schneider, 708 N. First St., Suite 33, Minneapolis, MN 55401 (612) 673-0778, FAX (612) 673-0780.

Canandaigua, NY: Masters 10K Cross Country Championships. Peter Glavin, 160 Laney Rd., Rochester, NY 14620 (716) 242-9031.

November 11 (Saturday)

Landen, OH: US Masters 5K X-C Championships.

November 18 (Saturday)

Boston, MA: US Masters 8K X-C Championships.

December 3 (Sunday)

Boston, MA: US Cross Country Championships.

All-Comers

July 1 (Saturday)

Santa Cruz: KELfield Throws Series #40. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

Sacramento: Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities. Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708. (Other dates: July 6, 13, 20, 27; August 3, 19—all events; September 10, 24; October 1, 15, 22—field events only; November 11, 18; December 2, 16—throws only).

Long Beach: SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

July 4 (Tuesday)

Los Altos Hills: All-Comers Meets at Foothill College. Includes masters events. Contact Joe Mangen (415) 949-7358. Other dates include: July 11, 18, 25.

July 6 (Thurs.)

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Azusa: Summer XC Twilight Series. 7 p.m. 2K, 3K, 4K, 5K. Contact Irv Ray (818) 969-3434 ext 3294.

Santa Barbara: SCA/USATF Thursday Series. La-Playa Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 7 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius

Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

San Diego: Movin Shoes All Comers Track & Field Series. Balboa Stadium. Open to all ages and abilities. Balboa Stadium. 5 p.m. Other dates include: July 21, July 28, August 11 (site TBA). Info: (619) 466-1656.

July 11 (Tuesday)

Los Altos Hills: All-Comers Meets at Foothill College. Includes masters events. Contact Joe Mangen (415) 949-7358. Other dates include: July 18, 25.

July 13 (Thurs.)

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July 15 (Saturday)

Long Beach: SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

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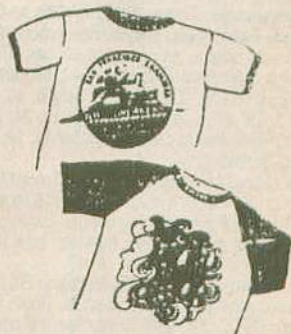
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Phone (415) 595-2249



SCHEDULE

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Santa Barbara: SCA/USATF Thursday Series. La Playa Stadium. Robin Paulsen, Ath. Dept., SBCC, 721 Cliff Drive, Santa Barbara 93109 (805) 965-0581 ext 2275, FAX (805) 963-7222.

July 28 (Friday)

Santa Monica: SCA/USATF Summer All-Comers Meet. Santa Monica College. Tommie Smith & Claudius Shropshire, 1400 Pico Blvd., Santa Monica 90405 (310) 450-5150 ext 9853 or (310) 287-4448.

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July 29 (Saturday)

Long Beach: SCA/USATF Summer All-Comers Meet. Long Beach State Track. Andy Sythe, Ath. Dept., 1250 Bellflower Blvd., Long Beach 90840 (310) 985-1700, FAX (310) 985-8197.

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September 10 & 24 (Sunday)

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October 1, 15 & 22 (Sunday)

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November 11 & 18 (Saturday)

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December 2 & 16 (Saturday)

Sacramento: Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities--throws only. Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708.

Camps & Clinics

June 5-8

Downey: 6th Annual Pole Vault Camp. Downey HS. 3:30 to 7:00 p.m. Info: Tim Meledy (310) 944-2224.

June 2-30

Azusa: Azusa Sprint Training Camp for Distance Runners. Contact Scott Wilson (818) 969-3434 ext 3294.

June 10

Azusa: Australian Training Model (Part 2). For middle and long distance runners. Coaches/Athlete Clinic. Contact Irv Ray, c/o Azusa Pacific University, PO Box 7000, Azusa 91702 (818) 969-3434 ext 3294.

June 18-20

Atascadero: Sky Jumpers Vertical Sports Club.

Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (805) 652-5201 or FAX (805) 466-8273.

June 26-29

Eugene, OR: Kid's Track Camp. Boys and girls, ages 8-14. For beginners. Info from Assistant Track Coach John Gillespie (503) 346-5438. Kid's Track Camp, Univ. of Oregon, 2727 Leo Harris Pkwy., Eugene, OR 97401.

July 9-14 or July 16-21

Eugene, OR: Bill Dellinger's Track Camp. All events. Coed. Ages 12-19. Info: Bill Dellinger (503) 346-5465 or write to: Bill Dellinger Track Camp, Univ. of Oregon, 2727 Leo Harris Pkwy., Eugene, OR 97401.

July 10-15

Azusa: San Gabriel Valley Day Camp. Summer day track camp for boys and girls ages 10-18. Contact Irv Ray (818) 969-3434 ext 3294.

July 15-16

San Diego: AAF/CIF Cross Country Clinic. Mt. Carmel High School. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

July 15-16

Riverside Area: AAF/CIF Cross Country Clinic. Yucaipa High School. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

July 22-23

Irvine: AAF/CIF Cross Country Clinic. University High School. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

July 22-23

Santa Barbara: AAF/CIF Cross Country Clinic. Santa Barbara City College. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

July 23-July 27

Flagstaff, AZ: Ron Mann's High Altitude Camp Track & Field/Cross Country Camp. Northern Arizona University. Info: (602) 523-0011 or Coach Mann (602) 523-5646. Track & Field Cross Country Camp, PO Box 15400, Flagstaff, AZ 86011-5400.

July 23-28

Carpinteria: Gary Tuttle's Distance Running Camp. Cate School. Ages 12&up. Gary Tuttle, 1410 E. Main Street, Ventura 93001 (805) 643-1104.

July 29-30

Palos Verdes: AAF/CIF Cross Country Clinic. Palos Verdes Middle School. FREE Clinic by high school coaches for high school coaches. To receive registration materials: Palmer Addressing & Mailing Company, PO Box 61, Beverly Hills 90213 or FAX (310) 204-1901.

July 30-August 4

Lake Tahoe: Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720. (Camp also in Prescott, AZ at this same time).



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July 31-Aug. 5

Aug. 6-12

Mammoth Lakes: Steve Scott Camp and Workshop for Mature Coed Athletes & Families. Contact Irv Ray, c/o Azusa Pacific University, PO Box 7000, Azusa 91702 (818) 969-3434 ext 3294.

August 7-11

Kamuela, HI (The Big Island): Coach Joy's Track & Field Camp for Kids! Hawaii Prep Academy. Ages 3-5, 6-12. Technique, fun and fitness. Info: Joy Upshaw-Margerum (808) 885-8261, FAX (808) 325-5717.

August 7-11

Grouse Ridge: California High Altitude Camp. 7700 ft. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

August 12-16

Stanford: Stanford Running Camp. At Stanford University. Ages 9-18. Vin Lananna, Athletic Dept., Stanford Univ., Stanford, CA 94305 (415) 723-2736.

August 20-26

San Jacinto Mountains: Run-to-the-Top Camp. Ages 12-18. At Camp Scherman 5,500' 5 miles past Lake Hemet. Info numbers: Riverside County/Janice (909) 927-0527; San Bernardino County/Andrea (909) 862-4620; L.A. & Orange Counties/George (714) 831-7443.

August 22-27

Catalina Island: Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state

champ. For more information contact: Mark and Flane Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

August 26

Hayward: 2nd Annual Distance & XC Coaches Clinic. Moreau Catholic Student Center. Info: Phil Wilder at Moreau (510) 881-4300 or Helen Lehman at Carondelet (510) 686-5347.

September 29-30

San Francisco: Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

October 13-14

Sacramento: Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

December 27-31

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

1996

January 19-20

Las Vegas, NV: Nutrition & Exercise Workshop. Lead

by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

February 2-3

San Diego: Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799. February 23-24

Los Angeles: Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

ROAD RACING

July 1 (Saturday)

San Rafael: China Camp Shoreline Half-Marathon/ Marathon/BM, China Camp State Park (Miwok Meadows), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

SCHEDULE

Stockton: Waterfest '95 3 Mile, Location TBA, 8 a.m. Info: 916/442-0957.

Sacramento: Tri For Fun Triathlon Series #2 (1kS-20kS-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

Mammoth Lakes: The Bill Rolfs Memorial 10K Run & 5K Run/Walk, Mogul Restaurant, 8 a.m. David Moss, c/o Mammoth Lakes Lions Club, P.O. Box 2667, Mammoth Lakes 93546 (619/934-4168).

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Guadalupe: Santa Barbara County Fair 10 Mile Run, Leroy Park, Time TBA. Gary Silva, 4207 Plumeria Ct., Santa Maria 93455 (805/937-3026).

Anaheim Hills: Firecracker 5K/10K, Canyon H.S., 7:30 a.m. Info: 714/630-6473, days.

Termeclia: Galway Downs Ride & Tie 15/30M, (1 horse, 2 runners alternating running/riding), Location & Time TBA. Arlene Foster, 38230 Lorenzo Ln., Hemet 92344 (909/767-1237).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl (near Russell Rd. & Boulder Hwy.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

July 2 (Sunday)

San Francisco: Ocean Beach 5K/10K, Sloat Blvd. & Great Hwy., low-tide run on beach, 8:30 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

Gustine: Freedom Run, 10K/5K, Henry Miller Park (Second & West), 8:30 a.m. Freedom Run, 1065 Lee Av., Gustine 95322 (209/854-1739).

Avery: Hernia Hill Half-Marathon & 10K, Avery Hotel (Moran Rd. & Hwy. 4), 8:30 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Pozo: The Pozo 5K Run, Pozo Saloon, 8:30 a.m. Joe Rubio, Venue Sports, 4104 Vachell Ln., San Luis Obispo 93401 (805/7871-3790).

July 4 (Tuesday)

San Francisco: DSE Peak Busters' Benefit Run/Walk, 4.6 Mi., Lake Merced (Sunset Blvd. Pkg. Lot), 9:30 a.m. Info: 415/978-0837.

Palo Alto: Chili Chase 5K, Mitchell Park Comm. Ctr. (3700 Middlefield Rd.), 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

Moraga: The Fourth in Moraga 5M/2M & Kids' 1K, Moraga Commons (Moraga Rd./St. Mary's Rd.), 8 a.m./1K, 8:15 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Ramon: Run San Ramon Independence Day Classic 5K/10K, San Ramon Central Park (Alcosta Blvd./Bollinger Cryn. Rd.), 8:30 a.m. City of San Ramon Parks & Community Services, P.O. Box 5148, San Ramon 94583 (510/275-2300).

Aptos: (Tentative) "Set Me Free" Run Celebration, 10K/5K/Kids' 2M, Aptos Park (Nisene Marks), 8 a.m. NorthWind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Santa Cruz: Firecracker 10K, Harvey West Park, 8:30 a.m. Lisa McGinnis, 307 Church St., Santa Cruz 95060 (408/429-3477).

Vacaville: TCI Cable 5K Fun Run, Community Center (1100 Alamo Dr.), 8 a.m. Todd Grames, 1100 Alamo Dr., Vacaville 95687 (707/449-5619).

Sacramento: 4th of July River Run, 5 Mi., Glen Hall Park, 8 a.m. (FREE!). Dick Kinter, 6847 Sutter Av., Carmichael 95608 (916/944-1503).

Atwater: Run for Independence, 2 & 5 Mi., Ralston Park (3rd St./Grove Av.), 7 a.m./2M, 7:30 a.m. Run for Independence, 1974 Sixth St., Atwater 95301

(Gordon Wilkinson: 209/384-1727).

Kenwood: Kenwood Footrace, 10K/5K, Warm Springs Rd., 7:30 a.m. John Royston, 1252 Martha Way, Santa Rosa 95405 (707/546-1021).

Arcata: 4th of July Jubilee Run, 10K & 2 Mi., 'H' St. (700 block), 8:30 a.m. Info: Scott Pesch (707/444-3269).

Mt. Shasta: Mt. Shasta July 4th Foot Event, 5M & 2M Youth Race, downtown, 8:30 a.m. Jim Parker, MD, 822 Pine St., Mt. Shasta 96067 (916/926-5261).

Santa Barbara: Semana Nautica 15K, San Marcos H.S., Time TBA. Santa Barbara AA, 4476 Meadowlark Ln., Santa Barbara 93105.

Santa Clarita: Independence Day Classic 5000 Meter Road Race, Newhall Park (24923 N. Newhall Av.), 8:30 a.m. Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380 (805/259-5441).

Huntington Beach: Huntington Beach 4th of July Parade 5K Run & Kids' 1 Mi., Civic Center, 7:30 a.m./5K (H.B. residents), 8:02 a.m./5K, 8:30 a.m./Kids. Kinane Events, 2987 Highland Dr., Carlsbad 92008 (619/434-6301).

Lake Forest: 4 on the Fourth 4M, Lake Forest Dr./Serrano, 7:30 a.m. SBR Sports Prods., 5405 Alton Pkwy., #445, Irvine 92714 (714/858-7386).

Redondo Beach: Village Runner 4th of July 5K Run/Walk/Incline, Village Runner, 7:30 a.m./Incline, 8 a.m./5K, 8:45 a.m./Firecracker Dash (3-11 Yrs.). The Village Runners, 1811-A Catalina Av., Redondo Beach 90277 (310/375-2626).

La Palma: La Palma-ADP 5K/10K, Central Park (7821 Walker St.), 7:30 a.m. La Palma Rec. & Community Svcs, 7821 Walker St., La Palma 90623 (714/522-6740).

Laguna Niguel: 4th of July Run in the Parks 10K/5K & Children's Races, Crown Valley Community Park, 7 a.m. (9:30 a.m./Kids). South Coast YMCA, 29631 Crown Valley Pkwy., Laguna Niguel 92677 (714/495-YMCA).

San Diego: Scripps Ranch 10K & 2M Fun Run, Scripps Ranch, 7 a.m. Scripps Ranch Run, 9974 Scripps Ranch Blvd., #341, San Diego 92131 (John Carey: 619/645-7270).

Coronado: Coronado 15K/5K, Tidelands Park, 7 a.m. Kathy Loper Events, 7801 Mission Center Ct., San Diego 92108 (619/298-7400).

Lake Miramar: Scripps Ranch 10K, 7 a.m. Info: Glen Clark (619/486-4415).

July 8 (Saturday)

Palo Alto: Baylands Price Race, 5K/10K, Baylands Athletic Center, 8:30 a.m. Info: 408/236-2273.

Pt. Reyes: Pt. Reyes Wildcat 25K/7M/ Marathon, Five Brooks (Hwy. 1 btwn. Olema & Stinson), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Aptos: Safeway Challenge 5K Run/Walk, Seascape Resort, 9 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Monterey: Monterey Challenge, Mtn. Bike Duathlon (2.5mR-10mB-2.5mR), Mtn. Bike Relay (2 Hr. + 1 Lap), Laguna Seca Rec. Area, 9 a.m. Steve, Cypress Group, 215 W. Franklin, Suite 214, Monterey 93940 (408/373-1839).

Elk Grove: Thunder Run, 5K/10K, Elk Grove H.S., 8 a.m. Desiree Wilson, 1537 Menlo Av., Carmichael 95608 (916/488-9870).

Soda Springs: Serene Lakes Triathlon (800yS-12mB-5kR), Serene Lakes, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Redding: ALSA Sports Classic, 6M/2M, 8:30 a.m. Tom Wood, 1915 Bembow Dr., Redding 96002 (916/221-2073).

Fresno: "Run the Gap" 4 Mile Run/Walk, 6:30 a.m. Abby at Fwy. 180. Info: (209) 445-6726. Jeff Payne, PO Box 12616, Fresno 93778.

Las Vegas, NV: LVTC 5K/2M, Shadow Rock Park (near Carey & Los Filez), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

July 9 (Sunday)

San Francisco: City of San Francisco Marathon & 5K, Golden Gate Bridge, 7:30 a.m. S.F. Marathon, P.O. Box 77148, San Francisco 94107 (415/391-2123).

San Jose: Danskin Women's Triathlon Sesnes (0.75kSs-20kS-5kR), Lake Almaden Park, 8 a.m. Diane Lydon, Event Marketing & Publicity, Ten Park Av., #11, Mill Valley 94941 (800/452-9526).

Castro Valley: Lake Chabot Trail Challenge, 5K/Half-Marathon, Lake Chabot Park Marina, 8 a.m. Michael Raffee, Golden BayRunners, 4340 Krause St., Pleasanton 94588 (510/484-1339).

Hayward: Sertoma Classic 5K/10K, Skywest Dr. at airport, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Lafayette: The Gruel Dual Series (3kR-15kS-3kR) (mountain bike duathlon), Briones Regional Park, 8 a.m. Terrasport, P.O. Box 10951, Truckee 96162 (916/587-8789).

Lake Tahoe: Spooner Lake Half Marathon/10M/10K, Spooner Lake Nevada State Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Santa Barbara: A Day at the Beach Triathlon (0.25mS-10mB-3mR), E. Beach, 8 a.m. MESP, Inc., 29397 Agoura Rd., #109, Agoura Hills 91301 (818/707-8867).

Carlsbad: Carlsbad Triathlon (1kS-25kS-5kR), So. Tamarack State Beach, Time TBA. City of Carlsbad, 3096 Harding St., Carlsbad 92008 (Jill Pritchard: 619/434-2856).

San Diego: San Diego Wildlife Run, 5K/10K, Balboa Park, 7:30 a.m. Layce & Assoc., P.O. Box 87246, San Diego 92138 (619/236-0842).

July 11 (Tuesday)

Bakersfield: BTC Handicap 5K #3, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 12 (Wednesday)

Santa Barbara: Nite Moves/The Palace Cafe 5K Jambalaya Jant, Leadbetter Beach, 6:30 p.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

San Diego: SDTC Fun Run, 3 Mi., Mission Bay Park (Hospitality Pl.), 6:15 p.m. SDTC, 2115 Craig Ct., Lemon Grove 91945 (Chuck Pennell: 619/531-5282).

July 14 (Friday)

Mt. Rainier, WA: Mt. Rainier to the Pacific Relay, 12-persons (180 Mi.), Longmire Campground, 2 p.m. (wave starts thru 6 p.m.) (350 team limit). Mt. Rainier to Pacific Relay, P.O. Box 17086, Seattle, WA 98107 (206/782-6547).

July 15 (Saturday)

Palo Alto: Russian Ridge Skyline 10K/Half-Marathon/ Marathon, Skyline Park on Hwy. 35 (1 Mi. south of Page Mill Rd.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Pleasanton: Tri For Fun Series #2 (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your

SCHEDULE

Mark, Box 2061, Arnold 95223 (209/795-78732).

Sacramento: Eppie's Great Race (5.82mR-12.5mB-6.35mPaddle), William Pond Bike Trail, 8 a.m. Eppie's Great Race, 3711 Branch Center Rd., Sacramento 95827 (916/366-2940, 800/735-2929).

Greenville: Goldiggers Day Round Valley 5.5M Run & Smokey Bear 5K Walk, starts 0.5M south of dam, 7:45 a.m./Waik, 8 a.m. Mort Ward, P.O. Box 3332, Quincy 95971 (916/283-4779).

Fortuna: Fortuna Rodeo Run, downtown, 10 a.m. or 7 p.m. Info: JoAnne Slater (707/725-3609).

San Diego: Tugs Swim-Run-Swim (0.5mS-5.5mR-0.5mS), Pacific Beach (Crystal Pier), 7:30 a.m. Tri-Sport, 8915 Towne Centre Dr., #112, San Diego 92122 (619/587-0876).

Las Vegas, NV: Mt. Charleston Notch Run, 4 Mi., Lee Canyon Ski Area, 8:30 a.m. Info: Doug Allen (702/656-1380).

July 16 (Sunday)

Palo Alto: Bay to Breakfast Run, 5K/10K, Baylands Athletic Center, 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

Corralitos: Monterey Bay Duathlon Championships (2mR-18mB-2mR), Bradley Elem. School, 8:15 a.m. Northwind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Santa Cruz: Berry Creek Falls 11M/10K, Hwy. 1/Waddell Creek (10 Mi. north of Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Truckee: Donner Lake Triathlon (1.5kS-40kB-6.5mR), West End Beach, 7 a.m. A Change of Pace, 221 G St., #205, Davis 95616 (916/757-6017).

Eureka Area: Mad River Run, 25K, Water District Park #4 (Warren Creek Rd.), 10 a.m. Info: Ron Ross (707/822-2009).

Newport Beach: Bastille Day 5K/8K & 1K (12&Under), The Sutton Place Hotel, 7:45 a.m./5K, 8:15 a.m./8K, 9:30 a.m./1K. Info: Kinane Events (619/434-7706).

La Jolla: Sri Chinmoy Swim/Run (1mS-10kR), La Jolla Cove (La Jolla Shores), 7 a.m. Info: SCMT (619/282-4116).

July 19 (Wednesday)

Santa Barbara: Nite Moves/La Fiesta Carrera de Apulco 5K, Leadbetter Beach, 6:30 p.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

July 22 (Saturday)

Inverness: Drakes Bay Marathon/Half-Marathon/6M, Limantour Beach (Pt. Reyes Natl. Seashore), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Cool: Cool Trails Duathlon (5mR-20mB), 7 a.m. True Grit, Matt Tofft, 1306 Daisy Ct., Roseville 95661 (916/782-8124).

Eureka: Humboldt Tri-Kids Triathlon (7-10 Yrs: 100yS-3mB-0.5mR, 11-14 Yrs: 200yS-6mB-1mR), College of the Redwoods, 9 a.m. Maria Kneely, P.O. Box 575, Bayview 95524 (707/822-8392).

Las Vegas, NV: LVTC 15K/5M/2M, Boomtown Hotel/Casino (Industrial Rd. near Blue Diamond), 6:30 a.m./15K, 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

July 23 (Sunday)

Oakland: Lake Merritt Joggers & Striders 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

Santa Cruz: Wharf to Wharf 6 Mi., Santa Cruz Wharf to Capitola Wharf, 8:30 a.m. (13,000 Limit). Kirby Nicol, P.O. Box 307, Capitola 95010 (408/475-2196).

Kirkwood: World's Toughest Enduro Cross Road Triathlon (1.5kS-40k Mtn. Bike-15kR) & Sprint Enduro Cross Off-Road Duathlon (5kR-15kMB-5kR), Time TBA. Charlie Lincoln, WT Endurance Sports, 1079 Emerald Bay Rd., So. Lake Tahoe 96150 (916/542-6296).

Big Bear Lake: Big Bear Lake Triathlon/Duathlon Challenge (0.5mS-15mB-4mR or 1.8mR-15mB-4mR), Meadow Park, 8 a.m. SBR Sports Prods., 5405 Alton Pkwy., #445, Irvine 92714 (714/858-7386).

July 25 (Tuesday)

Bakersfield: BTC Handicap 5K #4, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 29 (Saturday)

San Francisco: Giants Run to Home Platte 5K, Candlestick Park, 10 a.m. Giants Promotions, Candlestick Park, San Francisco 94124 (415/330-2516).

Guerneville: Vineman Triathlon (2.4mS-112mB-26.2mR) and Half-Vineman Triathlon (1.2mS-56mB-13.1mR), Johnson's Beach, 7 a.m./Vineman, 8:30 a.m./Half-Vineman. Vineman, Inc., P.O. Box 6007, Santa Rosa 95406 (707/528-1630).

Squaw Valley: Squaw Valley Knobular, varied distances for downhill & cross-country, 10:30 a.m. Mark Lowenstern, P.O. Box 7976, Tahoe City 96145 (916/583-8900).

San Diego: Point Loma Scenic Run, 5K/10K, Pt. Loma College, 7:30 a.m. KOZ Enterprises, 4060 Morena Blvd., #G355, San Diego 92117 (619/627-9111).

Las Vegas, NV: LVTC 5K Championships (& 2 Mi.), Bruce Trent Park (Rampart & Vegas Dr.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

July 30 (Sunday)

San Francisco: Amphibathon (1kS-10kR), Aquatic Park, 9 a.m. Joe Oakes, P.O. Box 391041, Mountain View 94040 (415/903-0341).

San Francisco: DSE 10K, Aquatic Park (run on the Walt Stack Trail), 9:30 a.m. Joe Aakes, P.O. Box 391041, Mountain View 94040 (415/903-0341).

Palo Alto: Garden Court Hotel Breakfast Run 5 Mile, GC Hotel, 8:30 a.m. Info: RhodyCo Prods: 415/564-0532.

Courtland: Delta Pear Fair 5M/10M, Bates Elem. School, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

Quincy: Buck's Lake Mile High Tri (0.5mS-17.5mB-6mR), Lakeshore Resort Marina, 8 a.m. S. Petrie, Quincy A.C., P.O. Box 1638, Quincy 95971 (916/283-BALL).

Camp Pendleton: "Do the Tri, Try the Du Series" (0.5mS or 2mR)-30kB-5kR), Club Del Beach, 8:30 a.m. Russ Jones, 32946 Pasao Miraflores, San Juan Capistrano 92675 (714/240-8547).

Coronado: The Coronado Sports Fiesta Triathlon (1.4mR-4mB-400yS), Glorietta Bay Park, Time TBA. Info: 619/583-8008.

Aug. 1 (Tuesday)

San Diego: SDTC Fun Run, 3 Mi., Mission Bay Park (Hospitality Point), 6:15 p.m. SDTC, 2115 Craig Ct., Lemon Grove 91945 (Chuck Pennell: 619/531-5282).

August 2 (Wednesday)

Santa Barbara: Nite Moves/American Cafe 5K, Leadbetter Beach, 6:30 p.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

Santa Barbara: Fiesta Biathlon, Distances, Location & Time TBA. Info: 805/564-4130.

Aug. 5 (Saturday)

San Francisco: Escape From Alcatraz Triathlon (1.5mS-1.5mR-18mB-12mR), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Los Gatos: Summit Challenge, 10K, Old Loma Prieta School (ball field), 8:30 a.m. Linda Sullivan, Loma Prieta Recr., 23800 Summit Rd., Los Gatos 95030 (408/353-2834).

Sacramento: Tri for Fun Triathlon #3 (1kS-20kB-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

Squaw Valley: Mountain Run, 3.6 Mi., start near cable car bldg., 9:30 a.m. Holly Beattie, P.O. Box 2575, Olympic Valley 96146 (916/426-9559).

Bass Lake: 24th Annual Half Marathon & 4.5 Mile. Start at Pines Village. 7 a.m. Run Thru the Pines, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535 Bill or Judy.

Bakersfield: Hart Park Fun Run, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

DATE CHANGE TO AUG. 19. San Luis Obispo: RRCA Women's Distance Festival/Men's Electric City 5K

Santa Barbara: Fiesta Biathlon (4mR-13mB), Santa Barbara Pier to La Cumbre Peak, 8 a.m. Power Endurance Events, Bobby Powers, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

San Dimas: Steamboat Tri-All (500yS-14mB-2mR), Location & Time TBA. Info: 818/331-0169.

Las Vegas: LVTC 5K/2M, Sunset Park (Sunset & Eastern), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Las Vegas, NV 89190 (702/898-RUNN).

Aug. 6 (Sunday)

Palo Alto: Run for Your Heart, 5K/10K, Baylands Athletic Ctr., 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

Alameda: Alameda Run for the Parks, 10K, So. Shore Shopping Center, 9 a.m. Dale Lillard, Alameda Park & Recr. Dept., 2263 Santa Clara 94501 (510/748-4645).

Castro Valley: Skyline 50K Endurance Run, Lake Chabot Marina, 7 a.m. Will Uher, 16183 Lyle St., San Leandro 94578 (510/278-0451).

Tracy: Dry Bean Festival Run, 5K & 1 Mi. Fun Run, 10th & Central, 8:30 a.m. Frank Hagerty, 1731 Parker Polich Ct., Tracy 95376.

Rio Vista: Brannan Island "Outback" Triathlon (900yS-14mB-3.8mR), 9 a.m. No. California Island State Recr. Area, 9 a.m. Sky High, P.O. Box 20963, Richmond 94803 (510/223-5778).

Aptos: Sandman Triathlon (0.5mS-15mB-4.5mR), Seaciff State Beach, 9 a.m. (400 Limit). Santa Cruz State Lifeguard Assoc., 665 - 14th Av., Santa Cruz 95062 (408/476-4992).

Pacific Grove: YWCA 10K, Lover's Point Park, 9 a.m. YWCA, 2115 "C" No. Fremont Blvd., Monterey 93940.

Ukiah: Dog Daze 10K/3K, Manor School (400 Oak Manor Dr.), 8 a.m. Gordon Elton, P.O. Box 518, Ukiah 95482 (707/468-8024).

Eureka: Cox Cable's Run for Goodwill, 10K/2M (PA/USATF 10K Championships), 2nd/First (Gazebo), 9:15 a.m./2M, 10 a.m. Info: Mike Williams or Wendy Purnell (707/443-5706).

SCHEDULE

Freshwater: Freshwater 2M/5K/10K, Freshwater Park (Freshwater Rd.), 10 a.m. Info: Els Pence (707/822-3338).

June Lake: Mammoth Times Triathlon (1.5mS-40kB-10kR), Ridge Beach, 9 a.m. Wally Hofmann, P.O. Box 3929, Mammoth Lakes 93546 (619/934-3929).

Aug. 7-11 (Monday-Friday)

Grouse Ridge: High Altitude Running Camp & Clinic (near Nevada City), \$50/person. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Aug. 8 (Tuesday)

Bakersfield: BTC Handicap 5K #5, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Aug. 9 (Wednesday)

San Francisco: Chemical Bank Corporate Challenge, 3.5 Mi., Justin Herman Plaza (foot of Market St.), 7 p.m. Chemical Bank Corporate Challenge, P.O. Box 192383, San Francisco 94119 (415/586-8508).

Santa Barbara: Night Moves/World Cafe 5K, Leadbetter Beach, 6:30 p.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

Aug. 12 (Saturday)

Sacramento: Susan B. Anthony Woman's 5K Run/Walk, Glen Hall Park, 8 a.m. Steve Ashe, 9608 Linda Rio Dr., Sacramento 95827 (916/366-6772, evas).

Fresno: Community Hospitals of Central California "Run for Health", Woodward park, River View Shelter, 5K/7 a.m. & 2 Mile Walk/7 a.m. Community Hospitals of Central California, Behavioral Health Services, PO Box 1232, Fresno 93715, Attn: 6th Annual Run. Info: (209) 435-7669.

California City: California City Renegade Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Crestline: Run Through the Pines 5K/10K, San Moritz Lodge (Lake Gregory), Time TBA. Rim of the World Rec./Park District, P.O. Box 8, RimForest 92378 (909/337-7275).

San Diego: Balboa Park 8M/3M, President's Way, 7 a.m./8M, 7:10 a.m. Info: Bill Gookin (619/578-9456).

Miramar Air Station: Top Gun 10K, 7:30 a.m. Info: 619/537-4127.

Crater Lake, OR: Crater Lake Rim Runs, 6.7 Mi., Half-Marathon & Marathon, 7:30 a.m. Bob Freinch, 5830 Mack Av., Klamath Falls, OR 97603 (503/884-6939).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl (near Russell Rd. & Boulder Hwy.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Aug. 13 (Sunday)

Larkspur: Tamalpa Runners Couples Relay, 2x2 Mi., 9 a.m. Jim Myers, P.O. Box 1713, Mill Valley 94942 (415/383-3961).

Tiburon: Tiburon Triathlon (0.5mS-9mB-2mR), Belvedere Community Park, 7:30 a.m. (300 Limit). Peter & Kathy Winkler, P.O. Box 764, Tiburon 94920 (415/389-9360).

Felton: Race Through the Redwoods 10K, Hwy 9 & Graham Hill Rd., 9 a.m. Steve Richmond, Felton Business Assoc., P.O. Box 6, Felton 95018 (408/335-3542).

Angels Camp: Calaveras County Triathlon (800yS-17mB-4mR), Salt Springs Reservoir, 8 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Truckee: Donner Pass Trail Run, 10K/25K (non-competitive), North Pacific Crest Trail, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Mammoth Lakes: Mammoth Mountain Marathon, Half-Marathon & 10K, Mammoth Mtn. Inn, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Ventura: Mike & Rob's Most Excellent Triathlon (1.2mS-52mB-13.1mR and 0.25mS-10mB-3mR), San Buenavista State Park, 6:45 a.m./Long, 8 a.m./Short. MESP, 29397 Agoura Rd., #109, Agoura Hills 91301 (818/707-8867).

San Clemente: San Clemente Fiesta 5000, El Camino Real & Ave. Victoria, 8 a.m. (men/women/12&U have different start times). SCCC, c/o Race Central, P.O. Box 828, Pinalto 92377 (714/492-1131).

San Diego: Beach Run, 9K, Pacific Beach (Crystal Pier), 7 a.m. Info: Manny Bautista (619/627-2739).

San Diego: San Diego Embarcadero 10K/5K, Seaport Village, 7:30 a.m. SandRock Productions, 7915 Silverton, Suite 309, San Diego 92126 (619/530-1111).

Aug. 16 (Wednesday)

Santa Barbara: Nite Moves/Maikai 8K, Leadbetter Beach, 6:30 p.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

Aug. 18 (Friday)

Sacramento: River Run 5K, Miller Park, 7 p.m. Try All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

Aug. 19 (Saturday)

Mt. Tamalpais: Muir Beach Marathon/Half-Marathon/7M, Rock Springs (Mt. Theatre above Pantoll Ranger Sta.), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Los Gatos: Dammit Run, 4.9 Mi., Los Gatos H.S. track, 8:30 a.m. Bruce Springbett, LGAA, 220 Oakmeadow Dr., Los Gatos 95030 (408/354-7365).

Pleasanton: Tri for Fun Series #3 (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-7832).

Davis: Great North Triathlon (1kS-25kB-5kR), Stonegate Country Club, 7 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Lake Tahoe: Tahoe Rim Trail Run, 10K/25K, Time TBA. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

San Luis Obispo: RRCA Women's Distance Festival/Men's Electric City 5K, Laguna Lake Park, 8:30 a.m./Women, 9:15 a.m./Men. SLDC, P.O. Box 1134, San Luis Obispo 93406. (Date change from Aug. 5).

Tehachapi: Tehachapi Mountain Fest Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Westwood Village: PruCare of California "Eat & Run" 5K Run/3K Landmark Walk, Westwood Village, 10 a.m./5K, 11 a.m./3K Waiter's Run & 3K Landmark Walk, 11:30 a.m./1 mile Kid's Run. Franken Enterprises, 9171 Wilshire Blvd., Suite 410, Beverly Hills 90210 (310/278-2030).

San Diego: Junior San Diego (10 separate races for children 12 & Under from 50 Yds. to 1 Mi.), S.D. Convention Center (downtown), Time TBA. Info: Elite Racing (619/450-6510).

Chula Vista: Southwestern College 6 Mi., Southwestern College (Olay Lakes Rd.), 8:30 a.m. Info: Dr. Duro Agbade (619/421-6700, x5620).

Las Vegas, NV: Forest Challenge, 4M/9M/18M Runs, Mt. Charleston, Time TBA. Info: Mike Naylor (702/383-1276).

Manitou Springs, CO: Pikes Peak Ascent & Marathon, Ascent on 8/19 & Marathon on 8/20, 7 a.m./Ascent, 7:30 a.m./Mara. Info: 719/473-2625.

August 20 (Sunday)

San Francisco: The San Francisco Triathlon (1kS-20kB-5kR), Aquatic Park, 8 a.m. Extreme Prods., 1346 Pine St., #24, San Francisco 94109 (415/267-3952).

San Francisco: DSE Biathlon (2.5mR-0.5mS), Aquatic Park, 9 a.m. Info: 415/978-0837.

Oakland: All Seasons 5K Fun Run & Walk, Lake Merritt Boathouse, 10 a.m. Loretta Chandler, 484 Lake Park Av., #60, Oakland 94610 (510/482-2490).

Davis: Great North Triathlon (1.2kS-44kB-10kR), Stonegate Country Club, 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Reno, NV: Pyramid Lake Triathlon (1mS-25mB-6mR), Sutcliffe Marina, 8 a.m. Suzy Truax, 1105 Terminal Way, #202, Reno, NV 89502 (702/348-9333).

McKinleyville: Hammond Bridge Half-Marathon & 2 Mi. Run, McKinleyville H.S., 9 a.m. Info: Buzz Webb (707/839-3518).

Santa Barbara: McConnell's Ice Cream Endurance Events, 5K/10K/Biathlon (10kR-1mS)/Kids' Mile, Goleta Beach County Park, 8:30 a.m./5K, 9:15 a.m./10K & Biathlon, 11 a.m./Kids. Kevin Young, SBAA, 119 Cooper Rd., Santa Barbara 93109 (805/963-7524).

Huntington Beach: Pier Run '95, 5K/10K, Huntington Beach Pier, 7:30 a.m. Race Pace Promotions, P.O. Box 795, Dana Point 92629 (714/661-6547).

Irvine: Ujena 5000, Hyatt Regency (17900 Jamboree Blvd.), 8 a.m. Attn: Karen, Ujena Intl., 1135 Kern Av., Sunnyvale 94086 (408/922-1913).

San Diego: America's Finest City Half-Marathon & 5K, Pt. Loma (H-M), Balboa Park (5K), 7 a.m. American Lung Assoc., P.O. Box 3879, San Diego 92163 (619/297-3901).

Aug. 22 (Tuesday)

Bakersfield: BTC Handicap 5K #6, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Aug. 23 (Wednesday)

Santa Barbara: Nite Moves/The Mississippi 5K, Leadbetter Beach, 6:30 p.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

Aug. 25 (Friday)

Palo Alto: Florentine's TG.I.F. Run 5K/10K, Baylands Athletic Center, 6:30 p.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

Aug. 25-27 (Fri-Sun)

Mt. Hood, OR: Hood to Coast Relay, 191 Mi. (36 legs from 4 to 6 Mi., 12 maximum runners/team), Timberline Lodge, 10 a.m. (wave starts) (June 30 deadline or when 750 team limit is reached). Hood to Coast Relay, 115 SW Ash, Suite 523, Portland, OR 97204 (503/227-1371).

SCHEDULE

Aug. 26 (Saturday)

Olema: Pt. Reyes 50K, Five Brooks (just south of Olema on Hwy. 1), Time TBA. Jerry Leith, c/o Tamalpa Runners, P.O. Box 700, Corte Madera 94925 (415/924-5037).

Mt. Tamalpais: Muir Beach Marathon/Half-Marathon/7M, Rock Springs/Mtn. Theatre above Pantoll Ranger Sta., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Pleasant Hill: Shout on the Green 5K, Hope Center (2275 Morello Av.), 8 a.m. Mike Parker, Sanctuary Ministries, 2056 Commerce Av., Concord 94520 (510/827-9637).

Santa Cruz: Champagne Ride & Tie 30M (1 horse, 2 runners alternating running/riding), Time TBA. Steve Shaw, 155 Baltusrol Dr., Aptos 95003 (408/685-3436).

Grass Valley: Wolf Mountain Trail Challenge, 10K/1.8M Fun Run & 0.5M Kids' Run, Wolf Mtn. Christian Camp, 9 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Avila Beach: The Avila 5K, 8:30 a.m. Info: Steve Boaz (805/534-9308).

Santa Barbara: Santa Barbara County Long Course Regional Championship Triathlon (Sprint: 500S-6MB-2mR; Long: 1mS-34mB-10mR), Cabrillo Bathhouse/East Beach, Time TBA. Adventours Outdoor Excursions, P.O. Box 215, Santa Barbara 93102 (805/963-2248).

Santa Cruz Island: 8 Mile Run, Time TBA. Info: 805/564-4130.

Las Vegas, NV: LVTC 10K/2M, Silk Purse Ranch, 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Aug. 27 (Sunday)

San Francisco: Hook & Ladder 10K, Golden Gate Park (Rainbow Falls & Kennedy Dr.), 9 a.m. Jim Gallagher, 1671 - 16th Av., San Francisco 94122 (415/753-0880).

Oakland: Time Is On Your Side Run, 5K/10K, Lake Merritt (Old Boathouse, 14th St. & Lakeside Dr.), 9 a.m. LMJS, 2634 Arlington Blvd., El Cerrito 94530 (510/601-7887).

Pleasanton: Dog Days Duathlon (3mR-12mB-1.5mR), Hacienda Business Park (Hacienda exit of I-580), 8:30 a.m. Kaleidoscope Activity Center, 7425 Larkdale Av., Dublin 94568 (510/828-8857).

Gilroy: Mt. Madonna Challenge, 12K/6K, Mt. Madonna County Park (next to Sprig Lake), 8:30 a.m./6K, 9 a.m. Lynn Lockhart, So. Valley Symphony, 7664 Los Padres Ct., Gilroy 95020 (408/842-4732).

Walnut Grove: Walnut Grove Catfish Jubilee 5 Miler, Walnut Grove Elem. School, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

Soda Springs: Serene Lakes Half-Marathon & 10K Wilderness Runs, Serene Lakes Lodge (Soda Springs Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Merced: 1995 Run for Justice. 10K & 1.5 Mile Fun Run. Merced County Courthouse, 21st & "N" Streets. 7:30 a.m. Info: Phil Golden (209) 725-1909.

Santa Barbara: Chuck's Beach Run, Approx. 6 Mi.,

Leadbetter Beach, 4 p.m. (tentative). Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

Orange: This Ain't No Walk in the Park, 8K, Irvine Regional Park, 8 a.m. Info: Running & Racing (800/285-4629).

Imperial Beach: Imperial Beach Multi-Sports Championships (Duathlon: 5kR-20kB-5kR; Triathlon: 1kS-20kB-5kR), Imperial Beach Pier, 7:30 a.m. Imperial Beach Championships, KOZ Enterprises, 4060 Morena Blvd., #G-355, San Diego 92117 (619/627-9111).

Grossmont & El Cajon: Trolley Trot 5K/10K, Grossmont Center (10K), El Cajon Towne Center (5K), 7:30 a.m. Info: 619/258-4918.

Santa Barbara: Nite Moves/Red Lion 5K, Leadbetter Beach, 8:30 p.m. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

Reno, NV: Silver State Marathon/Half-Marathon/10K, Bowers Mansion County Park, 6 a.m./Mara., 7 a.m. Ken McKim, 1460 Prospect Av., Sparks, NV 89431 (702/849-0419).

Aug. 31 (Thursday)

Huntington Beach: Sunset in the Park 2.8 & 4.8 Mi., Central Park West, 5:30 p.m./High School Age Team Challenge, 6 p.m./2.8M, 6:30 p.m./4.8M. Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

September 2 (Saturday)

Sausalito: Sausalito Marathon/Half-Marathon/7M, Rodeo Beach (Fl. Cronkhite/GGNRA), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Kirkwood: A Run With a View 5K/10K Run, 9 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Santa Barbara: Pier to Peak Half-Marathon, Stearns Wharf to La Cumbre Peak, 7:30 a.m. Power Endurance Events, Bob Powers, 6 Harbor Wy., Santa Barbara 93109 (800/967-8758).

Las Vegas, NV: LVTC 5K/2M, Bruce Trent Park (Rampart & Vegas Dr.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

September 3 (Sunday)

San Francisco: Alcatraz Challenge Biathlon (2.5kS-15kR), Aquatic Park (Maritime Museum), 8 a.m. Peter Butler, 90 New Montgomery St., Suite 1500, San Francisco 94105 (415/281-0946).

Manteca: Delicate Charity Grape Stomp Romp 5K, Delicate Vineyards (Hwy 99 at French Camp Rd.), 8 a.m. Dorothy Indelicato, 12001 S. Highway 99, Manteca 95336 (209/825-6213).

Kirkwood: Kirkwood 5K/10K, Kirkwood Main Lodge, 10 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Pollock Pines: Run On The Sky 30K/50K/50M, Fresh Pond, 6:15 a.m./50K-50M, 7:15 a.m./30K. Margie Lopez, P.O. Box 245, Placerville 95667 (916/626-8846).

Bear Valley: Bear Valley Triathlon (660yS-12mB-3.1mR), Bear Valley Lake, 10 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

September 4 (Monday)

Portola Valley: Windy Hill Trail Marathon/Half-Marathon/8M, Corte Madera School (Alpine Rd.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Auburn: 49th Canyon Classic Biathlon (6.1mR-7.45mB), Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Auburn: Stage Coach Mountain Run, 10.45 Mi., Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

McFarland: McFarland Labor Day Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Las Vegas, NV: Pioche 10K, Location TBA, 8 a.m. Info: Tony Pryatel (702/255-1952).

September 8 (Friday)

Palo Alto: Palo Alto Weekly Moonlight Run/Walk, 5K/10K, Baylands Athletic Center, 9 p.m./5K, 9:15 p.m./10K, Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

September 9 (Saturday)

Stinson Beach: Bolinas Ridge Wild Boar Marathon/18M/8M, Mar/18M (Five Brooks btwn. Olema & Stinson Beach), 8M (Bolinas/Fairfax/Ridgecrest on Mt. Tam), 9 a.m./Mara-18M, 10 a.m./8M. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Larkspur: Historic Downtown Larkspur Race, 5K & 1 Mi. Kids' Race, Magnolia Ward, 9 a.m./1M, 9:30 a.m./5K. Larkspur Rec. Dept., 400 Magnolia Av., Larkspur 94939 (415/927-5110).

Pacific Grove: The Triathlon at Pacific Grove (1.5kS-40kB-10kR), Lovers Point/Monterey Bay Aquarium, 7 a.m./amateurs, 11 a.m./pro elite (1000 Limit). Terry Davis, Tr-California, P.O. Box 5116, Pacific Grove 93950 (408/373-0678).

Sacramento: Laguna Challenge 5K/10K & 0.5M Kids' Run, Methodist Hospital (Physical Medicine Center), 8:30 a.m./Kids, 9 a.m. Karen Taylor, Methodist Hospital, 7500 Hospital Dr., Sacramento 95823 (916/423-6158).

Sacramento: Doggy Dash, 2K/5K, Cal-State Univ. (6000 J St.), 9 a.m. Charlene Mattison, 6201 Florin Perkins Rd., Sacramento 95828 (916/383-7387, x43).

Marysville: John Orogren Memorial 5K X-Country Classic, 3.1 Mi. (X-C), River Front Park, 9 a.m. Nick Vogt, X-C Coach, Yuba College, 2088 No. Beale Rd., Marysville 95901 (916/741-6839 or 878-0697).

Wasco: Wasco Rose Runs, Distance & Location TBA, 7:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Malibu: Bulldog 50K Ultrarun, 6 a.m. (250 Limit). Info: Ingrid Stattuck (619/495-2248).

San Pedro: Harbor Half Marathon & 5K (& Kids' 1 Mi.), 7:45 a.m./H-M, 8 a.m./5K, 10 a.m./1M. Elite Racing, Harbor Half Marathon, 1904 Church St., Suite B, Costa Mesa 92627 (714/548-4897).

Las Vegas, NV: Forest Challenge, 18M/8M/4M, Mt. Charleston, 6:45 a.m. (start times vary). Info: Mike Naylor (702/483-1276).

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SCHEDULE

September 10 (Sunday)

San Francisco: Golden Gate Presidio 10M/3M, Presidio Parade Grounds, 8:30 a.m. The Guardsmen, 115 Sansome St., Suite 130, San Francisco 94104 (415/781-6785).

Angel Island: Romancing the Island 12K/25K, Angel Island State Park, 9 a.m. (ferry from Tiburon only at 8:30 a.m.). Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Fremont: Bayside Technology Park 8K/1M, south end of Fremont Blvd., 8:30 a.m. Marc Lund, WVTC, 1265 Montecito Av., #105, Mtn. View 94043 (415/966-1511).

Lafayette: The Gruel Dual Series #2 (3kR-15kR-3kR) (mountain bike duathlon), Briones Regional Park (Bear Creek staging area), Time TBA. John & Kate, Terrasport, P.O. Box 10951, Truckee 96162 (916/587-8789).

Walnut Creek: Walnut Festival 10K/5K, Heather Farms Park, 8:30 a.m. Walnut Festival Assoc., P.O. Box 3048, Walnut Creek 94598 (Sue Palmer/Bob Olin: 510/746-7175).

Sacramento: Buffalo Stampede, 10M/5K, Rio Americano H.S., 8 a.m. Carol Parise, 2428 Larkspur Ln., #276, Sacramento 95825 (916/484-0116).

Newport Beach: Danskin Women's Triathlon Series (0.75kS-20kR-5kR), Newport Dunes, 7 a.m. Michael Braunstein, California Athletic Prods., 21 - 39th Pl., Long Beach 90803 (800/452-9526).

Torrance Beach: The Beach Cities Team Triathlon (1kS-10kR-5kR), 7:30 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

September 16 (Saturday)

San Leandro: Shoreline Run & Festival 10K/3K, San Leandro Marina, 8:45 a.m./3K, 9:05 a.m. Mary Ann Wilkman, San Leandro Comm. Services, 300 Estudillo Av., San Leandro 94577 (510/577-3469).

Pacific Grove: Monterey Bay 10K/5K "Run for the Bear" (& kids' mile), Lover's Point Park, 9 a.m. Dan Gearhart, Beacon House, P.O. Box 301, Pacific Grove 93950 (408/372-2334).

South Lake Tahoe: Tahoe To-Run-Asaurus 10K/5K, Bijou Park, 9 a.m. Kiwanis Sunrisers, Box 555, So. Lake Tahoe 96156 (916/544-6771).

Squaw Valley: Pacific Crest Trail 50K/25K/50K Relay, Olympic Village, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Bass Lake: Bass Lake Triathlon (1.5kS-40kR-10kR), 8:30 a.m. (no raceday reg.). Sierra T.C., P.O. Box 3021, Oakhurst 93644 (209/432-0800).

Bakersfield(?): Mexican Independence Day Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Las Vegas, NV: Juan in a Million 20K & 5K, W. Sahara at Lake Dr., 7 a.m./20K, 7:30 a.m. Info: Ed Presiado (702/366-7289).

September 17 (Sunday)

Los Gatos: Ron's Wildlife Run, 10K/5K/Kids 2K, Vasona Park, 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030 (408/356-4945).

Pleasanton: Tri for Real (700Ys-16mB-4mR), Shadow Cliffs Regional Park, 8 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-7832).

Burney: Burney Classic Marathon/Half-Marathon/10K/5K, Burney H.S., 8 a.m./Mara., 9:15 a.m./HM, 10 a.m./10K, 10:15 a.m./5K. Don Jacobs, Burney Lions Club, P.O. Box 217, Dept. M, Burney 96013 (916/335-2825).

Blue Lake: Blue Lake Run, 2M/10K, Blue Lake Elem.

School, 1 p.m./2M, 1:45 p.m./10K. Info: Bob Dickerson (707/668-5161).

Malibu: A Day at the Beach Triathlon (0.25mS-18mB-5mR), Zuma Beach, 7:30 a.m. MESP Inc., 29397 Agoura Rd., #109, Agoura 91301 (818/707-8867).

Pasadena: The 5 Acres Rose Bowl Run, 5K/10K, Rose Bowl, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

San Diego: Running Wild 10K, San Diego Wild Animal Park, 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

September 23 (Saturday)

Santa Cruz: Santa Cruz High School Centennial 5 Miller, 415 Walnut Av., 8 a.m. Dave Brockmann, 218 Mission St., Santa Cruz 95060 (408/423-4022).

Sacramento: Chevy's to Chevy's 12K, Howe/Herley, Time TBA. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Grass Valley: Empire Mine Gold Rush 5.1 Mi. Run, Empire Mine State Park, 9 a.m. Paul Shigley, Sierra Trailblazers R.C., P.O. Box 1811, Cedar Ridge 95924 (Don Bradford: 916/273-3276).

Bakersfield: BTC Hill & Dale 10K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Los Angeles: The Cacique Run to Save the Children, 5K/10K, Griffith Park, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

San Dimas: San Dimas Run, 5K/1 Mile Fun Run, Mike Dolson, 245 E. Bonita Ave., San Dimas 91773 (909) 394-6236.

Del Mar: Do the Beach '95 5K/8K Run, Torrey Pines State Beach, 3 p.m. Joan-Run USA/Stride America, P.O. Box 2293, Del Mar 92014 (619/481-1607).

Las Vegas, NV: Mountain Challenge, 5 Mi., Spring Mtn. Youth Camp, 10 a.m. Info: Mark Larsen (702/382-3570).

September 24 (Sunday)

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse: 14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

Oakland: Lifespan Bay Bridge 10K (to S.F.), Toll Plaza (shuttle buses req'd to start from City Center/12th St. BART from 5:30-6:30 a.m. only), 7 a.m. Info: 415/362-RACE.

San Anselmo: Run/Walk for Open Space, 4 Mi., Memorial Park (1000 Sir Francis Drake), 8:30 a.m. Kathy Sanders, 310 Redwood Rd., San Anselmo 94960 (415/456-9912).

Los Gatos: 5 Mile Wildcat Run, Los Gatos H.S., 8:30 a.m. Valerie Hopkins, 136 Tail Av., Los Gatos 95030 (408/354-5444).

Scotts Valley: The Bean Creek 10K Run, Scotts Valley Middle School (6 Bean Creek Rd.), 8:30 a.m. Bean Creek Run, 4944 Scotts Valley Dr., Suite 5B, Scotts Valley 95066 (408/438-1820).

Newport Beach: Race for the Cure 5K & 1 Mi., Pacific Mutual Bldg. (Fashion Island), 8:15 a.m./Women, 8:27 a.m./Adult 1M, 9:20 a.m./Kids, 9:30 a.m./Coed. Info: Kinane Events (619/434-7706).

September 30 (Saturday)

Rolling Hills Estates: 5K-10K Cross Country Runs, Ernie Howlett Park (25851 Hawthorne Blvd.), 8 a.m. Anne Giltner, Recr. Supervisor, City Hall, 4045 Palos Verdes Dr. North, Rolling Hills Estates 90274 (310/377-1577).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl (near Russell Rd. & Boulder Hwy.), 8 a.m. Tom Hodges, LVTC,

P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

October 1 (Sunday)

San Francisco: KNBR 68 Bridge to Bridge Run, 12K/5K, Ferry Bldg. to Presidio, 9 a.m. KNBR-68, Attn: Isabel Lemon, 55 Hawthorne, Suite 1100, San Francisco 94105 (415/995-6868).

San Jose: Happy Hollow 5K, Happy Hollow Park & Zoo, 8:30 a.m. Mike Rudd, 1300 Senter Rd., San Jose 95112 (408/295-8383).

Santa Cruz: Santa Cruz County Sentinel Triathlon (1mS-23mB-10kR), Main beach by Boardwalk, 8 a.m. Santa Cruz Sentinel Triathlon, P.O. Box 638, Santa Cruz 95061 (408/423-4242, x301).

Novato: Novato Stampede 1M/5K/10K, San Marin H.S., 8 a.m./1M, 8:30 a.m. Novato Educ. Fdnr., P.O. Box 1472, Novato 94948 (415/897-4254).

Sacramento: Sacramento Marathon/Half-Marathon, William Land Park, 8 a.m. Ronald Sturgeon, P.O. Box 995, Dixon 95620 (916/678-5005).

Camp Pendleton: "Do the Tri, Try the Du Series" #3 (0.5mS or 2mR-30kR-5mR), Club Del Beach, 8:30 a.m. Russ Jones, 32946 Paseo Miraflores, San Juan Capistrano 92675 (714/240-8547).

Portland, OR: Portland Marathon/5M/2M Kids' Run/ Biathlon/24-Hr. Ultra, City Hall, 7 a.m. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076 (503/226-1111).

LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)

October 7 (Saturday)

Kona, HI: Gatorade Hawaii Ironman Triathlon (2.4mS-112mB-26.2mR), Time TBA. Sharon Ackles, 7127 Lunalapue Rd., Suite 11, Kailua-Kona, HI 96740 (808/329-0063).

October 14 (Saturday)

Aptos: Aptos Earthquake Scramble Marathon/Half-Marathon/12K, Aptos Village, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

October 15 (Sunday)

Weott: Humboldt Redwoods Marathon & Half-Marathon, Founder's Grove/Dyerville Bridge, 9 a.m. Karen Angel, PO Box 4989, Arcata 95521 (707) 443-1220.

October 21 (Saturday)

San Leandro: Firetrails Fifty, 50 Mi., Lake Chabon Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

Saratoga Gap: Skyline to the Sea Trail Marathon/50M/30K, Hwy 9 & 35, 7 a.m./50M, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Orange County: OCMD 60 Mile Relay. (3.5, 5.5, 7.5, 8.0). Anaheim Stadium, 7 a.m. Ron Cooke, 1000 N. Parson St. "E", Santa Ana 92701 (714) 953-4440.

October 28 (Saturday)

Calistoga: Napa Valley Wine Country Classic Marathon/Half-Marathon/5M, Napa State Park (Hwy 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

SoCAL DIARY

By Bill Minarik

May 22

The Southern Section CIF Championships went pretty much according to form as the boys from Muir High in Pasadena and the girls from Long Beach Poly dominated the rugged Division I competition. As expected, Muir's **Obea Moore** breezed to a 21.00-45.96 sprint double and anchored both relay teams to easy wins in 41.71 and 3:15.51, as the Mustangs finished well ahead of runner-up Long Beach Poly 74-48. The Lady Jackrabbits were just as impressive as they scored solidly in 10 events to outdistance a good Esperanza team 84-64. Other divisional champions included boy's teams from Aroyo Grande, Morningside and Banning, and girl's representing JW North, Morningside and St. Mary's.

At the State Community College Championships held at Bakesfield, the **Long Beach CC Vikings** showed little effect from the loss of Coach Ron Allice to USC, as they swept to victories in both the men and women's divisions by scores of 84-48 and 150-122 in front of Hartnell and Riverside.

There were no real surprises at the PAC-10 Championships as UCLA came from behind on the second day to sweep by the men and women of Oregon 163 1/2-142 1/2 and 149-123. USC was a strong third in the men's division with 122 points. There were a number of exceptional performances by the local schools, especially in the throws. Troy's **Balasz Kiss** destroyed the collegiate record in the hammer by over 10 feet with a profound 268-10 toss. Not to be outdone, the Bruins **John Godina** recorded what is probably the best collegiate weight double in history with throws of 71-4 3/4 and 211-9. The Lady Bruins also got into the act as **Valeyta Althouse** broke the collegiate record in the shot at 61-10 1/4, while **Dawn Dumble** broke the school and meet record in the discus at 199-9. UCLA's **Amy Acuff** concluded the record-setting day by breaking the collegiate record in the high jump with a 6-6 clearance. Other notable performances included a men's javelin battle between the Bruins' **Greg Johnson** and Troy's **Nils Fernley**. Johnson reversed his loss to Fernley in the dual meet by winning at 252-1 to 244-8. **Ato Bolden** was the other Bruin big gun with a terrific 10.08-20.08 sprint double. Bolden's performance this year has pushed the Bruins into a position of having a chance to win the national title.

May 29

In what was expected to be a wide-open meet, the boy's division of the LA City CIF section was just that with Westchester's winning total of 46 one of the lowest winning totals ever. The difference between second and ninth place was only 5 points. In the girl's division, Dorsey came from behind to pull out the meet by winning the 1600m relay, 63 1/2-56 over Washington.

At the NIAA Championships at Azusa Pacific, **Coach Terry Franson's** thinclads won the men's division by coming from behind on the final event. Trailing by 7 2/3 points with only the discus left, AP's **Jon Davis** and **Rene Bustamante** took 4th and 5th respectively, good for 9 points and the Cougars had won another title 105

1/3-104 over Lubbock Christian. In another nail-biter, Southern University beat Central State in the 1600m relay, which decided the women's championship 104 1/2 -103.

June 5

It was no surprise to see the Muir boys easily win the State High School Championship, nor was it a surprise to see Long Beach Poly battle it out with Union City Logan for the girl's title. However, the way Long Beach Poly won it or the way Union City lost it was one of the most bizarre and controversial events in meet history. In the 400m relay, Poly had a slight lead as the final pass was made. As the Logan anchor runner was passing Poly, the Poly runner's hand knocked the stick out of the Logan anchor's hand and Poly went on to win. This turned out to be the difference, as Poly held on 52-50 over the team which was considered the most potent in the history of this meet. Logan protested the race, but the officials reportedly ruled that the baton was knocked out accidentally and that Poly should not be penalized.

In the boy's competition, **Muir's Obea Moore** was good for 34 points with times of 20.95, 46.08, 41.36 and 3:13.02. This was more than enough to carry Muir past runner-up Dana Hills 38-24. In the biggest individual event of meet, **Aaron Richburg** of Logan High went by Bell Gardens' **Michael Granville** with a furious kick to pull the meet's biggest upset in the 800 at 1:48.40.

At the NCAA Division I Championships, the UCLA men and women both came home as bridesmaids. For the Bruin men, this may well have turned out to be their best chance for a national title this decade. Things were right on track for UCLA to get their maximum point total as **Ato Bolden** was leading the qualifying in both sprints when for some reason, he false-started in the semis of the 100. Despite his win in the 200, the loss of 10 possible points turned out to be the difference in Arkansas' 61 1/2 - 55 win over the Bruins. For UCLA, there were some excellent performances by **Coach Art Venegas'** weight crew. **John Godina** continued his awesome throwing with a shot-discus double win. His shot mark of 72-2 1/2 destroyed runner-up and long-time rival **Brent Noon** who was at 68-9. **Mark Parlin** and **Jonathon Ogden** completed a 1-2-4 finish for the UCLAns. In the javelin, **Greg Johnson** continued his personal dual with USC's **Nil Fernley** by placing first ahead of the runner-up Trojan 244-3 to 238-8. Another Trojan, **Balasz Kiss** continued his dominance of the hammer with an easy win, as **Coach Ron Allice** saw his troops take fourth with a solid total of 35 points.

The Lady Bruins almost reached their point maximum, but with intermediate hurdler **Erin Blunt** unable to get into shape following injuries, UCLA was able to get no closer to LSU's juggernaut than the 69-58 final. Shining for the UCLAns were **Valeyta Althouse** 59-11 3/4 in the shot, **Dawn Dumble** 2nd in the shot and first in the discus at 187-2, **Amy Acuff** first in the high jump at 6-5, **Karen Hecox** third in the 3000 and **Shiela Burrell** 4th in the heptathlon at 5720.

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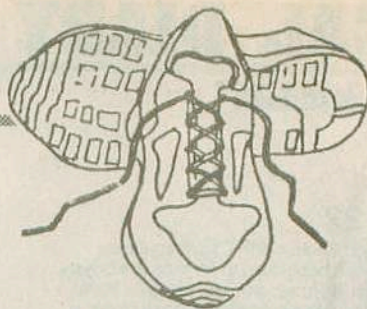
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MOSTLY SHOES

By Cregg A. Weinmann



The beast from Prague, the Czech Express, agony in motion; picturesque adjectives from sports pages of nearly half a century ago—these describe one of the most dominating distance stars from track and field, Emil Zatopek.

The uniqueness of his name and the significance of his accomplishments in distance running allow his visage to be rolled out for Olympic coverage and memorialization every four years. He set 18 world records for distances from 5,000 to 30,000 meters, and he won seven major championships at three different distances. He was a four-time Olympic gold medalist, and added a silver medal and a creditable sixth place marathon finish in 1956 only 6 weeks

least from the waist down, near picture perfect. Unquestionably an engineer of locomotion. The Czech express indeed!

The act of running from a kinesiological viewpoint is this: the successive loss and regaining of the balance, during which the feet break contact with the ground in the cycle of each stride. It has been suggested (for at least the past 20 years by numerous podiatrists and sport scientists) that the recovery from breaking contact with the ground during each running stride causes the runner to absorb approximately three times his/her body weight. Runners literally fly during a portion of their run, but gravity is an unfriendly adversary, causing the rapid descent and shock from that flight. The

positioning the hand either down or up would then be either pronation or supination. The foot is not as flexible in its motion as the hand, and can only tilt in (invert) or tilt out (evert). With the momentum of a huge athletic shoe industry, we are now "stuck" with the terms pronation (tilted in) and supination (tilted out) of the foot.

The function of modern-day running shoes is to support the foot and allow the shoe to absorb some of the shock before sending the rest up the line. To offer support, the shoe must position the foot properly on contact. This may be accomplished by the shape of the shoe (straight, slightly curved, or curved), the density of the midsole material (or devices in the midsole), or both. Most runners (an estimated 97%) pronate slightly as they move from heel to toe on each stride. Runners who pronate more than 4 degrees (Subotnick, *Athlete's Feet*, 1974) are considered overpronators. Shoes which correct over-pronation are usually straight or slightly curved, have board or combination lasts, and have a denser midsole material from the heel through the arch to prevent the excessive inward roll. The major shoe companies have models with special devices built into the midsole to prevent excessive motion, some with very elaborate design.

This has been a result of a consumer market which has dramatically increased from Zatopek's day. At that time shoes were made exclusively of leather with thin leather or gum rubber soles and no consideration of shock absorption. Most careers were short and running mileages were lower. Because of Emil Zatopek's successes, his methods were adopted by runners inspired to explore the limits of the human body. As training intensified, demands for innovative and improved products increased. This has prompted the supply of superior and continually improving products.

ZATOPEK

...perhaps best remembered for his unmatched distance triple gold medal performance in the 1952 Olympics in Helsinki, Finland, which produced three new Olympic records....

after hernia surgery. He is perhaps best remembered for his unmatched distance triple gold medal performance in the 1952 Olympics in Helsinki, Finland, which produced three new Olympic records in the 5,000 meters, 10,000 meters and the marathon.

During the peak of his career, he dominated his rivals completely, ran world records and championship races with equal aplomb, and he looked completely terrible doing it. To begin with, his face gave the expression of a patient undergoing major surgery without the benefit of anesthesia. His appearance left the impression that another step would require more effort than it was possible for him to give. Mechanically, his upper body did nothing to dispel the notion that his facial contortions implied. His head rolled from side to side as he ran; his hands appeared to claw the air as his arms swayed across his chest, and his shoulders lunged forward with each stride. His opponents were not concerned about how he looked. They were concerned about how fast he went. The real motion to watch was below the waist. His legs were fluid, continuous, and piston-like in their efficiency. His gait was, at

foot, being the contact point of each stride (each successful stride, anyway), must disperse this shock through the many joints of the ankle, knee, hip, spinal column, etc. This is not done exactly the same way by every runner, and is likely different in every runner.

In my previous article, I described three foot types based on the height of the arch. These differences cause differences in the runner's gait. A high arched foot does not compress very much on impact, instead sending the shock through the other joints up the line from the foot. A low arched or flat foot compresses or flattens on impact and lessens this shock. Most runners (about 75% by some estimates) land on their heels at the end of each stride, then roll slightly to the inside of the foot and onto the toes to begin the next stride. This inward roll is known as inversion; however, it has become popularized by the term pronation. The outer rolling of the foot as it moves from heel to toe is known as eversion but, once again, has become known by the popular term supination. What is the difference? I suppose it may be semantics, but a hand can be prone (palm down) or supine (palm up). The act of



Cregg A. Weinmann, an ardent fan and long-time participant in the sport of track and road racing, is a teacher living and working in Bakersfield, CA. Cregg's E-mail address is: shuz2run@lightspeed.net



1995 CIF/Toyota California High School State Meet

~ By Keith Conning, Kim Kutcher and Doug Speck ~

77th State Meet

Track is not dead yet! The attendance was 5,700 on Friday and 11,362 on Saturday. Margaret Davis, the State CIF Associate Commissioner, said that it was one of the largest crowds they have had in years; it showed that track fans will support an excellent meet.

Qualifying Procedure for the Finals

The nine competitors with the best marks in each field event qualified for Saturday's championships. In qualifying for running event championships, there were three heats in each event. First place finishers, plus the next six fastest times, advanced to the championships.

In the boys' and girls' 1600 meter run, ran two heats each event -- First, Second, Third place finishers, plus the next three fastest times advanced to the championships. There were no qualifying heats in the Boys' and Girls' 3200 Meter run.

-Keith Conning

Credit and sincere thanks go to our faithful contributors--Keith Conning (girl's events), Kim Kutcher (girl's middle distance events) and Doug Speck (boy's events)--for their summaries of this year's super State Meet.

BOYS

100 Meters

Bryan Howard brought a special resolve to this weekend after last year's false start here in the 100 Final. Bothered by a

sprained ankle this spring, Howard raced 10.41w (wind +3.79 meters per second) two weeks ago, and 10.68 in taking the Southern Section title.

There would be plenty of competition! Howard's old teammate (he was at West Bakersfield HS/CE as a frosh), Marques Holliwell, shocked with a 10.36 run to lead the nation two weeks ago in the Central Section Finals, a run that featured as impressive a mid-race prep burst as this author had ever seen. The University of Arizona-bound senior was hot!

James Hinex was a silky-smooth 10.37w (+3.7) (he had run 10.64 wind legal) to take the Sac Joaquin title, with Vince Williams City, 10.60 a week previous in San Diego. Soph Bryan Harrison (10.56) had pushed Howard in Southern qualifying. Howard's recent races featured unreal acceleration over the first 40 meters, with the 10.31 (1994) sprinter seeming to slow down to protect a groin pull problem and seeming content to move to the next round in qualifying and hope for healing during the week.

Friday (and Saturday) of the State meet proved to be mighty breezy (unfortunately just about all sprint and hurdle races were wind-aided). The 100's had a reseed, with Bryan Howard from Heat 3 to Heat 1, rocketing out, then shutting it down at 50 to 60 meters where James Hinex rolled by to a 10.44w (+2.85) win, with Bryant Eubanks edging Howard 10.55w-10.56w for second, as both qualified. Bryan Harrison had a good start in Heat 2, with Marques Holliwell by at 50m on the way to a 10.41w (+2.09)-10.48w win, with Demetrius Guidry third at 10.71 off a very slow start. Heat 3 had four qualifiers, with the L.A. City's Kaaron Conwright 10.57w (+2.55) winning

over Vince Williams 10.58w, RJ Soward 10.63w, and Chad Morton 10.64w.

Heat 1(w +2.85): 1Q. Hinex 10.44, 2Q. Eubanks 10.55, 3Q. Howard 10.56, 4. Charles Lee (12) Cleveland 10.67, 5. Tierre Sams (10) Edison/CE 10.69, 6. Ray Butler (12) Morningside 10.76, 7. Clifton Jackson (12) Chico 11.01, J Juan Cherry (12) Berkeley DNF. Heat 2 (w +2.09): 1Q. Holliwell 10.41, 2Q. Harrison 10.48, 3. Demetrius Guidry (10) Bear Creek 10.71, 4. Jamal Green (10)



MARQUES HOLLIWELL--100m

Photo by Kirby Lee

Oceanside 10.72, 5. Gwangee Pitman (12) Berkeley 10.74, 6. Joe Flood (11) McAteer 10.82, 7. Bashir Livingston (12) Seaside 10.83, 9. J'Sharlon Jones (11) Skyline 10.96. Heat 3 (w +2.55): 1Q. Conwright 10.57, 2Q. Williams 10.58, 3Q. Soward 10.63, 4Q. Morton 10.64, 5. George Jordan (11) Pittsburg 10.71, 6. Dee Moronkola (12) DeAnza 10.75, 7. Christian Rance, Sacred Heart 10.83, 8. Kendrail Terrance (12) Hoover/CE 10.95, 9. Daunte Burks (11) JFK/SJ 10.99.

FINALS:

Howard did not show up for Saturday's Finals in Lane 3, appearing to risk permanent injury off an ability to accelerate unbelievably early in his races, then shut down because of obvious imbalance problems with favoring the injured area. The last California prep who made it this far with an obvious injury, Ron Brown (Baldwin Park) went on to Arizona State, and an eventual Olympic relay gold medal, so Bryan is in a special class in the "guts" area. Morton was in 1, Williams in 2, Harrison 4, Holliwell 5, Hinex 6, Eubanks 7, Conwright 8, and Soward 9. A great group would battle with +2.12 meters per second of wind behind them.

After an even reaction to the gun by all, it was Hinex the early leader, with Holliwell moving up to challenge at the half-way point. As he has been noted for, the short Holliwell closed well, winning by .02 at 10.43w-10.45w over Hinex in the lane next, with Marques confident enough in his by inches margin to raise a single finger in a victory symbol at the finish.

The West Bakersfield flash will come back to haunt California schools for sprint Coach Fred Harvey at the University of Arizona when Pac 10 action comes to town.

FINAL RESULTS

National Record: 9.9 Henry Neal (Greenville, TX) 1990. State Meet: 10.30 Riley Washington (Southwest) 1992. (w +2.12)
1. Marques Holliwell (12) WBK/d 10.43
2. James Hinex (12) Grant 10.45
3. Bryan Harrison (10) Dana Hills 10.51
4. Vince Williams (11) Univ City 10.65
5. Kaaron Conwright (12) Westch 10.71
6. Bryant Eubanks (12) El Camino 10.72
7. Chad Morton (12) SoTorrance 10.73
8. R.J. Soward (11) Fontana 10.74
Bryan Howard (12) Canyon Springs DNR.

■ 200 Meters

Over 200 meters, Bryan Harrison (21.10) led the state, with fellow soph, Obea Moore a 21.13-21.14 (Howard second) Southern Section winner a weekend previous. Obea was the key to Muir's team hopes, with the super soph, who ran under 47.20 for 400m two years ago in the eighth grade, stepping in where graduated hurdler Kenny Haslip provided leadership by example for the Mustangs. Marques Holiwell had an early 21.34 from April, with James Hinex (20.95w-21.65) riding the wind in the Sac Joaquin meet, and another tenth grader, Demetrius Guidry 20.96w (21.23 wind legal best) close behind.

Talented Felton Charles, third in state at 400m last year at 47.17 and out most of the season, had emerged at McAtear (San Francisco), with a 21.13w in qualifying. Vince Williams (San Diego) was seventh last year here and was 21.31 in San Diego Section Finals action.

Late into Friday's prelims, World War III was on, with 200 qualifying here at the end of a long night of heavy battles. Dreams had been moved a day forward in previous qualifying or crushed mercilessly in the unreal competition at this level, with area champions cast aside against the top from other parts of the state. Heat 1 of the 200 had three no-shows, with lanes three through eight a talented crew. It was Felton Charles, amazing talent, now at McAtear of San Francisco, who absolutely blasted the turn out of lane 6 (by the 100m mark at 10.6) on the way to a 21.00w (+2.60) that put him in the middle of any new form charts. James Hinex (21.33w) and Charles Lee (21.46w) also qualified from this race. Heat 2 had the four outside lane athletes, Bryan Harrison, Jamal Green (Oceanside), Kaaron Conwright, and Marques Holiwell, spread evenly across the track at the 100m line, with Holiwell finishing strongly out of lane 9 to win at 21.06 (+1.14). Green was dq'd for many steps on the lane line, with Harrison 21.18 and Demetrius Guidry 21.33 also moving on. Obea Moore 21.17w (+2.03) took Vince Williams 21.28w and Jerome Davis 21.51w in Heat 3 to move on.

Heat 1 (w +2.60): 1Q. Charles 21.00, 2Q. Hinex 21.37, 3Q. Lee 21.46, 4. Todd Smith, San Jose 21.62, 5. Ray Butler (12) Morningside 21.89, 6. Leon Hawes (12) Rancho Buena Vista 22.35, DNF—Hannibal Navies (12) Berkeley, Wayne Armour (12) Bakers-

field & Gwangee Pitman (12) Berkeley. Heat 2 (w +1.14): 1Q. Holiwell 21.06, 2Q. Harrison 21.18, 3Q. Guidry 21.33, 4. Kaaron Conwright (12) Westchester 21.53, 5. J.Juan Cherry (12) Berkeley 21.76, 6. Kevin Griswold (11) Garden Grove 21.83, 7. Bashir Livingston (12) Seaside 21.86, 8. Clifton Jackson (12) Chico 23.08, Jamal Green (10) Oceanside DQ. Heat #3 (w +2.03): 1Q. Moore 21.17, 2Q. Williams 21.28, 3Q. Davis 21.51, 4. Leon Callen (11) De La Salle 21.53, 5. Emon Thomas (12) Bkfd 21.86, 6. Jason Cooper (11) Skyline 21.99, 7. Drew



BRYAN HARRISON—200m

Photo by Bill Cockerham

Bell (12) Vacaville 22.02, 8. Deltha O'Neal (12) Milpitas 23.08, Clarence Scott (11) Fremont NT.

FINALS:

Finals lanes were Davis (1), Hinex (2), Williams (3), Moore (4), Charles (5), Holiwell (6), Harrison (7), Guidry (8), and Lee (9). With 2.90 meters of second of wind behind the crew, it was Charles who again rocketed out, charging by the 100 line at 10.7. From there on in it was the young Southern Section crew finishing strong, with Muir team leader Moore, major responsibility for big points here, not quite able to catch his rival Harrison 20.82w-20.95w, with Holiwell 21.30w in third. Harrison, a slight sprinter, has impressive turnover and style, and was the young find in the state this spring.

FINAL RESULTS

National Record: 20.0 Roy Martin (Dallas, TX) 1985. State Meet: 20.77 Henry Thomas (Hawthorne) 1984. (w +2.90)

1. Bryan Harrison (10) Dana Hills 20.82
2. Obea Moore (10) Muir 20.95
3. Marques Holiwell (12) W. Bkfd 21.30
4. James Hinex (12) Grant 21.33

5. Vince Williams (11) Univ City 21.34
6. Demetrius Guidry (10) Bear Crk 21.38
7. Charles Lee (12) Cleveland 21.43
8. Felton Charles (11) McAtear 21.69
9. Jerome Davis (12) Burr. Ridg 21.80

■ 400 Meters

Muir's Obea Moore had raced U.S. prep history's #3 soph 400m clocking at 45.96 (1995 National prep leader), with Tyree Wash-



OBEA MOORE—400m

Photo by Bill Cockerham

ington 46.34 (#3 in the nation), with Jerome Davis 46.62 (#5 nationally), and Steve Campbell 46.70 (#6 in country) tough out of the Southern Section. North Coaster Corey Nelson won his section race by over two seconds in an impressive 46.89 (#8 nationally), and he certainly had the ability to challenge the Southerners. This had the potential to be the the fastest mass 400m in state history!

People had to crank it up in the heats to qualify. Lydell Burston (47.07 in San Diego action) took Heat 1 out, with Obea Moore ahead by 200m (22.6), with the Muir star a tough third 100m to 34.0 at the 300m and steadily pushing it in through a 46.56 win with Steve Campbell (47.58) and Burston (47.90) also moving on. San Diegan Clinton Lane charged out in Heat 2 through 11.3 and 22.5 splits, with Tyree Washington putting on a monster move on the second turn, finishing with a great final 120 meters (300m 34.5) at 46.95, with Lane 47.72 and Ramsey Jay 48.19 also qualifying. Super talented North

Coaster Corey Nelson (Rancho Cotate, Rehner Park) took his first big trip this weekend, with the 46.89 performer out at 11.1 and 22.1 for the first half of Heat 3. With a one meter lead over Jerome Davis at 200m, the duo was even at 300m (34.2) after which Nelson faded (to 4th and non-qualifying 48.56), while Davis moved to a 47.06 win, with Ray Carter 47.67 and Bob Jones 48.27 qualifying on.

Heat 1: 1Q. Moore 46.56, 2Q. Campbell 47.58, 3Q. Burston 47.90, 4. Darrell Logan (11) Banning 48.46, 5. Kenny Gowan (11) Oakmont 48.58, 6. Tim Brown (10) McClymonds 48.96, 7. Todd Smith, San Jose 49.66, 8. Scott Druskin (12) San Ramon 50.77, 9. Larry Leach (12) Bullard 51.38. Heat 2: 1Q. Washington 46.95, 2Q. Lane 47.72, 3Q. Ramsey 48.19, 4. Mike Naro, Alisal 48.57, 5. Eddie Levine (10) Golden Valley 48.58, 6. Marion Monroe (12) Berkeley 49.14, 7. AJ Burleson (12) McAtear 50.76, 8. Marcus Dorsey (12) Bullard 51.97, Moses Backus (12) Taft DNF. Heat 3: 1Q. Davis 47.06, 2Q. Carter 47.67, 3Q. Jones 48.27, 4. Corey Nelson (12) Rancho Cotate 48.56, 5. Derek Prior, Santa Theresa 48.93, 6. Wayne Armour (12) Bkfd 49.54, 7. Davis, Davis/SJ 49.57, 8. Howard Moore (11) De La Salle 49.83, 9. Kevin Ryan (12) Pleasant Vly 52.26.

FINALS:

The Finals had Jones (1), Burston (2), Carter (3), Davis (4), Moore (5), Washington (6), Campbell (7), Lane (8), and Ramsey (9), with six of the finalists under 47.10 this season.

With the State schedule having the 400 early in the meet, the favored Moore's performance here was very meaningful in Muir's title hopes. Davis had the best reaction to the gun, with Moore even with the Southern Section desert area star through 100m at 11.5. Moore had a two meter lead through the 20 at 22.4, with Tyree Washington starting a big move as the race headed through the 200 point. Moore had a two meter lead over the 1994 State Long Jump Champ, Washington, at the 300m at 33.6, with the Muir 1:49.16 800m star too much strength down the homestretch, nailing down a big 100 points for his team with a 46.08 win, with Washington next at 46.57.

Washington is University of Oregon bound, a monster talent, who with fellow inland empire star Pat Johnson, who was 10.26 100m-20.39 200m-45.38 400m this spring for the Ducks, another who will probably show no mercy on the Pac 10 locals the next four years.

FINAL RESULTS

National & State Meet Record: 45.25

Calvin Harrison (N. Salinas) 1993.

1. Obea Moore (10) Muir 46.08
2. Tyree Washington (12) LaSierra 46.57
3. Jerome Davis (12) Burr/Ridg 47.23
4. Steve Campbell (12) Alta Loma 47.67
5. Clinton Lane (12) P. Henry 47.80
6. Lydell Burston (11) Morse 48.25
7. Ray Carter (11) Morse 48.39
8. Bob Jones (12) Manual Arts 48.60
9. Jay Ramsey (12) Ventura 49.89

■ 800 Meters

The Boys' 800 meter event was another cooker of an event in 1995! Michael Granville became prep history's #4 prep ever with a 1:47.96 Arcadia/Foot Locker win the last time he raced Aaron Richburg. Richburg was 1:49.12 there, with a 1:49.36 after a sub-51 second first lap in Section Finals action. Granville was 1:49.43 in his Section Finals race, blasting a 26.5 final 200 (1:46.0 pace) after a 53.8 first 400. Granville was out at 51.8 in the Arcadia race, with the tactical approach to the Finals here by the duo an interesting one. Brandon Pacheco 1:51.29 and Jess Strutzel 1:51.75 would head the pack chasing the talented top entrants.

A star who gets out in front in the Heats in this event and controls things, confident of his abilities to move on with a win, invariably affects the number of qualifiers out of one of the qualifying events with a slow pace and big finish. Richburg did just that out of Heat 1, racing out at 25.8 (200m), then slowing to 55.3 (400m) and 1:25.6 (600m), before charging away to a 1:53.56 win, with Jonevan Homsby also a strong finisher at 1:54.33 to move on to the finals. Michael Granville continued to amaze in Heat 2, rocketing out at 25.0 and 52.3, leading there by twenty meters.

At 1:22.1, Michael led by twelve meters over James Levine, with Michael accelerating in at 13.8 (7th 100m around the turn 1:48.8 pace!), then rolled down the homestretch to a 1:49.90 win, the easiest sub-1:50 ever seen! Levine (1:52.94), Joel Young (1:53.81), and Jeremy Lyon (1:54.18) rolled in the jetstream to qualifying spots. Heat 3 had Jess Strutzel and Brandon Pacheco out at 26.0, with the latter taking over at 54.9 for the 400. Pacheco ran aggressively around the north turn and led through 600 at 1:23.8, and continued to needlessly accelerate all the way through the tape to a 1:51.55 win. Strutzel fin-

ished at 1:53.74, with Cody Clark our yearly Arcata finalist at 1:54.66.

Heat 1: 1Q. Richburg 1:53.56, 2Q. Hornsby 1:54.33, 3. Brian O'Bannon (12) Ocean View 1:54.90, 4. Diego Ash (12) San Pasqual 1:55.34, 5. Jeremiah Moody (12) Pleasant Valley 1:56.68, 6. Nick Tuttle, Leland 1:56.96, 7. Paul Sanchez (12) Lodi 1:58.81, 8. Kareem O'Neal (12) Banning 2:02.76, 9. Jeremiah Hurt (12) Lemoore 2:03.77. Heat 2: 1Q. Granville 1:49.90, 2Q. Levine 1:52.94, 3Q. Young 1:53.81, 4Q. Lyon 1:54.18, 5.



AARON RICHBERG—800m

Photo by Bill Cockerham

Kareem Morrell, San Jose 1:55.31, 6. Lucas Bianchi (12) Edison/CE 1:55.86, 7. Jerome Morton (11) McAteer 1:58.73, 8. Jason White (12) Chula Vista 2:01.24, 9. Ryan Song (12) Westchester 2:06.08. Heat 3: 1Q. Pacheco 1:51.55, 2Q. Strutzel 1:53.74, 3Q. Clark 1:54.66, 4. Jeremy Riddie, Gunn 1:55.20, 5. Garrick Goods (11) Westchester 1:56.46, 6. Ajani Brown (11) Crawford 1:57.14, 7. Shane Lewis (11) East Union 1:59.57, 8. Daron Dale (11) Skyline 2:00.30, Larry Leach (12) Bullard DNF.

FINALS:

The Finals here was truly a classic race between two very, very special athletes. Granville had charged out in the early April Arcadia/Foot Locker meet, blazing an age-17 and junior class record 1:47.96, with Richburg second there at 1:49.12. A very interesting contest would unfold here, with no one leaving for popcorn during this one!

Granville (lane 5) took the Finals out at just under 25 seconds for the first 200, with Richburg a meter back. Right at 52 seconds through the 400, Granville continued to lead down the backstretch until suddenly appearing to slow

at the 550 meter point. Richburg's momentum carried him by, and he led at 600 meters at 1:20.7. Granville would have none of this, mounting a powerful drive that had him go by Richburg around the south turn and lead into the homestretch. It looked like another impressive Granville win until the Bell Gardens star started to struggle during the homestretch run, sneaking a look back with 50 meters to go. Richburg seized M



MICHAEL STEMBER—1600m

Photo by Bill Cockerham

the moment, with the huge and powerful athlete edging up to and just by Granville at the tape 1:48.40 to 1:48.47. Granville fell to the track just past the finish and stayed prone there and on the grass on the infield for a good ten minutes before being removed from the field on a first aid cart. It was a classic close to local contests between two tremendously talented stars who had been so superbly prepared. Richburg is Auburn-bound, Michael with another year as a prep.

FINAL RESULTS

National Record & State Meet Record:

1:47.31 Pete Richardson (Berkeley) 1981.

1. Aaron Richburg (12) Logan 1:48.40
2. Michael Granville (11) Bell Gard 1:48.47
3. Brandon Pacheco (12) Brethren 1:52.02
4. James Levine (10) Golden Vly 1:52.53
5. Jonevan Homsby (12) St Mary's 1:52.66
6. Jeremy Lyon (11) Hesperia 1:52.67
7. Joel Young (12) St. Mary's 1:52.84
8. Cody Clark (12) Arcata 1:53.00
9. Jess Strutzel (11) Hunt Beach 1:54.49

■ 1600 Meters

In the Boys 1600m, Michael Stember had put together an im-

pressive recent string of efforts after a slight mid-season injury, with bests that ranged from 1:50.29 (800m), 4:09.8 (1600m national outdoor leader), and 9:02.36 (3200m #4 time nation). The bouncing Jesuit junior has all of his races feature a final lap of amazing acceleration, with no one yet this spring able to run this finishing power out of Stember. Mike missed early April's Arcadia 1600m, with seven Californians there among a top ten pack who all ran under 4:14, with the pack here needing something much faster than the 3:10 first 1200 from that race if someone hoped to beat the Jesuit star.

The Napa (SJ) duo of Mike Blair and Steve Hansen had both run 4:10.9, with Larry Henderson 4:10.97, Greg Nett 4:12.26, Brett Strahan 4:12.30, and Micheil Jones 4:12.47 forming a formidable pack, all ranked among the top fifteen in the nation on the stopwatch.

It would turn out to take a quick 4:15.20 to make the Finals! In Heat 1, a 2:09.1 800m pace had Jon Genant, who we believe is from Branson School in Ross (NCS), not Mt. Tamalpais as indicated in the program, pushed the pace from there, with 2:41.5 (1000m) and 3:13.5 (1200) splits. Brandon Pacheco and Brett Strahan were right on the lead at the gun, with Michael Stember back in fifth. During the last lap, Pacheco, who seems to consider any event in spikes, qualifying or not, one to race in, taking the event at 4:13.72, with Stember well aware of the qualifying formula here, with the top three to move on, 4:14.26 in second, and Strahan 4:14.69 in third qualifying.

Heat 2 had North Bakersfield's Chad Schmidt lead through 63.3 and 2:08.5 splits, with Mike Blair, who runs with a head roll, taking over at the gun at 3:13.9. A half-dozen had a good amount left, racing close to 60 seconds for the final lap, with Blair (4:13.48), Larry Henderson 4:13.85, Garrett Jensen (4:13.99), Antonio Arce (4:14.07), Alex Teekel (4:14.13), and Micheil Jones (4:15.20) all moving on to Saturday's finals.

Heat 1: 1Q. Pacheco 4:13.72, 2Q. Stember 4:14.26, 3Q. Strahan 4:14.69, 4. Jon Genant (12) Branson 4:15.58, 5. Steve Hansen (12) Napa 4:15.94, 6. Aaron Gillen (11) Yreka 4:16.79, 7. Rose Dammann (12) University/SD 4:19.17, 8. Daniel Sikirc, Leland 4:19.90, 9. Amerigo Rossi, Harbor 4:21.03, 10. Mike Wojciechowski (11) Clayton Vly 4:23.70, 11. Manuel Lopez (10) Belmont 4:32.10, 12. Jacob Elkins (11) Bullard

CIF/Toyota ■ California State Meet

4:37.68, Erik Larson (11) Pacific Palisades DNF. Heat 2: 1Q. Blair 4:13.48, 2Q. Henderson 4:13.85, 3Q. Jensen 4:13.99, 4Q. Arce 4:14.07, 5Q. Teekel 4:14.13, 6Q. Jones 4:15.20, 7. Gregg Nett (12) Mt. Carmel 4:17.53, 8. Chad Schmidt (11) N. Blvd 4:18.57, 9. Jonathon Lee (12) Bishop Montgomery 4:19.13, 10. Yonathan Asmeron (12) McAleer 4:19.37, 11. Enrique Torres. Silver Creek 4:20.60, 12. Richard Martinez (12) Garfield 4:27.36, 13. Matt Gonzalez. Centennial 4:34.74, 14. Jesus Enriquez (11) Skyline 4:34.81.

FINALS:

There have been a number of efforts in the California State Meet Mile/1600m that stand out in people's minds. From Dennis Carr's 4:08.7 win in the slow heat from 1962 to Mehbratom Keflezighi's 4:07.67 front end of a 1600-3200m (8:58.11) double win last year, the four lap event with its blend of tactics, talent, and conditioning has had a number of individuals that will be remembered in a very special way. The race is long enough to savor, with the ability of seventeen and eighteen year olds to run a pace so close to 60 seconds for the entire four laps something to sit back and admire greatly. The 1995 event will be one of those long remembered.

The head-rolling Blair led through 29.5 (200m) and 61.6 (400m) posts, with Brett Strahan taking over at 1:33.3 (600m) and 2:06.0 (800m) splits. The pace had not shaken anyone really through 2:37.6 at the 1000m point, at which time Michael Stember had simply had enough. Rocketing around the pack into the lead, Stember raced the next 200, through the 1200m point, at 28.0 (1200m 3:05.6), then continued to accelerate through the 1400m point at 3:33.8 (28.2 for the last half lap—56.2 in the middle of a high school 1600m!!!). The amazing Jesuit eleventh grader continued to power in, with an unpressed 30.2 for the final 200m on the way to a 4:04.00 win. The final 600m had taken 1:26.4 for the winner, with a 1:57.2 final 800m. The rocket acceleration away from the field by Stember in the middle of a state-finals quality event will be riveted in the minds of all who witnessed it forever, distance fan or not. In addition to the impressive manner in which it was accomplished, historically it was very significant as the fastest prep 1600m/mile time recorded in the nation since 1987!

Admiration has to go to athletes such as Brandon Pacheco, who finished second at 4:08.59, and

Larry Henderson, third at 4:09.58, who had to overcome the sense of the race being ripped away from them during that third lap, to record personal bests. Stember's time converts to the equivalent of the State Meet Record of 4:05.4 for a full mile set by Mark Schilling back in 1972 (I) on Oroville High School's dirt track. The multi-sport Jesuit star who stuck with running his eleventh grade year had it pay off in fine style. Now let's just hope he does not go out and sprain an ankle as a Varsity Cheerleader his twelfth grade year!

FINAL RESULTS

National Record: 3:58.30 Jim Ryan (Wichita, KS) 1965. State Meet: 4:05.4/mile Mark Schilling (Garden Grove) 1972 & 4:04.00/1600m Michael Stember (Jesuit) 1995

1. Michael Stember (11) Jesuit	4:04.00
2. Brandon Pacheco (12) Brethren	4:08.59
3. Larry Henderson (11) Mir Mesa	4:09.58
4. Mike Blair (12) Napa	4:10.91
5. Mitchell Jones (11) Livermore	4:11.94
6. Antonio Arce (12) Palmdale	4:12.71
7. Garrett Jensen (12) Sunny Hills	4:16.53
8. Alex Teekel (12) O'Dowd	4:18.00
9. Brett Strahan (12) Hart	4:18.91

■ 3200 Meters

Over 3200m, Jeff McLarty out much of the season with injury, easily topped a good area group at 9:01.00 in the Section Finals for



JASON BALKMAN—3200m

Photo by Bill Cockerham

the State's fastest time of the year. Steve Immel 9:05.8, 1994 runner-up Antonio Arce 9:08.29, Jeff Fischer 9:08.13, Adalberto Sanchez 9:08.68, and improved Phil Gonzalez 9:09.00 led the chase. 1994 Western Regional and State Division I Cross Country champion, Jason Balkman 9:12.54 has stayed fairly low-key this spring, but is a tremendous threat at the end of the season, with Michael Stember nothing to lose here when doubling back after Saturday's 1600m.

Near the end of a great State Finals, the huge 27 member 3200m field took off, with a casual 69.7 and 2:20.2 first 800 losing no one, but Adalberto Sanchez jumped into the lead at that point and accelerated to 67.3 for the third lap (3:27.5 1200), which spread the field quickly. Jeff McLarty had moved up close by the 1600m (4:36.2), with Jeff Fischer and Jason Balkman close behind. David McQuitty joined the front pack through 5:44.8 and 6:55.1 segments, with the Grossmont junior taking the lead at the start of the sixth lap. At 8:03.4 with one lap to go, it was Balkman who had the biggest finish, charging right at 60.0 for the final go-round, winning at 9:05.31. Jason is Stanford-bound, with the multi-faceted star a sure hit at the college level, if he can give training its due time.

FINAL RESULTS

National Record: 8:41.5 Steve Prefontaine (Marshfield, Coos Bay, OR) 1969. State Meet: 8:44.9 Eric Hulst (Laguna Beach) 1976.

1. Jason Balkman (12) Lynbrook	9:05.31
2. Jim McLarty (12) Ayala	9:07.79
3. Dave McQuitty (11) Grossmont	9:10.44
4. Adalberto Sanchez (12) CapVly	9:11.90
5. Antonio Arce (12) Palmdale	9:13.98
6. Michael Stember (11) Jesuit	9:14.02
7. Phil Gonzalez (12) Cresc Vly	9:15.77
8. Rey Sanchez (12) Delano	9:18.62
9. Gabe Szody (12) Foothill/NO	9:18.83
10. Jeff Fisher (12) Thousand Oaks	9:19.31
11. Bolota Asmeron (11) McAteer	9:24.35
12. Jim Nelson (11) Napa	9:25.06
13. Zach Barrett (12) Santa Rosa	9:26.68
14. Richard Martinez (12) Garfield	9:27.92
15. Justin Buenrostro (12) Stagg	9:28.32
16. Tom Becker, Bellamine	9:30.59
17. Steve Immel (12) Livermore	9:32.23
18. Trevor Sybert (12) Vista	9:32.71
19. Michael Kasahan (10) Fresno	9:34.84
20. Keith Kennedy (12) S Leandro	9:36.39
21. Peter Gilmore (12) Pacific Palis	9:37.83
22. Noel Nelson (10) Redwood	9:42.53
23. Jesse Robinette, El Camino	9:46.01
24. Eddie Sanchez (11) Garfield	9:48.32
25. Shilo Glass (12) Ramona	9:49.18
26. Senal Kidane (12) Skyline	10:12.64
Michell Jones (11) Livermore	DNR



JOVESA NAIVALU—110mHH

Photo by Bill Cockerham

■ 110 Meter High Hurdles

In the Boys High Hurdles, Jake Kuritz took over the state lead a week previous with a 14.17 San Diego Finals clocking, with Chey Walker 14.22 having the State's best "big-meet" record of wins. Steve Forte 14.25 was a finalist last year, with soph Dominique DeGrammont 14.34, Dan Nord 14.36, and Jovesa Naivalu 14.38 good seasons in the event.

Southern Sectioners Kenyon Rambo (14.29w +2.41) and Dominique DeGrammont (14.38w) moved past quick starting Jake Kuritz (14.44w) in Heat 1 of the Friday State Prelims. Heat 2 had one of the meet's tragedies, as Chey Walker blasted hurdle four while leading comfortably, finishing in a non-qualifying 7th after qualifiers Jackie Jenkins 14.30w (+2.72) and Jovesa Naivalu (14.37w). Heat 3 had four qualifiers, with Chris McAlister and Steve Forte battling early before Dan Nord came on late to win 14.28w (+2.77) over Forte 14.35w, Mark Roman (Central, Fresno) (14.50w) and Eric Patterson (14.51w).

Heat 1 (w +2.41): 1Q. Rambo 14.29, 2Q. DeGrammont 14.38, 3Q. Kuritz 14.44 (places 4-9 not available). Heat 2 (w +2.72): 1Q. Jenkins 14.30, 2Q. Naivalu 14.37, 3. Norman Woods (12) Del Campo 14.62, 4.

Marcus Williams (11) Berkeley 14.63, 5. Jason Navarre (12) Orange Glen 14.80, 6. Jake Brazie (12) Yreka 14.64, 7. Chey Walker (12) W. Covina 16.73, Kabeer Smith (12) Crenshaw DNF, Tyrone Allen (12) Oakland DNF. **Heat 3 (w +2.77):** 1Q. Nord 14.28, 2Q. Forte 14.35, 3Q. Roman 14.50, 4Q. Patterson 14.51, 5. Chris McAlister (12) Pasadena 14.63, 6. Chris Barnsdale (11) Montgomery 14.64, 7. Ryan Jones (12) No Hollywood 14.76, 8. Alphonso Myers (12) Vallejo 14.84, 9. Donte Joseph (10) Pinole Vly 15.15.

FINALS:

In the Finals Steve Forte had a false start and was disqualified. Kenyon Rambo, out of lane 6, had a special start, with fellow soph DeGrammont (lane 8) closing strongly as did Naivalu (lane 3), with The Central Coast star Naivalu getting the nod by .01 at 14.33-14.34 over Rambo.

FINAL RESULTS

National Record: 12.9 Renaldo Nehemiah (Scotch Plains, Fanwood, NJ) 1977. **State Meet:** 13.41 Steve Kerho (Mission Viejo) 1982.

- | | |
|------------------------------------|-------|
| 1. Jovesa Naivalu, Fremont | 14.33 |
| 2. Kenyon Rambo (10) LB Poly | 14.34 |
| 3. Jackie Jenkins (12) Golden West | 14.39 |
| 4. Dominig DeGrammont (10) Tus | 14.42 |
| 5. Dan Nord, Los Altos | 14.46 |
| 6. Mark Roman (11) Central | 14.78 |
| 7. Eric Patterson (11) LB Poly | 14.79 |
| 8. Jake Kurtz (11) Torrey Pines | 14.89 |
| Steve Forte (12) El Camino | DNF |

■ 300 Meter Intermediate Hurdles

In the 300m Intermediate Hurdles, Mickey Grimes exploded to a 36.59 the previous week (nation's #3 clocking among preps). Felix Sanchez was 36.84 in his area qualifier, with Kenyon Rambo a national soph record with his 37.18 from two weeks previous. Chey Walker 37.44, Makio Haywood 37.50 (with some points here mightily helping the Muir team cause), and Brian Fall Diego) 37.47 were others among the nation's top twenty here.

Heat 1 had Mickey Grimes promptly hit the first hurdle, but the Southern Section star with a stride and body control perfectly suited to this event quickly recovering and going on to win at 37.25 over fellow qualifiers Makio Haywood 37.77, Bernard Ellis 38.46, and Jake Kurtz 38.50. Felix Sanchez, another athlete seemingly made for this event, looked great during a 36.82 run that left qualifiers Chey Walker 37.76 and Ja-



MICKEY GRIMES--300mH

Photo by Bill Cockerham

son Lewis 38.21 far behind. Super soph Kenyon Rambo looked solid in taking Heat 3 at 37.72 with Brian Fell also moving on at 38.18.

Heat 1: 1Q. Grimes 37.25, 2Q. Haywood 37.77, 3Q. Ellis 38.46, 4Q. Kurtz 38.50, 5. Len zie Jackson, Milpitas 39.79, 6. Glen Valdez (11) Stockdale 39.99, 7. Chris Lackey (12) Nevada Union 40.39, 8. Marco Jackson (12) Chico 40.57, 9. Andre Rutledge (11) Encinal 42.62. **Heat 2:** 1Q. Sanchez 36.82, 2Q. Walker 37.76, 3Q. Lewis 38.21, 4. Chris Barnsdale (11) Montgomery 38.89, 5. Jovesa Naivalu, Fremont 39.35, 6. Aaron Hill (12) DeAnza 39.51, 7. Kenny Moore (11) Taft 39.53, 8. Tyrone Allen (12) Oakland 39.85, 9. Norman Woods (12) Del Campo 40.94. **Heat 3:** 1Q. Rambo 37.72, 2Q. Fell 38.18, 3. Ryan Jones (12) No Hollywood 38.59, 4. Eric Stewart (12) Buena 38.74, 5. Jackie Jenkins (12) Golden West 38.86, 6. John Young, St. Ignatius 39.51, 7. Bryan Click (12) Logan 39.58, 8. Maurice Byrd (12) McAteer 40.03, Harold Wilson (11) Vallejo DQ.

FINALS:

The Finals was an interesting event. Rambo, out of lane 4, fell early and was out of the contest. Sanchez could not settle into a comfortable step pattern and hit a couple of the hurdles in the first 200 meters that threw off his rhythm. Chey Walker was on a mission after his Prelims High Hurdle Fall and was running strongly, but it was Grimes, again putting together a solid effort that included the ability to adjust nicely

coming up to a hurdle, the winner by two meters over Walker 36.83-37.11. There will be some good college hurdlers out of this group.

FINAL RESULTS

National Record: 35.32 George Porter (Cabrillo, Lompoc) 1985. **State Meet:** 35.50 George Porter (Cabrillo, Lompoc) 1985.

1. Mickey Grimes (12) Cyn Springs	36.83
2. Chey Walker (12) W Covina	37.11
3. Felix Sanchez (12) Univ City	37.30
4. Jason Lewis (12) Fairfax	37.70
5. Makio Haywood (10) Muir	37.71
6. Brian Fell (12) Rancho Bernardo	38.28
7. Jake Kurtz (11) Torrey Pines	38.87
8. Bernard Ellis (12) Crenshaw	39.32
Kenyon Rambo (10) LBCh Poly	DNF

■ 400 Meter Relay

Everybody was running very fast all of a sudden in the 4x100, with thirteen teams under 41.85 in Section action. With only the winner from each heat assured a spot in the Finals, there were many teams "going for broke," for a Saturday lane, with corresponding thrills and spills as they battled in the Heats. Team favorite Muir (Pasadena-SS) ran 41.18 in winning the big Arcadia showdown, with Morse (San Diego) taking defending champion El Camino (Oceanside-SD), bothered early on with injuries, in a quick 41.22-41.30 Section Finals race. Bakersfield (CE) had flawless baton work in a 41.24 Section win, with Grant (Sacramento) 41.48 in the Sac Joaquin contest. Skyline (Oakland) 41.25 and Berkeley (NC) 41.29 were very dangerous during the regular season.

McAteer, bolstered by Felton Charles, surprised with a 41.40 Heat 1 win over Serra (Gardena) 41.95 and Muir 41.97, with the favored Mustangs not like State Champions at this juncture. Berkeley was 41.45 to win Heat 2 over Bakersfield 41.50, University City (San Diego) 42.05, and Fontana 42.10. Skyline blasted 40.99 out of Heat 9, where they never saw anyone, winning by a full second over El Camino (Oceanside) 41.99.

Heat 1: 1Q. McAteer 41.40, 2Q. Serra 41.95, 3Q. Muir 41.97, 4. Cleveland 42.20, 5. Morse 42.33, 6. Edison/CE 43.18, 7. Alhambra 46.44, Kennedy & Aragon DNF. **Heat 2:** 1Q. Berkeley 41.45, 2Q. Bakersfield 41.50, 3Q. University City 42.05, 4Q. Fontana 42.10, 5. Manual Arts 42.15, 6. Grant/SJ 42.34, 7. Pleasant Valley 43.43, 8. Amador 44.83, Seaside DQ. **Heat 3:** 1Q. Skyline 40.99, 2Q. El Camino 41.99, 3. Long Beach Poly 42.17, 4. Harvard, Westlake

42.36, 5. South Bakersfield 43.35, 6. Kennedy, Fremont 44.63, Milpitas DQ, Westchester DQ, Bear Creek DNF

FINALS:

In Saturday's second race (following the exciting Girls short relay) the buzz was over where Muir, out in Lane 8 with the sixth fastest qualifying time, would place. Skyline was once again flat out gone, with a 40.78 win that showed it is possible to run fast in this event without great sprinters (Skyline's different sprint entrants ran 10.96w (100m) and 21.99w 200m on Friday). A talented Bakersfield group raced a seasonal best 41.09 in second, with Obea Moore finishing well for Muir, third at 41.36. Berkeley at 4th in 41.50 finished a fine spring season. Muir had a good start at the title, with the 40.78 equalling the quickest time ever run to win this meet by Muir in 1987.

FINAL RESULTS

National Record: 39.9 Austin Jasper HS, Texas 1991. **State Meet:** 40.24 Hawthorne 1989.

- | | |
|-------------------------------|-------|
| 1. Skyline, Oakland | 40.78 |
| 2. Bakersfield | 41.09 |
| 3. Muir | 41.36 |
| 4. Berkeley | 41.50 |
| 5. El Camino, Oceanside | 41.84 |
| 6. Serra, Gardena | 41.87 |
| 7. University City, San Diego | 41.96 |
| 8. Fontana | 41.22 |
| McAteer, San Francisco | DNF |

■ 1600 Meter Relay

Muir added frosh Sultan McCullough to the 4x400 group recently, with Obea Moore flying sub-46.0 anchors for a Mustangs best of 3:12.44 a week previous (#2 nation-for your info Willowridge, Sugar Land, Tx had the fastest in the land at 3:11.02). University City (San Diego) (3:15.48), Morningside (Inglewood-SS) 3:15.85, and Banning (Wilmington-LA) 3:16.92 appeared to be capable of leading the chase after team favorite Muir.

Prelims Heat 1 had University City (San Diego) finish with Felix Sanchez (48.2) and Vince Williams (47.2) at 3:16.36, with Wayne Armour closing strongly for Bakersfield 3:18.32 for the other qualifier here. Muir was 3:15.70 with Moore 46.5 on the anchor in Heat 2, with San Diego 3:18.44 and Berkeley 3:19.02 moving on from that contest. Steady Morningside (Inglewood) was 3:15.96 in Heat 3, with Morse (San Diego) 3:16.77, Ser-

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ra (Gardena) 3:18.73, and Valley (Sacramento) 3:18.95 also qualifying.

Heat 1: 1Q. University City 3:16.36, 2Q. Bakersfield 3:18.32, 3. McAteer 3:19.32, 4. Barstow 3:18.32, 5. St. Mary's 3:21.59, 6. McClymonds 3:21.98, 7. Bear Creek 3:25.32, 8. Del Mar 3:26.62. Crenshaw DQ. Heat 2: 1Q. Muir 3:15.70, 2Q. San Diego 3:18.44, 3Q. Berkeley 3:19.02, 4. Banning 3:20.15, 5. Long Beach Poly 3:20.90, 6. Golden Valley 3:23.50, 7. Homestead 3:26.67, 8. San Marin 3:29.68, 9. Golden West 3:29.73. Heat 3: 1Q. Morningside 3:15.96, 2Q. Morse 3:16.77, 3Q. Serra 3:18.73, 4Q. Valley 3:18.95, places 5-9 not available.

FINALS:

The Finals was a replay of early April's Arcadia/Foot Locker event. Morningside was out through 48.7-47.9 and 48.6 splits, with Obea Moore back some 20 meters after 49.7 (Joachim Gray), 48.2 (Makio Haywood), and 49.8 (Shaheed McCullough) legs. With the same determination that capped the ESPN Scholastic Sports America coverage of the Arcadia/Foot Locker Meet, Moore set out in immediate chase, not really making a significant dent until a move just inside 150 meters, where once had the sense nothing was going to stop Obea from moving in for the kill. With each stride down the home-stretch the talented soph moved closer, finally edging by in the final 10 meters with his 45.5 split to win for Muir 3:13.08-3:13.30. It was a classic close to a great meet, with Muir the team title winners led by Moore's heroics.

FINAL RESULTS

National record:	3:07.40 Hawthorne 1985.
State Meet:	3:08.94 Berkeley 1981.
1. Muir	3:13.08
(Gray 49.7, Haywood 48.2, McCullough, 49.8, Moore 45.4)	
2. Morningside	3:13.30
3. Morse, San Diego	3:16.27
4. Berkeley	3:16.65
5. Valley, Sacramento	3:16.81
6. University City, San Diego	3:18.36
7. Serra, San Diego	3:18.96
8. Bakersfield	3:21.47
9. San Diego	3:21.72

■ High Jump

In the Boys High Jump, Michael Wilkins took Pat Leonard on misses at 7-00.25 in a big early May Northern California showdown, with David Larsen also over 7-0 this spring, and two-time State Finalist Jon Roby 6-11.75 early this year on this facility in an all-comers.

In Qualifying on Friday, five

were over 6-07 (Wilkins, Dale Fowle, Larsen, Saleem Mahdi, and Roby) with four of the next six who were 6-06 (Leonard, Brandon Zeidler, Marty Brossett, and Steve Sherwood) on that day moving into the Finals. Sherwood had to "jump-off" with Chris Ferreira (Oak Ridge, El Dorado Hills) for the last Finals position.

Preliminaries: 1. Wilkins 6-7, 2. Fowle 6-7, 3. Larsen 6-7, 4. Mahdi 6-7, 5. Roby 6-7, 6. Leonard 6-6, 7. Ziedler 6-6, 8. Brossett 6-6, 9. Sherwood 6-6, 10. Chris Ferreira (Oak Ridge) 6-6. Others: Bill Decker (12) Grace Davis, Broaderick Jones (11) Vallejo at 6-6; Jeff Twining (10) San Dieguito, Jim McKinsey (12) Monache, Jeff Poisson (11) Card Newman, Kevin Wilkinson (11) Arroyo Grande, Clinte Motley (10) Alta Loma & E. Neumann, Wilcox at 6-4; Ryan Mitchell (11) Sweetwater & Todd Browning (12) El Capitlan at 6-2. No marks: Jon Giedhill (12) Reseda; Todd Weller, Aragon; Maurice Byrd (12) McAteer & Bobby Frick (12) Redwood.



MICHAEL WILKINS-HJ

Photo by Bill Cockerham

FINALS:

With Saturday's running event Finals starting at 4:00 p.m. and events like the High Jump at 3:00 p.m., it is one of the few times that this event area receives serious attention, except when a lone jumper is left at a record height. One can actually track a field

event as it progresses!

The Finals started at 6-04, with Roby, Larsen, and Wilkins passing and everyone but Fowle over on their first try, with the Saugus star needing two attempts. Sherwood could not get over 6-06 on this day, and was ninth. Zeidler, Leonard, and Mahdi needed two attempts at that 6-06 height, with everyone else sailing over on their first try. Brossett, Roby, and Larsen continued through 6-08 clearances with no misses on their records. Wilkins was over 6-08 on his second trial, with Leonard on his third, and Zeidler and Mahdi (duo tied for seventh) not successful in three attempts there. Six remained in a 6-09, with Brossett passing at that height. Leonard, Roby, and Wilkins sailed over on their first trials, with Larsen taking two attempts and Fowle finishing sixth off his 6-08 success. At 6-10 Brossett's strategy failed, as he missed three times (finishing 5th), as did Leonard (4th) and Roby (3rd), with Larsen and Wilkins, the latter seeming about a foot over his head and with impressive pop at this time, both over on their first trials.

At 6-11 the action heated up, with both continuing their first attempt clearances, having between them two total misses up to this height. At 7-0 Wilkins sailed over on his first trial, with Wilkins needing two attempts. At 7-01 neither was successful, with the Cal Poly/SLO bound Wilkins winning on misses.

FINAL RESULTS

National Record:	7-05.25 Dothel Edwards (Cedar Shoals, Athens, GA) 1984. State Meet: 7-03.25 Lee Balkin (Glendale) 1979.
1. Michael Wilkins (Red Bluff)	7-0
2. David Larsen (Stockdale)	7-0
3. John Roby (Corcoran)	6-9
4. Pat Leonard (Piner)	6-9
5. Marty Brossett (So. Torrance)	6-8
6. Dale Fowle (Saugus)	6-8
7. Brendon Ziedler (Bellamine)	6-6
(tie) Saleem Mahdi (Pittsburg)	6-6
9. Steve Sherwood (Esperanza)	6-4

■ Pole Vault

In the Boys Pole Vault, the San Diego Section trio of Mike Brown 15-10, Dan Shimooka 15-9, and much improved Matt Poirer 15-9 were all formidable jumpers. The Central Coast Section had Mike Haldezos, Kiet Vong and Scott Wenholz all over 15-6 this year. Steve Michels had cleared 15-9 this spring, with Jason Spotts 15-04.

Of the eight above mentioned, Vong (who waited until 14-04 and no-heighted) and Spotts (who could get over only that 14-04 height in the Prelims), were the only who did not qualify for the Finals, with Pete Kovacs, Logan Nichols, and Bevan Hart (all at 15-0) moving on with the first paragraphs to Saturday's

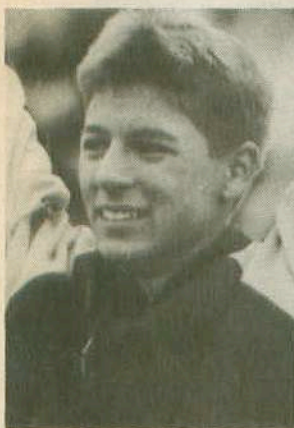
Preliminaries: Qualifiers at 15-0. Kovacs, Nichols, Hart, Shimooka, Wenholz, Haldezos, Brown, Poirer, at 14-8 Michels. Non-qualifiers: 14-8 Nick Paramo (11) Lemore, 14-4 Josh Morton (12) Sonora, Jason Spotts (12) No Bkld; 14-0 Casey Gregory (12) Bella Vista, Sven Northcott (12) Marina; 13-8 Armando Duran (12) Norte Vista; 13-4 Jon Chang (12) Mission San Jose, Edward Nghiem (12) Birmingham; Mark Unquetá (9) Lemore. No Height: Calvin Chanmany (12) McAteer, Tony Moore (11) Castro Valley, Brian Acevedo (12) Belmont, Joe Michels (11) Granada Hills, Ben Potter (12) West Valley, Django Heckler (11) Terra Linda, Cody Metzger (11) Liberty, Kiet Vong, Mt. Pleasant.

FINALS:

The inclusion of the Girls Pole Vault had the Boys starting at 1:00 p.m. on Friday in qualifying, fully three hours before any of the other meet's action, with a Saturday Finals start at 1:30 p.m., an hour and a half before the other events.

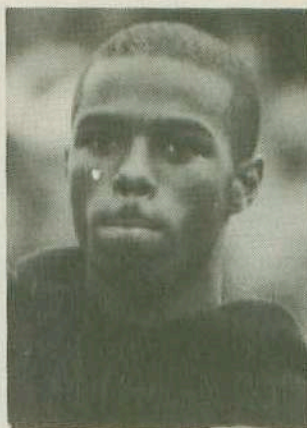
The Girls start at 4:30 p.m. on Saturday tied in nicely to Melissa Price's "prime time" American Record clearance, with some consideration to bringing the two events closer time-wise in Friday's Prelims action.

Anyway, on Saturday, with the facility to themselves early-on, the Boys group started off at 13-08, with all except Kovacs passing, and it taking two attempts for the El Modena senior to get over. At 14-02, Michels, Poirer, and Hart were first-attempt clearances, with Nichols on his second and Kovacs his third—all others still passed. Everyone in the field cleared 14-08, with Brown and Shimooka over on their first attempts of the entire competition. Michels, Nichols, Kovacs, and Hart were first attempt "makes" at that height, with Poirer and Wenholz on their second, and Haldezos on his third. At 15-02 Kovacs went out, with Wenholz taking three tries to clear, and Michels, Hart, Shimooka, and Haldezos two, with the unscathed Brown over on his first attempt there as were Poirer and Nichols. 15-06 would eliminate half the field that was left, with Michels, Nichols, Shimooka, and Haldezos out at that height. Nich



MIKE BROWN—PV

Photo by Bill Cockerham



CLARENCE SCOTT—LJ

Photo by Bill Cockerham



MICHAEL TURNER—TJ

Photo by Bill Cockerham

ols would place 5th and Shimooka 6th.

Wenholz and Brown were over on their first trial, with Hart on his second, and Poirier his third. At 15-10 Brown sailed over again (four vaults—four clearances along the way), with Wenholz placing second as he went out, Hart third, and Poirier fourth. The Notre Dame-bound Brown had a lot left, sailing over 16-01.25 on his second attempt, then appearing to get at least a couple of feet extension off the end of his pole during a 16-04 first attempt clearance that featured a wild celebration. The Torrey Pines senior had the crowd's attention as he made three attempts at 16-07, finishing off an interesting first year for many new rules in the event.

Where the vault will go in the future will be interesting. Safety and pole-weight requirements have focused much more attention on this event area, with some parts of the state deciding to just punt totally on this phase of the track and field program with expenses and lack of coaching expertise. There may be a "settling in period" with the body weight/pole weight requirement, but with results the initial year as an indicator, with the fewest "quality height" vaulters returning in state history for 1996, there is certainly a period of big adjustment.

FINAL RESULTS

National Record: 17-09.5 Joe Dial (Marlow, OK) 1981. State Meet: 17-00.5 Anthony Curran (Crespi) 1978.

1. Mike Brown (12) Torrey Pines 16-4
2. Scott Wenholz, Gilroy 15-6
3. Bevan Hart (12) Christian Bros. 15-6

4. Matt Poirier (12) Mt. Carmel 15-6
5. Logan Nichols (12) Arroyo Gr 15-2
6. Dan Shimooka (12) San Pasq 15-2
7. Steve Michels (11) Brethren 15-2
8. Mike Haldezos, Mills 15-2
9. Pete Kovacs (12) El Modena 14-8

■ Long Jump

In the Boys Long Jump, Clarence Scott exploded two weeks previous to the nation's best 1995 prep jump, a 25-04.5 effort, with a good seasonal record. Ron Stewart 24-06w (23-06.25), Jeff Nord 24-02.5w (23-11), and Ronnie Jenkins 24-01 were others who have been out over 24-00.

The Southern half of the state had the first five places out of qualifying, with Clarence Scott 23-09.5w (+19.29—yes, that's what the wind gauge said, which would be something over 40 miles per hour—how did he manage to not foul?!), San Diego champ Majaliwa McKeaver 23-08.25 (+1.50), Jimmy Devine 23-08.25 (+1.34), Ronnie Jenkins 23-03.5 (+1.55), Ronald Stewart (23-01.5 (0), and Patrick Kooba 23-00.5 (+1.30) followed, with Northerners Unterio Henley 22-11.5w (+3.51), Chris Ferreira 22-11.5w (+16.53 35 miles per hour????), and Jeff Nord 22-11 (+0.96) filling out the field. The adrenaline and slightly inconsistent winds are cranking in Friday's prelims, with the lesser qualified jumpers in the Prelims (last eight listed) having numerous fouls, with one athlete no fair jumps, and two others two of three efforts as fouls.

Preliminaries: 1Q. Scott 23-9 1/2, 2Q.

McKeaver 23-8, 3Q. Devine 23-6 1/4, 4Q. Jenkins 23-3 1/2, 5Q. Stewart 23-1 1/2, 6Q. Kooba 23-0 1/2, 7Q. Henley 22-11 1/2, 8Q. Ferreira 22-11 1/2, 9Q. Nord 22-11. Non-qualifiers: Django Heckler (11) Terra Linda 19-3 1/4, Bailey Grant (12) Oakland 20-5, Brett Hansen (11) Caruthers 17-2 1/2, Kobie Roberts (12) McAteer 19-4 1/4, Lars Ewing (12) Clear Lake 20-11, Temarri Limbrick (12) Muir 22-1 1/2, Dwayne Ross (11) Scripps Ranch, Yanis Grayer (10) Castle Park 21-9 1/4, Kevin Oates (12) Castro Valley 20-9 3/4, Dominic Martinho (12) Tulare Western 22-5 1/2, Patrick McCall (10) Long Beach Poly 22-3 3/4, Steve Williams (12) San Fernando 21-7 1/2, Peter Slater (11) Pleasant Valley 22-8 1/2, Terrance Davis (12) Bear Creek 21-11 1/2, Jojo Wright, Silver Creek 22-8, Jim McGee (11) Sacramento 22-3. No marks: Glen Ecatine, Milpitas & Howard Moore (11) DeLaSalle.

FINALS:

In one of Saturday's early field events (3:00 p.m. start), Clarence Scott ended the suspense early, with the quick, slight, and thin jumper sailing out to 24-06.75w (+3.47) on his first jump, fully a foot and a half farther than anyone else managed. (Jimmy Devine 23-00.5 +1.71) the first go-round, with three of nine jumpers fouling that first trial. Devine improved to 23-08.75 (-1.83) on his second jump, with Scott sailing out to 24-07.75 (+1.92) on his second effort, the eventual winner. Jeff Nord was 22-11.75 (-0.54) on his third jump, with Majaliwa McKeaver 22-11.5w (+2.17) along the way for third and fourth, respectively. Scott went for broke after his first two jumps, having three fouls and a 24-05.5 (+0.97) to finish the day.

Winds swirled, ranging from a couple of meters per second in the athlete's faces to as much as four meters aiding, making step patterns difficult, with one wondering how many of these athletes are used to two consecutive days of serious jumping (and other preliminary Friday action) prior to Saturday's Finals jumping.

FINAL RESULTS

National & State Meet Record: 26-04.75 James Stallworth (Tulare) 1989.

1. Clarence Scott (11) Fremont 24-7 3/4
2. Jimmy Devine (12) Ramona 23-8 3/4
3. Jeff Nord, Los Altos 22-11 3/4
4. Majaliwa McKeaver (12) Ram 22-11 1/2
5. Ronald Stewart (12) Gardena 22-8 3/4
6. Patrick Kooba (12) Glendora 22-8 1/2
7. Ronnie Jenkins (11) Hueneme 22-2 1/2
8. Chris Ferreira (12) Oak Ridge 20-10
9. Unterio Henley (12) Bullard 20-5 1/4

■ Triple Jump

In the Boys Triple Jump, Steve Williams shocked with his big improvement out to 49-1 in the L.A. City Meet. Tye Anderson 48-11.75, Gerald Williams 48-11, Rasheed Abdullah 48-09.5, Dan Nord 49-10w/48-01, Ron Stewart 48-06, Reggie Cury 48-08.5w/48-00.75, Mike Turner 50-0.5w/48-06, and Peter Slater 48-07w/47-11.5 would make this a good event.

In a model of consistency, the last seven athletes listed in the program (top seven marks out of Section competitions held under quite varying sites all around the state), qualified on to the Finals, joined by two others up the list. Derrick Evans, parking Muir team titlist fans' interest, led, with early season national leader Michael Turner second. The winds were consistently aiding in Friday's qualifying, having settled down by the evening 6:30 p.m. start, between one and three meters per second.

Preliminaries: 1Q. Evans 48-7 1/2, 2Q. Turner 28-7 1/4, 3Q. G. Williams 48-5 3/4, 4Q. Nord 48-1 1/2, 5Q. S. Williams 58-0 1/2, 6Q. Abdullah 47-9 1/4, 7Q. Anderson 47-7, 8Q. Friday 47-5 3/4, 9Q. Slater 47-4 1/2. Non-qualifiers: Gary Smith (12) Logan—no mark. Tyrone Allen (12) Oakland 45-1 1/2, Anthony Ratcliff (11) McAteer 45-1 3/4, Willy James (12) West Hills 42-6 3/4, Ryan Pearce (11) Bakersfield 44-6 3/4, Tezale Archie (12) Hoover 45-11 3/4, Ryan Mitchell (11) Sweetwater 44-6 3/4, Saleem Muhammad (10) DeLaSalle 44-8 1/4, Darren Bonney, North Salinas 44-4 1/2, James Bibbs, Overfelt 45-1 1/2, Chris Ferreira (12) Oak Ridge—no mark, Justin Cox (11) Rancho Buena Vista 46-7 3/4, Spencer Goss (12) Fairfield 43-5, Tim Smith (12) Coalinga

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46-8 14, Ronald Stewart (12) Gardena 45-11 1/2, Scott Towne (11) St. Mary's 46-1 3/4, Reggie Curry 912) Tustin 47-3 1/2.

FINALS:

Saturday's Finals competition was interesting. Michael Turner led by nearly a foot after the first jump (49-02w +2.58), with Rasheed Abdullah next at 48-02.5 (+1.76). Turner proceeded to pass his next five jumps, with Tye Anderson creeping up on second, with 48-03.75 (+.81 2nd jump) and 48-05w (+2.39 5th round), and Gerald Williams 48-03 (+1.47) jumping ahead of Abdullah into third on his third effort. Evans was 48-01.75 (+1.97) on his second jump, then had a pass and three fouls.

FINAL RESULTS

National Record: 52-10.5 Charles Mayfield (Muir, Pasadena) 1980. State Meet: 52-04.75 Ken Frazier (Mission, SF) 1981.

1. Michael Turner (12) Morning 49-2
2. Tye Anderson (11) LBCh Poly 48-5
3. Gerald Williams (11) Lynwood 48-3
4. Rasheed Abdullah (12) Logan 48-2 1/2
5. Derrick Evans (11) Nuir 48-1 3/4
6. Steve Williams (12) San Fern 47-1
7. Peter Slater (11) Pleasant Vly 46-10
8. Dan Nord, Los Altos 46-9
9. Keith Friday (12) Dorsey 45-4

■ Shot Put

The Boys Shot Put has picked up greatly in quality over a year ago, with a half dozen likely to throw farther than last year's 58-11.5 winning toss. Matt Pentecost was 61-10.5 in Section action, with J.D. Martin a 61-07.75 season best. Billy Bush surprised with a 61-01.25 Sac Joaquin Section toss, with Jason Hammond 61-02 to take his area title. Jeremy Lingenfelter was 61-7 1/2 indoors (60-04.5 outside), with super-fresh Van Mounts 59-08 this year.

Some pretty good throwing for the 1990's had four athletes over 60-00 in Friday's Prelims, with impressive soph. Brian Chase, 61-02 (and 61-02 back-up) leader over Jeremy Lingenfelter 60-04.5, Matt Pentecost 60-03, and JD Martin 60-02. Seven were at 58-00 or better. 61-footer Billy Bush had three fouls.

Preliminaries: 1Q. Chase 61-2, 2Q. Lingenfelter 60-4 1/2, 3Q. Pentecost 60-3, 4Q. Martin 60-2, 5Q. Mounts 59-1 1/2, 6Q. Jones 58-0 1/2, 7Q. Mazzoni 58-0, 8Q. Hammond 57-7 1/2, 9Q. Baumer 56-11 3/4. Non-qualifiers: Joshua Grate (11) McAteer 42-7, Tabetti Lockhart (11) Fremont 45-11 1/2, Dion Gaston (12) Taft 46-2 1/2, Delmer Lydick (12) Ft. Bragg 47-6 1/2, Matt Seefeld (12) Marin Catholic 50-9, Gene Quijcho, Jefferson 53-0 1/2, Matt

Jones (12) No Hollywood 50-8, Michael Curry (12) Marshall 49-9 1/4, Tony Sotello (11) Ramona 52-3 3/4, Siua O'Reilly (12) Hemet 51-6 1/2, Tony Malautia (12) El Camino--no show, Aaron Towne (12) Corning 53-3 1/2, Donald Bautiste (12) Oceanside 49-10, Dave Spitz (12) Monte Vista 54-7 1/2, Aaron Lewis, St. Ignatius 51-6, John Davis (11) Long Bch Wilson 56-2 1/2, Clyde Sanders (12) Grant 56-1, Billy Bush (12) Downey--no mark.

FINALS:

Come the Finals, veteran Matt Pentecost survived the weekend's up and downs emotionally (and physically) the best. Matt was 59-06.5, 60-08 and 62-03.75 on his first three throws. Lingenfelter was foul, foul, and 53-02.25 to not qualify for the Finals, with Chase 59-10 after the prelims and Martin 59-06. Frosh athlete Van Mounts, who will have to be all-universe football after he is through at Bakersfield HS, showed his aplomb with a 59-01 second toss. The only other 60-footing in the competition took place on final throws, with Martin improving to 60-07 to move into second, and Chase 60-03.5 for third. Pentecost was the winner with a seasonal best 62-03.75 throw. Now guess where Matt is going to College? "Weight-ville USA" (better known as UCLA), with Pentecost an All-American lineman who should wander out to throw the Shot for Coach Art Venegas army of "super-throwers."

FINAL RESULTS

National Record: 77-00 Michael Carter (Jefferson, Dallas, TX) 1979. State Meet: 74-04.75 Brent Noon (Fallbrook) 1990.

1. Matt Pentecost (12) Loyola 62-3 3/4
2. JD Martin (11) Madera 60-7
3. Brian Chase (10) CNewman 60-3 1/2
4. Van Mounts (9) Bakersfield 59-1
5. Jason Hammond (11) Fowler 58-4 1/2
6. Derek Baumer (12) Ponderosa 57-10 1/2
7. Chad Jones (12) Arroyo Gr 57-3 1/4
8. Mark Mazzoni, Bellamine 56-10 1/4
9. Jeremy Lingenfelter (12) Clar 53-2 1/4

■ Discus

The Men's Discus would be a very competitive event, with a number of athletes out over 180 feet. J.D. Martin 184-05 took the Central Section title, with Sepher Sharifi 185-10, Chad Jones 183-00, and Jason Bader 180-07 tough from the Southern Section. Billy Bush was best in the Section Meets with his 179-04 in the Sac Joaquin.

Only one athlete would put two throws out over 180 feet the entire weekend here. Chad Jones led qualifying at 178-00, with the last six athletes listed (top six marks

out of Section Meets) joined by improving Randy Hein, David Herrick, and Jason Hammond up the list of entrants.

Preliminaries: 1Q. Jones 178-0, 2Q. Bush 176-10, 3Q. Bader 173-1, 4Q. Hein 168-3, 5Q. Baumer 168-2, 6Q. Hammond 167-9, 7Q. Sharifi 166-4, 8Q. Mayhew 163-7, 9Q. Herrick 163-7. Non-qualifiers: Johnny Tolson (10) Banning--no mark, Joshua Grate (11) McAteer--no mark, Jeremy Mills (11) McKinleyville 146-10, Charles Slack, Los Altos 144-3, Victor Leyva (10) Monache 143-7, Aaron Lewis, St. Ignatius 152-3, Tooran Gilliam (10) San Diego 149-11, Matt Seefeld (12) Marin Catholic 160-1, Gavin Graham (12) Fallbrook 154-0, David Spitz (12) Monte Vista 144-5, Kyle Donovan (12) Washington 159-9, Mike Debertoli (12) Yreka 155-7, G. Hovey (11) Monte Vista 161-2, John Gagnon (11) Christian Brow. 160-0, JD Martin (11) Madera 160-7.

FINALS:

Interestingly, the first five places were essentially settled on the first throw of the Finals. Chad Jones opened up at 182-05, and improved to 183-09 on his second toss, for the weekend's only 180 foot throws, to win. Randy Hein was 176-03 on his opener, a mark that held up for second, with Jason Hammond 176-00 (eventual third placer) on his first toss. Jason Bader had 171-01 on his first throw, then improved to 171-08 for fourth, with Derek Baumer 170-06 starting out, and a 170-09 final toss, for fifth.

FINAL RESULTS

National Record: 224-03 Kamy Keshmiri (Reno, NV) 1987. State Meet: 203-4 Brian Blutreich (Capo Valley) 1985 & Rob Powell (Redwood) 1990.

1. Chad Jones (12) Arroyo Grande 183-9
2. Randy Hein (12) Dana Hills 176-3



MATT PENTECOST--SP

Photo by Bill Cockerham

3. Jason Hammond (11) Fowler 176-0
4. Jason Bader (12) Edison/SS 171-8
5. Derek Baumer (12) Ponderosa 170-9
6. Billy Bush (12) Downey 169-2
7. Sepher Sharifi (12) University 166-6
8. Jon Mayhew (11) Wilson 162-7
9. David Herrick (11) Mt. Carmel 139-8

■ Team Scores

1. Muir/SS 38
2. Dana Hills/SS 24
3. Morningside/SS 18
4. Long Beach Poly/SS 16
5. West Bakersfield/CE 16
6. Brethren/SS 14
7. James Logan/NC 14
8. University City/SD 13
9. Arroyo Grande/SS 12
10. Bakersfield/CE 12
11. Grant/SJ 12
12. Jesuit/SJ 11; 13. Canyon Springs/SS, Fremont/CC, Fremont/LA, Loyola/SS, Lynbrook/CC, Red Bluff/NO, Skyline/OK, Torrey Pines/SD 10; 21. Ayala/SS, Bell Gardens/SS, Berkeley/NC, Fowler/CE, Gilroy/CC, La Sierra/SS, Los Altos/CC, Madera/CE, Ramona/SS, Stockdale/CE, West Covina/SS 8; 32. Morse/SD 7; 33. Burroughs (Ridgecrest)/SS, Cardinal Newman/NC, Christian Bros./SJ, Corcoran/CE, Golden West/CE, Grossmont/SD, Lynwood/SS, Mira Mesa/SD 6; 41. Alta Loma/SS, Capistrano Valley/SS, Edison/SS, Fairfax/LA, Mt. Carmel/SD, Napa/SJ, Piner/NC, Ramona/SD, Tustin/SS, Golden Valley/SJ 4; 51. El Camino/SD, Palmdale/SS, Ponderosa/SJ 3; 54. Gardena/LA, Livermore/NC, Patrick Henry/SD, South Torrance/SS, St. Mary's/NC, Valley/SJ, Westchester/LA 2; 61. Bear Creek/SJ, Central/CE, Downey/SJ, Glendora/SS, Hesperia/SS, Rancho Bernardo/SD, San Fernando/LA, San Pasqual/SD, Saugus/SS, Serra/SS 1.



CHAD JONES--DT

Photo by Bill Cockerham

GIRLS

■ 100 Meters

HEAT ONE. Senior Kelli White (James Logan, Union City, NC), the North Coast Section champion in 11.57, won heat one in 11.58 (+1.96). Sophomore Akiba McKinney (Monte Vista, SD), the San Diego Section champion in 11.84, placed second in 11.96. Freshman Miesha Withers (Morningside, SS), fifth in the Southern Section at 12.00 with a season best of 11.91, did not finish.

HEAT TWO. Senior Andrea Anderson (Long Beach Poly, SS), the Southern Section champion in 11.68 and number two in the nation at 11.50, won heat two in 11.47w (+2.27). Senior Krystal Walden (West Covina, SS), fourth in the Southern Section at 11.91 with a season best of 11.84, placed second in 11.71. Senior Jamara Stallworth (Grant, SJ), the Sac-Joaquin Section champion at 12.02, was third in 12.19.

HEAT THREE. Senior Lakeisha Backus (Wilson, Long Beach, SS), second in the Southern Section at 11.80 and the national leader at 11.47, won heat three in 11.48 (+1.89). Junior Jernae Wright (James Logan, Union City, NC), second in the North Coast Section at 12.07 with a season best of 11.73, placed second in 11.56. Senior Heather Sumpter (Muir, SS), third in the Southern Section at 11.81 with a season best of 11.61, was third in 11.65. Junior LaTroya Mucker (Hamilton, LA), second in the Los Angeles Section at 12.36, was fourth in 12.03.

Heat 1 (w +1.96): 1Q. White 11.58, 2Q. McKinney 11.96, 3. Charon Stewart (12) Beacon 12.22, 4. Bo Alade (9) Foothill/CE 12.25, 5. Aisha Wallace (12) Skyline 12.40, 6. Shalaura Brock (12) Birmingham 12.43, 7. Stephanie Chavez, Los Gatos 12.46, 8. Pilar Arroyo (11) Tracy 12.54, Miesha Withers (9) Morningside DNF. **Heat 2 (w +2.27):** 1Q. Anderson 11.47, 2Q. Walden 11.71, 3Q. Stallworth 12.19, 4. Janice Thomas (10) Dorsey 12.24, 5. Tiffany Freow (9) Morse 12.25, 6. Katie Jasmer (11) Anderson 12.50, 7. Amber Hutson (12) So Bkfld 12.58, 8. Maisha Maxwell (11) San Leandro 12.78, Sommer Washington, St. Ignatius DNF. **Heat 3 (w +1.89):** 1Q. Backus 11.48, 2Q. Wright 11.56, 3Q. Sumpter 11.65, 4Q. Mucker 12.03, 5. Dayshawnna Littleton (11) Morse 12.29, 6. Tiffani Battle (10) Armijo 12.35, 7. Ayonna Hendrix (12) Tulare Western 12.45, 8. Melissa Durkin, Woodside 12.50, Noretta Seals (10) Washington DQ.



LAKEISHA BACKUS—100, 200
Photo by Bill Cockerham

FINALS

Backus, the national leader at 11.47, won the final in 11.39w (+2.43). Wright placed second at 11.50. Anderson was third at 11.52. White was fourth at 11.56. Sumpter, the defending champion in 11.69, was fifth at 11.58. Walden was sixth at 11.71.

"It (the dropped baton in the 400 relay) was still in my mind in the 100. I just wasn't into it," White said to the Fremont Argus. "In the 200, it was back."

"The 100 was hard," White said to the *San Jose Mercury News*. "My mind wasn't into that race. I wasn't nervous. When I'm not nervous, I have a bad race."

FINAL RESULTS

National & State Meet Record: 11.14 Marion Jones (Thousand Oaks) 1992. (w +2.43)

1. Lakeisha Backus (12) LB Wilson 11.39
2. Jernae Wright (11) Logan 11.50
3. Andrea Anderson (12) LB Poly 11.52
4. Kelli White (12) Logan 11.56
5. Heather Sumpter (12) Muir 11.58
6. Krystal Walden (12) W Covina 11.73
7. Akiba McKinney (10) Mon Vista 11.97
8. LaTroya Mucker (11) Hamilton 12.07
9. Jamara Stallworth (12) Grant 12.27

■ 200 Meters

HEAT ONE. Senior Andrea Anderson (Long Beach Poly, SS), the Southern Section champion in 23.60 with a season best of 23.22w, won heat one in 23.73 (+1.75). Anderson is number three in the nation at 23.60. Senior Heather Sumpter (Muir, SS), fourth in the Southern Section in

24.31 with a season best of 23.98, placed second in 24.21. Junior Lana Gamer (Morse, SD), second in the San Diego Section at 25.06 with a season best of 24.80, was third in 24.66. Senior Felicia Stone (J.F. Kennedy, SJ), second in the Sac-Joaquin Section at 24.69w, was a non-qualifying sixth in 25.64.

HEAT TWO. Senior Lakeisha Backus (Wilson, Long Beach, SS), second in the Southern Section at 23.65 with a season best of 23.21w, won heat two in 23.60w (+2.46). Backus is number two in the nation at 23.54. The national leader is Nanceen Perry (Fairfield, Texas) at 23.49. Senior Zarinah Tillman (Foothill, Pleasanton, NC), second in the North Coast Section at 25.33 with a season best of 24.93, placed second in 24.65 from lane eight. Sophomore Akiba McKinney (Monte Vista, SD), the San Diego Section champion at 24.51, was third in 24.80. Senior Jamara Stallworth (Grant, SJ), the Sac-Joaquin Section champion at 24.20, was a non-qualifying fourth in 25.00.

HEAT THREE. Senior Kelli White (James Logan, Union City, NC), the North Coast Section champion in 23.66, won heat three in 23.64w (+2.20). Senior Torri Edwards (Pomona, SS), third in the Southern Section at 23.94 with a season best of 23.60w, placed second in 24.44. Junior LaTroya Mucker (Hamilton, LA), second in the Los Angeles Section at 25.32 with a season best of 25.14, was third in 24.59 from lane eight. Freshman Miesha Withers (Morningside, SS), fifth in the Southern Section at 24.32 with a season best of 24.07w, did not finish.

Heat 1 (w +1.75): 1Q. Anderson 23.73, 2Q. Sumpter 24.21, 3Q. Gamer 24.66, 4. Bo Alade (9) Foothill/CE 25.19, 5. Shavone Jennings, Woodside 25.53, 6. Felicia Stone (12) JFK/SJ 25.64, 7. Shalaura Brock (12) Birmingham 25.65, 8. Danielle Jones (11) San Leandro 25.79, 9. Myesha Kirtman (10) Lowell 25.83. **Heat 2 (w +2.46):** 1Q. Backus 23.60, 2Q. Tillman 24.65, 3Q. McKinney 24.80, 4. Jamara Stallworth (12) Grant/SJ 25.00, 5. Janice Thomas (10) Dorsey 25.03, 6. Turshika Bennett (11) O'Dowd 25.04, 7. Katie Jasmer (11) Anderson 25.73, 8. Loretta McKinney (9) Hanford 26.02, Stephanie Chavez, Los Gatos DNF. **Heat 3 (w +2.20):** 1Q. White 23.64, 2Q. Edwards 24.44, 3Q. Mucker 24.59, 4. Sharjia Reed (9) Armijo 25.40, 5. Katina Morris (11) McLane 25.45, 6. Sabrina Edge (11) Rancho Buena Vista 25.75, 7. Tisha Ponder, Del Mar 25.99, 8. Myka Hammock (11) Oakland Tech 26.87, Miesha Withers (9) Morningside DNF.

FINALS:

Backus, second in the World

Junior Championships in 22.86w and the defending champion at 23.21, won in 23.01w. White, fifth last year in 23.96, placed second in 23.38. Anderson was third in 23.74. Edwards, sixth last year at 24.52, was fourth at 23.94. Sumpter, fourth last year at 23.87, was fifth at 24.39.

Backus spent Friday night at the Wilson prom and didn't fall asleep until 2:00 a.m.

"I slept until noon and got here today about 2," Backus said to the Long Beach Press Telegram. "It (the prom) was part of my senior experience and I didn't want to miss it. I'm still a little tired, but I planned it so I would get just enough sleep.... I'd come too far not to win today," she said. "Track means a lot to me, but I was not about to miss my senior prom," Backus commented to the *Los Angeles Times*.

The national leader is senior Nanceen Perry (Fairfield, Texas) at 23.49.

FINAL RESULTS

National Record: 22.67 Marion Jones (Thousand Oaks) 1992. **State Meet:** 22.71 Marion Jones (Thousand Oaks) 1992. (w +2.78)

1. Lakeisha Backus (12) LB Wilson 23.01
2. Kelli White (12) Logan 23.38
3. Andrea Anderson (12) LB Poly 23.74
4. Torri Edwards (12) Pomona 23.94
5. Heather Sumpter (12) Muir 24.39
6. LaTroya Mucker (11) Hamilton 24.50
7. Lana Gamer (11) Morse 24.61
8. Zarinah Tillman (12) Foothill/NC 24.77
9. Akiba McKinney (10) Mon Vista 24.90

■ 400 Meters

Heat one of the girl's 400 meters saw Carla Estes, the super soph from James Logan High School, cruising to a 54.53 second heat victory. Lana Gamer, a junior from Morse High in San Diego equaled her San Diego Section time of 55.72 in second place. Gamer had placed ninth in the 1994 State Meet. Kaselah Crockett (Skyline) was the third qualifier out of the heat in 56.19 as the top two places went to the runners with the fastest previous marks. The exception was Myesha Williams (Long Beach Poly), who came in with the heat's second fastest time, having run 55.57 in the Southern Section Masters Meet. Williams, a junior, was a non-qualifying fourth in 57.67.

The second heat was a bit slower. Freshman Angela Williams of Chino had run in the mid 54's (54.59) at the Southern Section masters meet, which gave her the second-best time of all the

CIF/Toyota ■ California State Meet

heats entrants. Only Estes had run a faster State-meet qualifying time, having done 54.17 at the North Coast Section Championships. Williams, who had a storied career as a top age-group sprinter, captured her heat in 55.85, with Malika Edmondson (St. Bernard, Southern Section) at 56.52, and Zarinah Tillman (Foothill, North Coast), at 56.63 following in her wake.

In the third heat, the top qualifiers were Kinshasha Davis (Long Beach Wilson, SS), Julia Gray (North High, Riverside, SS), and Seneik Saavedra (El Cerrito, NC). Davis, a sophomore, won in 55.30. Gray, who is only a freshman, bettered her Southern Section Masters time by a few tenths, running 55.33 for second. Saavedra rounded off the top qualifiers with her third-place 56.62.

Heat 1: 1Q. Estes 54.53, 2Q. Garner 55.72, 3Q. Crockett 56.19. 4. Myesha Williams (11) Long Beach Poly 57.67, 5. Polk El Camino 58.56, 6. Myesha Kirtman (10) Lowell 58.89, 7. Amy Cameron (10) Edison/CE 59.34, 8. Baloqun Nikelola (10) Westchester 59.89, 9. Keili Mahoney, Santa Teresa 1:02.62. **Heat 2:** 1Q. Williams 55.85,

3: 1Q. Davis 55.30, 2Q. Gray 55.33, 3Q. Saavedra 56.62, 4. Crystal Miles-Threat (11) O'Dowd 56.84, 5. Monique Glass (12) JFK 57.44, 6. Katina Morris (11) McLane 57.68, 7. April Lee (9) Poway 58.27, 8. Sylvia Piesiak, Menlo Atherton 58.54, 9. Latvia Savage (9) Dorsey 59.35.

FINALS:

Angela Williams, running in lane 3, blasted out to a lead, coming through the first 200 meters in 24.2 (hand-timed). Estes was the lone runner to really attempt to challenge Williams. Estes went after Williams, but the frosh was too powerful for Estes, this particular day, as Williams held off Estes to win in 53.40 with Estes second in 53.65 and another freshman, Julia Gray, of North High in Riverside third in 54.86. Two freshman in the top three showed a strong underclassman presence in this event. Garner (Morse) was fourth in 55.06, improving upon her 1994 ninth-place finish, and sophomore Kinshasha Davis (Long Beach Wilson) was fifth in 55.39. Soph Malika Edmondson (St. Bernard, SS), who was fourth last season, was sixth (55.40).

4. Lana Garner (11) Morse 55.06
5. Kinshasha Davis (10) LBWilson 55.39
6. Malika Edmondson (10) St. Bern 55.40
7. Zarinah Tillman (12) Foothill/NC 55.57
8. Kaseleh Crockett (12) Skyline 56.00
9. Seneik Saavedra (10) El Cerrito 56.67

■ 800 Meters

Kristie Johnson had no trouble in the first heat, winning it in 2:10.34. The defending champion came close to her 1994 State Meet best of 2:09.98, but she was fit and ready to challenge for the title. Sophomore Angie Milner of Modesto (Sac-Joaquin) was second in 2:13.96. From there the times trailed off steadily with Pamela Richardson of Montgomery (NC) and Summer Shaw (Huntington Beach, SS) finishing third and fourth, respectively. Richardson ran 2:14.38 and Shaw, who came in having run 2:14.68 in the Southern Section Masters meet, ran 2:16.89. Shaw paid for the slower performance, missing a qualifying mark as runners had to go under 2:15 to advance.

In the second heat, Martina Ze, a junior out of Livermore (NC), placed first in 2:12.77, bettering her 2:15.25 run at the North Coast Championships. Sherron Rhetta of Long Beach Poly, a veteran State Meet participant, was second in 2:12.81 and Carrie Caulkins of Esperanza (SS) was third (2:14.46). The last qualifier out of the heat was Jamila Demby of Merced (SJ), who ran 2:14.88.

The third heat wasn't as quick with sophomore Nicole Campbell winning in 2:14.79 and improving Sabrina Caplis (Foothill, SS) taking second in 2:14.89.

Heat 1: 1Q. Johnston 2:10.34, 2Q. Milner 2:13.96, 3Q. Richardson 2:14.38, 4. Summer Shaw (10) Huntington Beach 2:16.89, 5. Ashley Holt, Menlo-Atherton 2:17.46, 6. Angela Shea (12) Vista 2:20.75, 7. Katie Crabb (11) Pleasant Valley 2:21.78, 8. Ann-Marie Franco (11) Skyline 2:21.72, 9. La-Gunda Gilmore (12) Fremont 2:27.71. **Heat 2:** 1Q. Ze 2:12.77, 2Q. Rhetta 2:12.81, 3Q. Caulkins 2:14.46, 4Q. Demby 2:14.88, 5. Rachelle Loftus (10) Buchanan/CE 2:16.64, 6. Mariel Gray (12) Mira Mesa 2:18.76, 7. Brianna Denley, North Monterey 2:21.14, 8. Shauna James (11) Westchester 2:24.57, 9. Emily Price (10) Lowell 2:32.66. **Heat 3:** 1Q. Campbell 2:14.79, 2Q. Caplis 2:14.89, 3. Gabbee Alspuro (12) Porterville 2:16.14, 4. Jennifer Bridgeman (10) Logan 2:17.31, 5. Vanessa Hanley (12) University/SD 2:17.82, 6. Amanda Boice (11) Folsom 2:18.17, 7. Lina Biber-Ferro, Los Gatos 2:21.10, 8. Betty Butler (11) Dorsey 2:21.82.

FINALS:

Kristie Johnson of Central, the

defending State champion, had less competition in this event with Elissa Riedy of Mission San Jose in Fremont (NC) having dropped the 800 to concentrate on the 1600. Johnston and Riedy were the only two Californians to make the top 15 nationally before the State Meet. Johnston was ranked second nationally, having run 2:09.63 during the season and Riedy had a best of 2:10.78, ranked fourth nationally.

In the final, Johnston dipped under the 2:09 barrier, running 2:08.68 for her second championship. Martina Ze (Livermore), following in the tradition of many good girls distance runners from the high school, was second in 2:12.34 and Milner (Modesto), who was sixth here as a freshman, improved to third, running 2:13.06. Sophomore Nicole Campbell (Ventura) was fourth in 2:13.46. Almost all of the runners improved on their prelim time.

FINAL RESULTS

National Record: 2:04.5 Joetta Clark (Columbia, Maplewood, NJ) 1980. **State Meet:** 2:04.91 Trena Hull (Compton) 1984.

1. Kristie Johnson (12) Central 2:08.68
2. Martina Ze (11) Livermore 2:12.34
3. Angie Milner (10) Modesto 2:13.06
4. Nicole Campbell (10) Ventura 2:13.46
5. Pamela Richardson (12) Montg 2:13.66
6. Sabrina Caplis (12) Foothill/SS 2:13.84
7. Jamila Denby (12) Merced 2:14.24
8. Carrie Caulkins (12) Esperanza 2:14.86
9. Sherron Rhetta (11) LB Poly 2:16.30

■ 1600 Meters

Elissa Riedy of Mission San Jose (NC) won the first heat in a tight battle with Courtney Pugmire of Esperanza (SS). Riedy held off Pugmire with a 5:00.85 clocking. Pugmire, who will attend Brigham Young University, was a step back in 5:00.85. Third place went to Shelby Horgan, a sophomore out of Temescal Canyon (SS) and fourth went to Maggie Hurst (Sonora, SJ). Elizabeth Cobb (St. Francis, SJ) got the last qualifying spot in this heat. Horgan ran 5:01.37 with Hurst running 5:02.26. Cobb finished in 5:04.03. One notable non-qualifier was Alison Lambert of Northgate (NC), who came into the meet having run 4:56.00 the week before. Lambert finished sixth in 5:05.92.

In heat two, Annie Ebner of St. Lucy's (SS), the latest sibling in a long line of a running family, won the race in 5:00.81. She had run 4:59.52 at CIF SS Masters. Sophomore Kristen Gordon of Carondelet (NC) was second in



ANGELA WILLIAMS -- 400M
Photo by Bill Cockerham



KRISTIE JOHNSTON -- 800m
Photo by Bill Cockerham

2Q. Edmondson 56.52, 3Q. Tillman 56.63, 4. Sabrina Edge (11) Rancho Buena Vista 57.89, 5. Kamailia Williams, Sacred Heart 58.55, 6. Raquel Johnson (9) Westchester 58.85, 7. Edington, East Union/SJ 59.05, 8. Charissa Schaap (10) Yreka 59.22, 9. Maricela Negrete (12) Sanger 59.41. **Heat**

FINAL RESULTS

National & State Meet Record: 52.39 Deanean Howard (Kennedy, Granada Hills, CA) 1980.

1. Angela Williams (9) Chino 53.40
2. Carla Estes (10) Logan 53.65
3. Julia Gray (9) North, Riverside 54.86

5:00.98. Other qualifiers were Lori Riedy (Mission San Jose), Elissa's sister, who ran 5:01.16 for third. Lori had run 4:54.99 in the North Coast Championships behind her sister, and Gordon, Ellen Muench (Temescal Canyon, SS) was a qualifying fourth (5:02.06).



ELISSA RIEDY -- 1600m
Photo by Bill Cockerham

Heat 1: 1Q. E. Riedy 5:00.85, 2Q. Pugmire 5:00.88, 3Q. Horgan 5:01.37, 4Q. Hurst 5:02.26, 5Q. Cobb 5:04.03, 6. Allison Lambert (12) Northgate 5:05.92, 7. Nicole Silva, Aptos 5:07.12, 8. Gina Blanchard (12) Yreka 5:11.75, 9. Stephanie McCarty (10) Madera 5:12.29, 10. Julie Ott (12) University 5:13.40, 11. Jennifer Spahr (10) Huntington Beach 5:13.71, 12. Brandi Page (11) Granada Hills 5:23.23, Kara Banard (12) Pacific Palisades DNF. Heat 2: 1Q. Ebner 5:00.81, 2Q. Gordon 5:00.98, 3Q. L. Riedy 5:01.18, 4Q. Muench 5:02.06, 5. Anne Gunnison (10) McClatchy 5:04.74, 6. Julia Roysdon (9) Valhalla 5:07.22, 7. Tracy Cohn (10) Stockdale 5:07.57, 8. Laneisha McPherson, Silver Creek 5:10.81, 9. Devon Straitiff (11) Torrey Pines 5:10.84, 10. Marci Lawson (12) Clovis West 5:16.42, Lisa Renteria, Westmont, Oasi Lucero (11) Lowell, Melinda George (12) Chatsworth, Stephanie Garcia (9) Skyline no mark/did not run.

FINALS:

Courtney Pugmire may have had the fastest season-time of all the entrants in the girl's 1600, having run a best of 4:51.33, but this race belonged to Elissa Riedy. The defending champion, who won by more than four seconds in 1994, capped off her senior year by winning again. The pace at 400 meters was 73.2 seconds and

then another 73 was thrown in. At the second lap, it was Annie Ebner, Riedy and Pugmire. And at the gun lap, Pugmire was chasing Riedy with Ebner also giving chase. In the straightaway, Riedy pulled away for the victory. This time she won by five seconds, putting on a spectacular perfor-



JULIA STAMPS -- 3200m
Photo by Bill Cockerham

mance. Riedy was timed in 4:45.35 and Pugmire was second in 4:50.47. Ebner held on for third, running a lifetime best of 4:52.73. Lori Riedy was fourth in 4:54.87 and Kristen Gordon (Carondelet) topped a fine sophomore season, finishing fifth in 4:55.41.

FINAL RESULTS

National Record: 4:39.4 Laura Matson (Andover, Bloomfield, MI) 1985. State Meet: 4:39.92 Polly Plumer (University, Irvine) 1982.

- | | |
|------------------------------------|---------|
| 1. Elissa Riedy (12) Mission SJ | 4:45.35 |
| 2. Courtney Pugmire (12) Esper | 4:50.47 |
| 3. Annie Ebner (11) St. Lucy's | 4:52.73 |
| 4. Lori Riedy (12) Mission SJose | 4:54.87 |
| 5. Kristen Gordon (10) Carondelet | 4:55.41 |
| 6. Shelby Horgan (10) TemescCyn | 4:57.85 |
| 7. Ellen Muench (12) Temescal Cyn | 5:03.64 |
| 8. Elizabeth Cobb (12) St. Francis | 5:04.80 |
| 9. Maggie Hurst (12) Sonora | 5:10.33 |

■ 3200 Meters

There were three names talked about before this race. There was Julia Stamps, the young phenom from Santa Rosa High; Courtney Pugmire from Esperanza High, who had an hour or so before placed second in the 1600; and Amy Skieresz of Agoura, one of the nation's top runners. The three

sat atop the national list with Pugmire leading with her 10:14.48 and Skieresz second at 10:16.96. Stamps wasn't far behind with her best of 10:16.96. Pugmire had gotten her fast time when she dueled with Skieresz in a memorable CIF Southern Section Masters Meet. Pugmire pulled away for the win in that meet with a strong kick.

In the State Meet final, a group of runners went through the first lap in a leisurely 75 seconds and then Stamps took over the pacing duties in the second lap, coming through in 2:39.7. Skieresz, Pugmire and Tracy Cohn (Stockdale, Central Section) followed closely behind. Midway through the race, the order was Stamps, Skieresz and Pugmire for the top three. Stamps came through the 1600 in 5:21.3. The next laps were all Stamps as she threw in a 70.9 split for the fifth lap and 73.9 for the sixth lap. Stamps pulled away from Pugmire and Skieresz with those laps. On the sixth lap, she had opened a lead of 25 meters and continued to stretch it. Running the second half of the race in a negative split of 4:54.0, Stamps finished in 10:15.27 for a season-best and her second consecutive State title. Skieresz showed her experience, placing second in 10:28.23 and Pugmire, showing her exhaustion after running the 1600, placed third in 10:38.40 completing a strong double. Kim Mortensen (Thousand Oaks, SS) was fourth in 10:46.18, improving on her 1994 fifth place. Molly Mehlberg (Peninsula, SS) was fifth in 10:46.95. Tracy Cohn (Stockdale, soph) improved upon her eighth place as a freshman, running 10:49.61 for sixth.

FINAL RESULTS

National Record: 10:03.07 Erin Keogh (McLean, Langley, VA) 1987. State Meet: 10:08.14 Cory Schubert (Del Mar, San Jose) 1983.

- | | |
|-----------------------------------|----------|
| 1. Julia Stamps (10) Santa Rosa | 10:15.27 |
| 2. Amy Skieresz (12) Agoura | 10:28.23 |
| 3. Courtney Pugmire (12) Esper | 10:38.40 |
| 4. Kim Mortensen (11) ThOaks | 10:46.18 |
| 5. Molly Mehlberg (12) Peninsula | 10:46.95 |
| 6. Tracy Cohn (10) Stockdale | 10:49.61 |
| 7. Anne Gunnison (10) McClat | 10:54.01 |
| 8. Deborah Bleisch, Silver Creek | 10:54.84 |
| 9. Veronica Sanchez (9) Wasco | 11:00.08 |
| 10. Laura Sandoval, St. Ignatius | 11:02.03 |
| 11. Nancy Dollar (12) San Clem | 11:03.74 |
| 12. Sarah Schmidt (11) Scripps Ra | 11:12.69 |
| 13. Emile Lawson (10) Clovis West | 11:15.15 |
| 14. Veronica Clark (12) Ramona | 11:15.22 |
| 15. Julie Hassan (12) Nevada Un | 11:17.07 |
| 16. Deborah Osteen (10) ClayVly | 11:17.70 |
| 17. Jessica Pound (12) Poway | 11:18.67 |
| 18. Basil Lucero (11) Lowell | 11:19.10 |

- | | |
|---|----------|
| 19. Shana Driscoll, St. Ignatius | 11:20.21 |
| 20. Jazmine Anglero (9) Fairfield | 11:32.50 |
| 21. Brandi Page (11) Granada Hills | 11:34.21 |
| 22. Marisol Barajas (11) Van Nuys | 11:41.38 |
| 23. Louann Vitellard (10) Andarsn | 11:44.76 |
| 24. Diane Epstein (12) PacPais | 12:03.56 |
| Lori Riedy (12) Mission San Jose | |
| Kristen Gordon (10) Carondelet, Ann-Marie | |
| France (11) Skyline DNR | |

■ 100 Meter High Hurdles

HEAT ONE. Senior Joanna Hayes (North, Riverside, SS), the Southern Section champion in 13.72 with a season best of 13.49w, won heat one in 13.41w (+2.96). Junior Rori Kelly (Morningside, SS), third in the Southern Section at 14.29 with a season best of 14.20w, placed second in 14.07. Junior Ayana Grant (Bishop O'Dowd, Oakland, NC), fifth last year in 14.28, fourth in the North Coast Section at 15.19, was third in 14.24 from lane eight. Senior Tina Watkins (South, Bakersfield), the Central Section champion in 14.55 with a season best of 14.49, was a non-qualifying fourth in 14.90.

HEAT TWO. Sophomore Davenport Shepherd (Salesian, Richmond, NC), the North Coast Section champion in 14.07, won heat two in 13.94w (+3.08). Senior Deaweh Totimeh (Valley, Sacramento, SJ), the Sac-Joaquin Section champion in 14.33, placed second in 14.44. Senior Inshirah Jones (Esperanza, Anaheim, SS), fourth in the Southern Section at 14.56, was third in 14.50.

HEAT THREE. Freshman Ashley Bethel (Mission Viejo, SS), second in the Southern Section at 14.27, won heat three in 14.16w (+2.17). Bethel was hit in the eye by a golf ball and only has vision in one eye. Senior Felicia Stone (J.F. Kennedy, Sacramento, SJ), second in the Sac-Joaquin Section at 14.46w, placed second in 14.35. Senior Andrea Wasden (Rio Mesa, Oxnard, SS), fifth in the Southern Section at 14.58 with a season best of 14.31w and 14.39, was third in 14.66.

Heat 1 (w +2.96): 1Q. Hayes 13.41, 2Q. Kelly 14.07, 3Q. Grant 14.24, 4. Tina Watkins (12) So Bkld 14.90, 5. Keisha Griffin (12) Washington/LA 14.94, 6. Gina Ocegueda, St. Francis 15.02, 7. Lisa O'Reilly (10) St. Marys 15.23, 8. Malle Barrett (11) Oceanside 15.40, 9. Rene Warner (10) McAleer 16.04. Heat 2 (w +3.08): 1Q. Shepard 13.94, 2Q. Totimeh 14.44, 3Q. Jones 14.50, 4. Australia Ratliff (100 Pittsburg 14.80, 5. Zunilda Ogarro (7) Washing-

CIF/Toyota ■ California State Meet

ton/LA 15.28, 6. Tamisha Allen, North Salinas 15.36, 7. Lauren Parker (12) Bakersfield 15.50, 8. Angela Romel (12) Serra 15.60, 9. Gigi Charison (12) Paradise 15.69. **Heat 3 (w +2.17):** 1Q. Bethel 14.16, 2Q. Stone 14.35, 3Q. Wasden 14.66, 4. Aisha Harrison (12) Wasco 14.89, 5. Janae Hunt (10) Westchester 15.19, 6. Aisha McGowan, Leigh 15.49, 7. Carrie Vickery (12) El Capitan 15.53, 8. Jernae Mitchell (9) El Cerrito 16.15, Sakai Metcalf (12) Skyline NT.

FINALS:

Hayes, third last year in 13.80, set a new meet record in the final of 13.45 (-0.38). The old meet record of 14.11 was set by Bisa Grant (Bishop O'Dowd, Oakland, NC) in 1993. Hayes, the national leader, is the sixth fastest performer in high school history. Kelly placed second at 14.18. Bethel was third at 14.19. "Coming into the meet, I was fourth-ranked," said Bethel to the *Los Angeles Times*. "So I'm happy that I moved up one spot and ran faster."

"I hit the hurdle on the last hurdle," said Bethel to the *Orange County Register*. "That was the difference. I just have to work harder for next year."



JOANNA HAYES—100H, 300H
Photo by Bill Cockerham

Shepherd, the defending champion in 13.73, was fourth at 14.31.

FINAL RESULTS

National Record: 13.33 Dawn Bowles (Neptune HS, S. Plainfield, NJ 1988). **State Meet:** 13.34 Janeene Vickers (Pomona)

1987. (w -0.38)

1. Joanna Hayes (12) NRiverside	13.45
2. Rori Kelly (11) Morningside	14.18
3. Ashley Bethel (9) Mission Viejo	14.19
4. Davetta Shepard (10) Salesian	14.31
5. Deaweh Totimoh (12) Valley/SJ	14.43
6. Felicia Stone (12) JFK	14.54
7. Ayana Grant (11) O'Dowd	14.59
8. Inshirah Jones (12) Esperanza	15.10
Andrea Wasden (12) Rio Mesa	DNF

■ 300 Meter Hurdles

HEAT ONE. Senior Joanna Hayes (North, Riverside, SS), the Southern Section champion and national leader in 41.55, won heat one in 41.74. Sophomore Katie Schukle (Santa Rosa, NC), second in the North Coast Section at 44.05, placed second in 44.33. Senior Colleen Rheem (Muir, Pasadena, SS), fifth in the Southern Section at 43.95 with a season best of 43.92, was a non-qualifying ninth in 48.30.

HEAT TWO. Senior Adrian Williams (Clovis West, CE), the Central Section champion at 44.95, won heat two in 43.29. Freshman Nicole Thomas (Morningside, SS), second in the Southern Section at 43.12, placed second in 43.38. Senior Rosalyn Morris (Vallejo, SJ), the Sac-Joaquin Section champion at 44.25, was third in 43.62. Senior Andrea Wasden (Rio Mesa, Oxnard, SS), fourth in the Southern Section at 43.73, was fourth in 43.86.

HEAT THREE. Sophomore Davetta Shepard (Salesian, Richmond, NC), the North Coast Section champion in 43.14 with a season best of 42.90, won heat three in 42.95. Senior Naemah Withey (Long Beach Poly, SS), third in the Southern Section at 43.34, placed second in 43.80. Senior Charon Stewart (Beacon, Oakland, NC), third in the North Coast Section at 44.34, was third in 43.96.

Heat 1: 1Q. Hayes 41.74, 2Q. Schukle 44.33, 3. Reese, El Camino 45.00, 4. Francis Santin (9) Taft/LA 45.77, 5. Aldee Aceiro (11) Hilltop 46.52, 6. Allison Wilbourn (12) Redwood 46.56, 7. Leanna Slater, Pioneer 46.66, 8. Tracy Turner (12) West Valley 47.44, 9. Colleen Rheem (12) Muir 48.30. **Heat 2:** 1Q. Williams 43.29, 2Q. Thomas 43.38, 3Q. Morris 43.62, 4Q. Wasden 43.86, 5. Melissa Cartmel (10) San Ramon 45.27, 6. Iriz Stone (12) Rancho Bernardo 46.36, 7. Tamisha Allen, North Salinas 48.77, 8. Satin Lewis (11) Cleveland 51.11, Sakai Metcalf (12) Skyline DQ. **Heat 3:** 1Q. Shepard 42.95, 2Q. Withey 43.80, 3Q. Stewart 43.96, 4. Carrie Vickery (12) El Capitan 45.19, 5. Keisha Griffin (12) Washington

45.24, 6. Brandi Jenkins (11) Golden West 45.97, 7. Michelle Steingart, St. Francis 46.32, 8. Lisa O'Reilly (10) St. Marys 46.48, 9. Rene Warner (10) McAteer 51.05.

FINALS: Hayes ran the fourth fastest performance in high school history--41.20. She improved her national leading mark by .35 seconds. Withey placed second in 41.89, the second best performer in the nation. Withey lowered her season best by a whopping 1.45 seconds--43.34 to 41.89--and thereby helped her team win the team title by two points. Withey, who didn't begin running the 300 low hurdles until this season, had only the sixth-fastest qualifying time in the trials. Shepherd was third in 43.13. Williams was fourth at 43.40.

FINAL RESULTS

National Record: 40.18 Leslie Maxie (Mills, Milbrae, CA) 1984. **State Meet:** 40.26 Janeene Vickers (Pomona) 1987.

1. Joanna Hayes (12) NRiverside	41.20
2. Naemah Withey (12) LB Poly	41.89
3. Davetta Shepard (10) Salesian	43.13
4. Adrian Williams (12) Clovis W	43.40
5. Nicole Thomas (9) Morningside	43.56
6. Rosalyn Morris (12) Vallejo	43.69
7. Charon Stewart (12) Beacon	44.19
8. Katie Schukle (10) Santa Rosa	44.88
Andrea Wasden (12) Rio Mesa	NT

■ 400 Meter Relay

HEAT ONE. Long Beach Poly (SS), the Southern Section champion in 45.43 and the national leader with a season best of 45.20, won heat one in 45.45. Pomona (SS), fifth in the Southern Section at 47.02, placed second in 47.23. El Cerrito (NC), third in the North Coast Section at 48.04 with a season best of 47.74, placed third in 47.78. Morse (SD), the San Diego Section champion in 46.99, was disqualified for passing out of the zone between the second and third runners.

HEAT TWO. Long Beach Wilson (SS), second in the Southern Section at 45.92 and number three in the nation at 45.68, won heat two in 46.36. Morningside (SS), fourth in the Southern Section at 46.95 with a season best of 46.60, placed second in 46.97. Bishop O'Dowd (Oakland, NC), second in the North Coast Section at 47.65, was a non-qualifying third in 47.94.

HEAT THREE. James Logan (Union City, NC), the North Coast Section champion in 46.31

with a season best of 45.90, won heat three in 45.96. Muir (Pasadena, SS), third in the Southern Section at 46.66, placed second in 46.74. Valley (Sacramento, SJ), the Sac-Joaquin Section champion in 47.21, was third in 47.09. Skyline (Oakland), the Oakland Section champion in 48.00 with a season best of 47.65, was fourth in 47.42 from lane seven.

Heat 1: 1Q. Long Beach Poly 45.45, 2Q. Pomona 47.23, 3Q. El Cerrito 47.78, 4. Washington/LA 48.64, 5. St. Ignatius 49.21, 6. JF Kennedy/SJ 49.60, 7. Roosevelt/CE 50.25, San Leandro DNF, Morse DQ. **Heat 2:** 1Q. Long Beach Wilson 46.36, 2Q. Morningside 46.97, 3. O'Dowd 47.94, 4. Dorsey 48.71, 5. South Bakersfield 49.18, 6. Monte Vista 49.55, 7. Rancho Buena Vista 49.66, 8. Armijo 49.90, 9. West Valley 50.93. **Heat 3:** 1Q. Logan 45.96, 2Q. Muir 46.74, 3Q. Valley/SJ 47.09, 4Q. Skyline 47.42, 5. St. Francis 48.96, 6. Lincoln Prep/SD 49.08, 7. Gardena 49.14, 8. Clovis West 50.03, 9. Lowell 54.49.

FINALS:

The Long Beach Poly team of Showe, Haddad, Simpson, and Anderson, won the final in 45.1. It was the fourth fastest performance of all-time. Wilson (Long Beach) placed second in 45.8. Muir was third in 46.6. Morningside was fourth at 46.7.

Kelli White of Logan dropped the baton on the fourth leg. She was running right next to Andrea Anderson at the time. It turned out to be very important in the final team score. If White had held onto the baton, Logan would have placed first or second. That would have given the team title to Logan.

"She (Andrea Anderson) knocked it (the baton) out of my hand," White said to the *Fremont Argus*. "It was a pretty good hit. It had to be with the way I grip the baton."

When asked if she made any contact with White to jar loose the baton, Anderson replied, "Not really."

"(Anderson) is the most wild runner in the world," Logan sprints coach Jim Gussette said to the *Argus*. "I was watching her run the 200 (Friday) and she is the fastest, wildest runner I've ever seen, boy or girl. Her arms are all over the place. There's nothing Kelli White could've done to prevent that."

"(Anderson) runs real wild, like this," White said to *The Valley Times* while swaying her hips and arms. "It had to be a good hit because it went so far behind me. It seemed like everything was in

slow motion."

"I'll tell you, I'm proud of our kids," Guscette said to the *San Jose Mercury News*. "What happened to Kelli is so hard to come back from. It's just unfortunate the baton gets knocked out of her hand. We had speed. We had talent. We just didn't have luck."

Women's All-Time Outdoor

List - 4 x 100

45.11	Hawthorne, Ca 85
45.13	Berkeley, Ca 81
45.23	Muir, Pasadena, Ca 85
45.1	Poly, Long Beach, Ca 95

Source: HIGH SCHOOL TRACK 1995

FINAL RESULTS

National Record: 45.11 Hawthorne 1985.
State Meet: 45.13 Berkeley 1981. Hand Times

1.	Long Beach Poly	45.1
2.	Long Beach Wilson	45.8
3.	Muir	46.6
4.	Morningside	46.7
5.	Pomona	47.1
6.	Valley/SJ	47.3
7.	Skyline	NT
8.	El Cerrito	NT
	James Logan	DNF

■ 1600 Meter Relay

HEAT ONE. Long Beach Poly, the Southern Section champion in 3:43.88 and the national leader with a season best of 3:41.44 at the Penn Relays, won heat one in 3:48.88. Pomona (SS), fourth in the Southern Section at 3:50.04, placed second in 3:51.42. El Cerrito (NC), third in the North Coast Section at 3:52.34, was third in 3:51.77.

HEAT TWO. James Logan (Union City, NC), the North Coast Section champion in 3:47.04 with a season best of 3:46.90, won heat two in 3:50.67. Long Beach Wilson (SS), third in the Southern Section at 3:49.50, placed second in 3:52.73. Skyline (Oakland), the Oakland Section champion in 3:51.24 with a season best of 3:49.08, was third in 3:55.10.

HEAT THREE. Bishop O'Dowd (Oakland, NC), second in the North Coast Section at 3:48.65, won heat three in 3:46.98. J.W. North (Riverside, SS), fifth in the Southern Section at 3:50.86 with a season best of 3:50.19, placed second in 3:47.73. North lowered their season best by 2.46 seconds. Palmdale (SS), second in the Southern Section at 3:48.61, was third in 3:49.48.

Heat 1: 1Q. Long Beach Poly 3:48.88, 2Q. Pomona 3:51.42, 3Q. El Cerrito 3:51.77, 4. JF Kennedy/SJ 4:00.63, 5. Central/CE

4:02.35, 6. Rancho Buena Vista 4:03.07, 7. Taft/LA 4:03.10, 8. Archbishop Mitty 4:03.10, 9. Yreka 4:07.82. Heat 2: 1Q. Logan 3:50.67, 2Q. Long Beach Wilson 3:52.73, 3Q. Skyline 3:55.10, 4. Carondelet 3:57.32, 5. Vallejo 3:57.37, 6. Menlo Atherton 4:01.22, 7. Birmingham 4:09.52, 8. Morse 4:18.16, South Bakersfield DNF. Heat 3: 1Q. Bishop O'Dowd 3:46.98, 2Q. JW North, Riverside 3:47.73, 3Q. Palmdale 3:49.48, 4. Los Gatos 3:55.92, 5. Valley/SJ 3:58.24, 6. Dorsey 3:56.31, 7. Buchanan/CE 4:04.90, 8. Hilltop/SD 4:07.31, 9. Lowell 4:10.73.

FINALS:

The Long Beach Poly team of junior Myesha Williams, senior Pam Simpson, senior Aminah Haddad, and senior Andrea Anderson won the final in 3:39.53. They are the sixth fastest team all-time and the sixth fastest performance all-time. Poly's team is the national leader. The North placed second at 3:46.16. Logan was third at 3:46.67. Bishop O'Dowd was fourth at 3:47.78. Palmdale was fifth at 3:47.78.

This race determined the team title. Poly was two points behind Logan going into the race. Poly received 10 points for winning, and Logan got 6 points for taking third.

"You all saw me. I tried to catch her," Kelli White (James Logan) said to the *Fremont Argus*. "I was pushing it. I really tried to catch the girl."

Women's All-time Outdoor List - 4 x 400

3:37.69	Muir, Pasadena, Ca 85
3:37.71	Kennedy, Granada Hills, Ca 81
3:37.98	Kennedy, Gran, Hills, Ca 80
3:38.65	Locke, Los Angeles, Ca 84
3:39.07	Manual Arts, LA, Ca 81
3:39.53	Poly, Long Beach, Ca 95

Source: HIGH SCHOOL TRACK 1995

FINAL RESULTS

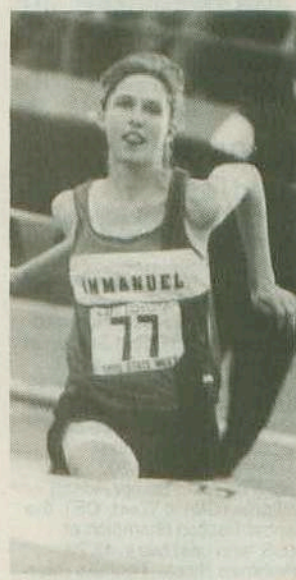
National Record: 3:37.69 Muir (Pasadena) 1985. State Meet: 3:37.71 Kennedy (Granada Hills) 1981.

1.	Long Beach Poly	3:39.53
2.	JW North, Riverside	3:46.16
3.	James Logan	3:46.67
4.	Bishop O'Dowd	3:47.60
5.	Palmdale	3:47.78
6.	Pomona	3:47.90
7.	Skyline	3:53.11
8.	Long Beach Wilson	3:53.93
9.	El Cerrito	4:00.35

■ High Jump

TRIALS. Sophomore Liz Giltner (Chaminade, SS), sixth last year at 5-7, who jumped 5-7 in the Southern Section; and senior Tayyiba Haneef (Laguna Hills, SS), who jumped 5-7 in the Southern Section with a season best of 5-9, cleared 5-7 in the

trials. Senior Jamilla Churchill (Bishop O'Dowd, Oakland, NC), the North Coast Section champion at 5-8 with a season best of 5-9



TARA FLAMING -- HJ

Photo by Bill Cockerham

1/2; senior Kristi Kierulff (Esperanza, Anaheim, SS), the defending champion at 5-10, second in the Southern Section at 5-8 with a season best of 5-8 1/2; senior Tracye Lawyer (Cate, SS), the Southern Section champion at 5-8; junior Tara Flaming (Immanuel, Reedley), the Central Section champion at 5-8 with a season best of 6-0; junior Shavent Williams (Long Beach Poly, SS), who jumped 5-7 in the Southern Section with a season best of 5-8; and Amy Tan (Monte Vista, Cupertino, CCS), who jumped 5-6 in the Central Coast Section, cleared 5-6.

Preliminaries: Qualifiers—Churchill 5-6, Kierulff 5-6, Lawyer 5-6, Flaming 5-6, Williams 5-6, Haneef 5-4, Giltner 5-4, Holden 5-6, Tan 5-6. Non-qualifiers: Crystal Griffin (12) Taft/LA 5-0, Zenobia Anderson (12) Taft/LA 5-0, Mia Granate-Jones (10) Dorsey 5-2, Joette Taylor (12) Fairfield 5-2, Jennifer Rhea (9) Immanuel 5-2, Heather Flanagan (10) Chowchilla 5-2, Rhyon Armstrong, Independence 5-0, Jessica Saltzman (10) Big Valley 5-4, Alicyn Chappelle (12) Logan 5-4, Melissa Guanella (10) Santa Rosa 5-2, Lisa Underhill (12) Rancho Buena Vista 5-3, Caille Lemont (11) Ceres 5-6. No Height: Kamilah Jones (10) Lowell, Shenessa Sobers (12) University City, Karen Townsend (11) Logan, Erica Larson, Carmel.

FINALS:

Flaming, fifth last year at 5-8, won the final at 6-0. The national season leader is junior Erin Aldrich (Lake Highland, Dallas, Texas) at 6-1. Flaming is tied for number two in the nation with Jeana McDowell (Highland, Gilbert, Arizona) and Blanca McCall (Coronado, El Paso, Texas). Lawyer, placed second at 5-9. This marks the fourth year that Lawyer has scored in the high jump. In 1992 as a freshman she tied for sixth at 5-4. In 1993 as a sophomore she won the championship at 5-10. In 1994 as a junior she placed third at 5-10. Churchill, second last year at 5-10, was third at 5-9. Kierulff, who won in 1992 and 1994, was a non-scoring seventh at 5-8.

"Yeah, I guess I'm satisfied," Churchill said to the *Herald*. "Of course, I would have liked to have won and PR'd but I guess I can live with it."

FINAL RESULTS

National Record: 6-3 Amy Acuff (Corpus Cristi, TX) 1992. State Meet: 6-2 Latrese Johnson (Clovis) 1985.

1.	Tara Flaming (11) Immanuel	6-0
2.	Tracye Lawyer (12) Cate	5-9
3.	Jamilla Churchill (12) O'Dowd	5-9
4.	Shavent Williams (11) LBCh Poly	5-6
5.	Tayyiba Haneef (12) Laguna Hills	5-8
6.	Liz Giltner (10) Chaminade	5-8
7.	Kristi Kierulff (12) Esperanza	5-6
8.	Tail Holden (11) Wood	5-4
9.	Amy Tan, Monte Vista	5-2

■ Pole Vault

This was the first year for this event.

TRIALS. Senior Jeni Candipan (Marina, SS), fifth in the Southern Section at 8-6 with a season best of 9-6; senior Paula Serrano (San Marcos, SD), second in the San Diego Section at 9-7 with a season best of 10-0; senior Amanda Bauer (Mission San Jose, Fremont, NC), second in the North Coast Section at 10-1 3/4; junior Shannon Flett (Acalanes, Lafayette, NC), the North Coast Section champion at 10-6 1/4, the number eight high school vaulter of all-time; senior Kristi Draher (Mira Mesa, SD), the San Diego Section champion at 11-0 and number three in the nation; and senior Melissa Price (Kingsburg, CS), the Central Coast champion at 11-6 and the American record holder at 12-1; all cleared 10-2 in the trials.

"I was really worried today because I had the worst workout of the season Wednesday," said Candipan to the *Orange County*

CIF/Toyota ■ California State Meet

Register. "I got a new pole, and I couldn't get up on it during the practice."

Junior Kim Pickup (Chatsworth, LA), the Los Angeles Section champion at 8-0; senior Juliana Castro (Huntington Beach, SS), who vaulted 9-0 in the Southern Section; and junior Denise Warner (Ponderosa, Shingle Springs, SJ), the Sacramento Section champion at 9-9; all cleared 9-10.

Sophomore Kolby Keiser (Sanger, CS), second in the Central Section at 10-0, did not qualify.

Preliminaries: Qualifiers—Pickup 9-10, Candipan 10-2, Castro 9-10, Serrano 10-2, Warner 9-10, Bauer 10-2, Flett 10-2, Draher 10-2, Price 10-2. Non-qualifiers: Kolby Keiser (10) Sanger 9-10, Petra Chlouba, Archbishop Mitty 9-6, Breanna Haut, Har-



MELISSA PRICE -- PV
Photo by Bill Cockerham

bor 9-10, Katherine Azar (9) Kingsburg 9-6, Becky Studebaker (10) South Fork 9-10, Amanda Sweeten (9) Tokay 9-10, Rachel Hemmingway (10) Torrey Pines 9-6, Maria Lopez (10) Newark Memorial 9-10, Laura Eckley (10) West Valley 9-6, Ericka Lindgren (12) Foothill/SS 9-10, Jenny Thompson (9) Woodbridge 9-2, Rosada Martin, Soquel 9-2, Hilary Herndon (11) Del Oro 8-6, Anmar Butterfield (9) Elsinore 9-2, Karen Seidman (10) Granada Hills 8-6. No Height: Jennifer Capeheart (10) Kennedy, Alyse Christensen (12) McAteer.

FINALS:

Price, who won the exhibition last year at 11-2, set a new

American record, American Junior record, and high school record of 12-6. The old records of 12-1 were set by Price earlier this season. The mark also betters the indoor American record of 12-2 set by Price in 1995; Price is the American leader among all women—high school, college, and open!

Jocelyn Chase (NL), second in the exhibition last year for Agoura-SS at 9-6, stands second on the U.S. outdoor list as of June 6 at 12-0. Draher placed second at 10-10. Draher is the equal tenth best American woman vaulter and the number four high school vaulter of all-time. Serrano was third at 10-6. Serrano is the number seven high school vaulter of all-time. Bauer, who placed fourth at 10-2, is equal number



JERNAE WRIGHT -- LJ
Photo by Bill Cockerham

eight high school vaulter of all-time. Warner was fifth at 10-2. Flett was sixth at 10-2. Candipan was seventh at 10-2.

1995 U.S. Women's List through June 6

POLE VAULT (4.10/13-5 1/4, 3.81/12-6). WL: 4.15/13-7 1/4 Sun Caiyun (China)

- | | | |
|-------|-----------|---------------------------|
| 3.81 | 12-6 | Melissa Price (Kingsburg) |
| 3.66 | 12-0 | Jocelyn Chase (NL) |
| 3.51 | 11-6 1/4 | **Tyra Holt (Stanford) |
| 3.431 | 11-3 | ***Shannon Walker (Bates) |
| 3.36 | 11-0 1/4 | *Jen Dalton (Stanford) |
| | | Chelsea Istre (RTx) |
| 3.35a | 10-11 3/4 | -Stacy Dragila (IdSt) |

- | | | |
|------|-------|---------------------------|
| | | Holly Speight (Salem, OR) |
| 3.30 | 10-10 | Kristi Draher (Mesa, SD) |
| | | Bridgett Pearson (NL) |

Source: Track & Field News

FINAL RESULTS

- | | | | |
|----|-------|-------|-------|
| 1. | 12-6 | 12-6 | 12-6 |
| 2. | 10-10 | 10-10 | 10-10 |
| 3. | 10-6 | 10-6 | 10-6 |
| 4. | 10-2 | 10-2 | 10-2 |
| 5. | 10-2 | 10-2 | 10-2 |
| 6. | 10-2 | 10-2 | 10-2 |
| 7. | 10-2 | 10-2 | 10-2 |
| 8. | 9-10 | 9-10 | 9-10 |
| | | | NH |

Long Jump

TRIALS. Junior Jerna Wright (James Logan, Union City), the North Coast Section champion at 18-6 1/2 and the national leader at 20-9 3/4, was the leading qualifier in the trials at 20-2w. Senior Pam Simpson (Long Beach Poly, SS), the Southern Section champion at 19-1 1/2 and number two in the nation at 20-9 1/2, placed second at 20-2. Senior Tara Oettinger (Foothill, Santa Ana, SS), fourth in the Southern Section at 18-6 1/4 with a season best of 19-5w and 18-7 1/2, was third at 19-9w. Sophomore Carla Estes (James Logan, Union City, NC), second in the North Coast Section and seeded 13th at 18-0 1/2 with a season best of 18-9, was fourth at 19-5 1/2w. Estes would prove to be a significant factor in the team battle with Poly. Sophomore Akiba McKinney (Monte Vista, Spring Valley, SD), the San Diego Section champion at 19-0 3/4w, was fifth at 19-5 1/4w. Freshman Ashley Bethel (Mission Viejo, SS), third in the Southern Section at 18-7 1/4 with a season best of 19-1w, was sixth at 19-1w. Freshman Bunmi Oguniye (Long Beach Poly, SS), fifth in the Southern Section at 18-3 1/2 with a season best of 18-7, was seventh at 18-9 1/2w. Senior Carrie Jansen (Redwood, Visalia, CS), the Central Section champion at 18-0 1/2 with a season best of 18-10 1/2, was eighth at 18-6w. Junior Richelle Perkins (The Bishops, La Jolla, SD), second in the San Diego Section at 18-3 1/2, was the ninth and last qualifier for the finals at 18-4 1/2w.

Erin Stovall (Woodbridge, SS), second in the Southern Section at 18-7 1/2 with a season best of 19-2, was a non-qualifying 14th at 17-9 1/4. Jennifer Test (Bret Harte, Altaville), the Sacramento Section champion at 18-6w and a season best of 18-5, was 13th at 18-1 1/2. Senior Jessica Valpey (Pleasant Valley, Chico, NS), fifth

last year at 18-11 1/2, the Northern Section champion at 18-5 3/4, jumped 17-4. Tisha Ponder (Del Mar, San Jose, CC), the Central Coast Section champion at 18-5 1/4 with a best of 19-4 1/2, was tenth at 18-3.

Preliminaries -- Qualifiers: Estes 19-5 1/2, Oguniye 18-9 1/2, Perkins 18-4 1/2, Jansen 18-6, Oettinger 19-9, Wright 20-2, Bethel 19-1, McKinney 19-5 1/4, Simpson 20-0. **Non-qualifiers:** Pia McAllister (10) Clay-ton Vly 17-3 1/2, Raquel Brewer (10) Berkeley 16-6, Demetra Beverly (11) Oakland Tech 15-7 1/4, Neisha Henderson (12) Cleveland 17-1, Aisha Harrison (12) Wasco 18-2, Kimela West (12) Gardena 17-9, Lauren Parker (11) Bakersfield 17-9 1/2, Cia Johnson-Gordon (10) McAteer 17-1, Zakirah Sanford (11) Lincoln Prep 17-7, Gina Ocegueda, St. Francis 17-2, Tamra Livers, Livermore 17-8, Angela Orlando (12) Linden/SJ 16-11, Julie Tinker (12) Valley/SJ 18-1 3/4, Zunilda Ogarro (9) Washington, LA, Tisha Ponder, Del Mar 18-3, Jessica Valpey (12) Pleasant Vly 17-4, Jennifer Test (12) Bret Harte 18-1 1/2, Erin Stovall (10) Woodbridge 17-9 1/4.

FINALS:

Wright won the final at 20-8w (+3.40). Her best legal jump was 20-0 1/2 (+0.90). Simpson placed second at 20-5 1/2w (+2.23). Simpson's best legal jump was 19-10 3/4. Estes was third at 19-2 1/2 (+1.36). Oettinger, the defending champion, finished fourth at 18-11w. Last year Wright was the leading qualifier in the trials, but only placed ninth in the finals.

"This means a lot," said Wright to the *Fremont Argus*. "Last year I felt I embarrassed myself."

FINAL RESULTS

National Record: 22-01.75 Kathy McMillan (Hoke Co., Raelord, NC) 1976. **State Meet:** 22-00.5 Marion Jones (Thousand Oaks) 1993.

- | | | |
|----|-----------|-----------|
| 1. | 20-8 | 20-8 |
| 2. | 20-5 1/2 | 20-5 1/2 |
| 3. | 19-2 1/2 | 19-2 1/2 |
| 4. | 18-11 | 18-11 |
| 5. | 18-10 3/4 | 18-10 3/4 |
| 6. | 18-10 | 18-10 |
| 7. | 18-8 3/4 | 18-8 3/4 |
| 8. | 18-3 1/4 | 18-3 1/4 |
| 9. | 17-9 1/2 | 17-9 1/2 |

Triple Jump

TRIALS. Junior Kelly O'Connor (Esperanza, Anaheim, SS), second in the Southern Section at 37-10 1/2 with a season best of 39-7, won the trials at 39-10 1/4. Senior Jeanuarta Jackson (Central, Fresno, CE), the Central Section champion at 38-5 with a season best of 38-11, placed second at 39-5 1/2. Junior Kery O'Bric (Edison, Huntington

Beach, SS), third in the Southern Section at 37-7 1/4 with a season best of 39-0w and 38-11, was third at 38-9 1/2. Junior Andrea Lacson (James Logan, Union City, NC), second in the North Coast Section at 36-2 3/4 with a season best of 37-0, was fourth at 38-3 1/4. Senior Neisha Henderson (Cleveland, LA), the Los Angeles Section champion at 37-1 1/2 with a season best of 37-6 1/2w, was fifth at 38-3. Junior Julie Tinker (Valley, Sacramento, SJ), second in the Sac-Joaquin Section at 38-1 1/2w with a season best of 37-8 1/2, was sixth at 38-3. Senior Jennifer Test (Bret Harte, Altaville, SJ), the Sac-Joaquin Section champion at 38-4 1/2w with a season best of 37-8 1/2, was seventh at 38-2w. Freshman Damesha Griffith (Trabuco Hills, SS), the Southern Section champion at 38-2 3/4 with a season best of 38-7 1/2w, was eighth at 38-0 3/4w. Junior Connie Smith (Modesto, SJ), third in the Sac-Joaquin Section at 38-0 with a season best of 38-4 1/2, was the ninth and last qualifier for the finals at 37-8 3/4.

Junior Richelle Perkins (The Bishops, SD), the San Diego Section champion at 37-11, jumped 35-8. Freshman Andria Booker (El Camino, SD), second in the San Diego Section at 37-6 3/4 with a season best of 37-10, jumped 37-3 1/4.

Preliminaries - Qualifiers: 1Q. O'Connor 39-10 1/4, 2Q. Jackson 39-5 1/2, 3Q. O'Bric 38-9 1/2, 4Q. Lacson 38-3 1/4, 5Q. Henderson 38-3, 6Q. Tinker 38-3, 7Q. Test 38-2, 8Q. Griffith 38-0 3/4, 9Q. Smith 37-8 3/4. Non-qualifiers: Aleya Fuller (11) Mission/SF 31-3, Phyllis Brumm (10) Amador Vly 34-4, Jeannie Minton (12) Acalanes 36-5 3/4, Janel Sterbentz, Silver Creek 35-11 1/2, Cindy Pettibon, Gunderson 37-8 1/2, Aisha Harrison (12) Wasco 37-5 1/4, Kime-la West (12) Gardena 37-0 1/4, Lilian Ito, Fremont 36-0 1/2, LaTanya Collier (11) Banning 36-8 3/4, Alicyn Chappelle (12) Logan 37-1 3/4, Carrie Jansen (12) Redwood 36-8 1/2, Nancy Clayton (12) Newport Harbor 36-10 1/2, Alana Harrell (12) La Jolla 35-3 1/2, Tracy Hayden (12) Red Bluff 36-10, Erica Dickson (12) Mission Viejo 37-5 1/4, Sakai Metcalf (12) Skyline 35-0 1/2, Andria Booker (9) El Camino 37-3 1/4, Richelle Perkins (11) Bishops 35-8.

FINALS:

O'Connor won the final at 40-6 1/2 (+1.29).

"I was kind of glad I was ranked first coming in," O'Connor said to the *Los Angeles Times*. "I've never jumped last (in the jumping order)."

"The goal all year has been to hit 40 (feet)," the junior said to the



KELLY O'CONNOR

Photo by Bill Cockerham

Orange County Register. "I had it a couple of times, but I scratched. I knew if I was going to win I had to go over 40."

Griffith placed second at 39-2 1/2w (+2.95). Griffith had a legal best of 38-8. O'Bric was third at 39-0 3/4w (+2.62). O'Bric had a legal best of 38-3 1/4. Esperanza coach Al Britt said the competition between O'Connor and Sunset League rival O'Bric of Edison has pushed O'Connor to the point where she could go beyond 40 feet.

"Every time they've gone against each other they've had (personal records)," Britt said to the *Orange County Register*.

"I was just thinking, I want to go top three," Griffith said. "I thought I'd make it to state finals, but I didn't think I'd get second."

"When your body doesn't do what you want it to do, it's the most frustrating thing in the world," Bret Harte senior Jennifer Test, who finished ninth, said to the *Stockton Record*. "You can give 100 percent effort, but there can be something wrong with your body and it just says, 'no,' and you say, 'why not?' So that is what I was dealing with today. But in consolation, I'm telling myself, 'Gosh, No. 9 in the state, I can't be too upset with that.' I'm pretty proud of that. But you feel bad when you know what you're



REBECCA MORRISON -- SP

Photo by Bill Cockerham

capable of and don't quite get there."

The national leader is senior LaShondra Christopher (River Ridge, Lacy, Washington) at 42-9.

FINAL RESULTS

National & State Meet Record: 44-00.5
Juliana Yendork (Walnut, Ca) 1991

1. Kelly O'Connor (11) Esperanza 40-6 1/2
2. Damesha Griffith (9) TrabHills 39-2 1/2
3. Kerry O'Bric (11) Edison/SS 39-0 3/4
4. Connie Smith (11) Modesto 38-8 1/4
5. Jeanuarta Jackson (12) Cent 38-6 1/4
6. Neisha Henderson (12) Cleve 38-3 3/4
7. Julie Tinker (11) Valley/SJ 37-11 3/4
8. Andrea Lacson (11) Logan 37-10
9. Jennifer Test (12) Bret Harte 37-3

Shot Put

TRIALS. Senior Tina Etuale (Jefferson, Daly City, CC), the Central Coast Section champion at 45-6 1/2 with a season best of 47-6 1/2, was the top qualifier for the finals with a put of 45-0. Rebecca Morrison (Presentation, San Jose, CC), second in the Central Coast Section at 45-5 1/4 and third in the nation at 48-1 3/4, placed second at 43-11. Holly Timperley (Battle Creek, Nebraska) is the national leader at 48-11 1/2. Seilala Sua (Aquinas, Fort Lauderdale, Florida) is number two at 48-3. Junior Darlene Tulua (Carmel, CC), third in the Central Coast Section at 43-9 1/2 with a

season best of 44-10 3/4, was third at 43-3. Senior Andria Brown (South, Bakersfield, CS), sixth last year at 42-5, the Central Section champion at 42-11 1/2 with a season best of 44-3 3/4, was fourth at 42-3.

Freshman Chaniqua Ross (Laguna Creek, Elk Grove), the Sac-Joaquin Section champion 42-8 with a season best of 42-9, was fifth at 42-1 1/4. Senior Nadia Lopez (Arroyo Grande, SS), the Southern Section champion at 41-8 1/2 with a season best of 44-10 1/2, was sixth at 41-10 3/4. Sophomore Kristin Bryden (Anderson, NO), the Northern Section champion at 42-10 1/2 with a season best of 43-0 1/2, was seventh at 40-9. Junior Sarah Cisneros (Rubidoux, SS), fourth in the Southern Section at 39-6, was eighth at 40-5. Junior Marie Philman (Edison, SS), second in the Southern Section at 40-4, was the ninth and last qualifier for the finals at 39-7 1/2.

Junior Tanisha Hunter (Locke, LA), the Los Angeles Section champion at 41-2 1/2, threw 38-6. Senior Katie Suppa (Torrey Pines, SD), the San Diego Section champion at 40-9 1/2 with a season best of 41-3, threw 38-2.

Preliminaries - Qualifiers: 1Q. Etuale 45-0, 2Q. Morrison 43-11, 3Q. Tulua 43-3, 4Q. Brown 42-3, 5Q. Ross 42-1 1/4, 6Q. Lopez 41-10 3/4, 7Q. Bryden 40-9, 8Q. Cisneros 40-5, 9Q. Philman 39-7 1/2. Non-qualifiers: Elizabeth Tuputala (11) Castlemont no show, Elizabeth Peacock (10) Moreau 32-1 1/4, Kristine Knobel (12) Santa Rosa 34-8, 1/2. Christina Pitchford (12) Clayton Vly 32-9 1/4, Nancy Vincent (11) Chatsworth 33-11, Tamara Dennis (12) San Pedro 36-0 1/4, Vavatau Pohahau (11) Balboa 36-4 1/4, Kim Washington (9) Tulare Western 37-9, Andrea Holmes (12) P. Henry 37-7 1/4, Amika Hughes (11) South Hills 37-8 1/4, Kim Matheny (12) Santana 37-7, Marisela Rooney (11) Woodland 39-2 3/4, Kristen Gabbard (12) Novato 37-9 1/2, Stacy Davidson (10) Reedley 37-0 1/2, Dawn Anderson (12) Newbury Park 39-3 1/4, Barbara Weaver (11) San Juan 38-9 3/4, Katie Suppa (12) Torrey Pines 38-2, Tanisha Hunter (11) Locke 38-6.

FINALS:

Morrison won the final at 47-5 3/4. Etuale placed second at 44-11 1/4. Tulua was third at 42-9 3/4.

FINAL RESULTS

National Record: 53-07.75 Natalie Kaaiwahia (Fullerton) 1983. **State Meet:** 52-07.5 Natalie Kaaiwahia (Fullerton) 1983.

1. Rebecca Morrison Present 47-6 3/4
2. Tina Etuale Jefferson/CC 44-11 1/4
3. Darlene Tulua Carmel 42-9 3/4
4. Chaniqua Ross (9) Lag Creek 41-8 1/2
5. Andria Brown (12) So Bkfld 41-2

CIF/Toyota ■ California State Meet

- 6. Kristin Bryden (10) Anderson 41-2
- 7. Sarah Cisneros (11) Rubidoux 40-11 1/4
- 8. Nadia Lopez (12) Arroyo Gr 39-11 1/2
- 9. Maria Philman (11) Edison 39-6

■ Discus

TRIALS. Junior Darlene Tulua (Carmel, CC), the Central Coast Section champion at 149-1, was the top qualifier for the finals at 150-4. Senior Cara Heads (Newport Harbor, Newport Beach, SS), third in the Southern Section at 133-1 with a season best of 140-7, placed second at 149-5. Senior Nadia Lopez (Arroyo Grande, SS), the Southern Section champion at 148-5 with a season best of 161-9, was third at 147-9. Junior Mandy Buckey



NADIA LOPEZ - DT
Photo by Bill Cockerham

(Bakersfield, CS), the Central Section champion at 145-6 with a season best of 148-4, was fourth at 145-9.

Freshman Chaniqua Ross (Laguna Creek, Elk Grove, SJ), the Sac-Joaquin Section champion at 143-10 with a season best of 144-6, was fifth at 144-3.

Freshman Cecilia Barnes-Mileham (Clovis West, CE), the Central Section champion at 133-5 with a season best of 145-8, was sixth at 141-4. Senior Tina Etuale (Jefferson, Daly City, CC), second in the Central Coast Section at 133-1 with a season best of 137-7, was seventh at 135-6. Senior Katie Beck (Clayton Valley, Concord, NC), the North Coast Section champion at 125-6, was eighth at 133-0. Senior Nikki Ball (Cabrillo, SS), second in the Southern Section at 135-11 with a season best of 138-7, was the ninth and last qualifier for the finals at 132-10.

Senior Laura Richmond (Monte Vista, SD), the San Diego Section champion at 137-7, threw 129-7. Sophomore Kristin Bryden (Anderson, NO), the Northern Section champion at 135-0 with a season best of 145-8, threw 131-7. Junior Christina Magana (Fallbrook, SD), second in the San Diego Section at 133-11 with a season best of 134-10, had no mark.

Preliminaries - Qualifiers: 1Q. Tulua 150-4, 2Q. Heads 149-5, 3Q. Lopez 147-9, 4Q. Buckey 145-9, 5Q. Ross 144-3, 6Q. Barnes-Mileham 141-4, 7Q. Etuale 135-6, 8Q. Beck 133-0, 9Q. Ball 132-10. **Non-qualifiers:** Kristin Gabbard (12) Novato 106-2, Melissa Reis (9) Logan 107-4, Lisann Logan (12) Orange Glen 125-2, Serna Dazzle (12) Newark Memorial 117-10, Rebecca Morrison, Presentation 123-4, Misty McNaughton (12) Kingsburg 124-10, Mary Kailiwa, Loretto 130-11, Susan Hatchett (11) Arroyo Grande 130-11, Penny Hansen (12) Nevada Union 127-7, Sonya Bryant (11) Marina 130-0, Laura Richmond (12) Monte Vista 129-7. **No mark:** Christina Magana (11) Fallbrook, Vavatau Pohahau (11) Balboa, Myisha McMiller (12) Banning, Suafoa Pola (12) Banning, Eboni White (12) Banning.

FINALS

Lopez, second last year at 154-0, won the final at 152-6. Buckey, sixth last year at 139-6, placed second at 150-4. Tulua, fourth last year at 145-4, was third at 147-8.

The national leader is senior Roberta Collins (Sandusky, Ohio) at 173-10.

FINAL RESULTS

National Record: 178-7 Suzy Powell (Modesto, CA) 1994. **State Meet:** 176-7 Suzy Powell (Modesto) 1993.

- 1. Nadia Lopez (12) Arroyo Gr 152-6
- 2. Mandy Buckey (11) Bakersfield 150-4
- 3. Darlene Tulua (11) Carmel 147-8
- 4. Cecilia Barnes-Mileham (9) CW 145-3
- 5. Cara Heads (12) Newport Harbor 140-7

- 6. Chaniqua Ross (9) Laguna Crk 136-11
- 7. Nikki Ball (12) Cabrillo 130-1
- 8. Katie Beck (12) Clayton Vly 125-4
- 9. Tina Etuale, Jefferson/CC 122-3

■ Team Scores

Long Beach Poly (SS), third last year with 24 points, won the team title with 52 points. The Jackrabbits, who are coached by Don Norford, won their third state track title in four years. They won in 1992 with 39 points and in 1993 with 56 points. Last year Skyline (OS) won with 36 points.

"This was the greatest," said Andrea Anderson to the *Long Beach Press Telegram*, who along with Simpson and Haddad, were members of the Poly title teams of 1992-93. "We really had to overcome a lot to win this one." "They could be the greatest high school track and field team in the nation," said James Logan coach Lee Webb to the *San Francisco Examiner*.

Long Beach Poly

- 100-3. Anderson 6 points.
- 200-3. Anderson 6 points.
- 300H-2. Withey 8 points.
- 400R-1. 10 points.
- 1600R-1. 10 points.
- HJ-4. S. Williams 4 points.
- LJ-2. Simpson 8 points.

James Logan (Union City, NC), coached by Lee Webb, placed second with 50 points.

"It's tough to lose by two points when we could've, should've, won," said Webb to the *Fremont Argus*. Wright said the second-place team finish and the circumstances surrounding it would not be something she would regret.

"That's fine," said Wright to the *Fremont Argus*. "We came and did the best we could, and as long as we know that, it's all right. It's over."

"I'm very impressed (by Logan)," Long Beach Poly coach Don Norford said to the *Fremont Argus*. "We have all the respect in the world for them."

James Logan

- 100-2. Wright 8 points.
- 4. White 4 points.
- 200-2. White 8 points.
- 400-2. Estes 8 points.
- 1600R-3. 6 points.
- LJ-1. Wright 10 points.
- 3. Estes 6 points.

North (Riverside, SS) was third with 34 points.

- 400-3. Gray 6 points.
- 100HH-1. Hayes 10 points.
- 300H-1. Hayes 10 points.
- 1600R-2. 8 points.

FINAL RESULTS

- 1. Long Beach Poly/SS 52
- 2. James Logan/NC 50
- 3. North/SS (Riverside) 34
- 4. Wilson/SS (Long Beach) 30
- 5. Esperanza/SS 24
- 6. Mission San Jose/NC 18
- 7. Morningside/SS 14
- 8. Carmel/CC 12
- Central/CE 12
- 10. Arroyo Grande/SS, Bishop O Dowd/NC, Chino/SS, Immanuel/CE 10
- Kingsburg/CE, Modesto/SJ, Muir/SS, Salesian/NC, Presentation/CC, Santa Rosa/NC, 20. Agoura/SS, Bakersfield/CE, Cate/SS, Clovis West/CE, Jefferson/CC, Livermore/NC, Mira Mesa/SD, Mission Viejo/SS, Trabuco Hills/SS 8, 29. Pomona/SS 7, 30. Edison/SS, San Marcos/SD, St. Lucy's/SS 6, 33. Foothill/SS, Laguna Creek/SJ 5, 35. Morse/SD, Thousand Oaks/SS, Ventura/SS 4, 38. Valley/SJ 3, 39. Carondelet/NC, Laguna Hills/SS, Montgomery/NC, Newport Harbor/SS, Palmdale/SS, Peninsula/SS, Ponderosa/SJ, South Bakersfield/CE 2, 47. Acalanes/NC, Anderson/NO, Chaminade/SS, Cleveland/LA, Hamilton/LA, JF Kennedy/SJ, Redwood/CE, St. Bernard/SS, Stockdale/CE, Temescal Canyon/SS, Vallejo/SJ, West Covina/SS 1.

TRAVEL LIGHT.

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MEET SPOTLIGHT

By Doug Speck

USATF Junior Nationals

Walnut, California - Friday, June 23rd - Saturday, June 24th.

Despite an entry blank that was out very late (mid-May), with the resulting failure to promote the meet during the late winter and spring that held possible participation down, a surprisingly successful Junior Championships were held in California in Walnut in late June. Many of California's prep and first year college stars were in attendance, with a wet spring probably leaving locals a bit more hungry for top-level competition at this time of year than most others. The first two athletes in all events (except Girls Pole Vault and Hammer) would make the U.S. Pan American Junior team for that competition later this summer in Santiago, Chile. The Meet was open to athletes who were born 1976 or later, with the international definition of a "junior" one who will not turn 20 during the year of competition (so for "Junior" age competition in 1995 one could not be born in 1975, but anytime in 1976 as that athlete would not turn 20 during the year.

Meilissa Price (PV), Angela Williams (100m), Julia Stamps (3000m), Joanna Hayes (100m Hurdles), and Suzy Powell (DT) were big local female stars in the meet, with Marques Holiwell (100m), Obea Moore (400m), Mike Stember (1500m), and the rest of the UCLA weight crew Golden Staters starring on the male side.

Meilissa Price, the Fresno-state bound recent grad of Kingsburg HS, was counting closely the big-meet chances she had left for a 13-foot pole vault clearance as she came into this meet, with a big 12-9 American Record the previous weekend to win the Senior title in Sacramento. A field of 22 met the entry standard of 9 feet, with Californians dominating the event—Amanda Bauer was 5th (10-08), Glendale junior high star Bridget Pearson 4th (10-08), Kristi Draher 3rd (10-11.75), and surprising Vanessa Brenton 2nd (11-03.75), with our star Price coming in at 3.05 (10-00) and then next trying the 3.45m (11-03.75) height, surprisingly taking two attempts to clear there. Brenton, 3722 points last year in the Heptathlon, ended the weekend shockingly as the #5 U.S. Female Pole Vaulter ever (!) at 11-03.75, the #3 Junior-age Vaulter in U.S. History, and the #2 All-Time High Schooler in the event. Anyway, Price was over 3.55 (11-07.75) on her first attempt while the gallant Brenton went out there. Melissa next was over 3.70 (12-01.5) on her second attempt, with three attempts to get over 3.81 (12-06). With much of crowd remaining after the end of the running events to watch Price at the end of Saturday evening, the serious stuff started now, with a first attempt clearance

of 3.91 (12-10) and shocking first trial clearance of 4.01 (13-01.75). The crowd went nuts, with Price making three attempts at 4.06 (13-03.75), ending the evening as World History's #7 Pole Vaulter ever, with a great close to her Golden State season. It was a neat close to a fine meet.

A star was born in the Women's 100 Meters. A great field was gathered which included NCAA 6th placer Kwajalein Butler (LSU), Andrea Anderson, Kelli White, Aminah Haddad, Jernae Wright, and Texas 5A Champ Kim McGruder—none of them would win! Frosh Angela Williams, State 400m (53.40) champ, dropped to the 100 here, with a blazing 11.30w (+2.2) first heat win over Jernae Wright (11.62w). Kelli White (11.43w +2.6), Kwajalein Butler (11.37w +2.9), and Andrea Anderson (11.48w +2.1) were other Prelim Heat winners, and one just had a sense when the serious running started the elders would take over. Ha! Ha! you think. In one of California prep history's amazing break-throughs, Angela Williams absolutely took apart this great group of young sprinters, out even with them, but after 15 meters shifting into a gear that none of these athletes was able to cope with this evening, blasting to a two meter win at 11.24 (wind +1.9) over Butler 11.43, with the other prep veterans back a meter from there. It was an unreal performance that left spectators speechless! It took down the old national frosh record of Brenda Winston (San Geronimo, San Bernardino) 11.60 from 1976, and amazingly makes Williams the #4 prep U.S. 100 meter runner in history behind Chandra Cheeseborough (11.13), Marion Jones (11.14), and Wendy Vereen (11.17). Marion's 11.17 at age 15 was the only record she did not get, but the 11.24 did take down Marion's 11.29 Junior Championship Meet Record from 1991. Interestingly, Marion made her big breakthrough and showed the same spark at age 15 in her sprint sweep of National Athlete of the Year Zundra Feagin in the Arcadia/Foot Locker Invitational when she ran 11.38 and 22.87 (latter a National Interscholastic Record at the time). Williams did have absolutely perfect conditions with an eighty degree evening, 1.9 meters of second of wind behind her and all, but it was her margin of domination over the nation's best in this age-group that was overwhelming! The 4.23 GPA student from Chino HS played as a guard on the school's JV Basketball team this past winter, with many of her practice sessions spent in previous years on this facility as a member of the Southern California Cheetahs Track Club while growing up.

Over 200 meters (Angela Williams did not run the event here) Kelli White was the winner at 23.49 (+1.20), with Aminah Haddad 23.58 for second, and Andrea Anderson 4th at 23.82.

Julia Stamps put on another show, here in the 3000 meter event. With the eligible Stanford Collegiate crew (Sarna Renfro and Kortney Dunscombe) tired after a long year at that level, Julia had to do the work here herself. A fairly sophisticated group of preps rolled through the first 400 at 77 seconds all right on Stamps' shoulder, at which point the Santa Rosa soph decided 77-80 second laps would not get the time she wanted this day. Moving it up to 73 for the second go-round, Julia quickly separated herself from the pack and seemed intent on 75 second laps, a pace that would come out to the low 9:20's, quicker than the 9:28.50 she ran in this meet last year when she had company for all the pacing work. A 3:08 first 1000 meters was right at that 75 second per lap tempo, with the second 1000 meters, again totally solo, a bit quicker (3:05.4) 8:13.4. This is some serious running, right at 10:00 pace for a full 3200m, so the fatigue eventually did set in, with our star getting to the one lap to go point needing a final 400 under 73 seconds to get both the national age-16 and soph class record of 9:22.68 by Aileen O'Connor from Maryland way back in 1977. It was not easy, but the Foot Locker National Cross-Country champ came through with a determined effort over the entire final 400 meters, breaking through the finish line at 9:21.99, just off the Meet Record of 9:21.0 by Ceci Hopp, one of Julia's buddies, from way back in 1984. The age and grade record had fallen, with one of California's fabled running careers continuing to force the printers to lay down new lines of print in the record books.

Joanna Hayes continued her spectacular senior prep season of hurdling here. At this level we are wading into some real heavies, with Latasha Colander, last year's Arcadia/Foot Locker winner in the 100m Hurdles going on to place second in the 1994 World Junior Championships at 13.30, with a 13.27 this spring and 6th in the NCAA Division I meet for the University of North Carolina. Yolanda McCray (University of Miami) was the other 1995 Co-World Junior leader with a 13.27 best from earlier this spring. Only two girls would make the U.S. Pan American team, so Miss Hayes had her hands full! 13.55 performer Bisa Grant (UCLA) and Davetta Shepherd were other significant Golden Staters part of a great field. Colander (13.67 +1.60), Hayes (13.35w +3.30), and Grant (13.85w +2.20) were Prelim Heat winners, as it

continued next page...

MEET SPOTLIGHT

took 14.00 (!) to make the Finals (Shepherd was 13.83w for third behind Hayes to qualify)! Joanna's Finals race was another this day for the highlights reel, running with the pack for two flights, then steadily pulling away to an unreal 13.06w (+2.50) win over Colander's 13.27w in second. The 13.06w makes Hayes the #2 All-Time U.S. Prep performer under any conditions (behind **Candy Young's** 12.95), and the #4 U.S. Junior ever. Joanna had as good a high school season as any prep in the nation in any event, with some great running ahead at UCLA over the next four years. Grant was 4th at 13.60w and Shepard 6th at 13.72w. Joanna came back for fifth in the 400m hurdles at 59.07, with **Angela Harris**, last year's prep state champ at Skyline of Oakland, 6th at 59.67.

Suzy Powell continued her fine first season at UCLA, lengthening her best in the Discus ear-



MICHAEL STEMBER

Photo by Bill Leung, Jr./Geek Media

lier this spring out to a U.S. Junior All-Time best of 190-06, and finishing off her local season in fine style here. A fine series had Suzy dominate the competition with 172-01, 176-05, 175-05, 181-01, 181-00, and 175-03 throws setting a new Meet Record in bettering her own 180-08 from two years ago in Spokane, Washington. **Mandy Buckley** threw a fine 154-07 for sixth place, with **Nadia Lopez** 8th at 152-05, and **Chaniqua Ross** 9th at 151-04.

The male side of the competition had its local stars! Preps **Marques Holiwell**, **Obea Moore**, and **Michael Stember** starred in fine competition. **Marques Holiwell**, part of a top sprint group that included numerous NCAA Division I conference finalists at the top level, had the quickest Prelim time of 10.37 (wind +1.7). In the Finals, the University of Arizona-bound West Bakersfield HS star closed spectacularly, as always, over the final 40 meters, to win in a yearly national prep best of 10.33 (wind +1.70).

In the 400 meters, **Obea Moore** would renew a rivalry with Connecticut prep **Jerome Young**, who Moore had edged 45.88-45.89 in the Golden West Invitational the second weekend of the month. Obea (46.69) and Young (46.84) were heat winners, with two-time Arcadia/Foot Locker champ, **Desmond Johnson** (Louisiana prep) the other qualifying race winner at 46.69. At the Golden West, Obea had come from behind to take Young (and Johnson). This week Moore was out even, at 21.6 through 200m with Young. With 120 meters to go the shoe was on the other foot this time round, as Young slammed on the accelerator and powerfully edged away from Obea, recording a spectacular 45.01 clocking, with Moore second at 45.63. Obea's 45.63 is the #2 soph time ever behind **William Reed's** 45.4 tenth grade record, with Young's 45.01 winner the #2 prep clocking ever in the event, behind **Darrell Robinson's** 44.69 National Record from 1982. Only **Henry Thomas** (45.09), **Calvin Harrison** (45.25), and **Bill Green** (45.51) sit ahead of Moore among California preps on the all-time list.

California Prep stars, **Michael Stember** and **Brandon Pacheco**, were Friday Prelim Heat 1500m winners at 3:54.35 and 3:53.48, respectively. The duo have faced each a number of times, with Saturday's Finals controlled by the twosome. USC-bound Pacheco was out at 61.0 (400m), with the Brethren Christian star, who came quite a ways from 4:27.01 (1994) to 4:08.50 in the last year over 1600m, still ahead at 2:05.5 for 800m. As he has done recently, Stember picks a lap and a half to go ahead, with his move here against a more mature field seemingly more controlled than some others, but once the Jesuit HS star took the lead one had the sense that the race was under his control, with a 59.2 final 400 bringing Michael home at 3:49.74, with Pacheco a pleasant surprise in second at 3:50.26.

The UCLA weight crew usually has this as a "clinic" to show the ability of Coach Art Venegas to successfully work with some of the nation's most talented young athletes. **Suzy Powell** had starred on the Women's side, with **Luke Sullivan** (179-10) and **Scott McPherran** (179-05) taking 1-2 in the Discus here. **Matt Pentecost**, not yet a Bruin as a recent graduate of Loyola HS in L.A., surprised with a win in the Shot Put, tossing the 16 pound implement out to 54-06.

Carla Estes looked very strong in taking the 400m event at 53.27, with second place a bit of a surprise. Fresh **Kadrina Coffee** had had a fine season at Palmdale HS after a fabled age-group career, with a big finish here and improvement

by over a second to 53.96 to earn her U.S. National uniform for the Pan Am team! State HS Champ in the High Jump, **Tara Flaming**, faced fellow 6-footer **Jeana McDowell** of Arizona, with McDowell winning at 5-11.25, but Flaming having few misses on the way to her 5-10 best to place second and make the U.S. team.

Mt. SAC's own **Jason McGinnis** led a California 1-2-3 sweep in the Men's High Jump, with **Jeremy Fisher**, finishing his first year at the Big-10 Champion school, University of Wisconsin, second and State prep champ, **Michael Wilkins**, third, all at the same 7-00.25 height. **Borya Orloff** of UC Irvine by way of St. John Bosco HS in Bellflower, was the Pole Vault winner at a fine 17-00. **Clarence Scott** continued his fine year in the Long Jump, running into 25-10.5 jumper **Dominick Milner** of the University of Florida, with Milner 25-03.25w (+6.50) to win, with Scott earning his U.S. jersey with a 24-08.25w (+7.60) for second. **Marc Mazzoni** took the Hammer over a College group at 178-06. **Justin Marujo** took the 10k walk at 46:16.1, an improvement over his 1994 winning 46:50.31 time.

Rondie Gibbs, from Cal Poly, Pomona forced the pace for most of the Men's 10,000m event, eventually finishing second to the University of Portland's **Tim Briggs** 30:57.95-31:12.53. **Konrad Knutsen**, at the University of Oregon via Del Campo HS in Fair Oaks, was second in the Steeplechase at 9:23.7, with prep **Jeremy Lyon** of Hesperia running an excellent 9:30.2 prep time in third.

Felix Sanchez ran a super 400m Hurdles race, finishing third in 51.33, the #14 Prep performance ever in U.S. History.

A fine Women's Heptathlon competition had Orange County prep stars **Kerry O'Bric** and **Ashley Bethel** battling for high placings. Bethel sat in second after the first day, with O'Bric in fifth. Kerry surprisingly won the Long Jump portion of the event at 18-04.75 (Bethel 17-01.75) with Ashley 3rd (3646) at that point and O'Bric 4th (3597) overall. O'Bric was 110-00 for fourth in the Javelin to move into third at 4141, with Bethel 91-06 (8th) and 4083 for fourth going into the final 800m event. Kerry was 2:33.49 in that two lap run, with Ashley 2:38.85. O'Bric finished third at 4791, up from her tenth here a year ago, with Bethel in 6th at 4669, but impressively establishing new National Age-15 and Frosh class records (old age 4640 by **Tiffany Lott** of Utah from 1991 and grade 4540 **Brandy Venable** from Mississippi from 1985). The two athletes who finished ahead of O'Bric (who has 1978 year of birth) in the competition both have 1976 years of birth, so they are ineligible for the 1996 Junior Meet (those born 1977 and later eligible for that 1996 competition), which will qualify on to the World Junior Championships in Australia next summer. Bethel, with her 1980 year of birth was by over a year the youngest athlete in the field of sixteen! **Danny Haag**, 1994 grad of Granada Hills HS, was a strong third in the Men's Decathlon with 7148 points.

Kristie Johnston, USC-bound, finished off

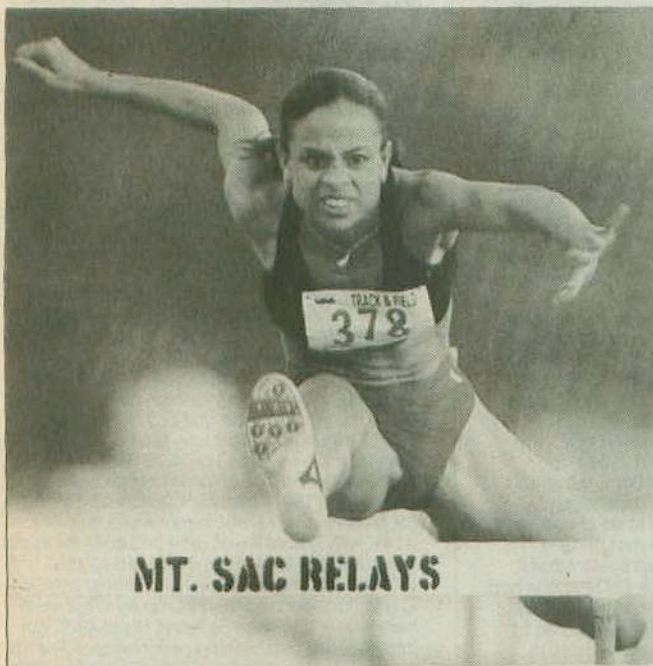
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MEET SPOTLIGHT

her local prep career with a third place in the 800m at 2:06.64, a race taken out at 58.8 for the first 400m by New Yorker **Tameika Grizzle** and won by New Jerseyite **Hazel Clark**, at 2:06.18. A very good Women's Triple Jump event, by far the strongest field ever gathered for this meet, had six athletes jump beyond 41 feet, with Arcadia/Foot Locker Athlete of the Meet **LaShonda Christopher** of Washington the winner at 43-01, and **Amy Littlepage** 4th at 41-08w (+2.30). There were a ton of other Californians who were very competitive and are listed in the results that follow.

RESULTS

USATF Jr National Champs - Walnut, CA - June 23-24, 1995
Competition open to athletes born 1976 or later (will not turn 20 during the year 1995) Competition is qualifier for Pan American Junior Championships in Santiago, Chile later this summer.



MT. SAC RELAYS

JOANNA HAYES

Photo by Kirby Lee

100m, Women PRELIM SECTION # 1 1. ANGELA WILLIAMS (Ontario, CA) 11.30 w: +2.20; 2. JERNAE WRIGHT (Hayward, CA (J Logan HS)) 11.62; 3. MADINAH ALI (Moreno Valley, CA (Canyon S)) 11.98; SECTION # 2 1. KELLI WHITE (El Sobrante, CA (J Logan)) 11.43 w: +2.60; 3. AMINAH HADDAD (Long Beach, CA (Poly HS)) 11.55; 5. KEE-TA ZIMMERMAN (Eureka, CA (Humboldt St)) 12.10; SECTION # 3 2. HEATHER SUMPTER (Pasadena, CA (Muir HS)) 11.72; 3. TAMATHA COX (San Luis Obispo, CA (Cal P)) 11.96; SECTION # 4 1. ANDREA ANDERSON (Long Beach, CA (Poly HS)) 11.48 w: +2.10; 3. BISA GRANT (Los Angeles,

CA (UCLA)) 11.75; **FINAL RESULTS** 1. ANGELA WILLIAMS (Ontario, CA) 11.24* w: +1.90; 2. KWAJALEIN BUTLER (West Monroe, LA (LSU)) 11.43; 3. KELLI WHITE (El Sobrante, CA (J Logan)) 11.55; 4. ANDREA ANDERSON (Long Beach, CA (Poly HS)) 11.57; ... 6. AMINAH HADDAD (Long Beach, CA (Poly HS)) 11.64; ... 8. JERNAE WRIGHT (Hayward, CA (J Logan HS)) 11.83;

100m, Men PRELIM RESULTS SECTION # 1 2. KAARON CONWRIGHT (Los Angeles, CA (Westchester)) 10.58; 4. DAUNTE BURKS (Sacramento, CA) 10.99; SECTION # 2 1. MARQUES HOLIWELL (Bakersfield, CA) 10.37 w: +1.70; SECTION # 3 2. BRANDON THOMAS (Los Angeles, CA (L BeachSt)) 10.56; 5. CHAD MORTON (Torrance, CA) 10.75; **FINAL RESULTS** 1. MARQUES HOLIWELL (Bakersfield, CA) 10.33 w: +1.70; 2. BILLY FOBBS (Channelview, TX (Texas A&M)) 10.37; 3. BOBBY WILLIAMS (Gainesville, FL (Buchholz)) 10.45; ... 7. BRANDON THOMAS (Los Angeles, CA (L BeachSt)) 10.59; 8. KAARON CONWRIGHT (Los Angeles, CA (Westchester)) 10.72.

200m, Women PRELIM RESULTS SECTION # 1 1. AMINAH HADDAD (Long Beach, CA (Poly HS)) 23.52 w: +2.76; 2. KELLI WHITE (El Sobrante, CA (J Logan)) 23.55; SECTION # 2 3. MADINAH ALI (Moreno Valley, CA (Canyon S)) 24.32; 4. LATROYA MUCKER (Los Angeles, CA (Hamilton)) 24.77; 5. HEATHER MILLER (Stanford, CA (Stanford)) 25.02; SECTION # 3 1. ANDREA ANDERSON (Long Beach, CA (Poly HS)) 23.65 w: +3.30; 3. TAMATHA COX (San Luis Obispo, CA (Cal P)) 24.27; **FINAL RESULTS** 1. KELLI WHITE (El Sobrante, CA (J Logan)) 23.49 w: +1.20; 2. AMINAH HADDAD (Long Beach, CA (Poly HS)) 23.58; 3. KIMBERLY McGRUDER (Houston, TX (Hst ExpressTC)) 23.80; 4. ANDREA ANDERSON (Long Beach, CA (Poly HS)) 23.82; 6. MADINAH ALI (Moreno Valley, CA (Canyon S)) 24.42; 7. TAMATHA COX (San Luis Obispo, CA (Cal P)) 24.55;

200m, Men PRELIM SECTION # 1 6. BRANDON THOMAS (Los Angeles, CA (L BeachSt)) 22.07; SECTION # 2 2. MARQUES HOLIWELL (Bakersfield, CA) 21.23; 5. KAARON CONWRIGHT (Los Angeles, CA (Westchester)) 21.57; SECTION # 3 2. VINCE WILLIAMS (Spring Valley, CA (UCAC)) 21.18; 6. COREY NELSON (Rohnert Park, CA (Rancho C)) 22.28; **FINAL RESULTS** 1. BOBBY WILLIAMS (Gainesville, FL (Buchholz)) 20.80 w: +0.60; 2. JEROME YOUNG (Hartford, CT (AI Prince)) 20.90; 3. BILLY FOBBS (Channelview, TX (Texas A&M)) 20.91; 6. VINCE WILLIAMS (Spring Valley, CA (UCAC)) 21.32; 8. MARQUES HOLIWELL (Bakersfield, CA) 21.59;

400m, Women PRELIM SECTION # 1 1. LANA GARNER (San Diego, CA (Flo-Jo Int)) 54.60; 4. MALIKA EDMONSON (Ingelwood, CA) 56.14; 5. SYLVIA PIESLAK (Atherton, CA) 58.60; SECTION # 2 1. CARLA ESTES (Union City, CA (J Logan HS)) 54.58; 4. MEISHA WILSON-DUVAL (Mission Viejo, CA (SilverW)) 56.20; SECTION # 3 2. JULIA GRAY (Riverside, CA (North HS)) 56.14; **FINAL RESULTS** 1.

CARLA ESTES (Union City, CA (J Logan HS)) 53.27; 2. KADRINA COFFEE (Lancaster, CA (LA Jets)) 53.96; 3. HEATHER HANCHAK (Muhall, PA (Rvr City Elite)) 54.02; 5. LANA GARNER (San Diego, CA (Flo-Jo Int)) 54.44; 6. MALIKA EDMONSON (Ingelwood, CA) 54.59;

400m, Men PRELIM SECTION # 1 1. OBEA MOORE (South Pasadena, CA (LA Jet)) 46.89; SECTION # 2 4. RAY CARTER (San Diego, CA (Morse HS)) 48.26; SECTION # 3 3. LYDELL BURSTON (San Diego, CA (Flo-Jo Int)) 47.74; **FINAL RESULTS** 1. JEROME YOUNG (Hartford, CT (AI Prince)) 45.01*; 2. OBEA MOORE (South Pasadena, CA (LA Jet)) 45.63; 3. DESMOND JOHNSON (New Orleans, LA (St Augstn)) 46.37; 8. LYDELL BURSTON (San Diego, CA (Flo-Jo Int)) 47.13;

800m, Women PRELIMS SECTION # 1 5. SHERRON RHETTA (Long Beach, CA (Poly HS)) 2:16.84; SECTION # 2 2. SARA MOORE (Stanford, CA (Stanford)) 2:10.78; 3. ASHLEY MONAHAN (Pleasanton, CA (BYU)) 2:10.97; SECTION # 3 1. KRISTIE JOHNSTON (Fresno, CA (Central HS)) 2:09.79; **FINAL RESULTS** 1. HAZEL CLARK (So Orange, NJ (Columbia HS)) 2:06.18; 2. JULIAN REYNOLDS (N Palm Beach, FL (Benjamin)) 2:06.55; 3. KRISTIE JOHNSTON (Fresno, CA (Central HS)) 2:08.64; 6. ASHLEY MONAHAN (Pleasanton, CA (BYU)) 2:10.98;

800m, Men PRELIM SECTION # 1 2. JONEVAN HORNSBY (Oakland, CA (St Mary's HS)) 1:53.04; 4. BRIAN DUFF (Los Angeles, CA (Loyola HS)) 1:53.54; 5. ANTHONY OSSA (Whittier, CA (UCLA)) 1:54.08; SECTION # 2 7. BROCK TESSMAN (Danville, CA (Brown Univ)) 1:58.09; **FINAL RESULTS** 1. CURTIS LASSITER (Williamsburg, VA) 1:52.00; 2. JEREMY HUFFMAN (Pineville, LA (Northwestern)) 1:52.45; 3. JASON OWEN (Stewartville, MN) 1:52.48; 6. ANTHONY OSSA (Whittier, CA (UCLA)) 1:53.58; 7. JONEVAN HORNSBY (Oakland, CA (St Mary's HS)) 1:54.64; 8. BRIAN DUFF (Los Angeles, CA (Loyola HS)) 1:58.62;

1500m, Women PRELIM SECTION # 1 3. ANNIE EBINER (West Covina, CA (St Lucy's)) 4:35.89; 8. RYAN THOMAS (Stanford, CA (Stanford)) 4:43.73; 9. ELLEN MUENCH (Canyon Lake, CA (Temescal)) 4:45.70; SECTION # 2 8. CARRIE BARNETT (San Diego, CA) 4:48.24; 11. SHELBY HORGAN (Canyon Lake, CA (Temescal)) 5:04.56; **FINAL RESULTS** 1. KRISTIN NICOLINI (Annapolis, MD) 4:25.64; 2. CARRIE TOLLEFSON (Dawson, MN) 4:28.17; 3. COURTNEY ADAMS (Indianapolis, IN (BrebeufHS)) 4:30.17; 7. ANNIE EBINER (West Covina, CA (St Lucy's)) 4:36.74;

1500m, Men PRELIM SECTION # 1 1. MICHAEL STEMBER (Fair Oaks, CA (Jesuit HS)) 3:54.35; 7. GARRETT JENSEN (Fullerton, CA (Sunny Hills)) 3:58.42; 8. JONATHAN GENANT (Tiburon, CA (K Branson HS)) 3:59.24; SECTION # 2 1. BRANDON PACHECO (Los Alamitos, CA (Brethren)) 3:53.48; 10. JAMES SENECHAL (Stanford, CA (Stanford)) 4:07.32; **FINAL RESULTS** 1. MICHAEL STEMBER (Fair Oaks, CA (Jesuit HS)) 3:49.74; 2. BRANDON PACHECO (Los Alamitos, CA (Brethren)) 3:50.26; 3. TODD DAVIS (Chimacum, WA (UPortland)) 3:50.91;

3000m, Women FINAL RESULTS 1. JULIA STAMPS (Santa Rosa, CA (S Rosa HS)) 9:21.99; 2. COURTNEY ADAMS (Indianapolis, IN (BrebeufHS)) 9:40.57; 3. KERRY DUGAN (Boulder, CO (Boulder HS)) 9:43.07; 9. LORI FANCON (San Luis Obispo, CA (Cal P)) 10:12.27; 11. ELLEN MUENCH (Canyon Lake, CA (Temescal)) 10:13.46; 12. TRACY COHN (Bakersfield, CA (Stockdale)) 10:14.11; 14. ANNE GUNNISON (Sacramento, CA (McClatchy)) 10:17.63; 16. CARRIE BARNETT (San Diego, CA) 10:26.08; 17. LAURA BEVILL (San Luis Obispo, CA (Cal P)) 10:28.17; 19. ALICIA PEDROZA (San Diego, CA) 10:43.07;

Steeplechase, Men FINAL RESULTS 1. HUGH CHRISTIANSEN (Emery, UT (Weber State)) 9:14.6; 2. KONRAD

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MEET SPOTLIGHT

KNUTSEN (Fair Oaks, CA (U/Oregon)) 9:23.7; 3. JEREMY LYON (Hesperia, CA) 9:30.2; 4. JOEY TRAVERNER (San Luis Obispo, CA (Cal P)) 9:30.6; 5. MATTHEW OLIN (Apple Valley, CA (UCLA)) 9:30.7; 12. PATRICK GARRITY (San Luis Obispo, CA (Cal P)) 10:00.14; HECTOR LEWA (San Jose, CA (W Valley CC)) 10:21.7.

5,000m, Men FINAL RESULTS 1. TRAVIS LANDRETH (Newburgport, MA (U Conn)) 14:45.33; 2. TIM BRIGGS (Davenport, WA (U/Portland)) 14:47.97; 3. DEAN FULMER (Cincinnati, OH (La Salle HS)) 14:59.06; 5. JEFF McLARTY (Chino Hills, CA (Ayala HS)) 15:04.32; 6. PETER GILMORE (Pacific Palisades, CA) 15:08.93; 7. PHILLIP GONZALEZ (Pasadena, CA (Crescenta V)) 15:10.89; 9. NATHAN NUTTER (Stanford, CA (Stanford)) 15:12.72; 10. WARREN WOLF (San Marino, CA (Mt SAC)) 15:24.53.

5,000m Racewalk, Women FINAL RESULTS 1. ANYAMARIA RUOSS (Fayetteville, AK) 25:00.4; 2. LISA HUMBLY (Houston, TX (Walk Texas)) 26:35.7; 3. ALISON ZABRENSKI (Bowie, MD (Potomac Vly TC)) 26:56.7.

10,000m, Women FINAL RESULTS 1. DONNA FIDLER (Norristown, PA) 34:59.14; 2. CASSI FLORIDA (Joshua, TX (Joshua HS)) 35:47.47; 3. TANGI GALLOWAY (Atwater, CA (U/New Mexico)) 36:35.04; 4. CARRIE GARRITSON (Fullerton, CA (U/Alabama)) 36:58.30; 7. RACHEL KRAUSE (Covina, CA (Citrus Coll)) 38:50.2; 9. KIM NELSON (Anaheim, CA (BYU)) 40:09.1; 11. JAMIE WHITMAORE (Sacramento, CA (CS Nthridge)) 40:25.6; 12. SUNNY SHAFFER (Canyon Lake, CA (Temescal)) 40:28.6; 14. ERIKA BOTHA (Citrus Hts, CA (AmericanR)) 41:09.5; 17. JENNY TOLER (Bakersfield, CA (Bkrsfld Co)) 44:39.7.

10,000m, Men FINAL RESULTS 1. TIM BRIGGS (Davenport, WA (U/Portland)) 30:57.95; 2. RONDIE GIBBS (Riverside, CA (Cal Poly P)) 31:12.53; 3. WARREN WOLF (San Marino, CA (Mt SAC)) 31:30.61; 4. MATT FARLEY (Stanford, CA (Stanford)) 31:35.64; 7. MATT CREASON (Eureka, CA (Georgetown)) 32:21.45; 10. DENNIS SWENINGSON (Ventura, CA (Long Beach St)) 33:03.05.

10,000m Racewalk, Men FINAL RESULTS 1. JUSTIN MARRUJO (Temecula, CA) 46:16.1; 2. KEVIN EASTLER (Farmington, ME) 47:09.2; 3. DAVID ROSE-MICHELLE (Bayport, NY (U/WisconsinP)) 48:16.3.

100m Hurdles, Women PRELIM SECTION #1 5. KELLY MOTEN (Pasadena, CA (Muir HS)) 14.41; 7. NICOLE HOXIE (Riverside, CA (North HS)) 14.46; 8. BERNADETTE ARMAND (Stanford, CA (Stanford)) 14.95; SECTION #2 6. ASHLEY BETHEL (Lake Forest, CA (SilverWng)) 14.64; SECTION #3 1. JOANN HAYES (Riverside, CA (North HS)) 13.35 w: +3.30; 3. DAVEETTA SHEPHERD (Oak, CA (Salesian HS)) 13.83; 4. AYANA GRANT (Oakland, CA (Bishop O'Dowd)) 14.16; 7. KATHERINE MOOK (Santa Ana, CA (Foothill)) 14.77; SECTION #4 1. BISA GRANT (Los Angeles, CA (UCLA)) 13.85 w: +2.20; 3. RORI KELLY (Los Angeles, CA (Morningsd HS)) 14.27; 5. FELICIA STONE (El Dorado Hills, CA) 14.75; FINAL RESULTS 1. JOANN HAYES (Riverside, CA (North HS)) 13.06* w: +2.50; 2. LaTASHA COLANDER (Portsmouth, VA (UJN Crlna)) 13.27; 3. YOLANDA McCRAY (Miami, FL (U/Miami)) 13.41; 4. BISA GRANT (Los Angeles, CA (UCLA)) 13.60; 6. DAVETA SHEPARD (Oak, CA (Salesian HS)) 13.72.

110m Hurdles, Men PRELIM SECTION #1 3. JASON MEDEARIS (Valencia, CA (U/Wyoming)) 14.48; 4. KEVAN SCOTT (Fresno, CA (Fresno CC)) 15.03; SECTION #2 6. BRIAN FELL (San Diego, CA) 16.27; FINAL RESULTS 1. JEREMIAH WILLIAMS (Dallas, TX (Blinn College)) 13.86; 2. BRAXTON COSBY (Miami, FL (U/Miami)) 14.00; 3. CHARLES REID (Virginia Beach, VA) 14.11; 6. KEVAN SCOTT (Fresno, CA (Fresno CC)) 14.78.

400m Int Hurdles, Women PRELIM RESULTS SECTION #



KELLI WHITE

Photo by Kirby Lee



ANGELA WILLIAMS

Photo by Bill Cockerham

1. 6. LEANNE SLATER (San Jose CA (Pioneer HS)) 1:09.24; SECTION #2 6. KIMBERLY COUVSON (Fremont, CA (U/Washington)) 1:07.70; SECTION #3 1. JOANN HAYES (Riverside, CA (North HS)) 59.02; 3. NAEEMAH WITHEY (Long Beach, CA (Poly HS)) 1:03.27; 4. STACY HEBERT (Santa Paula, CA (Buena HS)) 1:03.61; 5. AMY HENDERSON (Stanford, CA (Stanford)) 1:03.97; 6. COLEEN RHEMM (Pasadena, CA (Muir HS)) 1:05.96; SECTION #4 SECTION #5 7. APRIL HINCKSON (Pasadena, CA) 1:04.96; FINAL RESULTS 1. CHARLYNNA FOSTER (Clearwater, FL) 57.64; 2. STACEY JORDAN (Lanham, MD (G. Mason Univ)) 58.39; 3. RYAN TOLBERT (Clovis, NM (Vanderbilt)) 58.90; 5. JOANN HAYES (Riverside, CA (North HS)) 59.67;

400m Int Hurdles, Men PRELIM SECTION #1 2. KRISTOPHER McLUCAS (Oxnard, CA (Ventura Colleg)) 52.47; 3. FELIX SANCHEZ (San Diego, CA (UCAC)) 52.48; SECTION #2 1. COCAINE EDMON (San Jose, CA (U/Cal)) 52.88; 4. BRIAN FELL (San Diego, CA) 57.18; SECTION #3 4. JEFF ALLEN (Stanford, CA (Stanford)) 54.39; FINAL RESULTS 1. RODRIGUES PFISTER (Washington, DC) 50.56; 2. BRAXTON COSBY (Miami, FL (U/Miami)) 51.03; 3. FELIX SANCHEZ (San Diego, CA (UCAC)) 51.33; 4. KRISTOPHER McLUCAS (Oxnard, CA (Ventura Colleg)) 52.67; 6. COCAINE EDMON (San Jose, CA (U/Cal)) 55.66;

High Jump, Women FINAL RESULTS 1. JEANA McDOWELL (Gilbert, AZ (Highland HS)) 1.81 (5-11.25); 2. TARA FLAMING (Reedley, CA (Immanuel HS)) 1.78 (5-10.0); 3. PATREECE COPELAND (Auburn, AL (Auburn Univ)) 1.78 (5-10.0); 4. TRACYE LAWYER (Santa Barbara, CA) 1.75 (5-08.75); 9. SHAVENT WILLIAMS (Long Beach, CA (Poly HS)) 1.70 (5-07.0); 11. JAMILLA CHURCHILL (Oakland, CA (Bishop O'Dowd)) 1.70 (5-07.0);

High Jump, Men FINAL RESULTS 1. JASON McGINNIS (Colton, CA (Mt SAC)) 2.14 (7-00.25); 2. JEREMY FISCHER (Madison, WI (U/Wisc)) 2.14 (7-00.25); 3. MICHAEL WILKINS (Red Bluff, CA (Red Bluff HS)) 2.14 (7-00.25); 6. RICHARD PITCHFORD (Covina, CA (UCLA)) 2.08 (6-09.75); 10. JAMES NIETO (Sacramento, CA (Sac CC)) 2.03 (6-08.0);

12. JON ROBY (Corcoran, CA (Corc HS)) 2.03 (6-08.0);

Pole Vault, Women FINAL RESULTS 1. MELISSA PRICE (Kingsburg, CA (KingsburgHS)) 4.01* (13-01.75 (AMERICAN RECORD =#7 ALL-TIME FEMALE PERFORMER IN WORLD HISTORY)); 2. VANESSA BRENTON (Lake Elsinore, CA (Temescal)) 3.45 (11-03.75); 3. KRISTI DRAHER (San Diego, CA (Mira MesaHS)) 3.35 (10-11.75); 4. BRIDGET PEARSON (Glendale, CA) 3.25 (10-08.0); 5. AMANDA BAUER (Fremont, CA (Mission SJ HS)) 3.25 (10-08.0); 7. SHANNON FLETT (Lafayette, CA (AcalanesHS)) 3.15 (10-04.0); 8. JENNIFER CANDIPAN (Huntington Beach, CA (Marina)) 3.15 (10-04.0); 10. LAURA ECKLEY (Cottonwood, CA (W ValleyHS)) 3.05 (10-00.0); Calif.- JENNY THOMPSON (Irvine, CA (Woodbridge HS)) 2.90 (9-06.25); ALLISON KNODE (Kingsburg, CA (KingsburgHS)) 2.90 (9-06.25); RACHEL HEMINGWAY (La Jolla, CA (Torrey Pines)) 2.90 (9-06.25); KOLBY KEISER (Sanger, CA (Sanger HS)) 2.90 (9-06.25); JULIE PATTON (Santa Ana, CA) 2.90 (9-06.25); PAULA SERRANO (San Marcos, CA) 2.75 (9-00.25); ERICA LINDGREN (Santa Ana, CA (Foothill)) 2.60 (8-06.25); KATHERINE AZAR (Kingsburg, CA (Kingsburg HS)) 2.60 (8-06.25); FRANCESCA PLETH (Burbank, CA (Burroughs HS)) 2.60 (8-06.25); **Pole Vault, Men FINAL RESULTS** 1. BORYA ORLOFF (Paramount, CA (UC Irvine)) 5.18 (17-00.0); 2. JASON PEARCE (Abilene, TX (Abilene Ch U)) 5.08 (16-08.0); 3. CASEY FREED (Parkersburg, WV (Cap Cty Sd)) 4.88 (16-00.0); 5. MICHAEL BROWN (Rnch Santa Fe, CA (Torrey P)) 4.73 (15-06.25); 9. ARIC ABADIE (West Covina, CA (Mt SAC)) 4.73 (15-06.25);

Long Jump, Women FINALS RESULTS 1. MARITA HUNT (Shreveport, LA) 6.43 (21-01.25) w: +3.40; 2. ANGELA BROWN (Philadelphia, PA) 6.27 (20-07) w: +3.20; 3. LASHONDA CHRISTOPHER (Olympia, WA (River Ridge HS)) 6.18 (20-03.5) w: +3.10; 5. JERNAE WRIGHT (Hayward, CA (J Logan HS)) 5.97 (19-07.0) w: +3.10; 6. DOMINIQUE HUGHES (Pomona, CA (Cal PolyPomona)) 5.93 (19-05.5) w: +1.60; 8. TARA OETTINGER (Santa Ana, CA (Nike Coast)) 5.83 (19-01.5) w: +3.50; Calif. - LISA DOMICO (Claremont, CA) 5.72 (18-09.25); KEETA ZIMMERMAN (Eureka, CA

continued next page.

MEET SPOTLIGHT

(Humboldt St)) 5.72 (18-09.25); BUNMI OGUNLEYE (Long Beach, CA (Poly HS)) 5.64 (18-06.0); TISHA PONDER (Santa Clara, CA (Del Mar HS)) 5.53 (18-01.75);

Long Jump, Men FINAL RESULTS 1. DOMINICK MILLNER (Roanoke, VA (UFlorida)) 7.70 (25-03.25) w: +4.50; 2. CLARENCE SCOTT (Los Angeles, CA (Fremont)) 7.52 (24-08.25) w: +7.60; 3. STEPHEN PINA (Philadelphia, PA (Penn St)) 7.49 (24-07.0) w: +3.20; 5. STEVE AMUNDSON (San Luis Obispo, CA (Cal P)) 7.35 (24-01.5); Calif--JEFF NORD (Los Altos, CA (Jump CityTC)) 6.92 (22-08.5); JIMMY DEVINE (Riverside, CA (Ramona HS)) 6.88 (22-07.0); All Marks wind-aided

Triple Jump, Women FINAL RESULTS 1. LaSHONDA CHRISTOPHER (Olympia, WA (River RidgeHS)) 13.13* (43-01.0) w: +2.40; 2. DEANA SIMMONS (Decatur, IL (Stoley Strds)) 12.77* (41-10.75) w: +2.50; 3. ALISHA BROUSARD (Houston, TX) 12.75 (41-10.0) w: +2.50; 4. AMY LITTLEPAGE (Berkeley, CA (Cal/Berkeley)) 12.70 (41-08.0) w: +2.30; 5. TAMIEKA PORTER (Ohio State) 12.57 (41-03.0) w: +2.00; 7. CECILIA NOEL (Long Beach, CA (L BeachCC)) 12.39 (40-07.75) w: +3.40; Calif--KELLY O'CONNOR (Anaheim, CA (Esperanza HS)) 11.87 (38-11.5); MICHELE REID (Folsom, CA (UWashington)) 11.86 (38-11.0); TISHA PONDER (Santa Clara, CA (Del MarHS)) 11.75 (38-06.75); ERICA DICKSON (Mission Viejo, CA (SivWg)) 11.71 (38-05.0); KATHRYN SORENSON (Chula Vista, CA (BYU)) 11.61 (38-01.25); RHONDA WITMER (Stanford, CA (Stanford)) 11.48 (37-08.0); JEANARTA JACKSON (Fresno, CA (Central HS)) 11.47 (37-07.75); DOMINIQUE HUGHES (Pomona, CA (Cal PolyPomona)) 11.10 (36-05.0);

Triple Jump, Men FINAL RESULTS 1. KAWAN LOVE-LACE (Kew Gardens, NY (St John's)) 15.77 (51-09.0) w: +3.33; 2. STEPHEN PINA (Philadelphia, PA (Penn St)) 15.42 (50-07.25) w: +3.23; 3. BENJI PREBYL (Beatrice, NE (UNebraska)) 15.34 (50-04.0) w: +3.02; 7. GERALD WILLIAMS (Compton, CA (Hangtyme)) 14.74 (48-04.5) w: +4.67; 8. DAN NORD (Los Altos, CA (Jump CityTC)) 14.62 (47-11.75) w: +3.61;

Shot Put, Women FINAL RESULTS 1. COLLINUS NEWSOME (Denver, CO (Ullinois)) 15.18 (49-09.75); 2. SEILALA SUA (Cooper City, FL (St Thomas)) 14.32 (46-11.75); 3. ALISA RAYMOND (Newburgh, IN (Purdue Univ)) 13.77 (45-02.25); 6. REBECCA MORRISON (San Jose, CA) 13.81 (44-08.0); CA: Calif--CHANUIQA ROSS (Elk Grove, CA (Unity TC)) 12.57 (41-03.0); KRISTIN BRYDEN (Anderson, CA (Anderson HS)) 12.07 (39-07.25); GINA HEADS (Costa Mesa, CA (Stanford)) 11.91 (39-01.0); DARLENE TULLA (Carmel, CA (Carmel HS)) 11.58 (38-00.0); MOEZELLE HARRIS (Encinitas, CA (SD Mesa CC)) 11.39 (37-04.5); NADIA LOPEZ (Grover, CA (Arroyo Grande)) 10.96 (35-11.5);

Shot Put, Men FINAL RESULTS 1. MATT PENTECOST (Burbank, CA (Loyola HS)) 16.61 (54-06.0); 2. ROGER ROESLER (Round Rock, TX) 16.27 (53-04.5); 3. KEVIN MANNON (W Jefferson, OH) 16.23 (53-03.0); 5. JAVAR SANFILIPPO (Encinitas, CA (SD Mesa CC)) 15.85 (52-00.0); 7. ANDY SVERCHEK (San Luis Obispo, CA (Cal P)) 15.51 (50-10.75); Calif-- MARC EUBANKS (Bakersfield, CA (CS Baksld)) 14.63 (48-00.0); JASON HAMMOND (Fowler, CA (Fowler HS)) 14.55 (47-09.0);

Discus, Women FINAL RESULTS 1. SUZY POWELL (Modesto, CA (UCLA)) 55.20* (181-01.0); 2. SEILALA SUA (Cooper City, FL (St Thomas)) 53.84 (176-08.0); 3. STEPHANIE WIGNESS (Grand Forks, ND (RedRiverHS)) 50.56 (165-10.0); 6. MANDY BUCKEY (Bakersfield, CA (Bksfld HS)) 47.12 (154-07.0); 8. NADIA LOPEZ (Grover, CA (Arroyo Grande)) 46.46 (152-05.0); 9. CHANUIQA ROSS (Elk Grove, CA (Unity TC)) 46.12 (151-04.0); 10. DARLENE TULLA (Carmel, CA (Carmel HS)) 45.66 (149-10.0); 12. KRISTIN BRYDEN (Anderson, CA (Anderson HS)) 42.60 (139-09.0); 12. DANIELLE DARRROW (Encinitas, CA (SD Mesa CC)) 42.60 (139-09.0);

COLLEGE BOUND CALIFORNIANS . . .

Who?

BOYS

Jason Balkman
Mike Brown
James Hinex
Marques Holiwell
Brandon Pacheco
Matt Pentecost
Aaron Richberg
Tyree Washington
Michael Wilkins

GIRLS

Joanna Hayes
Kristie Johnston
Melissa Price
Courtney Pugmire
Elissa Riedy

From

Lynbrook
Torrey Pines
Grant
West Bakersfield
Brethren
Loyola
James Logan
La Sierra
Red Bluff

North Riverside
Central
Kingsburg
Esperanza
Mission San Jose

To

Stanford
Notre Dame
Texas A&M
Univ. of Arizona
USC
UCLA
Auburn
Univ. of Oregon
Cal Poly SLO

UCLA
USC
Fresno State
Brigham Young
Cal

It is interesting to follow our California preps as they continue their track and field careers through college. Keep CT&RN informed. Let us know where your athlete is going to college. College coaches -- who are you adding to your roster??

Discus, Men FINAL RESULTS 1. LUKE SULLIVAN (Verona, WI (UCLA)) 54.82 (179-10.0); 2. SCOTT MCPHERRREN (Lincoln, NE (UCLA)) 54.70 (179-05.0); 3. LAWRENCE WILSON (Huntsburg, OH (Chaswood TC)) 53.00 (173-11.0); 4. JEREMY STAAT (Bakersfield, CA (RenegadeTC)) 51.72 (169-08.0); 7. CHAD JONES (Arroyo Grande, CA) 47.60 (156-02.0); 8. JOHN DAVIS (Long Beach, CA (Wilson HS)) 46.94 (154-00.0); 10. ANDY SVERCHEK (San Luis Obispo, CA (Cal P)) 46.20 (151-07.0); 13. JAVAR SANFILIPPO (Encinitas, CA (SD Mesa CC)) 45.80 (150-03.0); 14. JOHN BELLO (Alta Loma, CA) 45.16 (148-02.0); 15. JEFF BODHOLDT (Irvine, CA, Cal State Northridge) 45.04 (147-09.0); 16. THOMAS SCHMIDT (Ontario, CA (Chino HS)) 44.44 (145-10.0); 19. MATT PENTECOST (Burbank, CA (Loyola HS)) 43.70 (143-04.0); 20. JASON BADER (Huntington Beach, CA (Edson)) 42.58 (139-08.0);

Javelin, Women FINAL RESULTS 1. WINDY DEAN (Milwaukee, WI (SMU)) 52.96 (173-09.0); 2. ANN CROUSE (Old Myshlet, UT (UVirginia)) 49.94 (163-10.0); 3. DENIKA KISTY (PGH, PA (Bretwood HS)) 45.82 (150-04.0)

Javelin, Men FINAL RESULTS 1. AARON GUMM (Ottawa, KS (Ottawa HS)) 61.92 (203-02.0); 2. DARIN FILE (Beloit, KS (Beloit HS)) 61.66 (202-03.0); 3. BEN MITCHELL (Tigard, OR (UOregon)) 60.22 (197-07.0); 4. CARL WOLTER (Riverside, CA) 60.10 (197-02.0);

Hammer, Women FINAL RESULTS 1. PATRICIA MELLODGE (Barrington, RI (URhode Is)) 45.90 (150-07.0); 2. DOREEN HELDT (Lisico, NE (UNebraska)) 44.02 (144-05.0); 3. GINA HEADS (Costa Mesa, CA (Stanford)) 43.02 (141-02.0); 4. ROSEMARIE BALLESTERO (El Monte, CA (Citrus Coll)) 41.88 (137-05.0); 5. SARAH GOODLAW (Burbank, CA (Pasadena CC)) 41.64 (136-07.0); 9. DANIELLE DARRROW (Encinitas, CA (SD Mesa CC)) 39.54 (129-09.0); 10.

FELICIA SKILLERN (La Verne, CA) 38.72 (127-00.0); 11. REBECCA MORRISON (San Jose, CA) 38.34 (125-09.0); 12. STACY SURINA (La Verne, CA) 38.30 (125-08.0); 13. MOEZELLE HARRIS (Encinitas, CA (SD Mesa CC)) 37.84 (124-02.0); 16. CARA HEADS (Costa Mesa, CA (Newport HS)) 36.82 (120-10.0); 20. PENNY HANSEN (Grass Valley, CA (NevadaHS)) 32.38 (106-03.0); 22. MELODY MACKAY (Modesto, CA (Beyer HS)) 27.26 (89-05.0);

Hammer, Men FINAL RESULTS 1. MARC MAZZONI (Los Gatos, CA (Bellarmine)) 54.42 (178-06.0); 2. KEVIN MANNON (W Jefferson, OH) 53.08 (174-02.0); 3. RYAN HARRISON (Mesa, AZ (Central Az. CC)) 49.80 (163-05.0); 8. JEFFREY BODHOLDT (Irvine, CA (CS Northridge)) 46.66 (153-01.0); 9. JAMES MARHEINEKE (Aptos, CA (San Fran Univ)) 46.18 (151-06.0); 13. BRIAN GILBERT (Modesto, CA) 43.68 (143-04.0); 14. MARC EUBANKS (Bakersfield, CA (CS Baksld)) 42.54 (139-07.0); 15. JOHN BADOVINAC (Sacramento, CA (Sac TC)) 41.58 (136-05.0); 16. BRIAN HOARD (Los Gatos, CA) 38.98 (127-11.0);

Women's Heptathlon 1. JANET BLOMSTEDT (Univ Nebr) 4916; 2. ERIN NARZINSKI (Univ So Carolina) 4847; 3. KERRY O'BRIEN (Hunt Bch, Ca) 4791; 6. Ashley Bethel (Silver Wings TC/Lake Forest, Ca) 4669; 13. Robin Leafblad (Arlington HS, Riverside, Ca) 4075; 14. Katie Schukle (Santa Rosa HS, Ca) 3309;

Men's Decathlon 1. TOM PAPPAS (Lane Comm. CC) 7154; 2. AARON FOX (Univ Texas) 7153; 3. DANNY HAAG (Athleticcorp/Northridge, Ca) 7148; 7. NEIL LAHEY (Hartnell CC) 6396; 11. LE VAR CASTILLO (Hangtyme, Lynwood HS, Ca) 6060; 14. DAVID KUHN (Calvary Chapel HS, Costa Mesa, Ca) 5678; JONATHAN CARTWRIGHT (Fresno St, Univ) 3979 (7 events); JEREMY WOMACK (Hunt Bch, Ca) 2729 (5 events)

PREP NOTES

By KEITH CONNING



■ NORTHERN CALIFORNIA CROSS COUNTRY RESULTS WANTED

Please send Northern California cross country results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702 or fax 510-849-3342.

■ CHAMPIONSHIP CROSS COUNTRY COACHES' CLINIC

When: Saturday, August 26, 1995
Where: Moreau Catholic High School Student Center in Hayward.

Cost: \$25 for pre-registration - postmarked by August 19. (\$30 for late registration)

For an additional \$30 earn 1 CEU through CSUH. Registration: 8:00-8:45 a.m. Programs Starts: 9:00 a.m.

Keynote Speaker: Owen Anderson, Ph.D., internationally renowned expert on distance running, editor of *Running Research*, and columnist for *Runner's World*!

Coaches' Round Table: Jesuit High School Coach Walt Lange, Bellarmine Prep Coach Terry Ward, Clayton Valley High School Coach Ron Silveira, and Lowell High School Coach Andy Leong lead a discussion based on your questions!

Contact: Phil Wilder at Moreau Catholic (510) 881-4300 or Helen Lehman at Carondelet H.S. (510) 686-5347.

■ MICHELLE DE COUX TO MARRY DARRYL HAMPTON

Hurdler Michelle De Coux (Bishop O'Dowd High School, Oakland 1988/USC 1992) will marry coach Darryl Hampton (Skyline High School, Oakland/Acom Track Club) on August 26.

De Coux won the state meet 100 meter hurdles in 13.91 (-0.78) and the 300 meter hurdles in 42.16 in 1988.

Hampton coached Skyline to the girls' state meet team championship in 1994.

■ DLS ADIDAS CHS CROSS COUNTRY INVITATIONAL

Saturday, September 23rd, 1995 at Nehalem Park in Concord. This Cross Country race will be held on the new 1995 North Coast Section Meet of Champions Course. Contact: Rico Balatti (De La Salle) (510) 686-3310 or Helen Lehman (Carondelet) 686-5347.

■ TEXAS STATE MEET

Austin, May 12-13--Ball (Galveston, Texas), the winners of the Oakland Invitational 4 x 100 at the University of California in Berkeley, won the Texas State 5A title in 40.21. It equaled

the fifth fastest of all-time and was the fastest high school time this season.

Men's All-Time Outdoor List

4 x 100

40.09	Jasper, Tx 91
40.0+	Lincoln, Dallas, Tx 70
40.16	Killeen, Tx 91
40.18+	South Oak Cliff, Tx 89
40.21	Willowridge, Sugar Land, Tx 89
	Willowridge, Sugar Land, Tx 91
	Ball, Galveston, Tx 95
40.24	Hawthorne, Ca 89

Source: HIGH SCHOOL TRACK

■ CENTRAL COAST SECTION NORTH SUB-SECTION

Los Gatos High School, Los Gatos, May 13--Etuale (Jefferson, Daly City) won the shot put at 44-5 1/2.

■ CENTRAL SECTION

Bakersfield College, May 19--Senior Marques Holiwell (West, Bakersfield) won the 100 meters in 10.36. Sophomore Tierre Sams (Edison, Fresno) placed second in 10.62. Senior Kendrail Terrance (Hoover, Fresno) was third in 10.66.

The Bakersfield boys' 400 meter relay team won in 41.24. Junior Jason Hammond (Fowler) won the shot put at 61-2. Freshman Van Mounts (Bkfid) placed second at 59-8. Senior Kristie Johnston (Central, Fresno) won the girls' 800 meters in 2:11.87 and the 1600 meters in 5:00.60. Senior Tina Watkins (South, Bakersfield) won the 100 meter high hurdles in 14.55. Junior Tara Flaming (Immanuel) won the high jump at 5-8.

Senior Melissa Price (Kingsburg) won the pole vault at 11-6. Sophomore Kolby Keiser (Sanger) placed second at 10-0. Freshman Allison Knode (Kingsburg) was third at 9-6. Napier (Lemoore) and Azar (Kingsburg) cleared 9-0.

Senior Jeanuarta Jackson (Central, Fresno) won the triple jump at 38-5. Junior Mandy Buckley (Bakersfield) won the discus at 145-6.

■ NORTH COAST SECTION BAY SHORE AREA

James Logan High School, Union City, May 20--Kelli White (Logan) defeated teammate Jernae Wright in the 100 meters--11.96 to 12.00.

Carla Estes (Logan) won the 400 meters in 55.47. Daveetta Shepherd (Salesian, Richmond), the 1994 state meet champion for Kennedy of Richmond, won the 100 meter high hurdles in 14.48.

The Logan girls' 4 x 100 team of Andrea Lacson, Carla Estes, Jernae Wright, and Kelli White defeated El Cerrito--46.77 to 47.85.

The El Cerrito girls' 4 x 400 team of Ross-Parker, Bigbee, White, and Saavedra won in 3:54.81.

Jernae Wright (Logan), the national leader in the long jump, won at 19-8 1/4. Jarnilla Churchill (Bishop O'Dowd, Oakland) won the high jump at 5-8. Amanda Bauer (Mission San Jose, Fremont) pole vaulted 9-6.

■ NORTH COAST SECTION REDWOOD EMPIRE AREA

Santa Rosa Junior College, Santa Rosa, May 20--Senior Corey Nelson (Rancho Cotate, Rohnert Park), fifth in the 1994 North Coast Section Meet of Champions, won the 400 meters in 47.77.

Senior Rene Lorraine (Petaluma) pole vaulted 15-9. Sophomore Julia Stamps (Santa Rosa), the 1994 state meet champion, won the 3200 meters in 10:20.26.

■ NORTH COAST SECTION TRI-VALLEY AREA

Diablo Valley College, Pleasant Hill, May 20--Shannon Flett (Acalanes, Lafayette) pole vaulted 9-6.

■ NORTH COAST SECTION A DIVISION

Mendocino College, Ukiah, May 20--Becky Studebaker pole vaulted 9-0.

■ CENTRAL COAST SECTION TRIALS

San Jose City College, May 20--B. Livingston (Seaside) won the 200 meters in 21.37.

Vong (Mt. Pleasant, San Jose) won the pole vault at 15-6. Dan Nord (Los Altos) won the triple jump at 49-10.

Haut (Harbor, Santa Cruz) won the pole vault at 9-6. Buchanan (Santa Clara) and Martin (Soquel) cleared 9-0.

Morrison (Presentation, San Jose) won the shot put at 48-1 3/4. Etuale (Jefferson, Daly City) placed second at 44-10 3/4.

■ SAC-JOQUIN SECTION TRIALS

Hughes Stadium, Sacramento, May 24--Senior James Hinex (Grant, Sacramento) won the 100 meters in 10.40. Junior Daunte Burks (Kennedy, Sacramento) placed second in 10.70.

Sophomore Demetrius Guidry (Bear Creek, Stockton) won the 200 meters in 21.00. Hinex was second in 21.07.

continued next page...

PREP NOTES

The Grant (Sacramento) boys' 4 x 100 team won in 41.34.

Junior Denise Warner (Ponderosa) won the pole vault final at 9-9. Freshman Amanda Sweeten (Tokay, Lodi) placed second at 9-3. Junior Hilary Hemdon (Del Oro, Loomis) was third at 9-0. Ruff (Ponderosa) was fourth at 9-0, but did not qualify for the state meet as only three qualify.

Freshman Chaniqua Ross (Laguna Creek, Elk Grove) won the discus at 143-0.

■ CENTRAL COAST SECTION FINALS

San Jose City College, San Jose, May 25—Bashir Levingston (Seaside) won the 100 meters in 10.69. Levingston also won the 200 meters in 21.41 (+2.45). Senior Todd Smith (San Jose Academy) placed second in 21.43.

Senior Jeff Nord (Los Altos), second at 23-3 3/4 last year, won the long jump at 23-11.

Scott Wenzholz (Gilroy) won the pole vault at 15-6. Mike Haldezos (Mills, Millbrae), who had a best of 14-3 in 1994, placed second at 15-6.

■ SAC-JOQUIN SECTION FINALS

Hughes Stadium, Sacramento, May 26—Senior James Hinex (Grant, Sacramento) set a new meet record of 10.33 in the 100 meters. The old meet record of 10.37 was set by Ali Evans (Vallejo) in 1994. Junior Daunte Burks (Kennedy, Sacramento) placed second in 10.57. Sophomore Demetrius Guidry (Bear Creek, Stockton) placed third in 10.60. Jackson (Beyer, Modesto) was a non-qualifying fourth in 10.64. Davis (Bear Creek, Stockton) was fifth in 10.64. Shaw (El Camino, Sacramento) was sixth in 10.65.

Hinex won the 200 meters in 20.95. Guidry placed second in 20.96. Senior Drew Bell (Vacaville) was third in 21.32.

Junior Michael Stember (Jesuit, Carmichael), who won the 1600 meters last year in 4:15.53, won in 4:11.8. Senior Michael Blair (Napa), who placed second last year in 4:17.77, placed second again in 4:14.3.

The Grant (Sacramento) boys' 4 x 100 team won in 41.48. Kennedy (Sacramento) placed second in 41.55.

"It was a great race," Kennedy coach Bill Carr said to Ricci R. Graham of the *Sacramento Bee*. "I thought we had it, but Hinex came from way back. Hinex is something special."

"I knew he could catch him," said Grant coach Walton Moore, the Sacramento Valley Coach of the Year, to Graham. "He comes from behind because he loves a challenge."

"James, he's going somewhere," Lincoln DuPre, a star football player at Grant, said to Graham. "I think he has a chance to win state."

"I knew I was going to have to run hard," said Hinex, who plans to run track at Texas A&M, to Graham. "I'm proud of myself. I feel good. The relay really pushed me. I didn't need to do the extra running. I needed to save it for the 200."

Senior Billy Bush (Downey, Modesto), won at 61-1 1/4. Senior Clyde Sanders (Grant, Sac-

ramento) placed second at 59-6 1/2. Bush, who placed second in the discus last year at 162-8, won at 179-4.

Senior Jamara Stallworth (Grant, Sacramento) won the 100 meters in 12.02. Stallworth also won the 200 meters in 24.20.

Senior Jamila Demby (Merced) won the 800 meters in 2:12.45. Junior Amanda Boice (Folsom) placed second at 2:13.13. Sophomore Angie Milner (Modesto), who won last year in 2:15.83, placed third in 2:13.71.

Senior Deaweh Totimeh (Valley, Sacramento) won the 100 meter high hurdles in 14.30.

Senior Felicia Stone (Kennedy, Sacramento), who placed second last year, placed second again in 14.46. Senior Rosalyn Morris (Vallejo) won the 300 meter low hurdles in 44.25.

The Valley (Sacramento) girls' 4 x 100 team won in 47.21.

Senior Jennifer Test (Bret Harte, Altaville) won the triple jump at 38-4 1/2. Freshman Chaniqua Ross (Laguna Creek, Elk Grove) won the discus at 143-10.

"I've accomplished a lot," Ross, the Sacramento Valley Field Female Athlete of the Year, said to Graham. "But I knew if I worked hard, I'd do well."

■ NORTHERN SECTION

Shasta College, May 25—Sophomore Laura Eckley (West Valley, Cottonwood) won the girls' pole vault at 9-0. Visna Lork (Yreka) placed second at 9-0.

■ NORTH COAST SECTION MEET OF CHAMPIONS TRIALS

Edwards Stadium, University of California, Berkeley, May 25—Senior Corey Nelson (Rancho Cotate, Rohnert Park) set a new meet record of 21.24 (-1.9) in the 200 meters. The old meet record of 21.1 (equivalent to 21.34 automatic timing) was set by Ken Robinson (Berkeley) in 1980. Nelson, who reminds me of the effortless way Steve Lewis ran, won heat one in 47.30.

The Berkeley boys' 4 x 100 team won heat one in 41.44.

Senior Kelli White (James Logan, Union City) won heat one in 11.90 (-0.3). White won heat one in 24.17 (+0.3).

Sophomore Carla Estes (James Logan, Union City) won heat one in 54.75, just .01 over the meet record.

Sophomore Daveetta Shepherd (Salesian, Richmond) won heat one in 14.37 (negative wind reading). Junior Ayana Grant (Bishop O'Dowd, Oakland) won heat two in 14.40 (negative wind).

Shepherd set a new meet record of 43.19 in the 300 meter low hurdles. The old meet record of 43.47 was set by Michelle DeCoux (Bishop O'Dowd, Oakland) in 1987.

The James Logan (Union City) girls' 4 x 100 team won heat one in 46.74 and the 4 x 400 team won heat three in 3:53.35. Logan's splits: 59.1, 57.8, 59.1, 57.2. The Bishop O'Dowd (Oakland) team won heat two in 3:55.20. Bishop O'Dowd's splits: 59.3, 58.2, 58.8, 58.9.

■ NORTH COAST SECTION MEET OF CHAMPIONS FINALS

Edwards Stadium, University of California, Berkeley, May 26—

Leon Callen (De La Salle, Concord), a junior, won the 200 meters in 21.51 (-1.40). Callen dropped the 100.

"I just wanted to play it smart," Callen said to Mitch Stephens of the *Contra Costa Times*. "I got a good start and took it out."

"I was just cautious of my (sore) leg," Callen said to Matt Schwab of the *Oakland Tribune* on why he dropped the 100. "I was just trying to play it smart. I've been better in the 200 anyway. I wanted to play it smart and help my team in the relays."

Corey Nelson (Rancho Cotate, Rohnert Park), a senior who placed fifth in this meet last year, set a new meet record of 46.89 in the 400 meters. The old meet record of 47.08 was set by Steve Lewis (American, Fremont) in 1987. The next year Lewis won the Olympic Games in Seoul, South Korea. Nelson's splits: 23.0, 46.8 (23.8).

"I thought I ran around a 47, but my coach was yelling at me 'Look at the clock, look at the clock,'" Nelson said to Brian Murphy of the *Press Democrat*. "I looked and said, 'Wow. 46.' Man, I was surprised."

Aaron Richberg (James Logan, Union City), a senior who is going to Auburn, set a new meet record of 1:49.36 in the 800 meters. The old meet record of 1:50.34 was set by Richberg last year. Richberg's splits: 24.4, 50.7 (26.3), 1:18.4 (27.7), 1:49.1 (30.7). Jonevan Homsby (St. Mary's, Berkeley), a senior who placed fourth last year in 1:53.39, placed second in 1:53.46.

Micheil Jones (Livermore), a junior who placed third last year in 4:17.93, won the 1600 meters in 4:13.91. Splits: 1:02.8, 2:06.8 (1:04.0); 3:11.6 (1:04.8) Jones; 4:13.7 (1:02.1).

"I was hoping to run a fast third lap," Jones said to Mitch Stephens of the *Tri-Valley Herald*. "I was surprised how fast everyone was running the first two laps. I wasn't sure I had it in me. This is a good way to go to state."

Steve Immel (Livermore), a senior who won last year in 9:13.74, won the 3200 meters in 9:14.54. Splits: 1:11.8 (Ryan Gallagher, Campbell); 2:20.7 (1:08.9) Immel led the remainder of race; 3:30.2 (1:09.5); 4:41.2 (1:11.0); 5:50.7 (1:09.5); 7:00.6 (1:09.9); 8:09.6 (1:09.0); 9:14.3 (1:04.7).

"He basically ended up running by himself," said Livermore coach Eddie Salazar to Stephens. "He couldn't rely on them (the other runners to push the pace), which is OK. Sometimes you've got to do that. He still ran a good race."

"(Immel) ran a great race," Micheil Jones said to Stephens.

Senior Rene Lorraine (Petaluma), who vaulted a career best 15-9 in the Redwood Empire Area Meet a week earlier, no-heighted at 14-6.

"It's a shame...he's a quality young man," said Petaluma coach Doug Johnson to Murphy. "He was disappointed, but told me it's been a

continued next page...

PREP NOTES

great four years, even though this was rough way to end it."

Senior Kelli White (James Logan, Union City), who won last year in 11.87 (+0.15), won the 100 meters in 11.57 (+0.40). White, second last year, also won the 200 meters in 23.66 (-1.10). White's splits: 11.7, 23.5 (11.8).

"I felt so good," White said to Matt Maiocco of *The Argus*. "It seemed like my feet were never even touching the ground."

Carla Estes (James Logan, Union City), a sophomore, won the 400 meters in 54.77. Zariyah Tillman (Foothill, Pleasanton), a senior, placed second in 55.76.

"I don't know what hit me down the stretch, but I wasn't going to let all this hard work go to waste," Tillman said to Stephens.

Elissa Riedy (Mission San Jose, Fremont), a senior who is going to Cal, won the 800 meters in 2:13.07. Riedy's splits: 1:09.0, 1:40.7 (31.7); 2:12.8 (32.1). Elissa Riedy, who won last year in 4:56.10, also won the 1600 meters in 4:52.94. Elissa's splits: 1:12.8, 2:30.2 (1:17.4); 3:45.1 (1:14.9); 4:52.6 (1:07.5). Kristen Gordon (Carondelet, Concord), a sophomore, placed second in 4:54.97. Lori Riedy, Elissa's twin who was second in 5:00.07 last year, was third in 4:54.99. Alison Lambert (Northgate, Walnut Creek), a senior who was third last year in 5:01.30, was fourth in 4:56.00.

Sophomore Julia Stamps (Santa Rosa), first last year in 10:28.49, won the 3200 meters in 10:19.91. Stamps' splits: 1:17.2, 2:33.4 (1:16.2), 3:49.4 (1:16.0), 5:06.2 (1:16.8), 6:25.1 (1:18.9), 7:47.8 (1:22.7), 9:07.1 (1:19.3), 9:43.9 (36.8), 10:19.6 (35.7) (1:12.6).

"I've been sick this week but I felt great during the first mile," Stamps said to Murphy. "Then during the second mile I felt it and said: Uh-oh. But I'm happy."

Daveetta Shepherd (Salesian, Richmond), a sophomore, set a new meet record of 14.07 (-2.00) in the 100 meter high hurdles. The old meet record of 14.20 was set by Shepherd last year. Shepherd set a new meet record of 42.90 in the 300 meter low hurdles. The old meet record of 43.19 was set by Shepherd in the trials. Katie Schukle (Santa Rosa), a sophomore, placed second in 44.05.

"I just sat there on the (Berkeley High School) track and was focusing on what I had to do today," Shepherd said to Joe Wolfcale of the *West County Times*. "It was one of the first tracks I ran on in age group but back then, when I was 8 or 9, it was all dirt. I guess you could say I came back to my roots."

The James Logan (Union City) girls' 4 x 100 team of junior Andrea Lacson, sophomore Carla Estes, junior Jemae Wright, and senior Kelli White won in 46.31. The Bishop O'Dowd (Oakland) team of junior Ayana Grant, junior Turshika Bennett, junior Candace Miles-Threat, and junior Crystal Miles-Threat placed second in 47.65. The El Cerrito team of junior Danielle Ross-Parker, freshman Janae Mitchell, sophomore Seneik Saavedra, and junior Mia Bigbee was third in 47.80.

The James Logan 4 x 400 team of junior Jemae Wright (59.9), sophomore Carla Estes (55.1), sophomore Jennifer Bridgeman (58.7), and senior Kelli White (53.1) set a new meet record of 3:46.90. The old meet record of

3:47.29 was set by Bishop O'Dowd (Oakland) in 1992. The Bishop O'Dowd (Oakland) team of Venus James (57.4), junior Turshika Bennett (57.5), junior Candace Miles-Threat (57.5), and junior Crystal Miles-Threat (56.1) placed second in 3:48.65. The El Cerrito team of junior Mia Bigbee (58.5), sophomore Seneik Saavedra (56.6), junior Tiffany White (59.7), and junior Danielle Ross-Parker (57.5) was third in 3:52.34.

Jamilla Churchill (Bishop O'Dowd, Oakland), a senior who won last year at 5-8, won the high jump at 5-8.

Junior Shannon Flett (Acalanes, Lafayette) won the pole vault at 10-6 1/4. Senior Amanda Bauer (Mission San Jose, Fremont) placed second at 10-1 3/4. Both Flett and Bauer qualified for the USA Mobil Outdoor Championships in Sacramento in June, by clearing 10 feet. Sophomore Becky Studebaker (South Fork, Miranda) placed third at 9-3. Sophomore Maria Lopez (Newark Memorial, Newark) placed fourth at 9-0. Senior Cynthia Lee (Arroyo) was fifth at 9-0. Senior Lisa Bell (Liberty, Brentwood) was sixth at 9-0.

■ SAN FRANCISCO SECTION

Kezar Stadium, San Francisco, May 27-- Junior Felton Charles (McAteer, San Francisco), who placed third in the 1994 state meet 400 meters for Westmoor (Daly City, Central Coast Section), set a new meet record in the 200 meters at 21.13. The old meet record of 21.20 was set by Walter Smith, McAteer in 1993.



KAARON CONWRIGHT

Photo by Kirby Lee

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RESULTS

NORTHERN CALIFORNIA From Keith Conning

CCS North Sub-Section

May 13, 1995. Qualifiers for CCS trials.

Los Gatos High School

BOYS

100 -- Jonsson (Aragon) 11.15, O'Neal (Milpitas) 11.16, 200 -- Rance (S.H. Cathedral) 22.42, Morrissey (Menlo-Atherton) 22.60, O'Neal (Milpitas) 22.66, Naivalu (Fremont) 22.68, 400 -- Cifelli (Los Gatos) 50.14, Weller (Aragon) 50.20, Weeks (Homestead) 50.46, Hegglund (Wilcox) 50.96, 800 -- Ruffledge (Los Gatos) 1:55.9, Walker (St. Francis) 1:57.6, Buelow (Burlingame) 1:58.4, Riddle (Gunn) 1:58.8.

1600 -- Balkman (Lynbrook) 4:22.6, Robinette (El Camino) 4:24.3, Carter (Los Gatos) 4:25.4, Dav. McDonough (Cupertino) 4:26.8, Pitts (Mountain View) 4:27.2, Riddle (Gunn) 4:29.5, 3200 -- Balkman (Lynbrook) 9:23.5, Becker (Bellarmine) 9:29.0, Song (Bellarmine) 9:35.9, Robinette (El Camino) 9:38.3, Dav. McDonough (Cupertino) 9:40.5, Jensen (Burlingame) 9:47.8, Hansen (St. Ignatius) 9:50.3, Wellman (St. Ignatius) 9:51.2, Levin-Soler (Gunn) 9:51.7, Leong (Mills) 9:52.0, Pitts (Mountain View) 9:53.4.

110 high hurdles -- D. Nord (Los Altos) 14.95, Naivalu (Fremont) 15.02, J. Nord (Los Altos) 15.44, 300 intermediate hurdles -- Naivalu (Fremont) 39.09, D. Nord (Los Altos) 39.68, Jackson (Milpitas) 39.76, Hornstein (Bellarmine) 39.98, J. Nord (Los Altos) 40.07, Young (St. Ignatius) 40.27, Farrell (Palo Alto) 40.32, 400 relay -- Milpitas 42.75, Los Gatos 43.18, Bellarmine 43.52, Aragon 43.71, St. Ignatius 43.83, Homestead 43.99, Westmoor 44.14, 1600 relay -- Los Gatos 3:25.16, Homestead 3:26.13, St. Ignatius 3:27.32, Gunn 3:28.11, Wilcox 3:29.89, RJordan 3:31.98.

Pole vault -- Haldezos (Mills) 14-8, Long jump -- J. Nord (Los Altos) 22-8 3/4, Wolf (Aragon) 21-10 1/2, Triple jump -- D. Nord (Los Altos) 46-10 1/2, Johnston (Fremont) 44-1 1/2, Shot put -- Mazzoni (Bellarmine) 56-2 1/2, Lewis (St. Ignatius) 53-5 1/2, Asher (Serra) 52-3 1/2, Howard (Los Altos) 49-8 1/2, Quijoch (Jefferson) 49-5 1/2, Discus -- Hovey (Monta Vista) 164-5 1/2, Tupulotu (San Mateo) 149-4 1/2, McGilvary (Los Gatos) 146-5, Slack (Los Altos) 146-2, Lane (St. Ignatius) 145-10 1/2, Lewis (St. Ignatius) 145-8 1/2.

GIRLS

100 -- Durkin (Woodside) 12.71, 200 -- Jennings (Woodside) 26.19, Jones (Westmoor) 26.19, Chavez (Los Gatos) 26.21, Williams (S.H. Cathedral) 26.22, Sczawinski (Los Gatos) 26.29, Morrison (Wilcox) 26.66, 400 -- Jennings (Woodside) 58.15, Williams (S.H. Cathedral) 58.57, Pieslak

(Menlo-Atherton) 58.69.

800 -- Holt (Menlo-Atherton) 2:20.1, Biber-Ferro (Los Gatos) 2:22.8, 1600 -- Kafalas (S.H. Cathedral) 5:22.6, Mollinare (Mills) 5:28.2, Hartley (St. Francis) 5:28.4, Appenrodt (Mercy-Burl.) 5:28.8, 3200 -- Sandoval (St. Ignatius) 11:28.4, Driscoll (St. Ignatius) 11:28.6, O'Leary (Half Moon Bay) 11:49.8, Mollinare (Mills) 11:57.6.

100 high hurdles -- Ocegüera (St. Francis) 15.65, Broden (Jefferson) 15.74, Mazik (Capuchino) 15.75, 300 hurdles -- Ocegüera (St. Francis) 47.74, Stortz (Monta Vista) 47.77, Clemm (St. Francis) 48.09, 400 relay -- St. Ignatius 49.56, Monta Vista 49.83, Los Gatos 49.86, St. Francis 50.09, Gunn 50.79, Wilcox 50.94, Los Altos 51.19, 1600 relay -- Los Gatos 4:02.9, Menlo-Atherton 4:04.8, Wilcox 4:09.7, Monta Vista 4:13.7.

High jump -- Gualco (Notre Dame-Belmont) 5-2, Tobin (Mercy-Burl.) 5-2, Anderson (Palo Alto) 5-2, Pole vault -- Consorti (St. Francis) 8-6, Furniss (St. Ignatius) 8-0, Falcis (Mercy-Burl.) 8-0, Olsson (St. Ignatius) 7-6, Buchanan (Santa Clara) 7-6, Long jump -- Ocegüera (St. Francis) 17-5 1/2, Tobin (Mercy-Burl.) 17-1 1/2, Triple jump -- Roberts (St. Ignatius) 35-1, Burnham (Los Altos) 35-0 3/4, Shih (Gunn) 34-6 1/2, Shot put -- Etuale (Jefferson) 44-5 1/2, Thiel (Fremont Christian) 35-11, Nilmeyer (Burlingame) 35-7 3/4, DeAmoro (Los Altos) 35-1, Pese (Jefferson) 35-1/2, Sahourieh (Westmoor) 34-9 1/2, Mahar (Terra Nova) 34-4 1/2, Discus -- Etuale (Jefferson) 133-8, DeAmoro (Los Altos) 114-9 1/2, Pese (Jefferson) 113-8 1/2, DePuy (Palo Alto) 112-8 1/2.

CCS South Sub-Section

May 13, 1995. Qualifiers for CCS trials.

Soquel High School, Soquel

BOYS

100 -- Levinston (Seaside) 11.12, Fernald (Westmont) 11.19, 200 -- Smith (San Jose) 22.18, Levinston (Seaside) 22.41, Ward (Alisal) 22.49. (Other results not in paper.)

GIRLS

200 -- Smith (Gilroy) 26.60, Mahoney (Santa Teresa) 26.67, Butler (Soquel) 26.97, Larson (Carmel) 26.72, 400 -- Elarms (Piedmont Hills) 58.2, Haviland (North Monterey County) 59.0, Ponder (Del Mar) 59.2, Keithy (Salinas) 59.7, Kawah (unattached) 59.8, Chellam (Mitty) 59.8, Mahoney (Santa Teresa) 1:00.0, McDougall (Aptos) 1:00.0, 800 -- McPherson (Silver Creek) 2:19.5, Denley (North Monterey County) 2:20.7, Renteria (Westmont) 2:23.2, Bush (Independence) 2:21.9, Quinet (Santa Teresa) 2:22.3, Page (Leigh) 2:23.1, Wallace (Notre Dame-Salinas) 2:23.4, Elyse-Smith (Monta Vista Christian) 2:24.2.

1,600 -- Pleyte (Hollister) 5:07.7, McPherson (Silver Creek) 5:13.4, Bleisch (Silver Creek) 5:14.3, Silva (Aptos) 5:16.4, Renteria (Westmont) 5:19.9, Ryan (Mitty) 5:20.1, Holmquist (Santa Teresa) 5:20.7, Silva (Piedmont Hills) 5:23.3, Delaplace (Mitty) 5:24.7, Randall (Aptos) 5:29.1,

3,200 -- Bleisch (Silver Creek) 11:17.6, Ryan (Mitty) 11:32.4, Silva (Aptos) 11:34.9, Pleyte (Hollister) 11:34.9, Elyse-Smith (Monte Vista Christian) 11:38.6, Surdin (Yerba Buena) 11:51.61, Tran (Santa Teresa) 11:53.1, Iverson (Willow Glen) 11:57.3, 300 LH -- Slater (Pioneer) 46.76, Fortenberry (Mitty) 47.36, Espinoza (Silver Creek) 47.67, Carver (Harbor) 47.57, Devereil (Soquel) 47.61, Guglielmo (Live Oak) 47.86, 7, Allen (North Salinas) 47.76, 8, Olaque (Silver Creek) 47.91, 400 relay -- Silver Creek 50.62, Harbor 50.78, 1,600 relay -- Mitty 4:03.1, North Monterey County 4:07.1, Salinas 4:08.8, Silver Creek 4:03.8, Soquel 4:07.2, Independence 4:09.5, 7, Aptos 4:10.0, Santa Teresa 4:10.13, Leland 4:11.3.

Pole vault -- Chlouba (Mitty), Englebretson (North Salinas, Haut (Harbor), Guidicatti (Del Mar), Pennycook (North Monterey County), Martin (Soquel), Swanson (Gilroy), Pham (Mt. Pleasant) all 7-0, Long jump -- Ponder (Del Mar) 18-1; Elarms (Piedmont Hills) 17-5; Sterbentz (Silver Creek) 16-10 1/2, Larson (Carmel) 16-8, Warfield (San Lorenzo Valley) 16-8, Duong (Overfelt) 16-6, Triple jump -- Pettibon (Gundersen) 36-0, Sterbentz (Silver Creek) 34-9 1/4, Duong (Overfelt) 34-9, Kawah (Mitty) 34-8 1/4, Ponder (Del Mar) 34-6, Shot put -- Morrison (Presentation) 43-2 1/2, Tulua (Carmel) 40-9, Maciel (North Salinas) 35-3 1/2, Maldonado (Mt. Pleasant) 35-3 1/2, Mariniez (Westmoor) 34-3 1/2, Mahar (Terra Nova) 34-0 1/2, Nanez (Watsonville) 34-0, Discus -- Tulua (Carmel) 132-6, Hotchkiss (Overfelt) 119-6, Royalty (San Lorenzo Valley) 117-2, Morrison (Presentation) 113-3, Miranda (Salinas) 111-7, Lloyd (Santa Teresa) 110-1.

CCS TRIALS

May 20, 1995. San Jose City College

BOYS

100 -- B. Levinston (Seaside) 10.77, Jonsson (Aragon) 10.81, O'Neal (Milpitas) 10.92, Morrissey (Menlo-Atherton) 10.95, Fernald (Westmont) 11.00, Hamm (Milpitas) 11.02, Cacal (Yerba Buena) 11.05, Rance (Sacred Heart Cathedral) 11.08, 200 -- B. Levinston (Seaside) 21.37, Rance (Sacred Heart Cathedral) 21.81, Smith (San Jose) 21.83, Morrissey (Menlo-Atherton) 21.86, Ward (Alisal) 21.98, O'Neal (Milpitas) 22.12, Wright (Silver Creek) 22.16, Pluta (Palma) 22.18, 400 -- K. Levinston (Seaside) 48.48, Prior (Santa Teresa) 48.49, Smith (San Jose) 48.51, Ward (Alisal) 48.68, Pluta (Palma) 49.26, Weller (Aragon) 49.27, Cifelli (Los Gatos) 49.40, Weeks (Homestead) 50.39.

800 -- Riddle (Gunn) 1:54.85, Sikiric (Leland) 1:55.29, Rossi (Harbor) 1:55.32, Ruffledge (Los Gatos) 1:55.45, Tuttle (Leland) 1:55.81, Morrell (San Jose) 1:55.85, Kaminskis (N. Monterey Co.) 1:56.29, Walker (St. Francis) 1:57.43, 1600 -- Sikiric (Leland) 4:16.44, Balkman (Lynbrook) 4:17.73, Torres (Silver Creek) 4:20.61, Rossi (Harbor) 4:21.20, Dominguez (Overfelt) 4:22.96, McDonough (Cupertino) 4:23.37, Pitts

(Mountain View) 4:24.33, Moreno (N. Salinas) 4:25.09, Crosno (Salinas) 4:26.34, Wulf (Bellarmine) 4:27.56, Roberts (Leland) 4:28.86, Chavez (Hollister) 4:29.67, 3200 -- Balkman (Lynbrook) 9:26.15, Robinette (El Camino) 9:30.24, Becker (Bellarmine) 9:31.51, Torres (Silver Creek) 9:33.70, Hansen (St. Ignatius) 9:38.77, Wellman (St. Ignatius) 9:39.38, Moreno (N. Salinas) 9:41.00, Song (Bellarmine) 9:45.49, McDonough (Cupertino) 9:46.57, Boothe (Pioneer) 9:48.60, Garcia (Watsonville) 9:48.79, Jensen (Burlingame) 9:51.65.

110 high hurdles -- D. Nord (Los Altos) 14.37, Naivalu (Fremont) 14.38, J. Nord (Los Altos) 14.53, Hornstein (Bellarmine) 15.03, Bull (Mountain View) 15.14, Stone (Yerba Buena) 15.23, Young (St. Ignatius) 15.29, Whitt (St. Ignatius) 15.43, 300 intermediate hurdles -- Naivalu (Fremont) 38.42, D. Nord (Los Altos) 39.07, Jackson (Milpitas) 39.15, J. Nord (Los Altos) 39.27, Young (St. Ignatius) 39.42, Hornstein (Bellarmine) 40.03, Farrell (Palo Alto) 40.51, Barnes (Monterey) 40.58, 400 relay -- Milpitas 42.42, Seaside 42.58, Del Mar 42.75, Aragon 42.82, Los Gatos 42.91, Bellarmine 42.94, Mount Pleasant 43.45, Palma 43.51, 1600 relay -- Los Gatos 3:20.46, Del Mar 3:22.20, Gunn 3:22.75, Homestead 3:24.12, Wilcox 3:24.66, San Jose 3:24.89, St. Ignatius 3:24.90, Leland 3:25.06.

High jump -- Neumann (Wilcox) 6-6, Zeidler (Bellarmine) 6-4, Bull (Mountain View) 6-4, Beals (Salinas) 6-4, Culross (Sequoia) 6-4, Pole vault -- Vong (Mt. Pleasant) 15-6, Haldezos (Mills) 15-0, Wenholtz (Gilroy) 15-0, Gubser (N. Salinas) 15-0, Evanger (N. Monterey Co.) 14-6, Vong (Silver Creek) 14-6, Long jump -- J. Nord (Los Altos) 23-1 1/2, B. Levinston (Seaside) 23-0 1/2, Wright (Silver Creek) 22-11, Rance (Sacred Heart Cathedral) 22-0, Wolfe (Aragon) 22-0, Ecalne (Milpitas) 22-0, Bonney (N. Salinas) 21-10 1/4, Ray (Alisal) 21-8 1/2, Triple jump -- D. Nord (Los Altos) 49-10, Bibbs (Overfelt) 47-4 1/4, Bonney (N. Salinas) 45-0 1/2, Johnston (Fremont) 44-10 1/4, Saso (Bellarmine) 44-9 3/4, Neumann (Wilcox) 44-8 1/4, Jordan (Bellarmine) 44-0 1/4, Shot put -- Mazzoni (Bellarmine) 55-8 3/4, Howard (Los Altos) 54-6 3/4, Quijoch (Jefferson) 54-5 1/4, Lewis (St. Ignatius) 54-3 1/2, Asher (Serra) 53-3, Young (Salinas) 50-4, Dittmer (Gundersen) 49-10, Stewart (Hollister) 48-11 1/4, Discus -- Perkins (Bellarmine) 163-2, Hovey (Monta Vista) 162-3, Lewis (St. Ignatius) 156-8, Tupulotu (San Mateo) 149-3.

GIRLS

100 -- Washington (St. Ignatius) 12.23, Smith (Gilroy) 12.27, Chavez (Los Gatos) 12.32, Jones (Westmoor) 12.37, Durkin (Woodside) 12.49, Chu (Los Altos) 12.52, Ostoja (Hollister) 12.62, Holly (N. Salinas) 12.69, 200 -- Chavez (Los Gatos) 24.88, Smith (Gilroy) 25.41, Ponder (Del Mar) 25.44, Jones (Westmoor) 25.52, Sczawinski (Los Gatos) 25.60, Williams (Sacred Heart Cathedral) 25.65, Jennings (Woodside) 25.71, Chu (Los Altos) 25.86, 400 --

PREP NOTES

Piesiak (Menlo-Atherton) 57.69. Ponder (Del Mar) 58.05. Williams (Sacred Heart Cathedral) 58.05. Elarms (Piedmont Hills) 58.23. Haviland (N. Monterey Co.) 58.79. Mahoney (Santa Teresa) 59.01. Kawah (Mitty) 59.43. Lombardi (Los Gatos) 59.44.

800 -- McPherson (Silver Creek) 2:16.89. Holt (Menlo-Atherton) 2:19.09. Baber-Ferro (Los Gatos) 2:19.37. Bush (Independence) 2:19.58. Denley (N. Monterey Co.) 2:22.99. Renteria (Westmont) 2:23.26. Quinet (Santa Teresa) 2:23.64. Wallace (Notre Dame-Salinas) 2:24.04. **1600** -- Pleyte (Hollister) 5:07.5. McPherson (Silver Creek) 5:09.1. Bleisch (Silver Creek) 5:17.2. Ryan (Mitty) 5:18.9. Holmquist (Santa Teresa) 5:19.4. Silva (Aptos) 5:22.9. Kefalas (Sacred Heart Cathedral) 5:25.2. Johal (Independence) 5:26.3. **3200** -- Pleyte (Hollister) 11:07.28. Sandoval (St. Ignatius) 11:15.14. Driscoll (St. Ignatius) 11:20.02. Bleisch (Silver Creek) 11:31.48. Silva (Aptos) 11:33.19. Ryan (Mitty) 11:34.55. Elyse-Smith (Monte Vista Christian) 11:35.50. Iverson (Willow Glen) 11:37.94. M. O'Leary (Half Moon Bay) 11:42.15. Mollinare (Mills) 11:43.16. Schlueter (St. Ignatius) 11:43.60. Tran (Santa Teresa) 11:48.42.

100 high hurdles -- Ocegueda (St. Francis) 15.02. Allen (N. Salinas) 15.27. Larson (Carmel) 15.77. Mazik (Capuchino) 15.85. Gillott (N. Monterey Co.) 15.87. Eala (N. Monterey Co.) 16.07. McGowan (Leigh) 16.12. **300 low hurdles** -- Slater (Pioneer) 44.95. Steingart (St. Francis) 45.48. Espinoza (Silver Creek) 45.54. Ocegueda (St. Francis) 45.91. Allen (N. Salinas) 46.23. Deverell (Soquel) 46.81. Shull (Milpitas) 46.96. Guglielmo (Live Oak) 47.01. **400 relay** -- St. Francis 48.71. St. Ignatius 48.96. Monte Vista 49.93. Independence 50.16. Gunn 50.35. Soquel 50.56. Mitty 50.60. Los Altos 50.72. **1600 relay** -- Menlo-Atherton 3:58.21. Silver Creek 3:59.55. Mitty 4:00.12. Los Gatos 4:01.42. Salinas 4:04.73. Wilcox 4:07.59. Soquel 4:08.49. Los Altos 4:11.75.

Pole vault -- Haut (Harbor) 9-6. Buchanan (Santa Clara) 9-0. Martin (Soquel) 9-0. Consorti (St. Francis) 8-0. Chlouba (Mitty) 8-0. Furniss (St. Ignatius) 8-0. Pennycook (N. Monterey Co.) 7-6. Guidicatti (Del Mar) 7-6. **Long jump** -- Ponder (Del Mar) 18-9. Sterbentz (Silver Creek) 18-3. Larson (Carmel) 18-0. Elarms (Piedmont Hills) 17-10 3/4. Schloesser (Los Gatos) 17-9. Ocegueda (St. Francis) 17-7. Burnham (Los Altos) 17-6 1/2. Livers (Independence) 17-6 1/4. **Triple jump** -- Ponder (Del Mar) 37-8. Pettibon (Gunderson) 37-4. Burnham (Los Altos) 36-8 3/4. Ito (Fremont) 36-3 3/4. Roberts (St. Ignatius) 35-11. Owens (Independence) 35-10. Sterbentz (Silver Creek) 35-9. Duong (Overfelt) 35-8 1/4. **Shot put** -- Morrison (Presentation) 48-1 3/4. Etuale (Jefferson) 44-10 3/4. Tulua (Carmel) 42-6 1/2. Thiel (Fremont Christian) 36-10 1/4. Nilmeayer (Burlingame) 36-3 1/4. Makdonado (Mt. Pleasant) 36-0. Maciel (N. Salinas) 35-10 1/2. Pese (Jefferson) 35-9. Dicus -- Royaltay (San Lorenzo Valley) 136-9. Tu-

lua (Carmel) 133-6. Etuale (Jefferson) 125-7. Morrison (Presentation) 119-4. Loyd (Santa Teresa) 119-0. DeAmoro (Los Altos) 117-8. DePu (Palo Alto) 117-4. Hotchkiss (Overfelt) 113-10.

NORTH COAST SECTION BAY SHORE MEET

May 20, 1995. James Logan High School, Union City

Boys Teams -- 1. Logan 94, 2. De Anza 59, 3. Mission San Jose 52, 4. St. Mary's 41, 5. Castro Valley 36.

100 -- 1. Dee Moronkola (De Anza) 10.95. **200** -- 1. Dee Moronkola (De Anza) 22.14, 2. Carminer (Kennedy) 22.47. **400** -- 1. Aaron Richberg (Logan) 49.25, 2. Rosales (Ivington) 50.88. **800** -- 1. Aaron Richberg (Logan) 1:53.88, 2. Hornsby (St. Mary's) 1:54.93, 3. Young (St. Mary's) 1:55.34, 4. Rodriguez (Tennyson) 1:57.91, 5. Caulboy (Tennyson) 1:58.71, 6. Luu (Logan) 1:59.54.

1600 -- 1. Jonathan Stevens (Mission San Jose FRESHMAN!) 4:17.30, 2. Teakell (Bishop O'Dowd) 4:18.31, 3. Kennedy (San Leandro) 4:26.57, 4. Embaye (Logan) 4:28.52. **3200** -- 1. Keith Kennedy (San Leandro) 9:39.88, 2. Stevens (Mission San Jose) 9:39.75, 3. Rhodes (Piedmont) 9:41.93, 4. Henriquez (San Leandro) 9:47.12, 5. Foster (Logan) 9:53.80, 6. Embaye (Logan) 9:56.44, 7. Rodriguez (Mission San Jose) 9:57.40. **1100H** -- 1. Aaron Hill (De Anza) 14.72, 2. DeSandies (Moreau) 15.15, 3. Brooks (Logan) 15.25, 4. Oates (Castro Valley) 15.40. **300H** -- 1. Andre Rutledge (Encinal) 39.05, 2. Lau (San Leandro) 40.51, 3. Brooks (Logan) 40.56. **400R** -- 1. De Anza (Vance, Moronkola, Williams, Hill) 42.88, 2. Logan 44.14, 3. Kennedy 44.28, 4. Mission San Jose 44.31. **1600R** -- 1. St. Mary's (Olivier, Fripp, Hornsby, Young) 3:22.82, 2. De Anza 3:25.79, 3. Washington 3:27.00, 4. Kennedy-R 3:29.14, 5. Tennyson 3:29.18, 6. Richmond 3:31.16.

PV -- 1. Jeremiah Johnson (Logan) 13-0, 2. Chang (Mission San Jose) 13-0. **TJ** -- 1. Ra-sheed Abdullah (Logan) 47-7 3/4. **SP** -- 1. Mike Sagapolu (Tennyson) 49-8, 2. Ransom (Logan) 48-1, 3. Donovan (Washington) 48-0. **DT** -- 1. Kyle Donovan (Washington) 153-11.

Girls Teams -- 1. Logan 161, 2. O'Dowd 68, 3. Mission San Jose 65, 4. El Cerrito 40, 5. (tie) Newark Memorial and Moreau 25.

100 -- 1. Kelli White (Logan) 11.96, 2. Wright (Logan) 12.00, 3. Shepherd (Salesian) 12.22. **200** -- 1. White (Logan) 24.89, 2. Wright (Logan) 25.24, 3. Bennett (O'Dowd) 25.57, 4. Estes (Logan) 25.59, 5. Crystal Miles-Threat (O'Dowd) 25.93, 6. Jones (San Leandro) 26.20. **400** -- 1. Carla Estes (Logan) 55.47, 2. Saavedra (El Cerrito) 56.67, 3. Crystal Miles-Threat (O'Dowd) 57.01, 4. Bennett (O'Dowd) 58.03, 5. Grant (Holy Names) 58.35, 6. Candice Miles-Threat (O'Dowd) 58.36. **800** -- 1. Elissa Riedy (Mission San Jose) 2:14.20, 2. Bridge-man (Logan) 2:15.23.

1600 -- 1. E. Riedy (Mission San Jose)

5:02.14, 2. Lori Riedy (Mission San Jose) 5:02.26, 3. Ewing (Castro Valley) 5:14.00, 4. Kennedy (Arroyo) 5:20.10, 5. Marques (Castro Valley) 5:21.66, 6. Terrazas (O'Dowd) 5:22.55, 7. Nowak (Newark) 5:26.35. **3200** -- 1. Lori Riedy (Mission San Jose) 11:05.04, 2. Gillis (Moreau) 11:29.26, 3. Ewing (Castro Valley) 11:32.05, 4. Kiyono (Logan) 11:32.17, 5. Saleta (O'Dowd) 11:35.05, 6. Moscher (San Leandro) 11:44.03, 7. Duscha (Washington) 11:49.82. **1000H** -- 1. Daveetta Shepherd (Salesian) 14.48, 2. Grant (O'Dowd) 14.57, 3. Mitchell (El Cerrito) 14.60, 4. Triggs (Moreau) 15.40, 5. Balumbu (Logan) 15.87, 6. Chappelle (Logan) 15.87. **300H** -- 1. Shepherd (Salesian) 44.66, 2. Garrett (San Leandro) 46.24, 3. Balumbu (Logan) 46.74, 4. Triggs (Moreau) 47.19, 5. McGraw (Mission) 47.47, 6. Stevens (Mission San Jose) 47.92, 7. Buchongo (Salesian) 48.15. **400R** -- 1. Logan (Lacson) 47.85, 2. Wright, White) 46.77, 2. El Cerrito 47.85, 3. O'Dowd 47.98, 4. San Leandro

NORTH COAST SECTION TRI-VALLEY AREA MEET

May 20, 1995. Diablo Valley College, Pleasant Hill

Boys Teams -- 1. Berkeley 98, 2. De La Salle 88, 3. Livermore 57, 4. Amador Valley 40, 5. Monte Vista 30.

100 -- 1. Gwange Pittman (Berkeley) 10.85, 2. Callen (De La Salle) 10.87, 3. Cherry (Berkeley) 11.09, 4. Jordan (Pittsburg) 11.20. **200** -- 1. Juan Cherry (Berkeley) 22.24, 2. Callen (De La Salle) 22.24, 3. Navies (Berkeley) 22.61. **400** -- 1. Marion Monroe (Berkeley) 48.66, 2. Moore (De La Salle) 59.01, 3. Thompson (Alhambra) 50.22, 4. Druskin (San Ramon) 50.75. **800** -- 1. Greg Hintz (De La Salle) 1:58.47, 2. Treuhatt (Amador Valley) 1:58.68, 3. Lewis (Livermore) 1:58.85, 4. Scott (Amador Valley) 1:59.19.

1600 -- 1. Micheil Jones (Livermore) 4:18.66, 2. Wojciechowski (Clayton Valley) 4:19.29, 3. Immel (Livermore) 4:23.05, 4. Treuhatt (Amador Valley) 4:29.63. **3200** -- 1. Steve Immel (Livermore) 9:25.8, 2. Jones (Livermore) 9:25.8, 3. Prindiville (De La Salle) 9:37.3, 4. Beggs (Monte Vista) 9:43.8, 5. Gallagher (Campolindo) 9:46.5, 6. Henstorf (Amador Valley) 9:47.4, 7. Brigham (Clayton Valley) 9:47.5. **400R** -- 1. Berkeley 41.80, 2. De La Salle 43.20, 3. Alhambra 43.63, 4. Acalanes 44.25, 5. Amador Valley 44.32, 6. Clayton Valley 44.56. **1600R** -- 1. Berkeley 3:22.96, 2. De La Salle 3:29.48, 3. Amador Valley 3:29.82, 4. Livermore 3:29.98, 5. Benicia 3:31.81. **1100H** -- 1. Marcus Williams (Berkeley) 15.09, 2. Joseph (Pinole Valley) 15.14. **300H** -- 1. Joe Cokes (Berkeley) 40.32, 2. Subramanian (San Ramon Valley) 40.57, 3. Brown (Amador Valley) 40.77.

HJ -- 1. Saleem Mahdi (Pittsburg) 6-6, 2. Taylor (Northgate) 6-4. **PV** -- 1. Cody Metzger (Liberty) 13-0. **LJ** -- 1. Brandon Taylor (Northgate) 22-7 3/4, 2. Moore (De La Salle) 22-1 3/4, 3. Cokes (Berkeley) 21-7 3/4. **TJ** -- 1. Saleem Muhammad (De La Salle) 45-9, 2. Mahdi (Pittsburg) 44-1 1/2, 3. Joyner (Alhambra) 44-2 3/4. **SP** -- 1. Dave Spitz (Monte Vista) 54-5 1/4, 2. Pepper (Acalanes) 48-6 1/4. **DT** -- 1. Dave Spitz (Monte Vista) 162-1, 2. Garrison (Antioch) 150-5, 3. Fink (Monte Vista) 146-6, 4. Sherrod (Foothill) 146-4.

Girls Teams -- 1. Carondelet 90, 2. Clayton Valley 74, 3. Amador Valley 42, 4. Berkeley 39, 5. Pittsburg 35.

200 -- 1. Zarinah Tillman (Foothill) 25.57, 2. Fitzgerald (College Park) 26.22, 3. McCallister (Clayton Valley) 26.45, 4. Jiles (Pittsburg) 26.46. **400** -- 1. Zarinah Tillman (Foothill) 56.60, 2. Ze (Livermore) 56.76, 3. Fitzgerald (College Park) 57.84, 4. Jiles (Pittsburg) 58.85. **800** -- 1. Monica Van Wegen (Amador Valley) 2:15.24, 2. Goddard (Carondelet) 2:16.89, 3. Bock-Williams (Carondelet) 2:20.34, 4. Howisley (Clayton Valley) 2:22.94, 5. Bowen (San Ramon) 2:22.96. **1600** -- 1. Kristen Gordon (Carondelet) 5:02.81, 2. Bowen (San Ramon)



SALEEM MAHDI

Photo by Bill Cockerham

49.08. **1600R** -- 1. El Cerrito (Ross, Bigbee, White, Saavedra) 3:54.81, 2. O'Dowd 3:56.04, 3. Logan 3:58.60, 4. Mission San Jose 4:12.20.

HJ -- 1. Jamilla Churchill (O'Dowd) 5-8, 2. Chappelle (Logan) 5-6. **PV** -- 1. Amanda Bauer (Mission San Jose) 9-6, 2. Lee (Arroyo) 8-6, 3. Lopez (Newark) 8-6, 4. Vickroy (Logan) 8-0, 5. Ewing (Castro Valley) 8-0, 6. Gizstulini (Castro Valley) 7-6, 7. Erickson (Logan) 7-6. **LJ** -- 1. Jernae Wright (Logan) 19-8 1/4, 2. Estes (Logan) 17-4 1/4. **TJ** -- 1. Andrea Lacson (Logan) 35-11 1/2, 2. Chappelle (Logan) 35-4, 3. Savage (Alameda) 34-1 1/2. **SP** -- 1. Candace Webb (O'Dowd) 34-10 1/2, 2. Savage (Alameda) 34-0, 3. Martinez (Moreau) 34-0, 4. Daddie (Newark) 34-0. **DT** -- 1. Serwa Daddie (Newark) 120-10.

PREP NOTES

5:03.89. 3. Howley (Clayton Valley)
5:18.37. 4. Basch (Foothill) 5:27.11.
3200--1. Kristen Gordon (Carondelet)
11:13.6. 2. Osteen (Clayton Valley)
11:22.7. 3. Lambert (Northgate) 11:30.9.
4. Daniel (Granada) 11:41.6. 5. Robinson
(Las Lomas) 11:57.4. 6. Owen (Carondelet)
11:59.1. **400R**--1. Carondelet 49:52. 2.
Amador Valley 49:74. 3. Pittsburg 50:03.
4. Clayton Valley 51:10. **1600R**--1. Ca-
rondelet 3:59.72. 2. Amador Valley
4:02.69. 3. Clayton Valley 4:04.88. 4.
Berkeley 4:05.37. 5. Livermore 4:06.48. 6.
Northgate 4:09.41. 7. Alhambra 4:10.71.
100HH--1. Australia Ratliff (Pittsburg)
16:06. 2. King (Carondelet) 16:10. 3. Feder-
co (Berkeley) 16:26. **300MH**--1. Melissa
Cartmell (San Ramon) 45:23. 2. Federico
(Berkeley) 46:60. 3. King (Carondelet)
47:86. 4. Robinson (Livermore) 48:29.
HJ--1. Jenny Eggert (Carondelet) 5-2
PV--1. Shannon Flett (Acalanes) 9-6. 2.
Bell (Liberty) 8-6. Hampton (Liberty) 8-6.
LJ--1. Michelle Brewer (Berkeley) 18-1 3/4.
2. R. Brewer (Berkeley) 18-1 3/4. 3. McAl-
lister (Clayton Valley) 17-0 3/4. TJ--1. Kris-
ta Johnson (Ygnacio Valley) 37-1. 2. Min-
ton (Acalanes) 35-6 1/2. 3. Brumm
(Amador Valley) 35-2 1/2. 4. Marie Hsieh
(Northgate) 34-0 1/2. SP--1. Dana Law-
son (Clayton Valley) 35-7 1/4. 2. Pitchford
(Clayton Valley) 34-2 3/4. DT--1. Jennifer
Saguindel (Antioch) 121-1. 2. Beck (Clay-
ton Valley) 115-9. 3. Colbert (Alhambra)
112-7.

NORTH COAST SECTION REDWOOD EMPIRE AREA MEET

May 20, 1995. Santa Rosa Junior College,
Santa Rosa

Boys Teams--1. Rancho Cotate 71. 2.
Santa Rosa 64.5. 3. Petaluma 48. 4.
Ukiah 41. 5. Newman 37.
100--1. Stevens (Rancho Cotate) 11.0.
200--1. Nelson (Rancho Cotate) 21.51. 2.
Williams (Ukiah) 22.79. **400**--1. Nelson
(Rancho Cotate) 47.77. 2. Tong (Petalu-
ma) 50.65. 3. Boerio (Marin Catholic)
51.01. **800**--1. C. Clark (Arcata) 1:55.33.
2. VandenHuevel (Santa Rosa) 1:57.51. 3.
J. Clark (San Marin) 1:58.31. 4. Wilson
(Terra Linda) 1:58.34. 5. Townsend (Eure-
ka) 1:59.26. **1600**--1. Z. Barrett (Santa
Rosa) 4:21.76. 2. Brecht (Petaluma)
4:23.03. 3. Grubbs (Eureka) 4:26.14. 4.
Egerton (Santa Rosa) 4:27.38.
3200--1. Z. Barrett (Santa Rosa)
9:50.67. 2. Brecht (Petaluma) 9:54.12. 3.
White (Eureka) 9:55.99. 4. Schwartz (San-
ta Rosa) 9:58.64. **110HH**--1. Barnsdale
(Montgomery) 14.91. 2. Leonard (Piner)
14.94. **300HH**--1. Barnsdale (Montgomery)
39.31. 2. S. Barrett (Santa Rosa) 40.10. 3.
Andrews (Rancho Cotate) 40.90. **400R**--1.
Rancho Cotate 43.45. 2. Ukiah 43.93. 3.
Fortuna 44.24. 4. San Marin 44.45. **1600R**--
1. Rancho Cotate 3:26.60. 2. San Marin
3:28.81. 3. Arcata 3:31.30. 4. Newman
3:31.72.
HJ--1. Leonard (Piner) 6-6. 2. Poisson

(Cardinal Newman) 6-6. 3. Frick (Redwood)
6-4. PV--1. Lorraine (Petaluma) 15-9. 2.
Clem (Arcata) 13-6. TJ--1. Williams (Ukiah)
45-2 1/2. SP--1. Chase (Cardinal Newman)
58-0. 2. M. Seefeld (Marin Catholic) 52-0
1/4. 3. A. Seefeld (Marin Catholic) 50-5.
DT--1. M. Seefeld (Marin Catholic) 159-9
1/2.
Girls Teams--1. Santa Rosa 145. 2. Mont-
gomery 36. 3. Terra Linda 35. 4. Sonoma
32.5. 5. Novato 30.
200--1. Guanella (Santa Rosa) 26.37. 2.
Naar (Drake) 26.58. **400**--1. Naar (Drake)
58.51. 2. Criss (Arcata) 59.77. **800**--1.
Richardson (Montgomery) 2:18.26. 2. Hold-
en (San Rafael) 2:24.54. **1600**--1. Harrah
(Sonoma) 5:17.82. 2. Heckscher (San Ra-
fael) 5:22.53.
3200--1. Stamps (Santa Rosa) 10:20.26.
2. Harrah (Sonoma) 11:36.50. 3. Hernandez
(Healdsburg) 11:53.79. 4. Ponig (Terra Lin-
da) 11:55.70. 5. Canova (Ursuline)
11:56.77. **110HH**--1. Schukle (Santa Rosa)
15.27. 2. Henkels (Santa Rosa) 15.80.
300H--1. Schukle (Santa Rosa) 46.13. 2.
McMillan (Del Norte) 47.38. 3. Cohn (Sono-
ma) 47.84. **400R**--1. Santa Rosa 50.3.
1600R--1. Montgomery 4:09.60. 2. Santa
Rosa 4:13.51.
HJ--Edwards (Del Norte) 5-2. Guanella
(Santa Rosa) 5-2. PV--Guglielmo (Novato)
8-5 1/2. Nelsingh (Santa Rosa) 8-0. Wilson
(Terra Linda) 8-0. Scagliola (Rancho Co-
tate) 8-0. Hause (Montgomery) 7-6. Don-
nelly (Sonoma) 7-6. Parr (Piner) 7-0. LJ--1.
Roby (Santa Rosa) 16-8. TJ--1. Berg (Ter-
ra Linda) 34-8 3/4. SP--1. Gabbard (Nova-
to) 38-1. 2. Knobel (Santa Rosa) 36-5. DT--
1. Wilson (Santa Rosa) 112-6.



COURTNEY PUGMIRE

Photo by Bill Cockerham

NORTH COAST SECTION A DIVISION

May 20, 1995. Mendocino College, Ukiah
Boys Teams--1. Clear Lake 141. 2. Califor-
nia School for the Deaf 83. 3. Willits 48. 4.
Ferdale 47. 5. Kelseyville 37.
1600--1. Genant (Branson) 4:16.1. **3200**--
1. Genant (Branson) 9:51.0. **400R**--1. Cali-

fornia School for the Deaf 44.5. LJ--1. Ewing
(Clear Lake) 21-8 1/2. TJ--1. Wright (Clear
Lake) 44-5. SP--1. Lydick (Fort Bragg) 51-
1.
Girls Teams--1. Clear Lake 122 1/2. 2. St.
Bernard 74. 3. Kelseyville 62 1/2. 4. St. Vin-
cent 36. 5. Fort Bragg 35.
100--1. Stewart (Beacon) 12.3. **800**--1.
Gobert (Clear Lake) 2:24.8 (meet record).
1600--1. Gobert (Clear Lake) 5:21.8. **100H**--
1. Stewart (Beacon) 15.4.
300H--1. Stewart (Beacon) 45.6. 2. Pet-
erson (Ferdale) 45.7. PV--1. Studebaker
(South Fork) 9-0.

SOUTHERN CALIFORNIA From Doug Speck

LOS ANGELES CITY PRELIMINARIES

Thursday May 18th. Birmingham HS (Van
Nuys)

Boys: 100m Lee (Cleveland, Reseda) 10.4.
200m Scott (Fremont, L.A.) 21.29. Lee
(Cleveland, Res) 21.44. Cornwright (Westches-
ter) 21.49. 400m Jones (Manual Arts, L.A.)
48.29. 4x100m Re Manual Arts (L.A.)
41.74. LJ Scott (Fremont, L.A.) 25-04.5.
Jude (Dorsey, L.A.) 24-03.5w. 3. Stewart
(Gardena) 24-0.75w. **Girls**: 200m Mucker
(Hamilton, L.A.) 24.14. LJ West (Gardena)
18-04.75.

SOUTHERN SECTION DIVISIONAL FINALS

Saturday May 20th - Carritos College

Boys:
Div I - 100m Hillard (Torrance) 10.63
(+1.35). II Howard (Canyon Springs, Moreno
Valley) 10.41w (+3.79). 2. Harrison (Dana
Hills, Dana Pt) 10.42w. III Butler (Morn-
ingside, Inglewood) 10.54w (+3.50). 2. Cooley
(Culver City) 10.55w. 3. Morton (So Tor-
rance) 10.56w. **200m** Moore (Muir, Pas)
21.00w (+2.07). 2. Campbell (Alta Loma)
21.17w. 3. Davis (Burroughs, Ridgecrest)
21.26w. 4. Hillard (Torrance) 21.56w. 4. Hil-
lard (Scott) 21.56w. II Harrison (Dana Hi. DP)
21.10 (+1.64). 2. Burrell (Palm Springs)
21.69. III Cooley (Culver City) 21.38w
(+2.77). 2. Butler (Morningside, Inglew)
21.53w. 3. Griswold (Garden Grove) 21.58w.
400m Moore (Muir, Pas) 45.96. 2. Campbell
(Alta Loma) 46.70. 3. Davis (Burroughs
Ridgecrest) 47.11. II Washington (La Sierra
Rivers) 46.80. 2. Jay (Ventura) 47.94. 3.
Lewis (Rivers Poly) 48.48. III Garner (Notre
Dame, Sherman Oaks) 48.65.
800m I Granville (Bell Gardens) 1:49.65. 2.
Strutzel (Huntington Beach) 1:52.03. 3.
Lyon (Hesperia) 1:52.46. II O'Bannon
(Ocean View, Hunt Beach) 1:54.38. III Lou-
denbach (Loyola, Manhattan Beach)
1:54.57. IV Pacheco (Brethren Christian,
Cypress) 1:51.55. 2. Miller (Maranatha,
Sierra Madre) 1:52.45. **1600m** I A. Arce
(Plamdale) 4:12.05. 2. Fischer (1000 Oaks)

4:13.80. 3. Gonzalez (Cresc Valley, La
Cresc) 4:15.55. 4. Strahan (Hart, Newhall)
4:16.03. II Morgan (Miss Viejo) 4:20.20. III
Jensen (Sunny Hills, Fullerton) 4:14.21. Lee
(Bishop Montgomery, Tor) 4:15.95. 3.
Mitchell (Morro Bay) 4:16.97. IV Pacheco
(Breth Chr. Cyp) 4:14.17. **3200m** A. Arce
(Palmdale) 9:09.73. 2. Fischer (1000
Oaks) 9:10.46. 3. McLarty (Ayala, Chino)
9:11.33. 4. Gonzalez (Cresc Valley, La
Cresc) 9:12.66. 5. Hernandez (Camarillo)
9:13.82. II Sanchez (Capistrano Valley,
Miss Viejo) 9:12.92. III Ramirez (Nordhoff,
Ojai) 9:13.45. 2. Liu (Temple City) 9:18.17.

110mHH I-Walker (W Covina) 14.26
(+1.14). 2. Rambo (Poly, Long Beach)
14.43. II Degrammont (Tustin) 14.34
(+1.46). III Turner (Morningside, Inglew)
14.65w (+2.50). **300H** I Rambo (Poly, Long
Beach) 37.18 (National soph record). 2.
Haywood (Muir, Pas) 37.50. 3. Walker (W
Cov) 37.56. II Grimes (Canyon Spr, More
Valley) 37.27. **400m Re** I Muir (Pas) 41.71.
II Canyon Springs (Mor Valley) 42.25. III
Serra (Gardena) 42.08. **4x400m Re** I-Muir
3:15.51. 2. Alta Loma 3:19.74. II Barstow
3:21.31. III Morningside (Inglew) 3:19.12

HJ I Fowie (Saugus) 6-08. II Wilkerson
(Arroyo Grande) 6-06. III-Brossett (So
Torrance) 6-10. PV I-Stuart (Wilson, LB)
14-06. II Kovacs (El Modena, Or) 15-00. III
Engard (Paso Robles) 14-06. IV Michels
(Brethren Christian, Cypress) 15-00.5. LJ
Mechant (Rancho Cucamonga) 23-03.5w
(+2.57). II Devine (Ramona, Riverside) 23-
02.5w. TJ I Anderson (Poly, Long Beach)
48-11.75 (+1.87). Williams (Lynwood) 48-
11 (+0.82). 3. Evans (Muir, Pas) 48-
07.25w. II Curry (Tustin) 48-08.5w
(+2.04). III Turner (Morningside, Inglew) 49-
02.5w. SP I Lingenfelter (Claremont) 49-
02.5. II Jones (Arroyo Grande) 55-10. DT I
Bello (Rancho Cucamonga) 174-04. II
Jones (AR Gr) 175-04.

Boys Scoring:
Div I Muir 74. 2. Poly (Long Beach) 48. 3.
Alta Loma 27. II Arroyo Grande 49. 2. Ri-
mona (Rivers) 32. 3. Canyon Springs, (Mo-
reno Valley) 30. III Morningside (Inglewood)
85. 2. Loyola (L.A.) 48. 3. Mira Costa
(Manhattan Beach) 34. IV Banning 77. 2.
Brethren Christian (Cypress) 43. 3.
Fintridge Prep (La Canada) 36.
Girls:
100m I Backus (Wilson, LB) 11.47 (+1.7).
Anderson (Poly, LB) 11.50. Haddad (Poly,
LB) 11.60. Sumpter (Muir, Pas) 11.61.
Walden (W Cov) 11.84. II Ali (Canyon
Springs, Mor Val) 11.61w (+2.79). Edwards
(Pomona) 11.84w. David (Charter Oak
Covina) 11.90w. III Withers (Morningside,
Inglew) 11.91 (+1.19). **200m** I Backus (Wil-
son, LB) 23.21w (+2.76). Anderson (Poly,
LB) 23.22. Sumpter (Muir, Pas) 23.98. II
Edwards (Pomona) 23.60w (+3.47). Ali
(Canyon Spr, Mor Val) 23.72w. III Withers
(Morningside, Inglew) 24.07w (+2.61). Ed-
monson (St. Bernard, Playa del Rey)
24.43w. **400m** I Davis (Wilson, LB) 54.62.
Williams (Chino) 55.28. Simpson (Poly, LB)
55.45. M. Williams (Poly, LB) 55.99. II Wil-

PREP NOTES

son-Duval (Woodbridge, Irv) 55.40, Gray (North, Rivers) 55.44, III Edmonson (St. Bernard, PdR) 56.00.

800m I Shaw (Huntington Beach) 2:14.00, Rhetta (Poly, LB) 2:14.97, II Campbell (Ventura) 2:15.43, **1600m** Pugmire (Esperanza, Anaheim) 4:51.33, Skiersz (Agoura) 4:52.70, Ebner (St. Lucy's, Glendora) 4:53.65, Mortensen (1000 Oaks) 5:02.36, 5. Mehberg (Peninsula, Roll Hill) 5:02.71, II Muench (Temescal Canyon, Elsin) 5:04.55, **3200m** I Pugmire (Esperanza, Anah) 10:38.46, Skiersz (Agoura) 10:41.41, Ebner (St. Lucy's, Glendora) 10:47.03, Mortensen (1000 Oaks) 10:51.43, Mehberg (Penins, Roll Hill) 10:59.44, II Muench (Temes Canyon, Elsi) 10:58.36, Dollar (San Clemente) 10:59.04, **100mHH** I Moten (Muir, Pas) 14.47 (+1.77), Perry (Quartz Hill) 14.48, 3. Jones (Esperanza, Anah) 14.59, II (+3.37) Hayes (North, Riverside) 13.49w, Bethel (Mission Viejo) 14.28w, Wasden (Rio Mesa, Oxnard) 14.38w, III Kelly (Morningside, Inglew) 14.20w (+2.14), **300mLH** I Withey (Poly, Long Beach)

43.85, 2. Rhemm (Muir, Pas) 43.92, 3. Pulley (Wilson, LB) 44.53, II Hayes (North, Riverside) 42.46, Wasden (Rio Mesa, Oxn) 43.89, Hebert (Buena, Vent) 43.97, III Thomas (Morningside, Inglew) 43.19, Hatch (Nordhoff, Ojai) 44.17, **400m Re** I Poly (Long Beach) 45.20, Wilson (LB) 45.68, 3. Muir (Pas) 46.67, II Pomona 47.07, North (Rivers) 47.29, Woodbridge (Irv) 47.29, III Morningside (Inglew) 47.58, St. Bernard 47.60, **1600m Re** I Poly (LB) 3:47.11, Palm-dale 3:49.43, Muir (Pas) 3:53.03, Wilson (LB) 3:55.49, II North (Rivers) 3:50.19, Pomona 3:50.41, Woodbridge (Irv) 3:55.33, III St. Bernard (Play del Rey) 3:53.71, **HJ** I Kieruff (Esperanza, Anaheim) 5-06, Williams (Poly, LB) 5-06, II Bowman (Newport Harbor, Newport Beach) 5-06, Bethel (Mission Viejo) 5-06, III Giltner (Chaminade, Canoga Park) 5-06, Haneef (Laguna Hills) 5-06, IV Lawyer (Cate, Carpinteria) 5-06, **PV** I Candpan (Marina, Hunt Bch) 9-06, II Brenton (Temescal Canyon, Elsin) 9-06, LJ I Simpson (Poly, LB) 20-09.5 (0 wind), II Oettinger (Foothill, SA) 19-05.25w, Bethel (Mission Viejo) 19-01w, TJ I O'Connor (Es-

peranza, Anah) 39-06.25 (+1.82), 2. O'Bric (Edison, HB) 39-00w (+3.2), II Dickson (Miss Viejo) 38-10.5w, Griffith (Trabuco Hills, Miss Viejo) 38-07.5w, SP I Bryant (Marina, Hunt Bch) 40-03, II Lopez (Arroyo Grande) 44-10.5, DT I Philman (Edison, HB) 139-00, II Lopez (Ar Gr) 147-01.

Girls Scoring:

I. Poly (Long Beach) 84, 2. Esperanza (Anaheim) 64, 3. Wilson (Long Beach) 54, 4. Muir (Pasadena) 50, II North (Riverside) 52, 2. Mission Viejo 46, 3. Woodbridge 45, III Morningside (Inglewood) 89, 2. St. Bernard (Playa del Rey) 44, 3. Laguna Hills 33, IV St. Mary's (Inglewood) 60, 2. Marshall (Pas) 46, 3. Cate (Carpinteria) 45, 4. La Salle (Pas) 35.

San Diego Section - CIF Prelims

Saturday, May 20th, Poway

Boys:

100m Williams (Univ City) 10.71, 200m Williams (Univ C) 21.36, 2. Hawes (Rancho Buena Vista, V) 21.72, 400m Lane (P. Hen-

ry) 48.21, Carter (Morse) 48.24, 800m Brown (Crawford) 1:54.85, 1600m Hender-son (Mira Mesa) 4:16.72, McQuitty (Grossmont, La Mesa) 4:17.89, 3. Nett (Mt. Carmel, SD) 4:18.81, 110mHH Kurtz (Torrey Pines, Enc) 14.54, 300mH Sanchez (Univ C) 37.58, 4x100 Re Univ City 41.89, El Camino (Ocsde) 42.00, 4x400m Univ City 3:18.81, PV Brown (Tor Pines, Enc) 15-04, TJ Cox (Rancho Buena Vista, V) 46/08.5.

Girls:

100m McKinney (Monte Vista, Spr Vall) 12.23, 200m McKinney 24.76, Garner (Morse) 24.80, 400m Garner (Morse) 55.10, 100mH Vickery (El Capitan, Lakes) 15.3, 300mH Vickery 45.58, 4x100m Re Morse 47.89, 2. Lincoln Prep 48.90, PV Draher (Mira Mesa, SD) 10-08 (County Record), LJ McKinney 18-03, TJ And Booker (El Camino, Oceans) 36-06.25, DT Magana (Fairbrook) 134-10.

CIF SECTION RESULTS

OAKLAND SECTION FIELD EVENTS

May 22, 1995, Edwards Stadium, University of California, Berkeley
The winner of each event qualifies for the state meet.

Boys

HJ --1. Cory Collins (Skyline) 5-10, PV--1. Arthur Harris (McClymonds) 10-3, LJ --1. Bailey Grant (Oakland) 21-6 1/4, TJ --1. Tyrone Allen (Oakland) 44-6 1/4, SP--1. Tabetti Lockhart (Fremont) 45-10, DT--1. Roger Finav (Skyline) 112-3.

Girls

HJ --1. Monica Huey (Fremont) 4-4, LJ --1. Demetria Beverly (Oakland Tech) 17-2, 2. Henderson (Oakland Tech) 16-10 3/4, 3. Bailey (Skyline) 16-9 3/4, TJ --1. Sakai Metcalf (Skyline) 37-3 3/4, 2. Beverly (Oakland Tech) 36-5, 3. Henderson (Oakland Tech) 34-4 3/4, SP--1. Elizabeth Tuputala (Castlemont) 34-1, DT--1. Talando Fatalehi (Fremont) 72-1.

RUNNING EVENTS

May 24, 1995, Laney College, Oakland
Boys Teams --1. Skyline 133, 2. McClymonds 106, 3. Oakland 103, 4. Fremont 54, 5. Oakland Tech 42, 6. Castlemont 9, 100--1. Jason Cooper (Skyline) 10.90, 200--1. Jason Cooper (Skyline) 22.24, 400--1. Tim Brown (McClymonds) 49.9, 800--1.

Darren Dale (Skyline) 2:04.16, 1600--1. Jesus Enriquez (Skyline) 4:32.81, 3200--1. Jesus Enriquez (Skyline) 10:13.04, 1100HH--1. Tyrone Allen (Oakland) 14.99, 300HH--1. Tyrone Allen (Oakland) 40.08, 2. Grant (Oakland) 40.81, 400R--1. Skyline (Jones, Gardner, Cooper, Boyd) 42.54, 1600R--1. McClymonds (Nixon, Newson, Donaldson, Brown) 3:23.5.

Girls Teams --1. Skyline 196, 2. Fremont 80, 3. Oakland Tech 79, 4. McClymonds 47, 5. Oakland 33, 6. Castlemont 16.

100--1. Aisha Wallace (Skyline) 12.60, 2. Hammock (Oakland Tech) 12.62, 200--1. Kaselah Crockett (Skyline) 24.94, 2. Wallace (Skyline) NT, 3. Hammock (Oakland Tech) 26.11, 400--1. Kaselah Crockett (Skyline) 57.24, 800--1. Anne Marie Franco (Skyline) 2:23.11, 1600--1. Stephanie Garcia (Skyline) 5:39.50, 3200--1. Anne Marie Franco (Skyline) 12:19.74, 100HH--1. Sakai Metcalf (Skyline) 16.44, 300HH--1. Sakai Metcalf (Skyline) 46.16, 2. Jackson (Skyline) 47.55, 400R--1. Skyline 48.00, 1600R--1. Skyline 3:57.1.

CENTRAL COAST SECTION

May 25, 1995, San Jose City College

Boys Teams -- Los Altos 56; Bellarmine 44; Milpitas 42; Seaside 34; San Jose 25; Silver Creek 23; Leland 20; St. Ignatius 20; Los Gatos 19; Aragon 18; Lynbrook 18.

100 -- Bashir Levingston (Seaside) 10.69w; 2. Deltha O'Neal (Milpitas) 10.75; 3. Christon Rance (Sacred Heart SF) 10.83; 4. Tom Jonsson (Aragon) 10.90; 5. Damon Hamm (Milpitas) 10.96; 6. Tony Cacal (Yerba Buena) 11.01, 200 -- Bashir Levingston (Seaside) 21.41w; 2. Todd Smith (San Jose) 21.43; 3. Deltha O'Neal (Milpitas) 21.66; 4. Christon Rance (Sacred Heart SF)

21.73; 5. Mike Ward (Alisal) 22.01; 6. JoJo Wright (Silver Creek) 22.05, 400 -- Mike Ward (Alisal) 48.38; 2. Todd Smith (San Jose) 48.70; 3. Derek Prior (Santa Teresa) 48.70; 4. Keish Levingston (Seaside) 49.20; 5. Todd Weller (Aragon) 49.76; 6. Mike Pluta (Palma) 49.77.

800 -- Jeremy Riddle (Gunn) 1:54.14; 2. Daniel Sikiric (Leland) 1:54.26; 3. Kareem Morrell (San Jose) 1:54.49; 4. Nick Tuttle (Leland) 1:54.99; 5. Bebbe Rutledge (Los Gatos) 1:55.56; 6. Quinn Walker (St. Francis) 1:57.09, 1,600 -- Enrique Torres (Silver Creek) 4:16.39; 2. J. Balkman (Lynbrook) 4:16.68; 3. Daniel Sikiric (Leland) 4:16.79; 4. Amerigo Rossi (Harper) 4:16.87; 5. Ricardo Dominguez (Overfelt) 4:22.37; 6. Andrew Wult (Bellarmine) 4:22.99, 3,200 -- Jason Balkman (Lynbrook) 9:19.15; Tom Becker (Bellarmine) 9:20.56; Jesse Robinette (El Camino) 9:22.21; D. McDonough (Cupertino) 9:23.19; Enrique Torres (Silver Creek) 9:31.25; Steve Moreno (North Salinas) 9:35.69.

110 high hurdles -- Dan Nord (Los Altos) 14.36w; 2. J. Naivalu (Fremont) 14.38; 3. Jeff Nord (Los Altos) 14.46; 4. Seth Hornstein (Bellarmine) 15.01; 5. Jonathan Stone (Yerba Buena) 15.02; 6. John Bull (Mountain View) 15.05, 300 intermediate hurdles -- Lenzie Jackson (Milpitas) 38.41; 2. Dan Nord (Los Altos) 38.55; 3. J. Naivalu (Fremont) 38.77; 4. John Young (St. Ignatius) 39.11; 5. Jeff Nord (Los Altos) 39.53, 6. Seth Hornstein (Bellarmine) 39.54, 400 relay -- Milpitas 41.65; 2. Seaside 41.90; 3. Aragon 42.60; 4. Bellarmine 42.66; 5. Los Gatos 42.99; 6. Del Mar 43.19, 1,600 relay -- Los Gatos 3:18.89; Homestead 3:21.37; Del Mar 3:22.01; San Jose 3:22.57; Leland 3:22.87; Gunn 3:24.00.

Long jump -- Dan Nord (Los Altos) 23-11 (legal); 2. JoJo Wright (Silver Creek) 23-4 3/4; 3. Glen Ecalne (Milpitas) 22-11; 4. Christon Rance (Sacred Heart SF) 22-9; 5. Bashir Levingston (Seaside) 22-4 1/2; 6. Jeff Ray (Alisal) 21-6 1/4, Triple jump -- Dan Nord (Los Altos) 47-4 3/4w; 2. James Bibbs (Overfelt) 45-10 1/4w; 3. Darien Bonney (North Salinas) 45-9 1/4w; 4. Mark Saso (Bellarmine) 45-8 3/4; 5. Bryan Johnston (Fremont) 44-4 1/4; 6. Nathan Saso (Los Gatos) 43-10, High jump -- Brendon Zeidler (Bellarmine) 6-8; 2. E. Neumann (Wilcox) 6-8; 3. Todd Weller (Aragon) 6-6; 4. John Bull (Mountain View) 6-6; 5. D. Beals (Salinas) 6-4; 6. Keenan Cuiross (Sequoia) 6-4.

Pole vault -- Scott Wenholz (Gilroy) 15-6; 2. Mike Haldezos (Mills) 15-6; 3. Kiet Vong (Mount Pleasant) 15-2; 4. Nateo Evanger (North Monterey County) 14-6; 5. Nguyen Vong (Silver Creek) 14-6; 6. Stefan Gubser (North Salinas) 14-0, Shot -- Mark Mazzone (Bellarmine) 57-9 1/4; 2. Aaron Lewis (St. Ignatius) 56-3 1/2; 3. Gene Quioco (Jefferson) 52-8 1/2; 4. Willie Howard (Los Altos) 52-8; 5. Kevin Asher (Serra) 52-4; 6. Derek Dittmer (Gunderson) 51-1 1/2, Discus -- G. Hovey (Monte Vista) 171-1; 2. Aaron Lewis (St. Ignatius) 163-1; 3. Charley Slack (Los Altos) 160-3; 4. Dan McGillury (Los Gatos) 156-3; 5. Brad Perkins (Bellarmine) 153-7; 6. David Jackson (Overfelt) 150-3.

Girls Teams -- St. Francis 42; 2. Silver Creek 41; 3. Los Gatos 38; 4. St. Ignatius 31 1/2; 5 (tie), Carmel, Del Mar, both 30; 7. Menlo-Atherton 22; 8 (tie), Mitty, Jefferson, both 19; 10. Independence 18.

100 -- Chavez (Los Gatos) 12.29; 2. Washington (St. Ignatius) 12.41; 3. Durkin

PREP NOTES

(Woodside) 12.45; 4. Smith (Gilroy) 12.55; 5. Chu (Los Altos) 12.62; 6. Jones (Westmoor) 12.64. **200** -- Stephanie Chavez (Los Gatos) 24.93; 2. Shavonne Jennings (Woodside) 25.11; 3. Tisha Ponder (Del Mar) 25.17; 4. Rose Sczawinski (Los Gatos) 25.50; 5. Brandy Jones (Westmoor) 26.01; 6. Kamailla Williams (Sacred Heart Cathedral) 26.14. **400** -- Ponder (Del Mar) 57.41; 2. Plesiak (Menlo-Atherton) 57.66; 3. Williams (S.H. Cathedral) 57.70; 4. Mahoney (Santa Teresa) 58.66; 5. Eiams (Piedmont Hills) 58.72; 6. Haviland (N. Monterey Co.) 59.51.

800 -- Laneisha McPherson (Silver Creek) 2:15.62; 2. Denley (N. Monterey Co.) 2:15.94; 3. Lina Biber-Ferro (Los Gatos) 2:16.35; 4. Ashley Holt (Menlo-Atherton) 2:17.57; 5. Tamika Bush (Independence) 2:19.55; 6. Lisa Renteria (Westmont) 2:20.9. **1600** -- McPherson (Silver Creek) 5:01.93; 2. Bleisch (Silver Creek) 5:02.07; 3. Pleyte (Hollister) 5:03.40; 4. Silva (Aptos) 5:13.17; 5. Renteria (Westmont) 5:14.61; 6. Ryan (Mitty) 5:17.76.

3200 -- Maria Pleyte (Hollister) 11:09.78; 2. Laura Sandoval (St. Ignatius) 11:12.66; 3. Shana Driscoll (St. Ignatius) 11:21.30; 4. Deborah Bleisch (Silver Creek) 11:22.56; 5. Ann Elyse-Smith (Monte Vista Christian) 11:24.48.

100 high hurdles -- Ocaguera (St. Francis) 14.97; 2. Allen (North Salinas) 15.30; 3. McGowan (Leigh) 15.35; 4. Larson (Carmel) 15.62; 5. Gilott (N. Monterey Co.) 15.98; 6. Meade (Carmel) 16.12. **300 low hurdles** -- Leanne Slater (Pioneer) 44.97; 2. Michelle Steingart (St. Francis) 45.18; 3. Tamisha Allen (North Salinas) 45.22; 4. Gina Ocaguera (St. Francis) 45.98; 5. Michelle Deverell (Soquel) 46.66; 6. Meredith Shull (Milpitas) 46.69. **400 relay** -- St. Francis 48.41; 2. St. Ignatius 48.54; 3. Monta Vista 49.06; 4. Mitty 49.88; 5. Independence 50.13; 6. Soquel 50.38. **1600 relay** -- Menlo-Atherton 3:56.53; 2. Los Gatos 3:57.35; 3. Mitty 3:59.14; 4. Salinas 4:03.07; 5. Silver Creek 4:04.01; 6. Soquel 4:05.88.

High jump -- Amy Tan (Monta Vista) 5-6; 2. Erica Larson (Carmel) 5-6; 3. Rhyan Armstrong (Santa Teresa) 5-4; 4. Loren Gualco (Notre Dame-Belmont) and Monica Tobin (Mercy-Burlingame), both 5-2. **Pole vault** -- Haut (Harbor) 9-6; 2. Chlouba (Mitty); 3. Martin (Soquel) 9-0; 4. Consorti (St. Francis) 9-0; 5. (tie); Pennycook (N. Monterey Co.), Fumiss (St. Ignatius), both 8-0. **Long jump** -- Ponder (Del Mar) 18-5 1/4; 2. Livers (Independence) 18-0 1/2; 3. Ocaguera (St. Francis) 17-8 3/4; 4. Eiams (Piedmont Hills) 17-7 1/4; 5. Larson (Carmel) 17-7 1/4; 6. Sterbentz 17-6 1/2. **Triple jump** -- Lillian Ito (Fremont) 36-7 1/2; 2. Cindy Pettibon (Gunderson) 36-5 1/2; 3. Janel Sterbentz (Silver Creek) 36-5; 4. Tisha Ponder (Del Mar) 36-3 1/4; 5. Marcia Duong (Overfelt) 36-1 3/4; 6. Jessica Burnham (Los Altos) 35-10 1/2. **Shot** -- Etuale (Jefferson) 45-6 1/2; 2. Morrison (Presentation) 45-5 1/4; 3. Tulua (Carmel) 43-9 1/2; 4. Nilmeyer (Burlingame) 38-2 1/4;



TINA ETUALE

Photo by Bill Cockerham

4; 5. Thiel (Fremont Christian) 36-4 1/2; 6. Pese (Burlingame) 36-3 1/4. **Discus** -- Darlene Tulua (Carmel) 149-1; 2. Tina Etuale (Jefferson) 133-1; 3. Rebecca Morrison (Presentation) 126-2; 4. Holly Royaltay (San Lorenzo Valley) 123-0; 5. Kelli DePuy (Palo Alto) 121-4; 6. Jennifer Lloyd (Santa Teresa) 118-6.

NORTHERN SECTION

May 25, 1995. Shasta College. From Coach Scott Fairley (West Valley High School, Cottonwood). The winner of each event qualifies for the state meet.

Boys

100 -- 1. Clifton Jackson (Chico Sr. 12) 11.00; 2. Dan Harmon (Pleasant Valley) 11.22. **200** -- 1. Clifton Jackson (Chico Sr. 12) 22.25; 2. Ray Potilior (Anderson) 22.35. **400** -- 1. Kevin Ryan (Pleasant Valley 12) 51.62. **800** -- 1. Jeremiah Moody (Pleasant Valley 12) 1:59.05; 2. Gregg Neitsch (Yreka) 1:59.76; 3. Steve Harvey (Sutter) 1:59.83. **1600** -- 1. Aaron Gillen (Yreka 11) 4:27.32. **3200** -- 1. Gabe Szody (Foothill 12) 9:28.83; 2. Aaron Gillen (Yreka 11) 9:42.90; 3. Aaron Harris (Lassen) 9:53.40. **1100H** -- 1. Jake Brazie (Yreka 12) 15.42; 2. Shannon Maas (Weed) 15.43; 3. Jake Long (Pleasant Valley) 15.53. **3000H** -- 1. Marco Jackson (Chico Sr. 12) 39.93; 2. Shannon Maas (Weed) 40.45; 3. Jake Long (Pleasant Valley) 41.12. **400R** -- 1. Pleasant Valley 43.47; 2. Chico Sr. 44.10; 3. Anderson 44.16. **1600R** -- 1. Pleasant Valley 3:27.0 ht, 2. Anderson 3:31.7 ht. **HJ** -- 1. Michael Wilkins (Red Bluff 12) 6-8; 2. James Sumner (Colusa) 6-8. **PV** -- 1. Ben Potter (West Valley 12) 13-0; 2. Ricky Sim-



CHANIQUEA ROSS

Photo by Bill Cockerham

mons (Modoc) 13-0. **LJ** -- 1. Peter Slater (Pleasant Valley 11) 23-4; 2. Clifton Jackson (Chico) 22-10 3/4; 3. Matt Benjamin (Rio Vista) 22-4 1/2. **TJ** -- 1. Peter Slater (Pleasant Valley 11) 47-2 1/2; 2. Matt Benjamin (Rio Vista) 46-0 1/2; 3. K.C. Nelson (Lassen) 45-10 1/2; 4. Tyrone Jackson (Red Bluff) 45-1 3/4. **SP** -- 1. Aaron Towne (Corning 12) 54-6 3/4; 2. Mike Judkins (Yreka) 48-6. **DT** -- 1. Mike Debertoli (Yreka 12) 170-3; 2. Aaron Towne (Corning 12) 156-2. **Girls**

100 -- 1. Katie Jasmer (Anderson 11) 12.68. **200** -- 1. Katie Jasmer (Anderson 11) 25.84; 2. Candi Marymee (Modoc) 26.43; 3. Sara Blawatt (Chico) 26.61. **400** -- 1. Charissa Schaaap (Yreka 10) 59.42; 2. Brandi Doss (Modoc) 59.98. **800** -- 1. Katie Crabb (Pleasant Valley 11) 2:22.07; 2. Jenny Spoon (West Valley) 2:23.31. **1600** -- 1. Gina Blanchard (Yreka) 5:04.99; 2. Jenny Spoon (West Valley) 5:18.16; 3. Stacy Hafner (West Valley) 5:23.00. **3200** -- 1. Louann Vitellaro (Anderson 10) 11:37.22; 2. Kristen Koppes (Foothill) 11:39.02. **1000H** -- 1. Gigi Charlson (Paradise 12) 15.78; 2. Rebecca Mintz (East Nicolaus) 16.26. **300H** -- 1. Tracy Turner (West Valley 12) 46.54; 2. Emily Warren (Foothill) 47.13; 3. Sara Wilson (Pleasant Valley) 47.19. **400R** -- 1. West Valley 50.09; 2. Yreka 51.08. **1600R** -- 1. Yreka 4:04.50; 2. Pleasant Valley 4:04.81; 3. West Valley 4:06.19; 4. Chico Sr. 4:11.00. **HJ** -- 1. Jessica Saltzman (Big Valley 10) 5-4; 2. Dawn Cecil (Willows) and Stephanie Coleman (Corning) 5-2. **PV** -- 1. Laura Eckley (West Valley 10) 9-0; 2. Visna Lork (Yreka) 9-0; 3. Deena Dorn (Rio Vista) 8-6; 4. Katie Cortright (Yreka) 7-6; 5. Amanda Ramage

(Yreka) 7-6. **LJ** -- 1. Jessica Valpey (Pleasant Valley 12) 18-5 3/4; 2. Tracy Hayden (Red Bluff) 18-3 3/4; 3. Macklin Harris (Enterprise) 18-1 3/4; 4. Gigi Charlson (Paradise) 17-9 1/2; 5. Jamie Anderson (Yreka) 17-4 1/2; 6. Stephanie Coleman (Corning) 16-11 1/2.

TJ -- 1. Tracy Hayden (Red Bluff 12) 37-0 1/2; 2. Gigi Charlson (Paradise) 36-1 3/4; 3. Stephanie Coleman (Corning) 35-10; 4. Dawn Cecil (Willows) 34-7 1/2; 5. Jessica Micell (Trinity) 34-7; 6. Jessica Saltzman (Big Valley) 34-6 1/2. **SP** -- 1. Kristen Bryden (Anderson 10) 42-10 1/2; 2. Nicole Santos (Anderson) 36-6 1/2; 3. Brooke O'Conner (Etna) 35-1; 4. Raven Johnson (Corning) 34-9; 5. Kathy Hefferman (Mercy) 34-8; 6. Nicole Welch (Central Valley) 34-1. **DT** -- 1. Kristin Bryden (Anderson 10) 135-0; 2. Nicole Santos (Anderson) 122-9; 3. Lennie Friel (West Valley) 116-0; 4. Priscilla Tupou (East Nicolaus) 115-5; 5. Nicole Welch (Central Valley) 114-9.

SAC-JOQUIN SECTION

May 26, 1995. Hughes Stadium, Sacramento. From Richard McCann (Sacramento) via fax and Coach Walt Lange (Jesusit, Carmichael) via internet. The first three finishers in each event qualify for the state meet. The long jump final was held on May 24 in the trials.

Boys Teams Division 1-1. Vallejo 26; 2. Downey 24; 3. Kennedy 18. **Elk Grove** 18. **100** -- 1. James Hinex (Grant 12) 10.33; 2. Daunte Burks (Kennedy 11) 10.57; 3. Demetrius Guidry (Bear Creek 10) 10.60. **200** -- 1. James Hinex (Grant 12) 20.96; 2. Demetrius Guidry (Bear Creek 9) 20.96; 3. Drew Bell (Vacaville 12) 21.32. **400** -- 1. Gowan (Oakmont) 48.58; 2. ?; 3. E. Levine (Golden Valley) 48.60; 4. J. Levine 48.75; 5. Davis (Davis) 49.44; 6. Davis (Kennedy) 49.61. Note: Kyle. Los Banos. 48.25 DQ. (No second place listed in paper.) **800** -- 1. James Levine (Golden Valley 10) 1:55.21; 2. Paul Sanchez (Lodi 12) 1:57.55; 3. Shane Lewis (East Union 11) 1:57.66. **1600** -- 1. Michael Stember (Jesusit 11) 4:11.8; 2. Mike Blair (Napa 12) 4:14.3; 3. Steve Hansen (Napa 12) 4:19.7. **3200** -- 1. Michael Stember (Jesusit 11) 9:21.9; 2. Jim Nelson (Napa 11) 9:23.2; 3. Justin Buenrostro (Stagg 12) 9:26.4. **1100H** -- 1. Norman Woods (Del Campo 12) 14.1; 2. Kevin Meier (Elk Grove 12) 14.4; 3. Alphonso Myers (Valley 12) 14.4. **3000H** -- 1. Norman Woods (Del Campo 12) 38.44; 2. Harold Wilson (Vallejo 11) 38.52; 3. Chris Lackey (Nevada Union 12) 38.53. **400R** -- 1. Grant 41.48; 2. Kennedy 41.55; 3. Bear Creek 41.89. **1600R** -- 1. Bear Creek 3:18.67; 2. Golden Valley 3:20.45; 3. Valley 3:21.37. **HJ** -- 1. Chris Ferreira (Oak Ridge 12) 6-8; 2. Bill Decker (Grace Davis 12) 6-8; 3. Broaderick Jones (Vallejo 11) 6-6. **PV** -- 1. Bevan Hart (Christian Brothers 12) 15-3; 2. Josh Morton (Sonora 12) 14-9; 3. Casey Gregory (Bella Vista 12) 14-3. **LJ** -- 1. Chris Ferreira (Oak Ridge 12) 23-9; 2. Jim McGee (Sacramento 11) 23-8 1/4; 3. Ter-

PREP NOTES

rance Davis (Bear Creek 12) 23-4 1/4. TJ--1. Scott Towne (St. Mary's 11) 47-1 1/2. 2. Spencer Goss (Fairfield 12) 46-5. 3. Chris Ferreira (Oak Ridge 12) 46-1 1/2. SP--1. Billy Bush (Downey 12) 61-1 1/4. 2. Clyde Sanders (Grant 12) 59-6 1/2. 3. Derek Baumer (Ponderosa 12) 57-5 1/2. DT--1. Billy Bush (Downey 12) 179-4. 2. Derek Baumer (Ponderosa 12) 177-4. 3. John Gagnon (Christian Brothers 11) 171-9. **GIRLS Teams--Division 1:** Kennedy 38; 2. Modesto 26. 3. Armijo 24. **Division II--1. Valley 50; 2. McClatchy 20; 3. El Camino 19. Division III--1. Grant 22; 2. San Juan 16; 3. St. Francis 14. Division IV--1. Laguna Creek and Bret Hane 20. 3. St. Mary's 13.**

100-1. Jamar Stallworth (Grant 12) 12.02; 2. Tiffani Battle (Armijo 10) 12.43; 3. Pilar Arroyo (Tracy 11) 12.45; 4. Lewis Hogan, 12.48; 5. Jacobs, St. Francis 12.50, 6. Totimeh, Valley, 12.60. 200-1. Jamar Stallworth (Grant 12) 24.20; 2. Felicia Stone (Kennedy 12) 24.69; 3. Sharita Reed (Armijo 9) 24.89. 4. A. Polk, EC, 25.09; 5. Williams, Armijo, 25.44. 6. Arroyo, Tracy, 25.56. 400-1. Milner, Modesto, 57.48; 2. Monique Glass (Kennedy 12) 57.66; 3. A. Polk, EC, 57.73; 4. Demby, Merced, 58.12; 5. Edington, East Union, 59.18. 6. Donaldson, Valley, 59.34. 800-1. Jamila Demby (Merced 12) 2:12.45; 2. Amanda Boice (Folsom 11) 2:13.13; 3. Angie Milner (Modesto 10) 2:13.71; 4. Pearson, Turlock, 2:16.10; 5. Redon, NU, 2:17.79; 6. Altnow, St. Mary's 2:22.56.

1,600-1. Gunnison, McClatchy 5:05.7, 2. Hurst, Sonora, 5:07.2; 3. Cobb, St. Francis 5:07.2; 4. Warner, Ponderosa, 5:10.1; 5. Hcbbs, Atwater, 5:16.9; 6. McCarty, Golden Sierra, 5:18.4. 3,200-1. Anne Gunnison (McClatchy 10) 11:13.1; 2. Julie Hassan (Nevada Union 12) 11:14.0; 3. Jazmine Angiero (Fairfield 9) 11:22.5; 4. Gorin, Golden Sierra, 11:24.9; 5. Pope, Del Oro, 11:33.9; 6. Starkey, Del Oro, 11:35.5. 100 HH-1. Deaweh Totimeh (Valley 12) 14.33; 2. Felicia Stone (Kennedy 12) 14.46; 3. Lisa O'Reilly (St. Mary's 10) 15.01; 4. Barner, San Juan, 15.40; 5. Tale, Turlock, 15.41; 6. Sherwood, Tracy, 15.61. 300 LH-1. Rosaly Morris (Vallejo 12) 44.25; 2. Reese EC, 44.76; 3. Lisa O'Reilly (St. Mary's 10) 44.94; 4. Lipscomb, St. Francis, 45.69; 5. Sherwood, Tracy 45.70; 6. Castillo, G. Davis, 46.90.

400 R-1. Valley, 47.21; 2. Armijo, 48.78; 3. Kennedy, 49.21; 4. Highlands, 49.29; 5. Grant, 49.46; 6. Atwater, 49.55. 1,600 R--1. Valley, 3:58.21; 2. Kennedy, 3:58.56; 3. Vallejo, 3:58.82; 4. Modesto, 4:05.32; 5. St. Francis, 4:05.68; 6. El Camino, 4:07.63.

HJ-1. Callie LeMont (Ceres 11) 5-6; 2. Joette Taylor (Fairfield 12) 5-4; 3. Tait Holden (Wood 11) 5-4; R. Boice, Folsom, 5-4; 5. Cramer, CR, 5-2; 6. Grubb, Atwater, 5-2. PV--1. Denise Warner (Ponderosa 11) 9-9; 2. Amanda Sweeten (Tokay 9) 9-3; 3. Hilary Herndon (Del Oro 11) 9-0. LJ--1. Jennifer Test (Bret Harte 12) 18-6; 2. Julie Tinker (Valley 11) 18-3; 3. Angela Orlando (Linden 12) 18-1 3/4. TJ-1. Jennifer Test (Bret Harte 12) 38-4 1/2; Julie Tinker

(Valley 11) 38-1 1/2; 3. Connie Smith (Modesto 11) 38-0; 4. Barnes, San Juan, 36-6; 5. Millerer, Vallejo, 36-1 1/2; 6. Orlando, Lincoln, 35-6 1/2. SP-1. Chaniqua Ross (Laguna Creek 9) 42-8; 2. Barbara Weaver (San Juan 11) 40-9; 3. Marisela Rooney (Woodland 12) 39-8 1/4; 4. Bezner, East Union, 39-6 3/4; 5. Jordan, Lincoln-Stockton 39-5 3/4; 6. Roots, Franklin, 36 10 1/2. DT--1. Chaniqua Ross (Laguna Creek 9) 143-10; 2. Penny Hansen (Nevada Union 12) 132-4; 3. Kallihwa, Loretto, 130-4; 4. Bezner, E. Union, 127-10; 5. Lily, Johansen, 118-1; 6. Naylor, E. Union, 118-1.

NORTH COAST SECTION MEET OF CHAMPIONS TRIALS

May 26, 1995, Edwards Stadium, University of California, Berkeley

Boys

100 Heat 1 (-0.8)--1. Pittman (Berkeley) 10.91. 2. Jordan (Pittsburg) 11.18. Heat 2 (+0.8)--1. Stevens (Rancho Cotate) 11.18. Heat 3 (-2.2)--1. Moronkola (De Anza) 10.92. 2. Cherry (Berkeley) 10.93. 200 Heat 1 (-1.9)--1. Nelson (Rancho Cotate) 21.24 (meet record, old record 21.1 hand-timed, Ken Robinson, Berkeley, 1980), 2. Navies (Berkeley) 22.15. Heat 2 (-2.8)--1. Pittman (Berkeley) 22.75. Heat 3 (-3.8)--1. Cherry (Berkeley) 21.82. 2. Callen (De La Salle) 22.38.

400 Heat 1--1. Nelson (Rancho Cotate) 47.30. 2. Druskin (San Ramon) 51.02. Heat 2--1. Monroe (Berkeley) 49.72. 2. Van Loo (Redwood) 51.15. 3. Tong (Petaluma) 51.21. Heat 3--1. Moore (De La Salle) 49.68. 2. Thompson (Alhambra) 50.42. 3. Vance (De Anza) 51.23. 800 Heat 1--1. Richberg (Logan) 1:58.71. 2. Rodriguez (Tennison) 1:59.26. 3. Clark (Arcata) 1:59.91. Heat 2--1. Hornsby (St. Mary's) 1:56.63. 2. Vanden Houvel (Santa Rosa) 1:58.54. 3. Wilson (Terra Linda) 1:58.68. 4. Cauboy (Tennison) 1:59.02. 5. Townsend (Eureka) 2:00.00. Heat 3--1. Clark (Arcata) 1:55.28. 2. Young (St. Mary's) 1:56.67. 3. Hintz (De La Salle) 1:59.69.

1600 Heat 1--1. Teekel (O'Dowd) 4:19.70. 2. Genant (Branson) 4:20.22. 3. Immel (Livermore) 4:20.29. 4. Wojciechowski (Clayton Valley) 4:21.62. 5. Truehaft (Amador Valley) 4:24.97. 6. Grubbs (Eureka) 4:26.81. 7. Sanchez (De La Salle) 4:27.60. Heat 2--1. Jones (Livermore) 4:20.58. 2. Brecht (Petaluma) 4:25.26. 3. Stevens (Mission San Jose) 4:25.56. 4. Z. Barrett (Santa Rosa) 4:27.81. 110HH (negative wind all races) Heat 1--1. Hill (De Anza) 14.67. 2. Brooks (Logan) 15.16. 3. DeSandies (Moreau) 15.39. Heat 2--1. Barnsdale (Montgomery) 14.95. 2. Joseph (Pinole) 15.23. 3. Oates (Castro Valley) 15.43. Heat 3--1. Williams (Berkeley) 14.95. 2. Brown (Amador) 15.50. 300H Heat 1--Click (Logan) 39.41. 2. Rutledge (Encinal) 40.92. 3. Brooks (Logan) 41.21. 4. Subramanian (San Ramon) 41.24. Heat 2--1. Barnsdale (Montgomery) 39.72. 2. Brown (Amador) 40.62. Heat 3--1. Hill

(De Anza) 39.95. 2. Andrews (Rancho Cotate) 40.45. 3. S. Barrett (Santa Rosa) 40.50. 4. Taylor (Granada) 41.27. 400R Heat 1--1. Berkeley 41.44. 2. Ukiah 44.11. 3. Amador 44.16. 4. Logan 44.19. 5. Newman 44.35. Heat 2--1. De Anza 42.88. 2. Alhambra 43.77. 3. Mission San Jose 44.02. Heat 3--1. De La Salle 42.87. 2. Kennedy, Richmond 43.80. 3. Castro Valley 44.73. 1600R Heat 1--1. St. Mary's 3:27.02. 2. San Marin 3:27.88. 3. Kennedy, Richmond 3:29.82. Heat 2--1. Washington 3:25.43. 2. De Anza 3:25.49. 3. Livermore 3:28.11. Heat 3--1. Berkeley 3:21.01. 2. De La Salle 3:26.55. 3. Amador 3:31.50.

HJ--Fitzhugh (Antioch), Hurd (Antioch), Cramers (San Marin), Frick (Redwood), Mahdi (Pittsburg), and Leonard (Piner) 6-4. PV--1. Lorraine (Petaluma) 14-6. LJ--1. Moore (De La Salle) 22-7 (+2.8). 2. Taylor (Northgate) 22-1 1/2 (+0.8). 3. Muhammad (De La Salle) 22-0 (+0.00). TJ--1. Abdullah (Logan) 46-2 3/4 (+0.60). 2. Mahdi (Pittsburg) 45-5 1/2 (+2.32). 3. Muhammad (De La Salle) 44-6 3/4 (-1.20). 4. Williams (Ukiah) 44-2 1/4 (+1.07). SP--1. Chase (Newman) 56-6 1/2. 2. Spitz (Monte Vista) 55-4 1/2. 3. M. Seefeld (Marin Catholic) 51-4. 4. Sagapolu (Tennison) 50-2 1/2. 5. A. Seefeld (Marin Catholic) 49-6 1/2. 6. Pepper (Acalanes) 48-6 3/4. 7. Lydick (Fort Bragg) 48-3. DT--1. Spitz (Monte Vista) 170-7. 2. M. Seefeld (Marin Catholic) 165-10. 3. Donovan (Washington) 162-9. 4. Mills (McKinleyville) 155-9. 5. Sherrod (Foothill) 154-9. 6. Garrison (Antioch) 148-5. 7. Hall (Montgomery) 145-7. 8. Mullings (Clear Lake) 145-4. 9. Mathoney (Eureka) 145-1.

Girls

100 Heat 1 (-0.3)--1. White (Logan) 11.90. Heat 2 (-1.3)--1. Wright (Logan) 12.16. Heat 3 (+0.0)--1. Stewart (Beacon) 12.48. 200 Heat 1 (+0.3)--1. White (Logan) 24.17. 2. Easley (Pittsburg) 26.35. 3. Fitzgerald (College Park) 26.61. Heat 2 (+0.8)--1. Tillman (Foothill) 24.93. 2. McAllister (Clayton Valley) 26.20. Heat 3 (+0.0)--1. Bennett (O'Dowd) 25.55. 2. Jones (San Leandro) 26.12. 3. Jiles (Pittsburg) 26.42.

400 Heat 1--1. Estes (Logan) 54.75. 2. Bennett (O'Dowd) 56.15. 3. Grant (Holy Names) 57.66. 4. Guanella (Santa Rosa) 59.75. Heat 2--1. Tillman (Foothill) 57.25. 2. Fitzgerald (College Park) 59.26. Heat 3--1. Cr. Miles-Threat (O'Dowd) 57.10. 2. Saavedra (El Cerrito) 57.66. 3. Jiles (Pittsburg) 59.60. 800 Heat 1--1. E. Riedy (Mission San Jose) 2:17.38. 2. Bock-Wilmes (Carondelet) 2:18.77. 3. Howsey (Clayton Valley) 2:18.80. Heat 2--1. Ze (Livermore) 2:16.46. 2. Bridgeman (Logan) 2:16.93. 3. Richardson (Montgomery) 2:17.45. 4. Ca. Miles-Threat (O'Dowd) 2:19.25. 5. Neceera (Mission San Jose) 2:23.94. Heat 3--1. Van Wegen (Amador Valley) 2:17.70. 2. Goddard (Carondelet) 2:19.60. 3. Holden (San Rafael) 2:23.91.

1600 Heat 1--1. E. Riedy (Mission San Jose) 5:12.2. 2. Bowen (San Ramon Valley) 5:14.9. 3. Lambert (Northgate) 5:15.0. 4. Madson (Kelseyville) 5:17.4. 5. Kennedy (Arroyo) 5:19.7. 6. Hallas (Ursuline) 5:20.0. 7. Fitzpatrick (Carondelet) 5:21.1. 8. Terra-

zas (O'Dowd) 5:21.8. 9. Marques (Castro Valley) 5:29.7. Heat 2--1. L. Riedy (Mission San Jose) 5:10.1. 2. Gordon (Carondelet) 5:10.4. 3. Gobert (Clear Lake) 5:11.8. 4. Harrah (Sonoma Valley) 5:12.2. 5. Ewing (Castro Valley) 5:15.6. 6. Basch (Foothill) 5:17.2. 7. Novak (Newark) 5:24.9. 8. Meilara (College Park) 5:25.8.

100HH (all heats negative wind) Heat 1--1. Shepard (Salesian) 14.37. 2. Balumba (Logan) 15.34. 3. Minton (Acalanes) 16.26. Heat 2--1. Grant (O'Dowd) 14.40. 2. Ratliff (Pittsburg) 15.03. 3. Triggs (Moreau) 15.68. 4. Calaway (California) 16.24. Heat 3--1. Mitchell (El Cerrito) 14.73. 2. Federico (Berkeley) 15.30. 300H Heat 1--1. Shepard (Salesian) 43.19 (meet record, old record 43.47. Michelle DeCoux, Bishop O'Dowd, Oakland, 1987); 2. Garrett (San Leandro) 45.04. 3. King (Carondelet)



MICHEIL JONES

Photo by Bill Cockerham

43.52. 4. Federico (Berkeley) 45.64. 5. Cohn (Sonoma) 47.52. 6. Calaway (California) 47.96. 7. Dunnecliff (Ursuline) 48.31. Heat 2--1. Schüke (Santa Rosa) 45.06. 2. Cartmell (San Ramon) 45.22. 3. McGraw (Mission San Jose) 47.18. 4. Balumba (Logan) 47.59. Heat 3--1. Stewart (Beacon) 45.60. 2. Peterson (Ferndale) 46.05. 3. Triggs (Moreau) 47.78. 4. Evans (Mission San Jose) 47.85.

400R Heat 1--1. Logan 46.74. 2. Amador 49.48. 3. Pittsburg 50.02. Heat 2--1. El Cerrito 48.42. 2. Santa Rosa 51.05. Heat 3--1. O'Dowd 48.51. 2. San Leandro 48.59. 3. Clayton Valley 50.56. 1600R Heat 1--1. El Cerrito 3:57.36. 2. Clayton Valley 4:04.71. 3. Berkeley 4:05.52. 4. Santa Rosa 4:08.32. 5. Mission San Jose 4:10.60. Heat 2--1. O'Dowd 3:55.20. 2. Amador 4:05.76. 3. Livermore 4:12.06. 4. Alhambra 4:13.27. 5. Moreau 4:13.79. Heat 3--1. Logan 3:53.35. 2. Carondelet

PREP NOTES

4:05.84, 3. Northgate 4:10.10, 4. Eureka 4:10.91, 5. Washington 4:12.63.
PV--Baron (Las Lomas), Forde (Acalanes), Wilson (Terra Linda), and Ewing (Castro Valley) 8-0; Villat (Las Lomas), Gizstallini (Castro Valley), Turner (Amador), Scagliola (Rancho Cotate), and Vickroy (Logan) 7-6; Hause (Montgomery) 7-0, L.J.--1. Wright (Logan) 18-3 3/4 (-.84), 2. Estes (Logan) 18-0 1/2 (+2.13), 3. R. Brewer (Berkeley) 17-6 3/4 (+2.86), 4. M. Brewer (Berkeley) 17-3 3/4 (+3.28), 5. McAllister (Clayton Valley) 17-3 (+1.40), 6. Minton (Acalanes) 16-10 3/4 (+1.85), 7. Bauer (Mission San Jose) 16-8 1/2 (+1.97), 8. Howell (Allen) 16-8 (+0.00), T.J.--1. Chappelle (Logan) 37-8 (+1.63), 2. Johnson (Ygnacio Valley) 35-9 (+2.13) (best legal 34-1, -.71), 3. Lacson (Logan) 35-7 1/4 nwt, 4. Minton (Acalanes) 35-4 1/2 (+2.34), 5. Brumm (Amador) 35-1 1/2 (+2.00), 6. Melton (Logan) 34-11 (+2.71) (best legal 33-10 1/2, -.22), 7. Idem (Logan) 34-3 nwt, 8. Savage (Alameda) 34-2 3/4 (+4.25) (best legal 33-10 3/4, +1.22). **SP**--1. Gabbard (Novato) 38-0, 2. Pitchford (Clayton Valley) 36-9 1/4, 3. Webb (O'Dowd) 36-6, 4. Knobel (Santa Rosa) 36-5 1/2, 5. Floss (California) 35-6 3/4, 6. Martinez (Moreau) 35-2 1/4, DT--1. Dazdie (Newark) 128-5, 2. Saguidel (Antioch) 111-11, 3. Beck (Clayton Valley) 120-4, 4. Savage (Alameda) 110-5.

NORTH COAST SECTION MEET OF CHAMPIONS FINALS

May 27, 1995. Edwards Stadium, University of California, Berkeley. The top four finishers in each event qualify for the state meet.

Boys

100 (-1.80)--1. Dee Moronkola (De Anza) 12:10.73, 2. Gwangee Pittman (Berkeley) 12:10.84, 3. J'Juan Cherry (Berkeley) 12:10.88, 4. George Jordan (Pittsburg) 12:10.88, 5. Mack Carminer (Kennedy, Richmond) 11:43. **200** (-1.40)--1. Leon Callen (De La Salle) 21:54, 2. Corey Nelson (Rancho Cotate) 21:61 (scratched from state meet, will only run 400) (heat 1, 21.24, -1.9, meet record), 3. J'Juan Cherry (Berkeley) 21:65, 4. Gwangee Pittman (Berkeley) 22:15, 5. Hannibal Navies (Berkeley) 22:32, 6. Mack Carminer (Kennedy, Richmond) 22:62.
400--1. Corey Nelson (Rancho Cotate) 2:46.89 (meet record, old record 47.08 Steve Lewis, American, 1987), 2. Marlon Monroe (Berkeley) 2:49.10, 3. Howard Moore (De La Salle) 2:49.35, 4. Scott Druskin (San Ramon) 2:49.90, 5. Michael Thompson (Alhambra) 2:50.19, 800--1. Aaron Richberg (Logan) 1:49.36 (meet record, old record 1:50.34 Richberg 1994), 2. Jonevan Hornsby (St. Mary's) 1:53.46, 3. Joel Young (St. Mary's) 1:53.82, 4. Cody Clark (Arcata) 1:53.93, 5. Alex Rodriguez (Tennyson) 1:54.81, 6. Josh Wilson (Terra Linda) 1:58.49, 7. Ben Vanden Houvel (Santa

Rosa) 1:58.99, 8. Bryan Caulboy (Tennyson) 1:59.9.
1600--1. Micheel Jones (Livermore) 4:13.91, 2. Mika Wojciechowski (Clayton Valley) 4:16.13, 3. Jon Genant (Branson) 4:16.37, 4. Alex Teekel (Bishop O'Dowd) 4:18.44, 5. Dan Brecht (Petaluma) 4:22.38, 6. Jon Stevens (Mission San Jose) 4:25.01, 7. Dean Truehaft (Amador Valley) 4:26.73, **3200**--1. Steve Immel (Livermore) 9:14.54, 2. Micheel Jones (Livermore) 9:26.49, 3. Zach Barrett (Santa Rosa) 9:31.82, 4. Keith Kennedy (San Leandro) 9:35.03, 5. Brian Henstorf (Amador Valley) 9:36.86, 6. Jon Genant (Branson) 9:40.04, 7. Jon Stevens (Mission San Jose) 9:40.13, 8. Martin Briggs (Monte Vista) 9:45.7, 9. Daniel Embaye (Logan) 9:47.2, 10. Ryan Gallagher (Campolindo) 9:48.9, 11. Geoff Brigham (Clayton Valley) 9:50.3, 12. Tom Prindville (De La Salle) 9:50.6, 13. Dave Rodriguez (Mission San Jose) 9:51.5, 14. Enriquez Henriquez (San Leandro) 9:53.9, 15. Chad Foster (Logan) 9:54.8.
110HH (-1.30)--1. Donte Joseph (Pinole) 14:62, 2. Marcus Williams (Berkeley) 14:82, 3. Aaron Hill (De Anza) 14:85 (heat 1 14.67, negative wind), 4. Chris Barnsdale (Montgomery) 14:98 (heat 2 14.95, negative wind), 5. Adeb De Sandies (Moreau) 15:03, **300H**--1. Andre Rutledge (Encinal) 39:04, 2. Chris Barnsdale (Montgomery) 39:05, 3. Bryan Click (Logan) 39:28, 4. Aaron Hill (De Anza) 39:35, 5. Jason Andrews (Rancho Cotate) 39:54, 6. Seth Barrett (Santa Rosa) 40:18, 7. Craig Brooks (Logan) 40:46, 8. Donny Brown (Amador Valley) 40:6.
400R--1. Berkeley 42:06, 2. Alhambra 43:72, 3. Amador Valley 43:97, 4. Kennedy, Richmond 44:00, 5. Mission San Jose 44:06, 6. Ukiah 44:68. **1600R**--1. St. Mary's 3:20.45, 2. De La Salle 3:20.83, 3. Berkeley 3:21.00, 4. San Marin 3:25.03, 5. Kennedy, Richmond 3:26.03, 6. De Anza 3:27.18, 7. Washington 3:29.65, 8. Livermore 3:30.8.
HJ--1. Pat Leonard (Piner) 12:6-8, 2. Bobby Frick (Redwood) 12:6-6, 3. Jeff Poisson (Cardinal Newman) 11:6-6, 4. Saleem Mahdi (Pittsburg) 11:6-6, 5. Matt Hurd (Antioch) 11:6-6, 6. Sean Fitzhugh (Antioch) 12:6-4, **PV**--1. Jon Chang (Mission San Jose) 13-0, 2. Django Heckler (Terra Linda) 13-0, 3. Cody Metzger (Liberty) 11:13-0, 4. Tony Moore (Castro Valley) 12:6-6, L.J.--1. Kevin Oates (Castro Valley) 22-5 1/4 (+3.67) (no legal jumps); 2. Howard Moore (De La Salle) 21-11 3/4 (+1.79) (trials 22-7, +2.8); 3. Lars Ewing (Clear Lake) 21-8 3/4 (+0.87); 4. Django Heckler (Terra Linda) 21-6 1/4 (+3.20) (best legal 20-8 1/2, +1.81), 5. Simon Foreman (Tamaipas) 21-6 (+3.44).
TJ--1. Rasheed Abdullah (Logan) 12:47-6 (+2.10) (best legal 46-10, +2); 2. Saleem Mahdi (Pittsburg) 11:46-6 1/4 (no wind reading); 3. Saleem Muhammad (De La Salle) 10:45-8 (-0.20); 4. Gary Smith (Logan) 12:44-3 1/2 (-1.00). **SP**--1. Brian Chase (Cardinal Newman) 10:58-2 1/4, 2.

Dave Spitz (Monte Vista) 12:55-9 1/2, 3. Matt Seefeld (Marin Catholic) 12:52-4 3/4, 4. Delmer Lydick (Fort Bragg) 12:51-4 1/4, 5. Andy Seefeld (Marin Catholic) 12:50-8 1/2, 6. Mike Sagapolu (Tennyson) 12:50-3 3/4, **DT**--1. Kyle Donovan (Washington) 12:169-11, 2. Dave Spitz (Monte Vista) 12:167-11 (trials 170-7), 3. Matt Seefeld (Marin Cath-



DAVEETA SHEPHERD

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2:19.14, 7. Kerri Bock-Wilmes (Carondelet) 10:2:19.26, 8. Monica Van Wegen (Amador Valley) 10:2:19.58

1600--1. Elissa Riedy (Mission San Jose) 4:52.94, 2. Kristen Gordon (Carondelet) 4:54.97, 3. Lori Riedy (Mission San Jose) 4:54.99, 4. Alison Lambert (Northgate) 4:56.00, 5. Tina Bowen



SHANNON FLETT

Photo by Bill Cockerham

olic) 12:165-7 (trials 165-10, 4. Jeremy Mills (McKinleyville) 11:155-0 (trials 155-9), 5. Sam Sherrod (Foothill) 12:151-5, 6. Shawn Mullings (Clear Lake) 12:145-2.

Girls

100 (+0.40)--1. Kelli White (Logan) 11:57, 2. Jernae Wright (Logan) 11:20.7, 3. Charon Stewart (Beacon) 12:12.35, 4. Maisha Maxwell (San Leandro) 11:12.60, **200** (-1.10)--1. Kelli White (Logan) 23:66, 2. Zarinah Tillman (Foothill) 23:33 (heat 2, 24.93, +0.8), 3. Turshika Bennett (Bishop O'Dowd) 25:70 (heat 3, 25.55, +0.0), 4. Danielle Jones (San Leandro) 26:01, 5. Pia McAllister (Clayton Valley) 26:24, 6. Felicia Jiles (Pittsburg) 26:32.
400--1. Carla Estes (Logan) 10:54.77 (heat 1 54.75), 2. Zarinah Tillman (Foothill) 12:55.76, 3. Crystal Miles-Threat (O'Dowd) 11:56.38, 4. Seneik Saavedra (El Cerrito) 10:56.39, 5. Brandee Grant (Holy Names) 10:57.56, 6. Felicia Jiles (Pittsburg) 10:57.87, 7. Turshika Bennett (O'Dowd) 11:58.05, 8. Colleen Fitzgerald (College Park) 9:59.16, **800**--1. Elissa Riedy (Mission San Jose) 2:13.07, 2. Martina Ze (Livermore) 2:15.25, 3. Pamela Richardson (Montgomery) 2:15.63, 4. Jennifer Bridgeman (Logan) 2:17.81 (heat 2, 2:16.93), 5. Kelly Howisey (Clayton Valley) 2:18.79, 6. Candace Miles-Threat (Bishop O'Dowd)

(San Ramon Valley) 11:5:04.74, 6. Veronica Harrar (Sonoma Valley) 5:12.89, 7. Desiree Gobert (Clear Lake) 9:5:19.5, **3200**--1. Julia Stamps (Santa Rosa) 10:10:19.91, 2. Lori Riedy (Mission San Jose) 12:11:10.95, 3. Kristen Gordon (Carondelet) 10:11:13.34, 4. Deborah Osteen (Clayton Valley) 10:11:17.65, 5. Marisa Daniel (Granada) 12:11:22.10, 6. Jennifer Ewing (Castro Valley) 10:11:23.58, 7. Nicky Saleta (O'Dowd) 11:30.0, 8. Lisa Hernandez (Healdsburg) 12:11:33.2, 9. Amber Robinson (Las Lomas) 12:11:39.5, 10. Melissa Madson (Kelseyville) 9:11:39.2, 11. Megan Canova (Ursuline) 12:11:42.4, 12. Katie Owen (Carondelet) 12:11:57.0.
100HH (-2.00)--1. Daveeta Shepherd (Salesian) 10:14:07, 2. Jernae Mitchell (El Cerrito) 9:14.82, 3. Australia Ratliff (Pittsburg) 10:15:04 (heat 2, 15.03, negative wind), 4. Ayana Grant (O'Dowd) 11:15.19 (heat 2, 14.40, negative wind), 5. Odessa Balumba (Logan) 11:15.62, 6. Marlee Triggs (Moreau) 12:15.8, 7. Kelly Calaway (California) 11:16.0, **300H**--1. Daveeta Shepherd (Salesian) 10:42.90 (meet record, old record 43.19 Sherherd in trials), 2. Katie Schukie (Santa Rosa) 10:44.05, 3. Charon Stewart (Beacon) 12:44.39, 4. Melissa Cartmel (San Ramon Valley) 10:44.49, 5. Carolyn King (Carondelet) 9:44.51, 6. Julie

PREP NOTES

Peterson (Ferdale 12) 45.02, 7. Denean Garrett (San Leandro 12) 45.72, 8. Giana Federico (Berkeley 12) 46.6.

400R--1. Logan 46.31, 2. Bishop O'Dowd 47.65, 3. El Cerrito 47.80, 4. San Leandro 48.55, 5. Pittsburg 49.60, 6. Amador Valley 49.89, 7. Santa Rosa 50.16, 8. Clayton Valley 50.45. **1600R**--1. Logan (Jernae Wright 59.9, Carla Estes 55.1, Jennifer Bridgeman 58.7, Kelli White 53.1) 3:46.90 (meet record, old record 3:47.29 Bishop O'Dowd 1992); 2. Bishop O'Dowd 3:48.65; 3. El Cerrito 3:52.34; 4. Carondelet 3:58.62, 5. Clayton Valley 4:00.79, 6. Santa Rosa 4:01.4, 7. Amador Valley 4:01.35, 8. Berkeley 4:05.8.

HJ--1. Jamilla Churchill (O'Dowd 12) 5-8, 2. Karen Townsend (Logan 11) 5-5, 3. Allison Chappelle (Logan 12) 5-4, 4. Melissa Guanelia (Santa Rosa 10) 5-4, 5. Erin Nichols (Acalanes 11) 5-4, 6. Jenny Eggers (Carondelet 10) 5-2. **PV**--1. Shannon Flett (Acalanes 11) 10-6 1/4 (meet record), 2. Amanda Bauer (Mission San Jose 12) 10-1 3/4, 3. Becky Studebaker (South Fork 10) 9-3, 4. Maria Lopez (Newark 10) 9-0, 5. Cynthia Lee (Arroyo 12) 9-0, 6. Lisa Bell (Liberty 12) 9-0, 7. Kathleen Hampton (Liberty 10) 8-9, 8. Ann Marie Guglielmo (Novato 10) 8-6, 9. Grace Neisingh (Santa Rosa 11) 8-0. **LJ**--1. Jernae Wright (Logan 11) 18-6 1/2 (+0.88), 2. Carla Estes (Logan 10) 18-0 1/2 (+3.49) (best legal 17-0 3/4, +1.45); 3. Raquel Brewer (Berkeley 10) 17-1 1/2 (+2.20) (best legal 16-11 1/2, -1.00) (trials 17-6 3/4, +2.66); 4. Pia McAllister (Clayton Valley 10) 17-0 3/4 (+1.22) (trials 17-3, +1.40), 5. Jeannie Minton (Acalanes 12) 16-9 3/4 (+3.41), 6. Jenny Howell (Elsie Allen 10) 16-6 3/4 (+2.81), 7. Cindy Samuels (Camplindo 12) 16-6 (+1.25).

TJ--1. Alicyn Chappelle (Logan 12) 36-8 3/4 (+0.00) (trials 37-8, +1.63), 2. Andrea Lacson (Logan 11) 36-2 3/4 (+0.10), 3. Jeannie Minton (Acalanes 12) 36-2 1/2 (+0.20), 4. Phyllis Brumm (Amador Valley 10) 35-0 (-0.10) (trials 35-1 1/2, +2.00), 5. Lydia Idem (Logan 11) 34-5 (+0.3), 6. Melody Melton (Logan 12) 34-3 3/4, 7. Kristy Johnson (Ygnacio Valley 11) 34-1 (-0.60). **SP**--1. Kristen Gabbard (Novato 12) 39-8 3/4, 2. Christina Pitchford (Clayton Valley 12) 36-8 1/2 (trials 36-9 1/4), 3. Kristine Knobel (Santa Rosa 12) 36-0 3/4 (trials 36-5 1/2), 4. Elizabeth Peacock (Moreau 10) 35-10 1/4, 5. Candace Webb (Bishop O'Dowd 11) 35-6 3/4, 6. Melissa Reis (Logan 9) 35-2 3/4, 7. Liz Ross (California 11) 35-0 1/4. **DT**--1. Katie Beck (Clayton Valley 12) 125-6, 2. Serwa Dazdie (Newark 12) 124-2 (trials 128-5), 3. Melissa Reis (Logan 9) 117-10 (trials 105-6), 4. Kristen Gabbard (Novato 12) 116-3, 5. Antoinette Tillman (Berkeley 11) 115-7, 6. Marissa Wilson (Santa Rosa 9) 113-11, 7. Maureen Kennedy (Arroyo 12) 110-1.

SAN FRANCISCO SECTION

May 27, 1995. Kezar Stadium, San Francisco. From Coach Marc Christensen (McAteer). The winner of each event advances to the state meet.

Boys Teams--1. McAteer 244, 2. Lowell 79, 3. Galileo 72, 4. Washington 33, 5. Lincoln 29, 6. Balboa 11, 7. Wallenberg 7, 8. International School Acad 4.

100--1. Joseph Flood (McAteer 11) 10.82, 2. Ryan Jones (Lincoln 11) 10.94. **200**--1. Felton Charles (McAteer 11) 21.13 (meet record, old record 21.20, Walter Smith, McAteer, 1993), 2. Joseph Flood (McAteer) 21.91, 3. Albert Burlison (McAteer) 21.95, 4. Ryan Jones (Lincoln 11) 22.20. **400**--1. Albert Burlison (McAteer 12) 50.10. **600**--1. Yonathan Asmerom (McAteer 12) 1:58.66, 2. Jerome Morton (McAteer 11) 1:59.30.

1600--1. Yonathan Asmerom (McAteer 12) 4:42.20. **3200**--1. Bolota Asmerom (McAteer 11) 9:37.80 (meet record, old record 9:47.20, Malik, Lowell, 1982). **1100H**--1. William Benton (Galileo 11) 14.80, 2. Maurice Byrd (McAteer) 14.90. **300IH**--1. Maurice Byrd (McAteer 12) 40.18, 2. William Benton (Galileo 11) 40.55. **4x100**--1. McAteer 41.90 (meet record, old record 42.29, McAteer, 1992). **4x400**--1. McAteer 3:24.00.

HJ--1. Maurice Byrd (McAteer 12) 6-6. **PV**--1. Calvin Chanmany (McAteer 12) 12-0. **LJ**--1. Kobie Roberts (McAteer 12) 21-7 1/4. **TJ**--1. Anthony Ratcliff (McAteer 11) 44-10 1/2. **SP**--1. Joshua Grate (McAteer 11) 42-9. **DT**--1. Joshua Grate (McAteer 11) 124-3.

Girls Teams--1. Lowell 231, 2. McAteer 76, 3. Galileo 48, 4. Washington 47, 5. Mission 33, 6. Balboa 26, 7. Lincoln 16, 8. Wallenberg 1.

100--1. Noretia Seals (Washington 10) 12.81. **200**--1. Myesha Kirtman (Lowell 10) 25.47, 2. Deneisha David (Lowell 11) 26.10, 3. Noretia Seals (Washington 10) 26.17. **400**--1. Myesha Kirtman (Lowell 10) 58.95. **800**--1. Emily Price (Lowell 10) 2:28.68. **1600**--1. Oasii Lucero (Lowell 11) 5:18.30, 2. Rosamar Gonzalez (McAteer 10) 5:24.00, 3. Susan Chou (Lowell 10) 5:25.30. **3200**--1. Oasii Lucero (Lowell 11) 11:46.10, 2. Rosamar Gonzalez (McAteer 10) 11:50.10. **100H**--1. Rene Warner (McAteer 10) 15.90. **4x100**--1. Lowell 50.20. **4x400**--1. Lowell 4:06.80.

HJ--1. Kamillah Jones (Lowell 10) 4-10. **PV**--1. Oasii Lucero (Lowell 11) 7-0. **LJ**--1. Ciar Johnson-Gordon (McAteer 10) 17-6 1/2. **TJ**--1. Adelya Fuller (Mission 11) 33-0 1/2. **SP**--1. Vavatau Pohahau (Balboa 11) 38-9 1/2 (meet record, old record 38-1, Pace, Galileo, 1983). **DT**--1. Vavatau Pohahau (Balboa 11) 97-10 3/4.

L. A. CITY SECTION

At Birmingham High School.

Boys
100m: 1. Cornwright (West) 10.75, 2. Lee (Cleve) 10.85, 3. Hooper (JFK) 11.05, 4. Edwards (Dorsey) 11.10. **200m**: 1. Lee (Cleve) 21.58, 2. Cornwright (West) 21.87, 3. Scott (Fremont) 21.88, 4. Backus (Taft) 22.19, 5. Leighton (Man Arts) 22.41, 6. Carter (Man Arts) 22.6. **400m**: 1. Jones (Man Arts) 48.39, 2. Backus (Taft) 48.90, 3. Logan (Ban) 48.91, 4. Adams (Ban) 49.11, 5. Car-

son (Fremont) 49.25, 6. Bakers (Cren) 49.89.

800m: 1. Goods (West) 1:58.34, 2. Song (West) 1:58.85, 3. O'Neal (Ban) 1:59.54, 4. Esqueda (HuntPark) 1:59.90. **1600m**: 1. Gilmore (Palis) 4:24.05, 2. Lopez (Bel) 4:25.90, 3. Martinez (Garf) 4:26.36, 4. Lawson (Palis) 4:26.97. **3200m**: 1. Gilmore (Palis) 9:41.02, 2. Sanchez (Garf) 9:42.20, 3. Martinez (Garf) 9:42.80, 4. Castro (Palis) 9:53.45. **1100mH**: 1. Jones (NoHoll) 14.62, 2. Smith (Cren) 14.90, 3. Powell (Birm) 15.01.



KEISHA GRIFFIS

Photo by Kirby Lee

4. Ellis (Cren) 15.08, 5. Lewis (Fairfax) 15.12, 6. Williams (SanFern) 15.25.

300mH: 1. Lewis (Fair) 37.98, 2. Jones (NoHoll) 38.71, 3. Ellis (Cren) 38.99, 4. Tiantenci (Garf) 39.51, 5. Raheem (Cleve) 40.05, 6. Garcia (Birm) 40.60. **400mR**: 1. Westchester 41.52, 2. Manual Arts 41.77, 3. Cleveland 41.79, 4. Dorsey 41.97, 5. Fremont 42.20, 6. Crenshaw 42.23. **1600mR**: 1. Banning 3:16.92, 2. Crenshaw 3:17.98, 3. Fremont 3:19.15, 4. Dorsey 3:19.20, 5. Manual Arts 3:20.95, 6. Cleveland 3:21.66.

HJ: 1. Stewart (Gard) 6-6, 2. Friday (Dorsey) & Parker (Locke) 6-4, 4. Gledhill (Res) 6-4, 5. Cote (Narb) 6-4. **LJ**: 1. Scott (Fremont) 24-9 1/2 w+1.69, 2. Stewart (Gard) 23-8 1/4, 3. Williams (SanFern) 22-10 1/2, 4. McCrory (Dorsey) 21-9 3/4. **TJ**: 1. Williams (SanFern) 49-1, 2. Stewart (Gard) 46-8 1/4, 3. Friday (Dors) 46-6, 4. Johnson (Cren) 46-1 1/2, 5. Washington (Frem) 45-9, 6. Crow (ElCam) 45-1. **SP**: 1. Curry (Marshall) 53-4 1/4, 2. Jones (NoHoll) 53-2, 3. Gaston (Taft) 50-8, 4. Baker (Frem) 50-3 1/4, 5. Scheer (Marsh) 50-1 1/2, 6. Farris (Fair) 48-11.

Team Scores: 1. Westchester 46, 2. tie between Crenshaw and Fremont 31, 4. Dorsey 31, 5. Palisades 30, 6. Cleveland 29, 7. Gar-

field 28, 8. Banning 27, 9. tie between Gardena and North Hollywood 26.

Girls

100m: 1. Thomas (Dors) 12.35, 2. Mucker (Ham) 12.36, 3. Brock 12.71, 4. Griffiths 12.79. **200m**: Thomas (Dors) 25.07, 2. Mucker (Ham) 25.32, 3. Brock (Birm) 25.44, 4. Savage (Dors) 25.80, 5. Baloqun (West) 26.21, 6. Grayson (Taft) 26.28. **400m**: 1. Johnson (West) 57.38, 2. Baloqun (West) 58.03, 3. Savage (Dors) 58.4, 4. Parsons (Univ) 59.23, 5. Howze (Taft) 59.71.

800m: 1. Gilmore (Frem) 2:19.39, 2. Butler (Dors) 2:19.43, 3. James (West) 2:22.52. **1600m**: 1. Brandi Page (GranHills) 5:20.95, 2. Banard (Palis) 5:21.85, 3. George (Chats) 5:22.37, 4. Barajas (VanNuys) 5:25.0, 5. Rochin (Garf) 5:28.7. **3200m**: 1. Barajas (VN) 11:50.65, 2. Epstein (Palis) 11:57.24, 3. Paige (GH) 11:58.65, 4. Vargas (Poly) 11:59.43.

100mH: 1. Griffis (Wash) 15.37.2. Hunt (West) 15.40, 3. Ogano (Wash) 15.68. **300mH**: 1. Griffis (Wash) 45.68, 2. Santin (Taft) 45.90, 3. Lewis (Cleve) 48.01. **400mR**: 1. Washington 48.19, 2. Dorsey 48.27, 3. Gardena 48.58, 4. Taft 49.73. **1600mR**: 1. Dorsey 3:56.93, 2. Taft 4:03.59, 3. Birmingham 4:05.63, 4. Gardena 4:05.97, 5. Narbonne 4:06.96, 6. Granada Hills 4:11.98.

HJ: 1. Griffin (Taft) 5-0. **PV**: 1. Pickup (Chats) 8-0, 2. Seidman (GrHills) 8-0, 3. Capeheart (JFK) 7-6. **LJ**: 1. Ogano (Wash) 18-3 1/2, 2. West (Gard) 17-4, 3. Henderson (Cleve) 17-2 3/4, 4. Pickup (Chats) 16-10 3/4. **TJ**: 1. Henderson (Cleve) 37-1 1/2, 2. Collier (Ban) 36-7 3/4, 3. West (Gard) 36-7 1/2, 4. Rickney (Wash) 35-8, 5. Pickup (Chats) 35-3. **SP**: 1. Hunter (Locke) 41-2 1/2, 2. Dennis (SPedro) 37-3, 3. Vincent (Chats) 37-2 1/2, 4. Schaaaf (Holy) 36-3 3/4, 5. Fargeon (No Holl) 35-11, 6. White (Ban) 34-10.

Team Scores: 1. Dorsey 63 1/2, 2. Washington 56, 3. Taft 41, 4. Westchester 38, 5. Chatsworth 31, 6. Granada Hills 27, 7. Gardena 26, 8. Cleveland 24, 9. Birmingham 21, 10. Palisades 16 1/2.

SOUTHERN SECTION MASTERS STATE QUALIFYING MEET

May 26, Friday evening, Cerritos College (Norwalk). Top Five Finishers move on to State Meet - 6/2-3 Cerritos College - weather 70 degrees and fairly calm.

Boys:

100m (wind -1.12 mps) Bryan Howard (Canyon Springs, Moreno Valley) 10.68, 2. Bryan Harrison (Dana Hills, Dana Pt) 10.72, 3. Chad Morton (South Torrance) 10.80, 4. Ray Butler (Morningside, Inglewood) 10.83, 5. RJ Soward (Fontana) 10.92, 6. Andre Hilliard (Torrance) 10.95.

200m (0 wind) Obea Moore (Muir, Pasadena) 21.13, 2. Bryan Harrison (Dana Hills, Dana Pt) 21.14, 3. Ray Butler (Morningside, Inglewood) 21.57, 4. Jerome Davis

PREP NOTES

(Burroughs, Ridgecrest) 21.63, 5. Kevin Griswold (Garden Grove) 21.95, 6. Wayne Cooley (Culver City) 21.98.

400m Obea Moore (Muir, Pasadena) 46.18, 2. Tyree Washington (La Sierra, Riverside) 46.39, Jerome Davis (Burroughs, Ridgecrest) 46.62, 4. Steve Campbell (Alta Loma) 47.54, 5. Ramsey Jay (Ventura) 47.59, 6. Peter Suggs (Morningside, Inglewood) 48.10.

800m Michael Granville (Bell Gardens) 1:49.43, 2. Brandon Pacheco (Brethren Christian, Cypress) 1:51.29, 3. Jess Strutzel (Huntington Beach) 1:51.75, 4. Jeremy Lyon (Hesperia) 1:53.11, 5. Bryan O'Bannon (Ocean View, Huntington Beach) 1:53.12, 6. Stephen Miller (Maranatha, Sierra Madre) 1:53.67.

1600m Brandon Pacheco (Brethren Christian, Cypress) 4:18.90 (sub 57 final 400), 2. Brett Strahan (Hart, Newhall



BRANDON PACHECO

Photo by Bill Cockerham

4:19.73, 3. Jonathan Lee (Bishop Montgomery, Torrance) 4:19.82, 4. Antonio Arce (Palmdale) 4:19.85, 5. Garrett Jensen (Sunny Hills, Fullerton) 4:19.95, 6. Jeff Fischer (Thousand Oaks) 4:20.64.

3200m Jeff McLarty (Don Lugo, Chino Hills) 9:01.00, 2. Jeff Fischer (Thousand Oaks) 9:08.16, 3. Antonio Arce (Palmdale) 9:08.29, 4. Adalberto Sanchez (Capistrano Valley, Mission Viejo) 9:08.68, 5. Phil Gonzalez (Crescenta Valley, La Crescent) 9:09.00, 5. Javier Ramirez (Nordhoff, Ojai) 9:09.04.

110mHH (-1.72) Chey Walker (West Covina) 14.25, 2. Dominique DeGrammont (Tustin) 14.37, 3. Kenyon Rambo (Poly, Long Beach) 14.38, 4. Chris McAlister (Pasadena) 14.45, 5. Eric Patterson (Poly, Long Beach) 14.84, 6. Will Moore (Paramount) 14.89.

300mH Micky Grimes (Paramount) 36.59, 2. Kenyon Rambo (Poly, Long

Beach) 37.24, 3. Chey Walker (West Covina) 37.44, 4. Makio Haywood (Muir, Pasadena) 37.73, 5. Eric Stewart (Buena, Ventura) 38.53, 6. Eric Patterson (Poly, Long Beach) 38.87.

400m Re Muir (Pasadena) 41.37, 2. Poly (Long Beach) 41.73, 3. Serra (Gardena) 41.81, 4. Fortana 41.94, 5. Harvard-Westlake (North Hollywood) 41.95, 6. Canyon Springs (Moreno Valley) 41.96 (w/o Bryan Howard).

1600m Re Muir (Pas) 3:12.44 (Moore 45.9 anchor), 2. Morningside (Inglewood) 3:15.85, 3. Poly (Long Beach) 3:19.70, 4. Barstow 3:19.71, 5. Serra (Gardena) 3:20.14, 6. Loyola (L.A.) 3:20.84.

HJ Marty Brossett (South Torrance) 6-08, 2. Dale Fowle (Saugus) 6-08, 3. Kevin Wilkinson (Arroyo Grande) 6-06, 4. Clinte Motley (Alta Loma) 6-07, 5. Steve Sherwood (Esperanza, Anaheim) 6-07, 6. Josh



ASHLEY BETHEL

Photo by Bill Cockerham

Hill (Camarillo) 6-06.

PV Steve Michels (Brethren Christian, Cypress) 14-06, 2. Pete Kovacs (El Modena, Orange) 14-06, 3. Sven Northcott (Marina, Huntington Beach) 14-06, 4. Logan Nichols (Arroyo Grande) 14-06, 5. Armando Duran (Norte Vista, Riverside) 14-06, 6. Bret Black (Hesperia) 14-00.

LJ Patrick McCall (Poly, Long Beach) 22-06.25 (+0.4 wind), 2. Patrick Kooba (Glendora) 22-05.25 (+1.0), 3. Jimmy Devine (Ramona, Riverside) 22-04.75w (22-03 wind legal), 4. Ronnie Jenkins (Hueneme, Oxnard) 22-04 (+1.5), 5. Temarr Limbrick (Muir, Pasadena) 22-02.25w (+2.7) (21-07 wind legal), 6. Gerald Williams (Lynwood) 22-01.5 (+1.6).

TJ Tye Anderson (Poly, Long Beach) 48-04.25 (+0.7 wind), 2. Gerald Williams (Lynwood) 48-03.25 (+0.4), 3. Derick Evans (Muir, Pasadena) 47-09 (+0.7), 4. Reggie Curry (Tustin) 47-02.5 (0), 5. Michael Tur-

ner (Morningside, Inglewood) 46-11.75 (+0.5), 6. Eric Vann (Valley View, Moreno Valley) 45-02.5 (+0.4).

SP Matt Pentecost (Loyola, L.A.) 61-10.5, 2. Jeremy Lingenfelter (Claremont) 58-10.25, 3. John Davis (Wilson, Long Beach) 57-0, 4. Chad Jones (Arroyo Grande) 56-10, 5. Siva O'Reilly (Hemet) 54-03.5, 6. Stewart Sellars (Mira Costa, Manhattan Beach) 54-01.

DT Chad Jones (Arroyo Grande) 178-02, 2. Sepher Sharifi (University, Irvine) 174-08, 3. Jason Bader (Edison, Huntington Beach) 172-11, 4. Jon Jon Mayhew (Wilson, Hacienda Heights) 172-08, 5. Randy Hein (Dana Hills, Dana Point) 171-06, 6. Aaron Williams (Leuzinger, Lawndale) 171-04, 7. John Bello (Rancho Cucamonga) 170-02.

Glrs:

100m (wind -1.45 mps) Andrea Anderson (Poly, Long Beach) 11.68, 2. Lakeisha Backus (Wilson, Long Beach) 11.80, 3. Heather Sumpter (Muir, Pasadena) 11.81, 4. Krystal Walden (West Covina) 11.91, 5. Miesha Withers (Morningside, Inglewood) 12.00, 6. Torri Edwards (Pomona) 12.07.

200m (wind 0) Andrea Anderson (Poly, Long Beach) 23.60, 2. Lakeisha Backus (Wilson, Long Beach) 23.65, 3. Torri Edwards (Pomona) 23.94, 4. Heather Sumpter (Muir, Pasadena) 24.31, 5. Miesha Withers (Morningside, Inglewood) 24.32, 6. Madinah Ali (Canyon Springs, Moreno Valley) 24.44.

400m Angela Williams (Chino) 54.59, 2. Kinshasa Davis (Wilson, Long Beach) 54.73, 3. Julia Gray (North, Riverside) 55.39, 4. Malika Edmonson (St. Bernard, Playa del Rey) 55.46, 5. Myesha Williams (Poly, Long Beach) 55.57, 6. Miesha Wilson-Duval (Woodbridge, Irvine) 55.73.

800m Nicole Campbell (Ventura) 2:14.01, 2. Sheron Rhetta (Poly, Long Beach) 2:14.07, 3. Summer Shaw (Huntington Beach) 2:14.66, 4. Carrie Caulkins (Esperanza, Anaheim) 2:15.02, 5. Sabrina Caplis (Foothill, Santa Ana) 2:15.47, 6. Nicole Adlington (La Reina, 1000 Oaks) 2:16.68.

1600m Courtney Pugmire (Esperanza, Anaheim) 4:58.69, 2. Annie Ebner (St. Lucy's, Glendora) 4:59.52, 3. Kim Mortensen (Thousand Oaks) 4:59.82, 4. Ellen Muench (Temescal Canyon, Eslinore) 4:59.98, 5. Shelby Horgan (Temescal Canyon, Eslinore) 5:00.12, 6. Jennifer Spahr (Huntington Beach) 5:00.48, (Pugmire final 400 68)

3200m Courtney Pugmire (Esperanza, Anaheim) 10:14.48 (#18 All-Time Prep, #6 All-Time Californian - fastest prep 3200m/2 mile time since 1987), 2. Amy Skieresz (Agoura) 10:16.42 (#24 All-Time Prep), 3. Kim Mortensen (Thousand Oaks) 10:42.85, 4. Molly Mehler (Peninsula, Rolling Hills) 10:45.01, 5. Nancy Doller (San Clemente) 10:45.48, 6. Angie Winkler (Fountain Valley) 10:58.22. (Skieresz 5:11.8 1600m Pugmire (BYU bound) did not lead until final 150m - last 1600m 5:02.6 final 400 70. 200 34)

100mHH (wind +.93) Joanna Hayes (North, Riverside) 13.72, 2. Ashley Bethel (Mission Viejo) 14.27, 3. Rori Kelly (Morningside, Inglewood) 14.29, 4. Inshirah Jones (Esperanza, Anaheim) 14.56, 5. Andrea Was-

den (Rio Mesa, Oxnard) 14.58, 6. Katie Mook (Foothill, Santa Ana) 14.70.

300mLH Joanna Hayes (North, Riverside) 41.55 (#7 prep All-Time), 2. Nicole Thomas (Morningside, Inglewood) 43.12, 3. Naeema Wilbey (Poly, Long Beach) 43.34, 4. Andrea Wasden (Rio Mesa, Oxnard) 43.73, 5. Colleen Rhemm (Muir, Pasadena) 43.95, 6. Stacy Hebert (Buena, Ventura) 44.30.

400m Re Poly (Long Beach) 45.43, 2. Wilson (Long Beach) 45.92, 3. Muir (Pasadena) 46.66, 4. Morningside (Inglewood) 46.95, 5. Pomona 47.02, 6. Woodbridge (Irvine) 47.13.

1600m Re Poly (Long Beach) 3:43.88, 2. Palmdale 3:48.61, 3. Wilson (Long Beach) 3:49.50, 4. Pomona 3:50.04, 5. North (Riverside) 3:50.86, 6. St. Bernard (Playa del Rey) 3:51.02.

HJ Tracey Lawyer (Cate, Carpinteria) 5-08, 2. Krsty Kieruff (Esperanza, Anaheim) 5-08, 3. Liz Gilner (Chaminade, Canoga Park) 5-07, 4. Tayyba Haneel (Laguna Hills) 5-07, 5. Shavent Williams (Poly, Long Beach) 5-07, 6. Ashley Bethel (Mission Viejo) 5-06.

PV (tie) Jeni Candipan (Marina, Huntington Beach) & Jenny Thompson (Woodbridge, Irvine) 9-00, 3. ERicka Lindgren (Foothill, Santa Ana) 9-00, 4. Julianna Castro (Imperial) 9-00, 5. Ann Marie Butterfield (Eslinore) 8-06.

LJ Pam Simpson (Poly, Long Beach) 19-01.5 (0 wind), 2. Erin Stovall (Woodbridge, Irvine) 18-07.5 (-1.41), 3. Ashley Bethel (Mission Viejo) 18-07.25 (-1.65), 4. Tara Oettinger (Foothill, Santa Ana) 18-06.25 (-.8), 5. Boonil Ogunleye (Poly, Long Beach) 18-03.5 (+.72), 6. Tracey Lawyer (Cate, Carpinteria) 18-03.25 (-.87).

TJ Darnasha Griffith (Tabuco Hills, Mission Viejo) 38-02.75 (-2.26 mps), 2. Kelly O'Connor (Esperanza, Anaheim) 37-10.5 (-1.35), 3. Kerry O'Brice (Edison, Huntington Beach) 37-07.25 (-1.08), 4. Erica Dickson (Mission Viejo) 37-03.5 (-1.42), 5. Mandy Clayton (Newport Harbor, Newport Beach) 36-10 (-1.02), 6. Reynda King (St. Mary's, Inglewood) 36-08.25 (-1.9).

SP Nadia Lopez (Arroyo Grande) 41-08.5, 2. Marie Philman (Edison, Huntington Beach) 40-04, 3. Dawn Anderson (Newbury Park) 40-00.5, 4. Sarah Cisneros (Rubidoux, Riverside) 39-06, 5. Arnika Hughes (South Hills, Covina) 39-04.25, 6. Tamara Wagner (Eisenhower, Rialto) 38-08.5.

DT Nadia Lopez (Arroyo Grande) 148-05, 2. Nikki Ball (Cabrillo, Lompoc) 135-11, 3. Cara Heads (Newport Harbor, Newport Beach) 133-01, 4. Sonya Bryant (Marina, Huntington Beach) 132-10, 5. Susan Hatchett (Arroyo Grande) 130-08, 6. Dawn Anderson (Newbury Park) 129-10.

SP Nadia Lopez (Arroyo Grande) 41-08.5, 2. Marie Philman (Edison, Huntington Beach) 40-04, 3. Dawn Anderson (Newbury Park) 40-00.5, 4. Sarah Cisneros (Rubidoux, Riverside) 39-06, 5. Arnika Hughes (South, Covina) 39-04.25, 6. Tamara Wagner (Eisenhower, Rialto) 38-08.5.

PREP NOTES

CENTRAL SECTION

May 17, Bakersfield College.

Boys

300mH: 1. Jenkins (GoldW) 38.41, 2. Moore (Taft) 38.68, 3. Valdez (Stock) 39.38, 4. Roman (Cent) 40.01, 5. Murnill (Edison) 41.14, 6. Ramirez (Del) 41.15.
100m: 1. Hollwell (WBK) 10.36, 2. Sams (Edison) 10.62, 3. Terrance (Hoov) 10.66, 4. Thomas (Bkfid) 10.88. **400mR:** 1. Bakersfield 41.24, 2. Edison 42.29, 3. South 42.39, 4. Western 42.70, 5. Hoover 42.03, 6. Golden West 43.19.

400m: 1. Armor (Bkfid) 48.87, 2. Leach (Bull) 49.07, 3. Dorsey (Bull) 49.5, 4. Lynn (South) 49.77, 5. Malone (Redw) 49.77, 6. Dunton (Stock) 49.90. **DT:** 1. Martin (Mad) 172-0, 2. Hammond (Fowler) 163-9, 3. Leyva (Monache) 161-2, 4. Beadie (Highland) 160-8, 5. Majors (Hoov) 155-0, 6. Faust (Shafter) 148-11. **110mH:** 1. Jenkins (GoldW) 14.58, 2. Boyd (Lem) 15.13, 3. Roman (Cent) 15.18, 4. Valdez (Stock) 15.19.

1600m: 1. Sanchez (Del) 4:24.63, 2. Elkins (Bull) 4:25.85, 3. Schmidt (North) 4:26.33, 4. Gonzales (Center) 4:27.33, 5. Rhoan (Sierra) 4:27.18. **TJ:** 1. Smith (Coal) 46-7 1/2, 2. Pearce (Bkfid) 45-7, 3. Archie (Hoov) 45-7, 4. Padilla (Wasco) 44-10 1/2, 5. Smith (CW) 44-3, 6. Sierra (Lem) 44-0 1/2. **SP:** 1. Hammond (Fowl) 61-2, 2. Mounts (Bkfid) 59-8, 3. Martin (Mad) 58-4 1/2, 4. Reynolds (CW) 52-0, 5. Mortensen (Buch) 50-3 1/2, 6. Majors (Hoov) 49-4 1/2.

1600mR: 1. Bakersfield 3:21.33, 2. South 3:23.05, 3. Golden West 3:23.40, 4. West 3:23.45, 5. Lemoore 3:25.37, 6. Madera 3:26.50. **3200m:** 1. Sanchez (Del) 9:38.32, 2. Kasahan (Fresno) 9:29.24, 3. Nelson (Redw) 9:35.79, 4. Castro (Arvin) 9:48.62, 5. Barnes (Clovis) 9:49.18, 6. Rebollo (Mend) 9:51.66.

200m: 1. Armour (Bkfid) 21.85, 2. Woodford (Bkfid) 21.88, 3. Thomas (Bkfid) 22.04, 4. Hollwell (West) 22.06, 5. Lynn (South) 22.15, 6. Harris (GoldW) 22.48. **HJ:** 1. Larsen (Stock) 6-8, 2. Roby (Corc) 6-8, 3. McKinsey (Mon) 6-6, 4. Soukup (Sierra) 6-6, 5. Smith (coal) 6-6, 6. Bacon (Reed) 6-4. **LJ:** 1. Marinho (TW) 22-6 1/4, 2. Henley (Bull) 21-11, 3. Hansen (Caruth) 21-7 1/4. **800m:** 1. Leach (Bull) 1:56.23, 2. Hunt (Lem), 3. Bianchi (Edison), 4. Negrete (Clovis) 5. Tanaka (GoldW), 6. Tullis (CW). **PV:** 1. Spotts (North) 15-4, 2. Paramo (Lem) 14-4, 3. Unzueta (Lem) 14-4, 4. Hawkins (Mad) 13-6, 5. Stark (Porter) 13-6, 6. Spooner (Kings) 13-6.

Team Scores: Bakersfield 74, Bullard 40, Lemoore 35, Golden West 30, West 28, South 23, Madera 22, Edison 22, Hoover 21, Stockdale 21, Delano 20, Fowler 18, Western 18, Monache 12, Coalinga 12, Central 10, Corcoran 8, Fresno 8, Taft 8, Redwood 8, Clovis West 7, Sierra 6, Caruthers 6, Clovis 6, Arvin 5, Centennial 4, Highland 4, Wasco 4, Ridgeview 2, Porterville 2, Buchanan 2, Dos Palos 2, Kingsburg 1, Mendota 1, Mt. Whitney 1, Shafter 1, Redley 1.

Girls

800m: 1. Johnston (Cent) 2:11.87, 2. Loftus (Buch) 2:17.90, 3. Aispura (Porter) 2:19.57, 4. Matthews (GoldW) 2:22.52, 5. Cameron (Edison) 2:23.59, 6. Salcido (Taft) 2:23.97. **100m:** 1. Alade (Foot) 12.2, 2. Hutson (South) 12.3, 3. Hendricks (West) 12.4, 4. Ryan (Roos). **300mH:** 1. Williams (ClovW) 44.95, 2. Wilbourn (Redw) 45.26, 3. Jenkins (GW) 46.31, 4. Watkins (South) 47.12, 5. Hrcircr (GW) 47.97, 6. Muhamad (McL) 48.31.

200m: 1. Alade (Foot) 25.0, 2. McKinney (Hant) 25.2, 3. Morris (McL) 25.5, 4. Hut-



VAN MOUNTS

Photo by Bill Cockerham

son (South) 25.8, 5. Ryan (Roos) 25.9, 6. Hendrix (TW) 26.16. **PV:** 1. Price (Kings) 11-6, 2. Keiser (Sanger) 10-0, 3. Knode (Kings) 9-6, 4. Napier (Lem) 9-0, 5. Azar (Kings) 9-0, 6. Coleman (Buch) 8-0. **400mR:** 1. South 47.9, CW 49.4, 3. Roosevelt 49.8, 4. GW 49.9, 5. Foothill 49.9, 6. McLane 50.0.

1600m: 1. Johnston (Cent) 5:00.60, 2. Cohn (Stock) 5:01.91, 3. McCarty (Mad) 5:03.60, 4. Sanchez (Wasco) 5:07.48, 5. M. Lawson (CW) 5:08.45, 6. E. Lawson (CW) 5:12.18. **400m:** 1. Cameron (Edison) 57.18, 2. Morris (McL) 57.75, 3. Negrete (Sanger) 57.77, 4. Atkins (Buch) 59.55, 5. Brown (Imman) 59.88, 6. Harnett (Tehach) 1:00.06. **HJ:** 1. Fleming (Imman) 5-8, 2. Rhea (Imman) 5-4, 3. Flanagan (Chow) 5-4, 4. Watte (TW) 5-4, (tie) Henry (South), Hubbert (Bkfid) 5-2.

SP: 1. Brown (South) 42-11 1/2, 2. Davidson (Reed) 39-10, 3. Washington (TW) 39-0 1/2, 4. Wallace (Clov) 38-10, 5. Ervin (Kings) 37-3 1/2, 6. Smith (Mad) 36-9 1/2.

100mH: 1. Watkins (South) 14.55, 2. Parker (Bkfid) 14.86, 3. Harrison (Wasco) 15.08, 4. Williams (CW) 15.32, 5. Jenkins (GW) 15.41, 6. Wilbourn (Redw) 15.83. **LJ:** 1. Jansen (Redw) 18-5, 2. Parker (Bkfid) 17-6 1/2, 3. Williams (CW) 17-3 1/2, 4. Harrison (Wasco) 17-2 1/2, 5. Snowden (Roos) 17-2 1/4, 6. Home (CW) 16-6 1/2.

TJ: 1. Jackson (Cent) 38-5, 2. Jansen (Redw) 36-10, 3. Harrison (Wasco) 36-6, 4. Henry (South) 35-10 1/2, 5. Johnson (Edison) 35-3, 6. Brown (Imman) 35-3. **1600mR:** 1. Central 3:59.30, 2. Buchanan 4:01.63, 3. South 4:03.28, 4. Sanger 4:04.35, 5. Golden West 4:04.80, 6. Stockdale 4:09.09.

3200m: 1. Cohn (Stock) 11:00.39, 2. Sanchez (Wasco) 11:10.44, 3. E. Lawson (CW) 11:24.22, 4. Bowling (Taft) 11:28.74, 5. M. Lawson (CW) 11:36.64, 6. Ortiz (Reed) 11:40.85. **DT:** 1. Buckley (Bkfid) 145-6, 2. Barnes-Mileham (CW) 133-5, 3. McNaughton (Kings) 128-2, 4. Richard (Mad) 118-10, 5. Doyle (Buch) 116-4, 6. Beachler (East) 115-9.

Team Scores: South 57 1/2, Clovis West 54, Central 40, Kingsburg & Wasco 28, Bakersfield 27 1/2, Redwood 27, Foothill 23, Buchanan 22 1/2, Immanuel 21, Stockdale 18 1/2, Sanger 18, Golden West 17, Tulare Western 17, McLane 16, Roosevelt 14, Edison 13, Madera 12, Reedley 9, Hanford 8, Chowchilla 6, Porterville 6, Clovis 5, Taft 4, Lemoore 2, Tehachapi 1, East 1.

NATIONAL SCHOLASTIC OUTDOOR CHAMPIONSHIPS

By Doug Speck

Raleigh, North Carolina, June 16-17

The National Scholastic Outdoor Championships, held in the Los Angeles area at Birmingham HS (Van Nuys) and UCLA up until a couple of years back, has found a real home at North Carolina State University in Raleigh. With over 500 participants last year and nearly a thousand this June, the meet has exploded in popularity in the weather-hindered eastern half of the U.S., where athletes eagerly look for good competition through the summer months.

A number of Californians went back for the Meet this year, with some very fine results. **Joanna Hayes** led the California contingent with some super hurdling. A 13.38 (wind -0.2 mps) heat win made Joanna prep history's #5 all-time hurdler, with a 13.48 finals effort. **Aminah Haddad** was another impressive Girls winner, taking the 100m at 11.75 (wind -0.6). **Felix Sanchez** showed great College potential over

the 400m Hurdles, racing 52.39 in winning, with **Brandon Pacheco** taking the mile at 4:15.31.

Mary Cobb, here last year as a student at Santa Barbara HS, returned to Pittsfield, Massachusetts her senior year, with a 4:41 1600m earlier this spring and 4:45.48 here for a full mile.

RESULTS

Women's 100 Meter Dash: Finals (w-0.6): 1. Haddad, Aminah, Long Beach Poly, CA 11.75; Wallace, Shayla, Hartford, CT 11.93; Prelims Heat 1 (w:0.0): 1. Haddad, Aminah, Long Beach, CA 11.81. **Prelims Women's 200 Meter Dash:** Heat 1 (w-0.1): 1. Haddad, Aminah, Long Beach, CA 24.23 (did not run Finals) **Women's 400 Meter Dash:** 1. Lewis, Vanessa, Dover, NJ 55.31; 2. Gray, Julia, North HS, Riverside, CA 55.47. **Women's 1 Mile Run:** 1. Cobb, Mary, Pittsfield, MA 4:45.48; 2. Fullove, Shalynn R., Louisville HS, Canoga Park, CA 5:21.21. **Women's 100 Meter High Hurdles:** Finals (w:0.0): 1. Hayes, Joanna, North HS, Riverside, CA 13.48; 2. Bates, Joyce, Philadelphia, PA 13.97; Prelims Heat 1 (w-0.2): 1. Hayes, Joanna, Riverside, CA 13.38. **Women's High Jump:** Finals 1. Sims, Adriane U., Fayetteville, NC 1.80m (5-10.75); 11. Larson, Erica A., Carmel HS, Pebble Beach, CA 1.60m (5-03); Prelims Flight 1: 1. Larson, Erica A., Pebble Beach, CA 1.65m (5-05); Prelims **Women's Long Jump:** Flight 2: 1. Harper, Lashanda, Fort Wayne, IN 6.02m w:0.0 (19-09); 4. Larson, Erica A., Pebble Beach, CA 5.40m w:0.5 (17-08.75). **Women's Shot Put:** 1. Banks, Missy S., Portsmouth, VA 13.47m (44-02.50); 5. Tulus, Darlene, Carmel, CA 12.51m (41-00.50).

Men's 100 Meter Dash: Finals (w:0.6): 1. Garcia, Carlos, Philadelphia, PA 10.51; 2. Williams, Vince, University City HS, Spring Vly, CA 10.72; Prelims Heat 1 (w-0.3): 1. Williams, Vince, Spring Vly, CA 10.73. **Men's 200 Meter Dash:** Finals (w:0.7): 1. Young, Jerome, Hartford, CT 21.06; 4. Williams, Vince, Spring Vly, CA 21.50. **Men's 1 Mile Run:** 1. Pacheco, Brandon, Brethren Christian HS, Los Alamitos, CA 4:15.31; 2. Vanderhoof, Jason, Sandown, NH 4:16.99. **Men's 400 Meter Int Hurdles:** 1. Sanchez, Felix, University City HS, San Diego, CA 52.39; 2. Steele, III, Robert, Salisbury, NC 52.69. **Men's High Jump:** Finals: 1. Lavy, Shane C., Glasco, KS 2.21m (7-03); 7. Wilkins, Michael, Red Bluff, CA 2.00m (6-06.75). **Men's Pole Vault:** Finals: 1. Miller, Jon, Muleshoe, TX 4.90m (16-00.75); 16. Michels, Steve, Brethren Christian HS, Long Beach, CA 4.10m (13-05.50).

SINCEREST THANKS—ONCE AGAIN THIS SPRING—FOR ALL THOSE WHO PROVIDED HELP ALONG THE WAY. A SPECIAL THANK YOU TO RAY SCOFIELD, GARY BROOKS, AND ERIC TWEIT FROM THE SOUTHERN CALIFORNIA AREA.

-Doug



Coach Jack Farrell

Thousand Oaks Cross Country

By Jack Farrell
Thousand Oaks High School

GENERAL PHILOSOPHY

1. What you're trying to accomplish. Our training is fairly consistent year-round for our veteran runners. There is not a great deal of difference in a training run on September 15 and November 15. We do not follow a hard-easy pattern. All of our runs are basically tempo runs--fast, but within the comfort zone. Our mileage increases slightly from early season to mid-season (from 49 to 56 miles per week, from 7 to 8 miles per day), and the pace gradually quickens as runners become fitter, but the effort is fairly consistent. Our goal is to lower the comfort zone of our steady state runs. Athletes gradually dropping from 7 minutes per mile to 6 minutes per mile will correspondingly drop their race pace 30 to 45 seconds or more per mile.

2. Differences between boys and girls. Girls will typically run about a mile less per day and about 45 seconds to 1 minute slower per mile. Some of our best runners, however, have run right with the best boy runners.

3. Areas of emphasis. Keeping major components in balance (frequency, duration and intensity) and utilizing the races as part of training.

4. Training cycles. We run a kind

of two-week cycle. Mondays are the long run, which is one mile longer than the average daily training distance. Assuming a race on Saturday, the first Wednesday will be repetition work, ie. 4x1320 at race pace with 75-90 seconds between each. This will be done on a simulated cross country course, trails or grass. The second Wednesday will be a pick-up run. If we race on Thursday as well as Saturday, then the repetition running and the pick-up run move to Tuesday. The other days are just regular street and dirt trail running. There are no especially hard days and no recovery days. We added a feature this season to strengthen the end of our races (from a *Runner's World* article). We call them cycles. We usually do just one. This is the only work we do on the track. The athlete runs a quarter at street pace, then a 330 at race pace for 3 miles, then a 220 at half-mile pace and then a 110 nearly all-out. The recovery is a continuous jog the same distance as the run. A cycle is exactly 5 laps. We usually do a cycle after the longer run on Monday. We experimented with our veteran runners with two cycles, but found that one was sufficient. After all, it comes at the end of the longest training day.

5. High, Medium or Low Mileage? Our veterans will run about 7

miles a day in September and about 8 miles a day in October and November.

6. Things we try and watch for. About 90% of what we are trying to accomplish happens out on the roads. It's necessary to watch this very closely. I use a car, a bike, or run when I can (it's getting tougher the older I get). I look for athletes running comfortably fast, a kind of fast, effortless float as a sign of fitness. I try to control athletes at either extreme, usually the ones who are racing the workouts (they're over their head attempting to stay up with athletes out of their range) or ones who chronically undertrain (they want to stop every few blocks and stretch or go to the bathroom, or take on more water, or cut the run if they can get away with it). I am highly visible with my athletes on the roads, not only to discourage cutting, but also to reward those who are working hard and want the coach to know it.

7. How long is this period? Out athletes spend about 30 training days at a given duration and then move up a mile per day to a maximum which varies depending on their age, ability, gender and motivation. Therefore we have a number of athletes doing variations of the same basic workout. Most street runs have 2,3,4,5,6,7,8, and 9 mile versions. (See "Typical Training Week" box adjacent.)

continued next page...

California Track and Cross Country COACHES ALLIANCE

TYPICAL TRAINING WEEK

	<u>Week One</u>	<u>Week Two</u>
Monday	Long run (one mile beyond the average daily training distance) plus one cycle	Same
Tuesday	Regular steady state run	Pick-up run
Wednesday	Repetitions, as in 4x1320 at race pace with 75-90 sec interval	Regular steady state run
Thursday	Regular steady state run	League Dual Meet
Friday	Regular steady state run	Same
Saturday	Invitational Race	Invitational Race
Sunday	Regular steady state run	Same

Early Season Training

August 20 through
September 30

One of our favorite workouts during this period is **REPETITIONS**

1. Name -- Repetitions (repeats usually at 1/4 the racing distance).

2. Purpose -- Practicing, and becoming accustomed to, race pace. (This is especially valuable for newer runners.)

3. Warm-up -- During cross country we always run from school to a park in the neighborhood to warm up the muscles before stretching. This warm-up run varies from 3/4 of a mile to 2 1/4 miles. The distance, however, counts in the total run for the day. Athletes pair up and do a series of static stretches for about 20 minutes, followed by form drills and shake-ups.

4. The repetitions take place sometime during the regular run for the day, usually more toward the end than the beginning. This is more a matter of logistics than philosophy.

a. Athletes are organized into 4 to 5 ability groups. Usually only the varsity athletes will run with timed rest. Lower level runners may not com-

plete as many repetitions either.

b. Athletes are asked to run race pace, i.e. 4 minutes for 16:00 runners and 4:30 for 18:00 runners.

5. Things that we look for -- We'd like the athletes to simulate racing as much as possible. Sometimes we even do the repetitions as cut-downs, i.e. 4:00 -- 3:55 -- 3:50 -- 3:45. We've discovered that without timed rest the athletes tend to race these, that is, run them considerably under race pace.

6. The remainder of the day's run serves as the warm-down.

Mid-Season Training

October 1 through November 7
One of our favorite workouts during this period is **THE PICK-UP RUN**.

1. Name -- The Pick-up Run.

2. Purpose -- a). We want our athletes to be able to hold pace or increase pace during the last half of a 3 mile race. b). Since all runners are basically the same stride pattern, 170-190 strides per minute, regardless of pace, athletes run faster by striding further and this is accomplished by using more of their oxygen uptake. We ask our runners during

the last 1 1/2 to 2 miles of a regular run to go through a series of staged drops in pace. They are to drop the pace until they are uncomfortable and then hold it until they are comfortable, and then drop it again. Usually 4-6 drops will take place during the pick-up. A typical varsity boy runner may drop his pace from 6:40 to 6:20 to 6:00 to 5:50, or even faster. The last several hundred yards may actually exceed race pace. c). This verifies to our runners that they can get comfortable at faster paces and gives them the willingness and the aptitude to do this in actual races. In races we sometimes ask our runners to hang in for the first mile and then do a 2 mile pick-up run to the finish.

3. Warm-up -- During cross country, we always run from school to a park in the neighborhood to warm up the muscles before stretching. The warm-up run varies from 3/4 of a mile to 2 1/4 miles. The distance, however, counts in the total run for the day. Athletes pair up and do a series of static stretches for about 20 minutes, followed by form drills and shake-ups.

4. How we run the workout -- It's important that the athletes tack the pick-up onto a fairly continuous run. Any bathroom or water stops should be kept to a minimum and taken fairly early in the regular run. If an athlete stops right before the pick-up begins, it virtually negates the beneficial effects. He simply ends up running a two-mile race to the finish.

5. Things that we look for -- Racing each other is discouraged in this workout, but it is hard to avoid. Athletes are also discouraged from dropping down to race pace immediately and holding it all the way in. This work-out is a learning process and some athletes learn to do it early and better than others. Almost everyone learns eventually. I often ask our runners to time their last mile or two, but sometimes I ask them to turn off their watches if then cannot avoid racing in.

6. Athletes do not really get a warm

continued next page...

California Track and Cross Country **COACHES ALLIANCE**

down as the pick-up run ends at or below race pace.

Late Season Training

November 8 through

Foot Locker West Regional

One of our favorite workouts during this period is **THE HILL WORK-OUT**

1. Name -- The Hill Work-out.

2. Purpose -- Thousand Oaks is a fairly hilly area. Even the streets that run around the school incorporate rolling, sometimes steep hills. We do not even count these; we utilize these hills in most of our regular runs. As such, we only specifically train on hills about 3 to 4 times a season. We are known as a hill team and do tend to compete well on hilly courses like Mt. SAC. But, since so much of our hill work is unavoidable, actual hill repeats are relatively rare.

We like to use two different hills for this workout. One hill is on a 700 yard loop and is about 70 yards fairly steeply up and another 70 yards similarly down. We usually couple this work-out with the pick-up run. We may do 3 x this 700 yard loop, jogging the last 100 yards of it. We will then continue the regular run from this point and begin the pick-up run 2 to 3 miles later. Another hill loop we use is in a canyon and is a steep set of switchbacks about 600 yards to the top. It is about 2 to 3 times the length and difficulty of the switchbacks at Mt. SAC. We may run it 2 or 3 times, but at street pace rather than race pace, jogging slowly down from the top. We never practice downhill running. I do not know if the hill repeats make us better hill runners, or simply prove to us we are already accomplished hill runners. Our better runners always look very impressive on these workouts. It may be just a confidence builder. Except for that, I honestly think we could do without it.

3. Warm-up -- During cross country we always run from school to a park in the neighborhood to warm up the muscles before stretching. The warm-up run varies from 3/4 of a mile to 2 1/4 miles. The distance, however, counts in the total

run for the day. Athletes pair up and do a series of static stretches for about 20 minutes, followed by form drills and shake-ups.

4. How we run the workouts -- See #2 above.

5. Things that we look for -- We feel that races are lost, not won on hills--you win races on the flat. As such, we try to simply hold position up and down hills, although we may move up at the expense of over-committed runners. When hill training, we try to get the runners to run tall on the hills and be conscious of the aid their arm swing can give them. The oxygen debt incurred in ascending a hill will be repaid in about the same amount of time on the other side. After a hard one-minute uphill, an athlete will be back in homeostasis (out of debt) about a minute later in the race. We tell them to hang onto the pace and wait to feel good again.

6. Athletes do not really get a warm-down on this day as the pick-up run ends at or below race pace.

The information in the Coaches' Corner column is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches.



George Payan (Head Cross Country and Track coach at Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677.

In addition, please send any information you have on California coaching clinics. Thank you!

✓ **A Letter to the COACHES' CORNER . . .**

Dear Sir,

During this time of hand-wringing, when so many are gloomy about the future of track and field, we'd like to offer a few rays of sunshine. People have expressed fears about the erosion of the bases of our sport in the US, including a drop in numbers participating in high school track. Our experience is the opposite--our numbers are exploding, to the point where we have created a completely different set of problems!

Our league currently consists of eight small schools, all college preparatory, with a total enrollment of under 2300. Five years ago there were only five schools and only about 135 competitors in our league championships. This year we had just over 300 athletes in the championship meet! One of the remarkable things about this explosion is that only half the schools actually have tracks on their campuses!

There seem to be two major factors causing this remarkable growth. One (usually overlooked by doomsayers) is that **kids like track!** At least one school added a track program to its existing sports after a student poll indicated a stronger wish to add it than any other. The excitement and sparkle in the athletes' eyes at meets speak volumes.

The second factor is a group of coaches who like track and think it's important. Most are teachers at the schools, not walk-ons.

They show their enthusiasm running effective programs with limited or non-existent facilities. They also attend clinics at a high rate, working to improve themselves.

Now we have become victims of our own success. The lack of tracks makes scheduling difficult. Dual meets are basically impossible. When teams were smaller 6-way meets were possible. But with our great growth, we ended up with some 3 1/2 to 4 hour hexagonal and octagonal endurance contests. We will try quadrangular meets next year but still have to face the problem of renting tracks for meets. Transportation to meets is another obstacle we continually overcome. Our schools are located in 4 area codes!

Our league isn't a powerhouse by California standards. It is rare that we produce any scholarship athletes, but we do have a good number go on to compete in various divisions of college track. In 1991 we had 6 athletes compete in the Southern Section Finals. This year we had 32. So our quality is rising as well as our numbers.

Our lesson for reviving interest is simple to see, but hard to achieve. Given that young people like our sport, all it takes is enthusiastic, hard-working, creative coaches. If we can promote the growth of our sport with so many obstacles, others can too.

David W. Hassler
Prep League Track Commissioner
Pasadena, CA

❖ **MEETING NOTES** ❖
Coaches Alliance Meeting -- Saturday, June 3

HAL HARKNESS
State Meet Director

Hal invited communication the meet weekend from any in attendance. He also emphasized the importance of coaches getting state meet info packet from Principals in early May. Points he raised:

1. Mid-week changes of athletes - Hal would like to put in an "honest effort" rule in for the State Prelims. In one event this year, a significant late scratch caused a very late re-seeding for the State Prelims. He would like to require a final statement, at the Section Meet, as to who will compete. This solves the problem of re-seeding in the middle of the week. He would like mid-week scratches next year to result in an athlete being totally out of the competition.

Hal described the L.A. City, which has a large meeting at the end of that competition with all involved in the state meet, as an example of a time when these decisions could be made.

2. How we seed races for the state meet. Hal would like to allow at least two athletes from a section in a prelims heat.
3. Hal would like to allow twelve finalists in the 1600m.
4. Pole Vault Questions.
 - a. Starting heights -- quality of the girls this year has been very impressive. Hal would like to take the four inch increments out of the early pole vault, and replace them with six inch increments at the early heights.
 - b. Use of one pit--there is a north pit, which is far from the main track action. Hal feels that to put one event far away from the main field would be a disservice for that group, so he would like to stay with one "on the main field" pit.

POINTS FROM AUDIENCE

-To reverse the order of the vaults between Friday and Saturday. (If girl's vault first in the prelims, they will vault second in the finals, with boys second in prelims, first in finals).

-About how crowded the warm-up area is at the meet.

-About quality of program--omission of Girls 1600

-About why random lanes are not used in state prelims --only Southern Section does currently in their first round competition where athletes enter from many different sites.

AGENDA ITEMS

1. Pole Vault -- Southern Section had six leagues cancel the Vault this year. With organized help (AAF, "Friends of Pole Vault," etc.) it appears that three of those will reinstate the event next year. There appeared to be a panic at the start of the new rules on the event. Dennis McClanahan would like to keep a tally and list of leagues that have dropped the event. Please pass any on that you have to him at Mr. Carmel HS in San Diego.

Jan Johnson, Bob Slover, John Maher, Margaret Davis, and Hal Harkness from the state have a committee that works on this situation with the Pole Vault.

2. Clinics -- USA Track & Field has come together with the Amateur Athletic Foundation (AAF) with a three-day Track & Field clinic in Northern areas of the state. In the future the Cross-Country clinics used by the AAF will be used in the rest of the State.

Anyone in the state is welcome at the Southern California AAF Cross-Country clinics (for free!)

7/16 San Diego/Yucaipa
7/23 Santa Barbara/Irvine
7/30 Peninsula (Rolling Hills)

AUDIENCE

-Officials -- question on availability of clinics for officials in the state.

-3-Honor Coaches -- The process has been turned back to the Coaches Alliance from the State Office. In the past representatives from each section, who are usually members of or work with advisory committees locally, help with this. Criteria for being named: 1) longevity, 2) contributions to sport, and 3) general reputation. Section Commissioners usually had some input, with some helping greatly, others not so much help.

At a Statewide meeting of Section Representatives the decision was made to have the Coaches Alliance make the decisions on who honors would be. How to do the selections in the

future is the question. Input was asked for on how to do this.

Initial thoughts are to keep the two per section, with Southern Section allowed four.

AUDIENCE

- 1 -Suggestion to have as many honored as there are representatives to the state meet from an area. 2-Honor coaches statewide without concern for section.Group came to agreement that each section would name two (join San Francisco and Oakland together) with Southern Section having four.

3. State Track and Field Meet -- Rotation of state championships in Volleyball and Basketball will be brought up in October. This may tie into a move in track. Coaches Alliance has been asked to come up with a list of Track & Field facilities that will hold 10,000 and have nine lanes--Fresno (Ratcliff Stadium), Sacramento (Hughes Stadium), and Bakersfield (Bakersfield College) appear to meet this criteria.

4. Summer Competitions

-Junior Nationals will be held at Mt. San Antonio College on June 23-24th.

-Junior Olympic National Championships will be held at San Jose City College in late July.

5. Coaches Job Board -- California Track & Running News will post job openings

CROSS COUNTRY

1. Meeting this summer on fifth division in cross-country involving advisory committee members through state office.
2. AAF (213) 730-9617 for information for Cross Country summer clinics.
3. Foot Locker Cross Country Championships will be held at the same time in 1995.
4. Sunkist refused their option on the Sunkist Invitational. Al Franken would like people to send letters to Sunkist to try to get sponsorship back.

AUDIENCE

-August 20th -- Phil Wilder at Moreau Catholic will have Cross Country clinic.

-Late July National High School Coaches Convention in Indianapolis.

--Provided by Doug Speck



Foot Locker Cross Country Championships
WEST REGIONAL

Saturday, December 2, 1995 ■ Woodward Park, Fresno, CA

New Headquarters: Holiday Inn Centre Plaza, Downtown Fresno

RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

Track & Field

SkyJumpers April Fools Pole Vaulting Championships

April 1, Atascadero.

Overall Results

1. Joe-Black Davidman, 13'0. 2. Todd Tevesof, 13'0. 3. Terry Cannon, 12'0 (New 55 and over age Record). 4. Jorge Delgado, 11'0. 5. Nick Belecanti, 10'4. 6. Nate Durham, 8'6. 7. Hanna Storm, 7'4 (New SkyJumpers Female Record). 8. Maggie Wood, 5'6.

Sun Angel Invitational

April 1, Tempe, Ariz.

Overall Results-Men

100 Meters: (Wind-2.62) 1. C. Smith, Goldwin, 10.44. 2. Cummins, LSU, 10.48. 3. Williams, Central St., Ohio, 10.53. 4. Cherry, California, 10.56. **400 Meters:** 1. Ekpevong, USC, 45.63. 2. Mallard, LSU, 45.94. 3. Maybank, Hawkeye, 46.00. 4. Jean-Marie, Arizona St., 46.19. 5. Little, US West, 46.76. **800 Meters:** 1. Clari, unatt, 1:49.31. 2. Armour, Arizona St., 1:49.47. 3. Vaughn, Kentucky, 1:49.52. 4. Viotelsky, Arizona, 1:49.70. 5. Kopl, Arizona, 1:49.78. **1,500 Meters:** 1. M. Keino, Arizona, 3:41.76. 2. Sorsenson, Brooks, 3:41.87. 3. Furusa, LSU, 3:44.26. 4. Lamora, Nike, 3:44.74. 5. Gwanzura, Blinn, 3:45.48. **5,000 Meters:** 1. Reed, Mizuno, 14:04.74. 2. Found, Goldwin, 14:07.57. 3. Johnson, Asics, 14:16.21. 4. Newmad, Kentucky, 14:17.53. **110 High Hurdles:** 1. Alade'fa, USC, 13.86. 2. Flowers, unatt, 14.12. 3. Rareshide, LSU, 14.14. 4. Simons, Arizona, 15:16. 5. Bell, USC, 14.20. **400 Meter Hurdles:** 1. Henderson, Goldwin, 50:34. 2. Alade'fa, USC, 50:93. 3. Nichols, LSU, 51:19. 4. Watts, Arizona, 52:21. 5. McKinney, Las Vegas TC, 53:04. **3,000 Meter Steeplechase:** 1. Gary, Ohio St., 8:57.04. 2. Richards, Reebok, 9:10.28. 3. Catalano, Goldwin, 9:11.21. **400 Meter Relay:** 1. LSU (Kennison, Cummings, Hallard, Griffin) 38.91. 2. Kentucky, 39.34. 3. UCLA, 39.50. 4. Central St., Ohio, 39.51. 5. Blinn JC, 39.57. **800 Meter Relay:** 1. LSU (Kenneson, Mallard, Logan, Griffin) 1:20.85. 2. Vector Sports, 1:22.30. 3. Kentucky, 1:22.42. 4. Blinn JC, 1:22.47. **1,600 Meter Relay:** 1. Vector Sports, 3:04.07. 2. USC, 3:04.57. 3. Australia, 3:05.35. 4. LSU, 3:06.01. 5. Arizona St., 3:06.16. **High Jump:** 1. Taylor-Perry, Iron Ball, 7'0 1/2. 2. Winston, Ohio St., 7'0 1/2.

3. Grundy, Kentucky, 7'0 1/2. 4. Graber, Arizona St., 6'10 3/4. 5. Anderson, UCL, 6'10 3/4. **Pole Vault:** 1. Slover, UCLA, 16'10 3/4. 2. Prentice, LSU, 16'10 3/4. 3. tie between Sategna, LSU and White, Utah St., 16'10 3/4. 5. Riffle, Kentucky, 16'10 3/4. **Long Jump:** 1. Beckford, Blinn JC, 25'7 1/4. 2. Balina, Arizona, 24'6 1/4. 3. Ganda, UCLA, 24'1 1/4. 4. Hazard, Arizona St., 24'1 1/2. 5. Laux, Northern Arizona, 23'8 3/4. **Triple Jump:** 1. Beckford, Blinn, 55'8 1/4. 2. Etheridge, Goldwin, 54'6 3/4. 3. Rogers, Mizuno, 54'0 1/2. 4. Ozolinch, California, 53'11 3/4. 5. Cobb, Blinn, 53'8 1/2. **Shot Put:** 1. Godina, UCLA, 67'2 1/4. 2. Ugwu, Central Arizona, 61'6 3/4. 3. Parlin, UCLA, 59'9 1/2. 4. Ogden, UCLA, 58'6 1/2. 5. Landa, Arizona St., 58'6. **Discus:** 1. Kokhanousky, Blinn, 196'6. 2. Ugwu, Central St., Ohio, 181'10. 3. Landa, Arizona St., 174'6. **Hammer:** 1. Kiss, USC, 243'11. 2. Loshonkohl, Arizona, 224'9. 3. McGrath, Manhattan, 214'0. 4. Corcoran, Arizona, 207'7. 5. Hodel, UCLA, 204'9. **Javelin:** 1. Puksyts, Adidas, 264'4. 2. G. Johnson, UCLA, 247'9. 3. Fearnley, USC, 240'7. 4. Cohen, Arizona St., 229'7. 5. Lothrop, unatt, 223'8.

Overall Results-Women

100 Meters: 1. Hill, LSU, 11.24. 2. Feagin, LSU, 11.35. 3. Vereen, Goldwin, 11.46. 4. Stephens, Kentucky, 11.81. 5. Lane, Arizona, 11.90. **400 Meters:** 1. Irving, Atoms, 52.36. 2. Warren, LSU, 52.82. 3. Lock, Australia, 52.88. 4. Maulseed, LSU, 52.91. 5. Gayle, Arizona St., 52.93. **800 Meters:** 1. Adams, Arizona St., 2:06.28. 2. Best, Mountain West, 2:07.16. 3. Derde, Atoms, 2:07.78. **1,500 Meters:** 1. Hecox, UCLA, 4:23.30. 2. Toney, unatt, 4:31.03. 3. Colonna, Arizona, 4:33.94. 4. Artzner, UCLA, 4:37.38. 5. Sumi, UCLA, 4:41.94. **3,000 Meters:** 1. Sleewenhoek, Asics, 9:20.53. 2. Shaffer, Arizona, 9:34.36. 3. Schmidt, Adidas, 9:36.66. 4. Jarman, Quest, 9:46.50. 5. Castruita, Arizona, 9:51.26. **100 Meter Hurdles:** 1. Bowles, Foot Locker, 13.14. 2. Chan, USC, 13.58. 3. Carson, LSU, 13.74. 4. Burrell, UCLA, 13.97. 5. Re, Arizona St., 14.08. **400 Meter Hurdles:** 1. Paris, unatt, 55.84. 2. T. Williams, 55.93. 3. L. Akinremi, Arizona St., 56.93. 4. T. Adinremi, Arizona St., 58.52. 5. Pullian, Nike, 58.77. **400 Meter Relay:** 1. LSU (Carson Butler, Feagin, Hill) 44.10. 2. Central St., Ohio, 44.81. 3. Kentucky, 45.62. 4. USC, 45.79. 5. Arizona St., 46.11. **1,600 Meter Relay:** 1. Arizona St. (T. Akinremi, Gayle, Morgan, L. Akinremi) 3:30.71. 2. LSU, 3:31.01. 3. Australia, 3:31.55. 4. UCLA, 3:36.87. 5. San Diego St., 3:40.11. **800 Meter Relay:** 1. LSU (Stroman, Boone, Feagin, Hill) 1:32.65. 2. Arizona St., 1:35.70. 3. Central St., Ohio, 1:35.85. **High Jump:** 1. Teaberry, Goldwin, 6'0 1/2. 2. Aleyne, Mizuno, 6'0 1/2. 3. Turner, Kentucky, 5'11 1/4. **Long Jump:** 1. Hunt,

LSU, 21'8. 2. Davis, Central St., Ohio, 19'11 3/4. 3. White, Central St., 19'9 3/4. 4. R. Johnson, unatt, 19'6 1/2. 5. Dolphin, USC, 19'6. **Shop Put:** 1. Dumble, UCLA, 57'10 1/2. 2. Althouse, UCLA, 57'8 1/2. 3. Heaston, Florida, 51'6 1/2. 4. Kasar, UCLA, 50'0 1/2. 5. Soderberg, unatt, 49'9. **Discus:** 1. Dumble, UCLA, 190'10. 2. Soderberg, unatt, 177'0. 3. Powell, UCLA, 172'10. 4. Dukes, Nike, 172'0. 5. Kailihiwa, California, 155'4. **Javelin:** 1. Carroll, San Mateo AC, 183'1. 2. Selman, Asics, 181'3. 3. McCormick, San Mateo AC, 178'11. 4. Powell, UCLA, 161'3. 5. Fjaer, Bislett TC, 156'10.

Triangular Meet

April 8, CS Los Angeles

Overall Results-Men

100m: 1. B. Smith, CSLA, 10.47. 2. Benitez, CSLA, 10.62. **200m:** 1. B. Smith, CSLA, 20.90. 2. Benitez, CSLA, 21.24. 3. Langford, CSLA, 21.29. **1,500m:** 1. Fischer, AP, 3:52.5. **110m HH:** 1. Holmes, Sacramento TC, 14.52. 2. Banner, CSLA, 14.60. **400m IH:** 1. Washington, unatt, 53.22. **400mR:** 1. CS Los Angeles, 40.6. **1,600mR:** 1. CS Los Angeles, 3:20.8. **LJ:** 1. Bernardo, Mizuno, 24'4 1/4. **SP:** 1. Bustamante, AP, 57'0 1/4. **DT:** 1. Olukoju, unatt, 172'7. **HT:** 1. Bustamante, AP, 201'4.

Final Team Scores: 1. CS Los Angeles (112). 2. Azusa Pacific (100). 3. CSLA (89). 4. Occidental (19).

Overall Results-Women

100m: 1. Yusuf, AP, 11.58. 2. Posey, CSLA, 12.09. **100m HH:** 1. Campbell, AP, 13.43. 2. Veltman, World Class, 13.49. **400mR:** 1. CS Los Angeles, 47.4. **1,600mR:** 1. Azusa Pacific, 3:48.37. **TJ:** 1. Carver, CSLA, 40'0 3/4. **SP:** 1. Hill, unatt, 49'1. **DT:** 1. Hill, unatt, 181'5. **HT:** 1. Beard, Athletes In Action, 156'0.

Final Team Scores: 1. AP (106). 2. Azusa Pacific (90). 3. Cal St. Los Angeles (81). 4. CS Los Angeles (58). 5. Occidental (20).

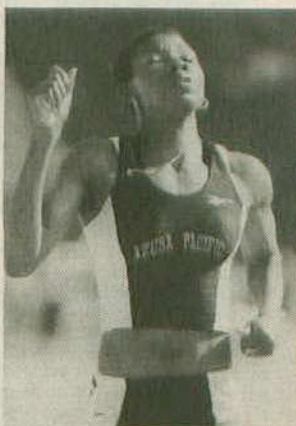
U.C. San Diego Invitational

April 8, U.C. San Diego, La Jolla, Ca.

Overall Results-Men

10,000 Meters Inv.: 1. Ray Gomez, Pasadena CC, 33:01. 2. Harry Harris, Santa Monica, 34:17. 3. David Marcoquin, Pasadena, CC, 34:34. **110 M Hurdles (Open 1):** 1. Kirk Miller, UCSD, 16:33. 2. Derek Bennett, unatt, 16:45. 3. Dane Lauderdale, Bakrsfld CC, 16:58. **(Open 2):** 1. Ben Kearse, unatt, 14:85. 2. Terrell Simpletam, unatt, 15:22. 3. Greg Riley, Santa Bar CC, 16:00. **(Open 3):** 1. Anthony Montgomery, UC Revside, 14.6. 2. Pat Norris, LBCC, 15.1. 3. Nelson Hood, Bakrsfld CC, 15.5. **(Open 4):** 1. Olivier Boissy, RCC, 14.95. 2. Sheldon Brooks,

RCC, 15.55. **110 M Hurdles Inv.:** 1. Robert Reading, Accusplit, NT. 2. Tony House, unatt, 14.0. 3. Gerald Stampe, Pasadena CC, 14.1. **4 X 100 M Relay Inv (1):** 1. SBVilyCC-B, 43.22. 2. PimaCC, 44.38. 3. Orange CC, 44.73. **(2):** 1. Bakrsfld CC-A, 42.55. **(3):** 1. LBCC-A, 41.07. 2. Rncho San CC, 41.50. 3. Antelope Vily CC, 41.75. **1,500 Meters (Open 1):** 1. Juan Berrelles, SWestem TC, 4:11.91. 2. Jason Montez, SBVily CC, 4:15.26. 3. Federico Morales, RnchoSan CC, 4:15.28. **(2):** 1. Matt Smith, SantaBar CC, 4:11.37. 2. Ryan Newstrom, Grossmont, 4:13.08. 3. John Walsh, UCSD.



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Photo by Kirby Lee

4:13.36. **(3):** 1. Gavin Klinger, UCSD, 4:05.29. 2. Ricardo Perez, Citrus CC, 4:06.69. 3. Erick Alvarado, SBVily CC, 4:08.69. **(4):** 1. Jaime Bastidas, UC Riverside, 3:59.62. 2. Goss Lindsay, UCSD, 3:59.76. 3. Mike Wallace, UCSD, 4:02.96. **1,500 Meters Inv.:** 1. Jose Barbosa, Brazil, 3:45.76. 2. Francis O'Neil, unatt, 3:50.17. 3. Nazario Romara, unatt, 3:52.00. **400 Meters (Open 1):** 1. Lance Higginson, Pasadena CC, 51.96. 2. Luis Calderon, LACC, 52.32. 3. Damon Diaz, Citrus CC, 55.04. **(2):** 1. Greg Davis, SD Mesa CC, 51.08. 2. Jeff Brister, Citrus CC, 53.94. **(3):** 1. Jose Arlenega, UCSD, 52.50. 2. Tim Senne, Pima CC, 53.06. **(4):** 1. Bret Fortenberry, Golden WCC, 52.14. 2. Alva George, WestLACC, 52.89. 3. Jordan Tang, Australia, 53.07. **(5):** 1. Cole Ramsey, Golden WCC, 51.78. 2. McDuffrie Allen, TeamSD, 52.63. **(6):** 1. Robert Nelson, RnchoSan CC, 51.36. 2. Jimmy Jeffrey, RCC, 52.15. **(7):** 1. Derrick Baker, AntVally CC, 47.53. 2. Brian Bivans, LBCC, 50.26. **400 Meter Inv. (1):** 1.

RESULTS

Terrance Branch, unatt. 47.73. 2. Mike Norris, Saddleback 47.96. 3. Henry Sweeney, LBCC, 49.25. (2): 1. Anthony Lloyd, El Camino, 48.10. 2. Takahiro Watanabe, Japan, 48.17. 3. Daren Storr, unatt. 48.93. **100 Meter (Open 1):** 1. Juddah Crawford, Pasadena CC, 11.27. 2. Darron Turner, Pasadena CC, 11.65. 3. D. Duransiet, Run-West TC, 11.75 (2): 1. Cornell Stephenson, WestLA CC, 11.49. 2. Richard Haymore, Pima CC, 11.74. (3): 1. Wille Jenkins, SD Mesa CC, 11.29. 2. Timothy Black, Australia, 11.48. 3. Fred Williams, Orange CC, 11.72. (4): 1. Lamont Baker, Citrus CC, 11.34. 2. Damon Green, SBVily CC, 11.35. 3. Damarlus Green, SBVily CC, 11.57. (5): 1. David Shaw, Golden WCC, 11.40. 2. JT Smith, TeamSD, 11.59. 3. Roman Holston, Citrus CC, 11.70. (6): 1. Hector Flores, RanchoSan CC, 11.00. 2. Robert Dauphin, unatt. 11.10. 3. Bennie Herran, SD Mesa CC, 11.37. (7): 1. Randy Thompson, Team SD, 11.45. 2. Steve Healy, Cerritos CC, 11.47. 3. Casey Purnell, SBVily CC, 11.53. (8): 1. Ernest, RanchoSan CC, 11.18. 2. Johnny, Grossmont, 11.24. 3. Lewis, Bakrsfld CC, 11.31. **400 M Hurdles Inv. (1):** 1. Troy Griggs, USMC, 57.16. 2. John Asbury, Pima CC, 59.64. 3. Rob SanJose, Citrus CC, 1:00.31. (2): 1. Matt Amaro, UCSD, 57.46. 2. Daniel Rideau, WestLA CC, 58.95. 3. Chuck Hustedt, GoldenWCC, 59.34. (3): 1. Joe Cavan, UCSD, 58.20. 2. Ken Brown, RanchoSan CC, 58.27. 3. Brian Borsch, Saddleback, 58.28. (4): 1. Ray Helms, Pima CC, 54.44. 2. Olivier Boissy, RCC, 54.53. 3. Matt Halley, RCC, 55.74. (5): 1. Hassan Bangurah, LBCC, 52.88. 2. Brad Copper, Team SD, 54.18. 3. John Gentry, Bakrsfld CC, 55.29. **200 Meters (Open 1):** 1. Damarlus Green, SBVily CC, 23.20. 2. Johnny Robinson, Grossmont, 23.44. 3. Robert McCoy, Grossmont, 23.47. (2): 1. Greg Davis, SD Mesa CC, 23.37. 2. Don Pace, Orange CC, 23.99. (3): 1. Gorey Kelly, Cerritos CC, 21.80. 2. Brandon Rockett, Bakrsfld CC, 22.19. 3. Mike Stevenson, unatt. 23.50. (4): 1. Damien Green, SBVily CC, 22.93. 2. Rashad Wilcoxen, SBVily CC, 23.02. 3. Cornell Stephenson, WestLA CC, 23.30. (5): 1. Mike Blankenship, Antvally CC, 22.69. 2. Lionel Fleming, Pasadena CC, 23.03. 3. Girard Fowler, RCC, 23.30. (6): 1. Gene Shepard, Pasadena CC, 22.53. 2. Talwan Pinkney, SBVily CC, 22.64. 3. Juddah Crawford, Pasadena CC, 22.81. (7): 1. Bennie Herran, SD Mesa CC, 21.72. 2. Willis Jenkins, SD Mesa CC, 22.83. 3. Lewis Jennings, Bakrsfld CC, 22.93. (8): 1. Walter Russell, RCC, 22.27. 2. Mike Norris, Saddleback, 22.65. 3. Howard Tessier, SBVily CC, 22.75. **200 M Inv. (1):** 1. Gabriel Okan, Nigeria, 21.32. 2. Ace Riggins, RanchoSan CC, 22.19. 3. Ernest Wilson, RanchoSan CC, 22.23. (2): 1. Hector Flores, RanchoSan CC, 21.43. 2. Tony Sellas, LBCC, 22.05. **2,000 Meters Inv.:** 1. Edgar deOliveira, Brazil, 5:06.44. 2. Clodoaldo doCarrio, Brazil, 5:09.73. **4 X 400 M Relay Inv. (1):** 1. WestLA CC-B, 3:27.28. 2. SBVily CC-B, 3:30.66. 3. UCSD-B, 3:34.53. (2): 1. SBVily

CC-A, 3:22.56. 2. Pima CC, 3:23.96. (3): 1. Team SD, 3:15.96. 2. LBCC-A, 3:17.34. 3. ElCamino, 3:18.49. **3,000 M Steeplechase Inv.:** 1. Chia-Robert Ho, UCSD, 9:24.2. 2. Francisco Vazquez, RanchoSan CC, 9:24.2. 3. Eduardo Verdejo, Bakrsfld CC, 9:57.1. **5,000 Meters Inv.:** 1. Abdihakim Abdirahman, Pima CC, 14:33.9. 2. Matt Clayton, Adidas, 14:42.2. 3. J.J. Castner, UCSD, 14:48.3. (Open): 1. Mark Taylor, UC Riverside, 15:52.4. 2. Javier Ramirez, UC Riverside, 15:53.1. 3. Nathan Robinson, Bakrsfld CC, 16:05.3.

Overall Results-Women

10,000 M Inv.: 1. Misty Allen, unatt. 37:45. 2. Erin Remy, Orange CC, 38:56. 3. Ranae Bartolone, US Air Force, 39:33. **4 X 100 M Relay (1):** 1. LA CC, 53:32. 2. Orange CC, 54:37. (2): 1. Chapman U, 51:48. 2. RanchoSan CC, 52:20. (3): 1. SDSU, 46:51. 2. Long Beach CC, 46:98. 3. Riverside, 47:72. **1,500 M Open (1):** 1. Dianne Saunderson, Australia, 5:15.40. 2. Amanda Wallace, unatt. 5:33.98. 3. Matilde Arroyo, Pasadena CC, 5:39.70. (2): 1. Dawn Goiding, Golden WCC, 5:06.44. 2. Lee Yianni, Australia, 5:18.44. 3. Brandi Murphy, Australia, 5:20.83. (3): 1. Rowena Gonzales, SD Mesa CC, 4:53.61. 2. Mai Mgo, USC, 4:57.82. 3. Liana Wright, UCSD, 4:59.74. **1,500 Inv.:** 1. Lupe Ambriz, PLTC, 4:36.16. 2. Anne Seawright, Asics TW, 4:41.93. 3. Laura Bermudez, Citrus CC, 4:47.15. **400 M Open (1):** 1. Monica Thomas, Pima CC, 1:03.91. 2. Denise Belt-Dixon, Pima CC, 1:07.29. 3. August Kull, Santa Bar CC, 1:12.27. (2): 1. Jamie Brown, El Camino, 1:01.34. 2. Adrelin Smith, Bakrsfld CC, 1:03.93. (3): 1. Kim Tyner, SDSU, 1:01.04. 2. Kelly Griffin, WestLA CC, 1:01.59. 3. Lashaunda Everage, El Camino, 1:01.91. **400 M Inv. (1):** 1. Brenda Stewart, RCC, 59.53. 2. Ana Lopez, RanchoSan CC, 1:01.61. (2): 1. Charmaine Burton, RCC, 53.79. 2. Malika Freeman, SDSU, 53.97. 3. Maria Runyon, unatt. 55.19. **100 M Open (1):** 1. Karen Spence, RanchoSan CC, 14.12. 2. Anne Isaacson, Pima CC, 14.31. 3. Christine Allala, RanchoSan CC, 14.59. (2): 1. Mary Folino, Chapman U, 13.52. 2. Clesha Hicks, Cerritos CC, 13.71. 3. Denise Belt-Dixon, Pima CC, 14.00. (3): 1. Trina Taylor, Cerritos CC, 13.36. 2. Marlette Byrd, WestLA CC, 13.59. 3. Bernadette Hill, SD Mesa CC, 13.69. (4): 1. Terri Paulaskas, UCSD, 13.36. 2. Nikki Ellis, Pima CC, 13.48. 3. Serena Mosley, US Air Force, 13.49. (5): 1. Michelle Domico, UCSD, 12.94. 2. Joyce Lee, UCSD, 13.16. 3. Angela Rivera, Pima CC, 13.17. **100 M Inv. (1):** 1. Cynthia Midkiff, Long Bch CC, 12.53. 2. Kwanzaa Gibson, SDSU, 12.96. (2): 1. Donna Waller, unatt. 12.14. 2. Cavetra Mitchell, Long Bch CC, 12.23. 3. Shanie Freeman, SDSU, 12.35. **800 M Open (1):** 1. Maria Garcia, Cerritos CC, 2:39.75. 2. Jean Wierenga, SBVily CC, 2:53.74. (2): 1. Diane Henson, Pima CC, 2:27.09. 2. Lorinda Lawyer, Pasadena CC, 2:31.10. 3. Julie Gomez, Pima CC, 2:34.76. (3): 1. Denise Morales, LongBch CC, 2:28.53. 2. Deshawne Miles, LongBch CC, 2:28.61. (4): 1. Cathy Trotman, LongBch CC, 2:22.53. 2. Courtney

Gray, UCSD, 2:23.51. 3. Jolene Blackshear, MiraCosta, 2:25.84. **800 M Inv. (1):** 1. Cele-na Clarke, RCC, 2:18.36. 2. Carrie Barnett, SD Mesa CC, 2:19.83. 3. Annie Lunsman, Asics TW, 2:20.46. (2): 1. Lesley Noll-Mayne, Asics TW, 2:06.33. 2. Kristy Matthews, SDSU, 2:10.35. 3. Sheria Moses, UC Riverside, 2:12.87. **100 M Hurdles Open (1):** 1. Dustin Watson, MiraCosta, 18.51. 2. Heather Siegel, Orange CC, 18.79. (2): 1. Meshana Mays, LongBch CC, 15.99. 2. Julie Peper, Pima CC, 17.09. 3. Kim Dorsey, Bakrsfld CC, 17.50. (3): 1. Crystal Young, unatt. 14.52. 2. Candy Streff, USAirForce, 15.52. 3. Crystal Buck, RCC, 15.76. **100 M Hurdles Inv. (1):** 1. Donna Waller, unatt. 13.61. 2. Maria Runyan, unatt. 14.30. 3. Natalie Martin, Cerritos CC, 14.81. **400 M Hurdles Inv. (1):** 1. Shelly Shaul, Citrus CC, 1:13.73. 2. Christine Luizzi, LA Valley CC, 1:14.06. 3. Jennifer Daniels, Pima CC, 1:18.07. (2): 1. Candy Streff, USAir Force, 1:13.73. 2. Allison High, UC Riverside, 1:12.83. (3): 1. Jana Kokkonan, USAirForce, 1:04.17. 2. Michaela Monahan, UCSD, 1:05.00. 3. Crystal Buck, RCC, 1:07.31. **200 M Open (1):** 1. Karen Spence, RanchoSan CC, 29.62. 2. Anne Isaacson, Pima CC, 30.35. 3. Christina Allala, RanchoSan CC, 30.74. (2): 1. Mariette Byrd, WestLA CC, 28.29. 2. Marsol Ward, Cerritos CC, 29.10. (3): 1. Trina Taylor, Cerritos CC, 27.24. 2. Mirna Delgado, Saddleback, 27.20. 3. Bernadette Hill, SD Mesa CC, 28.13. (4): 1. Leslie Williams, SD Mesa CC, 26.76. 2. Kathy Watson, WestLA CC, 27.02. 3. Tiffany Hogan, Bakrsfld CC, 27.76. (5): 1. Julie Peper, Pima CC, 26.52. 2. Meredith Shimer, RanchoSan CC, 26.84. 3. Kim Tyner, SDSU, 27.03. **200 M Inv.:** 1. Tonesha Hodges, SDSU, 24.20. 2. Froeman Shani, SDSU, 24.78. 3. Nobue Saito, LA Valley CC, 25.89. **4 X 400 M Relay Inv. (1):** 1. UCSD-B, 4:16.57. 2. Cerritos CC, 4:19.74. (2): 1. Riverside, 3:47.88. 2. LongBch CC, 3:52.40. 3. SD Mesa CC, 3:53.82. **3,000 M Inv.:** 1. Valerie Vaughan, Asics TW, 9:32.56. 2. Michelle Truesdale, USAir Force, 10:22.78. 3. Pam Allie-Morrill, Frogs Racing, 10:24.83. **Open:** 1. Charlotte Maycock, RCC, 10:27.70. 2. Danielle Garrison, Chapman U, 11:13.95. 3. Christina Frazer, SD Mesa CC, 11:20.66. **5,000 M Inv.:** 1. Michelle Cox, San Diego TC, 17:56.0. 2. Laura Bermudez, Citrus CC, 18:18.0. 3. Sierra Gould, USAir Force, 18:40.8

GSAC Track Championships

April 29, San Diego.

Overall Results-Men

10,000m: 1. John Gachau, APU, 31:02.2. **1,500m:** 1. Denes Balaza, APU, 3:54.40. **100m:** 1. Allen Lollis, WC, 10.96. **200m:** 1. Allen Lollis, WC, 22.28. **400m:** 1. Jon Colletti, APU, 49.09. **800m:** 1. Denes Balazs, 1:53.47. **110m H:** 1. David Pope, APU, 15.0. **400m H:** 1. David Fari, APU, 56.35. **4 X 100mR:** 1. Azusa Pacific, 42.66. **4 X 400mR:** 1. Azusa Pacific, 3:19.20. **3,000m Steeplechase:** 1. Brian Dowd, WC, 9:40.88

HJ: 1. Brian Carlson, SCC, 6'10. TJ: 1. Hong Li, APU, 50'08 1/4. DT: 1. Rene Bustamante, APU, 171'05 1/2. **Decathlon:** 1. Mike DeWit, APU, 6265.

Final Team Scores: 1. Azusa Pacific University (321). 2. Westmont College (111). 3. Point Loma Nazarene (64). 4. So. Cal College (54). 5. Fresno Pacific College (34). 6. Biola University (29).

Overall Results-Women

10,000m: 1. Rhonda Heise, FPC, 39:51. **1,500m:** 1. Michelle Teodoro, APU, 4:43.97. **100m:** 1. Michelle Campbell, APU, 12.71. **200m:** 1. Sara Naylor, WC, 25.75. **400m:** 1. Sara Naylor, WC, 58.11. **800m:** 1. Michelle Teodoro, APU, 2:13.60. **100m H:** 1. Michelle Campbell, APU, 13.79. **400m H:** 1. Jolene Schoenert, WC, 1:09.98. **3,000m:** 1. Beth Hake, APU, 10:43.88. **4 X 100mR:** 1. Azusa Pacific, 49:56. **4 X 400mR:** 1. Azusa Pacific, 4:00.88. TJ: 1. Mary Sauer, APU, 37.0. DT: 1. Joanna Porter, PLNC, 119'06 1/4. **Heptathlon:** 1. J Hackworth, WC, 4054.

Final Team Scores: 1. Azusa Pacific University (215). 2. Westmont College (122). 3. Fresno Pacific College (84). 4. Point Loma Nazarene (75). 5. So. Cal College (71). 6. Biola University (4).

Cal Poly Pomona Invitational

May 6.

Overall Results-Men

100 M: 1. Hargraves, New Era, 10.29. 2. Brannagan, Long Beach St., 10.37. 3. Jackson, World Class, 10.58. **200 M:** 1. G. Smith, unatt. 21.57. 2. Edwards, unatt. 21.70. **400 M:** 1. Edwards, unatt. 47.32. **1,500 M:** 1. Barbosa, Brazil, 1:49.1. **110 H Hurdles:** 1. Ashford, unatt. 14.42. 2. Youngblood, CSN, 14.58. **3,000 Steeplechase:** 1. Ribas, Brazil, 9:11.3. **400 M Relay:** 1. Long Beach St., 40.62. **Pole Vault:** 1. Walker, unatt. 17'0 3/4. 2. Orloff, unatt. 16'4 3/4. 3. Hinkin, LBS, 16'4 3/4. **Long Jump:** 1. Scurry, unatt. 24'5 1/2. **Shot Put:** 1. Godbehere, CSB, 58'3 1/4. 2. Chronister, unatt. 55'11. **Discus:** 1. Dumble, unatt. 177'6. 2. Sullivan, unatt. 176'3. **Hammer:** 1. DeSantis, unatt. 212'1. 2. Williams, unatt. 204'11. 3. Wilson, unatt. 201'11. 4. Gayles, CS Northridge, 188'1.

Overall Results-Women

100 M: 1. Rainwater, Eastern Washington, 11.83. 2. Quan-Vei, Cal TFA, 11.91. 3. White, EW, 11.97. 4. Ellison, CS Northridge, 12.06. **200 M:** 1. Rainwater, EW, 24.01. 2. Quan-Vei, Cal TFA, 24.52. **400 M:** 1. Thompson, CS Bakersfield, 55.64. **800 M:** 1. Wysocki, Nike Coast, 2:05.0. **1,500 M:** 1. Noll Mayne, 4:31.9. **3,000 M:** 1. Goodrich, Nike Coast, 9:59.13. **100 M H Hurdles:** 1. McGihon, Beach, 14.58. **Shot Put:** 1. Pagel, Nike Coast, 60'0 1/2. 2. Beauregard, CPP, 46'11. **Hammer:** 1. Coons, unatt. 175'5.

SIAC Championships

May 6, La Verne College

Overall Results-Men

100 M: 1. Comford, CM, 10.84. **200 M:** 1.

RESULTS

Witzak, R. 21.93. **400 M**: 1. Busse, PP, 49.28. **800 M**: 1. Allan, O. 1:54.38. **1,500 M**: 1. Allan, O. 3:59.89. **5,000 M**: 1. Newman, CM, 15:18.22. **110 M Hurdles**: 1. Thompson, PP, 15.18. **400 M Hurdles**: 1. Busse, PP, 54.57. **400 M Relay**: 1. Claremont-Mudd, 41.89. **1,600 M Relay**: 1. Claremont-Mudd, 3:19.56. **High Jump**: 1. Richen, CM, 6'8 3/4. **Pole Vault**: 1. Worster, CM, Kendall, R, 13'11 1/4. **Triple Jump**: 1. Hawkins, PP, 47.8. **Shot Put**: 1. Mattson, LV, 50'6. **Javelin**: 1. Roggeveen, R, 201'8.

Final Team Scores: 1. Claremont-Mudd-Scripps (192). 2. Redlands (125). 3. Pomona-Pitzer (99). 4. La Verne, (60). 5. Occidental (58). 6. Caltech (22). 7. Whittier (20). 8. Cal Lutheran (13).

Overall Results-Women

100 M: 1. Anixter, PP, 12.89. **200 M**: 1. Anixter, PP, 26.37. **400 M**: 1. Cullay, CMS, 58.61. **800 M**: 1. Shideler, PP, 2:18.64. **1,500 M**: 1. Shideler, PP, 4:46.16. **3,000 M**: 1. Garcia, W, 10:46.47. **100 M Hurdles**: 1. Harris, PP, 15.59. **400 M Hurdles**: 1. Harris, PP, 67.35. **400 M Relay**: 1. Pomona-Pitzer, 50.26. **1,600 M Relay**: 1. Pomona-Pitzer, 4:04.34. **High Jump**: 1. Spencer, LV, 5'1. **Triple Jump**: 1. Murphy, CM, 36'3. **Shot Put**: 1. Parish, PP, 38'1 1/4. **Javelin**: 1. Schroder, CMS, 122'0.

Final Team Scores: 1. Claremont-Mudd-Scripps (164). 2. Pomona-Pitzer (142). 3. La Verne (57). 4. Occidental (53). 5. Cal Lutheran (38). 6. Whittier (29). 7. Redlands (21). 8. Caltech (19).

Big West Conference

May 12-13, Long Beach St.

Overall Results-Men

100 M (wind +1.23 m.p.s.): 1. Barragan, LBS, 10.45. 2. Thomas, LBS, 10.68. 3. Harvey, NMS, 10.87. **200 M**: 1. Barragan, LBS, 21.02. 2. Thomas, LBS, 21.72. 3. Oliver, UCSB, 21.79. **400 M**: 1. Oliver, UCSB, 46.83. 2. Anderson, USU, 47.69. 3. Turner, USU, 48.16. **800 M**: 1. Garcia, UCSB, 1:54.01. 2. Burgoyne, NMS, 1:54.06. 3. Wiley, USU, 1:54.70. **1,500 M**: 1. Wilson, USU, 3:51.14. 2. Atwood, USU, 3:56.43. 3. Hennenberger, CSF, 3:57.15. **5,000 M**: 1. Cullum, UCSB, 14:49.12. 2. Frack, UCI, 14:50.86. 3. Conley, US, 14:52.46. **110 Hurdles**: 1. Fuller, US, 14.48. 2. Cablayan, LBS, 14.58. 3. Dopp, US, 14.92. **400 M Hurdles**: 1. Mayeda, UCI, 52.35. 2. Cablayan, LBS, 52.80. 3. Kidd, CSF, 53.55. **400 M Relay**: 1. Long Beach St, 40.52. 2. New Mexico St, 42.70. 3. CS Fullerton, 42.77. **1,600 M Relay**: 1. Long Beach St., 3:13.82. 2. CS Fullerton, 3:20.40. 3. Utah St., 3:20.46. **High Jump**: 1. Thurston, US, 6'8 3/4. 2. Cosgrave, US, 6'8 3/4. 3. Stout, CSF, 6'6 3/4. **Triple Jump**: 1. Czerwinski, LBS, 46'1 1/4. 2. Gladeen, UCSB, 46'0 3/4. 3. Stout, CSF, 45'9 3/4. **Shot Put**: 1. Parker, US, 55'0 3/4. 2. Devaull, LBS, 52'0. 3. Schanley, US, 51'3. **Javelin**: 1. Smith, US, 192'0. 2. Parker, US, 185'3. 3. Boles, UCSB, 177'8. **Dacathlon**: 1. McKenna, US, 7,008. 2. Frudikas, LBS, 6,708. 3. Dopp, US, 6,555.

Final Team Scores: 1. Utah St. (208). 2. Long Beach St. (157). 3. UC Santa Barbara (101) 4. CS Fullerton (66). 5. New Mexico St. (60). 6. UC Irvine (un).

Overall Results-Women

100 M (wind +4.28 m.p.s.): 1. McKnight, N, 11.61. 2. Lozano, CSF, 12.22. 3. Reeder, US, 12.24. **200 M**: 1. McKnight, N, 23.46. 2. Antonine, US, 23.78. 3. Sorensen, US, 24.44. **400 M**: 1. Antoine, US, 52.78. 2. Sorensen, US, 54.06. 3. Fraser, UNLV, 54.08. **800 M**: 1. Mayberry, UNLV, 2:12.73. 2. Ingram, NMS, 2:14.75. 3. Haymore, US, 2:16.06. **1,500 M**: 1. Ayuso, LBS, 4:36.39. 2. Hair, N, 4:36.66. 3. Hodnett, UCSB, 4:43.61. **5,000 M**: 1. Killeen, CSF, 9:55.57. 2. Yaba, UCI, 17:40.0. 3. Santana, CSF, 17:43.9. **100 M Hurdles**: 1. McKnight, N, 13.53. 2. Hinds, LBS, 13.57. 3. Davidson, USU, 14.43. **400 M Hurdles**: 1. Hinds, LBS, 59.71. 2. Knott, UCSB, 1:01.83. 3. Mosier, UCSB, 1:01.99. **400 M Relay**: 1. Utah St., 46.58. 2. Nevada, 46.83. 3. Nevada Las Vegas, 46.83. **1,600 M Relay**: 1. Utah St., 3:41.03. 2. Nevada Las Vegas, 3:50.09. **High Jump**: 1. Kazmer, UNLV, 5'5 3/4. 2. Mattson, UCSB, 5'5 3/4. 3. Bornhorst, UCSB, 5'5 3/4. **Triple Jump**: 1. Hicks, NMS, 37'2 1/2. 2. Newman, 36'9 3/4. 3. Satterwaite, US, 36'6 1/4. **Shot Put**: 1. Barden, N, 44'2 1/2. 2. Gilbert, N, 44'1 1/2. 3. Ingram, NMS, 43'8 1/2. **Heptathlon**: 1. Chandler, N, 5,052. 2. Wilbourn, NMS, 4,862. 3. Hovey, N, 4,520.

Final Team Scores: 1. Utah St. (181). 2. Nevada (151). 3. UC Santa Barbara (94). 4. UC Irvine (70). 5. New Mexico St. (67). 6. Long Beach St. (64) 7. Nevada Las Vegas (57). 8. CS Fullerton (56).

Modesto Relays From KEITH CONNING

MODESTO, May 13—The Modesto Relays is struggling to exist. It no longer has a major sponsor, so it can't pay big bucks to attract the top stars. This year it had to compete with the Mobil Grand Prix meet in Sao Paulo, Brazil. Also it rained this morning, which dissuaded some people from making the trek from the Bay Area into the Central Valley. However, after a few sprinkles and cold weather in the morning, it cleared up and the sun even came out.

Danny Harris (Unattached), the silver medalist in the 1984 Olympics, won the 400 intermediate hurdles in 48.74, the fastest time in the world this year. The previous world leader was Samuel Matefe of Zambia at 48.84 on May 3. The previous American leader was senior Ryan Hayden (St. Augustine) at 49.02 on April 28. It was Harris' first race of the season. Kevin Young (Unattached), the world record holder at 46.78, placed second in 50.11.

John Godina (UCLA), a senior, won the shot put at 69-2. It was the longest collegiate throw and third longest by an American this season indoors or outdoors. Junior Brent Noon (Georgia) was the previous collegiate leader at 68-1 1/2 on April 15. Godina also won the discus at 202-9. He is the col-



DAWN DUMBLE

Photo by Bill Leung, Jr./Geek Media

legiate leader at 209-4 on March 25.

Sharon Couch (Olester's) won the long jump at 22-2 1/4. Marieke Veltman (World Class), the American outdoor leader at 22-5 on April 28, placed second at 21-6.

Edle Boyer (Olympic Development) won the women's discus at 198-4, the second best throw by an American this season. Melisa Weis (Olympic Development) is the American leader at 199-5 on March 25. Dawn Dumble (UCLA) placed second at 194-2. Dumble is the collegiate leader at 195-9 on March 25. Kristin Kuehl (Olympic Development) placed third. Weis was fourth at 191-6. Freshman Suzy Powell (UCLA/Downey High School, Modesto 94) was fifth at 190-6, a new American Junior record. Powell also set an American Junior record of 188-4 here last year.

Erv Hunt, the Cal and 1996 U.S. Olympic coach, had a close call on his way to the meet. His car went down an embankment and turned over. Fortunately, Erv was not injured. Erv's father and twin brother were killed in an automobile accident when he was 12-years-old.

Men

100: Section 1--1, Patrick Stevens, Belgium, 10.56 seconds. 2, Aaron Tighpen, unattached, 10.68. 3, Peter Ogilvie, Coquitlam Cheetahs, 10.73. 4, Marty Krulle, Wolfpack Intl., 10.95. 5, Ray Brown, unattached, 11.03. 6, Anthony Beasley, Sacramento T.C., 11.24. Section 2--1, Peter Hargraves, New Era T.C., 10.51. 2, Brian Lewis, unattached, 10.52. 3, Olapode Adeniken, unattached, 10.53. 4, Terry Bowen, Fresno St. T.C., 10.54. 5, Jeff Laynes, World Class, 10.55. 6, Aaron Thigpen, unattached, 10.66.

200: Section 1--1, Jason St. Hill, Idaho, 21.32. 2, Peter Ogilvie, Coquitlam Cheetahs, 21.50. 3, Felix Kamangirira, Idaho, 21.79. 4, Henri Peyou, Washington St., 22.16. 5, Marty Krulle, Wolfpack Intl., 22.19. 6, Mike Vries, Coquitlam Cheetahs, 22.31. Section 2--1, Brian Lewis, unattached, 20.80. 2, Patrick Stevens, Belgium, 20.89. 3, Ron Clark, Prime Time Sports, 21.20. 4, Dennis Mowatt, Prime Time Sports, 21.57. 5, Hoy Thurman, USAF, 21.80. 6, John Johnson, Inner City T.C., 21.90. **400**--1, Kevin Little, unattached, 46.20. 2, Michael Joubert, Australia, 46.40. 3, Felix Kamangirira, Idaho, 47.05. 4, Tony Allen, Prime Time Sports, 47.57. 5, Samuel Marvin, Inner City T.C., 47.78. 6, Jim Car-kner, Washington St., 48.58.

800--1, Eric Anderson, Washington St., 1:48.8. 2, Aaron Samansky, Fresno St., 1:49. 3, Erick McBride, California Coast, 1:49.4. 4, James Robinson, unattached, 1:54. 5, Joe Carnegie, unattached, 1:57.5. **1,500**--1, Mark Cogan, New Balance T.C., 4:05.38. 2, Brian Baker, New Balance T.C., 4:06.39. 3, Stephen Isbel, Australia, 4:10.21. 4, Kipp Ortenburger, Fresno St., 4:19.55. **3,000**--1, Brian Baker, New Balance T.C., 8:09.35. 2, Marc Olesen, The Farm Team, 8:10.19. 3, Frances Bruder, Idaho, 8:23.99. 4, Mark Douglas, Cal, 8:26.64. 5, Nacho Flores, Fresno St., 8:28.76. 6, Matt Johnson, Hoy's Sports, 8:32.20.

110 Hurdles: Section 1--1, Dan O'Brien, unattached, 13.93. 2, Avery Anderson, UCLA, 14.33. 3, Henry Andrade, unattached, 14.40. 4, (tie), David Ashford, Dana Point H.C., and Tony House, Goldwin, 14.49. Section 2--1, Derrick Knight, unattached, 13.62. 2, Robert Reading, Accusplit, 13.81. 3, Rob Foster, Fresno St. T.C., 13.81. 4, Rich Bendy, Sprinco, 13.91. 5, Rod Jett, unattached, 13.97. 6, Eugene Swift, In Sports 14.13. **400 M Hurdles**: Section 1--1, Danny Harris, unattached, 48.74. 2, Kevin Young, unattached, 50.11. 3, Maurice Mitchell, unattached, 50.54. 4, Stephen Fiendy, unattached, 51.02. 5, Kendrick Washington, Cheetas T.C., 51.52. 6, Mark Miley, Blinn J.C., 52.69. Section 2--1, Adrian Williams, Sacramento St., 52.30. 2, Paul Thompson, Idaho, 52.50. 3, Scott Whalen, Idaho, 53.25. 4, Kumsi Amarsakera, Cheetas T.C., 54.28. 5, Jason Wingard, Stanford, 55.02. 6, Roddrey Massey, USAF, 55.79. **400 Relay**--1, Fresno St. T.C. (Scottie Stokes, Anthony Barnes, Rob Foster, Terry Bowen), 40.30. 2, U. of Idaho, 40.92. 3, Washington St., 41.50. 4, Blinn J.C., 41.65. 5, U.S. Air Force, 41.93. 6, (tie), Contra Costa and Southern Utah, 42.79. **800 Relay**--1, Blinn Junior College (Quincy Foster, Keith Black, Ramon Clay, Williams), 1:24.24. 2, Remi T.C., 1:25.26. 3, USAF, 1:27.89. **1,600 Relay**--1, USA Athletes, unattached, 3:08. 2, Southern Utah University, 3:18.1. 3, USAF, 3:20.2.

Hammer--1, Brian Murer, SMU, 215 feet 7 inches. 2, David McKenzie, Sacramento T.C., 208-6. 3, Ken Norlan, Sacramento T.C., 204-0. 4, David Lunde, Sacramento

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T.C., 200-3. Travis Nutter, Cal, 192-7. 6. John McEwen, College of Redwoods, 191-2.

Pole Vault--1. Nick Hysong, Stars & Stripes T.C., 18-4 1/2. 2. Christos Pallakis, Washington St., 17-8 3/4. 3. Brad Darr, Split Secod T.C., 17-8 3/4. 4. John Summers, unattached, 17-4 3/4. 5. Scott Sover, UCLA, 17-4 3/4. 6. Heath Fulk, Fresno St., 17-4 3/4. **Discus**--1. John Godina, UCLA, 209-9. 2. Andy Kokhanovsky, Blinn J.C., 197-9. 3. Kevin Fitzpatrick, Stars & Stripes T.C., 191-7. 4. Ade Oluokuju, Nigeria, 190-0. **Shot Put**--1. John Godina, UCLA, 69-2. 2. Mark Parlin, UCLA, 62-7 3/4. 3. Marc Harisay, BYU, 56-2 3/4. 4. Wade Tift, unattached, 54-9 1/4. 5. Travis Haynes, unattached, 53-7 3/4. 6. Gabe Alende, Sacramento T.C., 52-5 1/4. **Long Jump**--James Beckford, Blinn J.C., 25-7 1/2. 2. Dan O'Brien, unattached, 24-7 1/4. 3. Dimitry Piterman, unattached, 24-5 3/4. 4. Benny Fernando, Cheetas T.C., 24-3 3/4. **Triple Jump**--1. Charles Rogers, Cheetas T.C., 53-5. 2. Hillary Miller, Sacramento T.C., 52-1 3/4. 3. Derrick Mitchell, Fresno St., 51-0 1/4. 4. Lee Watts, unattached, 50-5 1/2. 5. Raymond Kimble, unattached, 49-8 1/2. 6. Warren Milton, Sacramento T.C., 49-7 3/4. **High Jump**--1. Jeff Wylie, Athletics in Action, 7-2 3/4. 2. Thad Hathaway, Idaho, 7-0 3/4. 3. Brian Stanton, Stars & Stripes T.C., 7-0 3/4. 4. Moses Kearney, Fresno St., 6-10 3/4. 5. Undrae Walker, Patriots USA, 6-8 3/4.

Women

100: Section 1--1. Nakia Walker, East Washington, 12.45. 2. Azure Thompson, East Washington, 12.54. 3. Joniquette Maker, Sacramento St., 12.75. 4. Kim Houston-Sablid, USAF, 13.78. **Section 2**--1. Chrystie Gaines, Nike, 11.74. 2. Tara Perry, Coquillam Cheetas, 12.13. 3. Christian White, East Washington, 12.28. 4. Joyce Rainwater, East Washington, 12.38.

200--1. Melissa Straker, Rice, 24.20. 2. Dionne Wright, Rice, 24.32. 3. Tanya Dooley, Fresno St. T.C., 24.45. 4. Tara Perry, Coquillam Cheetas, 24.86. 5. Andrea Blackett, Rice, 25.19. 6. Joniquette Maker, Sacramento St., 25.50. **400**--1. Tanya Dooley, Fresno St. T.C., 54.37. 2. Yasha Edwards, Washington St., 56.42. 3. Maureen Cinquars, Coquillam Cheetas, 57.21. 4. Chundranae Nicholson, East Washington, 58.32. 5. Liz Morland, Coquillam Cheetas, 58.72. **800**--1. Regina Jacobs, unattached, 2:04.02. 2. Kim Toney, unattached, 2:07.25. 3. Dawn Williams, World Class, 2:07.76. 4. Renee Mantredi, Sacramento T.C., 2:08.10. 5. Deb Wolff, unattached, 2:10.34. 6. Irene Orozco, Fresno St., 2:12.66.

1,500--1. Gwyn Coogan, Adidas, 4:21.55. 2. Shola Lynch, Foot Locker, 4:23.69. 3. Samuel Bigna, Wolfpack Intl., 4:30.09. 4. Lisa Myles, unattached, 4:33.96. **3,000**--1. Danielle Nelson, Fresno St., 10:04.9. 2. Kelly Jacobson, Fresno St., 10:08.8. 3. Amy Grafius, Fresno St., 10:10.4. 4. Liz Leigh-Wood, Fresno St., 10:18.7. 5. Kristin Diggs, Sacramento T.C., 10:30.4. 6. Rachel Scire, unattached, 10:44.3. **100 Hurdles**--1.

Doris Williams, Goldwin, 13.54. 2. Aladefa Taiwo, Nigeria, 13.60. 3. Monica Missick, Fresno St. T.C., 13.70. 4. Tananjely Boutte, unattached, 13.77. 5. Sharon Couch, Olsien's, 13.79. 6. Marieke Valtman, World Class, 13.88. **400 Relay**--1. Eastern Washington (Nakia Walker, Christian White, Chundranae Nicholson, Joyce Rainwater), 46.34. 2. Goldwin 46.40. 3. Fresno St. 46.88. 4. USAF 53.25.

Discus--1. Edie Boyer, Olympic Development, 198-4. 2. Dawn Dumble, UCLA, 194-2. 3. Kristin Kuehl, Olympic Development, 192-3. 4. Melissa Weiss, Olympic Development, 191-6. 5. Suzy Powell, UCLA, 190-6. 6. Carla Garrett, Olympic Development, 188-4. **Shot Put**--1. Valeyta Althouse, UCLA, 58-0 1/4. 2. Eileen Vanisi, Olympic Development, 57-7 3/4. 3. Dawn Dumble, UCLA, 57-6 1/2. 4. Teri Steer, SMU, 51-5 1/2. 5. Rice Brown, Cheetas T.C., 49-11 1/4. 6. Nada Kavar, UCLA, 49-10 1/2. **Long Jump**--1. Sharon Couch, Olsien's, 22-2 1/4. 2. Marieke Veltman, Word Class, 21-6. 3. Cherita Howard, Rice, 19-2. 4. Lisa Colet, unattached, 18-11 1/2. 5. Danielle Brown, UCLA, 17-4. 6. Renee Scott, East Washington, 16-10 3/4. **Triple Jump**--1. Robyn Johnson, unattached, 42-6 3/4. 2. Diana Orrange, Prime Time Sports, 42-4 3/4. 3. Cherita Howard, Rice, 40-0. 4. Danielle Brown, UCLA, 39-5. 5. Flo Adu, Stanford, 38-11 3/4. 6. Tammy Graham, unattached, 38-6.

Open

100--1. Peter Ogilvie, Coquillam Cheetas, 10.49. 2. Frank Madu, Washington St., 10.67. 3. Whaylin Bratton, Fresno St. T.C., 10.73. 4. (tie), Montrel Williams, U. of Idaho, and Scottie Stokes, Fresno St. T.C., 10.74. 6. Mike Viers, Coquillam Cheetas, 10.82. **400**--1. Henri Peyou, Washington St., 48.75. 2. Jason Isaac, Fresno St., 49.70. 3. Cris Jones, Fresno St., 50.05. 4. Tom Hogner, Southern Utah, 50.49. 5. Jean Causse, Southern Utah, 50.53. 6. Rodney Turner, Sacramento T.C., 50.62. **800**--1. Andrew Scivally, Southern Utah, 1:54.6. 2. Damon Chamberlain, Sacramento St., 1:55.12. 3. Dawson Drake, unattached, 1:55.18. 4. Richie Shehadey, Fresno St., 1:55.27. 5. Daniel Ibarra, Southern Utah, 1:55.77. 6. James Johnson, Sacramento St., 1:58.40.

1,500--1. George Loucaides, Washington St., 3:51.04. 2. Travis Anderson, Southern Utah, 4:00.3. 3. Bart Stevens, Reebok, 4:01.18. 4. Dan Zoldak, Fresno St., 4:04.93. 5. Jon Steele, Fresno St., 4:09.04. 6. Steve Thompson, Southern Utah, 4:09.06. **110 Hurdles**--1. Pat Duffy, unattached, 13.96. 2. Dominique Arnold, Washington St., 14.0. 3. Tim Kroeker, Coquillam Cheetas, 14.17. 4. Williams, Blinn J.C., 14.32. 5. Jody Page, Washington St., 14.36. 6. Larry Tatum, unattached, 14.76.

Long Jump--1. Byron Young, unattached, 22-3 1/2. 2. Christian Lokko, Canada, 21-8 1/2. 3. Jami Webb, Stanford, 21-7 1/2. 4. John Gift, USAF, 21-4 1/4. 5. Brandon Sanders, Sacramento St., 21-1 1/4. **Pole Vault**--1. Dave Rynearson, UCLA, 16-4 3/4.

2. Vince Beresford, Azusa Pacific, 16-4 3/4. 3. Steve Keating, unattached, 16-4 3/4. 4. Ed Lasquette, unattached, 16-4 3/4. 5. Jay Bettinger, No Limit T.C., 16-4 3/4. 6. Chad Ready, UCLA, 16-0 3/4. **High Jump**--1. Pete Buckley, unattached, 6-7 3/4. 2. Erik Nyberg, Fresno St., 6-4 3/4. 3. Chris Mosley, Washington St., 6-2 3/4. **Discus**--1. Luke Sullivan, unattached, 175-1. 2. David Dumble, unattached, 174-5. 3. Ian Winchester, SMU, 170-9. 4. Travis Haynes, unattached, 169-10. 5. Scott McPherran, unattached, 167-6. 6. Mike Bennett, U.S.A.F., 160-7.

CCAA Championships

May 12-13, UC San Diego

Overall Results-Men

100m: 1. Clark, CSB, 10.59. 2. Lankford, CSLA, 10.61. 3. Turner, CSB, 10.70. **200m**: 1. Turner, CSB, 21.38. 2. Benitez, CSLA, 21.61. 3. Lankford, CSLA, 21.63. **400m**: 1. Hester, CSB, 47.38. 2. McCladdie, CSB, 47.89. 3. Doney, CSB, 48.15. **800m**: 1. Le UCR, 1:53.27. 2. Woods, CSLA, 1:54.46. 3. Grant, UCSD, 1:54.71. **1,500m**: 1. Castner, UCSD, 14:47.38. 2. Lindsey, UCSD, 3:56.50. 3. Graber, CPP, 3:57.48. **5,000m**: 1. Castner, UCSD, 14:47.38. 2. Gibbs, CPP, 14:59.49. 3. Ho, UCSD, 15:03.87. **110m HH**: 1. Banner, CSLA, 14.62. 2. Gamble, CSLA, 14.80. 3. Stewart, CSB, 14.80. **400m IH**: 1. Stewart, CSB, 52.61. 2. Gamble, CSLA, 54.43. 3. Chiriguayo, CSLA, 56.09. **400mR**: 1. CS Bakersfield, 40.34. 2. CS Los Angeles, 40.56. 3. UC San Diego, 43.09. **1,600mR**: 1. CS Bakersfield, 3:09.53. 2. CS Los Angeles, 3:16.76. 3. UC San Diego, 3:18.74.

HJ: 1. Tracy, CSB, 67 1/2. 2. Knox, CPP, 67 1/2. 3. Housdton, UCSD, 65 1/2. **PV**: 1. Alusha, CSLA, 15'3. 2. Stark, CSB, 15'3. 3. Hernandez, CSLA, 15'3. **TJ**: 1. Roberson, CSB, 48'10. 2. Coleman, UCSD, 44'9 1/2. 3. Franklin, 44'3 1/2. **DT**: 1. Davis, CSLA, 170'5. 2. Godbehere, CSB, 169'0. 3. Cantu, CSLA, 148'6. **Decathlon**: 1. Brable, CPP, 4,900. 2. Fort, CSLA, 4,652. 3. Giaciano, CPP, 4,509. **3,000m Steeplechase**: 1. Curtis, CPP, 9:14.13. 2. Page, CPP, 9:26.51. 3. Walsh, UCSD, 9:29.73. **10,000m**: 1. Gibbs, CPP, 30:46.28. 2. Nudge, UCR, 31:55.71. 3. Moreno, CPP, 31:57.46. **JT**: 1. Torres, CPP, 20:15. 2. McClintock, CSLA, 18:66. 3. Davis, CSLA, 16:50. **LJ**: 1. Tracy, CSB, 24'4 1/2. 2. Houston, UCSD, 23'9 1/2. 3. Ruiz, CSB, 22'10 1/2. **SP**: 1. Godbehere, CSB, 53'11. 2. Eubanks, CSB, 51'3 1/2. 3. Bernard, CSLA, 49'5 1/2. **HT**: 1. Saatara, CSLA, 177'2. 2. Hernandez, CPP, 172'6. 3. Buehler, UCSD, 169'7.

Final Team Scores: 1. CS Bakersfield (185). 2. CS Los Angeles, (164). 3. Cal Poly Pomona (129). 4. UC San Diego (118). 5. UC Riverside (40).

Overall Results-Women

100m: 1. Posey, CSLA, 11.89. 2. Williams, CSB, 12.28. 3. Woods, CSLA, 12.29. **200m**: 1. Poley, CSLA, 24.75. 2. Graham, CSLA, 24.80. 3. Ogans, CSLA, 24.99. **400m**: 1. Graham, CSLA, 54.45. 2. Thompson, CSB, 55.38. 3. Ogans, CSLA, 57.40. **800m**: 1.

Nichols, CSB, 2:10.34. 2. Pedraza, CSLA, 2:11.43. 3. Acosta, CSLA, 2:13.32. **1,500m**: 1. Avendano, CSLA, 4:35.19. 2. Hunter, CPP, 4:42.73. 3. Smith, UCSD, 4:49.27. **5,000m**: 1. Cossio, CSLA, 17:31.15. 2. Pinto, CSLA, 17:35.39. 3. Avendano, CSLA, 18:14.11. **100m HH**: 1. Shepard, UCSD, 14.39. 2. Woods, CSLA, 14.76. 3. Madden, CSB, 14.97. **400mR**: 1. CS Los Angeles, 46.97. 2. UC San Diego, 48.97. 3. CS Bakersfield, 50.81. **1,600mR**: 1. CS Bakersfield, 3:46.85. 2. CS Los Angeles, 3:52.59. 3. UC San Diego, 3:57.24.

HJ: 1. Moulton, CSB, 5'6. 2. O'Malley, CSB, 5'2 1/2. 3. Sprowl, UC San Diego, 5'2 1/2. **TJ**: 1. Carver, CSLA, 39'9 1/4. 2. Thompson, CSB, 38'3 1/2. 3. Moulton, CSB, 38'3 1/2. **DT**: 1. Warr, Cal Poly Pomona, 141'5. 2. Newell, CSB, 135'0. 3. Wells, 132'3. **Heptathlon**: 1. Moulton, CSB, 4,917. 2. O'Malley, CSB, 4,377. 3. Eagleton, CPP, 3,401. **3,000m**: 1. Avendano, CSLA, 10:31.01. 2. Cossio, CSLA, 10:13.26. 3. Pinto, CSLA, 10:14.73. **10,000m**: 1. Armenta, CPP, 39:05.47. 2. Sauer, CPP, 40:48.36. 3. Bono, CSLA, 41:03.73. **LJ**: 1. Thompson, CSB, 19'10 1/4. 2. Hughes, CPP, 19'5 1/2. 3. Carver, CSLA, 19'1 1/4. **SP**: 1. Newell, CSB, 43'9. 2. Beauregard, CPP, 43'8. 3. Wells, CSB, 41'9 1/2. **JT**: 1. Bleyenburgh, UCR, 131'11. 2. Moulton, CSB, 129'10. 3. Henderson, CSLA, 129'6.

Final Team Scores: 1. CS Los Angeles (210). 2. CS Bakersfield (202). 3. Cal Poly Pomona (90). 4. UC San Diego (69). 5. UC Riverside (14).

Occidental Invitational

May 13, Los Angeles

Los Angeles -- 1992 Olympic Champion Gail Devers -- running for the World Class Track Club, thrilled a capacity crowd at the 1995 Occidental Invitational by scorching the women's 100 hurdles in a year-to-date world-best time of 12.73. The American-record holder's outstanding mark was just one of several scintillating performances registered by some of the world's greatest track stars at the 12th running of the Oxy Invite.

Olympic stars Quincy Watts (Nike Coast) and Johnny Gray (Santa Monica Track Club) flashed early-season form by winning their respective specialties. Watts won his heat of the men's 400 in a time of 45.61, while Gray cruised to a 1:47.23 time in the men's 800. Danny Everett (SMTC) finished second to Watts in the 400 with a time of 45.92, and also won his heat of the men's 200 in a time of 21.17.

Middle distance champion Ruth Wysocki (Nike Coast) ran away from her competition, winning her heat of the women's 1500 in a time of 4:11.75.

Overall Results-Men

100m (Inv.): 1. Darren Brathwaite, unatt, 10.16. 2. Mark Witherspoon, SMTC, 10.42. 3. Tony Jarrett, unatt, 10.47. (1) Robert E. Daphine, unatt, 10.92. 2. Luis Morales, unatt, 11.09. 3. Larry Deck, Cal TAF, 11.12. (2) 1. Thomas Ganda, UCLA, 10.60. 2. Jason Shelton, USC, 10.62. 3. Gentry Brad-

RESULTS

ley, UCLA, 10.65. (3): 1. Lorenzo Hathorn, Tucson C TC, 10.59. 2. Akim Brown, CSUN, 10.96. 3. Jimmy Pham, Claremont, 10.98. (4): 1. Rohan Neil, Capital City, 11.01. 2. Marc Tyler, La Verne, 11.11. 3. Felix Wong, Claremont, 11.27. 110m HH (1): 1. Chris Youngblood, CSUN, 14.39. 2. Joao Do Rosario, Brazil, 14.40. 3. Fernando Gonzalez, Brazil, 14.56. (2): 1. Tom Peoples, Navy, 14.88. 2. Malcolm Stewart, CSUN, 15.06. 3. Deric Hughes, unatt, 15.18. 200m Special (1): 1. Michael Marsh, SMTC, 20.32. 2. Bryan Bridgewater, unatt, 20.57. 3. John Regis, Great Britain, 20.62. Special (2): 1. Darren Braithwaite, Great Britain, 20.47. 2. Bryan Krill, USC, 20.56. 3. Ed Harvey, USC, 20.66. (1): 1. Danny Everett, SMTC, 21.17. 2. Thomas Ganda, UCLA, 21.32. 3. Gentry Bradley, UCLA, 21.33. (2): 1. David Holmes, USC, 21.69. 2. Jonathan Witzak, Redlands, 22.01. 3. Jason Miller, unatt, 22.04. (3): 1. Danny Haag, unatt, 22.15. 2. Allen Lollis, Westmont, 22.23. 3. Luis Morales, unatt, 22.61. 400m (1): 1. Quincy Watts, Nike, 45.61. 2. Danny Everett, SMTC, 45.92. 3. Chris Brown, CSUN, 48.83. (2): 1. Derek Favorite, CSUN, 49.23. 2. Jason Miller, unatt, 49.61. 3. Chris Faulkner, unatt 50.04. 400 IH (1): 1. Marty Beck, unatt, 50.69. 2. Pedro Rodrigues, USC, 50.85. 3. Marcus Carter, USC, 51.84. (2): 1. Metz, Caltech, 58.18. 2. DeLeon, Redlands, DQ. 4 X 100m R: 1. Claremont, 41.11. 2. Navy, 42.13. 3. Azusa Pacific, 42.57.

800m (1): 1. Johnny Gray, SMTC, 1:47.23. 2. Jim Sorenson, Brooks, 1:48.12. 3. Roger Chagnon, Brooks, 1:52.30. (2): 1. Alle Douglas, SMTC, 1:48.16. 2. Sean Kelley, SMTC, 1:49.22. 3. Paul Lupi, Houston, 1:49.57. (3): 1. Scott Wilson, APU, 1:51.70. 2. Ryan Grover, Claremont, 1:52.56. 3. Anthony Ossa, unatt, 1:53.34. (4): 1. Michael Graham, SMTC, 1:50.82. 2. Jason Schaefer, SCC, 1:55.16. 3. Ron Steiger, Caltech, 1:56.93. 1,500m (1): 1. Christian Cushingmurray, SMTC, 3:43.94. 2. Elton Lewis, SMTC, 3:47.92. 3. Paul Greer, APU, 3:49.07. (2): 1. Steve Frisone, O2 Debt TC, 3:48.91. 2. Mark LaPlant, Asics, 3:51.17. 3. Paul Delacerda, unatt, 3:55.52. (3): 1. Philip Livingood, Westmont, 3:56.14. 2. Matt Olin, UCLA, 3:56.64. 3. Andrew Tansley, O2 Debt TC, 3:58.49. Steeplechase: 1. Francis O'Neill, Asics TC, 8:36.27. 2. Robert Nelson, Asics Track W, 3:38.81. 3. Chris Klaess, Mt. SAC, 8:48.50. 5,000m: 1. John Gachau, APU, 14:39.75. 2. Brian Russell, SMTC, 14:41.89. 3. Mark Gilmore, Frogs Racing, 14:44.38. SP: 1. Rene Bustamante, APU, 56'9. 2. Jon Davis, APU, 52'2. 3. Gary Okerson, Claremont, 48'10. TJ: 1. Dale Johnson, Triple Tech, 499'1/4. 2. Hong Li, APU, 48'11'1/2. 3. Edward Watson, Navy, 48'10'3/4. DT: 1. Michael Opp, unatt, 17'1/8. 2. Rene Bustamante, APU, 16'8. 3. J. Slobodinsky, USC, 16'9. HT: 1. Chad Danowsky, USC, 217'4. 2. Rene Bustamante, APU, 195'9. 3. Marvin Williams, unatt, 191'0. JT: 1. Jim Connolly, Geo. Insight, 226'0. 2. Guy Tucker, Wyoming, 210'2. 3. Jerry Edwards, unatt, 191'7. HJ: 1. Dan Raatjes, AIA, 6'11'3/4. 2. Joel Mitre, Redlands, 6'11'3/4. 3. Will Darty, unatt, 6'8.

LJ: 1. Kevin Wiley, APU, 25'1'3/4. 2. Hong Li, APU, 23'9'1/2. 3. Danny Haag, Athleticorp, 23'0'3/4. PV: none of the participants cleared an opening height.

Overall Results-Women

100m H (1): 1. Gail Devers, 12.73. 2. Tonya Sedwick, 13.74. 3. Bisa Grant, UCLA, 14.07. (2): 1. Carmen Crage, APU, 14.92. 2. Wendi Simmons, Nike Coast, 15.22. 3. Natasha Harris, Pomona-Pitzer, 15.70. 100m (1): 1. Natasha Quan-Vie, CalTAF, 12.12. 2. Mame Twumasi, UCLA, 12.46. 3. Sandra Vuu, Vancouver Olympic, 12.51. (2): 1. Ashanti Austin, APU, 12.71. 2. Keetha Colson, CSUN, 12.73. 3. Miriam Anxter, Pomona-Pitzer, 12.89. 200m (1): 1. Jodi Forster, Capital City, 25.25. 2. Tamika Bradfield, CSUN, 25.49. 3. Sintra Lewis, Capital City, 25.58. (2): 1. Miriam Anxter, Pomona-Pitzer, 26.17. 2. Tori Bare, La Verne, 26.46. 3. Kamillah Ali, CSUN, 26.86. 400m (1): 1. Marla Runyan, USABA, 54.46. 2. Carey Middlemist, Adams St., 56.78. 3. Barbara Jones, Cal Poly SLO, 57.04. (2): 1. Sara Naylor, Westmont, 57.49. 2. Tori Bare, La Verne, 1:00.39. 3. Kari Trotter, La Verne, 1:03.13. 400m H: 1. Nekecha Shogov, USC, 1:02.65. 2. Carey Middlemist, Adams St., 1:04.78. 3. Kerri Gabrielson, Cal Poly SLO, 1:04.88. 800m (1): 1. Alisa Hill, Footlocker, 2:02.82. 2. Lesley Noll-Mayne, Asics Track W, 2:03.40. 3. Darcy Arreola, Nike, 2:03.52. (2): 1. Jennifer Nanista, unatt, 2:11.78. 2. Holiday Molway, unatt, 2:15.13. 3. Jessica Graham, UCLA, 2:15.19. (3): 1. Elizabeth Sutton, APU, 2:13.31. 2. Lynell Johnson, Biola, 2:15.42. 3. Betsy Haverlandt, APU, 2:15.79. 1,500m (1): 1. Ruth Wysocki, Nike Coast, 4:11.75. 2. Alison Stauber, Asics Track W, 4:28.48. 3. Jenny Hodsden, Col. State U., 4:31.18. (2): 1. Gijtha Hampson, UCLA, 4:34.35. 2. Kelly Bridget Flatthers, unatt, 4:37.40. 3. Lori Muller, CSUN, 4:40.13. 3,000m: 1. Annette Luevano, SMTC, 9:36.38. 2. Tania Fisher, APU, 9:43.59. 3. Traci Goodrich, unatt, 9:45.77. 5,000m: 1. Angela Orefice, Cal Poly SLO, 16:59.93. 2. Guadalupe Ambriz, Pt. Loma TC, 17:03.21. 3. Jeanene Harlick, UCLA, 17:03.63. LJ: 1. Glory Dolfin, USC, 19'11'1/2. 2. Wendi Simmons, Nike Coast, 19'8. 3. Clare Look-Jaeger, Nike Coast, 19'2. HJ: 1. Lisa Colman, Nike Coast, 5'10. 2. Sue Dimarco, Nike Coast, 5'8. 3. Chrissy Mills, USC, 5'8. JT: 1. Nicole Carroll, San Mateo TC, 193'8. 2. Ashley Selman, Asics, 187'2. 3. Jenny McCormick, San Mateo TC, 166'9. TJ: 1. Roshanda Glenn, 4'13'1/4. 2. Althea Moses, unatt, 38'10'1/4. 3. Mary Sauer, APU, 37'3'3/4. SP: 1. Joanne Archambault, CALTAF, 45'5. 2. Beth Burton, CSUN, 44'11. 3. Karin McCall, APU, 43'11. DT: 1. Shelly Greathouse, Colorado ST, 163'7. 2. Carrie Martin, USC, 158'2. 3. Monica Sullivan-Reyes, Oxy, 119'10.

California Community College State Meet

May 19-20. Memorial Stadium, Bakersfield.

Men

100m: 1. Marvin Love (CC of San Fran) 10.55. 2. Saki Middleton (MISAC) 10.65. 3.

Willie Jones (SJ Delta) 10.65. 4. Chris Keane (Riverside) 10.72. 5. Shelton Benjamin (Lassen) 10.75. 6. Brandon Crockett (Bkfld) 10.80. 7. Tony Harris (Riverside) 10.83. 8. Lindsey McDonald (Sacto CC) 10.84. 9. Irving Grant (Long Bch CC) 10.85.

200m: 1. Demitris Snaer (SJ Delta) 21.11. 2. Lindsey McDonald (Sac CC) 21.40. 3. Nate Bell (West Vly) 21.42. 4. Saki Middleton (Mt SAC) 21.42. 5. Anthony Lloyd (El Camino) 21.55. 6. Brandon Crockett (Bkfld) 21.64. 7. Akinshe Paige (CC of San Fran) 21.90. 8. Gene Shepherd (Pasadena) 21.95. 9. Chris Keane (Riverside) 22.39.

400m: 1. Mike Norris (Saddleback) 47.28. 2. Gene Shepherd (Pasadena) 47.64. 3. George Daniels (Antelope Vly) 48.01. 4. Demitris Snaer (SJ Delta) 48.22. 5. Montash Crittle (San Jose CC) 48.72. 6. Travis Moore (San Bern Vly) 48.93. 7. Yusuf Waters-Rashad (San Mateo) 49.54. 8. Marc Johnson (Diablo Vly) 50.28.

800m: 1. Brian Wilkinson (Hartnell) 1:51.19. 2. Isaac Turner (Glendale) 1:51.42. 3. Mike Hancock (Orange Cst) 1:53.59. 4. Alan Roberts (Saddleback) 1:53.68. 5. Drake Dawson (Merritt) 1:54.72. 6. Nick Collins (CC of San Fran) 1:54.89. 7. Rogelio Hernandez (El Camino) 1:55:01. 8. Nyron Bernard (West LA) 1:55.31. 9. Dan Boehle (San Mateo) 1:55.41.

1500m: 1. Brian Wilkinson (Hartnell) 3:48.22. 2. Morris Giddens (El Camino) 3:50.41. 3. Mike Hancock (Orange Cst) 3:53.38. 4. Alan Roberts (Saddleback) 3:53.87. 5. Juan Pinales (San Jose CC) 3:59.07. 6. Greg Tademy (San Jose CC) 3:59.68. 7. Alejandro Ramirez (SJ Delta) 4:00.66. 8. Rene Paragas (El Camino) 4:01.69. 9. Ethan Schaffer (Ventura) 4:02.49.

3000mSC: 1. Jacques Sallberg (Glendale) 9:22.47. 2. Jose Arriaga (East LA) 9:26.14. 3. Ramon Serratos (Coll of Cyns) 9:37.62. 4. Leonardo Fernandez (Hartnell) 9:47.71. 5. Francisco Vazquez (Rancho Santiago) 9:49.47. 6. Adrian Baca (Glendale) 9:50.99. 7. Hector Leija (West Vly) 9:52.89. 8. Ryan Adams (American River) 9:53.93. 9. Raymond Butman (Mt. SAC) 9:56.99.

5000m: 1. Warren Wolf (Mt. SAC) 15:07.86. 2. Jose Arriaga (East LA) 15:19.04. 3. Robert Jones (Santa Barbara) 15:23.86. 4. Jacques Sallberg (Glendale) 15:24.46. 5. Eduardo Avila (West Vly) 15:33.73. 6. Luis Granado (Hartnell) 15:40.05. 7. Alejandro Ramirez (SJ Delta) 15:45.02. 8. Jemberto Sanchez (El Camino) 16:01.56. 9. Ty Walker (Diablo Vly) 16:09.17.

10,000m: 1. Cosmas Nguku (Riverside) 30:38.76. 2. Larry Holland (Saddleback) 32:03.65. 3. Bill DeMartin (El Camino) 32:08.60. 4. Ray Gomez (Pasadena) 32:11.18. 5. Jose Lira (El Camino) 32:36.61. 6. Fidel Zavala (Rancho Santiago) 33:09.08.



KAREN VIGILANT

Photo by Kirby Lee

7. David Chavez (San Jose CC) 33:37.60. 8. Santiago Bustamante (Merced) 33:57.11. 9. Jason Nunez (Sequoias) 34:33.64. 10. Brendan Kelly (Diablo Vly) 34:56.44.

110mHH: 1. Mike Harris (Long Bch CC) 14.33. 2. Demond Smith (Long Bch CC) 14.51. 3. Gerald Stamps (Pasadena) 14.51. 4. Keyan Scott (Fresno CC) 14.59. 5. Jay Young (Cerritos) 14.74. 6. Kris McClucas (Ventura) 14.97. 7. Erick Imhoff (Modesto JC) 15.08. 8. Jim Freeman (American River) 15.36. 9. James Belli (San Mateo) 15.40.

400mIH: 1. Kris McClucas (Ventura) 52.38. 2. Kyle O'Neill (American Riv) 52.77. 3. Mikia McKinney (Fullerton) 53.00. 4. Hassan Bangurah (Long Bch CC) 53.42. 5. Jason Brownlee (Long Bch CC) 53.62. 6. Paul Vallot (Modesto JC) 53.97. 7. Demond Smith (Long Bch CC) 54.04. 8. Brent Tocher (Redwoods) 55.50. 9. Ray Coles (Sac CC) 55.58.

HJ: 1. Greg Walker (Diablo Vly) 7-2. 2. James Nieto (Sac CC) 7-0. 3. Jason McGinnis (MISAC) 7-0. 4. Nathaniel Canady (San Bern Vly) 6-10. 5. Gary Schuler (Sac CC) 6-8. 6. Troy Langley (Orange Cst) 6-8. 7. Vicente Versher (Santa Monica) 6-6. 8. Jeb Flemming (Sac CC) 6-6.

PV: 1. Mike James (Hartnell) 16-6. 2. Eric Stanfield (Long Bch Cc) 16-0. 3. Vong Xoung (West Vly) 15-6. 4. Travis Majors (DeAnza) 15-6. 5. Luis Apaiategui (SD Mesa) 8. 6. Brian Lubocki (Moorpark) 15-6. 7. Eric Abadie (Mt. SAC) 15-6. 8. Chris Scatena (West Vly) 15-0.

LJ: 1. Jamael Chase (Redwoods) 24-6 1/4. 2. Kyjone Jack (Riverside) 24-2. 3. Devon Bean (Long Bch Cc) 24-1 1/4. 4. Eric Boykin (Long Bch CC) 24-0 1/2. 5. Liron Wilson (Fresno CC) 23-7 3/4. 6. Jackie Frazier (Fresno CC) 23-2 3/4. 7. Carl Hampton (Long Bch CC) 22-7 3/4. 8. Matt Halley (Riverside) 22-3. 9. Cedric Webb (Riverside) 22-1.

TJ: 1. Jason Sergeant (Contra Costa) 50-11 3/4. 2. Eric Boykin (Long Bch CC) 50-2 1/2. 3. Jamaal Chase (Redwoods) 49-8. 4. David Shaw (Golden West) 47-11 1/2. 5.

RESULTS

Devon Bean (Long Bch CC) 47-10 3/4, 6. Santiago Delgado (Cerritos) 47-10 1/4, 7. Carl Hampton (Long Bch CC) 47-4 3/4, 8. Anthony Coons (SD Mesa) 46-6 1/4.

SP: 1. Rob Garrison (Bkfld) 55-0 1/2, 2. Greg Jones (Long Bch CC) 52-4, 3. Javar San Filippo (SD Mesa) 50-11, 4. Jeremy Staat (Bkfld) 50-8 3/4, 5. Drew Anderson (Diablo vly) 50-5, 6. Jason Ford (American River) 48-11, 7. Casey Child (Sierra) 47-3 1/2, 8. Troy Sproul (Sequoias) 47-1 1/2, 9. Tati White (MtsAc) 46-4 1/2.

DT: 1. Jeremy Staat (Bkfld) 178-11, 2. Troy Sproul (Sequoias) 169-1, 3. Tati White (MtsAc) 162-8, 4. John McEwen (Redwoods) 159-9, 5. Javar San Filippo (SD Mesa) 156-1, 6. Steve Gonzales (Orange Cst) 153-2, 7. Jason Ford (American River) 152-0, 8. Rob Garrison (Bkfld) 151-2, 9. Greg Riley (Fresno CC) 146-5.

JT: 1. Anthony Vega (Santa Barb CC) 214-8, 2. James Martin (SJ Delta) 191-8, 3. George Herzog (Diablo Vly) 186-1, 4. Jose Davilla (Mt. Sac) 185-8, 5. Jason Cetina (Citrus) 184-4, 6. Robert Ernster (Cerritos) 180-6, 7. Cniag Dunn (Saddleback) 188-0, 8. Art Morales (Fullerton) 177-1, 9. DJ Selazo (Modesto JC) 168-9.

HT: 1. John McEwen (Redwoods) 180-3, 2. Jason Ford (American River) 176-10, 3. Ronnie Robbins (Modesto JC) 170-6, 4. Kent Cam (Fresno CC) 167-11, 5. Manfred Wagner (Moorpark) 162-9, 6. Darrell Rowley (Sacto CC) 158-6, 7. Jeremy Staat (Bkfld) 156-7, 8. Josh Liberty (SD Mesa) 155-6.

4x100MR: 1. Riverside 40.29, 2. CC of San Francisco 40.46, 3. Long Beach CC 40.65, 4. Antelope Valley 40.72, 5. San Joaquin Delta 40.96, 6. Fullerton 41.36, 7. DeAnza 41.74, 8. Pasadena CC 42.03.

4x400MR: 1. Fullerton 3:12.65, 2. San Bernardino Valley 3:13.01, 3. Long Beach CC 3:13.30, 4. San Joaquin Delta 3:16.24, 5. Fresno CC 3:18.37, 6. Contra Costa 3:20.13, 7. CC of San Francisco 3:20.99.

Decathlon: 1. Rick Zumwalt (Golden West) 6544, 2. Randy Vanover (Shasta) 6543, 3. Neil Lahey (Hartnell) 6519, 4. Ty Wynn (Rancho Santiago) 6219, 5. Robert Macias (Hartnell) 6117, 6. Justin Burnett (Moorpark) 6016, 7. Mike Schossler (Yuba) 5789, 8. Kevin Hitchko (Siskiyou) 5780.

Team Scores: 1. Long Beach CC 84, 2. Hartnell 48, 3. San Joaquin Delta & Mt. SAC 42, 5. Riverside 36, 6. Bakersfield 34, 7. College of the Redwoods 32, 8. El Camino 31, 9. Saddleback 30, 10. Glendale 26, 11. Sacramento CC & CC of San Francisco 25, 13. West Valley 24, 14. American River 23, 15. Diablo Valley, Fresno CC & Pasadena CC 21, 18. Fullerton 20, 19. Orange coast 18, 20. San Diego Mesa, San Bernardino Valley, Santa Barbara CC & East LA 16, 24. Golden West 15, 25. Contra Costa, San Jose CC & Ventura 13, 28. Rancho Santiago 12, 29. Modesto JC, Antelope Valley & Moorpark 11, 32. Cerritos 10, 33. College of the Sequoias 9, 34. Shasta 8, 35. DeAnza & College of the Canyons 6, 37. Lassen, Citrus & Merritt 4, 40. Sierra, Yuba, College of San Mateo & Santa Moni-

ca CC 2, 44. College of the Siskiyou, Merced & West LA 1.

Women

100m: 1. Cavetra Mitchell (Long Bch CC) 11.81, 2. Cynthia Midkiff (Long Bch CC) 12.02, 3. Shaunika Perkins (CC of San Fran) 12.13, 4. Jennifer Frank (Cuesta) 12.29, 5. Charmaine Burton (Riverside) 12.31, 6. Lesandra Todd (Sac CC) 12.39, 7. Marquita Knight (Long Bch CC) 12.51, 8. Melanie Bates (Modesto JC) 12.56.

200m: 1. Cavetra Mitchell (Long Bch CC) 23.46, 2. Charmaine Burton (Riverside) 23.78, 3. Cynthia Midkiff (Long Bch CC) 24.39, 4. Michelle Wilson (Long Bch CC) 24.50, 5. Rachel Parrish (Sac CC) 24.70, 6. Shaunika Perkins (CC of San Fran) 24.91, 7. Melanie Bates (Modesto JC) 25.16, 8. Patrnia Hall (SJ Delta) 25.65, 9. Dornisha Lewis (El Camino) 25.80.

400m: 1. Charmaine Burton (Riverside) 54.09, 2. Celena Clarke (Riverside) 54.68, 3. Michelle Nelson (Long Bch CC) 55.35, 4. Rachel Parrish (Sac CC) 56.49, 5. Patrnia Hall (SJ Delta) 57.49, 6. Dornisha Lewis (El Camino) 58.28, 7. Christy Holinka (American River) 58.67, 8. Julie Petrilia (Fullerton) 58.99.

800m: 1. Brenda Stewart (Riverside) 2:13.34, 2. Cathy Trotman (Long Bch CC) 2:14.04, 3. Marni Paulo (American River) 2:16.87, 4. Rowena Gonzales (SD Mesa) 2:17.62, 5. Kim Foster (Golden West) 2:19.04, 6. Stephanie Thomley (Cabrillo) 2:20.26, 7. Wendy Whitney (Santa Rosa) 2:20.90, 8. Jennifer Marnach (American River) 2:23.01, 9. Elizabeth Caster (Mt. SAC) 2:29.38.

1500m: 1. Carrie Barnett (SD Mesa) 4:40.01, 2. Charlotte Mayock (Riverside) 4:42.75, 3. Stephanie Thomley (Cabrillo) 4:43.94, 4. Adrienne Ling (El Camino) 4:45.76, 5. Jennifer Overlock (Col of Cyns) 4:47.92, 6. Melinda McCoy (SD Mesa) 4:48.76, 7. Logan Hiroshima (CC of San Fran) 4:49.30, 8. Traci Ballard (American River) 4:50.51.

3000m: 1. Rachaal Hawtin (CC of San Fran) 10:24.14, 2. Kim Wilkes (Chabot) 10:27.61, 3. Laura Bermudez (Citrus) 10:31.54, 4. Maria Lopez (El Camino) 10:35.28, 5. Charlotte Mayock (Riverside) 10:37.18, 6. Josefina Sanchez (Ventura) 10:38.25, 7. Sonia Perez (Rancho Santiago) 10:39.07, 8. Monique Mejia (East LA) 10:47.83, 9. Stephanie Rivera (SJ Delta) 10:55.24.

5000m: 1. Charlotte Mayock (Riverside) 18:13.21, 2. Maria Lopez (El Camino) 18:13.55, 3. Sonia Perez (Rancho Santiago) 18:19.55, 4. Laura Bermudez (Citrus) 18:22.81, 5. Kim Wilkes (Chabot) 18:28.83, 6. Teresa Vega (Fullerton) 18:36.02, 7. Jeannie Robinson (Long Bch CC) 18:52.25, 8. Erika Botha (American River) 19:20.25, 9. Jessica Laal (Fresno CC) 19:21.64.

100mH: 1. Karen Vigilant (Long Bch CC) 14.22, 2. Natalie Martin (Cerritos) 14.68, 3. Lori Himes (Modesto JC) 14.77, 4. Kristin Lodrup (Siskiyou) 15.17, 5. Crystal Buck (Riverside) 15.17, 6. Alisca Redman (Diablo Vly) 15.19, 7. Heather Jackson (Chabot)

15.21, 8. Nichole Wilson (Long Bch CC) 15.56, 9. Beth Ault (Cuesta) 15.78.

400mH: 1. Celena Clarke (Riverside) 58.88, 2. Karen Vigilant (Long Bch CC) 59.53, 3. Crystal Buck (Riverside) 1:02.61, 4. Kristin Lodrup (Siskiyou) 1:02.70, 5. Robin Soderstrom (Modesto JC) 1:05.50, 6. Lori Himes (Modesto JC) 1:05.54, 7. Heather Hanger (Moorpark) 1:07.31, 8. Angelica Dansby (Monterey Peninsula) 1:08.12, 9. Teena Ung (Glendale) 1:08.72.

HJ: 1. Erica Wilson (Shasta) 5-8, 2. Brook Wilson (Shasta) 5-4, 3. Tracy Iwanski (Fresno CC) 5-4, 4. Wendy Brown (Orange Cst) 5-2, 5. Wendy Escobar (Santa Monica) & Cecilia Noel (Long Bch CC) 5-2, 7. Jolie Taylor (Sierra) 5-0, 8. Nichole Wilson (Long Bch CC) & Amy Willard (Saddleback) 5-0.

LJ: 1. Vanitta Kinard (Santa Monica) 18-10 1/2, 2. Anissa Tan (CC of San Fran) 18-4, 3. Amy Lottin (Sac CC) 17-11 1/2, 4. Michelle Nelson (Long Bch CC) 17-10, 5. Marquita Knight (Long Bch CC) 17-7 1/4, 6. Patrnia Hall (SJ Delta) 17-3 1/2, 7. Jennifer Frank (Cuesta) 17-2 1/4, 8. Dafona McClain (Sac CC) 17-0 1/4, 9. Christyna Serrano (Hartnell) 16-11 1/2.

TJ: 1. Vanitta Kinard (Santa Monica) 41-1 1/4, 2. Cecilia Noel (Long Bch CC) 39-10 1/2, 3. Marquita Knight (Long Bch CC) 36-2 1/2, 4. Yvette Lamay (Contra Costa) 36-1, 5. Amy Lottin (Sac CC) 35-9 1/2, 6. Bernmolea Cyer (San Jose CC) 35-8 3/4, 7. Marceia Fogg (Orange Cst) 35-3 3/4, 8. Wintress Lang (Compton) 35-3 1/2.

SP: 1. Tyrenda Stamps (Deanza) 42-10 1/2, 2. Rashawnda Holmes (Chabot) 41-11, 3. Lisa Stepney (Fresno CC) 40-10 1/2, 4. Kerri Smith (Hartnell) 40-4, 5. Renee Harris (SD Mesa) 39-10 1/4, 6. Yolanda Crowder (Bkfld) 38-11 1/2, 7. Bernadette Quinteros (Cerritos) 38-7 1/2, 8. Sarah Goodlaw (Pasadena) 38-6 1/2, 9. Rozanne Garcia (Modesto JC) 38-1 1/4.

DT: 1. Tyrenda Stamps (Deanza) 150-3, 2. Amy Blackburn (Ventura) 137-9, 3. Rashawnda Holmes (Chabot) 137-3, 4. Ingrid Sipher (Butte) 134-2, 5. Dani Dareow (SD Mesa) 131-11, 6. Michelle Bryant (Mt. SAC) 131-4, 7. Lisa Stepney (Fresno CC) 127-10, 8. Yolanda Crowder (Bkfld) 124-0, 9. Jennifer Wright (Cuesta) 123-4.

JT: 1. Charity Amama (LA Trade) 135-6, 2. Teresa Flores (Hartnell) 134-6, 3. Brook Wilson (Shasta) 131-8, 4. Allison Rizzo (SJ Delta) 125-1, 5. Rae Miller (CC of San Fran) 124-4, 6. Rose Ballesteros (Citrus) 119-4, 7. Amy Phillips (Fullerton) 116-6, 8. Kia Ruiz (Mt. SAC) 116-0, 9. Alicia Rubio (Riverside) 114-2.

4x100MR: 1. Long Beach CC 45.45, 2. Riverside 46.42, 3. Sacramento CC 47.09, 4. CC of San Francisco 47.36, 5. Fullerton 48.29, 6. San Joaquin Delta 48.60, 7. Santa Monica CC 49.07, 8. San Diego Mesa 49.13, 9. Modesto JC 49.25.

4x400MR: 1. Riverside 3:43.95, 2. Long Beach CC 3:51.35, 3. Sacramento CC 3:53.65, 4. San Diego Mesa 3:53.35, 5. San Joaquin Delta 3:53.35, 6. Modesto JC 4:01.10, 7. El Camino 4:03.96, 8. American River 4:05.94.

Heptathlon: 1. Monica Holguin (Fullerton) 4183, 2. Jennifer Durgan (Shasta) 4141, 3. Wintress Lang (Compton) 4060, 4. Nichole Wilson (Long Bch CC) 3989, 5. Heather Hanger (Moorpark) 3894, 6. Wendy Escobar (Santa Monica) 3889, 7. Jennifer Sypniak (SJ Delta) 3852, 8. Courtney Leonard (Saddleback) 3556.

Team Scores: 1. Long Beach CC 150, 2. Riverside 122, 3. San Diego Mesa 48, 4. Santa Monica CC, 5. El Camino 38, 6. Citrus 37, 7. Cuesta 32, 8. Fullerton 27, 9. Mt. SAC & Cerritos 22, 11. Orange Coast 19, 12. Ventura 16, 13. Bakersfield 15, 14. Moorpark 14, 15. Compton 12, 16. LA Trade Tech & College of the Canyons 10, 18. Saddleback & Rancho Santiago 9, 20. East LA & Pasadena 8, 22. Golden West 7, 23. Grossmont 5, 24. Glendale & LA Valley 4, 26. Mira Costa 3, 27. West LA & Allan Hancock 2.

PAC-10 Conference

May 19-20, Tucson, AZ

Men

100m: 1. Bolden (UCLA) 10.08, 2. Philyang (W) 10.41, 3. Turner (W) 10.52, 4. Volson (USC) 10.56, 5. Bradley (UCLA) 10.58, 6. Ganda (UCLA) 10.61, 200m: 1. Bolden (UCLA) 20.08, 2. Johnson (O) 20.44, 3. Hervey (USC) 20.54, 4. Krill (USC) 10.65, 5. Turner (W) 20.87, 400m: 1. Johnson (O) 45.38, 2. Hassan (UCLA) 45.48, 3. Jean-Marie (AS) 45.49, 4. Krill (USC) 45.44, 5. Hervey (USC) 45.76.

800m: 1. Anderson (WS) 1:47.38, 2. Armour (AS) 1:48.08, 3. Clair (AS) 1:48.48, 4. Minnis (W) 1:48.60, 5. Terry (UCLA) 1:48.6, 1500m: 1. M. Keino (A) 3:46.37, 2. Keino (A) 3:47.88, 3. Keflezighi (UCLA) 3:48.91, 4. Andrews (O) 3:49.85, 5. Hatzenbeler (W) 3:49.85, 3000mSC: 1. M. Keino (A) 9:01.78, 2. Fadil (S) 9:03.20, 3. Pavach (W) 9:05.27, 4. Pillow (A) 9:05.63, 5. Elizondo (UCLA) 9:06.05.

5000m: 1. M. Keino (S) 14:36.17, 2. White (S) 14:37.31, 3. Keflezighi (UCLA) 14:40.60, 4. Cantwell (O) 14:41.75, 5. Davis (O) 14:43.8, 10,000m: 1. Keska (O) 30:27.19, 2. Davis (O) 30:28.25, 3. Casillas (A) 30:40.29, 4. Jimmerson (S) 30:47.44, 5. Reeder (S) 30:55.51.

110mH: 1. Alade'fa (USC) 13.83, 2. Moten (C) 13.96, 3. Paige (W) 14.04, 4. tie between Bell (USC) and Anderson (UCLA) 14.07, 400mH: 1. Rodrigues (USC) 50.60, 2. Alade'fa (USC) 50.95, 3. Watts (A) 51.63, 4. Shields (UCLA) 51.77, 5. Sallos (O) 51.86, 400mR: 1. USC (Volson, Hervey, Ekpeyong, Krill) 39.23, 2. UCLA 39.46, 3. Oregon 40.08, ... 6. Stanford 41.64, 1600mR: 1. Arizona St 3:04.95, 2. Arizona 3:08.46, 3. Washington St 3:09., 4. UCLA 3:11.10, 5. Oregon 3:11.28.

HJ: 1. Pitchford (UCLA) 7-2 1/2, 2. Stannard (WS) 7-0 1/2, 3. Graber (AS) 7-0 1/2, 4. Mosley (WS) 6-10 3/4, 5. Nelson (O) 6-10 3/4, PV: 1. Pailakis (WS) 18-0 1/2, 2. Williams (O) 17-8 1/2, 3. tie between Slower (UCLA) & Livingston (O) 17-4 1/2, 5. Rynerarson (UCLA) 16-4 3/4, 6. Reedy (UCLA) 16-4 3/4, LJ: 1. Bock (USC) 25-2

RESULTS

2. Adkins (c) 24-11 1/4, 3. Turner (W) 24-9 3/4, 4. Hazars (AS) 24-5 1/2, 5. Livingston (L) 24-2 1/4. TJ: 1. Ozolinsh (C) 54-0, 2. Adkins (C) 50-7 1/2, 3. Mosley (WS) 49-2 1/2, 4. Manning (S) 48-11 3/4, 5. Beakney (D) 48-11. SP: 1. Godina (UCLA) 71-4 3/4 (meet record, old mark 69-2, John Brenner, UCLA, 1984), 2. Ogden (UCLA) 61-3 1/2, 3. Lands (AS) 59-11 1/4, 4. Carson (O) 58-3 3/4, 5. Corwell (W) 57-10 1/4. DT: 1. Godina (UCLA) 211-9 (new record, old mark 210-11, Jimenez-Gaona, C. 1992), 2. Danowsky (USC) 18-11, 3. Slobodinsky (USC) 174-10, 4. Parlin (UCLA) 167-6, 5. Zorich (O) 166-7. HT: 1. Kiss (USC) 268-10 (collegiate and meet record, old collegiate mark 257-0, Flax, 1986: old meet mark, 248-7, Kiss, 1994), 2. Popejoy (s) 230-8, 3. Loshonkohol (A) 227-11, 4. Danowsky (USC) 220-0, 5. Concorran (A) 213-4. JT: 1. G. Johnson (UCLA) 252-1, 2. Fearnley (USC) 244-8, 3. Krinchenko (AS) 237-11, 4. J. Johnson (UCLA) 222-10, 5. Cohen (AS) 222-4.

Team Scores: 1. UCLA 163 1/2, 2. Oregon 142 1/2, 3. USC 122, 4. Arizona 112, 5. Washington St. 68, 6. California 60, 7. Stanford 58, 8. Washington 54, 9. Arizona St. 53.

Women

100m: 1. Burrell (UCLA) 11.63, 2. L. Akimremi (AS) 11.72, 3. Woods (O) 11.73, 4. Grant (UCLA) 11.75, 5. Walton (AS) 11.83. **200m:** 1. Jones (USC) 23.46, 2. Gayle (AS) 23.93, 3. Woods (O) 24.00, 4. Morgan (AS) 24.01, 5. Brown (WS) 24.30. **400m:** 1. Jones (O) 51.44, 2. Morgan (AS) 52.95, 3. Gayle (AS) 53.25, 4. Jones (USC) 53.63, 5. ComMISSING (O) 53.72.

800m: 1. Adams (AS) 2:04.69, 2. Scott (UCLA) 2:07.94, 3. Moore (S) 2:10.12, 4. Thomas (O) 2:10.56, 5. Knudson (O) 2:11.35. **1500m:** 1. Hecox (UCLA) 4:26.70, 2. Dey (S) 4:28.75, 3. Colonna (A) 4:28.97, 4. Forese (W) 4:30.90, 5. Lopez (C) 4:31.79. **3000m:** 1. Chokshi (S) 9:38.16, 2. Hecox (UCLA) 9:39.06, 3. J. Carlson (O) 9:39.56, 4. T. Carlson (W) 9:39.59, 5. Gardner (O) 9:46.27.

5000m: 1. Taylor (UCLA) 16:56.88, 2. Schaffer (A) 17:04.05, 3. Carlson (W) 17:04.41, 4. Dumscombe (S) 17:16.75, 5. Carlson (O) 17:35.60. **10,000m:** 1. Schaffer (A) 35:16.34, 2. Dumscombe (S) 36:08.50, 3. Harlick (UCLA) 36:29.58, 4. Fairchild (O) 36:40.76, 5. Truitt (S) 36:50.80.

100mH: 1. Chan (USC) 13.43, 2. Johnson (A) 13.50, 3. Grant (UCLA) 13.55, 4. Burrell (UCLA) 13.57, 5. Buzzi (A) 13.88. **400mH:** 1. L. Akimremi (AS) 56.21, 2. Barter (W) 57.61, 3. Johnson (A) 57.78, 4. Woods (W) 58.99, 5. Boyd (S) 60.33. **400mR:** 1. USC (Chan, Conwright, Gibson, Jones) 44.98, 2. Oregon 45.13, 3. UCLA 45.47, 4. Arizona 46.05, 5. California 46.12, 6. Washington St 46.71. **1600mR:** 1. Arizona St 3:31.28, 2. UCLA 3:33.17, 3. Oregon 3:34.29, 4. California 3:38.55, 5. Stanford 3:41.27, 6. Washington 3:41.60.

HJ: 1. Acuff (UCLA) 6-6 (collegiate and meet record, old collegiate mark 6-5 1/2, Tanya Hughes, Arizona, 1991 and 1992: old

meet mark, Hughes, 1992), 2. Butt (A) 5-10 3/4, 3. Mills (USC) 5-8 3/4, 4. tie between Ozoze (C) and Johnson (C) 5-7, 6. Gardner (C) 5-7. **LJ:** 1. Davis (W) 20-2 1/4, 2. Hayes (C) 20-0 1/2, 3. Haynes (USC) 19-5, 4. Dolphin (USC) 19-5, 5. Ozoze (C) 19-4 3/4. **TJ:** 1. Littlepage (C) 42-9, 2. Jessie (O) 41-7 1/4, 3. Davis (W) 41-4 1/2, 4. Brown



AMY ACUFF

Photo by Bill Leung, Jr./Geek Media

(UCLA) 41-3, 5. Dolphin (USC) 40-7, 6. Adu (S) 40-0 3/4.

SP: 1. Allhouse (UCLA) 61-10 1/4 (American collegiate record), 2. Dumble (UCLA) 58-0, 3. Kavar (UCLA) 51-3, 4. Cvitanich (O) 47-9 3/4, 5. Sweitzer (O) 46-1 1/2, 6. Shanley (W) 46-0 1/2. **JT:** 1. Stellick (O) 159-3, 2. Brewer (O) 156-7, 3. Small (S) 156-0, 4. Pearmine (O) 153-7, 5. Kruse (W) 153-6. **DT:** 1. Dumble (UCLA) 199-9 (meet record, old mark 198-5, Garrett (A) 1989), 2. Powell (UCLA) 178-6, 3. Kallihwa (C) 171-4, 4. Hill (W) 166-7, 5. Kavar (UCLA) 162-2.

Team Scores: 1. UCLA 149, 2. Oregon 123, 3. California 81, 4. Washington 79, 5. Arizona St. 78, 6. Stanford 76, 7. Arizona 72, 8. USC 67, 9. Washington St. 15.

NCAA II Championships

May 24-27. Emporia, KS.

Men

100m: 1. Sutherland (St. Aug) 10.35, **200m:** 1. Cannon (St. Aug) 20.57, ... 4. Turner (CSB) 21.07, 7. Lankford (CSLA) 21.60, 8. Smith (CSLA). **400m:** 1. Cannon 45.62, ... 7. Hester (CSB) 47.00. **800m:** 1. Ngidhi (AC) 1:50.36. **1500m:** 1. Ngidhi (AC) 3:43.64. **5000m:** 1. Mulinga (Lewis) 14:00.61, ... 8. Gibbs (CPP) 15:00.84, 9. Curtis (CPP) 15:02.52, **10,000m:** 1. Mulinga 28:26.56, ... 6. Gibbs (CPP) 31:19.47.

110mH: 1. Norris (St. Aug) 13.99, 2. Banner (CSLA) 14.18. **400mH:** 1. Hayden (St. Aug) 49.53. **3000mSC:** 1. Keillor (MankSt) 8:58.36, ... 4. Curtis (CPP) 9:12.64, 7. Bas-

tides (UCR) 9:21.84. **400mR:** 1. Abilene Christian 40.07, ... 3. CS Bakersfield (Turner, Hester, Doxey, Clark) 40.35. CS Los Angeles (Banner, Lankford, Benitez, Smith) 40.97. **1600mR:** 1. St. Augustine's 3:07.14, 2. CS Bakersfield (Turner, Mccladdie, Doxey, Hester) 3:07.74, ... 4. CS Los Angeles (Lankford, Benitez, Banner, Woods) 3:8.86.

HJ: 1. Hankins (Pittsb) 6-11. **PV:** 1. Drumme (SoCl) 17-6 1/2. **LJ:** 1. Robbins (Ashland) 26-6 1/2, ... 8. Tracy (CSB) 23-4 1/2. **TJ:** 1. Coleman (St. Aug) 53-7 3/4, ... 4. Robertson (CSB) 50-0 1/2. **SP:** 1. Godbehare (CSB) 59-7 1/2. **DT:** 1. Evans (Ind) 164-8, ... 8. Godbehare (CSB) 156-2, 12. Davis (CSLA) 145-11. **HT:** 1. Dilts (UCD) 215-4, 2. Saat-Ara (CSLA) 185-3, ... 7. Eubanks (CSB) 175-7. **JT:** 1. Thompson (Ash) 249-6, ... 11. Torres (CPP) 194-11. **Decathlon:** 1. Bohansky (AngeSt) 7256.

Team Scores: 1. St. Augustine's 140.50, 2. Abilene Christian 95, 3. CS Bakersfield 40, ... 7. CS Los Angeles & North Dakota St. Others: UC Davis 11, CP Pomona 9, CS Stanislaus 6, UC Riverside 2, San Francisco St. 1.

Women

100m: 1. Tombriri-Shiri (AC) 11.26, ... 7. Posey (CSLA) 11.87. **200m:** 1. Sturup (NS) 23.31. **400m:** 1. Campbell (AC) 53.34. **800m:** 1. Biele (Lewis) 2:08.78, 2. Nichols (CSB) 2:09.18, ... 8. Hunter (CPP) 2:17.24. **1500m:** 1. Buric-Adam (AS) 4:22.05, ... 4. Hunter (CPP) 4:34.63. **3000m:** 1. Dryer (WS) 9:22.03, 2. Avendano (CSLA) 9:49.96. **5000m:** 1. Buric-Adam (AS) 16:58.48, 2. Avendano (CSLA) 17:00.47, ... 4. Cossio (CSLA) 17:26.72. **10,000m:** 1. Urlo (WS) 35:48.14, 2. Cossio (CSLA) 35:57.23, 3. Pinto (CSLA) 36:06.28.

100mH: 1. Haughton (St. Aug) 13.72. **400mH:** 1. Haughton (St. Aug) 57.89, 2. Thompson (CSB) 1:00.73. **400mR:** 1. Abilene Christian 44.17, ... 3. CSLA (Posey, Woods, Graham, Ogans) 46.45, 3. CS Bakersfield (Williams, Thompson, Green, Peterson) 46.79. **1600mR:** 1. Norfolk St. 3:41.05, ... 4. CS Bakersfield (Williams, Thompson, Green, Nichols) 3:45.42, 5. CSLA (Pedraza, Ogans, Acosta, Graham) 3:45.96.

HJ: 1. Boles (AC) 5-9 3/4, 2. Moulton (CSB) 5-8 1/2. **LJ:** 1. Sturup (NS) 2-8, ... 3. Bryant (CSLA) 19-4 3/4, 6. Thompson (CSB) 18-10 1/2. **TJ:** 1. Carver (CSLA) 42-6. **SP:** 1. Rand (EmpSt) 47-9 3/4, ... 3. Beuregard (CPP) 47-1. **DT:** 1. Overman (SD) 153-9, ... 6. Warr (CPP) 139-0. **JT:** 1. Amareakara (Ind) 181-4. **Heptathlon:** 1. Unger (Port St) 5162, 2. Moulton (CSB) 5000.

Team Scores: 1. Abilene Christian 106.50, 2. CS Los Angeles 71, 3. Norfolk St 46, 4. CS Bakersfield 45, ... 9. Humboldt St. 21, 10. UC Davis 20.50. Others: Cal Poly Pomona 15, San Francisco St. 5.

NAIA National Championships

May 25-27. Azusa Pacific University

Men

100m: 1. Daniel Effiong (Lubbock Ch) 10.22, w+2.60, 2. Dontra Boykins (Ark-

Mont) 10.31, 3. Sayan Williams (CentSt) 10.39. **200m:** 1. Effiong 20.52, w+2.40, 2. Neil DeSilva (CentSt) 20.79, 3. Damon Sims (OklaChris) 20.85. **400m:** 1. DeSilva 45.72, 2. Ervin Whitehead (Teikyo-West IA) 46.20, 3. Ali Ahmed (SoNewOrl) 46.21. **800m:** 1. Julius Achon (SoNewOrl) 1:46.76, 2. James Njoroge (Taylor, Ind) 1:47.82, 3. Sasha Smiljanic (SFraser) 1:48.54.

1500m: 1. Achon 3:43.04, 2. Njoroge 3:44.39, 3. Julius Randich (Lubbock Chr) 3:45.38, ... 5. Denes Balazs (APU) 3:48.83, 8. Anthony Fisher (APU) 3:51.01, 10. Jaime Martinez (APU) 3:53.70. **5000m:** 1. Simeon Sawe (Lubbock Chris) 14:08.55, 2. Wilhelm Gidabuday (Life) 14:10.85, 3. Levis Anyega (Lubbock Chris) 14:18.36. **10,000m:** 1. Randich 28:33.74, 2. Malcolm Campbell (Life) 30:18.25, 3. Peter Tanui (Lubbock Chris) 30:31.15, 4. John Gachao (APU) 30:39.16. **Marathon:** 1. Gachao 2:23:43, 2. John Vitanan (W Fla) 2:26:05, 3. Peter Ruiz (Lubbock Chris) 2:27:23, ... 16. Tim Hardin (SoCal) 2:36:00, 29. Jef Burns (APU) 2:45:54, 35. Todd Farrington (Westmont) no mark, 39. Steve Pye (APU) 2:57:05.

110mH: 1. James Rollins (CentSt) 13.90, w+3.90, 2. Nolan Toso (PaCluth) 14.02, 3. Detrick Davis (Miss Vly) 14.30. **400mH:** 1. Monte Raymond (SoNewOrl) 51.09, 2. Anthony Dean-Neal (CentSt) 51.18, 3. Rio Okamura (WestOre) 51.92. **3000mSC:** 1. Sawe 8:42.88, 2. Randich 8:46.76, 3. Erik Gibson (Geo Fox) 9:03.88, ... 10. Philip Livingood (Westmont) 9:31.06.

5000mRW: 1. Tim Seaman (WiscPark) 20:39.93, 2. Chad Eder (Cedarv) 20:56.91, 3. Al Heppner (WiscPark) 21:23.00. **400mR:** 1. Central State 39.92, 2. Southern New Orleans 40.77, 3. Southwestern, KS 40.88, ... 8. Azusa Pacific 42.12. **1600mR:** 1. Oklahoma Baptist 3:08.67, 2. Central State 3:08.92, 3. Findlay 3:12.58.

HJ: 1. Lee Pool (Dallas Baptist) 7-3, 2. Jason Clinch (Linfield) 6-11 3/4, 3. Kevin Carlson (SoCal) 6-11 3/4, 4. Brian Carlson (SoCal) 6-11 3/4, ... 12. Tage Peterson (APU) 6-8. **PV:** 1. Dave Cross (Linfield) 16-8 3/4, 2. Tim Cockrell (APU) 15-11, 3. Chad Stadler (Jamestown) 15-11, ... 8. David Pope (APU) 15-3, 13. Jason Rice (Biola) 15-3. **LJ:** 1. Kevin Wiley (APU) 26-0, 2. Andre Eley (Findlay) 25-1 1/4, 3. Mike Walker (OklaChris) 24-7 3/4, 4. Hong Li (APU) 24-3 3/4, ... 6. Peterson 24-1 3/4.

TJ: 1. Li 51-7 w+3.60, 2. Xiojun Zhang (Findlay) 50-5 1/4, 3. Julian Smith (Lindenwood) 47-11 1/4. **SP:** 1. Rene Bustamante (APU) 60-11 1/4, 2. Carl Brown (Siena Hts MI) 50-1 1/4, 3. Rod Scott (Prair Vly) 55-0, ... 6. Jon Davis (APU) 53-5 1/2. **DT:** 1. Brown 174-0, 2. Steve Dudley (PaCluth) 170-9, 3. Eric Chirgwin (Westmont) 169-8, 4. Davis 167-2, 5. Bustamante 165-11. **HT:** 1. Bustamante 194-3, 2. Steve Gehley (WestOre) 188-1, 3. Magnus Strandquist (Pl. Loma) 186-3, 4. Ryan Root (APU) 185-0. **JT:** 1. Craig Greis (West Ore) 203-2, 2. Travis Olson (Linfield) 203-2, 3. Brian Van Valey (Pac Luth) 194-9, ... 13. Josh Sidwell (Westmont) 166-0.

RESULTS

Decathlon: 1. Aiper Kasapoglu (WestOre) 7685, 2. Udo Jacobasch (Pt. Loma) 7633, 3. David Pope (APU) 7607, 4. Tage Peterson (APU) 7281.

Team Scores: 1. Azusa Pacific 105.33, 2. Lubbock Christian (TX) 104, 3. Central State (OH) 71, 4. Southern-New Orleans (LA) 56, 5. Linfield (OR) 45, 6. Western Oregon State 44.5, 7. Life (GA) 31, 8. Oklahoma Baptist & Pacific Lutheran (WA) 30, 10. Findlay (OH) 28, ... 16. Pt. Loma Nazarene 14, 18. Southern California 11, 32. Westmont 6.

Women

100m: 1. Bridgette Edwards (CentSt) 11.60 w +2.70, 2. Beverly Langley (SoNewOr) 11.60, 3. Chantel Rolle (SoNewOr) 11.62, **200m:** 1. C. Rolle 23.44 w +2.80, 2. Langley 23.63, 3. Edwards 23.71, **400m:** 1. Beverly Grant (CentSt) 53.13, 2. Altrice Taylor (SoNewOr) 54.09, 3. Selisha Hudson (SoNewOr) 54.66, ... 6. Liz Sutton (APU) 56.38, **800m:** 1. Vernetta Rolle (SoNewOr) 2:09.16, 2. Christine Smith (SoNewOr) 2:09.94, 3. Patrice Peart (SoNewOr) 2:10.70, 4. Nikee Pool (SoCal) 2:12.55.

1500m: 1. Ivana Skladana (Mobile) 4:32.15, 2. Carolyn Murray (SimFras) 4:43.47, 3. Valerie Niese (WiscPark) 4:35.26, ... 5. Michelle Teodoro (APU) 4:36.32, **3000m:** 1. Jessica Bissonnette (Whitman) 10:01.16, 2. Beth Robbins (Pug Sound) 10:03.81, 3. Jennifer Campbell (WWash) 10:08.27, ... 6. Miriam Niednagel (Westmont) 10:21.27, **5000m:** 1. Rosa Ibarra (WayBap) 16:55.93, 2. Emily Keilman (PugSound) 17:00.10, 3. Bissonnette 17:14.11, ... 18. Heather Salisbury (SoCal) 19:58.26, **10,000m:** 1. Ibarra 34:55.06, 2. Keilman 35:04.05, 3. Amy Haines (WiscPark) 36:22.90, ... 17. Rhonda Heise (Fresno Pacific) 39:43.64.

Marathon: 1. Shawna Doty (Jamestown) 2:54:27, 2. Raquel Rios (SW Kans) 2:58:04, 3. Deb Chavis (SienaHts) 2:58:57, **100mH:** 1. Michelle Campbell (APU) 13.08 w+4.00, 2. Catherine Pomales (CentSt) 13.46, 3. Debbie Cobbler (MissVly) 14.22, **400mH:** 1. Pomales 58.04, 2. Karen Andrade (Pacluth) 1:01.73, 3. Kara Dodd (Cent Wash) 1:03.04, **3000mRW:** 1. Sue Kisting (WiscPark) 14:19.61, 2. Danielle Kirk (WiscPark) 14:32.88, 3. Ali DeWitt (WiscPark) 14:51.86, **4x100mR:** 1. Southern New Orleans 44.66, 2. Central State 44.72, 3. Arkansas Pine Bluff 47.14, **4x400mR:** 1. Southern New Orleans 3:36.96, 2. Central State 3:39.93, 3. Azusa Pacific 3:44.55.

HJ: 1. Corinna Wolf (SimFras) 5-10 3/4, 2. Nancy Rissmiller (GeoFox) 5-9 3/4, 3. Cindy Leingang (Mary) 5-7 1/4, ... 8. Terri Pruitt (APU) 5-5, **LJ:** 1. Chanteau White (CentSt) 19-11 1/2, 2. RonaLee Davis (CentSt) 19-10 3/4, 3. Demetrica Hayes (Ark/Pine) 19-7, **TJ:** 1. Stephanie Sherman (Cedarville) 42-0, 2. Hayes 41-0 1/4, 3. Davis 39-11 1/2, ... 9. Pruitt 37-2 1/2, 14. Mary Sauer (APU) 34-4 1/4, **SP:** 1. Heather Rhoadarmer (Doane) 47-7 3/4, 2. Molly Duggan (WestOre) 46-4 1/4, 3. Wendy Cordeiro (Pacluth) 45-3 1/2, ... 6. Karlin McCall (APU) 42-11, 18. Sandra Clark

(Westmont) 38-6 1/4, **DT:** Wendy Cordeiro (Pacluth) 150-11, 2. Deanna Balderson (W Wash) 148-11, 3. Duggan 143-11, **JT:** 1. Trina Gumm (Whitworth) 143-7, 2. Leah Johanson (GeoFox) 140-7, 3. Amanda Bradford (Whitman) 139-11, ... 15. Sandra Clark (Westmont) 98-5, **Hepthathlon:** 1. Jill Carrier (SoOre) 5108, 2. Carmen Gage (APU) 4986, 3. Jamey Mulske (Mary) 4647, ... 5. Suzanne Burns (APU) 4487.

Team Scores: 1. Southern New Orleans 104.33, 2. Central State, OH 103, 3. Pacific Lutheran, WA 54, 4. Wisconsin-Parkside 49, 5. Azusa Pacific 38.33, 6. Wayland Baptist, TX & Western Oregon State 30, 8. Simon Fraser, BC 29, 9. Puget Sound, WA 28, 10. Doane, NE 26, ... 32. Southern California 5, 40. Westmont 3.

Jenner Classic

May 27, San Jose City College.

Men

100m: 1. Raymond Stewart (Jam) 10.23, 2. Brian Lewis 10.41, 3. Ricky Carrigan 10.42, **200m:** 1. Michael Johnson 19.99, 2. Jeff Williams 20.37, 3. Anthony Maybank 20.52, 4. Bryan Bridgewater 20.61, **800m:** 1. Sam Langat (Ken) 1:45.34, 2. Alle Douglas (Nor) 1:45.75, 3. Nico Motchebon (Germ) 1:46.31, **110mH:** 1. Derek Knight 13.42, 2. Dan O'Brien 13.47, 3. Roger Kingdom 13.48.

PV: 1. Nick Hysong 18-6 1/2, 2. Scott Huffman 18-6 1/2, 3. Kevin Brown 18-0 1/2, **LJ:** 1. Erick Walder 26-10, 2. Joe Greene 26-0, 3. Dion Bentley 25-8 1/4, **DT:** 1. John Godina 213, 2. Sergey Lyakhov (Russ) 208-4, 3. Nick Sweeney (Ire) 206-5, **JT:** 1. Tom Pukstys 263-5, 2. Edgar Boumann (Parag) 252-10, 3. Sigurdur Einarsson (Iceland) 250-10, **HT:** 1. Ken Norton 201-8, 2. Chris Leming 197-4, 3. David Debus 196-9.

Women

200m: 1. Cathy Freeman (Australia) 22.50, 2. Carlette Guidry 22.64, 3. Pauline Davis (Bah) 22.85, 4. Chryste Gaines 22.92, **800m:** 1. Meredith Rainey 2:00.91, 2. Chamaine Crooks 2:01.71, 3. Tina Paulino (Mozam) 2:02.44, **3000m:** 1. Laura Mykytok 8:52.54, 2. Anna Brzezinska (Pol) 8:52.67, 3. Libby Johnson 8:57.96, **100mH:** 1. Doris Williams 13.02, 2. Jackie Humphrey 13.07, 3. Jackie Joyner-Kersey 13.30, **400mH:** 1. Tonja Buford 55.28, 2. Debbie Parris (Jam) 55.52, 3. Olga Nazarova (Russ) 56.32.

SP: 1. Connie Price-Smith 64-3, 2. Valentina Fedyushina (Ukr) 62-5 1/4, 3. Ramona Pagel 61-9, 4. Dawn Dumble 58-10 3/4, 5. Valeyta Althouse 58-10, **HJ:** 1. Tisha Waller 6-6, 2. Yolanda Henry 6-3 1/2, 3. Tanya Hughes 6-3 1/2.

NCAA I Championships

May 31-June 3, Knoxville, TN.

Men

100m: 1. Tim Harden (Ky) 10.05, 2. Donovan Powell (TCU) 10.07, 3. Kareem Streete-Thompson (Rice) 10.16, **200m:** 1. Ato Bolden (UCLA) 20.24, 2. Dave Dopek (DePaul) 20.31, 3. Rohsaan Griffin (LSU)

20.36, **400m:** 1. Greg Haughton (GMason) 44.62, 2. Marlon Ramsey (Baylor) 44.74, 3. Andre Morris (Iowa) 25.15, ... 8. Udemede Ekpenyong (APU) 45.88, **800m:** 1. Brandon Rock (Ark) 1:46.37, 2. Shaun Benefield (GA) 1:47.13, 3. Balazs Koranyi (Rutgers) 1:47.49.

1500m: 1. Kevin Sullivan (Mich) 3:37.57, 2. Paul McMullen (E Mich) 3:38.74, 3. Passmore Furusa (LSU) 3:40.41, **3000mSC:** 1. Jim Svenoy (Tx ElPaso) 8:21.48, 2. Dmitry Drozdov (IowaSt) 8:35.51, 3. Sam Wilbur (Dartmouth) 8:38.91, **5000m:** 1. Martin Keino (AZ) 14:36.78, 2. Mark Carroll (Providence) 14:37.08, 3. Godfrey Siamusiye (Ark) 14:38.7, ... 5. Mebrahtom Kellezighi (UCLA) 14:40.88, 8. Ryan Wilson (Ark) 14:43.16, **10,000m:** 1. Godfrey Siamusiye (Ark) 28:59.60, 2. Kamel Masse (TX) 29:08.52, 3. James Menon (WI) 29:16.73, ... 8. Craig Lawson (BYU) 29:54.93, 10. Stewart Ellington (TN) 30:50.

110mH: 1. Duane Ross (Clemson) 13.32, 2. Larry Wade (TX A&M) 13.41, 3. Ubeja Anderson (Hous) 13.51, **400mH:** 1. Ken Harnden (NoCar) 48.72, 2. Octavius Terry (GaTech) 49.25, 3. Derek Spears (TX)



MEREDITH RAINEY

Photo by Kirby Lee

49.51, **400mR:** 1. TCU 38.63, 2. LSU 38.64, 3. Kentucky 38.81, 4. USC 39.10, **1600mR:** 1. Baylor 3:01.57, 2. George Mason 3:02.78, 3. Oklahoma 3:01.15, ... 5. USC 3:03.47.

HJ: 1. Ray Doakes (Ark) 7-4 1/2, 2. Ed Broxterman (KansSt) 7-4 1/2, 3. tie between Omar Dixon (NoCarol) & Matt Hemingway (Ark), **PV:** 1. Lawrence Johnson (TN) 18-8 1/4, 2. Chris Pallakis (Wash St) 18-0 1/2, 3. Mark Buse (Ind) 17-8 1/2, ... 7. Jason Hinkin (Long Beach St) 17-4 1/4, **LJ:** 1. Kareem Streete-Thompson (Rice) 27-2, 2. Andrew Owusu (Al) 26-3 3/4, 3. Robert Thomas (Nb) 25-6 1/4, ... 7. Lee Adkins (Cal) 25-2 1/2, **TJ:** 1. Ndabe Mdhlongwa (SWLa)

55-4 3/4, 2. Jerome Romain (Ark) 55-2, 3. Len Ozolinsh (Cal) 54-2 1/2, **SP:** 1. John Godina (UCLA) 72-2 1/4, 2. Brent Noon (GA) 68-9 3/4, 3. Mark Parlin (UCLA) 63-6 3/4, 4. Jonathan Ogden (UCLA) 61-1 1/2

DT: 1. John Godina (UCLA) 202-4, 2. Andy Bloom (WF) 191-8, 3. Alex Tammer (SMU) 191-7, ... 6. Chad Danowsky (USC) 182-3, 18. Roman Slobodinsky (USC) 161-3, **HT:** 1. Balazs Kiss (USC) 261-3, 2. Alex Papadimitriou (UTEP) 241-9, 3. Kevin McMahon (Bn) 241-5, ... 5. Dave Popejoy (Stan) 234-1, 14. Chad Danowsky (USC) 210-1, 15. Toby Norwood (Stan) 206-11, **JT:** 1. Greg Johnson (UCLA) 244-3, 2. Nils Fearney (USC) 238-8, 3. Derek Tratas (Fl) 237-11, ... 12. Josh Johnson (UCLA) 220-3, **Decathlon:** 1. Mario Satagna (LA St) 8172, 2. Chad Smith (TN) 7992, 3. Patrik Andersson (SWTxSt) 7761, ... 12. Travis Clark (Stan) 6964, dnf Ross Bomben (Ga)

Team Scores: 1. Arkansas 61.5, 2. UCLA 55, 3. LSU 38, 4. USC 35, 5. Tennessee 31, 6. George Mason 28, 7. North Carolina 26.5, 8. tie between Baylor and Rice 26, 10. tie between Clemson and Georgia 25, 12. Texas El Paso, 13. tie between TCU and Texas 19, 15. Arizona 18, 16. Kentucky 17, 17. Iowa St. 15, 18. Florida 14, 19. tie among Alabama, Southwest Texas State, Wake Forest, Michigan, Iowa and Houston, 11. Others included: Washington St. 9, California 8, Oregon 5, Stanford and Washington 4, Arizona State 3, Long Beach State 2.

Women

100m: 1. D'Andre Hill (LSU) 11.11, 2. Sevatheda Fynes (EastMich) 11.12, 3. Debbie Ferguson (GA) 11.19, **200m:** 1. Sevatheda Fynes (EastMich) 22.63, 2. Merlene Frazer (Tx) 22.77, 3. Debbie Ferguson (GA) 22.86, **400m:** 1. Nicole Green (Kan St) 52.01, 2. Charlene Maulsseed (LSU) 52.03, 3. Camara Jones (Ore) 52.05, **800m:** 1. Inez Turner (SWTx) 2:00.27, 2. Tosha Woodward (Vill) 2:02.51, 3. Jennifer Buckley (Kent) 2:03.16

1500m: 1. Amy Wickus (Wisc) 4:14.53, 2. Amy Rudolph (Purd) 4:15.73, 3. Kelly Smith (Colo) 4:17.15, **3000m:** 1. Kathy Butler (Wisc) 9:09.20, 2. Joline Staeheli (George) 9:11.62, 3. Karen Hecox (UCLA) 9:14.86, ... 8. Monal Chokshi (Stan) 9:35.45, 9. Jenna Carlson (Or) 9:36.89, 11. Sarna Renfro (Stan) 9:44.75, **5000m:** 1. Jen Rhines (Vill) 15:56.18, 2. Marie McMahon (Prov) 16:15.06, 3. Maribel Sanchez (Dart) 16:27.07, **10,000m:** 1. Katie Swords (SMU) 34:28.46, 2. Rachel Sauder (Auburn) 34:53.91, 3. Patty Roberts (Colo) 34:56.43.

100mH: 1. Gillian Russell (Miami) 12.99, 2. Anjanette Kirkland (Texas A&M) 13.09, 3. Tonya Williams (Ill) 13.30, 4. Sau Ying Chan (USC) 13.32, **400mH:** 1. Tonya Williams (Ill) 55.17, 2. Lade Akintemi (AZ St) 55.44, 3. Gudrun Amardottir (GA) 56.78, ... 6. LeGretta Hinds (Long Bch St) 57.64, **400mR:** 1. LSU 43.10, 2. Tennessee 43.70, 3. Illinois 43.88, **1600mR:** 1. LSU 3:28.26, 2. Texas 3:31.37, 3. Arizona St. 3:32.0

RESULTS

HJ: 1. Amy Acuff (UCLA) 6-5. 2. tie between Gwen Wentland (Kan St) & Najuma Fletcher (Pittsb) 6-2 3/4. LJ: 1. Pat Itanyi (WVa) 22-1. 2. Diane Guthrie-Gresh (GMason) 22-1/4. 3. Marita Hunt (LSU) 21-7 1/2. TJ: 1. Nicola Martial (Neb) 45-1. 2. Icolyn Kelly (Ga) 44-8 1/4. 3. Najuma Fletcher (Pittsb) 44-5 1/2. ... 8. Amy Littlepage (Cal) 43-0 1/2. SP: 1. Valeyta Alt-house (UCLA) 59-11 3/4. 2. Dawn Dumble (UCLA) 56-5 3/4. 3. Alana Preston (Tenn) 54-4. DT: 1. Dawn Dumble (UCLA) 187-2. 2. Melinda Wirtz (Kent) 186-1. 3. Erica Ahmann (CPSLO) 182-6. ... 5. Suzy Powell (UCLA) 176-2.

Heptathlon: 1. Diane Guthrie-Gresham (GMason) 6527. 2. Ali McKnight (Nev) 5832. 3. Terry Roy (CT) 5790. 4. Sheila Burrell (UCLA) 5720. ... 9. Ifeoma Ozozeze (Cal) 5402. 14. Tiffany Janssen (Cal) 5230. 15. Nicole Haynes (USC) 5205.

Team Scores: 1. LSU 69. 2. UCLA 58. 3. Georgia 41.5. 4. Illinois 30.5. 5. George Mason 29.5. 6. tie among SMU, Texas & Nebraska 27. 9. Tennessee 23. 10. Wisconsin 21.5. 11. Villanova 20. 12. tie between Providence & Eastern Michigan 18. 14. tie between Colorado and Kansas State 17. 16. North Carolina 16.5. 17. tie among Arizona State, Miami and Pittsburgh 15. Others included: Oregon 10. Nevada 8. Arizona 7.5. Cal Poly SLO 6. USC 5. CS Northridge, Long Beach State and Washington 3. Stanford and California 1.

Pacific Association Track & Field Championships

June 3. College of San Mateo.
Men

3000mSC: 1. Eduardo Avila (Wolfpack Intl) 9:52.1. 2. Dale Porter (un) 10:01.6. 3. Donald Ellis (Merced Coll) 11:13.5. **5000m:** 1. Parker Kelly (Reebok Aggies) 15:30.9. 2. Tom Cushman (Reebok Aggies) 15:42.7. **10,000m:** 1. Rich Hanna (Buffalo Chips) 31:26.4. 2. Jim Flint (Etonic) 31:29.0. 3.



FRED CARTER

Photo by Elaine Rosenfield



CHAD DANOWSKY (left) & BALAZS KISS

Photo by Bill Leung, Jr./Geek Media



JOHN GODINA

Photo by Bill Leung, Jr./Geek Media

Mike Gottardi (Buff Chips) 32:57.0. **110mH:** 1. Roderick Jett (un) 13.89. 2. Rowland Joe SialSial (un) 15.02. 3. Ben Warner (un) 15.30. **100m:** 1. Marty Krule (Wolfpack Intl) 10.82. 2. Andre Jackson (un) 10.95. 3. Rowland Joe SialSial (un) 11.33. **200m:** 1. John Johnson (un) 22.03. 2. Marty Krule (Wolfpack Intl) 22.18. 3. Yusuf Waters-Rashad (College of San Mateo) 22.83. **400m:** 1. Marvin Samuek (un) 48.59. 2. Merrill Samuek (un) 50.59. 3. Genna Abramenko (un) 53.14. **800m:** 1. Brian Wilkinson (Hartnell) 1:51.62. 2. Drake Dawson (LMJS) 1:56.27. 3. Tyson Thomas (Wolfpack Intl) 2:01.53. **1500m:** 1. Fred Carter (The Farm Team) 4:04.43. 2. Joe Carnegie (un) 4:8.00. 3. Tyson Thomas (Wolfpack Intl) 2:01.53. **5000mRW:** 1. Bill Penner (Stockton St. George TC) 24:55.8. 2. Joe Sheppard (GGRW) 25:36.0. 3. Art Klein (Santa Cruz TC) 29:09.4.

LJ: 1. Jason Robinson (un) 23-6 3/4. 2. Byron Young (un) 23-0 3/4. 3. Neil Leahey (Hartnell) 22-4 1/4. TJ: 1. Raymond Kimble (un) 51-0. 2. Seteone Veamatahau (Coll of San Mateo) 46-3 1/2. 3. Sal Grewal (un) 43-11 1/4. HJ: 1. John White 6-6 3/4. 2. Neil Leahey (Hartnell) 6-4 3/4. 3. James LeVain (un) 6-4 3/4. PV: 1. Mike James (Hartnell) 15-5. 2. Xuong Vong (un) 13-11 1/4. 3. Chris Scatena (un) NM. SP (16#): 1. Jason Dossey (San Mateo AC) 50-4 1/2. 2. Renato Grizelj (SMAC) 50-3 1/4. 3. Brian Brophy (Reebok) 49-11 1/4. DT: 1. John Wirtz (un)

185-0. 2. Brian Brophy (Reebok Aggie) 166-7. 3. Jason Dossey (SMAC) 156-4. JT: 1. Perry Donnanfield (USA/Visa) 211-10. 2. Ralph Howe (AIA) 184-8. 3. John Hansen (un) 176-4. HT: 1. Dave McKenzie (SacTC) 212-11. 2. Dave DeBus (SacTC) 207-9. 3. Chris Lemming (Tenn) 195-4.

Women

100mH (33"): 1. Valerie Manning (SacToTC) 13.51. 2. Rhonda Colvin (un) 13.65. 3. Peggy Odita (Sac TC) 13.94. **400mIH:** 1. Aileen Poulin (NikeCst) 58.91. 2. Gia Kalagian-Fednco (un) 1:07.05. 3. Lee D'Alessandra (un) 1:12.60. **100m:** 1. Rhonda Colvin (un) 12.19. 2. Tiff Riddick-Mitchel (un) 12.61. 3. Alison PrattSchellig (WVTC) 13.76. **200m:** 1. Gracie-Ann Dinkins (un) 26:17.0. 2. Jody Nikolopoulos (un) 27.87. 3. Jennifer Green (un) 28:31.0. **400m:** 1. Heather Miller (un) 57.18. 2. Valerie Scott (un) 1:08.14. 3. Martie Behrens (NorCalSrs) 1:08.25. **800m:** 1. Renee Manfredi (SacTC) 2:09.54. 2. Deb Wolff (un) 2:10.19. 3. Bigna Samuel (Wolfpack Intl) 2:14.94. 4. PattiSue Plummer (NikeInt) 2:16.80. **1500m:** 1. Suzy

Jones (un) 4:20.28. 2. Lisa Myles (SacToTC) 4:32.89. 3. Bigna Samuel (Wolfpack Intl) 4:33.89. 4. PattiSue Plummer (Nike Int) 4:39.39. **5000m:** 1. Eileen Lyons (un) 17:53.53. **3000mSC:** 1. Monica Townsend (Reebok Aggies) 10:54.4. 2. Kristin Diggs (SacTC) 11:23. 3. Sierra Standish (DeAnza) 13:01. **5000mRW:** 1. Kerry Moskalik (Golden Gate RW) 24:20.1. 2. Chris Sakelarios (Parkside AC) 25:15.8. 3. Therese Ikoian (Gold Gate RW) 26:25.7.

TJ: 1. Flo Adu (un) 40-1 1/4. 2. Tammy Graham (un) 40-1 1/4. 3. Dawn Brown (un) 39-7. HJ: 1. Juli Broughton-Barr (SacTC) 5-8 3/4. 2. Monica Tobin (un) 5-1. 3. Katie Hotchkiss (Miss Vly TC) 4-3 1/4. PV: 1. Jen Dalton (un) 10-10. SP: 1. Peggy Odita (SacTC) 42-4 3/4. 2. Joyce Adams (SMAC) 41-8 3/4. 3. Kerri Smith (Hartnell) 39-1 1/4. DT: 1. Joyce Adams (SMAC) 132-9. 2. Jennifer Barrett (Hartnell) 131-3. 3. Anna Vega (un) 115-10. JT: 1. Nicole Carroll (SMAC) 193-11. 2. Erica Wheeler (Mizuno) 178-8. 3. Staci Raines (SMAC) 160-4.

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RESULTS

▲ Road Racing

Pardee

Sabre Springs 5K

April 23. Sabre Springs.

1. Farley Simon (39) SDiego 16:08,
2. James Platske (33) YorLind 16:12,
3. Martin Padget (31) SDiego 16:13,
4. Bill Disting (34) SDiego 17:19, 5. Steve Hastings (33) SDiego 17:38, 6. Andy Thacher (32) Poway 17:52, 7. Joe Olivas (38) SDiego 17:53, 8. David Sanford (31) SDiego 17:54, 9. Matt Lake (38) SDiego 18:03, 10. Mark Leisinger (37) SDiego 18:07,
29. Robin Payne (45 1F) SDiego 20:33, 31. Linn Damon (26 2F) 21:02,
37. Victoria Riedel (35 3F) SDiego 21:47, 38. Wendy Van Vechten (39 4F) 22:00, 44. Kris Bauer (32 5F) Poway 22:11.

Law Day USA 15 KM

April 29. Santa Barbara

Overall Results

1. Mark Conover (34) SLO, 47:11, 2. Mike Donahue (27) Santa Barbara, 48:03, 3. Pedro Gutierrez (26) Santa Barbara, 50:34, 4. Ramiro Aguirre (28) Goleta, 52:21, 5. Corey Welles (31) Santa Barbara, 52:45, 6. Harry Harris (39) Chicago, IL, 53:07, 7. David Holt (38) Goleta, 53:33, 8. Juan Garcia Cacho (27) Las Vegas, NV, 54:47, 9. Steve Jones (33) Santa Barbara, 56:04, 10. David Larson (35) Santa Barbara, 56:20.

11. David McLean (31) Santa Barbara, 56:32, 12. Steve Goin (29) Carpinteria, 57:54, 13. Raul Lopez (29) Goleta, 58:12, 14. Frank Ogilvie (44) Summerland, 58:26, 15. Joe Sandoval (43) Lompoc, 59:12, 16. Stanley Reyes Jr (40) Nippomo, 59:27, 17. John Foran (39) Santa Barbara, 1:00:25, 18. Vic Birtalan (52) Goleta, 1:00:51, 19. Bill Mason (41) Santa Barbara, 1:01:26, 20. John Hernandez (44) Lompoc, 1:01:36.

22. Meg Barbour (25f) Santa Barbara, 1:02:09, 27. Teri Vancott (46f) Santa Barbara, 1:02:44, 41. Donna Rutherford (22f) Santa Barbara, 1:06:49, 44. Carrie Sova (31f) Santa Barbara, 1:07:44, 50. Jannay Kennedy (30f) Santa Barbara, 1:09:08, 55. Jill Zachary (27f) Santa Barbara, 1:10:12, 60. Jill Strauss (32f) Santa Barbara, 1:12:18, 63. Grace Gutierrez (35f) Goleta, 1:12:47, 65. Jennifer Bennett (26f) Dublin, 1:13:01.

Overall Results-3 X 5K Relay

1. Been There, 53:08 (J. Triplett, 37-16:38; J. Tiltford, 38-18:47; R. Hollister, 36-17:43), 2. S B News-Press, 56:41 (S. Wilson, 33-19:48; G. Robin, 38-18:31; S. Ainsley, 42-18:22), 3. No Name 2, 58:01 (M. Cage,

- 36-18:18; G. Faulkner, 37-20:58; M. Cage, 36-18:45), 4. SAIC, 58:31 (M. Dungan, 42-19:19; D. Kentro, 50-19:48; M. Dungan, 42-19:24), 5. The Cappello Clan, 58:45 (L. Russell, 30f-19:27; B. Cappello, 16-20:30; E. Rheinschild, 33-18:48).



MEGAN BARBOUR
1st Female/Law Day 15K

Photo by Elaine Rosenfield

Nevada City Spring Run

10K & 5K

April 29. Nevada City

Overall Results-10K Men

1. Doug Reed (33) Sacramento, 39:34, 2. Troy Soares (26) Los Altos, 40:22, 3. Michael Buzbee (43) Yuba City, 41:00, 4. Scott Abrams (38) Reno, 41:20, 5. Stephen Murschel (14) Auburn, 43:26.

Division Results-10K Men

- 12 & U:** 1. Michael Roberts (12) Nevada City, 58:19. **13-16:** 1. Stephen Murschel (14) Auburn, 43:26. **20-29:** 1. Troy Soares (26) Los Altos, 40:22. **30-39:** 1. Doug Reed (33) Sacramento, 39:34. **40-49:** 1. Michael Buzbee (43) Yuba City, 41:00. **50-59:** 1. Jerry Lyerly (65) Sacramento, 44:28. **60-69:** 1. Howard A. Snider (61) Grass Valley, 59:33.

Overall Results-10K Women

1. Tera Tinsley (23) Grass Valley, 47:53, 2. Laurie Piner (39) Grass Val-

- ley, 51:46, 3. Christina Walsh-Curley (36) Auburn, 51:52, 4. Debra Evans (40) Nevada City, 1:00:52, 5. Barbara Shaw (28) Reno, 1:02:31.

Division Results-10K Women

- 20-29:** 1. Tera Tinsley (23) Grass Valley, 47:53. **30-39:** 1. Laurie Piner (39) Grass Valley, 51:46. **40-49:** 1. Debra Evans (40) Nevada City, 1:00:52. **50-59:** 1. Jean Sutton (58) Grass Valley, 1:27:45.

Overall Results-5K Men

1. Andy Harris (35) Sacramento, 18:40, 2. Roman DeSota (31) Nevada City, 18:56, 3. Thomas Sonderagger (38) Beale AFB, 21:34, 4. John Darlington (50) Nevada City, 21:34, 5. William Heidelberg (49) Nevada City, 21:37.

Division Results-5K Men

- 12 & U:** 1. Shaun Thomas Davis (11) Nevada City, 30:06. **20-29:** 1. John Hilton (28) Carmichael, 23:46. **30-39:** 1. Andy Harris (35) Sacramento, 18:40. **40-49:** 1. William Heidelberg (49) Nevada City, 22:06. **50-59:** 1. John Darlington (50) Nevada City, 21:37. **60-69:** 1. Roland Carrothers (67) Moraga, 30:27. **70 & O:** 1. Hugh Mills (75) Grass Valley, 37:15.

Overall Results-5K Women

1. Kristine Humphries (33) Sacramento, 24:06, 2. Lynne Hurrell (60) Grass Valley, 27:57, 3. Pam Selby (42) Nevada City, 29:16, 4. Kalee Graves (41) Nevada City, 30:23, 5. Catherine Davis (23) Nevada City, 30:57.

Division Results-5K Women

- 20-29:** 1. Catherine Davis (23) Nevada City, 30:57. **30-39:** 1. Kristine Humphries (33) Sacramento, 24:06. **40-49:** 1. Pam Selby (42) Nevada City, 29:16. **60-69:** 1. Lynne Hurrell (60) Grass Valley, 27:57.

Cinco de Mayo

May 5. Tijuana, Mexico.

1. Javier Zavala (22) 14:33, 2. Daniel Martinez (33) 14:54, 3. Pedro Hernandez (29) 14:58, 4. Matt Clayton (29) SDiego 15:04, 5. Salvador Rodriguez (34) 15:28, 6. Sergio Magana (27) 15:48, 7. Luis Camarillo (36) 16:09, 8. Manuel Berrelleza (27) 16:11, 9. Brian Holmes (20) 16:14, 10. Guerrero Mario (35) 16:15.

Outdoor Expo

5K Trail Run

May 6. Pleasanton.

Division Results-5K Men

- Overall Winner:** 1. Guillermo Cazares (30) 15:42. **18 & U:** 1. Brendan Sawdey (8) 24:46. **19-29:** 1. Scott Hemderson (28) 18:11. **30-39:** 1. Brian Davis (39) 15:52. **40-49:** 1. David Furst (48) 16:46. **50 & O:** 1. Lloyd Anderson (64) 22:12.

Division Results-5K Women

- Overall Winner:** 1. Amy Siegel (6) 20:08. **18 & U:** 1. Jenny Sawdey (2) 24:45. **19-29:** 1. Annelyn Sebastian (27) 25:26. **30-39:** 1. Lori Lyle (30) 20:50. **40-49:** 1. Lena SooHoo-Chun (46) 27:12. **50 & O:** 1. Barbara Brady (51) 23:11.

Hillsea 7.57 Mile Romp

May 6. Huntington Beach.

Top 10 Overall

Rank	Name (Age)	Time	Actual
1	Jim Maynard (27) HBCh	42:42 (0)	42:42
2	Greg Mislack (37) HBCh	43:35 (1)	44:35
3	H. Mattata Maynard (17)	43:41 (3)	46:41
4	Steve Lind (34) HBCh	43:46 (0)	43:46
5	Doug Haas (34) HBCh	43:56 (1)	44:56
6	Henry Hernandez (40) SLO	44:07 (2)	46:07
7	John Hunter (48) Torr	46:19 (3)	49:19
8	Scott Phillips (24) PDR	47:11 (0)	47:11
9	Duane Darling (40) Tem	47:16 (2)	49:16
10	Doug Yule (34) Pasa	47:36 (0)	47:36

Fastest Sub-Master Female: Edwina Foley (35) HuntBch 54:45 a/t. Fastest Master Female: Debby Jamison (19) HBCh 59:55 a/t.

Mission Fiesta 5K & 10K

May 13. Lompoc.

Overall Results-5K

1. Doug Sims (35) 17:01, 2. Brian Waterbury (46) 17:03, 3. Gino Bruanello (30) 17:52, 4. Carol Knox (32f) 18:14, 5. Jim Batterson (42) 20:21, 6. Brandon Toumela (15) 20:26, 7. John Ayres (58) 20:28, 8. John Hernandez (44) 20:31, 9. Tab Weber (35) 20:36, 10. Louis Heredia (44) 20:59.

Overall Results-10K

1. Chris Allen (35) 34:05, 2. Doug Sims (35) 35:29, 3. Scott Coe (35) 35:44, 4. Brian Waterbury (46) 36:32, 5. Gino Bruanello (30) 37:48, 6. Alan Buck (35) 39:48, 7. Stuart Sato (37) 40:08, 8. John Hernandez (44) 40:52, 9. Ray Vick (45) 41:36, 10. Ron Cortopassi (35) 41:47.

Running the Red Road

May 13. Balboa Park, San Diego.

10K

1. Eoin Fahy (35) SDiego 32:16, 2. Jeremy Ashfield (23) SDiego 33:24, 3. Paul Huddle (32) Encin 34:24, 4. Eamonn Condon (35) London, Ont 36:07, 5. Jan Kafka (47) SDiego 36:34, 6. Marcella Teran (40 1F) SDiego 36:57, 7. Vasilis Kondylis (44) SDiego 37:52, 8. Mark Savel (15) SDiego 37:53, 9. Ralph Millan (32) SDiego 38:36, 10. David Dunbar (15) La Jolla 38:52.

20. Julie Manson (12 2F) SDiego 40:53, 34. Brenda Myers (29 3F) Murr 43:44.

5K

1. Steven Tino (35) El Cajon 17:03, 2. Tom Przybelski (23) Columbia 18:50, 3. Duane Benner (24) SanMarc 20:08, 4. Kenneth Douglas (17) SDiego 20:10, 5. Michael Medrano (31) Ocean 20:17, 6. Merlin Tafoya Sr (40)

RESULTS

Dulce 20:23, 7. Clement Yellow Eyes (25) Camp Pend 20:37, 8. Brian Paiff (14) Natl Ci 21:09, 9. Rembrandt (19) No Holly 22:01, 10. Steven Smith (40) SDiego 22:05.
19. Patricia Kruger (48 1F) Lag Bch 24:56, 20. Ivone Granados (25 2F) 25:24, 21. Joanne Heineman (25 3F) SDiego 25:24.

Breakers 10 Miler

May 20. San Diego.

1. Matt Clayton (29) SDiego 51:42, 2. Ben Caravatt (25) SDiego 53:36, 3. Rei Yamada (33) SDiego 54:03, 4. Robert Franks (34) SAna 54:22, 5. Ken Flint (28) ElCaj 54:31, 6. Paul Huddle (32) Encin 55:47, 7. Fred Jolly (34) SDiego 57:11, 8. Sam Hajj (44) SDiego 58:11, 9. James Willmore (39) SDiego 58:31, 10. Scott Winrow (23) SDiego 58:57.
13. Jeanne Lasee-Johnson (37 1F) Ch VSta 59:31, 20. Mary Burn-Prime (37 2F) SDiego 1:01:54, 36. Linda Jannelli (39 3F) Card 1:05:38, 37. Paula Newby-Fraser (32 4F) Encin 1:05:38, 53. Nancy Vaccaro (25 5F) SDiego 1:07:52.

Bonita Road Runners

May 27. Rohr Park, Bonita.

1. Eoin Fahay (35) 15:15, 2. Arno Sist (36) 15:49, 3. Bob Bethancourt (47) 16:40, 4. Tim Clemente (37) 16:57, 5. Joseph Stubbs (41) ChV 16:59, 6. Don Irvine (45) 17:01, 7. David Hunter (42) ChV 17:17, 8. George Keim (52) 17:28, 9. Steve Taggart (32) SD 17:29, 10. Marcella Teran (40 1F) 17:40.

Fontana Days Run

June 3. Fontana.

Half Marathon

Overall Male: 1. Alfonso Nunez (31) Placentia 1:05:02, 2. David Ronco (32) Seal Bch 1:06:06, 3. Brian Nelson (37) Bkfld 1:06:34, 11-14: 1. Alex Solano (14) Gard Gr 1:50:05, 15-19: 1. Ramon Chavez (16) Rialto 1:08:24, 2. Jose Padilla (18) Pan City 1:09:04, 3. David Gomez (19) Sun Vly 1:12:22, 20-24: 1. Guillermo Medrano (22) San Bern 1:09:47, 2. Jose Anas (20) LA 1:10:50, 3. Bryan Ramos (20) Glendale 1:11:19, 25-29: 1. Emigoto Zarazua (Colton) 1:07:42, 2. Joay Broxmeyer (29) Chino 1:08:52, 3. Enrique Caranza (27) Ont 1:12:58, 30-34: 1. Alfonso Nunez (31) Plac 1:05:02, 2. David Ronco (32) Seal Bch 1:06:06, 3. Trini Robles (31) Plac 1:09:26, 35-39: 1. Brian Nelson (37) Bkfld 1:06:34, 2. David Hernandez (36) San Bern 1:12:58, 3. Vicente Rivera (35) SEI-Monte 1:14:24, 40-44: 1. David Edgar (40) Tuj 1:15:35, 2. Steve Marshall (41) 1:20:45, 3. Mike Oestgermain (42) Phean 1:21:13, 45-49: 1. John

Montgomery (46) Del Mar 1:16:46, 2. Bruce Mauldin (47) Anaheim 1:21:35, 3. Gabriel Ramirez (48) LaPuen 1:24:28, 50-54: 1. Wayne Mitchell (50) Silv 1:15:04, 2. Allen Gamber (51) Crestl 1:15:51, 3. Bud McCanallen (51) Plano 1:24:19, 55-59: 1. Larry Darvin (58) Van Nuys 1:28:22, 2. Roberto Varg (57) Ont 1:29:38, 3. John Murphy (59) Arc 1:31:42.

Overall Female: 1. Teresa Barrios (28) HuntBch 1:13:26, 2. Jennifer Henderson (36) 1:16:18, 3. Beverly Buss (34) Glen 1:19:40, 11-14: 1. Beth Morales (14) High 1:42:36, 15-19: 1. Wendy Krieger (19) Clare 1:28:00, 2. Teresa Holzabaugh (16) Moreno Vly 1:35:14, 3. Laura Staves (15) High 1:44:54, 20-24: 1. Tamara Dibble (20) Miss V 1:31:17, 2. Mary Lou Johnson (20) Hesp 1:39:55, 3. Jan Hassan (24) 2:05:28, 25-29: 1. Teresa Barrios 1:13:26, 2. Theresa Coyle (29) 1:27:45, 3. Diva Briscoe (27) Ont 1:30:00, 35-39: 1. Jennifer Henderson 1:16:18, 2. Kathryn Gushue (35) Alta Loma 1:25:31, 3. Jennifer Buckley (37) YorLind 1:27:53, 40-44: 1. Carol Richardson (43) LagBch 1:23:51, 2. Lorraine Gersitz (41) Full 1:25:50, 3. Elizabeth Davidson (40) Pasa 1:28:12, 45-49: 1. Ruth Coates (47) Wright 1:37:39, 2. Evelyn Vance (45) 1:40:05, 3. Adele Williams (48) Inglewd 1:42:38, 50-54: 1. Margaret Neville (50) San Clem 1:28:01, 2. Judy Kawley (50) Simi Vly 1:35:05, 3. Judy Ryan (51) PVerdes 1:41:23, 55-59: 1. Elaine Murphy (56) Arc 1:37:32, 2. Viola Phillips (56) Lag Bch 1:43:03, 3. Mary Plazony (59) Glen 2:22:45.

Overall Male: 1. Robert Nelson (24) BevHls 13:53, 2. Mike Spencer (30) 14:05, 3. Steve Blum (40) Vent 14:15, 1-10: 1. Alan Reynolds (10) SPasa 22:12, 11-14: 1. Nicholas Negrete (14) Rialto 17:46, 25-29: 1. Eduardo Macias (29) PanCity 14:50, 2. Erik Alvarado (27) Font 15:20, 3. Mike Wells (27) LA 16:17, 30-34: 1. Mike Spencer 14:05, 2. Jose Andres (30) Plac 15:00, 3. Esar Vasquez (32) 15:24, 35-39: 1. Rodrigo Casas (35) Downey 15:28, 2. John Tuttle (38) 16:01, 3. Tony David (39) Bloom 16:14, 40-44: 1. Steve Blum 14:15, 2. Nicolas Hernandez (40) Whit 15:05, 3. Jeff Kinzel (42) Cor 16:31, 45-49: 1. Joe Alvarado (45) 16:07, 2. John Hunter (48) Torr 16:23, 3. Don Ocana (46) Plac 16:29, 50-54: 1. Dave Snyder (52) Gr Terr 29:49, 2. Steve Ox (50) Wal 30:13, 3. Dennis Grisco (54) Mira L 37:43, 60-64: 1. R. Ted Greiner (63) ElCaj 29:24, 2. Lloyd Mogueire (63) SD 31:38, 3. Walter DeRothne (62) Alta L 35:27, 65-69: 1. Patrick Devine (66) 18:55, 2. Efrin Sanchez (66) High 19:45, 3. Ollie Harker (67) Palm D 21:51, 70-74: 1. Larry Banuelos (71) PicoR 20:23, 2. Philip Smart (71)

Cor 28:45, 3. Karlis Smiliens (73) Red 28:49, 75-79: 1. Ferdi Gonzales (77) 28:28, 80-89: 1. Lagrand Nielson (87) Hemet 33:37.

Overall Female:

1. Kathleen Smith (29) Lag-Hills 15:32, 2. Carmen Martinez (28) Alham 16:25, 3. Edwina Foley (23) 16:43, 1-10: 1. Heather McGulfin (10) Victor 24:16, 11-14: 1. Laurie Lankhaar (12) 18:59, 20-24: 1. Edwina Foley 16:43, 2. Christina Eggers (23) 20:30, 3. Marcy Ramirez (20) Fon 23:04, 25-29: 1. Kathleen Smith (29) LagHls 15:32, 2. Carmen Martinez (28) Alham 16:25, 3. Liliana Mendoza (27) Pasa 17:01, 35-39: 1. Julie Landgreen (36) Clare 21:33, 2. Jean Wierenga (37) Rialto 21:59, 3. Alisha Byrne (37) Colton 22:09, 40-44: 1. Sandy Robbin Snyder (43) Apply Vly 17:08, 2. Patricia Campbell (40) Glend 20:07, 3. Pamela Fisher (43) DiamBar 20:55, 45-49: 1. Rhonda Gillis (49) Cor 24:13, 2. Regina Jostak (45) HuntBch 26:48, 3. Kaiko Yamazaki (47) Whit 28:10, 50-54: 1. Elizabeth Stark (54) Upl 32:49, 2. Joan Degenkolb (51) 34:33, 3. Rosalinda Grisco (51) Mira L 40:30, 55-59: 1. Nancy Brinkley (55) Alta L 32:10, 2. Patsy Sapra (58) Upl 34:14, 3. Ginger Rodriguez (56) Bloom 41:14, 65-69: 1. Lillian Esqueda (65) La Habra 28:08, 2. Verian Bruce (66) Playa 31:46, 3. Velma Anderson (68) Rialto 33:48, 70-74: 1. Mary Storey (71) Riv 24:24, 2. Nyla Cook (73) Norco 36:06, 3. Gladys Mathes (71) Red 43:55.

Johnny Rocket's State Street Mile

June 3. Santa Barbara.

Stephen Isbel (23) an Australian currently living in Modesto, took home the \$250 first place money with a late sprint for a 4:06 win. He was followed by Austria's Thomas Schoenauer, in the US on vacation, who held the lead briefly with 350 meters to go. It was close all the way with the top six finishing in a 4 second span, including another Austrian, Peter Wundsam, in 5th. Mark Junkerman's 1989 mark of 3:54.5 remains the course record on this sloping downhill run from the start at Pedrogosa Street to the finish at De La Guerra with the Arlington Theater marking the halfway point.

While the men's elite winner was from



STEPHEN ISBEL (#15, right) makes his final move to win over THOMAS SCHOENAUER and RAY KNERR

Photo by Elaine Rosenblatt

the other side of the world, the women's winner was only from the other side of the city, Santa Barbara's Megan Riker cut 10 seconds off her 1994 time to move up from third to the winner's circle with a 4:58, enough to put her well ahead of runner-up Jessica Keneally's 5:07.

Impressive age group performances were tuned in by masters Harold Ketting, 8th in the elite race in 4:16, and 66 year old Bob McGowan who won the 60+ race in 5:49.

Men

Elite: 1. Stephen Isbel (Modesto) 4:06, 2. Thomas Schoenauer (Vienna) 4:07, 3. Ray Knerr (Ventura) 4:08, 4. Paul De La Cerda (San Fernando) 4:09, 5. Peter Wundsam (Vienna) 4:09, 6. Patrick Hill (Chatsworth) 4:10, 7. Brock Tessman (Danville) 4:14.0, 8. Harold Ketting (SBarb) 4:16, 9. Sean McCerrick (Paso Robles) 4:17, 10. Terry Howell (SBarb) 4:19.

Age Divisions: Kid's Mile: 1. Cameron Soden (12) Carp 5:46, 13-15: 1. Moin Salahuddin (SB) 4:53, 16-18: 1. Sean Phillips (SB) 4:23, 19-29: 1. Adnan Garcia (Go) 4:27, 30-39: 1. Randy Bachman (Edw) 4:30, 40-49: 1. Frank Ogilvie (Sum) 4:49, 50-59: 1. Rollie Cavaletto (Nip) 5:00, 60& over: 1. Bob McGowan (66) SB 5:49.

Women

Elite: 1. Megan Riker (SB) 4:58, 2. Jessica Keneally (SB) 5:07, 3. Meg Barbour (SB) 5:10, 4. Jessica De La Cerda (SanFern) 5:13.

Age Divisions: Kids' Mile: 1. Julianne Baker (9) Ven 5:59, 13-15: 1. Carmen Montgomery (SB) 5:26, 16-18: 1. Nancy James (SCLanta) 5:38, 19-29: 1. Michele Dupont (SB) 5:37, 30-39: 1. Joyce Brisby (SB) 5:47, 40-49: 1. Cecilia Ramos (SB) 5:17, 50-59: 1. Marilyn Hanson (SB) 6:55.