

California Community College Track & Field Championships • Bakersfield, CA • May 29, 1976

1. San Jose 49; 2. Alameda 47; 3. Bakersfield 38; 4. Grossmont 36; 5. American River 35; 6. East LA 31; 7. Mt. SAC 23; 8. West Valley 21; 9. Pasadena 18½;
10T. El Camino, Fullerton, Moorpark 16; **13.** Sequoias 15; **14.** Cosumnes River 13; **15.** Chabot 12; **16T.** Glendale, LA Pierce, LACC, Palomar, San Bernardino 10;
21T. Santa Ana, Santa Barbara, LA Harbor 9; **24T.** Citrus, LA Southwest, Redwoods 8; **27T.** SJ Delta, Canyon 7; **29T.** Citrus, Sacramento, West LA, Santa Rosa 6;
33T. SD Mesa, LA Valley 4; **35.** Compton 3; **36T.** Porterville, Southwestern, Merced, San Mateo, Butte 2; **41T.** Diablo Valley, Cuesta, Antelope Valley, Contra Costa 1.

100m- Final (wind: -1.1 mph)

1. Millard Hampton	San Jose	10.4
2. Paul Jackson	Alameda	10.5
3. Doug Parrell	Santa Ana	10.5
4. Jerry Jordan	Alameda	10.5
5. Phil Williams	SJ Delta	10.6
6. Don Tavie	Compton	10.7

110 HH- Final (wind: + 1.12 mph)

1. Andre Hall	Mt. SAC	14.1
2. Mike Mince	Bakersfield	14.2
3. Mark Carley	Sacramento	14.4
4. Scott Monroy	San Jose	14.5
5. Scott Young	Southwestern	14.9
6. Mike Crittenden	Contra Costa	14.9

200 Final (wind: zero)

1. Millard Hampton	San Jose	20.4
2. Jerry Jordan	Alameda	20.7
3. James Perry	East LA	21.0
4. Phil Williams	SJ Delta	21.0
5. Doug Parrell	Santa Ana	21.0
6. Lew McGlothlin	East LA	21.0

400 IH- Final

1. John Rudd	Pasadena	50.2
2. Rhan Sheffield	East LA	51.8
3. Walter Pratt	Bakersfield	52.4
4. Billy Turner	LA Harbor	52.5
5. Jamie Starmer	Butte	55.3
6. Steve Irving	Sequoias	55.3

400- Final

1. Vince Mayweather	Alameda	47.1
2. Vince Taylor	LA Southwest	47.4
3. Mike Tyrell	West Valley	47.6
4. Steve Riggins	Grossmont	47.7
5. Rick Monseth	Cosumnes River	47.7
6. Ron Brown	Diablo Valley	48.2

3K Steeplechase

1. Dennis Wilson	Grossmont	9:05.4
2. Bill Weed	American River	9:06.2
3. Rich Langford	American River	9:13.4
4. Shawn James	San Jose	9:15.8
5. Mike Garrett	Cosumnes River	9:21.6
6. Keith Whithaver	Santa Ana	9:24.8

800- Final

1. Brian Donohue	LA Pierce	1:49.9
2. Dave Wells	Redwoods	1:51.3
3. Randy Jones	Bakersfield	1:51.4
4. Julian Evole	SD Mesa	1:51.6
5. Lupe Vargas	Merced	1:52.4
6. Jeff Adams	Antelope Valley	1:52.6

400 Relay- Final

1. San Jose	39.8
(Horace Berry, Millard Hampton, James Douglas, Stan Fincher)	
2. Alameda	40.0
(Vernoy Mayweather, Paul Jackson, Paul Brown, Jerry Jordan)	
3. East LA	41.2
4. Bakersfield	41.2
(John Madry, Vance Stewart, Don Gossey, John Greasham)	
5. Pasadena	41.3
5. Orange Coast	41.3

1500- Final

1. Tom Colley	San Bernardino	3:45.9
2. Bob Dies	American River	3:47.1
3. Armando Cendejas	Fullerton	3:47.7
4. Chuck Hattersley	Grossmont	3:48.3
5. Tom Smith	Grossmont	3:49.1
6. Loran Ringo	American River	3:51.2

1600 Relay- Final

1. San Jose	3:13.3
(Mike Flack, Tom Jones, Don Milligan, Millard Hampton)	
2. Alameda	3:13.8
(Vernoy Mayweather, Paul Brown, Frank Christian, Paul Jackson)	
3. Santa Rosa	3:13.8
(Joe Dedora, Bobby Batton, Gary Gomes, Gil Proctor)	
4. Bakersfield	3:14.6
(Ed Ruffin, John Greasham, Mike Mince, Walter Pratt)	
5. West Valley	3:15.0
6. LA Harbor	3:16.7

5K- Final

1. Vicken Simonian	LACC	14:10.4
2. Juan Garcia	Sequoias	14:21.4
3. Ron Fritzke	West Valley	14:27.4
4. Gerardo Canchola	LA Valley	14:29.0
5. Mitch Kingery	San Mateo	14:32.2
6. Dave Haake	Santa Barbara	14:33.4

High Jump- Final

1. Steve LaRusch	Glendale	7-0
2. Mike Nowacki	Santa Barbara	6-10
3. Rich Churchill	Canyons	6-10
4. Mark Maxham	Fullerton	6-10
5. Charles Boyd	West LA	6-10
6. Steve Miller	Mt. SAC	6-10

10,000- Final (exhibition)

1. Kirk Pfeffer	Grossmont	29:48.8
2. Tom Zinger	Moorpark	nt
3. Martin Quale	Modesto	nt
4. Wally Montenegro	San Jose	nt
5. Frank Aguirre	Grossmont	31:39.6
6. Terry Tucker	SJ Delta	31:44.2

(All runners except, Pfeffer, ran an additional lap. Times for Aguirre & Tucker were provided by their coaches.)

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Pole Vault- Final

1. Charles Brown	El Camino	16-0
2. Doug Searle	West Valley	15-6
2. Kimo Jokivartio	Pasadena	15-6
4. Tori Lewis	Hancock	15-6
5. Greg Woepse	Orange Coast	15-6
6. Dick Parr	Cuesta	15-0

Discus- Final

1. Marcus Gordien	Mt. SAC	183-3
2. Steve Brown	Fullerton	180-1
3. Sam Alexander	Sequoias	176-5
4. Mark Baughman	Fullerton	173-8
5. Paul Santiago	American River	173-3
6. Ron Engle	Canyons	165-1

Long Jump- Final

1. Bobby Jones	East LA	25-0
2. Harold Carter	Citrus	25-0
3. Bruce Smith	Ventura	24-11¼
4. Mike McRae	Chabot	23-10
5. Alvin Spencer	Compton	23-7
6. Mike Marlow	Cosumnes River	23-2

Javelin- Final

1. Luc LaPerriere	Palomar	236-8
2. Fred Vance	Moorpark	218-5
3. Tom Walker	Chabot	213-10
4. Mark Andrews	West LA	207-2
5. Joe Paur	Porterville	205-6
6. Wes Hickenbotham	SJ Delta	201-8

Triple Jump- Final

1. Chris DeFrance	Bakersfield	51-4
2. Mike Marlow	Cosumnes River	51-3½
3. Anthony Barry	El Camino	50-6
4. Keith Taylor	LA Harbor	50-1¾
5. Mike McRae	Chabot	49-10
6. Emile Shaffer	Alameda	49-9½

Decathlon- Final (exhibition)

1. Tori Lewis	Hancock	6,859
2. John Lawrence	Mt. SAC	6,727
3. Greg Canfield	Chabot	6,710
4. Devon Wheeler	Santa Barbara	6,666
5. Scott Young	Southwestern	6,564
6. Dani Eitelberg	Hancock	6,564

(contested on June 4-5 @ Hancock)

Shot Put- Final

1. Paul Santiago	American River	56-9
2. Dave Laut	Moorpark	55-8
3. Coleman Kells	Fullerton	54-5
4. Bob Barrows	Grossmont	53-8
5. Marcus Gordien	Mt. SAC	53-5
6. Scott Greco	San Jose	52-4¾