

Northern California Community College Regional Track & Field Championship • Modesto, CA • May 18, 1963

1. Sequoias 75; 2. San Mateo 58; 3. Foothill 56; 4. Contra Costa 38; 5. Oakland 31; 6. San Jose 28; 7. San Francisco 24; 8T. Taft, Reedley 18; 10. Monterey 12; 11. Diablo Valley 10½; 12. Santa Rosa 10; 13. San Benito 8; 14. Stockton 5; 15. Hartnell 4½; 16. Modesto 4; 17T. American River, Porterville 1.

100y (wind-aided: 4.96 mph)

1. Bill Cowings	Sequoias	9.6
2. Charles Booth	Contra Costa	9.6
3. Carl Evans	Oakland	9.7
4. Steve Firenze	San Mateo	9.7
5. Tom Jones	Reedley	nt
6. Dick Osborne	Porterville	nt

220 (wind: 2.78 mph)

1. Bill Cowings	Sequoias	20.8
2. Carl Evans	Oakland	20.8
3. Charles Booth	Contra Costa	21.0
4. Steve Firenze	San Mateo	21.1
5. Tom Jones	Reedley	nt
6. Joe Romero	Stockton	nt

440

1. Russ Pierce	Foothill	49.1
2. Ernie Rogers	Contra Costa	49.8
3. Ron Benson	San Mateo	49.8
4. George Cohen	Stockton	50.1
5. Al Smith	Hartnell	50.2
6. Norm Coleman	Sequoias	nt

880

1. Ken Noel	San Jose	1:55.0
2. Ron Pennington	San Jose	1:56.2
3. Curtis Craig	Fresno	1:56.3
4. Gary Shaw	Santa Rosa	1:58.0
5. Al Nichols	Sacramento	nt
6. Al Gatewood	Sequoias	nt

Mile

1. Dave Kamrar	San Mateo	4:21.9
2. Gene Plotkin	San Francisco	4:24.2
3. Ron Stone	Santa Rosa	4:25.7
4. Skip Greenig	Foothill	4:28.9
5. Glen Berwick	Monterey	nt
6. Earl Hooper	Sacramento	nt

2 Mile

1. Jim Huff	San Mateo	9:37.2
2. Dave Kamrar	San Mateo	9:46.0
3. Jim Plotkin	San Francisco	9:55.7
4. Ron Nelson	San Jose	9:57.4
5. Dan Morales	Hartnell	nt
6. Frank Recendez	Sequoias	nt

120 High Hurdles (wind-aided: 6.90 mph)

1. Tom Powell	Sequoias	14.5
2. Davey Losey	San Benito	14.5
3. Abe Johnson	Oakland	14.6
4. Al Rockwell	San Mateo	14.6
5. Al Williams	Fresno	nt
6. Bob Owens	Foothill	nt

220 Low Hurdles (wind-aided: 6.55 mph)

1. Fred Teixeira	Fresno	23.3
2. Dave White	Sequoias	23.6
3. Ron Matheson	Taft	23.7
4. Charles Leather	Sequoias	23.8
5. George Smith	San Mateo	23.8
6. Phil Harris	American River	23.9

Mile Relay

1. Sequoias	3:19.0
(Dave White, Charles Leathers, Norm Coleman, Bill Cowings)	
2. San Mateo	3:20.5
(Steve Firenze, Barry Sheldon, Ron Benson, George Smith)	
3. Fresno	3:21.0
(Curtis Craig, Oscar Haynes, Lyal Carlton, Houston Williamson)	
4. Foothill	3:21.6
5. San Jose	nt
6. Oakland	nt

High Jump

1. Charles White	Monterey	6-4
2. Mike Toner	Diablo Valley	6-2
3. Lon Hughey	Fresno	6-2
4. Bob Hicks	Contra Costa	6-2
5. Max Souder	Sequoias	6-2
6. Wes Mitchell	Sequoias	6-2

Pole Vault

1. Ron Matheson	Taft	13-9
2. Dick Crawford	Sequoias	13-9
3. Mack Johnson	Sequoias	13-6
4. Skip Hempler	Contra Costa	13-6
5. Mike Andreason	San Mateo	13-6
6. Mike Brumwell	Diablo Valley	13-0
6. Harlan Butler	Hartnell	13-0

Long Jump

1. Jim Levy	Oakland	24-8¼
2. Charles Booth	Contra Costa	24-2¾
3. Lon Brantley	San Francisco	24-1¼
4. Al Segueira	San Jose	23-3¼
5. Mike McInerney	Diablo Valley	23-0
6. George Moore	Fresno	22-7¾

Shot Put

1. Don Castle	Foothill	55-1¾
2. Les Mills	Foothill	55-1¼
3. Houston Ridge	Reedley	52-9½
4. Larry Maggard	Modesto	51-11¾
5. Ken Brooks	Sequoias	50-0¾
6. Steve Headley	Foothill	49-10¾

Discus

1. Les Mills	Foothill	187-5
2. Don Castle	Foothill	160-0
3. Houston Ridge	Reedley	158-9
4. Pat Lewis	San Francisco	154-10
5. Bob Jacobs	Fresno	153-8
6. Otis Jacobson	Sequoias	150-8