

Northern California Community College Regional Track & Field Championship • Santa Rosa, CA • May 16, 1964

1. Oakland 78; 2. Sequoias 64½; 3. San Mateo 63; 4. Fresno 44; 5. Reedley 38½; 6. American River 35; 7. Modesto, San Francisco 24; 9. Contra Costa 20; 10. Sacramento 18; 11. San Jose, Sierra, Diablo Valley 12; 14. Hartnell 10; 15. Marin, Santa Rosa 8; 17. Coalinga 7; 18. Chabot 6; 19. Cabrillo 5; 20. Foothill 2; 21. SJ Delta, Menlo 1.

100

| | | |
|--------------------|----------------|------|
| 1. Travis Williams | Contra Costa | 9.9 |
| 2. Tom Jones | Reedley | 10.0 |
| 3. Bill Sanders | Oakland | 10.0 |
| 4. Dick Burdette | Hartnell | 10.0 |
| 5. Phil Harris | American River | |
| 6. Carl Evans | Oakland | |

220 (first time event contested on around curve)

| | | |
|--------------------|---------------|------|
| 1. Tom Jones | Reedley | 21.8 |
| 2. Travis Williams | Contra Costa | 21.9 |
| 3. Dick Burdette | Hartnell | 22.4 |
| 4. Tom Gardner | San Francisco | 22.4 |
| 5. Soto Garcia | Sequoias | 22.6 |
| 6. Carl Evans | Oakland | 22.8 |

440

| | | |
|-------------------|----------------|------|
| 1. Calvin King | Oakland | 48.4 |
| 2. Norm Coleman | Sequoias | 49.2 |
| 3. Steve Firenze | San Mateo | 49.3 |
| 4. Al Gatewood | Sequoias | 49.7 |
| 5. Frank Varriale | San Mateo | 49.8 |
| 6. Al Biancani | American River | 50.2 |

880

| | | |
|-------------------|----------------|--------|
| 1. Kay King | American River | 1:52.6 |
| 2. Rich Brown | Marin | 1:53.2 |
| 3. Terry Forbyn | Oakland | 1:54.2 |
| 4. Ron Pennington | San Jose | 1:55.5 |
| 5. Ozzie Norris | San Francisco | 1:55.7 |
| 6. Arthur Ramos | Sequoias | 1:56.9 |

Mile

| | | |
|------------------|----------------|--------|
| 1. Joe Neff | American River | 4:16.5 |
| 2. Marcel Hetu | San Mateo | 4:21.8 |
| 3. Floyd Godwin | Chabot | 4:22.0 |
| 4. John Lodin | Oakland | 4:22.1 |
| 5. Ralph Likens | San Mateo | 4:28.6 |
| 6. R. V. Dunagen | Sequoias | 4:29.7 |

2 Mile

| | | |
|-------------------|---------------|--------|
| 1. Terry Record | Sacramento | 9:23.5 |
| 2. Alan Beardall | Santa Rosa | 9:26.6 |
| 3. Ralph Likens | San Mateo | 9:28.2 |
| 4. Plotkin | San Francisco | 9:29.6 |
| 5. Frank Recendez | Sequoias | 9:35.0 |
| 6. George Jiminez | Sequoias | |

120 HH

| | | |
|----------------|---------------|------|
| 1. Al Rockwell | San Mateo | 14.6 |
| 2. Abe Johnson | Oakland | 14.6 |
| 3. Al Williams | Fresno | 14.6 |
| 4. Jim Bains | Oakland | 14.9 |
| 5. Mullaly | San Francisco | 15.0 |
| 6. Dick Hatley | Delta | 15.8 |

330 Intermediate Hurdles (new event)

| | | |
|------------------|-----------|------|
| 1. Abe Johnson | Oakland | 38.4 |
| 2. Dave White | Sequoias | 38.8 |
| 3. Al Rockwell | San Mateo | 38.9 |
| 4. Fred Teixeira | Fresno | 39.1 |
| 5. McCormick | Oakland | 39.8 |
| 6. Jack Hamilton | Sequoias | 40.1 |

440 Relay (new event)

| | |
|---|------|
| 1. San Francisco | 42.3 |
| (Oliver Mitchell, Paul Richard, Tom Gardner, Vern Bradford) | |
| 2. Oakland | 42.6 |
| (Calvin King, Abe Jackson, Bill Sanders, Carl Evans) | |
| 3. American River | 42.6 |
| (Phil Harris, Dick Smith, Al Mello, Al Biancani) | |
| 4. Sequoias | 43.2 |
| 5. Diablo Valley | 43.2 |
| (Art Miller, Mike McInerney, Joe Tarango, Wolf Schilling) | |
| 6. Cabrillo | |
| (Jerry Haas, Gene Cabading, Dave McCavitt, Norm Lipperd) | |

Mile Relay

| | |
|---|--------|
| 1. American River | 3:17.5 |
| (Kay King, Joe Neff, Al Mello, Al Biancani) | |
| 1. Sequoias | 3:17.5 |
| (Al Gatewood, Tom Sims, Dave White, Jack Hamilton) | |
| 3. Oakland | 3:18.1 |
| (Carl Evans, Joe Johnson, John Stulgis, Calvin King) | |
| 4. San Mateo | 3:20.3 |
| (Jerry Rose, Frank Varriale, Steve Firenze, Steve Procella) | |
| 5. San Jose | 3:21.2 |
| 6. Modesto | 3:22.8 |

High Jump

| | | |
|------------------|-----------|------|
| 1. Ted Winfield | San Mateo | 6-3¾ |
| 2. Wes Mitchell | Sequoias | 6-3¾ |
| 3. Dan Rambeau | Sierra | 6-3¾ |
| 4. Tyrone Powell | Fresno | 6-3¾ |
| 5. Jack Hamilton | Sequoias | 6-1¾ |
| 6. Wayne Clark | Sequoias | 6-1¾ |

Pole Vault

| | | |
|-----------------|--------------|-------|
| 1. Dan Stone | Fresno | 14-0½ |
| 2. Pat Bedford | San Mateo | 14-0½ |
| 3. Bill Latone | Sierra | 14-0½ |
| 4. John Stulgus | Oakland | 13-6 |
| 5. Skip Hempler | Contra Costa | 13-6 |
| 6. Johnson | Sequoias | 13-0 |
| 6. Warren Dunn | Reedley | 13-0 |

Long Jump

| | | |
|---------------------|---------------|--------|
| 1. Houston Williams | Fresno | 23-8½ |
| 2. Dave Boston | Oakland | 22-10½ |
| 3. Gary Ard | Modesto | 22-9¾ |
| 4. Mike McInerney | Diablo Valley | 22-8½ |
| 5. Gene Cabading | Cabrillo | 22-5¾ |
| 6. Miller | Porterville | 21-10¾ |

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Triple Jump (*new event*)

| | | |
|--------------------|---------------|--------|
| 1. Howard Williams | Fresno | 46-10½ |
| 2. Paul Fuller | Sacramento | 45-11 |
| 3. Art Miller | Diablo Valley | 46-5¾ |
| 4. Dave Bryant | San Jose | 45-4 |
| 5. Frazier | Sequoias | 45-0 |
| 6. Gary Ard | Modesto | 44-10½ |

Shot Put

| | | |
|------------------|---------------|--------|
| 1. Houston Ridge | Reedley | 53-7¼ |
| 2. Larry Maggard | Modesto | 51-10½ |
| 3. Pat Lewis | San Francisco | 51-4½ |
| 4. Nelson | Sequoias | 50-6½ |
| 5. Frank Lynch | Foothill | 50-6 |
| 6. Bob Foscett | Menlo | 49-11¾ |

Discus

| | | |
|-------------------|---------------|--------|
| 1. Houston Ridge | Reedley | 156-6 |
| 2. Larry Maggard | Modesto | 152-6 |
| 3. Otis Roberson | Sequoias | 150-8 |
| 3. Pat Lewis | San Francisco | 147-1 |
| 5. Nick Brautovic | Cabrillo | 142-6 |
| 6. Saunders | San Mateo | 140-10 |