

# Northern California Community College Regional Track & Field Championship • Pleasant Hill, CA • May 23, 1975

1. Alameda 72; 2. San Jose 64; 3. American River 37; 4. San Francisco 35; 5. Santa Rosa 34; 6. Fresno 31; 7T. Chabot, Contra Costa 25; 9. Diablo Valley 23; 10T. Foothill, SJ Delta, Cosumnes River 18; 13. West Valley 13; 14T. San Mateo, Sequoias 14; 16. Skyline 13; 17T. Cuesta, Los Medanos 12; 19. Hartnell 10; 20T. Laney, Yuba 8; 22. Redwoods 6; 23. Porterville 5; 24. De Anza 4; 25T. Cabrillo, Sacramento 2; 27. Modesto 1.

## 100y

1. Mike Farmer	San Francisco	9.5
2. Cecil Overstreet	San Jose	9.5
3. Mike Shavers	Alameda	9.5
4. Jerry Jordan	Alameda	9.6
5. Don Livers	San Jose	9.6
6. Eric Brown	Contra Costa	9.6

## 220

1. Mike Farmer	San Francisco	21.0
2. Don Livers	San Jose	21.4
3. Jerry Jordan	Alameda	21.5
4. Cecil Overstreet	San Jose	21.7
5. Calvin Corker	Chabot	21.8
6. Millard Hampton	San Jose	21.9

## 440

1. Jose Martinez	Santa Rosa	48.2
2. Jose Madruga	Diablo Valley	48.3
3. Rick Monseth	Cosumnes River	48.4
4. Oliver Hudson	Alameda	48.9
5. Frank Christian	Alameda	48.9
6. Ivory Hammond	San Francisco	49.4

## 880

1. Gary McManus	Diablo Valley	1:50.6
2. Roderick Lewis	Laney	1:51.3
3. Dave Wells	Redwoods	1:51.6
4. George Manriquez	San Jose	1:53.3
5. Dave Nolte	De Anza	1:53.4

## Mile

1. Doug Padilla	Chabot	4:10.7
2. Bob Deis	American River	4:10.7
3. Lynn Ryan	San Jose	4:11.0
4. Loren Ringo	American River	4:11.6
5. Damon Wood	San Mateo	4:14.6
6. Richard Flores	SJ Delta	4:16.2

## 3 Mile

1. Henry Perez	SJ Delta	13:59.8
2. Rich McCandless	West Valley	14:03.0
3. Tony Ramirez	Fresno	14:29.4
4. Ted Quintana	Chabot	14:32.4
5. Jack Reime	Cabrillo	14:41.6
6. John McVeigh	Skyline	14:46.8

## 120 High Hurdles

1. Mike Crittenden	Contra Costa	14.2
2. Ike Almond	Skyline	14.3
3. Clarence Rapides	Los Medanos	14.3
4. Phil Bransom	Porterville	14.4
5. Charles Hatch	Cuesta	14.7
6. Mark Carley	Sacramento	14.9

## 440 Intermediate Hurdles

1. Steve Nelson	San Jose	53.8
2. Paul Brown	Alameda	53.8
3. Calvert Jones	SJ Delta	53.8
4. Clarence Rapides	Los Medanos	54.4
5. Bill Hibner	Fresno	54.8
6. Dave Cameron	San Jose	55.1

## Steeplechase exhibition

1. Rich Langford	American River	9:19.2
2. Jack Reime	Cabrillo	9:22.8
3. Rick Hart	Foothill	9:32.4
4. Gil Brooks	San Jose	9:37.2
5. Mike Garrett	Cosumnes River	9:42.4
6. Hank Lawson	De Anza	9:53.4

## 440 Relay

1. Alameda	40.9
(Emil Shaffer, Mike Shavers, Mark Cleghorn, Jerry Jordan)	
2. Contra Costa	41.4
(Dana Brewer, Gary More, Lionel Chapman, Eric Brown)	
3. American River	42.4
4. San Francisco	42.4
5. Fresno	42.4
6. Porterville	42.8

## Mile Relay

1. Alameda	3:15.9
(Paul Brown, Oliver Hudson, Frank Christian, Jerry Jordan)	
2. Santa Rosa	3:15.9
(Gerard Moret, Gary Gomes, Jose Martinez, Eric Johnson)	
3. San Francisco	3:16.3
4. Contra Costa	3:16.8
(Sid Ennis, Nick Overstreet, Michael Crittenden, Marlow Williams)	
5. San Jose	3:17.2
6. San Mateo	3:19.0

## High Jump

1. Tony Nubian	Alameda	6-6
2. Rick Ytterbik	Yuba	6-6
2. Charles Hatch	Cuesta	6-6
2. Keith Brown	Cuesta	6-6
5. Dennis Little	Modesto	6-4
5. Tom Picarella	Chabot	6-4
5. Fritz Moga	West Valley	6-4

## Pole Vault

1. Ryan Patton	San Mateo	15-6
2. Mark Lizotte	Foothill	15-0
3. Mark Bell	American River	15-0
4. James Smith	Sequoias	15-0
5. Steve Lawry	Santa Rosa	14-6
6. Earl Caldwell	San Mateo	14-6

## Long Jump

1. Mark Givens	Fresno	24-4 <sup>3</sup> / <sub>4</sub>
2. Cecil Overstreet	San Jose	23-1
3. Emil Shaffer	Alameda	23-1
4. Gary Gomes	Santa Rosa	22-8 <sup>1</sup> / <sub>4</sub>
5. James Holt	Chabot	22-4 <sup>3</sup> / <sub>4</sub>
6. Rick Richardson	American River	22-0 <sup>3</sup> / <sub>4</sub>

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## Triple Jump

1. Larry Jordan	Fresno	50-3½
2. Emil Shaffer	Alameda	50-1
3. John LeGrande	West Valley	50-1
4. Mike Marlow	Cosumnes River	49-7¾
5. John Haynes	Contra Costa	49-1¾
6. Clint Harrell	SJ Delta	48-10¼

## Discus

1. Jay Pushkin	Foothill	164-9
2. Dave Hickson	San Jose	163-4
3. Paul Santiago	American River	157-3
4. Robert Mapp	San Francisco	154-3
5. Ron Allen	De Anza	151-4
6. Steve Hall	Fresno	144-5

## Shot Put

1. Bob Gummerson	Santa Rosa	54-1½
2. Mark Doll	Cosumnes River	54-0¾
3. Paul Santiago	American River	53-9
4. Jack Sitton	Diablo Valley	52-4¼
5. Ken Alexander	Sequoias	51-1½
6. Steve Morich	Sacramento	50-4¾

## Javelin

1. Jeff Garcia	Hartnell	214-6
2. Willy Robinson	Sequoias	206-4
3. Tom Walker	Chabot	199-10
4. Greg Bodner	Skyline	195-9
5. Steve McMullian	Los Medanos	194-4
6. Jim Herron	Diablo Valley	191-4