

Northern California Community College Regional Track & Field Championship • Pleasant Hill, CA • May 21, 1976

1. San Jose 89; 2. Alameda 73; 3. American River 57; 4. Cosumnes River 39½; 5. Chabot 37; 6. Sequoias 30; 7. West Valley 29; 8T. Santa Rosa, SJ Delta 23; 10. Sacramento 19; 11T. Contra Costa, San Francisco 14; 13. Shasta 12; 14. Porterville 11; 15. San Mateo 10; 16T. Fresno, Los Medanos, Redwoods 8; 19T. Antelope Valley, Butte, Hartnell 6; 22T. Skyline, Foothill 5; 24T. Diablo Valley, Marin Merced 4; 27. Cuesta 3½ 28. De Anza 3 29T. Laney, Solano 2; 31. Merritt, Modesto 1.

*** First year of metric distances ***

100m

1. Paul Jackson	Alameda	10.1
2. Millard Hampton	San Jose	10.2
3. Phil Williams	SJ Delta	10.3
4. Jerry Jordan	Alameda	10.3
5. Eric Brown	Contra Costa	10.6
6. Hime Bunting	Porterville	10.7

200

1. Millard Hampton	San Jose	20.9
2. Paul Jackson	Alameda	21.0
3. Phil Williams	SJ Delta	21.3
4. Jerry Jordan	Alameda	21.5
5. Hime Bunting	Porterville	21.7
6 Mark Carley	Sacramento	21.8

400

1. Rick Monseth	Cosumnes River	47.4
2. Vern Mayweather	Alameda	47.8
3. Mike Tyrell	West Valley	47.9
4. Ron Brown	Diablo Valley	48.4
5. James Jackson	Fresno	48.6
6. Joe DeDora	Santa Rosa	48.6

800

1. Tom Jones	San Jose	1:51.7
2. Dave Wells	Redwoods	1:52.0
3. Jeff Adams	Antelope Valley	1:52.5
4. Lupe Vargas	Merced	1:52.5
5. Roderick Lewis	Laney	1:52.5
6. Don Marcheschi	Chabot	1:52.9

1500

1. Bob Deis	American River	3:48.3
2. Loren Ringo	American River	3:51.1
3. Lynn Ryan	San Jose	3:51.4
4. Steve Locey	Marin	3:53.1
5. Craig Kennedy	De Anza	3:54.7
6. Todd Baker	West Valley	3:55.2

5000

1. Juan Garcia	Sequoias	14:23.6
2. Mitch Kingery	San Mateo	14:32.6
3. Ron Frtizke	West Valley	14:40.0
4. Jim White	Santa Rosa	14:42.6
5. Eric Huff	Cuesta	14:54.4
6. Art Baudendistel	American River	15:02.4

10,000 exhibition

1, Rudy Montenegro	San Jose	31:14.4
2. Marin Quale	Modesto	31:20.6
3. Jerry Tucker	SJ Delta	32:04.2
4. Fred Arroyo	Modesto	32:10.2
5. Steve Palladino	San Mateo	32:12.6
6. Bob Herrick	Sacramento	32:17.6

110 High Hurdles

1. Scott Monroy	San Jose	14.2
2. Mark Carley	Sacramento	14.4
3. Mike Crittenden	Contra Costa	14.4
4. Steve Irving	Sequoias	14.9
5. Raphael Smith	Skyline	14.9
6. Dennis Claxton	Merritt	15.0

400 Intermediate Hurdles

1. Paul Brown	Alameda	52.3
2. Steve Irving	Sequoias	53.0
3. Jamie Starmer	Butte	53.2
4. Steve Wright	Porterville	53.6
5. Steve Nelson	San Jose	53.7
6. John Marsi	Modesto	54.6

Steeplechase

1. Rich Langford	American River	9:14.2
2. Bill Weed	American River	9:17.2
3. Shawn James	San Jose	9:21.6
4. Mike Garrett	Cosumnes River	9:32.4
5. Dave Hull	San Mateo	9:35.8
6. Joe Cordova	SJ Delta	9:40.4

400 Relay

1. Alameda	40.5
(Vernoy Mayweather, Paul Jackson, Paul Brown, Jerry Jordan)	
2. San Jose	40.7
(Horace Berry, Millard Hampton, James Douglas, Stan Fincher)	
3. Hartnell	41.5
(James Tucker, Ron Hall, Henry Williams, Dwayne Hall)	
4. Cosumnes River	41.9
(Matt Brown, Rick Monseth, Bill Smith, Mike Marlow)	
5. San Francisco	42.1
6. Santa Rosa	42.2

1600 Relay

1. San Jose	3:14.0
(Mike Flack, Tom Jones, Don Milligan, Millard Hampton)	
2. Santa Rosa	3:14.2
(Joe Dedora, Bobby Batton, Gary Gomes, Gil Proctor)	
3. Alameda	3:15.5
(Vernoy Mayweather, Paul Brown, Frank Christian, Paul Jackson)	
4. West Valley	3:16.0
(Marty Krulee, Dan Haniger, Kevin Utley, Mike Tyrell)	
5. Chabot	3:17.2
(Greg Canfield, Mark Molina, Willie Hardeman, Dom Marcheschi)	
6. Fresno	3:17.8
(Chris Catterall, Rob Brenner, James Jackson, Joe Garcia)	

High Jump

1. Rich Allen	San Jose	6-10½
2. Randy Turner	San Francisco	6-8
3. Sid Tevis	Sacramento	6-8
4. King Wiley	San Francisco	6-6
5. Tony Nubian	Alameda	6-6
6. Greg Oliver	Alameda	6-6

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Pole Vault

1. Doug Searle	West Valley	15-1
2. Steve Lawry	Santa Rosa	15-1
3. Thomas Dixon	Foothill	14-6
3. Stan Reyes	Fresno	14-6
5. Dick Parr	Cuesta	14-6
5. Brad James	Cosumnes River	14-6

Discus

1. Paul Santiago	American River	181-2
2. Sam Alexander	Sequoias	172-8
3. Greg Warick	Shasta	158-4
4. Dan John	Skyline	157-9
5. Jim Fyfe	Cosumnes River	156-10
6. Gary Bersano	West Valley	150-5

Long Jump

1. Mike McRae	Chabot	24-6¾
2. Mike Marlow	Cosumnes River	24-1
3. Johnny Haynes	Contra Costa	23-8¾
4. Greg Canfield	Chabot	23-6½
5. Mike Wassom	SJ Delta	23-4
6. Dwayne Pulliam	Alameda	23-0½

Javelin

1. Tom Walker	Chabot	213-6
2. Steve McMullen	Los Medanos	206-0
3. Lee Hickenbotham	SJ Delta	202-10
4. Joe Paur	Porterville	200-2
5. John Spencer	Solano	186-3
6. Steve Noland	San Jose	184-9

Triple Jump

1. Mike Marlow	Cosumnes River	51-8
2. Emil Shaffer	Alameda	50-6
3. Mike McRae	Chabot	50-2½
4. Larry Jackson	Chabot	49-9¾
5. Mike Wassom	SJ Delta	49-6¼
6. Matt Rice	Alameda	49-5½

Decathlon exhibition*

1. Tom Picarella	Chabot	6149
2. Greg Canfield	Chabot	6136
3. Brian Lundberg	Chabot	6093
4. Thomas Dixon	Foothill	6063
5. Fritz Moga	West Valley	6059
6. Herb Ward	San Francisco	6045

* Held at De Anza College on April 14/15

Shot Put

1. Paul Santiago	American River	54-0½
2. Scott Greco	San Jose	52-7
3. Rick McDonald	Shasta	51-6
4. Dave Herbert	Sacramento	51-6
5. Gary Bersano	West Valley	50-11
6. Mike Gough	De Anza	49-10½