

Southern California Community College Regional Track & Field Championship • Walnut, CA • May 22, 1976

1. Bakersfield 53; 2. East LA 52; 3. Fullerton 50; 4. Grossmont 48; 5. Pasadena 35; 6. Mt. SAC 33; 7. Santa Ana 24; 8. SD Mesa 23; 9. El Camino 22; 10. San Bernardino 21; 11. Palomar 20; 12T. Compton, Moorpark 18; 14. LA Harbor 16; 15. West LA 14; 16. Orange Coast 13; 17. Glendale 12; 18. LACC 11; 19T. Ventura, LA Pierce 10; 21T. Citrus, Long Beach, LA Southwest 8; 24. Santa Barbara 7; 25T. Oxnard, Southwestern 6; 27. Canyons 5; 28. Hancock 2; 29T. Saddleback, Imperial, Cerritos, Desert 1.

First meet using metric distances

100m

1. Doug Parrell	Santa Ana	10.3
2. Donald Tavie	Compton	10.5
3. Rob Bernstein	Fullerton	10.6
4. John Madry	Bakersfield	10.7
5. Chris Martin	Orange Coast	10.7
6. Steve Lebovitz	Mt. SAC	10.8

200

1. James Perry	East LA	21.1
2. Doug Parrell	Santa Ana	21.2
3. Donald Tavie	Compton	21.3
4. Lew McGlothin	East LA	21.3
5. Paul Desmet	Orange Coast	21.4
6. Vance Stewart	Bakersfield	21.5

400

1. Steve Riggins	Grossmont	47.6
2. Vincent Taylor	LA Southwest	48.0
3. Mike Conaway	Oxnard	48.0
4. Willie Davis	Mt. SAC	48.3
5. Manuel Deason	Santa Ana	48.6
6. Calvin Dupleasis	Citrus	48.6

800

1. Brian Donahue	LA Pierce	1:49.2
2. Julian Evola	SD Mesa	1:51.5
3. Robert Erb	SD Mesa	1:51.5
4. Randy Jones	Bakersfield	1:52.1
5. Howard Keeley	Orange Coast	1:52.1
6. Kevin Eaton	Saddleback	1:52.5

1500

1. Tom Colley	San Bernardino	3:47.5
2. Armando Cendejas	Fullerton	3:48.5
3. Chuck Hattersley	Grossmont	3:49.2
4. Tom Smith	Grossmont	3:50.0
5. Jose Saavedra	Fullerton	3:50.5
6. Mike Munoz	Imperial Valley	3:52.5

5000

1. Vicken Simonian	LACC	14:24.1
2. Randy Prine	SD Mesa	14:30.0
3. Gerrdo Canchola	LA Valley	14:32.0
4. Dave Haake	Santa Barbara	14:40.2
5. Jose Saavedra	Fullerton	14:52.2
6. Glenn Best	Grossmont	15:05.0

10,000 (new event, exhibition)

1. John Beck	Bakersfield	32:48.4
2. Veduzzo	Grossmont	32:58.8
3. Mike McGarry	Fullerton	33:13.6
4. Duran	Moorpark	33:49.0

110 HH

1. Mike Mince	Bakersfield	14.3
2. Andre Hall	Mt. SAC	14.3
3. Scott Young	Southwestern	14.4
4. Jeff Kennedy	Palomar	14.6
5. Tom Turner	Fullerton	14.7
6. John Rudd	Pasadena	14.8

400 IH

1. John Rudd	Pasadena	51.0
2. Rhan Sheffield	East LA	52.1
3. Walter Pratt	Bakersfield	52.3
4. Bill Turner	LA Harbor	52.6
5. Tony Esteban	Glendale	52.7
6. Craig Summers	Mt. SAC	52.9

Steeplechase

1. Dennis Wilson	Grossmont	9:13.6
2. Bob Mapstead	San Bernardino	9:21.3
3. Shannon Laird	Palomar	9:28.6
4. Keith Whithauer	Santa Ana	9:30.2
5. Wally Buckingham	Grossmont	9:30.5
6. Gary Smith	Mt. SAC	9:39.4

400 Relay

1. East LA	41.2
(Derrick Nims, Lew McGlothin, Rhan Sheffield, James Perry)	
2. Bakersfield	41.5
(John Madry, Vance Stewart, Don Gossey, John Greasham)	
3. Pasadena	41.5
4. Orange Coast	42.0
5. Citrus	42.1
6. Mt. SAC	42.2

1600 Relay

1. East LA	3:14.5
(David Yates, Lew McGlothin, Rhan Sheffield, James Perry)	
2. Bakersfield	3:14.8
(Ed Ruffin, John Greasham, Mike Mince, Walter Pratt)	
3. Grossmont	3:16.1
4. LA Harbor	3:17.3
5. El Camino	3:17.4
6. SD Mesa	3:18.4

High Jump

1. Steve LaRusch	Glendale	7-0 ³ / ₄
2. Charles Boyd	West LA	6-10 ³ / ₄
3. Mark Maxham	Fullerton	6-10 ³ / ₄
4. Steve Miller	Mt. SAC	6-8 ³ / ₄
4. Mike Nowacki	Santa Barbara	6-8 ³ / ₄
6. Vic Churchill	Canyons	6-8 ³ / ₄

Pole Vault

1. Raimo Eskola	Pasadena	16-6 ³ / ₄
2. Craig Wilson	Long Beach	16-1
3. Kimmo Jokivartio	Pasadena	16-1
4. Greg Woepse	Orange Coast	15-7
5. Charlie Brown	El Camino	15-7
6. Tori Lewis	Hancock	15-7

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First meet using metric distances

Long Jump

1. Bruce Smith	Ventura	25-6¼
2. Bobby Jones	East LA	25-1½
3. Harold Carter	Citrus	24-11¾
4. Alvin Spencer	Compton	23-6
5. Chris DeFrance	Bakersfield	23-3½
6. Andrew Banks	LACC	23-3½

Triple Jump

1. Chris DeFrance	Bakersfield	50-11½
2. Ed Barry	El Camino	50-9
3. Jim Taylor	LA Harbor	50-3¼
4. Anthony Barry	El Camino	49-8½
5. Dwayne Joseph	LA Harbor	49-1½
6. Jeff Clingan	Cerritos	48-7½

Shot Put

1. Dave Laut	Moorpark	56-5½
2. Bob Barrows	Grossmont	56-5½
3. Marcus Gordien	Mt..SAC	54-11
4. Coleman Kells	Fullerton	54-6¾
5. Jeff Klein	Fullerton	54-3½
6. Curt Hampton	Grossmont	54-1¼

Discus

1. Steve Brown	Fullerton	184-1
2. Marcus Gordien	Mt. SAC	177-5
3. Mark Baughman	Fullerton	173-6
4. Ron Engle	Canyons	162-1
5. Coleman Kells	Fullerton	160-10
6. Judd Binley	Orange Coast	158-10

Javelin

1. Luc LaPerierre	Palomar	217-6
2. Fred Vance	Moorpark	216-4
3. Charles Andrews	West LA	203-4
4. Marcel Keeling	El Camino	201-9
5. Rogers Cain	East LA	196-10
6. Dennis Toussaint	Desert	194-8