

10,000—1. Gidabuday, Riverside, 30:21.23; 2. Rodriguez, Trade Tech, 30:25.86; 3. Holland, Saddleback, 31:37.80; 4. Baca, Mt. San Antonio College, 31:42.60; 5. James Garitson, Mt. SAC, 31:43.90; 6. Sinderson, Antelope Valley, 31:51.45.

**Decathlon**

|             |                 |       |
|-------------|-----------------|-------|
| 1. Kanowsky | Long Beach      | 6,557 |
| 2. Mustafa  | Moorpark        | 6,417 |
| 3. Wynn     | Rancho Santiago | 6,076 |
| 4. Prescott | Mt. SAC         | 6,030 |
| 5. Cass     | Long Beach      | 5,891 |
| 6. Kephart  | Moorpark        | 5,819 |

*Contested April 6-7 at Santa Barbara*

**Finals**  
5,000—1. Shirfiraw, Riverside CC, 17:14.80; 2. Lewy, Long Beach CC, 17:30.76; 3. Nakamura, El Camino, 17:34.58; 4. Santana, Antelope Valley, 17:50.55; 5. Roberto, Glendale, 17:56.15; 6. Larson, El Camino, 18:20.84.

**Heptathlon**

|              |            |       |
|--------------|------------|-------|
| 1. Buck      | Riverside  | 4,037 |
| 2. Woods     | Citrus     | 4,012 |
| 3. Lang      | Compton    | 3,813 |
| 4. Lomax     | Long Beach | 3,773 |
| 5. Barisdale | Cerritos   | 3,598 |
| 6. Johnson   | Citrus     | 3,567 |

*Contested on April 6-7 at Santa Barbara*