

1976 Southern California Cross Country Championships

Team Results - Large Schools

<u>Pl.</u>	<u>School</u>	<u>Pts.</u>
1	Grossmont	67
2	Mt. SAC	88
3	Fullerton	97
4	SD Mesa	185
5	El Camino	211
6	LA Harbor	220
7	Bakersfield	224
8	Santa Ana	228
9	Long Beach	258
10	LA Valley	265
11	Palomar	271
12	Orange Coast	277
13	San Bernardino Valley	293
14	Ventura	332
15	Pasadena	334
16	LA Pierce	398
17	LACC	442
18	Southwestern	449
19	Santa Monica	483
20	LA Trade Tech	558

Team Results - Small Schools

<u>Pl.</u>	<u>School</u>	<u>Pts.</u>
1	Glendale	65
2	San Diego	74
3	Canyons	99
4	Chaffey	99
5	Citrus	105
6	Moorpark	111
7	Saddleback	181
8	West LA	224
9	Desert	237

SOUTHERN CALIFORNIA CROSS COUNTRY CHAMPIONSHIPS

1976

Large Schools:

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Gary Hernandez	San Diego Mesa	19:51
2	Bob Mapstead	S.B.U.C.	20:05
3	Joe Ebner	Mt. SAC	20:19
4	Randy Prine	San Diego Mesa	20:21
5	Laird Shannon	Palomar	20:23
6	Paul O'Neil	Fullerton	20:27
7	Mike Seeker	Pasadena City	20:30
8	Bob Bray	Bakersfield	20:32
9	Kevin Burkin	L.A. Valley	20:34
10	Glen Best	Grossmont	20:35
11	Bill Davies	Grossmont	20:35
12	Chrisbo Hughes	Grossmont	20:36
13	Ron Russell	Pierce	20:37
14	Greg Dean	Fullerton	20:43
15	Dave Helgeson	Grossmont	20:44
16	Chuck Hattersly	Grossmont	20:48
17	Scott Fessenden	Fullerton	20:48
18	Jim Austin	Grossmont	20:49
19	Dave Tillery	Mt. SAC	20:50
20	Dan Davies	Grossmont	20:51
21	Harry Boeitcher	Mt. SAC	20:53
22	Wally Buckingham	Grossmont	20:53
23	Matt Thornsberry	Grossmont	20:57
24	Billy Jones	Mt. SAC	20:59
25	Mike LeBold	Grossmont	21:00
26	Randy Lane	San Diego Mesa	21:00
27	Paul Duelo	Harbor	21:01
28	Gary Smith	Mt. SAC	21:01
29	Mike McGarry	Fullerton	21:03
30	Dwain	Santa Ana	21:05
31	Dennis Nashizari	E.C.C.	21:07
32	Mike Vasquez	Bakersfield	21:11
33	Noel Ward	Mt. SAC	21:11
34	Alvarez	Santa Ana	21:13
* 35	Greg Gerich	Santa Ana OCC	21:16
36	Louis Silva	L.A. Valley	21:17
37	Don Hartado	Harbor	21:20
38	Schwarteberg	S.M.L.	21:21
39	Fesh	Fullerton	21:21
40	Miquel Santizo	Santa Barbara	21:22
41	Art Grazzo	ECC	21:23
42	Joe Tipton	Palomar	21:26
43	Mike Henry	E.C.C.	21:28
44	Dave Dahl	Fullerton	21:28
45	Joel Laragoza	Long Beach	21:29
46	Cleary	Santa Ana	21:32
47	Al Meyer	Bakersfield	21:33

(cont.)

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
48	Gregg Stallings	Southwestern	21:33
49	Clark Cox	Long Beach	21:34
50	Troulman	S.B.U.C.	21:34
51	John Tuttle	Fullerton	21:35
* 52	Jim King	O.C.C.	21:36
53	Reggie Fair	Harbor	21:36
54	Eric Contreras	Pierce	21:37
* 55	Steve Rodriguez	O.C.C.	21:38
56	Kevin Kellogg	Mt. SAC	21:38
57	Tony Guerra	E.C.C.	21:39
58	Gallagher	Fullerton	21:40
59	Jim Pripsett	Long Beach	21:41
60	Tony Parker	Ventura	21:41
61	Bob Bally	Harbor	21:49
62	Estrada	Santa Ana	21:51
63	Mike Smith	?	21:53
64	John Curry	E.C.C.	21:54
65	Fernado Sorrato	Palomar	21:55
66	Joel Mena	Bakersfield	21:56
67	Mike Davis	Long Beach	21:56
68	Craig Lowrie	Harbor	21:57
69	Joe Paine	Gold West	21:57
70	Russ Barkelew	Long Beach	21:58
71	Cip Gomez	Mt. SAC	21:59
* 72	Dave Day	O.C.C.	22:01
73	Marshall Spalding	San Diego Mesa	22:01
74	Bert Proust	Long Beach	22:02
75	Ed Chavis	L.A. City	22:05
76	Steve Bruminell	L.A. Valley	22:07
77	Segala	Rio Hondo	22:08
78	Mike Ranellucci	Pasadena City	22:09
79	Tony Spagnola	E.C.C.	22:10
80	Jon Albrecht	Fullerton	22:12
81	Dave Kinsler	Ventura	22:14
82	Sal Gudinez	Pasadena	22:15
83	John Turner	Gold West	22:15
84	Tom Babiracki	L.A. Valley	22:16
85	Angelo Hobson	Ventura	22:17
86	O'Hara	Santa Ana	22:18
87	Larry Taft	S.B.U.C.	22:19
88	Woodson	S.M.C.	22:22
89	Jeff Shaddot	S.B.U.C.	22:23
90	Bob Short	Palomar	22:26
91	Mark Courneysa	?	22:27
92	Lewis Tracy	Ventura	22:28
93	Robinson	Santa Ana	22:29
94	Elliott Byrne	Southwest	22:30
95	Paul Jensen	E.C.C.	22:31
96	Brad Croad	L.A. Valley	22:31
97	Broderick Payne	L.A. City	22:32
98	Vega	Bakersfield	22:33
* 99	Jim Steadland	O.C.C.	22:34
100	Don Graff	Ventura	22:39

(cont.)

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
101	Dave Schneck	Southwest	22:39
102	Abel Mendosa	Pasadena City	22:40
103	Pearson	Santa Ana	22:41
104	Gene Weesterland	Long Beach	22:42
105	Tom Hauser	Palomar	22:42
106	Mike Orouke	San Diego Mesa	22:43
107	Jack Garcia	S.B.U.C.	22:47
108	Mark Miller	Cypress	22:48
109	Allan Reynolds	San Diego Mesa	22:49
110	Salazar	Trade Tech	22:50
111	Mel Magson	L.A. City	22:51
112	Don Jones	Pasadena College	22:52
113	Kenny Haman	S.B.U.C.	22:53
114	Jessie Garcia	Mt. SAC	22:53
115	Mike Moreno	O.C.C.	22:54
116	Mike Frank	Ventura	22:55
117	Bob Randles	Long Beach	22:56
118	Lance Popolski	Pierce	22:57
119	Aguilar	Trade Tech	23:01
120	Chuck Lester	O.C.C.	23:01
121	Frank Marez	Mira Costa	23:02
122	John ?	Bakersfield	23:03
123	Larry Benton	Trade Tech	23:04
124	Jim Agila	Palomar	23:05
125	Ron Miller	Harbor	23:06
126	Kelly	Long Beach	23:10
127	Jim Courtney	L.A. Valley	23:11
128	Kurk Clark	Palomar	23:14
129	Jon Neimanz	Bakersfield	23:16
130	Rich Neimanz	Cypress	23:18
131	Orcholski	O.C.C.	23:20
132	Carnonan	Palomar	23:21
133	Wade Waterbury	S.B.U.C.	23:22
134	Greg Litherland	Long Beach	23:28
135	Paul Carpenter	Pierce	23:29
136	Ashton Cooper	L.A. City	23:30
137	Rodriquez	Harbor	23:31
138	Jeff Howell	Palomar	23:32
139	Greg Parrone	Ventura	23:37
140	San Geniceros	Southwest	23:38
141	Roy Hill	Harbor	23:42
142	Moris	S.M.C.	23:43
143	Marasso	Southwest	23:43
144	Mike Fulton	Southwest	23:45
145	Karis Christensen	Pierce	23:48
146	Wakelin	S.M.C.	23:48
147	Berne Chavez	Trade Tech	23:55
148	Steve Zampardo	Southwest	23:58
149	Al Williams	Ventura	24:01
150	Woollicraft	Palomar	24:06
151	Greg King	Pierce	24:10
152	Jeff Ruffold	Pierce	24:14
153	Higley	S.B.U.C.	24:15

(cont.)

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
154	Ruben Perez	Trade Tech	24:23
155	Mark McKone	Cypress	24:26
156	Clive Loeb	Trade Tech	23:29
157	Tim Bruton	S.B.U.C.	24:33
158	Fernando Garcia	Trade Tech	25:00
159	Romo	S.M.C.	25:15
160	Gary Hill	Harbor	25:16
161	Blauser	S.M.C.	25:24

SOUTHERN CALIFORNIA CROSS COUNTRY

CHAMPIONSHIPS - 1976

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Ed Ramirez	Oxnard	20:03
2	Jay Rubino	Glendale	20:13
3	Robert Burch	San Diego	20:36
4	Stephen Burch	San Diego	20:42
5	Jon Cory	Glendale	21:02
6	Phil Steinberger	Citrus	21:08
7	Scott Blackburn	Moorpark	21:14
8	Cassaro	Saddleback	21:15
9	John Starinieri	Canyons	21:16
10	Ernie Aleron	Imperial Valley	21:16
11	Doug Hoppe	Canyons	21:17
12	Tom McCann	Citrus	21:19
13	Gary Henry	Glendale	21:20
14	Mark Hilton	Glendale	21:21
15	R. Ramirez	Oxnard	21:22
16	Lyle Wright	San Diego	21:26
17	Mark Flynn	Chaffey	21:27
18	Rick Fuller	Canyons	21:30
19	John Orosco	Moorpark	21:30
20	Scott McKeon	Chaffey	21:31
21	Mike Roza	Chaffey-	21:31
22	Tim Mattison	Chaffey	21:34
23	Paul Conley	San Diego	21:37
24	Stan Whorton	Chaffey	21:39
25	Mike Green	Citrus	21:40
26	Rich Hamilton	Moorpark	21:46
27	Joe Meza	Canyons	21:48
28	Mark Hershey	West Los Angeles	21:50
29	Mike Caballero	Citrus	21:51
30	Robin Graf	Moorpark	21:52
31	Mark Byrne	Glendale	21:55
32	Kevin Landry	San Diego	21:55
33	Doug Tokar	Saddleback	21:56
34	Chris Milewski	Moorpark	21:56
35	Mike Zois	Glendale	21:57
36	Rick Torres	Moorpark	21:58
37	Mike Pomije	C O D	22:04
38	Dan Jones	Citrus	22:09
39	Manuel Fierroz	Canyons	22:15
40	Joe Terrones	Canyons	22:17

SOUTHERN CALIFORNIA CROSS COUNTRY

CHAMPIONSHIPS - 1976

- 2 -

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
41	Cedric Sutton	C O D	22:17
42	Lave	Saddleback	22:20
43	Doug Para	Glendale	22:25
44	Todd Scott	West Los Angeles	22:27
45	Jim Landeros	Canyons	22:29
46	Simon Melendez	San Diego	22:29
47	Kevin O'Connor	Glendale	22:30
48	Jim McGowan	Moorpark	22:31
49	Martin Lemos	Chaffey	22:32
50	Rick Van Riensselaer	Glendale	22:32
51	Parry Kleinsasser	Citrus	22:33
52	Ron Shirley	Canyons	22:33
53	Mike Vernon	West Los Angeles	22:34
54	Bill Johnson	C O D	22:34
55	Frank Haralson	Mira Costa	22:35
56	Craig Smith	West Los Angeles	22:40
57	Furbee	Saddleback	22:42
58	Jerry Henderson	Compton	22:48
59	Steve Dillard	San Diego	22:49
60	Bakkita	Saddleback	22:55
61	Doug Moore	Citrus	22:57
62	Dave Cook	Chaffey	22:58
63	Jim Steinshover	Glendale	22:59
64	Ed Swan	C O D	23:03
65	Tom Pitcher	San Diego	23:05
66	Manuel Aguilar	Imperial Valley	23:06
67	Larry Thompson	L. A. Southwest	23:08
68	Wayne Long	Moorpark	23:11
69	Ray Decolias	Chaffey	23:12
70	Peck	Saddleback	23:14
71	Sergio Alaccron	Moorpark	23:18
72	Cox	Saddleback	23:29
73	David Fry	C O D	23:30
74	Roy Smith	Canyons	23:31
75	Steven Page	West Los Angeles	23:42
76	Mike Venezia	C O D	23:50
77	Frank Guerrero	Canyons	24:02
78	Eric Faiz	West Los Angeles	24:08
79	Trimble	Saddleback	24:14
80	Ed Grundy	C O D	24:20

SOUTHERN CALIFORNIA CROSS COUNTRY
CHAMPIONSHIPS - 1976

- 3 -

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
81	Eric McCready	Chaffey	24:42
82	Bob Johnson	West Los Angeles	24:49
83	Rich Milamontes	Oxnard	25:04
84	Jose Corral	Oxnard	25:14
85	Jim Coronet	Chaffey	25:20