

CIF SS

TWO MILE

1965	Mike Kearns, Crespi	9:20.2	Al Sanford, Tustin 9:21.0	Barry DeGroot, Simi Valley 9:24.7	Jim Busher, Millikan 9:25.0	Lide Albillar, Santiago 9:28.5	
1966	Mike Sellers, West Torrance	9:12.0	Peter Brang, Baldwin Park 9:12.7	Len Jay, South Torrance 9:12.8	Bill Inglehart, Westminster 9:16.8	Ed Ramirez, Hueneme 9:21.8	
1967	Richard Dyer, Lakewood	9:05.8	Jeff Marsee, South Torrance 9:06.0	John McDonald, Hoover 9:08.6	Neil Sybert, Westminster 9:12.9	Russ Swift, Sierra 9:18.0	
1968	Rubin Chappins, Excelsior	9:03.8	Fred Ritcherson, Salesian 9:04.4	Ed Ramirez, Channel Islands 9:04.4	Ruben Mejia, La Habra 9:07.2	Rich Kash, Redlands 9:12.6	
1969	Rubin Chappins, Excelsior	9:00.8	Dave White, El Modena 9:01.4	Fred Ritcherson, Salesian 9:04.0	Ron Johnson, West Torrance 9:04.6	Ruben Mejia, La Habra 9:04.8	
1970	Jim Chaffin, LB Poly	9:01.0	Dave White, El Modena 9:01.2	Mark Dulaney, Palos Verdes 9:04.2	Brian McPherson, Palos Verdes 9:05.6	Ron Johnson, West Torrance 9:10.0	Bruce Johnson, Mira Costa 9:11.6
1971	Gordon Innes, Upland	8:59.9	Marc Genet, Santa Ana 9:00.6	Terry Williams, Lompoc 9:01.2	Tom Koppes, St.John Bosco 9:02.4	Scott Schweitzer, Burbank 9:04.4	Emerson, Davis, Pasadena 9:05.0
1972	Curtis Beck, Santa Monica	8:48.8	Terry Williams, Lompoc 8:55.0	Marc Genet, Santa Ana 9:02.0	Gordon Innes, Upland 9:02.0	Jim Salcido, Sunny Hills 9:03.6	Tom Phillips, Dos Pueblos 9:07.0

MASTERS MEET (renamed State Qualifying meet in 1976)

1973	Terry Williams, Lompoc	8:55.2	Curtis Beck, Santa Monica 9:02.0	Mike Durham, Troy 9:03.2	Gary Blume, Marina 9:03.6	Eric Hulst, Laguna Beach 9:04.4	Jeff English, Excelsior 9:08.8
1974	Eric Hulst, Laguna Beach	8:54.0	Jim Schankel, Lompoc 8:59.4	Guy Arbogast, Crespi 9:00.6	Gary Blume, Marina 9:00.8	Mark Washburn, Bloomington 9:01.6	
1975	Eric Hulst, Laguna Beach	8:51.8	Ralph Serna, Loara 8:55.0	Richard Aguirre, Santa Barb 8:56.0	Brian Hunsaker, Corona del Mar 8:56.8	Breggar Moore, Rancho Alamitos 9:03.8	George Aguirre, Santa Barb 9:08.8
1976	Eric Hulst, Laguna Beach	8:44.6	Bill St.John, Mater Dei 8:54.8	Colin McConnell, Edison 8:55.0	Mark Spillsbury, Foothill 8:55.8	Sal Godinez, Salesian 8:57.6	
1977	Steve Ortiz, Kennedy Barstow	8:55.4	Chuck Assumma, Eisenhower 8:55.4	Steve Alvarez, Coachella Valley 8:57.5	Dave Daniels, San Geronio 8:58.8	Frank Assumma, Eisenhower 9:00.5	
1978	Jeff Nelson, Burbank	9:06.5	Joe Avila, Cantwell 9:06.5	Steve Webb, Kennedy 9:08.0	Matt Ebner, Bishop Amat 9:08.0	Carmello Rios, Lennox 9:11.3	
1979	Jeff Nelson, Burbank	8:49.1	Chuck Assuma, Eisenhower 8:52.4	Lin Whatcott, Burbank 9:01.9	Ken Ernst, El Dorado 9:02.2	Jeff Vandereems, Mission Viejo 9:02.5	

4-A MEET

1973	Curtis Beck, Santa Monica	9:05.4	Mike Durham, Troy 9:06.6	Gary Blume, Marina 9:10.8	John Musich, Burbank 9:16.6	Larry Gerich, Foothill 9:19.0	
1974	Armando Condejas, Buena Park	9:00.6	Gary Blume, Marina 9:01.4	Ralph Serna, Loara 9:02.4	Mike Durham, Troy 9:09.6	Mike Annis, Sunny Hills 9:11.6	
1975	Ralph Serna, Loara	8:58.4	Richard Aguirre, Santa Barb 9:01.6	George Aguirre, Santa Barb 9:04.4	Brian Hunsaker, Corona del Mar 9:09.2	Scott Blackburn, Royal 9:11.2	Randy Horney, Royal 9:21.4
1976	Colin McConnell, Edison	8:58.4	George Aguirre, Santa Barb 9:00.2	Mark Spillsbury, Foothill 9:03.4	Kevin Burkin, Burbank 9:04.2	Don Moses, Crescenta Valley 9:13.2	--- Money, El Modena 9:16.2
1977	Dave Daniels, San Geronio	9:03.6	Chuck Assumma, Eisenhower 9:03.6	Frank Assumma, Eisenhower 9:04.0	Steve Webb, Kennedy 9:13.3	--- Westfall, Villa Park 9:18.9	Ramon Morales, Camarillo 9:20.7
1978	Steve Webb, Kennedy	9:09.7	Jeff Nelson, Burbank 9:09.9	John Spillman, Simi Valley 9:19.5	Ramon Morales, Camarillo 9:20.2	--- Melendez, Norco 9:28.9	Frank Assumma, Eisenhower 9:47.8
1979	Chuck Assumma, Eisenhower	9:04.6	John Spillman, Simi Valley 9:12.1	--- Blaty, Marina 9:15.1	--- Thomas, Santa Barbara 9:15.2	Jon Butler, Edison 9:20.0	---- Brannand, San Marcos 9:25.9

3-A MEET

1973	Terry Williams, Lompoc	9:15.9	Jeff English, Excelsior 9:17.8	Bob Kryczko, Upland 9:19.4	Roger Fabing, Lompoc 9:21.6	Jim Schankel, Lompoc 9:27.4	
1974	Jim Schankel, Lompoc	9:08.0	Guy Arbogast, Crespi 9:06.8	Tom Edwards, Mira Costa 9:07.0	Breggar Moore, Rancho Al 9:07.2	Guy McRoskey, Loyola 9:07.6	
1975	Breggar Moore, Rancho Alamitos	9:22.8	Chris Ebner, Bishop Amat 9:28.4	--- Sasuga, Torrance 9:33.2	Sal Godinez, Salesian 9:34.8	Chip Gomez, Workman 9:36.4	Bill St.John, Mater Dei 9:45.4
1976	Bill St.John, Mater Dei	9:07.8	Joe Ebner, Bishop Amat 9:09.8	Greg Dean, Fullerton 9:23.0	Frank Ebner, Bishop Amat 9:25.4	Barry Boettcher, Pomona 9:27.6	Roger Innes, Upland 9:31.8
1977	Steve Ortiz, Kennedy Barstow	9:07.3	Frank Ebner, Bishop Amat 9:10.1	Dave Schriver, Montebello 9:18.1	Joe Young, Costa Mesa 9:34.7	Roger Innes, Upland 9:37.0	--- Slocum, Beverly Hills 9:45.1
1978	Richard Diaz, Redondo	9:23.4	Andy Gerkin, Corona del Mar 9:25.8	Matt Ebner, Bishop Amat 9:26.4	--- Neiswonger, Buena Park 9:44.9	Gary Borbon, Upland 9:54.1	--- Carr, Mira Costa 9:58.1
1979	Jeff Nelson, Burbank	8:51.3	Ken Ernst, El Dorado 9:03.1	Lin Whatcott, Burbank 9:10.7	Mike Melendez, Norco 9:12.5	Glen Lee, Barstow 9:12.9	Mark Cunnert, Los Amigos 9:15.8

2-A MEET

1973	Eric Hulst, Laguna Beach	9:15.7	Robert Tillman, Valencia 9:18.6	Guy Arbogast, Crespi 9:20.0	Mark Washburn, Bloomington 9:22.0	--- Hayes, Fillmore 9:27.4	
1974	Eric Hulst, Laguna Beach	9:08.6	Mark Washburn, Bloomington 9:10.4	Chuck Chillingsworth, San Marino 9:20.0	--- Peterson, Morro Bay 9:24.6	--- Williams, Brea-Olinda 9:27.0	
1975	Eric Hulst, Laguna Beach	8:57.0	Mike Walterhouse, Mission Viejo 9:20.8	Paul O'Neil, El Dorado 9:24.4	Manuel Ortiz, Cathedral 9:28.6	Eric Huff, Paso Robles 9:28.8	--- Branson, University 9:32.4
1976	Eric Hulst, Laguna Beach	8:53.0	Sal Godinez, Salesian 9:03.8	Steve Alvarez, Coachella Valley 9:17.4	Joel Hope, Alta Loma 9:26.5	Jim Arriola, Gahr 9:31.8	--- Lohr, Hemet 9:33.5
1977	Steve Alvarez, Coachella Valley	9:03.8	Mark Fricker, Hemet 9:22.0	Ivan Huff, Paso Robles 9:23.0	Todd Frame, La Canada 9:26.9	Carmello Rios, Lennox 9:28.0	Brad Kester, Artesia 9:30.0
1978	Joe Avila, Cantwell	9:22.5	Ken Ernst, El Dorado 9:25.6	Tony Martin, San Marino 9:28.6	Rick Cisneros, Valencia 9:38.8	Joey Gomez, Valencia 9:48.1	
1979	Jeff Vandereems, Mission Viejo	9:04.3	Phil Gonzales, St.John Bosco 9:07.1	---- Carlton, Northview 9:25.9	Matt Ebner, Bishop Amat 9:29.0	---- Rosas, El Segundo 9:29.9	--- Diedrich, Mayfair 9:30.5

1-A MEET

1977	Mark Gray, Bishop	9:49.7	Brian Zimmerman, 29 Palms 9:51.5	Francisco Robles, Fillmore 10:00.3	Charles Rednick, Sherman Indian 10:01.5	Ron Trevethan, Carpinteria 10:10.2	Frank Swan, Yucca Valley 10:13.8
1978	Charles Rednick, Sherman Indian	9:29.9	Russell Huckaba, Barstow 9:50.1	Francisco Robles, Fillmore 9:55.5	--- McCormick, San Jacinto 10:02.7	--- Hamilton, Bishop 10:12.2	--- Rodriguez, San Jacinto 10:17.3
1979	Mark Ruelas, LaSalle	9:13.7	---- Martinez, Salesian 9:27.0	---- Fuentez, Mojave 9:36.5	---- Baca, St.Bonaventure 9:43.3	--- Roach, LaSalle 9:47.7	--- Caswell, Marantha 9:48.6



RUBEN CHAPPINS
1968, 1969 CIF SS 2-mile champ



ERIC HULST
1974, 1975, 1976 Masters champ
1974, 1975, 1976 CIF 2-A champ
1975, 1976 State 2-mile champ



JEFF NELSON
1978, 1979 Masters champ
1978, 1979 State 2-mile champ
1979 nat'l record 8:36.3