

Cosumnes Captures VC Crown

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MODESTO — Trackmen from Cosumnes River College shattered league records Saturday in the 440-yard relay, 800-meter run and 400-meter intermediate hurdles to capture their first-ever Valley Conference title.

Cosumnes scored 142 points, followed by Fresno City with 104, American River 98, Sacramento City 68, College of the Sequoias 56, Delta 47, Modesto 43, and Reedley 1.

Calvert Jones posted a record in the 400-meter intermediate hurdles with a 53.1 to break the old mark of 54.0 set last year.

Clarence Roots ran the 800 meters in 1:54.4, besting the 1976 mark by one second.

In the 440-yard relay, the team of Massey, Ware, Patton and Harden gave Cosumnes victory and a record of 41.2 —breaking a mark set in 1969 of 41.8.

For American River, Bill Weed broke his old record of 9:28.7 in the 3,000-meter steeplechase with a 9:24.5.

Mike Brown of ARC ran a 3:55.1 in the 1,500-meter run to wipe out the 1976 mark of 4:01.4.

Shot put — 1, Williams, Fresno, 53.9; 2, Linggi, SCC, 52-5 1/2; 3, Johnston, CRC, 51-2 1/2; 4, Fritzmeier, SCC, 50-3 1/2; 5, Herbert, SCC, 48-10; 6, Michelmore, ARC, 48-8.

Javelin — 1, Finke, Modesto, 214-9, league record; 2, Raymond COS, 196-1; 3, Patton, CRC, 192-2; 4, Peterson, ARC, 185-1; 5, Ryan, COS, 179-5; 6, Mossbacher, ARC, 173-9.

3,000-meter steeplechase — 1, Weed, ARC, 9:24.5, league record; 2, Rehteria, Fresno, 9:35.4; 3, Highley, CRC, 9:37.7; 4, Coulson, ARC, 9:40.8; 5, Stoker, Delta, 9:47.4; 6, Nicholson, ARC, 10:05.0.

Long jump — 1, Tate, Fresno, 23-3; 2, Harris, SCC, 22-10 1/2; 3, Frazier, CRC, 22-8 1/2; 4, Hedberg, Modesto, 22-6; 5, Durham, SCC, 21-11 3/4; 6, Archie, CRC, 21-10.

440-yard relay — 1, Cosumnes, 41.2, league record, Massey, Ware, Patton and Harden; 2, Fresno, 42.3; 3, SCC, 42.7; 4, Modesto, 43.0; 5, ARC, 43.8.

High jump — 1, Trejo, SCC, 6-8; 2, Radan, SCC, 6-6; 3, Dogan, Delta, 6-6; 4, Beeman, Delta, 6-6; 5, Miller, CRC, 6-4; 6, Richardson, Fresno, 6-4.

200-meter dash — 1, Williams, Delta, 21.1; 2, Ware, CRC, 21.2; 3, Malone, Fresno, 21.8; 4, Massey, CRC, 21.9; 5, Patton, CRC, 22.1; 6, Hardin, CRC, 22.5.

Mile relay — 1, CRC, Roots, Cowling, E. Archie and Ware, 3:20; 2, ARC, 3:20.1; 3, Modesto, 3:21.1; 4, Fresno, 3:21.5; 5, SCC, 3:25.6; 6, COS, 3:26.7.

500-meter run — 1, Mebust, ARC, 15:07.2; 2, Baudendistle, ARC, 15:15.08; 3, Largomarsino, ARC, 15:17.6; 4, Sutherland, ARC, 15:19.5; 5, Herrick, SCC, 15:36.4; 6, Lara, Fresno, 15:50.0.

1500-meters — 1, Brown, ARC, 3:55.1; 2, Taylor, COS, 3:55.9; 3, Farrell, ARC, 3:56.5; 4, Lara, Fresno, 3:57.6; 5, Rubio, Fresno, 3:58.3; 6, Costal, ARC, 4:04.0.

110-meter high hurdles — 1, Washington, Fresno, 14.4; 2, Jones, CRC, 14.8; 3, Dixon, Delta, 15.1; 4, Porchia, COS, 15.2; 5, Perryman, COS, 15.5; 6, Pritchit, COS, 15.6.

Pole vault — 1, Rayes, Fresno, 15; 2, Cochran, CRC, 15; 3, Smith, COS, 14-6; 4, Ruizicka, COS, 14-6; 5, Austin, ARC, 14-6; 6, Sheppard, Fresno, 13-6.

800-meter run — 1, Roots, CRC, league record, 1:54.4; 2, Taylor, COS, 1:54.8; 3, Diekmayer, Delta, 1:55.2; 4, McDowell, COS, 1:55.2; 5, Bettencourt, Fresno, 1:54.4; 6, Garcia, Fresno, 1:54.4.

100-meter dash — 1, Williams, Delta, 10.7; 2, Ware, CRC, 10.8; 3, Malone, Fresno, 10.9 and Massey, CRC, tie; 5, Hardin, CRC, 11.1; 6, Washington, Fresno, 11.2.

Discus — 1, Williams, Fresno, 149; 2, Just, SCC, 147-2; 3, Johnston, Modesto, 145-5; 4, Michelmore, ARC, 143-3; 5, Naramore, ARC, 142-6; 6, Parrish, Delta, 141-8.

400-meter intermediate hurdles — 1, Jones, CRC, 53.1; league record; 2, McKenzie, ARC, 53.4; 3, White, SCC, 54.3; 4, Esquevel, COS, 54.4; Harris, COS, 55.0; 6, Marci, Modesto, 55.6.

Triple jump — 1, Tate, Fresno, 48-7 1/2; 2, Frazier, CRC, 48-5 1/2; 3, Hendricks, CRC, 45-8 3/4; 4, Miller, CRC, 45-8; 5, Daigogo, Delta, 45-5 1/2; 6, Salazar, Reedley, 44-4.

400-meter dash — 1, Garcia, Modesto, 48.9; 2, E. Archie, CRC, 49.0; 3, Spencer, ARC, 49.3; 4, Cowling, CRC, 49.4; 5, Ketchum, SCC, 49.5; 6, Cendro, Modesto, 49.7.