

Fourth Straight FWC To Hayward

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DAVIS — Sacramento State's Darrell Smith captured both sprints, but most of the glory belonged to Hayward State for the fourth straight year as the three-day Far Western Conference track and field championships concluded Saturday night on Toomey Field.

Smith, who won the 200 meters last year and was second in the 100, made it a clean sweep this time in his final year as a Hornet. Smith's times were 10.7 in the 100 and 21.9 in the 200 and both times he edged teammate Lepoleon Ingram for the gold medal.

Those two alone accounted for more than half the Hornet point total of 67 3/4, good for fourth.

Defending NCAA Division II titlist Hayward piled up a FWC record 227 1/6 points, winning 10 of the meet's 21 events in a repeat of last year, the University of California at Davis was second with 108, followed by Stanislaus at 86, SSU, Humboldt with 61 3/4, Chico 52 1/3, and San Francisco State 48.

In the top race of the night, Hayward's Ted Quintana pulled away from UCD's Mike McGrath with two laps to go to set a FWC record in the 5,000 meters at 14:28.7.

Hayward had the meet's only other double winner, Doug Garner, who won the triple jump at 49-11 3/4 and Friday night's long jump with a 23-7 effort.

A battle in the high jump between three-time Division II king Dave Haber and Aggie freshman Steve Link materialized as expected with Haber prevailing at 7-1.

The only other FWC record to fall in the meet came in the hammer Friday night when Hayward's Mark Sawyer threw 199-6 1/4.

Javelin — 1, Don Mosbacher, Chico, 190-7 1/2. 2, John Richards, UCD, 190-0. 3, Kevin Gilmore, San Francisco, 187-4. 4, Brian Anderson, Chico, 185-6 1/2. 5, Greg Boriero, Stanislaus, 183-2 1/4. 6, Jeff Carozzi, Hayward, 177-4 1/2.

800 — 1, Ron Arnerich, Hayward, 1:52.6. 2, Dave Harris, Stanislaus, 1:53.0. 3, Lance Podolski, Humboldt, 1:53.2. 4, Gregg Hardig, Humboldt, 1:54.4. 5, Henry King, UCD, 1:55.9. 6, Mark Molina, Hayward, 1:56.0.

400H — 1, Rich Swift, Stanislaus, 53.3. 2, Scott Campbell, UCD, 53.5. 3, Don Godbold, UCD, 54.9. 4, Kurt Widton, Hayward, 55.4. 5, Dave Zavala, Chico, 55.8. 6, Tom Rinker, Hayward, 56.0.

100 — 1, Darrell Smith, Sacramento, 10.7. 2, Lepoleon Ingram, Sacramento, 10.7. 3, Calvin Corker, Hayward, 10.7. 4, Mike Simmons, Hayward, 10.8. 5, Ivan Clay, Stanislaus, 10.9. 6, Mal Mundeve, Hayward, 11.0.

200 — 1, Darrell Smith, Sacramento, 21.9. 2, Lepoleon Ingram, Sacramento, 22.0. 3, Calvin Corker, Hayward, 22.1. 4, Rus Nelson, Stanislaus, 22.2. 5, Mike Simmons, Hayward, 22.2. 6, Derrick Flax, San Francisco, 22.8.

Triple jump — 1, Doug Garner, Hayward, 49-11 3/4. 2, Marv Wamble, Hayward, 48-5 1/4. 3, Greg Diajogo, Hayward, 46-9. 4, Rick Ratliff, San Francisco, 46-0 1/2. 5, Terry Elliott, San Francisco, 46-0. 6, Warren Johnson, Humboldt, 44-8 1/4.

5,000M — 1, Ted Quintana, Hayward, 14:28.7. 2, Scott Peters, Humboldt, Humboldt, 14:32.3. 3, 2, Mike McGrath, UCD, 14:44.4. 4, Frank Ebner, Humboldt, 14:50.5. 5, Art Baudenistel, Sacramento, 14:58.3. 6, Jerry Tucker, Humboldt, Humboldt, 15:04.4.

1,600 Relay — 1, Stanislaus, Dave Karilla, Rus Nelson, Rick Swift, Don Harris, 3:16.8. 2, Hayward, 3:17.5. 3, UCD, 3:18.7. 4, Humboldt, 3:19.5. 5, San Francisco, 3:19.6. 6, Chico, 3:22.8.

High jump — 1, Dave Haber, Hayward, 7-1. 2, Steve Link, UCD, 6-10 3/4. 3, King Wiley, Hayward, 6-8 3/4. 4, tie, Sid Tevis, SSU, Larry Wright, Hayward, Gil Jenkins, Hayward, Jim Smith, Humboldt, 6-6 3/4.

Discus — 1, Tony Williams, Hayward, 166-0 1/2. 2, Dou Silcox, Chico, 154-6 1/2. 3, Mike Pittman, Stanislaus, 154-0 1/2. 4, Greg Boriero, Stanislaus, 150-1 3/4. 5, Doug Maier, UCD, 146-5. 6, Blaine Westfall, Humboldt, 141-9 1/4.

Pole vault — 1, Bob Olson, Hayward, 15-4 1/2. 2, Steve Reitz, Hayward, 15-1 1/2. 3, Mike Spratt, SSU, 14-3 3/4. 4, tie, Ken Grace, Hayward, 13-11 3/4, Ed Hallet, Hayward, Dan Lehor, Chico.

3,000 Steeplechase: 1, Paul Heide, HS, 9:05.1; 2, Roy Hoglund, UCD, 9:11.7; 3, Tom Olson, Chico, 9:19.5; 4, John Embody, HS, 9:26.5; 5, Rob Anex, UCD, 9:26.6; 6, Steve Ellis, SSU, 9:27.4.

400 Relay: 1, Hayward State (Simmons, Mundeve, Corker, Gomes) 41.7; 2, Sacramento State 42.0; 3, Stanislaus State 42.6; 4, Chico State 43.0; 5, San Francisco State 43.4; UCD 44.0.

1500: 1, Ken Hamer, Humboldt, 3:53.8; 2, Mike Pratt, UCD, 3:55.1; 3, Tony Ruggle, Chico, 3:58.6; 4, Jeff Simmons, UCD, 3:59.0; 5, Rich Hornstra, SF, 3:59.3; 6, Gary Southerland, SSU, 4:01.2.

110H: 1, Norman Thurman, SF, 14.6; 2, Charles Lucky, Stanislaus, 14.6; 3, Pete Dobbins, HS, 14.7; 4, Vic White, HS, 14.9; 5, Brian Conley, HS, 14.9; 6, Ron Edwards, SSU, 15.4.

400: 1, Rus Nelson, Stanislaus, 48.8; 2, Billy Ward, HS, 48.9; 3, Mike Roosevelt, SF, 49.4; 4, Ed Ruptenstein, SF, 49.7; 5, Mel Jordan, UCD, 49.8; 6, Tony Peterson, SF, 50.1.

Coach of the year — Don Chu, Hayward.

FINALS

Decathlon — 1, Scruggs, UCD, 6,309; 2, Cobb, CS, 6,249; 3, Driskel, SSC, 5,806; 4, Fournier, SSU, 5,772; 5, Nunally, HS, 5,376; 6, Yund, SSU, 5,350.

Hammer — 1, Sawyer, HS, 199-6 $\frac{1}{4}$; 2, Snyder, SF, 162-6; 3, Lee, HS, 158-8 $\frac{1}{2}$; 4, Robinson, SSC, 156-5 $\frac{1}{2}$; 5, Wilson, UCD, 150-5; 6, Martin, CS, 148-9 $\frac{1}{2}$.

Long Jump — 1, Garner, HS, 23-7; 2, Wamble, HS, 23-2 $\frac{1}{4}$; 3, Harvey, UCD, 22-3 $\frac{3}{4}$; 4, Tipton, Hu, 21-11; 5, Gomes, HS, 21-1 $\frac{3}{4}$; 6, Long, HS, 20-2.

10,000 — 1, Emry, UCD, 30:57.3; 2, Palladino, UCD, 31:13.9; 3, Van Horn, SSU, 31:52.1; 4, Tucker, Hu, 32:02.2; 5, Hansen, Hu, 32:07.2; 6, Speere, Hu, 32:08.4;

Shot Put — 1, Doll, HS, 59-5; 2, Johnson, HS, 55-11 $\frac{1}{4}$; 3, Williams, HS, 55-5 $\frac{3}{4}$; 4, Pittman, SSC, 51-8 $\frac{1}{2}$; 5, Boriero, SSC, 50-4 $\frac{3}{4}$; 6, Wilson, UCD, 48-2 $\frac{3}{4}$.