

100 METER DASH

100 yard time plus 0.9

10.1	Paul Jackson (Alameda)
10.2	Millard Hampton (San Jose)
10.3	Doug Farrell (Santa Ana)
10.3	Phil Williams (Delta)
10.3	Jerry Jordan (Alameda)
10.5	Lawrence Herron (Compton)
10.5	Richard Evans (Contra Costa)
10.5	Rob Bernstein (Fullerton)
10.5	Harold Carter (Citrus)
10.5	Hime Bunting (Porterville)
10.5'	Kevin Cole (Harbor)
10.5'	Gary Jenkins (Long Beach)
10.5'	John Madry (Bakersfield)
10.5'	Ridgeway Robinson (L. Beach)
10.5'	Eric Brown (Contra Costa)
10.5'	Ron June (Riverside)
10.5'	Calvin Corker (Chabot)
10.6	Horace Berry (San Jose)
10.6	James Doubles (San Jose)
10.6	Doug Hill (Foothill)
10.6	Ed Oravillo (Foothill)
10.6'	Pat Cranor (Citrus)
10.6'	Mike Tanner (Glendale)
10.6'	Alvin Diles (Skyline)

wind aided marks:

10.2w	Jerry Jordan (Alameda)
10.2w	Don Tavie (Compton)
10.3w	Paul Desmet (Orange Coast)
10.4w	Steve Lebovitz (Mt. SAC)
10.4w	Phil Bransom (Porterville)

JUNIOR COLLEGE

compiled by: FRED BAER, KEN DOSE, and DON MULLIGAN

400 METER DASH

440 yard time less 0.3

46.5	Millard Hampton (San Jose)
47.1	Vernoy Mayweather (Alameda)
47.4	Taylor (LA Southwest)
47.4	Rick Monseth (Cosumnes)
47.6	Ron Brown (Diablo Valley)
47.6	Steve Riggins (Grossmont)
47.6	Mike Tyrell (West Valley)
47.6	Steve Conway (Oxnard)
47.6	Eric Taylor (Moorpark)
48.0	Willie Davis (Mt SAC)
48.1	James Jackson (Fresno)
48.1'	Jose Martinez (Santa Rosa)
48.2'	Bob Poulke (San Mateo)
48.2	Gerald Peete (Long Beach)
48.2	Carl Dupleasis (Citrus)
48.3	John Greasham (Bakersfield)
48.3	Barry Hyde (Fullerton)
48.3'	McZeal (LA Southwest)
48.4	Joe Dedora (Santa Rosa)
48.6	Manuel Deason (Santa Ana)

800 (cont.)

1:53.6	Domenic Marcheschi (Chabot)
1:53.6	Mike Martin (Hancock)
1:53.7	Archie Hughes (Contra Costa)
1:53.7'	Chuck Hattersley (Grossmont)
1:53.7'	Lynn Ryan (San Jose)
1:53.9	Dave Harris (Sierra)
1:54.0	John Albrecht (Fullerton)

1500 METER RUN

3:45.9	Tom Colley (San Bernardino)
3:47.1	Bob Deis (American River)
3:47.7	Armando Cendejas (Fullerton)
3:48.3	Chuck Hattersley (Grossmont)
3:48.5	Kirk Pfeiffer (Grossmont)
3:49.1	Tom Smith (Grossmont)
3:50.5	Jose Saavedra (Fullerton)
3:51.1	Loren Ringo (American River)
3:51.4	Lynn Ryan (San Jose)
3:52.5	Mike Munoz (Imperial Valley)
3:53.1	Steve Lacey (Marin)
3:53.7	Armando Cendejas (Fullerton)
3:54.1	Ron Genschmer (Hancock)
3:54.4	Tom Tatum (West Valley)
3:54.7	Craig Kennedy (De Anza)
3:55.2	Scott Blackburn (Moorpark)
3:55.2	Todd Baker (West Valley)
3:55.4	Tom Cusick (Canyons)
3:55.5	Tom Keller (Sierra)
3:55.5	David Haake (Santa Barbara)
3:55.9	Bruce McLearn (Santa Ana)
3:55.9	Phil Wingard (Fullerton)
3:56.6	Richard Nance (LA Valley)
3:57.3	Jeff Adams (Antelope Valley)



BRUCE SMITH Ventura JC. Leading junior college long jumper.

photo by Steve Ward





Thallander/Stock photo

MIKE MARLOW of Cosumnes River after setting the junior college triple jump record at the West Coast Relays.

200 METER DASH

* = 220 yard time less 0.1

- 20.1 Millard Hampton (San Jose)
- 20.7 Jerry Jordan (Alameda)
- 20.9 Lew McGlothlin (East LA)
- 21.0 Paul Jackson (Alameda)
- 21.0 Jim Perry (East LA)
- 21.0 Phil Williams (Delta)
- 21.0 Don Tavie (Compton)
- 21.0 Doug Parrell (Santa Ana)
- 21.0 Calvin Corker (Chabot)
- 21.0 Doug Hill (Foothill)
- 21.2 Hime Bunting (Porterville)
- 21.2 Paul Desmet (Orange Coast)
- 21.3 Jim Schaeffer (El Camino)
- 21.4 Jim Douglas (San Jose)
- 21.4 Phil Branson (Porterville)
- 21.5 Vance Stewart (Bakersfield)
- 21.5 Horace Ferry (San Jose)
- 21.5 Don Cassey (Bakersfield)
- 21.5 Fat Cranor (Citrus)
- 21.5 Gary Jenkins (Long Beach)
- 21.5 Rich Stillwell (Glendale)
- 21.5 Larry Flewellen (Long Beach)

wind aided marks:

- 21.1w Terry Turner (El Camino)
- 21.3w Mark Carley (Sacramento)

400 (cont)

- 48.7' Ed Ruffin (Bakersfield)
- 48.9 Gary Gomes (Santa Rosa)
- 48.9 Oscar Porter (Skyline)
- 49.0 Joe Garcia (Fresno)
- 49.1' Don Reeves (Mt SAC)

800 METER RUN

* = 880 yard time less 0.7

- 1:49.2 Brian Donahue (Pierce)
- 1:51.2 Dave Wells (Redwoods)
- 1:51.4 Randy Jones (Bakersfield)
- 1:51.5 Robert Erb (SD Mesa)
- 1:51.5 Julian Evola (SD Mesa)
- 1:51.7 Tom Jones (San Jose)
- 1:51.7 Lupe Vargas (Merced)
- 1:52.0 Gil Acedo (Cerritos)
- 1:52.1 Howard Keeley (Orange Coast)
- 1:52.5 Jeff Adams (Antelope Valley)
- 1:52.5 Kevin Eaton (Saddleback)
- 1:52.5 Rod Lewis (Laney)
- 1:52.8 Jim Powell (Cerritos)
- 1:53.3 Phil Wingard (Fullerton)
- 1:53.5 Parry Kleinsasser (Citrus)
- 1:53.5 Mike Henry (El Camino)
- 1:53.5 Don Woods (Harbor)

ONE MILE RUN

- 4:06.6 Armando Cendejas (Fullerton)
- 4:07.1 Kirk Pfeffer (Grossmont)
- 4:10.4 Brian Donohue (Pierce)
- 4:10.7 Henry Perez (Delta)
- 4:10.9 Vicken Simonian (Los Angeles)
- 4:11.0 Jose Saavedra (Fullerton)
- 4:11.1 Bob Deis (American River)
- 4:11.3 Chuck Hattersley (Grossmont)
- 4:12.0 Tom Colley (San Bernardino)
- 4:12.9 Mike Munoz (Imperial Valley)
- 4:13.8 Rich Langford (American River)
- 4:14.1 Craig Kennedy (De Anza)
- 4:14.3 Richard Nance (LA Valley)
- 4:14.4 Juan Garcia (Sequoias)
- 4:14.9 Tom Tattum (West Valley)
- 4:15.6 Gerardo Canchola (LA Valley)
- 4:16.0 John Bettencourt (San Jose)
- 4:16.1 John Albrecht (Fullerton)
- 4:16.2 Scott Pessenden (Fullerton)
- 4:16.4 Gil Acedo (Cerritos)
- 4:16.4 Ron Fritzke (West Valley)
- 4:16.5 Ron Genschmer (Hancock)
- 4:17.7 Todd Baker (West Valley)
- 4:17.7 Lynn Ryan (San Jose)

TWO MILE RUN

- 8:52.1 Vicken Simonian (Los Angeles)
- 8:54.4 Rich Langford (American River)
- 8:54.6 Henry Perez (Delta)
- 8:54.8 Ron Fritzke (West Valley)
- 8:57.0 Gerardo Canchola (LA Valley)
- 8:59.0 Bob Deis (American River)
- 9:02.8 Craig Kennedy (De Anza)
- 9:07.0 Richard Nance (LA Valley)
- 9:07.0 David Haake (Santa Barbara)
- 9:10.2 Mitch Kingery (San Mateo)
- 9:12.0 Mike Emry (Diablo Valley)
- 9:14.0 Shawn James (San Jose)
- 9:15.6 Steve Palladino (San Mateo)
- 9:17.0 Juan Garcia (Sequoias)
- 9:19.4 Ron Genschmer (Hancock)

THREE MILE RUN

- 13:51.0 Vicken Simonian (Los Angel)
- 13:51.8 Kirk Pfeffer (Grossmont)
- 13:53.2 Armando Cendejas (Fullerton)
- 13:57.6 Juan Garcia (Sequoias)
- 14:02.2 Tom Colley (San Bernardino)
- 14:04.6 Rich Langford (American Riv)
- 14:08.0 Dave Haake (Santa Barbara)
- 14:09.0 Ron Fritzke (West Valley)
- 14:10.0 Shawn James (San Jose)
- 14:10.8 Bob Deis (American River)
- 14:10.8 Gary Hernandez (SD Mesa)
- 14:12.6 Mike Munoz (Imperial Valley)
- 14:14.2 Gerardo Canchola (LA Valley)
- 14:17.4 Mike Emry (Diablo Valley)
- 14:17.8 Mitch Kingery (San Mateo)

5000 METER RUN

- 14:10.4 Vicken Simonian (Los Angeles)
- 14:14.0 Kirk Pfeffer (Grossmont)
- 14:21.4 Juan Garcia (Sequoias)
- 14:27.4 Ron Fritzke (West Valley)
- 14:29.0 Gerardo Canchola (LA Valley)
- 14:30.0 Randy Prine (SD Mesa)
- 14:32.4 Mitch Kingery (San Mateo)
- 14:33.4 David Haake (Santa Barbara)
- 14:41.6 Gary Hernandez (SD Mesa)
- 14:42.6 Jim White (Santa Rosa)
- 14:48.6 Tom Zonger (Moorpark)
- 14:50.0 Armando Cendejas (Fullerton)
- 14:51.2 Frank Aguirre (Grossmont)
- 14:51.8 Greg Eger (DeAnza)
- 14:52.2 Jose Saavedra (Fullerton)
- 14:54.4 Eric Huff (Cuesta)
- 14:57.0 Mike Emery (Diablo Valley)
- 14:59.4 Greg Croad (Glendale)

6 MILE RUN

- 28:05.6 Kirk Pfeffer (Grossmont)
- 29:24.0 Dave Haake (Santa Barbara)
- 30:07.6 Randy Prine (SD Mesa)

10,000 METER RUN

- 29:03.0 Kirk Pfeffer (Grossmont)
- 30:27.2 David Haake (Santa Barbara)
- 31:05.0 Randy Prine (SD Mesa)
- 31:08.8 Vicken Simonian (Los Angeles)
- 31:39.6 Frank Aguirre (Grossmont)
- 31:44.2 Terry Tucker (Delta)

110 METER HIGH HURDLES

- 13.9 Andre Hall (Mt.SAC)
- 14.0 Phil Branson (Porterville)
- 14.0 Mike Crittenden (Contra Costa)
- 14.0 Tom Turner (Fullerton)
- 14.2 John Rudd (Pasadena)
- 14.2 Scott Monroy (San Jose)
- 14.2 Mike Mince (Bakersfield)
- 14.2 Mark Carley (Sacramento)
- 14.3 Jeff Kennedy (Palomar)
- 14.3 Scott Young (Southwestern)
- 14.3 Harold Turner (Diablo Valley)
- 14.5 Mike Grein (Palomar)
- 14.5 Anthony Green (Mt. SAC)
- 14.5 Ned Armour (SD Mesa)
- 14.5 Steve Irving (Sequoias)
- 14.5 Hampton (Desert)
- 14.5 Duane Broom (Bakersfield)
- 14.7 Greg Veatch (Chabot)

TOP MARKS 1976

DISCUS

104-10	Steve Brown (Fullerton)
104-8	Marcus Gordien (Mt. SAC)
183-9	Mark Baughman (Fullerton)
181-6	Paul Santiago (American Riv)
181-5	Sam Alexander (Sequoias)
175-7	Ron Engle (Canyons)
172-0	Coleman Kells (Fullerton)
169-10	Dave Fuller (Long Beach)
167-0	Judd Binley (Orange Coast)
166-6	Glen Moore (San Jose)
165-7	Steve Smith (Harbor)
163-8	Steve Hall (Fresno)
162-6	Greg Warwick (Shasta)
162-4	Dan John (Skyline)
159-7	Mike Ritzman (Foothill)
159-5	Jim Fyfe (Cosumnes River)
158-11	Gary Bersano (West Valley)
157-0	Phil Chambliss (Mira Costa)
156-11	Rickey Dozier (San Fran.)
156-5	Bob Smith (El Camino)
155-11	Cliff Mason (Pasadena)
155-8	Doug Maier (American Riv)
155-8	Don Milburn (Fresno)
154-2	Al Just (Sacramento)
153-10	Bob McGuire (Saddleback)

110H (cont.)

14.8	Steve Nelson (San Jose)
14.8	Cstenger (Palomar)
14.8	Raphael Smith (Skyline)
13.5w	Phil Bransom (Porterville)
13.9w	Mike Crittenden (Contra Costa)
14.3w	Wayne Platner (American River)
14.4w	Raphael Smith (Skyline)
14.5w	Ned Armour (SD Mesa)

Pole Vault (cont.)

16-1	Mark Lizotte (Foothill)
16-1	Steve Oravetz (West Valley)
15-7	Doug Bockmiller (Cypress)
15-7	Tori Lewis (Hancock)
15-7	Steve Lawry (Santa Rosa)
15-7	Doug Searle (West Valley)
15-6	Tom Dixon (Foothill)
15-6	Ken Parker (Cypress)
15-6	Stan Reyes (Fresno)
15-4	Dick Parr (Cuesta)
15-1 $\frac{1}{2}$	Bruce Kennedy (San Jose)
15-1 $\frac{1}{2}$	Passamonte (LA Southwest)
15-0	Bill Gervasi (San Jose)
15-0	Rich Snook (Chabot)
15-0	Kevin Stevenson (San Mateo)
15-0	Bob Dillard (San Mateo)
15-0	Kevin May (El Camino)
15-0	Carey Moore (American Riv)
15-0	Steve Mitchell (Laney)
15-0	Tom Turner (Fullerton)
15-0	Vance Gallagher (Chabot)
15-0	D. Krause (Glendale)

TRIPLE JUMP

52-3	Mike Marlow (Cosumnes Riv)
51-4 $\frac{1}{2}$	Chris DeFrance (Bakersfield)
51-3	Keith Taylor (Harbor)
50-3	Ed Berry (El Camino)
50-3 $\frac{1}{4}$	Anthony Berry (El Camino)
50-5	Emile Shaffer (Alameda)
50-2 $\frac{1}{2}$	Mike McRae (Chabot)
49-11 $\frac{1}{2}$	Lwayne Joseph (Harbor)
49-3 $\frac{3}{4}$	Larry Jackson (Chabot)
49-6 $\frac{1}{2}$	Mike Wasson (Delta)
49-5 $\frac{3}{4}$	Gerald Holcomb (Long Beach)
49-0 $\frac{1}{2}$	Steve Scott (Foothill)
49-0	Jeff Clingan (Cerritos)
48-11 $\frac{1}{2}$	Star Fincher (San Jose)
48-3 $\frac{3}{4}$	Glen Daugherty (Sequoias)
48-6 $\frac{1}{2}$	Matt Rice (Alameda)
48-8	Eura Hill (Citrus)
48-6 $\frac{1}{2}$	Jr. Rojas (San Jose)
48-4 $\frac{3}{4}$	Ned Armour (SD Mesa)
48-3 $\frac{3}{4}$	Mike Haynes (San Fran.)
48-3 $\frac{1}{2}$	Tom Hassey (Solano)
48-1 $\frac{1}{2}$	Steve Smith (Harbor)
48-0 $\frac{1}{2}$	Lonnie Watson (Modesto)

400 METER INTERMEDIATES

* = 440 yard time less 0.3

50.2	John Rudd (Pasadena)
51.8	Rhan Sheffield (East LA)
52.3	Walt Pratt (Bakersfield)
52.3	Tony Esteban (Glendale)
52.5	Bill Turner (Harbor)
52.6'	Mike Nince (Bakersfield)
52.6'	Craig Summers (Mt. SAC)
53.0	Steve Irving (Sequoias)
53.0	Bruce Ashman (Mt. SAC)
53.0'	Steve Nelson (San Jose)
53.1'	Craig Evans (Crossmont)
53.2'	John Ingham (Fullerton)
53.2	Jeff Kennedy (Palomar)
53.2	Jamie Starmer (Butte)
53.5	Larry Norwood (Long Beach)
53.6	Steve Wright (Porterville)
53.7'	Mike Miller (Ventura)
53.8	Tom Harris (Canyons)
54.0	Paul Brown (Alameda)
54.1	Cliff Morris (Cuesta)
54.3	Dani Eitelbert (Hancock)
54.5	Tom Shellworth (Foothill)
54.5	Koopsen (Mira Costa)
54.5	Davis (Compton)

LONG JUMP

25-9 $\frac{1}{2}$	Bruce Smith (Ventura)
25-1 $\frac{1}{2}$	Mike McRae (Chabot)
25-0 $\frac{3}{4}$	Bob Jones (East LA)
25-0	Harold Carter (Citrus)
24-10	Mike Marlow (Cosumnes Riv)
24-6	Larry Johnson (Fresno)
24-4 $\frac{1}{2}$	Ned Armour (SD Mesa)
24-0 $\frac{1}{2}$	Chuck Polite (Sacramento)
24-0 $\frac{1}{2}$	Chris DeFrance (Bakersfield)
23-11	Ed Taylor (Modesto)
23-9 $\frac{1}{2}$	John Dunn (Solano)
23-8 $\frac{3}{4}$	John Haynes (Contra Costa)
23-8 $\frac{1}{2}$	D. Pulliam (Alameda)
23-8 $\frac{1}{2}$	Ralph Dangerfield (Laney)
23-8	Adrian Richardson (Am. Riv)
23-8	Rob Tribble (Desert)
23-6 $\frac{1}{2}$	Kevin Cole (Harbor)
23-6 $\frac{1}{2}$	Greg Canfield (Chabot)
23-4 $\frac{1}{2}$	R. Reeb (Mt. SAC)
23-4	Mike Wasson (Delta)
23-3 $\frac{1}{2}$	Mike Bertoli (De Anza)
23-3 $\frac{1}{2}$	Andrew Banks (Los Angeles)
23-2	Mosley (Mira Costa)
23-1 $\frac{1}{2}$	Gary Gomes (Santa Rosa)
*23-1	Steve Zac (Mt. SAC)

wind aided marks:

51-11 $\frac{3}{4}$	w Mike McRae (Chabot)
51-4 $\frac{1}{2}$ w	Keith Taylor (Harbor)
50-3w	John Haynes (Contra Costa)
50-1w	Gerald Holcomb (Long Beach)

SHOT PUT

57-0 $\frac{3}{4}$	Paul Santiago (Amer. Riv)
56-10 $\frac{1}{2}$	Dave Laut (Moorpark)
56-5 $\frac{1}{2}$	Bob Barrows (Crossmont)
56-4	Curt Hampton (Crossmont)
55-5 $\frac{1}{2}$	Marcus Gordien (Mt. SAC)
54-11	Steve Brown (Fullerton)
54-8	Lou Iacopetti (Glendale)
54-6	Coleman Kells (Fullerton)
54-3 $\frac{1}{2}$	Jeff Klein (Fullerton)
53-5 $\frac{3}{4}$	Scott Greco (San Jose)
53-4 $\frac{1}{2}$	Rick Paxton (SD Mesa)
53-3 $\frac{3}{4}$	Sam Alexander (Sequoias)
52-10 $\frac{1}{2}$	Dave Fuller (Long Beach)
52-5 $\frac{1}{2}$	Tony Williams (Fresno)
52-5	Ron Engle (Canyons)
*51-8	Steve Smith (Harbor)

JAVELIN

250-8	Luc La Perriere (Palomar)
239-7	Tom Walker (Chabot)
228-4	Fred Vance (Moorpark)
218-0	Marth Sarkesian (Citrus)
216-11	Shawn Ward (Long Beach)
216-7	Joe Paur (Porterville)
216-1	Roger Kibbee (Desert)
214-8	Roger Cain (East LA)
213-10	Dennis Toussaint (Desert)
213-9	Randy Hodges (Glendale)
213-6	Greg Karl (West LA)
213-2	Marcel Keeling (El Camino)
208-5	Jay Gall (De Anza)
208-3	Justin Thornberg (Hartness)
207-2	Mark Andrews (West LA)
206-0	Steve McMullen (Los Medanos)
205-6	Duane Conrad (Saddleback)
202-10	Wes Hickenbotham (Delta)
201-4	Steve Funderburk (Riverside)
200-7	Max Booth (Mt. SAC)
200-0	Tori Lewis (Hancock)
197-3	Chris Cook (Fullerton)
197-2	Steve Nolan (San Jose)
196-7	Kevin McCarthy (Orange Coast)

440 YARD RELAY

3000 METER STAMPELCHASE

8:51.6	Henry Perez (Delta)
9:05.4	Dennis Wilson (Grossmont)
9:06.2	Bill Weed (American River)
9:08.6	Rich Langford (American Riv)
9:15.8	Shawn James (San Jose)
9:21.3	Shannon Lail (Palomar)
9:21.5	Mike Garret (Jocumnes Riv)
9:22.2	Bob Kapstead (San Bernardino)
9:24.8	Keith Whithauer (Santa Ana)
9:25.8	Andy Casillas (Canyons)
9:30.5	Wally Buckingham (Grossmont)
9:31.4	Joe Cordova (Delta)
9:33.2	Andy Casillas (Canyons)
9:33.4	Kevin Gerace (Glendale)
9:33.6	Roy Hoglund (San Jose)
9:33.8	John Erennerman (Canyons)
9:35.8	Dave Hull (San Mateo)
9:36.8	Mitch Kingery (San Mateo)
9:39.4	Gary Smith (Mt. SAC)
9:39.8	Tom Moriarty (Glendale)
9:39.8	Steve Neidrauer (West Valley)
9:41.8	Al Saver (Diablo Valley)
9:42.2	Enoch Martinez (Canyons)
9:44.4	Martin Qualle (Modesto)

HIGH JUMP

7-0 3/4	Mike Nowacki (Santa Barbara)
7-0 3/4	Steve LaRusch (Glendale)
7-0 1/2	Charles Boyd (West LA)
7-0	Steve Miller (Mt. SAC)
6-11 1/2	Leo Williams (Alameda)
6-11	Sean Coleman (Pierce)
6-10 3/4	Mark Maxham (Fullerton)
6-10 1/2	Rich Allen (San Jose)
6-10 1/4	Duane Broom (Bakersfield)
6-10	Bill Funting (Grossmont)
6-10	Vic Churchill (Canyons)
6-10	Randy Turner (San Francisco)
6-10	Greg Cliver (Alameda)
6-10	Dave Oliver (Long Beach)
6-9 3/4	Sid Tevis (Sacramento)
6-9	Greg Bullard (Shasta)
6-9	Bob Boller (Glendale)
6-9	King Wiley (San Francisco)
6-8 3/4	Henderson (Bakersfield)
6-8 3/4	Lloyd Williams (Long Beach)
6-8 1/2	Gary George (Mt. SAC)
6-8 1/2	Andy Pecota (De Anza)

POLE VAULT

16-10 3/4	Charles Brown (El Camino)
16-7 3/4	Craig Wilson (Long Beach)
16-6 3/4	Raimo Eskola (Pasadena)
16-6 1/2	Greg Woepse (Orange Coast)
16-3	Kimmo Jokivarto (Pasadena)

23-8	Adrian Richardson (Am. Riv)
23-8	Rob Tribble (Desert)
23-6 1/2	Kevin Cole (Harbor)
23-6 1/2	Greg Canfield (Chabot)
23-4 1/2	R. Reeb (Mt. SAC)
23-4	Mike Wasson (Delta)
23-3 1/2	Mike Bertoli (De Anza)
23-3 1/2	Andrew Banks (Los Angeles)
23-2	Mosley (Mira Costa)
23-1 1/2	Gary Gomes (Santa Rosa)
* 23-1	Steve Zac (Mt. SAC)

wind aided marks:

25-1 1/2 w	Ned Armour (SD Mesa)
24-7 w	Bill Tolbert (Grossmont)
24-6 w	Keith Taylor (Harbor)
24-4 1/2 w	Greg Canfield (Chabot)
24-3 1/2 w	Alvin Spencer (Compton)
23-11 1/2 w	Adrian Richardson (Am. Riv)

photo by Steve Ward



FULLERTON JUNIOR COLLEGE's crack distance relay crew. Left to right: Scott Fessenden, Jose Saavedra, Jon Albrecht, Armando Cendejas, Phil Windgard. Between the five of them they set National Records in the 4 Mile & Distance Medley.

55-5 1/2	Marcus Gorden (Mt. SAC)
54-11	Steve Brown (Fullerton)
54-8	Lou Iacopetti (Glendale)
54-6	Coleman Kells (Fullerton)
54-3 1/2	Jeff Klein (Fullerton)
53-5 3/4	Scott Greco (San Jose)
53-4 1/2	Rick Paxton (SD Mesa)
53-3 3/4	Sam Alexander (Sequoias)
52-10 1/2	Dave Fuller (Long Beach)
52-5 1/2	Tony Williams (Fresno)
52-5	Ron Engle (Canyons)
* 51-8	Steve Smith (Harbor)
51-7	Les Foster (De Anza)
51-7	Larry Leach (Riverside)
51-6	Dave Herbert (Sacramento)
51-6	Rick McDonald (Shasta)
51-4 1/2	Smith (Antelope Valley)
51-4	Gary Bersano (West Valley)
51-3	Hengler (El Camino)
51-1 3/4	Nick Popovich (Fasadea)
51-1	Dave Herbert (Sacramento)

440 YARD RELAY

39.8	San Jose City College
40.0	Alameda
41.2	East Los Angeles
41.2	Bakersfield College
41.3	Orange Coast
41.3	Pasadena
41.5	Hartnell
41.5	Compton
41.6	Contra Costa
41.6	Citrus
41.6	Harbor
41.7	Porterville
41.8	Long Beach
41.8	Mt. San Antonio
41.9	Cosumnes River
41.9	Chabot
41.9	Santa Rosa
42.0	Fresno
42.1	San Francisco
42.1	Fullerton
42.1	Glendale
42.1	Santa Ana

MILE RELAY

3:13.3	San Jose
3:13.8	Alameda
3:13.8	Santa Rosa
3:14.3	Pasadena
3:14.5	East Los Angeles
3:14.6	Bakersfield
3:15.0	West Valley
3:15.3	Long Beach
3:16.1	Grossmont
3:16.3	Pierce
3:16.7	Harbor
3:17.2	Chabot
3:17.4	El Camino
3:17.4	Glendale
3:17.5	Santa Ana
3:17.8	Skyline
3:17.8	West Los Angeles
3:18.0	Merritt
3:18.2	Mt. San Antonio
3:18.4	San Diego Mesa
3:18.8	San Mateo
3:18.9	Diablo Valley
3:19.6	Citrus
3:19.8	Contra Costa