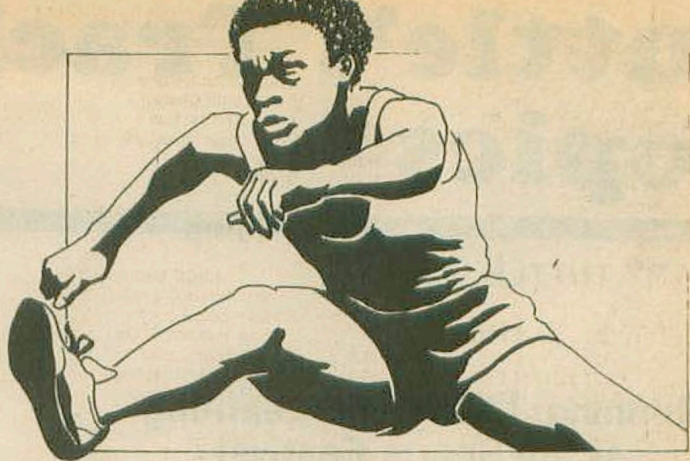


# 1982 Community College Ranking



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Compiled by Fred Baer

Please send all updates and summer marks to Fred Baer, P.O. Box 5401, San Mateo, CA 94402.

## Men

### 100 Meters

JC/CC Record: 10.13 FAT, 10.0 Hand

10.2	Jerone Harrison, Pasad
10.45, 10.3	Mike Turner, Pasadena
10.46	Kelvin Jackson, LgBch
10.49	Tyrone Ervin, Mt.Sac.
10.50	Eric Williams, Citrus
10.51	Ken Smith, Foothill
10.54	Al Miller, Mt.Sac.
10.3w	Will James, Antelope Vy.
10.55, 10.4	Howard Hawkins, LgBch
10.60w, 10.62	Lyle Jackson, Sacramento
10.61	DeAndre Jones, LgBch
10.62, 10.4	Darren Turner, LgBch
10.4	Clifton Quarrie, Pasadena
10.4w	Eric Decatur, C. Costa

National Leaders:

10.32	Ollie Anderson, Pratt, KS.
10.2	Harrison

### 200 Meters

JC/CC Record: 20.10

20.5	Jerome Harrison, Pasad
20.76	Kelvin Jackson, LgBch
20.80	Mike Turner, Pasadena
20.87w, 21.28	Eric Decatur, C. Costa
21.03w, 21.22	John Johnson, Delta
21.06w, 21.37	Lyle Jackson, Sac.
21.12	Frank Robinson, LA Vy.
21.16	Alfred Miller, Mt.Sac.

National Leaders:

20.5	Harrison
20.76	Jackson

### 400 Meters

JC/CC Record: 45.2

45.48	Mike Turner, Pasadena
46.02	Frank Robinson, LA Vy.
46.35	Dwayne Biggers, El Camin.
46.6	Rufus Jackson, Pasadena
46.78	Leonard Graham, Pasad.
46.86	Rod Green, Mt.Sac.
47.04	Greg Peppers, LgBch
47.26	Vincent Bostic, Pasadena
47.27	Rich McColley, M. Costa
47.31	George McKenley, Merrill
47.34	Chris Harper, Shasta
47.3	Kevin Flint, Glendale

47.48	Eric Decatur, C. Costa
47.54	Greg Washington, LgBch
47.4	Keith James, Mt.Sac.
47.6	Ken Fisk, LgBch
47.8	Sandy Chapman, Mt.Sac.
47.8	Kevin Stockdale, Los Med.

National Leader:

45.48	Turner
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### 800 Meters

JC/CC Record: 1:45.7

1:47.0	Sandy Chapman, Mt.Sac
1:47.30	Jack Preijers, El Camino
1:49.83	Howard Gardner, West LA
1:50.81	Glenn Cunningham, Mt.Sac
1:51.21	Eric Behring, Fullerton
1:51.3	Bob Ingram, West Vy
1:51.72	Chuck Franks, LgBch
1:51.76	Donald Dixon, Mt.Sac
1:51.82	Darryl Richie, LgBch
1:52.4	Paul Carrozza, Butte
1:52.4	Roger Solar, Hancock
1:52.5	Willie Cage, San Fran
1:52.94	Johnnie Langerston, Merrill

National Leader:

1:47.0	Chapman
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### 1500 Meters

JC/CC Record: 3:41.6

3:45.89	Mark Ruelas, Citrus
3:47.0	Bob Ingram, West Vy.
3:47.43	Andrew Diconti, Glendale
3:48.96	Sandy Chapman, Mt.Sac
3:49.86	Roger Soler, Hancock
3:49.9	Bob Leetch, El Camino
3:50.87	Cesario Marquez, LgBch
3:51.7	Paul Carrozza, Butte
3:51.82	Steve Uchytill, Orange Cst
3:52.2	Chris Romero, Diablo Vy
3:52.2	David Lehman, Kings Riv
3:52.42	Jack Preijers, El Camino
3:52.16	Hector Romero, Oxnard
3:54.0	Jeff Nelson, Glendale

National Leader:

3:45.89	Ruelas
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### 3000 Meter Steeplechase

JC/CC Record: 8:38.80; Calif.: 8:47.0

8:55.7	Bob Ingram, West Vy
9:09.2	Danny Martinez, Pasadena
9:16.4	German Aranda, Hancock

9:17.3	Eric Rutherford, Grossmt
9:17.6	Ray Webb, Bakersfield
9:18.5	Mike Carlton, Citrus
9:19.9	Glenn Lee, LgBch
9:21.4	David Powell, Merritt
9:23.6	Jesse Torres, San Jose
9:26.6	Dan Clarke, Butte
9:28.8	Kirk Dye, Marin
9:28.9	Ray Webb, Bakersfield

National Leader:

8:55.7	Ingram
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### 5000 Meters

JC/CC Record: 13:56.8; Calif. 14:00.5

13:59.20	Mark Ruelas, Citrus
14:34.90	Rich Brown, LA Valley
14:35.6	Mike Serna, Orange Coast
14:36.2	Dan Gonzales, Foothill
14:36.7	Sean Evans, Grossmont
14:37.2	Norm Steeg, LA Valley
14:37.4	Dan Martinez, Pasadena
14:38.0	Tyrus Deminter, LgBch
14:38.2	Roger Soler, Hancock
14:39.7	Cesario Marquez, LgBch
14:40.6	Jesse Torrez, San Jose
14:41.3	Eddie Fuel, West Valley
14:42.4	Jeff Woodland, San Diego
14:42.5	John Lee, Fullerton
14:44.0	Nelson Bernal, West Vy

National Leader:

13:59.20	Ruelas (CA. CC Record)
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### 10,000 Meters

JC/CC Record: 29:03.0

30:02.5	German Aranda, Hancock
30:03.5	Sean Evans, Grossmont
30:20.8	Danny Martinez, Pasadena
30:25.8	Dan Gonzalez, Foothill
30:27.5	Jeff Woodland, San Diego
30:34.5	Brian Harold, Orange Cst
30:34.9	Jesse Torrez, San Jose
30:39.6	Mike Warr, American Riv
30:43.2	Chris Brenneman, LA Vy
30:51.6	Tom McKeown, Cuesta
30:52.0	John Lee, Fullerton
30:54.2	Nelson Bernal, West Vy
31:09.3	Scott Thornton, Fresno
31:10.9	Tyrus Dementer, LgBch
31:18.0	Ted Franse, San Joaquin D

National Leader:

30:02.5	Aranda
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### Decathlon

JC/CC Record: 8230

7144	Darran Hall, Shasta
7091	Steve Odgers, Orange Cst
7008	Mark Sanders, Ventura
6922	Joe Hicks, Hartnell
6904	Bart Goodell, Redwoods
6789	Marty Cowan, Cerritos
6756	Marc Hazel, West Vy
6749	Jon Gold, Mt.Sac
6709	Jeff Dodd, Santa Barbara
6696	John Pauley, Skyline
6604	Todd Funk, San Bernardino
6579	Vince Adkins, Southwestern
6546	Rob Bergbower, San Jose
6431	Clint Hunt, Bakersfield
6395	John Wotawa, Yuba
6374	Scott Martin, Shasta
6341	Jay Gonzales, San Diego
6308	Todd Devlin, De Anza
6259	Dion Giuliano, Glendale
6205	Matt O'Donnell, Mt.Sac

National Leader:

7814	Conny Silver, Ricks, ID
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### 400 Meter Relay

JC/CC Record: 39.55

39.82	Long Beach CC
39.89	Pasadena CC
40.64	Bakersfield
40.66	Mt.San Antonio
40.68	Sacramento CC
40.93	El Camino
41.13	Contra Costa
41.22	Los Angeles CC
41.31	Merritt
41.42	San Diego Mesa
41.47	Citrus
41.62	Fullerton
41.66	Antelope Valley
41.66	Hartnell

National Leader:

39.82	Long Beach CC
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### 1600 Meter Relay

JC/CC Record: 3:06.81  
Mile Relay: 3:07.07

3:07.17y	Pasadena CC
3:06.78m	Long Beach CC
3:07.00m	Mt.San Antonio
3:10.49y	El Camino
3:11.97y	Glendale



3:10.9m	Merritt
3:11.6m	San Jose CC
3:12.1m	Los Medanos
3:13.4y	Palomar
3:12.6m	Contra Costa
3:13.3m	Sacramento CC
3:14.80y	Bakersfield
3:14.5m	CC S.Franisco
3:15.05m	San Bernardino
3:16.27y	Los Angeles CC
3:16.39y	Fullerton
National Leader:	
3:07.17y	Pasadena
3:06.16m	

24-4	Gary McCullough,LgBch
24-3 1/4	Tracy Mitchell,Saddlebk
24-2 1/4w	Gerald Nails,Merritt
24-0 3/4w	Chuck Dounley,Shasta
24-0w	Eric Wright,Chabot
23-11w	David Carr,Mt.Sac
23-11w	Chris Logan,Antelope Vy
National Leader:	
25-11 1/2	Smith

### Triple Jump

JC/CC Record: 52-9

54-3 1/4	Byron Criddle,C.Costa
52-7 1/2	Oscar Harris,LgBch
51-4	Jerome Hendrix,El Ca.
51-2 1/2	Jose Salazar,LgBch
50-11 1/2	Willie Williams,Mt.Sac
50-6 1/2	Danyel Kelley,Pasadena
50-4	Darryl Taylor,LA City
49-10 1/4w	Burian Hill,LA Southwest
49-10 1/4	Victor Torres,San Jose
49-8 3/4w	Kevin Dye,American River
49-8w	Anthony Trammell,Merritt
49-2 1/2	Alton Henley,Bakersfield
49-1	David Carr,Mt.Sac
48-9w	Wendell Slider,Cosumnes
48-7 1/4	Cedric Merrick,LgBch
48-7	Jeff Thomas,C.Costa
National Leader:	
54-3 1/4	Criddle

National JC & CA.CC Record

### 110 Meter High Hurdles

JC Best: 13.45 FAT  
JC/CC Record: 13.7 Hand

13.75	Albert Lane,Bakersfield
13.77	John Johnson,Delta
13.9w	Ben Robinson,San Jose 14.1
13.8w	David Ashford,Saddleback 14.0
14.07	Byron Bolton,Sacramento
13.9	Fred Smith,Palomar
14.19w	Joe Hicks,Hartnell 14.37
14.23	Mark Wilson,Santa Monica
14.40	Derek Ware,Pasadena
14.41	Gary Lee,LgBch
14.43	Ed Riley,LgBch
National Leader:	
13.75	Lane

### Shot Put

JC Best: 70- 1/2  
JC /CC Record: 82-10; Calif.:82-5 1/4

85-3 1/2	Hank Kraychir,LgBch
80-11	Jeff Voorhees,Santa Rosa
80-11	Cameron Baxter,Cos.River
80-11	Andy Gillam,Santa Rosa
80-11	Jim Spillers,Mt.Sac
80-11	Pat Neal,Taft
80-11	Curt Thomas,Citrus
80-11	Greg Glicker,Orange Cst
80-11	Jack Cremen,Skyline
80-11	Luke Jones,Santa Rosa
80-11	Fran Ogbogu,Mt.Sac
80-11	Jack Bron,Mt.Sac
80-11	Clark Davidson,Los Med.
80-11	Mike Sansome,DeAnza
National Leader:	
85-3 1/2	Kraychir

(National JC & CA.CC Record)

### 400m Intermediates

JC/CC Record:49.47

49:88	Greg Johnson,Mt.Sac
51:10	Michael Chukes,San Jose
51:20	Leonard Robinson,S.Jose
51:34	Ken Fisk,LgBch
51:49	Ron Seanez,Gavilan
51:77	Ed Riley,LgBch
51:91	Bruce Mitchell,Pasadena
52:00	Ramon Binns,LgBch
52:10	Kevin Kellum,S.Bernadino
52:30	David Ashford,Saddleback
52:3	Ed Cooper,El Camino
52:77	John Ayres,C.Costa
National Leader:	
49:88	Johnson

### Discus

JC /CC Record: 194-10

183-9	Hank Kraychir,LgBch
176-3	John Garvey,Skyline
171-0	Jeff Voorhees,Santa Rosa
170-2	Kevin Jefferies,Glendale
168-8	Curt Thomas,Citrus
168-4	Jim Thiss,San Diego Mesa
167-1	Rick Wyers,Foothill
166-11	Phil Cookson,Grossmont
166-9	Matt Gallo,Modesto
166-6	Steve Struble,De Anza
165-6	Steve Colvin,Skyline
165-2	Dave Nagengast,West Vy
161-2	Cameron Baxter,Cos.River
160-3	Mike Fleming,Foothill
159-7	Fran Ogbogu,Mt.Sac
National Leader:	
183-9	Kraychir

### High Jump

JC/CC Record: 7-5 1/4

7-4	Chris Bonner,Pasadena
7-2 1/2	Greg Denby,LA Southwest
7- 1/4	Barry Uzzell,Merced
7-0	John Landon,LgBch
7-0	Ron Raymond,Sac.
7-0	Doug Williams,Sac.
6-11 1/2	Eric Woodard,Cosumnes
6-11 1/4	Joe Hicks,Hartnell
6-10 3/4	Ron Kamaka,Santa Rosa
6-10 1/4	Dean Young,El Camino
National Leader:	
7-4	Bonner

### Hammer Throw

JC/CC Record: 187-11

177-7	Cameron Baxter,Cos.River
172-11	Jim Thiss,San Diego Mesa
168-8	Machan Littleton,Fresno
167-6	Eric Roth,Bakersfield
159-7 1/2	Scott Rohovil,Chabot
156-8	Morris Kyle,Fresno
155-9	Rob Missio,LgBch
155-4	Curt Thomas,Citrus
150-9	Brian Christensen,Cos.R.
149-3	Bo Cupp,Chabot
147-6	Cal Witcher,Cos.River
144-4	Tom Hancock,Fresno
142-8	Kent Kading,Amer.River
137-10	A.Graves,Modesto
137-7	Ed Holz,Fresno
National Leader:	
195-6	Lonnarl Bodoff,Ricks,ID

(National JC Record)

### Pole Vault

JC/CC Record: 17-4

17-6	Ralph Preiman,Foothill
17-0	Steve Tully,LgBch
16-3	Don Jackson,Pasadena
16-0	Tobie Hatfield,Mt.Sac
15-9	Greg Ellis,San Mateo
15-9	Bill Malins,Mt.Sac
15-6	Willie Thoms,Glendale
15-6	Clint Hunt,Bakersfield
15-4	Mark Anderson,West Vy
15-3	G.Hassapakis,Modesto
15-3	Wade Nichols,American R
15-2	Dion Giuliano,Glendale
National Leader:	
17-6	Preiman

(National JC & CA.CC Record)

### Long Jump

JC Best:26-5;  
JC /CC Record: 28-2 1/4

25-11 1/2	Ken Smith,Foothill
25-1 1/4w	Bob Rust,LgBch 25-1
24-5 1/4w	Ron Rivers, LgBch
24-5w	Darryl Taylor,LA City

### Javelin Throw

JC/CC Record: 273-0; Calif.: 267-10

231-8	Steve Tully,LgBch
24-1	Dave Stevens,Butte
223-6	Mark Richardson,Bakersfd
216-2	Mike Parker,Bakersfield
214-5	Horst Klotzer,Cypress
214-4	Clark Davidson,Los Med.
212-6	Curt Thomas,Citrus
210-9	Kevin Jefferies,Glendale
210-3	Len Gant,Taft
205-10	Mike Young,Grossmont
National Leader:	
253-3	Juan de la Garza,TX.

### 1500 Meters

JC/CC Record: 4:06.5, CA.:4:18.0

4:33.4	Jeanette Allred,Am.River
4:33.7	Rene Wyckoff,Sequoias
4:36.4	Sheila Rogers,Butte
4:37.02	Diane Harrell,El Camino
4:37.3	Monika Zieschang,SMateo
4:37.45	Lynn Hill,Santa Monica
4:38.08	Laurie Meighan,El Camino
4:38.1	Bonnie Dwyer,S.Franisco
4:39.06	Lorraine Mercado,Ventura
4:39.58	Erin Sherman,El Camino
4:39.7	Polly Wright,C.Costa
4:40.14	Julie Hawkes,MiraCosta
4:40.75	Barbie Ludovise,Org.Cst
4:41.14	Renee Williams,El Camino
4:41.5	Peggy Smythe,Santa Rosa
4:41.86	Carol Werner,Santa Barb
4:42.53	Laura Miller,LA Pierce
4:43.5	Linda Spaargaren,Skyline
4:43.7	Laura Crisp,Modesto
National Leader:	
4:33.4	Allred

## Women

### 100 Meters

JC/CC Record: 11.56

11.52	Ada Hay,Santa Monica
11.5w,11.8	Faith Burleson,Sac.
11.83	Gwen Gardner,West LA
11.99w	Ronda Robinson, San Mat. 11.8
12.02w	Shiri Milton,Sac. 12.6
12.05	Stephanie Brown,Citrus
12.11	Aladrian Hunter,West LA
12.16	Brenda Winston,S.Berndo
12.20	Katie Gaston,SD Mesa
12.22	Chris Cooksey,S.Diego CC
12.0	Elsa Antunis,Santa Mon.
12.28w	Cynthia Miller,C.Costa
12.1	Roiianne Byrd,Ohlone
National Leader:	
11.52	Hay

National JC & CA.CC Record

### 200 Meters

JC/CC Record: 23.49

23.64w	Ada Hay,S.Monica 23.77
23.69	Gwen Gardner,West LA
24.28	Faith Burleson,Sac
24.33w	Ronda Robinson,San Mat. 24.7
24.62	Stephanie Brown,Citrus
24.64w	Terry Brown,Citrus 24.96
24.71w	Shiri Milton,Sac 24.82
24.86	Elsa Antunez,S.Monica
24.91	Kathie Gaston,SD Mesa
24.91	Carla Kendrix,Ohlone
24.98w	Lori Robbins,Mt.Sac
25.14	Teresa Hardy,C.Costa
25.17	Debra Johnson,Southwest
25.22	Cheryl Griffin,Cosumnes
25.32	Brenda Bertillion,Chabot
25.1	Donna Rowe,West LA
National Leader:	
23.69	Gardner

### 400 Meters

JC/CC Record: 52.62

52.68	Gwen Gardner,West LA
55.29	Elsa Antunez,S.Monica
55.65	Cheryl Griffin,Cosumnes
55.93	Cathie Wilson,Bakersfield
56.05	Debra Johnson,LA Southw
56.19	Tressie Gibbs,El Camino
56.35	Carla Kendrix,Ohlone
56.89	Terry Brown,Citrus
56.99	Joann Poggi,Sierra
57.26	Sarah Scott,Cerritos
National Leader:	
52.68	Gardner

### 800 Meters

JC/CC Record: 2:01.99

2:10.99	Tressie Gibbs,El Camino
2:11.19	Kathy Douglas,C.Costa
2:13.38	Julie Hawks,Miracosta
2:13.76	Diane Harrell,El Camino
2:13.78	Laura Miller,LA Pierce
2:13.80	Kelly Ringer,Orange Cst
2:14.21	Linda Spaargaren,Skyline
2:14.33	Sheila Rogers,Butte
2:15.19	Allison Owen,Santa Barb.
2:15.90	Angie Stevens,Orange Cst
2:16.3	Polly Wright,C.Costa
2:16.94	Joan Grass,Santa Ana
2:17.5	Diana David,Butte
2:17.65	Marcy Anonette,Marin
2:17.9	Shirley Agrimson,Sequo
National Leader:	
2:10.46	Debbie Beatty,OH

### 3000 Meters

JC/CC Record: 8:46.6, CA.9:32.02

9:47.41	Rene Wyckoff,Sequoias
9:53.5	Bonnie Dwyer,S.Franisco
9:54.5	Laurie Crisp,Modesto
9:55.6	Peggy Smythe,Santa Rosa
9:57.16	Diane David,Butte
9:58.87	Jeanette Allred,Am.River
9:59.59	Barbie Ludovise,Org.Cst
10:02.24	Lynn Hill,Santa Monica
10:03.75	Renee Hicks,S.Franisco
10:04.43	Renee Williams,El Camino
10:04.56	Erin Sherman,El Camino
10:08.9	Kathy Koudela,De Anza
10:09.9	Sharon Powers,S.Rosa
10:10.0	Jolie Gelegan,Fresno
10:12.6	Sue Zika,Orange Coast
10:18.72	Lorraine Mercado,Ventura
10:19.8	Jeanette Singerland,Am.R.
10:20.3	Sheila Rogers,Butte
National Leader:	
9:47.41	Wyckoff

continued on next page...



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## J.C. Ranking, continued:

### 100 Meter Hurdles

JC/CC Record: 13.72

13.97	Shiri Milton, Sacramento
14.03w	Kellie Gaines, Marin 14.47
14.12w	Madrian Hunter, West LA 14.33
14.2	Rolanne Byrd, Ohlone
14.67	Cynthia Miller, C. Costa
14.81	Kelly Hunt, Delta
14.6	Julie Herron, San Mateo
14.7w	Tawny Singleton, Ventura 15.22
14.97	Shann Kern, Mt. Sac
15.03w	Gail Monger, Cos. River 15.59
14.8w	Sue Deese, Lassen 15.26
15.08	Lynne Wingle, Moorpark
15.12w	Jeanne Sceales, S. Rosa
14.9	Sherri Luttrell, San Mateo

National Leader:

13.89w	Kay Garnett, Bellevue
13.97	Milton

### 400 Meter Hurdles

JC/CC Record: 60.8

62:49	Annie King, SD Mesa
63.31	Sue Deese, Lassen
63.72	Cathy Ledesma, Cerritos
63.90	Emma Gaddis, C. Costa
64.01	Susie Tasso, Glendale
64.26	Sue Patterson, LA Vy
64.29	Brenda Bertillion, Chabot
64.37	Missy Moses, American R
64.49	Bobbie Rossie, Hancock
64.4	Angela Paradise, Cabrillo
64.84	Kelly Hunt, Delta
65.06	Shann Kern, Mt. Sac
65.0	Tawny Singleton, Ventura

National Leader:

62.49	King
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### High Jump

JC/CC Record: 6-0

5-8	Babs Gilmore, Sacramento
5-8	Deon Villa, Cerritos
5-6	Angela Phifer, San Jose
5-6	Genny Gold, Napa
5-6	Deanne Malvino, S. Rosa
5-6	Deanna Johnson, Grossmt
5-6	Sue Patterson, LA Vy
5-6	Jacki Walker, DeAnza
5-4 1/2	Rhonda Whitlow, MiraCsta
5-4	Lis Stary, Long Beach
5-4	Kim Walker, Chabot
5-4	Brenda Bertillion, Chabot
5-4	Lori Costello, Pasadena
5-4	Teresa Misso, Modesto
5-4	Von Essen, Ventura

National Leader:

5-8	Gilmore and Villa
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### Long Jump

JC/CC Record: 20-5 1/2

19-10 3/4 w	Shiri Milton, Sac 19-7
19-5 1/4	Norma McClain, S. Bernard 18-10 1/2
19-1 3/4	Stephanie Brown, Citrus
18-10 1/2	Lori Costello, Pasadena
18-10 1/2	Angela Phiffer, San Jose
18-9 3/4	Sabrina Pendleton, SadIBk
18-10 1/4 w	Brenda Bertillion, Chabot 18-6
18-6 1/2	Michelle Hong, Diablo V
18-5 1/4	Gail Monger, Cosumnes
17-11 1/4	Deame Malvino, S. Rosa
17-11	Rene Jackson, Skyline
17-10 1/4 w	Kathy Walker, Porterville
17-7 1/2 w	Ticka Simon, Hartnell
17-7 1/2 w	Carole Stanford, Contra C
17-7	Cathy Ledesma, Cerritos

National Leader:

20- 1/4	Sonja Wortham, Arizona
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### Shot Put

JC/CC Record: 48-11; CA. 45-8

44-3 1/2	Jeanne Gallegos, Los Med
42-3	Celeste Carrington, Cerrito

42-1 Jill Schultz, Yuba

41-10 1/2	Kim Childress, El Camino
41-5	Lynette Colter, Santa Rosa
41-4	DeAnn Phillips, Am. River
41-4	Diana Ramirez, San Jose
40-9 3/4	Caryn Edmonston, S. Jose
40-8	Liz Mueller, Palomar
40-2 3/4	Michelle Neely, Solano

National Leader:

47-11 1/2	Mary Ann Barry, Arizona
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### Discus Throw

JC/CC Record: 171; CA. 146-5

141-5	Karen Woodbeck, De Anza
141-2	Karen Moore, Marin
139-8	Jill Schulz, Yuba
138-2	Liz Mueller, Palomar
134-9	Jac Bergman, De Anza
134-7	Kristie Hiatt, Miracosta
131-8	Lori Mize, Delta
131-0	Janine Tribolet, Saddlebk
130-8	Tawny Singleton, Ventura
130-1	Brenda Westbrook, C. Cost

National Leader:

159-2	Becky Levi, Arizona
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### Javelin Throw

JC/CC Record: 167-6

173-6	Barbara Moro, Fullerton
173-3	Liz Mueller, Palomar
145-10	Kim Warner, Grossmont
132-4	Janet Oberg, El Camino
131-9	Ticka Simon, Hartnell
131-5	Kathie Wilson, Bakersfd
130-6	Laura Ybarra, Moorpark
130-2	Sandra Milne, Santa Ana
130-0	Xena Kistler, Ventura
129-7	Carie Mullins, Skyline
129-2	Tawny Singleton, Ventura
127-4	Stacy Solomon, LA Southw
126-4	Renee Funk, Fresno
125-4	Nancy Alvarez, Foothill
124-2	Maureen Robinson, Citrus
124-1	Judith Bodner, Saddlebk

National Leader:

173-6	Moro
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National JC & CA. CC Record

### 400 Meter Relay

JC/CC Record: 46.06y

46.96	Sacramento CC
47.00	Citrus
47.24	Santa Monica
47.49	San Bernardino
47.9	West LA
48.11	Cerritos
48.59	San Diego CC
48.73	San Mateo
48.74	El Camino
49.17	LA Valley
49.19	Contra Costa
49.19	SJ Delta
49.1	LA Southwest
49.29	Bakersfield
49.2	American River
49.41	Fresno
49.61	Ventura

National Leader:

46.96	Sacramento
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### 1600 Meter Relay

JC/CC Record: 3:46.30

Mile Relay: 3:49.73

3:46.42	Sacramento CC
3:46.64m	Cerritos
3:49.8m	West LA
3:53.64y	Bakersfield
3:54.3m	El Camino
3:58.25y	LA Valley
3:57.2m	Contra Costa
3:58.0m	Hartnell
3:59.16y	SD Mesa
3:58.5m	Sierra
4:00.5m	San Mateo
4:00.6m	Butte
4:01.86y	Pasadena
4:01.0m	Saddleback
4:02.6y	LA Southwest
4:02.8m	MiraCosta

National Leader:

3:46.42	Sacramento
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