

# Long Beach Relays

## March 2. C/S Long Beach.

### UNIV./OPEN WOMEN

**3000 Meters:** 1. Angela Ward (SMTC) 10:14.19, 2. Kim DiFilippo (Unat.) 10:35.51, 3. Rachel Muir (Ventura YMCA TC) 10:44.92.

**400m Relay:** 1. Coast Athletics 48.29, 2. El Camino 48.77, 3. Cal Poly Pomona 50.22.

**Distance Medley:** 1. UCLA 11:56.29, 2. Cal Poly Pomona 12:10.95, 3. CS Fullerton 12:43.63.

**Sprint Medley:** 1. Coast Athletics 1:45.35, 2. El Camino 1:53.10, 3. CS Northridge 1:58.72.

**Two Mile Relay:** 1. Coast Athletics 9:29.01, 2. UCLA 9:32.64, 3. LA Mercurettes 9:39.22.

**880 Relay:** 1. Coast Athletics 1:41.95, 2. CS Northridge 1:51.45, 3. Cal Poly Pomona 1:53.38.

**Mile Relay:** 1. LA Mercurettes 3:59.28, 2. CSU Long Beach 4:14.09.

**4 Mile Relay:** 1. UCLA 21:15.32, 2. CSU Northridge 21:29.34.

**Discus:** 1. Toni Lutjens (UCLA) 175-8, 2. Jackie Norton (CstAth) 169-7, 3. Kris Larson (UCLA) 161-7.

**High Jump:** 1. Janette Nicholls (Unat.) 5-8, 2. Rena Wright (CS Dominguez Hills) 5-2, 3. Valerie Holquin (UC Riverside) 5-0.

**Triple Jump:** 1. Carolyn Norman (UCLA) 38-1½, 2. Renita Robinson (EICamino) 37-2, 3. Angela McKnight (El Camino) 36-8¼.

**Shot Put:** 1. Jackie Norton (CstAth) 50-5¼, 2. Kris Larson (UCLA) 44-6¼, 3. Toni Lutjens (UCLA) 42-11¼.

**Javelin:** 1. Debbie Williams (CstAth) 158-2, 2. Sandra Milne (CP Pomona) 131-3, 3. Lori Smith (CstAth) 124-9.

**Long Jump:** 1. Lori Smith (CstAth) 19-2, 2. Deanna Choice (WC TC) 18-5, 3. Katherine Williams (CstAth) 17-11½.

### JC WOMEN

**3000 Meters:** 1. Kathy Kiernan (Orange Cst) 10:20.9, 2. Lih Jiau Hendry (College/Desert) 10:35.42, 3. Kellie Miller (Santa Ana) 10:39.70.

**Shuttle Hurdles:** 1. El Camino 1:05.44, 2. Santa Monica 1:09.06, 3. Cerritos 1:19.81.

**400m Relay:** 1. Mira Costa 50.66, 2. East LA 50.98, 3. Saddleback 51.26.

**Distance Medley:** 1. Orange Coast 12:26.61, 2. Mira Costa 13:03.0, 3. East LA 13:10.86.

**Sprint Medley:** 1. College/Desert 1:54.55, 2. Santa Monica 1:57.41, 3. Saddleback 2:00.82.

**880 Relay:** 1. East LA 1:51.26, 2. Mira Costa 1:52.25, 3. Fullerton College 1:53.10.

**Two Mile Relay:** 1. Mira Costa 9:57.29, 2. Orange Coast 10:09.92, 3. East LA 10:13.22.

**Javelin:** 1. Gilmer (Orange Cst) 125-2, 2. Audrey Giemba (Glendale Ariz) 118-10, 3. Laurie McPherson (San Diego Mesa) 117-11.

**Long Jump:** 1. Penny Franklin (Golden West) 18-7¼.

**High Jump:** 1. Patricia Blackwell (Santa Monica) 5-6, 2. Hana Novak (Santa Monica) 5-2, 3. Laurie Michelson (Glendale Ariz) 5-2.

**Discus:** 1. Marybeth Weaver (Glendale Ariz) 133-8, 2. Michelle Bryant (San Diego Mesa) 121-9, 3. Chris Barboza (Glendale) 121-8.

**Triple Jump:** 1. Annette Normandeau (Fullerton) 32-9, 2. Colleen Dorsey (Fullerton) 31-0¼, 3. Audra Blackledge (Grossmont) 30-8½.

**Shot Put:** 1. Shawn Roy (Santa Monica) 39-7, 2. Marybeth Weaver (Glendale Ariz) 39-0½, 3. Cheryl Valdivia (Santa Monica) 37-3¼.

### UNIV./OPEN MEN

**10,000 Meters:** 1. Marco Ochoa (Unat.) 31:31.8, 2. Mark Stanforth (UC San Diego)

31:32.7, 3. Bob Badgett (CP Pomona) 32:36.4.

**Steeplechase:** 1. Ken Arriola (CS Long Beach) 9:36.99, 2. Chris Thomas (UC San Diego) 9:37.16, 3. Cal Linam (CS Long Beach) 9:40.97.

**Shuttle Hurdles:** 1. UCLA 59.80, 2. CS Northridge 1:03.84.

**400m Relay:** 1. UCLA 41.28, 2. CS Dominguez Hills 42.08, 3. Cal Poly Pomona 42.29.

**Distance Medley:** 1. UCLA 10:06.82, 2. CP Pomona 10:08.49, 3. CS Los Angeles 10:38.95.

**Sprint Medley:** 1. UCLA 3:22.24, 2. CS Los Angeles 3:24.77, 3. CS Long Beach 3:31.58.

**Two Mile Relay:** 1. Santa Monica TC 7:41.43, 2. USC 8:03.34.

**880 Relay:** 1. Muzik Int TC 1:27.54, 2. UCLA 1:29.68, 3. San Diego Mesa 1:30.05.

**4 Mile Relay:** 1. UCLA A 17:07.4, 2. CS Long Beach 17:20.8, 3. Westwood TC 17:21.7.

**Mile Relay:** 1. UCLA 3:15.1, 2. UCLA B 3:18.15, 3. Santa Monica TC A 3:20.00.

**5000 Meters:** 1. Alphonse Swail (Unat.) 14:22.71, 2. Brad Jensen (Unat.) 14:32.35, 3. Chuck DeGarmo (Unat.) 14:44.00.

**Discus:** 1. Scott Eriksson (Unat) 185-4, 2. Gary Williky (Maccabi) 184-10, 3. Chris Sweeney (Westwood TC) 173-2.

**Shot Put:** 1. Hank Kraychir (Unat) 63-5¼, 2. John Frazier (UCLA) 61-9, 3. Gary Williky (Maccabi) 61-7.

**Hammer:** 1. Dellan Hegarty (Unat.) 216-6, 2. John Frazier (UCLA) 183-0, 3. Ed Arcaro (All-American TC) 180-3.

**Javelin:** 1. David Stephens (CstAth) 242-9, 2. Dan O'Donnell (Unat.) 238-11, 3. Muhammad Rashid (Pakistan) 235-0.

**Pole Vault:** 1. Lynn Dobosy (AIA) 14-6, 2. (tie) Tom Kim (UC San Diego) and Muhammad Aslam (Pakistan) 14-6.

**High Jump:** 1. Dennis Lewis (Unat.) 7-5, 2. Brian Stanton (Unat.) 7-2, 3. John Valentine (All-Amer TC) 7-0.

**Long Jump:** 1. Mike Powell (Unat.) 25-9, 2. Tyrus Jefferson (Unat.) 25-0½, 3. Tim Pinnick (US Army) 24-6.

**Triple Jump:** 1. Ralph Mitton (Unat.) 49-0¼, 2. Andre Cobbs (CSLA) 48-2¼, 3. Mike Grissett (CS Long Beach) 47-7¼.

### JR. COLLEGE MEN

**10,000 Meters:** 1. Pat Green (San Diego Mesa) 31:21.4, 2. Rob Arsenaault (Santa Ana) 31:44.5, 3. Maurilio Rodriguez (Riverside) 32:46.1.

**Steeplechase:** 1. Mitch Eddy (Santa Ana) 9:33.61, 2. John Forstie (Riverside) 9:46.74, 3. Mike Coe (Orange Cst) 9:54.3.

**Shuttle Hurdles:** 1. Fullerton College 1:06.69, 2. Orange Coast 1:07.00, 3. Cerritos 1:11.99.

**400m Relay:** 1. Central Arizona 40.57, 2. Compton 43.32, 3. Glendale 41.71.

**Distance Medley:** 1. Central Arizona 10:20.87, 2. Santa Ana 10:24.1, 3. Glendale 10:34.39.

**Sprint Medley:** 1. Riverside City 3:38.69, 2. Cerritos 3:39.64, 3. San Bernardino 3:39.14.

**Two Mile Relay:** 1. Long Beach CC 7:56.31, 2. Glendale 8:03.60, 3. Fullerton 8:16.51.

**880 Relay:** 1. Central Arizona 1:25.69, 2. Santa Ana 1:29.61, 3. Glendale 1:27.94.

**Mile Relay:** 1. Central Arizona 3:16.96, 2. Riverside 3:29.65, 3. Cerritos 3:26.82.

**4 Mile Relay:** 1. Grossmont 17:39.4, 2. Central Arizona 17:53.1, 3. El Camino 17:58.1.

**5000 Meters:** 1. Ramon Acosta (Long Beach) 15:10.51, 2. Mark Leintz (Orange Coast) 15:15.47, 3. Tom Kidwell (Saddleback) 15:25.4.

**Shot Put:** 1. Jantz Fitzgerald (Glendale) 49-6¼, 2. Darren Robuck (Glendale) 49-0½, 3. Steve Prokop (Mt.SAC) 47-2.

**Discus:** 1. Antonio Dobbins (Glendale) 177-11, 2. Joel Brodowski (Golden West) 153-10, 3. Mike McIver (Central Arizona) 151-4.

**Javelin:** 1. Gus Espinosa (Saddleback) 174-4, 2. Chris Kostka (Mt.SAC) 175-1, 3. Kelvin Smith (San Bernardino Valley) 158-4.

**High Jump:** 1. Tyrus Jefferson (Long Beach) 6-10, 2. John Harris (Long Beach) 6-10, 3. Ron Lee (Glendale) 6-8.

**Long Jump:** 1. T. Virgil (Long Beach) 24-6½, 2. Dio Cadogan (Long Beach) 24-5½, 3. Tony Williams (College/Desert) 23-0.

**Triple Jump:** 1. Ken Smith (Cerritos) 46-3½, 2. Mark Willis (El Camino) 44-6, 3. Dexter Miles (Santa Ana) 44-2¾.

**Pole Vault:** 1. Jeff Mulligan (Long Beach) 14-6, 2. Wainscoat (Orange Coast) 13-6, 3. Ron Shalvis (MLSAC) 13-6.