

# METRO CONFERENCE

## 3000m STEEPLECHASE

1977	--- Moriarty, LA Valley	9:41.1	Steve Brumwell, LA Valley 9:50.6	Bert Proust, LBCC 9:50.6	--- Triplett, LBCC 10:01.6	--- Davis, LBCC	--- Vega, Bakersfield
1978	Steve Brumwell, LA Valley	9:30.0	Angel Carrillo, Bakersfield 9:33.4				
1979	Carmello Rios, LBCC	9:27.3					