

METRO CONFERENCE

MILE

1948	Bob McMillen, Glendale	4:23.6	Don Crie, San Diego	Cruz Ybenez, Bakersfield	Jim Rainery, SMCC	Ted Breeden, Glendale	
1949	Don Crie, SDCC	4:41.2	Wesley Butler, East LA	Bob Krauch, SMCC	Steve Castrellon, East LA	Bill Coulter, SMCC	
1950	Jim Smith, LA Valley	4:31.1	Gil Hinzo, Bakersfield	Sergio Gallego, East LA	Steve Castrellon, East LA	----- Cosby, SMCC	
1951	Jim Smith, LA Valley	4:29.8	Dick Johnson, LBCC	Dave Hotchkin, SMCC	Wayne Piercy, LBCC	Fernando Gasporra, East LA	
1952	Mal Robertson, SMCC	4:33.3	Tom Ferreira, LBCC	Dave Hotchkin, SMCC	----- Crossley, SMCC	Ruben Ortega, East LA	
1953	Joe Leach, LA Valley	4:32.1	Paul Black, El Camino	Dale Brooks, SMCC	Charles Norman, Bakersfield	Dale Smith, LA Valley	
1954	Joe Leach, LA Valley	4:27.8	Bill Collins, LA Valley	Jack Schroeder, LA Valley	----- Valencia, East LA	Dick Swallow, SMCC	
1955	Jack Schroeder, LA Valley	4:25.3	Ron Eckles, LBCC	Henry Kawamoto, East LA 4:34.0	Allen Peterson, LA Valley	----- McGill, SMCC	Raymond Meza, East LA
1956	Ernie Krauss, SMCC	4:25.9	Ken Napier, Bakersfield	----- Moen, East LA	Charles Davis, El Camino	Bob Hagerty, LA Valley	Tom Green, LBCC
1957	Miles Eisenman, Bakersfield	4:28.1	Ernie Strauss, SMCC	Noel Trout, SMCC	Jim Bevins, El Camino	John Bishop, LBCC	Jerry Vinson, LA Valley
1958	Tony Susec, SDCC	4:24.0	Miles Eisenman, Bakersfield 4:25.8	Jim Bevins, El Camino	Martin Hoxworth, LA Harbor	Dex Gillis, LBCC	----- Murphy, SMCC
1959	Neville Shaw, Bakersfield	4:20.2	Al Guzman, LBCC 4:25.4	Roger Lawson, El Camino	Angelo Corallis, LA Valley	Jesse Hernandez, Bakersfield	Tom Dilday, LA Harbor
1960	Leland Sheppard, Bakersfield	4:21.3	Dennis Haserot, East LA	Gary Lovejoy, LBCC 4:21.6	Roger Lawson, El Camino	Furman Marsh, El Camino	Horace Whitehead, East LA
1961	Steve Matthews, LA Valley	4:18.2	John Halton, Bakersfield 4:18.5	Dennis Hansen, El Camino 4:23.2	Craig Stanman, LA Valley 4:26.0	John Petersen, El Camino 4:26.6	Leroy Dansby, Bakersfield 4:28.2
1962	Mike Thornton, El Camino	4:08.4	Dick Krenzer, LA Valley 4:14.8	Chick Fero, Bakersfield	David Hayes, Bakersfield	John Petersen, El Camino	Dick Fernandez, El Camino
1963	Sterling Jenkins, SDCC	4:07.7	Dick Krenzer, LA Valley 4:08.0	Jim Peeso, Cerritos 4:17.6	Bob Goodson, LBCC 4:19.2	Jim Mason, Cerritos 4:20.4	NOTE: National record, old mark 4:08.4, Mike Thornton, El Camino, 1962
1964	Bob Goodson, LBCC	4:11.2	Clem Smith, East LA 4:12.3	Wes Rizer, El Camino 4:12.9	Bill Trujillo, SDCC 4:17.4	Dwight Walsh, SMCC 4:17.7	Don McCarthy, SMCC 4:21.3
1965	Steve Dunlap, El Camino	4:14.6	Clem Woolridge, East LA 4:14.7	Mike Seamans, Cerritos 4:19.2	Eddie Peraza, East LA 4:19.3	Roger Fassett, LBCC 4:24.5	Woddy Williams, El Camino 4:27.9
1966	Paul Robison, SMCC	4:19.5	Gary Blackman, Bakersfield 4:20.5	Dennis Tuckosh, East LA 4:20.6	Steve Dunlap, El Camino 4:22.1	David Kuester, Cerritos 4:24.6	Roger Fassett, LBCC 4:26.2
1967	Paul Robison, SMCC	4:11.5	Dale Millette, LBCC 4:12.8	Ole Oleson, SMCC 4:14.7	John Lopez, Bakersfield 4:14.8	Chip Minnick, Cerritos 4:15.1	Craig Conaway, Cerritos 4:20.3
1968	Chip Minnick, Cerritos	4:12.1	Hartzell Alpizar, LBCC 4:12.6	George Payan, Rio Hondo 4:15.3	John Lopez, Bakersfield 4:15.6	Frank Rodriguez, Bakersfield 4:15.6	Craig Conaway, Cerritos 4:30.0
1969	Jim Estes, LA Valley	4:08.9	Scott Chisam, Pasadena 4:10.2	Mike Wagenback, LA Valley 4:10.6	----- Moltring, SMCC 4:10.8	Rick Hitchcock, Bakersfield 4:11.4	Nick Rosner, Pasadena 4:12.8
1970	Rick Hitchcock, Bakersfield	4:11.0	Maury Greer, LBCC 4:12.0	Nick Rosner, Pasadena 4:12.2	Mike Ritchie, El Camino 4:13.7	Don Penman, LA Pierce 4:15.2	Jim Cross, Bakersfield 4:16.0
1971	Manuel Greene, LA Valley	4:13.2	Glenn Harmatz, LBCC 4:13.9	Jeff Clenard, LA Valley 4:14.5	Don Penman, LA Pierce 4:15.3	Ted Davis, LA Pierce 4:15.9	Glenn Rouse, LBCC 4:16.9
1972	Ed Granillo, Bakersfield	4:10.5	John Loomis, LA Valley 4:14.2	Lew Patterson, El Camino 4:14.2	Bob Pino, SMCC 4:17.2	Danny Villalobos, Bakersfield 4:19.1	David Salcido, Bakersfield

1973	Jim Chaffin, LBCC	4:19.8	John Loomis, LA Valley 4:22.3	Tony Cherbak, El Camino 4:23.7	Ken Souza, El Camino 4:23.8	David Salcido, Bakersfield 4:25.4	Larry Linderman, LBCC 4:29.6
1974	Mike Avrea, El Camino	4:09.0	Harold Marshall, El Camino 4:09.1	Dan LaGorio, LA Pierce 4:12.5	Sergio Rodriguez, Bakersfield 4:17.3	Jerry Alexander, LA Valley 4:19.6	Tim Kirkpatrick, LA Pierce 4:19.7
1975	Dan LaGorio, LA Pierce	4:14.2	Richard Nance, LA Valley 4:14.8	Brian Martinez, LA Pierce 4:16.0	Jim Whitmore, LA Valley 4:16.1	Harold Ketting, El Camino 4:16.7	Mike Vasquez, Bakersfield 4:18.0
1976	Richard Nance, LA Valley	4:15.8	Juan Lucero, Bakersfield 4:16.5	Mike Seeker, Pasadena 4:17.0	Jim Marin, LA Valley 4:20.3	Barry Welsch, LBCC 4:20.4	Gary Brodie, LBCC 4:23.0
1977	Mike Seeker, Pasadena	3:54.4m	Robby Bray, Bakersfield 3:55.7m	John Rouse, Pasadena 3:56.7m	Clark, Cox, LBCC 3:57.2m	---- Hoshizaki, El Camino 3:59.9m	--- Hamm, Pasadena 4:00.4m
1978	Adam Messer, LA Valley	3:54.4m	Art Grasso, El Camino 3:54.5m	Jim Triplett, LBCC 3:55.5m			
1979	Ron Cornell, LBCC	3:54.3m	Bill Laird, LBCC 3:54.6m	Ed Burns, Bakersfield 3:55.6m	Scott Hislop, Bakersfield 3:56.8m	Dean Wilson, LBCC 3:58.0m	