

# PCAA CHAMPIONSHIPS

## 3000m STEEPLECHASE

UPDATED 9/27/2022

1969	Darold Dent, San Jose St.	9:08.2	Mark Gardner, Pacific 9:16.5	Skip Crowley, San Diego St. 9:23.3	John Kajiwara, Fresno St. 9:45.5	Ed Keith, Long Beach St 9:46.0	
1970	Mark Gardner, Pacific	9:29.2	Gary Rezowalli, San Jose St 9:43.1	Mike Cour, San Diego St 9:47.4	Jesse Gomez, Long Beach St 9:56.8	Kent Rezowalli, San Jose St 10:02.5	
1971	Mike Ritchie, Long Beach St	9:12.9	Mike Cour, San Diego St 9:26.8	Bob Wallace, Long Beach St 9:31.4	Gary Rezowalli, San Jose St 9:33.0	Jeff Huber, Long Beach St 9:35.2	
1972	Mike Ritchie, Long Beach St	9:13.2	Scott Schweitzer, CSLA 9:16.4	Mike Cour, San Diego St 9:21.0	Jim Sweeney, Long Beach St 9:25.8	Jeff Huber, Long Beach St 9:27.8	Jeff Berryessa, UCSB 9:32.8
1973	Wayne Hurst, San Jose St	9:13.6	Gary Polhill, Long Beach St 9:16.2	Jim Sweeney, Long Beach St 9:21.6	Mark Dowling, San Diego St 9:24.8	Jeff Huber, Long Beach St 9:24.8	Steve Anderson, San Diego St 9:28.0
1974	Jim Sweeney, Long Beach St	9:12.0	Scott Schweitzer, UCSB 9:19.1	Pat Phelan, Fresno St 9:25.3	Wayne Hurst, San Jose St 9:27.1	Bill Aguayo, Long Beach St 9:32.0	Rudy Krause, San Jose St 9:33.2
1975	Jim Sweeney, Long Beach St	9:03.2	Pat Phelan, Fresno St 9:16.8	Robert Slick, Cal St Fullerton 9:37.8	Barry Martin, Fresno St 9:47.4	Wayne Hurst, San Jose St	
1976	Howard Burgess, Long Beach St	9:07.6	Bryan Foley, Fresno St 9:16.2	Bill Aguayo, Long Beach St 9:46.2	Dean Raymond, Fresno St 9:59.4		
1977	Bill St.John, San Diego St	8:54.4	Mike Kelly, Utah St 8:57.4	George Aguirre, Fresno St 9:03.4	Wayne Hurst, San Jose St 9:13.6	Jack Reime, San Jose St 9:15.8	
1978	Ed Ahlmeyer, UC Irvine	8:44.7	Bill St.John, San Diego St 8:52.96	Mike Kelly, Utah St 8:56.28	Mike LeBold, UCSB 8:59.84	Jack Reime, San Jose St 9:00.45	
1979	Mike Kelly, Utah St	8:53.3	Dave Daniels, UC Irvine 8:59.4	Tarald Lindvigsmoen, Utah St 9:06.5	Jim Triplett, UCSB 9:15.4	George Aguirre, Fresno St 9:28.5	