

PCAA CHAMPIONSHIPS

MILE

UPDATED 9/29/2022

1969	Tim Danielson, San Diego St	4:11.7	Jim Adkins, San Jose St 4:12.8	Bob Messina, San Diego St 4:14.8	Lenny Jay, Long Beach St. 4:17.7	Jim Dowdall, Fresno St 4:20.8	
1970	Bob Messina, San Diego St	4:03.3	Buck Black, San Jose 4:06.4	John Dean, Cal St LA 4:07.8	Frank DeRuyter, Pacific 4:12.8	Tim Danielson, San Diego St 4:14.5	
1971	John Dean, Cal St LA	4:06.3	Buck Black, San Jose St 4:06.9	Mike Wagenbach, Long Beach St 4:07.7	Maury Greer, San Jose St 4:11.3	Jim Dowdall, Fresno St 4:11.6	
1972	John Dean, Cal St LA	4:11.3	Mike Ritchie, Long Beach St 4:11.5	Carl Gans, UCSB 4:12.1	Steve Whittle, San Diego St 4:13.6	Maury Greer, San Jose St 4:14.2	Ben Martinez, Long Beach St 4:14.4
1973	Mark Schilling, San Jose St	4:06.9	John Dean, CSLA 4:07.7	Mike Butler, Long Beach St 4:08.4	Bob Ebert, San Jose St 4:09.9	Dave Garcia, Fresno St 4:09.6	Rick Lord, Pacific 4:11.8
1974	Mark Schilling, San Jose St	4:14.0	Tom Lux, San Diego St 4:15.07	Rich Walker, San Jose St 4:17.09	Randy Lopez, Long Beach St 4:17.9	Gary Polhill, Long Beach St 4:18.0	Henry Tozier, San Diego St
1975	Mark Schilling, San Jose St	3:59.9	Rudy Krause, San Jose St 4:03.7	Earl Robinson, San Diego St 4:04.4	Ken Phelps, Long Beach St 4:06.5	Allen Hazard, San Diego St 4:08.0	

1500 meters

1976	Russ Nahirney, San Jose St	3:49.9	Bryan Foley, Fresno St 3:50.6	Rick Lord, San Diego St 3:51.1	Richard Aguirre, Fresno St 3:51.8	Mike Haniger, San Jose St	
1977	Mark Schilling, San Jose St	3:45.8	Armando Cendejas, Long Beach St 3:46.3	Rich Kimball, San Jose St 3:47.1	Bob Deis, Fresno St 3:47.8	Rudy Krause, Long Beach St 3:48.3	
1978	Steve Scott, UC Irvine	3:43.6	Armando Cedenas, Long Beach St 3:45.1	Stan Ross, San Jose St 3:46.3	Jim Koningh, UC Irvine 3:47.9	Larry Greer, UC Irvine 3:52.1	
1979	Russ Nahirney, San Jose St	3:47.7	Foley, Fresno St 3:48.2	Joe Young, UC Irvine 3:49.0	James Tilford, Fresno St 3:50.5	Phil Wingard, Long Beach St 3:50.6	

NOTE: 1970 mile DeRuyter and Daelson times listed differently. . . DeRuyter 4:12.8 by LA Times and LB Press Telegram but 4:18.8 by Fresno Bee . . . Danielson 4:14.5 by LB Press Telegram, 4:14.8 by LA Times and 4:25.5 by Fresno Bee