

PCAA CHAMPIONSHIPS

SHOT PUT

UPDATED 10/2/2022

1969	Richard Marks, San Jose St.	59-4	Dave Colegrove, San Diego St. 52-4 1/4	Herman Clayborne, Long Beach St 51-5 1/2	Mike Johnson, San Diego St. 49-8	John Powell, San Jose St. 49-5 1/2	
1970	Roger Castaneda, Fresno St	55-6 1/2	Gary O'Sullivan, San Jose St 54-4	Herman Clayborne, Long Beach St 54-1	Bob Ashmore, San Diego St 47-8	Mike Satterstrom, Fresno St 46-8	
1971	Greg Born, San Jose St	57-1	Roger Castaneda, Fresno St 52-10	Keith Tice, Fresno St 52-5	Gary O'Sullivan, San Jose St 50-11 1/2	Ron Ernest, Long Beach St 48-5	
1972	Greg Born, San Jose St	59-8	Mike Giroux, Fresno St 55-0 1/2	Hank Lenyou, Long Beach St 52-7 1/4	Steve Cleeland, LB State 51-4	Scott Jenkins, San Jose St 51-1 3/4	Atomic Torosian, Fresno St 50-8 3/4
1973	Mike Giroux, Fresno St	56-5 1/2	Ken Kirschman, San Jose St 55-10 1/2	Hank Lenyou, Long Beach St 54-1 1/2	Doyle Nelms, Fresno St 53-5 1/4	Dave Gherardi, San Jose St 52-11	--- Miller, CSLA 46-6
1974	Mike Giroux, Fresno St	57-1	Dave Gherardi, San Jose St 56-10	Bo Tarabanovic, Long Beach St 50-9	Hank Perry, Long Beach St 48-6	Ward Sorensen, Fresno St 38-7	
1975	Mike Giroux, Fresno St	54-6	Mike Weeks, San Jose St 53-10 1/2	Mark Stevens, San Diego St 52-9 1/2	Steve Parisen, San Diego St 52-6	Ken Watkins, Fresno St 50-9	
1976	Ron Semkiw, San Jose St	63-5 1/2	Mike Weeks, San Jose St 58-6 1/4	Fritz Coffman, Long Beach St 56-6 1/4	Jean Beaudry, San Diego St 53-11 1/4	Tim Haag, San Diego St 51-0	
1977	Ron Semkiw, San Jose St	62-5	Bob Feuerbach, San Jose St 59-1 1/2	Bob Gummerson, San Jose St 58-11 3/4	Jean Beaudry, San Diego St 57-11	Steve Brown, Long Beach St 53-8 3/4	
1978	Bob Feuerbach, San Jose St	60-6	Bob Gummerson, San Jose St 57-9	Dave Fuller, Long Beach St 55-7 1/2	Martino Catalano, Utah St 53-11 3/4	Mike Gough, UCSB 53-11	
1979	Bob Feuerbach, San Jose St	60-1 3/4	Kris Lettow, UC Irvine 57-5 3/4	Kevin Brady, San Jose St 55-5	----- Brown, UC Irvine 53-6 1/4	Ray Schablaske, Fresno St	