

LA MESA — The MiraCosta College men's track team, helped by a strong performance from **Ken Hollins**, took second place in the Pacific Coast Conference meet at Grossmont. Hollins won the long jump with a mark of 23 feet, 3 inches, was first in the 400 intermediate hurdles with a time of 56.3 seconds, finished second in the triple jump and ran a leg on MiraCosta's winning 1,600 meter relay team. Mesa won the team title with a total of 166 points, followed by MiraCosta (136), Grossmont (118), Southwestern (39) and San Diego City (20).

Pacific Coast Conference

Finals

Women's

5,000 — Hartless (San Diego Mesa) 20:14.2; 400 relay — Grossmont 48.75; 1,500 — Snider (Grossmont) 4:49.3; 100 hurdles — Johnson (San Diego Mesa) 15.17; Long jump — West (Grossmont) 18-0; High jump — West (Grossmont) 5-2; 100 — Ferguson (San Diego Mesa) 12.6; 400 — Sabbs (San Diego Mesa) 59.75; 800 — Smith (MiraCosta) 2:19.49; 400 low hurdles — Freeman (San Diego Mesa) 1:07.36; 200 — Ferguson (San Diego Mesa) 25.4; 3,000 — Preato (San Diego Mesa) 11:02.0; Javelin — Foster (San Diego City) 128-5; Shot put — Crawford (Southwestern) 45-7½; Triple jump — West (Grossmont) 38-5¼; 1,600 relay — San Diego Mesa 4:02.09; Discus — Luifau (San Diego Mesa) 140-8.

Men's

Hammer — Kellogg (San Diego Mesa) 174-5; 10,000 — Sandknop (San Diego Mesa) 32:05.4; Steeplechase — Herr (San Diego Mesa) 9:46.1; Long jump — Hollins (MiraCosta) 23-3; High jump — Herman (MiraCosta) 6-8 (Saul Watson 6-2); Shot put — Sherman (MiraCosta) 50-1; 400 relay — San Diego Mesa 41.73; 1,500 — Kindreich (Grossmont) 4:05.8; 400 — Nelson (San Diego Mesa) 49.82; 800 — Forehand (MiraCosta) 1:56.50; 110 HH — Brunson (San Diego Mesa) 14.96; 100 — Moody (Southwestern) 10.67; 400 IH — Hollins (MiraCosta) 56.3; 200 — Keger (San Diego Mesa) 21.4; Triple Jump — Fisher (MiraCosta) 46-5¾; 5,000 — Swinson (San Diego City) 15:39.7; Pole vault — Chase (Grossmont) 15-0; Javelin — Cummings (San Diego Mesa) 182-3; 1,600 relay — MiraCosta (Walker, Marks, Hollins, Forehand) 3:24.57; Discus — Manning (San Diego Mesa) 140-9.