

HELMS ATHLETIC FOUNDATION TRACK & FIELD RECORDS . . . . . 1964

RESULTS OF 5TH ANNUAL GOLDEN WEST INVITATIONAL HELD AT CERRITOS COLLEGE, JUNE 20TH

100-Yard Dash:	Cox (Redlands) 2. Hines (McClymonds, Oak.) 3. Castronovo (Oceanside, NY) 4. Figueroa (Sunnyvale)	9.8
220-Yard Dash:	Hines (McClymonds, Oak.) 2. Cox (Redlands) 3. Figueroa (Sunnyvale) 4. Kuller (Santiago)	21.5
440-Yard Dash:	Banks (Jefferson, LA) 2. Pollard (Huntington, Newport News, Va) 3. Rainey (White Plains, NY) 4. Van Dyke (Hudson's Bay, Vancouver, Wash.)	47.0 *
880-Yard Dash:	Hose (Madison, SD) 2. Smith (Compton) 3. Channels (Colton) 4. Schrudder (Eagle Rock)	1:51.7
One Mile Run:	McClain (Salina, Kan.) 2. Willborn (Albany, Ore.) 3. Patrick (Kenwood, Baltimore, Md.) 4. Wiczorek (Proviso East, Maywood, Ill.)	4:13.3
120-Yard H.H.	McCullouch (Poly, LB) 2. Morriss (Jones, Houston, Tex.) 3. Tie between Moody (Corona) Vanderstock (Pomona Cath.)	13.9
180-Yard L.H.	McCullouch (Poly, LB) 2. Castronovo (Oceanside, NY) 3. Vanderstock (Pomona Cath.) 4. Morriss (Jones, Houston, Tex.)	18.5 *
High Jump:	Hanks (Hoover, SD) 6-6* 2. Tie between Christiansen (Sandia, Albuquerque, NM) & Heet (Lowell, La Habra) 6-6 4. Downing (Evanston, Ill.) 6-6 (Places decided on fewer misses)	
Pole Vault:	Buchanan (Claremont) 14-0 2. Caffey (Highlands, Albuquerque, NM) 14-0 3. Linta (Malabar, Mansfield, Ohio) 14-0 4. Dullam (Buena, Ventura) 14-0 (Places determined on fewer misses)	
Broad Jump:	Rogers (Ells, Richmond) 22-11 2. Ehlenberg (Catalina, Tucson, Ariz.) 22-10 $\frac{1}{4}$ 3. Motley (Poly, LB) 22-6 4. Clifton (Rio Vista, Texas) 21-11 $\frac{3}{4}$	
Shot Put:	Bethea (Central, Trenton, NJ) 64-1 $\frac{1}{2}$ 2. Brannen (Los Gatos) 62-0 3. Richards (Cottage Grove, Ore.) 61-2 4. Kearin (Muir, Pas) 60-9 $\frac{1}{4}$	
Discus:	Bethea (Central, Trenton, NJ) 185-8 $\frac{1}{2}$ 2. Brannen (Los Gatos) 167-10 3. Grise (Grossmont, SD) 165-10 $\frac{3}{4}$ 4. Jeffries (Highlands, Albuquerque, NM) 165-8 $\frac{1}{2}$	
Two Mile Run	Messenger (Kenwood, Baltimore, Md) 2. Schulz (Evanston, Ill) 3. Husaruk (Montebello) 4. Webb (Millikan, LB)	9:17.6

\* New Meet Record

GOLDEN WEST INVITATIONAL MEET RECORDS

100-Yard Dash	Charles Green	Seattle, Washington	9.5	1963
220-Yard Dash	Vernus Ragsdale	Lincoln, San Diego	21.1	1962
440-Yard Dash	Freddie Banks	Jefferson, Los Angeles	47.0	1964
880-Yard Dash	Tom Sullivan	Evanston, Illinois	1:50.6	1961
One Mile Run	Morgan Groth	Martinez, Calif.	4:10.0	1961
Two Mile Run	Doug Brown	Red Lodge, Montana	9:16.2	1962
120-Yard H.H.	Mel Renfro	Portland, Oregon	13.8	1960
180-Yard L.H.	Earl McCullouch	Poly, Long Beach, Calif.	18.5	1964
Shot Put (12 lb.)	Don Castle	Palo Alto, Calif.	65-7 $\frac{3}{4}$	1961
Discus (3 lb 9 oz)	Art Swarts	Scotch Plains, New Jersey	187-7 $\frac{1}{4}$	1963
Pole Vault	Marc Savage	Claremont, Calif.	15-0 $\frac{1}{2}$	1963
High Jump	Ed Hanks	Hoover, San Diego	6-6	1964
Broad Jump	Walt Roberts	Compton, Calif.	23-8 $\frac{1}{4}$	1960
	Sam Workman	Taft, Calif.	23-8 $\frac{1}{4}$	1961