

1980  
CCS Pgm

O F F I C I A L S

MEET DIRECTOR  
REFEREE  
HEAD FIELD JUDGE  
STARTER  
RECALL STARTER  
CLERK OF THE COURSE  
ANNOUNCER  
SCOREKEEPERS

WEIGHTS AND MEASURE  
AWARDS

CCS TRACK CHAIRMAN  
CCS COMMISSIONER  
CCS SPECIAL EVENTS  
HURDLE CREW  
PROGRAMS

KEN JOHNSON  
CHARLES SULLIVAN  
DON BELL  
ROBERT PODKAMIER  
JOHN ROUTH  
MIKE GUNION  
DAVE DICKERSON  
DOT JOHNSON  
KENDRA JOHNSON  
TONI THUNEN  
BRUCE ROBERTSON  
TOM BURT  
TOM NEIMILLER  
WIL CONKLIN  
TOM RYAN  
GENE LONG  
LARRY RICE  
DOUG BOYD  
WILLOW GLEN TRACK TEAM  
WILLOW GLEN FOOTBALL TEAM

CONVERSION TABLE

|                                |           |
|--------------------------------|-----------|
| 100 meters to 100 yd.          | -.9 sec.  |
| 110 m HH to 120 yd HH          | sane      |
| 200 meter to 220 yd            | +.1 sec   |
| 400 meter to 440 yd            | +.3 sec   |
| 800 meter to 880 yd            | +.7 sec   |
| 1600 meter to mile             | +1.6 sec. |
| 3200 meter to 2 mile           | + 3.4 sec |
| 400 meter relay to 440 relay + | +.2 sec   |
| 1600 meter relay to mile relay | +1.2 sec  |
| 300 meter LH to 330 yd LH      | +.2 sec   |

ORDER OF EVENTS AND TIME SCHEDULES

RUNNING EVENTS - TRIALS

|      |                    |                     |
|------|--------------------|---------------------|
| 4:00 | 100 M DASH         | VARSITY, GIRLS, F/S |
| 4:30 | 110 M HIGH HURDLES | VARSITY             |
| 4:45 | 65 M HIGH HURDLES  | FROSH/SOPH.         |
| 5:00 | 110 M LOW HURDLES  | GIRLS               |
| 5:15 | 200 M DASH         | VARSITY, GIRLS, F/S |

RUNNING EVENTS - FINALS

|       |                                |                     |
|-------|--------------------------------|---------------------|
| 6:00  | 400 M RELAY, (FAST-SECTIONS)   | VARSITY, GIRLS, F/S |
| 6:30  | 110 M HIGH HURDLES             | VARSITY             |
| 6:40  | 65 M HIGH HURDLES              | FROSH/SOPH          |
| 6:55  | 110 M LOW HURDLES              | GIRLS               |
| 7:10  | 800 M RUN                      | VARSITY, GIRLS, F/S |
| 7:35  | 100 M DASH                     | VARSITY, GIRLS, F/S |
| 8:00  | 400 M DASH ( 5 SECTIONS)       | VARSITY, GIRLS, F/S |
| 8:25  | 3200 M RUN                     | VARSITY, GIRLS, F/S |
| 9:15  | 300 M LOW HURDLES (4 SECTIONS) | VARSITY, F/S        |
| 9:55  | 200 M DASH                     | VARSITY, GIRLS, F/S |
| 10:20 | 1600 M RUN                     | VARSITY, GIRLS, F/S |
| 10:45 | 1600 M RELAY ( 6 SECTIONS)     | F/S, GIRLS, VARSITY |

FIELD EVENTS

|             |                      |                          |
|-------------|----------------------|--------------------------|
| 3:00        | SHOT PUT             | VARSITY TO COMPLETION    |
|             | LONG JUMP ( PIT A )  | VARSITY TO COMPLETION    |
|             | HIGH JUMP            | VARSITY TO COMPLETION    |
| (UNLIGHTED) | DISCUS ( PIT A )     | GIRLS TO COMPLETION      |
|             | POLE VAULT ( PIT A ) | FROSH-SOPH TO COMPLETION |
|             | DISCUS ( PIT B )     | FROSH-SOPH TO COMPLETION |
|             | TRIPLE JUMP (PIT B)  | FROSH-SOPH TO COMPLETION |

UPON COMPLETION OF THE PRECEEDING EVENTS SCHEDULED AT 3:00 P.M., THE VARSITY DISCUS (PIT B) - FRSH/SOPH HIGH JUMP AND FRSH/SOPH LONG JUMP WILL BEGIN.

|      |                     |                          |
|------|---------------------|--------------------------|
| 7:00 | TRIPLE JUMP (PIT A) | VARSITY TO COMPLETION    |
|      | POLE VAULT (PIT A)  | VARSITY TO COMPLETION    |
|      | SHOT PUT            | FROSH/SOPH TO COMPLETION |
|      | HIGH JUMP           | GIRLS TO COMPLETION      |

UPON COMPLETION OF THE PRECEEDING EVENTS SCHEDULED AT 7:00 P.M., THE GIRLS LONG JUMP, HIGH JUMP AND SHOT PUT WILL BEGIN

## VARSITY HIGH JUMP

CCS RECORD: MESHA SPIVEY, WOODSIDE, 1979, 6'10

### FLIGHT I

|   | Name           | School           | Reg. Qual.<br>Mark |
|---|----------------|------------------|--------------------|
| 1 | Norman, Mike   | St. Francis      | 6'0                |
| 2 | Crudo, Tim     | St. Ignatius     | 6'0                |
| 3 | Besse, Mark    | Aragon           | 6'0                |
| 4 | Davis,         | S. San Francisco | 6'2                |
| 5 | Raines, Vaughn | Yerba Buena      | 6'4                |

### FLIGHT II

|   |                  |                 |     |
|---|------------------|-----------------|-----|
| 1 | Depee, Reggie    | Menlo Atherton  | 6'4 |
| 2 | Mullins,         | Prospect        | 6'4 |
| 3 | Quirke, Jim      | Piedmont, Hills | 6'4 |
| 4 | Mitchell, Eugene | Monterey        | 6'4 |
| 5 | Bartel, T J      | Westmont        | 6'4 |

### FLIGHT III

|   |              |            |     |
|---|--------------|------------|-----|
| 1 | Eaton, Kent  | Palo Alto  | 6'4 |
| 2 | Owens,       | Los Altos  | 6'4 |
| 3 | Norman, Greg | Westmont   | 6'5 |
| 4 | Gallagher    | Wilcox     | 6'6 |
| 5 | Hicks, Joe   | N. Salinas | 6'6 |
| 6 | Iliff, Dan   | Salinas    | 6'8 |

## GIRLS HIGH JUMP

CCS RECORD: PAM BLACKBURN, CUBBERLEY, 1976, 5'8

### FLIGHT I

|   |                      |                 |      |
|---|----------------------|-----------------|------|
| 1 | Russi                | Pacifica        | 4'8  |
| 2 | Bauman, Jennifer     | Capuchino       | 4'8  |
| 3 | Metzger, Chris       | Fremont Christ. | 4'10 |
| 4 | Baugartner, Maryanne | Aragon          | 4'10 |
| 5 | Woods, Val           | Jefferson       | 4'10 |

### FLIGHT II

|   |                   |                |     |
|---|-------------------|----------------|-----|
| 1 | Nicholas          | Westmont       | 5'0 |
| 2 | Schoenlein, Renee | Piedmont hills | 5'0 |
| 3 | Black, Melanie    | Mt. Pleasant   | 5'2 |
| 4 | Myall, Holly      | Harbor         | 5'2 |
| 5 | Roach, Sidone     | Santa Catalina | 5'2 |

### FLIGHT III

|   |                 |                |     |
|---|-----------------|----------------|-----|
| 1 | Mcready         | Carlmont       | 5'4 |
| 2 | Walker, Jackie  | Fremont        | 5'4 |
| 3 | Phifer, Angela  | Independence   | 5'4 |
| 4 | Robinson, Karen | Fremont        | 5'6 |
| 5 | Barry, Kathy    | Leigh          | 5'6 |
| 6 | King, Trisha    | Menlo Atherton | 5'8 |

FROSH/SOPH HIGH JUMP

CCS RECORD; TRUE, MONTA VISTA, 1971, 6'6

FLIGHT I

|   | Name            | School        | Reg. Qual.<br>Mark |
|---|-----------------|---------------|--------------------|
| 1 | Ross, Jerry     | Riorden       | 5'6                |
| 2 | Aronis, Nick    | Capuchino     | 5'6                |
| 3 | Johnson, Andrew | Riorden       | 5'8                |
| 4 | Brastrom        | Half Moon Bay | 5'8                |
| 5 | Sylva           | Leigh         | 5'10               |

FLIGHT II

|   |                   |                 |      |
|---|-------------------|-----------------|------|
| 1 | Underwood         | Camden          | 5'10 |
| 2 | Raines, Hiram     | Mt. Pleasant    | 5'10 |
| 3 | Huemoeller        | Fremont Christ. | 6'0  |
| 4 | Griffin           | Camden          | 6'0  |
| 5 | Robertson, Dwight | Homestead       | 6'1  |

FLIGHT III

|   |                    |                |     |
|---|--------------------|----------------|-----|
| 1 | Alexander          | Los Altos      | 6'1 |
| 2 | Luper, Erik        | Yer ba, Buena  | 6'2 |
| 3 | Alexander, Jim     | Menlo Atherton | 6'3 |
| 4 | Gates, Dave        | Monta Vista    | 6'4 |
| 5 | Long, Dan          | Salinas        | 6'5 |
| 6 | Christensen, Allen | N. Salinas     | 6'5 |

VARSIITY POLE VAULT

CCS RECORD: GREG ELLIS, MENLO ATHERTON, 1979, 15'6

FLIGHT I

|   | Name            | School     | Reg. Qual.<br>Mark |
|---|-----------------|------------|--------------------|
| 1 | Batchelder, Kim | Hillsdale  | 13'0               |
| 2 | Shaw, Frank     | Bellarmine | 13'0               |
| 3 | Meredith, Tony  | Serra      | 13'0               |
| 4 | Stember, Ricky  | Monterey   | 13'0               |
| 5 | Moelter, Eric   | Salinas    | 13'4 $\frac{1}{4}$ |

FLIGHT II

|   |                  |                |      |
|---|------------------|----------------|------|
| 1 | Devlin, Tod      | Westmont       | 14'0 |
| 2 | Anderson,        | Buchser        | 14'0 |
| 3 | Lunt, Jeff       | Westmont       | 14'0 |
| 4 | Crumpler, Robert | Menlo Atherton | 14'0 |
| 5 | Wilson, Corey    | N Monterey Co. | 14'0 |

FLIGHT III

|   |                |                |      |
|---|----------------|----------------|------|
| 1 | Mahoney, Ben   | St. Francis    | 14'0 |
| 2 | Janke, Allen   | Santa Teresa   | 14'6 |
| 3 | Bahl, D J      | Awalt          | 14'6 |
| 4 | Ellis Greg     | Menlo Atherton | 15'0 |
| 5 | Norris, Mitch  | Del Mar        | 15'1 |
| 6 | Jaques, Warren | Del Mar        | 15'1 |

FROSH/SOPH POLE VAULT

CCS RECORD: Mitch Norris, Del Mar, 1979, 14' 6 $\frac{1}{4}$ "

FLIGHT I

|   | Name          | School        | Reg. Qual.<br>Mark |
|---|---------------|---------------|--------------------|
| 1 | Ramos, James  | Bellarmine    | 10' 6"             |
| 2 | Powell, Jeff  | Aptos         | 11' 0"             |
| 3 | Creel, Pat    | Mills         | 11' 0"             |
| 4 | Cruz, Norman  | Palma         | 11' 0"             |
| 5 | Gilmore, John | Half Moon Bay | 11' 0"             |

FLIGHT II

|   |                 |                 |        |
|---|-----------------|-----------------|--------|
| 1 | Morales, Albert | N. Monterey Co. | 11' 6" |
| 2 | Pasco, Rob      | Serra           | 11' 6" |
| 3 | Martinez, Ray   | Santa Teresa    | 12' 0" |
| 4 | Granowski, Nick | Awalt           | 12' 0" |
| 5 | Anacieto, Joe   | Gilroy          | 12' 0" |

FLIGHT III

|   |                |                |        |
|---|----------------|----------------|--------|
| 1 | Kibort, Mike   | Homestead      | 12' 6" |
| 2 | Brezoczky, Tom | Leland         | 12' 6" |
| 3 | Grass, David   | Camden         | 13' 0" |
| 4 | Ryan           | Monta Vista    | 13' 6" |
| 5 | Sythe, Andy    | Los Gatos      | 13' 6" |
| 6 | Galvez, Rick   | Menlo Atherton | 13' 6" |

### VARSITY LONG JUMP

CCS RECORD: JOHN JOHNSON, PACIFIC GROVE, 1964, 25'3 $\frac{1}{4}$

#### FLIGHT I

|   | Name           | School         | Reg. Qual.<br>Mark  |
|---|----------------|----------------|---------------------|
| 1 | Magno, Danny   | Watsonville    | 20'4                |
| 2 | Moelter, Eric  | Salinas        | 20'6 $\frac{1}{2}$  |
| 3 | Bales, Willie  | Menlo Atherton | 20'8 $\frac{1}{2}$  |
| 4 | Ostio          | Terra Nova     | 20'9 3/4            |
| 5 | Lunocod, Ralph | Buchser        | 20'11 $\frac{1}{2}$ |

#### FLIGHT II

|   |                |            |          |
|---|----------------|------------|----------|
| 1 | Swanson, Erik  | Live Oak   | 21'3     |
| 2 | Dibbern, Miles | Leland     | 21'5     |
| 3 | Berry, Micheal | Oak Grove  | 21'5 3/4 |
| 4 | Franks         | Serramonte | 21'7     |
| 5 | Ahearn, Tim    | Gunderson  | 21'9     |

#### FLIGHT III

|   |                    |              |                    |
|---|--------------------|--------------|--------------------|
| 1 | Chenn              | Palo Alto    | 21'9 3/4           |
| 2 | Haysbert, Adam     | Hillsdale    | 21'10              |
| 3 | Allen, Ken         | Seaside      | 21'11              |
| 4 | Stroughter, Robert | San Mateo    | 22'1 $\frac{1}{2}$ |
| 5 | Holland, Ray       | Silver Creek | 22'5 3/4           |
| 6 | Smith, Ken         | Palo Alto    | 22'6 3/4           |

### GIRLS LONG JUMP

CCS RECORD: SHEILA GREEN, ANDREW HILL, 1979, 18'5

#### FLIGHT I

|   |               |           |                    |
|---|---------------|-----------|--------------------|
| 1 | Jacklich, Kim | Capuchino | 15'1 $\frac{1}{2}$ |
| 2 | Perez         | El Camino | 15'3 $\frac{3}{8}$ |
| 3 | Jackson, Rene | Westmoor  | 16'2 $\frac{1}{2}$ |
| 4 | Witt, Debra   | Seaside   | 16'3               |
| 5 | Dee, Cathy    | S.L.V.    | 16'11              |

#### FLIGHT II

|   |                 |           |                     |
|---|-----------------|-----------|---------------------|
| 1 | Lynch, Sharon   | Branham   | 16'11 $\frac{1}{2}$ |
| 2 | Sanchez, M      | Carlmont  | 16'11 $\frac{1}{2}$ |
| 3 | Naughton, Kathy | Palo Alto | 17'1                |
| 4 | Scarpa, Roberta | Salinas   | 17'3                |
| 5 | Brewer, Brenda  | Hillsdale | 17'4 $\frac{3}{8}$  |

#### Flight III

|   |                   |              |                     |
|---|-------------------|--------------|---------------------|
| 1 | Campbell, Melanie | Del Mar      | 17'5                |
| 2 | Tsunekawa, Julie  | Monta Vista  | 17'5                |
| 3 | Phefer, Angela    | Independence | 17'8 3/4            |
| 4 | Abruzzini, Kelli  | Gilroy       | 17'9 $\frac{1}{4}$  |
| 5 | Demorest, Margret | Buchser      | 17'10               |
| 6 | Sullivan, Tammie  | Ayer         | 17'10 $\frac{1}{4}$ |

FROSH/SOPH LONG JUMP

CCS RECORD: STEVE BENNETT, LAMBROOK, 1975, 22'7

FLIGHT I

|   | Name              | School     | Reg. Qual.<br>Mark  |
|---|-------------------|------------|---------------------|
| 1 | Lebhertz, Herbbie | Serramonte | 18'10 $\frac{1}{2}$ |
| 2 | Threets, Kerry    | Westmoor   | 19'1 $\frac{1}{4}$  |
| 3 | Cequerra, Joe     | Westmoor   | 19'6                |
| 4 | Aspiras           | Palo Alto  | 19'10 $\frac{1}{2}$ |
| 5 | Moore, Paul       | R L S      | 19'10 $\frac{1}{2}$ |

FLIGHT II

|   |                 |                |                    |
|---|-----------------|----------------|--------------------|
| 1 | Rogers, Lance   | Menlo Atherton | 20'2 $\frac{1}{2}$ |
| 2 | Chinn, Glenn    | Woodside       | 20'4               |
| 3 | Choy, Jack      | Sacred Heart   | 20'5 $\frac{1}{2}$ |
| 4 | Johnson         | Palo Alto      | 20'5 $\frac{1}{2}$ |
| 5 | Norwood, Vernon | Seaside        | 20'6               |

FLIGHT III

|   |                |              |                    |
|---|----------------|--------------|--------------------|
| 1 | Lekander, Gary | Palma        | 20'7               |
| 2 | Welden, Larry  | Silver Creek | 20'7 $\frac{1}{2}$ |
| 3 | Kuwada, Tom    | Gilroy       | 20'9 $\frac{1}{4}$ |
| 4 | Wesley         | Camden       | 20'10              |
| 5 | Serame, Paul   | Independence | 21'0               |
| 6 | Sythe, Andy    | Los Gatos    | 21'3 $\frac{1}{2}$ |



VARSIY TRIPLE JUMP

CCS RECORD: MYRT EASLEY, WOODSIDE, 1975, 49'8

FLIGHT I

|   | Name          | School         | Reg. Qual.<br>Mark |
|---|---------------|----------------|--------------------|
| 1 | Lewis, Chris  | St. Francis    | 42'10              |
| 2 | Briggs, Ron   | N. Salinas     | 42'11              |
| 3 | Sterling, Joe | Menlo Atherton | 43'1               |
| 4 | Smith, Shawn  | Menlo Atherton | 43'5               |
| 5 | Iliff, Dan    | Palma          | 43'7               |

FLIGHT II

|   |                    |                |                     |
|---|--------------------|----------------|---------------------|
| 1 | Traum, Jeff        | Menlo Atherton | 43'10 $\frac{1}{2}$ |
| 2 | Ledford, Ken       | Westmont       | 44'7 $\frac{1}{2}$  |
| 3 | Robinson, Leonard  | Yerba, Buena   | 45'0                |
| 4 | Eng, Mike          | Monta Vista    | 45'2                |
| 5 | Stroughter, Robert | San Mateo      | 45'6                |

FLIGHT III

|   |                |              |                    |
|---|----------------|--------------|--------------------|
| 1 | Marshall, Greg | Mt. Pleasant | 45'8 $\frac{1}{2}$ |
| 2 | Allen Ken      | Seaside      | 45'11              |
| 3 | Torres, Victor | Silver Creek | 46'2 $\frac{1}{2}$ |
| 4 | Norman, Mike   | St. Francis  | 46'3               |
| 5 | Taylor, Ken    | Yerba, Buena | 46'3               |
| 6 | Franks         | Serramonte   | 47'3               |

FROSH/SOPH TRIPLE JUMP

CCS RECORD: Don Sample, Yerba Buena, 1979, 46' 10 $\frac{1}{4}$ "

FLIGHT I

|   | Name            | School       | Reg. Qual.<br>Mark     |
|---|-----------------|--------------|------------------------|
| 1 | Rhinehart, Bill | Riordan      | 40' 9"                 |
| 2 | Hong            | Peterson     | 41' 7"                 |
| 3 | Choy, Jack      | Sacred Heart | 41' 11"                |
| 4 | Ceguerra, Joe   | Westmoor     | 41' 11"                |
| 5 | Picchi, Alan    | St. Francis  | 41' 11 $\frac{1}{2}$ " |

FLIGHT II

|   |                    |              |                       |
|---|--------------------|--------------|-----------------------|
| 1 | Curry, Jim         | Mt. Pleasant | 42' 3"                |
| 2 | Dunbar, Doug       | Mt. Pleasant | 42' 4 $\frac{1}{2}$ " |
| 3 | Christenson, Allen | N. Salinas   | 42' 7"                |
| 4 | Berry, Ed          | Carlmont     | 42' 8 $\frac{1}{2}$ " |
| 5 | Hernandez, Tony    | Gilroy       | 43' 2 $\frac{1}{2}$ " |

FLIGHT III

|   |                 |              |                        |
|---|-----------------|--------------|------------------------|
| 1 | Wesley, Leonard | Camden       | 43' 5 $\frac{3}{4}$ "  |
| 2 | Lekander, Gary  | Palma        | 43' 10 $\frac{1}{2}$ " |
| 3 | Weldon, Larry   | Mt. Pleasant | 44' 1 $\frac{1}{2}$ "  |
| 4 | Ellis, Gary     | Monta Vista  | 44' 2 $\frac{1}{4}$ "  |
| 5 | Chen, Fred      | Awalt        | 44' 2 $\frac{3}{4}$ "  |
| 6 | Sells, Wendell  | N. Salinas   | 45' 0"                 |

VARSIITY SHOT PUT

CCS RECORD: Bob Brannon, Los Gatos, 1965, 63' 9"

FLIGHT I

|   | Name         | School         | Reg. Qual.<br>Mark    |
|---|--------------|----------------|-----------------------|
| 1 | Casey, Tom   | St. Francis    | 48' 6 $\frac{1}{2}$ " |
| 2 | Silva, Tom   | Bellarmino     | 49' 9"                |
| 3 | Harris, John | Menlo Atherton | 49' 11 3/4"           |
| 4 | Hall, Henry  | Westmoor       | 50' 8 $\frac{1}{2}$ " |
| 5 | Linder, Greg | SLV            | 50' 8 $\frac{1}{2}$ " |

FLIGHT II

|   |                  |             |                       |
|---|------------------|-------------|-----------------------|
| 1 | Sansone          | Monta Vista | 51' 7"                |
| 2 | Robinson, Rodney | Awalt       | 51' 9 $\frac{1}{2}$ " |
| 3 | Bauter, Brian    | Aragon      | 51' 11"               |
| 4 | Swedlund, Jon    | SLV         | 52' 5 $\frac{1}{2}$ " |
| 5 | Kaufman, Todd    | Willow Glen | 52' 7 3/4"            |

FLIGHT III

|   |                 |           |                       |
|---|-----------------|-----------|-----------------------|
| 1 | Wagnsness, Todd | Los Altos | 53' 4"                |
| 2 | Sutro, Tim      | Del Mar   | 53' 4 $\frac{1}{2}$ " |
| 3 | Cook, Jon       | Palma     | 54' 1 $\frac{1}{2}$ " |
| 4 | Lopez, Al       | Live Oak  | 54' 6 $\frac{1}{2}$ " |
| 5 | Bellantoni, Ray | Del Mar   | 54' 9 $\frac{1}{4}$ " |
| 6 | Mendizbal, Rey  | Gunderson | 58' 7 $\frac{1}{2}$ " |

GIRLS SHOT PUT

CCS RECORD: Sue Springer, Salinas, 1979, 45' 2 3/4"

FLIGHT I

|   | Name             | School        | Reg. Qual.<br>Mark     |
|---|------------------|---------------|------------------------|
| 1 | Conway, Sheila   | Hillsdale     | 31' 4"                 |
| 2 | Pemberton, Lynn  | Half Moon Bay | 33' 9"                 |
| 3 | Shoaff, Carol    | Burlingame    | 34' 6"                 |
| 4 | McGuire, Patty   | SLV           | 34' 11 $\frac{1}{2}$ " |
| 5 | Jernisan, Tracey | Independence  | 35' 5"                 |

FLIGHT II

|   |                    |              |                       |
|---|--------------------|--------------|-----------------------|
| 1 | Ferreira, Lisa     | Santa Teresa | 35' 6 $\frac{1}{2}$ " |
| 2 | Martinez, Virginia | Cupertino    | 35' 11"               |
| 3 | Ostrander, Theresa | Carmel       | 36' 2"                |
| 4 | Bassetti, Lisa     | Salinas      | 36' 3"                |
| 5 | Shore, Amy         | Los Gatos    | 36' 9 $\frac{1}{2}$ " |

FLIGHT III

|   |                    |              |                        |
|---|--------------------|--------------|------------------------|
| 1 | Ramirez, Deanna    | Andrew Hill  | 36' 10"                |
| 2 | Perkins, Caroline  | Westmoor     | 36' 11 $\frac{1}{2}$ " |
| 3 | Crisler, Jill      | Gunn         | 37' 2"                 |
| 4 | Carrozzi, Gia      | Carlmont     | 37' 3"                 |
| 5 | Durshlag, Cindi    | San Carlos   | 37' 6 $\frac{1}{8}$ "  |
| 6 | Townsel, Stephanie | Silver Creek | 38' 2 $\frac{1}{4}$ "  |

FROSH/SOPH SHOT PUT

CCS RECORD: GARY BERSAMO, LOS GATOS, 1973, 61'6"

FLIGHT I

|   | Name             | School   | Reg. Qual.<br>Mark |
|---|------------------|----------|--------------------|
| 1 | Sutter, Chad     | Monterey | 45'1 3/4           |
| 2 | Ceja, Vic        | Salinas  | 45' 8              |
| 3 | Pruitt, David    | Leigh    | 48' 8              |
| 4 | Robinson, Brian  | Prospect | 49' 1 1/2          |
| 5 | Intelegrin, Alex | Riorden  | 49' 5 1/2          |

FLIGHT II

|   |                |                 |           |
|---|----------------|-----------------|-----------|
| 1 | Brown, Leonard | Fremont Christ. | 49' 5 1/2 |
| 2 | Gibbs, Mike    | Oceana          | 50' 2     |
| 3 | Thomas .       | Carden          | 50' 1 1/2 |
| 4 | Best, Tom      | Terra Nova      | 50' 9     |
| 5 | Elman, Brad    | Gunn            | 51' 3 1/2 |

FLIGHT III

|   |                 |              |            |
|---|-----------------|--------------|------------|
| 1 | Johnson, Jeff   | Saratoga     | 51' 5 1/2  |
| 2 | Johnson         | Wilcox       | 51' 6      |
| 3 | Reed, Jeff      | Santa Teresa | 51' 9 1/2  |
| 4 | Tennyson, Eric  | Cupertino    | 52' 3      |
| 5 | Usher, Dan      | Serra        | 52' 10 1/2 |
| 6 | Aimonetti, John | Campbell     | 54' 9 1/2  |

VARSIITY DISCUS

CCS RECORD: Scott Overton, Los Altos, 1972, 191' 0"

FLIGHT I

|   | Name          | School           | Reg. Qual.<br>Mark |
|---|---------------|------------------|--------------------|
| 1 | Soliatia      | S. San Francisco | 149' 10"           |
| 2 | Harris, John  | Menlo Atherton   | 150' 3"            |
| 3 | Davis, Stacie | Buchser          | 150' 4"            |
| 4 | Hall, Henry   | Westmoor         | 150' 8"            |
| 5 | Medan, Dushan | St. Ignatius     | 156'               |

FLIGHT II

|   |               |             |          |
|---|---------------|-------------|----------|
| 1 | Marler, Joy   | Del Mar     | 156' 10" |
| 2 | Bauter, Brian | Aragon      | 157' 7"  |
| 3 | Kaufman, Todd | Willow Glen | 159' 4"  |
| 4 | Sansone       | Monta Vista | 159' 4"  |
| 5 | McGraw, Tom   | Los Gatos   | 162' 1"  |

FLIGHT III

|   |                    |            |                        |
|---|--------------------|------------|------------------------|
| 1 | Nagengast, Dave    | Del Mar    | 163' 10"               |
| 2 | Weidenhammer, Bill | Salinas    | 165' 9"                |
| 3 | Sutro, Tim         | Del Mar    | 165' 9"                |
| 4 | Vasquez, David     | N. Salinas | 165' 11"               |
| 5 | Cowell, Dave       | Gunn       | 166' 5 $\frac{1}{2}$ " |
| 6 | Barnum, Mark       | Salinas    | 168' 5"                |

GIRLS DISCUS

CCS RECORD: Sue Springer, Salinas, 1979, 148' 5"

FLIGHT I

|   | Name               | School         | Reg. Qual.<br>Mark |
|---|--------------------|----------------|--------------------|
| 1 | Conway, Shiela     | Hillsdale      | 97' 6"             |
| 2 | Pemberton, Lynn    | Half Moon Bay  | 99' 1"             |
| 3 | Shoaff, Carol      | Burlingame     | 101' 6"            |
| 4 | Johnson            | Menlo Atherton | 110' 10"           |
| 5 | Dobrzynski, Joanne | Ieland         | 113' 8"            |

FLIGHT II

|   |                    |              |                        |
|---|--------------------|--------------|------------------------|
| 1 | Ramirez, Dianna    | Andrew Hill  | 113' 9"                |
| 2 | McBride, Marria    | Mt. Pleasant | 114' 7"                |
| 3 | Townsel, Stephanie | Silver Creek | 115' 8"                |
| 4 | Flowers            | Carlmont     | 118' 4 $\frac{1}{2}$ " |
| 5 | Hambleton          | Buchser      | 118' 7 $\frac{1}{2}$ " |

FLIGHT III

|   |                   |            |          |
|---|-------------------|------------|----------|
| 1 | Basseita, Lisa    | Salinas    | 119' 7"  |
| 2 | McGuire, Patty    | SLV        | 120' 10" |
| 3 | Durshlag, Cindy   | San Carlos | 122' 1"  |
| 4 | Oswalt, Diane     | Los Gatos  | 123' 1"  |
| 5 | Westfall, Susan   | Hollister  | 126' 3"  |
| 6 | Perkins, Caroline | Westmoor   | 141' 6"  |

FROSH/SOPH DISCUS

CCS RECORD: CRAIG WATKINS, MITTY, 1973,157'11

FLIGHT I

|   | Name             | School        | Reg. Qual.<br>Mark |
|---|------------------|---------------|--------------------|
| 1 | Ruden, Joe       | Fremont       | 126'7              |
| 2 | Cyster, Bob      | Woodside      | 128'5              |
| 3 | Gastrolsis, John | Bellarmino    | 129'2              |
| 4 | Peterson, Ken    | Salinas       | 131'4              |
| 5 | Ruble, Eric      | Pacific Grove | 131'8              |

FLIGHT II

|   |              |          |       |
|---|--------------|----------|-------|
| 1 | Elman        | Gunn     | 131'8 |
| 2 | Wilmer, Mike | Leland   | 136'1 |
| 3 | Ceja, Vic    | Salinas  | 136'9 |
| 4 | Erlick, Tony | Mills    | 137'0 |
| 5 | Robinson,    | Prospect | 138'9 |

FLIGHT III

|   |                 |              |        |
|---|-----------------|--------------|--------|
| 1 | Pruitt, Dave    | Leigh        | 139'0  |
| 2 | Burns, Mike     | Santa Teresa | 139'6  |
| 3 | Poti, Alho      | Jefferson    | 145'4  |
| 4 | Levy, Phil      | Monta Vista  | 147'0  |
| 5 | Aimonetti, John | Campbell     | 151'0  |
| 6 | Katches, Dan    | Mills        | 151'11 |

VARSIITY 400 METER RELAY

CCS RECORD: Woodside, 1975, 41.6

Finals only: Two sections, placing determined by time

SECTION I

| Lane | School         | Reg. Qual.<br>Time |
|------|----------------|--------------------|
| 1    | Carlmont       | 43.3               |
| 2    | Silver Creek   | 42.6               |
| 3    | Serramonte     | 43.8               |
| 4    | Mt. Pleasant   | 42.5               |
| 5    | Palo Alto      | 42.57              |
| 6    | Alisal         | 43.9               |
| 7    | Woodside       | 42.65              |
| 8    | Menlo Atherton | 43.5               |

SECTION II

|   |               |      |
|---|---------------|------|
| 1 | Aragon        | 44.6 |
| 2 | Palma         | 44.2 |
| 3 | Independence  | 43.9 |
| 4 | Los Gatos     | 43.7 |
| 5 | Gunderson     | 43.8 |
| 6 | Hillsdale     | 44.1 |
| 7 | North Salinas | 44.3 |
| 8 | Westmoor      | 45.1 |

GIRLS 400 METER RELAY

CCS RECORD: Andrew Hill, 1978, 47.7 (Bolten, Thomkins, Lawson, Reynolds)

Finals only: Two sections, placings determined by time

SECTION I

| Lane | School       | Reg. Qual.<br>Time |
|------|--------------|--------------------|
| 1    | Buchser      | 49.7               |
| 2    | Leland       | 49.7               |
| 3    | San Mateo    | 50.3               |
| 4    | Overfelt     | 49.5               |
| 5    | Saratoga     | 49.6               |
| 6    | King City    | 50.4               |
| 7    | San Carlos   | 49.7               |
| 8    | Silver Creek | 49.8               |

SECTION II

|   |                  |      |
|---|------------------|------|
| 1 | S. San Francisco | 51.6 |
| 2 | Hillsdale        | 51.0 |
| 3 | Soquel           | 50.7 |
| 4 | Fremont          | 49.9 |
| 5 | Seaside          | 50.6 |
| 6 | Los Gatos        | 50.8 |
| 7 | Camden           | 51.2 |
| 8 | Jefferson        | 52.6 |

FROSH/SOPH 400 METER RELAY

CCS RECORD: Ayer, 1975, 43.2

Finals only: Placings determined by time

SECTION I

| Lane | School                 | Reg. Qual.<br>Time |
|------|------------------------|--------------------|
| 1    | Palo Alto              | 45.1               |
| 2    | Gilroy                 | 45.0               |
| 3    | Mt. Pleasant           | 44.9               |
| 4    | Carlmont               | 44.22              |
| 5    | Robert Louis Stevenson | 44.7               |
| 6    | Hillsdale              | 47.0               |
| 7    | Seaside                | 45.1               |
| 8    | Monterey               | 45.5               |

SECTION II

|   |            |       |
|---|------------|-------|
| 1 | Crestmoor  | 47.2  |
| 2 | Los Gatos  | 46.3  |
| 3 | Prospect   | 45.8  |
| 4 | Cupertino  | 45.5  |
| 5 | Lynbrook   | 45.61 |
| 6 | Milpitas   | 46.2  |
| 7 | Serramonte | 47.0  |
| 8 | Aragon     | 47.4  |



VARSIITY 110 METER HIGH HURDLES

CCS RECORD: Ron Kennedy, Serramonte, 1975, 13.8

Two Heats: Top 4 in each qualify for finals

HEAT I

| Lane | Name             | School       | Reg. Qual.<br>Time |
|------|------------------|--------------|--------------------|
| 1    | Temmie, Carl     | Palo Alto    | 14.0               |
| 2    | Hawkins, Reggie  | Hillsdale    | 14.5               |
| 3    | Hicks, Joe       | N. Salinas   | 14.4               |
| 4    | Thompson, Robert | Jefferson    | 14.4               |
| 5    | Baker, Mark      | Willow Glen  | 14.8               |
| 6    | Nepolean         | Mt. Pleasant | 14.8               |
| 7    | Hall             | Monta Vista  | 15.0               |
| 8    | Lynch, Mike      | Branham      | 15.4               |

HEAT II

|   |                |            |       |
|---|----------------|------------|-------|
| 1 | Levy, Doug     | Jefferson  | 14.5  |
| 2 | Quintana, Jim  | Monterey   | 14.8  |
| 3 | Zukowsky, John | Hillsdale  | 14.4  |
| 4 | Sanders, Bob   | Santa Cruz | 14.4  |
| 5 | Conner, John   | Los Altos  | 14.41 |
| 6 | Harris, Tom    | Woodside   | 14.42 |
| 7 | Mathis         | Overfelt   | 15.0  |
| 8 | McGraw, Tom    | Los Gatos  | 15.3  |

GIRLS 110 METER LOW HURDLES

CCS RECORD: Kim Costello, El Camino, 1978, 13.9

Two Heats: Top 4 in each heat qualify for finals.

HEAT I

| Lane | Name               | School      | Reg. Qual.<br>Time |
|------|--------------------|-------------|--------------------|
| 1    | Bowlas, Teri       | Peterson    | 14.9               |
| 2    | Reimann, Kathy     | Saratoga    | 14.7               |
| 3    | Mills, Gretchen    | Gunn        | 14.5               |
| 4    | Crevelt, Mary      | St. Francis | 14.4               |
| 5    | Hinon, Julie       | Hillsdale   | 15.6               |
| 6    | Hattari, Ryoko     | Capuchino   | 16.3               |
| 7    | Tkachenka, Beverly | Aragon      | 16.5               |
| 8    | Motley, Nasha      | San Mateo   | 16.6               |

HEAT II

|   |                   |                |      |
|---|-------------------|----------------|------|
| 1 | Sumpster, Stefani | Independence   | 15.3 |
| 2 | Dillard, Lady     | Leland         | 15.2 |
| 3 | Robinson, Karen   | Branham        | 15.1 |
| 4 | Scheonlein        | Piedmont Hills | 14.8 |
| 5 | Eck, Marianne     | Soquel         | 15.3 |
| 6 | Horn, Kim         | Soquel         | 15.7 |
| 7 | Paradise, Angela  | SLV            | 15.9 |
| 8 | Ricks, Donna      | Andrew Hill    | 15.3 |

FROSH/SOPH 65 METER HIGH HURDLES

CCS RECORD: Washington, Salinas, 1970, 8.6

Two Heats: Top 4 in each heat qualify for finals.

HEAT I

| Lane | Name           | School       | Reg. Qual.<br>Time |
|------|----------------|--------------|--------------------|
| 1    | Convi, Greg    | St. Ignatius | 9.1                |
| 2    | Cequerra, Joe  | Westmoor     | 9.1                |
| 3    | Bates, Ronald  | San Mateo    | 9.0                |
| 4    | Sells, Wendell | N. Salinas   | 8.7                |
| 5    | Green, Rod     | Palo Alto    | 9.11               |
| 6    | Dawson, Brett  | Westmont     | 9.3                |
| 7    | Vitug, Joe     | Santa Cruz   | 9.6                |
| 8    | Ortega, Jr.    | Independence | N.T.               |

HEAT II

|   |                    |              |      |
|---|--------------------|--------------|------|
| 1 | Kuwada, Tom        | Gilroy       | 9.3  |
| 2 | Griffen, Mike      | Camden       | 9.3  |
| 3 | Christensen, Allen | N. Salinas   | 9.2  |
| 4 | Dunbar, Doug       | Mt. Pleasant | 8.8  |
| 5 | Cattarin, Robert   | Hillsdale    | 9.0  |
| 6 | Beny, Ed           | Carlmont     | 9.2  |
| 7 | Sundarum, Dave     | Cupertino    | 9.3  |
| 8 | Van Wandelen       | San Carlos   | 9.75 |

VARSIITY 800 METER RUN

CCS RECORD: Rick Brown, Los Altos, 1970, 1:50.7

Finals Only

| Lane | Name              | School      | Reg. Qual. Time |
|------|-------------------|-------------|-----------------|
| 1    | Ross, Andy        | Buchser     | 1:56.34         |
| 2    | Oliver, Scott     | Los Altos   | 1:56.4          |
| 3    | Vasquez, Angel    | Watsonville | 1:57.1          |
| 4    | Saunders, Brendan | Bellarmino  | 1:59            |
| 5    | Green, Rod        | Palo Alto   | 1:56.9          |
| 6    | Dulin, Brian      | Leigh       | 1:57.6          |
| 7    | Kirsch, Ken       | Aptos       | 1:59.4          |
| 8    | Ryner, Pete       | Aragon      | 2:00            |
| 1A   | Naughten, Joe     | Fremont     | 1:57.4          |
| 2A   | Trujillo, Benny   | Gilroy      | 1:59.9          |
| 3A   | Evans, Dale       | Seaside     | 2:00.3          |
| 4A   | Perez, Fernando   | Aragon      | 2:00.8          |
| 5A   | Record, Kevin     | San Carlos  | 1:57.47         |
| 6A   | Rush, Greg        | Gunderson   | 2:00.3          |
| 7A   | Acosta, Dennis    | Oak Grove   | 2:00.9          |
| 8A   | Goulet, Ed        | Oceana      | 2:01.8          |

GIRLS 800 METER RUN

CCS RECORD: Ann Regan, Camden, 1979, 2:09

Finals Only

| Lane | Name                | School        | Reg. Qual. Time |
|------|---------------------|---------------|-----------------|
| 1    | King, Maria         | Ayer          | 2:13.6          |
| 2    | Weber, Tracy        | Lynbrook      | 2:14.7          |
| 3    | Smith, Susan        | SLV           | 2:18.9          |
| 4    | Laver, Kerrie       | Terra Nova    | 2:23.8          |
| 5    | Brogan, Kerry       | Los Altos     | 2:17.1          |
| 6    | Barry, J            | Leigh         | 2:20.5          |
| 7.   | Choy, Tiffany       | Salinas       | 2:21.6          |
| 8    | Bettencourt, Audrey | Half Moon Bay | 2:26.1          |
| 1A   | Berndt, Esther      | Gunn          | 2:18.5          |
| 2A   | Heimbecker, Andrea  | Willow Glen   | 2:21.3          |
| 3A   | Grijalva, Sherri    | N. Salinas    | 2:22.9          |
| 4A   | Zieschang, Monika   | Capuchino     | 2:27.0          |
| 5A   | Demmelmeir, Kathy   | Lynbrook      | 2:20.8          |
| 6A   | Vanenck             | Presentation  | 2:22            |
| 7A   | Beste, Debbie       | Willow Glen   | 2:23            |
| 8A   | Ajlen, Wendy        | Hillsdale     | 2:27.3          |

FROSH-SOPH 800 METER RUN

CCS RECORD: Allan Miller, Palma, 1979 1:56.9

Finals Only

| Lane | Name              | School       | Reg. Qual.<br>Time |
|------|-------------------|--------------|--------------------|
| 1    | Green, Ron        | Mt. Pleasant | 1:59.8             |
| 2    | Peggs, Willie     | Seaside      | 2:02               |
| 3    | Thomas, Kyle      | Monta Vista  | 2:03.5             |
| 4    | Sellard, Rodney   | Bellarmino   | 2:04.9             |
| 5    | Norris, Larry     | Willow Glen  | 1:59.8             |
| 6    | Casillas, Joe     | N. Salinas   | 2:04               |
| 7    | Thompson, Ron     | Homestead    | 2:05.2             |
| 8    | Taddei            | Westmoor     | 2:07.9             |
| 1A   | Mann, Jon         | Los Gatos    | 1:59.9             |
| 2A   | Brigontino, Vince | Palma        | 2:06               |
| 3A   | Johnson           | Peterson     | 2:06.2             |
| 4A   | Costantine, Tasas | Bellarmino   | 2:08               |
| 5A   | Flores            | Prospect     | 2:02.7             |
| 6A   | Pangalina, Randy  | James Lick   | 2:03               |
| 7A   | Ninney            | Palo Alto    | 2:06.5             |
| 8A   | Erderlatz, Scott  | Capuchino    |                    |

## VARSITY 100 METER DASH

CCS RECORD: Bill Green, Cubberley, 1979, 9.56

Two Heats: Top 4 in each heat qualify for finals

### HEAT I

| Lane | Name             | School         | Reg. Qual.<br>Time |
|------|------------------|----------------|--------------------|
| 1    | Bradford, Keith  | Menlo Atherton | 10.97              |
| 2    | Weaver, Allen    | Hollister      | 10.8               |
| 3    | Smith, Ken       | Palo Alto      | 10.6               |
| 4    | Washington, Eric | Woodside       | 10.57              |
| 5    | Siquenza, Rob    | Serra          | 11.0               |
| 6    | Redwood, Eric    | Hillsdale      | 11.2               |
| 7    | Thompson, Jim    | Crestmoor      | 11.2               |
| 8    | Neubauer, Steve  | Los Gatos      | 11.2               |

### HEAT II

|   |                  |                |       |
|---|------------------|----------------|-------|
| 1 | Kajikami, Bob    | Aragon         | 11.2  |
| 2 | Miller, Glenn    | Menlo Atherton | 10.91 |
| 3 | Christy, Troy    | Del Mar        | 10.7  |
| 4 | Sterling, Robert | Silver Creek   | 10.7  |
| 5 | Bonner, Ernst    | Seaside        | 10.7  |
| 6 | Toney, Anthony   | N. Salinas     | 10.8  |
| 7 | Lister, Bob      | Mt. Pleasant   | 11.1  |
| 8 | Mills, Rick      | Independence   | 11.2  |

## GIRLS 100 METER DASH

CCS RECORD: Kelia Bolton, Andrew Hill, 1978, 10.4

Two heats: Top 4 in each heat qualify for finals

### HEAT I

| Lane | Name             | School     | Reg. Qual.<br>Time |
|------|------------------|------------|--------------------|
| 1    | Gallagher        | Sequoia    | 12.1               |
| 2    | Robinson, Karen  | Fremont    | 12.1               |
| 3    | Chewning, Liz    | Saratoga   | 11.93              |
| 4    | Robinson         | San Carlos | 11.9               |
| 5    | Dee, Cathy       | SLV        | 12.3               |
| 6    | Sanders, Delilah | Monterey   | 12.6               |
| 7    | Ohlund, Anna     | Burlingame | 12.8               |
| 8    | Soo Hoo, Linda   | San Mateo  | 13.0               |

### HEAT II

|   |                  |              |      |
|---|------------------|--------------|------|
| 1 | Donahue          | Los Gatos    | 12.4 |
| 2 | Can, Garon       | Overfelt     | 12.4 |
| 3 | Giammona, Jenny  | Santa Teresa | 12.3 |
| 4 | Pounds, Gutha    | Live Oak     | 12.1 |
| 5 | Middleton, Julie | San Mateo    | 12.3 |
| 6 | Jackson, Rene    | Westmoor     | 12.5 |
| 7 | Witt, Deborah    | Seaside      | 12.6 |
| 8 | Snyder           | Camden       | 12.6 |

FROSH-SOPH 100 METER DASH

CCS RECORD: Dwayne Green, Ayer, 1975, 9.9

Two heats: Top 4 in each qualify for finals

HEAT I

| Lane | Name             | School       | Reg. Qual.<br>Time |
|------|------------------|--------------|--------------------|
| 1    | DeLucia, Emerson | Los Gatos    | 11.4               |
| 2    | Miller, Tony     | Mt. Pleasant | 11.3               |
| 3    | Jamison, Buster  | Carlmont     | 11.29              |
| 4    | Chow             | Prospect     | 11.2               |
| 5    | Gilbert, Dan     | Hillsdale    | 11.4               |
| 6    | Usher, Darryl    | San Mateo    | 11.5               |
| 7    | Lovelace         | Palo Alto    | 11.51              |
| 8    | Mell             | Gunn         | 11.52              |

HEAT II

| Lane | Name            | School      | Reg. Qual.<br>Time |
|------|-----------------|-------------|--------------------|
| 1    | Hayes, Allen    | Milpitas    | 11.5               |
| 2    | Shirley, Bill   | Aptos       | 11.3               |
| 3    | Baker, James    | RLS         | 11.3               |
| 4    | Cerny, Joe      | Cupertino   | 11.21              |
| 5    | Watson, Wiley   | RLS         | 11.3               |
| 6    | Anderson, John  | Willow Glen | 11.3               |
| 7    | Meredith, Nile  | Serra       | 11.5               |
| 8    | Rhinehart, Bill | Riordan     | 11.5               |

VARSIITY 400 METERS

CCS RECORD: Bill Green, Cubberley, 1979, 46.73

Finals only: 2 sections, places determined by time

SECTION I

| Lane | Name            | School       | Reg. Qual.<br>Time |
|------|-----------------|--------------|--------------------|
| 1    | Grimes, Reggie  | Andrew Hill  | 50.0               |
| 2    | Green, Rod      | Palo Alto    | 48.9               |
| 3    | Collins, Kevin  | Monterey     | 49.2               |
| 4    | Williams, D     | San Carlos   | 48.89              |
| 5    | Campbell, Harry | Mt. Pleasant | 49.0               |
| 6    | Thompson, Jim   | Crestmoor    | 52.0               |
| 7    | Toney, Anthony  | N. Salinas   | 49.6               |
| 8    | Langley, Don    | Live Oak     | 50.0               |

SECTION II

|   |               |            |       |
|---|---------------|------------|-------|
| 1 | Green, Mike   | Hillsdale  | 52.3  |
| 2 | Weaver, Allen | Hollister  | 50.7  |
| 3 | Redick, Tim   | Woodside   | 50.69 |
| 4 | White         | Westmont   | 50.1  |
| 5 | Sala, Scott   | Buchser    | 50.29 |
| 6 | Orong, Paul   | Live Oak   | 50.7  |
| 7 | Jones, Eric   | Serramonte | 52.0  |
| 8 | Hall, Chris   | Oceana     | 52.9  |

GIRLS 400 METER DASH

CCS RECORD: Marquite Belk, Silver Creek, 1978, 55.7

Finals only: 2 sections, places determined by time

SECTION I

| Lane | Name               | School    | Reg. Qual.<br>Time |
|------|--------------------|-----------|--------------------|
| 1    | Foiannini, Paula   | Carlmont  | 58.2               |
| 2    | Demorest, Margarey | Buchser   | 57.4               |
| 3    | Robinson           | Branham   | 59.3               |
| 4    | Miller, Sherrill   | Fremont   | 56.09              |
| 5    | Smith, Susan       | SLV       | 59.3               |
| 6    | Ford, Valerie      | San Mateo | 60.3               |
| 7    | Preisser, C        | Sequoia   | 57.5               |
| 8    | Ballenger, Mimi    | King City | 60.2               |

SECTION II

|   |                   |             |      |
|---|-------------------|-------------|------|
| 1 | Lee, Cindy        | Westmoor    | 61.6 |
| 2 | Turner, Glenda    | Overfelt    | 60.6 |
| 3 | Malagulay         | Gunn        | 60.6 |
| 4 | Holley, Kay       | Watsonville | 60.2 |
| 5 | Dillard, Lady     | Leland      | 60.2 |
| 6 | Voss              | Westmont    | 60.6 |
| 7 | Patrick, Ambrosia | Oceana      | 61.4 |
| 8 | Andrews, Jeannie  | Serramonte  | 61.8 |

FROSH/SOPH 400 METERS

CCS RECORD: Gonzales, Branham, 1970, 50.1

Two sections: Places determined by times

SECTION I

| Lane | Name              | School        | Reg. Qual.<br>Time |
|------|-------------------|---------------|--------------------|
| 1    | Jawiez, Richard   | Alisal        | 51.9               |
| 2    | Benson            | Branham       | 51.5               |
| 3    | Artist, Brian     | Carlmont      | 51.5               |
| 4    | Shirley, Bill     | Aptos         | 51.3               |
| 5    | Dickinson, Joshua | Mt. Pleasant  | 51.5               |
| 6    | Robinson, Bill    | San Mateo     | 54.4               |
| 7    | Farnis, R         | San Carlos    | 51.6               |
| 8    | Cearlock, Cury    | Pacific Grove | 51.9               |

SECTION II

|   |                     |            |      |
|---|---------------------|------------|------|
| 1 | Lawson              | Serramonte | 54.5 |
| 2 | Witherspoon, Lament | Overfelt   | 52.6 |
| 3 | Montelongo, Larry   | Gilroy     | 52.5 |
| 4 | Toffey              | Leigh      | 52.1 |
| 5 | Nash, T             | Sequoia    | 52.2 |
| 6 | Achison             | Peterson   | 52.5 |
| 7 | Branson, Lester     | Serra      | 54.5 |
| 8 | Martin, Mike        | Jefferson  | 55.1 |



VARSIY 3200 METER

CCS RECORD: Gordon MacMitchell, Gunn, 1973, 9:01.6

Finals

| Lane | Name               | School           | Reg. Qual.<br>Time |
|------|--------------------|------------------|--------------------|
| 1    | Torres, Jesse      | Independence     | 9:16.2             |
| 1A   | McCollum           | Palo Alto        | 9:27.83            |
| 2    | Magallanes         | Seaside          | 9:31.6             |
| 2A   | Kaspari, Jim       | St. Francis      | 9:49.7             |
| 3    | Gonzales, Alex     | Gunderson        | 9:21.8             |
| 3A   | Hoch, John         | Menlo Atherton   | 9:28.76            |
| 4    | Scattini, Jim      | Palma            | 9:32.1             |
| 4A   | Parades, Chris     | Bellarmine       | 9:53.2             |
| 5    | Balderas, Fernando | San Jose         | 9:21.8             |
| 5A   | Kurr, Jack         | Gunn             | 9:29.1             |
| 6    | Guaracha, Nash     | Hollister        | 9:42.5             |
| 6A   | Giovannetti, Glen  | Mills            | 9:57.4             |
| 7    | Soto, Felix        | Mt. Pleasant     | 9:22.4             |
| 7A   | Gonzales, Roy      | Gunderson        | 9:23.4             |
| 8    | O'Conner, Kevin    | Carlmont         | 9:34.5             |
| 8A   | Bauer              | S. San Francisco | 9:59.8             |

GIRLS 3200 METER

CCS RECORD: Roxanne Bier, Independence, 1978, 10:36.6

Finals

| Lane | Name               | School       | Reg. Qual.<br>Time |
|------|--------------------|--------------|--------------------|
| 1    | Bier, Roxanne      | Independence | 10:48.2            |
| 1A   | Denmelmeier, Cathy | Lynbrook     | 11:01.7            |
| 2    | Hampton, Beth      | Aptos        | 11:46.2            |
| 2A   | Beatty, Sue        | Aragon       | 11:54.9            |
| 3    | Harper, Amy        | Prospect     | 11:04.8            |
| 3A   | Brogan, Kerry      | Los Altos    | 11:20.6            |
| 4    | Radford, Susan     | Seaside      | 11:42.1            |
| 4A   | Chappell, Vickie   | Hillsdale    | 12:03.9            |
| 5    | Farrell            | Leigh        | 11:20.4            |
| 5A   | Bonnet, Kathy      | Saratoga     | 11:24              |
| 6    | Jacobsen, Kristi   | Soquel       | 11:52              |
| 6A   | Tripp, GERALYNN    | Burlingame   | 12:17.3            |
| 7    | Gleason, Carol     | Lynbrook     | 11:24.07           |
| 7A   | Heimbecker, Andrea | Willow Glen  | 11:34.2            |
| 8    | Devine             | Westmont     | 11:37              |
| 8A   | Felix, Kristen     | Mills        | 12:23.6            |

FROSH/SOPH 3200 METERS

CCS RECORD: Gerry Emory, Gunn, 1973, 9:25.6

Finals

| Lane | Name              | School       | Reg. Qual.<br>Time |
|------|-------------------|--------------|--------------------|
| 1    | Gomez, Ron        | Carlmont     | 9:37.5             |
| 1A   | Anderson, Robert  | Santa Teresa | 9:45.8             |
| 2    | Abbanat, Steve    | Monterey     | 10:15.5            |
| 2A   | Spadaro, Marc     | Aragon       | 10:30              |
| 3    | Iglehart, Kent    | Gunn         | 9:43.73            |
| 3A   | Munoz, Frank      | James Lick   | 10:51.2            |
| 4    | Margarito, Antono | Gonzales     | 10:18.1            |
| 4A   | Young, Bob        | Bellarmine   | 10:31.3            |
| 5    | Barthulik         | Campbell     | 9:54               |
| 5A   | Preclado, Rudy    | Buchser      | 9:55.11            |
| 6    | Wilkinson, Tom    | King City    | 10:22.5            |
| 6A   | Bencentio, Bill   | Bellarmine   | 10:31.3            |
| 7    | Marconda, S       | Menlo        | 9:59.67            |
| 7A   | Lefuente, Jim     | Mt. Pleasant | 10:00.4            |
| 8    | Wells, Steve      | Los Gatos    | 10:00.4            |
| 8A   | Rivas             | Westmoor     | 10:32.5            |

VARSBITY 300 METER LOW HURDLES

CCS RECORD: Andre Phillips, Silver Creek, 1977, 36.5

Two Sections: Places determined by times

SECTION I

| Lane | Name             | School      | Reg. Qual.<br>Time |
|------|------------------|-------------|--------------------|
| 1.   | Redick, Tim      | Woodside    | 38.51              |
| 2    | Magno, Danny     | Watsonville | 38.5               |
| 3    | Jackson, Joe     | Monterey    | 38.4               |
| 4    | Seanez, Ron      | Gilroy      | 37.5               |
| 5    | Boeker, Mike     | Fremont     | 38.24              |
| 6    | Znkowsky, John   | Hillsdale   | 39.4               |
| 7    | Williams, Willie | Woodside    | 38.5               |
| 8    | Dean, Jeff       | Oak Grove   | 38.7               |

SECTION II

|   |                  |                |       |
|---|------------------|----------------|-------|
| 1 | Smith, Doug      | Serra          | 40.6  |
| 2 | Loya, Robert     | Piedmont Hills | 39.4  |
| 3 | Sanders, Bob     | Santa Cruz     | 39.1  |
| 4 | Perez            | Westmont       | 38.8  |
| 5 | Baker, Mark      | Willow Glen    | 38.8  |
| 6 | Friend, Scott    | Cupertino      | 39.27 |
| 7 | Thompson, Robert | Jefferson      | 40.1  |
| 8 | Brugnara, Luke   | St. Ignatius   | 40.7  |

FROSH /SOPH 300 METER LOW HURDLES

CCS RECORD: Harold Ross, Hillsdale, 1975, 38.7

Two Sections: Places determined by times

SECTION I

| Lane | Name          | School       | Reg. Qual.<br>Time |
|------|---------------|--------------|--------------------|
| 1    | Green         | Palo Alto    | 41.0               |
| 2    | Sasaki        | Blackford    | 40.6               |
| 3    | Jones         | Menlo        | 40.5               |
| 4    | Curry, Jim    | Mt. Pleasant | 40.3               |
| 5    | Boral, Darryl | Aptos        | 40.4               |
| 6    | Mari, Ed      | St. Francis  | 43.2               |
| 7    | Chesarek      | Leigh        | 40.7               |
| 8    | Dawson        | Leigh        | 41.1               |

SECTION II

|   |                   |             |      |
|---|-------------------|-------------|------|
| 1 | Spagholi, Paul    | Mills       | 43.4 |
| 2 | Vitug, Joe        | Santa Cruz  | 41.6 |
| 3 | Van Wandelen, Rob | San Carlos  | 41.3 |
| 4 | Green             | Del Mar     | 41.1 |
| 5 | Walker, Steve     | Fremont     | 41.2 |
| 6 | Norton, Geoff     | Seaside     | 41.4 |
| 7 | McKittrick, Brian | Terra Nova  | 43.3 |
| 8 | Durkin, Rob       | St. Francis | 43.6 |

VARSIITY 200 METERS

CCS RECORD: Millard Hampton, Silver Creek, 1974, 20.9

Two Heats: Top 4 in each qualify for finals

HEAT I

| Lane | Name                | School           | Reg. Qual.<br>Time |
|------|---------------------|------------------|--------------------|
| 1    | Flint, Rory         | Silver Creek     | 22.4               |
| 2    | Collins, Kevin      | Monterey         | 22.2               |
| 3    | Washington, Eric    | Woodside         | 21.75              |
| 4    | Smith, Ken          | Palo Alto        | 21.74              |
| 5    | Sequenza, Rob       | Serra            | 23.1               |
| 6    | Roseborough, Vingil | Serramonte       | 23.2               |
| 7    | Sigigie, George     | Serra            | 23.8               |
| 8    | Adams               | S. San Francisco | 23.9               |

HEAT II

|   |                  |                |       |
|---|------------------|----------------|-------|
| 1 | Williams, Geoff  | Cupertino      | 22.45 |
| 2 | Christy, Troy    | Del Mar        | 22.2  |
| 3 | Bonner, Ernest   | Seaside        | 22.0  |
| 4 | Toney, Anthony   | N. Salinas     | 22.0  |
| 5 | Campbell, Harry  | Mt. Pleasant   | 22.0  |
| 6 | Sterling, Robert | Silver Creek   | 22.0  |
| 7 | Miller, Glenn    | Menlo Atherton | 22.43 |
| 8 | Mills, Rick      | Independence   | 22.5  |

GIRLS 200 METERS

CCS RECORD: Kelia Bolton, Andrew Hill, 1978, 23.9

Two Heats: Top 4 in each qualify for finals

HEAT I

| Lane | Name             | School           | Reg. Qual.<br>Time |
|------|------------------|------------------|--------------------|
| 1    | Lass, Kath       | Saratoga         | 26.3               |
| 2    | Sullivan, Tammy  | Ayer             | 25.8               |
| 3    | Chewning, Liz    | Saratoga         | 25.8               |
| 4    | Pounds, Gurtha   | Live Oak         | 25.0               |
| 5    | Middleton, Julie | San Mateo        | 26.1               |
| 6    | Brewer, Brenda   | Hillsdale        | 26.6               |
| 7    | Jackson, Rene    | Westmoor         | 26.9               |
| 8    | Webster, Jane    | S. San Francisco | 27.0               |

HEAT II

|   |                   |              |      |
|---|-------------------|--------------|------|
| 1 | Colon, Norma      | Independence | 26.3 |
| 2 | Demorest, Margret | Buchser      | 26.0 |
| 3 | Donahue, Deidre   | Los Gatos    | 25.8 |
| 4 | Robinson, Ronda   | San Carlos   | 25.2 |
| 5 | Dee, Cathy        | SLV          | 25.3 |
| 6 | Saunders, Delilah | Monterey     | 26.0 |
| 7 | Monnini, Julie    | King City    | 26.3 |
| 8 | Foster            | Campbell     | 26.4 |

FROSH/SOPH 200 METERS

CCS RECORD: Ken Smith, Cubberley, 1979, 22.0

Two Heats: Top 4 in each qualify for finals

HEAT I

| Lane | Name           | School                 | Reg. Qual.<br>Time |
|------|----------------|------------------------|--------------------|
| 1    | Benson         | Branham                | 23.7               |
| 2    | Watson, Wiley  | Robert Louis Stevenson | 22.8               |
| 3    | Baker, James   | Robert Louis Stevenson | 22.8               |
| 4    | Shirley, Bill  | Aptos                  | 22.7               |
| 5    | Meredith, Mike | Serra                  | 23.5               |
| 6    | Patten, Paul   | Aragon                 | 23.6               |
| 7    | Connell, Marty | Lynbrook               | 23.9               |
| 8    | Lovelace       | Palo Alto              | 24.0               |

HEAT II

|   |                 |              |      |
|---|-----------------|--------------|------|
| 1 | Threets, Kerry  | Westmoor     | 23.7 |
| 2 | Miller, Tony    | Mt. Pleasant | 23.4 |
| 3 | Jamison, Buster | Carlmont     | 23.1 |
| 4 | Artist, Brian   | Carlmont     | 23.0 |
| 5 | Anderson, John  | Willow Glen  | 23.2 |
| 6 | Chow            | Prospect     | 23.3 |
| 7 | Rhinehart, Bill | Riordan      | 23.6 |
| 8 | Burns, Tom      | Yerba Buena  | 23.7 |

VARSIITY 1600 METER

CCS RECORD: Mark Stillman, Willow Glen, 1977, 4:08.7

Finals

| Lane | Name             | School      | Reg. Qual. Time |
|------|------------------|-------------|-----------------|
| 1    | Samario, Steve   | Leigh       | 4:18.5          |
| 2    | Springer, Mario  | Mt. View    | 4:23.3          |
| 3    | Green, Alan      | N. Salinas  | 4:29            |
| 4    | Marson, Dave     | Mills       | 4:34            |
| 5    | Ingrahm, Bob     | Westmont    | 4:19.3          |
| 6    | Yeager, Roger    | Fremont     | 4:25.4          |
| 7    | Guitierrez, Wick | Watsonville | 4:29.9          |
| 8    | Crowley, Sam     | St. Francis | 4:35.6          |
| 1A   | Bergkamp, Ken    | Leigh       | 4:22.1          |
| 2A   | Zamczyk, Brad    | Homestead   | 4:29.91         |
| 3A   | Vasquez, Angel   | Watsonville | 4:30.6          |
| 4A   | Peredes, Chris   | Bellarmino  | 4:37.3          |
| 5A   | Cox              | Los Gatos   | 4:22.2          |
| 6A   | Marquez, Paul    | Ayer        | 4:23            |
| 7A   | DeLore, Eric     | Fremont     | 4:27.6          |
| 8A   | Rushing          | Terra Nova  | 4:38            |

GIRLS 1600 METER

CCS RECORD: Vickie Bray, Los Altos, 1977, 4:53.0

Finals

| Lane | Name                | School        | Reg. Qual. Time |
|------|---------------------|---------------|-----------------|
| 1    | Wever, Tracy        | Lynbrook      | 5:03            |
| 2    | King, Maria         | Ayer          | 5:04            |
| 3    | Wilkenson, Teresa   | King City     | 5:26.1          |
| 4    | Bettencourt, Audrey | Half Moon Bay | 5:33.3          |
| 5    | Brogan, Kerry       | Los Altos     | 5:07.4          |
| 6    | Harper, Amy         | Prospect      | 5:09.2          |
| 7    | Choy, Tiffany       | Salinas       | 5:29            |
| 8    | Zieschang, Monika   | Capuchino     | 5:33.7          |
| 1A   | Berndt, Esther      | Gunn          | 5:07.5          |
| 2A   | Bier, Roxanne       | Independence  | 5:10.6          |
| 3A   | Pearson, Deena      | SLV           | 5:34.5          |
| 4A   | Sparagren           | Westmoor      | 5:40.8          |
| 5A   | Jungsten, Linda     | Carlmont      | 5:10.7          |
| 6A   | Farrell, Maureen    | Leigh         | 5:26.6          |
| 7A   | Yaninek, Sharon     | Presentation  | 5:26.8          |
| 8A   | Chappel, Vicky      | Hillsdale     | 5:44.2          |

FROSH/SOPH 1600 METERS

CCS RECORD: Conrad Suhr, Branham, 1972, 4:23.6

Finals

| Lane | Name             | School        | Reg. Qual.<br>Time |
|------|------------------|---------------|--------------------|
| 1    | Anderson, Robert | Santa Teresa  | 4:29.8             |
| 2    | Iglehart, Kent   | Gunn          | 4:31.75            |
| 3    | Porter, Scott    | SLV           | 4:39.3             |
| 4    | Hughes           | St. Francis   | 4:45.1             |
| 5    | Bergstrom, Brian | Los Gatos     | 4:30.8             |
| 6    | Cantalupe, John  | Cupertino     | 4:32.4             |
| 7    | Weaver, John     | Aptos         | 4:39.9             |
| 8    | Icusa, Dave      | St. Francis   | 4:46               |
| 1A   | Sakalerios, A    | Sequoia       | 4:33.18            |
| 2A   | Franco, Carl     | Lincoln       | 4:34.0             |
| 3A   | Bowe, Chris      | Pacific Grove | 4:41.4             |
| 4A   | Sellard, Rodney  | Bellarmino    | 4:48.7             |
| 5A   | Gomez, Ron       | Carlmont      | 4:34.3             |
| 6A   | Mendoza, Dan     | Silver Creek  | 4:35.7             |
| 7A   | Munoz, Frank     | James Lick    | 4:43.9             |
| 8A   | Spadaro, Mark    | Aragon        | 4:48.8             |

FROSH/SOPH 1600 METER RELAY

CCS RECORD: Cubberley, 1977, 3:26

Two Sections: Places determined by times

Section I

| Lane | School       | Reg. Qual.<br>Time |
|------|--------------|--------------------|
| 1    | Westmont     | 3:38.6             |
| 2    | Fremont      | 3:36.8             |
| 3    | Carlmont     | 3:35.23            |
| 4    | Mt. Pleasant | 3:34.2             |
| 5    | Aptos        | 3:35.2             |
| 6    | Hillsdale    | 3:42               |
| 7    | Seaside      | 3:38.6             |
| 8    | Alisal       | 3:38.9             |

SECTION II

|   |              |        |
|---|--------------|--------|
| 1 | Westmoor     | 3:44.5 |
| 2 | Overfelt     | 3:39.7 |
| 3 | Palo Alto    | 3:39.6 |
| 4 | Gilroy       | 3:38.9 |
| 5 | Silver Creek | 3:39   |
| 6 | Lynbrook     | 3:39.6 |
| 7 | San Mateo    | 3:44.5 |
| 8 | Serramonte   | 3:44.7 |