

OFFICIALS

MEET DIRECTOR	KEN JOHNSON
REFEREE	DOUG BOYD
HEAD FIELD JUDGE	DON BELL
STARTER	ROBERT PODKAMINI
RECALL STARTER	JOHN ROUTH
CLERK OF THE COURSE	MIKE GUNION
ANNOUNCER	DAVE DICKERSON
WEIGHTS AND MEASURE	TOM BURT
AWARDS	WIL CONCKLIN TOM NIEMILLER TOM RYAN
CCS COMMISSIONER	LARRY RICE
CCS ASST. COMMISSIONER	JOYCE RIDGWAY
CCS SPECIAL EVENTS	DWIGHT MARTIN
CCS TRACK CHAIRMAN	SAL CESARIO
HURDLE CREW	WILLOW GLEN
SCOREKEEPERS	WILLOW GLEN

CONVERSION TABLE

100 Meters to 100 Yds	- .9 sec
110 Meters to 120 Yds	same
200 Meters to 220 Yds	+ .1 sec
400 Meters to 440 Yds	+ .3 sec
800 Meters to 880 Yds	+ .7 sec
1600 Meters to One Mile	+1.6 sec
3200 Meters to Two 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 LH	+ .2 sec

ORDER OF EVENTS AND TIME SCHEDULE

RUNNING EVENTS - TRIALS

3:30	100 Meter Dash (3 Sections)	VARSITY, GIRLS, F/S
4:00	110 Meter High Hurdles	VARSITY
4:10	70 Yd High Hurdles	F/S
4:20	100 Meter Low Hurdles	GIRLS
4:30	200 Meter Dash (3 Sections)	VARSITY, GIRLS, F/S

RUNNING EVENTS - FINALS

6:00	400 M Relay (Fast -Slow Sections)	VARSITY, GIRLS, F/S
6:20	110 M High Hurdles	VARSITY
6:30	70 Yd High Hurdles	F/S
6:40	100 M Low Hurdles	GIRLS
6:55	800 M Run (3 Sections)	VARSITY, GIRLS, F/S
7:20	100 M Dash	VARSITY, GIRLS, F/S
7:35	400 M Dash (6 Fast slow Sections)	VARSITY, GIRLS, F/S
8:00	3200 M Run	VARSITY, GIRLS, F/S
8:40	330 Yd Low Hurdles (6 Fast slow Sections)	VARSITY, GIRLS, F/S
9:10	200 M Dash	VARSITY, GIRLS, F/S
9:25	1600 M Run	VARSITY, GIRLS, F/S
9:50	Mile Relay (6 Fast slow 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
	DISCUS (PIT A)	GIRLS TO COMPLETION
	POLE VAULT	F/S TO COMPLETION
	DISCUS (PIT B)	F/S TO COMPLETION
4:30	TRIPLE JUMP (PIT B)	F/S TO COMPLETION
	DISCUS (PIT B)	VARSITY TO COMPLETION
	LONG JUMP (PIT B)	F/S TO COMPLETION
7:00	HIGH JUMP	F/S TO COMPLETION
	TRIPLE JUMP (PIT A)	VARSITY TO COMPLETION
	POLE VAULT	VARSITY TO COMPLETION
8:30	HIGH JUMP	GIRLS TO COMPLETION
	SHOT PUT	GIRLS TO COMPLETION
	SHOT PUT	F/S TO COMPLETION
	LONG JUMP (PIT A)	GIRLS TO COMPLETION

VARSITY HIGH JUMP

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

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Flint, Rory	Silver Creek	6'2
2.	Andree, Brent	Mt. Pleasant	6'2
3.	Luper, Erick	Yerba Buena	6'2
4.	Bentley, Chris	Soquel	6'2
5.	Sampson, Dave	Homestead	6'3

FLIGHT II

1.	Rodrigues, Rick	Capachino	6'4
2.	Roas, Jerry	Riordan	6'4
3.	Gates, Dave	Monta Vista	6'4
4.	Franks,	Serramonte	6'4
5.	Jones, Adrian	Seaside	6'4

FLIGHT III

1.	Sexton, Dan	Lynbrook	6'4
2.	Greenwell, Mike	Seaside	6'4
3.	Raines, Vaughn	Yerba Buena	6'6
4.	Maxie,	Serramonte	6'6
5.	Dupree,	Menlo Atherton	6'6
6.	Bartel, T.J.	Westmont	6'6

GIRLS HIGH JUMP

CCS RECORD: TRISHA KING, MENLO ATHERTON, 1980, 5'9 $\frac{1}{4}$

FLIGHT I

1.	Dyer, Lisa	Branham	4'10
2.	Fowler, Daneen	Westmont	4'10
3.	Neher,	Los Gatos	5'0
4.	Wyer, Drucilla	Seaside	5'0
5.	Jacklich, Kim	Capuchino	5'0

FLIGHT II

1.	Nicholas, Michelle	Westmont	5'0
2.	Knauff, Leann	Gilroy	5'0
3.	Bell, Terri	Leland	5'0
4.	McCready,	Carlmnt	5'1
5.	Sullivan, Laura	Mills	5'2

FLIGHT III

1.	Cummins, Kelly	Los Gatos	5'2
2.	Roach, Sedoni	Santa Catalina	5'2
3.	Waterfield, Heidi	Homestead	5'3
4.	Miller,	Buchser	5'3
5.	Baumgardner, Maryanne	Aragon	5'6
6.	Robinson, Karen	Fremont	5'7

FROSH/SOPH HIGH JUMP

CCS RECORD: ERIC LUPER, YERBA BUENA, 1980, 6'7

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Raines, Hiram	Mt. Pleasant	5'10
2.	Rubalaba, Tony	Branham	5'10
3.	Sterbence, Chris	Santa Clara	5'10
4.	Willson, Jerry	Buchser	5'10
5.	Palen	Reg, II	5'10

FLIGHT II

1.	Rocchio, Tom	Los Gatos	5'10
2.	Pemproke, Pete	N. Monterey Co.	5'10
3.	Debraal, Greg	Salinas	6'0
4.	Kelly, Monte	Overfelt	6'0
5.	Ambron,	San Carlos	6'0

FLIGHT III

1.	Kelley, Kevin	Westmont	6'0
2.	Wiseman, Lon	Monterey	6'0
3.	Turner, John	St. Ignatius	6'2
4.	Jarvis, Eddie	Aragon	6'2
5.	Jett, Richard	San Mateo	6'2
6.	Branstrom, Chuck	Half Moon Bay	6'4

FROSH/SOPH POLE VAULT

CCS RECORD: MITCH NORRIS, DEL MAR, 1979, 14'6 $\frac{1}{4}$ "

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Campbell, Pat	Leland	10'6"
2.	Heap, Gary	Leigh	10'6"
3.	Labrador, Robert	San Mateo	11'0"
4.	Schall, Dan	Del Mar	11'0"
5.	Diaz, Elliot	Capuchino	11'0"

FLIGHT II

1.	Thornton, Scott	Monterey	11'0"
2.	Ferrier, Lance	Leigh	11'0"
3.	Valenzuela, Tory	North Salinas	11'0"
4.	Rathstone, Fred	Leland	11'0"
5.	Searles, Jeff	Mills	11'6"

FLIGHT III

1.	Lewis, Shawn	Mills	11'6"
2.	Keating, To	North Salinas	11'6"
3.	Abe, Mark	Homestead	12'0"
4.	Basset, George	Saratoga	12'6"
5.	Larson, Dan	Monta Vista	12'6"
6.	Kibart,	Fremont	13'0"

VARSIITY POLE VAULT

CCS RECORD: GREG ELLIS, MENLO AHERTON, 1980, 15'6 $\frac{1}{4}$ "

FLIGHT I

1.	Creel, Pat	Mills	12'0"
2.	Arnott, Paul	Westmoor	12'6"
3.	Cattarin, Robert	Hillsdale	13'0"
4.	Anacleto, Joe	Gilroy	13'0"
5.	Munoz, Dave	St. Francis	13'0"

FLIGHT II

1.	Granoski,	Awalt	13'6"
2.	Molter, Eric	Salinas	13'6"
3.	Allred, Jerry	King City	13'10"
4.	Besmer, Dan	Del Mar	14'0"
5.	Weckler, Don	Westmont	14'0"

FLIGHT III

1.	O'Donnell, Jeff	Buchser	14'0"
2.	Phillips,	Carlmont	14'0"
3.	McGraw, Tom	Los Gatos	14'6"
4.	Camara, Kevin	Del Mar	14'6"
5.	Anderson, Mark	Buchser	15'0"
6.	Norris, Mitch	Del Mar	15'0"

VARSIY LONG JUMP

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

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Plaskett, Jeff	Lynbrook	20'1
2.	Waller, Bob	Gunn	20'2 $\frac{3}{4}$
3.	Aspiras, Dan	Palo Alto	20'4 $\frac{1}{4}$
4.	Morales, Albert	N. Monterey Co.	20'11
5.	Sewell, Steve	Riordan	21' $\frac{1}{4}$

FLIGHT II

1.	Sasaki,	Blackford	21' $\frac{1}{2}$
2.	Johnson, Carlos	Jefferson	21'1 $\frac{3}{4}$
3.	Seman, Al	Hillsdale	21'3 $\frac{1}{4}$
4.	Licklander, Gary	Palma	21'5 $\frac{3}{4}$
5.	Scaroni, Paul	King City	21'6

FLIGHT III

1.	Smith, Ken	Palo Alto	21'8
2.	Sythe, Andy	Los Gatos	22'1
3.	Threets, Ken	Westmoor	22'6 $\frac{1}{4}$
4.	Weldon, Larry	Silver Creek	22'10 $\frac{1}{4}$
5.	Peoples, Tim	Silver Creek	23'0
6.	Anderson, John	Willow Glen	23' $\frac{1}{2}$

GIRLS LONG JUMP

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

FLIGHT I

1.	Potts,	Menlo Atherton	16'0
2.	Campbell, Kristi	Lynbrook	16'3 $\frac{1}{4}$
3.	Hadnott,	San Mateo	16'5 $\frac{3}{4}$
4.	Dee, Cathy	Santa Catalina	16'6 $\frac{1}{2}$
5.	Kessinger, Laura	Salinas	16'7

FLIGHT II

1.	Reed, Robin	Jefferson	16'7 $\frac{1}{4}$
2.	Witt, Debra	Seaside	16'7 $\frac{1}{2}$
3.	Bray	Los Altos	16;9
4.	Robinson, Karen	Branham	16'10
5.	Caldwell, Katy	Piedmont Hills	16'11 $\frac{1}{2}$

FLIGHT III

1.	Hatori,	Mills	17' $\frac{3}{4}$
2.	Brown	Woodside	17'1
3.	Lynch, Sharon	Branham	17'1 $\frac{1}{4}$
4.	Wiley, Toni	Live Oak	17'1 $\frac{3}{4}$
5.	Schweickardt, Karla	Branham	17'4 $\frac{1}{2}$
6.	Riley, Vivian	Mt. Pleasant	17'7

FROSH/SOPH LONG JUMP

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

<u>FLIGHT I</u>	Name	School	Reg. Qual. Mark
1.	Willson, Jerry	Buchser	18'1 $\frac{1}{2}$
2.	Fisher, Steve	Saratoga	18'4 $\frac{1}{2}$
3.	Jesse, Phil	Gilroy	19'1 $\frac{1}{2}$
4.	Wright, Derrick	Pacific Grove	19'2 $\frac{1}{2}$
5.	Encallado, Darrin	N. Salinas	19'4 $\frac{1}{2}$
<u>FLIGHT II</u>			
1.	Hong	Reg. II	19'5
2.	Mooring, Chris	Mt. Pleasant	19'8 $\frac{1}{4}$
3.	Hawkins	Reg. II	19'8 $\frac{1}{2}$
4.	Mohoni, Paul	Burlingame	19'9 $\frac{3}{4}$
5.	Kellen, Bryan	Leland	19'10
<u>Flight III</u>			
1.	Hindegian, Derek	San Mateo	19'10
2.	Caruth, Kevin	Los Gatos	20'1 $\frac{1}{4}$
3.	Jett, Richard	San Mateo	20'1 $\frac{3}{4}$
4.	Persiani, Shane	Santa Teresa	20'3 $\frac{3}{4}$
5.	Picchi, Allen	St. Francis	20'5 $\frac{1}{2}$
6.	Ortega, Junior	Indipendence	20'9 $\frac{3}{4}$

FROSH/SOPH TRIPLE JUMP

CCS RECORD: DON SAMPLE, YERBA BUENA, 1979, 46' 10 $\frac{1}{4}$ "

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Quintero, Juan	N. Mont. County	39' 7
2.	Torres, Javier	Overfelt	40" 5
3.	Ashby, Jim	Buchser	40" 8
4.	Hall, Louis	Westmoor	41" 0
5.	Willson, Jerry	Buchser	41" 2

FLIGHT II

1.	Pembrooke, Pete	N. Mont. County	41' 7
2.	Hobart, Craig	N. Salinas	41" 8
3.	Jett, Richard	San Mateo	41" 9
4.	Cooper, James	Piedmont Hills	41' 10 $\frac{1}{2}$
5.	Porter, Darrell	Willow Glen	42' 0

FLIGHT III

1.	DeCarlo, Mike	St. Francis	42' 0
2.	Mooring, Chris	Mt. Pleasant	43' 6
3.	Lister, Kent	Mt. Pleasant	44' 1 3/4
4.	Picchi, Allen	St. Francis	44' 6
5.	Bostic	Menlo Atherton	44" 8 3/4
6.	Hong	Reg. II	45' 9

VARSAITY TRIPLE JUMP

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

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	LeKander, Gary	Palma	43' 3
2.	Moelter, Eric	Salinas	43' 3
3.	Sewell, Steve	Riordan	43' 3 $\frac{1}{2}$
4.	Ryner, Pete	Aragon	43' 3 $\frac{1}{2}$
5.	Laviene	S. San Francisco	43' 3 3/4

FLIGHT II

1.	Diefenbach, Mike	Bellarmine	43' 6 $\frac{1}{2}$
2.	Wheeler, Phil	Leland	43' 7
3.	Smith	Menlo Atherton	43' 7
4.	Greenwell, Mike	Seaside	44' 1
5.	Sample, Donny	Yerba Buena	44' 7 3/4

FLIGHT III

1.	Ervin, Anthony	Santa Clara	44' 8 3/4
2.	Wesley, Leonard	Leigh	44' 10
3.	Ellis, Gary	Monta Vista	45' 6 3/4
4.	Sterling	Menlo Atherton	46' 6 3/4
5.	Taylor, Ken	Yerbs Buena	46' 10 $\frac{1}{8}$
6.	Weldon, Larry	Silver Creek	47' 8 $\frac{1}{2}$

VARISITY SHOT PUT

CCS RECORD: BOB BRANNON, LOS GATOS, 1965, 63' 9"

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Bauter, Brian	Aragon	49' 5
2.	Ryan, Bill	Palma	50' $\frac{1}{2}$
3.	Hall, Henry	Westmoor	50' $2\frac{1}{2}$
4.	Katches, Dan	Mills	50' 6
5.	Thomas, Chris	Palma	51' 1 $\frac{3}{4}$

FLIGHT II

1.	Tennyson, Eric	Cupertino	51' $4\frac{1}{4}$
2.	Foster, Jeff	Saratoga	51' $4\frac{1}{4}$
3.	Wien, Sam	Leland	51' $7\frac{1}{4}$
4.	Koehler	Los Altos	51' 10
5.	Poe, Keith	Independence	51' 10 $\frac{3}{4}$

FLIGHT III

1.	Gillis, Paul	Gunderson	53' 6
2.	Usher, Dan	Serra	53' 6
3.	Aimonetti, John	Blackford	54' 1
4.	Robinson	Awalt	55' $\frac{1}{2}$
5.	Swedlund, John	San Lorenzo Valley	56' $8\frac{1}{2}$
6.	Sutro, Tim	Del Mar	60' $2\frac{1}{4}$

GIRLS SHOT PUT

CCS RECORD: DIANNA RAMMER, I L, 1980, 39' 6

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Louie, Janice	Westmoor	34' $\frac{1}{2}$
2.	Klaver, Terry	Hollister	34' $\frac{1}{2}$
3.	Mulifialo, Lolo	Jefferson	34' $9\frac{1}{2}$
4.	Harmon	Mt. View	35' $8\frac{1}{2}$
5.	Oswalt, Diane	Los Gatos	36' $4\frac{1}{4}$

FLIGHT II

1.	Kirehoff, Robin	Leigh	36' $5\frac{1}{2}$
2.	Townsel, Stephanie	Silver Creek	36' $9\frac{1}{2}$
3.	Hamilton, Felicia	Jefferson	36' 10
4.	Shore, Amy	Los Gatos	37' $4\frac{1}{2}$
5.	Manaea, Cora	Seaside	37' $6\frac{1}{2}$

FLIGHT III

1.	Roach, Sidonie	Santa Cruz	38' $\frac{3}{4}$
2.	Shaffer, Anna	Oak Grove	38' 9
3.	Floyd, Latonia	Oak Grove	39' 10
4.	Corrozzi	Carlmont	40' $\frac{1}{2}$
5.	Crisler, Jill	Gunn	40' 1 $\frac{3}{4}$
6.	Durshlag	San Carlos	42' 2

FROSH/SOPH SHOT PUT

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

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Rupp, Steve	King City	44' 8 3/4
2.	Peterson, Ken	Salinas	44' 11
3.	Aipoalani, Robert	N. Salinas	46' 3
4.	Lumbros, Christos	Lincoln	47' 0
5.	Sheets, Troy	Del Mar	48' 1

FLIGHT II

1.	Tobin, Tim	St. Francis	49' 5 1/2
2.	Tiedeman	San Carlos	50' 6 1/2
3.	Creedon, Jack	Cupertino	51' 1/2
4.	Wozniak, John	Fremont	51' 3
5.	Higgins, Jeff	Del Mar	51' 7 3/4

FLIGHT III

1.	Gatrousis, John	Bellarmino	51' 11 1/2
2.	Turner	Menlo Atherton	52' 2
3.	Onderick, Sean	Leland	52' 3 3/4
4.	Barnreites, Nate	Del Mar	52' 7
5.	Finau, Paul	San Mateo	54' 1 1/2
6.	Poti, Ako	Jefferson	56' 9

VARSAITY DISCUS

CCS RECORD: SCOTT OVERTON, LOS ALTOS, 1972 191' 0"

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Powser	Salinas	146' 5½
2.	Hecht, Mike	HMB	146' 11
3.	Pruitt, Dave	Leigh	151' 8
4.	Whitham,	Valley Christ.	154' 6
5.	Ryan, Bill	Palma	156' 2

FLIGHT II

1.	Wilcox, Marc	Capachino	157' 5
2.	McGraw, Tom	Los Gatos	158' 2
3.	Sutro, Tim	Del Mar	158' 3
4.	Mather	Los Altos	162' 8
5.	Davis	Buchser	163' 3

FLIGHT III

1.	Hall, Henry	Westmoor	163' 4
2.	Ramirez, Jeff	Gunderson	164' 7
3.	Tarabonovic, Mark	Fremont	164' 10
4.	Aimonetti, John	Blackford	165' 0
5.	Elkins	Sequoia	167' 6
6.	Kathes, Dan	Mills	181' 0

GIRLS DISCUS

CCS RECORD: SUE SPRINGER, SALINAS, 1979, 148' 5"

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Mulitalo, Ulu	Jefferson	104' 11
2.	Hrzic, Vesna	Mills	109' 4
3.	Boone, Sherri	Live Oak	110' 1
4.	Baldwin, Jeri	Branham	113' 10
5.	Crisler, Jill	Gunn	114' 10

FLIGHT II

1.	Townsel, Stephanie	Silver Creek	116' 0
2.	Hale, Jackie	SLV	116' 2
3.	Carrozzi	Carlmont	116' 8
4.	Humbleton, Jane	Buchser	118' 9
5.	Shoaff, Carol	Burlingame	119' 8

FLIGHT III

1.	Archer, Liz	Gilroy	120' 5
2.	Dobrzynski, Joanne	Leland	121' 7
3.	Wilson, Chris	Oak Grove	124' 1
4.	Manaca, Cora	Seaside	125' 0
5.	Durshlag	San Carlos	130' 6
6.	Oswalt	Los Gatos	134' 2

FROSH/SOPH DISCUS

CCS RECORD: DON KATCHES, MILLS, 1980 171' 10"

FLIGHT I

	Name	School	Reg. Qual. Mark
1.	Cole, Doug	Bellarmino	122' 5
2.	Dobrzynski, George	Leland	123' 7
3.	Ramirez, J	Alisal	125' 1
4.	Beltramo, Mark	Leigh	127' 3
5.	Del Fuigo, Frank	Bellarmino	131' 0

FLIGHT II

1.	Reuter, Matt	Leland	131' 10
2.	Sherman	Reg. II	133' 7
3.	Harper, Ernie	Palo Alto	135' 3
4.	Peterson, K	Salinas	135' 11
5.	Turner	Menlo Atherton	136' 3

FLIGHT III

1.	Nagengast, Andy	Del Mar	136' 5
2.	Potti, Ako	Jefferson	138' 11
3.	Gastrousis, John	Bellarmino	139' 4
4.	Barnriter, Nate	Del Mar	141' 1
5.	Shenk	Menlo Atherton	151' 7
6.	Kaitz, John	Aptos	158' 3

VARSIITY 440 YARD RELAY

CCS RECORD: WOODSIDE, 1975, 41.6

FINALS ONLY: TWO SECTIONS, PLACINGS DETERMINED BY TIME

SECTION I

Lane	School	Reg. Qual. time
1.	Mt. Pleasant	43.1
2.	Robert Louis Stevenson	43.15
3.	Palma	42.97
4.	Independence	42.6
5.	Hillsdale	42.8
6.	Carlmont	43.0
7.	Woodside	43.3
8.	Aragon	43.5

SECTION II

1.	James Lick	44.3
2.	Prospect	43.9
3.	Gilroy	43.78
4.	Palo Alto	43.5
5.	Westmoor	43.7
6.	Serra	43.8
7.	Sequoia	44.1
8.	Los Gatos	44.5

GIRLS 440 YARD RELAY

CCS RECORD: ANDREW HILL, 1978, 47.7 (Bolten, Thomkins, Lawson, Reynolds)

FINALS ONLY: TWO SECTIONS, PLACINGS DETERMINED BY TIME

SECTION I

1.	Mt. Pleasant	48.7
2.	San Carlos	48.4
3.	Hillsdale	49.0
4.	Saratoga	48.4
5.	Overfelt	48.4
6.	Seaside	49.96
7.	Silver Creek	48.6
8.	Los Gatos	48.9

SECTION II

1.	Jefferson	51.2
2.	Del Mar	50.2
3.	San Mateo	50.0
4.	Branham	49.5
5.	Menlo Atherton	49.9
6.	Buchser	50.0
7.	King City	50.74
8.	Gilroy	51.3

FROSH/SOPH 440 YARD RELAY

CCS RECORD: AYER 1975, 43.2

FINALS ONLY, PLACINGS DETERMINED BY TIME

SECTION I

Lane	School	Reg. Qual. Time
1.	Prospect	45.2
2.	Serramonte	45.2
3.	Branham	45.2
4.	Menlo Atherton	44.5
5.	San Mateo	45.1
6.	Gilroy	45.6
7.	Mt. Pleasant	45.2
8.	Santa Teresa	45.2

SECTION II

1.	St. Francis	45.9
2.	St. Ignatius	45.9
3.	North Salinas	45.6
4.	Carlmont	45.3
5.	Woodside	45.5
6.	Overfelt	45.7
7.	Gunn	45.9
8.	Seaside	46.1

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. Time
1.	Montgomery, Erick	Independence	14.8
2.	Anderson, Andy	King City	14.5
3.	Quintana, Jim	Monterey	14.45
4.	Seanez, Ron	Gilroy	14.1
5.	Dupee	Menlo Atherton	14.8
6.	Tucker	Sequoia	15.1
7.	Calder, Brian	Lynbrook	15.2
8.	Cheserak, Dave	Leigh	14.9

HEAT II

1.	Sweeney, Dave	St. Francis	15.1
2.	O'Neal, Mike	Independence	14.7
3.	Livingston, Barry	Silver Creek	14.7
4.	Raines, Vaughn	Yerba Buena	14.5
5.	Hawkins, Reggie	Hillsdale	14.6
6.	Besse, Mark	Aragon	15.0
7.	Barranti, Ray	Mills	15.0
8.	Green, Rod	Palo Alto	15.3

GIRLS 110 METER LOW HURDLES

CCS RECORD: KIM COSTELLO, EL CAMINO, 1978, 13.9

TWO HEATS: TOP 4 IN EACH QUALIFY FOR FINALS

HEAT I

Lane	Name	School	Reg. Qual. Time
1.	Sumptek, Stephanie	Independence	14.6
2.	Patterson, Linda	San Jose	14.6
3.	Eccles, Roberta	Gunderson	14.6
4.	Horn, Kim	Soquel	14.26
5.	Harron, Julie	Hillsdale	15.4
6.	Sullivan, Laura	Mills	15.6
7.	Carolyn, Duffy	Carmel	15.8
8.	Luttrell,	San Carlos	15.8

HEAT II

1.	Bortolassi, Kathleen	Blackford	14.8
2.	Lee, Cindy	Westmoor	15.7
3.	Eck, Marianne	Soquel	14.87
4.	Robinson, Karen	Branham	14.5
5.	Dutrell,	Sequoia	15.0
6.	Demorest, Margaret	Buchser	15.1
7.	Neider,	Carlmont	15.7
8.	Nalno, Kathi	Los Gatos	15.2

FROSH/SOPH 70 YARD HIGH HURDLES

CCS RECORD: WASHINGTON, SALINAS, 1970, 8.6

TWO HEATS: TOP 4 IN EACH QUALIFY FOR FINALS

HEAT I

Lane	Name	School	Reg. Qual. Time
1.	Rojas, Rod	Riordan	9.5
2.	Jett, Richard	San Mateo	9.3
3.	Tavolacci, Frank	Branham	9.2
4.	Jones	Menlo Atherton	9.0
5.	Durkin, Rob	St. Francis	9.1
6.	Riberá	Reg. II	9.7
7.	Medina, Rick	Gilroy	9.8
8.	Mortorana, Eric	Live Oak	9.9

HEAT II

1.	St.Laurent, Eugene	Andrew Hill	9.8
2.	Berger, Bob	Homestead	9.8
3.	Branstrom, Craig	Half Moon Bay	9.2
4.	Orteza, Junior	Independence	9.1
5.	Roberts, Kevin	Palma	9.1
6.	Lekander, David	Palma	9.3
7.	Scoffone, Mike	Willow Glen	9.8
8.	Willson, Jerry	Buchser	9.8

Varsity 800 Meter Run

CCS RECORD: SCOTT OLIVER, LOS GATOS, 1980, 1.53.62

FINALS ONLY

Lane	Name	School	Reg. Qual. Time
1	Vasquez, Angel	Watsonville	1:54.4
2	Saunders, Brendon	Bellarmine	1:55.8
3	Evans, Doug	Overfelt	1:55.0
4	Gibbs	Gunn	1:57.0
5	Aldape, Manuel	Menlo Atherton	1:55.4
6	Woods, Oran	Milpitas	1:56.1
7	Naughtner, Joe	Fremont	1:57.0
8	Sellard, Rodney	Bellarmine	1:57.2
1A	Peggs, Willie	Seaside	1:55.8
2A	Lewis, Gary	Gunderson	1:56.2
3A	Ryner, Pete	Aragon	1:57.6
4A	Coker	Menlo Atherton	1:59.4
5A	Paglina, Randy	James Lick	1:56.7
6A	Martinez, Juan	So. San Francisco	1:58.0
7A	Merrill, Scott	Saratoga	2:00.8
8A	Green, Ron	Mt. Pleasant	1:56.9

Girls 800 Meter Run

CCS RECORD: MARIA KING, AYER, 1980, 2:09.87

FINALS ONLY

Lane	Name	School	Reg. Qual. Time
1.	King, Maria	Milpitas	2:10.8
2.	Weber, Tracy	Lynbrook	2:12.2
3.	Choy, Tiffany	Santa Catalina	2:18
4.	Yaninek, Sharon	Prestation	2:18.1
5.	Stearns, Aida	Silver Creek	2:15.9
6.	Cantoni, Karen	Aptos	2:21.41
7.	Foianini,	Carlmont	2:21.5
8.	Floyd, Helen	Castillega	2:21.6
1A.	Wendt, Kristu	Leigh	2:17
2A.	Spaararen, Linda	Westmoor	2:21.7
3A.	Kendrick	Peterson	2:24.7
4A.	Barry Mary Jo	Leigh	2:17.1
5A.	Markert, Jane	Salinas	2:22
6A.	Rydell	Los Altos	2:25.3
7A.	Parker, Gail	Los Gatos	2:17.6
8A.	Halford, Carla	Leland	2:18

FROSH/SOPH BOO MEET FOR

CCS RECORD: JON MANN, LOS GATOS, 1980, 1:57.05

FINALS ONLY

Lane	Name	School	Reg. Qual. Time
1.	Haggins,	Menlo Atherton	1:58.3
1A.	Leonard, David	Leigh	2:02.6
2.	Skarnas, Greg	Westmont	1:59.9
2A.	Clark	Reg II	2:02.8
3.	Avenmarg, Jay	San Lorenzo Valley	2:00
3A.	Spurlock, Chris	Bellarmino	2:04
4.	Awender, Joe	St. Francis	2:01.8
4A.	Zepeda, Jesse	Watsonville	2:04.3
5.	Bowe, Chris	Pacific Grove	2:00.5
5A.	Channon, Scott	Del Mar	2:03.1
6.	Biggs, Orlando	Gunderson	2:02.1
6A.	Ibarra, Juan	Santa Clara	2:03.3
7.	Mendoza	Serra	2:02.6
7A.	Leonard, John	St. Francis	2:05.2
8.	Najarian, Matt	Fremont	2:02.8
8A.	Sarria, Tony	Pioneer	2:03.8

CCS RECORD: JON MANN, LOS GATOS, 1980, 1:57.05

CCS RECORD: JON MANN, LOS GATOS, 1980, 1:57.05

FINALS ONLY

Lane	Name	School	Reg. Qual. Time
1.	King, Maria	Milpitas	2:10.8
2.	Heuer, Tracy	Redwood	2:12.2
3.	Choy, Tiffany	Santa Catalina	2:13
4.	Yantak, Sharon	Prestation	2:13.1
5.	Stearns, Aida	Silver Creek	2:15.8
6.	Carroll, Karen	Agos	2:16.4
7.	Folmar,	Orland	2:17.2
8.	Floyd, Helen	Castilleja	2:17.6
1A.	Wood, Robert	Leah	2:17
2A.	Spencer, Linda	Westport	2:17.5
3A.	Kendrick	Patterson	2:18.7
4A.	Harry, Amy Jo	Leah	2:19.1
5A.	Harbert, Jane	Colinas	2:22
6A.	Walt	Los Altos	2:22.8
7A.	Fisher, Bill	Los Gatos	2:23.6
8A.	Welford, Dana	Leah	2:24

VARSLITY 100 METER DASH

CCS RECORD: ERIC WASHINGTON, WOODSIDE, 1980, 10:75 METERS

TWO HEATS: Top 4 in each heat qualify for finals

HEAT I

Lane	Name	School	Reg. Qual. Time
1	White, Maurice	Gunderson	10.8
2	Peoples, Tim	Silver Creek	10.8
3	Chow, Greg	Prospect	10.7
4	Grimes, Reggie	Andrew Hill	10.6
5	Watson, Wiley	RLS	10.9
6	Berry	Carlmont	11.2
7	Cerny, Joe	Cupertino	11.3
8	Lalusa	Woodside	11.4

HEAT II

1	Mills, Rick	Independence	10.9
2	Price, Joe	Seaside	11.1
3	Quintana, Jim	Watsonville	10.95
4	Smith, Ken	Palo Alto	10.8
5	Rodgers, Reggie	Hillsdale	10.9
6	Meredith, Mike	San Mateo	11.0
7	Bailey	S. San Francisco	11.0
8	Seaman, Allan	Hillsdale	11.1

GIRLS 100 METER DASH

CCS RECORD: GURTHA POUNDS, LIVE OAK, 1980, 11.97 METERS

TWO HEATS: Top 4 in each heat qualify for finals

HEAT I

Lane	Name	School	Reg. Qual. Time
1	Vines	Carlmont	12.7
2	Robinson, Karen	Fremont	12.6
3	Riley, Vivian	Mt. Pleasant	12.4
4	Robinson	San Carlos	12.0
5	Johnson, Janet	Seaside	12.41
6	Webster	S. San Francisco	12.7
7	Dyson, Debbie	Hillsdale	12.7
8	Poree, Gina	Mt. Pleasant	12.7

HEAT II

1	Smartt, Felecia	Silver Creek	12.7
2	Carr, Karen	Overfelt	12.6
3	Dee, Cathy	Santa Catalina	12.45
4	Pounds, Gurtha	Live Oak	12.0
5	Middleton, Julie	San Mateo	12.3
6	Chewning, Liz	Saratoga	12.6
7	Campton, Keala	Marello Prep.	12.7
8	Donahue, Deirdre	Los Gatos	12.7

FROSH/SOPH 100 METER DASH

CCS RECORD: JOHN ANDERSON, WILLOW GLEN, 1980, 11.24

TWO HEATS: TOP 4 IN EACH QUALIFY FOR FINALS

HEAT I

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Reg. Qual. Time</u>
1.	Newland, James	Santa Teresa	11.5
2.	Trevino, Ernie	Gilroy	11.4
3.	Livors, Steve	Gilroy	11.3
4.	Rogers, Alphonzo	North Salinas	11.2
5.	Hill, Ronald	Serramonte	11.4
6.	Hong,	Reg. II	11.6
7.	Richardson	Reg. II	11.6
8.	Hodges	Menlo Atherton	11.8

Heat II

1.	Malcom, Ken	Westmont	11.5
2.	Usher, Darryl	San Mateo	11.5
3.	Raines, Hiram	Mt. Pleasant	11.4
4.	Cooper, James	Piedmont Hills	11.3
5.	Lovelace, Jeff	Palo Alto	11.4
6.	Stevenson, Dbn	Mitty	11.5
7.	Roberts, Kevin	Westmont	11.5
8.	Jeter, Peter	St. Ignatius	11.6

VARSEITY 400 METERS

CCS RECORD: ANTHONY TONEY, NORTH SALINAS, 1980, 47:79 METERS

FINALS ONLY: 2 sections, places determined by time

SECTION I

Lane	Name	School	Reg. Qual. Time
1	Hall, Chris	Oceana	49.6
2	Green, Mike	Hillsdale	48.9
3	Holiday, Eddie	Yerba Buena	49.6
4	Threets, Kerry	Westmoor	48.2
5	Weaver, Allen	Hollister	49.52
6	Luke	Woodside	50.4
7	White, Maurice	Gunderson	49.6
8	Byrne, Andrew	Serra	49.6

SECTION II

1	Smith	Menlo Atherton	50.7
2	Artist	Carlmont	50.5
3	Hopkins, Ken	Milpitas	50.0
4	Shirley, Bill	Aptos	50.25
5	Reyes, Jim	Independence	50.2
6	Orndoff, Dave	Live Oak	50.4
7	Miller, Tom	Gilroy	50.5
8	Sala, Scott	Buchser	51.7

GIRLS 400 METER DASH

CCS RECORD: SHERRILL MILLER, FREMONT, 1980, 54.99 METERS

Finals only: 2 sections, places determined by time

SECTION I

Lane	Name	School	Reg. Qual. Time
1	Turner	Carlmont	58.3
2	Miller	Carlmont	56.1
3	Brewer, Brenda	Hillsdale	57.2
4	Miller, Sheryl	Fremont	56.1
5	Davis, Lanette	Del Mar	57.0
6	Carroll, Claudette	Seaside	58.17
7	Dee, Cathy	Santa Catalina	58.3
8	Foianini	Carlmont	58.3

SECTION II

1	Skelton, Denise	Oak Grove	60.0
2	Corsiglia, Janet	Mitty	60.0
3	Gremier, Gabrielle	Soquel	58.6
4	Jackson, Eurdell	Silver Creek	58.4
5	Long	Del Mar	58.5
6	Kistler, Kim	Mitty	58.9
7	Miller, Tracy	Milpitas	60.0
8	McGowan, Camille	Westmont	61.5

FROSH/SOPH 400 METER RUN

CCS RECORD: BILL SHIRLEY, APTOS, 1980. 50.48

TWO SECTIONS: PLACES DETERMINED BY TIME

SECTION I

Lane	Name	School	Reg. Qual. Mark
1.	Campbell, Dave	Gunn	51.4
2.	Farris,	San Carlos	50.2
3.	Branson	Serra	51.4
4.	Waller	Buchser	49.6
5.	Staffard, Bart	Los Gatos	51.3
6.	Arenmarg, Jay	San Lorenzo Valley	52.2
7.	Volk, Karl	Branham	51.4
8.	Narjarian, Matt	Fremont	51.6

Section II

1.	McNeal, Ron	W. Monterey County	52.7
2.	Terzic, Tony	Aptos	52.5
3.	Davidson, Mike	Bellarmine	52.0
4.	Novack, Mark	Westmont	51.7
5.	Lewis, Vince	Leland	51.7
6.	Haines, Kyle	Prospect	52.2
7.	Scholz, Steve	Serra	52.6
8.	Zaradosa, Charlie	Riordan	53.0

SECTION I

Lane	Name	School	Time
1	Turner	Castroville	55.3
2	Miller	Castroville	54.1
3	Brewer, Brenda	Millerville	54.2
4	Miller, Cheryl	Fremont	54.1
5	Davis, Janette	Del Mar	54.0
6	Carroll, Charlotte	Bozette	53.7
7	Lee, Kathy	Santa Catalina	53.7
8	Potanski	Castroville	53.3

SECTION II

1	Shelton, Debra	Oak Grove	60.0
2	Coyle, James	Millville	60.0
3	Gardner, Catherine	Goddard	58.6
4	Jackson, Sarah	River Creek	58.4
5	Long	Del Mar	58.2
6	Kistler, Kim	Millville	58.9
7	Miller, Tracy	Millitas	60.0
8	McGowan, Gail	Westmont	61.2

VARSITY TWO MILE

CCS RECORD: GORDON MACMITCHELL, GUNN, 1973, 9:01.6

Finals

Lane	Name	School	Reg. Qual. Time
1	Torres, Jesse	Independence	9:02.8
1A	McCollum, Mike	Palo Alto	9:19.5
2	Guaracha, Nash	Hollister	9:33.1
2A	Paredes, Chris	Bellarmino	9:29.8
3	Rubio, Joe	Willow Glen	9:09.0
3A	Scattini, Jim	Palma	9:37.9
4	Marcondo	Menlo School	9:44.9
4A	Gale, Scott	St. Francis	9:50.6
5	Bernal, Nelson	Westmont	9:14.6
5A	Ernst, Steve	Monta Vista	9:47.5
6	Kristofferson, Mitch	Aragon	9:58.2
6A	Vasquez, Fred	Hollister	9:59.0
7	Stefanisko, Dan	Santa Teresa	9:38.0
7A	Rivas, Steve	Westmoor	9:58.8
8	Gomez	Carlmont	10:01.8
8A	Clark, John	Los Gatos	9:38.9

GIRLS TWO MILE

CCS RECORD: ROXANNE BIER, INDEPENDENCE, 1978, 10:36.6

Lane	Name	School	Reg. Qual. Time
1	Gleason	Lynbrook	11:12.8
1A	Wilkinson, Theresa	King City	11:22.87
2	Heimbecker, Andrea	Willow Glen	11:23.7
2A	Van Housen, Linda	Sacred Heart	11:26.2
3	Wolfe	Sequoia	11:18.0
3A	Muth, Helen	Soquel	11:33.7
4	Peters, Judy	Westmont	11:35.0
4A	Glockner, Jeannie	Sacred Heart	11:39.1
5	Brogan, Kerry	Los Altos	11:26.2
5A	Radford, Susan	Seaside	11:37.9
6	Devine, Karen	Westmont	11:39.8
6A	Spaargaren, Linda	Westmoor	11:57.5
7	Brodie	St. Francis	11:26.6
7A	Gustafson, Judy	Live Oak	11:42.6
8	Stephens, Maria	Los Gatos	11:49.4
8A	Mygatt, Kim	Los Gatos	11:49.4

FROSH/SOPH TWO MILE

CCS RECORD: GERRY EMORY, GUNN, 1973, 9:25.6

FINALS

Lane	Name	School	Reg. Qual. Time
1	LaFuente, Jim	Mt. Pleasant	9:34.7
1A	Ayers, Shawn	Bellarmino	10:04.6
2	Rome, Mike	SLV	10:10.2
2A	Foster, Dave	Cupertino	10:11.5
3	Livingston, Mike	Willow Glen	9:36.3
3A	Ghidossi, Paul	Capuchino	10:15.9
4	Tung, Eugene	Saratoga	10:16.2
4A	Camacho, Mike	SLV	10:17.7
5	Livingston, Dave	Willow Glen	9:43.4
5A	Espinoza, Raul	Watsonville	10:18.2
6	Racine, Nathan	Westmoor	10:18.8
6A	Gabriel, Aaron	Saratoga	10:30.2
7	Craig, Chris	Leigh	9:47.7
7A	Martinez, Steve	San Mateo	10:22.0
8	Mathews, Mike	Buchser	10:31.1
8A	Strickland, Todd	Westmont	9:53.4

VARSIITY 330 YARD LOW HURDLES

CCS RECORD: ANIRE PHILLIPS, SILVER CREEK, 1977 36.5

TWO SECTIONS: PLACES DETERMINED BY TIME

SECTION I

Lane	Name	School	Reg. Qual. Time
1.	Coleman, Dan	Palma	38.06
2.	Lupes	Menlo Atherton	37.9
3.	Reddick	Woodside	37.9
4.	Seanez, Ronnie	Gilroy	36.39
5.	Cheserak, Dave	Leigh	37.9
6.	Sweeney, Dave	St. Francis	38.1
7.	O'neal, Mike	Independence	38.0
8.	Montgomery, Erick	Independence	38.1

Section II

1.	Manbar, Doug	Mt. Pleasant	39.1
2.	Johnson, Reid	Palo Alto	38.4
3.	Sumpter, Ken	Independence	38.2
4.	Barron, Bruce	St. Francis	38.2
5.	Tucker,	Sequoia	38.2
6.	Green, Steve	Salinas	38.24
7.	Piwaa, Dan	Westmoor	38.5
8.	Smith	Serra	40.3

GIRLS 330 YARD LOW HURDLE

NEW EVENT

TWO SECTIONS: PLACES DETERMINED BY TIME

SECTION I

Lane	Name	School	Reg. Qual. Time
1.	Miller	Carlmont	46.3
2.	Johnson	Monte Vista	45.8
3.	Demorest, Margaret	Buchser	45.6
4.	Kocles, Roberta	Canderson	45.4
5.	Horn, Kim	Sequel	45.52
6.	Sullivan, Laura	Mills	45.7
7.	Lee, Cindy	Westmoor	46.3
8.	Hodges, Kim	Santa Cruz	40.7

SECTION II

1.	Bartolessi, Kathleen	Blackford	48.7
2.	Sumoter, Stephanie	Independence	48.6
3.	Archer, Liz	Gonzales	47.49
4.	Threadgill, Stacey	Mitty	47.0
5.	Waterfield,	Homestead	47.2
6.	Beste, Dobbie	Willow Glen	48.4
7.	Maine, Kathi	Los Gatos	48.6
8.	Feno, Volana	Santa Teresa	49.9

FROGH/SOPH 330 YARD LOW FURDLES

CCS RECORD: HAROLD ROSS, HILLS DALE, 1975, 38.7

TWO SECTIONS: PLACES DETERMINED BY TIME

SECTION I

Lane	Name	School	Reg. Qual. Time
1.	Mudra	Reg. II	41.0
2.	Durkin, Rob	St. Francis	40.5
3.	Ortega, Junior	Independence	40.3
4.	Spagnoli, Paul	Mills	39.6
5.	Jones	Menlo Atherton	40.1
6.	Roberts, Kevin	Palma	40.9
7.	Tavolacci, Frank	Branham	40.7
8.	Wolventon, Andy	Harbor	41.2

SECTION II

1.	Mooring, Chris	Mt. Pleasant	42.3
2.	Felice, Joe	Palma	41.8
3.	Issac, Randy	Palo Alto	41.6
4.	Devine, John	St. Ignatius	41.2
5.	Sardi, Joe	Los Gatos	41.4
6.	Rojas, Rod	Riordan	41.7
7.	St. Lawrence, Eugene	Andrew Hill	42.2
8.	McGuire	Reg. II	41.3

VARSIITY 200 METERS

CCS RECORD: ERIC WASHINGTON, WOODSIDE, 1980 21.35

Two Heats: Top 4 in each qualify for finals

HEAT I

Lane	Name	School	Reg. Qual. Time
1	Flint, Rory	Silver Creek	22.2
2	Chow, Greg	Prospect	22.0
3	White, Maurice	Gunderson	21.8
4	Grimes, Reggie	A. Hill	21.6
5	Smith, Ken	Palo Alto	22.2
6	Jamison	Carlmont	22.9
7	Artist	Carlmont	23.0
8	Lalusa	Woodside	23.3

HEAT II

1	Mills, Rick	Independence	22.3
2	Roth, Steve	Palma	22.2
3	Price, Joe	Seaside	22.1
4	Watson, Wiley	RLS	21.93
5	Rogers, Reggie	Hillsdale	22.2
6	Meredith, Mike	Serra	22.5
7	Hall, Chris	Oceana	22.5
8	Green, Mike	Hillsdale	22.7

GIRLS 200 METERS

CCS RECORD: GURTHA POUNDS, LIVE OAK, 1980 24.36

Two heats: Top 4 in each qualify for finals

HEAT I

Lane	Name	School	Reg. Qual. Time
1	Miller, Sheryl	Fremont	25.6
2	Demorest, Margaret	Buchser	25.6
3	Chewning, Liz	Saratoga	25.1
4	Brewer, Brenda	Hillsdale	24.6
5	Johnson, Janet	Seaside	25.4
6	Poree, Gina	Mt. Pleasant	25.8
7	Ohlund, Anneliese	Burlingame	26.1
8	Sherwood, Renee	Los Gatos	26.6

HEAT II

1	Turner, Glenda	Overfelt	26.3
2	Campton, Keala	Marello Prep.	25.83
3	Middleton, Julie	San Matio	25.2
4	Pounds, Gurtha	Live Oak	24.7
5	Robinson	San Carlos	25.0
6	Dee, Cathy	Santa Catalina	25.48
7	Donahue, Deirdra	Los Gatos	26.0
8	Carr, Karen	Overfelt	26.3

FROSH/SOPH 200 METERS

CCS RECORD: JOHN ANDERSON, WILLOW GLEN, 1980 22.47

Two Heats: Top 4 in each qualify for finals

HEAT I

Lane	Name	School	Reg. Qual. Time
1	Lovelace, Jeff	Palo Alto	23.2
2	Ferris	San Carlos	23.2
3	Haines, Kyle	Prospect	23.0
4	Wallick, Dave	Burchser	22.8
5	Requimbal, Mike	St. Francis	23.3
6	Svozil, Allen	Oceana	23.5
7	Bransen, Lester	Serra	23.6
8	Hill, Ron	Serramonte	23.7

HEAT II

1	Raines, Hiram	Mt. Pleasant	23.5
2	Volk, Karl	Branham	23.3
3	Hong	Reg. II	23.0
4	Cooper, James	Piedmont Hills	22.8
5	Rodgers, Alphonzo	North Salinas	23.1
6	Dolatina, Daryl	North Salinas	23.2
7	Linois, Steve	Gilroy	23.5
8	Newland, Jim	Santa Teresa	23.5

VARSITY ONE MILE RUN

CCS RECORD: MARK STILLMAN, WILLOW GLEN, 1977, 4:08.7

FINALS

Lane	Name	School	Reg. Qual. Time
1	Torres, Jesse	Independence	4:13.8
1A	Cox, Paul	Los Gatos	4:14.4
2	Guaracha, Nash	Hollister	4:21.4
2A	Gutierrez, Nick	Watsonville	4:23.75
3	McCollum, Mike	Palo Alto	4:23.2
3A	Naughten, Joe	Fremont	4:27.5
4	Paredes, Chris	Bellarmino	4:24.2
4A	Webb, Maurice	Mills	4:29.3
5	Dulin, Brian	Leigh	4:14.2
5A	Purrinton, Jeff	Willow Glen	4:14.4
6	Aldape, Manuel	North Salinas	4:21.87
6A	Bernal, Nelson	Westmont	4:18.4
7	Zamczyk, Brad	Homestead	4:26.5
7A	Knight, Tom	Monta Vista	4:27.6
8	Burns, Marcus	Serramonte	4:28.9
8A	Sellard, Rodney	Bellarmino	4:32.2

GIRLS ONE MILE RUN

CCS RECORD: VICKIE BRAY, LOS ALTOS, 1977, 4:53.0

FINALS

Lane	Name	School	Reg. Qual. Time
1	King, Maria	Milpitas	5:00.0
1A	Morris, Debbie	Los Gatos	5:14.2
2	Weber, Tracy	Lynbrook	5:04.6
2A	Wolfe	Sequoia	5:18.0
3	Wilkinson, Theresa	King City	5:14.25
3A	Zieschang, Gabriele	Mills	5:23.0
4	VanHousen, Linda	Sacred Heart	5:17.7
4A	Hill, Denise	Redwood Christian	5:30.2
5	Stearns, Aida	Silver Creek	5:11.4
5A	Halford, Carla	Leland	5:17.6
6	Choy, Tiffanie	Salinas	5:14.51
6A	Brogan, Kerri	Los Altos	5:22.5
7	Williams	Menlo Atherton	5:15.8
7A	Heimbecker, Andrea	Willow Glen	5:22.2
8	Yaninek, Sharon	Presentation	5:21.6
8A	Peters, Judy	Westmont	5:23.6

FROSH/SOPH ONE MILE RUN

CGS RECORD: CONRAD SUHR, BRANHAM, 1972, 4:23.6

FINALS

Lane	Name	School	Reg. Qual. Time
1	LaFuente, Jim	Mt. Pleasant	4:32.8
1A	Biggs, Orlando	Gunderson	4:34.0
2	Bowe, Chris	Pacific Grove	4:39.2
2A	Barajas, David	Watsonville	4:42.4
3	Lahr, Gary	Palo Alto	4:39.3
3A	Hongo, Jeff	Saratoga	4:42.9
4	Ayers, Shawn	Bellarmine	4:40.9
4A	Mendoza, Mark	Serra	4:45.1
5	Yakota, Gary	Los Gatos	4:33.6
5A	Garcia, Roy	Leigh	4:34.9
6	Martinez, Efram	Gonzales	4:40.9
6A	Ghidossi, Paul	Capuchino	4:45.6
7	Stuhr, Bob	Terra Nova	4:41.5
7A	Rehmus	Menlo Atherton	4:46.1
8	Foster	Reg. II	4:42.0
8A	Granado, Gilbert	Silver Creek	4:35.7

FROSH/SOPH MILE RELAY

CCS RECORD: CUBBERLEY, 1977, 3:26

TWO SECTIONS: PLACES DETERMINED BY TIMES

SECTION I

Lane	School	Reg. Qual. Time
1.	Los Gatos	3:35.3
2.	Milpitas	3:35
3.	St. Francis	3:33.4
4.	Leland	3:32.2
5.	Menlo Atherton	3:33.2
6.	North Salinas	3:34.4
7.	Soquel	3:35.4
8.	Westmont	3:35.6

SECTION II

1.	Oceana	3:39.4
2.	Gilroy	3:37.6
3.	Gunn	3:36.4
4.	Prospect	3:35.7
5.	Carlmont	3:36.2
6.	Bellarmino	3:37.1
7.	Serra	3:38.2
8.	Monta Vista	3:40

GIRLS MILE RELAY

CCS RECORD: CARLMONT, 1979, 3:55.6

TWO SECTIONS: PLACES DETERMINED BY TIME

SECTION I

Lane	School	Reg. Qual. Time
1.	Soquel	4:03.39
2.	Del Mar	4:02.4
3.	Silver Creek	4:01.8
4.	Carlmont	3:56.8
5.	Seaside	4:01.69
6.	Mitty	4:06.3
7.	Saratoga	4:03.1
8.	Homestead	4:03.8

SECTION II

1.	Mills	4:11.3
2.	Gunderson	4:07.5
3.	Salinas	4:06.21
4.	Fremont	4:05.3
5.	Los Gatos	4:06
6.	Leigh	4:07
7.	Live Oak	4:07.7
8.	Oseana	4:13.6

52.2
143.6
234
51.4
50.4

3:22.3
Gilroy

VARSITY MILE RELAY

CCS RECORD: LOS ALTOS, 1970, 3:15.6 (Thompson, Davis, Brown, Andrews)

TWO SECTIONS: PLACES DETERMINED BY TIME

SECTION I

Lane	School	Reg. Qual. Time
1.	Seaside	3:23.33
2.	Milpitas	3:22.2
3.	Aragon	3:22.6
4.	Gilroy	3:21.55
5.	Independence	3:22.2
6.	Palo Alto	3:23.8
7.	Palma	3:22.54
8.	Serramonte	3:24.2

SECTION II

1.	Los Gatos	3:27.4
2.	Bellarmino	3:26.9
3.	Del Mar	3:26.1
4.	Yerba Buena	3:26
5.	Westmoor	3:26
6.	Carlmont	3:26.2
7.	Cunn,	3:27.3
8.	Woodside	3:29.6

Scott 53.3
Camp 144.3 51
Gibbs 235.507
Brown 327.5