

Eleventh Annual  
**ARCADIA INVITATIONAL**



**TRACK MEET**

A C.I.F. Sanctioned Event

**April 15, 1978**

**Arcadia High School**



Official  
Program

**50c**

# Event No. 1 Time 5:00 p.m. Combined Men's & Women's Discus Throw

Men's National Record: 201'3" (61.34 meters) Chris Adams (Los Altos) Los Altos, California 1970.

Men's Meet Record: 188'0" (57.30) David Thomson (Santa Ynez) 1977.

Women's National Record: 161'11" (49.36 meters) Helene Connell (Jackson, New Jersey) 1977.

Women's Meet Record: 121'5" (37.00) Jane Decuir (St. Genevieve) 1976.

ORDER	ENTRANTS	1978 BEST
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### Women

1. Donna Mayhew (Crescenta Valley)	114'0"
2. Karen Yelich (Costa Mesa)	115'0"
3. Kathy Herse (Patrick Henry, San Diego)	117'0"
4. Glenda Ford (Atwater)	123'10"
5. Xena Kistler (Buena, Ventura)	126'6"
6. Jill Ridenour (Yuba City)	136'6½"
7. Renee Buerman (Bakersfield)	137'0"
8. Christie Pyle (Hoover, Glendale)	140'0"
9. Sue Springer (Salinas)	143'8"

### Men

1. Chris Hintz (Antelope Valley)	150'7"
2. Ed Anady (Hemet)	151'4"
3. Pat McCool (Antelope Valley)	151'5"
4. Fred Cornwell (Canyon, Saugus)	152'5"
5. Jeff Finger (San Jacinto)	152'8"
6. Doug Brockmeyer (Newport Harbor)	153'8"
7. Mike O'Brien (Tustin)	153'10"
8. Eric Longfield (Fontana)	154'11½"
9. Don Wolf (Locke, LA)	162'0"
10. Steve Bruce (Valencia)	162'5"
11. Curt Orr (Canyon, Saugus)	164'0"
12. Hank Kraycher (San Jacinto)	164'6"
13. Steve Arellano (Santa Ynez)	165'6"
14. Matt Gauthier (Valhalla, San Diego)	170'8"
15. Tim Bennett (Kingsburg)	176'3"
16. Mark Bryant (Antelope Valley)	185'9"
17. Dave Porath (Atwater)	200'3"

WINNERS:

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# Event No. 2 Time 5:30 p.m. Men's Triple Jump

National Record: 52'6¼" (16.01 meters) David Tucker (San Joaquin Memorial HS, Fresno, California) 1970.

Meet Record: 50'5" (16.36) Greg Caldwell (Fremont, LA) 1976.

ORDER	ENTRANTS	1978 BEST
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1. Louie Falson (Banning, LA)	44'6"
2. Tony Gilbert (Santa Barbara)	44'6"
3. Walter Bronson (Lynwood)	44'8"
4. Michael Ingram (Fremont, LA)	45'0"
5. Chris Blaylock (Banning, LA)	45'1"
6. Jeff Johnson (Glendale)	45'2½"
7. Ray Endres (Long Beach Millikan)	45'3"
8. Dave Hancock (San Clemente)	45'6¾"
9. Eric Tillman (Pomona)	45'8½"
10. Rodney Weber (Gardena)	45'9½"
11. Craig Roberts (Cerritos)	45'10"
12. Dennis Cowans (Fountain Valley)	45'10½"
13. Bob Hardison (Granada Hills)	45'10½"
14. Alex Williams (El Camino, Oceanside)	47'10"
15. Paul Jones (Pasadena)	47'11"
16. Craig Montgomery (El Camino, Oceanside)	48'3"
17. Dokie Williams (El Camino, Oceanside)	52'5"

WINNERS:

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DISTANCES:



## Event No. 3 Time 6:30 p.m. Men's Pole Vault

National Record: 16'10" (5.13 meters) Randy Hall (Calhoun, Port Lavaca, Texas) 1977.

Meet Record: 16'1½" (4.91) Anthony Curran (Crespi, Encino) 1977.

ORDER	ENTRANTS	1978 BEST
1.	Clark Eliot (Bellflower)	14'0"
2.	Dave Pinto (Keppel, Alhambra)	14'0"
3.	Chuck Fogelman (Sierra, Whittier)	14'0"
4.	Mike Bologna (Palos Verdes)	14'0"
5.	Randy Cramm (Rolling Hills)	14'0"
6.	Sergio Balderama (Camarillo)	14'½"
7.	Bret Weber (Foothill, Santa Ana)	14'2"
8.	Todd Meyers (Saugus)	14'6"
9.	Tim McIntyre (Los Alamitos)	14'6"
10.	Chuck Suey (Eagle Rock, LA)	14'6"
11.	Dave Kenworthy (Crespi, Encino)	14'9"
12.	Bob White (La Canada)	15'0"
13.	Steve Tully (Long Beach Millikan)	15'4"
14.	Scott Foss (Santa Ynez)	15'6"
15.	Greg Ernst (El Dorado, Valencia)	16'1"
16.	Anthony Curran (Crespi, Encino)	16'1¾"

WINNERS:

HEIGHTS:

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## Event No. 5 Time 6:30 p.m. Women's High Jump

National Record: 6'0" (1.83 meters) Joni Huntley (Sheridan, Oregon) 1974; Paula Girven (Garfield, Woodbridge, Virginia); Sharon Burill (Kennedy, Denver, Colorado) 1977.

Meet Record: 5'8" (1.725) Kari Gosswiller (Upland) 1976 and 1977.

ORDER	ENTRANTS	1978 BEST
1.	Judy Fargo (Crescenta Valley)	5'4"
2.	Paula Weishoff (West Torrance)	5'4"
3.	Elizabeth Villa (Sierra, Whittier)	5'4"
4.	Kathy Haynes (Madera)	5'4½"
5.	Cheryl Kennedy (El Camino Real, Woodland Hills)	5'5"
6.	Joyce Bowie (San Marcos, Santa Barbara)	5'5"
7.	Candy Acres (San Marcos, Santa Barbara)	5'5"
8.	Kathy Herse (Patrick Henry, San Diego)	5'5"
9.	Juanita Barnett (Redlands)	5'5"
10.	Esther Scherzinger (Anaheim)	5'5½"
11.	Nancy Redican (Simi Valley)	5'6"
12.	Lucy Wardle (Miraleste)	5'6"
13.	Carolyn Zeller (Redlands)	5'6"
14.	Ellen Fargo (Crescenta Valley)	5'6"
15.	Kari Gosswiller (Upland)	5'7"
16.	Sue McNeal (Carlsbad)	5'8"
17.	Anne Erpenbeck (Huntington Beach)	5'9"

## Event No. 4 Time 6:30 p.m. Men's High Jump

National Record: 7'3¼" (2.215 meters) Gail Olson (Sycamore HS, Illinois) 1977.

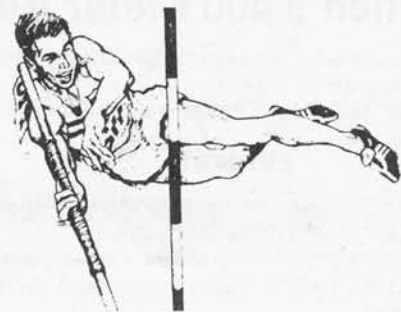
Meet Record: 6'10½" (2.095) Dennis Smith (Santa Monica) 1976.

ORDER	ENTRANTS	1978 BEST
1.	Anthony Johnson (Ganesha, Pomona)	6'6¼"
2.	Mike Stettler (Tustin)	6'6½"
3.	Jeff Stevens (Tustin)	6'6½"
4.	Ken Bass (Madera)	6'7¼"
5.	Scott Cox (Burbank)	6'7½"
6.	Kerry Myers (Berkeley)	6'7¾"
7.	Eric Smyth (Dana Hills)	6'8"
8.	Brad Harris (Los Alamitos)	6'8"
9.	Delvon Davis (Miraleste)	6'8"
10.	Tim Kelly (Downey)	6'8"
11.	Dennis Turner (Eisenhower, Rialto)	6'8"
12.	Craig Montgomery (El Camino, Oceanside)	6'8"
13.	Robert Dryden (San Geronio, San Bernardino)	6'8"
14.	Mel Baker (Long Beach Jordan)	6'8¼"
15.	Cary Burt (Long Beach Wilson)	6'8¾"
16.	Lee Balkin (Glendale)	6'8¾"
17.	Alex Williams (El Camino, Oceanside)	6'10"
18.	Reuben Edwards (Terra Linda, San Rafael)	6'10"
19.	Joel Wyrick (Mt. Pleasant, San Jose)	6'10"
20.	Carsie Fairman (San Pedro)	7'0"

WINNERS:

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## Event No. 6 Time 6:30 p.m. Women's Long Jump

National Record: 22'1¾" (6.75 meters) Kathy McMillan (Hoke County HS, North Carolina) 1976.

Meet Record: 19'4½" (5.90) Jodi Anderson (Washington, LA) 1976.

ORDER	ENTRANTS	1978 BEST
1.	Sabrina Pendleton (Mission Viejo)	17'2"
2.	Ellen Fargo (Crescenta Valley)	17'2"
3.	Marlene Harmon (Thousnad Oaks)	17'2"
4.	Erin Pike (Kennedy, La Palma)	17'2"
5.	Shy Shiauhonne (Locke, LA)	17'3½"
6.	Marsha Williams (Channel Islands, Oxnard)	17'4"
7.	Debbie Hawes (Westchester)	17'5½"
8.	Joanna Harper (Fremont)	17'6"
9.	Bev Thompson (Morse, San Diego)	17'6"
10.	Tina Scott (Pomona)	17'7½"
11.	Jeane Ward (Lynwood)	17'7½"
12.	Carolyn Zeller (Redlands)	17'8"
13.	Chandra Roberts (Cerritos)	17'9"
14.	Melanie Markham (Dorsey, LA)	17'11"
15.	Bonnie Cooper (Dominguez, Compton)	18'2"
16.	Kerry Zwart (Crescenta Valley)	18'2½"
17.	Magnolia Files (Dorsey, LA)	18'5"
18.	Gwen Loud (Westchester)	19'8"
19.	Kathy Haynes (Madera)	19'8"

WINNERS:

DISTANCES:

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## Event No. 8 Time 7:05 p.m. Women's 400 Meter Relay

National Record: 46.1 (Crawford, San Diego) Young-Gaston-Reed-Lovelady, 1977.

Meet Record: 48.2 (Muir, Pasadena) Jordan-Millner-Jordan-Brown, 1976.

LANE	ENTRANTS	1978 BEST
1.	THOUSAND OAKS (Phipps-Kay-Vlerick-Poppen)	49.0
2.	BERKELEY (Ruff-White-Cobbs-Ware)	47.6
3.	WESTCHESTER (Dewitty-Moore-Hawes-Loud)	48.3
4.	CRAWFORD, SAN DIEGO (Young-Reed-Williams-Alexander)	48.4
5.	MORSE, SAN DIEGO (Herring-Milsap-Thompson-Bullard)	48.6
6.	LOCKE, LA (Shiauhonne-Jones-Pearson-Brisco)	48.7
7.	WEST TORRANCE (Mazet-Freishtler-Weishoff-Cassidy)	49.0
8.	CENTENNIAL, COMPTON (Green-Washington-Wilson-Bolden)	49.0

WINNERS:

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## Event No. 7 Time 7:00 p.m. "Frank Wykoff" Memorial Men's 400 Meter Relay

National Record: 40.2 (Lincoln HS, Dallas, Texas) Pouncy-Pouncy-Delly-Shaw, 1970.

Meet Record: 41.7 (Hamilton, LA) Mullins-Goosby-Martin-Menzies, 1976.

LANE	ENTRANTS	1978 BEST
1.	MUIR (Hamilton-Easley-Miller-Hodge)	42.6
2.	OAKLAND (Jackson-Lester-Adams-McNeal)	42.1
3.	BAKERSFIELD (Newsome-Laws-Earls-Elijah)	42.3
4.	COMPTON (Archie-Mitchell-N. Davis-D. Davis)	42.3
5.	GARDENA (Thompson-Torrence-Hale-Johnson)	42.4
6.	CRENSHAW (Henton-Sampson-Redd-Williams)	42.4
7.	PASADENA (Cleveland-Handy-Sanford-Cook)	42.5
8.	SANTA ANA VALLEY (Steen-Powell-Paige-Pitts)	42.5

WINNERS:

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## Event No. 9 Time 7:10 p.m. Women's 1500 Meter Run

National Record: No NFSHAA recognized record (best recorded by high school student 4:16.8 Francie Larrieu (Fremont, Sunnyvale, CA) 1969.

Meet Record: First year event.

LANE	ENTRANTS	1978 BEST MILE
1.	Sharon Hulse (Edison, Huntington Beach)	5:09.0
2.	Cheryl Flowers (Valhalla, San Diego)	5:02.0
3.	Michele Bush (Rolling Hills)	5:03.4
4.	Stacy Kearns (Yuba City)	5:04.0
5.	Tammy Hogge (Canyon, Saugus)	5:04.0
6.	Kathy Mintie (Rosary, Anaheim)	5:11.0
7.	Cathy Fulkerson (Camarillo)	5:12.0
8.	Sarah Sweeney (Marin Catholic)	5:16.0
9.	Michelle Kaplan (Monroe, Van Nuys)	5:16.1
10.	Bunny Cregut (Camarillo)	5:16.4
11.	Lynn Honeywell (Kennedy, LA)	5:15.9

WINNERS:

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## Event No. 10 Time 7:20 p.m. Men's 1500 Meter Run

National Record: No NFSHAA recognized record (best recorded by high school student 3:39.0 Jim Ryun (East, Wichita, Kansas) 1964.  
Meet Record: First year event.

LANE	ENTRANTS	1978 BEST MILE
1.	Brian Appel (Fountain Valley)	4:19.6
2.	Paul Medvin (University, Los Angeles)	4:11.6
3.	Jon Stormo (Agoura)	4:12.0
4.	Carlos Carrasco (Mt. Pleasant, San Jose)	4:16.0
5.	Burt Shirley (Notre Dame, Sherman Oaks)	4:16.6
6.	Ron Roberts (Morse, San Diego)	4:16.7
7.	Mike O'Reilly (San Rafael)	4:18.0
8.	Ron Bahara (Hart, Saugus)	4:20.0
9.	John Gerhardt (Costa Mesa)	4:20.0
10.	Mark Keller (Helix, San Diego)	4:20.0
11.	Rick Cisneros (Valencia)	4:20.1
12.	Mark Fricker (Hemet)	4:20.8
13.	Mike McCaa (Estancia)	4:20.8
14.	Dave Daly (Foothill, Santa Ana)	4:21.0
15.	Phil Shirley (Notre Dame, Sherman Oaks)	4:21.8
16.	Ray Harrington (Santa Monica)	4:22.5
17.	Farron Fields (Granada Hills)	4:22.8

WINNERS: \_\_\_\_\_ TIMES: \_\_\_\_\_

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## Event No. 11 Time 7:30 p.m. Men's 110 Meter High Hurdles

National Record: 12.9 Renaldo Nehemiah (Scotch-Plains Farnwood, New Jersey) 1977.  
Meet Record: 13.9 Curtis Perry (Banning, LA) 1977.

LANE	ENTRANTS	1978 BEST
1.	Verlon Redd (Crenshaw, LA)	14.7
2.	Larry Gholar (Monrovia)	14.7
3.	Darryl Davis (Banning, LA)	14.4
4.	Philip Johnson (Gardena)	14.1
5.	Tony Campbell (Banning, LA)	13.9
6.	Malcom Dixon (Sequois, Redwood City)	13.9
7.	Chris Wimberly (Muir, Pasadena)	14.0
8.	Carl Elgan (Carpenteria)	14.5
9.	Victor Ricks (Palisades)	14.5
10.	Gary Dawson (San Bernardino)	14.7

WINNERS: \_\_\_\_\_ TIMES: \_\_\_\_\_

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## Event No. 12 Time 7:30 p.m. Men's Shot Put

National Record: 72'3¼" (22.03 meters) Sam Walker (Samuel HS, Dallas, Texas) 1968.  
Meet Record: 66'10¼" (20.37) Dave Kurrasch (Newport Harbor) 1975.

ORDER	ENTRANTS	1978 BEST
1.	Pat McCool (Antelope Valley)	54'4"
2.	Randy Ellis (Monroe, Van Nuys)	54'5"
3.	Rick Okubu (Palos Verdes)	54'6½"
4.	Hank Kraycher (San Jacinto)	54'8½"
5.	Scott Garnett (Muir, Pasadena)	54'10½"
6.	Ted Polich (San Marino)	54'10¾"
7.	Fred Cornwell (Canyon, Saugus)	55'2"
8.	Tom Hazelton (Downey)	55'2"
9.	Ron Goldy (Patrick Henry, San Diego)	55'6"
10.	Curt Orr (Canyon, Saugus)	56'3½"
11.	Ralph Caldwell (Westchester)	56'4"
12.	Jerry Dawson (El Capitan, San Diego)	56'10"
13.	Alex Jackson (Locke, LA)	57'2"
14.	Dave Bryant (Antelope Valley)	57'8¼"
15.	Jim Spillers (Rowland)	57'10"
16.	Ken Pole (El Capitan, San Diego)	58'10"
17.	Matt Gauthier (Valhalla, San Diego)	61'2"
18.	Vincent Brown (Mater Dei, Santa Ana)	61'3"
19.	Dave Porath (Atwater)	64'2"

WINNERS: \_\_\_\_\_ DISTANCES: \_\_\_\_\_

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## Event No. 13 Time 7:30 p.m. Women's Shot Put

National Record: 52'6½" (16.01) Ann Turbyne (Winslow, Maine) 1975.  
Meet Record: 42'3" (12.88) Becky Daniel (Newport Harbor) 1976.

ORDER	ENTRANTS	1978 BEST
1.	Linda Green (Centennial, Compton)	37'2"
2.	Reni Mosley (Westchester)	37'5"
3.	Tracey Bailey (Fremont, LA)	37'5"
4.	Jill Ridenour (Yuba City)	37'6"
5.	Lori Smith (Eisenhower, Rialto)	37'6"
6.	Pat Shaw (Santa Ana Valley)	37'10½"
7.	Donna Mayhew (Crescenta Valley)	38'2"
8.	Kathy Herse (Patrick Henry, San Diego)	38'5¼"
9.	Lori Klein (Dos Pueblos, Santa Barbara)	39'1¾"
10.	Paula Weishoff (West Torrance)	39'3"
11.	Erin Lynch (Camarillo)	39'3½"
12.	Cheryl Kennedy (El Camino Real, Woodland Hills)	39'6"
13.	Connie Neal (Locke, LA)	39'7"
14.	Angela Williams (Pomona)	39'9"
15.	Julie Green (Fountain Valley)	40'1"
16.	Christie Pyle (Hoover, Glendale)	40'11½"
17.	Glenda Ford (Atwater)	41'6"
18.	Rosario Ramos (Anaheim)	42'3"
19.	Kerry Zwart (Crescenta Valley)	42'5"
20.	Sue Springer (Salinas)	44'3"

WINNERS:

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## Event No. 14 Time 7:30 p.m. Men's Long Jump

National Record: 25'9½" (7.86 meters) Gerald Hardeman (Edison, Fresno, California) 1972.  
Meet Record: 24'10" (7.57) Jim Spillane (Palos Verdes) 1973.

ORDER	ENTRANTS	1978 BEST
1.	Robert Bronson (Lynwood)	22'6¼"
2.	Rocky Holliday (Muir, Pasadena)	22'7½"
3.	John Bullock (Pomona)	22'7½"
4.	Dominick Green (Norte Vista)	22'8½"
5.	Carlos Clayton (Pasadena)	22'9"
6.	Stacey Bailey (Terra Linda, San Rafael)	22'11"
7.	Troy Blevins (Fountain Valley)	22'11"
8.	Paul Jones (Pasadena)	22'11"
9.	Donnie Butler (Fremont, LA)	22'11"
10.	Ray Endres (Long Beach Millikan)	23'1"
11.	Ken Fowler (Fontana)	23'1¼"
12.	David Carr (Ganesha, Pomona)	23'3"
13.	Tony Pitts (Santa Ana Valley)	23'3½"
14.	Dokie Williams (El Camino, Oceanside)	24'8½"

WINNERS:

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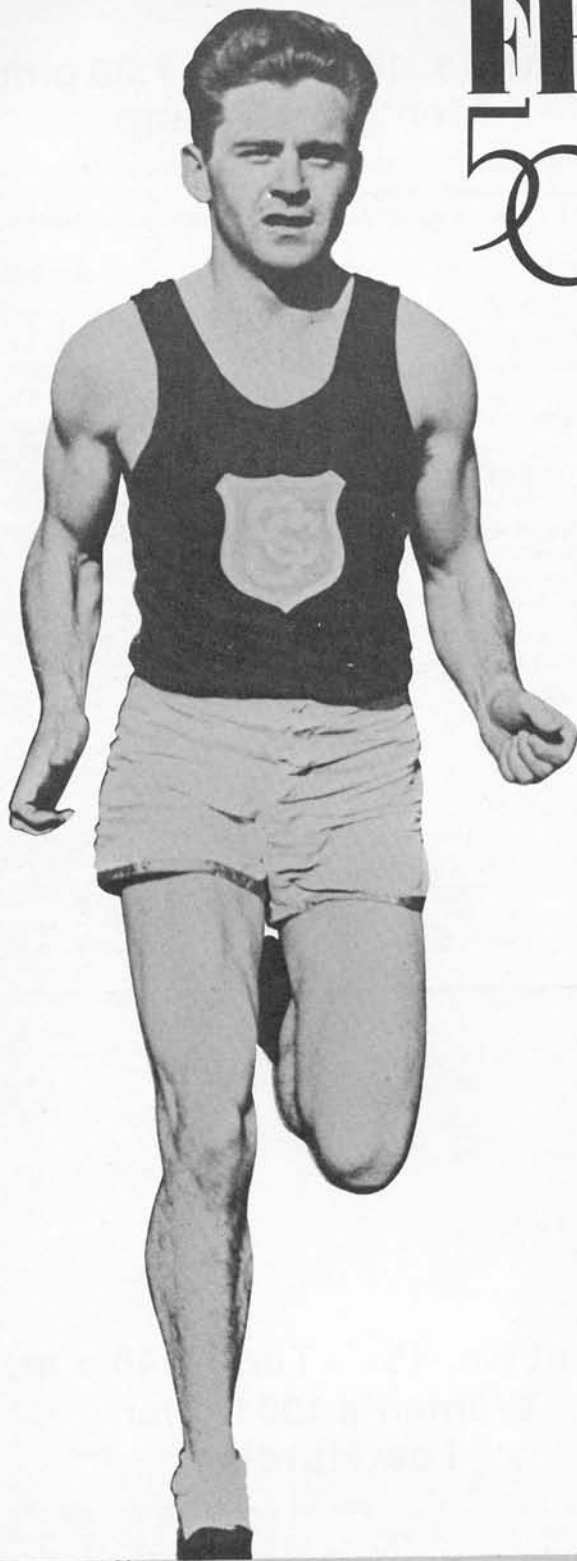
## Event No. 15 Time 7:40 p.m. Women's 100 Meter Low Hurdles

National Record: 13.8 LaVerne Palmer (Dillard HS, Ft. Lauderdale, Florida) 1977.  
Meet Record: 14.6 Lisa Gourdine (El Toro) 1977.

LANE	ENTRANTS	1978 BEST
1.	Christie Davenport (Troy, Fullerton)	15.0
2.	Laura Held (Edison, Huntington Beach)	15.0
3.	Kathy Haynes (Madera)	14.9
4.	Marlene Harmon (Thousand Oaks)	14.7
5.	Kari Alexander (Crawford, San Diego)	14.5
6.	Carolyn Ruff (Berkeley)	14.7
7.	Dulce Reade (La Mirada)	14.8
8.	Liz Carroll (Fountain Valley)	14.9
9.	Tracy Hanlon (Edison)	14.9
10.	Laurie Carroll (San Marcos, Santa Barbara)	15.0

# FRANK WYKOFF

## 50<sup>th</sup> ANNIVERSARY



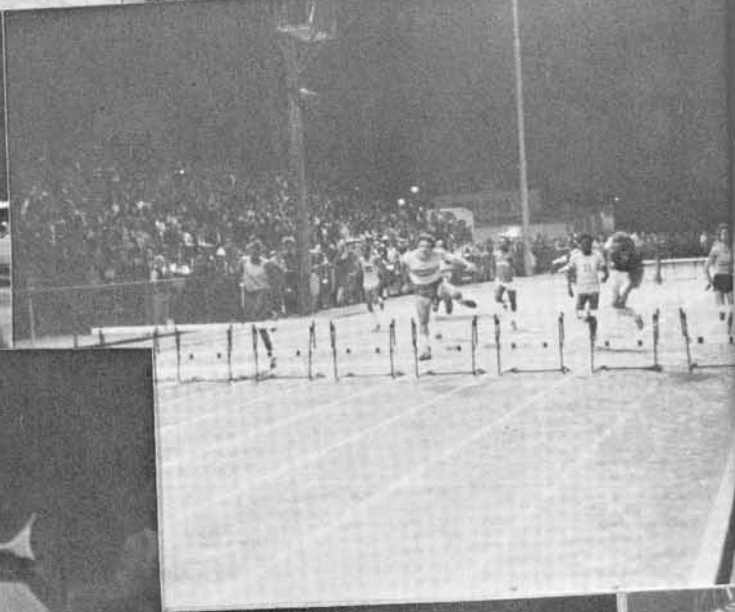
The Arcadia Invitational Track Committee is proud to dedicate today's 400 meter relay to Frank Wykoff, to celebrate the 50th anniversary of his smashing, record-breaking victory in Amsterdam in the 1928 Olympics. He repeated his performance in Los Angeles in 1932, and in Berlin in 1936. Frank is truly one of America's all-time greats.



Above — Frank Wykoff, out of Glendale High School, training for the 1928 Olympic Games.

Below — Frank Wykoff winning the 100 yard dash for U.S.C. in 1929.









## Event No. 16 Time 7:50 p.m. Women's 800 Meter Run

National Record: 2:08.0 Ann Regan (Camden, San Jose) 1977.  
Meet Record: 2:10.2 Linda Goen (North Bakersfield) 1977.

LANE	ENTRANTS	1978 BEST
1.	Sandra Anderson (Beverly Hills)	2:18.0
2.	Marquita Belk (Silver Creek, San Jose)	2:11.6
3.	Stacy Kneeshaw (Foothill, Santa Ana)	2:15.5
4.	Diane Harrell (Palos Verdes)	2:15.5
5.	Valerie Ross (West Torrance)	2:16.8
6.	Michele Bush (Rolling Hills)	2:17.1
7.	Wendy Allums (Berkeley)	2:18.0
8.	Barney Sue Carrall (Pomona)	2:18.5

WINNERS: \_\_\_\_\_ TIMES: \_\_\_\_\_

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## Event No. 17 Time 7:55 p.m. Men's 800 Meter Run

National Record: 1:48.8 Richard Joyce (Sierra, Whittier) 1965.  
Meet Record: 1:51.4 Robert Harrell (Santa Ana) 1972.

LANE	ENTRANTS	1978 BEST
1.	Tom Engel (Redlands)	1:57.9
2.	Jeff West (Crenshaw, LA)	1:56.0
3.	David Mack (Locke, LA)	1:56.1
4.	Cary Hardwick (Long Beach Wilson)	1:56.5
5.	Frank Venclick (Newport Harbor)	1:56.5
6.	Mike Gifford (Huntington Beach)	1:57.5
7.	Brian Hutchinson (Cabrillo, Lompoc)	1:57.5
8.	Johnny Gray (Crenshaw, LA)	1:57.6

WINNERS: \_\_\_\_\_ TIMES: \_\_\_\_\_

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## Event No. 18 Time 8:00 p.m. Men's 100 Meter Dash

National Record: No NFSHAA recognized record (best recorded by high school student 10.0 Houston McTear (Baker, Florida) 1975.  
Meet Record: First year event.

LANE	ENTRANTS	1978 BEST 100 YARDS
1.	Kipper Bell (Patrick Henry, San Diego)	9.7
2.	Willie Curran (Crespi, Encino)	9.7
3.	Virgil Torrence (Gardena)	9.7
4.	Wendell McNeal (Oakland)	9.6
5.	Ivan Cleveland (Pasadena)	9.4
6.	Philip Johnson (Gardena)	9.6
7.	Dino Lester (Oakland)	9.6
8.	Mike Sanford (Pasadena)	9.6
9.	Harold Williams (Crenshaw, LA)	9.6
10.	Tony Pitts (Santa Ana Valley)	9.7

WINNERS: \_\_\_\_\_ TIMES: \_\_\_\_\_

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## Event No. 19 Time 8:05 p.m. Women's 100 Meter Dash

National Record: No NFSHAA recognized record (best recorded by high school student 11.3 Chandra Cheeseborough (Ribault, Jacksonville, Florida) 1976.  
Meet Record: First year event.

LANE	ENTRANTS	1978 BEST 100 YARDS
1.	Danita Young (Crawford, San Diego)	10.9
2.	Marbella Washington (Centennial, Compton)	10.9
3.	Freida Cobbs (Berkeley)	10.8
4.	Vanessa Denniston (Huntington Beach)	10.7
5.	Valerie Brisco (Locke, LA)	10.6
6.	Sharon Ware (Berkeley)	10.8
7.	Alice Brown (Muir, Pasadena)	10.8
8.	Gwen Loud (Westchester)	10.8
9.	Pam Marshall (Long Beach Jordan)	10.9
10.	Constance Ward (South Bakersfield)	10.9

WINNERS: \_\_\_\_\_ TIMES: \_\_\_\_\_

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## Event No. 20 Time 8:15 p.m. Men's 5000 Meter Run

National Record: No NFSHAA recognized record (best recorded by high school student 13:44.0 Gerry Lindgren (Rogers, Spokane, Washington) 1964.  
Meet Record: First year event.

LANE	ENTRANTS	1978 BEST 2 MILE
1.	Ramon Morales (Camarillo)	9:17.4
2.	Carmello Rios (Lennox)	9:17.4
3.	Rod Berry (Redwood, Larkspur)	9:01.0
4.	Jeff Nelson (Burbank)	9:16.5
5.	John Spillman (Simi Valley)	9:16.7
6.	Dan Caprioglio (Chatsworth)	9:17.5
7.	Rick Rose (Helix, San Diego)	9:18.0
8.	Joey Gomez (Valencia)	9:18.0
9.	Brad Kester (Artesia)	9:20.0
10.	Tom Downs (Skyline, Oakland)	9:21.8
11.	Chad Kester (Artesia)	9:22.0
12.	Tim Varley (Crawford, San Diego)	9:22.0
13.	Rick Perez (Kearney, San Diego)	9:25.0
14.	Steve Webb (Kennedy, La Palma)	9:25.0
15.	Bill Cleves (Helix, San Diego)	9:27.0
16.	Dennis Arriolla (Gahr)	9:27.5
17.	Matt Blaty (Marina, Huntington Beach)	9:28.0
18.	Tony Martin (San Marino)	9:29.0

WINNERS:

TIMES:

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## Event No. 21 Time 8:35 p.m. Women's 400 Meter Run

National Record: 54.2 Merry Johnson (Canyon, Texas) 1977.  
Meet Record: 57.8 Gayle Butler (Duarte) 1974; Barbara Moore (Royal, Simi) 1975.

LANE	ENTRANTS	1978 BEST
1.	Kim Law (Santa Ana Valley)	58.4
2.	Marquita Belk (Silver Creek, San Jose)	55.4
3.	Valerie Brisco (Locke, LA)	56.0
4.	Freida Cobbs (Berkeley)	56.6
5.	Rhonda Patcha (Valencia)	58.1
6.	Melva Thomas (Morse, San Diego)	58.5
7.	Kim White (Berkeley)	58.8
8.		

WINNERS:

TIMES:

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3. \_\_\_\_\_
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## Event No. 22 Time 8:40 p.m. Men's 400 Meter Run

National Record: 45.8 Ron Ray (Ferguson, Newport News, Virginia) 1972.  
Meet Record: 47.2 Bill Mullins (Hamilton, LA) 1976.

LANE	ENTRANTS	1978 BEST
1.	Chris Corum (Newport Harbor)	49.8
2.	Jack Demello (Burroughs, Burbank)	49.6
3.	Tony Banks (Morse, San Diego)	49.2
4.	Cliff Newsome (Bakersfield)	48.8
5.	Marshall Johnson (Santa Ana Valley)	49.3
6.	Rod Bethany (Fontana)	49.4
7.	Ed Daniels (Fremont, LA)	49.7
8.	Leonard Miller (Locke, LA)	49.8

WINNERS:

TIMES:

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## Event No. 23 Time 8:45 p.m. Women's 3000 Meter Run

National Record: No NFSHAA recognized record (best recorded by high school student 9:08.6 Lynn Bjorkland (Albuquerque, New Mexico) 1975.  
Meet Record: First year event.

LANE	ENTRANTS	1978 BEST 2 MILE
1.	Tammy Ragan (Saugus)	11:36.0
2.	Roxanne Bier (Independence, San Jose)	11:10.0
3.	Suzie Meek (Palos Verdes)	10:47.0
4.	Mary Carmen (San Marcos, Santa Barbara)	11:14.0
5.	Laurie Crisp (Downey, Modesto)	11:20.1
6.	Diane Brink (San Marino)	11:28.0
7.	Mari Gibbs (Marina, Huntington Beach)	11:30.0
8.	Bridget Flynn (Berkeley)	11:31.0
9.	Janice Kelly (Hemet)	11:36.0
10.	Dede Tracy (Antelope Valley)	11:39.0
11.	Barbara Arreola (San Luis Obispo)	11:41.0
12.	Lisa Stone (Upland)	11:42.0
13.	Renee Lopat (Upland)	11:43.0
14.	Donna Sanchez (Eisenhower, Rialto)	11:44.3
15.	Alicia Kirkhorn (Edison, Huntington Beach)	11:45.0
16.	Judy Steese (Canyons, Anaheim)	11:45.0
17.	Sherri Roach (Kennedy, La Palma)	11:45.0

WINNERS:

TIMES:

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3. \_\_\_\_\_
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## Event No. 24 Time 9:05 p.m. Men's 300 Meter Low Hurdles

National Record: 35.9 Bill Blessing (Hillcrest, Dallas, Texas) 1974.  
Meet Record: 36.9 Charles White (San Fernando) 1976.

LANE	ENTRANTS	1978 BEST
1.	Wayne Kasperek (Newport Harbor)	37.8
2.	Anthony Wells (Muir, Pasadena)	37.3
3.	Larry Gholar (Monrovia)	37.2
4.	Oscar Moore (Muir, Pasadena)	37.5
5.	Willie Curran (Crespi, Encino)	37.5
6.	Darryl Davis (Banning, LA)	37.7
7.	Troy Blevins (Fountain Valley)	37.8
8.	Tony Campbell (Banning, LA)	37.9

WINNERS:

TIMES:

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3. \_\_\_\_\_
4. \_\_\_\_\_
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## Event No. 25 Time 9:10 p.m. Women's Distance Medley Relay

National Record: None  
Meet Record: 12:20.6 Santa Barbara (Miller-Cox-Schmandt-Hobbs) 1977.

LANE	ENTRANTS	1978 BEST
1.	ROLLING HILLS (Gordon-Landon-Yee-Bush)	12:11.0
1A.	WEST TORRANCE (Freisthlet-Ross-Konrad-Bailey)	12:44.0
2.	PALOS VERDES (Amato-Harrell-Dulaney-Meek)	12:22.0
2A.	HUNTINGTON BEACH (Erpenbeck-Follet-Stewart-Katzer)	12:46.0
3.	COSTA MESA (Tetrault-Amburgey-Rohmahn-Fisher)	12:31.0
3A.	CAMARILLO (Scholl-Dunn-Cregut-Fulkerson)	12:47.0
4.	YUBA CITY (Oliver-Williams-Vadell-Kearns)	12:33.0
4A.	BURBANK (Correia-Tate-Elson-Adams)	12:49.0
5.	CRESCENTA VALLEY (Liston-Irons-Ewing-Bettancourt)	12:34.4
5A.	SAN LUIS OBISPO (Thorpe-Webb-Walker-Burrows)	12:57.0
6.	MARIN CATHOLIC (Horn-Mooney-Brennan-Sweeny)	12:41.0
6A.	ARCADIA (Jensen-Gonzales-Smith-Nichols)	13:07.0
7.	BEVERLY HILLS (Todd-Anderson-S. Zuker-J. Zucker)	12:42.0
7A.	EDISON (Rodriguez-Jones-Ferree-Ringer)	13:08.0
8.	SANTA BARBARA (Hogan-Byron-Schmandt-Hobbs)	12:43.0
8A.	DOS PUEBLOS (Robertson-Johnson-Bergsohn-McElwee)	13:09.0

WINNERS:

DISTANCES:

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5. \_\_\_\_\_



## Event No. 26 Time 9:30 p.m. Women's 200 Meter Dash

National Record: 23.3 Chandra Cheeseborough (Ribault, Jacksonville, Florida) 1977.

Meet Record: 25.2 Freida Cobb (Berkeley) 1976; Gwen Loud (Lutheran, Los Angeles) 1977.

LANE	ENTRANTS	1978 BEST
1.	Vanessa Denniston (Huntington Beach)	25.1
2.	Valerie Brisco (Locke, LA)	24.0
3.	Gwen Loud (Westchester)	24.7
4.	Sharon Ware (Berkeley)	24.8
5.	Pam Marshall (Long Beach Jordan)	24.9
6.	Linda Cassidy (West Torrance)	25.1
7.	Judy Reed (Crawford, San Diego)	25.1
8.	Alice Brown (Muir)	25.1

WINNERS:

TIMES:

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## Event No. 27 Time 9:35 p.m. Men's 200 Meter Dash

National Record: 20.5 Dwayne Evans (South Mountain, Phoenix, Arizona) 1976.

Meet Record: 21.2 James Sanford (Pasadena) 1977.

LANE	ENTRANTS	1978 BEST
1.	Robert Powell (Santa Ana Valley)	22.1
2.	Kenneth Archie (Compton)	21.8
3.	Ivan Cleveland (Pasadena)	21.8
4.	Virgil Torrence (Gardena)	21.6
5.	James Mills (Locke, LA)	21.8
6.	Devan Lewis (Banning, LA)	22.0
7.	Wendell McNeal (Oakland)	22.0
8.	Harold Williams (Crenshaw, LA)	22.1

WINNERS:

TIMES:

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3. \_\_\_\_\_
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## Event No. 28 Time 9:40 p.m. Men's Distance Medley Relay

National Record: None

Meet Record: Crescenta Valley (Hansen-Taft-Trujillo-Moses) 10:13.6, 1976.

LANE	ENTRANTS	1978 BEST
1.	NOTRE DAME (Quinn-Weir-P. Shirley-B. Shirley)	10:14.0
1A.	VALHALLA (Vavra-Boncher-Williams-King)	10:26.8
2.	EISENHOWER (Birks-Harris-F. Assuma-C. Assuma)	10:16.0
2A.	BASSETT (Robbins-Andrews-Lotich-Benavidez)	10:27.0
3.	SKYLINE (Williamson-Schneider-P. Downs-Valdez)	10:17.2
3A.	DOS PUEBLOS (Turner-Parker-Remmenga-Shields)	10:27.2
4.	COSTA MESA (Shackelford-Evans-Young-Gerhardt)	10:19.0
4A.	ARCADIA (Chelf-Collins-Lodolo-Ryan)	10:27.5
5.	LA CANADA (Reed-Robb-Montgomery-Magill)	10:19.7
5A.	LAKEWOOD (Bender-White-Robinson-Laird)	10:30.7
6.	MORSE (Banks-Bethune-J. Roberts-R. Roberts)	10:20.3
6A.	PALOS VERDES (Cumming-Barkley-Burkhardt-Sigworth)	10:28.5
7.	FOOTHILL (Schulte-Stanley-Duran-Daly)	10:24.3
7A.	PALISADES (Jackson-Brown-Kurtzman-Shaver)	10:29.2
8.	EDISON (Hipp-Kirleis-Goldstein-Landson)	10:24.6
8A.	SANTA MONICA (Williams-Perez-Gordon-Harrington)	10:30.0

WINNERS:

TIMES:

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## Event No. 29 Time 9:55 p.m. Women's 1600 Meter Relay

National Record: 3:50.2 Trimble Tech, Fort Worth, Texas  
(Davis-Punch-Smith-Smith) 1977.

Meet Record: 3:58.6 Rolling Hills (Gordon-Fish-Harding-  
Bush) 1977.

LANE	ENTRANTS	1978 BEST
1.	FREMONT (Beshears-Davis-Frazier-Harper)	4:05.0
2.	BERKELEY (Ware-Allums-White-Cobba)	3:57.6
3.	CRAWFORD (K Williams-V. Williams-Alexander-Reed)	3:59.1
4.	WEST TORRANCE (Wasson-Freisthler-Ross-Cassidy)	4:03.1
5.	THOUSAND OAKS (Phipps-Vlerick-Kay-Poppen)	4:03.6
6.	REDLANDS (Guynes-Adams-Mazik-Zeller)	4:04.1
7.	MORSE (Herring-Thompson-Bullard-Thomas)	4:05.3
8.	EDISON (Rodriguez-Held-Jones-Hulse)	4:05.5

WINNERS:

TIMES:

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## Event No. 30 Time 10:00 p.m. Men's 1600 Meter Relay

National Record: 3:11.8 (Killian, Miami, Florida) Anderson-  
Black-Thompkins-Thompson 1969.

Meet Record: 3:17.7 Santa Ana (Denmark-Mead-Smith-  
Harrell) 1972.

LANE	ENTRANTS	1978 BEST
1.	PASADENA (Cleveland-Sanford-Handy-Cook)	3:22.0
2.	BANNING (Caesar-Davis-Lewis-Blaylock)	3:18.8
3.	LOCKE (Miller-Kelly-Mills-Mack)	3:19.4
4.	OAKLAND (Jackson-Lester-Adams-McNeal)	3:19.8
5.	MUIR (Moore-Easley-Davis-Wells)	3:20.4
6.	FONTANA (Fowler-Gary-Cooper-Bethany)	3:21.6
7.	NEWPORT HARBOR (Corum-Dawson-Venclick-Kasperek)	3:21.8
8.	CRENSHAW (Henton-Gray-West-Sampson)	3:22.4

WINNERS:

TIMES:

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## Comparing Distances

100 Meters	—	109 yards, 1 foot, 1 inch
110 Meters	—	120 yards, 10 inches
200 Meters	—	218 yards, 2 feet, 2 inches
300 Meters	—	328 yards, 3 inches
400 Meters	—	437 yards, 1 foot, 4 inches
800 Meters	—	874 yards, 2 feet, 8 inches
1500 Meters	—	1640 yards, 1 foot, 3 inches
3000 Meters	—	1 mile, 1520 yards, 2 feet, 6 inches
5000 Meters	—	3 miles, 188 yards, 2 inches