

18th Annual Central Coast Section Track & Field Championships
 Friday, May 20, 1983, San Jose City College

MEET OFFICIALS

Meet Director.	Ken Johnson
Referee.	Bill Frost
Head Field Judge	Don Bell
Starter.	Bob Podkaminer
Recall Starter	John Routh
Clerks of the Course	Wayne Burdick Rick Milam
Announcer.	Dave Dickerson
Weights and Measures	Don Bell Sr.
Awards	Wil Conklin Tom Ryan
CCS Commissioner	Larry Rice
CCS Assistant Commissioner	Joyce Ridgway
CCS Events Coordinator	Dwight Martin
Program Editor	Howard Willman
Hurdle Crew.	Willow Glen HS
Scorekeepers	Leland HS

NATIONAL FEDERATION CONVERSION TABLE

(Used for seeding purposes; the second event listed for each conversion is the distance being run at tonight's meet. Note: A different conversion process is used for times making the all-time lists in this program.)

100 yards to 100 meters.	+ .9 seconds
220 yards to 200 meters.	- .1 seconds
440 yards to 400 meters.	- .3 seconds
880 yards to 800 meters.	- .7 seconds
1600 meters to one mile.	+1.6 seconds
3200 meters to two miles	+3.4 seconds
120-yard HH to 110-meter LH.	same
110-yard LH to 100-meter LH.	- .1 seconds
300-meter LH to 330-yard LH.	+ .2 seconds
400-meter relay to 440-yard relay.	+ .2 seconds
1600-meter relay to mile relay	+1.2 seconds

TIME SCHEDULE, ORDER OF EVENTS & TABLE OF CONTENTS

<u>Time</u>	<u>Event</u>	<u>Page</u>
<u>Running events -- trials</u>		
4:00	Boys 100 meters (2 heats)	22
4:10	Girls 100 meters (2 heats)	23
4:20	Boys 110-meter high hurdles (2 heats)	18
4:30	Girls 100-meter low hurdles (2 heats)	19
4:40	Boys 200 meters (2 heats)	30
4:50	Girls 200 meters (2 heats)	31
<u>Running events -- finals</u>		
6:30	Boys 440-yard relay (2 sections: slow/fast)	16
6:37	Girls 440-yard relay (2 sections: slow/fast)	17
6:45	Boys 110-meter high hurdles	18
6:55	Girls 100-meter low hurdles	19
7:10	Boys 800 meters	20
7:15	Girls 800 meters	21
7:20	Boys 100 meters	22
7:25	Girls 100 meters	23
7:30	Boys 400 meters (2 sections: slow/fast)	24
7:37	Girls 400 meters (2 sections: slow/fast)	25
7:45	Boys 2 miles	26
7:57	Girls 2 miles	27
8:10	Boys 330-yard low hurdles (2 sections: slow/fast)	28
8:20	Girls 330-yard low hurdles (2 sections: slow/fast)	29
8:30	Boys 200 meters	30
8:35	Girls 200 meters	31
8:40	Boys mile	32
8:50	Girls mile	33
9:00	Boys mile relay (2 sections: slow/fast)	34
9:10	Girls mile relay (2 sections: slow/fast)	35
<u>Field events -- all finals</u>		
3:30	Boys long jump	5
	Boys shot put	6
	Girls high jump	7
	Girls discus	8
5:00	Boys discus	9
	Girls long jump	10
6:00	Boys pole vault	11
	Girls shot put	12
6:30	Boys triple jump	13
7:30	Boys high jump	14
8:00	Girls triple jump	15
<u>Other features of program</u>		
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SUCCESS BEYOND THE CCS

The names of many truly outstanding athletes are listed in this program. A few of those athletes will be competing in tonight's 18th annual Central Coast Section Track & Field Championships, but most of those greats have already dripped their sweat during past renditions of this meet.

World and American recordholders are here. National and international champions are here. Olympians are sprinkled throughout these pages. But would you believe listed in these pages are a football player who played on four Super Bowl champion teams? Or a basketball player who helped lead his team to an NBA championship? Or a weightlifter who set three American records in the superheavyweight division? Well, believe it, because they're all here. (If you can't guess who the aforementioned are, check the bottom of the next page for their names.)

But by far the most successful athletes in this program are those that have furthered their endeavors in track & field. Many times success in high school sports is not a guarantee for success on the college or open levels; and from the depths of mediocrity many times come the world's most brilliant talents.

It is in this spirit that we offer the following compilation: CCS Alumni Records, the best performances by athletes who hail from the CCS. Some of these athletes were prep phenoms. Others weren't. But both types should be revered equally by aspiring athletes, as the levels of determination and dedication varies little. The CCS Alumni Records:

<u>MEN</u>			
<u>Event</u>	<u>Mark</u>	<u>Athlete (Affiliation) Yr</u>	<u>High School & Class</u>
100m	10.26	Bill Gaines (Santa Clara VYV) '68	San Jose '68
200m	20.10	Millard Hampton (San Jose CC) '76	Silver Creek '74
400m	43.86	Lee Evans (San Jose State) '68	Overfelt '65
800m	1:45.4	Rick Brown (Cal) '72	Los Altos '70
1500m	3:41.3	Don Bowden (Cal) '57	Lincoln '54
Mile	3:58.3	Joe Fabris (Aggie RC) '82	Mt. Pleasant '76
Steeple	8:40.4	Jeff Fishback (Santa Clara VYV) '64	San Mateo '59
5000m	13:43.0	Ron Larrieu (Los Angeles TC) '64	Palo Alto '56
10,000m	28:48.0	Danny Grimes (Humboldt State) '82	Watsonville '78
110H	13.72	Carl Florant (Inner-City AC) '79	Palo Alto '73
400H	48.10	Andre Phillips (UCLA) '81	Silver Creek '77
Marathon	2:14:32	John Moreno (Aggie RC) '83	Terra Nova '73
HJ	7-6i	John Radetich (ITA) '76	San Carlos '66
PV	18-0¼	Steve Oravetz (Washington) '79	Campbell '75
LJ	26-0¼	Johnny Johnson (UCLA) '68	Pacific Grove '66
TJ	54-4½	Paul Bates (Cal) '81	Menlo-Atherton '77
SP	66-3	Steve Wilhelm (Kansas) '71	Fremont '67
DT	211-1	Larry Kennedy (San Jose Stars) '76	Menlo-Atherton '61
HT	235-7	Bill Green (Cal State Long Beach) '83	Fremont '78
Decathlon	7508	Sam Albanese (UCLA) '74	King City '69

(Women on next page)

WOMEN

<u>Event</u>	<u>Mark</u>	<u>Athlete (Affiliation) Yr</u>	<u>High School & Class</u>
100m	11.56	Kelia Bolton (Millbrae Lions) '80	Hill '78
200m	23.50	Kelia Bolton (Cal) '79	Hill '78
400m	52.22	Kelia Bolton (Tennessee) '83	Hill '78
800m	2:00.15	Cyndy Poor (San Jose Cindergals) '76	Saratoga '71
1500m	4:05.1	Francie Larrieu (Pacific Coast Club) '76	Fremont '70
Mile	4:27.52	Francie Larrieu (Pacific Coast Club) '79	Fremont '70
3000m	8:51.03	Francie Larrieu (Pacific Coast Club) '79	Fremont '70
5000m	15:36.11	Francie Larrieu (New Balance TC) '83	Fremont '70
10,000m	33:06.09	Kim Schnurpfeil (Stanford) '82	San Mateo '79
100H	13.76	Kris Costello (Oregon) '81	Lynbrook '78
400H	59.30	Margaret Demorest (SCV Golden Girls) '81	Buchser '81
Marathon	2:38:08	Nancy Ditz (Team adidas) '82	Castilleja '72
HJ	6-0	Kathy Raugust (Hartnell College) '81	Salinas '79
LJ	20-8	Wendy Brown (Woodside HS) '82	Woodside '84
SP	57-0 3/4	Peggy Pollack (Cal State Long Beach) '83	Cupertino '78
DT	181-10	Jan Svendsen (Wilt's AC) '82	San Mateo
JT	196-1	Cathy Sulinski (Millbrae Lions) '76	South SF '76
Heptathlon	5471	Kathy Raugust (Cal) '82	Salinas '79

ABOUT THE PROGRAM

Trivia buffs and agateaholicis unite! Once again, the CCS Track & Field Championships program has enough to keep almost anyone busy during even the slowest parts of this meet. For those of you unfamiliar with the abbreviations, et al, strewn throughout, or for those of you looking for something else to read, here are some explanations that hopefully will help you better understand what's here.

Records -- Each event page begins with an extended records section, detailing National Federation and CCS Meet Records, along with all-time high school bests by athletes in national, state and Northern California geographical areas. Why the difference between national "records" and "bests"? Basically, the reason is most often the Federation will not ratify marks established in non-high school competition. However, the "bests" are still highly legitimate marks.

Past CCS Champions -- For historical purposes, you'll find a list of all the past CCS champions on each page. The CCS was first formed in 1966; prior to then, it was part of the North Coast Section. Girls competition officially began in 1974.

All-Time CCS Lists -- To help put current marks in better perspective, each event has also listed an all-time CCS top 10, as compiled by Howard Willman (San Jose Mercury News, Track & Field News). Athletes need not represent his/her school to appear on the lists. As long as marks can be proven legitimate, they will be included on the lists regardless of affiliation.

Abbreviations -- see back page.

Answers to the athletes referred to in the second paragraph on page 3 -- The football player is Lynn Swann (long jump), the basketball player is Charlie Johnson (long jump) and the weightlifter is Bruce Wilhelm (shot put). Swann played for the Pittsburgh Steelers, and Johnson for the Golden State Warriors. Anybody get all three correct?

BOYS LONG JUMP

National Federation Record: 25-9½, Gerald Hardeman (Edison, Fresno), 1972
 CCS Meet Record: 25-3¼, Johnny Johnson (Pacific Grove), 1964

All-Time National HS Best: 26-8, Carl Lewis (Willingboro, NJ), 1979
 All-Time State HS Best: 26-2¼, Ken Duncan (McClatchy, Sacramento), 1972
 All-Time NorCal HS Best: 26-2¼, Ken Duncan (McClatchy, Sacramento), 1972

<u>Order</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Flight I</u>				
1.	10	Mark Scaroni (King City)	20-11	_____
2.	11	James Miller (Seaside)	21-0	_____
3.	10	Mike Willis (Seaside)	21-2½	_____
4.	12	Junior Orteza (Independence)	21-5½	_____
5.	12	David Mills (Willow Glen)	21-6	_____
<u>Flight II</u>				
1.	11	Ty Blair (Piedmont Hills)	21-6	_____
2.	11	Mike Overton (Carlmont)	21-11½	_____
3.	12	Ken Roberts (Westmont)	22-0	_____
4.	10	Dave Mosley (Monta Vista)	22-1½	_____
5.	12	Jerry Rossman (St. Francis)	22-2	_____
<u>Flight III</u>				
1.	10	Ramon Tisdale (Westmoor)	22-2½	_____
2.	11	Steve Fisher (Saratoga)	22-5¼	_____
3.	11	Eric Hawkins (Wilcox)	22-5 3/4	_____
4.	12	Ken Jones (Menlo-Atherton)	22-6	_____
5.	12	LaVance Northington (Independence)	22-9 3/4	_____
6.	11	Johnny Cleveland (San Lorenzo Valley)	23-10½	_____

PAST CCS CHAMPIONS

Yr	Mark	Athlete (School)
1966	22-8½	Bob Jordan (San Mateo)
1967	24-7½	Charlie Johnson (Sequoia)
1968	24-0½	Phil Quinet (Homestead)
1969	22-7	Alonzo Emery (San Mateo)
1970	24-2¼	Lynn Swann (Serra)
1971	23-5	Craig Conway (Cupertino)
1972	22-11½	*Dennis Holloway (Blackford)
1973	23-2	Mark Thorp (Cupertino)
1974	23-2½	Phil Robinson (Woodside)
1975	23-9½	Nathan Johnson (Seaside)
1976	23-6½	Ken Vasquez (Mills)
1977	23-5½	Paul Bates (Menlo-Atherton)
1978	23-8½	*Steve Bruce (Menlo-Atherton)
1979	23-8½	Steve Bruce (Menlo-Atherton)
1980	22-10½	*Ken Smith (Palo Alto)
1981	22-11¼	Ken Smith (Palo Alto)
1982	23-4	Larry Weldon (Silver Creek)

ALL-TIME CCS LIST

Yr	Mark	Athlete (School)
1965	25-4¾	*Johnny Johnson (Pacific Grove)
1968	25-2	Phil Quinet (Homestead)
1970	24-10	Lynn Swann (Serra)
1965	24-5	*Denny Rogers (Los Altos)
1977	24-4	Rex White (Camden)
1972	24-0½	*Vester Robinson (Silver Creek)
1981	23-11	Ken Smith (Palo Alto)
1970	23-10½	*Rick Miller (Leigh)
1977	24-4	Brett Woods (Los Gatos)
1971	23-10	Craig Conway (Cupertino)
Wind-aided:		
1967	24-7½	Charlie Johnson (Sequoia)
1971	24-4	Craig Conway (Cupertino)
1975	24-3½	Don Finley (Cupertino)
1971	24-2	**Mark Thorp (Cupertino)
1983	23-10½	*Johnny Cleveland (Soquel)

BOYS SHOT PUT

National Federation Record: 77-0, Mike Carter (Jefferson, Dallas), 1979

CCS Meet Record: 63-9, Bob Brannen (Los Gatos), 1965

All-Time National HS Best: 81-3½, Mike Carter (Jefferson, Dallas), 1979

All-Time State HS Best: 69-3 3/4, Jim Neidhart (Nwprt Hrbr, Nwprt Bch), 1973

All-Time NorCal HS Best: 68-5½, Steve Montgomery (Lassen, Susanville), 1976

<u>Order</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Flight I</u>				
1.	12	Tom Katashima (Gilroy)	47-3	_____
2.	12	Robert Henderson (North Salinas)	48-5½	_____
3.	12	Ken Peterson (Salinas)	48-8½	_____
4.	11	Jeff Franklin (Yerba Buena)	49-7½	_____
5.	11	Kyle Kobow (Watsonville)	49-11	_____
<u>Flight II</u>				
1.	12	John Wozniak (Fremont)	50-10½	_____
2.	10	Jack Mohr (Los Altos)	52-0	_____
3.	12	James Turner (Menlo-Atherton)	52-1	_____
4.	12	John Gatrousis (Bellarmine)	52-4½	_____
5.	11	Roger Creedon (Cupertino)	52-7	_____
<u>Flight III</u>				
1.	12	Mike Gaurino (Los Gatos)	52-7½	_____
2.	11	Fred Houston (Willow Glen)	52-8	_____
3.	11	Troy Sheets (Del Mar)	53-6	_____
4.	12	Issako Poti (Jefferson)	53-10	_____
5.	12	Rob Shenk (Menlo-Atherton)	54-10	_____
6.	12	Nate Barnreiter (Del Mar)	55-1½	_____

PAST CCS CHAMPIONS

%=3/4		
1966	62-6½	*Steve Wilhelm (Fremont)
1967	63-8½	Steve Wilhelm (Fremont)
1968	56-11½	Ralph Show (Homestead)
1969	59-5	*Chris Adams (Los Altos)
1970	62-4	Chris Adams (Los Altos)
1971	59-5½	Bob Aldrich (Fremont)
1972	62-6½	Bret Mannon (Los Gatos)
1973	56-6½	Lon Sizemore (Lincoln)
1974	59-5½	*Gary Bersano (Los Gatos)
1975	59-5	Craig Watkins (Mitty)
1976	58-2	Mike Smith (San Mateo)
1977	59-7	Pat Graham (Leland)
1978	60-2	Ron McKee, (Camden)
1979	60-3	Steve Aimonetti (Blackford)
1980	58-5	Ray Bellantoni (Del Mar)
1981	61-11½	Tim Sutro (Del Mar)
1982	56-11½	John Aimonetti (Blackford)

ALL-TIME CCS LIST

%=3/4	
65-10	Steve Wilhelm (Fremont) '67
65-7½	Don Castle (Cubberley) '61
65-6	Bruce Wilhelm (Fremont) '63
63-11½	Bret Mannon (Los Gatos) '72
63-9	Bob Brannen (Los Gatos) '64
62-9½	Chris Adams (Los Altos) '70
62-9	Pat Graham (Leland) '77
62-7	Bruce Parker (St. Ignatius) '78
62-2½	Ron Comer (Sunnyvale) '76
62-1½	Dave Gherardi (St. Ignatius) '72

GIRLS HIGH JUMP

National Federation Record: 6-2½, Kym Carter (East, Wichita, Ks), 1982

CCS Meet Record: 5-9¼, Trish King (Menlo-Atherton), 1980

All-Time National HS Best: 6-2½, Kym Carter (East, Wichita, Ks), 1982

All-Time State HS Best: 6-1, Sue McNeal (Carlsbad), 1979

All-Time NorCal HS Best: 6-0, Karen Lysaght (St. Francis, Sacramento), 1980

Order	Yr	Athlete (School)	Reg. Qual. Mark	CCS Finish
<u>Flight I</u>				
1.	11	Whitney Woodward (Stevenson)	4-8	_____
2.	9	Carrie Camino (Gilroy)	4-8	_____
3.	12	Renay Schoenlein (Piedmont Hills)	5-0	_____
4.	10	Mary Byrne (Mills)	5-0	_____
5.	11	LuAnn Campbell (Aragon)	5-0	_____
<u>Flight II</u>				
1.	10	Kim Becker (North Salinas)	5-0	_____
2.	12	Jane Wood (Cupertino)	5-1	_____
3.	10	Stacy Rees (Westmont)	5-2	_____
4.	12	Lisa Dyer (Branham)	5-2	_____
5.	12	Michal Miller (Santa Clara)	5-3	_____
<u>Flight III</u>				
1.	11	Lisa Baumgartner (Hollister)	5-3	_____
2.	11	Rachael Bray (Los Altos)	5-5	_____
3.	11	Leanne Atencio (Del Mar)	5-5	_____
4.	10	Beth Vidakovits (St. Francis)	5-5	_____
5.	11	Yvonne Kendall (Mills)	5-6½	_____
6.	11	Wendy Brown (Woodside)	5-8½	_____

¾=3/4

PAST CCS CHAMPIONS

1974	5-5	**Pam Blackburn (Cubberley)
1975	5-6¼	*Pam Blackburn (Cubberley)
1976	5-8	Pam Blackburn (Cubberley)
1977	5-4	**U'Rainnah Broussard (Independence)
1978	5-7	**Angela Phifer (Independence)
1979	5-6	*Trish King (Menlo-Atherton)
1980	5-9¼	Trish King (Menlo-Atherton)
1981	5-4	Karen Robinson (Fremont)
1982	5-8%	**Wendy Brown (Woodside)

ALL-TIME CCS LIST

5-10	*Pam Blackburn (Cubberley) '75
5-9½	Trish King (Menlo-Atherton) '80
5-9	***Leslie Maxie (Mills) '82
	*Wendy Brown (Woodside) '83
5-8½	Denise Cornell (King City) '76
5-8½	*Karen Robinson (Fremont) '80
	**Yvonne Kendall (Mills) '82
	*Michal Miller (Santa Clara) '82
5-8	**Cindy Sandberg (Los Gatos) '75
	**Angela Phifer (Independence) '78
	Kathy Raugust (Salinas) '79
	**Rachael Bray (Los Altos) '82

GIRLS DISCUS

National Federation Record: 176-4, Cindy Johnson (Chandler, Az), 1982
 CCS Meet Record: 149-0, Cindi Durchslag (San Carlos), 1982

All-Time National HS Best: 183-11, Leslie Deniz (Gridley), 1980
 All-Time State HS Best: 183-11, Leslie Deniz (Gridley), 1980
 All-Time NorCal HS Best: 183-11, Leslie Deniz (Gridley), 1980

Order	Yr	Athlete (School)	Reg. Qual. Mark	CCS Finish
<u>Flight I</u>				
1.	12	Lolo Mulitalo (Jefferson)	101-4	_____
2.	11	Susan Prnjak (Watsonville)	105-10	_____
3.	11	Stacy Brown (Mountain View)	106-7	_____
4.	10	Melinda Beckenhauer (Los Altos)	106-10	_____
5.	10	Kris Tostenson (Homestead)	107-3	_____
<u>Flight II</u>				
1.	11	Carrie Cambron (Woodside)	108-10	_____
2.	11	Dawn Henderson (King City)	109-4	_____
3.	10	Kim Smith (Westmoor)	110-10	_____
4.	11	Latonia Floyd (Oak Grove)	115-10	_____
5.	11	Tina Lei (Overfelt)	119-4	_____
<u>Flight III</u>				
1.	12	Cindy Tellez (Gilroy)	119-4	_____
2.	12	Anna Shaffer (Oak Grove)	119-9	_____
3.	12	Jackie Hale (San Lorenzo Valley)	122-4	_____
4.	11	Gerri Baldwin (Branham)	131-5	_____
5.	12	Anne Petree (St. Francis)	135-2	_____
6.	12	Joyce van Overbeek (Presentation)	142-7	_____

(Event first held in 1975)

PAST CCS CHAMPIONS	
1975	118-2 *Kathy Kuchta (King City)
1976	133-5 ***Sue Springer (Salinas)
1977	136-7 **Sue Springer (Salinas)
1978	146-5 *Sue Springer (Salinas)
1979	148-5 Sue Springer (Salinas)
1980	136-7 Carolynn Perkins (Westmoor)
1981	147-9 *Cindi Durchslag (San Carlos)
1982	149-0 Cindi Durchslag (San Carlos)

ALL-TIME CCS LIST	
161-6	Linda Langford (Leigh) '69
155-6	*Cindi Durchslag (San Carlos) '81
148-9	*Sue Springer (Salinas) '78
147-10	Nancy Norberg (Cubberley) '64
144-5	Karen Woodbeck (Cupertino) '79
	Stephanie Townsel (Silver Creek) '82
143-4	Diane Oswalt (Los Gatos) '81
142-7	Carol Knight (Carlmont) '70
	Joyce van Overbeek (Presentation) '83
141-6	Carolynn Perkins (Westmoor) '80
	Anne Petree (St. Francis) '83
Sloping field:	
151-2	Nancy Norberg (Cubberley) '64

BOYS DISCUS

National Federation Record: 207-8, Scott Crowell (Mason City, Ia), 1978
 CCS Meet Record: 191-0, Scott Overton (Los Altos), 1972

All-Time National HS Best: 213-6, Clint Johnson (Shwnee Mssn S, OvrLnd Pk, Ks), 1980
 All-Time State HS Best: 209-6, Dave Porath (Atwater), 1978
 All-Time NorCal HS Best: 209-6, Dave Porath (Atwater), 1978

<u>Order</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Flight I</u>				
1.	12	Mike Fosnaugh (Palma)	134-9	_____
2.	12	Ken Peterson (Salinas)	142-1	_____
3.	11	Kurt Pinkerton (Leigh)	144-10	_____
4.	10	Pete Thompson (Cupertino)	145-3	_____
5.	12	Ernie Harper (Palo Alto)	146-9	_____
<u>Flight II</u>				
1.	11	Steve Dudley (Leland)	147-3	_____
2.	11	Art Hoffman (Santa Teresa)	147-6	_____
3.	10	Roger Creedon (Cupertino)	148-6	_____
4.	12	Robert Henderson (North Salinas)	148-9	_____
5.	12	John Kaitz (Aptos)	152-11	_____
<u>Flight III</u>				
1.	11	Mike Gravelle (St. Ignatius)	153-4	_____
2.	12	John Gatrousis (Bellarmine)	155-7	_____
3.	12	Issako Poti (Jefferson)	162-4	_____
4.	12	Nate Barnreiter (Del Mar)	172-4	_____
5.	12	Andy Nagengast (Del Mar)	172-6	_____
6.	12	Rob Shenk (Menlo-Atherton)	186-2	_____

PAST CCS CHAMPIONS

1966	171-11	*Steve Wilhelm (Fremont)
1967	182-8	Bill Walker (Campbell)
1968	180-11	Jim Penrose (Carlmont)
1969	185-7	Mike Davis (Hillsdale)
1970	189-3	Chris Adams (Los Altos)
1971	184-9	*Scott Overton (Los Altos)
1972	191-0	Scott Overton (Los Altos)
1973	189-11	Dave Hickson (Leland)
1974	184-2	Glen Moore (Mt. Pleasant)
1975	179-2	Gary Bersano (Los Gatos)
1976	171-0	Mike Hamm (Soquel)
1977	177-8	*John Souza (Piedmont Hills)
1978	185-1	Steve Struble (Sunnyvale)
1979	174-5	Rick Weyers (Awalt)
1980	166-8	Dave Cowell (Gunn)
1981	182-9	Tim Sutro (Del Mar)
1982	181-4	Dan Katches (Mills)

ALL-TIME CCS LIST

201-3	Chris Adams (Los Altos) '70
200-1	Scott Overton (Los Altos) '72
195-4	Bob Stoecker (Los Altos) '62
	Tom Birtwhistle (Gunn) '69
194-2	Dave Hickson (Leland) '73
193-0	Jim Penrose (Carlmont) '68
190-6	Dan Katches (Mills) '82
189-2	Steve McEnroe (Seaside) '79
189-1	Tim Sutro (Del Mar) '81
188-8	Tom Peterson (North Salinas) '78
Sloping field:	
204-5	Scott Overton (Los Altos) '72
196-3	Bob Stocker (Los Altos) '62

GIRLS LONG JUMP

National Federation Record: 22-1 3/4, Kathy McMillan (Hoke County, Raeford, NC), 1976
 CCS Meet Record: 19-9, Wendy Brown (Woodside), 1982

All-Time National HS Best: 22-3, Kathy McMillan (Hoke County, Raeford, NC), 1976
 All-Time State HS Best: 20-8 3/4, Kim Attlesey (Corona del Mar, Nwprt Bch), 1971
 20-8 3/4, Marlene Hamon (Thousand Oaks), 1980
 All-Time NorCal HS Best: 20-8, Wendy Brown (Woodside), 1982

Order	Yr	Athlete (School)	Reg. Qual. Mark	CCS Finish
<u>Flight I</u>				
1.	11	Janis Diggs (Salinas)	16-0½	_____
2.	12	Cindy Folston (Soquel)	16-1½	_____
3.	11	Suzi Schilling (Live Oak)	16-2	_____
4.	11	Sue Collins (Mills)	16-3	_____
5.	11	LuAnn Campbell (Aragon)	16-4	_____
<u>Flight II</u>				
1.	12	Sue Casey (Presentation)	16-4	_____
2.	12	Rita Pollard (Seaside)	16-8	_____
3.	9	Ethelline Robinson (Yerba Buena)	16-11	_____
4.	11	Leanne Atencio (Del Mar)	17-1	_____
5.	11	Beth Vidakovits (St. Francis)	17-1½	_____
<u>Flight III</u>				
1.	12	Donna Campbell (Overfelt)	17-4	_____
2.	12	Hilary Bray (Los Altos)	17-5½	_____
3.	12	Heidi Waterfield (Homestead)	17-8	_____
4.	12	Vivian Riley (Mt. Pleasant)	17-9½	_____
5.	11	Rachael Bray (Los Altos)	18-0½	_____
6.	11	Wendy Brown (Woodside)	19-3½	_____

PAST CCS CHAMPIONS

1974	17-7	**Sandy Ferriera (King City)
1975	18-2½	*Pam Blackburn (Cubberley)
1976	16-6	Sarita Johnson (Oak Grove)
1977	18-3	Kim McDonald (St. Francis)
1978	17-7½	***Kristy Campbell (Lynbrook)
1979	18-5	**Sheila Greene (Hill)
1980	17-11½	**Kelli Abruzzini (Gilroy)
1981	17-8	**Vivian Riley (Mt. Pleasant)
1982	19-9	**Wendy Brown (Woodside)

ALL-TIME CCS LIST

20-8	**Wendy Brown (Woodside) '82
19-6½	**Sheila Greene (Hill) '79
19-6½	*Vivian Riley (Mt. Pleasant) '82
19-5½	Lisa Kinimaka (Oak Grove) '76
19-4½	*Lola Rockwell (Gunn) '79
19-3½	Pat Daniels (Capuchino) '61
18-10½	Gurtha Pounds (Live Oak) '82
18-9½	**Lori Costello (El Camino) '79
18-8	Tammie Sullivan (Ayer) '80
18-8	Kris Costello (Lynbrook) '78
18-8	**Kristy Campbell (Lynbrook) '79
Wind-aided:	
19-6½	*Vivian Riley (Mt. Pleasant) '82
18-11	Tammie Sullivan (Ayer) '80

BOYS POLE VAULT

National Federation Record: 17-9½, Joe Dial (Marlow, Ok), 1981
 CCS Meet Record: 15-6 3/4, Bert Tardieu (Del Mar), 1978
 15-6 3/4, Mitch Preciado (Homestead), 1978
 All-Time National HS Best: 18-1¼, Joe Dial (Marlow, Ok), 1981
 All-Time State HS Best: 17-4¼, Anthony Curran (Crespi Carmelite, Encino), 1978
 All-Time NorCal HS Best: 17-0; Mike Kibort (Saratoga), 1982

<u>Order</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Flight I</u>				
1.	11	Nestor Cabatu (North Monterey County)	12-0	_____
2.	10	Jesus Santos (Gonzales)	12-0	_____
3.	11	Jay Icaza (Los Gatos)	12-6	_____
4.	12	Vic Palayo (Independence)	12-6	_____
5.	11	Jim Trujillo (Gilroy)	12-6	_____
<u>Flight II</u>				
1.	11	George Bassett (Saratoga)	13-0	_____
2.	12	Mike Durham (Carlmont)	13-0	_____
3.	12	Shawn Lewis (Mills)	13-0	_____
4.	12	Lance Ferrier (Leigh)	13-0	_____
5.	12	Brian Drape (Del Mar)	13-0	_____
<u>Flight III</u>				
1.	11	Matt Devine (St. Ignatius)	13-6	_____
2.	12	Andy Avellar (Fremont)	14-0	_____
3.	11	Elliott Diaz (Capuchino)	14-0	_____
4.	11	Todd Keating (North Salinas)	14-3	_____
5.	12	Dan Larson (Monta Vista)	14-6	_____
6.	12	Mike Kibort (Saratoga)	14-6	_____

PAST CCS CHAMPIONS

1966	14-0	Don Wells (King City)
1967	14-4½	Tod Peterson (Los Altos)
1968	14-1¼	*Sam Albanese (King City)
1969	15-0½	Sam Albanese (King City)
1970	14-10	Carl Goldstone (San Mateo)
1971	15-5¾	Roger Martin (Camden)
1972	14-4	Paul Johnson (Del Mar)
1973	15-0	Scott Turner (Del Mar)
1974	14-4	John Bell (Lynbrook)
1975	14-6	Steve Gravetz (Campbell)
1976	15-0	Todd Lovejoy (Del Mar)
1977	15-3	Jim Westlund (Fremont)
1978	15-6¾	Bert Tardieu (Del Mar)
1979	15-6	*Greg Ellis (Menlo-Atherton)
1980	15-6¼	Greg Ellis (Menlo-Atherton)
1981	15-2	Marc Anderson (Buchser)
1982	15-6	*Mike Kibort (Saratoga)

ALL-TIME CCS LIST

17-0	*Mike Kibort (Saratoga) '82
16-1¾	Bert Tardieu (Del Mar) '78
15-9	Roger Martin (Camden) '71
15-6¾	Mitch Preciado (Homestead) '78
15-6¾	Greg Ellis (Menlo-Atherton) '80
15-6¾	Larry Hintz (Buchser) '73
15-6	D.J. Bahl (Awalt) '80
15-6	Jim Lydon (San Mateo) '69
	Blake Fearnside (Del Mar) '77
	Ben Mahoney (St. Francis) '80

GIRLS SHOT PUT

National Federation Record: 52-4½, Natalie Kaaiawahia (Fullerton), 1981

CCS Meet Record: 43-5, Latonia Floyd (Oak Grove), 1982

All-Time National HS Best: 52-5½, Natalie Kaaiawahia (Fullerton), 1983

All-Time State HS Best: 52-5½, Natalie Kaaiawahia (Fullerton), 1983

All-Time NorCal HS Best: 45-5 3/4, Denise Holloway (Blackford), 1975

<u>Order</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Flight I</u>				
1.	11	B.J. Bagby (Aragon)	31-10	_____
2.	12	Rose Cobarruvias (North Monterey County)	32-4½	_____
3.	11	Dawn Henderson (King City)	32-6½	_____
4.	12	Tracy Vanderworth (El Camino)	32-7	_____
5.	11	Samia Estassi (Salinas)	33-8 3/4	_____
<u>Flight II</u>				
1.	12	Jena Wince (Pioneer)	35-6	_____
2.	12	Anne Petree (St. Francis)	35-6	_____
3.	12	Joyce van Overbeek (Presentation)	35-10	_____
4.	12	Lolo Mulitalo (Jefferson)	36-2½	_____
5.	12	Jackie Hale (San Lorenzo Valley)	36-4	_____
<u>Flight III</u>				
1.	10	Melinda Beckenhauer (Los Altos)	36-5½	_____
2.	12	Gina Apelu (Hill)	37-1	_____
3.	12	Kari Bowers (Mt. Pleasant)	37-8½	_____
4.	11	Danette Vercher (Gunn)	39-0½	_____
5.	12	Anna Shaffer (Oak Grove)	39-6	_____
6.	11	Latonia Floyd (Oak Grove)	43-1 3/4	_____

PAST CCS CHAMPIONS

¾=3/4

8-pound shot (1974-79):

1974	37-2½	**Kathy Kuchta (King City)
1975	39-9½	*Kathy Kuchta (King City)
1976	43-9	Maria Garcia (Harbor)
1977	43-4	**Sue Springer (Salinas)
1978	44-11¾	*Sue Springer (Salinas)
1979	45-2¾	Sue Springer (Salinas)

4-kilogram shot (1980-present):

1980	39-6	Deanna Ramirez (Hill)
1981	42-2½	*Cindi Durchslag (San Carlos)
1982	43-5	**Latonia Floyd (Oak Grove)

¾=3/4

ALL-TIME CCS LIST

45-5¾	Denise Holloway (Blackford) '75
44-8	**Carol Manaea (Seaside) '82
44-5½	Jill Crisler (Gunn) '82
43-5¾	Cindi Durchslag (San Carlos) '82
43-5	**Latonia Floyd (Oak Grove) '82
42-9	Gia Carrozzi (Carlmont) '81
42-7	Ingrid Bailey (Willow Glen) '82
42-6	*Marlene Coulter (Yerba Buena) '82
42-1	*Linda Langford (Leigh) '68
41-6	Jena Wince (Pioneer) '83

BOYS TRIPLE JUMP

National Federation Record: 52-10½, Charles Mayfield (Muir, Pasadena), 1980
 CCS Meet Record: 50-½, Ken Taylor (Yerba Buena), 1981

All-Time National HS Best: 53-4¼, Sanya Owolabi (Slpy Hllw, N Trrytwn, NY), 1978
 All-Time State HS Best: 52-10½, Charles Mayfield (Muir, Pasadena), 1980
 All-Time NorCal HS Best: 52-4 ¾, Ken Frazier (Mission, San Francisco), 1981

<u>Order</u>	<u>Yr.</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Flight I</u>				
1.	12	Walter Washington (Milpitas)	43-11	_____
2.	11	Mario Guzman (North Monterey County)	43-11½	_____
3.	11	Ty Blair (Piedmont Hills)	44-0	_____
4.	10	Jeff Rogers (Overfelt)	44-1	_____
5.	12	Hilton Hong (Wilcox)	44-1½	_____
<u>Flight II</u>				
1.	12	Robert Perkins (Seaside)	44-1½	_____
2.	11	Mike Ramos (St. Francis)	44-3½	_____
3.	11	Johnny Cleveland (Soquel)	44-5½	_____
4.	12	Bruce Furukawa (Serra)	44-8	_____
5.	10	Dave Mosley (Monta Vista)	44-8	_____
<u>Flight III</u>				
1.	12	LaVance Northington (Independence)	44-11	_____
2.	11	Juan Quintero (North Monterey County)	45-1	_____
3.	12	Darrell Porter (Willow Glen)	45-3	_____
4.	12	Mike Bostic (Menlo-Atherton)	45-5 ¾	_____
5.	12	Chris Mooring (Mt. Pleasant)	45-11½	_____
6.	12	Jerry Rossman (St. Francis)	46-8¼	_____

PAST CCS CHAMPIONS

(Event first held in 1968)

Year	Mark	Athlete (School)
1968	46-9%	Chuck Steffes (Sunnyvale)
1969	45-8	Rod Utley (Cupertino)
1970	48-9½	*Craig Conway (Cupertino)
1971	49-5	Craig Conway (Cupertino)
1972	47-5%	John Triplett (Branham)
1973	48-11½	Kevin McCarthy (Cupertino)
1974	47-7¼	*Nathan Johnson (Seaside)
1975	49-8	Myrt Easley (Woodside)
1976	47-9½	Tony Veccheit (Los Altos)
1977	49-2½	Paul Bates (Menlo-Atherton)
1978	49-6%	*Myron Porter (Willow Glen)
1979	48-8½	Myron Porter (Willow Glen)
1980	47-8¼	Victor Torres (Silver Creek)
1981	50-0¼	Ken Taylor (Yerba Buena)
1982	48-8½	Larry Weldon (Silver Creek)

ALL-TIME CCS LIST

Year	Mark	Athlete (School)
	50-0%	Peter Moreno (Lick) '76
	50-0¼	Ken Taylor (Yerba Buena) '81
	49-11½	Craig Conway (Cupertino) '71
	49-8	Myrt Easley (Woodside) '75
	49-6%	*Myron Porter (Willow Glen) '78
	49-5¼	*Chris Mooring (Mt. Pleasant) '82
	49-4¼	Dale Krebs (Gunn) '71
	49-4	Kevin McCarthy (Cupertino) '73
	49-3½	Harry Freeman (Santa Clara) '69
	49-2%	Paul Bates (Menlo-Atherton) '77
	Wind-aided:	
	50-7%	Harry Freeman (Santa Clara) '69
	50-1¼	Peter Moreno (Lick) '76
	50-0	Larry Weldon (Silver Creek) '82
	49-5%	Junior Rojas (Overfelt) '75

BOYS HIGH JUMP

National Federation Record: 7-4 3/4, James Lott (Refugio, Tx), 1983

CCS Meet Record: 6-10, Mesha Spivey (Woodside), 1979
6-10, Dave Sampson (Homestead), 1982

All-Time National HS Best: 7-5i, Gail Olson (Sycamore, Il), 1978

All-Time State HS Best: 7-4½, Maurice Crumby (Balboa, San Francisco), 1983

All-Time NorCal HS Best: 7-4½, Maurice Crumby (Balboa, San Francisco), 1983

<u>Order</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Flight I</u>				
1.	12	Robert Perkins (Seaside)	6-0	_____
2.	9	Scott Procter (Willow Glen)	6-2	_____
3.	12	Jerry Willson (Santa Clara)	6-2	_____
4.	11	Todd Griebeling (Carmel)	6-2	_____
5.	11	Bryan Kellen (Leland)	6-2	_____
<u>Flight II</u>				
1.	11	John Kladius (Harbor)	6-2	_____
2.	12	Ron Hunter (Terra Nova)	6-4	_____
3.	10	Virgil Robinson (Yerba Buena)	6-4	_____
4.	12	Kevin Houg (Los Gatos)	6-4	_____
5.	11	Bill Cochran (Menlo School)	6-4	_____
<u>Flight III</u>				
1.	12	Tony Hopgood (Carlmont)	6-4	_____
2.	12	Dante Estores (Milpitas)	6-4	_____
3.	10	Jeff Rogers (Overfelt)	6-6	_____
4.	12	Brent Andree (Mt. Pleasant)	6-6	_____
5.	11	Brian Gavin (Live Oak)	6-8	_____
6.	12	Craig Branstrom (Half Moon Bay)	6-11	_____

PAST CCS CHAMPIONS

1966	6-9¾	John Radetich (San Carlos)
1967	6-7	Dennis McCullough (San Lorenzo Valley)
1968	6-6	Clyde Sadler (St. Ignatius)
1969	6-3¾	Vince Repetto (Capuchino)
1970	6-6	Jim May (Sequoia)
1971	6-4	Bill Kahn (Mills)
1972	6-8	Dave Bush (Campbell)
1973	6-4	Kirk Collins (Monterey)
1974	6-6¾	Mark Insley (Cupertino)
1975	6-8	Bob Dillard (Mills)
1976	6-8	Thurlis Gibbs (Hill)
1977	6-8	*Joel Wyrick (Mt. Pleasant)
1978	6-6	Doug Wright (Live Oak)
1979	6-10	Mesha Spivey (Woodside)
1980	6-6	Dan Iliff (Palma)
1981	6-7	T.J. Bartel (Westmont)
1982	6-10	Dave Sampson (Homestead)

ALL-TIME CCS LIST

6-11	Dave Bush (Campbell) '72
	Craig Branstrom (Half Moon Bay) '83
6-10½	Max Lowe (Awalt) '64
	Kirk Collins (Monterey) '75
	Joel Wyrick (Mt. Pleasant) '78
6-10½	Mervyn Fernandez (Hill) '78
	*Joe Hicks (North Salinas) '79
6-10	Thurlis Gibbs (Hill) '76
	Doug Wright (Live Oak) '78
	*Mesha Spivey (Woodside) '78
	*Dan Iliff (Palma) '79
	Dave Sampson (Homestead) '82

GIRLS TRIPLE JUMP

National Federation Record: 41-0½, Meledy Smith (Sterling, Houston), 1983

CCS Meet Record: 39-6, Wendy Brown (Woodside), 1982

All-Time National HS Best: 41-0½, Meledy Smith (Sterling, Houston), 1983

All-Time State HS Best: 40-8, Wendy Brown (Woodside), 1983

All-Time NorCal HS Best: 40-8, Wendy Brown (Woodside), 1983

<u>Order</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Flight I</u>				
1.	11	Sue Collins (Mills)	32-11	_____
2.	11	Maria Luttrell (Mills)	33-7 3/4	_____
3.	11	Margit Bode (Terra Nova)	34-3½	_____
4.	12	Rita Pollard (Seaside)	34-9½	_____
5.	11	Teacolm Alexander (Seaside)	34-10	_____
<u>Flight II</u>				
1.	11	Beth Orlove (Leigh)	34-11½	_____
2.	11	Margaret Ruden (Homestead)	35-3½	_____
3.	11	Melinda Wendling (Leland)	35-9	_____
4.	12	Jane Wood (Cupertino)	35-10	_____
5.	11	Heidi Skewis (Soquel)	36-3	_____
<u>Flight III</u>				
1.	11	Leanne Atencio (Del Mar)	36-6½	_____
2.	9	Ethelline Robinson (Yerba Buena)	36-7	_____
3.	11	Sherry Olsen (Gunderson)	36-7½	_____
4.	12	Donna Campbell (Overfelt)	37-6	_____
5.	11	Janis Diggs (Salinas)	37-10½	_____
6.	11	Wendy Brown (Woodside)	39-1	_____

ALL-TIME CCS LIST

¾=3/4	
40-8	*Wendy Brown (Woodside) '83
37-4½	***Leslie Maxie (Mills) '82
37-3¾	Donna Campbell (Overfelt) '83
37-0	**Janis Diggs (Salinas) '82
36-11½	**Margaret Ruden (Homestead) '82
36-7½	*Sherry Olsen (Gunderson) '83
36-4	Stacey Threadgill (Mitty) '82
	*Melinda Wendling (Leland) '83
36-1½	*Jane Wood (Cupertino) '82
36-0	*Leanne Atencio (Del Mar) '83
Wind-aided:	
38-3	**Margaret Ruden (Homestead) '82
37-10½	*Janis Diggs (Salinas) '83
37-6	Donna Campbell (Overfelt) '83
36-10½	**Elsa Durante (Homestead) '82
	***Ethelline Robinson (Yerba Buena) '83
36-6½	*Leanne Atencio (Del Mar) '83
36-4	*Jane Wood (Cupertino) '82
36-3	*Heidi Skewis (Soquel) '83
36-2	*Beth Orlove (Leigh) '83

PAST CCS CHAMPIONS

(Event first held in 1982)
 1982 39-6 **Wendy Brown (Woodside)

BOYS 440-YARD RELAY

National Federation Record: 40.2, Lincoln (Dallas), 1970
 CCS Meet Record: 41.6, Woodside, 1975
 42.00, Carlmont, 1982

All-Time National HS Best: 40.2, Lincoln (Dallas), 1970
 All-Time State HS Best: 41.10+ (40.86m), Berkeley, 1981
 All-Time NorCal HS Best: 41.10+ (40.86m), Berkeley, 1981

TWO SECTIONS -- FINAL PLACINGS DETERMINED BY TIME

<u>Lane</u>	<u>School</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Section I</u>			
1.	Gunn	43.9	_____
2.	Palo Alto	43.8	_____
3.	Lynbrook	43.7	_____
4.	Prospect	43.6	_____
5.	St. Francis	43.7	_____
6.	Palma	43.7	_____
7.	Westmoor	43.9	_____
8.	Silver Creek	44.0	_____
<u>Section II</u>			
1.	North Salinas	43.3	_____
2.	San Mateo	42.8	_____
3.	Menlo-Atherton	42.7	_____
4.	Independence	42.3	_____
5.	Saratoga	42.6	_____
6.	Seaside	42.7	_____
7.	Westmont	42.9	_____
8.	Soquel	43.3	_____

PAST CCS CHAMPIONS

(Event first held in 1968)

1968	42.8	Menlo-Atherton
1969	42.6	Santa Cruz
1970	42.5	Overfelt
1971	42.6	Monterey
1972	42.1	Silver Creek
1973	42.3	Los Altos
1974	42.7	Yerba Buena
1975	41.6	Woodside
1976	41.7	Piedmont Hills
1977	42.40	Silver Creek
1978	42.3	Mt. Pleasant
1979	42.07	Cubberley
1980	42.30	Silver Creek
1981	42.70	Independence
1982	42.00	Carlmont

ALL-TIME CCS LIST

+=converted from 400 meters

41.6	Woodside '75
41.7	Piedmont Hills '76
41.94	Mt. Pleasant '76
42.00	Carlmont '82
42.01+	Silver Creek '80
42.07	Cubberley '79
	Woodside '80
42.0	Silver Creek '72
	Yerba Buena '76
42.21	Silver Creek '77

GIRLS 440-YARD RELAY

National Federation Record: 45.13m, Berkeley, 1981
 CCS Meet Record: 47.7, Hill, 1978
 48.08, Saratoga, 1982

All-Time National HS Best: 45.30+ (45.13m), Berkeley, 1981
 All-Time State HS Best: 45.30+ (45.13m), Berkeley, 1981
 All-Time NorCal HS Best: 45.30+ (45.13m), Berkeley, 1981

TWO SECTIONS -- FINAL PLACINGS DETERMINED BY TIME

<u>Lane</u>	<u>School</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Section I</u>			
1.	Aragon	51.9	_____
2.	Harbor	51.9	_____
3.	Burlingame	51.3	_____
4.	Mt. Pleasant	50.5	_____
5.	Gunderson	50.5	_____
6.	Hillsdale	51.7	_____
7.	Soquel	51.9	_____
8.	Salinas	52.3	_____
<u>Section II</u>			
1.	Los Gatos	50.2	_____
2.	Leigh	50.2	_____
3.	Independence	50.1	_____
4.	Saratoga	49.7	_____
5.	Seaside	49.8	_____
6.	San Mateo	51.2	_____
7.	Lynbrook	50.2	_____
8.	Leland	50.4	_____

<u>PAST CCS CHAMPIONS</u>		
1974	50.5	Menlo-Atherton
1975	50.3	Harbor
1976	49.5	Harbor
1977	48.44	Silver Creek
1978	47.7	Hill
1979	48.72	Fremont
1980	48.49	San Carlos
1981	48.53	San Carlos
1982	48.08	Saratoga

<u>ALL-TIME CCS LIST</u>	
+=converted from 400 meters	
47.15	Hill '78
48.08	Saratoga '82
48.09	Silver Creek '82
48.29	Silver Creek '77
48.2	Lynbrook '78
48.41	Hillsdale '82
48.49	San Carlos '80
48.53	San Carlos '81
48.4	Overfelt '81
+	Saratoga '81

BOYS 110-METER HIGH HURDLES

National Federation Record: 13.41, Steve Kerho (Mission Viejo), 1982
 12.9y, Renaldo Nehemiah (Farwood, Scotch Plains, NJ), 1977
 CCS Meet Record: 14.16, Erick Montgomery (Independence), 1982
 13.8y, Ron Kennedy (Serramonte), 1975
 All-Time National HS Best: 13.41, Steve Kerho (Mission Viejo), 1982
 12.9y, Renaldo Nehemiah (Farwood, Scotch Plains, NJ), 1977
 All-Time State HS Best: 13.41, Steve Kerho (Mission Viejo), 1982
 13.2y, Dedy Cooper (Ells, Richmond), 1975
 All-Time NorCal HS Best: 13.73, Don Ward (St. Mary's, Berkeley), 1980
 13.2y, Dedy Cooper (Ells, Richmond), 1975

TWO HEATS -- TOP FOUR (4) IN EACH HEAT QUALIFY FOR FINAL

Lane	Yr	Athlete (School)	Reg. Qual. Mark	CCS Finish
<u>Heat I</u>				
1.	12	Maurice Jasper (Woodside)	15.0	_____
2.	11	Cary Nobles (Independence)	14.6	_____
3.	12	Craig Branstrom (Half Moon Bay)	14.4	_____
4.	12	Erick Montgomery (Independence)	13.7	_____
5.	12	Pat Williams (Seaside)	14.9	_____
6.	12	Mike Scottone (Willow Glen)	15.2	_____
7.	10	Tyler Burke (Los Altos)	15.5	_____
8.	12	Walter Washington (Milpitas)	15.6	_____

<u>Heat II</u>				
1.	12	Frank Tivolacci (Branham)	15.0	_____
2.	12	Rob Durkin (St. Francis)	14.9	_____
3.	12	Junior Orteza (Independence)	14.6	_____
4.	12	Rod Green (Palo Alto)	13.9	_____
5.	12	Ken Jones (Menlo-Atherton)	14.3	_____
6.	12	Kevin Roberts (Palma)	15.2	_____
7.	12	John Holland (Seaside)	15.3	_____
8.	12	Dave LeKander (Palma)	15.5	_____

ALL-TIME CCS LIST

y=hand-timed 120-yard race
 +=converted from 120 yards (auto-times only)
 13.6y Carl Florant (Palo Alto) '73
 13.7y Ron Kennedy (Serramonte) '75
 y *Rod Green (Palo Alto) '82
 13.96 *Erick Montgomery (Independence) '82
 13.8y Tom Bobertz (Serramonte) '76
 13.9y Ike Allmond (Serramonte) '73
 y Tony Hicks (Serramonte) '75
 14.18+ Malcolm Dixon (Sequoia) '78
 14.0y Steve Guthrie (Cupertino) '78
 14.34 Gary Tucker (Sequoia) '81
 14.1 John Zukowsky (Hillsdale) '80
 Ron Seanez (Gilroy) '81
 y Don Finley (Cupertino) '75
 y Scott Monroy (Overfelt) '75
 y **Byron Hawkins (Burlingame) '76
 y Richard Clark (Menlo-Atherton) '77
 y Eric McPherson (Mt. Pleasant) '79
 y Reggie Hawkins (Hillsdale) '81
 Wind-aided:
 13.3 Erick Montgomery (Independence) '83
 13.8y Don Finley (Cupertino) '75

PAST CCS CHAMPIONS

y=120-yard race
 1966 14.2y Randy Weil (Burlingame)
 1967 14.7y Randy White (Mills)
 1968 14.5y Jim Miller (Carlmont)
 1969 14.8y Chip Hough (Saratoga)
 1970 14.5y Vic Brooks (Los Altos)
 1971 14.5y Bill Wright (Silver Creek)
 1972 14.1y *Ike Allmond (Serramonte)
 1973 14.1y Carl Florant (Palo Alto)
 1974 14.4y Mark Mildbrant (Cupertino)
 1975 13.8y Ron Kennedy (Serramonte)
 1976 14.3y Tom Bobertz (Serramonte)
 1977 14.37y *Byron Hawkins (Burlingame)
 1978 14.0y Don Guthrie (Cupertino)
 1979 14.56y Eric McPherson (Mt. Pleasant)
 1980 14.50 *Reggie Hawkins (Hillsdale)
 1981 14.73 Ron Seanez (Gilroy)
 1982 14.16 *Erick Montgomery (Independence)

GIRLS 100-METER LOW HURDLES

National Federation Record: 13.6y, Carol Lewis (Willingboro, NJ), 1980
 13.6, Kim Turner (Mumford, Detroit), 1979
 CCS Meet Record: 13.9, Kim Costello (El Camino), 1978
 14.25y, Kris Costello (Lynbrook), 1977

All-Time National HS Best: 12.95, Candy Young (Beaver Falls, Pa), 1979
 All-Time State HS Best: 13.71, Marlene Harmon (Thousand Oaks), 1980
 13.71, Sherifa Sanders (Berkeley), 1981
 13.4, Judy Young (Berkeley), 1980
 All-Time NorCal HS Best: 13.71, Sherifa Sanders (Berkeley), 1981
 13.4, Judy Young (Berkeley), 1980

TWO HEATS -- TOP FOUR (4) IN EACH HEAT QUALIFY FOR FINAL

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Heat I</u>				
1.	12	Cathy Nieder (Carlmont)	15.4	_____
2.	11	Debbie Dyson (Hillsdale)	14.4	_____
3.	11	Wendy Brown (Woodside)	14.3	_____
4.	10	Leslie Maxie (Mills)	14.3	_____
5.	11	Kelley Cummins (Los Gatos)	15.1	_____
6.	12	Karen Davis (Seaside)	16.1	_____
7.	11	Maura Schapper (Notre Dame-Salinas)	16.3	_____
8.	10	Barbara Schmidt (Soquel)	16.3	_____
<u>Heat II</u>				
1.	10	Michele Dwyre (Leigh)	15.8	_____
2.	11	Rachael Bray (Los Altos)	14.7	_____
3.	11	Margaret Ruden (Homestead)	14.7	_____
4.	12	Roberta Eccles (Gunderson)	14.6	_____
5.	9	Jessica Johnson (Aptos)	15.0	_____
6.	12	Renay Schoenlein (Piedmont Hills)	15.1	_____
7.	11	Cynthia Solidarios (Mt. Pleasant)	15.7	_____
8.	9	Nancy Page (Fremont)	16.0	_____

ALL-TIME CCS LIST

+-converted from 110 yards
 13.75+ Kris Costello (Lynbrook) '78
 13.87+ Kim Costello (El Camino) '78
 14.18+ **Angel Kellen (Leland) '78
 14.24 ***Leslie Maxie (Mills) '82
 14.31+ *Mary Crevelt (St. Francis) '79
 14.1+ Karen Robinson (Branham) '81
 14.45 *Roberta Eccles (Gunderson) '82
 14.49 *Wendy Brown (Woodside) '83
 14.51+ Veronica Soto (Gilroy) '79
 14.52 ?Kathy Yugas (Independence) '76
 Gretchen Mills (Gunn) '80
 Kim Horn (Soquel) '81
 Wind-aided:
 13.77 ***Leslie Maxie (Mills) '82
 13.8+ **Angel Kellen (Leland) '78
 13.9+ *Mary Crevelt (St. Francis) '79
 14.18 *Roberta Eccles (Gunderson) '82
 14.41 Karen Robinson (Branham) '81
 14.50 Linda Luttrell (Sequoia) '82

PAST CCS CHAMPIONS

80-yard LH (1974-76):
 1974 11.5 **Kathy Schentrup (Willow Glen)
 1975 11.0 *Kathy Schentrup (Willow Glen)
 1976 10.6 **Kris Costello (Lynbrook)
 100-meter LH (1977-present):
 y=110-yard race
 1977 14.25y *Kris Costello (Lynbrook)
 1978 13.9y Kim Costello (El Camino)
 1979 14.39y *Mary Crevelt (St. Francis)
 1980 14.52 Gretchen Mills (Gunn)
 1981 14.52 Kim Horn (Soquel)
 1982 14.26 ***Leslie Maxie (Mills)

BOYS 800 METERS

National Federation Record: 1:47.31, Pete Richardson (Berkeley), 1981

CCS Meet Record: 1:50.7y, Rick Brown (Los Altos), 1970

All-Time National HS Best: 1:47.31, Pete Richardson (Berkeley), 1981

All-Time State HS Best: 1:47.31, Pete Richardson (Berkeley), 1981

All-Time NorCal HS Best: 1:47.31, Pete Richardson (Berkeley), 1981

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
1.	12	Chris Bove (Pacific Grove)	1:53.7	_____
1A.	11	Bob Lyle (Live Oak)	1:55.6	_____
2.	11	Joe Awender (St. Francis)	1:56.5	_____
2A.	12	Rod Sellard (Bellarmine)	1:57.2	_____
3.	12	Matt Najarian (Homestead)	1:56.7	_____
3A.	11	Rich Clark (Mountain View)	1:57.7	_____
4.	12	Scott Channon (Del Mar)	1:57.3	_____
4A.	11	Bill Dudley (Independence)	1:58.6	_____
5.	12	Jay Avenmarg (San Lorenzo Valley)	1:55.1	_____
5A.	11	Mark Short (Monterey)	1:56.4	_____
6.	12	Lawrence Haggins (Menlo-Atherton)	1:56.6	_____
6A.	11	Marcus Allen (Bellarmine)	1:57.5	_____
7.	12	Orlando Biggs (Willow Glen)	1:56.9	_____
7A.	12	Juan Ibarra (Santa Clara)	1:58.0	_____
8.	12	Karl Volk (Branham)	1:57.8	_____
8A.	11	Tony Spangenberg (Branham)	1:58.7	_____

PAST CCS CHAMPIONS

y=880-yard race

1966	1:55.7y	Fred James (Seaside)
1967	1:58.9y	Jerry Thompsett (Cupertino)
1968	1:54.2y	**Rick Brown (Los Altos)
1969	1:55.9y	*Rick Brown (Los Altos)
1970	1:50.7y	Rick Brown (Los Altos)
1971	1:52.2y	Mike Tyrell (Saratoga)
1972	1:54.3y	Jack Wandro (Serra)
1973	1:53.2y	Malcolm Cleary (Stevenson)
1974	1:53.4y	Dave Hamilton (Leigh)
1975	1:51.4y	Conrad Suhr (Leigh)
1976	1:52.9y	Tom Light (Pacific Grove)
1977	1:53.2y	Bruce Jensen (Buchser)
1978	1:55.4y	**Benny Trujillo (Gilroy)
1979	1:55.3y	*Benny Trujillo (Gilroy)
1980	1:53.7	Bill Oliver (Los Gatos)
1981	1:53.8	Oran Woods (Milpitas)
1982	1:53.8	Randy Pangelina (Lick)

ALL-TIME CCS LIST

+*=converted from 880 yards	
1:50.0+	Rick Brown (Los Altos) '70
1:50.4+	Conrad Suhr (Leigh) '75
1:51.5+	Ralph Lee (San Mateo) '60
1:51.6+	Mike Tyrell (Saratoga) '71
+	Randy Carlson (Westmont) '71
1:51.7+	Don Bowden (Lincoln) '54
1:51.9+	Jerry Tallon (Serra) '66
+	Dave Hamilton (Leigh) '74
+	Mark Stillman (Willow Glen) '77
1:52.1+	Dale Bennett (Los Altos) '65
+	Larry Davis (Los Altos) '70

GIRLS 800 METERS

National Federation Record: 2:04.5, Joetta Clark (Columbia, Maplewood, NJ), 1980
 CCS Meet Record: 2:08.6, Tracy Weber (Lynbrook), 1981

All-Time National HS Best: 2:00.07, Kim Gallagher (Uppr Dbln, Ft Wshngtn, Pa), 198
 All-Time State HS Best: 2:02.29, Mary Decker (Orange), 1974
 All-Time NorCal HS Best: 2:04.37, Ann Regan (Camden, San Jose), 1977

Lane	Yr	Athlete (School)	Reg. Qual. Mark	CCS Finish
1.	10	Kristen Dowell (Santa Teresa)	2:09.9	_____
1A.	10	Nanette Garcia (Silver Creek)	2:19.4	_____
2.	12	Sharon Yaninek (Presentation)	2:13.8	_____
2A.	11	Niamh O'Flaherty (St. Francis)	2:19.4	_____
3.	12	Carla Halford (Leland)	2:16.7	_____
3A.	10	Margaret Corie (Capuchino)	2:19.5	_____
4.	12	Karen Cantoni (Aptos)	2:22.0	_____
4A.	12	Rachael Medelson (Santa Catalina)	2:23.3	_____
5.	11	Lanette Davis (Del Mar)	2:10.8	_____
5A.	10	Michelle Pentz (Homestead)	2:19.5	_____
6.	11	Nora Williams (Menlo-Atherton)	2:13.9	_____
6A.	10	Tori Weisberg (Mitty)	2:20.1	_____
7.	11	Tanya Bynce (Gunn)	2:19.2	_____
7A.	9	Robin Atkinson (Menlo School)	2:23.3	_____
8.	10	Kelly Blafield (Harbor)	2:23.0	_____
8A.	12	Mona Lopez (Notre Dame-Salinas)	2:26.9	_____

Handwritten notes and calculations:

32.3
 66.4
 193.7
 222.2

366.1
 573
 385

75.8

PAST CCS CHAMPIONS

y=880-yard race

1974	2:24.7y	*Amy Huyck (Aptos)
1975	2:19.9y	Amy Huyck (Aptos)
1976	2:18.9y	Becky Barrett (Branham)
1977	2:11.5y	**Ann Regan (Camden)
1978	2:10.3y	*Ann Regan (Camden)
1979	2:09.0y	Ann Regan (Camden)
1980	2:09.9	**Maria King (Ayer)
1981	2:08.6	Tracy Weber (Lynbrook)
1982	2:11.2	*Sharon Yaninek (Presentation)

ALL-TIME CCS LIST

+=converted from 880 yards

2:04.37	**Ann Regan (Camden) '77
2:05.9	Francie Larrieu (Fremont) '70
2:08.6	Tracy Weber (Lynbrook) '81
2:09.4	*Maria King (Milpitas) '81
	**Kristen Dowell (Santa Teresa) '83
2:09.7	*Diana Figliomeni (Saratoga) '78
2:09.8	Cory Schubert (Del Mar) '83
2:10.03	Stacey Threadgill (Mitty) '82
2:10.39	*Sharon Yaninek (Presentation) '82
2:10.3+	*Kathy Haughey (Blackford) '73

BOYS 100 METERS

National Federation Record: 10.2, Rod Richardson (Fair Park, Shreveport, La), 1980
 CCS Meet Record: 10.75, Eric Washington (Woodside), 1980
 All-Time National HS Best: 10.16, Houston McFear (Baker, Fl), 1976
 All-Time State HS Best: 10.39, Ken Robinson (Berkeley), 1981
 All-Time NorCal HS Best: 10.39, Ken Robinson (Berkeley), 1981

TWO HEATS -- TOP FOUR (4) IN EACH QUALIFY FOR FINAL

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Req. Qual. Mark</u>	<u>CCS Finish</u>
<u>Heat I</u>				
1.	11	Mike Schneider (North Monterey County)	11.1	
2.	11	Chris White (Lynbrook)	10.8	
3.	12	Hilton Hong (Wilcox)	10.8	
4.	11	Steve Fisher (Saratoga)	10.6	
5.	11	Sam Crosby (Seaside)	10.9	
6.	12	Billy Robinson (San Mateo)	11.0	
7.	12	Allen Picchi (St. Francis)	11.3	
8.	12	Jim Lubbe (Westmoor)	11.4	
<u>Heat II</u>				
1.	11	Eric Hawkins (Wilcox)	11.1	
2.	12	Sam Brown (Seaside)	11.1	
3.	12	Jim Reyes (Independence)	10.9	
4.	12	Anthony Hodges (Menlo-Atherton)	10.8	
5.	12	Ken Roberts (Westmont)	10.9	
6.	12	Kevin Johnson (North Salinas)	11.0	
7.	12	Hiram Raines (Mt. Pleasant)	11.2	
8.	12	Kevin Roberts (Westmont)	11.3	

PAST CCS CHAMPIONS

y=100-yard race

1966	9.9y	Jim Marshall (Ravenswood)
1967	9.7y	*Brad Lyman (Los Altos)
1968	9.9y	Brad Lyman (Los Altos)
1969	10.2y	Al Marshall (Santa Cruz)
1970	9.7y	*Chuck Bommarito (Crestmoor)
1971	9.8y	Chuck Bommarito (Crestmoor)
1972	9.7y	**Millard Hampton (Silver Creek)
1973	9.7y	*Millard Hampton (Silver Creek)
1974	9.8y	Millard Hampton (Silver Creek)
1975	9.6y	*Keith Taylor (Piedmont Hills)
1976	9.8y	Glenn Cannon (Mt. Pleasant)
1977	10.03y	Dwayne Green (Ayer)
1978	9.7y	Dwayne Taylor (Overfelt)
1979	9.56y	Bill Green (Cubberley)
1980	10.75	Eric Washington (Woodside)
1981	10.81	Reggie Grimes (Hill)
1982	11.05	Tom Mell (Gunn)

ALL-TIME CCS LIST

10.2	Bill Gaines (San Jose) '68
10.57	Ken Smith (Palo Alto) '81
10.59	Bill Green (Cubberley) '79
10.4	Carl Montgomery (South San Francisco) '80
10.73	Eric Washington (Woodside) '80
10.5	Millard Hampton (Silver Creek) '74
	Glenn Cannon (Mt. Pleasant) '76
	Reggie Grimes (Hill) '81
	Ken Williams (Mt. Pleasant) '82
10.84	*Gregg Chow (Prospect) '81
Wind-aided:	
10.3	Millard Hampton (Silver Creek) '74
10.61	Carl Montgomery (South San Francisco) '80
10.62	Reggie Grimes (Hill) '81
10.78	*Gregg Chow (Prospect) '81

GIRLS 100 METERS

National Federation Record: 11.42, Sharon Ware (Berkeley), 1980
 CCS Meet Record: 12.00, Gurtha Pounds (Live Oak), 1982 (heat)

All-Time National HS Best: 11.13, Chandra Cheeseborough (Rblt, Jcksnvl, Fl), 1976
 All-Time State HS Best: 11.34, Sharon Ware (Berkeley), 1980
 All-Time NorCal HS Best: 11.34, Sharon Ware (Berkeley), 1980

TWO HEATS -- TOP FOUR (4) IN EACH QUALIFY FOR FINAL

Lane	Yr	Athlete (School)	Reg. Qual. Mark	CCS Finish
<u>Heat I</u>				
1.	10	Ginger Jordan (Independence)	12.6	_____
2.	12	Wendy Anderson (Overfelt)	12.3	_____
3.	12	Vivian Riley (Mt. Pleasant)	12.1	_____
4.	10	Mina Hutchins (Independence)	12.0	_____
5.	9	Nicole Caldwell (Redwood Christian)	12.5	_____
6.	12	Janet Johnson (Seaside)	12.6	_____
7.	9	Ondeana Wheeler (Seaside)	12.8	_____
8.	11	Lucy Pasion (Watsonville)	13.0	_____
<u>Heat II</u>				
1.	11	Nancy Grochowski (Leland)	12.6	_____
2.	12	Jackie Hardman (Burlingame)	12.3	_____
3.	9	La Shun Peters (Woodside)	12.3	_____
4.	11	Debbie Dyson (Hillsdale)	12.2	_____
5.	10	Jenfer Clayton (Lynbrook)	12.3	_____
6.	12	Regina Kane (Willow Glen)	12.4	_____
7.	10	Laura Horwitz (Lynbrook)	12.5	_____
8.	10	Carla Wynter (San Mateo)	12.8	_____

ALL-TIME CCS LIST

11.5	***Elaine Parker (Oceana) '75
12.00	Gurtha Pounds (Live Oak) '82
11.8	**Kelia Bolton (Oceana) '76
	*Julie Middleton (San Mateo) '81
12.06	Karen Carr (Overfelt) '82
12.12	*Vivian Riley (Mt. Pleasant) '82
12.18	**Mina Hutchins (Independence) '83
12.0	*Ronda Robinson (San Carlos) '80
	**Liz Chewing (Saratoga) '80
	****La Shun Peters (Kavanaugh Jr) '82

Wind-aided:

11.63	Kelia Bolton (Hill) '78
11.65	**Elaine Parker (Oceana) '76
11.81	*Gurtha Pounds (Live Oak) '81
11.91	Karen Carr (Overfelt) '82
11.96	Julie Middleton (San Mateo) '82
12.00	*Vivian Riley (Mt. Pleasant) '82
12.04	Ronda Robinson (San Carlos) '81
11.8	**Mina Hutchins (Independence) '83
12.16	****La Shun Peters (Kavanaugh Jr) '82
12.0	Felicia Smartt (Silver Creek) '81
	***Tia Williams (Silver Creek) '82

PAST CCS CHAMPIONS

y=100-yard race

1974	11.5y	Beverly James (Silver Creek)
1975	11.1y	Mary Ellis (Yerba Buena)
1976	11.2y	**Kris Costello (Lynbrook)
1977	11.18y	*Eloise Mallory (Silver Creek)
1978	10.4y	Kelia Bolton (Hill)
1979	11.16y	*Loia Rockwell (Gunn)
1980	12.38	**Gurtha Pounds (Live Oak)
1981	11.9	*Julie Middleton (San Mateo)
1982	12.19	Gurtha Pounds (Live Oak)

BOYS 400 METERS

National Federation Record: 45.5, Anthony Ketchum (Needville, Tx), 1981
 CCS Meet Record: 46.73y, Bill Green (Cubberley), 1979

All-Time National HS Best: 44.69, Darrell Robinson (Wilson, Tacoma, Wa), 1982
 All-Time State HS Best: 45.51, Bill Green (Cubberley, Palo Alto), 1979
 All-Time NorCal HS Best: 45.51, Bill Green (Cubberley, Palo Alto), 1979

TWO SECTIONS -- FINAL PLACINGS DETERMINED BY TIME

Lane	Yr	Athlete (School)	Req. Qual. Mark	CCS Finish
<u>Section I</u>				
1.	11	Mike Lanigan (Monta Vista)	50.8	_____
2.	12	Vince Lewis (Leland)	50.7	_____
3.	11	Doug Ward (Westmont)	50.5	_____
4.	11	Nathaniel Coles (Seaside)	49.6	_____
5.	12	Ken Pope (Menlo-Atherton)	49.7	_____
6.	11	Neal Flynn (Prospect)	50.3	_____
7.	12	John Gallup (Salinas)	50.7	_____
8.	12	George Anaya (Milpitas)	51.3	_____
<u>Section II</u>				
1.	12	Darryl Usher (San Mateo)	49.0	_____
2.	11	Mike Davidson (St. Francis)	48.3	_____
3.	12	Sheldon Griffith (Santa Clara)	48.8	_____
4.	12	Kerry Threets (Westmoor)	47.9	_____
5.	12	Jeff Thorbs (San Lorenzo Valley)	48.3	_____
6.	12	James Cooper (Piedmont Hills)	49.1	_____
7.	12	Ronald McNeal (North Salinas)	48.7	_____
8.	12	Mark Novak (Westmont)	49.4	_____

PAST CCS CHAMPIONS

y=440-yard race

1966	49.8y	Bill Chapman (Los Altos)
1967	49.6y	Randy White (Mills)
1968	49.5y	Frank Hughes (Cupertino)
1969	48.8y	**Benny Brown (Sunnyvale)
1970	47.1y	Rick Brown (Los Altos)
1971	48.2y	Benny Brown (Sunnyvale)
1972	48.7y	Kenny Williams (Mt. Pleasant)
1973	49.1y	John Siirila (Buchser)
1974	49.5y	Don MacKenzie (Menlo-Atherton)
1975	48.2y	*Don Coulter (Harbor)
1976	47.8y	Keith Taylor (Piedmont Hills)
1977	48.99y	Pat Holcombe (Hill)
1978	47.0y	*Bill Green (Cubberley)
1979	46.73y	Bill Green (Cubberley)
1980	47.79	*Anthony Toney (North Salinas)
1981	48.39	**Kerry Threets (Westmoor)
1982	48.79	*Kerry Threets (Westmoor)

ALL-TIME CCS LIST

**converted from 440 yards	
45.51	Bill Green (Cubberley) '79
46.7+	Lee Evans (Overfelt) '65
46.9+	Rick Brown (Los Altos) '70
47.0+	Benny Brown (Sunnyvale) '71
47.3+	Frank Hughes (Cupertino) '68
47.47+	Art Nicholson (Menlo-Atherton) '79
47.49	*Mike Davidson (St. Francis) '83
47.57	Kerry Threets (Westmoor) '83
47.60	Harry Campbell (Mt. Pleasant) '80
47.74	Rod M. Green (Palo Alto) '80
47.6+	Carlos Tan (St. Ignatius) '56
+	Jim Andrew (Los Altos) '70
+	Keith Taylor (Piedmont Hills) '76

GIRLS 400 METERS

National Federation Record: 52.90, Denean Howard (Kennedy, Granada Hills), 1982
 CCS Meet Record: 53.92, Leslie Maxie (Mills), 1982
 All-Time National HS Best: 50.87, Denean Howard (Kennedy, Granada Hills), 1982
 All-Time State HS Best: 50.87, Denean Howard (Kennedy, Granada Hills), 1982
 All-Time NorCal HS Best: 53.12, Freida Cobbs (Berkeley), 1978
 52.1, Kathy Hammond (Mira Loma, Sacramento), 1969

TWO SECTIONS -- FINAL PLACINGS DETERMINED BY TIME

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Section I</u>				
1.	9	Faye Jackson (San Mateo)	60.7	_____
2.	10	Tracy Cole (Silver Creek)	60.5	_____
3.	12	Laurie Hoffman (Menlo-Atherton)	60.4	_____
4.	12	Barbara Williams (Seaside)	60.1	_____
5.	10	Kelly Blafield (Harbor)	60.1	_____
6.	9	Lori Lamle (Leland)	60.4	_____
7.	12	Anneliese Ohlund (Burlingame)	60.6	_____
8.	11	Tracy Miller (Milpitas)	60.7	_____
<u>Section II</u>				
1.	11	Kim Kistler (Mitty)	59.4	_____
2.	12	Sheri Rodgers (Los Altos)	58.9	_____
3.	12	Kate Brew (Los Altos)	57.6	_____
4.	10	Leslie Maxie (Mills)	55.9	_____
5.	10	Kristen Dwell (Santa Teresa)	56.5	_____
6.	10	Wendy Turner (Seaside)	59.4	_____
7.	11	Renee Sherwood (Los Gatos)	59.3	_____
8.	11	Tina Pedersen (Live Oak)	60.1	_____

PAST CCS CHAMPIONS

y=440-yard race

1974	59.8y	*Sharor Nichols (Menlo-Atherton)
1975	57.4y	*Lezli Peterson (Harbor)
1976	56.0y	***Marquita Belk (Silver Creek)
1977	56.12y	**Marquita Belk (Silver Creek)
1978	55.7y	*Marquita Belk (Silver Creek)
1979	56.79y	***Sherrill Miller (Fremont)
1980	54.99	**Sherrill Miller (Fremont)
1981	55.74	*Brenda Brewer (Hillsdale)
1982	53.92	***Leslie Maxie (Mills)

ALL-TIME CCS LIST

+ = converted from 440 yards

53.76	***Leslie Maxie (Mills) '82
54.2+	***Marquita Belk (Silver Creek) '75
54.38	**Sherrill Miller (Fremont) '80
54.6	Brenda Brewer (Hillsdale) '82
55.37	**Nora Williams (Menlo-Atherton) '82
55.4+	*Ann Regan (Camden) '78
55.6+	**Lezli Peterson (Harbor) '75
56.0+	?Linda Wooten (Mountain View) '71
	Cyndy Poor (Saratoga) '71
	?June Bonacich (Monta Vista) '74

BOYS 2 MILES

National Federation Record: 8:41.5, Steve Prefontaine (Mrshfld, Coos Bay, Or), 1969

OCS Meet Record: 9:01.6, Gordon MacMitchell (Gunn), 1973

All-Time National HS Best: 8:36.3, Jeff Nelson (Burbank), 1979

All-Time State HS Best: 8:36.3, Jeff Nelson (Burbank), 1979

All-Time NorCal HS Best: 8:46.5, Richard Kimball (De La Salle, Concord), 1974

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
1.	12	Mike Anderson (Carlmont)	9:22.5	_____
1A.	12	Grant Foster (Monta Vista)	9:24.6	_____
2.	10	Gustano Lopez (Salinas)	9:30.0	_____
2A.	12	Kevin Colluer (Oak Grove)	9:34.7	_____
3.	11	Matt Giusto (San Mateo)	9:27.9	_____
3A.	12	Dave Livingston (Willow Glen)	9:28.0	_____
4.	11	Troy Curran (York)	9:32.5	_____
4A.	12	Dave Bell (Leigh)	9:41.8	_____
5.	11	Shawn Ayers (Bellarmine)	9:32.4	_____
5A.	12	Mike Livingston (Willow Glen)	9:37.8	_____
6.	11	Chris Craig (Leigh)	9:46.4	_____
6A.	12	Wade Mallard (Gilroy)	9:47.0	_____
7.	9	Chris Blockus (Mountain View)	9:38.0	_____
7A.	11	Paul Ghidossi (Capuchino)	9:38.8	_____
8.	9	Scott LaForce (Los Gatos)	9:50.0	_____
8A.	12	Jim Deaver (Palma)	10:02.2	_____

PAST CCS CHAMPIONS

1966	9:27.5	Ted Lydon (San Mateo)
1967	9:36.6	**Chris Carey (Carlmont)
1968	9:13.0	*Chris Carey (Carlmont)
1969	9:24.0	Jack Larson (Fremont)
1970	9:25.0	Bob McCarthy (St. Francis)
1971	9:08.8	*Bob Ebert (Willow Glen)
1972	9:07.8	Steve Brooks (Mt. Pleasant)
1973	9:01.6	Gordon MacMitchell (Gunn)
1974	9:09.8	*Mitch Kingery (San Carlos)
1975	9:05.1	Ron Fritzke (Leigh)
1976	9:13.3	Bob Paulin (Camden)
1977	9:11.4	*Ken Holladay (Gilroy)
1978	9:02.6	*Carlos Carrasco (Mt. Pleasant)
1979	9:13.3	*Fernando Balderas (San Jose)
1980	9:14.3	Jeff Magallanes (Seaside)
1981	9:03.4	Mike McCollum (Palo Alto)
1982	9:24.5	Scott Marconda (Menlo School)

PAST CCS CROSS COUNTRY CHAMPIONS

1965		*Nick Yray (Live Oak)
1966		Bill Mackey (Leigh)
1967		Rich Jurgens (Mills)
1968		Jack Larson (Fremont)
1969		Bob McCarthy (St. Francis)
1970		Hans Templeman (Carlmont)
1971		Jack Bellah (Leigh)
1972		**Mitch Kingery (San Carlos)
1973		*Mitch Kingery (San Carlos)
1974		Ron Fritzke (Leigh)
1975		Bob Paulin (Camden)
1976		**Carlos Carrasco (Mt. Pleasant)
1977		Bob Love (Carlmont)
1978		*Felix Soto (Mt. Pleasant)
1979		Fernando Balderas (San Jose)
1980		Mike McCollum (Palo Alto)
1981		*Grant Foster (Monta Vista)
1982		*Matt Giusto (San Mateo)

ALL-TIME CCS LIST

**converted from 3200 meters	
8:55.21+	Jesse Torres (Independence) '81
8:57.3	Mitch Kingery (San Carlos) '75
8:57.7	Mike Ryan (Wilcox) '64
8:59.25+	Mike McCollum (Palo Alto) '81
9:01.6+	Gordon MacMitchell (Gunn) '73
9:02.6	*Carlos Carrasco (Mt. Pleasant) '78
9:03.0	Jeff Curran (Los Altos) '74
	Ron Fritzke (Leigh) '75
9:04.82+	Nelson Bernal (Westmont) '81
9:06.0	Jerry Emory (Gunn) '75

GIRLS 2 MILES

National Federation Record: 10:09.8, Cheri Williams (Livermore), 1978
 CCS Meet Record: 10:36.6, Roxanne Bier (Independence), 1978

All-Time National HS Best: 10:03.5, Mary Shea (Crdnl Gibbons, Raleigh, NC), 1979
 All-Time State HS Best: 10:09.8, Cheri Williams (Livermore), 1978
 All-Time NorCal HS Best: 10:09.8, Cheri Williams (Livermore), 1978

Lane	Yr	Athlete (School)	Reg. Qual. Mark	CCS Finish
1.	12	Cory Schubert (Del Mar)	10:11.3	
1A.	9	Shannon Clark (Mountain View)	11:10.0	
2.	9	Sabrina Han (Westmoor)	11:23.1	
2A.	11	Martha Gourley (North Salinas)	12:02.8	
3.	9	Rebecca Chamberlain (Leigh)	11:20.8	
3A.	10	Kim Himenes (St. Francis)	11:24.0	
4.	12	Karen McGough (Mills)	11:39.3	
4A.	12	Jenny Smith (Soquel)	12:22.1	
5.	10	Nanette Garcia (Silver Creek)	11:23.9	
5A.	11	Jeanette DeMoss (Leland)	11:33.9	
6.	11	Silvia Aguirre (Burlingame)	11:47.9	
6A.	12	Mona Lopez (Notre Dame-Salinas)	12:30.2	
7.	12	Christine LoFranco (Del Mar)	11:28.9	
7A.	12	Susan Brodie (St. Francis)	11:45.0	
8.	10	Britta Friedrich (Westmoor)	11:58.9	
8A.	9	Bridgot Eklund (Notre Dame-Salinas)	12:37.4	

PAST CCS CHAMPIONS

(Event first held in 1977)

1977	11:08.6	***Roxanne Bier (Independence)
1978	10:37.8	**Roxanne Bier (Independence)
1979	10:36.6	*Roxanne Bier (Independence)
1980	10:46.8	Roxanne Bier (Independence)
1981	10:39.7	Carol Gleason (Lynbrook)
1982	10:39.7	***Nanette Garcia (Silver Creek)

PAST CCS CROSS COUNTRY CHAMPIONS

1977	Irene Crowley (Overfelt)
1978	Kim Schnurpfeil (San Mateo)
1979	*Kerry Brogan (Los Altos)
1980	*Linda Van Housen (Sacred Heart)
1981	Esther Berndt (Gunn)
1982	***Shannon Clark (Mountain View)

ALL-TIME CCS LIST

+=converted from 3200 meters

10:11.3	Cory Schubert (Del Mar) '83
10:33.3	*Roxanne Bier (Independence) '79
10:34.09+	***Nanette Garcia (Silver Creek) '82
10:39.7	Carol Gleason (Lynbrook) '81
10:40.0	*Valerie Eberly (Los Gatos) '73
10:42.2	*Linda Van Housen (Sacred Heart) '81
10:46.2	***Kerry Brogan (Los Altos) '78
10:47.8	Jackie Dixon (Westmont) '72
10:48.0	Irene Crowley (Overfelt) '78
10:50.2	*Kim Schnurpfeil (San Mateo) '78

BOYS 330-YARD LOW HURDLES

National Federation Record: 35.76m, Tony Atkins (Walnut), 1982
 CCS Meet Record: 36.22, Erick Montgomery (Independence), 1982
 All-Time National HS Best: 35.87, Bill Blessing (Hillcrest, Dallas), 1974
 All-Time State HS Best: 35.97+ (35.76m), Tony Atkins (Walnut), 1982
 All-Time NorCal HS Best: 36.00+ (35.79m), Walter Murray (Berkeley), 1981

TWO SECTIONS -- FINAL PLACINGS DETERMINED BY TIME

Lane	Yr	Athlete (School)	Reg. Qual. Mark	CCS Finish
<u>Section I</u>				
1.	12	Frank Tavalacci (Branham)	39.6	_____
2.	11	Matt Nelson (North Salinas)	39.2	_____
3.	10	Tyler Burke (Los Altos)	38.9	_____
4.	11	Cary Nobles (Independence)	38.8	_____
5.	11	Joe Sordi (Los Gatos)	38.8	_____
6.	12	Sam Blum (Gunn)	38.9	_____
7.	12	David LeKander (Palma)	39.3	_____
8.	12	Kevin Thompson (Monta Vista)	39.7	_____
<u>Section II</u>				
1.	12	Lester Branson (Serra)	38.7	_____
2.	12	Pat Williams (Seaside)	38.6	_____
3.	12	Ken Jones (Menlo-Atherton)	37.8	_____
4.	12	Erick Montgomery (Independence)	36.1	_____
5.	12	Rod Green (Palo Alto)	37.6	_____
6.	11	Juan Quintero (North Monterey County)	38.5	_____
7.	12	John Devine (St. Ignatius)	38.4	_____
8.	12	John Ribera (Carlmont)	38.7	_____

PAST CCS CHAMPIONS

180-yard LH (1968-74):

w=wind-aided

s=straight course

1966	19.1s	Randy Weil (Burlingame)
1967	18.6ws	Gene Delk (Hill)
1968	19.4	Tom Phillips (Homestead)
1969	19.8	Jim Petralia (Fremont)
1970	19.1	Julian Lucas (Gunn)
1971	18.9	**Scott Skillman (Campbell)
1972	19.1	Bart Pierce (Crestmoor)
1973	19.0	*Bill Napier (Lynbrook)
1974	19.7	*Dave Jakle (Los Altos)
330-yard LH (1975-present):		
1975	37.0	Dave Jakle (Los Altos)
1976	37.3	*Andre Phillips (Silver Creek)
1977	36.50	Andre Phillips (Silver Creek)
1978	36.7	Troy Durio (Mt. Pleasant)
1979	37.85	Jim Walker (Aragon)
1980	37.40	*Ron Seanez (Gilroy)
1981	36.46	Ron Seanez (Gilroy)
1982	36.22	*Erick Montgomery (Independence)

ALL-TIME CCS LIST

**converted from 300 meters

36.22	*Erick Montgomery (Independence) '82
36.43	Andre Phillips (Silver Creek) '77
36.46	Ron Seanez (Gilroy) '81
36.7	Troy Durio (Mt. Pleasant) '78
37.04	Mark Chapman (Yerba Buena) '77
37.0	Tony Hicks (Serramonte) '75
	Dave Jakle (Los Altos) '75
	Rick Luttrell (San Carlos) '78
37.1	Bill Ribera (Carlmont) '78
37.36	Shawn Curry (Mt. Pleasant) '82

GIRLS 330-YARD LOW HURDLES

National Federation Record: 41.09m, Gayle Kellon (Walnut), 1982
 CCS Meet Record: 44.06, Roberta Eccles (Gunderson), 1982

All-Time National HS Best: 41.33+ (41.09m), Gayle Kellon (Walnut), 1982
 All-Time State HS Best: 41.33+ (41.09m), Gayle Kellon (Walnut), 1982
 All-Time NorCal HS Best: 42.52+ (42.37m), Sherifa Sanders (Berkeley), 1981

TWO SECTIONS -- FINAL PLACINGS DETERMINED BY TIME

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Section I</u>				
1.	11	Gina Starr (Marello)	49.6	_____
2.	10	Carolyn Giovannola (Presentation)	48.7	_____
3.	12	Julie Medefesser (Westmont)	47.8	_____
4.	11	Laura Sullivan (Mills)	47.4	_____
5.	10	Winnie Burns (Menlo-Atherton)	47.6	_____
6.	11	Kelley Cummins (Los Gatos)	48.6	_____
7.	9	Heather Simpson (Gilroy)	49.4	_____
8.	11	Maura Schapper (Notre Dame-Salinas)	50.6	_____
<u>Section II</u>				
1.	12	Renay Schoenlein (Piedmont Hills)	47.3	_____
2.	11	Margaret Ruden (Homestead)	45.3	_____
3.	12	Cathy Nieder (Carlmont)	47.0	_____
4.	12	Roberta Eccles (Gunderson)	44.1	_____
5.	9	Suzy Davis (Los Gatos)	46.7	_____
6.	10	Kim Becker (North Salinas)	48.3	_____
7.	12	Heidi Waterfield (Homestead)	45.3	_____
8.	12	Hilary Bray (Los Altos)	47.3	_____

ALL-TIME CCS LIST

+=converted from 300 meters

43.43+	Margaret Demorest (Buchser) '81
43.85	Roberta Eccles (Gunderson) '83
44.5+	**Carolyn Bing (Lynbrook) '76
44.8	Heidi Waterfield (Homestead) '83
44.9	*Margaret Ruden (Homestead) '83
45.19+	Kathleen Bortolussi (Blackford) '82
45.39	*Beth Miller (Carlmont) '81
45.2+	*Julie Johnson (Monta Vista) '81
45.5+	Kim Horn (Soquel) '81
45.79	Cindy Lee (Westmoor) '81

PAST CCS CHAMPIONS

(Event first held in 1981)

1981	44.47	Margaret Demorest (Buchser)
1982	44.06	*Roberta Eccles (Gunderson)

BOYS 200 METERS

International Federation Record: 20.5y, Dwayne Evans (S Mountain, Phoenix, Az), 1976
 State Meet Record: 20.9y, Millard Hampton (Silver Creek), 1974
 21.35, Eric Washington (Woodside), 1980

All-Time National HS Best: 20.22, Dwayne Evans (S Mountain, Phoenix, Az), 1976
 All-Time State HS Best: 20.68+ (20.80y), James Sanford (Pasadena), 1977
 All-Time NorCal HS Best: 20.81, Kevin Willhite (Cordova, Rancho Cordova), 1981

TWO HEATS -- TOP FOUR (4) IN EACH HEAT QUALIFY FOR FINAL

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Heat I</u>				
1.	11	Nathaniel Coles (Seaside)	22.5	_____
2.	11	Sam Crosby (Seaside)	22.1	_____
3.	11	Johnny Cleveland (Soquel)	21.9	_____
4.	12	Jeff Thorbs (San Lorenzo Valley)	21.7	_____
5.	11	Louis Fortman (Milpitas)	22.3	_____
6.	12	Mark Novak (Westmont)	22.4	_____
7.	12	Hilton Hong (Wilcox)	22.6	_____
8.	12	Jim Newland (Santa Teresa)	23.2	_____
<u>Heat II</u>				
1.	11	Eric Hawkins (Wilcox)	22.6	_____
2.	12	Anthony Hodges (Menlo-Atherton)	22.5	_____
3.	12	Billy Robinson (San Mateo)	22.3	_____
4.	12	Jim Reyes (Independence)	22.0	_____
5.	12	Darryl Usher (San Mateo)	22.2	_____
6.	11	Kris White (Lynbrook)	22.3	_____
7.	11	Kyle Haines (Prospect)	22.6	_____
8.	12	Jim Lubbe (Westmoor)	22.9	_____

ALL-TIME CCS LIST

+=converted from 220 yards
 s=converted from straight course (+ 0.4)

20.8+	Millard Hampton (Silver Creek) '74
21.09	Bill Green (Cubberley) '79
20.9+	Glenn Cannon (Mt. Pleasant) '78
21.1+	Chuck Bommarito (Crestmoor) '71
+	Keith Taylor (Piedmont Hills) '76
+	Dwayne Green (Ayer) '77
21.35	Eric Washington (Woodside) '80
21.40	*Anthony Toney (North Salinas) '80
21.44+	Carl Montgomery (South San Francisco) '80
21.2+s	Lee Evans (Overfelt) '65
+	John Figueroa (Sunnyvale) '64
+	Don Coulter (Harbor) '76
+	Andre Phillips (Silver Creek) '77
+	*Dwayne Taylor (Overfelt) '88

Wind-aided:

20.7	Millard Hampton (Silver Creek) '74
20.8+s	John Figueroa (Sunnyvale) '64
+	Glenn Cannon (Mt. Pleasant) '76
20.9+s	Gary Mahon (Fremont) '64
21.0+	Keith Taylor (Piedmont Hills) '76
21.1+s	Lee Evans (Overfelt) '65

Wind-aided and no smoke:

20.9+	Dwayne Green (Ayer) '77
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PAST CCS CHAMPIONS

y=220-yard race
 s=straight course

1966	21.6ys	*Calvin Robinson (Overfelt)
1967	21.7ys	Byron Wilson (Santa Cruz)
1968	21.7y	Brad Lyman (Los Altos)
1969	22.7y	Al Marshall (Santa Cruz)
1970	21.6y	*Chuck Bommarito (Crestmoor)
1971	21.4y	Chuck Bommarito (Crestmoor)
1972	21.5y	*Millard Hampton (Silver Creek)
1973	21.6y	*Millard Hampton (Silver Creek)
1974	20.9y	Millard Hampton (Silver Creek)
1975	21.5y	*Keith Taylor (Piedmont Hills)
1976	21.6y	Glenn Cannon (Mt. Pleasant)
1977	21.63y	*Mark Stewart (Camden)
1978	21.5y	*Bill Green (Cubberley)
1979	21.68y	*Carl Montgomery (South San Francisco)
1980	21.35	Eric Washington (Woodside)
1981	21.52	Reggie Grimes (Hill)
1982	22.14	Joe Price (Seaside)

GIRLS 200 METERS

National Federation Record: 23.19, Sherri Howard (Kennedy, Granada Hills), 1980
 CCS Meet Record: 23.9y, Kelia Bolton (Hill), 1978
 24.22, Gurtha Pounds (Live Oak), 1982 (heat)

All-Time National HS Best: 22.77, Chandra Cheeseborough (Rblt, Jcksnl, Fl), 1975
 All-Time State HS Best: 23.19, Sherri Howard (Kennedy, Granada Hills), 1980
 All-Time NorCal HS Best: 23.62, Sharon Ware (Berkeley), 1980

TWO HEATS -- TOP FOUR (4) IN EACH HEAT QUALIFY FOR FINAL

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Heat I</u>				
1.	11	Tina Pedersen (Live Oak)	25.9	_____
2.	12	Jackie Hardman (Burlingame)	25.5	_____
3.	9	La Shun Peters (Woodside)	25.3	_____
4.	10	Leslie Maxie (Mills)	24.8	_____
5.	12	Kate Brew (Los Altos)	25.5	_____
6.	12	Regina Kane (Willow Glen)	25.9	_____
7.	10	Ginger Jordan (Independence)	26.7	_____
8.	10	Tracy Cole (Silver Creek)	27.2	_____

<u>Heat II</u>				
1.	12	Pam Turriff (Saratoga)	26.0	_____
2.	9	Nicole Caldwell (Redwood Christian)	25.8	_____
3.	12	Vivian Riley (Mt. Pleasant)	25.4	_____
4.	9	Jessica Johnson (Aptos)	24.9	_____
5.	10	Mina Hutchins (Independence)	25.1	_____
6.	12	Janet Johnson (Seaside)	25.8	_____
7.	10	Jenfer Clayton (Lynbrook)	26.0	_____
8.	10	Carla Wynter (San Mateo)	26.7	_____

ALL-TIME CCS LIST

*=converted from 220 yards.
 23.75 Kelia Bolton (Hill) '78
 24.22 Gurtha Pounds (Live Oak) '82
 24.1 *Elaine Parker (Oceana) '77
 24.38+ **Denise Pemberton (San Mateo) '75
 Brenda Brewer (Hillsdale) '82
 24.2+ *Kris Costello (Lynbrook) '77
 24.54 Ronda Robinson (San Carlos) '81
 24.73 *Liz Chewing (Saratoga) '81
 24.80 Julie Middleton (San Mateo) '82
 24.82 Margaret Demorest (Buchser) '81
 Wind-aided:
 24.49 Julie Middleton (San Mateo) '82
 24.4 *Vivian Riley (Mt. Pleasant) '82

PAST CCS CHAMPIONS

y=220-yard race
 w=wind-aided
 1974 25.6y Sue Hanley (Pioneer)
 1975 25.3y Mary Ellis (Yerba Buena)
 1976 25.4y **Kris Costello (Lynbrook)
 1977 24.79y *Kris Costello (Lynbrook)
 1978 23.9y Kelia Bolton (Hill)
 1979 25.03y Vanessa Woods (Jefferson)
 1980 25.11w **Gurtha Pounds (Live Oak)
 1981 24.54 Ronda Robinson (San Carlos)
 1982 24.64 Brenda Brewer (Hillsdale)

BOYS MILE

National Federation Record: 3:58.3, Jim Ryun (East, Wichita, Ks), 1965

CCS Meet Record: 4:08.7, Mark Stillman (Willow Glen), 1977

All-Time National HS Best: 3:55.3, Jim Ryun (East, Wichita, Ks), 1965

All-Time State HS Best: 3:59.4, Tim Danielson (Chula Vista), 1966

All-Time NorCal HS Best: 4:02.4, Richard Kimball (De La Salle, Concord), 1974

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
1.	11	Tom Legan (Del Mar)	4:14.8	_____
1A.	12	Jim LaFuenta (Mt. Pleasant)	4:19.0	_____
2.	12	Orlando Biggs (Willow Glen)	4:20.8	_____
2A.	11	James Green (Gunderson)	4:23.2	_____
3.	12	Chris Bowe (Pacific Grove)	4:22.5	_____
3A.	10	Rob Wickstrom (Serra)	4:27.5	_____
4.	11	Rich Lucas (Sacred Heart)	4:26.3	_____
4A.	11	Robert Gonzales (Hollister)	4:29.8	_____
5.	11	Sean Crowley (Overfelt)	4:18.7	_____
5A.	11	Marc Beauchemin (Westmont)	4:19.3	_____
6.	12	Grant Foster (Monta Vista)	4:21.7	_____
6A.	12	Doug Gollither (Saratoga)	4:26.2	_____
7.	11	Chris Becerra (Mills)	4:25.3	_____
7A.	12	Kevin Abbey (Hillsdale)	4:29.4	_____
8.	12	Tony Silva (Live Oak)	4:28.5	_____
8A.	11	Andy McCutcheon (Soquel)	4:31.4	_____

PAST CCS CHAMPIONS

1966	4:22.6	*Jon Enscoe (Palo Alto)
1967	4:24.5	Jon Enscoe (Palo Alto)
1968	4:14.5	Klaus Hoffman (St. Ignatius)
1969	4:19.2	Gregg Coleman (Palo Alto)
1970	4:14.6	*Dave Chamness (Awalt)
1971	4:14.2	Dave Chamness (Awalt)
1972	4:12.5	*Steve Miller (Carlmont)
1973	4:12.6	Steve Crowley (Overfelt)
1974	4:13.8	*Conrad Suhr (Leigh)
1975	4:17.6	Todd Baker (Westmont)
1976	4:18.2	*Mark Stillman (Willow Glen)
1977	4:08.7	Mark Stillman (Willow Glen)
1978	4:12.0	Kobert Smith (Awalt)
1979	4:16.3	*Fernando Balderas (San Jose)
1980	4:19.5	Steve Samario (Leigh)
1981	4:14.3	Jeff Purrington (Willow Glen)
1982	4:18.9	Gary Lewis (Gunderson)

ALL-TIME CCS LIST

*converted from 1600 meters	
4:06.9	Mark Stillman (Willow Glen)
4:08.2	Stan Ross (Serra) '77
4:09.5	Mike Ryan (Wilcox) '65
4:10.7	*Steve Miller (Carlmont) '72
4:10.9	Kobert Smith (Awalt) '78
4:11.1	Klaus Hoffman (St. Ignatius) '68
	Eugenio Amaya (Burlingame) '69
4:11.3	Steve Crowley (Gunn) '73
4:12.19+	Jeff Purrington (Willow Glen) '81
4:12.1	John Sup (Palma) '77

GIRLS MILE

National Federation Record: 4:42.5, Deanna Coleman (Issaquah, Wa), 1978
 CCS Meet Record: 4:52.5, Tracy Weber (Lynbrook), 1981

All-Time National HS Best: 4:35.24, Polly Plumer (University, Irvine), 1982
 All-Time State HS Best: 4:35.24, Polly Plumer (University, Irvine), 1982
 All-Time NorCal HS Best: 4:40.7, Eileen Claugus (Rio Americano, Sac'to), 1973

<u>Lane</u>	<u>Yr</u>	<u>Athlete (School)</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
1.	12	Cory Schubert (Del Mar)	4:53.0	
1A.	10	Therese Fisher (Los Gatos)	5:14.5	
2.	12	Carla Halford (Leland)	5:12.1	
2A.	10	Karen Himenes (St. Francis)	5:18.0	
3.	10	Lori Wilson (Terra Nova)	5:25.0	
3A.	10	Linda Ferriera (Half Moon Bay)	5:29.9	
4.	12	Karen Cantoni (Aptos)	5:28.2	
4A.	10	Christa Prince (Pacific Grove)	5:32.2	
5.	11	Lanette Davis (Del Mar)	5:04.0	
5A.	12	Nanette Garcia (Silver Creek)	5:20.0	
6.	10	Laurie Chapman (Gunderson)	5:14.8	
6A.	12	Ruth Hamerton-Kelly (Gunn)	5:18.6	
7.	10	Dedi Concannon (Capuchino)	5:29.2	
7A.	10	Sandrine DeMarvel (Menlo-Atherton)	5:31.4	
8.	9	Darcy Hatton (Monterey)	5:31.9	
8A.	11	Martha Gourley (North Salinas)	5:44.5	

PAST CCS CHAMPIONS

1974	5:28.3	Brenda Dake (Salinas)
1975	5:09.1	*Sue Munday (Lincoln)
1976	5:04.7	Sue Munday (Lincoln)
1977	4:53.0	**Vicky Bray (Los Altos)
1978	4:58.8	***Tracy Weber (Lynbrook)
1979	4:56.1	**Tracy Weber (Lynbrook)
1980	4:56.9	*Tracy Weber (Lynbrook)
1981	4:52.5	Tracy Weber (Lynbrook)
1982	5:01.5	Jo Barry (Leigh)

ALL-TIME CCS LIST

*=-converted from 1600 meters	
4:46.43+	Tracy Weber (Lynbrook) '81
4:50.5	Cory Schubert (Del Mar) '83
4:50.8	Francie Larrieu (Fremont) '70
4:51.64+	Roxanne Bier (Independence) '80
4:52.8	**Vicky Bray (Los Altos) '77
4:54.6	*Ann Regan (Camden) '78
4:55.2	Kerry Brogan (Los Altos) '81
	*Maria King (Milpitas) '81
4:55.80+	Jo Barry (Leigh) '82
4:56.4	*Ann Trason (Pacific Grove) '77

BOYS MILE RELAY

National Federation Record: 3:08.94m, Berkeley, 1981

CCS Meet Record: 3:15.8, Los Altos, 1970

All-Time National HS Best: 3:10.05+ (3:08.94m), Berkeley, 1981

All-Time State HS Best: 3:10.05+ (3:08.94m), Berkeley, 1981

All-Time NorCal HS Best: 3:10.05+ (3:08.94m), Berkeley, 1981

<u>Lane</u>	<u>School</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Section I</u>			
1.	Live Oak	3:30.1	_____
2.	Seaside	3:28.9	_____
3.	Prospect	3:27.9	_____
4.	Saratoga	3:26.5	_____
5.	St. Francis	3:26.8	_____
6.	Westmont	3:28.4	_____
7.	Oceana	3:29.2	_____
8.	Leland	3:30.4	_____
<u>Section II</u>			
1.	Lynbrook	3:26.4	_____
2.	Menlo-Atherton	3:22.5	_____
3.	Independence	3:24.0	_____
4.	San Mateo	3:22.5	_____
5.	Santa Clara	3:23.9	_____
6.	North Salinas	3:25.0	_____
7.	Soquel	3:25.9	_____
8.	Los Gatos	3:26.6	_____

PAST CCS CHAMPIONS

880-yard relay (1966-67):

1966 1:30.0 Ravenswood

1967 1:29.5 Capuchino

Mile relay (1968-present):

1968 3:22.5 Los Altos

1969 3:23.8 Crestmoor

1970 3:15.8 Los Altos

1971 3:22.7 Awalt

1972 3:27.2 Mt. Pleasant

1973 3:23.7 Buchser

1974 3:21.2 Cupertino

1975 3:20.9 Serramonte

1976 3:20.6 Piedmont Hills

1977 3:20.6 San Carlos

1978 3:20.8 San Carlos

1979 3:18.39 Cubberley

1980 3:20.5 Mt. Pleasant

1981 3:19.23 Independence

1982 3:20.15 Independence

ALL-TIME CCS LIST

3:15.6	Los Altos '70
3:17.68	Cubberley '79 *
3:18.3	Piedmont Hills '76
3:18.5	Sequoia '67
	Silver Creek '76
3:18.7	Los Altos '68
3:19.1	San Carlos '78
3:19.23	Independence '81
3:19.2	Serramonte '75
3:19.6	Gunn '70

GIRLS MILE RELAY

National Federation Record: 3:37.71m, Kennedy (Granada Hills), 1981

CCS Meet Record: 3:54.56, Carlmont, 1981

All-Time National HS Best: 3:38.99+ (3:37.71m), Kennedy (Granada Hills), 1981

All-Time State HS Best: 3:38.99+ (3:37.71m), Kennedy (Granada Hills), 1981

All-Time NorCal HS Best: 3:42.63+ (3:41.33m), Berkeley, 1981

TWO SECTIONS -- FINAL PLACINGS DETERMINED BY TIME

<u>Lane</u>	<u>School</u>	<u>Reg. Qual. Mark</u>	<u>CCS Finish</u>
<u>Section I</u>			
1.	North Salinas	4:15.6	_____
2.	Westmoor	4:14.2	_____
3.	Salinas	4:11.2	_____
4.	Independence	4:08.1	_____
5.	Mitty	4:08.3	_____
6.	San Mateo	4:12.4	_____
7.	Del Mar	4:15.3	_____
8.	Aptos	4:16.8	_____
<u>Section II</u>			
1.	Menlo-Atherton	4:06.5	_____
2.	Gunderson	4:03.9	_____
3.	Mills	4:02.6	_____
4.	Los Altos	3:58.3	_____
5.	Los Gatos	4:01.7	_____
6.	Seaside	4:08.0	_____
7.	Homestead	4:04.0	_____
8.	St. Francis	4:06.6	_____

PAST CCS CHAMPIONS

880-yard medley relay (1974-75):		
1974	1:52.3	Menlo-Atherton
1975	1:50.7	Harbor
Mile relay (1976-present):		
1976	4:05.9	Branham
1977	4:00.5	Harbor
1978	3:58.4	Camden
1979	3:55.96	Carlmont
1980	4:01.4	Carlmont
1981	3:54.56	Carlmont
1982	3:56.19	Santa Teresa

ALL-TIME CCS LIST

+=converted from 1600 meters		
3:54.56	Carlmont	'81
3:56.0	Carlmont	'79
3:56.19	Santa Teresa	'82
3:56.47+	Mitty	'82
3:57.78+	Carlmont	'82
3:58.0	Saratoga	'82
3:58.3	Los Altos	'83
3:58.43+	Silver Creek	'81
3:58.4	Camden	'78
3:58.92+	Carlmont	'80
3:58.9	Saratoga	'78

CCS MEET STATISTICS

PAST CCS TEAM CHAMPIONS (Head Coaches in parentheses)

		Boys	
		(1966-74):	
		Marlingame (Karl Griepenburg)	
		Los Altos (Dave Maggard)	
		Homestead (Jack Jurian)	
1969	26	Los Altos (Del Dequine)	
1970	44	Los Altos (Leo Long)	
1971	18	Cupertino (Bill Frost)	
1972	22½	Silver Creek (Stan Dowell)	
1973	24	Cupertino (Norm Eliason)	
1974	29	Cupertino (Norm Eliason)	
Scored 10-8-6-4-2-1 (1975-present):			
1975	44	Serramonte (Mike Rueda)	
1976	44	Mt. Pleasant (Jim deDiego)	
1977	48	Silver Creek (Laseen Auka)	
1978	52	Mt. Pleasant (Jim deDiego)	
1979	52	Cubberley (Ken Preminger)	
1980	44	Woodside (Al Smith)	
1981	40	Independence (Stan Dowell)	
1982	58	Independence (Stan Dowell)	

		Girls	
Scored 6-4-3-2-1 (1974):			
1974	19 (tie)	King City (Linda Benway)	
		Menlo-Atherton (Arlene Miller)	
Scored 10-8-6-4-2-1 (1975-present):			
1975	53	Harbor (Ken Peterson)	
1976	45	Harbor (Ken Peterson)	
1977	59	Silver Creek (Anna Reid)	
1978	40	Hill (John Johnigan)	
1979	30 (tie)	Fremont (Bill Frost)	
		Independence (Sandy Slaton)	
1980	40	Salinas (George Anderson)	
1981	48	Fremont (Sue Grigsby)	
1982	42	San Carlos (Sarah Miller)	
		Mills (Ed Parker)	

TEAMS WITH MOST CCS EVENT CHAMPIONS

		Boys	
	1.	Los Altos	21
	2.	Silver Creek	15
	3.	Cupertino	12
		Mt. Pleasant	12
	5.	Menlo-Atherton	8
	6.	Del Mar	7
		Fremont	7
		Palo Alto	7
	9.	Carlmont	6
		Crestmoor	6
		Cubberley	6
		Gilroy	6
		Piedmont Hills	6
		Willow Glen	6
		Woodside	6
	16.	Awat	5
		Campbell	5
		Gunn	5
		Hill	5
		Independence	5
		Leigh	5
		Mills	5
		San Carlos	5
		San Mateo	5
		Seaside	5
		Girls	
	1.	Lynbrook	12
	2.	Salinas	8
	3.	Silver Creek	7
	4.	Harbor	6
		Independence	6
		San Carlos	6
	7.	Hill	5
		Menlo-Atherton	5
	9.	Camden	4
		Cubberley	4
		Fremont	4
		King City	4
	13.	Carlmont	3
		Live Oak	3
		Woodside	3

PAST CCS MEET SITES & DATES

No	Date	Site
1	May 28, 1966	Gunn High School
2	May 27, 1967	Mt. Pleasant High School
3	May 25, 1968	Gonzales High School
4	May 31, 1969	College of San Mateo
5	May 30, 1970	Foothill College
6	May 29, 1971	San Jose City College
7	May 27, 1972	San Jose City College
8	May 25, 1973	San Jose City College
9	May 24, 1974	San Jose City College
10	May 30, 1975	San Jose City College
11	May 28, 1976	San Jose City College
12	May 27, 1977	San Jose City College
13	May 26, 1978	San Jose City College
14	May 25, 1979	San Jose City College
15	May 30, 1980	San Jose City College
16	May 29, 1981	San Jose City College
17	May 28, 1982	San Jose City College

ATHLETES WITH MOST INDIVIDUAL CHAMPIONSHIPS

		Boys	
	1.	Millard Hampton (Silver Creek)	6
	2.	Chuck Bommarito (Crestmoor)	4
		Rick Brown (Los Altos)	4
		Bill Green (Cubberley)	4
	5.	Chris Adams (Los Altos)	3
		Craig Conway (Cupertino)	3
		Brad Lyman (Los Altos)	3
		Ron Seanez (Gilroy)	3
		Keith Taylor (Piedmont Hills)	3
		Steve Wilhelm (Fremont)	3
		Girls	
	1.	Susan Springer (Salinas)	7
	2.	Kris Costello (Lynbrook)	5
		Tracy Weber (Lynbrook)	5
	4.	Roxanne Bier (Independence)	4
		Pam Blackburn (Cubberley)	4
	6.	Marquita Belk (Silver Creek)	3
		Wendy Brown (Woodside)	3
		Cindi Durchslag (San Carlos)	3
		Kathy Kuchta (King City)	3
		Gurtha Pounds (Live Oak)	3
		Ann Regan (Camden)	3

ABBREVIATIONS

- * = junior
 - ** = sophomore
 - *** = freshman
 - ? = class unknown
- All others are seniors

- y = yard equivalent
- m = metric equivalent