

19th Annual Central Coast Section Track & Field Championships  
 Friday, May 18, 1984, San Jose City College

MEET OFFICIALS

Meet Director . . . . .	Ken Johnson
Referee . . . . .	Bob Hernandez
Head Field Judge . . . . .	Don Bell
Starter . . . . .	Bob Hughey
Recall Starter . . . . .	Howard Hammer
Clerk of the Course . . . . .	Sam Imelle
Announcers . . . . .	Dave Dickerson Mike Gibeau
Weights & Measures . . . . .	Tom Burt
Awards . . . . .	Wil Conklin Tom Ryan
CCS Commissioner . . . . .	Larry Rice
CCS Assistant Commissioner . . . . .	Joyce Ridgway
CCS Events Coordinator . . . . .	Dwight Martin
Computerized Meet Seeding . . . . .	Bob Podkaminer
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 HH . . . . .	same
110-yard LH to 100-meter LH . . . . .	- .1 seconds
300-meter H to 330-yard H . . . . .	+ .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)	24
4:10	Girls 100 meters (2 heats)	25
4:20	Boys 110-meter high hurdles (2 heats)	20
4:30	Girls 100-meter low hurdles (2 heats)	21
4:40	Boys 200 meters (2 heats)	32
4:50	Girls 200 meters (2 heats)	33
<u>Running events -- finals</u>		
6:30	Boys 440-yard relay (2 sections: slow/fast)	18
6:37	Girls 440-yard relay (2 sections: slow/fast)	19
6:45	Boys 110-meter high hurdles	20
6:55	Girls 100-meter low hurdles	21
7:10	Boys 800 meters	22
7:15	Girls 800 meters	23
7:20	Boys 100 meters	24
7:25	Girls 100 meters	25
7:30	Boys 400 meters (2 sections: slow/fast)	26
7:37	Girls 400 meters (2 sections: slow/fast)	27
7:45	Boys 2 miles	28
7:57	Girls 2 miles	29
8:10	Boys 330-yard intermediate hurdles (2 sections)	30
8:20	Girls 330-yard low hurdles (2 sections: slow/fast)	31
8:30	Boys 200 meters	32
8:35	Girls 200 meters	33
8:40	Boys mile	34
8:50	Girls mile	35
9:00	Boys mile relay (2 sections: slow/fast)	36
9:10	Girls mile relay (2 sections: slow/fast)	37
<u>Field events -- all finals</u>		
3:30	Boys long jump	7
	Boys shot put	8
	Girls high jump	9
	Girls discus	10
5:00	Boys discus	11
	Girls long jump	12
6:00	Boys pole vault	13
	Girls shot put	14
6:30	Boys triple jump	15
7:30	Boys high jump	16
8:00	Girls triple jump	17
<u>Other features of program</u>		
	Meet Officials	1
	Time schedule, order of events & table of contents	2
	Feature: Olympians From The CSS	3-6
	CCS Meet Statistics	38

Track & field athletics and the Central Coast Section area have long been good friends. It is no secret that the area is a favorite with many of the country's best athletes, nor is it hard to recognize that the CCS is one of the nation's best hotspots of high school competition.

It probably comes as no surprise, then, to find out that many of the United States' track & field Olympians went to high school in the CCS. In fact, since World War II every U.S. Olympic team has been represented by at least one athlete from our section. That's 9 straight Olympic Games starting with 1948.

And since 1984 is an Olympic year, this year's CCS program gives you an account of all the CCS athletes who have been a member of the U.S. Olympic Track & Field Team.

1948: Bob Chambers was a 1944 graduate of Los Gatos, and he showed much promise when he ran the 880 in 1:54.4 the summer of his senior year. At the time, that made Chambers tied for second on the all-time high school list. After enrolling at USC, he took 3rd in the '48 NCAA 800 (1:52.6) and 3rd again in the Final Olympic Trials in Evanston, Illinois (1:51.4). In the Olympics he qualified for the final with a 1:52.9 in his heat, Chambers took 6th in the final with 1:52.1, as the legendary Mal Whitfield won with 1:49.2. He recorded his all-time best of 1:50.2 in 1950.

Jim Delaney, a 1939 graduate of Sacred Heart, became the 3rd-farthest throwing prep of all-time with a shot put throw of 58-8 in the spring of '39. He went on to Notre Dame, where he took consecutive 3rd-places in the NCAA in 1942 and '43. At the Final Olympic Trials in Evanston in 1948, Delaney was easily a favorite to make the team after winning the AAU championship in 1947 and '48. He won the Trials (55-1 3/4), but was upset in the Olympic final as Wilbur "Moose" Thompson of the U.S. won the gold at 56-2. Delaney captured the silver medal with a best of 54-8 3/4. Delaney's best-ever throw was the 55-1 3/4 that he won the U.S. Olympic Trials with.

1952: George Mattos won the state pole vault title in 1947 as a senior at Pacific Grove (12-6). He went on to star at San Jose State, tying for 4th in the NCAA in 1949 and tying for second in '50 and '51. At the Olympic Trials in Los Angeles, Mattos cleared a PR 14-5 3/8 to secure the 3rd position on the U.S. Team. In the Olympics, he took 9th at 13-9 1/4.

1956: After the 1952 Games, Mattos continued to improve. He improved his PR to 14-8 in the summer of 1952, and in 1953 tied for the AAU title. At the Olympic Trials in Los Angeles, Mattos again PR'd, this time at 14-10 1/2, to take 2nd and make his 2nd Olympic Team. In the Games he managed only 14-3 1/4 but still claimed 4th. Don Bowden was one of the CCS' all-time greats, having set a national high school record of 1:52.3 in the 880 in 1954 as a senior at Lincoln. Up until the Olympic Trials, 1956 was not a year he'd want to remember. As a Cal soph, he had been out almost the whole season with a strained Achilles tendon. But at the Trials, he flashed a brutal finishing kick to claim the 3rd spot on the U.S. Team in the 1500 (a PR 3:48.6). The Olympics were held late in the year (November) since they were on the other side of the equator (Melbourne), and Bowden never was in the hunt in his heat as he finished 11th in 3:59.7. But the two-time state prep 880 champ didn't stop there. He won the NCAA 880 (1:47.2), and on June 1, 1957, he made history in Stockholm by setting an American Record in the mile and becoming the first-ever American under the 4:00 minute barrier (3:58.7). Vern Wilson,

who tied for the state high school high jump title at 6-2 in 1950 (as a senior at San Jose), had taken 3rd in the 1955 AAU high jump and 2nd in the '56 AAU prior to the Trials. At Los Angeles he PR'd at 6-9½ to claim 2nd and was on the Team. But at the Games, he was only able to negotiate 6-6 3/4 and was given 10th place. That 6-9½ survived as his PR.

1960: Two of the all-time CCC greats competed at these Games in Rome. Rink Babka, a 1954 graduate of Palo Alto, was 3rd in the 1957 NCAA discus, but in 1958 won the AAU championship (187-10) and tied the legendary Al Oerter for the NCAA title (186-2). In the 1960 Olympic Trials at Stanford, he defeated Oerter (winning at 192-3½) and was on the Team. And in Walnut on August 12 -- about a month before the discus final at the Games -- he tied the World Record of 196-5½. But in the Games, Oerter came through with a fifth-round throw of 194-2 to win the 2nd of his 4 Olympic golds. Babka, at 190-4, claimed the silver. (The other great to make the Team was a high school junior now known as Pat Connolly (Evelyn Ashford's coach for 8 years now). But then her name was Billie Pat Daniels, a junior at Capuchino. Though athletics weren't instituted yet for girls, Daniels was one of the first members of the San Mateo County Girls Athletic Association (now known as the Millbrae Lions) and was one of the first of many fine proteges of coach Ed Parker (still the coach of the Lions and Mills HS). She had won the 1960 AAU 800 (2:17.5) and competed in the Olympics just six days after her 17th birthday. However, in the Games she was tripped and was disqualified for subsequently taking too many steps inside the rail. More about Daniels later.

1964: Jeff Fishback, a 1959 graduate of San Mateo, found success in the steeplechase as a collegian at San Jose State, taking 2nd and 3rd in the 1962 and '63 NCAA meets. In 1964 he won the AAU (8:43.6, a meet record and PR). He then qualified for the Olympics by winning the Semi Trials in Randall's Island, New York, in a PR 8:40.4. In the Games, he took 4th in his heat (8:50.2) and ended up one spot from qualifying to the final. His 8:40.4 made him the 2nd-fastest American ever at the time, and he never improved on that time. He also took 2nd in the 1963 NCAA 6-Mile. Another distance star to make the Team was Ron Larrieu, the 1956 state mile champ (4:20.1) as a senior at Palo Alto. He went on to run for Mt. SAC and Cal Poly/Pomona, but really didn't make his mark until after college. In the Final Olympic Trials in Los Angeles, he claimed the 3rd U.S. spot in the 10,000m (29:20.4). In the Olympics, though, he struggled and finished 24th in 30:42.6. He later won back-to-back AAU cross country titles in 1965 and '66. Repeating on the U.S. Team was Daniels, now married and known as Pat Winslow. Not only did her name change, so did the event in which she made the Olympic Team. This time it was the pentathlon, not the 800. As a senior at Capuchino in 1961 she won the AAU 880 (2:19.2) and pentathlon (4243), the first of 7 straight national pentathlon championships. In the Olympics, she set an American Record (4724) and placed 7th. Still more to come on Winslow.

1968: Lee Evans, a 1965 graduate of Overfelt, is remembered as one of the greatest athletes to ever live. As a senior he ran the 440 in 46.9, then making him the 7th fastest prep ever. He spent his frosh year at San Jose City College, breaking the national JC record 4 times (best of 45.2), and then went to San Jose State. In '67 he won a second straight AAU 440 and also the Pan-American Games 400 (44.4). In 1968 he won the NCAA (45.0), AAU (45.0), the Olympic Trials (44.06 World Record) and every other 400 he ran but 2 non-major races. In the Olympics, in the high altitude of Mexico City, he won the gold medal with a still-standing World Record of 43.86. He came back to anchor the U.S. 4x400 team to a gold medal and World Record 2:56.16.

another mark which still stands. More on Evans later. Also making the team was Tom Dooley, a 1963 graduate of Westmoor. Dooley made the team in 20-kilometer walk and finished 17th in the Games (1:40:08). Making her 3rd straight Olympic Team was Winslow, who won her 7th straight national pentathlon championship in 1967. She skipped the nationals in '68, but was the top American in the Olympic Trials. In the Games, she had her best finish ever (6th) as she set the American Record again (4877). In total, she broke the AR 7 times and won the nationals 8 times, and she is remembered as one of the most talented and successful Americans ever.

1972: Evans, after 1968, won the AAU 440 in 1969 (45.6) and again in 1972 (45.0 for 400). In the Trials, though, he was 4th (45.1) and though not securing a spot on the 400 Team, he did qualify for the 4x400 team. However, because of injuries to other team members, Evans did not compete in the Games because the U.S. did not have enough healthy members available for the team. He ended his career with 3 400m WRs, 2 4x400m WRs and an unofficial World Best at 600m (1:14.3, a time which has yet to be bettered), along with 5 indoor WRs. Also making the team was one of the country's best-known middle distance runners, Francie Larrieu. A 1970 graduate of Fremont, she (like Daniels) was not able to compete for her school because girls program had still yet to begin. She was one of the first members of the San Jose Cindergals and the first of many fine distance stars coached by Augie Argabright. As a high school junior, she equalled the American Record at 1500m (4:16.8, a high school record which stood for 13 years). In 1972 she won the first of 10 national championships, this one at 1500 (4:18.4). At the Olympic Trials in Frederick, Maryland, she set an AR of 4:10.4. In the Olympics, she took 3rd in her heat (4:11.2) but 8th in her semi (4:15.3) and didn't advance to the final. More on Larrieu.

1976: Millard Hampton, a 1974 graduate of Silver Creek, was the story here. As a prep, he won 3 straight CCS 100y and 3 straight CCS 220y titles and the state 220y title in 1974. At San Jose City College, he won a blazer in his sophomore year, winning the state 100 and 200 and running on both SJCC state-champion relay squads. That same year he also won the AAU 200 (20.89) and Olympic Trials 200 (a national JC record 20.10). In the Olympic he captured the silver medal in the 200 behind the legendary Don Quarrie (20.23 to 20.29) and ran the 3rd leg on the U.S. 4x100 team which won the gold medal (38.33). He ended his career with PRs of 10.33 ('77), 20.10 ('76) and 46.5 ('76). After 1972, Larrieu had become the premier distance runner in the U.S., having set a ton of American Records at various distances including the 1500 (4:08.5 in 1975). She took 3rd in the Olympic Trials 1500 (4:08.1) as the winner set an American Record (we'll get to the winner in a moment). In the Games, she set an AR in her heat (4:07.21) but was 5th in her semi (4:09.1) and didn't qualify for the final. Cyndy Poar, a 1971 grad of Saratoga, was the pleasant surprise of 1976. She, like Daniels and Larrieu couldn't compete for her school because girls programs had still yet to start and she trained with Argabright as well. Starting out as sprinter (25.5y and 56.0y in '71), she gradually worked her way up. By 1976 she was one of a handful of middle distance runners who had a shot at making the U.S. Team. She did it in the 800, which was thought to be her best distance, by taking 2nd in the Olympic Trials (2:00.6). But 5 days later she tossed out her trump card, winning the 1500 in an upset and an American Record (4:07.32), leaving veterans Jan Merrill and Larrieu in her wake. In the Games, she opted to only run the 1500 and finished 6th in her heat (4:09.0) and didn't qualify on to the next round. She finished her career with PRs of 2:00.15 ('76) and 4:06.83 ('76) along with 9:24.1 at 3000 ('75). Honorable mention should go to Bruce Wilhelm, a 1963 graduate of Fremont. Though not a

member of the track & field team, he did make the U.S. Weightlifting Team, and finished 5th in the super heavyweight division of the Games. As a prep he threw the shot 65-6 for the 2nd-best mark ever by a CCS athlete.

1980: The Olympics that weren't. That's how they'll be remembered by members of the U.S. Team who weren't allowed to compete in the Games because of the boycott instigated by President Jimmy Carter. Bill Green, a 1979 graduate of Cubberley (which closed that same year), won 4 CCS sprint titles as a prep (the 220-440 in '78 and the 100y-440 in '79). He also won the state 100y in '79, and in the AAU Championships set a national H.S. school record of 45.51 in taking 3rd. As a USC freshman in 1980 he was runner-up in the 400 but won the Olympic Trials in 45.85. Unable to compete in the Olympics, he was ranked 9th in the world by Track & Field News. Making the team for a 3rd straight time at 1500m, Larrieu had run her total of American Records up to 34 (20 outdoors) by 1981. Track & Field News ranked her the top American at 1500 for the decade of the 1970s.

#### ABOUT THE PROGRAM

Here is a look at what's in the CCS Track & Field Championships program:

Records -- Each page lists the entrants for one event, and at the top of each page an extended records section can be found listing the National Federation and CCS Meet records, along with the all-time best performances on the all-time national and state lists. Many times the "records" and "bests" will differ, and most often this is because the "best" was not ratified as a "record" because a mark came in non-high school competition. However, the "bests" are all highly legitimate marks and are considered the best performances in history by Track & Field News.

Past CCS Champions -- A listing of all the past CCS champions in every event is also given on each page. The CCS was first formed in 1968 prior to 1974, then, it was part of the North Coast Section. Girls competition did not officially begin until 1974.

All-Time CCS Lists -- The current CCS all-time top 10, as compiled by Howard Williman (Track & Field News), is also given for each event. Athletes need not have represented his/her school to make the list. As long as marks can be proven legitimate, they will be included on the lists regardless of affiliation (though the lists always give the high school as the affiliation).

Abbreviations -- Relax. Can't figure out what some of the symbols mean? Here's your guide. On the all-time lists, \*=junior, \*\*=sophomore, \*\*\*=freshman, ?=class unknown; all others are seniors. y=yard equivalent, m=metric equivalent, i=mark made indoors. Any other remaining abbreviations are explained on the page in which they appear.

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

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
ERDIE OLIVIERIA	PALMA	21-02.5	1		
MARCEL MEDINA	MILPITAS	21-05.0	2		
NIDE WILLIS	SEASIDE	21-06.0	3		
ANDRE JACKSON	LIBERTY BAPTIST	21-06.25	4		
FERNANDO LAMBERTY	SAN MATEO	21-08.0	5		
ANDREW PARKER	MONTE VISTA	21-10.0	6		
DAVID HOBLEY	MONTE VISTA	21-11.25	7		
GREG CRICK	DEL MAR	22-00.0	8		
KENDEL ROBINSON	PROSPECT	22-02.0	9		
MARCO RUCKER	SILVER CREEK	22-02.0	10		
DONN TISDALE	WESTVIEW	22-04.0	11		
PAUL ABBOTT	ABRAHAM LINCOLN	22-05.5	12		
TY BLAIR	FLECKENT HILLS	22-09.0	13		
DAVID CERAMITOLI	TERRA MAR	22-09.0	14		
ROGER BRIDGES	HILLSDALE	23-00.5	15		
JOHNNY CLEVELAND	SOQUEL	24-00.0	16		

PAST CCS CHAMPIONS

Y-3/4	MARK	NAME	AFFILIATION
1966	22-0¼	Bob Jordan	(San Mateo)
1967	24-7½	Charlie Johnson	(Sequoia)
1968	24-0¼	Phil Quinet	(Homestead)
1969	22-7	Alonso Emery	(San Mateo)
1970	24-2¼	Lynn Swann	(Serra)
1971	23-5	Craig Conway	(Cupertino)
1972	22-1¼	*Dennis Holloway	(Blackford)
1973	23-2	Mark Thorp	(Cupertino)
1974	23-2¼	Phil Robinson	(Woodside)
1975	23-0¼	Nathan Johnson	(Seaside)
1976	23-0¼	Ken Vasquez	(Milis)
1977	23-¾	Paul Bates	(Menlo-Atherton)
1978	23-0¼	*Steve Bruce	(Menlo-Atherton)
1979	23-0¼	Steve Bruce	(Menlo-Atherton)
1980	23-10¼	*Ken Smith	(Falo Alto)
1981	22-1¼	Ken Smith	(Falo Alto)
1982	23-4	Larry Weldon	(Silver Creek)
1983	24-0¼	*Johnny Cleveland	(Soquel)

ALL-TIME CCS LIST

6-3/4	*Johnny Johnson (Pacific Grove) '65
25-4¼	Phil Quinet (Homestead) '68
25-2	Lynn Swann (Serra) '70
24-10	*Johnny Cleveland (Soquel) '83
24-6½	*Denny Rogers (Los Altos) '65
24-5	Paul Bates (Menlo-Atherton) '77
24-4	Rex White (Camden) '77
24-0¼	*Vester Robinson (Silver Creek) '72
23-11	Ken Smith (Falo Alto) '81
23-10¼	*Rick Miller (Leigh) '70
	Brett Woods (Los Gatos) '71
Wind-aided:	
24-0¼	*Johnny Cleveland (Soquel) '83
24-7¼	Charlie Johnson (Sequoia) '67
24-4	Craig Conway (Cupertino) '71
24-¾	Don Finley (Cupertino) '75
24-2	**Mark Thorp (Cupertino) '71

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: 81-3 1/4, Mike Carter (Jefferson, Dallas), 1979  
 All-Time State HS Best: 69-3 3/4, Jim Neidhart (Nwprt Hrbr, Newprt Bch), 1973

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
BRYAN BILLARD	ALISA	45-07.75	1		
CHRIS SMITH	PALMA	44-03.25	2		
PAUL SORENSON	ST. FRANCIS	47-11.8	3		
MIKE SMITH	JEFFERSON	48-10.0	4		
JAMES RAMIREZ	OCEANA	49-05.0	5		
ROLAND ANDERSON	MENLO ATHERTON	50-06.0	6		
PAUL ECHEVERIA	PALMA	50-09.5	7		
PELLON McDANIELS	SILVER CREEK	51-03.75	8		
DAVE PALANIAN	LOS GATOS	51-04.25	9		
JEFF FRANKLIN	YERBA BUENA	52-00.5	10		
ERIC VOLTA	SANTA CLARA	53-07.0	11		
ROGER CREEDON	CUPERTINO	54-08.75	12		
JACK MOHR	LOS ALTOS	55-01.5	13		
DONINIC FORTINO	PALMA	55-09.75	14		
TROY SHEETS	DEL MAR	54-00.5	15		
FRED HOUSTON	WILLOW GLEN	59-06.5	16		

PAST CCS CHAMPIONS

Y-3/4	Year	Champion
1966	62-6 1/4	*Steve Wilhelm (Fremont)
1967	63-0 1/4	Steve Wilhelm (Fremont)
1968	56-11 1/4	Ralph Shaw (Homestead)
1969	58-5	*Chris Adams (Los Altos)
1970	62-4	Chris Adams (Los Altos)
1971	59-5 1/4	Bob Aldrich (Fremont)
1972	62-6 1/4	Bret Nannon (Los Gatos)
1973	56-8 1/4	Lon Slemore (Lincoln)
1974	58-5 1/4	*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 (Carmel)
1979	60-3	Steve Ajmonetti (Blackford)
1980	58-8	Ray Ballantoni (Del Mar)
1981	61-11 1/4	Tim Sutra (Del Mar)
1982	56-11 1/4	John Ajmonetti (Blackford)
1983	56-3	*Troy Sheets (Del Mar)

ALL-TIME CCS LIST

Year	Champion
62-10	Steve Wilhelm (Fremont) '67
65-7 1/4	Don Castle (Cubberley) '61
65-0	Bruce Wilhelm (Fremont) '63
65-11 1/4	Bret Nannon (Los Gatos) '77
63-9	Bob Brannen (Los Gatos) '64
62-9 1/4	Chris Adams (Los Altos) '79
62-0	Pat Graham (Leland) '77
62-7	Bruce Parker (St. Ignatius) '78
62-2 1/4	Ron Coover (Sunnyvale) '76
62-1 1/4	Steve Cherardi (St. Ignatius) '72



GIRLS HIGH JUMP

National Federation Record: 6-2½, Kym Carter (East, Wichita, Ks), 1982  
 6-2½, Wendy Brown (Woodside), 1984  
 CCS Meet Record: 5-9½, Trish King (Menlo-Atherton), 1980  
 All-Time National HS Best: 6-3i, Lisa Bernhagen (Wood River, Hailey, Id), 1984  
 All-Time State HS Best: 6-2½, Wendy Brown (Woodside), 1984

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
CARRIE COWNO	GILROY	4-10	1		
KIM BECKER	NORTH SALINAS	5-00	2		
SAUSANTNER	HOLLISTER	5-00	3		
HEIDI BRICHER	HALF MOON BAY	5-00	4		
LEAHNE ATENCIO	DEL MAR	5-02	5		
CATHY MORRIS	ARCHBISHOP KITTY	5-02	6		
SAM SWANER	LOS ALTOS	5-02	7		
KELLEY CUMMINS	LOS ALTOS	5-02	8		
STACY REED	WESTMONT	5-02	9		
LIZ BERGER	SON MATEO	5-02	10		
TARA FAIRFIELD	FREEMONT	5-04	11		
JANIE BRIDGEMAN	GILROY	5-04	12		
SHERRY BERTMAN	DUBLIN/DAVE	5-04	13		
MICHAEL BRAY	LOS ALTOS	5-04	14		
WENDY BROWN	WOODSIDE	5-06	15		
BETH VIDAKOVITS	ST. FRANCIS	5-06	16		

PAST CCS CHAMPIONS

1974	5-8	**Pam Blackburn (Cubberley)
1975	5-6½	*Pam Blackburn (Cubberley)
1976	5-8	Pam Blackburn (Cubberley)
1977	5-4	**U*Estelana Brossard (Independence)
1978	5-7	**Angela Phifer (Independence)
1979	5-6	*Trish King (Menlo-Atherton)
1980	5-9½	Trish King (Menlo-Atherton)
1981	5-4	Karen Robinson (Fremont)
1982	5-8½	**Wendy Brown (Woodside)
1983	5-7	**Beth Vidakovits (St. Francis)

ALL-TIME CCS LIST

6-2½	Wendy Brown (Woodside) '84
5-10	*Pam Blackburn (Cubberley) '78
5-9½	Trish King (Menlo-Atherton) '80
5-9	***Lettie Maxie (Mills) '82
	**Rachael Bray (Los Altos) '83
	*Beth Vidakovits (St. Francis) '84
5-8½	Denise Cornell (King City) '76
5-8½	*Karen Robinson (Fremont) '80
	**Yvonne Kendall (Mills) '83
	*Michael Miller (Santa Clara) '82

WORLD RECORDS

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

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
KATHY RESCHKE	SAN MATEO	188-83	1		
ROSELE HANDELT	ALISAL	189-86	2		
NANCY RICE	LELAND	189-87	3		
JOYCE FRIESTAD	SEASIDE	118-83	4		
DAWN HENDERSON	KING CITY	118-86	5		
WENDY WINTERILL	SAN MATEO	111-85	6		
KIM SMITH	WESTBROOK	112-87	7		
STACY JOHNSON	INDEPENDENCE	112-88	8		
CHERIE HANSELL	LOS ALTOS	114-81	9		
LESLIE DENIZ	KING CITY	115-11	10		
MARIA ALLELA	SEASIDE	117-86	11		
DIANETTE WENGER	GRIN	118-82	12		
STACY JOHNSON	KING CITY	118-82	13		
TINA LEI	DAWENFELT	124-88	14		
CHERRY BALDWIN	BERNARDI	131-86	15		
LATERIA FLOYD	OAK GROVE	139-86	16		

ALL-TIME CCS LIST

151-0	Linda Langford (Leigh) '89
151-6	*Cindi Durchslag (San Carlos) '81
148-0	*Sue Springer (Salinas) '78
147-10	Nancy Norberg (Cubberley) '84
147-9	Anne Petree (St. Francis) '83
144-3	Karen Woodbeck (Cupertino) '79
144-3	Stephanie Townsel (Silver Creek) '82
144-3	Latoria Floyd (Oak Grove) '84
143-4	Diane Gwalt (Los Gatos) '81
142-7	Carol Knight (Carleton) '70
	Joyce van Overbeek (Presentation) '83
	Sleeping Field:
131-2	Nancy Norberg (Cubberley) '84

PAST CCS CHAMPIONS

(Event first held in 1975)	Year	Mark	Name	Affiliation
1975	118-2	Kathy Kuchta	(King City)	
1976	133-5	**Sue Springer	(Salinas)	
1977	136-7	**Sue Springer	(Salinas)	
1978	146-3	*Sue Springer	(Salinas)	
1978	148-3	Sue Springer	(Salinas)	
1980	136-7	Carolynn Perkins	(Westmoor)	
1981	147-9	*Cindi Durchslag	(San Carlos)	
1982	149-0	Cindi Durchslag	(San Carlos)	
1983	147-9	Anne Petree	(St. Francis)	

ROYAL MISC.

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: 215-6, Clint Johnson (Shwnee Msn S, Ovrind Pk, Ks), 1980

All-Time State HS Best: 209-6, Dave Porath (Atwater), 1978

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
LESLER	SALINAS	141-01	1		
PAUL ECHIVERIA	PALMA	146-07	2		
MARTY DeFRANCO	GILROY	147-08	3		
RUSSELL STESER	TERESA MORA	149-11	4		
JAMES BOUTINEZ	OCCONA	151-01	5		
JEFF FRANKLIN	YENSA BURNS	151-01	6		
PAT TALESPHRE	BELLARINE PREP	153-04	7		
GLEN PRICE	WESTMONT	153-04	8		
MURT FINGERTON	LELAND	153-07	9		
PETE THOMPSON	CUPERTINO	153-09	10		
MIKE SMITH	JEFFERSON	154-03	11		
ART HOFFMAN	SANTA TERESA	150-00	12		
DONALD FORTINO	PALMA	148-08	13		
JACK MOORE	LOS ALTOS	161-11	14		
ROGER FREEDON	CUPERTINO	148-03	15		
STEVE DUNLEY	LELAND	148-11	16		

PAST CCS CHAMPIONS

1966	171-11	*Steve Wilhelm (Fresno)
1967	182-8	Bill Walker (Campbell)
1968	180-11	Jim Penrose (Carlsont)
1969	185-7	Mike Davis (Millisdale)
1970	183-3	Chris Adams (Los Altos)
1971	184-8	*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	179-1	Gary Barano (Los Gatos)
1976	171-0	Mike Hama (Sequel)
1977	177-5	*John Souza (Piedmont Hills)
1978	183-1	Steve Struble (Sunnyvale)
1979	174-5	Rick Meyers (Avalon)
1980	186-8	Dave Cowell (Cupertino)
1981	182-8	Tim Sutro (Red Mer)
1982	181-4	Dan Ketches (Hills)
1983	178-3	Bob Shank (Menlo-Atherton)

ALL-TIME CCS LIST

201-1	Chris Adams (Los Altos) '70
200-1	Scott Overton (Los Altos) '72
195-4	Bob Stoeker (Los Altos) '62
	Tom Birtwhistle (Cupertino) '68
194-2	Dave Hickson (Leland) '73
193-0	Jim Penrose (Carlsont) '68
190-5	Dan Ketches (Hills) '82
189-2	Steve McEnroe (Seaside) '79
188-1	Tim Sutro (Red Mer) '81
188-8	Tom Peterson (North Salinas) '78
	Slipping Field:
204-5	Scott Overton (Los Altos) '72
194-3	Bob Stoeker (Los Altos) '62

GIRLS LONG JUMP

National Federation Record: 22-1 3/4, Kathy McMillan (Hoke County, Raeford, NC), 1976  
 CCS Meet Record: 19-10 3/4, Wendy Brown (Woodside), 1983  
 All-Time National HS Best: 22-3, Kathy McMillan (Hoke County, Raeford, NC), 1976  
 All-Time State HS Best: 20-8 3/4, Kim Attlessey (Corona del Mar, Nwprt Bch), 1971  
 20-8 3/4, Marlene Harmon (Thousand Oaks), 1980

NAME	AFFILIATION	PREVIOUS NAME	POSITION	PLACE	NAME
KIM WRIGHT	SEASIDE	16-88.8	1		
METRI SKOJIS	SORREL	16-81.5	2		
KEE COLLINS	MILLS	16-84.8	3		
LISA TRANE	SUN LORENZO VALLEY	16-87.6	4		
REBECCA SPRADUE	SUN MATED	16-87.5	5		
JANICE DIXON	SALINAS	16-18.5	6		
WAL POPE	LEIGH	16-11.8	7		
LISA WALDEZ	PROSPECT	16-11.75	8		
LEONNE ATENCIO	DEL MAR	17-82.8	9		
DANIEL BRY	LOS ALTOS	17-85.5	10		
KIM DELRY	PROSPECT	17-89.8	11		
JERT OLSEN	BENDERSON	18-88.75	12		
DAVIELLE SHARKEY	BENDERSON	18-84.6	13		
TINA ROBINSON	WOODSIDE	18-86.5	14		
KAREN LAWSON	ST. FRANCIS	19-84.5	15		
WENDY BROWN	WOODSIDE	19-84.8	16		

ALL-TIME CCS LIST

Year	Score	Name	Affiliation	Year	Score	Name	Affiliation
1974	17-7	**Sandy Ferriere (King City)		19-3/4	20-8	**Wendy Brown (Woodside)	'83
1975	16-3/4	**Pam Blackburn (Cubberley)		19-6/4	**Shelia Greene (Hill)	'79	
1976	16-5	Sarita Johnson (Oak Grove)		19-6/4	**Vivian Riley (Mt. Pleasant)	'81	
1977	16-3	Liz McDonald (St. Francis)		19-5/4	Lisa Kinoshita (Oak Grove)	'76	
1978	17-7/4	**Kristy Campbell (Lynchrock)		19-4/4	**Lola Rockwell (Cann)	'78	
1979	18-5	**Shelia Greene (Hill)		19-3/4	Pat Daniels (Capehina)	'61	
1980	17-11/4	**Kelli Abruzzini (Gilroy)		18-10/8	Gurtha Founds (Live Oak)	'81	
1981	17-8	**Vivian Riley (Mt. Pleasant)		18-10	**Karen Lawson (St. Francis)	'84	
1982	19-9	**Wendy Brown (Woodside)		18-9/4	**Lori Costello (St. Camina)	'78	
1983	19-10/4	**Wendy Brown (Woodside)			Tessie Sullivan (Ayer)	'80	
				Wind-aided:			
				19-6/4	**Vivian Riley (Mt. Pleasant)	'81	
				19-4/4	**Karen Lawson (St. Francis)	'84	
				18-11	Tessie Sullivan (Ayer)	'80	

BOYS POLE VAULT

National Federation Record: 17-9 $\frac{1}{2}$ , Joe Dial (Marlow, Ok), 1981  
 CCS Meet Record: 15-8, Mike Kibort (Saratoga), 1983  
 All-Time National HS Best: 19-1 $\frac{1}{2}$ , Joe Dial (Marlow, Ok), 1981  
 All-Time State HS Best: 17-4 $\frac{1}{2}$ , Anthony Chirran (Crespi Carmelite, Encino), 1978

NAME	AFFILIATION	PREVIOUS NAME	POSITION	PLACE	MARK
ROY GONZALEZ	GONZALES	12-01.0	1		
MATT ROBERTS	CELESTINE ATHLETIC	12-06.0	2		
JOHN BISHOP	DEL MAR	12-08.0	3		
STEVE TONEY	MOLO ATHLETIC	12-08.0	4		
MATT KEVINE	ST. IDIDIUS	13-01.0	5		
MARKY	LOS ALTOS	13-04.0	6		
STEVE SWYDER	MILLISTER	14-00.0	7		
JIM TRAVILLO	WILSON	14-00.0	8		
PAT FRANKER	LOS GATOS	14-00.0	9		
BENKE STUBBS	DEL MAR	14-00.0	10		
MILLER	MOUNTAIN VIEW	14-00.0	11		
ELLIOT DIAZ	CAMPBELL	14-07.0	12		
MARK WALTER	TRACY	15-00.0	13		
GEORGE BARNETT	SANITON	15-00.0	14		
WALD WYEN	LOS GATOS	15-01.0	15		
TODD HEATING	WORTH VALLEJO	15-04.75	16		

PAST CCS CHAMPIONS

1966	14-0	Don Wells (King City)
1967	14-4 $\frac{1}{2}$	Tom Perence (Los Altos)
1968	14-7 $\frac{1}{2}$	Sam Albanese (King City)
1969	15-0 $\frac{1}{2}$	Sam Albanese (King City)
1970	14-10	Carl Collette (San Marcos)
1971	15-5 $\frac{1}{2}$	Roger Martin (Cupertino)
1972	14-4	Paul Johnson (Del Mar)
1973	15-0	Scott Turner (Del Mar)
1974	14-4	John Bell (Lynbrook)
1975	14-6	Steve Gravit (Campbell)
1976	15-0	Todd Lovjoy (Del Mar)
1977	15-3	Jim Westlund (Palo Alto)
1978	15-6 $\frac{1}{2}$	Bert Tardien (Del Mar)
1979	15-6	Greg Ellis (Menlo-Atherton)
1980	15-8 $\frac{1}{2}$	Greg Ellis (Menlo-Atherton)
1981	15-2	Mark Anderson (Palmer)
1982	15-6	Mike Kibort (Saratoga)
1983	15-2	Mike Kibort (Saratoga)

ALL-TIME CCS LIST

17-0	Mike Kibort (Saratoga) '82
17-1 $\frac{1}{2}$	Bert Tardien (Del Mar) '78
15-9	Roger Martin (Cupertino) '71
15-8 $\frac{1}{2}$	Ivan Moss (Los Gatos) '84
15-6 $\frac{1}{2}$	Witch Francisco (Hawesland) '78
15-6 $\frac{1}{2}$	Greg Ellis (Menlo-Atherton) '80
15-6 $\frac{1}{2}$	Larry Hints (Bathner) '73
15-6 $\frac{1}{2}$	G.J. Bahl (Avalon) '80
15-5	Jim Lyden (San Mateo) '69
15-4 $\frac{1}{2}$	Steve Fearnside (Del Mar) '77
15-4 $\frac{1}{2}$	Sam Mahoney (St. Francis) '80

GIRLS SHOT PUT

National Federation Record: 53-7½, Natalie Kaslawahia (Fullerton), 1983  
 CCS Meet Record: 43-5, Latonia Floyd (Oak Grove), 1982  
 All-Time National HS Best: 53-7½, Natalie Kaslawahia (Fullerton), 1983  
 All-Time State HS Best: 53-7½, Natalie Kaslawahia (Fullerton), 1983

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
BOBBI	MOUNTAIN VIEW	33-08.25	1		
DIANE STEWART	SANTA TERESA	33-11.0	2		
RONALIE SANCHEZ	ALISA	34-10.0	3		
BO BERRY	AMADOR	34-07.0	4		
JILL BISHOP	LIVE OAK	34-07.25	5		
HONEY RICE	LELAND	35-06.0	6		
KELE LANGE	SOUTH SAN FRANCISCO	35-02.0	7		
BUFFY BERTON	HILLS	35-04.0	8		
CINDI BISHOP	WATERSVILLE	35-04.0	9		
MAYA ALLELA	SEASIDE	34-06.25	10		
GENET BOLDWIN	BISHOP	34-02.5	11		
SHELLA FARRIS	HEWLETT ATHLETIC	34-07.0	12		
TOM LEE	OAKFELT	35-09.0	13		
DANETTE VERCHER	OSBY	45-03.25	14		
MELINDA BECKENHAUER	LOS ALTOS	41-05.0	15		
LATONIA FLOYD	OAK GROVE	43-05.75	16		

PAST CCS CHAMPIONS

8-3/4

8-pound shot (1974-79):

1974 37-2½ \*Eathy Eukts (King City)  
 1975 38-9½ \*Kathy Eukts (King City)  
 1976 43-9 Marie Garcia (Harbor)  
 1977 43-4 \*\*See Springer (Salinas)  
 1978 54-1½ \*See Springer (Salinas)  
 1979 45-2½ See Springer (Salinas)

4-kilogram shot (1980-present):

1980 38-0 Deana Ramirez (Hill)  
 1981 42-2½ \*Cindi Durchslag (San Carlos)  
 1982 43-5 \*\*Latonia Floyd (Oak Grove)  
 1983 42-0 \*Latonia Floyd (Oak Grove)

ALL-TIME CCS LIST

8-3/4

Latonia Floyd (Oak Grove) '84  
 Denise Holloway (Blackford) '75  
 \*Carol Hansen (Seaside) '82  
 Jill Crister (Gunn) '82  
 Cindi Durchslag (San Carlos) '82  
 Gim Carreras (Carleton) '81  
 Ingrid Bailey (Willow Glen) '82  
 \*Mariene Coulter (Yerba Buena) '82  
 \*Linda Langford (Leigh) '88  
 \*Melinda Beckenbauer (Los Altos) '84

4015 (1) (1) 1977

National Federation Record: 52-10 $\frac{1}{2}$ , Deon Mayfield (Muir, Pasadena), 1980  
 CCS Meet Record: 50- $\frac{1}{2}$ , Ken Taylor (Yerba Buena), 1981  
 All-Time National HS Best: 53-4 $\frac{1}{2}$ , Sanya Owolabi (Sipyn Hillw, N Tarrytown, NY), 1970  
 All-Time State Best: 52-10 $\frac{1}{2}$ , Deon Mayfield (Muir, Pasadena), 1980

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
BRAND HENNINGSEN	BRANDEN	43-02.25	1		
JOE ZACHARY	SEASIDE	43-01.5	2		
MIKE ACOSTA	ST. IGNATIUS	43-03.0	3		
MARSHETT TRULLOX	LOS BATOS	43-07.0	4		
JOHN FIELDS	OSBY	43-07.0	5		
LOUIS HALL	WESTVIEW	43-07.75	6		
MURRY CLEVELAND	SUNBELT	44-05.5	7		
ERIC SMITH	HOLLISTER	44-01.0	8		
MILLEN O'NEAL	SEASIDE	44-01.75	9		
MIKE WINTER	HEWITSON	44-04.0	10		
STEVE BLUMFORD	ST. IGNATIUS	44-04.75	11		
R.J. THEODRE	FREEMONT	44-05.75	12		
DAVID CONSIDOLI	TERRA ROMA	44-11.5	13		
TY BLAIR	PIEDMONT HILLS	45-06.5	14		
JEFF HARRIS	OVERFELT	45-02.0	15		
BRYAN KELLER	LELAND	45-02.0	16		

PAST CCS CHAMPIONS

(Event first held in 1966)

Year	Mark	Champion
1966	46-06	Chuck Staffas (Sunnyvale)
1967	45-8	Rod Utley (Cupertino)
1970	48-3 $\frac{1}{2}$	*Craig Conroy (Cupertino)
1971	49-5	Craig Conroy (Cupertino)
1972	47-10	John Triplatt (Bransham)
1973	48-11 $\frac{1}{2}$	Kevin McCarthy (Cupertino)
1974	47-7 $\frac{1}{2}$	*Nathan Johnson (Seaside)
1975	48-8	Myrt Basley (Woodside)
1976	47-0 $\frac{1}{2}$	Tony Vecchiet (Los Altos)
1977	49-2 $\frac{1}{2}$	Paul Bates (Menlo-Atherton)
1978	49-0 $\frac{1}{2}$	*Myron Porter (Willow Glen)
1979	48-0 $\frac{1}{2}$	Myron Porter (Willow Glen)
1980	47-0 $\frac{1}{2}$	Victor Torres (Silver Creek)
1981	50-0 $\frac{1}{2}$	Ken Taylor (Yerba Buena)
1982	48-0 $\frac{1}{2}$	Larry Nelson (Silver Creek)
1983	48-4	Chris Mearing (Mt. Pleasant)

ALL-TIME CCS LIST

Year	Mark	Champion
1966	46-06	Peter Moreno (Lick) '78
1967	45-08	Ken Taylor (Yerba Buena) '81
1970	48-3 $\frac{1}{2}$	Craig Conroy (Cupertino) '71
1971	49-5	Craig Conroy (Cupertino) '71
1972	47-10	Myrt Basley (Woodside) '75
1973	48-11 $\frac{1}{2}$	*Myron Porter (Willow Glen) '78
1974	47-7 $\frac{1}{2}$	*Chris Mearing (Mt. Pleasant) '82
1975	48-8	Gale Krebs (San) '71
1976	47-0 $\frac{1}{2}$	Kevin McCarthy (Cupertino) '75
1977	49-2 $\frac{1}{2}$	Harry Freeman (Santa Clara) '69
1978	49-0 $\frac{1}{2}$	Paul Bates (Menlo-Atherton) '77
1979	48-0 $\frac{1}{2}$	Harry Freeman (Santa Clara) '69
1980	47-0 $\frac{1}{2}$	Peter Moreno (Lick) '78
1981	50-0 $\frac{1}{2}$	Larry Nelson (Silver Creek) '82
1982	48-0 $\frac{1}{2}$	Junior Rojas (Overfelt) '75
1983	48-4	

BOYS HIGH JUMP

National Federation Record: 7-4 3/4, James Lott (Refugio, Tx), 1983  
 OCA Best Record: 6-10, Mesha Spivey (Woodside), 1979  
 6-10, Dave Sampson (Homestead), 1982  
 All-Time National HS Best: 7-6, Dorhel Edwards (Cedar Shoals, Athens, Ga), 1983  
 All-Time State HS Best: 7-4 1/2, Maurice Crumby (Raiboa, San Francisco), 1983

NAME	AFFILIATION	HEIGHTS MARK	POSITION	PLACE	NAME
MIKE MURPHY	DEL MAR	6-20	1		
LARRY MURKINOTN	MOUNT PLEASANT	6-25	2		
STEVE MEIER	CANDEL	6-22	3		
TOMM BRIDGINS	CANDEL	6-24	4		
CARLOS MARTINEZ	SEASIDE	6-23	5		
MIKE JAIN	MONTMONT	6-26	6		
BRYAN KELLEN	LELAND	6-28	7		
SCOTT FERRER	WILSON CLIFF	6-34	8		
MIKAL OWEN	LIVE OAK	6-26	9		
BILL COCKMAN	WORLD SCHOOL	6-26	10		
MARK WERTEN	HOMESTEAD	6-26	11		
JOEY NIGLA	LYNDHURST	6-26	12		
JEFF MONTSON	HILLS	6-28	13		
ETIENNE REPULTEAD	HILLS	6-28	14		
JOEY ROBERTS	OVERFELT	6-28	15		
MIKE SMITH	ST. MARYS	6-10	16		

PAST OCA CHAMPIONS

1964	6-8 1/2	John Badetich (San Carlos)
1967	6-7	Deanna McCollough (San Lorenzo Valley)
1968	6-6	Clyde Sedler (St. Ignace)
1969	6-3 1/2	Vinco Papatto (Lapachino)
1970	6-6	Jim May (Cupertino)
1971	6-6	Bill Kahn (Hills)
1972	6-8	Dave Bush (Campbell)
1973	6-4	Kirk Collins (Monterey)
1974	6-6 1/2	Mark Insley (Cupertino)
1975	6-6	Bob Dillard (Hills)
1976	6-5	Thurils Gibbs (Hill)
1977	6-8	*Joel Myrick (Mt. Pleasant)
1978	6-6	Doug Wright (Live Oak)
1979	6-10	Mesha Spivey (Woodside)
1980	6-6	Sam Hill (Palms)
1981	6-7	T.J. Bartol (Montmont)
1982	6-10	Dave Sampson (Homestead)
1983	6-8	*Jeff Rogers (Overfel)

ALL-TIME OCA LIST

6-11	Dave Bush (Campbell) '72
	Craig Branstrom (Half Moon Bay) '83
	*Jeff Rogers (Overfel) '84
6-10 1/2	Max Lee (Aval) '64
	Kirk Collins (Monterey) '75
	Joel Myrick (Mt. Pleasant) '78
6-10 1/4	Mervyn Fernandez (Hill) '78
	*Jon Hicks (North Salinas) '79
6-10	Thurils Gibbs (Hill) '76
	Doug Wright (Live Oak) '78
	*Mesha Spivey (Woodside) '79
	*Sam Hill (Palms) '79
	Dave Sampson (Homestead) '82
	Gregg Janda (St. Ignace) '84



GIRLS TREADLE JUMP

National Federation Record: 42-3½, Wendy Brown (Woodside), 1984  
 CCS Meet Record: 40-2, Wendy Brown (Woodside), 1983  
 All-Time National HS Best: 42-3½, Wendy Brown (Woodside), 1984  
 All-Time State HS Best: 42-3½, Wendy Brown (Woodside), 1984

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
LARIE LIM	ARMON	33-01.0	1		
PAUL LOONEY	SACRED HEART PREP	33-05.0	2		
STACIE HARR	GILROY	34-11.75	3		
DANIELLE SHARKEY	GUNDERSON	35-04.0	4		
CATY MONDUTUS	ARCHBISHOP NITTY	35-04.0	5		
BROWN	MILPITAS	35-05.25	6		
LEZLI JENSEN	LOS BATOS	35-05.5	7		
TEACOLIA ALEXANDER	SEASIDE	35-05.0	8		
HEIDI SKEWIS	SOQUEL	35-08.0	9		
TARA FAIRFIELD	FREEMONT	35-10.0	10		
JULIE JOHNSTON	ARCHBISHOP NITTY	35-11.0	11		
TINA ROBINSON	WOODSIDE	36-04.25	12		
LEANNE ATENCIO	DEL MAR	37-04.0	13		
SHERRY OLSEN	GUNDERSON	37-07.0	14		
JANICE DIGGS	SALINAS	38-01.0	15		
WENDY BROWN	WOODSIDE	41-10.0	16		

ALL-TIME CCS LIST

42-3½	Wendy Brown (Woodside) '84
42-3½	*Janis Diggs (Salinas) '83
38-4½	**Tina Robinson (Woodside) '82
37-10	Donna Campbell (Overfelt) '83
37-7½	Leanne Atencio (Del Mar) '84
37-4½	***Leslie Maxie (Mill) '82
36-11¼	**Margaret Ruden (Homestead) '82
36-8¼	Sherry Olsen (Gunderson) '84
36-0	Heidi Skewis (Soquel) '83
36-5¼	Teacolla Alexander (Seaside) '84
Wind-aided:	
47-2¼	Wendy Brown (Woodside) '84
38-0¼	Janis Diggs (Salinas) '84
38-3	**Margaret Ruden (Homestead) '82
38-2¼	Sherry Olsen (Gunderson) '84
37-10¼	Donna Campbell (Overfelt) '83
36-10¼	**Elsa Durante (Homestead) '82

PAST CCS CHAMPIONS

(Event first held in 1982)	Year	Champion
1982	39-8	**Wendy Brown (Woodside)
1983	40-2	*Wendy Brown (Woodside)

BOYS 440-YARD RELAY

National Federation Record: 40.2, Lincoln (Dallas), 1970

OCS 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: 41.07+ (40.83m), Edison (Fresno), 1983

AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
<u>Section I</u>				
MONTEREY	43.7	1	-----	-----
GILBOY	43.2	2	-----	-----
ST. FRANCIS	43.8	3	-----	-----
INDEPENDENCE	42.73	4	-----	-----
YORK SCHOOL	43.8	5	-----	-----
LYNDEN	44.1	6	-----	-----
NORTH PLEASANT	43.65	7	-----	-----
PROSPECT	43.79	8	-----	-----
<u>Section II</u>				
LOS ALTOS	44.3	1	-----	-----
NORTH MONTEREY COUNTY	44.1	2	-----	-----
NORTE VISTA	44.1	3	-----	-----
JEFFERSON	43.9	4	-----	-----
DIANA TERESA	43.98	5	-----	-----
WESTVIEW	44.1	6	-----	-----
ST. FRANCIS	44.2	7	-----	-----
PROSPECT	44.3	8	-----	-----

\*\*\*NOTE: Two Sections, with final placings determined by time.

PAST OCS CHAMPIONS  
(Event first held in 1968)

1968	42.8	Menlo-Atherton
1969	42.6	Santa Cruz
1970	42.5	Overfelt
1971	42.4	Monterey
1972	42.1	Silver Creek
1973	42.1	Los Altos
1974	42.7	Yerba Buena
1975	41.6	Woodside
1976	41.7	Piedmont Hills
1977	42.40	Silver Creek
1978	42.3	N. Pleasant
1979	42.07	Cubberley
1980	42.30	Silver Creek
1981	42.70	Independence
1982	42.00	Carlmont
1983	41.9	Independence

ALL-TIME OCS LIST  
--converted from 400 meters

41.6	Woodside '75
41.7	Piedmont Hills '76
41.94	N. Pleasant '76
42.00	Carlmont '82
42.01+	Silver Creek '80
41.9	Independence '83
42.07	Cubberley '79
	Woodside '80
42.0	Silver Creek '72
	Yerba Buena '76

GIRLS 440-YARD RELAY

National Federation Record:  
CCS Meet Record:

45.13m, Berkeley, 1981  
47.7, Hill, 1978  
48.08, Saratoga, 1982

All-Time National HS Best:  
All-Time State HS Best:

45.30+ (45.13m), Berkeley, 1981  
45.30+ (45.13m), Berkeley, 1981

\*\*\*NOTE: Two sections,  
with final placings  
determined by time.

AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
<u>Section I</u>				
LOS GATOS	50.37	1		
ST. FRANCIS	50.2	2		
SEASIDE	50.4	3		
SOUTH SAN FRANCISCO	50.1	4		
INDEPENDENCE	50.27	5		
LYNBROOK	52.9	6		
WESTMONT	50.37	7		
WINDSIDE	50.4	8		
<u>Section II</u>				
WESTMOOR	51.3	1		
<u>PAST CCS CHAMPIONS</u>				
1974	50.5			Menlo-Atherton
1975	50.3			Harbor
1976	48.8			Harbor
1977	48.44			Silver Creek
1978	47.7			Hill
1979	48.72			Prescott
1980	48.49			San Carlos
1981	48.83			San Carlos
1982	48.08			Saratoga
1983	48.87			Independence
NORTH MONTEREY COUNTY	50.9	2		
NORTH PLEASANT	50.71	4		
PALO ALTO	50.8	3		
SALINAS	51.0	6		
MENLO ATHLETION	51.1	7		
MONTEREY	51.3	8		

ALL-TIME CCS LIST

\*\*converted from 400 meters

47.15	Hill '78
48.08	Saratoga '82
48.99	Silver Creek '82
49.26	Silver Creek '77
48.2	Lynbrook '78
48.41	Hillside '82
48.49	San Carlos '80
48.53	San Carlos '81
48.6	Overfelt '81
	Saratoga '81

BOYS 110-METRE HIGH HURDLES

National Federation Record: 13.41, Steve Kerho (Mission Viejo), 1982  
 12.9y, Ronaldo Nehemiah (Fwd, Scotch Plains, NJ), 1977  
 CCS Meet Record: 13.90, Erick Montgomery (Independence), 1983  
 All-Time National HS Best: 13.41, Steve Kerho (Mission Viejo), 1982  
 12.9y, Ronaldo Nehemiah (Fwd, Scotch Plains, NJ), 1977  
 All-Time State HS Best: 13.41, Steve Kerho (Mission Viejo), 1982  
 13.2y, Dedy Cooper (Bills, Richmond), 1975

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
<u>Heat 1</u>					
STEVE CHAMBERLAIN	SEL. HUR	14.82	1		
KEVIN McPHERSON	NORTH PLACENT	14.24	2		
JIM LAURETE	PALMS	15.1	3		
SEBASTIAN WHEELER	INDEPENDENCE	14.85	4		
MIKE COULTER	SERRAVENTO	15.5	5		
PETER MULLIGAN	LUNDAUN	15.1	6		
LUIS VILLAFRUE	NORTH GILBERT	15.4	7		
SCOTT STANARD	PALMS	15.5	8		
<u>Heat 2</u>					
LEW CASE	CORVANT	15.3	1		
DON CASTLE	BELLARINE PREP	15.2	2		
MIKE RILEY	INDEPENDENCE	14.16	3		
JUAN QUINTERO	NORTH MONTEREY COUNTY	15.8	4		
MIKE KING	MONTE ATHLETIC	15.8	5		
MATT INDIANE	ST. IGNATIUS	15.1	6		
TYLER BIRRE	LOS ALTOS	15.5	7		
JIM CHRISTEN	LELAND	15.8	8		

ALL-TIME CCS LIST

y-hand-timed 120-yard race:  
 \*converted from 120 yards (more-timed only)  
 13.5y Carl Fiorant (Palo Alto) '73  
 13.50 Erick Montgomery (Independence) '83  
 13.93 Bud Green (Palo Alto) '81  
 13.7y Don Kennedy (Serravento) '75  
 13.8y Tom Roberts (Serravento) '76  
 13.9y Ike Alford (Serravento) '75  
 y Tony Nichols (Serravento) '75  
 14.18+ Malcolm Binnis (Sequoia) '78  
 14.0y Steve Guthrie (Cupertino) '78  
 14.34 Gary Tucker (Sequoia) '81  
 14.1 John Zukewy (Hillsdale) '80  
 Ron Seanes (Gilroy) '81  
 y Don Finley (Cupertino) '75  
 y Scott Murray (Overhill) '75  
 y Byron Hawkins (Burlingame) '76  
 y Richard Clark (Hewlett-Atherton) '77  
 y Eric McPherson (Mt. Pleasant) '79  
 y Reggie Hawkins (Hillsdale) '81  
 Wind-aided:  
 13.8y Don Finley (Cupertino) '75  
 14.16 Cory Hobbs (Independence) '81

PAST CCS CHAMPIONS

y=120-yard race

1966	14.2y	Randy Hall (Burlingame)
1967	14.7y	Sandy White (Mills)
1968	14.5y	Jim Miller (Covington)
1969	14.8y	Chip Hough (Sequoia)
1970	14.5y	Vic Brooks (Los Altos)
1971	14.9y	Bill Wright (Silver Creek)
1972	14.1y	*Ike Alford (Serravento)
1973	14.1y	*Carl Fiorant (Palo Alto)
1974	14.4y	Mark Wilschreit (Cupertino)
1975	13.8y	Don Kennedy (Serravento)
1976	14.5y	Tom Roberts (Serravento)
1977	14.37y	*Byron Hawkins (Burlingame)
1978	14.0y	Steve Guthrie (Cupertino)
1979	14.54y	Eric McPherson (Mt. Pleasant)
1980	14.50	*Reggie Hawkins (Hillsdale)
1981	14.75	Don Seanes (Gilroy)
1982	14.16	Erick Montgomery (Independence)
1983	13.80	Erick Montgomery (Independence)

100-YARD METRE LOW HURDLES

National Federation Record: 13.8y, Carol Lewis (Willingboro, NJ), 1980  
 13.6, Kim Turner (Mumford, Detroit), 1979  
 CCS Meet Record: 14.14, Leslie Maxie (Mills), 1983  
 13.9, Kim Costello (El Camino), 1978  
 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

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
<u>Heat I</u>					
CYNTHIA SOLIDARIS	MOUNT PLEASANT	15.26	1	_____	_____
KELLEY CUMMINS	LOS GATOS	15.16	2	_____	_____
WENDY BROWN	WOODSIDE	13.7	3	_____	_____
LESLIE MAXIE	MILLS	13.7	4	_____	_____
JESSICA JOHNSON	APTOS	15.2	5	_____	_____
BARBARA SCHMIDT	SQUEL	15.8	6	_____	_____
MARIA SALCEDO	HOLLISTER	15.9	7	_____	_____
ADRIENNE DONALD	PALO ALTO	15.9	8	_____	_____
<u>Heat II</u>					
TINA ROBINSON	WOODSIDE	15.6	1	_____	_____
TARA FAIRFIELD	FREMONT	15.6	2	_____	_____
LORI FINNERTY	PIEDMONT HILLS	14.49	3	_____	_____
MARGARET RUDEN	HONESTEAD	14.5	4	_____	_____
MICHELLE DUYER	LEIGH	14.51	5	_____	_____
RACHEL BRAY	LOS ALTOS	15.3	6	_____	_____
MELODY NEAL	CAPUCHINO	15.6	7	_____	_____
MAURA SCHAPPER	NOTRE DAME - SALINAS	15.9	8	_____	_____

ALL-TIME CCS LIST

\*\*converted from 110 yards  
 13.75\* Kris Costello (Lynbrook) '78  
 13.87\* Kim Costello (El Camino) '78  
 \*Leslie Maxie (Mills) '84  
 13.88 Wendy Brown (Woodside) '84  
 14.18\* \*Angel Kellen (Leland) '78  
 14.31\* \*Mary Crevelt (St. Francis) '79  
 14.37 Roberta Eccles (Gunderson) '83  
 14.5\* Karen Robinson (Branham) '81  
 14.44 Margaret Ruden (Honestead) '84  
 14.51\* Veronica Soto (Gilroy) '79  
 Wind-aided:  
 13.77 \*\*Leslie Maxie (Mills) '82  
 13.8\* \*Angel Kellen (Leland) '78  
 13.9\* \*Mary Crevelt (St. Francis) '79  
 14.14 \*Roberta Eccles (Gunderson) '82  
 14.30 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):  
 \*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 (Squel)  
 1982 14.26 \*\*Leslie Maxie (Mills)  
 1983 14.14 \*\*Leslie Maxie (Mills)

1984 CCS 800 YARD

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

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
BOB LYLE	LIVE OAK	1:55.1	1		
KEITH ALLEN	BELLARINE PREP	1:56.7	2		
DAVE CAMPBELL	GUNN	1:58.3	3		
DAN SCHALL	DEL MAR	1:59.34	4		
DAVE CATTANACH	PACIFIC GROVE	1:59.3	5		
JOE ALEXANDER	ST. FRANCIS	1:59.3	6		
DOUG HANCOCK	SARATOGA	1:59.7	7		
TONY SPANSEBERG	BANHAM	2:00.92	8		
DAN KAMINSKIS	NORTH MONTEREY COUNTY	1:59.3	9		
JESSE MINDZ	ARADON	1:59.6	10		
STEVE THEARD	GUNDERSON	1:59.2	11		
TED BETTGER	SANTA TERESA	2:01.56	12		
ALEX RUACHO	GONZALES	1:59.9	13		
ERIKON FITZGERALD	ST. IGNATIUS	1:59.9	14		
RON CAPURSO	GUNDERSON	1:59.2	15		
MIKE DEESER	LEIGH	2:02.14	16		

PAST CCS CHAMPIONS

y=880-yard race

1966	1:55.7y	Fred James (Seaside)
1967	1:58.9y	Jerry Thompson (Cupertino)
1968	1:54.2y	**Rick Brown (Los Altos)
1969	1:58.8y	*Rick Brown (Los Altos)
1970	1:50.7y	Rick Brown (Los Altos)
1971	1:52.2y	Mike Tyrell (Saratoga)
1972	1:54.3y	Jack Wendro (Serra)
1973	1:53.2y	Malcolm Cleary (Stevenson)
1974	1:53.4y	Dave Hamilton (Leigh)
1975	1:51.4y	Conrad Suhr (Leigh)
1976	1:52.8y	Tom Light (Pacific Grove)
1977	1:53.2y	Bruce Jensen (Buchver)
1978	1:55.4y	*Benny Trujillo (Gilroy)
1979	1:53.3y	*Benny Trujillo (Gilroy)
1980	1:53.7	Bill Oliver (Los Gatos)
1981	1:53.8	Green Woods (Milpitas)
1982	1:53.8	Randy Fangelina (Lick)
1983	1:53.4	Chris Howe (Pacific Grove)

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 Tadjon (Serra) '66
-	Dave Hamilton (Leigh) '74
-	Mark Stillman (Willow Glen) '77
1:52.1*	Dele Bennett (Los Altos) '65
-	Larry Davis (Los Altos) '70
-	Keith Allen (Bellarmine) '84

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 Dbin, Ft Wshngtn, Pa), 1982  
 All-Time State HS Best: 2:02.29, Mary Decker (Orange), 1974

NAME	AFFILIATION	PREVIOUS NAME	POSITION	PLACE	MARK
KRISTEN DOWELL	SANTA TERESA	2:06.24	1		
TRACY WEBER	LYNBROOK	2:19.7	2		
MARIE BLAIS	MONROE ATHLETIC	2:19.7	3		
LOREN THOMPSON	APTOS	2:22.0	4		
LAUREN DAVIS	DEL MAR	2:17.24	5		
MARGARET CORIC	CAMPBELL	2:28.1	6		
MICHELLE FORTZ	WHEATLAND	2:28.4	7		
S. TYLER	SEASIDE	2:25.8	8		
LAURA HENRY	LOS BATOS	2:19.11	9		
LAURA LINTHICUM	MENLO VISTA	2:26.8	10		
ROBIN ATKINSON	MENLO SCHOOL	2:21.7	11		
TRISH WILKINSON	KING CITY	2:26.4	12		
TORI WEISSERS	ARCHDEACON HITT	2:21.19	13		
DEBRA CONN	FREMONT	2:21.2	14		
SHERRY SWANSON	TERMA NOM	2:23.8	15		
KRIS KELLEY	LIVE OAK	2:24.4	16		

PAST CCS CHAMPIONS

Year	Time	Name	Affiliation
1974	2:24.7y	Amy Huxck	(Aptos)
1975	2:19.8y	Amy Huxck	(Aptos)
1976	2:18.9y	Becky Barrett	(Brunhese)
1977	2:11.5y	**Ann Regan	(Camden)
1978	2:10.3y	**Ann Regan	(Camden)
1979	2:09.0y	Ann Regan	(Camden)
1980	2:09.0	**Marie King	(Ayer)
1981	2:08.6	Tracy Weber	(Lynbrook)
1982	2:11.2	*Sharon Yavinek	(Presentation)
1983	2:10.5	**Kristen Dowell	(Santa Teresa)

ALL-TIME CCS LIST

Year	Time	Name	Affiliation
		**converted from 850 yards	
	2:04.37	**Ann Regan	(Camden) '77
	2:05.9	Francie Larriou	(Fremont) '70
	2:08.45	**Kristen Dowell	(Santa Teresa) '83
	2:08.6	Tracy Weber	(Lynbrook) '81
	2:09.4	*Marie King	(Milpitas) '81
	2:09.7	*Diana Figliomeni	(Saratoga) '78
	2:09.8	Cory Schubert	(Del Mar) '83
	2:10.03	Stacey Threadgill	(Hitty) '82
	2:10.38	*Sharon Yavinek	(Presentation) '82
	2:10.5*	*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 McTear (Baker, Fl), 1976  
 All-Time State HS Best: 10.39, Ken Robinson (Berkeley), 1981  
 10.39, Ray Brown (Muir, Pasadena), 1984

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	TIME
Heat 1					
NICK BRON	GILROY	11.1	1		
JOE BRINK	SANTA TERESA	10.58	2		
ANDRE BILLY	INDEPENDENCE	10.52	3		
HENRY BARBA	JAMES LICK	10.41	4		
MATT DEVINE	ST. IGNATIUS	10.7	5		
CHRIS WHITE	LYNDHURST	11.0	6		
KEVIN ROBINSON	PROSPECT	10.08	7		
CHARLES WILSON	JEFFERSON	11.3	8		
Heat 2					
TONY WALSH	LYNDHURST	10.11	1		
CHARLES SMITH	WENDE ATHLETIC	10.6	2		
SAM CROSBY	SEASIDE	10.7	3		
JOHNNY CLEVELAND	SOMER	10.6	4		
LOUIS FORTMAN	MILPITAS	10.08	5		
DANNEN BRUSH	CAPEHART	10.10	6		
MIKE SCHNEIDER	NORTH MONTEREY COUNTY	11.1	7		
PAUL ABBOTT	MERRICK LINCOLN	10.2	8		

PAST CCS CHAMPIONS

100-yard race

1946	9.9y	Jim Marshall (Reverwood)
1947	9.7y	*Fred Lyman (Los Altos)
1948	9.9y	Fred Lyman (Los Altos)
1949	10.2y	Al Marshall (Santa Cruz)
1970	9.7y	*Chuck Bonarrito (Crestmoor)
1971	9.8y	Chuck Bonarrito (Crestmoor)
1972	9.7y	*Willard Hampton (Silver Creek)
1973	9.7y	*Willard Hampton (Silver Creek)
1974	9.8y	Willard Hampton (Silver Creek)
1975	9.6y	*Keith Taylor (Foothill Hills)
1976	9.8y	Glenn Cannon (Mt. Pleasant)
1977	10.03y	Wayne Green (Ayer)
1978	9.7y	Wayne Taylor (Overfelt)
1979	9.8y	Bill Green (Cubberley)
1980	10.75	Eric Washington (Woodside)
1981	10.41	Reggie Grimes (Hill)
1982	11.05	Tom Wolf (Gunn)
1983	10.80	Anthony Hodges (Wendy-Atherton)

ALL-TIME CCS LIST

10.2	Bill Gaines (San Jose) '68
10.37	Ken Smith (Palo Alto) '81
10.39	Bill Green (Cubberley) '79
10.4	Carl Montgomery (South San Francisco) '80
10.73	Eric Washington (Woodside) '80
10.5	Willard Hampton (Silver Creek) '74
	Glenn Cannon (Mt. Pleasant) '76
	Reggie Grimes (Hill) '81
	Ken Williams (Mt. Pleasant) '82
10.80	Anthony Hodges (Wendy-Atherton) '83
Wind-aided	
10.5	Willard Hampton (Silver Creek) '74
10.51	Carl Montgomery (South San Francisco) '80
10.67	Reggie Grimes (Hill) '81
10.3	*Henry Barba (Lack) '84
10.74	*Gregg Chow (Prospect) '81
10.79	Steve Fisher (Saratoga) '84



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 (Rbit, Jacksnvl, Fl), 1976  
 All-Time State HS Best: 11.34, Sharon Ware (Berkeley), 1980

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
<u>Heat I</u>					
LAURA VAN	PALO ALTO	12.0	1		
EFFIE BAETZ	LETON	12.14	2		
TRACY COLE	SILVER CREEK	12.08	3		
MINA HUTCHINS	INDEPENDENCE	11.81	4		
KAREN LAWSON	ST. FRANCIS	12.5	5		
JENNIFER CLAYTON	LYNBROOK	12.0	6		
CLAIRIA FREE	MENLO ATHLETIC	12.7	7		
BARBARA BRISWOLD	ADAMSON LINCOLN	12.8	8		
<u>Heat II</u>					
LUCY PASSION	WATSONVILLE	12.4	1		
YOLANDA CUNNINGHAM	SILVER CREEK	12.14	2		
CAROL CALES	MONTREY	12.5	3		
NICOLE CALDWELL	REDWOOD CHRISTIAN	12.2	4		
LASHUN PETERS	WOODSIDE	12.2	5		
ATHENA HARRISON	JEFFERSON	12.4	6		
JESSICA JOHNSON	APTOS	12.4	7		
MELANIE BICKERSTAFF	WESTVIEW	12.9	8		

<u>PAST CCS CHAMPIONS</u>			<u>ALL-TIME CCS LIST</u>		
y=100-yard race			11.5	**Elaire Parker (Oceans) '75	
1974	11.5y	Beverly James (Silver Creek)	12.00	Gurtha Pounds (Live Oak) '82	
1975	11.1y	Mary Ellis (Yerba Buena)	12.02	**Mina Hutchins (Independence) '83	
1976	11.2y	**Kris Costello (Lynbrook)		**Karen Lawson (St. Francis) '84	
1977	11.16y	*Eloise Mallory (Silver Creek)	12.04	**LaShun Peters (Woodside) '85	
1978	10.4y	Kells Bolton (Hill)	11.4	**Kells Bolton (Oceans) '76	
1979	11.16y	*Lois Rockwell (Gunn)		*Julie Middleton (San Mateo) '81	
1980	12.38	**Gurtha Pounds (Live Oak)	12.04	Karen Carr (Overfelt) '82	
1981	11.9	*Julie Middleton (San Mateo)	12.12	*Debbie Dyson (Hillsdale) '83	
1982	12.19	Gurtha Pounds (Live Oak)		*Vivian Riley (Mt. Pleasant) '82	
1983	12.02	**Mina Hutchins (Independence)			
			Wind-aided:		
			11.85	Kells Bolton (Hill) '78	
			11.65	**Elaire Parker (Oceans) '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	Kenda Robinson (San Carlos) '81	

National Federation Record: 45.5, Anthony Ketchum (Needville, Tex.), 1981  
 CCS Meet Record: 46.73y, Bill Green (Cubberley), 1979  
 All-Time National HS Best: 44.69, Darrell Robinson (Wilson, Dallas, Tex.), 1979  
 All-Time State HS Best: 45.51, Bill Green (Cubberley, Palo Alto), 1979

NAME	AFFILIATION	PREVIOUS MARK	PAST YEAR	PLA CE	MARK
<u>Section I</u>					
BOBBI ORFELD	HILLSDALE	50.4	1		
JOE COLES	HEMLOCK	49.2	2		
FLOYD BURNS	MONTREY	49.1	3		
LOUIS FAITHAN	MILPITAS	48.4	4		
MICHAEL DAVIDSON	ST. FRANCIS	47.1	5		
NEAL FLYNN	PROSPECT	46.28	6		
MIKE MERRIN	CARLETON	50.3	7		
ANDY HOLBERTON	HARBOR	50.5	8		
<u>Section II</u>					
JIM BROWN	PROSPECT	51.28	1		
BOB WILCOX	DIABLO	50.9	2		
LOUIS JACKSON	INDEPENDENCE	50.78	3		
MOORE TAYLOR	WILSON	50.5	4		
JOHN HALLENBECK	LELAND	50.7	5		
MIKE LAMSON	MOUNT VISTA	50.8	6		
PETE WELDON	MILWAUKEE	51.0	7		
MARVIN BARNHART	MOUNT PLEASANT	51.44	8		

PAST CCS CHAMPIONS

y=440-yard race

1966	49.8y	Bill Chapman (Los Altos)
1967	49.6y	Randy White (Hills)
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	Benny Hillman (St. Francis)
1973	49.1y	John Stille (Rucker)
1974	49.3y	Don MacKenzie (Menlo-Atherton)
1975	48.3y	*Don Coulter (Harbor)
1976	47.6y	Keith Taylor (Piedmont Hills)
1977	46.99y	Pat Holcombe (Mill)
1978	47.0y	*Bill Green (Cubberley)
1979	46.73y	Bill Green (Cubberley)
1980	47.78	*Anthony Toney (North Salinas)
1981	46.38	*Kerry Thrants (Westwood)
1982	48.39	*Kerry Thrants (Westwood)
1983	48.17	*Mike Davidson (St. Francis)

Reconverted from 440 yard race

45.51	Anthony Ketchum (Needville, Tex.)
46.73	Bill Green (Cubberley)
46.99	Pat Holcombe (Mill)
47.78	Benny Brown (Sunnyvale)
47.83	John Thrants (Westwood)
47.84	Frank Hughes (Cupertino)
47.87	Mike Davidson (St. Francis)
47.88	John Thrants (Westwood)
47.89	John Thrants (Westwood)
47.91	John Thrants (Westwood)
47.92	John Thrants (Westwood)
47.93	John Thrants (Westwood)
47.94	John Thrants (Westwood)
47.95	John Thrants (Westwood)
47.96	John Thrants (Westwood)
47.97	John Thrants (Westwood)
47.98	John Thrants (Westwood)
47.99	John Thrants (Westwood)

WRLS 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: 52.31, Chewukii Knighten (Locke, Los Angeles), 1984

52.1, Kathy Hammond (Mira Loma, Sacramento), 1969

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	NAME
<u>Section I</u>					
JANITA DAVIS	ST. FRANCIS	59.7	1		
NAREN DOWELL	SANTA TERESA	59.93	2		
KELLY WATFIELD	HARBOR	59.4	3		
MINISTEN DOWELL	SANTA TERESA	59.84	4		
MARY COOPER	FRENCH	59.6	5		
CLARISA PEER	MENLO ATHLETIC	59.4	6		
LORI LAMPLE	LELAND	59.4	7		
MONA CARROLL	NORTH MONTEREY COUNTY	59.4	8		
<u>Section II</u>					
DEDE ELLIS	WESTVIEW	1:01.8	1		
MARY HAY	MOUNTAIN VIEW - SALINAS	1:00.8	2		
HENRY TURNER	SEASIDE	1:00.1	3		
KIM KISTLER	ARCHDEACON NITTY	59.42	4		
NILSON O'FLAHERTY	ST. FRANCIS	59.8	5		
KIM WILLIAMS	TERESA MONA	1:00.8	6		
KATHY BUSHNA	WESTVIEW	1:00.92	7		
TRIXIE BRUBAKER	SACRED HEART PREP	1:01.4	8		

PAST CCS CHAMPIONS

y=440-yard race

1974	59.8y	*Sharon Nichols (Menlo-Atherton)
1975	57.4y	*Lezli Peterson (Harbor)
1976	56.0y	**Marquita Belk (Silver Creek)
1977	56.11y	**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)
1983	56.82	**Leslie Maxie (Mills)

ALL-TIME CCS LIST

\*\*converted from 440 yards

53.13	**Leslie Maxie (Mills) '83
54.20	**Marquita Belk (Silver Creek) '75
54.38	**Sherrill Miller (Fremont) '80
54.6	Brenda Brewer (Hillsdale) '82
55.37	**Kara Williams (Menlo-Atherton) '82
55.44	*Ann Regen (Camden) '78
55.6+	**Lezli Peterson (Harbor) '75
56.0+	Linda Wooten (Mountain View) '71
	Cyndy Poor (Saratoga) '71
	June Bonarick (Monte Vista) '74

BOYS 2 MILES

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

NAME	AFFILIATION	PREVIOUS NAME	POSITION	PLACE	NAME
MATT GIUSTO	SON MATEO	9:17.3	1		
TROY CARRAN	YORK SCHOOL	9:27.2	2		
EUGENE TUNG	SEANTORA	9:38.3	3		
CHRIS CRAIG	LEIGH	9:37.35	4		
BOB HOLLIER	SEANTORA	9:38.3	5		
JIM THOMPSON	WOLF MOUNTAIN	9:31.0	6		
GUSTAVO LOPEZ	SALINAS	9:43.3	7		
SCOTT LAFORCE	LOS GATOS	9:46.34	8		
LUKE HERRIDYAN	JEFFERSON	9:58.8	9		
VIC SANTA-MARIA	WILLOW GLEN	9:38.8	10		
JOE BALDERS	EMERY	9:47.39	11		
DALE PORTER	LIVE OAK	9:53.5	12		
OSCAR AYERS	BELLAMINE PREP	9:36.4	13		
FRANK BLOCHMAN	MOUNTAIN VIEW	9:59.7	14		
ERIC STUBENICIA	OLK BROOK	9:47.97	15		
KEVIN WHITE	ROBERT LOUIS STEVENSON	9:54.1	16		

PAST CCS CHAMPIONS

1966	9:27.8	Fred Lydon (San Mateo)
1967	9:36.6	*Chris Carey (Carleton)
1968	9:11.0	*Chris Carey (Carleton)
1969	9:24.0	Jack Larson (Fresno)
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	9:08.8	*Mitch Kingery (San Carlos)
1975	9:05.1	Ron Fritske (Leigh)
1976	9:13.3	Bob Paulin (Cascadia)
1977	9:11.4	*Ken Holladay (Clifroy)
1978	9:02.4	*Carlos Carrasco (Mt. Pleasant)
1979	9:13.3	*Fernando Calderay (San Jose)
1980	9:14.3	Jeff Hagerlones (Seaside)
1981	9:03.4	Mike McCallum (Peio Alto)
1982	9:24.5	Scott Marcondia (Monte Vista)
1983	9:12.3	Grant Foster (Monte Vista)

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) '84
8:59.25+	Mike McCallum (Peio Alto) '81
9:01.6+	Gordon MacMitchell (Gunn) '73
9:02.6	*Carlos Carrasco (Mt. Pleasant) '78
9:03.0	Jeff Carran (Los Altos) '74
	Ron Fritske (Leigh) '75
9:04.82+	Nelson Bernal (Westmont) '81
9:06.0	Jerry Emory (Gunn) '75

1000S - 11:50

National Federation Record: 10:04.2m, Cory Schubert (Del Mar, San Jose), 1983  
 CCS Meet Record: 10:09.5, Cory Schubert (Del Mar), 1983  
 All-Time National HS Best: 10:03.5, Mory Shea (Crndl Gibbons, Raleigh, NC), 1979  
 All-Time State HS Best: 10:07.8+ (10:04.2m), Cory Schubert (Del Mar), 1983

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
SHANNON CLARK	MOUNTAIN VIEW	11:12.8	1		
REBECCA COMBERLAIN LEIGH		11:14.84	2		
SARITHA NIM	METHUEN	11:21.8	3		
KELLY LUNICKI	WASSON	11:22.8	4		
MARGARA REESER	ANDREW HILL	11:28.23	5		
NICHELE SECK	LYNBROOK	11:28.5	6		
LESLI WILSON	TECH HIGH	11:34.7	7		
N. GRIMLEY	NORTH SALINAS	12:12.2	8		
KIM THORNTON	ARCHBISHOP HITT	11:28.23	9		
JEANETTE DIMISS	LELAND	11:34.3	10		
LORNA FERRELLA	HALF MOON BAY	11:42.8	11		
L. OOSTER	SALINAS	12:23.8	12		
DEIRDRE KELLY	ARCHBISHOP HITT	11:23.52	13		
KIM HINES	ST. FRANCIS	11:42.5	14		
SYLVIA AQUINO	DELL INDIANE	11:49.2	15		
N. LINTIC	SEASIDE	12:24.8	16		

ALL-TIME CCS LIST

\*\*Converted from 1200 meters  
 10:07.30 Cory Schubert (Del Mar) '83  
 10:10.3 Roxanne Bier (Independence) '79  
 10:14.09\*\*Nanette Garcia (Silver Creek) '82  
 10:17.08\*\*Shannon Clark (Mountain View) '83  
 10:19.7 Carol Gleason (Lynbrook) '81  
 10:40.0 Valerie Eberly (Los Gatos) '73  
 10:47.2 Linda Van Housen (Sacred Heart) '81  
 10:48.2\*\*Kerry Brogan (Los Altos) '78  
 10:47.8 Jackie Dixon (Westmont) '72  
 10:48.0 Irene Crowley (Overfelt) '78

FAST CCS CHAMPIONS

(Event first held in 1977)  
 1977 11:08.6 \*\*\*Roxanne Bier (Independence)  
 1978 10:17.8 \*\*Roxanne Bier (Independence)  
 1979 10:16.6 \*Roxanne Bier (Independence)  
 1980 10:46.8 Roxanne Bier (Independence)  
 1981 10:19.7 Carol Gleason (Lynbrook)  
 1982 10:19.7 \*\*Nanette Garcia (Silver Creek)  
 1983 10:09.5 Cory Schubert (Del Mar)

100-YARD MILE      100-YARD MILE

National Federation Record: 35.87, Bill Blessing (Hillcrest, Dallas), 1974  
 CCS Meet Record: (none--new event)  
 All-Time National HS Best: 35.87, Bill Blessing (Hillcrest, Dallas), 1974  
 All-Time State HS Best: 36.4, Dedy Cooper (Ells, Richmond), 1975  
 36.4, Charles White (San Fernando), 1976

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
<u>Section I</u>					
LUIS VILLAFORTE	NORTH SALINAS	39.8	1		
VIRGIL ROBINSON	YERBA BUENA	39.83	2		
TYLER BURKE	LOS ALTOS	39.1	3		
HERRY HOBLES	INDEPENDENCE	38.52	4		
JIM GIBSON	NORTH MONTEREY COUNTY	38.9	5		
MIKE KING	WORLD ATHLETION	39.2	6		
BOB ROBERTS	HALF MOON BAY	39.3	7		
KEVIN McPHERSON	NORTH PLEASANT	39.81	8		
<u>Section II</u>					
GARY WISSELL	MONTE VISTA	40.7	1		
RONNE BRILLA	SOUTH SAN FRANCISCO	40.4	2		
MIKE ALBERTS	APTOS	40.3	3		
BOB CASTLE	BELLARINE PREP	40.8	4		
BOB CONYOK	DEL MAR	40.24	5		
KIM THOMAS	MONTE VISTA	40.4	6		
MATT WALTERS	GILROY	40.6	7		
PETER MONTGOMERY	L'ORANGE	41.82	8		

PAST CCS CHAMPIONS

100-yard M (1966-74):

w/wind-aided

s=straight course

1966	19.1s	Randy Wall (Burlingame)
1967	18.8w	Gene Deth (Mill)
1968	19.4	Tom Phillips (Hornstead)
1969	19.8	Jim Petralia (Fremont)
1970	19.1	Julian Lucas (Gunn)
1971	18.8	*Scott Killman (Campbell)
1972	19.1	Bart Pierce (Crestmoor)
1973	19.6	*Bill Napier (Lynbrook)
1974	19.7	*Dave Jakle (Los Altos)

100-yard M (1975-1983):

1975	17.0	Dave Jakle (Los Altos)
1976	17.3	*Andre Phillips (Silver Creek)
1977	16.50	Andre Phillips (Silver Creek)
1978	16.7	Troy Duris (Mt. Pleasant)
1979	17.8s	Jim Welker (Aragon)
1980	17.4s	*Ron Seanez (Gilroy)
1981	16.4s	Ron Seanez (Gilroy)
1982	16.27	*Erick Montgomery (Independence)
1983	16.8s	Erick Montgomery (Independence)

ALL-TIME CCS LIST

\*converted from 100 meters

16.7-	Erick Montgomery (Independence) '83
16.8-	Ron Seanez (Gilroy) '81
17.1	Andre Phillips (Silver Creek) '77
18.8-	Cary Hobles (Independence) '84
	*Virgil Robinson (Yerba Buena) '84

1983 CCS 100 METER RECORDS

National Federation Record: 41.09m, Gayle Kellon (Walnut), 1982  
 CCS Meet Record: 43.5, Roberta Eccles (Gunderson), 1983  
 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

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
<u>Section I</u>					
NAME	LETON	46.81	1		
RACHAEL BRAY	LOS ALTOS	48.1	2		
MARGARET HUDEN	HOMESTEAD	44.9	3		
LESLIE MAXIE	HILLS	41.5	4		
STACY KUENNIS	LOS GATOS	44.66	5		
ROBINA DILLON	VALLEY CHRISTIAN	46.9	6		
LESLIE FORRETTY	PIEDMONT HILLS	46.57	7		
CAROLYN QUINNELA	PRESENTATION	47.1	8		
<u>Section II</u>					
CHRISTIE BENTLEY	SAN LORENZO VALLEY	48.2	1		
VIVI JACKSON	HILLS	47.2	2		
MARY MARGI BLEEN	FALD ALTO	47.4	3		
SURAY DAVIS	CLAN	47.1	4		
BARBARA BELLARD	INDEPENDENCE	47.26	5		
RAE ANN PETERINO	SORREL	47.7	6		
VIN RECKER	NORTH GALINAS	48.8	7		
URNIE BURNS	HELD ATTENTION	48.3	8		

PAST CCS CHAMPIONS  
 (Event first held in 1951)  
 1981 44.47 Margaret Demorest (Buchser)  
 1982 44.06 Roberta Eccles (Gunderson)  
 1983 43.5 Roberta Eccles (Gunderson)

ALL-TIME CCS LIST  
 --converted from 300 meters  
 41.1 \*Leslie Maxie (Hills) '84  
 43.43- Margaret Demorest (Buchser) '81  
 43.63- Roberta Eccles (Gunderson) '83  
 43.8 Heidi Waterfield (Homestead) '83  
 44.3- \*Carolyn King (Lyndbrook) '76  
 44.82- \*Margaret Huden (Homestead) '83  
 44.9- \*Stacy Kuennis (Los Gatos) '84  
 45.19- Kathleen Bartalussi (Macabard) '82  
 45.1 Rachel Bray (Los Altos) '84  
 45.59 \*Beth Miller (Carlson) '81





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 (Rb't, Jcksnv1, Fl), 1975  
 All-Time State HS Best: 23.19, Sherri Howard (Kennedy, Granada Hills), 1980

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
<u>Heat I</u>					
EFFIE BERTZ	LEIGH	23.99	1		
IPSEN	SALINAS	24.1	2		
TRACY COLE	SILVER CREEK	25.43	3		
KIMA MITCHELSON	INDEPENDENCE	25.66	4		
LOUI LARBLE	LELAND	25.6	5		
ANDIE DANIELS	MENLO ATHLETIC	26.1	6		
MELANIE BICKERSTAFF	WESTBORO	26.5	7		
NICHELE IRVINE	MENLO VISTA	26.6	8		
<u>Heat II</u>					
NINA CASBERO	NORTH MONTEREY COUNTY	24.4	1		
YOLANDA CARRANZA	SILVER CREEK	25.35	2		
CAROL GILES	MONTEREY	25.7	3		
NICOLE CALDWELL	REDWOOD CHRISTIAN	25.2	4		
LADONN PETERS	WOODSIDE	25.3	5		
JENNIFER CLAYTON	LYNDBROOK	25.9	6		
LARNA VAM	PALO ALTO	26.2	7		
CAROLINE WINDWELL	ARAGON	26.5	8		

ALL-TIME CCS LIST

\*\*converted FROM 220 YARDS  
 23.44 \*\*Leslie Haxis (Hills) '82  
 23.75 Kelia Bolton (Hill) '78  
 24.27 Gurtha Pounds (Live Oak) '82  
 24.1 Elaine Parker (Oceans) '77  
 24.38- \*\*Donise Pemberton (San Mateo) '75  
 Brenda Brewer (Millisdale) '82  
 24.2\* \*Kris Costello (Lynbrook) '77  
 24.54 Ronda Robinson (San Carlos) '81  
 24.75 \*Liz Channing (Saratoga) '81  
 24.5 Jackie Hardman (Burlingame) '83  
 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 23.3y 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 (Millisdale)  
 1983 24.77 \*\*\*Jessica Johnson (Aptos)

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), 1965

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
ALAN CLARK	MOUNTAIN VIEW	4:18.5	1		
CHAD CHASE	LEIGH	4:20.55	2		
MARK GUILLET	SHORELINE	4:20.4	3		
WATT GUSTO	SAN MATEO	4:20.6	4		
JAMES BROWN	BERKELEY	4:18.7	5		
KEVIN CROWLEY	OVERFELT	4:21.55	6		
CHRIS BERNARD	HILLS	4:22.8	7		
DAVE CATTANACH	PACIFIC BREEZE	4:24.8	8		
BOB WILSON	SEASIDE	4:22.3	9		
BOB RIVERS	WILLOW GLEN	4:23.1	10		
MARK BRANDEGEMAN	WESTVIEW	4:24.10	11		
ANDY McCUTCHEON	SHORELINE	4:23.2	12		
SHANE O'FLAHERTY	BELLAMINE PREP	4:22.8	13		
STEVE BERNDT	LEIGH	4:23.61	14		
ANTONIO LOPEZ	SALINAS	4:23.4	15		
BOB COLLIER	SANTOSA	4:24.5	16		

PAST CCS CHAMPIONS

1946	4:23.6	Tom Enasco (Palo Alto)
1947	4:24.5	Tom Enasco (Palo Alto)
1948	4:14.5	Klaus Hoffman (St. Ignatius)
1949	4:19.7	Gregg Coleman (Palo Alto)
1970	4:14.6	*Dave Chomness (Avalle)
1971	4:14.1	Dave Chomness (Avalle)
1972	4:12.5	*Steve Miller (Carleton)
1973	4:12.6	Steve Crowley (Gunn)
1974	4:13.8	*Conrad Sahr (Leigh)
1975	4:17.8	Todd Baker (Westmont)
1976	4:16.2	*Mark Stillman (Willow Glen)
1977	4:09.7	Mark Stillman (Willow Glen)
1978	4:12.0	Robert Smith (Avalle)
1979	4:16.5	*Fernando Balderas (San Jose)
1980	4:19.5	Steve Samario (Leigh)
1981	4:14.3	Jeff Furrington (Willow Glen)
1982	4:18.9	Gary Lewis (Cupertino)
1983	4:16.7	Tom Logan (Del Mar)

ALL-TIME CCS LIST

*converted from 1650 meters	
4:06.8	Mark Stillman (Willow Glen)
4:08.2	Stan Ross (Ferris) '77
4:09.5	Mike Ryan (Misco) '65
4:10.7	*Steve Miller (Carleton) '72
4:10.9	Robert Smith (Avalle) '78
4:11.1	Klaus Hoffman (St. Ignatius) '68
	Eugenio Amaya (Burlingame) '69
4:11.3	Steve Crowley (Gunn) '71
4:12.19-	Jeff Furrington (Willow Glen) '81
4:12.1	John Sny (Palms) '77

GIRLS MILE

National Federation Record: 4:42.5, Deanna Coleman (Issaquah, Wa), 1978

CCS Meet Record: 4:50.2, Cory Schubert (Del Mar), 1983

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

NAME	AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
SHANEEN CLARK	MOUNTAIN VIEW	5:04.8	1		
NANETTE GARCIA	SILVER CREEK	5:07.9	2		
MARY HENDRICKS	PRESIDENTIAL	5:19.2	3		
KELLY ILWICKI	WASCO	5:23.6	4		
BERNICE CHAMBERLAIN LEIGH		5:08.55	5		
LAURIE CHAFFIN	GRANDVIEW	5:09.0	6		
LORI WILSON	TERRA MAR	5:26.4	7		
STANISLAW	LIVE OAK	5:27.8	8		
LANETTE BAIRD	DEL MAR	5:14.28	9		
CECILE SCHULER	SANATORIA	5:15.6	10		
K. KELLY	LIVE OAK	5:30.2	11		
MARLAN WATERS	JEFFERSON	5:31.8	12		
ALICE BEISINGER	PALO ALTO	5:18.2	13		
KIM THORSON	ARCHBISHOP MITTY	5:24.51	14		
CRISTA JORDICE	PACIFIC GROVE	5:32.8	15		
SHARLINE DOWNING	HIGHLAND ATHLETIC	5:34.8	16		

PAST CCS CHAMPIONS

1974	5:20.3	Brenda Duke (Salinas)
1975	5:09.1	*Sue Hunday (Lincoln)
1976	5:04.7	Sue Hunday (Lincoln)
1977	4:53.0	**Vicky Bray (Los Altos)
1978	4:58.8	***Tracy Weber (Lynbrook)
1979	4:56.1	**Tracy Weber (Lynbrook)
1980	4:54.9	*Tracy Weber (Lynbrook)
1981	4:53.5	Tracy Weber (Lynbrook)
1982	5:01.8	Jo Barry (Leigh)
1983	4:50.2	Cory Schubert (Del Mar)

ALL-TIME CCS LIST

\*converted from 1600 meters

4:46.43	Tracy Weber (Lynbrook) '81
4:46.60	Cory Schubert (Del Mar) '83
4:48.47	**Nanette Garcia (Silver Creek) '85
4:50.8	Francie Larrien (Fremont) '70
4:51.64	Rozanne Bier (Independence) '80
4:52.8	**Vicky Bray (Los Altos) '77
4:54.6	*Ann Hagan (Clendon) '78
4:54.9	**Shaneen Clark (Mountain View) '84
4:55.2	Kerry Brogan (Los Altos) '81
	*Marie King (Philippines) '81

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

AFFILIATION      PREVIOUS MARK      POSITION      PLACE      MARK

Section I

YORBA LINDA	3:23.81	1		
SAN PABLO	3:24.2	2		
LYNDHURST	3:25.5	3		
ST. FRANCIS	3:22.5	4		
PROSPERITY	3:24.18	5		
LINE VALLEY	3:25.2	6		
INDEPENDENCE	3:24.49	7		
MONTE VISTA	3:23.1	8		

Section II

MONTE VISTA	3:27.8	1		
SAINT JEROME	3:24.8	2		
LELAND	3:24.4	3		
WESTVIEW	3:25.26	4		
WILLOWDALE	3:25.2	5		
SEASIDE	3:24.5	6		
LOS ALTOS	3:27.5	7		
ATLIDEY	3:22.8	8		

PAST CCS CHAMPIONS

<u>200-yard relay (1966-67):</u>		
1966	1:30.0	Ravenwood
1967	1:29.5	Capuchino
<u>Mile relay (1968-present):</u>		
1968	3:22.5	Los Altos
1969	3:23.2	Crestmar
1970	3:15.8	Los Altos
1971	3:22.7	Avail
1972	3:22.2	Mt. Pleasant
1973	3:23.7	Rucker
1974	3:21.2	Cupertino
1975	3:20.9	Serranito
1976	3:20.5	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
1983	3:19.7	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
3:18.93	Independence '81
3:19.1	San Carlos '78
3:19.23	Independence '81
	Santa Clara '83

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

AFFILIATION	PREVIOUS MARK	POSITION	PLACE	MARK
<u>Section I</u>				
INDIESTAD	4:07.1	1		
SANTA TERESA	4:02.85	2		
WORLD ATHLETON	4:07.4	3		
LOS BATOS	4:00.63	4		
ST. FRANCIS	4:03.1	5		
SAN JUNE	4:07.8	6		
ARCHBISHOP MITTY	4:04.77	7		
MOUNTAIN VIEW	4:07.2	8		
<u>Section II</u>				
MONTENEY	4:13.7	1		
NORTH SALINAS	4:13.1	2		
LELAND	4:09.4	3		
HILLS	4:06.7	4		
SILVER CREEK	4:09.13	5		
SAN MATEO	4:12.1	6		
ARMON	4:14.8	7		
SAN LORENZO VALLEY	4:16.1	8		

PAST CCS CHAMPIONS  
 800-yard medley relay (1974-75):  
 1974 1:52.3 Menlo-Atherton  
 1975 1:50.7 Harbor  
 Mile relay (1976-present):  
 1976 4:06.9 Archhills  
 1977 4:00.2 Harbor  
 1978 3:58.4 Camden  
 1979 3:55.94 Carlmont  
 1980 4:01.4 Carlmont  
 1981 3:54.56 Carlmont  
 1982 3:56.19 Santa Teresa  
 1983 3:56.1 Los Altos

ALL-TIME CCS LIST  
 \*converted from 1600 meters  
 3:54.56 Carlmont '81  
 3:56.0 Carlmont '79  
 3:56.19 Santa Teresa '82  
 3:56.1 Los Altos '83  
 3:56.43 Mitty '82  
 3:57.78+ Carlmont '82  
 3:58.0 Saratoga '82  
 3:58.43+ Silver Creek '81  
 3:58.4 Camden '78  
 3:58.93+ Carlmont '80  
 3:58.9 Saratoga '78

# CCS MEET STATISTICS

## PAST CCS TEAM CHAMPIONS (Head coaches in parentheses)

<u>Boys</u>		
Scored 6-4-3-2-1 (1966-74):		
1966	17	Burlingame (Karl Griespenburg)
1967	27	Los Altos (Dave Maggard)
1968	40	Homestead (Jack Jurian)
1969	26	Los Altos (Del Dequine)
1970	44	Los Altos (Leo Long)
1971	18	Cupertino (Bill Frost)
1972	224	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 (Larsen 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)
1983	70	Independence (Stan Dowell)

<u>Girls</u>		
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)
		Salinas (George Anderson)
1980	40	Fremont (Sue Grigsby)
1981	48	San Carlos (Sarah Miller)
1982	42	Mills (Ed Parker)
1983	49	Woodside (Jim Luttrell)

## 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
18	May 20, 1983	San Jose City College

## TEAMS WITH MOST CCS EVENT CHAMPIONS

<u>Boys</u>	
1.	Los Altos . . . . . 21
2.	Silver Creek . . . . . 15
3.	Mt. Pleasant . . . . . 13
4.	Cupertino . . . . . 12
5.	Independence . . . . . 10
	Menlo-Atherton . . . . . 10
7.	Del Mar . . . . . 9
8.	Fremont . . . . . 7
	Palo Alto . . . . . 7
10.	Carlmont . . . . . 6
	Crestmoor . . . . . 6
	Cubberley . . . . . 6
	Gilroy . . . . . 6
	Piedmont Hills . . . . . 6
	Willow Glen . . . . . 6
	Woodside . . . . . 6
17.	Awalt . . . . . 5
	Campbell . . . . . 5
	Gunn . . . . . 5
	Hill . . . . . 5
	Leigh . . . . . 5
	Mills . . . . . 5
	San Carlos . . . . . 5
	San Mateo . . . . . 5
	Seaside . . . . . 5

<u>Girls</u>	
1.	Lynbrook . . . . . 12
2.	Independence . . . . . 8
	Salinas . . . . . 8
4.	Silver Creek . . . . . 7
5.	Harbor . . . . . 6
	San Carlos . . . . . 6
7.	Hill . . . . . 5
	Menlo-Atherton . . . . . 5
	Mills . . . . . 5
	Woodside . . . . . 5
11.	Camden . . . . . 4
	Cubberley . . . . . 4
	Fremont . . . . . 4
	King City . . . . . 4
	St. Francis . . . . . 4
16.	Aptos . . . . . 3
	Carlmont . . . . . 3
	Live Oak . . . . . 3

<u>Combined</u>	
1.	Los Altos (21 + 2) . . . . . 23
2.	Silver Creek (15 + 7) . . . . . 22
3.	Independence (10 + 8) . . . . . 18
4.	Menlo-Atherton (10 + 5) . . . . . 15
5.	Lynbrook (2 + 12) . . . . . 14
	Mt. Pleasant (13 + 1) . . . . . 14

## ATHLETES WITH MOST INDIVIDUAL CHAMPIONSHIPS

<u>Boys</u>	
1.	Millard Hampton (Silver Creek) . . . . . 6
2.	Chuck Bommarito (Crestmoor) . . . . . 4
	Rick Brown (Los Altos) . . . . . 4
	Bill Green (Cubberley) . . . . . 4
	Erick Montgomery (Independence) . . . . . 4
6.	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

<u>Girls</u>	
1.	Susan Springer (Salinas) . . . . . 7
2.	Wendy Brown (Woodside) . . . . . 5
	Kris Costello (Lynbrook) . . . . . 5
	Tracy Weber (Lynbrook) . . . . . 5
5.	Roxanne Bier (Independence) . . . . . 4
	Pam Blackturn (Cubberley) . . . . . 4
	Leslie Maxie (Mills) . . . . . 4
8.	Marquita Belk (Silver Creek) . . . . . 3
	Cindi Durchslag (San Carlos) . . . . . 3
	Kathy Kuchta (King City) . . . . . 3
	Gurtha Pounds (Live Oak) . . . . . 3
	Ann Regan (Camden) . . . . . 3