

TRACK

&

FIELD

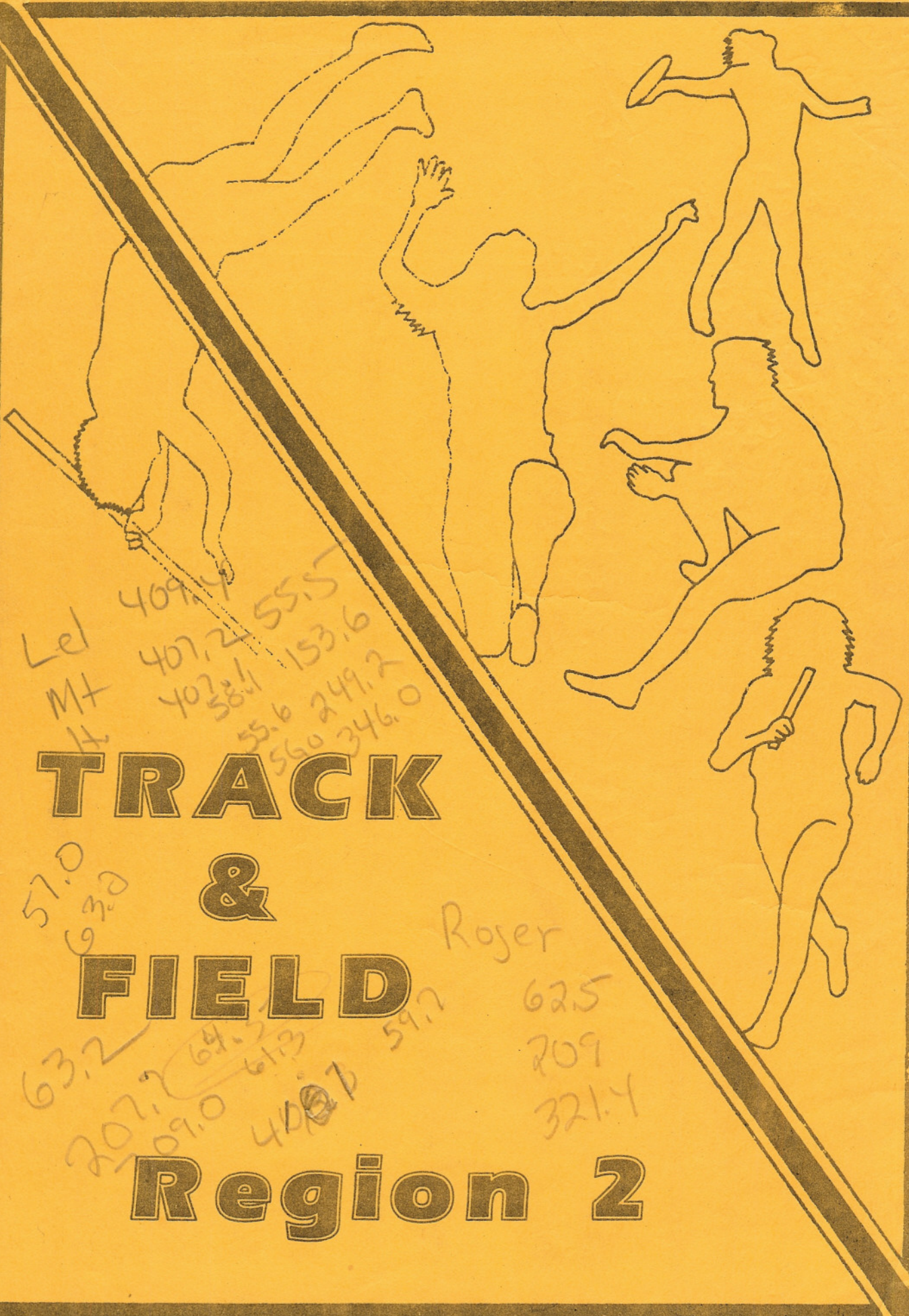
Region 2

Lel 409.4
MT 407.2
H 407.1
58.1 153.6
55.6 249.2
56.0 346.0

57.0
0.15
6.30

63.2
207.2
209.0
64.2
61.3
400.7
59.7

Roger
62.5
209
321.4



ORDER OF EVENTS

REGION II

TRACK AND FIELD CHAMPIONSHIPS

1984

RUNNING EVENTS

4:00 to 5:00 Trials

4:00 100 Meter Dash - 4 Heats
4:20 110 High Hurdles - 2 Heats
4:30 100 Low Hurdles - 2 Heats
4:40 200 Meter Dash - 4 Heats

6:30 Finals

6:30 440 Relays - Fast Slow Sections (4 sections)
6:45 110 Meter High Hurdles
6:55 100 Meter Low Hurdles
7:10 800 Meters
7:20 100 Meter Dash
7:30 400 Meter Dash (4 sections)
7:45 Two Mile
8:10 330 Low Hurdles (4 sections)
8:30 200 Meters
8:40 One Mile
9:00 Mile Relay (4 sections)

FIELD EVENTS

3:30 Shotput - Boys
Long Jump - Boys
High Jump - Girls
Discus - Girls

5:00 Discus- Boys
Long Jump - Girls

6:00 Pole Vault - Boys
Shotput - Girls

6:30 Triple Jump - Boys

7:30 High Jump - Boys

8:00 Triple Jump - Girls



BOYS 440 Yard Relay

Heat 1

1	Milpitas	SCVAL	NT			
2	Fremont	DAL	47.3	1	44.3	44.2
3	Pioneer	STAL	47.1		D.9	
4	Gunderson	STAL	46.4		46.9	
5	Wilcox	SCVAL	46.5	3	46.0	
6	Santa Clara	SCVAL	47.2			
7	Palo Alto	SCVAL	NT	2	45.6	

Heat 2

1	Gunn	SCVAL	45.6
2	Monta Vista	DAL	44.8
3	Los Altos	SCVAL	45.3
4	Lynbrook	DAL	44.1
5	Willow Glen	STAL	44.1
6	Leland	STAL	44.4
7	Saratoga	DAL	45.1
8	Homestead	DAL	46.0

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

GIRLS 440 Yard Relay

Heat 1

1	Fremont	DAL	NT
2	Homestead	DAL	NT
3	Pioneer	STAL	55.3
4	Saratoga	DAL	53.0
5	Los Altos	STAL	54.0
6	Lincoln	STAL	56.4
7	Monta Vista	DAL	NT
8	-		

Heat 2

1	Lynbrook	DAL	52.9
2	Milpitas	SCVAL	51.5
3	Palo Alto	SCVAL	50.8
4	St. Francis	DAL	50.2
5	Leland	STAL	50.8
6	Gunn	SCVAL	51.2
7	Santa Clara	SCVAL	52.4
8	Gunderson	STAL	52.9

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

BOYS 110 Meter High Hurdles - Trials

Heat 1

1 - John Hoffman	Palo Alto	SCVAL	16.3
2 - Jeff Thomsa	Milpitas	SCVAL	16.1
3 - Kirk Thomas	Monta Vista	DAL	15.5
4 - Mark Coulter	Gunderson	STAL	14.9
5 - Jim Cureton	Leland	STAL	15.2
6 - Andrew Bernard	Leland	STAL	16.1
7 - Gary Worrell	Monta Vista	DAL	16.2
8 - Anderson	Mt. View	SCVAL	19.1

Heat 2

1 - Glenn Heirich	Lincoln	STAL	16.6
2 - Doug Birkel	Gunn	SCVAL	16.2
3 - Kevin Hoffman	Gunderson	STAL	15.7
4 - Peter Kolotouros	Lynbrook	DAL	15.1
5 - Tyler Burke	Los Altos	SCVAL	15.6
6 - Mike Webster	Homestead	DAL	15.8
7 - Steve O'Brien	Monta Vista	DAL	16.2
8 - John Fielding	Gunn	SCVAL	17.2

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

GIRLS 100 Meter Low Hurdles - Trials

Heat 1

1 - Jill Dickey	Leland	STAL	17.2
2 - Allison Serventi	Saratoga	DAL	16.5
3 - Tara Fairfield	Fremont	DAL	16.1
4 - Rachael Bray	Los Altos	SCVAL	15.2
5 - Sherri Olsen	Gunderson	STAL	15.9
6 - Melinda Wendling	Leland	STAL	16.1
7 - Kris Kenny	Lynbrook	DAL	16.5
8 - Julie Massa	Pioneer	STAL	17.4

Heat 2

1 - Lisa Bishop	Homestead	DAL	17.0
2 - Claudine Vanderveen	Gunderson	STAL	16.4
3 - Jill Grumett	Gunn	SCVAL	15.9
4 - Margaret Ruden	Homestead	DAL	14.9
5 - Adrienne Donald	Palo Alto	SCVAL	15.6
6 - Mary Karen Olson	Palo Alto	SCVAL	16.2
7 - Kristin Tucker	Palo Alto	SCVAL	16.9
8 - Mary Galvez	St. Francis	DAL	17.6

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

BOYS 800 Meters

1 - Dave Campbell	Gunn	SCVAL	1:56.2
1a- James Green	Gunderson	STAL	1:57.9
2 - Doug Hancock	Saratoga	DAL	1:59.4
2a- Rich Clark	Mt. View	SCVAL	1:56.6
3 - Ron Capurso	Gunderson	STAL	1:59.1
3a- Bill Blodgett	Leland	STAL	1:59.2
4 - Mike Romero	Lincoln	STAL	1:59.2
4a- Steve Theard	Gunderson	STAL	1:59.3
5 - Doug Golliher	Saratoga	DAL	1:59.7
5a- Charlie Allen	Fremont	DAL	2:01.4
6 - Armando Orozco	Milpitas	SCVAL	2:01.5
6a- Mike Mansfield	Lynbrook	DAL	2:02.3
7 - Eugene Tung	Saratoga	DAL	2:02.3
7a- Jim Lutz	Los Altos	SCVAL	2:02.4
8 - Byron Van Dyke	Gunn	SCVAL	2:10.8
8a- Don Osterhout	Palo Alto	SCVAL	2:14.0

RESULTS: (finals)

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____

RESULTS: (finals)

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____

GIRLS 800 Meters

- 1 - Niamh O'Flaherty
- 1A - Tonya Bynoe
- 2 - Amanda Hess
- 2A - Laura Linthicum
- 3 - Dawna Crank
- 3A - Alice Deisinger
- 4 - Katie Hauser
- 4A - Marta Champeny
- 5 - Jolene Goff
- 5A - Michele Pentz
- 6 - Peggy Naughton
- 6A - Regina Bulder
- 7 - Kim Miller
- 7A - Jennifer Parra
- 8 - Debbie Gilchrist
- 8A - Adela Landeros

St. Francis	DAL	2:21.5
Gunn	SCVAL	2:23.7
Willow Glen	STAL	2:26.0
Monta Vista	DAL	2:25.7
Fremont	DAL	2:26.0
Palo Alto	SCVAL	2:26.1
Los Altos	SCVAL	2:26.6
Santa Clara	SCVAL	2:26.9
Lincoln	STAL	2:27.8
Homestead	DAL	2:28.3
Homestead	DAL	2:29.6
Gunderson	STAL	2:30.4
Homestead	DAL	2:31.1
Palo Alto	SCVAL	2:33.0
Leland	STAL	2:33.1
Lincoln	STAL	2:33.6

RESULTS: (finals)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

RESULTS: (finals)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

BOYS 100 METERS - Trials

Heat 1

1 - Brad Humphreys	Saratoga	DAL	11.6
2 - Tony Salem	Lynbrook	DAL	11.5
3 - Mike Flynn	Leland	STAL	11.2
4 - Louie Fortman	Milpitas	SCVAL	10.7
5 - Andrew Parker	Monta Vista	DAL	11.1
6 - Erland Patterson	Gunn	SCVAL	11.4
7 - Mike Asprer	San Jose	STAL	11.5
8 - Kanik Chung	Gunn	SCVAL	11.8

Heat 2

1 - Bruce Bridges	Gunn	SCVAL	11.8
2 - George Bassett	Saratoga	DAL	11.5
3 - Alex Gittens	Willow Glen	STAL	11.4
4 - Chris White	Lynbrook	DAL	11.0
5 - Paul Abbott	Lincoln	STAL	11.0
6 - Bryan Van Vleck	Los Altos	SCVAL	11.4
7 - Dave Fitzpatrick	Leland	STAL	11.5
8 - Aguirre	Wilcox	SCVAL	11.8

RESULTS: (finals)

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____

RESULTS: (finals)

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____

GIRLS 100 Meters - Trials

Heat 1

- 1 - A.J. Hynes
- 2 - Pia Bombardier
- 3 - Bakken
- 4 - Laura Van
- 5 - Jenfer Clayton
- 6 - Joelle LaTorre
- 7 - Sarah Perry
- 8 - Kris Brennan

St. Francis	DAL	13.6
Leland	STAL	12.9
Santa Clara	SCVAL	12.6
Palo Alto	SCVAL	12.2
Lynbrook	DAL	-
Gunderson	STAL	12.7
Palo Alto	SCVAL	13.0
St. Francis	DAL	13.7

Heat 2

- 1 - Michele Irvine
- 2 - Nancy Grochowski
- 3 - Mary Sprowl
- 4 - Karen Lawson
- 5 - Darlene Griswold
- 6 - Grumett
- 7 - Reese
- 8 - Chris Blaschke

Monta Vista	DAL	13.5
Leland	STAL	12.9
Pioneer	STAL	12.9
St. Francis	DAL	12.6
Lincoln	STAL	12.6
Gunn	SCVAL	12.9
Milpitas	SCVAL	13.2
Lynbrook	DAL	13.8

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

BOYS 400 Meters

Heat 1

- 1 - Eric Sandall
- 2 - Luis Bernardo
- 3 - Dan Campbell
- 4 - Karl Shafer
- 5 - Bill Blodgett
- 6 - Jim Lutz
- 7 - Eric Chinn
- 8 - Scott Sutter

Leland	STAL	52.9
San Jose	STAL	52.5
Lynbrook	DAL	52.5
Palo Alto	SCVAL	52.3
Leland	STAL	52.5
Los Altos	SCVAL	52.5
Pioneer	STAL	52.3
Saratoga	DAL	52.9

Heat 2

- 1 - Manuel Nobida
- 2 - Dan Sedlemeyer
- 3 - Mike Lanigan
- 4 - Louie Fortman
- 5 - John Hollenbeck
- 6 - Dave Campbell
- 7 - Doug Hancock
- 8 - Steve Roey

Milpitas	SCVAL	52.4
Wilcox	SCVAL	51.5
Monta Vista	DAL	51.8
Milpitas	SCVAL	48.4
Leland	STAL	50.9
Gunn	SCVAL	50.5
Saratoga	DAL	52.1
Fremont	DAL	52.2

RESULTS: (finals)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

RESULTS: (finals)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

GIRLS 400 Meters

Heat 1

1 - Michelle Pentz	Homestead	DAL	1:03.2
2 - Young	Mt. View	SCVAL	1:03.0
3 - Trish Casey	Willow Glen	STAL	1:02.2
4 - Tracy Miller	Milpitas	SCVAL	1:01.7
5 - Kristen Lewis	Monta Vista	DAL	1:02.2
6 - Heidi Stark	Saratoga	DAL	1:02.4
7 - Bull	Milpitas	SCVAL	1:03.1
8 - Edwards	Gunderson	STAL	1:04.7

Heat 2

1 - Jennifer Crockett	Leland	STAL	1:01.1
2 - Joetta Davis	St. Francis	DAL	1:00.2
3 - Tonya Bynoe	Gunn	SCVAL	1:00.5
4 - Mary Sprowl	Pioneer	STAL	58.6
5 - Niamh O'Flaherty	St. Francis	DAL	59.7
6 - Lori Lammle	Leland	STAL	58.7
7 - Suzie Davis	Gunn	SCVAL	1:00.5
8 - Dawna Crank	Fremont	DAL	1:01.6

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

BOYS TWO MILE

- 1 - Greg Hales
- 1a- Craig Blockus
- 2 - Doug Golliher
- 2a- Eugene Tung
- 3 - Vic Santamaria
- 3a- Mike Matthews
- 4 - Mike Daley
- 4a- Bob Wright
- 5 - Deryl Clark
- 5a- Paul Hoover
- 6 - John Smith
- 6a- William Arnoff
- 7 - Bob Pesic
- 7a- Richard Salazar
- 8 - Ron Ernst
- 8a- Ron Mulder

Leland	STAL	9:41
Mt. View	SCVAL	9:44
Saratoga	DAL	10:15.3
Saratoga	DAL	10:15.3
Willow Glen	STAL	9:42.5
Santa Clara	SCVAL	10:02.5
Gunderson	STAL	10:06.1
Leland	STAL	10:10
Gunderson	STAL	10:11
Mt. View	SCVAL	10:17.8
Milpitas	SCVAL	10:21.4
Gunn	SCVAL	10:21.9
Fremont	DAL	10:23.2
Saratoga	DAL	10:27.8
Monta. Vista	DAL	10:30.6
Mt. View	SCVAL	10:43.5

RESULTS: (finals)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

RESULTS: (finals)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

GIRLS TWO MILE

- 1 - Shannon Clark
- 1a- Laurie Chapman
- 2 - Michele Seck
- 2a- Jeanette DeMoss
- 3 - Julie Castello
- 3a- Laura Burtness
- 4 - Shaun Pickering
- 4a- Becky Van Zant
- 5 - Melinda Allison
- 5a- Woods
- 6 - Lopez
- 6a- Dondi Hart
- 7 - Sheila Afflague
- 7a- Annie Wydevan
- 8 - Rhonda Lee
- 8a- Jeanine Kiely

Mt. View	SCVAL	11:07
Gunderson	STAL	11:23.9
Lynbrook	DAL	12:30.5
Leland	STAL	11:38.1
Willow Glen	STAL	11:47.8
Gunn	SCVAL	12:00.8
Palo Alto	SCVAL	12:06.0
Wilcox	SCVAL	12:09.5
Leland	STAL	12:08.7
Santa Clara	SCVAL	12:12.0
Lincoln	STAL	12:11.0
Homestead	DAL	12:41.2
Fremont	DAL	12:50.3
St. Francis	DAL	12:58.0
Fremont	DAL	13:18.0
St. Francis	DAL	14:29.6

RESULTS: (finals)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

RESULTS: (finals)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

BOYS 330 Yard Intermediate Hurdles

Heat 1

1 - Yoshikawa	Mt. View	SCVAL	44.6
2 - Pignataro	Willow Glen	STAL	43.4
3 - Dennison	Santa Clara	SCVAL	42.8
4 - Jim Cureton	Leland	STAL	42.2
5 - Jeff Thomas	Milpitas	SCVAL	42.2
6 - Hoffman	Palo Alto	SCVAL	42.9
7 - Glenn Heinrich	Lincoln	STAL	43.3
8 - Doug Birkel	Gunn	SCVAL	44.8

Heat 2

1 - Glen Jones	Homestead	DAL	42.0
2 - Gary Worrell	Monta Vista	DAL	41.1
3 - John Hollenbeck	Leland	STAL	40.9
4 - Tyler Burke	Los Altos	SCVAL	39.7
5 - Kirk Thomas	Monta Vista	DAL	40.7
6 - Tyler Smithson	Leland	STAL	41.0
7 - Peter Kolotouras	Lynbrook	DAL	41.1
8 - Frank Alvarez	Homestead	DAL	42.0

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

GIRLS 330 Yard Low Hurdles

Heat 1

1 - Julie Massa	Pioneer	STAL	55.3
2 - Kerrie Gardner	Leland	STAL	52.7
3 - Laura Linthicum	Monta Vista	DAL	50.0
4 - Sam Shaver	Los Altos	SCVAL	49.4
5 - Claudine Vanderveen	Gunderson	STAL	49.4
6 - Lisa Bishop	Homestead	DAL	50.6
7 - Wendy Panches	Pioneer	STAL	54.7
8 - Nicole Sager	Saratoga	DAL	57.2

Heat 2

1 - Melanie Quong	Fremont	DAL	48.6
2 - Susan Davis	Gunn	SCVAL	47.7
3 - Jill Dickey	Leland	STAL	49.1
4 - Margaret Ruden	Homestead	DAL	44.8
5 - Racheal Bray	Los Altos	SCVAL	46.2
6 - Mary Karen Olson	Palo Alto	SCVAL	47.5
7 - Heidi Knopf	Gunn	SCVAL	49.4
8 - Kris Kenny	Lynbrook	DAL	49.4

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

BOYS 200 Meters - Trials

Heat 1

1 - Chris Aguirre	Wilcox	SCVAL	24.2
2 - Steve Roey	Fremont	DAL	23.3
3 - R.J. Theodore	Fremont	DAL	22.7
4 - Louie Fortman	Milpitas	SCVAL	22.2
5 - Tony Salem	Lynbrook	DAL	22.7
6 - Mike Flynn	Leland	STAL	23.2
7 - Mike Asprer	San Jose	STAL	24.2
8 - Sedlmeyer	Wilcox	SCVAL	24.7

Heat 2

1 - Dave Campbell	Gunn	SCVAL	24.5
2 - Dave Fitzpatrick	Leland	STAL	23.5
3 - George Bassett	Saratoga	DAL	23.1
4 - Chris White	Lynbrook	DAL	22.3
5 - Todd Meeker	Willow Glen	STAL	22.9
6 - Alex Gittens	Willow Glen	STAL	23.1
7 - Bryan Van Vleck	Los Altos	SCVAL	23.8
8 - Jim Lutz	Los Altos	SCVAL	24.6

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

GIRLS 200 Meters - Trials

Heat 1

1 - Kris Brennan	St. Francis	DAL	27.6
2 - Tania Turpijn	Homestead	DAL	27.0
3 - Bakken	Santa Clara	SCVAL	26.6
4 - Jenfer Clayton	Lynbrook	DAL	-
5 - Michele Irvine	Monta Vista	DAL	26.3
6 - Darlene Griswold	Lincoln	STAL	26.6
7 - Miller	Milpitas	SCVAL	27.2
8 - Renee Wild	Leland	STAL	27.7

Heat 2

1 - Grumett	Gunn	SCVAL	27.6
2 - Joetta Davis	St. Francis	DAL	26.8
3 - Mary Sprowl	Pioneer	STAL	26.3
4 - Lori Lammle	Leland	STAL	25.5
5 - Laura Van	Palo Alto	SCVAL	26.5
6 - Joella LaTorre	Gunderson	STAL	26.7
7 - Kristin Lewis	Monta Vista	DAL	27.2
8 - Passo	Los Altos	SCVAL	28.1

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

BOYS MILE

1 - James Green	Gunderson	STAL	4:24.5
1a- Rich Clark	Mt. View	SCVAL	4:25.3
2 - Doug Golliher	Saratoga	DAL	4:33.2
2a- Greg Rivera	Willow Glen	STAL	4:26.8
3 - Roger Kohne	Gunn	SCVAL	4:28.0
3a- Craig Blockhus	Mt. View	SCVAL	4:30.8
4 - John Smith	Milpitas	SCVAL	4:31.0
4a- Armondo Orozco	Milpitas	SCVAL	4:34.3
5 - Eugene Tung	Saratoga	DAL	4:34.7
5a- Greg Hales	Leland	STAL	4:37.2
6 - Mike West	Lynbrook	DAL	4:37.9
6a- Jason Carroll	Monta Vista	DAL	4:38.4
7 - Mike Mattehws	Santa Clara	SCVAL	4:40.8
7a- Emilio Mendoza	Willow Glen	STAL	4:43.0
8 - Tom Ewert	Leland	STAL	4:43.6
8a- Charlie Allen	Fremont	DAL	4:48.1

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

GIRLS MILE RUN

1 - Shannon Clark
 1A- Laurie Chapman
 2 - Michele Seck
 2A- Connie Buckler
 3 - Deena Adams
 3A- Alice Deisinger
 4 - Jolene Goff
 4A- Peggy Naughton
 5 - Julie Castello
 5A- Katie Hauser
 6 - Heather Kuiper
 6A- Linda Delnevo
 7 - Debbie Capowski
 7A- Debbie Gilchrist
 8 - Dondi Hart
 8A- Rhonda Lee

Mt. View	SCVAL	5:07
Gunderson	STAL	5:16.1
Lynbrook	DAL	5:22.0
Saratoga	DAL	5:23.0
Gunderson	STAL	5:29.0
Palo Alto	SCVAL	5:35.0
Lincoln	STAL	5:36.5
Homestead	DAL	5:37.1
Willow Glen	STAL	5:39.0
Los Altos	SCVAL	5:39.0
Los Altos	SCVAL	5:45.0
Palo Alto	SCVAL	5:45.5
St. Francis	DAL	5:47.1
Leland	STAL	5:47.9
Homestead	DAL	6:01.0
Fremont	DAL	6:04.4

RESULTS: (finals)

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____

RESULTS: (finals)

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____

BOYS MILE RELAY

Heat 1

1	Saratoga	DAL	3:43.9
2	Gunn	SCVAL	3:41.7
3	Palo Alto	SCVAL	3:39.7
4	Fremont	DAL	3:38.7
5	Homestead	DAL	3:39.1
6	Wilcox	SCVAL	3:41.7
7	Pioneer	STAL	3:42.0
8	-		

Heat 2

1	Lincoln	STAL	3:35.0
2	Los Altos	SCVAL	3:31.8
3	Milpitas	SCVAL	3:31.6
4	Leland	STAL	3:27.6
5	Lynbrook	DAL	3:31.0
6	Gunderson	STAL	3:29.4
7	Monta Vista	DAL	3:34.1
8	Mt. View	SCVAL	3:38.0

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

GIRLS MILE RELAY

Heat 1

1	Lincoln	STAL	4:51.6
2	Fremont	DAL	4:23.6
3	Gunderson	STAL	4:22.0
4	Willow Glen	STAL	4:21.0
5	Saratoga	DAL	4:21.1
6	Milpitas	SCVAL	4:22.8
7	Pioneer	STAL	4:32.0
8	Lynbrook	DAL	NT

Heat 2

1	Palo Alto	SCVAL	4:17.8
2	Monta Vista	DAL	4:15.6
3	Leland	STAL	4:15.6
4	St. Francis	DAL	4:10.3
5	Gunn	SCVAL	4:11.7
6	Mt. View	SCVAL	4:12.0
7	Homestead	DAL	4:17.5
8	Los Altos	SCVAL	4:18.0

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

RESULTS: (finals)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

BOYS VARSITY DISCUS

Flight 1

Greg Howard	Willow Glen	STAL	124-8
Tony Sala	Santa Clara	SCVAL	128-6
Mike Jennett	Leland	STAL	128-6
Mike Sheehan	Leland	STAL	129-10
Drucker	Lqs Altos	SCVAL	129-11

Flight 2

Doug Bunnell	Palo Alto	SCVAL	133-8
Hendrickson	Cupertino	DAL	136-8
Ray Ellis	Willow Glen	STAL	140-2
Scott Bunnell	Palo Alto	SCVAL	142-3
Joe Urban	Lynbrook	DAL	142-6

Flight 3

Mike Aubry	Fremont	DAL	146-2
Eric Volta	Santa Clara	SCVAL	149-10
Jack Mohr	Los Altos	SCVAL	157-7
Roger Creedon	Cupertino	DAL	159-7
Pete Thompson	Cupertino	DAL	163-4
Steve Dudley	Leland	STAL	179-10

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

GIRLS VARSITY DISCUS

Flight 1

Kathy Settle	Homestead	DAL	80-6
Anita Leonard	Lynbrook	DAL	81-4
Kelly Millard	Monta Vista	DAL	86-0
Debbie Hayes	Lincoln	STAL	87-10
Jenny Aquino	Fremont	DAL	90-2

Flight 2

Susanna Heun	St. Francis	DAL	93-1
Tores	Los Altos	SCVAL	94-4½
Johnson	Milpitas	SCVAL	95-6
Kim Howard	Lincoln	STAL	96-8
Carolyn Aubry	Fremont	DAL	103-9

Flight 3

Debbie Falkehan	Leland	STAL	107-6
Diane Hanlon	Leland	STAL	107-8
Cherie Maxwell	Los Altos	SCVAL	110-3½
Stacy Brown	Mt. View	SCVAL	122-1½
Nancy Rice	Leland	STAL	126-6
Dawette Vercher	Gunn	SCVAL	127-2

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

BOYS VARSITY SHOT PUT

Flight 1

Pat DiCochea	Lincoln	STAL	41-6
Jeff Barga	Fremont	DAL	45-1
Jose Sala	Santa Clara	SCVAL	46-4
Doug Bunnell	Gunn	SCVAL	46-7
McKever	Los Altos	SCVAL	47-5 3/4

Flight 2

Mike Vyfinkel	Homestead	DAL	47-9
Ray Ellis	Willow Glen	STAL	48-8 3/4
Sam Ramirez	Willow Glen	STAL	48-4 1/4
Jim Davis	Gunderson	STAL	49-6
Scott Bunnell	Gunn	SCVAL	51-2

Flight 3

Gary Wilberding	Saratoga	DAL	52-4 1/2
Dave Haug	Homestead	DAL	53-6 1/2
Roger Creedon	Cupertino	DAL	54-11 1/2
Jack Mohr	Los Altos	SCVAL	55-11 1/2
Eric Volta	Santa Clara	SCVAL	56-10
Fred Houston	Willow Glen	STAL	60-6 1/2

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

GIRLS SHOTPUT

Flight 1

Emily Faubion	St. Francis	DAL	27-2
Carolyn Aubry	Fremont	DAL	27-2½
Deana Bernal	Lynbrook	DAL	27-4
Kim Howard	Lincoln	STAL	27-7½
Suzanna Heun	St. Francis	DAL	28-4

Flight 2

Christie Bell	Leland	STAL	29-1½
Debbie Hays	Lincoln	STAL	30- 3/4
Chris Ryan	Homestead	DAL	30-2
Johnson	Milpitas	SCVAL	31-1
Diana Hanley	Leland	STAL	31-8

Flight 3

Kit Bramble	Palo Alto	SCVAL	31-8½
Jenny Aquino	Fremont	DAL	32-2½
Brown	Mt. View	SCVAL	33-5 3/4
Nancy Rice	Leland	STAL	35-5½
Danette Vercher	Gunn	SCVAL	39-2½
Melinda Beckenbauer	Los Altos	SCVAL	41-0

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

BOYS LONG JUMP

Flight 1

Casey McGannon	Gunn	SCVAL	19-6
Tony Bush	Willow Glen	STAL	19-11½
Kanik Chung	Gunn	SCVAL	20-2
Dan Campbell	Lynbrook	DAL	20-4
R.J. Theodore	Fremont	DAL	20-4½

Flight 2

Tom Aarts	Palo Alto	SCVAL	20-5
Paul Welch	Willow Glen	STAL	20-6 3/4
Jim Cureton	Leland	STAL	20-7 3/4
DelRosario	Wilcox	SCVAL	20-9
Manuel Nobida	Milpitas	SCVAL	21-0

Flight 3

Rudy Huber	Saratoga	DAL	21-2
Bruce Bridges	Gunn	SCVAL	21-3
Bryan Kellen	Leland	STAL	21-5
Paul Abbot	Lincoln	STAL	21-11 3/4
David Mosley	Monta Vista	DAL	22-3 3/4
Andrew Parker	Monta Vista	DAL	22-9½

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

GIRLS LONG JUMP

Flight 1

Darlene Griswold	Lincoln	STAL	14-10
Lison Hung	Lincoln	STAL	15-0½
Kim Miller	Homestead	DAL	15-2
Michelle Griffiths	St. Francis	DAL	15-2½
Miki Shaw	Homestead	DAL	15-3½

Flight 2

Melinda Wendling	Leland	STAL	15-3½
Tania Turpijn	Homestead	DAL	15-5½
Sarah Perry	Palo Alto	SCVAL	15-7
Beth Vidakovits	St. Francis	DAL	15-10½
Marnie Seid	Palo Alto	SCVAL	16-4½

Flight 3

Quincy Dedner	Palo Alto	SCVAL	16-4½
Rachael Bray	Los Altos	SCVAL	16-6
Sam Shaver	Los Altos	SCVAL	16-7½
Sheri Olsen	Gunderson	STAL	17-2
Danielle Sharkey	Gunderson	STAL	17-5½
Karen Lawson	St. Francis	DAL	18-6½

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

BOYS TRIPLE JUMP

Flight 1

Yoshikawa	Mt. View	SCVAL	40-2½
Willie Hightower	Lincoln	STAL	40-9
Casey McGannon	Gunderson	STAL	41-5
Paul Abbott	Lincoln	STAL.	41-8
Tom Aarts	Palo Alto	SCVAL	42-2

Flight 2

Frank Myers	Fremont	DAL	42-4½
Steve Theard	Gunderson	STAL	42-5½
Jim Cureton	Leland	STAL	42-7
Warren Mayoss	Monta Vista	DAL	42-11
Bryan Kellen	Leland	STAL	43-0½

Flight 3

Doug Birkel	Gunn	SCVAL	43-2½
John Fielding	Gunn	SCVAL	43-6½
Jeff Thomas	Milpitas	SCVAL	43-9
David Mosley	Monta Vista	DAL	44-3½
R.J. Theodore	Fremont	DAL	44-4½
Mike Webster	Homestead	DAL	45-9

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

GIRLS TRIPLLE JUMP

Flight 1

Lisan Hung	Lincoln	STAL	31-7
Jennifer Crockett	Leland	STAL	31-9
Miki Shaw	Homestead	DAL	32-2
Margaret Ruden	Homestead	DAL	32-8
Tania Turpijn	Homestead	DAL	32-11

Flight 2

Shawna Whitmore	Lynbrook	DAL	33-0 $\frac{1}{4}$
Brown	Milpitas	SCVAL	33-2 $\frac{1}{2}$
Melinda Wendling	Leland	STAL	33-4 $\frac{3}{4}$
Laura Van	Palo Alto	SCVAL	33-5
Marnie Seid	Palo Alto	SCVAL	33-6 $\frac{1}{4}$

Flight 3

Michelle Griffiths	St. Francis	DAL	33-9 $\frac{1}{2}$
Jenny Fischenich	Milpitas	SCVAL	33-10 $\frac{1}{4}$
Quincy Dedner	Palo Alto	SCVAL	34-6
Tara Fairfield	Fremont	DAL	34-10 $\frac{3}{4}$
Danielle Sharkey	Gunderson	STAL	35-3 $\frac{1}{2}$
Sheri Olsen	Gunderson	STAL	36-2 $\frac{1}{4}$

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

BOYS HIGH JUMP

Brian Spain	Palo Alto	SCVAL	5-8	
Mike McHargue	Wilcox	SCVAL	5-8	
Hamm	Santa Clara	SCVAL	5-8	
Manuel Nobida	Milpitas	SCVAL	5-10	6'2"
Tim Krays	Lynbrook	DAL	5-10	
John Dewey	Leland	STAL	5-10	
Sanchez	Los Altos	SCVAL	5-10	
Kevin Hoffman	Gunderson	STAL	6-0	
Frank Martin	Lynbrook	DAL	6-0	
Rubin Ruhnke	Santa Clara	SCVAL	6-0	6'2"
Scott Proctor	Willow Glen	STAL	6-2	6'4"
Bryan Kellen	Leland	STAL	6-2	
David Mosley	Monta Vista	DAL	6-4	6'6"
Andy Nikula	Lynbrook	DAL	6-6	6'6"
Mike Webster	Homestead	DAL	6-6 3/4	6'6"
Scott Fender	Willow Glen	STAL	6-7	6'4"

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

GIRLS HIGH JUMP

Diana Rossman	St. Francis	DAL	NH
Janette Fulde	Saratoga	DAL	NH
Dolcie Drak	Lincoln	STAL	4-6
Beth Purdy	Santa Clara	SCVAL	4-6
Jennifer Harris	Saratoga	DAL	4-6
Ann Tucher	Gunn	SCVAL	4-6
Lisa Abruzzini	Saratoga	DAL	4-8
Heffley	Los Altos	SCVAL	4-8
Jessica Kaplan	Gunn	SCVAL	4-8
Lisan Hung	Lincoln	STAL	4-8
Diana Hanlon	Leland	STAL	4-10
Sam Shaver	Los Altos	SCVAL	4-10
Shelly Tilton	Leland	STAL	4-10
Nancy Rice	Leland	STAL	5-0
Tara Fairfield	Fremont	DAL	5-4
Rachael Bray	Los Altos	SCVAL	5-6
Beth Vidakovits	St. Francis	DAL	5-6

4'10"

3'2"
4'10"
5'4"
5'6"
5'8"

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

BOYS POLE VAULT

Rick Starley	Fremont	DAL	NH
Wilson Lee	Monta Vista	DAL	9-6
Jim Givens	Fremont	DAL	10-0
David Rosbrim	Lincoln	STAL	10-6
M. Guerra	Gunderson	STAL	11-0
Dave Baker	Pioneer	STAL	11-0
Liston	Los Altos	SCVAL	11-6
Willie Hightower	Lincoln	STAL	11-6
John Monack	Wilcox	SCVAL	11-6
Cortney Smith	Palo Alto	SCVAL	11-6
Brey	Mt. View	SCVAL	12-0
Doug Houston	Saratoga	DAL	12-0
Gallegos	Los Altos	SCVAL	12-6
George Bassett	Saratoga	DAL	13-6
Mackay	Los Altos	SCVAL	13-6
Mark Coulter	Gunderson	STAL	15-6

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESULTS: (finals)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

