

Prep track

All-Norcal team

1986 ALL-NORTHERN CALIFORNIA HIGH SCHOOL TRACK AND FIELD TEAM

(Selected by the Northern Chapter of California High School Sports Journalists; All distances in meters, selection based on season performances.) Dedication: Phil Klusman (Bakersfield Californian)

7/86

BOYS

100 — Ron McCree, Madera-Central Valley, 10.49

200 — Ron McCree, Madera-Central Valley, 21.14n and Curtis Rogers, Hiram Johnson-Sac Joaquin, 20.9 (ht)

400 — Steve Lewis, American (Fremont)-North Coast, 46.50

800 — Neil Fitzgerald, St. Ignatius (S.F.)-Central Coast, 1:50.83

1600 — Mark Mastalir, Jesuit (Carmichael)-San Joaquin, 4:04.15 and Eric Mastalir, Jesuit (Carmichael)-San Joaquin, 4:04.23

3200 — Eric Mastalir, Jesuit, 8:44.95 and Adam MacAboy, Miramonte (Orinda)-North Coast, 8:55.70n

110 High Hurdles — Albert Pride, Grant-Sac Joaquin, 13.9 (ht)

300 Intermediate Hurdles — Billy Galnes, Independence-Central Coast, 36.90

400 Relay — Hiram Johnson, Sac Joaquin, 41.24

1600 Relay — Berkeley-North Coast, 3:15.06n and Galileo-San Francisco, 3:15.39n

Discus — Jeff Hooper, Del Campo (Fair Oaks)-Sac Joaquin, 192'3 and Mike Coffino, Tamalpais (Mill Valley)-North Coast, 183'3

High Jump — Mike Novitzky, Mills (Milbrae)-Central Coast, 7'0

Long Jump — Curtis Rogers, Hiram Johnson, 24'11w

Triple Jump — Harold Rucker, Silver Creek (San Jose)-Central Coast, 50'11½

Shot Put — Scott Bunnell, Gunderson (San Jose)-Central Coast 63'2½

Pole Vault — Brent Burns, Acalanes (Lafayette)-North Coast 167¼ and Steve Toney, Menlo Atherton-Central Coast, 16'2

GIRLS

100 — Shadon Jones, Hogan (Vallejo)-Sac Joaquin, 11.94

200 — Rosie Williams, East Nicolaus-Northern, 24.65n

400 — Rostyn Mack, St. Francis (Mt. View)-Central Coast, 55.01n

800 — Molly Burke, Marin Catholic (Kentfield)-North Coast, 2:10.63n

1600 — Lauri Chapman, Gunderson (San Jose)-Central Coast, 4:45.13n and Shannon Clark, Mt. View-Central Coast, 4:48.54n

3200 — Laurie Chapman, Gunderson, 10:12.86; Mary Mendoza, Presentation (San Jose)-Central Coast, 10:26.29n and Rebecca Chamberlain, Leigh (San Jose)-Central Coast, 10:29.3

100 Low Hurdles — Gina Albanese, Branham (San Jose)-Central Coast, 14.04w

300 Low Hurdles — Rhonda Brooks, Oakland High-Oakland, 42.58n

400 Relay — Oakland High, 46.65n

1600 Relay — Oakland High, 3:46.04n

Discus — No selection

High Jump — Michelle Wootton, Bella Vista (Fair Oaks)-Sac Joaquin 5'8

Long Jump — No selection

Triple Jump — Felicia Harris, San Lorenzo-North Coast, 40'2

Shot Put — Wanda Wannamaker, Pleasant Valley (Chico)-Northern, 43'3 and Buffy Sexton, Mills (Milbrae)-Central Coast, 42'9½

Athletes Of The Year — Boys: Eric Mastalir, Jesuit (Carmichael); Girls: Laurie Chapman, Gunderson (San Jose).

Coach Of The Year — Boys and girls: Mike Wilson, Vallejo-Sac Joaquin.