

24rd Annual Central Coast Section Track & Field Championships  
Thursday, May 25, 1989 - San Jose City College

MEET OFFICIALS

Meet Director . . . . .	Ken Johnson
Referee . . . . .	Mike O'Kane
Head Field Judge . . . . .	Verne Thornberg
Starter . . . . .	Robert Podkaminer
Recall Starter . . . . .	Bob Hughey
Clerk of the Course . . . . .	Dick Connors
Announcers . . . . .	Bill Wright
Weights & Measures . . . . .	Verne Thornberg
Awards . . . . .	WCAL
Computerized Meet Seeding . . . . .	Robert Podkaminer
Trainers . . . . .	S.J.C.C.
Hurdle Crew . . . . .	Bellarmino
Results . . . . .	Dave Dickerson
CCS Track Chairman . . . . .	Ken Johnson
CCS Commissioner . . . . .	Larry Rice
CCS Administrative Assistant . . . . .	Nancy Lazenby
CCS Events Coordinator . . . . .	Bill Lamson

SPECIAL THANKS TO BURT BONANNO, SAN JOSE CITY COLLEGE  
ATHLETIC DIRECTOR, AND SAN JOSE CITY COLLEGE

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 second
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 second
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

THANKS REEBOK & COKE, WE REALLY APPRECIATE YOUR BELIEF IN  
THE IMPORTANCE OF HIGH SCHOOL SPORTS!



# In Support Of High School Athletics

The CIF/Reebok Dealers listed below are strong supporters of High School Athletics in their communities. Please keep this in mind when you are choosing a place to purchase Reebok products. SUPPORT THE PEOPLE WHO SUPPORT YOU!

**CIF/REEBOK RETAIL NETWORK** — The stores listed below support High School Sports by carrying the Official CIF/Reebok Apparel Line (proceeds are donated to High School Sports), and honor the Reebok \$5 Off Reward. These stores also carry a great selection of Reebok shoes and some of them are set up to do team business. Visit or call them today!

*Show this ad to the stores below and receive \$5.00 Off Reebok products!\**

*\*\$30.00 minimum purchase. Not valid with other discounts. Offer expires 9/1/89*

## NORTHERN CALIFORNIA

### **SAN FRANCISCO/DALY CITY**

Athletes Corner, First Step,  
Hoy's Sports, Copeland Sports  
(3), Sports Arena

### **SAN JOSE**

Asby Sports

### **LOS GATOS**

Runner's Factory

### **SAN MATEO**

Athletic Attic

### **SANTA CLARA**

Athletic Attic

### **PALO ALTO**

Copeland Sports, Fleet Feet

### **PETALUMA/**

### **SANTA ROSA**

Sports A Foot

### **CHICO/PARADISE/OROVILLE**

Sports Foot,

Copeland Sports, Dave's Shoes

### **SACRAMENTO**

Fleet Feet, Sporting Feet (2),

Copeland Sports (3)

### **DAVIS/WOODLAND**

Davis Sports Shop,

Copeland Sports

### **JACKSON/PLACERVILLE/**

### **SONORA**

Tower Shoes, Dave's Shoes

### **SAN RAFAEL/CARMICHAEL**

Copeland Sports (2)

### **YUBA CITY**

Dave's Shoes

### **FAIRFIELD**

Sports Foot,

Copeland Sports

### **MERCED**

McNamara's

### **BERKELEY/ALAMEDA/SAN**

### **LEANDRO/EMERYVILLE**

Discount Sports Shoes (2),

Copeland Sports (4)

### **SALINAS**

Joy-Pers

### **TULARE**

Bronzans Sports World

### **FRESNO/VISALIA/CLOVIS**

Copeland Sports (3), Herb

Bauer Sports

### **BAKERSFIELD**

Copeland Sports (3)

### **STOCKTON/MODESTO**

Copeland Sports (2)

### **REDDING**

Sports Foot

### **WALNUT CREEK/CONCORD/**

### **RICHMOND**

Copeland Sports (3), Discount

Sports Shoes

### **ALAMO**

Athletic Attic

### **DANVILLE/DUBLIN/**

### **PLEASANTON**

Discount Sports Shoes,

Copeland Sports (2)

### **FAIR OAKS**

Fleet Feet

### **CITRUS HEIGHTS**

Copeland Sports, Sporting

Feet

### **SANTA MARIA/SANTA**

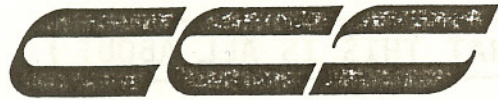
### **BARBARA/SAN LUIS**

### **OBISPO**

Copeland Sports (4)

### **GRASS VALLEY/AUBURN**

Dave's Shoes



Confidence/Commitment/Sportsmanship

May 19, 1989

Congratulations for having achieved the privilege of participating in the Central Coast Section, CIF/Reebok Track & Field Playoffs. All of the young women and men participating in this event have already demonstrated their motivation, athletic skills, self-discipline, and ability to work with others. We are very proud to have you with us representing your league.

You are all winners coming into this event and you will all be winners following the event.

We wish you an enjoyable and challenging experience.

Sincerely yours,

Janine Stark, President  
Central Coast Section

Central Coast Section, CIF  
589 Fremont Avenue  
P.O. Box F  
Sunnyvale, California 94087  
(408) 773-8777

# A MESSAGE FROM CCS COMMISSIONER, LARRY S. RICE

## EDUCATIONAL ATHLETICS---THAT IS WHAT THIS IS ALL ABOUT

There is vital subject matter being learned in this CCS Championship Contest, as there has been throughout the season as our student-athletes moved from pre-season anticipation and conditioning to post season competition. Just as in algebra or world history, there are important lessons to be learned through athletic participation.

In the classroom our students learn critical thinking, factual material, appreciation of the complexities of life, and build a base of knowledge for their futures. Through athletics, in addition to teaching sport skills, we strive to develop these attitudes so important to the success of our athletes as they approach adulthood. Our subject matter includes these vital life-time necessities:

- ▷ 1. MAKING A SINCERE COMMITMENT TO THE ENDEAVOR AT HAND.
- ▷ 2. LEARNING TO OVERCOME OBSTACLES OR IMPEDIMENTS TO ACHIEVING AN OBJECTIVE.
- ▷ 3. WORKING IN COOPERATION WITH OTHERS TO ACCOMPLISH A TASK.
- ▷ 4. PREPARING ADEQUATELY PRIOR TO ACTION OR PERFORMANCE.
- ▷ 5. ESTABLISHING PRIORITIES IN THE FACE OF MANY DEMANDS.
- ▷ 6. DEVELOPING LEADERSHIP (AND FOLLOWERSHIP) SKILLS.
- ▷ 7. SACRIFICING SELF-INTEREST IN ORDER TO ACCOMPLISH A GROUP GOAL.
- ▷ 8. COMPETING WITHIN ESTABLISHED FRAMEWORK TO ACHIEVE SUCCESS.
- ▷ 9. CREATING OPPORTUNITIES THROUGH INITIATIVE.
- ▷ 10. FACING ADVERSITY OR PERCEIVED UNFAIRNESS IN A POSITIVE MANNER.
- ▷ 11. WILLINGNESS TO PUT ONE'S SELF AT RISK AND ACCEPT EVALUATION.

Each of the above and many others, are attitudes which impact not only athletic performance, but life beyond sport as well.

## IMPORTANT MESSAGE ABOUT OUR SPONSORS


**Reebok**

OUR MAJOR SPONSOR, AND



OUR MAJOR

SUPPORTING SPONSOR, ARE WELL KNOWN TO YOU BECAUSE OF THEIR PRODUCTS AND CORPORATE IDENTITIES. HOWEVER, YOU MAY NOT KNOW OF THEIR DIRECT FINANCIAL SUPPORT OF HIGH SCHOOL ATHLETICS IN CALIFORNIA. OVER A THREE-YEAR PERIOD, THESE TWO FRIENDS OF HIGH SCHOOL ATHLETES WILL CONTRIBUTE MORE THAN \$1.5 MILLION DOLLARS, IN CASH, TO THE CIF, OF WHICH APPROXIMATELY \$150,000 IS GOING DIRECTLY INTO CENTRAL COAST SECTION PROGRAMS AND EVENTS. AS YOU LOOK AROUND THIS CHAMPIONSHIP SITE YOU WILL SEE ACKNOWLEDGMENT OF OUR FRIENDS THROUGH BANNERS, PROGRAMS COVERS, TROPHIES, MEDALS AND PRODUCT DISCOUNT COUPONS DISTRIBUTED AT THE ADMISSION GATES. IN MANY CASES, PRODUCT DISPLAYS ARE ALSO PRESENT.

WE ARE VERY PROUD OF OUR RELATIONSHIP WITH **Reebok** AND  AND WANT YOU TO KNOW OF THEIR TREMENDOUS SUPPORT. BEYOND THE FINANCIAL ASPECT, **Reebok** IS ALSO PRESENTING TO EACH SCHOOL IN THE CCS ENCOURAGEMENT FOR ALL STUDENTS TO MAINTAIN A HEALTHY LIFESTYLE THROUGH ATHLETIC PARTICIPATION AND AVOIDANCE OF LIFE-THREATENING USE OF DRUGS AND ALCOHOL. WE ARE VERY PLEASED TO LET YOU KNOW OF OUR PARTNERSHIP AND COOPERATIVE EFFORTS IN "THE OTHER HALF OF EDUCATION," STUDENT ACTIVITIES OUTSIDE THE CLASSROOM.

**WE ALL WIN THIS GAME!**

# CCS BOARD OF MANAGERS

THE CENTRAL COAST SECTION (CCS) AS ONE OF TEN GEOGRAPHIC DIVISIONS WITHIN THE CALIFORNIA INTERSCHOLASTIC FEDERATION (CIF) REPRESENTS 115 PUBLIC AND PRIVATE MEMBER HIGH SCHOOLS, IN SIX BAY AREA COUNTIES.

PLAYOFF PROCEDURES, ELIGIBILITY GUIDELINES, AND GENERAL GOVERNANCE POLICIES AND PROCEDURES ARE FORMULATED BY THE GOVERNING BODY OF THE CCS, BOARD OF MANAGERS.

WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO RECOGNIZE AND THANK THOSE INDIVIDUALS LISTED BELOW WHO REPRESENT THEIR LEAGUE AND SCHOOL IN MAKING DECISIONS FOR THE WELFARE OF STUDENT-ATHLETES.

## 1988-89 CENTRAL COAST SECTION BOARD OF MANAGERS

<u>LEAGUE</u>	<u>FIRST</u>	<u>LAST</u>	<u>SCHOOL</u>	<u>CITY</u>
CGAL	Celine	Curran	Convent of the Sac Heart	San Francisco
	Pam	Bevilacqua	Presentation H.S.	San Francisco
	Terry	O'Neill	Presentation H.S.	San Francisco
CPSAA	Dottie	McCrae	Lawrence Academy	Santa Clara
	Larry	Daugherty	Fremont Christian H.S.	Fremont
	Neil	Sostrom	Berean Christian H.S.	Walnut Creek
DAL	Don	Norby	Fremont H.S.	Sunnyvale
	Phil	Sedgley	Lynbrook H.S.	San Jose
	Tod	Likins	Saratoga H.S.	Saratoga
GPSL	Cheryl	Nash	Mercy High School	Burlingame
	John	Hofferd	Sacred Heart H.S.	Menlo Park
	Karen	Herr	Notre Dame H.S.	San Jose
MBL	John	Almond	Live Oak H.S.	Morgan Hill
	Larry	Snyder	Monterey H.S.	Monterey
	Margy	Silveria	North Salinas	Salinas
MHAL	Cheryl	Hart	Silver Creek H.S.	San Jose
	John	Sellerole	Silver Creek H.S.	San Jose
	Ron	Lundsteadt	Andrew Hill H.S.	San Jose
MTAL	Donna	Bua	Santa Catalina H.S.	Monterey
	Gary	Horsley	Alisal H.S.	Salinas
	Marie	Ishida	Carmel H.S.	Carmel
NPL	Ann	Stluka	So San Fran H.S.	So San Francisco
	Mike	Orlich		Daly City
	Richard	Zaro	So San Francisco H.S.	So San Francisco
PAL	Don	Thoreson		Redwood City
	Pat	Balosky	Sequoia H.S.	Redwood City
	Pete	Newton	Carlmont High School	Belmont
SCCAL	Carolyn	Keller	Santa Cruz H.S.	Santa Cruz
	Dennis	Carocci	N Monterey Cty H.S.	Castroville
	Tony	Calvo	Watsonville H.S.	Watonsville
SCVAL	Charlie	Passatino	Santa Clara H.S.	Santa Clara
	Don	Bordenave	Wilcox H.S.	Santa Clara
	Stephanie	Adcock	Gunn H.S.	Palo Alto
STAL	Barbara	Beard	Leland H.S.	San Jose
	Basil	Huffman	Gunderson H.S.	San Jose
	Verdis	Crockett	Willow Glen H.S.	San Jose
WCAL	Ed	Fennelly		San Mateo
	Edward	Reese	Bellarmino H.S.	San Jose
	Mike	Peterson	Serra H.S.	San Mateo
WVAL	Frank	Filice	Branham H.S.	San Jose
	Ray	Dyer	Blackford H.S.	San Jose
	Rhonda	Farber	Westmont H.S.	Campbell

# CONGRATULATIONS TO 1989 CCS SPRING SPORT HONOR COACHES

THE CCS WOULD LIKE TO TAKE THIS OPPORTUNITY TO RECOGNIZE THESE DEDICATED COACHES FOR THEIR TIRELESS EFFORTS IN WORKING WITH HIGH SCHOOL ATHLETES.

CCS HONOR COACHES ARE NOMINATED BY THEIR LEAGUES AND SCHOOL AND SELECTED BY THEIR CCS SPORT COMMITTEE COLLEAGUES. WE THINK THERE ARE FEW HIGHER HONORS THAN TO HAVE EARNED THE RESPECT AND ADMIRATION OF YOUR COLLEAGUES.

CCS IS PROUD TO HONOR THESE SPECIAL COACHES.

## SOFTBALL

EDNA C. AVILLA, WESTMONT H.S.



## BADMINTON

KENNETH R. TAYLOR, WILLOW GLEN H.S.



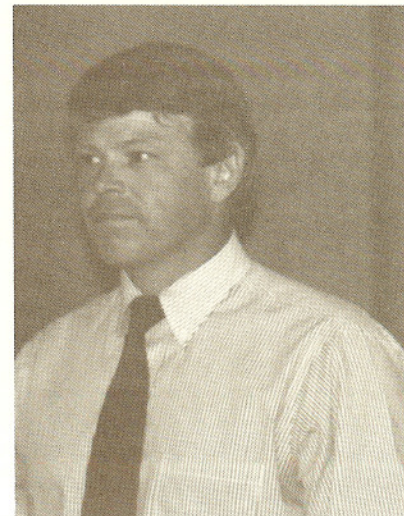
## TRACK & FIELD

ED PARKER, MILLS H.S.



## GOLF

STEVEN M. COX, LELAND H.S.



OVER FOR MORE WINTER HONOR COACHES

**CONGRATULATIONS TO  
1989 CCS SPRING SPORT HONOR COACHES**

**BOYS TENNIS**

**KENT G. MILLER, LELAND. H.S.**



**BOY'S SWIMMING & DIVING**

**JOHN WILLIAMS, PALO ALTO H.S.**



**BASEBALL**

**BOB BRIAN, SO SAN FRANCISCO H.S.**





- CCS/REEBOK TRACK - CCS/REEBOK TRACK -

CCS TRACK FINALS

SAN JOSE CITY COLLEGE

MAY 25, 1989

ORDER OF EVENT

TIME	RUNNING EVENTS	DIVISION	ROUND
4:00PM	100 METER DASH	GIRLS	PRELIM
4:10PM	100 METER DASH	BOYS	PRELIM
4:20PM	100 METER LOW HURD.	GIRLS	PRELIM
4:30PM	110 METER HIGH HURD.	BOYS	PRELIM
4:40PM	200 METER DASH	GIRLS	PRELIM
4:50PM	200 METER DASH	BOYS	PRELIM
6:30PM	400 METER RELAY	GIRLS	FINALS
6:38PM	400 METER RELAY	BOYS	FINALS
6:45PM	1600 METER RUN	GIRLS	FINALS
6:55PM	1600 METER RUN	BOYS	FINALS
7:05PM	100 METER LOW HURD.	GIRLS	FINALS
7:15PM	110 METER HIGH HURD.	BOYS	FINALS
7:30PM	400 METER DASH	GIRLS	FINALS
7:38PM	400 METER DASH	BOYS	FINALS
7:45PM	100 METER DASH	GIRLS	FINALS
7:50PM	100 METER DASH	BOYS	FINALS
7:55PM	800 METER RUN	GIRLS	FINALS
8:05PM	800 METER RUN	BOYS	FINALS
8:10PM	300 METER LOW HURD.	GIRLS	FINALS
8:17PM	300 METER INT. HURD.	BOYS	FINALS
8:30PM	200 METER DASH	GIRLS	FINALS
8:35PM	200 METER DASH	BOYS	FINALS
8:40PM	3200 METER RUN	GIRLS	FINALS
8:50PM	3200 METER RUN	BOYS	FINALS
9:00PM	1600 METER RELAY	GIRLS	FINALS
9:20PM	1600 METER RELAY	BOYS	FINALS

TIME	FIELD EVENTS	DIVISION	ROUND
1:00PM	LONG JUMP	BOYS	FINALS
3:00PM	DISCUS	BOYS	FINALS
3:00PM	POLE VAULT	BOYS	FINALS
3:00PM	HIGH JUMP	GIRLS	FINALS
3:00PM	SHOT PUT	GIRLS	FINALS
3:00PM	LONG JUMP	GIRLS	FINALS
5:00PM	TRIPLE JUMP	BOYS	FINALS
5:00PM	SHOT PUT	BOYS	FINALS
5:00PM	HIGH JUMP	BOYS	FINALS
5:00PM	DISCUS	GIRLS	FINALS
7:00PM	TRIPLE JUMP	GIRLS	FINALS

CCS TRACK FINALS

SAN JOSE CITY COLLEGE

MAY 25, 1989

## SCHEDULE OF EVENTS

EVENT #	EVENT	DIVISION	PRELIM	FINAL
1	DISCUS	GIRLS		5:00PM
2	LONG JUMP	GIRLS		3:00PM
3	HIGH JUMP	GIRLS		3:00PM
4	SHOT PUT	GIRLS		3:00PM
5	TRIPLE JUMP	GIRLS		7:00PM
6	DISCUS	BOYS		3:00PM
7	LONG JUMP	BOYS		1:00PM
8	HIGH JUMP	BOYS		5:00PM
9	SHOT PUT	BOYS		5:00PM
10	TRIPLE JUMP	BOYS		5:00PM
11	POLE VAULT	BOYS		3:00PM
12	100 METER LOW HURD.	GIRLS	4:20PM	7:05PM
13	3200 METER RUN	GIRLS		8:40PM
14	400 METER RELAY	GIRLS		6:30PM
15	400 METER RELAY	BOYS		6:38PM
16	800 METER RUN	GIRLS		7:55PM
17	800 METER RUN	BOYS		8:05PM
18	100 METER DASH	GIRLS	4:00PM	7:45PM
19	100 METER DASH	BOYS	4:10PM	7:50PM
20	110 METER HIGH HURD.	BOYS	4:30PM	7:15PM
21	3200 METER RUN	BOYS		8:50PM
22	400 METER DASH	GIRLS		7:30PM
23	400 METER DASH	BOYS		7:38PM
24	200 METER DASH	GIRLS	4:40PM	8:30PM
25	200 METER DASH	BOYS	4:50PM	8:35PM
26	300 METER LOW HURD.	GIRLS		8:10PM
27	300 METER INT. HURD.	BOYS		8:17PM
28	1600 METER RUN	GIRLS		6:45PM
29	1600 METER RUN	BOYS		6:55PM
30	1600 METER RELAY	GIRLS		9:00PM
31	1600 METER RELAY	BOYS		9:20PM

LONG JUMP,BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 7 05-21-1989--11:38:35  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 1:00p-THURSDAY

Records - NAT'L FED. : 25-09.5 Gerald Hardeman, Fresno, CA Porterville, CA 1972  
STATE MEET : 25-04.5 Jerry Proctor, Muir 1967  
CCS MEET : 25-03.25 Johnny Johnson Pacific Grove 1964

----- Clerk of the Course (c) 1989 Robert Podkaminer -----

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
178	EDUARDO ARELLANO	12	King City	21-00.0	1	_____	_____
176	MARK BUTTITTA	11	Soquel	21-03.5	2	_____	_____
177	JAMIE BECK	10	UNATTACHED	21-03.5	3	_____	_____
136	ERNEST MORRELL		Piedmont Hills	21-05.0	4	_____	_____
94	PHU NGUYEN	12	Fremont	21-08.0	5	_____	_____
93	ROZSHAW MILLER	10	Cupertino	21-08.5	6	_____	_____
92	MARC DAYS	12	Palo Alto	21-10.0	7	_____	_____
135	TONY BOWDEN		Leigh	21-11.75	8	_____	_____
134	JAMES JACKSON		Overfelt	22-00.25	9	_____	_____
27	DAVID MARON	11	Mills	22-07.75	10	_____	_____
152	MIKE JONES	11	Santa Cruz	22-08.0	11	_____	_____
133	STEVE MOORE		Branham	22-10.0	12	_____	_____
91	JOEY BUSH	12	Willow Glen	22-10.75	13	_____	_____
26	SCOTT HILL	11	Riordan	23-00.0	14	_____	_____
25	J.P. HEINRICH	12	Bellarmino Prep	23-01.5	15	_____	_____
24	JASON JOLIVET	12	Carlmont	23-03.0	16	_____	_____

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LONG JUMP,GIRLS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 2 05-21-1989--11:59:40  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 3:00p-THURSDAY

Records - NAT'L FED. : 22-01.75 Kathy McMillan, Raeford, NC Knoxville, TN, 1976  
STATE MEET : 20-09.75 Wendy Brown, Woodside Los Angeles, CA 1984  
CCS MEET : 19-10.75 Wendy Brown Woodside 1983

----- Clerk of the Course (c) 1989 Robert Podkaminer -----

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
156	JODI LOEFFLER	11	Watsonville	16-00.0	1	_____	_____
155	AMY COHON	11	Salinas	16-02.0	2	_____	_____
127	CHRISTINA EVERSON	10	Burlingame	16-02.25	3	_____	_____
126	SHARI ABSNER	12	Mills	16-08.0	4	_____	_____
154	THERESA GUSMAN	11	North Salinas	16-08.0	5	_____	_____
32	DARICE JENKINS	12	Woodside	16-08.5	6	_____	_____
153	MERCEDES BLAIR	12	Santa Cruz	17-01.0	7	_____	_____
97	ELISA RUEGG		Palo Alto	17-05.0	8	_____	_____
33	KRISTI PAASO		Los Altos	17-06.25	9	_____	_____
61	LATANYA JOHNSON		Archbishop Mitty	17-08.5	10	_____	_____
60	NICOLE SWEET		Archbishop Mitty	17-11.0	11	_____	_____
96	LISA COLLET		Lynbrook	18-02.5	12	_____	_____
46	RENEE SANTABANES		Leigh	18-06.0	13	_____	_____
78	M. VELTMAN		Leland	18-11.5	14	_____	_____
25	KERI SANCHEZ		Santa Teresa	19-09.0	15	_____	_____
103	ANNETTE DOLEMAN	12	Carlmont	20-00.0	16	_____	_____

HIGH JUMP, GIRLS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 3 05-21-1989--11:59:52  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 3:00p-THURSDAY

Records - NAT'L FED. : 6-02.75 Latrese Johnson, Clovis, CA 1985  
STATE MEET : 6-02.0 Latrese Johnson, Clovis Sacramento, CA 1985  
CCS MEET : 5-09.25 Trish King Menlo Atherton 1980

----- Clerk of the Course (c) 1989 Robert Podkaminer -----

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
62	RENNE CAPARRELI		Santa Teresa	5-00.0	1	_____	_____
97	ELISA RUEGG		Palo Alto	5-00.0	2	_____	_____
101	KELI FLOYD		Gunderson	5-00.0	3	_____	_____
102	CARRIE FOSTER		Willow Glen	5-00.0	4	_____	_____
161	TIFFANY SALMON	10	Live Oak	5-00.0	5	_____	_____
125	CHERIE CHRISTIANSEN	11	Burlingame	5-00.0	6	_____	_____
67	SUSIA REGUL		Prospect	5-02.0	7	_____	_____
68	DIANE KORBEL		Archbishop Mitty	5-02.0	8	_____	_____
124	KILEY HUMISTON	12	Aragon	5-02.0	9	_____	_____
160	ERICA BAILY	12	Santa Catalina	5-02.0	10	_____	_____
156	JODI LOEFFLER	11	Watsonville	5-02.0	11	_____	_____
123	CHI JOHNSON	10	Menlo Atherton	5-04.0	12	_____	_____
31	YOLANDA SWINDELL	12	Mills	5-04.0	13	_____	_____
157	TARA RAQUINO	12	King City	5-04.0	14	_____	_____
69	EMILY BIGGE		Independence	5-04.0	15	_____	_____
100	ROBIN CAMPAGNA		Mountain View	5-06.0	16	_____	_____

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SHOT PUT, GIRLS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 4 05-21-1989--12:00:06  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 3:00p-THURSDAY

Records - NAT'L FED. : 53-07.5 Natalie Kaaiawahia, CA Bakersfield, CA 1983  
STATE MEET : 53-07.5 Natalie Kaaiawahia, CA 1983  
CCS MEET : 43-05.0 Latonia Floyd Oak Grove 1982

----- Clerk of the Course (c) 1989 Robert Podkaminer -----

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
71	JOY ZIMMER		Del Mar	34-00.0	1	_____	_____
72	CHARLIE JACKSON		Blackford	34-00.0	2	_____	_____
121	NOUE MULITALD	12	Jefferson	34-09.75	3	_____	_____
70	KITTY BITTENBENDER		Leigh	35-01.5	4	_____	_____
120	COLLETTE POWERS	12	South San Francisco	35-08.5	5	_____	_____
138	LORI RODRIGUEZ	12	North Monterey County	35-11.5	6	_____	_____
137	KATIE McCANDLESS	12	Watsonville	36-05.75	7	_____	_____
66	CANDACE SCHOBY		Overfelt	36-07.0	8	_____	_____
136	ERICKA HEIDRICK	12	Pacific Grove	36-11.5	9	_____	_____
119	AGNUS LATU	11	San Mateo	37-03.25	10	_____	_____
93	MISSY MALOATA		Pioneer	38-06.0	11	_____	_____
94	MEGAN McMAHON		Gunn	38-08.0	12	_____	_____
118	LAURA MOLINAR	10	Carlmont	38-09.75	13	_____	_____
92	MINDY WIRTZ		Leland	38-10.0	14	_____	_____
91	JENNY PETERS		Gunn	39-09.0	15	_____	_____
135	CHRISTY BRUNO	12	North Monterey County	40-10.75	16	_____	_____
90	SHANNON PARKER		St. Francis	42-00.0	17	_____	_____



DISCUS, GIRLE  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 1 05-21-1989--11:59:3E  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 5:00p-THURSDAY

Records - NAT'L FED. : 176-04.0 Cindy Johnson, Chandler, AZ Mesa, AZ, 1982  
STATE MEET : 172-11.0 Leslie Deniz, Gridley Lancaster, 1980  
CCS MEET : 149-00.0 Cindi Durchslag San Carlos 1982

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ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
137	KATIE McCANDLESS	12	Watsonville	NO MARK	1	_____	_____
139	SARAH ANDREWS	12	Monterey	NO MARK	2	_____	_____
135	CHRISTY BRUND	12	North Monterey County	NO MARK	3	_____	_____
140	DENISE TELLEY	11	Gilroy	NO MARK	4	_____	_____
122	JULIE PALLUS	10	Hilledale	102-08.5	5	_____	_____
120	COLLETTE POWERS	12	South San Francisco	111-04.5	6	_____	_____
119	AGNUS LATU	11	San Mateo	114-07.0	7	_____	_____
90	SHANNON PARKER		St. Francis	115-07.5	8	_____	_____
88	CANDACE SCHOBY		Overfelt	118-08.0	9	_____	_____
92	MINDY WIRTZ		Leland	120-06.25	10	_____	_____
85	EDAH VanBALLEGODIEN		Leigh	122-09.0	11	_____	_____
121	NOUE MULITALO	12	Jefferson	123-08.5	12	_____	_____
95	JEAN RUSH		Milpitas	125-02.5	13	_____	_____
64	VELICA CLAY		Mount Pleasant	131-08.0	14	_____	_____
48	OCTAVIA DUMAS		Mount Pleasant	132-05.0	15	_____	_____
91	JENNY PETERS		Gunn	140-06.25	16	_____	_____

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HIGH JUMP, BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 8 05-21-1989--11:39:16  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 5:00p-THURSDAY

Records - NAT'L FED. : 7-05.25 Dothel W. Edwards, Jr. Athens, GA, 1983  
STATE MEET : 7-03.25 Lee Balkin, Glendale, CA 1979  
CCS MEET : 7-03.0 Jeff Rogers Overfelt 1985

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ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
185	DAVID POLANCE	10	Hollister	6-00.0	1	_____	_____
141	TIM GRIEB		Oak Grove	6-01.0	2	_____	_____
96	MIKE GABRIEL	12	Mountain View	6-02.0	3	_____	_____
97	JIM LeVAIN	12	Gunn	6-02.0	4	_____	_____
98	PIERCE JASON	11	San Jose	6-02.0	5	_____	_____
140	CHRIS BAXTER		Prospect	6-02.0	6	_____	_____
184	PAT HANEY	12	North Monterey County	6-02.0	7	_____	_____
23	MATT RICE	11	Bellarmino Prep	6-04.0	8	_____	_____
92	MARC DAYS	12	Palo Alto	6-04.0	9	_____	_____
139	MARK OLSON		Independence	6-04.0	10	_____	_____
20	GREG WALKER	12	Bellarmino Prep	6-06.0	11	_____	_____
21	DENY SEPAHER	12	Mills	6-06.0	12	_____	_____
22	JIM MARTIN	12	St. Francis	6-06.0	13	_____	_____
119	DARIN GARCIA		Leigh	6-06.0	14	_____	_____
152	MIKE JONES	11	Santa Cruz	6-06.0	15	_____	_____
183	TROY GRAY	10	Seside	6-06.0	16	_____	_____

SHOT PUT,BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 9 05-21-1989--11:42:50  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 5:00p-THURSDAY

Records - NAT'L FED. : 77-00.0 Michael Carter, Dallas, TX Abilene, TX, 1979  
STATE MEET : 68-04.0 Brian Blutreich, Capistrano Valley - 1985  
CCS MEET : 63-09.0 Bob Brannen Los Gatos 1965

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ENTRANT # NAME GR AFFILIATION PREV. MARK POSITION PLACE MARK

195	JOE HICKS	12 Hollister	NO MARK	1	_____	_____
196	MIKE BEERMAN	12 Carmel	NO MARK	2	_____	_____
197	JIM WHITLEY	12 North Monterey County	NO MARK	3	_____	_____
198	MIKE BREAUX	11 North Monterey County	NO MARK	4	_____	_____
145	FRANK FILLIPONE	Dak Grove	50-07.0	5	_____	_____
12	TIM COLE	12 Serra	50-11.0	6	_____	_____
144	MIKE ARRIDIOLA	Yerba Buena	51-08.5	7	_____	_____
11	KEVIN McMAHON	11 Bellarmine Prep	51-10.0	8	_____	_____
10	DAVID ASIASI	12 San Mateo	52-04.0	9	_____	_____
88	JEFF CHIN	12 Fremont	52-04.0	10	_____	_____
9	ERIC HALTERMAN	12 Serra	53-05.0	11	_____	_____
87	ALLEN BABAYAN	12 Mountain View	53-08.0	12	_____	_____
143	RICH STAFFORD	Dak Grove	54-00.5	13	_____	_____
86	JAMES WILD	12 Saratoga	54-08.0	14	_____	_____
85	JOHN FOWLER	12 Los Altos	54-09.5	15	_____	_____
142	MARC HARISAY	Piedmont Hills	58-07.0	16	_____	_____

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TRIPLE JUMP,BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 10 05-21-1989--11:43:22  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 5:00p-THURSDAY

Records - NAT'L FED. : 52-10.5 Charles Mayfield, Muir, Pasa Arcadia, 1980  
STATE MEET : 52-10.5 Charles Mayfield, Muir, Pasa 1980  
CCS MEET : 50-11.5 Harold Rucker Silver Creek 1986

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ENTRANT # NAME GR AFFILIATION PREV. MARK POSITION PLACE MARK

182	MARK VOLLENWEIDER	12 Valley Christian	42-06.0	1	_____	_____
181	EVAN SMITH	12 Robert Louis Stevenson	42-08.75	2	_____	_____
95	ANTHONY LIANG	11 Gunn	43-00.75	3	_____	_____
93	ROZSHAW MILLER	10 Cupertino	43-02.5	4	_____	_____
91	JOEY BUSH	12 Willow Glen	43-03.75	5	_____	_____
136	ERNEST MORRELL	Piedmont Hills	43-05.25	6	_____	_____
138	ROGER THAJ	Independence	44-07.25	7	_____	_____
137	BRIAN PLASCENCIA	Overfelt	44-07.5	8	_____	_____
30	WEM ODOT	11 South San Francisco	44-11.0	9	_____	_____
180	MIKE JONES	12 North Monterey County	45-00.75	10	_____	_____
29	TIM BAXTER	11 Bellarmine Prep	45-01.0	11	_____	_____
179	CRAIG PRICE	11 Salinas	45-01.25	12	_____	_____
134	JAMES JACKSON	Overfelt	45-07.0	13	_____	_____
26	SCOTT HILL	11 Riordan	45-09.25	14	_____	_____
28	KHALDUN RUCKER	12 Riordan	45-09.5	15	_____	_____
94	PHU NGUYEN	12 Fremont	46-06.25	16	_____	_____

TRIPLE JUMP, GIRLS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 5 05-21-1989--12:00:25  
MAY 25, 1989

Schedule - Prelim:

Semi:

Final: 7:00p-THURSDAY

Records - NAT'L FED. : 42-10.5 Wendy Brown, Woodside, CA Los Angeles, CA 1984  
 STATE MEET : 42-10.5 Wendy Brown, Woodside, CA Los Angeles, CA 1984  
 CCS MEET : 40-02.0 Wendy Brown Woodside 1988

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ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
130	NALUNGO PERKINS	9	Menlo Atherton	33-00.0	1	_____	_____
129	DIANA CHAN	12	Jefferson	33-00.25	2	_____	_____
63	CHELSEA BROWN		Oak Grove	33-07.25	3	_____	_____
128	ANNA LUSCAP	10	Carlmont	34-00.0	4	_____	_____
32	DARICE JENKINS	12	Woodside	34-00.0	5	_____	_____
159	AIMEE BECKSTROM	10	Aptos	34-02.0	6	_____	_____
146	ANGEL FOWLER	12	North Monterey County	34-02.5	7	_____	_____
62	RENNE CAPARRELI		Santa Teresa	34-05.5	8	_____	_____
158	TANYA IWANKOVITSCH	12	North Monterey County	35-00.5	9	_____	_____
60	NICOLE SWEET		Archbishop Mitty	35-07.0	10	_____	_____
100	ROBIN CAMPAGNA		Mountain View	35-08.25	11	_____	_____
99	ANN QUINN		St. Francis	35-10.25	12	_____	_____
157	TARA RAQUIND	12	King City	36-02.0	13	_____	_____
98	KATHY BAIRD		Monte Vista	36-09.0	14	_____	_____
33	KRISTI PAASO		Los Altos	36-10.75	15	_____	_____
25	KERI SANCHEZ		Santa Teresa	39-03.25	16	_____	_____



Schedule - Prelim: 4:00p-THURSDAY Semi: Final: 7:45p-THURSDAY

Records - NAT'L FED. : 11.29 Barbara Bell, Technical, TX Fort Worth, TX, 1981  
STATE MEET : 11.42 Sharon Ware, Berkeley, CA 1980  
CCS MEET : 12.00 Gurtha Pounds Live Dal 1982

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FIRST FOUR FROM EACH HEAT ADVANCE TO THE FINAL

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
30	ANGIE NURISSE		St. Francis	12.6	1		
49	MARIE JONES		Independence	12.49	2		
45	KRISTEN BURNETT		Branham	12.36	3		
48	OCTAVIA DUMAS		Mount Pleasant	12.22	4		
145	DEEDEE ROBERTS	11	Seside	12.8	5		
104	NOMA MOORE	12	Jefferson	13.25	6		
105	ANGELA EARLE	10	Menlo Atherton	13.58	7		
106	SONJA FIELDS	11	Carlmont	13.65	8		
52	MICHELLE FERGUSON		Independence	12.73	1		
79	JULIE CANE		Los Gatos	12.6	2		
78	M. VELTMAN		Leland	12.5	3		
77	JOSLYN MACK		St. Francis	12.3	4		
102	ANNETTE COLEMAN	12	Carlmont	12.64	5		
153	MERCEDES BLAIF	12	Santa Cruz	13.0	6		
171	LASHETTIA SAYER	10	San Lorenzo Valley	13.0	7		
146	ANGEL FOWLER	12	North Monterey County	13.0	8		

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Schedule - Prelim: 4:10p-THURSDAY Semi: Final: 7:50p-THURSDAY

Records - NAT'L FED. : 10.18 Roy Martin, Roosevelt Dallas, TX - 1985  
STATE MEET : 10.44 Henry Thomas, Hawthorne 1984  
CCS MEET : 10.61 Chip Vargas Wilcox 1986

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FIRST FOUR FROM EACH HEAT ADVANCE TO THE FINAL

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
125	BRIAN WOOD		Silver Creek	11.05	1		
110	D.J. COLE		Branham	10.87	2		
108	TERENCE HILL		Oak Grove	10.75	3		
109	ANTHONY CROUTS		Yerba Buena	10.66	4		
156	RYAN GREGG	12	Watsonville	11.4	5		
157	J.T. WHITE	12	Watsonville	11.4	6		
70	M. JOHNSON	10	Leland	11.49	7		
159	PAUL PINKHAM	12	Santa Cruz	11.6	8		
33	CHARLES CARTER	10	Oceana	11.46	1		
32	OMAR FIELDS	11	San Mateo	11.36	2		
69	HERB LECORNU	12	Los Altos	11.29	3		
68	ERIC WORRELL	12	Monte Vista	11.04	4		
31	ERIC BRANDON	12	Oceana	11.28	5		
23	MATT RICE	11	Bellarmino Prep	11.35	6		
158	MATT HENRY	12	Santa Cruz	11.4	7		
71	SEAN WINTERS	12	Fremont	11.50	8		

Schedule - Prelim: 4:20p-THURSDAY

Semi:

Final: 7:05p-THURSDAY

Records - NAT'L FED. : 13.20  
STATE MEET : 13.41  
CCS MEET : 14.14

Tanya Davis, Stirling Houston, TX - 1985  
Gail Devers, Nat'l City, CA 1984  
Leslie Maxie / Lori Finnerty Mills-1983/P.Hls-1986

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FIRST FOUR FROM EACH HEAT ADVANCE TO THE FINAL

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
36	KRISTI GABRIELSON		Mountain View	15.18	1	_____	_____
35	BRITT ANDERSON		Palo Alto	14.86	2	_____	_____
34	STEPHANIE ADAMS		Gunderson	14.81	3	_____	_____
25	KERI SANCHEZ		Santa Teresa	14.17	4	_____	_____
167	NICOLE WHICHELLO	10	Soquel	16.2	5	_____	_____
157	TARA RAQUINO	12	King City	16.4	6	_____	_____
31	YOLANDA SWINDELL	12	Mills	16.53	7	_____	_____
32	DARICE JENKINS	12	Woodside	16.55	8	_____	_____
28	ALISHA PAYNE		Independence	15.30	1	_____	_____
27	TONIA COLEMAN		Branham	15.23	2	_____	_____
26	NATASHA DIXON		Independence	15.02	3	_____	_____
33	KRISTI PAASD		Los Altos	14.77	4	_____	_____
29	CANDIE TORRESDAL	10	Woodside	15.94	5	_____	_____
30	ANNEIEUA DODD	11	Carlmont	16.08	6	_____	_____
142	MISTY JENSEN	12	Aptos	16.5	7	_____	_____
141	NAO ISHII	12	King City	16.5	8	_____	_____

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110 METER HIGH HURD.,BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 20  
MAY 25, 1989

05-21-1989--11:23:37

Schedule - Prelim: 4:30p-THURSDAY

Semi:

Final: 7:15p-THURSDAY

Records - NAT'L FED. : 12.9  
STATE MEET : 13.41  
CCS MEET : 13.90

Renaldo Nehemiah, Fanwood,NJ Jamaica, NY, 1977  
Steve Kerho, Mission Viejo Sacramento, 1982  
Erick Montgomery Independence 1983

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FIRST FOUR FROM EACH HEAT ADVANCE TO THE FINAL

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
175	KUMA HATTEN	11	North Monterey County	15.0	1	_____	_____
119	DARIN GARCIA		Leigh	14.74	2	_____	_____
105	SONNY TURNER		Overfelt	14.47	3	_____	_____
104	PETE SIMMONS		Oak Grove	14.03	4	_____	_____
60	TERRY TEAL		Cupertino	15.49	5	_____	_____
62	JOHN MORGAN	12	Gunn	15.58	6	_____	_____
61	AARON GREENE	12	Gunn	15.65	7	_____	_____
63	SCOTT CLIFFORD	12	Los Altos	15.82	8	_____	_____
120	AARON STEWART		Prospect	15.20	1	_____	_____
174	JIM ZAPIENI	12	Gilroy	15.0	2	_____	_____
173	TROY GRAY	10	Salinas	14.9	3	_____	_____
172	GREG ROJAS	12	Gilroy	14.6	4	_____	_____
39	CRAIG CHOY	12	Mills	15.28	5	_____	_____
47	CARLOS MAXIMO	11	Riordan	15.35	6	_____	_____
48	GEORGE CASEY	11	Bellarmino Prep	15.36	7	_____	_____
48	JOHN TALMOPEFALL	12	Mills	15.37	8	_____	_____

Schedule - Prelim: 4:40p-THURSDAY

Semi:

Final: 8:30p-THURSDAY

Records - NAT'L FED. : 23.19  
STATE MEET : 23.19  
CCS MEET : 23.9

Sheri Howard  
Sheri Howard, Kennedy, CA  
Kelia Bolton

Berkeley, CA 1980  
1980  
Andrew Hill 1978

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FIRST FOUR FROM EACH HEAT ADVANCE TO THE FINAL

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
49	MARIE JONES		Independence	25.59	1		
37	LENECIA STROM		Silver Creek	25.35	2		
74	MICHELLE BARGA		Fremont	24.94	3		
73	ROSLYN MACK		St. Francis	24.77	4		
145	DEEDEE ROBERTS	11	Beside	26.5	5		
111	JULIANA RODAN	9	Carlmont	26.90	6		
41	JULIE MEADE	11	Carlmont	27.07	7		
112	KELLIE BROOKS	10	Mercy	27.26	8		
80	ANGIE NURISSO		St. Francis	26.31	1		
77	JOSLYN MACK		St. Francis	25.8	2		
48	OCTAVIA DUMAS		Mount Pleasant	25.26	3		
47	TARSHA HANDY		Archbishop Mitty	24.85	4		
103	ANNETTE COLEMAN	12	Carlmont	26.05	5		
146	ANGEL FOWLER	12	North Monterey County	26.6	6		
147	GWEN VILCHES	12	Santa Cruz	26.8	7		
148	AMIE WEINHEIMER	12	Hollister	26.8	8		

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200 METER DASH,BOYS

EVENT # 25

05-21-1989--11:25:54

CCS TRACK FINALS

SAN JOSE CITY COLLEGE

MAY 25, 1989

Schedule - Prelim: 4:50p-THURSDAY

Semi:

Final: 8:35p-THURSDAY

Records - NAT'L FED. : 20.00  
STATE MEET : 20.77  
CCS MEET : 20.9

Roy Martin, Roosevelt  
Henry Thomas, Hawthorne  
Millard Hampton

Dallas, TX - 1985  
1984  
Silver Creek 1974

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FIRST FOUR FROM EACH HEAT ADVANCE TO THE FINAL

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
110	D.J. COLE		Branham	22.19	1		
109	ANTHONY CROUTS		Yerba Buena	22.15	2		
108	TERENCE HILL		Oak Grove	21.99	3		
64	TOMMY GRIFFIN	12	Los Altos	21.78	4		
157	J.T. WHITE	12	Watsonville	22.8	5		
158	MATT HENRY	12	Santa Cruz	22.9	6		
153	MATT HILL	12	Salinas	22.9	7		
32	OMAR FIELDS	11	San Mateo	23.05	8		
79	CHRIS OWENS	10	Abraham Lincoln	22.82	1		
42	JEFF SPEECH	11	Riordan	22.63	2		
68	ERIC WORRELL	12	Monte Vista	22.08	3		
107	CURTIS SHEARER		Silver Creek	21.95	4		
31	ERIC BRANDON	12	Oceana	22.36	5		
41	DAMIEN SEMIEN	12	Riordan	22.53	6		
69	HERB LECORNU	12	Los Altos	22.80	7		
156	RYAN GREGG	12	Watsonville	23.0	8		

400 METER RELAY, GIRLS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 14 05-21-1989--12:08:21  
MAY 25, 1989

Schedule - Prelim:

Semi:

Final: 6:30p-THURSDAY

Records - NAT'L FED. : 45.11  
STATE MEET : 45.13  
CCS MEET : 47.7

Hawthorn, CA  
Berkeley, CA  
Andrew Hill HS

1985  
Norwalk, CA 1981  
1978

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TWO SECTIONS ----- FAST - SLOW SLOW SECTION RUNS FIRST

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
11	/LOS GATOS		Los Gatos	50.40	1	_____	_____
2	/MT. PLEASANT		Mount Pleasant	49.46	2	_____	_____
162	/NORTH MONTEREY		North Monterey County	51.3	3	_____	_____
9	/ST. FRANCIS		St. Francis	48.14	4	_____	_____
1	/INDEPENDENCE		Independence	49.36	5	_____	_____
5	/MENLO ATHERTON		Menlo Atherton	51.37	6	_____	_____
10	/PRESENTATION		Presentation	50.23	7	_____	_____
3	/OAK GROVE		Oak Grove	50.65	8	_____	_____
7	/BURLINGAME		Burlingame	52.30	1	_____	_____
133	/APTOS		Aptos	52.1	2	_____	_____
163	/SAN LORENZO VALLEY		San Lorenzo Valley	51.7	3	_____	_____
12	/PALO ALTO		Palo Alto	50.68	4	_____	_____
4	/BRANHAM		Branham	50.69	5	_____	_____
132	/KING CITY		King City	51.8	6	_____	_____
6	/MILLS		Mills	52.23	7	_____	_____
8	/ARAGON		Aragon	52.45	8	_____	_____

400 METER RELAY, BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 15  
MAY 25, 1989

05-21-1989--11:21:27

Schedule - Prelim:

Semi:

Final: 6:38p-THURSDAY

Records - NAT'L FED. : 40.20  
STATE MEET : 40.83  
CCS MEET : 41.60

Lincoln, Dallas, TX  
Edison, Fresno  
Woodside HS

Austin, TX, 1970  
Bakersfield, 1983  
1975

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TWO SECTIONS ----- FAST - SLOW SLOW SECTION RUNS FIRST

ENTRANT #	NAME	GR AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
165	/WATSONVILLE	Watsonville	43.52	1	_____	_____
112	/SILVER CREEK	Silver Creek	43.29	2	_____	_____
52	/LOS ALTOS	Los Altos	43.24	3	_____	_____
5	/RIORDAN	Riordan	43.05	4	_____	_____
111	/OAK GROVE	Oak Grove	43.23	5	_____	_____
164	/SANTA CRUZ	Santa Cruz	43.29	6	_____	_____
53	/MONTE VISTA	Monte Vista	43.37	7	_____	_____
166	/SALINAS	Salinas	43.64	8	_____	_____
54	/MILPITAS	Milpitas	44.14	1	_____	_____
114	/LEIGH	Leigh	44.04	2	_____	_____
113	/BRANHAM	Branham	43.81	3	_____	_____
167	/GILROY	Gilroy	43.67	4	_____	_____
7	/BELLARMINE	Bellarmino Prep	43.70	5	_____	_____
43	/MILLS	Mills	43.89	6	_____	_____
44	/CARLMONT	Carlmont	44.12	7	_____	_____
55	/LOS GATOS	Los Gatos	44.22	8	_____	_____

Schedule - Prelim:

Semi:

Final: 6:45p-THURSDAY

Records - NAT'L FED. : 4:39.4  
STATE MEET : 4:39.92  
CCS MEET : 4:48.7

Laura Matson  
Polly Plumer, University  
Laurie Chapman

Blmfield Hls, MI 1985  
Irvine, CA 1982  
Gunderson 1986

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ONE TURN STAGGER - TWO TO A LANE

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
164	HEATHER CAMPBELL	9	King City	5:20.2	1	_____	_____
21	BETH BARTHOLOMEW		Fremont	5:03.3	2	_____	_____
149	RACHEL LEWIS	12	Santa Catalina	5:05.5	3	_____	_____
13	EVIE BARRY		Santa Teresa	5:15.08	4	_____	_____
17	ALVA DANCEL	11	Mills	5:15.40	5	_____	_____
22	NOEL CROCKETT		Leland	5:11.4	6	_____	_____
14	JANET FISHER		Mount Pleasant	5:18.08	7	_____	_____
18	SUZANNE JONES	10	Carlmont	5:18.90	8	_____	_____
20	JENNI RUSSELL	11	Menlo Atherton	5:32.80	1	_____	_____
23	JENNY JAMES		Los Altos	5:16.0	2	_____	_____
15	MARIA SOLDRIG		Overfelt	5:18.22	3	_____	_____
165	TERESA CENTENO	11	North Salinas	5:24.7	4	_____	_____
19	JANE VEGA	11	Burlingame	5:26.90	5	_____	_____
24	TEGAN ANDERSON		Leland	5:23.5	6	_____	_____
166	MARTHA LUNA	11	Watsonville	5:25.3	7	_____	_____
16	KHRISTINA BERQUIST		Santa Teresa	5:30.47	8	_____	_____

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1600 METER RUN,BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 29 05-21-1989--11:35:24  
MAY 25, 1989

Schedule - Prelim:

Semi:

Final: 6:55p-THURSDAY

Records - NAT'L FED. : 3:58.3  
STATE MEET : 4:05.4  
CCS MEET : 4:08.7

Jim Ryun, Wichita East, KS  
Mark Schilling, Garden Grove  
Mark Stillman

Wichita, KS, 1965  
1972  
Willow Glenn 1977

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ONE TURN STAGGER - TWO TO A LANE

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
116	RICKY WOODS		Independence	4:35.04	1	_____	_____
56	MATT RINGER	11	Homestead	4:22.3	2	_____	_____
34	ED ENGLER	12	Bellarmino Prep	4:25.00	3	_____	_____
161	JEFF ARNOLD	9	York School	4:27.8	4	_____	_____
115	JOE DISALVO		Santa Teresa	4:33.80	5	_____	_____
37	MIKE REGAN	12	South San Francisco	4:26.90	6	_____	_____
57	SEAN MURPHY	11	Leland	4:29.2	7	_____	_____
169	GERRY CARRILLO	11	Salinas	4:29.5	8	_____	_____
118	ERIK PERRON		Independence	4:36.01	1	_____	_____
45	MIKE COOKS	12	Half Moon Bay	4:28.80	2	_____	_____
170	BARNELL HAMPTON	12	North Salinas	4:29.4	3	_____	_____
58	RANDY LANG	12	Homestead	4:29.6	4	_____	_____
117	LESTER THUNDERSHIELD		Overfelt	4:35.40	5	_____	_____
46	STEFAN WYNN	12	St. Francis	4:28.80	6	_____	_____
59	DOUG WRIGHT	11	Los Altos	4:30.9	7	_____	_____
171	GREG MAYER	12	Live Oak	4:31.0	8	_____	_____

400 METER DASH, GIRLS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 22 05-21-1989--12:05:12  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 7:30p-THURSDAY

Records - NAT'L FED. : 52.39 Denean Howard, Kennedy, CA Sacramento, CA, 1982  
STATE MEET : 52.39 Denean Howard Sacramento, CA 1982  
CCS MEET : 53.92 Leslie Maxie Mills 1982

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TWO SECTIONS ----- FAST - SLOW SLOW SECTION RUNS FIRST

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
76	J. HAMILTON		Presentation	59.2	1	_____	_____
74	MICHELLE BARGA		Fremont	57.0	2	_____	_____
37	LENECIA STROM		Silver Creek	59.22	3	_____	_____
73	ROSLYN MACK		St. Francis	56.1	4	_____	_____
168	LAURIE DURETTE	12	Aptos	58.8	5	_____	_____
41	JULIE MEADE	11	Carlmont	59.78	6	_____	_____
75	LORA WEINBERG		Los Gatos	58.7	7	_____	_____
169	AIMEE COHON	11	Salinas	59.2	8	_____	_____
40	JENNY SIMONS		Archbishop Mitty	1:00.96	1	_____	_____
38	TARA KNIGHT		Andrew Hill	1:00.89	2	_____	_____
147	GWEN VILCHES	12	Santa Cruz	1:00.5	3	_____	_____
170	ERIKA STAFNE	11	Redwood Christian	1:00.0	4	_____	_____
42	CHARLENE FALCIS	10	Mercy	1:00.44	5	_____	_____
43	JESSICA WOLF	9	Half Moon Bay	1:00.56	6	_____	_____
39	ANGELA HILL		Mount Pleasant	1:00.93	7	_____	_____
44	EBONY WALLACE	10	Sequoia	1:01.95	8	_____	_____

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400 METER DASH, BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 23 05-21-1989--11:25:08  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 7:38p-THURSDAY

Records - NAT'L FED. : 45.5 A. Ketchum / R. Haley Austin, TX 1981/1984  
STATE MEET : 45.5 Chip Rish, Marina Huntington Bch. 1985  
CCS MEET : 45.51 Bill Green Cubberley 1979

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TWO SECTIONS ----- FAST - SLOW SLOW SECTION RUNS FIRST

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
50	JASON MURRY	11	Riordan	49.88	1	_____	_____
153	MATT HILL	12	Salinas	49.4	2	_____	_____
41	DAMIEN SEMIEN	12	Riordan	49.69	3	_____	_____
64	TOMMY GRIFFIN	12	Los Altos	49.1	4	_____	_____
152	MIKE JONES	11	Santa Cruz	49.2	5	_____	_____
107	CURTIS SHEARER		Silver Creek	49.77	6	_____	_____
154	EDDIE BLUEFORD	12	Alisal	49.6	7	_____	_____
42	JEFF SPEECH	11	Riordan	50.07	8	_____	_____
127	JAY KOHLER		Independence	51.62	1	_____	_____
126	RON BRYAN		Leigh	50.79	2	_____	_____
66	DUANE SMITH	11	Gunderson	50.5	3	_____	_____
65	ALEX BYNOE	10	Gunn	50.3	4	_____	_____
155	FRED GUSTAFSON	12	Santa Cruz	50.4	5	_____	_____
67	BRYAN KENT	12	Leland	50.5	6	_____	_____
51	ANDY TESELLE	12	San Mateo	51.56	7	_____	_____
128	PAUL GARCIA		Overfelt	52.57	8	_____	_____

Schedule - Prelim: Semi: Final: 7:55p-THURSDAY

Records - NAT'L FED. : 2:04.5 Joetta Clerk, Columbia New Jersey, 1980  
 STATE MEET : 2:04.91 Trena Hull, Compton, CA 1984  
 CCS MEET : 2:08.6 Tracy Weber Lynbrook 1981

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TWO SECTIONS ----- FAST - SLOW SLOW SECTION RUNS FIRST

ONE TURN STAGGER

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
82	IMMA OOSTERKEMP		Los Gatos	2:21.8	1		
50	KIMIK ANDERSON		Santa Teresa	2:19.08	2		
13	EVIE BARRY		Santa Teresa	2:18.67	6		
172	DINA MOORE	11	Harbor	2:17.0	4		
21	BETH BARTHOLOMEW		Fremont	2:17.4	5		
47	TARSHA HANDY		Archbishop Mitty	2:18.22	3		
18	SUZANNE JONES	10	Carlmont	2:21.35	7		
81	GENEVIEVE FARNADY		Los Gatos	2:20.2	8		
107	FIRUZEH MAHMOUDI	12	Burlingame	2:31.72	8		
164	HEATHER CAMPBELL	9	King City	2:26.4	7		
51	KISHI ANDERSON		Santa Teresa	2:26.11	2		
168	LAURIE DURETTE	12	Aptos	2:22.2	4		
173	LARKIN FERBER	12	Santa Cruz	2:22.5	5		
83	JENNY LEMES		Los Altos	2:23.3	3		
19	JANE VEGA	11	Burlingame	2:25.68	6		
42	CHARLENE FALCIS	10	Mercy	2:29.55	1		

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800 METER RUN, BOYS  
 CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 17 05-21-1989--11:22:07  
 MAY 25, 1989

Schedule - Prelim: Semi: Final: 8:05p-THURSDAY

Records - NAT'L FED. : 1:47.31 Pete Richardson, Berkeley Cerritos, CA, 1981  
 STATE MEET : 1:47.31 Pete Richardson, Berkeley 1981  
 CCS MEET : 1:50.7 Rick Brown Los Altos 1970

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TWO SECTIONS ----- FAST - SLOW SLOW SECTION RUNS FIRST

ONE TURN STAGGER

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
35	KWESI PETERSON	12	Oceana	1:58.26	1		
123	ALBERT MORALES		Independence	1:57.36	7		
122	IAN HUNTER		Prospect	1:56.06	2		
121	GRAIG MAGNESS		Santa Teresa	1:54.85	4		
34	ED ENGLER	12	Bellarmino Prep	1:57.15	5		
72	MARCOS CIFUENTES	11	Cupertino	1:57.39	3		
160	SCOTT CONTINAL	11	Hollister	1:58.7	6		
73	NOAH AVALUS	11	Milpitas	1:57.54	8		
37	MIKE REGAN	12	South San Francisco	2:00.51	8		
163	HARVEY CONTRERAS	10	Palma	2:00.3	7		
75	CHRISTIAN SAUCEDO	12	Saratoga	2:00.20	2		
124	CARLOS RADADO		Silver Creek	1:58.31	4		
74	THOMAS BLOMQUIST	12	Los Gatos	1:59.14	5		
161	JEFF ARNOLD	9	York School	1:59.6	3		
162	SCOTT KING	11	North Monterey County	2:00.1	6		
36	CHRIS MOSCHELLA	11	Bellarmino Prep	2:00.45	1		



300 METER LOW HURD.,GIRLS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 26 05-21-1989--12:09:20  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 8:10p-THURSDAY

Records - NAT'L FED. : 40.18 Leslie Maxie, Millbrae, CA Berkeley, CA, 1984  
STATE MEET : 40.90 Leslie Maxie, Millbrae 1984  
CCS MEET : 43.5 Roberta Eccles Gunderson 1983

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TWO SECTIONS ----- FAST - SLOW SLOW SECTION RUNS FIRST

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
45	KRISTEN BURNETT		Branham	46.26	1		
33	KRISTI PAASD		Los Altos	44.93	2		
104	NOMA MOORE	12	Jefferson	46.33	3		
35	BRITT ANDERSON		Palo Alto	44.76	4		
25	KERI SANCHEZ		Santa Teresa	45.21	5		
141	NAO ISHII	12	King City	48.3	6		
84	A. ANDERSON		Abraham Lincoln	45.26	7		
27	TONIA COLEMAN		Branham	46.27	8		
110	INGRID VENABLE	11	Westmoor	49.35	1		
143	JILL RIVERA	9	Watsonville	48.7	2		
46	RENEE SANTABANES		Leigh	47.44	3		
34	STEPHANIE ADAMS		Gunderson	46.42	4		
108	JOANNA COULURIS	11	Menlo Atherton	47.29	5		
142	MISTY JENSEN	12	Aptos	48.4	6		
109	KELLY HOLT	11	Woodside	49.14	7		
144	SHANNA McCORD	11	Notre Dame - Salinas	49.4	8		

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300 METER INT. HURD.,BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 27 05-21-1989--11:26:41  
MAY 25, 1989

Schedule - Prelim: Semi: Final: 8:17p-THURSDAY

Records - NAT'L FED. : 35.32 George Porter, Cabrillo Lompoc, CA -1985  
STATE MEET : 35.50 George Porter, Cabrillo Lompoc, CA - 1985  
CCS MEET : 37.33 Bill Gaines Independence 1986

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TWO SECTIONS ----- FAST - SLOW SLOW SECTION RUNS FIRST

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
104	PETE SIMMONS		Oak Grove	39.39	1		
186	JIM ZAPIEN	12	Gilroy	39.3	2		
38	TOM McGUIRK	12	St. Ignatius	38.53	3		
103	ROCKY MORRIS		Andrew Hill	37.93	4		
172	GREG ROJAS	12	Gilroy	38.4	5		
76	GREG FRY	12	Los Gatos	39.35	6		
62	JOHN MORGAN	12	Gunn	39.39	7		
105	SONNY TURNER		Overfelt	39.48	8		
39	CRAIG CHOY	12	Mills	40.34	1		
188	AXEL SCHOENFELD	12	Live Oak	40.2	2		
77	CRAIG McCORMICK	12	Los Gatos	39.81	3		
106	JASON RAVEN		Silver Creek	39.55	4		
29	TIM BAXTER	11	Bellarmino Prep	39.80	5		
187	CRAIG ASHLEY	12	Seside	40.1	6		
78	BINKEY GREENE	12	Gunn	40.24	7		
40	JIM PAK	12	St. Ignatius	40.38	8		



1600 METER RELAY, GIRLS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 30 05-21-1989--12:07:24  
MAY 25, 1989

Schedule - Prelim:                      Semi:                      Final: 9:00p-THURSDAY

Records - NAT'L FED. : 3:37.69              Muir, Pasadena              Sacramento - 1985  
             STATE MEET : 3:37.71              Kennedy, Granada Hills, CA      1981  
             CCS MEET : 3:54.56              Carlmont HS                      1981

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TWO SECTIONS ----- FAST - SLOW      SLOW SECTION RUNS FIRST

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
11	/LOS GATOS		Los Gatos	4:02.18	1	_____	_____
88	/LELAND		Leland	4:00.90	2	_____	_____
131	/SANTA CRUZ		Santa Cruz	4:07.5	3	_____	_____
9	/ST. FRANCIS		St. Francis	3:53.69	4	_____	_____
57	/ARCHBISHOP MITTY		Archbishop Mitty	4:00.06	5	_____	_____
115	/CARLMONT		Carlmont	4:07.92	6	_____	_____
89	/FREMONT		Fremont	4:01.19	7	_____	_____
1	/INDEPENDENCE		Independence	4:05.42	8	_____	_____
6	/MILLS		Mills	4:21.53	1	_____	_____
59	/OVERFELT		Overfelt	4:13.56	2	_____	_____
133	/APTOS		Aptos	4:09.3	3	_____	_____
132	/KING CITY		King City	4:07.8	4	_____	_____
58	/SANTA TERESA		Santa Teresa	4:09.20	5	_____	_____
134	/NOTRE DAME		Notre Dame - Salinas	4:11.0	6	_____	_____
116	/MERCY		Mercy	4:15.40	7	_____	_____
117	/HALF MOON BAY		Half Moon Bay	4:22.26	8	_____	_____

1600 METER RELAY, BOYS  
CCS TRACK FINALS

SAN JOSE CITY COLLEGE

EVENT # 31 05-21-1989--11:28:13  
MAY 25, 1989

Schedule - Prelim:

Semi:

Final: 9:20p-THURSDAY

Records - NAT'L FED. : 3:07.40  
STATE MEET : 3:08.94  
CCS MEET : 3:15.8

Hawthorn, CA  
Berkeley, CA  
Los Altos HS

Sacramento - 1985  
Norwalk, CA 1981  
1970

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TWO SECTIONS ----- FAST - SLOW SLOW SECTION RUNS FIRST

ENTRANT #	NAME	GR	AFFILIATION	PREV. MARK	POSITION	PLACE	MARK
112	/SILVER CREEK		Silver Creek	3:24.52	1	_____	_____
131	/SANTA TERESA		Santa Teresa	3:23.40	2	_____	_____
193	/SEASIDE		Seside	3:25.4	3	_____	_____
5	/RIORDAN		Riordan	3:22.74	4	_____	_____
114	/LEIGH		Leigh	3:23.17	5	_____	_____
83	/GUNN		Gunn	3:27.18	6	_____	_____
132	/YERBA BUENA		Yerba Buena	3:24.10	7	_____	_____
194	/HOLLISTER		Hollister	3:26.5	8	_____	_____
84	/GUNDERSON		Gunderson	3:28.30	1	_____	_____
6	/ST. IGNATIUS		St. Ignatius	3:28.06	2	_____	_____
55	/LOS GATOS		Los Gatos	3:27.6	3	_____	_____
52	/LOS ALTOS		Los Altos	3:27.5	4	_____	_____
164	/SANTA CRUZ		Santa Cruz	3:27.5	5	_____	_____
167	/GILROY		Gilroy	3:27.9	6	_____	_____
7	/BELLARMINA		Bellarmino Prep	3:28.07	7	_____	_____
8	/SAN MATEO		San Mateo	3:29.55	8	_____	_____