

u.s.masters international track team

september 1976

1976 AAU MASTERS TRACK AND FIELD CHAMPIONSHIPS, GRESHAM, OREGON

The hospitality of Jim Puckett and his crew is one of the many pleasant aspects of this meet. The weather was also very cooperative. After the 80+° temperature of the Western Regionals, Gresham's +60° was mighty nice and much appreciated by the distance runners in particular. Friday, July 2, 1976

The highlight of the field events was Phil Conley's 207' javelin throw—which gave him a 32' victory margin over Bob Darling. Hans Schneider's 3A long jump of 16'1/2" missed the world record by only

6".

The first day's running events were capped off with two fine 10,000 meter races. Ray Hatton started slowly in the first with a 5:17 mile, then gathered steam and began to click off 5:07's to lap the entire field flat with a 32:00.0 flat. Graham Parnell hung onto Ross Smith's shoulder in the 1B section through about 5 miles, then pulled away to a convincing 34:04 to a 34:48 win. The second 10K saw Jim O'Neil closely followed by Jim Forshee and new 2A Roland Anspach for about 6 laps, before his steady unrelenting pace crunched the two clingers. O'Neil's 33:30 was a new American 2A record and Roland's 35:14 for second was a good one.

An exciting and inspirational example of dedication was the 39:10 fifth place run of 52-year-old Joe Pardo. One wondered who the knotheads were running inside the track at the start yelling "third lane, Joe,...second lane, Joe,...second lane, Joe,...second lane, Joe,...second lane the straight and away they go. Each turn thereafter, two guys and Continued on Page 3

HELEN'S REPORT

TO ALL THE MEMBERS OF THE U.S. MASTERS INTER-NATIONAL TRACK TEAM - MY FRIENDS:

With a few hassles behind me (such as "a bomb aboard" telephone report which caused our full TWA flight from Los Angeles to London to return to START when we were a little more than a half hour in the air and to land with such force and weight that we blew 8 tires and caused havoc with the brakes thereby resulting in finally a change of planes and an eight-hour delay) I arrived in Coventry in the early evening of Friday, August 13th... to spend the week-end representing your interests at the "Summit Meeting" of the International Steering Committee of the Second World Masters Track & Field Championships, set for Gothenburg, Sweden, August, 1977.

The official meeting was conducted in the council chambers in two sections: Saturday evening, after the Mayor's Reception and following the meeting of the World Veterans Committee for Long Distance Running; and Sunday afternoon, upon the completion of the marathon. Those voting members present included Acting Chairman, Jack Fitzgerald, England; Don Farquharson and Ian Hume, Canada; Wal Sheppard, Australia; Roland Jerneryd, President for the Championships, and Konrad Hernelind, Sweden; and Bob Fine and Helen Pain, substituting for David, U.S.A. Maeve Kyle, Ireland did not reply. As you will remember, these were your representatives elected at the general meeting of the First World Championships, in Toronto, in 1975.

Many relevant items were discussed and decisions were made to establish guidelines for the organizing committee under the capable leadership of Roland Jerneryd.

It was agreed that the championships will take place in Gothenburg, Sweden, August 8 to 15, 1977. Also determined were the facts

Continued on Page 4



AAU MASTERS



Division 4A

NATIONAL TRACK & FIELD CHAMPIONSHIPS

				SPANGLER, Paul	23:06.00 #	Division 1A		Division 3B	
NATIONAL TRACK 8	& FIELD	CHAMPIONSHIPS		granucus, rues			25 04	AMDBERG, William	4:59.14 5:39.81
t dead a serve the college				10,000 METER FINALS (WOMEN)		OBERA, Irene	26.04	MAODEN, Sidney BIGELOW, Wilfred	6:47.34
mt. flood community college 26000 r. e. rtark rt.			Division 1A		Division 2A		1.500 METER FINALS (MEN)		
				STOCK, Dorothy	quelle, un	FAIRBANK, Martha	40.34	Division 4A	
gre/fiam.	orego	n 97030		WESTERHOVE, Lois	42:39.00	Division 28		GREGORY, Louis	6:05.73
100 METER FINALS (MEN)		800 METER FINALS (MEN		Division 18		KOLDA, Josephine	42.60	INGRAM, Glen ANDERSON, Herbert	6:56.15 8:36.20
				ANDERSON, Ruth	40:20.00	Division 3A		Division 4B	
Division S-M (35-39)		Division S-M (30-34)		Division 3A		HICKS, Burnis	40.97	SPANGLER, Paul	6:28.33
CAIN, Ted ADAMS, Hugh	11.45	SUMNER, JR., Hilliard	2:01.25	HICKS, Burnis	57:52.00	200 METER FINALS (MEN)		Stringery root	0.20.00
JOHNSON, Bob COHEN, Larry	12.20	Division S-M (35-39)				Division S-M (30-34)		5,000 METER FINALS (W	VOMEN)
Division 1A		RICHARDS, Tom	2:03.00	10,000 METER FINALS (M	EN)	SUMNER, JR., Hilliard	22.70	Division 1A	
WEAVER, Jim	11.07	Division 1A		Division 1A		Division 5-M (35-39)		STOCK, Dorothy	21:31.00
PARISH, Vandolf	11.44	RICHARDSON, Pete	2:01.80	HATTON, Ray MAHAFFEY, Derek	32:00.00 32:38.00	CAIN, Ted	20.71	Division 18	
NEWTON, JR., Milton	11.54	FITZGERALD, Bill GAY, Bernard	2:04.95	LIVESAY, Joseph ROCKWELL, JR., Ed	33:51.00 34:37.00	ADAMS, Hugh	22.71	ANDERSON, Ruth	20:13.00
MATERMAN, George BRUHNER, Hans	11.56	KALCHSCHMID, Gaylord PARKS, Jim	2:06.86	RYAN, JR., Field	35:01.00	JOHNSON, Robert VELLA, James	24.27 24.38		20.10100
Division 1B		WELDY, John	2:07.95	BURD, Robert	35:07.00	Division 1A		Division 3A	00-14-17
SCHULER, Edmund	11.80	Division 1B		10,000 METER FINALS (M	EM)	WEAVER, Jim	23.16	HICKS, Burnis	28:14.17
MARLIN, Dick FREDERICKSON, BITT	11.83	STEPHENS, Vic GOERING, Dale	2:09.10	Division 1B		NEWTON, JR., Milton PARISH, Vandolf	23.34 23.70	5,000 METER FINALS (I	MEN)
WASHINGTON, Huel	12.03	GUSTAFSON, Edward	2:10.04	PARMELL, Graham SMITH, Ross	34:04.00 34:18.00	BRUHNER, Hans	23.79	Division 1A	
MELENDEZ, Raefel DAMKINS, Oswald	12.16	JAMIESON, Ian KOERNER, Vance	2:10.20	STEVENSOM, David	34:49.0C 34:55.0C	WATERMAN, George HITT, Harold	24.00	MAHAFFEY, Derek	16:05.60
Division 2A		SALMOND, Cliff	2:20.82	CLARKE, JR., Sam	35:14.00	Division 1B		LIVESAY, Joseph	16:39.00
GREENWOOD, Jack	11.83	800 METER FINALS (MEN		SHERRY, JR., Leo	36:18.00	FREDERICKSON, Bill	24.36	CONWAY, James BECKWITH, Bill	16:45.00 16:55.00
WATANABE, Robert ROEMER, Robert	11.92	Division 2A		Division 2A		MARLIN, Dick MASHINGTON, Huel	24.43	RYAN, JR., Field BURD, Robert	17:22.00 17:36.00
MATT, Don	12.76	PUTERBAUGH, George BRYANT, Avery	2:10.24	O'MEIL, Jim ANSPACH, Roland	33:30.00 35:14.00	VICK, Ted MAHANY, Ed	24.67	Division 18	
HUNTER, JR., Harold JOHNSON, Albert	13.55		2:17.50	FORSHEE, Jim ZLOTNIK, Gerald	35:56.00 36:43.00	MANOUGIAN, Ed	24.84	SMITH, Ross	16:18.00
Division 28		ZLOTNIK, Gerald	2:19.50	PARDO, Joseph	39:10.00 40:47.00	Division 2A		NEAL, Mike STOCK, Bill	17:19.00 17:26.00
GUIDET, Al	12.06	SWEENEY, A1	2:25.50	BALDRY, Stanley	40.47.00	GREENWOOD, Jack	24.03	GOERING, Dale	17:41.00
HUNT, Robert FAIRBANK, Henry	12.85			Division 2B		MATANABE, Robert ROEMER, Robert	24.96 25.72	SHERRY, JR., Leo SALING, Jack	17:55.00 22:53.00
MORALES, Bill OATES, Carl	13.59	FAIRBANK, Henry SCHMIDT, Dean	2:17.20	HANSEN, Norman MALLON, Joe	38:10.00 38:33.00	ROME, Jack WATT, Don	26.04	Division 2A	
CARLINE, Louis	14.26	MORCOM, Richmond DELLWO, Robert		HARTIN, Jim	41:39.00 44:17.00	JOHNSON, Albert	27.40	O'NEIL, Jim	16:14.00
100 METER FINALS (WON	MEN)	CARLINE, Louis PALMER, Merle	2:40.70 2:44.00	STEPHENSON, Jim	DNF	Division 2B		O'NEIL, Jim FORSHEE, James ANSPACH, Roland	17:03.00 17:33.00
Division S-M (35-39)			2.44.00	Division 3A		GUIDET, Alfred	25.90-	ZLOTNIK, Gerald BALDRY, Stanley	17:51.00 18:57.00
GERARD, Miriam	13.14	Division 3A		DAVIES, Clive	36:23.00	HUNT, Robert FAIRBANK, Henry	26.40 27.20	PARDO, Joseph	19:01.00
Division 1A		WALL, John LOWELL, Ed	2:35.20	WALL, John	38:49.00	OATES, Carl PALMER, Merle	29.10	200 METER FINALS (MI	EN)
OBERA, Irene	12.59	Division 38		Division 38		WILSON, Andrew	31.20	Division 3B	
WILSON, Connie	14.88	ANDBERG, William	2:27.90	ANDBERG, Bill	38:48.00	Division 3A		McINTYRE, Virgil	28.22
Division 1B		MADDEN, Sidney	2:37.50	Division 4A		DILLON, Charles	26.80	CARNINE, Ken CASTRO, Tony	28.75 29.19
MATHEMS, Gloria	16.62	SHINE, Mel BIERLEIN, Fred	2:55.50	GREGORY, Louis	52:34.00	MHITE, Fred SATTI, John	28.07	DUNCAN, Jim PUGLIZEVICH, A.J.	32.03 33.10
Division 2A		Division 4A		Division 4B		NIBLOCK, Russ NICHOLS, Orville	28.29	Division 4A	
FAIRBANK, Martha	17.74	CHAPSON, Harold	2:37.51	SPANGLER, Paul	47:30.00	KOPPEL, Harry	29.50		31.03
Division 2B		GREGORY, Louis INGRAM, Glen	3:06.00	3,000 METER STEEPLECH	ASE (MEN)	1,500 METER FINALS (MEN	4)	McFADDEN, Winfield LUM, Sing	31.42
KOLDA, Josephine	19.18			Division 1A		Division 5-M (30-34)		THOMASSEM, Peter ANDERSOM, Herbert	34.13 53.54
		Division 48		MAYER, Dennis CONMAY, James	10:15.44	LADUM, Bob JACOBS, Greg	4:03.80 4:08.10		
Division 3A		SPANGLER, Paul 1,500 METER FINALS (WO	3:20.30	BASHAM, Doug	11:44.10	HIMMELBERGER, Dave	4:10.70		42.04
100 METER FINALS (MEN	19.01			Division 18		Division S-M (35-39)			
		Division 1B	F. 90 04	PARNELL, Graham	10:48.20	BRIDGES, Larry	4:03.60		OMEN)
Division S-M (30-34)	10.05	ANDERSON, Ruth	5:32.84	100 METER FINALS (M	11:08.00 EN)	RICHARDS, Ton	4:05.30	Division 1A	
SUMNER, JR., Hilliard	10.95	Division 2A				Division 1A		OBERA, Irene	59.90
OUNGAN, Paul WELBORN, Ira	12.16	FAIRBANK, Martha	7:23.70	Division 3A	12.00	MAYER, Dennis WELDY, John	4:09.76 4:11.02		
VENNERI, Frank	12.71	Division 3A		DILLON, Charles WHITE, Fred	13.46	RICHARDSON, Pete GAY, Bernard	4:12.44		1:01.15
400 METER FINALS (MEN	1	HICKS, Burnis	7:27.20	SCHNEIDER, Hans KOPPEL, Harry	13 96	FITZGERALD, B111	4:18.53		
Division 48		5,000 METER FINALS (M	EN)	KOPPEL, Harry NICHOLS, Orville SELDON, W. J.	14.11	KALCHSCHMID, Gaylord	4:21.69		1.20.20
SPANGLER, Paul	1:33.30	Division 2B		Division 38		Division 1B		HICKS, Burnis	1:29.30
800 METER FINALS (WON	MEN)	HANSEN, Norman	18:24	.00	12.70	FINE, Robert GOERING, Dale	4:32.57		IEN)
Division S-M (35-39)		MALLON, Joseph LONG, Robert	19:35	.00 McINTYRE, Virgil .06 CARUSO, Joe .00 CASTRO, Tony	13.8	6 NEAL, Mike	4:42.64		
GERARD, Miriam	2:40.09	LEHMAN, Bob GOOARD, Russ	20:38	.OU CARNINE, Ken	13.9 14.1	n SALMOND, Cliff	4:52.87		50.22
Division 1A		HILL, Cliff	21:15	.00 SHINKOSKY, Hank SCHUMACHER, Henry	15.9 18.1	o FITCH, Keith	5:11.25	POWELL, Robert	52.49
WESTERHOVE, Lois		Division 3A				Division 2A		Division S-M (35-39)	
SMITH, Catherine	3:11.64	DAVIES, Clive	18:04		16.0	ANSPACH, Roland BRYANT, Avery	4:32.86		49.92
Division ZA		WALL, John	18:21	.00 McFADDEN, Winfield LUM, Sing	15.2	ZLOTNIK, Gerald SWEENEY, Al	4:42.15	ADAMS, Hugh	51.37 54.05
FAIRBANK, Martha	3:42.00	Division 3B		THOMASSEN, Peter ANDERSON, Herbert	23.5	4		MAYER, William COHEN, Larry	54.45 NT
Division 34		ANDBERG, William BIGELOW, Wilfred	18:33 24:45	.00 .00 Division 5A		Division 2B	4.55		
HICKS, Burnis	3:44.56	HUNTER, Vance	26:34	MHEELER, Collister	20.1	MATERMAN, Alan 4 LONG, Robert	4:57.98 5:24.70		
				11					

 Oivision 4A
 200 METER FINALS (WOMEN)

 GREGORY, Louis
 21:39.00 Division S-M (35-39)

 Division 4B
 GERARD, Mirrian
 27.07

 SPANGLER, Paul
 23:06.00 Division 1A

200 METER FINALS (WOMEN)

Division 3A DAVIES, Clive LOWELL, Ed

Division 3B

					TAVELIN CINAL CUREN			Division 3B			DISCUS FINALS	MEN	
T	HE 1976 MASTERS TRACK & FIEL	D CHAMPIO	INSHIPS		JAVELIN FINALS (MEN)			CARUSO, Joe	26'	7 "	Division 18	parere;	
	400 METER FINALS (MEN)		3,000 METER STEEPLECHAS	SE (MEN)	Division 2B MORALES, Bill	1,50"	34"	CARSON, Jack HATLEN, Ted	23'	11 "	SCHRODER, Lee 1	120" 2	25"
1	Division 1A		Division 2A		ALDRICH, JR., Daniel KILBUCK, John	140'	34"	Division 4A				104" 1	1 "
	BRUHNER, Hans PARKS, Jim	53.55	ANSPACH, Roland SMEENEY, Al	11:15.60	HAZEN, Jack STONE, Robert	118'	115"	McFADDEN, Winfield REISER, Albert	27'	11 "	Division 2A		
	HITT, Harold PARISH, Vandolf	53.73	BRYANT, Avery MOBLE, Jack		PATTERSON, Sandy	57'	8 -	AMDERSON, Herbert	17'	2.0 11	CASTANEDA, Mike	120" 4	91.
1	NASRALLA, Tony STANFIELD, Ralphe	53.90	Division 28		Division 3A			JAVELIN FINALS (MEN)			HOLLAND, James		8 .
	Division 1B		WATERMAN, Alan	11:52.26	NICHOLS, Orville DeGROOT, Hugo	132'	64"	Division 1A			Division 28		
- 1	DAMKINS, Oswald	55.70	LONG, Robert MALLON, Joseph	13:01.70	SCHNEIDER, Hans McMAHON, Charles		1115"	CONLEY, Philip	2071	0 "		133'	11.5 8 "
1	WASHINGTON, Huel GUSTAFSON, Ed	55.91 56.29	Division 3A		DICK, John		104"	DARLING, Robert FLAHERTY, Robert	175'	4 "	KILBUCK, John	1021	45,0
	SCHRODER, Lee WEBER, George	57.02 57.97	MacTARNAHAN, R.	14:40.00	Division 3B			ROSE, Don FITZHUGH, Rey NILLER Frank	162'	8 "	HUSENY, Harry HAZEN, Jack	98'	0.
	JORDAN, Bob	58.30	Division 3B		MacCONAGHY, Robert	115'	69.	HILLERY FIRM	126'	8 "	PATTERSON, 5	96	9
	Division 2A		BIGELOW, Wilfred	15:01.50	NICHOLS, Rolland HUBBELL, Randolph	95'		Division 1B			Division 3A	146'	71.5
	GREENWOOD, Jack ROEMER, Robert	53.58 56.46			DUNHAM, William BIERLEIN, Fred	95'	1 3/4"	WALLACE, Hall WALDEN, Phil	150"	5 .	THATCHER, Jack DeGROOT, Hugo	135"	70"
	PUTERBAUGH, George POET, Robert	59.81	5,000 METER WALK FINALS	(WOMEN;	Division 4A			Division 2A			ARCHER, Earl McMAHON, Charles DICK, John	1231	8'2"
- 3	JOHNSON, Albert 1	1:00.77	Division 4A	22.55.70	REISER, Albert	1041	54."	HINTER JR. Harold	139'	9 "	FOWLER, Nolan		4 "
	Division 2B		SMITH, Catherine	33:55.30	ANDERSON, Herbert McFADDEN, Winfield	77'	9 " 6 3/4" 8 3/4"	WILKINS, Richard	120'	91,	Division 38		
	HUNT, Robert	58.37	5,000 METER WALK FINALS	(MEN)	HERRHANN, Stan	70'	0 3/4	HASSMAN, Ralph TYLER, John	99°		CARNINE, Ken MacCONAGHY, Robe	141'	7 "
	MORCOM, Richmond SCHMIDT, Dean		Division S-M (30-34)		Division 4B	71 '	8 3/1	LONG JUMP FINALS (MEN)			HUBBELL, Randoln NICHOLS, Rolland	h 991	3 "
		1:00.16	HIMMELBERGER, David	26:08.00	SHOT PUT FINALS (WOME		0 3/1	Division 3A			CARSON, Jack	82'	9"
	Division 3A		Division 1A		Division 1A			SCHNEIDER, Hans	16' 1	1 3/4'	Division 4A		
		1:03.40	HALUZA, Rudy	23:21.30 26:56.00	WILSON, Connie	281	45,*	WHITE, Fred SATT1, John NICHOLS, Orville	15'	41,"	HERRMANN, Stan REISER, Albert	104'	5 "
	KOPPEL, Harry	1:03.75 1:08.80 1:09.90	BOIES, JR., Larry KAALD, Paul	27:04.00				DICK, John	12,		McFADDEN, Winfie	eld 82'	5 "
		1:05:50	Division 1B	+	SHOT PUT FINALS (MEN)			Division 38			Division 4B		1
	Division 38	1:05.60	FINE, Robert	25:47.00	Division 1A			CARUSO, Joe HATLEN, Ted	14' !	5½" 7 3/4"	CRANE, Buell	77'	8 "
	SHINE, Mel	1:08.60	Division 2B		SM[TH, Ha] BOBELL, Gordon	41'	91,"	CARSON, Jack PUGLIZEVICH, A.J.	11'	8 "	Division 5A		
	DUNCAN, Jim	1:12.40	LONG, Robert JACOBS, Don	30:06.80 33:27.00	HIGH JUMP FINALS (MEN	41'	3	SCHUMACHER, Henry	10" 1		WHEELER, Collist	ter 65°	94"
	Division 4A		Division 3B	00121	Division 3A			Division 4A					
	-	1:25.36	O'NEIL, Larry	30:09.90	DICK, John	41 4	4 "	REISER, Albert McFADDEN, Winfield	13'	9 * 75"			
			UNRUH, Chesley	32:11.60	SCHNEIDER, Hans DeGROOT, Hugo	4'	3 "	ANDERSON, Herbert	12'	4 3/4"			
	400 METER HURDLE FINA	LS (MEN	1.600 METER RELAY FIN.	ALS	SIERLEIN, Fred	3, 11	0 "	Division 4B					Liley
									1000	400			
	Division 1A		Division 1A	2 20 46	Division 3B	41	e), II	CRANE, Buell	8,	15"	POLE VAULT FIN	ALS (N	AEN)
	PARISH, Vandolf	1:02.1	Division 1A 3 SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB	3:38.46 3:40.07	McINTYRE, Virgil DEACON, Bud	41	515"	CRANE, Buell HIGH JUMP FINALS (MEN)	8,	15"	POLE VAULT FIN		MEN)
	PARISH, Vandolf STANFIELD, Ralphe ANDREWS, Mal		Division 1A SENIORS TRACK CLUB 9 NOR-CAL SR. TRACK CLUB		McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Wilfred	4'	2 "		8*	1 ⁵ ₁₁	Division S-M (30-	-34)	MEN)
	PARISH, Vandolf STANFIELD, Ralphe ANDREWS, Mel SHEAHEM, Al McNULTY, Joel	1:02.2	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB	3:40.07 4:10.38	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Milliam	4'	2 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton	5' 1	9 3/4"		-34)	
	PARISH, Vandolf STANFIELD, Ralphe ANDREWS, Mal SHEAHEN, Al	1:02.2 1:02.3 1:02.4 1:03.3	Division 1A 3 SENIORS TRACK CLUB 9 NOR-CAL SR. TRACK CLUB 16 16 16 17 18 18	3:40.07	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Wilfred DUNHAM, William	4'	2 "	HIGH JUMP FINALS (MEN) Division 1A LANGEMFELD, Ton MENTON, JR., Milton ROSE, Don	5' 1 5' 1	9 3/4" 8 " 4 3/8"	Division S-M (30- MELBORN, Ira Division 1A DUMAS, Gerard	-34) 14°	8 '
	PARISH, Vandolf STAMFIELD, Ralphe ANDREMS, Mal SHEAMEM, Al MCNULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack	1:02.2 1:02.3 1:02.4 1:03.3 1:08.1	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WO	3:40.07 4:10.38 4:24.14	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BJGELOW, Milfred DUNHAM, Willian Division 4A REISER, Albert McFADDEN, Winfeld	4° 4' 4' 4' 3' 1	2 " 2 " 0 " 0 " 0 " 10 " 10 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam	5' 5' 5' 5' 5' 5' 5'	9 3/4" 8 " 4 3/8" 4 3/8" 24"	Division S-M (30- MELBORN, Ira Division 1A OUMAS, Gerard DARLING, Robert FITZHUGH, Ray	14°	6 " 0 " 9 "
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack ROEMER, Robert ROME, Jack	1:02.2 1:02.3 1:02.4 1:03.3 1:08.3 1:08.3	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC) 12 12 13 14 15 16 16 16 17 18 18 18 18 18 18 18 18 18	3:40.07 4:10.38 4:24.14	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert	4° 4' 4' 4' 3' 1	2 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Tom MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam CONLEY, Philip	5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5	9 3/4" 8 " 4 3/8" 4 3/8"	Division S-M (30- MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert	14°	8 ' 6 " 0 "
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack ROEMER, Robert	1:02.2 1:02.1 1:02.4 1:03.3 1:08.1	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC) TALEBRANK, Nartha	3:40.07 4:10.38 4:24.14 DMEN)	McENTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Wilfred DUNHAM, Willian Division 4A REISER, Albert McFADDEN, Winfield ANDERSON, Herbert	4' 4' 4' 4' 3' 1 3' 1 3' 1	2 " 2 " 0 " 0 " 0 " 10 " 10 " 8 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam CONLEY, Philip Division 1B	5' 5' 5' 5' 5' 5' 5'	9 3/4" 8 " 4 3/8" 4 3/8" 24"	Division S-M (30- MELBORN, Ira Division 1A OUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen	14°	6 " 0 " 9 "
	PARISH, Vandolf STAMFIELD, Ralphe ANDREMS, Mal SHEAMEM, Al MENULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack ROEMER, Robert ROWE, Jack HUTCHINSON, Jon	1:02.2 1:02.1 1:02.4 1:03.3 1:08.1	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WO TALE TO THE TRACK CLUB SOUTHERN CALIFORNIA FAIRBANK, Martha LONG JUMP FINALS (ME	3:40.07 4:10.38 4:24.14 DMEN)	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Wilfred DUNHAM, Willian Division 4A REISER, Albert McFADDEN, Winfield ANDERSON, Herbert VanGELDER, Homer Division 4B CRAME, Buell	4' 4' 4' 4' 3' 1 3' 1 3' 1	2 " 2 " 0 " 0 " 0 " 10 " 10 "	HIGH JUMP FINALS (MEN) Division 1A LANGEMFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley	5' 5' 5' 5' 5' 5' 5'	9 3/4" 8 " 4 3/8" 4 3/8" 24"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray NORRIS, Allen DOUGLASS, Dave Division 18 DONLEY, Jerry	14" 11' 11' 10' NH	8 . 6 6 6
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASSALLA, Tony Division 2A GREENWOOD, Jack ROEMER, Robert ROME, Jack HUTCHIRSON, Jon TYLER, John Division 2B HUNT, Robert	1:02.2 1:02.3 1:02.4 1:03.3 1:08.1 1:05.4 1:07.5 1:10.0 1:27.3	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WO TALL STATE OF TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WO TALL STATE OF TRACK CLUB SOUTHERN CALIFORNIA DIVISION 2A FAIRBANK, Nartha LONG JUMP FINALS (ME TO	3:40.07 4:10.38 4:24.14 DMEN) 9° 11 °	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minffeld ANDERSON, Herbert VanGELDER, Homer Division 4B CRANE, Buell TRIPLE JUMP FINALS (MEN)	4' 4' 4' 4' 3' 1 3' 1 3' 1	2 " 2 " 0 " 0 " 0 " 10 " 10 " 8 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A	5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5	9 3/4" 8 " 4 3/8" 4 3/8" 23," 23,"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHURH, Ray MORRIS, Allen DOUGLASS, Dave Division 18 DONLEY, Jerry WALLACE, Hal	14" 11' 11' 10' NH	6 " 6 "
	PARISH, Vandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred	1:02.2 1:02.3 1:02.3 1:03.3 1:08.1 1:05.4 1:05.4 1:07.3	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC LONG JUMP FINALS (WC TAYLOR, Sam SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC JUNISION 1A JACKSON, Dave TAYLOR, Sam	3:40.07 4:10.38 4:24.14 DMEN) 9* 11 * EN) 20* 109* 20* 25*	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Winffeld ANDERSON, Herbert VanGELDER, Homer Division 4B CRAME, Buell TRIPLE JUMP FINALS (MEN) Division 1A	4' 4' 4' 3' 1 3' 1 3' 1	2 " 2 " 0 " 0 " 0 " 0 " 10 " 8 " 8 " 8 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Tom MENTON, JR., Milton ROSE, Don FITZMUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave	5. 5. 5. 5. 5. 5.	9 3/4" 8 " 4 3/8" 4 3/8" 2\1" 2\1"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A	14" 11" 11" 10" NH	8 6 9 6 0 0
	PARISH, Yandolf STAMFIELD, Ralphe ANDREMS, Mel SNEAMEN, Al McNuLTY, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A	1:02.2 1:02.4 1:03.1 1:08.1 58.6 1:07.1 1:07.1	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SUTHERN CALIFORNIA LONG JUMP FINALS (WC TAIRBANK, Martha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, Sam NEWTON, JR., Milton ANDREWS, Mai	3:40.07 4:10.38 4:24.14 DMEN) 9° 11 ° EN) 20° 109° 20° 28° 20° 0 " 19' 10 "	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Hinfield ANDERSON, Herbert VanGELDER, Honer Division 4B CRANE, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philip	4' 4' 4' 3' 1 3' 1 3' 1	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold	5. 5. 5. 5. 5. 5.	9 3/4" 8 " 4 3/8" 4 3/8" 24" 24"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don	14" 11" 10" 10" NH 12" 11"	8 6096 00 09
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al HeNULTY, Joel NASRALLA. Tony Division 2A GREENHOOD, Jack ROENER, Robert ROWE, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GOOFREY, Vince LOWELL, Ed	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:07.4 1:07.4 1:07.4	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SUTHERN CALIFORNIA LONG JUMP FINALS (WC TAIRBANK, Martha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, San ANDREWS, Mai CONLEY, Philip NASBALLA, Tony	3:40.07 4:10.38 4:24.14 DMEN) 9° 11 ° EN) 20° 109° 20° 28° 20° 0 °	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minifeld ANDERSON, Herbert VanGELDER, Homen Division 4B CRANE, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philip MASBALLA, Tony HOAGE, Jack	4' 4' 4' 3' 1 3' 1 3' 1 3' 1 3' 3' 3' 3' 3' 3' 3' 3' 3' 3' 3' 3' 3' 3	2 " 2 " 0 " 0 " 0 " 10 " 8 " 8 " 10 " 7 " 10 " 10 " 10 " 10 " 10 " 10	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROMN, Dave ROWE, Jack	5. 5. 5. 5. 5. 5. 5. 6. 4. 4.	9 3/4" 8 " 4 3/8" 4 3/8" 24" 24"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray MORRIS, Allen DOUGLASS, Dave Division 18 DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave	14" 11" 10" 10" NH	8 6 6 7 7 6 7 7 7 7 7 7 7 7 7 7 7 7 7 7
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al MENULTY, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROEMER, Robert ROME, Jack HUTCHINSON, Jon TTLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GOOFREY, Vince LOMELL, Ed DICK, John	1:02.2 1:02.4 1:03.1 1:08.1 58.6 1:05.4 1:07.1 1:03.1 1:07.1	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SUTHERN CALIFORNIA LONG JUMP FINALS (WC TAIRBANK, Martha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, San ANDREWS, Mai CONLEY, Philip NASBALLA, Tony	3:40.07 4:10.38 4:24.14 DMEN) 9* 11 * EN) 20* 10%* 20* 28** 20* 0 " 19* 10 " 19* 3 "	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minfield ANDERSON, Herbert VanGELDER, Homer Division 4B CRAME, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philin MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray	4' 4' 4' 3' 1 3' 1 3' 1 3' 3	2 " 2 " 0 " 0 " 0 " 10 " 8 " 8 " 10 " 7 " 10 " 10 " 10 " 10 " 10 " 10	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold FIX, William	5. 5. 5. 5. 5. 5. 5. 6. 4. 4.	9 3/4" 8 4 3/8" 4 3/8" 23;" 23;" 23;" 24;" 2 " 0 " 83;" 4 "	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHLRSON, Jon	14° 11° 11° 10° 10° NH 12° 11° 10° 9°	8 6096 00 090
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROEMER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GODFREY, Vince LOWELL, Ed DICK, John Division 38	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:05.4 1:07.1 1:10.1 1:27.1	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SUTHERN CALIFORNIA LONG JUMP FINALS (WC Division 2A FAIRBANK, Martha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, Sam NEUTON, JA. NORENS, Mal CONLEY, Philip NASRALLA, Tony Division 1B	3:40.07 4:10.38 4:24.14 DMEN) 9' 11 " EN) 20' 10% 20' 2' 19' 10 " 19' 3 " 19' 2 "	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Wilfred DUNHAM, Willian Division 4A REISER, Albert Horadoen, Winfield ANDERSON, Herbert VanGELDER, Homer Division 4B CRAME, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philin MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B	4' 4' 4' 4' 4' 4' 3' 1 3' 1 3' 1 3' 3' 3' 3' 3' 3' 3' 3' 3' 3' 3' 3' 3'	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Tom MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam COMLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOO, Jack BROWN, Dave ROME, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B NORCON, Richmond	5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5	9 3/4" 8 8 4 3/8" 4 3/8" 25," 25," 27," 27," 27," 27," 27," 27," 27," 27	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BRONN, Dave GROSH, Don HUTCHINSON, Jon DevAUGHN, Tom Division 2B MORCOM, Richmond	14° 11° 11° 10° NH 12° 11° 10° 9°	8 6096 00 0900 6
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GOOFREY, Vince LOMELL, Ed DICK, John Division 3B BIGELOM, Wilfred	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:07.4 1:07.4 1:07.4	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC Division 2A FAIRBANK, Nartha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, Sam NENTON, JR., Milton ANDREWS, Nai CONLEY, Philip NASRALLA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANY, Ed	3:40.07 4:10.38 4:24.14 DMEN) 9" 11 " EN) 20" 10% 20" 28" 20" 0" 19" 10 " 19" 3 " 19" 2 " 21" 25% 18" 6 " 17' 4 "	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minifeld ANDERSON, Herbert VanGELDER, Homen Division 4B CRAME, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Bave CONLEY, Philin MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DAVISSON, Shirley SCHLEGEL, Phil DOWNEY, JC DON	4° 4° 4° 4° 3° 1° 3° 1° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3°	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B MORCON, Richmond . HAMMER THROW FINALS	5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5	9 3/4" 8 8 4 3/8" 4 3/8" 25," 25," 27," 27," 27," 27," 27," 27," 27," 27	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal DIVISION 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DeVAUGHN, Ton Division 2B MORCOM, Richmond YERNON, Jim	14° 11' 11' 10' NH 12' 11' 10' 9' 9'	8
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GODFREY, Vince LOMELL, Ed DICK, John Division 3B BIGELOM, Wilfred Division 4A	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:05.4 1:07.1 1:03.1 1:07.1 1:24.1 1:24.1 1:26.	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB NOR-CAL SR. TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC Division 2A FAIRBANK, Martha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, Sam NENTON, JR., Milton ANDRENS, Mal CONLEY, Philip NASRALLA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MANANY, Ed DONNELLY, Donald SCHLER, Edmund	3:40.07 4:10.38 4:24.14 DMEN) 9' 11 " EN) 20' 10% 20' 2%" 20' 0 " 19' 10" 19' 3 " 19' 2 " 21' 25% 19' 25" 19' 24" 19' 3 " 19' 3 "	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minfield ANDERSON, Herbert VanGELDER, Honer Division 4B CRANE, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Bave CONLEY, Philin MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil	4° 4° 4° 4° 3° 1° 3° 1° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3°	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B MORCON, Richmond HAMMER THROW FINALS Division 2A	5. 5. 5. 5. 5. 5. 5. 6. MEN	9 3/4" 8 " 4 3/8" 4 3/8" 25;" 27;" 27;" 27;" 27;" 27;" 27;" 27;" 27	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DevAUGHN, Ton Division 2B MORCOM, Richmond VERNON, Jim Division 3A	14° 11° 11° 10° NH 12° 11° 10° 9°	8 609.00 09.00 60
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GOOFREY, Vince LOMELL, Ed DICK, John Division 3B BIGELOM, Wilfred	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:05.4 1:07.1 1:10.1 1:27.1	Division 1A SENIORS TRACK CLUB HOR-CAL SR. TRACK CLUB HOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC TAYLOR, SAM NEMTON, JR., Milton ANDREWS, Mai CONLEY, Philip NASRALLA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANY, Ed DONNELLY, Donald SCHULER, Edmund MASHINGTON, Nacel	3:40.07 4:10.38 4:24.14 DMEN) 9" 11 " EN) 20" 10% 20" 28" 20" 0" 19" 10 " 19" 3 " 19" 2 " 21" 25% 18" 6 " 17' 4 "	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minifeld ANDERSON, Herbert VanGELDER, Honer Division 4B CRANE, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philip MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil GRANT, Bruce	4° 4° 4° 4° 3° 1° 3° 1° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3° 3°	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROMN, Dave ROWE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B NORCON, Richmond . HAMMER THROW FINALS Division 2A PAYELICH, John HASSMAN, Ralph	5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5	9 3/4" 8 3/8" 4 3/8" 25," 25," 27," 27," 27," 27," 27," 27," 27,"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray MORRIS, Allen DOUGLASS, Dave Division 18 DONLEY, Jerry MALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DevAUGHN, Tom Division 28 MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo	14° 11' 11' 10' 10' NH 12' 11' 10' 9' 9'	8 6096 00 0900 6
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GODFREY, Vince LOMELL, Ed DICK, John Division 3B BIGELOM, Wilfred Division 4A	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:05.4 1:07.1 1:03.1 1:07.1 1:24.1 1:24.1 1:26.	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC Division 2A FAIRBANK, Martha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, Sam NEUTON, JR., Milton ANDREWS, Mal CONLEY, Philip NASRALLA, Tony DIVISION 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANY, Ed DONNELLY, Donald SCHULER, Edmund MASHINGTON, Hzel Division 2A	3:40.07 4:10.38 4:24.14 DMEN) 9" 11 " 20" 10% 20" 2%" 20" 2%" 19" 10 " 19" 10 " 19" 2 " 21" 25" 19" 2 " 21" 25" 19" 3 " 19" 7 3/ 17" 15"	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minfeld ANDERSON, Herbert VanGELDER, Homer Division 4B CRANE, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philip MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONMELLY, Don MALDEN, Phil GRANT, Bruce Division 2A	4' 4' 4' 4' 3' 1 3' 3' 3' 3' 3' 3' 3' 3' 3' 3' 3'	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENHOOO, Jack BROWN, Dave ROME, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B NORCON, Richmond .HAMMER THROW FINALS Division 2A PAYELICH, John HASSMAN, Raiph CASTANEDA, Mike DEVAUGHH, Tom	5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 6' (MEN	9 3/4" 8 " 4 3/8" 4 3/8" 23;" 23;" 23;" 24;" 24;" 25;" 4 " 1;" 9 7;"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHIMSON, Jon DevAUGHN, Ton Division 2B MORCOM, Richmond YERRON, Jim Division 3A DeGROOT, Hugo Division 3B	14° 11° 11° 10° 10° NH 12° 11° 11° 10° 9° 12° 10°	8 6096 00 0900 60 414
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROEMER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GODFREY, Vince LOWELL, Ed DICK, John Division 3B BIGELOM, Wilfred Division 3B BIGELOM, Wilfred Division 4A ANDERSON, Herbert	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:05.4 1:07.1 1:03.1 1:07.1 1:24.1 1:24.1 1:26.	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC Division 2A FAIRBANK, Martha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, Sam NEUTON, JR., Wilton ANDREWS, Mal BANDREWS, Mal DOS COMLEY, Philip NASRALLA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANY, Ed DONNELLY, Donald SCHULER, Edmund MASHINGTON, Hael Division, Dave TAYLOR, Sam NEUTON, JR., Wilton ANDREWS, Mal DOS COMLEY, Philip MAHANY, Ed DONNELLY, Donald SCHULER, Edmund MASHINGTON, Hael Division 2A SPENCER, Ray BRONN, Dave	3:40.07 4:10.38 4:24.14 DMEN) 9" 11 " EN) 20" 10%" 20" 2%" 20" 2%" 19" 10" 19" 3 " 19" 2 " 21" 25%" 18' 6 " 17' 4 " 16' 7 3/*	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minfield ANDERSON, Herbert VanGELDER, Homer Division 4B CRAME, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philip MASRALLA, Tony HOMEF, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MAJOEN, Phil GRANT, Bruce Division 2A SPENCER, Ray HUTCHINSON, Jon	4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4	2 " 2 " 0 " 0 " 10 " 10 " 10 " 10 " 10 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENMOD, Jack BROWN, Dave RONE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B MORCON, Richmond HAMMER THROW FINALS Division 2A PAVELICH, John HASSMAN, Ralph CASTANEDA, Mike DEVAUGHR, Tom TYLER, John	5. 5. 5. 5. 5. 5. 5. 5. 6. (MEN	9 3/4" 8 " 4 3/8" 4 3/8" 23;" 23;" 23;" 24;" 24;" 25;" 4 " 1;" 9 7;"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray MORRIS, Allen DOUGLASS, Dave Division 18 DONLEY, Jerry MALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DevAUGHN, Tom Division 28 MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo	14° 11' 11' 10' 10' NH 12' 11' 10' 9' 9'	8
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROEMER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GOOFREY, Vince LOWELL, Ed DICK, John Division 3B BIGELOM, Wilfred Division 4A ANDERSON, Herbert 400 METER RELAY FINAL Division 1A NOR-CAL SR. TRACK CLUB	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:05.4 1:07.1 1:03.1 1:07.1 1:24.1 1:24.1 1:26.	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB NOR-CAL SR. TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WO TAKEN THE CALIFORNIA LONG JUMP FINALS (ME Division 2A FAIRBANK, Nartha LONG JUMP FINALS (ME TAYLOR, Sam NEMTON, JR., Milton ANDRENS, Nal COMLEY, Philip NASRALLA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANY, Ed DONNELLY, Donald SCHLER, Edmund MASHINGTON, Huel Division 2A SPENCER, Ray BROWN, Dave HINTER, JR., Harold WATAMABE, Robert	3:40.07 4:10.38 4:24.14 DMEN) 9" 11 " 20" 10% 20" 2%" 20" 2%" 19" 10 " 19" 10 " 19" 2 " 21" 25" 19" 2 " 21" 25" 19" 3 " 19" 7 3/ 17" 15"	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minfield ANDERSON, Herbert VanGELDER, Honer Division 4B CRAME, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philin MASRALLA, Tony HAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil GRANT, Bruce Division 2A SPENCER, Ray HUTCHINSON, Jon DOWAUGHN, Ton TYLER, John	4' 4' 4' 4' 3' 1 3' 1 3' 1 3' 1 3' 1 3' 1 3' 1 3'	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWDOO, Jack BROWN, Dave RONE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B NORCON, Richmond HAMMER THROW FINALS Division 2A PAYELICH, John HASSMAN, Ralph CASTANEDA, Mike DEVAUGHN, Ton TYLER, John Division 3A	5: 5: 5: 5: 5: 5: 5: 5: 5: 5: 5: 5: 5: 5	9 3/4" 8 " 3/8" 4 3/8" 25;" 25;" 27;" 27;" 27;" 27;" 4 " " 1 " 1 " 1 " 1 " 1 " 1 " 1 " 1 " 1	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DEVAUGHN, Ton Division 2B MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo Division 3B DEACON, Bud MacCONAGHY, Rober	11' 11' 10' 10' NH 12' 11' 10' 9' 12' 10'	8 . 6 . 6
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNULTY, Joel NASRALLA, Tony Division 2A GREENWOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GODFREY, Vince LOMELL, Ed DIVISION 3B BIGELOM, Wilfred Division 3B BIGELOM, Wilfred Division 4A ANDERSON, Herbert 400 METER RELAY FINAL Division 1A	1:02.2 1:02.2 1:02.4 1:03.1 1:08.1 1:05.4 1:07.1 1:10.1 1:27.1 1:24.1 1:28.1	Division 1A SENIORS TRACK CLUB HOR-CAL SR. TRACK CLUB HOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC TAYLOR, SAM NEMTON, JR., Milton ANDREWS, Mai CONLEY, Philip NASRALLA, Tony Division 1A Division 1A Division 1A JACKSON, Dave TAYLOR, SAM NEMTON, JR., Milton ANDREWS, Mai CONLEY, Philip NASRALLA, Tony Division 1B Division 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANY, Ed DONNELLY, Donald SCHULER, Edmund MASHINGTON, Huel Division 2A SPENCER, Ray BRONN, Dave HUNTER, JR., Harold WATAMABE, Robert HUNTER, JR., Harold WATAMABE, Robert HUTCHINSON, Jon	3:40.07 4:10.38 4:24.14 DMEN) 9* 11 * 20* 109* 20* 28* 20* 0 " 19* 10 " 19* 2 " 21* 25* 19* 28* 19* 2 " 17* 4 " 17* 3 " 16* 7 3/ 17* 15* 16* 105* 16* 15* 11*	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minfeld ANDERSON, Herbert VanGELDER, Homen Division 4B CRANE, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philip MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil GRANT, Bruce Division 2A SPEMCER, Ray HUTCHINSON, Jon DOWAUGHN, Ton TYLER, John TRIPLE JUMP FINALS (M	4' 4' 4' 4' 3' 1 3' 1 3' 1 3' 1 3' 1 3' 1 3' 1 3'	2 " 2 " 0 " 0 " 10 " 10 " 10 " 10 " 10 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B MORCON, Richmond .HAMMER THROW FINALS Division 2A PAVELICH, John HASSMAN, Ralph CASTANEDA, Mike DEVAUGHH, Tom TYLER, John Bivision 3A FOMLER, Nolan MCMARON, Charles	5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 6. (MEN 133. 90. 85. 80. 57. 120. 94. 94. 120. 94. 120. 94. 120. 120. 120. 120. 120. 120. 120. 120	9 3/4" 8 " 3/8" 4 3/8" 25;" 25;" 20 " 85;" 4 " 25;" 2 " 4 " 1 " 25;" 1 0 " 87;" 1 0 " 87;" 1 0 " 87;" 1 0 " 87;" 1 0 " 87;"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DevAUGHN, Ton Division 2B MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo Division 3B DEACON, Bud MacCONAGHY, Rober HAMMER THRO	11' 11' 10' 10' NH 12' 11' 10' 9' 12' 10'	8 . 6
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al HANULTY, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROEMER, Robert ROWE, Jack HUTCHINSON, Jon TTLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GODEREY, Vince LOWELL, Ed DICK, John Division 3B BIGELOW, Wilfred Division 4A ANDERSON, Herbert 400 METER RELAY FINAL Division 1A NOR-CAL SR. TRACK CLUB CORONA DEL MAR TRACK CLUB	1:02.2 1:02.2 1:02.4 1:03.1 1:08.1 1:05.4 1:07.1 1:10.1 1:27.1 1:24.1 1:28.1 1:26.2 2:00.3	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB NOR-CAL SR. TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC TAYLOR, SAM NETTON, JR., Milton ANDREWS, Na! ADDREWS, Na! COMLEY, Philip NASRALLA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MANANY, Ed DONNELY, Donald SCHLER, Edmund MASHINGTON, Hael Division 2A SPENCER, Ray BROWN, Dave HUNTER, JR., Harold NATAMBE, Robert HUTCHINSON, Jon FEDERMAN, Stan Division 2B	3:40.07 4:10.38 4:24.14 DMEN) 9" 11 " 20" 10%" 20" 2%" 19" 10 " 19" 3 " 19" 2 " 21" 25%" 18" 6" 7 3/ 17" 4 " 17" 3 " 16" 7 3/ 16" 10%" 15" 8%" 13" 10%"	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Wilfred DUNHAM, Willian Division 4A REISER, Albert McFADDEN, Herbert VanGELDER, Homer Division 4B CRANE, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philip MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil GRANT, Bruce Division 2A SPENCER, Ray HUTCHINSON, Jon DEVAUGHN, Ton TYLER, John TRIPLE JUMP FINALS (M	4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUSH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold FIX, Milliam HUTCHINSON, Jon Division 2B MORCON, Richmond . HAMMER THROW FINALS Division 2A PAVELICH, John HASSMAN, Ralph CASTANEDA, Mike DeVAUGHN, Tom TYLER, John Division 3A FOMLER, Nolan MCMAHON, Charles DICK, John	5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5	9 3/4" 8 " 3/8" 4 3/8" 25;" 25;" 20 " 85;" 4 " 25;" 2 " 4 " 1 " 25;" 1 0 " 87;" 1 0 " 87;" 1 0 " 87;" 1 0 " 87;" 1 0 " 87;"	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DeVAUGHN, Ton Division 2B MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo Division 3B DEACON, Bud MacCONAGHY, Rober HAMMER THRO	11' 11' 10' 10' NH 12' 11' 10' 9' 12' 10' 7' 8' 8' W FINA (MEI	8 . 6 . 6
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNulty, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TTLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GOOFREY, Vince LOWELL, Ed DICK, John Division 38 BIGELOW, Wilfred Division 38 BIGELOW, Wilfred Division 4A ANDERSON, Herbert 400 METER RELAY FINAL Division 1A NOR-CAL SR. TRACK CLUB CORONA DEL MAR TRACK CLUB SENIORS TRACK CLUB	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:05.4 1:07.1 1:10.1 1:27.1 1:24.1 1:26.2 2:00.	Division 1A SENIORS TRACK CLUB HOR-CAL SR. TRACK CLUB HOR-CAL SR. TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (MC TAYLOR, SAM NEWTON, JR., Milton ANDREWS, Mal SOUNLEY, Philip NASRALLA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANY, Ed DONNELLY, Donald SCHULER, Edmund MASHINGTON, Huel Division ZA SPENCER, Ray BROWN, Dave HUNTER, JR., Harold WATAMABE, Robert HUTCHINSON, Jon FEDERMAN, Stan Division 2B HORCOM, Richmond	3:40.07 4:10.38 4:24.14 DMEN) 9' 11 " 20' 10%" 20' 28" 20' 0 " 19' 10 " 19' 3 " 19' 2 " 21' 25" 18' 6 " 17' 4 " 17' 3 " 16' 7 3/ 16' 105" 15' 8%" 13' 105"	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Minfield ANDERSON, Herbert VanGELDER, Homer Division 4B CRAME, Bugll TREPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philin MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil GRANT, Bruce Division 2A SPENCER, Ray HUTCHINSON, Jon DGVAUGHN, Ton TYLER, John TRIPLE JUMP FINALS (M Division 2d 4 MORCOM, Richmond 4 HUSENY, Harry	4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4	2 " 2 " 2 " 2 " 2 " 2 " 2 " 2 " 2 " 2 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold FIX, Milliam HUTCHINSON, Jon Division 2B MORCON, Richmond .MAMMER THROW FINALS Division 2A PAVELICH, John HASSMAN, Ralph CASTANEDA, Mike DEVAUGHH, Ton TYLER, John Division 3A FOMLER, Nolan MCMARON, Charles DICK, John "Division 3B	5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5	9 3/4" 8 3/8" 4 3/8" 2 3/4" 2 3/4" 2 3/4" 2 3/4" 2 4 3/8" 2 4 3/4" 2 1 3/4" 2 3/4" 3	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUGH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DevAUGHN, Ton Division 2B MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo Division 3B DEACON, Bud MacCONAGHY, Rober HAMMER THRO	14° 11' 11' 10' 10' NH 12' 11' 10' 7' 8' 8' W FINA	8 . 6 . 6
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNulty, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TTLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GOOFREY, Vince LOWELL, Ed DICK, John Division 38 BIGELOW, Wilfred Division 38 BIGELOW, Wilfred Division 4A ANDERSON, Herbert 400 METER RELAY FINAL Division 1A NOR-CAL SR. TRACK CLUB CORONA DEL MAR TRACK CLUB Division 1B MOR-CAL SR. TRACK CLUB CORONA DEL MAR TRACK CLUB	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:05.4 1:07.1 1:07.1 1:27.1 1:24.1 1:24.1 1:26.	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB NOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC Division 2A FAIRBANK, Martha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, Sam NETTON, JR., Milton ANDREWS, Mal CONLEY, Philip NASRALA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANN, Ed DONNELLY, Donald SCHLER, Edmund MASHINGTON, Hael Division 2A SPENCER, Ray BROWN, Dave HUNTER, JR., Harold NATAMABE, Robert HUTCHINSON, Jon FEDERMAN, Stan Division 2B HORCOM, Richmond VERNON, Jim NORALES, Bill NORDERS, Bill	3:40.07 4:10.38 4:24.14 DMEN) 9" 11 " 20" 10% 20" 2% 20" 0" 19" 10" 19" 2 " 21" 25" 19" 2 " 21" 25" 19" 2 " 21" 3 " 16" 7 3/ 16" 10% 15" 18"	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert Horadden, Minfield ANDERSON, Herbert VanGELDER, Honer Division 4B CRAME, Buell TRIPLE JUMP FINALS (MEN) Oivision 1A JACKSON, Dave CONLEY, Philin MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil GRANT, Bruce Division 2A SPENCER, Ray HUTCHINSON, Jon DEVAUGHN, Ton TYLER, John TRIPLE JUMP FINALS (M Division 2A 4 MORCOM, Richmond 4 HUSENY, Harry CERNON, Jin CARLINE, Louis	4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B NORCON, Richmond . HAMMER THROW FINALS Division 2A PAVELICH, John HASSMAN, Raiph CASTANEDA, Mike DEVAUGHH, Tom TYLER, John Division 3A FOMLER, Nolan MCMAHON, Charles DICK, John "Division 3B "HUBBELL, Randolph "ULSH, Robert	5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'	9 3/4" 8 " 4 3/8" 4 3/8" 25;" 25;" 25;" 27;" 27;" 27;" 27;" 27;" 27;" 27;" 27	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DeVAUGHN, Ton Division 2B MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo Division 3B DEACON, Bud MacCONAGHY, Rober HAMMER THRO	14° 11' 11' 10' 10' NH 12' 11' 10' 9' 9' 12' 10' 7' 8' KENAMINAMINAMINAMINAMINAMINAMINAMINAMINAMI	8
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al MASRALLA, Tony Division 2A GREENHOOD, Jack ROENER, Robert ROME, Jack HUTCHIRSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GODFREY, Vince LOMELL, Ed DIVISION 3B BIGELOM, Wilfred Division 3B BIGELOM, Wilfred Division 4A ANDERSON, Herbert 400 METER RELAY FINAL Division 1A NOR-CAL SR. TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB	1:02.2 1:02.4 1:03.1 1:08.1 1:08.1 1:05.4 1:07.1 1:07.1 1:27.1 1:24.1 1:24.1 1:26.	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB NOR-CAL SR. TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC TAYLOR, SAM NEMTON, JR., Milton ANDREWS, NaI CONLEY, Philip NASRALLA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANY, Ed DONNEY, Donald SCHLER, Edmund MASHINGTON, Hael Division 2A SPECER, Ray BROWN, Dave HUNTER, JR., Harold WATAMABE, Robert HUTCHINSON, Jon FEDERMAN, Stan Division 2B MOROUM, Richmond VERNON, Jim MORALES, Bill CARLINE, Louis FALRBANK, Hancy FALRBANK, Hency	3:40.07 4:10.38 4:24.14 DMEN) 9" 11 " 20" 10%" 20" 2%" 19" 10 " 19" 3 " 19" 2 " 21" 25%" 18" 6" 7 3/ 16" 7 3/ 16" 10%" 15' 8%" 13' 10%"	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert Horadden, Hinfield ANDERSON, Herbert VanGELDER, Homer Division 4B CRAME, Buell TRIPLE JUMP FINALS (MEN) Oivision 1A JACKSON, Dave CONLEY, Philin MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil GRANT, Bruce Division 2A SPEMCER, Ray HUTCHINSON, Jon DOVAUGHN, Ton TYLER, John TRIPLE JUMP FINALS (M Division 2A SPEMCER, Ray HUTCHINSON, Jon DOVAUGHN, Ton TYLER, John TRIPLE JUMP FINALS (M Division 2A TRIPLE JUMP FINALS (M DIVISION 2A CARLINE, Louis HINAH, Jim	4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4	2 " 2 " 3 " 3 " 5 " 7 " 6 " 3 3 " 8 3 3 " 8 3 3 " 7 " 5 3 3 " 6 " 6 " 7 " 6 " 6 " 7 " 6 " 6 " 7 " 6 " 6	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENHOOO, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B MORCON, Richmond HAMMER THROW FINALS Division 2A PAVELICH, John HASSMAN, Raiph CASTANEDA, Mike DEVAUGHK, Tom TYLER, John Division 3A FOMLER, Nolan MCHARON, Charles DICK, John Division 3B "HUBBELL, Randolph ULSH, Robert NICHOLS, Rolland	5.5.5.5.5.5.5.5.5.5.5.5.5.5.5.5.5.5.5.	9 3/4" 8 " 4 3/8" 4 3/8" 25;" 25;" 25;" 27;" 27;" 27;" 27;" 27;" 27;" 27;" 27	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DevAUGHN, Ton Division 2B MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo Division 3B DEACON, Bud MacCONAGHY, Rober HAMMER THRO Division 1A BOBELL, Gordon DOUGLASS, Dave	14° 11' 11' 10' 10' NH 12' 11' 10' 9' 9' 12' 10' 7' 8' KENAMINAMINAMINAMINAMINAMINAMINAMINAMINAMI	8 . 6 . 6
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNulty, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GODFREY, Vince LOWELL, Ed DICK, John Division 3B BIGELOM, Wilfred Division 4A ANDERSON, Herbert 400 METER RELAY FINAL Division 1A NOR-CAL SR. TRACK CLUB CORONA DEL MAR TRACK CLUB SEMIORS TRACK CLUB CORONA DEL MAR TRACK CLUB CORONA DEL MAR TRACK CLUB CORONA DEL MAR TRACK CLUB	1:02.2 1:02.2 1:02.4 1:03.1 1:08.1 1:05.4 1:07.1 1:10.1 1:27.1 1:24.1 1:28.1 1:26.2 2:00.3	Division 1A SENIORS TRACK CLUB NOR-CAL SR. TRACK CLUB NOR-CAL SR. TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC AND JUMP FINALS (ME Division 2A FAIRBANK, Nartha LONG JUMP FINALS (ME Division 1A JACKSON, Dave TAYLOR, Sam NEUTON, JR., Milton ANDRENS, Mal BANDRENS, Mal COMLEY, Philip NASRALLA, Tony Division 1B DAVISSON, Shirley SCHLEGEL, Phil MAHANY, Ed DONNELLY, Donald SCHLER, Edmund MASHINGTON, Hael Division 2A SPENCER, Ray BRONN, Dave HUTTER, JR., Harold NATAMABE, Robert HUTTHINSON, Jon FEDERMAN, Stan Division 2B HORCOM, Richmond VERNON, Jim NORALES, Bill CARLINE, Louis FAIRBANK, Henry FAIRBANK, Henry	3:40.07 4:10.38 4:24.14 DMEN) 9' 11 " 20' 10% 20' 2% 20' 0" 19' 10 " 19' 3 " 19' 2 " 21' 25% 18' 6" 17' 4 " 17' 3 " 16' 7 3/ 16' 15' 11 " 15' 8% 15' 11 " 15' 16' 5" 15' 11 " 15' 6%	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFadden, Minifeld ANDERSON, Herbert VanGELDER, Homer Division 4B CRAME, Bugll TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philip MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 18 DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil GRANT, Bruce Division 2A SPENCER, Ray HUTCHINSON, Jon DOWALGHN, Ton TYLER, John TRIPLE JUMP FINALS (M Division 2d "MORCOM, Richmond "HUSENY, Harry "CTRON, Jim CARLINE, Louis MINAH, Jim Division 3A	4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4	2 " " " " " " " " " " " " " " " " " " "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENMODO, Jack BROWN, Dave RONE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B MORCON, Richmond HAMMER THROW FINALS Division 2A PAVELICH, John HASSMAN, Ralph CASTANEDA, Mike DEVAUGHN, Tom TYLER, John Division 3A FOMLER, Nolan MCMAHON, Charles DICK, John Division 3B * HUBBELL, Randolph " Division 3B * HUBBELL, Randolph " Division 3B * HUBBELL, Randolph " Division 3B	5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5' 5	9 3/4" 8 3/8" 4 3/8" 2 3/4" 2 4 3/8" 2 3/4" 2 3/4" 2 3/4" 2 1 3/4" 2 1 3/4" 2 1 3/4" 2 1 3/4" 3 1	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DevAUGHN, Ton Division 2B MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo Division 3B DEACON, Bud MacCONAGHY, Rober HAMMER THRO Division 1A BOBELL, Gordon DOUGLASS, Dave Division 1B	14° 11' 11' 10' 10' NH 12' 11' 10' 9' 9' 12' 10' 7' 8' KENAMINAMINAMINAMINAMINAMINAMINAMINAMINAMI	8
	PARISH, Yandolf STANFIELD, Ralphe ANDREMS, Mal SHEAMEN, Al McNulty, Joel NASRALLA, Tony Division 2A GREENHOOD, Jack ROENER, Robert ROME, Jack HUTCHINSON, Jon TYLER, John Division 2B HUNT, Robert GUIDET, Alfred Division 3A GODFREY, Vince LOWELL, Ed DICK, John Division 3B BIGELOM, Wilfred Division 4A ANDERSON, Herbert 400 METER RELAY FINAL Division 1A NOR-CAL SR. TRACK CLUB CORONA DEL MAR TRACK CLUB SEMIORS TRACK CLUB CORONA DEL MAR TRACK CLUB CORONA DEL MAR TRACK CLUB CORONA DEL MAR TRACK CLUB	1:02.2 1:02.2 1:02.4 1:03.1 1:08.1 1:05.4 1:07.1 1:10.1 1:27.1 1:24.1 1:28.1 1:26.2 2:00.3	Division 1A SENIORS TRACK CLUB HOR-CAL SR. TRACK CLUB HOR-CAL SR. TRACK CLUB Division 2A SENIORS TRACK CLUB SOUTHERN CALIFORNIA LONG JUMP FINALS (WC TAYLOR, SAM NETTON, JR., Milton ANDREWS, Mal CONLEY, Philip NASRALLA, Tony Division 1A Division 1A Division 1A JACKSON, Dave TAYLOR, SAM NETTON, JR., Milton ANDREWS, Mal CONLEY, Philip NASRALLA, Tony Division 1B DIVISION, Shirley SCHLEGEL, Phil MAHANY, Ed DONNELLY, Donald SCHULER, Edmund MASHINGTON, Huel Division 2A SPENCER, Ray BROWN, Dave HUNTER, JR., Harold WATAMABE, Robert HUTCHINSON, Jon FEDERMAN, Stan Division 2B HORCOM, Richmond VERNON, Jim NORALES, Bill CARLINE, Louis FAIRBANK, Henry HUSENY, Harry HUSENY, Harry	3:40.07 4:10.38 4:24.14 DMEN) 9' 11 " 20' 10% 20' 2% 20' 0" 19' 10 " 19' 3 " 19' 2 " 21' 25% 18' 6" 17' 4 " 17' 3 " 16' 7 3/ 16' 15' 11 " 15' 8% 15' 11 " 15' 16' 5" 15' 11 " 15' 6%	McINTYRE, Virgil DEACON, Bud HATLEN, Ted BIGELOW, Milfred DUNHAM, Millian Division 4A REISER, Albert McFADDEN, Herbert VanGELDER, Homer Division 4B CRANE, Buell TRIPLE JUMP FINALS (MEN) Division 1A JACKSON, Dave CONLEY, Philip MASRALLA, Tony HOAGE, Jack FITZHUGH, Ray Division 1B DAVISSON, Shirley SCHLEGEL, Phil DONNELLY, Don MALDEN, Phil GRANT, Bruce Division 2A SPENCER, Ray HUTCHINSON, Jon DEVAUGHN, Ton TYLER, John TRIPLE JUMP FINALS (M Division 26 4* MORCOM, Richmond '4* HUSENY, Harry CERNON, Jin CARLINE, Louis NINAH, Jin Division 3A MHITE, Fred SCHMEIDER, Hans	4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4' 4	2 " 2 " 0 " 0 " 0 " 0 " 0 " 0 " 0 " 0 "	HIGH JUMP FINALS (MEN) Division 1A LANGENFELD, Ton MENTON, JR., Milton ROSE, Don FITZHUGH, Ray TAYLOR, Sam CONLEY, Philip Division 1B DAVISSON, Shirley Division 2A GREENWOOD, Jack BROWN, Dave ROWE, Jack HUNTER, JR., Harold FIX, William HUTCHINSON, Jon Division 2B MORCON, Richmond .HAMMER THROW FINALS Division 2A PAVELICH, John HASSMAN, Ralph CASTANEDA, Mike DEVAUGHH, Tom TYLER, John Division 3A FOMLER, Nolan MCMAHON, Charles DICK, John Division 3B HUBBELL, Randolph ULSH, Robert NICHOLS, Rolland Division 4B REISER, Albert	5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'5'	9 3/4" 8 3/8" 4 3/8" 25," 25," 27," 27," 27," 27," 27," 27," 27," 27	Division S-M (30-MELBORN, Ira Division 1A DUMAS, Gerard DARLING, Robert FITZHUSH, Ray MORRIS, Allen DOUGLASS, Dave Division 1B DONLEY, Jerry WALLACE, Hal Division 2A BROWN, Dave GROSH, Don HUTCHINSON, Jon DevAUGHN, Ton Division 2B MORCOM, Richmond VERNON, Jim Division 3A DeGROOT, Hugo Division 3B DEACON, Bud MacCONAGHY, Rober HAMMER THRO Division 1A BOBELL, Gordon DOUGLASS, Dave Division 1B	14° 11' 11' 10' 10' NH 12' 11' 10' 9' 9' 12' 10' 7' 8' KENAMINAMINAMINAMINAMINAMINAMINAMINAMINAMI	8
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rehicule constrictus, but as it rapidly became apparent that he was constricted not only in his freedom of movement but also in his world view and his arteries, he came to be called simply Homo constrictus. The writing was on he wall."

Masters Track and Field isn't for everyone. Risk is involved-tendonitis, pulled muscles, torn ligaments, crackaps going over the hurdles. And there is always the threat of rampant competitiveness, the ancient curse which destroyed the original Olympics and which now threatens all of our spectaor-oriented sports. The Masters athletes interviewed, almost to a man and woman, stressed that their competition s friendly, not mean. At 44, Dave Jackson of Carson, California, is a champion Masters sprinter, hurdler, long-jumper, and triple-jumper. He also excelled in open competition in his youth. "The oeautiful part of Masters," he told me, is that we do try to win. But we're riends. When my friend runs a good ace and beats me, I'm glad. When I eat him, he's glad. We help each other y pointing out little flaws in style. My dvice to a competitor might get me eat. If so, great. This is quite different rom open competition, where we're always trying to psyche each other out." All this is well and good. But as

Masters events become increasingly oopular, they are attracting more and nore hotshot athletes, even former Dlympians, fresh from their competitive areers. Most Masters meets now fea-ure "unofficial" Sub-Masters competiion for athletes 30 to 34 and 35 to 39, in which times and heights and distances pproach world class marks. For examle, John Carlos, known for giving the black power salute in the 1968 Mexico City Olympics, showed up at this year's Western Regional Masters Championhip in San Diego. The 31-year-old Caros ran 10.3 seconds in the 100 meters and 21.7 in the 200 meters—not bad for any age.

It could be that world class athletes in droves will simply move from open competition to Sub-Masters and then to Masters, bringing with them the winning-is-the-only-thing madness that now darkens most of our sports scene. In which case middle-aged men, instead of naking their Little League sons miseraole about the horrors of losing, will go bout making themselves even more niserable-even into their seventies and

righties.
The leaders of the Masters movenent, however, are determined to avoid he deification of "Number One." They vant to go on providing plenty of competition, plenty of medals, plenty of age ind sex categories, so that the maximum number of people can share the glory; ind the fun, of athletics.

In any case, Masters Track and Field is only the somewhat craggy tip of the iceberg. During the past ten to fifteen years, millions of middle-aged people have opted out of Homo constrictus and have discovered that the strenuous life doesn't have to end at 40. It is important here to point out that you don't have to compete in Masters events to share the joys of the aging jock (see box). In fact, if you can somehow bring yourself to jog, bievele, swim, or in some other way increase your heart rate for a steady 30 minutes at least three times a week, you will, within a very few months, begin to receive a series of delightful gifts:

☐ You'll eat less. It may seem strange. but regular endurance exercise reduces

☐ You'll have more energy. Again, a paradox. By exerting energy in a moderate, rhythmic way, you somehow gain

energy for the rest of living.

☐ Your pulse rate will slow. By raising your heartbeat to around 130 a minute for at least 30 minutes, at least three times a week, you increase the efficiency of the entire blood and breathing system. At rest, comparatively speaking, your heart will be loafing.

☐ You may start losing your taste for sweet and fatty foods. Fish and vegetables may gain appeal. Red meat may

taste less good.

☐ You'll possibly stop smoking. Once you start breathing freely and fully, you won't want to smoke.

☐ Your capacity for alcohol will likely diminish. Your taste will go from hard liquor to wine and beer, especially

☐ You'll feel better generally, more alert, more sensuous, more a part of nature.

All these results can't be promised to all people, but they recur so often in interviews of Masters athletes that their general validity can't be doubted. They also come from personal experience. The main effect of Masters Track and Field on my own life has been a sort of liberation. I have a vivid recollection of racing about 50 yards against my father when I was fourteen and he was 40. My horror at his reaction-he turned greentranslated into a pervasive feeling that 40 was indeed an advanced age, given perhaps to wisdom and power, but not to the joys of the body.

When I learned that men and women my age and older were dashing all out, not just 50, but 400 yards, running marathons, high-jumping, and pole vaulting, that image was shattered forever. I was given permission to explore my own physical activity, I discovered I can do everything I could do at age 22-and a lot of things I wouldn't have dreamed of doing. Granted, I was by no means athletic at 22. Still, I'd be less than candid if I withheld my solid sense of

pleasure at this state of affairs. Practicing the lovely and sometimes acrobatic martial art of aikido, running, playing every possible game, entering an occasional Masters meet as a sprinter. I find the fifties thus far the most satisfying and by far the most physical decade of my life. Nor do the years to come seem dreary and drab. In fact, I sometimes fall into planning an assault on the Masters two years from now, and seem to hear an echo in the passionate style of my friend George Sheehan: "I can't wait until I'm 55.

But all the talk about times and medals and standings, and even the practical benefits of conditioning, finally fades against the sweet infusion of every limb that follows a long run. It may be, as I've written elsewhere, that "what we run for we shall never reach, and that is the heart and the glory of it. In the end, running is its own reward. It can never be justified. We run for the sake of running, nothing more."

SHOT PUT FINALS (MEN)		
utvision 18		
LAUT, Jie	391	3 3/4
WALLACE, Hall	33'	8',"
Division ZA		
PAVELICH, John	46'	9°2" 11 3/4" 3/4"
HOLLAND, James	41'	11 3/4
TYLER, John	31.	3/4
Division 2B		
MINAH, Ne	38"	1,11
CASTANEDA, Mike	37*	6 "
ALDRICH, JR., Daniel	37"	41,"
-AZEN, Jack	33'	71,0
PATTERSON, Sandy	45	2.5
Division 3A		
THATCHER, Jack	481	
DeSROOT, Hugo	48"	1 3/4
SCHNEIDER, Hans	47'	31,"
McMAHON, Charles	391	2.00
FOWLER, Notan	38*	91,"
DICK, John	35"	2 3/4
Division 3B		
MacCONAGHY, Robert	40'	94"
PUGLIZEVICH, A.J.	38"	8 *
CARSON, Jack	37'	6 1
NICHOUS, Rolland	32'	1
Division 4A		
HERRMANN, Stan		115*
REISER, Albert	33'	51,"
YanGELDER, Homer		9,"
AMDERSON, Herbert	23'	4 "
DISCUS FINALS (MEN)		
Division 1A		
HUMPHREYS, Bob	160*	4."
SMITH, Hal	120"	115"
WATERMAN, George	112"	119"
CONLEY, Philip	104	51."
FLAHERTY, Robert	103"	6 "
HANSEN, Doug	91'	41/2"