

(213) 996 - 1400

## SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori  
(213) 837 - 4794



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Tarzana, Calif. 91356

VOLUME 2 NUMBER 9

# NEWSLETTER

SEPTEMBER 1976

### AUGUST HIGHLIGHTS

REID HARTER finishes 5th in AAU National 15KM Championships; takes 2nd in Santa Monica Festival 10KM.

MIKI GORMAN wins Santa Monica Women's Vets 10KM.

HEATHER TOLFORD wins Santa Monica Women's Open 10KM.

RON KURRELE places 2nd in Long Beach 8-mile beach run; takes 3rd in College-of-Canyons 6-mile run.

REID PRESSLEY breaks 5-minute mile barrier for first time.

DAVE BABIRACKI gets married.

SUE KINSEY, MIKI GORMAN, DAVE BABIRACKI, JACKI HANSEN named to 1975 AAU All-American team.

### COMING UP IN SEPTEMBER

Sun. Sept. 12. SPAAAU 50-mile run Championships, 200 laps around the Santa Monica College track.

Sat. Sept. 25. SPAAAU 20KM championships, Griffith Park.

Sat. Sept. 25. Masters all-comers track meet, Pasadena College.

Sat. October 2. Men's Masters Track & Field Meet, Santa Barbara.

### CLUB WORKOUTS

Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 5:00PM to 7:00PM at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. All club members are welcome.

Four members of SFVTC have been named to the 1975 AAU All-American team:

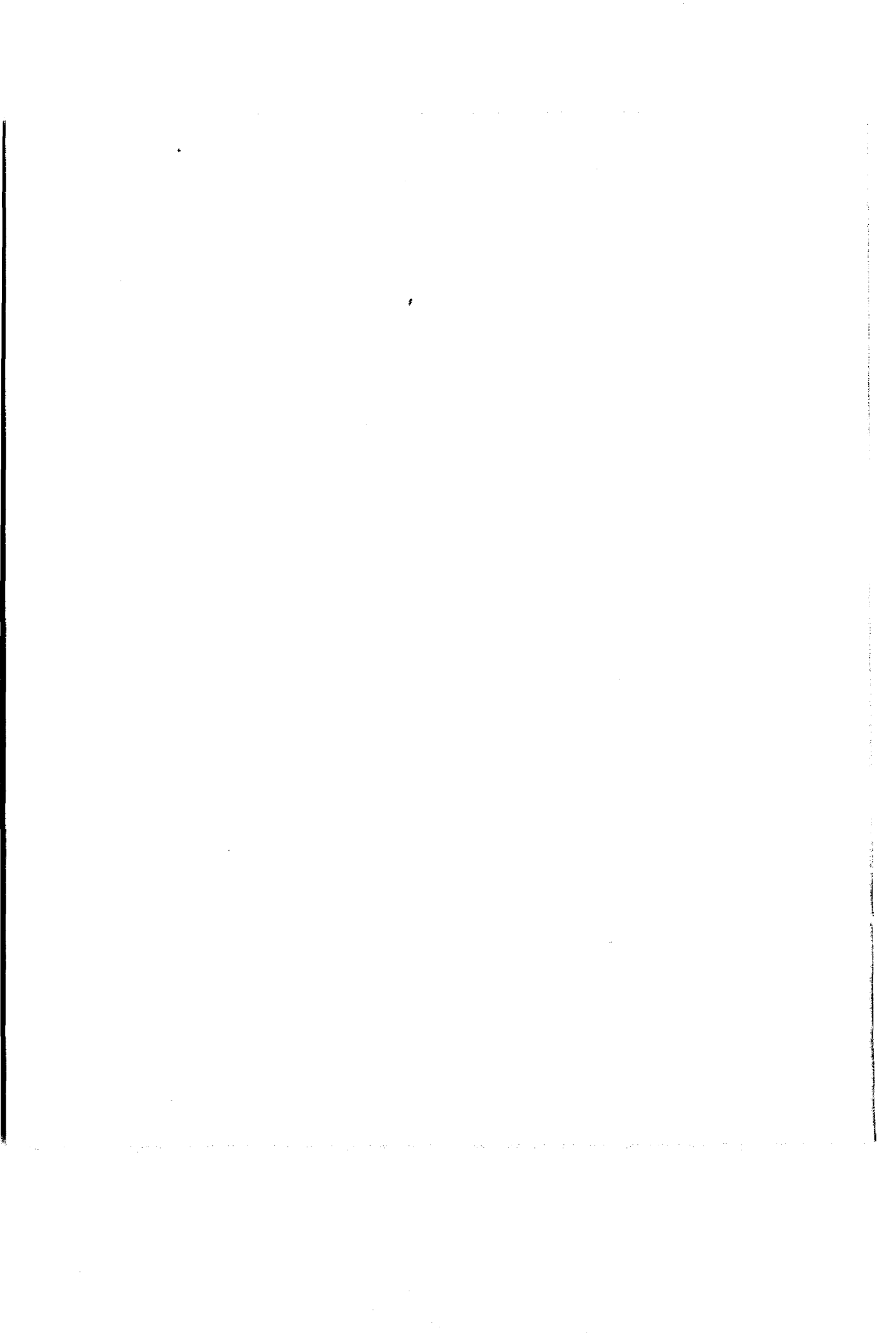
SUE KINSEY was named to the 10-member All-American AAU Women's Cross-Country team.

JACKI HANSEN and MIKI GORMAN, along with Kim Merritt, were named to the 3-member Women's Marathon team.

DAVE BABIRACKI was awarded the honor of being on the 10-member Men's Cross-Country team.

National AAU Certificates of Achievement were presented to Sue, Jacki, Miki and Dave for their outstanding performances.

SFVTC is fortunate to have runners of their caliber representing us, and we sincerely congratulate them for the remarkable success they have achieved.



## LONG DISTANCE RUNNING SCHEDULE

ALL ENTRIES DUE 10 MINUTES BEFORE START OF RACE!

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DATE/TIME	EVENT/DISTANCE	DIRECTOR/LDR LIAISON MGR	BOARDS	COURSE/FACILITIES/DIRECTIONS
SAT SEPT 11 9:00am	CINCO DE MAYO 10mi RUN	Marc Rosales, 3514 Brooklyn Ave. L.A. 90022 (213) 268-7269	Open Men: 40-49, 50-59, 60+over, 15-18, 19-24 Women: 15-36. Vets: 15-18, 19-24	Race begins at 4514 Brooklyn Ave. L.A. Pomona Fwy to Atlantic; N. to Brooklyn Ave & W. on Brooklyn.
SUN SEPT 12 NOON	SPA 50mi RUN CHAMPIONSHIPS	Tom Sturak; write to: Steve Broten, 13512 E. Ramona Cr., Whittier 90602	Several & various.	200 laps on the Santa Monica College Track. Bring your own recorder & help & refreshments.
SAT SEPT 18 9:00am	OCCIDENTAL COLLEGE 4mi CROSS COUNTRY	Steve Broten, 13512 E. Ramona Dr., Whittier 90602	Open 1-5; Vets 3/3/1; W/WV 2/2	A tough dirt, asphalt, hilly course. Take Golden State Fwy to Glendale Fwy W. until you reach Eaglerock Blvd, N. to College Road.
SUN SEPT 19 9:00am	BEVERLY HILLS 10kilo RUN	Ken Simpson, 450 N. Crescent, Beverly Hills 90210	Open: 1-10, 15-18; 14 & under 3; 30-39 5; 40-49 50-59 3; 60+ 2. \$2.00 entry fee.	City streets with slight hills. Take San Diego Fwy (405) to Wilshire, E. on Wilshire to Spaulding, R. on Spaulding to Charleyville, R. to Durant, L. to Moreno.
SAT SEPT 25 8:00am	SPA 20kilo CHAMPIONSHIP	Tom Cory, 1915 Kenneth Rd., Glendale 91201	Open 1-10; 40-49 5; 50- 59 3; 60-69 1; Women 3; W/V 1; Teams: Open 1-3; 1 Sub-master team of 3; 2 Master teams 40-49; 1 3 man 50 Team; 1 3 per- son Team of Women	2 lap course on roads at Griffith Park, with 1 tough hill each lap. Golden State Fwy to Las Feliz, R. to Crystal Springs picnic grounds.
<b>SPECIAL NOTES:</b> The winner of the 20kilo Championships will have his air fare paid round trip to Nat'l. Championships in Gardner, MASS. Winning individual & team in Open, & 40-49 age group will receive free shoes for 20kilos.				
AN LDRG MEETING WILL BE HELD AFTER THE 20kilo RACE. ALL CLUBS SHOULD SEND ONE DELEGATE.				
SAT OCT 2 9:00am	BLUE ANGELS SPORTS FESTIVAL, 10,000mtr FOR OPEN & VETS	Gordon Fillett, 7125 Little Harbor Dr., Huntington Sch. 92648	Open 1-15; Trophy to first Place. 40-49 1-3; 50-59 1-3; 60+ 1-3	San Diego Fwy to Fountain Valley, Warner E. off-ramp. Proceed to Euclid, L. & park on street or in park.
SAT OCT 3 10:00am Check in at 9:00am	MALIBU-WILL RODGERS AT TAPIA PARK TEAM RACE	Wes Alderson, Phil Clarke, 15232 Burton Van Nuys 91480	Open 1-10; vets 3/2/1; 5/W/WV 2/2/2; Submasters 2; 2 open teams - 1 Sub- master; 1 40+ team.	Paved & dirt trails through scenic Tapia park. Ventura Fwy to Los Virgenes Rd., W. 5mi to Tapia Park. Dr Pacific Coast Hwy to Malibu Cyn Rd. (Pepperdine Uni- versity is on corner) E. 5mi to Tapia Park.
IN ALL TEAM RACES A TEAM CAPTAIN OR PRESIDENT MUST SUBMIT A LIST OF COMPETING ATHLETES OR YOUR TEAM WILL NOT BE ABLE TO GET TEAM AWARDS!				
SUN OCT 10 10:00am	MILE SQUARE PARK CROSS COUNTRY	Joe Salicido, P.O. Box 2086, Huntington Beach, 92649	Open 1-15; 30-39 40-49 1-5; 50-59 1-3; 60+ 1-3; Women 1-5; W/V 105; 1st place trophies for: Open, 30, 40, 50, 60, W/WV. Many awards for various age groups.	San Diego Fwy to Fountain Valley, Warner E. off-ramp. Proceed to Euclid, L. & park on street or in park.
SUN OCT 17 7:30am	SANTA BARBARA MARATHON	John Brennan, 4476 Meadowlark Ln., Santa Barbara 93010	Open: 1-12 35-39; 1-3 40-49; 1-7, 1-3 50-59; 60+ 1-2. Teams open 1-3, 1 Masters team, 3 Man Teams. 1-2 Women.	City streets out & back. Check-in at La Playa Stadium on campus of Santa Barbara City College.
Tired of looking at all those old 3rd place trophies? Can put them to good use, so if you wish to give them up contact: Alan Haas, 1507 Old Mill Road, San Marino 91108.				
SUN OCT 31	NIKE/CATALINA ISLAND 5mi ROAD RACE	Write or call Nelson Farris concerning travel & housing. 1317 Westwood Blvd. West L.A. 90024	T-shirts to all finish- ers. Free lunch & merch- andise awards. Open 1-10 30,40,50, 3; 60+ 1; Women, WV, Girls 3.	5mi around city of Avalon. <b>ALL ENTRANTS MUST PRE-ENTER by Oct. 17. NO LATE ENTRIES.</b> Please contact Mr. Farris as soon as possible. Race is a weekend package that includes round trip to Catalina & 1 night lodging.
SUN NOV 17 9:00am	10th ANNUAL SENIORS T.C. 4 MAN 10mi RELAY. 1/2/3/4 MILES	Ron Watson Day: 536-3346	Teams: Open: 1-3; 30-39, 40-49, 50-59, 12+U; 13-15 & Women 1st place. Blind draw: 1-3. Indiv: Fastest relay. Legs	1 loop, mostly grass; restrooms, some showers. San Diego Fwy to Redondo Beach Blvd. (or Fwy N. to Artesia to Parie to Redondo Beach Blvd.) Then E. 1/2mi to Alondra Park.

SUN, SEPT. 12 - Griffith Park 10th annual Cross-Country Run. \$1.00. Stag-  
gered starting times from 8:00AM (see August newsletter). Women run 1-mile.  
Masters 2-miles. Open 3.6 miles.

**SANTA MONICA SPORTS FESTIVAL  
10,000 METER -- AUGUST 28**

SFVTC runners made a fine showing on Saturday, August 28 in the annual Santa Monica Sports Festival 10 kilometer run.

About 20 club members showed up to run in this very popular run up and down the 1½ mile grassy knoll area between San Vicente and the pier, overlooking the Pacific Ocean.

So many contestants showed up that it was divided into two races. In the open division, under the watchful eye of Coach TABORI, REID HARTER ran a powerful race to finish 2nd with RON KURRLE 8th.

In the female division, MIKI GORMAN won overall, also capturing the Women's Veterans 1st-place medal. She just nipped VICKI COOK, who took 1st in the Girls' Elementary Division. HEATHER TOLFORD won the Open Women's 1st place medal, with LEAL REINHART 2nd.

**Results:**

**Men's Open:**

REID HARTER ..... 30:36  
RON KURRLE ..... 31:34  
JOHN MADVIG ..... 33:36  
MIKE KROMM ..... 41:05

**High School:**

BERT SHIRLEY ..... 33:18  
JIM SHAW ..... 35:18  
RAYMOND COOK ..... 35:38  
TIM DOWNEY ..... 37:50  
KEVIN DOWNEY ..... 39:22  
DAVID NEIDORF ..... 41:49

**Masters:**

GAYLORD KALCHSCHMID 36:33  
MYRON SHAPIRO ..... 43:58  
SID MADDEN ..... 43:57  
JIM MCGINN ..... 44:58  
AL SHEAHEN ..... 50:40

**Women:**

MIKI GORMAN ..... 35:50  
VICKI COOK ..... 35:50  
HEATHER TOLFORD .... 36:38  
LEAL REINHART ..... 37:32

-- Reported by JACKI HANSEN

**COLLEGE OF THE CANYONS  
JULY 11 - 6-mile CROSS COUNTRY**

Bob Hayes was the winner in 31:04. SFVTC finishers included RON KURRLE, 3rd in 31:37, DENNIS STANSAUK, 25th in 35:35, GARY STANSAUK, 53rd in 37:43, and JERRY HACKETT, 68th in 38:47.

**LONG BEACH SEA FESTIVAL  
AUGUST 7 -- 8-mile Beach run**

Over 250 starters traversed this run on the sand at low tide. RON KURRLE finished 2nd. DENNIS, GARY and BRIAN STANSAUK finished in 48:38, 52:32 and 54:02, respectively.

**NATIONAL AAU and SPAAAU 15KM CHAMPIONSHIPS - SANTA BARBARA - JULY 4**

Gary Tuttle won by 30 seconds over Chuck Smead, Jim Nuccio and Tom Bryant. SFVTC's REID HARTER was an outstanding 5th in 47:25. JOHN MADVIG finished 39th in 51:23. DENNIS STANSAUK took 68th in 54:14. GARY STANSAUK ran 61:12. TINA MORAN finished 5th in the women's division in 69:18. GEORGE WILLIAMS was 9th in the 50-59 group in 69:51. Tuttle's winning time was 45:42. HARTE's splits at the 5KM and 10KM were 15:27 and 31:19.

**10TH SOUTH EL MONTE HANDICAP --  
JUNE 26 -- 7.9 Miles**

Ed Chaidez won in 43:18. DENNIS STANSAUK took 12th in 48:33, DAVE COCHRAN was 24th in 52:12 and GARY STANSAUK finished 51st in 56:40. About 150-175 started, but 50 or so dropped out due to the heat.

-- Above results from Stansauks

**GRIFFITH PARK 13 KM -- JULY 31**

Partial results include an excellent 3rd in the 50-59 division by EARL RIPPEE in 58:32. PAUL RITSCHER ran a good 60:30 and GEORGE WILLIAMS a fine 65:00+.

REID PRESSLEY writes from a computer-programming assignment in Texas that he finally -- after 32 years of trying -- broke the 5-minute mile barrier with a smashing 4:57.3 at the final All-Comers meet at Bell High July 22. ....a great achievement, made even more rewarding because this was about Reid's 18th or 19th try at it. He's keeping in shape by running at a high school track next to the motel in Pasadena, Texas.

DON COCHRANE, for the next year, will be on the faculty of Education at Simon Fraser University in Burnaby, British Columbia, Canada. He writes: "I would like to maintain my membership...I'll be back in a year and, I trust, in good condition. I have found some magnificent tracks around Burnaby Mountain so running is a delight. Still, I miss the crowd on Tuesdays and Thursdays."

JACKI HANSEN is the Los Angeles distributor for E.R.G. -- Gookinaid. This activity drink, formulated by 44-year old chemist and 2:30 marathoner Bill Gookin, scientifically replaces your lost liquids when you're running, as you're losing them. No gastric upset or discomfort. Jacki has ERG in plain, lemonade or fruit punch flavors. 75 cents for a half-gallon package. \$8.40 for 12; \$16.20 for 24. Call her at 645-7600 before 3PM.

CLUB OFFICERS

President &  
 Treasurer ..... Earl Rippee  
 Vice-President ..... Gaylord Kalchschmid  
 Membership ..... Dick Wager-Smith  
 Newsletter, AAU &  
 Publicity ..... Al Sheahan  
 Team captains:  
 Open ..... Dave Babiracki  
 Women ..... Jacki Hansen  
 Age 30-39 ..... Reid Pressley  
 Age 40-49 ..... Al Sheahan  
 Age 50-59 ..... Earl Rippee  
 Age 60-69 ..... Sid Madden

NEW MEMBERS \* NEW MEMBERS\* NEW MEMBERS

Adrian Van Rijs  
 4332 Morro Dr.  
 Woodland Hills 91364  
 346-5332; 996-5800  
 10-15-35  
 5-10 miles

Gary Smith  
 20909 DeLaGuerra  
 Woodland Hills 91364  
 883-2462; 344-1353  
 8-2-39  
 Mile to 10,000 meters

Gary Barfatani  
 22262 Ninea Court  
 Woodland Hills 91364  
 346-7953  
 7-14-60  
 Javelin; 440 relays

David Sutphin  
 3245 Oregon Avenue  
 Costa Mesa 92626  
 (714) 540-3259; (714) 979-2311  
 6-5-41  
 440 to 3 miles

Change of Address:  
 Stan Celmer  
 10511 Lindley Ave. #125  
 Northridge 91324 360-1439

LONG DISTANCE POINT TOTALS

As of June 29, GARY STANSAUK was in 12th place with 40 points, DENNIS STANSAUK in 18th with 36, BRIAN STANSAUK in 27th with 30 points; Joe Marino leads with 81 points, placing in six of the ten scoring events.

BABIRACKI MARRIES

DAVE BABIRACKI and Elizabeth LaBass tied the knot at the Church of Latter Day Saints in Canyon Country on Sept. 4.

## MASTERS REPORT

The highlight of the early-fall track season is the annual track and field meet in Santa Barbara Saturday, October 2nd.

It's a fine setting with a top track. Competition is in 5-year age divisions, 40 and over. It's the off-season, so many of the big guns aren't in top shape (last year, a 2:19 won the 880 in the 40-44 division). It should be fun.

A group of SFVTC Masters is planning on driving up together in a van or two. If you'd like to go, call coordinator JERRY WOJCIK at 363-6652 or 781-1200; ext. 345. Entry blank is in this issue.

The Striders are sponsoring a Masters All-Comers Meet at 10AM on Saturday, Sept. 25 at Pasadena City College. \$3.00 entry fee. Pay at the track.

The Striders have voted to join the AMSA (American Masters Sports Association) and retain AAU membership at the same time.

Jerry Smartt posted a new course record of 32:51 in the Santa Monica 10km run August 28, 13 seconds ahead of Truman Clark. Associate member TOM STURAK, making a fine comeback after battling injuries for two years, finished ninth in 37:05.

The 1976 National Masters AAU Marathon Championships are set for Honolulu December 12. The National AAU Masters 3000-meter Team Race Championships will be held in the Los Angeles area sometime in December.

A Masters all-comers meet will be sponsored by Corona Del Mar Track Club on either Sat. Oct. 9 or 16 at a site to be announced.

Sixty competitors leave for a 6-day visit and track meet in Mexico City on October 21-26.

The 1977 Western AAU Regional Championships will be held in Los Angeles. Meet chairman Tom Clayton will be looking for volunteers to help plan and work the event.

## SUBSIDIES FOR AMATEUR ATHLETES

The 1976 Olympics in Montreal served as a sounding board for many athletes who let the American people know that it is unrealistic to expect American athletes to attain the competitive superiority of the East Germans and the Russians.

The Eastern Europeans, it is well documented, receive "pay" in the form of free or low-cost housing, expenses, no-work jobs, and so on., while many American athletes must live off their savings, parents or work on a job, in which case their training always suffers.

In the wake of the Olympics, a measure was introduced in Congress which would have granted athletes or their parents or spouses a tax refund of up to \$500 annually to help defray the expenses of training for championship athletic events. It was passed by the U.S. Senate but killed by a House-Senate Conference Committee on Sept. 1st.

Most people, however, are unaware of Olympic Rule 26. Passed in 1975, it allows an amateur athlete to be subsidized on a par to our European counterparts.

Under Rule 26, it is now legal for businesses to permit amateur athletes to take time off to train and compete with no loss of pay. For example, a runner working in an office or whatever might take off at 2 PM to train instead of working until 5PM.

This is done all the time in Europe. In England, Highbury Chocolates has a factory supporting 100 track athletes who work until 2PM and then train.

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The 1976 National AAU Convention will be held at the Del Webb Town-House, Phoenix, Arizona from October 10-16.

1976 WOMEN'S AAU CROSS-COUNTRY SCHEDULE

- Sat 9-11 Long Beach State
- Sun 9-12 Griffith Park
- Sat 9-18 Patriots (Laguna Niguel Park)
- Sat 9-25 South Bay (Harbor Aqueduct Park)
- " " " Las Vegas (Univ. of Nevada)
- Sat 10-2 Blue Angels (Mile Square Park)
- Sat 10-9 Rialto (Perris Hill Park)
- Sat 10-16 Cheetahs (Mt. SAC)
- Sat 10-23 Reedley
- Sat 10-30 Ventura (Arroyo Verde Park)
- Sun 11-7 SPAAAU District Championships (Bonelli Regional Park)
- Sat 11-13 California State Meet (Gibson Ranch, Sacramento)
- Sat 11-20 Area Jr. Olympics (Nordhoff HS, Ojai)
- Sat 11-27 National AAU Championships (Miami, Fla.)
- Sun 12-5 National AAU Women's Marathon Championships (Culver City)

## Uncommon Pill?

### Aspirin Might Help Avoid Heart Attacks, Researchers Suspect

By Slowing Blood Clotting,  
It Also May Cut Back  
Some Strokes, Other Ills

### But Its Hazards Stir Worry

By JOANN S. LUBLIN

**Staff Reporter of THE WALL STREET JOURNAL**  
**CHICAGO**—"Take two aspirin and call me in the morning" may someday be the prescription for much more than the common headache. In the future, doctors may prescribe the familiar tablets to prevent heart attacks, certain types of strokes, post-surgical blood clots and arthritis, among other things.

Researchers warn that conclusive proof of aspirin's broad lifesaving powers is some time off. "It would be a disaster if the public began to take aspirin willy-nilly, day in and day out, before we know all the benefits and risks," says Dr. James S. Schoenberger, chairman of the preventive-medicine department at Rush Presbyterian-St. Luke Medical Center in Chicago. Dr. Schoenberger is directing a three-year, \$16 million federal study that is testing whether aspirin decreases the risk of a second heart attack. The study, involving 4,200 persons, is the largest ever to evaluate the drug.

But encouraged by preliminary evidence, some physicians already are convinced that two aspirin a day may keep any number of serious illnesses away. Almost certainly, the result will be to increase use of a medicine that is by far the most widely used in the world because of its relative safety and effectiveness as a pain killer, even after prolonged use.

In the U.S. alone, some 22 billion aspirin tablets are gobbled annually, mostly for common fevers, colds, headaches and joint pain. That works out to be about 100 tablets a year for every American. In addition, aspirin is a key ingredient in some 500 other medications, including such heavily advertised general pain remedies as Bufferin, Anacin and Excedrin.

#### How It Works

The current scientific excitement over aspirin stems from recent insights into how it works. The answer may be that it affects prostaglandins, hormone-like chemical regulators found in nearly every body tissue. By blocking the production of certain prostaglandins, aspirin appears to reduce fever and inflammation and possibly in this way alleviates headaches.

It is through prostaglandins that aspirin also blocks the clumping of platelets. Without aspirin, these tiny, disc-shaped blood cells stick together to form a clot that plugs up an injured or diseased blood vessel. Clots in arteries are a major factor in heart attacks and strokes.

The beneficial properties of aspirin have been known for a long time. Known medically as acetylsalicylic acid, it belongs to a family of drugs found naturally in shrubs and trees, such as the willow. Some 2,300 years ago, the Greek physician Hippocrates recommended willow bark for childbirth pain. Today, aspirin is derived from petroleum. A French chemist synthesized modern aspirin in the 1850s, but the formula was ignored as an oddity until it was rediscovered 40 years later by Felix Hoffman, a scientist for Friedrich Bayer & Co. in Germany. Mr.

Hoffman's first human patient suffered the ailment; the white powder brought his rheumatoid arthritis pain dramatically.

**Aspirin's Secret**  
Bayer started marketing the product in 1899. It soon was hailed as a "wonder drug" and put to all kinds of uses, proper or not. For instance, physicians attending the son of Russia's last czar gave the boy aspirin to ease his joint pain, not knowing that the drug worsened his more serious ailment, hemophilia. One reason that the "mad monk" Rasputin gained power in the czar's court was that by expelling the physicians and their aspirin, he alleviated the prince's bleeding condition.

After World War I, Bayer's U.S. properties were seized, and Sterling Drug Inc. of New York bought the Bayer name and aspirin trademark. Sterling later lost the trademark but remains the largest seller of aspirin in the U.S.

The suspicion that aspirin might be a safeguard against heart attacks or strokes has been around for more than 20 years. In the early 1900s, Dr. L. L. Craven, a Glendale, Calif., general practitioner, observed that none of his 8,000 male patients who took two aspirin daily for 10 years suffered a heart attack or stroke because of a blood clot. The medical profession postponed the late Dr. Craven's findings, however, because he hadn't set up an untreated control group.

Reprinted from Wall St.  
Journal; June 9, 1976.



AAU MASTERS



## NATIONAL TRACK &amp; FIELD CHAMPIONSHIPS

## 100 METER FINALS (MEN)

## Division 5-M (30-34)

LINCOLN, Leon	10.95
SUMNER, JR., Hilliard	11.47
DUNBAR, Paul	11.81
MELBORN, Ira	12.16
VENNERI, Frank	12.71

## Division 5-M (35-39)

CAIN, Ted	11.45
ADAMS, Hugh	11.72
JOHNSON, Bob	12.20
COHEN, Larry	12.92

## Division 1A

MEYER, Jim	11.07
PARISH, Vondolf	11.44
KNOX, Percy	11.45
NEWTON, JR., Milton	11.54
WATERMAN, George	11.56
BRUNNER, Hans	11.73

## Division 1B

SCHALER, Edmund	11.80
WAGLER, Dick	11.83
FREDERICKSON, Bill	11.89
WASHINGTON, Huel	12.03
MELNDEZ, Rafael	12.16
DAWKINS, Oswald	12.16

## Division 2A

GREENWOOD, Jack	11.83
WATAMBE, Robert	11.92
ROEMER, Robert	12.32
WATT, Don	12.76
HUNTER, JR., Harold	13.19
JOHNSON, Albert	13.55

## Division 2B

GUIDET, Al	12.06
MUNT, Robert	12.85
FAIRBANK, Henry	13.16
MORALES, Bill	13.59
GATES, Carl	13.97
CAMPTON, Louis	14.26

## Division 3A

DILLON, Charles	13.03
WHITE, Fred	13.46
SCHNEIDER, Hans	13.90
KOPPEL, Harry	13.95
NICHOLS, Orville	14.11
SELDON, W. J.	14.28

## Division 3B

McINTYRE, Virgil	13.76
CARISO, Joe	13.86
CASTRO, Tony	13.92
CARNINE, Ken	14.10
SHINKOSKY, Hank	15.90
SCHUMACHER, Henry	18.19

## Division 4A

McFADDEN, Winfield	15.08
LUM, Sing	15.22
THOMPSON, Peter	15.42
ANDERSON, Herbert	23.54

## Division 5A

WHEELER, Collister	20.14
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## 200 METER FINALS (MEN)

## Division 5-M (30-34)

SUMNER, JR., Hilliard	22.70
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## Division 5-M (35-39)

CAIN, Ted	22.71
ADAMS, Hugh	23.20
JOHNSON, Robert	24.27
VELLA, James	24.38

## Division 1A

WEAVER, Jim	23.16
NEWTON, JR., Milton	23.34
PARISH, Vondolf	23.70
BRUNNER, Hans	23.79
WATERMAN, George	24.00
HITT, Harold	24.49

## Division 1B

FREDERICKSON, Bill	24.36
WAGLER, Dick	24.43
WASHINGTON, Huel	24.48
VICK, Ted	24.67
MAHAY, Ed	24.84
WANDOGIAN, Ed	24.91

## Division 2A

GREENWOOD, Jack	24.03
WATAMBE, Robert	24.96
ROEMER, Robert	25.72
ROWE, Jack	26.04
WATT, Don	26.27
JOHNSON, Albert	27.40

## Division 2B

GUIDET, Alfred	25.90
MUNT, Robert	26.40
FAIRBANK, Henry	27.20
GATES, Carl	29.10
PALMER, Merle	30.90
WILSON, Andrew	31.20

## Division 3A

DILLON, Charles	26.80
WHITE, Fred	28.07
SATTI, John	28.09
WIBLOCK, Russ	28.29
NICHOLS, Orville	28.93
KOPPEL, Harry	29.50

## Division 3B

McINTYRE, Virgil	28.22
CARNINE, Ken	28.75
CASTRO, Tony	29.19
DUNCAN, Jim	32.03
PUGLIZEVICH, A.J.	33.10

## Division 4A

McFADDEN, Winfield	31.03
LUM, Sing	31.42
THOMPSON, Peter	34.13
ANDERSON, Herbert	53.54

## Division 5A

WHEELER, Collister	42.04
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## 400 METER FINALS (WOMEN)

## Division 1A

OBARA, Irene	59.90
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## Division 1B

GERARD, Miriam	1:01.15
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## 400 METER FINALS (MEN)

## Division 5-M (30-34)

SUMNER, JR., Hilliard	50.22
POMELL, Robert	52.49

## Division 5-M (35-39)

CAIN, Ted	49.92
ADAMS, Hugh	51.37
VELLA, James	54.05
MAYER, William	54.45
COHEN, Larry	NT

## Division 1A

BRUNNER, Hans	53.40
PARKS, Jim	53.95
HITT, Harold	53.73
PARISH, Vondolf	53.89
MARALLA, Tony	51.90
STANFIELD, Ralph	54.52

## Division 1B

DAWKINS, Oswald	55.70
WASHINGTON, Huel	55.91
GUSTAFSON, Ed	56.29
SCHROEDER, Lee	57.02
WEBER, George	57.97
JORDAN, Bob	58.10

## Division 2A

GREENWOOD, Jack	53.58
ROEMER, Robert	56.46
PUTERBAUGH, George	56.49
POET, Robert	59.81
JOHNSON, Albert	1:00.77
JAN, Dewey	1:01.49

## Division 2B

MUNT, Robert	58.37
HORCOX, Richmond	59.06
SCHMIDT, Oean	58.45
FAIRBANK, Henry	1:00.16
PALMER, Merle	1:09.93

## Division 3A

WIBLOCK, Russ	1:03.40
SATTI, John	1:03.75
KOPPEL, Harry	1:08.80
GODFREY, Vince	1:09.90

## Division 3B

CARNINE, Ken	1:05.60
SHINE, Mel	1:08.60
CHAPSON, Harold	1:10.20
DUNCAN, Jim	1:12.40
SHINKOSKY, Hank	1:12.70

## Division 4A

INGRAM, Glen	1:25.36
ANDERSON, Herbert	1:29.25

## Division 4B

SPANGLER, Paul	1:33.30
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## 10,000 METER FINALS (WOMEN)

## Division 1A

STOCK, Dorothy	40:07.00
WESTERHOVE, Lois	42:39.00

## Division 1B

ANDERSON, Ruth	40:20.80
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## Division 3A

HICKS, Burnis	57:52.00
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**800 METER FINALS (MEN)**

<u>Division S-M (30-34)</u>	
SUMNER, JR., Hilliard	2:01.25
<u>Division S-M (35-39)</u>	
RICHARDS, Tom	2:03.00
<u>Division 1A</u>	
RICHARDSON, Pete	2:01.80
FITZGERALD, Bill	2:04.34
GAY, Bernard	2:04.95
KALCHSCHMID, Gaylord	2:05.90
PARKS, Jim	2:06.86
WELDY, John	2:07.95
<u>Division 1B</u>	
STEPHENS, Vic	2:08.10
GOERING, Dale	2:09.80
GUSTAFSON, Edward	2:10.04
JAMIESON, Ian	2:10.20
KOERNER, Vance	2:11.40
SALMOND, Cliff	2:20.82
<u>Division 2A</u>	
PUTERBAUGH, George	2:10.24
BRYANT, Avery	2:16.00
POET, Robert	2:17.50
ANSPACH, Roland	2:19.40
ZLOTNIK, Gerald	2:19.50
SWEENEY, Al	2:29.50
<u>Division 2B</u>	
FAIRBANK, Henry	2:17.20
SCHMIDT, Dean	2:17.50
MORCOM, Richmond	2:17.70
DELLWO, Robert	2:29.10
CARLINE, Louis	2:40.70
PALMER, Marie	2:44.00
<u>Division 3A</u>	
MULL, John	2:35.20
LOWELL, Ed	2:36.20
<u>Division 3B</u>	
ANDBERG, William	2:27.90
MADDEN, Sidney	2:37.50
SHINE, Mel	2:38.50
BIERLEIN, Fred	2:55.50
<u>Division 4A</u>	
CHAPSON, Harold	2:37.51
GREGORY, Louis	3:06.00
INGRAM, Glen	3:13.90
<u>Division 4B</u>	
SPANGLER, Paul	3:20.30

**DISCUS FINALS (MEN)**

<u>Division 1A</u>	
HUMPHREYS, Bob	160' 4"
SMITH, Mel	120' 11"
WATERMAN, George	112' 0"
COTLEY, Phillip	104' 5"
FLAHERTY, Robert	103' 6"
HANSEN, Doug	91' 4"
<u>Division 1B</u>	
SCHROEDER, Lee	120' 2"
WALLACE, Hal	104' 1"
<u>Division 2A</u>	
PAVELICH, John	145' 10"
CASTANEDA, Mike	120' 9"
HOLLAND, James	9' 8"
WASSMAN, Ralph	9' 4"
<u>SHOT PUT FINALS (WOMEN)</u>	
<u>Division 1A</u>	
WILSON, Connie	28' 45"

**1,600 METER FINALS (MEN)**

<u>Division S-M (30-34)</u>	
LADIM, Bob	4:03.80
JACOBS, Greg	4:08.10
HIMMELBERGER, Dave	4:10.70
<u>Division S-M (35-39)</u>	
BRIDGES, Larry	4:03.60
RICHARDS, Tom	4:06.30
<u>Division 1A</u>	
HAYER, Dennis	4:09.76
WELDY, John	4:11.02
RICHARDSON, Pete	4:12.44
GAY, Bernard	4:13.78
FITZGERALD, Bill	4:16.53
KALCHSCHMID, Gaylord	4:23.69
<u>Division 1B</u>	
FINE, Robert	4:32.67
GOERING, Dale	4:33.00
NEAL, Mike	4:42.64
KOERNER, Vance	4:44.94
SALMOND, Cliff	4:52.87
FITCH, Keith	5:11.25
<u>Division 2A</u>	
ANSPACH, Roland	4:32.86
BRYANT, Avery	4:32.91
ZLOTNIK, Gerald	4:42.18
SWEENEY, Al	4:51.80
<u>Division 2B</u>	
WATERMAN, Alan	4:57.98
LONG, Robert	5:24.70
<u>Division 3A</u>	
DAVIES, Clive	4:57.96
LOWELL, Ed	5:31.61
<u>Division 3B</u>	
ANDBERG, William	4:59.14
MADDEN, Sidney	5:39.81
BIGELOW, Wilfred	6:47.34
<u>Division 4A</u>	
GREGORY, Louis	6:06.73
INGRAM, Glen	6:56.16
ANDERSON, Herbert	8:36.20
<u>Division 4B</u>	
SPANGLER, Paul	6:28.33

**5,000 METER FINALS (MEN)**

<u>Division 1A</u>	
MAHAFFEY, Derek	16:05.60
LIVESAY, Joseph	16:39.00
CORHAY, James	16:45.00
BECNITH, Bill	16:55.00
RYAN, JR., Field	17:22.00
BWARD, Robert	17:36.00
<u>Division 1B</u>	
SMITH, Ross	16:18.00
NEAL, Mike	17:19.00
STOCK, Bill	17:26.00
GOERING, Dale	17:41.00
SHEEHY, JR., Leo	17:55.00
SALING, Jack	22:53.00
<u>Division 2A</u>	
O'NEIL, Jim	16:14.00
FORSHEE, James	17:03.00
ANSPACH, Roland	17:33.00
ZLOTNIK, Gerald	17:51.00
BALDRY, Stanley	18:57.00
PARDO, Joseph	19:01.00
<u>Division 2B</u>	
HANSEN, Norman	18:24.00
MALLON, Joseph	18:55.00
LONG, Robert	19:35.00
LEHMAN, Bob	19:46.00
GODDARD, Russ	20:38.00
HILL, Cliff	21:15.00
<u>Division 3A</u>	
DAVIES, Clive	18:04.00
WALL, John	18:21.00
<u>Division 3B</u>	
ANDBERG, William	18:33.00
BIGELOW, Wilfred	24:45.00
HUNTER, Vance	26:34.00
<u>Division 4A</u>	
GREGORY, Louis	21:39.00
<u>Division 4B</u>	
SPANGLER, Paul	23:06.00

**800 METER FINALS (WOMEN)**

<u>Division S-M (35-39)</u>	
GERARD, Miriam	2:40.08
<u>Division 1A</u>	
WESTERHOVE, Lois	2:48.75
SMITH, Catherine	3:11.64
<u>Division 2A</u>	
FAIRBANK, Martha	3:42.00
<u>Division 3A</u>	
HICKS, Burnis	3:44.56

**1,800 METER FINALS (WOMEN)**

<u>Division 1B</u>	
ANDERSON, Ruth	6:32.84
<u>Division 2A</u>	
FAIRBANK, Martha	7:23.70
<u>Division 3A</u>	
HICKS, Burnis	7:27.20

**10,000 METER FINALS (MEN)**

Division 1A

HATTON, Ray	32:00.00
HARVEY, Derek	32:38.00
LIVESAY, Joseph	33:51.00
ROCKMELL, JR., Ed	34:37.00
RYAN, JR., Field	35:01.00
BURD, Robert	35:07.00

Division 1B

PARNELL, Graham	34:04.00
SMITH, Ross	34:18.00
STEVENSON, David	34:49.00
NEAL, Mike	34:55.00
CLARKE, JR., Sam	35:14.00
SHERRY, JR., Leo	36:18.00

Division 2A

O'NEIL, Jim	33:30.00
ANSPACH, Roland	35:14.00
FORSNEE, Jim	35:56.00
ZLOTNIK, Gerald	36:43.00
PARDI, Joseph	39:10.00
BALDNY, Stanley	40:47.00

Division 2B

HANSER, Norman	38:10.00
HALLON, Joe	38:33.00
LEHMAN, Bob	41:39.00
MARTIN, Jim	44:17.00
STEPHENSON, Jim	DNF

Division 3A

DAVIES, Clive	36:23.00
MULL, John	38:49.00

Division 3B

ANDERSON, Bill	38:48.00
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Division 4A

GREGORY, Louis	52:34.00
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Division 4B

SPANGLER, Paul	47:30.00
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**3,000 METER STEEPLECHASE (MEN)**

Division 1A

MYER, Dennis	10:15.44
CONNRY, James	10:41.70
BASHAM, Doug	11:44.10

Division 1B

PARNELL, Graham	10:48.20
STEVENSON, David	11:08.00

Division 2A

ANSPACH, Roland	11:18.80
SWEENEY, Al	11:37.18
BYRANT, Avery	11:37.70
NOBLE, Jack	11:57.30

Division 2B

WATENMAN, Alan	11:52.86
LONG, Robert	13:01.70
MALLON, Joseph	13:27.80

Division 3A

McTARNAMAN, R.	14:40.00
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Division 3B

STIGLON, Wilfred	18:01.80
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**LONG JUMP FINALS (WOMEN)**

Division 2A

FAIRBANK, Martha	9' 11"
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**400 METER HURDLE FINALS (MEN)**

Division 1A

PARISH, Vendolf	1:02.13
STAMFIELD, Walphe	1:02.29
ANDREWS, Mel	1:02.36
SHEPHER, Al	1:02.40
MCHEALTY, Joel	1:03.38
MASALLA, Tony	1:08.10

Division 2A

GREENWOOD, Jack	58.04
ROEMER, Robert	1:05.42
ROME, Jack	1:07.58
HUTCHINSON, Jon	1:10.04
TYLER, John	1:27.70

Division 2B

HUNT, Robert	1:03.70
GUIDET, Alfred	1:07.04

Division 3A

GODFREY, Vince	1:19.83
LOWELL, Ed	1:24.06
DICK, John	1:28.55

Division 3B

STIGLON, Wilfred	1:26.72
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Division 4A

ANDERSON, Herbert	2:00.00
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**400 METER RELAY FINALS**

Division 1A

NOR-CAL SR. TRACK CLUB	44.84
CORONA DEL MAR TRACK CLUB	44.90
SENIORS TRACK CLUB	45.80

Division 1B

NOR-CAL SR. TRACK CLUB	47.84
CORONA DEL MAR TRACK CLUB	48.34

Division 2A

SENIORS TRACK CLUB	50.88
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**1,800 METER RELAY FINALS**

Division 1A

SENIORS TRACK CLUB	3:38.46
NOR-CAL SR. TRACK CLUB	3:40.07

Division 2A

SENIORS TRACK CLUB	4:10.38
SOUTHERN CALIFORNIA	4:24.14

**200 METER FINALS (WOMEN)**

Division 5-M (35-39)

GERARD, Miriam	27.07
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Division 1A

OBARA, Irene	26.04
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Division 2A

FAIRBANK, Martha	40.34
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Division 2B

KOLDA, Josephine	42.80
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Division 3A

HICKS, Burns	40.87
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**5,000 METER WALK FINALS (MEN)**

Division 5-M (30-34)

HIMMELBERGER, David	26:08.00
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Division 1A

MALUZA, Rudy	23:21.30
BOYES, JR., Larry	26:56.00
KRALD, Paul	27:04.00

Division 1B

FINE, Robert	25:47.00
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Division 2B

LONG, Robert	30:06.80
JACOBS, Don	33:27.00

Division 3B

O'NEIL, Larry	30:09.90
UNRUH, Chesley	32:11.60

Division 4A

LANDENBERG, Erkki	34:42.00
WINKELDER, Homer	38:38.70

**110 METER HURDLE FINALS (MEN)**

Division 1A

JACKSON, Dave	15.90
ANDREWS, Mel	16.29
PARISH, Vendolf	17.35
BASHAM, Doug	19.00
FITZMAUR, Ray	19.21

Division 1B

DONNELLY, Don	20.27
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Division 2A

GREENWOOD, Jack	15.50
ROEMER, Robert	18.50
HUTCHINSON, Jon	19.71
WINTER, JR., Harold	19.89
JOHNSON, Albert	19.90

Division 2B

WILSON, Richard	17.84
HUNT, Robert	19.03
REINER, Edwin	20.30
ROMALES, Bill	20.93

Division 3A

GODFREY, Vince	19.60
NICHOLS, Orville	19.80
WHITE, Fred	19.87
DICK, John	23.44

Division 3B

MATLEN, Ted	19.56
MCINTYRE, Virgil	21.74
McCONNAMY, Robert	23.07
STEINLEIN, Fred	24.84

Division 4A

ANDERSON, Herbert	31.11
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**5,000 METER FINALS (WOMEN)**

Division 1A

STOCK, Dorothy	21:31.00
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Division 1B

ANDERSON, Ruth	20:13.00
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Division 3A

HICKS, Burns	28:14.17
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LONG JUMP FINALS (MEN)

Division 1A

JACKSON, Dave 20' 10"
TAYLOR, Sam 20' 2 1/2"
NEWTON, JR., Milton 20' 0"
ANDREWS, Mal 19' 10"
CONLEY, Philip 19' 3"
MSKRALIA, Tony 19' 2"

Division 1B

DAVISSON, Shirley 21' 2 1/2"
SCHLEGEL, Phil 13' 2 1/2"
MARMAN, Ed 18' 6"
DONNELLY, Donald 17' 4"
SCHLEIER, Edmund 17' 3"
WASHINGTON, Huel 16' 7 3/4"

Division 2A

SPENCER, Ray 17' 1 1/4"
BROWN, Dave 16' 10 1/2"
HUNTER, JR., Harold 16' 4 1/4"
WATANABE, Robert 15' 13"
HUTCHINSON, Jon 15' 8 1/2"
FEDERMAN, Stan 13' 10 1/2"

Division 2B

MORCOM, Richmond 18' 11 3/4"
VERNON, Jim 16' 4 3/4"
MORALES, Bill 16' 4"
CARLINE, Louis 15' 11"
FATRBANK, Henry 15' 10"
MUSENY, Harry 15' 6 1/2"

Division 3A

SCHNEIDER, Hans 36' 1 3/4"
WHITE, Fred 18' 10 1/2"
SATTI, John 15' 4 1/2"
NICHOLS, Orville 13' 11 1/2"
DICK, John 12' 9 3/4"

Division 3B

CARUSO, Joe 14' 5 1/2"
HATLEN, Ted 12' 7 3/4"
CARSON, Jack 11' 8"
PUGLIZEVICH, A.J. 11' 4 3/4"
SCHWABACHER, Henry 10' 11"

Division 4A

REISER, Albert 13' 9"
McFADDEN, Winfield 13' 7 1/4"
ANDERSON, Herbert 12' 4 3/4"

Division 4B

CRANE, Buell 8' 1 1/2"

SHOT PUT FINALS (MEN)

Division 1A

SMITH, Hal 44' 5"
BOBELL, Gordon 41' 9 1/2"
WATERMAN, George 41' 3"

Division 1B

LAUT, Jim 39' 3 3/4"
WALLACE, Hal 33' 8 1/2"

Division 2A

PAVELICH, John 46' 9 1/2"
MOLAND, James 41' 11 3/4"
TYLER, John 31'

Division 2B

MIRAN, Jim 38' 5 1/2"
CASTANEDA, Mike 37' 6"
ALDRICH, JR., Daniel 37' 4 1/2"
AZEN, Jack 33' 3"
PATTERSON, Sandy 25' 7 1/2"

HIGH JUMP FINALS (MEN)

Division 1A

LANGENFELD, Tom 5' 9 3/4"
NEWTON, JR., Milton 5' 8"
ROSE, Don 5' 4 3/8"
FITZHUGH, Ray 5' 4 3/8"
TAYLOR, Sam 5' 2 1/2"
CONLEY, Philip 5' 2 1/2"

Division 1B

DAVISSON, Shirley 5' 7 1/2"

Division 2A

GREENWOOD, Jack 5' 2"
BROWN, Dave 4' 10"
ROME, Jack 4' 8 1/2"
HUNTER, JR., Harold 4' 8"
HUTCHINSON, Jon 4' 2"

Division 2B

MORCOM, Richmond 5' 4"

Division 3A

DICK, John 4' 4"
SCHNEIDER, Hans 4' 4"
DEGROOT, Hugo 4' 3"
BIERLEIN, Fred 3' 10"

Division 3B

McINTYRE, Virgil 4' 5 1/2"
DEACON, Bud 4' 2"
HATLEN, Ted 4' 2"
BIGELOW, Wilfred 4' 0"
GURHAM, William 4' 0"

Division 4A

REISER, Albert 4' 0"
McFADDEN, Winfield 3' 10"
ANDERSON, Herbert 3' 10"
VANGELDER, Homer 3' 8"

Division 4B

CRANE, Buell 3' 8"

TRIPLE JUMP FINALS (MEN)

Division 1A

JACKSON, Dave 40' 10"
CONLEY, Philip 38' 7"
MSKRALIA, Tony 36' 9"
MOAGE, Jack 35' 10"
FITZHUGH, Ray 34' 6 1/2"

Division 1B

DAVISSON, Shirley 40' 10 1/2"
SCHLEGEL, Phil 35' 11"
DONNELLY, Don 34' 8"
WALDEN, Phil 33' 6"
GRANT, Bruce 33' 2 1/2"

Division 2A

SPENCER, Ray 34' 3"
HUTCHINSON, Jon 32' 5"
DEVAUGHN, Tom 30' 7"
TYLER, John 28' 6"

Division 2B

MORCOM, Richmond 34' 8"
MUSENY, Harry 33' 8"
VERNON, Jim 31' 7 1/2"
CARLINE, Louis 30' 10"
MIRAN, Jim 26' 8"

Division 3A

WHITE, Fred 33' 4"
SCHNEIDER, Hans 30' 6 1/2"
NICHOLS, Orville 29' 4"
DICK, John 26' 3"

Division 3B

CARUSO, Joe 26' 7"
CARSON, Jack 23' 7"
HATLEN, Ted 21' 11"

Division 4A

McFADDEN, Winfield 27' 5"
REISER, Albert 22' 11"
ANDERSON, Herbert 17' 10"

POLE VAULT FINALS (MEN)

Division S-M (30-34)

MELBORN, Ira 14' 8"

Division 1A

DUMAS, Gerard 11' 6"
DARLING, Robert 11' 0"
FITZHUGH, Ray 10' 9"
MORRIS, Allen 10' 6"
DOUGLASS, Dave NM

Division 1B

DONLEY, Jerry 12' 0"
WALLACE, Hal 11' 0"

Division 2A

BROWN, Dave 11' 0"
GROSH, Don 10' 9"
HUTCHINSON, Jon 9' 0"
DEVAUGHN, Tom 9' 0"

Division 2B

MORCOM, Richmond 12' 6"
VERNON, Jim 10' 0"

Division 3A

DEGROOT, Hugo 7' 4 1/4"

Division 3B

DEACON, Bud 8' 5 1/2"
McCONAGHY, Robert 8' 5 1/4"

JAVELIN FINALS (MEN)

Division 1A

CONLEY, Philip 207' 0"
DARLING, Robert 175' 4"
FLAHERTY, Robert 164' 11"
ROSE, Don 162' 8"
FITZHUGH, Ray 140' 2"
MILLER, Frank 126' 8"

Division 1B

WALLACE, Hal 150' 5"
WALDEN, Phil 100' 0"

Division 2A

HUNTER, JR., Harold 139' 9"
WILKINS, Richard 120' 9 1/2"
HOLLAND, James 105' 5"
HASSMAN, Ralph 99' 0"
TYLER, John 82' 7"

Division 2B

MORALES, Bill 150' 3 1/4"
ALDRICH, JR., Daniel 140' 1"
KILLBUCK, John 134' 1"
HAZEN, Jack 125' 11 1/4"
STONE, Robert 118' 10"
PATTERSON, Sandy 57' 8"

Division 3A

NICHOLS, Orville 132' 5 1/2"
DEGROOT, Hugo 125' 2"
SCHNEIDER, Hans 122' 11 1/2"
McMAHON, Charles 122' 10"
DICK, John 115' 10 1/2"

Division 3B

CARLINE, Ken 119' 11 3/4"
McCONAGHY, Robert 115' 6 1/2"
NICHOLS, Rolland 101' 1"
HUBBELL, Randolph 95' 10 3/4"
DUNHAM, William 95' 4"
BIERLEIN, Fred 58' 1 3/4"

Division 4A

REISER, Albert 104' 5 1/2"
ANDERSON, Herbert 77' 9"
McFADDEN, Winfield 71' 6 3/4"
HERRMANN, Stan 70' 8 3/4"

Division 4B

CRANE, Buell 71' 8 3/16"

HAMMER THROW FINALS (MEN)

Division 1A

BOBELL, Gordon 156' 3 1/4"
DOUGLASS, Dave 106' 6 1/2"

Division 1B

BACIKS, Bob 172' 2"

Division 2A

PAVELICH, John 133' 2 1/4"
HASSMAN, Ralph 99' 1"
CASTANEDA, Mike 85' 9"
DEVAUGHN, Tom 80' 7 1/2"
TYLER, John 57' 10"

Division 2B

FOMER, Nolan 120' 4"
McMAHON, Charles 95' 3"
DICK, John 76' 1 1/4"

Division 3B

HUBBELL, Randolph 96' 3"
ULSH, Robert 86' 10"
NICHOLS, Rolland 63' 8 1/4"

Division 4B

REISER, Albert 91' 8"
HERRMANN, Stan 81' 2"
ANDERSON, Herbert 30' 4"

MEN'S MASTERS TRACK AND FIELD MEET  
Saturday, October 2, 1976  
University of California at Santa Barbara

PRELIMINARY SCHEDULE OUTLINE

10:30 AM	Hammer Throw (Divisions 5,6,7,8)	2:05 PM	440 Yard Dashes
	Discus Throw (Divisions 1,2,3,4)	2:20 PM	100 Yard Dashes
@11:30 AM	Hammer Throw (Divisions 1,2,3,4)	2:30 PM	High Jump, Triple Jump, Javelin
	Discus Throw (Divisions 5,6,7,8)	2:50 PM	880 Yard Runs
1:00 PM	Shot Put, Long Jump, Pole Vault	3:05 PM	220 Yard Dashes
1:00 PM	"Hurdles"	3:20 PM	5000 Meter Run
1:25 PM	Mile Runs	3:50 PM	Mile Relays
1:55 PM	440 Relays		

Note: In all field events except the High Jump and Pole Vault, each contestant gets only 6 attempts. There is a time limit of 1 hour and 30 minutes for each event. Please assist in keeping events moving. In the event a competitor is unable to complete his attempts in the high jump or pole vault in the time allotted, he will be permitted to compete in a flight other than the one to which he is assigned.

ALL FIELD EVENTS WILL BE RUN IN REVERSE GROUP ORDER STARTING WITH DIVISION 8, EXCEPT HAMMER & DISCUS.

DIVISIONS: 1 (40-44)    2 (45-49)    3 (50-54)    4 (55-59)  
                  5 (50-64)    6 (65-69)    7 (70-74)    8 (75-79)

ENTRY DEADLINE is SEPTEMBER 25, 1976 -- IN HAND, not post-marked.

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Please enter me in the following events: \_\_\_\_\_

Entry fee: \$3.50 first event - \$2.00 each additional event - \$5.00 relay teams

Make checks payable to Club West and mail along with this form to: Club West,  
P.O. Box K; Goleta, Cal. 93017 Phone: (805) 687-6323.

ATHLETE/TEAM RELEASE

In consideration of my/our entry, I do hereby, for myself/ourselves, heirs and administrators, waive and release all claims I/we may have against the Men's Masters Track & Field Meet, its representatives, the various sport governing bodies, for any and all injuries suffered by me/us in my event, sport or facility

Also, I certify that I/we have no physical defects that would prevent me/us from competing. Further I/we take full responsibility for personal equipment owned by me/us for breakage.

My 1976 AAU number is: \_\_\_\_\_ (Registration required)

\_\_\_\_\_  
Individual's signature

MEN'S MASTERS TRACK & FIELD MEET

Saturday October 2, 1976

UNIVERSITY OF CALIFORNIA AT SANTA BARBARA

PRELIMINARY SCHEDULE OUTLINE

TRACK EVENTS

1:00 p.m.	Hurdles	2:50 p.m.	880 Yard Runs
1:25 p.m.	Mile Runs	3:05 p.m.	220 Yard Dashes
1:55 p.m.	440 Relays	3:20 p.m.	5,000 Meter Run
2:05 p.m.	440 Yard Dashes	3:50 p.m.	Mile Relays
2:20 p.m.	100 Yard Dashes		

FIELD EVENTS

10:30 a.m.	Hammer Throw	10:30 a.m.	Discus Throw
(Div.'s V, VI, VII, VIII)		(Div.'s I, II, III, IV)	
(as soon as finished with one event report to the other)			

1:00 p.m. Shot put, Long jump, Pole vault

2:30 p.m. Triple jump, Javelin, High jump

NOTE: In all field events EXCEPT the HIGH JUMP and POLE VAULT each contestant gets only 6 attempts. There is a time limit of 1 hour and 30 minutes for each event. PLEASE-ASSIST IN KEEPING EVENTS MOVING!!!

In the event a competitor is unable to complete his attempts in the HIGH JUMP or POLE VAULT in the time allotted, he will be permitted to compete in a flight other than the one to which he is assigned.

ALL FIELD EVENTS WILL BE RUN IN REVERSE GROUP ORDER STARTING WITH DIVISION VIII EXCEPT HAMMER & DISCUS.

DIVISIONS: I (40-44) II (45-49) III (50-54) IV (55-59)  
V (60-64) VI (65-69) VII (70-74) VIII (75-79)  
IX (80-84)

ENTRY DEADLINE IS SEPTEMBER 25, 1976. In our hand September 25, NOT POST MARKED THE 25TH.

MEN'S MASTER TRACK & FIELD MEET

OCTOBER 2, 1976

Co-sponsored by Santa Barbara Recreation Division & Club West  
UNIVERSITY OF CALIFORNIA AT SANTA BARBARA

Entry Blank & Release Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Please enter me in the following events: 1. \_\_\_\_\_

2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_

Entry fees: \$3.50 first event - \$2.00 each additional event - \$5.00 Relay Teams

Make checks payable to Club West and mail along with this form to:

CLUB WEST  
P.O. Box K  
Goleta, Ca. 93017 Phone (805) 687-6323

ATHLETE/TEAM RELEASE

In consideration of my/our entry, I do hereby for myself/ourselves, heirs and administrators, waive and release all claims I/we may have against the Men's Masters Track & Field Meet, its representatives, the various sport governing bodies, for any and all injuries suffered by me/us in any event, sport or facility.

Also, I certify that I/we have no physical defects that would prevent me/us from competing. Furthermore I/we take full responsibility for personal equipment owned by me/us for breakage.

My 1976 AAU number is: \_\_\_\_\_ (REGISTRATION REQUIRED)

\_\_\_\_\_  
Individual's signature

September 25, 1976 is the DEADLINE for entries. NO exceptions for either individuals or relay teams. Clubs should be responsible for relay team entries. All members of relay teams must be from the same club.

ENTRY MUST BE IN OUR HANDS ON SEPTEMBER 25, 1976, NOT POSTMARKED THE 25th



San Fernando Valley Track Club  
 18321 Ventura Blvd.  
 P.O. Box K  
 Tarzana, Calif. 91356

CLUB UNIFORMS & WARM-UP SUITS

Club uniforms, in solid kelly green with white lettering are available for \$11. Dark solid green warm-up suits are \$22. Make checks payable to SFVTC -- denote your size -- and mail to the club office, 18321 Ventura Blvd.; Suite 900; Tarzana 91356.

NEWSLETTER MATERIAL

The SFVTC newsletter depends on the membership for articles, results, coming events, etc. Please submit this information by the 26th of the month to Al Sheahan, 6200 Hazeltine Ave., Van Nuys 91401.

NEW MEMBERSHIP APPLICATION

NAME \_\_\_\_\_ DATE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 BIRTH DATE \_\_\_\_\_ BUS. PHONE \_\_\_\_\_  
 INTERESTED IN: \_\_\_\_\_ EVENT: \_\_\_\_\_ COMMENTS: \_\_\_\_\_  
 TRACK \_\_\_\_\_  
 FIELD \_\_\_\_\_  
 LONG DISTANCE \_\_\_\_\_

I would like to be enrolled in the category checked below:

Yearly membership (includes monthly newsletter)

- |   |  |
|---|--|
| <input type="checkbox"/> Individual Membership ... \$10 | <input type="checkbox"/> Sustaining Membership ... \$ 50       |
| <input type="checkbox"/> Family Membership ..... \$15   | <input type="checkbox"/> Century Membership ..... \$100        |
| <input type="checkbox"/> Contributing Membership . \$25 | <input type="checkbox"/> Patron Membership ..... \$500 or more |