



# DECATHLON

100M • LONG JUMP • SHOT PUT • HIGH JUMP • 400M • 110M HURDLES • DISCUS • POLE VAULT • JAVELIN • 1500M



# MIT SAC RELAYS

*High School / Open Multi Event*

ENTRY INFORMATION ONLINE AT  
[www.mtsacrelays.com/hsmulti.htm](http://www.mtsacrelays.com/hsmulti.htm)

100M HURDLES • HIGH JUMP • SHOT PUT • 200M • LONG JUMP • JAVELIN • 800M

# HEPTATHLON

**SATURDAY • MAY 28, 2016**  
**SUNDAY • MAY 29, 2016**  
**HILMER LODGE STADIUM • WALNUT, CA**

41st annual

# MT. SAC RELAYS

## h.s./open multi event



### information sheet

| <b>AWARDS</b>                    | The winner of each division will receive a plaque.<br>The top five in each division will receive medals.                                                                                                                                                                                                                                                                                           |                   |                  |                   |                      |           |            |                     |           |           |
|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|------------------|-------------------|----------------------|-----------|------------|---------------------|-----------|-----------|
| <b>COST</b>                      | \$ 65.00 includes Mt. SAC Special Events T-Shirt<br>Please make checks payable to: <b>Mt. SAC Track Trust</b>                                                                                                                                                                                                                                                                                      |                   |                  |                   |                      |           |            |                     |           |           |
| <b>DATES</b>                     | Saturday • May 28, 2016<br>Sunday • May 29, 2016                                                                                                                                                                                                                                                                                                                                                   |                   |                  |                   |                      |           |            |                     |           |           |
| <b>DIRECTIONS</b>                | Please visit our map website at <a href="http://events.mtsac.edu/access.htm">http://events.mtsac.edu/access.htm</a>                                                                                                                                                                                                                                                                                |                   |                  |                   |                      |           |            |                     |           |           |
| <b>DIVISIONS</b>                 | Freshman, Sophomore, Junior, Senior, OPEN                                                                                                                                                                                                                                                                                                                                                          |                   |                  |                   |                      |           |            |                     |           |           |
| <b>IMPLEMENTS</b>                | International implements will be used for the Junior, Senior and Open competition Men - 2kg Discus, 16lbs Shot Put, 800gr New Rule Javelin. High School Implements for Freshman and Sophomore Competition 1.6kg Discus, 12lbs Shot Put, 800gr New Rule Javelin. Women - 1kg Discus, 4kg Shot Put, 600 gr New Rule Javelin. Weight implements, which are provided, must be used during competition. |                   |                  |                   |                      |           |            |                     |           |           |
| <b>PARKING</b>                   | Park in the lot R parking lot which is located directly west of the Stadium. Enter the parking lot through Bonita Avenue off of Temple Avenue. PLEASE PURCHASE A DAILY PARKING PERMIT to prevent being cited. For parking information and directions please visit <a href="http://events.mtsac.edu/access.htm">http://events.mtsac.edu/access.htm</a>                                              |                   |                  |                   |                      |           |            |                     |           |           |
| <b>POLE VAULT/<br/>HIGH JUMP</b> | <b>All competitors must supply their own poles.</b> All athletes must use poles rated above their body weight. Starting height in the pole vault will be 7'00" with 1 foot increments until 10 feet and 6 inch increments from 10 feet upward. High Jump will move up in 5 cm increments.                                                                                                          |                   |                  |                   |                      |           |            |                     |           |           |
| <b>STARTING<br/>TIMES</b>        | <table border="0"><thead><tr><th></th><th><u>First Day</u></th><th><u>Second Day</u></th></tr></thead><tbody><tr><td>Heptathlon (HS/Open)</td><td>9:00 a.m.</td><td>10:00 a.m.</td></tr><tr><td>Decathlon (HS/Open)</td><td>9:30 a.m.</td><td>9:00 a.m.</td></tr></tbody></table> After each event, the next event will begin 30 minutes after the conclusion of the previous event                |                   | <u>First Day</u> | <u>Second Day</u> | Heptathlon (HS/Open) | 9:00 a.m. | 10:00 a.m. | Decathlon (HS/Open) | 9:30 a.m. | 9:00 a.m. |
|                                  | <u>First Day</u>                                                                                                                                                                                                                                                                                                                                                                                   | <u>Second Day</u> |                  |                   |                      |           |            |                     |           |           |
| Heptathlon (HS/Open)             | 9:00 a.m.                                                                                                                                                                                                                                                                                                                                                                                          | 10:00 a.m.        |                  |                   |                      |           |            |                     |           |           |
| Decathlon (HS/Open)              | 9:30 a.m.                                                                                                                                                                                                                                                                                                                                                                                          | 9:00 a.m.         |                  |                   |                      |           |            |                     |           |           |

### contact information

| TITLE                              | CONTACT PERSON | PHONE NUMBER   | E-MAIL          |
|------------------------------------|----------------|----------------|-----------------|
| Multi Event Coordinator            | Don Turnbull   | (714) 337-5480 | trakn@yahoo.com |
| Mt. SAC Special Events Coordinator | Doug Todd      | (909) 274-4882 | dtodd@mtsac.edu |

**Mt. SAC Athletic Special Events • 1100 N. Grand Ave. • Walnut, CA 91789  
(909) 274-4840 • FAX (909) 468-4109**



# h.s. decathlon records

| EVENT                                 | MARK       | ATHLETE                     | SCHOOL               | YEAR         |
|---------------------------------------|------------|-----------------------------|----------------------|--------------|
| 100                                   | 10.8       | Mike Hawley                 | South Hills          | 1978         |
| Long Jump                             | 22'00 1/2" | Greg Coquette               | Burbank              | 1982         |
| Shot Put                              | 46'09"     | Mark Sanders                | Nordhoff             | 1981         |
| High Jump                             | 6'07"      | Danny Savoie                | Westminster          | 2007         |
| 400                                   | 49.21      | Corey Reid                  | Carson City          | 2013         |
| 110 HH                                | 14.9       | Tom Richards                | San Marcos           | 1988         |
| Discus                                | 142'11"    | Daniel Richardson           | Frontier             | 2014         |
| Pole Vault                            | 15'0       | Mike Deitch<br>Tom Richards | Arroyo<br>San Marcos | 1988<br>1988 |
| Javelin                               | 172'10"    | Henry Vildosola             | Woodcrest Christian  | 2010         |
| 1500                                  | 4:13.5     | Ruben Camarga               | Sultana              | 1998         |
| <b>First Day Total</b>                | 3423       | Morgan Alstot               | Nordhoff             | 1990         |
| <b>Second Day Total</b>               | 3259       | Tom Richards                | San Marcos           | 1988         |
| <b>Senior Totals</b>                  |            |                             |                      |              |
| First Day                             | 3423       | Morgan Alstot               | Nordhoff             | 1990         |
| Second Day                            | 3259       | Tom Richards                | San Marcos           | 1988         |
| Two Days                              | 6538       | Tom Richards                | San Marcos           | 1988         |
| <b>Junior Totals</b>                  |            |                             |                      |              |
| First Day                             | 3388       | Corey Reid                  | Carson City          | 2014         |
| Second Day                            | 3096       | Rick Martinez               | Claremont            | 1982         |
| Two Days                              | 6436       | Rick Martinez               | Claremont            | 1982         |
| <b>Freshman/Sophomore (INT) Total</b> |            |                             |                      |              |
| First Day                             | 3270       | Bill Martinez               | Claremont            | 1982         |
| Second Day                            | 2786       | Peter Saladino              | Reno, Nevada         | 1986         |
| Two Days                              | 5929       | Peter Saladino              | Reno, Nevada         | 1986         |
| <b>Freshman/Sophomore (HS) Total</b>  |            |                             |                      |              |
| First Day                             | 3373       | Corey Reid                  | Carson City          | 2013         |
| Second Day                            | 2977       | Corey Reid                  | Carson City          | 2013         |
| Two Days                              | 6350       | Corey Reid                  | Carson City          | 2013         |

# h.s. heptathlon records

| EVENT            | MARK        | ATHLETE         | SCHOOL                   | YEAR |
|------------------|-------------|-----------------|--------------------------|------|
| 100 Hurdles      | 14.7        | Sasha Blanchard | La Reina                 | 2007 |
| Shot Put         | 37' 11 1/2" | Ashley Selman   | Santa Ana                | 1988 |
| High Jump        | 5'07"3/4    | Becky Collier   | Woodcrest Christian      | 2013 |
| 200              | 25.5        | Kerry O'Bric    | Edison, Huntington Beach | 1996 |
| Long Jump        | 19'03 1/2"  | Kerry O'Bric    | Edison, Huntington Beach | 1996 |
| Javelin          | 147'0       | Ashley Selman   | Foothill, Santa Ana      | 1988 |
| 800              | 2:18.0      | Tandie Jarvis   | Torrance                 | 1984 |
| First Day Total  | 3075        | Gea Johnson     | Phoenix                  | 1986 |
| Second Day Total | 2169        | Gea Johnson     | Phoenix                  | 1986 |



# h.s. decathlon honor roll

High School Athletes who have scored over 5,500 points

| <b>TOTAL</b> | <b>ATHLETE</b>   | <b>SCHOOL</b>               | <b>YEAR</b> |
|--------------|------------------|-----------------------------|-------------|
| 6538         | Tom Richards     | San Marcos                  | 1988        |
| 6436         | Rick Martinez    | Claremont                   | 1982        |
| 6412         | Jim Connolly     | Culver City                 | 1980        |
| 6384         | Eric Longfield   | Fontana                     | 1978        |
| 6371         | Mike Heiss       | Batesville, IN              | 1979        |
| 6240         | Nick Ahrold      | Dana Hills                  | 2011        |
| 6204         | Mark Sanders     | Nordhoff                    | 1981        |
| 6175         | Todd Funk        | Eisenhower                  | 1981        |
| 6139         | Jon Gold         | Upland                      | 1980        |
| 6111         | John Kladius     | Santa Cruz                  | 1984        |
| 6056         | Henry Vildosola  | Woodcrest Christian         | 2010        |
| 6033         | Greg Coquette    | Burbank                     | 1982        |
| 6013         | Craig Malaer     | Warren                      | 1987        |
| 6012         | David Kuhn       | Calvary Chapel (Costa Mesa) | 1996        |
| 6006         | Joel Krown       | Calabasas                   | 1980        |
| 5929         | Peter Saladino   | Reno                        | 1986        |
| 5922         | Bill Martinez    | Claremont                   | 1982        |
| 5898         | Tom Richards     | San Marcos                  | 1987        |
| 5890         | Chris Crow       | Montebello                  | 1979        |
| 5889         | Andrew Herman    | Santa Ynez                  | 1988        |
| 5887         | Morgan Alstot    | Nordhoff                    | 1990        |
| 5865         | Chris Campbell   | Riverside                   | 1995        |
| 5810         | Mike Hawley      | South Hills                 | 1978        |
| 5850         | Dave Dangleis    | Azusa                       | 1984        |
| 5785         | Lindy Lucas      | Simi Valley                 | 1983        |
| 5785         | Wes Hayes        | El Cajon                    | 1984        |
| 5785         | Levar Castillo   | Lynwood                     | 1995        |
| 5776         | Tim White        | San Marcos                  | 1984        |
| 5771         | Mark Sanders     | Nordhoff                    | 1980        |
| 5771         | Dave Dickerson   | La Puente                   | 1982        |
| 5745         | Kenneth Shelton  | Culver City                 | 1988        |
| 5730         | Tim Payne        | Bonita                      | 1979        |
| 5727         | Dave White       | Whittier                    | 1982        |
| 5667         | Ken Evans        | Rancho Alamitos             | 1978        |
| 5664         | Jeff Bedell      | Villa Park                  | 1985        |
| 5652         | Dana Anderson    | Eisenhower                  | 1988        |
| 5616         | Joe Scheever     | Upland                      | 1978        |
| 5614         | Steve Miller     | La Jolla                    | 1980        |
| 5602         | Bob Serrano      | Wilson                      | 1978        |
| 5546         | James Prestridge | St. Joseph (Santa Maria)    | 1990        |
| 5536         | Chuck Franks     | Jordan (Long Beach)         | 1981        |
| 5514         | David Fursman    | Reseda                      | 1986        |
| 5512         | David Fair       | El Toro                     | 1989        |
| 5510         | Jacquin Webb     | Eisenhower                  | 1988        |



# **h.s. heptathlon honor roll**

High School Athletes who have scored over 4,000 points

| <b>TOTAL</b> | <b>ATHLETE</b>     | <b>SCHOOL</b>            | <b>YEAR</b> |
|--------------|--------------------|--------------------------|-------------|
| 5071         | Gea Johnson        | Phoenix                  | 1986        |
| 5031         | Kerry O'Brick      | Edison, Huntington Beach | 1996        |
| 4921         | Dori Tressler      | San Marcos               | 1984        |
| 4886         | Gea Johnson        | Phoenix                  | 1985        |
| 4870         | Laura Baker        | Reno                     | 1987        |
| 4561         | Becky Collier      | Woodcrest Christian      | 2013        |
| 4542         | Kerry O'Brick      | Edison, Huntington Beach | 1995        |
| 4449         | Taylor Johnson     |                          | 2009        |
| 4445         | Ashley Selman      | Foothill, Santa Ana      | 1988        |
| 4425         | Dori Tressler      | San Marcos               | 1983        |
| 4401         | Andrea Kriva       | Burbank                  | 1982        |
| 4401         | Kerry O'Brick      | Edison, Huntington Beach | 1994        |
| 4368         | Tina Glenn         | Rosemead                 | 1982        |
| 4356         | Ashley Selman      | Foothill, Santa Ana      | 1986        |
| 4350         | Ashley Selman      | Foothill, Santa Ana      | 1987        |
| 4339         | Shania Edwards     | Moreno Valley            | 1993        |
| 4339         | Danielle O'Donnell | Winnipeg, Canada         | 2009        |
| 4332         | Dori Tressler      | San Marcos               | 1982        |
| 4315         | Nicole Haynes      | Bishop Montgomery        | 1990        |
| 4312         | Penny Smith        | San Marcos               | 1990        |
| 4309         | Marie Philman      | Edison, Huntington Beach | 1994        |
| 4292         | Diane Orr          | San Marcos               | 1984        |
| 4272         | Robin Leafblad     | Arlington                | 1996        |
| 4276         | Kai Ivory          | Marymount                | 1998        |
| 4268         | Lecia Baker        | San Marcos               | 1983        |
| 4267         | Sharon Swift       | Eisenhower               | 1987        |
| 4256         | Lisa Gill          | Alemanly                 | 1987        |
| 4163         | Tori Usgaard       | Dana Hills               | 2011        |
| 4142         | Becky Collier      | Woodrest Christian       | 2011        |
| 4119         | Lisa Taranto       | Elsinore                 | 2013        |
| 4003         | Molly Moore        | Loara                    | 1982        |



# history

The Mt. San Antonio College Relays and the LA84 Foundation are committed to the United States Olympic Development Program, with its primary objective and philosophy being that of helping our nation's developing Track and Field athletes. The Mt. SAC Relays are now over fifty years old and continue to operate as a non-profit community college venture.

Over the years, the decathlon has always been a strong event in the annual Mt. SAC Relays with such greats as C.K. Yang, Bill Toomey, Jeff Bennett, Fred Dixon, Mark Anderson, Steve Jacobs, Mike Ramos, Pedro Da Silva, Dave Johnson, Dan O'Brien, Brian Clay and Ashton Eaton. Through the years more 8,100-point decathlons have been scored at Mt. SAC than in any other meet in the U.S.A.

The women's Heptathlon was added, and almost immediately a world record was set by Jane Frederick and an American record of 6,910 points by Jackie Joyner Kersee. In an effort to develop young American decathletes and heptathletes, a community college division was started in 1975 and a high school division in 1978. The first women's heptathlon was offered in 1982. It was decided that both should be run under I.A.A.F rules using I.A.A.F weight implements; the purpose being to give each athlete an experience in official multi-event competition which is so common in many countries of the world but still rather uncommon for young American athletes.

