

High School Track

4/63

May 10, 1963

Late News

Bob Channell now has done 6'9 $\frac{1}{4}$ ", Marc Savage had 15'3 $\frac{1}{4}$ " twice at Mt. SAC but brushed it off, and Delman McNabb did 225'3" his last time out. L.A. Jefferson hit 1:26.0 in the 880 relay to give 1964 a quartet threatening the national records.

Randy Matson was the big gun in the Texas state meet last weekend. He did 192'3" on Friday, 66'10 $\frac{1}{2}$ " Saturday. Ezunial Burts (Edison, Fresno) hit 47.9 in the 440, Hill Daughtry (Glendale) 4:17.9, Mike Ryan (Wilcox, Santa Clara) 4:19.3, Phil Anderson (Glendale Hoover) 4:18.5n, Jim Ryan (not a second Mike Ryan) 4:19.7 for Wichita East, and 4:18.9n Mark Winne (Fullerton). Bill Kerry (L.A. Washington) has 13.9, Phil Smith (Birmingham, Ala.), Carroll 14.0. Alvin Mann (Fresno Edison) has a legal and a windy 18.5, Jim Johnson (Duncan, Okla.) 6'8 $\frac{1}{4}$ ". Jim Kennedy (San Diego Lincoln) is at 24'4" and Gary Clark (L.A. Manual Arts) 24'1 $\frac{1}{2}$ ", Willie Crawford (L.A. Fremont) 24'1 $\frac{1}{2}$ ", Marv Motley (Long Beach Poly) 23'11 $\frac{3}{4}$ ". Bruce Wilhelm is out to 176'8 $\frac{1}{2}$ " in the discus, Bob Marrus (Jonesboro-Hodge, La.) did 207'8" javelin.

Explanation of symbols used in lists: * = junior, ** = sophomore, *** = freshman, w = wind-aided, h = heat, n = non-winning time, x = exhibition or unofficial for other reasons.

From the Editor

HIGH SCHOOL TRACK appears in a new format this issue. In order to keep the magazine going it has been necessary to adopt this new size of 16 pages. Issue No. 5 also will be 16 pages. But the sixth issue of your subscription will be 32 or more pages as it will be the 1964 High School Annual. The complete 1963 season will be summed up, along with all the other features which have made the High School Annual so popular. This will be mailed to you in January, rather than July as originally planned. Thus instead of getting an incomplete July issue you will receive the regular High School Annual which will sell at its usual price of \$1.00.

Under this new policy our space has been cut in half. This does not mean, however, that news is cut in half. If you will take the trouble to count inches you will discover that our lists are the same length as before. The difference is in the matter of compression.

Note that new marks (since our last issue) are included in the Top Ten. Some space is saved here. Old marks in the Top Ten for 1963 may be identified because they are indented and the school name is not included.

COVER PHOTO --Marc Savage (Claremont, Calif.), 14'8 $\frac{1}{2}$ " vaulter.

HIGH SCHOOL TRACK

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2--May 10, 1963

100 YARDS

Three sprinters have tied House's 9.5 for top honors of 1963; Mitchell also ran another 9.5 with wind.

1963 TOP TEN

- 9.5 John House
Warren McVea, San Antonio.
Brackenridge HS
Fred Ayer, Talahassee Flori.
Chas. Mitchell, Childress, Tx.
9.6 Don Higgenbotham, Ventura, C.
Phil Lee
Clyde Glosson, San Antonio
Wheatley (twice)
James White, Dallas Sunset
n *Geo. Aldredge, " High.Pk.
A.B. Coleman, Stockton, C, Ed.

NEW MARKS

- 9.7 *Bill Howerton, Downers Grove,
Illinois
Paul Garrett, Sandusky, Ohio
Buster Mason, Austin McCall.
John Hopkins, San Anton.High.
Jerry Williams, Berkeley, Cal.
Jasper Davis, Oakland, C, Tech
Ron Armstrong, Compton, Cal.

- 9.7 Clyde Duncan, Des Moines No.
Walter Johnson, Stockton, C, Ed.
WIND-AIDED:
9.6 Bernie Rivers, East Chicago,
Ind., Washington
9.7 Dick Bayes, San Anton. Brack.
Jerry McCullough, Br'nw'd, Tex.
* * * * *

A.B. Coleman has beaten his teammate Phil Lee twice in the 100 since their 9.6 race, in 9.8 and 9.6. Teammate Walter Johnson beat Coleman in 9.7.... Thurman Durrett (Milwaukee Lincoln) ran 6.4 in a heat and 6.3 in both the semis and final of the 60 in the Madison West Relays.... In the Texas Relays HS 100, against a wind, Buster Mason of Austin McCallum won in 10.4 over Don Parkhurst (10.4), who pulled a muscle and is out for the season. James White was third (10.5), Lee Wolf (10.6).... Mitchell ran his 9.5 on his home track at the Childress Relays.

220 YARDS

James White (Sunset, Dallas, Tex.) has established some sort of superiority in the 220. Adding to his early 21 flat with wind, he ran 21.0 at the Mesquite Relays, then turned in 20.8 and 20.7.

1963 TOP TEN

- 20.7 James White, Dallas Sunset
20.9 A.B. Coleman
21.0 John House
Clyde Glosson, San Antonio
Wheatley (+21.2)
21.1 Tommy Smith
n Phil Lee
n *Geo. Aldredge, Dallas High-
land Park (+21.3)
21.2 Mike Bell
Dixon
*Roger Cox, Redlands, Cal.
Ron Armstrong, Compton, C.

- 21.4 Lee Wolf, Houston Lamar
Jack Buresh, Evanston, Ill.
Lonnie Schiller, Spring
Branch, Tex., Memorial
Bob Sanders, Beaumont, Tex.
Paul Hoyt, San Marino, Cal.
21.5 Clark Willingham, Dallas Ad.
Steve Shine, Shreveport Byrd
Chas. Van Zile, W. Monroe, La.
Reggie Sydnor, Havertown,
Pa., Haverford
Jim Childs, Roswell, NM

AROUND CURVE:

- 21.5 Bill Parham, Stockton, C, Ed.
21.6 A.B. Coleman, "

NEW MARKS

- 21.3 Ernie Adams, Sacramento, C.
Ron Biggs, DeSoto, Tex.
Smith, E. St. Louis, Ill.
21.4 Steve Clayton, Dallas Wilson
Wayne Brandt, Wharton, Tex.

- *Fred Banks, LA Jefferson
21.8n Julius Wheeler, LA Manual
Fred Ayer, Talahassee, Fla.,
Florida HS

(Best turn time of 1963 is still 21.3 by Banks.) (Best of all-time is 20.9 by Ray Etherly of Albuquerque, NM.)

3--May 10, 1963

440 YARDS

Tommy Smith, 6'2½", 180-pound senior from Lemoore, Calif., ran 47.4 in the Kiwanis Invitational, April 23, at Lemoore. (He also won the 100 in 9.8, broad jumped 23'1", and anchored a 1:29.4 relay. A week earlier he had injured his leg while running a relay after jumping and loafing a 220 heat and the low hurdles in 20.5 in his sweat suit.)

1963 TOP TEN

- 47.4 Tommy Smith, Lemoore, Cal.
 47.7 Marshall Edwards, Dallas Hil.
 47.8 *Bill Harper, Oakland, Calif.
 n Steve Langham, Dallas Jeff.
 48.2 John McGowan
 48.5 Mark Yarbrough
 n Bobby O'Bryan, Albuquerque H
 Tom Agsten, San Diego Hoover
 48.7 **Conley Brown
 48.8 Dave Walker
 Dave Soper
 Steve Ashurst

NEW MARKS

- 48.9 Ted Mason, Los Angeles HS
 Jim Childs, Roswell, NM
 n Eddie Griggs, Denison, Tex.
 49.0 Christofolletti, San Antonio Lee

Jim Duran

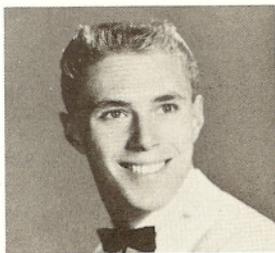
Jim Duran (right) of Cupertino, Calif., 18-year-old, 6'1", 150-pounder, has run 48.9 and 21.4 this season. Last year he ran 49.2 and 21.6 after a 49.4 as a sophomore in 1961.

He trains the year 'round with much over-distance work and weight lifting. He plans to become a teacher.

Steve Ashurst

Steve Ashurst (below) of Our Lady of the Valley (Orange, NJ) has run 48.8 around a full lap this season, and he has recorded a 47.8 relay leg.

He was 2d in the National Interscholastic Indoor 440, in 50.2. He has announced we will attend Kansas University.



- 49.1 *Clyde Duncan, Des Moines No.
 George Hunt, Alton, Ill.
 49.2 Mahoney, Manatee, Fla.
 Fernando Rodriguez, Corpus
 Christi, Tex., Miller
 Fred Feree, Des Moines Roos.
 49.3 Walter Dykes, San Anton. Whe.
 Jose Avila, LA Roosevelt
 n Bob Vaughn, Dallas Hillcrest
 n Henry Chism, LA Manual Arts
 49.4 Gary Sprecker, Albuquerque S.
 Tugwell, Pensacola, Fla.
 Joe Johnson, Oakland, C, McCly.
 Dillon, Oakland, Calif., Tech
 Robin Ross, Tucson, Ariz.
 n Ralph Palmer, Pampa, Tex.

Conley Brown is a 16-year-old sophomore, 5'11" & 145. Coach Kivell says he can go under 48.0.



880 YARDS

Two of the best races of 1963 took place in Texas regional meets. At San Antonio, John Moss won in 1:53.8 over junior Bob Alexander (1:54.4). At Odessa, David Webb clocked 1:54.5 with Ed Shirley finishing in 1:54.7 and sophomores George Coon (Lubbock) and Van Auken (El Paso Burgess) in 1:56.8 and 1:57.4. Another sophomore, Larry Maddox (La Puente, Calif.), 5'11½" and 135, ran 1:56.6.

1963 TOP TEN

- 1:53.5 Dennis Carr, La Habra, C, L.
 1:53.8 John Moss, Austin Austin
 1:54.4n *Bob Alexander, San Anton.Mc
 1:54.5 David Webb, Amarillo, T, Tas.
 1:54.7n Ed Shirley, Midland, Tex.
 1:54.8 *Hill Daughtry
 1:54.9 Walt Channels, Colton, Calif.
 1:55.0 Ray Arnett, Pasadena, Calif.
 1:55.1n Koch, La Crescenta, C., CV
 1:55.2 Ray Sharp

NEW MARKS

- 1:55.3 Mike Wood, Granada Hills, C.
 1:56.1 Steve Pigman, Dallas Jeffer.
 1:56.2 Witek, LaGrange, Ill.
 1:56.3 Dave Stoner, Anaheim, C, Ma.
 1:56.4 Chas. Peterson, Elmhurst, Ill.

Ken Atigo-Olal

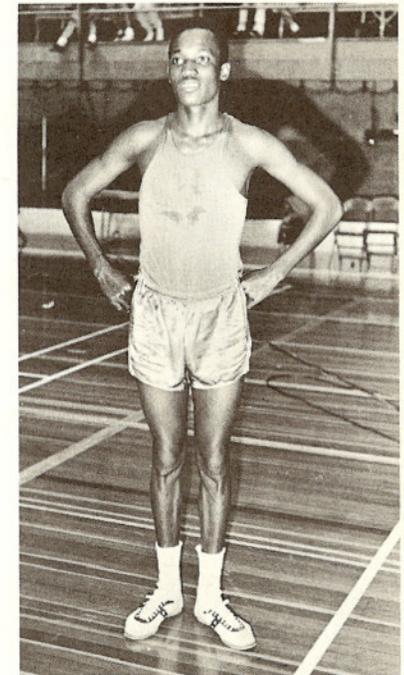
(We are indebted to Coach Bob Brennan, our Wisconsin correspondent, for this letter from an exchange student at Greendale High School.)

My real names are Alipayo Latigo-Olal, but for simplification for the Americans, it was decided that I would be called Kenneth Atigo-Olal. I am a foreign exchange student from Uganda, East Africa. I belong to the Lango Tribe.

The sports which interest me most are soccer and track. I am one of the Provincial's outstanding soccer players, as a goal keeper. As for track, I was the second best 880 yd. runner in the country of Uganda (1961-1962) with the best times being 1:56 official and 1:54 unofficial. During my first 6 years of school I was a sprinter and won many trophies and presents. I remained almost undefeated until James Odongo-Oduka challenged me. Since James was too good for me, I left the sprints and went to the 440. In 1959, in the 8th grade, I ran the 440, 880, and mile all in one meet and was champion in all those 3 events. In the U.S.A. last fall I ran cross-country, competing in 10 meets and winning all of them. The best time for the 2.2 miles at Madison was 10:29, which broke a 12-year record. I took first in the state meet in the small school section and set a new record.

I am trying hard to become a doctor of medicine and major in surgery.

- 1:56.5 *Bob Keasler, New Iberia, La.
 n Art Rodriguez, San Anton. Jeff.
 1:56.6 John Koblik, Elmhurst, Ill, Y*k
 **Larry Maddox, La Puente, C
 1:56.7 Loren Crown, Bethel, Kan, W.
 Dan Figueroa, Reseda, C, Cl.
 n Dave Buck, Brea-Olinda, Cal.



Kenneth Atigo-Olal

ONE MILE

Junior Hill Daughtry won the championship of Glendale, Calif., in a meet with Hoover. He ran 4:18.8 to beat Hoover's Phil Anderson (4:19.3). Dennis Carr, national record holder, anchored Lowell (La Habra, Calif.) in a distance medley relay with a 4:17.9 mile. Wendell Cox ran a 4:20.5 leg in the Hayward Relays at Eugene, Ore., and John Condit (El Capitan, Lakeside, Calif.) ran a 4:22.6 leg.

1963 TOP TEN

- 4:18.8 *Hill Daughtry, Glendale, C.
 4:19.3n Phil Anderson, Glendale Hoo.
 4:20.6 Frank Lagotic
 4:20.8 **Mike Ryan
 4:21.2n *Farnum Smith
 4:21.3 **Jim Ryan, Wichita, Kan., Ea.
 4:21.6 Gene McClain, Salina, Kan.
 4:21.9n Tom Yergovich, KC, Kan., Wy.
 4:22.0n Joe Biber
 4:22.1 Jim Metcalf, Altus, Okla.

NEW MARKS

- 4:23.0n Chas. Harper, Wichita Nor.
 4:23.2 John Jaeger, Hinsdale, Ill.
 4:23.3 Jim Price, So. Salem, Ore.
 4:23.4 Tracy Smith, Arcadia, Cal.
 4:23.6 Darrell Dunafon, San Diego Hi

- 4:24.2 Don Garrett, Westminster, C
 4:24.5 Harman, Mercer Is., Wash.
 Bob Rowell, Ames, Ia.
 4:24.6 *Brian Woolsey, Castleby, Tex
 4:24.8 Geoffrey Earl, Midland, T, L.
 4:24.9n Bill Cockerham, Duarte, Cal.
 4:25.2 Syd Hudak, Compton Doming.
 n Mark Wynne, Fullerton, Cal.

* * * * *
 Ken Lashley, 14-year-old freshman at San Marino, Calif., HS, ran a 1320 in 3:17.9. . . . Bill Cockerham of Duarte, Calif., won a 1500 meters race in the Bishop Amat Metric Relays in 4:02.9 and was named outstanding athlete. He defeated Jim Jordan (Crescenta Valley) and Harold Krotzer (Arroyo). His time is about equal to a 4:22 mile.

Lap Times in 25 Fastest Miles

by Don Nash

4:03.5n	TOM SULLIVAN (2 Jun 61)	62.0	62.2	60.9	58.4
4:08.7	DENNIS CARR (2 Jun 62)	62.6	62.9	64.2	59.0
4:08.9n	ARCHIE SAN ROMANI (5 Jun 59)	62.5	64.2	64.5	57.7
4:10.0n	San Romani (23 May 59)	62.5	65.4	62.0	60.1
4:10.0	MORGAN GROTH (17 Jun 61)	62.2	64.1	65.0	58.7
4:10.0n	DICK ROMO (19 May 62)	63.0	67.0	64.0	56.0
4:10.1n	JOHN CAMIEN (17 Jun 61)	62.0	64.0	63.0	61.1
4:11.0	DALE STORY (29 May 59)	62.6	62.6	66.1	59.7
4:11.2n	Story (5 Jun 59)	62.6	64.2	64.5	59.9
4:11.2	DAVE DEUBNER (16 Jun 62)	62.3	62.7	63.0	63.2
4:11.5n	Romo (16 Jun 62)	62.0	64.0	64.0	61.5
4:11.7n	Sullivan (18 Jun 60)	65.1	62.9	64.2	59.5
4:12.2n	DYROL BURLERSON (20 Jun 58)	63.8	61.1	62.4	64.9
4:12.8n	ROBIN RUBLE (11 Jun 60)	63.3	62.4	63.8	63.3
4:12.8	Deubner (30 Mar 62)	62.0	63.4	63.6	63.8
4:12.9	Deubner (17 May 62)	62.5	62.3	63.4	64.7
4:13.1	GARY BAKER (30 Apr 62)	62.0	64.0	65.0	62.1
4:13.2	Burleson (25 Apr 58)	61.0	65.0	65.2	62.0
4:13.2	LOU SCOTT (7 Jun 62)	60.0	69.0	61.0	63.2
4:13.4	Story (18 Apr 59)	66.0	63.9	63.0	60.5
4:13.4	BRUCE BESS (2 Jun 62)	60.8	65.5	66.9	60.2
4:13.4n	DICK SHARKEY (7 Jun 62)	59.6	65.9	65.0	62.9
4:13.5n	DOUG CALHOUN (17 Jun 61)	61.3	63.7	64.1	64.4
4:13.6	San Romani (24 Apr 59)	63.1	64.4	64.4	61.7
4:13.6	Deubner (4 May 62)	61.8	63.7	64.0	64.1

120 YARD HIGH HURDLES

1963 TOP TEN

- 14.0 Don Shy
 14.1 Thomas Gillette
 Buddy Luce, Ft. Stockton, Tex.
 14.2 John Herring, Alice, Tex.
 n E.V. Rogers, Odessa, Tex.
 Carl Davis, Compton, Calif.
 14.3 Roger Mann
 Harold Fortner
 n Eddie Orr
 Mike Livingston, So. Oak
 Cliff, Tex.
 Clinton Jones, Cleveland
 Cathedral Latin
 n Dale Everett, Chino, Calif.
 n Ken Walters, Irving, Tex.
 Dave Spears, Mesa, Ariz.

NEW MARKS

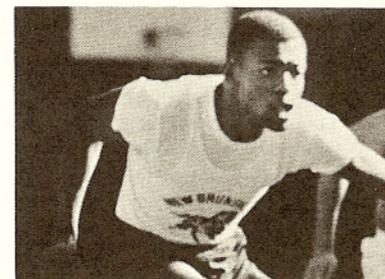
- 14.4 Sherrill Boyett, Wasco, Calif.
 Bob Miller, Cleburne, Tex.
 *Ken Donovan, Amityville, NY
 Bill Roe, Yakima, Wash.,
 Eisenhower
 Morris Fielder, Las Cruces,
 New Mexico
 Leonard Peters, Seymour, Tx.

WIND-AIDED:

- 14.0 Jerry Saffell, LaPorte, Ind.
 14.2 Roger Mann, Shreveport, La.
 Fair Park HS
 14.4n David Lawhon, So. Houston

Charles Houston

Charles Houston (below), 5'9", 160-pound, 18-year-old junior at New Brunswick, NJ, ran the 60 yard highs in 7.2 twice and the lows in 6.8. He clocked 7.5 in the 42" to defeat Paul Wilson. Houston won the state indoor 60 yard dash in 6.4 in his first effort as a sprinter.



180 YARD LOW HURDLES

Buddy Woodall (Texas City, Tex.) beat Jimmy Epps (Galena Park, Tex.) in their district meet in 18.8.

1963 TOP TEN

- 18.7 Alvin Mann
 18.8 Ron Peterson
 Gale Reed, Snyder, Tex.
 Buddy Woodall (+18.9)
 18.9 Jimmy Epps
 David Chambers, Grand
 Prairie, Tex.
 19.0 Steve Caminiti
 Carl Davis
 John Herring, Alice, Tex.
 Jasper Davis, Oakland, C, Téch
- 19.2n Dick Bourland, Ft. Worth Pas.
 Wilson, Norman, Okla.
 19.3 Harold Jackson, El Paso Tech
 Sherrill Boyett, Wasco, Calif.
 Andy Johnson, Alton, Ill.
 19.4 *John Duhon, Abbeville, La.
 *Dave Stokes, Baton Rouge, La.
 Gray Easterling, Bolton, La.
 Gary Appleton, San Gabriel, C.
 Craig Fox, Denver City, Tex.
 n Buddy Luce, Ft. Stockton, Tex.
 Chas. Sanford, San Diego HS

WIND-AIDED:

- 19.0 Wynn Jessup, Rosemont, Pa.,
 Harriton
 19.4 Tom Drum, Garland, Tex.
 * * * * *

NEW MARKS

- 19.1 Albert Arias, Bisbee, Ariz.
 Chas. Smith, Oakland, C, Cast
 19.2 Clinton Jones, Cleveland
 Cathedral Latin
 Jerry Saffell, LaPorte, Ind.

Alvin Mann holds the soph record at 18.9. Now a 5'10½", 170 lb. senior; knee injury last year.

HIGH JUMP

Jim Johnson, Duncan, Okla., senior, barely missed 6'9" on Apr. 20 after clearing 6'7 $\frac{3}{4}$ ". He is Oklahoma's leading basketball player. L.W. Taylor, an outstanding basketball player at Stockton, Calif., Edison, leaped 6'8 $\frac{1}{4}$ " after sitting out the early season meets for disciplinary reasons.

1963 TOP TEN

6'9 $\frac{1}{4}$ "	Bob Channell.
6'8 $\frac{3}{4}$ "	L.W. Taylor, Stockton, C, Ed.
6'7 $\frac{3}{4}$ "	Jim Johnson, Duncan, Okla.
6'7"	Chas. Bell, LA Manual Arts
	Ed Caruthers, Santa Ana, CV
	Chas. King, Tyler, Tex., Scott
6'6 $\frac{1}{2}$ "	Dave Smyth
6'6 $\frac{1}{4}$ "	Ron Tull, Hickman Mills, Mo, R
6'6"	Prange, Big Pines, Calif.
	Robert Johnson, San Fran. Mis.
	Clark

NEW MARKS

6'5 $\frac{1}{2}$ "	Rick Carey, Eagle Rock, Cal.
6'5 $\frac{1}{4}$ "	Dave Eddings, Phoenix So. Mt.
	Tom Maloy, San Diego HS
6'5"	Clyde Carr, Pasadena, C, Muir
	Neil Roberts, Cedar City, Utah
	*Ray Jenson, Bingham, Utah

Los Angeles Comments

by Robert Johnson

In the Manual Arts — Jefferson dual meet, there was a four-way tie for first in the B competition at 6'2". Three boys were from Jeff. In the C competition, a Manual Arts boy jumped 6'1 $\frac{1}{2}$ " to break the school record. In the varsity, Manual Arts has Bell at 6'7", Anderson at 6'4", and McKay at 6'2". Jefferson had Burrell (a junior) at 6'4" and Sturgis at 6'2". So Jeff had five at 6'2" or better and Manual Arts had five at 6' or better.... Eddy Davis of Hueneme HS, Oxnard, Calif., is a 15-year-old freshman who ran an 880 in 1:57.8 to break the freshman record.... In Los Angeles city schools there are 16 men under 2:00 so far in the half, and ten men under 50 in the 440.... Here are the marks of the three best of all-time from Jefferson: 100- 9.5, 9.5, 9.6. 220- 20.9, 21.3t, 21.3t. 440- 47.9, 48.6, 48.7. 880- 1:53.8, 1:53.9, 1:58.2. Mile- 4:22.0, 4:29, 4:30. HH- 14.1, 14.3, 14.6. LH- 18.9, 19.0, 19.4. HJ- 6'9 $\frac{1}{2}$ ", 6'6 $\frac{3}{4}$ ", 6'6". PV- 13'6", 13'3", 13'1". BJ- 25'4 $\frac{1}{2}$ ", 24'5 $\frac{1}{2}$ ", 24'2". SP- 58'5", 58'2", 58'1". 880 R- 1:25.9, 1:26.0, 1:26.1.... Correction: Harwell of Dorsey did run a 21.3, however it was only 210 yards.... After Montell Wilson did 22'10" I began to wonder if he did 24'6" with a wind. He certainly has the potential because he just floats gracefully through the air. Woods and Clark are both big and don't get far off the ground. When Wilson did 24'6 $\frac{1}{2}$ " it was a rainy day and part of the meet was cancelled. It is possible that Montell had a friendly wind at his back. The same goes for Woods; neither has come close to their best marks.... That state meet will really be tight. Down here, Jefferson, Manual Arts, Muir, Centennial, Long Beach Poly and Redlands can be considered as having a fair chance at the state crown. It looks like the north may sneak in. The usual powers, McClymonds and Castlemont will be tough, but Edison of Stockton and Edison of Fresno will also be tough. Also, LeMoore and Berkeley have a chance.

POLE VAULT

Marc Savage moved to second best of all-time, clearing 14'8 $\frac{1}{2}$ " at the Bellflower Relays, Apr. 13. (Pettinger 13'11 $\frac{1}{2}$ "; Hendrix 13'6"). Savage had two near misses at 15'4" during the Mt. San Antonio Relays.

1963 TOP TEN

14'8 $\frac{1}{2}$ "	Marc Savage
14'6 $\frac{3}{4}$ "	John McPherson
14'3"	Phil Manuel
14'2 $\frac{1}{2}$ "	Bill Fosdick, San Jose Hill
14'1 $\frac{1}{2}$ "	John Hergenrather
	Gary Pettinger
14'1 $\frac{1}{4}$ "	*Bob Seagren
14'	Gary Hobson
13'11 $\frac{1}{4}$ "	Paul Skowron, Mesa, Ariz.
13'10 $\frac{1}{2}$ "	Jeff Hendrix

NEW MARKS

13'10"	Jack McLesky, San Mateo Ara.
13'9 $\frac{3}{4}$ "	Larry Moon, Dallas Adams
13'9"	Paul Hobgood, W. Monroe, La.
13'8 $\frac{3}{4}$ "	Dave Buck, Brea-Olinda, Cal.
	Tom Marshall, Yoakum, Tex.
13'8 $\frac{1}{4}$ "	Jim Eashelman, Palo Alto Cub.
	Chip Meyers, Stillwater, Ok.
16'6 $\frac{3}{4}$ "	Mark Henningsgaard, Cottage Grove, Ore.

John McPherson

John McPherson (El Capitan, Lakeside, Calif.) is a newcomer to good pole vaulting but his coach, Ron Vavra, says he "should break the interscholastic record". His goal for this year is 15'6".

McPherson's 14'6 $\frac{3}{4}$ ", fourth on the all-time list, was a meteoric improvement. He cleared only 10' as a sophomore and 12' as a junior. A gymnast and a diver, he grips only 13'6". Only 5'8 $\frac{1}{2}$ " tall, he weighs 154 pounds and does weight training four days a week. He trains ten months each year, two hours per day.

McPherson was 18 on March 30. He plans to go to college and study electronics.

He uses a 150 foot run and a semi-overhead plant.

Coach Ron Vavra was a sprinter at San Jose State. His cross country team was the San Diego C.I.F. champion last fall, led by John Condit, a 4:25.5 miler.

McPherson won at the Glendale Relays, but won't meet Marc Savage until the state meet, June 1st.

Warren HS of Downey, Calif., has two promising sophomore vaulters. Paul Wilson, 15 years old and with C exponents, has cleared 13'6". His goal for the season is 14 feet. The C.I.F. class C record is 12'10 $\frac{1}{2}$ " by John Rose of Glendale Hoover in 1957. Wilson uses a 14', 140-pound Skypole. His best last year on metal was 11 feet. Warren's other sophomore vaulter is Bob Steinhoff, who has cleared 12'10" with a 15', 150-lb. Skypole.

Charles Rand, a sophomore barely 15 at North Fulton HS in Atlanta, Georgia, has cleared 12'4 $\frac{1}{4}$ ". The Georgia state record is only 12'9". The Georgia record for sophomores is only 10'8".

Many high school vaulters are now in their first year with the fiberglass pole. Next year should see some startling marks.



BROAD JUMP

Note that no new jumper broke into the top ten in the past 3 weeks!

1963 TOP TEN

24'6 $\frac{1}{2}$ "	Montell Wilson
24'2"	Gary Appleton, San Gabriel,
24'1 $\frac{1}{4}$ "	*Craig Vaughn
23'11"	Mike Woods
23'10 $\frac{1}{2}$ "	Charles Swanson
	Spencer Williams
23'9 $\frac{1}{2}$ "	Tommy Smith
**	Johnny Johnson
23'9"	Jim Kennedy
	Jim House

NEW MARKS

23'7 $\frac{1}{2}$ "	Steve Coy, Los Altos, Calif.
	Selness, LA Verdugo Hills
23'7 $\frac{1}{4}$ "	Joe McKelvy, Richmond, Cal.
23'5 $\frac{1}{2}$ "	Paul McHugh, Brooklyn Hamil
	Workman, Huntington Pk., Cal.
23'4 $\frac{1}{2}$ "	Jim Miles, Long Beach, C, Poly
23'4"	Marvin Motley, L. Beach Poly
23'3 $\frac{1}{2}$ "	Bob Washington, East Palo
	Alto Ravenswood
23'3 $\frac{1}{4}$ "	Thurman Thomas, Houston Ya.
23'3"	Danny Young, L. Beach, C, Poly

23'2" Steve Carson, Red Oak, Ia.
WIND-AIDED:

23'4 $\frac{1}{2}$ " A.J. Williams, San Angelo, Tx.
* * * * *

Long Beach, Calif., Poly HS has four jumpers on the list, all over 23'3". Miles, Motely, and Young all made their best jumps in the same dual meet when Swanson was held out. ... Willie Crawford, great soph of last year, is also a baseball star. ... Johnny Johnson (Pacific Grove, Calif.) was 15 on December 22, 1962. He is a freshman. ... Another good frosh is John Dunphy of Orlando, Fla., Cherokee Jr. HS. At 15, he's done 22'8 $\frac{1}{2}$ ".

TRIPLE JUMP

New triple jump marks:
45' Al Dodd, W. Jefferson, La.
44'6" **Steve Johnson, Delano, Calif.
44'2 $\frac{3}{4}$ " Larry Stephens, Woodlawn, La.
44'1" Al Lawrence, Benton, La.
43'11 $\frac{1}{2}$ " *Marv Motley, Long Beach, C, P

Letters from Our Readers

I think one of the most needed improvements in high school track is a well organized and well sponsored summer program on a national level like the American Legion Baseball Program. We and I'm sure other high schools lose many fine athletes to baseball because we have no organized summer program. If we could get an organization like the Junior Chamber of Commerce to sponsor local, state and area championships and clubs, I believe our improvement would be phenomenal.

We have carried on a postal meet with Winchester, Mass., every year. We just take the times and distances from a regular meet and mail them to each other. The team gets a kick out of competing with a team 3000 miles away. We would like to add a couple more of these meets if any other school is interested. We have a student body of around 1500.

I watched our former pole vaulter, Brian Sternberg, vault 16'1" twice after the California meet. I feel he'll soon have a good day and hit 16'6" if the weather ever breaks. (Written April 25.)

- Henry Thompson, Track Coach, Shoreline HS, Seattle, Wash.

We have put on an exhibition discus in some of our meets and have much success. I think that if the Southern and Los Angeles sections held the discus, within a few years we would have several over 200'. There is interest in the event but we get no help. Since southern California does produce so many fine athletes, I also think the triple jump should be included. The San Diego Section includes it. Why shouldn't we? This would involve no danger. If we did include it, interest would be soon revived and I think the world record would soon be held by the U.S.

- Mark Markham, Track Coach, Warren HS, Downey, Calif.

SHOT PUT

Randy Matson (Pampa, Tex.) raised his best mark another foot and a half, to 66'7". He is now second only to Dallas Long on the all-time list.

1963 TOP TEN

66'7"	Randy Matson, Pampa, Tex.
62'8"	Bruce Wilhelm, Sunnyvale, C.
62'5"	Toby Belt, Houston Westbury
61'3 $\frac{1}{2}$ "	Brian Hondru, No. Plainfield, New Jersey
61'1"	Bob Young, Flagstaff, Ariz.
60'8"	Marty Eisner, Cleveland Hts.
59'10 $\frac{1}{2}$ "	Vic Damon, KC, Mo., SW
59'2 $\frac{1}{2}$ "	*Bob Brannen
59'1 $\frac{1}{2}$ "	*Joe Reding, Bossier, La.
59'	Roy Thurman, Anaheim, C, W.

NEW MARKS

58'10 $\frac{1}{4}$ "	Karl Henke, Ventura, Calif.
58'7 $\frac{1}{2}$ "	*Mike Ryles, Ada, Okla.
58'5"	Civalier, Phoenix Camelback
58'2 $\frac{1}{2}$ "	Mike Johnson, Cedar Falls, Ia
58'1 $\frac{1}{4}$ "	Ronny Wyatt, Dallas Wilson
58'3 $\frac{3}{4}$ "	Pat Rose, Bellflower, Calif.
	Ed Forrest, Los Altos, Cal.
58'1 $\frac{1}{2}$ "	Mike Kriesewetter, Lawton, Okla.

Bruce Wilhelm

Bruce Wilhelm (Fremont, Sunnyvale, Calif.) is 6'3" and 232, won't be 18 until July 13. Put the shot 62'2 $\frac{1}{4}$ " last summer and threw the discus 160'4". As a soph he did 51'1 $\frac{3}{4}$ " and 151'1 $\frac{1}{2}$ ". His best freshman marks were 42'2 $\frac{1}{2}$ " and 121'4". He has improved only to 62'8" and 174'9" this year, but says, "I am well pleased with my progress this year, for I am now beginning to work out my form faults and my arm is beginning to move through."

He trains only five or six months for the shot, but he lifts weights the rest of the year. His lifts: military press 255, snatch 230, clean and jerk 295, jerk off rack 350, full squat 410, half squat 550, and partials with 785 to 800.

Wilhelm is also Northern California wrestling champion and has been all-league two years in water polo. He says, "I am going to make the Olympic team some time."

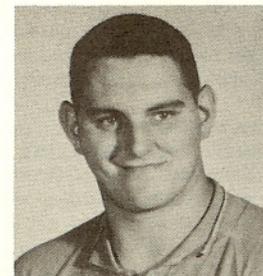
57'10 $\frac{3}{4}$ "	Matt Nazaruk, Jamaica, NY, Archbishop Molloy
57'10"	Terry Esthay, LaGrange, La.
57'9"	Bill Staley, Walnut Creek, Calif., Las Lomas
57'7"	Winkler, Forest Hill, Fla.
57'6"	Ed Maxie, Davis, Calif.
57'4 $\frac{1}{4}$ "	Davie Aikens, Erie, Kan.
57'3 $\frac{3}{4}$ "	Burns, Independence, Kan.
*	* * * * *

Marty Eisner of Cleveland Heights, Cleveland, Ohio, won the city indoor title at 60'8 $\frac{1}{2}$ ". ... A near record freshman put of 52'11" was made by Sullivan of Archbishop Molloy (Jamaica, NY) in the St. Francis Prep meet, April 6. ... The 58'7 $\frac{1}{2}$ " by sophomore Mike Ryles is close to the sophomore record of 58'10". ... Bryan Hondru is 6'1" tall and weighs 235. He is headed for Penn State. ... Dallas Long had only three better meets than Randy Matson's 66'7".

Russ Anderson

This winter, Russell Anderson (below), 290-pound shot putter from Chanute, Kan., discovered he had a broken wrist. He had broken it in midseason last spring, but it was diagnosed as a sprain and he continued to compete.

The break explains why he put "Only" 60'3 $\frac{1}{2}$ " in 1962, after setting a sophomore record of 58'10" in 1961.



RUSSELL ANDERSON

DISCUS THROW

Discus

Randy Matson threw 199'4" in his regional meet but he won't get the national record because the discus landed 2.6 feet below the ring. The allowable limit (1/1000) would have been 2.4 inches. Bob Hawke, soph from Butte, Montana, broke his class record in his first meet, throwing 178'4".

1963 TOP TEN

192'3 $\frac{1}{2}$ "	Randy Matson
183'8"	John Reed, Monterey, Calif.
178'4"	**Bob Hawke, Butte, Mont.
177'5"	*Burt Marks
175'7 $\frac{1}{2}$ "	*Chuck Smart, Los Altos, Cal.
175'7"	Joe Williams
174'9"	Bruce Wilhelm, Sunnyvale, C.
174'7 $\frac{1}{2}$ "	Stan McDonald, Fresno Edis.
173'11"	Jack Pyburn, Shreveport, La.
173'10"	Gerald Holtzman, Corpus Christi, Tex., Ray

NEW MARKS

173'3"	Art Swarts, Scotch Plains, NJ
170'6 $\frac{1}{2}$ "	Tim Hall, Menard, La.
170'4"	Bob Fors, Los Altos, Calif.
170'1 $\frac{1}{2}$ "	Paul Smith, Roswell, NM
168'10"	Ulmer, Tempe, Ariz.
167'	Smiley, Port Arthur, Tex.

Burt Marks

Burt Marks, a junior at Leigh, San Jose, Calif., threw the discus 177'5" before his 17th birthday on April 21st.

He is also a football star, wrestler, and has "pitched a few no-hitters".

He has put the shot 55'3" but cannot compete because of torn ligaments in his wrist from football.

His hobbies are: "girls, all other sports, especially wrestling and football, sports statistics, writing poetry". He has an A minus average in college prep courses and will probably major in psychology.

Marks trains only three months each year, but he lifts weights the year 'round. He is 6'1" tall and weighs 226. He has run 100 yards in 10.6, and he set an elementary school triple jump record of 37'1 $\frac{1}{2}$ " in 1960. He threw the discus 146'6" as a frosh and only 143' as a junior.

166'7"	Barry Smith, St. Joseph, Mo. C
166'5 $\frac{1}{2}$ "	John Harper, So. Houston, Tx.
166'5"	Ed Ebmire, Miami Jackson
164'11"	Ronny Wyatt, Dallas Wilson

* * * * *
Results of the El Cerrito (Cal.) Relays, Apr. 27: Wilhelm 174'9 $\frac{1}{4}$ ", Marks 172'5 $\frac{1}{2}$ ", Smart 171'9".... Add new marks: 173'2" by John Morton, Miami Edison junior.... In the Odessa regional meet where Randy Matson threw 199'4", Joe Williams placed second at 155'10 $\frac{1}{2}$ ", and Ed Martindale failed to make the state meet at 152'1".... Rusty Brutsche of Dallas Jefferson also missed in his regional, throwing 148'9".... Late news: Randy Matson threw 192'1 $\frac{3}{4}$ " in the Little State Meet at Corpus Christi, April 27. He also put the shot 66'6 $\frac{1}{2}$ ".

Bob Brannen

Bob Brannen (Los Gatos, Calif.) is making progress as a weightman. He improved from 54'7" as a soph to 59'2 $\frac{1}{2}$ " this year in the shot, and from 145'7" to 168'4 $\frac{1}{2}$ " in the discus. This is only his second year as a weight man and he won't be 17 until June 13.

Brannen trains 10 months for track and does much weight lifting in the summer. He intends to compete "up through 1976" and his goals are 67' and 200' with the college-weight implements. If he reaches his goal of 62' in the shot this year, he will break Toby Belt's age-16 record.

He started as a triple jumper, recording 39'3 $\frac{1}{2}$ " in the 8th grade. In the 9th, he claims a 10.2 100 and a 21' broad jump. He is also an All-League fullback.

For hobbies he listed, "girls, baseball, golf, tennis, and track statistics".

He says, "I use the O'Brien style in the shot and the ordinary style for the discus."

JAVELIN THROW

1963 TOP TEN

224'6"	Del McNabb, Lake Chas. La.	192'10"	Eric Christensen, Albuquerque, Sandia
207'6"	Wayne Donelon, High. Pk., NJ	189'7"	Jack Dyer, Broadmoor, La.
202'7 $\frac{1}{2}$ "	Beach, Miami So'western	189'4 $\frac{1}{2}$ "	Mike Sheppard, W. Monroe, La.
201'1 $\frac{1}{2}$ "	Bob Marrus, Jonesboro-Hodge, La.	188'7"	Glenn Ermatinger, Bolton, La.
199'6 $\frac{1}{2}$ "	Tom Hugg, Ashland, Ore.	188'2"	Larry Stephens, Woodlawn, "
196'1"	Frank Stanfield, Hutchinson, Kansas	187'3"	Collins, LaCrosse, Kan.
195'8 $\frac{1}{2}$ "	Jim Johnson, KC, Kan., Wyan.	186'9 $\frac{1}{2}$ "	Bob Grove, Portland, Ore., R
195'7 $\frac{1}{2}$ "	Jim Pankratz, Salina, Kan.	186'8 $\frac{1}{2}$ "	Jim Allison, Altamont, Kan.
		186'6"	Jn. Wurzburger, Mansfield, La.

Delman McNabb

by Nancy Nelson

Roger Delman McNabb of Lake Charles, Louisiana, who has been throwing the javelin since he was 13, was tied for 9th last year on the all-time list with 217'9 $\frac{3}{4}$ ", which put him only 4th on the 1962 list. This year he threw 222'8" (March 30) which moved him to 4th of all-time. Then came his 224'6" throw (April 19) which put him into second place.

As a freshman he did 150 feet, and 194' as a sophomore.

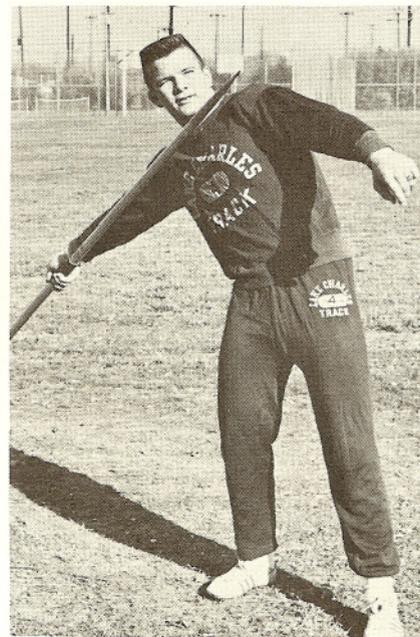
At 5'9" and 170 pounds, he expects to aim for 230 feet this season (225'6 $\frac{1}{2}$ " is the national record). He will compete through "college and as far as ability will allow".

He is state champion in the javelin (1962) and holds the state record as of this year. He plans to major in physical education and be a teacher and coach. He is also a football and baseball player.

His coach, Roy Collins, says: "He is a fine young man of high morals, and a very determined competitor."

On April 24, Delman threw 220' in Jennings, La. This was his third mark over 220' this year. Only seven other javelin throwers have thrown over 220 at any time. He is the only high school athlete who has ever thrown over 220' three times. Best javelin throws of all time:

225'6 $\frac{1}{2}$ "	Glenn Winningham	'59
225'5"x	Bob Peoples	'37
224'6"	Delman McNabb	'63
222'10 $\frac{1}{2}$ "	Jan Sikorsky	'57
222'10"	Pete Talbott	'59
222'8"	McNabb	
222'	*Will Norman	'62
221'8"	John Tushaus	'62
220'3 $\frac{1}{2}$ "	Dick May	'62
220'1"	Bob Peoples	'37
220'	McNabb	



DELMAN McNABB

RELAYS

Dallas Hillcrest showed power in the mile relay at the Texas Relays, winning in 3:18.0 over Houston San Jacinto (3:21.5), Houston Lamar (3:21.7), Archbishop Molloy won a 4-mile relay in 18:16.5 over Archbishop Stepinac (18:27.6). Molloy entered 6 teams, the slowest clocking 21:51.6. Ames, Ia., beat Davis County of Bloomfield in a fine 2-mile relay, 7:54.2 to 7:56.6. Jim Ingvolstad ran 1:58.3, Bill Duke 2:00.3, Jim Trow 1:57.3, and Bob Rowell 1:58.3. Larry Walker anchored losing Bloomfield in 1:54.4. Boys High of Brooklyn won the Commerce mile in 3:23.2 (Ricardo Brown 52.2, Ron Johnson 50.6, Del Dubinson 50.8, Ron Wilson 49.4). New marks:

440

42.0	Odessa, Tex., Permian
42.1n	Amarillo, Tex., Tascosa
42.2	Dallas Hillcrest
42.4	Kermit, Tex.
42.4n	Dallas Samuel
42.5	San Diego, Calif., HS
42.6	Roswell, NM
n	Richardson, Tex.
n	Arlington, Tex.
n	Albuquerque, NM, Highland
42.7	New Port News, Va., Huntingt'n
	Berkeley, Calif.
n	South Oak Cliff, Tex.

880

1:28.0	San Diego, Calif.
1:28.1	Oakland, Calif., Castlemont
	Fresno Edison
1:28.2	Oakland, Calif., Tech
1:28.3	Topeka, Kan.
1:28.5n	Berkeley, Calif.
1:29.0	Santa Monica, Calif.
1:29.3	Brooklyn Boys High
1:29.4	Camarillo, Calif.
1:29.5	Oklahoma City Northwest
1:29.6	Fort Worth North Side
1:29.8	Phoenix Union
	LaMesa, Calif., Helix

ONE MILE

3:18.0	Dallas Hillcrest
3:21.3	San Antonio Lee
3:21.3	Garland, Texas
3:21.4	Ft. Stockton, Tex.
3:21.5n	Houston San Jacinto
3:21.6	South Houston, Tex.
3:21.7n	Houston Lamar
3:22.0n	Dallas Samuel
3:22.2	Texas City, Tex.
3:22.3	Houston Bellaire
3:22.5	San Antonio Wheatley
3:22.8	Andrews, Tex.

TWO MILE

7:52.9	La Crescenta, C, Cresc. Val.
7:54.2	Ames, Iowa
7:55.1	Anaheim, Calif., Magnolia
7:56.6n	Bloomfield, Ia., Davis Co.
8:00.7	York, Ill.
8:02.4	Wichita, Kan., East
8:02.6	W. Des Moines Valley West
8:02.7	White Plains, NY, Stepinac
8:02.8n	Burbank, Cal., Burroughs
8:03.3	South Houston, Tex.
8:03.8	South Salem, Ore.
8:04.1	Wichita, Kan., North

FOUR MILE

18:16.5	Jamaica, NY, Molloy
18:18.8	Anaheim, Calif., Western
18:27.6n	White Plains, NY, Stepinac
18:37.6	La Puente, Cal., Los Altos
18:38.8	El Cerrito, Calif.
18:40.9	Fullerton, Calif.

SPRINT MEDLEY

3:30.7	Amarillo, Tex., Tascosa
3:31.3n	Midland, Tex.
3:32.3	Bethel, Kan., Washington
3:32.7	W. Des Moines Valley West
3:32.8n	Lubbock, Tex., Monterey
3:33.1n	Shawnee-Mission, Kan., East
3:33.2	South Houston, Tex.
3:33.4n	Ft. Stockton, Tex.
3:33.6	Dallas Jefferson

DISTANCE MEDLEY

10:29.4	La Habra, Cal., Lowell
10:32.3n	Colton, Calif.
10:32.6	Redlands, Calif.
10:33.6	Glendale, Calif., Hoover
10:35.2	Hillsboro, Ore.
10:35.6	La Crescenta, C, Cresc. Val.
10:36.1	La Mesa, Calif., Helix
10:37.1n	South Salem, Ore.
10:38.7n	La Verne, Calif., Bonita

Coaching the Shot Put

by John T. Powell

1. The athlete should always practice in a properly marked circle, with correctly weighted shot. Draw a line through the center of the circle toward the stop board, and another across the circle. Practice assiduously putting, (with glide) the ball passing over the "line of direction", the feet being properly placed in relation to the lines. Use the full width of the circle.

2. The standing put should be practiced as seldom as possible. It encourages "cocking" and spoils continuity.

3. A shot putter small in stature but possessing speed, needs "out-of-season" emphasis on work for strength; whereas a strong, big but slow putter needs to acquire speed through lots of sprinting.

4. Before teaching speed across the circle, concentrate on form across the circle. Inculcate the feeling for a good, technically-sound style.

5. A major fault in the initial stance is the adoption of a forward leap with the "seat" thrust out. It should be kept "in" throughout the whole action.

6. To aid in keeping the correct head position in the initial stance and put (eyes looking back), place a handkerchief on the ground outside the circle, and watch this mark.

7. The shot must not be gripped — this tightens the muscles of the arm, tires them and slows the put. Stress the shot should be against the fore part of the neck and not on the shoulder.

8. Eradicate any attempt to hop across the circle; and encourage a full drive with the rear foot.

9. As the rear foot lands from the glide the athlete may "cock" his arm, i.e. draw it farther back and round to the side. This fault MUST be eliminated; it slows the whole put, creates a rotary movement, and takes the shot away from the line of direction of the put.

10. Discourage the turning of the head to the front on landing from the glide. The head should be held back until the final rotary action is initiated.

11. Also, stop any attempt by your athletes to merely extend the rear leg from the toes; encourage a stretching from the hips, forwards and upwards.

12. Correct any tendency to swing the rear knee in to initiate the hip turn.

13. Some performers keep the front leg braced at delivery, thus stopping the forward motion of the body; consequently, the put lacks "punch".

14. Other weight men and women draw back the front hip as the rear hip drives. This fault may be corrected by stressing the ever-forward movement of the front side of the body.

15. In the actual put, some athletes are too hasty and stretch the putting arm too soon. Give them much practice in stretching leg and trunk, and synchronizing hip turn, before allowing them to put.

16. When dealing with an athlete who jumps at the time of delivery, liken his action to that of a boxer trying to punch when his feet are off the ground — consequently having no resistance and no power.

17. Completely discourage any attempt to reverse the feet before the shot has been released.

18. Instil in your pupils the need to put the shot as LATE as possible and to follow-through hard.

19. Make sure the elbow of the putting arm is driven hard SIDEWAYS on delivery.

REMEMBER! continuity throughout putting is all-important. Correct timing of the various phases into a blended whole makes the champion's movements look effortless.

(Author John Powell, University of Illinois, coached and taught physical education at Rhodes University in South Africa before emigrating.)