

CENTRAL COAST
SECTION

VARSDTY

8

6

4

2

1

440 relay

Triple Jump

120 High Hurdles

880

100

440

2 mile

180 low Hurd.

220

Discus

Long Jump

mile run

High Jump

Shot Put

mile relay

pole vault

Overtell 142.5

Cupertino 148'9 1/2"

Conway

Los Altos 14.5

Brooks, Nick

Los Altos 150.7

Brown, Dick

Crestmoor 19.7

Bernmarcio, Chuck

Los Altos 47.1

Brown, Rick

St. Francis 19:25.0

McCarthy

Gunn 19.1

Lucas, Julian

Crestmoor 21.6

Bernmarcio, Chuck

Los Altos 18:31 3/4"

Adams, Chris

Seria 124.24"

Swann

Awalt 14:14.6

Chamness, Dave

Sequoia 16'6"

May

Los Altos

Adams, Chris

Los Altos 3:15.8

San Mateo 14'10"

Goldstone

Cupertino 42.5

Leigh 147'7 1/2"

Miller, Rick

Saratoga 14.6

Gibson, Steve

Los Altos 153.7

Davis, Larry

Overtell 19.8

Johnson, Len

Los Altos 47.8

Andrews, Tim

Homesdale 19:30.0

Stahl, Randy

San Mateo 19.4

Swindell, Lion

Stevenson 21.7

Perkins, Sam

Campbell 175'9 1/2"

Royce, Tim

Leigh 123'10 1/2"

Miller

Mills 14:15.7

Smith, Wayne

Sequoia 16'6"

Quash

Rice 157'4 1/2"

Pallero

Gunn 13:10.6

Camden 14'10"

Martin, Roger

Seaside 42.6

Westmont 47'1"

Bourdeau, Randy

Gunn 14.6

Boghead, Dave

Saratoga 154.6

Tyrrell, Nick

Cupertino 19.8

Towler, Jeff

Gunn 48.3

Lucas, Julian

Carlmont 19:31.8

Templeman, Hans

Sequoia 19.7

Aravillo, Tezar

Cupertino 22.1

Scalier, Chris

Sunny 174'3"

Bowen

Minto Mills 23'5 3/4"

Murphy

Buchingham 14:23.2

Montoya, Dave

Oleona 16'8"

Kernabon

54'8 3/4" 16'10"

Florea, Phil

Crestmoor 20.5

Homesdale 14'6"

Ceglia

Monterey 42.6

Monterey 46'4 3/4"

Carroll, Nate

Gunn 14.6

Escheleman, Dave

Westmont 154.7

Carlson, Randy

Harbor 19.8

Green, Don

Awalt 148.5

Kessel, John

Woodside 19:34.7

Wells, Ron

Cupertino 19.8

Davenport, Tom

Watsonville 22.1

Foxworth, Chris

Homesdale 169'8 3/4"

Walker

Crestmoor 22'10 1/4"

Bute

Mr. Pears 14:24.2

Brooks, Steve

Mr. Pears 16'12"

Mr. Rick Joe

Watsonville 154'9 1/2"

McGrady, Mac

Awalt 16'23.4

Palma 13'0"

Olson

Awalt 42.9

Gunn 146'1 1/4"

Krebs

King City 14.6

Dura, Jeremy

Awalt 153.0

Berette, Tom

San Carlos 10.0

Head, Wallie

Westmoor 49.3

Phelps, Ken

Del Mar 19:34.8

Sargent, Randy

El Camo 22.1

Messers, Art

Willow Glen 22.2

Stearns, Jerry

Fremont 168'7 1/2"

Tarshankov

Fremont 22'2 1/2"

Mr. Pears

Mr. Pears 14:26.1

Sheehan

Mills Monterey 16'2"

Kahn, Bill

Corral, Mike

Lynbrook 53'2 3/4"

Mr. Pears

Palma 13'0"

Baribay, Alex

NATL CO-OP SECTION	FRUSH/SOPH	8	6	4	2
Triple Jump	Sunny 4'4" 8 4"	Campbell 4'3" 8 1/2"	Brandon 4'3" 5 1/2"	Super 1'42" 9 3/4"	S.C. 4'11" 11"
	Munson, Terry	Caton, Mark	Triplett, John	Seltonreich	Lewis
High Jump	Salinas 6'0"	Pied Hills 5'10"	Quertell 5'10"	Quertell 5'10"	Quertell 5'10"
	Thompson, James	McCaskey, Alan	Christianson, Ben	Christianson, Ben	Christianson, Ben
	Carlmont 130"	Blackford 13'6"	Crestmont 18'6"	Westmont 112'6"	Lynbrook 12'12"
Pole Vault	Demoster	McLennon, Dave	Trueman, B	Lindsay, Harold	Kear
	Cupertini 44.3	Westmont 44.8	San Mateo 45.0	Quertell 46.0	Milpitas 45.3
440 Relay	Salinas 8.6	Burling 8.9	Del Mar 9.1	Sordani 9.1	Hunn 9.2
70 Hi. Hur	Washington, Bob	Kolesnikow, Andy	Jimmons, Jack	Depanger, Stan	Adams, Jerry
	Seaside 2:00.2	Gunn 2:00.3	Stevenson 2:01.5	Oak Grove 2:01.6	Serra 2:02.1
880	Maust John	Bay, John	Cleary, Malcolm	Alaniz, Joe	Wandrow, Joe
	Hill 10.2	Ravenstahl 10.2	Saratoga 10.4	Overtell 10.4	Withview 10.5
100 Dash	Allen, Jon	Puckett, Perry	Fanning, Mark	Thomas, Ken	Nakamura, Ben
	Branham 50.1	Salinas 50.9	Hunn 50.9	Batesville 51.2	Salinas 51.2
440 Run	Gonzales, Rick	Hayes, Pat	Hitt, Vincent	Giggis, Chuck	Carasco, Mike
	Homestead 55'9 3/4"	Prospect 54'6"	Live Oak 54'2 1/2"	Los Altos 53'6"	St. Ignace 53 1/2"
Shot Put	Murray	Wacker, Doug	Blair, Ralph	Oerton	Gerard, Dave
	Salinas 9'46.8	Willow Glen 9:50.5	Camden 9:51.2	Terma 9:53.6	S. San Francisco 9:59.7
2 Mile	Guzman, Ramon	C. Bert, Bob	Claussen, Phil	Menichelli, Gordon	Pano, Alex
	Salinas 20.0	Mt. Diablo 20.3	Hunn 20.3	Cupertin 20.3	Los Gatos 20.6
180 Low Hur	Washington, Bob	Nakamura, Terry	Adams, Terry	Jones, Jeff	Ray, Bob
	Wardside 22.8	Saratoga 22.8	Salinas 23.0	Hilldale 22.0	Alameda 22.1
320 Run	Lamont Willey	Fanning, Mike	Dennis, Gary	Rose, Ray	Clark, Jeff
	Carlmont 4:23.9	Awalt 4:28.1	Los Altos 4:28.6	St. Ignace 4:30.3	Watsonville 4:30
mile run	Miller Steve	Chambers, Larry	Becker, Chris	Parker, Mike	Garcia, Tami
	Awalt 155'30"	Los Altos 153'53"	Camden 147'23"	Saratoga 145'28"	M.V. 145'12"
Discus	Pfordl Walt	Dorton	Myers	St. Ignace	Watkins
	St. Ignace 133.2	Legion 133.1	Ramona 133.5	St. Ignace 133.7	Watsonville 133.2
Mile relay	St. Ignace	Legion	Watsonville	Lynbrook	Watsonville
Long Jump	St. Ignace 21'4 1/4"	Aegeron 21'3"	Watsonville 21'2 1/4"	Cupertin 21'1 1/4"	San Carlos 20'11"
	Lewis	Garcia, J.	Cole, Don	Thorp,	Jackson

CENTRAL COAST SECTION MEET RECORDS

42 OF MAY, 1, 1970

EVENT			SCHOOL	TIME	YEAR
100	BRAD	RUPP	SEQUOIA	9.7	1952
	CHUCK	LYMAN	LOS ALTOS	9.7	1967
		BOMMARITO	CRESTMOR	9.7	1970
220	CHUCK	BOMMARITO	CRESTMOR	21.6	1970
440	RICK	BROWN	LOS ALTOS	47.1	1970
880	RICK	BROWN	LOS ALTOS	1:50.7	1970
1 MILE	MIKE	RYAN	WILCOX	4:09.5	1965
2 MILE	CHRIS	CAREY	CARLMONT	9:13.3	1968
120 H.H.	JIM	MILLER	CARLMONT	14.5	1968
	YIC	BROOKS	LOS ALTOS	14.5	1970
180 L.H.	JULIAN	LUCAS	GUNN	19.1	1970
440 RELAY	DAVE KENDRICK	FRED ROSS	OVERFELT	42.5	1970
	LEON LINDSEY	LEN JOHNSON			
MILE RELAY	BOB THOMPSON	LARRY DAVIS	LOS ALTOS	3:15.8	1970
	JIM ANDREW	RICK BROWN			
HIGH JUMP	JOHN RADETICH	SAN CARLOS	6'9 3/4"	1966	
LONG JUMP	JOHN JOHNSON	PACIFIC GROVE	25'2 1/2"	1964	
TRI-JUMP	GREG CONWAY	CUPERTINO	48'9 1/2"	1970	
POLE VAULT	SAM ALBANESE	KING CITY	15' 1/2"	1969	
DISCUS	CHRIS ADAMS	LOS ALTOS	189'3"	1970	
SHOT PUT	BOB BRANNEN	LOS GATOS	63'9"	1964	

TEAM SCORES 1970

LOS ALTOS	60
GUNN	25
CUPERTINO	24
CRESTMOR	22
SEQUOIA	18
SAN MATEO	14
HOMESTEAD	14
OVERFELT	14
AWALT	13 1/2

CENTRAL COAST SECTION FROSH / SOPH

100	MARK FANNING	SARATOGA	10.1
220	WILEY LAMONT	WOODSIDE	22.8
440	RICK GONZALES	BRANHAM	50.1
880	JOHN MAUST	SEASIDE	2:00.2
MILE	STEVE MILLER	CARLMONT	4:23.9
2 MILE	ROMON GUZMAN	SALINAS	9:46.8
70 H.H.	BOB WASHINGTON	SALINAS	8.6
180 L.H.	BOB WASHINGTON	SALINAS	19.9
440 RELAY	THORP-JONES-KAWASHIMO CABELLERO	CUPERTINO	44.3
MILE RELAY	KENNY-PEREZ-ROBINSON HICKOX	ST. IGNATIUS	3:31.0
HIGH JUMP	JAMES THOMPSON	NORTH SALINAS	6'0"
LONG JUMP	LEWIS	SANTA CLARA	21' 4 1/4"
POLE VAULT	DEMPSTER	CARLMONT	13'0"
	DAVE MCLENNON	BLACKFORD	13'0"
TRI-JUMP	JERRY MUNSON	SUNNYVALE	44'8 1/4"
SHOT PUT	MURRAY	HOMESTEAD	55'9 1/2"
DISCUS	WALT PFANDL	AWALT	155'5"

TEAM SCORES 1970

SALINAS	36 1/2
CARLMONT	16
GUNN	15
AWALT	14
BRANHAM	12
CAMPBELL	12
CUPERTINO	12

ALL RECORDS ESTABLISHED IN 1970 P.C.S. MEET

Los Altos Ace Steals Show in CCS Track

By MIKE NOLAN
Tribune Sports Writer

LOS ALTOS HILLS — Any one still unconvinced that the current crop of prep track and field athletes is one of the best in area history certainly didn't see Saturday's Central Coast Section finals.

Hundreds of sun-warmed spectators at Foothill College here saw a superb show of high school talent in which eight meet records tumbled and two more were tied.

Although Los Altos High and super runner Rick Brown again dominated the scene, SPAL athletes — Sequoia High in particular — grabbed more than their share of glory and, more important, places for this weekend's State Meet at Berkeley.

While Brown broke records set by a couple of pretty fair track stars — Lee Evans and Don Bowden — and led Los Altos to the team title with 60 points, the SPAL placed Gunn second and nabbed nine of the 48 CCS State Meet spots. Only the first three in each event qualified.

Only the Santa Clara Valley Athletic League, including Los Altos, had more qualifiers with 16. With Los Altos alone outscoring every other league, SCVAL competitors chalked up 118½ points to a still highly respectable 53 for the SPAL and 51½ for the Mid Peninsula League.

The smooth-striding Brown had an incredible triple — 47.1 in the 440, an amazing 1:50.7 in the 880, and a 46.5 anchor leg in Los Altos' 3:15.8 mile relay victory. All three marks are current state bests.

Olympian Evans held the old 440 mark of 48.1 set for Overfelt in 1965, while Bo-



STEVE MILLER
Wins F-S mile

den, first American to crack four minutes in the mile, set the former 880 standard of 1:52.3 for Lincoln of San Jose in 1954.

Gunn's Julian Lucas was the SPAL's top performer, claiming first in the 180 low hurdles in 19.7, taking third in the 440 with the best time in SPAL history, 48.3, and anchoring Gunn's second-place mile relay team to another best in league history of 3:19.6.

Lucas' hurdles clocking broke the oldest CCS record, a 19.2 by current San Carlos coach Jim Luttrell for Sequoia in 1952.

Sequoia produced three State Meet entrants, including the surprise of the year.

Little junior Cezar Oravillo, who was on the junior varsity team part of the season, ran third in the 180 lows at 19.7 to stun his more well-known rivals.

"It's a pleasant surprise," said Cherokee coach Buddy Miller happily. "the way he's come on lately, I thought he had an outside chance."

Sequoian Jim May back-flipped 6-6, using his own version of the Fosbury flop, to take a surprise first place and edge teammate Ron Bosch at the same height on fewer misses in the high jump.

May had to be one of the happiest athletes at the meet. "I knew I had it in me, I just had to do it. You know, I've never been able to do better than 5-4 any other way," he said in reference to his unusual style. May leaps over backwards aided by a terrific body twist.

Also winning State Meet tickets were Menlo-Atherton's Ken Murphy with a 23-5¾ long jump, Gunn's Dave Bagshaw at 14.6 in the high hurdles, and Carlmont's Hans Templeman at 9:31.8 in the two-mile. All took third places.

Running well but just failing to qualify at fourth were Donn Wells of Woodside with a 9:34.7 in the two mile and Gunn's Dave Eshelman at 14.6 in the high hurdles. Gunn's Dale Krebs took a fifth in the triple jump. Menlo-Atherton's Ernie Reese reinjured his leg while running in the 440 relay trials and had to scratch from the 100 trials.

West Catholic Athletic League winners were Serra's

Lynn Swann with a 24-2¼ long jump, the Section's best, and Menlo Park resident Bob McCarty of St. Francis with a 9:25.0 two-mile.

Swann scratched in the 180 lows, hoping to get a chance to attend Serra's afternoon graduation ceremonies, but the long jump ran late and he had to miss graduation anyway.

Other meet records were set by Overfelt's 440 relay team at 42.5, Crestmoor's Chuck Bommarito in the 220 at 21.6, Cupertino's Craig Conway with a 48-9¼ triple jump and Los Altos' Chris Adams with a 189-3½ discus flip.

Bommarito also tied the meet 100 record at 9.7, as did Los Altos' Vic Brooks with a 14.5 low hurdles clocking.

In addition, Karl Goldstone of San Mateo went 14-10 for the state's top pole vault, Dave Chamness of Awalt bettered his own CCS best in the mile at 4:14.6 and Adams lofted the shot 62-4, only 5½ inches short of his state best.

The SPAL had three impressive frosh-soph winners as Carlmont's Paul Dempster pole vaulted 13-0. Carlmont's Steve Miller clocked 4:24.0 in the mile and Woodside's Lamont Wiley hit 22.8 in the 220.

Ravenswood's Percy Pucket looked sharp in taking a 10.2 second place in the 100 and the Trojan mile relay team checked in third at 3:31.5.

The State Meet is for varsity performers only.

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CCS Summaries

VARSITY

First three qualify for State Meet:
440 relay—Overfelt 42.5mr, Cupertino 42.5, Seaside 42.6, Monterey 42.6, Awallt 42.9.

120 HH—Brooks (LA) 14.5mr; Gibson (Sar) 14.6, Bagshaw (Gunn) 14.6, Eshleman (Gunn) 14.6, Pura (King C) 14.6.
880—Brown (LA) 1:57.7mr, Davis (A) 1:52.7, Tyrrell (Sar) 1:54.6, Carlson (Westmont) 1:54.7, Verreille (Awallt) 1:55.0.

100—Bommarito (Crest) 9.7fmr, Johnson (Over) 9.8, Fowler (Cup) 9.8, Green (Harbor) 9.8, Head (SCruz) 10.0.

440—Brown (LA) 47.1mr, Andrew (LA) 47.7, Lucas (Gunn) 48.3, Kessel (Awallt) 48.5, Phelps (Westmoor) 49.3.

2 mile—McCarthy (St. Francisco) 9:25.0, Stahl (Home) 9:30.0, Templeman (Carl) 9:31.8, Wells (Woodside) 9:34.7, Sargent (Del Mar) 9:34.8.

180 LH—Lucas (Gunn) 19.1mr; Swindell (San Mateo) 19.4, Oravillo (Seq) 19.7, Davenport (Cup) 19.8, Mesesr (El Cam) 20.1.

220—Bommarito (Crest) 21.6mr, Perkins (Steven) 21.7, Scaller (Cup) 22.1, Foxworthy (Wat) 22.1, Strangis (WG) 22.2.

1 mile—Chamness (Awallt) 4:14.6, Smith (Mills) 4:15.7, Montoya (Bur) 4:23.7, Brooks (Mt. Pl) 4:24.2, Sheehan (Aragon) 4:26.1.

1 mile relay—Los Altos 3:15.8mr, Gunn 3:19.6, Crestmoor 3:20.5, Awallt 3:23.3, Watsonville 3:23.4.

LJ—Swann (Serra) 24-2¼, Miller (Leigh) 23-10½, Murphy (M-A) 23-5¼, Bule (Crest) 22-10¼, McNeil (Fre) 22-2½.

HJ—May (Seq) 6-6, Bosch (Seq) 6-6, Kermabon (Oceana) 6-3, Wyrick (Mt. Pl) 6-2, Kahn (Mills) and Carroll (Mont) 6-2.

TJ—Conway (Cup) 48-9½mr, Miller (Leigh) 47-7¼, Bourdeau (Westmont) 47-1, Carroll (Mont) 46-4¾, Krebs (Gunn) 46-1¼.

PV—Goldstone (San Mateo) 14-10, Martin (Cam) 14-10, Ceglia (Home) 14-6, Olson (Home) 13-6, Garibay (Palma) 13-0.

Dis—Adams (LA) 189-3½mr, Royer (Camp) 179-5½, Bowen (Sunny) 174-3, Waller (Home) 169-8¾, Tarabanovic (Fre) 168-7¼.

SP—Adams (LA) 62-4, Callero (Rior) 57-4½, Flores (Hills) 54-8¾, McGrady (Wat) 54-4¼, Milazzo (Lyn) 53-2¾.

TEAM SCORES: Los Altos 60, Gunn 25,

Cupertino 24, Crestmoor 22, Sequoia 18, Homestead, Overfelt and San Mateo 14, Awallt 13½, Leigh 12, Saratoga, 10, St. Francis and Serra 8.

mr—Meet record. 1mr—ties meet record.

FROSH-SOPH

440 relay—Cupertino 44.3, Westmoor, San Mateo, Overfelt, Milpitas.

70 HH—Washington (Sal) 8.6, Kolenikow (Bur), Timmons (Del Mar), Depanger (Jar), Adams (Gunn).

880—Maust (Sea) 2:00.2, Bay (Gunn), Cleary (Stev), Alaniz (Oak Gr), Wandrow (Serra).

100—Allen (Hill) 10.2, Puckett (Rav) 10.2, Fanning (Sar), Thomas (Over), Nakamura (MV).

440—Gonzales (Bran) 50.1, Hayes (Sal), Hitt (Gunn), Carrasco (Sal), Griggs (Wat).

2 mile—Guzman (Sal) 9:46.8, Ebert (Wil Gl), Claussen (Cam), MacMitchell (Terman), Cano (SSF).

180 LH—Washington (Sal) 20-1, Nickamura (MV), Adams (Gunn), Jones (Cup), Ray (Los Gatos).

220—Wiley (Wood) 22.8, Fanning (Sar), Diems (Sal), Rose (Hills), Cook (Sal).

1 mile—Miller (Carl) 4:24.0, Chamness (Awallt), Berka (LA), Porter (Si), Garcia (Wat).

1 mile relay—St. Ignatius 3:31.0, Leigh, Ravenswood, Lynbrook, Watsonville.

LJ—Lewis (SC) 21-4¼, Gabriel (Aragon), Cole (Wat), Thorp (Cup), Jackson (SCarlos).

HJ—Thompson (N. Sal) 6-0, McCaskey (Pied. Hills), Christian (Over), Crocker (Wood), Sjberg (Seq.).

TJ—Munson (Sunny) 44-8¼, Caton (Camp), Triplett (Bran), Seltoneich (Cup), Lewis (SC).

PV—Dempster (Carl) 13-0, McLennon (Black), Trueman (Crest), Lindsay (Westmoor), Krug (Lyn).

Dis—Pfandl (Awallt) 155-5 Overton (LA), Myers (Camp) Staub (SCruz), Watkins (MV).

SP—Murray (Home) 55-9½, Wacker (Pros), Blair (Live Oak), Overton (LA), Gherardi (S).

TEAM SCORES: Salinas 42, Carlmont 16, Gunn 15, Awallt 14, Los Altos, Branham, and Cupertino 12, St. Ignatius 11, Ravenswood, Woodside, Campbell, Hillsdale, and Saratoga 10.