



MATT YEO
pair of seconds



LARRY GULLETTE
pole vault placer

9:16.9 2-mile for Don soph

Mitch Kingery has won so many medals and honors for San Carlos High it's hard to believe the little Don distance running dynamo is still only a sophomore.

Fans at the Pacific Grove Invitational Saturday became the newest Kingery believers, when his 9:16.9 two-mile clocking bettered his own Central Coast Section season best and helped the Dons nab the team title over 11 other large division schools.

Kingery also claimed the mile in 4:25.9, while Dennis Murphy captured the 440 in a life best 51.6 under very cold conditions as the Dons ran away from runnerup Seaside, 47-33½.

Kingery wasn't the only Sequoia District athlete to take an invitational title over the weekend. Carmont pole vaulter Jack Lennen won the El Cerrito Relays crown with a 14-0 leap.

The two-mile triumph was particularly pleasing to Kingery, because he decisively

whipped Aptos' Dan Gruber, among the few to defeat Mitch last fall in cross country.

Matt Yeo took second in both the mile (4:33.5) and two-mile (9:33.4), while Lee Shoop ran a left best 4:34.2 mile for third for the Dons.

Don frosh-soph highlights were Keith Caruso's victory in the 180 low hurdles (22.1) and Greg Malveaux' meet record 43-6 triple jump.

All told, the 100-mile venture was profitable; the Dons collected 28 medals.

Lennen's leap at El Cerrito was good preparation for his bid to go over 14-7 (which would be Carmont's school record) in the Sequoia District finals Friday night or the SPAL finals the following Friday. Teammate Larry Gullette was fourth at 13-0.

The Scots also were third in frosh-soph team scoring with seconds in the distance medley, two-mile and sprint medley relays, and third in the mile, fourth in the 880 and fifth in the 440 relay.

San Carlos placers at Pacific Grove Invitational:

Varsity: 440 rel.—4. (Ruiz, Conforti, Murphy, Butler) 46.1; 880 — 5. Cartmell 2:04.3; 100 — 4. Butler 10.6; 440 — 1. Murphy 51.6; 2-mile—1. Kingery 9:16.9mr, 2. Yeo 9:33.4; 220 — 5. Butler 23.4; Mile — 1. Kingery 4:25.9, 2. Yeo 4:33.5, 3. Shoop 4:34.2; Mile rel.—5. (Ruiz, Shoop, Cartmell, Murphy) 3:37.1; Dis. — 3. Vetrovec 138-0, 5. Rockwell 133-0; SP—3. Vetrovec 50-6; PV—3. Draper 12-6, 5. Hill 12-0.

Frosh-soph: 100 — 5. Heatherington 10.8; 220 — 3. Heatherington 24.3; 70 HH — 3. Caruso 9.7; 180 LH — 1. Caruso 22.1; HJ — 2. Malveaux 5-10; TJ — 1. Malveaux 43-6mr.

mr—meet record.