

SCOT: BOOM OR BUST?

Carlmont High's track and field team returned to glory last year -- but were the Scots one-season wonders?

Carlmont was nearly undisputed king of the SPAL ovals during the 10-year span from 1959 through 1968, when the Scots lost only one dual meet and won the title every year but 1967, when that one loss cost them the crown.

Then came three mediocre non-title campaigns -- when Carlmont won only 13 of 24 matches and tied another -- before last spring's 8-0 dual meet title and overwhelming team championship in the league finals.

But for 1973, Scot coach Loren Lansberry -- "The Old Fox" -- may find such glories tough to regain unless he gets some of the most dedicated work and efforts of his entire career from his athletes.

Three of last year's stars, Carl Cattarin, Bill Lator, Steve Miller, are gone though not yet graduated. Cattarin, SPAL two-mile champ, will spend the spring in Argentina. Lator, 9:40 two miler, moved to Washington and Miller, third place in last year's State Meet, has passed up track for religious activities.

That leaves many promising but competitive question marks to pick up the slack against the rugged likes of San Carlos and Gunn, who built their programs in response to Carlmont's dynasty.

The Scots will be thinner on the track than usual. Among their top runners are Jack Lennen (10.3 in the 100 and 23.5 in the 220), Howie Avila (10.3), Bruce Sayre (1:59.0 in the 880 and 52.3 in the 440), Vence Ketchens (52.1 and 23.4), Dana Carvey (4:38.0 mile and 9:49.6 two-mile) and Ed Young (4:37.3 and 9:54.0).

Sprinters Mike Mullins and Kerry Jones and distance runner Rich Wernick also will be counted on.

Junior Eric Carlson (16.1 and 21.4) is Carlmont's lone hurdler with any experience, though Darryl Ewing and Dan Elder will try to bolster Carlmont in its weak event.

In the field, pole vaulters Lennen (14'1") and Larry Gullette (13-0) figure to score plenty of points, along with weightman Joe Callaway (44'11" shot and 128' discus) and high jumper Larry Wright, who leaped 6-0 as a freshman last year.

Bob Hoey (45-10 shot) and Roger Varwig (137-3 discus) and Mike Weber (134-0 discus) provide weight depth; Kerry Jones (21-4) and Mullins (20'11) show promise in the long jump. Jones (40'11) and Mullins (39-10) will be working to improve triple jump marks in a competitive league. Dean Roberts (11-0) hopes for better things in the pole vault.

The Scot junior varsity will feature sprinters Mike Citara, Jack Miller and Bill Donohue, hurdler Miller, middle distance runners Bruce Wernick, Brian Hurdal and Tim Regalado and distancemen Henry Templeman, John Shroyer and Mike Tolibas.

Jumpers will include Kurt Allen, Bob Brown, John Ross, Aaron Brisbane and Scott Hazelton; Tim Kobayashi, Mike Lorenzen and Rich Dowd will handle the weights; Hazelton and Tolibas show pole vault promise.

The Scots have won 97 SPAL dual meets since they entered the league in 1958 against only 14 losses and two ties. Lansberry can safely count on taking No. 100 this spring, but you can bet he won't settle for anything less than No. 105 within the next couple of months. That's what will be needed for another championship.

Mike Nolan
Sports Writer
Redwood City Tribune

1973 SPAL track preview

3-9

Favorite's role to Gunn

By KEVIN DOYLE
Tribune Sports Writer

If the end is anything like the beginning, it should be a very interesting South Peninsula Athletic League track and field season.

Problems with grades, transferring and the weather have changed the thinking of most of the experts before the first dual meet of the campaign had a chance to hear the starter's gun.

But you may be hearing plenty about Gunn when the track season concludes, thanks to San Carlos losing veteran Bruce Veal because of grades and Loren Lansberry losing three of his top distance runners — primarily Steve Miller, who was third in the State Meet mile a year ago.

The loss of versatile Veal may cost Jim Luttrell's Dons up to 20 points a meet, while Carlmont lost about the same when Miller did not go out this season. Chuck Lator moved and veteran Carl Cattarin decided to study abroad.

But even with those individuals running, jumping or just 'putting' around, it would be hard to overcome what is expected to be an outstanding Gunn team.

But the biggest loss so far has been in practice time. Some upsets could be registered by the faster starting teams thanks to all that rain decorating the local high school tracks.

Here's a rundown of the SPAL track and field teams:

Carlmont

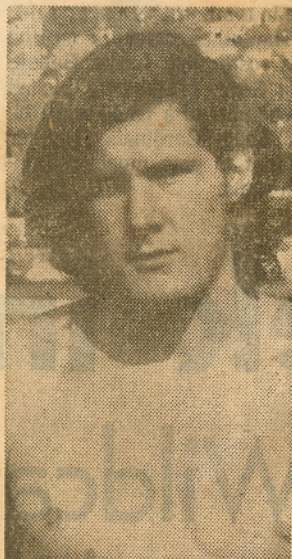
Even with the loss of Lator, Cattarin and Miller, Lansberry still has a fine crop of distance runners and a future sprint star in Harvey Butler and veteran Jack Lennen.

Lennen could be one of the finest athletes in the league. He has already cleared 13-6 in the pole vault this season, but is also expected to help in the relays and sprints.

Junior hurdler Eric Carlson should score for the Scots in the highs and lows while big football end Dan Elder is progressing rapidly into a fine low hurdler.

Dana Carvey (9:40 two-mile), Steve Fuller, Rich Wernick and Henry Templeman are good two-milers while Carvey and sophomore Ed Young will be Scot entries in the mile.

The Scots will be tough in



BRUCE SAYRE
Scot point-maker



MARLON MURPHY
Tribe's toughest



DAVE BRUNSTING
Wildcat hurdler

the 880 with Bruce Sayre (1:59.0) and Vince Ketchens; Mark Luce and freshman record-holder Bill Donohue go in the quarter.

Mike Mullins will lead a list of long and triple jumpers while sophomore Larry Wright should improve on his 6-2 clearance of the high jump.

The Scots should be tough to beat in the pole vault with Lennen (14-1 last year) and Larry Gullette (13-0) and also in the weights with Roger Varwig, Joe Callaway, Bob Hoey and Carlson.

Cubberley

Cougar coach Jay Vierra may find things a little frustrating in his first season.

One problem is that he doesn't have much experience and another is that his best sprinter is a girl and cannot compete under CIF rules.

"I have checked every rule there is, and I can't find one that would allow Creola (Miller) to compete," said Vierra. Miss Miller is one of the finest female sprinters in the West and has impressive indoor and outdoor credentials to prove it.

But one bright spot for Vierra is distance runner Stacy Geiken, a senior who was a member of the All-Northern California cross country honor team.

Outside of Geiken and Cornell and Dornell Hamel in the jumps and 6-5 high jumper Lang Farmer, things are mighty thin for the Cougars.

Tom Morgan and Chris Olsen are good sprinters, but there are plenty of them around; Chuck Stevens and Scott Stanton are good weightmen, but not the best around and Steve Koki (440) and Mark Lizotte (pole vault) lack the experience of some of the other league entries.

Gunn

The Titans might be a little weak in the sprints, but Gor-

don MacMitchell, Steve Crowley and John Littleboy could make coach Dan Sarouhan forget about that.

MacMitchell, who started at Gunn then transferred to Palo Alto before his return engagement, will not be eligible until the first week in April, but he should improve on his 4:17 mile and 9:14 two mile times.

Even if he doesn't, the Titans have Crowley, who ran a 4:15 last season in the mile, and Hank Lawson and Jerry Emery for backups.

William Watts and Rick Sutphen will handle the hurdles while sophomore Mike Campbell is the only real threat in the sprints. The middle distances will be handled by Chris Morrow, Steve and Bruce Guptill, Bob Murray and senior Artie Nelson.

The field events could be the Titans' strong point with Watts (21-5) in the long jump, Lars Combs (43-0) in the triple jump, Tom Oberhelman and Bruce Jaffe in the weights, Littleboy (6-4 $\frac{3}{4}$) in the high jump and Alfred Bay and Jessie Gomez in the pole vault.

Menlo-Atherton

Bear coach Plato Yanicks admits his team's chances of winning the dual meet championship were ended before the season began.

Three of his promising sophomores from last year moved away and another three did not show while veteran Larry Noble will be sidelined because of a car accident, but should be back before the end of the season.

But Yanicks still has two outstanding prospects in Carl Johnk and Don MacKenzie.

Johnk will run the high and low hurdles when he's not participating in his new event — the discus — while MacKenzie could be the league champ and go on to the State Meet in the 440 according to Yanicks.

Bill Burks, sixth in the SPAL last year, should be a top-notch sprinter while the 440 entries will include Ben Parkinson and Al Robinson.

The Bears are a little down in the distances with Mike Shibata, Mike Dunne, Mark

kin has several good sprinters including veterans Al Tingle and Prince Christian, which should make the Trojans tough in the 100, 220 and 440 relay, but what they don't have is any two milers, hurdlers, long jumpers, high jumpers or pole vaulters.

But if they can improve in those events like sprinter James Ragland did in his, the Trojans could have some of the league's finest.

Ragland, a senior, ran 10.0 in the 100 and 22.8 in the 220 in a pre-season meet despite wet grounds and little practice.

Three athletes who may help are Charles Craft, Walter Holland and sophomore Charles Jones. Jones ran a 4:46.9 mile the second time he ever tried the event while Holland shows promise in the weights and Craft should pick up some slack in the 440 and 880.

San Carlos

The Dons have lost Veal for the season, but still have Mitch Kingery, Matt Yeo and a new find in junior Pete Butler.

Butler recorded impressive wins in the 220, 100 and long jump against St. Francis this season while Yeo and Kingery tied for first in the two-mile and Kingery won the mile 4:34.0. That was a good example of what the Dons might do under the new rules which allows distance runners to run both the mile and two mile in the same meet.

The Dons have some in proving 880 men in Ron Camell, Mike Barnett, Jody Schuyler, Lee Schoop and Randy Fillpot.

The 440 will be covered Jeff McNesby and Carl Art while Butler will be joined the sprints by Dennis Murray and Dan Magnasco.

In the field, top entries include Grant Braithwaite and Greg Malveaux (high jump), Jeff Vetrovec and Mark Rowood (shot put), Mark Par (triple jump), Roger Hill, J. Draper, Scott McBain and Ray Nolan (pole vault).

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The Bears are a little down in the distances with Mike Shibata, Mike Dunne, Mark Hausler and Bob Arnold expected to carry the load.

Top individuals in the field include John Tondino (weights), Randy Tibbals and Jim Hubenette (long jump), Walter Bogue (pole vault), Barry O'Neal and Mike Harnish (high jump) and Steve Aldrich (discus).

Palo Alto

Paly, like many of the SPAL teams, has not been able to work out much because of the weather, and some of the league's better hurdlers should be happy about that.

Paly coach Forrest Jamieson lost Gordon MacMitchell to Gunn, but he's still got State Meet hurdle veteran Carl Florant back along with senior Steve DePangher.

Florant covered the 120 high hurdles in 14.2 three times as a junior and ran a best of 19.5 in the lows while DePangher has a 14.9 clocking in the highs and a 51.9 in the 440.

Doug Peck (2:02.9) will run the half with DePangher handling the quarter, but the Vikings will lose a lot of points in the long jump, mile and two mile unless Jamieson can find somebody for those events.

Dan Boyett and Gordon Iki give them strength in the sprints while Bob Rice should score in the weights, Greg Tseng in the pole vault, Peck in the triple jump and Tim Domer in the high jump.

Ravenswood

What the Trojan track team needs is fewer sprinters and more distance runners, hurdlers and jumpers.

First-year coach Sam Boy-

some back in the 110 and 880.

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In the field, top entries include Grant Braithwaite and Greg Malveaux (high jump), Jeff Vetrovec and Mark Rowood (shot put), Mark Partridge (triple jump), Roger Hill, John Draper, Scott McBain and Ray Nolan (pole vault).

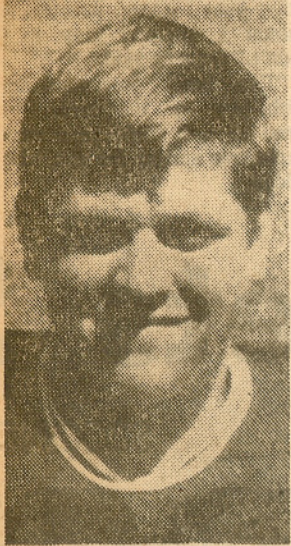
San Carlos' most consistent point getters should be Kingery, Yeo, Butler, hurdler Bob Humfeld and Vetrovec.

Sequoia

The Cherokee staff's biggest decision may be what events to run and jump talented Marlon Murphy in.

Murphy is an outstanding hurdler, but is also very good in the sprints, 440, long jump, high jump and triple jump or anything else he wants to take a crack at.

Two events that Murphy isn't good in are the discus and the shot put, but Sequoia does have some talent there. Junior Ron Chamness has thrown the discus over 150 feet and Jim Data, the JV champ



JEFF VETROVEC
Top Don shot putter

from a year ago, has thrown the shot over 52-0.

Other field event performers for the Tribe include Tom Dixon and Larry Stock in the pole vault; Eddie Van Brink in the triple jump and Jim Goudeau in the long and triple jumps.

Manford Maier and Dan Keller lead a list of young distance runners while Steve Patrick and Keller will see action in the 440 and 880.

The sprints have two comers in soph Walt Rehbein and Eddie Oravillo, brother of CSM hurdler Cezar, who is looking very poised in the few workouts he has had.

Woodside

Woodside will get a little extra time to prepare for its first meet since it drew an opening round bye and then got another five day delay because of its participation in the CCS basketball playoffs — but coach Claude Turner will gladly wait.

One of two basketball players on the Cat track team is soph Myrt Easley, who may be better known by the time he's a senior as a trackman than a basketball player.

Easley should be Turner's best low and high hurdler and also a valuable asset in the triple jump. He'll have plenty of talented company in the hurdles with senior Jeff Wilcox and Dave Brunsting (who also is on the basketball team).

Robert Sweet, Charles March, Bob Abbott, and freshman Tim Doyle will be entered in the sprints while March (440) and Connor Taylor (880) should score in the middle distances.

Distance runners include Damon Wood (10:10) and Tim Lease in the two mile, and Chet Wrucke and frosh runner of the year in cross country Dan Farwell will run the four-lapper.

School-record holder Jim Orr (6-2½) is top Cat in the high jump; Phil Robinson in the long jump; Abbott, Brunsting, Jeff Peralta, and Dave Dawson in the weights and Yutaka Uyeda, Tim Chow and Brian Flynn are Woodside's pole vaulters.

Victor Strickland (sprints), Joel Stern (880) and Jim Totoritis (jumps) are another trio Turner expects to add points to the Cats dual meet totals.