

S C H E D U L E

RUNNING EVENTS - TRIALS

10:00 a.m.	440 Yard Relay	Varsity - Frosh/Soph
10:25 a.m.	120 High Hurdles	Varsity
10:35 a.m.	70 High Hurdles	Frosh/Soph
10:50 a.m.	100 Yard Dash	Varsity - Frosh/Soph
11:20 a.m.	330 Low Hurdles	Varsity - Frosh/Soph
11:50 a.m.	220 Yard Dash	Varsity - Frosh/Soph

RUNNING EVENTS - FINALS

1:00 p.m.	440 Yard Relay	Varsity - Frosh/Soph
1:10 p.m.	120 High Hurdles	Varsity
1:20 p.m.	70 High Hurdles	Frosh-Soph
1:30 p.m.	880 Yard Run	Varsity - Frosh/Soph
1:45 p.m.	100 Yard Dash	Varsity - Frosh/Soph
2:00 p.m.	440 Yard Dash	Varsity - Frosh/Soph (4 heats slow - fast)
2:20 p.m.	2 Mile Run	Varsity - Frosh/Soph
2:50 p.m.	330 Low Hurdles	Varsity - Frosh/Soph
3:00 p.m.	220 Yard Dash	Varsity - Frosh/Soph
3:20 p.m.	One-Mile Run	Varsity - Frosh/Soph
3:35 p.m.	One-Mile Relay	Frosh/Soph - Varsity (4 heats slow - fast)

FIELD EVENTS

9:30 a.m.	Varsity Pole Vault	3 Attempts - Top 6 to Finals for 3 more
	Varsity Triple Jump	
	F/S Shot	Only one sand pit at De Anza
	F/S High Jump	
	Varsity Discus	
	F/S Triple Jump	These events will follow completion
	Varsity Long Jump	of previous events.
	F/S Pole Vault	
	Varsity Shot	
	Varsity High Jump	
	F/S Discus	
	F/S Long Jump	

VARSITY - 440 RELAY

<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
Carlmont	43.8	_____	_____
Menlo Atherton	43.9	_____	_____
Awalt	43.9	_____	_____
Los Altos	44.0	_____	_____
Lynbrook	44.3	_____	_____
Santa Clara	44.6	_____	_____
Fremont	44.7	_____	_____
Buchser	44.8	_____	_____
Sunnyvale	45.3	_____	_____
Cubberly	45.5	_____	_____
Monta Vista	45.6	_____	_____
Wood	NT	_____	_____
Peterson	NT	_____	_____

FROSH/SOPH - 440 RELAY

Sequoia	43.3	_____	_____
Cubberly	44.1	_____	_____
Carlmont	44.5	_____	_____
Woodside	45.1	_____	_____
Cupertino	45.4	_____	_____
Homestead	45.5	_____	_____
Peterson	45.7	_____	_____
Buchser	45.7	_____	_____
Los Altos	45.8	_____	_____
Lynbrook	46.1	_____	_____
Monta Vista	46.4	_____	_____
Sunnyvale	46.4	_____	_____
Wilcox	46.8	_____	_____
Santa Clara	46.8	_____	_____
Palo Alto	NT	_____	_____

VARSITY - HIGH HURDLES

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
Clark, Rick	Menlo Atherton	14.6	_____	_____
Wipfler, Gary	Monta Vista	14.9	_____	_____
Bliss, Gordon	Carlmont	14.9	_____	_____
Neopolitan, Rick	Cupertino	15.5	_____	_____
Key, Jim	Awalt	15.6	_____	_____
Fourie, John	Sunnyvale	15.6	_____	_____
O'Sullivan, Steve	Palo Alto	15.8	_____	_____
Cheadle, Dale	Ravenswood	15.9	_____	_____
Crouch, Brian	Awalt	16.2	_____	_____
Jaimeson, Mark	Woodside	16.2	_____	_____
Bowman, Mike	Fremont	16.2	_____	_____
Martin, Jim	Lynbrook	16.4	_____	_____
Atencio, Jon	Buchser	16.7	_____	_____
Metcalf, Preston	Santa Clara	16.9	_____	_____
Wobber, Mike	Los Altos	16.9	_____	_____

FROSH/SOPH - HIGH HURDLES

Guthrie, Steve	Cupertino	1.6	_____	_____
Lutrell, Rick	Santa Clara	8.8	_____	_____
Grovillo, Fred	Sequoia	8.8	_____	_____
Malcolm, Dixon	Sequoia	9.0	_____	_____
Smith, Terry	Cubberly	9.2	_____	_____
Schievley, Rich	Sunnyvale	9.3	_____	_____
Graber, Bill	Los Altos	9.3	_____	_____
Leone, Joe	Buchser	9.3	_____	_____
Schubert, Eric	Monta Vista	9.4	_____	_____
Speno, Mark	Homestead	9.4	_____	_____
Hall, Stu	Carlmont	9.4	_____	_____
Wheat, Kent	Mountain View	9.4	_____	_____
Preciado, Mitch	Homestead	9.5	_____	_____
Cade, Rim	Awalt	9.7	_____	_____
Hidkleman, Mark	Los Altos	9.8	_____	_____

VARSITY - 880 YARD RUN

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
1	Jensen, Bruce	Buchser	1.56.8	_____	_____
2	Bishop, Wyatt	Carlmont	1.57.4	_____	_____
3	Incrocci, Joe	Lynbrook	2.00.8	_____	_____
4	Pramann, Al	Los Altos	1.58.0	_____	_____
5	Troedson, Mike	Los Altos	1.58.9	_____	_____
6	Young, Keith	Menlo Atherton	1.59.0	_____	_____
7	Fogelsong, Dave	Gunn	2.01.1	_____	_____
8	Bishop, Cary	Los Altos	2.01.5	_____	_____
1a	Picha, Brian	Homestead	2.01.7	_____	_____
2a	Hayes, Frank	Mountain View	2.02.0	_____	_____
3a	Maathuis	Cupertino	2.02.5	_____	_____
4a	Guzy, Jim	Menlo	2.02.9	_____	_____
5a	Porat, Roni	Palo Alto	2.03.1	_____	_____
6a	Steele, Charlie	Lynbrook	2.04.0	_____	_____
7a	Jackson, Chris	Cupertino	2.04.0	_____	_____

FROSH/SOPH - 880 YARD RUN

1	Chandler, Gary	Sequoia	2.00.3	_____	_____
2	Harvey, Larry	Peterson	2.03.14	_____	_____
3	Gifford	Cupertino	2.04.6	_____	_____
4	Foianini, Kurt	Carlmont	2.01.9	_____	_____
5	Crocket, Lonnie	Menlo Atherton	2.03.6	_____	_____
6	Baily, Mat	Buchser	2.03.8	_____	_____
7	Hanley, Tim	Los Altos	2.05.5	_____	_____
8	Jacoubowsky, Steve	San Carlos	2.06.0	_____	_____
1a	Hathaway, Scott	Lynbrook	2.07.5	_____	_____
2a	Niecarz, Dan	Buchser	2.07.5	_____	_____
3a	Newton, Jim	Carlmont	2.08.3	_____	_____
4a	Jacobs, Bob	Fremont	2.08.5	_____	_____
5a	Winck, Lothar	Wilcox	2.09.1	_____	_____
6a	Ramirez, Mark	Lynbrook	2.09.4	_____	_____
7a	Steele, Tom	Homestead	2.09.4	_____	_____

VARSITY - 100 YARD DASH

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
Bennett, Steve	Lynbrook	10.0	_____	_____
Hill, Eric	Woodside	10.0	_____	_____
Skinner, Mike	Santa Clara	10.0	_____	_____
Nash, Kim	Cubberly	10.0	_____	_____
Johnson, Bill	Lynbrook	10.1	_____	_____
Colling, Will	Los Altos	10.1	_____	_____
Matooka, Brian	Gunn	10.1	_____	_____
Baxter, Lee	Palo Alto	10.1	_____	_____
Doyle, Tim	Woodside	10.2	_____	_____
Mariani, Robert	Fremont	10.3	_____	_____
Dufer, Mike	Wilcox	10.3	_____	_____
Stickles	Sunnyvale	10.4	_____	_____
Leipziger, Jens	Fremont	10.5	_____	_____
Arno, Ken	Buchser	10.5	_____	_____
Wilks, Doug	Los Altos	10.5	_____	_____

FROSH/SOPH - 100 YARD DASH

Beal, Stan	San Carlos	10.2	_____	_____
Smith, Terry	Cubberly	10.2	_____	_____
Price, Andre	Carlmont	10.3	_____	_____
Zaiss, Eric	Homestead	10.4	_____	_____
Romero, Pat	Buchser	10.4	_____	_____
Torres, Steve	Lynbrook	10.4	_____	_____
Williams, Rob	Cupertino	10.4	_____	_____
Karas, Bill	Peterson	10.4	_____	_____
Oravillo, Fred	Sequoia	10.4	_____	_____
Thompson, Tony	Woodside	10.4	_____	_____
Kennedy	Sunnyvale	10.5	_____	_____
Anderson, Cam	Monta Vista	10.5	_____	_____
Eaton, Tom	Buchser	10.7	_____	_____
Akulow, Dan	Santa Clara	10.8	_____	_____
Rogers, Joe	Wilcox	10.8	_____	_____

Varsity - 440 Yard Run

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
Bishop, Wyatt	Carlmont	50.4	_____	_____
Bates, Paul	Menlo Atherton	49.3	_____	_____
Wallick, Rick	Buchser	50.8	_____	_____
Jensen, Bruce	Buchser	50.8	_____	_____
Spencer, Carlos	Carlmont	51.0	_____	_____
Alexander, Bill	Los Altos	51.3	_____	_____
Gill, Brian	Cubberly	51.3	_____	_____
Flagler, Jeff	Fremont	51.6	_____	_____
West, Dave	Los Altos	51.7	_____	_____
Incrocci, Joe	Lynbrook	51.9	_____	_____
Baxter, Lee	Palo Alto	52.1	_____	_____
Raineri, Walt	Buchser	52.5	_____	_____
Mills, Robert	Sunnyvale	52.7	_____	_____
Powell, Mark	Lynbrook	53.5	_____	_____
Nelson, James	Fremont	53.5	_____	_____

Frosh/Soph - 440 Yard Run

Gillsley, Dave	San Carlos	50.4	_____	_____
Jones, Vince	Sequoia	51.0	_____	_____
Oravillo, Frank	Sequoia	51.6	_____	_____
Carrion, Chris	Carlmont	51.6	_____	_____
Cook, Chris	Cubberly	51.6	_____	_____
Copeland, Craig	Los Altos	52.0	_____	_____
Splan, Devin	Peterson	52.5	_____	_____
Crawford, Paul	Peterson	53.1	_____	_____
Pugh, Eric	Sunnyvale	53.2	_____	_____
Adams, Greg	Cupertino	53.5	_____	_____
Nielson, Shawn	Lynbrook	53.7	_____	_____
Fregger, Jeff	Homestead	53.9	_____	_____
Pasos, Mark	Cupertino	54.0	_____	_____
Arno, Vern	Buchser	54.0	_____	_____
DalPosto, Steve	Wilcox	55.8	_____	_____

VARSITY - TWO MILE RUN

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
1	Love, Bob	Carlmont	9.28.5	_____	_____
2	Behrmann, Fred	Los Altos	9.44.5	_____	_____
3	McQueeney, Mike	Lynbrook	9.52.1	_____	_____
4	Mandamus, Greg	Carlmont	9.39.0	_____	_____
5	Bumbaca, Leroy	Wilcox	9.44.8	_____	_____
6	Reith	Fremont	9.52.8	_____	_____
7	Boynton	Cupertino	9.58.2	_____	_____
8	Thurston, Gary	Menlo Atherton	9.58.4	_____	_____
9	Cassara, John	Mountain View	9.58.8	_____	_____
10	Pawl, Tom	Wilcox	10.01.7	_____	_____
11	Orsua, Ron	Sunnyvale	10.06.1	_____	_____
12	Grimes, Dan	Monta Vista	10.08.7	_____	_____
13	Melberg, Scot	Palo Alto	10.13.0	_____	_____
14	Knab, Fred	Mountain View	10.20.6	_____	_____
15	Warnick, Ken	Carlmont	10.21.1	_____	_____

FROSH/SOPH - TWO MILE RUN

1	Waters, Ian	San Carlos	9.59.7	_____	_____
2	Sanchez, Rick	Sunnyvale	10.02.7	_____	_____
3	Brede, Alex	Los Altos	10.17.8	_____	_____
4	Pryor, James	Carlmont	10.06.0	_____	_____
5	Davies, Eric	Menlo Atherton	10.11.2	_____	_____
6	Vauoris, Martin	Cubberly	10.15.10	_____	_____
7	Avila	Cupertino	10.17.3	_____	_____
8	Jones, Marcus	Menlo	10.19.3	_____	_____
9	Useldinger, Kurt	Lynbrook	10.19.6	_____	_____
10	Bailey, Matt	Buchser	10.20.4	_____	_____
11	Smith, Kovert	Awalt	10.21.5	_____	_____
12	Winck, Lothar	Wilcox	10.23.3	_____	_____
13	French, Tyler	Awalt	10.24.0	_____	_____
14	Brown, Steve	Lynbrook	10.31.6	_____	_____
15	McGregor, Brent	Sunnyvale	10.31.7	_____	_____

VARSITY 330 LOW HURDLES

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
Clark, Richard	Menlo Atherton	39.2	_____	_____
Coffey, Rick	Menlo Atherton	39.4	_____	_____
Dietrich, John	San Carlos	39.8	_____	_____
Goes, Allan	Los Altos	40.1	_____	_____
Key, Jim	Awalt	40.1	_____	_____
Napolitan, Rich	Cupertino	40.6	_____	_____
Pomeroy, Chuck	Wilcox	40.6	_____	_____
Mott, Rod	Los Altos	41.0	_____	_____
Martin, Jim	Lynbrook	41.0	_____	_____
Crevelt, David	Woodside	41.2	_____	_____
Bliss, Gordon	Carlmont	41.4	_____	_____
Fourie, John	Sunnyvale	41.5	_____	_____
Viscovich	Cupertino	41.5	_____	_____
Pimental, Mark	Santa Clara	42.0	_____	_____
Woodbury, Tom	Homestead	42.2	_____	_____

FROSH/SOPH LOW HURDLES

Luttrell, Rick	San Carlos	38.7	_____	_____
Dixon, Malcolm	Sequoia	40.4	_____	_____
Guthrie, Steve	Cupertino	41.1	_____	_____
Oravillo, Fred	Sequoia	41.2	_____	_____
Deckart, Alan	Menlo Atherton	41.2	_____	_____
Baroni, Mike	Lynbrook	41.6	_____	_____
Wilson, Greg	Santa Clara	42.0	_____	_____
Scheivley, Rich	Sunnyvale	42.1	_____	_____
Moss, Jeff	Cubberly	42.1	_____	_____
Hidkleman, Mark	Los Altos	42.5	_____	_____
Bailey, Alan	Lynbrook	42.5	_____	_____
Ratkovich, John	Homestead	42.5	_____	_____
Rhyclik, Mark	Los Altos	42.6	_____	_____
Code, Jim	Awalt	43.3	_____	_____
Arbas, Rufino	Mountain View	43.6	_____	_____

VARSITY - 220 YARD DASH

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
Nash, Kim	Cubberly	22.5	_____	_____
Bennett, Steve	Lynbrook	22.6	_____	_____
Matooka, Brian	Gunn	22.6	_____	_____
Skinner, Mike	Santa Clara	22.8	_____	_____
Doyle, Jeff	Woodside	22.8	_____	_____
Sammet, Jeff	Ravenswood	23.0	_____	_____
Johnson, Bill	Lynbrook	23.1	_____	_____
Bree, Doug	Peterson	23.2	_____	_____
Wallick, Rick	Buchser	23.2	_____	_____
Beck, Mark	Awalt	23.3	_____	_____
Wilks, Doug	Los Altos	23.3	_____	_____
Stickle, Mark	Sunnyvale	23.4	_____	_____
Mariani, Mike	Fremont	23.4	_____	_____
Powell, Jeff	Woodside	23.5	_____	_____
Viscovich	Cupertino	23.9	_____	_____

FROSH/SOPH - 220 YARD DASH

Beal, Stan	San Carlos	22.9	_____	_____
Smith, Terry	Cupertino	23.0	_____	_____
Oravillo, Frank	Sequoia	23.0	_____	_____
Thompson, Tony	Woodside	23.1	_____	_____
Zaiss, Eric	Homestead	23.5	_____	_____
Kennedy, David	Sunnyvale	23.7	_____	_____
Williams, Rob	Cupertino	23.7	_____	_____
Anderson, Cameron	Monta Vista	23.8	_____	_____
Berstein, Mark	Fremont	23.8	_____	_____
Karas, Bill	Peterson	23.8	_____	_____
Cheadle, Rich	Carlmont	23.8	_____	_____
Copeland, Craig	Los Altos	23.9	_____	_____
Ramero, Pat	Buchser	24.0	_____	_____
Eton, Tom	Buchser	24.1	_____	_____
Doyugo, Paul	Santa Clara	24.1	_____	_____

VARSIITY - ONE MILE RUN

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
1	Behrmann, Fred	Los Altos	4.20.0	_____	_____
2	Farwell, Dan	Woodside	4.22.8	_____	_____
3	McQueeney, Mike	Lynbrook	4.28.5	_____	_____
4	Bumbaca, Leroy	Wilcox	4.20.4	_____	_____
5	Goodstein, Gery	Menlo	4.24.0	_____	_____
6	Norton, Don	Awalt	4.30.5	_____	_____
7	Orsua, Ron	Sunnyvale	4.30.7	_____	_____
8	Love, Bob	Carlmont	4.31.2	_____	_____
1a	Windes, Eric	Gunn	4.31.2	_____	_____
2a	Cowperthwaite	Fremont	4.32.2	_____	_____
3a	Nicklin, Jeff	Monta Vista	4.33.6	_____	_____
4a	Cowe, Bob	Sunnyvale	4.33.8	_____	_____
5a	Murray, Roger	Fremont	4.36.2	_____	_____
6a	Pramann, Al	Los Altos	4.42.6	_____	_____
7a	Mount, Tom	Peterson	4.42.8	_____	_____

FROSH/SOPH - ONE MILE RUN

1	Showalter	Fremont	4.33.3	_____	_____
2	Boyer, Fred	Cubberly	4.36.8	_____	_____
3	Smith, Kovert	Awalt	4.37.2	_____	_____
4	Harvey, Larry	Peterson	4.38.4	_____	_____
5	Sanchez, Rick	Sunnyvale	4.39.9	_____	_____
6	Brede, Alex	Los Altos	4.41.3	_____	_____
7	Packer, George	Gunn	4.43.0	_____	_____
8	Seperandeo, Leonard	Menlo Atherton	4.45.0	_____	_____
1a	Gifford, Don	Cupertino	4.46.1	_____	_____
2a	Moulas, Paul	Menlo Atherton	4.46.6	_____	_____
3a	Graycar, Tom	San Carlos	4.47.2	_____	_____
4a	Niekarz, Dan	Buchser	4.47.4	_____	_____
5a	Desmet, Paul	Buchser	4.48.4	_____	_____
6a	Jacobs, Bob	Fremont	4.49.1	_____	_____
7a	Blesch, Mark	Homestead	4.50.4	_____	_____

VARSITY - MILE RELAY

<u>SCHOOL</u>	<u>PREV-TIME</u>	<u>PLACE</u>	<u>TIME</u>
Sunnyvale	3.35.7	_____	_____
Menlo Atherton	3.35.7	_____	_____
Fremont	3.35.8	_____	_____
Woodside	3.36.6	_____	_____
Cupertino	3.41.1	_____	_____
Homestead	3.41.5	_____	_____
Buchser	3.29.2	_____	_____
Carlmont	3.30.4	_____	_____
Lynbrook	3.33.8	_____	_____
Los Altos	3.29.6	_____	_____
Awalt	3.32.7	_____	_____
San Carlos	3.34.5	_____	_____
Menlo	3.35.0	_____	_____

FROSH/SOPH - MILE RELAY

Menlo Atherton	3.36.3	_____	_____
Sunnyvale	3.38.5	_____	_____
Los Altos	3.41.1	_____	_____
Fremont	3.42.6	_____	_____
Santa Clara	3.44.8	_____	_____
Awalt	3.45.2	_____	_____
Monta Vista	3.47.1	_____	_____
Sequoia	3.27.9	_____	_____
Peterson	3.34.5	_____	_____
Cupertino	3.35.5	_____	_____
Carlmont	3.28.8	_____	_____
San Carlos	3.29.6	_____	_____
Buchser	3.35.7	_____	_____
Lynbrook	3.36.0	_____	_____
Woodside	3.36.1	_____	_____

VARSITY POLE VAULT

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-DISTANCE</u>	<u>PLACE</u>	<u>DISTANCE</u>
Watt, Charlie	Woodside	12' 0"	_____	_____
Dixon, Roy	Sequoia	12' 0"	_____	_____
Kappler, Mike	Buchser	12' 6"	_____	_____
Heintz, Gary	Buchser	12' 6"	_____	_____
Jennings, Thadd	Woodside	12' 6"	_____	_____
McMath, Joe	Buchser	13' 0"	_____	_____
Spierling, Mark	Los Altos	13' 0"	_____	_____
Carter, Eric	Lynbrook	13' 0"	_____	_____
Blum	Fremont	13' 0"	_____	_____
Doyle, Red	Menlo Atherton	13' 0"	_____	_____
Johnson, Wayne	Los Altos	13' 6"	_____	_____
Snyder, Tom	Lynbrook	13' 9"	_____	_____
Bayless	Sunnyvale	14' 0"	_____	_____
Nigh	Fremont	14' 0"	_____	_____
Bradley, Vince	Carlmont	14' 1 1/2"	_____	_____

FROSH/SOPH POLE VAULT

Berg, Bill	Los Altos	11' 0"	_____	_____
Chestnut, Scot	Los Altos	11' 0"	_____	_____
McGinnis, Darion	Carlmont	11' 0"	_____	_____
Brigenti, Robert	Santa Clara	11' 6"	_____	_____
Hazel, Mark	Buchser	11' 6"	_____	_____
Atkins	Cupertino	11' 9"	_____	_____
Bayless	Sunnyvale	11' 9"	_____	_____
Baldwin, Mike	Buchser	12' 0"	_____	_____
Watt, Darrow	Woodside	12' 0"	_____	_____
Luttrell, Rick	San Carlos	12' 0"	_____	_____
Allan, Jamie	Carlmont	NM 12' 0"	_____	_____
McAlexander	Monta Vista	12' 3"	_____	_____
Kibort	Fremont	12' 3"	_____	_____
Preciado	Homestead	13' 3"	_____	_____
Bradley, Mike	Carlmont	14' 1 1/4"	_____	_____

VARSITY TRIPLE JUMP

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-DISTANCE</u>	<u>PLACE</u>	<u>DISTANCE</u>
Eager, John	Buchser	40.11	_____	_____
Watkins	Cupertino	41.7	_____	_____
Jolley, Pete	Lynbrook	41.7	_____	_____
Acosta, Fred	San Carlos	41.9	_____	_____
Lucich	Fremont	42.7 $\frac{1}{2}$	_____	_____
Uhrich, Craig	San Carlos	42.8 $\frac{1}{4}$	_____	_____
Layton, Brett	Santa Clara	42.9 $\frac{1}{2}$	_____	_____
Heyne, John	Monta Vista	43. $\frac{1}{2}$	_____	_____
Reese	Sunnyvale	43.2 $\frac{1}{4}$	_____	_____
O'Sullivan, Steve	Palo Alto	43.6 $\frac{3}{4}$	_____	_____
Zoppi, Al	Wilcox	43.7 $\frac{1}{2}$	_____	_____
Montero, Rich	Carlmont	44.3 $\frac{1}{2}$	_____	_____
Buckley, Paul	San Carlos	44.4 $\frac{1}{2}$	_____	_____
Vecchiet, Tony	Los Altos	46.6 $\frac{3}{4}$	_____	_____
Bates, Paul	Menlo Atherton	46.11	_____	_____

FROSH/SOPH TRIPLE JUMP

Polini, Glen	Santa Clara	38.9 $\frac{1}{2}$	_____	_____
Calloway	Ravenswood	38.11	_____	_____
Thompson, Tim	Carlmont	39.3 $\frac{1}{2}$	_____	_____
Afleck, Ty	Cubberley	39.8	_____	_____
Pauli, Jim	Los Altos	39.10 $\frac{1}{4}$	_____	_____
Carrion, Chris	Carlmont	39.10 $\frac{1}{4}$	_____	_____
Jones, Vince	Sequoia	39.11	_____	_____
Gallagher, Wally	Wilcox	40. $\frac{3}{4}$	_____	_____
Arbas, Rufine	Mountain View	40.10	_____	_____
Louie	Fremont	41.7	_____	_____
McCurdy, Jim	Monta Vista	41.10	_____	_____
Grolle, Fred	Los Altos	42.3	_____	_____
Finley	Cupertino	42.7 $\frac{3}{4}$	_____	_____
Motch	Fremont	42.10 $\frac{1}{2}$	_____	_____
Hannah, Greg	Lynbrook	43.3	_____	_____

Varsity Shot Put

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-DISTANCE</u>	<u>PLACE</u>	<u>DISTANCE</u>
Garcia, Carlos	Wilcox	41' 0"	_____	_____
Ferris, Ken	Wilcox	42' 4 ¹ / ₂ "	_____	_____
Chapman	Woodside	46' 4 ³ / ₄ "	_____	_____
Carlyle	San Carlos	47' 2 ¹ / ₄ "	_____	_____
Weigand, Dave	Lynbrook	49' 8 ¹ / ₂ "	_____	_____
Youmans	Cupertino	50' 2 ³ / ₄ "	_____	_____
Perry	Fremont	51' 1 ³ / ₄ "	_____	_____
Mohl	Sunnyvale	51' 8 ³ / ₄ "	_____	_____
Blockinger, Tim	Cupertino	51' 9 ¹ / ₂ "	_____	_____
Newson	Menlo Atherton	52' 3"	_____	_____
Franklin, Ray	Los Altos	52' 5 ¹ / ₂ "	_____	_____
McKittrick	Carlmont	52' 10 ¹ / ₄ "	_____	_____
Young, Todd	Los Altos	53' 0"	_____	_____
Suelflohn	Woodside	54' 0"	_____	_____
Pear, Matt	Los Altos	56' 9"	_____	_____

Frosh/Soph Shot Put

Condos, John	Los Altos	45' 0"	_____	_____
Marks, Randy	Los Altos	45' 1 ¹ / ₂ "	_____	_____
Morrison, John	Awalt	46' 4 ¹ / ₂ "	_____	_____
Arnick	Menlo Atherton	46' 8 ¹ / ₄ "	_____	_____
Paleologos	Woodside	47' 6 ¹ / ₄ "	_____	_____
Avery	Menlo Atherton	47' 6 ¹ / ₂ "	_____	_____
Green	Fremont	47' 9 ³ / ₄ "	_____	_____
Jacobs, Dennis	Buchser	48' 2 ¹ / ₂ "	_____	_____
Arnez	Cupertino	48' 5"	_____	_____
Little, John	Awalt	49' 2"	_____	_____
Small	Cupertino	49' 4 ¹ / ₂ "	_____	_____
Sorenson	Sunnyvale	50' 1 ¹ / ₄ "	_____	_____
Chang	Menlo	50' 7 ¹ / ₄ "	_____	_____
Thompson	Sunnyvale	52' 3 ³ / ₄ "	_____	_____
Awbrey	Menlo Atherton	57' 6 ¹ / ₄ "	_____	_____

VARSITY HIGH JUMP

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-DISTANCE</u>	<u>PLACE</u>	<u>DISTANCE</u>
Roberts	Carlmont	5' 8"	_____	_____
Ross	Cubberly	5' 10"	_____	_____
Kappler, Mike	Buchser	5' 10"	_____	_____
Critchfield, Mike	Los Altos	5' 10"	_____	_____
Armstrong	Palo Alto	6' 0"	_____	_____
Clark	Menlo Atherton	6' 0"	_____	_____
Woodberry	Homestead	6' 0"	_____	_____
Woods, Brett	Lynbrook	6' 0"	_____	_____
Wise, Steve	Awalt	6' 0"	_____	_____
Viscovich	Cupertino	6' 1"	_____	_____
Fine, Howard	Lynbrook	6' 2"	_____	_____
Alexander, Steve	Los Altos	6' 2"	_____	_____
Montero	Carlmont	6' 3"	_____	_____
Hunting	Cupertino	6' 5"	_____	_____
Sindel, Mark	Santa Clara	6' 5 ¹ / ₄ "	_____	_____

FROSH/SOPH HIGH JUMP

Riley, Mike	Buchser	5' 6"	_____	_____
Bailey, Scott	Los Altos	5' 7"	_____	_____
Wright, Charles	Peterson	5' 7"	_____	_____
Parker, John	Palo Alto	5' 8"	_____	_____
Cesena, Ken	Lynbrook	5' 10"	_____	_____
Spivey, Mesha	Woodside	5' 10"	_____	_____
Dixon, Malcon	Sequoia	5' 10"	_____	_____
Texera	Cupertino	5' 11"	_____	_____
Hannah, Greg	Lynbrook	6' 0"	_____	_____
Parsons, Scott	Santa Clara	6' 0"	_____	_____
Schubert, Eric	Monta Vista	6' ³ / ₄ "	_____	_____
Unruh, Ken	Lynbrook	6' ³ / ₄ "	_____	_____
Dabanian, Erik	Carlmont	6' 1 ¹ / ₄ "	_____	_____
Hall, Stu	Carlmont	6' 1 ¹ / ₄ "	_____	_____
Graber, Bill	Los Altos	6' 2 ¹ / ₄ "	_____	_____

VARSITY DISCUS

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-DISTANCE</u>	<u>PLACE</u>	<u>DISTANCE</u>
Suelflohn	Woodside	133.3 ¹ / ₂	_____	_____
Casey, Doug	Wilcox	135.6	_____	_____
Long, Doug	Los Altos	139.11	_____	_____
Carlyle	San Carlos	140.4 ¹ / ₂	_____	_____
Huser	Cupertino	142.3	_____	_____
Newson	Menlo Atherton	144.7	_____	_____
Wells	Palo Alto	145.1 ³ / ₄	_____	_____
Pear, Matt	Los Altos	146.7	_____	_____
Parsons, John	Santa Clara	147.6	_____	_____
Bergquist	Palo Alto	154. ¹ / ₂	_____	_____
Chapman	Monta Vista	159.8	_____	_____
Franklin, Ray	Los Altos	168.3	_____	_____
Blockinger	Cupertino	171.8	_____	_____
Perry	Fremont	172. ¹ / ₂	_____	_____
Duggan	Monta Vista	179.5 ¹ / ₂	_____	_____

FROSH-SOPH DISCUS

Little, John	Awalt	117.2	_____	_____
Davis, Doug	Buchser	117.3	_____	_____
Burlison, Jack	Mt. View	118.8	_____	_____
Marks, Randy	Los Altos	122.6	_____	_____
Fioanini	Carlmont	128. ¹ / ₂	_____	_____
Awbrey	Menlo Atherton	133.4	_____	_____
Owen	Gunn	133.11	_____	_____
Engel	Santa Clara	136.4	_____	_____
Lewis	Lynbrook	136.9	_____	_____
Lewis	Woodside	136.11	_____	_____
Arnez	Cupertino	137.0	_____	_____
Small	Cupertino	140.8	_____	_____
Thompson	Sunnyvale	140.8 ¹ / ₂	_____	_____
Ezerski	Cupertino	142.4	_____	_____
Avery	Menlo Atherton	144. ¹ / ₂	_____	_____

VARSITY LONG JUMP

<u>NAME</u>	<u>SCHOOL</u>	<u>PREV-DISTANCE</u>	<u>PLACE</u>	<u>DISTANCE</u>
Goes, Alan	Los Altos	20.5	_____	_____
Watkins	Cupertino	20.6	_____	_____
O'Sullivan	Palo Alto	20.7 ¹ / ₄	_____	_____
Uhrich	San Carlos	20.7 ¹ / ₄	_____	_____
Vecchiet, Tony	Los Altos	20.8 ¹ / ₂	_____	_____
Zoppi, Al	Wilcox	21.0	_____	_____
Nakashima, Doug	Awalt	21.1	_____	_____
Matooka	Gunn	21.3 ¹ / ₂	_____	_____
Reese	Sunnyvale	21.5 ¹ / ₂	_____	_____
Mills	Sunnyvale	21.5 ³ / ₄	_____	_____
Montero	Carlmont	21.6 ³ / ₄	_____	_____
Wipfler, Gary	Monta Vista	22.5 ¹ / ₂	_____	_____
Wise, Steve	Awalt	22.7	_____	_____
Bennett, Steve	Lynbrook	22.7 ¹ / ₂	_____	_____
Bates	Menlo Atherton	23.3	_____	_____

FROSH-SOPH LONG JUMP

Hallesy	Palo Alto	18.7 ¹ / ₂	_____	_____
Thomas	Sequoia	18.7 ¹ / ₂	_____	_____
Afleck	Cubberly	18.9	_____	_____
Lunsford	Carlmont	18.10	_____	_____
Bruce	Menlo Atherton	19.10	_____	_____
Moyer	Lynbrook	20.1	_____	_____
Collins, Mark	Los Altos	20.2	_____	_____
Grelle, Fred	Los Altos	20.2 ¹ / ₂	_____	_____
Louie	Fremont	20.3 ¹ / ₄	_____	_____
Johnson	Monta Vista	20.6	_____	_____
Ngai, Trevor	Peterson	20.7 ¹ / ₂	_____	_____
Romero, Pat	Buchser	20.8	_____	_____
Cox	Homestead	20.10 ¹ / ₂	_____	_____
Gradaigo, Rod	Buchser	21.1 ¹ / ₂	_____	_____
Finley	Cupertino	21.3 ¹ / ₂	_____	_____

DE ANZA COLLEGE TRACK CLINIC

DIRECTOR: JIM PETRALIA

- ASSISTANT DE ANZA TRACK COACH
- EX PAC-8 COMPETITOR - UC BERKLEY
- ATTENDED U.S. OLYMPIC SPRINT & HURDLE CAMP
- STATE J.C. 440 IM HURDLE CHAMPION

BEGINS: JUNE 22 - 8 WKS

\$15 REGISTRATION

6:30 pm - 8:15 pm

AGE GROUPS:

12-13 TUESDAY

14-17 WEDNESDAY

18 and over THURSDAY

AREAS TO BE COVERED:

- SPRINT FORM (as well as distance running form)
- STARTING TECHNIQUES (blocks and standing)
- HURDLE FORM (highs and lows)
- RACE TACTICS
- ~~WEIGHT TRAINING~~
- BASIC PHYSIOLOGY (diets)
- BIOMECHANICS
- JUMPS - LONG, TRIPLE, HIGH
- CURVE RUNNING
- TRAINING TECHNIQUES
- and more

SPECIAL POLE VAULT
SECTION given by ED OTTER

A former UC Berkley vaulter,
17'5", Ed is a true technician
of the pole vault.