

Jaguar shot putter Laut sights record effort

By DON CHAPMAN
Staff Writer

San Jose's reputation as a *heavy* place got a little heavier this year when David Laut transferred to San Jose City College.

In his second meet of the year, Laut tossed the 16-pound iron ball 59-8½, the top mark by a junior collegian in the U.S. this year.

These days he spends staring at a spot in a patch of red cinders inside the City College track and tries to put the shot past that spot.

Since coming to City College, Laut's spot has become increasingly distant. He has added three feet this year. And the end is not in sight.

Laut has his sights set on 63 feet, which would surpass Ron Simkew's 62-10 community college national record.

Simkew, along with Al Feuerbach, Mac Wilkins, John Powell and Mike Weeks have given San Jose its image as a weightman's haven.

The best Laut could do Wednesday was 56-0 in

a double dual meet against De Anza and Diablo Valley.

"I wasn't happy with 56 feet, I hit it twice," Laut said. "I hit one about 58 in warmups but then it started to rain and I got psyched out. When the ring gets slippery, it bugs me. I lost my concentration."

"Don't think about anything just before you put," SJCC weight coach Gary O'Sullivan told Laut between throws. "It's just like Buddhist meditation, your mind should be completely clear. Think about nothing."

"He's always talking about this yoga stuff," Laut said later. "I don't understand it. I think it's probably a lot of B.S. But maybe it's true. The shot didn't feel right in my hand and then I started thinking about the ring being slippery and people were walking around."

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San Jose City's relay teams have also posted national bests. The 440 foursome—Horace Ber-

ry, Eugene Rachal, Sherman Jones and Ken Merriweather—has recorded 41.2. The mile team—Rachal, Greg Johnson, Fred Harvey and Russell Harris—has done 3:15.2.

San Jose 130, De Anza 78; San Jose 119, Diablo Valley 20; De Anza 73, Diablo Valley 60

440 relay: SJ 43.4, DA 45.1. 100: Merriweather (SJ) 10.3, Jones (SJ) 10.5. 200: Rachal (SJ) 21.4, Jones (SJ) 21.5. 400: Johnson (SJ) 49.5. 800: Harris (SJ) 1:56.2. 1500: Fabris (SJ) 4:02.5. 2-mile: Montenegro (SJ) 9:25.5. Parish (SJ) 9:25.6. 110 HH: Reed (SJ) 14.6, Monroy (SJ) 14.7. 400 IH: Palon (DV) 54.5. SP: Laut (SJ) 56-0. Discus: Rogers (DV) 155-7. LJ: Tale (SJ) 22-9¾. TJ: Roias (SJ) 48-0¾. HJ: Wilson (DV) 7-1, Gibbs (SJ) 7-0. Javelin: Hart (SJ) 175-4, Hurd (DA) 169-3. PV: Kennedy (SJ) 14-0, Adams (SJ) 14-0, Porter (SJ) 14-0.

Foothill 73, CCSF 72

440 relay: CCSF 42.3. 100: Willis (SF) 10.5. 110 HH: Hatch 15.6. 200: Nash (F) 22.6. 400: Haynes (SF) 48.8. 400 IH: Hatch (SF) 57.1. 800: Taylor (F) 1:58.6. 1500: Taylor (F) 4:09.5. 2-mile: Hidalgo (F) 9:54.6. Mile relay: CCSF 3:27.3. SP: Vonogas (F) 45-8¼. HJ: Hatch (SF) 6-6. LJ: Haynes (SF) 21-3. Discus: Vonogas (F) 161-9. PV: McGourty 14-0. TJ: Haynes (SF) 44-11½. Javelin: Longbottom (F) 163-7.

Chabot 91, West Valley 49

440 relay: both teams disqualified. 100: McRae (C) 10.8. 200: Munday (C) 22.6. 400: Judy (C) 49.6. 800: Emery (C) 2:01.9. 1500: Smith (C) 4:01.7. 2-mile: Smith (C) 9:25.2. 110 HH: Veatch (C) 15.4. 400 IH: Villaluna (C) 56-8. Mile relay: Chabot 3:26.6. SP: Robinsn (C) 49-111½. HJ: Peterson (C) 6-2. LJ: Grady (WV) 21-5. Discus: DiRegolo (C) 149-11. TJ: Jackson (C) 46-7¼. Javelin: Howard (C) 188-3. PV: Oravetz (WV) 16-7½.