

MEET

C.C.S Region II

PLACE

Foothill College

DATE

5/20/77

Varsity

X

Jr. Varsity

Soph.

W O A S M I T H

	1	2	3	4	5	
440 Yd. Relay	CARLMONT 43.3	Sequoia 43.3	Lynbrook 43.6	Buchser 43.9	Gunn 43.9	No Sixth
120 HH	Clark (MA) 14.2	Dixon (Seq) 14.2	Guthrie (Cup) 14.3	Montavista 14.7	Mountainview 15.0	Leone (Buchser)
880 Yd. Run	1:54.5 Jensen (BU)	1:57.7 Young (MA)	1:59.8 Troop (LA)	2:00.1 Wallace (Sc)	2:01.02 Picha (Ho)	Newton (Cup)
100 Yd. Dash	9.8 Oravillo (Seq)	9.8 Price (CA)	9.9 Boal (Sc)	10.0 Renne (Jyn)	10.0 Skinner (S.C.)	Beltrano
440 Yd. Dash	Seeley (Lyn) 49.5	Thompson (un) 49.5	Cope (LA) 50.6	Gillioley (Sc) 51.3	Vega (MTV) 51.6	Gilson (Aval)
2 Mile Run	Love (CA) 9:20.3	Mandank 9:24.5	Bruno (Saratoga) 9:20.7	Keith (Freemont) 9:33.7	Grimes (mv) 9:44.7	Jones (men)
380 LH	38.3 Guthrie (Cup)	38.4 Luttrell (Sc)	38.4 Matoska (Cym)	38.6 Hall (mv)	39.4 Beal (Apterson)	Hall (CAAL)
220 Yd. Dash	22.2 Beal (Sc)	22.4 Oravillo (Seq)	22.8 Price (CA)	22.8 Beltrano (Ho)	25.3 Skinner (Sc)	No Sixth
1 mile Run	4:22.5 Smith (Aval)	4:22.8 Thurston (MA)	4:23.2 Worris (CA)	4:23.6 Robe (Saratoga)	4:25.6 Micklin (MV)	Manlanis
1 mile Relay	3:21.5 San Carlos	3:24.5 M-A	3:24.5 Lyn	3:25.3 Buchser	3:25.9 Wood	3:25.9 Sequoia
Shot Put	Hornstead 56'2 1/2 Schwartz	Hornstead 54'10 1/2 Tomhave	Los Altos Franklin 54'9 1/2	Los Altos Pear 54'8	Woodside Sueflorn 54'5 1/2	Neuwson MA 54 1/2
Discus	Los Altos Francis 174'7	171'11 Struble (SV)	Hornstead 163 3/4 Angelopoulos	Hornstead Schwartz 159'10 1/2	Cupertino Ezeriski 158'11	Albrey MA 157'
Pole Vault	Fremont Westlund 14'3	Lynbrook McElvaney 14'3	Montavista 14'0 McAlexander	14'0 Allen (CA)	Lynbrook Bell 14'0	Shinner
High Jump	6'6 Viscovich (Cup)	6'4 Graber (LA)	6'2 Alexander (LA)	Shubert (MV) 6'2	Critchfield (LA) 6'0	Pearson 6'0
Long Jump	Bates (MA) 23'1	Jordan (G) 22'4	Cox (H) 22'4 1/2	Kel (Aval) 22'3	Maples (CA) 22'1 1/2	Finley Cup 22'4
Triple Jump	Bates (MA) 48'2 1/2	Jordan (G) 47'4	Groffe (LA) 45'7 3/4	Jolley (Lyn) 45'4	Oravillo (Seq) 44'9 1/2	McCully
Viscovich					TOTAL	

MEET C. C. S. Region II
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Varsity Frosh-soph Jr. Varsity X Soph.

	1	2	3	4	5			
440 Yd. Relay	Cubberley 44.1	MA 44.8	Cupertino 44.9	Sequoia 46.4	Santa Clara 46.5	No	Six	6
120 HH	Plate (MA) 9.1	Mocho (Fremont) 9.3	Rubio (Lyn) 9.4	Duran (A) 9.5	Suain (CA) 9.6			
880 Yd. Run	1:59.4 Herrera (CA)	2:01.5 Ross (Bu)	(SCL) 2:02.6 Fuhrman	2:02.9 Corless (Wo)	2:04.1 Hartman (Ma)		Steele	Honors
100 Yd. Dash	10.2 Green (Cub) 6	10.4 Miller (MA)	10.4 Patrick (Seq)	10.4 Williams (sc)	10.4 Briaman (Fre)		Washington	L
440 Yd. Dash	51.8 Cook (Cub) 6	52.0 Creedon (cup)	52.3 Herrera (CA)	52.7 Townsend (Lyn)	53.1 Tallo (cup)		Fletcher	Hon
2 Mile Run	9:45.7 Avila (cup)	9:49.3 O'Connor (CA)	9:49.8 Mellquist (CA)	10:00.5 Prior (CA)	10:07.3 Hoch (MA)		Colvin	Lyn
180 LH	34.9 Moss J.E (Cub) 6	41.2 Deckard (MA)	41.4 Ritter (Ma)	41.6 Suain (CA)	42.4 Friend (cup)		John	Gate
220 Yd. Dash	22.7 Green (Cub) 6	23.3 Williams (sc)	23.4 Akulow (SCL)	23.6 Washington (wo)	23.6 Patrick (seq)		Berstein	
1 mile Run	4:28.2 Vavotis (Cub) 6	4:30.2 Avila (cup)	4:32.8 Xeager (Fre)	4:33.1 Wimmer (M.S.)	4:37.7 Pierce (CAH)		O'Connor	6
1 mile Relay	Cub 3:27.2	Cup 3:30.	Santa Clara 3:30	Cardinal 3:33.2	MA 3:33.6		W.	no
Shot Put	57' 4 1/2 Morton (Men) 6	Engle (SCL) 55' 6 1/2	52' 11 Gonzales (cup)	52' 5 1/2 Weyes (Awalt)	Small (cup) 51' 4		Paleologos	
Discus	136' 9 1/2 Engel Santa Clara	? Horn 148' 1 1/2	140' 7 Heming MV	140' 3 1/2 Small cup	139' 5 1/2 Paleologos wo		Kruger	LA
Pole Vault	13' 6" Worphyge CA	13' 3" Byers - Menalinda	12' 6" Hazel-Bucher (He)	12' 6" Sutherland Fremont (Ho)	12' 0" Pills Ca 12' 0"			
High Jump	6' 2 Foster Santa Clara	Lynbrook Hannah 6' 0	6' 0 Stuart Gunn	WO Gilk Barrio	5' 10 Cizackas MA		Silver	WO
Long Jump	21' 7 Lumacted (Bu)	21' 3 1/4 Carpenter Bu	20' 11 1/2 Woodson (MA)	20' 11 Thompson (CA)	(sc) 20' 11 Washington		Ngan	Pes
Triple Jump	Hanna Lyn 44' 0	43' 0 3/4 Thompson Carl	42' 7 Bell MA	42' 6 3/4 Carpenter, Bucher	42' 2 1/2 Match, Fre		Gilk	Barrio
					TOTAL			

SPAL spikers take Region II by storm

By MIKE NOLAN
Tribune Sports Writer

The best mile relay competition between two SPAL teams in history provided a fitting finish to a Region II track and field meet dominated by SPAL athletes yesterday at Foothill College.

San Carlos nipped Menlo-Atherton behind Dave Gillooley's kick in the final 50 yards, with both teams clocked in 3:21.5, tops this season in the Central Coast Section and third best in SPAL history.

That gave the SPAL — which

has only six of the 23 Region II schools — 24 of the 64 qualifying spots, including eight of the 16 winners, for next Friday's CCS finals at San Jose City College.

The SPAL also outscored both the De Anza Athletic League and Santa Clara Valley Athletic League, 205-168-121, respectively, according to figures provided by meet scorers.

Carlmont, apparently, won the team title, though a protest was lodged by a non-SPAL team which may threaten both Carlmont's 57-56 victory over

runnerup Menlo-Atherton, and Dan Norris' CCS status.

The protest was made following the participation of four Carlmont runners in the mile. Norris, running a life best 4:23.2, was third behind Awallt's Kobart Smith (4:22.5) and M-A's Gary Thurston (4:22.8), both also life bests.

M-A senior Keith Young ran his finest 880, 1:57.7, a tenth off the school record officially. Buchser's Bruce Jensen won in a meet record 1:54.5.

"I'm pleased. Now I'm hoping Jensen can drag me to a third at CCS (and thus a state meet spot)," said Young.

Thurston, kicking harder than usual on the third lap, ran beautifully in the mile for M-A, as did Norris for Carlmont. Both were more than five seconds under their bests. As expected, Carlmont junior Bob Love won the two-mile in 9:20.3, with teammate Greg Mandanis a solid second in 9:24.5.

While Thurston said, "I'm running better mainly because I don't have to run the two-mile," Love felt he would be ready to win the CCS two-mile because he's now through with the mile.

Carlmont's 440 relay team, anchored by Price, upset Sequoia, with both clocked in 43.3, neither team's best.

M-A's Bates, jumping only three times altogether in the horizontal leaps, won the long jump in 23-1 and the triple jump in a meet record 48-2¼.

"That's five jumps over 48 now after my first (his CCS-leading 48-11¼). But the ankle doesn't feel too good," said Bates between his two jumps. The way he ran in the mile relay, he's either got great courage or great stubbornness.

The SPAL otherwise disappointed in the field. No one qualified in the high jump, as expected, and it was no surprise no discus man made CCS either. Carlmont junior Jamie Allen won a clutch "vault-off" at 14-0 for fourth in the pole vault, three inches shy of his best.

But the shot put was disap-

Carlmont coach Loren Lansberry was told by the protesters that he shouldn't have entered more than three men in that race, as per national regulations, which suddenly seem to have been applied in this meet.

The meet director, Palo Alto coach Don Cavender, said he would have to submit the protest to the CCS office for a ruling.

"If the protest is upheld by the CCS, I believe all four Carlmont milers will be disqualified," said Cavender, in answer to a question regarding how the point total might be affected. That would take seven points from Carlmont, six for third and one for sixth. It also, apparently, would deny Norris his CCS spot.

But Lansberry doesn't think it will happen.

"We've had four entries before (in the pole vault, for example) and nothing was said. I did look it up, and it does state, 'in meets which involve four or more schools, not more than three competitors from a given school shall be allowed to start in any individual event.'"

"Since we've always allowed as many as qualify from our league to go, I wasn't aware of this applying, since we've had four before.

"The key to the rule is that it says, 'shall be allowed to start.' It says nothing about what happens after they are permitted to run. It was up to the meet officials to inform us that we could not enter that fourth man. They made the mistake by allowing us to enter him, and they should have told us before the race."

Carlmont's fourth runner was a late entry, the first alternate replacing an ill runner who had scratched.

Carlmont's biggest rival, M-A coach Plato Yanicks, only shook his head and greed with Lansberry.

"It would be wrong to take away the points or Norris' spot. And we sure wouldn't want to win the title that way."

Back to the mile relay: Since Silver Creek of San Jose won the Region III finals last night in 3:22.0, San Carlos and M-A take the CCS lead and both can be legitimately hopeful for the state meet.

"I thought we could do it, since (Please turn to Pg. 10, Col. 1)

in the other hurdles race, Luttrell ran his life best, 38.4, while losing by a tenth to Cupertino's fine junior, Steve Guthrie.

Yet another junior, Woodside's Tony Thompson, ran a life best 48.5 for a narrow second in the 440 to Lynbrook's Scott Seeley, given the same time. Thompson has improved by more than two seconds in two weeks.

SPAL sprinters rule region meet

(Continued from Page 9)

everyone had run a life best earlier tonight," said Don coach Jim Luttrell, who provided these splits: Greg Wallace 51.3 (his best), Rick Luttrell 50.5 (he's healthy after a groin pull), Stan Beal 49.9, Gillooley 49.8. Gillooley, who didn't run a strong 440, was magnificent down the stretch.

Luttrell credited his assistant, Vance Anderson, with the relay team's improvement.

But M-A was splendid also, topping by a tenth-second its 1960 school record. Yanicks' splits: sophomore Art Nicholson 50.2 ("terrific"), Keith Young 50.6, Paul Bates 49.2 (on an injured ankle), soph Ted Nicholson 51.5.

The SPAL's crop of superb junior sprinters did even better than expected. Sequoia's Fred Oravillo won the 100 in 9.8, tying his best, with Carlmont's Andre Price and Beal following in 9.8 and 9.9, Beal won the 220 in 22.2, followed by Sequoia's Frank Oravillo (22.4) and Price (22.8).

Unfortunately, Price popped his knee out three strides from the 220 finish. With mile relay regular Chris Carrión also sidelined, it ruined Carlmont's CCS hopes in that event and may have ended Price's season.

But M-A's Richard Clark, who feared his year might be ended by a hamstring pull, returned to win the high hurdles in 14.2, with Sequoia junior Malcolm Dixon given the same time though a definite second.

pointing. Woodside's Bob Suelflohn, second in the CCS with a 58-1½ best, managed only 54-6½ for fifth and M-A's Marshall Newson (56-7¾) was sixth, well short at 54-2½.

But in frosh-soph competition, Menlo School's Chris Morton uncorked a 37-4¼ shot, best in the CCS, according to Knight weight coach John Callahan.

Carlmont apparently won that one too, 65-60 over Cubberley, with M-A third at 59½. But because of mistakes in running the discus, that event won't be held until Tuesday at West Valley College. Carlmont has two competitors in it, Cubberley none and M-A one.

Carlmont's Walt Worthge set a meet record with a 13-6 pole vault, and teammate Kirk Herrera tied one with a 1:59.4 in the 330, both clutch life bests. The other SPAL winner was M-A's Jim Plate, 9.1 in the 70 high hurdles.

"That was a great effort by Worthge," said Lansberry. "He's only a sophomore."

Impressive second places were taken by M-A freshman Glenn Miller (10.4 in the 100), SC freshman Darren Williams (23.4 in the 220), Carlmont freshman Kevin O'Connor (9:49.7 two-mile) and Carlmont sophomore Tim Thompson (43-0¾ triple jump). M-A soph Steve Woodson went 20-11½ for a surprising long jump third, while Carlmont's Steve Dietrich barely missed a place with a Scot freshman record 20-8.

Varsity

Seven Spikers Reach Finals

By BETH GOULD

The SPAL track season is over, but for those talented individuals who have qualified for CCS competition, the year is just beginning.

The Bears secured seven spots in this Friday's CCS finals, two of them belonging to Paul Bates, as the squad amassed 56 team points in last Friday's Region II track meet, held at Foothill College.

The showing was good for second place in the team standings, just one point behind Carlmont.

The parade of M-A athletes going on to the finals was led by Bates, who, in a grand total of just three jumps, won both the long and triple jumps, winning with leaps of 23-1 and 48-2 1/4, respectively.

The latter shattered the old meet record by almost a foot.

Bates, the only athlete to take a double win in the finals, also anchored the second-place mile relay in an outstanding 3:21.5.

The race was the highlight of the meet, culminating in a dramatic photo finish between the M-A and San Carlos units. Even though the Dons were clocked in the same 3:21.5, judges ruled that they hit the tape first.

In other events, hurdler Richard Clark, suffering from a hamstring pull, tied with Sequoia's Malcolm Dixon for first place in the 120 yard high hurdles, both hitting the string at 14.2. His effort tied a meet record set in 1971.

Half-miler Keith Young ran a life best 1:57.7 to take an easy second place in the 880. Young also ran in the mile relay.

Distance man Gary Thurston broke through to a second place in the mile clocking a 4:22.8.

The mile was the scene of a controversy which may cause Carlmont to forfeit the team title to M-A. The

Scots entered one more than the three allowed participants in the mile run.

An impending CCS rules committee decision will decide whether Carlmont will be penalized for the action.

UNTOGETHER

M-A's weightmen who had been the SPAL's strongest unit in league competition, could not seem to get together.

Shot putter Marshall Newton had to settle for sixth place by muscling the shot 54'0 1/2". Teammate Craig Awbrey also took a sixth, hurling the discus 157'7 1/2".

Following their elder teammates' example, the Frosh-Soph Bears also made a respectable showing, collecting eight spots in the finals.

M-A came in third behind Carlmont and Cubberley in team scoring, with 59 1/2 points. Twenty-two schools were competing in the meet.

Error: M-A ties Scots for Region track crown

A change in the official scoring of Region II track and field finals has given Menlo-Atherton High a tie for the championship with Carlmont.

It was originally scored that Carlmont had won the 23-school meet over its SPAL rival, 57-56, last Friday at Foothill College.

But a check of the rule book showed that Carlmont was credited with four points for an outright fourth place in the pole vault. The Scots should have been given three points for a tie for fourth (a split of the total points, four for fourth and two for fifth).

Carlmont's Jamie Allen and a Lynbrook vaulter finished tied for fourth at 14-0. Allen won a vault-off for the fourth and final Central Coast Section meet berth. But, according to the rules, he was entitled to only three points because the vault-off determined advancement only.

Jones, Frank Oravillo) 43.3, Lynbrook 43.6, Buchser 43.9.

120 HH — Clark (M-A) 14.2mr, Dixon (Seq) 14.2, Guthrie (Cup) 14.3, Wipfler (M Vista) 14.7.

880 — Jensen (Buchser) 1:54.5mr, Young (M-A) 1:57.7, Troedson (LA) 1:59.8, Wallace (S Carlos) 2:00.1, 6. Newton (Carl) 2:02.1.

100 — Fred Oravillo (Seq) 9.8, Price (Carl) 9.8, Beal (S Carlos) 9.8, Bennett (Lyn) 10.0.

440 — Seeley (Lyn) 49.5, Thompson (Wood) 49.5, Copeland (LA) 50.8, Gillooley (S Carlos) 51.3.

2-mile — Love (Carl) 9:20.3, Mandanis (Carl) 9:24.5, Bruns (Sara) 9:30.7, Reith (Fre) 9:33.7, 6. Jones (Menlo) 9:52.9.

220 — Beal (S Carlos) 22.2, Frank Oravillo (Seq) 22.4, Price (Carl) 22.3, Beltrand (Home) 22.8.

330 LH — Guthrie (Cup) 38.3, Luttrell (S Carlos) 38.4, Matooka (Gunn) 38.4, Hall (M Vista) 38.8.

Mile — Smith (Await) 4:22.5, Thurston (M-A) 4:22.8, Norris (Carl) 4:23.2, Rohr (Sara) 4:23.5, 6. Mandanis (Carl) 4:28.7.

Mile — San Carlos (Wallace 51.3, Luttrell 50.5, Beal 49.8, Gillooley 49.8) 3:21.5, M-A (A. Nicholson 50.2, Young 50.6, Bates 49.2, T. Nicholson 51.3) 3:21.5, Lynbrook 3:24.5, Buchser 3:25.3, Woodside 3:25.9, Sequoia 3:28.8.

SP — Schwartz (Home) 56-2 1/2, Townhave (Home) 54-10 1/4, Franklin (LA) 54-9 1/2, Pear (LA) 54-8 1/2, 5. Suefilohn (Wood) 54-8 1/2, 6. Newson (M-A) 54-2 1/2.

Dis. — Franklin (LA) 174-7, Struble (Sunny) 171-11, Angelopoulos (Home) 162-7 1/2, Schwartz (Home) 159-10 1/2, 6. Newson (M-A) 158-4 1/2.

LJ — Bates (M-A) 23-1, Jordan (Gunn) 22-7, 3. Cox (Home) 22-4 1/2, Key (Await) 22-3, tie between Maples (Carl) 22-1 1/4 and Finney (Cup) 22-1 1/4.

TJ — Bates (M-A) 48-2 1/4mr, Jordan (Gunn) 47-4, Grolle (LA) 45-7 1/4, Jolley (Lyn) 45-4, 3. Fred Oravillo (Seq) 44-9 1/2.

PV — Westlund (Fre) 14-3, McElvany (Lyn) 14-3, McAlexander (M Vista) 14-0, Allen (Carl) 14-0.

HJ — Viscovich (Cup) 6-8, Graber (LA) 6-4, Alexander (LA) 6-2, Shubert (M Vista) 6-2.

TEAM SCORES: Carlmont 57, Menlo-Atherton 56, Los Altos 54, San Carlos 42, Homestead 41, Lynbrook 40, Sequoia 37, Cupertino 29, Monta Vista 25, Gunn 24, Buchser 19, Await 15, Fremont 14, Woodside 12, Saratoga 11, Sunnyvale 9, Santa Clara 4, Mt. View 2, Peterson 2, Menlo 1, Wilcox 1, Cubberley 0, Palo Alto 0.

LEAGUE SCORES: SPAL (six schools) 205, DAL (seven schools) 168, SCVAL (ten schools) 121.

Frosh-Soph

Four qualifiers for CCS meet, plus fifth and sixth place SPAL scorers:

440 rel. — Cubberley 44.1, M-A (Miller, Kistler, Levers, Doyle) 44.8, Cupertino 44.3, Sequoia (Cash, Patrick, Steffans, Hockaday) 45.5.

70 HH — Plate (M-A) 9.1, Motch (F) 9.3, Rutiger (Lyn) 9.4, Duran (Pete) 9.5, 5. Swan (Carl) 9.8.

880 — Herrera (Carl) 1:56.4mr, Rose (Buch) 2:01.5, Fuermann (S Clara) 2:02.9, Corless (Wood) 2:03.3, 5. Hartman (M-A) 2:04.1.

100 — Green (Cubb) 10.2, Miller (M-A) 10.4, Patrick (Seq) 10.4, Williams (SC) 10.4, 6. Washington (Wood) 10.8.

440 — Cooke (Cubb) 51.8, 2. Creedon (Cup) 52.0, Herrera (Carl) 52.3, Townsend (Lyn) 52.7.

2-mile — Avila (Cup) 9:48.7, O'Connor (Carl) 9:49.7, Mellquist (Carl) 9:48.8, Pryor (Carl) 10:00.5, 5. Hoch (M-A) 10:07.3.

220 — Green (Cubb) 22.7, Williams (SC) 23.3, Alulow (S Clara) 23.4, Washington (Wood) 23.8, Patrick (Seq) 23.8, Bernstein (Fre) 23.8.

330 LH — Moss (Cubb) 39.9, Deckard (M-A) 41.2, Ritter (M-A) 41.4, Swain (Carl) 41.5.

Mile — Vavouris (Cubb) 4:28.2, Avila (Cup) 4:30.2, Yaggar (Fre) 4:32.8, Wimmer (Menlo) 4:33.1, 5. Pierce (Carl) 4:37.7, 6. O'Connor (Carl) 4:37.7.

Mile rel. — Cubberley 3:27.2mr, Cupertino 3:30.0, Santa Clara 3:30.8, Carlmont (Warden, Swain, Young, Herrera) 3:32.4.

SP — Morton (Menlo) 57-4 1/2, Eagle (S Clara) 55-6 1/2, Gonzales (Cup) 52-1 1/2, Weyers (Await) 52-8 1/2, 3. Palenlogos (Wood) 50-10.

LJ — Lumaetod (Buch) 21-7, Carpenter (Buch) 21-3 1/4, Woodside (M-A) 20-11 1/2, tie between Thompson (Carl) 20-11 and Washington (S Clara) 20-11.

TJ — Hannah (Lyn) 44-0, Thompson (Carl) 43-0 1/2, Bell (M-A) 42-7, Carpenter (Buch) 42-6 1/2, 6. Glikberg (Wood) 41-5 1/4.

PV — Worthge (Carl) 13-4mr, Byers (M Vista) 13-3, tie between Hazel (Buch) 12-6 and Sunderland (Fre) 12-6, 5. tie between Phillips (Carl) and Rios (Sunny) 12-4.

Dis. — Due to mistakes by officials, will have to be contested Tuesday at 4 p.m. at West Valley College in Saratoga.

TEAM SCORES (with discs to come): Carlmont 65 1/2, Cubberley 60, Menlo-Atherton 59 1/2, Cupertino 53, Buchser 45, Santa Clara 38, Lynbrook 29, Fremont 24, Woodside 16 1/2, San Carlos 15, Menlo School 14, Sequoia 12, Monta Vista 9, Gunn 6, Peterson 3, Saratoga 4, Await 4, Homestead 3, Sunnyvale 1 1/2, Los Altos 4, Mt. View 0, Wilcox 0, Palo Alto 0.

LEAGUE SCORES: SPAL (six schools) 182 1/2, SCVAL (ten schools) 156, DAL (seven schools) 123 1/2.

mr — meet record, 2mr — ties meet record.

Local spikers shoot for state meet

In frosh-soph competition, Carlmont's Kirk Herrera (1:59.4 in the 880), Menlo School's Chris Morton (57-4 1/2 shot put) and Carlmont's Walt Worthing (13-4 pole vault) all have solid title chances.

Others with chances to place high include M-A high hurdler Jim Plate and Carlmont two-milers Kevin O'Connor and Ken Mellquist. Local girls will probably find the going much tougher. But Sequoia's relay teams, with 49.5 and 4:05.4 bests, rank with the top. (Please turn to Page 14, Col. 4.)

(mile), San Carlos' Rick Luttrell (330 lows) and Carlmont's Jamie Allen (pole vault). Clark (hamstring), Price (knee strain) and Buttrill (groin pull) all have ailed recently. But their coaches report they have responded well to treatment and seem ready to go. Serra's Ross, coming off a 4:08.2 national best and CCS record mile, has never beaten Stillman, whose season best is 4:11.54. Stillman has a tremendous kick; Ross' strategy probably will be to gamble and try to burn him out on third leg.

Richard Clark, Sequoia high hurdler Malcolm Dixon, Woodside 440 runner Tony Thompson, Carlmont two-miler Greg Mandanis and Sequoia's 440 relay. Other SPAL entrants who seem to have a shot at placing in the top three (and certainly at scoring in the top six) are Carlmont's 440 relay team, San Carlos' Stan Beal, Carlmont's Andre Price and Sequoia's Fred Oravillo (100). Beal, Price and Sequoia's Fred Oravillo (220), San Carlos' Dave Gillooley (440), M-A's Keith Young (880), M-A's Gary Thurston and Carlmont's Dan Norris

season. All in all, it could—and should—be quite a local show. The record for state meet entrants from the Sequoia District (since CCS competition began in 1966) is nine in 1968.

SPAL entries are favored in four events (see rundown below for details): Menlo-Atherton senior Paul Bates in the long and triple jumps, Carlmont junior Bob Love in the two-mile and San Carlos' and M-A's CCS mile relay leaders. Also tabbed for state possibilities are M-A high hurdler who will duel Willow Glen's defending CCS champion, Mark Stillman, in the night's feature attraction. In addition, both Sequoia girls relay teams and Kim McDonald, St. Francis long jumper from Redwood City, are solid prospects for a top three finish and berth in the disastiff state meet run with the boys event.

And, three SPAL athletes had the best winning marks among the four frosh-soph Region champions last week, stamping them as definite lower division title contenders as they end their

By MIKE NOLAN
Tribune Sports Writer

The most impressive showing in Sequoia District history is a legitimate possibility tomorrow in the Central Coast Section track and field finals at San Jose City College.

No fewer than 10 boys entries from the SPAL (from four of the District schools) are at worst three and grab a spot in the state meet June 3-4 at UCLA.

Not to mention national mile leader Stan Ross of Serra, the splendid senior from Belmont