

REGION CHAMPIONSHIPS

5/20/18

VARSITY

10

8

6

4

GENERAL
2 4 5 15

1

	FIRST	SECOND	THIRD	FOURTH	FIFTH	SIXTH	SEVENTH
400 MILE	48.4	42.4	43.0	43.3	43.7	N.T.	
1 MILE	14.0	14.6	14.6	15.0	15.1	15.2	
1000 YARDS	1:56.0	1:57.6	1:58.2	1:58.3	1:59.0	2:00.5	
1000	9.8	9.9	10.0	10.2	10.6	10.6	
440	47.0	48.3	49.0	50.2	50.5	50.5	
2 MILE	9:22.8	9:40.6	9:43.5	9:52.3	9:52.8	9:59.3	
330 LOW BARRIERS	37.4	39.9	38.4	38.5	39.0	39.1	
220	21.7	22.1	22.5	22.5	23.0	23.0	
1 MILE	4:14.3	4:22.3	4:26.0	4:26.1	4:28.0	4:28.5	
HIGH JUMP	6'10"	6'6"	6'6"	6'4"	6'4"	6'4"	
LONG JUMP	21' 7 1/2"	20' 6 1/2"	22' 3"	21' 11 3/4"	21' 4 1/2"	20' 8 1/2"	
TRIPLE JUMP	45' 8 3/4"	45' 7 1/2"	45' 5 3/4"	45' 3"	44' 3"	44' 2"	
POLE VAULT	14' 11 3/4"	14' 6"	14'	14'	13' 6"	13' 6"	
SHOT PUT	56' 9 1/4"	55' 2"	54' 3 3/4"	54' 0 3/4"	53' 11 3/4"	53' 14"	
DISCUS	174' 10 1/4"	166' 5"	164' 2 1/2"	158' 3 1/4"	150' 1 3/4"	150' 3 1/4"	
5 MILE RELAY	3:21.1	3:22.4	3:26.5	3:28.2	3:28.3	3:29.8	

County

EIGHTH

4/6 mile

HIGH

HURDLES

180

100

440

2

330

44

220

115

115

115

115

115

115

115

115

115

AWALT

BUCHSE

CARLMO

CURBERIE

CUPERTIN

FREMONT

GUNN

HOMESTEAD

LOS ALTOS

LYNBROOK

MENLO

MENLO

ATHERTON

MONTA

VISTA

MOUNTAIN

VIEW

PALO

ALTO

PETERSON

SAN CARLOS

SANTA

CLARA

SARATOGA

SEQUOIA

SUNNYVALE

WILCOX

WOODSIDE

REGION CHAMPIONSHIPS

F-5

10

8

6

4

2

1

	FIRST	SECOND	THIRD	FOURTH	FIFTH	SIXTH	SEVENTH
440 RELAY	WOODSIDE 447	CURETTO 450	CORLIANT 45.2	GUERREY 45.7	SANTACINA 46.0	AT VIEA 48.5	
HIGH HURDLES	RUDIGER 90	WRIGHT 93	WILSON 93	HARRIS 95	HALL 95	SCHAEFER 97	
880	MOCH 2010	GONZALES 2023	GILKEY 2026	LARKIN 2030	WATKINS 2050	FERNQUIST 2070	
100	FLETCHER 104	WASHINGTON 105	MILLER 106	HOCKADAY 108	DEBONO 108	INDUYE 108	
440	YOUNG 508	REGARD 524	GREEN 526	STEPHANS 532	AFFLECK 532	ALLEY 534	SEWSON 540
2 MILE	O'DONNAR 9:40.7	GONZALES 9:42.6	MILLER 9:46.8	GOLVIN 9:54.6	ANDERSON 10:04.3	ARNO 10:12.7	HAUSER NT
330 LOW HURDLES	GOEKER 410	SUMPTER 414	RUDIGER 417	KAUFMAN 418	WARE 419	DIETRICH 420	FRANKLIN 423
220	YOUNG 232	WASHINGTON 235	SIKORSKI 236	MILLER 239	FLETCHER 240	HODNICK 243	HUBBERT NT
MILE	SPRINGER 4:27.8	YEAGER 4:29	DE LORE 4:30.0	O'QUANER 4:30.1	HOGG 4:37.0	BAZAN 4:37.2	DE NT
HIGH JUMP	SHAFTER 6'3"	SEXTON 6'0"	HOLLENBECH 6'0"	ETHORN 6'0"	HARDMAN 5'10"	PASSELL 5'8	
LONG JUMP	DIETRICH 20'11"	FLETCHER 20'10 1/2"	ZAMICH 19'11 1/2"	ALCHUSOLD 19'10 1/2"	ESPANOLA 19'9 1/2"	O'HARA 19'9 1/4"	
TRIPLE JUMP	WILLIS 42'4 1/2"	DIETRICH 41'9	SOLANO 39'7	ENG 39'7	RECORD 39'6 3/4	DIPED 38'10 1/2"	RODRIGUEZ 38'4 3/4
POLE VAULT	ELLIS 13'9"	BAHL 13'5 1/4"	CRUMPLER 12'10"	GOETZ 12'4	PHILLIPS 12'4	MARQUEZ 12'4	
SHOT PUT	KACHENDERFER 53'3 1/4"	HARRIS 52'6 3/4"	JADSONE 51'0 1/2"	MAYS 48'1 1/4"	COSTELLO 49'1 5/4"	ELCHNEY 46'7 3/4"	
DISCUS	DEWEERK 150'6 3/4	DOWELL 137'4	McKEON 135'1 3/4	HARRIS 134'8 1/2	ANDERSON 130'2 3/4	GUSTELLO 128'4 3/4	KONDRATIEFF 123'8 1/4
MILE RELAY	CARLHANT 3:35.8	WOODSIDE 3:37.1	GUGERLEY 3:38.9	SEQUOIA 3:40.2	HOMESTEAD 3:41.5	SAN GARCIS 3:41.9	ALVART 3:42.9

10500

Reg 2 '78

VARSITY 440 RELAY	CARMONT 42.4	CUBBERLEY 42.4	SEQUOIA 43.0	CUPERTINO 43.3	SAN CARLOS 43.9	FREMONT N.T.
FIS 440 RELAY	WOODSIDE 44.7	CUPERTINO 45.0	CARMONT 45.2	CUBBERLEY 45.7	SANTA CLARA 46.0	MT. VIEW 48.5
Varsity 120 H. Hurdles	GUTHRIE 14.0 CUPERTINO	DIXON 14.6 SEQUOIA	SPENCER 14.6 CARMONT	WHEAT MT 15.0 VW	LUTTRELL 15.1 SAN CARLOS	RIBERA 15.2 CARL.
FIS 0 yd H. Hurdles	RUDIGER 9.0 LYN. BROOK	WRIGHT 9.3 CARMONT	WILSON 9.3 SANTA CLARA	HARRIS 9.5 WOODSIDE	HALL 9.5 MOUNTA VISTA	SCHAEFFER 9.7 SUNNYVALE
Varsity 880	SPERANDED 1:56.8 MA	BAILEY 1:57.6 BUNKER	NEWTON 1:58.2 CARMONT	AVILA 1:58.3 CUPERTINO	FELDMANN 1:59.0 SANTA CLARA	WIMMER 2:00.5 MENLO
FIS 880	HOCK 2:01.0 MA	PETER GONZALEZ 2:02.3 SON	GILKEY 2:02.6 HOMESTEAD	LARRICK 2:03.0 MENLO	WATKINS 2:05.0 SARA TOTA	FERNQUIST 2:07.0 WOODSIDE
Varsity 100	GREEN 9.8 CUB	ORAVILLO 9.9 SEQ	THOMPSON 10.0 WOODSIDE	LOPEZ 10.2 SUNNYVALE	BEAL 10.6 SAN CARLOS	KENNEDY 10.6 SUNNYVALE
FIS 100	FLETCHER 10.4 SUNNYVALE	WASHINGTON 10.5 WOODSIDE	MILLER M.A 10.6	HOCKADAY 10.8 SEQ	DE BOND 10.8 CUPERTINO	INOUE 10.8 COP.
Varsity 440	GREEN 47.8 CUB	THOMPSON 48.3 WOODSIDE	NICHOLSON 49.0 MA	WILLIAMS 50.2 SAN CARLOS	COPELAND 50.5 LOS ALTOS	CARRION 50.5 CARMONT
FIS 440	YOUNG 50.8 CARL	RECORD 52.4 SAN CARLOS	GREEN 52.6 CUB	STEPHENS 53.2 SEQ	AFFLECK 53.2 CUB	ALLEY 53.4 AWALT
Varsity 2 mile	LOVE 9:22.8 CARL	JONES 9:40.6 MEN	MELQUIST 9:43.5 CARL	PRYOR 9:52.3 CARL	BLESCH 9:52.8 HOMESTEAD	GYOREY 9:59.3 SARA TOTA
FIS mile	O'CONNER 9:40.2 CARL	GONZALEZ 9:42.6 MT. VIEW	MILLER 9:46.8 FREMONT	COLVIN 9:54.6 LYN. BROOK	APPERSAN 10:04.3 MTA VISTA	ARNOLD 10:12.7 BUNKER
Varsity 30 L Hurdles	LUTTRELL 37.4 SAN CARLOS	RIBERA 37.9 CARMONT	GUTHRIE 38.4 CUPERTINO	DIXON 38.5 SEQUOIA	SMITH 39.0 CUBBERLEY	SCHWAB 39.1 CARL
FIS 30 L Hurdles	BOEKER 41.0 FREMONT	SUMPTER 41.4 MT. VIEW	RUDIGER 41.7 LYN. BROOK	KAUFMAN 41.8 JUNN	WARE 41.9 CARL	DIETRICH 42.0 CARL
Varsity 220	GREEN 21.7 CUB	THOMPSON 22.1 WOODSIDE	BEAL 22.5 SAN CARLOS	NICHOLSON 22.5 MA	BAKER 23.0 SAN CARLOS	KENNEDY 23.0 SUNNYVALE
FIS 220	YOUNG 23.2 CARL	WASHINGTON 23.5 WOODSIDE	HOCKADAY	SIKORSKI 23.6 HOMESTEAD	MILLER 23.9 MA	FLETCHER 24.0 SUNNYVALE
Varsity mile	SMITH 4:14.3 AWALT	LOVE 4:22.3 CARL	AVILA 4:26.0 CUPERTINO	BOYER 4:26.1 CUB	DEMO 4:28.0 HOMESTEAD	WIMMER 4:28.5 MENLO
FIS mile	SPRINGER 4:27.8 MT. VIEW	YEAGER 4:29.2 FREMONT	DE LORE 4:29.2 FREMONT	O'CONNER 4:30.1 CARL	HOCK 4:37.0 MA	BAZAN 4:37.0 CUPERTINO

F/S Mile Relay	CARLMONT 3:35.8	WOODSIDE 3:37.1	CUBBERLEY 3:38.9	SEQUOIA 3:40.2	HOMESTEAD 3:41.5	SAN CARLOS 3:41.9
Varsity Mile Relay	SAN CARLOS 3:21.9	CARLMONT 3:22.4	SEQUOIA 3:26.5	WOODSIDE 3:28.2	CUPERTINO 3:28.3	LOS ALTOS 3:29.8
Varsity Discus	STRUBLE SUNNY VALE 174' 10 1/4"	GREEN FR. MONT 166' 5"	AUBREY M 164' 2 1/2"	LEWIS WOODSIDE 152' 3/4"	WEYERS A. VALE 150' 9 1/4"	EICKSKI CUPERTINO 150' 3/4"
Varsity Discus	DEWERN GUNN 152' 6 3/4"	COWELL GUNN 137' 4"	McKEON LYN BROOK 135' 1 3/4"	HARRIS M 134' 8 1/2"	ANDERSON WOODSIDE 130' 2 3/4"	COSTELLO LYN BROOK 128' 4 3/4"
Varsity Triple Jump	ZOPPI W. COX 45' 8 1/4"	LINERED S. VALE 45' 7 1/2"	GROLLE LOS ALTOS 45' 5 1/4"	THOMPSON CARLMONT 45' 3"	ROBINSON SAN CARLOS 44' 3"	ORAVILLO SEQUOIA 44' 2"
Varsity Triple Jump	WILLIS M. A 42' 4 1/2"	DIETRICH CARL 41' 8"	SOLANO CUPERTINO 39' 7"	ENG M. VISTA 39' 7"	RECORD SAN CARL 39' 6 3/4"	DIPCO CUPERTINO 38' 10 1/2"
Varsity Long Jump	FINLEY CUPERTINO 22' 7 1/2"	BRUCE M. A 22' 6 1/2"	LOPEZ SUNNY VALE 22' 3"	GROLLE LOS ALTOS 21' 11 3/4"	LUMACTOD BUCHSER 21' 4 1/2"	THOMPSON CARL 20' 8 1/2"
Varsity Long Jump	DIETRICH CARL MONT 20' 11"	FLETCHER SUNNY VALE 20' 10 1/2"	ZAMLICH M. VISTA 19' 11 1/2"	NICHOLSON PALO ALTO 19' 10 1/2"	ESPANOLA WOODSIDE 19' 9 1/2"	O'HARA M. VISTA 19' 9 1/4"
Varsity Pole Vault	McALEXANDER MONTA 14' 11 3/4"	PRECIADO HOME STEAD 14' 6"	KIBURT FREMONT 14'	HOLLANDSWORTH A. WALT 14'	ALLEN CARL 13' 6"	CORSINI SUNNY VALE 13' 6"
Varsity Pole Vault	ELLIS M. A 13' 9"	BAHL A. WALT 13' 5 1/4"	CRUMPLER M. A 12' 10"	PHILLIPS CARLMONT 12' 4"	GOETZ CUPERTINO 12' 4"	MARQUEZ SUNNY VALE 12' 4"
Varsity High Jump	SPINEY WOODSIDE 6' 10"	GRABER LOS ALTOS 6' 6"	HANNAH LYN BROOK 6' 6"	ALEXANDER LOS ALTOS 6' 4"	GLIKBARG WOODSIDE 6' 4"	McGEE LYN BROOK 6' 4"
Varsity High Jump	SCHAEFFER SUNNY VALE 6' 3"	SEXTON LYN BROOK 6' 0"	HOLLENBEEN MONTA VISTA 6' 0"	EATON PALO ALTO 6' 0"	HARDENMAN SUNNY VALE 5' 10"	PASSALL CUBBERLEY 5' 8"
Varsity Shot Put	KOCHENDERFER CARL 53' 3/4"	HARRIS M. A 53' 6 1/4"	SANSONE M. VISTA 51' 10 1/2"	MAYS M. A 48' 1 1/4"	COSTELLO LYN BROOK 47' 5 3/4"	BLACHLY M. VISTA 46' 7 3/4"
Varsity Shot Put	SORENSEN SUNNY VALE 56' 9 1/4"	SMALL CUPERTINO 55' 2"	WEYERS A. VALE 54' 3 3/4"	MORTON M. A 54' 2 3/4"	AUBREY M. A 53' 11 3/4"	GREEN FREMONT 53' 4"

SCORING

10-8-6-4-2-1

all events.

Mesha. "I peaked too early last year and choked in the Region. So I went out late this year (a month into the season)."

The result? Last week, 6-8; this week, 6-10; next week, Mesha feels, "can be seven feet."

"I can do it," he added. "Now that I've had the feeling of trying seven feet . . . I moved in my angle (for his flop-style leaping) and I feel comfortable now."

Spivey wiped out the SPAL record of 6-9 $\frac{3}{4}$ by San Carlos' John Radetich in 1966 and the 1969 meet mark of 6-9 by Carlmont's Larry Wright (who recently made seven feet at Hayward State).

"I keep in shape," continued Spivey, noting the incredulous looks received when he said he never jumps in practice. "I weight train, swim a lot, play tennis. This morning, I was up until 3:30 a.m. at a formal party. I got up at 9. I feel fine."

Cubberley's Green, hip pain and all, said that "I had plenty left in the 440."

A distraught Thompson, acknowledging Green's power, said "I'll just have to go out harder next time. It'll be closer next time. He just paced on me. I want the lane behind him. That'll help."

Carlmont's Love, gearing up to meet rival Carlos Carrasco of Mt. Pleasant (who ran a 9:07.4, 4:14.4 double at Region III), wasn't upset at losing the mile to Awalt's

discover that, Rick smiled. "That wind on the backstretch really hurt both of us. But it was my best race of the season. I didn't chop hardly at all."

Sperandeo, "a little frustrated at that 1:56.8 but doing better than I thought I would in March," said he survived a box which trapped his big competition, Cupertino's Dave Avila, "by seeing it develop at the end of the first lap and taking advantage of my speed work. I've learned to explode 10 yards without losing anything." Like, the race.

Ribera held off Green in the 440 relay to win for Carlmont in 42.4. Mt. Pleasant ran 42.2 in Region III to take the CCS lead from Carlmont by one-tenth, while Overfelt hit 3:20.3 in the mile relay, one tenth behind San Carlos' CCS best.

In the 100 trials, Sequoia's Fred Oravillo was credited with a meet record-tying 9.7. He ran 9.9 in the finals behind Green, and also helped Sequoia to third in the 440 relay. The Cherokees were also third in the mile relay.

Varsity

First four qualified for CCS finals; all six scored points:

440 rel. — Carlmont (Arnold, Chedle, Carrion, Ribera) 42.4, Cubberley 42.4, Sequoia 43.0, San Carlos 43.7, Cupertino 43.4, Fremont nt. Fourth-place finish protested by Cupertino; timing discrepancy also apparent, since San Carlos and Cupertino were very close.

120 HH — Guthrie (Cup) 14.0 (mr, old 14.2, Bagshaw, Gunn, 1971 and Clark, M-A, 1977); Dixon (Seq) 14.4, Spencer (Carl) 14.8, Wheat (M View) 15.0, Luttrell (S Carlos) 15.1, Ribera (Carl) 15.2.

800 — Sperandeo (M-A) 1:56.8, Bailey (Buch) 1:57.5, Newton (Carl) 1:58.2, Avila (Cup) 1:58.3, Fuhrmann (S Clara) 1:59.0, Winmer (Menlo) 2:00.5.

100 — Green (Cubb) 9.8, Oravillo (Seq) 9.9 (tied meet record 9.7 in trials), Thompson (Wood) 10.0, Lopez (Sunny) 10.2, Beal (S Carlos) 10.6, Kennedy (Sunny) 10.6.

440 — Green (Cubb) 47.8, Thompson (Wood) 48.3, Nicholson (M-A) 48.8, Williams (S Carlos) 50.2, Copeland (LA) 50.5, Carrion (Carl) 50.5.

2-mile — Love (Carl) 9:22.8, Jones (Menlo) 9:40.6, Mellquist (Carl) 9:43.5, Pryor (Carl) 9:52.3, Bleach (Home) 9:52.8, Oyorey (Sara) 9:59.3.

330 LH — Luttrell (S Carlos) 27.4 (mr, old 27.6, Finley, Cupertino, 1975), Ribera (Carl) 27.9, Guthrie (Cup) 28.4, Dixon (Seq) 28.5, Smith (Cubb) 28.0, Swain (Carl) 29.1.

200 — Green (Cubb) 21.2, Thompson (Wood) 22.1

RC rec swim signups start

The Redwood City Recreation swim team announced it will be taking signups starting today at 4:30 at the Community Park Swimming Pool on Madison Avenue in Redwood City.

Boys and girls ages 5-19 who

Regional track: Spivey formula c

By KEITH PETERS

The best prep track and field athletes in the Central Coast Section will be working hard this week getting ready for the CCS finals Friday at San Jose City College.

Well, most of them will. Mesha Spivey of Woodside High will probably be playing tennis, doing a little swimming and jogging four or five miles a day. And Thursday night, he might

even stay out late enough to greet the milkman making his early rounds the next morning. If these seem strange training habits, they are. But not for Spivey.

The 5-8½ junior from Woodside

Region track

(Continued from page 23)

ning jump. "I'll set the bar at 6-0 and miss it."

So Spivey spends each day running over to a friend's house to play tennis and swim. In the past two weeks he has formally practiced only once, then only jumping six or seven times because some young kids wanted to see him leap.

And Friday night, Spivey attended a formal party and stayed out until 3:30 a.m., certainly not the kind of training coaches inspire in young athletes—but it's worked for Spivey.

In the past two weeks Spivey has gone from a season best of 6-6 to clearing 6-8 in the South Peninsula Athletic League meet to Saturday's 6-10 mark. Which leaves this Friday's CCS meet.

"I want to win and go seven feet," said Spivey a matter-of-factly. "I think I can hit seven."

And if Spivey can encore with a seven-foot high jump, what do Robert Smith of Awalt and Bill Green of Cubberley have planned?

Smith carried the best qualifying times in the 880 and mile into Saturday's meet but scratched from the half mile in order to concentrate on the longer distance. The moved paid off.

Smith opened up a 50-yard lead going into the final lap and wound up making it look like a one-man race, which it was, in winning going away at 4:14.3. It was good enough for a meet record and the fastest time in the CCS this year.

"I just wanted some confidence," confided Smith as he listened for his time coming over the loudspeaker. "I just concentrated on a good time. I needed it before CCS."

Smith had been running two and three events during the dual meet season to pick up every available point to help his team, but hadn't been turning in sensational times. The region meet was his first oppor-

tunity to cut loose. "I just wanted to see what I could do."

Cubberley's Bill Green probably felt the same after incurring a slight hip injury last week after winning three events at the Santa Clara Valley Athletic League finals.

But the hip didn't appear to bother him as he anchored Cubberley's 440 relay team to a season-best 42.4 in taking second. Or when he won the 100 in 9.8. Or the 220 in 21.7. Or even the 440, when he ran his second consecutive sub-48.0 race in disposing of Woodside's Tony Thompson in 47.8.

"I was scared," said Green, as he recalled how he and Thompson were shoulder to shoulder coming off the last turn. "I thought he just couldn't have a kick." And he was right. Thompson couldn't match Green's strength and endurance the final 100 yards and settled for a creditable 48.3 with Menlo-Atherton's Art Nicholson finishing third in 49.0—the fastest three 440 times in any of the regional meets this past weekend.

Lost in the glow of the performances of Spivey, Smith and Green were three other meet records and another award-winning showing by Carlmont and the rest of the SPAL.

Steve Guthrie of Cupertino ran the fastest 120-yard high hurdle race of his life in clocking a winning meet mark of 14.0, racing past favored Malcolm Dixon of Sequoia when the Cherokee ace hit the eighth hurdle and stumbled badly.

Rick Luttrell of San Carlos established another mark with a 37.4 win in the 330 lows and Ross McAlexander of Monta Vista rewrote the final mark with his 14-11¾ victory in the pole vault.

Carlmont, meanwhile, took varsity team honors with 76 points as SPAL schools qualified 33 athletes or teams to the CCS finals. De Anza Athletic League squads had 16 qualifiers with the once-dominant SCVAL third with 15.

bit unorthodox, but productive

followed this schedule the past two weeks and improved his high jumping immeasurably. And Saturday, at the Region II finals at College of San Mateo, Spivey came within a backside of adding his name to the

all-time Northern California record book.

All Spivey did was clear 6-10 for a meet record and come very close to eclipsing 7-0 on this third try. Not

bad considering the kind of workouts he's had the past two weeks.

"I don't believe in jumping at practice," said Spivey, after receiving congratulations on his win-

(Continued on page 25, col. 5)

Region II track summaries

Varsity

Team scores — Carlmont 76, Cupertino 49, Cubberley 44, San Carlos and Woodside 42, Menlo-Atherton 36, Sequoia and Sunnyvale 33, Los Altos 25, Awalt 22, Fremont 16, Menlo School 14, Homestead 12, Buchser, Monta Vista and Wilcox 10, Saratoga 9, Lynbrook 7, Mountain View 4, Santa Clara 2, Gunn, Palo Alto and Peterson 0.

First four qualify for CCS finals; all six scored points.

440 relay — Carlmont (Arnold, Cheadle, Carrion, Ribera) 42.4, Cubberley 42.4, Sequoia 43.0, San Carlos 43.7, Cupertino 43.4, Fremont nt.

120 HH — Guthrie (Cup) 14.0 meet record old 14.2, Bagshaw, Gunn, 1971 and Clark, M-A, 1977; Dixon (Seq) 14.6, Spencer (Carl) 14.6, Wheat (M. View) 15.0, Luffrell, S Carlos 15.1, Ribera (Carl) 15.2.

880 — Sperandeo (M-A) 1:56.8, Bailey (Buch) 1:57.6, Newton (Carl) 1:58.2, Avila (Cup) 1:58.3, Fuhrmann (S Clara) 1:59.0, Wimmer (Menlo) 2:00.5.

100 — Green (Cubb) 9.8, Oravillo (Seq) 9.9 (tied meet record 9.7 in trials), Thompson (Wood) 10.0, Lopez (Sunny) 10.2, Beal (S Carlos) 10.6, Kennedy (Sunny) 10.6.

440 — Green (Cuxbb) 47.8, Thompson (Wood) 48.3, Nicholson (M-A) 49.0, Williams (S Carlos) 50.2, Copeland (LA) 50.5, Carrion (Carl) 50.5.

2-mile — Love (Carl) 9:22.8, Jones (Menlo) 9:40.6, Mellquist (Cup) 9:43.5, Pryor (Carl) 9:52.3, Blesch (Home) 9:52.8, Gyorey (Sara) 9:59.3.

330 LH — Luffrell (S Carlos) 37.4 meet record, old 37.6, Finley, Cupertino, 1975, Ribera (Carl) Guthrie (Cup) 38.4, Dixon (Seq) 38.5, Smith (Cubb) 39.0, Swain (Carl) 39.1.

220 — Green (Cubb) 21.7, Thompson (Wood) 22.1, Beal (SC) 22.5, Nicholson (MA) 22.5, Baker (S Carlos) 23.0, Kennedy (Sunny) 23.0.

Mile — Smith (Awalt) 4:14.3 meet record old 4:16.9, Mahon, Lynbrook, 1968, Love (Carl) 4:22.3, Avila (Cup) 4:26.0, Boyer (Cub) 4:26.1, Demo (Home) 4:28.0, Wimmer (Menlo) 4:28.5.

Mile relay — San Carlos 3:21.9, Carlmont 3:22.4, Sequoia 3:26.5, Woodside 3:28.2, Cupertino 3:28.3, Los Altos 3:29.8. Cupertino protested fourth place finish claiming Woodside not all wearing proper uniforms.

High jump — Spivey (Wood) 6-10 meet record, old 6-9, Wright, Carlmont, 1975; Graber (LA) 6-6 meet record, old 6-9, Wright, Carlmont, 1975; Grasber (LA) 6-6, Hannah (Lyn) 6-6, Alexander (LA) 6-4, Glikberg (Wood) 6-4, McGee (Lyn) 6-4.

Long jump — Finley (Cup) 22-7 1/2, Bruce (M-A) 22-6 1/2, Lopez Sunny 22-3, Grolle (LA) 21-11 3/4, Lumacof (Buch) 21-4 1/8, Thompson (Carl) 20-8 1/2.

Triple jump — Zoppi (Wilcox) 45-8 1/4, Linerud (Sara) 45-7 1/2, Grolle (LA) 45-5 1/4, Thompson (Carl) 45-3, Robinson (SC) 44-3, Oravillo (Seq) 44-2.

Pole vault — McAlexander (M Vista) 14-11 1/4 meet record, old 14-9, Roval, Fremont, 1969, Preciado

(Home) 14-6, Kibort (Fre) 14-0, Hollandsworth (Awalt) 14-0, Allen (Carl) 13-6, Corsini (Sunny) 13-6.

Shotput — Sorenson (Sunny) 56-9 1/4, Small (Cup) 55-2, Weyers (Awalt) 54-3 3/4, Morton (Menlo) 54-2 3/4, Awbrey (M-A) 53-11 3/4, Green (Fre) 53-4.

Discus — Struble (Sunny) 174-10 1/4, Green (Fre) 166-5, Awbrey (M-A) 164-2 1/2, Lewis (Wood) 152-0 3/4, Weyers (Awalt) 150-9 1/4, Ezerski (Cup) 150-0 3/4.

Frosh-Soph

Team scores — Carlmont 93, Menlo-Atherton 64, Woodside 43, Lynbrook 37, Sunnyvale 34, Fremont 30, Monta Vista 28, Mountain View 27, Cupertino and Gunn 22, Cubberley 19, Homestead 14, Sequoia 12, San Carlos 11, Awalt 9, Palo Alto, Peterson and Santa Clara 8, Menlo School 4, Saratoga 2, Buchser 1, Los Altos and Wilcox 0.

440 relay — Woodside 44.7, Cupertino 45.0, Carlmont 45.2, Cubberley 45.7, Santa Clara

nor (Carl) 9:40.2 meet record, old 9:44.3, Emory, Gunn, 1973, Gonzales (Mt. View) 9:42.6, (M View) 9:42.6, Miller (Fre) 9:46.8, Colvin (Lyn) 9:54.6, Apperson (M Vista) 10:04.3, Arno (Buch) 10:12.7.

330 LH — Boeker (Fre) 41.0, Sumpter (Mt. View) 41.4, Rudiber (Lyn) 41.7, Kaufman (Gunn) 41.8, Ware (Carl) 41.9, Dietrich (Carl) 42.0.

220 — Young (Carl) 23.2, Washington (Wood) 23.5, Sikorski (Home) 23.6, Miller (M-A) 23.9, Fletcher (Sunny) 24.0, Hodnick (Carl) 24.3.

Mile — Springer (Mt. View) 4:27.8 meet record, old 4:28.0, Miller Carlmont, 1970; Yeager (Fre) 4:29.2, 4:29.2, Delore (Fre) 4:30.0, O'Connor (Carl) 4:30.1, Hoch (M-A) 4:37.0, Bazan (Cup) 4:37.0.

Mile relay — Carlmont 3:35.8, Woodside 3:37.1, Cubberley 3:38.9, Sequoia 3:40.2, Homestead 3:41.5, San Carlos 3:41.9.

High jump — Shaeffer (Sunny) 6-3, Sexton (Lyn) 6-0, Hollenbach (M Vista) 6-0, Eaton (Paly) 6-0, Hardeman (Sunny) 5-10, Passell (Cubb) 5-8.

Long jump — Dietrich (Carl) 20-11, Fletcher (Sunny) 20-10 1/2, Zamlich (M Vista) 19-11 1/2, Nicholson (Paly) 19-10 1/2, Espanola (Wood) 19-9 1/2, O'Hara (M Vista) 19-9 1/4.

Triple jump — Willis (M-A) 42-4 1/2, Dietrich (Carl) 41-8, Solano (Cup) 39-7, Eng (M Vista) 39-7, Record (SC) 39-6 1/4, Dipco (Cup) 38-10 1/2.

Shot put — Kochenderfer (Carl) 53-3 1/4, Harris (M-A) 52-6 1/4, Sansone (M Vista) 51-10 1/2, Mays (M-A) 48-1 1/4, Costello (Lyn) 47-5 1/4, Blachly (M Vista) 46-7 1/4.

Discus — Dewerk (Gunn) 152-6 1/4, Cowell (Gunn) 137-4, McKeon (Lyn) 135-1 1/4, Harris (M-A) 134-8 1/2, Anderson (Wood) 130-2 3/4, Costello (Lyn) 128 3/4.

Pole vault — Ellis (M-A) 13-9 meet record, old 13-6, Bradley and Worthge, Carlmont, 1976-77; Bahl (Awalt) 13-5 1/4, Crumpler (M-A) 12-10, tie between Phillips (Carl), Goetz (Cup) 12-4, Marquez (Sunny) 12-4. Phillips and Goetz will vault off Wednesday for fourth CCS spot.

Top field for CCS finals

One of the finest lineups in Central Coast Section history is expected when the finals get underway Friday at San Jose City College.

There are at least seven 440 relay teams with times of 42.9 or better, four sprinters with 9.6 times in the 100, three 15-0 or better pole vaulters, two 60-0 shot putters and three

athletes over 6-10 in the high jump.

And the list goes on and on for the championships, which begin with 2 p.m. trials and 6 p.m. finals.

The top three finishers in each event will qualify for the state meet in Bakersfield June 2-3.

Among the top performers in the state who'll be at SJCC Friday are shot

putter Bruce Parker of St. Ignatius with a best of 62-7, quartermiler Bill Green of Cubberley with a 47.6 clocking, pole vaulter Bert Tardieu of Del Mar with a 16-1 1/4 best, sprinter Dwayne Taylor of Overfelt with bests of 9.6 and 21.3, and milers Kobert Smith of Awalt (4:14.3) and Carlos Carrasco of Mt. Pleasant (4:14.4).

Most CCS regional marks safe

By KEITH PETERS

It's a rarity when a record stays on the books for very long. Especially in track and field.

It seems there are faster sprinters, higher jumpers, stronger

★ ★ ★

Region bests

440 relay—Carlmont 42.3, San Carlos 42.8, Sequoia 42.9, Cubberley 43.1, Fremont 43.2, Woodside 43.3, Cupertino 43.4.

100—Green (Cubberley) 9.6w, 9.7, Beal (San Carlos) 9.8, Guthrie (Cupertino) 9.9, Lopez (Sunnyvale) 9.9, Fred Oravillo (Sequoia) 9.9, Frank Oravillo (Sequoia) 9.9, Nicholson (Menlo-Atherton) 9.9, Kennedy (Sunnyvale) 9.9, Kibort (Fremont) 9.9.

220—Green (Cubberley) 21.4w, 21.9, Thompson (Woodside) 21.7, Beal (San Carlos) 21.7, Nicholson (M-A) 22.1, Frank Oravillo (Sequoia) 22.2, Kennedy (Sunnyvale) 22.3.

440—Green (Cubberley) 47.6, Thompson (Woodside) 48.2, Nicholson (M-A) 48.6, Carlin (Carlmont) 49.4.

880—Smith (Awalt) 1:56.3, Avila (Cupertino) 1:56.7, Sperandio (M-A) 1:56.8, Newton (Carlmont) 1:57.4, Wimmer (Menlo) 1:58.2, Goes (Los Altos) 1:58.2.

1 mile—Love (Carlmont) 4:17.7, Avila (Cupertino) 4:19.5, Smith (Awalt) 4:19.9, Waters (San Carlos) 4:24.9, Van DerHoven (Saratoga) 4:25.5, Demo (Homestead) 4:26.4, Johnson (Saratoga) 4:27.0, McCarthy (St. Francis) 4:27.0.

Two mile—Love (Carlmont) 9:08.3, Smith (Awalt) 9:23.5, Avila (Cupertino) 9:28.0, Jones (Menlo) 9:28.8.

120HH—Dixon (Sequoia) 13.9w, 14.1, Luttrell (San Carlos) 14.4, Guthrie (Cupertino) 14.4, Spencer (Carlmont) 14.6, Wheat (Mountain View) 14.8, Ribera (Carlmont) 14.8.

330LH—Ribera (Carlmont) 37.1, Luttrell (San Carlos) 37.2, Guthrie (Cupertino) 38.2, Dixon (Sequoia) 38.5, Smith (Cubberley) 39.0, Jeff Moss (Cubberley) 39.1.

1 mile relay—San Carlos 3:20.2, Carlmont 3:21.4, Woodside 3:25.2, Cupertino 3:28.3, Sequoia 3:29.3.

Shot put—Sorenson (Sunnyvale) 57.4, Morton (Menlo) 56.7, Awbrey (M-A) 56.6 $\frac{1}{2}$, Meyers (Awalt) 56.0, Green (Fremont) 55.1, Small (Cupertino) 54.8, Thompson (Sunnyvale) 54.2.

Discus—Green (Fremont) 181.7, Struble (Sunnyvale) (Sunnyvale) 178.5 $\frac{1}{2}$, Ezerski (Cupertino) 171.10, Sorenson (Sunnyvale) 169.11, Horn (Cupertino) 167.4 $\frac{1}{2}$, Meyers (Awalt) 165.0.

High jump—Alexander (Los Altos) 6-8, Spivey (Woodside) 6-8, Graber (Los Altos) 6-7, Glikbarg (Woodside) 6-6, Stuart (Gunn) 6-6, Hannah (Lynbrook) 6-5 $\frac{1}{4}$.

Triple jump—Linerud (Saratoga) 46-9 $\frac{1}{4}$, Zoppi (Wilcox) 46-7 $\frac{1}{2}$, Grolle (Los Altos) 46-6, Thompson (Carlmont) 46-5 $\frac{1}{4}$, Finley (Cupertino) 46-1.

Long jump—Bruce (M-A) 23-5, Finley (Cupertino) 23-2, Lopez (Sunnyvale) 22-11, Romero (Buchser) 22-7 $\frac{1}{2}$, Grolle (Los Altos) 22-6 $\frac{1}{2}$, Dunlap (Saratoga) 22-5 $\frac{1}{2}$, Lumacted (Buchser) 22-5 $\frac{1}{2}$, Loud (Woodside) 22-4 $\frac{3}{4}$.

Pole vault—McAlexander (Monta Vista) 15-6 $\frac{1}{2}$, Preciado (Homestead) 15-0, Kibort (Fremont) 14-6, Allen (Carlmont) 14-5 $\frac{1}{4}$, Hollandsworth (Awalt) 14-3, Corsini (Sunnyvale) 14-3, Mudd (Buchser) 14-0, Baldwin (Buchser) 14-0.

throwers each year who challenge the record books and wind up rewriting them.

There are, however, exceptions to every rule. And in the Region II Central Coast Section track and field history books, the exception is Los Altos.

The Knights own the oldest marks on the region ledgers, dating back to 1970 when they shook up Southern California by winning the state meet. Los Altos performed the feat with just a handful of kids, all of them outstanding athletes.

And it's these athletes who still own the marks.

Chris Adams has the lock on the shot put and discus, with bests of 62-7 $\frac{1}{2}$ and 194-3 $\frac{1}{2}$, respectively. Rick Brown owns the 440 record at 47.2 and was part of the mile relay team which stopped the region clocks in 3:18.1 eight years ago.

If there are any records that will be safe in Saturday's Region II finals at College of San Mateo, they belong to Los Altos.

"You have to be absolutely perfect to get them," says Los Altos head coach Leo Long. "Those kids are truly outstanding. They were gifted athletes."

Long believes that having gifted athletes runs in cycles and, despite the challenge from talented spikers every year, it will take a truly superior effort to wipe those 1970 marks from the books.

The region is blessed with a surplus of talent this year but Long still thinks the marks will stand.

The best shot putter going into Saturday's 10 a.m. meet is Joe Sorenson of Sunnyvale with a 57-4 topper. The No. 1 discus thrower is Bill Green of Fremont with a toss of 181-7. Cubberley's own Bill Green has a best of 47.6 in the 440 but also has a sore hip while the 3:20.2 mile relay time by San Carlos is still far

from replacing the Knights' four-some of 1970.

Still, other meet marks should fall Saturday—as many as nine.

Carlmont, San Carlos and Sequoia are all under 43.0 in the 440 relay and could threaten Woodside's 42.0 sizzler of 1975.

Cubberley's Green, Stan Beal of San Carlos and take-your-pick-from-many-others have a good chance of wiping out the 9.7 century time by Doug Hill of Los Altos in 1974. Add Woodside's Tony Thompson to the same list and Hill's 21.6 record in the 220 could tumble.

The 330 low hurdles mark of 37.6 by Cupertino's Don Finley in 1975 will most surely fall to either Carlmont's Bill Ribera (37.1), San Carlos' Rick Luttrell (37.2) or maybe Cupertino's Steve Guthrie (38.2). And the high hurdles record of 14.2 may go to Malcom Dixon of Sequoia, who has a windy best of 13.9 and a legal 14.1 this year.

The mile record of 4:19.1 by Carlmont's Steve Miller (1972) is in jeopardy with the Scots' Bob Love (4:17.7), Cupertino's Dave Avila (4:19.5) and Awalt's Kobert Smith (4:19.9) all within reach—especially if the weather is perfect at oftentimes windy CSM.

Steve Alexander (6-8) and Bill Graber (6-7) of Los Altos and Mesha Spivey (6-8) of Woodside have the credentials to wipe of Larry Wright's 6-9 mark set in 1975 while Ross McAlexander brings in the third best-ever pole vault in Northern California history (15-6 $\frac{1}{2}$) to challenge the 14-7 record set by Lynbrook's John Bell in 1975.

Yes, it looks to be a record-breaking day at the Region II finals. But don't look for the books to be rewritten totally.

Los Altos, vintage 1970, looks safe for another year.

While the best boys in Region II battle it out Saturday, the top girls will be vying for spots in next week's CCS finals during qualifying at San Jose City College.

Trials get underway at 10 a.m. with finals beginning at 1 p.m. To enter the qualifying meet, each girl must have met quality standards during the season and league meets.

The CCS has three girls with marks ranking No. 1 in the state. Kris Costello of Lynbrook is tops in the 110 low hurdles with a 13.9 mark, Elaine Parker of Oceana tops the 100 field with a converted 10.5 and Ann Regan of Camden leads the 880 and mile fields with bests of 2:06.1 and 4:54.6.

★ ★ ★

Region records

Varsity

440 relay—42.0, Woodside, 1975.

120HH—14.2, Dave Bagshaw, Gunn, 1971; Richard Clark, Menlo-Atherton, 1977.

880—1:54.5, Bruce Jensen, Buchser, 1977.

100—9.7, Doug Hill, Los Altos, 1974.

440—47.2, Rick Brown, Los Altos, 1970.

Two mile—9:15.9, Craig Kennedy, Lynbrook, 1974.

330LH—37.6, Don Finley, Cupertino, 1975.

220—21.6, Doug Hill, Los Altos, 1974.

1 mile—4:19.1, Steve Miller, Carlmont, 1972.

Mile relay—3:18.1, Los Altos, 1970.

High jump—6-9, Larry Wright, Carlmont, 1975.

Long jump—23-5, Steve Wise, Awalt, 1976.

Triple jump—48-2 $\frac{1}{2}$, Paul Bates, Menlo-Atherton, 1977.

Pole vault—14-7, John Bell, Lynbrook, 1974.

Shot put—62-7 $\frac{1}{2}$, Chris Adams, Los Altos, 1970.

Discus—194-3 $\frac{1}{2}$, Chris Adams, Los Altos, 1970.