

MAY 12⁸³

19

Carlmont
menlo ATherton - 2
San Carlos
Sequoia
menlo
woodside

50¢

Sached Heart
Castellejo



Montoya

SPAL FINALS

SPAL CHAMPIONSHIP TIME SCHEDULE

MAY 12, 1979

3:00 Varsity Shot Put
Girls Shot Put
Frosh/Soph Shot Put

Frosh/Soph Discus
Varsity Discus
Girls Discus

Varsity High Jump
Girls High Jump
Frosh/Soph High Jump

Varsity Pole Vault
Frosh/Soph Pole Vault

LONG JUMP AND TRIPLE JUMP PITS WILL BE OPEN TO ALL PARTICIPANTS (VARSITY, FROSH/SOPH, GIRLS) FROM 3:00 P.M. UNTIL 6:00 P.M. ALL JUMPS SHOULD BE COMPLETED BY THAT TIME!

3:00 Girls' two Mile Run
3:15 Frosh/Soph Two Mile Run
3:30 Varsity 440 Relay
3:35 Girls 440 Relay
3:40 Frosh/Soph Relay 440
3:50 Varsity 120 HH
3:55 Frosh/Soph 70 HH
4:00 Girls 110 LH
4:10 Varsity 880
4:15 Frosh/Soph 880
4:20 Girls 880
4:25 Varsity 100
4:30 Frosh/Soph 100
4:35 Girls 100
4:40 Varsity 440
4:45 Frosh/Soph 440
4:50 Girls 440
4:55 Varsity 2 Mile
5:10 Varsity 330 LH
5:15 Frosh/Soph 330 LH
5:20 Varsity 220
5:25 Frosh/Soph 220
5:30 Girls 220
5:35 Varsity Mile
5:40 Girls Mile
5:50 Frosh/Soph Mile
6:00 Girls Mile Relay
6:05 Frosh/Soph Mile Relay
6:10 Varsity Mile Relay

SPAL TRACK AND FIELD CHAMPIONSHIP MEET RECORDS- 1978

VARSIITY

440 Relay	Carlmont		42.3	1978
120 HH	Carl Florant	Palo Alto	42.3	1973
=	Malcom Dixon	Sequoia	14.2	1977
880	Bill Respini	Palo Alto	1:55.0	1968
100	Dick Burns	Menlo Atherton	9.7	1960
	Andre Price	Carlmont	9.7	1977
440	Tony Thompson	Woodside	48.2	1978
2 Mile	Jerry Emory	Gunn	9:10.4	1975
330 LH	Ribera	Carlmont	37.1	1978
220	Stan Beal	San Carlos	21.7	1978
Mile	Steve Miller	Carlmont	4:15.2	1972
Mile Relay	San Carlos		3:20.2	1978
HJ	John Radetich	San Carlos	6'8 $\frac{1}{2}$ "	1966
LJ	Julian Lucas	Gunn	23'3 $\frac{3}{4}$ "	1970
TJ	Dale Krebs	Gunn	47'5 $\frac{1}{4}$ "	1970
PV	Kim Black	Carlmont	14'2 $\frac{1}{2}$ "	1975
Shot Put	Don Castle	Cubberley	64'3"	1961
Discus	Winston Landes	Palo Alto	175'8 $\frac{1}{2}$ "	1967

FROSH-SOPH

440 Relay	Sequoia		43.3	1976
70 HH	Terry Adams	Gunn	8.8	1970
	Rick Luttrell	San Carlos	8.8	1976
880	Charles Jones	Ravenswood	1:58.8	1973
100	Percey Puckett	Ravenswood	10.1	1970
	Eric Washington	Woodside	10.1	1978
440	Dave Giloolley	San Carlos	50.4	1976
2 Mile	Jerry Emory	Gunn	9:39.2	1973
330 LH	Rich Luttrell	San Carlos	38.7	1976
220	Eric Washington	Woodside	22.4	1978
Mile	Steve Miller	Carlmont	4:27.0	1970
Mile Relay	Sequoia		3:27.9	1976
HJ	Chris Campana	Woodside	6'4"	1978
LJ	Herman Jackson	San Carlos	22'2 $\frac{1}{2}$ "	1970
TJ	Myrt Easley	Woodside	46'7 $\frac{1}{2}$ "	1973
PV	Mike Bradley	Carlmont	13'9 $\frac{1}{2}$ "	1976
Shot Put	Craig Awbrey	Menlo Atherton	57'6 $\frac{1}{4}$ "	1976
Discus	George Stein	Gunn	153'6 $\frac{1}{2}$ "	1972

GIRLS TWO MILE RUN

<u>Lane</u>					
1.	Van Housen	Woodside	1a.	Sakelarios	Seq.
2.	Pless	Carlmont	2a.	Smith	Wood.
3.	Cator	W	3a.	Zwisler	MA
4.	Templeman	C	4a.	C. Silva	SC
5.	L. Silva	SC	5a.	Draga	MA
6.	Goodwin	C	6a.	Deforest	Seq.
7.	Paruchetti	SC	7a.	Warda	SC
8.	Reiser	C	8a.	Russ	MA
9.	E. Harbury	MA	9a.	Wade	W
1b.	Harmon	S			
2b.	Gutierrez	S			
3b.	Leal	Cast.			
4b.	Morton	Cast.			
5b.	XXXXXXXX	XXXX			

FROSH/SOPH TWO MILE RUN

<u>Lane</u>				
1.	Carter	MA	1a.	Terpenning W
2.	Kloepfer	C	2a.	Melquist C
3.	Garber	C	3a.	Fletcher W
4.	Carlson	C	4a.	Langenheim MA
5.	Sakelarios, N	S	5a.	Cooper MA
6.	Bailey	MA		
7.	West, Wade	W		
8.	West, Wn	W		
9.	Hicke	SC		

VARSITY 440 YARD RELAY

Lane

- 1.
2. Menlo Atherton 43.5
3. Carlmont 44.1
4. Woodside 44.1
5. Sequoia 45.7
6. San Carlos 45.7
7. Menlo 45.7

GIRLS 440 YARD RELAY

Lane

- 1.
2. Carlmont
3. Sequoia
4. Woodside
5. San Carlos
6. Menlo Atherton

FROSH/SOPH 440 YARD RELAY

Lane

- 1.
2. Carlmont 44.8
3. Woodside 45.6
4. Sequoia 45.7
5. Menlo Atherton 46.0
6. San Carlos 47.2
7. Menlo 47.3

Varsity 120 High Hurdles Finals

Lane

1.	Wright	C	15.8
2.	Campana, K	W	15.6
3.	Willis	S	15.4
4.	Woodson	Ma	15.3
5.	Swain	C	14.8
6.	Scherrer	W	15.5
7.	Plate	M	15.5
8.	Mitchell	MA	15.8
9.	Inman	SC	15.7
Alt.	Streets	SC	16.0

Frosh/Soph 70 Yard High Hurdles

Lane

1.	Berry	C	10.9
2.	Jones	M	10.9
3.	Tucker	S	9.2
4.	Boyes	C	9.5
5.	Willis	M	8.8
6.	Redick	W	9.0
7.	Van Wandelen	SC	10.2
8.	Scott	MA	9.9
9.	Hicke	SC	10.9
Alt.	Sterling	MA	11.0

GIRLS 110 YARD LOW HURDLES

Lane

1.	Kepney	W	17.3
2.	Gerolofi	C	17.2
3.	Beukers	W	16.8
4.	Luttrell	SC	17.2
5.	Otto	C	
6.	King	MA	
7.	Francisco	SC	16.2
8.	McCready	C	17.3
9.	Huber	SC	16.9

880 YARD RUN

Lane

1.	Hoch	MA	1:59.9	1a.			
2.	Logothetis	C	2:00.9	2a.			
3.	Corless	W	2:01	3a.	Morris, B	W	2:10
4.	Wimmer	M	2:01.4	4a.	Gross	SC	2:13
5.	Jones	MA	2:04.5	5a.	Stagner	S	2:10.9
6.	Flores	MA	2:05.2	6a.	Morris, K.	W	2:13
7.	Mack	C	2:05.3	7a.	Tanaka	SC	2:18.5
8.	Kennemere	S	2:05.6				
9.	Lechner	C	2:11.0				

FROSH/SOPH 880 YARD RUN

Lane

1.	Radetich	S	2:16	1a.	Rodreguez	C	2:15.4
2.	Cocker	MA	2:07.4	2a.	Hobbs	C	2:16
3.	Carter	MA	2:07.5	3a.	Kenemmer	S	2:17.6
4.	Ingenthron	C	2:10.9	4a.	Barlow	SC	2:18.2
5.	Sherden	W	2:11.0	5a.	West, K.	W	2:20
6.	Young	C	2:12.8	6a.	Hassett	S	2:24
7.	Marconda	W	2:13	7a.	Alvis	SC	2:24
8.	Bailey	MA	2:14.2	8a.	Carlson	SC	2:25
9.	Ross	MA	2:14.2	9a.	Hall	SC	2:28

Lane

1b.	Espinoza	S	2:17
2b.	Sakelarios	S	2:18.8
3b.	Corowell	MA	
4b.	Poulter	MA	
5b.	Bryant	MA	

GIRLS 880 YARD RUN

Lane

1.	L. Jungsten	C	1a.	Stofle	W
2.	P. Folanini	C	2a.	Norlander	W
3.	K. Wolfe	S	3a.	Fuller	MA
4.	L. Longer	C	4a.	Harbery	MA
5.	M. Huber	SC	5a.	Harsch	MA
6.	J. Gardner	C	6a.	Bennett	SC
7.	K. Prentice	SC	7a.	Alissariper	Cast.
8.	L. Harbury	MA	8a.		
9.	Stofle	W	9a.		

Varsity 100 Yard Dash

Lane

1.	Cheadle	C	10.7
2.	Levers	MA	10.7
3.	Harris	W	10.7
4.	Miller	MA	10.5
5.	Nicholson	MA	10.0
6.	Washington	W	10.0
7.	Sterling	W	10.5
8.	Hodnick	C	10.6
9.	Willis	S	10.7
	Alt. Chang	M	10.7

Frosh/Soph 100 Yard Dash

Lane

1.	Brown	W	11.1
2.	Hester, C	C	10.7
3.	Ware	C	10.6
4.	Haynes	S	10.3
5.	Hester, M	C	10.5
6.	Tucker	S	10.6
7.	Ichimaru	C	10.6
8.	Thompson	S	11.0
9.	VanWandelen	SC	11.2
	Alt. Nicholson	MA	11.2

GIRLS 100 YARD DASH

Lane

1.	Miller, J.	C	11.7
2.	Bun	W	11.6
3.	Mandolfo	S	11.6
4.	Robinson	SC	
5.	Milligan	C	
6.	Barkus	SC	
7.	Colon	S	11.9
8.	Haynes	W	11.9
9.	Green	C	12.0
Alt.	Lamb, L.	C	12.0

VARSIITY 440 YARD DASH

Lane

1.	Ogburn	MA	53.9
2.	Nicholson	MA	49.3
3.	Young	C	51.3
4.	Williams	SC	52.5
5.	Bates	MA	53.2
6.	Grant	C	53.6
7.	Mueller	C	53.9
8.	Hughes	SC	53.9
9.	Karbo	S	54.3
Alt.	Corless	W	54.8

FROSH/SOPH 440 YARD DASH

Lane

1. Bentley	M	57.0
2. Luke	W	51.3
3. Smith	MA	53.2
4. Lawrence	C	55.6
5. Thompson	S	55.6
6. Coker	MA	55.7
7. Booker	W	55.5
8. Chaisson	C	56.3
9. Poulter	M	55.9
Alt. Nicholson	MA	57.3

GIRLS 440 YARD DASH

Lane

1. Longar	C	64.7
2. Preisser	S	
3. Jungston	C	
4. Folanini	C	
5. Robinson	SC	59.9
6. Jones	W	60.2
7. Wells	SC	63.6
8. Elkins	S	63.7
9. Gardner	C	64.5
Alt. Prentice	SC	

Varsity Two-Mile RunLane

1.	O'Connor	C	9:23.1	1a.	Pretes	SC	10:43.8
2.	Melquist	C	9:28.6	2a.	Ellison	W	10:53
3.	Hanna	SC ?	10:08.5	3a.	Doyle	W	10:55
4.	Hausler	MA	10:08.5	4a.	Hoch ?	MA	9:48
5.	Pryor	C	10:12	5a.	Tanke	W	11:01
6.	Alvarez	M	10:17.9	6a.	Bauer	C	11:18.
7.	Roe	MA	10:36	7a.	Klebofski	SC	11:21.7
8.	Sakalerios	S	10:39				
9.	Houghton	SC	10:49				

Varsity 330 Yard Low HurdlesLane

1.	Swain	C	37.6
2.	Scherrer	W	39.6
3.	Campana, K.	W	39.9
4.	Street	SC	41.2
5.	Woodson	MA	40.5
6.	Willis, P.	S	40.3
7.	Rushing	SC	41.3
8.	Mongiello	C	40.7

~~9. Mitchell MA 41.3~~

Alt. Borghi SC 42.5

FROSH/SOPH 330 YARD LOW HURDLES

Lane

1.	Tucker	S	40.2
2.	Ware	C	40.9
3.	Willis	M	41.2
4.	Redick	W	41.8
5.	Jones	M	42.7
6.	Berry	C	43.6
7.	Boyes	C	43.8
8.	Young	C	43.8
9.	VanWandelen	SC	44.0
Alt.	Galvez	MA	44.0

VARSITY 220 YARD DASH

Lane

1.	Cheadle	C	24.1
2 .	Nicholsen	MA	22.7
3.	Washington	W	22.8
4.	Williams	SC	23.1
5.	Young	C	23.2
6.	Miller	MA	23.6
7.	Sterling	W	24.2
8.	Hodnick	C	24.0
9.	Mueller	C	24.3
Alt.	Harris	W	24.1

FROSH/SOPH 220 YARD DASH

Lane

1. Cady	M	25.8
2. Luke	W.	22.6
3. Hester, M	C	23.7
4. Tucker	S	23.8
5. Smith	MA	24.8
6. Artist	C	24.3
7. Ichimaru	C	24.8
8. Jackson	SC	25.7
9. Willis	M	24.4
Alt. Thomas	W	26.0

GIRLS 220 YARD DASH

Lane

1. Barkus	SC	26.9
2. Miller, B.	C	
3. Milligan, V	C	
4. Robinson	SC	
5. Colon	S	26.7
6. Jones	W	26.9
7. Miller, J.	C	26.9
8. Haynes	W	27.3
9. Gallagher	S	27.1
Alt. Bun	W	27.3

VARSTY ONE MILE RUN

Lane

1.	O'Conner	C	4:21.6	1a.	Kenemmer	S	4:55
2.	Melquist	C	4:24.0	2a.	Carroll	SC	4:56
3.	Hoch	MA	4:28	3a.	Ellison	W	4:57
4.	Wimmer	M	4:34	4a.	Flores	MA	4:59
5.	Hannah	SC	4:36	5a.	Morris, B	W	5:04
6.	Jones	MA	4:41.7	6a.	Blair	SC	5:10
7.	Hausler	MA	4:43.3	7a.	Fands	SC	5:10.7
8.	Logothetis	C	4:44	8a.	Doyle	W	5:20
9.	Pryor	C	4:53.4	9a.	Radetich	S	5:28

GIRLS ONE MILE RUN

Lane

1.	Horne	C	1a.	Deforest	S
2.	Templeman	C	2a.	Wade	W
3.	Pless	C	3a.	Silva, C.	SC
4.	Van Housen	W	4a.	Haasch	MA
5.	Cator	W	5a.	Baker	MA
6.	Wolfe	S	6a.	Hargury, E.	MA
7.	Huber, Mi.	SC	7a.	Harbury, L.	MA
8.	Stofle	W	8a.	Sakelarius	S
9.	Silva, L.	SC	9a.	Greene	C
1b.	Kissely	S			
2b.	Glockner	S.H.			
3b.	Ruder	Cast.			
4b.	Floyd	Cast.			

FROSH/SOPH Mile Run

Lane

1.	Carter	MA	4:49 1 a.	West, W.	W	5:06
2.	Sakelerios, A	S	4:51 2a.	West, Wm	W	5:06.1
3.	Gomez	C	4:54.43a.	Barlow	SC	5:06.8
4.	Ingenthron	C	4:55 4a.	Ross	MA	5:07.6
5.	Kloepfer	C	4:55.35a.	Wetteland	W	5:22
6.	Marconda	W	4:57 6a.	Gerkenmeyer	MA	5:28
7.	Carlson	C	4:57.37a.	Hall	SC	5:31.5
8.	Bailey	MA	5:04.38a.	Hays	S.H.	5:26.2
9.	Espinoza	S	5:05.6			

GIRLS MILE RELAY

Lane

1.	Carlmont
2.	Sequoia
3.	San Carlos
4.	Woodside
5.	Menlo A therton

FROSH/SOPH MILE RELAY

Lane

1.	Carlmont	3:37.9
2.	Woodside	3:44
3.	Menlo Atherton	3:50
4.	San Carlos	4:02
5.	Sequoia	NT
6.	Menlo	NT

VARSITY ONE MILE RELAY

Lane

1.	Carlmont	3:26.6
2.	San Carlos	3:32.5
3.	Menlo Atherton	3:37.6
4.	Woodside	3:39.8
5.	Sequoia	3:44.0
6.	Menlp	N.T.

TRIPLE JUMP

FS SEAL finals

[illegible]

TRIPLE JUMP

FS SPAL Finals

[illegible]

LONG JUMP

TRIPLE JUMP

[illegible]

HIGH JUMP

SPAL Finals

Name	Sch.
Duvall	M-A
Quinn	W
Finlayson	W
Farley	C
Oyster	W
Davis	C
Alexander	M-A
Mueller	N
Barnett	C

LONG JUMP

TRIPLE JUMP

ES Finals

[illegible]

HIGH JUMP

FS

SPAL Finals

Name	Sch
Blenk, B lank	C
Hueller	W
Wright	C
Duvall	M-A
Hentley	W
Labernick	S
Gálvez	M-A
Waters	S-C
Phillips	C
Aleips Alt.	W

HIGH JUMP

SPAL Finals

IG JUMP

Girls Long Jump

[illegible]

SHOT PUT

DISCUS

LONG JUMP

TRIPLE JUMP

Girls Shot Put

[illegible]

[illegible]

TRIPLE JUMP

Varsity SPAL Finals

[illegible]

HIGH JUMP

SPAL Finals

[illegible]

HIGH JUMP

Varsity

SPAL FINALS

Name	Sch.
Nilsen	S
Morris	W
Haren	M-A
Streets	S-C
Woodson	M-A
Campana, C	W
Herbst	M-A
Glikbarg	M
Spivey	W
Bailey Alt.	M-A

TRIPLE JUMP

Name

Sch.

1

2

3

2.4

5

Varsity SPAL Finals:

Distances

Mitchell

S-C

123' 4 3/4

Varnell

W

127' 9 3/4

Kochenderfer

C

138' 8 1/4

Smith

W

139. 4 1/2

Paleologos.

W

139' 4 3/4

Morton

Menlo

145: 100

Hunter

C

151' 11 1/2

Harris

11-A

154: 8

TRIPLE JUMP

Varsity SPAL Finals

[illegible]

Girls Carlmont 48
 25
 9
 8
 2
92

Seg 24
 10
 12
 1
47

SC 8
 16
 9
 12
 3
42

W 16 8+8
 6 3+3
 6 2+2+2
 2 1+1
30

MA 8 M 6
 15
 3
 4
30

VARSITY MA

3
 9 1/2
 8 2 1/2
 66
 26
 26
 8
300

48
 15
 14 1/2
 12
 2
97 1/2

C 40
 20
 14 1/2
 5
 3
82 1/2

W 16
 25
 12
 9
 4
66

SC 8
 10
 6
 1
 26
 8
 5
 3
 2
 1
26
8

16
 3

F-S

C

W

MA

S

M

SC