Carlmont takes SPAL titles — **Bells win WCAL**

By Paul Salvoni Special to the Times Tribune

SAN MATEO - If her coach's prediction is accurate, San Carlos High School track standout Cindi Durchslag

Prep track 5/18/8/

only is beginning to approach her potential.

Durchslag was chosen as the girls' outstanding performer in Saturday's South Peninsula Athletic League track and field finals at College of San Mateo. She won the shot put and discus throw with marks of 41-81/2 and 140-0.

"I can truthfully say she has been improving with virtually every meet," San Carlos girls' coach Sarah Miller said.

Durchslag, a junior, won the discus by more than 34 feet over second-place Christy Haasch of Menlo-Atherton.

But despite the efforts of Durchslag and a sprint double by teammate Rhonda Robinson, Carlmont took advantage of its depth to capture the team title with 94 points to San Carlos' 81.

Beth and Julie Miller, Paula Foianini and Kim McCready won individual events for Carlmont, which also won both relays. The Scots' mile relay team, anchored by Foianini, beat secondplace M-A by 16.32 seconds.

Earlier this season, Durchslag had efforts of 43-41/2 in the shot put and 144-8 in the discus, both believed to be Central Coast Section bests this year.

"As a meet progresses, I don't like to check her marks," Miller said. "I like to wait until the end because she's always improving and surprising me. I think Cindi's best is yet to come."

Robinson, who placed seventh in the state last year in the 200 meters, was selected as the girls' most valuable performer. In addition to her firsts in the 100 and 200 meters, she anchored SC's second-place 400-meter relay team.

"My main problem still is getting out of the blocks," Robinson said. "I was very disappointed earlier this season -I even thought of quitting. But I feel better now and I'm glad I didn't."

Seguoia's Karen Wolfe, a senior who did not run track last year, won the two-mile and was second in the mile.

The top four finishers in each event qualified for the Region II finals Friday and Saturday at CSM.

In the boys' competition, M-A's Reggie Dupee cleared 6-7 in the high jump



Paula Foianini

and was chosen most outstanding per-

Dupee cleared 6-8 earlier this month, and feels he will contend for the championship at the CCS meet in two weeks because he is clearing 6-6 and 6-7 with

Lance Rogers, who won the long jump at 20-934, and Dupee were M-A's only champions in a meet dominated by Carlmont.

Carlmont coasted to the team title with 1171/2 points to M-A's 751/2. The Scots' Tom Hayse, Ed Berry, Brian Artist, Buster Jamison, Mike Phillips and Bob Kochenderfer won individual titles as Carlmont successfully defended its SPAL dual-meet title.

Berry won the 100 meters even though it was only his third start of the year in that event.

Sequoia's Gary Tucker won both hurdles races to become the only boys' double champion and earn most valuable performer honors. He beat Dupee by two-tenths of a second in the high hurdles and edged Woodside's Tim Redick by eleven-hundredths of a second in the lows.

West Catholic

Although Bellarmine won only three events and the mile relay, the Bells earned points in 13 of the 16 events to win the championship at Saturday's WCAL finals at San Francisco State.

Bellarmine scored 135 points to 94 for St. Francis and 93 for Serra.

Chris Paredes led the Bells with a distance double, winning the mile in 4:21.27 and the two-mile in 9:18.05. Both are season bests for Paredes, and his two-mile time is one of the best in the section this season.

Brendan Saunders took the 800 meters in 1:54.89 for the Bells' other individual title.

St. Francis edged Serra for second place even though St. Francis had no individual winners to Serra's four. Doug Smith (300-meter low hurdles), Dan Usher (shot put), Andy Byrne (400 meters) and Mike Meredith (200 meters) picked up individual titles for

Prep scoreboard

Softball

Track

Finds at College of San Mateo
All events in meters
Team scores — Carlmont 117/2, MenloAnterion 37/2, Sequola 48/2, Woodside 37,
San Carlos 12/4, Menlo School 12,
400 R — Carlmont (Hester, Jamison,
Berry, Artist) 43.05, Woodside 43.96, Sequola 44.60, Menlo Atherton 45.63, San
Carlos 46.0,
120 HH — Tucker (S) 14.66, Dupee (MA)
14.86, Walbrecht (SC) 16.47, King (MA)
15.96, Bell (W) 15.54,
800 — Hayse (C) 2:00.52, Coker (MA)
201.45, Larrick (MA) 2:02.9, Ingenthron
(C) 2:05.29, Baker (W) 2:05.6,
100 — Berry (C) 10.73, Alexander (MA)
10.94, Hester (C) 10.94, Laulusa (W) 11.02,
Wallace (C) 11.31,
400 — Aritst (C) 50.85, Smith (MA) 51.10,
Jamison (C) 52.08, Hassett (S) 53.79,
3.200 — Marconda (M) 9:38, 2. Gomez
(C) 9:453, Carter (MA) 9:38, 2. Grison (C)
10:21.3, Curry (MA) 10:43, 9,
300 LH — Tucker (S) 38, 14, Redick (W)
38.25, Ware (C) 39.37, Dupee (MA) 39.54,
Willis (M) 9.57,
200 — Jamison (C) 22.61, Aritst (C) 22.70,
Loulusa (W) 22.99, Hester (C) 23.04, Alexander (MA) 23.54,
1,600 — A. Sakelarios (S) 4:30.38, Hayse
(C) 4:33.14, Marconda (M) 4:33.71, Gomez
(C) 4:35.7, Carter (MA) 4.12,
Bert (C) 13.99 (MA) 6-1, Barnett (C) 6-1,
Sterling (MA) 6-1, the between Chin (S)
and Walbrecht (SC) 015-11,
LJ — Rogers (MA) 20-9/4, Stovali (C)
20-9/4, Redick (W) 20-9/2, Smith (MA) 20-1,
LJ — Rogers (MA) 20-9/4, Stovali (C)
20-9/4, Redick (W) 20-9/2, Smith (MA) 44.6,
Berry (C) 14-4,
Smith 42-4/4, Shovali (C) 42-279, Rogers
(MA) 42-1,
PV — Phillips (C) 13-0, Labernick (S)
11-6, Ite between Duvali (MA) 440, Clarer (MA) 44.11,
Detween the service of the service

Smith 42.4%, Stovall (C) 42-227, Rogers
(MA) 42-1,
PV — Phillips (C) 13-0, Lobernick (S)
11-6, lie between Duvall (MA) and Rollins
(C) at 11-6, Waters (SC) 11-0,
SP — Kochenderter (C) 48-0, Carvotakis (W) 47-6, Stephans (W) 45-8/2, Brent
(SC) 44-9/2, James (W) 41-2,
Stephans (W) 41-2,
Stephans (W) 41-2,
Stephans (W) 41-3,
Stephans (

Dupee (MA).

Most Valuable Performer — Gary
Tucker (5).

Most Valuable Performer — Gary Tucker (S).

Girls

Teamscores — Carlmont 94, San Carlos 81, Mento-Atherton 41, Woodside 23, Serguous 21, Mercy 4, Mento School 1, Mercy 4, Mento School 1, Mercy 4, Mento School 1, Mercy 52, 91, Mento-Atherton 50, 24, Woodside 50, 61, Mercy 52, 91, 100 LH — L. Luftrell (S) 14,71, Nleder (C) 15,15, Meader (Mercy) 15,28, S. Luftrell (SC) 14,40, Ports (MA) 15,41, 800 — Folanini (C) 2:22,24, Williams (MA) 2:26,05, Huber (SC) 2:29,7, Gardner (C) 2:30,58, Osborn (C) 2:31,94.

100 — Robinson (SC) 12.03, Jordan (SC) 12.77, Vines (C) 12.40, Barkus (SC) 12.41, Brown (W) 12.60, Miller (C) 99.14, Folanini (C) 1:00.15, Turner (C) 1:00.43, Hoffman (MA) 10.100, Forbert (M) 1:04.22, 3.200 — Wolfe (S) 11:21.8, Silva (SC) 11:30.6, Horve (C) 12:42.2, Thomas (C) 12:35.9, Robbins (C) 13:06.0, 300 LH — B. Miller (C) 45.75, Burdeauz (SC) 45.12, Nieder (C) 45.75, Burdeauz (SC) 50.30, Francisco (SC) 50.39, Barkus (SC) 50.50, Vines (SC) 52.53, Barkus (SC) 5.50, Vines (SC) 52.54, Gardner (C) 5:55.48, Palen (C) 5:52.43, Gardner (C) 5:55.48, Menio-Atherion 4:16.8, San Carlos 4:19.02, Woodside 4:26.5.

ton 4:16.8, San Carlos 4:19.0z, woudstud4:26.5, HJ — McCready (C) 5-4/2, Brown (W)
5.1, Zwisler (MA) 4-11, Randolph (W) 4-11, Skuce (MA) 4-7, LJ — Brown (W) 17-0/4, Potts (MA) 15-10, McCready (C) 15-5/2, Williams (W) 15-5/4, Smith (MA) 15-4, SP — Durchslag (SC) 41-8/2, Carrozzi (C) 40-0/2, Augmon (SC) 34-10/2, Haasch (MA) 32-4, Southwood (SC) 31-7, DT — Durchslag (SC) 140-0, Haasch (MA) 105-9/2, Carrozzi (C) 104-0/2, Southwood (SC) 92-1/2, Petersen (W) 89-0. Most Outstanding Performer — Cindi Durchslag (SC)

urchslag (SC). Most Valuable Performer — Rhonda

Durchslag (SC).

Most Valuable Performer — Rhonda Robinson (SC).

WEST CATHOLIC Finals at S.F. State Francis 94, Serra 93, Riordan 69, St. Ignalius 52, Socred Heart 51, Milty 0, 100m — Armstrong (SH) 11:26, Sewell (R) 11:27, Meredith (S) 11:38, Smith (S) 100m — Armstrong (SH) 11:26, Sewell (R) 11:27, Meredith (S) 11:38, Smith (S) 100m — Armstrong (SH) 12:25, Armstrong (SH) 22:73, Smith (SI) 22:97, Winkler (SF) 22:96, Celsi (B) 23:34, 400m — Byrne (S) 49,90, Pine (B) 51:06, Lutes (B) 51:41, Burrs (SH) 51:42, Hickey (SF) 51:46, Surfinez (R) 1:56.57, Page (B) 1:57, 53, Pardes (B) 1:57.91, Mile — Paredes (B) 4:12.75, Sellard (B) 1:57.53, Paredes (B) 1:59.91, Mile — Paredes (B) 4:12.75, Sellard (B) 1:25.36, Martinez (R) 1:56.57, Page (B) 1:75, 13, Paredes (B) 9:18.05, Gale (SF) 9:31.6, Collopy (S) 9:47.27, Martinez (R) 1:25.16, Kuhl (SF) 4:30.30, 2-mile — Paredes (B) 9:18.05, Gale (SF) 9:31.6, Collopy (S) 9:47.27, Masino (B) 9:51.66, Stanton (S) 9:25.57, Page (B) 15:75, Page (B) 1

M-A F-S SPAL

Prep scoreboard

Badminton

CCS FINALS
Double-elimination tournament
At West Valley College
Singles final — Wennyi Ting (Westmoor) d. Arlene Abrigo (Silver Creek),
scores unreported.
Doubles final — Candace Youngs
Sharon Ding (Pale Alto) d. Kim Metter-

Track

3:37.61, Mento-Atherton 3:38.10, Woodside 3:40.73, Mento School 3:52.52, MJ — Polen (C) 5-11, ite between Cambron (SC) and Matthews (W) at 5-9, Utecht (SC) 5-9, Pound (S) 5-5, LJ — Walloce (W) 19-3/4, Johnson (C) 19-0%, Taldsig (C) 18-3/2, Bernardin (MA) 19-11, Saunders (S) 17-9/4, TJ — Bostic (MA) 41-4, Overton (C) 39-6, Bishop (SC) 39-4/4, Wallace (W) 39-4, Toldsig (C) 38-6, PV — Prescatt (SC) 11-0, tie between King (MA) and Durham (C) at 10-6, Shade (W) 10-6, Roberts (C) 10-0, SP — Shenk (MA) 49-6, Tiedemann (SC) 49-0, Turner (MA) 49-9, Rhode (C) 44-5, Davidson (C) 44-0.

DT — Shenk (MA) 151-0, Turner (MA) 123-9/2, Bishop (SC) 114-11, Toscanelli (SC) 111-4, Tiedemann (SC) 110, Most Outstanding Performer — Ken Jones (MA).

Most Voluable Performer — Rob Shenk (MA).

Finals at College of San Marea
Frosh-soph
Team scores — Menlo-Atherton 133.
Carlmont 76. San Carlos 56. Woodside 30.
Menlo School 4. Sequoia 3.
400 R — Menlo-Atherton 44.74. Carlmont 44.73. Woodside 45.72. San Carlos 46.14. Sequoia 49.28.
70 HM — Jones (MA) 8.38. Ribera (C) 9.33. Stromberg (MA) 9.20.
29.03. Stromberg (MA) 9.20.
29.04. Rehmus (MA) 2.00.29. Bullock (C) 2:03.64. Rehmus (MA) 2:04.27. Carler (MA) 2:06.16. Paulus (C) 2:07.71.
100 — Jones (MA) 11.13. Tebo (C) 11.17.
Hodges (MA) 11.31. Dumonte (C) 11.68.5. Stevens (W) 11.79.
400 — Farris (SC) 51.96. Pope (MA) 52.30, Bostic (MA) 30.9. Topps (C) 53.26.
Davis (C) 54.22.
3,200 — Conner (MA) 10:33.32. Perez (W) 10:34.27. Perez (W) 10:34.28. Newton (C) 10:54.43. Planting (MA) 11.01.23. Plety (C) 11.05.10.
300 LH — Jones (MA) 97.55. Ribera (C) 41.74. Mudra (W) 42.01. Stromberg (MA) 46.6. Che (C) 45.02.
21.38. Hodges (MA) 24.02. Dinardo (W) 24.38. Hodges (MA) 24.02. Dinardo (W) 2

CHAMPIONS