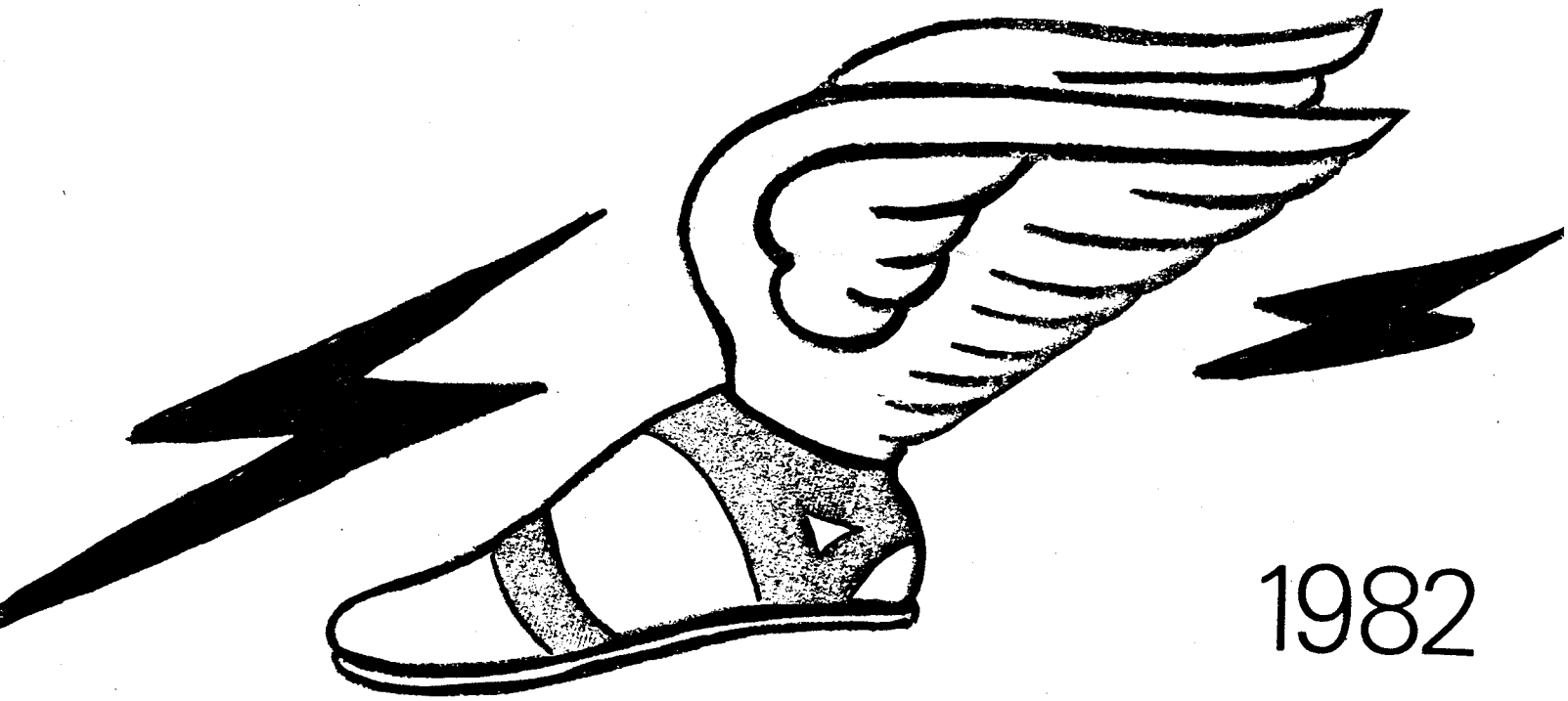


South Peninsula

Athletic League

TRACK & FIELD



1982



OFFICIALS FOR THE SPAL FINALS
5-14-82

Meet Director.....Plato Yanicks
Referee.....Fran Ferry
Starter.....Larry Skenk
Recall StarterTom Crane
Clerk of the Course.....Bob Rebenstorf
Assist Clerk.....Dave Bray
Head Finish Judge.....Arlene Miller
Finish Judge & TimerRobert Anderson
Finish Judge & TimerBill Firth
Finish Judge & Timer.....Kelly Weston
Finish Judge & Timer.....Kurt Servas
Finish Judge & Timer.....Bill Hayes
Finish Judge & Timer.....Mr Mc Fall
Finish Judge & Timer.....Mrs Johnson
Finish Judge & Timer.....Mrs Hefner
Finish Judge & Timer.....Mrs Holmes
Finish Judge & Timer.....Mr Zwisler
Announcer.....
Scorer.....Marilyn Yanicks
Scorer.....Ellen Jones
Scorer.....Carla Holmes
Recorder.....Jennifer Penning & Carol Mullen
Runner.....Shellie Bello
Inspector.....Margaret Mc Cormack
Inspector.....Penny Bowen
Awards.....Mrs Schulze & Mrs Mulliner
High Jump.....Larry Wright
Long Jump.....Paul Bates & Bill Nigh
Triple Jump.....Menlo School staff
Pole Vault.....San Carlos HS staff
Shot Put.....Sequoia H S staff
Discus.....Woodside HS staff
Gate guard.....Bill Cane
Hurdle crew.....David Kelly, Matt Davidson, Steve Elmore, Jim Mulliner
Finish line string.....Bonnie Scott, Chris Patterson
Program.....Marilyn Yanicks

The coaches of the SPAL, their athletes and supporters, are grateful to Stanford Track Coach Brooks Johnson, and to Stanford University for the use of the outstanding track facility at Stanford stadium.

VARSIY BOYS 440 YARD RELAY

SPAL Meet Record: Woodside and Carlmont 42.3 1975 and 1978

		<u>RESULTS:</u>
1.		1. _____
2.	Carlmont 42.5	2. _____
3.	San Carlos 43.7	3. _____
4.	Woodside 44.5	4. _____
5.	Menlo Atherton 45.0	5. _____
6.	Menlo 46.2	

VARSIY GIRLS 440 YARD RELAY

SPAL Meet Record: Carlmont 48.26 1981

		<u>RESULTS:</u>
1.	Menlo 56.4	1. _____
2.	Carlmont 48.2	2. _____
3.	Menlo Atherton 50.1	3. _____
4.	San Carlos 50.8	4. _____
5.	Mercy 52.7	5. _____
6.	Woodside 53.5	
7.	Sequoia 55.8	

F-S BOYS 440 YARD RELAY

SPAL Meet Record: Sequoia 43.3 1976

		<u>RESULTS:</u>
1.		1. _____
2.	Carlmont 45.7	2. _____
3.	Menlo 46.7	3. _____
4.	Woodside n.t.	4. _____
5.	Menlo Atherton 48.0	5. _____
6.	San Carlos 49.2	
7.	Sequoia 50.8	

VARSITY BOYS 110 METER HIGH HURDLES

SPAL Meet Record: Carl Florant--Palo Alto and Malcolm Dixon--Sequoia 14.2 1975 and 1978.

LANE	QUALIFYING			RESULTS:
			MARK:	
1.	Wallace	Carlmont	16.6	1. _____
2.	King	M-A	15.7	2. _____
3.	Bell	Woodside	15.1	3. _____
4.	Berry	Carlmont	14.8	4. _____
5.	Jones	M-A	15.1	5. _____
6.	Walbrecht	SC	15.0	
7.	Ribera	Carlmont	16.0	
8.	Toscanelli	SC	16.9	
alt. #1 Dove Menlo				
alt. #2 Palen Carlmont				

VARSITY GIRLS 100 METER LOW HURDLES

SPAL Meet Record: Linda Luttrell--Sequoia 14.71 1981

LANE	QUALIFYING			RESULTS:
			MARK:	
1.	Raushausen	Carlmont	17.1	1. _____
2.	Eaker	Mercy	16.1	2. _____
3.	Maeder	Mercy	15.3	3. _____
4.	Luttrell	Sequoia	14.5	4. _____
5.	Brown	Woodside	14.8	5. _____
6.	Neider	Carlmont	15.3	
7.	Berg	Carlmong	16.6	
8.	Gomez	M-A	17.4	
alt. #1 Berto SC				
alt. #2 Clark SC				

F-S BOYS 65 METER HIGH HURDLES

SPAL Meet Record: Terry Adams--Gunn, Rick Luttrell--SC, John Willis--Menlo 8.8 1970, '76 & '79

LANE	SEASON			RESULTS:
			BEST:	
1.	Timm	SC	10.3	1. _____
2.	Reid	Carlmont	10.0	2. _____
3.	King	M-A	9.7	3. _____
4.	Chee	Carlmont	9.6	4. _____
5.	Hagestad	Menlo	9.9	5. _____
6.	A. Childs	SC	9.9	
7.	Jackson	Carlmont	10.2	
8.	York	Woodside	11.4	
alt. #1 Francisco SC				
alt. #2 Walters Carlmont				

VARSITY BOYS 800 METER RUN

SPAL Record: Bowden, Lincoln 1:53.2y 1954

<u>LANE</u>			<u>RESULTS:</u>
1.	Angel	Woodside 2:08.0	1. _____
2.	Haggins	M-A 1:55.1	2. _____
3.	Bullock	Carlmont 2:02.7	3. _____
4.	Sakelarios	Sequoia 2:03.4	4. _____
5.	Bland	Menlo 2:03.9	5. _____
6.	Rehmus	M-A 2:06.0	
7.	Carter	M-A 2:07.7	
1a.	Sheridan	Woodside 2:08.0	
2a.	Castenada	Woodside 2:09.0	
3a.	Williams	Woodside 2:12.0	
4a.	Chew	Carlmont 2:13.4	
5a.	Maverick	Menlo 2:14.4	
6a.	Marin	San Carl 2:19.3	

VARSITY GIRLS 800 METER RUN

SPAL Record: Paula Foianini-Carlmont 2:20.2y 1978

<u>LANE</u>			<u>RESULTS:</u>
1.	Palen	Carlmont 2:34.3	1. _____
2.	Burns	M-A 2:27.5	2. _____
3.	Ostertag	Menlo 2:29.6	3. _____
4.	Osborn	Carlmont 2:31.7	4. _____
5.	Nelson	Woodside 2:31.0	5. _____
6.	Collett	M-A 2:37.2	
7.	Gardner	Carlmont 2:25.4	
1a.	Russell	Woodside 2:34.0	
2a.	Berger	Menlo 2:42.0	
3a.	Rehmus	M-A 2:43.6	
4a.	Donate	SC 2:45.2	
5a.	Butlar	Woodside 2:45.5	
6a.	Tuxedo	Menlo 2:45.8	
7a.	Andeen	M-A 2:46.2	

F-S BOYS 800 METER RUN

SPAL Meet Record: Charles Jones--Ravenswood 1:58.8y 1973

LANE

1.	Englehart	Woodside	2:17.0
2.	Davis	Carlmont	2:04.7
3.	Perkins	Menlo	2:07.1
4.	Wade	Woodside	2:09.0
5.	Freeman	Carlmont	2:12.9
6.	Maximovich	San Carlos	2:14.0
7.	Ramirez	Woodside	2:15.0
1a.	Sangervasi	Carlmont	2:20.5
2a.	Jacoubowsky	San Carlos	2:19.4
3a.	HiSkey	San Carlos	2:16.2
4a.	Kolozsi	M-A	2:17.5
5a.	Kirchner	M-A	2:17.1
6a.	Barto	M-A	2:17.3
7a.	Sanchez	Sequoia	2:17.0
1b.	Tong	Sequoia	2:38.5
2b.	Elmore	M-A	2:23.1
3b.	Tokheim	Woodside	2:27.0
4b.	Allen	San Carlos	2:24.7
5b.	Wong	Carlmont	2:22.0

RESULTS:

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

VARSDITY BOYS 100 METER DASH

SPAL Meet Record: Dick Burns--M-A and Andre Price--Carlmont 9.7 1960 and 1977

LANE			QUALIFYING MARK:	RESULTS:
1.	Lewis	SC	10.5	1. _____
2.	Wallace	Carlmont	10.4	2. _____
3.	Mathews	Woodside	10.3	3. _____
4.	Jamison	Carlmont	10.1	4. _____
5.	Tebo	Carlmont	10.1	5. _____
6.	Irby	SC	10.3	
7.	Alexander	M-A	10.4	
8.	Cady	Menlo	10.4	

alt. #1 Gaulding Woodside
alt. #2 Olson M-A

VARSDITY GIRLS 100 METER DASH

SPAL Meet Record: Rhonda Robinson--San Carlos 12.03 1981

LANE			QUALIFYING MARK:	RESULTS:
1.	Ford	Mercy	12.1	1. _____
2.	B. Miller	Carlmont	11.6	2. _____
3.	J. Miller	Carlmont	11.4	3. _____
4.	Vines	Carlmont	11.5	4. _____
5.	Johns	Carlmont	11.6	5. _____
6.	Barkus	SC	11.5	
7.	Jordan	SC	11.6	
8.	Peer	Woodside	12.3	

alt. #1 Cowan M-A
alt. #2 Hill Woodside

F-S BOYS 100 METER DASH

SPAL Meet Record: Puckett--Ravenswood and Washington--Woodside 10.1 1970 and 1978

LANE			QUALIFYING MARK:	RESULTS:
1.	Grimes	SC	11.2	1. _____
2.	Peters	Woodside	10.5	2. _____
3.	Rainey	Carlmont	10.4	3. _____
4.	Bush	Woodside	10.4	4. _____
5.	Damonte	Carlmont	10.5	5. _____
6.	Scott	M-A	10.9	
7.	Brown	Carlmont	10.9	
8.	Taylor	Woodside	10.9	

alt. #1 Reid Carlmont
alt. #2 Chu Woodside

VARSIY BOYS 400 METER DASH

SPAL Meet Record: Tony Thompson--Woodside 48.2 1978

LANE		MARK:	RESULTS:
1.	Rossi Menlo	54.1	1. _____
2.	Artist Carlmont	49.8	2. _____
3.	Farris San Carlos	49.2	3. _____
4.	Pope M-A	51.3	4. _____
5.	Topps Carlmont	51.2	5. _____
6.	Henderson Woodside	52.5	
7.	Carlsmith Menlo	53.4	
6a.	Mudra Woodside	54.5	
7a.	Kendrick Menlo	55.1	

VARSIY GIRLS 400 METER DASH

SPAL Meet Record: Paula Foianini--Carlmont 57.7 1980

LANE		MARK:	RESULTS:
1.	Olivia SC	64.5	1. _____
2.	Williams M-A	58.6	2. _____
3.	Miller Carlmont	59.2	3. _____
4.	Turner Carlmont	59.6	4. _____
5.	Hoffman M-A	61.9	5. _____
6.	Forbert Menlo	63.0	
7.	Jones Woodside	64.0	
alt. #1 Osborne Carlmont			
alt. #2 Morgan Carlmont			

F-S BOYS 400 METER DASH

SPAL Meet Record: Dave Gillooley--San Carlos 50.4 1976

LANE		MARK:	RESULTS:
1.	Pomares M-A	59.0	1. _____
2.	Scott M-A	53.6	2. _____
3.	Pitre Carlmont	54.1	3. _____
4.	Davis Carlmont	54.4	4. _____
5.	Kukinaga M-A	53.4	5. _____
6.	Hickey SC	57.9	
7.	Kelley Sequoia	59.0	
alt. #1 Kirschner M-A			
alt. #2 Djordjevich Menlo			

VARSIY BOYS TWO MILE RUN

SPAL Record: Emory, Gunn 9:10.4 1975

<u>LANE</u>				<u>RESULTS:</u>
1.	Perez	Woodside	10:32	1. _____
2.	Marconda	Menlo	9:22	2. _____
3.	Gomez	Carlmont	9:45.6	3. _____
4.	Bohn	Sequoia	10:13	4. _____
5.	Valpey	M-A	10:13	5. _____
6.	Carlsen	Carlmont	10:17	
7.	Conner	M-A	10:24.4	
1a.				
2a.	Nesheim	Woodside	13:00	
3a.	Pretes	San Carlos	11:50	
4a.	Castanada	Woodside	11:23	
5a.	Regin	San Carlos	11:21	
6a.	Mizenko	Carlmont	11:05	
7a.	Fletcher	Woodside	10:57	

VARSIY GIRLS TWO MILE RUN

SPAL Meet Record: Karen Wolfe--Sequoia 11:21.8m 1981

<u>LANE</u>				<u>RESULTS:</u>
1.	Cross	San Carlos	13:12	1. _____
2.	Horve	Carlmont	11:57	2. _____
3.	O'Donahue	M-A	12:18	3. _____
4.	Arndt	Carlmont	12:07	4. _____
5.	Thomas	Carlmont	12:47	5. _____
6.	Russell	Woodside	13:00	
7.	Love	Woodside	13:06	
1a.	Butler	M-A	14:16	
2a.	Penning	M-A	14:13	
3a.	Moyer	Woodside	14:00	
4a.	Main	Menlo	13:32	
5a.	Donate	San Carlos	13:30	
6a.	Naples	Carlmont	13:25	
7a.	Minckler	Menlo	13:19	
6b.	Coffron	M-A	n.t.	
7b.	Marin	San Carlos	n.t.	

F-S BOYS TWO MILE

SPAL Meet Record: Jerry Emory Gunn 9:39.2 1973

<u>LANE</u>				<u>RESULTS:</u>	
1.	Montague	M-A	11:26	1.	_____
2.	Oakes	Sequoia	10:45	2.	_____
3.	Newton	Carlmont	10:48.5	3.	_____
4.	Carroll	San Carlos	10:50	4.	_____
5.	Piety	Carlmont	10:50	5.	_____
6.	Allen	San Carlos	10:55		
7.	Beckwith	Woodside	11:00		
1a.	Brocksen	Carlmont	12:36		
2a.	Notowitz	San Carlos	12:30		
3a.	Tokheim	Woodside	12:22		
4a.	Magnin	Woodside	12:22		
5a.	Mercer	M-A	12:33		
6a.	Mulliner	M-A	11:59		
7a.	Rakowitz	Menlo	11:32		
5b.	Deane	M-A	14:00		
6b.	Munsler	Woodside	13:00		
7b.	Wolfe	Carlmont	12:36		

VARSIY BOYS 300 METER LOW HURDLES

SPAL Meet Record: Bill Ribera--Carlmont 37.1 1978

LANE	QUALIFYING			RESULTS:
			MARK:	
1.	Mudra	Woodside	42.2	1. _____
2.	King	M-A	41.1	2. _____
3.	Ribera	Carlmont	40.1	3. _____
4.	Jones	M-A	40.0	4. _____
5.	Mathews	Woodside	39.2	5. _____
6.	Wallace	Carlmont	40.1	
7.	Bell	Woodside	42.4	

alt. #1 Dove Menlo
alt. #2 Williams Woodside

VARSIY GIRLS 300 METER LOW HURDLES

SPAL Meet Record: Beth Miller--Carlmont 45.75 1981

LANE	QUALIFYING			RESULTS:
			MARK:	
1.	Ostertag	Mercy	52.4	1. _____
2.	Smith	San Carlos	50.3	2. _____
3.	Luttrell	Sequoia	48.3	3. _____
4.	B. Miller	Carlmont	45.8	4. _____
5.	Burns	M-A	48.2	5. _____
6.	Nieder	Carlmont	48.9	
7.	Burdeaux	San Carlos	51.0	

alt. #1 Michos Woodside
alt. #2 Nelson Woodside

F-S BOYS 300 METER LOW HURDLES

SPAL Meet Record: Rick Luttrell--San Carlos 38.7 1976

LANE	QUALIFYING			RESULTS:
			MARK:	
1.	York	Woodside	47.3	1. _____
2.	Hagestad	Menlo	44.2	2. _____
3.	Childs	San Carlos	44.1	3. _____
4.	Chee	Carlmont	43.1	4. _____
5.	Childs	San Carlos	43.9	5. _____
6.	King	M-A	44.2	
7.	Kikunaga	M-A	47.3	

alt. #1 Kolozsi M-A
alt. #2 Walters Carlmont

VARSITY BOYS 200 METER DASH

SPAL Meet Record: Stan Beal--San Carlos 21.7 1978

LANE		QUALIFYING MARK:	RESULTS:
1.	Bostic	M-A 23.7	1. _____
2.	Lewis	San Carlos 23.4	2. _____
3.	Artist	Carlmont 22.9	3. _____
4.	Jamison	Carlmont 22.6	4. _____
5.	Farris	San Carlos 22.4	5. _____
6.	Pope	M-A 23.0	
7.	Irby	San Carlos 23.6	
alt. #1 Topps Carlmont			
atl. #2 Henderson Woodside			

VARSITY GIRLS 200 METER DASH

SPAL Meet Record: Rhonda Robinson--San Carlos 25.3 1980

LANE		QUALIFYING MARK:	RESULTS:
1.	Jones	Woodside 28.3	1. _____
2.	Johns	Carlmont 28.1	2. _____
3.	Jordan	San Carlos 26.9	3. _____
4.	J. Miller	Carlmont 25.8	4. _____
5.	Vines	Carlmont 26.9	5. _____
6.	Barkus	San Carlos 27.4	
7.	Peer	Woodside 28.2	
alt. #1 Ford Mercy			
alt. #2 Haasch M-A			

F-S BOYS 200 METER DASH

SPAL Meet Record: Eric Washington--Woodside 22.4 1978

LANE		QUALIFYING MARK:	RESULTS:
1.	Scott	M-A 24.9	1. _____
2.	Pitre	Carlmont 24.1	2. _____
3.	Rainey	Carlmont 23.8	3. _____
4.	Bush	Woodside 23.6	4. _____
5.	Dimonte	Carlmont 23.7	5. _____
6.	Taylor	Woodside 23.8	
7.	Brown	Carlmont 24.7	
alt. #1 Barbara Woodside			
alt. #2 Pomares M-A			

VARSITY BOYS ONE MILE RUN

SPAL Record: Miller, Carlmont 4:15.2 1972

<u>LANE</u>				<u>RESULTS:</u>
1.	Gomez	Carlmont	4:41.6	1. _____
2.	Sakelarios	Sequoia	4:33	2. _____
3.	Marconda	Menlo	4:34	3. _____
4.	Haggins	M-A	4:37	4. _____
5.	Carlson	Carlmont	4:34.9	5. _____
6.	Christensen	Menlo	4:40	
7.	Angel	Woodside	4:41	
1a.	Valpey	M-A	4:53	
2a.	Carter	M-A	4:54	
3a.	Fletcher	Woodside	5:05	
4a.	Bohn	Sequoia	5:00	
5a.	Castaneda	Woodside	4:55	
6a.	Bullock	Carlmont	4:49	
7a.	Rehmus	M-A	4:47	
4b.	Regin	San Carlos	5:30	
5b.	Marin	San Carlos	5:14.4	
6b.	Perez	Woodside	5:07	
7b.	Mizenko	Carlmont	5:06	

VARSITY GIRLS ONE MILE RUNSPAL Meet Record: Nora Williams--Menlo Atherton 5:15.26m 1981

<u>LANE</u>				<u>RESULTS:</u>
1.	Clement	Sequoia	5:57.9	1. _____
2.	Williams	M-A	5:13.6	2. _____
3.	Horve	Carlmont	5:32	3. _____
4.	Palin	Carlmont	5:37	4. _____
5.	Arndt	Carlmont	5:35	5. _____
6.	Gardner	Carlmont	5:30	
7.	O'Donahue	M-A	5:44	
1a.	Salinger	Menlo	6:22	
2a.	Cross	San Carlos	6:19	
3a.	Rehmus	M-A	6:21	
4a.	Burns	M-A	5:26	
5a.	Swisher	Menlo	6:12	
6a.	Cove	Woodside	6:10	
7a.	Russell	Woodside	5:59	
1b.	Kerby	San Carlos	7:12	
2b.	Marin	San Carlos	7:02	
3b.	Dawson	Menlo	6:55	
4b.	Walker	Menlo	6:50	
5b.	Coberly	Woodside	6:37	
6b.	Donate	San Carlos	6:30	
7b.	Butler	Woodside	6:30	

F-S BOYS ONE MILE RUN

SPAL Meet Record: Steve Miller--Carlmont 4:27.0 1970

LANE

1.	Piety	Carlmont	5:10
2.	Wade	Woodside	4:42
3.	Newton	Carlmont	4:51
4.	Maximovich	San Carlos	n.t.
5.	Beckwith	Woodside	5:05
6.	Barto	M-A	5:06
7.	Oakes	Sequoia	5:10
1a.	Jacoubowsky	San Carlos	5:17
2a.	Sanchez	Sequoia	5:11.6
3a.	Carroll	San Carlos	5:15
4a.	Kirchner	M-A	5:13
5a.	Sangerman	Carlmont	5:12
6a.	Adams	San Carlos	5:13
7a.	Ramirez	Woodside	5:10
1b.	Goodman	Menlo	n.t.
2b.	Wolfe-	Carlmont	n.t.
3b.	Brockston	Carlmont	n.t.
4b.	Lupe	Menlo	6:02
5b.	Magrin	Woodside	6:00
6b.	Montague	M-A	5:32
7b.	Lopez	M-A	5:30

RESULTS:

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

VARSIY BOYS MILE RELAY

SPAL Record: San Carlos 3:20.2 1978

			<u>RESULTS:</u>	
1.			1.	_____
2.	Carlmont	3:23.0	2.	_____
3.	San Carlos	3:32.5	3.	_____
4.	Menlo Atherton	3:34.5	4.	_____
5.	Woodside	3:35.5	5.	_____

VARSIY GIRLS MILE RELAY

SPAL Meet Record: Carlmont 3:58.4 1979

			<u>RESULTS:</u>	
1.			1.	_____
2.	Carlmont	3:55.8	2.	_____
3.	San Carlos	4:18.0	3.	_____
4.	Menlo Atherton	4:23.0	4.	_____
5.	Woodside	4:26.0	5.	_____
6.	Sequoia	4:40.0		

F-S BOYS MILE RELAY

SPAL Meet Record: Sequoia 3:27.9 1976

			<u>RESULTS:</u>	
1.			1.	_____
2.	Carlmont	3:35.7	2.	_____
3.	Menlo	3:42.1	3.	_____
4.	Menlo Atherton	3:46.0	4.	_____
5.	Woodside	3:50.0	5.	_____
6.	San Carlos	3:52.0		
7.	Sequoia	4:00.0		

VARSITY BOYS HIGH JUMP

SPAL Meet Record: John Radetich--San Carlos 6'8½" 1966

STARTING HEIGHT: 5'6		SEASON	BEST:	RESULTS:
1.	Walbrecht	San Carlos	6'4	1. _____
2.	Hopgood	Carlmont	6'4	2. _____
3.	DeHart	Carlmont	6'2	3. _____
4.	Jones	M-A	6'0	4. _____
5.	Palen	Carlmont	6'0	5. _____
6.	Parise	M-A	6'0	
7.	Duvall	M-A	5'10	
8.	Amos	Woodside	5'10	
9.	Toscanelli	San Carlos	5'8	
10.	Konrad	San Carlos	5'4	
11.	Crowley	Woodside	5'2	

VARSITY GIRLS HIGH JUMP

SPAL Meet Record: Trish King--Menlo Atherton 5'8½" 1980

STARTING HEIGHT: 4'2		SEASON	BEST:	RESULTS:
1.	Brown	Woodside	5'7	1. _____
2.	Zwisler	M-A	5'3	2. _____
3.	Maeder	Mercy	5'2	3. _____
4.	McLaughlin	San Carlos	5'0	4. _____
5.	Clark	San Carlos	4'11	5. _____
6.	Frye	Sequoia	4'10	
7.	Brooks	Mercy	4'8	
8.	Bracy	Woodside	4'4	
9.	Glendening	Carlmont	4'6	

F-S BOYS HIGH JUMP

SPAL Meet Record: Jim Alexander--Menlo Atherton 6'4½" 1980

STARTING HEIGHT: 4'10		QUALIFYING	HEIGHT:	RESULTS:
1.	Cochran	Menlo	6'0½	1. _____
2.	Beukers	Woodside	6'0	2. _____
3.	King	M-A	5'10	3. _____
4.	Casey	M-A	5'2	4. _____
5.	Chu	Woodside	5'2	5. _____
6.	Korhonen	Woodside	5'2	
7.	Beltramo	Menlo	5'2	
8.	Kestler	Woodside	5'0	
9.	Gaynor	M-A	5'0	

VARSITY BOYS LONG JUMP

SPAL Meet Record: Julian Lucas--Gunn 23'3 3/4" 1970

		SEASON	QUALIFYING	
		BEST:	MARK:	RESULTS:
1.	Alexander	M-A	19'0" 21'11"	1. _____
2.	Stovall	Carlmont	20'8" 21'8 1/2"	2. _____
3.	Walbrecht	SC	19'1" 20'7 1/4"	3. _____
4.	Galvez	M-A	20'0" 20'2 1/4"	4. _____
5.	Holland	Carlmont	20'9 1/2" 20'0 1/2"	5. _____
6.	Amos	Woodside	20'3" 19'6 1/4"	
7.	Wunderlich	SC	17'7" 19'0"	
8.	Bell	Woodside	19'5" 18'9 1/2"	

VARSITY GIRLS LONG JUMP

SPAL Meet Record: Wendy Brown--Woodside 17'0 3/4" 1981

		SEASON	QUALIFYING	
		BEST:	MARK:	RESULTS:
1.	Brown	Woodside	19'3" 19'1 3/4"	1. _____
2.	Nieder	Carlmont	15'0" 16'8 1/2"	2. _____
3.	Hoffman	M-A	16'10 1/2" 16'3 1/2"	3. _____
4.	Etherton	Carlmont	15'3" 16'2 1/2"	4. _____
5.	Zwisler	M-A	15'6" 15'9 1/2"	5. _____
6.	Gilman	Menlo	14'0" 15'5 1/2"	
7.	Lawrence	Carlmont	13'11 3/4 14'11 1/2"	
8.	Widemon	M-A	14'1 1/2" 14'10"	
9.	Bracy	Woodside	15'7 1/2" 14'10"	

F-S BOYS LONG JUMP

SPAL Meet Record: Herman Jackson--San Carlos 22'2 1/2" 1971

		SEASON	QUALIFYING	
		BEST:	MARK:	RESULTS:
1.	Peters	Woodside	20'0" 21'0"	1. _____
2.	Overton	Carlmont	20'0" 20'5 1/2"	2. _____
3.	Paalua	Carlmont	18'8" 19'10 1/2"	3. _____
4.	Hagestad	Menlo	19'1" 18'3 1/2"	4. _____
5.	A. Childs	SC	18'8 1/2" 18'3"	5. _____
6.	Walters	Carlmont	17'3 1/2" 18'2 1/2"	
7.	Cochran	Menlo	18'0" 18'0 1/2"	
8.	Donahue	Carlmont	17'11"	

VARSITY BOYS TRIPLE JUMP

SPAL Meet Record: Dale Krebs--Gunn 47'5½" 1970

		SEASON	QUALIFYING	RESULTS:
		BEST:	MARK:	
1.	Berry	Carlmont 46'6"	45'4"	1. _____
2.	Stovall	Carlmont 42'10"	44'6½"	2. _____
3.	Bostic	M-A 45'9"	43'4½"	3. _____
4.	Amos	Woodside 41'0"	43'2"	4. _____
5.	Holland	Carlmont 42'7"	41'3½"	5. _____
6.	Galvez	M-A 39'2½"	39'11½"	
7.	Parise	M-A 38'1½"	37'8"	
8.	Wunderlich	SC 37'5 3/4"	37'4"	

VARSITY GIRLS TRIPLE JUMP

New Event

		SEASON	QUALIFYING	RESULTS:
		BEST:	MARK:	
1.	Brown	Woodside 40'1"	37'3½"	1. _____
2.	Etherton	Carlmont 32'2 3/4"	33'10"	2. _____
3.	Zwisler	M-A 33'9"	33'0½"	3. _____
4.	Michos	Woodside 31'9"	33'4 3/4"	4. _____
5.	Nieder	Carlmont 31'10½"	32'10½"	5. _____
6.	Olivia	SC 31'2"	32'7½"	
7.	Taylor	Woodside 31'8"	31'4½"	
8.	Widemon	M-A 31'1½"	30'9½"	

F-S BOYS TRIPLE JUMP

SPAL Meet Record: Myrt Easley Gunn 46'7½" 1973

		SEASON	QUALIFYING	RESULTS:
		BEST:	MARK:	
1.	Overton	Carlmont 39'11"	41'6"	1. _____
2.	Paalua	Carlmont 40'6½"	40'3½"	2. _____
3.	Peters	Woodside	39'10½"	3. _____
4.	Daniels	M-A 38'1"	37'1"	4. _____
5.	Brumfield	M-A 36'10"	37'0"	5. _____
6.	Donohue	Carlmont 36'2"	35'2½"	
7.	Cochran	Menlo 37'0"	35'9 3/4"	
8.	McCray	Sequoia 36'1"	35'2½"	

VARSITY BOYS POLE VAULT

SPAL Record: Ellis, Menlo Atherton 15'6½" 1980

Starting height: 10'0 Season

		best:
1. Galvez	M-A	13'6
2. Duvall	M-A	12'6
3. Durham	Carlmont	12'0
4. Signorello	San Carlos	12'0
5. Schafheitle	Woodside	12'0
6. King	M-A	11'6
7. Garbe	Carlmont	11'6
8. Bell	Woodside	11'0

RESULTS:

1. _____
2. _____
3. _____
4. _____
5. _____

F-S BOYS POLE VAULT

SPAL Record: Bradley, Carlmont 13'9½" 1976

Starting height: 8'0 Season best:

1. Roberts	Carlmont	12'0
2. Shade	Woodside	12'0
3. Bruns	Carlmont	10'0
4. Thompson	M-A	9'6
5. Korhonen	Woodside	9'6
6. Bariantos	Woodside	9'0
7. Bocker	Woodside	9'0
8. Gaddis	M-A	9'0
9. Cook	Sequoia	9'0
10. Herron	M-A	8'6
11. Gaynor	M-A	8'6

RESULTS:

1. _____
2. _____
3. _____
4. _____
5. _____

VARSITY BOYS SHOT PUT

SPAL Meet Record: Don Castle--Cubberley 64'3" 1961

		SEASON	QUALIFYING	RESULTS:	
		BEST:	MARK:		
1.	Shenk	M-A	51'5	51'5	1. _____
2.	Turner	M-A	49'4		2. _____
3.	Oyster	Woodside	48'2	42'8 3/4	3. _____
4.	Toscanelli	SC	47'5	42'4 1/2	4. _____
5.	Sherrard	Sequoia	43'4	41'4 1/2	5. _____
6.	Tiedemann	SC	45'3 1/2	40'10	
7.	Faulkner	Sequoia	38'6	37'3	
8.	Neil	Woodside	38'2	36'4 1/2	
9.	Crowley	Woodside	38'2	35'1	

VARSITY GIRLS SHOT PUT

SPAL Meet Record: Jodi Barker--Sequoia 43'10" 1979

		SEASON	QUALIFYING	RESULTS:	
		BEST:	MARK:		
1.	Durchslag	SC	43'3	41'8	1. _____
2.	Farris	M-A	33'7	31'8	2. _____
3.	Haasch	M-A	31'0 1/2	31'4 3/4	3. _____
4.	Pappas	Carlmont	31'6	31'0	4. _____
5.	Williams	M-A	27'10	28'5 1/2	5. _____
6.	Otterby	M-A	28'9	27'10 1/2	
7.	Barnes	SC	29'2	27'7	
8.	Hansen	Carlmont	28'8	26'8 3/4	

F-S BOYS SHOT PUT

SPAL Meet Record: Craig Awbrey--Menlo Atherton 57'6 1/2" 1976

		SEASON	QUALIFYING	RESULTS:	
		BEST:	MARK:		
1.	Rhode	Carlmont	47'4	48'9	1. _____
2.	Romero	Woodside	43'4	46'11 1/2	2. _____
3.	Harris	M-A	39'4	45'0 1/2	3. _____
4.	Shoup	Carlmont	43'0	42'0	4. _____
5.	Willgues	Woodside	42'1	40'11 3/4	5. _____
6.	Meyer	Menlo	41'11	40'10 1/2	
7.	Widemon	Carlmont	42'0	40'5 1/2	
8.	Schlenz	Woodside	38'9	37'6 1/2	

VARSIY BOYS DISCUS

SPAL Meet Record: Winston Landis--Palo Alto 175'8½" 1967

		SEASON	QUALIFYING	RESULTS:	
		BEST:	MARK:		
1.	Shenk	M-A	172'2	168'4½	1. _____
2.	Oyster	Woodside	156'0	145'10½	2. _____
3.	Turner	M-A	144'5½		3. _____
4.	Toscanelli	SC	134'5	135'4½	4. _____
5.	Neil	Woodside	129'0	126'0	5. _____
6.	Tiedemann	SC	124'9	117'2½	
7.	Sherrard	Sequoia	128'5	114'4	
8.	Crowley	Woodside	111'9	111'8	
9.	Faulkner	Sequoia	115'0	102'0	

VARSIY GIRLS DISCUS

SPAL Meet Record: Cindi Durchslag--San Carlos 140'0" 1981

		SEASON	QUALIFYING	RESULTS:	
		BEST:	MARK:		
1.	Durchslag	SC	149'2	147'4	1. _____
2.	Haasch	M-A	109'3	104'7	2. _____
3.	Barnes	SC	93'5	103'2½	3. _____
4.	Berg	Carlmont	92'1½	89'7	4. _____
5.	Otterby	M-A	92'10	81'5½	5. _____
6.	Peer	Woodside	81'2	80'1	
7.	Hansen	Carlmont	79'11	78'6½	
8.	Williams	M-A	75'9	77'7½	

F-S BOYS DISCUS

SPAL Meet Record: George Stein--Gunn 153'6½" 1972

		SEASON	QUALIFYING	RESULTS:	
		BEST:	MARK:		
1.	Shoop	Carlmont	132'0	139'9½	1. _____
2.	Romero	Woodside	127'0	128'8	2. _____
3.	Johnson	M-A	112'0	113'5	3. _____
4.	Willgues	Woodside	122'0	112'7 3/4	4. _____
5.	Meyer	Menlo	110'4	110'3	5. _____
6.	Schlenz	Woodside	116'6	109'2	
7.	Thomas	Carlmont	117'9	107'1 3/4	
8.	Rhode	Carlmont	120'0	105'0	

PAL & SPAL TEAM CHAMPIONS IN THE LEAGUE MEET

<u>YEAR</u>	<u>VARSITY</u>	<u>CLASS "B" & JV</u>	<u>CLASS "C" & FROSH</u>
1934	Palo Alto	Sequoia	Burlingame
1935	Sequoia	Sequoia	San Mateo
1936	San Jose	San Mateo	Palo Alto
1937	Palo Alto	San Jose	Palo Alto
1938	San Jose	San Jose	San Jose
1939	San Jose	San Jose	San Jose
1940	Palo Alto	Burlingame	San Jose
1941	San Jose	Burlingame	San Jose
1942	San Jose	San Mateo	San Jose-Sequoia
1943	Palo Alto	San Mateo	Palo Alto
1944	Lincoln	Palo Alto	Sequoia
1945	Lincoln	Sequoia	Sequoia
1946	Lincoln	Lincoln	Sequoia
1947	Lincoln	Burlingame	San Mateo
1948	Lincoln	San Jose	Sequoia
1949	Lincoln	Burlingame	San Mateo
1950	Burlingame	Palo Alto	San Mateo
1951	Palo Alto	Sequoia	San Jose
1952	Sequoia	San Mateo	San Mateo
1953	San Mateo	<u>MENLO ATHERTON</u>	Capuchino
1954	Burlingame	Sequoia	<u>MENLO ATHERTON</u>
1955	Burlingame	San Mateo	Palo Alto
1956	Burlingame	San Mateo	<u>MENLO ATHERTON</u>
1957	<u>MENLO ATHERTON</u>	<u>MENLO ATHERTON</u>	San Jose
1958	<u>MENLO ATHERTON</u>	<u>MENLO ATHERTON</u>	San Jose
1959	<u>MENLO ATHERTON</u>	Sequoia	Ravenswood
1960	<u>MENLO ATHERTON</u>	Cubberley	Woodside
1961	Cubberley	Carlmont	<u>M.A.-Woodside</u>
1962	Carlmont	Ravenswood	Woodside
1963	Carlmont	Carlmont	S. Carlos-Cubberley
1964	Carlmont	San Carlos	Sequoia
1965	Cubberley	San Carlos	Sequoia
1966	Gunn	Sequoia	Sequoia
1967	Palo Alto	Carlmont	San Carlos
1968	Carlmont	San Carlos	Sequoia
1969	Sequoia	Ravenswood	Sequoia
1970	Gunn	San Carlos	-----
1971	Carlmont	Gunn	-----
1972	Carlmont	<u>MENLO ATHERTON</u>	-----
1973	Gunn	Woodside	-----
1974	Woodside	<u>MENLO ATHERTON</u>	<u>MENLO ATHERTON</u>
1975	Woodside	<u>MENLO ATHERTON</u>	-----
1976	<u>Carlmont</u>	<u>Carlmont</u>	
1977	<u>Carlmont</u>	<u>Carlmont</u>	Carlmont girls
1978	Carlmont	Carlmont	Carlmont girls
1979	<u>MENLO ATHERTON</u>	Carlmont	Carlmont girls
1980	<u>MENLO ATHERTON</u>	Carlmont	Carlmont girls
1981	Carlmont	<u>MENLO ATHERTON</u>	Carlmont girls

PAL AND SPAL TRACK AND FIELD LEAGUE CHAMPIONS

100 YARD DASH

1930	Schroeder	San Jose	10.1
1931	Sand	San Jose	
1932	John-Proven	P.A. & San Jose	10.0
1933	O'Neil	San Mateo	10.5
1934			
1935	Gutterman	Sequoia	10.3
1936	Brooks	San Jose	10.0
1937	Wright	Jefferson	10.4
1938			
1939	Peterson	San Jose	10.0
1940	Taix	San Jose	10.1
1941	Wade	Palo Alto	10.3
1942	Mallon	Sequoia	10.4
1943	Abell	San Jose	10.5
1944	Wood	Palo Alto	10.2
1945	Wood	Palo Alto	10.2
1946	Johnson	Palo Alto	10.7
1947	Lax	San Mateo	10.3
1948	Lax	San Mateo	10.2
1949	Botieff	San Mateo	10.8
1950	Tinker	San Mateo	10.3
1951	Sorenson	Palo Alto	10.1
1952	Rupp	Sequoia	10.1
1953	Loumena	Burlingame	10.0
1954	Tynan	Palo Alto	10.5
1955	Olquin	Lincoln	10.1
1956	Brown	Lincoln	9.9*
1957	Devincenzi	San Mateo	10.2
1958	Stevenson	Cubberley	9.9*
1959	<u>BURNS</u>	<u>MENLO ATHERTON</u>	10.0
1960	<u>BURNS</u>	<u>MENLO ATHERTON</u>	9.9*
1961	<u>CHEATHAM</u>	<u>MENLO ATHERTON</u>	10.0
1962	White	Sequoia	10.4
1963	Sears	Carlmont	10.0
1964	<u>WARDEN</u>	<u>MENLO ATHERTON</u>	10.3
1965	Marshall	Ravenswood	9.9*
1966	Marshall	Ravenswood	10.0
1967	<u>HATCHER</u>	<u>MENLO ATHERTON</u>	10.0
1968	<u>HATCHER</u>	<u>MENLO ATHERTON</u>	10.2
1969	Martinelli	Sequoia	12.2
1970	<u>REESE</u>	<u>MENLO ATHERTON</u>	9.9*
1971	Johnson	Ravenswood	10.3
1972	Murphy	Sequoia	10.1
1973	Ragland	Ravenswood	10.0
1974	Sweet	Woodside	10.0
1975	Greggans	Woodside	10.0
1976	Hill	Woodside	9.9
1977	Price	Carlmont	9.7*
1978	Beal	San Carlos	9.8
1979	<u>Nicholson</u>	<u>MENLO-ATHERTON</u>	9.8
1980	Washington	Woodside	10.8m
1981	Berry	Carlmont	10.7m

220 YARD DASH

1930	Schroeder	San Jose	23.0
1931	Sanor	San Jose	
1932	Proven	San Jose	22.5
1933	Greene	Burlingame	23.4
1934			
1935	Gutterman	Sequoia	22.4
1936			
1937	Wright	Jefferson	23.3
1938			
1939	Peterson	San Jose	21.8
1940	Taix	San Jose	22.3
1941	Cascina	San Mateo	23.1
1942	McGrath	Jefferson	23.1
1943	Abell	San Jose	23.0
1944	Carroll	Lincoln	22.7
1945	Mari	San Mateo	22.6
1946	Lax	San Mateo	23.6
1947	Lax	San Mateo	22.5
1948	Lax	San Mateo	22.9
1949	Murphy	Burlingame	23.6
1950	Dawson	Burlingame	21.9
1951	Tinker	San Mateo	22.3
1952	Hiatt	San Jose	22.6
1953	Loumena	Burlingame	23.0
1954	Knoth	Lincoln	23.1
1955	Peter'n-Olq'n	SJ & Linc.	22.4
1956	Brown	Lincoln	22.2
1957	Cudworth	Sequoia	22.2
1958	Stevenson	Cubberley	
1959	<u>CHEATHAM</u>	<u>MENLO ATHERTON</u>	22.4
1960	<u>BURNS</u>	<u>MENLO ATHERTON</u>	21.4
1961	<u>CHEATHAM</u>	<u>MENLO ATHERTON</u>	21.7
1962	Rose	Carlmont	22.2
1963	Sears	Carlmont	21.9
1964	<u>WARDEN</u>	<u>MENLO ATHERTON</u>	22.8
1965	Marshall	Ravenswood	22.3
1966	Marshall	Ravenswood	21.1w
1967	<u>HATCHER</u>	<u>MENLO ATHERTON</u>	22.6
1968	<u>HATCHER</u>	<u>MENLO ATHERTON</u>	22.0*
1969	Martinelli	Sequoia	23.1
1970	<u>REESE</u>	<u>MENLO ATHERTON</u>	22.0*
1971	Macko	Sequoia	22.6
1972	Barker	Woodside	22.3
1973	Ragland	Ravenswood	22.7
1974	Sweet	Woodside	22.3
1975	Greggans	Woodside	22.1
1976	Nash	Cubberley	22.5
1977	Beal	San Carlos	22.0*
1978	Beal	San Carlos	21.7
1979	<u>Nicholson</u>	<u>MENLO-ATHERTON</u>	22.0
1980	Washington	Woodside	21.2
1981	Jamison	Carlmont	22.6m

SPAL & PAL TRACK & FIELD LEAGUE CHAMPIONS

440 YARD DASH

1930	Tedford	San Jose	53.2
1931	Arjo	Palo Alto	52.2
1932	Francis	Palo Alto	52.2
1933	Franklin	Sequoia	52.2
1934			
1935	Cleary	Burlingame	51.1
1936			
1937	Decius	Palo Alto	51.7
1938	Dunn	Burlingame	50.5
1939	Borgois	Burlingame	52.8
1940	Bergman	Sequoia	51.4
1941	Gleisberg	San Jose	51.6
1942	Nash	Palo Alto	52.5
1943	Dunn	Burlingame	52.0
1944	Mueller	Palo Alto	51.7
1945	Johnson	Palo Alto	51.3
1946	Johnson	Lincoln	51.6
1947	Salvatore	Jefferson	52.0
1948	Craddock	Lincoln	52.2
1949	Craddock	Lincoln	52.6
1950	Rittenmeyer	Burlingame	52.4
1951	Rupp	Sequoia	51.8
1952	Rupp	Sequoia	50.1
1953	Carter	Palo Alto	50.7
1954	Atterburn	San Mateo	50.5
1955	Peterson	Burlingame	50.5
1956	Wetteland	Burlingame	50.3
1957	Kilbourne	Cubberley	50.8
1958	Nichols	Cubberley	
1959	Ragsdale	Carlmont	50.4
1960	<u>WALLER</u>	<u>MENLO ATHERTON</u>	49.0
1961	Watkins	Ravenswood	50.5
1962	Varriale	San Carlos	51.1
1963	Johnson	Sequoia	50.1
1964	<u>MALLETT</u>	<u>MENLO ATHERTON</u>	50.6
1965	Royal	Carlmont	50.4
1966	Erickson	Woodside	50.6
1967	Gill	Cubberley	49.8
1968	White	Sequoia	49.5
1969	Norberg	Gunn	51.8
1970	Lucas	Gunn	49.2
1971	Shirley	Ravenswood	49.2
1972	Wiley	Woodside	49.8
1973	<u>MacKENZIE</u>	<u>MENLO ATHERTON</u>	50.9
1974	<u>MacKENZIE</u>	<u>MENLO ATHERTON</u>	50.7
1975	Bishop	Carlmont	48.7*
1976	Bishop	Carlmont	49.3
1977	Thompson	Woodside	49.9
1978	Thompson	Woodside	48.2
1979	<u>NICHOLSON</u>	<u>MENLO-ATHERTON</u>	49.2
1980	Williams	San Carlos	49.5
1981	Artist	Carlmont	50.8m

380 YARD RUN

1930	Cleland	Sequoia	2:07.3
1931			
1932	Wenzel	Burlingame	2:02.8
1933	Wenzel	Burlingame	2:07.4
1934			
1935	Cleary	Burlingame	2:03.6
1936			
1937	Olson	Jefferson	2:02.5
1938			
1939	Dunn	Burlingame	2:00.1
1940	Cortez	S.S.F.	2:02.0
1941	Ingram	San Jose	2:02.3
1942	Collins	San Jose	2:01.9
1943	Doyle	San Jose	2:03.0
1944	Frevert	Lincoln	2:01.3
1945	Bartholomou	Lincoln	2:06.4
1946	Wilbur	Lincoln	2:05.8
1947	Cohen	Lincoln	2:03.5
1948	Cohen	Lincoln	2:00.0
1949	Coffin	Lincoln	2:06.0
1950	Broeren	Sequoia	2:02.7
1951	Bollinger	Jefferson	2:03.3
1952	Jahn	Burlingame	2:04.1
1953	Bowden	Lincoln	1:57.0
1954	Bowden	Lincoln	1:53.2*
1955	<u>BLACKWOOD</u>	<u>MENLO ATHERTON</u>	1:58.7
1956	Sellers	Burlingame	1:59.4
1957	<u>CASTNER</u>	<u>MENLO ATHERTON</u>	2:01.3
1958	Carlson	Lincoln	2:00.5
1959	Chilton	Palo Alto	1:59.0
1960	Elame	Ravenswood	1:56.7
1961	Smith	Ravenswood	1:58.0
1962	Hall	Palo Alto	1:59.5
1963	Masser	Woodside	1:58.3
1964	Sandin	Carlmont	1:56.3
1965	Lilly	San Carlos	1:55.6
1966	Wake	Carlmont	1:56.1
1967	Respini	Palo Alto	1:55.8
1968	Respini	Palo Alto	1:55.0
1969	<u>SWINFORD</u>	<u>MENLO ATHERTON</u>	1:58.7
1970	Phillippe	San Carlos	1:58.3
1971	Nulligan	Carlmont	1:57.4
1972	Bay	Gunn	1:58.3
1973	Crowley	Gunn	1:56.7
1974	Hurdal	Carlmont	1:59.6
1975	Hurdal	Carlmont	1:56.6
1976	Bishop	Carlmont	1:57.4
1977	Young	Menlo Atherton	1:53.2
1978	<u>SPERANDEO</u>	<u>MENLO-ATHERTON</u>	1:56.8
1979	<u>HOCH</u>	<u>MENLO-ATHERTON</u>	2:00.4
1980	<u>HOCH</u>	<u>MENLO-ATHERTON</u>	1:57.1
1981	Hayes	Carlmont	2:00.5m

PAL & SPAL TRACK & FIELD LEAGUE CHAMPIONS

MILE RUN

1930	Bilich	San Jose	4:53.0
1931			
1932	Foleman	San Jose	4:43.8
1933	Wenzel	Burlingame	4:42.0
1934			
1935	Hartwell	Sequoia	4:49.4
1936			
1937	Olson	Jefferson	4:54.2
1938	Boicelli	Sequoia	4:54.2
1939	Chapman	Sequoia	4:48.9
1940	Cortez	S.S.F.	4:51.8
1941	Ingram	San Jose	4:38.8
1942	Collins	San Jose	4:41.0
1943	Doyle	San Jose	4:50.5
1944	Frevert	Lincoln	4:30.8
1945	Purdy	Lincoln	4:39.0
1946	McGarrity	Lincoln	4:42.6
1947	Liston	Lincoln	4:41.1
1948	Kaufman	San Mateo	4:37.5
1949	Green-Bowen	Lincoln & PA	4:42.3
1950	Zanobini	Jefferson	4:36.2
1951	Williams	Lincoln	4:45.8
1952	Jones	Sequoia	4:46.5
1953	Stephens	Palo Alto	4:36.7
1954	Stephens	Palo Alto	4:30.5
1955	Larrieu	Palo Alto	4:31.3
1956	Larrieu	Palo Alto	4:29.2
1957	Melhoff	Willow Glen	4:38.0
1958	Linn	Palo Alto	4:26.0
1959	Linn	Palo Alto	4:27.2
1960	Lahner	Palo Alto	4:25.5
1961	Kamrar	Carlmont	4:21.9
1962	Hewlett	Palo Alto	4:26.4
1963	McNutt	San Carlos	4:26.7
1964	McCann, Ni	Carlmont	4:21.3
1965	Hull	San Carlos	4:24.2
1966	Enscoe	Palo Alto	4:30.3
1967	Enscoe	Palo Alto	4:20.2
1968	Coleman	Palo Alto	4:22.3
1969	Coleman	Palo Alto	4:28.5
1970	Lawson	San Carlos	4:25.6
1971	Miller	Carlmont	4:23.8
1972	Miller	Carlmont	4:15.2*
1973	Crowley	Gunn	4:20.9
1974	Cattarin	Carlmont	4:22.5
1975	Kingary	San Carlos	4:21.7
1976	Farwell	Woodside	4:22.8
1977	Norris	Carlmont	4:28.3
1978	Love	Carlmont	4:23.0
1979	Hannah	San Carlos	4:32.1
1980	O'Connor	Carlmont	4:32.3
1981	Sakelarios	Sequoia	4:30.3m

880 RELAY & 440 RELAY

1930	San Jose	1:35.0
1931	Palo Alto	1:33.2
1932	Palo Alto	1:33.4
1933	Burlingame	1:39.9
1934		
1935	P.A. & San Jose	1:34.4
1936	San Jose	
1937	San Jose	1:35.3
1938		
1939	San Jose	1:31.2
1940	Burlingame	1:31.1
1941	San Jose	1:32.7
1942	San Jose	1:32.9
1943	Burlingame	1:34.2
1944	Palo Alto	1:33.6
1945	Palo Alto	1:32.8
1946	Palo Alto	1:35.4
1947	San Mateo	1:32.8
1948	San Mateo	1:32.7
1949	Lincoln	1:34.9
1950	Burlingame	1:34.0
1951	San Mateo	1:34.0
1952	Sequoia	1:33.3
1953	San Mateo	1:33.1
1954	Burlingame	1:32.6
1955	Sequoia	1:30.5
1956	Burlingame	1:31.0
1957	Capuchino	1:33.2
1958	<u>MENLO ATHERTON</u>	1:31.1
1959	<u>MENLO ATHERTON</u>	1:28.9*
1960	<u>MENLO ATHERTON</u>	1:30.4
1961	Cubberley	1:31.9
1962	Carlmont	1:31.6
1963	Cubberley	1:34.2
1964	Cubberley	1:32.5
1965	Woodside	1:32.5
1966	Ravenswood	1:31.2
1967	Cubberley	1:30.2
1968	<u>MENLO ATHERTON</u>	43.0
1969	Sequoia	43.3
1970	<u>MENLO ATHERTON</u>	42.6
1971	Ravenswood	43.1
1972	Ravenswood	44.1
1973	Palo Alto	43.9
1974	Woodside	43.8
1975	Woodside	42.3*
1976	Carlmont	43.8
1977	Sequoia	42.8
1978	Carlmont	42.3
1979	Woodside	43.6
1980	Woodside	43.0
1981	Carlmont	43.0m

PAL & SPAL TRACK & FIELD LEAGUE CHAMPIONS

<u>120 HIGH HURDLES</u>				<u>220, 200 & 180 LOW HURDLES</u>			
(42" before 1939; 39" 1939 on)				(220 1930-39; 200 1940-46)			
				(330 1975-			
1930	Sivertsen	Palo Alto	17.9	1930	Weaver	Palo Alto	27.0
1931	Ralston	San Jose	17.0	1931	Bright	Sequoia	26.2
1932	Jury	Palo Alto	17.9	1932	Clark	San Jose	26.2
1933	Southard	Burlingame	15.8	1933	Southard	Burlingame	26.1
1934				1934			
1935	Smith		16.4	1935	Brown	San Jose	25.8
1936	Steers	Palo Alto		1936	Bradford	Palo Alto	
1937	Steers	Palo Alto	15.8	1937	Perm	San Jose	26.7
1938				1938			
1939	Reis	Burlingame	16.1	1939	Oilphant	San Jose	26.6
1940	Reis	Burlingame	15.9	1940	Reis	Burlingame	24.4
1941	Cowles	Palo Alto	14.3	1941	Cowles	Palo Alto	24.7
1942	Mortensen	San Jose	16.0	1942	Mortensen	San Jose	25.7
1943	Lantz	Jefferson	16.2	1943	Smith	San Mateo	24.2
1944	Passey	Lincoln	15.2	1944	Smith	San Mateo	23.7
1945	Muror	San Mateo	15.9	1945	Thornton	Palo Alto	24.0
1946	Kent	Sequoia	15.5	1946	Kent	Sequoia	24.5
1947	Miakenoff	Burlingame	15.4	1947	Miakenoff	Burlingame	20.9
1948	Melcher	Lincoln	16.1	1948	Hatzenpillar	Lincoln	21.0
1949	Wells	Lincoln	15.6	1949	Fitch	San Mateo	21.5
1950	Harrison	San Jose	15.7	1950	Conway	Sequoia	20.4
1951	Luttrell	Sequoia	15.1	1951	Luttrell	Sequoia	20.1
1952	Luttrell	Sequoia	14.9	1952	Luttrell	Sequoia	19.4
1953	Henderson	San Mateo	15.0	1953	Keprt-H'der'n	Linc'n-S. Mateo	20.7
1954	Newman	Burlingame	15.4	1954	Newman	Burlingame	19.9
1955	Baird	Burlingame	15.0	1955	Ballam	Sequoia	20.4
1956	Valentine	Carlmont	15.2	1956	Valentine	Carlmont	19.6
1957	Kilbourne	Cubberley	14.9	1957	Kile	San Mateo	20.4
1958	<u>FOSTER</u>	<u>MENLO ATHERTON</u>	15.1	1958	<u>KENNEDY L.</u>	<u>MENLO ATHERTON</u>	19.9
1959	Dyer	Palo Alto	15.7	1959	<u>BURNS</u>	<u>MENLO ATHERTON</u>	20.1
1960	Gaskill	Carlmont	15.0	1960	Gaskill	Carlmont	20.6
1961	Gaskill	Carlmont	14.8	1961	Gaskill	Carlmont	19.7
1962	Rockwell	Carlmont	15.0	1962	Rockwell	Carlmont	20.8
1963	Williams	Ravenswood	15.4	1963	Harrison	Ravenswood	20.0
1964	Dwiggins	Woodside	15.5	1964	Webster	Ravenswood	20.2
1965	Thompson	San Carlos	15.5	1965	Crowell	Carlmont	20.8
1966	Gendreau	Gunn	15.0	1966	Evers	Cubberley	19.3
1967	Evers	Cubberley	14.8	1967	Evers	Cubberley	19.5
1968	Peters	Gunn	14.9	1968	Leslie	Woodside	19.9
1969	Peters	Gunn	14.4	1969	Peters	Gunn	19.7
1970	Eshleman	Gunn	14.5	1970	Lucas	Gunn	18.9*
1971	Bagshaw	Gunn	14.7	1971	Oravillo	Sequoia	19.9
1972	Florant	Palo Alto	14.3	1972	Florant	Palo Alto	19.5
1973	Florant	Palo Alto	14.2*	1973	Florant	Palo Alto	19.6
1974	Easley	Woodside	14.8	1974	Easley	Woodside	19.8
1975	Bliss	Carlmont	14.7	1975	Easley	Woodside	33.7
1976	<u>Clark</u>	<u>Menlo Atherton</u>	14.6	1976	<u>Clark</u>	<u>Menlo Atherton</u>	39.2
1977	Dixon	Sequoia	14.2	1977	Hall	Carlmont	40.1
1978	Dixon	Sequoia	14.3	1978	Ribera	Carlmont	37.1
1979	Swain	Carlmont	14.5	1979	Swain	Carlmont	38.0
1980	Harris	Woodside	15.1	1980	Williams	Woodside	37.9
1981	Tucker	Sequoia	14.7	1981	Tucker	Sequoia	38.1m

PAL & SPAL TRACK & FIELD LEAGUE CHAMPIONS

HIGH JUMP

1930	Plowman	Sequoia	6'0½
1931			
1932	Jones	Palo Alto	5'7
1933	Hallett	Burlingame	5'8
1934			
1935	Steers	Palo Alto	6'2 3/4
1936	Steers	Palo Alto	6'3½
1937	Steers	Palo Alto	6'4½
1938			
1939	Stura-Sheeham	P.A.-Burl.	6'0
1940	Millar	Palo Alto	5'11
1941	L'dst'm-O'C'n'r		5'8
1942	Armstrong	San Jose	5'11
1943	Lantz	Jefferson	5'8
1944	Greenwood	Lincoln	5'7½
1945	Gulmert	Lincoln	5'7½
1946	Anderson	San Jose	5'11
1947	Wems	San Jose	5'9
1948	Lax	San Mateo	5'8
1949	Welles	Lincoln	6'1 3/4
1950	Wilson	San Jose	6'3 3/4
1951	Stewart-Kelly	P.A.-Linc.	5'11½
1952	Stewart	Palo Alto	6'2½
1953	Herrmann	Wil. Glen	6'0
1954	Searf's-Houser	Linc.-Seq.	5'8
1955	Searfoss	Lincoln	5'10
1956	Estabrook	Capuchino	5'11
1957	Walbergh	Wil. Glen	6'0
1958	Nichols	Cubberley	
1959	Nichols	Cubberley	6'0
1960	Brown	Cubberley	6'0
1961	Haddix	Sequoia	6'2
1962	Grandy	Ravenswood	6'2½
1963	K'ntera- <u>CH'BERS</u>	<u>-M.A.</u>	5'10
1964	Brown	Ravenswood	6'2
1965	Radetich	San Carlos	5'11½
1966	Radetich	San Carlos	6'8½*
1967	Wilson	San Carlos	6'0 3/4
1968	Sledge	Ravenswood	6'1
1969	May	Sequoia	6'2
1970	Bosch	Sequoia	6'6
1971	McMonagle	Palo Alto	6'4
1972	Brown	Carlmont	6'4
1973	Littleboy	Gunn	6'4
1974	Littleboy	Gunn	6'2
1975	Wright	Carlmont	6'7
1976	Montero	Carlmont	6'3
1977	Dixon	Sequoia	6'2
1978	Spivey	Woodside	6'8
1979	Spivey	Woodside	6'6
1980	<u>HERBST</u>	<u>MENLO-ATHER.</u>	6'6
1981	<u>DUPEE</u>	<u>MENLO-ATHER.</u>	6'7

TWO MILE

1966	Hunter	Gunn	9:37.6
1967	Carey C.	Carlmont	9:31.1
1968	Carey C.	Carlmont	9:27.1
1969	Carey C.	Carlmont	9:44.2
1970	Templeman	Carlmont	9:31.3
1971	Templeman	Carlmont	9:28.8
1972	Cattarin	Carlmont	9:35.4
1973	MacMitchell	Gunn	9:10.6
1974	Kingery	San Carlos	9:20.0
1975	Emory	Gunn	9:10.4*
1976	Love	Carlmont	9:28.5
1977	Love	Carlmont	9:18.5
1978	Love	Carlmont	9:13.0
1979	O'Connor	Carlmont	10:15.8
1980	O'Connor	Carlmont	9:46.5
1981	Marconda	Menlo	9:36.2m

MILE RELAY

1968	Sequoia	3:23.0
1969	Sequoia	3:28.5
1970	Ravenswood	3:26.9
1971	Ravenswoos	3:23.2
1972	San Carlos	3:27.2
1973	Gunn	3:29.2
1974	<u>MENLO ATHERTON</u>	3:27.1
1975	Woodside	3:22.7*
1976	Carlmont	3:30.4
1977	<u>Menlo Atherton</u>	3:24.0
1978	San Carlos	3:20.2
1979	Carlmont	3:27.3
1980	Woodside	3:22.1
1981	Carlmont	3:25.7

TRIPLE JUMP

1969	Lucas	Gunn	45'5
1970	Krebs	Gunn	47'5½*
1971	Hall	Carlmont	47'5
1972	<u>WATTS</u>	<u>MENLO ATHER.</u>	44'3 3/4
1973	Combs	Gunn	44'6
1974	Malveaux	San Carlos	45'1½
1975	Malveaux	San Carlos	46'10½
1976	<u>Bates</u>	<u>Menlo Ath</u>	46'11
1977	<u>Bates</u>	<u>Menlo Ath</u>	46'4 ½
1978	Thompson	Carlmont	46'5 3/4
1979	Thompson	Carlmont	46'11
1980	<u>Sterling</u>	<u>MENLO-ATHER.</u>	44'2½
1981	<u>Sterling</u>	<u>MENLO-ATHER.</u>	44'6

PAL & SPAL TRACK & FIELD LEAGUE CHAMPIONS

LONG JUMP				POLE VAULT			
1930	Lacimbe-Plowman		21'2	1930	Silva	San Jose	12'0
1931	Anderson	Palo Alto		1931	Anderson	Palo Alto	
1932	Jones	Palo Alto	20'4½	1932	Webb	Palo Alto	11'4
1933	Drake	Burlingame	20'4½	1933	Howell	Burlingame	10'0
1934				1934			
1935	Benedeich	Sequoia	22'4 3/4	1935	Clatt	San Mateo	11'6
1936	Brooks	San Jose	21'8½	1936	Clatt-Stacey	S. Mat.-Seq.	11'6
1937	Stileman	S.S.F.	20'10½	1937	Meredith	Palo Alto	11'3
1938				1938			
1939	Gorham	San Jose	21'3½	1939	Taggart	Palo Alto	12'7 3/4
1940	Brown	San Mateo	21'7½	1940	Fort'r-S'livan	Seq.-	11'6
1941	Fortier	Sequoia	21'3½	1941	Fortier	Sequoia	10'6
1942	Fortier	Sequoia	21'6 3/4	1942	Fortier	Sequoia	11'0
1943	Working	Palo Alto	20'9 3/4	1943	Hardenbrok	San Jose	10'6
1944	Carroll	Lincoln	21'4½	1944	Haley	Lincoln	11'0
1945	Carroll	Lincoln	21'10	1945	Simpson	Sequoia	10'9½
1946	Mack	San Mateo	20'9 3/4	1946	Ratcliff	San Mateo	11'0
1947	Goff	Lincoln	21'5	1947	Russell	San Mateo	11'3½
1948	Radig	Burlingame	21'7½	1948	Edgerly	San Mateo	11'8
1949	Hill	Lincoln	21'5	1949	Allen	Palo Alto	11'10½
1950	Hamilton	Burlingame	21'6 3/4	1950	McIndoe-Van'Beets	Burl.	11'6
1951	Bortolin	San Mateo	22'1½	1951	Wetzel	Sequoia	11'6
1952	Herrmann	Wil. Glen	23'2*	1952	Garner	San Mateo	11'8
1953	Herrmann	Wil. Glen	22'2	1953	Hightower	San Jose	12'6
1954	Bergesen	Capuchino	21'3½	1954	Undlin-Stein	S.J.-Burl.	12'6
1955	Walker	Sequoia	21'1½	1955	Undlin	Burlingame	13'1 3/4
1956	Valentine	Carlmont	21'0	1956	Matejka	Sequoia	13'3
1957	Shellburg	Burlingame	21'9½	1957	Kimmell	Burlingame	13'0 3/4
1958	<u>BAKER</u>	<u>MENLO ATH.</u>	21'9 3/4	1958	Webster	San Jose	13'1
1959	Pasternicks	Palo Alto	21'10 3/4	1959	Hunt	Carlmont	11'6
1960	<u>CHEATHAM</u>	<u>MENLO ATH.</u>	21'0 3/4	1960	Phillips	Carlmont	12'0
1961	<u>CHEATHAM</u>	<u>MENLO ATH.</u>	22'5½	1961	Phillips	Carlmont	13'2½
1962	White	Sequoia	20'7½	1962	Bardsley	Palo Alto	13'7 3/4
1963	Harrison	Ravenswood	22'9½	1963	Eshleman	Cubberley	14'1
1964	Birtwhistle	Cubberley	20'8½	1964	Phillips D.	Carlmont	13'7 3/4
1965	Birtwhistle	Cubberley	20'11½	1965	White	Carlmont	14'1½
1966	Sledge	Ravenswood	21'10½	1966	Weed	Gunn	13'6
1967	Johnson	Sequoia	22'4½	1967	Weed	Gunn	13'6
1968	Sledge	Ravenswood	22'6	1968	Reich	Carlmont	13'6
1969	Anderson	Gunn	21'0½	1969	Reich	Carlmont	13'0
1970	Lucas	Gunn	23'3 3/4	1970	Stein	Gunn	13'0
1971	Hall	Carlmont	22'3½	1971	Dempster	Carlmont	13'9 3/4
1972	Brown	Carlmont	20'10	1972	Willet	Carlmont	13'9
1973	Whitney	San Carlos	21'10	1973	Lennen	Carlmont	13'6
1974	Robinson	Woodside	21'11 3/4	1974	Lizotte	Cubberley	13'6
1975	Malveaux	San Carlos	21'8½	1975	Black	Carlmont	14'2½*
1976	Bates	Menlo Ath	23'3	1976	Bradley	Carlmont	14'1½
1977	Bates	Menlo Ath	22'10	1977	Allen	Carlmont	13'0
1978	Bruce	Menlo Ath	22'6½	1978	Allen	Carlmont	14'0
1979	Bruce	Menlo-Ath	22'11 3/4	1979	Ellis	Menlo-Ath	15'0
1980	Dietrich	Carlmont	21'8	1980	Ellis	Menlo-Ath	15'6½
1981	<u>ROGERS</u>	<u>MENLO-ATH</u>	20'9 3/4	1981	Phillips	Carlmont	13'0

PAL & SPAL TRACK & FIELD LEAGUE CHAMPIONS

SHOT PUT				DISCUS (College discus until 1958)			
1930	Partee	Sequoia	45'3	1930	Partee	Sequoia	126'10
1931	Buck	Palo Alto	47'6½	1931			
1932	Buck	Palo Alto	47'4	1932	Buck	Palo Alto	122'11½
1933	Watts	Burlingame	45'11	1933	Hansen	Palo Alto	116'10
1934				1934			
1935	Arms	San Mateo	45'7½	1935	Hillback	Palo Alto	124'11
1936	Roth	Palo Alto	48'5½	1936	Ferrano	San Jose	123'0
1937	Roth	Palo Alto	49'11	1937	Norberg	Palo Alto	124'8
1938				1938			
1939	Higgins	San Jose	52'2½	1939	Denmark	Palo Alto	124'11
1940	Denmark	Palo Alto	49'5½	1940	Denmark	Palo Alto	133'10
1941	Gorham	San Jose	46'3	1941	Hamlin	San Jose	120'0
1942	Mumby	Palo Alto	48'6½	1942	Whipple	Palo Alto	123'0
1943	Bishop		45'4½	1943	Munday	Palo Alto	115'10½
1944	Camerotts	San Mateo	45'1½	1944	Hoerkler	Lincoln	113'6
1945	Bischoff	Lincoln	46'8½	1945	Martin	Lincoln	126'5
1946	Giansiraculla	San Jose	48'3½	1946	Allan	Sequoia	130'10
1947	Cross	San Mateo	44'5 3/4	1947	Lipsky	Lincoln	127'0
1948	Brown	Sequoia	49'7	1948	Jones	Lincoln	122'9
1949	Feldman	Palo Alto	50'10	1949	Mills	San Mateo	125'4
1950	Gile	San Mateo	51'4½	1950	Herring	Lincoln	130'3 3/4
1951	Anderson	San Mateo	50'5½	1951	Baher	Jefferson	129'10½
1952	Sonnichsen	Palo Alto	51'7	1952	Malinoff	Palo Alto	147'4
1953	Anderson	San Mateo	53'4½	1953	Kephart	Lincoln	129'5
1954	Della Libera	San Mateo	53'6½	1954	Babka	Palo Alto	140'4
1955	Della Libera	San Mateo	52'6 3/4	1955	Krueger	Burlingame	138'4
1956	Cadile	San Jose	52'1½	1956	Bortolin	San Mateo	138'6 3/4
1957	<u>ATKINSON</u>	<u>MENLO ATH.</u>	56'6 3/4	1957	<u>STRONG</u>	<u>MENLO ATH.</u>	150'0
1958	Jessen	Carlmont		1958	Cadil	San Jose	
1959	Jessen	Carlmont	54'8½	1959	Radke	Sequoia	150'6
1960	Castle	Cubberley	54'3½	1960	Castle	Cubberley	156'7
1961	Castle	Cubberley	62'7 *	1961	Castle	Cubberley	166'10
1962	Johnson	San Carlos	50'4	1962	Twelvtrés	Palo Alto	159'10½
1963	Potter	Woodside	51'10½	1963	Galbraith	Carlmont	159'7½
1964	Walker	Cubberley	56'5½	1964	Grimm	Carlmont	169'3½
1965	Walker	Cubberley	52'5½	1965	Coffron	Cubberley	161'5½
1966	Dunker	Woodside	54'2	1966	Norberg	Gunn	168'11 3/4
1967	Penrose	Carlmont	54'3½	1967	Landes	Palo Alto	175'8½*
1968	Penrose	Carlmont	58'5½	1968	Douglas	Sequoia	172'5
1969	<u>NEVIN</u>	<u>MENLO ATH.</u>	52'9 3/4	1969	Douglas	Sequoia	168'2
1970	Young	Woodside	52'2	1970	Bushnell	Palo Alto	159'0
1971	Cantwell	Sequoia	53'3 3/4	1971	Buss	Gunn	166'4½
1972	Brandow	Carlmont	56'1	1972	Stolle	Carlmont	148'0
1973	Oberhelman	Gunn	53'3	1973	Wells	Palo Alto	159'0
1974	Rockwood	San Carlos	56'11 3/4	1974	Wells	Palo Alto	165'7
1975	Winter	Carlmont	52'0½	1975	Green	Palo Alto	149'5
1976	Suelflohn	Woodside	54'0	1976	Berquist	Palo Alto	151'6½
1977	<u>Awbrey</u>	<u>Menlo-Ath</u>	55'9	1977	<u>Newson</u>	<u>Menlo Ath</u>	160'6
1978	<u>Awbrey</u>	<u>Menlo-Ath</u>	56'6 3/4	1978	<u>Awbrey</u>	<u>Menlo-Ath</u>	151'5
1979	Morton	Menlo Sch.	57'8	1979	Morton	Menlo Sch	154'3½
1980	<u>Harris</u>	<u>Menlo-Ath</u>	51'2 3/4	1980	<u>Harris</u>	<u>Menlo-Ath</u>	160'6
1981	Kochenderfer	Carlmont	48'0	1981	Elkins	Sequoia	157'5½

