

GIRLS

Team scores — Los Gatos 62; 2, Mitty 54; 3, Leigh 53; 4, Silver Creek 43; 5, Independence 42; 6, Santa Teresa 40; 7, Del Mar 37; 8, (tie) Oak Grove and Westmont 22; 10, Prospect 19.

440 relay — Independence 50.3; 2, Westmont 50.4; 3, Los Gatos 50.6; 4, Mt. Pleasant 50.7.

100 — Hutchins (Ind) 11.8; 2, Cole (SCreek) 12.1; 3, (tie) Cunningham (SCreek) and Daetz (Leigh) 12.14.

200 — Hutchins (Ind) 25.1; 2, Cole (SCreek) 25.4; 3, Cunningham (SCreek) 25.6; 4, Daetz (Leigh) 25.9.

400 — Kr. Dowell (ST) 58.1; 2, Ka. Dowell (ST) 58.9; 3, Kistler (Mitty) 59.6; 4, Bugera (Westmont) 60.9.

800 — Kr. Dowell (ST) 2:06.3; 2, Davis (DM) 2:17.3; 3, Henry (LG) 2:19.1; 4, Weisberg (Mitty) 2:21.2.

1 Mile — Garcia (SCreek) 5:07.9; 2, Chamberlain (Leigh) 5:08.6; 3, Davis (DM) 5:14.3; 4, Thronson (Mitty) 5:24.5.

2-mile — Chamberlain (Leigh) 11:16.8; 2, Keehner (Hill) 11:20.2; 3, Thronson (Mitty) 11:20.3; 4, Kelly (Mitty) 11:23.5.

100 LH — Dwyer (Leigh) 14.5; 2, Finnerty (PH) 14.5; 3, Cummins (LG) 15.2; 4, Soladarios (MP) 15.3.

330 LH — Kuehnis (LG) 44.7; 2, Finnerty (PH) 46.6; 3, Dwyer (Leigh) 46.8; 4, Bullard (Ind) 47.2.

1 Mile relay — Los Gatos 4:00.6; 2, Santa Teresa 4:02.1; 3, Mitty 4:04.8; 4, Silver Creek 4:09.1.

SP — Floyd (OG) 45-5³/₄; 2, Lei (Over) 38-9; 3, Baldwin (Branham) 36-3¹/₂; 4, Stewart (ST) 33-11.

DT — Floyd (OG) 139-6; 2, Baldwin (Branham) 131-6; 3, Lei (Over) 126-8; 4, Jordan (Ind) 112-8.

HJ — Cummins (LG) 5-2; 2, Norbutus (Mitty) 5-2; 3, (tie) Atencio (DM) and Rees (Westmont) 5-2.

LJ — Selby (Prospect) 17-9; 2, Atencio (DM) 17-2; 3, Valdez (Prospect) 16-11³/₄; 4, Pope (Leigh) 16-11.

TJ — Atencio (DM) 37-4; 2, Jensen (LG) 35-5¹/₂; 3, Norbutus (Mitty) 35-4; 4, Johnston (Mitty) 34-11¹/₂.

REGION III

At Independence BOYS

Team scores — Independence 69; 2, Del Mar 56; 3, Prospect 55; 4, Los Gatos 45; 5, Leigh 41; 6, Yerba Buena 38; 7, Santa Teresa 34; 8, Overfelt 31; 9, Mt. Pleasant 29; 10, Lick 22.

440 relay — Independence 42.7; 2, Mt. Pleasant 43.5; 3, Prospect 43.8; 4, Santa Teresa 44.0.

100 — Barba (Lick) 10.4; 2, Riley (Ind) 10.5; 3, Brink (ST) 10.7; 4, Robinson (Prospect) 10.9.

200 — Barba (Lick) 21.9; 2, Flynn (Pros) 22.3; 3, Brink (ST) 22.6; 4, Ross (YB) 22.6.

400 — Flynn (Pros) 49.9; 2, Jackson (Ind) 50.7; 3, Panish (Pros) 51.3; 4, Ragsdale (MP) 51.6.

800 — Sciall (DM) 1:59.4; 2, Spangenberg (Branham) 2:00.9; 3, Bettger (ST)

2:01.6; 4, Geeser (Leigh) 2:02.1.

Mile — Craig (Leigh) 4:20.3; 2, Crowley (Over) 4:21.4; 3, Beauchemin (Westmont) 4:24.1; 4, Bergkamp (Leigh) 4:29.6.

2-mile — Craig (Leigh) 9:37.4; 2, LaForce (LG) 9:46.4; 3, Saunders (Branham) 9:47.4; 4, Studenica (OG) 9:47.9.

110 HH — Nobles (Ind) 13.9; 2, Riley (Ind) 14.2; 3, McPherson (MP) 14.2; 4, Chandler (DM) 14.8.

330 IH — Nobles (Ind) 38.5; 2, Robinson (YB) 38.5; 3, McPherson (MP) 39.8; 4, Commick (DM) 40.2.

Mile relay — Prospect 3:24.2; 2, Independence 3:24.5; 3, Yerba Buena 3:25.0; 4, Westmont 3:25.2.

SP — Sheets (DM) 56- $\frac{1}{2}$; 2, Franklin (YB) 52-8 $\frac{1}{2}$; 3, Palanian (LG) 51-4 $\frac{1}{4}$; 4, McDaniels (SCreek) 51-3 $\frac{3}{4}$.

DT — Hoffman (ST) 158-0; 2, Pinkerton (Leigh) 155-7; 3, Price (Westmont) 153-5; 4, Franklin (YB) 151-2.

HJ — Rogers (Over) 6-8; 2, Jain (Westmont) 6-4; 3, Murphy (DM) 6-0; 4, Mangindin (MP) 6-0.

LJ — Blair (PH) 22-9; 2, Robinson (Pros) 22-2; 3, Rucker (SCreek) 22-2; 4, Commick (DM) 22- $\frac{1}{2}$.

TJ — Rogers (Overfelt) 46-2; 2, Blair (PH) 45-6 $\frac{1}{4}$; 3, Truluck (LG) 43-7; 4, Henderson (Branham) 43- $\frac{1}{2}$.

PV — Moen (LG) 15-4; 2, Parker (LG) 14-0; 3, Gibbons (DM) 14-0; 4, Bessmer (DM) 13-6.

Santa Teresa's twin track threats give father a double dose of pride

By Fran Errota

Staff Writer

Stan Dowell has had many proud moments during his years as a high school track and field coach.

He helped Lee Evans develop into an Olympic champion and world-record holder in the 400-meter dash. Evans ran for Dowell at Overfelt High School.

At Silver Creek, Dowell coached 1976 Olympic 200-meter champion Millard Hampton and world-class intermediate hurdler Andre Phillips.

He has coached Independence to three successive Central Coast Section championships, and the 76ers may win a fourth Friday night at San Jose City College.

But all those Olympic stars and team titles take a back seat to Kristen and Karen Dowell, Stan's twin daughters, who star for the Santa Teresa girls team.

"I am proud — you bet I am," Stan said. "But it hurts sometimes when I see them wearing the orange and blue of Santa Teresa High School instead of the red, white and blue for Independence."

The 5-foot-4, 120-pound twins recently led Santa Teresa to its first Mt. Hamilton League track and field championship with a 9-0 dual-meet record. Kristen finished third in the state 800-meter run last spring, the only time in the last two seasons that she's been defeated. She has qualified for the CCS 400- and 800-meter runs and the 1,600-meter relay.

Karen has qualified for the 400 and the 1,600 relay after missing her sophomore season last spring with a knee injury that required surgery.

"I'm just glad to be back because I enjoy running and competing," Karen said.

"The knee kept pivoting and popping out. I had surgery, the tendon was tightened and the knee feels fine now."

Just to be back was a thrill for Karen. Qualifying for the CCS 400 and relay added to it.

Kristen expresses as much pleasure with Karen's efforts as with her own.

"It is really nice to have Karen running again. It is a lot more fun," Kristen said. "I missed her last year."

As for her own potential, even Kristen doesn't know. "I'm going to try hard to get down to 2:08 in the 800, but I don't really know how fast I can run," she said.

Santa Teresa girls coach Frank Bautista is not surprised Kristen would say that.

"I don't think they realize how good they really are," Bautista said. "I never hear them talk about their accomplishments. I rarely hear them talk about track."

"If they weren't actually competing, they probably wouldn't go to a meet."

Their father attests to that.

"They don't talk much about what they do on the track when we are home," Stan said. "And I don't try to coach them. I don't have to. Frank does a great job."

Bautista calls them the "unspoiled twins" because they do so much without complaining.

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— Santa Teresa coach Frank Bautista

"They might be on the shy side," Bautista said, "but they are very competitive, and they are as mentally tough as anyone I've ever coached."

Success is not new, even to Karen. She and Kristen ran in the state meet as freshmen and helped Santa Teresa win the CCS 1,600-meter relay title. The Dowells helped the Saints run 3:56.19, third-fastest in CCS history.

State-meet possibilities loom again, and Kristen appears a solid bet to return in the 800, where she is the defending CCS and Northern California champion.

Kristen talks in terms of a 56.0 relay leg and Karen a 58.0, but their coach anticipates better marks.

"When the Adrenalin is really flowing, Kristen can run 55.0 or better, and Karen can do 56.0," Bautista said. "We have three others in the 63.5 bracket battling for the other two spots, and 2:06 is not out of Kristen's range in the 800."

Bautista will pick from among Gina Penaflor, Heidi Brink and Monique Stevens for the other two relay spots this week.

"The two who look best in workouts this week will run Friday night," Bautista said. "With their mind on just one race, I look for the two we pick to cut a second off their best time. And that could put us under four minutes."

"That might be good enough to get us to the NorCal, but we'll have to get a few seconds under to get to the state meet."

Although Kristen is hesitant to talk about the state meet in Los Angeles or even the NorCal event because "they are too far away," she does admit her chances are good.

"I'll run the 400 this week, but then I'll drop it for the 800," Kristen said. "I want to break 2:08. I also want to help my teammates qualify in the relay. That would be nice."

"I'm in good shape. Maybe that 2:08 will come Friday night. I wouldn't mind that 2:06.3 that appeared after my name in the paper. That would be nice."

She actually ran a 2:16.3 in the Region III meet; the 2:06.3 was a typographical error. If she runs to her capabilities this week, though, she might be able to get that 2:06.3. It wouldn't be an accident.