Carlmont sweeps x-country titles

Carlmont High isn't going to be satisfied with only the boys Central Coast Section cross country championship. The Scots served notice at the Region II finals Friday that they intend to bid for the first girls' title as well.

Meanwhile, Carlmont senior Bob Love looks primed in his chase for individual honors, while Menlo-Atherton is pleased with the finest showing in its crosscountry history.

As expected, Carlmont breezed to varsity honors, with 42 points to 87 for runnerup Saratoga, giving the Scots their fifth Region II title in the meet's nine-year history. Love, as expected, won, but in a fearsome 14:56, best prep time of the year on the 2.95-mile Crystal Springs course and his second best ever.

Cupertino's Dave Avila was second, 32 seconds back.

M-A's leading runner - fast-developing Andrew Jones - was 14th, but the Bears turned in a fine team effort for 130 points and a solid third. Gunn and Cubberley

Girls' sports

VOLLEYBALL Ali-De Araz League Varsity Final standings - Fremont, (He) Lyn-brok and Sunnyvale, Sardioga, Cuper Tis I sam - Lisa Newmon (Fremont) Tis I sam - Lisa Newmon (Fremont) Tis I sam - Lisa Newmon (Fremont), Tel Galantices Cesari (Fremont), Tel Galantices Cesari (Fremont), Tel Matheware (Fremont), Cello Harr (Fre-cevich (Lynchrok), Karen Richards (Lynchok), Karen Richards

dello (Monta Vista), Jacki Walker (Fre-mont). Junior Varsity Find istandings – Fremont, Lynbrook, (tie) Cuperlino and Sunnyvale, Sara-toga, Homestead, Monta Vista. First iteam – Karen Nakano (Fremont) MVP, Debra Burley (Fremont), Debbie Greety (Cuperlino), Cynthia Higa (Fre-mont), Nani Kalehele (Fremont), Dabie Greety (Cuperlino), Sandy Reed (Sunny-vale), Kathi Taliuto (Lynbrook). Sond Jaime (Fremont), Dimitra Jordan Sunnyvale), Nancy Massung (Lynbrok). Honoshi Reine (Lynbrock). Sondy Jaime (Fremont), Dimitra Jordan Sunnyvale), Nancy Massung (Lynbrok). Honoshi Reine mentjan – Charlsse Eric-Honoshi Bardi Mary Hodgen (Sara-Jorden Katha), Jankang (Lynbrok). Honoshi Katha (Lynbrok), Jolene Serse (Homestead), Lynn Watanabe Lynbrock). Find (Inntins, Esemand (Junpacia),

Substantial standings – Fremont, Lynbrook, Final standings – Fremont, Lynbrook, Sardtoga, Sunnyve, Fremont, Lynbrook, Homestead and Cute, Monta Vista, (tile) First feam – Linda Gutterbuck (Sunnyvale), Usa Filkos (Urterbuck (Sunnyvale), Usa Filkoski (Fremont), Debbe Gax-Iola (Fremont), Lori Kielst (Lynbrook), Sus Korab (Sardtoga), Beth Ruder (Lyn-brook), Susie Sherik (Sardtoga).

were the fourth and fifth qualifiers for the CCS finals Tuesday on the same course.

Martin Vavuris of Cubberley finished seventh, clocking 15:53.

It was M-A's best Region II showing and will be the first time the Bears have competed as a team at CCS.

Carlmont and San Carlos ran one-two in the girls race with 63 and 76 points, respectively, followed by the other qualifiers, Homestead, Saratoga and Cupertino.

"We ran seven seconds faster as a team than (CCS favorite) Half Moon Bay did (while winning) in Region I the day before," said Carlmont coach Loren Lansberry. "Hey, we're going out to win it."

Saratoga's Diane Figliomeni was individual winner in 18:43.

individual winner in 18:43. VARSITY SCORES: Carlmoni 42 (78:47), Saratoga 87 (81:08), Menio-Atherton 130 (82:18), Gunn 141 (82:41), Cubberley 148 (81:49), Fremont 155 (82:48), Homestead 160 (83:55), Peterson 163 (83:08), Palo Alto 182 (86:51), Sunnyvale 216 (85:14), San Carlos 220 (85:04). Bob Love (Carl) 14:56, Avila (Cup) 15:28, O'Connor (Carl) 15:31, Sapp (Fre) 15:40, Smith (Aw) 15:44, Kinzy (Home) 15:45, Vavuris (Cubb) 15:55, Evans (Gunn) 15:57. FRSOH-SOPH SCORES: Mountain View 56 (85:01), Fre-mant 67 (85:11), San Carlos 205 (91:13), Santa Clara 206 (90:06), Sequoia 286 (94:01). Dave Gonzales (MV) 16:10, Colum (Lyn) 16:15, Miller (Fre) 16:23, Nelone (Free) 16:24, Proscano (Monta Vista) 16:26, Springer (MV) 16:40, Marques (Sunny) 16:45, Degan (Lyn) 16:49, Maughton (Free) 16:21, Day (Gunn) 16:55, (100 runners). GIRLS

16:49, Naughto (100 runners).

GIRLS SCORES: Carlmont 63 (100:51), San Carlos 76 (101:14), Homestead 84 (102:36), Sanatoga 106 (103:24), Cupertino 110 (104:18), Buchser 129 (105:56), Gunn 134 (107:06), Cubberley 183 (111:03), St. Francis 205 (112:31), Peterson 294 (123:52)

(111:03), St. Francis 205 (112:31), Peterson 294 (123:52). Diāne Figliomeni (Saratoga) 18:43, Fox (Home) 19:13, Chāvez (Cubb) 19:22, Foianini (Carl) 19:24, Nielsen (Carl) 19:30, Vaughan (SC) 19:38, Huston (Gunn) 19:39, Taylor (Sunny) 19:40, Lozano (SC) 19:53, Vavuris (Cubb) 20:10.

Homestead's Linda Jezek sets swim mark

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Olympian Linda Jezek of Homestead High took the spotlight Friday in the Central Coast Section girls' swim finals at Gunderson High in San Jose.

Jezek set a national, 100 backstroke record, clocking at 57.86 to break the previous record of 58.406 set by Margret McCully of St. Petersburg Catholic High in Florida last May

Anne Abraham and Anne Lambert of Gunn also came away winners in the qualifying round.

Abraham won the 200 free in 1:54.61 and Lambert took top honors in the 100 breast, clocking 1:09.65.

Beth Benson of Menlo-Atherton captured two firsts in the froshsoph division with personal bests in the 100 individual medley (1:04.76) and 100 back (1:03.93).

M-A's 200 medley relay team qualified second and its 400 free squad qualified fifth. M-A's Carol Proctor swam third in the 50 free and fifth in the 100 free (53.96) and teammate Laurie Chappel qualified third in the 100 back in 1:03.14, behind Jezek.

VARSITY 200 MR-Homestead 1: 54.10; 200 free-Abro-ham (Gunn) 1:54.61; 200 MM-Jezek (Home-stead) 2:12.26; 50 free-Asplund (Live Oak) 24.33; 100 fly-Swafson (Homestead) 59.23; 100 free-Blue (Leland) 53.40; 500 free-Hanson (Homestead) 5:05.47; 100 bock-Jezek (Home-stead) 57.86 (breaks national record); 100 breast-Lambert (Gunn) 1:09.65; 400 FR-Leland 3:43.35. **FROSH-SOPH** 200 MR-Los Gatos 2:02.51; 50 bock-Devin-cenzi (Pacific Grove) 30.50; 100 IM-Benson (M-A) 1:04.76; 50 free-Neill (Carmel) 25.69; 50 (M-A) 1:03.93; 100 breast-Johnson (Piedmont Hills) 33.79; 100 back-Benson (M-A) 1:03.93; 100 breast-Walton (Monta Vista) 1:10.09; 200 FR-Salinas 1:45.54.

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Lancers win regionals

St. Francis High, which has improved steadily all season and now looms as a threat for the Central Coast Section cross country title, won the Region I finals Friday at Crystal Springs in overwhelming fashion.

Tom Tuite's Lancers scored 42 points to 91 for Capuchino, 110 for Half Moon Bay and 117 for Serra, the other three teams which also qualified for the CCS finals Tuesday on the same rugged 2.9-mile course.

St. Francis placed its five scoring runners all within the top 18 in the 78-man race - Phil McCarty third, Mark Sullivan fourth, Paul

McClure sixth, Kurt Rochlitz 12th and Jim Kaspari 18th.

Jefferson twins Glenn and Gil Dean were one-two in the varsity.

Half Moon Bay won both the girls and frosh-soph titles, as expected, and figures to make a strong bid for both CCS titles.

Becky Schmidt won girls honors in 18:37. Her teammates weren't far behind as HMB outpointed San Mateo, 20-36.

HMB's frosh-soph scored 40, far better than San Mateo's 82, Mills's 102 and St. Francis's 130. Mills's Dave Marson won in a strong 16:16, but Lancer freshman Scott Gale was outstanding in second at 16:20.