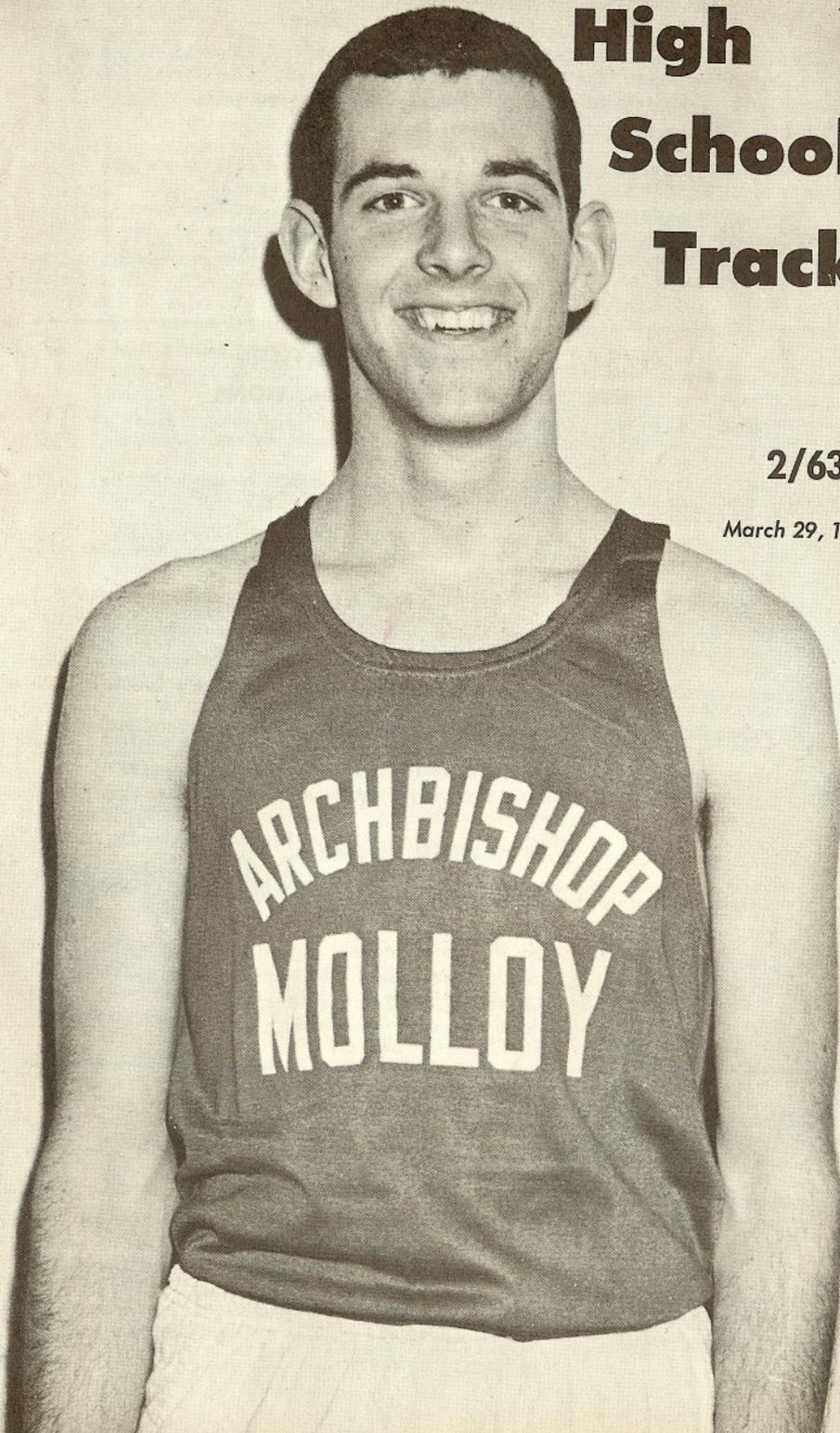


High School Track

2/63

March 29, 1963



ARCHBISHOP
MOLLOY

COVER PHOTO - Jim McDermott of Archbishop Molloy, Jamaica, NY, "Athlete of the Month" for February. McDermott twice broke the national indoor record for two miles, winning the National Interscholastics in 9:23.5.

Don't Forget...

Don't forget to send us information about top athletes. If you don't see it in HIGH SCHOOL TRACK it is because we don't know it.

And don't forget our photo contest, announced in our first issue. Merchandise prizes go to those who submit the six best photos for this season. We place value on interesting action, importance of the athlete, and, of course, clarity of the picture.

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HIGH SCHOOL TRACK

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2--March 29, 1963

Track News

On the pages following, you will find the latest news, arranged by events. Each event has space to itself, making it easier for reference or to follow your particular interest.

Major meets are reported separately to give proper emphasis to competition. Some argument may arise as to which meets should be called "major". Size of the entry list alone is not the criterion. Most important is the quality of the competition, but championship meets, even though small, are of major importance. The "major" meets reported in this issue are: Newark HS - The Newark High School Championships at Newark, NJ, Feb. 27. NJ Prep - New Jersey Prep School Championships at Lawrenceville, NJ, Feb. 27. Team scores: Lawrenceville 35, St. Benedict's 26, Bordertown Military Academy 23.

NYKC - Relays at NY Knights of Columbus meet at Madison Square Garden, March 1.

CHSAA - Catholic High Schools AA at Madison Square Garden on the afternoon of March 1. Team scores: Archbishop Molloy 30 3/8, Archbishop Stepinac 23.

PSAL - Public Schools Athletic League Championships, in New York, March 2. (220 flat track). Team champion: Boys High, Brooklyn, NY, 44. (Boys won last year with 23½.)

Chicago PHSL - 51st annual Public HS League in University of Chicago field-house, March 2.

IC4A Relays - Relays during IC4A meet at Madison Square Garden, March 9. So. Counties - 42d annual Southern Counties meet at Huntington Beach, Calif.

(outdoor), March 16. Team scores: Muir (Pasadena, Calif.) 52, Long Beach Poly 29, Centennial (Compton) 22, Compton 20.

Small schools: Ganesha (Pomona) 39, Pomona 38; Glendale 27.

Special credits in this issue:

MIKE LESTER - indoor news of New York and vicinity.

FRAN ERROTA - indoor lists and outdoor marks.

Explanation of symbols used in lists: * = junior, ** = sophomore, *** = freshman, w = wind-aided, h = heat, n = non-winning time, x = exhibition or unofficial for other reasons. (Note that where a race is run in sections, Roman numerals are used to show the different races, or heats.)

Olympic Schoolboys

by Hugh Gardner

High-schooler Reggie Walker (Natal, South Africa) won the 1908 Olympic 100-meter title at age 19, though only a last-moment addition to the team. His semi-final tied the world record 10.8, and he won the final by three feet with another 10.8.

The rather farcical combination of an Olympic Games (few foreigners, anyway) with a World's Fair pageant of events at St. Louis in 1904 found Bill Hogenson (Lewis, Ill., Institute) running third in both standard sprints.

Stockholm's 1912 Games found two schoolboys besides Meredith doing well. Arlie Mucks (Oshkosh, Wis.) was 6th in the discus with 134'3½". Howard Drew (Springfield, Mass.), 22-year-old who'd just finished his junior year, pulled a muscle in winning his semifinal and was through.

Lee Barnes (Hollywood HS, Calif.) had to love Paris in the spring, for he won the vault jump-off and the gold medal with the winning height 12'11½". Frank Hussey (Stuyvesant, NY City) led off the 400-relay which tied a world record of 41 flat. That was in 1924.

Frank Wykoff (Glendale, Calif.) ran 4th in the 1928 100 behind Canadian schoolboy Percy Williams, winner of both sprints. Frank also led off the winning 400-relay team. (Later: Cornelius Johnson, Bob Mathias, Milt Camp.)

3--March 29, 1963

100 YARDS

Newark HS - Mel Murphy, Newark Central, won the 60 in 6.5.
 NJ Prep 60 - John Fonash, Bordertown Military Institute 6.4.
 CHSAA 50 - Stan McIntosh, Rice, tied meet record of 5.5. 2d, Dick Noering, Chaminade, Mineola, NY. Semis: McIntosh 5.6, Noering 5.7.
 PSAL 100 - Bill Wright, 5'7", 155 pound Boys HS junior who will be 18 on April 4, successfully defended his title in 10.1. 2d, Gladstone Rouse, Washington; 3d, Billy Fulson, Jackson.
 Chicago PHSL 60 - Harvey Blair, Phillips 6.4; 2, Brakes, Phillips; 3, Sykes, Du. So. Counties - John House, Muir 9.9; 2, Virdon, Cent. 10.1; 3, Armstrong, Compton; 4, Pryor, Muir. Small schools: Stanton, Pomona 10.0;

60 YARDS (Indoor)

6.2 James Jackson, Dunbar, Lubbock, Tx
 6.3 Harvey Blair, Chicago Phillips
 Mike Kahn, W. Chester, Pa.
 Tom Boles, SE, Kan. City, Mo.
 n Doug Cokerham, Red Oak, Tex.
 6.4 Chas. Houston, New Brunswick, NJ
 Jim Hines, McClymonds, Oak, Cal.
 n Jeff Perenon, Castro Valley, Cal.
 Bob Fitzgerald, New Brunswick, NJ
 Bill Wright, Boys, Brooklyn
 Ed Driggers, Haltom, Tex.
 Bruce Switzer, Crossett, Ark.
 Daswell Campbell, Hazel Pk, Mi.
 Frank Vermeur, Dewey, Okla.
 Phil Smith, Birmingham Carroll
 Stan McIntosh, New York Rice
 **Geo. Aldredge, Dallas High. Pk.
 John Fonash, Bordertown MI, NJ
 **Amos Woods, Central, KC, Mo.
 ***Phil Corey, Central, KC, Mo.
 n Harry Lisle, Canyon, Tex.
 6.3 Harris Raspberry, Gary Froebel

440 YARD RELAY

42.2 Galena Park, Tex. (Mike James, Ken Williams, Jim Epps, Dick Diese) +43.0
 42.4 Tascosa, Amarillo, Tex. (Tom Lewis, Mike Bell, Glen Bussey, Mark Yarbrough)
 42.6n Roswell, New Mexico
 42.8 Hebert, Beaumont, Tex. (Mel Farr, Don Dean, Jerry Levies, Jerry Ball)
 Port Arthur, Tex.
 n Permian, Odessa, Tex. +43.2
 43.0 Hillcrest, Dallas, Tex. (John Swift, Bob Milton, Scott Blessing, Marshall Edwards)
 Manual Arts, Los Angeles
 43.1 Paschal, Ft. Worth, Tex. (Tom McClellan, Doug Wiley, Dick Bourland, Ralph Nichols)

New Marks

9.6 John House, Muir (also 9.7)
 Jerry Williams, Berkeley, Calif.
 9.7 Riley Dunn, Coleman, Tex.
 Estes Banks, LA Washington
 Bob McMillan, Canoga Pk, Calif.
 **Geo. Aldredge, Dallas High. Pk.
 Eckhard, San Diego Granite H.
 Don Parkhurst, Baytown, Tex.
 9.8 Stanton, Pomona, Calif. (+10.0)
 Dave Soper, Pomona Ganesha "
 Tom Smith, Lemoore, Calif.
 John Hopkins, San Antonio Hi.
 C. Sanford, San Diego, Calif.
 WIND-AIDED
 9.7 Kimball, Camarillo, Calif.
 9.8 Lee Wolf, Houston Lamar
 n Gerald Conway, Houston Davis

Men to Watch

Fastest 1962 sprinters returning this year:
 9.5 Jerry Williams, Berkeley, Cal.
 9.6 Don Parkhurst, Lee, Baytown, T.
 Bernie Rivers, E. Chicago, Ind.
 Tom Smith, Lemoore, Calif.
 Aquine Jackson, BT, Milwaukee
 WIND-AIDED:
 9.4 Parkhurst
 9.5n Smith
 9.6 Trippe Elam, Centennial, Comp.
 43.2 Poly, Long Beach, Calif. (Chas. Swanson, Earl McCullough, Jim Miles, Fred Muench)
 Highland Park, Dallas (Reagan Dixon, Bob Milbank, Dick Jackson, Geo. Aldredge)
 Nederland, Tex. (Steve Bailey, Bob Riley, Jim McCloud, Rob Dalby)
 43.3 Highlands, San Antonio, Tex. (Avery, Lyman Davis, Jim Armstrong, John Hopkins)

220 YARDS

CHSAA 280 - Maurice Habron, Cardinal Hayes, defended his 1962 title in 30.4. 2d, Ed Feaster, Rice 31.5.
 PSAL - Ron Wilson of Boys won in 22.3, only one fifth off the American board track record for the 220. 2d, Leroy Evans, Wingate; 3d, Gadson.
 So. Counties - John House, Muir 21.4; 2, Virdon, Cent. 22.1; 3, Muench 22.2
 Long Beach Poly. Small: Soper, Ganesha 21.9; 2, Stanton 21.9

Indoor

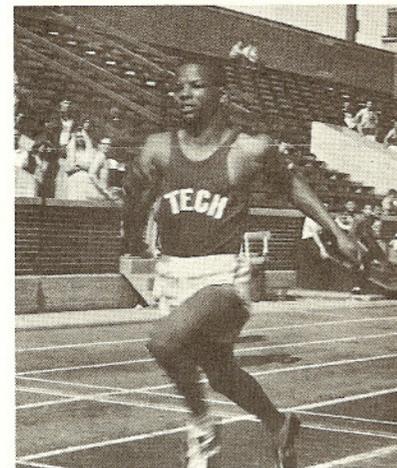
220
 22.3 Ron Wilson, Boys, Brooklyn
 **Oliver Hunter, New Rochelle, NY
 22.8n Russ Whitenack, Massapequa, NY
 23.0n Don Clancy, Nyack, NY
 n Leroy Evans, Wingate, NYC
 300
 32.2 Tim Johnson, Rindge Tech
 32.4 Ron Wilson, Boys, Brooklyn
 32.5 Paul McHugh, NY Hamilton
 Campbell, Hazel Park, Mich.
 Maurice Habron, NY Hayes
 32.6 Dick Macafity, New Rochelle, NY
 32.7 Leroy Evans, Wingate, Brook.
 Steve Langham, Dallas Jeffers'n
 32.9 Gary Gadson, NY Hughes
 n Geo. Aldredge, Dallas High. Pk.
 n Mike Zarzyck, Loughlin, Brook.

880 YARD RELAY

1:27.9 Permian, Odessa, Tex.
 1:28.5n Tascosa, Amarillo, Tex.
 1:29.0 Jefferson, Los Angeles
 1:29.2 San Diego, Calif. (Baker, Wash, Dixon, C. Sanford)
 1:29.3 Poly, Long Beach, Calif. (Charles Swanson, Earl McCullough, James Miles, Fred Muench)
 Chaffey, Ontario, Calif.
 n Kermit, Texas
 Muir, Pasadena, Calif.
 1:29.4n Manual Arts, Los Angeles
 1:29.5 Centennial, Compton, Calif.
 1:29.7 Lamar, Houston, Tex. (Bill Usher, Mike Olvey, Dick Dillon, Lee Wolf)
 1:29.8 Hillcrest, Dallas, Tex. (John Swift, Bob Vaughn, Bob Milton, Marsh Edwards)
 Hebert, Beaumont, Tex.
 Floyd Dixon, Don Dear, Jerry Levies, Jerry Ball)
 8 x 220
 2:59.7 Centennial, Compton, Calif.
 3:00.2n Dorsey, Los Angeles

New Marks

21.1 House, Muir
 21.5 Higgenbotham, Ventura, Calif.
 Martinez, Chaffey, Ontario, C
 21.6 Roberts, Riis, Los Angeles
 Soper, Ganesha, Pomona, Cal.
 Dixon, Arroyo, Los Angeles
 AROUND CURVE
 21.7 Jim Hall, Phoenix Union (+9.9)
 21.8 Don Parkhurst, Baytown, Tex.
 21.9 Riley Dunn, Coleman, Tex.
 22.0 James White, Dallas Sunset
 22.1n **Geo. Aldredge, Dallas Hi. Pk.



AQUINE JACKSON
 5'8", 145 pounds, 16 on Oct. 28, Jr.
 9.6 for 15-year-old record
 21.1 around curve for 15-year record.
 Wisconsin champ in 220 in 1961 and
 1962 (21.1t). In 100, 1962 (9.7).
 Slow starter; uses bunch start (left
 leg 18" from line, with 10" betw'n.).
 Twin sister Jackie used to beat him
 out of the blocks.
 Has never worked with weights. Wants
 to teach P. E. Starting halfback.

440 YARDS

NJ Prep - Gerry Murphy, St. Benedict's, Newark 51.2; 2, Day, Blair 51.3
 CHSAA - Ed Ward, Archbishop Molloy 51.9; 2, Ray Donaton (defending titlist)
 Archbishop Stepinac 52.0; 3, Pino Bonafede, St. Leonard's 52.3;
 4, Mike Zarzycki, Bishop Loughlin 52.6.
 PSAL - Alfonso Grimes, Bayside 51.5; 2, McHugh, Hamilton (52.2 in heat).
 Chicago PHSL - Clarence Lampkin, Harper 50.8; 2, Cash, Phillips; 3, Brooks, P
 So. Counties - I: McGowan, Centennial 48.9; 2, Williams, Chaffey, 49.7
 II: Hogue, Muir 50.6. Small: I: Gibb, El Segundo 50.4.

Indoor

440

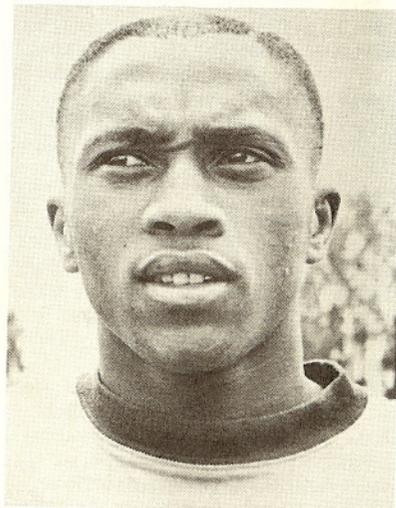
49.6 Tim Johnson, Rindge Tech
 50.2n Steve Ashurst, OLV, Or., NJ
 n Dick Macafity, N. Rochelle
 50.8 Clarence Lampkin, Chi. Harp.
 51.2 Gerry Murphy, Newark St. B
 51.3n Day, Blair Academy, NJ
 51.5n Gus Johnson, Jersey C. Snyder
 n Alfonso Grimes, Bayside, NY
 51.6 *George Hunt, Alton, Ill.
 51.8 Ed Ward, Molloy, Jamaica
 51.9 Jim Dryer, Evanston, Ill.
 52.0 Maurice Habron, NY Hayes
 Gillette Bryant, Front Roy, Va
 *Ken Knapp, Carmel, NY
 n Ray Donaton, Stepinac (NY)
 600
 1:15.0 Leigh Hall, Exeter Ac., NH
 1:15.1 Jim Ryan, NY Franklin
 n Bob Laverty, Detroit Redf'd
 1:15.4 Stan Steinberg, NY Mt. St. Mi.
 1:15.6n Bill Thompson, NY Jackson
 1:15.9 Ed Ward, Molloy (NY)
 Larry McGough, Ft. Worth N
 n A. Ortiz, NY Power Memor.
 n Alfonso Grimes, Bayside, NY
 n Michael Bruno
 1:16.0 Harold Burchett, Boys, Brk.
 1:16.1 Andre Baker, N. Rochelle, NY
 1:16.2n Mike Juras, Oceanside, NY
 n Brian Herson, Stepinac (NY)
 1:16.3n Ted Brubacher, Mt. Vern., NY
 n Ed Fox, Massapequa, NY
 1:16.5 Ed Daw, North Valley
 Bill House, Rindge Tech
 1:16.6n Ben Reed, White Plains, NY
 n Bob Burkhard, Oceanside, NY
 1:16.8n Ashurst, OLV, Orange, NJ
 1:17.0 Bill Merriman, Dallas Hillcr.

ONE MILE RELAY

3:20.1 Jefferson, Dallas, Tex.
 3:20.5 Tascosa, Amarillo, Tex.
 3:21.2n Permian, Odessa, Tex.
 3:23.3 Hillcrest, Dallas, Tex.
 Galena Park, Tex.

New Marks

48.8 Steve Langham, Dallas Jeff.
 48.9 John McGowan, Centennial,
 Compton, Calif. (+49.2)
 49.0 Tom Agsten, San Diego Hoov.
 49.3 Jose Avila, LA Roosevelt
 Conley Brown, Houston S. Jac.
 49.4 Fernando Rodriguez, Miller,
 Corpus Christi, Texas
 49.5 Dave Walker, Merced, Calif.
 n Bill Stokes, Richardson, Tex.
 n Wolff, LA Dorsey
 49.7 Leon Horne, Grant, Sacra-
 mento, Calif.
 49.8 Wright, Reseda (Los Angeles)
 Gratta, LA Belmont
 49.9 Robinson, LA Fremont
 n Mason, Los Angeles HS
 n Eddie Griggs, Denison, Tex.



TOM SMITH

Tall, strong Lemoore, Calif., sen-
 ior who ran 47.7 in his first-ever
 440 last year and lowered it to 47.5.
 Also: 9.6, 21.3, and 24'2".

880 YARDS

NJ Prep - Kenah, St. Benedict's 2:01.8; 2, Scovel Peddie 2:02.3
 CHSAA - Ricardo Urbina of McClancy smashed Tom Carroll's meet record,
 winning in 1:54.7, second fastest prep 880 ever run indoors.
 2d, Joe Kearney, St. Augustine 1:57.0; 3, Brian Herson 2:00.6.
 PSAL - James Ryan, Franklin 1:59.5.
 PSAL 1000 - Lionel Russell of Boys won in a meet-record 2:19.5; 2, Wm.
 Erskine, Newtown. (Old record 2:19.8 by Dick Kier, Aviation).
 So. Counties - I: Eck, Savanna 1:58.2; 2, Arnett, Pasadena, 1:58.8
 II: Smith, Compton 1:56.4; 2, Fendia, Warren 1:57.1; 3, Nichols 1:57.5
 Small: I: Dennis Carr, Lowell 1:55.4 (meet record); 2, Baribault 1:57.2
 II: Behrend, Calif. 1:59.7; 2, Cornelius, Lowell

Indoor

880

1:54.7 Ricardo Urbina, NY McClan.
 1:57.0 Joe Kearney, NY St. August.
 1:58.7 Jim Isaacson, W., Glenbard, Ill.
 1:58.8 Mel Porter, Harlin, Ill.
 1:59.0 John Laidlaw, NT, Winnetka
 1:59.5 James Ryan, NY Franklin
 1:59.6 Leon Munro, NY Hayes
 2:00.6n Brian Herson, Stepinac (NY)
 2:00.8 Ralph Frusco, N. Brunsw., NJ
 2:01.1 Bruce Carter, Pottstown, Pa.
 2:01.2 *Geo. Hunt, Alton, Ill.
 Ken Giles, Front Royal, Va.
 1000
 2:15.1 Ricardo Urbina, McClancy
 2:15.6n Kearney, NY St. Augustine
 2:15.7 Earl Jordan, White Plains, NY
 2:15.9 Bob Donahue, Boston English
 2:16.0n Mike Dunn, Boston Tech
 2:17.8 Chas. Daniels, Exeter Ac., NH
 2:17.9n Ken Barton, Massapequa, NY
 2:18.1n Bob Zieminski, Molloy (NY)
 2:18.6n Wm. Erskine, Newtown, Mas.
 2:18.8 Gerald Roper, N. Rochelle, NY

Sophomore Star

Leon Forman, developer of a
 number of fine trackmen at Long
 Beach (Calif.) Poly, may have his best
 product in Al Nichols, a sophomore
 who galloped the 880 in 1:57.5 in his
 second try at the distance at the
 Southern Counties meet. - F.E.

LIDLAW IN FAST RUN
 John Laidlaw of New Trier,
 Illinois, won the Chicago Suburban
 League indoor 880 in a record
 1:56.9 in the Oak Park fieldhouse,
 March 16. Laidlaw also anchored
 the winning 8-lap relay team.

New Marks

1:54.9 Dennis Carr, Lowell
 1:55.0 *Hill Daughtry, Glendale, Cal.
 1:55.3n *Devon Smith, Compton (+1:56.4)
 1:55.7 John Moss, Austin, Tex.
 1:56.3n Eck, Savanna, Anaheim, Cal.
 1:57.2 Harold Krotzer, Arroyo, El
 1:56.8 David McHugh, Hilnds, Sacto.
 1:57.4 Art Rodriguez, Jefferson,
 San Antonio, Tex.
 1:57.6n Elroy Carri, Ft Stockton, Tex.
 1:57.8 Coon, Lubbock, Tex.
 Steve Pigman, Dallas Jeffer.
 1:57.9 Gil Rangle, Santa Ana, Cal.
 n Ed Shirley, Midland, Tex.

Urbina Threatens Record

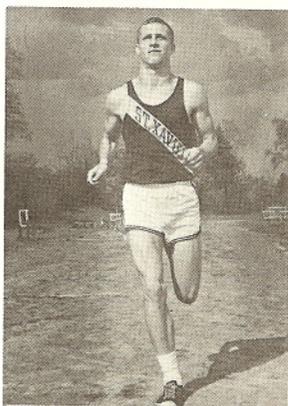
Ricardo Urbina (McClancy,
 New York City) bears watching as a
 real threat to the national record.
 His 1:54.7 in the CHSAA meet puts
 him into fast company. Ahead of
 him on the all-time list is Tom
 Sullivan, who ran 1:52.8 in 1961.
 Sullivan set the outdoor standard of
 1:50.6 the next spring even though
 his greatest efforts were in the mile.
 Next to Urbina on the all-time list
 is Tom Carroll (Fordham Prep of
 New York City) with 1:54.9 in 1957.
 Carroll ran 1:50.6 later that year,
 then toured Europe where he ran
 800 meters in 1:49.2. Urbina can
 also be compared in the 1000,
 where his 2:15.1 is tied with Carr-
 oll for third place. Sullivan leads,
 but Gene Tetreault (Public HS, Hart-
 ford, Conn.) is only one fifth ahead.
 Tetreault went on to run 1:51.6 out-
 doors last year. Urbina, who "wins
 big", could compare well outdoors.

ONE MILE

NJ Prep - Bob Hatcher, Lawrenceville 4:34.3
 CHSAA - Bob Walsh, Mt. St. Michael 4:23.8; 2, Howie Ryan, Sacred Heart, Yonkers 4:26.4; 3, Leon Munro, Hayes 4:28.5; 4, James Reynolds, Bishop Loughlin 4:30.2; 5, Bob Zieminski, Molloy 4:34.4.
 PSAL - Mike Johnson of Boys, unheralded junior 2-mile relay runner, won in 4:27.8; 2, Orlando Martinez, Hamilton; 3, Charles Gilberti, Flush.
 Chicago PHSL - Jan Nilsson, Senn 4:26.6; 2, Bukieda, Lane Tech.
 So. Counties - I: Husaruk, Montebello 4:26.0; 2, Conner, LaHabra 4:26.9; 3, Krotzer, Arroyo 4:29.6. II: Langdon, Western 4:30.8
 Small: I: Anderson, Glendale 4:26.8; 2, Samson, Torrance 4:38.0
 II: Seamans, Bellflower 4:29.5; 2, Unck, Pomona 4:33.2

Indoor

4:21.2 Jim Warner, FL, Mt. Kisco, NY
 4:21.9 Jim Reynolds, Loughlin, Brk.
 4:23.7 Jim McDermott, Molloy (NY)
 4:23.8 Bob Walsh, NY Mt. St. Mich.
 4:24.7n *Bob Zieminski, Molloy (NY)
 Bob Powers, Randolph, Mass.
 4:25.0** Mike Ryan, W., Santa Clara, C
 4:25.5 Howie Ryan, Yonkers Sac. Ht.
 4:25.6n Bob Fleming, Xaverian, Brk.
 4:26.6 *Jan Nilsson, Chicago Senn
 4:26.7 Geo. Rios, S., Hayward, Cal.
 4:27.0 Wendell Cox, Hillsboro, Ore.
 4:27.1 Bob Hatcher, Lawrencev., NJ
 4:27.4n Stan Barbato, Baldwin, NY
 n Phil Anderson, Glendale Hoo.
 4:27.6n *Bob Camien, Floral Pk., NY
 4:27.8 *Mike Johnson, Boys, Brook.
 4:27.8n Harold Krotzer, El Monte, C.
 4:28.0n Dick Bright, Middletown, Con.
 4:28.4n Bob DeCelle, Alameda, Calif.
 4:28.7n Lyman Shaffer, Berkeley, Cal.



Blaine Vetter, Louisville St. Xavier, undefeated Kentucky state cross country champion.

New Marks

4:23.4 *Daughtry, Glendale (+4:28.2)
 4:23.9 *Stan Conner, LaHabra, Cal.
 4:24.3 Ralph Likens, Hillsdale, San Mateo, Calif.
 4:24.6 Jim Jordan, La Crescenta, C.
 4:24.9 Phil Anderson, Glendale Hoo.
 4:25.6 *Art Burkhardt, Concord, Cal.
 4:25.7 Condit, San Diego El Capitan
 4:25.9 Geo. Rios, Sunset, Hayw'd, C
 4:26.0 Bill Delaney, Orange, Calif.
 Dennis Tuckosh, Alhambra, C
 Hasaruk, Montebello, Calif.



SID MERCHANT, 16, a junior at Melbourne, Fla., (4:37 as soph), is congratulated by Frank Craig, coach of the Brevard Striders, on winning the 3-mile run on Indian Beach, February 9.

Merchant ran two miles in 9:57 last fall.

Dennis Carr

Dennis Carr of Lowell HS (LaHabra, Calif.) not only broke the junior class record for the mile last year, he broke the national record as well. His 4:08.7 at 16 years and 7 months made him the youngest record holder in many years and the fastest 16-year-old miller in history. He bettered by three seconds the junior record set by Tom Sullivan when Sullivan was 1½ years older.

Built like a half-miler (5'11" and 155 pounds), Carr also ran a summer 880 in 1:54.5, only one tenth off the 16-year-old record.

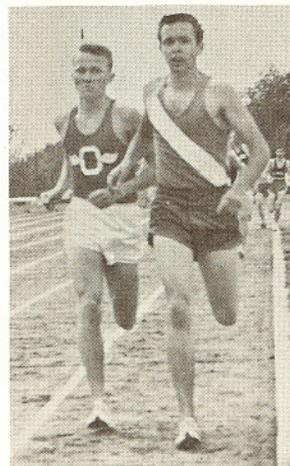
Carr started racing in 9th grade cross country. In the spring he ran a 4:59.9 mile and a 1320 in 3:36. As a 15-year-old sophomore he lowered his mile time to a good 4:29.9, but this was pale compared with the 15-year-old record of 4:17.5 set the previous year by his LaHabra High teammate, Bruce Bess. Carr's greatest sophomore race came when he won the southern California Class C 1320 in 3:11.7, an indication of things to come.

As a junior, Carr moved to Lowell High and won the southern California small schools cross country, the Southern Counties mile in 4:28.7, and the Chaffey Invitational in 4:21.1. Up to the time of the state meet, in Modesto, his best time was 4:18.8.

The state mile was run in two sections with Bruce Bess winning the first one in 4:13.4. Carr trailed Joe Neff (Norte Del Rio, North Sacramento) through laps of 62.6, 62.9, and 64.2, then blasted loose over the last 300 yards for a 59-flat lap. Here is Carr's own version of the race:

"Before the Modesto race I hoped I could run fast. My performances of the week before pointed to a good time, if I had the right competition. The competition was perfect, keeping me at a very steady fast pace. I had to push Neff a little to get him to run the third lap fast enough. Then I just sprinted out past him on the last lap and tried to run it very fast."

He ran it so fast the track world was startled, and he was closely watched as he began his senior year. But disaster struck, in the form of a stress fracture in his ankle. In the southern California cross country final, "I ran with it and made it much worse, plus pulling a tendon. Since then, calcium deposits have formed. As of right now (Feb. 18) I have already started working out again and it appears to be completely healed." On March 5, Carr won a 440 in 50.3, compared with his best of 49.9, and it appears he still has a chance to run well this season.



His goal for now and in the future is to run as fast as he can. When told of rumors that he had turned away from racing, Carr said, "The rumors are false. Track is the only thing I take seriously as of now. I plan on running well this year. I will always try to run as fast as I can push myself with the weather conditions and competition." He makes no predictions, but he hopes for a 4:00 mile this year. And, "I intend to compete until I get too old to do so."

Carr was coached by Willie Wilson at La Habra, and now by Jim Sutton. He adds, "Bruce Bess was my greatest helper in my high school days at LaHabra, and even at Lowell when we were on opposite teams."

Carr has not yet decided on his college major. He will take a liberal arts course for a year or two.

In the photo, DENNIS CARR leads BILL DELANEY (Orange, Calif.) in a race last year.

HIGH HURDLES

Newark HS - George Logan, Newark South Side 7.6.
 NJ Prep - Paul Drew, St. Benedict's, Newark 7.7 (7.6 in heat).
 CHSAA - Peter Waldvogel, Molloy 7.7; 2, Del Benjamin. Waldvogel's 7.7 broke the meet record set by Ken Coniglio last year.
 PSAL - Charles Thrower, Boys junior, won in 7.9 (also 7.9 in heat).
 Chicago PHSL 70 - Robert Hubbard, Crane Tech 8.6 (ties record); 2, Ed Frederick, Phillips (8.8 in heat); 3, Stallings, Harlin.
 So. Counties - Hertzberg, Sierra 14.8; 2, Davis, Compton 14.9; Ellis 14.9
 Small: Shy, Ganesha 14.4; 2, Everett, Chino 14.6; Moody, Cor. 14.7

60-YARD (Indoor)

7.2 Ezell Smith, Gary Roosevelt
 *Paul Wilson, Plainfield, NJ
 Chas. Houston, N. Brunswick, NJ
 7.3n Ted Pisciotta, Highland Pk., NJ
 7.4 Marcy Reed, SP, Fanwood, NJ
 n Pelligrino, Perth Amboy, NJ
 n John Freeman, E. Orange, NJ
 7.5 Neal Iverson, Mobile Murphy
 Bert Brown, E. Orange, NJ
 Greg Ford, Clayton Val., Cal.
 42"
 7.5 *Paul Wilson, Plainfield, NJ
 Chas. Houston, New Brun., NJ
 7.6 Jack Foster, N. Rochelle, NY
 Marcy Reed, Scotch Plains (NJ)
 Paul Drew, Newark St. Ben.
 Ernest Pelligrino, P-Amb., NJ
 Leon Coleman, Boston Trade
 7.7 Ken Donovan, Amityville, NY
 John Freeman, East Orange, NJ
 Andrew Johnson, Alton, Ill.
 Allen Schwinn, Phil. Tennant
 7.4 (39") Rich Tuttle, Hammond, Ind.

LOW HURDLES

NJ Prep 60 - Stillwell, Bordertown Military Institute 7.3
 Chicago PHSL - Eddie Frederick, Phillips 8.1 (8.2 heat); 2, Hubbard, CT
 So. Counties - Davis, Compton 19.6; 2, Ellis, Muir 20.3. Small: Shy, Ganesha 19.5; 2, Everett, Chino 19.7; 3, Caminiti, Crespi 19.8

60-YARD (Indoor)

6.8 Chas. Houston, N. Brunsw., NJ
 Dick Bourland, Ft. Worth Pasch.
 7.0 Dan Darby, Hammond, Va.
 n Gary Page, Arlington, Texas
 7.1 Andrew Johnson, Alton, Ill.
 Billy May, Memphis Catholic
 7.2 Mack Bell, Tallassee, Ala.
 n Phil Smith, Birmingham Carroll
 n Neal Iverson, Mobile Murphy
 7.1 Theus, Gary Roosevelt
 Rich Tuttle, Hammond, Ind.

10--March 29, 1963

New Marks

14.2 Shy, Ganesha, Pomona, Cal.
 (+14.7; had previous 14.2)
 14.3 Roger Mann, Fair Park, Shreveport, La. (+14.7)
 Paul Kerry, LA Wash. (+14.4)
 14.5 Jerry Chatham, Berkeley, Cal.
 Don Barcello, Phoenix Union
 (+20.3 and 14.4w)
 Ricky Rogers, Ells, Rich'd, C Hager, Seabreeze, Fla.
 14.6 Price, Los Angeles Grant
 14.7 Monte Ellis, Muir, Pasadena Hertzberg, Sierra (Calif.)
 Steve Caminiti, Crespi Carmelite, Glendale, Calif.
 WIND-AIDED:
 14.6 *Johnny Morriss, Houston Jon's
 (also see high jump)(+19.6w)
 * * * * *
 Keep an eye out for Grey Ford, Clayton Valley, Concord, Calif. He ran 14.2w last year. As a soph in '61 he ran the 42" highs in 14.71

New Marks

18.9 Jim Epps, Galena Park, Tex.
 19.2 John Herrins, Alice, Tex.
 Eugene Washington, Carver,
 19.3 Buddy Woodall, Texas City, T
 19.4 Steve Caminiti, Crespi, Glen. Gale Read, Snyder, Tex.
 (+ 19.5 and 20.0)
 Carl Davis, Compton, Calif.
 19.5 Jim Miles, Long Beach Poly
 Price, LA Grant
 David Chambers, Grand Prairie, Tex.

HIGH JUMP

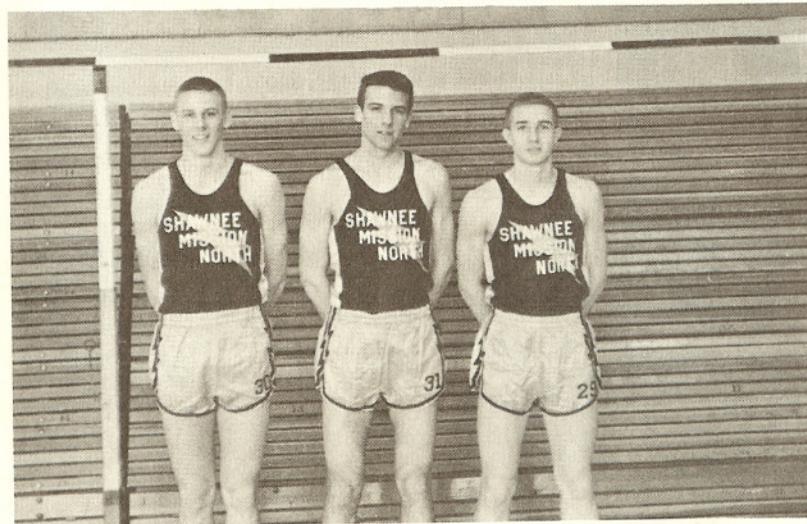
CHSAA - Del Benjamin won for the third year in a row with a meet record of 6'7 1/8". He cleared on his first attempt, but missed 6'7 7/8".
 2d, Don Pratt, Xaverian 6'0".
 PSAL - William Mangham, Franklin senior, broke the 33-year-old record by leaping 6'5 3/4". A basketball player, this was Mangham's first meet of the season. Last year was his first competition and he had never cleared 6'2". Tie 2d: Green, Boys; Price, Evander, Jones, Morris 6'2"; 5, Myers, Franklin 6'1".
 So. Counties - Carr, Muir 6'2"; 2, Sloan, Anaheim 6'2". Small: Keough, Ganesha 6'3 3/4"; 2, Connick, Whittier 6'1 1/2"; 3, Hughes, Ganesha 6'1 1/2".

Indoor

6'7" *Del Benjamin, LaSalle Ac. (NY)
 6'6 1/4" Steve Straight, Shaw. -Mission, K
 6'5 3/4" Willie Mangham, NY Franklin
 6'5 1/2" Ron Tull, KC, Mo., Ruskin
 6'5" Frank Costello, Union, NJ
 6'4 3/4" David Coughran, Grand Prair., T
 6'4 1/4" *George Platt, Plainfield, NJ
 Tom Fitch, Fort Royal, Va.
 6'4" Roger Neiswender, Birm. Banks
 Ed Mulvihill, CB, Lincroft, NJ
 Alfred Smith, Boston English
 *Paul Wilson, Plainfield, NJ
 Curt Ring, Hazel Park, Mich.
 6'3 1/2" Mike Lopes, Law., Falmouth, Ma.
 6'3" David Holman, Exeter Ac., NH
 Rupert, Bloom, Chi. Hts., Ill.

New Marks

6'5 1/2" *Johnny Morriss, Houston Jones
 (+6'3"; 17 years old; 6'4" in 1962; state AAA champ, 6'2 1/2")
 6'5 1/4" Mason, El Monte, Cal. (+6'3 1/2")
 6'4" Dave Coughran, Gr. Prairie, T
 Clemmons, Oxnard, Calif.
 6'3 1/2" John Harter, LA Lincoln
 *Henry Lathridge, Compton
 *Kenneth Mode, Compton
 Bob Martinez, Phoenix Alham.
 6'3" Adams, Inglewood, Calif.
 Williams, LA Jordan
 Sloan, Anaheim, Calif.
 Bourks, Odessa, Tex.
 Seagraves, Muleshoe, Tex.
 McNeil, Morningside, Inglewood, Calif.



G.M. Gish, coach of Shawnee Mission North of Shawnee Mission, Kan., is enjoying the return of three 6-foot high jumpers. Fred Schmidt (left) won the Shawnee Mission North Relays last year at 6'1 1/4". Steve Straight (center) jumped 6'5 1/2" (6'6 1/4" indoors this year). Wayne Courtney cleared 6 feet even.

11--March 29, 1963

Del Benjamin

Del Benjamin of LaSalle Academy on Long Island (New York) broke the high jump record for freshmen and sophomores, and he is after the junior record (6'9") this year. In fact, he says, "I hope to jump 6'10", possibly 6'11"."

As a sophomore, Benjamin was named Outstanding High School Athlete both at the Penn Relays and for Metropolitan New York. He earned these honors with some of the most consistent high jumping of any high school boy regardless of class. He cleared 6'6" three times indoors, a mark bettered only four times in history (two by John Thomas). One of these 6'6" jumps won for him first place in the National AAU Interscholastics as a sophomore. In the short outdoor season he cleared 6'7 $\frac{1}{4}$ " to raise the old sophomore record two full inches.

Benjamin is older than the average junior (he will be 18 on June 28), but he has been using the less efficient western roll and has not yet been coached intensively, and so considerable progress is still possible. His coach is Dennis Healey, recent graduate of Manhattan, and he has been helped by Manhattan coaches George Eastment and Irv Kintish.

Benjamin said, "I am trying to learn the belly roll. If and when I reach an intermediate point where I can do equally well with both I will then use the belly roll from then on." He added, "I train by doing the regular running practices and also practicing both types of jumps for form, almost every day — Monday through Thursday — at a height of about 6 feet."

He is built much like Valeriy Brumel, 6'1" tall and 174 pounds. He is undecided as to whether he wants to be a physical education teacher or a veterinarian, and he has not yet made his plans for college. He swims and plays basketball, and he likes "the sudden roar of a crowd when you've performed well."

Benjamin showed talent as an 11-year-old when he cleared 5'1 $\frac{1}{2}$ ". At 13 he jumped 5'5", at 14 he cleared 5'9", and at 15 he set a freshman record of 6'3 $\frac{3}{4}$ ".

During the recent indoor season, Benjamin lost once, in the first meet, then won consistently. He had another 6'6" jump, won the National AAU Interscholastics at 6'5", and broke his own record with a leap of 6'7 1/8" in the CHSAA meet.

Now only one indoor jump in history is better than Benjamin's. That is John Thomas's 6'7 $\frac{1}{2}$ " in the nationals of 1958. (Thomas's jump was measured at 6'7 5/8", but like Benjamin's, it must be lowered officially to the nearest one-fourth inch.) Benjamin has made five of the eleven all-time clearances of 6'6" or higher indoors.

All-time best indoor jumpers:

6'7 $\frac{1}{2}$ "	John Thomas, Rindge Tech	1958
6'7"	Del Benjamin, LaSalle Academy.	1963
6'6 $\frac{3}{4}$ "	Leroy Johnson, Mishawaka, Ind.	1957
6'6 $\frac{1}{4}$ "	Thomas	1958
	Steve Straight, No., Shaw. -Mis., Ka.	1963
	Dick Ross, Montclair, NJ	1960
6'6"	Benjamin	1962
	Benjamin	1962
	Benjamin	1962
	Benjamin	1963



12--March 29, 1963

POLE VAULT

So. Counties - Pettinger, Pasadena 13'6"; 2, Hergenrather, Arcadia 13'6"
Small: Seagram, Pomona 13'6"; Fortner, Glendale Hoover 13'5";
3, Brown, Pomona 13'4"

Indoor

13'9" Phil Manuel, SW, KC, Mo.
13'7 $\frac{1}{4}$ " Bill Fosdick, San Jose Hill
13'3 $\frac{1}{2}$ " Spike Lawless, Dallas Kimball
13'3" Mayo Gravatt, Alexandria, Va.
13'2 $\frac{3}{4}$ " David Eckert, Mobile McGill
13' Larry Jennings, El Reno, Ok.

Manuel Breaks Record

Phil Manuel (Southwest, Kansas City, Mo.) broke the indoor pole vault record by clearing 13'8 $\frac{1}{4}$ " at Kansas City on March 2. Manuel had twice bettered the old record of 13'6", but his leaps of 13'9" and 13'7" were made from a box which was set too high.

Pomona Has Three at 13'

Pomona (Calif.) has three boys over the 13 ft. figure. Pomona's crosstown rival, Ganesha, produced three who bettered 14 ft. in 1962. Claremont, which adjoins Pomona, has another glass-pole artist to go with 14'7" man Marc Savage. He is junior Tim Buchanan with a best of 13'6" and a narrow miss at 14'.

It hasn't taken high school vaulters long to take advantage of the glass pole if this year's figures are to be compared to those of 1962. By March 17 of last year, only 17 marks over 13 feet has been reported to us as compared to 38 already over that figure this season. Perhaps the preps are just learning to master poles with the big bend.

It wasn't until April 14 that we had our first 14 ft. vault in 1962 and we already have three who have scaled that height in 1963.

We have gone on record as predicting at least two to go over 15 feet this season and it wouldn't surprise us if four or more turned the trick. — Fran Errota

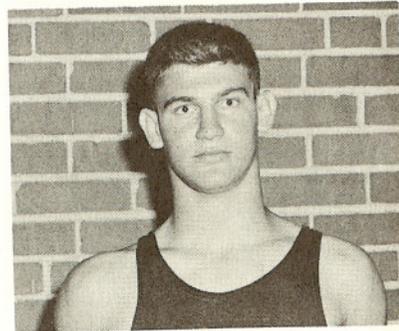
FLETCHER SIMS (right) 14-year-old record holder at 12'3 $\frac{3}{4}$ ", from McCallie School, Chattanooga.

Savage Does 14'7"

Marc Savage of Claremont, Calif. (30 miles east of Los Angeles), became the third highest prep vaulter of all time when he cleared 14'7" on March 5th. Savage now trails only Jim Brewer, 15', and Jim Farrell, 14'7 $\frac{1}{2}$ ", on the all-time list. He also cleared 14 feet on March 12th.

New Marks

14' $\frac{1}{2}$ " Gary Pettinger, Pasad. (+13'9).
14' Bill Fosdick, San Jose Hill (14'7" in practice)
13'10" Dave Jeffries, Abilene, Tex. (tied 5th at 12'6" at SW Rec)
13'7 $\frac{1}{2}$ " Dick Klehm, Miami Jackson *John Morton, Miami Edison
13'6 $\frac{1}{4}$ " Allan Teasley, Rincon, Tusc.
13'6 $\frac{1}{2}$ " Dan McPeck, Phoenix Union Manning, Grossmont, Calif. Brown, Pomona, Calif.
13'6" *Tim Buchanan, Claremont, C. Fortner, Glendale Hoover Mark King, Midland, Tex. (+13'5 $\frac{1}{4}$, tie 1st, SW Rec.)
n Hobson, Kermit, Tex. Seagren, Pomona, Calif. McDade, Deer Park, Tex. Hergenrather, Arcadia, Cal. Gary Hobson, Permian, Odessa, Tex.
13'5 $\frac{1}{4}$ " Spike Lawless, Dallas Kimb'l
13'4" Lonnie Davis, Memorial HS, Spring Branch, Tex. Earl Edwards, Cooper, Tex.



13--March 29, 1963

BROAD JUMP

So. Counties - Jim House, Muir 23'1"; 2, Vaughn, Muir 22'7 $\frac{1}{4}$ "; 3, Williams, Chaffey 22'1"; 4, Motley, Long Beach Poly 21'10 $\frac{1}{2}$ ".

Indoor

22'7" Gainey, Cairo, Georgia
22'6 $\frac{3}{4}$ " Wm. Grad, Exeter Ac., NH
22'3" *Steve Coy, Los Altos, Calif.

Great Jump Team

Manual Arts (Los Angeles) can't be sure it will have a strong track squad this season as it has engaged in only one meet, but it can be certain in the broad jump. In their opening meet, a triangular relays meet with Southern League rivals Jefferson (defending state champ) and Fremont (defending league and Los Angeles City champ), Montell Wilson did 24'6 $\frac{1}{2}$ " and Mike Woods 23'11" for Manual Arts. Gary Clark, whose 23'8" effort placed fourth in the state meet for MA in 1962, jumped only 22'6 $\frac{1}{2}$ " and finished behind his two mates as well as junior Willie Crawford of Fremont and N. Norris of Jefferson who did 23'7 $\frac{1}{2}$ " and 23'1 $\frac{1}{4}$ " respectively. — F.E.

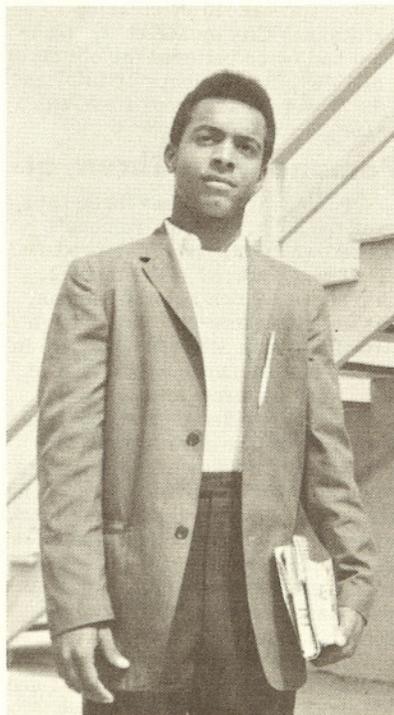
Big Year Ahead

No other event returns so many good athletes in 1963 as the broad jump. A total of eleven jumpers who leaped 23'4" or farther are back this year. Strangely enough, two of the three early leaders in 1963 are not among the returnees: 24'6 $\frac{1}{4}$ " Marvin Motley, LB Poly, Cal. 24'5 $\frac{3}{4}$ " Jim Kennedy, San Diego Linc. 24'2" Tom Smith, Lemoore, Calif. 24'1 $\frac{1}{2}$ " Willie Crawford, LA Frem't 23'8" Gary Clark, LA Manual Arts 23'7 $\frac{1}{4}$ " Craig Vaughn, Muir (Calif.) 23'7" Leon Horne, Grant, Sac., C 23'6 $\frac{1}{2}$ " Stan Robinson, Arlington, Va. 23'6" Troy Gill, LA Jordan 23'4" Jim House, Muir, Pasadena, C
WIND-AIDED:
23'9 $\frac{1}{4}$ " Joe McKelvy, Richmond, Cal.
* * * * *

Two juniors show promise in the triple jump. Soph Steve Coy did 46'8" last year and George Rainey did 45'7". Coy is from Los Altos, Calif., Rainey from White Plains, NY.

New Marks

24'6 $\frac{1}{2}$ " Martell Wilson, LA Manual
24'1 $\frac{1}{4}$ " *Craig Vaughn, Muir
23'11" Mike Woods, LA Manual Arts
23'10 $\frac{1}{2}$ " Spencer Williams, Chaffey
23'9" Jim House, Muir (+ 23'3")
23'7 $\frac{1}{2}$ " *Willie Crawford, LA Frem't
23'3 $\frac{1}{4}$ " Jackson, Burges, Tex.
23'3" Lawrence Cooper, Worthing, Houston, Tex.
23'1 $\frac{1}{4}$ " N. Norris, LA Jefferson
23'1 $\frac{1}{4}$ " Ples Aldrich, Pueblo, Ariz.



MARVIN MOTLEY (Poly, Long Beach, Calif.) who amazed with a sophomore record 24'6 $\frac{1}{4}$ " broad jump last year. 17 years old last December, he has not approached his great jump again, although it was made March 31. He will need that distance to keep up with this year's outstanding crop.

SHOT PUT

NJ Prep - James Paster, Bordertown Military Institute 53'5 $\frac{1}{2}$ ".
CHSAA - Matt Nazaruk, Archbishop Molloy, Jamaica, NY, set a meet record of 59'11". (Old mark 58'8" by Joe Marchiony, 1957); 2d at 56'1 $\frac{1}{4}$ " was Tom Choquette, Archbishop Stepinac, White Plains, NY; 3d, Jeff Howard, St. Francis Prep 54'7 $\frac{1}{4}$ "; 4, Bob Hyland, Stepinac 54'1 $\frac{1}{2}$ ".
So. Counties - Thurman, Western 56'7 $\frac{1}{4}$ "; 2, Kearin, Muir 55'3 $\frac{1}{4}$ ".
Small: Rose, Bellflower 56'2"

Indoor

61'3 $\frac{3}{4}$ " Matt Nazaruk, Molloy (NY)
58'8 $\frac{3}{4}$ " Vic Damon, SW, KC, Mo.
58'5" Brian Hondru, N.Plainfield,NJ
58'1" Frank DiBiase, Lawrence, NY
57'5 $\frac{1}{2}$ " *Bob Brannen, Los Gatos, Calif.
56'8 $\frac{1}{2}$ " August Zilincak, CB, Lincroft
56'6 $\frac{3}{4}$ " John Eppensteiner, Woodbr.,NJ
Paul Economides, Alton, Ill.
56'4 $\frac{1}{2}$ " Jeff Howard, St. Francis,Brk.
56'1 $\frac{1}{4}$ " Tom Choquette, Stepinac(NY)
16-pound:
53'5" Randy Matson, Pampa, Tex.
51'9 $\frac{1}{4}$ " Brian Hondru, North Plain.,NJ

Matt Nazaruk

Matt Nazaruk put the shot 60'5 $\frac{3}{4}$ " last year as a 16-year-old junior. This year he has won all the big indoor meets, climaxed by a 61'3 $\frac{3}{4}$ " put in the NYU Games and a National Championship victory at 60'1 $\frac{1}{4}$ ".

Nazaruk, a 6'2", 220-pounder who was 17 July 29, first put the shot as a freshman at Archbishop Molloy HS in Jamaica, NY. He reached 55'1 with the 8-pound. As a soph, he put the 12 only 47'11". Then came rapid progress. As a junior he won the Eastern States and CHSAA titles.

Nazaruk's goal for 1963 is 65'. His all-time goal is 67 feet with the 16-pound and two Olympiads. He trains for these goals 11 months a year, 5 days per week, plus competition. He lifts heavy weights and does light putting in the fall and winter, and light lifting spring and summer. He runs moderately all season.

Nazaruk, who will receive a full scholarship, plans to major in accounting and be a CPA. His hobby is photography. He also throws the discus.

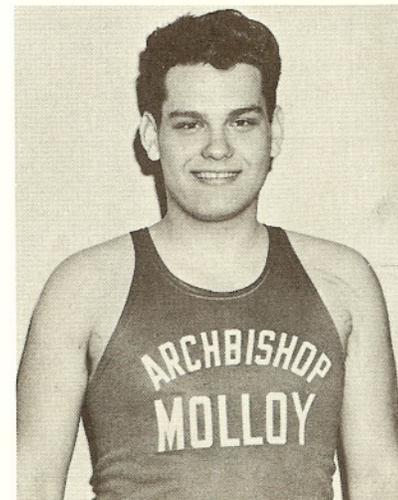
Nazaruk (right) and cover-boy Jim McDermott are both coached by F.X. Rienzo.

Matson 64'1 3-4"

Randy Matson, who finished his basketball season on Tuesday, entered the Canyon Reef Relays at Snyder, Texas, on Saturday, March 2, and put the shot 64'1 $\frac{3}{4}$ " to break his own meet record of 58'8". His series was 63'7", 63'5 $\frac{1}{2}$ ", 61'11", 59'10", 61'3 $\frac{3}{4}$ ", 64'1 $\frac{3}{4}$ ", 59'8". He also put 62'5" on March 15.

New Marks

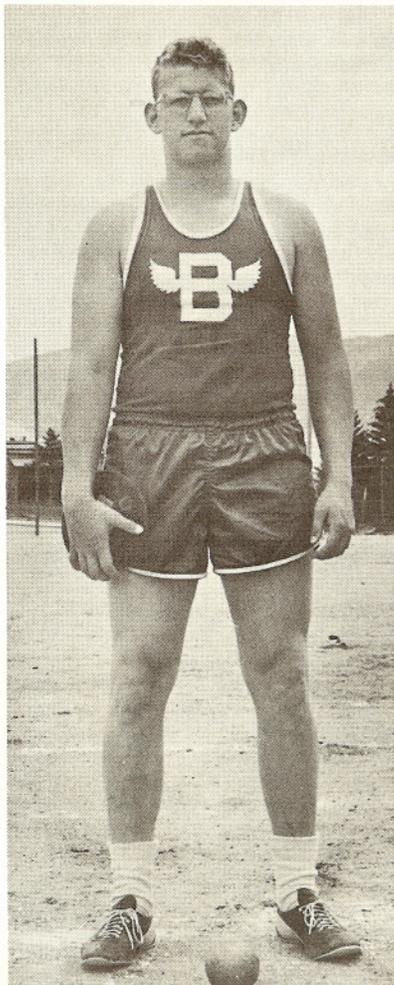
62'4" Toby Belt, Houston Westbury (+ 60'3", 61'6", & 59'10 $\frac{1}{2}$ ")
60'4 $\frac{1}{2}$ " Bruce Wilhelm, Fremont, Sunnyvale, Calif.(+58'6 $\frac{1}{2}$ ")
59'6" Bob Young, Flagstaff, Ariz.
58'9" *Joe Reding, Bossier, La. (state rec.; 55'11 $\frac{1}{2}$ " in 1962)
58'5" Chuck Smart, Los Altos, Cal.
58'3 $\frac{1}{2}$ " Herzog, San Diego El Capit'n
57'11" Karl Henke, Ventura, Calif. (+56'7")
57'8" *Bob Brannen, Los Gatos, Cal.
57'2" Rose, Bellflower, Calif.



DISCUS THROW

Matson 188'7 1-2"

Randy Matson opened his 1963 assault on the record book with a discus throw of 188'7½", only 7 feet short of the national record. Matson, an all-state basketball player this year, had only two days of discus practice before this March 2d meet at Snyder. He had four throws over 170 feet. On March 15, he had a throw of 180'4".



BOB HAWKE

New Marks

171'10½"	Joe Williams, Odessa, Tex.
167'4" n	Ed Martindale, San Angelo Tex. (+ 158'11¼; he threw 171'3½" last year)
166'10	Jack Pyburn, Byrd, Shreveport, La.
166'2"	*John Morton, Miami Edison
165'6"	Chuck Smart, Los Altos, C
163'3"	John Harper, So. Houston
162'3"	Dale Samuelian, Fresno, C
162'2"	Jim Napier, Ft Worth Arl.
161'10	*Bob Brannen, Los Gatos, C
161'9"	Toby Belt, Houston Westb'y (+ 157'2" & 155'6")
160'6"	Ronnie Barnes, Dumas, Tex
172'5"	Bill Psaltis, Tuscon, Ariz. (Late mark) (alsø 160'6")

Discus Notes

If 1963 discus throwers are to improve over 1962, they must:

- (1) break the national record
- (2) break two class records
- (3) have six men over 180 feet.

Randy Matson is a real threat to take care of the national record, which would be an automatic class record.

Bob Hawke is all set to claim the other class record (sophomore), and he should better 180 feet.

The other four 180-footers could come from Ed Martindale (San Angelo, Tex.), 171'3½" last year; Bill Psaltis (Tuscon, Ariz.), 172'5" already; Joe Williams (Odessa, Tex.), 171'10½" already; John Reed (Monterey, Calif.) 173' last year; and Dale Samuelian (Fresno, Calif.), 169'2½" last year. The new names this year contain other possibilities.

Martindale defeated Williams in an early meet, and both made their best throws behind Matson's 188'7½". Probably the wind was right.

Matson's throw added two feet to his personal record, but he remained fifth on the all-time list.

Los Altos, Calif., home of TRACK & FIELD NEWS and good prep discus throwers, has another one in Chuck Smart (165'6"), but he is far behind last year's model — Stoecker.

Bob Hawke

The greatest high school freshman athlete of 1962 was Bob Hawke of Butte, Montana. Hawke put the shot 53'9¾" to better the old freshman record by 10¾", and he threw the discus 173'2½" for another freshman record. Nobody is quite sure what the old freshman record was, but the sophomore record is 172'2½".

"I love both the discus and the shot", Hawke said, but his greatest success was in the discus. Undeclared in ten meets last year, he was bettered by only 13 high school throwers in the nation, all except one being seniors.

His top mark was made in the Junior Olympics, a national record. He won the state AAU junior discus at 169'8", took the Western Division HS title at 171.6", and won the state meet at 165'8". He was over 161' in two other meets in a climate where two meets were held in light snow storms and one in a driving rain.

His shot put record included a 53'3¾" in winning the junior AAU, and 63'4¾" in the state junior Olympics, setting a record with the 8-pound shot. He placed second in most high school meets all season.

One big reason for his success is his father, Bill Hawke, a former state javelin champion. Bill Hawke, who has coached weights at Butte High for 30 years with much success, told this story about Bob's early career:

"I started Bob in the 4th grade in the shot, starting with a 4-pound shot, then a 6-pound, and eventually to an 8-pounder in the 6th. We didn't start the discus until the 5th, and I didn't teach him a turn until he was a sixth-grader. His 7th and 8th grade marks were really great around here where we have seven months of bad weather." (Bob put the 12-pound shot 39' in the 7th grade and 44' in the 8th. He threw the high school discus an amazing 130 feet in the 7th grade and 149' in the 8th.)

"He has been on weights starting with the 7th grade," said father-coach Hawke. (Bob has lifted 190 pounds with the military press, 230 with the bench press, and 280 in half squats.) "Because of his age I have hesitated to let him go too heavy, although I'm sure he is capable of more ... especially in his bench press."

Bob is disappointed "that I'm not three inches taller", and his father said, "I'm worried that Bob won't be tall enough to go all the way." Bob, who was 16 in December and weighs 215, stands 6'1".

Bob hunts and fishes, collects coins and model cars, but his primary interest is track. His father said, "Bob is very serious about track. He is a twelve-months-a-year enthusiast. He is an avid track reader and knows all the dimensions and throws of Gubner, O'Brien, Long, Oerter, Weill, Silvester, etc." About track statistics, Bob says, "I love them".

Bob's goal for this year is to break the sophomore shot record of 58'10" and to throw the discus 185 feet. As a senior, he hopes to put 70 feet and throw 205 feet. Asked how long he intends to compete, he answered simply, "As long as I can."

Beyond high school his ambition is "to make the Olympic team". He has not yet decided on a college major, nor on a college, saying it is "a little early to decide, but I'm looking hard at Stanford". His grades averaged 3.59.

One more bit of speculation is possible concerning the future of this potential champion. He will add the javelin to his repertoire this year. Last year, although not training for the javelin, he threw 161.3 feet in a freshman invitational meet, 21 feet short of the freshman record.

All in all, considering his freshman records, his desire, and his built-in coach, the consensus is that Robert Glenn Hawke should make track news for years to come.

RELAYS

- NJ Prep .8 mile - St. Benedict's (Picatiggo, Jamieson, Drew, Murphy) 2:40.9
 NYKC Miles - Suburban: New Rochelle (Oliver Hunter 52.8, Andre Baker 52.6, Wm. Lapham 52.5, Dick Macafity 50.2) 3:28.1; 2, Our Lady of the Valley, Orange, NJ 3:28.9 (Anchorman Steve Ashurst, 6'2", 165 pound senior who was 17 last October, ran 49.2.); 3, Lawrence 3:29.6.
 PSAL: Boys HS (Ron Wilson 50.9, Ricardo Brown 51.4, Lionel Russell 50.4, Ron Johnson 51.8) 3:24.5; 2, Clinton 3:31.7.
- CHSAA 2-mile - Archbishop Molloy (John Grange, Peter Dean, Dennis Doyle, Peter Farrell) 8:08.3; 2, Xaverian 8:10.3; 3, St. Francis Prep 8:10.6; 4, Archbishop Stepinac 8:11.1
- PSAL 880 - Manhattan Vocational 1:33.5; 2, Lafayette.
 Mile - Boys (Ricardo Brown, Bob Cobbs, Ron Youngblood, Delano Dubinson) 3:31.0 (Boys' top men ran individual events.)
- Chicago PHSL 880 - Phillips (Clarence Alex, Harvey Blair, Walter Brakes, Wayne Miller) 1:33.8; 2, Hyde Park; 3, Dunbar; 4, Harlan; 5, Lane T. Mile - Phillips (Walter Brakes, Andrew Cash, Bob McKay, Wayne Miller) 3:31.0; 2, Marshall; 3, Hyde Park; 4, Crane Tech; 5, Taft.
- IC4A Miles - New Jersey: Bergen Catholic, Oradell 3:30.9; 2, Northern Valley, Demarest 3:31.9; 3, Our Lady 3:32.0 (Ashurst anchored in 49.5)
 Nassau County: Lawrence, NY 3:28.7 (Dave Cooper, Irwin Kirshenbaum, Bob Edelstein, Wm. Eisman).
 Catholic: Stepinac 3:27.7; 2, Molloy 3:27.8; Loughlin 3:28.2; 4, Hayes 3:28.6; 5, McClancy 3:29.0 (Ricardo Urbina anchored in 49.6.)
 Stepinac team: John Cochran 52.3, John Lamb 52.2, Ray Donaton 51.7, Brian Hernon 51.5.
- So. Counties 880 - Long Beach Poly (Swanson, McCullough, Miles, Muench) 1:29.5; 2, Muir 1:30.9; 3, Centennial 1:31.3; 4, Chaffey 1:31.6.
 Small: Crespi 1:31.2; 2, Ganessa 1:31.4; 3, Pomona 1:31.5

Indoor

- 880
 1:32.7 New Rochelle, NY
 1:32.9 Boys, Brooklyn
 1:33.0n Wingate, Brooklyn
 1:33.8 Phillips, Chicago
 Mile
 3:24.5 Boys, Brooklyn
 3:27.7 Archbishop Stepinac (NY)
 3:27.8n Archbishop Molloy (NY)
 3:27.9 NY Franklin
 3:28.1 New Rochelle, NY
 3:28.3n Bishop Loughlin, Brooklyn
 3:28.6n Cardinal Hayes, NYC
 3:28.9n Our Lady, Orange, NJ
 3:29.0n NY Washington
 n NY McClancy
 3:29.3n NY Fordham Prep
 3:29.5n NY Jackson
 3:29.6n Lawrence, NY
 3:27.5 Roosevelt, Gary, Ind.
 2-mile
 8:01.9 NY Cardinal Hayes
 8:03.0n Archbishop Stepinac (NY)
 8:03.0n Archbishop Molloy (NY)
 8:03.5n NY St. Francis Prep

Outdoor

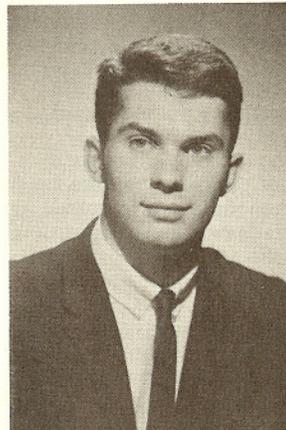
- SPRINT MEDLEY
 3:33.6 Jefferson, Dallas, Tex.
 (Skippy Kennamer, Don Price, Steve Langham, Steve Pigman)
 3:34.3 Tascosa, Amarillo, Tex.
 3:34.7n Midland, Tex.
 3:34.8n Monterrey, Lubbock, Tex.
 3:35.5 South Houston, Tex.
 Jefferson, Dallas, Tex.
 3:35.6n Burges, El Paso, Tex.
 3:35.8n Galena Park, Tex.
- DISTANCE MEDLEY
 10:43.0 Arlington Hts., Ft. Worth
 (Dave Head, Wayne Cage, S. Culpepper, Don Smith)
 10:47.8 Rincon, Tucson, Ariz.
 (Quinn, Bell, Weaver, Stiffler)
 10:56.4 Waltrip, Tex. (Cliff Ballard, Craig Roberts, Jack Birdsong, Jn Goyen)
 11:05.8 Lowell, Lahabra, Calif.
 (Myers, Button, Carr, James)

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Will Norman

Big Will Norman of Orange (N.J.) High School is a growing boy with a brilliant future. Barely 17 (on January 26), he is already 6'6" and a muscular 248 pounds, and he holds the all-time sophomore and junior records for the javelin, plus the best in the world marks for age 15 and age 16.

Norman achieved neither his size nor his records by accident. A serious weightlifter, he lifts all year 'round except during track season. He has scored a 730-pound total for three lifts.



Starting in the 9th grade at 14, Norman threw the javelin 165 feet, put the shot 44'1", and threw the discus 124 feet. As a soph, he added 20 feet with the discus, raised his shot mark to 51'1½", and opened eyes all over the track world with a javelin throw of 209'10", a class record and a record by a boy of 15 years.

Last year, as a 6'5", 225-pound junior, Norman threw the discus a careless 152', put the shot 56'8½", and hurled the spear 222 feet, a record for juniors and 16-year-olds. It was also the best throw of 1962 and fourth best of all time. Norman should break the national record of 225'6½" this season, but the record for 17-year-olds is 251'10" by Terje Pedersen of Norway.

Even Norman does not expect to collect that record although, when asked his goal for the season, he answered, "Possibly close to 250 feet." He added, "It is hard for me to predict a distance in the javelin. Many people felt last year I should have thrown over 240

feet."

Some of these same people stated that Norman does not train hard enough, but Norman brands that, "a complete falsehood". He said, "It has been my good fortune to have an amount of natural ability which I'm trying to put to good use."

Thus far he is apparently succeeding, and he says, "I plan to compete for as long as is possible."

Norman wants to major in business administration and be an advertising executive. But before that he must fulfill his ambitions to obtain a college degree and "go to the Olympics", and he plans to spend some time in the army.

He credits his brother, Jim, with starting his interest in track and with giving him advice and encouragement. He has also been helped by coaches Morrow and Harper.

Though dedicated to self-improvement, Norman's biggest disappointment was when Orange High lost the state over-all championship last year by a single point.

Watch for some shot putting of interest, too, for Norman has the size and strength. Last summer, in practice, he put 60'8", only 9 inches short of Dallas Long's mark as a junior, and 15½" behind Toby Belt's 16-year-old record.

Asked about his plans for college, Norman said, "As far as college is concerned, I'm quite sure about Syracuse University, but I have an open mind and would be interested in a good education plus a chance to compete."

Will Norman is great in size and in potential. Watch his progress.

19--March 29, 1963

Training for Middle Distances

by Fred Wilt

(Part II of a series of articles on training middle distance runners.)

The heart of a healthy athlete will seldom beat more than 180 beats per minute as a result of severe exercise. Through empirical (trial and error) study, it has been determined that after an interval of exercise the athlete should be permitted to recover until his heart-beat drops to 120 beats per minute before continuing with the next repetition. While it is not practical to test this after every repetition, it can nevertheless be used when in doubt about whether an athlete is sufficiently recovered from one training assignment before starting the next repetition. Athletes can be taught to use this test themselves, checking their heartbest after exercise by placing one hand directly over the heart, and counting the beat for 10 seconds. In the case of 110 and 220 yds. repetitions, 1½ minutes or less recovery should be sufficient after each. In the case of 440 repetitions at near racing speed for the half-miler and miler, 2 minutes or less should be sufficient. Recovery after 880 yard and ¾ mile runs will be much longer. However, recovery will vary with the individual, and when in doubt the above heart-rate test may be used.

Weight training. This excellent form of training does not offer such high potentation for improvement in results in the case of the runner as the field events athlete. A muscle will increase in size and strength if it is required to exert force against a greater resistance than it has done previously, according to the principle of overload. It is felt in general that the athletes who specialize in endurance events should use a program of long repetition, low weight training, while athletes in the explosive type events should concentrate on heavier weights. Light weights can profitably be used daily, while heavy weights are seldom used in excess of three times weekly. Curls, leg lunges, pull-overs bench-presses, toe-raises, two-hand snatches, and lateral raises are among weight training exercises used by runners. (An excellent book for weight training is *Weight Training for Athletes* by Oscar State, British Coach. Available through Track & Field News, \$1.50.)

Runners should be taught to carry a stop-watch correctly, so as to be able to time themselves accurately. Never carry a stop-watch in the hand while running, as the motion of the arm interferes with the movement of the balance wheel of the watch, and usually causes a most inaccurate timing. Have a long shoestring through the handle and suspend the watch around the runner's neck. Hold the watch in the athletic supporter or a pocket in the shirt or trunks in front. Start and stop the watch as it remains held securely to the body in a position at the front where it will be subjected to the least motion. The shoestring by which the watch is suspended around the runner's neck will prevent dropping and damaging the stopwatch.

It is easy to acquire a sense of pace judgement. It is not easy to develop strength to use this knowledge of pace judgement when fatigue sets in and will power starts receding. Briefly, run a series of 440's aiming at a predetermined speed, such as 75 sec. Each time the runner finishes, ask him how fast he thinks he ran. Do not tell him before he commits himself to a positive answer (or guess). After the first he will come closer to the correct time. At the end of the 10th quarter, you will be amazed at the accuracy with which he is judging his pace. It is not at all uncommon for runners to judge their pace within one to three tenths of a second for 440 yards.

Milers usually use a standing start. Half-milers may use either.

One of the most common injuries among runners is the fallen metatarsal arch. This is relieved almost immediately by taping a metatarsal pad ¼ inch in thickness just behind (toward the heel) the metatarsal joints. Tape on a metatarsal pad prior to each workout. It will soon heal and the pad will no longer be necessary. Rubber metatarsal pads are available from Johnson & Johnson.

Racing tactics. Even pace running is most economical. This is especially true in the mile. Ideally, the miler should run his second 880 about

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2-4 seconds faster than the first 880. The half-miler usually runs the first 440 two seconds faster than the second. Certain information should be considered in deciding upon tactics. These include track conditions (fast, slow, dry, heavy, wet, cut up, curves), number of competitors, weather (hot, cold, humid, rain, wind), ability of competitors, personal ability, minimum speed of leading and following, maximum speed of leading and following, etc. A runner takes the lead for the purpose of increasing the pace, decreasing the pace, gaining tactical position, and sprinting for the finish. The third one-fourth of a race often proves of great advantage in securing a commanding lead over the opposition. In passing an opponent, the runner should make certain he does it fast and decisively, so the opponent won't have a chance to fight him off. Runners should not be afraid to take the pace and lead throughout, or to take the pace from the leader and set their own pace if the opponent does not set a suitable pace. The runner should never lose contact during a race, contact meaning keeping the opponent within effective striking distance wherein he may be caught and passed. This may vary from a few feet to many yards. It is psychologically more difficult to lead than to follow. However, a really good "front runner" has no intention of acting as a pace setter for the rest of the field. His intention is to open a gap, break contact with the field, and settle down to fast even-pace running to make certain the opposition does not get within striking distance. A runner should not pass on the turn unless he is certain he will meet no great resistance.

The empirical philosophy behind training has undergone certain changes over the years. Perhaps one of the first was the notion that by running very long, slow distance, much longer than racing distance, at much slower than racing speed, one could race much faster over a short distance. Thus a man hoping to run a mile in 4:30 might run 6 to 8 miles continuously at a speed of 7 to 8 minutes per mile. This method proved generally false, although there is still merit to the occasional long slow run. For the purpose of a "crash" program of conditioning, this method is next to worthless, and certainly will not produce good results. Basically, it is the speed that hurts in a race, not the distance.

A second notion which has been proved highly successful is the running of repeated repetitions of fast runs over short distances at a pace faster than racing speed. According to this concept, if the runner prepares himself to tolerate the stresses involved in running at a speed much faster than required in a race (even though he trains over distances much shorter than racing distance), then when he runs the full racing distance (which is at a speed slower than that to which he has become accustomed) he can negotiate the full race at a relatively fast pace.

In both speed-play and interval training this second notion is utilized, although another factor has been introduced, known as "gradual adaptation to stress". The human body has amazing powers of adaptation and overcompensation if given an opportunity to exercise them. Vaccinate a man for smallpox with a small dose of appropriate strength vaccine. The body adapts itself to this small infection, and overcompensates by producing antibodies of sufficient quantity to ward off and withstand exposure to the disease at a future date. Break an arm, set it properly, and nature overcompensates by healing the break so thoroughly that it is relatively impossible to break the same spot again. Vaccinate the runner with a small dose of running, such as 80 seconds per 440 yards type training, the body adapts to this low grade stress, and overcompensates in the resistance it produces to this intensity of training. Then, on the basis of this adaptation and overcompensation, the body can (during the excitement of competition) race at a much faster pace (perhaps 70 to 75 seconds per 440 yards speed, for example). Vaccinate the runner with very short repetitions of high-speed running, the body adapts and overcompensates to the stresses involved, and is thus able to race over far greater distances at a relatively high rate of speed, although by necessity not so fast as the high training speed. After giving the body an opportunity to adapt to the

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stress of one training speed and overcompensate in producing resistance to that particular stress, move gradually and moderately to a slightly more intense training speed. For example, after 4-6 weeks at 70 seconds per 440 speed, the runner under ideal circumstances might try repetitions of 440's at 68 seconds. After adapting the body to running 10 x 110 yds. in 15 seconds, the runner might try 15 x 110 yds. in 15 seconds. Gradual adaptation to stress can and should be a part of the general philosophy of training, regardless of what training distances and speeds are used.

If a gasoline engine in operation is suddenly deprived of oxygen, it stops immediately. This is because the burning (oxidation) of fuel which releases energy is an aerobic (with oxygen) reaction. Without oxygen, the gasoline engine will not function.

In the human body, the oxidation of fuel which releases energy takes place both with oxygen (aerobic reaction) and without oxygen (anaerobic reaction). At very low rates of exercise such as walking or slow running, oxygen is supplied at the same rate the fuel of muscular contraction is oxidized, thus demonstrating an aerobic reaction. If an athlete runs at a rate which requires 4 liters of oxygen per minute, but is able to take in only 3 liters for each minute of exercise, he incurs an "oxygen debt" of 1 liter for each minute of exercise. Then, during the recovery period, his oxygen intake will remain above the resting level until the "oxygen debt" is repaid. Even though the athlete in this example was using oxygen at the rate of 1 liter per minute faster than he could supply it, he did not have to stop as would have been the case with the gasoline engine. This demonstrates the use of nonoxidative (anaerobic) metabolism in the human body.

The effort which can be exerted over a given period of time is limited by the maximum amount of oxygen which the runner can absorb per minute, and by the maximum oxygen debt which he is able to contract. A well-trained athlete may be able to absorb 4 liters of oxygen per minute and to acquire an oxygen debt of 15 liters. When maximum oxygen debt is reached, the runner stops. In running, the oxygen requirement increases as the square or cube of the speed. The oxygen requirement for a given task is diminished as a result of more efficient use of muscles and elimination of extraneous movements, plus greater mechanical efficiency of the muscles. The maximal oxygen intake is increased through improved capacity of the heart to pump blood through circulatory and respiratory adjustments. We know that training increases the amount of oxygen debt which can be reached, and produces greater cardiovascular and muscular efficiency. With these preliminary remarks, the problem then is to decide upon what training to use to produce these improvements.

If an athlete were to run 10 miles, he would encounter many stresses, one of which is the oxygen debt, but during this 10 mile run only one high oxygen debt would be created. Theoretically speaking, each time an athlete runs fast enough or far enough to create a high oxygen debt, and thereafter recovers, he is capable the next time he attempts the effort of creating and tolerating a slightly higher oxygen debt (plus tolerance to the other stresses associated with running). Again, each time the runner incurs a high oxygen debt and recovers, it results in improvement which permits him to go slightly (only very slightly) more into (oxygen) debt the next time. We know that a runner who sprints as fast as possible for 100 yards creates an oxygen debt somewhat comparable to that of the runner who has just finished a 10 mile run. Theoretically, then, the runner who sprints 10 x 110 yards in one workout gets ten times more benefit from his workout than the runner who takes one long, 10 mile run. This is not the entire story, and it ignores many factors. Yet there is an element of truth to this example, and we must accept as valid the theory that one should strive to create a high oxygen debt on many occasions each workout for best results. In my opinion, this will produce better results in a "crash" program of training where time is limited.

(In the third and last of this series, in our next issue, Fred Wilt discusses running form.)

Prep Panorama

by Fran Errota

Top high school athletes across the nation are looking forward to the Golden West Invitational meet just as collegians point for the NCAA and club athletes to the National AAU championships each year.

We've noted increased interest each year in the GWI started three years ago by a group of track and field supporters in the Los Angeles area with the backing of the Monterey Park Chamber of Commerce.

Although the meet has not drawn all of the nation's best graduating senior athletes, it has lured enough of the good ones to produce national marks in the mile and two mile and Tommy Sullivan tied the 880 standard in the 1961 meet.

We've had the pleasure to see the last two, both of which were excellent meets. Winds hampered some participants, the high jumpers being hardest hit on both occasions. Weather is a factor meet management cannot control and it has been unfairly criticized in some quarters in that respect.

We noticed the first sign of sound management two years ago when publicity man Len Cummings asked what the GWI could do to improve the meet. We jokingly remarked, "You guys ought to throw in a two-mile race next year." Cummings said, "Thanks for the suggestion. I'll see what the committee has to say about it."

Just the fact a member of meet management asked for a suggestion convinced us this group was looking for ways to improve the meet. They not only intended to continue, an encouraging enough sign in itself, but wanted to make it a better meet for the athlete and fans.

The two-mile was added to the program last year and that race is now history — Doug Brown of Red Lodge, Mont., ripping off an easy 9:16.2 for a national record. The two-mile proved a popular event and looms as a feature for the 1963 GWI.

Now we would like to make another suggestion, one that would probably result in another national prep standard. The suggestion isn't primarily for the purpose of giving the meet a national mark, but more to give the outstanding javelin throwers in the country a chance to compete against the best.

There are at least four preps who have a good chance to crack the 225'6 $\frac{1}{2}$ " standard set in 1959 by Glenn Winningham of Grants Pass, Ore. Two of the four are from New Jersey, Bill Norman of Orange and Ed Bennett of Hanover Park. They'll run into each other during the course of the campaign, but the other two won't. They are Del McNabb of Lake Charles, La., and Bob Grove of Roosevelt High in Portland, Ore.

One of the arguments against the javelin in California is the safety factor. Many contend there just isn't enough room on the average high school athletic plant to hold the event. There should be no argument against the event in the GWI, however, since the meet takes place at Los Angeles State College, where there is room.

About the only part of the meet of which we have been critical is the lack of place times behind the first three spots in each race. This is a common fault at most major meets. Officials seem to think no one is interested in place times, but what they forget is that the competitors want to know how they performed and we feel they are entitled to that courtesy.

With most of the events in the GWI limited to eight competitors, it should not be difficult for meet officials to assign a crew of timers to get clockings on the non-placers.

Inquiries this winter concerning the GWI have been more numerous than before. The meet will be held, with particulars to be announced soon.

Ted Pisciotta

Ted Pisciotta of Highland Park has won eight state championships in New Jersey Group II competition. Now a 5'10", 160-pound senior who was 18 on January 20th, Pisciotta is best known for his two 14.1 high hurdles races.

He won two state titles as a 15-year-old freshman, clocking 15-flat and 20.3. He lost his titles in 1961, but last year he added two indoor titles, winning the 60-yard highs and the high jump. Outdoors, after winning the Middlesex County Championship in 14.1 and repeating that time four days later in the New Brunswick Invitational, he set a state Group record of 14.4. He also won state titles in the lows (19.3) and high jump (6'0"). This year he added the indoor Group IHI high hurdles title to his collection, winning in a record 7.5.

Pisciotta also broad jumped 22' and ran a 440 relay leg in 49.5. Coach Jay Dakelman says, "I think he will be an excellent 400 meter hurdler". Pisciotta has competed in football and cross country, and his hobby is reading. An excellent student, he "will take liberal arts at either Princeton, Yale, or Harvard". He says track statistics are "sometimes boring".

Wayne Donelon

Wayne Donelon, 17-year-old teammate of Ted Pisciotta is a stocky (5'8" and 175 pounds) all 'round athlete whose goal is to break the national high school javelin record as a junior. Last year as a sophomore, Donelon threw 199'4" and he has since made many practice throws over 200 feet.

A star halfback who has kicked 39 extra points and a 30-yard field goal, Donelon also sprints (60 in 6.7 and 220 relay legs), puts the shot over 50' (1963 state Group I-II indoor champ at 49'11"), and Coach Dakelman plans to use him as leadoff man on the mile relay team this spring.

An excellent student who wants to be an aeronautical engineer and restores model A Fords as a hobby, Donelon works out with his own weight set at home. He started track at 14 in the 8th grade, and the next year put the shot 42 feet and threw the javelin 170 feet.

Last year he won the county, Central Jersey, and New Brunswick Invitational titles but says his biggest disappointment was at the state meet "when I had a bad day and we lost the championship by two points."

Coach Dakelman says, "Donelon has great potential in the javelin."

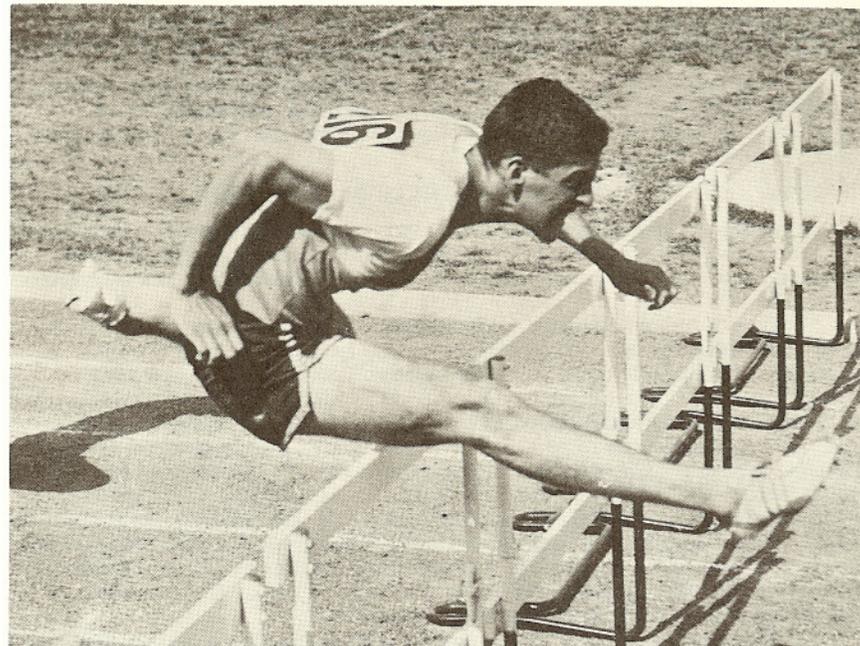
Meet the Coach: Jay Dakelman

Jay Dakelman, coach of Ted Pisciotta and Wayne Donelon, has been head track coach at Highland Park (NJ) High School for 16 years. His teams have been Middlesex County small schools champion 15 times and open champions twice. They have won 13 Central Jersey District titles. They won state championships in 1958, 1959, and 1960, and finished second six years. They have now won two straight indoor titles. Highland Park's dual and triangular record under Dakelman is 66 won and 14 lost.

Jay Dakelman graduated from Panzer College of Health and P. E., took his masters degree at NYU, and did other graduate work at Rutgers. He was assistant football coach for 13 years and head coach the past four years, while his teams have won 32 and lost only 3 games. He was also JV basketball coach for 13 years. His assistant track coaches are Jim Rogers and John Silagyi.

Highland Park, a small, highly academic school, never had a track until two years ago. He says, "We did all our practicing on the streets and back lot of the school." Now they have an 8-lane agile track, Perma Track runways, foam rubber jumping pits, two concrete circles, 240-yard straightaway, and a track timer on the scoreboard.

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TED PISCIOTTA



WAYNE DONELON

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Worldwide Track News

(The following is a roundup of worldwide news reported in Track & Field News. This monthly magazine covers track and field on all levels, from high schools through the Olympic Games. Subscriptions are \$3.00 per year, from Box 296, Los Altos, Calif.)

World 220 and Vault Records Broken

Sprinter Henry Carr and pole vaulter John Pennel lived up to the promise they showed in high school by setting world records on March 23. Carr lowered the 220 around a turn mark to 20.3 while Pennel raised the pole vault record to 16'3".

Carr's record climaxed a tremendous week for the former star of Detroit Northwestern High School. On March 16, he ran 9.5, 20.6 around a full turn, broad jumped 22'8 $\frac{1}{4}$ " and ran on Arizona State's winning 440-yard relay team. An even bigger day came on March 19 when he broke the world record for the 220 around a turn with a 20.4 mark. However, later measurement showed the course to be about 18 inches short. Carr also ran 9.6, set a lifetime best of 24'1 $\frac{3}{4}$ " in the broad jump and ran on the winning 440 and mile relay teams. On March 23 he lowered his 220 best to 20.3 with the course apparently correct this time. In addition, the 6'3", 185-pounder ran the 100 in 9.5, broad jumped 23'9" and again ran on winning 440 and mile relay teams. In the mile relay, his second leg of 46.0 helped Arizona State set a national collegiate record of 3:07.2. Carr, who was born on Nov. 27, 1942, had high school bests of 9.5, 20.6 (straightaway) and 47.8.

Pennel, who did 13'7" in 1958 while at Coral Gables (Fla.) High School, brought the world record back to the U.S. by making 16'3" on his second try. That broke the old world mark of 16'2 $\frac{1}{2}$ " set last year by Pentti Nikula of Finland. Several vaulters have gone higher indoors but those marks cannot be considered for world records. Pennel's previous best of 15'9" was set March 16 at Shreveport, La. He uses a fiberglass pole.

The 220 turn record was tied earlier in the season when Florida A&M's Bob Hayes ran 20.5 at Coral Gables, Fla., on March 2. His time tied the mark first set by Peter Radford of Great Britain in 1960 and tied by Paul Drayton of Villanova last year. However, all of this was wiped out with Carr's 20.3. The 440 also has been a top event with Arizona State's Ullis Williams, national high school record holder, leading the way. Williams ran 46.6 on March 16 but improved to 46.4 a week later. New Mexico's Adolph Plummer has run 46.6. Oregon State's Norm Hoffman has the top 880 time with a 1:49.5 while Jim Beatty has run the fastest outdoor mile, a 4:04.3. A close second to Beatty on a time basis is Oregon State's Morgan Groth, national high school record holder in 1961 with a 4:10.0, who has done 4:04.7.

Other national leaders are: 2 Miles, Julio Marin (S. Calif.) 8:52.0; 120-HH, Roy Hicks (US Army) 13.9. 330 Intermediate Hurdles, Rex Cawley (S. Calif.) 37.1. HJ, Lew Hoyt (S. Calif.) 7'1 $\frac{1}{2}$ ". PV, Pennel; BJ, Ralph Boston (S.C. Striders) 26'3 $\frac{1}{2}$ ". SP, Dave Davis (Camp Pendleton) 60'5 $\frac{1}{2}$ ". DT, Dave Weill (Stanford) 179'10". HT, George Fremm (Pasadena AA) 198'4". JT, Frank Covelli (Arizona St) 259'11 $\frac{1}{2}$ ".

New Indoor Two Mile Mark

The indoor season is just about at an end but it did not go out quietly. Jim Beatty lowered the indoor two-mile record to 8:30.7 at the Chicago Daily News Relays while on the following night in Milwaukee Washington sophomore Brian Sternberg pole vaulted 16'3 $\frac{1}{2}$ ", the best height ever cleared by an American. Bill Crothers, a Canadian, ran the second fastest indoor 1000 of all time with a 2:06.4 in Chicago while Robin Lingle took second in 2:07.6, the best ever made by an American indoors.

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Letters from Our Readers

Dear Sir:

Cindermen Track Club is a newly formed club at Wilson High School. The purpose of the club is to promote track and field. The objective of this letter is to inquire about the possibility of establishing an inter-school conference of track clubs. We are not aware of any such clubs at any other high schools in this area. We were hoping that your magazine could find other such clubs where we have failed. We are extremely interested in participating in summer track meets. We firmly believe that such an inter-school conference would be beneficial to the future of all track and field events.

— William R. Tobin, Cindermen Track Club,
Woodrow Wilson High, 10th & Ximeno Avenues,
Long Beach, California

* * * * *

Dear Cordner:

I would like to see if any other high school with enrollment under 1000 can match our school records:

100	9.8	HH	14.3	BJ	23'3 $\frac{1}{2}$ "
220	21.5	LH	19.1	SP	57'5"
440	50.2	HJ	6'1 $\frac{1}{2}$ "	Dis	155'3"
880	1:56.0	PV	13'6"	4x220	1:30.4
Mile	4:30.4				

— Ray Kring, Track Coach,
Pittsburg, California

* * * * *

Dear Fran:

Thought you might be interested in the enclosed story. I'm tickled that the coaches saw fit to embrace our idea.

"Columbus, Ohio — The newly-formed Ohio State Federation of High School and College Track has agreed to promote a season-end "classic" track meet for Ohio high school athletes, starting in 1964.

"The new meet, tentatively set for the week following the annual state meet, will feature the top eight boys and relay teams in each event. Invitations to the meet will be based on performances over the entire season.

"It is expected the "classic" will be staged in the Columbus area on an all-weather track. Formation of the meet was prompted by the heavy rain storm that eliminated all chance of record breaking at the 1962 state meet."

The meet seems desirable because some top athletes accidentally fail to reach the state meet and others are denied a chance to prove their ability at the state meet due to bad weather.

— Bob Dixon,
Mount Vernon News,
Mount Vernon, Ohio

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Returning Bishop Amat (La Puente, Calif.) varsity track lettermen, Joe Balkus, Joe Lujan (standing L-R), Tiny Beltran, and Coach J.K. "Jerry" Barland admire trophies to be awarded at the "1st Bishop Amat Metric Distance Invitational Relays" on April 20th, 1963, at Mt. San Antonio track.

Do you know of any metric distance relays in the U.S. before? People interested in this meet can contact me at home . . .

— Jerome K. Barland,
13930 E. Lubicon St., Apt. 8,
Baldwin Park, California



27--March 29, 1963

Southern California Report

by Gary Wright

Around southern California prep circles, Walter Opp is not considered the outstanding track coach, but after his 1963 thinclads get through re-writing the record books people may call him one of the greatest.

Certainly, Opp is surrounded by talent, such as junior Craig Vaughn (24¹/₄"), James House (23⁹"), and many others, however he has MADE the latest great sprinter from the Foothill League — John House.

Foothill League schools have produced such greats as Frank Wykoff, Johnny Bradley, Charley Paddock, Bob Poynter, Stan Rhodes, Mel Clipper, and more recently, Forrest Beaty.

None of the above mentioned, however, have improved like House, who is called "Tony" by his running mates. Last year he had trouble breaking 10.0, having a best of 9.9, while running the furlong in 21.7.

Already House has set Southern California afire this year with a 9.5 and several 9.6s and 9.7s, besides flying 20.9 in the long sprint.

House is potentially the finest prospect ever, since he does so many things wrong — especially his non-relaxed form.

Besides House, his brother, and Vaughn, on this year's Mustang powerhouse, is one of the finest half milers in the area, Ray Sharp. Sharp, a tall straight-A student who plans to attend the Air Force Academy next year, clocked 49.5 and 1:57.5 last season, but thus far has been hampered by a spike wound.

Clyde Carr, the leading high jumper in the southland, also hails from Muir. In the third meet of the season, Carr jumped 6'5" and had one close miss at 6'6".

Backing up House in the sprints is former 10-flat man Clifton Pryor who has sped to a 9.7 already.

Monte Ellis heads the list of candidates in the hurdles off his bests of 14.4w and 19.6, while Cal Levredge (19.8) and Dave Singer (15.1) are not far behind.

Besides all this, Coach Opp has a shot putter, Tim Kearin, whom he feels will be beyond the 55-foot mark soon.

It's Muir's year this year; but what about next season?

Over at Compton, Coach Leon Hartmann is slowly putting together a team which even could surpass the above feats next season, with only seven seniors on this team of 75.

Hartmann, who produced Ullis Williams, is not quite sure but he has the idea of retiring after '64, and it goes without saying he'd like to go out with a bang.

Heading next season's aggregation will probably be junior Devon Smith, who has already timed 1:55.3 in the half. Hartmann thinks that Smith will do his higher education learning at Arizona State with Ullis.

A pair of 6'3¹/₂" high jumpers, Henry Larthridge and Kenneth Mode, will also return, along with 6' soph Lawrence White.

Another 10th grader expected to bolster next year's aggregation is 5'4" Morris Robinson, who has credit for a 10.0 century and a mark of 21'8" in the broad jump.

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The popular Englewood (NJ) Memorial meet has received sanctions for May 18 from the National Federation of High Schools in Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, and Washington D.C. Coaches interested in entering athletes should contact Frank Burns, the meet director, at 41 Cambridge Avenue, Englewood, NJ.

Letter from Honolulu

(From Navy Commander Bud Deacon, former great Stanford pole vaulter):

Honolulu is on the island of Oahu. Oahu has about 80% of State's population; Honolulu about 2/3 of that, making 55% of population in Honolulu. There are about 11 prep schools in the city (Interscholastic League of Honolulu — ILH), 6 being private, 5 public, and about 8 outside the city around the island, called the Rural League (10 next year). Several of these, however, are really in the outlying edge of the city itself. The ILH really has the power but Rural is growing larger and stronger faster than the city. Also, many small prep schools around on the other Islands which come up with surprisingly good teams in all sports. In football and basketball, our teams could hold their own with any section of U.S.; in baseball and swimming believe we are the strongest section. 20,000 to 27,000 at prep football games is usual, and basketball gyms packed solid. Pandemonium prevails. In track I figured from state meet results given in Athletic Journal, we averaged about 33d, but we broke more state records last year than any other state except Texas. And I believe in 5 years we'll be in the top ten!

Season cannot open here until February 1st! With first meets 1st of March for a series of what are called "practice meets" (about 4). These are triangular or quadrangular, but each meet is like a baby league meet. About 1st of April they start series of the big meets. First is league meet of the private schools and at same time of the public schools and also the Rural. All meets, incidentally, have both Varsity and JV.

Then follows the Junior Interscholastics (JV) and a big invitational meet over on Maui or at Hilo (Hawaii). Next is Cornell Relays with most Oahu schools and is all relays and field events. The real bloody ones are next — the ILH and the Rural League Championships. These in all sports are the real looked-for championships. The following is the still bigger meet, the Punahou Relays, which practically amounts to all-Oahu championship. This is followed by the state meet (2d week in May), with best from all over the state.

Punahou has been pretty much the power the last several years, and has a top track, asphalt runways. Iolani, another private school, has a brand new dilly of a track layout this year.

The boys and climate here are 100% for track; all we lack is quantity and maximum interest. The interest we are trying to increase through Hawaiian Track Boosters. To show you we are not in the national picture out here, Punahou — where my kids go — is the second highest prep in U.S. scholastically, and both Punahou and Iolani have just about 100% going to college.

Starting this weekend with the start of the season, the Boosters will maintain and publish weekly the top ten performances in the state to date in each event, and by the use of the enclosed table select the "Top Trackman of the Week" and the "Top Fieldman of the Week" for the best performances of the week, with Honorable Mention to the next four. These two programs are being pursued to encourage better and better performances and create more interest.

(Editor's note: The above-mentioned table gives point scores for each of the high school events, allowing 100 points for equalling the Hawaiian high school record and 115 points for the national interscholastic record. The Hawaiian state high school records:

100	9.7	Mile	4:28.3	BJ	22'7 ¹ / ₂ "
220	21.4	LH	20.4	SP	56'1 ¹ / ₂ "
440	49.1	HJ	6'3 ³ / ₄ "	Dis	151'6 ¹ / ₂ "
880	1:57.9	PV	12'11 ³ / ₄ "		

Marks receiving 80 points or "excellent" are: 10.1, 22.6, 52.0, 2:06, 4:41, 21.6, 6', 11'9", 21'3", 50'4", and 137'6".)

All Time Greats: Ted Meredith

by Hugh Gardner

The most fabulous success of history by a high school boy was that enjoyed by Ted Meredith (Mercersburg, Pa., Adademy) on July 8th of 1912. He won the Olympic gold medal and two world records with one great run. He did 1:51.9 for 800 meters and continued on for 880 yards in 1:52.5. Only Canada's Percy Williams got two gold medals — and one Olympic record — with 10.6 and 21.8 in 1928.

Meredith's Olympic 800 mark had only 1/10th shaved from it 16 years later, and Dr. Otto Peltzer (Germany) took 3/10ths from that world record in 1926. It took Ted himself four years to cut 3/10ths from his 880 time of that inspired day.

No other schoolboy ran so fast until Don Bowden (Lincoln, San Jose, Calif.) hit 1:52.3 in 1954, and Ted still ranks 11th of history an entire 51 years later!

This was the day of days starry-eyed little kids dream of, as do top athletes and their coaches. It was the real perfection of pointing for a certain day by the 5'9" boy and by his coach, Jim Curran.

Ted won his heat in 1:57 and his semifinal the day before the final was a metric 1:54.4. The stage was set for that tremendous finale, in which Ted was to be the sacrificial lamb. His task was to run the kick out of the feared Hans Braun (Germany) to set up the race for the defending champ, "Peerless Mel" Sheppard. Mel had his own ideas about how to win the race, and did not follow the script. Meredith and Sheppard alternated the lead, the latter in front at 400 with a blistering 52.4. Meredith then crept up and Ira Davenport was a shade behind. Braun went outside of the box to make his bid and Meredith stayed with him. Braun had, as calculated, lost his kick from the torrid pace and weakened near the finish. Sheppard and Davenport had 1:52.0 for second and third, Braun 1:52.2, and the 5th and 6th finishers also broke the old world mark of 1:52.8 set in 1908 by Sheppard and tied in 1909 by Emilo Lunghi (Italy).

Meredith also ran in the 400 meters, and he won a semifinal with 48.8 on July 12th. In the finals, the next day, Meredith was on the pole and he made the pace a hot one. Coming into the home stretch, Braun made his move but Charles Reidpath closed rapidly and won at the tape with 48.2. Braun had 48.3, Ed Lindberg 48.4, Meredith faded to 4th in 49.2.

July 15th found Sheppard, Reidpath, Meredith and Lindberg lowering the world 1600-meter relay record to 3:16.6. It survived as a world and Olympic record until the 1924 Olympic Games at Paris, when it was lowered by 6/10ths of a second. This gave Meredith a second gold medal and another world-record listing, a rewarding and busy week.

His pre-Olympic running found him doing 49.2 and 1:55.0 on May 4th, in the Princeton Interscholastics, for two national interscholastic records. The old marks were 49.8 and 1:57.4. May 18th found him doing 48.8 and 1:56.8 at Philadelphia. In the first heat of the Eastern Olympic Tryouts at Cambridge, Mass., he ran 800 meters in 1:53.8 on June 8th, but he ran third in the finals won by Sheppard's 1:55.0 and Dave Caldwell was second.

His interscholastic 440 record lasted until Frank Sloman (Poly, San Francisco) ran 48.2 on Oct. 16th, 1915, his 880 until Ross Bush (Sunset, Dallas, Tex.) did 1:54.4 at Chicago's Interscholastics of June 17th, 1933. His 800 meters was first topped by Tom Carroll (Fordham, N.Y. City) on June 3, 1957, in an 880 run of 1:50.6.

(Meredith then went to Penn, where he won the IC4A 440 in 1914, 1915, and 1916, the latter in 47.4, a world record until 1932. Two weeks before, in a dual meet, he had lowered his own 880 record to 1:52.2. He also won the IC4A 880 in 1915 and 1916, and the AAU 440 in 1914 and 1915 (47.0 wind).)

From the Editor A 9.6 is a 9.6. Or is it?

by Corder Nelson

A list of best performances is highly interesting, but you should not take it too literally.

You can look at the list of best 100 yard times, for example, and you see immediately how many ran 9.5, 9.6, and 9.7, and they are arranged in that order. Right there in front of you, arranged in the easiest possible way for understanding, is the whole high school 100-yard-dash situation.

Or is it?

Does 9.6 always equal 9.6? Of course not, and here is why:

1. A sprinter moves about four feet in one tenth of a second. Thus, two 9.6 men could be as much as four feet apart.

2. Timers are not always accurate. Some have a slow reflex at the gun, but are not so slow when they see the runner about to hit the tape.

3. A legal following wind aids a 100-yard man at least one-tenth of a second at its maximum. Hindering winds can slow times by several tenths.

4. If a sprinter guesses the gun and the starter does not call him back, the timing is false by a tenth or more.

5. A fast track aids in fast times; thus, a 9.6 on a slow track is better.

6. Temperatures vary. Most fast sprints and good jumps are made in warm weather, but cool weather is best for the mile and 2-mile.

7. Weather also causes a variance in the length of the outdoor season. In California, Texas, and Florida, sprinters start racing as early as February. They have about 14 weeks in which to click on a fast time. Compare this with some northern states where a sprinter is lucky to have one race under ideal conditions.

8. Even with all the above physical conditions equal, there are sometimes great differences in the intensivity of their coaching. One boy is ambitious to be an Olympic star. He trains for track the year 'round, with the help of a dedicated and experienced coach. He runs 9.6. A second boy from the same city plays football and basketball. He runs only during track season, coached by his math teacher, who never ran. He runs 9.6, too. It is obvious which boy has the best future — if he wants it.

9. Amount of competition means a lot. A boy from Alaska, say, who never runs against a 10-flat sprinter all year, is not as likely to run 9.6 as is the same boy in Los Angeles, where many races are run in 9.6 or faster. A perfect example of this is in the half-mile, perhaps the most competitive distance of all. Last year, the High School Annual listed 880 men from ten states. Seven of these states had two half-milers listed, and in each case the two ran against each other when they made their fastest times. On the other hand, discus throwers often make their best marks in meets with no close competition, then choke up a little in the big meets.

10. Another way the list goes wrong is in showing only the best mark by each athlete. Suppose the list for 1963 shows one sprinter at 9.6 and another in the same city at 9.7. That's all you know. But if you learn that the 9.6 sprinter had no other race under 9.9 while the 9.7 sprinter had two others in 9.7 and three 9.8s, then you not only rate the 9.7 man higher, you look with suspicion on the 9.6 time.

This is not meant to make you believe track marks are worthless and should be ignored. Track statistics are wonderfully interesting, and track could not have so many fans without the comparative times and distances. Lists are a good method of reporting, but figures do lie, and you should be aware of some of the possibilities of these "lies". When you look at the lists in HIGH SCHOOL TRACK, remember that a 9.6 sprinter in Los Angeles may not be as good as a 9.9 sprinter from a little high school in North Dakota.

And, of course, most of this applies to other events. Weather and competition are always factors. Ask yourself, "What kind of 9.6 is it?"