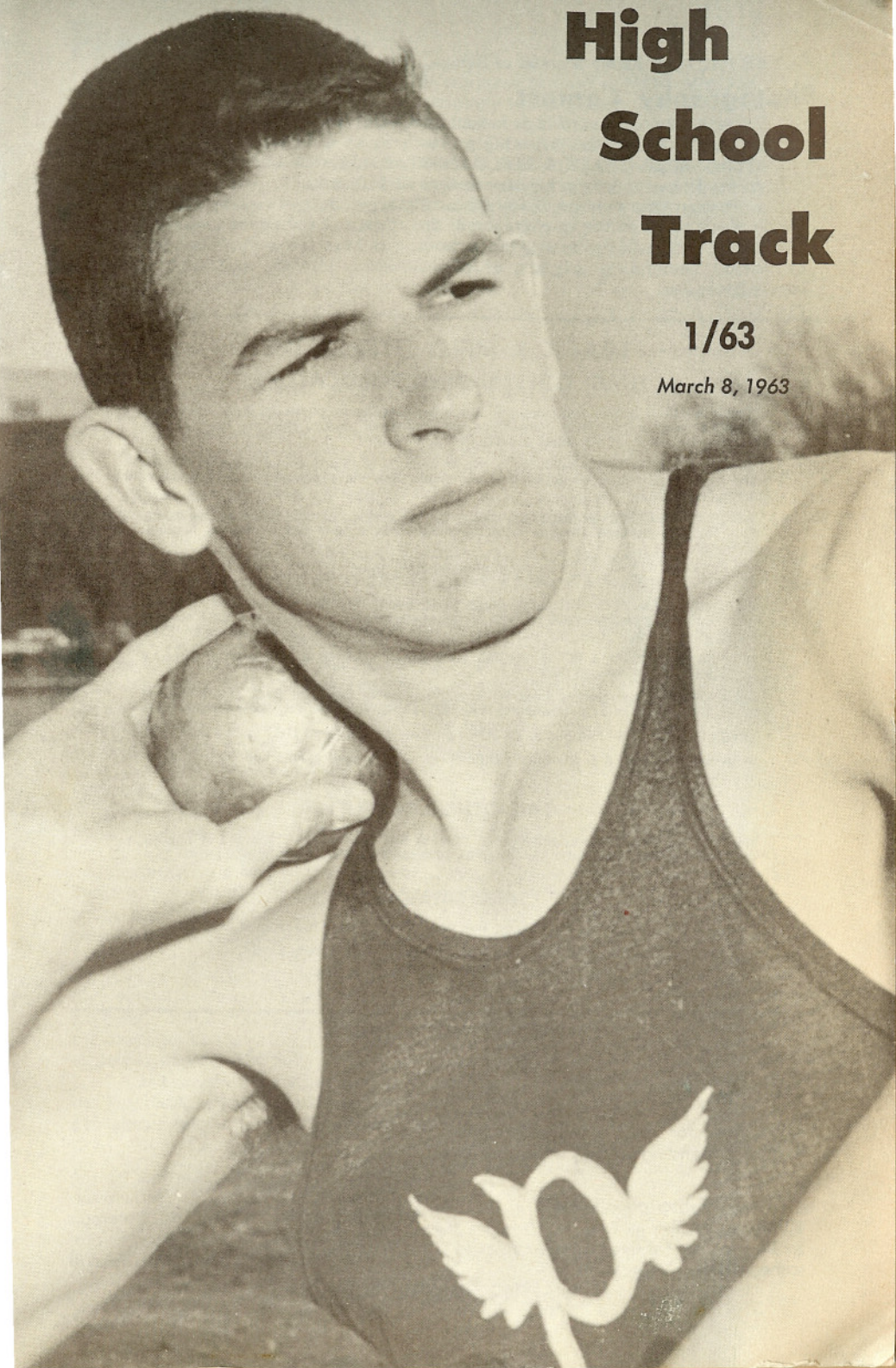


# High School Track

1/63

March 8, 1963





COVER PHOTO - Randy Matson of Pampa, Texas (see page 19)

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2--March 8, 1963

## From the Editor

I have been trying to guess what you want to read in HIGH SCHOOL TRACK, because, as editor, it is my primary job to please you. I must also please myself, my publisher, college coaches (who will read HIGH SCHOOL TRACK as a sort of scouting report), and adult track fans (who know that high school athletes are the life's blood of track & field in the United States), but these are secondary. This magazine is for you who are an active part of high school track & field. Any pleasure gained from it by others will be the result of their interest in your activities.

My problem, then, is to select, from enough material to fill an encyclopedia, the things you want to read. It is not a simple problem.

For example, I know you like pictures, but do you want 10% pictures or 50%? I'm sure most of you want information about training methods, but do you want HIGH SCHOOL TRACK to be 10% training, or 50%? I know you'll be interested in personality sketches of the top high school athletes, but how much do you want? And you want news, of course, but how much, and in what form?

Reporting the news seems simple, but it is the most complex problem I have. First, consider the fact that one week's results of high school track would fill dozens of books. You can readily see I have to select only a small part of the news. I'm not worried about 99% of the news because I know you are not interested in most of the results outside your own area, and those in your area appear in your local newspaper. I am sure, however, that you want the big news from all over the country. The most difficult question is how to report it.

In TRACK & FIELD NEWS, we report high school news by making a list of the best marks in each event and we give the athlete's name and school. Our method is efficient and it makes a jumble of figures easily understood. I believe the list method will be best for HIGH SCHOOL TRACK, but I have space for much more. My problem is simply this: If I have five times as much space to report the news, would you rather have me make the lists five times as long (five names for each one now reported), or would you like to see five times as much information about the average name on the lists? My personal opinion is a compromise between the two: Make the lists about twice as long and tell as much as I can about the leading athletes and their performances.

As you can see, I have my opinion, but I am not set in it. I want to know your opinion. I want you to tell me, now or after a few issues of HIGH SCHOOL TRACK, what I can do to please you. If you help me with my decision, you'll be helping yourselves to a more enjoyable HIGH SCHOOL TRACK.

There is another way you can help, possibly in a more important way, and certainly in a way which will benefit you. That way is by reporting news. Some of you probably think we have mysterious methods of learning what happens, but this is not true. We of TRACK & FIELD NEWS get our facts in only two ways: through personal observation or by being told (oral or written communication). We see most of the top collegiate and AAU athletes in the nation, but it is physically impossible for us to watch more than about 10% of the good high school athletes. Therefore, we must depend upon someone to tell us what happens. Some of this we can get from newspaper clippings, but, unfortunately, the average sportswriter knows much less about track than you coaches and athletes, and he does not report it properly.

If you will let me know when something of interest happens and tell me the significant details, I can report them. Thus, you coaches and athletes will get the full publicity you deserve and others will be able to read full information. Such reporting from the source can make the difference between a minimum filling-of-a-need and a vital coverage-in-depth which, I hope, will make the world of high school track come alive.

Those added details, which make so much difference, can be reported on half a postcard. You know what is significant; tell us! And on the other half of the postcard, tell me what you like and what you don't like.

-- Cordner Nelson

3--March 8, 1963



# New York Report

by Mike Lester

This is a consolidated report of the following major indoor meets in New York, leading up to the National Interscholastics:

- Dec. 15 - Bishop Loughlin Games
- Jan. 12 - Catholic High Schools A.A. Sophomore Championships  
Open events in conjunction with the sophomore meet
- Jan. 19 - Cardinal Hayes Games
- Jan. 26 - St. Francis Prep Games
- Jan. 26 - Dual meet: Mt. St. Michael vs Army Plebes
- Feb. 1 - Mile relays at Millrose Games
- Feb. 2 - 8th annual Mayor's All-City Scholastic Indoor Champs.
- Feb. 9 - CHSAA Sectionals (B-Q = Brooklyn-Queens; NY = Bronx, Manhattan, & part of Westchester Co.) + West Point Int.
- Feb. 15 - Mile relays at NYAC Games
- Feb. 16 - NYU Interscholastic Meet

Most meets were held on the 102d Engineers Armory flat 220 track.

The two West Point meets were on a 300-yard dirt track. The Madison Square Garden meets (Millrose and NYAC) were on a 160-yard banked track.

Special assistance in obtaining results credited to Ken Abramson.

## DASHES

CHSAA Open 60- Stan McINTOSH, Rice 6.6; 2, Maurice HABRON, Card. Hay.  
Cardinal Hayes 100 - Ronald WILSON, Boys 10.2 (10.1 semi, TR); 2, McIntosh (10.3 heat & semi); 3, Russ WHITENACK, Massapequa (NY); 4, Jim HAZELL, Perth Amboy (NJ); 5, Hillary GASTON, Haaren.  
St. Francis Prep 100- Wilson 10.2; 2, Gladstone ROUSE, Geo. Washington; 3, McIntosh; 4, Allen ROBINSON, Lane; 5, Gaston. (James LEE ran 10.2 in his heat but was declared ineligible for final; Rouse ran 10.2 semi; Wilson and McIntosh both ran two 10.3s. Wilson won by about one foot.)  
Mayor's 60- William WRIGHT, Boys 6.4 (watches read 6.4, 6.4, 6.6 with 3 alternates at 6.6); 2, Rouse (1'); 3, McIntosh; 4, Billy FULSON, Jackson; West Point 60- Oliver HUNTER, New Rochelle (NY) 6.5; 2, Whitenack; 3, Dave COOPER, Lawrence (NY); 4, Richard HILL, White Plains (NY); 5, Jeff WYNN, New Rochelle (NY). (Hill & Cooper ran 6.5 in semis.)  
West Point 220- Hunter 22.3; 2, Whitenack 22.8; 3, Don CLANCY, Nyack (NY) 23.0; 4, Bob BONADIES, Dobbs Ferry (NY) 23.3; 5, Dick MACAFITY, New Rochelle (NY) 23.4. (Fastest heat: 23.2 by Whitenack; Hunter 23.3)  
CHSAA(NY) 50 - McIntosh 5.8.  
CHSAA(B-Q) 50- Dick NOERING, Chaminade (Mineola, NY) 5.9; 2, William Benish, Seton Hall, (Pachoque, NY). (Benish beat Noering in 5.9 semi.)  
NYU 100- Rouse 10.3; 2, Wright.

Ronald Wilson, 5'10", 140-pound senior was 17 on Aug. 8. This is his first year in the 100. James Lee, senior at Eastern HS in Washington D.C., will be 18 May 17. He is 5'8", 155, and ran 9.8 and 21.7 last year. Stan McIntosh is a junior; as a soph he won the CHSAA 100 in 10 flat. Oliver Hunter, only a soph and 16 on Jan. 18, is 6'1½" and 170 pounds.

## 300 to 600 YARDS

Cardinal Hayes 300- Habron 32.6; 2, Paul McHUGH, Hamilton 32.6; 3, Mike ZARZYCKI, Bishop Loughlin 32.9; 4, Macafity 33.0; 5, Ron JOHNSON, Boys 33.1. (McHugh ran 32.5 in heat, Macafity 32.6, Habron 32.9)  
St. Francis 440- Alfonso GRIMES, Bayside 52.0; 2, Steve ASHURST, Our Lady of the Valley (Orange, NJ) 52.0; 3, Gus JOHNSON, Snyder (Jersey City, NJ) 52.2; 4, Greg LAVANN, Adams 52.6; tie 5, Ed DAW, Northern Valley at Old Tappan (NJ) & Paul Colasanto, East Hartford (Conn.) 52.9.  
CHSAA Open 600- Edward WARD, Archbishop Molloy 1:15.9; 2, A. ORTIZ,

4--March 8, 1963

Power Memorial 1:15.9; 3, Brian HERNON, Archbishop Stepinac, (White Plains, NY) 1:16.2.

Cardinal Hayes 600- Grimes, 1:16.5; Daw 1:16.5; 3, Ward 1:16.6; 4, Ashurst 1:16.8; 5, Theodore BRUBACHER, Mt. Vernon (NY) 1:16.9.

Mayor's 440- McHugh 52.4; 2, tie, Roosevelt CHAMBLEE, Bronx Voc. & Greg LAVANN, Adams; 4, Roger SMITH, Lane; 5, Ed FEASTER, Rice.

Dual meet 600- 1, Stan STEINBERG, Mt. St. Michael 1:15.4.

Mayor's 600- James RYAN, Franklin 1:15.1; 2, Bill THOMPSON, Jackson 1:15.6; 3, Harold BURCHETT, Boys 1:16.0; (Ryan passed 440 in 53.7)

West Point 600- Andre BAKER, New Rochelle (NY) 1:16.2; 2, Mike JURAS, Oceanside (NY) 1:16.2; 3, Ed FOX, Massapequa (NY) 1:16.3; 4, Ben REED, White Plains (NY) 1:16.6; 5, Bob BURKHARD, Oceanside (NY) 1:16.6.

CHSAA(B-Q) 440- Ward 51.9; 2, P. BONAFEDE, St. Leonard's 52.6.

NYU 300- Habron 32.5; 2, Gary GADSON, Hughes 32.9; 3, McHugh 33.0.

NYU 600- Ryan 1:15.4; tie 2, Grimes & Michael BRUNO, Haaren 1:15.9.

## 880 TO 1000 YARDS

CHSAA Open 1000- Bob FLEMING, Xaverian 2:20.4; 2, Robert ZIEMINSKI, Archbishop Molloy 2:20.5.

Cardinal Hayes 1000- Joe KEARNEY, St. Augustine 2:18.2; 2, Ray DONATON, Archbishop Stepinac 2:19.5; 3, Wm. ERSKINE, Newtown 2:21.7.

St. Francis 1000- Ricardo URBINA, McClancy 2:17.3; 2, Zieminski 2:19.8; 3, Ryan 2:20.4; 4, Cornelius BASS, Jackson 2:20.5; 5, Erskine 2:21.2.

Mayor's 1000- Urbina 2:16.5; 2, Zieminski 2:18.1; 3, Kearney 2:18.1; 4, Leon MUNRO, Cardinal Hayes 2:20.3; 5, Bass. (Urbina ran 27.4, 56.7, 1:27.8, 1:59.1. His 2:16.5 is a new meet record.)

West Point 1000- Earl JORDAN, White Plains (NY) 2:15.7; 2, Ken BARTON, Massapequa (NY) 2:17.9; 3, Gerald ROPER, New Rochelle (NY) 2:18.8.

CHSAA(B-Q) 880- Urbina 1:56.4 R; 2, Kearney 1:57.5.

CHSAA(NY) 880- Munro 1:59.6; 2, Hernon 2:00.7.

NYU 1000- Kearney 2:18.8; 2, Hernon 2:19.3.

Ricardo Urbina, 5'11", 153-pound senior was 17 on Jan. 31. He ran 1:57.6 last year, with a 49.5 relay leg. Earl Jordan, 6'2" and 142 pounds, is a junior and was 17 on Dec. 7.

## ONE MILE

CHSAA Soph - K. O'BRIEN, Power Memorial 4:33.6.

Cardinal Hayes - James REYNOLDS, Bishop Loughlin 4:21.9; 2, James WARNER, Fox Lane, Mt. (Kisco, NY) 4:22.0; 3, Zieminski 4:24.7; 4, Howard RYAN, Sacred Heart (Yonkers, NY) 4:27.0; 5, Richie BRIGHT, Wilson (Middleton, Conn.) 4:28.0; 6, Robert CAMIEN, Sewanhaka (Floral Park, NY); 4:31.2; 7, James SHERLOCK, St. Francis Prep 4:33.8. (Sherlock led in 64.4 and 2:11.4. Warner led in 3:19.4)

St. Francis- Ryan 4:29.4; 2, Fleming 4:29.7; 3, Ed COLEMAN, Plainville (Conn.) 4:31.1; 4, Steve HARRIS, Scotch Plains - Fanwood (NJ) 4:31.9; 5, Orlando MARTINEZ, Hamilton 4:32.0 (Reynolds was ill.)

Dual meet - 1, Bob WALSH, Mt. St. Michael 4:24.5.

West Point - Warner 4:23.4; 2, Stan BARBATO, Baldwin (NY) 4:27.4; 3, Dan ROSSEN, Oceanside (NY) 4:34.3. (Warner led in 63, 2:11.5, 3:20)

Mayor's - Jim McDERMOTT, Archbishop Molloy 4:28.7; 2, Fleming.

(Reynolds ran 61.7, then faded badly. McDermott ran last 220 in 30.2.)

NYU - McDermott 4:23.7; 2, Walsh 4:24.8; 3, Fleming; 4, Ryan 4:27.2.

Reynolds is a senior whose best time last year was 4:43. Bright ran 4:18.5 as a soph and 4:17.3 last year. Coleman ran 4:18.5 as a soph. Camien is the brother of John Camien, 4:10.1 miler in 1961. Bob Camien is a junior. Walsh, 5'8", 140-pound senior, was 18 on Nov. 25. Warner, 5'9", 140-pound senior, 18 on Feb. 7, was New York State outdoor 880 champ last year in 1:55.7, Fleming (4:25.6, 3d in NYU), 5'11", 145, was 17 in October.

CHSAA(NY)- Walsh 4:26.1 (breaks own record); 2, Ryan 4:29.2.

CHSAA(B-Q)- Reynolds 4:31.1.

5--March 8, 1963



## TWO MILES

Cardinal Hayes - McDermott 9:29.8 (national indoor record; old record 9:32.7 by Mike Coffey, run at Madison Square Garden. McDermott led nearly all the way in 64.4, 2:12.8, 3:24.2, 4:36.8, 5:50.5, 7:06.5, and 8:22.2); 2, Chas. GILBERTI, Flushing 9:36.8; 3, Walsh 9:39.8; 4, Munro 9:50.0; 5, Homer HAMILTON, New Rochelle (NY) 9:53.0.

St. Francis Prep - Hamilton 9:32.1 (2d fastest ever, indoors); 2, Tom DONNELLY, LaSalle (Phil., Pa.) 9:34.7; 3, Ron GUSTAFSON, Wantagh (NY) 9:51.9; 4, John LENGERS, Ossining (NY) 10:02.2 (McDermott ill.)

West Point - Hamilton 9:48.7; 2, Gustafson 9:48.8; (pace: 2:19.4 and 4:52.4)

Mayor's - Walsh 9:40.9; 2, Gilberti 9:41.8 (Gilberti led in 2:16.3, 4:43.7, and 7:16.1; Walsh came from a few yards back on the last lap.)

CHSAA(B-Q) - McDermott 9:43.6; 2, Fleming.

CHSAA(NY) - James GROARK, Archbishop Stepinac (White Plains, NY) 10:00.7.

NYU - Gilberti 9:39.3; 2, Hamilton 9:56.6; 3, Gustafson 9:55.8.

James McDermott, 5'10" tall and only 130 pounds, was 17 on Oct. 13. Charles Gilberti, 5'7", 128 pounds, was 17 on Oct. 9. He was Public Schools cross country champion last fall. Homer Hamilton, a 5'10", 130-pound senior was 17 last April 12. He was born in Cleveland and is headed for Western Michigan. Tom Donnelly, 5'11" and 145 pounds, is a sophomore, only 16 on Jan. 7. John Lengers, another soph, was 16 on Sept. 14.

## HIGH HURDLES

Cardinal Hayes - Paul WILSON, Plainfield (NJ) 7.4; 2, Ted PISCIOTTA, Highland Park, (NJ); 3, Marcellous REED, Scotch Plains - Fanwood (NJ); 4, Don CASTRONOVO, Oceanside (NY); 5, E. SUMPLE, Woodbridge (NJ) (Reed 7.6h)

St. Francis - Wilson 7.6; 2, Ken DONOVAN, Amityville Memorial (NY) (2yds) 3, Reed; 4, Castronovo; 5, Jack FOSTER, New Rochelle (NY)

Mayor's - Chas. THROWER, Boys 7.8; 2, Peter WALDVOGEL, Archbishop Molloy; 3, Collis GOODWYN, Evander Childs; 4, Del BENJAMIN, LaSalle Ac.

West Point - Donovan 7.6; 2, Castronovo; 3, Jacques ROBINSON, Ossining (NY); 4, Foster; 5, Gary SMITH, Wantagh (NY) (Castronovo 7.7 in semi.)

CHSAA(B-Q) - Waldvogel 8.0 (7.8 in heat).

NYU - Wilson 7.6.

Wilson, 5'10", 142-pound junior, will be 17 on May 28. He is also an ace sprinter and high jumper. Pisciotta ran 14.1 (14.0w) last year. Donovan, 6', 160-pound junior, will be 17 on July 8.

## HIGH JUMP

Bishop Loughlin - Frank COSTELLO, Union (NJ) 6'2 3/4"; 2, Benjamin 6'1" & Bob OVERBY, Snyder 6'1" (tie).

Cardinal Hayes Novice - Gilbert JONES, Morris 6'2".

Cardinal Hayes - Benjamin 6'5"; 2, tie: Costello & George PLATT, Plainfield (NJ) 6'4"; 4, tie: Overby & Gene MYERS, Franklin 6'1".

St. Francis - Benjamin 6'6"; 2, Costello 6'3"; 3, tie: Platt & John GREEN, Boys 6'2"; (Benjamin cleared every height on his first attempt; missed 6'7")

Mayor's - Benjamin 6'5 1/2" R; 2, Don PRATT, Xaverian 6'1"; 3, tie: Myers, Green, & Frank WILSON, Lane 6'0".

West Point - Alfonzo HARRIS, Mt. Vernon (NY) 5'10"

CHSAA(B-Q) - Pratt 5'11". NYU - Platt 6'2"

Benjamin jumped 6'7 1/4" last year as a sophomore. Costello, a senior, cleared 6'2 3/4" last year, but worked all summer and cleared 6'5 3/4" in August. Platt is a sophomore.

## SHOT PUT

CHSAA Soph - Richard RODGERS, Archbishop Molloy 53 1/2".

Cardinal Hayes - Matt NAZARUK, Archbishop Molloy 58'10 3/4"; 2, John EPPENSTEINER, Woodbridge (NJ) 54'1"; 3, Frank DiBIASE, Lawrence (NY) 6--March 8, 1963

53'8"; 4, Bob HYLAND, Archbishop Stepinac (White Plains, NY) 52'3 1/2".

St. Francis - Nazaruk 57'11 1/2"; 2, Jeff HOWARD, St. Francis Prep 54'11 1/2"; 3, Hyland 52'4 1/2"; 4, Tom CHOQUETTE, Stepinac 52'3 1/2"; 5, DiBiase 51'10".

West Point - DiBiase 56'3 1/2"; 2, Bruce MALSON, White Plains (NY) 52'1 1/2";

CHSAA(B-Q) - Nazaruk 58'2"; 2, Howard 55'1".

CHSAA(NY) - Choquette 52'9 1/4".

NYU - Nazaruk 61' 3/4"; 2, Brian HONDRU, North Plainfield (NJ) 59'4"; 3, Eppensteiner 55'8 3/4"; 4, DiBiase 55'8 1/4"; 5, Choquette 54'7 3/4".

Nazaruk put 60'5 3/4" last year as a junior.

## 880 YARD RELAY

Cardinal Hayes - New Rochelle, NY (Hunter, Wynn, Billy BURKE, & Don HAZEL WOOD) 1:32.7; 2, Oceanside, NY 1:34.2; 3, McClancy 1:34.4; 4, Manhattan Vocational 1:38.6; 5, Lafayette 1:39.0.

St. Francis - New Rochelle (Hunter, Wynn, Burke, Hazelwood) 1:33.1; 2, Boys 1:33.2; 3, Manhattan Vocational 1:34.5; 4, Oceanside 1:34.6; 5, Lafayette 1:34.7. (Unofficial New Rochelle splits: 23.4, 23.5, 23.4, 22.8).

Mayor's - Boys (Wilson, Robert COBBS, Cleo HATCHER, & James WASHINGTON) 1:32.9; 2, Wingate (Leroy EVANS, Wayne SLATER freshman, Richard MITCHELL, & Russell PARKER) 1:33.0

NYU - Boys 1:33.2.

## ONE MILE RELAY

CHSAA Open - Rice (THOMPSON, Feaster, BIGGETT, THOMPSON) 3:30.4R; 2, Archbishop Stepinac (COCHRAN, McGLYNN, Donaton, LAMB) 3:30.7; 3, Bishop Loughlin (GLASSER, UNGEHEUER, LEPORATI, NICHTER) 3:30.8.

Cardinal Hayes - Archbishop Stepinac (Cochran, ANDRES, McGlynn, FORTIER) 3:31.5; 2, New Rochelle, NY 3:31.8; 3, Bishop Loughlin 3:32.3; 4, Snyder (Jersey City, NJ) 3:32.6; 5, Geo. Washington 3:32.7.

St. Francis - Boys (Ricardo BROWN, Ronald YOUNGBLOOD, Delano DUBINSEN, R. Johnson) 3:30.5; 2, Jackson 3:31.3; 3, Fordham Prep 3:32.3; 4, Archbishop Stepinac 3:32.5; 5, St. Francis Prep 3:32.9.

Dual meet - 2, Mt. St. Michael 3:34.2.

Millrose City - Boys (Wilson, Brown, Lionel RUSSELL, Burchett) 3:27.2; 2, Jackson 3:29.5; 3, Franklin 3:31.0; 4, Hamilton 3:32.6; 5, Wash. 3:41.7.

Millrose out-of-town - New Rochelle (Hunter, Baker, Bill LAPHAM, McCafity) 3:29.8; 2, Essex Catholic (Newark, NJ) 3:31.6; 3, Seton Hall (South Orange, NJ) 3:33.1; 4, Oceanside, NY (3:33.9; 5, O.L.O.T.V. (Orange, NJ) 3:36.0.

West Point - Oceanside, NY (Jeff GELMAN, Ken GELLER, Bruce STATHAN, Herb BRODER) 3:35.8; 2, New Rochelle 3:36.1; 3, Mt. Vernon 3:36.4.

Mayor's - Boys (Brown 52.3, Youngblood 54.0, Dubinsen 51.7, Johnson 51.0) 3:29.0; 2, Geo. Washington (Cuthbert CHAMBERLAIN, Julio TORRES, Chas. McCULLEAN, Maurice PATTERSON) 3:29.0; 3, Bishop Loughlin (Al LEPORATI, Fred BORGER, Mike FITZSIMONS, Zarzycki 50.1) 3:29.2; 4, Franklin 3:29.2. Special for out-of-town teams: 1, Archbishop Stepinac 3:29.1; 2, Lawrence; 3, Oceanside.

NYAC CHSAA - Archbishop Stepinac (Cochran, McGlynn, Donaton, Hernon) 3:28.1; 2, Bishop Loughlin; 3, Archbishop Molloy; 4, Cardinal Hayes.

NYAC Public - Boys (Wilson, Johnson, Dubinsen, Burchett) 3:27.6; 2, Franklin 3:28.9; 3, Jackson 3:32.2; 4, Wingate 3:32.4.

NYU - Plainfield (NJ) 3:32.4.

## TWO MILE RELAY

Cardinal Hayes - Boys (Dubinsen, Mike JOHNSON, Burchett, Russell) 8:06.4; 2, Xaverian (Mike SCAGNELLI, Paul FEENEY, Jim GREER, Fleming 1:58.7; 8:08.3; 3, Archbishop Molloy 8:10.9; 4, St. Francis Prep 8:11.7; 5, Archbishop Stepinac 8:13.0. (Meet record. Russell 1:58.2, Burchett, brother of Leroy Burchett who ran 48.6 in 1959, 2:00.1. Greer ran 1:58.5.)

St. Francis - Archbishop Stepinac (O'BRIEN, Lamb, MALONE, Hernon) 8:13.2

2, Molloy 8:13.7; 3, Oceanside 8:13.9; 4, Chaminade (Mineola, NY) 8:16.2.

7--March 8, 1963



Dual meet - 2, Mt. St. Michael 8:07.3.  
 Mayor's - Archbishop Molloy 8:11.8; 2, St. Francis Prep; 3, Cardinal Hayes.  
 NYU - Boys 8:09.8; 2, Seton Hall (South Orange, NJ) 8:11.6; 3, Molloy 8:12.1.

## TEAM CHAMPIONSHIPS

Cardinal Hayes - Archbishop Molloy 19, Archbishop Stepinac (White Plains, NY) 12, New Rochelle, (NY) 12, Bishop Loughlin 11, Boys 11, Plainfield (NJ) 8½,  
 Cardinal Hayes 7, Oceanside (NY) 6 3/4.  
 St. Francis - Boys 16½, Archbishop Molloy 13, Stepinac 12, New Rochelle 11,  
 Plainfield 7½, Oceanside 7.  
 West Point - New Rochelle 39½, Oceanside 29, Massapequa (NY) 17, White  
 Plains (NY) 16, Mt. Vernon (NY) 13½, Lawrence (NY) 10½.  
 Mayor's - Boys 28  
 CHSAA(NY) - Archbishop Stepinac 49, Cardinal Hayes 35½.  
 CHSAA(B-Q) - Archbishop Molloy 37 1/5, Chaminda (Mineola, NY) 29 2/5.

# National Interscholastics

A pair of national indoor records and victories by both individual defending champions highlighted the 30th annual AAU Interscholastic Track and Field Championships, held on Madison Square Garden's 160-yard board track on Saturday, February 23.

Archbishop Molloy won the team title with 13 points, as defending champion Plainfield (NJ) had to settle for a tie for second with New Rochelle (NY).

Molloy's Jim McDermott smashed his own national two miles standard of 9:29.8 which he had set earlier this year by whipping around the 22 laps in a swift 9:23.5. 2d, 3d, and 4th finishers also broke the old mark.

In the 440, defending champion Tim Johnson of Rindge Tech (Cambridge, Mass.) shattered the 24-year-old meet record of 50.1 with a new national indoor mark of 49.6. The old record of 49.7 was set by Don Payne in 1962.

Del Benjamin of La Salle successfully defended his high jump crown by leaping 6'5", an inch below his winning height of 1962.

60 YARDS - Heats won by: Wright 6.4, McIntosh 6.4, John COLLINS of Cathedral (Springfield, Mass.) 6.5, and Joe WILLIAMS of Haddon Heights (NJ) 6.5. First semi-final: Wright (6.4) beat Collins and James GRIFFIN of Rindge Tech (Cambridge, Mass.). McIntosh won the second semi from Williams with Wilson third. Runoff of third-placers: Griffin beat Wilson.

In the final, Williams, an 18-year-old senior, broke cleanly on top and stayed there all the way to win by a foot.

1, Williams 6.5; 2, McIntosh; 3, Wright; 4, Collins; 5, Griffin; 6, Wilson  
 440 YARDS - 1, Johnson 49.6; 2, Ashurst 50.2; 3, Macafity 50.2;  
 4, Gus Johnson 51.6; 5, Grimes 51.8; 6, Habron 52.0.

Tim Johnson, who won this race in 1962 in 50.2 while competing for Boston Trade, showed his class by winning the first heat in 50.9. The 5'8 3/4" 140-pounder who will be 19 in March, defeated Johnson (51.5) and Habron (52.4). Steve Ashurst won the 2d heat easily in 51.5, and New York State outdoor 440 titlist Macafity edged Grimes in the 3d heat (51.5 for both). Those six fastest qualifiers made the final, run in two sections. Johnson got out in front at the start of the final and was never headed.

1000 YARDS - 1, Urbina 2:15.1; 2, Kearney 2:15.6; 3, Michael DUNN, Boston Tech 2:17.2; 4, Erskine 2:18.6; 5, Bass 2:19.8; 6, Dean MURPHY, Boston College High 2:21.7.

Urbina led all the way in 57.1 and 1:59.3. His 2:15.1 narrowly missed the meet record of 2:14.9 set last year by Gene Tetreault of Hartford Public.

MILE - 1, Warner 4:21.2; 2, Reynolds 4:24.1; 3, Ryan 4:25.8; 4, Camien 4:27.6; 5, Bob POWERS, Randolph (Mass.) 4:29.5.

Jim Warner turned the tables on his early-season conqueror, Reynolds. Warner led in 68.8 and 2:13.9. Bob Fleming moved into the lead at the 1320 in 3:18.8 with Warner right on his shoulder. The final was run in two sections on a time basis, and the winner of the unseeded section, Bob Camien, whose

8--March 8, 1963

brother John won this race in 1961, ran fast enough to place 4th overall. Unplaced was Ed Coleman, who ran 4:18.5 as a sophomore in 1961.

2-MILE - The 2-mile run was probably the best race of the meet, featuring both tremendous competition and fast times. Gilberti set the pace for the first 440 (66.2) and then McDermott (66.4) moved into the lead (2:14.3 and 3:21.3). He was trailed by Gilberti and Walsh, while the others had lost contact. McDermott's spurt proved costly, however, and he slowed to a 75.9 in his 4th quarter, passing the mile in 4:37.2, a few yards behind Gilberti. At 1½: Gilberti 5:49.9, Walsh 2d, McDermott 5:50.4. At 1½: Gilberti 7:03.9, Walsh 2d, McDermott 7:05.2.

Then, when things looked darkest for him, the national record-holder made his move. Picking up the pace to a 71.9, he moved past Gilberti and Walsh and passed the 1 3/4 in 8:17.1. Walsh was now beginning to fall behind and sophomore sensation Donnelly passed him and moved into 3d. Looking like a champion again, McDermott poured it on with a 66.4 last 440, but Gilberti stubbornly held on and even on the last lap looked ready to challenge.

1, McDermott 9:23.5; 2, Gilberti 9:24.5; 3, Donnelly 9:25.5; 4, Walsh 9:29.1; 5, Gustafson (soph) 9:34.2; 6, Tom MULLIGAN, Cardinal Spellman 9:42.8; 7, Hamilton 9:48.0.

60-YARD HIGH HURDLES - 1, Wilson 7.5; 2, Leon COLEMAN, Boston Trade; 3, Freeman; 4, Foster; 5, Reed; 6, Donovan.

Paul Wilson won his heat in 7.6. Others: Coleman 7.8, Sumple 7.9, Donovan 7.7, Foster 8.0. Coleman improved to 7.6 in winning his quarter-final. Wilson and Freeman won in 7.7 and 7.8. In the first semi, Coleman defeated Freeman and Donovan in 7.6, while Wilson won the other in 7.7 from Foster and Reed. Runoff for 5th place: Reed edged Donovan.

In the final, Wilson got only an average start, but he proved superior to his rivals in clearing the four 42" hurdles and won a clear decision from Coleman in 7.5. He later said he had feared Coleman the most, and he had been working on the third hurdle in practice during the preceding week.

HIGH JUMP - Frank Costello, who had upset Benjamin in December, did not compete because of an injury. Benjamin cleared all heights, 5'11" through 6'5" on his first jump. Wilson did not miss until 6'5". Smith missed twice each at 6'2", 6'3", and 6'4", while Platt missed twice at 6'3" and 6'4". Pratt was injured and did not jump after 6'2".

1, Benjamin 6'5"; 2, tie: Alfred SMITH, Boston English; Wilson; Platt; Edward MULVIHILL, Christian Brothers Academy (Lincroft, NJ); Pratt 6'2"

SHOT PUT - 1, Nazaruk 60'1¼"; 2, Hondru 58'5"; 3, DiBiase 58'1"; 4, August ZILINCAR, Christian Brothers Academy (Lincroft, NJ) 56'8½"; 5, Choquette 54'5"; 6, Tom OBROTKA, Bergen Catholic (Oradell, NJ) 53'; 7, Rodgers 52'10½"; 8, Eppensteiner 52'10".

Nazaruk's series: 56'4½", 60'1¼", 58'9", F, 55'11", F, 58'3". Hondru, 3d last year: 57'2", 53'11", 56'1½", 55'8" 55'5½", 58'½", 58'5".

1000-YARD RELAY - The six fastest teams in the heats qualified for the two-section final: New Rochelle (NY) 1:48.1, Lower Merion (Ardmore, Pa.) 1:48.4, Wingate 1:48.8, Abington (Pa.) 1:49.9, Lane 1:50.0, McClancy 1:50.2. New Rochelle missed the meet record by one tenth of a second in the final.

1, New Rochelle (Hunter, Wynn, Burke, Hazlewood) 1:47.5; 2, Lower Merion 1:48.3; 3, Wingate 1:48.6; 4, Abington 1:49.6; 5, McClancy 1:50.3.

MILE RELAY - 1, Boys (Brown 52.5, Youngblood 52.9, Dubinsen 51.1, R. Johnson 51.1) 3:27.6 (3:29.2h); 2, Bishop Loughlin 3:28.3 (3:29.9h); 3, Fordham Prep 3:29.3 (3:29.3h); 4, Lawrence 3:30.2 (3:30.5h); 5, LaSalle (Providence, RI) 3:30.2 (3:30.2h); 6, Stepinac (3:30.2h).

2-MILE RELAY - Archbishop Stepinac moved out ahead on the last exchange, but Leon Munro of Cardinal Hayes ran 1:54.7 to win.

1, Cardinal Hayes (McKinney 2:03.5, Jorif 2:03.5, Henry 2:00.2; Munro 1:54.7) 8:01.9; 2, Stepinac (Pokorny 2:03.2, Lamb 2:01, Donaton 1:58.9, Hernon 1:59.9) 8:03.0; 3, Archbishop Molloy (Farrell 2:00.7, Doyle 2:02.7, Dean 2:03, Zieminski 1:56.6) 8:03.0; 4, St. Francis Prep 8:03.5; 5, Boys (Smith,

(continued at bottom of next page)

9--March 8, 1963



## Boston A. A. Interscholastics

Boston Garden, Jan. 12— Tim Johnson, Bob Donahue, and Leon Coleman broke meet records in the 11th annual Boston A.A. Interscholastics.

Johnson, 18, now at Rindge Tech after running 48.5 as a sophomore and 20.7 last year at Boston Trade, won the 300 in 32.3 and anchored a record-breaking relay team.

Donahue, of Boston English, edged Mike Dunn of Technical by one tenth in a 2:15.9 race. (Only one race was faster in 1962. In that one, Gene Tet-reault, who ran 1:51.6 outdoors, won in 2:14.9.)

Coleman, a 6'4", 200-pounder, was brilliant, equalling the meet record of 5.9 in a heat, then speeding to 5.8 times in two more heats and the final.

Bill House, teammate of Johnson at Trade last year, won the 600 in 1:16.5. Then he joined Johnson, Billy Cameron, and freshman Tom Davis in setting the relay record of 2:23.2.

John Collins of Springfield Cathedral, won the 50 in 5.6.

## Boston Indoor Championships

Boston Garden, Jan. 26— Tim Johnson and Bob Donahue broke class A records while Mike Lopes (D) and Bob Powers (C) shattered class marks in the 46th annual state schoolboy indoor championships before 4673 spectators and 1644 participants.

Lawrence High of Falmouth, led by the 6'3½" high jump of star basketballer Lopes, won the class D title with 35½ points to 22 for Concord and 15 for Wareham.

Powers led all the way in the C mile to win by 70 yards in 4:24.7, but his Randolph team's 15 points trailed Dartmouth, Andover, St. John's Prep, and St. Mary's of Lynn. Mario Leite in the 45-yard high hurdles (6.1) and Dick Raymond in the 300 (34.0) led Dartmouth to victory.

Donahue crushed arch-rival Mike Dunn in the 1000 with a record 2:16.0 to Dunn's 2:17.3, but his Boston English team lost the A title to Rindge Tech, 23 to 20.

Tim Johnson led the Rindge team. The speedy senior broke his own record of 32.5 with 32.3 in the trials and 32.2 in the final, a time bettered by only two other high school 300-yarders in history. Johnson had to come from behind Bob Bateman of Lawrence to win. Johnson also anchored the winning relay team in 2:25.0.

Bill House of Rindge made up a 20-yard deficit in the second leg of the relay, but in the 600 final he lost to Leroy Wilson of Boston English, a 6'4", 230-pounder.

Leon Coleman, of Boston Trade, tied John Thomas's 45-yard hurdle record of 5.8. Springfield Cathedral had two winners in John Collins (50 in 5.6) and shotputter Bob De Silets.

In class B, Cambridge Latin's Dave Gittens was the meet's only double winner, high jumping 5'10" and hurdling in 5.9, but his team lost the title to Belmont, 20 3/7 to 19. The relay decided this one, as Ed Todd, Tony Zermani, George Fitzgerald, and Brian Mahoney beat Latin in 2:30.1.

### NATIONAL INTERSCHOLASTICS (continued)

M. Johnson, Burchett, Russell 1:58.2) 8:03.6; 6, Seton Hall Prep (South Orange NJ) 8:06.0; 7, Essex Catholic (Bergen, NJ) 8:07.1; 8, Oceanside (NY) 8:10.2.

TEAM SCORES: Archbishop Molloy 13, Plainfield (NJ) 10, New Rochelle (NY) 10, Boys 9, Bishop Loughlin 8, Rindge Tech (Cambridge, Mass.) 6, McClancy 6, LaSalle 5, Cardinal Hayes 5, Archbishop Stepinac 5, Fox Lane (Mt. Kisco, NY) 5, Lawrence (NY) 5, Haddon Heights (NJ) 5.

Paul Wilson was the individual high scorer of the meet, collecting 7½ points from the high jump and the hurdles.

10--March 8, 1963

## Paul Wilson Stars in New Jersey State Meet

Jersey City, NJ, Feb. 2— Paul Wilson of Plainfield broke the only all-group record as 1000 athletes from 84 schools competed in the 8-hour, 4th annual State Interscholastic A.A. indoor championships. Most times were slow on the small armory track.

Wilson, a 16-year-old, 5'9" junior who did not hurdle last year and had his tonsils out in December, jumped into a big lead at the start of the Group IV 60-yard highs and finished in 7.2, taking a fifth of a second off the record set last year by national champ Bill Covington of Morris Hills. Wilson won by two yards over John Freeman of East Orange, a 14.2 hurdler last year who edged Ernie Pelligrino of Perth Amboy. Bert Brown of East Orange and Charley Houston of New Brunswick were also under 7.5.

Houston, a 17-year-old junior, came back five minutes later in his first effort as a sprinter and won the 60 in 6.4, tying the all-group record.

TEAM SCORES: Group I-II: Highland Park 34, Demarest 29, Moorestown 21, Leonia 13½, Wood-Ridge 11. Group III: South Side 36, Pascack Valley 27½, New Milford 16, Lincoln 15½, Tenafly 13. Group IV: Plainfield 15, Snyder 13½, Woodbridge 13, Union 12, Newark Central 12, Dickenson 11, Scotch Plains 11. PAROCHIAL: Bergen Cathloic 32, Christian Brothers 28, Seton Hall 27, St. Aloysius 14, Essex Catholic 12. WINNERS: (R = record, TR = ties rec.):

60- I-II: Doug Templeton, Westwood 6.7 TR. III: John McManus, South Side 6.6. IV: Houston 6.4 R. P: Bill Madden, Bergen 6.6.

440- I-II: Steve Woodward, Demarest 53.2 R. III: Dwight Peck, Pascack Valley 53.4. IV: Gus Johnson, Snyder 52.4 R. P: Ken Baile, St. A. 54.2.

1000- I-II: Si Little, Moorestown 2:30.6. III: Frank Hagans, South Side 2:27.9. IV: Ralph Abramowitz, Dickenson 2:25.1. P: Vadim Schaldenko, Seton Hall 2:24.3.

Mile- I-II: Barry Middleton, Moorestown 4:43.4. III: Rod Lasher, South Side 4:40.5. IV: Steve Harris, Scotch Plains (state cross country champ) 4:37.1.

P: Tim Sheehan, Christian Brothers 4:41.4.

60 HH- I-II: Ted Pisciotto, Highland Park 7.5 R. III: Fred Mitchell, South Side 7.6 TR. IV: Wilson 7.2 R. P: Don Orth, Seton Hall 7.7 R.

HJ- I-II: Leroy Moore, Middle Township 5'10". III: Richie Waterfall, New Milford 5'11". IV: George Platt, Plainfield (sophomore) 6'4"; 2, Frank Costello, Union. P: Ed Mulvihill, Christian Brothers 6'2" R.

SP- I-II: Wayne Donelon, Highland Park (199'4" in javelin as sophomore) 49'11" R. III: Brian Hondru, No. Plainfield 56'6½";

IV: John Eppensteiner, Woodbridge 55'4½".

P: August Zilincar, Christian Brothers 54'2" R.

1000 yd R- I-II: Demarest (Bill Rappolt, Joe Kearns, Tony Leoni, Greg Cline)

1:58.1. III: Lincoln (Fred Liggions, George Aiken, Aaron Rolley, Tom Wigfall) 1:55.7 R. IV: Dickenson (Darrell Booth, Richie Scura, Larry Keegan, Frank Burke). P: Marist (Mickey Albers, Tony Raniszewski, Ed Donovan, Richie Zindell) 1:55.2 R.

Mile R- I-II: Demarest (Michell Telzer, Tom Schere, Terry Moore, Lorin Fleming) 3:55.9. III: Lincoln (Ron Hampton, Lou Givins, Al McKinnon, Richie Mainor) 3:46.5. IV: Plainfield (Kent Jordan, Mike Tobias, Ed Griffin, George Johnson) 3:43.5. P: Our Lady of the Valley (Ed McConnon, Larry Plumstead, Terry Cunningham, Steve Ashurst) 3:42.8 R.

2-mile R- I-II: Demarest (Bob Livingston, Bernie Butts, Bill Chase, Phil Henshaw) 9:04.8. III: Pascack Valley (Bob Wain, Jim Callahan, Steve Haganir, Gary Peiper) no time; one lap short. IV: Kearny (Ed List, John Sikora, Tom Leonard, Bob Mant) 8:29.5. P: Essex Catholic (Jim Rebenack, Don Hobbs, Bob Carter, Bill Cummings) 8:32.0 R.

In last year's National AAU Interscholastic, New Jersey won four first places and Plainfield won the team championship.

11--March 8, 1963



## Woodbridge Wins Seton Hall Indoor

Newark, N.J., Feb. 9-- An unexpected defeat by Paul Wilson enabled Woodbridge to upset Plainfield 17 to 16½ in the 3d annual Seton Hall University Spike Shoe Club indoor meet.

Wilson, who ran 7.2 in the State Indoor, lost to Charlie Houston of New Brunswick, who was fifth in the State meet. With the hurdles set at 42" to prepare them for the Nationals, Houston passed Wilson over the second hurdle and won by two yards in 7.5, breaking the record of 7.6 by Bill Covington.

Wilson had to run a 60-yard dash semi-final and final and a hurdles final within ten minutes. Immediately after his loss in the hurdles, the bespectacled junior won the 60 in 6.7. He also tied for third in the high jump.

Plainfield also lost the needed points in the high jump when George Platt was defeated by Frank Costello on fewer misses. Both cleared 6'1¼".

Coach Herb Hollowell's Woodbridge team had two winners and both broke meet records. John Eppensteiner put the shot 55'9¼" while his teammates Ed Ackerman and Bill Randolph were 3d and 4th. The relay team won in a record 1:37.0, led off by Henry Brown, who scored their other two points with a 4th in the 60. Ed Sumple, Greg Morse, and Steve Behrens maintained Brown's lead.

Greg Ryan, a 15-year-old sophomore at Essex Catholic, set a 2-mile record of 10:09.2, winning by a yard over another sophomore, Jack Eager of Christian Brothers. Seton Hall recorded the day's fifth record, winning the 2-mile relay by 15 yards in 8:22.5.

Two other national hopefuls won. Steve Ashurst of Our Lady of the Valley took the 440 in 52.9 by three yards over St. Benedict's Gerry Murphy. Cross country ace Steve Harris of Scotch Plains turned back a stiff challenge by Steve St. Clair of Teaneck in a 4:35.3 mile.

Team scores: Woodbridge 17, Plainfield 16½, Essex Catholic 15, Christian Brothers 13½, Scotch Plains 13, South Side 12, Our Lady 11.

1000- Phil Banashek, St. Peters of New Brunswick, 2:24.8.

Mile R- South Side (Eric Gibbons, Frank Hagan, Joe Strothers, Sandy Williams), 3:39.9.

2-mile R- Seton Hall (Tom Durkin, Joe Law, John Bonder, Vadim Schaldenko), 8:22.5 R.

## Teen-Age Stars

Two 16-year-old boys from Finland have vaulted 14'1¼". They are Pekka Olin and Erkki Mustasaari, who improved 2'9½" in the past six months. Mustasaari is shown (left) vaulting at Pajulahti on February 11, the night Pentti Nikula cleared 16'8 3/4".

Joe Galli reports from Australia: Paul Bowman, 17, of Sydney, ranks as perhaps the most promising Australian runner since Herb Elliott. Bowman on January 20 & 28, and February 10 ran the 440 hurdles in 52.6, 52.4, and 52.3, all three breaking Eddie Southern's 17-year-old record of 53.4 (1955).

Two young American runners show great promise as long distance runners. Don Morgan of Mantua, N.J., a 14-year-old freshman at Clearview Regional High School, won the junior 3-mile title of the Middle Atlantic Road Runners Club in 14:55, beating well-known Moses Mayfield. Gene Carson, 18, a senior, placed 18th in the Western Hemisphere marathon, 2:40:06. 12--March 8, 1963



## News in Brief

by Fran Errota

One of the finest athletes on the indoor circuit this year has been Charles Houston of New Brunswick, NJ, who has a 6.8 clocking for the 60 low hurdles among his accomplishments. That betters the previous all-time best of 6.9 first set by John Mullins, Froebel of Gary, Ind., in 1930 and equalled last year by Willie Collins of Phillips, Chicago, Ill. Houston has a 6.4 clocking for the 60 yard dash, a 7.2 for the 60-yard high hurdles (3'3") and 7.5 for the higher hurdles.

New Jersey's corps of brilliant hurdlers dominates the list of top marks headed by Plainfield junior Paul Wilson who twice has skipped over the 3'3" highs in 7.2 and over the 3'6" timbers in 7.4. Ted Pisciotta of Highland Park followed Houston's 7.2 with a 7.3 in the Middlesex County meet on Jan. 26.

Dan Darby of Hammond, Alexandria, Va., shattered the national indoor record for the 70-yard low hurdles with a 7.8 clocking in the Virginia State meet at Lexington, Feb. 9.

Darby's mark cracked the 7.9 credited to three Virginians and a Minnesotan. Virginia runners with 7.9 marks were Earl Pegram (Washington & Lee, Arlington), Zimmerman (Hampton) in 1959 and King (Washington & Lee, Arlington) 1954. Gerry Brouwer of St. Louis Park, Minn., clocked 7.9 last year.

Darby's run was one of three meet records set in the 1963 meet. The others went to Andy Bowling (E.C. Glass HS) 55'7" in shot put and Dave Lewis (Douglas Freeman HS) 8.5 in 70-yard high hurdles.

The outdoor season in southern California jumped off to a fast start with Jim House of Pasadena's Muir High registering a startling triple in a triangular meet with San Bernardino and Riverside Poly.

House won the 100 in 9.6, the 220 in 20.9 and shared first in the broad jump with teammate Craig Vaughn at 23'9". Vaughn, a junior, and House made the honor roll last spring in the broad jump with corrected marks of 23'7¼" and 23'4". They form the nucleus of what appears to be a powerful Muir team.

Les Fendia, a Hungarian refugee who recently became a U.S. citizen, clocked 1:56.0 for the 880 in his first effort of the year for Warren High of Downey, Calif., in a meet against Long Beach Jordan. . . . Bruce Wilhelm, Fremont of Sunnyvale, Calif., shot putter who did 62'2¼" last summer, recently completed an unbeaten season in wrestling.

High school events in Lubbock Invitational: 60- James Jackson, Dunbar of Lubbock 6.2; 2, Doug Cockerham, Red Oak 6.3; 3, Harry Lisle, Canyon 6.4. 60 HH- Jim Taylor, Snyder 7.7. Mile R- Midland 3:38.3. 16# SP- Randy Matson, Pampa 53'5".

High school events at Portland, Jan. 26: Dave Jett, Milwaukie, Ore. 6.6. 500- Randy Burchfield, Milwaukie 1:03.6; 2, Chuck Cropp, Hillsboro 1:03.8. Mile- Wendell Cox, Hillsboro 4:27; 2, Ray Anderson, Centennial 4:32.4; 3, Jim Price, South Salem 4:34. 2-mile R- South Salem 8:19.

Phil Manuel of Southwest, Kansas City, Mo., twice bettered the listed indoor pole vault record but neither mark will count because the box was set too high. Manuel cleared 13'7" at the American Royal building on Feb. 2. On Feb. 16, using the same faulty box, Manuel cleared 13'9" without missing, then broke his pole in his first attempt at 14'1". "I felt I was over," said the 17-year-old senior. "Now I guess I'll have to get a heavier pole."

In the same meet, teammate Vic Damon won the shot with 58'8¼", but hit a concrete pole with his best effort. "I'm sure it would have gone 60 feet."

High school marks in the U. of Michigan Relays, Feb. 2: 300- Bob Laverty, Detroit Redford 33.5; Dave McKelvey, Redford 33.6; 600- Laverty 1:15.1n. (Coach Bruce Waha says: "Laverty should run under 1:54.")

Other good marks: Steve Straight, North HS, Shawnee-Mission, Kan., 6'6¼". Toby Belt, Westbury, Houston, Tex., 49'1" with 16-lb. shot.

13--March 8, 1963



## California Indoor Results

COW PALACE, SAN FRANCISCO, Feb. 16-- Bill Fosdick of Andrew Hill (San Jose, Calif.) bettered the national indoor pole vault record with a fiberglass leap of 13'7 $\frac{1}{4}$ " in a special high school meet on the track used for the Golden Gate Invitational last night.

60- tie: Vern Bradford, Mission & Dan Williams, Castlemont 6.5; 3, Jasper Davis, Oakland Tech 6.5. (all three ran 6.5 in heats.)  
 Mile- Bob Crispin, Pacific Grove 4:35.8; 2, Paul Weston, Castro Valley 4:36.3  
 60 HH- Greg Ford, Clayton Valley 7.5; 2, Ricky Rogers, Ells 7.6; 3, Mac McDaniels, McClymonds 7.7; 4, Mike Jackson, Pittsburg 7.9.  
 HJ - Sandy McKelvy, Richmond 5'11"; 2, Ron Johnson, Encinal 5'11".  
 PV - 2, Ray Morrison, El Cerrito 12'6"; 3, Peter Slapar, Pittsburg 12'6".  
 BJ - Steve Coy, Los Altos 22'3"; 2, John Chambers, McClymonds 21'9 $\frac{1}{4}$ ".  
 SP - Bob Brannen, Los Gatos 57'5 $\frac{1}{2}$ "; 2, Bill Staley, Los Lomas 55'5"; 3, Chuck Smart, Los Altos 55'1 $\frac{3}{4}$ "; 4, Frank Yancy, Richmond 52'8 $\frac{3}{4}$ ".  
 Mile R- (plus 160 yds)- Richmond (Poole, Pitts, McNeil, McKelvey) 4:04.4; 2, Berkeley 4:07.6; 3, Pittsburg 4:08.9; 4, Burlingame 4:12.9.  
 2-mile R (minus 320 yds)- St. Ignatius (Ken Howard, Tim Neeley, Bill Cook, Terry Ward) 7:29.4; 2, McClymonds 7:36.0; 3, Andrew Hill 7:38.8.  
 Medley R- Alameda (Albert Rincon, Rich Lodge, Ted Ferguson, Bob DeCelle) 8:24.0; 2, El Cerrito 8:25.9; 3, Clayton Valley 8:33.0; 4, Berkeley 8:33.0.

### RIOS WINS TIMES INDOOR MILE

Los Angeles, Feb. 9-- George Rios travelled 400 miles to win the high school mile before 13,000 fans at the Times Indoor Games at the Sports Arena. Rios, who ran under 4:20 in his first year of running as a junior at Sunset High in Hayward and last fall ran a 9:21.3 2-mile, led for the first 440 in 60.8, trailed through a 2:09.1 half and 3:19.7 three quarters, and won in 4:26.7.

Second in 4:27.4 was Phil Anderson of Glendale Hoover, who led at the three quarters. Anderson, a 5'8", 140-pound senior, won the AA cross country title and then ran a 4:23 practice mile. 3d, Harold Krotzer (Arroyo of El Monte) 4:27.8; 4th, Rick Felix (Colton junior) 4:29.6; 5th, Walt Channels (another 16-year-old Colton junior) 4:31.2.

The other battle of 16-year-olds, for 6th place, was won by Hill Daughtry of Glendale, who ran a 4:19.9 practice mile in January. He clocked 4:37.0 to 4:40.9 for Mike Ryan (Wilcox of Santa Clara). Last fall, Ryan, only a sophomore, ran a 9:21.3 2-mile behind Rios before his 16th birthday.

### MIKE RYAN WINS IN SAN FRANCISCO

San Francisco, Feb. 15-- Mike Ryan avenged his unexplainable defeat last week in Los Angeles by winning the high school mile in the Golden Gate Invitational. The stocky sophomore who reminds of Greg Rice grabbed the lead at three quarters in 3:20.1 and won by 20 yards. George Rios stumbled while trying to take the lead after quarter times of 63.2 and 2:10.3 and he never ran well again. 2d, Bob DeCelle, Alameda 4:28.4; 3d, Lyman Shaffer, Berkeley 4:28.7; 4th, Ralph Likens, Hillsdale of San Mateo 4:31.2; 5th, George Rios, Sunset of Hayward 4:31.4.

The 60 saw the defeat of Jerry Williams of Berkeley, who ran 9.5 as a junior last year. Williams had a poor start and showed no pickup as he tied for 5th with Maurice Graham of Castlemont (Oakland). James Hines of McClymonds won a close battle from Jeff Perenon of Castro Valley, both being timed in 6.4. Don Kriedt of Capuchino (San Bruno) was third, ahead of Larry Plantz of El Cerrito. All six finished in 6.5 or faster.

Mile R- El Cerrito 3:36.9; 2, Berkeley 3:37.6; 3, Piedmont 3:38.8. McClymonds 3:33.8 and Castlemont 3:36.9 were disqualified.

NOTE: California's indoor meets are almost non-existent, although the addition, this year, of the Golden Gate Invitational makes three major meets. The high school boys can run only in special events. Thus, few California athletes can be expected to make the final indoor list for 1963.

14--March 8, 1963

## Southern California Report

by Gary Wright

What does Trippe Elam have to do, to gain national or even local prominence? The little 5'6" Centennial High, Compton, California, sprinter ran in to all kinds of difficulty last year even though running a wind-blown 9.6 in the Coast League finals.

In southern California nobody has ever heard of Trippe Elam because the local newspapers publicized him as Flip Trippe, while throughout the nation he was known as Elam Trippe. The fast-starting senior, who has best marks of 9.6w, 9.8, and 21.5, can't even make the headlines in his own school paper with 48.3 quarter-miler John McGowan still around.

McGowan, a better than average student, is considering Stanford for his higher education. The 5'9", 150-pounder could very easily dip below 47.5.

Besides McGowan in the role of stealing headlines from Elam is a promising high jumper with a jumping name- Dumas. Fred Dumas, who is the brother of Charley Dumas, the world's first 7-footer, soared over 6'0" last year as a sophomore and already has his eye on his brother's 6'10 $\frac{1}{4}$ " school record.

Muir High School, Pasadena, California, which has never produced a 24-foot broad jumper in the school's history, could have three this season.

Most talented of the trio, which finished 1-2-3 in last year's CIF class B championships, is junior Craig Vaughn, who leaped 23'7 $\frac{1}{4}$ " last season. The 5'6", 160-pound A-student improved immensely over his best junior high mark of 19'9" and is now being considered as possibly the first 25-footer since 1958.

Second on Coach Walter Opp's list is James House, who jumped 23'4" in his first year of competitive jumping.

Ironically, the third man is the one with the most experience, Julius Clark, who has a life-time best of 23'1", is also a 9.9 sprinter and the star of the Mustang football team. As a ninth grader at Washington junior high, the 5'6", 150-pound senior, jumped himself into future stardom with a 22'2 $\frac{1}{2}$ " leap, which was good enough to give him the CIF class C crown.

Long Beach Poly High, of California, the pre-season state meet picks, all but forfeited their chances of coping the title when it was learned that its ace, George Alford, had been ruled ineligible at the semester break.

According to his coach, Leon Forman, Alford, who had clocked 9.7, 21.2, and 48.4 last year, failed to make the grade scholastically and dropped out of school.

At the same time the Jackrabbits suffered another serious blow when 9.9 sprinter Dicky Smith was ruled ineligible for being in school too many semesters.

Dennis Carr would be the last to admit it but, if he doesn't lower his prep mile standard of 4:08.7 he has a legitimate excuse. It is only recently that the Lowell High, La Habra, California, star has been able to work out. During the highly competitive southern California cross country season, Carr showed up with a fracture just above the ankle.

\* \* \* \* \*

Editor's note: Gary Wright is a junior at Glendale Hoover High School. He is track editor of the Los Angeles Examiner's Scholastic Sports Association and publisher of "Track and Field Digest", a bi-monthly. Wright, with nationwide correspondents, covers high school, collegiate, and open track. He features "Progress Reports" on famous athletes and "Digest Disclosures". A subscription, at \$3 per year, may be mailed to him at 325 Concord, Glendale, California.

Another southern California prep, Steve Roulac, a senior at San Marino, publishes "Pacific Coast Distance Running Report", a monthly. It includes "features by athletes and coaches on theoretical, technical and scientific subjects". Subscription \$2, from 1066 Kewen Drive, San Marino, Calif.

Let's hear from other outstanding fans, as well as athletes.

15--March 8, 1963



# Prep Hodge-Podge

## EARLY OUTDOOR MARKS FROM SOUTHERN CALIFORNIA

100-	House, Muir	9.6	HJ-	Mason, El Monte	6'3 $\frac{1}{2}$ "
	Clifton, Muir	9.7n		Chidester, Downey	6'1 $\frac{1}{2}$ "
	Stanton, Pomona	9.8	PV-	Henrix, Downey	13'
	Soper, Ganesha	9.8		Huntington, Downey	13'
220-	House, Muir	20.9		Brown, Pomona	13'
	Soper, Ganesha	21.3		Heffner, Pomona	13'
	Elam, Centennial	21.7		Fortner, Hoover	13'
	Stanton, Pomona	21.7	BJ-	House, Muir	23'9"
440-	McGowan, Centennial	50.0		Vaughn, Muir	23'9"
880-	Fendia, Warren	1:56.0	SP-	Thurman, Western	57'4"
	Arnett, Pasadena	1:58.5	880 R-	Centennial	1:29.5
Mile-	Anderson, Hoover	4:26.3		Muir	1:29.8
	Krotzer, Arroyo	4:28.6		Pasadena	1:31.6
HH-	Shy, Ganesha	14.2		Norwalk	1:31.8
	Foster, Centennial	14.8		Crespi	1:31.8
LH-	Shy, Ganesha	19.3		Downey	1:32.0
	Caminiti, Crespi	19.5	Spr. Med. R-	Charter Oak	3:31.2
	Foster, Centennial	19.5		Bell Gardens	3:33.8

LATE SOUTHERN CALIFORNIA marks include: 9.5, House; 21.0, House; 1:55.9, Daughtry, Glendale; 4:26.0, Tuckosh, Alhambra; 13'6", Petinger, Pasadena; 6'5", Carr, Muir; Long Beach Poly, 42.2, 440R and 1:29.3, 880R.

OTHER LATE MARKS include: 14.4 and 19.1 in the hurdles by Roger Mann of Shreveport Fair Park, and 13'6" by Mark King of Midland, Texas.

## EXPLORING THE RECORD BOOK

The old-timers sure hated to see this season's two-miling so well done. Way back in 1920, Harry Helm (Lafayette, Buffalo, NY) ran a dazzling 9:35.4 to win the National Junior AAU at Buffalo on Feb. 20th, topped it with 9:34.6 on March 13th in copping the National Senior AAU in New York City.

We have an all-time indoor chart (5 names only) in preparation, and Helm had 4th and 5th when we commenced. Now we mourn his departure, since it took half of the indoor season 43 years later to get that kid out of there.

— Hugh Gardner

## JIM McDERMOTT, ATHLETE OF THE YEAR ... SO FAR

Jim McDermott of Archbishop Molloy HS, Jamaica, New York, is the top athlete of the year, to date. The 17-year-old, 5'10", 135-pound senior broke the indoor 2-mile record twice this season. He clocked 9:29.8, then won the Nationals in 9:23.5. He also won mile races from the 2d and 3d-place winners in the Nationals. McDermott's best mile was 4:23.7.

Last year, as a junior, McDermott's best mile was 4:27.6 and he ran a 9:37.1 2-mile. As a 15-year-old sophomore he ran 4:42.1 and 10:23.5. He started at 14, running a 4:52.3 mile.

Last year, McDermott won the City mile, the Catholic 2-mile, and the Eastern States and Catholic cross country championships. He likes the mile best, and hopes to better 4 minutes someday. His goals for this year are a 4:09.8 mile and a 9:10.3 2-mile.

He trains 11 months a year, 5 days a week, plus competition. In the summer, he does much middle distance running. In the fall, he does over-distance work. In the competitive seasons, winter and spring, he runs middle distances with occasional speed work and overdistance running.

McDermott plans to major in English and work in sales and public relations. He will receive a full scholarship, having received an incentive award in Regents Scholarship competition. His hobby is dancing. He regrets most the fact that he played basketball the first two years of high school. His largest ambition, at present, is to make the 1968 Olympic team. He has been helped by John Camien and by his track coach, Francis X. Rienzo.

16--March 8, 1963

# Letters from Our Readers

by Phil Mulkey

(Phil Mulkey, 1960 Olympian and one of the highest scoring decathlon men of all time, is director of physical education at the Birmingham University School.)

I was pleased to see in the December TRACK & FIELD NEWS that Mr. Fran Errota took such a big step in inspiring the young high school hopefuls in the decathlon. Just as in distance running, the decathlon takes many years work. Just as in distance running, the decathlon is reaching a higher level all the time and demanding more and more of the competitors. No longer can an athlete reach world class with good, solid, mediocre performances. (Take a look at the performances of past champions. Some good events, some great events in their decathlon, but plenty of sub-par events, too.) It's going to take some inspirational leadership to create the enthusiasm. Some of our up and coming high school athletes that have four or five top-notch events are going to have to go above specialization and concentration on a single event and bear down in them all. The level is going to demand it.

I'd like to take a little space to tell you about the physical education program we are offering. My job is to establish a program to have our boys in fine physical condition and skilled in many sports upon entrance into college. We carry all the programs of the Alabama State P.E. Department, National AAU, and President's Fitness, plus the special abilities offered by our individual instructors, and a heavy smattering of track and field events (which we consider basic to all sports), particularly heavy on the running. Our 500-yard track completely encircles our playground and is slightly uphill-downhill. Everyday, five days a week, alternating 1, 2, 3, 4, & 5 laps. At first, it was very hard for the boys and it took much inspirational leadership on the part of the instructors. At this time the boys are in such marvelous condition that they strive daily to break their own personal records, the grade records, and school records. They strive to make all-time grade lists, all-time school list, etc. You can never tell from one day to the next who will win at any particular race, so close is the competition within the ranks.

This condition is attested to by the fact that ten of these boys, with no previous cross-country experience and absolutely no extra training, went to the Alabama State Cross-Country Championships at Montgomery on December 14th and won the junior hi title by one point. The first trials for the team began with all boys in the school, who, during gym class could break 10:00 on the 5-lap run (2500 yds.). 59 boys made it. The following day these boys ran a mile in an effort to check and measure their ability to run a faster pace for a shorter distance. The object: break 6:00 for the mile. 31 made it. The 31 gathered the next day to qualify for the team. The top ten would make the trip. The pace was slow and tactical over the two miles and the winner ran only 11:39. The State Meet, however, was a different story. We all had no idea that these small boys from such a small private school had such a capacity.

(Earl Wright, a Holtville senior, won the championship in 10:59.5. Paul Elliot, a B.U.S. 9th-grader placed second after leading most of the way, and Jim Kyle of B.U.S., also a 9th-grader, placed 4th. Jim Barton, a 5th-grader, placed 20th in 12:47.) The boys will probably rank very high in your junior high school postal meet for the 2-mile team run. The total time for 5 men was 58:47. Your fourth-ranked team totaled 58:39.5. (The top five boys included two 9th-graders, one 8th, one 7th, and one 6th.) Certainly there is not a younger team entered.

Other marks of interest: 4th grade 660 = 2:06; 5th grade 880 = 2:50; 6th grade 220 = 25.8; 6th grade 440 = 60.5; 7th grade 100 = 10.7; 7th grade broad jump = 19'3"; 8th grade 440 = 57.2; 8th grade 880 = 2:14; 8th grade mile = 5:06; 9th grade mile = 4:54.

(Editor's note: We invite anyone with anything of interest to say to write us a letter for our "Letters From Our Readers" page.)

17--March 8, 1963



# Worldwide Track News

(The following is a round-up 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.)

## Vaulters Near 17 Feet

The pole vault and the race to 17 feet took most of the headlines during the indoor season. Since the indoor season started in December the vault record has been broken five times with an improvement in height of eight inches.

Don Meyers started the record breaking in December when he cleared 16'1 $\frac{1}{4}$ " in Chicago, a half inch over the old record set last year by John Uelses. That record was good for almost a month until Finland's Pentti Nikula, the outdoor record holder at 16'2 $\frac{1}{2}$ ", went 16'1 $\frac{3}{4}$ " on Jan. 19. Less than a week later Dave Tork raised the mark with a 16'2 $\frac{1}{4}$ " but that record lasted only 24 hours as Formosa's C.K. Yang did 16'3 $\frac{1}{4}$ ". But the most shocking mark of all came on Feb. 2 when Nikula hit 16'8 $\frac{3}{4}$ " in Finland.

Two Russians also claimed indoor records. Igor Ter-Ovanesyan, who holds the outdoor broad jump record, also picked up the indoor mark with a 26'10" leap at the Millrose Games. "Ter", who had lost to American broad jumpers eight straight times, reversed the trend on his American tour by winning all four of his meets, including three wins over Ralph Boston. High jumper Valeriy Brumel improved his indoor board track mark to 7'4" at the New York A.C. meet. However, he has cleared 7'4 $\frac{3}{8}$ " from a dirt track indoors.

At the same New York A.C. meet Jim Beatty lowered his indoor mile record to 3:58.6 as Tom O'Hara was a close second in 3:59.2. Beatty also won the National AAU title in 3:59.0. Bob Hayes, the 9.2 sprinter, set an indoor 70-yard dash record of 6.9 at Louisville while Herb Carper tied the indoor 60-yard dash record of 6.0 for the fifth time at the Los Angeles Times meet. Earl Young shattered the 500-yard dash standard with a 55.5 time at Louisville, well under the old mark of 56.4 set by Charley Jenkins in 1956. Texas Southern and Georgetown both claimed relay marks at Louisville. Texas Southern ran a fantastic 3:12.2 in the mile relay while Georgetown clocked 7:29.0 in the two-mile relay. The old marks were 3:14.4 and 7:30.8.

Although failing to set any records, Jack Yerman, Bill Crothers and Bruce Kidd have been supreme in their respective events. Yerman was unbeaten in the 440-600 distance and ran 1:09.4 at the AAU meet, the fastest an American has ever run indoors. Crothers was unbeatable at the 880-1000 yards races while Kidd, like Crothers a Canadian, was the top distance runner of the indoor season with bests of 8:39.0 and 13:34.6. Also unbeaten indoors has been Gary Gubner, New York University's huge junior, whose best of 64'7" this season just misses his indoor mark of 64'11 $\frac{3}{4}$ ".

## Hoyt Leaps Seven Feet

As is usual at this time of the year, teams from the Southwest and West Coast dominate the early results with the University of Southern California the top team. The Trojans Lew Hoyt became the sixth American to clear seven feet with a 7' $\frac{1}{2}$ " effort on Feb. 23. On the same day Bob Pierce, also of USC, ran a fast 14.0 in the high hurdles. The next week USC won seven events at the Long Beach Relays, four of them in the relays. Other outstanding early season marks have been the 15'10 $\frac{1}{2}$ " pole vault by UCLA's C.K. Yang, a national collegiate record, the 3:09.2 mile relay by Arizona State, the 7:29.0 two-mile relay by Occidental and the 249'6" javelin toss by Kregge Christenson of Utah.

18--March 8, 1963

# Randy Matson

James Randel "Randy" Matson of Pampa High School, 'way up in the Texas panhandle, is the best junior weight man and the greatest doubler of all time. Here are the best marks ever recorded for high school juniors:

Shot put		Discus	
64'7"	Randy Matson '62	188'6 $\frac{1}{2}$ "	Bob Stoecker '61
63'2 $\frac{1}{4}$ "	Dick Hart '60	186'6"	Randy Matson '62
62'2 $\frac{1}{4}$ "	Bruce Wilhelm '62	178'5 $\frac{1}{2}$ "	Karl Johnstone '58
61'11 $\frac{1}{4}$ "	Toby Belt '62	176'10"	Bob Morris '60

Possibly even more impressive is the fact that Matson already ranks 7th on the all-time list in his favorite event, the shot, and 5th of all-time in the discus. And he has a year to go!

Consider the fact that Matson has divided his time between track, football, and basketball (where he made the all-district team), and it begins to appear as if he is only getting started. He is 6'6" tall and "only" weighs 225, almost thin for a shot putter. Yet he put the 16-pounder 55 feet last year, a mark only Long and Gubner bettered in high school, as seniors. Matson was not 18 until March 5th.

Matson did more than produce two good marks in 1962. He set new records in both events in regional, district, and state meets. In the regional, he won with 62'8 $\frac{1}{4}$ " and 186'6". He took his state titles at 64'7" and 185'9 $\frac{1}{2}$ ", the best single-meet double in high school history.

Although Matson has not concentrated on track, he has been at it since he was 12, when he "started track to keep in shape for football". In the 8th grade, he put the 8-pound shot 55 feet and threw the junior high discus 148'. In the 9th grade he improved to 63' and 169', and he reached 49' with the 12-pound shot. His sophomore year started with 54' in the 12-pound and 150' in the high school discus, but then he broke his ankle and was out of competition until his great junior year, when good weather permitted lots of practice on his discus spin.

This year he again played football and basketball and has not practiced the discus. He said, "I have been throwing about once or twice a week before basketball practice in the gym, with an indoor shot."

"He is a great athlete," said his present coach, Norman Phillips. "He has a goal set at the national record."

Matson's coach until this year was Dwaine Lyon, a former weight man who started coaching at Pampa in 1954 but left last year to coach football at Palos Verdes High School in California. Lyon said:

"The amazing thing about Randy is the fact that he has never been able to enter into an extensive weight lifting program due to basketball. Last year we put him on the weights on Mondays and Tuesdays early in the season, then dropped it completely toward the end."

Questioned about Matson's mark of 55 feet with the 16-pound shot, coach Lyon answered, "I can assure you it wasn't any accident. He did it on Monday after we returned from the state meet in Austin. It was an exact measurement, as I measured it, and it was a legal throw. We never allowed Randy to work with the 16-pound shot during the season due to the timing involved in throwing the 12 and 16-pound shots."

Asked to make a statement about Matson's ability, Lyon said, "Randy is one of the finest potential young weight men of our time. He is dedicated especially to the shot and I think he will be to the disc also this year. He has good size, good speed, dedication, and desire, and all the essentials necessary to become a great weight man. Randy is one of the finest, most sincere, and most appreciative athletes I've ever been associated with."

Matson has not yet decided where he will go to college, but he intends to compete "as long as I can" and, most significant, says, "I plan to concentrate on track in college".

19--March 8, 1963



# A Crash Program for High School Runners

by Fred Wilt

(Fred Wilt, winner of ten national championships and a member of two Olympic teams, is author of "How They Train" and editor of TRACK TECHNIQUE.)

This training is designed for 15-18 year-old schoolboys who attend classes Monday through Friday weekly. By necessity, little consideration is given at this time to individual differences of athletes, and such important training factors as psychology, diet, athletic injuries, administrative efficiency in coaching, etc.

In suggesting this training, the assumption is made that the athletes are healthy, well-fed, vigorous, strong, disease and disability free, robust, and entirely normal 15-18 year-old lads.

When should training begin? Immediately. Don't miss a day. Ideally, runners should train the year round. World-class runners train twice daily in many instances. Even top-class high school athletes today frequently train twice daily.

Where should runners train? Wherever they can. On concrete and gravel roads during foul weather, golf course, woods, beaches, open fields, gymnasiums, and of course on the track when weather permits. When training in bad weather with strong wind, run on a road accurately marked at 110-yard intervals which extends in the same direction as the wind. Run the fast repetitions with (in the same direction as) the wind, and recover while returning against the wind to the starting point.

The runner needs flat soled warmup shoes (cheap light-weight low-cut tennis sneakers are highly sufficient), spike-shoes, athletic supporter, socks, shorts or trunks, shirt, sweat-pants with elastic around the ankles, and sweat shirt which can be pinned, buttoned, or zippered tightly high up around the neck. In cold weather a cap which pulls down over the ears and gloves (or socks) for the hands are necessary.

Ideally an athlete should train six full months before his first race. However, custom unfortunately does not follow such extensive preliminary conditioning for runners. Four weeks or less is usually available for preliminary conditioning prior to the first competition in the spring for schoolboys in this age group. Therefore, the training suggested will be made on that basis. In view of the limited four weeks preliminary conditioning period available, I regard these suggestions as a crash program of training.

What degree of conditioning may be expected from this 4 week crash training program? Dr. Woldemar Gerschler, famous German coach, is said to have carried out over 3,000 experiments with untrained individuals. Each of these were trained 21 days. As a result of these experiments it was determined that the heart volume can be increased one-fifth during these 21 days.

Jokl and associates (American Heart Journal, Vol. 54, No. 4, pages 556-560, October, 1957) trained a normal 40-year-old man for 30 days, 90 min. per day, on calisthenics, apparatus gymnastics, weight lifting, and swimming. In the beginning, the calisthenics had to be interrupted every 2 minutes to give the subject time to recapture his breath. On the high horizontal bar he could perform one pull-up. He lifted only 20 lbs., repeating the effort up to 10 times. He swam not more than 3 lengths in the standard-size pool. After 30 days training, he went through an uninterrupted sequence of calisthenic exercises of 10 minutes duration, did 8 pull-ups on the horizontal bar, and performed a number of movements on the parallel bars and the side horse which he was unable to do 4 weeks earlier, lifted 80 lbs. 20 times in succession, and swam 12 full lengths of the pool.

These routines are simple to the extreme, and much too dogmatic. There are many variations in workout programs, none of which are perfect for all athletes. So long as we have individual differences among athletes there will never be one perfect method of training for all. Most good athletes probably would have been equally successful under numerous different programs.

20--March 8, 1963

**Warmup.** Use the same warmup before racing or training. While fully clothed in sweat-clothes and flat-soled shoes, run one mile continuously in this way: First 440 in 3 min., 2d 440 in 2½ min., 3d 440 in 2 min. The 4th 440 should be 50 yds fast and 50 slow until the 440 is completed. Each fast 50 should be faster than the last, with the final 50 at full speed. Then take 10 min. for calisthenics and changing to spiked shoes before going directly into the workout. Prior to a race, lie down for 10 min. in a warm, dry place.

**Warmdown.** Jog one mile in 10 min. after each workout or race.

The following is a 4-week workout schedule for normal 15-18 year-old schoolboys training for the mile and half-mile. All of these workouts can be completed in 90 min. or less. Times are quoted hereafter for the purpose of illustration. Generally speaking, 110 yd. repetitions need not be timed.

## FIRST WEEK

Monday: 10 x 110 in 20 seconds each. Walk 110 after each.  
 Tuesday: 12 x 110 in 20 sec. Walk 110 after each.  
 Wednesday: 14 x 110 in 20 sec. Walk 110 after each.  
 Thursday: 16 x 110 in 20 sec. Walk 110 after each.  
 Friday: 20 x 100 in 20 sec. Walk 110 after each.  
 Saturday: Warmup. Run 2 miles in 15 min. or less. Walk 10 min.  
 5 x 150 yd. acceleration runs (jog 50, stride 50, sprint 50; walk 50).  
 Sunday: Rest or make-up day.

## SECOND WEEK

Monday: 20 x 110 in 20 sec. Jog & walk alternately for 110 after each.  
 Tuesday: 10 x 440 in 80 sec. Walk 3 min. after each.  
 Wednesday: 10 x 220 in 35 sec. Walk 220 in 3 min. or less after each.  
 Thursday: 10 x 440 in 80 sec. Walk 2 min. after each.  
 Friday: 25 x 110 in 20 sec. Walk & jog 110 after each.  
 Saturday: 2 miles in 15 min. or less. Walk 10 min. 10 x 150 acceleration.  
 Sunday: Rest or make-up day.

## THIRD WEEK

Monday: 30 x 110 in 18-20 sec. Walk and jog 110 after each.  
 Tuesday: 10 x 440 in 75. Walk 2 min. after each.  
 Wednesday: 10 x 220 in 32-34 sec. Walk & jog 220 in 3 min. or less.  
 Thursday: 6-10 x 660 in 2:00 each. Walk 220 in 3 min. after each.  
 Friday: 30 x 110 in 16-18 sec. Walk 110 after each.  
 Saturday: 2 miles in 15 min. or less. Walk 10 min. 15 x 150 acceleration.  
 Sunday: Rest or make-up day.

## FOURTH WEEK

Monday: Milers- 3 x 880 in 2:40. Walk 5 min. Both: finish with  
 Half-milers- 4 x 440 in 65. Walk 4 min. 10 x 150 acceleration.  
 Tuesday: Milers- 30-40 x 110 in 17-18. Walk & jog 110.  
 Half-milers: 20-30 x 110 in 16-17. Walk 110s.  
 Wednesday: Milers- 2 x 1320 in 4:00. Walk 10 min. Both: 10 x 150  
 Half-milers- 2 x 660 in 1:45-1:50. Walk 10 min. acceleration.  
 Thursday: Milers- 10 x 440 72-74. Walk 2 min. after each.  
 Half-milers- 6-10 x 220 in 30-32. Walk 220 after each.  
 Friday: Milers- Mile in 5:20-5:30. Walk 10 min. Both: 20 x 150  
 Half-milers- 880 in 2:20-2:25. Walk 10 min. accelerations.  
 Saturday: 2 miles in 15 min. or less. Walk 10 min. 20 x 150 acceleration.  
 Sunday: Rest or make-up day.

The athlete who runs both the 880 and mile in competition should use the miler's workouts. I suggest that the athlete do not rest the day prior to competition in the early part of the season. Prior to major competition, two days rest is often in order, depending upon the individual.

## Early season training with races Tuesday and Friday.

Monday: Milers- 10 x 440, each 2 sec. faster than mile racing pace (Ex.: 73 sec. for the 5:00 mile.) Walk & jog 2 min. after each.  
 Half-milers- 6-8 x 220 at racing pace or 1 sec. faster. Walk & jog 2 min.  
 Wednesday: Milers- 30-40 x 110 in 16-17. Jog & walk 110 after each.

(continued on next page)

21--March 8, 1963



Half-milers- 20-30 x 110 in 14-16. Jog & walk 110s.  
 Thursday: Repeat Monday's training.  
 Saturday: 2 miles cross-country. Walk 10 min. 10 x 150 accelerations.  
 Sunday: Rest.

#### Late competitive season training

Monday: Milers- 10 x 440 in 2-3 sec. faster than racing pace. Walk & jog 2 min. after each. 6-10 x 150 acceleration runs.  
 Half-milers- 10 x 220 in 1-2 sec. faster than racing pace. Walk & jog 2 min. after each. Walk 10 min. 6-10 x 150 accelerations.  
 Tuesday: Milers- 15 x 220 in 3-4 sec. slower than top 220 speed. W & J 220.  
 Half-milers- 10-15 x 110 sprints from starting position. Walk 110  
 Wednesday: Milers- 2-4 x 880 at racing pace. Walk 5 min. after each.  
 Half-milers- 3-4 x 440 in 2 sec. faster than racing pace. Walk 2 min. after each.  
 Thursday: Rest. Friday: Race.  
 Saturday: 2-3 miles in 6-7 min. per mile. Walk 10 min. 10 x 150 accel.  
 Sunday: Rest.

It is emphasized that adapting training to individual differences of athletes is one of the coach's primary duties. By necessity this involves good judgement. Some athletes will be unable to cope with this intensity and volume of work, while others may well thrive on considerably more. Furthermore, there are almost as many training plans and workout programs as there are runners and coaches. Better to fit the training to the athlete than the athlete to the training.

Training volume. The total training volume in general for each workout may be two or three times the actual racing distance, exclusive of recovery or slow running. The half-miler may consider 16-24 x 110, 8-12 x 220, 4-6 x 440, 3-4 x 660, and 2 x 3/4 mile. The miler may consider 32-48 x 110, 8-12 x 440, 4-6 x 880, and 3-4 x 3/4 mile.

Training speeds. After the athlete is in reasonably good condition, the 110 and 220 yd repetitions can be near full speed; certainly considerably faster than racing speed for the half-miler and the miler. The 440 repetitions should be 1-3 seconds faster than average racing speed. The 880 repetitions should be from racing speed to 2 seconds slower than racing speed. The 3/4 mile repetitions should be 3-5 seconds slower than average, up to 80 sec. per 440.

If twice-daily training is attempted, I suggest the morning workout be merely 2-3 miles of continuous track or cross-country running at about 7 min. per mile pace. Evening workouts may continue similar to those suggested.

The criterion by which to determine whether the training is too severe is accurate observation of recovery from one workout to the next. There must be full recovery from one workout to the next. This again demands good judgement on the part of the coach.

How does one train when injuries, weather, studies, employment, personal inclinations, facilities, etc., prevent training specifically when and in the manner preferred? The answer is simple. Train as best you can. Swim, weight-train, run up and down bleachers in the gym, run in place on a thick rubber mat, or engage in any form of training available. But do not give up, fail to train, and waste valuable and all too limited time. Any training is better than none at all.

Time-trials. I oppose time-trials for psychological reasons. Most athletes submit to the indignity of time-trials only to bolster the confidence of the coach. If an athlete runs a fast time-trial, why leave it on the training track? If he runs a poor time-trial, it has a devastating psychological effect on his confidence.

(To be continued next issue. In further installments, Fred Wilt discusses weight training for runners, pulse rate, racing tactics, physiology, Fartlek, running form, etc. This installment, however, is sufficient to start the new or unknowing runners on a crash program for this season.)

22--March 8, 1963

# Don Parkhurst

Don Parkhurst of Baytown is a candidate for top sprinter of 1963. Texas state champion and 100-yard record holder (9.4w) as a 16-year-old junior, he anchored two second-place relay teams to lead Lee High School to the state championship.

"Parkhurst has a great future in track," said his coach, Beverly Rockhold. "A boy like this is probably a once-in-a-lifetime occurrence."

Parkhurst started racing in the 4th grade and he has been successful ever since. He ran 10.8 as a 12-year-old, 10.5 at 13, and 10.1 at 14, only one-tenth slower than the age-group record. His 9.7 at 15 is also only one-tenth behind the record, and last year he tied the 16-year-old record of 9.6. He ran only one early-season 220 last year (21.8) because of his relay chores, but as a sophomore he ran 20.8 behind John McMillian's windy 20.7. The 15-year-old record is 20.9.

Parkhurst, blue-eyed and blond, is 5'8½" tall and weighs 155 pounds. He will not be 18 until August 27. He likes "most types of sports such as fishing and water skiing". Coach Rockhold says, "Don is a very intelligent boy and makes very good grades. He learns quickly and retains all that he learns." He wants to study engineering, "but I have made no decision as to which college I would like to attend." His coach pays him the supreme compliment: "Don is active in all school work, clubs, etc. He is a very fine young man. I believe that if I had a son, I would like him cut from Don's pattern."

Asked about his racing start, Parkhurst said, "I have a fairly fast start." Coach Rockhold said, "Parkhurst has very fine reaction and consequently has one of the fastest starts I have ever seen."

Parkhurst is a workhorse. Last year he ran the 100 and anchored the 440 and mile relay teams. He said, "Most of my mile relay legs ranged from 48.1 to 48.8." (He also ran 6.3 in an indoor 60.) His coach said, "He is capable of a tremendous amount of work. He makes all his workouts look easy and observers that do not know him think that he loafers."

Rockhold had this to say about Parkhurst's future: "Last year, he was running 9.9 in March, 9.7 and 9.6 in April, and a 9.4 in the state meet at Austin. The 9.4 was made with gusts of wind up to 7 miles per hour. If he has no injuries and conditions are right, he will probably do as well in the state meet this year. Don may come around a little faster this year because I do not intend to work him on the 440. He can run the 440 in 48 now but I believe the 440 may take some spring out of his legs. This year he will work only on the 100, 220, and 440 relay."

Asked about his goal in track, Parkhurst answered, "To win the Texas state title again." Beyond 1963 he wants to "be a member of the 1964 and 1968 Olympic teams."



23--March 8, 1963



# Prep Panorama

by Fran Errota

A publication with the magnitude and scope of HIGH SCHOOL TRACK is now a reality requiring more effort on our part and the cooperation of those who are most closely connected with the sport.

No task is possible without the cooperation of all concerned and our first column leads off with a direct appeal to you subscribers and devotees of prep track who can supply us with marks and the many interesting items that make track and field such a great sport.

We welcome more correspondents, particularly in the southeastern part of the country, in Puerto Rico, and in New England. We have had contributors in those areas, but occasionally a duplication of effort will unearth marks that may have escaped the notice of others.

Along with the marks, we welcome the name of the meet (dual, triangular, invitational, etc.), date and site, whether winning or non-winning effort, and in the case of sprints, hurdles and broad jump, please list the wind reading. If no guage was used, that should be noted.

We have established a set of standards with which to start the season and we will welcome all marks which approach these standards.

100	9.7	HJ	6'4"
220	21.4 21.8t	BJ	23'
440	49.0	PV	13'
880	1:56	TJ	44'
Mile	4:24	SP	58'
2-mile	9:45	DT	160'
HH	14.4	JT	185'
LH	19.3 19.8t	Hammer	140'

## Relays

440	43.0	4-mile	18:45
880	1:29	Spr. Med.	3:37
Mile	3:22.0	Dist. Med.	10:50
2-mile	8:05	8-man Mile	3:05

Along with these marks, weather factors, etc., any other particulars about the athletes will be welcome. His age, height, weight, class, or other bits of background which so often are of interest to readers in another part of the country.

Our crystal ball this time of year is always foggier than at any other time and through all the haze at present we see six national high school marks falling under the flying spikes and muscle of a talented 1963 crop.

The two we feel as most certain to fall are the javelin throw and two-mile, and along with these we anticipate new records in the mile, high jump, pole vault and the 4-mile relay.

Giving us the feeling of certainty in the javelin is numbers -- four returnees who threw the spear at least 217' as juniors. Actually, we expect all four to surpass the 225'6½" set in 1959 by Glenn Winningham of Grants Pass, Oregon.

Taking aim on the spear standard are Bill Norman (Orange, NJ), Ed Bennett (Hanover Park, NJ), Del McNabb (Lake Charles, La.), and Bob Grove (Roosevelt, Portland, Ore.) We think Norman will throw the farthest, not because his 222' was the best last season, but because of his physical qualities which make us believe he is farther from his potential than the others. Norman stands 6'6" and weighs almost 250 pounds. Also, Norman will have the benefit of good competition from Bennett right in his own back yard. Bennett threw 219'3", McNabb 217'9½", and Grove 217'.

The mile and 2-mile marks could go to the same person and our choice would be Wendell Cox (Hillsboro, Ore.). Cox, off his junior class best of 9:21.6, is our choice to lower the 9:16.2 2-mile mark set by Doug Brown (Red

24--March 8, 1963

Lodge, Mont.) last year, and we also figure him as one of many who could lower the mile standard of 4:08.7.

Dennis Carr (Lowell, Whittier, Calif.), set the mile record last year and he's back to try to lower it, but because of a leg injury we are not placing the California state champ on the spot. He is not scheduled to compete until mid-season and it is not certain if he'll be able to regain his former form.

Should Carr be hampered by the injury, there will be plenty of talent to keep Cox from loafing. One of the best should be Tracy Smith (Arcadia, Calif.) whose cross country efforts indicate he's 4:05 potential, and then there is Lou Scott (Eastern, Detroit, Mich.) whose 4:13.2 is the fastest ever by a Negro on the high school level.

The high jump boasts many possibles, but we will boil it down to two -- Bob Channel (McLane, Fresno, Calif.) and Del Benjamin (LaSalle Academy, Long Island, NY). We'll give the nod to Channel whose 6'8½" best doesn't leave him far to go to reach co-record holders Walt Mangham (New Castle, Pa.) and Dick Jones (Bakersfield, Calif.). Mangham did 6'9½" in 1956, Jones last year.

The glass pole should help at least two competitors over Jim Brewer's (North, Phoenix, Ariz.) 15' record and we look for Dave Jefferies (Abilene, Tex.) to become the new record holder if Marc Savage (Claremont, Calif.) doesn't jump into orbit.

Both boys showed promise last year with Jefferies the only one of nine 14-footers returning. Savage had a best of 13'9½". Jefferies was a half-inch over 14' and he did it in the state meet which indicates he isn't bothered by pressure.

Relay marks are the most difficult to predict and it wouldn't surprise us to see more than the one we've predicted to fall by the wayside.

South Salem, Oregon, with a team composed of Jim Price, Bob McAlpine, Terry Thompson and Roger Monnette should crack the 17:49.9 set by Hillsdale of San Mateo, Calif., last year. Kim Perkins gives the team a strong alternate or a regular should one of the others falter a bit.

There are a number of other records in danger of falling but for various reasons we think they'll stand up for another season.

One of these is the 100-yard-dash where Don Parkhurst (Lee, Baytown, Texas) is a threat off a wind-aided 9.4 last year and where a flock of other hopefuls have a chance. This event requires too many near-perfect conditions to meet record approval. In Parkhurst's case it is doubly tough because of wind factors in Texas and also a busy schedule in which he'll run on Lee's famed 440 relay team, plus many qualifying heats.

Another Texan, Randy Matson of Pampa, could crush national marks in the shot and discus but unless he concentrates on one it appears doubtful he'll get either.

Unlike many seasons the coming outdoor campaign has many possibilities in the battle for "Athlete-of-the-Year" laurels. It is tough to choose from among the above potential record-breakers and many other fine athletes. After much deep thought we narrowed the list to Wendell Cox, Randy Matson, and Tommie Smith (Lemoore, Calif.).

After more careful consideration we came up with Cox, but by no great margin over Smith who in turn rated just a shade over Matson.

We may be proven wrong, but we predict Cox will be hailed as the finest distance runner in prep history when the 1963 campaign is history. We dislike putting anyone on the spot but look for at least a 1:52.5 in the 880, a 4:06 in the mile and a 9:05 or better for two miles.

Smith is a phenomenal athlete who could give the tiny school of Lemoore a championship where as few as 11 points have won the California crown. It wouldn't surprise us to see Smith clock 9.5, 46.8 and jump 24'8". He'll probably take occasional runs at the 220 where he should crack 21.0.

Matson also boasts tremendous potential because of his physical qualities. He should threaten both national marks with a 68' heave in the shot and between 190' and 193' in the discus.

25--March 8, 1963



# Wendell Cox

Probably no high school record is as certain to fall this year as Doug Brown's 2-mile mark of 9:16.2, and the runner most likely to do it is Wendell Cox of Hillsboro, Oregon.

Cox broke the national record for high school juniors last year with a clocking of 9:21.6, but that is not all. He ran 9:19.1 in practice, and his coach, Elden Kellar, said last summer, "I think he can run 9:05".

Cox himself, a tall (6'1"), slim (145 pounds) 18-year-old (on December 14th), expects to run 9:05 this year, as well as reaching his other goals of 4:14, 1:53.5, and 49.5. He may be underestimating his mile ability, because a 49.5 and 9:05 man should run under 4:10.

He was an excellent miler in 1962, as well as a competent half-miler, though overshadowed by Dave Deubner. Cox won his Metro League mile and 880 within 40 minutes and broke both records in 4:19.7 and 1:55.7, his biggest thrill of the season. In the state meet he ran 4:17.6 and 1:55.0, but he lost both races to Deubner. He ran another mile under 4:20, setting a record 4:19.6 in the Oregon AAU. His biggest disappointment was a 4:22.1 for third.

Cox says, "I think I am better at the longer distances", and his record proves it. He has won the Metro League cross country championship three years, and the state championship last fall. About his fast 2-miles he said, "With competition I think the times could have been better."

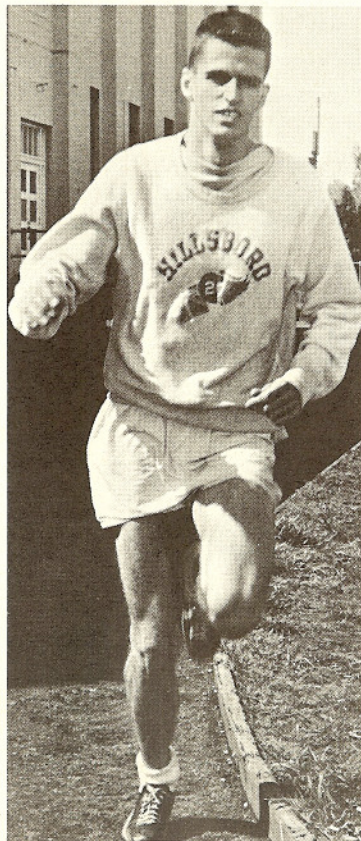
Cox showed his natural endurance from the start. He entered high school intending to be a basketball player, and he went out for cross country to condition himself. As a 15-year-old freshman he ran 2:09.7 and 4:39.8, and Hillsboro lost one basketball player. As a sophomore, Cox ran 1:58.8 and 4:23.4, plus a 9:43.8 paced 2-mile. In mid-season, Oregon State coach Sam Bell predicted Cox would better Dyrol Burleson's high school mark.

Hillsboro coach Elden Kellar had this to say about his prize pupil: "I think his pace judgement is the best I have known for a lad his age, and we spend hours working on it. He reminds me a lot of Mal Whitfield, refusing to lose his

form at the finish of a race."

Cox, who plans to be a lawyer, names reading as his only hobby, "especially geography, economics, and politics". College coaches will be interested to know that he said, "It is too early to say where I will attend college with certainty." Asked about his personal ambition, his answer was, "to participate in the 1968 Olympic Games". Other than that he says, "I love to run, and will run as long as I love it."

Wendell Cox has the three attributes necessary for top performances: great natural ability, intelligent coaching, and a strong desire to succeed. He is a runner to watch in 1963.



26--March 8, 1963

## Meet the Coach: Elden Kellar

Elden Kellar, coach of Wendell Cox at Hillsboro, Oregon, says: "I grew up in the plains of South Dakota where there was lots of room to run. The family did not have a car so I ran wherever I went." Kellar won the state 440 as a junior and the 880 as a senior and went on to letter four years at South Dakota State, losing only one 440 race.

After graduation in 1950, Kellar went to Iowa U. for graduate study. His Masters thesis, "The Relationship of Body Strength and Ability to High Jump", was completed in 1953, predating the weight training of high jumpers.

After coaching four years at Madison (So. Dak.), Kellar went to Rainier, Oregon, turning out many high jumpers of championship quality. He devised special work for a promising javelin thrower and produced Les Tipton, who threw 238'4½" last year as a sophomore at Oregon.

Kellar went to Hillsboro in the fall of 1959 and found a freshman basketball player named Cox on his cross-country team. He also produced a state-record high jumper, Don Angevine.

Kellar lives with five other track nuts (wife, two sons, two daughters) in a house across from the track, where he can watch a meet from his front window, as he did last spring when he was confined to bed for one meet.

His future?: "I want to go into college coaching if the opportunity ever presents itself."

## What's the Answer?

- In 1962, Jim Beatty ran a mile in 3:56.3 and 2-mile in 8:29.8. As a high school miler, what was his fastest time?  
a. 4:16      b. 4:21      c. 4:26      d. 4:31
- Hodges Broussard ran 9.5 and 20.8 as a high school sophomore. What were the fastest times of his career?  
a. 9.5 & 20.8      b. 9.4 & 20.7      c. 9.4 & 20.6      d. 9.4 & 20.5
- Ralph Boston is well known as the first man to broad jump 27 feet. How far did he jump in his third year of competition at the age of 17?  
a. 22'7"      b. 23'1"      c. 23'7"      d. 24'1"
- Tom Carroll was a fantastic high school half-miler, earning an overseas trip and running 1:49.2 for 800 meters. What was his fastest time ever?  
a. 1:49.2      b. 1:48.7      c. 1:48.2      d. 1:47.7
- Don Bragg, highest steel-pole vaulter of all time, at 15'9¼", was in his third year of competition when he was 17. How high did he vault?  
a. 11'9"      b. 12'3"      c. 12'9"      d. 13'3"
- Leamon King ran 20.5 in high school. What was his best ever?  
a. 20.5      b. 20.4      c. 20.3      d. 20.2
- What was the fastest 16-year-old time for Dyrol Burleson?  
a. 4:18.6      b. 4:23.6      c. 4:28.6      d. 4:33.6
- Jerry White ran 46.7 in high school. What was his best ever?  
a. 46.7      b. 46.5      c. 46.3      d. 46.1
- What was Charley Dumas' best jump at the age of 16?  
a. 6'2"      b. 6'3"      c. 6'4"      d. 6'5"
- What is the moral of this quiz?  
a. A good high school mark does not guaranty your future in track.  
b. A mediocre high school record is no reason for quitting.  
c. One reason track is interesting is because it is unpredictable.  
d. Don't be discouraged; keep trying.

### ANSWERS:

1. d 2. a 3. a 4. a 5. a 6. a 7. d 8. a 9. a 10. Any answer you chose for number 10 is correct, for all four answers are correct. It is a fact that several years of effort will move you past almost all of those ahead of you on the high school list. Give it some thought.

27--March 8, 1963



# Letter From Chicago

by Hal Higdon

(Hal Higdon, free-lance writer and artist and one of the leading long distance runners in America, is also track coach at Chicago's Mt. Carmel High School.)

The City schools around here usually run in the hallways, which are sometimes wide enough to permit three sprinters to line up abreast. Hurdlers run entirely against time, and quite often some girl comes walking out of a classroom door just as the team's star hurdler comes over the last hurdle and into her, knocking books and hurdler all over the floor. A few of the schools have 20-to-a-mile banked tracks, but most run their distance events in the halls, too, cutting 90-degree corners.

Instead of the broad jump they have the standing triple jump. The pole vault usually is an impossibility. The high jump is usually onto mats just like at Madison Square Garden. The shot is leather-covered and also thrown onto mats, although sometimes it misses, to the consternation of the athletic director.

The Catholic schools usually are not as active indoors as the public schools mainly because their schools are smaller and thus the corridors aren't big enough to permit competition. For example, at Mt. Carmel I can squeeze in only two hurdles before you run into a door. We have a flat track of about 100 yards in length above the gym, but often it is half clogged with bleachers for the basketball games, cutting the running room to only one lane. The basketball team pre-empts the gym so I don't have room to set up any of the field events for practice. I have most of my better distance runners running outdoors — even in zero weather and in drifting snow — because you can't build up enough volume on the little track without building blisters or tearing muscles.

Still, most of the kids don't mind, since they've rarely run in better facilities. About once a week the University of Chicago holds open house and we can get ten of our men in to practice. This helps, but often the newcomers on your team get neglected and you find you no longer have them by the time outdoors season runs around. This reason alone would explain why California would dominate the high school track statistics. Usually the spring weather is fine for running, but by then you're having one and two meets a week in order to meet everyone. School is out at the end of May, just when the fine weather is coming and your men are getting in shape. What we miss is the one or two months of pre-season running for training purposes alone.

Yet, since things are relative, our 10-flat hundreds are just as hotly contested as your 9.6 hundreds. For some reason the Catholic League in Chicago has developed more than its share of good distance runners. Tom Sullivan and Tom O'Hara are the two most recent examples. Jim Murphy, who ran 4:17.5 last year and is now a frosh at the Air Force Academy is another. The two top distance runners in the league this season are George Sajewcz of St. Ignatius (O'Hara's old school and a traditional power) and Bill Hoffman of Mt. Carmel. George beat Bill by 100 yards in an early season dual meet in cross country, but Bill reversed the decision in the League championship meet, winning by a similar margin. Bill should be down around 4:20 by June and I don't suppose he'll be alone. He is a junior and potentially he should be at his best at the longer distances when he gets in college.

In contrast, the City league seems to develop more sprinters, perhaps largely because of Chicago's Negro population which predominate in city schools. Wendell Phillips is a traditional power in Chicago. Two famous alums are Ira Murchison and Jim Golliday. Also in the area are some fine Gary track schools, like Roosevelt, and the suburban area around Chicago. Some of the best track running in the country is done in this league, although it isn't always reflected in the times. The brightest star in the suburbs now is state cross country champ Chuck Schulz who last year ran 15:04.4 for three miles as a sophomore in a summer meet.

28--March 8, 1963

# Bart Barto

Robert Joseph Barto is a senior at Mercer Island High School, in Lake Washington on the eastern side of Seattle. His goal for the year is to run a half-mile under 1:50.

Is Bart Barto a dreamer? Absolutely not! He ran 1:53.1 as a junior to equal Tom Sullivan's all-time junior record. Sullivan went on to clock 1:50.6 in his senior year even though he ran the mile in the biggest meets.



Born in Long Beach, California, the son of a coast champion cross-country skier, Barto started racing in 1960, placing second in his league junior high 660. In his sophomore year he ran cross-country, then set a district record 1:58.0 but suffered his worst disappointment in failing to place in the state meet. In 1962 he won his second league title in a record 1:56.1 and had his most thrilling victory by winning the state championship in a startling 1:53.1. Last fall he won the U. of Washington Invitational cross-country for schools under 1700. (Mercer Island has about 650 students.)

A six-foot, 154-pound, blue-eyed blond, Barto was 18 in December. He fishes and hunts, skis on snow and water, dabbles with model railroading, and is interested in math and "some sciences". It is his ambition "to live a wonderful life".

Barto is coached by Mel Light, an athlete at University of Puget Sound and coach of the Northern Area Command track team while serving in Germany. Let's listen to Mel Light talk about Barto:

"I believe Bart's potential will be limited only by his desire. If he maintains the interest and desire he has shown to this point I believe he can be one of America's great distance runners. He is without doubt the greatest competitive runner I have ever seen! This

is his greatest asset and also his greatest handicap for the success he desires. Bart was lucky last year to have a very fine half miler to run against in our state meet. He needs this to bring out his best.

"Bart is a come-from-behind runner with a great second lap. He does not have the quickness to jump a runner off the last corner and win in a rush. He starts a long drive from the beginning of the back stretch which is really more a matter of maintaining his pace than accelerating, but he has an amazing ability to call upon the energy needed for an all-out effort. I really believe he is a natural miler, but he doesn't like this distance yet. He runs his best race when he doesn't have to run the first quarter too fast. In the state meet last year his first quarter was 56.2 and the second 56.9. I believe he could have and would have run the second quarter faster if he had not caught the leader as soon as he did.

"As a general principle we run long and slow. We use various intervals for convenience, but we do a lot of road running ... close to ten miles during each training period — frequently up to twenty if on the roads — this includes recovery running. We frequently fall short of this distance, however. We vary from 30-50 yards at full speed to repeat 3-miles in 18-21 minutes.

"So far this year Bart's work capacity has been greater than at any time in the past. I hope this bodes well for the coming season."

Perhaps we'll have to wait for the Golden West Invitational.

29--March 8, 1963



# All Time Greats: Dallas Long

by Hugh Gardner

Shot specialist Dallas Long has been the greatest schoolboy of the past 50 years. This 1958 graduate of Phoenix North in Arizona, now world record holder with the 16#, achieved more than anybody since Ted Meredith won an Olympic title and two world records at Stockholm on July 8th, 1912.

Fascinatingly, the coach, Vern Wolfe, who started Long on his way from a 42' toss with the 12# while a high school freshman, became the USC coach shortly after the Arizona sensation graduated from there. Wolfe put this rugged newcomer onto a weight lifting routine when a 14-year-old frosh.

Progressing rapidly, Long's soph season was productive of a still unbroken Age-15 record of 56'8 $\frac{1}{4}$ ". Bill Nieder's top mark at that age was 54'11". Long was also closing in on Parry O'Brien, who at 17 had done 57'9 $\frac{1}{2}$ ".

A month before his 1957 junior season commenced, Dallas did 59'6" in a workout. On March 4th, he did 61'5" for an all-time Junior record, ranked fourth in the nation that season as well as eighth of all time. Of the "all timers" ahead of him, only Dave Davis has gone on to international fame. Now his schoolboy effort was nearly four feet beyond O'Brien's best, close to a foot beyond Nieder's, nearly three feet ahead of the best Silvester did in high school. Long still had another year to go, and the happy Coach Wolfe told in late summer that his boy's lifting had improved from standing presses with 190 to 240, that his form tosses were ranging from 62 to 64 feet. Wolfe predicted a 66-70 range for 1958 with the 12#, 56-60 with the 16#.

This rugged all-state tackle then gave up football. For conditioning, he also ran the 50 in 6.1, the 100 in 11-flat. He also worked with the discus, was an insurance risk to others with it although when he got one in the right direction he was very good, with 185 feet in practice, 179'6" in competition, to tie for fourth best ever done to that time.

However, the shot was his event all the way. He did 69'3" to outclass Henry Korn, who otherwise would have been the shot king of history. Long was nearly 3 $\frac{1}{2}$  feet better, and Korn himself was nearly two feet better than anybody else to that time. Five years later, nobody has caught up with the New Yorker, let alone Dallas Long. Last season, a 16-year-old Texan named Toby Belt broke the Long Age-16 record by doing 61'11 $\frac{1}{4}$ ", and 1960 found Pennsylvanian Dick Hart taking over the Junior record which last season was upped to 64'7" by a 6'6" Texas giant named Randy Matson.

Long was equally at ease with the 12 and the 16, while most boys find it very much of a problem to make those changes. His season of 1958 found him repeatedly changing back and forth. When the schoolboy season finished, he made the U.S. team for the meet with Russia and also toured Europe with the 16-pounder with the fantastic result that he was ranked second in the world with it, and third of history.

At 17, he made marks with the 16 which Nieder did not better before he was 23 ... O'Brien before age 24 ... Silvester 23 ... Gubner before 19.

First, here are his marks with the heavy shot, which brought him his greatest fame: 61'1 $\frac{1}{2}$ " at Compton, 60'5" at the national AAU, 60'2 $\frac{1}{2}$ " vs Greece, 59'11 $\frac{1}{2}$ " in California Relays, 59'8 $\frac{1}{2}$ " vs Hungary, 58'4 3/4" vs Poland, 58'4" exhibition at Occidental Relays, 58'3 3/4" vs Russia, 58'2" in a New York AAU meet, each topping Gary Gubner's 1960 best (in high school) of 56'9 $\frac{1}{2}$ ".

With the 12, he had the following: 69'3" Luke-Greenway Invitational, 67'2" Arizona Relays, 66'11 $\frac{1}{4}$ " Central AA, 66'7 $\frac{1}{2}$ " exhibition at Oxy Banquet, 66'1 $\frac{1}{2}$ " Southern Counties at Huntington Beach, 66'1 $\frac{1}{2}$ " National Record Relays, 65'9" State, 65'7 $\frac{1}{2}$ " City, 65'5 $\frac{1}{2}$ " Glendale Invitational, 65'5" vs Phoenix West.

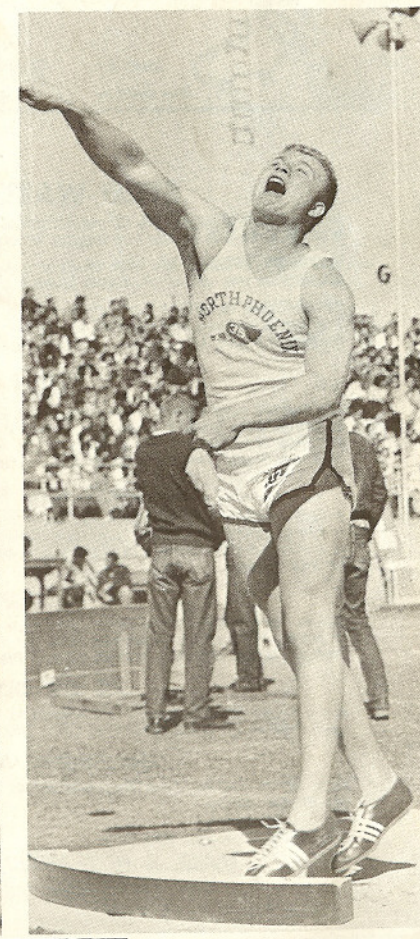
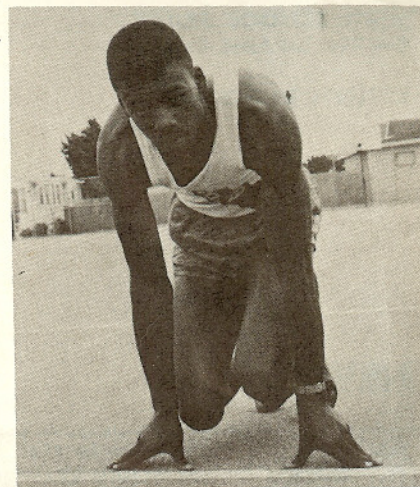
The foregoing has been the record of the fabulous youngster who four years later rules the International roost with a world record 65'10 $\frac{1}{2}$ ". His best should be ahead of him. Nieder's 65'10" was at 27, O'Brien's 63'5" at 28. Long's top competitor is Gary Gubner, who did 64'11" at 19 as compared with 64'6 $\frac{1}{2}$ " by Long at the same age. (Photo on opposite page)

30--March 8, 1963

BOB CAMPBELL (below) (Central, Vestal, NY) jumped 6'4 $\frac{1}{4}$ " in 1962 for an all-time freshman record. He broke the record of 6'3 $\frac{3}{4}$ " held by Del Benjamin (LaSalle Academy, NY).

JERRY WILLIAMS (right) (Berkeley, Calif.) ran 100 yards in 9.5 in 1962 to tie the all-time record for high school juniors.

DALLAS LONG (lower right) is an all-time great. See story on page 30.



31--March 8, 1963

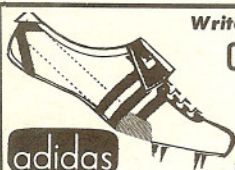


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