

**ADVANCE INFORMATION - SPAL TRACK CHAMPIONSHIPS  
Plato Yanicks - Meet Director**

**TRIALS: Friday May 12. 2:00 PM Sequoia H.S.**

**FINALS: Saturday, May 13. 7:00 "B" Pole Vault  
7:30 Field Events & B&C 2 mile  
8:00 regular order of running events**

**LAST YEAR'S DEFENDING TEAM CHAMPIONS:**

<b>V</b>	<b>B</b>	<b>C</b>
Gunn	Sequoia	Sequoia

**1967 SPAL TEAM TITLE CONTENDERS:**

<b>V</b>	<b>B</b>	<b>C</b>
Palo Alto	Carlmont	San Carlos
Sequoia	MA	MA
Ravenswood	Woodside	Ravenswood

*CAT*

**Individual Defending Champions: (with their 1966 championship mark)**

**Long Jump; Sledge (Rav) 21'10½. Johnson 22'9 and Sledge 22'6 are 1967 favorites**  
**Pole Vault: Weed (Gunn) 13'6. Weed has gone 14'½ this season**  
**180 LH: Evers (Cubb) 19.3 Evers has gone 19.3 twice this season.**  
**2 Mile: Hunter (Gunn) 9:37.6 Hunter went 9:21.0 this Fall. Chris Carey has a best of 9:35.**

**VARSITY MEET RECORDS THAT ARE IN DANGER OF FALLING:**

**120 HH Gaskill (Carl) 14.8 1961. Evers of Cubb, and Portman of Sequoia have gone 14.9**  
**2 Mile: 9:37.6 Hunter (Gunn). Hunter and Carey should provide one of the most thrilling races of the afternoon.**  
**Discus: 169'3½ Grimm (Carl) 1964. Landes has beaten both Penrose and Welsh in head-to-head competition this season and also has the best mark...174'7 One of the greatest discus fields in the history of the league.**

**Pole Vault: 14'1½ White (Carl) Weed of Gunn has cleared 14'½ this season.**

**SPAL TEAM CHAMPIONS SINCE THE LEAGUE'S ORGANIZATION IN 1958:**

<b>YEAR</b>	<b>VARSITY</b>	<b>B'S</b>	<b>C'S</b>
1958	Menlo Atherton	Menlo Atherton	San Jose
1959	Menlo Atherton	Sequoia	Ravenswood
1960	Menlo Atherton	Cubberly	Woodside
1961	Cubberly	Carlmont	Woodside - Menlo Atherton
1962	Carlmont	Ravenswood	Woodside
1963	Carlmont	Carlmont	San Carlos - Cubberly
1964	Carlmont	San Carlos	Sequoia
1965	Cubberly	San Carlos	Sequoia
1966	Gunn	Sequoia	Sequoia
1967	?	?	?

**PS: Carlmont will move many of their varsity men down to the B division, so that they can qualify into the CCS finals. This will affect the varsity results, as well as possibly taking the B crown away from MA. MA (s) Base are undefeated in dual meet competition and won the District meet handily.**