

Virginia State Track & Field Championships

April 28, 1969

at University of Richmond
Richmond, VirginiaShot Put

1. Al Sinesky, U. Va., 50'10 3/4"
2. Ben Sedwick, V.P.I., 48'2 3/4"
3. Roger Eitelman, W&M, 47'1"
4. John Griffin, V.M.I., 47'1"
5. Bob Murray, Old Dominion, 45'6 3/4"

Long Jump

1. Mike Harvey, U. Va., 22'4"
2. Jerry Gaines, V.P.I., 21'10 1/4"
3. Wilton Staples, V.P.I., 21'8"
4. Tom Duffey, W&M, 21'7 1/4"
5. James Shannon, U. Va., 21'7"

High Jump

1. Mike Near, W&L, 6'7 1/2" (Record)
2. Aubrey Proctor, Norfolk State, 6'6"
3. Will Carroll, V.P.I., 6'4"
4. Bruce Dallas, W&M, 6'4"
4. Terry Wright, Old Dominion, 6'4")TIE

440 Relay

1. Norfolk State (Harris, Thomas, Rogers, Boyd) 41.6 (Record)
2. V.P.I., 42.5
3. William & Mary, 42.7
4. V.M.I., 42.9
5. Virginia State, 43.4

1 Mile

1. Juris Luzins, W&M, 4:11.7
2. George Davis, W&M, 4:15.2
3. Howell Michael, W&M, 4:18.1
4. Cleveland Johnson, Virginia Union, 4:22.9
5. Barry Shifflett, V.P.I., 4:23.8

120 Yd. High Hurdles

1. Doug Griffith, W&M, 14.4
2. Chris Nicholson, V.P.I., 14.4
3. Mark Decot, W&M, 14.5
4. Carl Wood, Richmond, 14.5
5. Gerry Gaines, V.P.I., 14.6

440 Yd. Dash

1. George Gibbs, Norfolk State, 48.6
2. Tom Johnson, V.P.I., 49.6
3. William Findler, W&M, 49.8
4. Joseph Noel, Virginia Union, 49.9
5. Dwight Briggs, Norfolk State, 50.2

100 Yd. Dash

1. Coleman Thomas, Norfolk State, 9.7
2. John Hutcherson, V.P.I., 9.8
3. Orville Harris, Norfolk State, 10.0
4. Tom Griffin, W&M, 10.1
5. Robert Boyd, Norfolk State, 10.4

880 Yd. Dash

1. Juris Luzins, W&M, 1:52.9
2. Thomas James, Norfolk State, 1:55.4
3. Frank Davis, Virginia Union, 1:56.6
4. Sigurd Lee, V.P.I., 1:57.4
5. Ted Wood, W&M, 1:59.6

440 Yd. Hurdles

1. Carl Wood, Richmond, 53.1
2. Dave Watson, W&M, 54.0
3. Roy Austin, Virginia State, 54.6
4. Michael Demers, Virginia Union, 57.0
5. Joe Bryan, Randolph Macon, 59.4

Triple Jump

1. Mike Harvey, U. Va., 46'2"
2. Wilton Staples, V.P.I., 45'7 1/2"
3. Conrad Tamea, W&M, 45'7"
4. Jerry Gaines, V.P.I., 45'3 1/4"
5. Chris Schlotthober, Roanoke, 44'5 1/2"

220 Yd. Dash

1. John Hutcherson, V.P.I., 21.2
2. Doug Griffith, W&M, 21.2
3. Billy Holloway, Ferrum, 21.3
4. Tom Griffin, W&M, 21.6
5. Bob Wheeler, V.P.I., 21.7

2 Mile Run

1. George Davis, W&M, 9:17.9
2. Joe Painter, V.P.I., 9:21.4
3. Howell Michael, W&M, 9:27.5
4. Ric Katz, U. Va., 9:29.9
5. Jim McDuffie, W&M, 9:33.6

Javelin

1. Antony Hall, Norfolk State, 217'2 1/2" (Record)
2. Mike Wilkes, U. Va., 197'4"
3. Gordon Williams, V.M.I., 195'2 1/2"
4. Ken Fisher, Richmond, 186'
5. Steven Waters, V.M.I., 185'4 1/2"

Discus

1. Woody Woolfolk, Randolph Macon, 159'
2. Ben Sedwick, V.P.I., 149'10"
3. Mike Wilkes, U. Va., 140'7"
4. Tom Loizzi, V.M.I., 137'
5. D. B. Deaton, W&M, 130'1"

Mile Relay

1. William and Mary (Luzins, Findler, Wood, Watson) 3:18.7
2. Virginia Union, 3:19.2
3. Norfolk State, 3:19.5
4. Virginia State, 3:19.6
5. V.P.I., 3:22.6

Pole Vault

1. Dan Henneberg, W&M, 15'3/4"
2. Hank Smith, V.P.I., 14'6"
3. Charles Holleman, Norfolk State, 14'6"
4. Gordon Williams, V.M.I., 14'6"
5. Charles Strode, W&M, 14'0"

TEAM TOTALS

1. William and Mary	79½
2. Virginia Tech	60
3. Norfolk State	43
4. Virginia	28
5. Virginia Union	13
6. V.M.I.	12
7. Richmond	10
8. Randolph-Macon	7
Washington & Lee	7
10. Virginia State	6
11. Ferrum	3
12. Old Dominion	2½
13. Roanoke	1
14. Christopher Newport	0
Virginia Commonwealth	0