

TRACK

Top reported prep track and field efforts in the Central Coast Section this season:

100 — Al Marshall (Santa Cruz) 9.7w; Guy Freeman (Saratoga), Mike Wesson (Overfelt) and Dave Pike (Lick) 9.8; Jeff Fowler (Cupertino) 9.8w.

220—Al Marshall (Santa Cruz) 21.9w; Sal Meza (San Jose) and Kevin Bailey (Salinas) 22.0; John Kessel (Avalon) 22.2; Jim Andrew (Los Altos), Jeff Fowler (Cupertino) and Mike Wesson (Overfelt) 22.3.

440—Larry Orlando (Branham) and Benny Borwn (Sunnyvale) 49.7; Dattola (Aragon) and Rich Brown (Los Altos) 49.4; John Kessel (Avalon) 49.8.

880 — Joe Montoya (St. Ignatius) 1:55.9; Rich Brown (Los Altos) 1:56.0w; John Hanes (Homestead) 1:56.7; Kirk Maness (Salinas) 1:58.7; Greg Coleman (Palo Alto) 1:58.6.

MILE—Eugenio Amaya (Burlingame) 4:13.8; Chris Carey (Carlmont) 4:17.2; Greg Coleman (Palo Alto) 4:17.5; Jack Christiansen (Homestead) 4:20.8; Fred Doubleday (Seaside) 4:23.1.

2-MILE—Eugenio Amaya (Burlingame) 9:11.0; Chris Carey (Carlmont) 9:18.5; Jack Larson (Fremont) 9:27.8; Eddie Silva (Watsonville) 9:33.0; Bruce Runcie (Del Mar) 9:33.2.

120-HIGH HURDLES — Ashland Whitfield (South San Francisco) 14.0w; Chip Hough (Saratoga) 14.4; Larry Petralia (Fremont) 14.5; Keith Peters (Gunn) 14.7; John LaGasse (Cupertino) and Eddie Martin (Ayer) 14.8; Mark Didingser (Saratoga) 14.8w.

180 LOW HURDLES — Larry Petralia (Fremont) 19.2; Ashland Whitfield (South San Francisco) 19.2w; Chip Hough (Saratoga) 19.5; Lynn Swann (Serra) 19.6; Jim Lassiter (Monterey) and Richard Tawney (Mt. Pleasant) 19.3.

440 RELAY — Santa Cruz 43.2; Sequoia 43.5; Monterey 43.8; Menlo-Atherton 43.9; Saratoga and Willow Glen 44.0.

MILE RELAY — Los Altos 3:24.6; Westmont 3:25.8; Saratoga 3:26.4; Homestead 3:27.0; Lynbrook 3:27.3.

HIGH JUMP — Fred Oden (Lincoln) and Howard Landman (Blackford) 6.4; Carl Goecker (Camden), Tom Anderson (Gunn) and Joe Wyrick (Mt. Pleasant) 6.3.

LONG JUMP — Alonzo Emery (San Mateo) 23.7; Jim Buser (Leigh) 23.1¾; Lynn Swann (Serra) 23-1¼; Harry Freeman (Santa Clara) 23-0; Eddie Martin (Ayer) 22-9½.

TRIPLE JUMP — Harry Freeman (Santa Clara) 50-7¾; Chris Moulton (Hill) 47.7; Steve Arkley (Los Altos) 47.4; Rick Miller (Leigh) 46-1½; Bruce Denardo (Avalon) and Rd Uley (Cupertino) 45-10½.

POLE VAULT — Russ Royal (Fremont) and Doug Updike (Carmel) 15-0; Jim Lydon (San Mateo) 14-9; Eric Reich (Carlmont) 14-4¼; San Albanese (King City) 14-1½.

SHOT PUT — Chris Adams (Los Altos)

60-4; Bob Kampa (Gilroy) 56-9½; Brian Himan (Leigh) 56-4½; Dave Follett (Branham) 56-4; Barry Himan (Leigh) 56-1½.

DISCUS — Tom Britwhistle (Gunn) 125-4; Chris Adams (Los Altos) and Mike Davis (Hillsdale) 185-1; Mark Douglas (Sequoia) 181-1; Scott Covey (Homestead) 177-7½.

The following are the top reported prep track and field efforts to date in the Central Coast Section:

100—Al Marshall (Santa Cruz) 9.7w; Jeff Fowler (Cupertino), Mike Wesson (Overfelt), Dave Pike (Lick), Guy Freeman (Saratoga) and Alonzo Emery (San Mateo) 9.8.

220—Al Marshall (Santa Cruz) 21.8; Sal Meza (San Jose) and Kevin Bailey (Salinas) 22.0; John Kessel (Avalon), Jim ANDREW (Los Altos) and Jeff Fowler (Cupertino) 22.2.

440—Benny Brown (Sunnyvale) 48.8; Rick Brown (Los Altos) 48.9; Phil Dattola (Aragon) 49.0; Larry Orlando (Branham) 49.1; Peters (Hillsdale), Raymond (Crestmoor) and John Kessel (Avalon) 49.8.

880—Dave Robertson (San Mateo) 1:55.6; Ric Brown (Los Altos) and Joe MONTOYA (St. Ignatius) 1:55.9; John Hanes (Homestead) 1:56.7; Dirk Maness (Salinas) 1:56.9.

MILE—Eugenio Amaya (Burlingame) 4:13.8; Chris Carey (Carlmont) 4:17.2; Greg Coleman (Palo Alto) 4:17.5; Jack Christiansen (Homestead) 4:20.8; Free Doubleday (Seaside) 4:21.0.

2-MILE—Eugenio Amaya (Burlingame) 9:11.0; Chris Carey (Carlmont) 9:18.5; Jack Larson (Fremont) 9:21.1; Steve Sofos (Burlingame) 9:22.2; Finch (Mills) 9:24.8.

120-HIGH HURDLES — Ashland Whitfield (South San Francisco) 14.0s; Chip Hough (Saratoga) 14.3; Keith Peters (Gunn) 14.4; Jim Petralia (Fremont) 14.5; Eddie Martin (Ayer) 14.7.

180 LOW HURDLES — Jim Petralia (Fremont) 19.2; Ashland Whitfield (South San Francisco) 19.2w; Chip Hough (Saratoga) 19.4; Keith Peters (Gunn) and Carl Braboy (Riordan) 19.5.

440-RELAY — Santa Cruz 42.6; Hillsdale 42.7; Monterey 42.9; Sequoia 43.0; Menlo-Atherton 43.1.

MILE RELAY — Los Altos 3:20.4; Crestmoor 3:23.8; South San Francisco 3:24.8; Lynbrook 3:25.0; Sequoia 3:25.4.

HIGH JUMP — Vince Repetto (Capuchino) 6-5; Tom Anderson (Gunn) 6-3n; Howard Landman (Blackford) and Fred Oden (Lincoln) 6-4; Carl Goecker (Camden), Joe Wyrick (Mt. Pleasant) and Calvin Swann (San Mateo) 6-3.

LONG JUMP — Alonzo Emery (San Mateo) 23-7; Harry Freeman (Santa Clara) 23-5; Jim Buser (Leigh) 23-1¾; Lynn Swann (Serra) 23-1¼; Eddie Martin (Ayer) 22-11.

TRIPLE JUMP — Harry Freeman (Santa Clara) 50-7¾; Rod Uley (Cupertino) 47-11; Chris Moulton (Hill) 47-7; Steve Arkley (Los Altos) 47.4; Rick Miller (Leigh) 46-4½.

POLE VAULT — Jim Lydon (San Mateo) 15-2; Sam Albanese (King City) 15-1½; Russ Royal (Fremont) and Doug Updike (Carmel) 15-0; Eric Reich (Carlmont) 14-4½.

SHOT PUT — Chris Adams (Los Altos) Dave Follett (Branham) 57-2; 60-4; Tom Mitchell (Santa Cruz) 57-1; Bob Kampa (Gilroy) 56-9½; Ken Chappell (Watsonville) 56-8½.

DISCUS — Tom Britwhistle (Gunn) 125-4; Mike Davis (Hillsdale) 185-7; Chris Adams (Los Altos) 185-1; Mark Douglas (Sequoia) 181-1; Scott Covey (Homestead) 177-7½.