

SPAL Action:

Drop Lightweight Track, Swim

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Exponent sports were virtually eliminated from the South Peninsula Athletic League Monday when track and swimming dropped weight classifications.

The two sports will switch from varsity, Class B and Class C divisions next year to varsity and frosh-soph.

However, swimming coaches received the approval of the SPAL Board of Managers (principals) Monday to keep a classification open for the small swimmers who would be left out by the switch to frosh-soph.

In other action at Monday's Board meeting at Sequoia, a

n o n-contact spring football program was approved, SPAL baseball champion Gunn was allowed to schedule a practice game before the Central Coast Section Tournament and a baseball request to junk the frosh-soph set-up in favor of a varsity, junior varsity and frosh program was denied.

By dropping the exponent system, which classifies an athlete by height, weight and age and allows him to compete with other students his size, the track and swimming coaches brought the SPAL program in line with that of the Central Coast Section.

Most leagues in the CCS have already adopted this frosh-soph track and swim-

ming set-ups and CCS competition next year will be held on the frosh-soph level, not Class B, along with varsity.

Last year the SPAL incorporated frosh-soph basketball with B basketball, and now C and D basketball, played in the fall, are the only exponent leagues left.

In approving the spring football program, the Board set up strict ground rules for the practice, which had been illegal the past few years — but held anyway.

The spring practice is limited to 10 school days, can not involve any contact or pads, and must be held after the close of all regularly scheduled league spring sports.

The intention of the Board was to allow the two-week practice, but not to interfere with any football player's participation in a spring sport.

It will be up to the athletic director at each school to enforce the rules of the spring practice.

SPAL baseball champion Gunn was invited by Marin County League champion Novato to play a practice game Saturday night in San Rafael. Both teams desired the game since their regular league competition has already ended, but Section tournament play does not start until May 30.

In requesting the switch from frosh-soph to junior var-

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city baseball, the baseball coaches pointed out that most other leagues in the CCS have the JV system.

However, since no sectional competition is held in JV baseball, the Board decided to stay with the frosh-soph program.

In other action the Board:

Approved pay raises for officials in most sports;

Denied a request by frosh-soph football coaches for four officials a game, one more than present;

Approved an athletic director committee's proposal to penalize a team two championship points (equivalent of one victory) for an infraction of the SPAL constitution where the penalty is not stated in the constitution;

Outlawed weekend practices when school equipment is used, whether a coach is present or not;

Approved changing the maximum length of practices in all sports from one hour, 45 minutes, to two hours, 15 minutes;

Approved tentative schedules for next year's SPAL sports.