

Swinford's Third Win A Record ^{5/30}

Senior John Swinford set a school record while dominating the Menlo-Atherton High track decathlon competition for the third consecutive year this week.

Swinford totalled 4,231 points for the 10 track events to better the old M-A record of 4,057½ by Earl Downing in 1966.

For Swinford it marked the third straight year he won the school-wide competition. He now holds the school record for all four grades.

On his way to victory, Swinford set decathlon records for the mile (4:48.9) and 120 high hurdles (16.0). The decathlon competition puts M-A trackmen in five events a day for two days.

Other decathlon individual events records were set this year by Ken Murphy with a 39-11 triple jump and Rick Diederichsen with a 13-0½ pole vault.

Sophomore Dan Mueb set second overall with 3,202 points to lead his class, while Rob Shibata led the juniors with 2,720 and John Stone the freshmen with 1,812.



PREP ^{6/3} PROBE

by Paul Savoia

Swinford: a Rare Breed

Menlo-Atherton's John Swinford is a rare breed. In an era that encourages specialization, Swinford has fought it. In track, individual goals have been placed above team goals, but Swinford hasn't heard about the change.

Swinford is best described as a throwback. He's not a sprinter, or a hurdler, or a distance man, or a pole vaulter. He's a track man. He doesn't limit himself to several track and field events — he tries them all.

Rather than specialize in several events and attempt to become a consistent winner in them, Swinford competes wherever M-A track coach Plato Yanicks needs some points.

And, more amazing, Swinford gets the points. He set a school record this year by claiming 114 points in the 10 Bear dual meets, and added 13 more in each the Sequoia District and SPAL meets.

All this has caused Yanicks to say Swinford is "probably the best all-around trackster in M-A history."

At most schools, Swinford would receive little attention other than being a fine all-around member of the track team.

But Yanicks has developed a decathlon competition at M-A that plays right into Swinford's hands — it tests the all-around abilities of a trackman.

Swinford, of course, has eaten up this decathlon thing. He was class champion all four years and the last three years he was best in the school, no matter what grade.

He topped it off this year by compiling a school record 4,231 points for the 10-event competition.

A few times and distances lend weight to Swinford's all-around abilities: he has run, in competition, the 220 in 23.4, the 440 in 52.6, the 880 in 1:58.7, the mile in 4:48.9, the high hurdles in 15.6, the low hurdles in 20.6, the 330 intermediate hurdles in 41.0, he has tripled jumped 42-2¾, pole vaulted 10-6, long jumped 19-10 and high jumped 5-8.

Most of these marks would win a good share of high school dual meets — Swinford has done them all.

Swinford will take his multi-talents to College of San Mateo next year as he begins his education in an attempt to become — what else? — a track coach.