

THE 1970 ALL NORTHERN CALIFORNIA TRACK TEAM

Each year, the Northern California Track & Field Association sponsors the selection of an All Northern California Track & Field Honor Team.

The selection to the team is based primarily on performance in the state meet. Section place and best season mark is important, but secondary to state meet placing.

The 1970 team marks the fifth time that this Honor Team has been selected. The Central section which includes the Fresno - Bakersfield area is not represented on this team. Sections represented on this team include the Central Coast, North Coast, Northern, San Joaquin, Oakland, and San Francisco, sections.

EVENT	NAME	SCHOOL	BEST MARK	GRADE	PLACE STATE OR SECTION
100	Ralph Ligons	Pittsburgh	9.7	Senior	3d State
100	Chuck Bonmarito	Crestmoor	9.6w	Junior	5th State
220	Chuck Bonmarito	Crestmoor	21.5w	Junior	2nd State
220	Mike Britt	El Cerrito	21.8		4th State
440	Rick Brown	Los Altos	47.1	Senior	1st State
440	Jim Andrew	Los Altos	47.8	Senior	4th State
880	Rick Brown	Los Altos	1:50.6	Senior	1st State
	Nathan Burks	Castlemont	1:52.2		2nd State
Mile	Dave Chamness	Awalt	4:14.6	Junior	3d State
Mile	Wayne Smith	Mills	4:15.7	Senior	5th State
2 Mile	Tom Hale	Campolindo	9:08.0	Junior	1st Section
2 Mile	Howard Frank	Vanden	9:17.9	Senior	1st Section
120 HH:	Milton Turner	Castlemont	13.7	Senior	2nd State
120 HH:	Lee Busby	Pittsburgh	14.1	Senior	4th State
180 LH:	Milton Turner	Castlemont	18.3	Senior	1st State
180 LH:	Jared Butler	Pittsburgh	18.7w	Senior	1st Section
High Jump:	Mark Viera	De La Salle	6'7		3d State
High Jump:	Greg Redmond	Ygnacio Valley	6'8½	Senior	4th State
Long Jump:	Lynn Swann	Serra	24'2 3/4	Senior	1st State
Long Jump:	Darrell Foltcher	Edison (Stock)	23'8 3/4	Junior	5th State
Triple Jump:	Craig Conway	Cupertino	49'9½	Junior	1st Section
Triple Jump:	Rick Miller	Leigh	47'10½	Junior	2nd Section
Pole Vault:	Tom Lindsay	La Sierra	14'10½	Senior	1st State
Pole Vault:	Carl Goldstone	San Mateo	14'10	Senior	1st Section
Pole Vault:	Roger Martin	Camden	14'10	Senior	2nd Section
Shotput:	Chris Adams	Los Altos	62'9½	Senior	3d State
	Charles Montgomery	Castlemont	60'5	Senior	1st Section
Discus:	Chris Adams	Los Altos	201'3	Senior	1st State
Discus:	Steve Bowen	Sunnyvale	177'9	Senior	5th State
440 Relay:	El Cerrito	El Cerrito	41.2		2nd State
440 Relay:	Pittsburgh	Pittsburgh	41.5		3d State
Mile Relay:	Los Altos	Los Altos	3:15.6		1st State
	Oakland Tech	Oakland Tech	3:17.9		5th State

COACH OF THE YEAR: Leo Long (Los Altos)

Out Standing Athlete: Rick Brown (Los Altos)

# SPAL Spikers

## Miss Honors

The South Peninsula Athletic League was shut out on the 1970 All-Northern California High School track and field team released today.

The squad, picked by the NorCal Track and Field Association,

lists two preps in every event and is based on State Meet performances, Section meet efforts and seasonal best times.

Rick Brown of Los Altos High, who was the State champ in both the 440 and 880, and anchored the State champion Knights' winning mile relay team, was named Outstanding Athlete on the team.

Los Altos' Leo Long was picked Coach of the Year.

Serra High's Lynn Swann, the State Meet long jump champion, made the team in his specialty.

### The complete team:

100 — Ralph Ligons, Pittsburg, 9.7; x-Chuck Bommarito, Crestmoor, 9.6w. 220 — x-Bommarito 21.5w; Mike Britf, El Cerrito, 21.8. 440 — Rick Brown, Los Altos, 47.1; Jim Andrew, Los Altos, 47.8. 880 — Brown 1:50.6; Nathan Burks, Castlemont, 1:52.2. Mile — x-Dave Chamness, Awalt, 4:14.6; Wayne Smith, Mills, 4:15.7. 2 mile — n-Tom Hale, Campolindo, 9:08.0; Howard Frank, Vanden, 9:17.9. 120 HH — Milton Turner, Castlemont, 13.7; Lee Busby, Pittsburg, 14.1. 180 LH — Turner 18.3; Jared Butler, Pittsburg, 18.7w. HJ — Mark Vierra, DeLaSalle, 6-7; Greg Redmond, Ignacio Valley, 6-8¼. LJ — Lynn Swann, Serra, 24-2¾; x-Darrell Fultcher, Edison (Stockton), 23-8¾. TJ — x-Craig Conway, Cupertino, 49-9½; x-Rick Miller, Leigh, 47-10½. PV — Tom Lindsay, LaSierra, 14-10½; Carl Goldstone, San Mateo, 14-10; Roger Martin, Camden, 14-10. SP — Chris Adams, Los Altos, 62-9¼; Charles Montgomery, Castlemont, 60-5. Dis — Adams, 201-3; Steve Bowen, Sunnyvale, 177-9. 440 relay — El Cerrito 41.2; Pittsburg 41.5. Mile relay — Los Altos 3:15.6; Oakland Tech 3:17.9.

**OUTSTANDING ATHLETE** — Rick Brown, Los Altos.

**COACH OF THE YEAR:** Leo Long, Los Altos.

.x-junior. w-wind aided.