

HIGH JUMP

1.	Bob Dillard	Mills	6'8"
2.	Ken Miller	Oceana	6'7"
3.	Bill Kleppe	Hillsdale	6'4"
4.	Silvester Prichett	S. Mateo	6'4"
5.	Doug Gaffin	Mills	6'2"
6.	Ron Walton	Hillsdale	6'2"

440 YARD dash

1.	RON KENNEDY	SERRAMONTE	48.8
2.	paul McCARTHY	ST. IGNATIUS	48.8
3.	BOB FOULKE	SAN MATEO	49.4
4.	TOM PAULIN	RIORDAN	49.5
5.	GRAY DAVIS	SAN MATEO	51.2
6.	BOB LUSTER	SO SAN FRAN.	52.0

TRIPLE JUMP

1.	Clay Bullwinkel	Mills	44'2 1/2"
2.	Mark Nicholas	Serramonte	44'0 3/4"
3.	Tom Gonja	St. Francis	43'6"
4.	Mark Banks	San Mateo	34'3 3/4"
5.	Mike Hayes	Riordan	43'0 1/2"
6.	Mike Jett	San Mateo	42'8 1/2"

100 YARD DASH

1.	ALVIN DAVIS	SERRAMONTE	10.3
2.	BOB FOULKE	SAN MATEO	10.4
3.	DAN MAGEE	ST. IGNATIUS	10.5
4.	KEN VASQUEZ	MILLS	10.6
5.	CHRIS DUBA	ST. FRANCIS	10.7
6.	HERMAN HENRY	SANMATEO	10.7

DISCUS THROW

1.	Craig Watkins	Mitty	168'11"
2.	Dan John	So. San Fran.	163'0"
3.	John Rossini	St. Francis	159'9"
4.	Greg Tafralis	Capuchino	155'4"
5.	Pete DeMartini	St. Ignatius	148'11"
6.	Brad Walters	Half Moon B.	149'7"

TWO MILE RUN

1.	CRAIG COREY	SAN MATEO	9:28.3
2.	BOB BARNETT	HILLSDALE	9:28.3
3.	Bob Nelson	Aragon	9:37.4
4.	PAUL NELLO	GRESHAM	9:42.0
5.	KEM MURRIDE	HALF MOON BAY	9:45.5
6.	DAN GREANEY	BELLARMINE	9:55.6

4 x 110 YARD RELAY

1.	SERRAMONTE	42.8
2.	ST. IGNATIUS	43.2
3.	RIORDAN	43.8
4.	HILLSDALE	44.5
5.	ST. FRANCIS	45.0
6.	SACRED HEART	45.0

SHOT PUT

1.	JOHN ROSSINI	ST. FRANCIS	60' 1/2"
2.	CRAIG WATKINS	MITTY	57' 9/16"
3.	MARK REYNOLD	HILLSDALE	53' 10 1/2"
4.	MIKE SMITH	SAN MATEO	53' 10 1/2"
5.	CHRIS LUCAS	ST FRANCIS	52' 11"
6.	CHUCK PARDINI	SACRED HEART	51' 7"

120 YARD MH

1.	RON KENNEDY	SERRAMONTE	14.6
2.	HICKS	SERRAMONTE	14.7
3.	BYRON HAWKINS	BURLINGAME	14.9
4.	TOM BOBERTZ	SERRAMONTE	15.0
5.	JOHN GOLDBERG	ST. IGNATIUS	16.0
6.	EMERSON LEWIS	SERRAMONTE	16.1

330 YARD LOW HURDLES

1.	TONY HICKS	SERRAMONTE	37.6
2.	BYRON HAWKINS	BURLINGAME	38.0
3.	BOB MARDIS	SAN MATEO	39.2
4.	JIM FITZHENRY	BELLARMINE	39.3
5.	RON HAYNES	RIORDAN	39.8
6.	JEFF JACKSON	SAN MATEO	40.0

680 YARD RUN

1.	STEVE VASQUEZ	MILLS	1:55.3
2.	DAN HANNIGER	MITTY	1:56.4
3.	DENNIS BURNS	ST. IGNATIUS	1:56.9
4.	BILL LA FORGE	OCEANA	1:57.3
5.	RICK PA SANISI	HILLSDALE	1:58.4
6.	ERIC BENSON	BURLINGAME	2:00.1

220 YARD DASH

1.	AVLIN DILES	SERRAMONTE	22.7
2.	DAN MAGEE	ST. IGNATIUS	22.8
3.	PAT WERRIX CROBY	ST. FRANCIS	22.9
4.	JIM PERRIS	ARAGON	23.3
5.	herman HENRY	SAN MATEO	23.5
6.	BILL RYAN	ST. IGNATIUS	23.5

LONG JUMP

1.	KEN VASQUEZ	MILLS	22'8 $\frac{3}{4}$ "
2.	GERALD BATTON	SERRAMONTE	21'11 $\frac{1}{2}$ "
3.	DAN YOUNG	HILLSDALE	21'8 $\frac{1}{2}$ "
4.	CLAY BULLWINKEL	MILLS	21'8 $\frac{1}{2}$ "
5.	MIKE HAYNES	RIORDAN	21'2 $\frac{1}{4}$ "
6.	JEFF SCRUGGS	ST. FRANCIS	20'4"

ONE MILE RUN

1.	GERRY HARNEET	SERRA	4:23.0
2.	BILL LA FORGE	OCEANA	4:25.3
3.	CRAIG COREY	SAN MATEO	4:27.2
4.	RON LOZA	MILLS	4:27.9
5.	DAN LAVELLE	ST. IGNATIUS	4:30.3
6.	TOMM MOORE	BURLINGAME	4:30.9

4 x 440 RELAY

1.	SAN MATEO	3:19.9
2.	SERRAMONTE	3:20.2
3.	ST. IGNATIUS	3:20.9
4.	ARAGON	3:28.6
5.	HILLSDALE	3:30.8
6.	BELLARMINI	3:30.8

POLE VAULT

1.	Kevin Stevenson	Aragon	14'0"
2.	Tom Lacey	Mills	13'6"
3.	Steve Hawkes	St Francis	13'6"
4.	Tom Lem Mon	Bellarmino	13'6"
5.	Bob Dillard	Mills	13'0"
6.	Mike Ouilhon	Serra	12'0"
6.	Bob Merrill	Mills	12'0"

CCS

REGION I

FINALS

High Jump

Triple Jp

DISCUS

Lx 110 Barb

125 HH

100

440

2 mile

Shot Put

330 LH

220

long jump

one mile

880

Lx 440 Barb

Pole Vault

TOTAL SCORE

SANMATEO	MILLS	HILLSDALE	CRESTMOR	CAPUCHINO	BURLINGAME	ARAGON	WESTMOR	TERRA NOVA	SO SAN FRAN.	SERRAMONTE	OCEANA	JEFFERSON	HALF MOON BAY	EL CAMINO	BELLARMINI	ST. FRANCIS	ST. IGNATIUS	MITTY	SACRED HEART	RIORDAN	SERRA
44	11	17																			
69	12	97								88	88					66	22	10			
9	21	7	44						88	88	88	1				62	22	10			
9	21	11	4						8	28	8					2	8	10	1	68	
5	21	11	4	96					5	21	5					14	10	10	1	68	
9	4	25	4	6					5	51	5					2	9	10			
26	25	11	4	6					16	61	8					2	26	10			
9	19	4	4	6	65				9	61	8	33				13		10			
4	35	4	4	5	67				4	61	8	3				17		8			
7	25	4	4	14	16				1	10	8	3				4		18			
2	25	4	4	10	10				9	10	8	3				4		15			
5	31	4	4	11	10				9	81	8	3				4		16			
4	42	4	4	15	10				5	34	16	3				4		16			
10	2	4	4	16	10				9	30	4	3				4		8			
5	31	4	4	11	10				9	89	8	3				4		32			
6	42	4	4	15	10				5	34	16	3				4		34			
10	2	4	4	16	10				9	30	4	3				4		35			
6	33	4	4	16	10				9	80	20	3				4		40			
6	33	4	4	16	14				9	87	20	3				15		46			
0	0	0	0	0	0				0	0	0	0				0		0			
61	35	4	4	10	14				9	97	20	3				5		46			

COS REGION I TRACK AND FIELD RECORDS

VARSITY

EVENT	RECORD HOLDER	SCHOOL	RECORD	YEAR
4 x 110 Yd R		Serramonte	42.8	1975
120 Yd HH	Ike Allmend	Serramonte	14.0	1973
880 Yd Run	Mike Kasser	St Francis	1:54.4	1974
100 Yd Dash	Mike Gill	Mitty	9.8	1972
440 Yd Dash	Ron Kennedy	Serramonte	48.8	1975
2 Mile Run	Ian Barnett	Mills	9:22.4	1973
330 Yd LH	Tony Hicks	Serramonte	37.6	1975
220 Yd Dash	Chuck Bommarito	Crestmoor	22.2	1970
1 Mile Run	Bill La Forge	Oceana	4:18.8	1974
4 x 440 Yd R		San Mateo	3:19.9	1975
Shot Put	John Rossini	St Francis	60'0 $\frac{1}{2}$ "	1975
Discus	Craig Watkins	Mitty	180'11"	1974
High Jump	Bob Dillard	Mills	6'8"	1975
Pole Vault	Jim Lydon	San Mateo	15'2"	1969
Long Jump	Lynn Swann	Serra	24'1 $\frac{1}{2}$ "	1970
Triple Jump	Alton Page	St Francis	45'8 $\frac{1}{2}$ "	1974

LONG JUMP

1.	Mel Garces	St Ignatius	19'4 ³ / ₄ "
2.	Dave Rider	Capuchino	19'3 ¹ / ₂ "
3.	Don Vidal	St Ignatius	19'3 ¹ / ₂ "
4.	Marty Donahoo	Burlingame	18'10"
5.	Nick Constantine	Serra	18'8 ³ / ₄ "
6.	Terry Gettle	Terra Nova	18'5"

POLE VAULT

1.	Dan Sullivan	Aragon	11'6"
2.	Dan Nielson	Capuchino	11'6"
3.	Dean Rafello	Half Moon B	11'6"
4.	Kick Koga	So San Fran	11'0"
4.	Rich Long	Oceana	11'6"
6.	Jim Hawkins	Mills	11'0"

SHOT PUT

1.	Bob Wiley	St Francis	56'1 ¹ / ₂ "
2.	Charles Perkins	San Mateo	53'5 ¹ / ₂ "
3.	Anthony Geranios	Aragon	52'8 ¹ / ₂ "
4.	Rick Tenerowitz	El Camino	49'11"
5.	Ed Thompson	Serra	49'8 ³ / ₄ "
6.	Ron Clarke	Mitty	49'8"

4x110 Relay

1.	St. Francis	45:4
2.	SO San Francisco	45:7
3.	Capuchino	45:8
4.	St. Ignatius	46:8
5.	Aragon	46:7
6.	Mills	46:9
3.	Oceana	45:8

70 yd H.H

1.	Harold Ros	Hillsdale	8:8
2.	Chris Williams	Crestmoor	9:2
3.	Steve Sykes	Hillsdale	9:5
4.	Tony Parra	Riordan	9:6
5.	G. Lewis	Serramonte	9:7
6.	Tim Brown	St. Francis	10:1

880 yd. Run

1.	Rick Escobar	Mills	2:02.0
2.	Neil Graber	Aragon	2:02.0
3.	Mike Heim	Oceana	2:02.6
4.	Brian Bandy	Hillsdale	2:03.0
5.	Mike Vernali	Mills	2:03.4
6.	Jack Foster	San Mateo	2:03.6

100 yd. Dash

1.	Rick Voss	St. Francis	10:4
2.	Marty Donahoo	Burlingame	10:8
3.	Ken Terrell	Serramonte	10:8
4.	John Constantine	Serramonte	10:8
5.	Kerns Herbert	Serramonte	10:8
6.	John Ottoboni	St. Ignatius	10:9
4.	Darryl Jones	Serramonte	10:8

440 yd. Dash

1.	Art Williard	SO San Francisco	52:0
2.	John Anati	Capuchino	52:5
3.	Bill Kramer	St. Francis	52:5
4.	John Ravelli	St. Ignatius	52:7
5.	Marty Myslinski	Mitty	53:7
6.	Pete Tid	Aragon	53:7

Discus

1.	Wade Buckingham	Capuchino	147' 5"
2.	Ron Clarke	Mitty	144' 7"
3.	Kern	El Camino	135' 10"
4.	Kevin Wincoop	Crestmoor	133' 8"
5.	Greg Schod	St. Francis	129' 9"
6.	Dan Grandon	Serra	128' 9"

Two Mile Run

1.	Steve Allara	Capuchino	9:52.0
* 2.	Chuck Arnold	Half Moon Bay	9:57.5
3.	Robert Flores	Bellarmino	10:00.3
4.	Ron Bewley	Capuchino	10:03.8
5.	Eric Saustor	Westmoor	10:16.1
6.	Joe Green	Aragon	10:16.7

Triple Jump

1.	Olav Rafoss	Mills	41' 2"
2.	Terry Gettle	Terra Nova	39' 6"
3.	Dave Rider	Capuchino	38' 9"
4.	Larry Metter	Hillsdale	38' 8"
5.	Paul Bakke	St. Francis	38' 7.2
6.	Jeff Johnson	Bellarmino	38' 7.2

330 yd. L.H.

1.	Harold Ros	Hillsdale	40:0
2.	Steve Sykes	Hillsdale	41:4
3.	John Parissenti	Bellarmino	42:3
4.	John Gomez	St. Francis	42:4
5.	Al Carpenetti	Terra Nova	42:7
6.	Bill Ribera	Oceana	42:8

*** SCHOOL RECORD**

220 yd. Dash

1. Ken Terrell	Serramonte	23:3
2. Asa Hilliard	SO S n Francisco	23:4
3. Rick Voss	St. Francis	23:5
4. Darryl Jones	Serramonte	23:7
5. Tom Harris	Oceana	24:1
6. Marty Donahoo	Burlingame	24:3

High Jump

1. Don Ackerland	San Mateo	6' 5"
2. Dave Kniffin	Serra	6' 4"
3. Bill Ribera	Oceana	6' 0"
4. Lou Tricerri	Riordan	5' 10"
5. Brian Young	Capuchino	5' 10"
6. Wilson	Altaloma	5' 8"
7. Forster, Doug	AMB	5' 8"

One Mile Run

1. Jeff Maxwell	Westmoor	4:27.5
2. Stan Ros:	Serra	4:28.2
3. Chuck Arnold	Half Moon Bay	4:39.2
4. Mike Vernalli	Mills	4:40.2
5. Steve Allara	Capuchino	4:42.2
6. Jeff Reynolds	St. Francis	4:44.1

4 x 440 Relay FINALS

1. Capuchino	3:35.0
2. Serramonte	3:35.1
3. Hillisdale	3:36.2
4. Aragon	3:36.8
5. Oceana	3:38.8
6. Mills	3:40.7

REGION 1 FINALS

SAN MATEO MILLS HILLSBALE CRESTMOOR CAPUCHINO BURLINGAME ARGON WESTMOOR TERRA NOVA SO SAN FRANCISCO SERRAMONTE OCEANA JEFFERSON HALF MOON EL CAMINO WESTBOROUGH ALPALOMA BELLARMINE ST. FRANCIS ST. IGNATIUS MITTY SACRED HEART RIODAN SERRA

Event	SAN MATEO	MILLS	HILLSBALE	CRESTMOOR	CAPUCHINO	BURLINGAME	ARGON	WESTMOOR	TERRA NOVA	SO SAN FRANCISCO	SERRAMONTE	OCEANA	JEFFERSON	HALF MOON	EL CAMINO	WESTBOROUGH	ALPALOMA	BELLARMINE	ST. FRANCIS	ST. IGNATIUS	MITTY	SACRED HEART	RIODAN	SERRA	
Shot Put	88	00	/	/	/	/	66	/	/	33	/	33	/	66	44	/	/	/	10	10	11	/	22	22	
Bole Vault	08	11	/	/	88	44	06	/	/	33	/	33	/	66	04	/	/	/	00	00	01	/	02	02	
Long Jump	08	01	/	/	216	44	/	/	11	/	/	/	/	/	/	/	/	/	/	/	/	/	/	22	22
4x110yd Relay	08	13	00	00	016	44	015	00	01	011	00	04	00	00	04	00	00	00	00	01	00	00	00	00	00
20yd H.H.	05	03	16	02	016	44	018	00	01	011	03	09	00	00	04	00	00	00	00	01	00	00	04	04	04
580yd Run	19	13	44	00	08	16	08	00	11	011	02	05	00	05	04	00	00	00	01	00	01	00	04	04	04
10yd Dash	09	14	00	08	016	05	026	00	11	011	08	08	00	06	04	00	00	00	00	00	03	00	04	04	04
40yd Dash	09	14	00	08	024	15	027	00	11	021	14	15	00	06	04	00	00	00	00	00	03	00	04	04	04
150yd Dash	09	14	00	04	024	18	027	00	11	021	14	15	00	06	04	00	00	00	00	00	03	00	04	04	04
1 Mile Run	09	14	00	08	016	05	026	00	11	011	08	08	00	06	04	00	00	00	00	00	03	00	04	04	04
1 Mile Jump	09	10	04	05	028	12	028	00	05	011	14	15	00	06	04	00	00	00	00	00	03	00	04	04	04
10yd H.H.	09	04	10	02	028	12	028	00	03	011	14	15	00	06	04	00	00	00	00	00	03	00	04	04	04
50yd Dash	05	04	02	08	024	12	028	00	05	011	14	15	00	06	04	00	00	00	00	00	03	00	04	04	04
9ft Jump	10	04	03	05	028	12	028	00	05	011	14	15	00	06	04	00	00	00	00	00	03	00	04	04	04
1 Mile Run	19	08	08	05	028	12	028	00	05	011	14	15	00	06	04	00	00	00	00	00	03	00	04	04	04
Final Score	19	09	48	13	68	13	33	15	11	09	36	06	00	00	10	00	01	13	58	55	11	00	08	01	01

1975 REGION 1 FINALS CSN COLLEGE MAY 23, 1975 FRIDAY

FRESH/SOPH DIVISION

10-8-6-4-2-1

CCS REGION I TRACK AND FIELD RECORDS

FROSH/SOPH

Event	Record Holder	School	Record	Year
4 x 110 Yd Relay		Aragon	45.0	1971
70 Yd H H	Harold Ross	Hillsdale	8.8	1975
880 Yd Run	Steve Vasquez	Mills	2:01.6	1973
100 Yd Dash	Espina	Westmoor	10.2	1972
440 Yd Dash	Asa Hilliard	So San Francisco	52.0	1975
2 Mile Run	Steve Allara	Capuchino	9:52.0	1975
330 Yd IH	Harold Ross	Hillsdale	40.0	1975
220 Yd Dash	Bob Hickok Ken Terrell	St Ignatius Serramonte	23.3 23.3	1970 1975
1 Mile Run	Jeff Maxwell	Westmoor	4:27.5	1975
4 x 440 Yd Relay		Aragon	3:33.3	1971
Shot Put	Bob Wiley	St Francis	56' 1 1/2"	1975
Discus	Dale Curry	San Mateo	147' 8"	1970
High Jump	Don Ackerland	San Mateo	6' 6"	1975
Pole Vault	Ryan Paton	San Mateo	13' 0"	1971
Long Jump	Steve Vasquez	Mills	22' 9"	1973
Triple Jump	Andy Gustafson	San Mateo	44' 2 3/4"	1973