

Bears win impressively

Clark blazes 14.1 HH



Frank Miller



Richard Clark, who hopes to win the state 120 high hurdles championship, got off to an incredible 14.1 start yesterday as Menlo-Atherton High won an unusually early nonleague track opener over visiting Campbell, 103-32.

Clark's time clipped three-tenths off his school record set while going unplaced in last year's state meet.

Clark also now ranks second in SPAL history to Palo Alto's Carl Florant, who ran 13.6 in 1973.

"It was the finest race I've seen him run," said an overwhelmed M-A coach Plato Yanicks. "He was great. I guess that's the best in the nation so far."

What with snow covering much of the nation, and most of California's teams still set to debut, that's not a bad bet.

Yanicks had predicted after



RICHARD CLARK
second best in history

Clark lost recently to Sequoia's Malcolm Dixon in an all-comers meet that Clark would work harder than ever.

M-A's other state meet vet, Paul Bates, also got off to a sensational start with a 23-0½ long jump. Bates, whose 23-5¾ leap placed him second in the Central Coast Section finals last year, had a hand in four wins. He also won the 440 in 51.0, the triple jump at 45-6 and anchored the mile relay team to victory.

The Bears, whom Yanicks feels will be the best team in M-A history, also got a strong sprint double by Art Nicholson, 10.3 and 23.3. Junior Craig Awbrey turned in a strong 51-5½ shot put, and Regan Avery took the discus in 148-2. Gary Thurston won the mile in 4:40.7.

MENLO-ATHERTON 103, CAMPBELL 32

Winners and M-A placers: 440 R—M-A (A Nicholson, T. Nicholson, Young, Clark) 45.2; 120 HH—Clark (M) 14.1; 880—Sperandio (M) 2:05.2; 3 Cantwell; 100—A. Nicholson (M) 10.3; 2. Young, tie 3. Grace; 440—Bates (M) 51.0; 2. Young, 3. T. Nicholson; 2-mile—Daragon (C) 10:05.3; 2. Thurston, 3. Davis; 330 LH—Clark (M) 40.5; 3. Young; 220—A. Nicholson 23.3; 2. T. Nicholson; Mile—Thurston (M) 4:40.7; 3. Sperandio; Mile R&M-A (Clark, T. Nicholson, A. Nicholson, Bates) 3:41.6.

HJ—F. Miller (M) 5-10; 2. Norby; LJ—Bates (M) 23-0½; 2. F. Miller 20-3; TJ—Bates (M) 45-6; 2. F. Miller 40-6; PV—Gelinski (C) 11-0; SP—Awbrey (M) 51-5½; 2. Avery; DT—Avery (M) 148-2; 2. Awbrey 141-1.

FROSH-SOPH: M-A 105, Campbell 31. M-A winners: 440 R—M-A (S. Kistler, G. Miller, D. Kistler, Bell) 47.5; 70 HH—Deckard 9.5; 880—Hartman 2:11.3; 100—G. Miller 10.8; 440—S. Kistler 56.4; 2-mile—Hoch 10:53.6; 330 LH—Deckard 42.3; 220—S. Kistler 24.6; Mile—Hoch 5:00.2; Mile R—M-A (Hurkman, S. Kistler, Brooks, D. Kistler) 4:06.8; TJ—Bailey 36-10.

M-A 80, Overfelt 49 Hillsdale 38

Winners and M-A placers: 440 relay — Hillsdale 44.3; 120 HH — Ross (H) 15.8; 880 — Young (M-A) 2:02.3; 2. Sperandio; 100 — Taylor (O) 10.2; 2. A. Nicholson; 440 — Bates (M) 50.6; 3. T. Nicholson; 2-mile — Thurston (M) 8:53.7; 330 LH — Clark (M) 38.4; 220 — Taylor (O) 22.0; 2. A. Nicholson 22.3; Mile — Thurston (M) 4:41.9; 3. Sperandio; Mile relay — Overfelt 3:31.1; 2. M-A (Clark, Miller, Young, Bates) 3:32.8.

HJ — Miller (M) 5-4; 4. Erlanson; LJ — Bates (M) 22-4; 4. Miller; TJ — Bates (M) 45-10; PV — Blanton (O) 12-4; 2. Picchou; SP — Newson (M) 51-4½; 2. Awbrey 46-10½; 4. Avery; Dis. — Newson (M) 140-4; 2. Avery 140-4; 3. Awbrey 142-11.

JUNIOR VARSITY: M-A 90, Hillsdale 37, Overfelt 28. M-A winners: 440 relay — M-A (S. Kistler, Ritter, Bruce, Doyle) 41.3; 120 HH — Deckard 17.0; 880 — Hartman 2:09.3; 440 — S. Kistler 54.8; 330 LH — Deckard 41.1; 220 — Doyle 24.4; HJ — Bell 5-4; LJ — Bruce 20-8; TJ — Bruce 40-7; PV — Coyle 9-4; SP — Arnick 40-2; Dis. — Bacon 123-5½; Mile relay — M-A (Doyle, Bruce, Partman, S. Kistler) 4:07.8.

FRESHMEN: M-A 59½, Overfelt 47½ Hillsdale 23

M-A winners: 440 relay — M-A (G. Miller, Moore, D. Kistler, Bell) 47.9; 70 HH — Bates 11.3; 880 — Hoch 2:13.3; 100 — Miller 11.6; 440 — Ogburn 57.2; 2-mile — Hoch 10:42.0; HJ — Hoch 5-4; PV — Herbert 10-6; SP — Mays 40-1; Dis. — Harris 110-1.

GIRLS

MENLO-ATHERTON 62, OVERFELT 27
M-A winners: 440 relay — M-A (Bates, S. Barger, West, Damon) 40.0; 110 LH — Knox 18.5; 100 — Bates 12.3; 440 — Little 63.7; 2-mile — Parker 14:00; 220 — Earle 29.1; HJ — King 4-10; LJ — King 15-6; Dis. — Stolaroff 78-4½; Mile relay — M-A (Amsden, John, Amsbaugh, Little) 4:36.5.

M-A's Clark zips to 14.1 —See Page 10

Bears spike alumni with strong efforts

"I feel this could be our best team ever," said Menlo-Atherton High track coach Plato Yanicks after the Bears opened their season yesterday with an 81-45 win over their alumni.

Senior Bob Williams won the 100 and 220 in 10.2 and 22.9. Another double winner was M-A's Richard Clark, with a fine 14.5 120 high hurdles win over College of San Mateo's Mark Gerkenmeyer and a 40.2 330 lows.

M-A's Paul Bates won the 440 in 52.9.

M-A 81, Alumni 45

Winners: 440 Rel—M-A (A. Nicholson, T. Nicholson, Clark, Williams) 44.9; 120 HH—Clark (M-A) 14.5; 880—Young (M-A) 2:05.7; 100—Williams (M-A) 10.2; 440—Bates (M-A) 52.9; 2-mile—Hull (A) 9:59; 330 LH—Clark (M-A) 40.3; 220—Williams (M-A) 22.9; mile—Hull (A) 4:45; Mile Rel—M-A (Clark, T. Nicholson, Young, Bates) 3:40.2.

HJ—Galvez (A) 5-8; LJ—Galvez (A) 21-9; TJ—Galvez (A) 43-7; PV—Larkin (A) 13-6; SP—Awbrey (M-A) 49.8; DT—Avery (M-A) 1:54.3.



Tribune's 1977 SPAL track preview

Local track fans have never had it so good

By MIKE NOLAN
Tribune Sports Writer

Fans of SPAL track and field have never had it so good.

Menlo-Atherton High is hoping to make the same boast by the end of what may be the most prestigious cinder campaign in SPAL history.

M-A hasn't won a dual meet championship since 1958, the year before most of the current seniors were born.

Yet Carlmont, which has earned 12 titles beginning in 1959, figures to give M-A all it can handle, as well.

And SPAL athletes, as a whole, figure to give the rest of the Central Coast Section all it can handle, as well.

As a league, the SPAL has seen its prestige diminish in most sports since its finest days in the 1960's. But in track, from all the early indications, the SPAL will be the premier circuit in the CCS.

In last year's CCS frosh-soph finals, the SPAL led the section convincingly in scoring by nonleagues. And, six of last year's 14 individual SPAL varsity champions are back, all legitimate threats for state meet honors.

M-A, which most coaches consider a slight favorite at this point, and Carlmont definitely are in the class of the circuit, if not the class of the section. San Carlos and Sequoia will struggle for the other first-

division spot. Woodside and Menlo School have some good young prospects, but not enough senior talent to make much noise in the varsity ranks.

Thursday's 3:15 p.m. SPAL openers match Carlmont at Woodside, M-A at Sequoia and San Carlos at Menlo School.

A look at this talented loop:

Carlmont

Scot coach Loren Lansberry, whose SPAL record is 127-17-2, doesn't argue that M-A may be a slight favorite — for now.

But Carlmont doesn't meet M-A until April 21, and Lansberry figures that's plenty of time to develop the "little things" which have always meant so much to his teams.

Carlmont has two of the truly brilliant juniors in the CCS — distance ace Bob Love and sprinter Andre Price.

Love, third in the CCS two-mile last year as a sophomore state meet qualifier, posted a 9:13.7 last fall in cross country. Only Saturday at the Stanford Invitational, he added a 4:21.9 mile on the opening leg of a relay.

But Price has come on rapidly as a fitting companion, with regard to quality, in the sprints.

His 9.8 best this month in the 100 is only the eighth legal 9.8 century in SPAL history. And his 21.9 and 48.5 relay legs Saturday indicate that here, indeed, is a young one

to watch.

Not quite as spectacular, but still well above average, are shot putter Waymon McKitric (52-10½), long jumper Tim Maples (21-8), pole vaulter Jamie Allen (13-9) and two-miler Greg Mandanis (9:36.0), all seniors.

And there's more, much more material, which may not score in the Region II and CCS meets, but which can certainly help win a championship. Folks like high jumper Ron Hales, discus thrower Steve Polenz, hurdler Stu Hall, 440 and 880 men Dan Norris, Kirk Herrera and Chris Carrion ... the list seems endless.

Other potential scorers include sprinters Byron Miller, Steve Lawrence and Ricky Cheadle, distance runners Kevin O'Connor (an outstanding freshman) and Mark Suda, hurdler Vic Ibsen, high jumper Eric Dabanian and Darren McGinnis, pole vaulter Doug Perry and shot putters Matt Weare and Ken Pent.

It's altogether possible that Lansberry is developing a team which could beat any in the West Bay, except possibly M-A.

But don't bet too heavily against the Scots.

Menlo-Atherton

Plato Yanicks, who has developed one of the most ambitious programs in the West Bay, finally may have the season he has always dreamed of.



CRAIG AWBREY
Bear shot put ace

The Bears already are off to a 5-0 nonleague start, not to mention Saturday's title at the Stanford Invitational. Yanicks feels that should only be the start toward a mythical West Bay championship.

"I think we should be a slight favorite over Carlmont, about four to six points now," Yanicks admits. But Yanicks knows that it will take nothing short of "all-out" effort to beat the Scots.

M-A boasts two brilliant state meet veterans, hurdler Richard Clark and horizontal jumper-440 ace Paul Bates.

Clark already has posted 14.1, 14.3 and 14.4 high hurdles times; the 14.1 is second in SPAL history. He has run 39.4 this season and 39.2 last year in the 330 lows, giving him a good chance to make the state meet in both events.

Bates, like Clark, took second in the CCS meet last year in his specialty, the long jump. He already has matched that second place mark, 23-5½, this season. With a 47-3½ life best triple jump, Bates, too, is a double state meet threat.

Bates' open 440 life best is 49.3; with 48.5 and 48.9 relay legs at Stanford, he might be the most brilliant multiple-event man in the CCS.

But, like Carlmont, M-A has so much more than a couple of brilliant individuals.

M-A has a potential section scorer in 12 events, including the five Clark and Bates represent.

The others are distance ace Gary Thurston (4:34.0 mile, 9:30.8 two mile), 880 runner Keith

Nicholson (22.3 in the 220) and the mile relay team (3:32.8).

Thurston and Young are dependable senior vets; Avery and Awbrey were second in last year's CCS frosh-soph finals; Nicholson is one of the section's finest sophomores.

Frank Miller is another front-liner; he and Steve Bruce (21-3½) provide outstanding long jump depth. Miller (6-7) is the top high jumper. Andy Rogers (11-9) is the top pole vaulter.

Yanicks is counting on numerous solid backups, including sophomore Jim Plate (high hurdles), Ted Nicholson (sprints), Marshall Newton (weights), Len Sperandio (distances), Charles Ficichou (vault, hurdles), Carl Miller and Mike Williams (sprints), Eric Davies (distances), Jeff Erdanson (high jump) and Gordon Grace (440).

M-A will meet perennial Santa Clara Valley Athletic League champ Los Altos April 30. After that meet, if all goes as Yanicks thinks it can, the Bears may well be able to claim both dual and "big meet" supremacy in the CCS.

Menlo School

The Knights have only five seniors, "but I have dreams," says coach Bob Jones, who has enough strong young talent to figure he'll be competitive in the future.

Top men on the varsity level include senior Chris Shols (51.0 and 2:00.8 for the 440 and 880), senior Bruce Dudley (52.8 quarter) and junior Marcus Jones (4:48 mile, 9:51.0 two-mile).

Other spots on the Knight varsity will be manned by junior Rich Baikle (sprints), junior Will Sharron (distances), senior Jeff Dye (hurdles), senior Joe Laird (weights), senior Rick Ford (pole vault) and junior Mike Mulcahy (high jump).

Despite a thin varsity, Jones is enthusiastic over a turnout of 22 freshmen and a dozen or so sophomores.

The best of the sophomores include Chris Morton (weights), Greg Wimmer (distances), Neil Willis (880) and Peter Sluts (440, long jump). Jones thinks Kurt Young, who has shown promise in all three jumps and the 220, is a "freshman to watch."

Morton, a varsity football starter, has CCS frosh-soph title potential in the shot put, having already led the 10-pound ball 54.4. His 12-pound best is 51.2.



FRED ORAVILLO
twins outscore team

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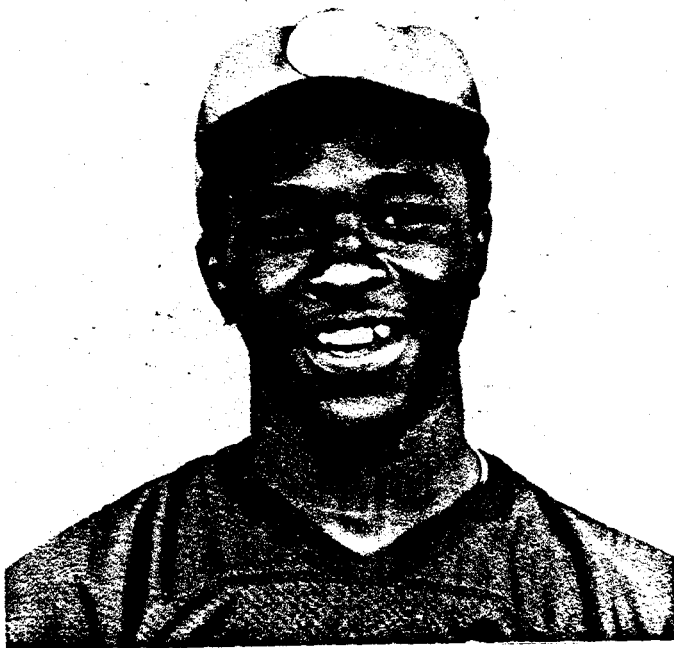
Obviously, the Oravillo twins and their relay mates give Sequoia exceptional sprint depth. Fred Oravillo, capable in the hurdles and triple jump, has a 22.5 furlong already. Frank Oravillo has a 52.4 quarter and should go much lower.

Beyond the sprints, hurdles and relays, the Chernekes don't have much strength, however, and this will cost them in the dual meets.

Dixon and Fred Oravillo can help Sequoia in the high and triple jumps, respectively; Jim Thomas should score in the high and long jumps.

Ed Dorsey is tops in the weights, but will be hard-pressed in league competition; 6-6 junior Jim Richert is learning the discus. Keith Dupee has natural leaping and hurdling ability and should help when in top shape.

The Oravillos alone should be good for about 30 points per meet; they've already outscored a nonleague foe by themselves.



Rich Clark Senior, Captain.

One of the best competitors and also one of the best Captains in M-A track history.

Holds the school high and low hurdle records, and has one of the fastest times in the nation in both events. (14.1 & 38.9).



Regan Avery Junior.
Has thrown the disc
160'2.



Frank Miller
6'2 HJ

Weightmen steal track show

A couple of surprising weightmen stole the show from the sprinters, hurdlers and jumpers in nonleague track yesterday. Menlo-Atherton High's Marshall Newson, only three days after finishing the wrestling season in the state meet, beat two talented teammates in both the shot put and discus as M-A rolled 80 points to whip Overfelt (49) and Hillsdale (38) in a triangular M-A.

Meanwhile, Menlo School sophomore Chris Morton issued notice he'll be in contention for the Central Coast Section frosh-soph shot put title with a 54-4 throw. That brightened the day for the Knights, who were third with 25 points in a triangular with Arroyo (72½) and Cubberley (61½).

M-A coach Plato Yanicks was



CHRIS MORTON
soph shot puts 54-4

amazed that Newson, all-league football center and SPAL mat champ, could beat juniors Craig Awbrey and Regan Avery his first day out.

Newson threw the shot 51-4½ and the discus 149-6 to beat Awbrey and Avery, respectively. Awbrey and Avery were second in the CCS frosh-soph finals last year.

M-A's rapidly improving young sprinter, Art Nicholson, finished second in the 220 in 22.3, best in history by an M-A sophomore by six-tenths second. M-A's veteran senior hurdler, Richard Clark, zipped the 330 hurdles in 39.4, only two-tenths off his school record.

Clark fell over a mis-placed hurdle in the 120 highs. Teammate Paul Bates turned in an impressive triple jump, nabbing the 440 in 50.6, the long jump

at 22-5 and the triple jump at 45-10. Bates also anchored the mile relay to victory, while veteran Gary Thurston won both distance races.

The mile relay ended in the dark at 6:45 p.m. in the longest meet ever run at M-A. The Bears won all four divisions, including an 82-27 victory by their girls over Overfelt, featuring Trisha King's 4-10 high jump and 15-6 long jump and Barbe Little's 65.7 quarter.

Yanicks also was delighted to learn that Los Altos agreed to a special meet April 30 (in place of the El Cerrito Relays for each school). That will come the week after M-A's showdown against Carlmont for the probable SPAL title. M-A originally was scheduled to meet Los Altos next week, but that meet was scratched.

Menlo's Morton gave coach Bob Jones a pleasant surprise when he uncorked his 54-4 shot and also threw the discus 125-2½. Morton's shot would have finished fifth in last year's frosh-soph CCS finals.

Cubberley's Bob Green ran 9.9 and 22.2 in the sprints — and he's only a soph.

In another nonleague meet, Serra lost to Aragon, 74-62. Mike La Forge ran a Serra record 41.2

10—Redwood City (Ca.) Tribune

Friday, March 4, 1977

Bates leaps 23-5¾ in M-A track win

Menlo-Atherton High's excellent early season track and field showing continued with several fine efforts, featuring Paul Bates' 23-5¾ long jump, in an 82-49 romp at Lynbrook in San Jose.

The Bears upped their nonleague dual record to 2-0. So did Carlmont, which beat Cupertino, 89-47, and Woodside, which downed Bellarmine, 70-66.

Half Moon Bay squared its mark at 1-1 with a 107-27 victory over Menlo School. Serra opened its season by finishing third in a triangular involving Hillsdale (80), South San Francisco (45) and the Padres (34).

M-A's Bates, despite a chilly wind which hindered his jumping, matched his effort which finished second in last year's Central Coast Section finals.

M-A 82, Lynbrook 49

Winners and M-A placers: 440 relay — Lynbrook 45.5; 120 HH — Clark (M) 14.4; 2. Fichou; 880 — Inarocci (L) 2:04.1; 2. Young (M) 2:04.5; 3. Sperandio (M) 2:04.5; 100 — A. Nicholson (M) 18.2; 3. T. Nicholson; 440 — Bates (M) 52.5; 2. T. Nicholson; 2-mile — Thurston (M) 18:30.5; 330 LH — Clark (M) 40.9; 2. Young (M) 41.8; 3. Fichou; 220 — A. Nicholson (M) 23.0; 3. T. Nicholson; Mile — Thurston (M) 4:48.0; 2. Sperandio; Mile relay — M-A (Clark, A. Nicholson, Young, Bates) 3:51.1; HJ — Unruh (L) 6-4; 2. Miller 6-2; LJ — Bates (M) 23-5¾; 2. Miller 20-1¼; TJ — Bates (M) 43-4; 3. Miller; PV — tie between McElveny (L) and Bell (L) 12-0; SP — Awbrey (M) 53-0¼; 3. Avery; Dis. — Albert (L) 146-10.

Bates also won the 440 in 52.5 and the triple jump and anchored a mile relay winner.

M-A coach Plato Yanicks, however, was just as enthused over sophomore Steve Bruce, who long jumped 21-3½ in M-A's JV victory. Bruce also triple jumped 39-11 in his first attempt ever; he hadn't even practiced it.

M-A ace Richard Clark, who zipped a school record 14.1 high hurdles last week, ran a solid 14.4. Sophomore Art Nicholson ran a 10.2 and 23.0 sprint double. Frank Miller had a life best 6-2 high jump, 1½ inches off M-A's record. Junior Craig Awbrey lofted the shot 53-0¼.

Yanicks, however, was "jolted" when he received word from Awalt yesterday that his participation in a meet involving Los Altos and Awalt March 17 was

cancelled.

The decision so close to meet time made Yanicks very angry; now he has to hustle up another meet, or go two weeks between dual meets.

JUNIOR VARSITY: (Menlo-Atherton 70, Lynbrook 66. M-A winners: 880 — Hartman 2:11.4; 100 — Doyle 16.7; 330 LH — Deckard 42.7; Mile — Davies (M) 4:57.4; LJ — Bruce 21-3¼; TJ — Bruce 39-11; Mile relay — M-A (S. Kistler, Doyle, Brooks, Ritter) 4:04.6.

5-0 M-A spikers roll behind Clark

Menlo-Atherton High continued its rampage through nonleague track and field foes yesterday, running away from host Serra, 96-40, for the Bears' fifth conquest without a setback.

Senior hurdles ace Richard Clark ran a 14.3 high hurdles mark, not far off his Central Coast Section-leading 14.1. Clark also took the lower barriers in 40.6 and the 440 in 52.9.

M-A's horizontal jump star, senior Paul Bates, tried the high hurdles for the first time and responded with a solid 15.7.

Serra's fine distance runner, Stan Ross of Belmont, won the 880 in 1:58.0, while M-A's Keith Young had an SPAL season best 2:00.0. Gary Thurston, M-A's all-league cross country ace, took the mile in 4:34.0, beating Ross. Promising sophomore sprinter Art Nicholson again won both the 100 and 220 for M-A.

MENLO-ATHERTON 96, SERRA 40
440 relay — Serra 46.5; 120 HH — Clark (M) 14.3,

Bates (M) 15.7; Collins (S); 880 — Ross (S) 1:58.0; Young (M) 2:00.0; Norby (M); 100 — A. Nicholson (M) 10.3; T. Nicholson (M); Grace (M); Clark (M) 52.9; T. Nicholson (M); Grace (M); mile — Jacobs (S) 10:15.5; Rinaldi (S) 10:15.5; Davies (M); 330 LH — Clark (M) 40.6; La. (S); Turner (S); 220 — A. Nicholson (M); Bates (M) 23.1; Grace (M); Mile — Thurston 4:34; Ross (S); Sperandio (M); Mile relay — (A. Nicholson, Bruce, Miller, T. Nicholson) 3:51.1; HJ — Kniffin (S) 6-0; Miller (M), tie be Collins and Mifsud (S); LJ — Bates (M); Bruce (M) 20-2; Levikow (S); TJ — Bates (M); Bruce (M); Levikow (S); PV — Rogers (M); Fichou (M); Dribble (S); SP — Awbrey (M); Thompson (S); Scully (S); Dis. — Avery (M); Awbrey (M) 141-10; Grandon (S) 140-11.

JUNIOR VARSITY: M-A 109, Serra 27. 440 — M-A (S. Kistler, Ritter, Erlandson, Doyle, 70 HH — Mitchell (M) 11.4; 880 — Hartman 2:07.0; 100 — S. Kistler (M) 10.6; 440 — S. Kistler (M) 55.9; 2-mile — C. Smith (M) 10:48.8; 330 LH — Clark (M) 40.9; 220 — Doyle (M) 24.2; M. Moore (S) 4:55.8; Mile relay — M-A (Doyle, Hartman, Erlandson) 3:44.5; HJ — Erlandson 5-8; LJ — Bruno (S) 17-10¼; TJ — Erlandson 38-3; PV — Coyle (M) 10-0; SP (12 p. Wolfgram (M) 37-0; Dis. — Bacon (M) 122.8.

FRESHMEN: M-A 108, Serra 33. 440 relay — A (Ogburn, Moore, D. Kistler, Bell) 48.8; 70 Gananian (M) 10.7; 880 — Monahan (S) 2:12.2; — Moore (M) 11.2; 440 — Ogburn (M) 57.8; — Hausler (M) 10:47.8; 330 LH — D. Kistler 44.9; 220 — Bell (M) 25.8; Mile — Hausler 5:12.3; Mile relay — M-A (D. Kistler, Bell, M. Ogburn) 4:27.8; HJ — Hansen (S) 5-2; LJ Bates (M) 15-8; TJ — Herbst (M) 34-5¼; Herbst (M) 10-0; SP (10-p.) — Gananian (M) 9¼; Dis. — Harris (M) 113-4.



Dave Wik's

sports notes

Stars of tomorrow.

Los Altos High track and field coach Leo Long predicts Saturday's third annual Stanford Invitational Relays at Stanford Stadium will be an artistic success.

Although the pre-meet fanfare has been centered on stars in the university and open events, Long thinks the high school division quite possibly may steal the show before the afternoon is over.

Long, meet manager for the competition involving 16 prep squads, can rattle off the names, times and distances of various high schoolers capable of making an impression on the stadium audience.

"We won the championship last year," Long recalls, "but this time it looks like Menlo-Atherton could run away with the title. They (M-A) just might have the finest high school team in Northern California."

"Nobody can touch Richard Clark, who has run the 120-yard high hurdles in 14.1. Talk about a super star . . . he's the best in this part of the state."

"M-A is strong in nearly every event, especially the two-mile relay with kids like Keith Young, Paul Bates and Gary Thurston. Young already has a 1:58.9 for the 880."

Long, however, isn't about to concede the championship to M-A. He considers his own team and Carlmont as solid contenders.

"We've got a good group of high jumpers—junior Bill Graber, who has cleared 6-6½, Steve Alexander (6-4) and Mike Critchfield (6-0). The kids have been getting special coaching from Bill's dad, Fred, a retired airline pilot, who used to jump for an Ivy League school."

Other Knights Long is counting on heavily are football star Ray Franklin, who threw the discus 180 feet last year as a junior, and distance runner Mike Troedson, who won the league cross-country championship and played on the basketball team.

"Carlmont is very strong in the distance medley and has three pole vaulters who have cleared 13 feet," adds Long.



Richard Clark

Sequoia has what he regards as "an excellent 440 relay team," along with Santa Clara, led by Paul Skinner, who has a best of 9.8 for the 100-yard dash.

"I think the people will be seeing some other youngsters — who are just getting into competition — who are definite stars of the future," says Long.

"Cubberley has a super sophomore sprinter in Bill Green, who has run the 100 in 9.9 and the 220 in 22.2. I saw him in a meet the other day and he's going to be something. He reminds me a lot of Millard Hampton (the ex-Silver Creek High and San Jose City College speedster), who competed in the Olympics and is now at UCLA."

Green stands 5-11 and weighs 155. With maturity, says Long, his potential could be fantastic.

"And there's another sensation at Gunn, a freshman by the name of Jack Kurr, who has a 4.35 for the mile. He's a good two-miler, too . . . a kid who just loves to run."

Cut costs, but not kids

If you've been reading Mike Nolan's Local Angle column and, if you follow high school sports I'm sure you have, it must have sounded like a reprise on a familiar theme this week as he told of the confusion surrounding the number of levels of competition to be allowed in SPAL track and field.

It was about a year and a half ago that this same problem came up during cross country.

Understandably, the Sequoia District, in the aftermath of voter refusal to raise the tax limit, was attempting to cut costs.

Equally understandably, the sports program was expected to swallow some of those cuts along with every other program in the district.

No argument there. None at all.

But a decision by the SPAL Board of Managers to limit the number of competition levels in cross country and track to two caused a few raised eyebrows.

What costs did this cut?

Certainly not coaching, as the same coach was in charge whether there was one level or four levels. And certainly not equipment, at least not appreciably, as most schools have plenty of uniforms, some old, but at least usable, on hand. And the need for such equipment as hurdles, pole vault and high jump standards, starting blocks and the like has no bearing on numbers of participants.

Okay, so it sounds ridiculous. Maybe so, but the Board of Managers failed to relent on cross country and track until last spring when it approved four levels of cross country competition.

At the same time, most coaches thought three levels — varsity, junior varsity, and freshman — had been approved for track for this year and all formulated their plans for the current season along those lines.

Perhaps encouraged by the added opportunity to compete, the kids turned out in record numbers, some 500 of them in the six SPAL schools, about 450 of those in the five that are in the Sequoia District.

There was a problem, though. It turned out the third level for track was never approved after all. It was tabled for further consideration and never taken off the table.

So, with the opening of league dual meet competition a week away, the coaches are faced with the unenviable task of telling about a third of their kids that there's no place for them to compete.

Sure, they can stay out for track, but there's no way many of those youngsters can compete in the meets with only varsity and frosh-soph levels authorized.

And there seems to be no move by the Board of Managers thus far to alleviate the situation.

Perhaps it wouldn't be so bad if a coach could go up to a boy and say, "Son, I'm sorry, but we just don't have enough money to allow you to compete."

But he can't. All he can say is, "Son, I'd like to let you run and it wouldn't cost the Sequoia District a penny extra if I did, but it's against the law."

Ridiculous?

Absolutely, but no more ridiculous than the fiasco over cross country in 1975.

It would seem to be in the best interests of the Sequoia District to encourage the sports that give maximum participation for minimum dollars, such as track, cross country and swimming.

To the argument that this restriction wasn't placed by the District but by the SPAL, and would have to be lifted by the action of the Board of Managers, it should be noted that five of the six SPAL schools come from the Sequoia District.

Does anyone honestly feel that a suggestion from the District that this was a lot of phoney baloney would go unheeded?

If costs must be cut, cut them. But don't try to pull the wool over our eyes by making paper cuts . . . eliminating programs that do not eliminate expenditures by an amount in proportion to the number of youngsters affected.

M-A spikes Dons

Clark nips Luttrell in 39.0 LH thriller

Probably the finest head-to-head race this season in the Central Coast Section featured the high-caliber action as unbeaten power Menlo-Atherton High opened the SPAL track season with a 99-37 triumph over visiting San Carlos yesterday.

San Carlos' tremendous junior hurdler, Rick Luttrell, and M-A's state meet veteran, Richard Clark, staged one of the greatest races ever witnessed at M-A, according to Bear coach Plato Yanicks.

Clark won in a school record 39.0 for the 330 low hurdles, but only barely. Luttrell was given the same time and both now lead

the CCS.

The race overshadowed numerous fine efforts in a season-opener delayed one day by rain.

Clark delighted Yanicks by winning the 440 relay in an anchor thriller against San Carlos' fine junior, Stan Beal.

"Clark and Beal were even when they took the batons," said Yanicks. "It was a great win for Clark."

Yanicks also was "amazed" by Luttrell, who finished second to Clark in the high hurdles with a life best 15.1 to Clark's 14.7, tied his life best high jump at 5-10 and pole vaulted 12-6.

"Luttrell was tremendous,"

lauded Yanicks. "By the time he got to the pole vault, it was up to 12 feet. He cleared that on his first jump without a warmup."

M-A's standout senior quarter-miler, Paul Bates, tried the 880 for the first time and registered an exceptional 2:01.7. Yanicks thought Bates' later efforts — a 22-4½ long jump, 45-2 high jump and 50.6 anchor leg on a winning mile relay — were a real credit to him following that 880.

M-A's mile relay won in 3:30.1. San Carlos ran with only one of the four men who raced to a CCS best 3:23.3 last week at Stanford.

Marshall Newson came through with another solid shot put, 53-2, and threw a life best discus 154-7, behind Regan Avery's winning 158-1 for M-A, two inches short of the increasingly consistent Avery's topper. Gary Thurston doubled in the distances for the Bears, and Keith Young turned in a creditable 52.5 quarter-mile.

Beal added to his prestige by winning both sprints over M-A's soph standout, Art Nicholson.

Yanicks also thought Clint Herbst, who won all four leaps, including an 11-0 pole vault, was outstanding in the Bears' 100-36 freshman win. M-A also won the JV meet, 93-42.

M-A's girls ran to a 93-12 triumph, keyed by Patrice Bates, Paul's sister, who raced 11.8 in the 100 and a fine 26.8 for the 220. Marian Amsbaugh won the 440 in 65.4, while Teresa Flaherty took San Carlos' only win, going 2:45.8 in the 880.

MENLO-ATHERTON 99, SAN CARLOS 37

440 rel. — M-A (A. Nicholson, T. Nicholson, Young, Clark) 45.0, SC 45.1; 120 HH — Clark (M) 14.7mr, Luttrell (S) 15.1, Ficcho (M); 880 — Bates (M) 2:01.7, Sperandio (M), Wallace (S); 100 — Beal (S) 10.4, A. Nicholson (M), Tait (S); 440 — Young (M) 52.5, Gillooley (S) 52.6, T. Nicholson; 2-mile — Thurston (M) 9:58.4, Waters (S), Davies (M); 330 LH — Clark (M) 39.0mr, sr; Luttrell (S) 39.0 39.0, Ficcho (M); 220 — Beal (S) 23.2, A. Nicholson (M) 23.5, T. Nicholson (M); Mile — Thurston (M) 4:47.0, Sperandio (M), Graycar (S); Mile rel. — M-A (Clark, Young, Miller, Bates) 3:30.1mr.

HJ — Erlanson (M) 6-0, Luttrell (S), Miller (M); LJ — Bates (M) 22-4½, Bruce (M) 21-4, Miller (M) 20-7; TJ — Bates (M) 45-2mr, Robinson (S), Bruce (M); PV — Luttrell (S) 12-6, Rogers (M), Ficcho (M); SP — Newson (M) 53-2, Awbrey (M) 52-8½, Hess (S); Dis. — Avery (M) 158-1, Newson (M) 154-7, Awbrey (M).

JUNIOR VARSITY: M-A 93, SC 42. 440 rel. — M-A (S. Kistler, Ritter, Deekard, Doyle) 47:0; 120 HH — Deekard (M) 17:0; 880 — Hartman (M) 2:08.4; 100 — Baker (S) 10.9; 440 — S. Kistler (M) 55.5; 2-mile — Kelly (S) 10:51.0; 330 LH — Deekard (M) 42.1mr; 220 — Doyle (M) 24.5; Mile — Scott (M) 5:01; Mile rel. — M-A (Ritter, Brooks, Coy, Doyle) 45:40mr; HJ — McLaughlin (S) 5-10mr; LJ — Cantwell (M) 17-7; TJ — Bell (M) 38-1½; PV — Prescott (S) 11-0; SP — Baker (S) 41-7; Dis. — Dolezal (S) 127-0.

GIRLS
Menlo-Atherton 99, San Carlos 37
440 rel. — M-A (Galvez, Rogers, Bates, Damon) 51.5; 880 — Flaherty (S) 2:45.8; 100 Bates (M) 11.8; 440 — Amsbaugh (M) 65.4; 2-mile — Mullen (M) 13:05.5; 110-meter LH — Knox (M) 18.4; 220 — Bates (M) 26.8; Mile — Hoberg (M) 6:07.0; Mile rel. — M-A (Huncke, Renner, Little, Amsbaugh) 4:38.9; HJ — King (M) 4-8; LJ — Galvez (M) 15-10; SP — West (M) 31-4; Dis. — Mouw (M) 77-0.

FRESHMEN: M-A 100, SC 36. 440 rel. — SC (Abaco, Neal, Williams, Alkon) 48.7; 70 HH — Ganadian (M) 10.9; 880 — Flores (M) 2:18.1; 100 — Williams (S) 11.1; 440 — Williams (S) 58.1; 2-mile — Hoch (M) 10:54.0; 330 LH — D. Kistler 46.6; 220 — Williams (S) 24.5mr; Mile — Flores (M) 5:18.0; Mile rel. — M-A (D. Kistler, Harkmans, Wilson, Meyers) 4:07.6; HJ — Herbst (M) 5-8mr; LJ — Herbst (M) 16-11; TJ — Herbst (M) 38-1; PV — Herbst (M) 11-0mr; SP — Ganadian (M) 38-4; Dis. — Harris (M) 116-2½.



Can you guess the winner?

No? Don't feel bad; San Carlos High's Rick Luttrell (left) and Menlo-Atherton's Richard Clark kept the crowd in suspense throughout a classic 330 low hurdles struggle yesterday. Clark nipped Luttrell, though both were

timed in 39.0, a current Central Coast Section best. Here they're going over the final hurdle. M-A won the SPAL opener, 99-37; see story on page 10.

The Local Angle

3/17/77

By MIKE NOLAN



Track confusion

Track and field coaches in the SPAL are confused and concerned.

The coaches had been under the impression that it would be perfectly all right to return to three divisions in their meets this season — variety, junior varsity and freshmen.

The word coming out of Monday's SPAL Board of Managers meeting — that meets should be run only on varsity and frosh-soph levels — hit the local track folks like a bombshell.

Last year, in the incredible confusion which surrounded some Sequoia District sports cuts, meets were run only on two levels, for the first time in SPAL history.

But the coaches had been under the impression that the time-honored three-level format had again been approved, along with a return to the four-division cross country setup. Indeed, the cross country runners competed that way last fall.

However, there is some confusion as to what actually was approved, in the minds of the administrators. And the minutes of last year's meetings were not immediately available (it's hoped they can clear up some of the confusion).

Regardless of what has or hasn't been approved, the entire issue is totally mystifying to me.

Cuts in the Sequoia District sports programs (which included a drop from three levels to two in team sports) were made for financial reasons.

Yet, there is NO extra financial burden whether two track divisions are run or three. None. Zilch.

Indeed, last spring, track and field participants and their parents actually got less than they should have for their tax dollars. Talk about your Catch-22's!

In fact, if SPAL teams are again forced to compete in only two divisions, it will only force the coaches to run two heats in many races, just to give all the kids a chance to compete.

Perhaps the greatest beauty of track and field is that every youngster gets a chance to compete. There are no cuts, nor should there be (except for disciplinary reasons). Any boy (or girl) who turns out for track is assured of competing; there's an event for everybody, and often lots of bodies for every event.

But, under the two-divisional setup, the freshmen who need confidence are thrown in with often much more mature sophomores. Ditto for the juniors who aren't quite ready for varsity competition.

Team Scores — 1. Menlo-Atherton, 30 points; 2. Carlmont 22; 3. Sequoia 17; 4. Los Altos 13; 5. San Carlos 7

By ED JACOBOWSKY

With the versatile Paul Bates showing the way, Menlo-Atherton led a South Peninsula Athletic League sweep of the top spots in the high school division of Saturday's Stanford Invitational Relays.

Bates turned in the top marks in the long jump and discus in the field events, then clocked 48.9 and 48.5 for a pair of 440 legs in the afternoon's running show in Stanford Stadium.

M-A wound up with 30 points to runnerup Carlmont's 22 and Sequoia's 17. Only Los Altos High of the Santa Clara Valley Athletic League with 13 points, broke into the SPAL domination in the meet involving the two Peninsula loops. San Carlos, which produced the day's top prep relay clocking, a 3:23.3 for the mile, was fourth with seven points as the SPAL outscored the usually-powerful SCVAL 80-28.

The Bears' domination of the morning's field events, held at Los Altos High and scored on the cu-

mulative distance of the best marks of three-man teams, probably settled the issue.

Bates leaped 23-3½ and 45-0¼, as M-A took the long and triple jumps.

M-A also took the shot and discus events with the team of Craig Awbrey (54-10 shot, 130-0 discus), Marshal Newson (54-6, 143-0) and Regan Avery (39-9, 158-3). But top shot honors went to Woodside High's Rob Suelflohn at 55-10, with Los Altos' Ray Franklin tops in the discus at 166-0.

The Bears didn't win a running event, but, with Bates' strong quarter-mile legs and good efforts by Keith Young, were second in the distance medley and mile relays, and used Rich Clark's 14.3 leadoff leg to finish second in the shuttle hurdles.

Carlmont, the pre-meet cofavorite with M-A, suffered a jolt when junior Bob Love's lifetime best mile clocking of 4:21.9 opening the distance medley went for naught as the pass on the final leg

was out of bounds, resulting disqualification with the Scots least 17 seconds ahead of the pack.

Top winner on the track was Sequoia, which tied Woodside High's meet record of 43.3 in 400 meter relay after earlier winning the shuttle hurdle event, one of the meet's big surprises.

"This," said a jubilant Menlo coach Plato Yanicks after meet, "probably is the biggest victory for the Bears since the 1960s."

Looking forward a bit he predicted, "for the M-A-Carlmont April 21 titanic, I think we'll put the stands. All four divisions — varsity, junior varsity freshman and girls — will be decided that day."

In addition to Los Altos' triple jump triumph, led by Bill Graber 6-4, the only SCVAL victories were turned in by Awalt's distance medley unit, which won by default when Carlmont was disqualified, and by Buchser's two-man foursome that clocked 8:14.6.

I've always believed you get what you pay for. I hope this applies to track and field here.

Incidentally, this two-division woe in track can only contribute to mediocrity.

Track is by far the SPAL's finest sport in relation to high schools in the CCS. There isn't another sport which even begins to touch it.

In the most recent listing of bests, SPAL athletes hold 32 spots in the 16-event top 10 listing, more than any other league.

I would think we would want to do everything within our power to encourage such excellence.

High School Division
Discus — 1. Menlo-Atherton 435-9; 2. Los Altos 417-8; 3. Woodside 414-9; best individual mark: Franklin (LA) 166-0.

Shot put — 1. Menlo-Atherton 148-2½; 2. Woodside 142-8½; Los Altos 131-7; best individual mark: Suelflohn (W) 55-10¼.

Long jump — 1. Menlo-Atherton 64-1; 2. Carlmont 60-6; 3. Gunn 59-¾; best individual mark: Bates (M-A) 23-2¾.

High jump — 1. Los Altos 18-4; 2. Sequoia 17-2; 3. Menlo-Atherton 17-0; best individual mark: Graber (LA) 6-4.

Triple jump — 1. Menlo-Atherton 129-4¼; 2. Carlmont 127-8¼; 3. Los Altos 125-11; best individual mark: Bates (M-A) 45-0¼.

Shuttle hurdle relay — 1. Sequoia (Oravillo, Thomas, Dupree, Dixon) 1:05.0; 2. Menlo-Atherton 1:06.2; 3. San Carlos 1:10.1.

Mile relay — 1. San Carlos (Servin, Skinner, Akulow, Palomino) 3:23.3, meet record, old record 3:25.6, Woodside, 1975; 2. Menlo-Atherton 3:26.3; 3. Sequoia 3:26.5.

M-A wins prep title





RICHARD CLARK CLEARS his last hurdle en route to a 14.2 time and first place in the 120 high hurdles. Clark also tied for third in the 330 intermediate hurdles with a time of 40.0.

M-A 92, Woodside 44

440 rel. — M-A (T. Nicholson, A. Nicholson, Young, Clark) 45.0; 120 HH — Clark (M) 15.1, Richmond (M), Ficchiou (M); 100 — Thompson (W) 10.8, A. Nicholson (M), Loud (W); 880 — Sperandeo (M) 2:02.5, Thurston (M), Conley (W); 440 — Thompson (W) 51.9, Young (M), Willis (W); 2-mile — Davies (M) 10:23.1, Thurston (M), Jacobs (W); 330 LH — Clark (M) 40.8, Deckard (M), Young (M); 220 — Thompson (W) 23.2, A. Nicholson (M), Haslinger (W); Mile — Thurston (M) 4:46.2, Sperandeo (M), Davies (M); Mile rel. — M-A (Clark, T. Nicholson, Miller, Young) 3:35.0, SP — Suedtlohn (W) 58:1/2, Newton (M) 55.2, Awbrey (M); PV — Gullfoyle (W) 12-6, Rogers (M), Watt (W); TJ — Bates (M) 44-6, Miller (M), Loud (W); Dis. — Lewis (W) 144-9/3, Awbrey (M), Avery (M); LJ — Bruce (W) 21-3/4, Miller (M), Loud (W); HJ — Spivey (W) 6-0, Erlandson (M), Blocker (W);

M-A 93, Sequoia 42

440 rel. — Seq (Fred Oravillo, Jones, Patrick, Frank Oravillo) 41.3; M-A 44-4; 120 HH — Clark (M) 14.4mr, Dixon (S) 14.5, Plute (M); 880 — Young (M) 2:00.7mr, Sperandeo (M) Bates (M); 100 — Fred Oravillo (S) 10.0, A. Nicholson (M) 10.1, Patrick (S); 440 — Frank Oravillo (S) 51.4, T. Nicholson (M) 51.4, Jones (S); 2-mile — Thurston (M) 10:19.3, Davies (M), no third; 330 LH — Clark (M) 39.3mr, Dixon (S) 40.5, Young (M) 220 — Frank Oravillo (S) 22.7, A. Nicholson (M) 22.7, Fred Oravillo (S) 23.3; Mile — Thurston (M) 4:42.3, Sharp (S), Davies (M); Mile rel. — M-A (Clark, Miller, Young, Bates) 3:31.3, HJ — Dixon (S) 6-0, Miller (M), Richmond (M); LJ — Bates (M) 22-8mr, Fred Oravillo (S), Bruce (M); TJ — Bates (M) 45-8/3, Miller (M), Bruce (M); PV — Rogers (M) 12-0, Woodson (M) 12-0, Hardy (S); SP — Newton (M) 54-9mr, Awbrey (M) 53-5, Sanchez (S); Dis. — Avery (M) 153-10, Newton (M) 149-11, Awbrey (M) 147-0.



FRESHMEN

MENLO-ATHERTON 123, SEQUOIA 14
440 rel. — M-A (Miller, Moore, Kistler, Bell) 47.8; 76 HH — Crumpler (M) 10.5; 880 — Hoch (M) 2:13mr; 100 — Miller (M) 10.7mr; 440 — Staffens (S) 57.4; 2-mile — Hoch (M) 10:40mr; 330 LH — Kistler (M) 24.9; 220 — Miller (M) 24.6; Mile — Hoch (M) 5:03.0; HJ — Herbst (M) 5-3; LJ — Herbst (M) 17-9/3; TJ — Herbst (M) 37-9/3; PV — Harris (M) 11-0mr; SP — Mays (M) 40-10/3; Dis. — Harkmans, Ogburn, Bell) 4:01.2.
MR — meet record.
STANDINGS: Menlo-Atherton 3-0, Woodside 3-4, Carlmont 2-1, Menlo School 1-2, San Carlos 0-3, Sequoia 0-3.

AIRBORNE AND IN NO HURRY to come down is M-A's Paul Bates, who leaped a lifetime best of 24-43 / 4 in Saturday's Andrew Hill Invitational, held at Foothill College. Bates had a jump of 24-7 nullified when he scratched.

—Charlie Hall photos

"Success is never final and failure is never fatal. It is courage that counts." Winston Churchill

There is only one endeavor in which you can start at the top, and that is digging a hole.

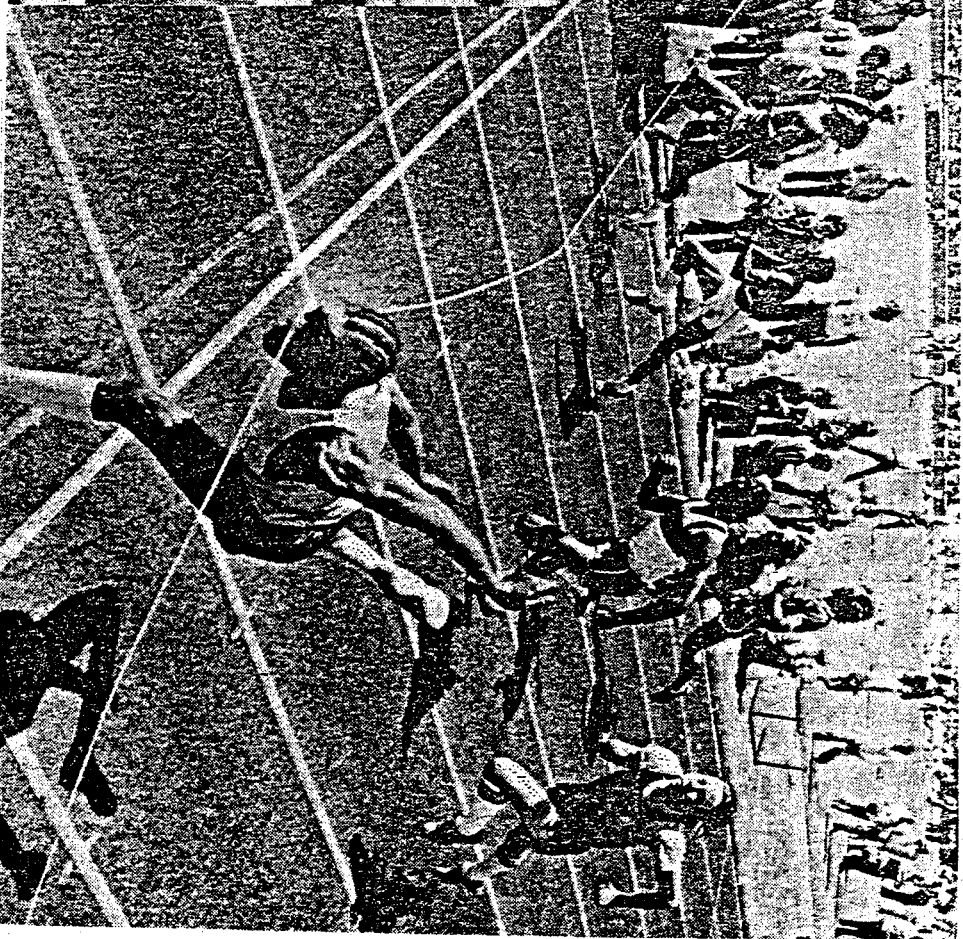
SPRINTERS

Redwood City (Ca.) Tribune

Monday, April 4, 1977—11

M-A's show stealers at Foothill

Richard Clark (right and below left) literally put his face into a great hurdle performance and Menlo-Atherton teammate Paul Bates (bottom right) led with his feet en route to top field event performer honors in Saturday's Andrew Hill Invitational at Foothill College. See story on page 12.



MENLO-ATHERTON 118, SEQUOIA 12

440 rel. — M-A (Kistler, Ritter, Brooks, Levers) (M) 2:09.6; 100 — Kistler (M) 10.7; 440 — Kistler (M) 57.0; 2-mile — C. Smith (M) 11:21.7; 320 LH — Deckard (M) 41.6m; 220 — Kistler (M) 24.1; Mile — Scott (M) 4:38; HJ — Moroy (S) 5-6; LJ — Ritter (M) 18-8½; TJ — Ritter (M) 40-3; PV — Richmond (M) 9-0; SP — Long (M) 43-4m; Dis. — Long (M) 20-2½; Mile rel. — M-A (Brooks, Levers, Bailey, Deckard) 3:57.5.

STANDINGS: Carleton 3-0, Menlo-Atherton 3-0, Woodside 2-1, Sequoia 1-2, Menlo School 0-3, San Jose 0-3.



Menlo-Atherton's trackmen continued their star-studded traveling show last weekend, going to Foothill for the Andrew Hill Invitational and turning in a performance that definitely pegs them as one of the top outfits in the CCS.

The Bears came in third out of 72 teams competing, and in the process saw their incredibly versatile Paul Bates named the meet's outstanding field performer.

Bates excelled in just about everything conceivable en route to the honor. Already one of the top long jumpers in the CCS, Bates leaped 11 inches further than his

lifetime best, sailing 24-4¾ before gravity finally took its course.

The jump drew admiring gasps from nearby judges, and for good reason. It was only the third time in history that a San Mateo high schooler had cleared 24 feet.

The other two, Charlie Johnson and Lynn Swann, went on to fame and fortune in professional athletics.

Moments later Bates came back with an even better jump of 24-7, only to see it nullified when he scratched by a fraction of an inch. As it was, his shorter leap was still a

school and meet record. Later in the day, Bates came up with another outstanding effort, traveling 47-1 in the triple jump for his second first-place finish. The leap was only 2½ inches short of his lifetime best.

When he wasn't jumping, Bates was running, and he proved to be no slouch in that department, taking fourth in the 440 with a 50.4 time and running a 49.3 anchor leg in M-A's fourth-place mile relay effort.

Hurdler Richard Clark also turned in his top performance of the year, and like Bates' showing, it was good enough to take the whole show.

Clark won the 120 High Hurdles, pulling away with a 14.2 time. It was neck and neck until the last 30 yards, when a burst of speed put him through.

Clark also tied for third in the 330 intermediate hurdles with a time of 40.0.

Other top Bear performances belonged to Gary Thurston, who ran the mile in 4:28.6 to take eighth, Len Sperandio — who is fast recovering from a slump that beset him during cross country season — finishing eighth in the 880, and Regan Avery, who hurled the discs 160-2 to take sixth.

All told, the team's efforts gave it 26½ points, M-A's best showing ever at the Hill Invitational. Only two teams, Mt. Pleasant with 43½ and Silver Creek with 33, did better than the Bears.



More intrigue added for Scot-Bear track

3/30

Marshall Newson lofted a life best 54-9 shot put, giving M-A the potential of sweeping Carlmont in both weights. M-A's Paul Bates was his usual leaping self in the long and triple jumps, though a bit under his M-A record standard.

M-A star Richard Clark whipped his high hurdles rival, Sequoia junior Malcolm Dixon, 14.4 to 14.5, gaining revenge for a January all-comers loss to Dixon. Clark also won the low hurdles in 19.3 to Dixon's 40.5; both had days that most coaches would drool over.

Menlo-Atherton High and Carlmont posed new problems for each other in easy SPAL track triumphs yesterday, with their April 21 league title decider constantly in mind.

Sophomore Jeff Erlandson set an M-A class record with a 6-2 leap in the Bears' 109-22 romp over Menlo School. The meet, moved up from tomorrow's schedule, gave M-A 2-0 league and 7-0 overall records.

Senior distance ace Bob Love and triple jumper Tim Maples shared the spotlight in Carlmont's 95-44 win over Woodside, an SPAL makeup originally scheduled last Thursday. It was the 27th consecutive dual triumph for

Carlmont, 4-0 overall.

Two more SPAL meets are set tomorrow at 3:15 p.m., when Carlmont visits Sequoia and Woodside goes to San Carlos.

Erlandson already had improved six inches over his freshman best and figures to become the Bears' all-time high jump champ; their record is 6-3. More significantly, he may give M-A more muscle against the Scots, who have not had anyone clear better than 6-2 this season.

Len Sperandio won the 880 and mile for M-A, while sophomore Art Nicholson doubled in the sprints. Horizontal jump ace Paul Bates won both, including a 46-6 1/4 triple jump, nine inches less than

his life best but good for second in the Central Coast Section rankings. And Richard Clark, as usual, doubled in the hurdles.

Love, the junior state meet veteran, ran the two-mile and mile for exercise after pleasing Carlmont coach Loren Lansberry with a 2:02.1 in Bob's initial crack this year at the 880. Lansberry, with a wealth of distance runners, wants Love ready for the 880 against M-A if necessary.

Maples won both horizontal jumps, including a life best 44-0 triple jump. If he can duplicate that mark against M-A, it will provide the Scots invaluable help.

Woodside's Rob Suelflohn scored a shot put victory over Carlmont's Waymon McKitric, who comes off a life best 53-6 but hit two feet less yesterday. Suelflohn also won the discus over teammate Scott Lewis, who comes off an illness. Carlmont's consistent Jamie Allen pole vaulted 13-0 on the chill day.

McKitric, who will hope to break up M-A's domination of the weights, did put the shot 50-7. And Andre Price did win the sprints, as usual (10.0 and a meet record 22.8).

San Carlos' Rick Luttrell took both hurdles races, and the Dons won the mile relay with a good 3:25.6 clocking.

There were good marks in the third meet, although it was miles from the limelight. The best was a 57-0 shot put by Woodside's Rob Suelflohn — far past his previous best of 55-10 1/2 and the fifth best shot put in SPAL history.

Carlmont and Menlo-Atherton



Prep Track Super Meet Up

This is how big next Thursday's track meet between Carlmont and Menlo-Atherton high schools is:

M-A Coach Plato Yanicks wants to charge admission.

That may not seem significant to the uninitiated.

But the sad fact is that at many prep track meets you'd have to look for a while before you spotted 10 or 12 spectators sitting in the fourth row eating late lunches.

"We think we can get three or four thousand people to watch this," said Yanicks.

Track is a passion with Yanicks. But he's not kidding about spectator appeal. San Carlos and Menlo School re-scheduled their meet next week so both teams could trundle down to Middlefield Road to watch The Big One. There are rumors that Santa Clara Valley Athletic League athletes may show up to watch. Cognoscenti could be coming out of the woodwork.

Because in a County that occasionally produced good individuals, this meet will match two strong dual meet TEAMS.

This is Yanicks' year. He says he's never had a team this good before.

On the other hand, every year is Loren Lansberry's year. The Carlmont coach has presided over 23 straight dual meet wins. M-A has won 30 of its last 33 and 10 straight (a string that started right after a loss to Carlmont last year).

Whichever team wins will take the South Peninsula Athletic League dual title. If Carlmont wins, it will be No. 13.

There are plenty of stars to watch. Like M-A's Paul Bates (the national long jump leader at 24-4 1/4) and Richard Clark (the Central Coast Section low hurdles leader at 14.1) and Carlmont's Jamie Allen (who pole vaulted a life-best 14-3 Thursday) and distance men Bob Love and Greg Mandanis . . . the list is endless. One school or the other has a top man in every event.

M-A tuned up for the biggie by whipping Sequoia 93-42 Thursday. Carlmont breezed past San Carlos 89-46 (without using all the available big guns). In the third meet Thursday, Woodside downed Menlo School 106-29.

Clark set meet records in both hurdles races against Sequoia, clocking 14.4 and 39.3. Bates long jumped a meet record 22-8 and triple jumped 45-6 1/2. Regan Avery threw the discus 153-10. Marshall Newson put the shot 54-9 (another meet record). Keith Young ran a meet record 2:00.7 half mile. Art Nicholson ran 22.7 in the 220 — and lost to Sequoia's Frank Oravillo (also 22.7).

Carlmont was a little less active . . . neither Love nor Mandanis sped through their two-mile specialty, for instance. Allen did have that 14-3 lifetime best vault (a Carlmont junior class record). Tim Maples did win both horizontal jumps (going 21-6 in the long jump). Waymon

Having collected their third SPAL wins with totally anticipated ease, unbeaten Carlmont and Menlo-Atherton finally are set to tangle Thursday at M-A for both the league championship and prime Peninsula prestige.





Dave Wik's

sports notes

Track titanic

"I can't remember a bigger dual meet in this area."

Menlo-Atherton High track and field coach Plato Yanicks was talking about Thursday's matchup at M-A with the Carlmont Scots, a meet which will decide the South Peninsula Athletic League title.

Carlmont, coached by Loren Lansberry, has won 28 straight outings. M-A, coached by Yanicks since 1965, has won 20 of its last 21 appearances.

Yanicks says the enthusiasm and excitement surrounding the meet is the highest he's ever seen. He anticipates a crowd of close to 3,000 to witness the competition, which starts at 2:45 p.m.

We're going to have pompon girls, concessions, programs. People are going to think they're at a football game."

Yanicks has been M-A's track coach since 1965. Before that he coached at Alameda and Hillsdale. As a high school athlete, he was a standout in football, basketball and track at Palo Alto High, graduating with the Class of 1949.

"We've been in a rebuilding program at M-A and it's just starting to jell," says Yanicks.

"Carlmont? They've always been strong. They've got a tremendous feeder school—Ralston Junior High in Belmont—which has a fantastic cross country program.

"We beat Carlmont in 1969 and '70, but it's been a drought ever since."

Yanicks has carefully doped the meet. "And it comes down to the final event, the mile relay, where both teams rank among the best in the Central Coast Section."

M-A's quartet has a best of 3:25.4 and Carlmont's fastest clocking is 3:26.5. The event is among 13 of 16 dual meet records to be threatened.

"What makes the meet rather unusual is that besides the varsity, the SPAL's junior varsity, freshman and girls championships will also be decided between M-A and Carlmont," notes Yanicks.

Menlo-Atherton's prize athletes are Richard Clark, who has been timed in 14.1 for the 120-yard high hurdles, and Paul Bates, who has sailed 24-4 1/4 in the long jump. Both are seniors.

Big gun for Carlmont is Paul Love, who is entered in the mile (4:21.9) and two-mile (9:13.7) and makes his debut in the 880-yard run. "That was a surprise, putting Love in the 880," says Yanicks. "Three events are tough, but he's a strong runner and they figure they need all the points they can get."

The Scots also have a fine sprinter in junior Andre Price, with a best of 9.8 for the 100-yard dash.

Yanicks classifies the surface of the M-A track as "so-so . . . it's definitely not fast. But we expect good times because many of the kids are already high among the CCS rankings."

★ ★ ★

Other track tidbits: U.S. Senator Alan Cranston, 62, both in Palo Alto and raised in Los Altos, is entered in Division 3-A (ages 60-64) 100 and 200-meter dashes of the West Valley Masters meet at West Valley College in Saratoga May 1. He'll also compete in the Modesto Relays May 21. Cranston is no stranger to veteran Midpeninsula track buffs. He was the 100 and 440-yard Santa Clara Valley Athletic League champion at Mountain View High in 1932 and a member of the Stanford team in 1935 and '36, with personal bests of 9.9 and 48.0 . . . Stanford is inviting trackmen from 250 Northern California high schools as guests to the annual Big Meet with Cal at Stanford Stadium April 30.

Prep Track Leaders

(The following are the top prep track marks reported thus far in the Central Coast Section this year compiled by Dan Bertelotti):

440 Relay — Mt. Pleasant 42.5; Sequoia 42.7; Silver Creek, Serramonte 42.8; Los Altos 43.0; Seaside 43.32; Lynbrook 43.4; Carlmont 43.5; Overfelt, Hillsdale, St. Ignace 43.6.

120 HM — Clark (MA) 14.1; Phillips (Silver Creek) 14.24; Hawkins (Burlingame) 14.3; Dixon (Sequoia) 14.4; Lewis (Serramonte), Caruso (Prospect) 14.5; Key (Avalon) 14.5; Ross (Hillsdale), Ryan (St. Ignace) 14.6; Guthrie (Cupertino) 14.6.

880 — Ross (Serra) 1:54.4; Foster (San Mateo) 1:55.2; Jensen (Buchser) 1:56.2; Maxwell (Westmoor) 1:56.6; Capron (Soquel) 1:57.5; Garabaldi (HMB) 1:57.7; Nicklin (Monta Vista) 1:58.5; Green (Mt. Pleasant) 1:59.0; Dove (Del Mar), Young (MA) 1:59.2.

100 — Wilkes (Santa Cruz) 9.6; Green (Ayer) 9.7; Dawson (Mt. Pleasant) 9.8; 9.9, 9.5w; Robinson (Seaside) 9.7w; Price (Carlmont), Green (Cubberley), Smith (Seaside), Osborne (Ayer), Skinner (Santa Clara), Littlejohn (Mt. Pleasant) 9.8.

440 — Hilliard (SSF) 49.6; Holcombe (Hill) 49.7; Carter (Mt. Pleasant) 49.94; Holland (Silver Creek) 50.0; Wolfe (SSF), Taylor (Overfelt) 50.2; Bates (MA) 50.4; Seely (Lynbrook), Jones (Foothill) 50.4; 50.5; Jones (Serramonte) 50.8.

2 Mile — Carrasco (Mt. Pleasant) 9:10.4; Love (Carlmont) 9:14.0; Mendanis (Carlmont) 9:22.7; Sechrist (Piedmont Hills), Russell (Blackford) 9:35.0; Grimes (Monta Vista) 9:35.5; Green (Aragon) 9:36.7; Reith (Fremont) 9:37.4; Holladay (Gilroy) 9:39.8; Jovovich (Aragon) 9:41.7.

330 LH — Phillips (Silver Creek) 38.0, 37.1; Ross (Hillsdale) 38.2; Chapman (Yerba Buena) 38.6; Hall (Monta Vista) 38.8; Clark (MA), Luftrell (San Carlos) 39.0; Hawkins (Burlingame), Ribera (Oceanside) 39.2; Davis (Brentham) 39.3; Monroy (Vista) 39.4.

220 — Green (Ayer) 21.6, 21.0w; Taylor (Overfelt) 22.0; Green (Cubberley), Dawson (Mt. Pleasant) 22.0w; Phillips (Silver Creek), Frank (Graville) (Sequoia), Holcombe (Hill) 22.1; Price (Carlmont) 22.3; A. Nicholson (MA) 22.3w; Littlejohn (Mt. Pleasant), Wilkes (Santa Cruz) 22.4.

Mile — Shilman (Willow Glen) 4:11.54; Ross (Serra) 4:12.04; Holladay (Gilroy) 4:25.1; Sup (Palma) 4:25.3; Green (Aragon) 4:26.8; Smith (Avalon), Russell (Blackford) 4:27.7; n Love (Carlmont) 4:27.8 (4:21.9); Thurston (MA), Marty Rohe (Saratoga) 4:28.0.

Mile Relay — Mt. Pleasant 3:22.3; San Carlos 3:23.3; SSF 3:24.4; Serramonte 3:24.55; MA 3:27.2; Carlmont, Sequoia 3:26.5; Lynbrook 3:26.8; Overfelt 3:27.5; Hillsdale 3:27.8.

Shot Put — Graham (Leland) 59-2 1/2; Brown (Camden) 58-8 1/2; Parker (St. Ignace) 57-10 1/2; Gonzales (Silver Creek) 57-4 1/2; Suefflohn (Woodside) 57-0; Schwartz (Homestead) 55-1 1/2; Honore (Camden) 55-0 1/2; Peterson (North Salinas) 54-11; Aubrey (MA) 54-10; Newson (MA) 54-9.

Discus — Franklin (Los Altos) 179-3; Schwartz (Homestead) 174-5; Peterson (North Salinas) 172-10; Gonzales (Silver Creek) 172-2; Eterski (Cupertino) 167-11; Brown (Camden), Angelakis (Del Mar) 164-11; Angelopoulos (Homestead) 164-4; Green (Fremont) 162-1; Buckingham (Capuchino) 160-4.

Long Jump — Bates (A) 24-4 1/4; Key (Avalon) 22-11 1/2; Woods (Los Gatos) 22-11; White (Camden) 22-10 1/2; Finley (Cupertino) 22-8; Jordan (Gunn) 22-4; Matooka (Gunn) 21-10 1/2; Wells (Overfelt) 21-10; Massarros (Fremont), Duran (Peterson) 21-9 1/2.

Triple Jump — Woodard (Silver Creek) 48-13 1/2; Leberherz (Serramonte) 47-9 1/2; White (Camden) 47-7; Bates (MA) 47-13 1/2; Rossi (Palma) 46-3 1/2; Llanagan (Silver Creek) 46-11 1/2; Wadlow (Hill) 45-10; Wyrick (Mt. Pleasant) 45-8 1/2; Wright (Westmoor) 45-8 1/2; Giblin (Leigh) 45-6 1/2.

High Jump — Graber (Los Altos) 6-9 1/2; Wick (TKL, Pleasant) 6-8; Wagner (Moreno) 6-7 1/2; Kniffin (Serra), Coleman (San Mateo) 6-6 1/2; Spivey (Woodside) 6-6 1/2; 6-4 1/2; Leberherz (Serramonte), Unruh (Lynbrook), Woods (Los Gatos) 6-6.

Pole Vault — Fearnside and Tardieu (Del Mar) 15-3 1/2; McAlexander (Monta Vista) 14-9; Kitts (Monta Vista), Barnett (Camden) 14-6; Bryan (Belarmine), Bell (Lynbrook) 14-4; Rodriguez (Del Mar) 14-3 1/2; Allen (Carlmont), Westlund (Fremont) 14-3.

STATE LEADERS

(All races in yards)

100 — Cris Dailey (JFK, Sacramento) 9.5w, 9.6; Rod Dawkins (Mt. Pleasant, San Jose) 9.5w, 9.9; Ivan Cleveland (Pasadena) 9.5w, 9.9; (Several at 9.6), 220 — Ron Williams (Chattworth) 21.0, 440 — James Sanford (Pasadena) 46.7, 880 — David Kingsland (El Modena) 1:53.90 and Tim Macauley (Notre Dame, Sherman Oaks) 1:53.6 (unofficial hand time in automatically timed meet). Mile — Mark Shilman (Willow Glen) 4:11.54 and Mark Fricker (Hemer) 4:11.4 (unofficial hand time). 2 Mile — Chuck Assumma (Eisenhower) 9:08.8, 120 HM — Curtis Perry (Banning) 14.02 (13.9 hand time in same race unofficial) and Phillip Johnson (Gardena) 14.0, 330 LH — Willie Curran (Crespi, Encino) 37.3, 330 IH — Andre Phillips (Silver Creek, San Jose) 37.1, 440 IH — Phillips 53.41, H.J. — Greg Lawrence (Thousand Oaks) 7-0 1/2, 7-3; Anthony Curran (Crespi, Encino) 15-3 1/2, LJ — Jerry Sanders (Muir, Pasadena) 24-9 1/2, TJ — Dokie Williams (El Camino, Oceanside) 51-7 1/2, SP — Joe Staub (Cantwell, Montebello) 62-4, DI — Dave Thompson (Santa Ynez) 194-10, 440 Relay — Pasadena 41.4, Mile Relay — Los Angeles Fremont 3:16.3.

Whichever team wins will take the South Peninsula Athletic League dual title. If Carlmont wins, it will be No. 13.

There are plenty of stars to watch. Like M-A's Paul Bates (the national long jump leader at 24-4 1/4) and Richard Clark (the Central Coast Section low hurdles leader at 14.1) and Carlmont's Jamie Allen (who pole vaulted a life-best 14-3 Thursday) and distance men Bob Love and Greg Mandanis . . . the list is endless. One school or the other has a top man in every event.

Track is a passion with Yanicks. But he's not kidding about spectator appeal. San Carlos and Menlo School re-scheduled their meet next week so both teams could tumble down to Middlefield Road to watch The Big One. There are rumors that Santa Clara Valley Athletic League athletes may show up to watch. Cognoscenti could be coming out of the woodwork.

Because in a County that occasionally produced good individuals, this meet will match two strong dual meet TEAMS.

This is Yanicks' year. He says he's never had a team this good before.

Carlmont and Menlo-Atherton

Prep Track Super Meet Up

M-A wins track title in 'classic'

'Little guys' key 76-60 victory



—Tribune photos by Gurne Tupper

Newson two-feet better, wins



By MIKE NOLAN
Tribune Sports Writer

Because Menlo-Atherton High's finest hour in track and field was a tremendous tribute to the "little guy," the season's classic meet didn't even need a classic ending.

The big guns of both teams strutted their stuff and performed superbly under pressure — in the manner to which they have become accustomed during this season of SPAL brilliance.

But M-A's first SPAL cinder championship since 1958 was the direct result of nine come-through performances under the greatest pressure any of these athletes ever had experienced.

In fact, though the official score yesterday of unbeaten M-A's title-clinching victory over previously perfect rival Carlmont was 76-60, it might just as well be logged as 9-1.

Nine M-A surprises. One Carlmont surprise.

Those nine performances insured that this high-caliber meet, which both coaches and virtually

everyone else thought would go down to the mile relay, was over before it was over.

The victory, in which there were nine meet records, ended a frustrating title search by M-A coach Plato Yanicks, in his 13th season with the Bears. And it snapped Carlmont's 29-meet win string and denied coach Loren Lansberry what would have been his 13th title in 20 seasons.

"It really was one for the little guys," said Yanicks. "We had so many come-through performances."

Yes, M-A's Paul Bates was brilliant. He triple jumped 47-8 (fourth best in SPAL history) and long jumped 23-5 (on his final leap, after Carlmont's Tim Maples put the pressure on with a life best 22-6). And won the 440 in 50.8. And anchored the mile relay to victory in 3:28.0. And won both races going away.

Yes, Richard Clark was superb for M-A, winning the high hurdles in 14.4 and the lows in 38.9, a school record. Both times were

impressive on M-A's slow track.

Yes, Marshall Newson came through in sensational fashion, topping his best shot put by almost two feet with 56-7/8. And yes, Junior Regan Avery did the discus job as usual, winning at 154-2/5.

Certainly, Carlmont had its share of moments. Junior Andre Price was splendid in the sprints (10.1 and 22.3). Junior Bob Love won the distances as usual. Junior Jamie Allen had his second-best pole vault, 13-10 1/4. And Carlmont's 440 relay triumphed, as expected.

But here is why M-A won the meet, the championship, and, most likely, the mythical Peninsula title:

— Keith Young ran the race of his life, taking the 880 in 1:59.4 with a furious kick. He then copped a critical third in the low hurdles, running a second heat under no pressure in a life best 40.9.

— Gary Thurston finished second in the mile in 4:30.4, not

his best time but admittedly his finest: race to beat Carlmont's other distance dynamo, Greg Mandanis. Coming late in the meet, Thurston's second virtual assured M-A's title.

— Keenan Richmond, almost totally unheralded senior, won second in the high hurdles in 15. "We knew nothing about him. I really helped them," said Lan berry.

— Jim Deckard, a soph who has been running junior varsity a season, responded to his first varsity race by running 40.8 in second in the low hurdles, beating more seasoned competitors.

— Senior Frank Miller beat Carlmont's Ron Hales on few misses in the high jump at 6-tying Miller's life best though Hales had his finest effort.

— All-out third place efforts by sophomore Steve Bruce in the long jump (21-11 1/4), a life best soph Ted Nicholson (23.3 furlongs) and Len Sperandio (2:01.6 half mile).

(Please turn to Page 14, Col. 1)

SECOND SECTION



Redwood City (Ca.) Tribune

Friday, April 22, 1977—13



Championship



Ironically, another Peninsula power, Los Altos, also lost yesterday, 69-67 to Buchser. It was only the fifth loss in 184 meets for the Knights, who meet M-A for Peninsula prestige April 30.

"I'd just like to thank all the people who have supported us at M-A," said Yanicks. He was enjoying his most satisfying moment in 13 years at M-A.

Making it even more enjoyable, his mother was there at his side. And what did Mrs. Yanicks say at the end of the meet?

"Throw Plato in the pool! I want to see that!" The Bears gladly obliged her.

MENLO-ATHERTON 76, CARLMONT 60
440 rel. — Carl (Maples, Cheedle, Miller, Price) 44.1mr; 120 HIR — Clark (M) 14.4mr, Richmond (M) 15.5, Spencer (C) 15.8; 880 — Young (M) 1:59.4mr, Norris (C) 2:00.3, Sperandio (M) 2:01.8; 100 — Price (C) 10.1, A. Nicholson (M) 10.5, Miller (C) 10.6; 440 — Bates (M) 50.8, Carlmont (C) 51.8, T. Nicholson (M) 52.3; 2-mile — Love (C) 9:44.0, Mandanis (C) 9:44.3, Thurston (M) 9:50.8; 330 LH — Clark (M) 38.9mr, Deckard (M) 40.8, Young (M) 40.9; 220 — Price (C) 22.3mr, A. Nicholson (M) 22.3, T. Nicholson (M) 22.9; Mile — Love (M) 4:28.5, Thurston (M) 4:30.4, Mandanis (C) 4:32.9; Mile rel. — M-A (Clark 52.1, T. Nicholson 52.5, Young 50.8, Bates 50.3) 3:28.0.
HJ — Miller (M) 6-2, Hales (C) 6-2, McGinnis (C) 6-0; LJ — Bates (M) 23-5mr, Maples (C) 22-4 1/4, Bruce (M) 21-11 1/4; TJ — Bates (M) 47-8, Maples (C) 44-11 1/4, Thompson (C) 45: PV — Allen (C) 13-10 1/4, Worthen (C) 13-4, de between Perry (C), Gulletta (C) 11-4; SP — Newson (M) 56-7/8mr, McKitric (C) 53-1, Awbrey (M) 51-11/8; Dis. — Avery (M) 154-2/5, Newson (M) 148-1/4, Awbrey (M) 152-8.
M — meet record.

STANDINGS: Menlo-Atherton 4-6, Carlmont 3-1, San Carlos 2-2, Woodside 2-2, Sequoia 1-3, Menlo School 0-4.

14—Redwood City (Ca.) Tribune Friday, April 22, 1977

1,500 fans see M-A win

(Continued from Page 13)

Meanwhile, though Carlmont had plenty of fine, competitive efforts, only Waymon McKitric was a surprise. His second best shot put, 53-1, beat out heavily favored Craig Awbrey of M-A for second.

"Otherwise, everything else pretty much followed form," in the words of both coaches.

Few of the athletes said they were doing anything different; most simply explained their success by simply saying they tried their darndest.

"The teammates, the crowd, that's why I did it," said Thurston. "That helped me so much."

So did Thurston's strategy of hanging back in the two-mile running only well enough to place third when the temptation was to try to beat Mandanis in that race as well.

Love had been expected to go in the 880. He started, but Lansberry explained it was only a psychological attempt at Young. Loren didn't want to gamble on Love's mile effectiveness.

"I sure was surprised when Love dropped out," said Young. "I'm really pleased with my times on this track."

Virtually all of the track buffs at the meet — and there were a bundle among the 1,500 or so

excited spectators — credited Young with a brilliant competitive effort.

"It (the 880) was the key race of the day for morale reasons," said Yanicks. "Young was fantastic." Keith said he hadn't raced Carlmont's Dan Norris, but his kick in the final 220 yards triumphed over Carlmont's toughie.

"And Deckard is just a tough kid. We didn't need him on the varsity until this meet, and he came through with the race of his life. Thurston's second was one of the most rewarding moments of the year."

"And," added Yanicks, "Bates

was fighting for his life. Maples did a great job and Paul had to come through, and he did. Keenan Richmond was another guy who came through so well."

"It's good for the league," added Yanicks. "But Carlmont looks like the winner next year."

But this is this year, and all those fine Scot juniors will have to wait.

Lansberry had particular praise for Price, whose state meet chances seem to go up each time Andre runs. "He was tremendous on this dirt track," said Lansberry.

It was only Carlmont's 18th loss against 130 SPAL victories.

The Local Angle

By MIKE NOLAN



The BIG meet arrives

Why all this fuss — and great anticipation — over Carlmont High's visit to Menlo-Atherton Thursday for the SPAL track championship?

Championships are decided every season, right?

Ah, but this is not your ordinary SPAL title showdown.

The meaning of this super meet can be summed up in two words — rivalry and quality.

The rivalry is easily the most intense in the SPAL, because of the programs developed by two of the most widely known prep coaches in Northern California, Carlmont's Loren Lansberry and M-A's Plato Yanicks.

Both are considered totally dedicated; both are considered experts.

Yet the only time M-A has beaten Carlmont when it meant anything was in 1958, Lansberry's first season and prior to Yanicks' arrival.

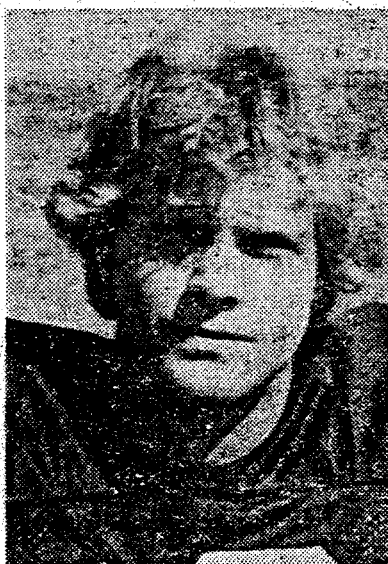
M-A won the championship that season. It hasn't since, thanks largely to Lansberry, whose Scots have taken 12 titles. They've lost to M-A only in 1969 and 1970, when neither team earned the title.

M-A ought to be as hungry as any team possibly could be. Carlmont's athletes, probably the most competitive overall now in the SPAL, desperately want to avoid losing the title to — of all schools — M-A.

There's no question about the quality.

The meet is not only for SPAL honors, but for the mythical Peninsula title as well, covering an area from San Francisco to Santa Clara. Perennial power Los Altos is "down" this year (M-A meets the Knights April 30) and track experts say no other Peninsula dual meet team is capable of beating either M-A or Carlmont. There are two or three San Jose squads which might well have a shot, so we don't want to go overboard.

But there's no doubt that of all sports, the SPAL is strongest in track by far. This will be the first truly top-notch Central Coast Section caliber event in the SPAL this year.



KEITH YOUNG
an M-A title key?

petition in any sports event this year.

Carlmont has a 29-meet dual win streak, 22 in league. M-A is 20-1 in two years, 31-3 in three. Of the top 48 marks to date in SPAL track (three in each event), 30 will be represented in this meet. More than a half-dozen athletes competing may wind up in the state meet.

So, who's going to win this monstrosity?

I project a 69-67 M-A victory, meaning the meet will go down to the wire, the mile relay. M-A's foursome of Richard Clark (a superb competitor), Keith Young (underrated), Frank Miller (a high school version of an "old pro") and Paul Bates (super talent) will win it.

Obviously, every place in this meet is critical. Some little guy nobody ever heard of is likely to win the title.

Here's my dope sheet (individual events are scored 5-3-1, relays 5-0):

LJ — Bates (M) easily, followed by Tim Maples (C) and Miller (M). TJ — Bates (M), but pressed by Maples (C), with Chris Carrion (C) third. HJ — No single standout. Give Ron Hales (C) the win, M-A the next two spots with Miller and Keenan Richmond.

PV — Jamie Allen leads Carlmont sweep. SP — Craig Awbrey (M) and Marshall Newson (M) one-two, but Waymon McKittrick (C) will earn a big point. Dis. — Same thing; Give Regan Avery (M) and Newson (M) one-two with Steve Polenz (C) earning a possible vital point.

440 relay — Carlmont, but not by much. 120 HH — Clark (M) easily, Jim Plate (M) a vital second, Stu Hall (C) third. 880 — I'll bet Lansberry runs distance ace Bob Love here and wins it. But Young (M) can beat Dan Norris (C) for second.

100 — Andre Price (C) can beat Art Nicholson (M), with any Carlmont man third. 440 — Bates and Art Nicholson will give M-A one-two, but Carrion (C) will take third. 2-mile — Greg Mandanis (C) solid winner, with Ken Melquist (C) second. But Gary Thurston (M-A) has ability to take critical third.

330 LH — Clark (M) easily, but Hall and Hales give Carlmont second and third. 220 — Price (C) beats Art Nicholson (M) in fine race, with Carlmont third. Mile — Love and Mandanis one-two, but, again, M-A's Thurston can break the monopoly.

Mile relay — M-A, for the meet and championship.

Incidentally, making this thing all the more attractive is the not-so-coincidental fact that the junior varsity, girls and probably freshman titles will be decided Thursday at M-A as well.

Even if you're not a track buff, this one will be worth seeing. There won't be any better com-

Best SPAL cinder marks

Top track and field marks to date in the SPAL:
440 rel. — Sequoia (Frank Oravillo, Jones; Hockaday, Fred Oravillo) 42.7, Carlmont 43.5;
Mile rel. — San Carlos (Wallace, Luttrell, Beal, Gillooley) 3:23.3, M-A 3:25.2, Carlmont and Sequoia 3:26.5.

100 — Price (C) 9.8, Fred Oravillo (Seq) 9.9; 220 — Frank Oravillo (Seq) 22.1, Price (C) 22.3, A. Nicholson (M-A) 22.3w; 440 — Bates (M-A) 50.4, Gillooley (SC) 50.9, Beal (SC) 5.2; 880 — Young (M-A) 1:59.2, Norris (C) 1:59.6, Sperandeo (M-A) 2:01.5.

Mile — Love (C) 4:21.9, Thurston (M-A) 4:28.6, Mandanis (C) 4:33.6; 2-mile — Love (C) 9:14.0, Mandanis (C) 9:22.7, Melquist (C) 9:47.0; 120 HH — Clark (M-A) 14.1, Dixon (Seq) 14.4, Luttrell (SC) 15.1, Fred Oravillo (Seq) 15.1; 330 LH — Clark (M-A) 39.0, Luttrell (SC) 39.0, Dixon (Seq) 40.5.

LJ — Bates (M-A) 24.4, Maples (C) 21.9, Bruce (M-A) 21.4; HJ — Spivey (W) 6.64, Dixon (Seq) 6.2, Erlandson (M-A) 6.2; TJ — Bates (M-A) 47.1, Maples (C) 48.0, Fred Oravillo (Seq) 44.4.

PV — Allen (C) 14.3, Luttrell (SC) 13.0; SP — Suelflohn (W) 57.0, Awbrey (M-A) 54.10, Newson (M-A) 54.9; Dis. — Avery (M-A) 160.2, Lewis (W) 159.0, Newson (M-A) 158.7.



Dual Meet Win Streak Ends at 29

Bear Spikes Beat Carlmont

It was a reversal of form — having the dance before the victory — but it was better than choking and not dancing at all.

Menlo-Atherton High's track team didn't need a pep talk before Thursday's much-ballyhooed dual meet with Carlmont. What they needed was to relax.

So assistant track coach Ben Parks took the Bears into the wrestling room for the usual pre-meet stretching — and a dance exhibition. With the music blaring, Parks began to improvise, and the athletes followed Parks' lead, momentarily forgetting about Carlmont's string of 29 straight dual meet wins.

"The biggest problem was to get them to relax, to get them loose," said M-A coach Plato Yanicks.

Relax they did. And they won — as expected — by the fairly healthy margin of 76-60. Like most meets, this one had been duped out beforehand three ways from Sunday, and like most meets, it didn't exactly follow form. Yanicks was just glad history didn't repeat itself.

"My greatest thrill was seeing an M-A athlete come second to them many times. We've never survived that pressure. We had veterans this year, though, and it was fantastic team thing. You would have thought you were at a football game," said Yanicks.

Perhaps not — the meet drew more than 1,500 people, a healthier turnout than those at most afternoon football games. And one rarely sees two school teams set at a football game (there were also 10 need records).

Yanicks figured that two early races, the high hurdles and half mile, would tell him how the meet would go.

M-A's Richard Clark won the high, as expected (in 14.4). But teammate Keanan

440 — Phillips (Silver Creek) 49.5; Hilliard (South City) 49.6; Holcombe (Hill) 49.7; Carter (Mt. Pleasant) 49.94; Holland (Silver Creek) 50.0; Taylor (Overfelt) 50.2; Wolfe (South City) 50.2n; Bates (Menlo-Atherton) 50.4; Sealy (Lyndonook) 50.5; Jones (Pleasant Hills) 50.5n. (State leader, James Sanford, Pasadena, 46.7; Nat'l leader, Sanford).

440 — Ross (Serra) 4:10.5; Shiman (Willow Glen) 4:11.54; Love (Carmont) 4:20.0; Holladay (Gilroy) 4:25.1; Sup (Palma) 4:25.3n; Russell (Blackfoot) 4:25.0n; Eberly (Los Gatos) 4:27.2; Marlin Rone (Saragosa) 4:27.5; Smith (Avalon) 4:28.6; Thurston (Menlo-Atherton) 4:28.6; Carrasco (Mt. Pleasant) 4:28.6; relay leg). (State best, Ross, 4:10.83; National leader, Hoffman, St. Petersburg, Fla., and Stevens, Woodlawn, Birmingham, Ala., 4:10.4).

440 — Paul Bates (Menlo-Atherton) 48:11.4; Woodard (Silver Creek) 48:11.4; White (Carmont) 48:11.4; Leberer (Serramonte) 47:49.0; Leberer (Serramonte) 47:49.2w; 47.7; Rossi (Palma) 46:7; Giblin (Leigh) 46:6; Wright (West

Richmond also snuck in for a second place. In the 800 M-A's Keith Young won in a meet record 1:50.4; Carlmont's Dan Norris was second in 2:00.9. Yanicks had been afraid that Carlmont distance ace Bob Love would triple — run the half as well as the mile and two miles — and win all three. But Love pulled up after 110 yards of the half.

"Everything went pretty much according to schedule after that," said Yanicks. "We did what we had to do. We got a few good things we didn't expect. The only time Carlmont broke in was in the shot put."

The shot, like most events of the day, was a superb competition. M-A senior Marshall Newson won a 56-7% (winning out a 16-year-old meet record) with Carlmont's Wayne McKittie coming in second with a 53.1 and M-A's Craig Ambrey taking third at 51.1 ft.

Yanicks thought his best piece of strategy was to have distance man Gary Thurston run easily behind Carlmont's favorite Bob Love and Greg Mandanin in the two-mile, to board energy for a post-second place finish in the mile.

That doesn't sound like it would make much difference. But it did. Thurston came on in the mile, passing Mandanin on the last turn and finished second in 4:30.4. (Bund Love's meet record is 4:28.5).

Thurston's points clinched the meet

for M-A, and meant that the Bears couldn't even have to win the mile relay (though they did). Yanicks had figured the meet would go down to the mile relay. There were some good performances from both sides along the way.

Hurdler Clark came back in the 300 (M-A swept the event).

Carlmont's Tim Maples had a life best long jump of 22-4 ft., and nearly upset A. But Bates came back to jump a meet record 23-4. (M-A soph Steve Bruce was third in 21-11 1/2). Bates also triple jumped a meet record, lifetime best of 47-3 (and might have gone further had not Yanicks told him to save his strength for the mile relay).

Carlmont's Andre Price set a meet record of 23.3 in the 320 and M-A's mile relay team ran a meet record 3:20.0. Carlmont's Jamie Allen vaulted 13-10 1/2.

Menlo-Atherton's Richard Clark is all concentration en route to a sterling 14.4 second victory Thursday in the high hurdles. Clark, the top hurdler in the county, came back to annex the lows in 38.9 and spur M-A to a 76-60 victory over parental SPAL power Carlmont.

DETERMINATION

(Clipping photo by Mike Nolan)



The Local Angle

4/29/77 BY MIKE NOLAN

It WAS the finest meet

When Menlo-Atherton High turned back Carlmont last week in a marvelously competitive track meet, casual fans and perhaps even the local track buffs may not have realized what a superb cinder show it was.

As it develops, M-A's long-to-be-remembered 76-60 victory turned out to be the finest meet in SPAL history.

I suspected as much, but hesitated to state so until the records could be checked. Sure enough, no meet in SPAL history was ever so fine.

That's to say, the first place marks would have out-scored the first place marks in any other meet in SPAL history (and the seconds and thirds often were outstanding, too).



The 1975 Carlmont-Woodside showdown came close, but this meet was even better. Only five marks in that '75 meet were not surpassed by M-A or Carlmont.

No less than nine of the 16 winners, in fact, posted marks good enough to rank in the Central Coast Section top 10. For one dual meet, that's amazing.

Perhaps M-A isn't the best dual meet team in the CCS (some say Camden, Mt. Pleasant and perhaps Silver Creek, all in San Jose, are better). But I'd bet my list of league records that no dual meet in the CCS this season will produce the combined 16 marks the Bears and Scots enjoyed.

Since the meet was contested on M-A's slow, dirt track, it's all the more amazing. For sheer quality, few SPAL athletic events have topped this one.

SP — Graham (Leland) 60-9 1/2; Suellohn (Woodside) 58-1 1/2; Brown (Carmont) 58-0 3/4; Parker (St. Ignace) 57-10 1/2; Gonzales (Silver Creek) 57-4 1/2; Franklin (Los Altos) 56-7 1/2; Newson (Menlo-Atherton) 56-7 1/2; Schwartz (Hornesburg) 55-6 1/2; Aubrey (Menlo-Atherton) 55-6 1/2; Paul (Gunderson) 55-1; Honore (Cam-

M-A, however, can't rest. Bear coach Plato Yanicks deliberately scheduled Los Altos Saturday morning, 10 a.m. at M-A, so that the Bears either can or can't claim Peninsula supremacy.

Los Altos was beaten 69-67 by Buchser last week, taking a bit of the luster off. But not much, what with such a close score.

If M-A wins big — and Yanicks admits he's wary of Los Altos due to matchups — the Bears can say they're the best from San Francisco to Sunnyvale, at least.

Serramonte of Daly City is a fine "big" meet team, but doesn't have the dual depth to stay with M-A.

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430 — Bales (Menlo-Atherton) 21:21.4; White (Carmont) 21:4.4; Woods (Los Gatos) 23:10.9; Key (Avalon) 22-11 1/2; Malibou (Gunn) 22-10 1/2; Finley (Cupertino) 22-8; Maples (Carmont) 22-6 1/2; Loudize (Woodside) 22-5 1/2; Jordan (Gunn) 22-4 1/2; Wright (Westmont) 22-4; Woodard (Silver Creek) 22-4 1/2; Wells (Overfelt) 22-1 1/4. (State best, Bales, Nat'l best, Bell, Mansfield, O., 24-8.)

Speaking of win percentages, Menlo-Atherton's track team has compiled some mighty fancy figures in the past four years to climax 13 seasons of work by Plato Yanicks.

The Bears went 30-1 for three divisions in dual meets this year (a typewriter gremlin yesterday gave them "only" 20-1), including 11-0 on the varsity. In the past four seasons, they are 116-16, including 42-6 on the varsity.

Only other schools, from San Francisco to Santa Clara with those kind of numbers are Carlmont and Los Altos.

In M-A's 79-57 triumph over Los Altos Saturday, the Bears' Craig Aubrey lofted a life best 55-6 1/2 shot put. I believe that's second only to St. Ignace's Bruce Parker (57-10 1/2) in the CCS by a junior. Freshman Clint Herbst also posted an impressive 12-2 1/2 M-A class pole vault record.

Mile R — Silver Creek 3:22.2; Mt. Pleasant 3:22.8; San Carlos 3:23.3; Carlmont 3:24.1n; Seaside 3:24.2n; South City 3:24.4n; Overfelt 3:24.5n; Serramonte 3:24.55n; Menlo-Atherton 3:25.4n; Cubberley 3:25.5n; State best, Fremont, L.A. 3:16.3; Nat'l best, Strake Jesuit, Houston, 3:13.8).

with discussion this season because of an alleged rift between Barry and Smith. The clubs will play at Golden State Sunday afternoon and Tuesday night in the third and fourth games of the best-of-seven series. If a fifth game is necessary, it will be played here a week from tonight.

'Bad News Bears' devour Scots



After 13 years of anxious waiting, Coach Plato Yanicks, M-A's head track man, has finally realized a dream. Credit must be given to the Varsity and Frosh M-A track teams who made this dream come true last Thursday by speeding past Carlmont to win the SPAL championship, 76-60 and 77-59, respectively.

A very happy Coach Yanicks comments on M-A's long awaited victory. "Years of frustrating bad luck have finally come to an end. We are no longer the bridesmaids and we are finally the champs." M-A's JV lost to

Carlmont, 70-66.

Marked by superb performances from both teams, the Carlmont meet can only be termed a thriller. The outcome was a tossup from the beginning and the score was too close for either team's comfort, until well into the second half of the meet.

The highly versatile Bates hopped, skipped, jumped, and ran his way to victory, winning all four of his events. He took the quarter in 50.8 and anchored the winning 3:26 mile relay, showing awesome speed as he left all contenders in the dust. Bates, now one of the top long jumpers

in the nation, also collected his usual points in the long and triple jumps with marks of 23'5" and 47'8".

Clark, M-A's resident hurdler specialist, snatched both the high and low hurdles from Carlmont in 14.4 and 38.9, a school record. Clark also led the mile relay team to victory.

Middle-distance man Keith Young experienced his finest moment when he hit the finish tape after a season best 1:59.4 880 yard run.

M-A's weighlman, led by Marshall Newson and Regan Avery, did not disappoint either.

Newson put the shot 56' 7 3/4" in a tremendous life timebest effort. Avery hurled a winning 154' xx 2 1/2" in the discus.

Carlmont's fine distance squad, led by Bob Love and Greg Mandanis, got dangerously close to shattering the Bear's hopes for the championship. But, hard as

the Scots tried, M-A's Gary Thurston tried harder. Thurston managed to steal a crucial second in the mile from Mandanis, which helped widen the gap on the scoreboard.

After M-A's exciting bout with Carlmont the week before, the Woodside meet was an emotional let down. "It was just hard to fire them up after our victory over the Scots," comments Coach Plato Yanicks.

But even their extreme lack of spirit couldn't stop the Bears from stomping all over Woodside 92-44.

The Bears claim not only the Varsity and Frosh SPAL crowns, but also the Girls' championship. "This is the best overall team ever to be at M-A at one time!" exclaims Coach Yanicks proudly.

Still undefeated in dual competition, the Varsity Bears boast

a winning streak of 17 in a row over the past two years.

The Bears travel next to the SPAL Relays, which will be held tonight at 7:30 p.m. on Sequoia's lighted track.



The girls Varsity track team duplicated the boys upset of Carlmont by trouncing the Scots, 65-44. The Bears title drive was spearheaded by Sophomore sprinting sensation Patrice Bates.

Pat blazed to San Mateo County season bests in the 100 (11.4) and 220 (26.2), and opened up an untouchable lead in the 440 relay 50.8. She later came back and anchored the girls finest relay effort 4:19.1.

Scoring life bests were, Brenda Damon in the high hurdles (16.0), Trish King high jumped 5-0, and Suzie Galvez long jumped 16-1. Patrice Bates will be leading the girls in their first invitational outing of the year, April 30 at King City as the 1977 Champs "Tunup", for the first annual District Relays May 6, 7, 30 p.m. at Sequoia.

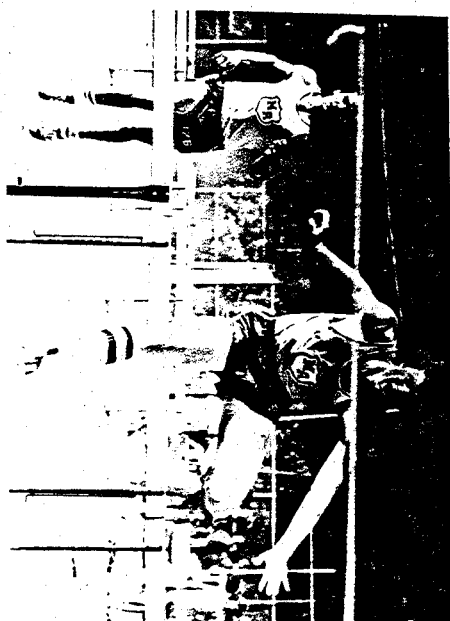


Area's Best Track Marks

You may be on top of the heap, but remember you are still part of it.

120 HH — Clark (Menlo-Atherton) 14.1, Phillips (Silver Creek) 14.2, Hawkins (Burlingame) 14.3, Dixon (Sequoia) 14.4, Durio (Mt. Pleasant) 14.40w, Caruso (Prospect) 14.5, Wells (Overfelt) 14.54w, Lewis (Serramonte) 14.5, Key (Avalle) 14.5w, Ryan (St. Ignace) 14.6, Guthrie (Cuernepino) 14.6 (State leader, Curtis Perry, Banning, Wilmington, 13.8, Nat'l leader, Nehemiah, Scotch Plains-Fanwood, Scotch Plains, N.J., 13.3).

330 LH — Phillips (Silver Creek) 37.1 over intermediate hurdles, 38.0 over lows; Hawkins (Burlingame) 38.0w, Chapman (Verba Buena) 38.5, McNiven (Prospect) 38.6, Monroe (Overfelt) 38.6, Rivera (Oceans) 38.8, Hall (Monia Vista) 38.8, Chavez (Overfelt) 38.8w, Durio (Mt. Pleasant) 38.87, Clark (Menlo-Atherton) 38.9, Coffey (San Carlos) 39.0w, (State Best), Phillips, and Willie Curran, Crespi, Encino, 37.3, Nat'l best, Daniels, Killian, Miami, Fla., 37.0 for intermediates).



M-A's freshmen win track title

FINAL FROSH STANDINGS: Menlo-Atherton 5-0, Woodside 4-1, Carlmont 3-2, San Carlos 2-3, Menlo School 1-4, Sequoia 0-5.

Robert Crumpler posted an M-A freshman record 11-9 pole vault and Willie Bates triple-jumped 39-8 to help the Bears beat Woodside, 75½ to 59½, in a season-ending struggle of unbeaten SPAL freshman track teams yesterday.

M-A's frosh champs finished 9-0 overall.

Carlmont beat Menlo School, 97-32, to wrap up an unbeaten junior varsity campaign. The Scots clinched the crown with last week's 70-66 victory over M-A, preventing the Bears from sweeping the varsity, JV, frosh and girls titles.

M-A's four-level league record was 17-1.

Junior Varsity

MENLO-ATHERTON 73, WOODSIDE 63

440 rel.—M-A (Doyle, Levers, Kistler, Ritter) 48.1; 120 HH—Bailey (M) 18.7; 880—Corless (W) 2:05.2; 100—Levers (M) 10.8; 440—Landre (W) 54.5; 2-mile—C. Smith (M) 10:52.1; 330 LH—Ritter (M) 44.5; 220—Landre (W) 23.9; Mile—Scott (M) 4:54.4; Mile rel.—M-A (Brooks, Kistler, Levers, Doyle) 3:53.3; 6P—Paleogus (W) 47-7½; PV—Black (W) 10-6; TJ—Ritter (M) 39-1; Dis.—Smith (W) 128-4¼; LJ—Gilkberg (W) 18-7½; HJ—Gilkberg (W) 5-10.

SAN CARLOS 96, SEQUOIA 27

440 rel.—no official race; 120 HH—Morey (S) 15.9; 880—Immethun (SC) 2:21.5; 100—Baker (SC) 10.6; 440—Houze (SC) 57.1; 2-mile—Sieling (SC) 10:56.5; 330 LH—Morey (S) 43.6; 220—Baker (SC) 24.5; Mile—Maarleveld (SC) 5:06.4; Mile rel.—SC (Houze, Baker, Immethun, Siegler) no time; SP—Mitchell (SC) 37-7; Dis.—Mitchell (SC) 114-1½; PV—Simpson (SC) 10-0; HJ—McLaughlin (SC) 5-8; LJ—Baker (SC) 18-0; TJ—Willis (S) 36-2.

CARLMONT 97, ST. FRANCIS 38, MENLO 32

440 rel.—Menlo (Baikie, Lachemann, Chang, Garcia) 48.0; 120 HH—Swain (C) 16.7; 880—Newton (C) 2:08.0; 100—Chambers (C) 10.6; 440—Ibsen (C) 53.9; 2-mile—McClure (SF) 10:13; 330 LH—Ibsen (C) 43.5; 220—Chambers (C) 24.8; Mile—Pierce (C) 4:37.8; Mile rel.—Carl (Newton, Logothetis, Ibsen, Warden) 3:47.0; SP—Morton (M) 48-8½; Dis.—Morton (M) 132-10¼; HJ—Capuzelo (C) 5-10; LJ—Murphy (SF) 18-10; TJ—Chambers (C) 39-10¼; PV—Phillips (C) 11-6.

FINAL JV STANDINGS: Carlmont 5-0, Menlo-Atherton 4-1, Woodside 3-2, San Carlos 2-3, Sequoia 1-4, Menlo School 0-5.

Freshmen

MENLO-ATHERTON 75½, WOODSIDE 59½

440 rel.—M-A (Miller, Moore, Kistler, Bell) 47.5; 70 HH—Crumpler (M) 10.5; 880—Grady (W) 2:09.2; 100—Washington (W) 10.7; 440—Fernquist (W) 56.4; 2-mile—Hausler (M); 10:38.2; 330 LH—Crane (W) 45.7; 220—Washington (W) 24.3; Mile—Grady (W) 4:59.0; Mile rel.—Wood (Fernquist, Siri, Severson, Washington) 3:49.2; SP—Gananian (M) 41-3¼; PV—Crumpler (M) 11-9; TJ—Bates (M) 39-8; Dis.—Anderson (W) 119-10; LJ—Herbst (M) 18-1½; HJ—Herbst (M) 5-4.

SAN CARLOS 96, SEQUOIA 44

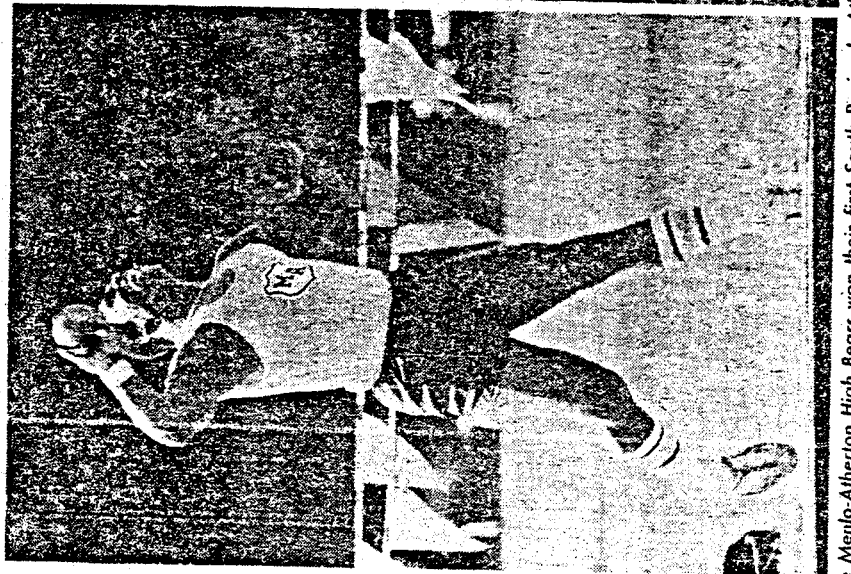
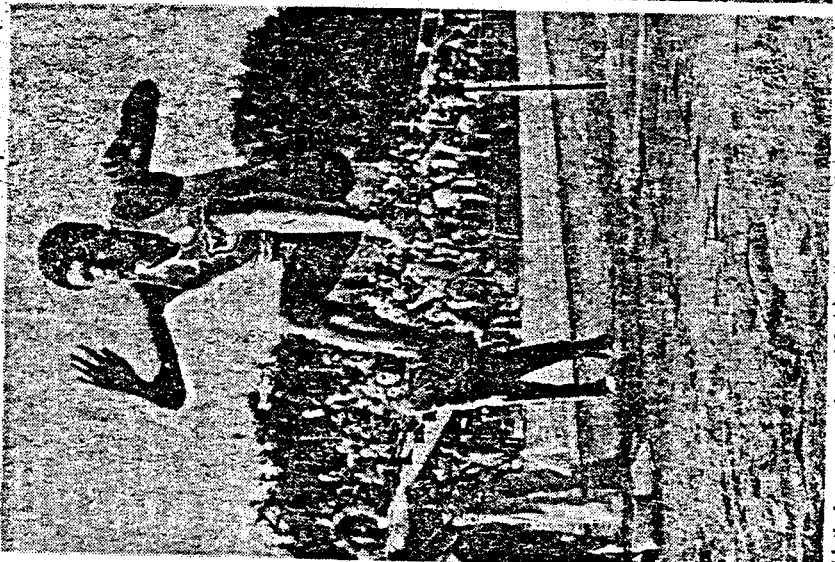
440 rel.—Seq (Cash, Collins, Beloff, Stephens) 49.6; 70 HH—Streets (SC) 10.8; 880—Davey (SC) 2:19.5; 100—Williams (SC) 10.6; 440—Stephans (S) 61.5; 2-mile—Record (SC) 10:58.2; 330—St

ets (SC) 46.1; 220—Williams (SC) 24.2; Mile—Lydon (S) 5:20.8; Mile rel.—SC (Richmond, Streets, Davey, Record) 3:56.1; SP—Aitken (SC) 40-11; HJ—Streets (SC) 5-6; PV—Mackwood (SC) 9-0; Dis.—Aitken (SC) 101-2; LJ—Willis (S) 16-4; TJ—Record (SC) 37-9¼.

CARLMONT 96, ST. FRANCIS 37, MENLO 10

440 rel.—Carl (Hoskins, Young, Mueller, Murphy) 48.7; 70 HH—Wright (C) 10.2; 880—Thompson (S) 2:16.3; 100—Young (C) 10.9; 440—Dietrich (C) 55.7; 2-mile—O'Connor (C) 9:49; 330 LH—Holt (C) 47.0; 220—Young (C) 24-6; Mile—O'Connor (C) 4:54.8; Mile rel.—Carl (Dietrich, Mueller, Lambert, Huggins) 3:52.4; HJ—Hoskins (C) 5-4; SP—Wood 44-8¼; Dis.—Kratzmann (C) 125-2; LJ—Dietrich (C) 19-11; TJ—Dietrich (C) 37-3½; PV—DeVictoria (SF) 10-1.

The scotching of Carlmont



The Menlo-Atherton High Bears won their first South Peninsula Athletic League track and field championship in 20 years Thursday by throttling Carlmont 76-60. It was the first dual defeat for the Scots in their last 30 meets. Marshall Newton, left, muscled a 56-7½ meet record put in the shot, and junior Regan Avery, right, flipped the discus a winning 154-2½, but it was Paul Bates, center, who was awesome. Bates, shown winning the long jump, took that event at 23-5 as well as the triple jump at 47-8 and the 440-yard run in 50.8. Story on page 31.

Bates does it again

Now leads CCS in TJ and LJ

To say Paul Bates is now the all-time king of SPAL horizontal jumpers is the understatement of the track season.

Bates completed the most brilliant week any SPAL horizontal leaper ever enjoyed with an all-time performance Saturday to help Menlo-Atherton High take fourth at the first West Valley College Relays in Saratoga.

As M-A coach Plato Yanicks put it, "I don't see how anyone could do more than Bates did."

Bates won the long jump at 24-11½ and the triple jump at 48-11½. AFTER running a 2:00.9 half-mile split to anchor M-A's two-mile relay to victory in 8:03.9, an SPAL record.

Bates had a pretty fair "triple" in M-A's 76-60 SPAL title-clinching victory over Carlmont Thursday — a 47-9 triple jump, 23-5 long jump and 50.8 quarter. But he amazed the crowd Saturday while taking over the Central Coast Section triple jump lead to go with his long jump lead.

His triple jump is third on the all-time SPAL list (behind 49-8 by Woodside's Myrt Easley in 1975 and 49-4½ by Gunn's Dale Krebs in 1971). The mark currently is the second best legal jump in the state behind El Camino's (Oceanside) Doakie Williams (51-2½).

Bates' TJ also is second in San Mateo County history and ninth in West Bay annals. He's the first in both SPAL and county history to surpass 24 feet and 48 feet in a jumping career, much less the same meet.

Bates' winning long jump was a fitting companion to his CCS-leading 24-4¾, which is second in the state behind 24-9½ by Jerry Sanders of Muir (Pasadena).

Joining Bates on M-A's two-mile relay sizzler were Len Sperandeo (1:58.9 leadoff leg), Gary Thurston and Keith Young (1:58.7 split). Young opened a wide lead and "destroyed" the field, as Menlo School coach Bob Jones noted. M-A topped Carlmont's 8:07.2 in 1971.

An extremely promising all underclass Carlmont mile relay team of juniors Chris Carrion, Reggie Arnold and Andre Price and sophomore Ricky Cheadle was second in 3:24.1, fourth best in the CCS this season. Silver Creek won in 3:22.2, a current CCS topper.

Carlmont, which finished eighth, took third in the four-mile relay with Bob Love (4:22.8), Mark Suda, Dan Norris (4:24.3) and Greg Mandanis. Carlmont also was fifth in the 440 and 880 relays, as was M-A in the low hurdles relay. Woodside junior Tony Thompson ran a 49.8 leadoff leg on an unplaced mile relay

effort.

Also placing in the open events in the meet, which attracted 55 schools and 1,100 athletes, were Woodside's Rob Suefflohn (third, shot put, 55-8¼) and junior Ken Loud (fifth, long jump, life best 22-5¼) and M-A's Craig Awbrey (fifth, shot put, 54-9¼).

M-A won the frosh-soph title with 33 points to Cubberley's 30, with Carlmont tying for third at 14.

The SPAL produced two frosh-soph champs, M-A's Steve Bruce (21-8 long jump) and Woodside's Mesha Spivey (6-2 high jump). Carlmont's distance medley team

also won, with Kevin O'Connor, Kirk Herrera, Dan Pierce and Ken Melquist (4:37.8 anchor relay).

M-A's Vic Cizanckas was second in the high jump at 6-2 and teammate Jeff Erlandson third at 6-0. Carlmont's Tim Thompson was second in the long jump at 7¾. M-A placed second in the mile relays and third in the 440 relay (school record 44.4 using Art and Ted Nicholas, Steve Kistler, James Levers and James Ritter).

West Valley Relays

VARSITY

Winners and local placers: 2-mile rel. — M-A (Sperandeo 1:58.9, Thurston 2:05.3, Young 1:58.7, Bates 2:00.0) 8:03.9 (SPAL record); Sprint medley rel. — Mt. Pleasant 3:37.5; 880 rel. — Silver Creek 1:29.1, 5. Carlmont (Arnold, Cheadle, Miller, Price) 1:31.0; Mile rel. — Silver Creek 3:22.2, 2. Carlmont (Carrion 51.6, Cheadle 51.6, Arnold 51.6, Price 40.3); 330 LH Rel. — Prospect 2:51.2, 5. M-A (Clark, Deckard, Young) 2:57.6; 4-mile rel. — Leigh 17:44.5, 3. Carlmont (Love 4:22.8, Suda 4:36.7, Norris 4:24.3, Mandanis 4:28.7) 17:51.1; 440 rel. — Silver Creek 42.6, 5. Carlmont (Maples, Cheadle, Arnold, Price) 43.5; Unplaced, Woodside 43.9.

LJ — Bates (M-A) 24-11½, 5. Loud (Woodside) 22-5¼; TJ — Bates (M-A) 48-11½; SP — Graham (Leland) 57-19¼, 3. Suefflohn (Woodside) 55-8¼, 5. Awbrey (M-A) 54-9¼, Chapman (Woodside) unplaced life best 50-1¼; Dis. — Honore (Camden) 160-9; HJ — Woods (Los Gatos) 6-6; PV — Fearnside (Del Mar) 15-6; 3-mile — Berry (Redwood, Larkspur) 14:29.8; Mile steeplechase — Howe (Mt. Pleasant) 5:00.4.

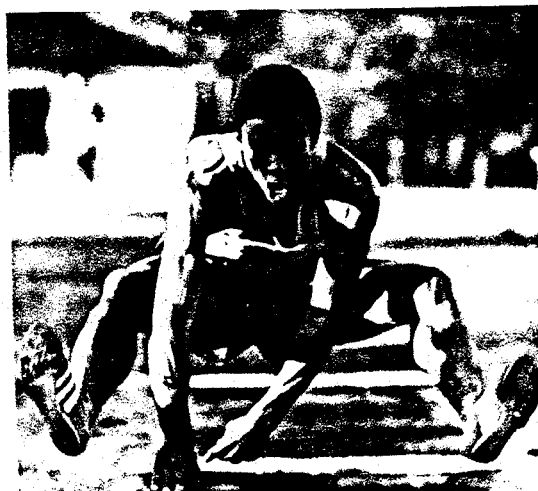
TEAM SCORES: Mt. Pleasant 43, Silver Creek 35, Camden 31, Menlo-Atherton 24, Seaside 23, Del Mar 19, Leigh 17, Carlmont 15.

FROSH-SOPH

Local placers: Distance medley rel. — 1. Carlmont (O'Connor 3:16.6, Herrera 51.6, Pierce 2:06.4, Melquist 4:37.8) 10:52.4; 10:52.4; 6. Menlo School (Willis, P. Sluis, Amieux, Wimmer 4:33.0); 880 rel. — 2. M-A (A. Nicholson, T. Nicholson, Levers, Kistler) 1:33.7; Mile rel. — 2. M-A (Kistler 54.2, Ritter 54.5, A. Nicholson 53.5, T. Nicholson 52.6) 3:34.8; 440 rel. — ¾. M-A (A. Nicholson, T. Nicholson, Levers, Kistler) 44.4.

LJ — 1. Bruce (M-A) 21-8, 2. Thompson (Carl) 20-7¾; HJ — 1. Spivey (Woodside) 6-2, 2. Cizanckas (M-A) 6-2, 3. Erlandson (M-A) 6-2; SP — 3. Morton (Menlo School) 52-11, 4. Paleologos (Woodside) 52-10¾.

TEAM SCORES: Menlo-Atherton 33, Cubberley 30, Carlmont 14, Fremont 14, Mt. Pleasant 14.



TRACK

M-A WEARS DOWN LOS ALTOS 79 - 57 TO WIN 14 th STRAIGHT AND WEST BAY TRACK CHAMPIONSHIP

The M-A track team came from behind to edge a gutty Los Altos team 79 to 57 in a battle of Peninsula track powers at M-A on Saturday.

Los Altos, loser of only 5 track meets since 1958, and M-A winner of 31 of their last 34 meets staged a classic dual for the mythical West Bay high school track championship.

The Bears prevailed in the end, but had to fight for their lives as a fired-up Los Altos team came out fighting and upset M-A in 3 of the first 4 events. M-A had to play catch-up all morning, and finally over came the Knights because of superior depth and balance.

The hero for M-A was Paul Bates who won 3 events despite a painful ankle injury. Paul's come-through win in the 440 against Copeland of Los Altos was accomplished by sheer determination and courage. It was one of the guttiest examples of mind over matter I have ever seen in 20 years of coaching.

Richard Clark gave much to the Bear cause through his leadership and by great efforts in his high and low hurdle wins and lead-off leg in the mile relay.

The M-A squad still has not recovered emotionally from their "big" triumph over Carlmont a week ago and were "flat" for this meet as they were against Woodside on Thursday. A few of the veteran seniors on the team managed to pull the team out, but it was a tough battle.

RESULTS: M-A 79 Los Altos 57

440 Relay: Los Altos 44.6 M-A 44.6
120 HH: Clark (MA) 14.4 Richmond (MA) 15.5
889: Trodsen (LA) 1:59.3 Sperandeo (MA) 2:01.2
100: A. Nicholson (MA) 10.2 Wilkes (LA) 10.5
440: Bates (MA) 50.4 Copeland (LA) 50.8
2 Mile: Thurston (MA) 9:52.8 Davies (A) 10:01.8
330 LH: Clark (MA) 39.2 Goes (LA) 40.1
220: A. Nicholson (MA) 22.8 Copeland (LA) 23.3
Mile: Thurston (MA) 4:36.5 Trodsen (LA) 4:44.5
High Jump: Graber (LA) 6'6 Alexander (LA) 6'0
Long Jump: Bates (MA) 21'7½ Bruce (MA) 21'6
Triple Jump: Bates (MA) 45'6½ Grolle (LA) 43'11½
Pole Vault: S. Chestnut (LA) 12'6 Woodson (MA) 12'6
Shot Put: Franklein (LA) 57'4 Awbrey (MA) 55'6½
Discus: Franklin (LA) 156'0 Newson (MA) 150'9
Mile Relay: M-A 3:30.4 Los Altos 3:30.7

Frosh-Soph scores: MA 108 Los Altos 27

Accomplishments for the 1977 dual meet season:

1. Varsity unbeaten. Record of 11 - 0
2. Varsity winner of 14 in a row over a two year period, and 31 of 34 over a four year period.
3. SPAL champions.
4. West Bay dual meet champions.
5. Ranked as possibly the best dual meet team in the entire Bay area.
6. Unbeaten frosh team. 9 - 0 SPAL champs
7. J-V team outstanding. 10 - 1
8. Girls team unbeaten. SPAL champs.
9. M-A dominated the Central Coast Section track marks list with more individuals ranked than any other team.



Graber (LA) 15.5 Hinkelman (LA)
Young (MA) 2:04.3 Davis (LA) 2:05.5
Levers (MA) 10.5 Naylor (LA) 10.7
T. Nich' (MA) 53.0 Grace (MA) 55.8
Churkin (LA) 10:29 Bunn (LA)
Deckard (MA) 40.4 Ricker (LA) 40.8
Wilkes (LA) 23.3 T. Nicholson (MA) 23.6
Scott (MA) 4:48.0 Fink (LA) 4:54.0
Critchfield (LA) 6'0 Miller (MA) 6'0
Miller (MA) 21'½ Grolle (LA) 20'1
Bruce (MA) 41'3½ Miller (MA) 41'3½
D. Chestnut (LA) 12' Berg (LA) 12' 0
Pear (LA) 53'11 Long (MA) 42'6½
Avery (MA) 150'3 Pear (LA) 146'9½



M-A TRACK TEAM DUAL MEET RECORD FOR THE PAST FOUR SEASONS

M-A

1
9
7
4

1974 VARSITY

*MA	93	Serra	43
*MA	102	Menlo	29
*MA	118	Half M'n Bay	14
MA	64½	San Carlos	71½
*MA	97	Palo Alto	39
*MA	100	Gunn	36
MA	59	Carlmont	77
*MA	120	Ravenswood	14
*MA	78	Sequoia	58
*MA	97	Cubberley	32
MA	64	Woodside	70

Won 8 Lost 3

JUNIOR VARSITY

*MA	98	Serra	33
*MA	126	Menlo	5
*MA	117	Half M'n Bay	19
*MA	77	San Carlos	59
*MA	109	Palo Alto	25
*MA	114	Gunn	10
MA	55	Carlmont	81
*MA	121	Ravenswood	2
*MA	106	Sequoia	30
*MA	124	Cubberley	0
*MA	68	Woodside	67

Won 10 Lost 1

FROSH

*MA	82	Serra	43
*MA	106	Menlo	19
*MA	98	Half M'n Bay	32
*MA	100	San Carlos	36
*MA	104	Jordan	32
MA	67	Terman	69
*MA	81	Carlmont	55
*MA	109	Ravenswood	27
*MA	107	Sequoia	25
*MA	98	Wilbur	38
*MA	102	Woodside	34

Won 10 Lost 1

1975 VARSITY

*MA	92	Campbell	44
*MA	82	Serra	53
*MA	96	Palo Alto	37
*MA	63	Hillsdale	59
*MA	96	Half M'n Bay	28
MA	52	Woodside	84
*MA	73	San Carlos	63
*MA	87	Gunn	49
MA	35	Carlmont	101
*MA	16	Cubberley	0
*MA	102	Ravenswood	29
*MA	105	Sequoia	30
*MA	72	Palo Alto	64

Won 11 Lost 2

JUNIOR VARSITY

*MA	89	Campbell	49
*MA	109	Serra	20
*MA	101	Palo Alto	34
MA	60	Hillsdale	64
*MA	67	Half M'n Bay	45
*MA	82½	Woodside	53½
*MA	84	San Carlos	52
*MA	105	Gunn	13
*MA	96	Carlmont	40
*MA	16	Cubberley	0
*MA	126	Ravenswood	0
*MA	116	Sequoia	15
*MA	84	Palo Alto	45

Won 12 Lost 1

FROSH

*MA	82	Campbell	46
*MA	101	Serra	33
- - - - -	- - - - -	- - - - -	- - - - -
MA	50	Hillsdale	76
*MA	73	Half M'n Bay	41
*MA	77	Woodside	50
MA	59	San Carlos	76
*MA	76	Terman	60
MA	40	Carlmont	90
*MA	105	Wilbur	29
*MA	106	Ravenswood	29
*MA	82	Sequoia	54
*MA	100	Jordan	35

Won 9 Lost 3

1976 VARSITY

*MA	77	Homestead	57
*MA	82	Leigh	40
*MA	86	Serra	48
*MA	76	Campbell	58
*MA	110	Cubberley	21
*MA	72	Woodside	64
*MA	71	San Carlos	65
*MA	86	Palo Alto	50
*MA	96	Gunn	39
MA	41	Carlmont	95
*MA	89	Menlo	47
*MA	116	Ravenswood	15
*MA	88½	Sequoia	47½

Won 12 Lost 1

JUNIOR VARSITY

*MA	89	Homestead	46
*MA	75	Leigh	60
*MA	92	Serra	41
*MA	97	Campbell	35
MA	67	Cubberley	69
MA	66	Woodside	70
*MA	86	San Carlos	50
*MA	115	Palo Alto	21
*MA	88	Gunn	48
MA	39	Carlmont	97
*MA	116	Menlo	13
*MA	103	Ravenswood	33
*MA	127	Sequoia	8

Won 9 Lost 3

FROSH

*MA	91	Homestead	38
*MA	92	Leigh	27
*MA	92	Serra	39
*MA	104	Campbell	23

Won 4 Lost 0

1977 VARSITY

*MA	103	Campbell	32
*MA	82	Lynbrook	49
*MA	92	Hillsdale	40
*MA	78	Overfelt	57
*MA	96	Serra	40
*MA	99	San Carlos	37
*MA	109	Menlo	27
*MA	93	Sequoia	42
*MA	76	Carlmont	60
*MA	92	Woodside	44
*MA	79	Los Altos	57

Won 11 Lost 0

JUNIOR VARSITY

*MA	104	Campbell	32
*MA	70	Lynbrook	66
*MA	103	Hillsdale	29
*MA	103	Overfelt	29
*MA	109	Serra	27
*MA	93	San Carlos	42
*MA	89	Menlo	32
*MA	119	Sequoia	12
MA	66	Carlmont	70
*MA	73	Woodside	63
*MA	108	Los Altos	27

Won 10 Lost 1

FROSH

*MA	72	Lynbrook	64
*MA	96	Hillsdale	39
*MA	89	Overfelt	47
*MA	103	Serra	33
*MA	100	San Carlos	36
*MA	111½	Menlo	24½
*MA	122	Sequoia	14
*MA	77	Carlmont	59
*MA	75½	Woodside	59½

Won 9 Lost 0

1
9
7
7