

NATIONAL HIGH SCHOOL RECORDS Thru '79

100 yards - 9.0, Houston McTear, Baker, Fla. 1975
220 - 20.5, Dwayne Evans, South Mountain, Phoenix, Ariz., 1976
440 - 45.8, Ron Ray, Ferguson, Newport News, Va., 1972
400 meters - ~~45.51~~ 45.51, Bill Green, Cubberley, P.A., 1979
880 - 1:48.2, Jeff West, Crenshaw, Los Angeles, 1979
Mile - 3:55.3, Jim Ryun, East, Wichita, Ka., 1964
2 mile - 8:40.9, Craig Virgin, Lebanon, Ill., 1973
120 HH - 12.9, Renaldo Nehemiah, Scotch Plains, N.H., 1977
330 LH - 35.8, Renaldo Nehemiah, Scotch Plains, N.J., 1977 (330IH)
440 relay - 40.2, Lincoln, Dallas, Texas, 1970
Mile relay - 3:11.6, Banning, Los Angeles, 1978
HJ - 7-4 1/4, Gail Olson, Sycamore, Ill., 1978
PV - 17-4 3/4, Casey Carrigan, Orting, Wash., 1969
LJ - 26-8 , Carl Lewis, Willingboro, N.J., 1979
TJ - 53-4 1/4, Sanya Owolabi, Sleepy Hollow, N. Tarrytown, N.Y., '78
SP - 81-3 1/2, Mike Carter, Jefferson, Dallas, Tex., 1979
Dis - 209-6, Dave Porath, Atwater, Calif., 1978

Thru '79 All-Time Nor-Cal Prep Marks

ALL-TIME LIST (COMPILED BY KEITH CONNING) - Here are the top Nor-Cal Prep marks of all time, to whet the appetites of some of our top local stars. They go ten deep per event when possible (by performer). Any corrections or additions should be sent to Keith Conning directly (2235 Browning St., Berkeley, CA 94702).

Abbreviations: *=Junior; **=Sophomore; ***=Freshman. Fully automatic timing has been converted to its manual equivalent for insertion into the rankings (0.24 seconds for 220 and below; 0.14 seconds for 330 and above). Only boys all-time marks below since girls track is still relatively new in Cal.

100 YARDS

9.4	Jimmy Jackson (Alameda) 54
9.4	Jimmy Hines (McClymonds, Oakland) 64
9.4	Mel Gray (Montgomery, Santa Rosa) 67
9.74	Willie Jackson (Franklin, Stockton) 77
9.5	*Jerry Williams (Berkeley) 62
9.5	*Jerry Bradley (Hogan, Vallejo) 63
9.5	J.D. Hill (Edison, Stockton) 66
9.5	Dave Masters (El Cerrito) 67
9.5	Warren Edmondson (Oakland) 68
9.5	Seaborn Bowens (Kennedy, Sac'to) 69
9.5	*Sammy Burns (El Cerrito) 70
9.5	Vince Brown (Pittsburg) 71
9.5	**Mike Shavers (Albany) 71
9.5	Carl McCullough (Sacramento) 72
9.5	Tony Watkins (McClymonds, Oakland) 72
9.5	Ron Whitaker (Wilson, S.F.) 73
9.5	Mike Farmer (Wilson, S.F.) 74
9.5	Millard Hampton (Silver Creek, S.J.) 74
9.5	Glenn Cannon (Mt. Pleasant, San Jose) 76
9.5	Chris Dailey (Kennedy, Sac'to) 77

220 YARDS

20.7	Mel Gray (Montgomery, Santa Rosa) 67
20.8	Carl McCullough (Sacramento) 72
20.8	Mike Farmer (Wilson, S.F.) 74
20.9	Jimmy Hines (McClymonds, Oakland) 64
20.9	Dave Masters (El Cerrito) 67
20.9	Millard Hampton (Silver Crk, San Jose) 74
21.0	*Mike Shavers (Albany) 72
21.1	Glenn Cannon (Mt. Pleasant, San Jose) 76
21.2	Johnny Ware (Sacramento) 75
21.2	Keith Taylor (Piedmont Hills, S.J.) 76

440 YARDS

46.9	Lee Evans (Overfelt, San Jose) 65
46.9	Derald Harris (Pittsburg) 76
47.0	Ron Whitaker (Wilson, S.F.) 73 <i>Bill Green '78</i>
47.1	Rick Brown (Los Altos) 70
47.2	Benny Brown (Sunnyvale) 71
47.2	Johnny Ware (Sacramento) 75
47.3	Joe DeDora (Santa Rosa) 70
47.4	Tony Lawson (Pittsburg) 72
47.5	Frank Hughes (Cupertino) 69
47.6	Ray Saddler (Castlemont, Oakland) 60
47.6	<i>Bill Green (Cuba) '78</i>
1:48.5	Dale Scott (El Cerrito) 72
1:49.7	Dan Aldridge (Petaluma) 75
1:50.6	Rick Brown (Los Altos) 70
1:50.9	George Coon (Miramonte, Orinda) 65
1:51.0	Conrad Suhr (Leigh, San Jose) 75
1:51.5	James Robinson (McClymonds, Oakland) 72
1:51.5	*Mike White (Richmond) 77
1:51.9	Pete Fairchild (Encina, Sacramento) 67
1:51.9	Dan Navarro (Oakmont, Roseville) 77
1:52.1	Ralph Lee (San Mateo) 60
1:52.1	Ron Hyatt (Placer, Auburn) 72

1500 METERS

3:48.9	Richard Kimball (DeLaSalle, Concord) 74
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ONE MILE

4:02.4	Richard Kimball (DeLaSalle, Concord) 74
4:06.9	Mark Stillman (Willow Glen, San Jose) 77
4:08.2	Stan Ross (Serra, San Mateo) 77
4:09.0	Clifton West (Kennedy, Sacramento) 68
4:09.5	Mike Ryan (Wilcox, Santa Clara) 65
4:09.5	Johnny Johnson (Skyline, Oakland) 75
4:09.6	Rusty Nahirny (Washington, Fremont) 74
4:10.0	Morgan Groth (Alhambra, Martinez) 61
4:10.7	Steve Miller (Carlmont, Belmont) 72 <i>36.7</i>
4:10.7	Larry Greer (Paradise) 77

STEEPLECHASE

9:33.5	Richard Kimball (DeLaSalle, Concord) 74
9:49.0	Mitch Kingery (San Carlos) 73

TWO MILES

8:46.5	Richard Kimball (DeLaSalle, Concord) 74
8:53.4	*Rod Berry (Redwood, Larkspur) 77
8:53.5	Dave Taylor (Merced) 72
8:54.5	Bob Grubbs (Washington, Fremont) 72
8:55.3	Tim Holmes (Downey, Modesto) 77
8:56.2	Roy Kissin (San Ramon, Danville) 75
8:57.0	Ralph Gamez (Berkeley) 66
8:57.2	Tom Hale (Campolindo, Moraga) 71
8:57.3	Mitch Kingery (San Carlos) 75
8:57.8	Mike Ryan (Wilcox, Santa Clara) 64
8:57.8	Benton Hart (Modesto) 74

THREE MILES

13:43.6	Richard Kimball (DeLaSalle, Concord) 73
13:54.0	Hal Schulz (Redwood, Larkspur) 76
13:56.4	*Mitch Kingery (San Carlos) 73
13:59.9	Tim Holmes (Downey, Modesto) 76
14:00.3	*Rod Berry (Redwood, Larkspur) 76
14:02.6	*Dave Taylor (Merced) 72
14:06.2	Ron Fritzsche (Leigh, San Jose) 75
14:10.2	Steve Brooks (Mt. Pleasant, S.J.) 71
14:11.6	Mike Ryan (Wilcox, Santa Clara) 65
14:14.0	Steve Crowley (Gunn, Palo Alto) 72

5000 METERS

14:22.0	Richard Kimball (DeLaSalle, Concord) 74
14:22.6	Hal Schulz (Redwood, Larkspur) 76
14:25.9	Roy Kissin (San Ramon, Danville) 75
14:29.2	*Dave Taylor (Merced) 72
14:35.0	Benton Hart (Modesto) 74
14:38.8	Mike Ryan (Wilcox, Santa Clara) 65
15:05.1	*Rod Berry (Redwood, Larkspur) 77

SIX MILES

29:13.2	*Rod Berry (Redwood, Larkspur) 77
29:21.1	Roy Kissin (San Ramon, Danville) 75
29:39.6	Tom O'Neil (Jesuit, Carmichael) 77
29:41	Tim Holmes (Downey, Modesto) 77
29:57.0	*Richard Kimball (DeLaSalle, Concord) 73
29:59	Pete Gaul (Jesuit, Carmichael) 77
30:07.2	Rich McCardless (Westmont, Campbell) 73
30:10.6	Mike Ruffatto (Washington, Fremont) 73
30:27	*Bob Love (Carlmont, Belmont) 77
30:30.0	Jack Bellah (Leigh, San Jose) 72

10,000 METERS

31:33.5	Jack Bellah (Leigh, San Jose) 72
31:40.1	Steve Brooks (Mt. Pleasant, S.J.) 72
31:45.6	*Roy Kissin (San Ramon, Danville) 74
31:49.4	*Mike Ryan (Wilcox, Santa Clara) 64
31:51.0	Gary Vann (Del Mar, San Jose) 67
31:51.2	*Joe Whytock (Burlingame) 68
31:55.0	*Gordon MacMitchell (Gunn, Palo Alto) 72
32:01.9	*Dirk Feenstra (Jesuit, Carmichael) 74
33:32.2	***Mitch Kingery (San Carlos) 72

MARATHON

2:23:47	*Mitch Kingery (San Carlos) 73
2:24:32	Tom O'Neil (Jesuit, Carmichael) 77
2:30:39	Alex Aguilar (Silver Crk, San Jose) 74
2:31:25	***David Cortez (St. Francis, Mt. Wv.) 74
2:31:50	Jim Sane (Cordova, Rancho Cordova) 76
2:32:29	Mike Tulley (Jesuit, Carmichael) 72
2:34:12	*Gordon MacMitchell (Gunn, Palo Alto) 71
2:34:29	John Swift (Downey, Modesto) 76
2:35:54	*Dirk Feenstra (Jesuit, Carmichael) 74
2:36:26	*Jeff Arnold (Campolindo, Moraga) 72

120 YARD HIGH HURDLES (39")

13.2	Dedy Cooper (Harry Ellis, Richmond) 75
13.3	Robert Gaines (Kennedy, Richmond) 75
13.6	Carl Florant (Palo Alto) 73
13.7	Milton Turner (Castlemont, Oakland) 70
13.7	Ron Kennedy (Serramonte, Daly City) 75
13.8	Dan Redfern (San Juan, Citrus Hgts.) 69
13.8	Mike Nealy (Edison, Stockton) 72
13.8	*James Owens (Norte Del Rio, Sac'to) 73
13.8	Rich Graybehl (Las Lomas, Walnut Creek) 74
13.8	Mike Kirtman (Wilson, San Francisco) 74
13.8	Tom Bobertz (Serramonte, Daly City) 76

330 YARD LOW HURDLES

36.0	Dedy Cooper (Harry Ellis, Richmond) 75
36.43	Andre Phillips (Silver Crk., San Jose) 77
36.83	Chuck Gangnuss (Dublin) 77 <i>Dario (MP) '78</i>
36.6	Andrew Fields (Grant, Sacramento) 76
37.04	Mark Chapman (Yerba Buena, San Jose) 77
37.14	*William Stapleton (Lincoln, S.F.) 77
37.0	Tony Hicks (Serramonte, Daly City) 75
37.0	Dave Jakle (Los Altos) 75 <i>Luttrell (SC) '78</i>
37.1	Bar Williams (Vallejo) 75 <i>Ribana, Carl, '78</i>
37.35	Brian Matooka (Gunn, Palo Alto) 77

HIGH JUMP

7-2	Bill Hice (Oakland) 77
7-1 3/4	Mark Wilson (Monte Vista, Danville) 74
7-0	Don Pierce (Pittsburg) 66
7-0	Mark Ridge (Merced) 74
7-0	Clark Beedle (LaSierra, Carmichael) 74
7-0	Charles Hatch (Wilson, San Francisco) 74
7-0	John Lane (American, Fremont) 76
7-0	Steve Link (Kennedy, Sacramento) 77
6-11 1/2	*Coart Owens (Castlemont, Oakland) 75
6-11	Dave Bush (Campbell) 72
6-11	*Reuben Edwards (Terra Linda, S.Raf.) 77

POLE VAULT

15-9	Roger Martin (Camden, San Jose) 71
15-6 1/2	Larry Hintz (Buchser, Santa Clara) 73 <i>Russ McAlexander</i>
15-6	Blake Fearnside (Del Mar, San Jose) 77
15-6 1/2	*Bert Tardieu (Del Mar, San Jose) 78-78
15-3	Jim Westlund (Fremont, Sunnyvale) 77
15-1	Tom Philbert (Acalanes, Lafayette) 76
15-0 3/4	Wayne Myers (Foothill, Sacramento) 66
15-0 1/2	San Albanese (King City) 69
15-0 1/2	Doug Updike (Carmel) 69
15-0	Russ Royal (Sunnyvale) 69
15-0	Scott Turner (Del Mar, San Jose) 73
15-0	Todd Lovejoy (Del Mar, San Jose) 76
15-0	Jeff Kitts (Monta Vista, Cupertino) 77
15-0	*Ross McAlexander (Monta Vista, Cup) 77
15-0	Kevin McElveny (Lynbrook, San Jose) 77
15-0	*George Rodriguez (Del Mar, San Jose) 77

LONG JUMP

26-2 1/4	Ken Duncan (McClatchy, Sacramento) 72
25-10 3/4	*Heulon Hewitt (Merced) 68
25-5	Carl McCullough (Sacramento) 72
25-4 3/4	*Johnny Johnson (Pacific Grove) 65
25-4 1/2	Monte Upshaw (Piedmont) 54
25-2	Phil Quinet (Homestead, Cupertino) 68
25-0 3/4	Kurt Durham (Oakland) 77
24-11	Mel Gray (Montgomery, Santa Rosa) 67
24-10 1/2	Mark Cleghorn (Berkeley) 73
24-10	Rick Ferguson (Merced) 68
24-10	Lynn Swann (Serra, San Mateo) 70

TRIPLE JUMP

50-11	Dan Jackson (Oakland) 75
50-2 1/2	Don Bryson (Oakland) 74
50-1 1/2	Tom Cochee (Oakland Technical) 72
50-0 3/4	Peter Moreno (Lick, San Jose) 76
50-0 1/2	Mark Slayton (Merced) 76
49-9 1/2	*Craig Conway (Cupertino) 70
49-4 1/2	Dale Krebs (Gunn, Palo Alto) 71
49-4	Kevin McCarthy (Cupertino) 73
49-3 1/2	Larry Freeman (Santa Clara) 69
49-6 1/4	<i>Porter (Wilson) '78</i>

SHOT PUT (12#)

68-5 1/2	Steve Montgomery (Lassen, Susanville) 76
65-10	Steve Wilhelm (Fremont, Sunnyvale) 67
65-2 1/2	Jeff Stover (Corning) 76
65-7 3/4	Don Castle (Cubberley, Palo Alto) 61
65-6	Bruce Wilhelm (Fremont, Sunnyvale) 63
64-2 1/2	Kevin Messenger (Highlands, N. Hglds) 77
63-11 1/2	Brett Mannon (Los Gatos) 72
63-9 1/2	Conrad Jepson (Washington, Fremont) 76
63-9	Bob Brannen (Los Gatos) 64
63-0 1/2	Rollin Luka (Ygnacio Valley, Concord) 68
64-3 1/2	<i>Dave Grath (Atwater) '78</i>

DISCUS THROW (3# 9oz)

201-6	Ray Burton (Vacaville) 74
201-3	Chris Adams (Los Altos) 70
200-3	Peter DeMartini (St. Ignatius, S.F.) 76
200-1	Scott Overton (Los Altos) 72
198-6	Dave Voorhees (Tulelake) 73
195-4	Bob Stoecker (Los Altos) 62
195-4	Tom Birtwhistle (Gunn, Palo Alto) 69
194-2	Dave Hickson (Leland, San Jose) 73
194-2	Darrell Elder (Redwood, Larkspur) 74
194-0	Ralph Fruguglietti (Albany) 73
206-0 1/2	<i>Horath (Atwater) '78</i>

440 YARD RELAY

41.0	Wilson, San Francisco 73
41.1	El Cerrito 71
41.1	Harry Ellis, Richmond 75
41.2	Castlemont, Oakland 70
41.2	El Cerrito 70
41.2	Wilson, San Francisco 74
41.3	Wilson, San Francisco 72
41.4	Edison, Stockton 69
41.4	Kennedy, Richmond 74
41.5	Berkeley 70
41.5	Pittsburg 70
41.5	Edison, Stockton 70

MILE RELAY

3:13.2	Castlemont, Oakland 71
3:15.4	Kennedy, Richmond 77
3:15.6	Los Altos 70
3:15.7	Harry Ellis, Richmond 75
3:16.0	McClymonds, Oakland 71
3:16.8	Oakland Technical 70
3:17.2	Castlemont, Oakland 70
3:17.3	Las Lomas, Walnut Creek 74
3:17.4	Cordova, Rancho Cordova 73
3:17.5	Kennedy Richmond 75

TRACK PREVIEW - For all you track nuts out there that follow high school competition closely, here is what you can expect in the way of leading performers, based on last year's marks. Of course there are bound to be many underclassmen who come into their own, and also, some of those listed below may not come out for the team again in 1978, be on the injury list, etc.

BOYS

SPRINTS: - Mark Stewart (Camden, San Jose) and Mike Washington (Burbank, Sac'to) are the top returnees in both the 100 and furlong distances. Stewart had a 9.90 electronic timing last year, finishing seventh at the CIF Meet, while Washington boasts a 9.7 hand-timing at the shorter distance. In the 220, the order is reversed, with the Sacramento prep having a 21.46 best, which earned him a fourth at State. Stewart did not make the finals in that meet, but has a 21.63 PR. The other leading returnees include: Andre Wilkes (Santa Cruz), Dwayne Taylor (Overfelt, San Jose), Frank Oravillo (Sequoia, Redwood City) and Melvin Holland (Silver Creek, San Jose), all with clockings between 21.5 and 21.7.

440/880: - Here, Richmond senior Mike White is far and away the leading returnee, with bests last spring of 48.08 and 1:51.8, while taking fifth and third in those specialties at the State meet. This year look for Mike to try and pull off a double, ala the ghost of Rick Brown (Los Altos, 1970). In the 440, there are six other performers between 49.0 and 49.4, including Paul Stewart (Kennedy, Richmond) and Robert Maiocco (Liberty, Brentwood) at 49.0, William Stapleton (Lincoln, S.F.) 49.18, Bill Green (Cubberley, Palo Alto) 49.1 as a soph in 1977, Scott Seely (Lynbrook, Sunnyvale) 49.33 and Jamie Richard (Kennedy, Richmond) 49.4. Most of these returnees bring valuable State Meet experience with them too. In the two-lapper, there are three others in the money for a shot at State (and obviously more that we'll find out about later in the season), as they all ran in the 1:54's as juniors. They include Mike O'Reilly (San Rafael), Val Hoag (Pinole) and Jeff Dove (Del Mar, San Jose). O'Reilly competed in the mile last year at State.

MILE/2-MILE: - Mike O'Reilly has the top returning mark here (4:11.8), set while finishing only sixth(!) in his fast heat at State last spring. Close on his heels is Internationalist, Rod Berry, who did 4:12.2 early in the season before concentrating on the longer distance. In that event, he placed a super second (8:53.4) last year at UCLA. Bob Love (Carlmont) already has a PR 9:10.3 (indoors) this winter, and should be flirting with 9 minutes when he moves outside. Junior Carlos Carrasco, who did 9:10.4 last track season, runs for Mt. Pleasant (San Jose). He competed only a few times last cross-country season but placed well in the Examiner Games Prep Mile. Other top returnees are: Ken Holladay (Gilroy) 9:11.3 and CCS champion, Steve Strangio (Mission San Jose, Fremont) 9:12.8 in the Examiner Games Trials and only a junior, Dave Coulman (San Marin, Novato) 9:14.0 already this year for a PR and NCS X-C Champ, Greg Valdez (Skyline, Oakland) 9:17.7 and Craig Hochhaus (Clayton Valley) 9:17.7 in the Trials in February. Add to that the Downs' brothers (Skyline), John Marden (Mission San Jose), Ken Romiguere (Castro Valley), all near 9:20...it'll be tough!

HURDLES: - Malcolm Dixon (Sequoia, Redwood City) leads the field here at 14.2, with Mark White (Richmond), a State qualifier who did 14.60 at that meet and took fourth in the NCS Championships, another major threat. White also has a 38.2 in the 330-lows, which is third best returning performance in NorCal. William Stapleton's (Lincoln, S.F.) 37.14 is a sure bet to improve. He slipped in for fourth in the CIF Meet last June, the highest finish for any S.F. athlete. Steve Guthrie (Cupertino) has the second best time at 38.1.

HIGH JUMP: - Lots of talent here, as there seems to be all over the country...Reuben Edwards (Terra Linda, San Rafael) scaled 6-11 as a junior last year, which places him on the all-time top 10 for NorCal (see page 29). Bob Churchill's 6-10 is not too far behind, as is Bill Graber's (Los Altos) 6-9½. Two others over 6-8 last year were Peter Imperial (St. Ignatius, S.F.) and Joel Wyrick (Mt. Pleasant, San Jose), at 6-8 3/4 and 6-8, respectively.

POLE VAULT: - With seven over 15-feet in NorCal last season, this year looks good too with three returnees in that group. Bert Tardieu (Del Mar, San Jose) leads the pack at a lofty 15-3½, while teammate George Rodriguez and Ross McAlexander (Monta Vista, Cupertino) have topped 15 feet even.

HORIZONTAL JUMPS: - Castro Valley's Dave Fernandez is a 7-inch distance ahead of Steve Finley's 23-½, to lead the long jump field. Finley is following his brother's footsteps at Cupertino High (his brother, Don, was two years ahead of him). With four returnees within 7 inches of each other in the triple jump, this promises to be a very competitive season. On top of the heap is Freddie Cunningham (Balboa, S.F.) with a classy 48-4. He's followed closely by Marvin Colter (Piner, Santa Rosa) 47-11, Greg Woodard (Silver Creek, San Jose) 47-10, and Lonnie Sanders (Grant, Sac'to) 47-9. Colter and Woodard are both veterans of the State Meet.

WEIGHTS: - Dave Porath (Atwater) appears to be an odds-on favorite in both events, barring a breakthrough by someone. His 189-7 in the discus took second at State last spring, and the 62-5½ he recorded in the shot was good enough to rank third in NorCal last year (he was tops in the platter). Pressing the 60-foot barrier with the iron ball last year were also: Jeff Van Paris (Napa) and Bruce Parker (St. Ignatius, S.F.), who did 58-4½ and 57-10½ respectively. John Souza's (Piedmont Hills, San Jose) 177-8 and Ted Peterson's (Salinas) 174-0 are on top of the rest of the discus returnees.

GIRLS

SPRINTS: - Seems like there are many more underclassmen returnees among the top girls than the boys...is it physiological or sociological? Maybe a bit of both? Anyhow, only three of the top eleven returnees in the 100 are seniors this spring, and two are sophs, with one only a freshman, having run 10.8 in junior high last year! Freida Cobbs of Berkeley has a super-quick 10.4 to her credit, with junior Kim White a 10.9, and frosh Sharon Ware at 10.8! Now, with a fourth girl, what a relay team! In fact, Berkeley has the only returning girls under 11.0. Five are tied with 11.0 and three more at 11.1 to promise some very competitive races come Section time. In the half-lap event, Cobbs is again the leader with her 23.9, with Kris Costello (Lynbrook, San Jose) 24.3 and Eloise Mallorey (Silver Creek, San Jose) 24.7 also under 25 seconds. Then comes a group of seven runners between 25.0 and 25.4, led by Erica Jackson's (Oakland) 25.14 (actually converts to 24.9 hand timing).

440/880: - Marquita Belk (Silver Creek, San Jose), fourth at State last spring, brings a 55.69 clocking into 1978 to lead the pack. She will only be a junior. Lezli Peterson (Harbor, Santa Cruz) has a 56.4 and State experience (8th last year). Three others have dipped under 58, including soph Alecia Sweeney (Tamalpais), junior Ann Regan (Camden, San Jose) and Michelle Hawthorne (El Cerrito), who have done 57.4, 57.7 and 57.5, respectively. In the two-lapper, Regan is much more at home, having International experience from last spring and a 2:04.4m to her credit. Ann did all that as a soph! Of the next five times, all of them are juniors or sophs too. Nancy Huyck (Aptos) will be much stronger off a good cross-country season, and should improve vastly on her 2:13.7 of 1977. Best of the rest are: Diana Figliomeni (Saratoga) 2:15.6, Pam Bowers (American, Fremont) 2:17.8, Diane Kenny (Novato) 2:17.9, Vicky Bray (Los Altos) 2:18.1, Sarah Sweeney (Marin Catholic, Kentfield) 2:18.2, and Cheri Williams (Livermore) 2:18.2.

MILE/2-MILE: - Vicky Bray seems most at home in this event, with a 4:52.8 best, which was second at State in 1977. Two others have been under 5 minutes: Sarah Sweeney (4:55.8) & Nancy Huyck (4:57.6). Other top milers are Darcy Burleson of

1978 HIGH SCHOOL TRACK

For the first time—
coverage of girls' HS track!

CONTENTS:

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- Indoor national records
- 1977 performance lists, indoor & outdoor
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CENTRAL COAST SECTION *2 thru '79*

Meet Records

Boys

440 relay - 41.6, Woodside, 1975
 100 - 9.56, Bill Green, Cubberley, 1979
 220 - 20.9, Millard Hampton, Silver Creek, 1974
 440 - 46.73, Bill Green, Cubberley, 1979
 880 - 1:50.7, Rick Brown, Los Altos, 1970
 Mile - 4:08.66, Mark Stillman, Willow Glen, 1977
 2 Mile - 9:01.6, Gordon MacMitchell, Gunn, 1973
 120 HH - 13.8, Ron Kennedy, Serramonte, 1975
 330 LH - 36.5, Andre Phillips, Silver Creek, 1977
 Mile relay - 3:15.8, Los Altos, 1970
 HJ - 6-10, Mesha Spivey, Woodside, 1979
 LJ - 25-3 1/4, Johnny Johnson, Pacific Grove, 1964
 PV - 15-6, Greg Ellis, Menlo-Atherton, 1979
 SP - 63-9, Bob Brannon, Los Gatos, 1964
 Discus - 191-0, Scott Overton, Los Altos, 1972
 TJ - 49-8, Myrt Easley, Woodside, 1975

Girls

440 relay - 47.7, Andrew Hill, 1978
 100 - 10.4, Keila Bolten, Hill, 1978
 220 - 23.9, Keila Bolten, Hill, 1978
 440 - 55.7, Marquita Belk, Silver Creek, 1978
 880 - 2:09.0, Ann Regan, Camden, 1979
 Mile - 4:52.97, Vicky Bray, Los Altos, 1977
 2 Mile - 10:36.6, Roxanne Bier, Independence, 1979
 110 LH - 13.9, Kim Costello (ECamino), Kris Costello (Lyn), Kelley (Lel)
 Mile relay - 3:55.96, Carlmont, 1979
 HJ - 5-8, Pam Blackburn, Cubberley, 1976
 LJ - 18-5, Sheila Greene, (Hill, 1979
 SP - 45-2 3/4, Susan Springer, Salinas, 1979
 Dis - 148-5, Susan Springer, Salinas, 1979

REGION II MEET RECORDS

Varsity

440 relay--42.0, Woodside, 1975

120HH--14.2, Dave Bagshaw, Gunn, 1971; Richard Clark, MA, 1977;

~~120HH--14.2, Dave Bagshaw, Gunn, 1971; Richard Clark, MA, 1977;~~

880--1:54.5, Bruce Jensen, Buchser, 1977.

100--9.7, Doug Hill, Los Altos, 1974.

440--~~47.2, Dick Brown, LA, 1974~~ 46.7, Bill Green, Cubb, 1979

2 mile--9:15.9, Craig Kennedy, Lynbrook, 1974.

330LH--37.6, Don Finley, Cupertino, 1975.

220--21.6, Doug Hill, Los Altos, 1974.

Mile--4:19.1, Steve Miller, Carlmont, 1972.

Mile relay--3:18.1, Los Altos, 1970.

HJ--6-9, Larry Wright, Carlmont, 1975.

LJ--23-5, Steve Wise, Await, 1976.

TJ--48-2½, Paul Bates, MA, 1977.

PV--~~14-7, John Bell, Lynbrook, 1974~~ 15-4¾, Greg Ellis, M-A, 1979

SP--62-7½, Chris Adams, Los Altos, 1970.

Dis--194-3½, Chris Adams, Los Altos, 1970.

Fresh-Soph

440 relay--43.3, Lynbrook, 1975

70HH--8.6, Steve Guthrie, Cupertino, 1976

880--1:59.4, Jeff Nicklin, Monta Vista, 1975 and Herrera, Carlmont, 1977.

100--10.1, Winston, Gunn, 1975 and Fred Oravillo, Sequoia, 1976

440--51.0, Jones, Ravenswood, 1973.

2 mile--9:44.3, Emory, Gunn, 1973.

330LH--39.3, Rick Luttrell, San Carlos, 1976 & R. Johnson, Paly, 1979

220--22.5, Terry Smith, Cubberley, 1976

Mile--4:28.0; Miller, Carlmont, 1970.

Mile relay--~~3:27.2~~ 3:27.2, Cubberley, 1977

HJ--6-4¾, Littleboy, Gunn, 1972.

LJ--22-5¾, Pat Romero, Buchser, 1976.

TJ--46-1½, Munson, Sunnyvale, 1970

PV--~~23-¾, Hints, Buchser, 1974~~ 13-6, Worthge, Carlmont, 1977 & Anderson, Buchser, 1979

SP--58-6, Pear, Los Altos, 1975

Dis--159-7¾, McGowan, Fremont, 1971.

SCVAL meet records....
AS OF 1979

440 relay--42.7, Cupertino, 1970.

100--~~22.5, John Figueroa, Sunnyvale, 1965.~~ 9.6, Bill Green, 1979

220--21.5, ^{Bill Green, Cubberley, 1979}
~~Red Lyman, Los Altos, 1968.~~

440--47.3, Rick Brown, Los Altos, 1970.

880--1:51.7, Brown, Los Altos, 1970.

Mile--4:13.2, Mike Ryan, Wilcox, 1965.

2 mile--9:21.1, Jack Larson, Fremont, 1969.

120HH--14.4, Rich McClung, Sunnyvale, 1964.

^{38.7 tied T. Smith, Cubberley, 1979}
330LH--38.7, Brian Motooka, Gunn, 1977 (trials).

Mile relay--3:17.2, Los Altos, 1970.

Shot put--62-3½, Steve Wilhelm, Fremont, 1967.

Discus--204-5, Scott Overton, Los Altos, 1972.

Pole vault--15-0½, Larry Hintz, Buchser, 1973.

High jump--6-8, Bill Graber, Los Altos, 1977.

Long jump--24-2½, Craig Conway, Cupertino, 1971.

Triple jump--50-7 ¾, Harry Freeman, Santa Clara, 1969.

Track and field marks....set 6 pt.

DAAL ~~meet~~ records AS OF ~~1977~~ 1979

440 relay—43.6, Lynbrook, 1975.

100—9.7, Steve Guthrie, Cupertino, 1977.

220—~~22.2~~ ^{21.8, Stan Mitchell, Lynbrook, 1979} ~~Guthrie, Cupertino, 1977.~~ ~~Stan Mitchell (Lyn)~~
~~21.9 (Lynbrook)~~

440—49.7, Scott Seely, Lynbrook, 1977.

880—1:55.0, Mike Vargas, Sunnyvale, 1975.

Mile—4:23.7, Chris Hulburd, Lynbrook, 1975.

2-mile—~~9:27.9~~ ^{9:27.9,} Dave ~~Burns~~ ^{Burns}, Saratoga, 1977.

120HH—14.2, Don Finley, Cupertino, 1975.

330LH—37.7, D Finley, Cupertino, 1975.

Mile relay—3:28.8, Lynbrook, 1975 and 1977.

Shot put—57-7, Ron Comer, Sunnyvale, 1975.

Discus—179-5½, Mark Duggan, Monta Vista, 1976.

Pole vault—14-9, Kevin McElveny, Lynbrook, 1977.

High jump—6-6, Steve Ferguson, Homestead, 1975.

Long jump—~~23-3~~ ²³⁻³, D. Finley, Cupertino, 1975.

Triple jump—48-1, D. Finley, Cupertino, 1975.

SPAL meet records.....

440 relay—42.3, Woodside, 1975.

100—~~Rick~~ 9.7, Rick Burns, ~~(M-A)~~ Menlo-Atherton (1960)
and Andre Price, Carlmont (1977).

220—22.0, Bill Hatcher, Menlo-Atherton (1968), Ernie Reese,
Menlo-Atherton (1970), Stan Beal, San Carlos (1977). ^{A. Nicholson, M-A}
(1979)

440—48.7, Wyatt Bishop, Carlmont, 1975.

880—1:55.1, Bill Respini, Palo Alto, 1968.

Mile—4:15.2, Steve Miller, Carlmont, 1972.

2 mile—9:10.4, Jerry Emory, Gunn, 1975.

120HH—14.2, Carl Florant, Palo Alto (1973), Malcolm Dixon,
Sequoia (1977).

^{38.0, JIM SWAIN, CARLMONT, 1979}
330LH—~~38.7, Myrt Farley, Woodside, 1975.~~

Mile relay—3:22.7, Woodside, 1975.

Shot put—64-3, Don Castle, Gubberley, 1964.

Discus—175-8½, Winston Landes, Palo Alto, 1967.

^{15-0, Greg Ellis, M-A, 1979}
Pole vault—~~14-2½, Kim Black, Carlmont, 1975.~~

High jump—6-8½, John Radetich, San Carlos, 1966.

Long jump—23-3 ¾, Julian Lucas, Gunn, 1970.

Triple jump—47-5½, Dale Krebs, Gunn, 1970.

S.P.A.L. TRACK AND FIELD CHAMPIONSHIP MEET RECORDS

Varsity Division

440 Yd Relay	Murphy, Reese, Kirkman, Everhardt	Menlo Atherton	:42.6	1970
120 Yd High Hurdles	Carl Florant & MALCOLM DIXON	Palo Alto, Seq	:14.2	1973, 77
880 Yd Run	Bill Respini	Palo Alto	1:55.1	1968
100 Yd Dash	Dick Burns & ANDRE PRICE	Menlo Atherton, CAL	:09.7	1960, 77
440 Yd Run	Willie Waller WYATT BISHOP	Menlo Atherton	48.7:49.0	1960, 1975
Two Mile Run	Gordon MacMitchell JERRY EMORY	Gunn	9:10.4 9:10.6	1973, 1975
180 Yd Low Hurdles	Julian Lucas	Gunn	:18.9	1970
220 Yd Dash	Dick Burns	Menlo Atherton	:21.4	1960
220 Yd Dash (turn)	Bill Hatcher & Ernie Reese & STAN SEAL	Menlo Atherton, SC	:22.0	1968 & 70
One Mile Run	STEVE MILLER	CARLMONT	4:15.2	1972
High Jump	John Radetich	San Carlos	6' 8 1/2"	1966
Long Jump	Julian Lucas	Gunn	23' 3 3/4"	1970
Triple Jump	Dale Krebs	Gunn	47' 5 1/2"	1970
Shotput	Don Castle	Cubberley	64' 3"	1964, 1961
Discus	Winston Landis	Palo Alto	175' 8 1/2"	1967
Pole Vault	TOM WHITE KIN BARK	CARLMONT	42 1/2' 14' 1 1/2"	1965, 1975
One Mile Relay	Currey, White, D. Willis, G. Willis	Sequoia	3:23.0	1969
	GREENS, HILL, EASLEY, KELLOG	WOOD	3:22.7	1975

FROSH SOPH DIVISION

440 Yd Relay		Woodside	:44.8	1973
70 Yd High Hurdle	Terry Adams	Gunn	:08.8	1970
880 Yd Run	Charles Jones	Gunn	1:58.8	1973
100 Yd Dash	Puckett	Ravenswood	:10.1	1970
440 Yd Run	Don Mackenzie	Menlo Atherton	:51.0	1972
Two Mile Run	Jerry Emory	Gunn	9:39.2	1973
180 Yd Low Hurdles	Terry Adams	Gunn	:20.5	1971
220 Yd Dash	Bob Sweet	Woodside	:23.0	1973
One Mile Run	STEVE MILLER	CARLMONT	4:27.0	1970
High Jump	Mark Wilmarth, John Littleboy & LARRY WRIGHT	San Carlos, Gunn & CARLMONT	6' 0"	1972
Long Jump	Herman Jackson	San Carlos	22' 1 1/2"	1971
Triple Jump	Myrt Easley	Menlo Atherton	46' 7 1/2"	1973
Shotput	Jeff Vetovec	San Carlos	55' 1 1/2"	1971
Discus	George Stein	Gunn	153' 6 1/2"	1972
Pole Vault	CHRIS WILLETT	CARLMONT	13' 5 1/2"	1970
One Mile Relay	Ray, Puckett, Fitzhugh, Augmon	Ravenswood	3:34.9	1970

TRACK

SCV AL FOOT TITLES

1973--	CUPERTINO	
1974--	LA	(14 OF 17)
1975--	LA	(15 OF 18)
1976--	LA	(16 OF 19)
1977 -	LA	(17 OF 20)

LA DUAL-FOOT LOSSES

1959-	FREMONT	
1968-	SUNNYVALE	
"	HOMER STEARNS	
1975-	CARLTON	(NON-LEAGUE)
1977-	BUCHSER	
	M-A	(NON-LEAGUE)

SANTA CLARA VALLEY ATHLETIC LEAGUE *Thru 1976*

TRACK RECORDS

(1973 Meet included)

V A R S I T Y

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>YEAR</u>	<u>RECORD</u>
SHOT PUT	Wilhelm, Steve	Fremont	1967	62' 3 1/2"
HIGH JUMP	Lima, Bob <i>MARK ENSLEY</i>	Cupertino <i>CUP</i>	1973 <i>1974</i>	6' 6 1/4"
POLE VALUT	Hintz, Larry	Buchser	1973	15' 1/2"
TRIPLE JUMP	Freeman, Harry	Santa Clara	1969	50' 7 3/4"
LONG JUMP	Conway, Craig	Cupertino	1971	24' 2 1/2"
DISCUS	Overton, Scott	Los Altos	1972	204' 5"
440 YD. RELAY	Cupertino	Cupertino	1970	:42.7
880 YD. RUN	Brown, Rick	Los Altos	1970	1:51.7
100 YD. DASH	Figueroa, John	Sunnyvale	1964	:09.5 *
120 YD. HIGH HURDLES	McClung, Rich	Sunnyvale	1964	:14.4 *
440 YD. RUN (2 TURNS)	Brown, Rick	Los Altos	1970	:47.3
ONE MILE RUN	Ryan, Mike	Wilcox	1965	4:13.2
220 YD. DASH (TURN)	Lyman, Brad	Los Altos	1967-68	:21.6
180 YD. LOW HURDLES	<i>JACK, DAVE</i> Rapanut, Simon	<i>LA</i> Wilcox	<i>1974</i> 1964	<i>19.0 (TRIALS)</i> :19.2 *
	Phillips, Tom	Homestead	1967-68	:19.2 *
TWO MILE RUN	Larson, Jack	Fremont	1969	9:21.1
MILE RELAY	Los Altos	Los Altos	1970	3:17.2
<i>330 LH</i>	<i>DAVE JACK</i>	<i>LOS ALTOS</i>	<i>1975</i>	<i>39.0 (TRIALS)</i>

* There has never been a wind gauge present at a league meet up until 1970.

SANTA CLARA VALLEY ATHLETIC LEAGUE

TRACK RECORDS

(1973 Meet Included)

SOPHOMORES

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>YEAR</u>	<u>RECORD</u>
SHOT PUT (10 LB)	Sackinger, Paul	Lynbrook	1973	56' 5 1/2"
HIGH JUMP	True, Greg	Monta Vista	1971	6' 4"
POLE VAULT	Medieros, Marion	Cupertino	1973	13' 6"
TRIPLE JUMP	Chestnut, Roy	Los Altos	1972	46' 3/4"
LONG JUMP	Marcki, Steven	Buchser	1971	22' 9 1/2"
DISCUS	Mc Gowan, Kim	Fremont	1971	158' 1"
440 YD. RELAY	Cupertino	Cupertino	1970	:44.4
880 YD. RUN	Davis, Bob	Wilcox	1973	2:01.0
100 YD. DASH	Marcki, Steven	Buchser	1971	:10.3
	Nakamura, Jerry	Mt. View	1970	:10.3
70 YD. HIGH HURDLES	Dobbins, David	Buchser	1972	8.9
440 YD. RUN (2 TURNS)	Lloyd, Larry	Peterson	1973	:51.1
ONE MILE RUN	Berka, Chris	Los Altos	1970	4:27.0
220 YD. DASH (TURN)	Imperato, Michael	Santa Clara	1971	:23.0
180 YD. LOW HURDLES	Jones, Jeff	Cupertino	1970	:20.3
TWO MILE RUN	Hulburd, Chris	Lynbrook	1973	9:45.0
MILE RELAY	Lynbrook	Lynbrook	1970	3:32.8

SANTA CLARA VALLEY ATHLETIC LEAGUE

TRACK RECORDS

(1973 ~~Meet~~ Included)

FRESHMEN

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>YEAR</u>	<u>RECORD</u>
SHOT PUT	McGowan, Kim	Fremont	1970	52' 2"
HIGH JUMP	Wise, Steve	Awalt	1973	6' 1"
POLE VAULT	Medeiros, Marion	Cupertino	1972	12' 7"
TRIPLE JUMP	Munson, Gerry	Sunnyvale	1970	45' 11"
LONG JUMP	Adan, Sherwin	Wilcox	1971	21' 3 3/4"
DISCUS	Jasinsky, Jeff	Awalt	1972	140' 3 1/2"
440 YD. RELAY	Cupertino	Cupertino	1970	:45.7
880 YD. RUN	Carroll, Mark	Lynbrook	1970	2:03.0
100 YD. DASH	Moretta, Mike	Peterson	1972	10.2
70 YD. HIGH HURDLES	Perrin, Mike	Homestead	1972	:09.3
440 YD. RUN (2 TURNS)	Colwell, Dan	Cupertino	1968	:52.1
ONE MILE RUN	Chamness, Larry	Awalt	1970	4:31.2
220 YD. DASH (TURN)	Marcki, Steven Munson, Gerry	Buchser Sunnyvale	1970	:23.3
180 UD. LOW HURDLES	Finley, Don	Cupertino	1972	21.3
TWO MILE RUN	Brazil, Joseph	Wilcox	1971	9:59.9
MILE RELAY	Lynbrook	Lynbrook	1970	9:37.8