

FROST - SODP 1979 SPAL LEAGUE MEET (partway 1974) W 61 3/4 MA 60 1/2 S 54 MEN 12 1/2 SLS

	FIRST	SECOND	THIRD	FOURTH	FIFTH	SIXTH	FIFTH	SIXTH	W	MA	S	MA	S
440 RELAY	CHARLTONI 44	SECONDIA 449	WOODRIDGE 430	HENRI ALBERTA 471									
HIGH HURDLES	WILLIS 88	TUCKER 85	REDICK 92	BOYES 93	SCOTT 97	WALLINGTON 98							
880	Loggins 2:07.0	Daker 2:07.0	Darter 2:07.8	Young 2:08.7	Sharden 2:08.9	Harvada 2:11.6							
100	HAYNES 10.2	Wore 10.2	TUCKER 10.4	Hester M 10.5	Wester C 10.5	BROWN 10.8							
440	LUKE E.1	Smith E.2	TRUMPST E.1	Lawrence C E.1	CRASSON S.1	NICHOLSON S.3							
MILE	Darter 10:33.3	Kloepfer 10:37.0	Cardson 10:48.3	Sakelaris 11:01.8	West 11:09.2	Arber 11:31.2							
330 Low HURDLES	TUCKER 39.4	Wore 39.9	REDICK 40.4	WILLIS 40.4	YONGS 41.0	BOYES 41.0							
220	LUKE 23.2	Hester M. 23.4	HRTST 23.8	Smith 24.3	Ichmond 24.3	OCKSON 25.0							
MILE	Sakelaris 4:45.6	Ingatiron 4:46.0	Gamez 4:48.7	DeVigues C 4:50.6	CARTER 4:55.1	BAILEY 4:58.9							
HIGH JUMP	Alexander 5'10	Thuis 5'6	Brucett 5'6	Foley 5'6	Oyster 5'5 1/4	E. Janson 5'4							
LONG JUMP	Hester 20'10 1/2	Smith 20'3 1/4	Artist 19'8	Haslinger 19'3	Boyes 18'9	McGard 17'3 1/4							
TRIPLE JUMP	Smith 41'11	Boyers 39'3 1/4	Sterling 38'7 1/2	Stoval 38'3	Lawrence 37'11	McGard 37'1 1/2							
POLE VAULT	Phillips 12'8	Lofters 12'6	Wright 12'6	Alvez 11'0	Duwall 11'6	Beatty 11'0							
SHOT PUT	Mr. Jeters 50'1	James 49'4	Rensch 49'4 1/4	Laney 49'33/4	Winters 49'3 1/4	Herritt 49'2 1/4							
DISCUS	Elkins 141' 1/2	Rensch 128'6	Oyster 127'6	Chalfant 126'1	Quintak's 121'0	Herritt 119'5							
MILE RELAY	CHARLTONI 3:37.9	WOODSIDE 3:39.2	WELLS 3:40.4	SECONDIA 3:41.9	ALBERTA 3:42								

102
61
50
57

Track Crown

to M-A

May 14, 1979 ★

The SPAL was not without its surprises

By Mike Nolan
Times Tribune Staff

LOS ALTOS HILLS — Nearly every winner in the South Peninsula Athletic League track and field finals continued to look like a prime candidate for a state meet spot. The most memorable champion, however, was a miler who had never broken five minutes going into his senior season.

Certainly, Art Nicholson ran to his potential Saturday at Foothill College while earning the first sprint sweep in SPAL history, clocking 9.8, 22.0 and 49.2 to claim the outstanding runner trophy and lead Menlo-Atherton High over dual meet champ Carlmont for the Bears' first league finals title since 1960.

Certainly, compact 5-foot-11, 190-pound strongboy Chris Morton unloaded under pressure, as usual, to take the outstanding field event trophy with life bests in the shot put (57-8) and discus (154-8 1/2).

Certainly, every other league favorite came through with a high-caliber victory.

Yet Greg Hanna's surprise triumph in the mile for San Carlos would have won any award for heart, hands down.

While much more accomplished runners were concerned more with each other and also sapped somewhat by the heat of earlier competition on the warmest day of the spring, Hanna won the championship he had secretly planned for since the first day of practice.

Hanna had learned he didn't have the kick needed to hold back. So the lanky senior gambled his

dream on going out as hard as he could and sustaining the pace, if he could, while letting his rivals worry about the heat and team point strategy. The result was a wire-to-wire victory in 4:32.2, a whopping 30-second improvement on his best mark going into the season.

"I really believed I could do it," said Hanna, "although there's always a certain doubt when you've never done it. But you've got to believe in yourself. You're cheating yourself if you don't give yourself a chance. I just focused everything on this meet and psyched myself up."

Morton, too, was psyched — by the trials edge which rival Dean Paleologos of Woodside had established, and by the 56-11 3/4 shot put by Awalt's Rick Weyers earlier on the same field Saturday in the Santa Clara Valley Athletic League finals.

"Weyers' throw knocked me down in the CCS (Central Coast Section) standings," said Morton, who is eyeing at least the third and final state meet qualifying spot at the CCS finals (he now ranks third in the CCS).

Morton surprised himself by beating M-A's John Harris by half an inch in the discus.

M-A, which outscored Carlmont 91 1/2 to 82 1/2, received its biggest come-through by senior hurdler Steve Woodson, who took a pair of critical thirds with life bests of 15.0 in the highs and 38.9 in the lows (tying M-A's record).

Senior Jim Swain of Carlmont won the hurdles in 14.5 (a life best) and 38.0 to beat a life best 38.7 by Woodside's Kirk Campana. Swain,

By JOEY MITCHNER
The Menlo-Atherton Bears recouped their lone dual meet loss to Carlmont by capturing the SPAL track title at Foothill College.

The varsity team which boasted six individual champions was led by Art Nicholson's sprint sweep in the 100, the 220, and the 440. Nicholson became the first runner in SPAL history to sweep those three events. His winning times were 9.8, 22.0, and 49.2.

Other individual winners for M-A were John Hoch, who ran the 880 in 2:00.4, Steve Bruce, who long jumped 22 feet-11 3/4 inches, and Greg Ellis, who pole vaulted 15 feet. Bear coach Plato Yanicks also praised senior Steve Woodson, by saying that "his come-through performances were a key in the team winning the league title."

The final point totals for the meet were: M-A 91½, Carlmont 82½, Woodside 66, Menlo School and San Carlos 26, Sequoia 8.

On the frosh-soph level, M-A finished third, behind Carlmont and Woodside. The Bears' individual winners were Terry Carter in the two mile, Shawn Smith in the triple jump, and Jim Alexander in the high jump.

The girls team finished in a fourth place tie, with its only individual champion being Trish King in the high jump.

SOUTH PENINSULA League Finals

Team scores — Menlo-Atherton 91 1/2, Carlmont 82 1/2, Woodside 66, Menlo School and San Carlos 26, Sequoia 8.

440 relay — 1. Woodside (Harris, Campagna, Sterling, Washington) 43.6, 2. Carlmont 44.1, San Carlos 46.5, M-A no time.

100 — 1. Nicholson (M-A) 9.8, 2. Washington (W) 9.9, 3. Sterling (W) 10.3, 4. Harris (W) 10.4, 5. Willis (Seq) 10.4.

220 — 1. Nicholson (M-A) 22.0, 2. Washington (W) 22.7, 3. Young (C) 22.8, 4. Miller (M-A) 23.1, 5. Cheddie (C) 23.2.

440 — 1. Nicholson (M-A) 49.2, 2. Williams (SC) 50.8, 3. Young (C) 51.0, 4. Bates (M-A) 52.7, 5. Hughes (SC) 52.8.

880 — 1. Hoch (M-A) 2:00.4, 2. Wimmer (Menlo) 2:00.7, 3. Corless

(W) 2:01.9, 4. Logothetis (C) 2:02.0, 5. Jones (M-A) 2:03.1.

Mile — 1. Hanna (SC) 4:32.1, 2. O'Connor (C) 4:32.6, 3. Wimmer (Menlo) 4:33.2, 4. Hoch (M-A) 4:34.4, 5. Mellquist (C) 4:43.1.

2-Mile — 1. O'Connor (C) 10:15.8, 2. Mellquist (C) 10:15.9, 3. Pryor (C) 10:16.5, Hauser (M-A) 10:33.7, Alvarez (Menlo) 10:46.0.

120 HH — 1. Swain (C) 14.5, 2. Willis (Seq) 15.0, 3. Woodson (M-A) 15.0, 4. Campagna (W) 15.1, 5. Plate (Menlo) 15.2.

330 LH — 1. Swain (C) 38.0, 2. Campana (W) 38.7, 3. Woodson (M-A) 38.9, 4. Willis (S) 39.2, 5. Scherrer (W) 39.6.

Mile relay — 1. Carlmont (Young, Cheddie, Mueller, Swain) 3:27.3, San Carlos 3:30.6, Woodside 3:31.3, M-A 3:38.3.

LJ — 1. Bruce (M-A) 22-11 3/4, 2. Thompson (C) 22.2, 3. Bates (M-A) 21.3, 4. Richmond (M-A) 21-1, 5. Spivey (W) 20-11.

HJ — 1. Spivey (W) 6-6, 2. Herbst (M-A) 6-4, 3. Woodson (M-A) 6-0, 4. tie among Glikberg (W), Campana (W), Streets (SC) 5-10.

TJ — 1. Thompson (C) 46-11, 2. Glikberg (W) 44-0, 3. Nilson (C) 42-1, 4. Spivey (W) 41-8, 5. Bailey (M-A) 39-4.

PV — 1. Ellis (M-A) 15-0 (meet record), 2. Crumpler (M-A) 14-0, 3. tie between Herbst (M-A) and Worthage (C) 13-0, 5. Reider (C) 13-0.

SP — 1. Morton (Menlo) 57-8, 2. Paleologos (W) 54-5 1/2, 3. Mitchell (SC) 50-11 1/4, 4. Smith (W) 49-9 1/2, 5. Harris (M-A) 49-3.

Dis — 1. Morton (Menlo) 154-8 1/2, 2. Harris (M-A) 154-8, 3. Smith (W) 152-3 1/2, 4. Hunter (C) 151-11 1/2, 5. Kochenderfer (C) 141-11.

Outstanding Runner Trophy — Art Nicholson, M-A. Outstanding Field Trophy — Chris Morton, Menlo School.

Frosh-soph

Team scores — Carlmont 109 3/4, Woodside 61 3/4, Menlo-Atherton 60 1/2, Sequoia 54, Menlo School 12, San Carlos 5.

440 relay — Carlmont (Ishamaru, C. Hester, M. Hester, Ware) 44.2, 100 — Haynes (Seq) 10.2, 220 — Luke (W) 23.2, 440 — Luke (W) 51.1, 880 — Ingenthron (C) 2:07.0, Mile — A. Sakelarios (Seq) 4:45.6, 2-mile — Carter (M-A) 10:33.3, 70 HH —

Willis (Menlo) 8.8, 330 LH — Tucker (Seq) 39.4, Mile relay — Carlmont (Lawrence, Artst, Williams, Ware) 3:37.9.

Dis. — Elkins (Seq) 141-8 1/2, SP — Caryotakis (W) 50-1, TJ — Smith (M-A) 41-11, LJ — C. Hester (C) 20-10 1/2, HJ — Alexander (M-A) 5-10, PV — Phillips (C) 12-6.

Outstanding Runner Trophy — Steven Luke, Woodside. Outstanding Field Trophy — To be awarded this week.

Girls

Team scores — Carlmont 92, Sequoia 47, San Carlos 42, Menlo-Atherton and Woodside 30, Menlo 6.

440 relay — 1. Carlmont (J. Miller, B. Miller, C. Green, Milligan) 49.4, 2. Sequoia (Colon, Gallagher, Preisser, Mandolfo) 49.5, 3. San Carlos 50.5, 4. Woodside 50.7, 5. M-A 52.0.

100 — 1. Milligan (C) 11.3, 2. Robinson (SC) 11.3, 3. Colon (Seq) 11.5, 4. Barkus (SC) 11.8, 5. J. Miller (C) 11.9.

220 — 1. Robinson (SC) 25.7, 2. Milligan (C) 25.9, 3. B. Miller (C) 26.3, 4. J. Miller (C) 27.0, 5. Barkus (SC) 27.1.

440 — 1. Foianini (C) 58.0, 2. Jungsten (C) 58.6, 3. Preisser (Seq) 59.9, 4. Jones (W) 61.5, 5. Elkins (Seq) 61.9.

880 — 1. Foianini (C) 2:21.5, 2. Jungsten (C) 2:22.6, 3. Gardner (C) 2:32.1, 4. Longar (C) 2:34.0, 5. Prentice (SC) 2:35.6.

Mile — 1. Van Housen (W) 5:33.2, 2. Glackner (Sacred Heart-Menlo) 5:36.7, 3. Horne (C) 5:40.2, 4. Stoffe (W) 5:46.1, 5. Floyd (Castilleja-Menlo) 5:46.5.

2-mile — 1. Van Housen (W) 11:54, 2. Pless (C) 12:34, 3. Cator (W) 13:05.2, 4. L. Silva (SC) 13:21, 5. Goodwin (C) 13:41.

110 LH — 1. Otto (C) 15.0, 2. King (M-A) 15.2, 3. Luttrell (SC) 15.3, 4. Francisco (SC) 16.0, 5. Huber (SC) 16.3.

Mile relay — 1. Carlmont (Jungsten, B. Miller, Otto, Foianini) 3:58.4, 2. Sequoia 4:06.6, 3. Woodside 4:11.6, 4. San Carlos 4:15.1, 5. M-A 4:33.5.

SP — 1. Barker (Seq) 43-10, 2. Durschlag (SC) 35-5 1/4, 3. Holmes (Seq) 33-10, 4. Hoskins (C) 30-8, 5. Johnston (M-A) 30-7 1/4.

Dis. — 1. Barker (Seq) 125-10 1/4, 2. Johnston (M-A) 119-9, 3. Holmes

whose 37.6 lows leads the CCS, also anchored Carlmont's mile relay team to victory to press Nicholson for top track honors.

M-A's John Hoch won the 880 over Menlo's Greg Wimmer in an excellent race, while Carlmont's Kevin O'Connor took the two-mile a hair ahead of teammate Ken Mellquist. Woodside won the 440 relay; favored M-A dropped the baton, but it only seemed like a bad meet-opening omen. Junior Eric Washington, whose 9.9 and 22.7 second-place sprints were noteworthy, anchored Woodside.

In the field, M-A long jumper Steve Bruce and Woodside high jumper Mesha Spivey, both state meet veterans, defended their league titles with leaps of 22-11 3/4

and 6-6, respectively. M-A's amazingly consistent junior pole vaulter, Greg Ellis, recorded his seventh 15-foot vault of the season to set the only varsity meet record. Carlmont's Tim Thompson, another CCS leader, won the triple jump at 46-11 and leaped a life best 22-2 for second in the long jump.

Menlo School and San Carlos 26, Sequoia 8.

Region qualifiers

440 relay—Woodside 43.6, Carlmont 44.1, San Carlos 46.5, Menlo-Atherton (no time).

100—Nicholson (M-A) 9.8, Washington (Woodside) 9.9, Sterling (Woodside) 10.3, Harris (Woodside) 10.4.

220—Nicholson (M-A) 22.0, Washington (Woodside) 22.7, Young (Carmont) 22.8, Miller (M-A) 23.1.

440—Nicholson (M-A) 49.2, Williams (SC) 50.8, Young (Carmont) 51.8, Bates (M-A) 52.7.

880—Hoch (M-A) 2:00.4, Wimmer (Menlo School) 2:00.7, Corless (Woodside) 2:01.9, Logothetis (Carmont) 2:02.0.

Mile—Hannah (San Carlos) 4:32.1, O'Connor (Carmont) 4:32.6, Wimmer (Menlo School) 4:33.2, Hoch (M-A) 4:34.4.

2-Mile—O'Connor (Carmont) 10:15.8, Mellquist (Carmont) 10:15.9, Pryor (Carmont) 10:16.5, Hausler (M-A) 10:33.7.

120 high hurdles—Swain (Carmont) 38.0, C. Campana (Woodside) 38.7, Woodson (M-A) 38.9, Willis (Sequoia) 39.2.

Mile relay—Carmont 3:27.3, San Carlos 3:30.6, Woodside 3:31.3, Menlo-Atherton 3:38.3.

Shot put—Morton (Menlo School) 57-8, Paleologos (Woodside) 54-5½, Mitchell (San Carlos) 50-11¼, Smith (Woodside) 49-9½.

Discus—Morton (Menlo School) 154-8½, Harris (M-A) 154-8, Smith (Woodside) 152-3, Hunter (Carmont) 151-11.

High jump—Spivey (Woodside) 6-6, Herbst (M-A) 6-4, Woodson (M-A) 6-0, tied with Glikbarg (Woodside); Streets (San Carlos) 5-10.

Long jump—Bruce (M-A) 22-11¾, Thompson (Carmont) 22-2, Bates (M-A) 21-3, Richmond (M-A) 21-1.

Triple jump—Thompson (Carmont) 46-11, Glikbarg (Woodside) 44-0, Nielsen (Carmont) 42-1, Spivey (Woodside) 41-0.

Pole vault—Ellis (M-A) 15-0, Crumpler (M-A) 14-0, tied with Herbst (M-A); Worthge (Carmont) 13-0.

GIRLS

Team scores—Carlmont 92, Sequoia 47, San Carlos 42, Menlo-Atherton and Woodside 30, Menlo School 6.

Region qualifiers

440 relay—Carlmont 49.4, Sequoia 49.5, San Carlos 50.5, Woodside 50.7.

100—Milligan (Carlmont) 11.3, Robinson (San Carlos) 11.3, Cohn (Sequoia) 11.5, Barkus (San Carlos) 11.8.

220—Robinson (San Carlos) 25.7, Milligan (Carlmont) 25.9, B. Miller (Carlmont) 26.3, J. Miller (Carlmont) 27.0.

440—Foianini (Carlmont) 2:21.5, Jungsten (Carlmont) 58.6, Preisser (Sequoia) 59.9, Jones (Woodside) 61.5.

880—Foianini (Carlmont) 2:21.5, Jungsten (Carlmont) 2:22.6, Gardner (Carlmont) 2:32.1, Longar (Carlmont) 2:34.0.

Mile—Van Housen (Woodside) 5:33.2, Glockner (Menlo School) 5:36.7, Horn (Carlmont) 5:40.2, Stoffe (Woodside) 5:46.1.

2-Mile—Van Housen (Woodside) 11:54.0, Pless (Carlmont) 12:34.0, Caffor (Woodside) 13:05.2, L. Silva (San Carlos) 13:21.1.

110 low hurdles—Otto (Carlmont) 15.0, King (M-A) 15.2, Luttrell (San Carlos) 15.2, Francisco (San Carlos) 16.0.

Mile relay—Carlmont 3:58.4, Sequoia 4:06.6, Woodside 4:11.6, San Carlos 4:15.1.

Shot put—Barker (Sequoia) 43-10, Durschlag (San Carlos) 35-5 $\frac{1}{4}$, Holmes (Sequoia) 33-10, Hoskins (Carlmont) 30-8.

Discus—Barker (Sequoia) 125-10, Johnston (M-A) 119-9, Holmes (Sequoia) 108-9, Durschlag (San Carlos) 105-0.

High jump—King (M-A) 5-4, B. Miller (Carlmont) 5-0, McLaughlin (San Carlos) 4-10, McCready (Carlmont) 4-10.

Long jump—Gallagher (Sequoia) 16-7 $\frac{1}{4}$, Galvez (M-A) 16-6, King 16-0, Will (San Carlos) 16-0.