

# CCS Track & Field Dope Sheet

w—wind-aided  
c—time converted from race run in yards

## BOYS Inside dope

**Sprints** — North Salinas' Anthony Toney looks unbeatable in the 200 and will put his second effort in trying to upset favorite Harry Campbell of Mt. Pleasant in the 400. Toney, who's also running on the school's 400 relay team, will most likely scratch the 100, where Eric Washington (Woodside) and Ken Smith (Palo Alto) will continue their duel from the Region II meet. The top three picks in the 100 were within .14 of each other in the Gilroy Invitational, and the top four in the 200 were within .13.

**Middle distances** — Benny Trullio of Gilroy will be attempting to put his name next to Los Altos' Rick Brown as the only athletes to win the same event three years in a row. In this case it's the 800 (not the 880) and Los Gatos' Scott Oliver is anxious to put his name in the books for the first time. The score between them is Oliver 2, Trullio 1 with all of the wins coming on home tracks; this will be the first time they've met on a neutral oval and Oliver recorded his best time at SJCC. Close is the word in 1,600, with the battle for first looking as tight as that for the third and final spot to the state meet, and Independence's Jesse Torres should take the first berth in the 3,200.

**Hurdles** — The highs could have the closest margin of victory, with the foursome from Region I dominating the Accutrak photo-finish picture (hopefully, the timing system won't pick this event to malfunction on). At the Top Eight Invitational, first place was 14.4 and fifth was 14.5. Jefferson's Robert Thompson (sixth last year) hasn't lost to Hillsdale's John Zukowsky, the CCS leader, in the four times they've met in the last two years. Contrary to the race in the highs, the lows may have the biggest winning margin, with Gilroy's Ronnie Seanez the solid pick to lead it.

**Relays** — The heart of the team battle, as usual, will rest here. Mt. Pleasant looks unbeatable in both, but Silver Creek broke the ice two weeks ago in the Mt. Hamilton League finals, winning the 440 by .7 in a CCS best. Woodside is the only team among the favorites that runs its fastest leg (in this case, Washington) on the anchor. Smith (Palo Alto), Campbell (Mt. Pleasant) and Sterling (Silver Creek) all run the second leg (backstretch). The Cardinals look less vulnerable in the 1,600 with Woodside the only team that should challenge.

**Vertical jumps** — Palma's Dan Iliff and North Salinas' Joe Hicks (both 6-10 last year) should bring the Battle of Salinas to San Jose in the form of a high jump. Piedmont Hills' Jim Quirke, who has gone 6-6 and isn't doped to place (but realistically could) is the owner of a unique approach which he calls the "Quirke screw." It has Quirke running straight to the bar and within three feet turning completely around into a "flop" position. The CCS pole vault competition may have just as many as or more 15-footers than the state meet and Greg Ellis of Menlo-Atherton will probably have more trouble defending his CCS crown than he had attaining it — Ben Mahoney (St. Francis) and D.J. Bahl (Avalon) will probably be with him vault-for-vault. Darkhorse of the meet may be Averb's Alan Janke (14-6 the last two weeks). The surest bet is that at least one place will be decided on fewer misses.

**Horizontal jumps** — In the long jump, Buchser's Ralph Lumacted (fourth last year) has beaten Palo Alto's Smith three times, but Smith has the momentum of beating Lumacted at the Region II and Santa Clara Valley League meets. Triple jumper Victor Torres of Silver Creek is due for a win in "qualifying" competition. Yerba Buena's Leonard Robinson beat him by an inch at the MHL meet and YB's Ken Taylor (second in last year's frosh-soph meet to teammate Donnie Sample) won by a half-inch at the Region III meet. More than any other event, the triple jump won't be at a loss for surprises.

**Weights** — Consistency is lacking, but those who have it are Rey Mendizabel (Gunderson) and Ray Bellantoni (Del Mar) in the shot put and Dave Nagengast (Del Mar) in the discus. Gunn's Dave Cowell (third last year) is successfully coming back from a back injury that kept him out early in the year. Del Mar's Tim Sutor is most likely to "pop" the longest throws.

**Team comments** — All of Mt. Pleasant's firepower is shown except for Bobby Lister (100, 200) and Felix Soto (3,200); any points from them or higher finishes from Greg Marshall (triple jump) or Harry Campbell (200) will only aid their cause. Palo Alto's strength will ride on Ken Smith (100, 200, long jump, 400 relay) and Rod M. Green (400, 800, both relays), the brother of former Cubberley star Bill Green. (It's possible Green may scratch the 800 and put all his marbles in the 400, where he's potentially dangerous.) Mike McCollum (3,200) scoring high will help, as will points from Kent Eaton (high jump, 6-4 last two weeks) and Frank Chenn (long jump, second in region to Smith). Woodside has Washington (100, 200, both relays) and sophomore Willie Williams (300 LH, both relays) scoring, and unscored Thomas Harris (14.5 in 110 HH) and Tim Redick (38.4 in 300 LH, same section as Williams) to their credit. If there's a team with the most potential, it's Woodside. Del Mar has Troy Christy (100) on the track, but any other points will come from the vault and weights. Silver Creek, another potentially tough team, has its power in the sprints, relays and jumps. North Salinas has Toney and Hicks scoring and a few other unscored competitors, including discus thrower Dave Vazquez (165-11 in region).

## Predicted finish (With season-best mark)

**100** — Eric Washington (Woodside) 10.6; Ken Smith (Palo Alto) 10.83w; 10.6; Robert Sterling (Silver Creek) 10.6w; 10.7; Troy Christy (Del Mar) 10.7; Ernest Bonner (Seaside) 10.7; Alan Weaver (Hollister) 10.8.  
**200** — Anthony Toney (North Salinas) 21.3; Washington (Woodside) 21.55c; Harry Campbell (Mt. Pleasant) 21.68c; K. Smith (Palo Alto) 21.65c; Sterling (Silver Creek) 21.8wc; 21.9c; Rory Flint (Silver Creek) 22.0wc, 22.3c.  
**400** — Campbell (Mt. Pleasant) 48.2; Toney (North Salinas) 48.0; Kelvin Collins (Monterey) 48.9; Darren Williams (San Carlos) 48.6c; Rod M. Green (Palo Alto) 48.6c; Reggie Grimes (Hill) 49.0.  
**800** — Scott Oliver (Los Gatos) 1:54.1; Benny Trullio (Gilroy) 1:55.0c; Andy Ross (Buchser) 1:54.5c; Angel Vasquez (Watsonville) 1:55.2; Brendan Saunders (Bellarmine) 1:56.2; R.M. Green (Palo Alto) 1:56.2c.  
**1,600** — Mario Springer (Mountain View) 4:15.6c; Steve Samario

(Leigh) 4:16.7c; Bob Ingram (Westmont) 4:16.6c; Ken Bergkamp (Leigh) 4:16.2c; Roger Yeager (Fremont) 4:23.6c; Paul Marquez (Ayer) 4:19.3c.  
**3,200** — Jesse Torres (Independence) 9:09.8c; Kevin O'Connor (Carlmont) 9:15.1c; Mike McCollum (Palo Alto) 9:18.5c; Alex Gonzalez (Gunderson) 9:15.6c; Jeff Magallanes (Seaside) 9:19.7c; Fernando Balderas (San Jose) 9:18.2c.  
**110 HH** — Robert Thompson (Jefferson) 14.61c; Bob Sanders (Santa Cruz) 14.3; John Zukowsky (Hillsdale) 14.1; Reggie Hawkins (Hillsdale) 14.2; Doug Levy (Jefferson) 14.4; Joe Hicks (North Salinas) 14.4.  
**300 LH** — Ronnie Seanez (Gilroy) 36.8; Joe Jackson (Monterey) 37.6; Willie Williams (Woodside) 37.7c; Mike Becker (Fremont) 38.1c; Danny Magno (Watsonville) 38.2c; Zukowsky (Hillsdale) 37.8c.  
**400 relay** — Mt. Pleasant 42.3c; Palo Alto 42.4c; Silver Creek 42.1c; Woodside 42.5c; Carlmont 42.7; Serramonte 43.0c.  
**1,600 relay** — Mt. Pleasant 3:20.7; Woodside 3:21.0c; Monterey 3:21.9; Palo Alto 3:24.2c; Hillsdale 3:23.2c; Live Oak 3:23.2c.  
**HJ** — Dan Iliff (Palma) 6-8; Hicks (North Salinas) 6-6½; Jim Davis (South San Francisco) 6-6; Greg Norman (Westmont) 6-6; Tim Crudo (St. Ignatius) 6-7; T.J. Bartel (Westmont) 6-8.  
**PV** — Greg Ellis (Menlo-Atherton) 15-6½; Ben Mahoney (St. Francis) 15-6; D.J. Bahl (Avalon) 15-4; Robert Crumpler (Menlo-Atherton) 15-2; Mitch Norris (Del Mar) 15-2; Warren Jaques (Del Mar) 15-1.  
**LJ** — K. Smith (Palo Alto) 23-1; Ralph Lumacted (Buchser) 23-3; Adam Haysbert (San Mateo) 21-10; Russ Osotio (Terra Nova) 22-5¼; 22-2; Ray Holland (Silver Creek) 22-5¼; Ken Allen (Seaside) 22-0.  
**TJ** — Victor Torres (Silver Creek) 47-6w, 47-0; Don Franks (Serramonte) 47-3; Ken Taylor (Yerba Buena) 47-0w, 46-3; Greg Marshall (Mt. Pleasant) 47-4w, 46-7¾; Mike Norman (St. Francis) 46-3; Leonard Robinson (Yerba Buena) 47-3w, 45-0.  
**SP** — Rey Mendizabel (Gunderson) 58-7¾; Ray Bellantoni (Del Mar) 56-4½; Todd Wangness (Los Altos) 55-8; Jon Cook (Palma) 54-1½; Al Lopez (Live Oak) 54-8; Tim Sutor (Del Mar) 58-4¼.  
**DT** — Dave Nagengast (Del Mar) 172-3; Henry Hall (Westmont) 176-6; Dave Cowell (Gunn) 167-9; Sutor (Del Mar) 167-8; Bruce Owen (Silver Creek) 172-3; Marc Barnum (Salinas) 172-3.  
**Team scoring** (scored 10-6-4-2-1) — Palo Alto 43; Mt. Pleasant 40; Woodside 32; Del Mar 30; Silver Creek 29; North Salinas 27; Monterey 20; Gilroy 18; Buchser, Gunderson and Palma 14; Hillsdale 13; Jefferson, Leigh and Menlo-Atherton 12; Westmont 11; Independence, Los Gatos, Mountain View and St. Francis 10.  
**State, national bests**  
(State best listed first, national second if different) 100 meters — Mike Turner (Centennial, Comp-ton) 10.57, Bernie Jackson (McClintock, Tempe, Ariz.) 10.1; 200 — Jim Spotville (Pomona) 21.25, Arthur McCullar (Terrell, Tex.) 20.82; 400 — Turner 46.92, Jackson 46.77; 800 — Pete Richardson (Berkeley) 1:51.0, Rick Raymond (Pearce, Richardson, Tex.) 1:50.6; 1600 — Andy DiConti (La Canada) 4:08.5, John Robinson (Dobie, Pasadena, Tex.) 4:03.5; 3200 — Mike Vail (Mira Loma, Sacramento) 9:05.2, Rickey Pittman (East Tech, Cleveland, Ohio) 8:45.8; 110 HH — Don Ward (St. Mary's, Berkeley) 13.6, Jerome



## CCS track

●M-A's King sets record — C-4

●Peterson in baseball finals — C-4

ning in the 220, but not in the 100." Washington said. "I wasn't running with my knees up. Then I think I started picking my knees up, and I feel like I have good form now."

Tim Redick, a relatively unheralded junior, also was vital to Woodside's surprising team victory, placing second in the 300-meter low hurdles with a life-best 37.75.

"I really didn't think I'd make it," said Redick, who qualified for next week's state meet, as did all of the varsity athletes who placed among the top three Friday night.

Another South Peninsula Athletic League athlete, Menlo-Atherton pole vaulter Greg Ellis, set the only meet record by clearing 15-6 $\frac{1}{4}$ . But Ellis, who set the old meet record of 15-6 last year, knows he may have to perform better in next week's state meet.

"I know (Fullerton resident) Greg Stall has gone 16-1," Ellis said. "But I don't think he's consistent at that height. I might be more consistent than him."

Awalt's D.J. Bahl, who also cleared 15-6 $\frac{1}{4}$ , and St. Francis' Ben

Mahoney, who cleared 15-0, also qualified for the state finals. Ellis' teammate, Robert Crumpler, missed a berth in the state meet by finishing fourth. He cleared the same 15-0 as Mahoney, but lost out because of more misses.

Palo Alto's Ken Smith won the long jump and finished third in the 100 meters, but was disqualified for a false start in the 200. Teammate Rod Green ran a 48.26 to finish second in the 400 meters, and the Vikings' Mike McCollum placed second in the two-mile in 9:14.5.

Smith's winning 22-10 $\frac{1}{2}$  effort in the long jump came on his final attempt.

Palo Alto's shot at the team title ended when the Vikings' Darryl Bodden, running the second leg of the mile relay, fell to the track with a pulled left hamstring muscle and was unable to continue. Earlier, the

Vikings' 400 relay team had to run without one of its regular members and settled for a disappointing fourth-place finish.

Gunn's Dave Cowell, a winner in the discus throw with a mark of 166-8, was the only other Santa Clara Valley Athletic League varsity athlete to place first in the boys' competition.

Two athletes from the West Catholic Athletic League, Bellarmine's Brendan Saunders and Serra's Robert Siguenza, also earned berths in the state meet, scheduled for Friday and Saturday at University of California's Edwards Stadium.

Saunders, whose previous best in the 880 was 1:59, ran a 1:53.71 in the 800 meters to finish a close second to Los Gatos' Scott Oliver. Siguenza placed third in the 200 meters, edging Seaside's Ernest Bonner for

the section's final state berth in that event.

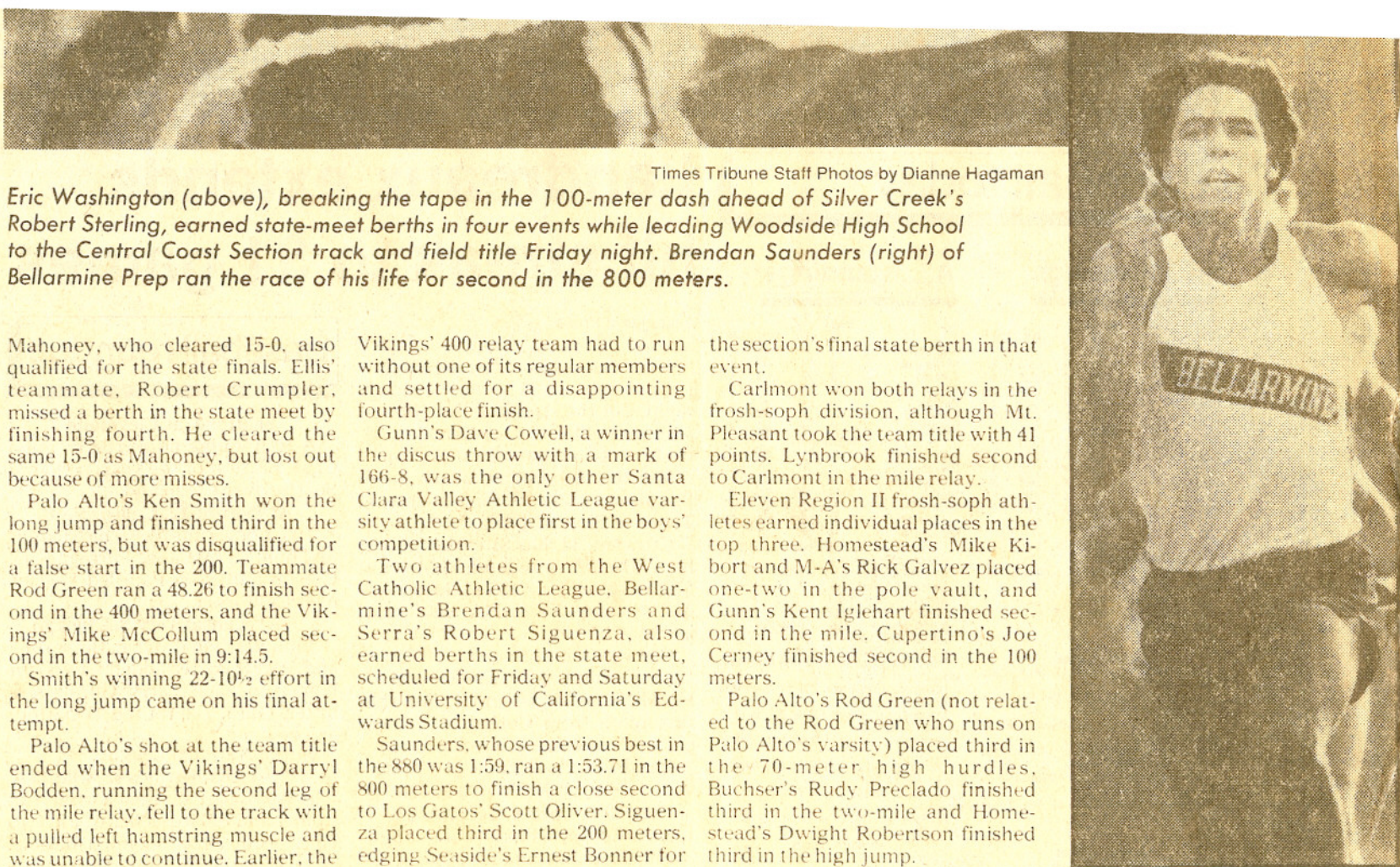
Carlmont won both relays in the frosh-soph division, although Mt. Pleasant took the team title with 41 points. Lynbrook finished second to Carlmont in the mile relay.

Eleven Region II frosh-soph athletes earned individual places in the top three. Homestead's Mike Kibort and M-A's Rick Galvez placed one-two in the pole vault, and Gunn's Kent Iglehart finished second in the mile. Cupertino's Joe Cerney finished second in the 100 meters.

Palo Alto's Rod Green (not related to the Rod Green who runs on Palo Alto's varsity) placed third in the 70-meter high hurdles. Buchser's Rudy Preclado finished third in the two-mile and Homestead's Dwight Robertson finished third in the high jump.

*Eric Washington (above), breaking the tape in the 100-meter dash ahead of Silver Creek's Robert Sterling, earned state-meet berths in four events while leading Woodside High School to the Central Coast Section track and field title Friday night. Brendan Saunders (right) of Bellarmine Prep ran the race of his life for second in the 800 meters.*

Times Tribune Staff Photos by Dianne Hagaman





# Woodside wins CCS title

Washington qualifies  
four times for state meet

By Paul Salvoni  
Special to the Times Tribune

SAN JOSE — Eric Washington "picked his knees up" Friday night at San Jose City College — high enough and often enough to lead Woodside High School's track squad to its first Central Coast Section team title.

Washington, the only boys' double champion in the varsity division, won the 100-meter and 200-meter races and anchored Woodside's 400 and mile relay teams to second-place finishes. His sprint times were 10.75 and 21.35.

The Wildcats finished with 44 points to outdistance pre-meet favorite Palo Alto, which scored 36 for second place.

"Early in the season, I was win-

## CCS track

- M-A's King sets record — C-4
- Peterson in baseball finals — C-4





# Baseball

## CCS SEMIFINALS At Buck Shaw Stadium SARATOGA PETERSON

ab	r	h	ab	r	h	
Trapani rf	4	1	1	Cozby cf	3	1
C. Johnson cf	3	0	0	D. Smith lf	4	2
Meaghs ss	4	0	0	Palma 3b	4	2
HL 2b	3	0	0	E. Smith c	2	0
Arrilaga p-1b	3	0	2	Hoff ss	1	0
Small dh	3	0	0	Cmpbil dh	3	0
E. Johnson 3b	1	0	0	Morrison rf	3	0
Hansen lb	2	0	0	Huse lb	2	1
McGeehan ph	0	0	0	Ginnanti 2b	2	0
Weaver p	0	0	0	Kidrick ph	0	0

Totals	29	2	4	Totals	24	6	8
Saratoga	0-2	4	2				
Peterston	2-0	6	8				

RBI—Hicks 1, D. Smith 1, Palma 1, E. Smith 1, Campbell 1.

ip	e	r	h	b	so
Arrilaga (L)	5	4	6	7	4
McGeehan	3	0	2	0	1
Wagner (W)	7	0	2	4	3

# Track

## CCS FINALS At San Jose City College Varsity

Team scores — Woodside 44, Palo Alto 36, Del Mar 33, North Salinas 31, Seaside 28, Hillsdale 26, Mt. Pleasant 26.

400m R — Silver Creek 4:18.3, Woodside 4:18, Mt. Pleasant 4:21.6, Palo Alto 4:26.8, Yerba Buena 4:31.7, Serramonte 4:31.7.

110m H — Hawkins (Hillsdale) 14.50, Sanders (Santa Cruz) 14.58, Hicks (North Salinas) 14.63, Levy (Hillsdale) 14.65, Zukowsky (Hillsdale) 14.63, Thompson (Jefferson) 14.86.

100m — Washington (Woodside) 10.75, Christy (Del Mar) 10.97, Smith (Palo Alto) 10.98, S. Pringle (Silver Creek) 11.00, Bonner (Seaside) 11.18, Miller (Menlo-Atherton) 11.20.

400m — Toney (North Salinas) 47.79, Green (Palo Alto) 48.26, Campbell (Mt. Pleasant) 48.76, Grimes (Hill) 49.29, Langley (Live Oak) 49.31, Weaver (Holister) 49.67.

Two-mile — Magallanes (Seaside) 9:14.5, McCortum (Palo Alto) 9:14.32, Torres (Independence) 9:14.92, Baldaras (San Jose) 9:18.59, Hoch (Menlo-Atherton) 9:20.08, Gonzalez (Gunderson) 9:20.68.

300m LH — Sanez (Gilroy) 37.40, Redick (Woodside) 37.75, Zukowsky (Hillsdale) 37.78, Boeker (Hillsdale) 38.03, Baker (Willow Glen) 38.35, Friend (Cupertino) 38.45.

# Prep scoreboard

200m — Washington (Woodside) 21.35, Toney (North Salinas) 21.40, Siguenza (Serra) 22.28, Bonner (Seaside) 22.46, Miller (Menlo-Atherton) 22.91, no sixth.

800m — Oliver (Los Gatos) 1:53.62, Saunders (Bellarmine) 1:53.71, Evans (Seaside) 1:54.27, Ross (Buchser) 1:54.61, Vasquez (Watsonville) 1:55.07, Record (San Carlos) 1:55.19.

1 mile — S. S. S. (Leigh) 4:19.44, Ingram (Westmont) 4:19.77, Marson (Mills) 4:19.78, Yeager (Fremont) 4:20.72, Cox (Los Gatos) 4:20.97, Delore (Fremont) 4:22.61.

Mile R — Mt. Pleasant (Gilbert, Marshall, Lister, Campbell) 3:20.44, Woodside 3:22.33, Buchser 3:24.11, Palma 3:24.63, Seaside 3:24.80, Monterey 3:25.02.

SP — Bellantoni (Del Mar) 58.5, Mendizbal (Gunderson) 58.1, Sufro (Del Mar) 56.9, Lopez (Live Oak) 53.11, Wangness (Los Altos) 53.4, Robinson (Avalon) 53.2.

DT — Cowell (Gunn) 166.8, Kaufman (Willow Glen) 165.1, Nagesan (Del Mar) 161.4, Sansone (Monta Vista) 159.6, Borum (Salinas) 159.1, Sufro (Del Mar) 155.2.

HJ — Huff (Salinas) 6.6, tie between Hicks (North Salinas) and Quirk (Piedmont Hills) at 6.4, Norman (Westmont) 6.4, Raines (Yerba Buena) 6.4, tie between Flint (Silver Creek) and Davis (South San Francisco) at 6.4.

SP — Ellis (Menlo-Atherton) 15.6, ICCS meet record, Bahl (Avalon) 15.6, Mahoney (St. Francis) 15.0, Crumpler (Menlo-Atherton) 15.0, Jacques (Del Mar) 15.0, Anderson (Buchser) 15.0.

LJ — Smith (Palo Alto) 22-10, Haysbert (San Mateo) 22.8, Franks (Serramonte) 22.6, Allen (Seaside) 22.3, Swanson (Live Oak) 22-10, Ahearn (Gunderson) 21-8.

TJ — Torres (Silver Creek) 7-8.12, Robinson (Yerba Buena) 7-6.5, S. S. S. (San Mateo) 46.7, Marshall (Mt. Pleasant) 46.3, Franks (Serramonte) 45.11, Taylor (Yerba Buena) 45.7.

Frash-soph  
Top team score — Mt. Pleasant 41.  
400m R — Carlmont 44.23, Stevenson 44.27, Hillsdale 44.74, Seaside 45.04, Gilroy 45.08, Mt. Pleasant 45.19.

70m HH — Seils (North Salinas) 8.87, Durbar (Mt. Pleasant) 9.25, Green (Palo Alto) 9.29, Cuerra (Westmont) 9.39, Berry (Carlmont) 9.39, Cottarin (Hillsdale) 9.41.

100m — Anderson (Willow Glen) 11.43, Cerney (Cupertino) 11.43, Watson (Stevenson) 11.44, Chow (Prospect) 11.43, Miller (Mt. Pleasant) 11.65, Baker (Stevenson) 11.74.

400m — Shirley (Aptos) 50.48, Dickinson (Mt. Pleasant) 50.98, Cearlock (Pacific Grove) 51.17, Farris (San Carlos) 51.58, Taylor (Leigh) 51.94, Bensen (Branham) 52.10.

Two-mile — Anderson (Santa Teresa) 9:39.28, Munoz (Lick) 9:41.55, Preclado (Buchser) 9:42.53, Gomez (Carlmont) 9:42.73, Marcondia (Menlo School) 9:51.37, Bartulic (Camden) 9:51.44.

300m LH — Curry (Mt. Pleasant) 40.33, Jones (Menlo School) 40.37, Chesarek (Leigh) 40.60, Sasaki (Blackford) 40.75, Boral (Aptos) 41.00, Green (Del Mar) 41.12.

700m — Chow (Prospect) 22.92, Watson (Stevenson) 22.93, Shirley (Aptos) 23.05, Rhinehart (Riordan) 23.07, Anderson (Willow Glen) 23.23, Baker (Stevenson) 23.42.

800m — Mann (Los Gatos) 1:57.05, Pegas (Seaside) 1:58.16, Green (Mt. Pleasant) 1:58.42, Sellard (Bellarmine) 1:59.12, Norris (Willow Glen) 1:59.70, Panagiotis (Lick) 2:00.41.

1000m — Berstrom (Los Gatos) 4:29.48, Iqiehart (Gunn) 4:29.57, Hughes (St. Francis) 4:30.84, Sakelarios (Sequoia) 4:32.81, Anderson (Santa Teresa) 4:34.23, Mendonza (Silver Creek) 4:34.25.

1600m — Carlmont 3:33.39, Lynbrook 3:34.03, Mt. Pleasant 3:35.13, Aptos 3:35.46, Westmont 3:36.53, Gilroy 3:37.85, SP — Almonetti (Campbell) 55.7, Usher (Serra) 55.0, Tennyson (Cupertino) 52.10, Reed (Santa Teresa) 52.0, Johnson (Willow) 51-10, Elman (Gunn) 50.2.

DT — Katches (Mills) 171-10, Almonetti (Campbell) 154-0, Levy (Monta Vista) 145-11, Wilmer (Leland) 133-8, Ceta (Salinas) 130-5, Oyster (Woodside) 126-3, Robinson (Prospect) 126-1.

HJ — Luper (Yerba Buena) 6.7 (CCS meet record), Christensen (North Salinas) 6.6, Robertson (Homesfield) 6.2, tie between Gates (Monta Vista) and Long (Salinas) at 6.0, tie between Underwood (Camden) and Brastrom (Half Moon Bay) at 6.0.

PV — Kilbart (Homesfield) 13.6, Golzev (Menlo-Atherton) 13.0, Ryan (Monta Vista) 12.6, Granowski (Avalon) 12.0, Brezocky (Leland) 11.6, Ramos (Bellarmine) 11.6.

LJ — Choy (Sacred Heart) 21.6, Norwood (North Salinas) 21.5, Lekander (Palma) 21.3, Weiden (Silver Creek) 21.3, Cuerra (Westmont) 20-11, Lehnert (Serramonte) 20-7.

TJ — Weiden (Mt. Pleasant) 46-1, Seils (North Salinas) 44-10, Cuerra (Westmont) 44-3, Ellis (Monta Vista) 44-3, Hernandez (Gilroy) 44-1, Chen (Avalon) 43.9.

## GIRLS

Team scores — Fremont 40, San Carlos 30, Silver Creek 29, Ayr 28, Independence 27, Saratoga 24, Live Oak 20, Lynbrook 19, Los Altos 16.

400m R — San Carlos 78.49, Silver Creek 48.66, Fremont 48.79, Saratoga 48.84, Overfelt 48.84, Los Gatos 49.46.

110m LH — Mills (Gunn) 14.52, Crevelt (St. Francis) 14.67, Reimann (Saratoga) 14.85, Schlegelin (Piedmont Hills) 15.11, Robinson (Branham) 15.13, Sumpter (Independence) 15.45.

100m — Pounds (Live Oak) 12.38, Robinson (San Carlos) 12.46, Chewing (Saratoga) 12.61, Robinson (Fremont) 12.62, Snyder (Camden) 12.69, Carr (Overfelt) 12.70.

400m — Miller (Fremont) 34.99, Demores (Branham) 36.55, Prasher (Sequoia) 37.38, Ford (San Mateo) 37.53, Focanini (Carlmont) 37.66, Robinson (Branham) 38.74.

Two-mile — Bier (Independence) 10-46, Harp (Prospect) 10-57.19, Brogan (Los Altos) 11-00.81, Heimbreck (Willow Glen) 11-08.83, Bonnet (Saratoga) 11-16.16, Demmelmeier (Lynbrook) 11-24.41.

300m — Pounds (Live Oak) 25.11, Robinson (San Carlos) 25.55, Chewing (Saratoga) 25.62, Sullivan (Ayr) 25.71, Brewer (Hillsdale) 25.89, Dee (San Lorenzo Valley) 25.96.

800m — King (Ayr) 2:09.87, Weber (Lynbrook) 2:11.34, Brogan (Los Altos) 2:13.72, Vanneck (Presentation) 2:14.34, Smith (San Lorenzo Valley) 2:16.14, Barry (Leigh) 2:16.67.

Mile — Weber (Lynbrook) 4:36.85, King (Ayr) 4:38.26, Bier (Independence) 5:06.27, Brogan (Los Altos) 5:14.60, Jungman (Carlmont) 5:15.83, Yannek (Presentation) 5:18.45.

Mile R — Carlmont (J. Miller, Turner, B. Miller, Focanini) 4:01.35, Fremont 4:02.41, Silver Creek 4:02.46, Branham 4:03.18, Independence 4:03.16, St. Francis 4:03.39.

SP — Ramirez (Hill) 39.6, Townsend (Silver Creek) 38.8, Corrozi (Carlmont) 37.91, Perkins (Westmont) 37.1, Durshing (San Carlos) 36-10, Ferreira (Santa Teresa) 36.8.

DT — Perkins (Westmont) 136-7, tie between Hamilton (H. Prasher) and Townsend (Silver Creek) at 133-2, Oaxati (Los Gatos) 127-8, Durshing (San Carlos) 127-6, Bassett (Salinas) 120-11.

HJ — King (Menlo-Atherton) 5.9, ICCS meet record, Robinson (Fremont) 5.6, Robinson (Silver Creek) 5.4, Oaxati (Fremont) 5.4, Black (Mt. Pleasant) 5.2, tie between Nicholas (Westmont) and Barry (Leigh) at 5.2.

LJ — Abruzzini (Gilroy) 17-11, Prifer (Independence) 17.4, Sullivan (Ayr) 17-8, Naughton (Palo Alto) 17, Brewer (Hillsdale) 17-5, Jackson (Westmont) 17-4.



# King leaps to section HJ record

Fremont High School claims girls' track title

By Paul Salvoni  
Special to the Times Tribune

SAN JOSE — Menlo-Atherton High School's Trish King landed in the high-jump pit and leaped into the air as if shot out of a cannon.

King was yelling with delight as she left the pit and spun several times in mid-air.

King had just cleared the bar at 5-9¼ to win her second straight Central Coast Section girls' title in the high jump and set a CCS meet record with a life best.

King's effort, however, wasn't enough to keep Fremont High of the De Anza Athletic League from winning the team title with 40 points Friday night at San Jose City

## CCS track

College. San Carlos of the South Peninsula Athletic League finished second with 30 points.

Sherrill Miller led Fremont to the title with a victory in the 400-meter dash, while teammate Karen Robinson finished second to King in the high jump.

All competitors placing in the top three spots qualified for next week's state finals in those events.

King was the SPAL's only individual champion in the girls' competition, but San Carlos won the 400-meter relay and Carlmont won the mile relay.

King placed third in the high jump in last year's state meet, clearing 5-9.

Friday night King needed three attempts before she cleared 5-8¼. Then, when she tried her third attempt at 5-9¼, the bar shook as she landed in the pit — but it did not fall.

"Maybe I do better on the third try because on the first two I'm always thinking, 'Well, I always have the last one coming if I need it,'" King said. "I've never had to jump in this kind of wind."



Times Tribune Staff Photo by Dianne Hagaman

*Tracy Weber of Lynbrook High will return to the state meet after winning the mile and finishing second in the 800 in Friday night's Central Coast Section finals.*

When King missed her first jump at 5-4 (four inches below her previous season best of 5-8), it brought back memories.

"When I was a sophomore, I'd done 5-6 and I remember missing my first two tries at 5-2 (in the CCS finals)," King said. "I was in tears. When I missed my first jump tonight, I was afraid something like that might happen again."

San Carlos' Rhonda Robinson placed first in her qualifying heats in the 100- and 200-meter races, but placed second in each event to Live Oak's Gurtha Pounds in the finals.

Robinson also anchored San Carlos' winning 400-meter relay team, making up an eight-yard deficit and streaking by her Silver Creek opponent 30 yards before the finish line.

Paula Foianini anchored Carlmont's winning mile relay team,

fourth in the state last year with three of the same team members.

Region II athletes dominated the 110 hurdles and 400 meters.

Gunn's Gretchen Mills, defending CCS champ Mary Crevelt of St. Francis and Saratoga's Kathy Reimann placed 1-2-3 in the 110 lows. Fremont's Miller, Buchser's Margaret Demorest and Sequoia's Crystal Preisser finished 1-2-3 in the 400 meters.

Other Peninsula girls who qualified for the state meet include Lynbrook's Tracy Weber, who won the mile in 4:56.85 and was second in the 800; Los Altos' Kerry Brogan, who placed third in the 800, two-mile and mile; Saratoga's Liz Chewning, who finished third in both the 100 and 200 meters; Fremont's Robinson in the high jump, and Carlmont's Gia Carrozzi, third in the shot put.



## Track & field

### Friday night

#### CENTRAL COAST SECTION

At San Jose City College  
All running events in meters  
except mile, 2-mile, mile relay

##### Boys

**Teams** — Woodside 44; Palo Alto 36; Del Mar 33; North Salinas 31; Seaside 28; Silver Creek 26½; Mt. Pleasant 26; Menlo-Atherton 22; Hillsdale 18; Palma and San Mateo 14; Yerba Buena 13½; Los Gatos 12; Buchser 11; Westmont 10½; Gilroy, Gunderson, Gunn, Leigh and Willow Glen 10; Awall, Fremont and Serramonte 9; Bellarmine, Live Oak and Santa Cruz 8; Piedmont Hills 7; Independence, Mills, St. Francis and Serra 6; Jefferson 5; Hill, Monta Vista and San Jose 4; South San Francisco 2½; Los Altos, Salinas and Watsonville 2; Cupertino, Hollister and Monterey 1.

**100** — Washington (Woodside) 10.75, Christy (Del Mar) 10.97, K. Smith (Palo Alto) 10.98, Sterling (Silver Creek) 11.00, Bonner (Seaside) 11.18, Miller (Menlo-Atherton) 11.20.

**200** — Washington (Woodside) 21.35, Toney (North Salinas) 21.40, Sequenza (Serra) 22.28, Bonner (Seaside) 22.46, Miller (Menlo-Atherton) 22.91, no sixth.

**400** — Toney (North Salinas) 47.79, R.M. Green (Palo Alto) 48.26, Campbell (Mt. Pleasant) 48.76, Grimes (Hill) 49.29, Langley (Live Oak) 49.31, Weaver (Hollister) 49.67.

**800** — Oliver (Los Gatos) 1:53.7, Saunders (Bellarmine) 1:53.8, Evans (Seaside) 1:54.3, Ross (Buchser) 1:54.7, Vasquez (Watsonville) 1:55.1, Record (San Carlos) 1:55.2.

**Mile** — Samario (Leigh) 4:19.5, Ingram (Westmont) 4:19.8, Marson (Mills) 4:19.8, Yeager (Fremont) 4:20.8, Cox (Los Gatos) 4:21.0, Delore (Fremont) 4:22.7.

**2-mile** — Magallanes (Seaside) 9:14.3, McCollum (Palo Alto) 9:14.4, Torres (Independence) 9:15.0, Balderas (San Jose) 9:18.6, Hoch (Menlo-Atherton) 9:20.1, R. Gonzalez (Gunderson) 9:20.7.

**110 HH** — Hawkins (Hillsdale) 14.50, Sanders (Santa Cruz) 14.58, Hicks (North Salinas) 14.63, Levv (Jefferson) 14.63, Zukowsky (Hillsdale) 14.69, Thompson (Jefferson) 14.86.

**300 LH** — Seanez (Gilroy) 37.40, Redick (Woodside) 37.75, Zukowsky (Hillsdale) 37.78, Boeker (Fremont) 38.03, Baker (Willow Glen) 38.35, Friend (Cupertino) 38.45.

**400 relay** — Silver Creek (Holland, Sterling, Flint, Peoples) 42.03, Woodside 42.07, Mt. Pleasant 42.25, Palo Alto 42.81, Yerba Buena 43.35, Serramonte 43.36.

**Mile relay** — Mt. Pleasant (Gilbert, Marshall, Lister, Campbell) 3:20.5, Woodside 3:23.4, Buchser 3:24.2, Palma 3:24.7, Seaside 3:24.8, Monterey 3:25.1.

**HJ** — Iliff (Palma) 6-6, (tie) Hicks (North Salinas) and Quirke (Piedmont Hills) 6-4, (tie) Norman (Westmont), Raines (Yerba Buena), Flint (Silver Creek) and Davis (South San Francisco) 6-4. (Luper, Yerba Buena, won frosh-soph at 6-7; Christensen, North Salinas, second at 6-6.)

**PV** — Ellis (Menlo-Atherton) 15-6¼, Bahl (Awall) 15-6¼, Mahoney (St. Francis) 15-0, Crumpler (Menlo-Atherton) 15-0, Jaques (Del Mar) 15-0, Anderson (Buchser) 15-0.

**LJ** — K. Smith (Palo Alto) 22-10½, Haysbert (San Mateo) 22-8, D. Franks (Serramonte) 22-6, Allen (Seaside) 22-3, Swanson (Live Oak) 22-0½, Ahearn (Gunderson) 21-8.

**TJ** — Torres (Silver Creek) 47-8½, Robinson (Yerba Buena) 47-6¾, Stroughter (San Mateo) 46-7¾, Marshall (Mt. Pleasant) 46-3, D. Franks (Serramonte) 45-11, Taylor (Yerba Buena) 45-7.

**SP** — Bellantoni (Del Mar) 58-5, Mendizabel (Gunderson) 58-1½, Sutro (Del Mar) 56-9½, Lopez (Live Oak) 53-11, Wangness (Los Altos) 53-4, Robinson (Awall) 53-2.

**DT** — Cowell (Gunn) 166-8, T. Kaufman (Willow Glen) 165-1, Nagengast (Del Mar) 161-4, Sansone (Monta Vista) 159-6, Barnum (Salinas) 159-1, Sutro (Del Mar) 155-2, (Katches, Mills, won frosh-soph at 171-10.)

#### Girls

**Teams** — Fremont 40; San Carlos and Silver Creek 30; Ayer 28; Independence 27; Saratoga 24; Carlmont and Live Oak 20; Lynbrook 19; Los Altos 16; Westmoor 15; Buchser 14; Gilroy, Gunn, Hill and Menlo-Atherton 10; St. Francis 9; Prospect 8; Branham 7; Santa Catalina and Sequoia 6; Los Gatos and Presentation 5; Hillsdale, Palo Alto, Piedmont Hills, San Mateo and Willow Glen 4; Overfelt and San Lorenzo Valley 3; Camden and Mt. Pleasant 2; Leigh 1½; Salinas and Santa Teresa 1; Westmont ½.

**100** — Pounds (Live Oak) 12.38, Robinson (San Carlos) 12.46, Cheuning (Saratoga) 12.61, Robinson (Fremont) 12.62, Snyder (Camden) 12.69, Carr (Overfelt) 12.70.

**200 (wind-aided)** — Pounds (Live Oak) 25.11, Robinson (San Carlos) 25.55, Cheuning (Saratoga) 25.62, Sullivan (Ayer) 25.71, Brewer (Hillsdale) 25.89, Dee (San Lorenzo Valley) 25.96.

**400** — Miller (Fremont) 54.99, Demorest (Buchser) 56.55, Preisser (Sequoia) 57.38, Ford (San Mateo) 57.53, Foianini (Carlmont) 57.66, S. Robinson (Branham) 58.74.

**800** — King (Ayer) 2:09.9, Weber (Lynbrook) 2:11.4, Brogan (Los Altos) 2:13.8, Yaninek (Presentation) 2:14.4, Smith (San Lorenzo Valley) 2:16.2, J. Barry (Leigh) 2:16.7.

**Mile** — Weber (Lynbrook) 4:56.9, King (Ayer) 4:58.3, Bier (Independence) 5:06.3, Brogan (Los Altos) 5:14.6, Jungsten (Carlmont) 5:15.9, Yaninek (Presentation) 5:18.5.

**2-mile** — Bier (Independence) 10.46.8, A. Harper (Prospect) 10.57.2, Brogan (Los Altos) 11:00.9, Heimbecker (Willow Glen) 11:08.9, Bonnet (Saratoga) 11:16.2, Demmelmaier (Lynbrook) 11:24.5.

**100 LH** — Mills (Gunn) 14.52, Crevell (St. Francis) 14.67, Reimann (Saratoga) 14.85, Schoenlein (Piedmont Hills) 15.11, K. Robinson (Branham) 15.13, Sumpter (Independence) 15.45.

**400 relay** — San Carlos (Barkus, Bashir, Jones, Robinson) 48.49, Silver Creek 48.66, Fremont 48.79, Saratoga 48.84, Overfelt 48.84, Los Gatos 49.46.

**Mile relay** — Carlmont (Foianini, J. Miller, B. Miller, Turner) 4:01.4, Fremont 4:02.5, Silver Creek 4:02.5, Branham 4:03.2, Independence 4:03.2, St. Francis 4:03.4.

**HJ** — King (Menlo-Atherton) 5-9¼, Robinson (Fremont) 5-6, Roach (Santa Catalina) 5-4, Walker (Fremont) 5-4, Black (Mt. Pleasant) 5-2, (tie) Nicholas (Westmont) and K. Barry (Leigh) 5-2.

**LJ** — Abruzzini (Gilroy) 17-11½, Phifer (Independence) 17-9, Sullivan (Ayer) 17-8¼, Naughton (Palo Alto) 17-7, Brewer (Hillsdale) 17-5, Jackson (Westmoor) 17-4½.

**SP (4 kg)** — Ramirez (Hill) 39-6, Townsel (Silver Creek) 38-8½, Carrozzi (Carlmont) 37-9½, Perkins (Westmoor) 37-0½, Durschlag (San Carlos) 36-10½, Ferreira (Santa Teresa) 36-8.

**DT** — Perkins (Westmoor) 136-7, Townsel (Silver Creek) 133-2 (second best: 128-9), Hambleton (Buchser) 133-2 (second best: 126-), Oswalt (Los Gatos) 127-8, Durschlag (San Carlos) 127-6, Bassetti (Salinas) 120-11.



# FRIDAY'S CITY SEMIFINALS SUMMARIES

## CITY SEMIFINALS

At Valley College

### BOYS

100 (Heat 1)—Peppers (Washington), 11.17; Thomas (Gardena), 11.30; Parcells (Canoga Park), 11.36; Jones (Kennedy), 11.42 (Heat 2)—Crittenden (Crenshaw), 11.42; Thompson (Kennedy), 11.43; Nash (Narbonne), 11.46; Welch (Manual Arts), 11.49.

200 (Heat 1)—Chance (MA), 22.01; Nash (Narbonne), 22.25; Peppers (Wash), 22.38; Crittenden (Crenshaw), 22.52 (Heat 2)—Parcells (Canoga Park), 22.10; Cooper (Wash), 22.18; Thomas (Gardena), 22.20; Thompson (Kennedy), 22.32.

400 (Heat 1)—Cooper (Wash), 49.17; Carter (San Pedro), 49.51; Smith (Carson), 49.86; Ranson (Fremont), 50.31 (Heat 2)—James (Chatsworth), 49.71; Washington (Locke), 49.75; Hickman (Jefferson), 50.02; 4. Martin (Carson), 50.27.

800 (Heat 1)—Sharp (Banning), 1:56.48; Isom (Westchester), 1:57.14; Richie (Wash), 1:57.84; Kessler (Marshall), 1:58.49 (Heat 2)—Pinchback (Locke), 1:56.53; Hickman (Jeff), 1:57.31; Cash (Banning), 1:58.56; Hosch (Kennedy), 1:58.75.

1,600 (Heat 1)—Emdee (Narbonne), 4:22.79; Arteaga (Banning), 4:23.46; Schuman (University), 4:23.95; Phillips (Fremont), 4:24.31 (Heat 2)—Groves (Kennedy), 4:28.03; Ruffino (Chatsw), 4:28.39; Deminter (Jeff), 4:28.83; Aguirre (Marshall), 4:30.91.

3,200—Marquez (Monroe), 9:31.18; Brennehan (Granada Hills), 9:31.88; Deminter (Jeff), 9:33.34; Emdee (Narbonne), 9:34.72; Schuman (University), 9:35.77; Barkas (Monroe), 9:36.16; Kurtzman (Granada Hills), 9:37.17; Gilbert (Jeff), 9:39.87; Fredrickson (San Pedro), 9:43.79; Edwards (Carson), no time.

110H (Heat 1)—Chance (MA), 14.3; 2. Smith (Jeff), 14.3; Brisco (Locke), 14.4; Curtis (Kennedy), 14.9 (Heat 2)—Jones (Monroe), 14.74; Newell (Chatsw), 14.75; Evans (Fremont), 14.87; Williams (Palisades), 15.27.

330L (Heat 1)—Newell (Chatsw), 38.6; King (San Fernando), 38.9; Brisco (Locke), 39.3; Williams (Gardena), 39.4 (Heat 2)—Thompson (Banning), 37.9; Shanke (SF), 38.2; Baker (Wash), 38.4; Smith (Jeff), 39.0.

400 RELAY (Heat 1)—Manual Arts,

41.97; Fremont, 42.17; Chatsworth, 42.33; Gardena, 42.45 (Heat 2)—Washington, 41.97; Kennedy, 42.14; Banning, 42.15; San Fernando, 42.00.

1,600 RELAY (Heat 1)—Washington, 3:20.93; San Fernando, 3:21.15; Locke, 3:22.36; Manual Arts, 3:23.48 (Heat 2)—Banning, 3:22.35; Gardena, 3:23.93; Fremont, 3:24.48; Jefferson, 3:27.43.

HIGH JUMP—Joseph (Gardena), Harrisberger (El Camino Real), Morris (ECR), Sutherland (Monroe), Payne (Carson), Daniels (Fremont), Brewer (Gardena) and Denby (Crenshaw), all 6-2.

SHOT PUT—Dodd (Fairfax), 59-4¾; Alo (Banning), 59-1; Ray (Chatsw), 56-4¾; Tutuvano (Narbonne), 53-9; Gates (Banning), 53-4¾; MacFarland (Taft), 53-2; Youngblood (Fremont), 53-0; Harrison (MA), 50-3.

LONG JUMP—Jones (Kennedy), 23-1¼; Taylor (Pall), 22-8¾; Evans (Fremont), 22-5¾; Callahan (Fremont), 21-10; Countryman (Granada Hills), 21-10; Spencer (SF), 21-9¼; Harden (North Hollywood), 21-8¼; Hall (LA), 21-7.

POLE VAULT—Jackson (Crenshaw), Johnson (Eagle Rock), Stephenson (ECR), Dizon (Granada Hills), King (Reseda), Tiano (Kennedy), Guilano (Sylmar) and Lieberman (ECR), all 12-6.

TRIPLE JUMP—Miller (Fremont), 47-8; Jones (Kennedy), 46-11¼; Tamase (Belmont), 46-3; Thompson (Fremont), 45-2¼; Lee (Cleveland), 45-1½; Taylor (Pall), 44-11½; Holmes (Cleveland), 44-3¾; Grisset (Locke), 43-10½.

### GIRLS

100 (Heat 1)—S. Howard (Kennedy), 12.36; James (Fremont), 12.57; Neal (Pall), 13.14; Hunter (Dorsey), 13.2 (Heat 2)—Holland (MA), 12.73; Gill (Fremont), 12.80; Arnold (Locke), 12.98; Brumfield (Crenshaw), 13.07.

200 (Heat 1)—S. Howard (Kennedy), 24.15; Arnold (Locke), 25.66; Gill (Fremont), 25.67; Hall (Taft), 26.57 (Heat 2)—James (Fremont), 24.94; Cabell (Gardena), 25.63; Robbins (NH), 25.84; Stewart (Locke), 26.31.

400 (Heat 1)—D. Howard (Kennedy), 54.50; Cabell (Gardena), 56.85; Elieby (Fremont), 57.36; White (MA), 58.04 (Heat 2)—T. Howard (Kennedy), 57.06; Bradley (Gardena), 57.94; Wright (MA), 58.11; Williams (Chatsw), 60.50.

800 (Heat 1)—Johnson (MA), 2:17.78; Gibbs (Carson), 2:24.43; Gentry (Banning), 2:24.66; Jazwa (Kennedy), 2:24.74 (Heat 2)—Hendrix (Los Angeles), 2:21.32; Henderson (University), 2:21.48; Pedroza (Bell), 2:23.32; Cook (Kennedy), 2:24.19.

1,600 (Heat 1)—Howell (Uni), 5:20.65; Berwick (Taft), 5:22.87; Green (Roosvelt), 5:23.84; Simmons (ECR), 5:23.89 (Heat 2)—Miller (Chatsw), 5:12.63; Garsika (Westchester), 5:13.47; Kaplan (Monroe), 5:19.74; Leffler (Uni), 5:24.49.

3,200—Garsika (Westchester), 11:14.89; Miller (Chatsw), 11:16.25; Simmons (ECR), 11:18.24; Falk (Chatsw), 11:28.27; Leibovich (Chatsw), 11:33.89; Berwick (Taft), 11:34.25; Sherman (Uni), 11:34.87; Calvo (Lincoln), 11:34.92; Green (Roosevelt), 11:36.34; Morris (Pall), 11:38.31.

100 HURDLES (Heat 1)—Smith (Locke), 14.6; Tell (Fremont), 15.1; Murphy (Monroe), 15.1; Bauke (Pall), 16.1 (Heat 2)—Pendleton (Fremont), 14.96; Hunter (Dorsey), 14.98; Walker (Westchester), 16.43; Fletcher (Crenshaw), 17.06.

400 RELAY (Heat 1)—Kennedy, 46.45; Crenshaw, 48.18; Monroe, 48.69; Westchester, 49.22 (Heat 2)—Fremont, 48.84; Manual Arts, 48.94; North Hollywood, 49.73; Palisades, 49.79.

800 MEDLEY RELAY (Heat 1)—Manual Arts, 1:46.00; Gardena, 1:49.61; Washington, 1:49.69; Banning, 1:49.75 (Heat 2)—Fremont, 1:47.22; Jefferson, 1:50.24; Crenshaw, 1:54.37; Verdugo Hills, 1:54.60.

1,600 RELAY (Heat 1)—Kennedy, 3:45.86; Banning, 4:01.90; Washington, 4:04.58; North Hollywood, 4:06.23 (Heat 2)—Manual Arts, 3:52.24; Fremont, 3:59.22; Westchester, 4:09.42; Gardena, 4:09.47.

HIGH JUMP—Kuykendall (ECR), Blaser (Cleveland), Jorgensen (Eagle Rock), Smith (Locke), Soja (Poly), Peters (Bell), Maufus (Marshall) and Thompson (Hamilton), all 5-6.

SHOT PUT—Fletcher (Crenshaw), 42-3; Ferguson (Cleveland), 39-6¼; Gary (Wash), 39-4; Thompson (Monroe), 38-9¼; Crear (Westchester), 38-2; Soja (Poly), 37-6; Yanez (Garfield), 37-1; Johnson (Westchester), 36-10.

LONG JUMP—Harper (Fremont), 19-1¼; Taylor (Wash), 18-11¼; Soja (Poly), 17-8¾; Brumfield (Crenshaw), Smith (Locke) and Burgess (Narbonne), 17-6¾; Fletcher (Crenshaw), 17-5; Kuzmic (Verdugo Hills), 17-1½.



# Brogan on empty?

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## Track and Field

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petually doing just that, finishing one race only to hear the first call for another.

In the region meet Brogan was the workhorse, bound to a grinding schedule by her own confusion and the need for team points. She traipsed from the 880 to the two-mile to the mile to the mile relay and was in perplexed spirits after finishing second three times, twice to King, and qualifying her Los Altos team fourth in the mile relay.

"I'm really confused about what to do," said Brogan, a runner for five years with an equally talented younger sister on the way to Los Altos next season. "I'm not really into the 880 and I like the mile and two mile but my coach (Greg Elliott of the Foothill Athletic Club) wants me to try the 880. When I run I feel like I always have to save something for the next race.

"It was hard getting psyched up for dual meets. I kind of like running against the same people in the bigger meets. I think it makes me do better. I have to get really psyched up. I'm really mental. Now that I'm running in meets I care about I'm putting a lot of pressure on myself. I'm just not sure what I should be running."



The CCS meet at San Jose City College begins with 3 p.m. field events and 4 p.m. trials. Finals start at 6.

As usual, the distance events, boys and girls, will provide some classic stretch sprints and Elliott says Brogan will be in the 800 field (scheduled for 7:10 p.m.). A good finish there could put her in the mile and a poor one will probably convince her to run in the 3,200.

In last year's CCS meet Brogan placed second in the 880 and third in the mile.





Tom Williams — Mercury

**UNUSUALLY IDLE** — Distance runner Kerry Brogan breaks from training while preparing for Friday's CCS championships at San Jose City College. The Los Altos junior is the section leader in all three distance events but enters the meet tired, the result of a wearing season.

# Los Altos' running o

By Kristin Huckshorn

Staff Writer

It's an odd sort of story to precede tomorrow's Central Coast Section track and field championships.

The season (the dual meets, wearing day-long invitationals, league and region finals) is over for most and just when the rest are trying to induce best ever performances and propel themselves into the June 6-7 state meet at Berkeley, Kerry Brogan, the workoholic of area distance runners, is disturbed, tired and saying so.

"I'm afraid of burning out," admitted Brogan, her candid fears sounding far away from an athlete on the verge of a peak. "I really want to take a break this summer. I've done so much this year. Burning out has really been in the back of my mind."

So said, Brogan indicts her meet regimen, one that isn't typical for distance runners. Like Brogan, her most annoying competitors, Lynbrook's Tracy Weber, Ayer's Maria King and Roxanne Bier of Independence, more often than not triple in dual meets, running the 880, mile and two-mile, and they finish it all off with the mile relay.

But neither they, nor any of the area's male athletes, try those four events in the season's major meets. And that's where the Los Altos junior steps apart.

Not only is last fall's Northern California cross country champion the section leader in all three individual events, her 880 time of 2:12.4 leads the state. Brogan's time of 4:59.4 in the mile is four-tenths off the state best. And her best event in the section meet could be the two-mile (or 3,200 meter run since the meet is all metric.)

After a disheartening four-event Region II meet last Saturday, it's doubtful Brogan will win or even try to run in the three individual events. But in head-to-head competition she could probably warm up more efficiently than anyone because she's per-



Wilson (Hillsboro, Nashville, Tenn.) 13.5; 300 LH — Seanez, Henry Andrade (Johnson, Sacramento) 36.8; Darin Hill (Middletown, Ohio) 36.2; 400 relay — Compton 41.21; Roosevelt (Dallas) 40.5; 1600 relay — Berkeley 3:14.4; Yates (Houston) 3:12.3; HJ — Greg Denby (Crenshaw, Los Angeles) 7-1; Ron Jones (Mt. Vernon, Ind.) 7-2; PV — Gregg Stull (Troy, Fullerton) 16-1; Joe Dial (Marlow, Okla.) 17-5/4 (national record); LJ — Charles Mayfield (Muir, Pasadena) 24-5; Van Percy (Andrews, Tex.) 24-6.34; TJ — Mayfield 52-10/2; SP — Jim Doehring (San Clemente) 64-11.34; Clint Johnson (Shawnee Mission South, Overland Park, Kan.) 68-3; DT — Paul Bender (Shafter) 200-7; Johnson 206-9.

**Mission Valley bests**  
100, Brooks (Washington) 10.6; 200, Brooks 21.8; 400, Duffner (Mission San Jose) 49.7; 800, Duffner 1:55.0; 1600, Marden (MSJ) 4:12.8; Read (MSJ) 4:15.5; Duffner 4:20.2; 3200, Marden 9:05.3; Read 9:15.0; 110 HH, LeFever (Washington) 14.1w, 14.5; 300 LH, Thompson (MSJ) 38.0; 400 relay, Irvington 44.8; 1600 relay, Mission San Jose 3:23.0; HJ, Boike (Newark) 6-2; PV, Sullivan (Washington), Stange (Washington) 13-6; LJ, Taylor (Logan) 20-9; TJ, Thompson (MSJ) 47-7.34; SP, Rohovit (Washington) 56-1/2; DT, Rohovit 161-10.

## GIRLS

### Inside dope

**Sprints** — Live Oak's Gurtha Pounds (just a sophomore) and San Carlos' Rhonda Robinson should be neck-and-neck in both races, Robinson getting the nod in the 200 by virtue of experience (second last year). Fremont's Sherrill Miller (another sophomore) should successfully defend her 400 title, coming off a big win in toughest of regions (Region II).

**Middle distances** — First-out-of-the-gates Kerry Brogan of Los Altos may be beginning to wear, and the fate of the 1,600 and 3,200 will depend on her performance in the 800 (if she runs well, she'll skip the 3,200; if not, she'll skip the 1,600). Brogan may be the only thing in Roxanne Bier's (Independence) way of attaining her fourth two-mile/3,200-meter championship. Ayer's Maria King (you guessed it: another sophomore) looks to be in fine shape for the projected double, but the competition will be with her — mainly in the form of defending mile champ Tracy Weber (Lynbrook). Gunn's Esther Berndt (a 15-year-old sophomore) and Prospect's Amy Harper (who's of a rare breed: a senior) will be in contention for state berths in the 1,600 and 3,200, respectively. (Eight runners are doped in the 1,600 because of Brogan's situation and Carlmont's Linda Jungsten's, which may find her saving all her strength for the Scots' favored 1,600 relay; seven are doped in 3,200, again for Brogan's situation.)

**Hurdles** — It looked like Mary Crevell (St. Francis) and Kathy Reimann (Saratoga) before the season started and it looks as though only Gunn's Gretchen Mills can separate the two now, as she did in last week's very tough Region II race.

**Relays** — A good battle in the 400, but Carlmont should run away with the 1,600 crown. Although San Carlos was absent, San Mateo won the Top Eight Invitational 400 over Saratoga and Overfelt in the CCS best of 48.9.

**Jumps** — Menlo-Atherton's Trish King has recovered very well from her ankle injury in February, but Fremont's Karen Rob-

inson has improved at almost the same rate. King won by two inches in the Region II meet, but it could be closer Friday. Ayer's Tammie Sullivan topped the best region long jump field (Region III), but fourth place was just 5/4 inches back, displaying the tightness of the field.

**Weights** — Silver Creek's Stephanie Townsel isn't at the same form she was earlier in the year because of a shoulder injury, but she, like so many in the meet, is just a sophomore. Westmoor's Carolyn Perkins took advantage of the 25-mph "breeze" in the Region I meet and uncorked a 141-6 effort, labeling her as the favorite in the discus. Cindi Durschlag (San Carlos) has fared well against tough competition and should take the shot.

**Team comments** — San Carlos (Robinson in sprints, Durschlag in weights, 400 relay) looks like a solid favorite. Ayer's hopes are with King and Sullivan, and it might not get our projected total since they received the most liberal of our handouts. Fremont looks like the only team that could challenge (unscored is Robinson in 100 and 400 relay team, which drew the best lane four, in the "slow" section, although they'll be running against Los Gatos and Camden); they look especially strong for improvements in 1,600 relay and high jump.

## Predicted finish

### (With season-best marks)

100 — Gurtha Pounds (Live Oak) 11.9; Rhonda Robinson (San Carlos) 12.0; Julie Middleton (San Mateo) 12.0w, 12.1; Liz Chewning (Saratoga) 12.0; Cathy Dee (San Lorenzo Valley) 12.3; Ginny Giammona (Santa Teresa) 12.2w, 12.3.

200 — Robinson (San Carlos) 24.7wc, 25.2c; Pounds (Live Oak) 24.6wc, 24.98; Deirdra Donahue (Los Gatos) 25.0c; Tammie Sullivan (Ayer) 24.9wc, 25.7c; Chewning (Saratoga) 25.1c; Dee (San Lorenzo Valley) 25.1w, 25.2.

400 — Sherrill Miller (Fremont) 55.8c; Margaret Demorest (Buchser) 56.94; Crystal Preisser (Sequoia) 57.5c; Val Ford (San Mateo) 58.7; Paula Fioanini (Carlmont) 57.4c; Sue Robinson (Branham) 59.1c.

800 — Maria King (Ayer) 2:11.9; Tracy Weber (Lynbrook) 2:12.6; Kerry Brogan (Los Altos) 2:11.6; Esther Berndt (Gunn) 2:16.4; Cathy Demmelmaier (Lynbrook) 2:20.1c; Tiffany Choy (Salinas) 2:17.0; Jo Barry (Leigh) 2:16.9c.

1,600 — King (Ayer) 4:57.9c; Brogan (Los Altos) 4:57.6c; Weber (Lynbrook) 5:01.3c; Berndt (Gunn) 5:05.7c; Roxanne Bier (Independence) 5:01.5c; Amy Harper (Prospect) 5:07.4c; Linda Jungsten (Carlmont) 5:08.7c; Choy (Salinas) 5:17.0c.

3,200 — Brogan (Los Altos) 10:46.8c; Bier (Independence) 10:44.6c; A. Harper (Prospect) 11:06.6c; Demmelmaier (Lynbrook) 10:58.1c; Maureen Farrell (Leigh) 11:16.8c; Kathleen Bonnet (Saratoga) 11:20.4c; Andrea Heimbecker (Willow Glen) 11:30.6c.

100 LH — Mary Crevell (St. Francis) 14.72w, 14.5; Kathy Reimann (Saratoga) 14.73w, 14.6; Gretchen Mills (Gunn) 14.6; Marianne Eck (Soquel) 15.3; Renay Schoenlein (Piedmont Hills) 14.8; Terri Bowlds (Peterson) 14.9.

400 relay — San Mateo 48.9; San Carlos 49.0c; Saratoga 49.3; Overfelt 49.2c; Leland 49.3; Silver Creek 49.3c.

1,600 relay — Carlmont 3:57.9c; Branham 4:00.6c; Fremont 4:02.3c; Silver Creek 4:02.5c; St. Francis 4:03.0c; Independence 4:04.5c.

HJ — Trish King (Menlo-Atherton) 5-8 1/2; Karen Robinson (Fre-

mont) 5-8 1/4; Angela Phifer (Independence) 5-4; Jackie Walker (Fremont) 5-4; Kathy Barry (Leigh) 5-6; Melanie Black (Mt. Pleasant) 5-2.

LJ — Sullivan (Ayer) 18-11w, 18-9 1/2; Demorest (Buchser) 18-3 1/4; Phifer (Independence) 18-1; Kelly Abruzzini (Gilroy) 18-2 3/4; Melanie Campbell (Del Mar) 18-5 3/4w, 17-9 1/2; Roberta Scarpa (Salinas) 17-5.

SP (all marks with 8 lb. shot, but 4 kg will be thrown at meet) — Cindi Durschlag (San Carlos) 41-3 1/4; Gia Carrozzi (Carlmont) 40-5; Stephanie Townsel (Silver Creek) 40-3 1/2; Carolyn Perkins (Westmoor) 40-8; Theresa Ostrander (Carmel) 38-0; Jill Crisler (Gunn) 38-11 1/2.

DT — Perkins (Westmoor) 141-6; Diane Oswalt (Los Gatos) 128-4; Townsel (Silver Creek) 134-10; Durschlag (San Carlos) 125-8; Lisa Westfall (Hollister) 126-3; Jane Hambleton (Buchser) 122-7.

**Team scoring** (scored 10-8-6-4-2-1) — (scored with Los Altos' Brogan in 800 and 3,200 and Carlmont's Jungsten in 1,600) San Carlos 40; Ayer 34; Fremont 22; Independence 26; Lynbrook 28; Carlmont and Saratoga 21; San Mateo 20; Live Oak 18; Buchser and Silver Creek 17; Los Altos 16; Los Gatos and Westmoor 14; Gunn and St. Francis 11; Menlo-Atherton 10; Branham 9; Prospect 8.

## State, national bests

(State best listed first, national second if different) 100 — Sharon Ware (Berkeley) 11.81, Michelle Glover (Pennsauken, N.J.) 11.70; 200 — Sherri Howard (Kennedy, Granada Hills) 23.4; 400 — S. Howard 51.8; 800 — Evelyn Acuna (San Gabriel) 2:09.8, Kim Gallagher (Upper Dublin, Fort Washington, Pa.) 2:04.9; 1600 — Beth McGlinchey (Fountain Valley) 4:51.2, Lisa Beck (Clearwater, Fla.) 4:49.6; 3200 — Vickie Cook (Alamogordo, Mission Hills) 10:24.7; 100 LH — Sherifa Sanders (Berkeley) 13.96, Candy Young (Beaver Falls, Pa.) 13.50; 400 relay — Berkeley 45.7 (national record); 1600 relay — Kennedy (Granada Hills) 3:45.9, Plainfield (N.J.) 3:44.3; HJ — Sue McNeal (Carlsbad) 6-0; LJ — Marlene Harmon (Thousand Oaks) 20-6, Carol Lewis (Willingsboro, N.J.) 21-4 1/2; 8 lb. SP — Susie Rav (Villa Park) 49-4 1/4; 4 kg SP — Leslie Deniz (Gridley) 44-4, Elaine Sobansky (Trinity, Washington, Pa.) 50-1 1/4; DT — Leslie Deniz (Gridley) 177-7 (national record).

## Mission Valley bests

100, Byrd (Logan) 12.7; 200, Byrd 25.6w; 400, Noyd (Memorial) 61.8; 800, Whitney (Mission San Jose) 2:26.2; 1600, Strangio (MSJ) 5:04.1; 3200, Strangio 10:49.3; 100 LH, Nickey (Memorial) 16.3; 400 relay, Logan 49.4 (ties all-time MVL best); 1600 relay, Washington 4:13.9; HJ, Ove (Washington) 5-4; LJ, Serpa (Memorial) 16-10 1/2; SP, DeSnoo (Washington) 41-8 8 lb. (all-time MVL best), 41-10 4 kg (all-time MVL best); DT, DeSnoo 160-2 (all-time MVL best).

## Boys swimming

### MISSION VALLEY LEAGUE

#### All-time bests

200 MR, Mission San Jose 76 1:42.91; 200 free, Brad Anderson (MSJ 72) 1:43.30; 200 IM, Rob Fernandez (Newark 80) 1:56.60; 50 free, Brad Anderson (MSJ 71) 22.00; 100 fly, Frank Wasking (Newark 79) 53.44; 100 free, Brad Anderson (MSJ 72) 47.70; 500 free, Dean Mutimer (Washington 80) 4:42.66; 100 back, Dave Robinson (MSJ 80) 56.50; 100 breast, Rob Fernandez (Newark 80) 59.08; 400 FR, Washington 79 3:16.78.



By Kristin Huckshorn  
Staff Writer

Belief in one's own abilities might be the hardest kind to come by, but count among the converts Gunn's Gretchen Mills, Del Mar's Ray Bellantoni and the Fremont girls track team.

They ranked with the majority of winners at the Central Coast Section track and field championships at San Jose City College Friday night — that majority, an elated but unexpected assortment.

The CCS boys title was picked off by darkhorse Woodside as favored Mt. Pleasant faded early and Silver Creek and Palo Alto saw false starts in the 200-meter dash shred their chances.

## Friday night

The compact, five-member Fremont squad, won its second straight girls title after finishing in a three-way tie for the championship last year.

The meet's top three finishers in every event advance to the state meet June 6-7 at Berkeley.

It took more than the anticipated victories to ensure those team titles. Woodside's Eric Washington was the unsurprising double winner in the 100 and 200 but Tim Redick's second-place finish in the 300 low hurdles in a lifetime best wasn't counted on. That padded the eight-point victory over Palo Alto.

Fremont's untouchable Sherrill Miller eased to a second straight 400-meter dash title in a meet record 54.99, blitzing the field on the stretch to give her team a second-place finish in the mile relay. But Fremont's second and fourth in the high jump and Karen Robinson's surprising fourth in the 100 made the difference.

"Sherrill took us from last to second in the relay and everybody else came through better than expected," said first-year coach Sue Grigsby, who took over the team in February. "I went to talk to the athletic director and he said if I wanted it I could have it. I had also been approached by Los Altos. I ran there in 1974."

Mills of Gunn celebrated her first section meet — she was in London last year — by upsetting favorites Mary Crevelt of St. Francis and Kathy Reimann of Saratoga in the 100-meter low hurdles.

"This is definitely a surprise," said Mills, a senior. "I did really badly in the trials today. I felt sick all day I was so worried about the meet. Don't even ask me about the state meet."

Del Mar's field event strength and Troy Chris-



Tom Williams — Sunday Mercury News

It looks as if all of the judges are getting into the act while checking the final placing in the 800-meter run Friday

ty's stunning second in the 100 meters gave the team third place. Bellantoni helped by taking the shot put with a personal best of 58-5.

"I don't know where he (Bellantoni) came up with that one," said Del Mar coach Bob Slover. "He hadn't come close to that all season, but I knew he had it in him."

Three meet records came down and six of nine defending champions kept their titles — Greg Ellis, pole vault; Miller, 400; Tracy Weber, 1,600; Roxanne Bier, 3,200; Trish King, high jump, and the Carlmont girls mile relay team.

Ellis and Awalt's D.J. Bahl set a meet record

15-6¼ in finishing one-two in the pole vault. King set another meet record at 5-9¼ and Bier won an amazing fourth CCS two-mile/3,200 meter championship.

One who didn't repeat his titles (the mile and two-mile last year) was San Jose's Fernando Balderas. Training took a backseat this year for

the senior after his mother's death and a custody fight for a younger sister. But Balderas' continuing willingness to compete made him a sentimental favorite and with a searing last lap he placed fourth in the 3,200, just missing a state berth.

"I hope someone can't go (to Berkeley) next week," said Balderas.

**DOWN ON ALL FOURS?**

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