

VARSITY INDIVIDUAL CHAMPIONS BY YEAR

1971	John Bay	Gunn	4113
1972	Marlon Murphy	Seq	4631
1973	Marlon Murphy	Seq	4891****Sr.Rec.
1974	Carl Johnk	MA	4629
1975	Marice Galvez	MA	4548 <sup>1</sup> / <sub>2</sub>
1976	Rick Luttrell	SC	4834 **So. Rec.
1977	Rick Luttrell	SC	4876 ***Jr.Rec.
1978	Rick Luttrell	SC	4863
1979	Clint Herbst	MA	4755
1980	Simon Streets	SC	4796
1981	Reggie DuPee	MA	4823
1982	Alanzo Amos	Wood	4043
1983	Ken Jones	MA	4518
1984	Steve Toney	MA	4497

FROSH-SOPH INDIVIDUAL CHAMPIONS BY YEAR

1971	Bruce Veal	SC	4314
1972	Carl Johnk	MA	3359
1973	Charles Jones	Rav	3541
1974	George Smith	MA	4085
1975	Rick Luttrell	SC	4141 <sup>1</sup> / <sub>2</sub> * Fr. Rev
1976	Jim Plate	MA	3582
1977	Steve Woodson	MA	3768
1978	Kevin Record	SC	3688
1979	Lance Rogers	MA	3332
1980	Lance Rogers	MA	3556
1981	Ken Jones	MA	4332
1982	Keith Perkins	Menlo	3115
1983	Steve Toney	MA	3179
1984	Roland Anderson	MA	2976 <sup>1</sup> / <sub>2</sub>

VARSITY TEAM CHAMPIONS BY YEAR

1971	Gunn	4113
1972	Sequoia	4631
1973	Sequoia	8992
1974	M-A	12,177
1975	M-A	13,220 <sup>1</sup> / <sub>2</sub> *Record
1976	M-A	12,882
1977	M-A	12,191
1978	M-A	10,607
1979	M-A	12,308
1980	M-A	12,818
1981	M-A	11,493
1982	M-A	8,739
1983	M-A	8,363
1984	M-A	11,264

FROSH-SOPH TEAM CHAMPIONS BY YEAR

1971	Sequoia	6683
1972	M-A	9812
1973	M-A	6231
1974	M-A	8540
1975	M-A	10,555 <sup>1</sup> / <sub>2</sub>
1976	M-A	3582
1977	M-A	10,982 *Record
1978	M-A	9635
1979	M-A	9243
1980	M-A	8892
1981	San Carlos	10,341
1982	M-A	6,406
1983	M-A	8,444
1984	M-A	8,119

VARSITY EVENT DECATHLON RECORDS

120 HH	14.6	Clark	MA	'77
100	10.2	Murphy	S	'73
440	51.2	Veal	SC	'73
Mile	4:38.2	Hoch	MA	'80
HJ	6'6 3/4	DuPee	MA	'81
LJ	21'6 <sup>1</sup> / <sub>2</sub>	Veal	SC	'73
PV	14'8	Toney	MA	'84
Shot	49'8	Newson	MA	'77
Discus	143'0	Awbrey	MA	'77

FROSH-SOPH EVENT DECATHLON RECORDS

120 HH	15.1	Smith	MA	'71
100	10.6	Murphy	Seq	'71
440	51.9	Veal	SC	'71
Mile	4:43.1	McMitchell	Gunn	'71
HJ	5'11	F. Miller	MA	'75
LJ	20'9 <sup>1</sup> / <sub>2</sub>	Veal	SC	'71
PV	12'6	Crumpler	MA	'78
Shot	52'4 <sup>1</sup> / <sub>2</sub>	Anderson	MA	'84
Discus	146 <sup>1</sup> / <sub>2</sub>	Anderson	MA	'84

GIRLS CHAMPIONS BY YEAR

1977	Trisha King	MA	1,309	(did boys HH, shot & disc)
1978	Trisha King	MA	1,606	" " " " "
1979	Trisha King	MA	2,239	" " " " "
1980	Trisha King	MA	2,246	" " " " "
1981	Wendy Brown	Wood	2,270	
1982	Wendy Brown	Wood	2,668	
1983	Wendy Brown	Wood	3,163	
1984	Wendy Brown	Wood	2,937	

*(ANNUAL PAL DECATHLON)*

## S.P.A.L. DECATHLON RESULTS

VARSITY:					FROSH-SOPH						
1971:	1.	John Bay	Jr	Gunn	4113	1971:	1.	Bruce Veal	So	SC	4314
	2.	Jeff Jennings	Sr	MA	3681		2.	Marlon Murphy	So	Seq	4236
	3.	Greg Patrick	Sr	Seq	3069		3.	Doug Peck	So	PA	3449
							4.	Dave Brunsting	Fr	Wood	3269
							5.	Gordon McMitchel	So	Gunn	3246
1972:	1.	Marlon Murphy	Jr	Seq	4631	1972:	1.	Carl Johnk	So	MA	3359
	2.	Jim Watts	Sr	MA	4117		2.	Mike Simpson	So	MA	3277
	3.	Bruce Veal	Jr	SC	4095		3.	Ray Nolan	So	SC	2949
	4.	Doug Peck	Jr	PA	3819		4.	Maurice Galvez	Fr	MA	2676
	5.	Mark Daniel	Sr	Seq	3630		5.	Bob Mills	So	Seq	2464
1973:	1.	Marlon Murphy	Sr	Seq	4891	1973:	1.	Charles Jones	So	Rav	3541
	2.	Carl Johnk	Jr	MA	4709		2.	Maurice Galvez	So	MA	3203
	3.	Steve DePanghar	Sr	PA	4469		3.	Mark Gerkens'mr	So	MA	3028
	4.	Doug Peck	Sr	PA	4111		4.	Clifton Dorsey	So		2369
	5.	Tom Dixon	Jr	Seq	4106		5.	Steve Hill	So		2233
1974:	1.	Carl Johnk	Sr	MA	4629	1974:	1.	George Smith	So	MA	4085
	2.	John Bow	Sr	PA	3961		2.	Craig Uhrich	So	SC	2952
	3.	Maurice Galvez	Jr	MA	3908		3.	Charles Fichou	Fr	MA	2473
	4.	Mark Gerkenmeyer	Jr	MA	3640		4.	Fred Gothan	Fr	Seq	2418
	5.	Lilly	Sr	Seq	3414		5.	Dupee	Fr	Seq	2151
1975:	1.	Maurice Galvez	Sr	MA	4548½	1975:	1.	Rick Luttrell	Fr	SC	4151
	2.	Jim Larkin	Sr	MA	4454		2.	Frank Miller	So	MA	3710
	3.	Mark Gerkenmeyer	Sr	MA	4218		3.	Charles Fichou	So	MA	3508
	4.	Larry Wright	Sr	Carl	4124		4.	Marshall Newson	So	MA	3337
	5.	Keith Anderson	Sr	SC	3686		5.	Fred Gothan	So	Seq	3199
1976:	1.	Rick Luttrell	So	SC	4834	1976:	1.	Jim Plate	Fr	MA	3582
	2.	Paul Bates	Jr	MA	4537		2.	Toby Chang	So	Menlo	3264
	3.	Craig Uhrich	Sr	SC	4167		3.	Inman	So	SC	2454
	4.	Marshall Newson	Sr	MA	4153		4.	Glikbarg	So	Wood	1946
	5.	Curt Fojaninni	So	Carl	4136						
1977:	1.	Rick Luttrell	Jr	SC	4876	1977:	1.	Steve Woodson	So	MA	3768
	2.	Richard Clark	Sr	MA	4440		2.	Jim Plate	So	MA	3720
	3.	Tony Thompson	Jr	Wood	4319		3.	Jeff Erlandson	So	MA	3440
	4.	Charles Fichou	Sr	MA	4156		4.	Clint Herbst	Fr	MA	3119
	5.	Bill Guilfoyle	Sr	Wood	3859		5.	Bob Crumpler	Fr	MA	2861
1978:	1.	Rick Luttrell	Sr	SC	4863	1978:	1.	Kevin Record	So	SC	3688
	2.	Steve Woodson	Jr	MA	4468		2.	Simon Streets	So	SC	3653
	3.	Bill Ribera	Sr	Carl	3672		3.	Steve Dietrick	So	Carl	3445
	4.	Jim Plate	Jr	MA	3546		4.	Robert Crumpler	So	MA	3293
	5.	Stan Beal	Sr	SC	3416		5.	John Hoch	So	MA	3284
1979:	1.	Clint Herbst	Jr	MA	4755	1979:	1.	Lance Rogers	Fr	MA	3332
	2.	Simon Streets	Jr	SC	4745		2.	Shawn Smith	So	MA	3302
	3.	John Hoch	Sr	MA	4170		3.	Dave Boyes	So	Carl	3057
	4.	John Glikbarg	Sr	W	4110		4.	Charles Hester	So	Carl	2855
	5.	Bob Borghi	Sr	SC	3642		5.	Mike Hester	So	Carl	2635

1980 1. Simon Streets Sr SC 4796  
2. Clint Herbst Sr MA 4747  
3. Reggie DuPee Jr MA 4158  
4. Rob Crumpler Sr MA 3913  
5. Bob Thompson Sr Seq 3864

1980 1. Lance Rogers So MA 3556  
2. R. Van Wandelen So SC 3344  
3. Ricky Galvez So MA 3198  
4. A. Sakelarios So Seq 2758  
5. E. Laney So Carl 2669

1981 1. Raggie DuPee Sr MA 4823  
2. Joe Sterling Sr MA 3649  
3. Dave Gerkenmeyer Sr MA 3021  
4. Dan McCord Sr Seq 2423  
5. Sam Finlayson Sr Wood 2393

1981 1. Ken Jones So MA 4332  
2. Derek Bishop So SC 3757  
3. Bruce Utecht So SC 3449  
4. Tony Toscanelli So SC 3135  
5. Law, Haggins So MA 3013

1982 1. Alanzo Amos Sr Wood 4043  
2. Tony Toscanelli Jr SC 4019  
3. Chuck King Sr MA 3412  
4. Ken Pope Jr MA 2765  
5. Eric Carter Jr MA 2562

1982 1. Keith Perkins So Menlo 3115  
2. Steve Beukers So Wood 2744  
3. Tony Parise So MA 2258  
4. Mark Babb So SC 2103  
5. Mike King Fr MA 2086

1983 1. Ken Jones Sr MA 4518  
2. Erik Hagestad Jr Menlo 3905  
3. Steve Beukers Jr Wood 3389  
4. Bill Cochran Jr Menlo 3087  
5. Peter Perez Sr Wood 2918

1983 1. Steve Toney Fr MA 3178  
2. Mike King So MA 2706  
3. Jim York So Wood 2583  
4. Mark Kirchner So MA 2559  
5. Bob Herron So MA 2492

1984 1. Steve Toney So MA 4497  
2. Mike King Jr MA 3970  
3. Mike Allison Sr Cap 3600  
4. Dennis Condo Jr W 3594  
5. Steve Beukers Sr W 3523

1984 1. Roland Anderson So MA 2976½  
2. Dan Rich So W 2880  
3. Colin Rudolph Fr MA 2725  
4. Chris Short So MA 2418  
5. Scott Laughlin Fr MA 2281