

SPAL GYMNASTICS CHAMPIONSHIPS

YEAR	WINNER	COACH	POINTS
1963	Palo Alto	Dave Leslie	188½
1964	Palo Alto	Dan Landers	131½
1965	San Carlos	Tom Lorenat	170½
1966	Carlmont	Norm DeNardo	191
1967	Palo Alto	Dave Leslie	111.88
1968	No team scores kept		
1969	Palo Alto	Ed Hart	134
1970	Carlmont	Norm DeNardo	126
1971	Carlmont	Al Swann	173.65
1972	Carlmont	Al Swann	120.53
1973	San Carlos	Tom Lorenat	27 96.95

SPAL GYMNASTICS INDIVIDUAL RECORDS

Carlmont's Tom Doyle won all nine events on April, 14, 1967 (Carlmont 117.18 at San Carlos 91.86) and on April 30, 1967 (At Carlmont 120.63, Sequoia 91.86).

Carlmont's Tom Doyle won 8 of 9 in SPAL all-around at Carlmont on May 2, 1967, 6.45 average.

Carlmont's Tom Doyle won 6 of 8 in SPAL Championships at San Carlos, May 6, 1967.

Highest team score: Carlmont 120.63 (vs. Sequoia at Carlmont, April 30, 1967).

Carlmont soph Tom Weeden won all six individual events against Paly, 4-17-70

Carlmont soph Tom Weeden won four of six individual events and all-around in SPAL championships at Paly 5-1-70.

Carlmont junior Tom Weeden won all six events and the all-around at SPAL championships at Homestead 4-30-71