

Woodside Cats Take SPAL All-Sports Title

Woodside High has a long way to go to match Palo Alto's record, but the Wildcats seem on the way to establishing another "dynasty" in the SPAL all-sports tabulation.

Final results compiled by the Tribune showed Woodside won the all-sports perpetual trophy for the second year in a row without serious competition.

The Cats weren't the only winner, however, as Terman Junior High of Palo Alto was declared the first champion of the new freshman-junior high division exclusively for official frosh competition.

Woodside averaged 10.27 points per varsity and non-varsity sports (except for frosh action) to Carlmont's 9.38 and San Carlos' 8.77 while Palo Alto, winner of the award its first six years, slipped to fourth with an 8.75 average.

Trailing the top four teams were Menlo-Atherton (8.32), Gunn (8.23), Sequoia (8.02), Cubberley (7.52) and Ravenswood (3.38).

Terman averaged 8.5 points (including three championships) in the five sports in which the Palo Alto junior highs — Terman, Wilbur and Jordan — compete against six

Sequoia District schools. Carlmont followed at 7.5 with San Carlos thirds at 6.0.

The Tribune devised the all-sports rating system to determine the biggest overall winner in the SPAL each school year. All sports officially recognized by the SPAL are included in the tabulation.

With the growth of freshman-only competition and the addition of the Palo Alto junior highs, it was decided a separate frosh division would be the fairest way to handle the resulting complications.

The regular all-sports tabulation, divided into varsity and

nonvarsity categories, are given a point scale ranging from 21 for a first place finish to two for last place on the varsity level and from 10 to one on the nonvarsity level and in the separate frosh tabulation.

Standings are based on average points per sport entered, so schools are not penalized for not entering a sport or one of its divisions.

This year, Woodside grabbed four varsity championships, most of anybody, and three nonvarsity crowns, while second place Carlmont took two varsity titles and four nonvarsity championships.

All-Sports Ranking

FINAL ALLSPORTS STANDINGS
(Place finished and Allsports points awarded)

Varsity Sports	Carl	Cubb	Gunn	M-A	P.A.	Rav	SC	Seq.	Wood
Football	7-6	1-21	4-12	15-9	8-4	15-9	9-2	12-15½	12-15½
Water Polo	5-10	3-14	8-4	7-6	2-17	NT	4-12	6-8	1-21
Cross Country	1-21	6-8	7-6	3-14	NT	NT	2-17	6-10	4-12
Basketball	315-8	4-12	2-17	3-14	9-2	315-8	8-4	315-8	1-21
Wrestling	4-12	3-14	315-8	315-8	2-17	9-2	1-21	315-8	8-4
Soccer	6-8	3-14	7-6	2-17	1-21	NT	8-4	14-11	14-11
Baseball	2-17	8-4	1-21	315-8	4-12	9-2	3-14	315-8	315-8
Track	3-14	16-7	1-21	16-7	18-3	18-3	4-12	2-17	5-10
Swimming	314-10	7-6	314-10	3-14	2-17	NT	314-10	8-4	1-21
Tennis	6-8	5-10	1-21	4-12	3-14	NT	NT	NT	2-17
Golf	4-12	16-7	16-7	12-15½	12-15½	NT	5-10	8-4	1-21
Gymnastics	1-21	NT	NT	NT	3-14	NT	2-17	4-12	NT
Varsity Total	147	117	133	124.5	136.5	24	123	105.5	161.5
Non-Varsity									
JV Football	3-7	4-6	8-2	15-4½	7-3	9-1	15-4½	2-8	1-10
F-S Water Polo	7-3	15-4½	NT	11-9	11-9	NT	13-6½	15-4½	13-6½
Soph Cr. Country	12-7½	315-4	2-8	5-5	NT	NT	3-7	4-6	6-4
C Basketball	1-10	NT	18-1½	4-6	315-4	315-4	12-7½	1-10	18-1½
D Basketball	3-7	8-2	9-1	1-10	4-6	7-3	5-5	2-8	6-4
F-S B Basketball	13-6½	415-3½	415-3½	9-1	415-3½	415-3½	1-10	13-6½	2-8
F-S Soccer	14-5½	2-8	8-2	7-3	3-7	NT	6-4	1-10	14-5½
JV Wrestling	11-9	15-4½	7-3	15-4½	4-6	9-1	11-9	8-2	3-7
JV Baseball	17-2½	17-2½	11-9	11-9	6-4	9-1	14-5½	14-5½	3-7
JV Track	2-8	8-2	6-4	4-6	9-1	7-3	3-7	5-5	1-10
F-S Swimming	14-5½	NT	NT	11-9	14-5½	NT	3-7	11-9	6-4
C Swimming	1-10	NT	NT	4-6	NT	NT	12-7½	5-5	12-7½
JV Tennis	14-5½	6-4	2-8	14-5½	3-7	NT	NT	NT	1-10
JV Cr. Country	1-10	NT	4-6	5-5	NT	NT	3-7	2-8	NT
N-Vars. Total	97	41	48	83.5	56	16.5	87.5	87.5	85
Over-all Total	244	158	181	208	192.5	40.5	210.5	192.5	246.5
Average per Sport Entered	9.38	7.52	8.23	8.32	8.75	3.38	8.77	8.02	10.27
Rank	2	8	6	5	4	9	3	7	1

t—tie

NT—No Team

Point system: Varsity: 1st place—21 points; 2nd—17; 3rd—14; 4th—12; 5th—10; 6th—8; 7th—6; 8th—4; 9th—2.

Non-Varsity: 1st place—10; 2nd—8; 3rd—7; 4th—6; 5th—5; 6th—4; 7th—3; 8th—2; 9th—1.

FROSH-SOPH JUNIOR HIGH ALLSPORTS RESULTS

Sport	Carl	Wilbur	T'm'n	M-A	Jordan	Rav	SC	Seq.	Wood
Football	12-7½	12-7½	1-10	6-4	14-5½	8-2	7-3	9-1	14-5½
Cross Country	11-9	7-3	4-6	6-4	8-2	NT	11-9	5-5	3-7
Wrestling	7-3	5-5	1-10	2-8	6-4	9-1	3-7	8-2	4-6
Track	1-10	6-4	13-6½	2-8	17-2½	9-1	5-5	17-2½	13-6½
Baseball	2-8	3-7	1-10	6-4	5-5	9-1	4-6	17-2½	17-2½
Total	37.5	26.5	42.5	28	19	5	30	13	27.5
Average per Sport Entered	7.5	5.3	8.5	5.6	3.8	1.2	6.0	2.6	5.5
Rank	2	6	1	4	7	9	3	8	5

Wildcats All-Sports Leaders

Woodside High still has a long way to go, but the Wildcats have a fine start as a possible second sports dynasty in regards to the SPAL all-sports championship perpetual trophy.

Palo Alto claimed the first six crowns since the ratings were first created in 1964, but Woodside has been a convincing winner the past two years.

The Tribune devised the all-sports system to determine the biggest overall winner in the SPAL each school year. All sports officially recognized by the SPAL are included.

In addition, sports in which only freshman teams from the six Sequoia District schools and Palo Alto junior highs Terman, Wilbur and Jordan compete are rated separately and a special freshman all-sports trophy is awarded. Terman claimed the first such award last year.

The sports, divided into varsity and non-varsity categories, are given a point scale ranging from 21 for a first place finish to two for last place on the varsity level, and from 10 to one in the non-varsity category.

Woodside's 10.27 ranking was well ahead of Carlmont's 9.38 second place mark, followed closely by San Carlos' 8.77 figure and Palo Alto's 8.75.

Rounding out the finish were Menlo-Atherton (8.32), Gunn (8.23), Sequoia (8.02), Cubberley (7.52) and Ravenswood (3.38).

Terman's 8.5 figure won the freshman title, followed by Carlmont (7.5), San Carlos (6.0), Menlo-Atherton (5.6), Woodside (5.5), Wilbur (5.3), Jordan (3.8), Sequoia (2.6) and Ravenswood (1.2).

Woodside, Cubberley All-Sports Leaders

One-time winner and defending champion Woodside High, and Cubberley, which has never won the award, are the leading contenders for the SPAL all-sports championship perpetual trophy entering spring sports competition.

Palo Alto, which won the trophy in each of its first six years until the Wildcats broke the monopoly last year, trails Woodside (9.16) and Cubberley (8.88), plus Carlmont (8.53), with 8.29 average points per sport.

Trailing the top four are San Carlos (8.00), Menlo-Atherton (7.97), Sequoia (7.78), Gunn (5.69) and Ravenswood (4.05).

The Tribune devised the all-

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ALLSPORTS STANDINGS (Place finished and Allsports points received)

Varsity	Carl	Cubb	Gunn	M-A	PA	Rav	SC	Seq	Wood
Football	7-6	1-21	4-12	15-9	8-4	15-9	9-2	12-15.5	12-15.5
Water Polo	5-10	3-14	8-4	7-6	2-17	NT	4-12	6-8	1-21
Cross Country	1-21	6-8	7-6	3-14	NT	NT	2-17	5-10	4-12
Basketball	315-8	4-12	2-17	3-14	9-2	315-8	8-4	315-8	1-21
Wrestling	4-12	3-14	315-8	315-8	2-17	9-2	1-21	315-8	8-4
Soccer	6-8	3-14	7-6	2-17	1-21	NT	8-4	14-11	14-11
Varsity Total	65	83	53	68	61	19	60	60.5	84.5
Non-Varsity	3-7	4-6	8-2	15-4.5	7-3	9-1	15-4.5	2-8	1-10
JV Football	1-10	NT	NT	13-6.5	NT	5-5	13-6.5	6-4	2-8
Fresh Football	7-3	15-4.5	NT	11-9	11-9	NT	13-6.5	15-4.5	13-6.5
F-S Water Polo	1-10	NT	2-8	5-5	NT	NT	3-7	4-6	6-4
Soph. Cr. Country	12-7.5	315-4	18-1.5	4-6	315-4	315-4	12-7.5	1-10	18-1.5
C Basketball	3-7	8-2	9-1	1-10	4-6	7-3	5-5	2-8	6-4
D Basketball	13-6.5	415-3.5	415-3.5	9-1	15-3.5	415-3.5	1-10	13-6.5	2-8
F-SB Basketball	14-5.5	2-8	8-2	7-3	3-7	NT	6-4	1-10	4-6
F-S Soccer	11-9	15-4.5	7-3	15-4.5	4-6	9-1	11-9	8-2	3-7
JV Wrestling	4-6	NT	NT	1-10	NT	6-4	2-8	5-5	3-7
Fresh Wrestling	71.5	32.5	20	59.5	38.5	21.5	68	64	62
N-Vars. Total	136.5	115.5	73	127.5	99.5	40.5	128	124.5	146.5
Over-all total									
Average per sport entered	8.53	8.88	5.69	7.97	8.29	4.05	8.00	7.78	9.16
Rank	3	2	8	6	4	9	5	7	1

NT — no team

t — tie

Scoring System:

Varsity — 1st place — 21 points; 2nd — 17; 3rd — 14; 4th — 12; 5th — 10; 6th — 8; 7th — 6; 8th — 4; 9th — 2.
Non-Varsity — 1st — 10; 2nd — 8; 3rd — 7; 4th — 6; 5th — 5; 6th — 4; 7th — 3; 8th — 2; 9th — 1.

sports rating system to determine the biggest overall winner in the SPAL each school year. All sports officially recognized by the SPAL are included in the tabulation.

The sports, divided into varsity and non-varsity categories, are given a point scale ranging from 21 for a first place finish to two for last place on the varsity level and from 10 to one in the non-varsity category.

Standings are based on average points per sport entered, so schools are not penalized for not entering a sport or one of its divisions.

Carlmont Wins Initial All-Sports Trophy

1972

6-2-72

It's said every dog has its day — and the former "dogs" in the SPAL All-Sports trophy competition had their year by biting the one-time dominant powers hard.

Carlmont High claimed its first All-Sports championship by a wider margin than expected, but runnersup Menlo-Atherton and Gunn also made their finest showings, final results compiled by the Tribune show.

The Scots, whose previous best since the award was initiated in 1964 was second place last year, averaged 10.31 points per sport.

M-A, which had never finished higher than third, was second with a 9.75 average and Gunn, never previously better than fourth, wound up third at 9.17.

Terman won the second annual junior high All-Sports competition, for the five sports in which the six Sequoia District high schools and three Palo Alto junior highs compete.

M-A could have made the regular All-Sports race much closer by winning the baseball playoffs, but the Bears wound up tied for third while Gunn beat Carlmont for the championship. Carlmont had the award clinched before the baseball playoffs.

Woodside, winner of the 1970 and 1971 trophies, slipped to fourth with a 9.04 average, followed by San Carlos (8.76), Palo Alto (7.54), Cubberley (7.26), Sequoia (6.65) and Ravenswood (3.29).

While the top three made their best showings, Sequoia and Palo Alto made their worst showings in the contest's nine-year history; Palo Alto won the first six trophies.

Woodside and San Carlos tied their worst efforts, while Cubberley continued its pattern of eight straight seventh or eighth place finishes and Ravenswood wound up last the fourth year in a row.

Terman took the freshman trophy with an 8.8 average, followed by rival Wilbur (6.8) and Carlmont (6.0). Trailing were Woodside (5.5), San Carlos (5.4), M-A (5.3), Sequoia (3.7), Jordan (3.4) and Ravenswood (1.13).

The Tribune devised the all-sports rating system to determine the biggest overall SPAL winner each school year. All sports officially recognized by the SPAL are included in the tabulation.

The regular all-sports tabulation, divided into varsity and non-varsity categories, are given a point scale ranging

from 21 for a first place finish to two for last place on the varsity level, and 10 to one on the non-varsity level and in the separate frosh division.

Standings are based on average points per sport entered, so schools aren't penalized for not entering a sport or one of its divisions.

Carlmont won three varsity and five frosh-soph or junior varsity titles for the league's best showing; Gunn claimed three varsity titles and tied for another while M-A won two and tied for two varsity crowns.

FINAL ALLSPORTS STANDINGS
Place finished and allsports points received

Varsity Sports	Carl	Cubb	Gunn	M-A	PA	Rav	SC	Seq	Wood
Football	2-17	t4-11	1-21	3-14	9-2	8-4	t4-11	t6-7	t6-7
Water Polo	t2-15.5	4-12	7-6	1-21	5-10	NT	6-8	8-4	t2-15.5
Cross Country	1-21	6-8	3-14	5-10	7-6	NT	2-17	8-4	4-12
Basketball	t3-13	t7-5	t7-5	1-21	9-2	3t-13	6-8	5-10	2-17
Wrestling	3t5-8	3t5-8	3t1-17.3	3t1-17.3	4-12	9-2	3t1-17.3	8-4	3t5-8
Soccer	t8-3	2-17	3-14	5-10	7-6	6-8	t8-3	1-21	4-12
Track	1-21	7-6	3-14	6-8	t4-13	9-2	2-17	8-4	t4-13
Swimming	t5-9	7-6	3-14	t1-19	t1-19	NT	t5-9	8-4	4-12
Tennis	t5-9	t5-9	1-21	4-12	2-17	NT	NT	7-6	3-14
Gymnastics	1-21	NT	NT	NT	2-17	NT	3-14	4-12	NT
Golf	3-14	5-10	t7-5	4-12	2-17	NT	t7-5	6-8	1-21
Baseball	2-17	t5-9	1-21	t3-13	t7-5	9-2	t7-5	t3-13	t5-9
VARSITY TOTAL	168.5	101	152.33	157.33	126	31	114.33	97	140.5
Non-varsity	Carl	Cubb	Gunn	M-A	PA	Rav	SC	Seq	Wood
JV Football	t2-7.5	t2-7.5	4-6	5-5	6-4	8-2	7-3	9-1	1-10
F-S Water P.	6-4	t1-9	7-3	t4-5.5	8-2	NT	t1-9	3-7	t4-5.5
JV Cr. Country	1-10	4t5-3.5	3-7	4t5-3.5	4t5-3.5	NT	2-8	4t5-3.5	4-6
So. Cr. Country	1-10	4-6	NT	3-7	t5-4.5	NT	2-8	t5-4.5	NT
C Basketball	5-5	6-4	9-1	4-6	t2-7.5	t7-2.5	1-10	t2-7.5	t7-2.5
D Basketball	3t2-7	6-4	7-3	3t2-7	NT	8-2	1-10	3t2-7	5-5
JV Wrestling	t2-7.5	t2-7.5	6-4	t4-5.5	t4-5.5	9-1	1-10	t7-2.5	t7-2.5
F-S B Baskt.	1-10	3t3-6	t8-1.5	3t3-6	6-4	t8-1.5	7-3	2-8	3t3-6
F-S Soccer	8-2	1-10	3-7	7-3	4-6	9-1	6-4	2-8	5-5
JV Track	1-10	8-2	9-1	4-6	5-5	6-4	3-7	7-3	2-8
F-S Swimming	3t2-7	NT	NT	3t2-7	6-4	NT	1-10	3t2-7	5-5
C Swimming	t3-6.5	NT	NT	1-10	NT	NT	2-8	t3-6.5	NT
Jv Tennis	7-3	t5-4.5	1-10	3-7	4-6	NT	NT	t5-4.5	2-8
JV Baseball	1-10	8-2	3t3-6	2-8	7-3	9-	3t3-6	3t3-6	6-4
Non-VAP TOTAL	99.5	66	49.5	86.5	55	15	96	76	67.5
OVER-ALL TOTAL	268	167	201.88	243.83	181	46	210.33	173	208
(per AVERAGE sport entered)	10.31	7.26	9.17	9.75	7.54	3.29	8.76	6.65	9.04
RANK	1	7	3	2	6	9	5	8	4

FINAL ALLSPORTS STANDINGS Place finished and allsports points received

Varsity Sports	Carl	Cubb	Gunn	M-A	PA	Rav	SC	Seq	Wood
Football	2-17	t4-11	1-21	3-14	9-2	2-4	t4-11	t6-7	t6-7
Water Polo	t2-15.5	4-12	7-6	1-21	3-10	NT	C-8	8-4	t2-15.5
Cross Country	1-21	C-8	3-14	5-10	7-6	NT	2-17	8-4	4-12
Basketball	t3-13	t7-5	t7-5	1-21	9-2	3t-13	6-8	5-10	2-17
Wrestling	3t5-8	3t5-8	3t1-17.3	3t1-17.3	4-12	9-2	3t1-17.3	8-4	3t5-8
Soccer	t8-3	2-17	3-14	5-10	7-6	C-8	t8-3	1-21	4-12
Track	1-21	7-6	3-14	6-8	t4-13	9-2	2-17	8-4	t4-13
Swimming	t5-9	7-6	3-14	t1-19	t1-19	NT	t5-9	8-4	4-12
Tennis	t5-9	t5-9	1-21	4-12	2-17	NT	NT	7-6	3-14
Gymnastics	1-21	NT	NT	NT	2-17	NT	3-14	4-12	NT
Golf	3-14	5-10	t7-5	4-12	2-17	NT	t7-5	6-8	1-21
Baseball	2-17	t5-9	1-21	t3-13	t7-5	9-2	t7-5	t3-13	t5-9

VARSITY TOTAL 168.5 101 152.33 157.33 126 31 114.33 97 140.5

Non-varsity	Carl	Cubb	Gunn	M-A	PA	Rav	SC	Seq	Wood
JV Football	t2-7.5	t2-7.5	4-6	5-5	6-4	8-2	7-3	9-1	1-10
F-S Water P.	6-4	t1-9	7-3	t4-5.5	8-2	NT	t1-9	3-7	t4-5.5
JV Cr. Country	1-10	4t5-3.5	3-7	4t5-3.5	4t5-3.5	NT	2-8	4t5-3.5	4-6
So. Cr. Country	1-10	4-6	NT	3-7	t5-4.5	NT	2-8	t5-4.5	NT
C Basketball	5-5	6-4	9-1	4-6	t2-7.5	t7-2.5	1-10	t2-7.5	t7-2.5
D Basketball	3t2-7	6-4	7-3	3t2-7	NT	8-2	1-10	3t2-7	5-5
JV Wrestling	t2-7.5	t2-7.5	6-4	t4-5.5	t4-5.5	9-1	1-10	t7-2.5	t7-2.5
F-S B Baskt.	1-10	3t3-6	t8-1.5	3t3-6	6-4	t8-1.5	7-3	2-8	3t3-6
F-S Soccer	8-2	1-10	3-7	7-3	4-6	9-1	6-4	2-8	5-5
JV Track	1-10	8-2	9-1	4-6	5-5	6-4	3-7	7-3	2-8
F-S Swimming	3t2-7	NT	NT	3t2-7	6-4	NT	1-10	3t2-7	5-5
C Swimming	t3-6.5	NT	NT	1-10	NT	NT	2-8	t3-6.5	NT
Jv Tennis	7-3	t5-4.5	1-10	3-7	4-6	NT	NT	t5-4.5	2-8
JV Baseball	1-10	8-2	3t3-6	2-8	7-3	9-	3t3-6	3t3-6	6-4
Non-VAP TOTAL	99.5	66	49.5	86.5	55	15	96	76	67.5
OVER-ALL TOTAL	268	167	201.88	243.83	181	46	210.33	173	208
(per AVERAGE sport entered)	10.31	7.26	9.17	9.75	7.54	3.29	8.76	6.65	9.04
RANK	1	7	3	2	6	9	5	8	4

FINAL NINTH GRADE ALLSPORTS STANDINGS PLACE FINISHED AND ALLSPORTS POINTS RECEIVED

Sport	Carl	Willb	Term	M-A	Jord	Rav	SC	Seq	Wood
Football	4-6	3-7	1-10	t5-4.5	8-2	9-1	7-3	2-8	t5-4.5
Cr. Country	1-10	4-6	2-8	5-5	8-2	NT	6-4	7-3	3-7
Wrestling	t8-1.5	2-8	1-10	4-6	5-5	t8-1.5	3-7	t6-3.5	t6-3.5
Track	t1-9	4-6	3-7	5-5	7-3	9-1	6-4	8-2	t1-9
Baseball	t6-3.5	3-7	t1-9	4-6	5-5	9-1	t1-9	8-2	t6-3.5
TOTAL	30	34	44	28.5	17	4.5	27	18.5	27.5
AVERAGE PER SPORT	6.0	6.8	8.8	5.3	3.4	1.13	5.4	3.7	5.5
RANK	3	2	1	6	8	9	5	7	4

NT - no team

t - tie

Scoring System:

Varsity - 1st place - 21 points; 2nd - 17; 3rd - 14; 4th - 12; 5th - 10; 6th - 8; 7th - 6; 8th - 4; 9th - 2.

Non-Varsity - 1st - 10; 2nd - 8; 3rd - 7; 4th - 6; 5th - 5; 6th - 4; 7th - 3; 8th - 2; 9th - 1

SPAL All-Sports Title

M-A, Carlmont Battle for 1st

3-14-72

Menlo-Atherton High is enjoying its finest sports year in more than a decade, the combined fall-winter SPAL all-sports tabulation reveals.

Points compiled by the Tribune show M-A making its first serious bid to win the all-sports trophy in the history of the competition, now in its ninth year.

Bear teams are averaging 10.12 points to runnerup Carlmont's 9.37 figure. One of those two schools should win the award for the first time, since San Carlos and Woodside are probably too far back to catch up at 8.62 and 8.14, respectively.

Ironically, Palo Alto ranks eighth at 5.36; the Vikings won the first six awards but are suffering through one of the worst sports years in their long history.

Trailing Woodside, which won the last two awards, are Cubberley, 7.9; Gunn, 7.13;

Allsports Standings (Place finished and Allsports points awarded)										
VARSITY	Carl	Cubb	Gunn	M-A	PA	Ray	SC	Seq	Wood	
Football	2-17	t4-11	1-21	3-14	9-2	8-4	t4-11	t6-7	t6-7	
Water Polo	t2-15.5	4-12	7-6	1-21	5-10	NT	6-8	8-4	t2-15.5	
Cross Country	1-21	6-8	3-14	5-10	7-6	NT	2-17	8-4	4-12	
Basketball	t3-13	t7-5	t7-5	1-21	9-2	t3-13	6-8	5-10	2-17	
Wrestling	3t5-8	3t5-8	3t1-17.33	3t1-17.33	4-12	9-2	3t1-17.33	8-4	3t5-8	
Soccer	t8-3	2-17	3-14	5-10	7-6	6-8	t8-3	1-21	4-12	
Varsity total	77.5	61	77.33	93.33	38	27	64.33	50	71.5	
Non-Varsity										
JV Football	t2-7.5	2t-7.5	4-6	5-5	6-4	8-2	7-3	9-1	1-10	
F-S Water Polo	6-4	t1-9	7-3	t4-5.5	8-2	NT	t1-9	3-7	t4-5.5	
JV Cross Country	1-10	4t5-3.5	3-7	4t5-3.5	4t5-3.5	NT	2-8	4t5-3.5	4-6	
Soph Cr. Country	1-10	4-6	NT	3-7	t5-4.5	NT	2-8	t5-4.5	NT	
C Basketball	5-5	6-4	9-1	3-7	t2-7.5	t7-2.5	1-10	t2-7.5	t7-2.5	
D Basketball	3t-2-7	6-4	7-3	3t2-7	NT	8-2	1-10	3t2-7	5-5	
JV Wrestling	t2-7.5	t2-7.5	6-4	t4-5.5	t4-5.5	9-1	1-10	t7-2.5	t7-2.5	
F-S B Basketball	1-10	3t3-6	t8-1.5	3t3-6	6-4	t8-1.5	7-3	2-8	3t3-6	
F-S Soccer	8-2	1-10	3-7	7-3	4-6	9-1	6-4	2-8	5-5	
Non-Vars. Total	63	57.5	32.5	48.5	37	10	65	49	42.5	
Overall Total	140.5	118.5	99.83	151.83	75	37	129.33	99	114	
Avg per Sport entered	9.37	7.9	7.13	10.12	5.36	3.7	8.62	6.60	8.14	
Rank	2	5	6	1	8	9	3	7	4	
NT-no team										
t-tie										

Scoring System: Varsity: 1st place-21 points; 2nd-17; 3rd-14; 4th-12; 5th-10; 6th-8

7th-6; 8th-4; 9th-2.

Non Varsity: 1st-10; 2nd-8; 3rd-7; 4th-6; 5th-5; 6th-4; 7th-3; 8th-2; 9th-1.

Sequoia, 6.6; Palo Alto, 5.36, and Ravenswood, 3.7.

The pace-setting Bears will be hard-pressed by the Scots this spring, though. Carlmont figures to win the track and gymnastics crowns, contend strongly in baseball, and probably finish in the first division in golf and swimming as well.

M-A's big hopes rest with its strong baseball team and respectable swim squad; first division status will be tough in other sports.

The Tribune devised the

all-sports rating system to determine the biggest overall winner in the SPAL each school year. All sports officially recognized by the SPAL are included in the tabulation.

However, a separate trophy for freshman-a-only competition, including the Palo Alto junior highs Terman, Wilbur and Jordan, was established last season. Terman won the first award.

Thus, freshman football, cross country and wrestling are not included in the regular all-sports tabulation; the over-

all freshman champ will be determined following the track and baseball campaigns.

The regular all-sports tabulation, divided into varsity and nonvarsity categories, are given a point scale ranging from 21 for a first place finish to two for last place on the varsity level, and from 10 to one on the nonvarsity level and in the separate frosh tabulation.

Standings are based on average points per sport entered, so schools are not penalized for not entering a sport or one of its divisions.

St. Francis Wins WCAL All-Sports

St. Francis High has claimed the West Catholic Athletic League All-Sports Trophy for the third time in the award's four-year existence.

The Lancers, with the smallest student body, in the WCAL, totaled 68 points to edge St. Ignatius by four points.

In determining the award, the WCAL gives points for round-robin finishes in nine varsity sports. St. Francis won the first two trophies and Belarmine was tops last year.

Top senior athletic awards at St. Francis' recent athletic awards night went to basketball-baseball all-leaguer Steve Plut of San Carlos, football star Paul Yocke, football-baseball standout Mike Maher and wrestling champion Tihamer Toth-Fejel.

The Greg Bontempi Memorial Award for most outstanding freshman athlete was given to Tom Schram, and the Athletic Director's special award to Gary Matteis.

A complete list of St. Francis athletic awards:

Varsity sports: Most valuable — Paul Yocke, football; Steve Plut, basketball; Tom Friedman, golf; Dan O'Donnell, soccer; Mike O'Halloran, cross country; Dave Wetlesen, swimming; Barry Ryan, Mike Kasser, track; Steve Plut, Bill Howard Harris, baseball; Steve Cotton, tennis; Tihamer Toth-Fejel, wrestling. Most improved — Chuck Delichman, football; Tom Jordan, Frank Gonzales, Steve Leonard, cross country; Tom Schram, swimming; Dave Kerrins, wrestling; Mike Roman, Rock Carlson, basketball; Scott McMillan, golf; George Silva, baseball; Tom Leonard, soccer. Most inspirational — Phil Ralston, swimming; Randy Krebs, basketball; Mike Maher, baseball; Bob Ferando, soccer.

Junior varsity sports: Most valuable — Tom DeRago, football; Alton Page, basketball; Greg Castagnola, baseball; Mike Malaof, track; Steve Tovar, soccer. Most improved — Steve Ferguson, baseball; Dan Leonard, football; Bob Spiker, basketball. Most inspirational — Pepe Hinojosa, basketball; John Lehr, baseball; Tony Marti, soccer.

Freshman sports: Bruce Haines, football; Paul Cafarella, A Basketball; Pat Crosby, B basketball; Paul Kuhl, wrestling; Larry Del Bucchia, baseball; Gian Rossini, track; Peter Fitzgerald, soccer. Most improved — Tom Schram, football; Matt Plut, baseball. Most inspirational — Mike Floyd, baseball; Gian Rossini, football.

Most outstanding special awards: Bill James Harris, baseball; Tom Finger, tennis; Mike Kasser, soph cross country; John Ronney, frosh cross country; Bruce Haines, frosh football back; Rich Villanueva, JV back; Louis Cerros, JV lineman; Jim Cassidy, varsity offensive lineman; Dave Martin, varsity defensive back; Mike Maher, varsity defensive back; Bill James Harris, varsity offensive back; Joe Drinkwater, varsity football Tim Swenson Award.

FINAL NINTH GRADE ALLSPORTS STANDINGS
PLACE FINISHED AND ALLSPORTS POINTS RECEIVED

Sport	Carl	Wilb	Term	M-A	Jord	Rav	SC	Seq	Wood
Football	4-6	3-7	1-10	t5-4.5	8-2	9-1	7-3	2-8	t5-4.5
Cr. Country	1-10	4-6	2-8	5-5	8-2	NT	6-4	7-3	3-7
Wrestling	t8-1.5	2-8	1-10	4-6	5-5	t8-1.5	3-7	t6-3.5	t6-3.5
Track	t1-9	4-6	3-7	5-5	7-3	9-1	6-4	8-2	t1-9
Baseball	t6-3.5	3-7	t1-9	4-6	5-5	9-1	t1-9	8-2	t6-3.5
TOTAL	30	34	44	26.5	17	4.5	27	18.5	27.5
AVERAGE PER SPORT	6.0	6.8	8.8	5.3	3.4	1.13	5.4	3.7	5.5
RANK	3	2	1	6	8	9	5	7	4

NT - no team

t - tie

Scoring System:

Varsity - 1st place - 21 points; 2nd - 17; 3rd - 14; 4th - 12; 5th - 10; 6th - 8; 7th - 6; 8th - 4; 9th - 2.

Non-Varsity - 1st - 10; 2nd - 8; 3rd - 7; 4th - 6; 5th - 5; 6th - 4; 7th - 3; 8th - 2; 9th - 1.

Wildcats All-Sports Leaders

Woodside High still has a long way to go, but the Wildcats have a fine start as a possible second sports dynasty in regards to the SPAL all-sports championship perpetual trophy.

Palo Alto claimed the first six crowns since the ratings were first created in 1964, but Woodside has been a convincing winner the past two years.

The Tribune devised the all-sports system to determine the biggest overall winner in the SPAL each school year. All sports officially recognized by the SPAL are included

In addition, sports in which only freshman teams from the six Sequoia District schools and Palo Alto junior highs Terman, Wilbur and Jordan compete are rated separately and a special freshman all-sports trophy is awarded. Terman claimed the first such award last year.

The sports, divided into varsity and non-varsity categories, are given a point scale ranging from 21 for a first place finish to two for last place on the varsity level, and from 10 to one in the non-varsity category.

Woodside's 10.27 ranking was well ahead of Carlmont's 9.38 second place mark, followed closely by San Carlos' 8.77 figure and Palo Alto's 8.75.

Rounding out the finish were Menlo-Atherton (8.32), Gunn (8.23), Sequoia (8.02), Cubberley (7.52) and Ravenswood (3.38).

Terman's 8.5 figure won the freshman title, followed by Carlmont (7.5), San Carlos (6.0), Menlo-Atherton (5.6), Woodside (5.5), Wilbur (5.3), Jordan (3.8), Sequoia (2.6) and Ravenswood (1.2).

1973



6-7-73

Final Allsports Standings

place finished and allsports points received

Varsity sports	Carlmont	Cubberley	Gunn	Menlo-Atherton	Palo Alto	Ravenswood	San Carlos	Sequoia	Woodside
Football	13-13	2-17	16-7	5-10	13-13	9-2	16-7	8-4	1-21
Water Polo	7-6	13-13	8-4	1-21	2-17	NT	5-10	6-8	13-13
Cross Country	2-17	6-8	3-14	5-10	8-4	NT	1-21	7-6	4-12
Basketball	13-13	5-10	316-6	9-2	316-6	316-6	2-17	13-13	1-21
Wrestling	15-9	4-12	1-21	3-14	2-17	9-2	15-9	8-4	7-6
Soccer	15-9	317-4	1-21	317-4	317-4	15-9	2-17	4-12	3-14
Baseball	1-21	2-17	16-7	8-4	313-12	9-2	313-12	16-7	313-12
Track	2-17	9-2	1-21	6-8	5-10	8-4	3-14	7-6	4-12
Swimming	6-8	14-11	11-19	3-14	14-11	NT	7-6	8-4	11-19
Tennis	6-8	5-10	1-21	13-13	2-17	8-4	NT	7-6	13-13
Golf	5-10	8-4	12-15.5	1-21	4-12	NT	16-7	16-7	12-15.5
Gymnastics	NT	NT	NT	NT	2-17	NT	1-21	3-14	NT
Varsity Total	131	108	139.5	138	140	29	141	91	158.5
Non-varsity sports									
JV Football	3-7	2-8	5-5	8-2	7-3	9-1	6-4	1-10	4-6
F-S Water Polo	6-4	7-3	4-6	2-8	5-5	NT	1-10	8-2	3-7
JV Cross Country	2-8	NT	NT	4-6	5-5	NT	1-10	6-4	3-7
Soph Cross Country	1-10	NT	4-6	7-3	5-5	NT	3-7	2-8	6-4
C Basketball	315-4	11-9	NT	8-2	315-4	315-4	13-6.5	13-6.5	11-9
D Basketball	14-5.5	2-8	NT	3-7	NT	16-3.5	1-10	16-3.5	14-5.5
JV Basketball	4-6	6-4	18-1.5	7-3	12-7.5	5-5	1-10	18-1.5	12-7.5
F-S Soccer	16-3.5	16-3.5	18-1.5	4-6	3-7	18-1.5	5-5	2-8	1-10
JV Wrestling	13-6.5	7-3	13-6.5	11-9	11-9	9-1	5-5	8-2	6-4
JV Tennis	3-7	6-4	2-8	4-6	5-5	8-2	NT	7-3	1-10
JV Basketball	4-6	415-3.5	3-7	415-3.5	415-3.5	9-1	11-9	415-3.5	11-9
JV Track	1-10	9-1	1-7-2.5	4-6	15-4.5	17-2.5	3-7	15-4.5	2-8
F-S Swimming	5-5	4-6	NT	2-8	NT	NT	1-10	6-4	3-7
C Swimming	1-10	NT	NT	2-8	NT	NT	NT	NT	NT
Non-vars. total	92.5	53	44	77.5	58.5	21.5	93.5	60.5	94
Over-all total	223.5	161	183.5	215.5	198.5	50.5	234.5	151.5	252.5
Average per sport entered	8.94	7.32	9.18	8.62	8.63	3.16	10.20	6.06	10.52
Rank	4	7	3	5	4	9	2	8	1

†—tie
NT—no team

Scoring system:

Varsity—1st place—21 points; 2nd—17; 3rd—14; 4th—12; 5th—10; 6th—8; 7th—6; 8th—4; 9th—2.
Non-varsity—1st—10; 2nd—8; 3rd—7; 4th—6th; 5th—5; 6th—4; 7th—3; 8th—2; 9th—1.

Woodside edges SC in All-Sports

It took the best overall showing in Woodside High's athletic history to claim the 10th annual SPAL All-Sports Trophy over San Carlos in the closest race in history.

The Wildcats, who re-captured the award from Carlmont after Woodside won in 1970 and 1971, nudged San Carlos 10.52 to 10.20 in average points per sport.

It was the first time in the contest's history two schools have finished with 10-point averages. And, of course, San Carlos' finest effort also.

Terman won the third annual junior high All-Sports competition — for the third straight time — for the five sports in which the six Sequoia District high schools and three Palo Alto junior highs compete.

The varsity All-Sports race wasn't decided until Carlmont leftfielder Tony Jones made a fine catch and doubled off a San Carlos runner at second to end the baseball championship game with a 3-0 Carlmont triumph.

Had San Carlos won the playoff and the championship,

the Dons would have finished first in baseball instead of in a three-way tie for third, and would have had a 10.59 average. But ironically, Carlmont, the defending All-Sports champ, saved it for Woodside.

Under All-Sports rules, made permanent this year, round-robin standings will determine order of finish in sports with Shaughnessy playoffs, unless the round-robin champ is upset in the playoffs.

In that event, the new champ is given the most All-Sports points, the round-robin winner drops to second, and everyone else moves down one notch.

Woodside's consistency won it, with three varsity and four non-varsity champs or co-champs. Only three of Woodside's 24 teams finished below fourth.

San Carlos had two varsity champs and a league-leading six non-varsity firsts.

Gunn (9.18) had the most varsity champs or co-champs with four to pace a third-place finish, followed by Carlmont (8.94), Palo Alto (8.63), Menlo-Atherton (8.62), Cubberley

(7.32), Sequoia (6.06) and Ravenswood (3.16).

Paly, which won the first six trophies, seems on the rise again after a sixth place finish last year. Gunn tied its best showing of last year. Cubberley continued its unusual pattern of nine straight seventh or eighth place finishes.

Sequoia tied its worst effort

(eighth, last year) and had its poorest average in history. Ravenswood finished last for the fifth straight year and set a record for the worst showing in the contest's history.

Terman's freshman trophy came with an 8.75 average, followed by Carlmont (6.60), Woodside (6.20), San Carlos (6.10), Wilbur (6.00), M-A

(5.40), Sequoia (4.25), Jordan (3.70) and Ravenswood (1.00).

The Tribune devised the All-Sports rating system to determine the biggest overall SPAL winner each school year. All sports officially recognized by the SPAL are included in the tabulation.

The regular All-Sports tabulation, divided into varsity and

non-varsity categories, is given a point scale ranging from 21 for first to two for last on the varsity level and 10 to one on the non-varsity level and the freshman competition.

Standings are based on average points per sport entered, so schools aren't penalized for not entering a sport or one of its divisions.

1973

1974

Fourth time in five years

Wildcats win all-sports

There's no doubt which school has dominated SPAL sports in the 1970's.

Woodside High has won its fourth SPAL All-Sports Trophy in five years, results of this year's tabulation by league statistician Steve Shilstone reveal.

Wildcat athletes earned an average of 10.34 to 9.6 for Carlmont, which took the trophy in 1971-72.

San Carlos, second last year, slipped to third with a

still highly respectable 9.39.

Good showings were also made by Gunn (8.81), Menlo-Atherton (8.31) and Palo Alto (8.09). Cubberley was seventh at 7.02, while one-time power Sequoia finished eighth for the second straight year at 6.33 and Ravenswood was last for the sixth straight year at 4.02.

Terman Junior High of Palo Alto — Gunn's feeder school — again won the special freshman All-Sports award, given for those sports in which frosh

only compete, with a 7.50 average. Terman has won all four such awards.

Palo Alto junior high rivals Jordan (6.83) and Wilbur (6.60) were second and third. Trailing were Woodside (5.90), Carlmont and San Carlos (5.50), M-A (5.20) Sequoia (4.20) and Ravenswood (1.50).

The Tribune devised the All-Sports rating system to determine the biggest overall SPAL winner each school year. All sports officially recognized by

the SPAL are included in the tabulation.

The regular All-Sports tabulation, divided into varsity and nonvarsity categories, is given a point scale ranging from 21 for first to two or last on the varsity level and 10 to one for the nonvarsity and frosh competition.

Standings are based on average points per sport entered, so schools aren't penalized for not entering a sport or one of its divisions.

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Final Allsports Standings

Place finished and Allsports points received

Sport Varsity	Carl	Cubb	Gunn	M-A	PA	Rav	SC	Seq	Wood
Football	3-14	1-21	14-11	17-5	6-8	9-2	17-5	14-11	2-17
Water Polo	5-10	12-15.5	6-8	1-21	7-6	NT	12-15.5	8-4	4-12
Cross Country	1-21	8-4	3-14	5-10	7-6	NT	2-17	6-8	4-12
Basketball	4-12	3-14	17-5	17-5	5-10	9-2	2-17	6-8	1-21
Wrestling	6-8	14-11	1-21	14-11	2-17	9-2	3-14	7-6	8-4
Soccer	315-8	18-3	13-13	13-13	315-8	13-13	315-8	1-21	2-17
Baseball	2-17	5-10	13-13	9-2	6-8	7-6	1-21	8-4	13-13
Track	12-15.5	9-2	7-6	4-12	5-10	8-4	12-15.5	6-8	1-21
Swimming	5-10	6-8	1-21	2-17	3-14	9-2	7-6	8-4	4-12
Tennis	6-8	5-10	1-21	3-14	2-17	9-2	7-6	5-10	1-21
Golf	6-8	8-4	2-17	3-14	4-12	NT	7-6	3-14	NT
Gymnastics	4-12	NT	NT	NT	2-17	NT	1-21	NT	NT
Varsity Total	143.5	102.5	140	124	133	31	152	102	162
Non-varsity									
JV Football	1-10	13-6.5	7-3	15-4.5	8-2	9-1	13-6.5	15-4.5	2-8
JV Water Polo	12-7.5	6-4	NT	4-6	12-7.5	NT	5-5	7-3	1-10
JV Cross Country	1-10	7-3	NT	4-6	5-5	NT	3-7	6-4	2-8
Soph. Cross Country	1-10	NT	5-5	NT	4-6	NT	3-7	NT	2-8
C Basketball	4-6	311 8.33	18-1.5	15-4.5	18-1.5	311 8.5	311 8.5	15-4.5	7-3
D Basketball	11-9	8-2	315-4	315-4	NT	315-4	3-7	4-6	11-9
JV Wrestling	2-8	17-2.5	1-10	4-6	18-1.5	7-3	3-7	5-5	18-1.5
JV Basketball	16-3.5	2-8	8-2	14-5.5	16-3.5	3-7	1-10	9-1	14-5.5
FS Soccer	17-2.5	17-2.5	13-6.5	13-6.5	2-8	9-1	5-5	6-4	1-10
JV Tennis	14-5.5	6-4	14-5.5	12-7.5	1-10	7-3	8-2	9-1	12-7.5
JV Baseball	1-10	2-8	13-6.5	8-2	7-3	NT	5-5	13-6.5	6-4
JV Track	3-7	7-3	9-1	1-10	5-5	8-2	2-8	6-4	4-6
FS Swimming	3-7	NT	NT	4-6	NT	NT	5-5	NT	1-10
C Swimming	3-7	NT	NT	3-7	NT	NT	NT	NT	4-6
Non-Varsity Total	106	51 8.33	45	75.5	53	29.33	82 8.33	43.5	96.5
Over-all Total	249.5	154.33	185	199.5	186	60.33	234.833	145.5	258.5
Average per sport entered	9.60	7.02	8.81	8.31	8.09	4.02	9.39	6.33	10.34
Rank	2	7	4	5	6	9	3	8	1

1 tie
NT no team

Scoring system
Varsity 1st place- 21 points, 2nd- 17; 3rd- 14; 4th- 12; 5th- 10; 6th- 8; 7th- 6; 8th- 4; 9th- 2
Non-varsity- 1st- 10; 2nd- 8; 3rd- 7; 4th- 6; 5th- 5; 6th- 4; 7th- 3; 8th- 2; 9th- 1

Woodside 9-11-73 defends All-Sports

Woodside High, generally considered the dominant factor in SPAL sports in recent years, backed up that reputation in 1972-73 by claiming its third All-Sports Trophy in the past four years.

But the Wildcat athletes had to make their best showing on record to edge San Carlos in the tightest race in the contest's 10-year history.

The race went down to the final team event of the SPAL year — the varsity baseball playoffs — before San Carlos lost out.

Such hot competition adds spice to the spring sports season, and makes every game all-year-round more important.

The Tribune devised the all-sports system to determine the biggest over-all winner in the SPAL each school year. All sports officially recognized by the SPAL are included.

Palo Alto won the first six awards and Carlmont won in 1971-72.

In addition, sports in which only freshman teams from the six Sequoia District schools and Palo Alto junior highs Terman, Wilbur and Jordan compete are rated separately, and a special freshman all-sports award is announced. Terman has won both such awards.

Standings are based on average points per sport entered, so schools aren't penalized for not entering a sport or one of its divisions.

All sports, divided into varsity and non-varsity categories, are given a point scale ranging from 21 for a first place finish to two for last place on the varsity level, and from 10 to one in the non-varsity and freshman categories.

Woodside's 10.52 ranking beat out San Carlos' school record 10.20 mark last year for top honors.

Rounding out the finish were Gunn (9.18), Carlmont (8.94), Palo Alto (8.63), Menlo-Atherton (8.62), Cubberley (7.32), Sequoia (6.06) and Ravenswood (3.16).

Terman won the frosh title with an 8.75 average, followed by Carlmont (6.60), Woodside (6.20), San Carlos (6.10), Wilbur (6.0), M-A (5.4), Sequoia (4.25), Jordan (3.7) and Ravenswood (1.0).

1974 Carlmont leads 11-28 all-sports

Carlmont High holds the lead in the SPAL All-Sports competition following the fall sports season, figures compiled by the Tribune show.

Scot teams have scored 45 varsity points and 52.5 non-varsity points for a 97.5 total and a 10.83 per-sport average.

The scoring system ranges from 21 points for first to two for last in varsity and 10 to one in nonvarsity. Averages are computed on the number of teams a school enters to avoid penalizing a school which doesn't field a team.

However, in cross country, schools which fielded incomplete teams were considered to have fielded teams and were tied for last; those with no runners were not charged with a team.

Following Carlmont are defending champ Woodside, 9.67 (41 varsity, 46 nonvarsity, 87 total); Cubberley, 9.29 (40.5-28.83-73.33); San Carlos, 8.98 (37.5-43.3-80.83); Menlo-Atherton, 7.5 (36-24-60); Gunn, 6.64 (33-13.5-46.5); Sequoia, 5.63 (23-22-45); Palo Alto, 5.06 (20-20.5-40.5); and Ravenswood, 3.33 (2-13.33-15.33).

Paly second, Carlmont third

Woodside wins all-sports title again

Woodside High won its fifth South Peninsula Athletic League All-Sports trophy in the past six years

as it beat surprising runner-up Palo Alto by almost a full point to win the 1975 award.

Carlmont, the only team to break the Cats' skein (in 1972), finished third.

The Wildcats managed to win this year with an average point total of 10.36 compared to Paly's 9.41 and Carlmont's 9.33.

Palo Alto's finish was especially surprising as the

Vikes' program appeared to have dropped off after they won the first six All-Sports awards, beginning in 1964.

Trailing the top three were Gunn (9.18), Menlo-Atherton (9.17), San Carlos (8.91), Sequoia (6.50), Cubberley (5.64) and Ravenswood (5.24).

Woodside was not the only winner as Carlmont's freshmen managed to oust three-time (the first three years the award was given on a frosh level) champion Terman, which dropped all the way to fourth.

Carlmont averaged 8.20 to runner-up Woodside's 7.50.

San Carlos was third at 6.30, followed by Terman (5.67), Sequoia (5.40), Wilbur (4.58), M-A (4.40),

Jordan (4.25) and Ravenswood (1.34).

The Tribune's Dennis Anderson originally devised the all-sports system in 1964 to determine the biggest overall winner in each SPAL school year. All sports officially recognized by the SPAL are included in the tabulation.

The regular all-sports tabulations, divided into varsity and nonvarsity categories, are made on a point scale ranging from 21 for first place to two for last

place on the varsity level, and from 10 to one on the nonvarsity level.

Standings are based on average per sports entered, so schools are not penalized for not entering a sport or one of its divisions.

Although Carlmont won the most first places — three in varsity and three more on nonvarsity levels — Woodside picked up five seconds and one first in varsity while Carlmont managed no seconds in varsity.

FINAL ALLSPORTS STANDINGS

Varsity	Carl	Cubb	Gunn	M-A	PA	Rav	SC	Seq	Wood
Football	1-21	2-17	7-6	8-4	6-8	9-2	5-10	13-13	13-13
Water Polo	3-14	2-17	5-10	2-17	7-5	NT	1-21	6-8	4-12
Cross Country	1-21	7-6	5-10	3-14	6-8	NT	4-12	NT	2-17
Basketball	8-4	7-6	12-15 1/2	15-9	4-12	15-9	12-15 1/2	9-2	1-21
Wrestling	3-12	8-4	1-21	2-17	3-12	7-6	6-8	3-12	9-2
Soccer	7-6	9-2	8-4	3-14	5-10	8-4	4-12	7-6	2-17
Tennis	5-10	7-6	1-21	2-17	3-14	NT	6-8	NT	4-12
Swimming	6-8	14-11	1-21	12-15 1/2	14-11	NT	7-6	8-4	12-15 1/2
Gymnastics	NT	NT	NT	NT	2-17	3-14	NT	1-21	NT
Golf	5-10	13-13	13-13	1-21	2-17	9-2	8-4	7-6	6-8
Baseball	4-12	9-2	15-9	7-6	3-14	NT	1-21	15-9	2-17
Varsity Totals..	139	74	138 1/2	147 1/2	141	62	127 1/2	89	131 1/2
Non-varsity									
JV Football	1-10	3-5 1/2	3-5 1/2	8-2	2-8	9-1	4-6	3-5 1/2	3-7
JV Water Polo	4-6	5-5	NT	3-7	11-9	NT	1-9	7-3	6-4
JV Cross Country	1-10	NT	6-4	3-7	5-5	NT	4-6	NT	2-8
C Basketball	3-4 1/2	1-10	NT	3-4 1/2	7-3	8-2	3-7	3-4 1/2	2-8
D Basketball	16-3 1/2	13-6 1/2	NT	16-3 1/2	11-9	8-2	11-9	13-6 1/2	5-5
JV Wrestling	6-3 1/2	16-3 1/2	4-6	5-5	1-10	8-2	2-8	3-7	NT
JV Soccer	4-5 1/2	9-1	7-2 1/2	1-10	3-7	2-8	7-2 1/2	6-4	14-5 1/2
JV Tennis	12-7 1/2	9-1	7-3	8-2	12-7 1/2	4-6	5-5	6-4	1-10
JV Baseball	6-4	14-5 1/2	1-10	7-2 1/2	3-7	7-2 1/2	4-5 1/2	9-1	2-8
JV Track	3-2 1/2	3-2 1/2	6-4	7-2 1/2	5-5	9-1	1-10	7-2 1/2	3-2 1/2
FS Swimming	2-8	9-1	17-2 1/2	1-10	5-5	7-2 1/2	4-6	6-4	3-7
C Swimming	5-5	NT	NT	NT	2-8	NT	NT	6-4	NT
Non-Varsity Tot..	85	44 1/2	36	72 1/2	75 1/2	27	78	41	86 1/2
Overall Totals..	224	118 1/2	174 1/2	220	216 1/2	89	205 1/2	130	238 1/2
Average per sport entered..	9.33	5.64	9.18	9.17	9.41	5.24	6.91	6.50	10.36
Rank.....	3	8	4	5	2	9	6	7	1
ties: NT=no team									

Scoring: Varsity - 1st place 21 points; 2nd 17, 3rd 14, 4th 12, 5th 10, 6th 8, 7th 6, 8th 4, 9th 2
Non-varsity - 1st 10, 2nd 8, 3rd 7, 4th 6, 5th 5, 6th 4, 7th 3, 8th 2, 9th 1

1975

1974-75

Will Cats lose All-Sports title

Are Carlmont or San Carlos high schools ready to wrest control of the overall SPAL athletic picture from perennial leader Woodside? Or will the Wildcats once again prove to be kings of the local sports hill?

This year's SPAL All-Sports competition will tell the tale.

Woodside captured its fourth All-Sports Trophy in the past five years last June. Carlmont, the lone school to interrupt Woodside's skein by winning in 1972, was runnerup.

The Scots were also

third in 1973, while San Carlos has been third in '71, '72 and '74 and second in '73. Those three schools have dominated the overall league picture recently, along with Gunn in varsity sports.

The Tribune devised the All-Sports system to determine the biggest overall winner in the SPAL each school year. All sports officially recognized by the SPAL are included.

Palo Alto won the first six awards before Woodside took over for the first time in 1970.

In addition, sports in which freshmen only teams from the six Sequoia District schools and Palo Alto junior highs Terman, Wilbur and Jordan compete are rated separately. A special freshman award, which has been won by Terman all three years, is also announced.

Standings are based on average points per sport entered, so schools aren't penalized for not entering a sport or one of its divisions.

All sports, divided into varsity and non-varsity categories, are given a point scale ranging from 21 for a first place finish to two for last on the varsity level, and 10 to one in the non-varsity and freshman levels.

Woodside averaged 10.34 points last year, followed by Carlmont (9.60), San Carlos (9.39), Gunn (8.81), Menlo-Atherton (8.31), Palo Alto (8.09), Cubberley (7.02), Sequoia (6.33) and Ravenswood (4.02).

Terman's winning freshman average was 7.50.

See strings
for mid-year
listing

Woodside runs away with All-Sports trophy

With the highest-ever point total, Woodside High easily captured its sixth South Peninsula Athletic League All-Sports trophy in seven years.

The Cats ran up an average of 11.00 per sport to easily outdistance runnerup Gunn, which finished at 8.91, thanks mainly to three varsity championships and one second place finish in the spring.

Finishing third was Menlo-Atherton with 8.85, followed by Palo Alto's 8.37 and Carlmont's 7.78.

Carlmont is the only team of the 70's beside Woodside to win the All-Sports award, which originated in 1964.

Trailing the top five were Cubberley (7.50), Sequoia (7.08), San Carlos (6.89), first time entrant Menlo School (4.44) and Ravenswood (4.00).

Ravenswood, which closes next year, and the three Palo Alto schools, which move to the SC-VAl next year, all made their last appearances in the listing.

Gunn won the most varsity titles with four, while Woodside trailed closely with three and Carlmont with two.

Woodside, however, scored tremendously high in the non varsity category, winning five titles, while the best any other school could do was two.

Woodside's poorest varsity finish was sixth, while its poorest non varsity finish was fourth.

The Tribune's Dennis Anderson originally devised the all-sports system to determine the biggest overall winner in each SPAL school year. All sports officially recognized by the SPAL are included in the tabulation.

The regular all-sports tabulations, divided into varsity and non varsity categories are made on a scale ranging from 21 to one point on the varsity level and 10 to 1/2 on the non varsity.

Standings are based on average points per sport entered, so a school is not penalized for not entering a sport or a division.

Final All-Sports standings

PLACE FINISHED AND ALLSPORTS POINTS RECEIVED

Varsity	Carl	Cubb	Gunn	Menlo	M-A	PA	Rav	SC	Seq	Wood
Football	3t4-10	2-17	3t4-10	NT	3-14	7-6	NT	8-4	3t4-10	1-21
Water Polo	4-12	2-17	5-10	NT	3-14	6-8	NT	7-6	8-4	1-21
Cross Country	1-21	NT	3t6-6	4-12	2-17	5-10	NT	3-14	3t6-6	3t6-6
Basketball	8-4	10-1	t6-7	5-10	t2-15 1/2	9-2	1-21	16-7	4-12	t2-15 1/2
Wrestling	4-12	7-6	1-21	9-2	5-10	2-17	8-4	6-8	3-14	NT
Soccer	t7-5	5-10	t7-5	6-8	9-2	2-17	10-1	3-14	4-12	1-21
Baseball	3t6-6	3t3-12	1-21	t9-1 1/2	3t3-12	3t3-12	t9-1 1/2	3t6-6	2-17	3t6-6
Track	1-21	9-2	8-4	6-8	2-17	3-14	10-1	5-10	7-6	4-12
Swimming	t3-13	t3-13	1-21	8-4	2-17	2-17	NT	t6-7	NT	5-10
Tennis	3t6-6	4-12	1-21	3t6-6	5-10	2-17	NT	9-2	3t6-6	3-14
Golf	9-2	t6-7	2-17	t6-7	1-21	3-14	NT	8-4	4-12	5-10
Varsity Total	112	97	143	58 1/2	139 1/2	134	29 1/2	82	99	136 1/2
Non-Varsity										
Frosh-Soph Football	2-8	3t3-6	7-3	NT	8-2	3t3-6	NT	6-4	3t3-6	1-10
Frosh-Soph Water Polo	7-3	5-5	2-8	NT	1-10	6-4	NT	3-7	NT	4-6
F-S Cross Country	1-10	3-7	6-4	4-6	5-5	7-3	NT	2-8	8-2	NT
C Basketball	7-3	3-6 1/2	8-2	NT	5-5	t1-9	NT	t1-9	6-4	t3-6 1/2
D Basketball	3t3-6	8-2	t6-3 1/2	NT	t1-9	t6-3 1/2	NT	t1-9	3t3-6	3t3-6
JV Wrestling	7-3	5-5	1-10	8-2	6-4	4-6	9-1	3-7	2-8	NT
JV Basketball	t6-3 1/2	3t2-7	3t2-7	10-1 1/2	t6-3 1/2	5-5	8-2	3t2-7	9-1	1-10
Frosh-Soph Soccer	5-5	2-8	9-1	t7-2 1/2	4-6	t7-2 1/2	10-1 1/2	6-4	3-7	1-10
Frosh-Soph Baseball	3-7	5-5	t6-3 1/2	9-1	8-2	6-3 1/2	NT	2-8	4-6	1-10
JV Tennis	6-4	t4-5 1/2	2-8	3t7-2	3-7	t4-5 1/2	NT	3t7-2	3t7-2	1-10
Frosh-Soph Track	1-10	2-8	8-2	9-1	4-6	6-4	7-3	5-5	10-1 1/2	3-7
Frosh-Soph Swimming	t5-4 1/2	7-3	1-10	8-2	t5-4 1/2	t3-6 1/2	NT	t3-6 1/2	NT	2-8
Non-Varsity Total	67	68	62	17	64	58 1/2	6 1/2	76 1/2	42 1/2	83 1/2
Over-all Total	179	165	205	75.5	203.5	192.5	36	158.5	141.5	220

Average per sport entered	7.78	7.50	8.91	4.44	8.85	8.37	4.00	6.89	7.08	11.00
Rank	5	6	2	9	3	4	10	8	7	1

t-tie

NT—no team

Scoring system: Varsity—1st place - 21 points; 2nd - 17; 3rd - 14; 4th - 12; 5th - 10; 6th - 8; 7th - 6; 8th - 4; 9th - 2; 10th - 1.

Non-Varsity — 1st - 10; 2nd - 8; 3rd - 7; 4th - 6; 5th - 5; 6th - 4; 7th - 3; 8th - 2; 9th - 1; 10th - 1/2.

M-A gals claim SPAL All-Sports championship

Menlo-Atherton High won eight of the 13 varsity and junior varsity championships available to claim the SPAL All-Sports award for girls.

Figures compiled by the award chairman, Ruth McKissick of Carlmont, show that the Bears averaged 18.6 per sport.

Woodside, with four titles, was second at 17.0 Carlmont, with one champion, was third at 15.4. Sequoia and San Carlos, which had no winners, were fourth and fifth, respectively, at 13.8 and 11.1.

M-A, Carlmont and Sequoia fielded teams in every sport. San Carlos had teams in everything but badminton. Woodside did not have teams in swimming, softball and track.

Unlike the long-established regular All-Sports award, the girls give as much weight to JV sports as to varsity competition.

The All-Sports figures, based on 21 for first, 17 for second, 14 for third, 12 for fourth and 10 for fifth.

Menlo-Atherton: Swimming (V) 1-21, (F-S) 1-21; Tennis (V) 3-14, (JV) 1-21; Volleyball (V) 1-21, (JV) 1-21; Basketball (V) 1-21, (JV) 3-13; Soccer (V) 3-14, (JV) 2-17; Badminton 1-21; Softball t2-15.5; Track 1-21. Total 18.6.

Woodside: Tennis (V) 1-21, (JV) 2-17; Volleyball (V) 4-12, (JV) 3-14; Basketball (V) 3-14, (JV) 1-21; Soccer (V) 1-21, (JV) 1-21; Badminton 4-12. Total 17.0.

Carlmont: Swimming (V) 2-17, (F-S) 2-17; Tennis (V) 2-17, (JV) 3-14; Volleyball (V) 3-14, (JV) 4-12; Basketball (V) 2-17, (JV) 3-13; Soccer (V) 2-17, (JV) 3-14; Badminton 2-17; Softball 1-21; Track 2-17. Total 15.4.

Sequoia: Swimming (V) 3-14, (F-S) 4-12; Tennis (V) t4-11, (JV) t4-11; Volleyball (V) 2-17, (JV) 2-17; Basketball (V) 4-12, (JV) 2-17; Soccer (V) t4-11, no JV; Badminton 3-14; Softball t2-15.5; Track 3-14. Total 13.8.

San Carlos: Swimming (V) 4-12, (F-S) 3-14; Tennis (V) t4-11, (JV) t4-11; Volleyball (V) 5-10, (JV) 5-10; Basketball (V) 5-10, (JV) 5-10; Soccer (V) t4-11, no JV; Softball 4-12; Track 4-12. Total 11.1.

ALLSPORTS											
place finished and points received											
Varsity	Carl	Cubb	Gunn	Menlo	M-A	PA	Rav	SC	Seq	Wood	
Football . . .	314-10	2-17	314-10	NT	3-14	7-6	NT	8-4	314-10	1-21	
Water Polo . . .	4-12	2-17	5-10	NT	3-14	6-8	NT	7-6	8-4	1-21	
Crs. Country . .	1-21	NT	316-6	4-12	2-17	5-10	NT	3-14	316-6	316-6	
Basketball . . .	8-4	10-1	16-7	5-10	12-15½	9-2	1-21	16-7	4-12	12-15½	
Wrestling . . .	4-12	7-6	1-21	9-2	5-10	2-17	8-4	6-8	3-14	NT	
Soccer	17-5	5-10	17-5	6-8	9-2	2-17	10-1	3-14	4-12	1-21	
Vars. Total . . .	64	51	59	32	72½	60	26	53	58	84½	
Non Varsity											
FS Football . . .	2-8	313-6	7-3	NT	8-2	313-6	NT	6-4	313-6	1-10	
FS W. Polo . . .	7-3	5-5	2-8	NT	1-10	6-4	NT	3-7	NT	4-6	
FS Cr. Ctry. . .	1-10	3-7	6-4	4-6	5-5	7-3	NT	2-8	8-2	NT	
C Basketball . .	7-3	13-6½	8-2	NT	5-5	11-9	NT	11-9	6-4	13-6½	
D Basketball . .	313-6	8-2	16-31½	NT	11-9	16-31½	NT	11-9	313-6	313-6	
JV Wrestling . .	7-3	5-5	1-10	8-2	6-4	4-6	9-1	3-7	2-8	NT	
JV Basketball . .	16-31½	312-7	312-7	10-½	16-31½	5-5	8-2	312-7	9-1	1-10	
FS Soccer	5-5	2-8	9-1	17-2½	4-6	17-2½	10-½	6-4	3-7	1-10	
Non V. Total . .	41½	46½	38½	11	44½	39	3½	55	34	48½	
Over-all Total	105½	97½	97½	43	117	99	29½	108	92	133	
Avg. per sport entered .	7.54	7.50	6.96	5.38	8.36	7.07	4.92	7.71	7.08	12.09	
Rank	4	5	8	9	2	7	10	3	6	1	
Note: no team											

1977

FINAL ALLSPORTS STANDINGS

~~PLACE FINISH~~ place finished and allsports points received

sity	Garlmont	Menlo	M-A	San Carlos	Sequoia	Woodside
Football.....	1-15	6-2	4-6	5-4	3-8	2-11
Water Polo.....	3-8	5-4	1-15	5-4 4-6	6-2	2-11
Cross Country.....	1-15	4-6	2-11	3-8	6-2	5-4
Basketball.....	t1-13	6-2	4-6	3-8	5-4	t1-13
Wrestling.....	3-8	6-2	1-15	2-11	4-6	NT
Soccer.....	6-2	t4-5	3-8	t4-5	2-11	1-15
Baseball.....	5-4	6-2	2-11	4-6	1-15	3-8
Track.....	1-15	6-2	2-11	4-6	5-4	3-8
Swimming.....	5-4	4-6	1-15	3-8	6-2	2-11
Tennis.....	4-6	2-11	3-8	t5-3	t5-3	1-15
Golf.....	5-4	2-11	4-6	6-2	1-15	3-8
total	94	53	112	67	72	104

Non-varsity

JV Football.....	2-5	NT	3-4	5-2	4-3	1-7
FS Water Polo.....	3-4	NT	1-7	4-3	NT	2-5
JV Cross Country...	1-7	t4-2½	t4-2½	3-4	NT	2-5
Cross Country...	1-7	2-5	5-2	3-4	4-3	NT
Cross Country...	1-7	t5-1½	4-3	3-4	t5-1½	2-5
C Basketball.....	3-4	6-1	4-3	2-5	1-7	5-2
D Basketball.....	t2-4½	NT	t2-4½	1-7	t4-2½	t4-2½
JV Wrestling.....	4-3	6-1	3-4	1-7	2-5	NT
JV Basketball.....	1-7	t5-1½	t5-1½	3-4	4-3	2-5
FS Soccer.....	2-5	6-1	t3-3½	5-2	1-7	t3-3½
JV Tennis.....	t3-3½	5-2	2-5	t3-3½	6-1	1-7
JV Baseball.....	1-7	6-1	3-4	2-5	4-3	5-2
JV Track.....	1-7	6-1	3-4	5-2	4-3	2-5
Fr Track.....	1-7	6-1	3-4	4-3	5-2	2-5
FS Swimming.....	1-7	3-4	5-2	2-5	4-3	6-1
n-v total	85	22½	54	60½	44	55
over-all total....	179	75½	166	127½	116	159
average per sport entered....	6.88	3.28	6.38	4.90	4.83	6.91
Rank.....	2	6	3	4	5	1

t- tie

- no team

Varsity 1st - 15 points; 2nd - 11; 3rd - 8; 4th - 6; 5th - 4; 6th - 2.

Non-v 1st - 7; 2nd - 5; 3rd - 4; 4th - 3; 5th - 2; 6th - 1.

Woodside's spring rush nabs SPAL all-sports title

Woodside High won three of the five varsity spring titles to overcome Carlmont's lead and capture the Wildcats' seventh SPAL All-Sports championship in the past eight years.

Woodside trailed Carlmont after the fall and winter seasons, 6.69 to 5.97. But the Wildcats won the varsity baseball, tennis and swim titles, while Carlmont took no varsity spring honors.

Carlmont is the only school to beat Woodside in the 1970s, having won in 1972. Palo Alto, which has completed its first year in the Santa Clara Valley Athletic League, won the first six all-sports titles over 1964-69.

Woodside finished with a 6.91 average to Carlmont's 6.53 and Menlo-Atherton's 6.32. San Carlos was a distant fourth at 5.00, Sequoia fifth at 4.85 and Menlo School sixth at 3.36.

The averages are lower than in the past, because the scoring system had to be revised with a smaller SPAL, following the departure of the three Palo Alto schools.

Varsity titles ranged from 15 for first to two for sixth. Nonvarsity points were awarded on a seven-for-first to one-for-sixth basis.

The girls have their own all-sports award, to be announced soon.

FINAL ALLSPORTS STANDINGS
place finished and allsports points received

Varsity	Carlmont	Menlo	M-A	San Carlos	Sequoia	Woodside
Football.....	t1-13	t4-5	6-2	t4-5	3-8	t1-13
Water Polo.....	2-11	NT	1-15	t3-7	5-4	t3-7
Cross Country.....	1-15	4-6	3-8	2-11	6-2	5-4
Basketball.....	1-15	6-2	3-8	5-4	2-11	4-6
Wrestling.....	4-6	6-2	1-15	3-8	2-11	5-4
Soccer.....	6-2	t4-5	t4-5	3-8	1-15	2-11
Baseball.....	t4-5	t4-5	6-2	2-11	3-8	1-15
Track.....	2-11	6-2	1-15	3-8	5-4	4-6
Swimming.....	4-6	5-4	2-11	3-8	6-2	1-15
Tennis.....	t3-7	t3-7	2-11	6-2	5-4	1-15
Golf.....	NT	2-11	4-6	5-4	1-15	3-8
Total.....	91	49	98	76	84	104
Non-Varsity						
F-S Football.....	t1-6	NT	3-4	4-3	5-2	t1-6
F-S Water Polo.....	3-4	NT	t1-6	4-3	5-2	t1-6
JV Cross Country.....	1-7	t5-1½	4-3	3-4	t5-1½	2-5
So Cross Country.....	1-7	3-4	4-3	2-5	t5-1½	t5-1½
Fr Cross Country.....	1-7	NT	2-5	3-4	4-3	NT
C Basketball.....	t2-4½	6-1	5-2	1-7	4-3	t2-4½
D Basketball.....	t3-3½	5-2	t1-6	6-1	t1-6	t3-3½
JV Basketball.....	4-3	6-1	5-2	2-5	3-4	1-7
JV Wrestling.....	5-2	6-1	3t2-4	1-7	3t2-4	3t2-4
F-S Soccer.....	6-1	4-3	3-4	5-2	2-5	1-7
JV Tennis.....	3-4	4-3	2-5	6-1	5-2	1-7
JV Baseball.....	1-7	6-1	2-5	3t3-3	3t3-3	3t3-3
JV Track.....	1-7	6-1	2-5	4-3	5-2	3-4
Fr Track.....	3-4	5-2	1-7	4-3	6-1	2-5
F-S Swimming.....	3t1-5½	6-1	3t1-5½	4-3	5-2	3t1-5½
N-V Total.....	72½	21½	86½	54	42	68 5/6
Overall Total.....	163½	70½	164½	130	126	172 5/6
Average per sport entered.....	6.53	3.36	6.32	5.00	4.85	6.91
Rank.....	2	6	3	4	5	1

t—tie
NT—no team
Scoring system: Varsity 1st — 15 points; 2nd — 11; 3rd — 8; 4th — 6; 5th — 4; 6th — 2; Non-Varsity 1st — 7; 2nd — 5; 3rd — 4; 4th — 3; 5th — 2; 6th — 1.

1976-1977

Cats dominate All-Sports

Woodside High will be bidding for its seventh South Peninsula Athletic League All-Sports Award in eight years this school term.

Wildcat athletes, who have lost out only once since 1970 (to Carlmont in 1972), set an All-Sports record last year with an 11.0 average.

The scoring system was devised by the Tribune to determine the biggest overall winner in the SPAL each school

year.

With the decrease in SPAL membership from 10 teams to six, a new system has been devised by the Tribune's Steve Shilstone, The SPAL statistician.

Varsity teams will now be awarded points on the following scale: 15-11-8-6-4-2. Non-varsity teams will be rated 7-5-4-2-1.

Standing are based on average per number of sports entered, so a school is not penalized if it doesn't field a team in a

9-9-76
sport or a division of that sport.

Following Woodside last year were Gunn 8.91, Menlo-Atherton 8.85, Palo Alto 8.37, Carlmont 7.78, Cubberley 7.50, Sequoia 7.08, San Carlos 6.89, Menlo School 4.44 and Ravenswood 4.0.

Cubberley, Gunn and Palo Alto have joined the Santa Clara Valley Athletic League. Ravenswood was closed following the close of school last June.