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LINCOLN IS BACK; SHELTON THIS WEEK

Dan Watson's Lincoln Abes, beaten twice already this season -- Daffodil, Pasco -- overwhelmed a good field at South Kitsap in the cold Saturday to displace Wilson at the head of the state.

Lincoln and Wilson will meet again this weekend, at Shelton -- two days after they tangle in a dual Thursday evening at Lincoln Bowl. That meet figured to be a tossup before the Rams lost 3 of their sprinters (hamstring, quad, ankle).

Shelton, a tremendous meet a year ago on the very fast all-weather surface in the woods above the old mill town, figures to be great again if the weather is decent. On the west side, only the Kingco schools will be involved elsewhere.

The Kingco will have a relays meet Saturday night at Newport. That meet is expecting a great 2-mile among Dan Buttle, Kirk Spangler, Ed Glad, Tim Leque, Phil Oviatt and Sheldon Davis, among others.

Good weather held up last week through Tuesday, so those schools with duals that day finally got to run in a meet and not freeze. Tye burst forth with a 43.8, with junior Mike Black running 10.1/22.1/51.8. Dean Pedigo improved in the disc to 175-9 -- his 4th meet over 173 -- and crosstown rival Joe Sicklich, Everett High, hit 170 on the nose. In the jav, junior Tom Sinclair busted 200 for the first time with 211-10, then threw 205-10 with one throw 2 days later, but he was having arm troubles at week's end. Gene Lorenzen and Kent Mackay also were past 200 during the week.

Duran Wooten returned to the track, running part-speed in the Metro Relays. In the mile relay, he collapsed part-way, but it was said to be a cramp; not too surprising in a cold rain, 3 weeks after a hamstring pull. Teammate Larron Patton also was back, giving Garfield great hope for the short relay.

Keith Tinner continued to dominate meets he was in: at South Kitsap he won in 9.9/21.9/49.1, then ran a casual 47.6 to pull out the relay. But his Lincoln teammates were noticeable, too, especially Steve Kiesel, who ran PRs 1:56.4 and 4:21.8, then led off the relay with 52.1. His 1:56.4 took the state lead there. His mile was 4th behind Mike Hadway, Rogers/Puyallup, who ran away from Harold Celms at the gun to 4:16.9. Celms came back for 2nd in the 2-mile, passing half a dozen runners the last 2 laps for 9:27.8, 2nd to teammate Kurt Billet's 9:26.6. The big surprise of that race was soph Spangler, Sammamish, who fought all the way and ran 9:30.0, just 5 seconds short of Reed Mayer's state sophomore record.

Dennis Cook improved his tj to 46-4½ and Lincoln junior Gary Andrew won at South Kitsap with a PR 46-0. The high jump was slow except for Randy Moon, Auburn, who improved his best from 6-2 to 6-7. The biggest sudden leaps belonged to two underclassman shotputters: junior Chuck Vance, West Valley of Yakima, went from 51-7 to 56-1, and sophomore Brian Slater, Washington, went from 50-3½ to 55-½.

Mike Allen, Wenatchee, took up the long jump for the first time: 22-7½ windy, 22-8 windy, and a foul at 23-8.

Teamwise, the top dogs would seem to be Lincoln and Wilson in AAA, Shelton and Franklin Pierce in AA and Castle Rock in A.

HUSKIES WIN ANOTHER HEART-POUNDER; NGENO'S 13:01.0 NOT ENOUGH; MATES LOSE TO DUCKS

For the second consecutive ^{Saturday}, Washington won their dual meet in the mile relay, with expert running from Tim Byrne and Billy Hicks. The Huskies beat Oregon State 85-78 when Byrne ran 47.6 to put the team in front, and Hicks held off a 46.4 by Yaw Atuahene with a 47.1 of his own. Several performances stand out, Russ Vincent 59-9 3/4 a PR by over 1½ feet to win the shot; Dave Martin's surprise win (23-8 3/4) by 1½" in the LJ, 6-10 by Steve Clark in the HJ; Terry Lavery's almost usual double hurdle win in 51.8 PR/14.3; and Dan Elkins 21.5 win over Atuahene. The Huskies try to maintain their unbeaten string against San Jose State this Saturday in Seattle.

Thirty miles away in Eugene, the Ducks broke the Cougars undefeated season with a 92-61 win. The expected three mile dual between Paul Geis and John Ngeno was all that it was built up to be. Geis ran on Ngeno's shoulder virtually the entire race, through 4:15 and 8:36, before blasting the final 220 for 12:55.8, third best by an American, behind Gerry Lindgren and Steve Prefontaine. It was the 7th best ever in the world. Other outstanding performances by the Ducks killed the Stater's chances: Lathers 8:43.0 steeple win over Dale Fleet, who fell; Steve Bence victory over Dale Scott, and Mark Feig's 4:00.4/1:51.2 double. Kip Ngeno ran 15.8 and John Delamere was a double winner with 24-4 3/4 and 50-2.

In other meets, marks were "ordinary." Mark Salzman had a PR 6639 decathlon at Willamette. Roger Rowe TJ'ed 49-4 3/4. Spokane Community ran 17:01.4, narrowly missing the 4xmile relay national record with Jim Hennessy running 4:12.6. The Susquatch also ran 3:16.5/41.9. Mark Smith of PLU threw 176-8 to add 4 feet to his PR and school record.

National prep leaders

9.5 by 9 sprinters
20.9t Millard Hampton, Silver Creek-San Jose Cal.
47.0 Mark Collins, Burleson Tex.
1:51.9 Alvin Crenshaw, Roosevelt-Dallas Tex
4:05.8 Richard Kimball, DeLaSalle-Concord Cal.
8:58.8 Steve Surface, South-Eugene Ore.
13.8 Brian Fulton, Burbank Cal
Richard Gillette, Davis-Montgomery Ala.
24-2½ xJon Sutton, Morningside-Inglewood Cal
50-2¼ Don Bryson, Oakland Cal
7-0 Mark Ridge, Merced Cal
Clark Beedle, LaSierra-Carmichael Cal
16-4 Mike Tully, Millikan-Long Beach Cal
64-9½ Paul White, Russellville Ark.
201-6 Ray Burton, Vacaville Cal
214-6 Gene Lorenzen, East Valley-Spokane
41.2 Dunbar-Fort Worth Texas
3:14.4 Roosevelt-Dallas Texas

The nation's big meet last week was on Saturday, the Arcadia Invitational in the California Southland. The distance runs were very fast: Andy Clifford, Sunny Hills of Fullerton, running sub-60 on the last lap to win the mile in 4:07.1, and amazing 16-year-old Eric Hulst, Laguna Beach, winning the 2 in 8:59.8. Hulst already had been 5th in the mile -- in 4:09.1. A dozen milers broke 4:18, 11 2-milers broke 9:18, in beautiful weather (naturally).

In Texas, Alvin Crenshaw ran the year's fastest mile-relay leg, 46.4. /from Jack Shepard/

S E A S O N P R E P B E S T S

100					
9.6w	John Arnold, Washington/AA	23.0	xMarty Settle, Shelton/AA	mile	
9.6wnx	Don Johnson, Clover Park	23.1wxx	Deni Wilmeth, EValley-Sp/AA	4:16.9	Mike Hadway, Rogers/Puy
9.8w	Duran Wooten, Garfield	23.2	Dan Hopper, WValley-Sp/AA	4:17.1	Dan Buttle, Bothell
9.8wn	Kurt Bower, Clover Park	23.2w	Don Hartman, Tumwater/AA	4:17.2	xHarold Celms, Wilson
9.9w	xSteve Kitchen, Clover Park	23.2	Folz, R.A. Long/AA	4:17.8n	Doug Beckman, Ferris
9.9	xxGarland Watkins, Seattle Prep	23.3	Mike Crnich, Freeman/A	4:19.4n	Dan Lux, Juanita
9.9	Keith Tinner, Lincoln/Tac	23.4	xSteve Spencer, CastleRock/A	4:21.4nx	Gary Gustafson, LkWashington
10.0	xxRandy Shoffner, Bethel	23.5	Read, Decatur/A	4:21.4	Scott Hall, Lynnwood
10.0w	Andy Newing, Hazen	23.5n	Dave Gardin, Toledo/A	4:21.8n	Steve Kiesel, Lincoln/Tac
10.0	Dick Cook, Woodway	23.5nxxx	Jim Gruelle, Ridgefield/A	4:23.5n	Lynn Weitz, WestValley-Sp/AA
10.0w	Larry Daniel, Grandview/AA	23.5n	Jon Skreen, Castle Rock/A	4:23.7	Craig Martin, Edmonds
10.0w	Curt Folsom, Highline	440		4:23.7n	Doug Twitchell, Curtis/AA
10.0w	xGreg Griff-n, Queen Anne	49.1	Keith Tinner, Lincoln/Tac	4:24.8n	Ed Glad, Bellevue
10.0	xMark Dunlap, Blanchet	50.0n	Mike Allen, Wenatchee	4:24.8n	Steve Miner, Wilson
10.0	Jeff Peckham, RA Long/AA	50.3	Doug Dalum, Everett	4:24.9nx	Bob Renouard, Seattle Prep
10.0	Glenn Coogan, Hudson's Bay	50.4	Dave McDuffie, Pierce/AA	4:25.3	xCraig Ericksen, Rogers-Sp
10.1	Mike Allen, Wenatchee	50.5	Roger Larson, Sammamish	4:25.4n	Jim Brisendine, Federal Way
10.1n	Don Blanchard, Lakes	50.9n	Don Hartman, Tumwater/AA	4:25.4n	Bruce Manclark, Lakes
10.1	Dan Hopper, WValley-Sp/AA	51.1	Larry Hunt, Ferris	4:25.4	Bruce Greene, R.A. Long/AA
10.1n	Eric Stepper, Wenatchee	51.1n	Dennis Davis, West Bremerton	4:25.5	Jeff Keeton, Mt. Vernon
10.1	Larry Johnston, Sehome	51.1	Duane Groth, Wapato/AA	4:25.6nx	Bill Stolp, Lynnwood
10.1n	xMike Krause, Tyee	51.2	Wes Collins, East Brem/AA	4:25.6n	Steve Pilcher, Shadle Park
10.1w	xGary Namba, Roosevelt	51.3nxx	Dave Thompson, Wilson	4:26.2n	Scott Olander, Richland
10.1n	Joe Carpenter, FtVancouver	51.4n	Steve Johnson, Kent-Meridian	4:26.2	Steve Stageberg, Fife/AA
10.1	xSonny Adams, Bellevue	51.4	Lance Giles, Kennedy	4:26.8	xTim Riley, Ferris
10.1	Mike Hughes, Wilson	51.4n	xDave Adams, WValley-Yak/AA	4:26.8n	Brian Brouillet, Wilson
10.1	Tim Archer, Edmonds	51.5	xDennis Campbell, Auburn	4:30.3	xBrian Fugere, O'Dea/AA
10.1	John Huntley, Sehome	51.5	xDave Titterington, Bothell	4:31.3	xMark Milcic, East Brem/AA
10.1	xMike Black, Tyee	51.6n	xTodd Morton, Ferris	4:32.6xx	Brian Macomber, Arlington/AA
10.1	xxMike Doyle, Snohomish	51.6n	John Link, Rogers-Sp	4:36.0n	John Cornthwaite, Tolt/A
10.1	Griffin, Redmond	51.6	xxBill Schanzenbach, Chewelah/A	4:41.0	xKen Shipp, Toledo/A
10.1w	Myrick, Walla Walla	51.7n	Lee Anderson, Mt. Rainier		
10.1n	Tom Bird, Wilson	51.7	Paul Buchholtz, Rosalia/A		
10.1	xMike Factory, Lincoln/Tac	51.8nxx	Dick Michelson, Interlake		
10.1	xScott Spencer, CastleRock/A	51.8	xMike Black, Tyee		
10.1	xBart Taylor, Foss	51.8n	Dave Turner, Washington/AA		
10.1	Gary Cobain, Aberdeen	51.8n	Stan Kerr, Rogers-Sp.		
10.1n	Dave Gardin, Toledo/A	51.9	Bill Jones, Clover Park		
10.2	xxSteve Holman, EValley-Sp/AA	51.9	Hal Gensberg, Hazen		
10.2	Larry McConnell, Clarkston/AA	51.9n	Ed Hall, Garfield		
10.2w	Jeff Langford, EValley-Sp/AA	51.9	xBill Bragg, Bellingham		
10.2n	xMarty Settle, Shelton/AA	51.9	Jerry Fieser, Blanchet		
10.2	Dennis Cook, O'Dea/AA	52.4n	Brad Wilson, Shelton/AA		
10.2	xPaul Kammer, Lake Stevens/AA	52.6	Rex Nequette, Sumner/AA		
10.2	xSteve Lazelle, Yelm/A	52.7	Johnson, Ferndale/AA		
10.2n	Belden, Toledo/A	52.9	Tom Tallman, Peninsula/AA		
10.2?xx	Jim House, Deer Park/A	52.9n	Mark Wewery, Curtis/AA		
10.2	xDoug Watkins, Riverside/A	53.0n	John Beck, Pierce/AA		
10.2n	xJim Thomas, Woodland/A	52.6	Jim Roche, Granite Falls/A		
10.2n	Jon Skreen, Castle Rock/A	52.7	Mike Herron, Morton/A		
10.2w	xAndy Sharpe, Mabton/A	53.2n	Larry Avalon, Cathlamet/A		
10.3	Paul Buchholtz, Rosalia/A	53.5	Mark Yaden, Selah/A		
10.3	Read, Decatur/A	53.8	Victor Hill, Lakeside/A		
10.3	xBrown, Tonasket/A	53.9	Noble, Tenino/A		
10.3	xxBill Schanzenbach, Chewelah/A				
220t		880			
21.8	Keith Tinner, Lincoln/Tac	1:56.4	Steve Kiesel, Lincoln/Tac		
22.1	xMike Black, Tyee	1:56.5	Scott Hall, Lynnwood		
22.2	xxGarland Watkins, Seattle Prep	1:56.6	John Cox, Columbia River		
22.2	Mike Hughes, Wilson	1:57.3nx	Dan Butler, Wilson		
22.4	Tim Archer, Edmonds	1:57.4	Duane Groth, Wapato/AA		
22.4n	Don Blanchard, Lakes	1:57.8	Doug Beckman, Ferris		
22.5	Kurt Bower, Clover Park	1:57.8nx	Mark Torgerson, Curtis/AA		
22.5n	xBart Taylor, Foss	1:58.1n	Greg St. Pierre, Pullman/AA		
22.5n	Tom Bird, Wilson	1:58.2nxx	Bob MacNeill, Kent-Meridi		
22.6	xxRandy Shoffner, Bethel	1:58.3xx	Paul DuCharme, Lincoln/Tac		
22.7nxx	Dick Michelson, Interlake	1:58.5nx	Art Boyce, Mt. Tahoma		
22.7	xMark Dunlap, Blanchet	1:59.1n	Cliff Burt, Kennewick		
22.7n	Ken Goodson, Mt. Tahoma	1:59.2	xDave Titterington, Bothell		
22.8	xxMike Doyle, Snohomish	1:59.4	Rick Gehrts, Kentridge		
22.8n	xSonny Adams, Bellevue	1:59.8nx	Mike McGillivray, Mariner		
22.8	Larry Hunt, Ferris	2:01.3n	Brad Huggler, Pierce/AA		
22.8	Curt Folsom, Highline	2:01.6	Doug Seebeck, Sunnyside		
22.8	Earl Brischle, Moses Lake	2:04.0xx	Dale Landreth, Reardan/A		
22.9	xSteve Lazelle, Yelm/A			10:04.0nx	Ken Shipp, Toledo/A
22.9n	Randy Lannoye, Kentridge			10:05.0nx	Ed Hicks, Castle Rock/A
22.9	xDennis Campbell, Auburn			10:06.4	Mark Anderson, Cashmere/A
				10:09.0nx	Roger Kuhlmeier, CastleRk/A

120 highs

- 14.4w Glen Bach, Ellensburg/AA
- 14.8 Neil Knutson, Stanwood/AA
- 14.8 Tony Molinero, Shelton/AA
- 14.9 Brad Miller, Hudson's Bay
- 14.9 Mark Christensen, Bellevue
- 15.0 Rod Hopper, Highline
- 15.0 Doug Dietiker, Juanita
- 15.0 Steve Lennon, Auburn
- 15.1 John Goheen, N.Kitsap/AA
- 15.1 Roy Garrison, Castle Rock/A
- 15.2n xRob Smith, Hoquiam/AA
- 15.2w Bob Ferdaszewski, Clover Pk
- 15.3 Kipp Adams, Rogers-Sp
- 15.3 Keith Mack, Ephrata/AA
- 15.3 Gauche, Blanchet
- 15.3nxxGreg Rooney, Pierce/AA
- 15.3 Keith Gilbert, Renton
- 15.3 Jon Harris, Grandview/AA
- 15.5 xJeff Clark, Selah/A
- 15.6 Mike Verstegen, Sequim/A
- 15.8 Barry Swinburnson, Lynden/A
- 16.0 Erland, Goldendale/A
- 16.0 Willette, Cle Elum/A
- 16.0 xCurt Stump, Stevenson/A

180 lows/turn

- 20.0 Lorenzo Bellamy, Wilson
- 20.1 Tony Molinero, Shelton/AA
- 20.2 John Goheen, N. Kitsap/AA
- 20.3 John Arnold, Washington/AA
- 20.3 Dave Horton, Mt. Tahoma
- 20.4w Rod Hopper, Highline
- 20.5 Mark Howard, Pierce/AA
- 20.6w Linehan, Sunnyside/AA
- 20.6 Kipp Adams, Rogers-Sp.
- 20.6 Andy Newing, Hazen
- 20.6w Glen Bach, Ellensburg/AA
- 20.6 Mike Ganz, Blanchet
- 20.7n Sid Adelson, Interlake
- 20.7 Mark Christensen, Bellevue
- 20.7n Dan Wubbens, Hale
- 20.7 Mark Patterson, Lincoln-Tac
- 20.8 Floyd Campbell, Lincoln-Tac
- 20.8n xRob Smith, Hoquiam/AA
- 20.9 Ken Smith, Jefferson
- 20.9 Mark Nealy, Renton
- 20.9n Frank Jones, Juanita
- 20.9 Tim Johnson, Bellingham
- 20.9n Harry Washington, Foss
- 20.9 Neil Knutson, Stanwood/AA
- 21.1 Dave Dahl, Sumner/AA
- 21.2 Keith Mack, Ephrata/AA
- 21.2n Kevin Dumont, East Brem/AA
- 21.0 Roy Garrison, Castle Rock/A
- 21.1 Jon Kelly, Pomeroy/A
- 21.3 Curt Didier, Connell/A
- 21.3n Mike Verstegen, Sequim/A
- 21.4 xxSteve McInnes, Sequim/A
- 21.5w Roy Van Loo, Lynden Chr./A
- long jump
- 22-8w Mike Allen, Wenatchee
- 22-4w Dan Doornink, Wapato/AA
- 22-3 3/4 Mark Patterson, Lincoln/T
- 22-1 1/2 xMike Williams, Mt. Tahoma
- 22-1 xMike Factory, Lincoln/Tac
- 22-1w Jon Harris, Grandview/AA
- 22-0 Greg Salvage, Shoreline
- 21-11 3/4 xxRandy Collette, RALong/AA
- 21-11 1/4 George Hodges, Oakesdale/A
- 21-10 1/2w Rick Benzel, Wapato/AA
- 21-10 Gene Farris, Richland
- 21-9 1/2 Greg Bernoski, Blanchet
- 21-9 Steve Gepner, Marysville/AA
- 21-8 1/2 xDon Lindsey, Woodway
- 21-8 Mike Ganz, Blanchet
- 21-8 Rod Hopper, Highline
- 21-7 1/2 xDoug Watkins, Riverside/A
- 21-7 Eric Eid, Sehome
- 21-7w Steve Quy, West Bremerton
- 21-6 1/2 Brian Terry, Seattle Prep
- 21-6w Roy Van Loo, Lynden Chr./A
- 21-5w Keith Simon, Olympia
- 21-4 3/4 John Dodds, Central Kitsap

- 21-4 Jeff Hocker, Ellensburg/AA
- 21-3 3/4 John Goheen, N.Kitsap/AA
- 21-2 Levenseller, Curtis/AA
- 21-4 Jack Whitmire, Woodland/A
- 20-8 Dwight Loewen, Connell/A
- 20-6 1/2 Andrew Helm, Deaf School/A
- 20-4 3/4w Greg Dormaier, Cashmere/A
- 20-4 Cox, Washougal/A

triple jump

- 46-6 3/4w Jerry Merz, Highline
- 46-6 Dave McDuffie, Pierce/AA
- 46-4 1/4 Dennis Cook, O'Dea/AA
- 46-1 Oscar Chambers, Mt. Tahoma
- 46-0 xGary Andrew, Lincoln/Tac.
- 45-5 1/2 Jon Harris, Grandview/AA
- 44-11 1/2w Larron Patton, Garfield
- 44-8 3/4 Jan Moorehead, Lincoln/T
- 44-6 Dave Southwick, MedicalLk/AA
- 44-5 1/4 Dan Krpan, Juanita
- 44-4 1/4 Jon Lehmann, Lewis & Clark
- 44-4 xxJoe Steele, Blanchet
- 44-3w Dave Batty, Shadle Park
- 44-1 1/2 Brian Terry, Seattle Prep
- 44-1 1/2? Kurt Garner, Othello/A
- 43-11 1/4 Mike McCrary, Elma/AA
- 43-10 1/2 Clint Richardson, O'Dea/AA
- 43-9w Jeff Hocker, Ellensburg/AA
- 43-6 Mike Swift, Sehome
- 43-6w Dan Doornink, Wapato/AA
- 43-6 Rick Walker, East Brem/AA
- 43-2w Lee Springer, N.Kitsap/AA
- 43-1 3/4 Jay Cabaio, Timberline/AA

- 43-4 Andrew Helm, Deaf School/A
- 42-9 1/2 Greg Butler, Tolt/A
- 42-8 3/4 Jack Whitmire, Woodland/A

high jump

- 6-7 3/4 xEd Mann, WValley-Sp/AA
- 6-7 Randy Moon, Auburn
- 6-6 1/2 Steve Shelton, Edmonds
- 6-6 Craig Garrison, Eisenhower
- 6-5 Mike Hartzell, Yelm/A
- 6-4 1/2 Dale Chapple, Lewis & Clark
- 6-4 1/2 Robert Pierce, Roosevelt
- 6-4 Scott Marshall, Lincoln/Tac
- 6-4 Steve Armstrong, Hale
- 6-4 Dick Cook, Woodway
- 6-4 Greg Salvage, Shoreline
- 6-4 xDon Eagon, Shoreline
- 6-4 xCharles Faniel, Mt. Tahoma
- 6-4 xEugene Blake, Lakes
- 6-4 xxMark McNeal, Cheney/AA
- 6-3 3/4 Dave Sackett, MMorris/AA
- 6-3 Jeff Rip, Oak Harbor
- 6-3 xBrian Schultz, Olympia
- 6-3 Steve Blocker, Kentridge
- 6-3 Mike Verstegen, Sequim/A
- 6-3 xRick Dodd, East Brem/AA
- 6-2 1/2 Ray Estrada, Wapato/AA
- 6-2 1/2 Wold, Wapato/AA
- 6-2 1/4 Kent Oliver, Toppenish/AA
- 6-2 xxLucian Moore, Pierce/AA
- 6-2 Steve McConkey, Mt. Si/AA
- 6-2 xDoug Watkins, Riverside/A
- 6-2 Rick Gibson, Rainier/A
- 6-1 1/2 Andrew Helm, Deaf School/A
- 6-1 Kevin Graffis, Oakesdale/A

pole vault

- 15-1 1/4 Dennis Dudley, Hanford/AA
- 14-5 3/4 Ron Clausen, Shorecrest
- 14-2 1/2 Stan Gill, Eisenhower
- 14-0 Wayne Davis, North Central
- 13-9 Jack Whitmire, Woodland/A
- 13-8 3/4 xDave Andrews, Bellevue
- 13-7 xxMike Ryan, Lake Washington
- 13-6 Bill Allen, EValley-Sp/AA
- 13-6 Rocky Carroll, Aberdeen
- 13-6 Lewis Channing, Sumner/AA
- 13-3 xBill Fanning, Ferris
- 13-1 3/4 Ray Parson, N.Kitsap/AA
- 13-1/2 John Dodds, Central Kitsap

- 13-0 Pete Bennett, Edmonds
- 13-0 xRichard Bushnell, Mt.Rainier
- 13-0 xMark Jacobs, Hale
- 13-0 Jim Jahnke, Richland
- 13-0 Dan Keffler, Woodway
- 13-0 Kevin Stephenson, Ingraham
- 13-0 Steve Whitescarver, Bellevue
- 13-0 xBill Winter, Newport
- 13-0 J. Anderson, Sammamish
- 13-0 Niles Mayfield, Richland
- 13-0 xJeff Wilson, Pasco
- 13-0 xMax Newhouse, EValley-Sp/AA
- 13-0 Dave Brooks, Bethel
- 13-0 xClay Sagen, Bethel
- 13-0 Joe Ryan, Lake Washington
- 13-0 Bryon Wetherholt, Lakes
- 13-0 xxDaryl Crook, Sumner/AA
- 12-6 xLarry Eddleman, Hoquiam/AA
- 12-6 Ernie Baydo, Washington/AA
- 12-6 xxJeff Kreuger, Sumner/AA
- 12-6 Steve Gepner, Marysville/AA
- 12-6 Larsen, Curtis/AA
- 12-6 Gonales, Arlington/AA
- 12-8 Leisle, Ritzville/A
- 12-3 Steve Mahre, Naches/A
- 12-0 xxJoe Hadley, Tenino/A

shot put

- 57-1/4 Fred Helser, Auburn
- 56-1 xChuck Vance, WValley-Yak/AA
- 55-1 Noel Barnes, Franklin
- 55-1/2 xxBrian Slater, Washington/AA
- 54-11 Vic Bertis, Gonzaga
- 54-11 Paul Gerry, Mt. Rainier
- 54-10 Al Ochsner, Elma/AA
- 54-9 1/2 Rich LaFleche, Clover Park
- 54-2 xGuy Mease, Curtis/AA
- 53-9 1/2 Ed Hawkins, South Kitsap
- 53-7 1/2 xRoy Martin, Pierce/AA
- 53-5 Dean Pedigo, Cascade
- 53-3 Joe Pellegrini, Hoquiam/AA
- 53-1/2 Jay DeBellis, Snohomish/
- 53-1/4 Tom DeLong, Aberdeen
- 53-0 xxJeff Pill, Shelton/AA
- 52-11 Gary West, Roosevelt
- 52-7 Keith Sweitzer, Rogers/Puy
- 52-6 1/4 Joe Wren, Blanchet
- 52-5 1/2 xJim Kruekenberg, CastleRk/A
- 52-2 Jeff Wold, Ferris
- 52-2 Bill Chaddick, Ingraham
- 52-1/4 Steve Kent, WValley-Sp/AA
- 51-4 1/2 xxGreg Harris, R.A. Long/AA
- 50-7 Alan Beaulaurier, Sunny./AA
- 50-1 Carl Christensen, Enumclaw/AA
- 50-8 Steve Lemke, Sultan/A
- 50-3 Steve Tyner, PtTownsend/A
- 49-10 xxBrad Boland, P.Townsend/A
- 49-4 Robert Kinian, Connell/A
- 49-2 Dennis Freeman, Raymond/A
- 49-2 Jens Egeland, Morton/A

discus

- 175-9 Dean Pedigo, Cascade
- 170-0 Joe Sicktich, Everett
- 169-10 Tom Copland, Aberdeen
- 166-11 Keith Sweitzer, Rogers/Puy
- 164-6 Reno Pellegrini, Aberdeen
- 163-4 Jeff Wold, Ferris
- 161-9 John Giles, Cascade
- 160-7 xRoy Martin, Pierce/AA
- 160-5 Bill Hinkle, Lincoln/Tac
- 159-0 xJim Jesernig, Kennewick
- 156-11 Craig Spiegelberg, Sammamish
- 155-6 Wilson, Lincoln/Tac
- 154-11 Mitch Ringe, Ellensburg/AA
- 153-10 Steve Tyner, PtTownsend/A
- 153-7 xBrad Blodgette, Woodland/A
- 153-6 Gary Williams, Kentridge
- 153-6 Shell Shattuck, EValley/Yak/A
- 152-11 Mike Fortun, Sammamish
- 152-10 Lawayne Richardson, Kent-Mer
- 152-3 Joncyk, Lakes

152-3 Hanson, Pierce/AA
 152-0 Dennis Freeman, Raymond/A
 151-9xxMike Westlin, Wilson
 151-6 Henry Midles, Timberline/AA
 149-9 Dale Dudley, Hanford/AA
 149-10 Randy Odom, Connell/A
 145-7 Jens Egeland, Morton/A

173-10 Dave Dent, West Bremerton
 173-3 Dave Reister, Olympia
 173-0 xRandy Cartmill, South Kit.
 171-3 Craig Roesler, Sultan/A
 170-7 xJeff Kleinschmidt, Col.Riv.
 170-2 Rob Thomas, N.Kitsap/AA

45.4n Castle Rock/A
 46.2 Tonasket/A
 46.4 Ridgefield/A
 46.6 Decatur/A
 46.7 Raymond/A
 47.1 Langley/A
 47.1n Toledo/A
 47.2 Oakesdale/A

javelin

214-6 Gene Lorenzen, EValley/Sp/AA
 213-10 Rich Stewart, Kamiakin
 211-10xTom Sinclair, Peninsula/AA
 204-9 Kent Mackay, Connell/A
 196-10xRuss Armstrong, Timberline/AA
 193-11 Dale Cummings, Curtis/AA
 191-0 Chuck Van Matre, MedLk/AA
 190-9 Greg Peterson, Rogers/Sp
 190-6 John Wilmoth, Central Valley
 187-8 Mike Kirschner, Central Valley
 184-9 Alan Beaulaurier, Sunny/AA
 181-6 xSteve Holzer, Ferris
 180-9 Bill Smith, Lewis & Clark
 180-3 Rocky Carroll, Aberdeen
 179-3 Fred Miller, Shelton/AA
 179-3 Dan Ward, East Bremerton/AA
 178-6 xDel Miller, Shelton/AA
 177-8 Rich Lewis, Walla Walla
 176-9 Paul Morgen, West Bremerton
 176-8 Tom Frazier, Eastmont/AA
 175-5 Mel Harlow, Pullman/AA
 174-7 Barry Staser, Oak Harbor
 173-11 Joel Masterman, Carroll/A

440 relay
 43.5 Lincoln/Tac.
 43.8 Tyee
 44.0 Wilson
 44.1 Bellevue
 44.2 Nathan Hale
 44.2n Mt. Rainier
 44.3 Blanchet
 44.4n Lakes
 44.4n Sammamish
 44.6 Clover Park
 44.7 Shadle Park
 44.7n Mt. Tahoma
 44.7 East Valley-Sp/AA
 44.8 Seattle Prep
 44.9 Franklin
 44.9n Gonzaga
 44.9 Washington/AA
 45.1 R.A. Long/AA
 45.3n Hoquiam/AA
 45.3 East Bremerton/AA
 45.5 Shelton/AA
 45.6 Hanford/AA
 45.7 Sumner/AA
 45.7 Wapato/AA
 45.8 Curtis/AA

mile relay
 3:24.8 Lincoln/Tac
 3:26.3n Clover Park
 3:28.7 FPierce/AA
 3:29.9 Ferris
 3:30.0 Mt. Rainier
 3:30.0n Wilson
 3:30.1 Nathan Hale
 3:30.3n Shelton/AA
 3:31.3n Sammamish
 3:31.4n Mariner
 3:31.5n Newport
 3:31.5 Gonzaga
 3:31.8n Kent-Meridian
 3:32.0 Kentridge
 3:33.5 R.A. Long/AA
 3:34.9 Washington/AA
 3:35.1n North Kitsap/AA
 3:39.9 Freeman/A
 3:42.6 Cashmere/A
 3:44.5n Ridgefield/A
 3:44.5n Castle Rock/A
 3:45.8 Raymond/A

Coaching awards

Here are Washington Track & Field News' state high-school coaches of the year for 1973:

Head coach: Jon Herrington.

Jon's Washington High School team won the AA state championship and produced three individual state champions (Don Rasmussen, Gordon Bowman, Tom Butler). He also had AAA champions in 1972 (Chris Hallmon) and 1971 (Dana Le Duc).

Brief bio.: grew up in Vancouver (W), participated in football, basketball and track at Fort Vancouver HS, went to the state meet but didn't place as a senior ("my performance resembled a giant egg"), graduated from Fort in '59 (the year Tom Buckner was sprint champ for Hudson's Bay); P.E. degree from WSU 1963, M.S. in recreation from Oregon '64; teaches P.E., mostly to sophomore boys.

Coaching: cross-country coach at F.Pierce 2 years; volunteer assistant 1 year, paid assistant 1 year at Pierce; head cross-country and track coach at Washington 5 years, since it opened in '68

Coaching philosophies: "My philosophy is to help each boy develop to his potential -- whatever it is regardless of ability. I expect the athlete in return to work up to his ability level. Like all high-school coaches I miss on some of them.

"I stress a team spirit as well as individual progress and put heavy emphasis on leadership from seniors /however/ ... we don't stress team victory over individual health...

"The coach's role depends on his personality. I give my students a fairly long leash and try to open their eyes as sophomores so they can stand on their own as juniors and seniors. I still am responsible for my team and its conduct at practice, meets and traveling.

"A boy will improve greatest when motivated and I am still trying to battle that. I feel track is unique because of the team/individual aspect and because of the opportunity to meet and talk with your opponent. My least success has come in my relationships with boys that quit the track team. I'm working very hard on that one.

"My greatest moment is still when a fellow with very little talent (65.0 440) came up to me after his senior year and said 'Coach, thanks for letting me turn out for track.'"

Assistant coach: Jim Black

Jim was assistant coach at Lincoln High School, Tacoma, for six years -- and the Abes won the state title four of those six seasons. He was praised by the Lincoln head coach, Dan Watson, as "the best man I could possibly have as assistant coach."

Brief bio.: graduated from Omak HS 1956, B.A. in education (P.E. major, history minor) and M.A. in education from Central Washington; lettered in football (4 yrs), basketball (1 yr) and track (1 yr) at Central.

Coaching: Baker Jr High, Tacoma -- football coach for 6 yrs, track coach for 2 yrs; Lincoln HS -- asst. football, asst. track 6 yrs; taught P.E. Now head track coach at Foss High School, Tacoma.

Coaching philosophies: "I expect my athletes to be loyal to the program and to me .. they must be willing to work hard, but still have fun and enjoy track. I feel that track is very much a 'mental-type' sport and, therefore, I stress mental preparedness a great deal. I do not put a lot of emphasis on rules as such, but the ones we do have must be followed.

"The role of a head coach is one of leadership, preparedness and loyalty -- loyalty to my trackmen and to my assistant coach. I expect the same from them. An assistant should be willing to work hard and long and should also reap his share of the coaching rewards.

"The best way to achieve is through both mental and physical hard work .. He very likely will not have these feelings if his mind and body have not been prepared. Track is different from other sports because it is almost totally an individual effort -- you are representing a team, but it is you and only you against the opponent during competition. It takes tremendous self-discipline to push oneself hard enough to improve at the rate one should.

Cross-country coach: Ron Ottelle

Ron's Ballard team won its first Seattle Metro League championship and was sixth in the state meet despite its 5th man falling. Its accomplishments were with a team with no state-meet experience.

Administrator: Jack Mackenroth, athletic director, Highline Public Schools, Burien.

Junior-high coach: Cliff Nixon, Tyee Jr, Bellevue

Club coach: Neal Gmeiner, Northwest Kiwanis Track Club, Spokane

GUIDE TO ABBREVIATIONS

MR: meet record; SR: school record; FR: field record; dnc: did not compete; DNF: did not finish
 x--junior; xx--sophomore; xxx--freshman
 w: wind-aided; nwi: no wind information; ?: questionable information; h: heat; i: indoor; n: nonwinning; m: meters; M: mile
 SCHOOL in caps: home team

HIGH SCHOOL RESULTS

Mon Apr 8

CHEWELAH 87, Deer Park 58: xxSchanzenbach/C 10.3/23.6/52.1

Tue Apr 9 (cold, wet)

ABERDEEN 87, Shelton 58: Cobain/A 10.1, xSettle/S 10.2; Cobain 23.0; Wilson/S 53.0; Lisle/A 2:01.6, xMortensen/S 2:02.7; DeLong/A 53- $\frac{1}{4}$ (won on final put), xxPill/S 51-10 $\frac{1}{2}$, Copland/A 49-3; Copland 166-0, Pellegrini/A 164-6, xxPill 144-9; Molinero/S 15.1; S 45.5, A 45.6(Cobain fell just short); S 3:38.7; 0 points in jumps for S; Carroll/A 5-10/13-6/180-3(1st jav ever), xD. Miller/S 178-6, F. Miller/S 178-5. /from Gary Jones/

CENTRALIA 96, North Thurston 49: xxWeber/NT 2:04.5 Tumwater 90, YELM 46: Hartman/T 52.8, xLazelle/Y (3) mi, Hartzell/Y 6-0

MORTON 79, Tenino 66: Herron/M dnc(flu); Noble/T 53.9, xxOmeg/M 55.0; xxxBenton/M 2:09.0; Egeland/M 49-2/143-9

Thurs Apr 11 (blaa)

Centralia 85, TUMWATER 60: Hartman/I 10.6/pull hamstring, Wilson/T 10:01.4

HOQUIAM 80, Timberline 65: xGreen/H 10.3, xxBitar/H 54.2, Cabaio/T 6-0, xArmstrong/T 20-10/154-9jav; xEddleman/H 11-0, Pellegrini/H 53-3

North Thurston 74, CHEHALIS 71: Literal/C 6-0 WENATCHEE 98, Moses Lake 46; W 96, Davis 49; 94, ML 50: Brischle/ML 10.1w, Stepper/W 10.2w; Allen/W 23.3w; Allen 53.5, Allen 22-7 $\frac{1}{2}$ w($\frac{1}{2}$ " foul, 23-8) Ellensburg 96, Selah 49: Bach/E 14.7w/20.6w, Underwood/E 10.3w, Hocker/E 20-6, Ringe/E 154-11 East Valley-Yak 129, White Swan 16: Shattuck/EV 153-6

Carroll 95, Cle Elum 50: Rummel/C 16.1

Raymond 91, Moclips 49, Valley 34: Freeman/R 49-9 $\frac{1}{2}$

Fri Apr 12 (partly sunny, cool)

OLYMPIA 115, Elma 30: Schultz/O 6-0, McCrary/E 20-8 $\frac{1}{2}$ /43-6, Ochsner/E 54-10, xBakse/E 49-2 $\frac{1}{4}$, Reister/O 173-3

Raymond 87, Forks 77, Montesano 60, Moclips 41: Zellar/F-Runyon/R 16.1, Freeman/R 147-5/48-4, R 46.7, R 3:45.8, Otis/F 54.3, McDowell/R 11-6

WAPATO 97, West Valley-Yak. 48: Groth/Wa 51.1, xAdams/WV NT; Doornink/Wa 22-4w, Benzel/Wa 21-10 $\frac{1}{2}$; Estrada/Wa 6-2 $\frac{1}{2}$, Wold/Wa 6-2 $\frac{1}{2}$; xVance/WV 51-6 $\frac{1}{2}$

Pilchuck 101, Lake Stevens 44: xKammer/LS 10.2/20-9, xRobinson/P 4:36.7/10:01.6, Thayer/P 12-6 Marysville 111, Monroe 34: Frisk/Ma 2:02.7, Ma 3:38.0, Gepner/Ma 12-6

STANWOOD 80 $\frac{1}{2}$, Burlington 71 $\frac{1}{2}$, Arlington 29: Knutson/S 15.2/20.9, Hendershot/S 4:37.4, xEstabrook/B 2:01.1, Gonzales/A 12-6

Tolt Inv: Tolt 177, Lakeside 132, Sultan 80, Granite Falls 69, Langley 60: Roche/GF 53.1, Hill/Lk 53.9; Cornthwaite/T 4:40.1/10:35.0, Lemke/S 50-8, Roesler/S 171-3, Lg47.4

NORTH KITSAP 102, Sequim 42: Goheen/NK 15.1, Verstegen/S 15.7, Grover/NK 15.7; Goheen 20.2, Verstegen 21.3, Pedersen/S 21.6; Goheen 10.4, 21-2 SR; S 46.5, xxCollins/NK 10:13.8 SR, Parson/NK 12-9 SR

West Bremerton JV 112, North Mason 33: Acevedo/W 42-0, Dent/W 163-10jav, Scott/NM 5-10, xxxWhite/W 20-5/24.5

WAPATO 97, West Valley-Yak 48: Groth/W 51.1, xAdams/WV NT; Doornink/W 22-4w, Benzel/W 21-10 $\frac{1}{2}$ w; Estrada/W 6-2 $\frac{1}{2}$, Wold/W 6-2 $\frac{1}{2}$; xVance/WV 51-6 $\frac{1}{2}$

Pomerov 130, DeSales 11: xLyons/D dnc/jav

Sat Apr 13 (clear, warm afternoon, breeze)

Rainier/Wa 99, SHELTON JV 66, Matlock 9: Hart/R 10.7 SR/23.8 SR/20-1 SR, xxBrehmeyer/M 55.5 SR, Halverson/R 16.5 SR, R 48.8, Gibson/R 5-8

Castle Rock Inv(at R.A. Long; all-weather track; wind ok): Castle Rock 144 $\frac{1}{2}$, Toledo 76, Battle Ground 71, Rainier/Ore 53, Ridgefield 52, Toutle Lake 47 $\frac{1}{2}$, Washougal 30, Woodland 27...xSpencer/CR 10.1, Gardin/T 10.1, xThomas/Wo 10.2, Belden/T 10.2, Skreen/CR 10.2, Jackson/BG 10.3; xSpencer 23.4, Gardin 23.5, xxxGruelle/Ri 23.5, Skreen 23.5; xxRouse/BG 53.0, Avalon/Cath 53.2; xShipp/T 4:41.0; Manuel/MM(exhib) 9:57.0, xxMagers/BG 10:00.0, xShipp 10:04.0, xHicks/CR 10:05.0, xKuhlmeyer/CR 10.09.0; Garrison/CR 15.1/21.4; CR 46.0, Ri 46.6.. 4-T 47.1; BG 3:37.7(4 sophs)..Ri3:44.5, CR 3:44.5

2-Cooper/TL 5-11; 2-Cox/Wa 20-4, Skreen 20-3; xBlodgette/Wo 142-5; 2-Hamilton/Kal 164-11jav; 3-Englemann/Wa 11-6; xKruekenberg/CR 51-11 $\frac{1}{2}$, Studdard/Ri 48-11, Rup ley/CR 48-4

Kelso Inv(at R.A. Long, afternoon): St. Helens/Ore 114, Mt. Tahoma 102, North Kitsap 95, R.A. Long 91, Kelso 67, Mark Morris 38, Bethel 21: Hallalan/SH 10.0, Peckham/RAL 10.0, Goodson/MT 10.2, Goheen/NK 10.3; Hallalan 22.8, Goodson 23.0; Conrad/NK 53.5; xBoyce/MT 2:00.1; xGreene/RAL 4:25.4, xxZiegler/K 4:32.2; Dick/K 9:39.0, Manuel/MM 10:10.6..4-xxHembree/K 10:24.4; Goheen 15.6/21.1/20-11 $\frac{1}{2}$, xWilliams/MT dnc; MT 45.0, SH 45.3, RAL 46.0; RAL 3:33.5; xFaniel/MT 6-4..3-xxWinney/B 6-2; Chambers/MT 43-10 $\frac{1}{4}$, Van Hook/K 43-2; xxHarris/RAL 49-4 /from Gary Jones/

Ritzville Inv: Oakesdale 84, Reardan 83, Freeman 82 $\frac{1}{2}$, Ritzville 64...: Leisle/Ri 12-8, Watkins/Rosa 48-7 $\frac{1}{2}$, Pearce/WilsonCr 173-6, Graffis/O 154-2/6-1, Hodges/O 21-11 $\frac{1}{4}$ /41-2 3/4, xLaShaw/F 15.7/22.01h, Buchholtz/Rosa 10.3/51.7(state A lead), O 47.2, Crnich/F 23.3, xxLandreth/Re 2:04.0, F 3:39.9

Cashmere Inv, Cashmere (calm, sunny)
 Cashmere 107, Cle Elum 48, Tonasket 41 $\frac{1}{2}$, Peshastin-Dryden 36, Lake Roosevelt 23 $\frac{1}{2}$, Okanogan 13: Willette/CR 16.0, xBrown/T 10.3, Hartnett/C 4:47.9, Drake/LR 41-1 3/4, Anderson/C 10:06.4, C 3:42.6; 2-xxBurke/CE 10:32.2 /from George Makela/

Mon Apr 15 (partly sunny)

Cle Elum 114, ROYAL CITY 30: Willette/CE 15.8/40-7

CHENEY 128, Deer Park 25: xxMcNeal/C 6-4, xxHouse/DP 23.6

Tue Apr 16 (mild, calm, partly sunny)

MEDICAL LAKE 91, Colville 50, Reardan 40: Van Matre/ML 191-0, Southwick/ML 44-6

Wilson 103, Mt. Tahoma 33(at Foss): Hughes/W 10.1, Bird/W 10.1; Hughes 22.2, Bird 22.5, Goodson/MT 22.7; Hughes-xxThompson/W 53.4; xButler/W 1:58.9, xBoyce/MT 2:01.5, Post/W 2:02.0; xCelms/W 4:25.8, Brouillet/W 4:26.8, Miner/W 4:27.5; Brouillet 9:47.4(2:39 1st 880), Miner 9:48.0, xCordle/W 9:58.4, xxNelly/W 10:12.4; xBellamy/W 15.2; Horton/MT 20.3, xBellamy 20.4(tripped at last hurdle), xKrumins/W 21.0; Wilkerson/MT 20-7, Allen/W 20-6 $\frac{1}{2}$, Williams/MT dnc; Chambers/MT 45-0, xReeves/W 42-7 $\frac{1}{2}$; W 44.5(w/o Hughes, Bird), W 3:34.7; xxWestlin/W 50-2 $\frac{1}{2}$ /151-9 /from Jim Daulley/

Lincoln-Tac 112, Bellarmine 24: xM. Factory/L 10.1/23.0/22-0, Kiesel/L 2:04.8/4:35.2/10:06.0, Campbell/L 20.8, Brands/B 51-6, Wilson/L 148-9, Morehead/L 41-9, Marshall/L 6-4, Tinner/L dnc.

Foss 105, Stadium 30: xTaylor/F 10.1/22.9, Coates/F 52.2, W. Smith/F 4:31.6/9:50.0, Washington/F 21.1, F 45.4

SUMNER 85, Peninsula 59, Tahoma 37: Goettling/P 10.6, Nequette/S 52.6/2:05.9, Tallman/P 15.8, Dahl/S 21.3, S 45.7, xSinclair/P 211-10(PR, SeamountLeag rec, 1st ever 200+); xxCrook/S 13-0, Channing/S 13-0

Foster 81, White River 63: O'Neal/WR 10.4/23.4/20-9, Ridgewell/F 15.6/21.6, Robbins/WR 173-8

Fife 75, Decatur 62: Read/D 10.3/23.5, Kilcup/F 53.3, Stageberg/F 4:26.2/9:53.6, Hubble/D 16.1

D 46.6

Enumclaw 78, Mt Si 67: Stokosa/MS 53.6, E 3:38.9, Hanson/E 169-10, Roberts/MS 20-1, McConkey/MS 6-2 Auburn 75, Evergreen 61: Bremmer/E 10.2, xCampbell/A 22.9/51.8, Lennon/A 15.0/21.3, Helser/A 54-0, Moon/A 6-7 (previous best 6-2) Everett 79, Mariner 53: E 45.1, Sicktich/E 155-1, Dalum/E 51.0, E 3:32.4

CASCADE 70, Seattle Prep 66: Goldfinch/C 4:33.8, Pope/C 52.8/21.5, Calpin/SP 2:02.9, xxMcGavick/SP 10:00.2, Pedigo/C 175-9 PR, Terry 20-6½/43-5½, McGrath/C 43-5½

Snohomish 75, Edmonds 74, Meadowdale 21: Archer/E 10.2, Davis/S 4:27.1, Martin/E NT; Davis 9:50.6, xxClark/E NT; DeBellis/S 50-5¼, Shelton/E 6-4

Blanchet 95, Mountlake Terrace 40: xDunlap/B 10.0, xxSteele/B 10.2; Tucker/B 4:27.0, B 44.3, Fieser/B 52.2, Wren/B 50-6, Ganz/B 20.8/21-6½, xDunlap 22.7, MT 3:34.4

Woodway 88, Lynnwood 48: Cook/W 10.3, xStolp/L 4:30.7, Hall/L 9:48.4, Keffler/W 13-0, xLindsey/W 21-2, xJones/W 42-11

Stanwood 75, Marysville 69(Pilchuck): Knutson/S 14.8(state lead)/21.0, Gepner/M 21-9/12-6, Ross/S 42-6

Pilchuck 94, Arlington 51: Thayer/P 15.5, Gonzalez/A 12-6, xxMacomber/A 4:32.6, xRobinson/P NT Oak Harbor 104, Ferndale 41: Johnson/F 52.7, Ritchie/OH 21.5, xxAnderson/F 10:01.0, Staser/OH 174-7

Kentridge 93, Tyee 43: xBlack/T 10.2; Black 22.1, Lannoye/K 22.9; xWilson/T 52.3, Inman/K 52.4; Williams/K 151-9, Blocker/K 6-1, K 3:32.0

Sammamish 93½, Bothell 51½, Issaquah 25: xTitterington/B 51.5 PR, Buttle/B 2:00.6, xWarrick/B 4:33.5, xxSpangler/S 9:46.4, Chandler/S 21-0, Anderson/S 13-0; Bowers/S 6-1, Bell/S 6-1, McLeod/S 21.2; 2-Buttle 9:53

Renton 99, Lindbergh 37: Gilbert/R 15.3, Nealy/R 21.2; Didis/L 6-2, Demchunk/L 6-2

Kent-Meridian 85, Hazen 51: Johnson/K 51.6, Newing/H 21.2, K 3:32.1, Richardson/K 50-11:3/4

Highline 100, Glacier 36: Folsom/H 22.8, Hopper/H 52.5/15.6, Merz/H 43-1½

Mt. Rainier 91, Kennedy 45: Giles/K 51.4, Anderson/MR 51.7; Otto/MR 4:32.1, Budworth/MR 9:46.4, Skaugsted/MR 21.4, MR 3:30.0, Gerry/MR 54-1½

CONNELL 88, Waitsburg 63: Pearson/W 54.5, xDidier/C 21.3; W 3:47.3, C 3:48.3; Odom/C 149-10 SR, Pierson/W 20-½, Maib/W 41-4, Mackay/C 202-3

SEHOME 82, Burlington 63: Huntley/S 10.2, Arrigoni/S 10.2; S 45.6, Eichenberger/S 4:36.1, xEstabrook/B 2:00.4, Eid/S 21-7, Eid/Swift/S 6-0/43-6 =SR/=PR

Mt. Vernon 108½, Sedro Woolley 32½: Keeton/MV 4:25.5/9:58.2, xxGross/SW 2:03.3

Bellingham 118, ANACORTES 27: Bring/B 10.3, xBragg/B 51.9, Johnson/B 20.9, Rudy/B 50-1½

EAST BREMERTON 86, South Kitsap 59: Collins/EB 51.2, xMilicic/EB 4:33.4/10:05.8, Dumont/EB 21.4, Dodd/EB 6-3, Walker/EB 43-6, EB 45.3, Hawkins/SK 52-5, Ward/EB 179-3

O'Dea 91, PORT TOWNSEND 54: Cook/O 10.2, Leers/O 10.3; Cook 5-10/20-2/44-6, xxBoland/PT 48-6½, Tyner/PT 153-10, Leers 53.8, xFugere/O 4:38.4

NORTH KITSAP 96, Central Kitsap 49: Goheen/NK 15.6/20.6/21-3 3/4, xxM. Mentor/CK 52.7, Rob Thomas/NK 170-2, Parson/NK 13-1 3/4

Eastmont 86, EPHRATA 59: Owen/Ea 4:37.9/10:07.0, Frazier/Ea 170-11, Bullock/Ea 12-3, Spaet/Ea 6-0 Cashmere 109, QUINCY 36: xxAnderson/C 10:16.4, C 3:43.1, Omlin/Q 164-5jav

Toutle Lake 84½, Washougal 74½, DEAF SCHOOL 70, Kalama 37: Helm/DS 16.5/6-0/20-6½/43-3, Myers/TL 163-11jav

Woodland 103, White Salmon 90½, STEVENSON 59½, LaCenter 10: Peck/LC 6-0, Whitmire/Wo 13-6, xBlodgette/Wo 153-7

R. A. Long 73, COLUMBIA RIVER 72; Long 104, Battle Ground 40; CR 96, BG 49: JoCox/CR 4:28.0/2:02.9, Cochran/BG 21.0, Folz/RAL 23.2, xxHarris/RAL 50-3, RAL 45.8, xxDynes/CR 11-6/5-10, xxMajors/BG 10:12.4, Richey/CR 20-7½

Lynden 102, BLAINE 42: Swinburnson/L 15.8/21.7

Wed Apr 17

DEER PARK 101, Newport(E) 41: xxHouse/DP 10.2?, Waterman/N 6-0

NACHES 124, White Swan 21: Mahre/N 12-3, Norman/WS 4:46.9, Webb/N 47-6½

CHEWELAH 88, Riverside 76, Kettle Falls 56, Selkirk(it's between Ione and Metaline Falls) 44: xWatkins/R 6-2/21-7½/10.2/41-10, xxSchanzenbach/C 23.8/51.6, Dukeshire/S 16.1, Johnson/R 10:25.4

Thu Apr 18 (cold, some rain)

Foster 79½, Tahoma 65½: Ridgewell/F 21.5

LAKES 89, Pierce 48: McDuffie/P 51.4, L 44.5; P 3:32.1, L 3:32.1; Howard/P 21.4; xMartin/P 51-11; xColeman/L 21-1, Johnson/L 20-11, Carter/L 20-10; xBlake/L 42-9, xxCummings/L 42-3, Smitherman/L 42-3, Konrad/L 42-2(Lakes had 7 different jumpers exceed 20-10 or 42-2); xBlake/L 6-4, xUpoon/L 6-2; xMartin 160-7 PR, Joncyk/L 152-3, Hanson/P 152-3

O'Dea 99½, Sequim 44½: xFugere/O 4:30.3, Versteegen/S 6-3; Cook/O 46-4¼, Richardson/O 43-10½ Bellevue 112, NEWPORT 24: xAdams/B 10.3, Kleeman/B 10.3; xAdams 23.2, Howard/B 52.6; Glad/B 2:01.2, xBeaty/B 2:02.6; Glad 9:58.0, Linder/B 10:00.6; Christensen/B 14.9/20.9, xAndrews/B 13-8 3/4 PR, B 44.1

Curtis 111, Fife 29: xTorgerson/C 53.6, Stageberg/F 4:39.0/10:10.0, xMease/C 51-11, Cummings/C 193-11, Levenseller/C 20-8, Larsen/C 12-6

Enumclaw 79 2/3, White River 52 1/3: Christensen/E 50-1, Robbins/WR 171-0

Bethel 112, Peninsula 33: xxShoffner/B 10.2, Martinez/B 52.8, Ratigan/B 21.2, xSinclair/P 205-10(1 throw only), Brooks/B 13-0, xSagen/B 13-0 HUDSON'S BAY 91, Kelso 54; HB 114, Evergreen/Van 31; K 96, E 49: May/K 51-0

Fort Vancouver 74, Morris 71; Fort 84, CAMAS 61; M 88, C 57: Sackett/M.6-3 3/4

Castle Rock 100, WASHOUGAL 42, Cathlamet 41: xKruekenberg/CR 52-5½ PR, xxWika/C 169-5, Gonser/CR 10:24.2

DAVIS 73, Kamiakin 72; Walla Walla 90, K 55; WW 93, D 52: Myrick/WW 10.1w, Leonard/K 10.2w; Myrick 23.0w, xWoodward/D 23.1w; xWoodward 52.8, Stewart/K 181-10

GRANDVIEW 88, Sunnyside 56: Harris/G 15.3, Beaulaurier/S 50-5½, Daniel/G 10.2, Seebeck/S 2:03.1

Hanford 77, WAPATO 68: Groth/W 52.8, H 45.6, Benzel/W 21-8½, Doornink/W 20-11; Doornink 42-9½/156-7jav, Da.Dudley/H 149-9dis, De. Dudley/H 137-7/41-10 3/4/24.4/NH

Kennewick 80, Pasco 65; K 96½, MOSES LAKE 48½; P 86½, ML 58½: xxLyon/K 42-8 3/4, Brischle/ML 10.4/22.8/53.0

Deaf School 94½, WOODLAND 83, Kalama 43½, LaCenter 35: Helm/DS 6-1½/43-3½/16.4, Whitmire/W 42-8 3/4/21-0/13-6 /from Steve Hansen/

Central Valley 117, MEAD 28: Ketrick/CV 23.0, Wilmoth/CV 178-5

UNIVERSITY 83, Coeur d'Alene/Ida 55: xxOverbeck/U 52.7

Fri Apr 19 (cold, overcast)

Clover Park 114, PUYALLUP 22: xKitchen/CP 10.4/23.2(headwind); Walker/CP 52.5, xLindholm/P 53.1; Ferdaszewski/CP 15.8; Drottz/CP 21.4, Ferdaszewski 21.5; xxTalley/CP 10:12.2, CP 44.6, CP 3:34.6, xxAdams/CP 42-1½, LaFleche/CP 53-8

FEDERAL WAY 69, Rogers/Puy 67: Hadway/R 4:24.8; Brisendine/FW 4:29.0, xD. Armstrong/R 4:30.8; xArmstrong 9:54.0, McKeown/FW 10:00.4; R 45.5, FW 45.7; Sweitzer/R 51-6/148-7

WASHINGTON 70, Jefferson 66: Arnold/W 21.3, Smith/J 21.5; xDzewaltkowski/J 4:30.0(triple), W 44.9, W 3:34.9, Turner/W 52.6, xxSlater/W 55-½(previous best 50-3½)

WEST VALLEY/Sp 111, Colville 34; WV 104, Clarkston 40; Clk 93, Col 48: Weitz/WV 4:35.8/9:56.6, xMann/WV 6-4, xxUnderwood/WV 6-0

Spokane City League, at Spokane Falls CC
(chilly, breezy) /from Bob Payne/
Ferris 102, Rogers 43: Hunt/F 23.0; Hunt 51.1,
xMorton/F 51.6, Link/R 51.6, Kerr/R 51.8; Beck-
man/F 1:58.4; Beckman 4:21.7, xRiley/F 4:32.6;
xRiley 9:33.8; xxLarrigan/F 6-1½, Adams/R 6-1½;
xFanning/F 13-0, Wold/F 51-11/156-0; Peterson/R
188-6, xHolzer/F 181-6; F 3:29.9
North Central 85, Lewis & Clark 60: Chapple/
LC 6-2½, Lehmann/LC 6-½; Davis/NC 13-6, Smith/LC
50-11

Shadle Park 86, Gonzaga 59: xHanna/SP 23.0; xx
Johnson/G 2:03.1, xxS.Conley/SP 2:03.2, Pilcher/
SP 4:36.1/9:45.2, Care/SP 6-1½; Batty/SP 44-3w,
Ferrante/G 42-11 3/4; Bertis/G 54-3½, G 3:31.5;
SP 44.7, G 44.9

East Valley/Sp 85, CHENEY 60; EV 93, Medical
Lake 52; C 87, ML 58: Langford/EV 10.2w,
xxWilmeth/EV 23.1w/20-10w, Southwick/ML 21.2w/
45-½w, xxMcNeal/C 6-2; Allen/EV 12-6, xNewsome/
EV 12-6; Lorenzen/EV 203-4, Van Matre/ML 187-10

Ingram Twilight, Vancouver(Columbia River)
(headwind, cold, rain) FPierce 109, Hudson's
Bay 102, East Bremerton 75, Columbia River 70
Newport 64, West Valley/Yak 57, Fort Vancouver 47

McDuffie/FP 50.4, xAdams/WV 51.4, Burns/Ft 52.8;
JoCox/CR 1:56.6 MR, xMilcic/EB 4:31.3/9:58.0,
Miller/HB 15.2; Howard/FP 20.5, Miller 21.0,
Dumont/EB 21.2, Tegen/WV 21.5; HB 45.4, EB 45.9;
FP 3:28.7, New 3:31.5, HB 3:32.1; (FP: Beck 51.0,
Howard 53, Huggler 53, McDuffie 50.2); McDuffie
44-11 3/4, Richey/CR 42-6; xWinter/N 13-0;
xVance/WV 56-1(previous best 51-7), xMartin/FP
50-5½; Ward/EB 171-7 /from Gordon Jones/

Woodway 83, Mountlake Terrace 50, Meadowdale 37:
Cook/W 10.0/6-2, xLindsey/W 21-2, Hocker/W 6-2,
xJones/W 43-2½

Seattle Prep 82, Lynnwood 54: Hall/L 4:21.4,
xStolp/L 9:46.2

Blanchet 83, Mariner 53: Gauche/B 15.3, xDunlap/
B 10.2, B 44.4, Fieser/B 51.9, Ganz/B 20.6,
xM.McGillivray/M 2:00.5, Tucker/B 2:00.6; M
3:31.6, Wren/B 50-8, Bernoski/B 21-9½

Renton 70½, Tyee 65½: Gilbert/R 15.5/6-3, Nealy/
R 20.9, Gilbert 21.2; xBlack/T 10.1, xKrause/T
10.1, xBlack 22.7/51.8, T 43.8; xxHikida/R 10:12.6
...3-xxxHanson/R 10:13.0

Highline 95, Lindbergh 41: Hopper 15.0/20.7/
21-8/42-2½(H), Borgens/H 23.0, Demchuck/L 6-1,
Merz/H 42-7 3/4

Mt. Rainier 88, Evergreen/Sea 48: Skaugstad/MR
21.4, Moran/MR 9:53.2, Gerry/MR 54-11 PR

Kentridge 95, Glacier 41: Williams/K 150-0,
Blocker/K 6-1

Cascade 76, Edmonds 60: Pedigo/C 174-5, Shelton/
E 6-6, McGrath/C 42-6, Pedigo 53-5

Everett 77, Snohomish 58: xxDoyle/S 10.1/23.0,
Dalum/E 52.0, E 3:32.3, Sicktich/E 170-0, Allen/
S 6-1, DeBellis/S 53-½

Kent-Meridian 71, Kennedy 64: Johnson/KM 51.6,
xxB. MacNeill/KM 2:01.0, Richardson/KM 152-10/
51-7½, KM 3:32.0

Auburn 76, Hazen 60: xCampbell/A 51.5, Gensberg/
H 52.3, Lennon/A 15.4/21.0, Hayden/A 21.4,
Helser/A 54-5 3/4

Interlake 79, Redmond 56: Griffin/R 10.1,
Kvietkus/R 15.5, Adelson/I 21.4

Mercer Island 83, Lake Washington 53: Gustafson/
LW 4:26.7, Thornton/MI 21.0, J. Ryan/LW 13-0,
xBurns/MI 6-4, Buckner/MI 50-4

Sat Apr 20

South Kitsap Inv, Port Orchard(afternoon windy,
rain; evening cool but no rain or wind):

Lincoln/T 117, Wilson 75, Lakes 36 1/3, Mt.
Rainier 36, Shelton 35 1/3, Sammamish & Mt.
Tahoma 31, Aberdeen 28, Washington 19, Juanita
17, Curtis 15½, Interlake 13, Pierce 12, Central
Kitsap 10½, West Bremerton 10 1/3; Rogers/Puy,
Elma, Timberline & Peninsula 10; Stanwood, Foss,
Port Angeles & Bellevue 8; Hoquiam, Tumwater &
Kent-Meridian 6, South Kitsap 5, North Kitsap 4,
Newport 2, Renton 1

Tinner/Li 9.9 =MR, Arnold/Wa 10.0, Hughes/Wi
10.1, Blanchard/Lk 10.2, xFactory/Li 10.2,
xxMichelson/Int 10.5; h: Tinner 10.1, Hughes 10.2

Tinner/Li 21.9(7th at head of straight), Blan-
chard/Lk 22.4, xTaylor/Fo 22.5, xxMichelson/Int
22.8, Goodson/MT 22.9, xSettle/Sh 23.4; h:
Tinner 21.9, Hughes/Wi 22.5(withdrew from final
because of quad pulled in 440r), xTaylor 22.6,
Blanchard 22.6, Goodson 22.9, xxMichelson 23.0,
xSettle 23.0; xWilliams/Wi pulled up 40y from
finish while leading heat

Tinner/Li 49.1 MR (3-time winner of this race in
this meet), Larson/Sam 50.5(II), Hartman/Tum
50.9, Davis/WB 51.1, xxThompson/Wi 51.3, Johnson/
KM 51.4, Turner/Wa 51.8, Heller/KM 52.5,
xxMentor/CK 52.5, xCoates/Fo 52.5, Mowery/Cu
52.9, xxDalton/Lk 53.4

Kiesel/Li 1:56.4 PR, xButler/Wi 1:57.3 PR,
xTorgerson/Cu 1:57.8 PR, xxB. MacNeill/KM 1:58.2
PR, xStaley/PA 2:00.1 PR, Fleming/Lk 2:00.1,
xBoyce/MT 2:01 .. first lap 56

Hadway/Rog 4:16.9 MR, xCelms/Wi 4:19.2(both even
at gun at 3:17; Celms tender hamstring), Lux/Ju
4:19.4 =1972 PR(lost 12 pounds past week),
Kiesel/Li 4:21.8 PR, Twitchell/Cu 4:23.7 PR,
Miner/Wi 4:24.8, xxLaVigne/SK 4:28.2, Smith/Fo
4:29..xChavis/PA 4:30

Billet/Wi 9:26.6, xCelms/Wi 9:27.8 PR, Manclark/
Lk 9:29.6, xxSpangler/Sam 9:30.0 PR(4th fastest
ever by state soph), Miner/Wi 9:36.6, xxDuCharme/
Wi 9:36.8 PR (1st 2M), xDe. Armstrong/Rog 9:39.8,
Wilson/Tum 9:40.8, Pegram/KM 9:46.6, Gutsche/
Tum 9:55.6, ?/Wash 9:56; Lux/J DNF

Moliner/Sh 14.9, Knutson/St 15.1, Dietiker/J
15.1, xSmith/Hoq 15.2, Washington/Fo 15.4, Gilbert/
Re 15.5..8-Goheen/NK NT; h: Moliner 15.0, Knutson
15.2, Dietiker 15.2, xSmith 15.2, xColeman/Lk 15.4,
Washington 15.5, Gilbert 15.5, Goheen 15.6,
xBellamy/Wi dnq

Arnold/Wa 20.4, Moliner/Sh 20.5(led over last
hurdle), Patterson/Li²⁰, Goheen/NK 21.0, xSmith/
Hoq 21.0, Jones/J 21.0, xBellamy/Wi withdrew,
hurt knee warming up; h: Arnold 20.3, Moliner
20.3, Goheen 20.4, Bellamy 20.7, Smith 20.8,
Patterson 20.8, Jones 20.9, Washington/Fo 20.9
Patterson/Li 22-3 3/4(some observers thought it
was a foul),xWilliams/MT 21-7 3/4, xFactory/Li
21-6 3/4, Dodds/CK 21-4 3/4, Allen/Wi 21-3
xAndrew/Li 46-0 PR MR, Chambers/MT 45-3½,
Morehead/Li 44-8 3/4, Krpan/J 44-5½, McCrary/El
43-11 3/4, xReeves/Wi 43-2, Cabaio/Tim 43-1 3/4,
Sullivan/PA 42-8 3/4

xMoore/FP 6-2, Marshall/Li 6-0

Carroll/Ab 13-6, Anderson/Sam 13-0, Wetherholt/
Lk 13-0, Dodds/CK 12-6 (vault box forced poles
to straighten too soon)

Gerry/MR 54-11, Ochsner/El 54-2 3/4, xMease/Cu
54-2, Hawkins/SK 53-9½, xxPill/Sh 53-0 PR,
xxSlater/Wa 52-10½, DeLong/Ab 52-4, Pellegrini/
Hoq 51-10, Hearnon/Wi 51-3/4, Fortun/Sam 51-0,
Richardson/KM 50-9½, xMartin/FP 50-1½(bad hand)

Copland/Ab 169-10 PR, Pellegrini/Ab 160-9,
Fortun/Sam 152-11, Midles/Tim 151-6, xMartin/FP
147-10

xSinclair/Pen 197-9(sore arm, 164+4 best in
evening), F. Miller/Sh 179-3, xArmstrong/Tim
176-10, Dent/WB 173-10

steep: Brouillet/Wi 9:49.0(4:57 mile), Glad/Bv
9:49.6, xStromski/PA 9:53.6, Budworth/MR 9:57.0,
xLarsen/MR 10:02.4, xCordle/Wi 10:06.2, xGlass/Li
10:11.8, xxR. Nelly/Wi 10:15.0, xxHikida/Ren 10:16.0
Lincoln(Factory-Newhart-Patterson-Jones) 44.0,
Wi 44.1, MR 44.2, Lk 44.6, Sam 44.7, CK 45.4; h:
Wi 44.0, Sam 44.4, Li 44.4, Lk 44.4, MR 44.7,
CK 45.2, Hoq 45.3

MR (Shank-Mowery-Bort-Anderson) 1:33.2, MT
1:34.1, Int 1:34.8, Li 1:35.2, New 1:36.0...7-Wi
NT (led at last exchange, dropped baton)

Li (Kiesel 52.1, xxJones 54.2, xxWoods 54.4,
Tinner 47.6) 3:28.1, Wilson (Sipes 53.3, xBottiger
53.2, xButler 51.3, xxThompson 52.1) 3:30.0,
Shelton (James 54.5, Mortensen 52.8, Wilson 51.3,
M.Settle 51.7) 3:30.3, Mt.Rain (Schenk 53.2,
Anderson 51.6, Popoff 53.6, Bort 52.3) 3:30.7,
Samm 3:31.3, KM 3:31.8, New 3:32.3, Foss 3:32.4,
NK 3:35.1 /with help from Craig Bekins/

Metro Relays, Seattle/UW(rain)

Hale 81, Sealth 50, Seattle Prep 46, Shoreline 40-1/2, Garfield 38, Shorecrest 37 1/2...
2MR: Ballard 8:14.5...5-Lincoln (Frick 1:56.1)
6-Shoreline(xCunningham 1:59.1); 2-Sealth (Arbuckle 1:59); 440R: H(xDeSalvo-Hoffman-xHoney-Wubbens) 44.2, Garfield 44.3, SP 44.8; 880R: Gar(Patton-Hall-Wooten-Colbert) 1:31.9, H 1:33.9; MR: H(Hoffman-Burd-Anderson-Wubbens) 3:30.1; 4MR: H(Radosevich-Taylor-Reightley-Shaw) 18:18.6; Barnes/Fr 55-1, Chaddick/Ing 50-0; xEagon/Shrl 6-4, Armstrong/H 6-2; Salvage/Shrl 22-0, xHoney/H 21-3 1/2, Terry/SP 21-2 1/2; Clausen/Shrc 13-0(only vault). The meet ended in typical Metro fashion: complaints filed that the winner, Hale, was using an inappropriate baton(smaller, with stripes). One thinks that Metro coaches are concerned mostly with rules and regulations, not track.

Davis Inv, Yakima/Ike(sunny, very windy)

Eisenhower 50, Ellensburg 41, Wenatchee 34, Davis 27, Wapato 25, Moses Lake 21
Brischle/ML 9.9w, Allen/We 10.1w; Brischle 22.8w, xWoodward/D 52.8; Groth/Wa 1:57.4, 2-2:06...
4-Allen NT, Kraft/E 4:36.3, Wa 45.7, Bach/El 14.4w/20.7w, Garrison/El 6-4 MR, Gill/El 14-2 1/2
MR, Allen 22-8w, Hocker/El 43-9w, Ringe/El 153-2
/from Rat Ehrman/

Prosser Inv, Prosser(very windy)

Hanford 172, Sunnyside 89, Grandview 84, Mabton 63, Prosser 57, Hermiston/O 39, Kittitas 20
xxSharpe/M 10.2, Lindsey/Ha 15.4, Linehan/Su 20.6, Seebeck/Su 2:01.6/4:41.2, Vigil/P 10:12.2, Harris/G 20-0/42-8, LaRiviere/G 49-2 1/2, Han 45.6, Dudley/Ha 14-0/23.1

Gonzaga Inv, Spokane(Gonz) (anything you wanted: rain squall, breezy, sun)

Central Valley 68, Ferris 52, Shadle Park 33, University 31, West Valley/Sp 25, Gonzaga 23, North Central 18, Mead 12: Hunt/F 10.5/23.1, xHanna/SP 23.1; xMorton/F 52.2, Kettrick/CV 52.4; xxOverbeck/U 2:02.0, Pilcher/SP 4:34.0, Rueckert/CV 10:03.6, Eickerman/CV 15.9, Plum/CV 21.7; xMann/WV 6-2, Care/SP 6-2, xxUnderwood/WV 6-1, xxRoberts/CV 6-0; Walker/U 20-5 1/2, Ferrante/G 42-5 1/2, Bertis/G 52-4, Loyd/CV 143-5, Wilmoth/CV 190-6, Kirschner/CV 183-7, xHolzer/F 174-3; xB. Fanning/F 13-0, SP 45.0, F 3:31.8
/from Bob Payne/

COLLEGE, JUNIOR COLLEGE, OPEN

Dave Andrews, JT'er from Central, is turning out for his second sport. He tried to be a pitcher on the Wildcat baseball team, was out and turned out for track, where he has already thrown 220+...Apologies to Keith Tinner and John Klaus for leaving them off recent lists. Keith ran 60.7 in the 500y indoors and John has run 49.0 this Spring. Sorry!...Joel Braggs is now eligible again, after making up some incomplete grades...Reed Mayer did not run for Duke all winter due to a leg injury, but is ready to go outdoors. That means he may get to run in the Penn Relays...Two ex-Central Kitsap JT'ers almost met at the Texas Relays. Tom Tennis of Kansas and Sigg Busha were teammates at CK. Only Tennis threw, however, as Busha is redshirting with arm and elbow troubles...Rick Hebron, distance ace of Eastern, is temporarily in Montreal, Canada for classes in EWSC's special foreign language school...Dean Clark, WSU's fine steepler, will redshirt due to slow recovery from injuries. Dean was 3rd in last year's NCAA.

Washington Track & Field News

3835 Wallingford Ave. N.
Seattle, Wash 98103
\$5 a year

High-school news: Jack Pfeifer, 3835 Wallingford; 206-634-3647
College news: Mike Hubbard, 5004 236th Pl. S.E., Woodinville 98072; 206-485-4122

March 30

SFCC Relays. Bentley(BCC) 15.9(5)/57.4(4). Ernst(BCC) 14-On.

April 6

Carolina State Record Relays. Neimi(Harvard) 154-9(7) DT.

Mt Hood Track Festival. Team Scores: Mt. Hood 219, ... MH 43.2/3:31.5. Garrison(MH) 51.7. Icenogle(MH) 44-2 3/4(SP). Serdar(MH) 10.1/22.5. Peterson(MH) 57.6/21-2(3). Barr(MH) 1:58.4. Herbert(MH) 146-9. Yendork(MH) 21-5 3/4(2)/43-7.

Idaho-BCC-SFCC. B 43.8(4). Beasley(BCC) 14-On. Crothers(BCC) 51.5.

April 12

Texas Relays. JT, Tennis(Kansas) 231-1(4). DT, McGoldrick(Texas) 187-2.

Staters TC 85, Highline 58, Clark 32. Murray(H) 4:12.5/1:55.3. Butler(C) 15.3. Small(H) 9:18.6 2M. George(C) 43-7 3/4. Trimble(C) 23.3(4) 52.0. C 43.9m(2).

April 13

LINFIELD 94, Pacific Lutheran 47. M.Smith(P) 50-11(2)/168-11. Salzman(P) 15.3(2)/6-4/21-0 1/2(3). MT HOOD 93, Oregon JV 48. Icenogle(M) 48-11 1/2. MH 42.6/3:27.3. Barr(M) 4:18.3(2). Hemminger(M) 15.4; Bell(MH) 15.5. Yendord(M) 44-11 1/2. Serdar(M) 10.1(2)/21.8. Fanning(M) 10.1/22.3(4). Thomas(M) 51.4; Utter(M) 51.6; Garrison(M) 52.8(5)/22.4(5). Schaffer(M) 57.9. Reed(M) 1:58.1. Peterson(M) 59.3(2)/21-10 3/4. 3M, Taylor(O) 13:54.3; Williams(O) 13:58.6; McChesney(O) 13:59.4. Herbert(M) 149-9(2)/5-10(2)/42-11 1/2(3). UCLA 93, Oregon 61. 3M, James(O) 13:55.6.

April 16

Boston Marathon. Norman Bright finished 276th to win the over-60 division in 3:00:10. John Hays, former Curtis runner, was 76th in 2:32:00.

April 20

Washington 85, OREGON STATE 78. HT, Ballwey(W) 181-1; Cramer(O) 174-2; Eeguhl(W) 164-4. SP, Vincent(W) 59-9 3/4 PR; Schmidt(O) 59-6 3/4; Cramer 58-11. St, Hill(O) 8:53.8; Holmes(W) 8:54.8; Rees(O) 9:03.8; Glad(W) 9:39.2; Herbert(W) 9:53.2. 400m R, O 40.5; W 40.8. JT, Atwood(W) 238-4; Ewaliko(W) 235-7; Heide(O) 233-0 (had long throw blown out of sector). LJ, Martin(W) 23-9 3/4; D.Brown(O) 23-8 1/2; Luehrs(O) 23-1 1/2; Hinkley(W) 22-10 1/4. Mile, Ebba 4:04.2; Albright(W) 4:08.8; Amaya(O) 4:09.6; Rutter(W) 4:12.2; Winger(W) 4:21.0. Hh, Lavery(W) 14.3; Snyder(O) 14.4; Gillette(W) 14.9. 3M, Amaya(O) 13:48.4; Braun(W) 13:58.8; R.Brown(O) 14:07.8; Anderson(W) 14:54.6. TJ, Rimm(O) 50-5; Hinkley 49-4 3/4; Winchester(O) 48-6; Clark(W) ???. 1600m R, W 3:11.7 (Lavery 48.8 est; Byrne 47.6 est; Gibson 48.2; Hicks

(continued on back page)

* * BOOKS * *

State High School Annual	\$1.00
National High School Annual (Track & Field News)	1.50
Finnish Running Secrets	2.50
Dave Wottle Story	1.50
Shoes for Runners	1.95
new for you decathlon nuts	
I.A.A.F.-approved Metric Conversion Tables(from Britain)	2.25

(add 25¢ per book for postage)

CC BESTS (4-17-74)

100 yards (10.2)
 9.6 Chris Braithwaite(Sp)
 9.7n Gary Carew(Sp)
 9.8 Randy Bryant(Y)
 9.8n Bob Masterman(Y)
 10.0 Bill Serdar(MH)
 10.0h xBrad Cossette(SF)
 10.0 xGlen Norris(SF)
 10.0n John Smith(E)
 10.0h xClayton Walkes(Sp)
 10.0n Gary Bowsher(Sh)

220 yards (22.6)
 21.8 Chris Braithwaite(Sp)
 21.8 Bill Serdar(MH)
 21.9n Gary Carew(Sp)
 22.1nw xPat Clifton(Sp)
 22.1nw Keith Morgan(Sp)
 22.2n xJohn Klaus(Sp)
 22.3n Mark Fanning(MH)
 22.3n Denzil Davis(Sp)
 22.4n Jim Williamson(Sp)
 22.4n Mark Garrison(MH)

440 yards (50.2)
 48.6 Denzil Davis(Sp)
 48.6 Regi Brown(Sp)
 49.0n xJohn Klaus(Sp)
 49.6n Jim Williamson(Sp)
 51.4 John Thomas(MH)
 51.5 xReed Crothers(B)
 51.6 Dan Johnson(E)
 51.6n Jeff Utter(MH)

880 yards (1:57.2)
 1:55.3 xTim Murray(H)
 1:55.3n xTom Charouhas(SF)
 1:56.1 Pete Grove(E)
 1:56.2 xLarry Woodworth(E)
 1:56.3 Dave Reed(MH)
 1:56.4 Randy Rolph(Sp)
 1:56.5n Al Weicker(B)
 1:57.0 Chris Greyell(H)

Mile (4:22.6)
 4:12.5 xTim Murray(H)
 4:14.9 xJim Hennessy(Sp)
 4:15.1 xGreg Gustafsson(Sp)
 4:16.4n Steve Wilson(Sp)
 4:17.2n Randy Rolph(Sp)
 4:17.3 xMarty Gwinn(SF)
 4:18.3n Graham Barr(MH)
 4:19.1n Joe Stewart(H)
 4:20.5 Greg Beyerlein(E)
 4:20.5 Jeff Frazier(B)

2 Mile
 9:04.2n xRick Whitaker(Sp)
 9:05.0n Kurt Beckman(Sp)
 9:16.0n xJim Hennessy(Sp)
 9:18.6 John Small(H)

3 Mile (15:30.0)
 13:53.0 xRick Whitaker(Sp)
 13:53.8 Kurt Beckman(Sp)
 14:05.8n xJim Hennessy(Sp)
 14:22.8 Scott Knoblich(B)
 14:24.4n xRobin Stone(Sp)
 14:30.0 xBryan Geisler(Sp)
 14:37.0n xDana Zentz(SF)
 14:39.0 Joe Stewart(H)
 14:39.2n Don Martin(Sp)
 14:43.0n John Small(H)
 14:49.2n Tom Stacey(Sh)
 14:53.8n xSkip Wright(SF)
 14:57.0n xDave Rains(SF)

Steeplechase
 9:41.6 xDave Rains(SF)
 9:53.8 xDarcy Staples(Sp)
 10:21.8n xLarry Stave(E)

Marathon
 2:29:26n Greg Beyerlein(E)
 6 Mile
 28:51.0 Kurt Beckman(Sp)
 30:45.0 Greg Beyerlein(E)

120 yard HH (15.7)
 14.7 Jim Sedge(Sh)
 14.8n xCarey Washington(SF)
 14.9 Syd Lofton(Sp)
 15.0n xMark Diamond(E)
 15.0n Paul Johnson(Sh)
 15.2nh xSteve Ulvestad(Sh)
 15.3 Tom Butler(C)
 15.4 Clay Hemminger(MH)
 15.5n Mike Platt(SF)
 15.5 Erv Brown(SF)

440 yard IH (56.6)
 55.6 Syd Lofton(Sp)
 56.7 xSteve Ulvestad(Sh)
 56.8n Mike Platt(SF)
 57.3 Jim Sedge(Sh)
 57.4n Mike Bentley(B)
 57.6 Ralph Peterson(MH)
 57.9 Kim Schaffer(MH)

440 Relay (43.5)
 42.3 Spokane
 42.6 Mt. Hood
 43.1n Spokane Falls
 43.8n Bellevue
 43.9nm Clark

Mile Relay (3:28.2)
 3:17.1 Spokane
 3:23.9n Spokane Falls
 3:25.4 Highline
 3:25.6 Mt. Hood
 3:26.1n Bellevue
 3:27.5 Everett

PV (13-6)
 15-0 xKen Wenman(Sp)
 14-6 xTerry Bingham(E)
 14-6 Bruce Beasley(B)
 14-4 xJohn Winters(Sh)
 14-3 xDan Hoff(Sh)
 14-0n Jerry Mathews(SF)
 14-0n xTod Henningsen(E)
 14-0n Ken Matson(B)
 14-0n Phil Gove(GR)
 14-0n Don Blanchard(Y)
 14-0n Paul Ernst(B)
 14-0n Dave Delp(Y)

HJ (6-2)
 6-11 Joel Braggs(B)
 6-10 xDoug MacDonald(E)
 6-6n Tom Bakken(H)
 6-6 Erv Brown(SF)
 6-6 Greg Mitchell(Sp)
 6-5n Ross Estes(Y)
 6-4n xRay Guice(SF)
 6-4 Chris Roberts(SF)
 6-4 Rick Schoenfeldt(E)
 6-4n Mike Boland(WV)
 6-4n xVerne Thompson(B)

TJ (44-2)
 46-4½ xRay Guice(SF)
 45-8 Ron Cahill(WV)
 45-1n Phil Hunt(SF)
 45-1 Mike Carlton(H)
 44-7½n xJohn Ziebarth(B)
 44-5½ Mickey George(C)
 44-0½ Art Hawkins(WV)

add:
 44-11½ Charles Yendork(MH)

LJ (22-0½)
 22-9 Mike Hahn(Sh)
 22-7½ Jerry Mathews(SF)
 22-4½n xRey Delago(SF)
 22-2 ¾ Paul Holmes(Y)
 22-0 ¾n Clydell Atkins(SF)
 22-0¼ Bob Masterman(Y)
 21-10 ¾ Ralph Peterson(MH)

SP (47-7)
 52-1½ Oscar Nelson(WV)
 51-2½ Howard Banks(Sp)
 48-11½ Rick Icenogle(MH)
 48-11½ xCarl Smith(SF)
 48-10n Jack Fisher(O)
 48-4 ¾n xDon Allermersch(SF)
 47-6½n Steve Kirk(Sp)
 47-3n Mike Gillespie(Y)
 46-11n Gordon(Y)
 46-1n Chuck Anderson(H)

DT (141-2)
 155-5 Ray Hanson(Sp)
 149-9 Cliff Herbert(MH)
 140-7n Oscar Nelson(WV)
 139-4n xDon Allermersch(SF)

JT (194-4)
 217-2 Tripp(Sp)
 211-7 Steve Brooks(E)
 210-5n Gary Oberg(Sp)
 204-6 xDave Komar(SF)
 199-0n xDoug Miller(SF)
 197-7n xLesRyan(SF)
 191-6n Casey McGill(Y)
 190-2n Bob Krause(SF)

Like to take pictures?

We now have the capability of using photographs in the newsletter.

If you have access to any good pictures -- preferably action -- taken during the season, send them along and we'll try to use them.

Be prompt. They will be returned if you wish, but we're also going to try to develop a 'photo file.'

Be sure to include details of who is in the picture and what meet it is from. Instamatic and Polaroid photos tend to be unusable.

47.1) 0 3:12.4 (Atuahene 46.4). 440, Hicks 48.5; Henry(O) 48.7; Garrison 49.0; Widell 50.2. 100, Atuahene 9.7w; Davis(W) 9.9; Morris(O) 9.9; Carr 10.1. 880, Gibson(W) 1:50.2(1:49.4m); Henderson(O)1:51.7; Albright 1:53.9; Byrne(W) 1:54.5. IH, Lavery 51.8(51.7m); Oveson(O) 52.3m; Casey(O) 52.5m; Belur(w) 54.2. PV, Lipscomb(O) 16-0; Taylor(W) 15-6; Paton(O) 15-6; Cole(W) nh. 220; Elkins(W) 21.5; Atuahene 21.5; Carr 22.0. DT, Chambul(W) 176-7; Earl(W) 174-4; Cramer 156-11; Beguhl 155-8. HJ, Fleer(O) 7-2; Woods(O) 7-2; Clark(W) 6-10 PR. add: Gillette fell in intermediates; Holmes 14:16.4(4); Sutherland(W) 52+; Amaya elbowed, shoved, cut off, spiked Braun in 3M.

OREGON 92, Washington State 61. HT, Perkins(O) 177-3; Eklund(O) 171-2; Ewing(W) 167-9. LJ, Delamere(W) 24-4 3/4; Blackman(O) 24-3 3/4; Ladowski(W) 21-6 1/4. JT, Carter(O) 253-2 (4 over 240); Kramer(W) 226-3; Daniel(O) 214-11. SP, Moore(W) 57-8 3/4 PR; Hill(O) 56-9 1/4; Banich(O) 53-9. St, Lathers(O) 8:43.0; Hammitt(O) 8:55.8; Adams(W) 9:12.2; Fleet(W) 9:19.0 (spike caught in barrier 1st lap, fell, lost shoe). 440 R, 0 40.4; W 40.8. Mile, Feig(O) 4:00.4; Daggatt(O) 4:03.8; Spir(O) 4:06.1; Harper(W) 4:06.8. PV, VanDevanter(W) 15-6; Hatfield(O) and Brigham(O) 15-6. HH, Ngeno(W) 13.8; Whigham 14.5; R.Moore(O) 14.9. 440, Geisa(W) 47.7; Keitges(W) 48.2; Bowen(O) 49.2. 880, Bence(O) 1:49.6; Scott(W) 1:50.5; Feig 1:51.2. HJ, Rasmussen(W) 6-10 1/4; Fries(O) 6-10 1/4; Darnielle(W) 6-10 1/4; Braach(W) 6-6 (football, weights during week). 100, Peterson(O) 9.5; Minor(W) 9.5; Crawley(O) 9.6. TJ, Delamere(W) 50-2; Bilusak(O) 49-9 1/4; Kimble(W) 48-11 1/2. DT, McCourtie(W) 172-3; Miller(W) 171-2; Voorhees(O) 166-9. IH, Wilkinson(O) 52.0; K.Ngeno 52.8; R.Moore 54.0. 220, Minor 21.3; Dukowski(O) 21.3; Peterson 21.6. 3M, Geis(O) 12:55.8 (7th best ever, 3rd best American); Ngeno 13:01.0; James(O) 13:36.0 PR. (Ngeno pace setter until 220 left: 64-65-63-63/4:15/65-65-66-65/8:36/66/68/67/64). Mile R, 0 3:14.8; W 3:18.2. add: Noble 9.6/21.7; Stoffel 1:51.8(4); Murphy 13:41.0(4); Higginson 9:19.6(5); Moore 156-1; Dulek 201-8.

Simon Fraser Invitational. Team Scores: SPC 67, CNW 18(6); Husky Spikers 14(8). Sommer(SF) 150-9 HT. Nickels(UBC) 46-11 3/4. HJ, Hawkins(UBC) 6-9 1/2. PV, Kane(SF) 15-1. DT, Hansen(SPC) 145-0. JT, Bacon(NYAC) 205-10. LJ, Cuttle(UBC) 23-3 1/2. HH, Harris(CNW) 14.7m. 400m, Bates(SPC) 50.0. 800m, Thun(SPC) 1:55.8. 200m, Newing(CNW) 22.2. IH, Henizel(HSC) 54.1m St, Sooter(SPC) 9:10.2. 1600m R, SPC 3:22.4

Puget Sound 86, WESTERN 77. Magee(W) 10.0. Catalinich(P) 22.6/49.3. Mittelstaedt(P) 4:36.1/14:22.2. Vorce(W) 14.8/53.7. Seaburg(P) 15.2/59.0. W 42.8/3:43.2. Horwitz(P) 48-8. Bingham(P) 145-2. Johnson(P) 218-6. Rowe(P) 23-0 1/2/49-4 3/4 PR,SR. Thompson(W) 45-8 1/2(2)/14-6. Wasielewski(P) 44-4 1/2. Ramoska(P) 14-6; Bass(P) 13-6. St, Fuller(W) 10:07.2; Wirtz(W) 10:07.2. /from Dick Kunkle/

Willamette 72, Pacific Lutheran 71 1/2, Whitworth 44 1/2. (Willamette won mile relay by 0.1 and won the meet in the last event) Knudson(P) 10.2/23.1 Whitley(P) 50.4. Hegg(Wh) 56.7/2nd JT. P 3:25.8(2) Smith(P) 49-7 1/2/176-8 PR, SR. Wilson(P) 46-8 1/2. Rutledge(P) 44-4; White(P) 44-4(3). Dec(19,20) Lucas(Ore St) 6774; Salzman(P) 6639 PR (10.8/22-5 1/2/37-8/6-4/55.2/15.1/108-11/13-0 1/4/159-7/5:32.6) (as of 4/17, best in nation for NAIA) /from Dick Kunkle/

IDAHO 73, Central 42, Eastern 40, Spokane Falls 39. PV, Mathews(SF) 15-0 PR; Solliday(E) 14-6(4). LJ, J.Brown(E) 23-10 3/4w; Atkins(SF) 22-10 1/4w; Mathews 22-3. SP, Crull(I) 55-2 1/2; Garske(E) 50-5; C.Smith(SF) 48-3 1/2. TJ, Scott(E) 49-6 1/2w; C.Jones(C) 47-5 1/2w; Guice(SF) 45-8w. Andrews(C) 206-9; Miller(SF) 199-0 (3rd meet of season at that mark); Komar(SF) 196-4; Ryan(SF) 194-0. DT, Crull(I) 163-5; S.Thompson(E) 156-7. St, Sorey(I) 9:35.4; Ardissono(C) 9:59.8. Mile, Ramach(I) 4:20.6; Sobotta(E) 4:20.7. HJ, Hegland 6-6 1/2; E.Brown(SF) 6-4. HH, Martin(I) 14.6w; Worswick(C) 14.6w; Platt(SF) 14.7; Freeburg(C) 14.7. Ard(C) 50.7. 100, Porter(I) 9.7w; Bergman(I) 9.8; W.Richards(SF) 9.8; Combs(E) 9.8. Day(I) 1:59.2. Tegan(C) 57.4. 220, McKenzie(I) 21.2w; Bergman 21.3; Combs 21.6; Sartz(E) 21.7. Brooks(I) 14:56.8. C 3:25.8; E 3:26.5. SF 42.8; I 42.9; E 43.2. /from Bob Payne/

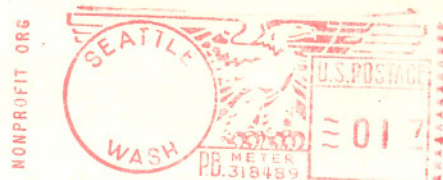
Mt Hood Relays. Team Scoring: Spokane 118, Monmouth TC 112, Mt Hood 81, Portland TC 59, Lane 57, OSY JV 45. JT, Tripp(S) 196-7(3); Oberg(S) 195-8(4). SP, Banks(S) 50-2(2); Ice-nogle(MH) 49-0(4). HH, Lofton(S) 15.1. PV, Wenman(S) 15-6; Crook(MH) 14-0(3); Teig(MH) 14-0(4). Mile R, S 3:16.5 (R.Brown, Klaus, William-sion, Davis). 440 R, S 41.9(Morgan, Wenman, Carew, Braithwaite), Mth 42.2. 2Mile R, OSU 7:47.0; MH 7:52.8(3); S 8:09.7(5). DM R, S 10:23.8 (Keiper, Lofton, McDonnell; Beckman), MH 10:30.4 DT, Bakkensen(P) 165-11; Hanson(S) 159-6; Herbert(MH) 154-3. SM R, S 3:31.6. 880 R, S 1:28.0; MH 1:30.0(4). 4 M R, S 17:01.8 (1.4 from national JC record, lapped all other teams) (Wilson 4:16.8; Whitaker 4:16.6; Hennessy 4:12.6; Gustafson 4:15.7). HJ, Graham(L) 6-10 1/2; Mitchell(S) 6-8 1/2. Montana-Montana State. Spear(M) 22-1 3/4. /from Bob Payne/

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