

3/29

SPAL opens track season

With five teams still undefeated in nonleague competition, the South Peninsula Athlete League opens its track and field season with three meets Thursday.

League favorite Carlmont (5-0) welcomes Menlo School (0-3); Sequoia (3-0) goes to San Carlos (4-0) and Woodside (4-0) is at Menlo-Atherton (6-0), all at 2:45 p.m.

Woodside downed Bellarmine, 78-58, and Sequoia trimmed Half Moon Bay, 75-60, in road meets which raised the Sequoia District's combined record to 22-0.

Tony Thompson, still undefeated this season, ran his top 220 for Woodside, hitting 22.4 on the San Jose City College track.

Woodside 78, Bellarmine 58

440relay—Woodside (Washington, Loud, Fowler, Thompson) 43.9; 120 HH—Benzer (B) 15.8; 880—Thompson (W) 2:03.5; 100—Washington (W) 10.2; 440—Washington (W) 53.3; 2-mile—Borba (B) 10:15.7; 330 LH—Benzer (B) 40.1; 220—Thompson (W) 22.4; Mile—Borba (B) 4:40.5; Mile relay—Woodside (Willis, Washington, Corless, Thompson) 3:33.1.

SP—Paleologos (W) 51-1; Dis.—Lewis (W) 143-5; LJ—Loud (W) 21-1; TJ—Loud (W) 44-5; PV—Reider (W) 11-6; HJ—Glikbarg (W) 5-6.

F-S: Woodside 73, Bellarmine 63.

Thompson wins but so doe

Tony Thompson is still definitely Tony the Tiger among South Peninsula Athletic League sprinters.

Chris Morton has issued his response to a personal challenge in the shot put.

And Rick Luttrell has served notice that if he can't be the best high hurdler in his own league, then he can at least be the second best in the Central Coast Section.

That trio contributed the most noticeable efforts among a liberal sprinkle of standout showings in the drizzle during Thursday's opening round of SPAL dual track meets.

Menlo-Atherton raised its overall win streak to 21 with an 87-49 triumph over visiting Woodside, although the Wilcats' Thompson dominated the meet by turning back M-A's fine junior, Art Nicholson, in the 440 and 220.

Carlmont's overwhelming SPAL title favorites swamped visiting Menlo School, 129-7. But the Knights, even thinner than usual due to illness, received the five prime points via Morton's 55-0 1/4 shot put.

And, as San Carlos whipped visiting Sequoia, 89-46, Luttrell was a mighty classy runnerup to Sequoia star Malcolm Dixon in a high hurdle race which produced the two top legal CCS season bests, 14.1 and 14.4.

"After Thompson ran that 2:03.5 880 (in a Tuesday nonleague meet), I didn't think he could come back like that," said awed M-A coach Plato Yanicks of the Woodside

flash, the defending SPAL 440 champ and fourth-placer at CCS last year.

"It really was a classic race on an extremely slow track," added Yanicks. "Their times (50.5 and 50.6) would have been in the 49s on a decent day. What a tremendously smooth and relaxed runner Thompson is — a great athlete."

Woodside also could cheer sophomore Eric Washington's 10.4 100 victory over the talented Nicholson. But otherwise it was all M-A,

including a good 880-mile double by Leonard Sperandio and Steve Bruce's triple win.

M-A's win streak is in definite danger in the second dual round next Thursday at San Carlos in what should be an excellent meet—good enough to win the title in most any circuit without CCS power Carlmont.

The second SPAL round next Thursday matches M-A at San Carlos, Woodside at Carlmont and Menlo at Sequoia.

es M-A

M-A 87, Woodside 49

440 rel.—M-A (Miller, Woodson, Bruce, Nicholson) 46.5; 120 HH—Plate (M) 16.7; 880—Sperandio (M) 2:01.6; 100—Washington (W) 10.4; 440—Thompson (W) LH—Bruce (M) 42.5; Davies (M) 10:18; 330 LH—Bruce (M) 42.5; 220—Thompson (W) 22.6; Mile—Sperandio (M) 4:40.2; Mile rel.—Wood (Willis, Laundre, Washington, Thompson) 3:40.7; HJ—tie between Glikborg (W), Holcomb (W) 5-10; LJ—Bruce (M) 21-5 1/4; TJ—Bruce (M) 42-8 1/4; PV—Crumpler (M) 13-1; SP—Awbrey (M) 52-6 1/4; Dis.—Awbrey (M) 150-8.

JV—Woodside 69, M-A 67.

Freshmen—Woodside 79 1/2, M-A 56 1/2.

Carlmont 129, Menlo 7

440 rel.—Carl. (Arnold, Cheadle, Carrion, Ribera) 44.0; 120 HH—Ribera (C) 15.3; 880—tie between Newton (C), Herrera (C) 2:03.0; 100—Carrion (C) 10.2; 440—Cheadle (C) 53.8; 2-mile—Love (C) 9:25.3; 330 LH—Ribera (C) 40.8; 220—Arnold (C) 23.1; Mile—tie between O'Connor (C), Mellquist (C) 4:40.3; Mile rel.—Carl. (Cheadle, Carrion, Arnold, Ribera) 3:34.7; SP—Morton (M) 55-0 1/4; Dis.—Hunter (C) 132-9; HJ—McGinnis (C) 5-10; LJ—Thompson (C) 19-9; TJ—Thompson (C) 43-3; PV—Allen (C) 14-0.

JV—Carlmont 118, Menlo 10.

Freshmen—Carlmont 108, Menlo 28.

San Carlos 89, Sequoia 46

440 rel.—SC (Baker, Williams, Gillooley, Beal) 43.8; 120 HH—Dixon (S) 14.1mr; 880—Waters (SC) 2:08.5; 100—Oravillo (S) 10.0fmr; 440—Beal (SC) 51.6; 2-mile—Carroll (SC) 11:02.5; 330 LH—Luttrell (SC) 38.7mr; 220—Oravillo (S) 22.2mr; Mile—Waters (SC) 4:43.0; Mile rel.—SC (Gillooley, Williams, Luttrell, Beal) 3:29.1mr; SP—Turner (S) 47-7 1/2; HJ—Dixon (S) 6-3fmr; LJ—Robinson (SC) 19-6 1/2; Dis.—Mitchell (SC) 124-11; PV—Prescott (SC) 12-0; TJ—Robinson (SC) 41-5.

JV—Sequoia 82, San Carlos 54.

Freshmen—San Carlos 74, Sequoia 54.

3/31

Track

SPAL GIRLS TRACK

440 rel.—M-A (Galvez, Earle, Taylor, Daniels) 53.4; 110 LH—King (M) 17.7; 880—Amsbaugh (M) 2:39; 100—Daniels (M) 12.0; 440—Nowak (W) 70.0; 2-mile—Cator (W) 12:45; 220—Daniels (M) 27.4; Mile—Zele (W) 5:57.4; Mile rel.—M-A (Melbye, Daniels, Earle, Amsbaugh) 4:32.4; HJ—King (M) 5-0; LJ—Ladbetter (W) 15-10; SP—West (M) 32-11; Dis.—Johnston (M) 90-2 1/2.

Sequoia 86 1/2, SC 23 1/2

440 rel.—Seq (N. Colon, Gallagher, Elkins, L. Colon) 51.6; 2-mile—Wolfe (S) 12:06.6; 880—Preisser (S) 2:28.6; 100—N. Colon (S) 11.6; 440—Preisser (S) 61.5; 220—Mandolfo (S) 28.4; Mile—Wolfe (S) 5:38.0; Mile rel.—Seq (Preisser, Elkins, L. Colon, N. Colon) 4:15.9; SP—Barker (S) 41-8 1/2; HJ—Barros (S) 5-2; LJ—Will (SC) 14-8 1/2; Dis.—Lombardi (S) 92-9.

Carlmont 105, Castilleja 3

440 rel.—Carl (Milligan, Otto, Hadnick, C. Greene) 51.9; 2-mile—Davis (C) 13:10.4; 110 LH—Otto (C) 16.8; 880—Folanini (C) 2:30.7; 100—Milligan (C) 11.7; 440—Jungsten (C) 61.5; 220—Hadnick (C) 27.0; Mile—Nielsen (C) 5:43.9; Mile rel.—Carl (Jungsten, Otto, Folanini, Miller) 4:20.5; SP—Carrozz (C) 33-5 1/2; Dis.—Flaherty (C) 84-5 1/2; LJ—Hadnick (C) 15-5; HJ—Boyle (C) 5-1.

A16

SI crushes Lancers

Powerful St. Ignatius High virtually wrapped up the West Catholic Athletic League track and field dual title in a league opener Wednesday, whipping a respectable St. Francis unit, 101-35.

Meanwhile, double sprint winner Andy Damonte and miler Tom Jacobs led Serra to a pair of wins, 81-51 over Sacred Heart and 105-16 over Mitty, at Serra.

St. Francis' top effort was a season-best 4:36.9 mile victory by Pat McCarty of Menlo Park. SI's state meet veteran shot putter, Bruce Parker, extended his Central Coast Section lead to 59-1½.

Parker, whose season topper was 57-7, had a series of 58-10, 59-1½, 59-0 and three near-miss fouls of better than 60 feet.

ST. IGNATIUS 101, ST. FRANCIS 35
 440 relay — SI 44.0; 120 HH — Williams (SI) 14.8; 880 — tie, Tristant (SI), Brugnora (SI) 2:01.8; 100 — Pacaldo (SI) 10.2; 2-mile — Hanawalt (SI) 9:43.0; 440 — Ramirez (SF) 53.6; 330 LH — Williams (SI) 38.9; Mile — McCarty (S) 4:36.9; 220 — Pacaldo (SI) 23.0; Mile rel. — SF, 3:42.0.
 SP — Parker (SI) 59-1½; PV — Roach (SI) 13-6; LJ — Carr (SF) 21-4; TJ — Vitale (SF) 44-3; HJ — Pacaldo (SI) 6-1; Dis. — Parker (SI) 150-11.
FROSH-SOPH: St. Francis 70, St. Ignatius 66.

417

Prep track: It's a total washout

Mountain View High track coach Neil Forsythe was about ready to switch sports Thursday when he took a look at his school's track.

"Unfortunately, I couldn't issue snorkels," Forsythe said.

Ten of Thursday's 11 scheduled meets from the Santa Clara Valley Athletic League, De Anza Athletic League and South Peninsula Athletic League were washed out.

Sequoia tromped Menlo School 78-47 in the SPAL in the day's only meet.

Most of the rainouts have been rescheduled as follows:

SCVAL—Awalt at Wilcox, Buchser at Los Altos and Santa Clara at Mountain View, April 11, Peterson at Cubberley, April 17.

DAAL—Sunnyvale at Homestead, April 10, Saratoga at Cupertino were to run today.

SPAL—Menlo-Atherton at San Carlos, April 10, Woodside at Carlmont, April 17.

A11

M-A spikers in slim win

Menlo-Atherton High barely got by San Carlos 70-66 in a South Peninsula Athletic League makeup track meet Monday.

"If we had this meet again tomorrow," mused M-A coach Plato Yanicks, "it could well go the other way. We came through on this particular day. But if we had 10 meets, we'd each probably win five."

Monday's top achievement, however, belonged to a girl, Trish King of M-A. She won the high jump in a school record 5-6½, second best in the Central Coast Section this season, and the long jump at 16-5, a league topper.

In the boys' meet, M-A's win was aided by two fewer misses in the high jump by Jeff Erlandson and a three-quarter-inch long jump advantage by Steve Bruce over San Carlos' Cookie Robinson.

Erlandson and SC's Mike McLoughlin both high jumped a life best 6-4¼ (an M-A record). But Erlandson missed only once going up and McLoughlin three times. Both cleared 6-4¼ on their first tries.

Robinson long jumped his best, 20-7¼, but Bruce's 20-8 won.

A talented soph quartet was M-A's other victory edge.

Bob Crumpler, best pole vault prospect in Bear history, weathered the pressure to win at 13-0, as expected. But Greg Ellis came through to tie SC's Con Prescott for second at 12-6. That gave M-A two points instead of one.

In the triple jump, won as expected by Robinson's 44-0 for SC. Serra transfer Darryl Willis took third for M-A at 39-6.

John Harris took third twice to enable M-A to sweep both weights. Junior Steve Woodson also chipped in a crucial third in the high hurdles.

Rick Luttrell, whose high jumper best, 6-1¼, was good only for third, easily took both hurdles in 15.0 and 39.7 for the Dons.

Menlo-Atherton 70, San Carlos 66
 440 relay — San Carlos (Baker, Williams, Gilfooley, Beal) 44.0; 120 HH — Luttrell (S) 15.0; 880 — Sperandio (M) 2:05.0; 100 — Beal (S) 10.1; 440 — Nicholson (M) 50.7; 2-mile — Waters (S) 10:07.8; 330 LH — Luttrell (S) 39.7; 220 — Beal (S) 22.6; mile — Waters (S) 4:39.5; mile relay — San Carlos (Williams, Gilfooley, Baker, McLoughlin) 3:36.1. SP — Awbrey (M) 54-10½; HJ — Erlandson (M) 6-4; LJ — Bruce (M) 20-8; Dis. — Avery (M) 143-2½; PV — Crumpler (M) 13-0; TJ — Robinson (S) 44-0.

STANDINGS: Menlo-Atherton 2-0, Carlmont 1-0, San Carlos 1-1, Sequoia 1-1, Woodside 0-1, Menlo School 0-2.

JV — Menlo-Atherton 83, San Carlos 53.
 Frosh — Menlo-Atherton 86½, San Carlos 49½.

Girls: San Carlos 59½, M-A 49½.
 440 relay — San Carlos (Oliver, Will, Prentice, Robinson) 52.5; 110 LH — Oliver (S) 16.1; 880 — Vaughn (S) 2:33.3; 100 — Daniels (M) 12.0; 440 — Oliver (S) 61-6; 2-mile — Vaughn (S) 2:33.3; 100 — Daniels (M) (M) 27.2; mile — Lozano (S) 6:03.0; mile relay — San Carlos (Prentice, Vaughn, Huber, Oliver) 4:20.2. SP — Costin (S) 31-10½; HJ — King (M) 5-6½; LJ — King (M) 16-5; Dis. — Johnson (M) 107-6.

Unbeaten Scots run down Wildcats

4/18

Two impressive unbeaten streaks continued in South Peninsula Athletic League Monday.

Carlmont High completed the first three rounds with a 96-39 victory over visiting Woodside in a makeup meet.

Along with the Scots' victories in the junior varsity and freshman meets, which give them the inside track to both titles, and Carlmont's girls' victory, Carlmont's over-all four-division spike record is now 38-0.

Meanwhile, Sequoia downed visiting El Camino, 96-26, to keep the entire five-school Sequoia District perfect against nonleague competition—a sparkling 26-0 record.

Only Sequoia's May 2 visit to Crestmoor stands in the way of an undefeated non-league campaign for the Sequoia District, which would be a first.

Carlmont enjoyed its usual horde of fine performances, though several Scots were under the weather. Lone Scot best was Tim Thompson's 45-6½ triple jump (second in Carlmont history),

though Ricky Cheadle's 100 victory over Woodside's fine sophomore, Eric Washington, also was notable.

But Woodside also had plenty to cheer—Dean Paleologos' shot put best (52-3), Ken Loud's long jump best (league topping 22-4¾), Tony Thompson's 440 victory to keep him perfect, and Mesha Spivey's 6-4 high jump.

Woodside's John Glikberg, who along with Spivey high jumped 6-6 last week, moved down to JV competition for a 6-4 leap. Carlmont won, 74-62, as did the Scots in the probable title-deciding freshman meet, 94-41.

Sequoia welcomed back senior sprinter Fred Oravillo, ineligible the first half of this semester. He ran a 10.2 century, one-tenth behind brother Frank, though both ran well on a slow track. Malcolm Dixon topped Cherokee scorers with three victories.

In Thursday's fourth dual round, Carlmont visits San Carlos, Menlo-Atherton goes to Sequoia and Menlo School is at Woodside.

SOUTH PENINSULA Carlmont 96, Woodside 39

440 rel.—Carl (Arnold, Cheadle, Ribera, Car-
rion) 43.7; 120 HH—Ribera (C) 15.2; 880—Love
(C) 2:01.4; 100—Cheadle (C) 70.5; 440—Thomp-
son (W) 50.8; 2-mile—Love (C) 9:48; 330 LH—
Hall (C) 42.7; 220—Thompson (W) 23.2; Mile—
O'Connor (C) 5:03; Mile rel.—Carl (Cheadle,
Ribera, Hall, Newton) 3:56.4; SP—Paleologos
(W) 52.3; Dis.—Hunter (C) 144-10; HJ—Spivey
(W) 6-4; LJ—Loud (W) 22-4¾; TJ—Thompson
(C) 45-6¼; PV—Allen (C) 14-0.

JV—Carlmont 74, Woodside 62.

Fresh—Carlmont 94, Woodside 41.

Girls—Carlmont 94½, Woodside 14½

2-mile—Zeke (W) 12:35; Davis (C), Oxley
(C); 440 rel.—Carl (Green, Hodnick, Milligan,
Otto) 51.2; 110 LH—Otto (C) 16.0; 880—Jung-
sten (C) 2:29.3; 100—Milligan (C) 11.8; 440—
Foianini (C) 63.7; 220—Milligan (C) 27.0;
Mile—Davis (C) 5:57.2; Mile rel.—Carl (Jung-
sten, Foianini, Otto, Hodnick) 4:17.3; SP—Cor-
rozzi (C) 35-0; Dis.—Flaherty (C) 93-5; HJ—
Boyle (C) 5-2; LJ—Hodnick (C) 15-8½.

NON LEAGUE

Sequoia 96, El Camino 26

440 rel.—Seq (Frank Oravillo, Fred Oravillo,
Jones, Patrick) 44.6; 120 HH—Dixon (S) 14.6;
880—Ruma (E) 2:10; 100—Frank Oravillo (S)
10.1; 440—Jones (S) 53.5; 2-mile—not con-
tested; 330 LH—Dixon (S) 40.3; 220—Frank
Oravillo (S) 22.5; Mile—Sharp (S) 4:56; Mile
rel.—Seq (Dixon, Jones, Frank Oravillo, Fred
Oravillo) 3:49; SP—Turner (S) 45-4½; HJ—
Dixon (S) 6-2; LJ—Rusinski (E) 19-6; TJ—
Bailey (S) 42-1; Dis.—Wendland (E) 137-7;
PV—Hardy (S) 11-0.

Fresh-soph—Sequoia 102, El Camino 32.

Carlmont clips San Carlos runners

Carlmont capped its 107-29 triumph over San Carlos with a memorable mile relay victory, 3:26.0 to 3:26.8, in a South Peninsula Athletic League dual track meet at San Carlos Wednesday.

Woodside downed Menlo School, 99-32 but the Menlo-Atherton at Sequoia meet was postponed

until today because of wet grounds.

Rick Luttrell of San Carlos nipped Carlmont's Bill Ribera, 38.4 to 38.6 in a heralded 330 intermediate hurdle race.

Luttrell, who tied SC's 330 lows record of 38.4 last year, matched that in his season best Thursday. Ribera, fifth in last year's Central Coast Section finals in 38.2, owns the section season topper of 38.1.

Because both seniors are likely to dip into the low 37s in the big meets, they should stage quite a rivalry. Only Hillsdale's Steve Sykes (38.2) has done as well or better in the CCS.

Carlmont's Bob Love breezed to a double distance triumph, Cheadle tied Don 100 ace Beal and Tim Thompson and Cleo Spencer notched season toppers of 45-10 and 45-5 triple jumps, respectively.

Carlmont's Darren McGinnis won the high jump at 6-3 $\frac{3}{4}$, becoming the sixth best leaper in the SPAL.

Woodside's unbeaten Al Smith,

scored three sprint victories against Menlo.

SPAL athletes, except those at Carlmont, will participate in the West Valley Relays Saturday, beginning at 9:30 a.m. at West Valley College in Saratoga. Carlmont will compete at the El Cerrito Relays in that East Bay area.

SOUTH PENINSULA

Carlmont 107, San Carlos 29

440 relay — Carlmont (Ribera, Cheadle, Arnold, Carrion) 43.8mr; 120 HH — Luttrell (S) 15.0; 880 — Newton (C) 2:03.4; 100 — tie between Beal (S), Cheadle (C) 10.2; 440 — Carrion (C) 51.3; 2-mile — Love (C) 9:28.0; 330 LH — Luttrell (S) 38.4; 220 — Beal (S) 22.9; Mile — Love (C) 4:28.1; Mile relay — Carlmont (Ribera, Cheadle, Arnold, Carrion) 3:26.0.

SP — Desmond (C) 46-2 $\frac{1}{2}$; HJ — McGuinness (C) 6-3 $\frac{3}{4}$; LJ — Thompson (C) 20-7; Discus — Hunter (C) 140-10; PV — Allen (C) 13-0; TJ — Thompson (C) 45-10.

JV — Carlmont 100, San Carlos 36.

Frosh — Carlmont 107, San Carlos 29.

Woodside 99, Menlo 32

440 relay — Menlo 49.4; 120 HH — Lennen (W) 17.0; 880 Corless (W) 2:04.2; 100 — Thompson (W) 10.4; 440 — Thompson (W) 51.6; 2-mile — Jones (M) 9:57.2; 330 LH — K. Campa (W) 43.4; 220 — Thompson (W) 22.3; Mile — Jones (M) 4:40.7; Mile relay — Wood (Willis, Landre, Corless, Washington) 3:39.4. SP — Morton (M) 52-5; HJ — Glikberg (W) 6-2; Dis. — Paleologos (W) 136-5; TJ — Glikberg (W) 42-7 $\frac{1}{2}$; LJ — Loud (W) 19-0; PV — Pearsall (W) 13-0.

JV — Woodside 117, Menlo 12.

Frosh — Woodside 105, Menlo 30.

STANDINGS: Carlmont 4-0, Menlo-Atherton 3-0, Woodside 2-2, Sequoia 1-2, San Carlos 1-3, Menlo School 0-4.

SPAL track showdown

Carlmont reclaims crown

For Carlmont High, it was a triumphantly appropriate turn-about on the track.

For Chris Carrion, it was a competitive high like he'd never experienced.

For Stu Hall, it was balm for an injured ankle and last year's failings.

And for all the Carlmont Scots, their 86½ to 49½ victory Thursday over visiting rival Menlo-Atherton meant far more than any another championship—the 13th in Carl-

mont's 21 South Peninsula Athletic League seasons.

In other meets, Woodside, led by Tony Thompson's 49.1 quarter, 22.1 furlong and 48.1 mile relay split, turned back Sequoia, 70-66. San Carlos finished by beating Menlo School, 87-48.

The statistics say a lot about Carlmont's pride and prestige.

Including victories which wrapped up perfect junior varsity, freshman and girls seasons, Carlmont's program finished 46-0 overall this season—plus overwhelming victories in three major invitationals against most of the top west and east Bay area competition.

Including this season's 5-0, the varsity Scots are 135-18 in 21 seasons in the SPAL, all under coach Loren Lansberry.

Menlo-Atherton, the Scots' arch-rival on the cinders, no longer owns a 24-meet win streak.

And victory made no one any happier than Carrion, who upset M-A's Art Nicholson in the 440, or Hall, who surprised M-A's Jeff Erlandson in the high jump, both with fine competitive efforts.

The Scot victory was no surprise; M-A was not expected to win.

But take away the 16½ individual points by Carrion and Hall, and it's pretty close.

Carrion fought off a fierce headwind on the backstretch to upend the favored Nicholson, 52.3 to 52.5.

Carrion also earned a valuable second to Nicholson in the 220. Nicholson won the 100 at 10.0.

As for Hall, he hadn't forgotten that he didn't score in last year's big meet. He did Thursday—8½ big points, including victory in the high jump with a life best 6-2.

There really weren't many surprises. Led by ace Bob Love, the Scots swept the mile and two-mile to offset M-A's come-through sweep in the weights.

Love, who cruised in the two-mile and won the mile in a fine 4:29.1, considering the wind, couldn't contain his joy.

Carlmont had other good efforts . . . Tim Thompson's life best 46-0 triple jump, Cleo Spencer's 14.8 high hurdles win, Bill Ribera's running and Jamie Allen's 14-0 pole vault victory.

Triple winner Rick Luttrell paced San Carlos' victory. Menlo's Chris Morton got off the top weight double in Knight history, a 55-2 shot put and 144-0½ discus.

SOUTH PENINSULA Carlmont 86½, M-A 49½

440 relay — Carlmont (Arnold, Cheadle, Carrion, Ribera) 43.9; 120 HH — Spencer (C) 14.8; 880 — Sperandio (M) 2:00.2; 100 — Nicholson (M) 10.0; 440 — Carrion (C) 52.3; 2-mile — Love (C) 9:46; 330 LH — Ribera (C) 41.0; 220 — Nicholson (M) 22.8; Mile — Love (C) 4:29.1; Mile relay — Carl (Newton, Cheadle, Arnold, Carrion) 3:55.4.

SP — Awbrey (M) 55-1; Discus — Avery (M) 159-5; HJ — Hall (C) 6-2; LJ — Bruce (M) 22-1; TJ — Thompson (C) 46-0; PV — Allen (C) 14-0

Carlmont 84, M-A 25

440 rel. — Carl (Hodnick, Otto, Green, Milligan) 50.7; 2-mile — Davis (C) 13:07.7; 110 LH — Otto (C) 16.0; 880 — Foianini (C) 2:23.6; 199 — Milligan (C) 11.5; 440 — Foianini (C) 60.5; 220 — Hodnick (C) 27.1; Mile — Miller (C) 5:52.7; Mile rel. — (Jungsten, Longar, Hodnick, Foianini) 4:20.3; SP — Carrozi (C) 33-4; Dis. — Johnston (M) 99-0; HJ — King (M) 5-4; LJ — Ledbetter (M) 15-11.

JV — Carlmont 91, M-A 45.
Freshmen — Carlmont 100, M-A 36.

Woodside 70, Sequoia 66

440 rel. — Seq (Patrick, Jones, Fred Oravillo, Frank Oravillo) 44.0; 120 HH — Thomas (S) 15.2; 880 — Corless (W) 2:03.3; 100 — Fred Oravillo (S) 10.2; 440 — Thompson (W) 49.1; 2-mile — Guevara (S) 10:57; 330 LH — Turner (S) 41.1; 220 — Thompson (W) 22.1; Mile — Corless (W) 4:48; Mile rel. — Wood (Willis, Washington, Landre, Thompson) 3:25.2; Sequoia 3:29.3; SP — paleologos (W) 51-7½; Dis. — Lewis (W) 143-10; HJ — Glikbard (W) 6-2; LG — Glikbard (W) 19-3½; LJ — Glikbard (W) 19-3½; TJ — Fred Oravillo (S) 43-8; PV — Watt (W) 12-6.

Girls — Sequoia 87, Woodside 22

440 rel. — Seq. (N. Colon, Gallagher, Elkins, L. Colon) 50.7; 110 LH — Elkins (S) 16.7; 880 — Preisser (S) 2:28.1; 100 — N. Colon (S) 11.7; 440 — Preisser (S) 62.3; 2-mile — R. Wolfe (S) 12:12.0; 330 LH — not contested; 220 — Gallagher (S) 27.3; Mile — R. Wolfe (S) 5:39.7; Mile rel. — Seq. (N. Colon, Preisser, Gallagher, L. Colon) 4:17.4. SP — Barker (S) 41-8; Discus — C. Holmes (S) 101-1; HJ — Beukers (W) 5-0; LJ — Gallagher (S) 15-7.

JV — Woodside 84, Sequoia 49.
Frosh — Woodside 106, Sequoia 30.

San Carlos 87, Menlo 48

440 rel. — SC (Baker, Inman, Gillooley, McLoughlin) 48.1; 120 HH — Luttrell (S) 15.2; 880 — Wimmer (M) 2:05.1; 100 — Luttrell (S) 10.8; 440 — Gillooley (S) 54.2; 2-mile — Jones (M) 10:08.4mr; 330 LH — Luttrell (S) 39.5; 220 — Williams (S) 23.8; Mile — Jones (M) 4:52.8; Mile rel. — Menlo (Baikie, Andreini, C. Willis, Jones) 3:46.4. SP — Morton (M) 55-2; HJ — McLoughlin (S) 6-0mr; LJ — Robinson (S) 19-2; Dis. — Morton (M) 144-0½; PV — Prescott (S) 12-0; TJ — Robinson (S) 44-10.

JV — San Carlos 116, Menlo 19.
Frosh — San Carlos 82, Menlo 53.

FINAL STANDINGS: Carlmont 5-0, Menlo-Atherton 4-1, Woodside 3-2, San Carlos 2-3, Sequoia 1-4, Menlo 0-5.

A122

Bears run over Sequoia

Menlo-Atherton High sprinter Art Nicholson, led the Bears to an 84-52 victory over host Sequoia in a South Peninsula Athletic League track meet Friday.

Nicholson won a race mistakenly run at 100 meters in 10.9, beating Sequoia brothers Frank and Fred Oravillo. Nicholson also won the 220 in 22.5, two-tenths ahead of Frank Oravillo, and took the 440 as well.

M-A coach Plato Yanicks said Nicholson's 10.9 100 meters converts to a 9.9 100 yards and will be accepted as such on M-A's list of season achievements.

M-A senior Craig Awbrey won the shot put in a life best 56-6, one inch behind SPAL leader Chris Morton of Menlo School.

South Peninsula League

Menlo-Atherton 84, Sequoia 52

440 relay—M-A (T. Nicholson, Woodson, Bruce, A. Nicholson) 44.7; 120 HH—Dixon (S) 14.4; 880—Hoch (M) 2:05.9; 100—A. Nicholson (M) 9.9 (converted from 100 meters in 10.9); 440—A. Nicholson (M) 52.5; 2-mile—C. Smith (M) 10:32.9; 330 LH—Dixon (S) 39.8; 220—Nicholson (M) 22.5; Mile—Hoch (M) 4:43.2; Mile relay—Sequoia (Dixon, Jones, Frank Oravillo, Stephens) 3:33.1; HJ—Dixon (S) 5-8; LJ—Bruce (M) 20-7; TJ—Fred Oravillo (S); PV—Crumpler (M) 13-4; SP—Awbrey (M) 56-6; Dis.—Avery (M) 151-5.

Standings: Carlmont 4-0, Menlo-Atherton 4-0, Woodside 2-2, San Carlos 1-3, Sequoia 1-3, Menlo School 0-4.

JV—M-A 94, Sequoia 42.
Frosh—M-A 93, Sequoia 40.

A126

M-A, Carlmont run for dual title Thursday

It's that time of the year again ... Menlo-Atherton vs. Carlmont, a battle of the heavyweights of high school track and field.

The two South Peninsula Athletic League powers will decide the league title Thursday, meeting at 2:30 with Carlmont playing the host.

Both teams are again undefeated going into the final dual meet of the SPAL season.

Menlo-Atherton has not been beaten since mid-1976 — its only loss that year was to Carlmont — and has now won 24 dual and triangular meets in a row.

Carlmont last lost to Menlo-Atherton and is riding a 10-meet winning streak.

Unlike last year's showdown, which was a toss-up in pre-meet

predictions, Carlmont is favored to win this one. But M-A could cause plenty of trouble for the Scots, especially with the likes of long-jumper Steve Bruce, among others.

Bruce, whose life best in the long jump was 21-11¼ last year, jumped 22-11¾, 22-7½, 23-5, 22-8, 23-2¼ and 23-0 in consecutive jumps last Saturday at the West Valley Relays.

Bruce's 23-5 effort is the top effort in the Central Coast Section this year.

Also notable for the Bears at West Valley was M-A's third place in the sprint medley. Led by Art Nicholson's 49.5 quarter split, the Bears ran a SPAL record 3:36.02.

The five schools from the Sequoia District—Menlo-Atherton, Carlmont, San Carlos, Woodside and Sequoia—are undefeated in 26 non-league meets.