

ELC All time Top 100

'S ONLY PAYN!

THE TRACK MAG FOR RUNNERS WHO KNOW, NO MATTER HOW IT'S SPELLED, IT STILL HURTS.

FEB. 1983 \$2.00

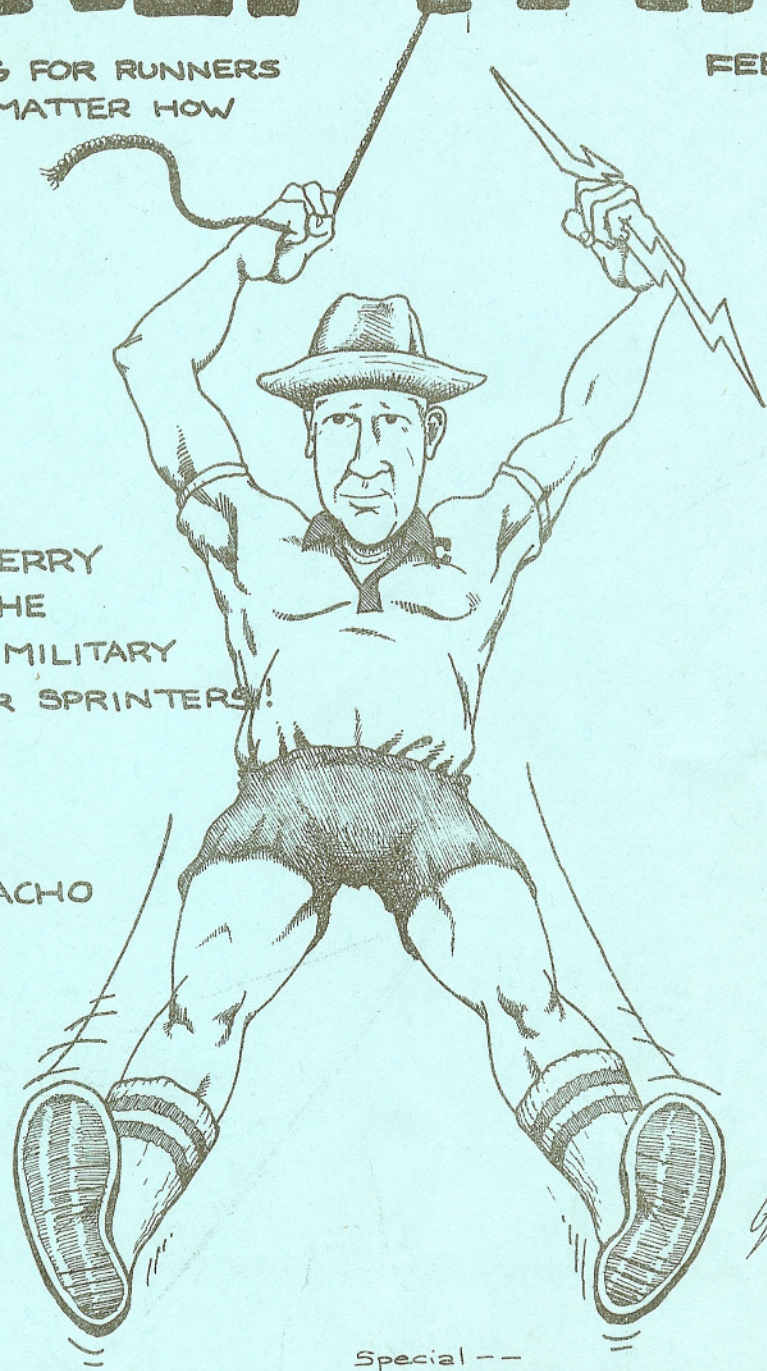
©

THIS ISSUE:

LOREN LANSBERRY DISCUSSES THE BENEFITS OF MILITARY HAIRCUTS FOR SPRINTERS!

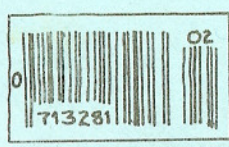
PLUS:

THE COACH'S FAVORITE MACHO MOTTOS!



Handwritten signature or initials.

Special --



TRACK

Table of Contents

Schedule

Training and Practice Procedures

Points to Remember

Track and Field Records--Varsity

Track and Field Records--J.V.

Track and Field Records--Frosh

Track and Field Records

Carlmont vs. San Mateo
vs. Galileo
vs. St. Francis
vs. Menlo
vs. Sequoia
vs. San Carlos
vs. M.A.
vs. Woodside

SPAL Championship Meet Records

Honor Roll--All Time

Honor Roll--Seniors, Juniors, Sophomores, Freshmen, and Girls

Honor Roll--Sequoia District

Honor Roll--San Mateo

Dual Meet Team Scores

Girls Dual Meet Scores

Girls Dual Meet Records

State Meet Entries

Girls State Meet Entries

Won/Loss Record

SPAL Won/Loss Record

Invitational Records

Region II Records

CCS Records

SPAL All American List

Comparison of Records

All Time Rankings

Girls All Time Rankings

SCHEDULE

Tuesday, March 1st	Carlmont at St. Francis	2:30 pm
Friday, March 4th	Carlmont at Mt. Pleasant	2:30 pm
Thursday, March 10th	Sequoia at Carlmont	2:30 pm
Thursday, March 17th	Carlmont at Capuchino	2:30 pm
Saturday, March 19th	CARLMONT INVITATIONAL (at C.S.M.)	9:00 am
Tuesday, March 22nd	Hillsdale at Carlmont	2:30 pm
Thursday, March 24th	Carlmont at Mills	2:30 pm
EASTER VACATION		
Thursday, April 7th	Woodside at Carlmont	2:30 pm
Friday, April 8th	FRESNO BEE GAMES (Cal. State Fresno)	
Tuesday April 12th	Carlmont at Aragon	2:30 pm
Thursday, April 14th	Carlmont at Menlo-Burlingame	2:30 pm
Saturday, April 16th	Bruce Jenner Invitational	
Thursday, April 21st	San Mateo at Carlmont	2:30 pm
Saturday, April 23rd	West Valley Relays	9:00 am
Thursday, April 28th	Carlmont at Menlo Atherton	2:30 pm
Saturday, April 30th	Top "B" or Sequia Invitational	6:00 pm
Tuesday, May 3rd	P.A.L. Trials (at C.S.M.)	
Friday, May 6th	P.A.L. Championships	
Tuesday, May 10th	Region I Trials (at C.S.M.)	
Thursday, May 12th	Region I Finals (at C.S.M.)	
Friay, May 21st	Central Coast Section Championships	3:00 pm
Saturday, May 28th	Northern California Meet at Berkeley	
Saturday, June 4th	CIF State Meet at UCLA	

Training and Practice Procedures

To all those who are new to Track this season, to all those who are returning for another season--a sincere welcome to the Carlmont Track Team

You are signing up for a team with tremendous success behind it and an even greater future ahead. The Carlmont Track teams of past years have won more than their share of meets and championships. This year, if again possible, is to have the best team in this area.

The record of the past was compiled by hard, sometimes disagreeable work, loyalty and team spirit, and just plain guts. Success never came easily, and it won't this year. There will be fun, a tremendous sense of satisfaction, a share of that thing called "glory" (maybe); but, also, there will be hard, discouraging work; work when it is hot; work when it is cold; work when it is wet and windy; work when you'd rather play. There will be times when you'd like to quit, but you must keep trying. Remember the challenge is what life is all about. WE WANT YOU TO BE THE BEST OF THE BEST.

If you can whole heartedly fit yourself into this picture of work and success you belong on this track team. If you think it is not worth the sacrifice and effort, then do yourself, the coach, and above all, the men who will make up the team, a favor by not signing up.

1. YOUR FIRST RESPONSIBILITY after signing up for the team is to get your PHYSICAL EXAMINATION AND PARENTAL CONSENT SLIPS to Mr. Ott's office.
2. UNIFORMS (sweat suits) will be issued the day you turn out for practice.
3. FOR ALL PRACTICE SESSIONS, athletes will be on the track in sweat clothes by 3:00pm.
4. AFTER YOUR WORKOUT and during rest periods of workouts, ALWAYS put your sweat suit on. KEEP WARM.
5. ALL ATHLETES will report to the coach for their workout and will NOT go in for a shower until their workout is completed. Report to the coach before leaving the field.
6. THERE WILL BE NO horseplay during workouts or in the shower room. Practice is NOT over until you leave the locker room to go home.
7. PRACTICE WILL BEGIN September 1, 1982.
8. THOSE WHO THINK they have a valid excuse for missing practice must contact the coach to receive permission to be excused from practice prior to the final bell at 2:45pm.
9. ALL ATHLETES who cut practice once will be given a warning. Those who cut practice a second time will be dismissed from the squad.
10. NO ONE will be cut from the squad as long as they display an outstanding attitude and willingness to work hard.
11. ALL ATHLETES WILL compete in all meets during the season unless physically incapable of doing so.
12. ON THE BUS traveling to and from any athletic contest, track athletes will conduct themselves in a manner reflecting well upon themselves and the school. Singing is permitted and encouraged provided the content of the song is in keeping with the spirit of the first sentence of the paragraph.
13. CHECK BULLETIN BOARD every morning to know what is happening for that day.
14. ALL ATHLETES ARE expected to cooperate with the coach in all ways. All athletes are expected to put forth maximum effort--both physical and mental--throughout the entire season. Any behavior which is not directed toward these ends is detrimental to both the team and the individual concerned.
15. TRY AND GET at least 9 hours of sleep a night. You are out for one of the most grueling of all sports. Sleep is as important as the proper food. You can only strengthen yourself and improve if your body has the proper rest to regenerate itself after a difficult workout.
16. BE HONEST WITH YOURSELF on training habits. Late hour work is a

Training and Practice Procedures

tremendous hardship on the human anatomy. Indulging in the taboos of smoking and intoxicating beverage, do conscientious teammates a favor by dropping from the track squad.

17. AFTER A HARD WORKOUT or a tough competitive race, you are very tired and your resistance to disease and infection is at a very low state. This is the most dangerous time of the day for you. DONT'T go out at night. Stay at home and go to bed. If you don't you will rise a cold, or pneumonia, or worse.
18. WHEN THE WEATHER gets colder, be sure to dry your hair well after a shower so that you don't catch cold after leaving the warm locker room to go home. Always wear a jacket and a hat on cold days so that you keep warm on the way home from practice.
19. DIET IS VERY IMPORTANT to successful running. Your mother can help in the training diet by remembering the following rules: Feed you like a king for breakfast as breakfast is the most important meal of the day (protein). Eat like a duke for lunch (carbohydrates). Eat like a pauper for dinner. A light evening meal is advisable as you engage in very little activity at night and the body stores the food as fat.
20. IF YOU MUST EAT before you retire to bed, eat fruit.
21. IF YOU CAN'T eat a big breakfast in the morning, it means you had too much to eat the evening before.
22. I WOULD, ALSO, RECOMMEND VITAMIN B complex tablets each day plus 1,000 mg. of vitamin C.
23. ALL INJURIES regardless of degree must be reported to the coach. You must also report to Mrs. Stiles if you have received medical aid from a doctor for the injury if you desire the insurance to cover all or part of the medical expenses. This must be done within 5 DAYS from the date of the injury.
24. ANY ATHLETE MAY AT ANY TIME BRING TO THE ATTENTION OF THE COACH ANY GRIEVANCES WHICH THEY, AS ATHLETES, HONESTLY BELIEVE TO BE WORTHY OF ATTENTION.
25. IT IS YOUR RESPONSIBILITY to keep academic grades up; however, if you are having a problem, do not hesitate to notify your coach. GO TO ALL CLASSES. If you miss a day be sure that you go and see the teacher and explain the situation, and find out what you have missed and what has to be made up.
26. REMEMBER the only way you can benefit from practice is to push yourself when you are tired. If you quit as soon as the first pain signal occurs, you will not improve very much. The body adjusts to a remarkable extent when you push yourself and gain the will and satisfaction by being master of your body. Control your body. DONT'T LET IT CONTROL YOU.
27. IN ORDER TO BE A CHAMPION, YOU MUST BE PREPARED TO PAY A FAR GREATER PRICE THAN YOUR OPPONENT WILL PAY.

Points to Remember

1. Develop desire for winning! We are not working to lose.
2. Work on weaknesses and develop strong points.
3. Strive for perfection. Do everything perfectly.
4. Make sacrifices. DON'T BE THE ONE WHO LACKS THE CHARACTER TO SEE THE JOB THROUGH.
5. You get out of it what you put in to it. Never give up.
6. Think of success in terms of team success--loyalty to the school, to the team and to the coach.
7. GET TO PRACTICE ON TIME.
8. Don't ever get caught doing nothing.
9. No swearing of foul talk ever. Obscene language never made a man.
10. NO ALIBIS.
11. Representation on and off the track of course should be courteous and gentlemen-like.
12. Remember, be the "BEST OF THE BEST".

Track and Field Records

VARSITY DIVISION

High Hurdles	Gary Gaskill	:14.3	5/13/61	Fresno Relays
	Ed berry	:14.3	5/22/82	CCS Region II
880 Yd. Run	Wyatt Bishop	1:53.4	5/28/76	CCS Finals
100 Yd. dash	Andre Price	:09.7	5/14/77	SPAL
400 Yd. Run	Wyatt Bishop	:48.7	5/28/75	SPAL
Two Mile Run	Bob Love	9:08.3	4/ /78	San Jose Relays
Two Mile Run (Indoor)	Bob Love	9:23.9	1/15/77	Sunkist Games
Low Hurdles	Gary Gaskill	:18.9	5/21/61	Seq. Dist. Meet
220 Yd. Dash	Andy Sears	:21.7	3/30/63	Palo Alto
	Jerry Rose	:21.7	4/ 1/62	Ravenswood
220 Yd. Dash (Turn)	Andy Sears	:22.0	4/21/64	Palo Alto
One Mile Run	Steve Miller	4:10.7	6/ 3/72	State Meet
Three Mile Run	Carl Cattarin	14:15.0	12/ 2/72	San Jose Meet
5000 Met. Run	Ron Gomez	15:41.0	/ /81	Bruce Jenner
330 Int. Hurdles	Bill Ribera	:37.1	5/13/78	SPAL
330 Int. Hurdles (36")	Jim Swain	:40.2	4/ 1/78	San Jose Relays
440 Int. Hurdles (36")	James Ware	:57.9	/ /81	Bruce Jenner
One Mile Steeplechase	Bill Gradfield	5:05.9	5/24/65	El Cerrito Relays
High Jump	Larry Wright	6'9"	5/24/75	Region II
Long Jump	Rich Montero	23'2"	5/ 2/75	Region II
Triple Jump	Tim Thompson	48'2"	4/ /79	N. Yosemite Inv.
Shot Put	Jim Penrose	59'10-3/4"	5/ 3/68	Seq. Dist. Meet
Discus	Jim Penrose	193'1/2"	6/15/68	Golden West Inv.
Colletiate Discus	Jim Penrose	156'4"	5/11/68	Carlmont
Pole Vault	Vince Bradley	14'7-1/2"	5/26/76	CCS Finals
440 Yd. Relay	Buster Jamison, Brian Artist, Cedric Wallace, Ed Berry	:42.0	5/28/82	CCS Finals
880 yd. Relay	Ron Landini, Bob Sawyer, Craig Dulis, Gary Gaskill	1:29.0	5/27/61	NCS Finals
One Mile Relay	Reggie Arnold, Rickie Cheadle, Chris Carrion, Bill Ribera	3:21.3	5/13/78	SPAL
Two Mile Relay	Hans Templeman, Bill ???, Larry Regaldo, Roark Mulligan	8:07.2	3/27/61	Carlmont Invit.
Four Mile Relay	Steve Miller, Carl Cattarin, Chuck Oliver, Ed Barney	17:47.0	4/ 8/72	Carlmont Invit.
Eight Mile Relay	Bob Love, Greg Mandanis, Ken Mellquist, Kevin O'Connor	38:10.0	3/26/77	Carlmont Invit.
Ten Mile (2 Man) Relay	M. & M. McCann	44:09.7	12/10/64	Carlmont Invit.
Sprint Medley (110-220-330-660)	Jim McNeil, Roy Horn, Roger Royal, Ken Nichols	2:36.7	6/ 4/65	Hollister
Sprint Medley (220-220-440-880)	Chris Carrion, Reggie Arnold, Rickie Cheadle, Dan Norris	2:36.7	4/23/77	West Valley Relay
Sprint Medley (220-330-440-880)	Wyatt Bishop, Greg Russell, Aaron Brisbane, Brian Murdal	3:30.4	4/26/75	El Cerrito Relays
Distance Medley (220-440-880-Mile)	Mark Roberts, Roger Royal, Johns Mills, Martin McCann	7:42.5	6/ 4/65	Hollister
Distance Medley (440-880-1320-Mile)	Mike Hall, Roark Mulligan, Steve Miller, Hans Templeman	10:21.4	4/24/65	El Cerrito Relays
280 Yd. High Hurdles Shuttle	Cleo Spencer, Stu Hall, Jim Swain, Bill Ribera	:35.9	4/22/78	El Cerrito Relays
480 Yd. High Hurdles Shuttle	Bill Ribera, Cleo Spencer, Jim Swain, Stu Hall	1:02.3	3/11/78	Carlmont Invit.
480 Yd. Low Hurdles Shuttle	Gary Gaskill, Jim Goerke, Bob Sawyer, Al Rockwell	:55.1	4/15/61	El Cerrito Relays

Track and Field Records -- Varsity (cont.)

720 Yd. Low Hurdles Shuttle	Gordon Crowell, Davis, Mark Roberts, Doug Rolly	1:24.2	4/16/66	Carlmont	Invit.
1320 Yd. Int. Hurdles Shuttle	Jim Swain, Steve Dietrich, Gene Mongello, James Ware	2:41.8	3/ 3/79	Carlmont	Invit.
High Jump Relay	Rich Montero, Greg Russell, Larry Wright, Jeff Leach	24'10"	4/12/75	Carlmont	Invit.
Long Jump Relay	Steve Lawrence, Larry Wright, Greg Russell, A. Brisbane	79'10"	4/12/75	Carlmont	Invit.
Triple Jump Relay	Rich Montero, John Trucelli, Greg Russell, Chris Carrion	166'9-1/2"	3/27/76	Carlmont	Invit.
Shot Put Relay	Jim Penrose, Jim Stolle, Bill Duplissea, Jim Cullen	191'5"	3/30/68	Carlmont	Invit.
Discus Relay	Jim Penrose, Dan Bell, Ralph Althouse, Jim Stolle	157'11-1/2"	3/30/68	Carlmont	Invit.
Pole Vault Relay	Jim Katches, Chris Willett, Paul Dempster, Jack Lennen	55'9"	5/20/72	Region II	

Track and Field Records

JUNIOR VARSITY

High Hurdles	Bob Sawyer	:14.6	1961	State Meet
880 Yd. Run	Jack Sandin	1:56.4	1962	Region II
100 Yd. Dash	Andre Price	:09.7	1977	SPAL
440 Yd. Run	Wyatt Bishop	:48.7	1975	SPAL
Two Mile Run	Chris Carey	9:12.2	1967	Postal
Low Hurdles	Bob Sawyer	:19.7	1961	Carlmont
330 Int. Hurdles	Jim Swain	:38.8	1978	SPAL
440 Int. Hurdles	John Ribera	:59.3	1982	West Valley
220 Yd. Dash	Andre Price	:22.1	1977	SPAL
One Mile Run	Steve Miller	4:10.7	1972	State Meet
High Jump	Larry Wright	6'6-1/4"	1974	District Meet
Long Jump	Bob Washmundt	22'6-3/4"	1962	NCS Finals
Triple Jump	Tim Thompson	46'5-1/2"	1978	SPAL
Shot Put	Jim Penrose	55'5-1/2"	1967	Section Meet
Discus	Jim Penrose	178'	1967	State Meet
Pole Vault	Mike Phillips	14'3-1/2"	1980	Region II
440 Yd. Relay	Gary Olivieri, Roger Royal, Andy Sears, John Cornelius			
		:43.2	1963	Carlmont Invit.
880 Yd. Relay	Gary Olivieri, Roger Royal, Roy Horn, John Cornelius			
		1:33.8	1963	El Cerrito Relays
One Mile Relay Carrion	Andre Price, Rickie Cheadle, Reggie Arnold, Chris			
		3:24.1	1977	West Valley Relay
Two Mile Relay	Milligan, Helbush, Freeman, Sylvester			
		8:29.4	1970	Carlmont Invit.
Four Mile Relay	Templeman, Thomas, Regalado, Carvey			
		18:19.0	1970	Carlmont Invit.
Sprint Medley (110-220-330-660)	Jim Churchill, Jim Day, Barry Sheldon, Ron Hegarty			
		2:43.6	1963	El Cerrito Relays
Distance Medley (220-330-660-1320)	Jim Dixon, Ron Hegarty, Doug Merritt, Fred Atkinson			
		5:26.3	1961	El Cerrito Relays
1-1/2 Mile Relay	Ken Nicholas, John Mills, Steve Fong, Don Frose			
		6:02.1	1963	El Cerrito Relays
Distance Medley	Ken Dodge, Scott Carvey, Steve Miller, Hans Templeman			
		10:31.8	1970	El Cerrito
280 Yd. High Hurdles Shuttle	Stu Hall, Jim Lunsford, Mike Douglas, Cleo Spencer			
		:40.3	1976	El Cerrito Relays
480 Yd. High Hurdles Shuttle	Ron Tredway, Don trekell, Stan Stone, Lynn Aarneson			
		1:00.3	1961	El Cerrito
480 Yd. Low Hurdles Shuttle	Anderson, Seals, Eich, Procter			
		1:11.6	1970	Carlmont Invit.
720 Yd. Low Hurdles Shuttle	Miller, Black, Bliss, Russell			
		1:26.9	1974	Carlmont Invit.
Pole Vault Relay	Paul Dempster, Jack Lennen, Chris Willette, Jim Ketchens			
		50'6"	1971	Carlmont Invit.

Track and Field Records

FRESHMAN DIVISION

440 Yd. Relay	Mike Citara, Aaron Brisbane, Kurt Allen, Jack Miller	:45.7	1972	SPAL
High Hurdles	Bill Wright	:09.8	1977	SPAL
880 Yd. Run	Curt Foianini	2:00.8	1975	CCS
100 Yd. Dash	Bob Stevens	:10.3	1957	Carlmont
440 Yd. Run	Curt Foianini	:52.9	1975	SPAL
Two Mile Run	Steve Miller	9:39.9	1970	Carlmont
Low Hurdles	Gary Gaskill	:21.5	1958	Carlmont
330 Int. Hurdles	James Ware	:40.5	1978	SPAL
220 Yd. Dash	Ron Dodgen	:23.7	1970	Carlmont
	Mike Hestor	:23.7	1978	SPAL
One Mile Run	Steve Miller	4:23.9	1970	Section
High Jump	Larry Wright	6'	1972	SPAL
Long Jump	Steve Dietrich	20'8"	1978	Region II
Triple Jump	Aaron Brisbane	41'2"	1972	SPAL
Shot Put	Bob Kochendorfer	53'3-1/4"	1978	Region II
Discus	Curt Foianini	129'	1975	CCS
Pole Vault	Jack Lennen	12'3"	1970	Hollister
One Mile Relay	Chris Carrion, Jim Lunsford, Mike Bradley, Curt Foianini	3:45.3	1975	Sequoia Dist.
meet				

Carlmont vs. San Mateo

Varsity Division

440 Yd. Relay	B. JAMISON, C. WALLACE, B. ARTIST, E. BERRY	CARLMONT	:43.8	1982
High Hurdles 1956-79	RON VALENTINE-JIM SWAIN	CARLMONT	:14.8	
880 Yd. Run	JACK SANDIN	CARLMONT	1:57.9	1963
100 Yd. Dash	ANDY SEARS	CARLMONT	:09.9	1963
440 Yd. Run	WYATT BISHOP	CARLMONT	:49.4	1975
Two Mile Run	BOB LOVE	CARLMONT	9:29.0	1977
Low Hurdles	Bob Kile	San Mateo	:19.8	1957
330 Int. Hurdles	GORDON BLISS	CARLMONT	:39.9	1976
220 Yd. Dash	Floyd Artherburn	San Mateo	:22.0	1955
220 Yd. Dash (turn)	WYATT BISHOP	CARLMONT	:22.8	1975
One Mile Run	STEVE MILLER	CARLMONT	4:18.7	1972
High Jump	LARRY WRIGHT	CARLMONT	6'5"	1975
Long Jump	Alonzo Emery	San Mateo	22'9"	1968
Triple Jump	TIM THOMPSON	CARLMONT	46'1"	1979
Shot Put	Bob Merlo	San Mateo	55'1"	1960
Discus	JIM PENROSE	CARLMONT	176'3"	1968
Pole Vault 1972-81	PAUL DEMPSTER-MIKE PHILLIPS	CARLMONT	14'1"	
One Mile Relay		San Mateo	3:28.0	1975

Junior Varsity

440 Yd. Relay	RAINEY, TEBO, DAMANTE, BROWN	CARLMONT	:45.6	1982
High Hurdles	JIM SWAIN	CARLMONT	:16.2	1978
880 Yd. Run 1974-78	JIM TAYLOR-NICK LOGOTHETIS	CARLMONT	2:07.8	
100 Yd. Dash 1977-82	Hughes-JOE TEBO	San Ma.-CARL	:10.4	
440 Yd. Run	WYATT BISHOP	CARLMONT	:54.2	1974
Two Mile Run	KEN MELLQUIST	CARLMONT	10:12.0	1978
Low Hurdles	GORDON BLISS	CARLMONT	:22.3	1974
330 Int. Hurdles	MIKE DOUGLAS	CARLMONT	:43.0	1976
One Mile Run	RON GOMEZ	CARLMONT	4:43.1	1981
High Jump	GREG RUSSELL	CARLMONT	5'10"	1974
Long Jump	STEVE DIETRICH	CARLMONT	20'6-3/4"	1980
Triple Jump	ED BERRY	CARLMONT	41'4"	1980
Shot Put	Finau	San Mateo	46'6-3/4"	1981
Discus	TIM KOBAYASHI	CARLMONT	127'5"	1973
Pole Vault	MIKE PHILLIPS	CARLMONT	12'	1979
One Mile Relay	CARVEY, DAGG, UHLIG, ??	CARLMONT	3:24.1	1971

Freshman Division

440 Yd. Relay	CHEADLE, OLIVA, ROBERTSON, YOSHIOKA	CARLMONT	:47.8	1976
High Hurdles	ERICK CARLSON	CARLMONT	:10.8	1971
880 Yd. Run	MARK LUCE	CARLMONT	2:10.8	1971
100 Yd. Dash 1976-81	Hughes-JOE TEBO	San Ma.-CARL	:10.8	
440 Yd. Run	VINCE KETCHES	CARLMONT	:55.5	1971
Two Mile Run	BOB LOVE	CARLMONT	10:05.0	1975
Low Hurdles	Green	San Mateo	:23.9	1970
330 Int. Hurdles	JIM LUNSFORD	CARLMONT	:45.3	1975
220 Yd. Dash	Hughes	San Mateo	:23.9	1970
One Mile Relay	KEVIN O'CONNOR	CARLMONT	5:00.3	1977

Carlmont vs. Galileo

Varsity Division

440 Yd. Relay	B. JAMISON, B. ARTIST, C. WALLACE, E. BERRY	CARLMONT	:42.9	1982
High Hurdles	McClanahan	Galileo	:14.9	1982
880 Yd. Run	Cage	Galileo	1:59.8	1980
100 Yd. Dash	Crawford	Galileo	:10.0	1981
440 Yd. Run	McNeil	Galileo	:50.8	1982
Two Mile Run	RON GOMEZ	CARLMONT	9:59.6	1981
Low Hurdles	Dumas	Galileo	:40.4	1980
220 Yd. Dash	McNeil	Galileo	:23.1	1981
One Mile Run	KEVIN O'CONNOR	CARLMONT	4:27.3	1980
High Jump	McClanahan	Galileo	6'3"	1982
Long Jump	ED BERRY	CARLMONT	21'3-1/2"	1981
Triple Jump	ED BERRY	CARLMONT	45'	1982
Shot Put	Taylor	Galileo	52'3-1/4"	1980
Discus	Salancia	Galileo	132'	1982
Pole Vault	MIKE PHILLIPS	CARLMONT	14'	1981
One Mile Relay		Galileo	3:28.7	1980

Junior Varsity

440 Yd. Relay		Galileo	:46.5	1980
High Hurdles 1980-81	BOYES-JOHN RIBERA	CARLMONT	:16.9	
880 Yd. Dash	TOM HAYSE	CARLMONT	2:08.0	1980
100 Yd. Dash	BUSTER WILLIAMS	CARLMONT	:10.7	1980
440 Yd. Run	WILLIAMS	CARLMONT	:55.9	1980
Two Mile Run	JOHN CARLSON	CARLMONT	10:30.5	1980
Low Hurdles	BOYES	CARLMONT	:43.0	1980
220 Yd. Dash 1980-82	B. JAMISON-C. RAINEY	CARLMONT	:24.1	
One Mile Run	TONY RODRIGUES	CARLMONT	4:53.2	1980
High Jump	Brown	Galileo	5'10"	1981
Long Jump	Stevenson	Galileo	18'11-1/4"	1981
Triple Jump	ED BERRY	CARLMONT	40'1/2"	1980
Shot Put	ERECH LANEY	CARLMONT	41'4-3/4"	1980
Discus	Salancia	Galileo	119'4-1/2"	1980
Pole Vault	MIKE DURHAM	CARLMONT	10'	1981
One Mile Relay	DAVIS, PITRI, DAMANTE, CHEE	CARLMONT	3:47.9	1982

Freshman Division

440 Yd. Relay	JOHNSON, TISDALE, TALOSIG, SENTMAN	CARLMONT	:48.4	1980
High Hurdles	Carpenter	Galileo	:10.0	1980
880 Yd. Run	BLAIR BULLOCK	CARLMONT	2:12.9	1981
100 Yd. Dash	JOE TEBO	CARLMONT	:10.7	1981
440 Yd. Run	DEANTE TOPPS	CARLMONT	1:00.0	1981
Two Mile Run	CHRIS PIETY	CARLMONT	11:21.6	1981
Low Hurdles	JOHN RIBERA	CARLMONT	:47.3	1981
220 Yd. Dash	BERNARD JOHNSON	CARLMONT	:25.2	1980
One Mile Run	BLAIR BULLOCK	CARLMONT	5:12.0	1981
High Jump	ALEX PALEN	CARLMONT	5'8"	1981
Long Jump	ERIC SENTMAN	CARLMONT	18'6-1/2"	1980
Triple Jump	White	Galileo	38'3/4"	1980
Shot Put	ERIC RHODE	CARLMONT	40'7-3/4"	1981
Discus	Paulino	Galileo	113'8"	1981
Pole Vault	MATT ROBERTA	CARLMONT	9'6"	1981
One Mile Relay	JOHNSON, TISDALE,	CARLMONT	3:47.0	1980

Carlmont vs. St. Francis

VARSITY DIVISION

440 Yd. Relay	B. JAMISON, B. ARTIST C. WALLACE, E. BERRY	CARLMONT	:43.7	1982
High Hurdles 1978-81	CLEO SPENCER-Sweeney	CARL-St. F.	:15.1	
880 Yd. Run	TOM HAYSE	CARLMONT	2:02.5	1981
100 Yd. Dash	CHARLES HESTER	CARLMONT	:10.1	1981
440 Yd. Run	BRIAN ARTIST	CARLMONT	:51.5	1982
Two Mile Run	DAN NORRIS	CARLMONT	9:46.0	1977
Low Hurdles 1981-82	JAMES WARE-Durkin	CARL-St. F.	:40.1	
220 Yd. Dash 1980-82	RON YOUNG-B. JAMISION	CARLMONT	:23.0	
One Mile Run	TOM HAYSE	CARLMONT	4:33.4	1981
High Jump	Norman	St. Francis	6'2"	1980
Long Jump	Buhk	St. Fran.	21'3-1/4"	1978
Triple Jump	Norman	St. Francis	42'6"	1980
Shot Put	WAYMAN MCKITRIC	CARLMONT	51'	1977
Discus	Schob	St. Fran.	152'8-1/2"	1977
Pole Vault 1977-81	JAMIE ALLEN-MIKE PHILLIPS	CARLMONT	13'	
One Mile Relay		St. Francis	3:30.3	1977

JUNIOR VARSITY

440 Yd. Relay	C. RAINEY, D. BROWN, K. PETRI, N. DAMANTE	CARLMONT	:46.1	1982
High Hurdles	JIM SWAIN	CARLMONT	:15.4	1978
880 Yd. Run	Leonard	St. Francis	2:06.0	1982
100 Yd. Dash	CORNELIUS SPENCER	CARLMONT	:10.5	1980
440 Yd. Run	VIC IBSEN	CARLMONT	:53.9	1977
Two Mile Run	McClure	St. Francis	10:13.0	1977
Low Hurdles	KUBELLO	CARLMONT	:41.2	1982
220 Yd. dash	NICK DAMANTE	CARLMONT	:23.8	1982
One Mile Run	DAN PIERCE	CARLMONT	4:37.8	1977
High Jump	TODD CAPUZELO	CARLMONT	5'10"	1977
Long Jump	KURT STOVALL	CARLMONT	18'11-3/4"	1980
Triple Jump	KURT STOVALL	CARLMONT	40'10"	1980
Shot Put	ERECH LANEY	CARLMONT	46'9"	1980
Discus	Pakime	St. Fran.	130'8-1/4"	1977
Pole Vault	BOB PHILLIPS	CARLMONT	11'6"	1977
One Mile Relay	D. HODNOCK, J. SWAIN, N. MUELLER, S. DIETRICH	carlmt	3:44.1	1978

FRESHMAN DIVISION

440 Yd. Relay	LAWERENCE, WARE, HESTER, HESTER	CARLMONT	:48.0	1978
High Hurdles 1977-80	BILL WRIGHT-Durkre	CARL-St. Fr.	:10.2	
880 Yd. Run	KOVACKS	CARLMONT	2:09.0	1980
100 Yd. Dash 1977-78	RON YOUNG-JAMES WARE-	CARLMONT	:10.9	
440 Yd. Run	BERNARD JOHNSON			1980
Two Mile Run	STEVE DIETRICH	CARLMONT	:55.7	1977
Low Hurdles	KEVIN O'CONNOR	CARLMONT	9:49.0	1977
220 Yd. Dash	Cabelo	CARLMONT	:43.2	1981
One Mile Relay	RON YOUNG	CARLMONT	:24.6	1977
High Jump	Gale	St. Francis	4:54.6	1978
	BONETTE	CARLMONT	5'6"	1981

Carlmont vs. Menlo

VARSDITY DIVISION

440 Yd. Relay	B. JAMISON, B. ARTIST, E. BERRY, C. WALLACE	CARLMONT	:43.2	1982
High Hurdles	ED BERRY	CARLMONT	:15.1	1982
880 Yd. Run	WYATT BISHOP	CARLMONT	1:57.5	1976
100 Yd. Dash	GREG RUSSELL	CARLMONT	:09.9	1976
440 Yd. Run	BRIAN ARTIST	CARLMONT	:51.2	1982
Two Mile Run	BOB LOVE	CARLMONT	9:15.3	1978
Low Hurdles	JAMES WARE	CARLMONT	:39.9	1980
220 Yd. Dash 1976-82	GREG RUSSELL-B. JAMISON	CARLMONT	:22.8	
One Mile Run	Greg Wimmer	Menlo	4:34.3	1979
High Jump 1977-82	DARIN MCGINNIS-STEVE DeHART	CARLMONT	6'	
Long Jump	RICK MONTERO	CARLMONT	21'9"	1976
Triple Jump	ED BERRY	CARLMONT	44'	1982
Shot Put	Chris Morton	Menlo	55'1/4"	1978
Discus	DON HUNTER	CARLMONT	163'1"	1979
Pole Vault 1978-80	JAMIE ALLEN-MIKE PHILLIPS	CARLMONT	14'	
One Mile Relay	???	CARLMONT	3:31.4	1977

JUNIOR VARSITY

440 Yd. Relay	B. JAMISON, C. WALLACE, C. SPENCER, E. BERRY	CARLMONT	:45.4	1980
High Hurdles	Willis	Menlo	:15.9	1979
880 Yd. Run	JIM NEWTON	CARLMONT	2:08.0	1977
100 Yd. Dash	BUSTER JAMISON	CARLMONT	:10.4	1980
440 Yd. Run	DAN HODNOCK	CARLMONT	:53.7	1978
Two Mile Run	JIM PRYOR	CARLMONT	10:15.0	1977
Low Hurdles	Jones	Menlo	:42.3	1980
220 Yd. Dash	DAN HODNICK	CARLMONT	:23.7	1978
One Mile Run	DAN PIERCE	CARLMONT	4:37.8	1977
High Jump	ALEX PALEN	CARLMONT	6'	1982
Long Jump	STEVE DIETRICH	CARLMONT	20'	1978
Triple Jump	STEVE DIETRICH	CARLMONT	40'6"	1978
Shot Put	Morton	Menlo	48'8-1/2"	1977
Discus	Dave Shoup	Menlo	132'11"	1982
Pole Vault 1979-82	MIKE PHILLIPS-MATT ROBERTS	CARLMONT	12'	
One Mile Relay	G. WILLIAMS, B. JAMISON, T. CHIASSON, E. BERRY	CARLMONT	3:43.8	1980

FRESHMAN DIVISION

440 Yd. Relay	J. WARE, HESTER, HESTER, S. ICHIMARU	CARLMONT	:47.7	1978
High Hurdles	BILL WRIGHT	CARLMONT	:10.2	1977
880 Yd. Run	Carick	Menlo	2:11.0	1978
100 Yd. Dash	JAMES WARE	CARLMONT	:10.8	1978
440 Yd. Run	STEVE DIETRICH	CARLMONT	:55.7	1977
Two Mile Run	KEVIN O'CONNOR	CARLMONT	9:49.0	1977
Low Hurdles	JAMES WARE	CARLMONT	:44.5	1978
220 Yd. Dash	RON YOUNG	CARLMONT	:24.6	1977
One Mile Run	KEVIN O'CONNOR	CARLMONT	4:54.8	1977
High Jump	ERIC SENTMAN	CARLMONT	5'6"	1980
Long Jump	STEVE DIETRICH	CARLMONT	19'11"	1977
Triple Jump	Tim Paalua	CARLMONT	40'6-1/2"	1982
Shot Put	BOB KOCHENDORFER	CARLMONT	47'7-1/2"	1978

Carlmont vs. Sequoia

VARSVITY DIVISION

440 Yd. Relay	B. JAMISON, B. ARTIST, C. WALLACE, E. BERRY	CARLMONT	:42.8	1982
High Hurdles	Dixon	Sequoia	:14.4	1978
880 Yd. Run	JACK SANDIN	CARLMONT	1:59.9	1963
100 Yd. Dash	JERRY ROSE-ANDY SEARS-	CARLMONT	:10.0	
1962-64	ANDRE PRICE-	CARLMONT	:10.0	1977
	Horance White-Oravilo	Sequoia	:10.0	
1968-78				
440 Yd. Run	Darryl White	Sequoia	:50.3	1968
Two Mile Run	BOB LOVE	CARLMONT	9:27.7	1978
Low Hurdles	Tucker	Sequoia	:39.3	1981
220 Yd. Dash	ANDRE PRICE	CARLMONT	:22.3	1977
One Mile Run	STEVE MILLER	CARLMONT	4:25.7	1971
High Jump	LARRY WRIGHT	CARLMONT	6'5-1/2"	1975
Long Jump	AARON BRISBANE	CARLMONT	21'3-1/2"	1975
Triple Jump	TIM THOMPSON	CARLMONT	45'9-3/4"	1979
Shot Put	Mike Cantwell	Sequoia	54'8-1/2"	1968
Discus	JIM PENROSE	CARLMONT	176'3-1/2"	1968
Pole Vault	PAUL DEMPSTER	CARLMONT	14'6-1/2"	1971
One Mile Relay		Sequoia	3:27.8	1968

JUNIOR VARSITY

440 Yd. Relay	B. JAMISON, C. SPENCER, C. WALLACE, E. BERRY	CARLMONT	:45.4	1980
High Hurdles	JIM SWAIN	CARLMONT	:15.6	1978
880 Yd. Run	BRUCE SAYRE	CARLMONT	2:05.7	1971
100 Yd. Dash	Hochaday-Haynes	Sequoia	:10.5	
1978-79				
440 Yd. Run	RON YOUNG	CARLMONT	:52.4	1978
Two Mile Run	KEN MELLOQUIST	CARLMONT	10:04.0	1978
Low Hurdles	Tucker	Sequoia	:40.6	1979
220 Yd. Dash	CHRIS CARRION	CARLMONT	:23.7	1976
One Mile Run	KEN MELLOQUIST	CARLMONT	4:44.8	1977
High Jump	KEVIN WEINMANN	CARLMONT	6'	1977
Long Jump	CRAIG OLIVA	CARLMONT	20'4"	1978
Triple Jump	TIM THOMPSON	CARLMONT	43'5"	1977
Shot Put	Turner	Sequoia	45'8-2/3"	1978
Discus	Ilkins	Sequoia	148'6"	1979
Pole Vault	JAMIE ALLEN	CARLMONT	13'6"	1976
One Mile Relay	D. HODNOCK, R. YOUNG, N. MUELLER, S. DIETRICH	CARLMONT	3:42.1	1978

FRESHMAN DIVISION

440 Yd. Relay	MULLINS, LENNEN, AVILA, DODGEN	CARLMONT	:46.9	1970
High Hurdles	Oravillo	Sequoia	:09.8	1975
880 Yd. Run	CURT FOIANINI	CARLMONT	2:12.7	1975
100 Yd. Dash	Rehbein-DODGEN	Sequoia-CARL	:10.5	
1972-72				
440 Yd. Run	JAMES WARE	CARLMONT	:10.5	1978
Two Mile Run	DeMoss	Sequoia	:55.3	1970
Low Hurdles	BOB LOVE	CARLMONT	9:51.6	1975
220 Yd. Dash	JAMES WARE	CARLMONT	:43.0	1978
One Mile Run	RON DODGEN	CARLMONT	:24.1	1970
High Jump	JIM PRYOR	CARLMONT	4:53.0	1976
	LARRY WRIGHT	CARLMONT	5'9-1/2"	1972

Carlmont vs. San Carlos

VARSIY DIVISION

440 Yd. Relay	R. ARNOLD, R. CHEADLE, C. CARRION, B. RIBERA	CARLMONT	:43.8	1979
High Hurdles	GORDON BLISS	CARLMONT	:14.7	1975
880 Yd. Run	BRIAN HURDAL	CARLMONT	1:55.5	1975
100 Yd. Dash	ANDY SEARS	CARLMONT	:09.9	1975
440 Yd. Run	WYATT BISHOP	CARLMONT	:50.9	1964
Two Mile Run	BOB LOVE	CARLMONT	9:28.0	1978
180 Yd. Low Hurdles	GORDON BROWELL	CARLMONT	:19.8	1966
Low Hurdles	Luttrell	San Carlos	:38.4	1978
220 Yd. Dash	ANDY SEARS	CARLMONT	:22.0	1963
220 Yd. Dash (turn) 1977-82	ANDRE PRICE-BUSTER JAMISON	CARLMONT	:22.8	
One Mile Run	MIKE McCANN	CARLMONT	4:25.7	1965
High Jump	LARRY WRIGHT	CARLMONT	6'5"	1975
Long Jump	Pian	San Car.	22'6-1/4"	1970
Triple Jump	TIM THOMPSON	CARLMONT	45'10"	1978
Shot Put	PAUL BRANDOW	CARLMONT	54'11-1/2"	1972
Discus	JIM PENROSE	CARLMONT	178'1"	1968
Pole Vault	MIKE PHILLIPS	CARLMONT	14'6-1/2"	1981
One Mile Relay		San Carlos	3:25.6	1977

JUNIOR VARSITY

440 Yd. Relay	C. HESTER, S. ICHIMARU, M. HESTER, J. WARE	CARLMONT	:45.2	1979
High Hurdles	JIM SWAIN	CARLMONT	:15.5	1978
880 Yd. Run	JIM TAYLOR	CARLMONT	2:02.6	1975
100 Yd. Dash	JAMES WARE	CARLMONT	:10.4	1979
440 Yd. Run	RON YOUNG	CARLMONT	:53.5	1979
Two Mile Run	ED BARNEY	CARLMONT	10:22.0	1971
180 Yd. Low Hurdles	Dilg	San Carlos	:20.8	1971
Low Hurdles	JIM SWAIN	CARLMONT	:41.8	1978
220 Yd. Dash	RON YOUNG	CARLMONT	:23.5	1978
One Mile Run	KEN MELLOQUIST	CARLMONT	4:41.7	1978
High Jump	ALEX PALEN	CARLMONT	6'	1982
Long Jump	STEVE LAWERENCE	CARLMONT	21'1/2"	1975
Triple Jump	STEVE DIETRICH	CARLMONT	41'7"	1978
Shot Put	McMans	San Carlos	45'9"	1974
Discus	DON HUNTER	CARLMONT	134'8"	1977
Pole Vault 1977-79	LEROY GULLETTE-JOHN NILSEN-	CARLMONT	12'	
One Mile Relay	MATT ROBERTS DAY, LATOR, UHLIG, SAYRE	CARLMONT	12'	1982
		CARLMONT	3:43.2	1971

FRESHMAN DIVISION

440 Yd. Relay		San Carlos	:46.8	1971
High Hurdles	Luttrell	San Carlos	:09.7	1975
880 Yd. Run	MARK LUCE	CARLMONT	2:08.8	1971
100 Yd. Dash	Williams	San Carlos	:10.5	1977
440 Yd. Run	Beal	San Carlos	:53.7	1975
Two Mile Run	CARL CATTARIN	CARLMONT	10:11.2	1970
180 Yd. Low Hurdles	Hill	San Carlos	:22.2	1972
Low Hurdles	Luttrell	San Carlos	:42.4	1978
220 Yd. Dash	Williams	San Carlos	:24.1	1970
One Mile Run	DANA CARVEY	CARLMONT	4:53.2	1970
High Jump	Beal	San Carlos	5'9-1/2"	1975
Long Jump	Beal	San Carlos	19'1/2"	1975

Carlmont vs. Menlo/Atherton

VARSITY DIVISION

440 Yd. Relay	B. JAMISON, B. ARTIST, C. WALLACE, D. TOPPS	CARLMONT	:43.5	1982
High Hurdles	Clark	M.A.	:14.4	1977
880 Yd. Run	HANS TEMPLEMAN	CARLMONT	1:59.1	1971
100 Yd. Dash 1959-68	Burns-Hatcher	M.A.	:09.9	
440 Yd. Run	Nicholson	M.A.	:50.3	1979
Two Mile Run	BOB LOVE	CARLMONT	9:37.0	1977
Low Hurdles	Clark	M.A.	:38.9	1977
220 Yd. Dash 1962-63	JERRY ROSE-Walker	CARLMONT-M.A.	:21.9	
220 Yd. Dash (turn)	ANDRE PRICE	CARLMONT	:22.3	1977
One Mile Run	BOB LOVE	CARLMONT	4:26.5	1977
High Jump	RICH MONTERO	CARLMONT	6'7"	1976
Long Jump	Paul Bates	M.A.	23'5"	1977
Triple Jump	Paul Bates	M.A.	47'8"	1977
Shot Put	Newson	M.A.	56'7"	1977
Discus	TOM GRIMM	CARL	167'11-1/2"	1964
Pole Vault	Ellis	M.A.	15'	1979
One Mile Relay		M.A.	3:26.0	1977

JUNIOR VARSITY

440 Yd. Relay	R. CHEADLE, C. CARRION, HALL, A. PRICE	CARLMONT	:45.3	1976
High Hurdles	Mitchell	M.A.	:16.3	1978
880 Yd. Run	DAN PIERCE	CARLMONT	2:05.0	1977
100 Yd. Dash 1976-77	ANDRE PRICE-REGGIE ARNOLD	CARLMONT	:10.4	
440 Yd. Run	Young	M.A.	:53.4	1975
Two Mile Run	GREG MANDANIS	CARLMONT	9:58.3	1975
Low Hurdles	King	M.A.	:42.0	1981
220 Yd. Dash	REGGIE ARNOLD	CARLMONT	:23.4	1977
One Mile Run	Magoon	M.A.	4:41.0	1975
High Jump	Timmons	M.A.	5'11"	1961
Long Jump	Smith	M.A.	20'8-3/4"	1979
Triple Jump	Hanson	M.A.	45'2-1/2"	1975
Shot Put	Todkino	M.A.	47'3/4"	1972
Discus	SCOTT McRENOLDS	CARLMONT	134'4"	1978
Pole Vault	MIKE PHILLIPS	CARLMONT	13'	1979
One Mile Relay	SYLVERSTRI, DODGE, UHLIG, DAGG	CARLMONT	3:40.0	1970

FRESHMAN DIVISION

440 Yd. Relay		M.A.	:47.4	1977
High Hurdles	Clark	M.A.	:09.8	1974
880 Yd. Run	KEVIN O'CONNOR	CARLMONT	2:08.0	1977
100 Yd. Dash	JOE TEBD	CARLMONT	:10.7	1981
440 Yd. Run	Robinson	M.A.	:54.2	1972
Two Mile Run	BOB LOVE	CARLMONT	9:48.4	1975
Low Hurdles	JAMES WARE	CARLMONT	:43.2	1978
220 Yd. Dash	Robinson	M.A.	:24.3	1972
One Mile Run	CARL CATTARIN-KEVIN O'CONNOR	CARLMONT	4:46.3	1977
High Jump	LARRY WRIGHT	CARLMONT	5'10"	1972
Long Jump	MIKE MULLINS	CARLMONT	19'8-1/2"	1970
Triple Jump	Herbst	M.A.	39'6-3/4"	1977
Shot Put	BOB KOCHENDORFER	CARLMONT	48'5-1/2"	1978
Discus	TIM KOBAYASHI	CARL	123'1-1/2"	1972

Carlmont vs. Woodside

Varsity Division

440 Yd. Relay	B. JAMISON, B. ARTIST, J. TEBO, E. BERRY	CARLMONT	:43.1	1982
		Woodside	:43.1	1975
High Hurdles	Easley	Woodside	:14.0	1975
880 Yd. Run	BRIAN HURDAL	CARLMONT	1:58.7	1975
100 Yd. Dash	ANDY SEARS	CARLMONT	:09.8	1964
440 Yd. run	WYATT BISHOP	CARLMONT	:49.4	1975
Two Mile Run	CHRIS CAREY	CARLMONT	9:25.0	1968
Low Hurdles 1975-78	Easley-JIM SWAIN	WOOD-CARL	:39.4	
220 Yd. Dash	ANDY SEARS	CARLMONT	:21.3	1964
220 Yd. Dash	Washington	Woodside	:22.3	1980
One Mile Run	MARTIN McCANN	CARLMONT	4:26.5	1965
High Jump	JEFF LEACH	CARLMONT	6'5"	1975
Long Jump	RICH MONTERO	CARLMONT	22'9"	1976
Triple Jump	TIM THOMPSON	CARLMONT	45'6-1/4"	1978
Shot Put	PAUL BRANDOW	CARLMONT	56'7"	1972
Discus	JIM PENROSE	CARLMONT	175'9"	1968
Pole Vault	JAMIE ALLEN	CARLMONT	14'3"	1978
One Mile Relay	B. HURDAL, DONAHUE, B. NANCE, W. BISHOP	CARLMONT	3:26.1	1975

Junior Varsity

440 Yd. Relay	A. PRICE, HALL, R. CHEADLE, C. CARRION	CARLMONT	:45.4	1976
High Hurdles	JIM SWAIN	CARLMONT	:15.3	1978
880 Yd. Run	Coligs	Woodside	2:05.0	1978
100 Yd. Dash	Thompson	Woodside	:10.3	1976
440 Yd. Run	CHRIS CARRION	CARLMONT	:53.0	1977
Two Mile Run	KEN MELLQUIST	CARLMONT	9:25.0	1968
Low Hurdles	JIM SWAIN	CARLMONT	:42.0	1978
220 Yd. Dash	DAN HODNICK	CARLMONT	:23.7	1978
One Mile Run	RON HALES	CARLMONT	4:41.7	1975
High Jump	Glikberg	Woodside	6'4"	1978
Long Jump	KERRY JONES	CARLMONT	21'4"	1972
Triple Jump	Glikberg	Woodside	42'4"	1978
Shot Put	Paceologas	Woodside	46'9-3/4"	1974
Discus	Varnel	Woodside	136'7"	1978
Pole Vault	LARRY GULLETTE	CARLMONT	12'	1975
One Mile Relay		Woodside	3:39.5	1975

Freshman Division

440 Yd. Relay	V. GARCIA, E. BERRY, M. MONACO, B. ARTIST	CARLMONT	:46.4	1979
High Hurdles	ED BERRY	CARLMONT	:10.1	1979
880 Yd. Run	Taylor	Woodside	2:06.4	1972
100 Yd. Dash	Washington	Woodside	:10.6	1977
440 Yd. Run	CURT FOIANINI	CARLMONT	:54.6	1975
Two Mile Run	GREG MANDANIS	CARLMONT	10:23.0	1975
Low Hurdles	JAMES WARE	CARLMONT	:43.2	1979
220 Yd. Dash 1978-81	Lauluia-NICK DAMANTE	WOOD-CARL	:24.6	
One Mile Run	Wade	Woodside	4:55.0	1982
High Jump	LARRY WRIGHT	CARLMONT	6'	1973
Long Jump	Luke	Woodside	20'1/4"	1978
Triple Jump	BOB TISDALE	CARL	39'11-1/4"	1980
Shot Put	BOB KOCHENDORFER	CARLMONT	51'6-1/2"	1975

SPAL Championship Meet Records

VARSIY DIVISION

440 Yd. Relay	B. JAMISON, B. ARTIST, C. WALLACE, E. BERRY	CARLMONT	:42.0	1982
High Hurdles	Carl Florant	Palo Alto	:14.2	1973
880 Yd. Run	Bill Respini	Palo Alto	1:55.1	1968
100 Yd. Dash 1977-60	ANDRE PRICE-Dick Burns	CARL-M.A.	:09.7	
440 Yd. Run	Tony Thompson	Woodside	:48.2	1978
Two Mile Run	Jerry Emory	Gunn	9:10.4	1975
180 Yd. Low Hurdles	Julian Lucas	Gunn	:18.9	1970
Low Hurdles	BILL RIBERA	CARLMONT	:37.1	1978
220 Yd. Dash	Dick Burns	M.A.	:21.4	1960
220 Yd. Dash (turn)	Stan Beal	San Carlos	1:21.7	1978
One Mile Run	STEVE MILLER	CARLMONT	4:15.2	1972
High Jump	John Radetich	San Car.	6'8-1/2"	1966
Long Jump	Julian Lucas	Gunn	23'3-3/4"	1970
Triple Jump	Kale Krebs	Gunn	47'5-1/2"	1970
Shot Put	Don Castle	Cubberley	64'3"	1961
Discus	Winston Landis	P.A.	175'8-1/2"	1967
Pole Vault	Greg Ellis	M.A.	15'6-1/2"	1980
One Mile Relay	Williams, Gilloley, Luttrell, Beal	San Carlos	3:20.2	1978

FROSH-SOPH DIVISION

440 Yd. Relay	E. Oravillo, Jones, Hockaday, A. Oravillo	Sequoia	:43.3	1976
High Hurdles 1970-70	Adams-Willis-	Gunn-Menlo	:08.8	
	Luttrell	San Carlos	:08.8	1979
880 Yd. Run	Jones	Gunn	1:58.8	1973
100 Yd. Dash 1970-78	Puckette-Wahington	Raven.-WOOD	:10.1	
440 Yd. Run	Dave gilloley	San Carlos	:50.4	1976
Two Mile Run	Jerry Emory	Gunn	9:39.2	1973
180 Yd. Low Hurdles	Terry Adams	Gunn	:20.5	1971
Low Hurdles	Rick Luttrell	San Carlos	:38.7	1976
220 Yd. Dash	Eric Washington	Woodside	:22.4	1978
One Mile Run	STEVE MILLER	CARLMONT	4:27.0	1970
High Jump	Alexander	M.A.	6'4-1/2"	1980
Long Jump	Herman Jackson	San Carlos	22'1/2"	1971
Triple Jump	Myrt Easley	WOOD	46'7-1/2"	1973
Shot Put	Ambrey	M.A.	57'6-1/4"	1976
Discus	George Stein	Gunn	153'6-1/2"	1972
Pole Vault	MIKE BRADLEY	CARLMONT	13'9-1/2"	1976
One Mile Relay	Jones, Hockaday, Chandley, Oravillo	Sequoia	3:27.9	1976

GIRLS DIVISION

440 Yd. Relay	J. MILLER, K. VINES, L. JOHNS, B. MILLER	CARLMONT	:48.26	1981
100 Yd. Dash	L. Luttrell	San Carlos	:14.71	1981
880 Yd. Run	PAULA FOIANINI	CARLMONT	2:22.24	1981
100 Yd. Dash	Rhonda Robinson	San Carlos	:11.6	1980
440 Yd. Run	PAULA FOIANINI	CARLMONT	:57.7	1980
3200 Met. Run	Karen Wolfe	Sequoia	11:21.8	1981
300 Met. Low Hurdles	BETH MILLER	CARLMONT	:45.75	1981
200 Met. Dash	Rhonda Robinson	San Carlos	:25.25	1981
1600 Met. Run	Williams	M.A.	5:16.26	1981

Honor Roll -- All Time

440 Yd. Relay

1.	Buster Jamison, Brian Artist, Cedric Wallace, Ed Berry	:42.0	1982
2.	Greg Russill, Aaron Bisbane, Rich Montero, Brent Nance	:42.2	1975
3.	Reggie Arnold, Rickie Cheadle, Chris Carrion, Bill Ribera	:42.3	1978
4.	Greg Russell, Mike Citara, Aaron Brisbane, Wyatt Bishop	:42.7	1975
5.	Reggie Arnold, Rickie Cheadle, Bryon Miller, Andre Price	:42.9	1977
5.	Mike Hester, James Ware, Charles Hester, Ron Young	:42.9	1980

High Hurdles

1.	Gary gaskill	:14.3	1961
2.	Ed Berry	:14.3	1982
3.	Cleo Spencer	:14.4	1978
3.	Jim Swain	:14.4	1979
5.	Jim Miller	:14.5	1968
5.	Bob Sawyer	:14.5	1980

880 Yd. Run

1.	Wyatt Bishop	1:53.4	1976
2.	Brian Hurdal	1:54.2	1975
3.	Tom Wake	1:56.1	1966
4.	Jack Sandin	1:56.3	1964
5.	Ken Nichols	1:57.3	1963

100 Yd. Dash

1.	Andy Price	:09.7	1977
2.	Andy Searys	:09.8	1963
2.	Brent Nance	:09.8	1975
4.	Ed Berry	:09.9	1981
5.	Greg Fobbs	:10.0	1972
5.	Jules Robere	:10.0	1963
5.	Jerry Rose	:10.0	1963
5.	Ron Landini	:10.0	1960
5.	Robert Stevens	:10.0	1958
5.	Reggie Arnold	:10.0	1978
5.	Rickie Cheadle	:10.0	1978
5.	Charles Hester	:10.0	1981

440 Yd. Run

1.	Wyatt Bishop	:48.7	1975
2.	Brian Artist	:49.2	1982
2.	Roger Royal	:49.2	1965
4.	Chris Carrion	:49.4	1978
5.	Todd Ragsdale	:49.7	1960
5.	Ron Young	:49.7	1979

Two Mile Run

1.	Bob Love	9:08.3	1978
2.	Chris Carey	9:12.2	1967
3.	Hans Templeman	9:14.0	1971
4.	Steve Miller	9:14.4	1972
5.	Carl Cattarin	9:14.5	1972

Low Hurdles

1.	Bill Ribera	:37.1	1978
2.	Jim Swain	:37.6	1979
3.	James Ware	:38.6	1980
4.	Steve Dietrich	:39.0	1979
5.	Gordon Bliss	:39.1	1976

220 Yd. Dash

1.	Andy Sears	:22.0	1964
2.	Buster Jamison	:22.2	1982
3.	Lee Baker	:22.3	1970

Honor Roll -- All Time

440 Yd. Relay

1.	Buster Jamison, Brian Artist, Cedric Wallace, Ed Berry	:42.0	1982
2.	Greg Russill, Aaron Bisbane, Rich Montero, Brent Nance	:42.2	1975
3.	Reggie Arnold, Rickie Cheadle, Chris Carrion, Bill Ribera	:42.3	1978
4.	Greg Russell, Mike Citara, Aaron Brisbane, Wyatt Bishop	:42.7	1975
5.	Reggie Arnold, Rickie Cheadle, Bryon Miller, Andre Price	:42.9	1977
5.	Mike Hester, James Ware, Charles Hester, Ron Young	:42.9	1980

High Hurdles

1.	Gary gaskill	:14.3	1961
2.	Ed Berry	:14.3	1982
3.	Cleo Spencer	:14.4	1978
3.	Jim Swain	:14.4	1979
5.	Jim Miller	:14.5	1968
5.	Bob Sawyer	:14.5	1980

880 Yd. Run

1.	Wyatt Bishop	1:53.4	1976
2.	Brian Hurdal	1:54.2	1975
3.	Tom Wake	1:56.1	1966
4.	Jack Sandin	1:56.3	1964
5.	Ken Nichols	1:57.3	1963

100 Yd. Dash

1.	Andy Price	:09.7	1977
2.	Andy Searys	:09.8	1963
2.	Brent Nance	:09.8	1975
4.	Ed Berry	:09.9	1981
5.	Greg Fobbs	:10.0	1972
5.	Jules Robere	:10.0	1963
5.	Jerry Rose	:10.0	1963
5.	Ron Landini	:10.0	1960
5.	Robert Stevens	:10.0	1958
5.	Reggie Arnold	:10.0	1978
5.	Rickie Cheadle	:10.0	1978
5.	Charles Hester	:10.0	1981

440 Yd. Run

1.	Wyatt Bishop	:48.7	1975
2.	Brian Artist	:49.2	1982
2.	Roger Royal	:49.2	1965
4.	Chris Carrion	:49.4	1978
5.	Todd Fagsdale	:49.7	1960
5.	Ron Young	:49.7	1979

Two Mile Run

1.	Bob Love	9:08.3	1978
2.	Chris Carey	9:12.2	1967
3.	Hans Templeman	9:14.0	1971
4.	Steve Miller	9:14.4	1972
5.	Carl Cartarin	9:14.5	1972

Low Hurdles

1.	Bill Ribera	:37.1	1978
2.	Jim Swain	:37.6	1979
3.	James Ware	:38.6	1980
4.	Steve Dietrich	:39.0	1979
5.	Gordon Bliss	:39.1	1976

220 Yd. Dash

1.	Andy Sears	:22.0	1964
2.	Buster Jamison	:22.2	1982
3.	Lee Baker	:22.3	1970

Honor Roll -- All Time (cont.)

4. Ron Young	:22.46	1979
5. Reggie Arnold	:22.5	1978

One Mile Run

1. Chris Carey	4:17.2	1969
2. Bob Love	4:17.7	1978
3. Mike McCann	4:18.5	1964
4. Dan Norris	4:19.8	1977
5. Dave Kamrar	4:20.4	1961

High Jump

1. Larry Wright	6'9"	1975
2. Steve DeHart	6'8"	1982
3. Rich Montero	6'7"	1976
4. Todd Gaskill	6'5-1/2"	1961
5. Jeff Leach	6'5"	1975

Long Jump

1. Rich Montero	23'2"	1976
2. Gary Gaskill	22'10-3/4"	1961
3. Tim Thompson	22'8-1/4"	1979
4. Bob Wasmundy	22'6-3/4"	1961
5. Tim Maples	22'6"	1977

Triple Jump

1. Tim Thompson	48'1/2"	1979
2. Mike Hall	47'5"	1971
3. Ed Berry	47'2"	1982
4. Cleo Spencer	45'5"	1978
5. Tim Maples	45'	1977

Shot Put

1. Jim Penrose	59'10-3/4"	1968
2. Paul Brandow	57'4"	1972
3. Chris Jensen	55'11-1/2"	1959
4. Waymon McKitric	53'11-1/2"	1977
5. Jim Stolle	52'10"	1968

Discus

1. Jim Penrose	193'1/2"	1958
2. Tom Grimm	169'3-1/2"	1964
3. Ron Miller	167'7"	1961
4. Jim Stoolle	167'6"	1968
5. Don Hunter	163'1"	1979

Pole Vault

1. Vince Bradley	14'7-1/2"	1976
2. Paul Dempster	14'6-3/4"	1972
3. Mike Phillips	14'6-1/4"	1981
4. Dennis Phillips	14'6"	1964
4. Kim Black	14'6"	1975

One Mile Relay

1. Reggie Arnold, Chris Carrion, Rickie Cheadle, Bill Ribera	3:21.3	1978
2. Buster Jamison, Ed Berry, Brian Artist, Deante Topps	3:23.0	1982
3. Ron Landini, Barry Sheldon, Jim Day, Todd Ragsdale	3:23.2	1960
4. Brian Hurdla, Bill Donahue, Brent Nance, Wyatt Bishop	3:23.4	1975
5. Chris Carrion, Rickie Cheadle, Reggie Arnold, Andre Price	3:24.1	1977

Honor Roll -- Seniors

440 Yd. Relay			
1.	Buster Jamison, Brian Artist, Cedric Wallace, Ed Berry	:42.0	1982
2.	Russell, Brisbane, Nance, Montero	:42.2	1975
3.	Arnold, Cheadle, Carrion, Ribera	:42.3	1978
4.	Arnold, Cheadle, Miller, Price	:42.7	1977
5.	Artist, Ware, Jamison, C. Hester	(400 M) :42.75	1981
High Hurdles			
1.	Gary Gaskill	:14.3	1961
1.	Ed Berry	:14.3	1982
3.	Cleo Spencer	:14.4	1978
3.	Jim Swain	:14.4	1979
5.	Jim Miller	:14.5	1968
880 Yd. Run			
1.	Wyatt Bishop	1:53.4	1976
2.	Brian Hurdal	1:54.2	1975
3.	Tom Wake	1:56.1	1966
4.	Jack Sandin	1:56.3	1964
5.	Ken Nichols	1:56.3	1965
100 Yd. Dash			
1.	Andy Sears	:09.8	1964
2.	Greg Fobbs	:10.0	1972
2.	Jerry Rose	:10.0	1962
2.	Ron Landini	:10.0	1960
2.	Bob Steves	:10.0	1958
2.	Reggie Arnold	:10.0	1978
2.	Charles Hester	:10.0	1981
440 Yd. Run			
1.	Roger Royal	:49.2	1965
1.	Brian Artist	:49.2	1982
3.	Wyatt Bishop	:49.3	1976
4.	Chris Carrion	:49.4	1978
5.	Todd Ragsdale	:49.7	1960
Two Mile Run			
1.	Bob Love	9:08.3	1978
2.	Chris Carey	9:12.6	1967
3.	Hans Templeman	9:14.0	1971
4.	Carl Cattarin	9:14.4	1972
5.	Mike McCann	9:18.1	1964
Low Hurdles			
1.	Bill Ribera	:37.1	1978
2.	Jim Swain	:37.6	1979
3.	James Ware	:38.82	1981
4.	Gordon Bliss	:39.1	1976
4.	Steve Dietrich	:39.1	1980
220 Yd. Dash			
1.	Andy Sears	:22.0	1964
2.	Buster Jamison	:22.2	1982
3.	Lee Baker	:22.3	1970
4.	Reggie Arnold	:22.5	1978
4.	Ron Young	:22.5	1980
One Mile Run			
1.	Chris Carey	4:17.2	1969
2.	Bob Love	4:17.7	1964
3.	Mike McCann	4:18.5	1964
4.	Dan Norris	4:19.8	1977
5.	Dave Kamrar	4:20.4	1961

Honor Roll -- Seniors (cont.)

High Jump

1. Larry Wright	6'9"	1975
2. Steve DeHart	6'8"	1982
3. Rich Montero	6'7"	1976
4. Todd Gaskill	6'5-1/4"	1959
5. Jeff Leach	6'5"	1975

Long Jump

1. Rich Montero	23'2"	1976
2. Gary Gaskill	22'10-3/4"	1961
3. Tim Thompson	22'8-1/4"	1979
4. Tim Maples	22'6"	1977
5. Mike Hall	22'3-1/2"	1971

Triple Jump

1. Tim Thompson	48'17/2"	1979
2. Mike Hall	47'5"	1971
3. Ed Berry	47'2"	1982
4. Cleo Spencer	45'5"	1978
5. Tim Maples	45'	1977

Shot Put

1. Jim Penrose	59'10-3/4"	1968
2. Paul Brandow	57'4"	1972
3. Chris Jensen	55'11-1/2"	1977 1959
4. Waymon McKittrick	53'11-1/2"	1977
5. Jim Stolle	52'10"	1968

Discus

1. Jim Penrose	193'1/2"	1968
2. Tom Grimm	169'3-1/2"	1964
3. Ron Miller	167'7"	1961
4. Jim Stolle	167'6"	1968
5. Don Hunter	163'1"	1976

Pole Vault

1. Vince Bradley	14'7-1/2"	1976
2. Paul Dempster	14'6-3/4"	1972
3. Mike Phillips	14'6-1/4"	1981
4. Dennis Phillips	14'6"	1964
4. Kim Black	14'6"	1975

One Mile Relay

1. Chris Carrion, Rickie Cheadle, Reggie Arnold, Bill Ribera	3:21.2	1978
2. Brian Artist, Deante Topps, Ed Berry, Buster Jamison	3:23.0	1982
3. Barry Sheldon, Ron Landini, Jim Day, Todd Ragsdale	3:23.2	1960
4. Brian Hurdal, Bill Donohue, Brent Nance, Wyatt Bishop	3:23.3	1975
5. Ed Berry, Buster Jamison, James Ware, Brian Artest	3:25.0	1981

Honor Roll -- Juniors

140 Yd. Relay

1.	Olivieri, Rovere, Cornelius, Sears	:43.2	1963
2.	M. Hester, C. Hester, J. Ware, c. Spencer	:43.3	1980
3.	Ware, M. Hester, Mueller, Young	:44.1	1979
4.	Maples, Lawerence, Miller, Pent	:45.0	1976
5.	Topps, U'Ren, Wallace, tebo	:45.84	1981

High Hurdles

1.	Bob Sawyer	:14.5	1961
2.	Gordon Bliss	:14.7	1975
3.	John Ribera	:14.95	1982
4.	Gary Gaskill	:15.0	1960
4.	Jim Swain	:15.0	1978

880 Yd. Run

1.	Steve Miller	1:57.4	1972
2.	Jack Sandin	1:57.7	1963
3.	Tom Wake	1:57.8	1965
4.	Hans Templeman	1:58.3	1970
4.	Brian Hurdal	1:58.3	1974

100 Yd. Dash

1.	Andre Price	:09.7	1977
2.	Andy Sears	:09.8	1963
2.	Brent Nance	:09.8	1975
4.	Ed Berry	:09.9	1981
5.	Jules Rovere	:10.0	1970
5.	Bob Stevens	:10.0	1958
5.	Rickie Cheadle	:10.0	1978

440 Yd. Run

1.	Wyatt Bishop	:48.7	1975
2.	Ron Young	:49.7	1979
3.	Todd Ragsdale	:50.4	1959
4.	Deante Topps	:50.5	1982
5.	Brian Artist	:50.8	1981

Two Mile Run

1.	Chris Carey	9:12.2	1967
2.	Bob Love	9:12.8	1977
3.	Kevin O'Connor	9:15.1	1979
4.	Steve Miller	9:15.4	1972
5.	Carl Cattarin	9:20.1	1972

Low Hurdles

1.	Jim Swain	:38.3	1978
2.	James Ware	:38.6	1980
3.	Steve Dietrich	:39.0	1979
4.	Gordon Bliss	:39.6	1975
5.	Stu Hall	:39.9	1977

220 Yd. Dash

1.	Andre Price	:22.1	1977
2.	Brent Nance	:22.2	1975
3.	Buster Jamison	:22.3	1981
4.	Andy Sears	:22.4	1963
5.	Ron Young	:22.46	1979

One Mile Run

1.	Steve Miller	4:10.7	1971
2.	Kevin O'Connor	4:21.6	1979
3.	Ed Young	4:21.7	1974
4.	Bob Love	4:21.9	1977
5.	Chris Carey	4:23.7	1963

Honor Roll -- Juniors

High Jump

1. Larry Wright	6'6-1/4"	1974
2. Anthony Hopgood	6'4"	1982
3. Rich Montero	6'2-1/2"	1975
3. Steve Angi	6'2-1/2"	1971
5. Greg Russell	6'2"	1975

Long Jump

1. Curt Stovall	21'9-1/4"	1981
2. Aaron Brisbane	21'6"	1974
3. Tim Maples	21'5"	1976
4. Larry Wright	21'4-3/4"	1974
5. Tim Thompson	21'4-1/2"	1978

Triple Jump

1. Mike Hall	46'	1970
2. Tim Thompson	46'5-3/4"	1978
3. Ed Berry	45'5-1/2"	1981
4. Rich Montero	44'8"	1975
5. Greg Russell	44'1-1/2"	1975

Shot Put

1. Jim Penrose	55'5-1/2"	1967
2. Wayman McKittrick	52'10-1/2"	1978
3. Dave Galbraith	51'3"	1963
4. Chris Jensen	50'4-1/2"	1959 1958
5. Paul Brandow	49'4-1/2"	1975

Discus

1. Jim Penrose	179'	1967
2. Dave Galbraith	159'5-1/2"	1963
3. Jim Stollie	152'2"	1967
4. Don Hunter	150'11-1/2"	1978
5. Tom Grimm	150'6-3/4"	1963

Pole Vault

1. Jamie Allen	14'3"	1977
2. Mike Phillips	14'3-1/2"	1980
3. Jack Lennen	14'1"	1972
4. Paul Dempster	14'	1971
5. Eric Reich	13'8-1/2"	1966

One Mile Relay

1. Chris Carrion, Rickie Cheadle, Reggie Arnold, Kirk Herrera	3:24.1	1977
2. Chris Carrion, Rickie Cheadle, Andre Price, Kirk Herrera	3:26.7	1977

Honor Roll -- Sophomores

140 Yd. Relay

1.	Ichimaru, C. Hester, M. Hester, Ware	:43.6	1979
2.	Jamison, Artist, Wallace, Berry	:44.0	1980
3.	Chris Rainey, Trammel Reid, Mike Overton, Kevin Pitre	:44.2	1982
4.	Ichimaur, C. Hester, M. Hester, Artist	:44.46	1979
5.	Hodnick, Young, Mueller, Ware	:44.5	1978
5.	Cheadle, Carrion, Chambers, Price	:44.5	1976

High Hurdles

1.	Gordon Bliss	:15.3	1974
2.	Stan Stone	:15.6	1962
3.	Gary Gaskill	:15.9	1959
4.	Eric Carlson	:16.1	1972
5.	Geoff Bowyer	:16.2	1974
5.	John Ribera	:16.2	1981

880 Yd. Run

1.	Jack Sandin	1:56.4	1962
2.	Kirk Herrera	1:58.3	1977
3.	Curt Foianini	1:59.3	1976
4.	Brian Hurdal	1:59.9	1973
5.	Blair Bullock	2:00.5	1982

100 Yd. Dash

1.	Joe Tebo	:10.1	1982
2.	James Ware	:10.2	1979
2.	Andre Price	:10.2	1976
2.	Rickie Cheadle	:10.2	1977
5.	John Cornelius	:10.3	1962
5.	Brent Nance	:10.3	1974

440 Yd. Run

1.	Wyatt Bishop	:49.6	1974
2.	Ron Young	:50.3	1978
3.	Brian Artist	:51.8	1980
4.	Chris Carrion	:51.6	1976
5.	Vince Bradley	:52.1	1972

Two Mile Run

1.	Bob Love	9:17.8	1976
2.	Steve Miller	9:18.2	1970
3.	Bob Love	9:20.2	1975
4.	Chris Carey	9:29.9	1967
5.	Kevin O'Connor	9:32.0	1978

Low Hurdles

1.	James Ware	:39.7	1979
2.	Lew Chee	:41.3	1982
3.	Jim Swain	:41.5	1977
4.	John Ribera	:41.8	1981
5.	Bill Wright	:41.9	1978
5.	Steve Dietrich	:41.9	1973

220 Yd. Dash

1.	Ron Young	:22.3	1978
2.	Brent Nance	:22.4	1974
3.	Dan Hodnick	:22.7	1978
4.	Brian Artist	:22.8	1980
5.	Andre Price	:23.1	1976
5.	Buster Jamison	:23.1	1980
5.	Joe Tebo	:23.1	1982

One Mile Run

1.	Steve Miller	4:18.0	1971
----	--------------	--------	------

Honor Roll -- Sophomores

2.	Bob Love	4:25.5	1976
3.	Mike McCann	4:26.1	1963
4.	Chris Carey	4:27.5	1967
5.	Kevin O'Connor	4:29.9	1978

High Jump

1.	Larry Wright	6'2"	1973
2.	Greg Russell	6'2"	1974
3.	Stu Hall	6'1-1/4"	1976
3.	Eric Dabanion	6'1-1/4"	1976
5.	Todd Gaskill	6'1/2"	1957
5.	Bob Brown	6'1/2"	1973

Long Jump

1.	Bob Waasmundt	22'6-3/4"	1962
2.	Steve Lawrence	21'6-1/4"	1975
3.	Aaron Brisbane	21'1-1/2"	1971
4.	Bob Weaving	20'11-3/4"	1971
5.	Steve Dietrich	20'11"	1978
5.	Tim Thompson	20'11"	1977

Triple Jump

1.	Tim Thompson	43'5"	1977
2.	Ed Berry	42'8-1/4"	1980
3.	Aaron Brisbane	42'5"	1973
4.	Steve Dietrich	41'7"	1978
5.	Mike Overton	61'6"	1982

Shot Put

1.	Bob Kochendorfer	50'7-1/2"	1979
2.	Chris Jensen	48'2"	1957
3.	Bob Hoey	45'10-3/4"	1972
4.	Joe Calloway	44'11-1/2"	1976
5.	Steve Lee	44'8"	1971

Discus

1.	Dave Galbraith	153'6"	1962
2.	Ray Lobo	142'4"	1973
3.	Don Hunter	142'	1977
4.	Curt Foianini	140'7"	1976
5.	Dave Shoup	139'9-1/2"	1982

Pole Vault

1.	Walt Wothage	14'	1977
2.	Mike Bradley	13'9-1/2"	1976
3.	Jamie Allen	13'7-1/2"	1976
4.	Jack Lennen	13'7"	1971
5.	Chris Willett	13'5-1/2"	1970

One Mile Relay

1.	Bob Pent, Bruce Lambert, Chris Carrion, Curt Foianini	3:28.2	1975
2.	Curt Foianini, Andre Price, Vic Ibsden, Chris Carrion	3:28.8	1976
3.	Ron Young, Norman Mueller, Dan Hodnick, Steve Dietrich	3:29.4	1978
4.	Dave Warden, Jim Swain, Ron Young, Kirk Herrera	3:33.1	1977
5.	Buster Jamison, Brian Artist, Bernard Johnson, Ed Berry	3:33.2	1980

Honor Roll -- Freshman

440 Yd. Relay

1. Miller, Allen, Brisbane, Citara	:45.7	1972
2. Garcia, Monaco, Berry, Artist	:46.4	1979
3. Mullins, Lennen, Avila, Dodgen	:46.6	1970
4. Ichimaru, Hester, Hester, Ware	:46.8	1978
5. Butler, Mullins, Lennen, Avila	:47.1	1970

High Hurdles

1. Lew Chee	:09.7	1981
2. Bill Wright	:09.8	1977
3. Trammel Reid	:09.9	1982
4. Dave Boyes	:10.0	1978
4. Stu Hall	:10.0	1975
4. Marty Yoshioka	:10.0	1976

880 Yd. Run

1. Curt Foianini	2:00.8	1975
2. Steve Miller	2:04.0	1970
3. Blair Bullock	2:04.4	1981
4. Mark Luce	2:05.4	1971
5. Jeff Hill	2:05.4	1968

100 Yd. Dash

1. Bob Stevens	:10.3	1957
1. Rickie Cheadle	:10.3	1976
1. Joe Tebo	:10.3	1981
4. James Ware	:10.4	1978
5. Ron Dodgen	:10.5	1970
5. Brent Nance	:10.5	1974
5. Nick Damante	:10.5	1981

440 Yd. run

1. Curt Foianini	:52.9	1975
2. Wyatt Bishop	:53.0	1973
3. Pete Miele	:53.7	1966
4. Bill Donohue	:53.7	1972
5. Bernard Johnson	:54.2	1980

Two Mile Run

1. Steve Miller	9:39.9	1970
2. Bob Love	9:42.8	1975
3. Kevin O'Connor	9:49.0	1977
4. Hans Templeman	10:05.4	1977
5. Jim Pryor	10:06.0	1976

Low Hurdles

1. James Ware	:40.5	1978
2. Lew Chee	:43.5	1981
3. Ed Berry	:43.6	1979
4. John Ribera	:43.8	1980
5. Stu Hall	:43.9	1975

220 Yd. Dash

1. Ron Dodgen	:23.7	1970
1. Mike Hester	:23.7	1978
3. Brian Artist	:23.8	1979
3. Rickie Cheadle	:23.8	1976
5. Brent Nance	:23.9	1973

One Mile Run

1. Steve Miller	4:23.9	1970
2. Ed Young	4:37.3	1972
3. Kevin O'Connor	4:37.8	1977
4. Bob Love	4:37.8	1975

Honor Roll -- Freshman (cont.)

5. Chris Carey	4:40.0	1966		
High Jump				
1. Larry Wright	6'	1972		
2. Ron Dodgen	5'11"	1972		
2. Alex Palen	5'11"	1981		
4. Eric Sentman	5'10"	1980		
5. Mark Roberts	5'8-3/4"	1974		
Long Jump				
1. Steve Dietrich	20'8"	1977		
2. Brian Artist	20'	1979		
3. Tim Paalua	19'10-1/2"	1982		
4. Mike Mullins	19'8-1/2"	1970		
5. Eric Sentman	19'7-3/4"	1980		
Triple Jump				
1. Aaron Brisbane	41'2"	1972		
2. Kurt Stovall	40'11"	1979		
3. Tim Paalua	40'6-1/2"	1982		
4. Eric Sentman	40'6"	1980		
5. Tim Thompson	40'4"	1976		
Shot Put				
1. Bob Kochendorfer	53'3-1/4"	1978		
2. Mike Kinsey	44'5"	1976		
2. Bill Rhode	44'5"	1981		
4. Tim Kobayashi	44'4-1/2"	1972		
5. Ken Pent	44'3-3/4"	1975		
Discus				
1. Curt Foianini	129'	1975		
2. Joe Calloway	128'11"	1971		
3. Mike Kratzman	125'2"	1977		
4. Dave Scheller	125'1"	1976		
5. Kevin Nuuhive	124'4"	1978		
Pole Vault				
1. Mike Phillips	12'4"	1978		
2. Jack Lennen	12'3"	1970		
3. Vince Bradley	11'9"	1973		
4. Dan Wright	11'6"	1979		
4. Jamie Allen	11'6"	1975		
4. Mike Bradley	11'6"	1978		
One Mile Relay				
1. Chris Carrion, Mike Bradley, Jim Lunsford, Curt Foianini	3:45.3	1975		
2. Jim Taylor, Kevin Fitch, Rich Walker, Wyatt Bishop	3:46.5	1973		
2. Vince Ketchens, Mark Luce, Joe Castagno, Bob Daniels	3:46.5	1971		
4. Deante Topps, Bob Tisdale, Bernard Johnson, John Ribera	3:48.6	1980		
5. Nick Damante, Matt Donohue, Lew Chee, Grainger Davis	3:50.4	1981		

Honor Roll -- Girls

440 Yd. Relay			
1.	Karen Vines, Julie Miller, Latonya Johns, Beth Miller	:48.0	1982
2.	Karen Turner, Julie Miller, Beth Miller, Karen Vines	:48.82	1982
3.	Beth Miller, Cindi Green, Julie Miller, Val Milligan	:48.84	1979
4.	Latonya Johns, Cindi Green, Julie Miller, Beth Miller	:49.7	1980
5.	Julie Miller, Liz Otto, Cindi Green, Val Milligan	:50.1	1979
110 Yd. Hurdles			
1.	Liz Otto	:15.0	1979
2.	Cathy Neider	:15.16	1981
3.	Nedra Chambers	:16.2	1981
4.	Stacy Ronhausen	:16.6	1981
5.	Tammy Berg	:16.7	1981
880 Yd. Run			
1.	Paula Foianini	2:15.6	1981
2.	Linda Jungsten	2:19.8	1980
3.	Annette Neilsen	2:24.0	1977
4.	Jessica Van Leeuwen	2:25.0	1980
5.	Jenny Gardner	2:25.4	1982
100 Yd. Dash			
1.	Val Milligan	:11.2	1979
2.	Karen Vines	:11.35	1981
3.	Julie Miller	:11.5	1981
3.	Joanne Hodnick	:11.5	1978
3.	Latonya Johns	:11.5	1981
440 Yd. Run			
1.	Paula Foianini	:57.9	1978
2.	Julie Miller	:58.0	1982
3.	Karen Turner	:58.2	1982
4.	Linda Jungsten	:58.4	1978
5.	Beth Miller	:59.65	1982
Two Mile Run			
1.	Paula Foianini	11:19.7	1981
2.	Linda Jungsten	11:33.9	1979
3.	Jessica VanLeeuwen	11:44.0	1979
4.	Lesa Horve	11:57.0	1982
5.	Rita Pless	11:58.3	1980
330 Yd. Hurdles			
1.	Beth Miller	:45.39	1981
2.	Cathy Neider	:48.7	1981
3.	Liz Otto	:49.3	1979
4.	Robin Gwartney	:51.5	1981
5.	Tami Berg	:51.9	1981
220 Yd. Dash			
1.	Karen Vines	:25.4	1982
2.	Val Milligan	:25.6	1978
3.	Julie Miller	:25.74	1981
4.	Beth Miller	:26.1	1981
5.	Joanne Hodnick	:26.3	1978
One Mile Run			
1.	Linda Jungsten	5:10.5	1980
2.	Jenny Gardner	5:30.0	1982
3.	Annette Neilsen	5:32.3	1978
4.	Lesa Horve	5:32.8	1979
5.	Sharon Miller	5:34.0	1978
High Jump			
1.	Kim McCready	5'4-1/2"	1981

Honor Roll -- Girls

2.	Barbara Boyle	5'4"	1978
3.	Joan Leopold	5'	1979
3.	Beth Miller	5'	1979
4.	Sharon Miller	4'10"	1978
4.	Shelia Caviel	4'10"	1978
4.	Janey Brooks	4'10"	1978
4.	Jackie Miller	4'10"	1978
4.	Michelle Sanchez	4'10"	1980

Long Jump

1.	Linda Stovall	17'2"	1969
2.	Michelle Sanchez	16'11-1/2"	1980
3.	Cathy Nieder	16'8-3/4"	1982
4.	Barb Etherton	16'4-1/4"	1982
5.	Kim McCready	16'1"	1981

Triple Jump

1.	Barbara Etherton	34'4"	1982
2.	Kim McCready	32'10-1/4"	1982
3.	Elena Pappas	31'1-1/2"	1982
4.	Kathy Nieder	32'10-1/2"	1982
5.	Tammy Berg	29'9"	1982

Shot Put

1.	Gia Carrozzi	42'9"	1981
2.	Tracey Miller	37'7-1/2"	1977
3.	Heidi Fowers	34'4-3/4"	1980
4.	Wanda McKitric	33'4-3/4"	1978
5.	Kathy Hoskins	33'4"	1979

Discus

1.	Carol Knight	142'7"	1970
2.	Gia Carrozzi	122'11"	1981
3.	Heidi Fowers	122'9-1/4"	1980
4.	Alison Turner	102'10"	1977
5.	Kellie Flaherty	96'2-1/2"	1979

One Mile Relay

1.	Julie Miller, Karen Turner, Beth Miller, Paula Foianini	3:54.56	1981
2.	Linda Jungsten, Beth Miller, Liz Otto, Paula Foianini	3:55.9	1979
3.	Julie Miller, Karen Turner, Karen Vines, Beth Miller	3:56.39	1982
4.	Karen Turner, Beth Miller, Julie Miller, Paula Foianini	3:57.0	1980
5.	Linda Jungsten, Liz Otto, Joanne Hodnick, Paula Foianini	3:59.4	1978

Honor Roll -- Sequoia District

No - Not a Meet
But District Records

440 Yd. Relay

1.	Woodside	:41.6	1975
2.	CARLMONT	:42.0	1982
3.	CARLMONT	:42.2	1975
4.	CARLMONT	:42.3	1978
5.	Menlo Atherton	:42.6	1960
5.	Menlo Atherton	:42.6	1968
5.	Sequoia	:42.6	1977

High Hurdles

1.	Fich Clark--M.A.	:14.1	1977
2.	Malcom Dixon--Sequoia	:14.2	1978
3.	ED BERRY--CARLMONT	:14.3	1982
3.	Gary Tucker--Sequoia	:14.3	1981
3.	GARY GASKILL--CARLMONT	:14.3	1961

880 Yd. Run

1.	John Lilly--S.C.	1:53.2	1966
2.	WYATT BISHOP--CARL	1:53.4	1976
3.	BRIAN HURDAL--CARL	1:54.2	1975
4.	TOM WAKE--CARLMONT	1:56.1	1966
5.	Record--San Carlos	1:56.8	1980

100 Yd. Dash

1.	Bill Rupp--Sequoia	:09.7	1952
1.	Dick Burns--M.A.	:09.7	1960
1.	ANDRE PRICE--CARLMONT	:09.7	1977
4.	ANDY SEARS--CARLMONT	:09.8	1963
4.	BRENT NANCE--CARLMONT	:09.8	1975
4.	Jim Marshall--RAVENS	:09.8	1966
4.	Bill Hatcher--M.A.	:09.8	1968
4.	Fred Oravillo--Sequoia	:09.8	1977
4.	Stan Beal--San Carlos	:09.8	1977
4.	Art Nicholson--M.A.	:09.8	1979

440 Yd. Run

1.	Art Nicholson--M.A.	:47.4	1979
2.	Tony Thompson--WOOD	:48.0	1978
3.	WYATT BISHOP--CARLMONT	:48.7	1975
4.	Darryl White--Sequoia	:48.9	1969
4.	Darren Williams--S.C.	:48.9	1980

Two Mile Run

1.	Mitch Kingrey--S.c.	8:57.3	1975
2.	BOB LOVE--CARLMONT	9:08.3	1978
3.	CHRIS CAREY--carlmt	9:12.2	1967
4.	HANS TEMPLEMAN--CARL	9:14.0	1970
4.	Matt Yoe--San Carlos	9:14.0	1972

180 Yd. Low Hurdles

1.	GARY GASKILL	:18.9	1961
2.	Ceazar Oravillo--SEQ	:19.1	1971
3.	Jim Luttrell--SEQ	:19.2	1951
4.	Frazier Leslie--WOOD	:19.4	1968
5.	Ken Murphy--M.A.	:19.5	1970

Low Hurdles

1.	Rick Luttrell--S.C.	:37.0	1978
2.	BILL RIBERA--CARLMONT	:37.1	1978
3.	JIM SWAIN--CARLMONT	:37.6	1979
4.	Redick--Woodside	:37.9	1981
4.	Rich Dupee--M.A.	:37.9	1981

220 Yd. Dash

Honor Roll -- Sequoia District

1.	Eric Washington--WOOD	:21.45	1980
2.	Art Nicholson--M.A.	:21.81	1979
3.	Stan Beal--San Carlos	:21.86	1977
4.	Frank Oravillo--SEQ	:21.87	1977
5.	Bill Hatcher--M.A.	:21.9	1968
5.	Dick Burns--M.A.	:21.9	1960
5.	Ed Oravillo--Sequoia	:21.9	1974
One Mile Run			
1.	STEVE MILLER--CARL	4:10.7	1972
2.	CHRIS CAREY--CARL	4:17.2	1969
3.	BOB LOVE--CARLMONT	4:17.7	1978
4.	MIKE McCANN--CARL	4:18.5	1964
5.	DAN NORRIS--CARL	4:19.8	1977
High Jump			
1.	Mesha Spivey--Sequoia	6'10"	1978
2.	John Radetich--S.C.	6'9-3/4"	1966
3.	LARRY WRIGHT--CARL	6'9"	1974
3.	Rich Dupee--M.A.	6'9"	1981
5.	Steve DeHart--Carlmont	6'8"	1982
Long Jump			
1.	Paul Bates--M.A.	24'4-3/4"	1977
2.	Ken Murphy--M.A.	23'9"	1970
3.	Steve Bruce--M.A.	23'8-3/4"	1979
4.	C. Johnson--SEQ	23'6-3/4"	1969
5.	Terry Baker--M.A.	23'4-3/4"	1958
Triple Jump			
1.	Myrt Easley--WOOD	49'8"	1975
2.	Paul Bates--M.A.	49'2-1/2"	1977
3.	Greg Malveau--S.C.	48'3-1/2"	1975
4.	TIM THOMPSON--CARL	48'1/2"	1971
5.	MIKE HALL--CARLMONT	47'5"	1971
5.	Mike Hughes--Sequoia	47'5"	1970
Shot Put			
1.	JIM PENROSE--CARL	59'10-3/4"	1968
2.	L. Kennedy--M.A.	58'4-3/4"	1961
3.	Bob Suelfohn--WOOD	58'1-1/2"	1977
4.	PAUL BRANDOW--CARL	57'4"	1972
5.	M. Rockwood--S.C.	56'11-3/4"	1974
Discus			
1.	JIM PENROSE--CARL	193'1/2"	1968
2.	Marc Douglas--SEQ	181'1"	1969
3.	Ben Welch--Woodside	174'6"	1966
4.	TOM GRIMM--CARL	169'3-1/2"	1964
5.	RON MILLER--CARL	167'7"	1961
Pole Vault			
1.	Greg Ellis--M.A.	15'6-1/2"	1980
2.	Crumpler--M.A.	15'2"	1980
3.	V. BRADLEY--CARL	14'7-1/2"	1976
4.	P. DEMPSTER--CARL	14'6-3/4"	1972
5.	M. PHILLIPS--CARL	14'6-1/4"	1981
One Mile Relay			
1.	San Carlos	3:19.1	1978
2.	Sequoia	3:20.8	1969
3.	CARLMONT	3:21.3	1978
3.	Menlo Atherton	3:21.3	1977
5.	Menlo Atherton	3:21.7	1977

Dual Meet Team Scores

CARLMONT vs MENLO AHERTON

	VARSITY			JUNIOR VARSITY			FRESHMEN			
1958	41	1/2	-	21	-	90	1958	17	-	60
1959	72	1/3	-	47	-	65	1959	38	-	39
1960	71	2/3	-	54	1/3	-	1960	33	-	44
1961	81	1/3	-	81	1/3	-	1961	33	-	44
1962	93	2/3	-	52	-	61	1962	42	-	35
1963	89	-	-	72	-	40	1963	33	-	35
1964	83	-	-	74	-	35	1964	63	-	23
1965	71	-	-	85	-	23	1965	55	-	31
1966	84	-	-	74	-	38	1966	56	-	31
1967	67	-	-	36	-	85	1967	47	-	48
1968	67	-	-	65	-	70	1968	63	-	33
1969	58	-	-	65	-	70	1969	101	-	8
1970	66	-	-	85	-	50	1970	79	-	52
1971	87	-	-	92	-	44	1971	83	-	53
1972	108	-	-	79	-	57	1972	98	-	38
1973	89	-	-	55	-	31	1973	92	-	44
1974	77	-	-	81	-	55	1974	55	-	81
1975	101	-	-	49	-	87	1975	94	-	40
1976	95	-	-	98	-	38	1976	No Frash	-	Races
1977	60	-	-	70	-	60	1977	59	-	77
1978	86	1/2	-	91	-	45	1978	100	-	36
1979	73	-	-	68	-	68	1979	86	-	36
1980	63	-	-	83	1/3	-	1980	77	-	58
1981	71	-	-	76	-	61	1981	100	-	24
1982	81	-	-	92	-	44	1982	48	-	90

CARLMONT vs MENLO

	VARSITY			JUNIOR VARSITY			FRESHMEN			
1976	101	1/2	-	No J.V. Races	-	1976	125	-	11	
1977	109	-	-	No J.V. Races	-	1977	97	-	32	
1978	129	-	-	118	-	10	1978	108	-	28
1979	113	-	-	110	-	26	1979	123	-	13
1980	123	-	-	117	-	11	1980	106	-	3
1981	131	-	-	No J.V. Races	-	1981	No Frash	-	Races	
1982	131	-	-	86	-	36	1982	94	-	16

CARLMONT vs SAN CARLOS

	VARSITY			JUNIOR VARSITY			FRESHMEN			
1961	89	1/2	-	101	-	11	1961	35	-	42
1962	87	-	-	65	1/2	-	1962	42	-	31
1963	73	-	-	75	-	38	1963	19	-	58
1964	104	-	-	41	-	72	1964	29	-	55
1965	83	-	-	36	-	77	1965	68	-	18
1966	87	-	-	57	-	65	1966	46	-	32
1967	78	-	-	35	-	85	1967	34	-	63
1968	71	-	-	72	-	46	1968	62	-	20
1969	76	-	-	58	-	78	1969	88	-	20
1970	55	-	-	61	-	75	1970	78	-	58
1971	70	-	-	97	-	39	1971	86	-	50
1972	85	-	-	83	-	52	1972	70	1/2	-
1973	72	-	-	85	-	51	1973	98	-	38
1974	65	2/3	-	67	-	79	1974	104	-	23
1975	85	-	-	113	-	23	1975	69	-	67
1976	81	-	-	116	-	20	1976	No Frash	-	Races

Dual Meet Team Scores

1977	89	- 46	1977	111	- 25	1977	99	- 28
1978	108	- 29	1978	100	- 36	1978	108	- 28
1979	100 1/2	- 26 1/2	1979	120	- 16	1979	89	- 42
1980	87	- 49	1980	106	- 30	1980	81	- 49
1981	113	- 17	1981	88	- 47	1981	121	- 11
1982	107	- 28	1982	90	- 40	1982	94	- 46

CARLMONT vs St. FRANCIS

VARSITY		JUNIOR VARSITY		FRESHMEN	
1978	95 - 36	1978	113 - 21	1978	102 - 34
1979	No Varsity Races	1979	No J.V. Races	1979	No Frosh Races
1980	77 - 59	1980	90 - 45	1980	63 - 68
1981	78 - 38	1981	46 - 63	1981	94 - 50
1982	79 - 30	1982	67 - 42	1982	No Frosh Races

CARLMONT vs SAN MATEO

VARSITY		JUNIOR VARSITY		FRESHMAN	
1955	48 - 60	1955	43 - 69	1955	55 - 17
1956	50 1/2 - 60 1/2	1956	32 - 81	1956	11 - 43
1957	No Varsity Races	1957	60 - 16	1957	16 - 60
1958	47 1/3 - 71 2/3	1958	No J.V. Races	1958	No Frosh Races
1959	45 - 68	1959	16 - 96	1959	24 - 53
1960	46 1/3 - 66 2/3	1960	24 - 86	1960	10 - 67
1961	70 1/2 - 42 1/2	1961	33 - 80	1961	3 - 68
1962	69 3/5 - 42 2/5	1962	35 1/4 - 77 3/4	1962	15 - 57
1963	69 - 44	1963	65 - 48	1963	32 - 44
1964	84 - 41	1964	48 - 65	1964	25 - 61
1965	70 - 52	1965	30 - 56	1965	37 - 49
1966	71 - 71	1966	48 - 65	1966	35 - 42
1967	57 - 65	1967	49 - 73	1967	42 - 49
1968	51 - 76	1968	64 - 63	1968	69 - 22
1969	59 - 68	1969	73 1/2 - 53 1/2	1969	48 - 41
1970	76 - 70	1970	90 - 46	1970	61 - 63
1971	85 - 50	1971	68 1/2 - 67 1/2	1971	116 - 18
1972	98 - 38	1972	106 - 30	1972	91 - 44
1973	83 - 54	1973	97 - 39	1973	73 - 46
1974	105 - 31	1974	93 - 43	1974	87 - 49
1975	79 - 57	1975	117 - 19	1975	100 - 36
1976	90 - 46	1976	118 - 18	1976	85 - 51
1977	91 - 46	1977	83 - 53	1977	64 - 70
1978	100 - 36	1978	109 1/2 - 25 1/2	1978	104 - 30
1979	90 - 16	1979	101 - 35	1979	90 - 33
1980	100 - 36	1980	106 - 24	1980	45 - 81
1981	100 - 30	1981	62 - 69	1981	100 - 31
1982	104 - 32	1982	102 - 33	1982	77 - 32

CARLMONT vs SEDQUIA

VARSITY		JUNIOR VARSITY		FRESHMEN	
1958	72 - 41	1958	49 - 64	1958	11 - 66
1959	63 - 50	1959	39 1/4 - 73 3/4	1959	44 - 33
1960	71 - 42	1960	83 - 30	1960	36 - 41
1961	80 - 33	1961	83 1/6 - 25 5/6	1961	No Frosh Races
1962	83 - 29	1962	69 1/6 - 44 5/6	1962	44 1/2 - 33 1/2
1963	80 - 33	1963	71 - 42	1963	34 - 43
1964	73 - 49	1964	41 - 72	1964	20 - 60
1965	113 - 9	1965	48 - 65	1965	30 - 56

Dual Meet Team Scores

1966	90	- 32	1966	43	- 79	1966	48	- 37
1967	63	- 56	1967	63	- 56	1967	54	- 46
1968	71	- 55	1968	85	- 42	1968	No Frosh Races	
1969	53 1/2	- 82 1/2	1969	70	- 66	1969	52	- 57
1970	62	- 74	1970	86	- 50	1970	81	- 55
1971	57	- 79	1971	106	- 30	1971	95	- 39
1972	84	- 51	1972	80	- 52	1972	114 1/2	- 20 1/2
1973	100	- 36	1973	110	- 25	1973	117	- 18
1974	102	- 34	1974	125	- 11	1974	90	- 46
1975	105	- 31	1975	126	- 7	1975	91	- 45
1976	106	- 30	1976	135	- 1	1976	No Frosh Races	
1977	99	- 37	1977	128 1/2	- 6 1/2	1977	96	- 40
1978	108	- 28	1978	86	- 50	1978	112	- 14
1979	118	- 17	1979	89 1/2	- 46 1/2	1979	98	- 35
1980	107	- 27	1980	103	- 27	1980	91	- 21
1981	89	- 47	1981	89	- 47	1981	129	- 7
1982	97	- 29	1982	103	- 18	1982	90	- 30

CARL MONT vs WOODSIDE

VARSITY		JUNIOR VARSITY		FRESHMEN				
1959	95	-113	1959	78 1/2	- 34 1/2	1959	48	- 20
1960	98	- 15	1960	87	- 26	1960	42	- 35
1961	102	- 11	1961	79	- 34	1961	16	- 60
1962	91 2/3	- 21 1/3	1962	53 1/3	- 59 2/3	1962	31	- 60
1963	65	- 48	1963	41	- 72	1963	16	- 61
1964	81	- 41	1964	76	- 36	1964	50	- 34
1965	93	- 29	1965	65	- 46	1965	48	- 38
1966	75	- 47	1966	79	- 43	1966	61	- 25
1967	87	- 35	1967	72	- 55	1967	44	- 51
1968	93	- 29	1968	69	- 53	1968	86	- 14
1969	68	- 68	1969	36	-100	1969	50	- 59
1970	58	- 78	1970	36	-100	1970	93	- 43
1971	70	- 60	1971	66	- 70	1971	125	- 11
1972	90	- 46	1972	72	- 64	1972	68	- 68
1973	80 1/2	- 55 1/2	1973	80 1/2	- 55 1/2	1973	68	- 68
1974	57	- 79	1974	75	- 61	1974	76	- 60
1975	74	- 64	1975	87	- 49	1975	77	- 59
1976	95	- 41	1976	87	- 49	1976	No Frosh Races	
1977	95	- 41	1977	No J.V. Races		1977	94	- 42
1978	96	- 39	1978	74	- 62	1978	94	- 42
1979	76	- 70	1979	91	- 42	1979	90	- 46
1980	74	- 62	1980	75	- 60	1980	74	- 61
1981	109	- 25	1981	81	- 54	1981	108	- 26
1982	90	- 43	1982	54	- 82	1982	55	- 87

Girls Dual Meet Scores

CARLMONT vs WOODSIDE

1978	94	- 14
1979	77 1/2	- 41 1/2
1980	95	- 14
1981	90	- 28
1982	102	- 25

CARLMONT vs SAN MATEO

1978	67	- 50
1979	72	- 19
1980	88	- 30
1981	79	- 38
1982	104	- 26

CARLMONT vs SEQUOIA

1978	66	- 43
1979	62	- 47
1980	91	- 27
1981	89	- 30
1982	107	- 11

CARLMONT vs SAN CARLOS

1977	87	- 22
1978	73	- 35
1979	62 1/2	- 40 1/2
1980	64	- 47
1981	71	- 47
1982	No Races	

CARLMONT vs MENLO ATHERTON

1977	44	- 65
1978	84	- 25
1979	70	- 39
1980	71	- 38
1981	96	- 32
1982	59	- 68

CARLMONT vs ST. FRANCIS

1977	No Races	
1978	89	- 19
1979	No Races	
1980	70	- 39
1981	82	- 47
1982	62	- 38

CARLMONT vs EL CERRITO

1979	72 1/2	- 62 1/2
1980	65	- 44
1981	No Races	
1982	No Races	

CARLMONT vs GALILEO

1979	No Races	
1980	78	- 59
1981	76	- 63
1982	89 1/2	- 35 1/2

Girls Dual Meet Records

CARLMONT vs WOODSIDE

Two Mile Run	LESA HORVE	CARLMONT	12:31.0	1982
440 Yd. Relay	B. MILLER, K. VINES, L. JOHNS, J. MILLER	CARLMONT	:49.0	1982
110 Yd. Hurdles	Brown	Woodside	:15.37	1982
880 Yd. Run	KAREN TURNER	CARLMONT	2:26.9	1982
100 Yd. Dash	VAL MILLIGAN	CARLMONT	:11.4	1979
440 Yd. Run	BETH MILLER	CARLMONT	:59.6	1982
330 Yd. Hurdles	BETH MILLER	CARLMONT	:49.1	1982
220 Yd. Dash	BETH MILLER	CARLMONT	:26.1	1981
One Mile Run	TASKA DAVIS	CARLMONT	5:50.0	1978
High Jump	Brown	Woodside	5'6"	1982
Long Jump	Brown	Woodside	18'	1982
Triple Jump	Brown	Woodside	36'8"	1982
Shot Put	GIA CARROZZI	CARLMONT	41'6-1/2"	1981
Discus	GIA CARROZZI	CARLMONT	95'5"	1981
One Mile Relay	K. VINES, J. MILLER, K. TURNER, B. MILLER	CARLMONT	4:13.0	1982

CARLMONT vs SAN CARLOS

Two Mile Run	Silva	San Carlos	12:14.6	1981
440 Yd. Relay	J. MILLER, B. MILLER, K. VINES, L. JOHNS	CARLMONT	:49.2	1982
110 Yd. Hurdles	LIZ OTTO	CARLMONT	:15.3	1979
880 Yd. Run	PAULA FOIANINI	CARLMONT	2:27.9	1978
100 Yd. Dash	VAL MILLIGAN	CARLMONT	:11.2	1979
440 Yd. Run	LINDA JUNGSTEN	CARLMONT	:59.9	1979
330 Yd. Hurdles	BETH MILLER	CARLMONT	:48.7	1982
220 Yd. Dash	JULIE MILLER	CARLMONT	:25.8	1981
One Mile Run	JESSICA VAN LEEUWEN	CARLMONT	5:40.3	1980
High Jump	BARB BOYLE	CARLMONT	5'2"	1978
Long Jump	BETH MILLER	CARLMONT	15'11"	1981
Shot Put	Cindy Durschlag	San Carlos	41'11"	1982
Discus	Cindy Durschlag	San Carlos	132'10"	1982
One Mile Relay	L. JUNGSTEN, MILLER, MILLER, P. FOIANINI	CARLMONT	4:08.9	1979

CARLMONT vs SAN MATEO

Two Mile Run	Schnurpfeil	San Mateo	11:33.2	1978
440 Yd. Relay	L. JOHNS, J. MILLER, K. VINES, B. MILLER	CARLMONT	:49.1	1982
110 Yd. Hurdles	CATHY NIEDER	CARLMONT	:15.9	1982
880 Yd. Run	PAULA FOIANINI	CARLMONT	2:27.9	1980
100 Yd. Dash	VAL MILLIGAN-Middleton	CARL-SAN MA	:11.5	
1979-82				
440 Yd. Run	KAREN TURNER	CARLMONT	1:00.7	1982
330 Yd. Hurdles	BETH MILLER	CARLMONT	:48.0	1982
220 Yd. Dash	JULIE MILLER	CARLMONT	:25.8	1982
One Mile Run	Schnurpfeil	San Mateo	5:26.7	1978
High Jump	KIM McCREADY	CARLMONT	5'4"	1982
Long Jump	BETH MILLER	CARLMONT	15'11"	1981
Triple Jump	KIM McCREADY	CARLMONT	32'9"	1982
Shot Put	GIA CARROZZI	CARLMONT	41'6-3/4"	1981
Discus	Sue Hansen	CARLMONT	88'7"	1982
One Mile Relay	J. MILLER, R. OSBORN, K. TURNER, B. MILLER	CARLMONT	4:07.6	1982

CARLMONT vs SEQUOIA

Two Mile Run	Wolfe	Sequoia	11:56.0	1981
--------------	-------	---------	---------	------

Girls Dual Meet Records

440 Yd. Relay	B. MILLER, K. VINES, J. MILLER, L. JOHNS	CARLMONT	:50.2	1982
110 Yd. Hurdles	Luttrell	Sequoia	:15.4	1982
880 Yd. Run	PAULA FOIANINI	CARLMONT	2:23.5	1981
100 Yd. Dash	VAL MILLIGAN	CARLMONT	:11.2	1979
440 Yd. Dash	LINDA JUNGSTEN	CARLMONT	:58.9	1979
330 Yd. Hurdles	BETH MILLER	CARLMONT	:47.9	1981
220 Yd. Dash	VAL MILLIGAN	CARLMONT	:25.6	1979
One Mile Run	LINDA JUNGSTEN	CARLMONT	5:30.3	1980
High Jump	BARB BOYLE-KIM McCREADY	CARLMONT	5'4"	
1978-81				
Long Jump	CINDI GREENE	CARLMONT	16'	1980
Triple Jump	KIM McCREADY	CARLMONT	31'11"	1982
Shot Put	Barker	Sequoia	44'6"	1979
Discus	Barker	Sequoia	112'1/2"	1979
One Mile Relay	B. MILLER, J. MILLER, L. JUNGSTEN, P. FOIANINI	CARLMONT	4:08.3	1979
CARLMONT vs MENLO ATHERTON				
Two Mile Run	JESSICA VAN LEEUWEN	CARLMONT	12:14.9	1980
440 Yd. Relay	J. MILLER, B. MILLER, K. VINES, L. JOHNS	CARLMONT	:49.8	1981
110 Yd. Hurdles	CATHY NIEDER	CARLMONT	:15.8	1981
880 Yd. Run	PAULA FOIANINI	CARLMONT	2:23.6	1978
100 Yd. Dash	Bates	M.A.	:11.4	1977
440 Yd. Run	PAULA FOIANINI-BETH MILLER	CARLMONT	:59.9	
1981-82				
330 Yd. Hurdles	BETH MILLER	CARLMONT	:48.7	1982
220 Yd. Dash	JULIE MILLER	CARLMONT	:26.1	1982
One Mile Run	Williams	M.A.	5:35.0	1981
High Jump	King	M.A.	5'4"	1978
Long Jump	King	M.A.	16'3"	1979
Triple Jump	Zwilser	M.A.	32'7"	1982
Shot Put	GIA CARROZZI	CARLMONT	40'6"	1981
Discus	GIA CARROZZI	CARLMONT	110'6"	1981
One Mile Relay	L. JUNGSTEN, MILLER, L. OTTO, P. FOIANINI	CARLMONT	4:14.2	1979
CARLMONT vs ST. FRANCIS				
Two Mile Run	Brodie	St. Fran.	11:55.0	1981
440 Yd. Relay	L. JOHNS, J. MILLER, K. VINES, B. MILLER	CARLMONT	:49.2	1982
110 Yd. Hurdles	Crevolt	St. Francis	:15.2	1980
880 Yd. Run	PAULA FOIANINI	CARLMONT	2:30.0	1978
100 Yd. Dash	VAL MILLIGAN	CARLMONT	:11.6	1978
440 Yd. Run	KAREN TURNER	CARLMONT	:59.8	1982
330 Yd. Hurdles	BETH MILLER	CARLMONT	:46.1	1982
220 Yd. Dash	JULIE MILLER	CARLMONT	:26.4	1982
One Mile Run	Brodie	St. Francis	5:22.3	1982
High Jump	KIM McCREADY	CARLMONT	5'2"	1981
Long Jump	KIM McCREADY	CARLMONT	16'1"	1981
Shot Put	GIA CARROZZI	CARLMONT	42'2"	1981
Discus	Winding	St. Francis	112'	1982
One Mile Relay	J. MILLER, R. OSBORN, B. MILLER, K. TURNER	CARLMONT	4:03.7	1982
CARLMONT vs GALILEO				
Two Mile Run	LESA HORVE	CARLMONT	12:15.6	1981
440 Yd. Relay	K. VINES, J. MILLER,	CARLMONT	:47.4	1982

Girls Dual Meet Records

	B. MILLER, L. JOHNS			
10 Yd. Hurdles	CATHY NEIDER	CARLMONT	:16.3	1982
20 Yd. Run	KAREN TURNER	CARLMONT	2:38.7	1982
100 Yd. Dash	JULIE MILLER	CARLMONT	:11.6	1982
440 Yd. Run	PAULA FOIANINI	CARLMONT	1:00.7	1980
330 Yd. Hurdles	BETH MILLER	CARLMONT	:48.6	1982
220 Yd. Dash	JULIE MILLER	CARLMONT	:26.1	1982
One Mile Run	DAWN PALEN	CARLMONT	5:37.9	1981
High Jump	KIM McCREADY	CARLMONT	5'2"	1981
Long Jump	MICHELLE SANCHEZ	CARLMONT	16'3"	1980
Triple Jump	KIM McCREADY	CARLMONT	32'9"	1982
Shot Put	GIA CARROZZI	CARLMONT	39'4-1/2"	1981
Discus	HEIDI FOWERS	CARLMONT	90'3"	1980
One Mile Relay		CARLMONT	4:11.1	1981

Won/Loss Record

VARSITY

JUNIOR VARSITY

	Practice Meets			League Meets					
	Won	Loss	Tied	Won	Loss	Tied	Won	Loss	
1958	3	1	0	5	3	0	1958	6	6
1959*	2	1	0	5	3	0	1959	5	4
1960*	3	1	0	7	0	0	1960	6	4
1961*	2	0	0	7	0	0	1961*	8	1
1962*	2	0	0	7	0	0	1962	6	3
1963*	1	0	0	7	0	0	1963	6	3
1964*	2	0	0	7	0	0	1964	5	4
1965*	1	1	0	8	0	0	1965	3	6
1966*	1	1	0	7	0	0	1966*	8	2
1967	2	1	0	7	0	0	1967	6	5
1968*	0	2	0	8	0	0	1968*	9	0
1969	1	1	0	4	3	1	1969	7	3
1970	2	0	0	3	5	0	1970	8	2
1971	1	1	0	6	2	0	1971	9	1
1972*	3	0	0	8	0	0	1972*	11	1
1973	2	0	0	7	1	0	1973*	10	0
1974	2	1	0	6	2	0	1974	9	1
1975*	3	0	0	8	0	0	1975	4	0
1976*	1	0	0	9	0	0	1976*	10	0
1977	3	0	0	4	1	0	1977*	9	0
1978*	7	0	0	5	0	0	1978	12	0
1979*	5	0	0	5	0	0	1979*	10	0
1980*	3	1	0	4	1	0	1980*	8	0
1981	5	0	0	5	0	0	1981*	8	4
1982	5	0	0	5	0	0	1982	9	1
====	====	====	====	====	====	====	====	====	
	63	12	0	154	19	2	199	51	

FRESHMEN

	Won	Loss	Tied
1958	3	7	0
1959*	7	2	0
1960	5	6	0
1961	5	4	0
1962*	7	2	0
1963	2	7	0
1964	5	4	0
1965	3	6	0
1966*	8	2	0
1967	5	6	0
1968*	8	1	0
1969	8	2	0
1970	7	2	0
1971*	10	0	0
1972*	8	1	1
1973	6	2	1
1974	8	4	0
1975	12	0	0
1976	4	0	0
1977	4	4	0
1978*	11	0	0
1979*	10	0	0
1980*	7	2	0

GIRLS

	Won	Loss
1977	17	1
1978*	10	0
1979*	10	0
1980*	9	0
1981*	12	0
1982	9	1
====	====	====
	67	2

*League Championships

GIRLS RECORD

1. Total of 67 victories and 2 defeats.
2. 4 League Championships.
3. 4 League Meet Championships.
4. 3 Section Champions (relay).
5. 3 Carlmont girls and 5 relay teams have competed in the California State Meet.

VARSITY RECORD

1. Total Of 217 Victories, 29 Defeates, and 2 ties.

Won/Loss Record

1981*	12	0	0
1982	3	4	0
	====	====	====
	170	67	2

2. Total of 154 SPAL victories, 19 defeats, and 2 ties.
3. 17 Sequoia Dist. Championships.
4. 16 SPAL Championships.
5. 11 League Meet Championships.
6. 4 Region Meet Championships.
7. 14 individual Varsity Section Champs.
8. 39 Carlmont Track Men and 4 Relay Teams have competed in the Cal. State Meet.
9. 1 State Meet Champion--Wyatt Bishop for the 880 Yd. run.
10. 1 National Champion--Jim Penrose for the Discus.

SPAL Won/Loss Record

VARSITY	154	17	2
JUNIOR VARSITY	126	34	2
FRESHMEN	123	37	2
=====			
TOTAL	403	88	6

Invitational Records

480 Yd. H. H. Shuttle	Pittsburg	1:01.6	:15.4	1969
Two Mile Relay	El Cerrito	7:45.9	1:59.0	1972
440 Yd. Relay	Berkeley	:42.4	:10.6	1970
	El Cerrito	:42.4	:10.6	1971
One Mile Relay	Los Altos	3:18.2	:49.6	1970
Eight Mile Relay	CARLMONT	38:10.0	9:32.5	1977
720 Yd. L. H. Shuttle	El Cerrito	1:22.3	:20.6	1966
1320 Yd. L. H. Shuttle	El Cerrito	2:38.2	:39.5	1981
880 Yd. Relay	El Cerrito			
1:28.2	:22.0	1970		
Four Mile Relay	CARLMONT	17:47.8	4:26.9	1972
High Jump	CARLMONT	24'10"	6'2-1/2"	1975
Long Jump	Berkeley	84'4-1/2"	21'1"	1963
Triple Jump	Cupertino	172'10-3/4"	43'2-1/2"	1971
Shot Put	Los Altos	211'10-1/2"	56'11-1/2"	1963
Discus	Los Altos	659'9"	164'2-1/2"	1972
Pole Vault	El Cerrito	51'1"	12'11-1/2"	1965

GIRLS

440 Yd. Hurd. Shuttle	CARLMONT	1:09.2	:17.1	1981
Two Mile Relay	El Cerrito	9:49.5	2:27.5	1981
440 Yd. Relay	CARLMONT	:49.2	:12.6	1981
One Mile Relay	CARLMONT	4:00.1	1:00.0	1981
Eight Mile Run	Los Altos	49:12.0:	12:18.0	1980
1320 Yd. Hurd. Shuttle	CARLMONT	3:24.1	:51.2	1981
880 Yd. Relay	CARLMONT	1:44.7	:26.2	1981
Four Mile Relay	Leigh	22:16.8	5:44.2	1981
High Jump	Leigh	18'6"	4'8-1/2"	1979
Long Jump	El Cerrito	60'4"	15'1"	1980
Triple Jump	CARLMONT	127'	31'9"	1982
Shot Put	Gunn	134'1/2"	33'6"	1981
Discus	Gunn	400'7-1/2"	100'1-3/4"	1980

Region II Records

VARSITY DIVISION

440 Yd. Relay	Doyle, Greggens, Hill, Sweet	Woodside	SPAL	:42.0	1975
High Hurdles	Guthrie	Cupertino	FAL	:14.0	1978
880 Yd. Run	Jensen	Buchser	SCVAL	1:54.2	1977
100 Yd. Dash	Bill Green	Cubberley	SCVAL	:09.6	1979
440 Yd. Run	Bill Green	Cubberley	SCVAL	:46.7	1979
Two Mile Run	Kennedy	Lynbrook	FAL	9:15.9	1974
180 Yd. Hurdles	Mildbrandt	Cupertino	FAL	:19.2	1974
Low Hurdles	Rick Luttrell	San Carlos	SPAL	:37.4	1978
220 Yd. Dash	Doug Hill	Los Altos	SCVAL	:21.6	1974
One Mile Run	Bob Smith	Awalt	SCVAL	4:14.3	1978
High Jump	Mesha Spivey	Woodside	SPAL	6'10"	1978
Long Jump	Steve Wise	Awalt	SCVAL	23'5"	1976
Triple Jump	Utley	Peterson	SCVAL	47'5-3/4"	1975
Shot Put	Chris Adams	Los Altos	SCVAL	62'7-1/2"	1970
Discus	Chris Adams	Los Altos	SCVAL	194'3-1/2"	1970
Pole Vault	Kibort	Saratoga	FAL	15'7"	1982
One Mile Relay		Los Altos	SCVAL	3:18.1	1970

FROSH-SOPH

440 Yd Relay	ARTIST, HESTER, HESTER, ICHIMARU	CARLMONT	SPAL	:43.6	1979
High Hurdles	Guthrie	Cupertino	FAL	:08.6	1976
880 Yd. Run	Hoggins	M.A.	SPAL	1:58.3	1981
100 Yd. Dash	Winston	Gunn	SPAL	:10.1	1975
	R. Dravillo	Sequoia	SPAL	:10.1	1976
440 Yd. Run	Wallack	Buchser	SCVAL	:49.9	1981
Two Mile Run	RON GOMEZ	CARLMONT	SPAL	9:26.5	1981
180 Yd. Hurdles	Nakamura	Monte Vista	FAL	:20.8	1970
Low Hurdles	Johnson	Palo Alto	SCVAL	:39.3	1979
220 Yd. Dash	Smith	Cubberley	SPAL	:22.5	1976
One Mile Run	Springer	Mt. View	SCVAL	4:27.8	1978
High Jump	John Littleboy	Gunn	SPAL	6'4-3/4"	1972
Long Jump	Romero	Buchser	SCVAL	22'5-3/4"	1976
Triple Jump	Pear	Los Altos	SCVAL	46'1-1/2"	1970
Shot Put	McGowen	Fremont	FAL	58'6"	1971
Discus	McGowen	Fremont	FAL	159'7-3/4"	1975
Pole Vault	Greg Ellis	M.A.	SPAL	13'9"	1978
One Mile Relay		Cubberley	SCVAL	3:27.2	1971

GIRLS

400 Met. Relay		Saratoga	FAL	:48.2	1981
100 Low Hurdles	Wendy Brown	Woodside	SPAL	:14.3	1982
800 Met. Run	Weber	Lynbrook	FAL	2:12.2	1981
100 Met. Dash	Robinson	San Carlos	SPAL	:12.0	1981
400 Met. Run	Miller	Fremont	FAL	:56.1	1981
3200 Met. Run	Berndt	Gunn	SCVAL	11:11.2	1982
300 Met. Hurdles	Ruden	Homestead	FAL	:45.1	1982
200 Met. Dash	Chewning	Saratoga	FAL	:24.9	1982
One Mile Run	Weber	Lynbrook	FAL	4:56.9	1981
High Jump	Wendy Brown	Woodside	SPAL	5'7"	1982
Long Jump	Wendy Brown	Woodside	SPAL	19'11-3/4"	1982
Shot Put	Crisler	Gunn	SCVAL	43'3"	1982
Discus	Durschlag	San Carlos	SPAL	150'4"	1982
One Mile Relay		CARLMONT		3:55.7	1981

CCS Records

VARSAITY

440 Yd. Relay	Doyle, Greggans, Hill, Sweet	Woodside	SPAL	:41.6	1975
High Hurdles	Ron Kennedy	Serramonte	NPAL	:13.8	1975
880 Yd. Run	Rick Brown	Los Altos	SCVAL	1:50.7	1970
100 Met. Dash	Eric Washington	Woodside	SPAL	:10.75	1982
440 Yd. Run	Bill Green	Cubberley	SCVAL	:46.73	1979
Two Mile Run	Gordon MacMitchell	Gunn	SPAL	9:01.8	1973
180 Yd. Hurdles	Mark Skilman	Campbell	WVAL	:18.9	1971
Low Hurdles	Eric Washington	Woodside	SPAL	:36.22	1982
220 Yd. Dash	Lee Evans	Overfelt	MHAL	:20.8	1965
220 Yd. Dash (turn)	Millard Hampton	Silver Creek	MHAL	:20.9	1974
One Mile Run	Mark Stillman	Willow Glen	SCVAL	4:08.7	1977
High Jump	Mesha Spivey Sampson	Woodside Homestead	SPAL FAL	6'10" 6'10"	1979 1982
Long Jump	John Johnson	Pacific Grove	MBL	25'3-1/4"	1964
Triple Jump	Ken Taylor	Yerba Buena	MHAL	50'1/2"	1982
Shot Put	Bob Brannen	Los Gatos	WVAL	63'9"	1964
Discus	Scott Overton	Los Altos	SCVAL	191'	1972
Pole Vault	Greg Ellis	M.A.	SPAL	15'6-1/4"	1980
One Mile Relay	Thompson, Andrew, Davis, Brown	Los Altos	SCVAL	3:15.8	1970

FROSH-SOPH

440 Yd. Relay		Ayers	MHAL	:43.2	1975
High Hurdles	Bob Washington	Salinas	MBL	:08.6	1970
880 Yd. Run	Miller	Palma	MTAL	1:56.9	1979
100 Yd. Dash	Green	Ayers	MHAL	:09.9	1975
440 Yd. Run	Rick Gonzales	Branham	WVAL	:50.1	1970
Two Mile Run	Jerry Emory	Gunn	SPAL	9:25.6	1973
180 Yd. Hurdles	Bob Washington	Salinas	MBL	:19.9	1970
Low Hurdles	Rick Luttrell	San Carlos	SPAL	:38.8	1976
220 Yd. Dash	Green	Ayers	MHAL	:22.1	1975
One Mile Run	Subr	Branham	WVAL	4:23.6	1972
High Jump	Luber	Yerba Buena	MHAL	6'7"	1980
Long Jump	Choy	Sacred Heart	WCAL	21'6"	1980
Triple Jump	Rosse	Palm	MTAL	46'4-1/2"	1973
Shot Put	Bersano	Los Gatos	SCVAL	61'6"	1973
Discus	Katches	Mills	MOPAL	171'10"	1980
Pole Vault	Norris	Del Mar	WVAL	14'6-1/4"	1979
One Mile Relay		Mt. Pleasant	MHAL	3:27.9	1978

GIRLS

440 Yd. Relay		Hill	MHAL	:47.7	1978
100 Met. Hurdls	Kim Costello	El Camino	NPL	:13.9	1978
800 Met. Run	Tracy Weber	Lynbrook	FAL	2:08.6	1981
100 Met. Dash	Julia Middleton	San Mateo	MPL	:11.9	1981
400 Met. Run	Leslie Mavie	Mills	MPL	:53.92	1982
Two Mile Run	Roxanne Bier	Independence	MHAL	10:36.6	1978
Low Hurdles	Roberta Eccles	Gunderson		:44.06	1982
200 Met. Dash	Kelia Bolton	Hill	MHAL	:23.94	1978
One Mile Run	Tracey Weber	Lynbrook	FAL	4:52.5	1981
High Jump	Trish King	M.A.	SPAL	5'9-1/4"	1980
Long Jump	Wendy Brown	Woodside	SPAL	19'9"	1982
Triple Jump	Wendy Brown	Woodside	SPAL	39'6"	1982
Shot Put	Latonia Floyd	Oak Grove	MHAL	43'5"	1982
Discus	Cindy Durschlag	San Carlos	SPAL	149'	1982
One Mile Relay		CARLMONT	SPAL	3:54.56	1981

SPAL All American List

1958--Long Jump	Terry Baker	M.A.	23'4-3/4"
Two Mile Run	John Northway	Palo Alto	9:44.4
	Mike Lehner	Palo Alto	9:48.5
	George Linn	Palo Alto	9:49.7
	JIM REAMS	CARLMONT	9:49.8
1959--880 Yd. Run	George Linn	Palo Alto	1:55.9
One Mile Run	George Linn	Palo Alto	4:18.3
	Mike Chilton	Palo Alto	4:22.4
High Jump	TODD GASKILL	CARLMONT	6'5-1/2"
Two Mile Relay		Palo Alto	7:45.5
Four Mile Relay		Palo Alto	17:51.8
Distance Medle		Palo Alto	10:20.5
1960--One Mile Run	Mike Lehner	Palo Alto	4:19.2
Two Mile Run	Mike Lehner	Palo Alto	9:41.0
	Mike Chilton	Palo Alto	9:42.0
Shot Put	Don Castle	Cubbeley	58'9-1/2"
10,000 Met. Run	Mike Lehner	Palo Alto	33:13.6
440 Yd. Relay		M.A.	:42.9
880 Yd. Relay		M.A.	1:27.4
Two Mile Relay		Palo Alto	8:02.5
Distance Medley		Palo Alto	10:28.5
1961--One Mile Run	DAVE KAMRAR	CARLMONT	4:20.5
Two Mile Run	DAVE KAMRAR	CARLMONT	9:43.0
High Hurdles	GARY GASKILL	CARLMONT	:14.3
180 Yd. Hurdles	GARY GASKILL		
	CARLMONT		:18.9
Pole Vault	STAN PHILLIPS	CARLMONT	13'6"
	Dan Washer	Cubberley	13'5"
Shot Put	Don Castle	Cubberley	65'-3/4"
Discus	Don Castle	Cubberley	170'2"
Discus-4 lbs. 6 oz.	Larry Kennedy	M.A.	146'11-1/2"
1962--One Mile Run	Walt Hewlett	Palo Alto	4:10.6
Two Mile Run	Walt Hewlett	Palo Alto	9:37.9
	Dan Rye	Palo Alto	9:39.2
Pole Vault	George Bardsley	Palo Alto	13'6-3/4"
	Dave Bardsley	Palo Alto	13'6-3/4"
	Dick Bardsley	Palo Alto	13'6-3/4"
Distance Medley		Palo Alto	10:41.4
1963--Two Mile Run	MIKE McCANN	CARLMONT	9:28.6
Pole Vault	Jim Eshelman	Cubberley	14'1"
1964--One Mile Run	MIKE McCANN	CARLMONT	4:10.5
Pole Vault	DENNIS PHILLIPS	CARLMONT	14'6"
Two Man Ten Mile Relay		CARLMONT	44:09.7
1965--Two Mile Run	MIKE McCANN	CARLMONT	9:18.1
	MARTIN McCANN	CARLMONT	9:30.2
Distance Medley Relay		CARLMONT	10:21.9
Four Mile Relay		CARLMONT	18:08.2
Pole Vault	TOM WHITE	CARLMONT	14'1-1/2"
1966--High Jump	John Radetich	San Carlos	6'9-3/4"
1967--Discus	Winston Landes	Palo Alto	184'7-1/2"
Two Mile Run	CHRIS CAREY	CARLMONT	9:12.2
1968--Two Mile Run	CHRIS CAREY		
	CARLMONT		9:12.6
Discus	JIM PENROSE	CARLMONT	193'1/2"
1969--Discus	Tom Birtwhistle	Gunn	195'4"
Three Mile Run	HANS TEMPLEMAN	CARLMONT	15:01.9

SPAL All American List

1970--Two Mile Run	HANS TEMPLEMAN	CARLMONT	9:14.0
Long Jump	Ken Murphy	M.A.	23'9"
1971--Triple Jump	Dale Krebs	Gunn	49'4-1/2"
	MIKE HALL	CARLMONT	46'5"
Distance Medley Relay		CARLMONT	10:21.4
High Hurdles	Dave Bagshaw	Gunn	:14.2
1972--Distance Medley Relay		CARLMONT	10:23.8
Four Mile Relay		CARLMONT	17:47.8
One Mile Run	STEVE MILLER	CARLMONT	4:10.7
1973--High Hurdles	carl Florant	Palo Alto	:13.6
One Mile Run	Steve Crowlet	Gunn	4:11.3
Decathlon	Carl Johnk	M.A.	4th
1975--Sprint Relay		CARLMONT	3:30.4
Triple Jump	Myrt Easley	Woodside	49'8"
1977--Triple Jump	Paul Bates	M.A.	49'2-1/2"
Long Jump	Paul Bates	M.A.	24'3-3/4"
1978--Two Mile Run	BOB LOVE	CARLMONT	9:08.3
1980--Pole Vault	Greg Ellis	M.A.	15'6-1/2"

Comparison of Records

VARSIITY	1958 Record	1982 Record	Improvement	Subtotals
440 Yd. Relay	:43.2	:42.2	:01.2	:01.0
High Hurdles	:14.8	:14.3	:00.5	:01.5
880 Yd. Run	1:59.5	1:53.4	:06.1	:07.6
100 Yd. Dash	:10.3	:09.7	:00.6	:08.2
440 Yd. Run	:51.0	:48.7	:02.3	:10.5
Two Mile Run	10:10.0	9:08.3	1:01.7	1:12.2
180 Yd. Hurdles	:19.6	:18.9	:00.7	1:12.9
Low Hurdles*	:40.5	:37.1	:03.4	1:16.3
220 Yd. Dash	:23.1	:21.7	:01.4	1:17.7
One Mile Run	4:23.8	4:10.7	:13.1	1:30.8
One Mile Relay*	3:23.2	3:21.3	:01.9	1:32.7
High Jump	6'1/4"	6'9"	7-3/4"	7-3/4"
Long Jump	21'6"	23'2"	1'8"	2'3-3/4"
Triple Jump*	41'1/4"	48'1/2"	7'1/4"	9'4"
Shot Put	48'2"	59'10-3/4"	11'8-3/4"	21'3/4"
Discus	119'6"	193'1/2"	73'6-1/2"	94'7-1/4"
Pole Vault	10'11"	14'7-1/2"	3'8-1/2"	98'3-3/4"
JUNIOR VARSITY				
440 Yd. Relay*	:43.2	:43.2	:00.0	:00.0
High Hurdles	:14.6	:14.6	:00.0	:00.0
880 Yd. Run*	1:56.4	1:56.4	:00.0	:00.0
100 Yd. Dash*	:09.8	:09.7	:00.1	:00.1
440 Yd. Run*	:50.4	:48.7	:01.7	:01.8
Two Mile Run*	9:12.2	9:12.2	:00.0	:01.8
180 Yd. Hurdles*	:19.7	:19.7	:00.0	:01.8
Low Hurdles*	:39.6	:38.8	:00.8	:02.6
220 Yd. Dash (turn)*	:22.4	:22.1	:00.3	:02.9
One Mile Run*	4:23.7	4:10.6	:13.1	:16.0
High Jump	6'3/4"	6'6-1/4"	5-1/2"	5-1/2"
Long Jump	22'6-3/4"	22'6-3/4"	0"	5-1/2"
Triple Jump*	46'	46'5-1/2"	5-1/2"	11"
Shot Put	55'5-1/2"	55'5-1/2"	0"	11"
Discus	178'	178'	0"	11"
Pole Vault	13'8-1/4"	14'3-1/2"	7-1/4"	1'6-1/4"
FRESHMAN				
440 Yd. Relay*	:46.6	:45.7	:00.9	:00.9
High Hurdles	:10.3	:09.8	:00.5	:01.4
880 Yd. Run*	2:04.2	2:00.8	:03.4	:04.8
100 Yd. Dash*	:10.3	:10.3	:00.0	:04.8
440 Yd. Run*	:53.7	:52.9	:00.8	:05.6
Two Mile Run*	9:39.9	9:39.3	:00.6	:06.2
180 Yd. Hurdles*	:21.5	:21.5	:00.0	:06.2
Low Hurdles*	:43.9	:40.5	:03.4	:09.6
220 Yd. Dash (turn)*	:23.7	:23.7	:00.0	:09.6
One Mile Run*	4:23.9	4:23.9	:00.0	:09.6
One Mile Relay*	3:50.8	3:45.3	:05.5	:15.1
High Jump	5'11"	6'	1"	1"
Long Jump	17'8"	19'8-1/2"	2'1/2"	2'1-1/2"
Triple Jump	38'7-1/4"	41'2"	2'6-3/4"	4'8-1/4"
Shot Put	40'10-1/2"	53'3-1/2"	12'5"	17'1-1/4"
Discus	116'3-1/2"	129'	12'8-1/2"	29'9-3/4"

All Time Rankings

	NAME	EVENT	MARK	YEAR	PERFORMANCE RANKINGS
1.	Jim Penrose	Discus	193' 1/4"	1968	935
2.	Steve Miller	One Mile Relay	4:10.7	1972	895
3.	Larry Wright	High Jump	6' 9"	1975	880
	Wyatt Bishop	440 Yd. Run	:48.8	1975	880
	Andre Price	100 Yd. Dash	:09.7	1977	880
6.	Wyatt Bishop	880 Yd. Run	1:53.4	1976	870
	Gary Gaskill	180 Yd. Hurdles	:18.9	1961	870
	Gary Gaskill	High Hurdles	:14.3	1961	870
	Ed Berry	High Hurdles	:14.3	1982	870
	Andy Sears	100 Yd. Dash	:09.8	1964	870
	Brent Nance	100 Yd. Dash	:09.8	1975	870
12.	Bob Love	Two Mile Run	9:08.3	1978	865
	Vince Bradley	Pole Vault	14' 7-1/2"	1972	865
14.	Steve DeHart	High Jump	6' 8"	1982	860
	Paul Dempster	Pole Vault	14' 6-3/4"	1972	860
	Mike Phillips	Pole Vault	14' 6-1/4"	1981	860
	Bill Ribera	Low Hurdles	:37.1	1978	860
	Brian Artist	440 Yd. Run	:49.2	1982	860
	Roger Royal	440 Yd. Run	:49.2	1965	860
	Dennis Phillips	Pole Vault	14' 6"	1964	860
	Kim Black	Pole Vault	14' 6"	1975	860
22.	Jamie Allen	Pole Vault	14' 5-1/2"	1978	858
23.	Jack Lennen	Pole Vault	14' 5"	1971	856
	Chris Carey	Two Mile Run	9:12.2	1967	856
25.	Tim Thompson	Triple Jump	48' 1/2"	1979	855
	Brian Hurdal	880 Yd. Run	1:54.2	1975	855
	Rich Montero	High Jump	6' 7"	1976	855
28.	Carl Cattarin	Three Mile Run	14:15.0	1972	854
29.	Jim Penrose	Shot Put	59' 10-3/4"	1968	852
30.	Jim Swain	High Hurdles	:14.4	1979	850
	Cleo Spencer	High Hurdles	:14.4	1978	850
	Andy Sears	220 Yd. Dash	:22.0	1963	850
	Eric Rich	Pole Vault	14' 4-1/2"	1969	850
	Hans Templeman	Two Mile Run	9:14.0	1971	850
	Chris Carrion	440 Yd. Run	:49.4	1978	850
	Walt Worthge	Pole Vault	14' 4"	1979	850
	Mike Phillips	Pole Vault	14' 3-1/2"	1980	850
38.	Carl Cattarin	Two Mile Run	9:14.4	1972	848
	Steve Miller	Two Mile Run	9:14.4	1972	848
	Chris Carey	One Mile Run	4:17.2	1968	848
41.	Kevin O'Connor	Two Mile Run	9:15.1	1979	842
	Ron Young	440 Yd. Run	:49.7	1979	842
	Todd Ragsdale	440 Yd. Run	:49.7	1960	842
	Mike Hall	Triple Jump	47' 5"	1971	842
45.	Jim Swain	High Hurdles	:14.5	1981	840
	Ed Berry	100 Yd. Dash	:09.9	1981	840
	Tom White	Pole Vault	14' 1-1/2"	1965	840
	Jim Miller	High Hurdles	:14.5	1961	840
	Andre Price	220 Yd. Dash	:22.1	1977	840
	Bob Love	One Mile Run	4:17.7	1978	840
51.	Mike McCann	Two Mile Run	9:18.1	1964	838
	Mike McCann	One Mile Run	4:18.5	1965	838
53.	Ed Berry	Triple Jump	47' 2"	1982	835
	Chris Willett	Pole Vault	14'	1972	835

All Time Rankings

	Jim Katches	Pole Vault	14'	1972	835
56.	Paul Brandow	Shot Put	57'4"	1972	830
	Russ Black	Two Mile Run	9:20.7	1971	830
	Al Rockwell	High Hurdles	:14.7	1962	830
	Ron Valentine	180 Yd. Hurdles	:18.6	1956	830
	Todd Gaskill	High Jump	6'5-1/2"	1959	830
	Brent Nance	220 Yd. Dash	:22.2	1975	830
	Buster Jamison	220 Yd. Dash	:22.2	1982	830
63.	Tom Wake	880 Yd. Run	1:56.1	1966	828
	Jack Sandin	880 Yd. Run	1:56.3	1964	828
65.	Ken Mellquist	Two Mile Run	9:21.7	1979	825
	Dan Norris	One Mile Run	4:19.8	1977	825
	Dave Kamrar	One Mile Run	4:20.4	1960	825
	Greg Mandanis	Two Mile Run	9:21.8	1977	825
	Jeff Leach	High Jump	6'5"	1975	825
70.	Chuck Oliver	One Mile Run	4:20.6	1972	824
	Hans Templeman	One Mile Run	4:20.6	1971	824
72.	Tom Grimm	Discus	169'3-1/2"	1974	822
73.	Barry Sheldon	440 Yd. Run	:50.3	1960	821
74.	Jim Day	440 Yd. Run	:50.4	1960	820
	Charles Hester	100 Yd. Dash	:10.0	1981	820
	Bob Sawyer	180 Yd. Hurdles	:19.7	1961	820
	Lee Baker	220 Yd. Dash	:22.3	1970	820
	Robert Stevens	100 Yd. Dash	:10.0	1960	820
	Ron Landini	100 Yd. Dash	:10.0	1960	820
	Mike Bradley	Pole Vault	13'9-1/2"	1976	820
	Rickie Cheadle	100 Yd. Dash	:10.0	1978	820
	Jerry Rose	100 Yd. Dash	:10.0	1962	820
	Jules Rovere	100 Yd. Dash	:10.0	1963	820
	Greg Fobbs	100 Yd. Dash	:10.0	1972	820
	Reggie Arnold	100 Yd. Dash	:10.0	1978	820
86.	Kevin O'Connor	One Mile Run	4:21.6	1979	815
	Rich Montero	Long Jump	23'2"	1976	815
	Ed Young	One Mile Run	4:21.7	1974	815
	Deante Topps	440 Yd. Run	:50.0	1982	815
90.	Jim Dixon	440 Yd. Run	:50.6	1963	812
91.	Reggie Arnold	220 Yd. Dash	:22.5	1977	810
	Ron Young	220 Yd. Dash	:22.4	1979	810
	Hans Templeman	880 Yd. Run	1:57.4	1971	810
	Roark Mulligan	880 Yd. Run	1:57.4	1972	810
	Jim Newton	880 Yd. Run	1:57.4	1978	810
	Irvin Brown	High Jump	6'4"	1972	810
	Jim Miller	180 Yd. Hurdles	:19.8	1968	810
	Stan Phillips	Pole Vault	13'6"	1961	810
	Larry Gullette	Pole Vault	13'6"	1971	810
	Jim Stolle	Discus	167'6"	1968	810
	Gordon Browell	180 Yd. Hurdles	:19.9	1966	810
	Ron Miller	Discus	167'7"	1961	810
	Gordon Bliss	High Hurdles	:14.7	1961	810
	John Neilson	Pole Vault	13'6"	1976	810
	Anthony Hopgood	High Jump	6'4"	1982	810
106.	Ken Nichols	880 Yd. Run	1:57.5	1965	809
	Hans Templeman	880 Yd. Run	1:57.5	1971	809
108.	Martin McCann	One Mile Run	4:23.8	1964	805
	Mike Anderson	Two Mile Run	9:30.0	1981	805
110.	Chris Jessen	Shot Put	55'11-1/2"	1959	800

Girls All Time Rankings

	NAME	EVENT	MARK	YEAR	PERFORMANCE RANKINGS
1.	Carol Knight	Discus	142'7"		890
2.	Gia Carrozzi	Shot Put	42'9"	1981	830
	Liz Otto	110 Yd. Hurdles	:15.0	1979	830
4.	Kim McCready	High Jump	5'4-1/2"	1981	820
5.	Kathy Neider	110 Yd. Hurdles	:15.16	1981	810
	Barbara Boyle	High Jump	5'4"	1978	810
7.	Gia Carrozzi	Discus	122'11"	1981	800
	Heidi Fowers	Discus	122'9-1/2"	1980	800
9.	Paula Foianini	440 Yd. Run	:57.7	1980	780
	Beth Miller	330 Yd. Hurdles	:45.39	1981	780
11.	Paula Foianini	880 Yd. Run	2:16.5	1979	775
12.	Karen Vines	220 Yd. Dash	:25.4	1982	770
	Val Milligan	220 Yd. Dash	:25.6	1979	770
	Karen Vines	100 Yd. Dash	:11.35	1981	770
	Julie Miller	440 Yd. Run	:58.0	1982	770
16.	Karen Turner	440 Yd. Run	:58.2	1981	765
17.	Gia Carrozzi	Shot Put	37'5"	1980	760
18.	Linda Jungsten	One Mile Run	5:10.5	1979	755
19.	Linda Jungsten	440 Yd. Run	:58.4	1979	750
	Beth Miller	High Jump	5'	1979	750
	Joan Leopold	High Jump	5'	1979	750
	Tracey Miller	Shot Put	36'7-1/2"	1978	750
	Julie Miller	220 Yd. Dash	:25.74	1981	750