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terial directly to Keith Conning, ning News High School Editor, eley, CA 94702.

Central Coast Section

by Howard Willman

BOYS

Defending Nor Cal Champion Watsonville returns six of their seven runners back, but Los Gatos and Bellarmine (San Jose) aren't being taken lightly either.

1. Watsonville: The team everyone is after, though some may be disillusioned by its tendency to start slow. Angel Vasquez (8th Nor Cal last year) will spearhead the Wildcats' attack, as tough as any—and maybe the best—of coach Len Davies' past teams, of which only one, 1972's squad, has a CCS title to show for its efforts (Watsonville was second to Leigh in CCS last year).

2. Los Gatos: Another school nicknamed "Wildcats," LG may finally reap the benefits of coach Glenn "Willie" Harmatz' hard work. They were fourth last year, but their frosh/soph squad claimed the CCS crown. Paul Cox (coming off a 3:59 1500 over the summer), Jim Mellema, junior Brian Bergstrom (f/s individual champ, f/s mile champ) and soph John Mann (f/s 800 champ) will lead the way. These Wildcats strongly contrast Watsonville's as LG usually starts the season with very impressive efforts.

3. Bellarmine (San Jose): Pure number will tell what kind of job coach Mary Procaccio has done. For an all-boys school, Procaccio had to cut his squad from 140 to a manageable 89. Soph Rodney Sellard, Chris Paredes and junior Jason Field will lead the Bells (second to LG in f/s last year) to their first major section threat.

Others: Traditional powers Carlmont (Belmont) and Leigh (San Jose) are in building years. Westmont (Campbell) also lost much to graduation. Santa Teresa (San Jose) has a strong first three in Dan and Pete Stefanisko and Robert Andersen, but lack of depth will hurt the Saints. Willow Glen (San Jose) and St. Francis (Mountain View) have good front-runners in Joe Rubio (WG) and Scott Gale (SF), but their depths have to be tested. Gunn (Palo Alto) and Saratoga have Kent Iglehart (G) and Jeff Salazar (S), but both teams need to tighten up their packs.

Individuals: Jesse Torres of Independence (San Jose) was third last year and ranks as the favorite. Nelson Bernal of Westmont and Mike McCollum of Palo Alto, eighth and ninth, respectively, should also be watched.

GIRLS

No clear-cut favorite, but many are talking about Los Altos with defending Nor Cal champ Kerry Brogan and her freshman sister, Kelly.

Los Altos: One Brogan is tough enough for opponents and two are a coach's dream, but coach Jim Terill has two non-Brogans that make the Knights a probable choice to live up to what is being said about them. Juniors Lisa Pelzyski (8th last year) and Jackie Lewis make it a foursome, but Terill, the Examiner Games meet director, is still looking for a fifth girl, which may be their only problem.

2. St. Francis (Mountain View): Six good runners, anchored by soph Susan Brodie and junior Lynne Grassi, give coach Tom Tuite a chance to improve on last year's fifth-place finish. The Lancers' top four runners are underclass.

3. Los Gatos: Six out of seven return from last year's third-place effort (11th Nor Cal), with Debbie Morris and Gail Parker leading the way. Like St. Francis, LG runs well as a pack.

Others: Gunn (Palo Alto) may be underrated here, but they will have to work on a noticeable gap between third and fourth runners. Junior Esther Berndt, Wendy Huston and Karen Ernst are solid, however. Defending champ Carlmont (Belmont), also second Nor Cal, lost heavily to graduation and transfers, but Paula Folanini will be heard from. Soquel, with Kristi Jacobson, should also challenge.

Individuals: Junior Ruth Day of Willow Glen (San Jose) was third last year and is expected to be among the leaders again. Also returning: fifth-place Tiffany Choy, Salinas; 10th-place Jenny Glockner, Sacred Heart (Menlo Park); and junior Linda Van Housen, Sacred Heart (Menlo Park) transfer from Woodside, who was disqualified on that shaky AAU-sanction rule last year.

Central Section

Clovis' Gary Gonzales and Mt. Whitney's Cynthia Rogers are the defending Section champions. Gonzales won the Clovis Invitational in a new meet record. He also placed sixth in the State Meet 1600 meters with 4:12.90. Rogers also won the Clovis Invitational Juniors race in a new meet record and the fastest time of the day. She qualified for last year's State Meet in both the 1600 and 3200 meters.

Corcoran should have another strong boys team led by Shawn Smallwood, who placed sixteenth in the State Meet 3200 meters. So should Clovis West in the girls team race with Karen Van Waggenen leading the way. Clovis High could be tough, too, behind junior Brenda Wilcox.

Bob Lohse of Hanford and junior Dean Walker of Hoover are other top boys to watch.

Sacramento/San Joaquin Section

The SJS team race in past years has almost been a Jesuit-Mira Loma dual meet in the boys division. This will not be the case in 1980. The battle for top dog in the section should be a four way battle including the two previously mentioned schools along with El Dorado and Bella Vista.

Currently the favorite in the group is El Dorado. While they do not have a real star on the team they return the top four harriers from the team that finished third in the section meet and third in the Nor-Cal contest last season. In early September El Dorado knocked off Mira Loma in a dual meet. Handing the Matadors their first dual meet loss in several years. Cougar coach Jim Myers has done an excellent rebuilding job.

Leading the chase after El Dorado should be Bella Vista coached by Hank Greenwald. Greenwald's squad should be led by last track season's sophomore sensation, Harold Kuphalt. During this past track season Harold clocked 9:22 for two miles and during the summer broke 32 minutes for 10K. He should contend for section individual honors.

Others in the hunt should be Jesuit, Elk Grove and Mira Loma. Jesuit lost their top two runners from last year's section winner, including nationally ranked miler Pedro Reyes. However coach Walt Lange has some promising returnees led by senior Bill Ternes. In a meet held during the first week of September the Marauders easily knocked off Elk Grove in a five way meet.

Both Elk Grove and Mira Loma suffered some significant graduation losses. However, each has several strong returnees and both also always seem to come up with new faces to fill holes.

The individual race should be a battle between seniors Jeff Scott of El Camino and Hiram Johnson's Tito Torres. Scott was second in the section last year and sixth in the Nor-Cal meet. In track he ran 9:11.3 for two miles finishing just behind Torres. Last season Torres was fifth in the section cross country meet and was the section two mile champion in track, just edging Scott in 9:10.2. Challenging these two should be Bella Vista's Harold Kuphalt and Elk Grove's Mike Spencer.

Unlike the boys team race the Girls have a clear cut favorite. Mira Loma looks nearly unbeatable. They return the top four runners from last season's group that finished third in the Nor-Cal. Only a repeat of last years illness and injury catastrophe could keep coach Jim Mansoor's contingent from the top rung.

Now for the rest of the section. Leading the fight for second place should be defending champs South Tahoe. They are led by last season's frosh standout Karen Haase. Karen was fourth in the section last time and also ran close to 5:10 in the mile during track. Other schools in the battle are Rancho Cordova, who was second last year, El Camino who has topped Rancho Cordova in a dual meet already this season, and Casa Robles who picked up last years second place runner, Suzy Martinez, via the transfer route.

The leading individuals are Heike Skaden of Encina, Jeannie Fuller of Mira Loma, Martinez of Casa Robles, Haase of South Lake Tahoe, and El Dorado's Heidi Baker. (Skaden finished ninth in the State Meet 3200 in 10:48.43. She had bests of 5:00.0 and 10:32.8. She also won the