

CCS: Records Commonplace

A trio of national prep swim marks highlight this week's top Central Coast Section times.

Brian Job, Santa Clara's breaststroke ace, broke his own 100-yard butterfly mark and became the first high school swimmer to smash the minute barrier when he covered the distance in 59.9.

Teammate Mark Spitz had previously broken two of his own marks. The Panther star has established new standards in the 200 and 400 freestyle events with clockings of 1:41.9 and 3:38.0, respectively.

Santa Clara continues its domination of top times, boasting leading marks in seven events.

In track, Carlmont discus thrower Jim Penrose, has a 178-5 toss to his credit. He also leads the area's shot put specialists with a 56-3 heave.

Trailing Penrose by one inch in the shot is Homestead's Ralph Show.

Another double leader is Homestead's Phil Quinet who has leaped 23-6 in the long jump and 46-7½ in the triple. Chuck Stefes, an all-state triple jumper from Sunnyvale, trails Quinet by more than three inches in his specialty.

Despite Rusty Cottrell's area leading 9.7 100-yard dash, Brad Lyman takes the early season sprint title with a 9.8 100 and a 21.8 220, in which the Los Altos ace is the CCS leader.

Two vaulters from the CCS's southernmost school are tied for the pole vault lead. King City teammates Sam Albanese and Mike Sarina both cleared 13-4 last week while still breaking in new poles.

Albanese cleared the height en route to the Blossom Hill Relay vault title, despite waiting five hours to make his first jump.

The Mustang duo hope to extend their vaulting leadership this Saturday at the King City Relays.

Fifty schools are expected for the Hill Invitational Track Meet also to be held Saturday. Los Altos, meet champion in five of the past six meets, will be defending its title.

Top prep track efforts in the Central Coast Section this season:

100 — Rusty Cottrell (So. San Francisco) 9.7; Dave Pike (Lick), Brad Lyman (Los Altos) and Bill Hatcher (Menlo-Atherton) 9.8; Anderson (Santa Clara) and Phillips (Del Mar) 9.9; Bush (Palo Alto), Reese

(Menlo-Atherton), Orlando (Branham) and Wesson (Ayer) 10.0.

220 — Brad Lyman (Los Altos) 21.8; Holden (Mountain View) 21.9; Bush 22.0; Anderson (Santa Clara) 22.1; Bill Hatcher (Menlo-Atherton) 22.2; Lani Imperios (Salinas) and Phillips (Del Mar) 22.3; Tim O'Connor (Sequoia), Orlando (Branham), Rex Smith (North Salinas) and Dave Pike (Lick) 22.5.

440 — Hughes (Cupertino) 50.0; Reynoso (Sunnyvale) 50.1; Brown (Los Altos) 50.2; Pete Phillippe (San Carlos) and White (Sequoia) 50.8; Marino (Branham) 51.2; Andrew (Los Altos) 51.3.

880 — Brown (Los Altos) 1:57.0; Robert Platt (Gunn) 1:58.4; Bill Respini (Palo Alto) and Marino 1:58.4.

MILE — Chris Carey (Carlmont) 4:19.8; Manny Mehon (Lynbrook) 4:20.3; Beldovinos (Willow Glen) 4:22.8; Bernie Lahde (St. Francis) 4:23.7; Tracy (Riordan) 4:24.6; Dave Sanford (Homestead) 4:25.2; Pat Carey (Carlmont) 4:26.0; Churchill (Mt. Pleasant) 4:26.8; Bob Banks (Watsonville) 4:28.6; Tom Orsua (Sunnyvale) 4:29.0.

TWO MILE — Marty Mehon (Lynbrook) 9:24.5; Dave Sanford (Homestead) 9:31.4; Beldovinos (Willow Glen) 9:34.7; Chris Carey (Carlmont) and Steve Sofes (Burlingame) 9:36.0; Larson (Fremont) 9:37.6; Jim Tracy (Riordan) 9:41.2; Bernie Lahde (St. Francis) 9:44.8; Runcie (Del Mar) 9:45.5.

120 HIGH HURDLES — Tom Phillips (Homestead) 14.4; Clark (Westmoor) and Jim Miller (Carlmont) 14.5; Petralia (Fremont) and La Berge (Bellarmine) 15.0; Ed Campbell (Salinas) and Ralph Snow (Homestead) 15.1; Chuck Hough (Saratoga) 15.2.

180 LOW HURDLES — Jim Miller (Carlmont) 19.7; Ashland Whiffield (So. San Francisco) and Tom Phillips (Homestead) 19.8; Felice (Bellarmine) 19.9; Tawney (Mt. Pleasant) 20.0; Ed Campbell (Salinas) and Chuck Hough (Saratoga) 20.1; Sires (Lick) 20.2; Frazier Leslie (Woodside) and Franges (Sunnyvale) 20.3.

440 RELAY — Sunnyvale and San Mateo 43.8; Westmoor 43.9; Cupertino, Lick, Los Altos 44.0; Saratoga 44.1; Seaside and Ayer 44.2; Branham 44.3.

MILE RELAY — Los Altos 3:27.8; Sunnyvale 3:30.1; Cupertino 3:30.2; San Mateo and Lick 3:30.5; Seaside 3:30.8; Crestmoor 3:31.4; Fremont 3:31.5; Homestead 3:31.6.

HIGH JUMP — Mancuso (Fremont); Daley (Palo Alto) 6-3¾; Esmond Lewis and Dave Garity (Palma) 6-3; Hoffman (Pacific Grove) and DeMoss (Gunn), Steve Johnson (Watsonville) 6-2½; Don Jordan (San Mateo) and Diaz (King City) 6-2.

LONG JUMP — Phil Quinet (Homestead) 23-6; Emery (San Mateo) 22.9; Tom Phillips (Homestead) 22-8½; Saso (Bellarmine) 22-7; Bergman (Los Altos) 22-1; Clint Dilts (Soquel) 22-0.

TRIPLE JUMP — Phil Quinet (Homestead) 46-7¼; Chuck Steffes (Sunnyvale) 46-4; Jones (Overfelt) 46-3¾; Bergman (Los Altos) 44-4; Doug MacRae (Homestead) 44-1½.

POLE VAULT — Sam Albanese and Mike Sarina (King City) 13-4; Roseland (Pioneer) 13-3; John Supan (Homestead) 12-9; Eric Reich (Carlmont) 12-8.

SHOT PUT — Jim Penrose (Carlmont) 56-3; Ralph Show (Homestead) 56-2; Beck (Los Altos) 55-7½; Johnson (Burlingame) 55-4½; Newgard (San Mateo) 54-6; Ireland (Fremont) 52-9½; DiSalvo (Del Mar) 52-8; McConough (So. San Francisco) 52-4½.

DISCUS — Jim Penrose (Carlmont) 178-5; Steve Bielenberg (Homestead) 173-1½; Beck (Homestead) 170-7; Beck (Los Altos) 169-9; Ken Chappel (Watsonville) 161-11; Gary Kelley (Carmel) 160-10½; Ireland (Fremont) 158-2; Friestat (Fremont) 155-6.

Nurse CCS Leads

Valley league Friday at Cupertino.

Sunnyvale holds the leading times in the league with a 43.9 clocking, Los Altos has a 43.9 best and Cupertino has hit 41.1.

Two Central Coast Section bests have recently been added to the books, one by Santa Clara junior Harry Freeman who triple-jumped a scorching 47-11 in the recent SCVL trials (other was a 180-3½ discus shot by Carlmont's Jim Penrose).

Freeman's effort also tied the all-time league mark set in 1966 by Los Altos High's Denny Rogers.

The Panther youth's jump was all the more dramatic when one considers that Freeman, nursing a pulled muscle, received explicit instructions by his coach that he take no more than one jump—just enough to qualify for the finals. He

obeyed, and topped his previous best by a foot and two inches.

Other exceptional marks were recorded by Los Altos' Lyman and Cupertino's Frank Hughes, each streaking the 100 at a 9.7 clip. Lyman also finished first in the 220 at 22.2 and Hughes doubled with a first in the 440 at 48.2.

Discus standout Randy Beck of Los Altos heaved the platter a fancy 171-9½.

Although the semis and finals are being held at Cupertino, the host school is Mountain View (which has inadequate facilities; and the director is Eagle mentor and former Stanford ace Leo Long.

The league will stage its semi-finals Tuesday at 3:30 p.m. at Cupertino for the top 16 short-distancers who emerged from last Thursday's trials. The trials also produced the top 10

long-distance and the leading nine performers in each of the field events, who will move into the finals Friday at Cupertino at 7 p.m.

Area Prep Spikers

Although very few of the Central Coast Section's top track and field performances have been bettered recently, there has been a definite bunching-up among the leaders.

An example of this is the 100-yard dash, led jointly by Brad Lyman of Los Altos, Menlo-Atherton's Bill Hatcher and Alonzo Emery of San Mateo at 9.7. Fifteen runners have been timed at 9.9 or less.

Lyman also paces the area's 220 runners with a 21.6, but four other runners have cracked the 22-second barrier in that event.

Perhaps the most interesting race in the May 24-25 CCS meet will be the 880, in which 10 runners have already been clocked below 1:58.7. Tied for the lead in the gruelling race are Los Altos' Rick Brown,

Aragon's Fred Klinger and Branham's Bruce Marino with 1:56.2 times.

Cupertino High School will be the site of the torrid 440-yard relay battle in the Santa Clara



State's Bests

Track

Top prep track efforts in the Central Coast Section this season:

100 — Brad Lyman (Los Altos), Bill Hatcher (Menlo-Atherton), Alonzo Emery (San Mateo) and Frank Hughes (Cupertino) 9.7; Dave Pike (Lick), Harlan Anderson (Santa Clara) and Larry Orlando (Branham) 9.8; Dale Phillips (Del Mar), Tim O'Connor (Sequoia), Dennis O'Sullivan (Riordan), Bill Holden (Mountain View) Wesson (Ayer), Carl Braby (Riordan), Dale Kadani (Hollister), Gary Rice (Ceres) and Dennis Fuller (Camden) 9.9.

220 — Brad Lyman (Los Altos) 21.6; Bill Holden (Mountain View) and Lari Imperios (Salinas) 21.9; Lonnie James (Seaside), Bush (Palo Alto) and Wesson (Ayer) 22.0; Harlan Anderson (Santa Clara) and Lee (Alisal) 22.1; Bill Hatcher (Menlo-Atherton), Christensen (Westmont) and Tom Phillips (Homestead) 22.2.

440 — Frank Hughes (Cupertino) 48.2; Fred Klinger (Aragon) 49.2; Brad Lyman (Los Altos) 49.5; Rich Brown (Los Altos) 49.9; Paul Reynoso (Sunnyvale) 50.1; Larry Orlando (Branham) 50.2; Darryle White (Sequoia) 50.3; Robert Platt (Gunn) 50.5; Bill Respini (Palo Alto) 50.6; Chan Werden (Woodside) and Andrew (Los Altos) 50.7.

880 — Rick Brown (Los Altos), Fred Klinger (Aragon) and Bruce Marino (Branham) 1:56.2; Bill Respini (Palo Alto) 1:57.2; Manny Mahon (Lynbrook) 1:57.4; Jones (Branham) 1:58.0; Heiges (Gilroy) and Robert Platt (Gunn) 1:58.2; Churchill (Mt. Pleasant) 1:58.5; West (Lick) 1:58.7.

MILE — Klaus Hoffman (St. Ignatius) 4:15.7 (NorCal best); Jaime Baldivinos (Willow Glen) 4:15.8; Dave Sanford (Homestead) 4:17.1; Larry Churchill (Mt. Pleasant) 4:18.4; Manny Mahon (Lynbrook) 4:20.3; Bob Boyles (Mission San Jose) 4:20.9; Chris Carey (Carlmont) 4:23.6; Bernie Lahde (St. Francis) 4:23.7; Jim Tracy (Riordan) 4:24.6; Larson (Piedmont Hills) 4:24.8.

TWO MILE — Chris Carey (Carlmont) 9:15.7; Steve Sofos (Burlingame) 9:21.0; Manny Mahon (Lynbrook) 9:24.5; Bernie Lahde (St. Francis) 9:27.0; John Whytcock (Burlingame) 9:27.6; Dave Sanford (Homestead) 9:31.4; Jaime Baldivinos (Willow Glen) 9:34.8; Jack Larson (Freemont) 9:37.6; Jack Christianson (Homestead) 9:40.3.

120 HIGH HURDLES — Tom Phillips (Homestead) 14.3; Bill Johnson (Seaside), Jim Miller (Carlmont) and Clark (Westmoor) 14.5; Keith Peters (Gunn) and Ed Campbell (Salinas) 14.6; Steve Bielenburg (Homestead) 14.8; Frazier Leslie (Woodside), Ralph Show (Homestead) and Petralia (Freemont) 14.9.

180 LOW HURDLES — Ashland Whitfield (South San Fran.) 19.2; Tom Phillips

(Homestead) and Gary Rice (Ceres) 19.3; Bill Johnson (Seaside) and Tawney (Mt. Pleasant) 19.6; Keith Peters (Gunn) 19.7; Jim Miller (Carlmont), Gary Sires (Lick), Petralia (Freemont) and Chip Hough (Saratoga) 19.9.

HIGH JUMP — Mark Daley (Palo Alto) 6-6¼; Mancuso (Freemont) 6-5; Clyde Sadler (St. Ignatius) 6-4½; Yocke (Bellarmine) 6-4¼; Steve Johnson (Watsonville) 6-4; Esmond Lewis (Palma), Dave Garibay (Palma), Craig DeMoss (Gunn) and Lauro Diaz (King City) 6-3; Dan Hoffman (Pacific Grove) 6-2½.

POLE VAULT — Sam Albanese (King City) 14-½; Eric Reich (Carlmont) 13-8¼; Tony Roseland (Pioneer) 13-6; John Supan (Homestead) 13-5½; Mike Sarina (King City) 13-4½; Noe Chavez (Lick) 13-3; Yocum (Blackford) and Murrison (Del Mar) 13-1; Jim Cooper (Seaside) 13-½.

LONG JUMP — Phil Quinet (Homestead) 25-2 (State Best); Alonzo Emery (San Mateo) and Tom Phillips (Homestead) 23-0; Saso (Bellarmine) 22-7; Dave Pike (Lick) 22-6½; Chuck Kendall (Menlo-Atherton) 22-4½; Chuck Sirm (Wilcox) 22-3; Bergman (Los Altos) 22-1; Cliff Dilts (Soquel), Phil Beane (Seaside) and Ron Sledge (Ravenswood) 22-0.

TRIPLE JUMP — Harry Freeman (Santa Clara) 47-11 (State Best); Chuck Steffes (Sunnyvale) 47-9; Phil Quinet (Homestead) 46-7½; James (Overfelt) 46-6¾; Chris Moulton (Lick) 45-11; Davis (Los Altos) 45-0; Mason (Homestead) 44-10; Young (Los Altos) 44-6; Arkley (Los Altos) 44-5; Bergman (Los Altos) 44-4.

SHOT PUT — Jim Penrose (Carlmont) 56-3; Ralph Show (Homestead) 56-2; Ireland (Freemont) 55-10½; Randy Beck (Los Altos) 55-7½; Adams (Los Altos) 54-2¾; Herman (Sunnyvale) 53-10½; Dennis Disalvo (Del Mar) 52-½; Simpson (Del Mar) 52-8½; Erb (Los Gatos) 52-8; Kampa (Gilroy) 52-2½.

DISCUS — Jim Penrose (Carlmont) 180-8½; (State Best); Ralph Show (Homestead) 180-2; Steve Bielenburg (Homestead) 171-7½; Randy Beck (Los Altos) 171-9½; Burtwhistle (Gunn) 167-7; Walt Edwards (Santa Cruz) 163-5; Ken Chappel (Watsonville) 161-11; Gary Kelly (Carmel) 160-10½; Froestaf (Freemont) 159-4; Shoemate (Mt. Pleasant) 158-9.

440 RELAY — Westmont and Menlo-Atherton 43.5; Sunnyvale and Del Mar 43.8; Homestead 43.9; Los Altos 44.0; Cupertino 44.1; Seaside, Lick, Ayer and Sequoia 44.2.

MILE RELAY — Washington 3:21.8; Aragon 3:23.2; Los Altos 3:23.9; Branham 3:24.5; Sequoia 3:25.3; Saratoga 3:26.5; San Carlos 3:27.1; Homestead 3:29.1; Awalt and Lick 3:29.2.

Track Bests

100 — Brad Lyman (Los Altos) and Bill Hatcher (Menlo-Atherton) 9:7; Dave Pike (James Lick) and Harlan Anderson (Santa Clara) 9.8; Phillips (Del Mar), Tim O'Connon (Sequoia), Dennis O'Sullivan (Riordan); Bill Holden (Mtn. View), Wesson (Ayer), Carl Braby (Riordan) and Dale Kadani (Hollister) 9.9.

220 — Brad Lyman (Los Altos) 21.6; Bill Holden (Mt. View) 21.9; Lonnie James (Seaside), Bush (Palo Alto) and Wesser (Ayer) 22.0; Lee (Alisal) and Harlan Anderson (Santa Clara) 22.1; Bill Hatcher (Menlo-Atherton) Christiansen (Westmont) and Tom Phillips (Homestead) 22.2; Phillips (Del Mar) and Lani Imperios (Salinas) 22.3; Stern (Wilcox) 22.4.

440 — Frank Hughes (Cupertino) 49.4; Brad Lyman (Los Altos) 49.5; Darryl White (Sequoia) 49.6. Paul Reynoso (Sunnyvale) 50.1; Rich Brown (Los Altos) and Larry Orlando (Branham) 50.2; Larry Orlando (Branham) 50.3; Robert Piatt (Gunn) 50.5; Bill Respini (Palo Alto) 50.6; Chan Warden (Woodside) and Andrew (Los Altos) 50.7.

880 — Rick Brown (Los Altos) 1:56.2; Bill Respini (Palo Alto) 1:57.2; Manny Mahon (Lynbrook) 1:57.4; Jones (Branham) 1:58.0; Robert Piatt (Gunn) and Marino (Branham) 1:58.4; Churchill (Mt. Pleasant) and Marino (Branham) 1:58.5; West (Lick) 1:58.7.

MILE — Klaus Hoffman (St. Ignatius) 4:15.7; Jaime Baldovinos (Willow Glen) 4:15.8; Dave Sanford (Homestead) 4:17.1; Larry Churchill (Mt. Pleasant) 4:18.4; Manny Mahon (Lynbrook) 4:20.3; Bob Boyles (Mission San Jose) 4:20.9; Chris Carey (Carlmont) 4:23.6; Bernie Lahde (St. Francis) 4:23.7; Jim Tracy (Riordan) 4:24.6; Larson (Piedmont Hills) 4:24.8.

TWO MILE — Chris Carey (Carlmont) 9:15.7; Manny Mahon (Lynbrook) 9:24.5; Bernie Lahde (St. Francis) 9:27.0; Dave Sanford (Homestead) 9:31.4; Jaime Baldovinos (Willow Glen) 9:34.8; Klaus Hoffman (St. Ignatius) 9:35.0; Jack Larson (Fremont) 9:37.6; Jack Christianson (Homestead) 9:40.3; Jim Tracy (Riordan) 9:41.2; Ferguson (Homestead) 9:43.8.

120 HIGH HURDLES — Tom Phillips (Homestead) 14.2; Keith Peters (Gunn) and Ed Campbell (Salinas) 14.6; Jim Miller (Carlmont), Bill Johnson (Seaside) and Steve Bielenburg (Homestead) 14.8; Frazier Leslie (Woodside), Ralph Show (Homestead), and Petralia (Fremont) 14.9.

180 LOW HURDLES — Tom Phillips (Homestead) 19.1; Ed Campbell (Salinas) Bill Johnson (Saaside) 19.6; Keith Peters (Gunn) 19.7; Jim Miller (Carlmont), Gary Sires (Lick) and Chip Hough (Saratoga) 19.9; Tawney (Mt. Pleasant), Toler (Buchser), Jim Scott (San Mateo), Ed Campbell (Salinas) and Navarro (Live Oak) 20.0.

HIGH JUMP — Mark Daley (Palo Alto) 6-6 $\frac{1}{4}$; Mancuso (Fremont) 6-5; Esmond Lewis (Palma) 6-4 $\frac{3}{4}$; Clyde Sadler (St. Ignatius) 6-4 $\frac{1}{2}$; Steve Johnson (Watsonville) 6-4; Dave Garibay (Palma) and Craig DeMoss (Gunn) 6-3; Dan Hoffman (Pacific Grove) 6-2 $\frac{1}{2}$.

POLE VAULT — Sam Albanese (King City) 14- $\frac{1}{2}$; Eric Reich (Carlmont) 13-8; Ted Lydon (San Mateo); Tony Roseland (Pioneer) 13-6; John Supan (Homestead) 13-5 $\frac{1}{2}$; Mike Sarina (King City) 13-4 $\frac{1}{2}$; Noe Chavez (Lick) 13-3; Dave Garibay (Palma), Yocum (Blackford) and Murison (Del Mar) 13-1; Jim Cooper (Seaside) 13- $\frac{1}{2}$.

LONG JUMP — Phil Quinet (Homestead) 25-2; Tom Phillips (Homestead) 23-0; Saso (Bellarmine) 22-7; Dave Pike (Lick) 22-6 $\frac{1}{2}$; Chuck Steffes (Sunnyvale) 22-5 $\frac{1}{2}$; Lance Kendall (Menlo-Atherton) 22-4 $\frac{1}{2}$; Chuck Stirm (Wilcox) 22-3; Bergman (Los Altos) 22-1; Clint Dilts (Soquel), Phil Beane (Seaside) and Ron Sledge (Ravenswood) 22-0.

TRIPLE JUMP — Charlie Steffes (Sunnyvale) 47-9; Freeman (Santa Clara) 46-9; Phil Quinet (Homestead) 46-7 $\frac{1}{2}$; James (Overfelt) 46-3 $\frac{3}{4}$; Chris Moulton (Lick) 45-11; Davis (Los Altos) 45-0; Mason (Homestead) 44-10; Young (Los Altos) 44-6; Arkley (Los Altos) 44-5; Bergman (Los Altos) 44-4.

SHOT PUT — Jim Penrose (Carlmont) 56-3; Ralph Show (Homestead) 56-2; Ireland (Fremont) 55-10 $\frac{1}{2}$; Randy Beck (Los Altos) 55-7 $\frac{1}{2}$; Adams (Los Altos) 54-2 $\frac{3}{4}$; Herman (Sunnyvale) 53-10 $\frac{1}{2}$; Dennis Di Salvo (Del Mar) 53-*; Simpson (Del Mar) 52-8 $\frac{1}{2}$; Erb (Los Gatos) 52-8; Kamp (Gilroy) 52-2 $\frac{1}{2}$.

DISCUS — Jim Penrose (Carlmont) 180-3; Ralph Show (Homestead) 180-1; Steve Bielenberg (Homestead) 173-1 $\frac{1}{2}$; Randy Beck (Los Altos) 170-7; Burtwhistle (Gunn) 167-7; Walt Edwards (Santa Cruz) 163-5; Ken Chappell (Watsonville) 161-11; Gary Kelly (Carmel) 160-10 $\frac{1}{2}$; Froesta (Fremont) 159-4; Shoemaie (Mt. Pleasant) 158-9.

440 RELAY — Westmont 43.5; Homestead 43.6; Cupertino 43.7; Sunnyvale and Menlo-Atherton 43.8; Los Altos 44.0; Seaside, Lick, Ayer, Sequoia 44.2.

MILE RELAY — Washington 3:22.8; Aragon 3:23.2; Los Altos 3:23.9; Branham 3:24.5; Sequoia 3:25.3; Saratoga 3:26.5; San Carlos 3:27.1; Homestead 3:29.1; Awalt 3:29.2; Menlo-Atherton 3:29.5; Lick 3:30.5; Seaside 3-~~30.8~~.

They're Soaring In Prep Trackdom

By CHET WOOD
Mercury Sports Writer

Central Coast Section track and field performers seem to have adopted "Up, Up and Away" as their own personal theme song.

The CCS thinclads did a little of each in all three regional qualifying meets Saturday.

Pioneer's Tony Roseland contributed much of the up as he soared 13-9 in the pole vault to capture the event. Roseland, rounding into form after an early injury, had little trouble from 13-0 until he reached his Region II winning mark.

Two Region III high jumpers accounted for the second up as each sailed 6-5 3/4.

Lauro Diaz of King City and Esmond Lewis from Alisal each cleared the mark to set meet records.

Topping several fine performances in the away category was Jim Penrose of Carmont. Penrose twirled the discus 181-11 to best his state leading mark by over a foot. The effort gives Penrose the second best high school toss in the nation.

Others who moved away from the rest of the pack in Saturday's meets were Harry Freeman of Santa Clara, Rich Brown of Los Altos, Tom Phillips of Homestead and Manny Mahon from Lynbrook.

Freeman, the lanky Panther triple jump ace needed but one try to win the Region II ribbon. The springy junior went 48-4 to capture first and

then spent the rest of the meet with an ice pack on a bruised heel.

Brown, only a sophomore turned in a CCS best clocking in the half mile when he recorded a 1:54.3. The time is only nine-tenths off the fastest ever recorded by a high school sophomore.

After being hoisted out of the CCS lead for a week in the 180-low hurdles, Phillips regained the leadership with a fast 18.8. The Homestead timber-topper now has the best time in both the highs and the lows.

Fourth place finisher in last year's State Meet, Manhon appears ready for the big meets. After a so-so dual meet season, he clocked a fine 4:16.9 in winning the Region II mile.

Mahon, an extremely strong runner, could provide a big boost for the CCS in the State Meet where runners will be forced to run competitive miles each day of the two-day meet.

The three regional meets held Saturday served as qualifying for the CCS finals which will be in Gonzales Saturday. From the CCS meet will come the Section's representatives for the State Meet May 31-June 1 at Edwards Stadium in Berkeley.

Only the outstanding discus mark by Penrose ranks as the best mark in the state. Last year Penrose finished second in the State Championships but his effort this year would have bested the winning toss of 1967 by over four feet.

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Top Track Times

The best track and field efforts in the Central Coast Section this season:

100 — Brad Lyman (Los Altos) 9.6; Frank Hughes (Cupertino), Alonzo Emery (San Mateo) and Bell Hatcher (Menlo-Atherton) 9.7; Dave Pike (James Lick), Larry Orlando (Branham), Tim O'Connor (Sequoia), Harlan Anderson (Santa Clara), Dennis O'Sullivan (Riordan), John Holden (Mountain View) and Mike Wesson (Samuel Ayer) 9.8.

220 — Brad Lyman (Los Altos) 21.6; John Holden (Mountain View) Bill Hatcher (Menlo-Atherton) and Lam Imperius (Salinas) 21.9; Bush (Palo Alto), Lonnie James (Seaside), Mike Wesson (Samuel Ayer), Alonzo Emery (San Mateo) and Tom Phillips (Homestead) 22.0.

440 — Frank Hughes (Cupertino) 48.2; Fred Klingler (Aragon) and Rich Brown (Los Altos) 49.2; Darryl White (Sequoia) 49.3; Andrew (Los Altos) 49.8; Larry Orlando (Branham) 49.9; Freitas (Alisal) 50.0; Reynoso (Sunnyvale) 50.1; Bob Piatt (Gunn) and Lonnie James (Seaside) 50.5; 880 — Rich Brown (Los Altos) 1:54.3; Jones (Branham) 1:54.9; Fred Klingler (Aragon) 1:56.2; Bill Respini (Palo Alto) 1:56.8; Teises (Gilroy) 1:57.3; Manny Mahon (Lynbrook) and Gesser (Homestead) 1:57.4; Dave Madgion (San Mateo) 1:57.6; Dave Robertson (San Mateo) and McVea (Aragon) 1:57.7.

MILE — Klaus Hoffman (St. Ignatius) 4:15.7; Jaime Badlovinas (Willow Glen) 4:15.8; Dave Sanford (Homestead) 4:17.7; Manny Mahon (Lynbrook) 4:16.9; Larry Churchill (Mt. Pleasant) 4:18.0; Bob Boyles (Mission San Jose) 4:20.9; Cano (El Camino) 4:21.5; Dave Madgion (San Mateo) and Amaya (Burlingame) 4:22.3; Steve Sofos (Burlingame) 4:23.0.

TWO MILE — Chris Carey (Carmont) 9:15.7 (NorCal Best); Steve Sofos (Burlingame) 9:21.0; Klaus Hoffman (St. Ignatius) 9:21.6; Ferguson (Homestead) 9:22.2; Bernie Lahde (St. Francis) 9:23.3; Jack Christianson (Homestead) 9:24.0; Manny Mahon (Lynbrook) 9:24.5; Cruz (Wilcox) 9:25.0; Kretz (Mills) 9:25.5; Jack Larson (Fremont) 9:26.0.

120 HIGH HURDLES — Tom Phillips (Homestead) 14.2; Frazier Leslie (Woodside), Chip Hough (Saratoga), Jim Miller (Carmont) and Bill Johnson (Seaside) 14.5; Keith Peters (Gunn), Petralia (Fremont) and Ed Campbell (Salinas) 14.6; Jim Scott (San Mateo) and Navarro (Live Oak) 14.7.

180 LOW HURDLES — Tom Phillips (Homestead) 18.8 (NorCal Best) 18.8; Ashland Whitfield (So. San Francisco) 19.0; Lowell Harris (Terra Linda), Chip Hough (Saratoga), and Bill Johnson (Seaside) 19.2; Andy Burris (Capuchino), Peters (Gunn), Clabby (Westmoor) and Frazier Leslie (Woodside) 19.4.

HIGH JUMP — Mark Daley (Palo Alto) 6-6 1/4; Clyde Sadler (St. Ignatius) 6-6; Lauro Diaz (King City) and Esmond Lewis (Palma) 6-5 3/4; Mancuso (Fremont) 6-5; Yocke (Bellarmine) 6-4 1/2; Steve Johnson (Watsonville) 6-4; Dave Garibay (Palma), Craig DeMoss (Gunn) and Ellington (So. San Francisco) 6-3.

LONG JUMP — Phil Quinet (Homestead) 25-2; Alonzo Emery (San Mateo) 23-1; Tom Phillips (Homestead) 23-0; Phil Besne (Seaside) 22-8 1/2; Saso (Bellarmine) 22-7; Dave Pike (James Lick) 22-6 1/2; Chuck Steffes (Sunnyvale) 22-6; Lance Kendall (Menlo-Atherton) and Jim Washington (Alisal) 22-4 1/2; Chuck Strim (Wilcox) 22-3; Novnick (Westmoor) 22-2 1/4.

TRIPLE JUMP — Phil Quinet (Homestead) 48-8 3/4 (NorCal Best); Chuck Steffes

(Sunnyvale) and Harry Freeman (Santa Clara) 48-4; James (Overfelt) 46-3 1/4; Chris Moulton (James Lick) 45-11 3/4; Diley (Cupertino) 45-7 1/2; Barezi (Mountain View) 45-5; Davis (Los Altos) 45-4; Pete Mason (Homestead) 44-10; Hanks (Westmoor) 44-9 1/2.

POLE VAULT — Sam Albanese (King City), Mark Lavagnino (Palma) and Dave Garibay (Palma) 14-1/2; Tony Roseland (Pioneer) 13-9; Eric Reich (Carmont) 13-8 1/2; Jim Lydon (San Mateo) 13-7 1/2; Silva (Leland) and Mike Sarina (King City) 13-6; John Supan (Homestead), Jim Cooper (Seaside) and John Updike (Carmont) 13-4.

SHOT PUT — Jim Penrose (Carmont) 59-10 3/4; Walt Edwards (Santa Cruz) 58-1/2; Ralph Show (Homestead) 57-1 1/2; Randy Beck (Los Altos) and Adams (Los Altos) 55-7 1/2; Charlie Johnson (Burlingame) 55-5 3/4; Ireland (Fremont) 54-9 1/2; Newguard (San Mateo) 54-6; Herman (Sunnyvale) 53-10 1/2; McDonough (So. San Francisco) 53-7.

DISCUS — Jim Penrose (Carmont) 181-11 (State Best); Ralph Show (Homestead) 180-8; Randy Beck (Los Altos) 174-4; Steve Bielenburg (Homestead) 173-1 1/2; Marc Douglas (Sequoia) 172-5; Frieslat (Fremont) 169-7; Burtwhistle (Gunn) 167-7; Jim Stolle (Carmont) 167-6; Davis (Hillsdale) 166-9 1/2; Walt Edwards (Santa Cruz) 163-5.

440 REALY — Homestead 42.9; Westmoor 43.1; Menlo-Atherton 43.3; San Mateo 43.4; Cupertino 43.6; Mountain View and Sequoia 43.7; Sunnyvale, Saratoga and Del Mar 43.8.

MILE RELAY — Sequoia 3:20.8; Aragon and Los Altos 3:22.9; Branham 3:24.5; Homestead 3:25.9; Saratoga 3:26.5; Fremont 3:26.9; Mills 3:27.0; San Carlos 3:27.1; Crestmoor 3:27.5.