

REGION I TRACK AND FIELD CHAMPIONSHIP
FINAL RESULTS

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440 Relay Class B

1.	Ravenswood	44.7
2.	Crestmoor	45.0
3.	Capuchino	45.1
4.	Woodside	45.1
5.	Jefferson	45.4

440 Relay Class A

1.	Menlo-Atherton	43.1
2.	Sequoia	43.2
3.	Hillsdale	43.3
4.		
5.	(Will be runoff)	

70 Yard High Hurdles Class B

1.	Uravilla, Cezar	Ravenswood	9.2
2.	Barett Johnson	Burlingame	9.3
3.	Jerry Adams	Terman	9.35
4.	Mike McCloud	Capuchino	9.4
5.	Arnold Alferos	Ricordan(?)	9.8

120 Yard High Hurdles Class A

1.	Alex Christoff	Sequoia	15.2
2.	Rich Nominni	Carlmon	15.2
3.	Keith Fetters	Gunn	15.3
4.	Blair Morris	San Carlos	15.4
5.	Jeff Banchers	Capuchino	15.5

880 Yard Run Class B

1.	Randy Lawson	San Carlos	1:59.3
2.	David Hill	Ravenswood	1:59.3
3.	Bill McClum	Jefferson	1:59.8
4.	Jim Foley	Aragon	2:01.5
5.	Keith Sellers	Aragon	2:03.1

880 Yard Run Class A

1.	Joe Montoya	St. Ignatius	1:56.5
2.	Dave Robertson	San Mateo	1:56.5
3.	Tom Whitehead	Burlingame	1:58.0
4.	Don Blockfield	Westmoor	1:58.6
5.	Kelly McCormick	Mills	1:58.6

Jim
10.3
10.35
10.45 Times
10.45
10.45
10.45
33
04

100 Yard Dash Class B

1.	Cedrick Thomas	Ravenswood	10.3
2.	Toby Garza	Crestmoor	10.35
3.	Jim DeMille	San Carlos	10.35
4.	Joe Cortez	Alta Loma	10.4
5.	Bruce Kamen	Hillsdale	10.45

100 Yard Dash Class A

1.	Alonzo Emery	San Mateo	9.8
2.	Carl Braboy	Riordan	10.0
3.	Tom Scott	Serra	10.0
4.	Ernie Reese	Menlo-Atherton	10.0
5.	Chuck Bommarito	Crestmoor	10.1

440 Yard Dash Class B

1.	James Shirley	Ravenswood	50.4
2.	Mark Mourhouse	Capuchino	52.1
3.	Gary Hickman	Crestmoor	52.5
4.	Bill McCullum	Jefferson	52.6
<u>Tie</u> 5.	Dave Legg	Woodside	52.9
5.	Vance Anders	San Carlos	52.9

440 Yard Dash Class A

1.	Don Peters	Hillsdale	49.9
2.	Barry Raymond	Crestmoor	49.9
3.	Phil Dattola	Aragon	50.1
4.	Andy Alexander	So. San Fran.	50.3
5.	Phil Andre	So. San Fran.	50.4

Two-Mile Run Class B

1.	Hans Templeman	Carlmont	10:10.6
2.	Rich Caton	Burlingame	10:12.0
3.	Tery Haly	Carlmont	10:13.0
4.	Rich Voskes	Crestmoore	10:13.9
5.	Al Voons	Carlmont	10:15.4

Two- Mile Run Class A

1.	Chris Carey	Carlmont	9:19.9
2.	Jim Finch	Mills	9:35.8
3.	Steve Sofos	Carlmont	9:42.3
4.	Chuck Tanski	Riordan	9:44.8
5.	Randy Whitland	Hillsdale	9:51.2

180 Yard Low Hurdles Class B

1.	Gary Amadis	Capuchino	20.7
2.	Carl Everhardt	Menlo-Ath.	21.0
3.	Craig Clark	Westmoor	21.1
4.	Cezar Oravillo	Raverswood	21.2
5.	Rob Solari	San Carlos	21.4

180 Yard Low Hurdles Class A

1.	Keith Peters	Gunn	19.9
2.	Alex Christoff	Sequoia	20.0 20.2
3.	Lynn Swann	Serra	20.3
4.	Carl Braboy	Riordan	20.5
5.	Art Messer	El Camino	20.5

220 Yard Dash Class B

1.	Cedric Thomas	Ravenswood	23.3
2.	Toby Garza	Crestmoor	23.6
3.	Dan Krupke	Burlingame	23.9
4.	Korin Gava	So. San Fran.	24.0
5.	Bruce Kamen	Hillsdale	24.3

220 Yard Dash Class A

1.	Chuck Bonmarito	Crestmoor	23.1
2.	Joe Thompkins	Hillsdale	23.2
3.	Ron Martinelli	Sequoia	23.3
4.	Bob Gillick	Bellarmino	23.3
5.	Phil Dattola	Aragon	--

Mile Run Class B

1.	Wayne Smith	Mills	4:28.4
2.	Ernie Ribiro	Oceana	4:32.8
3.	Randy Gueing	Aregon	4:33.6
4.	John Sheehan	Aragon	4:35.9
5.	Scott Carvey	Carlmont	4:41.9

Mile Run Class A

1.	Eugenio Amaya	Burlingame	4:22.1
2.	Greg Coleman	Palo Alto	4:25.6
3.	Dave Montoya	Burlingame	4:30.6
4.	Ralph Sotel	Terra Nova	4:36.8
5.	Ron Shloss	Menlo-Ath.	4:39.4

Mile Relay Class B

1.	Ravenswood	3:29.7
2.	Crestmoor	3:31.4
3.	Capuchino	3:33.5
4.	Woodside	3:34.1 3:34.1
5.	So. San Francisco	3:35.8 3:35.8

Mile Relay Class A

1.	Crestmoor	3:24.3
2.	So. San Fran.	3:25.3
3.	Sequoia	3:25.4
4.	Carlmont	3:29.7
5.	Terra Nova	3:30.5

5

2

Discus Class A

1.	Birtwhistle, Tom	Gunn	180 ⁰ -0 ⁰⁰
2.	Mark Douglas	Sequoia	165 ⁰ -9 ⁰⁰
3.	Mike Davis	Hillsdale	163 ⁰ -1 ⁰⁰
4.	Bill Stoesser	St. Francis	154 ⁰ -7 ⁰⁰
5.	Bill Irwin	San Carlos	153 ⁰ -3 ⁰⁰

Discus Class B

1.	Dennis Capuz	Jefferson	139 ⁰ -10 ⁰⁰
2.	Colin Cauly	Sequoia	136 ⁰ -9 ¹ / ₂ ⁰⁰
3.	Frank Romeo	San Carlos	130 ⁰ -10 ¹ / ₂ ⁰⁰
4.	Cohn Faghani	Capuchino	119 ⁰ -7 ¹ / ₂ ⁰⁰
5.	Steve Ellis	San Carlos	119 ⁰ -5 ⁰⁰

Shot Put Class A

1.	Jack Nevin	Menlo-Ath.	55 ⁰ -9 ¹ / ₄ ⁰⁰
2.	Jim Olmo	So. San Fran.	52 ⁰ -4 ⁰⁰
3.	Mark Shea	Mills	51 ⁰ -3 ¹ / ₂ ⁰⁰
4.	Frank Cross	Riordan	50 ⁰ -9 ¹ / ₂ ⁰⁰
5.	Bennie Cox	Revenswood	50 ⁰ -7 ⁰⁰

Shot Put Class B

1.	Mike Cantwell	Sequoia	51 ⁰ -5 ¹ / ₂ ⁰⁰
2.	Ron Ghilardi	So. San Fran.	49 ⁰ -5 ⁰⁰
3.	Frank Romero	San Carlos	49 ⁰ -1 ⁰⁰
4.	Jerry Sagli	Woodside	45 ⁰ -1 ⁰⁰
5.	Pete Nagayama	San Carlos	44 ⁰ -11 ⁰⁰

Long Jump Class A

1.	Alonzo Emery	San Mateo	23 ⁰ -3 ¹ / ₄ ⁰⁰
2.	Lynn Swann	Serra	22 ⁰ -9 ¹ / ₄ ⁰⁰
3.	Kevin Law	Palo Alto	22 ⁰ -5 ¹ / ₂ ⁰⁰
4.	Tom Anderson	Gunn	21 ⁰ -11 ¹ / ₂ ⁰⁰
5.	John Silver	Woodside	21 ⁰ -5 ⁰⁰

Long Jump Class B

1.	Steve Bule	Crestmoor	20 ⁰ -8 ¹ / ₂ ⁰⁰
2.	Mark Schuman	Cubberly	19 ⁰ -8 ⁰⁰
3.	Tom Neary	Jefferson	19 ⁰ -5 ¹ / ₂ ⁰⁰
4.	Dave Krupke	Burlingame	19 ⁰ -3 ⁰⁰
5.	Chris Guyan	Capuchino	18 ⁰ -6 ¹ / ₂ ⁰⁰

Two- Mile Run Class A

1.	Chris Carey	Carlmont	9:19.9
2.	Jim Finch	Mills	9:35.8
3.	Steve Sofos	Carlmont	9:42.3
4.	Chuck Tanski	Riordan	9:44.8
5.	Randy Whitland	Hillsdale	9:51.2

180 Yard Low Hurdles Class B

1.	Gary Amadis	Capuchino	20.7
2.	Carl Everhardt	Menlo-Ath.	21.0
3.	Craig Clark	Westmoor	21.1
4.	Cezar Oravillo	Raverswood	21.2
5.	Rob Solari	San Carlos	21.4

180 Yard Low Hurdles Class A

1.	Keith Peters	Gunn	19.9
2.	Alex Christoff	Sequoia	20.0 20.2
3.	Lynn Swann	Serra	20.3
4.	Carl Braboy	Riordan	20.5
5.	Art Messer	El Camino	20.5

220 Yard Dash Class B

1.	Cedric Thomas	Ravenswood	23.3
2.	Toby Garza	Crestmoor	23.6
	Dan Krupke	Burlingame	23.9
4.	Korin Gava	So. San Fran.	24.0
5.	Bruce Kamen	Hillsdale	24.3

220 Yard Dash Class A

1.	Chuck Bommarito	Crestmoor	23.1
2.	Joe Thompkins	Hillsdale	23.2
3.	Ron Martinelli	Sequoia	23.3
4.	Bob Gillick	Bellarmino	23.3
5.	Phil Dattola	Aragon	--

Central Coast Section

Region One

Meet records set May 24, 1969

Class A

440 Relay	Menlo Atherton	:43.1
880 yd.run Joe Montoya	St. Ignatius	1:56.5
100 yd.dash Alonzo Emery	San Mateo	:09.8
2 Mile run Chris Carey	Carlmont	9:19.9
Pole Vault Jim Lydon	San Mateo	15'2"

Class B

440 yd.run Jim Shirley	Ravenswood	:50.4
180LH Gary Amadis	Capuchino	:20.7 (ties record)
Mile run Wayne Smith	Mills	4:28.4
Mile Relay	Ravenswood	3:29.7
Discus Dennis Capaz	Jefferson	139'10"
Pole Vault Steve Cohn	Burlingame	13'0"
Triple Jump Mike Hall	Carlmont	40'7½"

Class A

Meet Region I

Date 5/24/69

Event	1st (6)	2nd (4)	3rd (3)	4th (2)	5th (1)
440 rel	49.1 Christoff Sea	48.2 Mazzoni Sequoia	47.3 Peders Cul	43.8 Morris Woodside	43.9 Candero SSF
120 HH	15.3 Martya SS	15.2 Robertson SM	15.3 Whitcomb But	15.4 Blackfield West	15.5 McCormick Mills
880	1:56.6 Enoy SM	1:56.5 Bobby Rio	1:58.0 Scott Serra	1:58.6 Reese MMA	1:58.6 Bommarito Crest
100	9.9 Petos MMA	10.0 Raymond Crest	10.0 Dayton Rio	10.0 Alexander SSF	10.1 Andue SSF
440	49.9 Grey Cul	49.9 Finch Mills	50.1 Solis Serra	50.3 Ansty Rio	50.4 Whitcomb Mills
2 mile	9:19.4 Petos Serra	9:25.8 Christoff Sequoia	9:42.9 Serra Serra	9:44.8 Bobby Rio	9:51.2 Messer Serra
180 LH	19.9 Bommarito Crest	20.2 Tambias Mills	20.8 Merlinelli Sequoia	20.5 Serra Serra	20.5 Dayton MMA
220	24.1 Ansty Serra	25.2 Edman MMA	23.3 Montoya But	23.3 Serra MMA	No Time Schloss MMA
Mile	4:22.1 Graham SSF	4:28.6 SSF Sequoia	4:30.5 Sequoia Sequoia	4:38.8 Culmott Culmott	4:39.4 Terra Nova Terra Nova
mile rel	3:24.3	3:25.3	3:25.9	3:29.7	3:30.5
High Jump	6-5 Lyden SM	6-5 Rush Cul	6-3 Bova Serra	6-0 Stobine SM	6-0 Geddel West
Pole Vault	15-2 Lombardi Cul	14-4 1/2 Douglas Serra	14-0 Davis Mills	13-0 Strosser Serra	13-0 Drain Serra
Discus	180-0 Enoy SM	165-9 Serra Sequoia	168-9 1/2 Law MMA	154-7 Anderson Cul	152-3 Silver Wood
Long Jump	23-3 1/2 Martya Serra	22-9 1/2 Mills SM	22-5 1/4 Enoy SM	21-11 1/2 Law MMA	21-5 Silver West
Triple Jump	43-11 Nevin MMA	43-9 1/4 Dino SSF	43-7 1/4 Shea Mills	41-1 1/4 Cross Rio	41-2 1/4 Cox MMA
Shot Put	55-1 1/4	52-4	51-3 1/4	50-9 1/2	50-7

Final Scores Sequoia 32 San Marcos 27 Cramer 18 Burlingame 18 Hillsdale 17

Class B

Meet REGION I

Date 5/29/69

Event	1st (6)	2nd (4)	3rd (2)	4th (2)	5th (1)
40 rel	Riverswood 49.7	Crestmoor 45.0	Capuchino 45.1	Woodside 45.3	Jefferson 45.9
0 MH	Oravilla 9.2	Rav Johnson	Burly Adams	Lee, mebad	Cap Altaras Ric
80	Lambert 1:59.3	St Hill 1:59.3	Rav McCollon	John Foley	Ann Sellers Ann
00	Thomas 10.3	Ross Barza	Crest Barza	sc Lorke	altor Kamin Mills
40	Shirley 50.4	Rav Monhouse	Cap Heckman	Crest McCollon	John Cogg Anderson Wood SC
mile	Templeton 10:10.6	Carl Caton	Burly Holey	Carl Jostes	Crest Koons Carl
0 LH	Anadio 20.7	Cap Ewert	M.H. Clark	West Oravilla	Road Sobel SC
20	Thomas 23.3	Rav Barza	Crest Krupki	Burly Gava	5th Kamin Hills.
ile	Smith 4:28.4	Mills Rebra	Crest Grueg	Ann Church	Ann Carrey Carl
1/2 Rel	Riverswood 3:29.7	Crestmoor 3:31.9	Capuchino 3:33.5	Woodside 3:39.1	So San Francisco 3:45.8
0H Jump	Guyan 5-11	Cap Hill 5-10	Carl Oravilla	Rav McLeod	Cap Sjoberg SC
1/2 Vault	Cohn 13-0	Burly Henderson	SC McCreas	Burly Cohn	E/C Cohn Mills
150 HS	Capaz 139-10	Jeff Couley	See Kamin	S.C. Jaganai	Cap Ellis SC
ong Jump	Bate 20-8 3/4	Crest Schuman	Carl Mary	John Guyan	Cap Kumpke Burly
iple Jump	Hill 40-7 1/2	Carl Bate	Crest Williams	Oravilla Koch	Guyon Bagini Bel.
0000 Bat	Oravilla 51-5 1/2	Seq Ghilard	5th Romeo	SC Seiji	Walt Nagayama SC
Final Scores	Rav 45	Crestmoor 31	Capuchino 30	San Carlos 28 1/2	Carlmont 21

CLASS	A	U-ROB	M-A	Secoia	Hillside	Wood.	SS.F.	Carhart	Gunn	San Carlos	Capuchino	Mills	Rising
440 rel		0	0	1	0	0	0	1	1	0	0	0	0
120 HH		0	6	10	3	0	1	0	0	0	0	0	0
380		0	6	10	3	2	1	4	3	2	1	0	0
100		0	8	10	3	2	1	4	3	2	1	1	0
440		0	8	10	9	2	4	4	3	2	1	0	0
2 mile		0	8	10	10	2	4	0	3	2	1	4	6
180 LH		0	8	14	10	2	4	10	6	2	1	4	0
220		0	8	17	14	2	4	10	6	2	1	4	2
mile		2	9	17	14	2	4	10	6	2	1	4	2
mile Rel		2	9	20	14	2	4	10	6	2	1	4	2
High jump		2	9	22	14	2	8	12	10	2	7	4	2
Pole Vault		2	9	22	14	2	8	16	10	2	7	4	2
Discus		2	9	26	17	2	8	16	16	2	7	4	2
Long Jump		2	9	26	17	3	8	16	18	2	7	4	2
Triple jump		2	9	32	17	4	8	16	18	2	7	4	2
Shot		2	15	32	17	4	12	16	18	2	7	7	4
		2	15	32	17	4	12	16	18	2	7	7	4

	Capuchino	Caracout	Revenswood	San Carlos	Jefferson	Saguora	Gristmank	Cubberley	Bulwaine	Ocean	Gunn
140 rel	1	1	1	1	0	0	4	0	0	0	0
70 HH	2	1	6	0	0	0	0	0	4	0	0
380	5	1	12	6	1	0	4	0	4	0	0
500	5	0	16	4	0	0	4	0	4	0	0
440	5	0	22	6	1	0	8	0	4	0	0
2 mile	4	0	28	9	2	0	3	0	0	0	0
180 LH	9	0	30	12	3	0	0	0	4	0	0
220	9	10	36	12	3	0	2	0	4	0	0
1 mile	10	0	42	15	3	0	0	0	8	0	0
1 mile rel	15	0	48	18	3	0	4	0	11	4	0
High Jump	15	10	36	10 1/2	3	0	11	0	11	0	0
Pole Vault	15	11	36	10 1/2	3	0	11	0	11	4	0
Discus	3	0	6	0	0	0	4	0	0	0	0
Long Jump	18	11	42	12 1/2	3	0	21	0	11	4	0
Triple Jump	8	15	45	11 1/2	3	0	21	0	11	4	0
Shot Put	26	15	45	15 1/2	3	0	24	0	17	9	0
	2	15	45	19 1/2	6	4	21	0	17	4	0
	28	15	45	19 1/2	9	4	21	0	17	4	0
	2	15	45	19 1/2	3	0	6	4	1	0	0
	30	15	45	19 1/2	12	4	27	0	18	4	0
	0	6	45	19 1/2	0	0	4	0	0	3	2
	30	21	45	19 1/2	12	4	31	4	18	7	2
	0	0	45	23 1/2	0	6	0	0	0	0	0
	30	21	45	23 1/2	12	10	31	4	18	7	2

