

TIME SCHEDULE

FIELD EVENTS

10:00 F/S Triple Jump (To Completion)
 F/S Pole Vault "
 F/S High Jump "
 11:00 Varsity Triple Jump "
 12:45 Varsity Pole Vault "
 Varsity Long Jump "
 Varsity Discus "
 F/S Shot "
 Varsity High Jump "
 2:00 Varsity Shot "
 F/S Long Jump "
 F/S Discus "

TRACK EVENTS - TRIALS

Var 440 Relay 10:00
 F/S 440 Relay 10:10
 Var 120 HH 10:20
 F/S 70 HH 10:30
 Var 100 yd 10:40
 F/S 100 yd 10:50
 Var 180 LH 11:00
 F/S 180 LH 11:10
 Var 220 yd 11:20
 F/S 220 yd 11:30

TRACK EVENTS - FINALS

Var 440 Relay 1:00
 F/S 440 Relay 1:05
 Var 120 HH 1:15
 F/S 70 HH 1:20
 Var 880 1:25
 F/S 880 1:35
 Var 100 1:40
 F/S 100 1:45
 Var 440 (1) 1:50
 Var 440 (2) 1:55
 F/S 440 (1) 2:00
 F/S 440 (2) 2:05
 Var 2 Mile 2:10
 F/S 2 Mile 2:25
 Var 180 LH 2:40
 F/S 180 LH 2:45
 Var 220 2:50
 F/S 220 2:55
 Var Mile 3:00
 F/S Mile 3:10
 Open 330 IH 3:25
 F/S Mile Relay(1) 3:35
 F/S Mile Relay(2) 3:45
 Var Mile Relay(1) 3:55
 Var Mile Relay(2) 4:05

SCORING

8 - 6 - 4 - 2 - 1

AWARDS: Top 4 Varsity teams in section are to receive trophies. Medals will be awarded to the top 5 finishers in both Varsity and Frosh-Soph events.

QUALIFICATION TO THE STATE MEET:
 The first three (3) places qualify to the state meet.

SCHOOLS THAT HAVE ATHLETES
COMPETING IN TODAY'S MEET

Alisal	Los Altos	Soquel
Andrew Hill	Los Gatos	South San Francisco
Aragon	Lynbrook	St. Francis
Awalt	Menlo Atherton	St. Ignatius
Ayer	Mills	Stevenson, R.L.
Bellarmino	Milpitas	Sunnyvale
Blackford	Mitty	Terra Nova
Branham	Monterey	Watsonville
Buchser	Mountain View	Westmont
Burlingame	Mount Pleasant	Westmoar
Camden	North Salinas	Wilcox
Campbell	Oak Grove	Willow Glen
Capuchino	Oceana	Woodside
Carlmont	Overfelt	
Carmel	Pacific Grove	
Crestmoor	Palma	
Cubberly	Palo Alto	
Cupertino	Piedmont	
Del Mar	Pioneer	
El Camino	Prospect	
Fremont	Ravenswood	
Gilroy	Riordon	
Gonzales	Salinas	
Gunn	San Carlos	
Harbor	San Jose	
Hillsdale	San Lorenzo Valley	
Holy Cross	San Mateo	
Homestead	Santa Clara	
Jordan	Santa Cruz	
King City	Saratoga	
Leigh	Seaside	
Leland	Sequoia	
Lick	Serra	
Lincoln	Serra Monte	
Live Oak	Silver Creek	

NATIONAL INTERSCHOLASTIC TRACK AND FIELD RECORDS

INDIVIDUAL

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Date</u>	<u>State</u>
100 yd	Bill Gaines	9.3	1967	New Jersey
220 yd(s)	Forrest Beaty	20.2	1961	California
440 yd	Ulis Williams	46.1	1961	California
880 yd	Rich Joyce	1:48.8	1965	California
Mile	Jim Ryun	3:55.3	1965	Kansas
2 Mile	Steve Prefontaine	8:41.6	1969	Oregon
120 yd H.H.	Richmond Flowers	13.5	1965	Alabama
120 yd H.H.	Bill Tipton	13.5	1967	Michigan
180 yd L.H.(s)	Steve Caminiti	18.1	1964	California
	Earl McCullough	18.1	1964	California
	Don Castronoro	18.1	1964	New York
H.J.	Otis Hailey	7'1½"	1968	California
P.V.	Casey Carrigan	16'7"	1969	California
L.J.	Jerry Proctor	25'7"	1967	California
T.J.	David Tucker	49'3½"	1969	California
S.P.	Sam Walker	72'3½"	1968	Texas
Discus	Leon Miller	199'10½"	1967	Ohio

RELAYS

440 yd	Lincoln, Dallas	40.7	1969	Texas
Mile R	Memorial, Houston	3:11.8	1967	Texas
	Killian, Miami	3:11.8	1969	Florida

CENTRAL COAST SECTION MEET RECORDS

EVENT		SCHOOL	DISTANCE/ TIME	YEAR
100	Rupp	Sequoia	19.7	1952
	Brad Lyman	Los Altos	19.7	1967
220	Brad Lyman	Los Altos	21.7	1968
440	Lee Evans	Overfelt	48.1	1965
880	Don Bowden	Lincoln	1:52.3	1954
Mile	Mike Ryan	Wilcox	4:09.5	1965
2 Mile	Chris Carey	Carlmont	9:13.3	1968
120 H.H.	Jim Miller	Carlmont	14.5	1968
180 L.H.	Jim Luttrell	Sequoia	19.2	1952
440 Relay		Santa Cruz	42.6	1969
Mile Relay		Los Altos	3:22.5	1968
Hi Jump	John Radetich	San Carlos	6'9 ³ / ₄ "	1966
Long Jump	John Johnson	Pacific Grove	25'2 ¹ / ₂ "	1964
Tri-Jump	Chuck Steffes	Sunnyvale	46'9 ³ / ₄ "	1968
Pole Vault	Sam Albanese	King City	15'1 ¹ / ₂ "	1969
Discus	Bob Stoecker	Los Altos	186'5"	1962
Shot	Bob Brannen	Los Gatos	63'9"	1964

CENTRAL COAST SECTION MEET 1969

100	Al Marshall	Santa Cruz	10.2 (into wind)
220	Al Marshall	Santa Cruz	22.7
440	Ben Brown	Sunnyvale	48.8
880	Rick Brown	Los Altos	1:55.9
Mile	Gregg Coleman	Palo Alto	4:19.2
2 Mile	Jack Larson	Fremont	9:24.0
120 H.H.	Chip Hough	Saratoga	14.8 (into wind)
180 L.H.	Jim Petralia	Fremont	19.8 (into wind)
440 Relay		Santa Cruz	42.6
Mile Relay		Crestmoor	3:23.8
Hi Jump	Vince Renetto	Capuchino	6'3 ³ / ₄ "
Long Jump	Alonzo Emery	San Mateo	22'7"
Tri Jump	Red Utley	Cupertino	45'8"
Pole Vault	Sam Albanese	King City	15'1 ¹ / ₂ "
Discus	Mike Davis	Hillsdale	185'7"
Shot	Chris Adams	Los Altos	59'5"

VARSIITY

440 Relay - Top 4 in each heat advance to finals.

HEAT 1

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Qual</u>	<u>Final</u>	<u>Place</u>
1		St. Ignatius	44.5	_____	
2		Overfelt	43.1	_____	
3		Crestmoor	43.6	_____	
4		Ravenswood	43.4	_____	
5		Westmont	44.0	_____	
6		Homestead	44.1	_____	
7		Live Oak	44.3	_____	
8		Seaside	44.4	_____	

HEAT 2

1		Watsonville	44.5	_____	
2		Monterey	43.1	_____	
3		Cupertino	43.2	_____	
4		Awalt	43.4	_____	
5		Sequoia	43.8	_____	
6		Mt. Pleasant	44.2	_____	
7		Oceana	44.3	_____	
8		Hillsdale	44.5	_____	

FROSH/SOPH

440 Relay - Top 4 in each heat advance to finals.

HEAT 1

1		Cupertino	44.7	_____	
2		Hill	45.6	_____	
3		Homestead	44.8	_____	
4		Carlmont	45.5	_____	
5		Overfelt	45.6	_____	
6		Milpitas	45.8	_____	
7		Crestmoor	45.9	_____	
8		Soquel	46.4	_____	

HEAT 2

1		Salinas	45.3	_____	
2		Westmoor	45.5	_____	
3		San Carlos	45.1	_____	
4		Buchser	45.4	_____	
5		Saratoga	45.7	_____	
6		Burlingame	45.8	_____	
7		San Mateo	46.0	_____	
8		Seaside	46.4	_____	

VARSAITY

120 HIGH HURDLES - Top 4 in each heat advance to finals

HEAT 1

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Qual.</u>	<u>Final</u>	<u>Place</u>
1	D	Arnaldo	Westmoor	15.6	_____
2		Brooks	Los Altos	15.3	_____
3		Eshelman	Gunn	15.1	_____
4	Cedric	Johnson	Seaside	15.1	_____
5	Steve	Gibson	Saratoga	14.7	_____
6		Davis	San Carlos	15.1	_____
7	Sam	Shull	Ayer	15.1	_____
8	Bret	Johnson	Burlingame	15.4	_____

HEAT 2

1	Steve	Taggert	Saratoga	15.5	_____
2	Barry	McKinley	Burlingame	15.2	_____
3		McNeil	Fremont	15.1	_____
4		Bagshaw	Gunn	15.0	_____
5	L.	Swindell	San Mateo	15.0	_____
6	Jermey	Pura	King City	15.1	_____
7	Mike	Estrada	Leland	15.2	_____
8	Abel	Valdez	N. Salinas	15.4	_____

FROSH/SOPH

70 YARD HIGH HURDLES - Top 4 in each heat advance to finals

HEAT 1

1	D.	Brenner	Hillsdale	9.9	_____
2	Bob	Ray	Los Gatos	9.4	_____
3	Bill	Dew	Alisal	9.4	_____
4	Jack	Timmons	Del Mar	9.3	_____
5	Bob	Washington	Salinas	8.9	_____
6		Epp	Homestead	9.1	_____
7	Dave	Estrada	Leland	9.4	_____
8		Depanger	Jordan	9.4	_____

HEAT 2

1	Pete	Popin	Aragon	9.8	_____
2	Don	Cole	Watsonville	9.4	_____
3		Lynn	Gunn	9.3	_____
4	Chuck	Lucaus	Hillsdale	9.2	_____
5		Adams	Gunn	9.1	_____
6	Andy	Kolenikow	Burlingame	9.2	_____
7		Lucas	Cupertino	9.4	_____
8	Terry	Filice	Gilroy	9.4	_____

880-Run - Varsity

HEAT #1

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>Qual.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Rick Brown	Los Altos	1:56.4	_____	
1A	Paul Gaesser	Homestead	1:58.5	_____	
2	Mike Tyrrell	Saratoga	1:56.7	_____	
2A	Kelly McCormick	Mills	2:00.0	_____	
3	Hannizer	Mitty	1:58.8	_____	
3A	Hank VanArkle	Burlingame	2:00.1	_____	
4	Ted Uchida	Alisal	2:01.2	_____	
4A	Dave Layton	Leland	2:00.4	_____	
5	Randy Carlson	Westmont	1:57.0	_____	
5A	Ken Jones	Capuchino	2:00.7	_____	
6	Larry Davis	Los Altos	1:57.1	_____	
6A	Oscar Morales	Gilroy	2:00.9	_____	
7	Tom Verrette	Awalt	1:57.5	_____	
7A	Gary Cohn	Carmel	2:01.7	_____	
8	Ignatowicz	Lynbrook	1:58.1	_____	
8A	Steve Tamazni	Palma	2:03.9	_____	

880-Run - Frosh-Soph

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Carlson	Fremont	2:02.0	_____	
1A	Alan Donaldson	Mt.Pleasant	2:04.1	_____	
2	Joe Alaniz	Oak Grove	2:03.9	_____	
2A	Albert DeLaRoche	Camden	2:05.1	_____	
3	John Maust	Seaside	2:04.2	_____	
3A	Roy Barker	Camden	2:05.3	_____	
4	Wandrow	Serra	2:05.7	_____	
4A	Dave Matisi	Arazon	2:06.1	_____	
5	Bay	Gunn	2:02.2	_____	
5A	Malcolm Cleary	Stevenson	2:05.2	_____	
6	Carroll	Lynbrook		_____	
6A	Jim Whitley	Serramonte	2:07.1	_____	
7	White	San Carlos	2:02.8	_____	
7A	Ed Collins	Salinas	2:08.1	_____	
8	Grant Fontan	Awalt	2:03.3	_____	
8A	Mike Paul	Crestmoor	2:08.5	_____	

100 - Varsity

Top Four from each Heat advance to finals

HEAT #1

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Tim Ficken	Terra Noon	10.4		
2	Spencer	Ravenswood	10.2		
3	Sam Perkins	Stevenson	10.1		
4	Jeff Fowler	Cupertino	10.1		
5	Willie Head	Santa Cruz			
6	Jerry Stransis	Willow Glen	9.9		
7	Don Green	Harbor	10.1		
8	Dennis Costa	Westmont	10.2		

HEAT #2

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Bryant	Wilcox	10.3		
2	Covey	Homestead	10.2		
3	Borus Scalier	Cupertino	10.1		
4	Chuck Bommarito	Crestmoor	9.9		
5	Len Johnson	Overfelt	9.9		
6	Leon Lindsay	Overfelt	10.0		
7	G. Snyder	S. San Francisco	10.2		
8	Davey Williams	Oceana	10.3		

100 - Frosh-Soph Top four from each advance to finals

HEAT #1

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Mike Mouton	Westmoor	10.9		
2	Jones	Cupertino	10.7		
3	John Allen	Hill	10.5		
4	Durkett	Ravenswood	10.6		
5	Greg Smith	Salinas	10.3		
6	Jess Cook	Salinas	10.4		
7	Daryll Craven	Silver Creek	10.6		
8	Steve Gold	Capachino	10.8		

HEAT #2

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Flynn	Woodside	10.8		
2	Nakamura	Mt. View	10.7		
3	Mark Fanning	Saratoga	10.5		
4	Junius Hope	Oceana	10.5		
5	Ken Thomas	Overfelt	10.4		
6	Gary Diems	Salinas	10.4		
7	Roy Rose	Hillsdale	10.7		
8	Wiley	Woodside	10.8		

Two Heats Top Five Times declared winners

HEAT #1

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Phil Fillipelli	St. Francis	50.8		
2	Ken Williams	Silver Creek	50.9		
3	Tom Creighton	Burlingame	50.9		
4	Surgio Reyer	Lincoln	51.1		
5	Gary Hicklin	Crestmoor	51.1		
6	Pat Clifton	Mt. Pleasant	51.1		
7	Glenn Mapp	Monterey	52.7		
8	Gary Grittbo	San Lorenzo	52.9		

HEAT #2

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Rick Brown	Los Altos	47.2		
2	Phelps	Westmoor	50.0		
3	Thad Cooper	Piedmont	50.4		
4	Rick Drobek	Carmel	52.5		
5	Jim Andrews	Los Altos	48.4		
6	Lucas	Gunn	48.8		
7	John Kessel	Awalt	49.2		
8	Shirley	Ravenswood	50.0		

Two Heats top five times declared winners

HEAT #1

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Rick Gonzales	Branham	52.7	_____	_____
2	Chuck Griggs	Watsonville	52.7	_____	_____
3	Yeilding	Fremont	52.7	_____	_____
4	Bill Oliver	Del Mar	53.7	_____	_____
5	Carl Perez	St. Ignatius	53.8	_____	_____
6	Rick Miller	Prospect	54.1	_____	_____
7	Paul Kenny	St. Ignatius	54.2	_____	_____
8	Paul Mahler	Bellarmino	54.6	_____	_____

HEAT #2

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Pat Hayes	Salinas	51.2	_____	_____
2	Hitt	Gunn	51.3	_____	_____
3	Gerald Gardere	Milpitas	52.4	_____	_____
4	Bob Hickox	St. Ignatius	53.0	_____	_____
5	Lynn	Gunn	51.4	_____	_____
6	Mike Carrasco	Salinas	51.5	_____	_____
7	Grossman	San Carlos	51.9	_____	_____
8	Fletcher	Lynbrook	52.2	_____	_____

2-Mile Run - Varsity

HEAT #1

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL. TIME</u>	<u>FINAL</u>	<u>PLACE</u>
1	Randy Stahl	Homestead	9:33.4		
1A	Dennis O'Halleron	St. Francis	9:52.5		
2	Ed Silva	Watsonville	9:42.2		
2A	Jim Finch	Mills	9:53.5		
3	McCarthy	St. Francis	9:48.7		
3A	Rich Dameron	Seaside	9:53.9		
4	George Manriquez	Mt. Pleasant	9:49.8		
4A	Wells	Woodside	9:55.6		
5	Jim Remak	Homestead	9:39.8		
5A	Randy Sargent	Del Mar	9:56.2		
6	Mark McConnell	Soquel	9:44.8		
6A	John Manconi	Burlingame	9:57.1		
7	Marshall	Homestead	9:46.1		
7A	Keith Kruse	Camden	10:03.5		
8	Templeman	Carlmont	9:50.8		
8A	Robert Enrique	Live Oak	10:08.4		

2-Mile Run - Frosh-Soph

HEAT #1

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL. TIME</u>	<u>FINAL</u>	<u>PLACE</u>
1	Black	Carlmont	9:56.7		
1A	Alex Cano	S. San Francisco	10:11.0		
2	Ramon Guzman	Salinas	9:57.6		
2A	Bob Benson	Camden	10:12.5		
3	Chris Cole	St. Ignatius	9:58.8		
3A	Vigil	Sequoia	10:13.0		
4	Phil Claussen	Camden	10:10.2		
4A	Arnold Garcia	Silver Creek	10:18.2		
5	Yeo	San Carlos	10:06.7		
5A	Jess Akard	Monterey	10:19.1		
6	John Kinsella	Soquel	10:08.8		
6A	Steve McMurray	Hillsdale	10:20.5		
7	Martin Bothen	Hillsdale	10:09.8		
7A	McMitchell	Turman	10:26.3		
8	Bob Ebert	Willow Glen	10:10.7		
8A	Howell	Homestead	10:26.9		

VARSIITY

180 YARD LOW HURDLE - Top 4 from each heat advance to finals

HEAT 1

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1		Wells	Gunn	20.8	_____
2	Joe	Carter	Carmel	20.4	_____
3	Scott	Skillman	Campbell	20.1	_____
4	Jeramy	Pura	King City	20.1	_____
5	Lynn	Swann	Serra	19.5	_____
6	L	Swindell	San Mateo	19.6	_____
7	Tom	Davenport	Cupertino	20.1	_____
8	Wayne	Travel	Harbor	20.4	_____

HEAT 2

1		Murphy	Menl Atherton	20.7	_____
2	Ken	Phelps	Westmoor	20.2	_____
3		Oravillo	Sequoia	20.1	_____
4	Julian	Lucas	Gunn	20.0	_____
5	Sam	Shull	Ayer	20.0	_____
6	Art	Messer	El Camino	19.7	_____
7	Don	Evans	Silver Creek	20.1	_____
8	John	Hilliard	San Jose	20.6	_____

FROSH/SOPH

180 YEAR LOW HURDLES - Top 4 from each heat advance to finals

HEAT 1

1	Bob	Ewaglebin	Aragon	22.2	_____
2		Vallem	Palo Alto	21.4	_____
3		Jones	Cupertino	20.9	_____
4	Andy	Kolenitow	Burlingame	20.9	_____
5	Bob	Washington	Salinas	20.1	_____
6	Kurt	Tolson	Milpitas	20.9	_____
7	Gary	Battales	N. Salinas	21.2	_____
8		Depanger	Jordan	21.4	_____

HEAT 2

1	Bill	Dew	Alisal	21.8	_____
2	Chuck	Lucus	Hillsdale	21.4	_____
3		Adams	Gunn	20.9	_____
4		Nakamura	Mt. View	20.8	_____
5	Bob	Ray	Los Gatos	20.7	_____
6	Hector	Flores	Gilroy	20.9	_____
7	Dave	Estrada	Leland	21.3	_____
8	Jim	Wyatt	Westmoor	21.5	_____

VARSIITY

220 YARD DASH - Top 4 from each heat advance to finals

HEAT 1

LANE	NAME	SCHOOL	QUAL.	FINAL	PLACE
1	Boris	Scalier	Cupertino	23.3	
2	Craig	Howard	Mt. View	22.9	
3	Thad	Cooper	Piedmont Hills	22.5	
4	Jim	Andrew	Los Altos	22.7	
5	Sam	Perkins	Stevenson	22.1	
6	Chris	Foxworthy	Watsonville	22.2	
7	Jeff	Fowler	Cupertino	22.7	
8	Tim	Ficken	Terra Nova	22.9	

HEAT 2

1		Baker	Carlmont	23.2	
2	G	Snyder	So. San Fran	22.8	
3	Leon	Lindsay	Overfelt	22.5	
4	Chuck	Bommarito	Crestmoor	22.2	
5	Jerry	Strangis	Willow Glen	22.2	
6	Willie	Héad	Santa Cruz	22.3	
7	Mike	Rhodes	San Jose	22.7	
8	Loren	Gava	So. San Fran	23.0	

FROSH/SOPH

HEAT 1

1	Mark	Cassanego	St. Ignatius	24.0	
2	Jerry	Munson	Sunnyvale	23.6	
3	Ray	Rose	Hillsdale	23.5	
4		Wiley	Woodside	23.5	
5	Bob	Hickox	St. Ignatius	23.3	
6	Mike	Fanning	Saratoga	23.4	
7	Greg	Smith	Salinas	23.5	
8		Augman	Ravenswood	23.7	

HEAT 2

1		Marcki	Buchser	23.7	
2		Flynn	Woodside	23.6	
3	Mike	Vass	Milpitas	23.4	
4	Jess	Cook	Salinas	23.5	
5	Mike	Estorga	Gilroy	23.3	
6	Bill	Carle	St. Ignatius	23.4	
7	Gary	Diems	Salinas	23.5	
8	Don	Barr	Prospect	23.7	

VARSIITY

MILE RUN

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1		Smith	Mills	4:21.2	_____
1A	Dan	Clubb	Awalt	4:33.4	_____
2	Dave	Chamness	Awalt	4:22.2	_____
2A	Walter	Mitchell	Mt. Pleasant	4:34.1	_____
3	Jack	Bush	Piedmont Hills	4:28.2	_____
3A		Thompson	Homestead	4:34.7	_____
4	Mike	Casarez	Alisal	4:37.5	_____
4A	Steve	Naler	Terra Nova	4:35.5	_____
5	Tom	Brassell	Homestead	4:28.0	_____
5A	Steve	Brooks	Mt. Pleasant	4:37.4	_____
6	Dave	Montoya	Burlingame	4:30.0	_____
6A	Mike	Lundblad	Carmel	4:38.2	_____
7	John	Sheehan	Aragon	4:30.6	_____
7A	Ed	Perez	Gilroy	4:38.8	_____
8		Church	Homestead	4:32.2	_____
8A	Carl	Magagnose	Soquel	4:41.6	_____

FROSH/SOPH

MILE RUN

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL</u>	<u>FINAL</u>	<u>PLACE</u>
1		Miller	Carlmont	4:28.0	_____
1A		Baley	Buchser	4:41.2	_____
2	Mike	Porter	St. Ignatius	4:36.2	_____
2A		Stuart	Lynbrook	4:41.4	_____
3	Juan	Garcia	Watsonville	4:38.0	_____
3A	Mike	Carris	Camden	4:42.0	_____
4	Tom	Casteneda	Willow Glen	4:38.5	_____
4A	Charles	Doze'	Camden	4:42.6	_____
5	Larry	Chamness	Awalt	4:31.7	_____
5A	Elroy	Villa	Santa Cruz	4:46.1	_____
6		Berka	Los Altos	4:39.7	_____
6A	Sam	Love	San Mateo	4:47.0	_____
7	Ernie	Ferrell	Overfelt	4:40.1	_____
7A	Leonardo	Hernandez	So. San Fran	4:47.0	_____
8	Jobb	Jameson	Watsonville	4:40.7	_____
8A	Jim	Wilker	Hillsdale	4:49.0	_____

OPEN

330 YARD INTERMEDIATE HURDLES

LANE

1				_____	
2	Gary	Queen	San Lorenzo Valley	_____	
3	Keith	Slade	So. San Fran	_____	
4	Steve	Auclair	Crestmoor	_____	
5	Kirk	McGlothlan	San Lorenzo Valley	_____	
6	Ian	Cummins	Awalt	_____	
7	Reilly	Ritchie	San Lorenzo Valley	_____	

VARSAITY

MILE RELAY - 5 fastest times to determine winners

HEAT 1

<u>LANE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1		Ravenswood	3:26.7	_____	
2		Burlingame	3:28.3	_____	
3		Monterey	3:28.8	_____	
4		Hillsdale	3:30.2	_____	
5		Westmont	3:31.2	_____	
6		Seaside	3:31.5	_____	
7		Mt. Pleasant	3:31.8	_____	
8		Piedmont Hills	3:31.9	_____	

HEAT 2

1		Los Altos	3:18.1	_____	
2		Crestmoor	3:25.0	_____	
3		Watsonville	3:26.7	_____	
4		Overfelt	3:28.1	_____	
5		Gunn	3:22.0	_____	
6		Awalt	3:22.0	_____	
7		So. San Fran.	3:25.0	_____	
8		Woodside	3:26.7	_____	

FROSH/SOPH

HEAT 1

1		Gunn	3:36.7	_____	
2		St. Ignatius	3:36.8	_____	
3		Piedmont Hills	3:37.0	_____	
4		Bellarmino	3:37.3	_____	
5		Leigh	3:37.7	_____	
6		Salinas	3:37.8	_____	
7		Branham	3:38.5	_____	
8		Seaside	3:39.0	_____	

HEAT 2

1		Aragon	3:33.3	_____	
2		Ravenswood	3:33.6	_____	
3		Milpitas	3:35.8	_____	
4		Watsonville	3:36.9	_____	
5		Lynbrook	3:34.7	_____	
6		Crestmoor	3:35.2	_____	
7		Buchser	3:35.5	_____	
8		Sequoia	3:36.1	_____	

LONG JUMPVARSIITY - Top 6 to finals

<u>ORDER</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Bill Reese	Carmel	21'2"		
2	_____ McNeil	Fremont	22'0"		
3	Jim Tamagni	Palma	22' 1/2"		
4	John Murphy	Del Mar	22'3/4"		
5	Fred Ross	Overfelt	22'1 3/4"		
6	_____ Murphy	Menlo Atherton	22'3"		
7	_____ Johnson	Menlo Atherton	22'3 1/2"		
8	Val Lopes	Live Oak	22'3 1/2"		
9	_____ Conway	Cupertino	22'3 3/4"		
10	Mike Rocchi	Serra	23'1 1/2"		
11	Mike Winkler	Riordan	23'2 1/2"		
12	Steve Bule	Crestmoor	23'4"		
13	_____ Pina	San Carlos	22'6 1/4"		
14	Jess Lear	Alisal	22'6 1/4"		
15	Rick Miller	Leigh	22'11 1/2"		
16	_____ Swann	Serra	24'1 1/2"		

FROSH/SOPH - Top 6 advance to finals

1	Don Cole	Watsonville	20'2"		
2	Bob Washington	Salinas	20'3"		
3	Dave Daugherty	Camden	20'3 1/4"		
4	Charles Schwatica	Gilroy	20'3 1/2"		
5	_____ Thorp	Cupertino	20'4"		
6	_____ Harvey	Lynbrook	20'4 1/2"		
7	_____ Nakamura	Mt. View	20'6 3/4"		
8	_____ Lewis	Santa Clara	20'9"		
9	P. Brennen	San Mateo	20'10"		
10	Bob McLennon	Westmoor	21'0"		
11	Mike Supnet	Live Oak	21'1/2"		
12	S. Donati	Mills	21'4"		
13	Pat Hayes	Salinas	20'7"		
14	Doug Thiebault	Willow Glen	213 1/2"		
15	_____ Jackson	San Carlos	21'6 1/4"		
16	J. Gabriel	Aragon	21'10"		

HI JUMPVARSDTY - Top 6 to finals

<u>ORDER</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Dave McCaine	N. Salinas	5'10"	_____	_____
2	Dave Lucas	Leland	6'0"	_____	_____
3	Mike Soutas	OakGrove	6'0"	_____	_____
4	Ray Hooten	Harbor	6'0"	_____	_____
5	Dan Walker	Pioneer	6'0"	_____	_____
6	Ray Rotolo	Burlingame	6'1"	_____	_____
7	Bob Weseloh	St. Francis	6'1"	_____	_____
8	_____ Anderson	Los Altos	6'2"	_____	_____
9	Bill Kahn	Mills	6'2"	_____	_____
10	_____ McFetridge	Lynbrook	6'3"	_____	_____
11	_____ May	Sequoia	6'4"	_____	_____
12	_____ Cook	Cupertino	6'5"	_____	_____
13	Nate Carroll	Monterey	6'2"	_____	_____
14	_____ Kermabon	Oceana	6'3"	_____	_____
15	Joe Wyrick	Mt. Pleasant	6'4 1/4"	_____	_____
16	_____ Bosh	Sequoia	6'6"	_____	_____

FROSH/SOPH

1	D. Allazette	Aragon	5'6"	_____	_____
2	Don Avilla	Salinas	5'6"	_____	_____
3	Jeff Snyder	Westmoor	5'6"	_____	_____
4	Jim Weber	Bellarmino	5'6"	_____	_____
5	Joe Schieffer	Willow Glen	5'8"	_____	_____
6	Ken Smith	Watsonville	5'8"	_____	_____
7	_____ Seltenrach	Cupertino	5'10"	_____	_____
8	_____ Crocker	Woodside	5'10"	_____	_____
9	Ron Christian	Overfelt	5'10"	_____	_____
10	_____ Sjorberg	Sequoia	5'11"	_____	_____
11	_____ Dodgen	Carlmont	5'11"	_____	_____
12	Alan McCaskey	Piedmont Hills	6'0"	_____	_____
13	Dan Washington	Jefferson	5'8"	_____	_____
14	James Thompson	N. Salinas	5'9"	_____	_____
15	Dave Bush	Campbell	6'1"	_____	_____
16	_____ Carlson	Lynbrook	6'3"	_____	_____

DISCUSVARSITY - Top 6 to finals

<u>ORDER</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Don Phiel	Crestmoor	139'8"	_____	_____
2	Andy Bokariza	Watsonville	146'10"	_____	_____
3	Bret Mannon	Los Gatos	147'2"	_____	_____
4	Chris Callero	Riordan	148'9"	_____	_____
5	Ken Gardener	Alisal	149'0"	_____	_____
6	Jon Jorgenson	Camden	153'2"	_____	_____
7	Setoge Setoga	South S.F.	153'6"	_____	_____
8	Jon Courson	Del Mar	156'0"	_____	_____
9	_____ Irwin	San Carlos	161'9"	_____	_____
10	_____ Tarabonavic	Fremont	165'5"	_____	_____
11	_____ Waller	Homestead	168'1"	_____	_____
12	_____ Bowen	Sunnyvale	170'3"	_____	_____
13	Steve Blake	Carmel	150'10"	_____	_____
14	_____ Ralston	Hillsdale	157'1"	_____	_____
15	Jim Royer	Campbell	167'9"	_____	_____
16	Chris Adams	Los Altos	194'3"	_____	_____

FROSH/SOPH - Top 6 advance to finals

1	C. Smith	Hillsdale	127'10"	_____	_____
2	Mike Lawler	St. Ignatius	131'2"	_____	_____
3	_____ Harbottle	Santa Clara	131'7"	_____	_____
4	Bob Burns	Holy Cross	132'2"	_____	_____
5	Richmond Woodson	Seaside	132'7"	_____	_____
6	Aldo Congi	St. Ignatius	134'11"	_____	_____
7	_____ Goodenough	Los Altos	135'3"	_____	_____
8	_____ Watkins	Mt. View	142'8"	_____	_____
9	Dan Warner	Camden	143'3"	_____	_____
10	Jon Myers	Campbell	145'3"	_____	_____
11	Doug Walker	Prospect	145'7"	_____	_____
12	_____ Overton	Los Altos	150'1"	_____	_____
13	Ron Stuab	Santa Cruz	145'5"	_____	_____
14	D. Curry	San Mateo	147'8"	_____	_____
15	Jim Groover	Branham	152'7"	_____	_____
16	Walt Pfandl	Awalt	159'7"	_____	_____

VARSDTY

SHOT PUT - Top 6 advance to finals

<u>Order</u>	<u>Name</u>		<u>School</u>	<u>Qual</u>	<u>Final</u>	<u>Place</u>
1	Sal	Flores	Gilroy	50'5"	_____	
2	Vince	Pluckelbaum	Los Gatos	50'5"	_____	
3	Jim	Royer	Campbell	50'7"	_____	
4	Tony	Fontes	Soquel	50'8"	_____	
5		McCure	Los Altos	51'1"	_____	
6		Covey	Homestead	51'3½"	_____	
7	Bob	Riley	St. Francis	51'5½"	_____	
8	Steve	Blake	Carmel	51'9¼"	_____	
9		Milazzo	Lynbrook	51'10 3/4"	_____	
10		Bowen	Sunnyvale	52'5 3/4"	_____	
11	Phil	Flores	Hillsdale	53'3½"	_____	
12	Steve	Boschette	Aragon	59'2"	_____	
13	Bret	Mannon	Los Gatos	53'7"	_____	
14	Mac	McGrady	Watsonville	54'11½"	_____	
15		Callero	Riordan	59'7"	_____	
16	Chris	Adams	Los Altos	62'7½"	_____	

FROSH/SOPH

SHOT PUT - Top 6 advance to finals

1		Condy	Santa Clara	50'1"	_____	
2	W.	Pierce	Crestmoor	50'10"	_____	
3		Banducci	Serra	51'2"	_____	
4		Watkins	Mt. View	51'3 3/4"	_____	
5	Dave	Harrang	Branham	51'4 3/4"	_____	
6	Tim	Smith	Overfelt	51'5¼"	_____	
7		McGowan	Fremont	51'7"	_____	
8	Dave	Gherardi	St. Ignatius	51'11"	_____	
9	Doug	Walker	Prospect	53'3½"	_____	
10		Overton	Los Altos	53'8 3/4"	_____	
11	Jerry	Hiserman	Monterey	49'9½"	_____	
12	Dave	Tufo	St. Ignatius	52'0"	_____	
13	Ralph	Blair	Live Oak	54'4½"	_____	
14		Murray	Homestead	56'0"	_____	

TRIPLE JUMPVARSIITY - Top 6 to finals

<u>ORDER</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>QUAL.</u>	<u>FINAL</u>	<u>PLACE</u>
1	Nate Carroll	Monterey	42'6"		
2	Jim Falkowski	South S.F.	43'0"		
3	Bill Reese	Carmel	43'6"		
4	_____ Imprescia	El Camino	43'6 3/4"		
5	Mike Winkler	Riordan	43'10"		
6	Ken Jordan	Pioneer	44'6"		
7	Wally Lynch	Homestead	44'5 1/4"		
8	John Murphy	Del Mar	44'9 1/4"		
9	_____ Hall	Carlmont	44'11 1/2"		
10	Randy Bourdeau	Westmont	45'1 3/4"		
11	_____ Hughes	Sequoia	45'7 1/2"		
12	_____ Krebs	Gunn	45'8"		
13	Jess Lear	Alisal	43'8 3/4"		
14	_____ Ganley	St. Francis	44'2"		
15	Rick Miller	Leigh	47'4 3/4"		
16	_____ Conway	Cupertino	47'5"		

FROSH/SOPH - Top 6 advance to finals

1	Rufus Cumingham	Seaside	39'6"		
2	D. Haysbert	San Mateo	39'11 1/4"		
3	Bob McLennon	Westmoor	39'11 1/2"		
4	S. Modica	Crestmoor	40' 1/4"		
5	Ed Perry	Stevenson	40' 1/2"		
6	_____ Thorpe	Cupertino	42'2 1/4"		
7	Rich Costick	Camden	42'3"		
8	Robert Grant	Overfelt	42'3"		
9	_____ Dahl	Homestead	42'6"		
10	Mark Caton	Campbell	42'11 1/4"		
11	_____ Lewis	Santa Clara	43'1 1/4"		
12	_____ Seltonreich	Cupertino	43'11 1/4"		
13	Martz Moria	Bellarmino	40'7 1/2"		
14	James Thompson	N. Salinas	40'7 1/2"		
15	John Triplett	Branham	44'4 1/4"		
16	Jerry Munson	Sunnyvale	46'1 1/2"		