POWER MEMORIAL ACADEMY
161 West 61st Street
New York, New York

INDOOR TRACK

1969

RUNNING

Coaches:

Br.J.G.Bielen
Br.J.M.Binkley
Mr. Urguhart

POWER MEMORIAL INDOOR TRACK SCHEDULE   1969

DECEMBER
Fri. 12   Freshman Development Meet
Sat. 13   Loughlin Games
Mon. 15   Weigh-ins
Sat. 20   Mt. St. Michael Polar Bear Meet
Sat. 27   C.H.S.A.A. Relay Carnival
Mon. 29   C.H.S.A.A. Shot Put

JANUARY
Sat. 3   Iona Meet
Fri. 9   N.Y. Frosh and Novice Shot Put
Sat. 10   Frosh-Novice Meet
Tues. 13   Millrose Time Trials
Sat. 17   St. Francis Meet
Fri. 23   Frosh Development Meet
Fri. 30   Millrose Games (Madison Square Garden)
Sat. 31   Hayes Games

FEBRUARY
Sat. 7   N.Y.U. Meet
Wed. 11   Sectional Shot Put
Fri. 13   K. of C. Meet (2-mile relay) (M.S.G.)
Sat. 14   Sectionals
Fri. 20   Olympic Meet (mile relay) (M.S.G.)
Sun. 22   Intersectionals
Fri. 27   Freshman Development Meet
Sat. 28   Eastern States Championships

MARCH
Tues. 3   Sophomore Championships
Sat. 7   Mayor's Meet
Sat. 21   Fordham Prep Relays

(All meets are held at the 102nd Engineers' Armory, 168th Street
        and Broadway, Manhattan, N.Y.)

General Directions for Indoor Season

1. Assume that practice will be held each day, including Saturdays.
2. Make every effort to get to the Armory as early as possible. The earlier you get there the earlier your group can begin practice.
3. Roll will be taken each day by the coach. Necessary absences must be reported well in advance of the day. Those who get jug are to report to Brother Sirignano in the gym after jug to do a workout in Central Park.
4. Studies will be checked by progress reports. Plan assignments ahead so that all does not pile up on one night. This will no longer be accepted as an excuse.
5. You are expected to give your fullest at every practice...
6. Report all injuries.
7. Don't be a complainer.
8. Remember conduct on train, and in armory. Protect all valuables. No one is ever to talk back to an armory employee nor should there ever be reason for annoying these men.
9. Check the bulletin board each day... if there are nice days we may decide to practice in Central Park.
10. Completing a workout is no longer good engouh. Being intense is what counts.
11. The greatest runners in the world have had their bad days.
12. Warmup and jogging should <u>never</u> be done on the armory track. Use <u>only</u> the ends of the armory for this purpose. Slow runners are to stay on the outside of the track and move to the right when they hear the word "track".
13. "Pain-barrier" ---- Must go even when you hurt.
14. I hope there is no need to mention alcohol, tobacco or keeping late hours.
15. Calisthenics are to be done effectively each day before practice. Jog only at the ends of the armory. Minimum of 30 push-ups. Hurdlers stretkh, jumping jacks, toe touches, sit-ups.
16. All calisthenics are followed by 4 wind-sprints down center of armory. At the end of practice we will always finish with 4 windsprints. (Never forget!)
17. Work with your group...not against them. Try to help the next guy improve, not just yourself.
18. Be careful of stop-watches. Don't daydream while holding one.

At Meets :

1. Arrive one hour before your scheduled time.
2. Know your event and when it is taking place.
3. Kow where your event begins and ends.
4. Aways finish the race at top speed...we hate quitters and sore-losers.
5. Report to the coach <u>before</u> and <u>after</u> your race.
6. Do not bump another runner, cut in front of, or pace during a race.
7. Have a plan for every race. This takes maturity.
8. Remember the coach can make mistakes also.

INTERVAL TRAINING SYSTEM

In addition to those suggested above, interval training offers the following advantages:

1. Because of the great variety of workouts that can be devised, it adjusts easily to the changing demands of year-round training.

2. To bring about a given degree of total stress, it requires less time in a single workout than any other method. One hour of interval training may be the equivalent of three hours of steady running.

3. It lends itself easily to precisely measured dosages of work so that (a) work can be truly individualized, (b) development from month to month and year to year of this particular runner can be accurately measured, (c) accurate comparisons with the development of other runners can be made, and (d) preparations for best performance on a specific date can be made precisely.

4. It emphasizes many work periods of just the right amount of stress, in contrast to the less-than-optimum steady stress of steady-pace long distance running.

5. It emphasizes many recovery intervals during which time the heart receives its greatest stimulus and therefore its greatest development. (Such recovery intervals do not occur in steady running.)

6. Heart rates are repeatedly raised to 170 - 180 and stroke volumes (blood output divided by heart rate) are greater than those required during the greater portion of long distance running. (Only near the end of a steady long distance run are heart stresses comparable.)

7. It lends itself perfectly to the requirements of modern telemetering, an important adjunct to future and more scientific training.

8. Its infinite variety of distance, pace, number, and recovery interval tends to avoid the boredom inherent in steady-pace running. Each day has its own challenge, not so much in terms of maximum effort and the emotional stress that involves, as of mastery of a given workload. The difference between train and strain can be judged accurately.

9. The short duration of each run tends to lessen the awareness of the pains of fatigue and the boredom of effort. (This can be considered also a weakness.)

10. When so planned, the repeated runs can be at competitive pace, and so provide the specific training for a particular distance long advocated by physiologists.

11. Training at a faster pace during many short-distance runs makes it easier to run longer distances at a slower pace. (Contrast this with the claim of marathon trainers that running over long distances at a slow pace develops stamina by which to run more short distances at a fast pace. $A + B = 10$ and $B + A = 10$.)

12. Exact dosages of training make it possible for the runner to achieve maximum economy of time and effort; all superfluous work and time can be eliminated.

13. Its variety and use of repeated short efforts makes it easily adapted to a program of two workouts daily, with different amounts and kinds of running for each workout.

14. Accurate measurement of work and its effects on the heart enable coach and runner to guard against overtraining and staleness.

Quarter Mile, Half Mile, Mile, Two Mile

What qualities make a sound distance runner?
1. Strength- This certainly does not mean bulk, for in middle
distance and distance race the less weight one carries, the
better. It simply means strength of the complete system
acquired by vigorous training.
2. Speed- This is an absolute essential, part temperament, part
training; the athlete must be capable of really fast sprinting
3. Stamina- The ability to sustain speed over a long lime comes
from a thorough backround of overdistance work--out of season,
and from repeated speed trials of under distance work during
season; plus many graded and hard races.
4. Style- Technique will be built upon style. Develope your own
style to produce movement with economy of effort. Technique
proves invaluable in the acquisition of pace judgment. It
will enable a runner to make the initiative when he wishes
and know his capabilities at all times. A thorough training
will also produce, through confidence, the necessary will
to win which drives a man to great achievements.

Types of Training
1. Cross-country
2. Pace work: By learning to run a part of the race timed at competitive
speed, the half miler can gain a knowledge of pace that will
aid his running and give him confidence. For example, if he
plans to do a 2:04 half, he should practice the first 440 in
about 60 seconds; hhen, after a short rest he should try the
second in 64.
3. Fartlek or "Speed-Play": This is another common practice method intro-
duced by Druopean distance runners. It is simply a series of
jogging, striding, sprinting, and walking for about 45 minutes,
depending upon the length and arduousness of the workout desired
They should sprint when they feel fresh and walk no more than
100 yards when tired. Walking farther may reduce the endurance
building benefit of the workout. It also exercises all the runni
muscles used for the various speeds.
4. Interval Running: Consists fundamentally in running specified distance
repeatedly at progressively faster rates or with progressively
shorter rest periods between efforts, or both. The essential
idea is that endurance and speed be built up by gradually increa
the dosage according to a set plan which is constantly checked
by thestop watch. Example: 10 x 440 (70) rest- one lap jog
This means-- ten quarter miles at 70 seoond pace. Jog one
quarter mile between them.

OPEN EVENTS

50 yd. Dash: R. Jackson, 6.0, 1969 (Sectionals)
            W. Moss, 6.0, 1969 (Sectionals)

60 yd. Dash: R. Jackson, 6.7, 1969 (Hayes Games)

100 yd. Dash: R. Jackson, 10.9, 1969 (St. Francis Games)

280 yd. Run: J. Desmond, 34.8, 1969 (Sectionals)

300 yd. Dash: W. Moss, 35.6, 1969 (Iona Meet)

440 yd. Dash: Mario Campo, 51.8, 1966 (Intersectionals)
            John Lovett, 50.2 (R), 1969 (MSG Federation Meet)

600 yd. Dash: John Lovett, 1:13.2, 1969 (Mayor's Meet)

880 yd. Run: John Lovett, 1:55.1, 1969 (Intersectionals)
            John Lovett, 1:53.2 (R), 1969 (N.Y.U. Meet)

1000 yd. Run: John Lovett, 2:18.0, 1969 (Iona Meet)

Mile Run: Richard Stewart, 4:22.5, 1966 (Sectionals)

2-Mile Run: Garth McCay, 9:29.1, 1967 (Sectionals)

60 yd. High Hurdles: Craig Isaac, 7.6, 1964 (I.C.B.)
                      Martin Nevrla, 7.6, 1966 (Iona)
                      Martin Nevrla, 7.6, 1965 (Intersectionals)
                      Martin Nevrla, 7.6, 1966 (Sectionals)

High Jump: Gardiello, 6'2", 1965 (I.C.B.)

880 yd. Relay: (Joseph, Moss, Harris, Boland), 1:39.5, 1969 (Mayor's Meet)

Mile Relay: (Lovett, P., Colon, Walsh, A., Lovett, J.), 3:31.1, 1969
                           (MSG Federation Meet)

2 Mile Relay: (Lovett, P., Colon, Walsh, A., Lovett, J.), 7:53.4, 1969
                         (Eastern States)

Shuttle Hurdles Relay: 23.5, 1965, (Relay Carnival)

3 x 2 miles: (Barbary, J., Jackson, G., Lovett, P.), 30:15.0, 1967 (Fordham)

Sprint Medley: (440, 220, 220, 880) - (Moss, James, Jackson, Hanley)m 4:02.2,
                       1968 (Mt. St. Michael's Meet)

Sprint Medley: (440, 220, 220, 440) (Horton, James, Jackson, McCann), 2:43.8,
                       1968 (Relay Carnival)

Distance Medley: (Mile, 220, 440, 880) (Marsh, Greene, Campo, Stewart) 7:40.4,
                       1966 (Novice Champs)

Distance Medley: (3/4, 440, 880, mile) - (Lovett, P., Lovett, J., Colon, Jakimet
                       10:28.0, 1969, (Fordham Relays)

8 Man Mile Relay: (Moss, McCann, Simmons, Jackson, Vera, James, Boland, Joseph)
                       3:24, 1968 (Novice Champs)

Cross-country: VanCortland Park

     Old Record: J. Barbary, 12:46.2, 1967 (Eastern States)
     New Record: A. Colon, 12:45.0, 1969 (N.Y. Sectionals)

INDOOR TRACK RECORDS

NOVICE EVENTS

Novice 100 yd. Dash: M. Harris, 11.0, 1969 (Hayes Games)

Novice 300 yd. Dash: K.Driscoll, 38.0, 1968 (Loughlin Games)

Novice 440 yd. Run: M. Harris, 57.2, 1969 (Novice Champs)

Novice 880 yd. Run: F. Hanley, 2:11.7, 1969 (Iona Meet)

Novice Mile Run: A Colon, 4:41.5, 1968 (Sectionals)

Novice 880 yd. Relay: (Kelly,O'Connor,Barrett, Bohan), 1:40.0, 1951,
                     (Novice Champs)

Novice Mile Relay: (Morris, Twomey, Elfring, Flannagan), 3:49.8, 1951,
                     (Novice Champs)

Novice Two Mile Relay: (Shepherd, Neville, Wisnieski, Walsh,E.), 8:44.1,
                     1968 (Novice Champs)

Novice Sprint Medley: (440,220,220,880)- (Conlon,Green, DeSantis,Cashin),
                     4:18.5, 1968,(Mt.St.Michael's Polar Meet)

Novice Distance Medley: (440,220,880,mile), (Winograndoff, Holman, Imberango
                     Toohy), 8:33.2, 1958(Relay Carnival)

Novice High Jump: K. Holmes, 6'0", 1968 (Sectionals)

Special Medley Relay: (440,220,220,880): (Horton, Larios, Barbary,Hanley),
                     3:58.5, 1968, (Novice Champs)

INDOOR TRACK RECORDS

SOPHOMORE EVENTS

50 yd. Dash: R. Jackson, 6.2, 1968, (Soph. Champs)

100 yd. Dash: M. Harris, 10.9, 1969 (Soph. Champs)

440 yd. Dash: John Jakimetz, 55.5, 1968 (Soph. Champs)
Raymond Naudain, 54.5 (R), 1969 (Novice Champs)

220 yd. Dash: R. Naudain, 24.7 (R), 1969 (Millrose Trials)

880 yd. Run: R. Naudain, 2:00.5 (R), 1969 (Intersectionals)
R. Naudain, 2:02.8, 1969 (Soph Champs)

Mile Run: Kevin O'Brien, 4:33.6, 1963 (Soph. Champs)

Two Mile Run: Edward Walsh, 10:10.3, 1969 (Fordham Relays)

880 yd. Relay: (Fiduccia, Connolly, Ortiz, Hedgecock), 1:42.4, 1961,
(Soph. Champs)

Mile Relay: (Stewart, Walsh, Moninari, Campo), 3:44.8, 1965 (Fordham Relays

Two Mile Relay: (Irwin, Rodriquon, Riordan, Ballbeal), 9:04.3, 1965,
(Fordham Relays)

Medley Relay: (440,220,220,880)- (Jakimetz, Jackson, Searles, Colon),
3:53.3, 1967 (Iona Meet)

Distance Medley: (880,220,440,mile)-- (Naudain, Harris, Wisnieski, Walsh, F
8:16.5, 1968 (Mt. St. Michael's Polar Bear Meet)

Cross-Country: VanCortland

Raymond Naudain, 13:40, 1968 (Intersectionals)

Championships:

1968- 1st place Sophomore Cross-country Champions
1969-2nd Place Sophomore Cross-country Champions

INDOOR TRACK RECORDS

WEIGHT DIVISIONS

Sub-midget 50 yd. Dash, 6.5,1963 (Sectionals)
Sub-midget 220 yd. Relay: No longer run- (Gleason,Chetirko,Cimko,Carroll),
                                26.5, 1962 (Relay Carnival)
Sub-midget 440 yd. Relay: (Borges,Palladini, Reardon,Clark), 53.5,
                                1969 (Iona)
Midget 50 yd. Dash: A. Clark, 6.1, 1969 (Sectionals)
Midget Mile Run: A. Larios, 4:50.6, 1968 (Mt. St. Michael's Polar Bear Meet)
Midget 440 yd. Relay: 49.5, 1965 (Relay Carnival)

Junior 50 yd. Dash: J. Hardy, 5.9, 1950 (Sectionals)
Junior 280 yd. Dash: J.Joseph, 32.8, 1969 (Sectionals)
Junior 880 yd. Run: J. Lovett, 1:58.5, 1968 (Sectionals)
Junior 880 yd. Relay: (Walsh,A.,Walsh,S.,Vera,Bulger), 1:45.8,1968
                                (Sectionals)
Junior Two Mile Relay: (Barbary,P., Boresky, Kelly,J.,Naudain),9:00.5,
                                1969 (Fordham Relays)
Junior High Jump: Anthony Ortiz, 5'8", 1961 (Sectionals)
Junior 8 lb. Shot: M. Marinacci, 38'2" , 1962 (Sectionals)

Championships:
1969- 1st place Sectionals Indoors

INDOOR TRACK RECORDS

FRESHMEN EVENTS

100 yd. Dash: E. Clark, 11.3, 1962, (Frosh Championships)
               R. Naudain, 11.3, 1968 (Sectionals)

220 yd. Dash: A. Clark, 24.4, 1969 (St. Francis Games)

440 yd. Dash: R. Stewart, 55.1, 1963 (Iona Meet)

880 yd. Run: J. Gonzalez, 2:08.0, 1965 (Sectionals)

Mile Run: C. Marsh, 4:57.0, 1965 (Sectionals)

60 yd. High Hurdles: M. Harris, 10.4, 1968 (Sectionals)
                    J. Shepherd, 10.3, 1968 (Sectionals)

High Jump: K. Holmes, 5'6", 1965 (sectionals)

440 yd. Relay: (Clark,Colminares, Gardellis, Holmes), 50.3, 1961
                                    (Relay Carnival)

880 yd. Relay: (Greene,Nevrla,Mahon, Focazio), 1:43.4, 1963 (Sectionals)

Distance Medley: (880,220,440 mile)- 8:24.3, 1963 (I.C.B.)

Mile Relay: 4:02.6, 1968, (I.C.B.)

660 yd. Relay: (Martin, Connelly, Rynne, Lynch), 1:20.3, 1951 (Frosh
                                              Champs)

BISHOP LOUGHLIN GAMES

Frosh 880 yard Relay
Novice 60 yd. Hurdles
Novice 100 yd. Dash
Novice 300 yd. Dash
Novice 880 yd Run
Novice Mile Run
Novice Shot Put
Novice High Jump
Novice Mile Relay
Novice 880 yd. Relay

Open 2- Mile Run
Open Mile Run
Open 880 yd. Run
Open 100 yd. Dash
Open 300 yd. Dash
Open 600 yd. Dash
Open 1000 yd. Run
Open 60 yd. Hurdles
Open Shot Put
Open High Jump
Open 2-Mile Relay
Open Mile Relay
Open 880 yd. Relay

MOUNT ST. MICHAEL'S POLAR BE AR MEET

Freshman Events:
  Distance Medley
  Sprint Medley
  Shot Put Relay
Sophomore Events:
  Distance Medley
Novice Events:
  Sprint Medley
Weight Class Relays!
  Combination Medley (Jr.220,
    Sub.110,Mid.110, Open 440)
  Junior 2-Mile Relay (For Frosh
    and Soph. only)
  Junior Two Mile Run
  880 yd. Relay (Sub.220,Sub.220,
    Mid.220, Mid. 220)
  Midget Mile Run
  Shot Put Relay (Open,Junior, Mid.)

Varsity Events:
  Hurdles Shuttle Relay (3 x 60yd)
  Four Mile Relay
  Two Mile Relay
  One Mile Relay
  Sprint Medley (440,220,
                 220,880)
  Distaane Medley (440,220,
                   880, mile)
  3 x Two Mile Relay
  Shot Put Relay (3 men)
  High Jump Relay (3 men)

C.H.S.A.A. INDOOR RELAY CARNIVAL

Frosh 440 yd. Relay
Frosh 880 yd. Relay
Frosh Distance Medley
   (880-220-440-mile)
Sub-midget 440 yd. Relay
Midget 440 yd. Relay
Junior 880 yd. Relay
Novice Mile Relay
Novice Distance Medley Relay
   (880-220-440-mile)
Novice 2 Mile Relay

Open 60 yd. High Hurdles
   (relay- 3 men)
Open 880 yd. Relay
Open Mile Relay
Open Two Mile Relay
Open Sprint Medley Relay
   (440-220-440-mile)
Open Distance Medley
   (880-220-440-mile)
Open High Jump Relay (3 men)
Open Shot Put Relay (3 men-120ft.min.)
Open Two mile Run

IONA COLLEGE SPIKED SHOE CLUB MEET

Sub-midget 440 yd. Relay
Midget 440 yd. Relay
Frosh 440 yd. Run
Frosh 880 yd. Relay
Frosh Distance Medley Relay
Sophomore Medley Relay
   (440-220-220-880)
Junior 880 yd. Relay
Junior 880 yd. Run
Novice Mile Run
Novice 880 yd. Run
Novice 880 yd. Relay
Novice Shot Put
Novice High Jump

Open 100 yd. Dash
Open 60 yd. High Hurdles
Open 1000 yd. Run
Open 600 yd. Run
Open 300 yd. Dash
Open Mile Run
Open 2- mile Run
Open Shot Put
Open High Jump
Open 880 yd. Relay
Open Mile Relay
Open 2 Mile Relay

FROSH SECTIONAL CHAMPIONSHIP

50 yd. Dash
100 yd. Dash
220 yd. Dash
440 yd. Run
880 yd. Run
 One Mile Run

60 yd. High Hurdles
Shot Put
High Jump
440 yd. Relay
880 yd. Relay
Distance Medley Relay

Novice INTERSECTIONAL CHAMPIONSHIP

Novice 100 yd. Dash
Novice 440 yd. Run
Novice 880 yd. Run
Novice One Mile Run
Novice 60 yd. Hurdles
Novice Shot Put
Novice High Jump
Novice 880 yd.Relay
Novice Mile Relay
Novice Two Mile Relay

Open Events:
   Open 60 yd. Dash
   Open 600 yd. Run
   Open 1000 yd. Run
   Open Mile Relay
   Open Distance Medley Relay
      (880-220-440-mile)
   Open 8 Man Mile Relay
   Open 2 Mile Relay
   Special Medley Relay

ST. FRANCIS GAMES

Frosh 100 yd. Dash
Frosh 880 yd. Rerlay
Novice 100 yd. Dash
Novice 60 yd. Hurdles
Novice High Jump
Novice Shot Put
Novice 300 yd. Dash
Novice 880 yd. Run
Novice 880 yd. Relay
Novice Mile Relay

Open Two Mile Run
Open Mile Run
Open 440 Yd. Run
Open 880 yd. Run
Open 1000 yd. Run
Open 100 yd. Dash
Open 60 yd. Hurdles
Open High Jump
Open Shot Put
Open Mile Relay
Open 2 Mile Relay

MILLROSE GAMES

Medley (660,220,440,880)

KNIGHT'S OF COLUMBUS

Two Mile Relay

HAYE'S GAMES

Frosh 880 yd. Run
Frosh 880 yd. Relay
Novice High Jump
Novice Shot Put
Novice 1000 yd. Run
Novice 100 yd. Dash
Novice 60 yd. High Hurdles
Novice 880 yd. Relay
Novice Mile Relay

Open High Jump
Open Shot Put
Open 880 yd. Relay
Open 2 Mile Relay
Open One Mile Relay
Open 1000 yd. Run
Open 600yd. Run
Open 440 yd. Run
Open Mile Run
Open 60 yd. Dash
Open 60 yd. High Hurdles
Open 2 Mile Run

C.H.S.A.A. SECTIONAL CHAMPIONSHIP

Junior-Midget Division
Junior High Jump
Junior 880 yd. Run
Sub-Mid. 50 yd. Dash
Midget 50 yd. Dash
Junior 50 yd. Dash
Junior 280 yd. Run
Junior Shot Put
Sub-Mid. 440 yd. Relay
Midget 440 yd. Relay
Junior 880 yd. Relay
  Non-scoring Events
  Frosh 880 yd. Relay
Novice 880 yd. Relay
Novice Mile Run

Open Division
Senior High Jump
Senior Shot Put
Senior 60 yd. High Hurdles
Senior 50 yd. Dash
Senior 280 yd. Dash
Senior 440 yd. Run
Senior 880 yd. Run
Senior One Mile Run
Senior 2 Mile Run
Senior 880 yd. Relay
Senior Mile Relay
Senior 2 Mile Relay

C.H.S.A.A. INTERSECTIONAL CHAMPIONSHIP

Junior-Midget Events
Sub-midget 50 yd. Dash
Submidget 440 yd. Relay
Midget 50 yd. Dash
Midget 440 yd, Relay
Junior 50 yd. Dash
Junior 280 yd. Run
Junior 880 yd. Run
Junior Shot Put
Junior High Jump
Junior 880 yd. Relay
   Non-scoring Events
Frosh 880 yd. Relay
Novice 880 yd. Relay
Novice Mile Run

Senior Events
Sen. 50 yd. Dash
Sen. 60 yd. High Hurdles
Sen. 280 yd. Dash
Sen. 440 yd. Run
Sen. 880 yd. Run
Sen. Mile Run
Sen. Two Mile Run
Sen. Shot Put
Sen. High Jump
Sen. 880 yd. Relay
Sen. Mile Relay
Sen. Two Mile Relay

SOPHOMORE CHAMPIONSHIP

50 yd. Dash
100 yd. Dash
440 yd. Run
880 yd. Run
Mile Run
60 yd. High Hurdles
High Jump
Shot Put
880 yd. Relay
Mile Relay

EASTERN STATES INDOOR

Open High Jump
    Shot Put
   Mile Relay
   880 yd. Relay
   300 yd. Dash
   60 yd. Dash
   60 yd. Hurdles
   2 mile Run
   Mile Run
   1000 yd. Run
   600' Run
   2-Mile Relay

MAYOR'S MEET

Open 60 yd. High Hurdles
     60 yd. Dash
     440 yd. Run
     600 yd. Run
     1000 yd. Run
     One Mile Run
     Two Mile Run
     High Jump
     Shot Put
     880 yd. Relay
     Mile Relay
     Two Mile Relay
     Novice 880 yd. kRelay
     Frosh 880 yd. Relay

CHRISTIAN BROS. INDOOR MEET

Frosh Shot Put	Open Shot Put
Frosh 60 yd. Hurdles	Open High Jump
Frosh 880 yd. Run	Open 60 yd. High Hurdles
Frosh 60 yd. Dash	Open 60 yd. Dash
Frosh Mile Run	Open 600 yd. Run
Frosh Mile Relay	Open 1000 yd. Run
Frosh High Jump	Open Mile Run
Frosh Distance Medley Relay	Open Two Mile Run
Sub-midget - 2 lap relay	Open Mile Relay
Midget 4 lap Relay	Open Two Mile Relay
Junior 6 lap Relay	

Seniors:

    Colon, Anthony (301) Ci5-3134
    Conlon, John (302) 865-2462
    Horton, Brian (302) Le 5-0510
    Jackson, Robert (405) Wa 8-9240
    Jakimetz, John (306) 937-4614
    James, Stephen (306) Tr 6- 2922
    O'Boyle, Joseph (307) Il 8-5808
    Pavlis, Thomas (205) Fa 5- 9344
    Marcial, Basil (307) Wi 2- 3324
    Vera, Armando (206) 242-4328

Juniors:

    Barbary, Paul (407) Wa 8- 9406
    Boresky, Peter (406) 871-3447
    Brockstedt, Charles (405) CH2- 6329
    Chanelli, Thomas (407) Lo 9-2227
    DeSantis, Anthony (403) SH 8- 2558
    Gallagher, James (405) Ex 2- 7659
    Green, Albert (404) Ad 4- 3970
    Harris, Michael (402) Wa 6- 1613
    Kelly, James (405) Sw 5-1432
    Larios, Richard (402) 874- 5845
    Naudain, Raymond (401) Cy 2- 7638
    Neville, Peter (403) Ne 4- 8196
    Newkirk, Lawrence (401) 926- 6007
    Norman, Henry (606) Lo7- 9121
    O'Connell, Patrick (407) Tr 9 -7473
    Schubert, Thomas (401) 932-5940
    Shepherd, John (402) 987- 8118
    Walsh, Edward (404) Sw 5- 3642
    Wisnieski, Martin (403) St 6-4499

Sophomores:

    Bernard, Luis (503) no phone
    Borges, Richard (505) Lo 7- 6283
    Brady, Brian (508) Ol4- 1556
    Clark, Arthur (502) 876- 4499
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    Rafferty, Patrick (506) Sp 6- 4708
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