



Rudy Reavis of New Rochelle, 7 times over 7 feet, Number-1 High Jumper in the U.S.A. (7-1 Outdoors; 7-1½ National Record Indoors)  
Mike Holdridge Photo.

# NEW YORK STATE Scholastic Track YEARBOOK

## 1976 EDITION

- COMPLETE STATEWIDE COVERAGE
- OUTDOOR, INDOOR & X-C
- ACTION PHOTOS
- ALL-STATE RANKINGS
- LOCAL & NATIONAL RECORDS
- PERFORMERS LISTINGS
- SPECIAL GIRLS SECTION

**\$1.00**

(\$2.00 by Mail)

**Marc Bloom, Editor & Publisher**



Robert Will of Lynbrook, 5 times over 65 feet, Number-2 Shot Putter in the U.S.A. (67-6 3/4 Outdoors; 64-1 Indoors).  
Steven E. Sutton/  
DUOMO Photo.



The Quarter: The State's five best 440 men are shown here. Above, South Shore's Ken Carter nips Van Buren's Arnold Sobers to win the PSAL 440 as both clock 48.9. Below, Joe Morris of New Hyde Park runs 48.3 to win the Intersectional quarter in Morrisville. Others, from left, Al Hollingsworth, Hempstead, second in 49.0; Dan Szpak, Liverpool, 3rd in 49.3; Dale Lozier, Vestal, sixth in 50.3 and, obscured, Mt. Vernon's Walt Kirkland, 4th in 49.9. Top Photo by Steven E. Sutton/DUOMO. Bottom by Mike Holdridge.



"BUY **ARROW** AND LAND LIKE THE PROS," says ITA vaulter Buddy Williamson.



**OUR  
55th  
YEAR**

- ☐ Mail me your catalog ☐ Have your representative call  
☐ Send a free autographed picture of Buddy Williamson

Name

Address

State

Zip  Phone# (  )



ARROW SYSTEM, INC.  
300 Canal Street  
Lawrence, Mass. 01842  
Phone (617) 685-5109

Arrow System chosen for the 1975 Pan-American Games in Mexico City.

# NASSAU COUNTY COACHES ASSOCIATION

Cross-Country

Track and Field

SSAL

CHSAA

NSAL

Alan J. Berkowsky, President  
John F. Kennedy HS, Bellmore

Paul Limmer, Vice-President  
Wellington C. Mephram HS, Bellmore

Al Krauser, Secretary-Treasurer  
Uniondale HS, Uniondale

Cross-Country Invitational:  
September 20, Sunken Meadow Park

Winter Invitational:  
Date and Site unknown

Spring Invitational:  
Date and Site unknown

We congratulate all of the Nassau athletes who made outstanding achievements, during the season, and helped Nassau win its 22nd State Outdoor Intersectional Track and Field Championship

\*\*\*\*\*

\*\*\* Robert Will of Lynbrook HS, co-Athlete-Of-The-Year for 1975; Nation's number-2 ranking shot putter; New State SP recordholder, indoors and outdoors; Eastern States and State Intersectional champion. (Outdoors: 67-6 3/4; Indoors: 64-1) (DT: 182-8)

\*\*\* Jim Murchie of Pt. Washington, runnerup in the National Junior AAU 10,000-meter walk; qualified for the National U.S. team for the third straight year.

\*\*\* Joe Morris of New Hyde Park, fastest 440 time (47.7) in the state; Junior National and Golden West participant; State Intersectional champion.

\*\*\* Dave Friedfeld of Kennedy-Bellmore, State Intersectional two-mile champion; Junior Nationals participant.

\*\*\* Indoor Eastern States 600 champion, Spencer Peterson of Uniondale, and Indoor State Intersectional 2M champ, Gary Lindquist of Mephram, and Indoor I-S PV champ, Bob Mauchan, Mephram.

Thanks from Nassau County to Charlie Fuge of Malverne HS, for his fine first year as Section Eight Outdoor Chairman.

## NEW YORK STATE Scholastic Track YEARBOOK

**FOREWORD:** This is sort of a Tenth Anniversary Issue for me. The first Yearbook was the 1966 edition. But I say "sort of" because that one really should have been dated 1967, having been sold during that year. It covered the '66 season.

A wealth of local track & field history is found on its pages. It was the year of The Star: Julio Meade, Mark Ferrell, James Jackson, Otis Hill, and, of The Star Teams: White Plains had NY's greatest team ever while Boys and Jackson, rated 2nd and 3rd, also were among the area's all-time great squads. From this group came national records in the 880, mile and two-mile relays plus a host of other scorching performances.

From outside this exclusive club was Al Pearman of Roosevelt (LI), hailed then as Athlete-of-the-Year. Pearman flirted with 7,000 points in the decathlon and had also won All-American status in football and wrestling. He went to a fine university but was never heard from, athletically, again.

My fondest memory was my first Golden West trip, when I first covered the meet as a 19-year-old reporter for the NY papers. We--six athletes, three coaches and myself--got to the Coast three days before the meet and packed ourselves into a rented station wagon to view the gorgeous countryside. One of the athletes was Larry James, who went on to considerably outshine his aforementioned colleagues.

That edition sold only a few hundred copies. But I was delighted to have done it, and I was also naive, thinking that future sales would be, perhaps, into the thousands. There are roughly 1,000 high schools in the state, with maybe 40,000-plus competing in track and cross-country. I figured. Surely, a big chunk of this group--not to mention the coaches--would be willing to spend a buck for all this great stuff packed into one, handy little booklet. Wrong. Sure, the Yearbook's sales grew to a mark of around 2,000, where it has stayed for the past few years.

That's why my enthusiasm has been dampened. Comment about the publications has always been positive, even laudatory. Yet, when approached in person or by mail, most of the market is not interested. I've come to realize, now, that I'm dealing only with a kind of hardcore track man(woman), one who waits anxiously for this Yearbook to come out each fall.

You see, if sales were, say, 7- or 8-thousand, the size of this Yearbook could be doubled to include a score of features, expanded stats and photos of everyone. Even the defunct Newsletter could be reborn to really do the job. But what's the point? When this Yearbook is peddled at meets in the fall and winter, most coaches and athletes will still pass it by to spend a buck on a hot dog and a soda.

**CHANGES:** There are very few differences between last year's edition and this one. The yearly lists have been expanded--from 50 to 60 outdoors and 20 to 25 indoors. Next year, 75 and 30 are the goals. The girls section has more than doubled. There are a few new advertisers, to replace those that left, including two organizations that never paid their bills. The price(at meets) is still \$1.00, as it was in '66. The \$2 mail price also is the same, but mail orders are not sent first-class anymore.

**STATISTICAL EXPLANATION:** No need to delineate the generally accepted policies regarding acceptable performances, wind-readings, class status, track regulations and league rules. Some points germane to certain sections are listed there. It must be noted though that the absence of a wind gauge again ruined a record for a top athlete. This is deplorable. The big meets in this state that use a gauge--and have reliable persons working them--can be counted on one hand. Get smart, already.

Remember the following abbreviations:

\*-Junior \*-Soph \*\*\*Frosh h-heat n-non-winning m-meters.

### CONTENTS:

Inside Cover--Photos	26-27	Photo Gallery
1 Preface	28	Indoor Review
4-6 Outdoor Reviews/Photos	29	Indoor Winners
7 Outdoor Winners	32	Indoor Top 25
11 Outdoor All-State	33	Indoor All-Time
12-14 Outdoor Top 60	34	Indoor Records
15 Outdoor All-Time	35	Indoor Class Rec.
18 Outdoor Records	38	X-Country Review
19 Outdoor Class Records	39	X-Country Winners
22-24 Girls Track; Photos	39	The Harrier
Back Cover--Photos (48 pages, including covers).		

**IN MEMORY:** Two accomplished and well-loved NY track coaches met untimely deaths during the past year. Jackson E. Brown, an assistant coach at Brooklyn Tech, died in an automobile accident in June, 1975, and Don Bohlinger of West Babylon suffered a fatal heart attack in August, 1974. Brown, a Penn State graduate who also coached at New Utrecht High, was a hurdles specialist at Tech. "He was a beautiful guy," said Tech coach Ed Zarowin.

Bohlinger coached track and cross-country and is remembered by one of his former athletes, Ray Allenderinger, in the following way: "He was a great man. Track is a very tough sport, but Mr. Bohlinger made it enjoyable for the athletes, which is what really counts for a coach. He was the type of guy you'd really want to bust your rear-end for... I would give away both of my legs to have done what Mr. Bohlinger did for track and for his athletes."

**THANKS, ADVERTISERS:** Besides Coaches Compliments, ads from the following organizations and institutions appear in the 1976 edition: (Alphabetically)

Allegheny Junior College	Long Island A.C.
Archbishop Molloy H.S.	Loucks Track Games
Arrow System, Inc.	Manhattan College
Bishop Loughlin H.S.	Marist College
Bradley University	Nanuet Relays
Blue Mountain Camp	Nassau Coaches Assn.
Can-Am Camp	New York Relays
Carlson Import Shoe Co.	Plattsburgh College
East Islip H.S.	Orange Sports, Inc.
Fordham University	St. John's University
Georgetown University	Staten Island Coaches Assn.
Hayes Track Games	Tarkio College
Johnson & Wales Relays	United States Military Acad.
Liverpool High School	University of Maryland

**ACKNOWLEDGEMENT:** As always, the Yearbook is grateful for the much-needed help provided during the year by sports writers and editors, photographers, coaches, athletes, officials and track fans.

**Regional Correspondents:** Rog Allaway, Alan Berkowsky, Larry Byrne, Brian Caulfield, Joe Fox, Hugh Goodman, Andy Perrara, Greg Harney, Dave Hanson, Mike Holdridge, Ed Kehe, Brian Kelly, Neil Kerr, Walt Krolman, Rodney Lee, Don Krone, Marty Lewis, Don MacArthur, Keith Markman, John Osborne, Dave Rider, Alan Schlein, Jim Spier, Jack Shepard, Rick Stellrecht, and Louise Tricard.

**Contributing Photographers:** Mike Holdridge, Steve Sutton, Paul Sutton, Schenectady Gazette (Courtesy of Rick Stellrecht)... Congratulations to Mike Holdridge, longtime associate, named sports editor of the Syracuse Post-Standard, and a much-belated photo-credit to Steve Sutton, whose name was left off last year's back-cover shot of the Penn Relays distance medley.

**ABOUT THE AUTHOR:** I had a photo of myself in the Penn Relays press box all set for this space, but I ran out of room. It was either that or thanking my wife. Andrea was great all year, and I even gave up three big spring meets during her illness (she's O.K.). I know she's looking forward to another big year, especially with the Olympics, where she'll be roaming around Montreal with little Allison while I take in the track & field.

Marc Bloom, Editor & Publisher July, 1975  
173 Dover Green, Staten Island, New York 10312  
COPYRIGHT 1975 BY MARC BLOOM.

**THE HARRIER**  
is here.

EXCLUSIVE NATIONAL  
CROSS-COUNTRY COVERAGE

SEE PAGE 39.

### MORE COPIES

To purchase additional copies of the 1976 Yearbook, send \$2 per copy to:  
Marc Bloom, 173 Dover Green,  
Staten Island, N.Y. 10312

## Reavis up, up & AWAY

Even with shot-gun shot putting and very high high jumping, the event should have been filmed for presentation in every gym class in the state was the scene at the finish of the 10,000-meter walk in the AAU Junior Nationals in Knoxville.

The early arrivals for the start of the second day's events were treated to an exuberant show by two 17-year-old New York schoolboys, Steve Casarella of White Plains and Jim Murchie of Ft. Washington. Way ahead of the rest of the field, and with spots on the U.S. team assured, the pair obviously tried to tie as they entered Tennessee's Tom Black Stadium for the last 300 yards.

They crossed the wire together—but not holding hands, as they would have liked, in deference to the rules. They embraced wildly, almost unaware of the spectator applause that greeted their victory. It was a welcome outburst on all counts for an event that embodies the amateur spirit but that has generally been held in low esteem in the U.S.

It was the third year in a row that Murchie had qualified for the U.S.-Russian Junior dual meet. Again he placed third behind the Soviets in the Lincoln, Neb. match while Casarella took fourth. Murchie was headed for Rice while Casarella was to be a West Pointer; their efforts probably will inspire greater walk success in the state, although only a few suburban NY City counties offer the event.

The major achievements for the 1975 campaign in New York belong to Athletes-of-the-Year Rudy Reavis (New Rochelle) and Robert Will (Lynbrook), the first fieldmen to be so honored since Mt. Vernon triple jumper Ken McBryde got the award for his '71 season. Perhaps Reavis, at Illinois and Will, at Auburn (where he joins '74 champ Willie Smith), will match McBryde's college success at Manhattan. Baldwinville's Don Paige, tops on the track, had an equally dazzling spring till setbacks in post-season invitational.

Reavis (high jump), Will (shot put) and Casarella (mile walk) are the only new state recordholders in standard events. Eight other class records were broken in a variety of events.

In terms of best-in-show luster, the '75 season may not have been on a par with the previous two campaigns. However, depth in virtually all events never was greater. And, with all of the top juniors and a crop of talented newcomers barely into their teens, the 1975 Olympic Year looks like a hot one.

Among the administrative developments was the establishment of a championship meet for the state's catholic schools. It was a big success in its first year, on the Mt. Pleasant track in Schenectady, although some schools could not participate because of commitments to the Intersectionals being held the same day in Morrisville. One of the spring's biggest disappointments was the rain, that almost ruined the Eastern States meet. Forced to completion on a second day, a week later, the meet's entry was diluted, and so were the performances. Otherwise, the weather here was pretty good.

The girls' program continued to blossom with their first intersectional meet plus the wonderful Colgate series. (The girls season is analyzed elsewhere.)

Following is an event-by-event rundown of the '75 campaign with some things to look for in 1976:

**SPRINTS:** The fastest time in the 100 was only 9.6, and that was done but once, but the groundwork was laid for a crackerjack year in '76. Lillo Thomas of Brooklyn's Jefferson won the 9.6, while Frank Moss' s back along with 20 other dashmen, including 7 '75 sophs and a pair of tough freshmen. Never before have so many youngsters run so fast; those 27 others all broke 10 flat.

Thomas, a great prospect with a somewhat unorthodox style, recorded that 9.6 in the Eddy meet. In the Eddy meet, Thomas' teammate, Frank Moss, who went on to win the NY City FSAL crown (9.8), hit 9.7 along with Hackley's Warren Mathews. Other 9.7's belonged to Mark Holmes of Amityville, Waverly Atkins of Riverhead, the Suffolk champ; Keith Broughton of Williamsville North, the State Intersectional winner; Mark Rushmore of Glen Cove, the Nassau victor; and Ian Rasmund of Edison, 3rd in the FSAL after a 9.7 heat.

All but Mathews and Atkins are back this year... not to mention New Rochelle's Steve Strothers, 9.8, the Eastern champ and Intersectional runnerup. Fresh-

men Jerry Blow (Clarkstown South) and Earl McNeil (Loughlin) continued their indoor success. Blow ran a windy 9.8 and a legit 9.9, taking second in the Easterns. McNeil won the NYC Youth Games in 9.9 and was to compete in the Nationals in Ft. Worth at press time in mid-August.

Thomas was better in the 220, running 21.1 in the FSAL to rank among the nation's top juniors. He added a 20.8 in the Junior Met AAU—that lost record consideration to the absence of a wind gauge. The mark would have broken national junior-class and age-16 records. Look for Thomas to challenge the national mark of 20.6 now shared by five sprinters (including Willie Smith). Atkins had a dual-meet 21.4 and won the Intersectionals. Lincoln's Rich Jones was runnerup to Thomas in the Loucks and FSAL (21.5) races. Sophs Steve Skinner (Jackson) and Strothers had 21.8 and 21.9, respectively while Broughton's best was 22.1. Add the record of 75 runners clocking 22.5 or faster.

**QUARTER-MILE:** Ken Carter of South Shore and Joe Morris of New Hyde Park dominated the event, and it took the Golden West meet 3,000 miles from home to bring them together in a race for the first time. Carter was second in 48.2 (after another second in the long jump) while Morris, after running even with the leaders, finished fifth in 48.9. The previous week Carter had won the Senior Met title in 48.1 while Morris clocked a best of 47.4 for meters in the Knoxville Junior meet. Carter also won at Englewood (48.8), Eddy (48.4), Ford (49.8) and FSAL (48.9) meets. Morris broke 48.0 at the Loucks (47.8) and Nassau (47.9) events and took the Inter-sectionals in 48.3. Add a 48.5 (48.3h) Easterns triumph for Carter.

Thirty runners broke 50 flat and 10 are back this year, including the entire Mt. Vernon mile relay, led by Walt Kirkland, 48.9 from the blocks. Gerry Harter of St. Francis won the QSSAA (49.6) while Chaminate soph Ed Kane took the State Catholics (50.3).

**HALF-MILE:** With no Mark Belger to lead them around, it was a fluctuating year for the state's two-lappers. There were more of them running faster than ever as 10 bettered 1:54 and altogether 77 were under 1:50. The fastest of the lot was Wingate's Sam Sawney, who won a quick Eddy half in 1:51.5. But he was not the best. That accolade belonged, as expected, to Don Paige of Baldwinville, the national indoor 1,000 leader. Besides dominating the action in the Central NY area, Paige was second (to Bill Martin of Mass.) in 1:52 at Loucks as part of an 880/mile double and a double-winner in the States with a 1:52.9 clocking. The same double attempts were too presumptuous in the Jr Nationals and Golden West too a 1:51.8 runnerup in the latter his best mark. That anticipated 1:50 just could not surface for the Villanova-bound youth.

Fordham's Jim DiRienzo, Long Island's Big Three and a probable '76 Olympian added to the 880 heroics. DiRienzo won the City (1:53.6) and State Catholic (1:53.6) titles after a 1:52.9 runnerup (again Martin won) in the NY Relays. The Olympic contender is Ramon Severino of Washington, a Dominican Republic native, who will be back this year after a junior year in which he ran 1:53.4 (behind Sawney) at Eddy and won the FSAL (1:54) and Easterns (1:54.2) titles. The Li trio of Ron Stafford (Maria Regina), Rich Degnan (Lynbrook) and Chris Hennessey (Uniondale) ran virtually the same times as they did as juniors when they had Belger to do the work for them. Stafford was the most consistent of the group, although he tasted gold only once (Sectional) while hitting his best behind Paige and Martin at Loucks (1:52.5). Degnan had a spotty spring, while Hennessey posted wins in the South Shore, Nassau and Hartford meets. Besides Severino, six others under 1:56 come back, including Mt. Vernon's Dave Washington, who twice ran 1:53.4. A promising newcomer is North Rockland frosh Bob Price, 1:59 from the blocks and 1:58.3 on a relay.

**MILE:** Paige was the big name here too, although his top mark of 4:11.1 only knocked a few ticks from his '74 best. That mark was the second part of his State double. Paige also won the Penn Relays (4:13.9 in the rain) and Loucks (4:12) events.

Depth was the keynote. A record 32 runners broke 4:20, while 60th place went to 4:23.2 and another 16 were under 4:25, including Amityville frosh Reynolds Hawkins at 4:24.5. And sandwiched between 4:17 and



The Sprints: Left, Lillo Thomas, Jefferson junior, gleams with Eddy Games 100 trophy after 9.6 win on the Mt. Pleasant track in Schenectady. Top, all back in '76, Williamsville North soph Keith Broughton, on far right, wins Intersectional 100. New Rochelle soph Steve Strothers is second with Maine-Endwell junior Adley Raboy, in middle, third. Indoors Raboy ran 6.1 to equal the State 60 mark. Thomas Photo courtesy of Schenectady Gazette. Top by Mike Holdridge.

4:21 were six sophs and ten juniors who offer great promise for '76. The hottest action this year should be provided by Power's Maurice Weaver and Loughlin's Luis Ostolozaga, who hooked up in several key indoor and outdoor events. Weaver had a bunch of '75 victories, including the NY Relays in 4:13.5, while Ostolozaga had runnerup 4:14.3's in NY Relays and Loucks. Weaver will have the tradition of Matt Centrowitz and Tony Colon in the shadows this spring.

George Vogel of North Salem, 4:11.5 in '74, never really put it together last year, with 4:16.8's at Hartford (2nd) and Eddy (won it). Mahopac's Erich Komdat was an upset Easterns victor (4:15.6), by a step over Edison's Jon Williams, a 4:14.8 best. St. Anthony's Pete Crooke won the LIAC mile in 4:14.2. The hottest soph was Valley's Dave O'Connor, 4:17.8 to win the unseeded section at Morrisville and take third overall.

**TWO-MILE:** The top nine runners all ran their fastest times before mid-May—on successive weekends at the Penn Relays, NY Relays and Loucks Games. And not one of them won anything, except Mephman's Gary Lindquist, NY victor at 9:11.4. But that wasn't his best time. Crooke (9:05), Weaver (9:05.4-junior record) and CBA's Dave Dobrzynski (9:07.6) were 3rd, 4th and 5th at Loucks, while a whole bunch hung on to a snappy pace at Penn, won by Virginia's George Watts (9:02), who went on to run 8:51 in June.

Friedfeld beat Dobrzynski, 9:11.6 to 9:13 in the States while Ostolozaga (9:25.2) and Williams (9:22.2) won respective NY City Catholic and Public schools titles. Cathedral's Brendon Sheehy won a slow State Catholic mile in 9:30. Weaver got outkicked by Jersey's Sal Vega in the Easterns, 9:18.4 to 9:19.8.

Weaver may be one of the best in the country this year. Another top returnee is Steve Martinez of Commack South, 3rd in the Intersectionals in 9:14.4 and the LIAC winner at 9:16.2. Hawkins slaughtered the frosh standard with a 9:27.2 and had two other races in the low 9:30's.

**OTHER DISTANCE:** Interest is increasing in the steeplechase, although many "steeple" are contested without

the water jump. John McNulty (Manuset), Jim Leary (New Rochelle) and Jim Shields (Chaminade) were 2nd, 3rd and 4th at Loucks behind Jersey's Marty Ludwikowski. Leary and Shields are back along with McNulty's teammate, Bret Watzka, fourth at Loucks. Shields came back to win the CHSAA title and hit a class standard of 9:23 in a record-breaking Junior AAU race that saw another junior, John Gustafson of Eugene, Ore (where else?) smash the U.S. standard with a 9:06.4 run.

Post-season meets provided opportunities beyond two miles for some runners. Most notable was a 14:03.6 runnerup by Dobrzynski in the Golden West, the best mark ever recorded by a Nier in a high school 3M race. Weaver notched another junior standard with a 14:27.2/3M/5000M effort in Knoxville. Lindquist (15:02.4) and Friedfeld (15:27.8) also ran in what probably was the finest teenage distance field ever assembled.

**WALKS:** Besides the aforementioned Knoxville duel, Casarella and Murchie matched strides in the Loucks mile with Casarella the victor in 7:02.9 to break Murchie's state record. The mark also was hailed as a national record; however, there are two or three marks just under 7:00 that have been reported by schoolboys. Casarella also won the Westchester County (7:23.7), Section-class (7:21.7) and Section One (7:22.2) races to enjoy the kind of season Murchie had as a soph. Loughlin's Paul Andrews, third at Loucks won the Junior Met two-mile (16:07.8) and Eastern Junior 5000M (25:09.4), beating Murchie by two yards.

**HURDLES:** Six runners at 14.0 or faster is a new high standard for NY. The 13.9's were provided by Bklyn Tech's Mark Hurst in the early-season West NY Relays and Plainfield's Larry Duttweller in the Nassau County champs. The 14-flat men were more consistent as Mike Willis of Ketchikan posted that mark three times and won the Penn Relays and Intersectional events. Manuset's Don Berich was the Eastern runnerup; Midwood's Randy Clark, the Eddy champ, was the FSAL winner (over Hurst); Mephman junior John Kowalsky followed Duttweller in Nassau... Clark shared intermediate honors with Mike Murphy of St. John the Baptist. They traded wins early in the spring before finding success separately that led to a Golden West showdown at the 440 distance.



-----  
SAVE INDOOR TRACK!

By now you've read of the decision to totally eliminate the Public Schools Athletic League (PSAL) of NY City's Indoor Track program. The PSAL was cut \$1 million, about 40%, from its past budget by the Board of Education, and the League decided to ax Indoor Track along with other programs in other sports.

We all know how vital Indoor Track has been to the overall educational and athletic success of PSAL athletes; and, in turn, we know how vital the PSAL program has been to the success of track and field statewide in New York. An entire Yearbook could be filled chronicling the contributions made by PSAL youngsters--on and off the track--to statewide events.

No doubt pressures will be applied to the PSAL and the Board of Education to restore the full status of Indoor Track. However, in lieu of such restoration by those agencies, a committee named Save Our Sports has been formed to attract private funding.

Please help out. Give what you can to Save Indoor Track. Contributions to the Save Our Sports Committee may be sent to the Public Schools Athletic League, 300 West 43rd Street, New York, N.Y. 10036.

**BEST WISHES TO ALL COMPETING ATHLETES  
FROM THE GEORGETOWN UNIVERSITY  
TRACK & FIELD TEAM**

COACHES: Head Coach, Joe Lang, Asst. Coach, Denis Kanach

GEORGETOWN UNIVERSITY — Quality Education  
Enhanced By Exposure To The Nation's Capital

COLLEGE OF ARTS & SCIENCES  
PRE-MEDICAL, PRE-DENTAL, PRE-LEGAL PROGRAMS

School of LANGUAGES & LINGUISTICS  
School of BUSINESS

A COMPREHENSIVE TRACK & FIELD PROGRAM  
GEARED TO THE DEVELOPMENT OF  
EACH INDIVIDUAL TO HIS FULLEST POTENTIAL

For further information write or call: Assistant Coach Denis Kanach at

MCDONOUGH GYMNASIUM  
GEORGETOWN UNIVERSITY  
Washington, D.C. 20007  
(202) 625-4293

-8-

**BISHOP LOUGHLIN MEMORIAL HIGH SCHOOL**

(43 Years of Quality Track)

Penn Relays Distance Medley Champions

"A Christian Brothers School For Young Men And Women"  
357 Clermont Avenue, Brooklyn, New York 11238 / (212) 857-2700

1975 — 1976

Principal — Mr. Robert Muccigrosso  
Athletic Director — Br. Eugene O'Gara, FSC  
Varsity Coach — Mr. Edward J.J. Bowes  
Freshman & Asst Coach — Mr. Richard Glynn  
Moderator — Br. Joseph Reilly, FSC  
School Colors — Purple & Gold  
School Nickname — Lions

Captains:  
Emilio Uriarte (X-Country)  
Luis Ostolozaga (Track Co-Capt)  
Leslie Bullock (Track Co-Capt)  
Spiked Shoe Club Officers:  
Pres: Luis Ostolozaga  
Vice-Pres: Tom Meagher  
Secretary: Hildegard James  
Treasurer: Tyrone Ferreira

22nd Annual Bishop Loughlin Indoor Games  
Saturday, December 20, 1975  
State Armory / 168th Street / New York City

**28 VARSITY RELAY TITLES DURING THE 1974-1975 SEASON**

(MR--Meet Record SR--School Record CL--"Class" Event)

INDOORS (9 RELAY FIRSTS)

\*Loughlin Games, 2-MileR-8:00.8-MR  
\*Millrose Games, 2-MileR-7:59.6-MR, SR  
\*LI Coaches, Dist Medley-10:26.3  
\*CHSAA Sectionals, 2-MileR-8:15.0  
\*Nassau Coaches (CL), 2MR-8:25.0  
\*Nassau Coaches (CL), MR-3:42.5  
\*Christian Bros, 880R-1:38.1  
\*Christian Bros, MileR-3:35.5  
\*Christian Bros, 2-MileR, 8:14.8

**BISHOP LOUGHLIN H.S.**

"The Notre Dame Of  
High School Track."

(Life Magazine, 1949)

OUTDOORS (19 RELAY FIRSTS)

\*Farrell Relays, 4MR-18:18.4  
\*Molloy Relays, MileR-3:34.6  
\*St. Francis Relays, 2MR-8:00.6  
\*Rhode Is KofC Inv, 4MR-18:13.3  
\*Nanuet Relays, 2-MileR-7:58.7  
\*Nanuet Relays, Dis. Medley-10:28.8  
\*CHSAA Relays, 4-MileR-19:38.2  
\*CHSAA Relays, Dist Medley-10:24.6  
\*CHSAA Relays, SMR-3:38.7-SR  
\*Penn Relays, DMR Champ-10:12.6-SR  
\*Penn Relays (CL), 2-MileR-7:53.6  
\*Parks Council, CHSAA 440R-45.3  
\*Parks Council, CHSAA 2MR-8:08.6  
\*Hartford Inv, 2-MileR-7:51.6-MR, SR  
\*Christian Bros, 440R-47.4  
\*Christian Bros, 2-MileR-8:10.1  
\*CHSAA Sectionals, 2-MileR-8:13.6  
\*CHSAA Champs, 2-MileR-7:57.1  
\*Eastern States, DMR-10:26.2

-9-

# Manhattan College

## THE JASPERS

Nationally Known For Track And Field  
(A small private college for men and women in Riverdale, New York)

Congratulates all New York State Coaches and Athletes  
for a fantastic 1974-1975 season,  
and wishes all runners, jumpers and throwers  
an even more successful 1975-1976 Campaign.

\*\*\*\*\*

### AREAS OF STUDY

School of Business  
School of Arts and Sciences  
School of Engineering  
School of General Studies  
School of Teacher Preparation  
(Includes Physical and Health Ed.)

### JOIN THE GREEN AND WHITE

Head Coach: Mr. Fred Dwyer  
Trainer, Therapist: Mr. John N. Johnson  
Sports Information: Mr. Michael Cohen  
Sports Secretary: Betty J. Gustafson

\*\*\*\*\*

- 7 Olympians
- 1 Olympic Champion - Lindy Remigino (1952 - 100 Meters - Helsinki)
- 1 NCAA Indoor Team Title (1973)
- 7 IC4A Cross-Country Team Titles (1932, 1938, 1939, 1947, 1954, 1972, 1973)
- 10 IC4A Indoor Team Titles (1934, 1935, 1936, 1939, 1951, 1952, 1953, 1955, 1956, 1972)
- 4 IC4A Outdoor Team Titles (1952, 1953, 1955, 1956)
- 18 Metropolitan IC Cross-Country Titles
- 21 Metropolitan IC Indoor Team Titles
- 19 Metropolitan IC Outdoor Team Titles

\*\*\*\*\*

## THE BIGGEST AND THE BEST

ANNOUNCING: 3rd Annual Manhattan College Interscholastic Cross-Country Meet

Saturday, October 11, 1975, Van Cortlandt Park, 9:30

Sponsored By: Alumni Spiked Shoe Club of Manhattan College

### 21 RACES

### 1,211 PRIZES

- |                  |                               |
|------------------|-------------------------------|
| 6 Varsity        | 630 Medals (30 In Every Race) |
| 2 Girls          | 525 T-Shirts                  |
| 3 Sophomore      | 48 Team Trophies              |
| 4 Junior Varsity | 8 Watches                     |
| 6 Freshmen       |                               |

Spiked Shoe Club Officers: President: Pierce Power '50; Vice-President: Matt Schimmenti '64;  
Secretary: Gerald Christopher '68; Treasurer: John Geraghty '63

# all-state

## FIRST TEAM

100: Lillo Thomas, Jefferson  
220: Lillo Thomas, Jefferson  
440: Ken Carter, South Shore  
880: Don Faige, Baldwinsville  
Mile: Don Faige, Baldwinsville  
2M: Dave Dobrzynski, CMA-Syr  
4M: Mike Willis, Ketchikan  
8M: Mike Murphy, SJ the Baptist  
Walk: Steve Casarella, White Pl.  
St: Jim Shields, Chaminade  
HJ: Rudy Reavis, New Rochelle  
FV: Joe Schneider, SJ-Baptist  
LJ: Ken Carter, South Shore  
TJ: Les Gordon, New Rochelle  
SP: Robert Will, Lynbrook  
DT: Robert Will, Lynbrook  
HRR: Brooklyn Tech  
440R: Jefferson  
880R: Jefferson  
MileR: Mount Vernon  
2MR: McQuaid Jesuit  
4MR: Albertus Magnus  
8MR: Washington  
DMR: Bishop Loughlin

## SECOND TEAM

100: Keith Broughton, Will' No.  
220: Rich Jones, Lincoln  
440: Joe Morris, New Hyde Park  
880: Jim DiRienzo, Fordham Prep  
Mile: Maurice Weaver, Power  
2M: Peter Crooke, St. Anthony's  
4M: Don Berich, Nanuet  
8M: Randy Clark, Midwood  
Walk: Jim Murchie, Pt. Washington  
St: John McNulty, Nanuet  
HJ: Kevin Parker, Rome Free  
FV: Lance Arietta, Tappan Zee  
LJ: Glenn Davis, Power  
TJ: Lonnie Smith, Nyack  
SP: Richard Stuart, Molloy  
DT: Mike Cordes, Notre Dame-Bat  
HRR: Xaverian  
440R: Wingate  
880R: Wingate  
MileR: Chaminade  
2MR: Bishop Loughlin  
4MR: Nanuet  
8MR: Wingate  
DMR: Power Memorial

## THIRD TEAM

100: Steve Strothers, New Rochelle  
220: Waverly Atkins, Riverhead  
440: Al Hollingsworth, Hempstead  
880: Ron Stafford, Maria Regina  
Mile: Peter Crooke, St. Anthony's  
& Luis Ostolozaga, Loughlin  
2M: Dave Friedfeld, JFK-Baltimore  
4M: Randy Clark, Midwood  
8M: Mike Willis, Ketchikan  
Walk: Paul Andrews, Loughlin  
St: Jim Leary, New Rochelle  
HJ: Mel Hubbard, Columbus  
FV: Gary Haff, Oceanside  
LJ: Vance Jordan, Bayside  
TJ: Luther Williams, Uniondale  
SP: John Rudd, Shaker  
DT: Charles Fensa, Hampton Bays  
HRR: Centereach & Nanuet  
440R: Kennedy-Bronx  
880R: New Rochelle  
MileR: Brooklyn Tech  
2MR: Archbishop Molloy  
4MR: Archbishop Molloy  
8MR: Holy Trinity  
DMR: Holy Trinity & St. John-Baptist

**Selection Policy:** The 10th annual NY State All-Star rankings, as always, are not based on how the Yearbook feels the athletes would place in an idealized competition. Rather, the selections are based on the level of accomplishments: victories, competitive record, consistency, outstanding marks, with emphasis on league championship meets. Generally, dual meets receive little emphasis.

### Explanation Of Selections:

100: Thomas solid. Consistent Broughton, Intersectional winner, beating Strothers, Eastern victor.  
220: Thomas again. Jones, PSAL and Loucks runnerup (behind Thomas), edges I-S champ Atkins.  
440: Carter's superior Golden West race gives him nod over Morris. Hollingsworth, with two 49.0's and a 48.9 LIAC win, narrow choice over Van Buren's Sobers, PSAL runnerup (behind Carter), and Mt. Vernon's Kirkland, solid before I-S weak showing.  
880: Faige. DiRienzo and Stafford rough choice over Sawney, state leader at 1:51.5. DMR beat Stafford and Sawney in NY Relays, won sectional, league (over Stafford) and State Catholics. Stafford was ahead of Sawney in Loucks and Golden West and won sectional. Sawney suffered losses in Hartford, PSAL and Easterns, losing the latter two to rising Severino of Washington.  
Mile: Faige solid again. Weaver won hot NY Relays race plus section, league and State Cath. titles. Crooke consistent, topped by 4:14.2 LIAC win to tie Loughlin's Ostolozaga, who left the mile after 4:14.3 seconds in the WJR and Loucks races.  
2M: A peculiar cast. Weaver ran mainly miles after a junior-record 9:05.4 (4th) in Loucks and before an Eastern runnerup. Crooke, 9:05 at Loucks, also split with mile duty and DNF'ed the Int'l 2M. Dobrzynski was consistent and made up for his loss in the I-S with a super 14:03.6 second in the Golden West. The architect of that State loss was Friedfeld. (The CW race was at 3M.)  
4M: Willie unbeaten with Penn and I-S wins plus 3 14-Flat's. Berich lost only to Willis and then to HJ's Gonzales in the Easterns. Clark, who beat Tech's Hurst in the PSAL, gets the nod over the indoor leader, injured after an early-season 13.9 (beating Clark). Dutweiler, 13.9, not nearly as sharp in the States.  
8M: Clark and Murphy virtually even going to Golden West when Clark tipped and DNF'd as Murphy grabbed third. Willis solid for third.  
Walk: Multi-victor Casarella, who topped Murchie in record-filled Loucks race, nips his friend and rival. Andrews, strong in post-season AAU events, gets third.  
St: Shields made up for Loucks setback with Queens-Iona triumph and Jr-mark 9:23 in AAU. McNulty and Leary easy pickins for next slots.  
HJ: Reavis. Parker and Hubbard both consistent with good performances. No one else close.  
FV: Schneider, with many titles, the choice over Arietta, I-S winner and Eastern runnerup. Haff solid in third with 14-7 Farmer (Kenmore W) too inconsistent for consideration.

### SEE TOP TEAMS IN 1975 REVIEW SECTION.

### 1975 NY STATE ATHLETES-OF-THE-YEAR

Rudy Reavis, New Rochelle... Robert Will, Lynbrook

### TOP ATHLETES BY CLASS:

	Track	Field
Sr	Don Faige, Bald'ville	Reavis & Will
Jr	Lillo Thomas, Jefferson	Kevin Parker, Rome
So	Keith Broughton, Will N	Art Farrell, Chaminade
Fr	Reynolds Hawkins, An'vle	Gary Breckner, Me-Endwell

**Class Awards:** Seniors: No argument for Reavis, Will & Faige. Jrs: Thomas and Parker choices over Weaver and Arietta, respectively. Sohs: Broughton edged New Rochelle sprinter Strothers, Jackson sprinter Skinner and Valley miler O'Connor. Field has long jumpers Powe (Vestal) and Vince (Wheatley), also a top dashman, co-tenders to Farrell. Frosh: Great bunch with Hawkins, 2K recordholder, topping sprinters Blow (Clarkstown Se) and McNeill (Loughlin) and Bob Price, 1:59 half-miler from No. Rockland. Shot man Breckner over 6-2 jumper Rich Caney of Nanuet.

LJ: Carter, PSAL champ and clutch Golden West runnerup, selection over up-and-down Davis and Jordan. Others were less consistent in this spotty event.  
TJ: What a scramble! After careful analysis, Gordon the slightest pick over Smith. Gordon have five major titles and two runnerup and was 3-1 vs. Smith, including the State and Eastern titles. Smith had 4 big titles and could not gain on Gordon with his sixth in the Golden West. Williams solid for 3rd.  
SP: Will, Stuart and Rudd smooth in next positions.  
DT: Will, Cordes, State Cath. champ, second over Fensa, whose consistency made up for his poor I-S showing. Buck of Liberty a not-too-distant 4th.  
Relays: Jefferson and Wingate lead 440 and 880 with early success by JFK-Bronx and late success by New Rochelle gaining their third spots... Mt. Vernon a lock on MR with active Chaminade a slight choice over surprising Bklyn Tech, Eastern runnerup... 2MR finds McQuaid and Loughlin secure in first slots with Molloy over New Rochelle, weak in the Big 3-Queens-Iona, Penn and NY Relays... Magnus ran the 4MR at least 4 times, probably a record for durability. One-shotters Nanuet and Molloy follow... With the Jersey Relays confined (this year) to Jerseysans, the NY Relays race had to tell the story in the 8MR; Washington, Wingate and Trinity did the job... DMR finds Penn and Eastern victor Loughlin ahead of Queens-Iona and NY Relays victor Power. Trinity and Baptist could not be separated for 3rd... Bklyn Tech solid in 360 and 480 HRR events with Xaverian a nose ahead of equally-successful Centereach and Nanuet.



NAME (Cont'd)	NRIC (Cont'd)
45.40 BYRNE SAM-Elaine	1976, 2
45.41 BOUTERIE-Elaine	1976, 2
45.42 BOYCE-ALICE	1976, 2
45.43 BOYD-NECOT	1976, 2
45.44 BOYD-NECOT	1976, 2
45.45 BOYD-NECOT	1976, 2
45.46 BOYD-NECOT	1976, 2
45.47 BOYD-NECOT	1976, 2
45.48 BOYD-NECOT	1976, 2
45.49 BOYD-NECOT	1976, 2
45.50 BOYD-NECOT	1976, 2
45.51 BOYD-NECOT	1976, 2
45.52 BOYD-NECOT	1976, 2
45.53 BOYD-NECOT	1976, 2
45.54 BOYD-NECOT	1976, 2
45.55 BOYD-NECOT	1976, 2
45.56 BOYD-NECOT	1976, 2
45.57 BOYD-NECOT	1976, 2
45.58 BOYD-NECOT	1976, 2
45.59 BOYD-NECOT	1976, 2
45.60 BOYD-NECOT	1976, 2
45.61 BOYD-NECOT	1976, 2
45.62 BOYD-NECOT	1976, 2
45.63 BOYD-NECOT	1976, 2
45.64 BOYD-NECOT	1976, 2
45.65 BOYD-NECOT	1976, 2
45.66 BOYD-NECOT	1976, 2
45.67 BOYD-NECOT	1976, 2
45.68 BOYD-NECOT	1976, 2
45.69 BOYD-NECOT	1976, 2
45.70 BOYD-NECOT	1976, 2
45.71 BOYD-NECOT	1976, 2
45.72 BOYD-NECOT	1976, 2
45.73 BOYD-NECOT	1976, 2
45.74 BOYD-NECOT	1976, 2
45.75 BOYD-NECOT	1976, 2
45.76 BOYD-NECOT	1976, 2
45.77 BOYD-NECOT	1976, 2
45.78 BOYD-NECOT	1976, 2
45.79 BOYD-NECOT	1976, 2
45.80 BOYD-NECOT	1976, 2
45.81 BOYD-NECOT	1976, 2
45.82 BOYD-NECOT	1976, 2
45.83 BOYD-NECOT	1976, 2
45.84 BOYD-NECOT	1976, 2
45.85 BOYD-NECOT	1976, 2
45.86 BOYD-NECOT	1976, 2
45.87 BOYD-NECOT	1976, 2
45.88 BOYD-NECOT	1976, 2
45.89 BOYD-NECOT	1976, 2
45.90 BOYD-NECOT	1976, 2
45.91 BOYD-NECOT	1976, 2
45.92 BOYD-NECOT	1976, 2
45.93 BOYD-NECOT	1976, 2
45.94 BOYD-NECOT	1976, 2
45.95 BOYD-NECOT	1976, 2
45.96 BOYD-NECOT	1976, 2
45.97 BOYD-NECOT	1976, 2
45.98 BOYD-NECOT	1976, 2
45.99 BOYD-NECOT	1976, 2
46.00 BOYD-NECOT	1976, 2
46.01 BOYD-NECOT	1976, 2
46.02 BOYD-NECOT	1976, 2
46.03 BOYD-NECOT	1976, 2
46.04 BOYD-NECOT	1976, 2
46.05 BOYD-NECOT	1976, 2
46.06 BOYD-NECOT	1976, 2
46.07 BOYD-NECOT	1976, 2
46.08 BOYD-NECOT	1976, 2
46.09 BOYD-NECOT	1976, 2
46.10 BOYD-NECOT	1976, 2
46.11 BOYD-NECOT	1976, 2
46.12 BOYD-NECOT	1976, 2
46.13 BOYD-NECOT	1976, 2
46.14 BOYD-NECOT	1976, 2
46.15 BOYD-NECOT	1976, 2
46.16 BOYD-NECOT	1976, 2
46.17 BOYD-NECOT	1976, 2
46.18 BOYD-NECOT	1976, 2
46.19 BOYD-NECOT	1976, 2
46.20 BOYD-NECOT	1976, 2
46.21 BOYD-NECOT	1976, 2
46.22 BOYD-NECOT	1976, 2
46.23 BOYD-NECOT	1976, 2
46.24 BOYD-NECOT	1976, 2
46.25 BOYD-NECOT	1976, 2
46.26 BOYD-NECOT	1976, 2
46.27 BOYD-NECOT	1976, 2
46.28 BOYD-NECOT	1976, 2
46.29 BOYD-NECOT	1976, 2
46.30 BOYD-NECOT	1976, 2
46.31 BOYD-NECOT	1976, 2
46.32 BOYD-NECOT	1976, 2
46.33 BOYD-NECOT	1976, 2
46.34 BOYD-NECOT	1976, 2
46.35 BOYD-NECOT	1976, 2
46.36 BOYD-NECOT	1976, 2
46.37 BOYD-NECOT	1976, 2
46.38 BOYD-NECOT	1976, 2
46.39 BOYD-NECOT	1976, 2
46.40 BOYD-NECOT	1976, 2
46.41 BOYD-NECOT	1976, 2
46.42 BOYD-NECOT	1976, 2
46.43 BOYD-NECOT	1976, 2
46.44 BOYD-NECOT	1976, 2
46.45 BOYD-NECOT	1976, 2
46.46 BOYD-NECOT	1976, 2
46.47 BOYD-NECOT	1976, 2
46.48 BOYD-NECOT	1976, 2
46.49 BOYD-NECOT	1976, 2
46.50 BOYD-NECOT	1976, 2
46.51 BOYD-NECOT	1976, 2
46.52 BOYD-NECOT	1976, 2
46.53 BOYD-NECOT	1976, 2
46.54 BOYD-NECOT	1976, 2
46.55 BOYD-NECOT	1976, 2

[illegible][illegible]

19:01.4 TAYLOR ZEE  
 19:04.0m LAVERIAN  
 19:04.6m BIRCH GIBBONS  
 19:05.7m KIRKIN PEARL ACAD  
 19:07.4m KENNEDY St. Ignace  
 19:07.8m CONTIARD

**SPRINT BOOLEY**  
 3:29.5 WASHINGTON  
 3:29.6m WIGGATE  
 3:30.6m HOLY TRINITY  
 3:31.2m MARIA REGINA  
 3:34.0m UNIONVILLE  
 3:37.2m EDISON-HYC

131.2n ST. FRANCIS INEB  
131.2n SOUTH ST.  
131.2n FLORIAN PARK  
131.2n ST. JOHN-BAPTIST  
131.2n WINDMILL  
131.2n STONE BRICK  
131.2n MOUNT VERNON  
131.2n EAST SIDE  
131.2n BROADWAY TECH  
131.2n WHITE PLAINS  
131.2n TOWNSHIP  
131.2n GEORGETOWN-Bellevue  
131.2n EAST NEW YORK  
131.1n HOOGLANDS  
131.0n BUCKINGHAM  
130.8n TOTTENVILLE  
130.7n CHARMANNE  
130.7n LONGVIEW  
130.7n CALICO  
130.7n SINGMASTER CATHOLIC  
130.7n NEW YORK  
130.6n WATER CREST  
130.6n HATER  
130.6n LINDEN  
130.6n STERLING  
130.6n LASALLE-REC  
130.5n MILLER  
130.5n STEVEN HILLS  
130.5n CROOKING  
130.4n NEWLITE  
130.2n ARLINGTON  
130.2n EAVES  
130.2n WHITES  
130.2n PT. WASHINGTON  
130.2n BAKER  
130.2n SARDEN  
130.1n NINDOL  
130.1n NORTH GALEN  
130.0n CRESTVIEW  
129.9n MOUNT ST. MICHAEL  
129.8n ST. ANTHONY'S  
129.8n PLANKING  
129.8n GARST

**STANDARD RESIDUAL**

129.7n SCHLES  
129.5n HOLY TRINITY  
129.5n ST. JOHN-BAPTIST  
129.5n TOWN HOSKINGS  
129.5n QUAKER  
129.5n MILLER  
129.5n HENDER  
129.4n BALACHIN  
129.4n MILDEN  
129.4n MOUNT ST. MICHAEL  
129.4n MOUNT ST. MICHAEL  
129.4n CENTRAL  
129.4n RAPHAEL  
129.3n ST. ANTHONY'S

10:37.00 PANELL  
10:37.00 PUCHER, PIMP  
10:37.00 KAVARUS  
10:13.66 BANFAC  
10:13.55 TILMA, TARA  
10:13.55 UNICOMBE  
10:38.00 MARIA KICINA  
10:38.00 ST ANTHONY'S  
10:38.00 NEIVAN  
10:38.00 KEMATT  
10:38.00 TENNIS, GEMAR  
10:38.00 SCANLOW  
10:38.00 BUSHNET  
10:38.00 ST. JAMES  
10:37.60 TRILLITY "A"  
10:37.60 ST. KATHY'S  
10:37.60 ST. JAMES, FREE  
10:37.60 NEW DOW  
10:37.60 CLIFFTON  
10:37.60 NORTH SHILTON  
10:37.60 KENNEDY, Selinee  
10:37.60 BRANK  
10:37.60 SMOOTH TOWN  
10:37.60 KAGINS, "B"  
10:37.60 CATHOLICAL  
10:37.60 KAGINS  
10:37.60 COLLEGE  
10:37.60 RECLANCY  
10:37.60 LINDAWEAST  
10:37.60 HUNTINGTON  
10:37.60 GARETY  
10:37.60 WEST ALEM  
10:37.60 OCEANVIEW  
10:37.60 ST. JOSEPH'S  
10:37.60 ST. JAMES, FORD  
10:37.60 TILLES  
10:37.60 SACHON  
10:37.60 LANCINER  
10:37.60 FESTAL  
10:37.60 BOTS  
10:37.60 WALS, COLLEW HILLS  
10:37.60 AUGUST MARTIN  
10:37.60 BINGHAMTON GATE,  
10:37.60 DEERFIELD  
10:37.60 EAST NEW YORK  
10:37.60 SOUTH SHORE

7:02.9 JIM CASABRILLA, White F2  
 7:04.30 JIM MURPHY, F2, Washington  
 7:10.28 JIM MURPHY, Lehigh  
 7:23.8 SPENCE COBB, New Hills  
 7:24.6 \*JIM MCKENNA, New Hills  
 7:33.50 JOHN DAVY, Grey Hollow  
 7:34.0 MARTY KESSLER, Ray Grove  
 7:35.98 TOM STEHL, Dayton-Harmon  
 7:36.45 MIKE RUZZO, Lourdes  
 7:39.45 \*KEITH FORNIE, Groton-Hart  
 7:40.5 PHIL DINGCHER, Jericho  
 7:41.44n STEVE KIRMAN, Oceanside  
 7:45.66 TONY GLOFF, Harrison  
 7:46.40 GUS GARDNER, Maria Regina  
 7:46.40 MIKE JARVIS

[illegible]

14:01.6m GARY DOWBETTS,USA-Spr  
14:22.7m GARY DOWBETTS,USA-Spr  
14:36.6m GARY LINTON,UK,Wayman  
14:54.4m GARY FRIDFIELD,UK-Sail  
ten route to 5000m

5000 METERS  
14:01.6m GARY DOWBETTS,USA-Spr  
14:22.7m GARY DOWBETTS,USA-Spr  
14:36.6m GARY LINTON,UK,Wayman  
14:54.4m GARY FRIDFIELD,UK-Sail

10,000 METERS  
31:17.0m GARY FRIDFIELD,UK-Sail  
31:27.5m JIM WILLIAMS,UScan  
10-NETTO MILE\*  
16.8m MARK RUST,UScan Tech  
15.4m JOHN DOWSETT,Wayman

10-NETTO 10 MILE\*  
16.7m MARK RUST,UScan Tech

400-METERS  
52.4m RANDI CLARK,UScowed

800-YARD IN  
51.7m RANDI CLARK,UScowed  
51.1m NICK MOORE,US-Sail  
50.7m TONY KILBING,Swet Home

160-YARD IN  
19.1m MICHEL JOHNSON,UScan Tech  
19.7m RICHARD HILL,Wayman  
19.1m GARY LINTON,UK  
20.1m JONAS DOWSETT,US-Skate  
20.1m JOE MOULDER,UScan Tech

200-YARD IN  
26:07.8m PAUL ANDREWS,UScough  
26:17.1m ALICE ADRI,US-Sail  
27:55.0m JIM DOWSETT,UScan Tech

5000-METER IN  
51:01.7m PAUL ANDREWS,UScough  
51:25.0m JIM DOWSETT,UScan Tech

10,000-METER IN  
53:26.0m JIM DOWSETT,UScan Tech

LOO YANUS

9.3 WILLIE SMITH, Windsor, 74  
9.4 THELTON JACKSON, Franklin-8  
9.4 STEVE WILLIAMS, Enderby, 71  
9.3c WILLIAM WILLIAM BOYD, 65  
9.5 JULIE READE, Jackson, 66  
9.5 KARE SANDS, Thompson, 71  
9.5 HAROLD WILLIAMS, Newton, 70  
9.5 ALL O'CONNELL, Gates-Chill  
9.3c ROBERT GREGORY, Sheppard, 71  
9.3c WILLIAM JACKSON, 74  
9.3c MIKE SANDS, Thompson, 71

9.3 ALVIN WASHINGTON, Beaver, 71  
9.3 STEVE WILLIAMS, Ryander, 71  
9.4 **WALLBLOOM**  
9.4 JAMES JACKSON, Jackson, 50  
9.5 JAMES ASHCROFT, Spring Val  
DON CHRISTENSEN, Baldwin, 71  
**BOB YANCO**  
20.1 JOHN FERNANDEZ, Dubois, 58  
20.9 JIM COMANAY, Deys, 40  
20.9 KENNY THORNTON, Gardena, 58  
20.9 ED COMANAY, Deys, 40  
20.9 JOE LEVIN, Seattle, 65  
20.9 JULIE KANE, Seattle, 65  
20.9 BILL O'CONNELL, Seattle-Chil  
20.9 **ALVIN**  
20.9 ALVIN WASHINGTON, Beaver, 66  
20.9 JULIO REAGAN, Jackson, 65  
20.7 GEORGE CALDERHEAD, Oremville, 67  
20.7 LAWTON, Seattle, 67  
20.7 GEORGE BAUMER, Liverpool, 67  
20.7 TERRY CULLEN, Seattle, 67  
20.8 BILL WILKINSON, Pasadena, 70  
20.8 TERRY GALT, Seawanhaka, 70  
20.8 THOMAS GALT, Seawanhaka, 70  
20.8 ED WASHINGTON, Seawanhaka, 70  
**BOB YANCO**  
21.1 WILSON SMITH, Portland, 70  
21.1 BILL O'CONNELL, Seattle-Chil  
21.1 WIZ SMITH, Portland, 71  
21.1 WILLIAM WILSON, Boz, 71  
21.1 WILLIAM THORNTON, Jefferson, 71  
21.1 JULIE KANE, Seattle, 71  
21.1 STEVE WILLIAMS, Ryander, 71  
21.1 **WALLBLOOM**  
21.1 DON CHRISTENSEN, Baldwin  
21.1 DAN BARTLEY, Riverwood, 71  
21.1 **BOB YANCO**  
20.8 LILLIE THORNTON, Jackson, 70  
21.00 STAN DEYS, Compa, 75  
21.30 STEVE SACHS, Jackson, 75  
**BOB YANCO**  
20.7 JULIO REAGAN, Jackson, 65  
20.7 WIZ SMITH, Portland, 71  
20.7 BILL WILKINSON, Pasadena, 71  
20.7 LAWTON, Seattle, 71  
20.7 JIM KANE, Seattle, 71  
20.7 JIM KANE, Seattle, 71  
20.7 SAM DEYS, Compa, 61  
20.7 AL SIKER, Norwalk, 61  
20.7 GEORGE CALDERHEAD, Oremville, 67  
20.7 ROBERT HUSZAR, Jamison, 61  
20.7 JIM KANE, Jamison-Tina  
20.7 LOS ANGELES, New Hyde Park  
20.7 **BOB YANCO**  
21.0 MARCEL WILLETTE, New Christ  
21.0 DON DEYS, Seattle, 75  
21.0

1158, 35 MARK BELDER, Newark, 75  
1159, 35 TOM JACOBSON, Newark, 75  
1160, 35 JAMES JACKSON, Jersey City  
1161, 35 WILL BARRETT, Bay Ridge  
1162, 35 MARTY FORD, Long Island  
1163, 35 EARL SAWYER, White Plains  
1164, 35 CRAIG MASCHER, White Plains

**ONE MILE**  
4052, 35 MATT DENNETT, Ft. Power,  
1165, 35 TONY SLOAN, Passaic  
4057, 35 MICK MAGON, Suffern, 75  
4059, 35 CHRIS HEDGECOCK, Monmouth  
1166, 35 JAMES FORD, Suffern, 75  
4120, 35 JOHN GARDEN, Secaucus  
1167, 35 REDDITOR COTILL, Secaucus  
4121, 35 DON PARDON, Secaucus  
4111, 35 GEORGE VOGEL, North Plain  
4112, 35 BRIAN McLELLAN, Passaic

**TWO MILES**  
9102, 35 CURT ALLEN, Suffern, 75  
9103, 35 MATT DENNETT, Ft. Power,  
9105, 35 MICK MAGON, Suffern, 75  
9103, 35 DENNIS PIERCE, Secaucus  
9104, 35 KEVIN BROWN, Secaucus  
9106, 35 PETER GARDEN, Secaucus  
9109, 35 GENE McCARDIN, All Hall  
9110, 35 JETTS GORDON, All Hall  
9111, 35 RALPH GORDON, All Hall  
9112, 35 JOHN SWAPP, Orange, 75

**3-25-TWO MILE**  
13, 7 HAROLD SOKAN, Centerville  
13, 7 KEN DODMAN, Sayville,  
13, 7 FRED STINEBAUGH, Mt. Vernon  
13, 7 GALESTER BAKER, Secaucus  
13, 7 BOB DALLIED, Mt. Vernon  
13, 7 FRED STINEBAUGH, Mt. Vernon  
13, 7 JIM SAKELLIS, Plainfield  
13, 7 MARK HUNST, Bayside  
13, 7 LAURENCE STINEBAUGH, Mt. Vernon  
13, 7 Fred Stinebaugh  
13, 7 FRED STINEBAUGH, Mt. Vernon  
13, 7 BOB DALLIED, Mt. Vernon  
13, 7 ROBERT ADLER, Vineland

# all-time

12000 (windy report 4)

11.8 HAROLD SCHWAB, Centerville  
11.9 KEN JOHNSON, Amityville  
11.9 HAROLD STANTON, Indiana

100-YARD IN

10.1 DON CASTROSOVS, Oceanville  
10.4 FRED SINGLETON, Mt. Vernon  
10.5 STEPHEN BAKER, Romeville  
10.5 RAY HENRY, Knoxville, Ga.  
10.5 AAR KLINGER, Mt. Vernon

[illegible][illegible]

# outdoor

SPECIALS	
72	51-3 CO. ZELINSKIAR, Mt. Pleasant
61-54	61-54 GREG LEELEY, Seaford, Vt.
67	61-24 RICHARD GIBSON, Locust Vt.
HOUSE TRAIL	
64	165-3 JERRY HARRON, Levittown
70	165-1 BEN DITTO, Hamersbach, N.J.
64	165-2 AL CESTER, Seabrook, N.H.
	165-7 KEVIN CLEMENTS, Cambridge, N.H.
	165-8 ROBERT WILL, Seabrook, N.H.

[illegible][illegible]

	<u>400-METER IN</u>	
.70	51.8n	GARY SCHWIDT, Centerville, 75
	52.4n	RANDY CLARK, Wildwood, 75
.65	52.6	JOHN MCCARTY, Marshfield, 75
	<u>400-YARD IN</u>	
.71	51.9n	HAROLD SCHWAB, Centerville, 75
	52.5n	JOE KUNGER, Mt. Vernon, 61
	53.7	RANDY CLARK, Wildwood, 75
.68	53.9n	KEVIN BLIGH, Berwick, 75
	54.3n	MIKE MURPHY, St. Joseph, 75

600 JAMES  
1:12.8 MARK FERRILL, Jackson, 66  
1:12.8 JAMES JACKSON, Boys, 65

500 METERS  
1:49.20 TOM CARROLL, FortSum, 77  
1:49.20 RAKK HEDDER, FortSum, 77

1000 METERS  
2:25.5 TOM CARROLL, FortSum, 57

2000 JAMES  
2:10.8 JAMES JACKSON, Boys, 66

5000 METERS  
9:27.10 RATT GENTROWITZ, Power, 77  
9:28.20 TONY LUCK, Power, 70  
9:31.10 BILL MCDONOUGH, League 8  
9:32.40 KAZI JACKSON, BuffSum, 78

10000 METERS  
19:27.10 JAMES POTTERIE, Fort Sum, 66  
19:28.10 JAMES SWILLOD, Chamblene, 66  
19:30.10 KEVIN WISE, Chamblene, 66  
19:31.50 MIKE BROWN, Laidlaw-NEC, 66  
19:34.10 JOHN MCGLATH, Varnett, 77  
19:36.10 ARLO TUCKER, Chamblene, 66  
19:37.40 PAUL KATZMANN, Laidlaw, 66  
19:40.10 JERRY KATZ, Kingston, 77  
19:42.10 TIM LEARY, New Power, 77

THREE MILES  
13:48.00 RATT GENTROWITZ, Power, 77  
14:02.00 GUY DORRINGER, GCM-Lyr  
14:05.10 DENIS PACE, Laidlaw, 66  
14:27.10 DAVID MCNEEL, Power, 77  
14:28.50 BUKE BROWN, Laidlaw-NEC, 66  
14:31.00 GARY LINDQUIST, Memphis, 77

5000 METERS  
16:21.00 RATT GENTROWITZ, Power, 77  
16:40.00 BRIAN NELL, Southwest, 77  
16:42.00 DAVID MCNEEL, Power, 77  
16:50.10 GARY LINDQUIST, Memphis, 77

SIX MILES  
20:30.50 ALAN WELLES, Uniondale, 66

10,000 METERS  
31:57.00 GARY PRIZEPFELD, JFK-Laird, 77

THIRN MILES  
38:45.00 CLIFF RANGLER, Laidlaw  
38:55.00 BILL DORRINGER, Power, 77  
during One-Week race

THIRN MILES  
52:00.00 DIZ MURKIN, Ft. Washington

10. 600-METER WALK  
11-30-ON JIM HENRICH, Ft. Washington  
51-80 STEVE CASARELLA, White  
SQUAT (16)  
11-30-ON GARY GUNNER, Clinton, 60  
52-120 FORREST WILL, Lyndbrook, 70  
51-80 ARNET KOKA, Legnase, 58  
11-30-ON BARK (4-6)  
11-30-ON GARY GUNNER, Clinton, 60  
51-80 JERRY SANDY, Levittown  
11-30-ON ROBERT WILL, Lyndbrook, 70  
HARBOR TRUCK  
11-30-ON GARY KAPTEK, Sacred Mt.  
51-80-ON NICK FORRESTER, St. Vernon  
JAVELIN THROW  
216-3 STEVE FRANCES, Malloy, 71  
215-3 ANDY BAKER, Marw, 67  
156-3 DON CORVILLO, Levittown, 71  
198-0 RICHARD SEAR, St. Francis  
177-3 RICH KAP, Malloy, 70  
107-5 TOM LAMER, Penn, 73  
215-9 ANNE MARSH, Marw, 67  
DECATATHLON  
11-30-ON ALVIN FRANKER, Rossett, 61  
67-30-ON FRED SARARA, Ft. Lincoln, 60

**all-time outdoor**



IS HERE.

P.39

(CONTINUED ON PAGE 19)

# Tarkio College

TARKIO, MISSOURI



FULLY-ACCREDITED LIBERAL ARTS COLLEGE

Member N.A.I.A.

*"Heart of America Athletic Conference"*

Cross-Country Team  
HAAC Champs - 1972,73  
District #16 NAIA Champs - 1972,73,74

Indoor Track Team  
HAAC Champs - 1973,74,75  
District #16 Champs - 1974,75

Outdoor Track Team  
HAAC Champs - 1973,74,75  
District #16 NAIA Champs - 1972,73,74

For more information concerning the Tarkio College Track and Educational Programs,  
write or call:

Bob Tucker  
Head Track Coach  
Tarkio College  
Tarkio, Missouri 64491  
(816) 736-4131 Ext. 356

## SIXTH ANNUAL

JOHNSON & WALES CHRISTMAS RELAYS

December **27, 1975**

CRANSTON STREET ARMORY

PROVIDENCE, RHODE ISLAND



### AWARDS

\*Gold Watches  
for selected events

\*Lucite Embedments  
for first three places

\*T-Shirts  
for first five places

\*Team Trophies  
Open Division-1st, 2nd & 3rd  
Girl's Division-1st place

For Information, Contact:

Carolyn Cacioppo - (401) 331-2565 8:30 am. to 4:30 pm.  
(401) 274-4876 6:00 pm. to 10:00 pm.

or Richard Duggan - (401) 724-3117 6:00 pm. to 10:00 pm.





# Fordham University

*"Over 100 Years of Outstanding Education and Athletics"*

Introduces Its New Freshmen Stars:

**\*\*\*Jim DiRienzo**  
(NY State Catholic Schools 880 Champion)

**\*\*\*John McNiff**  
(Member of the Albertus Magnus "Line")

**\*\*\*Steve Moran**  
(Connecticut 440 Champion)

**\*\*\*Kevin Ritchie**  
(Member of U. S. Leading Indoor 2-Mile Relay)

**\*\*\*John Rayo**  
(Fastest NY 2-Miler at the Penn Relays)

If you want to join them in continuing your  
superior educational and athletic atmosphere,

*please contact:*

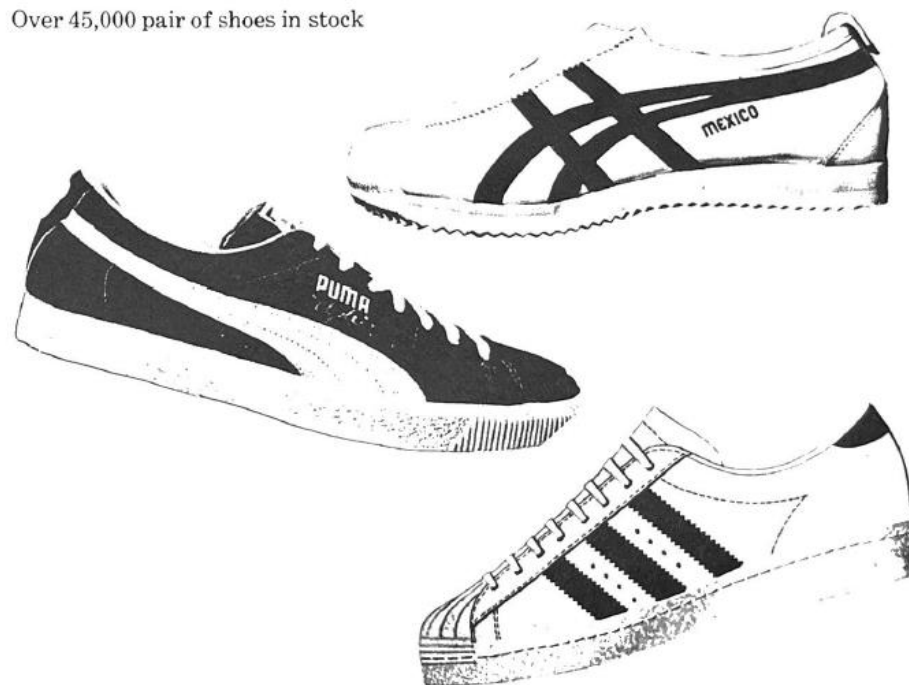
**Head Coach Tom Byrne or  
Assistant Coach Jim Mitchell**  
Fordham University  
East Fordham Road  
Bronx, N.Y. 10458  
(212) 933-2233 ext 261

We are now distributing the 6 most popular lines of Athletic Shoes

## PUMA-ADIDAS-TIGER-NIKE-PATRICK- KARHU

Basketball — Football — Soccer — La Crosse — TRACK-TRAINING —  
Coaching — Official — etc. etc.

Over 45,000 pair of shoes in stock



Send for our wholesale catalogue

**Carlsen Import Shoe Corp.**

524 Broadway (Spring St.)  
NEW YORK, N. Y. 10012

Phone 212-431-5940-41-42-43



**\*\*Louise Forman, a Tappan Zee freshman, ran the mile in 5:20.8 at the Rockland CC Fieldhouse in Suffern. In a separate meet on the same track she won the 800 in 2:27.1, while Diane Tartar of Clarkstown North took the 300 in 4:34.**

**\*\*Mamaroneck athletes accounted for five victories in the Holiday Festival meet at the County Center, White Pl. Kris Killian won the 400M (6.5) and NJ (4-9). Laddy Tebbens copped the mile (5:37), Margaret McEvoy the 1000 (3:01.9) and the mile relay (3:58.6). Yorktown winners were Karen Imisher (40 & 300), Carla Reihl (600) and Dorie Proceller (1SE).**

**\*\*Hishop Loughlin of Bklyn clocked 1:53.4 in the boys 880R in the CUSA Relays in the State Armory, NY City. The time may be an all-time indoor best for a girls HS foursome.**

**\*\*Dutchess County Winter Inv (outdoors), @John Jay HS. 800R-2. Jay, 1:52.9. 500-Columbia, 4:30. 60-Turner, JJ, 7.7. 300-Downey, JJ, 7.7. 800-Murd, Columbia, 2:31.3. 82-Mel-Sock, Malden, 36-5. 100-Arma, Arlington, 12-2 3/4. HJ-Thorp, Arlington, 4-8.**

**\*\*Development, Broome County CC. 600-Keayard, Elaina Southside, 9.6. 800-Knox, Elaina Free, 3.0. 100-Keayard, 40.2. 1000-Maine-Endwell, 2:53.4.**

**\*\*Cortland Inv, @Cortland St. 600-Stevenson, W. Genesee, 7.7. 300-Miller, Onondaga, 40.4. 1000-Murphy, Grises, 3:00.5. Mile-Towlsen, B'ville, 5:44.9. 800R-E, Syracuse, 1:57.7.**

**\*\*Buffalo Inv-Group, Masten Armory. 600-Callahan, Buffalo, 7.3. 300-Callahan, 39.3. 600-Neumister, Buffalo, 1:35.2. 1000-Chalston, Sweet Home, 3:04.7 HJ-Rybarok, 24, 4-7.**

**\*\*Christina Scott of Granville beat Cathy Shrader (Vincennes) and Doris Mord (Columbia) in the 800 in the Dutchmen Games at Union College, Schenectady. The winning time was 2:32.5. Marting of Colonie won the 50 (6:5).**

**\*\*In Section 9 action at West Point, Teresa Vacarella of Sleepy Hollow ran 2:25.9 to outrun Louise Forman (Tappan Zee), 2:26.5, and Alice Crawford (Wallkill), 2:28.1, in the half-mile. Sherry Ferrar of Washingtonville won the 300 in 40.2.**

**\*\*East Islip was clocked in 4:20.9 for the mile relay.**

**\*\*Robin Blaine and Karyl Jones, schoolgirls representing the Atoms TC, took 1-2 in the 880 in the Jr Met AAU meet at the State Armory, NY City. The times were 2:17 and 2:18.6. Loughlin's Sharon Matterson, 3rd, 2:27.4.**

#### WHAT HAPPENED IN GIRLS CROSS-COUNTRY:

1974 Girls All-State Team\*\*\*\*  
Selected by the NY State Yearbook

Diane Andre, Malville; Budget Bennett, Hastings; Rosalie Campe, Floyd; Lois Buckout, Columbia; Beth Moore, Islip; Barbara Osterlin, Columbia; Laddy Tebbens, Mamaroneck.

Girls X-C Athlete-Of-The-Year--Diane Andre, Number-One Girls X-C Team--Columbia (E. Greenbush)

**\*\*Lisa Ferrella, a 15-year-old Tottenville HS (Staten Island) sophomore, became the first girl to compete for a boys cross-country team in the 90-member Public Schools Athletic League of NY City. Tottenville has no girls X-C team.**

**\*\*Seardsale scored 58 points to win the Section One title on a 1.5M course. Mamaroneck (72) and Fox Lane (255) followed. The individual winner was Laddy Tebbens of Mamaroneck, 8:59.5, one-tenth ahead of Budget Bennett of Hastings.**

**\*\*The top efforts in the Nassau Coaches boys meet on the Sunken Meadow, L.I., 3.0M course were: Diane Andre, Malville, 18:54; Beth Moore, Islip, 21:42; Maddy Crox, North Shore, 22:13; Kerrie Kobas, Long Beach, 22:59.**

**\*\*Diane Andre won the Suffolk Coaches Girls Run at 3.0M at Sunken Meadow in 18:55.7. Beth Moore was second in 21:23, Kerrie Kobas third in 21:36.**

-24-



Tonetta Rumph, a New York City schoolgirl competing for the Atoms T.C., equals the American record for the 440 intermediate hurdles with a 59.8-second victory in the National AAU Junior champs at White Plains High. Steven E. Sutton/DUOMO.

**\*\*Long Beach beat North Babylon, 65-87, in the girls division of the Bethpage G.O. Run over 3.0M at Bethpage (LI) State Park. Rosalie Campe of Floyd nipped Beth Moore of Islip at both clocked 19:05.**

**\*\*Diane Andre was second (to Jersey's Hilary Noden) in the girls run of the Manhattan College meet over 1.5M at Van Cortlandt Park, the Bronx. Andre hit 9:03 as over 120 girls took part. Noden clocked 8:47.7. She is one of the nation's finest teenage distance runners. Columbia won the team title with 40 points. The lineup was: Barbara Osterlin (3rd), Lois Buckhout (5th), Monika Osterlin (7th), Debbie Wilson (11th) and Patti Mord (14th). Following Columbia were Franklin (NJ), Jefferson (NJ), Christ The King, Long Beach and the Columbia "B" team.**

**\*\*Columbia took the first five places and scored 15 points to defeat Troy in the Greater Troy Invitational.**

**\*\*Tupper Lake won the girls race in the Section 10 championships at Massena. Gouverneur was second followed by Massena, Potsdam, Madrid-Waddington and Ogdensburg.**

**\*\*Maddy Frenatt of Riverside won a developmental meet in 7:12 for the 1.5M Delaware Park course in Buffalo.**

**\*\*Erica Hagenlocher of Nottingham won the Baldwinville run in 15:12, a course record. Onondaga was the team winner in the biggest overall X-C meet in Central NY history.**

**\*\*Fayetteville-Manlius scored 75 points to win the Onondaga league title over Jamesville-Dewitt (81) and Liverpool (91) on the LeRoy College course.**

**\*\*Nottingham's Erich Hagenlocher also won the Section 3 crown on the Fayetteville-Manlius course. Rome Free Academy scored 91 points for the team victory.**

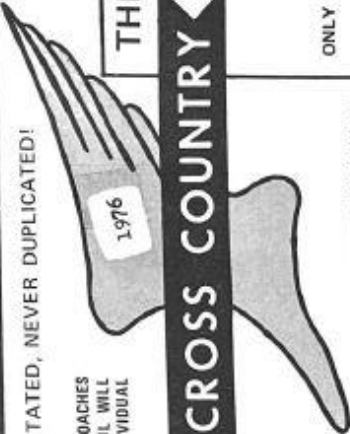
**\*\*Tri-Valley, led by Missy Stratton and Cindy Sauchuk, won the Section 9 title. It was reportedly their 68th X-C victory. The Section run was at Bear Mountain.**

## BLUE MOUNTAIN SPORTS CAMPS, INC. ONAWA LODGE, BOX 198 MOUNTAINHOME, PA. 18342



**JOHN N. COVERT**  
Head Coach - Lehigh University  
In 8 years at Lehigh, Covert's teams have won 10 national titles, 15 while winning Six Middle Atlantic Conference titles and Five I.C. 4-A Championships.  
Covert also compiled quite an impressive record while at O'Connell (NY) High School. In ten years there, his cross country teams registered an 86.7 record, including 10 state and 10 District titles and six State Championships.

OUR PROGRAM: OFTEN IMITATED, NEVER DUPLICATED!  
THIS RESIDENT STAFF OF OUTSTANDING COACHES WHOSE METHODS HAVE PROVEN SUCCESSFUL WILL DIRECT ATHLETES WITH REGARD TO INDIVIDUAL ABILITY.



THREE (3) GREAT CROSS COUNTRY SESSIONS

ONLY \$79.00  
(Includes Room, Board, Tuition)  
SPECIAL GROUP RATES AVAILABLE

EMPHASIS WILL BE ON THE INDIVIDUAL IN A GENERAL CONDITIONING PROGRAM  
OUR PURPOSE IS TO MOTIVATE AND TO EDUCATE

ENROLL NOW - MAKE '75 A BANNER SEASON • N.C.A.A. & NATIONAL FEDERATION H.S. REGULATIONS STRICTLY ADHERED TO



It all starts with organization



On the Road to Success



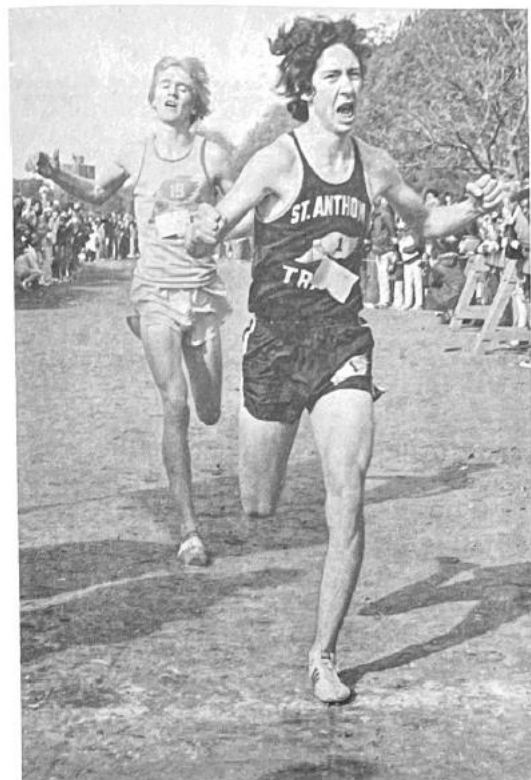
Sylvan Setting



The Pause that Refreshes



**Big Wins:** Top, Wingate's Sam Sawney leads the Eddy 880 at the gun lap. Sawney won in a state best of 1:51.5. Also seen are Washington's Ramon Severino (2nd, 1:53.4), Bishop Gibbons' Kevin Scheuer (3rd, 1:53.9), Clinton's Mark Smith, behind Sawney (4th, 1:54.9), East NY's Angel Garcia (5th, 1:55.9) and Turner's Mike Nazurak (6th, 1:56.3) ... Left, Tom Horton anchors McQuaid to Eddy 2-Mile Relay win in 7:49.2 - Right, Power junior Maurice Weaver en route to Eastern indoor mile triumph in 4:17.3. Mephram's Gary Lindquist was third in 4:18.8. Sawney and McQuaid Photos courtesy of Schenectady Gazette. Weaver by Steven E. Sutton/DUOMO.



**One Tough, Two Easy:** St. Anthony's Peter Croke hands Dave Dobrzynski of Christian Bros. Syracuse, his only X-C loss of the fall in the Fordham Easterns title race at Van Cortlandt Park, the Bronx. The times were 12:25.5 and 12:26 for the 2.5-mile loop. Right, North Salem's George Vogel alone in a 4:16.8 Eddy mile triumph. Below, Midwood's Randy Clark breezes to Eddy 120 high hurdles win. He also took 330's. X-C shot by Steven E. Sutton/DUOMO. Eddy Photos courtesy of Schenectady Gazette.



# ST. JOHN'S UNIVERSITY

## A METROPOLITAN SCHOOL WITH

A variety of academic programs including liberal arts, business, education, criminal justice, pharmacy, communication arts, and athletic administration (among others).

A proven Track and Field Record; 125 Met Champions, 13 IC4A Champions. An opportunity for all qualified athletes to compete in dual, invitational, Eastern and National Championship Meets.

### THE REDMEN CROSS-COUNTRY, TRACK AND FIELD FAMILY

Head Coach: Steve Bartold

Asst. Coach: Tom Maniscalco

Graduate Asst: Walt Krolman

Captains: Jim Soehner, Dennis Donahue, Gary Gordon

and All of our athletes

Invite you to inquire further with

regard to a future at St. John's Univ.

WRITE or CALL: Tom Maniscalco

Track Office

St. John's University

Jamaica, New York

212 - 969-8000 ext. 222

# Bradley University

PEORIA, ILLINOIS

Bradley, a private, four-year, coeducational University invites you to investigate the opportunities for a quality education as well as an outstanding track and field program.

### MEMBERSHIP INCLUDES:

National Collegiate Athletic Assn

Missouri Valley Conference

Amateur Athletic Union



FOR INFORMATION . . . . .

. . . . . PLEASE CONTACT:

Mr. John "Jake" Schoof

Track Coach

Bradley University

Peoria, Illinois 61606

(309) 676-7611, Ext. 216

Don Rizzo

Eastern Representative

1735 August Road

North Babylon, N.Y. 11703

(516) 242-0889

-30-

# THE NEW YORK RELAYS

co-sponsored by

The Fordham Prep Spiked Shoe Club

AND

The New York Daily News

THE 11th ANNUAL NEW YORK RELAYS

will be held on

Friday, April 30 Saturday, May 1, 1976

At Downing Stadium, Randalls Island, New York

# 9TH ANNUAL Nanuet Relays

Sponsored by the

Nanuet Black and Gold Club

Will Be Held

On Saturday, April 10, 1976 10 A.M.

at NANUET HIGH SCHOOL

For Further Information, contact:

Dave Hanson

Nanuet HS

Nanuet, New York 10954

School: (914) 623-3416

Home: (914) 623-5659

-31-

## 1975 INDOOR-TOP 25

[illegible]



## CAN-AM INTERNATIONAL CAMP



TRACK - FIELD



CROSS COUNTRY



NORDIC SKIING

The East's Finest Program for Men and Women

### CAN-AM OFFERS UNIQUE PROGRAMS

Tully, New York Can-Am International Camp is a four-season sport facility. In addition to Track & Field and Cross-Country programs for both men and women, the camp offers winter cross-country ski and wilderness camping programs (Date: Dec 26-30). The camp's facilities are based at a scenic 400-acre Country Hills Touring Center location. Training Runs utilize country roads as well as rolling terrain of the X-country ski trails.

The annual fall clinic presents noted speakers on Track & Field and Cross-Country. For additional information, write:  
Can-Am International, c/o Country Hills Touring Center, Tully, N.Y. 13159  
(315) 696-8774

ART PEDOWITZ  
2 Patio Road  
Middletown, N.Y. 10940  
(914) 692-5254

## ORANGE SPORTS

DAVE SHARINN  
3229 Beltagh Avenue  
Wantagh, N.Y. 11793  
(516) 221-5361



\*\*\*Quality Athletic Equipment  
At Prices You Can Afford

\*\*\*Excellent, Fast Service

\*\*\*Athletic Footwear for ALL Teams  
Featuring:

NIKE.....TIGER.....PATRICK.....JACOBS

\*\*\*Team Uniforms Our Specialty  
Featuring:

East-Tenn...Red Fox...Medalist-Pride

\*\*\*10% Discount on Orders With This Ad

## MARIST COLLEGE

"HOME OF THE RUNNING RED FOXES"



1974 Cross-Country: 18-3, 2nd place CACC and Glassboro Invit, 3rd place SMU Invit, 4th place NYS Upstate Champs, 29th NCAA Div III Champs.

1975 Track: 8-3, 4th consecutive winning season.

\*\*\*HOME OF THE MARIST COLLEGE HIGH SCHOOL CROSS-COUNTRY INVITATIONAL. Sat, Oct. 16, 1975. Distance Running Clinic Fri, Oct. 15, 1975. Top competition. Outstanding Awards. Frosh, JV, Varsity Races. Trophies, T-shirts, Top-Team-Of-The-Day Award & Top-Runner-Of-The-Day Award.

\*\*\*HOME OF THE MARIST COLLEGE DISTANCE RUNNING CAMP. 4th Year. Best distance camp in the country! Former Guests: Marty Liquori, Dave Wottle, Tony Waldrop, Frank Shorter, Barry Brown, Tom Fleming. Videotape form analysis. 5 different teaching stations. Receive 30-page folder on yourself. Nautilus & universal weight-training instruction. Pool, dorm housing, excellent food. For free brochure write (after March 1): Rich Stevens, Head X-C/Track Coach, Marist College, Box #814, Poughkeepsie, N.Y. 12601

"Where distance running is more than just a game...it's an important name!"

## LONG ISLAND ATHLETIC CLUB

... ALL ATHLETES WELCOME

... SUMMER DEVELOPMENT MEETS  
(Tuesday, Mepham High School  
Thursday, Centereach H.S.  
Sun. morning, Eisenhower Pk)

... TRAVEL TEAM TO MEETS ALL YEAR

... "MEET OF CHAMPIONS",  
(Tuesday after State Intersectional  
Meet--tentative)

CONTACT LIAC 53 Willets Road  
Old Westbury, N.Y.

(516) 334-1166

(Tues, Wed, Thurs, 11-2 P.M.)





STATE UNIVERSITY OF NEW YORK  
COLLEGE OF ARTS AND SCIENCE  
PLATTSBURGH, NEW YORK

*"The Cardinals"*

## TRACK & FIELD TEAM

A State University of New York College of Arts and Science with bachelor's and master's degree programs in professional studies, general education, humanities, science and mathematics and social sciences. Final assembly site for the 1976 United States Summer Olympic Team. Modern and complete indoor and outdoor track facilities.

### A STRONG AND DEVELOPING YEAR-ROUND TRACK AND FIELD PROGRAM



FOR INFORMATION WRITE:  
HOWARD HAMMONDS, COACH OF TRACK AND FIELD  
MEMORIAL HALL  
PLATTSBURGH STATE UNIVERSITY COLLEGE  
PLATTSBURGH, NEW YORK 12901

UNIVERSITY OF MARYLAND presents:

## World's Greatest Track and Field Camp

June 27 - July 3, 1976

on the campus of the University of Maryland, College Park, Maryland

\*\*\*\*\*

A concentrated course in the fundamentals of the following events:

- |              |                   |
|--------------|-------------------|
| - POLE VAULT | - HIGH JUMP       |
| - SHOT PUT   | - MIDDLE DISTANCE |
| - SPRINTS    | - HURDLES         |

All classes are tailored to the athlete and his unique problems.

Last years instructors included:

- |                         |   |
|-------------------------|---|
| - STEVE SMITH.....      | World Indoor PV Recordholder, former Olympian, ITA Champ, many times over 18 feet   |
| - BUDDY WILLIAMSON..... | 1973 Professional Champion, Former N.C.A.A. Champ   |
| - RANDY MATSON.....     | 1968 Olympic Champion, World's First 70- Footer   |
| - DAVE WOTTLE.....      | 1972 Olympic Champion, 800 Meters World Record Holder   |
| - FRANK COSTELLO.....   | World Renowned Expert on training and technique of the Flop and Straddle High Jump method. Former N.C.A.A. Champion and No. 1 ranked High Jumper in the Nation. |

INSTRUCTORS WILL LIVE AT THE CAMP AND BE AVAILABLE FOR THE DURATION  
WILL HAVE PRO TRACK STARS EVERY YEAR

These concentrated courses include workouts, video tape instruction, individual analysis by experts, lectures, films, photos, tee shirts, competition and awards.

A complete course that covers your effort from start to finish. One full week of intensive instruction and participation with world class athletes.

AGE QUALIFICATION: From 9 Years Old up to students entering senior year of High School (H.S. graduates not eligible). Coaches are welcome.

For more information please write to Coach Frank Costello, Box 295, University of Maryland, College Park, Maryland 20740 - or call (301) 454-4816.

UNIVERSITY OF MARYLAND  
(The Track Power Of The East)

Atlantic Coast Conference Champions For The Last Twenty Years

- |  |                                     |
|--|-------------------------------------|
| FRANK COSTELLO - Head Track Coach            | DICK DRESCHER - Shot - Discus Coach |
| BOB DEEN - X Country - Middle Distance Coach | JACK RUCKERT - Javelin Coach        |
| STAN PITTS - 440 - 880 Coach                 | PETE KOWZUN - Pole Vault Coach      |
| DON SMITH - Long Jump - Triple Jump Coach    | BUDDY WILLIAMSON - Pole Vault Coach |
|  | JOE DAVID - Hurdle - H.J. Coach     |

\*\* SEE OUR NEW TARTAN TRACK

Coach: Frank Costello  
Box 295  
University of Maryland  
College Park, Maryland 20740

## COMPLIMENTS

TRACK TEAM  
ARCHBISHOP MOLLOY HS  
JAMAICA, NY  
TONY PERRONE, COACH

TRACK TEAM  
ST. JOHN THE BAPTIST HS  
WEST ISLIP, NY  
BOB RAMPINO,  
JOHN RICE, COACHES

CROSS-COUNTRY TEAM  
NORTH SALEM HIGH SCHOOL  
NORTH SALEM, NY  
JOHN OSBORNE, COACH

TRACK TEAM  
NORTH SALEM HS  
NORTH SALEM, NY  
HOWIE RYAN, COACH

TRACK TEAM  
JOHN F. KENNEDY HS  
BRONX, NY  
IRV GOLDBERG, COACH

TRACK TEAM  
GROVER CLEVELAND HS  
RIDGEWOOD, NY  
ARNOLD MINKOFF, COACH

TRACK TEAM  
KSOR. SCANLON HS  
BRONX, NY  
ROBERT SCOTT,  
THOMAS FARRELL, COACHES

TRACK TEAM  
MIDWOOD HIGH SCHOOL  
BROOKLYN, NY  
BOB STEINBERG,  
GARY KASTIN, COACHES

TRACK TEAM  
BISHOP LOUGHLIN HS  
BROOKLYN, NY  
ED BOWES, DICK GLYNN,  
COACHES

TRACK TEAM  
MARTIN VAN BUREN HS  
QUEENS VILLAGE, NY  
AL CAPELLI, COACH

TRACK TEAM  
EAST NEW YORK HS  
BROOKLYN, NY  
HENRY JUNK, COACH

TRACK TEAM  
PEARL RIVER HS  
PEARL RIVER, NY  
TOM DOHERTY, COACH

TRACK TEAM  
DeWITT CLINTON HS  
BRONX, NY  
HOWARD RICHTER, COACH

TRACK TEAM  
BRANDEIS HS  
NEW YORK, NY  
JIM BROWN, COACH

TRACK TEAM  
GEORGE WASHINGTON HS  
NEW YORK, NY  
GEORGE WISNIEWSKI, COACH

TRACK TEAM  
ALBERTUS MAGNUS HS  
BARDONIA, NY  
DICK WEIS, COACH

TRACK TEAM  
SUSAN WAGNER HS  
STATEN ISLAND, NY  
JOEL HOCHHEISER, COACH

TRACK TEAM  
CHRISTIAN BROS. ACAD.  
STRACUSE, NY  
JERRY RICHMAN, COACH

TRACK TEAM  
XAVIER HS  
NEW YORK, NY  
JIM SCOTT, COACH

TRACK TEAM  
ST. ANTHONY'S HS  
SMITHTOWN, NY  
HAL ROTHMAN, COACH

TRACK TEAM  
CHRISTIAN BROS. ACAD.  
ALBANY, NY  
CLIFF LEHMAN, COACH

TRACK TEAM  
SHAKER HS  
LATHAM, NY  
ED SPRINGSTEAD, COACH

TRACK TEAM  
CLARKSTOWN NORTH HS  
NEW CITY, NY  
GERALD BUCKLEY, COACHES  
JOSEPH D'INNOCENZO

TRACK TEAM  
JOHN F. KENNEDY HS  
BELLMORE, NY  
AL BERKOWSKY, COACH

TRACK TEAM  
DIVISION HS  
LEVITTOWN, NY  
HOWARD FIVNICK, COACH

TRACK TEAM  
COLONIE HS  
COLONIE, NY  
HARRY KOCH, COACH

TRACK TEAM  
UNIV-TENNESSEE  
KNOXVILLE, TENN.  
STAN HUNTSMAN, COACH

TRACK TEAM  
OCEANSIDE HS  
OCEANSIDE, NY  
KEN HENDLER, COACH

TRACK TEAM  
CHAMINADE HS  
MINEOLA, NY  
RICH LANDRY, COACH

TRACK TEAM  
LINCIN HS  
BROOKLYN, NY  
JIM KELLY, COACH

TRACK TEAM  
NEW DORP HS  
STATEN ISLAND, NY  
BILL WELSH, COACH

TRACK TEAM  
PT. RICHMOND HS  
STATEN ISLAND, NY  
PAUL ZEMACHSON, COACH

TRACK TEAM  
MSGR. FARRELL HS  
STATEN ISLAND, NY  
GEORGE KOCHMAN, COACH

TRACK TEAM  
LAPAYETTE HS  
BROOKLYN, NY  
RALPH FONZA, COACH

TRACK TEAM  
UNIONDALE HS  
UNIONDALE, NY  
AL KRAUSER, COACH

TRACK TEAM  
MT. VERNON HS  
MT. VERNON, NY  
DAVID RIDER, COACH

TRACK TEAM  
MARIA REGINA HS  
UNIONDALE, NY  
JOHN HARBULAK, COACH

TRACK TEAM  
SUFFERN HS  
SUFFERN, NY  
JOE BIDDY, COACHES  
DAVID GAUNT

TRACK TEAM  
THOMAS EDISON HS  
JAMAICA, NY  
DAVE COHEN, COACH

THE YEARBOOK  
THANKS THESE  
COACHES AND  
THEIR TEAMS FOR  
THEIR GENEROUS  
SUPPORT.  
HOW ABOUT YOU  
FOR NEXT YEAR?  
ONLY \$5.00.

TRACK TEAM  
IRVINGTON HS  
IRVINGTON, NY  
PETE OLEY, COACH

TRACK TEAM  
CATHOLIC CENTRAL HS  
BINGHAMTON, NY  
JOE COLONNA, COACH

TRACK TEAM  
WHITE PLAINS HS  
WHITE PLAINS, NY  
JOHN KACANDES, COACH

TRACK TEAM  
BETHPAGE HS  
BETHPAGE, NY  
FRED WEDER, COACH

TRACK TEAM  
MCQUAID JESUIT HS  
ROCHESTER, NY  
BOB BRADLEY, COACH

CROSS-COUNTRY TEAM  
HORACE GREELEY HS  
CHAPPAQUA, NY  
TOM BAKER, COACH

TRACK TEAM  
BISHOP GRINES HS  
SYRACUSE, NY  
JIM GLISSON, JOHN ZAGATA,  
JERRY MAHON, COACHES

TRACK TEAM  
WILLIAM FLOYD HS  
MASTIC BEACH, NY  
FRANK LABIANCA, COACH

TRACK TEAM  
ALL HALLOWS HS  
BRONX, NY  
JOHN MULLEGAN, COACH

TRACK TEAM  
XAVIERIAN HS  
BROOKLYN, NY  
FRANK MCCARTHEY, COACH

TRACK TEAM  
WARASH COLLEGE  
CRAWFORDSVILLE, IND.  
ROBERT JOHNSON, COACH

TRACK TEAM  
KANSAS UNIVERSITY  
LAWRENCE, KANS.  
GARY FEFIN, ASST COACH

TRACK TEAM  
EASTERN MICHIGAN UNIV.  
YPSILANTI, MICH.  
BOB PARKS, COACH

TRACK TEAM  
OHIO WESLEYAN UNIV.  
DELAWARE, OHIO  
MARY PRYE, COACH

TRACK TEAM  
TOTTENVILLE HS  
STATEN ISLAND, NY  
STU LEVINE, COACHES  
PETE WHITEHOUSE

TRACK TEAM  
FRANCIS LEWIS HS  
FLUSHING, NY  
NAT ALVICH, COACH

TRACK TEAM  
MEPHAM HS  
BELLMORE, NY  
PAUL LINNER, COACH

TRACK TEAM  
SPRINGFIELD GDNS HS  
SPRINGFIELD GDNS, NY  
WALLY WOLK, COACH

TRACK TEAM  
SOUTH SHORE HS  
BROOKLYN, NY  
ANDY FERRARA, COACH

TRACK TEAM  
POWER MEMORIAL ACAD.  
NEW YORK, NY  
BRO. J.G. EIELEN, COACH

TRACK TEAM  
NANUET HS  
NANUET, NY  
DAVE HANSON, COACH

TRACK TEAM  
NEW ROCHELLE HS  
NEW ROCHELLE, NY  
JOE SOPRANO,  
OLIVER HENRY, COACHES

TRACK TEAM  
FOX LANE HS  
BEDFORD, NY  
SKIP EARLE, COACH

TRACK TEAM  
SHENENDEHOWA HS  
ELMORA, NY  
BRENT STEUERWALD, COACH

CROSS-COUNTRY TEAM  
MELVILLE HS  
SETAUKET, NY  
STEPHEN GOODWIN, COACH

TRACK TEAM  
LASALLE HS  
NEW YORK, NY  
DENNIS HEALLY, COACH

TRACK TEAM  
FREEPORT HS  
FREEPORT, NY  
JOE BESSEL, COACH

TRACK TEAM  
FLUSHING HS  
FLUSHING, NY  
JOHN CORRY, COACH

## NINTH ANNUAL

Glenn D. Loucks Memorial  
Track & Field Games

"THE Meet" 1976

FRIDAY, MAY 7 & SAT, MAY 8

White Plains H.S.

Conducted by  
The Board of Education  
White Plains, N.Y.

Sanctioned by the National Federation of State High School Athletic  
Associations for the States of: Delaware, Maine, Maryland, Massachu-  
setts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode  
Island, Vermont for the District of Columbia; for the  
Provinces of Ontario & Quebec & the Commonwealth of Puerto Rico

## 24 Championship Events

Team Awards In Six Categories

For Further Information Contact:

Edwin E. Kehe, Chairman,  
Games Committee

White Plains High School  
550 North Street  
White Plains, N.Y. 10605

## Liverpool High School

Varsity

Cross-Country Team

Indoor Track & Field Team

95% winning record last 8 years)

Outdoor Track & Field Team

(Dual Meet record since 1964 :

Won - 105 Lost - 14

HEAD COACH-OSCAR B. JENSEN  
Freshman Coach-Steve Bero

Wishes continued success to

Marc Bloom and his excellent

New York State Scholastic Track

Yearbook

## Archbishop Molloy HS

THE COACHES AND MEMBERS

OF THE ARCHBISHOP MOLLOY

HIGH SCHOOL TRACK & FIELD

TEAM, ONE OF NEW YORK'S

TOP TRACK & FIELD SCHOOLS,

WISH TO EXTEND THEIR THANKS

TO MARC BLOOM

FOR HIS OUTSTANDING CONTRIBUTION

TO TRACK & FIELD.

THE  
STATEN ISLAND  
TRACK COACHES  
ASSOCIATION

AL LANE  
Curtis HS

STU LEVINE  
PETE WHITEHOUSE  
Tottenville HS

HARRY SCHIFFMAN  
McKee Voc. HS

BILL WELSH  
New Dorp HS

BOB TERRELLE  
St. Peter's HS

GEORGE KOCHMAN  
Mgr. Farrell HS

PAUL ZEMACHSON  
Pt. Richmond HS

BILL HODGE  
Moore HS

ED GORMAN  
St. Joe's By The Sea

27th Annual

## Cardinal Hayes Games

Saturday, January 24, 1976

STATE ARMORY

168th Street & Broadway  
New York City

10 A.M.

CONGRATULATIONS

TO  
HIGH SCHOOL ATHLETES  
AND COACHES  
NAMED IN THIS PUBLICATION  
from the

UNITED STATES  
MILITARY ACADEMY

TRACK AND FIELD TEAM

Coach Carleton R. Crowell  
Assistants: Captain Mel Pender  
Lieutenant Tom Hill  
Spec. John Delamere  
Mr. George Storck

**WEST POINT.** Four year university EDUCATION leading to a Bachelor's Degree and a commission as an Army officer. Career and advancement OPPORTUNITIES. Worldwide ADVENTURE. LEADERSHIP. CHALLENGE. The WEST POINTER is in demand in or out of the service.

**WEST POINT.** Outstanding athletic facilities. Outstanding Cross Country, Track and Field Program.

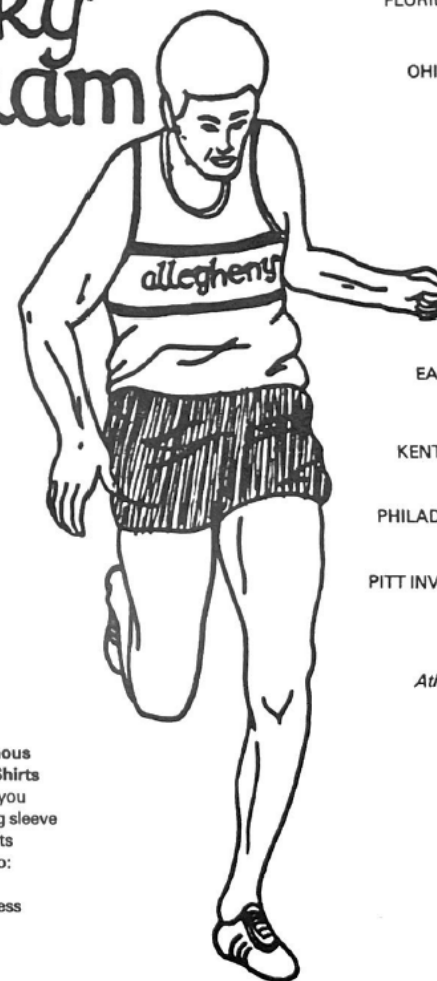
**WEST POINT.** The "POINT" — WHERE IT ALL BEGINS FOR MANY.  
WHY NOT FOR YOU?

For further Admissions and Track information, contact:

Coach Carleton R. Crowell  
Army Athletic Association  
United States Military Academy  
West Point, New York 10996  
(914) 938-2425

Col. Harold G. Beal, Jr.  
Associate Director of Admissions  
United States Military Academy  
West Point, New York 10996  
(914) 938-3623

# the alleggheny TRACK and CROSS COUNTRY program



NJCAA Regional Cross Country Champions  
1968 1969 1970 1971 1972 1973 1974  
National Junior College  
Athletic Association  
Champions 1973  
NJCAA Team Marathon  
Champions 1975  
Junior College Record  
86 wins 0 losses 1 tie

FLORIDA RELAYS

OHIO STATE RELAYS

PENN STATE RELAYS

PENN RELAYS

QUANTICO RELAYS

EASTERN MICHIGAN INVITATIONAL

KENT STATE — OHIO U. RELAYS

PHILADELPHIA TRACK CLASSIC

PITT INVITATIONAL

Neil I. Cohen and Sam Bair  
Athletic Director and Coach of Track  
and Cross Country  
ALLEGHENY CCAC  
808 Ridge Ave.  
Pittsburg, Pa. 15212  
412-237-2633

Home of the Nationally Famous  
Allegheny "Run For Fun" T-Shirts  
Available for the first time to you  
at \$4.00 short sleeve or \$7.00 long sleeve  
great training or leisure shirts  
Send Money Orders Only to:  
Neil Cohen  
Include size and return address



Luis Ostolozaga on the anchor mile, leading Bishop Loughlin of Brooklyn to victory in the big Penn Relays Distance Medley at rain-splattered Franklin Field ... Don Paige of Baldwinsville, State's leading runner for 1975, winning mile in Intersectionals in 4:11.1. He also took the 880 in 1:52.9.  
Penn Relays Photo by Steven E. Sutton/DUOMO.  
Paige by Mike Holdridge.