

CHSAA

NEWSLETTER

Vol. I, Ed. XI

February 14, 1974

25¢ copy

POWER'S RELAY SETS CHSAA RECORD

IONA GAMES, FEB. 2-STATE ARMORY-- The meet, sponsored by the Iona College Spiked Shoe Club, was divided into 2 sections for scoring. Molloy was just beaten by Power, 40-38, in Section I. In section II, Paramus Cath. was victorious, with Iona Prep and La Salle not far behind.

Daryl Everett (Power) held back much of the 600 yards enroute to his victory. On the gun lap he exploded to record a 1:14.5 clocking. Ron Stafford of Maria Regina was second.

It's not often you see a dead heat in the 1000, but that's just what happened to Paul Buttermark and Tim Behr. The pace was not too fast through the 880, and everyone had a good kick. Buttermark (St. Peter) fought Ed Gardner (St. John) down the last stretch, and Behr (Loughlin) slipped in at the last moment. Buttermark was awarded 1st but Behr was given the same time. Gardner was a tenth behind.

The mile was very exciting, pitting two runners against one another. Talk about McCarthy going for the flatfloor record added to the excitement. Fordham's Jack Lynch led through a 63 440 with McCarthy 2nd. The All Hallows' runner soon took the lead, and after the half, it was him and Johnston all alone. Johnston went wide to pass, and McCarthy appeared to let him in to take the pace. With a quarter to go, however, McCarthy was again ahead of the Power senior senior, this time to stay. At the gun Gene kept looking around to see if Johnston was coming, but he wasn't. The winning time was 4:15.8. Brian Johnston clocked 4:19.7.

NASSAU-SUFFOLK INV. FEB. 9-ARMORY-- The feature race of the program, the distance medley, produced a swarm of fast times and a CHSAA record.

The winner by a good margin was Power Memorial who's 10:22.8 is only a second off the flatfloor record.

Soph Maurice Weaver ran near the front for his 3/4 leg. He handed to Greg Little, who ran another super 400, and handed off in first to Daryl Everett. Everett held on to the lead and Brian Johnston iced the victory with a 4:20.6 anchor.

More eyes were on All Hallows during the anchor, for Gene McCarthy had the stick. Gene received the baton in 8th and quickly advanced to 5th with a 60.8 440. At the end, despite his 4:18.1 mile, the All Hallows team placed 4th. Paul Buttermark (St. Peter) reportedly ran a 4:16.0 anchor!

The 2-mile run was captured by Harbordfields Bob Cavaliero, but four league athletes ran under 9:40 in that race. Jim Shields (Chaminade) placed 3rd with 9:33.9. Two Maria Regina runners, George McCutcheon and Bob Coufal, placed 4th and 5th with 9:37.7 and 9:38.6 respectively. Matt Munson (Cham) was a tenth below with 9:39.9.

Ron Stafford (Regina) ran the 2nd fastest 1000 for the league this year while placing 2nd to Belger. His time was 2:16.9.

Chaminade was 5th in the scoring with 26 points. Maria Regina was right behind with 22, and Holt Trinity compiled 18 for 8th.

Newsletter Needs You - Yes You!

The CHSAA Newsletter is now in its 11th edition. It is a fast expanding publication, subscribers now number 92. This may not sound like too many, but considering this is its first year and the lack of publicity, it is pretty good. Of course I am looking forward to many more subscribers, maybe even doubling by the end of outdoor's. You can help me to this end by telling your friends, or if you're a coach, tell your team. I did not set out to make this an advertisement, I want to talk about the newsletter.

I have now expanded coverage to the whole CHSAA. If you received the letter during cross-country, you know I concerned myself mainly with the NY Section. Starting with this indoor season statistics, results and all-star picks will consider the whole league. To achieve this, I will need assistance from coaches and anyone else to send results.

During indoors, I can cover all meets in the Armory. Meets outside the Armory I will probably not get to. If someone would send me results of such meets, I would greatly appreciate it. During the outdoor season, I'm sure there are meets all over and I couldn't possibly cover them all. If I could have reliable persons keep me up on Staten Island, Brooklyn-Queens, and Nassau Suffolk news, it would be great!

It was easy to keep on top of only the NY Section with little help, but now with the whole CHSAA, I need help! If you want your meet or athlete written up, all you have to do is phone or mail me the information!!

The statistical lists of best performances by CHSAA athletes for this year are incomplete in some areas. I know this, and want you to help me out. If you find your athlete missing from the list, please tell me! It is essential to keep records accurate! In the Iona Meet, many performances were missed by me. I usually rely on the heat sheets, where the top 6 in each heat are recorded, to copy CHSAA performers. In the Iona Meet they evidently did not keep such a record, so it was impossible to catch everyone with my one watch. This is why I particularly urge the scrupulousness of these lists. Inform me of

any amendments by mail, phone or in person. I ask all this because I want the newsletter to be the complete document of the CHSAA concerning track & field. Please don't forget.

CLOSE - UP

STEVE CROOKE, ST. ANTHONY

The St. Anthony senior came off a fine cross-country campaign, where he ran 12:46, and continued his superior performances. Thus far he has recorded a 9:25.3 to win the Iona 2-mile, and a 4:23.9 mile, as well as some notable relay legs.

"I do mostly distance work, four miles in the morning and then 12 more in the afternoon. I do some speedwork, but that is done on the roads as all my other running. Speedwork is concentrated on more during outdoors."

As goals he mentioned, "9:10 2-mile and 4:14 mile by outdoor season. I consider the 2-mile my best event."

As far as colleges go, he's not sure but, "I am considering Villanova Penn State and Providence."

In respect to the two-event rule, he commented, "I personally don't like to double, but if others do let them. They should be able to run four or five events, why not?"
BESTS: MILE-4:23.9; 2-MILE-9:25.3..

N.B. DON'T FORGET THE CHSAA ANNUAL WITH STATISTICS, RECORDS AND PHOTOS REVIEWING THE ENTIRE TRACK & FIELD YEAR.

1.00 WILL GET YOU THIS INVALUABLE PUBLICATION.

WEATHER OR NOT TO RUN

If you read the January issue of Runners World, you know that cold weather does not necessarily prevent outdoor training.

One person, who lives in Canada, often runs in temperatures of 50 degrees below with little discomfort. Once he even ran 7 miles in 125 below zero! He says he'll never do it again though.

The trick of cold weather running is proper clothing and a little common sense. If you have both of these, you'll find no problems with any weather conditions a NY State winter can throw at you.

It is suggested that to cover the upper body, several thin layers of garments be donned rather than one or two bulky sweattops. This is for two reasons. For one, the thin layers will tend to be lighter and allow for more maneuverability, and also, they will allow air, which is the best insulator in the world, to flow between layers. It is wise to wear a soft, comfortable shirt for the first layer to avoid chafing and irritation. As for the legs, only one pair of sweats (if any) will be needed for most conditions. However, if the thermometer really plummets, you may find a pair of long underwear under the sweats to be helpful.

Since blood has trouble flowing to the extremities of the body (i.e.: the hands, feet and ears) it is recommended to cover them. Woolen or leather gloves will do fine and a pair of ear muffs, or better yet, a hat with which you can pull over your ears will suffice. The hat is very important to keep the heat in your body, for 40% of heat lost during a run is lost via the head! A pair of socks and shoes should take care of your feet. Leather shoes are found to be better in snow and rain than nylon.

When the wind is blowing hard, the best plan of action is to run into the wind at the start, and have the wind at your back returning. At the start of a run you are fresher and will be able to handle the wind better. Coming back, a little tired, a wind behind you will be encouraging. For those who think running against the wind when you're tired makes you twice as tough, let me warn. By the time you are returning your clothes will be pretty wet from sweat, and your body will already have lost valuable heat. When that wind whips at your wet clothes, you're going to feel it!

When you finish your run, get inside and out of your clothes as quickly as possible. If possible take a shower, but if conditions are not compliant, a thorough toweling will do. Make sure you dry your hair very well, and are warmed up before you go outside again.

Long runs need not be eliminated during the winter months. They are needed to build a good base for outdoors season. If proper care is taken, not every workout need be at the Armory!

IF YOU THINK THIS CHSAA NEWSLETTER STINKS,
THEN TELL ME ABOUT IT! GET IT OFF YOUR
CHEST AND INTO THE MAILBOX. YOUR LETTER
WILL BE PRINTED!

EVEN IF YOU LIKE US, DROP A NOTE ANYWAY.



MEET RECORDS

TONA COLLEGE MEET, FEB. 2, ARMORY-
NOVICE SHOT- 1. Nelson Garcia, LSA, 44-11; ... FROSH D'ST MEDLEY- 1. St. Joe Metuchen, 8:25.8; 2. Bergen Cath, 8:26.5; 3. St. Joe Metuchen, 8:28.8; 4. Nazareth, 8:34.0; 5. Farrell, 8:34.7. NOVICE HJ- 1. Rettigano, Paramus, 6-2; 2. Tomkiewicz, St. Peter, 5-6; 3. Fiond, Power 5-6; 4. Dobsom, St. Joe Reg, 5-4; 5. Bob Caravella, LaSalle, 5-2; Evola, Farr, 5-2; Mirozinski, St. Peter, 5-2. NOVICE 880 RUN- 1. O'Hanlon, Mount, 2:07.6; 2. Shuell, Paramus, 2:08.5; 3. Miles, St. Peter, 2:11; 4. O'Shea, SJReg., 2:11.5; 5. Soder, Mater Christi, 2:12.3 FROSH 440 RUN- 1. Del Rossi, Holy Cross, 55.5; 2. Williams, Loughlin, 56.9; 3. Nolan, Mount, 58.0; 4. Moftah, Nazareth, 58.5; 5. Lucania, Spellman, 60.2/..... JR. 880- 1. Dennis, Reilly, 2:04.4; 2. Al Wapp, Moll, 2:05.6; 3. Tom Eckhoff, Molloy, 2:05.7; 4. Ray Curry, Farrell, 2:06.5; 5. Manzi, Moll, 2:06.9; 6. McCarthy, Christ/King, 2:09..... SUB-MIDGET 440 REL- 1. Holy Cross- (Martinez, Danias, Novelli, Crowlet)- 51.8; 2. Loughlin, 53.4; 3. Christ the King-54.8; 4. Holy Cross, 55.1; 5. Mount St. Michael, 55.5..... MIDGET 440 REL Christ the King- (Logiurto, Drew Young) 50.5; 2. McClancy, 50.5; 3. Xavier, 51.3; 4. Ford, 52.7; 5. McClancy, 53.4..... FROSH 880 REL- 1. Fordham- (Smith, Mella, Donofrio, Nadilsky)-1:44.8; 2. Holy Cross-1:45.5; 3. Loughlin-1:46.4; 4. Molloy-1:46/6; 5. St. Francis, 1:46.9... SOPH SPRINT MEDLEY- 1. Loughlin- (Harper Tassiy, Jorsling, Ostolozaga)-3:48.7; 2. Spellman, 3:49.5; 3. Molloy, 3:52.4; 4. DuBois, 3:56.0; 5. McClancy, 3:57.9... JR. 880 REL- 1. Christ the King, 1:39.4 2. Holy Cross, 1:39.9; 3. Molloy, 1:41.2; 4. Molloy, 1:42.5; 5. Xavier, 1:43.7.... NOVICE 880 REL- 1. Paramus, 1:44.5; 2. Iona, 1:45.6; 3. Christ the King, 1:45.7 4. Mount St. Michael, 1:45.7; 5. Reilly, 1:46.3..... OPEN 100 (DIV. I)---- 1. Milone, Cham, 10.9; 2. Capano, Farrell; 3. Bennaro, St. John; 4. Forbes, Nazareth; 5. McNamara, St. Francis..... OPEN 100 (DIV II): 1. Smith, Iona, 10.6; 2. Deisewen Bosco; 3. Mooney, LaSalle; 4. Reilly, St. Anthony; 5. Etermann, St. Anthony.....

OPEN 60 HH (DIV III): 1. Poney, power, 7.8 2. O'Brien, Molloy; McDonough, St. Fran 4. Gunderson, Xaverian; Boylan, Nazar; OPEN 60HH (DIV II): 1. Hart, Paramus, 7.8; 2. Popek, Paramus; 3. Sutherland, St. Joe; 4. Pace, LaSalle; Kroog, La Salle..... OPEN 1000- 1. Paul Buttermark, St. Peters, 2:19.4; 2. Tim Behr, Loughlin, 2:19.4; 3. Ed Gardner, St. John, 2:19.5; 4. John Daly Farrell, 2:20; 5. Durant, St. Joe Reg, 2:20.5..... OPEN 600- 1. Daryl Everett, Power, 1:14.5; 2. Ron Stafford Maria Regina, 2:15.5; 3. Bob Kurach, Xaverian, 1:16.3; 4. Piegza, St. Peters 1:16.7; 5. Bob Fitzpatrick, Chaminade 2:16.8..... OPEN 300 - 1. Greg Little Power, 33.0; 2. Colloins, St. Pete Prep 33.2; 3. Vasta, Iona, 33.5; 4. Bob McBride, Fareel, 34.0; 5. McField, Christ the King, 34.1..... OPEN 880 REL- 1. St. Joe Regional, 1:37.8; 2. tie Xaverian and Marist, 1:37.8; 4. Msgr Scanlan, 1:38.5; 5. Stepinac, 1:38.7... MILE RUN- 1. Gene McCarthy, All Hallows 4:15.8; 2. Brian Johnston (BJ), power 4:19.7; 3. Marc Ogden, Molloy, 4:20.8; 4. Bob McDermott, Paramus, 4:21.2; 5. Hevin Walsh, St. Joe Reg, 4:26.0..... OPEN 2-MILE REL# 1. Molloy- (D. Averill 2:06; Bernadone (2:03.2); Greishaber- (2:02.3); FAverill (2:02.7)-8:14.2 2. St. Francis, 8:16.4; 3. Power, 8:17.1 4. Rice, 8:18.3; Nazareth, 8:24.8..... OPEN TWO MILE RUN- 1. Steve Crooker, St Anthony, 9:25.3; 2. Gary Conroy, Moll, 9:25.4; 3. Andy O'Rourke, Fordham, 9:32.4; 4. Art Stolba, Power, 9:40.8; 5. Paul Kaftanski, Loughlin, 9:41.5 OPEN MILE RELAY- 1. St. Anthony's, 3:33.2 2. Power, 3:34; 3. Xaverian, 3:34.3; 4. Spellman, 3:37.4; 5. St. Francis, 3:37.8 SCORING: DIVISION I: Power, 40; Molloy, 38; Loughlin, 17; Xaverian, 17; Farrell, 16; Chaminade, 13; St. John, 12; Spellman, 11; St. Francis, 11; Holy Cross, 10; St. Peters Prep, 6; Nazareth 5; Stepinac, 4; Mater Christi, 3; Christ the King, 3..... DIVISION II: Paramus Cath., 27; St. Joseph Reg., 24; Iona Prep, 23; LaSalle, 19; St. Anthony, 18; St. Marys, 14; McClancy, 14; All Hallows, 11; Fordham, 9; Maria Regina, 8; DuBois, 6; Rice, 6; St. Peters (SI), 6; St. Agnes, 4; Marist, 4; Don Bosco, 4; St. Benedicts, 3; Scanlan, 3; Xavier, 1;

Meet Results Continued...

BROOKLYN BORO CHAMPS, FEB. 5, ARMORY-
 Xaverian registered a convincing victory in the varsity section, scoring 81 points to St. Francis' 44½.
 Xaverian athletes placed in each of the varsity events, winning 5 of 12. Bob Murach (Xav) won the 440 run in a quick 52.4. A Loughlin soph, Lou Ostolozaga, ran a fantastic 4:32.8 mile, beating out many respectable seniors. Pete Williams (Lough) sped to an unchallenged 56.6 win in the Frosh 440. RESULTS: FROSH 220- 1. Bill Clark, Lough, 25.5; 2. Glover, Ford, 25.8; 3. Stewart, St. Francis, 26.7; 4. Stone, Nazareth, 27.2; 5. Benyl, St. Fran, 29.3. VAR 220- 1. Galetta, Xaver, 24.0 2. Fenderson, St. Fran, 24.5; 3. tie- Harper, Lough; DiAgusta, Xaver; DeFonzo Xaverian; DelCure, Xaverian-25.1. FROSH 60HH- 1. Procino, St. Fran, 9.3; 2. Miccio, St. Fran, 10.1; 3. McCarthy, Xaver 10.2; 4. Illua, Nazareth, 10.4; 5. Eng, Xaverian, 10.5; VAR 60 HH- 1. Bruce Gunderson, Xaverian, 7.7; 2. McDonough, St. Fran, 7.8; 3. Joe Duncan, Xav'an, 7.8; 4. Bob Radix, Xaverian, 8.1; 5. Tobin, Xavern, 8.3. FROSH 880- 1. Acquavella, Nazareth, 2:14.7; 2. Golden, Xaver, 2:17.8; 3. O'Sullivan, Xavern, 2:18.2; 4. Maruniaro, Lough, 2:31.0. VAR 880- 1. Tim Behr, Lough, 2:01.8; 2. Bob Gaffney, Xavern, 2:03; 3. Muldoon, Nazareth, 2:04.2; 4. Powell, St. Francis, 2:04.3; 5. Kowalcyky, St. Fran, 2:09.3 FROSH 440- 1. Pete Williams, Lough, 56.6; 2. Moftah, Nazareth, 59.5; 3. Barresci, St. Fran, 60.2; 4. Pelligrina, Nazareth, 61.1; 5. Pickel, St. Fran, 64.6. VAR 440- 1. Bob Murach, Xavern, 52.4; 2. Jim Mayberry, St. Fran, 53.7; 3. Tom Haslam, Ford, 54.0; 4. Sullivan, Xavern, 54.5 5. Randy Murray, Nazareth, 55.0; 6. Ryan, Ford, 55.2; 7. Berger, Xavern, 55.4. FROSH MILE- 1. Gallagher, Nazareth, 5:03.5; 2. Smith, Lough, 5:04.6; 3. O'Donnell, Nazar, 5:19.5; 4. Rivera, 5:20.6; 5. Little, St. Fran, 5:26.3. VAR MILE- 1. Lou Ostolozaga, Lough, 4:32.8; 2. Fred Cabot, Ford, 4:34.0; 3. Paul Kaf-tanski, Lough, 4:34.2; 4. Cocoran, Nazar, 4:36.6; 5. John Black, Xavern, 4:44.5. FROSH HIGH JUMP- 1. West, St. Fran, 5-2; 2. Pacelli, Nazar, 5-2; 3. Morrin, Xavern, 5-0; 4. Marabello, Xavern, 4-8; 5. Ward, Nazareth, 4-8. VAR HJ- 1. Mauresse,

Var. HJ- 1. Mauresse, Xavern, 5-10; 2. Gunderson, Xavern, 5-6; 3. Schulze, St Fran, 5-6; 4. Boylan, Nazareth, 5-4; 5. Gjermuson, Xavern, 5-4; Wilkins, St. Francis, 5-4. FROSH 100- 1. Pascal, St. Fran, 11.5; 2. D'Ambrosio, Xavern, 11.5; 3. Sazzi, Lough 4. Nunn, Nazareth; 5. Tarantino, St. Fran; VAR 100- 1. PALINKAS, Xavern, 10.9; 2. Forbes, Nazareth, 11.0; 3. John McNamara St. Fran; 4. Rallis, Xavern; 5. McDonough St. Francis. FR SHOT- 1. Nevitt St. Fran, 49-10; 2. Juliana, Nazar, 46-1½ 3. Killian, St. Fran, 43-1; 4. Caleca, St Fran, 42-6; 5. Kasper, St. Fran, 41-5. VAR SHOT- 1. John Bakewicz, Xavern, 50-5½; 2. Proscia, Ford, 47-11½; 3. Martin, St. Fran, 46-5; 4. Dilegan, Ford 45-4½; 5. Morelli, St. Fran, 44-10-¾. FR. 440 REL- 1. Xaverian, 52.7; 2. St. Francis, 53.6; 3. Ford, 54.6; 4. Nazareth 56.3; 5. St. Francis, 56.7. VAR 440 RELAY- 1. Nazareth, 48.0; 2. Xaverian, 48.2; 3. Xaverian, 49.1; 4. Nazareth, 50.6; 5. Xaverian, 50.8. FR. MILE RELAY- 1. St. Francis, 4:07.1; 2. Loughlin, 4:07.6; 3. Nazareth, 4:12.6 4. Xaverian, 4:24.8; 5. St. Francis, 4:30 VAR MILE RELAY- 1. St. Francis-(Pete Tittman, Ben Fenderson, Jim Mayberry, Pau; Ferrara)-3:35.3; 2. Xaverian-(DiAgusta, Rallis, Palinkas, Gaffney)-3:38.5; 3. Nazareth-(Werner, Muldoon, Cocoran, Murray)-3:40.1; 4. Xaverian-(Duncan, Pallarino, Berger, Sullivan)-3:40.5; 5. Loughlin-(Ostolozaga, Harper Hildegard, Scotto DiVetta)-3:46.9. VAR 2-MILE 1. Al Paris, Lough, 9:49.8; 2. Chris Scotto DiVetta, 9:57.6; 3. Dave Callaghan, St. Fran, 9:58.2; 4. Joe Moran, Ford, 10:05.9; 5. Keith Palabrica, 10:07.5. FROSH 2-MILE REL 1. Loughlin, 9:48; 2. St. Fran, 9:52.1; 3. Ford, 10:01.4; 4. Xaverian, 10:04.8; 5. Nazareth, 10:13.9. VAR 2-MILE RELAY- 1. St. Francis, 8:32.0; 2. St. Francis, 8:35.7; 3. Xaverian, 8:38.1; Ford, 8:44.7; 5. Loughlin, 8:52.2. VAR PV- 1. Russo, Naz, 11-0; 2. O'Connor Lough, 9-6; 3. Mandella, Xavern, 9-0. VAR SCORING: Xaverian, 81; St. Fran, 44½ Loughlin, 34; Nazaerth, 28½; Ford, 17. FROSH SCORING: St. Francis, 61; Nazareth 44; Loughlin, 43; Xaverian, 27; Ford, 17

OLYMPIC INV., FEB. 8-M.S.GARDEN*

1600 METER CHSAA RELAY-1. Power-(Julio Rivera, 53.2; Bill Crawford, 52.7; Greg Little, 51.1; Daryl Everett, 49.4) 3:26.4
 2. Xaverian-(Jim Rallis, 53.4; Joe Duncan 51.3; Bob Murach, 51.3; Harry Gaffney, 50.8)-3:27.0; 3. St. Francis-(Martin Powell, 54.5; Jim Mayberry, 52.3; Ben Fenderson, 51.9; Gerry Martori, 52.8) 3:31.5; Christ the King-(Joe Capo, Charlie Bindert, Gerry Richardson, Giovanni McField 3:33.2; Msgr. Farrell-(Joe Walsh, Bill Oehm, Nick Capano, John Daly)-3:34.5....

NASSAU-SUFFOLK COACHES INV.-FEB. 9, STATE ARMORY- CHSAA MILE RELAY- 1P---
 1. Power*(Crawford, 54.8; Malone, 53.5; Manda, 53.9; Rivera, 50.7)-3:32.6; 2. Hayes-(Soares, McCray, Gabriel, Zwanzig)-3:33.1; 3. St. Francis-(McNamara, Tittman Ferrara, Martori)-3:34.9; 4. Xaverian-(DiAgusta, Sullivan, Berger, Rallis)-3:37.2; 5. Nazareth-(Werner, Forbes, Muldoon, Murray)-3:39.0.....

CHSAA 2-MILE RELAY-1. Rice-(Linton, Dern McDonald, Mitchell)-8:08.7; 2. Farrell-(Oehm, Walsh, 1:58.1; Golterman, Daly, 1:59 3. Power-(Fiorentino, Dobrolski, Centrowitz, Ryan)-8:16.0.... Farrell team time was-8:12.6.... 4. Molloy-(Mapp, Gaglione Greishaber, Bernadone)-8:18; 5. Christ the King-(Bindert, Drogler, McField, Capo)-8:20.0; 6. Xaverian-(Bendas, Murach, Maher, Gaffney)-8:21.....

DISTANCE MEDLEY (3/4; 1/4; 1/2; MILE)- 1. Power-(Weaver, 3:10.6; Little, 51.1; Everett, 2:00.5; Johnston, 4:20.6)-10:22.8; (CHSAA RECORD) old record 10:25.2 by La Salle in 1972.... 2. North Salem, 10:25.6 3. Loughlin-(Paris, 3:11.0; Scotto DiVetta 53.2; Ostolozaga, 1:59.8; Behr, 4:22.0)-10:26.0; 4. All Hallows-(Suite, 3:13.6; D'Arcò, 55.1; Miller, 1:59.8; McCarthy, 4:18.1; 5. Molloy-(Ogden, Cody, Averill, Conroy)-10:33.4.... All Hallows team time-10:29.3; ... 6. St. Anthony-(Steve Croke, 3:14.3; Folan, 52.9; Mullady, 1:59.2 Steve Croke, 4:33.6)-10:39.6; 7. New Rochelle, 10:40.3; 8. Sheepshead Bay, 10:41; 9. St. Peters-(Buttermark, 4:16), 10:43.4; 10. Fordham Prep-(O'Rourke, Robertson, DiRienzo, Lynch)-10:46.8;....

SCORING: Mepham, 52; Oceanside, 34; Dear Pk. 34; Uniondale, 28; Chaminade, 26; W. Babylon 20; Maria Regina, 22; Trinity, 18; Sewanhaka 14; St. John, 13; L. Beach, 13; Roslyn, 12; West Islip, 12; Lynbrook, 10; Bethpage, 10; Mercy, 6; Wantagh, 6; St. Anthony, 4;

TWO MILE RUN-1. Bob Cavaliero, Harbor, 9:26.5; 2. Norm Blunt, Mepham, 9:27.2; 3. Jim Shields, Chaminade, 9:33.9; 4. George McCutcheon, Regina, 9:37.7; 5. Bob Coufal, Regina, 9:38.6; 6. Matt Munson, Chaminade, 9:39.9.....

1000 RUN- 1. Mark Belger, 2:16.0; 2. Ron Stafford, Regina, 2:16.9; 3. Craig Gunther, W. Babylon, 2:18.4; 4. Rich Degnan, Trinity, 2:19.9; 5. Matt Lake Half Hallows, 2:20.4;

600 RUN- 1. Gary Schmidt, Oceanside, 1:15.4; 2. Rich Kall, Bethpage, 1:16.2 Fred Masmer, W. Islip, 1:16.4; 4. Brian Fitzpatrick, Chaminade, 1:16.7; 5.

60 DASH-1. T. Gray, Sewanhaka, 6.8; 2. Rich Cincota, D. Park, 6.8; 3. Tom Renard, St. John; 4. Mel Lewis, L. Beach; 5. Fugina, Plainedge;

300 DASH- 1. Willie Smith, Uniondale, 32.0; 2. Elmer Harris, W. Babylon, 33.2 3. Rich Cincotta, D. Park, 33.6; 4. Tony Green, Chaminade, 33.7; 5. Rich LeSeur, Floral Park, 33.9.....

MILE RUN- 1. Mark Belger, Mepham, 4:19.5 2. Gary Lindquist, Mepham, 4:20.5; 3. Tom Murray, Syosset, 4:22.7; 4. Kevin Murphy, E. Masadow, 4:22.8; 5. Bob Cavaliero, Harborfields, 4:27.3//////////

2-MILE RELAY-1. Holy Trinity-(Foy, 2:06.9; Bierdrzycki, 2:04.7; Geno, 2:01.9 Degnan, 1:59.1)-8:13.2; 2. Regina-(Ritchie, Coufal, McCutcheon, Stafford)-8:13.6; 3. West Babylon, 8:14.2; 4. St. Anthony-(Wood, 2:07.1; Steve Croke, 2:02.5; P. Croke, 2:08.3; Mullady, 1:59.4 8:17.3; 5. Oceanside, 8:20.4.....

MILE RELAY-1. Oceanside, 3:33; 2. Dear Park, 3:35.8; 3. Chaminade, 3:37.4; 4. Trinity, 3:37.6; 5. Syosset, 3:39.5....

880 RELAY-1. Uniondale, 1:34; 2. Long Beach, 1:36.2; 3. Hempstead, 1:36.6; 4. Floral Park, 1:37.3; St. John's, 1:37.3 6. Chaminade, 1:38.3..... 60 HH-

1. John Kappel, Plain, 7.6; 2. McTirman, Happaage, 7.6; Cahill, 7.7; Mike Murphy, 7.8; Dave Brown, Lawrence, 7.9.....

POLE VAULT-1. Gary Haff, Oceanside, 12-6 2. Bill Phillips, Elmont, 12; 3. Rick Notaro, Wantagh, 12; CHSAA additions- Schneider, St. John, 11; Roncallo, St. John, 10-6..

HIGH JUMP-1. Ken Hill, Park, 6-5; 2. Mitchell, Uniondale, 6-2; 3. Doug Straudenmaier, Mercy, 6; 4. Bob Humienny Chamiande, 6-0....

Islip, 12; Lynbrook, 10; Bethpage, 10;

THE LIST BELOW CONTAINS THE BEST PERFORMANCES THIS INDOOR SEASON BY CHSAA ATHLETES OR RELAYS. IN SOME EVENTS THIS LIST MAY BE INCOMPLETE AND AMENDMENTS ARE REQUESTED FROM COACHES. NOTE: TIMES ON RELAY LEGS ARE NOT ACCEPTABLE.

100 DASH

SMITH, IONA	10.6
KEVIN MOONEY, LA SALLE	10.8
PALINKAS, XAVERIAN	10.9
REILLY, ST. ANTHONY	10.9
MILONE, CHAMINADE	10.9
NICK CAEANO, FARRELL	10.9
ETERMANN, ST. ANTHONY	10.9

300 DASH

GREG LITTLE, POWER	33.0
VASTA, IONA PREP	33.5
TONY GREEN, CHAMINADE	33.7
BOB Mc BRIDE, FARRELL	34.0
GIOVANNEY McFIELD, CHRIST/KING	34.1
TOM SINOTT, ST. JOHN BAPTIST	34.3
A. BRANCATO, HOLY CROSS	34.3
PAT KELLY, ST. MARY	34.5
JOHN SERKS, HOLY TRINITY	34.6
JOHN POLAN, ST. ANTHONY	34.7
FRANK LAGUMINA, ST. JOHN BAPTIST	34.8
JOE DUNCAN, XAVERIAN	34.9

220 DASH

GALETTA, NAZARETH	24.0
BEN FENDERSON, ST. FRANCIS	24.5
HARPER, LOUGHLIN	25.1
DI AGUSTA, XAVERIAN	25.1
DE PONZA, XAVERIAN	25.1
JOHN McNAMARA, ST. FRANCIS	25.1

440 RUN

DARYL EVERETT, POWER MEMORIAL	52.1
BOB MURACH, XAVERIAN	52.4
JOHN POLAN, ST. ANTHONY	53.3
JIM MAYBERRY, ST. FRANCIS	53.7
TOM HASLAM, BISHOP FORD	54.0
SULLIVAN, XAVERIAN	54.5
D. KNOBLICH, SACRED HEART	54.5
RANDY MURRAY, NAZARETH	55.0
D. RYAN, BISHOP FORD	55.2
JIM KANDORA, ST. FRANCIS	55.4
BERGER, XAVERIAN	55.4

600 RUN

DARYL EVERETT, POWER MEM.	1:14.5
RON STAFFORD, MARIA REGINA	1:15.5
BOB MURACH, XAVERIAN	1:16.3
MIKE MULLADY, ST. ANTHONY	1:16.3
BOB FITZPATRICK, CHAMINADE	1:16.7
PIEGZA, ST. PETERS	1:16.7
JOE GARLAND, IONA PREP	1:17.1
JULIO RIVERA, POWER MEMORIAL	1:17.2
AL PARIS, LOUGHLIN	1:17.6

880 RUN

GENE McCARTHY, ALL HALLOWS	1:58.6
JOE WALSH, FARRELL	1:59.4
TIM BEHR, BISHOP LOUGHLIN	2:01.8
HARRY GAFFNEY, XAVERIAN	2:03.0
FRANK AVERILL, MOLLOY	2:03.7
JOHN LYNCH, FORDHAM PREP	2:03.9
MULDOON, NAZARETH	2:04.2
MARTIN POWELL, ST. FRANCIS	2:04.3
DENNIS, BISHOP REILLY	2:04.4
AL FIORENTINO, POWER MEM.	2:04.9

1000 RUN

GENE McCARTHY, ALL HALLOWS	2:16.5
KEN MITCHELL, RICE	2:16.9
RON STAFFORD, MARIA REGINA	2:16.9
AL PARIS, BISHOP LOUGHLIN	2:19.3
TIM BEHR, BISHOP LOUGHLIN	2:19.4
PAUL BUTTERMARK, ST. PETERS	2:19.4
ED GARDNER, ST. JOHN BAPTIST	2:19.5
RICH DEGNA, HOLY TRINITY	2:19.9

1320 YARDS (3/4 MILE)

AL PARIS, BISHOP LOUGHLIN	3:10.5
TIM BEHR, BISHOP LOUGHLIN	3:11.7
CHRIS SCOTTO DIVETTA, LOUGHLIN	3:13.3
JACK LYNCH, FORDHAM PREP	3:13.7
MALCOLM McDONALD, RICE HS	3:16.2

MILE RUN

GENE McCARTHY, ALL HALLOWS	4:15.8
PAUL BUTTERMARK, ST. PETERS	4:19.3
BRIAN JOHNSTON, POWER MEM.	4:19.7
MARK OGDEN, ARCH. MOLLOY	4:20.8
MAURICE WEAVER, POWER MEM.	4:21.6
STEVE CROOKE, ST. ANTHONY	4:23.9
JOE WALSH, MSGR. FARRELL	4:24.9
AL PARIS, BISHOP LOUGHLIN	4:27.4
ED GARDNER, ST. JOHN BAPTIST	4:30.5

TWO MILE RUN

MARC OGDEN, ARCH. MOLLOY	9:19.1
TIM BEHR, BISHOP LOUGHLIN	9:19.5
BRIAN JOHNSTON, POWER MEM.	9:21.2
PETE CROOKE, ST. ANTHONY	9:22.4
PAUL BUTTERMARK, ST. PETERS	9:23.4
STEVE CROOKE, ST. ANTHONY	9:25.3
GARY CONROY, ARCH. MOLLOY	9:25.4
ANDY O'ROURKE, FORDHA, PREP	9:32.4

180-shuttle HURDLE RELAY

MOLLOY	27.8
POWER MEMORIAL	24.4
REGINA	24.4
NAZARETH	24.4

HIGH JUMP

JOE DOMBROWSKI, HOLY CROSS	6-7
JOHN SCHILLING, ARCH. MOLLOY	6-6
TOM PICARELLA, HOLY CROSS	6-3 $\frac{1}{4}$
IAN DRAYTON, LA SALLE	6-3
MARK PACE, LA SALLE	6-0
DOUG STRAUDENMAIER, MERCY	6-0
TOM COISCIU, McCLANCY	6-0
J. GLEASON, MOLLOY	6-0
BOB HUMIENNY, CHAMINADE	6-0
MAURASSE, XAVERIAN	6-0

60 HIGH HURDLES

JOE DUNCAN, XAVERIAN	7.8
BRUCE GUNDERSON, XAVERIAN	7.7
MIKE MURPHY, ST. JOHN BAPTIST	7.8
PONEY, POWER	7.8
McDONOUGH, ST. FRANCIS	7.8
MARK PACE, LA SALLE	7.8
BOB KROOG, LA SALLE	7.8
O'BRIEN, POWER	7.9

SHOT PUT

FRANK NAVETTA, ARCH MOLLOY	57-2 $\frac{1}{4}$
RICK STUART, ARCH MOLLOY	56-10 $\frac{1}{2}$
BOB YOUNG, SPELLMAN	54-11 $\frac{1}{2}$
JOHN PTAK, MSGR FARRELL	53-0
MIKE ROSE, LA SALLE ACAD.	51-0
JOHN BAKEWICZ, XAVERIAN	50-5 $\frac{1}{4}$

POLE VAULT

CHARLIE McDERMOTT, LA SALLE	12-6
JIM KENNY, HOLY CROSS	12-6
JOE SCHNEIDER, ST, JOHN	11-0
RUSSO, NAZARETH	11-0
DIMICELLI, CHAMINADE	11-0
DARR, XAVERIAN	11-0
PAUL RONCALLO, ST, JOHN	10-6

880 RELAY

XAVERIAN	1:37.3
ST. JOHN THE BAPTIST	1:37.3
POWER MEMORIAL ACADEMY	1:37.7
MONSIGNOR FARRELL	1:38.0
CHAMINADE	1:38.3
MONSIGNOR SCANLAN	1:38.5
ARCHBISHOP STEPINAC	1:38.7
HOLY CROSS	1:39.4
CHRIST THE KING	1:39.4
<u>MEDLEY(660, 220, 440, 880)</u>	
BISHOP LOUGHLIN	4:41.5
CHRIST THE KING	4:42.2
XAVERIAN	4:42.3
POWER MEMORIAL	4:43.1
ARCHBISHOP MOLLOY	4:43.6

ONE MILE RELAY

POWER MEMORIAL	3:30.4
XAVERIAN	3:30.6
CARDINAL HAYES	3:33.1
ST. ANTHONY'S	3:33.2
MONSIGNOR FARRELL	3:33.3
ST. FRANCIS PREP	3:33.6
CHRIST THE KING	3:33.7
ARCHBISHOP MOLLOY	3:36.6
ST. MARY'S	3:36.2
LA SALLE ACADEMY	3:37.0
CHAMINADE	3:37.4
ARCHBISHOP STEPINAC	3:37.5

TWO MILE RELAY

ALL HALLOWS	7:59.1
BISHOP LOUGHLIN	8:00.1
ARCHBISHOP MOLLOY	8:05.6
CHRIST THE KING	8:06.1
POWER MEMORIAL	8:07.0
RICE HIGH SCHOOL	8:08.7
HOLY TRINITY	8:11.0
MONSIGNOR FARRELL	8:12.6
MARIA REGINA	8:13.6
SAINT FRANCIS PREP	8:16.4

SPRINT MEDLEY

MARIA REGINA	3:39.3
CHAMINADE	3:41.0
SAINT ANTHONY'S	3:43.1
SAINT MARY'S	3:47.3
BISHOP LOUGHLIN	3:48.7
CARDINAL SPELLMAN	3:49.5
BISHOP REILLY	3:51.8

DISTANCE MEDLEY RELAY

POWER MEMORIAL ACADEMY	10:22.8
BISHOP LOUGHLIN MEM. ACAD.	10:26.0
ALL HALLOWS	10:29.3
ARCHBISHOP MOLLOY	10:33.4
SAINT ANTHONY'S	10:39.6
SAINT PETERS HIGH SCHOOL	10:43.4
FORDHAM PREP	10:46.8

HIGH JUMP RELAY

HOLY CROSS	18-8 $\frac{1}{2}$
ARCHBISHOP MOLLOY	18-3
LA SALLE ACADEMY	17-4
MONSIGNOR McCALNCY	16-4

SHOT RELAY

ARCHBISHOP MOLLOY	155-1
CARDINAL SPELLMAN	142-8-3/5
XAVERIAN	135-11-3/4
ST. MARY'S	135-3
ARCHBISHOP MOLLOY B	133-5-3/4

THE CHSAA NEWSLETTER IS PUBLISHED TWICE MONTHLY BETWEEN OCTOBER AND JUNE. SUBSCRIPTION RATE IS \$3.00 A YEAR(18 ISSUES). TO SUBSCRIBE SEND NAME, ADDRESS (IF STUDENT INCLUDE SCHOOL) TO BRIAN CAULFIELD, 90 BEEKMAN ST., NY, NY, 10038 TEL:285-1755....ARTWORK AND TITLES DONE BY BRUCE CAULFIELD.....

Record Section



PAGE
NEUN

THE FOLLOWING ARE INDOOR RECORDS FROM EACH OF THE THREE SECTIONS OF THE CHSAA. IN SOME EVENTS NO RECORD WAS AVAILABLE, SO I PUT THE PERFORMANCE WHICH APPEARED TO BE THE BEST. THESE PERFORMANCES ARE MARKED WITH ASTRICKS (*). AMENDMENTS TO THESE PERFORMANCES ARE REQUESTED. MARC BLOOM'S STATE TRACK YEARBOOK WAS USED TO GATHER MUCH INFORMATION.

NEW YORK SECTION (MAN., BRONX, S.I.)

50-John Fernandez, DuBois	5.5	58
60-Stan McIntosh, Rice	6.4	63
George Casalep Sacred Mt.	6.4	64
100-Barry Whalen, Stepinac	10.2	62
300-Reg Brandveen, LaSalle	32.3	71
280-Reg Brandveen, LaSalle	**30.0**	71
440-John Quigley, DeLaSalle	50.1	39
500-Art Clark, Power Mem.	59.4	72
600-Chris Ryan, Farrell	1:13.1	73
880-Tony Colon, Power	1:54.2	70
1000-John Brady, St. Helena	2:12.4	68
1320 Gene McCarthy, All Hal	3:10.2**	73
MILE-Bill McLoughlin, S.Ht.	4:13.6	68
2.M.-Howie McNiff, Magnus	9:09.8	72
H.J.-Bruce Groneveldt, LSA	6-8½	71
SHOT-Henry Korn, Stepinac	62-4	58
60HH-Ed Traks, St. Peters	7.4	69
880R-Cardinal Spellman	1:32.9	68
M.R.-De LaSalle Institute	3:20.1	38
2MR- Power Memorial Acad.	7:51.8	71
DMR- Power Memorial Acad.	10:22.8	74
T.J.-Jim Fogarty, Iona Prep	**41-2**	73

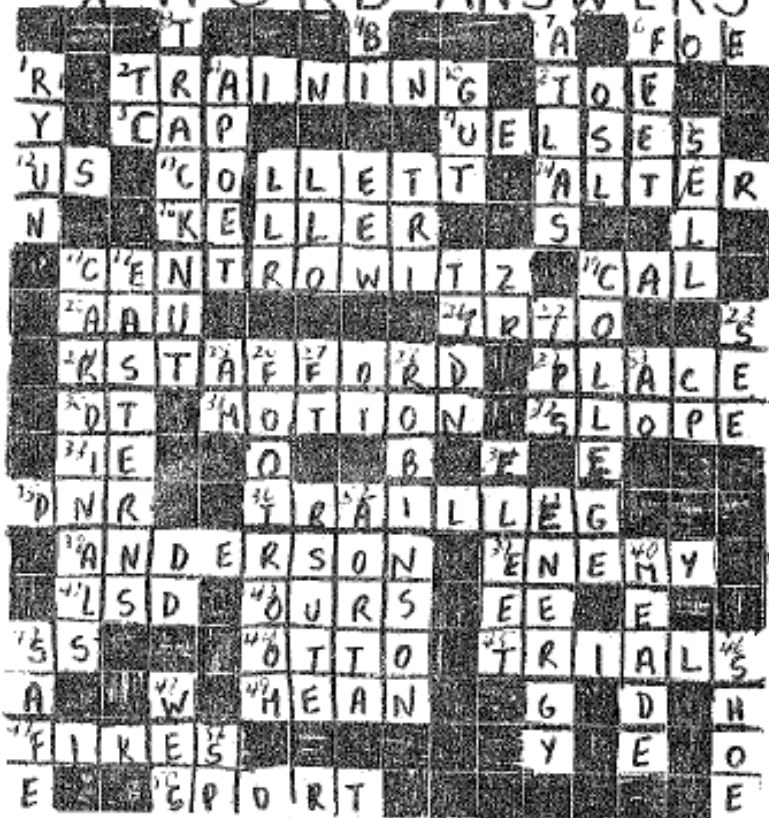
BROOKLYN- QUEENS SECTION

50-J. Crowley, Loughlin	5.6	47
C. Zunnell, Loughlin	5.6	59
Bill Kent, Loughlin	5.6	45
John Munutaglio, Molloy	5.6	66
60-Tyrone Pannell, Loughlin	***6.6**	60
Jim Werner, Loughlin	***6.6**	73
100-John Owens, St. Francis	10.0	71
220-Jim Werner, Loughlin	23.2	73
300 Les Pinder, St. Francis	32.2	58
440-Ray Ratkowski, St. Francis	50.2	57
600-Jim Sweizer, Nazareth	1:12.7	67
880-Jim Sweizer, Nazareth	1:54.5	67
1000-Pete Farrell, Molloy	2:14.5	64
1320-Al Paris, Loughlin	***3:10.1**	73
MILE-Pete Gaughn, Nazareth	4:13.1	73
2-M- Kevin McCarey, Cathedral	9:09.6	72
60HH-Ken Coniglio, Loughlin	7.0	62
H.J.-Brian Bozzone, Nazareth	6-8	70
SHOT-Matt Nazaurak, Molloy	61-3/4	67
M.R.-St. Francis Prep	3:22.8	58
2MR- Archbishop Molloy	7:49.2	64
DMR- Bishop Loughlin	10:26.0	74

NASSAU- SUFFOLK SECTION

50- Paul Cowie, LaSalle(Oakdale)	5.4	39
60- Paul Cowie, LaSalle(Oakdale)	6.2	40
100-Tom McVey, Chaminade	10.1	71
220-Bob Maloney, St. John Baptist	23.1	30
300-George Bopp, LaSalle(Oakdale)	31.8	57
440-Bill Boyle, Chaminade	49.9	61
600-Bill Boyle, Chaminade	1:13.1	61
880-Stu Nunnery, Chaminade	1:54.6	67
1000-Ed Valenski, Maria Regina	***2:16.4**	73
MILE-Ed Valenski, Maria Regina	4:18.6	73
2-M- Jim Harmon, St. Agnes(RVC)	9:17.8	71
60HH-Bill Deeley, Chaminade	7.5	66
Pat Keane, Chaminade	7.5	69
H.J.-Fred Rom, Chaminade	6-7½	72
SHOT-Ralph Peretta, Holy Trinity	60-23/4	71
P.V.-Curtis Stephans, Maria Regina	13-0	73
M.R.-LaSalle Oakdale	3:25.1	39
2MR- Chamiande	8:00.0	66
DMR- St. Anthony's	10:39.6	74

X-WORD ANSWERS



now a Dwyer's Flyer, won the 1000m. in 2:27.8. While at DuBois in '70, he ran a 2:14.8 1000y.....John Egan LaSalle graduate, led off Columbia's victorious 2-mile relay in 1:55.5... In the same race Pete Gaughn ran 1:56.0.....Former Power miler, Tony Colon, ran the 1500m. in 3:43.8. This is equivalent to a 4:01.8 mile.Denis Fikes, former Rice now with Penn, won the 3000m. in 8:08.8 One time Cathedral Prep great, Kevin McCarey(Villanova) ran 8:07.0 in that race to get fourth

TRACK & FIELD

★ JUMBLE ★

WHAT THE 1972 OLYMPIC 1500 METER, 5,000 METER, AND 10,000 METER RACES WERE

1	2	3	4	5	6	1	2	3	4	5	6
						TO THE					

PRINT ANSWER HERE

UNSCRAMBLE THESE WORDS



LFTA



FLHA



NEURRN



TRISHS



RGINTAIN

USE THE LETTERS IN THE CIRCLES IN ORDER TO ARRIVE AT THE ANSWER TO THE QUESTION.

Running Notes

In the Brooklyn Boro Champs, Bob Murach(Xaverian) was voted the outstanding performer on the varsity level. Tom Nevitt(St. Francis) was voted the honor on the frosh level..... In the Olympic Inv., Greg Little once again provided the incentive for the Power team. He received the baton far behind Bob Murach, and made up great distance to hand off to Daryl Everett in contention. Everett waited on Harry Gaffney, Xaverian anchorman, then passed him on the backstretch. He went unchallenged to victory..... DOUBLING was allowed in the Nassau-Suffolk Invitational and the effects are noticeable. Mark Belger won the 1000 and the mile in good times. Bob Cavaliero completed a 9:26.5(1st) and a 4:27.3(5th) double. Mike Mullady of St. Anthony's turned in two very good 880's on relays, 1:59.1 and 1:59.3. Perhaps running two events does not affect the second event drastically.. ..ALUMNI NOTES- La Salle's one time HJ great, Bruce Groneveldt, has jumped 6-10 this season.....FROM THE OLYMPIC INVITATIONAL.....Cliff Bruce