

1979...

San Marino High 1ST ANNUAL

TITANS...
YEARBOOK.

SMHS...

San Marino High School
Track Awards Banquet

PROGRAM

Pledge of Allegiance

Bert McKee

Invocation

Ken Cunz

Introduction of Guests

Mr. Robert Fisk

Presentation of Awards and Certificates

Coach Dave Crist
Coach George Arms

Dinner

Continuation of Awards

Coach Phil Ryan
Coach William Maloney

Most Improved Athlete

Iron Man Award

Most Valuable Athlete Award - Dr. Jack Rankin

Presented by San Marino City Club

Closing Remarks by Team Captains

Anne Barrett
Diane Brink
Matt Arnett
Kerry Kostlan
Jim Fisk

— GUESTS —

Mr. and Mrs. George Arms
Mr. and Mrs. Don Banderas
Mr. and Mrs. Jack Bradford
Mr. Gus Cardenas
Mr. and Mrs. Dave Crist
Miss Kerry Kostlan
Mr. and Mrs. William Maloney
Mr. and Mrs. Michael McNamee
Mr. Joe Pappalardo
Dr. and Mrs. Jack Rankin
Mr. and Mrs. Phil Ryan
Mr. and Mrs. Andrew Steben

THANKS TO...

—Our Banquet Committee:

<i>Mrs. Yvonne Arnett</i>	<i>Mrs. Sally Hinckley</i>
<i>Mrs. Anne Brown</i>	<i>Mrs. Helen Marsh</i>
<i>Mrs. Cynthia Burkey</i>	<i>Mrs. Viva McKee</i>
<i>Mrs. Suzanne Crowell</i>	<i>Mrs. Carla Mott</i>
<i>Mrs. Heidi Dustin</i>	<i>Mrs. Joan Ott</i>
<i>Mrs. Patsy Fisk</i>	<i>Mrs. Anne Sweeney</i>
<i>Mrs. Mary Harrigan</i>	<i>Mrs. Nancy Tookey</i>

—Our Team Managers:

<i>Dawn Dillon</i>	<i>Kim Munday</i>
<i>Ken Elliott</i>	<i>Linda Pretzel</i>
<i>Leila Khoury</i>	<i>Lisa Satchell</i>
	<i>Ron Satchell</i>

—Pep 1978-79 — program by *Kerry Kostlan*
—*Mr. Brian Sweeney* - program printing
—*Mr. Jack Davis* - cover printing

CAPTAINS' COMMENTS

"All two milers on the track. All right girls, this is a two-mile race, eight laps of the track. If anyone falls. . ." These words of the starter bring back many memories of races, meets and people. By being on the track team, one not only meets people that he might not have been able to meet, but one also is able to get to know himself better. One gets to know himself better each time he pushes himself to the limit in a race. In track one is able to compare himself by way of times to other people in the city, state and nation.

I enjoy track because these characteristics have been true for me. In track I enjoy hearing the crowds and being a part of the crowds. I feel a sense of unity amongst the team when I am with fellow team members cheering on a teammate. I hope this sense of unity grows. I also hope that next year's team members will set high standards for themselves so that they will be able to get to know themselves and each other better. Track offers us a challenge, but it is a challenge that can be met. And with the help and encouragement of one another, team unity and excellent coaching and guidance, this track team can meet the challenge and excel to the never-ending limit.

Finally, I would like to thank the track team for all of its help and encouragement, but most of all I would like to thank Mr. Ryan. His guidance, encouragement and understanding love I will never forget.

DIANE BRINK
Co-Captain

I have watched this girls' track team mature for a period of four years now. In 1976 the program began. We were a bunch of girls who were interested in jogging, but didn't know a thing about racing. With the coaching we had, we slowly mastered the art of running, the strategies of our races and we discovered ailments that had never been heard of before. Because we were young and inexperienced, we ran carefree and never had to deal with the pressures of competition.

As the years progressed some of our girls graduated, others dropped out, but we went on as a team desperately searching to accomplish some sort of goal. After three long seasons of being switched from coach to coach, we finally ended up with the four men coaches. Like a garden of roses, those coaches gave us the attention and love we needed to bloom. Our meets became coed and the feeling of competition hung over our heads as well as in our stomachs. Of course, the coaches still haven't been able to find answers to our unknown injuries, but they pushed and worked us to the point where we ended up with the chance of being league champions, which was closer than we had ever come before.

As I leave the team now, I feel sad that I won't be a part of it any longer, but I certainly saw our team develop into a group of talented and hard-working girls. One bit of advice I would like to leave with all the young'uns on the team is to stick with it. Every year during the season, while you are working out under the hot sun, the question of doubt will enter your mind. Perhaps you will lose a race or won't run your best time and you will say to yourself, "It's simply not worth it." But I'll bet that at the end of the season you will come out of 6th period with a feeling of satisfaction and pride. Whether you have fulfilled your goals or not, it will be a feeling of happiness because you will know you did the best you could. Many times it is necessary to experience suffering and defeat before you can fully appreciate the accomplishments you have achieved.

Good luck next year and thank you, coaches, for everything you have done.

KERRY KOSTLAN
Co-Captain

Needless to say, this season was anything but a failure. The highlight seemed to come at the end of the season with our destroying La Canada 81-46. Everything seemed to work. . . everything except for Bert's leg. And then there was Bell Gardens, when our shot putters ran in the 100-yard dash. . .and one of them became a regular.

I believe that something must be said for the coaches. It seems as though, if you couldn't hear Coach Maloney screaming "Reach. Attack. Lean," Coach Arms arguing, "Now gentlemen, that's only been for" or Coach Crist's analysis of every step and thought, you would have to be watching out so as not to step on Coach Ryan. Therefore. . .who needs them? Quite personally, I believe that if we keep the coaches, they should consider acquiring flashy red sweats, shades and torn gym towels used as sweat bands for the team uniform.

Seriously, though, it has been quite an honor to run on a team which has to have been one of the strongest teams in the school's history, and play the role that I did. Between Jim Fisk and myself, we seemed to do whatever we were supposed to do with only an average intake of chewing outs. And then there were the rest of our four-year masochists who never missed a day of shin splint season.

All kidding aside, next year's team, having such mental leaders as Victor Ruiz (our token import) and our Bionic Tim Sweeney, the team can take but one course. . .

In closing, I figure that someday, somehow my experiences may mean something to someone, so for those of you who can't decide whether to run next year or not, it beats zero hour.

Coaches, a sincere thanks for everything — you've brought me this far and, who knows, I might just make it.

MATT ARNETT **Co-Captain**

1979 has been an outstanding year for the San Marino Team because of a team effort to which everyone contributed. Competing in track helps to teach you to cope with heavy pressure; it also teaches you respect for your teammates in a way not equaled in any other sport. To those who are new to the team, I have this to say: At first the progress may seem slow but if you stay with it, soon you will be running times you did not think possible. As your own abilities increase, you become more valuable to your team.

My four years on the team has been one of the most important parts of my life. I am very proud to have been a captain of the team. I thank each and every member for a fantastic effort and will look forward to seeing the younger members of the team carry on the spirit we had in 1979.

JIM FISK **Co-Captain**

Each of us in track, whether in a running or field event, is obsessed with Time and Distance, two confining human terms given to two limitless phenomena. Yet, though we are restricted to a simple oval-shaped terrain, narrow runways and a silent clock, we are free to test, improve and understand ourselves to depths we might never know.

In each event in track there lies freedom. Distance runners put on their simple clothing and fancy shoes to explore (or should I say terrorize) the town and experiment with the flow of speedy endurance. The sprinters' freedom is somewhat different, however, as they (more often in spikes) have the opportunity to explore pure, raw speed and inborn talent. Those in field events work with the freedom of the sky, as there is no limit upwards for high jumpers and pole vaulters, nor any limit forward for throwers and long jumpers. Freedom can be found anywhere on the track.

It is up to us, through hard individual and team work, to discover and learn. . .though tentatively confined to Time and Distances, we must look beyond these human terms into unrestricted freedom. There are no limits unless we set them ourselves.

ANNE BARRETT **Co-Captain**

Meet Of The Year

SM Tracks La Canada In Battle Of Unbeatens

Titan Track Stars

Test Arcadia Today

Titans Leave Hoover, SG, In Their Tracks

SM Tracks Down South Pasadena, Temple City

Friday, March 29, 1979

81-46 Landslide

Titans Chill La Canada In Showdown, Win Title

Titans Trample Loyola, Look Ahead To So Pas

28 Qualify For CIF

San Marino Dominates League Track Finals



BOYS VARSITY SCHOOL RECORDS

100	Keith Cole Doug Dwyer Bill Hariman Bert Buser Jamie Fleming	10.0	1958 1959 1961 1971 1972
220	Jim Fisk	21.89	1979
440	Paul Hoyt	49.4	1963
880	Ken Hughes	1:53.3	1966
1 mile	David Jones	4:15.8	1977
2 mile	Ivan Porto	9:19.6	1972
120 HH	Gary Stevens	14.7	1970
330 LH	Matt Arnett	38.7	1979
440 relay	Volk, Sloggy, Neville, Morris	43.4	1974
Mile relay	Bea, D. Bonner, Silk, Fraker	3:23.0	1977
Long jump	Randy Freeberg	22'10"	1971
Triple jump	Mark Rosenthal	45'5"	1978
High jump	Todd Miller	6'8"	1974
Pole vault	Mark Herron	14'1"	1970
Shot put	Roger Freeberg	63'3"	1970
Discus	Roger Freeberg	169'0"	1970



GIRLS TRACK RECORDS

100	Kerry Kostlan	11.8	1977
220	Diane Buchannan	27.2	1977
440	Jennifer Walston	61.7	1979
880	Cindy Roberts	2:25.2	1977
1 mile	Sheila Van Steenberg	5:06.9	1979
2 mile	Diane Brink	11:12.7	1978
110 LH	Stephanie Haskett	16.7	1979
440 relay	Farwell, Kerry Kostlan, Stahmer, Anthony	51.6	1979
Mile relay	Walston, Kelly Kostlan, Stahmer, Van Steenberg	4:15.6	1979
Shot put	Joyce Johnson	33'3¼"	1977
Discus	Carol Wiley	99'4"	1979
Long jump	Suzanne Palmer	16'8"	1979
High jump	Anne Avera	4'10"	1979

SOPH SCHOOL RECORDS

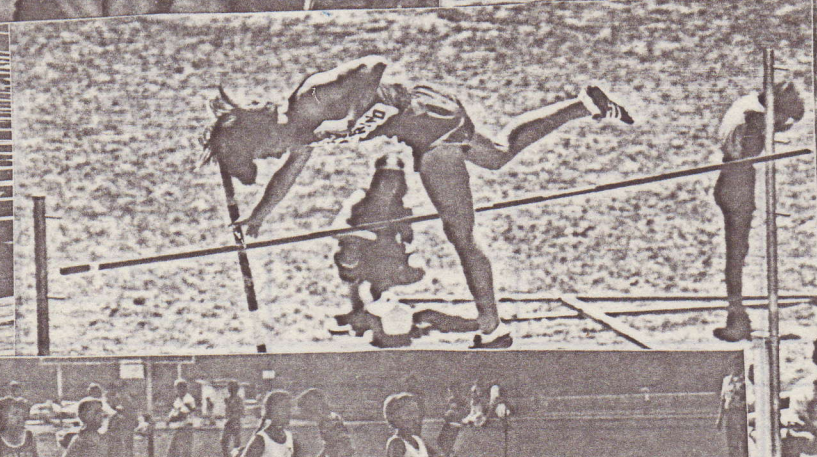
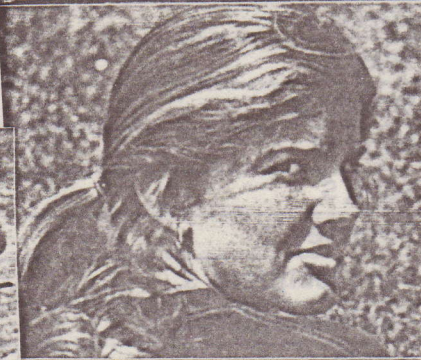
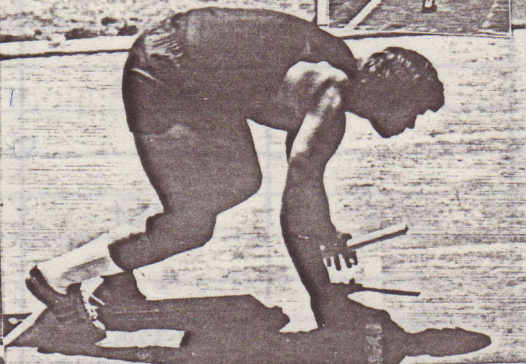
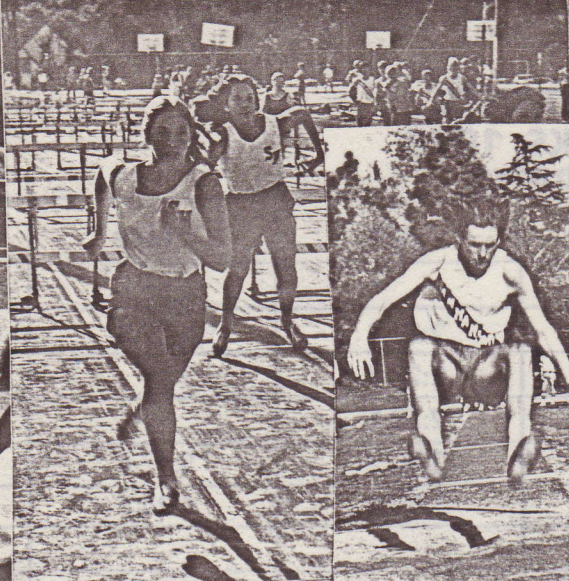
100	Bert McKee	10.3	1977
	Morgan Tookey		1979
220	Bert McKee	23.5	1977
	Jim Fisk		1978
	Tim Sweeney		1978
440	Ken Hughes	51.2	1964
880	Ken Hughes	1:56.2	1964
Mile	David Jones	4:25.9	1975
2 mile	Ivan Porto	9:38.5	1971
330 LH	Matt Arnett	40.5	1977
120 HH	Matt Arnett	15.8	1977
440 relay	Kent, Kostlan, Payne, Mark Tookey	45.6	1974
Mile relay	Harrigian, Davis, McGregor, Morgan Tookey	3:35.6	1979
High jump	Rich Paris	6'3"	1979
Pole vault	Frank Dustin	12'7"	1978
Shot put	Ted Polich	54'1"	1973
Long jump	Mark Rosenthal	20'9"	1976
Triple jump	Matt Arnett	42'½"	1977

SPRINTERS' BEST MARKS, 1979

GIRLS AND BOYS

	100	220	440
Acero, B.		32.8	73.2
Anthony, A.	12.1	27.3	
Arnett, M.		23.6	
Apramian, L.	12.4	28.3	
Beattie, B.	13.4	30.0	
Campbell, J.			67.1
Chambers, S.			58.2
Chenelia, P.	12.2	26.5	
Cohen, S.			67.2
Cooper, J.	12.6	29.0	
Cowan, M.	12.9	30.9	
Crawford, K.	12.5	28.2	
Cunz, K.	11.3		
Farwell, A.	12.5	28.3	65.1
Fisk, J.	10.1	21.89	49.5
Heard, C.		28.0	61.9
Heard, J.		23.9	
Hemond, T.	13.3	30.1	66.8
Hong, H.	11.5		
Ingwalson, J.			57.5
Jalichandra, R.	10.6	24.5	
Jones, F.			65.0
Kostlan, Kelly			65.0
Kostlan, Kerry	12.4	28.3	
Kreilick, K.	13.0		
Longo, J.	12.1	25.9	58.2
Lund, B.		24.5	53.5
McGregor, S.		23.8	53.3
McKee, B.	10.1	22.4	
Nauman, L.		29.6	65.9
Olsen, M.	11.6	25.8	59.1
Palmer, S.		29.4	
Pappas, N.		26.1	
Palmer, S.		29.4	
Paris, R.			55.1
Polich, T.	10.3		
Reaume, D.		27.4	60.3
Ruiz, V.	10.5	24.3	54.5
Santley, M.		25.2	
Silvers, A.	10.9	24.9	
Stahmer, S.	11.9	27.3	62.2





FIELD EVENTS BEST MARKS, 1979 GIRLS AND BOYS

	PV	HJ	LJ	TJ	SP	Discus
Addis, C.	8'6"				38'¾"	
Avera, A.		4'8"				
Baker, P.						57'6"
Berger, C.						78'1"
Byrnes, J.			15'3½"			
Clearman, A.					30'½"	74'8"
Coulter, S.			13'10"			
Covey, B.				36'4½"		
Cranston, J.					45'11"	
Cronin, B.	8'0"					
Cunz, K.					57'¾"	
Davidson, D.	10'6"					
Davis, S.		5'8"				
Day, J.	7'6"	5'4"				
Doney, T.		6'0"				
Douglas, D.					29'9"	
Dustin, F.	13'0"					
Ferrante, R.			15'5"			
Frank, G.			17'9"			
Gian, V.			18'6½"	40'3"		
Harding, D.				42'½"		
Heath, P.		4'0"				
Hendrickson, C.			19'0"	40'4"		
Hirdler, T.			15'11¾"			
Jalichandra, R.			18'10-5/8"			
Lanchantin, E.		5'6"				
Lanchantin, M.		4'4"				
Lowney, S.	13'0"					
Manders, L.			14'2"			
McGregor, S.				37'9"		
Newton, M.		5'4"				
Packer, J.					49'½"	
Palmer, S.			16'8"			62'11¼"
Paris, R.		6'3"				
Polich, T.					56'6¼"	
Reddick, P.	13'2"		19'3"			
Ruiz, V.				39'6½"		
Sallt, J.	9'6"					
Santley, P.		5'2"	15'10"			
Scott, E.		4'8"				
Sievers, P.	11'6"					
Stimson, D.			18'8"			
Sun, S.					39'6"	
Vangleson, H.	9'6"					
Wiley, C.					28'7¾"	99'4"



Thanks to our
COACHES

