

# How the Captains breezed to victory

**Team scoring** — Christopher Newport 102, St. Andrews 45, Methodist 35.

**Long jump** — 1. Bobby Thomas (St.A) 21-6½. 2. Jerry Rutherford (CNC) 20-9½. 3. Andre Webb (St.A) 19-1.

**Pole vault** — 1. John Humphrey (CNC) 14-0 (MEET RECORD). 2. Russell Long (Meth) 12-6. 3. Chris Middleton (CNC) 12-0.

**High jump** — 1. Thomas (St.A) 6-5. 2. Middleton (CNC) 6-0. 3. Chris Crubb (Meth) 5-10.

**Shot put** — 1. Carl Braun (CNC) 38-7¼. 2. Cary Brock (Meth) 38-6½. 3. Eric Payne (St.A) 31-6.

**Javelin** — 1. Gene Boutin (CNC) 152-10. 2. Braun (CNC) 147-8. 3. David Houck (St.A) 143-9½.

**Triple jump** — 1. Thomas (St.A) 43-1½. 2. Webb (St.A) 42-4. 3. Sammy McQueen (Meth) 38-6.

**Discus** — 1. David Willis (CNC) 139-6½ (MEET RECORD). 2. Braun (CNC) 119-11½. 3. Mark Forbes (Meth) 106-1.

**10,000 meters** — 1. John O'Rourke (Meth) 37:02.

**1,500 meters** — 1. Dan Pittman (CNC) 3:54.8 (MEET RECORD). 2. Steve Kast (CNC) 4:16.7. 3. Kent Stenart (St.A) 4:41.6.

**110 meter hurdles** — 1. John Humphrey (CNC) 15.2. 2. Danny Frizzell (CNC) 15.9. 3.

Chip Carmichael (St.A) 15.9.

**400 meters** — 1. David Banks (CNC) 48.0 (MEET RECORD). 2. Don King (Meth) 50.7. 3. Houck (St.A) 57.8.

**100 meters** 1. Rutherford (CNC) 11.1. 2. Chris Whittington (St.A) 11.3. 3. Roger Davis (Meth) 11.3.

**800 meters** — 1. Eric Brown (CNC) 1:57.5. 2. Kevin Allardice (CNC) 1:58.2. 3. King (Meth) 2:04.2.

**400 meter hurdles** — 1. Ted Brown (CNC) 54.0 (MEET RECORD). 2. Frizzell (CNC) 54.1. Jeff Bowyer (CNC) 55.4.

**200 meters** — 1. Banks (CNC) 21.8 (MEET RECORD). 2. Rutherford (CNC) 22.4. 3. Davis (Meth) 23.4.

**5,000 meters** — 1. Kast (CNC) 17:23.2. 2. Grubb (Meth) 18:12.2. 3. O'Rourke (Meth) 18:45.0.

**1,600 meter relay** — 1. Christopher Newport (T. Brown, Frizzell, Bowyer, E. Brown). 3:28.3. 2. St. Andrews 3:49.5. 3. Methodist 3:51.8.

## OPEN EVENTS

**1500 meters** — 1. Kurt Lambert (Tidewater Striders) 3:57.8. 2. Bert Carpenter (Tidewater Striders) 4:00.2.

**400 meters** — 1. Brian Pascua (Norfolk Catholic) 57.1.