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***SOUTHFIELD MEN'S  
TRACK AND FIELD***

***1979  
SEASON SUMMARY***

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## DEDICATION

For the past three years there has been a group of athletes associated with Southfield High Track & Field that has seen Southfield's track program fight to the top of the SMA and tenaciously defend its title the following year. They have experienced fellow athletes and friends graduate, leaving behind the responsibilities of covering events. They have had to adjust to new leaders, and still strove to perform lifetime bests meet after meet.

So, to the three year letter award winners of the 1979 Southfield track team this Season Summary Booklet is dedicated.

## P R E F A C E

The SMA track season this year was an interesting one...the teams seemed to balance each other out talent-wise, and with the exception of Berkley, every team had its shot at the top spot. Ferndale's depth in the field events and sprints earned them the trophy, but they had no quality distance runners which cost them a perfect dual meet season as Kimball tied them. Hazel Park and Seaholm were nearly evenly matched, but Seaholm lacked people which kept them from covering an event--the Mile Relay. They never ran one all year which cost them dearly. Southfield was a surprize to the league with the emergence of tough rookies unknown to the league coaches. Covering all events, the Blue Jays spread themselves thin and weren't able to cover themselves in the case of technical errors and injuries. The Jays hung tough and were IN every dual meet, and with only a little luck and experience could have gone undefeated. Kimball had the talent this year to repeat as League Champions, but lost their desire after a dual meet tie with Ferndale. The League's balance of power led to Kimball's demise at the League Championship Meet as Ferndale had 4 champions and the rest of the league 10. Kimball was able to win only the High Jump and the Two Mile Run. Hazel Park was able to bag championships in 5 events. They were paced by this years State Class A Mile Champion Chuck Broski, but their Sprint Crew was weak and that cost them their shot at the title. Berkley emerged tough in the middle distances, but a lack of talen in all other areas kept them at the bottom all year long.

As the season ends, let us look forward to next season, and what we can do to improve ourselves as individuals, as athletes, as coaches, and as team members. We all must understand what it means to make a commitment to self-improvement, and take pride in hard work.

2 JUNE 1979

Thomas R. Eschmann  
Men's Track Coach  
Southfield Senior High School

SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

1979 FINAL SMA TRACK & FIELD TEAM STANDINGS 1979

SMA TEAM	DUAL MEET RECORD	DUAL MEET POINTS	SMA MEET SCORE	SMA MEET POINTS	TOTAL POINTS
FERNDALE EAGLES	4-0-1	5½	115½	6	11½
KIMBALL KNIGHTS	4-0-1	5½	96	5	10½
HAZEL PARK VIKINGS	3 - 2	4	94 $\frac{3}{4}$	4	8
SEAHOLM MAPLES	2 - 3	3	73	3	6
SOUTHFIELD BLUE JAYS	1 - 4	2	67 $\frac{3}{4}$	2	4
BERKLEY BEARS	0 - 5	1	44	1	2

SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

EVENT SUCCESS PROFILE

EVENT RANK	FARM INTN	HAR SON	FERN DALE	BERK LEY	HAZ PRK	KIM BAL	SEA HOM	SFLD LATH	TOTAL PNTS	TOTAL POSS	PERCENT SUCCESS
220 YARD DASH	6	8	1	8	8	5	6	8	50	72	69%
SHOT PUT	4	4	8	9	4	5	4	9	47	72	65%
100 YARD DASH	3	4	3	8	9	4	5	9	45	72	63%
440 YARD RELAY	5	DQ	5	5	5	DQ	DQ	5	25	40	63%
880 YARD RELAY	5	5	0	5	5	0	DQ	5	25	40	63%
MILE RELAY	5	5	0	0	0	5	5	0	20	40	50%
POLE VAULT	3	5	3½	0	5	6	3	8	33½	72	47%
330 LOW HURDLES	1	6	3	9	5	5	3	1	33	72	46%
DISCUS THROW	0	1	1	9	4	8	4	5	32	72	44%
440 YARD DASH	8	4	4	1	0	8	4	1	30	72	42%
HIGH JUMP	3	7	3	8	4	1	3	1	30	72	42%
TWO MILE RUN	6	4	6	5	3	0	3	1	28	72	39%
LONG JUMP	3	5	3	5	0	3	5	3	27	72	38%
880 YARD RUN	1	1	8	3	3	1	6	3	26	72	36%
ONE MILE RUN	5	4	6	3	1	1	3	0	23	72	32%
120 HIGH HURDLES	0	1	1	8	3	0	1	1	15	72	21%
<b>SOUTHFIELD TOTALS</b>	<b>58</b>	<b>64</b>	<b>55½</b>	<b>86</b>	<b>59</b>	<b>52</b>	<b>55</b>	<b>60</b>	<b>489½</b>	<b>1056</b>	<b>46%</b>
<b>OPPONENTS TOTALS</b>	<b>74</b>	<b>68</b>	<b>76½</b>	<b>46</b>	<b>73</b>	<b>81</b>	<b>77</b>	<b>72</b>	<b>567½</b>	<b>1056</b>	<b>54%</b>

SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

1979 SEASON SCORING SUMMARY 1979

ATHLETE	SR	FN	FH	F	LR	B	HP	K	S	R	SMA	OC	AR	SL	TOTAL
VINCENT BEAN	10	6½	8	4½	***	5	--	--	8	11	13½	8	4-	--	78+
SHAWN ROWLEY	--	--	6½	2½	***	7½	12½	5	10	1	13½	--	1-	10½	69½
BENNIE SLATE	0	6½	4½	4½	**	10½	8½	3	1	1	7½	--	½	10½	57½
JOHN YUCHAS	0	10	6	10	0	8	4	1	6	2	2	--	0	1	50
BARRY JONES	0	11½	7½	0	--	--	--	5	6	0	7	½	2½	3½	42½
TOM STEVENSON	--	3	3	5	**	5	3	5	--	0	8	--	1½-	3	36½-
JOEY WATERSTONE	-	--	2	3	**	6	2	5	6	0	4	--	1½-	5	34½-
DARRYL HARRIS	0	2½	3½	4	**	11½	9½	0	0	0	0	--	0	2½	32½
MIKE KURYLO	--	3	5	4	0	0	5	5	3	0	0	--	--	5	29
JOE MEISNER	0	4½	0	5	**	3	3	2½	5	0	2	½	0	3	28-
MIKE FROST	--	1	5	½	0	3	0	5	0	--	1	--	3½-	6	25-
DEWADE WIGGINS	0	2½	2½	1½	**	5½	2½	2½	0	1	4½	½	1-	1½	23
JOHN RABY	--	0	4½	3	*	0	0	4½	1	0	2	½	½	1½	19½
NAVDEEP SOOCH	0	1½	2½	1	**	1	0	6½	3	0	2	--	0	1	18-
RICKY ELLIS	--	--	0	0	**	1	3	3	1	0	0	--	0	5	13
BOB LACHNIET	--	--	0	3	0	5	4	--	--	--	--	--	--	--	12
DARRYL DARDEN	--	1	2	0	*	1	1	0	0	0	3-	--	1½	1	10+
MARC BURNIA	--	0	0	0	*	6	0	0	0	--	--	--	--	0	6
ROB HYMAN	0	--	1	3	*	0	0	0	1½	0	0	--	0	0	5½
ROB ALEXANDER	0	1	2	2	0	0	0	0	0	0	0	--	0	0	5
FRANK TUDZIN	--	0	0	0	*	5	0	0	0	0	--	--	--	--	5
REGGIE HAYES	--	0	0	0	--	0	1½	0	1	--	--	--	1½-	1	5-
CHRIS KOPACH	0	1	0	0	*	0	0	0	2½	0	0	--	0	0	3½
LARRY HORWITZ	--	1	0	1	**	0	0	0	0	0	0	--	0	0	2
MARK VANDENBERG	0	0	0	0	*	0	0	0	1½	0	0	--	0	0	1½
MICHAEL DAVIS	--	0	0	0	*	1½	--	0	0	0	0	--	--	0	1½
KIRK KLEIN	--	1½	0	0	*	0	0	0	--	--	--	--	--	0	1½
BRIAN DELIDOW	0	0	0	0	0	0	0	0	1½	0	--	--	0	0	1½
TOTAL POINTS	10	58	64	55½	32	86	59	52	55	16	68-	9	17	60	611½

SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

NON-SCORING ATHLETES :

CHRIS COLEMAN  
GEOFF DANIEL  
DAVID FORD  
RANDY JOHNSON  
STEVE KROUT  
JOE LANIER  
BRIAN LONNERSTATER  
JOHN McCULLOUGH  
DARRYLL MILLER  
CARY MOORE  
DEREK MORSE  
MARK NEWMAN  
VANCE PATRICK  
PAUL RANDOLPH  
SCOTT RAUB  
RAYFORD RICKETT  
DAVID SEGAL  
ADAM SHAW  
ALEX VELARDE  
MICHAEL WAIS  
ROBERT WILLIAMS  
CHRIS WINDON



SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

1979 BROKEN RECORDS 1979

EVENT	TIME/DIST	CLASS	ATHLETE	DATE	LOCATION
220 YARD DASH	25.2	FRESHMAN	REGGIE HAYES	30 MAY 1979	SOUTHFIELD LATHRUP
440 YARD DASH	57.8	FRESHMAN	MICHAEL WAIS	30 MAY 1979	SOUTHFIELD LATHRUP
ONE MILE RUN	5:09.0	FRESHMAN	MARK NEWMAN	10 MAY 1979	HAZEL PARK
TWO MILE RUN	11:02.6	FRESHMAN	RANDY JOHNSON	10 MAY 1979	HAZEL PARK
330 LOW HURDLES	44.0	FRESHMAN	CARY MOORE	30 MAY 1979	SOUTHFIELD LATHRUP
330 LOW HURDLES	42.2	SOPHOMORE	DARRYL DARDEN	23 MAY 1979	BERKLEY
LONG JUMP	17-3	FRESHMAN	MICHAEL DAVIS	8 MAY 1979	BERKLEY
LONG JUMP	21-9	JUNIOR	VINCENT BEAN	19 MAY 1979 26 MAY 1979	FARMINGTON OXFORD
LONG JUMP INDOORS	21-9 * SCHOOL *		VINCENT BEAN	7 APRIL 1979	MICHIGAN STATE
SHOT PUT	40-9½	FRESHMAN	REGGIE HAYES	29 MAY 1979	WEST BLOOMFIELD
LONG JUMP 3 MAN RELAY	58-9½ * SCHOOL *		VINCENT BEAN BARRY JONES MIKE FROST	29 MAY 1979	WEST BLOOMFIELD
880 YARD RELAY INDOORS	1:37.3 * SCHOOL *		VINCENT BEAN DEWADE WIGGINS BARRY JONES BENNIE SLATE	7 APRIL 1979	MICHIGAN STATE
EIGHT MILE RELAY	43:14.6 * SCHOOL *		ROB ALEXANDER JOHN YUCHAS DAVID SEGAL RANDY JOHNSON	4 MAY 1979	HAZEL PARK
440 YARD RELAY	44.5 * SCHOOL *		DEWADE WIGGINS SHAWN ROWLEY VINCENT BEAN BENNIE SLATE	4 MAY 1979	HAZEL PARK

SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

1979 SCHOOL RECORDS ESTABLISHED 1979

EVENT	PERFORMANCE CLASS	ATHLETES	DATE	LOCATION
SPRINT MEDLEY RELAY 440 220 220 880	4:15.7 * SCHOOL *	DARRYLL MILLER STEVE KROUT REGGIE HAYES BRIAN DELIDOW	12 MAY 1979	BLOOMFIELD LAHSER
MID DISTANCE RELAY 880 440 440 880	6:08.2 * SCHOOL *	JOE MEISNER NAVDEEP SOOCH JOHN RABY CHRIS KOPACH	12 MAY 1979	BLOOMFIELD LAHSER
METRIC MEDLEY RELAY 800 200 400 1600	4:49.0 * SCHOOL *	MARK VANDENBERG SHAWN ROWLEY BARRY JONES JOHN YUCHAS	13 APRIL 1979	MANSFIELD OHIO
800 METER RELAY	1:35.0 * SCHOOL *	SHAWN ROWLEY BARRY JONES VINCENT BEAN BENNIE SLATE	14 APRIL 1979	MANSFIELD OHIO
100 METER DASH	11.5 * SCHOOL *	BENNIE SLATE	14 APRIL 1979	MANSFIELD OHIO
200 METER DASH	22.8 * SCHOOL *	SHAWN ROWLEY	14 APRIL 1979	MANSFIELD OHIO
800 METER RUN	2:12.3 * SCHOOL *	MARK VANDENBERG	14 APRIL 1979	MANSFIELD OHIO
1500 METER RUN	4:36.8 * SCHOOL *	JOHN YUCHAS	13 APRIL 1979	MANSFIELD OHIO

SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

1979 SOUTHFIELD TRACK & FIELD MVP AWARDS

MOST VALUABLE FRESHMAN: REGGIE HAYES

Participating in his first year of Varsity Track & Field, Reggie Hayes, through honest work and effort made his mark on Southfield's Track & Field Record Books. Reggie, primarily a thrower this season broke the Freshman class record in the Shot Put on 7 different occasions. It wasn't until later in the season he asserted himself a respectable sprinter breaking the Freshman 220 Yard Dash record and helping establish a Sprint Medley Relay record. Reggie Had one of his best days at the SMA JV Meet where he scored 21 points throwing, relay running, and sprinting. Congradulations Reggie Hayes: 1979 Most Valuable Freshman.

MOST VALUABLE SOPHOMORE: DARRYL DARDEN

In his first year of High School Varsity Track & Field, Darryl outscored his fellow classmates with his specialties the High Jump and the 330 Low Hurdles. Darryl broke the Sophomore record in the 330 Lows on 5 separate occasions. He was a member of a respecatble shuttle hurdle relay team that scored at the Lutkus Relays. Determined to improve in the High Jump, Darryl was the practice organizer and equipment manager for the event. A genuine gentleman, proud of himself, his events, his team, his school. Congradulations Darryl Darden: 1979 Most Valuable Sophomore.

SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

MOST VALUABLE JUNIOR: BENNIE SLATE

Bennie Slate, in his 'rookie year' of Track & Field walked out of the classrooms of Southfield High, onto the track and established himself one of the top sprinters in the SMA. Bennie began track back in January, was in excellent shape at the beginning of the season and ended up anchoring Southfield's Sprint Relay Teams. Bennie anchored the School Record setting 440 Yard Relay team and the School Indoor Record setting 880 Yard Relay team. At Mansfield, Bennie advanced to the semi-finals in the 100 Meter Dash establishing a school record. Bennie was the most consistent team scorer, scoring at every outdoor dual meet and invitational. Bennie landed All-SMA honors in track by anchoring the League Champion 440 Yard Relay team. He was 4TH in the SMA in the 100 Yard Dash. A gentleman at all times...one the coaching staff was proud of all season. Congradulations Bennie Slate: 1979 Most Valuable Junior.

MOST VALUABLE SENIOR: SHAWN ROWLEY

Shawn becomes the 4TH Track athlete in the history of Southfield High to win his class MVP Award 3 straight years. He enters the record books in the respectable company of three time winners: Tom Bakerman, Ken McNamee, and Mitch Moses. Shawn started the year slowly, hampered by leg and ankle problems and never really shook off the pain, but few people could tell...especially the competition. Shawn scored heavily in the 220 Yard Dash, 100 Yard Dash, and the Sprint Relays causing these events to be the top point producers for the team. Shawn came within a tenth of a second of bagging the School 220 Yard Dash record on 4 separate occasions. At Mansfield Shawn helped establish 3 Metric records...the 200 Meter Dash, the Metric Medley Relay, and the 800 Meter Relay...all with respectable times. This year as a relay team member, Shawn helped break the School record in the 440 Yard Relay. Shawn earned ALL-SMA honors in the 220 Yard Dash and running the second leg of Southfield's League Champion 440 Yard Relay team. He had his best night point-wise at Hazel Park scoring 4 firsts...100, 220, 440 Relay, and 880 Relay. Enrolled at Michigan State University for next Fall, Shawn has made no commitment to College Track & Field. Congradulations to team leader and Most Valuable Senior, Shawn Rowley.

SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

1979      ALL - SMA TEAM      1979

EVENT	PERSONNEL	SCHOOL	PERFORMANCE
HIGH JUMP	DAVID ATKINS	KIMBALL	6-2
LONG JUMP	VINCENT BEAN	SOUTHFIELD	21-7½
POLE VAULT	JIM ROTH	SEAHOLM	13-0
DISCUS	CRAIG CONFER	FERNDALE	130-9
SHOT PUT	JEFF FRAUS	HAZEL PARK	47-4½
120 YARD HH	ALAN KWASIBORSKI	HAZEL PARK	15.0
100 YARD DASH	LABRON OLDHAM	FERNDALE	10.0
ONE MILE RUN	CHARLES BROSKI	HAZEL PARK	4:18.7
880 YARD RELAY	JAMES HARRIS    CULLY HAWKINS LEBRON OLDHAM    KEVIN TAYLOR	FERNDALE	1:31.2
440 YARD DASH	MARK REDMAN	SEAHOLM	51.5
440 YARD RELAY	DEWADE WIGGINS    VINCENT BEAN SHAWN ROWLEY      BENNIE SLATE	SOUTHFIELD	44.8
330 YARD LH	MARK HOFFMEYER	FERNDALE	40.1
880 YARD RUN	CHARLES BROSKI	HAZEL PARK	1:57.8
220 YARD DASH	SHAWN ROWLEY	SOUTHFIELD	23.0
TWC MILE RUN	DENNIS TRUBY	KIMBALL	9:50.1
MILE RELAY	DAN POTTER      DOUG SANDERS LOU CORONADO    CHARLES BROSKI	HAZEL PARK	3:32.3

SOUTHFIELD SENIOR HIGH SCHOOL  
MEN'S VARSITY TRACK & FIELD

1979 ALL-SOUTHFIELD HIGH TEAM

EVENT	PERSONNEL	CLASS	PERFORMANCE	
HIGH JUMP	BOB LACHNIET	SENIOR	6-0	
LONG JUMP	VINCENT BEAN	JUNIOR	21-9	
POLE VAULT	MIKE KURYLO	JUNIOR	12-6	
DISCUS	JOEY WATERSTONE	JUNIOR	124-9	
SHOT PUT	TOM STEVENSON	SENIOR	45-2½	
120 YARD HH	DARRYL HARRIS	JUNIOR	16.2	
100 YARD DASH	SHAWN ROWLEY	SENIOR	10.1	
ONE MILE RUN	JOHN YUCHAS	JUNIOR	4:38.9	
880 YARD RELAY	SHAWN ROWLEY BARRY JONES	VINCENT BEAN BENNIE SLATE	SR / JR SR / JR	1:33.3
440 YARD DASH	BARRY JONES	SENIOR	53.3	
440 YARD RELAY	DEWADE WIGGINS SHAWN ROWLEY	VINCENT BEAN BENNIE SLATE	SR / JR SR / JR	44.5 **
330 YARD LH	BARRY JONES	SENIOR	40.9	
880 YARD RUN	JOE MEISNER	JUNIOR	2:03.3	
220 YARD DASH	SHAWN ROWLEY	SENIOR	22.8	
TWO MILE RUN	JOHN YUCHAS	JUNIOR	9:55.9	
MILE RELAY	BARRY JONES JOE MEISNER	DEWADE WIGGINS JOHN RABY	SR / SR JR / SR	3:31.8

## ACKNOWLEDGEMENTS

I am grateful to the following people whose role each year plays an important part upon which the very life of this booklet depends. Our crew of MEET OFFICIALS are the people that make many long hours of intense training rewardingly worthwhile.

GEORGE BRACKX	Pole Vault/Finish Line
BERMAN BREWBAKER	High Jump
PAM ESCHMANN	Scorekeeper/Finish Line
JOHN FINLAYSON	Shot Put/Finish Line
ROGER FLEMMING	Finish Line
BARBARA FLETCHER	Finish Line
DALE FREEMAN	Shot Put
STEVE GERUS	Long Jump/Finish Line
FRED GOLDBERG	Finish Line
BOB KOLLEN	Discus/Pole Vault/Finish Line
FRANK KURYLO	Pole Vault

EPILOG

WHO CAN TAKE A SUNRISE...SPRINKLE IT WITH DEW  
COVER IT IN CHOCOLATE AND A MIRICLE OR TWO?  
THE CANDY MAN...THE CANDY MAN CAN!  
THE CANDY MAN CAN 'CAUSE HE MIXES IT WITH LOVE  
AND MAKES THE WORLD TASTE GOOD.

WHO CAN TAKE A RAINBOW...WRAP IT IN A SIGH  
SOAK IT IN THE SUN AND MAKE A STRAWBERRY-LEMON PIE?  
THE CANDY MAN...THE CANDY MAN CAN!  
THE CANDY MAN CAN 'CAUSE HE MIXES IT WITH LOVE  
AND MAKES THE WORLD TASTE GOOD.

THE CANDY MAN MAKES  
EVERYTHING HE BAKES  
SATISFYING AND DELICIOUS...  
TALK ABOUT YOUR CHILDHOOD WISHES!  
YOU CAN EVEN EAT THE DISHES.

WHO CAN TAKE TOMORROW...DIP IT IN A DREAM  
SEPARATE THE SORROW AND COLLECT UP ALL THE CREAM?  
THE CANDY MAN...THE CANDY MAN CAN!  
THE CANDY MAN CAN 'CAUSE HE MIXES IT WITH LOVE  
AND MAKES THE WORLD TASTE GOOD.

AND THE WORLD TASTES GOOD  
'CAUSE THE CANDY MAN THINKS IT SHOULD.