

ST. LOUIS

W. HIGH



CROSS COUNTRY

GRAFFITI



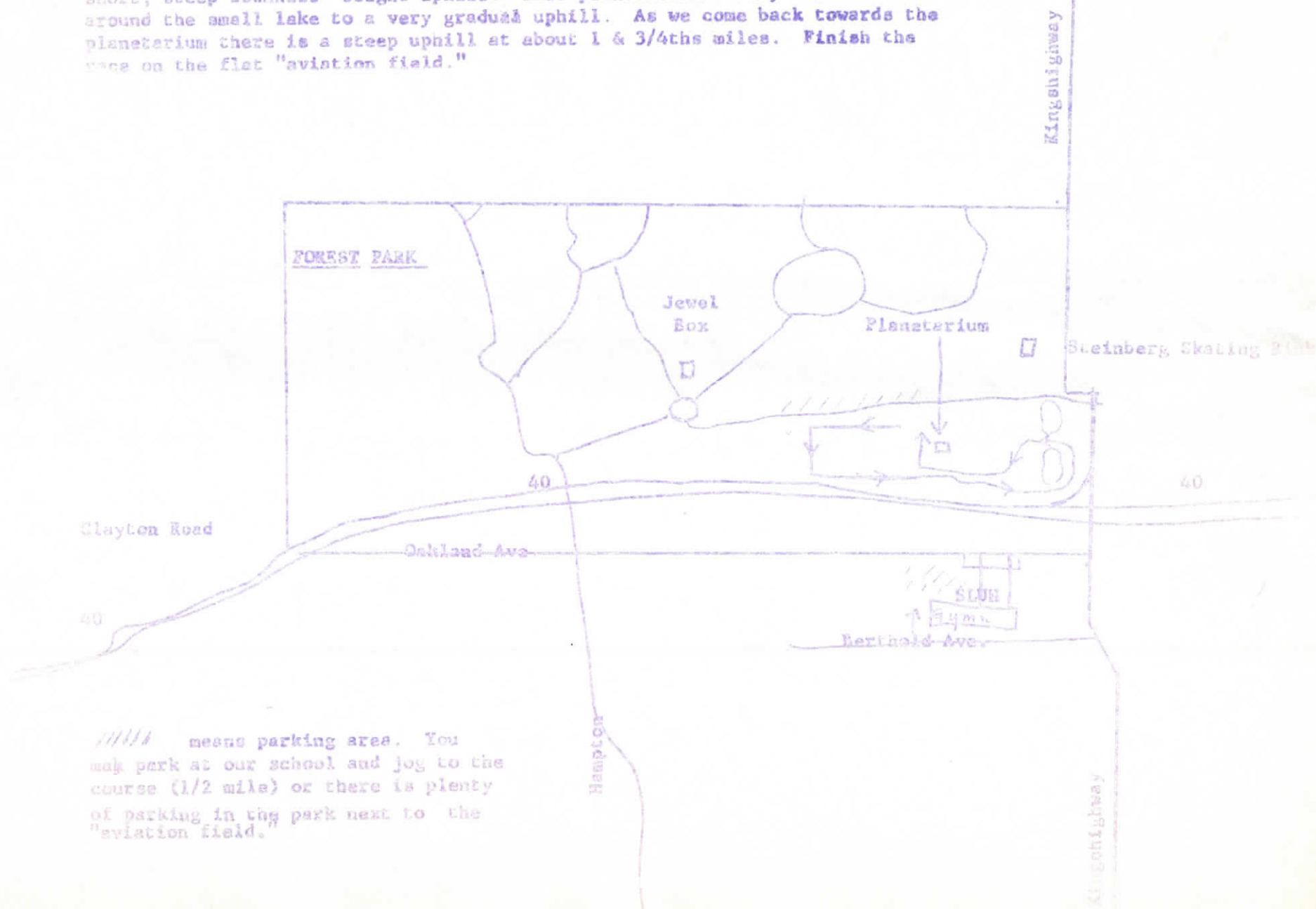
one page missing
Varsity Results

1976 St. Louis University High Cross Country Schedule

Mon.	Sept. 6	Parkway West & Ladue	V, JV	East Ladue	4:00
Sat.	Sept. 11	Northwest Invitational	V, JV, C	House Sprin.	11:00
Tues.	Sept. 14	Mercy	V	Forest P.	4:00
Tues.	Sept. 21	DuBourg	V, JV, C	Forest P.	4:00
Tues.	Sept. 28	Vianney, Fox	V, JV, C	Forest P.	4:00
Fri.	Oct. 1	DuBourg Invitational	B	Willmore P.	4:15
Sat.	Oct. 2	Hancock Invitational	V	Jeff. Barr.	10:00
Mon.	Oct. 11	Bi-State Championship	V, JV, C	Forest P.	4:00
Fri.	Oct. 15	Southside Invitational	V	Carandlt P.	4:30
Wed.	Oct. 20	CBC	C	Forest P.	4:00
Thurs.	Oct. 21	Lindbergh Invitational	C	Lindbergh	4:15
Sat.	Oct. 23	Metro Meet	V, B	Maryville	10:30 11:30
Tues.	Oct. 26	DeSmet	JV	DeSmet	4:15
Fri.	Oct. 29	State Qualifying	V	O'Fallon P.	4:15
Sat.	Oct. 30	DeSmet	C	Desmet	10:30
Sat.	Nov. 6	State Meet	V	Jeff. City	11:00

HOME COURSE FOR ST. LOUIS U. HIGH CROSS COUNTRY 1975

The Junior Bilikens will be running on a fine cross country course that was originally laid out by Washington U. The first mile is perfectly flat around the perimeter of the "Aviation Field". Then a short, steep downhill slight uphill. Past planetarium a very fast downhill around the small lake to a very gradual uphill. As we come back towards the planetarium there is a steep uphill at about 1 & 3/4ths miles. Finish the race on the flat "aviation field."



CROSS COUNTRY WORKOUTS FOR WEEK OF Aug. 30 to Sept 4, 1976

Monday, Aug. 30

V: Cal
2 X Bike Path
F: Weight Room
Cal
Jog to Skinker

Tuesday, Aug. 31

Cal
Jog to College Course
V: 12 X 880
F: 6 X 880
6 X 50
Warm-down jog

Wednesday, IXXX Sept. 1

Cal
Jog 2 miles
V: 5 X lakes
F: 3 X lakes
6 X 100

Thursday, Sept 2

Cal
Jog
10 X 100
Bike Path
F: jog to Skinker
10 X 100

Friday, Sept 3

Weight Room
Jog to College Course
Cal
6 X 50
2 Mile Time Trial
6 X 50
Warm-down: 4 mile jog

Saturday, Sept 4

11 - 12 mile Road Run

Monday, Sept 6

Sprints
8 mile - easy pace

Tuesday, Sept. 7

versus Parkway West
Clayton
at Maryville College

Saturday, Sept. 11

Northwest Invitational
at House Springs, Mo.

V
JV

BLUE CROSS COUNTRY WORKOUTS FOR WEEK OF SEPT. 12 - 17, '76

Monday, Sept. 13

1. Cal
2. V to weight room
3. Jog 2 miles
4. 6 X Planetarium lake
5. 5 X 50
6. 30-30-30
7. Jog 2 miles

Friday, Sept. 17

1. Cal
- ~~2. 4th. Annual 3 X 5 X 10 Relay race~~
2. 4th. Annual 3 X 5 X 10 Relay race
3. 30-30-30
4. Jog home
- ~~5. 30-30-30~~

Tuesday, Sept. 14

1. Cal
2. C to weight room
3. Jog 2 miles
- MEET vs. Mercy High in F. P.
4. 4 X 440 on Aviation Field
5. 5 X 50
6. Jog 2 miles

Saturday, Sept. 18

1. 1st. Annual Babler State Park Run

Wednesday, Sept. 15

1. Cal
2. V, JV, B 2 X Bike Path
- C to weight room
- C 1 X Bike Path
3. 6 X 60
4. 30-30-30
5. Jog 1 mile

Thursday, Sept. 16

1. Cal
2. V to Weight room
3. V: 10 X 880 at late
- C: 7 X 880
4. 4 X hill
5. 30-30-30
6. Jog 1 mile

**DR. EDMUND A. GABLER
MEMORIAL STATE PARK**



Saturday, September 18

"I don't believe that hill"--Telthorst

"Are you sure that the long way is the easy way?"--Thuet

Frisbee distance champion--Meyer

Crazy driver contest--tie: Backer
Young

Ate the most candy bars--Little Mooney

SLUH ANNUAL 3x5x10 RELAY RACE
SEPTEMBER 17, 1976

BLUE TEAM: TIM McLAUGHLIN, JOHN BREWER, JOE THURT, ANDY LINK, TOM JANISH

5:45	12:08	19:00	25:19	31:45	38:18	44:35	50:49	57:00	63:53	
6:35	12:45	19:07	26:04	33:00	39:45	46:40	54:05	60:53	67:25	TEAM TOTAL:
6:15	12:57	19:56	26:47	33:06	40:30	47:37	55:14	61:18	68:05	199:03

WHITE TEAM: DON JANSEN, JOE JEDLICKA, STEVE SIGNAGO, MIKE MAITZ, MARK MORENO

6:00	12:20	19:00	25:10	31:23	37:55	44:15	51:38	58:02	65:07	
6:15	12:37	19:10	26:04	33:20	40:36	47:05	53:45	60:33	67:15	TEAM TOTAL:
6:15	12:45	19:51	26:39	33:27	40:32	47:20	53:50	60:35	68:38	201:00

GREEN TEAM: JIM MAYHEW, JIM MOONEY, DAVID BETTS, JIM TELTHORST, JIM JACKSON

6:35	14:20	22:35	30:55	40:07	48:50	57:10	65:35	73:42	
7:30	15:10	22:43	31:36	40:45	48:50	57:20	66:24		
8:25	18:12	26:12	33:45	41:20	49:15	57:55	68:25		

ORANGE TEAM: ROB MOONEY, JIM YOUNG, NICK FERRARA, JACK VETTER, MIKE McENERY

6:35	12:50	19:30	26:12	37:57	40:25	48:15	55:25	61:33	68:00	
6:20	12:57	21:05	28:25	35:30	42:38	50:30	57:57	65:10	71:58	TEAM TOTAL:
6:20	13:35	21:08	29:25	36:00	43:00	50:35	58:35	66:23	72:55	212:13

GREAT VICTORY FOR BLUE

DID SIGNAGO REALLY FINK OUT ON HIS TEAMMATES OR NOT???????

FASTEST 7 MILES OF THE DAY--MIKE MAITZ

WHY DIDN'T MIKE McENERY GET WET?????????

BLUM CROSS COUNTRY WORKOUTS FOR WEEK OF SEPTEMBER 20 - 25, 1976

Monday, Sept. 20

Cal

V: Bike Path
Weight Room

C: Weight Room
Bike Path

5 X 100

Tuesday, Sept. 21

vs DeBourg in Forest Park

4:00 V

4:25 JV

4:50 C (2.0)

4 X 440

Jog 2 miles

Wednesday, Sept. 22

Cal

C: Weight Room
5 X laps hard
(5 min. interval)

V: 5 X laps hard
(5 min interval)

Weights

6 X 60

30-30-30

Thursday, Sept. 23

Cowboys vs Indians at
Jefferson Memorial Pass



Friday, Sept. 24

Hill climbs at
World's Fair Pavilion

Saturday, Sept. 25

The Green Hills 8.9 mile
road run and hill climb
(near Babler Park)

"You think I'm all wet. look
at Jansen and Mayhew" Brewer

High & Dry Thuet & Morgan

Unsafe at any speed: Backer

Over the hill gang: McCabe

Willing to be picked up by
any dog! Signaigo

INDIANS WON!

Got lost : Paul Horgan

Got trapped: Steve Signaigo

Caught 2 Indians: Paul Horgan

Smared by fly caster: Little
Mooney

SLUH CROSS COUNTRY WORKOUTS FOR WEEK OF SEPT. 27 -- Oct 2

Monday, Sept. 27

Weight/
Jog 2 miles
4 X 1/40
Jog 2 miles

Friday, Oct. 1

V & C jog bike path at half speed
B Invitational at Dubourg

Tuesday, Sept. 28

vs Fox and Vianney
in Forest Park

Saturday, Oct. 2

Meet at SLUH at 9:45
HANCOCK INVITATIONAL AT JEFFERSON
Barrieks

Wednesday, Sept. 29

V at 11:30
JV at 12:00

Run Bike Path for time

1.	Morgan	42:40
2.	Jansen	44:08
3.	Thuet	44:10
4.	R. Mooney	45:45
5.	Backer	47:35
6.	Signage	48:05
7.	Mayhew	48:30
8.	Merene	49:35
9.	M. McEnery	50:15
10.	Link	50:30
11.	Janisch	51:05
12.	Brewer	52:30
13.	Frain	54:35
--.	Jedlicka	54:35
--.	McLaughlin	54:35
16.	Berry	56:35
17.	J. Mooney	56:35
18.	Murphy	59:45
19.	Telthorst	69:20

Thursday, Sept. 30

Jog 1 mile
12 X 880 at Lake
Group A average 2:40
Group B 3:20
Group C 3:30

SLUH CROSS COUNTRY WORKOUTS FOR WEEK OF OCT. 4 -- 10

Monday, Oct. 4

Jog to College Course
Challenge Match in
3 X 5 X 10 Relay Race
(will Thurst & team win again)
Sprint 5 X 50
Jog home

Sunday, Oct. 10

Cal	practice in a park near
jog 5 miles	your home to prepare for
5 X 100	Monday's Bi-State Meet

Tuesday, Oct. 5

Run 10.5 miles
Bike Path & to Skinker
& Back
6 X 60

Monday, Oct. 11

Bi-State Championship in Forest Park		
4:00	Varsity	(10 runners per team)
4:25	JV	(unlimited)
4:50	C	(unlimited)

Wednesday, Oct. 6

Cal
Jog 1 mile
20 X 440
Jog 2 miles

Thursday, Oct. 7

Cal
Run 10.5 miles
6 X 60

Friday, Oct. 8

Jog 2 miles
6 X 880 (race pace)
Jog 2 miles

Saturday, Oct. 9

2nd. Annual Maryville College
Workout.
3 X the course
5 X 50
Warmdown jog

BLDM CROSS COUNTRY WORKOUTS FOR WEEK OF OCTOBER 11 - 17

Monday, Oct. 11

BI-STATE MEET in Forest Park

Tuesday, Oct. 12

jog 1 mile
8 X 880 (race pace)
jog 1 mile

Wednesday, Oct. 13

Cal
Run 10.5 on bike path
in team groups
5 X 100 on aviation field
jog

Thursday, Oct. 14

V; practice at Carondelet Park
JV & C; 3 X 2 miles on Planetarium
Course in team groups
6 X 100
Jog

Friday, Oct. 15

V; Southside Invitational
at Carondelet Park 4:00 4:30

Peff City was at 4:00 for
those not going to Carondelet

Saturday, Oct. 16

no practice

Sunday, Oct. 17

10 mile run on your own

SLUH CROSS COUNTRY WORKOUTS FOR WEEK OF OCTOBER 18 -- 23

Monday, Oct. 18

Warm-up: jog to College Course

Cal

5 X 50

Regression Workout:

2 mile 10 min interval

1 1/2 miles 8 " "

1 mile 5 " "

1/2 mile 3 " "

440 2 " "

220 1 " "

10 X 110 30 sec "

30-30-30

Warm-down: jog 1 1/2 miles

Tuesday, Oct. 19

12:15 on upper field

jog to Aviation Field

Cal

20 X 440

Freshman we will run against CBC on Wednesday will meet on upper Field at 12:15 also; before running the bike path and doing sprints

Wednesday, Oct. 20

12:15 on upper field

V & JV 10.5 miles hard

C team no. 1 - bike path & sprints

C team no. 2 on upper field at 3:00 meet against CBC Frosh at 4:00

Thursday, Oct. 21

V, JV, & C no 2 on upper field at 12:15

12 X 440

jog 4 miles

Thursday, Oct. 21 (cont.)

C no. 1 on upper field at 2:30

Lindbergh C Invitational at 4:00

Gravola Creek Park on Green Park Rd

Friday, Oct. 22

12:15 on upper field

Cowboys & Indians

Saturday, Oct. 23

8:30 Team Mass in Blessed Sacrament

9:00 Bus departs for Maryville Coll

10:30 Varsity Meet

11:30 B Team Meet

12:30 leave Maryville for SLUH

C team no. 1

Jedlicka

Gimpson

Horgan

Mayhew

Ferrara

Moreno

Jackson

V for Oct. 23

Morgan

Thuet

Mooney

Backer

Young

McLaughlin

Jansen

C team no 2

Frain

Link

Janish

McEnergy, M

Berry

Mooney

Tekthorst

Sauer

Meyer

Bess

Murphy

Weissmiller

B for Oct. 31

Vetter

Brewer

Jedlicka

McEnergy, J ?

Signago ?

C team members ?

JUNIOR VARSITY Cross Country Results 1976

<u>Sept 7</u>			Summary of Invitationals	
	SLUH	34		
	Ladue	41	12 th at Northwest Invitationals	out of 17
<u>Sept 11</u>			at Hancock Invitational	out of
	Northwest of House Springs Invitationals	12 th	8 th at Metro Meet	out of 13
<u>Sept 21</u>			Based on Head-to-Head Competition	
	DuBourg	15		
	SLUH	50		
<u>Sept 28</u>			WON 5	
	Vianney	25	LOST 16	
	Fox	35		
	SLUH	95		
<u>Oct 2</u>				
	Hancock Invitational			
<u>Oct 11</u>				
	Desmet	15		
	SLUH	48		
<u>Oct 26</u>				
	DeSmet	15		
	SLUH	50		

"B" TEAM Cross Country Results 1976

<u>Oct 1</u>			Summary of Invitationals	
	DuBourg Invitational	13 th	13 th at DuBourg Invitational	Out of 18
<u>Oct 23</u>			Based on Head-to-Head competitions	
	Metro Meet	8 th	WON 10	
			LOST 19	

FRESHMEN TEAM Cross Country Results 1976

Sept 11

Northwest of
House Springs
Invitational 4th

Summary of Invitationals

4th at Northwest Invitational out of 8

9th at Lindbergh Invitational out of 21

Sept 21

SLUH 20
DuBourg 43

Based on Head-to-Head Competition

Sept 28

Fox 29
SLUH 33
Vianney **

WON 20

LOST 13

Oct 11

DeSmet 26
SLUH 35
CBC 75

Oct 20

SLUH 19
CBC 44

Oct 21

Lindbergh
Invitational 9th

BEST TIMES

VARSITY

1. Bob McCreary	14:02
2. Dan Morgan	14:14
3. Tim McLaughlin	14:24
4. Bernie Backer	14:42
5. Joe Thuet	14:46
6. Don Jansen	14:54
7. Joe Jedlicka	14:57
8. Jack Vetter	15:14
9. Jim Young	15:28

TEAM TIMES

1. State Qualifying	72:36
2. Southside Invitational	74:19
3. Fox-Vianney	74:25
4. DuBourg	74:36
5. Parkway West-Ladue	75:08
6. Marcy	76:59
7. Northwest of H.S. Inv.	78:20
8. Hi-State	78:54
9. Hancock Invitational	78:55
10. Metro Meet	81:46

***Average 76:36

JUNIOR VARSITY

1. Jack Vetter	15:14
2. Nick Ferrara	15:46
3. Jim Jackson	16:10
4. Tom Simpson	16:17
5. John Brewer	16:18
6. Jim Mayhew	16:20
7. Mike Maltz	16:30
8. Steve Signago	17:07
9. John McEnery	17:07

1. DeSmet	78:52
2. Hi-State	80:23
3. Fox-Vianney	83:16
4. DuBourg	83:37
5. Hancock Invitational	85:20
6. Ladue	86:18
7. Northwest of H.S. Inv.	94:50

***Average 84:39

"B" TEAM TIMES

1. DuBourg Invitational	71:50
2. Metro Meet	90:05

***Average 80:57