

1996

CCS

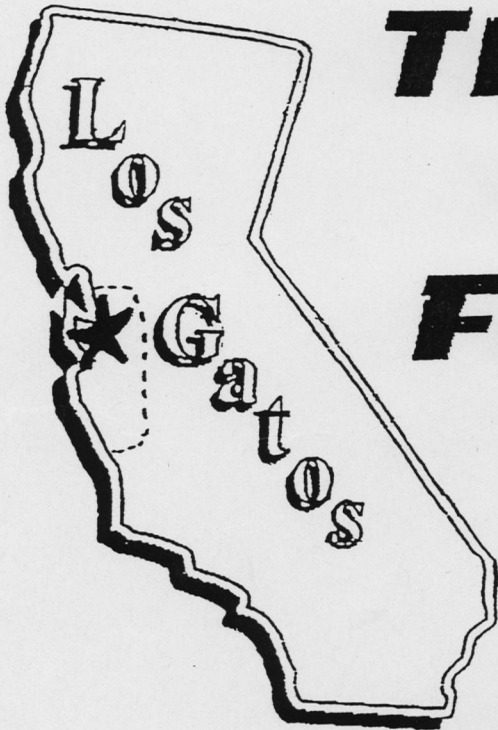
FROSH-SOPH

TRACK

AND

FIELD

CLASSIC



QUALIFYING MEET FOR THE CCS TOP "8"

**Los Gatos High School
Friday, April 12, 1996**



FROSH-SOPH C.C.S. TRACK AND FIELD CLASSIC 1996

(QUALIFYING MEET FOR THE CCS TOP "8")

ORDER OF EVENTS AND TIME SCHEDULE

FIELD EVENTS

1	4:30	POLE VAULT
2	4:30	TRIPLE JUMP
3	4:30	SHOT PUT
4	6:15	HIGH JUMP
5	6:15	DISCUS
6	6:15	LONG JUMP

TRACK EVENTS

7	5:00	400M RELAY
8	5:15	1600M RUN
9	5:35	65M HH
10	5:55	400M
11	6:10	100M
12	6:40	800M
13	7:00	300M IH
14	7:15	200M
15	7:30	3200M RUN
16	8:00	1600M RELAY

ALL ATHLETES IN THE SP; DISCUS; LJ; TJ; GET 3 ATTEMPTS ONLY

ALL ATHLETES MUST WARM-UP OUTSIDE THE INFIELD UNTIL FIRST CALL OF THEIR EVENT BEFORE REPORTING TO THE CLERK OF THE COURSE. EVERY ATHLETE HAS UNTIL THE SECOND CALL TO REPORT OR THEY WILL BE SCRATCHED AND THE ALTERNATE WILL BE CALLED. ALL ALTERNATES SHOULD BE READY AT THAT TIME.

GOOD LUCK AND BEST OF SUCCESS IN TONIGHT'S MEET

**WILLIE HARMATZ AND RICK MILAM
MEET DIRECTORS**

**FROSH-SOPH C.C.S. TOP "8" TRACK AND FIELD CLASSIC
MEET RECORDS**

100 M	ANTHONY PACHECO	MILIPITAS	10.87	1987
200 M	FELTON CHARLES	WESTMOOR	22.10	1994
400 M	FELTON CHARLES	WESTMOOR	48.81	1994
800 M	SCOTT CERVELLI	SANTA TERESA	1:55.40	1991
1600 M RUN	SEAN CROWLEY	OVERFELT	4:22.70	1982
3200 M RUN	CHRIS CRAIG	LEIGH	9:32.80	1982
65 M HH	DON POWELL	PALO ALTO	8.80	1984
300 M IH	JOE NAIVALU	FREMONT	39.41	1994
400 M RELAY	WESTMOOR		43.67	1994
1600 M RELAY	WESTMOOR		3:27.56	1994
SHOT PUT	FRANK FILLIPONE	OAK GROVE	56-10 1/2	1989
DISCUS	JON FOWLER	LOS ALTOS	152-7	1987
POLE VAULT	GEORGE BASSETT	SARATOGA	13-6	1982
	MIKE KIBORT	FREMONT	13-6	1981
TRIPLE JUMP	ALLEN PICCHI	ST FRANCIS	48-6 1/4	1981
HIGH JUMP	JEFF ROGERS	OVERFELT	6-6	1983
LONG JUMP	MARK MONTGOMERY	INDEPENDENCE	22-5 1/2	1981

TEAM CHAMPIONS

1980	LOS GATOS	1990	ST IGNATIUS
1981	ST FRANCIS	1991	ST FRANCIS
1982	OVERFELT	1992	BELLARMINE
1983	LOS ALTOS	1993	LOS ALTOS
1984	PALO ALTO	1994	ST IGNATIUS
1985	BELLARMINE	1995	ST FRANCIS
1986	LOS ALTOS		
1987	LOS ALTOS		
1988	BELLARMINE		
1989	OAK GROVE		

F/S TRACK & FIELD CLASSIC OFFICIALS TIME SCHEDULE

April 12, 1996

Qualify	TRACK EVENTS	TIME	HEATS
8	400m Relay heat winner + next 5 fastest times	5:00	3
12	1600m Run Top 2 each heat + next 6 fastest times	5:15	3
8	65m High Hurdles heat winner + next 4 fastest times	5:35	4
8	400m heat winner + next 4 fastest times	5:55	4
8	100m heat winner + next 4 fastest times	6:10	4
12	800m Top 3 each heat + next 6 fastest times	6:40	2
8	300m Inter. Hurdles heat winner + next 5 fastest times	7:00	3
8	200m heat winner + next 4 fastest times	7:15	4
12	3200m Run Top 3 each heat + next 6 fastest times	7:30	2
8	1600m Relay heat winner + next 5 fastest times	8:00	3
Qualify	FIELD EVENTS	TIME	FLIGHTS
8	Pole Vault	4:30	1
8	Triple Jump	4:30	3
8	Shot Put	4:30	3
8	High Jump	6:15	2
8	Discus	6:15	3
8	Long Jump	6:15	3

EVENT NUMBER

1

RECORD

POLE VAULT	13-6	
GEORGE BASSETT	SARATOGA	1982
MIKE KIBORT	FREMONT	1981

(Starting Height 9'-6")

Top "8" qualify

Name	School	Height
Charlie Von Hofen	SSF	10-0
Joe Bishop	Arag	10-0
Jay Qumar	MP	10-0
Jason Lueck	SI	10-0
Steve Silva	NSal	10-0
Chris Murphy	StF	10-0
Channing Yip	Mills	10-4
Fritz Willis	Cap	10-6
Jeremy Dyboahl	Soquel	10-6
Tyler Mullins	Soquel	10-6
Ryan Faustino	Serra	10-6
Mike Catanzaro	Serra	11-0
Rick Lechlettier	Serra	11-6
Max Lishansky	SI	11-0
Justin Nikbash-Tali	Mitty	11-6
Robert Carbajal	MP	12-0
Dustin Evanger	NMC	12-0
James Simonson	StF	12-6

Alternate:

Garrett Jones	DM
Romazon Karaja	DM

EVENT NUMBER

2**RECORD****TRIPLE JUMP**

48-6 1/4

ALLEN PICCHI

ST FRANCIS

1981

(3 attempts only)

Flight #1

Rocci Paap
 Bob Huang
 Steve Coccus
 Andre Omitrin
 Eric Flores
 Mike Sanders
 Bob Le
 Erik Dalida
 Steve Ngo

Flight #2

Charlie Von Hofen
 Dustin Evanger
 Justin Nikbash-Tali
 Anthony Rhodes
 Gavin Tortz
 Sean Paige
 Stan Lavigan
 Evan Fletcher
 John Carr
 Mario Sidella

Flight #3

Armondo Lopez
 Robert Poquez
 Anthony Pasion
 Alex Shey
 Charles Ferguson
 Eric Hu
 Sutter Wehmeier
 Mike Cordova
 Kregg Quarels

Alternate:

John Groshong
 Brandon Lee
 John Darcy

Top "8" qualify

School	Distance
Wats	38-0
Hom	38-0
NSal	38-1
Cap	38-1
NMC	38-1
Aptos	38-2
PHills	38-2
PHills	38-2
MP	38-6

School	Distance
SSF	38-9
MPC	38-9
Mitty	38-10
Serra	38-10
Leigh	39-0
Wmont	39-1
Rior	39-1
Gunn	39-1
SI	39-2
StF	39-6

School	Distance
SCLara	40-0
SI	40-3
Rior	40-9
LAltos	40-11
Fre	41-4
Gunn	41-6
Hom	42-0
NSal	43-2
LAltos	43-3

SI
 Mitty
 Serra

EVENT NUMBER

3**RECORD**

SHOT PUT	56-10 1/2	
FRANK FILLIPONE	OAK GROVE	1989

(3 attempts only)

Top "8" qualify

Flight #1	School	Distance
Mike Manson	LGatos	43-0
Jamie Ybarra	NMC	44-0
Kyle Smith	LGatos	44-0
Rich Clarke	WG	44-0
Golden Ables	Carmel	44-0
Justin Dionide	Rior	44-2
Matt Silvear	NMC	44-2
Chris Moore	Palma	44-3

Flight #2	School	Distance
Roberto Guerrero	Rior	44-6
Josh Vavoa	Mills	44-6
Hanna Sahourieh	Wmoor	44-10
Joe Santiago	NSal	45-0
Steve Frank	PHills	45-1
Brent Bower	Gunn	45-3
Chuck Hererra	Fremont	45-7
Ivan Jakic	SI	45-11

Flight #3	School	Distance
Jim Grassi	Mitty	46-1
Aaron Barvlich	SI	46-4
Ryan Finney	PHills	46-9
Eamon Allen	SI	47-1
Brian Cales	Aptos	47-8
Tim Snyder	Gunn	48-0
Brandon Goldstein	PHills	52-0
Pete Bjorklund	LAltos	53-11
Miah Giruaro	LAltos	54-6

Alternate:

Juan Trujillo	Aptos
Ben Illilli	SSF
Isaac Tofiga	SSF

EVENT NUMBER

4

RECORD

HIGH JUMP

6-6

JEFF ROGERS

OVERFELT

1983

(Starting Height 5' 6")

Top "8" qualify

Flight #1

Omar Blov

Cliff Leong

Graham Price

Chris Byrd

Mike Cordoba

Kassim Osgood

Joe Denzel

Lars Shaw

Rocci Paap

Pedro Botta

Matt Tueller

Nick Nobriga

Brad Munro

Jeremy Dybdahl

School

MP

Mills

Leigh

SI

NSal

NSal

Mitty

Mitty

Wats

Serra

Lyn

DM

MVista

Soquel

5-7

5-8

5-8

5-8

5-8

5-8

5-8

5-8

5-8

5-8

5-8

5-8

5-8

5-8

Flight #2

Brian McQueen

Dustin Evanger

Aaron Mathews

Mike Kelly

Jared Mc Gee

Mike Whitaker

Lionel Metz

Roy Pimentel

Nick Chavez

John Darcy

Darren Marble

School

Harbor

NMC

Aragon

Mitty

S Clara

Cup

SI

SI

Palma

Serra

LAltos

5-10

5-10

5-10

5-10

5-10

5-10

5-10

5-10

6-0

6-0

6-3

Alternate:

None

EVENT NUMBER

5

RECORD

DISCUS	152-7	
JON FOWLER	LOS ALTOS	1987

(3 attempts only)

Top "8" qualify

Flight #1	School	Distance
Brian Wang	MVista	109-0
Ben Illilli	SSF	109-0
Mike Manson	LGatos	111-0
Jay Kim	Lyn	111-0
Golden Ables	Carmel	113-0
Juan Trujillo	Aptos	113-2
Tim Shea	Rior	113-9
Jerry Pak	MVista	114-0
Jamie Ybrarra	NMC	114-7

Flight #2	School	Distance
Rogelio Rodriguez	Wmoor	115-0
Cheyne Murray	MA	115-0
Matt Silvear	NMC	115-1
Eamon Allen	SI	115-4
Aaron Barvlich	SI	115-5
Chris Moore	Palma	115-7
Doug Murr	WG	117-0

Flight #3	School	Distance
Josh Vavao	Mills	119-0
Ryan Finney	PHills	120-0
Corey Fitzgibbon	SI	121-3
Jim Grassi	Mitty	127-1
Pete Bjorklund	LAltos	130-0
Brent Bower	Gunn	130-6
Miah Giruaro	LAltos	134-0
Brandon Goldstein	PHills	134-1

Alternate:

Brian Cales	Aptos
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EVENT NUMBER

6

RECORD

LONG JUMP 22-5 1/2
MARK MONTGOMERY INDEPENDENCE 1981

(3 attempts only)

Top "8" qualify

Flight #1

Armando Ramos
Charlie Von Hofen
John Darcy
Brian McQueen
Tom Rees
Stan Lavigan
Terry Smith
Mike Cardoba
Donte Mack
P J Daley
Chase Harmer

School

Lincoln
SSF
Serra
Harbor
StF
Rior
SCLara
NSal
Hom
Aptos
Mitty

Distance

18-8
18-8
18-8
18-8
18-9
18-11
19-0
19-1
19-1
19-1
19-1

Flight #2

Robert Poquez
Ed Arceneaux
Anthony Rhodes
Alex Shey
Gunnars Taravios
John Carr
Anthony Pasion
Jerry Matthews
Willie Jones
Fred Jackson

School

SI
WMoor
Serra
LAltos
LAltos
SI
Rior
PHills
NMC
Wilcox

Distance

19-2
19-2
19-2
19-5
19-6
19-7
19-9
19-10
19-10
19-11

Flight #3

Josh Moores
Mike Whitaker
Eric Hu
Don Stickland
Sutter Wehmeier
Chris Castro
Grant Partridge
Charles Ferguson

School

Lyn
Cup
Gunn
Rior
Hom
SI
Menlo
Fre

Distance

20-0
20-0
20-1
20-2
20-6
20-6
20-6
21-0

Alternate:

- 1 Ed Garcia
- 2 Dan Montes
- 3 Jorge Prado
- 4 Steve Ngo

Wats
Aragon
Watsonville
Mt Pleasant

EVENT NUMBER

7

RECORD

400m RELAY	43.67
WESTMOOR	1994

(winner of each heat plus next 5 fastest times)

Top "8" qualify

Heat # 1

School	Time
1 Soquel	47.1
2 Bellarmine	46.7
3 Lynbrook	46.0
4 Independence	44.8
5 Riordan	45.9
6 Serra	46.5
7 San Mateo	47.0
8 Lincoln	47.9

Heat # 2

School	Time
1 Santa Clara	47.1
2 Mt Pleasant	46.7
3 North Salinas	46.1
4 Homestead	45.1
5 Mitty	45.2
6 Piedmont Hills	46.5
7 Los Altos	46.9
8 South San Francisco	47.9

Heat # 3

School	Time
1 Watsonville	47.2
2 St Francis	46.7
3 Gunderson	46.3
4 Aragon	45.2
5 St Ignatius	45.5
6 M-A	46.4
7 Mt View	46.8
8 Westmoor	47.3

Alternate:

- Santa Teresa
- Fremont
- North Monterey County

EVENT NUMBER

8

RECORD

1600m RUN

4:22.70

SEAN CROWLEY

OVERFELT

1982

(top 2 each heat plus next 6 fastest times)

Top "12" qualify

Heat # 1

1 Gary Passanisi
 2 Dan McDonough
 3 Jose Acosta
 4 Juan Hernandez
 5 JJ Sclar
 6 Clay Adams
 7 Issaq Porras
 8 Matt Hovik
 9 David Leon
 10 Scott Bratman
 11 Pablo Gutierrez
 12 John Wiley
 13 Ben Sanchez
 14 Keith Munoz
 15 Joseph Carter

School

Aptos
 Cup
 PHills
 Wats
 Cup
 STer
 DM
 Hcm
 NMC
 Gunn
 MP
 Gunn
 NSal
 Wats
 LG

Time

4:33.6
 4:38.0
 4:41.7
 4:45.2
 4:47.0
 4:48.0
 4:48.6
 4:50.0
 4:52.0
 4:52.0
 4:52.0
 4:53.0
 4:54.0
 4:55.0
 4:56.0

Heat # 2

1 DJ Ozan
 2 Matt Chen
 3 Oscar Gonzalez
 4 Mohamed Abdul
 5 Jose Buenostro
 6 Eric McAllister
 7 Andreas Sandley
 8 Anthony Eckel
 9 Joey Sherelson
 10 Jamal Dunn
 11 Mike Villeberg
 12 Tom Allen
 13 Chris Watkins
 14 Joe Cheng
 15 Jose Moreno

School

DM
 SI
 MP
 Wmoor
 NMC
 Bell
 Bell
 Harbor
 Carmel
 Rior
 Serra
 Gunn
 WG
 Leland
 Wats

Time

4:33.7
 4:34.0
 4:38.0
 4:45.0
 4:45.0
 4:47.0
 4:48.0
 4:51.0
 4:52.0
 4:52.0
 4:53.0
 4:54.0
 4:54.0
 4:54.0
 4:55.0

Heat # 3

1 Adam Perry
 2 Joma Dewald
 3 Louie White
 4 Brian Rankin
 5 Andrew Hill
 6 Steve Garza
 7 Ben Strong
 8 Nicklesh Singh
 9 Paul Able
 10 Eric Soule
 11 Maury Keawinohomku
 12 Joe Aubuchon
 13 Chris Velarde
 14 Tom Held
 15 Alex Shoor

School

Serra
 Soquel
 HMB
 MA
 LAltos
 PHills
 Bell
 Bell
 Wilcox
 Leland
 Fre
 Wilcox
 SSF
 Wmoor
 Saratoga

Time

4:34.0
 4:34.0
 4:38.0
 4:45.0
 4:45.0
 4:47.0
 4:48.0
 4:50.0
 4:52.0
 4:52.0
 4:53.0
 4:53.0
 4:54.0
 4:54.0
 4:56.4

Alternate:

1 Pat Sullivan
 2 Erik Melvin
 3 Ray Maldonado
 4 Rob Jahn

Los Gatos
 St Francis
 Independence
 Los Altos

EVENT NUMBER

9

RECORD

65m HIGH HURDLES

8.80

DON POWELL

PALO ALTO

1984

(winner of each heat plus next 4 fastest times)

Top "8" qualify

Heat # 1**School****Time**

1 Andre Rosario

NSal

10.2

2 Jose Rumajor

Rior

9.9

3 Transon Hum

Indep

9.7

4 An-Swol Hu

Hom

9.4

5 Lionel Metz

SI

9.6

6 Eric Flores

NMC

9.8

7 Marcus Ayala

Wmoor

10.1

8 Robert Carbajal

MP

10.6

Heat # 2**School****Time**

1 John Lee

Gunn

10.3

2 Chad Allen

Sara

10.0

3 BJ Boehje

Carmel

9.7

4 Clayton Hathorne

MA

9.5

5 Charlie Von Hofen

SSF

9.6

6 Guy McGowan

Leigh

9.8

7 Chris Rosiak

MVista

10.1

8 Joe Chang

MView

10.7

Heat # 3**School****Time**

1 Alex Ware

LAltos

10.3

2 Jeremy Dybdahl

Soquel

9.9

3 James Chaung

Lyn

9.7

4 Terrance Williams

Mitty

9.5

5 Mike Chen

LAltos

9.6

6 Adam Oscarsen

MA

9.8

7 Chuck Noble

StF

10.1

8 Mike Sanders

Aptos

10.7

Heat # 4**School****Time**

1 Steve Ngo

MP

10.6

2 Aaron Cabana

NMC

9.9

3 Tyler Mullins

Soquel

9.8

4 Bob Madu

Indep

9.6

5 Jon Turner

Rior

9.7

6 David Pham

MVista

9.9

7 Fred Shepard

MA

10.2

8 Shane Zack

StF

10.8

Alternate:

1 Ty Mancuso

Serra

2 Dominic Barbaria

Serra

3 Chris Bitlon

Lincoln

4 Tom Hoffman

Wmont

EVENT NUMBER

10

RECORD

400m	48.81	
FELTON CHARLES	WESTMOOR	1994

(winner of each heat plus next 4 fastest times)

Top "8" qualify

Heat # 1

	School
1 Jeff Amers	Arag
2 Masamba Grigsby	PHills
3 Chase Harmer	Mitty
4 Devon Dyer	Indep
5 Nate Ellis	Gund
6 Tom Stout	Mills
7 Henry Huie	WMoor
8 Tully Banta-Cain	Fre

Time

54.7
54.1
53.5
51.3
52.6
53.8
54.8
55.2

Heat # 2

	School
1 Nick Barsetti	Rior
2 Mike Atkinson	StF
3 Brendt Spears	SI
4 Jav Hamill	WMoor
5 Terrance Robinson	NSal
6 Tom Rees	StF
7 Dustin Kicinski	LG
8 Shawn Kaku	StF

Time

55.0
53.9
53.0
52.5
52.6
53.6
54.5
55.2

Heat # 3

	School
1 Sergio Saldate	Wats
2 Tony Chen	Bell
3 Josh Kelsey	Cap
4 Jerry Mathews	PHills
5 JC Serrano	Palma
6 Brandon Stewart	Indep
7 Ron Muniz	PHills
8 Yiska Zhang	Gunn

Time

55.0
53.9
53.1
52.5
52.9
53.8
54.5
55.1

Heat # 4

	School
1 Mike Murphy	LAltos
2 Josh Moores	Lyn
3 Brandon Lattimore	MP
4 Ryan Akers	MA
5 Alex Buich	SI
6 John Dehayas	MP
7 Carlo Rirafort	SI
8 Jorge Prado	Wats

Time

54.8
54.0
53.2
52.5
52.7
53.8
54.8
55.1

Alternate:

1 William Lee.	SSF
2 Charles Pareto	Serra
3 Jim Villegas	Santa Clara
4 Larry Herman	Serra

EVENT NUMBER

11**RECORD**

100m	10.87	
ANTHONY PACHECO	MILPITAS	1987

(winner of each heat plus next 4 fastest times)

Top "8" qualify

Heat # 1

	School	Time
1 Eric McKinley	Serra	11.6
2 Steve Hege	Bell	11.6
3 Chris Castro	SI	11.4
4 Aaron Bryant	Wilcox	10.93
5 Donte Mack	Hom	11.3
6 Clay Hathorne	MA	11.4
7 Steve Lee	SI	11.6
8 Tyler Mullins	Soquel	11.6

Heat # 2

	School	Time
1 Tony Gianotti	S Clara	11.6
2 Nick Tung	Lyn	11.6
3 Carlos Koustas	Rior	11.5
4 Dinari Brown	Bell	11.2
5 Mike Rodriguez	NSal	11.3
6 Kyle K-Murrell	MA	11.4
7 Mike Murphy	LAltos	11.5
8 Sadik Haralson	NMC	11.6

Heat # 3

	School	Time
1 Tam Su	MtV	11.6
2 Terrence Williams	Mitty	11.5
3 Nacho Arteaga	Wats	11.4
4 Dave Gaskins	MtV	11.2
5 Aaron Mathews	Arag	11.3
6 Mike Whitaker	Cup	11.5
7 Willie Jones	NMC	11.5
8 Marcus Allen	SSF	11.6

Heat # 4

	School	Time
1 Michael Vinson	SSF	11.6
2 Brent Dippert	PH	11.5
3 Dan Wittmers	MVis	11.4
4 Fred Jackson	Wilcox	11.3
5 Dingan Jackson	Arag	11.3
6 Vinh Giany	MP	11.5
7 Cody Muhly	Harbor	11.5
8 Jacob Passey	MtV	11.6

Alternate:

- Gian Benaducci (Cap)
- Jake Huether (S Clara)
- Ricky Bastas (StF)
- Armando Ramos (Lin)

EVENT NUMBER

12**RECORD**

800m

1:55.40

SCOTT CERVELLI

SANTA TERESA 1991

(top 3 each heat plus next 6 fastest times)

Top "12" qualify

Heat # 1	School	Time
1 Gary Passanisi	Aptos	2:09.2
2 Ignacio Bonney	Rior	2:08.1
3 Brian Villegas	Palma	2:03.8
4 Matt Skowrup	Soquel	2:04.0
5 Majeo Mathews	PHills	2:04.9
6 Andrew Sun	Bell	2:07.0
7 Matt Kenney	Hom	2:08.0
8 Manuel Mendoza	WMoor	2:08.5
2a Jamiru Bangura	DM	2:10.3
4a Erik Melin	StF	2:09.8
6a Mike Meighan	Indep	2:10.0
8a Dan Zacaro	Mitty	2:12.1

Heat # 2	School	Time
1 Diego Gil-Palacos	DM	2:08.2
2 Joe Aubuchon	Wilcox	2:08.0
3 Temo Trujillo	NMC	2:05.7
4 David Swanson	Mitty	2:04.5
5 DJ Ozan	DM	2:04.5
6 Oscar Gonzales	MP	2:06.0
7 Faisal Javed	Wmoor	2:08.0
8 Tyler Grant	MA	2:09.2
2a Paul Muller	Mitty	2:11.4
4a Yisha Zhang	Gunn	2:09.6
6a Maury Kealinohomko	Fre	2:10.0
8a Chris Watkins	WG	2:12.0

Alternate:

Leonardo Garcia

WG

Ajith Satya

Indep

EVENT NUMBER

13

RECORD

300m INTER. HURDLES	39.41
JOE NAIVALU	FREMONT 1994

(winner of each heat plus next 5 fastest times)

Top "8" qualify

Heat # 1

	School	Time
1 Brian Coelho	NMC	45.5
2 Adam Oscarson	MA	45.0
3 An Swol Hu	Hom	44.1
4 Guy McGowan	Leigh	41.8
5 Jon Turner	Rior	43.8
6 Eric Flores	NMC	44.4
7 Fred Shephard	MA	45.5
8 Ed Garcia	Wats	45.8

Heat # 2

	School	Time
1 Wan Gill	Bell	45.7
2 Brian McVay	Bell	45.0
3 Justin Nihlosh-Tali	Mitty	44.1
4 Lionel Metz	SI	43.4
5 BJ Boelhje	Carmel	43.8
6 Rod Clark	NSalinas	44.9
7 Mike Chen	LAltos	45.3
8 Ty Mancuso	Serra	45.5

Heat # 3

	School	Time
1 Bob Lee	PHills	45.3
2 Jose Rumajor	Rior	45.0
3 Bob Madu	Indep	44.6
4 James Chang	Lyn	42.8
5 Transon Hum	Indep	43.7
6 Chad Allen	Sara	44.8
7 Steve Ngo	MP	45.1
8 Chuck Noble	StF	46.5

Alternate:

Tom Hofman Westmont

EVENT NUMBER

14**RECORD**

200m	22.10	
FELTON CHARLES	WESTMOOR	1994

(winner of each heat plus next 4 fastest times)

Top "8" qualify

Heat # 1

- 1 Aaron Mathews
- 2 Jerry Mathews
- 3 Nancho Arteaga
- 4 Laurene Harris
- 5 Dave Gaskins
- 6 Nick Tung
- 7 Steve Hege
- 8 Grant Partridge

School

- Arag
PHills
Wats
Gund
MView
Lyn
Bell
Menlo

Time

- 24.1
23.7
23.4
21.8
22.9
23.6
23.9
24.2

Heat # 2

- 1 Brent Dippert
- 2 Carlos Koustas
- 3 Chris Castro
- 4 Guy McGowan
- 5 Donte Mack
- 6 Mike Rodriguez
- 7 Brendt Spears
- 8 Sadik Haralson

School

- PHills
Rior
SI
Leigh
Hom
NSal
SI
NMC

Time

- 24.1
23.7
23.4
22.5
23.1
23.6
23.9
24.2

Heat # 3

- 1 Steve Lee
- 2 Jacob Passey
- 3 Dingame Jackson
- 4 Aaron Bryant
- 5 Kyle Murrell
- 6 Terrance Robinson
- 7 John DeHeyas
- 8 Willie Jones

School

- SI
MView
Arag
Wilcox
MA
NSal
MP
NMC

Time

- 24.1
23.8
23.4
22.7
23.2
23.6
23.9
24.2

Heat # 4

- 1 Gian Benaducci
- 2 Branham Lattimore
- 3 Fred Jackson
- 4 Ryan Akers
- 5 Charles Ferguson
- 6 Dinari Brown
- 7 Reggie Woods
- 8 Kirk Stewart

School

- Cap
MP
Wilcox
MA
Fre
Bell
Rior
MView

Time

- 24.1
23.8
23.6
22.8
23.4
23.6
24.0
24.2

Alternate:

- 1 David Steele
- 2 Sheldon Muller
- 3 Ricky Bastas

- Aptos
Menlo
St Francis

EVENT NUMBER

15**RECORD**3200m RUN
CHRIS CRAIG9:32.80
LEIGH

1982

(top 3 each heat plus next 6 fastest times)

Top "12" qualify

Heat # 1	School	Time
1 Adam Perez	Serra	9:47.5
2 Jose Acosta	PHills	9:55.4
3 Mohammed Abdul	Wmoor	10:01.0
4 Joma DeWald	Soquel	10:02.0
5 Nuru Abdella	LO	10:08.0
6 Omar Hart	Bell	10:20.0
7 Matt Hovik	Hom	10:20.0
8 Mike Mitchell	DM	10:25.8
9 Steve Graza	PHills	10:32.0
10 Bill Hall	Bell	10:39.0
11 Jedd Martin	LG	10:40.0
12 Anan Sirohi	Lyn	10:40.0
13 Rakesh Soundarnathan	Leland	10:42.0
14 Boomer Tynes	Mitty	10:43.0
15 Jamiru Bangura	DM	10:45.1
15 Joey Sherelson	Carmel	10:47.0
16 Ryan Smith	LG	10:47.0

Heat # 2	School	Time
1 Gary Passanisi	Aptos	9:53.7
2 Dan McDonough	Cup	9:58.0
3 Louie White	HMB	10:01.0
4 Marshall Boyd	Gunn	10:07.0
5 Matt Chen	SI	10:08.0
6 Andrew Hill	LAltos	10:16.0
7 Juan C. Hernandez	Wats	10:20.0
8 Jason Naluz	Wmoor	10:25.0
9 Jose Buenrostro	NMC	10:28.0
10 Keith Munoz	Wats	10:36.0
11 Brendan Wells	SI	10:39.0
12 Kevin Brown	Bell	10:40.0
13 Dan Chaves	StF	10:40.0
14 Jordan Woods	Serra	10:42.5
15 Javier Villavicencio	MP	10:43.0

Alternate:

1 David Leon	NMC
2 Nicklesh Singh	Mills
3 Gabe Maze	Leland



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Why Should You Have a TSA?

- a. If you risk outliving your resources because Social Security, pension benefits and/or other savings will not adequately provide for your retirement, your investment in a TSA is a wise choice. The TSA allows you to defer taxes on income until you actually receive it. So if you put, say \$5000 into a TSA every year, the taxes on the \$5000 are deferred until you start taking the money out of the TSA during retirement.
- b. The primary purpose of a 403 (b) annuity (TSA) is to provide retirement income. However, one can use part of his or her current TSA to purchase life insurance, called *Tax Qualified Life*. The coverage must be "incidental" to the retirement benefits provided by the annuity. TQL is incidental if the premium is less than 50% of your total annuity contributions, past and present.
- c. Helps you avoid the effects of inflation on your retirement benefits.
- d. Helps you with your current tax situation, etc.....

Do You Have a Need for Life Insurance?

Some people become uncomfortable when conversation turns to life insurance. In reality, people look at life insurance as death insurance and since they do not want to look at the inevitable, they do not look at life insurance. In most cases, life insurance should be a part of your investment/retirement portfolio. Here are some needs that occur in people's lives:

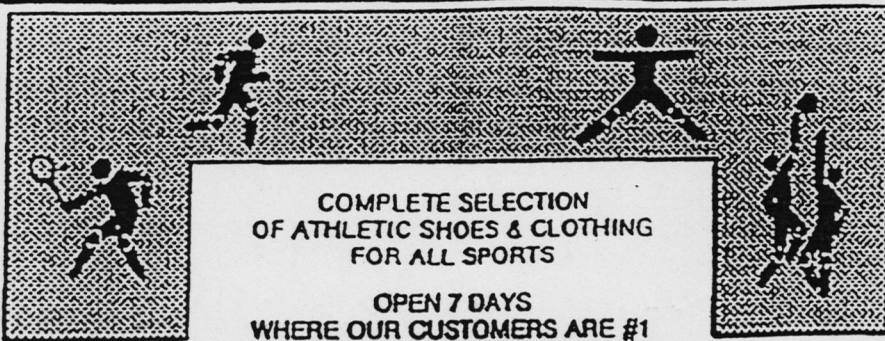
- a. Can my spouse, children survive economically without my being in the financial picture?
- b. Do I have a *special* needs child?
- c. Do I have a parent that depends on me?
- d. Do I have any children who will need financial assistance for their future education?
- e. If there are going to be estate taxes and/or probate costs, will the estate have to sell part or all of its assets to pay the estate taxes and/or probate costs?

Being a Good Friend

You would not let friends hurt themselves. Your friends will be retiring someday and you would not want them to hurt during their retirement years. If you have friends or colleagues that are eligible for (classified or certified personnel) but do not have TSAs, suggest to them that I am just a phone call away. I will be willing to answer any questions they may have. Remember you can do a friend a favor by putting us together.

**Best of Luck and Success in today's meet
and the rest of the season.....**

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