

RESULTS

3/2 Lowell vs CV
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NCS/MDC/State

CVHS

Track & Field

1996 Yearbook

Champions

of the

HAAL

Girls Frosh/Soph Girls Varsity
Boys Frosh/Soph Boys Varsity

Castro Valley vs. Lowell
Kezar Stadium

March 2, 1996
sunny and warm

scores: VB CV 67, Lowell 57

VG CV 36.5, Lowell 90.5

BFS CV 59, Lowell 45

400m relay:

fsb: 1. CV (Tong, Eng, Simons, Henig) 51.2; Lowell dnf

vb: 1. Lowell 45.3, 2. CV (Uychoco, Moore, Lum, Bailey) 48.4

vg: 1. Lowell 54.3, 2. CV A (Groome, Duperroir, Pettersen, Forsman) 55.4, 3. CV B (Haw, Schumann, Hollfelder, Bailey) 56.4, 4. CV C (Tobia, Schmidt, Lum, Komadina) 58.7

1600m

fsb: 1. Acosta 4:52, 2. Jong (L) 4:56, 3. Reichardt (L) 5:15, 6. Jo. Kalsbeek 5:23, 8. Kt. Yamamoto 5:25, 10.

Arndt 5:26, 11. Kp. Yamamoto 5:28

vb: 1. Baria 4:42.2, 2. Lethin (L) 4:42.9, 3. Choi (L) 4:44.6, 4. Boruta 5:03.8, 5. Huen 5:17.1

vg: 1. Lucero (L) 5:29, 2. Akana (L) 5:30, 3. S. Chou (L) 5:31, 4. Marques 5:45.4, 5. Atwood 6:06.7, 6. Weisman 6:07.9, 7. Chung 6:08.1, 9. Loss 6:17.7, 11. Ko 6:33.4, 12. Robles 6:42.9

65mHH (fsb), 110mHH (bv), 100mLH

fsb: 1. Paik 11.5, 2. Cowin 12.4, 3. no third

vb: 1. Moore 16.7, 2. Bseiso (L) 18.1, 3. E. Chou (L) 19.7, 4. Lum 21.1; Anderson dnf

vg: 1. Kirtman (L) 17.4, 2. Low (L) 18.8, 3. Clancy 20.4, 5. A. Wong 21.1, 6. Bryce 21.5, 7. Lee 22.9

400m

fsb: 1. Eng 57.8, 2. Guillen (L) 58.5, 3. Lee (L) 59.9, 4. Gidlund 60.1

vb: 1. Dalton (L) 54.9, 2. Nakajo (L) 55.2, 3. Pham (L) 56.5

vg: H1 1. Forsman 63.1, 2. Pettersen 63.2, 3. Marques 66.8, 5. Schumann 69.1

H2 2. Schmidt 68.9

100m

fsb: 1. Tihon (L) 12.1, 2. Tong 12.4, 3. Drake (L) 12.5, 6. Henig 12.9, 8. Simons 13.7

vb: 1. Bailey 11.6, 2. Spillane (L) 11.7, 3. Yee (L) 12.6, 5. Uychoco 12.8

vg: 1. Hill (L) 13.0, 2. Ng (L) 13.5, 3. Bailey 14.0; others Haw 14.2, Doerr 14.3, Tobia 14.5, Hollfelder 15.0, Lum 15.5

800m

fsb: 1. Eng 2:20.1, 5. Gidlund 2:27.8, 7. Kt. Yamamoto 2:29.1, 10. Arndt 2:33.6

vb: 1. Lethin (L) 2:09, 2. Lassiter (L) 2:11, 3. Nguyen (L) 2:14, 4. Boruta 2:14.0, 5. Huen 2:25.5

vg: 5. Chung 2:42.4, 7. Weisman 2:46.7, 8. Atwood 2:50.1, 9. Loss 2:53.2, 12. Robles 3:00.1, 13. Ko 3:04.6

300mIH

fsb: 1. Cowin 56.1, 2. no second, 3. no third; DQ: Paik 50.5

vb: 1. Moore 42.8, 2. Chung (L) 44.7, 3. Bseiso (L) 45.2, 5. Lum 51.1

300mLH

vg: 1. Kirtman (L) 49.6, 2. Low (L) 57.2, 3. Clancy 59.1

200m

fsb: 1. Leong (L) 26.8, 2. Bradford (L) 27.3, 3. Gidlund 27.9

vb: 1. Spillane (L) 24.6, 2. Uychoco 26.3, 3. Mondino 26.4

vg: H1 1. Hill (L) 27.7, 2. Tobia 30.0, 3. Schmidt 30.5, 6. Ly 31.9

H2 1. Bailey 29.5, 2. Groome 29.6, 3. Haw 30.8, 6. Lum 33.4

3200

fsb: 1. Jong (L) 11:38, 2. Raymond (L) 11:39, 3. Lee (L) 11:42, 4. Jo. Kalsbeek 11:52, 5. Kp. Yamamoto 12:08,

6. Kuta 14:53

vb: 1. Baria 10:36, 2. Choi (L) 10:48.3, 3. Shapiro (L) 11:00.9

DM

vg: 3. CV A (Atwood, Pettersen, Marques, Weisman) 14:48.2, 4. CV B (Loss, Schumann, Robles, Ko) 15:49.7

1600m relay

fsb: 1. Lowell A 4:05.9, 2. Lowell B 4:09.5, 3. CV (Kt. Yamamoto, Arndt, Gidlund, Eng) 4:11.1

vb: 1. Lowell A 3:49.7, 2. Lowell B 3:56.3, 3. CV (Uychoco, Boruta, Lum, Baria) 4:01.4

vg: 1. CV A (Forsman, Duperroir, Groome, Pettersen) 4:37.1, 2. CV B (Schmidt, Haw, Schumann, Hollfelder) 4:47.2, 3. CV C (Tobia, Ly, Atwood, Marques) 4:47.6

LJ

fsb: 1. D. Acosta (L) 16-2.5, 2. S. Acosta 16-7.25, 3. Cowin 16-1, 4. Henig 15-11, 5. Tihon (L) 15-5.5, 6. Bechere 13-6

vb: 1. Bailey 19-0, 2. Charoenying (L) 17-11.75, 3. Anderson 16-3.5, 4. Mondino 15-7.75

vg: 1. Ng (L) 16-3, 2. Tran (L) 15-4.5, 3. Low (L) 14-1, 4. A. Wong 12-9.5, 5. Lee 11-6.5, 6. Ly 11-6

TJ

fsb: 1. Cowin 34-4.5, 2. Bechere 26-1, 3. no third

vb: 1. Mondino 35-5, 2. Anderson 35-0.5, 3. no third

vg: 1. Tran (L) 32-1, 2. Warren (L) 30-1.5, 3. A. Wong 27-11.25, 4. Clancy 26-4.5, 5. Bryce 24-8, 6. Lee 23-0

HJ

fsb: 1. Cowin 4-8, 2. Bechere 4-4, 3. Goias 4-2

vb: 1. Anderson 6-0, 2. Bailey 5-6, 3. Nguyen (L) 5-6, 4. Mondino 5-4

vg: 1. E. Ewing 4-8, 2. Grayson (L) 4-6, 3. tie Bailey, Kwo (L) 4-4, 5. Doerr 4-4, 6. Bryce 4-4, 7. Ly 4-2, 8. Warren (L) 4-0, 9. Komadina 3-10

SP

fsb: 1. Bechere 29-2, 2. no second, 3. no third

vb: 1. Nobori 34-9.5, 2. Collett 34-0.5, 3. no third

vg: 1. Jennifer (L) 27-2.5, 2. Sharlett (L) 24-7.5, 3. Tanya (L) 21-7.5

D

uncontested (no cage)

PV

fsb: Kuta nh

vb: 1. Moore 11-6, 2. Talmadge 9-6, 3. no third

vg: 1. E. Ewing 7-6, 2. Clancy 7-0, 3. Doerr 6-6

Congratulations to the new Personal Records (PRs)

Jennifer Forsman 400 63.1 from 63.92

Erica Schumann 400 69.1 from 72.47

Becky Doerr 100 14.3 from 14.9

April Wong LJ 12-09.5 from 11-09.5

May Lee LJ 11-06.5 from 11-05

Jill Bryce TJ 24-08 from 22-09

Jill Bryce HJ 4-04 from 3-10

Lisa Clancy PV 7-0 from 6-6

Josh Kalsbeek 1600 5:23 from 5:41.5

Josh Kalsbeek 3200 11:52 from 12:20.3

Tony Moore 110HH 16.7 from 17.1

Tony Moore 300IH 42.8 from 43.1

Darryl Eng 400 57.8 from 58.77

Reggie Bailey 100 11.6 from 11.9

Ricky Simons 100 13.7 from 14.1

Redmond Huen 800 2:25.5 from 2:27.5

Ron Uychoco 200 26.3 from 27.1

Shawn Acosta LJ 16-07.25 from 15-08

Paul Anderson HJ 6-00 from 5-04

Paul Anderson TJ 35-00.5 from 34-00.5

CASTRO VALLEY VS. LOWELL

BOYS VARSITY

100	Reggie Bailey	(CV)	11.6	1996
200	Spillane	(L)	24.6	1996
400	Andre Abramenko	(CV)	54.1	1995
800	Lie	(L)	2:08.8	1995
1600	Peter Baria	(CV)	4:42.2	1996
3200	Peter Choi	(L)	10:24.1	1995
100 HH	Tony Moore	(CV)	16.7	1996
300 IH	Tony Moore	(CV)	42.8	1996
HJ	Paul Anderson	(CV)	6-0	1996
LJ	Kevin Oates	(CV)	19-5	1995
TJ	Kevin Oates	(CV)	37-6	1995
SP	Tak Nobori	(CV)	34-9.5	1996
Discus	Kevin Claas	(CV)	93-3	1995
PV	Tony Moore	(CV)	11-6	1996
400R	Lowell	(L)	45.3	1996
1600 R	Lowell	(L)	3:49.7	1996

GIRLS VARSITY

100	Hill	(L)	13.0	1996
200	Hill	(L)	27.7	1996
400	Kirtman	(L)	62.6	1995
800	Oasii Lucero	(L)	2:32.5	1995
1600	Oasii Lucero	(L)	5:29	1996
3200	Choi	(L)	12:40.7	1995
100H	Kirtman	(L)	17.4	1996
300LH	Kirtman	(L)	49.6	1996
HJ	Elizabeth Ewing	(CV)	4-8	1996
LJ	Ng	(L)	16-3	1996
TJ	Tran	(L)	32-1	1996
SP	Nicole Abella	(CV)	27-5	1995
Discus	Nicole Abella	(CV)	77-11	1995
400 R	Lowell	(L)	54.3	1996
1600R	CV (Forsman, Duperroir, Groome, Pettersen)		4:37.1	1996

CASTRO VALLEY VS. LOWELL

BOYS FROSH/SOPH

100	Genna Abramenko	(CV)	11.8	1995
200	Genna Abramenko	(CV)	24.8	1995
400	Darryl Eng	(CV)	57.8	1996
800	Mike Boruta	(CV)	2:16.6	1995
1600	Shawn Acosta	(CV)	4:52	1996
3200	Jong	(L)	11:38	1996
100HH	Phil Fung	(CV)	19.9	1995
65HH	Mike Paik	(CV)	11.5	1996
300LH	Phil Fung	(CV)	47.4	1995
300IH	Rodney Cowin	(CV)	56.1	1996
HJ	Ryan Ciglar	(CV)	5-2	1995
LJ	Mike Dalton	(L)	18-2.5	1995
TJ	Reggie Bailey	(CV)	36-9	1995
SP	Ryan Jones	(CV)	31-2	1995
Discus	Robert Collett	(CV)	79-2	1995
PV	Ryan Ciglar	(CV)	8-6	1995
400 R	Lowell	(L)	47.3	1995
1600R	Lowell	(L)	4:05.9	1996

California High School vs. Castro Valley

3/7/96

Trojan Stadium

cool, some wind

scores: vb: CV 88, Cal 48 fsb: CV 99, Cal 34 vg: CV 97, Cal 35 fsg: CV 127, Cal 0

400m relay

fsb: 1. CV (Tong, Henig, Eng, Matheny) 50.5

vb: 1. Cal (Goerlitz, King, Downer, Stenhouse) 46.1, 2. CV (B. Chan, Misa, A. Chan, Bailey) 46.3

vg: 1. CV (Doerr, Watt, Pettersen, Forsman) 55.8, 2. Cal (Francisco, Homen, Szucs, Calaway) 56.4, 3. CV (Kohl, Klews, Abella, M. Wong) 58.9

fsg: 1. CV (Tobia, Hollfelder, Tingle, Carbonaro) 56.9, 2. CV (Haw, Schumann, Schmidt, Bailey) 57.5

1600

fsb: 1. Jo. Kalsbeek 5:29.5, 2. Kp. Yamamoto 5:34.3, 3. Kt. Yamamoto 5:36.2, 4. Moiseff (C) 5:46.9, 5. Fraga (C) 5:49.3, 6. Mellon 5:49.9, 7. Rutherglen 5:50.3, 8. Hagerty (C) 5:53.1, 9. Kuta 6:33.7

vb: 1. Baria 4:47.9, 2. Rifkin (C) 5:00.0, 3. Boruta 5:09.2, 4. Ja. Kalsbeek 5:16.6, 5. Wong (C) 5:18.0, 6. Huen 5:26.5, 7. Younse (C) 5:29.0, 8. Randall 5:32.1

vg: 1. J. Ewing 5:27.2, 2. Marques 5:49.4, 3. Sutkowi (C) 5:56.7, 4. Soroken (C) 6:20.3, 5. Szucs (C) nt, 6. Friedericks (C) 6:36.2, 7. Cox (C) 6:37.0

fsg: 1. Weisman 6:01.9, 2. Ko 6:31.6, 3. Robles 6:41.4, 4. Van Norman 6:44.5

110mH (b), 100mLH (g)

fsb: 1. Aguayo 19.3, 2. Paik 20.2, 3. no third

vb: 1. Moore 17.7, 2. Holmes 18.2, 3. Anderson 18.7, 4. Easter (C) 19.9, 5. Talmadge 20.0

vg: 1. Clancy 20.3, 2. M. Wong 21.7, 3. no third

fsg: 1. Komadina 19.3, 2. A. Wong 19.7, 3. Bryce 21.2, 4. Lee 22.1, 5. Ly 24.3

400m

fsb: 1. Phillips 60.4, 2. Gidlund 62.5, 3. Farrahi (C) 70.7

vb: 1. Abramenko 53.6, 2. Cogdill (C) 55.5, 3. Goerlitz (C) 57.3, 4. Menck (C) 60.3, 5. Flores 62.0

vg: 1. Francisco (C) 66.7, 2. Groome 69.0, 3. no third

fsg: 1. Haw 70.3, 2. Tobia 71.9, 3. Ly 75.4, 4. Robles 76.3

100m

fsb: 1. Prado (C) 12.0, 2. Tong 12.5, 3. Henig 12.8, 4. Matheny 12.9, 5. Vranich (C) 13.1, 6. Fosdahl 13.6, 7. Simons 13.7

vb: 1. Av. Chan 11.5, 2. Downer (C) 11.6, 3. Holmes 12.1, 4. White (C) 12.2, 5. Stenhouse (C) 12.5, 6. Mondino 12.6, 7. B. Chan 12.6

vg: 1. Lim 14.1, 2. Calaway (C) 14.3, 3. Doerr 14.4, 4. Watt 14.6, 5. Holman (C) 15.9, 6. Kell (C) 16.1, 7. Millen (C) 18.3; other heat 7. McHugh 15.5

fsg: 1. Tingle 13.8, 2. Bailey 14.4, 3. Schmidt 14.4, 4. Carbonaro 14.8, 5. Hollfelder 14.9, 6. Schumann 15.3

800m

fsb: 1. Eng 2:23.6, 2. Moiseff (C) 2:34.7, 3. Fraga (C) 2:38.0, 4. Kp. Yamamoto 2:38.3, 5. Hagerty (C) 2:39.6, 6. Codde (C) 3:07.3

vb: 1. Baria 2:07.3, 2. Smith (C) 2:11.1, 3. Goswami (C) 2:19.0, 4. S. Mellon 2:26.2, 5. Huen 2:36.4

vg: 1. J. Ewing 2:30.0, 2. Forsman 2:36.0, 3. Marques 2:37.8, 4. Pettersen 2:40.2, 5. Szucs (C) 2:46.6, 6. Zeryn (C) 4:09.8

fsg: 1. Chung 2:41.7, 2. Atwood 2:42.6, 3. Rippy 3:25.8

300mIH (b), 300mLH (g)

fsb: 1. Paik 49.3, 2. Ademe (C) 51.7, 3. Farsheed (C) 65.7

vb: 1. Moore 45.0, 2. Fung 47.2, 3. Easter (C) 48.6, 4. Yelle (C) 53.2

vg: 1. Calaway (C) 51.0, 2. M. Wong 60.6, 3. Clancy 61.7

fsg: 1. Komadina 58.8, 2. Bryce 63.6, 3. A. Wong 66.0, 4. Lee 69.7

200m

fsb: 1. Aguayo 25.9, 2. Eng 26.7, 3. Vranich (C) 27.2, 4. Simons 28.7

vb: 1. Downer (C) 24.5, 2. Smith (C) 25.2, 3. Bailey 25.3, 4. B. Chan 26.2, 5. Meek (C) 27.3, 6. Flores 28.0

vg: 1. Pettersen 29.1, 2. Francisco (C) 29.2, 3. McHugh 30.9, 4. Watt 31.7, 5. Miller (C) 34.9

fsg: 1. Tingle 29.1, 2. Haw 30.1, 3. Carbonaro 30.4, 4. Tobia 31.0, 5. Schmidt 31.1, 6. Hollfelder 32.5

3200

fsb: 1. Jo. Kalsbeek 11:50.9, 2. Kt. Yamamoto 12:02.6, 3. Kp. Yamamoto 12:03.2

vb: 1. Boruta 11:15.0, 2. Ja. Kalsbeek 11:39.4, 3. Wong (C) 11:46.5, 4. Randall 12:03.2, 5. Younse (C) 12:12.4

vg: 1. Sutkowi (C) 12:56.8, 2. Lim 13:50.1, 3. Friedericks (C) 13:51.1, 4. Soroken (C) 13:53.5, 5. Copps (C) 15:44.9

fsg: 1. Weisman 13:28.9, 2. Chung 14:06.4, 3. Ko 14:08.2, 4. Atwood 14:19.0

1600m relay

fsb: 1. Cal 4:15.0, 2. CV 4:16.8, 3. CV dist 4:24.8

vb: 1. Cal 3:51.7, 2. CV 3:52.7

vg: 1. CV (Pettersen, Marques, Groome, Forsman) 4:34.2

fsg: 1. CV (Schmidt, Tobia, Carbonaro, Tingle) 4:45.9, 2. CV (Van Norman, Robles, Lim, McHugh), 3. CV (Haw, Bailey, Ly, Komadina) 5:09.1

LJ

fsb: 1. Prado (C) 15-11, 2. Henig 15-10, 3. Paik 14-07.75, 4. Vranich (C) 14-07.5, 5. Bechere 13-09.25, 6. Matheny 13-07.5, 7. Kinman 13-01.5, 8. Codde (C) 10-00

vb: 1. Bailey 18-11, 2. Kramer 17-04, 3. Cogdill (C) 16-07, 4. Mondino 16-06.5, 5. Fung 16-01, 6. Wong (C) 14-10.5, 7. Younse (C) 14-04.5, 8. Webster (C) 13-06, 9. Stenhouse (C) 13-05

vg: 1. Kohl 13-10, 2. Klews 12-07, 3. Cox (C) 8-06

fsg: 1. A. Wong 11-08, 2. Wilcox 11-02.5, 3. Lee 10-09, 4. Bryce 10-03.5

TJ

fsb: 1. Adame (C) 31-06.5, 2. Paik 29-05.5, 3. no third

vb: 1. Fung 35-11.5, 2. Cogdill (C) 35-10.5, 3. Peek 35-08.5, 4. Anderson 34-05.5, 5. Mondino 34-00, 6. Stenhouse (C) 30-11.5, 7. Hammond (C) 27-02.5

vg: 1. Kohl 31-09.5, 2. Clancy 26-09.5, 3. no third

fsg: 1. A. Wong 29-00.5, 2. Komadina 28-05.25, 3. no third

HJ

fsb: 1. Aguayo 5-06, 2. Bechere 4-10, 3. Kinman 4-04, 4. Goias 4-02

vb: 1. Bailey 5-10, 2. Kramer 5-06, 3. Anderson 5-06, 4. Smith (C) 5-06, 5. Mondino 5-04, 6. Downer (C) 5-04, 7. Peek 5-00

vg: 1. Kohl 4-10, 2. Soroken (C) 4-04, 3. Doerr 4-02, 4. Szucs (C) 4-00, 5. Didas (C) 3-10, 6. Miller (C) 3-10

fsg: 1. Atwood 4-06, 2. Bailey 4-02, 3. Bryce 4-02, 4. Ly 4-00

SP

fsb: 1. Laflame 34-09.5, 2. Bechere 33-05, 3. Ledwick 33-00, 4. Franson 27-03.5, 5. Matheny 26-01.5

vb: 1. Fifo (C) 41-02.5, 2. Jower 41-00, 3. Watson (C) 38-01.5, 4. Davis (C) 36-09, 5. Jenson (C) 34-07, 6. Fitzgerald 32-01.5, 7. Collett 32-01.5, 8. Chen 31-09, 9. Nobori 31-11, 10. Kr. Yamamoto 27-02

vg: 1. Ross (C) 32-07, 2. Klews 30-09, 3. Abella 28-09, 4. Didas (C) 18-11, 5. Homen (C) 18-10

fsg: 1. Weston 24-00, 2. Howard 23-00, 3. Owen 21-05.5, 4. Kenna 17-09.5

Discus

fsb: 1. Franson 84-02, 2. Bechere 67-04, 3. no third

vb: 1. Jower 113-10, 2. Davis (C) 109-07, 3. Watson (C) 108-10, 4. Chen 106-10, 5. Nobori 102-04, 6. Jenson (C) 100-11, 7. Fitzgerald 93-08, 8. Jones 93-00, 9. Collett 80-06, 10. Fifo (C) 79-10

vg: 1. Klews 90-3, 2. Ross (C) 88-08, 3. Abella 84-07, 4. Jun (C) 73-02, 5. Homen (C) 59-02, 6. Odas (C) 55-10, 7. Kell (C) 54-05

fsg: 1. Howard 64-01, 2. no second, 3. no third

PV

fsb: 1. Aguayo 9-00, 2. Rutherglen 7-00, 3. Kuta 5-00

vb: 1. Moore 12-00, 2. Talmadge 10-00, 3. Singson 9-06

vg: 1. Clancy 6-00, 2. Doerr 6-00, 3. no third

fsg: 1. Sammons 6-06, 2. no second, 3. no third

CASTRO VALLEY VS. CALIFORNIA

BOYS VARSITY

100	Avery Chan	(CV)	11.5	1996
200	Downer	(C)	24.5	1996
400	Genna Abramenko	(CV)	53.6	1996
800	Peter Baria	(CV)	2:07.3	1996
1600	Peter Baria	(CV)	4:47.9	1996
3200	Mike Boruta	(CV)	11:15.0	1996
110 HH	Tony Moore	(CV)	17.7	1996
300 IH	Tony Moore	(CV)	45.0	1996
HJ	Reggie Bailey	(CV)	5-10	1996
LJ	Reggie Bailey	(CV)	18-11	1996
TJ	Phil Fung	(CV)	35-11.5	1996
SP	Fifo	(C)	41-02.5	1996
Discus	Kris Jower	(CV)	113-10	1996
PV	Tony Moore	(CV)	12-0	1996
400 R	Cal (Goerlitz, King, Downer, Stenhouse)		46.1	1996
1600 R	Cal		3:51.7	1996

GIRLS VARSITY

100	Valerie Lim	(CV)	14.1	1996
200	Gaylynn Pettersen	(CV)	29.1	1996
400	Francisco	(C)	66.7	1996
800	Jennie Ewing	(CV)	2:30.0	1996
1600	Jennie Ewing	(CV)	5:27.2	1996
3200	Sutkowi	(C)	12:56.8	1996
100 HH	Lisa Clancy	(CV)	20.3	1996
300 LH	Kelly Calaway	(C)	51.0	1996
HJ	Amy Kohl	(CV)	4-10	1996
LJ	Amy Kohl	(CV)	13-10	1996
TJ	Amy Kohl	(CV)	31-09.5	1996
SP	Elizabeth Ross	(C)	32-07	1996
Discus	Barbara Klews	(CV)	90-03	1996
PV	Lisa Clancy	(CV)	6-00	1996
400 R	CV (Doerr, Watt, Pettersen, Forsman)		55.8	1996
1600 R	CV (Pettersen, Marques, Groome, Forsman)		4:34.2	1996

CASTRO VALLEY VS. CALIFORNIA

BOYS FROSH/SOPH

100	Prado	(C)	12.0	1996
200	PJ Aguayo	(CV)	25.9	1996
400	Steve Phillips	(CV)	60.4	1996
800	Darryl Eng	(CV)	2:23.6	1996
1600	Josh Kalsbeek	(CV)	5:29.5	1996
3200	Josh Kalsbeek	(CV)	11:50.9	1996
110 HH	PJ Aguayo	(CV)	19.3	1996
300 IH	Mike Paik	(CV)	49.3	1996
HJ	PJ Aguayo	(CV)	5-06	1996
LJ	Prado	(C)	15-11	1996
TJ	Adame	(C)	31-06.5	1996
SP	Harvey Laflame	(CV)	34-09.5	1996
Discus	Dan Franson	(CV)	84-02	1996
PV	PJ Aguayo	(CV)	9-0	1996
400 R	CV (Tong, Henig, Eng, Matheny)		50.5	1996
1600 R	Cal	(C)	4:15.0	1996

GIRLS FROSH/SOPH

100	Ashli Tingle	(CV)	13.8	1996
200	Ashli Tingle	(CV)	29.1	1996
400	Kim Haw	(CV)	70.3	1996
800	Jennifer Chung	(CV)	2:41.7	1996
1600	Stephanie Weisman	(CV)	6:01.9	1996
3200	Stephanie Weisman	(CV)	13:28.9	1996
110 HH	Maya Komadina	(CV)	19.3	1996
300 IH	Maya Komadina	(CV)	58.8	1996
HJ	Angela Atwood	(CV)	4-06	1996
LJ	April Wong	(CV)	11-08	1996
TJ	April Wong	(CV)	29-00.5	1996
SP	Meredith Weston	(CV)	24-00	1996
Discus	Kamaria Howard	(CV)	64-01	1996
PV	Amber Sammons	(CV)	6-06	1996
400 R	CV (Tobia, Hollfelder, Tingle, Carbonaro)		56.9	1996
1600 R	CV (Schmidt, Tobia, Carbonaro, Tingle)		4:45.9	1996

Mariner Invitational
Chabot College

March 9, 1996
warm

scores fs 45 pts 3rd place (team plaque)
 vb 33 pts 6th place
 vg 57 pts 4th place

Relays

fsDM (1200-400-800-1600)

Kentoku Yamamoto	73	79	76		3:49
Adam Henig	62.7				1:03
Darryl Eng	62	74			2:16
Rob Arndt	76	86	86	85	5:35 12:42.9 8th

Adam ran his first 400 ever, Kentoku his first 1200, Rob his 2nd 1600. Only Darryl had any previous experience. Great effort in a learning experience.

vbDM (1200-400-800-1600)

Mike Boruta	65	71	74		3:30
Seth Mellon	55				0:55
Jake Kalsbeek	66	73			2:19
Peter Baria	65	74	74	74	4:46 11:27.4 8th

Everyone hit their early season target times in a good training race. Next invitational will be faster.

vgDM (1200-400-800-1600)

Michelle Marques	75	85	82		4:03
Jodi Nickopoulos	63.5				1:04
Gaylynn Pettersen	75	79			2:34
Jennie Ewing	---	(2:35)	85	75	5:15 12:55.8 2nd

Exceptional running by the varsity girls! A young team (2 juniors, 2 freshmen) and very talented.

fs280 Shuttle Hurdles

Cory Rutherglen Gabe Solberg Chris Fosdahl Mike Paik 51.6 2nd H2, 5th overall
Three rookies recruited into hurdles yesterday. Isn't track fun? The boys scored points.

vb280 Shuttle Hurdles

Phil Fung Kevin Kramer Paul Anderson Tony Moore 40.2 2nd H1, **2nd** overall
A new CV Mariner Invitational record and medals to boot.

vg240 Shuttle Hurdles

Lisa Clancy April Wong Marcia Wong Maya Komadina 46.1 2nd H2, 4th overall
Just outside of the medal position, but great effort anyway to score team points.

fsSprint Medley (100-300-200-200)

Reggie Bailey	11.6
Genna Abramenko	36.7
Darryl Eng	25.4
Mike Paik	26.1
	1:39.6 3rd

vgSprint Medley (100-300-200-200)

Heather Duperroir	13.9
Jenni Forsman	45.3
Janet Groome	29.0
Valerie Lim	29.6
	1:57.6 4th H2, 12th overall

Fastest sprint races we've run in many a year. FS boys broke the previous best by 5 seconds!

fs400mRelay

Adam Henig Genna Abramenko Darryl Eng Reggie Bailey 46.99 1st H1, **2nd** overall
2 seconds faster than '95 with 3/4's of the same team. Second only to St. Marys.

vg400mRelay

Loryn Bailey Heather Duperroir Gaylynn Pettersen Jenni Forsman 55.02 1st H1, 9th overall
3 seconds better than '95. Great improvement by the girls, all in their second race of the day.

fs3200mRelay

Rob Arndt	71	74	2:25	
Josh Kalsbeek	72	77	2:29	
Kenpei Yamamoto	77	80	2:37	
Kentoku Yamamoto	71	74	2:25	9:57.5 10th

Second race for each, still running season best times.

vg3200mRelay

Jennifer Chung	72	87	2:39	
Stephanie Weisman	78	84	2:42	
Jessica Van Norman	77	88	2:45	
Angela Atwood	76	81	2:37	10:45.6 6th

The frosh/soph girls are very strong, better than most schools first string varsity. CV has a lot of talent in the middle distances.

vb1600mRelay

Avery Chan	54.7		
Mike Boruta	59.3		
Jake Kalsbeek	62.0		
Peter Baria	57.5	3:53.5	7th H2

vg1600mRelay

Jodi Nickolopoulos	64.8		
Michelle Marques	67.4		
Janet Groome	68.5		
Jenni Forsman	62.2	4:22.9	4th

Peter and Jake finished the 300 and jumped right into the 1600 relay. Avery stuck around after the 100 finals. Mike was in his third race. Compare this to the fs lads who disappeared from the meet. The girls time is very good for the early season. Jenni is under 63 for the first time.

Individual Events

fs3000m

Josh Kalsbeek	81	88	85	87	87	88	92	37	10:43.9	16th
Kenpei Yamamoto	78	83	84	88	90	92	90	44	10:49.3	18th

Josh and Kenpei ran PR times in the infrequently contested 3000m distance. Both improved their average lap time by 3-4 seconds per lap.

vb3000m

Peter Baria	79	81	74	78	79	76	71	34	9:22.1	5th
Jake Kalsbeek	81	80	83	87	88	88	89	36	10:32.3	16th

Peter also PRs in this race (roughly equivalent to 9:58 3200). Jake was very consistent over the last mile.

vg3000m

Stephanie Weisman	89	93	97	141	141	142	138	42	12:03.1	14th
Teresa Ko	89	97	144	147	147	152	149	46	13:01.3	20th

Steph and Teresa ran terrific PR races, picking up speed over the final 800ms.

100m

vg Loryn Bailey 14.30 5th H1 trials

vb Avery Chan 12.18 4th H3 trials

12.0 (handtime) 8th finals

Avery ran in the fastest heat, making finals (top 8 times) despite finishing 4th. Loryn had her first varsity invitational sprint race and acquitted herself well.

vb1600Steeplechase

Mike Boruta 5:53.4 8th

A mile is a long way to run with hurdles, but the final somersault into the water pit made up for it.

vg1500m

Jennie Ewing 75 84 83 52 4:54.6 **1st**

Michelle Marques 78 89 90 62 5:19.4 12th

Jennie took charge early and withheld a late charge to win. Michelle sets 1500 PR.

300IH

fs Mike Paik 47.2 **2nd**

vb Tony Moore 42.8 1st H1, **1st** overall

vg Maya Komadina 57.0 6th H1, 9th overall

Mike and Maya run season bests, Tony runs 2nd best time ever by CV athlete at Mariner.

HJ

fs Reggie Bailey 5-10 **1st**

vb Kevin Kramer 5-10 **3rd**

vg Amy Kohl 5-00 **3rd**

vg Angela Atwood 4-08 8th

Male high jumpers all finish with medals, Amy gets a medal and Angela has another big PR.

LJ

fs Reggie Bailey 19-08 **1st**

vg Amy Kohl 15-00 **4th**

vg Barbara Klews 12-01 13th

Reggie wins easily, Amy jumps well early and holds onto a medal position with season best.

TJ

vb Tony Moore 38-04.5 7th

vg April Wong 29-02.5

vg Maya Komadina 28-11

Tony, Maya and April all set season PRs, Tony and Maya substituting for missing jumpers.

SP

vg Barbara Klews 31-01.25 **4th**

vg Nicole Abella 29-09.25 7th

Barbara continues to throw well early in the season. Nicole improves by 12" in two days.

Discus

vg Barbara Klews 97-00 **3rd**

Second 90'-plus throw this week.

PV

vb Tony Moore 11-00 **3rd**

vg Amber Sammons 6-06 **3rd**

vg Lisa Clancy 6-00

The vaulters weren't happy after their competition, but did come away with 2 medals.

This meet was a surprise to the coaches who didn't expect to be involved in the team races. You athletes came through with some excellent times and races to put us in front for most of the meet. Congratulations on a great meet, and to the frosh/soph boys for their 3rd place team plaque. Next invitational is March 30 at Alhambra High School.

Tennyson vs Castro Valley
Trojan Stadium

March 14, 1996
warm to cool
fsg: CV 114, T 0

scores: vb: CV 94, T 41 fsb: CV 107, T 8 vg: CV 122, T 12

400mr

fsg: 1. CV (Tingle, Tobia, Haw, Sun) 55.6, 2. CV (Byrne, Carbonaro, Misa, Oates) 58.1
fsb: 1. CV (Matheny, Fosdahl, Simons, Sun) 53.9
vg: 1. CV (Doerr, Lim, Pettersen, Forsman) 55.2, 2. CV (Bailey, Watt, Duperroir, Schumann) 56.8, 3. CV (Pennix, Groome, Schmidt, Nickolopoulos) 57.1, 4. CV (Klews, Abella, Kohl, M. Wong) 59.1
vb: 1. CV (B. Chan, Bailey, Uychoco, Holmes) 48.4

1600m

fsg: 1. Van Norman 6:27, 2. Robles 6:37.7, 3. Rippy 7:09
fsb: 1. Jo. Kalsbeek 5:25.1, 2. Kt. Yamamoto 5:30.2, 3. Kp. Yamamoto 5:32.4, 4. Arndt 5:32.4, 5. Patterson 5:46.7, 6. Rutherglen 5:47.5, 7. Huizer (T) 5:53.6, 8. D. Mellon 5:55.3, 9. Hoffer (T) 5:59.7
vg: 1. J. Ewing 5:45.8, 2. Marques 5:46.2, 3. Weisman 6:02.9
vb: 1. Baria 4:37.9, 2. Rodriguez (T) 4:40.9, 3. Boruta 5:05.2, 4. Ja. Kalsbeek 5:12.5, 5. Huen 5:21.7

110HH/100LH

fsg: 1. Oates 21.1, 2. Bryce 21.4, 3. Ly 21.8, 4. M. Lee 22.0
fsb: 1. Aguayo 19.4, 2. Paik 20.0, 3. Cowin 21.9, 4. Solberg 23.1
vg: 1. A. Wong 18.7, 2. M. Wong 19.3, 3. Komadina 19.5, 4. Clancy 20.0
vb: 1. Fung 18.4, 2. Holmes 18.5, 3. Anderson 20.2, 4. Talmadge 21.4

400

fsg: 1. Tingle 65.0, 2. Ly 75.6, 3. no third
fsb: uncontested
vg: 1. Atwood 67.9, 2. Peterson (T) 69.7, 3. Schumann 70.1, 4. Schmidt 70.8, 5. Edwards (T) 75.0
vb: 1. Abramenko 53.9, 2. Valentino (T) 55.7, 3. S. Mellon 58.0, 4. Gilliam (T) 59.1, 5. Uychoco 62.0

100

fsg: 1. Tobia 14.5, 2. Haw 14.6, 3. Sun 14.7, 4. Carbonaro 15.1, 5. Misa 15.2
fsb: 1. Tong 12.4, 2. Henig 12.7, 3. Matheny 12.8, 4. Costodio (T) 13.2, 5. Nguyen (T) 13.8, 6. Holmes (T) 14.1
1. Eng 13.0, 2. Fosdahl 13.6, 3. Simons 13.6, Sun 13.7
vg: 1. Lim 14.0, 2. Doerr 14.5, 3. Duperroir 14.6
1. Forsman 13.6, 2. Pettersen 14.2, 3. Bailey 14.3, 4. Pennix 14.6
vb: 1. Wheeler (T) 11.5, 2. Bailey 12.0, 3. Holmes 12.1, 4. B. Chan 12.7, 5. Sanders (T) 12.8, 6. Bitlo (T) 13.3, 7. Chan (T) 13.4

800

fsg: 1. Van Norman 2:55.3, 2. Robles 2:59.5, 3. Ko 3:03.5
fsb: 1. Mackins (T) 2:28.5, 2. Kt. Yamamoto 2:29.4, 3. Arndt 2:35.5
vg: 1. Atwood 2:44.9, 2. Weisman 2:48.8, 3. no third
vb: 1. Boruta 2:20.1, 2. S. Mellon 2:24.0, 3. Randall 2:31.8

300IH/300LH

fsg: 1. Oates 63.0, 2. Lee 65.8, 3. no third
fsb: 1. Paik 48.7, 2. no second, 3. no third
vg: 1. Groome 55.8, 2. M. Wong 57.8, 3. Komadina 58.1, 4. Clancy 59.3, 5. A. Wong 60.5
vb: 1. Fung 47.8, 2. Holmes 50.8, 3. Talmadge 55.1

200

fsg: 1. Tingle 28.9, 2. Haw 29.9, 3. Tobia 30.5, 4. Carbonaro 31.7
fsb: 1. Aguayo 25.7, 2. Eng 26.4, 3. Custodio (T) 27.1, 4. Henig 27.8, 5. Fosdahl 28.3, 6. Nguyen (T) 28.8

vg: 1. Watt 30.7, 2. Peterson (T) 30.8, 3. Schmidt 30.9, 4. Schumann 31.0, 5. Edwards (T) 32.1
1. Nickolopoulos 28.4, 2. Forsman 29.0, 3. Pettersen 29.1, 4. Lim 29.2, 5. Bailey 29.8
vb: 1. Wheeler (T) 24.1, 2. B. Chan 25.8, 3. Mondino 26.7, 4. Uychoco 27.0, 5. Chan (T) 28.0, 6. Batilo (T) 28.1

3200

fsg: 1. Ko 13:45.4, 2. no second, 3. no third
fsb: 1. Jo. Kalsbeek 11:34.2, 2. Kp. Yamamoto 11:42.3, 3. Kt. Yamamoto 11:57.7, 4. Kuta 14:50.2
vg: 1. J. Ewing 11:27.2, 2. Marques 13:02.6, 3. no third
vb: 1. Baria 10:16.0, 2. Ja. Kalsbeek 11:23.3, 3. Randall 12:15.3

Mile relay

fsg: 1. CV (Tobia, Tingle, Haw, Carbonaro) 4:40.3
fsb: 1. CV 4:12.7, 2. Tennyson 4:23.5
vg: 1. CV (Pettersen, Duperroir, Schmidt, Forsman) 4:30.2, 2. CV (Atwood, Weisman, Marques, Ewing) 4:34.6,
3. CV (Lim, Schumann, Groome, Nickolopoulos) 4:36.6
vb: 1. Tennyson A 3:52.3, 2. CV 3:55.6, 3. Tennyson B 3:59.4

HJ

fsg: 1. Bryce 4-02, 2. Ly, 4-00, 3. no third
fsb: 1. Aguayo 5-04, 2. Solberg 4-06, 3. Kinman 4-04
vg: 1. Kohl 4-08, 2. E. Ewing 4-08, 3. Bailey 4-06, 4. Atwood 4-04, 5. Doerr 4-04
vb: 1. Bailey 5-08, 2. Anderson 5-06, 3. August (T) 5-06, 4. Janoras (T) 5-04, 5. Mondino 5-04

LJ

fsg: 1. Ly 11-09.5, 2. Robles 11-07.75, 3. Oates 11-07.5, 4. Wilcox 10-09, 5. Lee 10-09, 6. Van Norman 10-08,
7. Bryce 10-02
fsb: 1. Paik 15-06, 2. Cowin 15-03, 3. Holmes (T) 14-09, 4. Custodio (T) 14-05, 5. Matheny 14-02.5, 6. Kinman
13-00.75, 7. Fosdahl 12-10.5, 8. Simons 12-09, 9. Solberg 12-09, 10. Tong 10-00.5
vg: 1. Kohl 13-06, 2. Sammons 12-07, 3. Komadina 12-05.5, 4. Klews 12-00.5, 5. Abella 11-06, 6. Peterson (T)
11-06, 7. A. Wong 11-04.25, 8. Edwards (T) 10-04.75
vb: 1. Janoras (T) 19-09, 2. Bailey 19-05.75, 3. Thomas (T) 17-10.5, 4. Fung 17-07, 5. Kindle (T) 17-03, 6.
August (T) 16-08, 7. Anderson 16-06.5, 8. Mondino 14-01.5, 9. Ghaderi 13-07.75

TJ

fsg: 1. Bryce 24-02, 2. no second, 3. no third
fsb: 1. Henig 33-00, 2. Cowin 30-00, 3. Holmes 29-08, 4. Solberg 28-06.5
vg: 1. Kohl 30-02, 2. A. Wong 28-05, 3. Komadina 28-05, 4. Clancy 26-03.5
vb: 1. Thomas (T) 37-01.5, 2. Janoras (T) 36-02.5, 3. Fung 36-00.5, 4. Kindle (T) 35-01, 5. Anderson 33-05.5, 6.
Mondino 33-03.25

SP

fsg: 1. Owen 23-03.5, 2. Kenna 17-10, 3. no third
fsb: 1. Franson 27-2, 2. no second, 3. no third
vg: 1. Brazil (T) 33-00, 2. Abella 31-05.5, 3. Klews 30-10.25, 4. T. Howard 28-04
vb: 1. Chen 37-05, 2. Nabori 36-06, 3. Collett 32-00, 4. Webster (T) 29-00, 5. Kr. Yamamoto 25-08.5

D

fsg: 1. Kenna 38-04.5, 2. Owen 36-01, 3. no third
fsb: 1. Franson 80-00, 2. no second, 3. no third
vg: 1. Klews 89-06.5, 2. Abella 78-02, 3. Brazil (T) 77-06, 4. T. Howard 71-08.5
vb: 1. Tran (T) 113-02, 2. Nobori 104-10, 3. Chen 103-10.5, 4. Fitzgerald 92-01, 5. Webster (T) 89-02.5, 6.
Collett 83-03, 7. Krause 69-08, 8. Kr. Yamamoto 55-00.5

PV

fsg: uncontested

fsb: 1. Aguayo 9-06, 2. Rutherglen 7-00, 3. Kuta 5-00

vg: 1. Sammons 7-06, 2. Doerr 7-00, 3. Clancy 6-06

vb: 1. Talmadge 9-06, 2. Lum 7-00, 3. no third

As the season progresses, CV athletes see continued improvement in their performances. New season PRs were set by the following competitors:

100	Adam Henig 12.7 from 12.8 IV Matheny 12.8 from 12.9 Ricky Simons 13.6 from 13.7	100	Valerie Lim 14.0 from 14.1
200	PJ Aguayo 25.7 from 25.9 Ben Chan 25.8 from 26.2 Darryl Eng 26.4 from 26.7	200	Ashli Tingle 28.9 from 29.1 Kim Haw 29.9 from 30.1 Michele Tobia 30.5 from 31.0 Nicole Watt 30.7 from 31.7
800	Seth Mellon 2:24.0 from 2:26.2	800	Theresa Robles 2:59.5 from 3:00.1 Teresa Ko 3:03.5 from 3:04.6
1600	Peter Baria 4:37.9 from 4:42.2 Jake Kalsbeek 5:12.5 from 5:16.6	1600	Theresa Robles 6:37.7 from 6:41.4 Jessica Van Norman 6:27 from 6:44.5
3200	Peter Baria 10:16.0 from 10:36 Jake Kalsbeek 11:23.3 from 11:39.4 Josh Kalsbeek 11:34.2 from 11:50.9 Kentoku Yamamoto 11:57.7 from 12:02.9 Kenpei Yamamoto 11:42.3 from 12:03.2 Richard Kuta 14:50.2 from 14:52	3200	Teresa Ko 13:45.4 from 14:08.2
100HH	Mike Paik 20.0 from 20.2	100LH	April Wong 18.7 from 19.7 Lisa Clancy 20.0 from 20.3 May Lee 22.0 from 22.1 Marcia Wong 19.3 from 21.7
LJ	Paul Anderson 16-6.5 from 16-3.5 Phil Fung 17-7 from 16-1 Mike Paik 15-6 from 14-7.75	300LH	Marcia Wong 57.8 from 60.6 May Lee 65.8 from 69.7 April Wong 60.5 from 65.0
TJ	Phil Fung 36-0.5 from 35-11.5	LJ	Jenny Ly 11-9.5 from 11-6
Discus	Tak Nobori 104-10 from 102-4 Robert Collett 83-3 from 80-6	HJ	Loryn Bailey 4-6 from 4-4
		SP	Nicole Abella 31-5.5 from 29-9.25 Desiree Owen 23-3.5 from 21-5.5 Susan Kenna 17-10 from 17-9.5
		PV	Amber Sammons 7-6 from 6-6 Becky Doerr 7-0 from 6-6

A bit of coaching philosophy: Why mention the season PRs rather than the winners? Because winning is available only to a few and only once in a while, but success is available to every athlete every single day. When we are about being a success, we also put ourselves in the best possible position to pick up those cherished wins as well. Success as a product of 3 essential factors: ability, effort, and preparation. Everyone has ability in varying degrees. While having a lot of ability certainly enhances a person's opportunities to achieve in specific activities, ability alone does not guarantee success. Just being talented isn't enough, but rather how one develops and uses his/her talents will determine the level of success which is achieved. Thus the need for preparation (workouts!). Practice leads to the development of natural ability into greater levels of capability, tapping more of our 'potential' and increasing our opportunity to achieve. Taking whatever abilities we have, and working hard (effort) in preparation to become more skilled and capable than we have ever been before are necessary ingredients in becoming a success. Lack of great effort will surely result in diminished performance and increase the possibility for defeat. Every athlete's PR reflects individual success and makes CV a stronger team. We are a stronger team now than we were last week, but not as strong as we will be next week. Strive to be the best you can be and we will be the best team we can be.

Special mention: Ashli Tingle was involved in setting 4 new gfs meet records (200, 400, both relays), Peter Baria (1600) and Jennie Ewing (3200) ran stellar distance races.

CASTRO VALLEY VS. TENNYSON

BOYS VARSITY

100	Claude McMillan	(T)	10.8'	1961
	Bill Burrell	(T)		1976
200	Bill Burrell	(T)	21.9'	1976
400	Dave Fernandez	(CV)	50.2'	1976
800	Larry Nicholas	(T)	1:56.8'	1966
1600	Larry Guinee	(CV)	4:18.0'	1979
3200	Ray Celaya	(T)	9:20.9'	1965
110 HH	Gary Kerr	(CV)	14.7'	1964
300 LH	Ron Critelli	(T)	40.0'	1973
HJ	Ron Winters	(CV)	6-7	1983
LJ	Dave Fernandez	(CV)	21-9	1978
TJ	Dana Tayco	(T)	44-2	1985
SP	Jermaine Tounger	(T)	57-10	1989
Discus	Jim McGinnis	(CV)	153-8	1963
PV	Ron Auger	(CV)	12-6	1966
400 R	Tennyson	(T)	44.0'	1975
	Castro Valley	(CV)		1976
1600 R	Tennyson	(T)	3:29.6'	1975

GIRLS VARSITY

100	Marsha Whalen	(T)	12.5	1981
200	Bridget Cunningham	(CV)	25.9'	1980
400	Bridget Cunningham	(CV)	59.7'	1980
800	Karin Lambden	(CV)	2:17.5	1981
1600	Debbie Lee	(C)	5:15.1'	1977
3200	Jennie Ewing	(CV)	11:27.2	1996
100 HH	Marsha Whalen	(T)	15.5	1982
300 LH	Eileen Cunningham	(CV)	45.9	1981
HJ	Felicia Suminski	(CV)	5-0	1980
LJ	Debbie Sanchez	(CV)	15-9	1983
TJ	Debbie Sanchez	(CV)	33-0	1982
SP	Rashawnda Holmes	(T)	36-11	1994
Discus	Rashawnda Holmes	(T)	123-11	1994
PV	Amber Sammons	(CV)	7-6	1996
	Elizabeth Ewing	(CV)		1995
400 R	Castro Valley (Sanchez, Cole, B. Cunningham, Gove)		51.0'	1980
1600 R	Castro Valley (Taylor, B. Cunningham, Gove, Lee)		4:13.8'	1979

CASTRO VALLEY VS. TENNYSON

BOYS FROSH/SOPH

100	Bill Burrell	(T)	11.7'	1973
200	Scott Parker	(C)	24.2'	1976
400	Scott Parker	(C)	54.3'	1976
800	Danny Furuyama	(CV)	2:07.6	1993
1600	Jason Atwood	(CV)	4:42.0	1988
3200	Calvin Gaziano	(CV)	10:05.8	1982
110 HH	Kevin Oates	(CV)	16.9	1993
300 LH	Kevin Smittle	(T)	42.9'	1977
HJ	Keith Brown	(CV)	5-8	1975
	Tom Kincaid	(T)		1977
	Tom Peters	(CV)		1979
LJ	Kevin Oates	(CV)	18-10	1993
TJ	Marve Eggleston	(T)	39-8	1977
SP	Junior Saga	(T)	51-5.5	1987
Discus	Junior Saga	(T)	132-1	1987
PV	Dickson	(T)	10-6	1965
400 R	Tennyson	(T)	46.6'	1967
1600 R	CV (Hassler, Patterson, D. Furuyama, A. Abramenko)		3:47.4	1993

GIRLS FROSH/SOPH

100	Deanna Pennix	(CV)	13.7	1995
200	Ashli Tingle	(CV)	28.9	1996
400	Ashli Tingle	(CV)	65.0	1996
800	Jessica Van Norman	(CV)	2:55.3	1996
1600	Jennifer Chung	(CV)	6:09.8	1995
3200	Teresa Ko	(CV)	13:45.4	1996
100 HH	Maya Komadina	(CV)	19.3	1995
300 LH	Marisa Lam	(CV)	55.9	1995
HJ	Jill Bryce	(CV)	4-2	1996
	Maya Komadina	(CV)		1995
LJ	Shannon Oates	(CV)	14-1.5	1995
TJ	Maya Komadina	(CV)	29-11.5	1995
SP	Kamaria Howard	(CV)	23-9	1995
Discus	Kamaria Howard	(CV)	69-8	1995
PV	Amber Sammons	(CV)	6-6	1995
400 R	CV (Tingle, Tobia, Haw, Sun)		55.6	1996
1600 R	CV (Tobia, Tingle, Haw, Carbonaro)		4:40.3	1996

San Lorenzo vs. Castro Valley

March 21, 1996

Trojan Stadium

cold, breezy

scores: vb CV 90, SLZ 45 fsb CV 124, SLZ 1 vg CV 124, SLZ 7 fsg CV 126, SLZ 0

400m relay

fsg: 1. CV () 57.1, CV () DQ (62.3)

vg: 1. SLZ 55.1, 2. CV () 55.4, 3. CV () 55.6

fsb: 1. CV () 50.0, 2. CV () 53.0

vb: 1. SLZ 46.3, 2. CV (Kramer, Holmes, A. Chan, Bailey) 46.8

1600

fsg: 1. Weisman 5:55.8, 2. Van Norman 6:20.0, 3. Ko 6:22.5, 4. Robles 6:27.3

vg: 1. Marques 5:40.0, 2. Atwood 5:53.3, 3. no third

fsb: 1. Jo. Kalsbeek 5:15.9, 2. Kt. Yamamoto 5:20.5, 3. Kp. Yamamoto 5:29.4, 4. Arndt 5:36.1, 5. D. Mellon 5:43.0, 6. Rutherglen 5:45.4

vb: 1. Baria 4:41.1, 2. Syzmanski (SLZ) 4:50.8, 3. Boruta 5:00.6, 4. Morton (SLZ) 5:04.2, 5. Ja. Kalsbeek 5:05.1, 6. Huen 5:27.8, 7. Randall 5:33.0

110Hm

fsg: 1. M. Wong 20.2, 2. Oates 20.3, 3. Ly 20.6, 4. Bryce 20.9, 5. Lee 21.1

vg: 1. A. Wong 18.1, 2. Clancy 18.8, 3. Komadina 19.4

1. E. Ewing 18.7, 2. Lim 19.4, 3. Groome 20.7, 4. Tingle 21.5

fsb: 1. Aguayo 18.9, 2. Cowin 21.8, 3. Solberg 22.1

vb: 1. Moore 16.9, 2. Holmes 18.0, 3. Anderson 18.9, 4. Talmadge 22.2, 5. Grant 22.6

400m

fsg: 1. Haw 69.0, 2. Schumann 69.9, 3. no third

vg: 1. J. Ewing 63.0, 2. Forsman 65.8, 3. Pettersen 66.7

fsb: 1. Phillips 58.6, 2. Tong 58.9, 3. Matheny 61.7, 4. Henig 63.5, 5. Gursharan (SLZ) 68.2

vb: 1. S. Mellon 54.9, 2. Gorton (SLZ) 55.1, 3. Elling (SLZ) 60.0, 4. Uychoco 61.7

100m

fsg: 1. Bailey 14.1, 2. Schmidt 15.2, 3. Misa 15.3, 4. M. Wong 15.4, 5. Drona (SLZ) 16.1, 6. Lum 16.2, 7. Lester 16.3

vg: 1. Tingle 13.9, 2. Duperroir 14.5, 3. Doerr 14.6, 4. M. Schmidt (SLZ) 14.7, 5. McClure (SLZ) 14.8, 6. Pennix 14.9, 7. Williams (SLZ) 15.0

fsb: 1. Eng 13.0, 2. Cosey 13.8, 3. Fosdahl 13.9, 4. Simons 14.1, 5. Sun 14.2

vb: 1. Green (SLZ) 11.5, 2. A. Chan 11.8, 3. Bailey 11.9, 4. Holmes 12.1, 5. Stafford (SLZ) 12.3, 6. Tate (SLZ) 12.6, 7. Romero (SLZ) 12.7

800m

fsg: 1. Chung 2:44.4, 2. Van Norman 2:56.1, 3. Robles 3:01.3

vg: 1. J. Ewing 2:30.3, 2. Nickolopoulos 2:36.1, 3. Cook (SLZ) 2:37.6, 4. McHugh 2:50.9

fsb: 1. Kt. Yamamoto 2:26.1, 2. no second, 3. no third

vb: 1. Privat (SLZ) 2:10.0, 2. Boruta 2:16.1, 3. S. Mellon 2:18.0, 4. Huen 2:27.3, 5. Randall 2:29.0

300mLH/300mIH

fsg: 1. M. Wong 60.6, 2. Oates 63.2, 3. Bryce 65.3, 4. Lee 67.6

vg: 1. Lim 54.8, 2. Groome 55.4, 3. Komadina 57.9, 4. Clancy 58.3, 5. A. Wong 68.4

fsb: 1. Cowin 53.8, 2. no second, 3. no third

vb: 1. Moore 44.1, 2. Talmadge 55.3, 3. Grant 56.5

200m

fsg: 1. Haw 29.5, 2. Bailey 30.3, 3. Schmidt 30.9, 4. Ly 31.3, 5. Lum 32.7, 6. Drona (SLZ) 33.7, 7. Lester 35.2

vg: 1. Duperroir 29.9, 2. Watt 30.9, 3. McHugh 31.1, 4. McClure (SLZ) 31.8

fsb: 1. Eng 26.6, 2. Matheny 26.7, 3. Gursharan (SLZ) 29.6, 4. Simons 29.7, 5. Fosdahl 30.0, 6. Sun 30.4
vb: 1. A. Chan 23.7, 2. Gorton (SLZ) 24.2, 3. Bailey 24.5, 4. Uychoco 26.8, 5. Mondino 27.1, 6. Romero (SLZ) 29.2

3200m

fsg: 1. Weisman 13:06.0, 2. Ko 13:32.1, 3. Chung 14:00.6
vg: 1. Atwood 13:48.1, 2. no second, 3. no third
fsb: 1. Jo. Kalsbeek 11:34.7, 2. Kp. Yamamoto 11:40.1, 3. Kt. Yamamoto 12:01.1, 4. D. Mellon 12:33.2, 5. Kuta 14:18.3
vb: 1. Baria 10:29.1, 2. Elling (SLZ) 11:14.2, 3. Ja. Kalsbeek 11:14.6, 4. Morton (SLZ) 11:52.3

Mile relay

fsg: 1. CV (Schmidt, Schumann, Haw, M. Wong) 4:48.3
vg: 1. CV (Nickolopoulos, McHugh, Watt, Forsman) 4:38.9, 2. CV (Pettersen, Duperroir, Groome, Tingle) 4:45.3, 3. SLZ 5:00.6
fsb: 1. CV (Tong, Eng, Henig, Phillips) 4:19.3, 2. CV (Kt. Yamamoto, Arndt, Kp. Yamamoto, Jo. Kalsbeek) 4:31.1
vb: 1. SLZ (Privat, Tate, Syzmanski, Gorton) 3:50.3, 2. CV (Uychoco, A. Chan, S. Mellon, Baria) 3:50.7

HJ

fsg: 1. Van Norman 4-04, 2. Bryce 4-02, 3. Robles 4-02, Bailey nh
vg: 1. Kohl 5-00, 2. E. Ewing 4-10, 3. Atwood 4-04, 4tie. Lacey, Doerr 4-02
fsb: 1. Aguayo 5-06, 2. Picetti 4-10, 3. Markwart 4-08, 4. Kinman 4-06, 5. Solberg 4-00
vb: 1. Anderson 5-06, 2. Mondino 5-02, 3. no third

LJ

fsg: 1. Robles 12-00.5, 2. Ly 11-08.25, 3. Oates 11-04, 4. Van Norman 10-09, 5. Wilcox 10-08.25, 6. Lee 10-07.5, 7. Marra 10-01.5, 8. Drona (SLZ) 10-01
vg: 1. A. Wong 13-01.5, 2. E. Ewing 13-00, 3. Komadina 12-10, 4. Kohl 12-10, 5. Sammons 12-05, 6. Lim 11-04, 7. Lacey 8-10
fsb: 1. Henig 15-08.5, 2. Solberg 14-06.75, 3. Cowin 14-00.75, 4. Fosdahl 13-07, 5. Matheny 13-04.5, 6. Kinman 13-01, 7. Simons 13-00.5, 8. Markwart 12-00.5
vb: 1. Bailey 18-02, 2. Kramer 16-11.5, 3. Freitas (SLZ) 16-10, 4. Fung 16-02, 5. Tate (SLZ) 15-08.5, 6. Anderson 15-05.75, 7. Mondino 14-10

TJ

fsg: 1. Oates 25-05.5, 2. Bryce 24-05, 3. Lee 23-08.75
vg: 1. Kohl 29-01.5, 2. A. Wong 28-11, 3. Komadina 28-10, 4. Clancy 26-05
fsb: 1. Cowin 30-07.5, 2. Solberg 29-00.75, 3. Kinman 28-10, 4. Picetti 28-07
vb: 1. Moore 37-06.5, 2. Kramer 36-02.5, 3. Peek 35-11, 4. Fung 34-06.5, 5. Mondino 32-09, 6. Freitas (SLZ) 31-08

SP

fsg: 1. Weston 23-08.5, 2. Owen 23-07, 3. K. Howard 22-07.25, 4. Kenna 18-09
vg: 1. Klews 32-05, 2. Abella 31-10.5, 3. T. Howard 28-11, 4. Osborne (SLZ) 23-00
fsb: 1. Niheu 37-07, 2. Franson 27-07.5, 3. no third
vb: 1. Jower 40-01, 2. Clark (SLZ) 36-11, 3. Nobori 36-05, 4. Fitzgerald 36-02.5, 5. Bias (SLZ) 34-09, 6. Chen 34-06, 7. Collett 33-07, 8. Woods (SLZ) 33-03, 9. Wyatt (SLZ) 29-01.5, 10. Simmons (SLZ) 28-05.5, 11. Krause 25-04

D

fsg: 1. Weston 65-03.5, 2. K. Howard 63-00, 3. Owen 49-01, 4. Kenna 45-08
vg: 1. Klews 88-00.5, 2. T. Howard 65-00, 3. Osborne (SLZ) 58-06
fsb: 1. Niheu 90-00, 2. Franson 79-00, 3. no third

vb: 1. Woods (SLZ) 111-09.5, 2. Clark (SLZ) 108-02, 3. Jower 107-09.5, 4. Chen 107-06, 5. Bias (SLZ) 106-10, 6. Nobori 93-05.5, 7. Simmons (SLZ) 93-01, 8. Collett 88-00, 9. Wyatt (SLZ) 74-04, 10. Krause 62-04

PV

fsg: uncontested

vg: 1. E. Ewing 8-00, 2. Sammons 7-00, 3. Clancy 6-06, 4. Doerr 6-00, 5. Lacey 6-00

fsb: 1. Aguayo 9-00, 2. Kuta 5-06, 3. no third

vb: 1. Moore 12-06, 2. Talmadge 10-00, 3. Singson 10-00, 4. Grant 6-06, 5. Lum 6-06

Hey, on a cold, miserable afternoon several of our teammates competed to new never-before-experienced levels of performance. Check these out!

100	Heather Duperroir	14.5 from 14.6	200	Reggie Bailey	24.5 from 25.3
200	Kim Haw	29.5 from 29.9	400	Seth Mellon	54.9 from 58.0
	Jenny Ly	31.3 from 31.9		Steve Phillips	58.6 from 60.4
	Crystal Lum	32.7 from 33.4		Ron Uychoco	61.7 from 62.0
400	Kim Haw	69.0 from 70.3	800	Seth Mellon	2:18.0 from 2:24.0
1600	Michelle Marques	5:40.0 from 5:45.4		Kentoku Yamamoto	2:26.1 from 2:29.1
	Angela Atwood	5:53.3 from 6:06.7		Andy Randall	2:29.0 from 2:31.8
	Stephanie Weisman	5:55.8 from 6:01.9	1600	Mike Boruta	5:00.6 from 5:03.8
	Jessica Van Norman	6:20.0 from 6:27.0		Jake Kalsbeek	5:05.1 from 5:12.5
	Teresa Ko	6:22.5 from 6:31.6		Josh Kalsbeek	5:15.9 from 5:23.0
	Theresa Robles	6:27.3 from 6:37.7		Kentoku Yamamoto	5:20.5 from 5:25.0
3200	Stephanie Weisman	13:06.0 from 13:28.9		Dru Mellon	5:43.0 from 5:49.9
	Teresa Ko	13:32.1 from 13:45.4		Cory Rutherglen	5:45.4 from 5:47.5
	Angela Atwood	13:48.1 from 14:19.0	3200	Jake Kalsbeek	11:14.6 from 11:23.3
	Jennifer Chung	14:00.6 from 14:06.4		Kenpei Yamamoto	11:40.1 from 11:42.3
100H	April Wong	18.1 from 18.7		Richard Kuta	14:18.3 from 14:50.2
	Lisa Clancy	18.8 from 20.0	110H	Nick Holmes	18.0 from 18.2
	Shannon Oates	20.3 from 21.1		PJ Aguayo	18.9 from 19.3
	Jenny Ly	20.6 from 21.8		Rodney Cowin	21.8 from 21.9
	Jill Bryce	20.9 from 21.2		Gabe Solberg	22.1 from 23.1
	May Lee	21.1 from 22.0	300H	Rodney Cowin	53.8 from 56.1
300H	Janet Groome	55.4 from 55.8	LJ	Chris Fosdahl	13-07 from 12-10.5
	Lisa Clancy	58.3 from 59.1		Ricky Simons	13-00.5 from 12-09
LJ	April Wong	13-01.5 from 12-09.5	TJ	Ben Peek	35-11 from 35-08.5
	Theresa Robles	12-00.5 from 11-07.75		Gabe Solberg	29-00.75 from 28-06.5
	Jessica Van Norman	10-09 from 10-08	HJ	Kenny Kinman	4-06 from 4-04
TJ	May Lee	23-08.75 from 23-00	S P	Kris Jower	41-01 from 41-00
HJ	Elizabeth Ewing	4-10 from 4-08		Tak Nobori	36-05 from 34-09.5
S P	Barbara Klews	32-05 from 31-01.25		Dennis Fitzgerald	36-02.5 from 32-01.5
	Nicole Abella	31-10.5 from 31-05.5		Gary Chen	34-06 from 31-09
	Tashena Howard	28-11 from 28-04		Dan Franson	27-07.5 from 27-03.5
	Desiree Owen	23-07 from 23-03.5	D	Gary Chen	107-06 from 106-10
	Susan Kenna	18-09 from 17-10		Robert Collett	88-00 from 83-03
D	Desiree Owen	49-01 from 36-01	P V	Tony Moore	12-06 from 12-00
	Susan Kenna	45-08 from 38-04.5		Jeff Singson	10-00 from 9-06
P V	Elizabeth Ewing	8-00 from 7-06		Richard Kuta	5-06 from 5-00

Most PRs: Atwood, Chen, Clancy, Cowin, E. Ewing, Haw, Ja. Kalsbeek, Kenna, Ko, Kuta, Lee, Ly, S. Mellon, Owen, Robles, Solberg, Van Norman, Weisman, A. Wong, Kt. Yamamoto (2 each). Hmm, very impressive. 2 PRs in one meet. Who'll be the first to 3 PRs in one meet?

Upcoming meets: Thursday, home against Moreau Catholic. Saturday, Martinez Relays @ Alhambra HS
24 hour Relay fundraiser is set for 4/8-9. Get your teams together, start planning, more details to come.

CASTRO VALLEY VS. SAN LORENZO

BOYS VARSITY

100	Jeff Perenon	(CV)	10.9'	1964
200	Jeff Perenon	(CV)	22.4'	1963
400	Dave Fernandez	(CV)	50.3'	1976
800	Jason Lee	(CV)	1:57.8'	1977
1600	Calvin Gaziano	(CV)	4:25.5'	1983
3200	Ted Quintana	(SLZ)	9:36.2'	1972
110 HH	Randy Silva	(SLZ)	14.6'	1979
300 LH	Lloyd Johnson	(CV)	40.8'	1978
HJ	Ron Winters	(CV)	6-6	1983
LJ	Mark Lamendola	(CV)	21-5	1973
TJ	Mikel Jones	(SLZ)	43-11	1987
SP	Chuck Vandagriff	(CV)	59-1 1/2	1966
Discus	Jeff Lawson	(SLZ)	152-0	1964
PV	Ron Auger	(CV)	13-0	1967
400 R	San Lorenzo	(SLZ)	44.6'	1966
	San Lorenzo	(SLZ)		1967
	Castro Valley	(CV)		1977
1600 R	San Lorenzo	(SLZ)	3:29.3'	1967

GIRLS VARSITY

100	Valerie Spence	(SLZ)	12.2'	1981
200	Valerie Spence	(SLZ)	25.8'	1980
400	Valerie Spence	(SLZ)	58.8'	1981
800	Kristi Lamden	(CV)	2:20.6'	1980
1600	Sabrina Stevenson	(CV)	5:35.1'	1980
3200	Karin Lambden	(CV)	11:50.2'	1980
100H	Felicia Harris	(SLZ)	14.8	1987
300LH	Felicia Harris	(SLZ)	45.8	1986
HJ	Felicia Suminski	(CV)	5-0	1980
	Amy Kohl	(CV)		1994, 96
LJ	Debbie Sanchez	(CV)	16-4	1983
TJ	Felicia Harris	(SLZ)	36-3 3/4	1987
SP	Barbara Klews	(CV)	32-5	1996
Discus	Cherie Schaeffer	(CV)	109-7	1981
PV	Elizabeth Ewing	(CV)	8-0	1996
400 R	Castro Valley (Sanchez, Cole, B. Cunningham, Gove)		49.9'	1980
1600R	Castro Valley (Taylor, Vaughn, Kr. Lambden, B. Cunningham)		4:14.3'	1979

CASTRO VALLEY VS. SAN LORENZO

BOYS FROSH/SOPH

100	Fred Turra	(CV)	11.6'	1972
	Rick Ripoli	(CV)		1973
	Tom Descombaz	(CV)		1985
200	Joe Ribauda	(SLZ)	24.1'	1966
	Lance Riley	(CV)		1986
400	Randy Morales	(SLZ)	54.3'	1976
800	John Atwood	(CV)	2:06.0	1992
1600	John Atwood	(CV)	4:38.3	1992
3200	Dave Anderson	(CV)	10:01.1'	1980
110HH	Kevin Oates	(CV)	17.0	1993
300LH	Randy Meadows	(SLZ)	43.1'	1977
HJ	Terry Mar	(CV)	5-8	1972
	Ron Winters	(CV)		1981
LJ	Wade	(SLZ)	19-3 1/2	1963
TJ	Naeem Amiri	(CV)	39-11	1994
SP	Tom Thompson	(CV)	46-5	1974
Discus	John Davis	(SLZ)	121-3	1963
PV	Teagarden	(SLZ)	10-6	1960
	Carl Liljedahl	(C)		1968
400 R	San Lorenzo	(SLZ)	46.6'	1965
1600R	Castro Valley (Saunders, Robison, Guerino, Riley)		3:45.5	1986

GIRLS FROSH/SOPH

100	Loryn Bailey	(CV)	14.1	1996
200	Kim Haw	(CV)	29.5	1996
400	Kim Haw	(CV)	69.0	1996
800	Jennifer Chung	(CV)	2:44.4	1996
1600	Stephanie Weisman	(CV)	5:55.8	1996
3200	Stephanie Weisman	(CV)	13:06.0	1996
100H	Marcia Wong	(CV)	20.2	1996
300LH	Marcia Wong	(CV)	60.6	1996
HJ	Jessica Van Norman	(CV)	4-4	1996
LJ	Theresa Robles	(CV)	12-00.5	1996
TJ	Maya Komadina	(CV)	25-7	1995
SP	Meredith Weston	(CV)	23-08.5	1996
Discus	Meredith Weston	(CV)	65-03.5	1996
PV	not contested			
400R	Castro Valley		57.1	1996
1600R	CV (Schmidt, Schumann, Haw, M. Wong)		4:48.3	1996

Moreau Catholic vs Castro Valley

March 29, 1996

cool, slight breeze

scores: vb: CV 68, MC 68 bfs: CV 59, MC 77 vg: CV 70, MC 66 gfs: CV 102, MC 32
400mR

gfs: 1. CV (Sun, Haw, Schmidt, Bailey) 56.3, 2. CV 57.5, 3. MC 58.6

gv: 1. MC 54.5, 2. CV 55.5

bfs: 1. MC 48.4, 2. CV 50.5, 3. CV 55.3

bv: 1. MC 46.1, 2. CV 51.3

1600m

gfs: 1. Chung 6:09.5, 2. Van Norman 6:13.2, 3. Ko 6:15.9, 4. Robles 6:26.1, 5. Nethercott (M) 7:17.4

gv: 1. J. Ewing 5:16.4, 2. Gillis (M) 5:22.0, 3. Marques 5:36.6, 4. Weisman 5:53.4, 5. Atwood 5:58.8, 6. Fortmeier (M) 6:19.9

bfs: 1. Respecke (M) 5:10.6, 2. Jo. Kalsbeek 5:14.8, 3. Butner (M) 5:15.5, 4. Kt. Yamamoto 5:15.9, 5. Kp. Yamamoto 5:18.6, 6. D. Mellon 5:26.8, 7. Arndt 5:27.2, 8. Patterson 5:29.3, 9. Martin (M) 5:29.9, 10. Bane (M) 5:42.0, 11. Nordstrom (M) 5:46.6, 12. Courtney (M) 5:48.2, 13. Rutherglen 5:48.6, 14. Kuta 6:27.6

bv: 1. Baria 4:39.9, 2. Preston (M) 4:42.0, 3. Boruta 4:58.4, 4. Muhlestein (M) 5:01.1, 5. Ja. Kalsbeek 5:03.4, 6. Huen 5:14.4, 7. Yee (M) 5:24.9, 8. Randall 5:25.9, 9. Saleh (M) 5:54.2

110HH/100LH

gfs: 1. Montero (M), 2. Ly 19.1, 3. M. Wong 19.3, 4. Oates 20.6, 5. Diaz (M) 21.1, 6. Gill (M) 21.3

1. Bryce 20.7, 2. Lee 21.8

gv: 1. Kroes (M) 17.1, 2. Brower (M) 17.9, 3. A. Wong 18.1, 4. Carino (M) 18.7, 5. Clancy 18.8, 6. E. Ewing 18.9

1. Quintana (M) 18.5, 2. Harris (M) 18.7, 3. Komadina 19.3, 4. Abreu (M) 19.9, 5. Valette (M) 21.0

bfs: 1. Sunderraj (M) 18.6, 2. Aguayo 18.7, 3. Paik 21.3, 4. Cowin 21.5, 5. Respecke (M) 22.1, 6. Solberg 23.2

bv: 1. Moore 16.6, 2. Ramirez (M) 17.4, 3. Holmes 17.9, 4. Fung 18.2, 5. Yee (M) 19.6, 6. Peel (M) 20.7

1. Amiri 17.3, 2. Anderson 18.0, 3. Talmadge 21.1

400m

gfs: 1. Faria (M) 67.4, 2. Robinson (M) 68.8, 3. Leopard (M) 69.1, 4. Schmidt 70.2, 5. Schumann 70.4, 6. Kranitz (M) 74.0, 7. Ly 74.9

gv: 1. Forsman 63.2, 2. Nickolopoulos 64.1, 3. Pettersen 64.5, 4. Zilli (M) 65.8, 5. Perez (M) 69.9

bfs: 1. McKinney (M) 58.4, 2. Chacon (M) 60.9, 3. Quijano (M) 62.4, 4. Kinman 64.1, 5. Sun 67.9, 6. Fosdahl 71.0, 7. Simons 71.1

bv: 1. Abramenko 53.0, 2. Kapper (M) 54.3, 3. Chen (M) 54.4, 4. S. Mellon 54.6, 5. Keehen (M) 56.6

100m

gfs: 1. Doerr 13.9, 2. Sun 14.0, 3. Wong (M) 14.1, 4. Bailey 14.2, 5. Haw 14.4, 6. Ebalo (M) 15.0, 7. Acosta (M) 15.1, 8. Canonigo (M) 15.2

1. Byrne 13.5, 2. Marquez (M) 14.5, 3. Misa 14.7, 4. Bellusa (M) 14.9, 5. Hong (M) 15.2, 6. Lum 15.3, 7. Russo (M) 16.8, 8. Tuseng (M) 16.9

gv: 1. Kroes (M) 13.4, 2. Tingle 13.5, 3. Wright (M) 13.6, 4. Lim 14.0, 5. Forsman 14.2, 6. Phillips (M) 14.3, 7. Maglio (M) 14.4, 8. Duperroir 14.5

1. Carino (M) 14.5, 2. Valette (M) 15.9

bfs: 1. Stevenson (M) 12.4, 2. Kurpinsky (M) 12.5, 3. Bayani (M) 12.6, 4. Madulid (M) 12.7, 5. Henig 12.8, 6. Tong 12.9, 7. Matheny 13.0

1. Jenkins (M) 12.8, 2. Rafael (M) 12.9, 3. Jardin 13.4, 4. Lam (M) 13.6, 5. Cosey 14.1

bv: 1. Linzie (M) 11.6, 2. Delfino (M) 11.7, 3. Swopes (M) 11.7, 4. O'Connor (M) 11.8, 5. Bailey 11.8, 6. Holmes 11.9, 7. Uychoco 12.9

800m

gfs: 1. Monteiro (M) 2:38.7, 2. Chung 2:41.5, 3. Van Norman 2:56.5, 4. Robles 3:00.0

gv: 1. J. Ewing 2:24.6, 2. Gillis (M) 2:27.4, 3. O'Brien (M) 2:28.3, 4. Marques 2:30.8, 5. Pettersen 2:43.0, 6.

Atwood 2:43.4, 7. McHugh 2:45.5, 8. Fortmeier (M) 2:46.3

bfs: 1. Eng 2:16.3, 2. Butner (M) 2:23.1, 3. Kt. Yamamoto 2:24.2, 4. Arndt 2:27.4, 5. Harrington (M) 2:32.0, 6. Patterson 2:35.1

bv: 1. Baria 2:04.9, 2. Preston (M) 2:06.9, 3. S. Mellon 2:07.0, 4. Muhlestein (M) 2:17.1, 5. Yee (M) 2:24.0, 6. Huen 2:33.8

300IH/300LH

gfs: 1. M. Wong 57.4, 2. Oates 59.8, 3. Diaz (M) 61.9, 4. Gill (M) 63.3
1. Bryce 66.8, 2. Lee 69.8

gv: 1. Zilli (M) 52.8, 2. Groome 54.2, 3. Lim 54.3, 4. Brower (M) 54.7, 5. Kitano (M) 55.1, 6. Komadina 59.6
1. Clancy 56.7, 2. Harris (M) 58.6, 3. A. Wong 60.5, 4. Carino (M) 61.7

bfs: 1. Paik 47.8, 2. Sunderral (M) 49.4, 3. Delfino (M) 51.7, 4. Cowin 52.4, 5. Respecke (M) 58.7

bv: 1. Moore 43.8, 2. Delfino (M) 45.3, 3. Ramirez (M) 45.4, 4. Fung 45.7, 5. Anderson 46.6
1. Yee (M) 50.0, 2. Talmadge 52.0

200m

gfs: 1. Byrne 29.0, 2. Wong (M) 2.7, 3. Haw 29.9, 4. Bailey 30.0, 5. Schmidt 31.4, 6. Robinson (M) 31.5, 7. Canonigo (M)

1. Sun 30.6, 2. Ebelo (M) 31.4, 3. Wong (M) 31.7, 4. Lum 32.8, 5. Tiojago (M) 34.1, 6. Del Torre (M) 34.4, 7. Tsarig (M) 40.3

gv: 1. Tingle 27.3, 2. Nickolopoulos 27.6, 3. Pettersen 27.9, 4. Forsman 28.1, 5. Liu (M) 28.4, 6. Wright (M) 28.7, 7. Maglio (M) 30.3

1. Duperroir 30.1, 2. McHugh 30.6, 3. Carino (M) 31.7, 4. Valet (M) 34.3

bfs: 1. McKinney (M) 25.6, 2. Aguayo 25.7, 3. Stevenson (M) 25.9, 4. Kurpern (M) 26.0, 5. Eng 26.8, 6. Modulad (M) 27.0, 7. Matheny 27.2

1. Henig 26.4, 2. Rafael (M) 26.5, 3. Catcon (M) 26.7, 4. Jardin 27.9, 5. Lam (M) 28.3, 6. Sun 28.4

bv: 1. Linzie (M) 23.9, 2. O'Connor (M) 24.0, 3. Swopes (M) 24.2, 4. ? (M) 24.3, 5. Bailey 24.4, 6. Uychoco 27.0

3200

gfs: 1. Ko 13:22.4, 2. Chung 14:10.1, 3. no third

gv: 1. Gillis (M) 11:30.5, 2. J. Ewing 12:04.8, 3. Espana (M) 12:27.1, 4. Marques 12:37.4, 5. Weisman 12:51.5

bfs: 1. Respecke (M) 11:20.6, 2. Jo. Kalsbeek 11:25.3, 3. Kp. Yamamoto 11:26.7, 4. Kt. Yamamoto 11:30.2, 5. Martin (M) 12:10.3, 6. Bane (M) 12:33.8, 7. Nordstrom (M) 13:01.9, 8. Courtney (M) 13:18.7

bv: 1. Baria 10:39.8, 2. Preston (M) 10:42.1, 3. Boruta 10:48.8, 4. Ja. Kalsbeek 11:12.5, 5. Saleh (M) 13:01.1

1600mR

gfs: 1. CV (Haw, Schumann, Schmidt, Chung) 4:41.9, 2. MV 4:49.1

gv: 1. CV (Nickolopoulos, Peterson, Forsman, J. Ewing) 4:15.8, MC 4:21.9

bfs: 1. MC 3:58.7, 2. CV 4:04.2, 3. CV 4:32.5

bv: 1. MC 3:40.7, 2. CV 3:56.6

HJ

gfs: 1. Van Norman 4-4, 2. Robles 4-2, 3. Bryce 4-0

gv: 1. Kohl 4-10, 2. E. Ewing 4-8, 3. Atwood 4-2, 4. Lacey 4-2, 5. Maclean (M) 4-2

bfs: 1. Aguayo 5-4, 2. Sunderig (M) 5-2, 3. J. Fitzgerald 4-10, 4. Picetti 4-6, nh: Niheu

bv: 1. Amiri 5-8, 2. Anderson 5-4, 3. Quintana (M) 5-0

LJ

gfs: 1. Marquez (M) 12-10, 2. Acosta (M) 12-09, 3. Robles 12-05, 4. Oates 10-07.5, 5. Van Norman 10-00, 6. Bryce 9-11, 7. Lee 9-10.5, 8. Dupler (M) 9-08.5, 9. Longton (M) 9-05.5, 10. Marra 9-01, 11. Santos (M) 8-01.5, 12. Russo (M) 7-09.5

gv: 1. Liu (M) 15-05.75, 2. Williams (M) 12-10.25, 3. Kohl 12-10, 4. Maclean (M) 12-08.5, 5. E. Ewing 12-06, 6. Komadina 12-00.5, 7. A. Wong 11-11

bfs: 1. Bayani (M) 16-09, 2. Delfino (M) 15-11.5, 3. Paik 15-08.5, 4. Henig 15-00.5, 5. Quijano (M) 14-03.25, 6. Arndt 14-01.5, 7. Cowin 13-08.5, 8. Kinman 13-06.25, 9. Fosdahl 13-04, 10. Solberg 13-02
bv: 1. Delfino (M) 18-10.5, 2. Bailey 18-07.5, 3. Kramer 18-03.5, 4. Fung 17-06.5, 5. Quintana (M) 16-11

TJ

gfs: 1. Oates 25-04.75, 2. Lee 23-11.75, 3. no third
gv: 1. Kroes (M) 30-07.5, 2. Williams (M) 30-07, 3. Kohl 29-05, 4. A. Wong 29-02.5, 5. Komadina 28-06, 6. Zachau (M) 28-00.5, 7. Maclean (M) 27-04, 8. Clancy 23-06.5, 9. Lacey 23-04.5
bfs: 1. Bayani (M) 32-10, 2. Cowin 30-05.5, 3. Kinman 30-00, 4. Delfino (M) 26-09
bv: 1. Amiri 40-07.5, 2. Moore 37-04.75, 3. Quintana (M) 36-06.75, 4. Kramer 35-11.5, 5. Delfino (M) 35-11

SP

gfs: 1. Weston 24-08, 2. Owen 23-09.5, 3. K. Howard 23-06, 4. Black (M) 21-06.5, 5. Bellusa (M) 20-11, 6. Kenna 17-00.5
gv: 1. Peacock (M) 33-03, 2. Klews 30-09, 3. T. Howard 29-05.5, 4. Davis (M) 27-09, 5. Chiong (M) 23-00
bfs: 1. Collet 38-00, 2. J. Fitzgerald 37-04, 3. Vedgera (M) 35-03, 4. Gould (M) 34-02, 5. Jones 30-11, 6. Franson 28-02.5
bv: 1. Brennan (M) 43-03.5, 2. Jower 40-01.5, 3. D. Fitzgerald 36-00.5, 4. Hall (M) 36-00.5, 5. Chen 35-08.5, 6. Herrera (M) 34-04.5, 7. Nobori 34-00.5, 8. Remington (M) 29-05, 9. Black (M) 29-01.5, 10. Krause 25-08.5, 11. Kr. Yamamoto 24-10, 12. Budnik (M) 22-00

D

gfs: 1. Weston 68-08.5, 2. K. Howard 65-08.5, 3. Black (M) 65-00, 4. Bellusa (M) 52-04, 5. Kenna 51-09, 6. Owen 44-04
gv: 1. Peacock (M) 98-02, 2. Klews 95-03, 3. T. Howard 81-10, 4. Davis (M) 73-02.5, 5. Chiong (M) 71-11
bfs: 1. Franson 91-11, 2. Jones 90-09, 3. Collet 84-02.5, 4. Vedgera (M) 81-04.5, 6. J. Fitzgerald 66-10.5
bv: 1. Brennan (M) 116-01, 2. Jower 111-05.5, 3. Chen 102-06, 4. Hall (M) 95-02, 5. Nobori 94-01.5, 6. Remington (M) 90-08.5, 7. Herrera (M) 81-11.5, 8. Black (M) 77-10.5, 9. Krause 75-10, 10. Budnick (M) 67-05, 11. Kr. Yamamoto 63-06

PV

gfs: 1. Doerr 6-0, 2. Kranitz (M) 5-6, 3. no third
gv: 1. E. Ewing 8-0, 2. Maclean (M) 6-6, 3. Sammons 6-6, 4. Lacey 6-6, 5. Clancy 6-0
bfs: 1. Aguayo 9-6, 2. Futagaki (M) 8-0, 3. Tong 7-0, 4. Simons 6-6, 5. Rutherglen 6-6, 6. Kuta 6-0, 7. Jardin 6-0
bv: 1. Moore 12-6, 2. Ramirez (M) 12-0, 3. Singson 10-0, 4. Talmadge 9-6, 5. Martinez (M) 9-6

The two largest teams met in a thrilling battle not decided until the final race of the meet. The girls varsity established themselves as the HAAL's top team by pulling out the 1600 relay to regain the scoring lead. The boys varsity received a critical 3rd place point in the shot put by virtue of a better second effort to come away with the tie. Congratulations to both squads for a terrific effort in the best meet in many a year.

CASTRO VALLEY VS. MOREAU CATHOLIC

BOYS VARSITY

100	Bret Victor	(CV)	11.1	1994,95
200	Bret Victor	(CV)	22.1	1994
400	Matt Roszell	(CV)	52.4	1994
800	Peter Baria	(CV)	2:04.9	1996
1600	Peter Baria	(CV)	4:39.9	1996
3200	Capurro	(MC)	10:09.1	1976
110 HH	Adeh DeSandies	(MC)	15.5	1995
300 IH	Dominique Canfield	(CV)	41.4	1994
HJ	Adeh DeSandies	(MC)	5-10	1995
LJ	Dave Fernandez	(CV)	20-3.25	1976
TJ	Cary Acord	(CV)	41-0	1976
SP	Andrew Peacock	(MC)	45-9	1995
Discus	Jon Paxton	(MC)	129-5	1994
PV	Tony Moore	(CV)	12-6	1996
400 R	Castro Valley (Hassler, Victor, Canfield, Roszell)		44.7	1994
1600 R	CV (Reichelderfer, M. Furuyama, Ford, Abramenko)		3:40.0	1995

GIRLS VARSITY

100	Amanda Martinez	(MC)	13.0	1995
200	Ashli Tingle	(CV)	27.3	1996
400	Jenni Forsman	(CV)	63.2	1996
800	Jennifer Ewing	(CV)	2:24.6	1996
1600	Jennifer Ewing	(CV)	5:16.4	1996
3200	Lisa Gillis	(MC)	11:30.5	1996
100 LH	Mariel Triggs	(MC)	16.2	1994
300 LH	Mariel Triggs	(MC)	49.3	1994
HJ	Amy Kohl	(CV)	5-2 1/2	1995
LJ	Lillian Liu	(MC)	15-4 1/2	1995
TJ	Kara Kroes	(MC)	31-9	1995
SP	Elizabeth Peacock	(MC)	33-9	1995
Discus	Elizabeth Peacock	(MC)	101-0	1995
PV	Elizabeth Ewing	(CV)	8-0	1996
400 R	Moreau Catholic (Purchio, Liu, Martinez, Triggs)		53.2	1994
1600 R	CV (Nickolopoulos, Pettersen, Forsman, J. Ewing)		4:15.8	1996

CASTRO VALLEY VS. MOREAU CATHOLIC

BOYS FROSH/SOPH

100	Genna Abramenko	(CV)	11.8	1995
200	Mike Kapper	(MC)	24.5	1994
400	Mike Kapper	(MC)	56.6	1994
800	Damien Dulaney	(CV)	2:14.8y	1995
1600	Peter Baria	(CV)	4:56.9y	1995
3200	Peter Baria	(CV)	10:53.5y	1995
110 HH	Phil Fung	(CV)	17.8	1995
300 IH	Phil Fung	(CV)	47.0	1995
HJ	Kevin Kramer	(CV)	5-4	1994
	PJ Aguayo	(CV)		1996
LJ	Reggie Bailey	(CV)	19-1	1995
TJ	Reggie Bailey	(CV)	36-11 1/2	1995
SP	Mark Deservi	(MC)	39-11	1994
Discus	Kris Jower	(CV)	97-0	1995
PV	PJ Aguayo	(CV)	9-6	1996
400 R	Moreau Catholic (Mejia, Kapper, Chen, Desandies)		47.7	1994
1600 R	MC (Butner, Chacon, Quiano, McKinney)		3:58.7	1996

GIRLS FROSH/SOPH

100	Deanna Pennix	(CV)	13.8	1995
200	Kim Byrne	(CV)	29.0	1996
400	Breean Faria	(MC)	67.4	1996
800	Amanda Monteiro	(MC)	2:38.7	1996
1600	Jennifer Chung	(CV)	6:09.5	1996
3200	Teresa Ko	(CV)	13:22.0	1996
100 LH	Amanda Monteiro	(MC)	19.0	1996
300 LH	Marcia Wong	(CV)	57.4	1996
HJ	Jessica Van Norman	(CV)	4-4	1996
LJ	Raychelle Marques	(MC)	12-10	1996
TJ	April Wong	(CV)	26-8 1/2	1995
SP	Meredith Weston	(CV)	24-8	1996
Discus	Meredith Weston	(CV)	68-8.5	1996
PV	Amber Sammons	(CV)	6-6	1995
400 R	CV (Sun, Haw, Schmidt, Bailey)		56.3	1996
1600 R	Castro Valley (Haw, Schumann, Schmidt, Chung)		4:41.9	1996

Martinez Relays
Alhambra High School

March 30, 1996
sunny and warm

4x110HH

bfs:	Paik Picetti Cowin Aguayo	1:23.9	5th
bv:	Amiri Fung Holmes Moore	1:08.1	1st

Varsity boys ran legs of 16.6, 17.7, 16.7, and 17.3 for a new school 440HH record. FS boys were 3rd in their heat, a time that held up for 5th place medals.

4x100LH

gfs:	Bryce Lee Doerr Oates	1:26.5	no place
	Komadina Ly M. Wong A. Wong	1:18.5	3rd
gv:	E. Ewing Groome Lim Clancy	1:19.8	8th

FS ran 8 seconds(!) faster than any previous CV team here for 3rd place medals. Lisa ran 19.2 anchor for the fastest leg on the varsity squad.

400R

gfs:	Doerr Haw Schmidt Bailey	55.6	7th
gv:	Tingle Lim Duperroir Nickolopoulos	53.3	8th
bv:	Holmes Fung Kramer Moore	46.9	9th

Varsity girls ran fastest time in almost 3 years! GFS improved by almost 2 seconds over last year's race. BV team comprised of hurdlers and field event people held their own in a fast event.

3200R

gfs:	Atwood	73.3	83.3	2:36.6		
	Weisman	77.2	84.4	2:41.6		
	Schmidt	83.3	82.9	2:46.2		
	Chung	74.3	86.9	2:41.2	10:45.5	3rd

Last year the girls won in 10:54. A stronger field held a 9 second improvement to a 3rd place finish. Tina had an impressive leg in her first 800.

bfs:	Arndt	67.5	73.0	2:20.4		
	Kalsbeek	69.5	75.1	2:24.6		
	Kp. Yamamoto	70.7	78.2	2:28.9		
	Kt. Yamamoto	66.5	76.3	2:22.8	9:36.4	10th

Running hard to break their goal of 9:40 (2:25 avg), the boys showed much improvement from their Mariner effort. Rob had an especially good time.

gv:	Pettersen	74.6	83.4	2:37.9		
	Forsman	70.9	78.2	2:29.1		
	Lim	74.5	85.8	2:40.3		
	McHugh	75.0	84.9	2:39.9	10:27.0	5th

An inexperienced team showed promise with good lap times and medals too. Jenni had her first sub-2:30 800 leg.

Sprint Medley (100-100-200-400)

gfs:	Doerr Schumann Bailey Haw	2:07.5	DQ
bfs:	Bailey Eng Paik Abramenko	1:43.7	1st
gv:	Tingle Duperroir Nickolopoulos Groome	2:06.1	13th

The gfs had a medal time but were DQ'd on a pass before zone violation. Bfs fought off tender hamstrings and shins to grab a surprising medal. Virtually the same team as last year improved by 3.8 seconds! GV ran their best time here ever and had the highest placing ever as well.

Distance Medley (1200-400-800-1600)

gfs:	Atwood	78.6	92.3	85.9	4:16.8		
	Robles	70.9			1:10.9		
	Chung	78.2	85.5		2:43.7		
	Weisman	85.8	94.7	93.8	83.2	5:57.5	14:08.9 4th

The gfs distance corp picked up some medals when Stephanie outran 3 girls over the final 150 m. Angela and Theresa both ran great legs to put us near the front.

bfs:	Kt. Yamamoto	74.2	78.3	74.2	3:46.7		
	Abramenko	57.1			0:57.1		
	Eng	66.2	73.1		2:19.3		
	Kalsbeek	73.0	82.9	86.8	80.5	5:22.7	12:25.8 7th

There is room for improvement here as the break for lunch took a mental toll. Kentoku ran a very nice opening leg and finished with a strong kick, passing much of the field.

gv:	Pettersen	83.6	93.9	90.7	4:28.3		
	Groome	73.3			1:13.3		
	McHugh	77.3	85.6		2:42.9		
	Lim	81.7	95.9	100.5	90.9	6:09.4	14:36.5 14th

A busy day took something out of some legs. Val proved her versatility again with her first mile of the year.

800R

gfs:	Bailey	Schmidt	Schumann	Haw	2:02.2	4th
gv:	Tingle	Pettersen	Duperroir	Nickolopoulos	1:53.6	6th

More medals for the gfs and a CV best time for the varsity team.

1600R

gfs:	Haw	Schmidt	Schumann	Atwood	4:38.5	4th
gv:	Tingle	Forsman	Pettersen	Nickolopoulos	4:18.2	6th

The same girls competed all day and still had the ability to run very competitively. Gaylynn ran in her 3rd straight event (DM, 800R, 1600R). Jenni returned from an earlier bout with nausea to also run well.

Long Jump

gfs:	Komadina (11-9)	Oates (11-10)	A. Wong (12-8)	36-5	3rd
	Ly (9-11.5)	Bryce ()	Robles (12-2)		no place
bfs:	Aguayo (16-7)	Paik (16-10.5)	Bailey (19-0)	52-5.5	1st
gv:	Klews (11-7)	E. Ewing (11-9.5)	Kohl (12-10)	23-09.5	10th
bv:	Fung (16-0)	Kramer (17-1)	Amiri (19-5)	52-6	?

With Reggie jumping out there, the bfs won their event. GV results had an error as no mark was recorded for Barbara. Whether the correct distance (36-2.5) would have scored points is unknown. April led a gfs charge to medals. On the B team, Theresa had a fine mark of 12-2.

Triple Jump

bv:	Fung (36-11)	Moore (38-1)	Amiri (42-6)	117-7	3rd
gv:	Clancy (26-2)	Groome (26-8)	Kohl (31-5)	84-3	?

Naeem's TJ mark puts him among the Alameda County leaders. Medals and points for the boys. Janet had her first triple jumps as an emergency fill-in. Not the best way to do it, but great team attitude.

High Jump

gfs:	Bryce (4-2)	Atwood (4-8)	Bailey (4-10)	13-8	1st
	Robles (4-4)	Komadina (4-8)	Ly (4-4)	13-4	no place
bfs:	Picetti (4-8)	Aguayo (5-4)	Bailey (5-8)	15-8	1st
gv:	Clancy (nh)	E. Ewing (4-6)	Kohl (5-0)	9-6	?
bv:	Amiri (5-10)	Anderson (5-10)	Kramer (6-0)	17-8	1st

Excellent event for CV. Loryn, Angela and Maya all break the former gfs school record (old record 4-4 held by many), Kevin tied his PR to lead the bv, and Amy is incredibly consistent at 4'10 - 5'0.

Pole Vault

gfs:	Doerr (7-0)	7-0	3rd
bfs:	Aguayo (8-6)	8-6	?
gv:	Clancy (7-0) E. Ewing (8-0)	15-0	2nd
bv:	Talmadge (9-6) Moore (12-6)	22-0	3rd
	Singson (10-0)	10-0	no place

The longest event of the day was completed in the dark with only car headlights supplying illumination. Medals for every complete team and Becky finished 3rd all by herself.

Shot Put

gfs:	K. Howard (23-1.25) Owen (23-4) Weston (26-1.5)	72-5.75	2nd
gv:	T. Howard (29-9) Klews (30-9) Abella (31-5)	92-1	2nd

Nicole and Barbara trade off the furthest throw every other meet, Tashena is on a PR tear. Meredith's 26-1.5 is a PR by 1' 5.5"!

Discus

gfs:	Owen K. Howard Weston	181-1	5th
gv:	Abella (75-2) T. Howard (82-7) Klews (92-0)	249-9	2nd

Tashena PRs again as the vg pick up more throwing medals. Gfs eke out a 5th place for medals. Throwers score valuable points for the team.

Final placings:

gfs 58 pts (**2nd**/18) bfs 32 pts (4th/18) gv 28 pts (6th/18) bv 32 pts (**3rd**/18)

gfs The girls fs team finished second for the second consecutive year. The squad had balanced scoring with points coming from the sprinters, distance runners, hurdlers, throwers, and field people. Only the DQ in the sprint medley prevented CV from taking the team title home. The talent we have in the freshman and sophomore grade levels makes it exciting to think about what we can do at invitationals for the next 2 years.

bfs We came away with a fourth place finish despite scoring almost all of our points came in 3 events; the high jump, the long jump and the sprint medley. This is good and not-so-good. Good in the fact that we have outstanding jumpers compared to other fs teams. Bad in that there is not much balance. We are improving - just compare marks and times from Mariner to these today are it's obvious that we are better than a month ago and balance will come. It's commendable that the effort from everyone was high.

gv The girls varsity was depleted today by the absence of our top distance runners. The sprinters had the best set of times in the last three years at any invitational. Likewise, the throwers make a solid team with only one senior. Next year with our full squad we will have to be contended with for the championship. Without a full team, we ended up in sixth place which is in the top third of the competitors.

bv The boys varsity came through with a tie for third place. We had no distance runners, sprinters, or throwers today, but the hurdlers and field event teams picked up the slack to score the points. Everyone did multiple events and competed at a high level.

Castro Valley vs Arroyo
Arroyo HS

April 3, 1996
cold, windy

scores: VB CV 112, A 22 bfs CV 111, A 14 gv CV 112.5, A 19.5 gfs CV 126, A 8

400mR

fsg: 1. CV (Ly, Lum, Byrne, Schumann) 58.1
vg: 1. CV (Tingle, Duperroir, Lim, Forsman) 54.4, 2. CV 55.6, 3. Arroyo 56.8, 4. CV 57.1
fsb: 1. Arroyo 52.7
vb: 1. Arroyo 47.2, 2. CV (? , Holmes, Kramer, Bailey) 47.4

1600m

fsg: 1. Ko 6:23.6, 2. Van Norman 6:27.8, 3. McAlister (A) 6:40, 4. ? (A) ?
vg: 1. Weisman 6:01.7, 2. Atwood 6:09.2, 3. J. Ewing 6:11.7, 4. ? (A) ?
fsb: 1. Miller (A) 4:56, 2. D. Dulaney 4:57.4, 3. Arndt 5:15.5, 4. Jo. Kalsbeek 5:16.3, 5. Kt. Yamamoto 5:22.4, 6. Kp. Yamamoto 5:25.5, 7. D. Mellon 5:38.6
vb: 1. Baria 4:45.9, 2. S. Dulaney 4:51.9, 3. Boruta 5:05.1, 4. Ja. Kalsbeek 5:11.0, 5. Randall 5:41.5

100LH/110HH

fsg: 1. M. Wong 19.1, 2. Ly 20.2, 3. Oates 20.2
vg: 1. Mudgett (A) 17.4, 2. A. Wong 18.7, 3. E. Ewing 18.9, 4. Clancy 19.3, 5. Komadina 19.3, 6. Robbins (A) 19.6
fsb: 1. Aguayo 19.5, 2. Cowin 22.0, 3. Solberg 22.3
vb: 1. Moore 16.4, 2. Amiri 16.7, 3. Holmes 17.6, 4. Anderson 17.8, 5. Fung 18.5, 6. Talmadge 20.8, 7. Ghaderi 21.3, 8. Grant 23.3

400m

fsg: 1. Chung 67.3, 2. Schumann 70.2, 3. Schmidt 70.2
vg: 1. Tingle 64.0, 2. Lim 65.7, 3. Marques 65.9
fsb: 1. Eng 57.8, 2. Phillips 57.9, 3. Tong 60.5, 4. Jardin 65.8
vb: 1. Baria 56.3, 2. Uychoco 61.1, 3. Mondino 61.6

100m

fsg: 1. Byrne 13.7, 2. Haw 14.2, 3. Tobia 14.3, 4. Bailey 14.4, 5. Lum 15.4, 6. Lester 15.9
vg: 1. Pettersen 13.9, 2. Doerr 14.1, 3. Duperroir 14.3, 4. Hawes (A) 14.4, 5. Carey (A) 14.4, 6. Squire (A) 14.6
fsb: 1. Matheny 12.7, 2. Simons 13.6, 3. Fosdahl 13.8, 4. Richards (A) 14.1
vb: 1. Bailey 11.9, 2. Holmes 12.0, 3. Peterson (A) 12.1, 4. Jordan (A) 12.5

800m

fsg: 1. Chung 2:43.8, 2. Robles 2:55.7, 3. Schmidt 2:56.3, 4. Ko 2:59.4, 5. Quillen (A) 3:04.3, 6. Gomez (A) 3:11
vg: 1. Marques 2:35.7, 2. no second, 3. no third
fsb: 1. Eng 2:19.4, 2. Arndt 2:21.8, 3. Kt. Yamamoto 2:22.9, 4. Barros (A) 2:29.1
vb: 1. Mellon 2:06.8, 2. Randall 2:29.4, 3. no third

300LH/300LH

fsg: 1. M. Wong 59.5, 2. Oates 62.2, 3. Bryce 63.8, 4. Lee nt
vg: 1. Lim 50.3, 2. Mudgett (A) 51.4, 3. Groome 53.9, 4. Komadina 54.9, 5. Clancy 55.0, 6. Aird (A) 56.7, 7. Aird (A) 57.8
fsb: 1. Solberg 52.0, 2. Cowin 54.9, 3. no third
vb: 1. Moore 43.2, 2. Anderson 48.5, 3. Talmadge 51.2, 4. Grant 53.4

200m

fsg: 1. Byrne 28.9, 2. Chung 29.5, 3. Bailey 30.0, 4. Schumann 31.6, 5. Ly 31.8, 6. Lum 33.2, 7. Lester 34.8
vg: 1. Duperroir 29.8, 2. Carey (A) 30.4, 3. Hawes (A) 30.4, 4. Doerr 30.6, 5. Watt 31.2, 6. Merritt (A) 32.7
1. Tingle 28.2, 2. Forsman 28.5, 3. Pettersen 28.6, 4. J. Ewing 29.5, 5. Marques 30.1
fsb: 1. Aguayo 25.7, 2. Eng 25.9, 3. Matheny 26.8, 4. Simons 29.8, 5. Fosdahl 31.2
vb: 1. Bailey 25.4, 2. Uychoco 27.0, 3. Mondino 27.6

3200m

fsg: 1. Van Norman 14:01, 2. Robles 14:20, 3. McAlister (A) 14:25

vg: 1. Weisman 12:58, 2. Akie (A) 16:00, 3. Mangelsdorf (A) 16:10

fsb: 1. Kp. Yamamoto 11:23.7, 2. Jo. Kalsbeek 11:38.6, 3. Kt. Yamamoto 11:48.2, 4. D. Mellon 12:16.2, 5. Kuta 14:09.3

vb: 1. Baria 11:01.4, 2. Randall 12:18.6, 3. no third

1600mR

fsg: 1. CV (Schumann, Byrne, Ly, Lum) 4:59, 2. CV (Van Norman, Robles, Ko, Chung) 5:07, 3. CV (Haw, Schmidt, M. Wong, Kong) 5:12

vg: 1. CV (Pettersen, Duperroir, Forsman, Groome) 4:38, 2. CV (Marques, Clancy, Weisman, Lim) 4:57

fsb: 1. CV (Jo. Kalsbeek, D. Mellon, Kt. Yamamoto, Arndt) 4:35

vb: 1. CV (S. Mellon, Boruta, Holmes, Baria) 4:02.3

hj

fsg: 1. Bailey 4-04, 2. Van Norman 4-02, 3. Robles 4-02, 4. Bryce 4-02, 5. M. Wong 4-00

vg: 1. Kohl 4-08, 2. E. Ewing 4-06, 3. tie, Atwood, Despeaux (A) 4-04, 5. Robbins (A) 4-02, 6. Lacey 4-02, 7. Komadina 4-02

fsb: 1. Aguayo 5-00, 2. no second, 3. no third

vb: 1. Amiri 5-08, 2. Anderson 5-08, 3. Mondino 5-02, 4. Doerr (A) 5-00

lj

fsg: 1. Sammons 12-08, 2. Robles 11-11, 3. Oates 11-04.5, 4. Bryce 10-08, 5. Lee 10-04, 6. Marra 9-02

vg: 1. Kohl 12-08, 2. A. Wong 12-01, 3. Despeaux (A) 11-07.5, 4. E. Ewing 11-01, 5. Squire (A) 10-11.5

fsb: 1. Miller (A) 16-02.5, 2. Paik 15-03.75, 3. Cowin 13-08.5, 4. Ritchie (A) 13-04, 5. Solberg 12-11, 6. Fosdahl 12-02

vb: 1. Amiri 19-05.5, 2. Bailey 18-03, 3. Kramer 18-00, 4. Fung 17-03

tj

fsg: 1. Lee 25-03, 2. Oates 24-05.5, 3. Marra nm

vg: 1. Kohl 29-02, 2. A. Wong 28-05, 3. Komadina 28-04.75, 4. Aird (A) 26-10, 5. Clancy 26-01.75, 6. Despeaux (A) 26-00, 7. Lacey 25-06, 8. Squire (A) 25-01.5

fsb: 1. Solberg 30-04, 2. Cowin 30-00.5, 3. Barros (A) 28-07

vb: 1. Amiri 39-00, 2. Moore 38-04, 3. Fung 38-00, 4. Kramer 35-04, 5. Talmadge 33-04, 6. Ghaderi 29-08

sp

fsg: 1. Weston 25-03, 2. Custodio (A) 23-02.5, 3. K. Howard 22-04.5, 4. Mahoney (A) 19-07.5, 5. Blythe (A) 19-00, 6. Kenna 17-10

vg: 1. Klews 30-10, 2. Abella 30-05.5, 3. Chervatin (A) 28-05.5, 4. T. Howard 28-00, 5. Despeaux (A) 27-04.5, 6. Hough (A) 25-07, 7. Kral (A) 22-05.5, 8. Corrigan (A) 19-06.5

fsb: 1. J. Fitzgerald 35-07, 2. Kempel (A) 32-05, 3. Franson 29-07.5

vb: 1. Doerr (A) 42-00, 2. Hill (A) 39-04.5, 3. Nobori 36-03, 4. Collett 34-04.5, 5. D. Fitzgerald 32-06, 6. Jones 31-07, 7. Kuresa (A) 30-10.5, 8. Krause 24-11

d

fsg: 1. Weston 65-11, 2. Mahoney (A) 57-01, 3. Kenna 50-07

vg: 1. Klews 96-01.5, 2. Abella 62-01, 3. Ferguson (A) 81-04, 4. Hough (A) 75-04, 5. Howard 70-10, 6. Chervatin (A) 67-04, 7. Kral (A) 63-02, 8. Goingrin (A) 57-06

fsb: 1. J. Fitzgerald 86-03, 2. Franson 84-10, 3. no third

vb: 1. Hill (A) 124-03, 2. Collett 97-04, 3. Nobori 92-03, 4. D. Fitzgerald 92-02, 5. Kuresa (A) 80-5, 6. Krause 73-11

pv

fsg: 1. Sammons 7-00, 2. Krohn (A) 5-06, 3. no third

vg: 1. E. Ewing 8-06, 2. Doerr 7-06, 3. Clancy 6-06, 4. Lacey 6-06, 5. Mangelsdorf (A) 6-06

fsb: 1. Aguayo 8-00, 2. Tong 7-06, 3. Paik 7-06, 4. Felicino 7-00, nh: Simons, Rutherglen, Jardin

vb: 1. Moore 13-00, 2. Ferguson (A) 13-00, 3. Singson 9-06, 4. Talmadge 9-06, 5. Anderson 8-06, 6. Grant 7-06

CASTRO VALLEY VS. ARROYO

BOYS VARSITY

100	Jeff Perenon	(CV)	10.7'	1964
200	Jeff Perenon	(CV)	22.0'	1964
400	Gary Scott	(A)	51.0'	1969
800	Dave Turcott	(CV)	1:57.8'	1964
1600	Calvin Gaziano	(CV)	4:23.9	1985
3200	Jerry Metcalf	(A)	9:22.5'	1971
110 HH	Gary Kerr	(CV)	14.5'	1965
300 LH	John Clenney	(CV)	40.7	1987
HJ	Ron Winters	(CV)	6-7	1984
LJ	Dave Fernandez	(CV)	22-6 1/4	1978
TJ	Scott Carlsen	(A)	44-0	1974
SP	Chuck Vandagriff	(CV)	59-3 1/2	1966
Discus	Steve Acheson	(A)	163-6	1966
PV	Ken Grace	(A)	13-0	1975
	Tony Moore	(CV)		1996
	Josh Ferguson	(A)		1996
400 R	Castro Valley	(CV)	43.9'	1971
1600 R	Arroyo	(A)	3:29.6'	1967

GIRLS VARSITY

100	Melanie Lopez	(A)	12.6	1985
	Christy Parker	(CV)		1985
	Lani Sanchez	(A)		1985
200	Melanie Lopez	(A)	26.0	1985
400	Veronica Binder	(A)	1:00.1	1985
800	Debbie Lee	(CV)	2:26.1'	1979
1600	Elice Patterson	(CV)	5:20.0	1991
3200	Karin Lambden	(CV)	11:02.5	1981
100H	Suzanne Roberts	(A)	15.4	1984
300LH	Suzanne Roberts	(A)	47.8	1981
HJ	Felicia Suminski	(CV)	5-0	1981
	Cindy Barros	(A)		1984
	Melanie Lopez	(A)		1985
LJ	Cindy Barros	(A)	16-7 1/2	1986
TJ	Cindy Barros	(A)	34-2	1985
SP	Debbie Kuhns	(A)	34-8 1/4	1981
Discus	Cherie Schaeffer	(CV)	116-8	1981
PV	Elizabeth Ewing	(CV)	8-6	1996
400 R	Arroyo	(A)	50.8	1985
1600R	Arroyo	(A)	4:17.5	1985

CASTRO VALLEY VS. ARROYO

BOYS FROSH/SOPH

100	Marty Newell	(A)	11.6'	1972
200	Randy Nordman	(CV)	23.6'	1971
400	Gary Scott	(A)	53.7'	1967
800	Brian Dyer	(CV)	2:07.8'	1969
1600	Mark Behning	(CV)	4:45.7'	1975
3200	John Atwood	(CV)	9:54.9	1992
100HH	Ryan Ciglar	(CV)	17.9	1995
300LH	? Earl	(A)	43.9'	1975
HJ	Terry Frazier	(CV)	5-8	1966
	Rick Kong	(CV)		1968
LJ	Ken Wun	(CV)	19-5	1971
TJ	Brian Gereche	(A)	39-3	1977
SP	Gary Lowe	(CV)	49-6	1977
Discus	Frank Domingoes	(CV)	127-11	1971
PV	Carl Liljedahl	(CAN)	10-0	1967
	Bill Andrews	(CV)		1970
	Pat Shinberg	(A)		1971
	Steve Collins	(CV)		1975
	Dan Hoover	(CV)		1989
400 R	Castro Valley	(CV)	46.9'	1973
1600R	Arroyo	(A)	3:44.3'	1967

GIRLS FROSH/SOPH

100	Kim Byrne	(CV)	13.7	1996
200	Kim Byrne	(CV)	28.9	1996
400	Jennifer Chung	(CV)	67.3	1996
800	Jennifer Chung	(CV)	2:43.8	1996
1600	Amber Sammons	(CV)	6:20.9	1995
3200	Jessica Van Norman	(CV)	14:01	1996
100LH	Marcia Wong	(CV)	19.1	1996
300LH	Maya Komadina	(CV)	58.1	1995
HJ	Ronna Svenson	(CV)	4-4	1995
	Loryn Bailey	(CV)		1996
LJ	Amber Sammons	(CV)	12-8	1996
TJ	Maya Komadina	(CV)	26-10	1995
SP	Meredith Weston	(CV)	25-03	1996
Discus	Meredith Weston	(CV)	65-11	1996
PV	Amber Sammons	(CV)	7-0	1996
400 R	Castro Valley (Pennix, McDonald, Parsons, Svenson)		56.2	1995
1600R	Castro Valley (Schumann, Byrne, Ly, Lum)		4:59	1996

Oakland Invitational
Edward Stadium, UC Berkeley

April 6, 1996
warm

VG DM	Michelle Marques	77.0	82	82		4:01.8	
	Jody Nickolopoulos	61.3				1:01.3	
	Jenni Forsman	69.1	75.5			2:24.6	
	Jennie Ewing	73.7	81.8	83.3	77.6	5:17.4	12:44.18 2nd place

The girls distance medley team was smokin' fast today, pulling to within 10 seconds of the school record, one which has survived for 15 years. Michelle did her part to keep us near the front of the race after 1200 at which time Jody blazed the quickest 400 of the year, passing numerous teams in the final stretch. Jenni took 6 seconds off of her previous best 800 in the excitement, giving her the quickest 800 time of the year. Jennie did what she does every 1600 - she is remarkably consistent in the mid 5-teens. Looks very good for Arcadia next weekend.

VB 1600m Peter Baria 66 69.4 71.2 69.2 4:35.8 10th place
Peter was lucky and unlucky today. Lucky because he was not entered in either 1600m heat. He came in as 4th on the alternate list. Unlucky because he was finally accepted as an entrant, but in the fastest heat with the 4:10-20 milers. Bummer. Peter ran very well for three laps and was not out of the race at all. The front pack was out there, but Peter was bunched in a second pack that came across the line after three laps virtually at the same time. He was too tired and knees hurt too much to put together much of a surge until the final 100m when he out kicked another runner. Still, a PR for Peter and finally some experience in a big, fast race - an opportunity we've been looking for for a while.

VG 4x800m	Michelle Marques	73.8	79.8	2:33.6	
	Jenni Forsman	73.3	81.1	2:34.4	
	Jody Nickolopoulos	71.5	80.0	2:31.5	
	Jennie Ewing	72.3	71.0	2:23.3	10:03.3 3rd place

With only one hour of rest after the DM before getting back into racing mode, the girls were visibly tired. The 800 times aren't bad, but not what they can do when fresh. However, most of the teams in the 3200 relay had also competed in the distance medley as well, so there was a pretty even field at the starting line. By the last handoff talent had taken over and reduced the number of competitive teams to a handful. Jennie took the baton and scorched a 2:23 anchor, regaining the top 800 time of the year over Jenni's earlier 2:24 and brought the team home in medal position.

VB PV Tony Moore 13-0

Tony is amazingly consistent at the 13-0 level in the vault. He is establishing himself as one of the top vaulters in the North Coast Section. After a morning competition at the Steve Lewis Invitational, Tony came over to Edwards Stadium to compete in his specialty and garnered a medal with some fine vaulting.

Steve Lewis Invitational
Newark Memorial HS

April 6, 1996
warm, breezy

FS 3000m	Josh Kalsbeek	10:33.8	5th place
BV 3000m	Mike Boruta	10:12.6	6th place
GV 3000m	Teresa Ko	12:13.0	4th place
	Jennifer Chung	12:25.3	6th place
	Theresa Robles	13:29.3	9th place
BV 4x110HH	Amiri Anderson Holmes Moore	65.58	2nd place
GV4x100LH	M. Wong E. Ewing Komadina Clancy	1:16.32	2nd place
	Ly Lim Duperroir Groome	1:18.35	4th place
FS 4x100m	Bailey Eng Henig Matheny	48.04	4th place
GV 4x100m	Tingle Lim Duperroir Watt	54.93	3rd place
	Ly Haw Schmidt Schumann	56.81	5th place
FS 100m	Reggie Bailey	11.72	1st place
	IV Matheny	12.77	4th place
	Adam Henig	12.68	3rd place
	Darryl Eng	12.8	6th place
GV 100m	Ashli Tingle	13.34	4th place
	Heather Duperroir	14.23	
	Kim Haw	14.23	
FS 4x800m	Rob Arndt	2:29	
	Dru Mellon	2:38	
	Josh Kalsbeek	2:30	
	Darryl Eng	2:22	10:00.1 1st place
BV 4x800m	Seth Mellon	2:09	
	Mike Boruta	2:14	
	Damien Dulaney	2:09	
	Shane Dulaney	2:10	8:43 1st place
GV 4x800m	Jennifer Chung	2:42	
	Val Lim	2:42	
	Jessica Van Norman	2:48	
	Stephanie Weisman	2:39	10:46.1 1st place
FS 400m	Genna Abramenko	53.2	1st place
GV 400m	Gaylynn Pettersen	62.6	3rd place
	Janet Groome	64.4	7th place
FS 4x200m	Henig Bailey Eng Paik	1:41.2	2nd place
GV 4x200m	Tingle Duperroir Watt Pettersen	1:54.8	2nd place

	Forsman Chung	Schumann Van Norman	Schmidt Ly	Haw E. Ewing	1:57.2 2:00.2	4th place 7th place
FS 300IH	Mike Paik			48.1		5th place
GV 300LH	Val Lim			50.02		1st place
	Janet Groome			54.6		
	Jenny Ly			55.1		
	Lisa Clancy			56.8		
GV 1500m	Jennie Ewing			5:14.25		1st place
	Michelle Marques			5:22.17		2nd place
	Stephanie Weisman			5:24		3rd place
BV 1500m	Peter Baria			4:20.3		1st place
BV 4x400m	Baria	Randall	D. Dulaney	Boruta	3:56.9	4th place
GV 4x400m	Ashli Tingle		65.6			
	Jody Nickolopoulos		65.7			
	Gaylynn Pettersen		64.8			
	Jenni Forsman		68.4	4:24.5		1st place
	Heather Duperroir		72.6			
	Erica Schumann		72.6			
	Valerie Lim		67.9			
	Tina Schmidt		68.8	4:44.6		4th place
	Jennie Ewing		72.3			
	Jennifer Chung		69.1			
	Stephanie Weisman		68.4			
	Michelle Marques		66.2	4:35.7		2nd place
BV PV	Brian Talmadge			9-6		3rd place
HJ	Paul Anderson			5-6		3rd place
	Naeem Amiri			5-6		5th place
LJ	Naeem Amiri			19-3 1/2		3rd place
	Kevin Kramer			17-9		6th place
TJ	Naeem Amiri			40-1		1st place
	Kevin Kramer			38-7		3rd place
FS SP	Ryan Jones			39-8		1st place
	Robbie Collett			39-1		2nd place
	Tak Nobori			38-6		3rd place
DT	Ryan Jones			101-10		1st place
	Robbie Collet			98-0		3rd place
	Tak Nobori			90-8		4th place
PV	Mike Paik			8-6		4th place

HJ	Reggie Bailey	5-7	1st place
GV SP	Meredith Weston	24-11	5th place
PV	Elizabeth Ewing	9-0	2nd place
HJ	Elizabeth Ewing	4-6	3rd place
	Maya Komadina	4-4	4th place
	Theresa Robles	4-2	6th place
TJ	Maya Komadina	30-1	4th place
LJ	Elizabeth Ewing	12-5 1/2	5th place

It is amazing what can be accomplished. In a meet that really offered little by way of competition for a variety of reasons, some people excelled and went beyond where their normal competition marks or times. As a team, every one contributed to a team championship in the girls varsity and boys frosh/soph divisions and a second place finish by the boys varsity.

Some of the amazing things that this day saw were done by field eventers. Elizabeth Ewing cleared 9 feet in the pole vault to set a personal best and raise her school record to a level 1 foot 6 inches higher than any one else has been able to clear. Maya Komadina lept past the 30 foot barrier in her triple jump, becoming one of only three girls to accomplish that feat for Castro Valley this year. Naeem Amiri hit another 40 foot triple jump to go with his previous effort at the Martinez Relays, establishing him a threat to win the HAAL championship in this event. Ryan Jones had a great double in the throws, reaching close to 40 feet in the shot put and going over 100 feet in the discus. Next task for him is to develop consistency at those levels now that he knows their not out of reach.

Not to be outdone, the running contingent produced its share of top marks. Stephanie Weisman ran the race of her life setting a PR 800 mark under 2:40 AND running people down in a hard-charging final 100 meters. Peter Baria came from the Oakland Invitational to win the 1500 with a "put the race away" kick, out running San Lorenzo's Martin Privat in the final 150 meters. Gaylynn Pettersen ran the fastest open 400 of the year with her 62.6. Valerie Lim surprised everyone by getting over the hurdles in a PR 50.02, the fastest CV time in three years, making her a potential HAAL champion. Teresa Ko has become a machine in the 3000/3200m. She never thought she could run 2 miles in under 13 minutes, yet here she is.

Others in the meet ran, jumped, threw, or leaped well - the ones mentioned above are some of the outstanding marks that come to mind. As we come into spring break continue to train so none of the competitive fire goes out of you. It has proved to be difficult to maintain a training regimen over a nine day period with no school to bring the team to practice so fight the urge to relax.

San Leandro vs Castro Valley
Trojan Stadium

April 18, 1996

scores: vb: CV 64, SL 72 bfs: CV 102, SL 29 vg: CV 111, SL 24 gfs: CV 129, SL 5

400mR

gfs: 1. CV "A" 55.4, 2. SL "A" 57.3, 3. CV "B" 60.8
gv: 1. CV "A" 53.6, 2. CV "B" 59.3; DQ SL "A" 52.5,
bfs: 1. CV "A" 50.6, 2. SL "A" 50.6, 3. CV "B" 53.8
bv: 1. SL 46.0, 2. CV 46.6, 3. no third

1600m

gfs: 1. Ko 6:16.4, 2. Chung 6:20.7, 3. Owyang (SL) 6:41.8, 4. Burns (SL) 7:15.1, 5. Jeffery (SL) 7:29.7,
gv: 1. Atwood 6:04.1, 2. Fong (SL) 7:34.0 3. no third
bfs: 1. Kt. Yamamoto 5:16.4, 2. Patterson 5:20.7, 3. Jo. Kalsbeek 5:22.2, 4. Kp. Yamamoto 5:24.1, 5. Arndt
5:34.7, 6. Feng (SL) 5:56.3
bv: 1. Enriquez (SL) 4:34.1, 2. Baria 4:34.2, 3. S. Dulaney 4:50.7, 4. D. Dulaney 5:00.5, 5. Cathey 5:13.1, 6.
Huen 5:13.3, 7. Chen (SL) 5:14.6, 8. Williams (SL) 5:16.3, 9. Cataldo (SL) 5:17.4, 10. Hardey (SL) 5:17.4;
other J. Ewing 5:19.2

110HH/100LH

gfs: 1. M. Wong 19.5, 2. Oates 19.6, 3. Ly 19.7, 4. Bryce 21.1
gv: 1. E. Ewing 18.2, 2. A. Wong 18.3, 3. Clancy 18.5, 4. Young (SL) 20.8, 5. Price (SL) 21.0
1. Lim 19.3, 2. Komadina 19.5, 3. no third
bfs: 1. Aguayo 19.2, 2. Solberg 21.9 3. Cowin 22.2
bv: 1. Amiri 16.9, 2. Moore 17.0, 3. Holmes 17.5, 4. Calloway (SL) 17.8, 5. Anderson 18.9
1. Fung 18.8, 2. Talmadge 21.3, 3. no third

400m

gfs: 1. Haw 68.2, 2. Schumann 69.8, 3. Van Norman 69.9, 4. Pederson (SL) 71.9, 5. Ro (SL) 73.9, 6. Chun (SL)
77.3
1. Robles 72.9, 2. Jeong (SL) 75.0, 3. no third
gv: 1. Jones (SL) 62.6, 2. Pettersen 63.4, 3. Forsman 64.5, 4. Marques 66.0, 5. Groome 70.0, 6. Weisman 74.6
bfs: 1. Jensen (SL) 58.2, 2. Eng 60.2, 3. Sun 70.0
bv: 1. Phillips (SL) 56.5, 2. Hurtado (SL) 57.6, 3. Randall 61.5, 4. Uychoco 62.0

100m

gfs: 1. Bailey 14.6, 2. Tobia 14.7, 3. Schmidt 14.9
gv: 1. Jackson (SL) 13.7, 2. Tingle 13.6, 3. Morell (SL) 13.9, 4. Byrne 14.0, 5. Doerr 14.4, 6. Duperroir 14.6
bfs: 1. Tong 12.8, 2. Henig 12.9, 3. Matheny 13.1, 4. Paik 13.3, 5. Cosey 13.4, 6. Simons 13.8, 7. Fosdahl 14.2
bv: 1. Bailey 11.8, 2. Stamps (SL) 12.0, 3. Holmes 12.1, 4. Phillips (SL) 12.2, 5. Mondino 13.0

800m

gfs: 1. Robles 2:57.9, 2. Owyang (SL) 2:59.4, 3. Van Norman 3:01.3, 4. Jeffry (SL) 3:09.4, 5. Burns (SL) 3:15.1
gv: 1. Forsman 2:29.7, 2. McHugh 2:48.9, 3. Weisman 2:52.9
bfs: 1. Eng 2:22.3, 2. Pon (SL) 2:25.1, 3. Kt. Yamamoto 2:29.2, 4. Arndt 2:29.9, 5. Feng (SL) 2:33.9
bv: 1. Dixon (SL) 2:08.9, 2. Enriquez (SL) 2:09.5, 3. Fredricks (SL) 2:43.0

300IH/300LH

gfs: 1. M. Wong 57.6, 2. Ly 58.3, 3. Oates 60.5, 4. Bryce 64.7
gv: 1. Lim 53.4, 2. Clancy 55.8, 3. Groome 56.3, 4. Komadina 59.0, 5. McHugh 61.3, 6. A. Wong 64.4
bfs: 1. Cowin 53.7, 2. Solberg 54.6, 3. no third
bv: 1. Moore 42.5, 2. Calloway (SL) 44.1, 3. Anderson 45.4, 4. Fung 46.3, 5. Talmadge 52.1, 6. Williams (SL)
57.2

200m

gfs: 1. Haw 29.8, 2. Bailey 30.7, 3. Schumann 31.4, 4. Pederson (SL) 31.5, 5. Jeong (SL) 32.2, 6. Chun (SL)
1. Tobia 30.3, 2. Schmidt 30.7, 3. Robles 31.3, 4. Ko 32.5

gv: 1. Jones (SL) 27.3, 2. Tingle 27.4, 3. Jackson (SL) 27.5, 4. Pettersen 29.0, 5. Byrne 29.1, 6. Morell (SL) 29.6, 7. Duperroir 30.9
1. Marques 30.7, 2. Watt 30.9, 3. Weisman 33.8
bfs: 1. Jenson (SL) 26.2, 2. Aguayo 26.3, 3. Paik 26.4, 4. Matheny 26.8, 5. Henig 27.4, 6. Cosey 29.2, 7. Sun 30.5
bv: 1. W. Phillips (SL) 24.4, 2. Bailey 24.5, 3. M. Phillips (SL) 25.4, 4. Williams (SL) 27.0, 5. Uychoco 27.4

3200

gfs: 1. Ko 13:18.5, 2. Sammons 13:43.6, 3. Chung 14:42.1
gv: 1. J. Ewing 11:55.1, 2. Marques 13:07.8, 3. Weisman 13:24.3
bfs: 1. Jo. Kalsbeek 11:41.0, 2. Kt. Yamamoto 11:48.7, 3. Kp. Yamamoto 11:56.4
bv: 1. Enriquez (SL) 10:47.5, 2. Cathey 11:22.2, 3. Ja. Kalsbeek 11:24.9, 4. Chan (SL) 11:26.8, 5. Hardey (SL) 11:53.7, 6. Cataldo (SL) 12:00.6, 7. Randall 12:31.9, 8. Fredricks (SL) 13:22.3

1600mR

gfs: 1. CV (Schmidt, Tobia, Schumann, Van Norman) 4:49.9
gv: 1. CV (Tingle, Lim, Forsman, Pettersen) 4:25.8, 2. CV (Duperroir, Byrne, McHugh, Watt) 4:51.9
bfs: 1. CV (Tong, Phillips, Eng, Paik) 4:00.2, 2. SL 4:13.3
bv: 1. SL (Hurtado, Phillips, Calloway, Dixon) 3:45.0, 2. CV (Cathey, Baria, Anderson, Moore) 3:59.1

HJ

gfs: 1. Bailey 4-4, 2. Van Norman 4-2, 3. Bryce 4-0
gv: 1. Kohl 4-10, 2. E. Ewing 4-6, 3. Komadina 4-4, 4. Young (SL) 4-4, 5. Atwood 4-4, 6. Lacey 3-8
bfs: 1. Aguayo 5-2, 2. no second, 3. no third
bv: 1. Dixon (SL) 5-10, 2. Anderson 5-8, 3. Amiri 5-6, 4. M. Phillips (SL) 5-2; nh: Hardy (SL)

LJ

gfs: 1. Sammons 13-10, 2. Robles 12-01.5, 3. Jeong (SL) 11-5.5, 4. Oates 10-1
gv: 1. Kohl 13-7, 2. E. Ewing 12-11, 3. A. Wong 12-10.5, 4. Lacey 12-1, 5. Jackson (SL) 12-1
bfs: 1. Pon (SL) 15-7.5, 2. Solberg 14-1.75, 3. Matheny 13-11, 4. Cowin 13-7
bv: 1. Amiri 20-2.5, 2. Bailey 19-1, 3. Stamps (SL) 17-10.5, 4. Kramer 17-7.5, 5. Mondino 14-8, 6. Calahan 13-11

TJ

gfs: 1. Oates 25-7, 2. Bryce 24-8, 3. no third
gv: 1. Kohl 30-1.5, 2. Komadina 29-2, 3. Clancy 25-9.5, 4. Lacey 25-9
bfs: 1. Henig 33-9.5, 2. Cowin 32-5.5, 3. Quadri (SL) 31-5, 4. Solberg 27-8
bv: 1. Amiri 39-10.5, 2. Stamps (SL) 39-1.5, 3. Kramer 37-4.5, 4. Fung 37-3, 5. Hurtado (SL) 35-7.5, 6. Talmadge 33-2

SP

gfs: 1. K. Howard 23-1.5, 2. Weston 22-3, 3. Owen 20-10, 4. Kenna 16-8
gv: 1. Klews 30-2, 2. T. Howard 28-0, 3. Price (SL) 25-8
bfs: 1. N. Tuitavuki (SL) 37-8, 2. Franson 29-11, 3. Gonzalez 28-6
bv: 1. C. Tuitavuki (SL) 40-4, 2. Calahan 37-0, 3. Nobori 36-5, 4. Mallari (SL) 35-7, 5. Collett 34-9, 6. Krause 25-9

D

gfs: 1. Weston 67-5, 2. K. Howard 63-1, 3. Owen 43-7, 4. Kenna 39-5.5
gv: 1. Klews 82-10.5, 2. Price 77-5.5, 3. T. Howard 75-2
bfs: 1. Franson 94-1, 2. N. Tuitavuki (SL) 88-05.5, 3. Gonzales (SL) 67-3
bv: 1. C. Tuitavuki (SL) 98-7, 2. Nobori 95-1, 3. Mallari (SL) 88-6, 4. Collet 79-0, 5. Krause 75-4

PV

gfs: 1. Sammons 7-6, 2. Bryce 4-0, 3. no third
gv: 1. E. Ewing 7-0, 2. tie, Clancy, Doerr 6-6, 4. Lacey 6-6, 5. McHugh 6-0
bfs: 1. Aguayo 8-0, 2. Paik 8-0, 3. Tong 8-0, 4. Quadri (SL) 7-6, 5. Kuta 6-6, 6. tie, Simons, Jardin 6-0
bv: 1. Moore 13-0, 2. Hurtado (SL) 9-6, 3. Grant 7-6

CASTRO VALLEY VS. SAN LEANDRO

BOY'S VARSITY

100	Bret Victor	(CV)	11.0	1994
200	Matt Roszell	(CV)	23.0	1994
400	Peter DeQuincy	(CV)	51.9	1986
800	James Larkin	(SL)	2:01.1	1986
1600	Jason Atwood	(CV)	4:30.0	1988
3200	John Bass	(CV)	9:52.7	1985
110 HH	John Clenney	(CV)	15.8	1987
	Bryon Graves	(CV)		1988
	Dominique Canfield	(CV)		1994
300 IH	Dominique Canfield	(CV)	41.4	1994
HJ	Jeff Haymore	(CV)	6-0	1986
	Malik Blevins	(SL)		1993
	Kevin Oates	(CV)		1994
LJ	Jimmithee Banks	(SL)	22-2	1993
TJ	Jimmithee Banks	(SL)	44-7.5	1993
SP	Nate Tuffanelli	(SL)	47-3.5	1993
Discus	Scott Lohr	(SL)	141-4.5	1991
PV	Tony Moore	(CV)	13-0	1996
400R	Castro Valley (Hassler, Victor, Canfield, Roszell)		45.1	1994
1600R	Castro Valley (Clenney, Descombaz, Redmond, DeQuincy)		3:35.9	1986

GIRLS VARSITY

100	Danielle Jones	(SL)	12.8	1994
200	Danielle Jones	(SL)	26.8	1994
400	Danielle Jones	(SL)	62.6	1996
800	Jenni Forsman	(CV)	2:29.7	1996
1600	Jennifer Ewing	(CV)	5:28.1	1995
3200	Jennifer Ewing	(CV)	11:41.8	1995
100LH	Denean Garrett	(SL)	16.5	1995
300LH	Denean Garrett	(SL)	48.4	1995
HJ	Amy Kohl	(CV)	4-10	1995,96
LJ	Shelley Olson	(CV)	15-10	1985
TJ	Denean Garrett	(CV)	31-5	1995
SP	Tamara DeYoung	(CV)	34-7.5	1991
Discus	Andrea Atkinson	(CV)	97-2	1986
PV	Elizabeth Ewing	(CV)	8-0	1994
400R	SL (Morell, Garrett, Hurley, Jones)		52.1	1994
1600R	CV (Tingle, Lim, Forsman, Pettersen)		4:25.8	1996

CASTRO VALLEY VS. SAN LEANDRO

BOYS FROSH/SOPH

100	Ted Hassler	(CV)	12.0	1988
200	Chang Hyun	(CV)	24.4	1986
400	Mike O'Connell	(CV)	56.5	1989
800	Henrique Enriquez	(SL)	2:13.3	1995
1600	Dave Ling	(CV)	4:51.0	1988
3200	Shane Dulaney	(CV)	10:31.8	1994
110HH	Ryan Ciglar	(CV)	18.3	1995
300IH	Phil Fung	(CV)	46.4	1995
HJ	Ryan Ciglar	(CV)	5-8	1995
LJ	Lance Riley	(CV)	18-2	1985
TJ	Chang Hyun	(CV)	37-9	1986
SP	Sean Resare	(CV)	41-3.5	1989
Discus	Jeff Wallen	(CV)	104-3	1988
PV	Dan Hoover	(CV)	9-6	1989
400R	Castro Valley (Hyun, Robison, Blair, McKee)		48.5	1986
	Castro Valley (M. Misa, B. Chan, Amiri, Holmes)			1994
1600R	Castro Valley (T. Hassler, Mix, D. Ling, O'Connell)		3:50.8	1988

GIRLS FROSH/SOPH

100y	Deanna Pennix	(CV)	13.3	1995
100m	Loryn Bailey	(CV)	14.6	1996
200	Kim Haw	(CV)	29.8	1996
400	Kim Haw	(CV)	68.2	1996
800	Jennifer Chung	(CV)	2:45.9	1995
1600	Teresa Ko	(CV)	6:16.4	1996
3200	Teresa Ko	(CV)	13:18.5	1996
100LH	Marcia Wong	(CV)	19.5	1996
300LH	Marcia Wong	(CV)	57.6	1996
HJ	Loryn Bailey	(CV)	4-4	1996
LJ	Amber Sammons	(CV)	13-10	1996
TJ	Shannon Oates	(CV)	25-07	1996
SP	Kamaria Howard	(CV)	24-0	1995
Discus	Meredith Weston	(CV)	67-5	1996
PV	Amber Sammons	(CV)	7-06	1996
400R	Castro Valley		55.4	1996
1600R	Castro Valley (Schmidt, Tobia, Schumann, Van Norman)		4:49.9	1996

Granada Games
Granada HS

April 20, 1996
cloudy, overcast

FS 3000m

Josh Kalsbeek	75	2:36	4:00	5:27	7:00	8:30	10:12	10:44.8	8th
Kenpei Yamamoto	75	2:36	4:00	5:26	6:53	8:22	9:51	10:23.40	5th
Kentoku Yamamoto	77	2:40	4:06	5:34	7:01	8:30	9:57	10:24.17	6th

GV 3000m

Jennie Ewing	73	2:39	4:08	5:37	7:07	8:42	10:05	10:34.04	1st
Stephanie Weisman	87	2:56	4:36	6:15	7:54		11:19	11:54.82	7th
Teresa Ko	89	3:04	4:39	6:24	8:00		11:34	12:09.58	8th

BV 5000m

Peter Baria	75	2:34	3:54	5:16	6:30	7:58	9:14	10:37	
				11:57	13:23	14:46	16:06	16:30.83	3rd

GV 100m Trials

Ashli Tingle	13.51	6th	h1
Kim Byrne	14.12	4th	h2
Becky Doerr	14.15	7th	h2
Heather Duperroir	14.49	3rd	h3

FS 100m Trials

IV Matheny	13.14
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VB 100m Trials

Nick Holmes	11.90
Reggie Bailey	12.07

GV 100m Finals

Ashli Tingle	13.34	5th
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GV Shuttle Hurdles

L. Clancy	M. Wong	M. Komadina	E. Ewing	44.9	5th
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BV Shuttle Hurdles

N. Amiri	N. Holmes	P. Anderson	T. Moore	38.5	1st
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4x400m

Tingle 61.8	Lim 64.6	Chung 66.1	Marques 65.6	4:17.9	2nd
Schmidt 68.8	Byrne 64.7	Groome 68.7	Schumann 68.6	4:30.5	5th

GV 4x100m

Tingle	Lim	Duperroir	Byrne	53.84	5th
Schmidt	Schumann	Tobia	Bailey	58.55	12th

GV DM (1320-440-880-mile)

Jennie Ewing	74.6	83	78.2	3:55.8	
Heather Duperroir	71.1			1:11.1	
Stephanie Weisman	80.4	82.5		2:42.9	
Michelle Marques	83	83	91	85.6	5:42
					13:35.4 1st

Jennifer Chung	82.4	95.8	95.2	4:33.3	
Michele Tobia	71.0			1:11.0	
Theresa Robles	82.6	90.9		2:53.5	
Teresa Ko	91.5	93.3	100.4	98.1	6:23.3
					15:00.9 5th

FS DM (1320-440-880-mile)

Kenpei Yamamoto	74.5	81.8	82.9	3:59.3	
Darryl Eng	58.1			0:58.1	

Rob Arndt	70.4	75.4			2:25.8	
Josh Kalsbeek	73.5	86.2	87.2	81.3	5:27	12:49.7 4th

VB DM (1320-440-880-mile)

Peter Baria	63.5	74.8	73.1		3:31.3	
Damien Dulaney	56.7				0:56.7	
Mike Boruta	64.0	70.9			2:14.9	
Shane Dulaney	65.9	72.3	75.2	72.0	4:48.4	11:27.9 2nd

400m LH

Valerie Lim	73.5	3rd
Janet Groome	80.4	

400m IH

FS: Mike Paik	66.0	3rd
VB: Tony Moore	59.6	1st

VG 4x880

Michelle Marques	70	82	2:32.9		
Stephanie Weisman	82	85	2:47		
Valerie Lim	72	85	2:37.1		
Jennie Ewing	73.8	75.9	2:29.7	10:25.8	1st

Jennifer Chung	76	85	2:43.3		
Janet Groome	83.9	93.3	2:57.2		
Theresa Robles	81.3	89.4	2:50.7		
Tina Schmidt	85.9	93.1	2:59.0	11:28.8	5th

FS 4x880

Kentoku Yamamoto	71.4	74.4	2:25.7		
Josh Kalsbeek	71.3	76.7	2:28.0		
Rob Arndt	66.8	76.4	2:23.2		
Darryl Eng	62.7	71.2	2:13.9	9:31.68	3rd

VB 4x880

Shane Dulaney	61.7	66.4	2:08.1		
Andy Randall	66.2	78.6	2:25.8		
Mike Boruta	63.4	69.2	2:12.6		
Damien Dulaney	62.5	65.9	2:08.4	8:53.70	2nd

VG 1600m SC

Jennie Ewing	6:24.4	1st
Lisa Clancy	7:04.7	5th
Stephanie Weisman	7:07.5	6th

VB 1600m SC

Mike Boruta	6:15
Andy Randall	7:36
Nathan Grant	7:36

VG 4x220

Haw, Tingle, Chung, Duperroir	1:54.42	3rd overall (1st H2)
Tobia, Schumann, Schmidt, Bailey	2:00.58	8th overall (4th H3)

FS 4x220

Aguayo, Eng, Matheny, Paik 1:44.0 4th overall (3rd H2)

VG Pole Vault

Elizabeth Ewing (9-0), Becky Doerr (7-0) 16-0 1st

Lisa Clancy (7-6) 7-6

B Pole Vault

VB: Tony Moore (13-0), Paul Anderson (9-0) 22-0 1st

VB: Nathan Grant nh

FS: P.J. Aguayo (8-6), Mike Paik (8-0) 16-6 2nd

VG High Jump

Loryn Bailey (4-8), Elizabeth Ewing (4-8) 9-6 4th

Maya Komadina (4-8), Theresa Robles (4-4) 9-0 5th

B High Jump

VB: Naeem Amiri (6-2), Reggie Bailey (5-10) 12-0 2nd

VB: Paul Anderson (5-8) 5-8

FS: P.J. Aguayo (5-6) 5-6

VG Long Jump

Elizabeth Ewing (12-4), Theresa Robles (12-11) 25-3

B Long Jump

VB: Naeem Amiri (19-10), Reggie Bailey (19-0) 38-10 3rd

FS: P.J. Aguayo (17-01.25), Mike Paik (16-2.75) 33-04 3rd

VB Triple Jump

Janet Groome (28-4.5), Maya Komadina (30-0.5) 58-4 4th

Lisa Clancy (26-2), Kim Haw (24-9.5) 50-11

VB Triple Jump

Naeem Amiri (42-7.5), Reggie Bailey (36-9.5) 79-4 1st

FS Shot Put

Robbie Collett (35-03.75), Tak Nobori (35-3) 70-6.75 2nd

FS Discus

Tak Nobori (95-5.75), Ryan Jones (72-1) 167-6.75 4th

VB Pentathlon

100m SP 400IH HJ 800m Total

Tony Moore 12.18 37-6.5 59.6 5-4 2:12 4292 1st

Final team scores

FS 1. Westmoor 95

2. Livermore 60

3. Castro Valley 37

3. Newark Memorial 37

BV 1. Granada 88

2. Westmoor 69

3. Castro Valley 67

GV **1. Castro Valley 73**

2. Livermore 63

3. Granada 62

Castro Valley vs. Mt. Eden
Mt. Eden HS

April 25, 1996
warm, breezy

bv: CV 103, ME 24 bfs: CV 93, ME 34 gv: CV 101, ME 31 gfs: CV all, ME 0

400m relay

fsg: 1. CV (Tobia, Schumann, Schmidt, Bailey) 64.3
vg: 1. CV (Doerr, Lim, Duperroir, Pettersen) 56.2
fsb: 1. CV A (Eng, Henig, Tong, Matheny) 50.6, 2. CV B (Cosey, Fosdahl, Simons, Sun) 55.3
vb: 1. CV (Moore, Fung, Av. Chan, Bailey) 47.5

1600m

fsg: 1. Sammons 6:09.0, 2. Chung 6:16.6, 3. Van Norman 6:23.1
vg: 1. Marques 5:38.4, 2. Atwood 6:05.2, 3. Mojado (ME) 7:02.4
fsb: 1. Jo. Kalsbeek 5:18.2, 2. Kp. Yamamoto 5:23.2, 3. Arndt 5:27.3, 4. Mike (ME) 6:11.3, 5. Jose (ME) 6:21, 6. John (ME) 6:31, 7. Kuta 6:46.9
vb: 1. Amaral (ME) 5:05.6, 2. Cathey 5:06.2, 3. S. Mellon 5:13.7, 4. Randall 5:24.5

110mHH/100mLH

fsg: 1. Ly 18.9, 2. Komadina 19.2, 3. Oates 19.4, 4. Bryce 21.0, 5. Lee 22.5, 6. Shin 22.6
vg: 1. E. Ewing 18.3, 2. Flagg (ME) 18.4, 3. A. Wong 18.5, 4. M. Wong 18.9, 5. Clancy 19.0, 6. Fernandez (ME) 19.6, 7. Lim 19.7, 8. Michelle (ME) 20.9
fsb: 1. Aguayo 19.1, 2. Wilder (ME) 21.5, 3. Solberg 21.7, 4. Cowin 22.1, 5. Perez (ME) 32.2
vb: 1. Amiri 17.3, 2. Fung 18.3, 3. Anderson 18.7, 4. Augustin (ME) 19.4, 5. Talmadge 21.2

400m

fsg: 1. Schmidt 71.6, 2. Schumann 72.1, 3. no third
vg: 1. Fernandez (ME) 66.8, 2. McHugh 68.3, 3. Groome 69.3
fsb: 1. D. Dulaney 57.9, 2. Eng 58.4, 3. Fajardo (ME) 59.2, 4. Paik 59.7, 5. Carr (ME) 63.0, 1. Sun 68.9, 2. Simons 72.4, 3. Fosdahl 73.9
vb: 1. Moore 55.2, 2. Diggs 56.0, 3. Smith (ME) 56.2, 4. Uychoco 62.1

100m

fsg: 1. Bailey 14.4, 2. Tobia 14.7, 3. no third
vg: 1. Tingle 13.6, 2. FLagg (ME) 13.8, 3. Watt 14.3, 4. M. Wong 15.2
fsb: 1. Bell (ME) 12.8, 2. Tong 12.9, 3. Henig 13.0, 4. Mike (ME) 13.1, 5. Matheny 13.3, 1. Cowin 13.7, 2. Omelagah 13.8, 3. Cosey 14.2
vb: 1. Bailey 12.1, 2. Jackson (ME) 12.2, 3. Amiri 12.3, 4. Flores 14.0; Av. Chan dnf

800m

fsg: 1. Chung 2:45.9, 2. Robles 2:55.2, 3. no third
vg: 1. Marques 2:33.4, 2. Pettersen 2:39.6, 3. no third
fsb: 1. D. Dulaney 2:17.9, 2. Arndt 2:22.1, 3. Kt. Yamamoto 2:24.7, 4. Jo. Kalsbeek 2:24.9, 5. Mike (ME) 2:43.4, 6. Sun 2:44.0
vb: 1. Amaral (ME) 2:19.9, 2. Cathey 2:21.7, 3. Randall 2:28.2

300mLH

fsg: 1. Ly 56.6, 2. Komadina 57.1, 3. no third
vg: 1. Fernandez (ME) 51.6, 2. Lim 52.4, 3. E. Ewing 55.7, 4. Groome 56.1, 5. M. Wong 56.4, 6. Clancy 58.2, 7. Michelle (ME) 61.9
fsb: 1. Wilder (ME) 50.3, 2. Solberg 51.6, 3. Cowin 54.7, 4. Perez (ME) 56.6, 5. Dow (ME) 63.3
vb: 1. Moore 42.9, 2. Fung 47.5, 3. Augustin (ME) 45.0, 4. Talmadge 51.3

200m

fsg: 1. Ly 31.5, 2. Van Norman 31.5, 3. no third

vg: 1. Flagg (ME) 29.2, 2. Duperroir 29.3, 3. McHugh 30.3, 4. Watt 30.7

fsb: 1. Bell (ME) 26.0, 2. Aguayo 26.3, 3. Eng 26.5, 4. Cliff (ME) 26.6, 5. Tong 26.9, 6. Chang (ME) 27.7
1. Phillips 26.7, 2. Carr (ME) 26.9, 3. Matheny 27.5, 4. Simons 29.5, 5. Sun 30.8

vb: 1. Smith (ME) 24.7, 2. Bailey 24.8, 3. Anderson 25.7, 4. Augustin (ME) 26.4, 5. Uychoco 27.6

3200m

fsg: 1. Ko 13:06.4, 2. no second, 3. no third

vg: 1. Weisman 12:48.4, 2. no second, 3. no third

fsb: 1. Jo. Kalsbeek 11:36.3, 2. Kp. Yamamoto 11:39.4, 3. Kt. Yamamoto 11:39.7, 4. Jose (ME) 13:57.0; Kuta
dnf

vb: 1. S. Dulaney 10:48.4, 2. Cathey 11:32.1, 3. S. Mellon 11:48.4, 4. Randall 12:00.1

1600m relay

fsg: 1. CV (Schmidt, Schumann, Van Norman, Chung) 4:53.3

vg: 1. CV (Forsman, McHugh, Pettersen, Watt) 4:48.0

fsb: 1. CV (Tong, Phillips, 3. Eng, D. Dulaney) 4:00.8

vb: 1. CV (Anderson, Flores, Uychoco, Mondino) 4:10.3

HJ

fsg: 1. Komadina 4-8, 2. Van Norman 4-6, 3. Bailey 4-6, 4. Bryce 4-2, 5. Robles 4-0

vg: 1. Kohl 4-10, 2. E. Ewing 4-8, 3. Atwood 4-4, 4. Lacey 4-0, 5. Clancy 3-10

fsb: 1. Aguayo 5-0, 2. Omelagah 5-0, 3. Wilder (ME) 4-10

vb: 1. Anderson 5-10, 2. Amiri 5-8, 3. Mondino 5-2

LJ

fsg: 1. Sammons 12-9.5, 2. Robles 12-2.25, 3. Oates 12-0.5, 4. Lee 10-3.5, 5. Kong 9-8.5

vg: 1. Flagg (ME) 14-4.5, 2. E. Ewing 12-8.5, 3. Hernandez (ME) 12-4, 4. Kohl 12-3.5

fsb: 1. Chang (ME) 16-11, 2. Paik 15-6.75, 3. Henig 14-7.5, 4. Fajardo (ME) 13-6, 5. Aguayo 13-3.75, 6. Solberg
12-11.75, 7. Fosdahl 12-10.75, 8. Dao (ME) 11-5

vb: 1. Amiri 18-11.25, 2. Jackson (ME) 18-2.25, 3. Smith (ME) 17-11, 4. Bailey 17-11, 5. Mondino 13-0, 6.
Fouse (ME) 11-10

TJ

fsg: 1. Komadina 28-6, 2. Oates 26-5.5, 3. Lee 23-0.5

vg: 1. Kohl 29-8, 2. A. Wong 26-1, 3. Lacey 25-7.5

fsb: 1. Henig 32-1, 2. Cowin 31-2.5, 3. Jelardo (ME) 28-8, 4. Solberg 28-4, 5. Fosdahl 25-1.25

vb: 1. Moore 37-2, 2. Fung 34-8.5, 3. Mondino 33-2.5, 4. Talmadge 32-2.5, 5. Fouse (ME) 27-10

SP

fsg: 1. Kong 17-10, 2. no second, 3. no third

vg: 1. Klews 31-10, 2. T. Howard 26-6, 3. Concepcion (ME) 26-3, 4. Archbold (ME) 25-0, 5. Moss (ME) 20-5.5

fsb: 1. Calahan 40-8.5, 2. Finney (ME) 32-3, 3. Richards (ME) 28-9, 4. Franson 27-11

vb: 1. Collett 36-0, 2. Nobori 35-9, 3. Jones 29-11, 4. Cofran (ME) 27-8, 5. Ferretti (ME) 25-8

D

fsg: 1. Bryce 44-9, 2. no second, 3. no third

vg: 1. Klews 88-11, 2. Concepcion (ME) 87-5, 3. T. Howard 72-8, 4. Archbold (ME) 68-3, 5. Moss (ME) 62-6

fsb: 1. Franson 88-11, 2. Richards (ME) 82-8, 3. Finney (ME) 66-10

vb: 1. Nobori 104-4, 2. Jones 103-0, 3. Collett 92-9, 4. Ferretti (ME) 75-3, 5. Cofran (ME) 74-0

PV

uncontested

CASTRO VALLEY VS. MT. EDEN

BOYS VARSITY

100	Jeff Perenon	(CV)	10.7	1964
200	Len Torees	(ME)	22.1	1966
400	Al Burkes	(ME)	50.9	1983
800	Calvin Gaziano	(CV)	1:55.8	1983
1600	Mike Spencer	(CV)	4:27.4	1983
3200	Ernie Lindley	(ME)	9:33.9	1966
110 HH	Gary Kerr	(CV)	14.7	1964
	Bill Hammett	(CV)		1968
300 LH	Lloyd Johnson	(CV)	40.6	1978
HJ	Dave Fishbaugh	(CV)	6-6	1978
LJ	Dave Fernandez	(CV)	21-9.5	1977
TJ	Kevin Oates	(CV)	42-11	1995
SP	Chuck Vandagriff	(CV)	56-8	1966
Discus	Bo Cupp	(CV)	161-9	1980
PV	Ron Auger	(CV)	13-4	1967
400 R	Castro Valley	(CV)	43.9	1969
1600 R	Mt. Eden	(ME)	3:29.9	1969
	Castro Valley	(CV)		1978

GIRLS VARSITY

100	Debbie Sanchez	(CV)	12.8	1980
	Pam Cole	(CV)		1981
200	Eileen Cunningham	(CV)	26.3	1982
400	Beverly Dukes	(ME)	59.0	1982
800	Debbie Lee	(CV)	2:23.1	1978
1600	Karin Lambden	(CV)	5:33.4	1981
3200	Elice Patterson	(CV)	11:51.0	1990
100 LH	Leslie Fuller	(ME)	15.3	1983
300 LH	Eileen Cunningham	(CV)	48.0	1981
HJ	Cindy Foget	(ME)	5-3	1985
LJ	Robyne Johnson	(ME)	16-6	1979
TJ	Debbie Sanchez	(CV)	33-8	1983
SP	Cindy Niko	(ME)	42-7.5	1983
Discus	Gina Niko	(ME)	131-3.5	1985
PV	Elizabeth Ewing	(CV)	8-6	1995
400 R	Mt. Eden	(ME)	50.3	1983
1600R	Castro Valley (Gove, B. Cunningham, Vaughn, Lee)		4:16.0	1979

CASTRO VALLEY VS. MT. EDEN

BOYS FROSH/SOPH

100	Marcus Moore	(ME)	11.3	1983
200	Ron Petropoulos	(ME)	23.6	1966
400	Ron McDaniel	(CV)	54.2	1982
800	Ralph Quinones	(ME)	2:09.7	1978
1600	Rob Patterson	(CV)	4:47.3	1993
3200	Ron Stevenson	(CV)	10:32.8	1973
110 HH	Naeem Amiri	(CV)	18.7	1994
300 LH	Vernon Juntz	(ME)	43.9	1976
HJ	Ron Winters	(CV)	6-0	1981
LJ	Tony Allen	(ME)	19-0.5	1975
TJ	Cephus Johnson	(ME)	40-2	1974
SP	Maomao Lualamana	(ME)	46-8	1976
Discus	Ken Henderson	(ME)	127-4.5	1985
PV	Jim Blake	(CV)	10-6	1977
400 R	Mt. Eden	(ME)	45.8	1961
1600R	CV (M. Furuyama, Patterson, D. Furuyama, A. Abramenko)		3:46.5	1993

GIRLS FROSH/SOPH

100	Loryn Bailey	(CV)	14.4	1996
200	Maressa McDonald	(CV)	30.5	1995
400	Tina Schmidt	(CV)	71.6	1996
800	Jennifer Chung	(CV)	2:45.9	1996
1600	Amber Sammons	(CV)	6:09.0	1996
3200	Teresa Ko	(CV)	13:06.4	1996
100 LH	Jenny Ly	(CV)	18.9	1996
300 LH	Jenny Ly	(CV)	56.6	1996
HJ	Maya Komadina	(CV)	4-08	1996
LJ	Amber Sammons	(CV)	12-9.5	1996
TJ	Maya Komadina	(CV)	28-6	1996
SP	Kamaria Howard	(CV)	23-8.5	1995
Discus	Kamaria Howard	(CV)	65-4	1995
PV	not contested			
400 R	CV (Sieff, McDonald, Parsons, Svenson)		57.6	1995
1600R	CV (Schmidt, Schumann, Van Norman, Chung)		4:53.3	1996

Castro Valley Invitational

4/26/96

Trojan Stadium

Event: 4 x mile

bfs

1.	Mission San Jose	20:18.9
2.	Castro Valley	21:20.1
3.	St Marys	21:26.9
4.	Alhambra	21:29.7
5.	Las Lomas	21:39.9
6.	Acalanes	22:19.6
7.	Hayward	22:24.5
8.	St Marys	23:58.9

gfs

1.	Acalanes	24:22.6
2.	Castro Valley	25:27.9
3.	Acalanes	25:40.2

gv

1.	Mission San Jose	23:29.1
2.	Castro Valley	23:52.7
3.	Las Lomas	25:15.5
4.	Alhambra	26:15.9

Event 4x100

bfs

heat 1

1.	Armijo	47:29
2.	Hayward	47:70
3.	Castro Valley	48:71
4.	Foothill	49:05
5.	Dublin	51:96
DQ	Las Lomas	53:17

heat 2

1.	Acalanes	46:61
2.	Alhambra	48:33
3.	Mission San Jose	48:37
4.	Las Lomas	49:51
5.	Armijo	51:63
6.	Castro Valley	52:32

gfs

heat 1

1.	St. Marys	52:52
2.	Redwood	55:73
3.	Fremont	56:06
4.	Castro Valley	56:53
5.	Dublin	56:97
6.	Acalanes	60:01
7.	Foothill	62:64

heat 2

1.	Foothill	55:21
2.	Las Lomas	57:53
3.	Castro Valley	57:85
4.	San Lorenzo	60:38
5.	Holy Names	63:35
6.	Hayward	64:48

gv

heat 1

1.	Castro Valley	53:64
2.	Las Lomas	55:16
3.	Mission San Jose	55:34
4.	Alhambra	56:76

heat 2

1.	Fremont	51:60
2.	San Lorenzo	55:31
3.	Hayward	55:47
4.	Castro Valley	55:63

Event: 4x hurdles

bfs

heat 1

1.	Mission San Jose	42.9
2.	Dublin	44.6
3.	Castro Valley	45.2
4.	Hayward	48.4

heat 2

1.	St. Marys	39.6
2.	Alhambra	40.1
3.	Las Lomas	44.1

gfs

heat1

1.	Castro Valley	45.4
2.	Dublin	47.0
3.	Acalanes	49.3

heat 2

1.	Armijo	43.6
2.	St. Marys	44.0
3.	Fremont	46.0
4.	Foothill	46.1

gv

heat 1

1.	Mission San Jose	41.5
2.	Acalanes	45.0
3.	Alhambra	46.3

heat 2

1.	Castro Valley	43.9
2.	Mission San Jose	44.3
3.	Las Lomas	45.1
4.	Hayward	50.7

Event: 4x220

bfs

heat 1

1.	Acalanes	1:37.34
2.	Hayward	1:41.48
3.	Castro Valley	1:41.62
4.	Mission San Jose	1:43.64
5.	Foothill	1:45.59
6.	St. Marys	1:47.14

heat 2

1.	St. Marys	1:38.60
2.	Las Lomas	1:43.48
3.	Alhambra	1:44.10
4.	Washington	1:44.47

5.	Castro Valley	1:46.46
6.	Armijo	1:48.98

gfs

heat 1

1.	St. Marys	1:52.49
2.	Foothill	1:57.74
3.	Castro Valley	1:59.09
4.	Armijo	2:01.09
5.	Acalanes	2:03.77

heat 2

1.	Redwood	1:58.78
2.	Castro Valley	2:01.75
3.	Dublin	2:02.26

gv

heat 1

1.	Fremont	1:49.66
2.	Acalanes	1:53.30
3.	Las Lomas	1:56.07
4.	Castro Valley	1:58.27

heat 2

1.	Castro Valley	1:52.44
2.	Hayward	2:00.45
3.	Alhambra	2:04.01

Event: 4x880

bfs

heat 1

1.	Mission San Jose	9:02.6
2.	Castro Valley	9:05.4
3.	Washington	9:34.1
4.	St. Marys	9:46.0
5.	Foothill	10:08.4
6.	Las Lomas	10:45.9

heat 2

1.	Las Lomas	9:05.9
2.	Hayward	9:18.9
3.	Acalanes	9:33.6
4.	Alhambra	9:34.2
5.	St. Marys	10:38.8

gfs

heat 1

1.	Acalanes "A"	10:23.2
2.	Castro Valley	11:12.2
3.	St. Marys	11:19.6
4.	Acalanes "C"	11:45.5
5.	Acalanes "B"	12:17.1
6.	Fremont	12:24.7

gv

1.	Mission San Jose	10:16.5
2.	Castro Valley	10:16.9
3.	Alhambra	10:53.5
4.	Washington	11:05.6
5.	Las Lomas	11:34.0

Event: open 100

bfs

heat 1

1.	Gambles (Armijo)	11.89
2.	Holleman (Hayward)	12.02
3.	Macintosh (Alhambra)	12.36
4.	Hynson (St. Marys)	12.80
5.	Henig (Castro Valley)	13.08

heat 2

1.	Bailey (Castro Valley)	11.90
2.	Soloff (Alhambra)	11.97
3.	Jamal (St. Marys)	12.15
4.	Perry (Las Lomas)	12.37
5.	Holloway (Hayward)	12.47
6.	Tabuchi (Acalanes)	12.77
7.	Matheny (Castro Valley)	12.98

heat 3

1.	Relyea (Alameda)	12.14
2.	Bush (St. Marys)	12.15
3.	Jackson (Armijo)	12.26
4.	Dasgupta (MSJ)	12.59
5.	Edson (Foothill)	12.80
6.	Tong (Castro Valley)	12.85

heat 4

1.	Pistello (St. Marys)	12.50
2.	Pitney (Las Lomas)	13.05
3.	Aragon (St. Marys)	13.10
4.	Gaba (Washington)	13.22
5.	Sun (Castro Valley)	14.16
6.	Shelton (Washington)	15.23

gfs

heat 1

1.	Accode (St. Marys)	13.45
2.	Bailey (Castro Valley)	14.15
3.	McLure (San Lorenzo)	14.42
4.	DeRoven (Las Lomas)	15.56
5.	Wolters (Foothill)	15.57

heat 2

1.	Shepherd (St. Marys)	13.67
2.	Sutherland (Foothill)	14.12
3.	Haw (Castro Valley)	14.46
4.	Tobia (Castro Valley)	14.62
5.	Asnorth (Las Lomas)	14.69

heat 3

1.	Ransom (St. Marys)	13.84
2.	Clayton (Armijo)	14.01
3.	Odlum (St. Marys)	14.12
4.	Gallardo (St. Marys)	14.77
5.	Marshall (Fremont)	15.01
6.	Mahanta (Acalanes)	15.98

gv

heat 1

1.	Fong (Mission San Jose)	13.27
2.	Obligacion (Washington)	13.66
3.	Dupperoir (Castro Valley)	14.25
4.	Brown (Alhambra)	14.29
5.	Bilbo (Hayward)	14.37

heat 2

1.	Armstrong (Acalanes)	13.2
2.	Tingle (Castro Valley)	13.55

3.	S.Schmidt (San Lorenzo)	14.74
4.	M.Schmidt (San Lorenzo)	14.79
5.	Mason (Alhambra)	15.00

heat 3

1.	Street (Foothill)	13.53
2.	Miller (Las Lomas)	14.31
3.	Ferguson (Las Lomas)	15.37

Event: Devil Mile

bfs

1.	Stevens (MJS)	4:34.38
2.	Clancy (Las Lomas)	5:00.1
3.	Gathey (Washington)	5:04.6
4.	Chapman (MSJ)	5:08.2
5.	Petty (Hayward)	5:12.5
6.	Kt.Yamamoto (CV)	5:13.1
7.	Fitzgerald (Acalanes)	5:18.3
8.	Rodrigues (Redwood)	5:19.5
9.	Kn.Yamamoto (CV)	5:20.3
10.	Sabatini ???	5:21.5
11.	Low (Redwood)	5:23.8
12.	Mendez (Hayward)	5:25.7
13.	Kreides (Alameda)	5:25.9
14.	Arndt (Castro Valley)	5:26.6
15.	Hodgson (Alhambra)	5:27.0
16.	Bean (Alameda)	5:27.1
17.	Whittaker (Foothill)	5:34.5
18.	Patterson (Castro Valley)	5:35.6
19.	Bartsch (Armijo)	5:44.0
20.	Changaris (Acalanes)	5:56.5

gfs

1.	Davidson (Redwood)	5:39.8
2.	Ko (Castro Valley)	5:59.3
3.	Powers (Acalanes)	6:00.2
4.	Christiansen (Foothill)	6:02.4
5.	Coon (Hayward)	6:04.9
6.	Mazurc (Alhambra)	6:10.9
7.	Matthews (Alameda)	6:11.9
8.	Jordan (Foothill)	6:29.5
9.	Lam (Foothill)	6:41.0

gv

1.	Hotchkiss (MSJ)	5:53.7
2.	Necoecnez (MSJ)	5:56.0
3.	Cook (San Lorenzo)	6:04.8
4.	Rutledge (MSJ)	6:06.4
5.	Dwandena (Las Lomas)	6:13.7
6.	Wang (Las Lomas)	6:19.4
7.	Chinn (Acalanes)	6:29.9

Event: 4x440

bfs

heat 1

1.	Acalanes	3:45.8
2.	St. Marys	3:48.5
3.	Castro Valley	3:53.1
4.	Hayward	3:54.8

5.	Washington	4:07.8
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heat 2

1.	Las Lomas	3:47.7
2.	Mission San Jose	3:49.4
3.	Alhambra	4:04.3

gfs

1.	Acalanes	4:22.4
2.	Redwood	4:33.2
3.	St. Marys "A"	4:37.1
4.	Castro Valley "A"	4:37.4
5.	Castro Valley "B"	4:54.9
6.	St. Marys "B"	5:35.6

gv

1.	Fremont	4:13.4
2.	Castro Valley "A"	4:20.6
3.	Mission San Jose	4:24.8
4.	Alhambra	4:33.4
5.	Las Lomas	4:35.8
6.	Castro Valley "B"	4:38.7
7.	Washington	4:40.4

Event: High Jump

bfs

1.	Hayward	16-02
2.	Alhambra	15-10
3.	Castro Valley tie Acalanes	15-04
5.	Las Lomas	14-00
6.	Washington	10-02
7.	Foothill	4-06

gfs

1.	Castro Valley "A"	12-10
2.	Castro Valley "B"	4-00

gv

1.	Acalanes	14-04
2.	Castro Valley "A"	14-02
3.	Fremont	12-08
4.	Alhambra	11-08
5.	Castro Valley "B"	4-00

Event: Long Jump

gfs

1.	St. Marys	38-00.25
2.	Acalanes	37-02.25
3.	Redwood	36-01.25
4.	San Lorenzo	30-08.75
5.	Armijo	24-01.00
6.	Castro Valley "A"	23-05.25
7.	Castro Valley "B"	22-03.75
8.	Hayward	18-09.34
9.	Alameda	14-11.00
10.	Holy Names	12-05.75
11.	Hayward	10-03.25
12.	Castro Valley "C"	10-01.5

gv

1.	Las Lomas	46-00
2.	Castro Valley "A"	40-10.75

3.	San Lorenzo	37-00.25
4.	Washington	36-11.5
5.	Castro Valley "B"	36-09.25
6.	Mission San Jose	36-04.00
7.	Fremont	35-01.75
8.	Armijo	34-09.75
9.	St. Jos	14-00.25
10.	AHS	13-11.75
11.	Acalanes	13-02.25
12.	Foothill	12-04.00
13.	Mission San Jose	11-01.00
14.	Hayward	11-00.25

Event: Triple Jump
bfs

1.	Hayward	104-02.75
2.	Alhambra	101-11.75
3.	Las Lomas	100-08.75
4.	Castro Valley	96-08.5
5.	St. Marys	86-06.5
6.	St. Marys	61-01.5
7.	Dublin	32-07.25

Event: Shot Put
bfs

1.	Las Lomas	124-07.5
2.	Alhambra	121-07.5
3.	Acalanes	117-10
4.	Castro Valley "A"	116-04
5.	St. Marys	114-03.5
6.	Armijo	107-04
7.	Alameda	41-06
8.	Castro Valley "B"	40-02
9.	Hayward	36-02

gfs

1.	St. Marys	81-01.5
2.	Armijo	68-01.5
3.	Las Lomas	67-01
4.	Foothill	62-09
5.	Hayward	61-08.5
6.	Castro Valley	57-09
7.	Alameda	54-03.5

gv

1.	Fremont	86-07
2.	Castro Valley	86-03.5
3.	Acalanes	85-06.5
4.	Dublin	80-00
5.	Hayward	78-10
6.	Washington	66-07.5
8.	Alhambra	61-03.5

Event: Discus

bfs

1.	Las Lomas	294-11
2.	Acalanes	294-03

3.	Alhambra	283-06
4.	St. Marys	275-00
5.	Armijo	240-07
6.	Alameda	96-09
7.	Hayward	92-00

gfs

1.	St. Marys	222-07
2.	Las Lomas	208-04
3.	Alameda	184-03
4.	Hayward	166-06
5.	Foothill	73-05
6.	Holy Names	69-09
7.	Castro Valley	40-06

gv

1.	Dublin	229-01
2.	Foothill	228-04
3.	Castro Valley	214-06
4.	Acalanes	213-11
5.	Washington	204-05
6.	Armijo "B"	180-08
7.	Fremont	178-09
8.	Armijo "A"	176-08
9.	Hayward	163-07
10.	Alhambra	143-08

Event: Pole Vault

bfs

1.	Las Lomas "A"	30-06
2.	Las Lomas "B"	26-00
3.	Castro Valley "A"	24-06
4.	Alhambra	18-00
5.	Dublin	15-06
6.	Castro Valley "B"	13-00
7.	Foothill	9-00
8.	Acalanes	8-00

gfs

1.	Dublin	7-00
2.	Las Lomas	4-00

gv

1.	Acalanes	22-06
2.	Castro Valley "A"	22-06
3.	Las Lomas "A"	21-06
4.	Alhambra	20-06
5.	Las Lomas "B"	12-06
6.	Mission San Jose	12-06
7.	Castro Valley "B"	6-06
8.	Washington	6-00
9.	Foothill	6-00

Castro Valley vs. Hayward
Hayward HS

May 2, 1996

scores: vb: CV 73, Hay 54 bfs: CV 56, Hay 71 vg: CV 111, Hay 8 gfs: CV 67, Hay 60

400mR

gfs: 1. Hayward (Tracey, Bilbo, Marr, Yarborough) 54.5, 2. CV (Sun, Haw, Tobia, Bailey) 56.9

gv: 1. CV (Tingle, Lum, Duperroir, Forsman) 53.7

bfs: 1. Hayward 46.7, 2. CV A (Eng, Matheny, Tong, Aguayo) 48.8, 3. CV B (Cosey, Fosdahl, Simons, Omelagah) 53.4

bv: 1. CV (Holmes, Fung, Diggs, Bailey) 46.3, 2. Hayward (Mulholland, LaMar, O'Neil, Melendez) 47.1

1600m

gfs: 1. Weisman 5:55.7, 2. Coons (H) 6:05.5, 3. Loss 6:22.9, 4. (H) 6:41, 5. (H) 7:38.2

gv: 1. Ko 6:00.0, 2. Chung 6:13.0, 3. Robles 6:31.4

bfs: 1. Dulaney 4:52.0, 2. Petty (H) 5:03.3, 3. Kt. Yamamoto 5:10.6, 4. Arndt 5:11.7, 5. (H) 5:14.8, 6. Jo. Kalsbeek 5:15.4, 7. Kp. Yamamoto 5:17.9, 8. (H) 5:18.3, 9. Patterson 5:22.6, 10. D. Mellon 5:46.4, 11. (H) 5:49.6, 12. (H) 6:26.1

bv: 1. Baria 4:46.6, 2. S. Dulaney 4:47.7, 3. Boruta 4:54.4, 4. Montori (H) 4:57.9, 5. Cathey 4:58.2, 6. Ja. Kalsbeek 5:03.7, 7. Almendariz (H) 5:05.9, 8. Randall 5:21.4

110HH/100LH

gfs: 1. A. Wong 18.1, 2. (H) 19.4, 3. M. Wong 21.3, 4. Bryce 21.8, 5. Lee 22.0, 6. Oates 22.1, 7. Ly 22.5

gv: 1. Clancy 17.8, 2. Groome 18.9, 3. Komadina 19.1

bfs: 1. Aguayo 18.5, 2. Bath (H) 19.3, 3. Hsieh (H) 19.8, 4. Johnson (H) 21.1, 5. Solberg 21.3, 6. Cowin 21.9

bv: 1. Moore 16.5, 2. O'Neil (H) 16.6, 3. Holmes 16.8, 4. Fung 17.7, 5. Anderson 18.1, 6. Talmadge 20.7, 7. Johnson (H) nt; Amiri DQ

400m

gfs: 1. Marr (H) 66.9, 2. Schumann 68.9, 3. Tobia 70.5, 4. Schmidt 70.7

gv: 1. Tingle 62.9, 2. Groome 68.1, 3. no third

bfs: 1. Eng 56.5, 2. Phillips 56.8, 3. Paik 57.1, 4. Boatwright (H) 57.4, 5. Alnagem (H) 60.8, 6. Sun 68.2

bv: 1. Ostarello (H) 51.9, 2. Moore 53.2, 3. S. Mellon 53.7, 4. Jackson (H) 54.5, 5. Diggs 54.8, 6. Turner (H) 56.4, 7. Uychoco 59.1, 8. Grant 61.5

100m

gfs: 1. Haw 14.2, 2. Bilbo (H) 14.3, 3. Bailey 14.4, 4. Sun 14.8, 5. Ly 15.3

1. A. Wong 14.8, 2. Johnson (H) 14.9, 3. Lum 15.2, 4. Schillerstrom (H) 16.2

gv: 1. Duperroir 14.1, 2. Watt 14.1, 3. no third

bfs: 1. Conway (H) 12.0, 2. Holloway (H) 12.1, 3. Tong 12.2, 4. Matheny 13.1, 5. Cosey 13.5, 6. Fosdahl 13.7, 7. Simons 13.9

bv: 1. Holloway (H) 11.3, 2. Melendez (H) 11.4, 3. Bailey 11.7, 4. (H) ?, 5. Holmes 11.7, 6. (H) ?, 7. B. Chan 13.1, 8. (H) 13.4

800m

gfs: 1. Atwood 2:37.5, 2. Coons (H) 2:45, 3. Dunn (H) 3:04.5

gv: 1. Chung 2:39.7, 2. no second, 3. no third

bfs: 1. D. Dulaney 2:12.5, 2. Boatwright (H) 2:18.4, 3. Petty (H) 2:18.7, 4. (H) ?, 5. Arndt 2:22.8

bv: 1. Baria 2:06.2, 2. S. Dulaney 2:06.7, 3. Jackson (H) 2:07.3, 4. Montori (H) 2:15.3, 5. Randall 2:20.1

300IH/300LH

gfs: 1. Tracey (H) 53.7, 2. Ly 56.0, 3. M. Wong 57.2

gv: 1. Lim 51.1, 2. Groome 53.9, 3. Clancy 56.2, 4. Falleiro (H) 59.8, 5. Volagis (H) 68.0

bfs: 1. Paik 45.2, 2. Booth (H) 45.3, 3. Solberg 50.4, 4. Cowin 54.6, 5. Amaral (H) 56.3

bv: 1. Moore 39.6, 2. Ostarello (H) 39.8, 3. Johnson (H) 45.3, 4. Fung 45.3

200m

gfs: 1. Yarborough (H) 28.5, 2. Bilbo (H) 29.2, 3. Haw 29.2

gv: 1. Watt 29.8, 2. Tingle 30.9, 3. no third
bfs: 1. Holloway (H) 24.9, 2. Aguayo 25.0, 3. Phillips 25.4, 4. Matheny 25.4, 5. Eng 25.5, 6. Sun 27.3, 7. (H) nt
bv: 1. Holloway (H) 23.3, 2. Ostarello (H) 23.8, 3. Bailey 24.0, 4. Holmes 24.7, 5. Diggs 25.0, 6. Mulholland (H) nt, 7. Moss (H) nt
1. Uychoco 25.8, 2. Flores 28.0

3200

gfs: 1. Coons (H) 12:50.3, 2. Weisman 12:57.7, 3. Atwood 13:47, 4. M. Wong nt
gv: 1. Ko 12:44.9, 2. Robles 15:04
bfs: 1. D. Dulaney 11:08, 2. Mendez (H) 11:14, 3. Pastor (H) 11:16, 4. Kp. Yamamoto nt, 5. Kt. Yamamoto nt, 6. Jo. Kalsbeek 11:29, 7. Petty (H) nt, 8. D. Mellon nt, 9. Kuta nt
bv: 1. S. Dulaney 10:45, 2. Boruta 10:46, 3. Cathey 10:50.2, 4. Baria 10:51, 5. Ja. Kalsbeek nt, 6. Manderez (H) nt, 7. Ostarello (H) nt

1600mR

gfs: 1. Hayward nt, 2. CV (Haw, Schmidt, Schumann, Atwood) nt
gv: 1. Castro Valley (Forsman, Marques, Lim, Tingle) 4:28.4
bfs: 1. Castro Valley nt
bv: 1. Castro Valley 3:40.8

HJ

gfs: 1. Bailey 4-04, 2. tie Bryce 3-10, Lee 3-10
gv: 1. Kohl 4-08, 2. Komadina 4-06, 3. Lacey 4-04, 4. Robles 4-02
bfs: 1. S. Holleman (H) 5-04, 2. Boatwright (H) 5-04, 3. Aguayo 5-02, 4. Johnson (H) 5-00, 5. Cano (H) 4-10
bv: 1. Turner (H) 5-10, 2. Amiri 5-08, 3. Anderson 5-06, 4. Jackson (H) 5-04, 5. Mondino 5-04

LJ

gfs: 1. Oates 11-03, 2. A. Wong 10-11, 3. Lee 10-09.5, 4. Hayes (H) 10-06, 5. Kong 8-08.25, 6. Hartford (H) 8-07.5, 7. Marra 8-04.75
gv: 1. Sammons 13-05.5, 2. Komadina 12-6.5, 3. Kohl 12-06, 4. Robles 11-10, 5. Falleiro (H) 9-09.5, 6. Schikerstrom (H) 8-05
bfs: 1. S. Holleman (H) 17-06, 2. Hseih (H) 16-3.5, 3. Johnson (H) 16-2.5, 4. Paik 15-07, 5. Rodriguez (H) 14-06.5, 6. Fosdahl 12-08.75, 7. Cosey 11-00
bv: 1. Amiri 20-01.5, 2. J. Holleman (H) 19-04, 3. Bailey 18-05, 4. Kramer 16-0.25

TJ

gfs: 1. A. Wong 27-06.25, 2. Lee 26-03.5, 3. Bryce 26-01
gv: 1. Komadina 29-03.5, 2. Groome 28-07.25, 3. Clancy 26-04.5
bfs: 1. S. Holleman (H) 38-0.25, 2. Hseih (H) 36-01.5, 3. Cano (H) 32-09.5
bv: 1. Amiri 40-11, 2. Fung 38-01, 3. Mulholland (H) 35-07

SP

gfs: 1. Henry (H) 27-08.5, 2. Weston 25-10.5, 3. Freeman (H) 25-03.5, 4. Council (H) 24-04, 5. K. Howard 23-10, 6. Volasgis (H) 22-07.5, 7. McAteer (H) 21-00, 8. Smith (H) 20-07.5, 9. Kenna 20-05.5, 10. Bryce 20-00, 11. Kong 18-09
gv: 1. Jones (H) 32-02, 2. Klews 32-01, 3. T. Howard 31-04
bfs: 1. Montes (H) 39-01.5, 2. Mateialona (H) 39-01, 3. Collett 39-00, 4. Conway (H) 33-03, 5. Franson 31-05, 6. Jones 30-02
bv: 1. Johnson (H) 42-00, 2. Leatherwood (H) 40-02.5, 3. Calahan 39-01, 4. Nobori 34-10.5, 5. Grant 31-0.5, 6. Krause 30-03, 7. Talmadge 28-10

D

gfs: 1. Council (H) 79-09, 2. Volasgis (H) 75-01, 3. Weston 67-03, 4. (H) 66-07, 5. (H) 58-01, 6. (H) 57-00, 7. Henry (H) 56-02, 8. Freeman (H) 51-08, 9. Kong 49-00, 10. ? 44-05, 11. McAteer (H) 37-07.5
gv: 1. Klews 96-07, 2. Jones (H) 84-00, 3. T. Howard 78-10.5
bfs: 1. Jones 103-10, 2. Franson 99-02, 3. Mateialona (H) 94-08, 4. Collett 83-10, 5. Montes (H) 81-02
bv: 1. Johnson (H) 132-07, 2. Leatherwood (H) 95-04, 3. Nobori 92-00, 4. Krause 62-07, 5. Grant 60-09

CASTRO VALLEY VS. HAYWARD

BOYS VARSITY

100	Walt Lewis	(H)	10.7'	1978
200	Dave Fernandez	(CV)	22.4'	1978
400	Walt Lewis	(H)	50.9'	1978
	Terron Taylor	(H)		1981
800	Jason Lee	(CV)	1:57.8'	1978
1600	Jason Atwood	(CV)	4:19.2	1989
3200	Steve Mayberry	(CV)	9:38.4	1982
110 HH	Bill Hammett	(CV)	14.8'	1969
	Jeff Barnes	(H)		1973
300 LH	Tony Moore	(CV)	39.6	1996
HJ	James Wilson	(H)	6-8	1979
LJ	Frank Volasgis	(H)	23-4	1970
TJ	Adrian Smith	(H)	45-9	1973
SP	Chuck Vandagriff	(CV)	57-4	1966
Discus	Joe Mielke	(CV)	156-9	1976
PV	Ron Auger	(CV)	13-0	1967
400 R	Hayward	(H)	43.1'	1970
1600 R	Hayward	(H)	3:32.2	1977

GIRLS VARSITY

100	Sandra Pruitt	(H)	13.1'	1979
200	Temeka Weatherly	(CV)	26.3	1993
400	Debbie Lee	(CV)	59.2	1978
	Eileen Cunningham	(CV)		1982
800	Debbie Lee	(CV)	2:15.8'	1978
1600	Karen Lambden	(CV)	5:14.2'	1980
3200	Karen Lambden	(CV)	11:43.2	1981
100H	Heather Housley	(CV)	16.8	1990,91
300LH	Eileen Cunningham	(CV)	49.0	1982
HJ	Kim Patser	(H)	5-0	1979-80
	Miloe McCall	(H)		1981
LJ	Debbie Sanchez	(CV)	16-8	1980
TJ	Debbie Sanchez	(CV)	33-10 1/2	1982
SP	Rochelle Self	(H)	34-0 1/2	1984
Discus	Cherie Scheaffer	(CV)	111-1	1981
PV	Dina Gizatullin	(CV)	7-6	1995
400 R	CV (E. Cunningham, B. Cunningham, Symes, Sanchez)		51.6	1982
1600R	Castro Valley (Gove, Webb, Vaughn, Lee)		4:11.9	1978

CASTRO VALLEY VS. HAYWARD

BOYS FROSH/SOPH

100	Darrel Ashley	(H)	11.4'	1971
	Kemp	(H)		1971
200	Frank Key	(H)	23.1	1971
400	Walt Lemis	(H)	53.3'	1975
800	Todd Saunders	(CV)	2:04.3	1987
1600	Mike Rudy	(CV)	4:45.5'	1970
3200	Dave Shea	(CV)	10:02.5'	1978
110HH	PJ Aguayo	(CV)	18.5	1996
300LH	Dwight Ybarra	(H)	42.2'	1975
HJ	Ron Winters	(CV)	6-4	1982
LJ	Calvin Corker	(H)	21-2	1971
TJ	Rodney Crump	(H)	41-3	1973
SP	Gold	(H)	44-9	1970
Discus	Jeff Kitson	(CV)	123-8	1977
PV	Bill Andrews	(CV)	11-6	1970
400 R	Hayward	(H)	45.2'	1973
1600R	Castro Valley	(CV)	3:45.2'	1970

GIRLS FROSH/SOPH

100	Kim Haw	(CV)	14.2	1996
200	Yarborough	(H)	28.5	1996
400	Marr	(H)	66.9	1996
800	Angela Atwood	(CV)	2:37.5	1996
1600	Stephanie Weisman	(CV)	5:55.7	1996
3200	Coons	(H)	12:50.3	1996
100H	April Wong	(CV)	18.1	1996
300LH	Tracey	(H)	53.7	1996
HJ	Loryn Bailey	(CV)	4-04	1996
LJ	Shannon Oates	(CV)	12-09.5	1995
TJ	April Wong	(CV)	27-06.25	1996
SP	Henry	(H)	27-08.5	1996
Discus	Patrice Council	(H)	79-09	1996
PV	not contested			
400 R	Hayward (Tracey, Bilbo, Marr, Yarborough)		54.5	1996
1600R	Hayward		4:33.3	1996

HAAL Championships
Chabot College

May 7/9, 1996

Event 400R

	Place	Mark
GFS CV	2	55.53
BFS CV	4	48.69
GV CV	3	53.04
BV CV	4	45.80

Event 1600m

Teresa Ko	1	5:50.8
Jennifer Chung	3	5:59.6
Jesselle Loss	4	6:09.0
Jessica Van Norman	5	6:10.8
Theresa Robles	9	6:23.1

Joe Patterson	4	4:57.5
Kentoku Yamamoto	6	5:00.3
Josh Kalsbeek	9	5:09.6
Kenpei Yamamoto	10	5:12.2
Rob Arndt	11	5:15.1

Jennie Ewing	1	5:08.7
Michelle Marques	4	5:29.5
Angela Atwood	5	5:42.7
Stephanie Weisman	6	5:49.9
Amber Sammons	8	5:55.0

Peter Baria	3	4:34.0
Shane Dulaney	6	4:43.0
Tom Cathey	7	4:50.2
Mike Boruta	9	4:53.5
Jake Kalsbeek	10	4:59.3

Event 100/110m H

Marcia Wong	3	18.77
Shannon Oates	6	20.10
May Lee	8	21.78

April Wong	3	18.01
Lisa Clancy	4	18.25
Elizabeth Ewing	6	18.55

PJ Aguayo	2	18.43
Gabe Solberg	5	20.58
Rodney Cowin	scr	

Nick Holmes	1	15.84
Tony Moore	3	16.06
Naeem Amiri	5	16.12
Paul Anderson	6	16.74
Phil Fung	8	16.97

Event 400m

Kim Haw	4	67.46
Erica Schumann	7	69.10
Tina Schmidt	scr	

Steve Phillips	2	56.05
Damien Dulaney	3	56.47
Darryl Eng	5	57.15

Jenni Forsman	2	63.54
Valerie Lim	4	65.59
Gaylynn Pettersen	6	66.19
Jamie McHugh	8	67.91
Janet Groome	9	68.08

Genna Abramenko	5	52.98
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Event 100m

Loryn Bailey	3	14.16
Michele Tobia	6	14.40
Becky Doerr	scr	

Ashli Tingle	1	13.08
Heather Duperroir	6	14.07

Nick Holmes	5	11.67
Reggie Bailey	6	11.69

Event 800m

Jennifer Chung	2	2:38.21
Tina Schmidt	3	2:43.22
Theresa Robles	8	2:54.90

Damien Dulaney	1	2:08.15
Darryl Eng	3	2:12.57
Kentoku Yamamoto	9	2:22.05

Jennie Ewing	1	2:22.62
Jenni Forsman	2	2:24.40
Michelle Marques	3	2:27.44
Jody Nickolopoulos	4	2:27.50
Angela Atwood	8	2:40.70

Seth Mellon	4	2:03.96
Peter Baria	scr	

Event 300m H

Jenny Ly	1	52.95
Marcia Wong	5	57.74
Shannon Oates	6	58.58

Mike Paik	1	45.0
Cory Rutherglen	7	51.1
Rodney Cowin	8	52.9
Gabe Solberg	9	54.1

Valerie Lim	1	49.51
Janet Groome	5	52.28
Lisa Clancy	8	55.24

Tony Moore	2	41.47
Phil Fung	6	44.55
Paul Anderson	7	45.53

Event 200m

Kim Haw	2	29.22
Loryn Bailey	3	29.30
Michele Tobia	7	30.41
Erica Schumann	9	31.13

PJ Aguayo	scr	
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Ashli Tingle	2	27.04
Jenni Forsman	5	28.68
Heather Duperroir	7	29.33
Gaylynn Pettersen	scr	

Genna Abramenko	5	23.64
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Event 3200m

Teresa Ko	2	12:49.7
Jessica Van Norman	3	13:41.4

Damien Dulaney	1	10:37.9
Kenpei Yamamoto	4	10:57.4
Kentoku Yamamoto	6	11:07.6
Josh Kalsbeek	8	11:20.9
Richard Kuta	15	13:34.7

Jennie Ewing	1	11:22.4
Michelle Marques	4	12:31.9
Stephanie Weisman	5	13:32.3

Amber Sammons	scr	
Angela Atwood	scr	
Valerie Lim	scr	

Peter Baria	3	10:28.3
Tom Cathey	5	10:36.1
Mike Boruta	6	10:47.2
Jake Kalsbeek	10	11:12.2
Andy Randall	17	11:52.7
Shane Dulaney	scr	

Event 1600R

GFS CV	3	4:35.3
BFS CV	1	3:43.6
GV CV	1	4:11.0
BV CV	4	3:35.3

Event Discus

Meredith Weston	2	78-05
Kamaria Howard	6	66-06
Susan Kenna	10	47-07
Eileen Kong	11	47-01

Dan Franson	8	94-10
Ryan Jones	9	94-00
Robbie Collett	12	81-00
Dave Calahan	f	
Tak Nobori	f	

Barbara Klews	3	93-11
Tashena Howard	9	68-10.5

Mike Krause	19	50-08
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Event Long Jump

Shannon Oates	2	13-07.5
Theresa Robles	4	13-02.5
Jenny Ly	7	12-05.5
Jill Bryce	10	11-05.75
Kathy Marra	16	10-03.25

Mike Paik	1	18-02.75
Adam Henig	3	18-01.25
Gabe Solberg	10	16-02.5
Rodney Cowin	13	15-11.25
Matt Omelagah	22	12-07.75

Amber Sammons	5	14-10.5
April Wong	9	13-07.75
Maya Komadina	10	13-03.5
Amy Kohl	scr	
Elizabeth Ewing	scr	

Naeem Amiri	2	21-02.5
Reggie Bailey	6	19-10.75
Phil Ghaderi	15	16-02.75
Jon Mondino	16	15-07.5

Event Pole Vault

Becky Doerr	1	7-08
Jill Bryce	4	5-00
Marcia Wong	5	5-00

PJ Aguayo	2	9-06	Barbara Klews	2	32-04
Brandon Tong	4	8-00	Nicole Abella	3	31-08
Mike Paik	7	7-06	Tashena Howard	5	29-09
Ricky Simons	9	7-00	Amy Kohl	f	
Richard Kuta	9	7-00	Nathan Grant	14	32-01.25
			Mike Krause	21	25-10.5
Elizabeth Ewing	1	8-06			
Lisa Clancy	3	7-06			
Amber Sammons	4	6-06	Event Triple Jump		
Becky Lacey	5	6-06	Jenny Ly	4	28-06.75
Jamie McHugh	scr		Shannon Oates	5	28-00.75
			Kathy Marra	7	22-06
Tony Moore	1	13-00			
Jeff Singson	4	10-06	Rodney Cowin	4	34-05.5
Bryan Talmadge	5	10-00	Adam Henig	7	34-00.5
Paul Anderson	9	9-00	Gabe Solberg	8	33-03.25
Nathan Grant	11	8-00	Matt Omelagah	nm	
Event High Jump			Maya Komadina	4	30-05
Loryn Bailey	1	4-09	April Wong	5	30-04.75
Jessica Van Norman	2	4-04	Janet Groome	6	29-10.25
Theresa Robles	3	4-04	Becky Lacey	10	28-06.25
Jill Bryce	4	4-00	Lisa Clancy	11	27-06
			Amy Kohl	scr	
PJ Aguayo	2	5-02	Naeem Amiri	1	45-02.75
Cory Rutherglen	7	4-08	Kevin Kramer	5	40-07.75
Matt Omelagah	7	4-08	Phil Fung	13	37-06
			Jon Mondino	14	34-06.25
Amy Kohl	1	5-03			
Maya Komadina	2	4-10			
Elizabeth Ewing	3	4-08			
Angela Atwood	7	4-06			
Kevin Kramer	1	5-10			
Naeem Amiri	4	5-08			
Paul Anderson	5	5-08			
Jon Mondino	nh				
Event Shot Put					
Meredith Weston	2	28-00			
Kamaria Howard	3	26-10			
Susan Kenna	11	18-07			
Jill Bryce	12	18-07			
Eileen Kong	13	18-03			
Dave Calahan	1	41-04.25			
Tak Nobori	2	40-03.5			
Robbie Collett	3	39-07.5			
Ryan Jones	6	37-07			
Dan Franson	15	30-01.5			

CVHS Post Season Competition 1996

Women		NCS Bayshore Meet		Meet of Champions		CIF State Meet	
		Trials	Finals	Trials	Finals	Trials	Finals
400R	CV	52.88					
1600	Jennie Ewing	5:19.08	5:14.60 (3rd)	5:07.05	5:08.14 (5th)		
	Michelle Marques	5:28.40	5:26.13 (7th)	5:30.74			
100H	April Wong	18.21					
	Lisa Clancy	18.55					
400m	Gaylynn Pettersen	63.17					
	Jamie McHugh	65.92					
100m	Ashli Tingle	13.39					
800m	Jenni Forsman	2:22.22	2:23.12 (3rd)	2:24.54			
	Jody Nickolopoulos	2:24.20	2:25.91 (5th)	2:29.18			
	Michelle Marques	2:26.06	2:28.13 (7th)	2:27.53			
300LH	Valerie Lim	49.04	49.33 (7th)				
200m	Ashli Tingle	27.43					
3200m	Jennie Ewing		11:36.64 (2nd)		11:37.2 (9th)		
	Stephanie Weisman		12:33.8 (10th)				
1600R	CV	4:09.30	4:14.74 (7th)	DQ			
SP	Nicole Abella	32-02	30-00 (9th)				
	Barbara Klews	31-06.5	32-01 (7th)	30-11.25			
Disc	Barbara Klews	103-08	101-00 (4th)	96-03			
TJ	Maya Komadina	31-01.25					
HJ	Elizabeth Ewing	4-08	4-08 (7th)	4-08			
	Maya Komadina	4-08	4-08 (5th)				
PV	Elizabeth Ewing	8-06	8-08 (2nd)	8-06			
	Lisa Clancy	7-06	7-06 (6th)				
	Amber Sammons	7-06	8-00 (4th)	8-06	8-06 (8th)		

CVHS Post Season Competition 1996

Men

400R	CV	45.25	45.10 (8th)			
1600	Peter Baria	4:31.75	4:35.48 (7th)	4:26.79		
110H	Naeem Amiri	16.38				
	Nick Holmes	17.11				
	Paul Anderson	17.28				
400	Genna Abramenko	51.15				
800	Seth Mellon	2:01.74				
300IH	Tony Moore	40.97	40.80 (2nd)	40.5	40.00 (3rd)	41.90
3200	Peter Baria		10:14.8 (9th)			
1600R	CV	3:35.78				
LJ	Naeem Amiri	21-08.5	21-03 (2nd)	20-08.5	21-02.5 (4th)	21-03
TJ	Naeem Amiri	42-04	44-04.5 (2nd)	43-06.5	45-01.25 (3rd)	44-04
HJ	Naeem Amiri	5-08				
	Kevin Kramer	5-08	5-10 (7th)	5-10		
PV	Tony Moore		13-06 (1st)	12-0	13-09 (1st)	13-06