

Results

4/19 Granada Games

4/22 B'OP vs CV

4/23 Castro Valley Inv

4/24 Arroyo vs CV

5/1 Tennyson vs CV

5/2 Bob Warren Rel

5/8 San Lorenzo

5/13 HAAL Tr

5/15 HAAL Fn

NCS/MOC

3/6 Calif 2 Oakland vs CV

3/8 Mariner Inv

3/13 MST vs CV

3/20 San Leandro vs CV

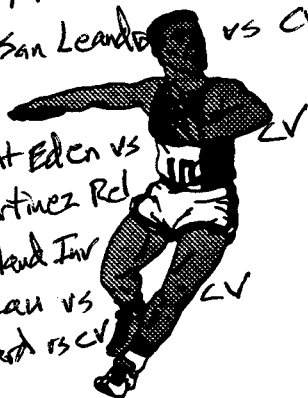
3/26 Mt Eden vs

3/28 Martinez Rel

4/5 Oakland Inv

4/10 Moreau vs

4/17 Hayward vs CV



Castro Valley vs. Cal High and Oakland High
location: Castro Valley
scores: unscored scrimmage

3/6/97
cool; light breeze

400mR

gv: 1. CV A (A. Wong, Byrne, Duperroir, Tingle) 54.8, 2. Cal 55.6, 3. CV FSB (Randall, Allen, Carlson, T. Chung), 4. CV FSA (Mertz, Eng, Boshard, Tobia) 62.0, 5. CV FSC (Shin, Mata, Bischel, Gallagher) 62.3
bfs: 1. CV A 48.1, 2. Cal 54.9
bv: 1. Oakland 46.8, 2. CV A 49.7

1600m

gv: 1. Weisman 6:01.2, 2. Schmidt 6:06.4, 3. Soroken (C) 6:08.9, 4. Ko 6:16.4, 5. Pettersen 6:25.1, 6. Atwood 6:26, 7. Groome 6:26.1, 8. Smith (C) 6:39.3, 9. Robles 6:43.2, 10. Fredericks (C) 7:08., 11. Hisano 7:30.3
bfs: 1. Vilchis (O) 5:16.2, 2. Kp. Yamamoto 5:17.1, 3. Singer (C) 5:29.2, 4. E. Cheung 5:38.5, 5. Arndt 5:45.5, 6. D. Cheung 6:03.3, 7. Hendrickson 6:11.0, 8. Leach 6:19.1, 9. Aghdaee 6:23.6
bv: 1. Baria 4:43, 2. Clewis (O) 4:45.3, 3. Cathey 4:46.0, 4. Kt. Yamamoto 5:01.5, 5. Huen 5:06.1, 6. Kalsbeek 5:10.2, 7. Diestal (C) 5:11.5, 8. Randall 5:12.0, 9. Younse (C) 5:16.7

110HH/100LH

gv: 1. A. Wong 18.2, 2. M. Wong 19.5, 3. Mertz 20.2, 4. Komadina 20.6, 5. Schnaitter (C) 22.6, 6. Lee 24.3
bfs: 1. Cowin 21.2, 2. C. Blevins 21.5, 3. T. Blevins 22.5, 4. DeGrazia 27.1
bv: 1. Fung 16.8, 2. Johnson (C) 17.3, 3. Adame (C) 18.9, 4. Bromley 19.3

400m

gv: 1. Ewing 62.7, 2. Tingle 64.9, 3. Francisco (C) 66.7, 4. Marques 68.0, 5. Forsman 69.2, 6. J. Chung 69.9, 7. Stratton (C) 72.6, 8. Atwood 75.8
1. Eng 69.3, 2. Ponce 71.5, 3. Eiland (C) 73.0, 4. Attie (C) 79.5, 5. Gelender 89.8
bfs: 1. Sincerny 58.2, 2. D. Mellon 58.8, 3. Sate (C) 60.5, 4. Oliveira 60.9, 5. Singer (C) 62.0, 6. Vranish (C) 62.4, 7. Gidlund 63.1
bv: 1. Bates (O) 54.9, 2. Jewel (O) 56.4, 3. Eng 56.6, 4. Cogdill (C) 57.2, 5. Mondino 57.9, 6. Calhoun (O) 58.6
1. Paik 59.8, 2. Uychoco 65.0, 3. Datt 66.1

100m

gv: 1. Hodge (C) 13.35, 2. Laughlin (C) 13.75, 3. Bryne 14.0, 4. Duperroir 14.3, 5. Cochran 14.6, 6. Conroy (C) 15.5, 7. Schnaitter (C) 17.4
1. T. Chung 14.1, 2. Tobia 14.1, 3. Jones (C) 14.6, 4. Mertz 14.7, 5. Randall 14.8, 6. Boshard 15.1, 7. Adekunle (C) 15.2
1. Mata 14.7, 2. Powell 15.1, 3. Gallagher 15.4, 4. Shin 16.1, 5. Verarde 16.2
bfs: 1. Williams 12.1, 2. Shackelford 12.2, 3. Omelagah 12.4, 4. Daniels 12.5, 5. Cowin 13.3, 6. Sesno (C) 13.4, 7. Villarente (C) 13.9
1. Avolicino (C) 13.3, 2. Hernandez 13.6, 3. Ribeira 13.9, 4. C. Blevins 14.2, 5. Poblete 14.3, 6. T. Blevins 14.6, 7. Sullivan 15.5
bv: 1. Downe (C) 11.4, 2. Sparks (O) 11.5, 3. Brown (C) 11.7, 4. Bailey 11.9, 5. Andrews (O) 12.2, 6. Henig 12.5, 7. Chan 12.8
1. Fung 12.0, 2. Soblin 12.2, 3. Tong 12.5, 4. Simons 12.9, 5. Fosdahl 13.4

800m

gv: 1. Ewing 2:36.8, 2. Schmidt 2:40.2, 3. Marques 2:44.7, 4. Pettersen 2:46.8, 5. Groome 2:56.0, 6. Robles 2:59.9, 7. Eiland (C) 3:03.6
bfs: 1. Jawedy (O) 2:20.4, 2. D. Mellon 2:22.2, 3. Gidlund 2:28.1, 4. Elliot 2:42.2, 5. Leach 2:43.9, 6. Hendrickson 2:45.7
bv: 1. S. Mellon 2:03.5, 2. Baria 2:06.9, 3. Clewis (O) 2:07.1, 4. Boruta 2:15.0, 5. Kt. Yamamoto 2:15.4, 6. Diestal (C) 2:20.9, 7. Randall 2:22.4, 8. Huen 2:23.3, 9. Moiseff (C) 2:24.2

300IH/300LH

- gv: 1. Mertz 57.9, 2. M. Wong 59.4, 3. Schnaitter (C) 62.2, 4. Allen 64.1
bfs: 1. Cowen 53.9, 2. Oliveira 56.5, 3. no third
bv: 1. Johnson (C) 46.5, 2. Paik 47.0, 3. Adame (C) 47.3, 4. Mondino 47.4
1. Moiseff (C) 50.6, 2. Granlund (C) 51.1, 3. Diestal (C) 56.2

200m

- gv: 1. Ewing 28.4, 2. Francisco (C) 29.03, 3. Byrne 29.6, 4. Duperroir 29.8, 5. Sammons 30.4, 6. Marques 31.2
1. Powell 31.3, 2. Mata 31.9, 3. Gallagher 33.3, 4. Shin 34.3, 5. Verarde 34.3, 6. Gelender 37.0
1. Tobia 29.4, 2. Jones (C) 30.0, 3. T. Chung 30.1, 4. Stratton (C) 31.7, 5. Conroy (C) 32.4, 6. Sarikka (C) 35.0
1. Ponce 31.1, 2. Randall 32.0, 3. Boshard 34.2, 4. Bichsel 34.5, 5. Carlson 37.2
bfs: 1. Sincerney 25.3, 2. Andrews (O) 25.4, 3. Williams 25.6, 4. Omelagah 26.0, 5. Sale (C) 27.0, 6. Avolicin (C) 29.2, 7. Villaretni (C) 30.5
bv: 1. Sparks (O) 24.0, 2. Bates (O) 24.1, 3. Eng 25.5, 4. Chan 26.0, 5. Soblin 26.1

3200

- gv: 1. Weisman 13:17.9, 2. Ko 13:52.8, 3. Fredricks (C) 15:49.3, 4. Hisano 16:59.4
bfs: 1. Kp. Yamamoto 11:17.4, 2. Fraga (C) 12:09.1, 3. E. Cheung 12:49.6, 4. Kuta 13:35.7
bv: 1. Cathey 10:57.2, 2. Kalsbeek 11:16.4, 3. Miller (C) 11:31.1, 4. Younse (C) 11:46.1, 5. Boruta 11:58.5

1600mR

- gv: 1. CV A (Byrne, Pettersen, J. Chung, Tingle) 4:37.3, 2. CV B (Schmidt, Marques, Duperroir, Forsman) 4:46.8, 3. Cal 4:56.4, 4. CV C (Tobia, Eng, Boshard, Shin) 5:16.6, 5. CV D (T. Chung, Bischel, Gallagher, M. Wong) 5:22.9, 6. CV E (Sammons, Arterburn, Mata, Verarde) 5:33.3, 7. CV F (Ponce, Randall, Allen, Carlson) 5:40.7
bfs: 1. CV (Poblete) 4:43.8
bv: 1. CV A (Mondino, Eng, Soblin, S. Mellon) 3:57.1, 2. Cal 4:02.8, 3. CV B (Kt. Yamamoto, Huen, Randall, Baria) 4:09.9, 4. CV C (Boruta) 4:16.3, 5. CV D (Simons) 4:25.7

HJ:

- gv: 1. Kohl 5-0, 2. Soroken (C) 4-6, 3. Atwood 4-2, 4. Eng 4-2, 5. Long 4-0, 6. M. Komadina 4-0, 7. Arterburn 3-10, 8. Powell 3-10, 9. Bischel 3-8, 9. Carlson 3-8, 11. Geylender nh
bfs: 1. Dunbar 4-10, 2. Rutherglen 4-6, 3. no third; Blevins nh
bv: 1. Downer (C) 5-10, 2. Callier 5-8, 3. DeGrazia 5-0

LJ

- gv: 1. Sammons 14-6, 2. A. Wong 12-8.5, 3. Robles 12-3, 4. Matthews 12-0, 5. Lee 11-10.5, 6. Hoover 10-5
bfs: 1. Daniels 17-0, 2. Vranich (C) 15-10, 3. Villanente (C) 13-8, 4. Sesno (C) 12-9.5, 5. Caires 12-9
bv: 1. Downer (C) 21-0.5, 2. Bailey 20-0, 3. Fung 18-9.5, 4. Cogdill (C) 17-10, 5. Willits 16-9, 6. Henig 16-7, 7. DeGrazia 15-8.5

TJ

- gv: 1. A. Wong 28-6.5, 2. M. Komadina 27-11.5, 3. Lee 25-3, 4. Hoover 23-4, 5. Matthews 21-4
bfs: 1. Cowin 33-0, 2. Vranich (C) 31-4, 3. T. Blevins 28-7
bv: 1. Fung 40-6, 2. Cogdill (C) 35-7, 3. Willits 35-4, 4. Bromley 35-3, 5. Mondino 34-3, 6. Henig 34-2, 7. Adame (C) 32-10, 8. DeGrazia 32-5

SP

- gv: 1. Klews 31-3, 2. Rizzo 27-9.5, 3. Valdes (C) 26-9, 4. Hanson 24-9, 5. Howard 24-7.5, 6. Gabel 22-2, 7. Jower 21-10.5, 8. R. Weisman 21-6.5, 9. Busch 20-1
bfs: 1. Picetti 37-5.5, 2. DeMiguel 34-11, 3. Bathke 25-6.5, 4. Barloon 23-6.5
bv: 1. Jower 45-5, 2. Jensen (C) 39-2, 3. Nobori 39-0.5, 4. Carter 37-4.5, 5. Calahan 36-10.5, 6. Collett 36-9, 7. Silmi 35-6.5, 8. Britt (O) 35-5, 9. Jones 32-0, 10. Greenfield 29-8.5, 11. Hines(C) 27-0

D

gv: 1. Klews 100-1, 2. Rizzo 76-10, 3. Jower 69-7, 4. Howard 67-10, 5. Valdres (C) 67-1, 6. Gabel 56-3, 7. Hansen 53-7, 8. Busch 49-0, 9. R. Weisman 37-6

bfs: 1. Picetti 101-4, 2. DeMiguel 80-2, 3. Barloon 60-11, 4. Bathke 52-7, 5. T. Blevins 43-1

bv: 1. Jensen (C) 119-0, 2. Jower 118-10, 3. Britt (O) 105-5, 4. Jones 101-0, 5. Nobori 97-7, 6. Franson 96-0.5, 7. Calahan 94-4, 8. Silmi 92-10.5, 9. Collett 90-5, 10. Greenfield 77-8, 11. Carter 70-10

PV

gv: 1. Sammons 7-6; Ponce, Hanson, Arterburn, Wong nh

bfs: 1. Rutherglen 8-0, 2. Caires 7-6, 3. Kuta 7-0, 4. Sale (C) 6-6

bv: 1. Simons 7-6, 2. Tong 7-6, 3. Granlund (C) 7-6, 4. Paik 7-0

CASTRO VALLEY VS. CALIFORNIA

BOYS VARSITY

100	Will Downer	(Cal)	11.4	1997
200	Will Downer	(Cal)	24.5	1996
400	Genna Abramenko	(CV)	53.6	1996
800	Seth Mellon	(CV)	2:03.5	1997
1600	Peter Baria	(CV)	4:43	1997
3200	Tom Cathey	(CV)	10:57.2	1997
110 HH	Phil Fung	(CV)	16.8	1997
300 IH	Tony Moore	(CV)	45.0	1996
HJ	Will Downer	(Cal)	5-10	1997
LJ	Will Downer	(Cal)	21-0 1/2	1997
TJ	Phil Fung	(CV)	40-6	1997
SP	Kris Jower	(CV)	45-5	1997
Discus	Jensen	(Cal)	119-0	1997
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	Hodge	(Cal)	13.4	1997
200	Jennie Ewing	(CV)	28.4	1997
400	Jennie Ewing	(CV)	62.7	1997
800	Jennie Ewing	(CV)	2:30.0	1996
1600	Jennie Ewing	(CV)	5:27.2	1996
3200	Sutkowi	(Cal)	12:56.8	1996
100 HH	April Wong	(CV)	18.2	1997
300 LH	Kelly Calaway	(Cal)	51.0	1996
HJ	Amy Kohl	(CV)	5-0	1997
LJ	Amber Sammons	(CV)	14-6	1997
TJ	Amy Kohl	(CV)	31-9 1/2	1996
SP	Elizabeth Ross	(Cal)	32-7	1996
Discus	Barbara Klews	(CV)	100-1	1997
PV	Amber Sammons	(CV)	7-6	1997
400 R	CV (A. Wong, Byrne, Duperroir, Tingle)		54.8	1997
1600 R	CV (Pettersen, Marques, Ja. Groome, Forsman)		4:34.2	1996

CASTRO VALLEY VS. CALIFORNIA

BOYS FROSH/SOPH

100	Prado	(Cal)	12.0	1996
200	Luke Sincerny	(CV)	25.3	1997
400	Luke Sincerny	(CV)	58.2	1997
800	Dru Mellon	(CV)	2:22.2	1997
1600	Kenpei Yamamoto	(CV)	5:17.1	1997
3200	Kenpei Yamamoto	(CV)	11:17.4	1997
110 HH	PJ Aguayo	(CV)	19.3	1996
300 IH	Mike Paik	(CV)	49.3	1996
HJ	PJ Aguayo	(CV)	5-6	1996
LJ	Jack Daniels	(CV)	17-0	1997
TJ	Rodney Cowin	(CV)	33-0	1997
SP	Robert Picetti	(CV)	37-5 1/2	1997
Discus	Robert Picetti	(CV)	101-4	1997
PV	Cory Rutherglen	(CV)	8-0	1997
400 R	CV		48.1	1997
1600 R	CV (Gidlund, Oliviera, Mellon, Sincerny)		4:12.3	1997

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
100 HH	Maya Komadina	(CV)	19.3	1996
300 LH	Maya Komadina	(CV)	58.8	1996
HJ	Angela Atwood	(CV)	4-6	1996
LJ	April Wong	(CV)	11-8	1996
TJ	April Wong	(CV)	29-0 1/2	1996
SP	Meredith Weston	(CV)	24-0	1996
Discus	Kamaria Howard	(CV)	64-1	1996
PV	Amber Sammons	(CV)	6-6	1996
400 R	CV (Tobia, Hollfelder, Tingle, Carbanaro)		56.9	1996
1600 R	CV (Schmidt, Tobia, Carbonaro, Tingle)		4:45.9	1996

Mariner Invitational
Chabot College

3/8/97

fs 3000m

Kenpei Yamamoto	71	78	83	84	86	89	88	39	10:18.0	9th place
Erik Hendrickson	82	90	100	102	103	107	106	48	12:18.4	23rd place

fs 100m

Matt Omelagah 12.46 5th H1

vg 100m

Kim Byrne 14.35 7th H1

vb Distance Medley

Tom Cathey	65	70	71		3:27.6	
Darryl Eng	57				0:57.0	
Seth Mellon	59	65			2:05	
Peter Baria	63	72	73	69	4:39	11:08.0 4th overall, 3rd place scoring

vg Distance Medley

Michelle Marques	-	-	-		4:10	
Jenni Forsman	69				1:09	
Gaylynn Pettersen	-	-			2:35	
Jennie Ewing	69	84	86	77	5:18	13:16.4 2nd place

fs Distance Medley

Kenpei Yamamoto	71	80	80		3:51	
Luke Sincerny	57				0:57	
Erik Hendrickson	75	84			2:39	
Hamid Aghbaee		2:53	93	105	6:11	13:44.8 17th place

VB Shuttle Hurdles

Jon Mondino Jordan Callier Ryan Jones Phil Fung 45.30 1st H1, 2nd place overall

VG Shuttle Hurdles

April Wong Michele Tobia Kim Byrne Maya Komadina 46.90 2nd H1, 5th place overall

fs Sprint Medley

Darnell Williams Luke Sincerny Jack Daniels Jarawn Shackelford 1:44.8 3rd H1, 9th place overall

vg Sprint Medley

Heather Duperroir Jennifer Chung Kim Byrne Ashli Tingle 1:58.4 6th H2 DQ

vb Sprint Medley

Brandon Tong Seth Mellon Darryl Eng Jon Mondino 1:40.7 7th H2, 8th place overall

vg 1500m

Jennie Ewing	75	82	85	57	4:59.7	3rd place
Stephanie Weisman	-	2:49	95	66	5:30.2	11th place

fs 400m Relay

Jack Daniels Luke Sincerny Darnell Williams Matt Omelagah 47.71 1st H1, 3rd place overall

vg 400m Relay
 April Wong Kim Byrne Heather Duperroir Ashli Tingle 55.16 2nd H1, 5th place overall

vb 400m Relay
 Brandon Tong Phil Fung Darryl Eng Jon Mondino 47.99 5th H1, 11th place overall

fs 3200m Relay
 Kenpei Yamamoto 70 78 2:28
 Erik Hendrickson 77 84 2:41
 Lionel Poblete 68 90 2:37
 Luke Sincerny 68 80 2:28 10:15.4 12th place

vg 3200m Relay
 Tina Schmidt 73 77 2:31
 Jessica Groome 74 86 2:41
 Michelle Marques 73 85 2:38
 Theresa Robles 78 85 2:43 10:35.4 2nd place

vb 3200m Relay
 Seth Mellon 61 64 2:05
 Kentoku Yamamoto — — 2:11
 Andy Randall 62 72 2:14
 Peter Baria 61 67 2:08 8:43.3 4th place

vb 300IH
 Phil Fung 44.40 4th H2, 4th place overall

vg 3000m
 Stephanie Weisman 79 89 100 98 105 104 103 46 12:04.5 14th place
 Teresa Ko 79 92 108 112 115 116 115 54 13:11.2 19th place

vb 3000m
 Tom Cathey 72 77 79 78 78 77 76 32 9:29.8 5th place
 Josh Kalsbeek 74 82 82 84 85 87 88 37 10:18.9 10th place

vg 1600m Relay
 Ashli Tingle 63.9
 Jennifer Chung 69.1
 Kim Ponce 70.4
 Jenni Forsman 70.4 4:35.2 5th H2, 9th place overall

fs Pole vault
 Cory Rutherglen 8-0 5th place

vg Pole Vault
 Amber Sammons 7-6 3rd place Kim Ponce nh

vb Pole Vault
 Ricky Simons nh Brandon Tong nh

fs High Jump
 David Dunbar 5-2 9th place

vb High Jump Reggie Bailey	5-6 4th place	Jordan Callier	5-6 7th place
vg High Jump Amy Kohl	5-2 1st place	Loryn Bailey	4-8 3rd place
vb Triple Jump Phil Fung	39-5 5th place		
vg Triple Jump April Wong	30-6 3/4 3rd place	Maya Komadina	29-4 7th place
vb Long Jump Reggie Bailey	20-6 2nd place		
vg Long Jump April Wong	13-7 6th place	Amber Sammons	13-4 1/4 7th place
vb Shot Put Kris Jower	44-6 4th place	Tak Nobori	39-11 10th place
vg Shot Put Barbara Klews	30-11 1/2 7th place	Tiffany Rizzo	28-0 13th place
vb Discus Kris Jower	123-2 6th place	RyanJones	106-0 16th place
vg Discus Barbara Klews	97-0 5th place	Tiffany Rizzo	nm

Team scores

vg

1. Campolindo 68
2. Castro Valley 64
3. Carondelet 61.5
4. Skyline 44
- 5t. Alhambra 37.5
- 5t. Amador Valley 37.5

vb

1. St. Marys 74
2. DelaSalle 51
3. Livermore 47
4. Castro Valley 46
5. Skyline 44

fs

1. Bellarmine Prep 69
2. Moreau Catholic 48
- 3t. Bishop O'Dowd 39
- 3t. DelaSalle 39
5. St. Marys 35
17. Castro Valley 8.5

Castro Valley vs. Mission San Jose

CVHS

scores: unscored scrimmage

date: 3/13/97

cool, light breeze

400mR

gfs: 1. cv a 55.45, 2. cv b 57.84, 3. cv hur 62.63

gv: 1. msj a 53.85, 2. cv a 55.18, 3. msj b 56.31

bfs: 1. cv 48.1, 2. msj 49.1, 3. cv b 52.6

bv: 1. msj 46.44, 2. cv a 47.53

1600 m

gf: 1. Groome 6:14.9, 2. Stower 6:36.1, 3. Hisano 7:25.2

gv: 1. Necoechea (M) 5:43.1, 2. Solomon (M) 5:56.3, 3. Bailey (M) 5:59, 4. Marques 6:00.2, 5. Weisman 6:01.7, 6. Anderson (M) 6:11.4, 7. Ko 6:13.8, 8. Winter (M) 6:20.8

bfs 1. Baird (M) 5:04.8, 2. Golden (M) 5:10.1, 3. Kp Yamamoto 5:15.0, 4. Jeffs (M) 5:25.5, 5. Gidland 5:25.7, 6. Hawkins (M) 5:32.9, 7. Cheung 5:38.5, 8. Lam (M) 5:39.3, 9. Gharrati (M) 5:39.9, 10. Arndt 5:40.7, 11. Mittal (M) 5:57.5, 12. Chu (M) 6:03.8, 13. Gerasimov 6:10.4, 14. Aghdaee 6:25.6

bv: 1. Rodriguez (M) 4:36.5, 2. Ostler (M) 4:38.7, 3. Baria 4:40.3, 4. Kt Yamamoto 4:56.5, 5. Champman (M) 4:57.7, 6. Cathey 5:00.1, 7. Huen 5:07.5, 8. Hollowell (M) 5:07.7, 9. Lum (M) 5:08.3, 10. Kalsbeek 5:11.8, 11. Randall 5:13.2, 12. Ashenafi (M) 5:17.2

110HH/100LH

gfs:

gv: 1. McGraw (M) 15.6, 2. O'Conner (M) 17.7, 3. Luk (M) 18.3, 4. M. Wong 19.8, 5. A. Wong 20.1, 6. Mertz 20.3

1. Fong (M) 17.9, 2. Tschernenko (M) 19.4, 3. Bagley (M) 19.9, 4. Komadina 21.3, 5. Lee 22.5, 6. Oates 22.8

1. Hoang (M) 20.4, 2. Posner (M) 20.8, 3. Long 21.7, 4. Kimmel (M) 21.8, 5. Cheung (M) 22.1, 6. Bullard (M) 23.0

1. Collins (M) 21.6, 2. Cabral (M) 22.1

bfs: 1. Chan (M) 19.5, 2. Uberoi (M) 20.1, 3. Johnson 20.8, 4. C. Blevins 20.9, 5. Hom (M) 21.2, 6. Oliviera 23.6

bv: 1. Tedrow (M) 17.1, 2. Fung 17.3, 3. Stepan (M) 17.8, 4. Bromley 18.0, 5. Allen (M) 19.3

400m

gfs: 1. T. Chung 67.5, 2. Paladini 77.9, 3. Neelmegh (M) 80.8, 4. Nimishakavi (M) 83.9, 5. Chang (M) 87.5

1. Robles 72.8, 2. Boshard 74.7, 3. Gallagher 76.2, 4. Bichsel 76.5, 5. Verarde 81.7

gv: 1. Tingle 63.6, 2. Pettersen 66.0, 3. Schmidt 68.4, 4. Grancharov (M) 71.2, 5. Sollitt (M) 75.8, 6. Christensen (M) 76.0

bfs: 1. Sincerny 57.7, 2. Kitson (M) 58.9, 3. Reyes (M) 60.6, 4. Olivera 62.5, 5. Wiebe (M) 63.0, 6. Sullivan 65.5

bv: 1. Dewey (M) 55.9, 2. Fisher-Kirshner (M) 56.8, 3. Paik 58.4, 4. Dasgupta (M) 58.8, 5. Mondino 59.1, 6. Chan 59.6

1. Giovanola (M) 56.6, 2. Willits 62.5, 3. Koperski 66.6

100m

gfs:

gv: 1. Smith (M) 13.4, 2. Ramos (M) 13.8, 3. Tobia 14.3, 4. Bailey 14.4 (gfs) , 5. Duperrior 14.5, 6. Byrne 15.2, 7. Tschernenki (M) 15.3

1. Simpson (M) 14.4, 2. Eng 14.6, 3. Kirkland (M) 14.9, 4. Mata 14.9, 5. Sieminski (M) 14.9, 6. N. Komadina 16.6 (gfs), 7. Long 16.9, 8. Glenn 17.8

1. Shragee (M) 15.9, 2. Doshi (M) 16.0, 3. Monticelli (M) 16.2, 4. Bubna (M) 16.5, 5. Smoak (M) 19.1

bfs: 1. Williams 11.9, 2. Rivera (M) 12.1, 3. Daniels 12.4, 4. Middlesworth (M) 12.5, 5. Ng (M) 12.7, 6. Hernandez 12.8, 7. Ribiera 13.2

1. Lam (M) 13.1, 2. Rice 13.3, 3. Perrill (M) 13.5, 4. C. Blevins 13.7, 5. Poblete 13.8, 6. T. Blevins 13.9, 7. Sullivan 14.9

bv: 1. Nunez (M) 11.8, 2. Tedron (M) 11.9, 3. Liou (M) 12.0, 4. Soblin 12.1, 5. Tong 12.4, 6. Datt 12.6, 7. Limtiaco (M) 13.1
1. Chan (M) 12.2, 2. Allen (M) 12.6, 3. Simons 13.1, 4. Preenja (M) 13.2, 5. Fosdahl 13.3, 6. Wang (M) 13.8

800m

gfs: 1. Robles 2:56.1, 2. Gundred 3:12.8, 3. Newton 3:21.1, 4. Gelender 3:23.9, 5. Carlson 3:24.3
gv: 1. Nececohea (M) 2:33.7, 2. Schmidt 2:38.7, 3. Pettersen 2:44.3, 4. Weisman 2:46.9
bfs: 1. Mellon 2:21.8, 2. Cheung 2:26.3, 3. Gidland 2:28.0, 4. Arndt 2:31.7, 5. Lam (M) 2:35.6, 6. Vib (M) 2:36.2, 7. Elliot 2:43.2, 8. Chu (M) 2:58.3
bv: 1. Stevens (M) 2:00.2, 2. Baria 2:07.8, 3. Eng 2:12.9, 4. Kt. Yamamoto 2:15.7, 5. Randall 2:18.4, 6. Eric (M) 2:18.8, 7. Thomas (M) 2:24.9, 8. Uychoco 2:31.7

300IH/300LH

gfs: 1. Gallagher 62.4, 2. Verarde 64.0, 3. Bichsel 64.7 (GFS ran in heat 3 of GV)
gv: 1. Lek (M) 50.4, 2. O'Conner (M) 51, 3. Fong (M) 51.8, 4. Mertz 56.4, 5. M. Wong 59.7, 6. Lee 71.8
1. Bagley (M) 52.9, 2. Kimmel (M) 55.7, 3. Tschernenko (M) 57.4, 4. Cheung (M) 59.3, 5. Cabral (M) 59.8
1. Posner (M) 60.5, 2. Hoang (M) 62.2, 3. Bullard (M) 62.9
bfs: 1. Oliveira 52.5, 2. Yupangui (M) 64.0, 3. no third
bv: 1. Stepan (M) 43.2, 2. Tedron (M) 44.3, 3. Mondino 46.8, 4. Paik 50.1, 5. Uberoi (M) 50.2
1. Chan (M) 48.9, 2. Allen (M) 50.4, 3. Hom (M) 51.5

200m

gfs:
gv: 1. McGraw (M) 26.7, 2. Smith (M) 26.9, 3. Raumos (M) 29.0, 4. Pettersen 29.2, 5. Bailey 29.9, 6. Kimmel (M) 30.3, 7. Schmidt 30.6
bfs: 1. Rivera (M) 25.2, 2. Ng (M) 25.3, 3. Middlesworth (M) 25.5, 4. Sincerny 25.6, 5. Williams 26.2, 6. Daniels 26.5, 7. Reyes (M) 27.2
bv: 1. Nuntz (M) 24.0, 2. Liou (M) 24.3, 3. Eng 24.9, 4. Soblin 25.2, 5. Limtiaco (M) 26.2, 6. Datt 28.2

3200

gfs: 1. Groome 14:57.0, 2. Stower 14:57.1, 3. Hisano 15:41.0
gv: 1. Hotchkiss (M) 13:01.3, 2. Ko 13:26.5, 3. Marques 13:33.0
bfs: 1. Kp Yamamoto 11:11.0, 2. Kuta 13:14.3, 3. Gerasimov 14:16.6
bv: 1. Rodriguez (M) 10:27.7, 2. Cathey 11:00.1, 3. Baird (M) 11:03.2, 4. Kalsbeek 11:15.1, 5. Coffeen 12:04.3, 6. Boruta 12:14.5

1600mR

gfs: 1. CV (Tobia, Boshard, Mertz, T. Chung) 5:01.6
gv: 1. CV (Duperroir, Tingle, Schmidt, Pettersen) 4:28.7, 2. MSJ 4:31.2
bfs: 1. CV (Gidlund, Oliviera, Mellon, Sincerny) 4:12.3
bv: 1. MSJ 3:41.3, 2. CV (Soblin, Uychoco, Eng, Baria) 3:59.7, 3. CV B (Tom), 4. CV C (Simons) 4:22.1

HJ:

gfs: 1. Bailey 4-4, 2. Eng 4-2, 3. Bichsel 4-2
gv: 1. Kohl 4-4, 2. Stevens (M) 4-2, 3. Long 4-0, 4. M. Komadina 4-0, 5. Vu (M) 4-0, 6. Bryne 3-10
bfs: 1. Dunbar 5-4, 2. Johnson 5-4, 3. Toshkau (M) 4-10, 4. Wiebe (M) 4-8
bv: 1. Callier 5-8, 2. Nuney (M) 5-4, 3. DeGrazia 5-2, 4. Johnson (M) 5-2, 5. Patel (M) 5-0

LJ

gfs: 1. Jones 13-5, 2. Robles 11-10, 3. N. Komadina 10-11
gv: 1. Smoak (M) 14-2, 2. Simpson (M) 13-11, 3. Fong (M) 13-11, 4. Shosman (M) 13-2.5, 5. A. Wong 12-11, 6. Bruer (M) 12-10, 7. Chen (M) 11-11, 8. Oates 11-8.5, 9. Matthews 11-3.5, 10. Lee 11-3, 11. Bauer (M) 11-3, 12. Chechi (M) 10-7, 13. Hoover 10-7, 14. Vu (M) 10-1, 15. Wong (M) 9-8.5, 16. Perry (M) 9-7.5, 17.

Raby (M) 6-8.5

bfs: 1. Cheng (M) 14-0, 2. Caires 12-5.5, 3. Huang (M) 9-6

bv: 1. Fung 19-3, 2. Ng (M) 18-2, 3. Willits 16-9, 4. Smoak (M) 16-8.5, 5. Johnson (M) 16-5, 6. Hilo (M) 15-11.5, 7. Bromley 15-9, 8. Modino 15-7.5, 9. DeGrazia 15-1, 10. Patel (M) 14-6

TJ

gfs: 1. Jones 31-0, 2. no second, 3. no third

gv: 1. Komadina 30-10, 2. Simpson (M) 30-5, 3. Bauer (M) 28-9.5, 4. A. Wong 28-8, 5. Sohsman (M) 27-3, 6. Oates 26-1, 7. Lee 25-0

bfs: 1. Cheng (M) 31-0.5, 2. T. Blevins 30-11, 3. no third

bv: 1. Fung 39-1, 2. Bromley 37-7, 3. Johnson (M) 35-0, 4. Willits 34-11, 5. DeGrazia 32-6, 6. Greenfield 30-1.5

SP

gfs: 1. Gabel 22-9, 2. Jower 21-10, 3. Weisman 21-6.5, 4. Busch 18-5

gv: 1. Klews 32-2, 2. Rizzo 28-8.5, 3. Hanson 28-6, 4. Howard 24-1, 5. Koehler (M) 22-5

bfs: 1. DeMiguel 37-0.5, 2. Barnes 33-9, 3. York (M) 30-11.5, 4. Subramamon (M) 29-11.5, 5. Shepard 29-1, 6. Maniz 26-6, 7. Bathke 25-7, 8. Benner (M) 25-2, 9. Barloon 24-10

bv: 1. Nobori 39-8, 2. Odom (M) 37-2, 3. Calahan 36-4, 4. Collett 35-11, 5. Silmi 35-2, 6. Benner (M) 33-3, 7. Jones 32-0, 8. Bylund (M) 32-0, 9. Hichlin (M) 28-0, 10. Do (M) 23-8

D

gfs: 1. Jower 73-4, 2. Busch 47-8, 3. Gabel 38-3

gv: 1. Klews 91-11, 2. Rizzo 73-5, 3. Koehler (M) 68-5, 4. Howard 63-8, 5. Hanson 58-5

bfs: 1. York (M) 84-0, 2. Dizon (M) 81-3, 3. Barnes 73-3, 4. Benner (M) 71-2, 5. Bathke 67-4, 6. Subramanian (M) 66-2, 7. Maniz 60-1, 8. Barloon 60-0.5

bv: 1. Jones 113-10, 2. Benner (M) 106-1, 3. Silmi 103-11, 4. Calahan 103-10, 5. Nobori 98-3, 6. Franson 94-0, 7. Do (M) 91-11, 8. Odom (M) 90-1, 9. Bylund (M) 87-1, 10. Smithson 87-0, 11. Greenfield 86-1, 12. Collett 85-4, 13. Hicklin (M) 70-7.5

PV

gfs: uncontested

gv: 1. Lacey 7-0, 2. Glenn 6-0, 3. Hanson 5-0; M. Wong nh

bfs: 1. Caires 7-0, 2. Kuta 7-0, 3. Elliot 6-6; Poblete, Cheung nh

bv: 1. Simons 8-0, 2. Rutherglen 8-0, 3. Paik 7-6, 4. Tong 7-0

CASTRO VALLEY VS. MISSION SAN JOSE

BOYS VARSITY

100	Nunez	(MSJ)	11.8	1997
200	Nunez	(MSJ)	24.0	1997
400	Dewey	(MSJ)	55.9	1997
800	Jon Stevens	(MSJ)	2:00.2	1997
1600	Dave Rodriguez	(MSJ)	4:36.5	1997
3200	Dave Rodriguez	(MSJ)	10:27.7	1997
110 HH	Tedrow	(MSJ)	17.1	1997
300 IH	Stepan	(MSJ)	43.2	1997
HJ	Jordan Callier	(CV)	5-8	1997
LJ	Phil Fung	(CV)	19-3	1997
TJ	Phil Fung	(CV)	39-1	1997
SP	Tak Nobori	(CV)	39-8	1997
Discus	Ryan Jones	(CV)	113-10	1997
PV	Ricky Simons	(CV)	8-0	1997
400 R	MSJ		46.5	1997
1600 R	MSJ		3:41.3	1997

GIRLS VARSITY

100	Stephanie Smith	(MSJ)	13.4	1997
200	Carrie McGraw	(MSJ)	26.7	1997
400	Ashli Tingle	(CV)	63.6	1997
800	Amanda Necoechea	(MSJ)	2:33.7	1997
1600	Amanda Necoechea	(MSJ)	5:43.1	1997
3200	Katie Hotchkiss	(MSJ)	13:01.3	1997
100 HH	Carrie McGraw	(MSJ)	15.6	1997
300 LH	Lek	(MSJ)	50.4	1997
HJ	Amy Kohl	(CV)	4-4	1997
LJ	Smoak	(MSJ)	14-2	1997
TJ	Maya Komadina	(CV)	30-10	1997
SP	Barbara Klews	(CV)	32-2	1997
Discus	Barbara Klews	(CV)	91-11	1997
PV	Becky Lacey	(CV)	7-0	1997
400 R	MSJ		53.9	1997
1600 R	CV (Duperroir, Tingle, Schmidt, Pettersen)		4:28.7	1997

CASTRO VALLEY VS. MISSION SAN JOSE

BOYS FROSH/SOPH

100	Darnell Williams	(CV)	11.9	1997
200	Rivera	(MSJ)	25.2	1997
400	Luke Sincerny	(CV)	57.7	1997
800	Dru Mellon	(CV)	2:21.8	1997
1600	Baird	(MSJ)	5:04.8	1997
3200	Kenpei Yamamoto	(CV)	11:11.0	1997
110 HH	Chan	(MSJ)	19.5	1997
300 IH	Derrick Oliviera	(CV)	52.5	1997
HJ	Dave Dunbar	(CV)	5-4	1997
LJ	Cheng	(MSJ)	14-2	1997
TJ	Cheng	(MSJ)	31-0 1/2	1997
SP	Marcus DeMiguel	(CV)	37-0 1/2	1997
Discus	York	(MSJ)	84-0	1997
PV	Mike Caires	(CV)	7-0	1997
400 R	CV		48.1	1997
1600 R	CV (Gidlund, Oliviera, Mellon, Sincerny)		4:12.3	1997

GIRLS FROSH/SOPH

100	Michele Tobia	(CV)	14.3	1997
200	uncontested			
400	Trisha Chung	(CV)	67.5	1997
800	Theresa Robles	(CV)	2:56.1	1997
1600	Jessica Groome	(CV)	6:14.9	1997
3200	Jessica Groome	(CV)	14:57.0	1997
100 HH	Megan Mertz	(CV)	20.3	1997
300 LH	Rachelle Gallagher	(CV)	62.4	1997
HJ	Loryn Bailey	(CV)	4-4	1997
LJ	Lynnsy Jones	(CV)	13-5	1997
TJ	Lynnsy Jones	(CV)	31-0	1997
SP	Erin Gabel	(CV)	22-9	1997
Discus	Tiffanie Jower	(CV)	73-4	1997
PV	uncontested			
400 R	CV (Tobia, Eng, Chung, Mertz)		55.6	1997
1600 R	CV (Tobia, Boshard, Mertz, T. Chung)		5:01.6	1997

Castro Valley vs. San Leandro
CVHS

3/20/97
cool, overcast

scores: bv: CV 105, SL 31 bfs: CV 79, SL 56 gv: CV 126, SL 10 gfs: CV 117, SL 5

400mR

gfs: 1. CV A (Sun, Bailey, Chung, Mertz) 55.1, 2. CV B (Randall, Eng, Powell, Boshard) 57.5
gv: 1. CV (Tobia, Byrne, Duperroir, Tingle) 54.3, 2. SL 56.3
bfs: 1. CV A (Daniels, Shackelford, Williams, Omelagah) 47.4, 2 SL 49.6, 3. CV B (Ribiera, Blevins, Blevins, Hernandez) 52.3, 4. CV Throwers 53.1
bv: 1. SL 46.3, 2 CV A (Eng, Fung, Edwards, Edwards) 47.0, 3. CV B (Chan, Soblin, Uychoco, Datt) 47.5

1600m

gfs: 1. Groome 6:18.8, 2. Stower 6:20.0, 3. Hisano 7:12.3, 4. Carlson 7:57.2
gv: 1. Ewing 5:45.6, 2. Weisman 5:53.8, 3. Schmidt 6:01.0, 4. Marques 6:02.5, 5. Mock (SL) 6:26.8, 6. Lim 6:26.8, 7. Owyong (SL) 6:42.4, 8. Jeong (SL) 7:04.6
bfs: 1. Kt Yamamoto 5:17.8, 2. Arndt 5:25.5, 3. Ardell-Smith (SL) 5:27.4, 4. Feng (SL) 5:28.8, 5. Gidlund 5:29.0, 6. E. Cheung 5:33.3, 7. Williams (SL) 5:45.4, 8. Atwood (SL) 5:50.2, 9. Hendrickson 5:55.3, 10. Leach 6:34.7
bv: 1. Baria 4:46.5, 2. Cathey 4:57.7, 3. Kt Yamamoto 5:02.3 4. Huen 5:04.4, 5. Cataldo (SL) 5:09.0, 6. Kalsbeek 5:09.3, 7. Griffin (SL) 5:16.8, 8. Randall 5:25.1, 9. Abramenko 5:48.0

110HH/100LH

gfs: 1. Mertz 20.4, 2. no second, 3. no third
gv: 1. A. Wong 19.0, 2. Komadina 20.0, 3. Oates 20.6, 4. Price (SL) 21.4
bfs: 1. Williams (SL) 20.5, 2. Cowin 20.5, 3. Oliviera 21.6, 4. C. Blevins 21.5, 5. T. Blevins 21.9
bv: 1. Fung 17.4, 2. Bromley 17.6, 3. Ghaderi 20.1

400m

gfs: 1. T. Chung 66.9, 2. Glenn 70.6, 3. Ponce 71.4, 4. Peterson (SL) 72.8, 5. Boshard 73.3, 6. Gallagher 73.9, 7. Butts (SL) 83.1
gv: 1. Duperroir 66.6, 2. J. Chung 69.5, 3. Robles 72.0, 4. Weisman 76.3
bfs: 1. Sincerny 58.0, 2. Jensen (SL) 59.6, 3. Oliviera 62.2, 4. Ruba (SL) 65.8
bv: 1. Stamps (SL) 53.6, 2. Mellon 53.8, 3. Phillips (SL) 55.0, 4. Eng 55.4, 5. Mondino 58.7, 6. Carter (SL) 59.0, 7. Chan 59.1

100m

gfs: 1. Bailey 14.0, 2. Sun 14.3, 3. Randall 14.9, 4. Mata 15.1, 5. Powell 15.4, 6. Malhotra 16.5
gv: 1. Tingle 13.3, 2. Washington (SL) 13.9, 3. Byrne 14.0, 4. Tobia 14.3, 5. A. Wong 15.4, 6. Parsons 15.4
bfs: 1. Williams 11.8, 2. Omelagah 12.2, 3. Daniels 12.4, 4. Underwood (SL) 12.5, 5. Harper (SL) 12.6, 6. Kralj 12.9, 7. Hernandez 13.1
1. Rice 13.3, 2. Ribeira 13.4, 3. C. Blevins 13.6, 4. T. Blevins 13.7, 5. Poblete 14.1, 6. Sullivan 14.5
bv: 1. Soblin 11.9, 2. Jo Edwards 12.0, 3. Crockett (SL) 12.4, 4. Jn Edwards 12.5, 5. Simons 13.1, 6. Datt 13.2, 7. Uychoco 13.3, 8. Fosdahl 13.5

800m

gfs: 1. Groome 2:47.4, 2. Glenn 2:58.5, 3. Stower 3:01.6, 4. Bichsel 3:07.6, 5. Carlson 3:25.3
gv: 1. Ewing 2:36.3, 2. Marques 2:42.2, 3. Mock (SL) 2:49.8, 4. Jeong (SL) 3:07.4
bfs: 1. Ardell (SL) 2:17.5, 2. Mellon 2:18.3, 3. Cheung 2:24.4, 4. Feng (SL) 2:25.7, 5. Arndt 2:27.2, 6. Gidlund 2:30.9, 7. Elliot 2:34.5, 8. Williams (SL) 2:36.7, 9. Leach 3:03.4
bv: 1. Baria 2:07.8, 2. Mellon 2:10.7, 3. Kt Yamamoto 2:15.6, 4. Kataldo (SL) 2:20.3, 5. Randall 2:21.5, 6. Robertson (SL) 2:31.1, 7. Griffin (SL) 2:34.5

300IH/300LH

gfs: 1. Mertz 58.6, 2. Gallagher 59.8, 3. Verarde 63.7
gv: 1. Long 56.0, 2. J. Chung 59.4, 3. Jeong (SL) 70.6
bfs: 1. Jensen (SL) 48.9, 2. Cowin 50.8, 3. Oliviera 51.8, 4. Williams (SL) 52.1, 5. Brzostowski (SL) 56.8
bv: 1. Fung 44.5, 2. Mondino 47.4, 3. Bromley 48.7, 4. Ghaderi 51.4

200m

gfs: 1. Lee (SL) 27.9, 2. T. Chung 29.3, 3. Eng 30.6, 4. Randall 30.7, 5. Mata 30.9, 6. Powell 31.9, 7. Malhotra 34.3
gv: 1. Tingle 27.6, 2. Byrne 28.8, 3. Tobia 29.5
1. Forsman nt, 2. Lacey 31.6, 3. Robles 31.9
bfs: 1. Williams 24.5, 2. Omelagah 25.1, 3. Sincerny 25.6, 4. Daniels 25.9, 5. Underwood (SL) 26.1, 6. Almendares (SL) 27.6, 7. Hernandez 27.9
bv: 1. W. Phillips (SL) 24.1, 2. M. Phillips (SL) 24.7, 3. Soblin 25.0, 4. Crockett (SL) 25.3, 5. Eng 25.5, 6. Aguayo 25.6

3200

gfs: 1. Hisano 15:25.4, 2. no second, 3. no third
gv: 1. Schmidt 14:46.3, 2. Owyang (SL) 14:49.3, 3. Forsman 14:50.6, 4. Jeong (SL) 15:09.7
bfs: 1. Kp Yamamoto 11:06.9, 2. Atwood (SL) 12:53.9, 3. no third
bv: 1. Cathey 10:40.2, 2. Dulaney 10:48.8, 3. Kalsbeek 11:06.4, 4. Coffeen 11:06.7

1600mR

gfs: 1. CV A (Eng, T. Chung, Mertz, Groome) 4:50.2, 2. CV B (Randall, Gallagher, Verarde, Bichsel) 5:32.0
gv: 1. CV A (Schmidt, Duperroir, Tingle, Byrne) 4:33.7, 2. SL 5:08.3, 3. CV B (Sammons) 4:45.6
bfs: 1. SL 4:10.1, 2. CV (Sincerny) 4:16.2, 3. CV (Daniels) 4:36.7, 4. CV (Yamamoto) 4:47.1, 5. SL 5:28.5, 6. SL 6:52.6
bv: 1. CV (Mellon, Mondino, Baria, Eng) 3:42.9, 2. SL 3:46.8, 3. CV (Randall, Chan, Cathey, Yamamoto) 4:06.5, 4. CV (Simons, Rutherglen, Aguayo, Tong) 4:09.6

HJ:

gfs: 1. Bailey 4-6, 2. Eng 4-4, 3. Bichsel 4-0; nh Rippy
gv: 1. Kohl 4-6, 2. Lacey 4-4, 3. Long 4-0, 4. M. Komadina 4-0
bfs: 1. Dunbar 5-0, 2. Williams (SL) 4-8, 3. Jenson (SL) 4-8; Brzostowski (SL) nh
bv: 1. Callier 5-6, 2. Aguayo 5-4, 3. DeGrazia 5-4, 4. Carter (SL) 4-10; Phillips (SL) nh

LJ

gfs: 1. Jones 14-10, 2. Bailey 14-1, 3. no third
gv: 1. Sammons 14-4, 2. A. Wong 13-5, 3. Long 12-9.5, 4. Robles 12-6.5, 5. Oates 12-6, 6. Komadina 12-5.5, 7. Jeong (SL) 12-4.5
bfs: 1. Frederick (SL) 17-5.5, 2. Dunbar 15-9, 3. Cowin 14-7.5, 4. Caires 13-0.5
bv: 1. Crockett (SL) 17-2, 2. Soblin 16-11, 3. Tong 16-2, 4. Willits 16-1.5, 5. Uychoco 15-10, 6. Koperski 15-6.5, 7. DeGrazia 14-11.5, 8. Simons 13-10, 9. Porera (SL) 12-6

TJ

gfs: 1. Jones 31-0.5, 2. no second, 3. no third
gv: 1. Wong A. 29-4, 2. Komadina 28-2, 3. Oates 26-7, 4. Johnson (SL) 25-4.5,
bfs: 1. Cowin 33-3.5, 2. Almendares (SL) 32-4, 3. T. Blevins 32-4, 4. Ha (SL) 31-2
bv: 1. Stamps (SL) 39-4, 2. Fung 39-3, 3. Bromley 37-5, 4. DeGrazia 33-11.5, 5. Carter (SL) 33-6.5

SP

gfs: 1. Jower 23-0, 2. Gabel 21-11, 3. Weisman 21-2, 4. Busch 17-10
gv: 1. Klews 31-6.5, 2. Abella 29-11, 3. Rizzo 28-8, 4. Johnson (SL) 28-5, 5. Price (SL) 26-7, 6. Hanson 25-0, 7. Howard 23-10
bfs: 1. DeMiguel 39-10, 2. Tuitavuki (SL) 38-10.5, 3. Barnes 33-4, 4. Picetti 32-4.5, 5. Musgrove (SL) 30-7, 6.

Blaylock (SL) 28-11, 7. Crumpacker * 27-6.5, 8. Bathke 27-5, 9. Castro (SL) 21-2.5
bv: 1. Jower 42-6, 2. Nobori 40-5, 3. Carter 37-7, 4. Wilhite 36-9.5, 5. Simpson (SL) 36-6, 6. Collett 35-10, 7. Calahan 35-9, 8. Jones 34-2, 9. Falcon (SL) 33-10.5, 10. Silmi 32-5, 11. Valrey 31-7, 12. Franson 28-6.5

D

gfs: 1. Jower 69-3, 2. Gabel 45-3, 3. Busch 43-8

gv: 1. Klews 97-0, 2. Price (SL) 87-4, 3. Johnson (SL) 76-7, 4. Rizzo 68-4, 5. Abella 65-5, 6. Howard 61-8, 7. Hanson 55-5

bfs: 1. Tuitivuki (SL) 120-4.5, 2. Picetti 94-8, 3. Spidondi (SL) 91-3, 4. Barnes 84-4.5, 5. Mosgrove (SL) 79-9.5, 6. DeMiguel 74-8, 7. Parere (SL) 71-9.5, 8. Bathke 63-8, 9. Castro (SL) 57-4, 10. Barloon 49-1

bv: 1. Jones 116.5, 2. Silmi 106-4, 3. Chops (SL) 99-1, 4. Nobori 99-1, 5. Simpson (SL) 96-0, 6. Collett 95-4, 7. Franson 94-5, 8. Wilhite 94-0, 9. Carter 93-1, 10. Greenfield 92-11, 11. Calahan 78-4, 12. Crumpacker 72-6

PV

gfs: 1. Glenn 6-0, 2. no second, 3. no third

gv: 1. Sammons 7-6, 2. Lacey 6-0, 3. Hanson 5-6

bfs: 1. tie, Roe (SL) 7-6, Hernandez (SL) 7-6, 3. Kuta 7-6, 4. Elliot 6-0; NH Poblete, Caires, Cheung

bv: 1. Aguayo 9-6, 2. Tong 8-6, 3. tie, Rutherglen 8-6, Simons 8-6, 5. Ghaderi 8-0; NH Carter (SL)

Notes:

Well, it seemed like we would never have a scored meet, but here it is at last. All four of our teams started the HAAL season off with a victory. One down, seven to go before the league-wide championships. As an opponent, San Leandro was short-handed with several of their outstanding athletes out with a variety of injuries or other situations. Even so, they put together some impressive marks and were challenging in specific events. Despite the win, we still have some large holes to fill before we take on Moreau, Hayward, or BOD. The girls FS won handily (unopposed); however, they had 5 events without 3 entrants including 4 that had only 1 person in the competition. That is not a good situation. Against the better teams, we will not be able to afford giving up those kind of points. The empty events were field event jumps (long, triple, vault), 100 hurdles, and 3200. Anyone interested in trying those jumps see Coach Brewer, interest in the hurdles see Coach Clemente. The boys FS had the closest meet of the group and pulled it out with domination in the sprints, outscoring SL 29 to 3. Nice job, sprinters. However, as with the girls, we need some people to run the hurdles and jump. Both varsities won without much opposition. The boys enjoyed the advantage of depth as SL won 5 events, but had only 4 additional finishers in 2nd or 3rd. We cleaned up big time in the second and third places. The girls did even better, allowing SL 0 wins, 2 seconds, and 4 thirds.

Next week our meet is Wednesday instead of Thursday. We have 2 busses for transportation of the entire team.

Everyone who competes MUST be on the bus (no one may drive themselves). No one will be allowed on the bus without having turned in a signed (by you and a parent) ejection policy form. If you haven't received one, pick one up from Coach Backe in room 905 ASAP.

Top Marks:

LJ, TJ : **Lynnsy Jones** set 2 GFS records with her jumps. Both jumps exceeded the winning varsity mark.

100: **Darnell Williams** ran 11.8! A frosh soph 100 in 11.8!!!! Outstanding time, Darnell.

400: **Heather Duperroir** bested her previous best by 2 seconds with a 66.6 400m.

SP: **Kris Jower** and **Tak Nobori** both over 40'. One 40' thrower in a season is a rarity for us, now we have 2!

SP: Not to be outdone, **Marcus DeMiguel** is right on the edge with his 39-10.

Loryn Bailey had the best collection of marks. Her 14.0 100m, 14-1 LJ and 4-6 HJ would have scored in GV.

Sean Soblin and **Rodney Cowin** in 3 events each managed a first, a second, and a third place finish.

Peter Baria ran his slowest 1600 all year and still was under 4:47!

Not-so-Newcomers: Welcome back PJ Aguayo and Nicole Abella. These veterans track-letes are with us again.

Nicole combines with Barbara and Tiffany to give us the best trio of shotputters in the league. PJ scores big for us in the PV and picks up points in the sprints, hurdles and jumps.

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	Peter Engbrock	(CV)	11-6	1986
	Mike Eliasson	(SL)		1986
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)	5-0	1997
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	Darnell Williams	(CV)	11.8	1997
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	Noah Tuatavuki	(SL)	120-4.5	1997
PV	Dan Hoover	(CV)	9-6	1989
400R	CV (Daniels, Shackelford, Williams, Omelagah)		47.4	1997
1600R	Castro Valley (T. Hassler, Mix, D. Ling, O'Connell)		3:50.8	1988

GIRLS FROSH/SOPH

100y	Deanna Pennix	(CV)	13.3	1995
100	Loryn Bailey	(CV)	14.0	1997
200	Jazzmon Lee	(SL)	27.9	1997
400	Trisha Chung	(CV)	66.9	1997
800	Jennifer Chung	(CV)	2:45.9	1995
1600	Teresa Ko	(CV)	6:16.4	1996
3200	Teresa Ko	(CV)	13:18.5	1996
100H	Marcia Wong	(CV)	19.5	1996
300H	Marcia Wong	(CV)	57.6	1996
HJ	Loryn Bailey	(CV)	4-6	1997
LJ	Lynnsy Jones	(CV)	14-10	1997
TJ	Lynnsy Jones	(CV)	31-0.5	1997
SP	Kamaria Howard	(CV)	24-0	1995
Discus	Tiffany Jower	(CV)	69-3	1997
PV	Amber Sammons	(CV)	7-6	1996
400R	Castro Valley (Sun, Bailey, Chung, Mertz)		55.1	1997
1600R	Castro Valley (Schmidt, Tobia, Schumann, VanNorman)		4:49.9	1996

Castro Valley vs. ME
CVHS

3/26/97
Cold, windy

scores: vb: CV 126, ME 10 bfs: CV 86, ME 50 vg: CV 105, ME 21 gfs: CV 114, ME 3

400mR

gfs: 1. CV A (Sun, Bailey, Chung, Eng) 55.1, 2. CV B (Mata, Gallagher, Verarde, Boshard) 60.0

gv: 1. CV A (Tobia, Byrne, Duperroir, Tingle) 54.3,

bfs: 1. CV A (Daniels, Shackelford, Williams, Omelagah) 47.0, 2. Mt Eden 47.9

bv: 1. CV A (Eng, Soblin, Edwards, Edwards) 46.3, 2. CV B (Chan, Datt, Tong, ?) 49.4

1600M

gfs: 1. Groome 6:10.2, 2. Robles 6:27.5, 3. Bichsel 6:52.0, 4. Hisano 7:03.5

gv: 1. Schmidt 5:47.2, 2. Marques 5:54.8, 3. Weisman 5:55.4, 4. Madhukolsh (ME) 7:28.2

bfs: 1. Kp Yamamoto 5:09.8, 2. Arndt 5:22.5, 3. Gidlund 5:26.2, 4. ME 5:33.5, 5. Cheung 5:57.1, 6. ME 6:04.0,
7. Elliot 6:05.2, 8. Henderickson 6:20.5

bv: 1. Baria 4:45.1, 2. Cathey 4:56.1, 3. Huen 5:01.4, 4. Kt Yamamoto 5:02.0, 5. Coffeen 5:04.9, 6. Kalsbeek
5:05.9, 7. Randall 5:18.4

110HH/100LH

lgfs: 1. M. Wong 19.7, 2. Komadina N. 41.8, 3. no third

gv: 1. Flagg (ME) 18.2, 2. A. Wong 18.5, 3. M. Komadina 19.4, 4. Mertz 20.0, 5. Oates 20.3, 6. Baker (ME)
43.7

bfs: 1. Cowin 20.8, 2. Wilder (ME) 20.9, 3. C. Blevins 21.9, 4. Davis (ME) 24.6

bv: 1. Bromley 17.3, 2. Fung 18.2, 3. Mondino 19.7, 4. LaForga (ME) 20.6, 5. Mercado (ME) 21.1, 6. Jo. Perez
(ME) 22.3

1. Ghaderi 19.5, 2. Arciniega (ME) 21.8, 3. Ja. Perez (ME) 23.5

400m

gfs: 1. T. Chung 67.6, 2. Eng 70.8, 3. Ponce 70.9, 4. M. Wong 73.3, 5. Gallagher 75.6, 6. Boshard 75.8

gv: 1. Duperroir 65.7, 2. Lim 67.3, 3. J. Chung 68.0, 4. Smith (ME) 69.4

bfs: 1. Carr (ME) 56.3, 2. D. Mellon 56.8, 3. Sincerny 57.9, 4. Fajardo (ME) 59.2, 5. Williams 62.1, 6. Oliveria
64.1

bv: 1. Abramenko 53.3, 2. S. Mellon 54.5, 3. Branner (ME) 55.2, 4. Uychoco 60.6, 5. Ferreira (ME) 61.8, 6. Jo.
Perez (ME) 64.8

1. Baria 56.5, 2. Kt Yamamoto 59.2, 3. Chan 59.4, 4. Tong 59.8

100m

gfs: 1. Sun 13.7, 2. Mata 14.5, 3. Randall 16.1

gv: 1. Tingle 13.0, 2. Flagg (ME) 13.4, 3. Tobia 14.1, 4. Byrne 14.2, 5. Baker (ME) 15.6, 6. Smith (ME) 16.3,
7. Nutting (ME) 16.4

bfs: 1. Kildell (ME) 11.6, 2. Shakelford 11.9, 3. Omelegah 12.2, 4. Daniels 12.3, 5. Kralj 12.9, 6. Hernandez 13.0
1. Ribera 13.1, 2. C. Blevins 13.5, 3. Rice 13.7, 4. Poblete 13.8

bv: 1. Soblin 12.0, 2. Jo. Edwards 12.1, 3. Gullett (ME) 12.2, 4. Baker (ME) 12.6, 5. Tong 12.7, 6. Jn. Edwards
12.8, 7. Simons 12.9, 8. Fosdahl 13.4

800m

gfs: 1. Robles 2:59.6, 2. ME 3:09.7, 3. Gundred 3:10.7, 4. Hisano 3:13.6, 5. Newton 3:23.1, 6. Gelender 3:28.7

gv: 1. Ewing 2:36.0, 2. Schmidt 2:41.8, 3. Forsman 2:42.7, 4. Marques 2:44.1

bfs: 1. D. Mellon 2:16.7, 2. Cheung 2:24.2, 3. Dao (ME) 2:24.8, 4. Gidlund 2:29.0, 5. Leach 2:43.6, 6. Elliott
2:45.7, 7. Kuta 2:48.1

bv: 1. Baria 2:05.4, 2. S. Mellon 2:05.9, 3. Branner (ME) 2:09.9, 4. Eng 2:13.6, 5. Kt Yamamoto 2:18.3, 6.
Kalsbeek 2:18.5, 7. Randall 2:23.4, 8. Gayoso (ME) 2:42.4

300IH/300LH

gfs: 1. M. Wong 57.8, 2. Gallagher 59.1, 3. Verarde 61.3 (DQ)
gv: 1. Lim 54.3, 2. Long 55.0, 3. Mertz 55.5, 4. J. Chung 55.7, 5. M. Komadina 60.0, 6. A. Wong 62.4
bfs: 1. Marcus B. (ME) 49.7, 2. Carr (ME) 50.3, 3. Cowin 50.8, 4. Oliviera 51.2, 5. Poblete 55.4
bv: 1. Mondino 46.9, 2. Bromley 47.7, 3. Laforga (ME) 48.4, 4. Mercado (ME) 48.7, 5. Fung 52.1, 6. Ferreira (ME) 53.5, 7. Arciniega (ME) 55.9

200m

gfs: 1. T. Chung 28.9, 2. Bailey 29.7, 3. Sun 30.0, 4. Randall 31.1, 5. N. Komadina 34.6, 6. Newton 35.6, 7. Gelender 37.1
gv: 1. Byrne 28.7, 2. Tobia 29.3, 3. Smith (ME) 31.3, 4. Smith (ME) 34.4, 5. Shin 34.6, 6. Baker (ME) 37.3
bfs: 1. Williams 24.0, 2. Fajardo (ME) 25.3, 3. Shackelford 25.7, 4. Kralj 26.7, 5. Omelagah 26.8, 6. Dunbar 27.2, 7. Hernandez 28.0
bv: 1. Soblin 24.1, 2. Baker (ME) 24.5, 3. Gullette (ME) 24.7, 4. Eng 25.3, 5. Chan 26.0, 6. Richards (ME) 26.1

3200

gfs: 1. Groome 13:47.5, 2. no second, 3. no third
gv: uncontested
bfs: 1. Kp Yamamoto 11:18.9, 2. Davis (ME) 13:21.5, 3. Leach 13:34.0, 4. Dao (ME) 14:24.3
bv: 1. Cathey 10:39.0, 2. Coffeen 11:05.6, 3. Gayoso (ME) 13:42.5

1600mR

gfs: 1. CV (Chung, Eng, Wong, Groome) 5:03.7, 2. CV (Randall, Gallagher, Verarde, Mata) 5:25.9
gv: 1. CV (Byrne, Duperroir, Tobia, Schmidt) 4:41.1
bfs: 1. CV (Gidlund, Daniels, Oliviera, Sincerny) 4:10.3
bv: 1. CV (Baria, Boruta, Cathey, Eng) 4:06.3

HJ:

gfs: 1. Bailey 4-2, 2. Eng 4-0, 3. Bichsel 3-10
gv: 1. Kohl 5-0, 2. Long 4-4, 3. Jones 4-4, 4. M. Komadina 4-0, 5. Smith (ME) 3-8
bfs: 1. Kendle (ME) 5-6, 2. Johnson 5-2, 3. Dunbar 5-2, 4. Wilder (ME) 5-0, 5. Ferreira (ME) 4-10, 6. Rutherglen 4-8, 7. tie, Arciniega (ME), Davis (ME) 4-6
bv: 1. Callier 5-8, 2. Bromley 5-4, 3. Mondino 5-4, 4. Brenner (ME) 5-2, 5. DeGrazia 5-2; J. Perez (ME) nh

LJ

gfs: 1. Bailey 14-5.5, 2. Robles 12-11.5, 3. N. Komadina 11-0
gv: 1. Jones 15-1, 2. Sammons 14-6.5, 3. Flagg (ME) 13-10, 4. Concepcion (ME) 13-7, 5. A. Wong 13-5, 6. Smith (ME) 13-0, 7. Oates 12-9, 8. Long 12-6, 9. Smith (ME) 11-2, 10. Nutting (ME) 10-7.5
bfs: 1. Kandle (ME) 19-7, 2. Dunbar 17-0, 3. Johnson 15-3.5, 4. Daniels 15-3, 5. Davis (ME) 14-6, 6. Caires 13-7.5
bv: 1. Fung 17-7, 2. Callier 16-7.5, 3. Carr (ME) 16-0, 4. Tong 15-11, 5. Gullette (ME) 15-9.5, 6. Koperski 15-4, 7. DeGrazia 15-1.5, 8. Soblin 15-0, 9. Laforga (ME) 14-9, 10. Uychoco 14-7.5, 11. Simons 14-6, 12. Fosdahl 14-3.5, 13. Perez (ME) 13-5.5, 14. J. Perez (ME) 12-11

TJ

gfs: 1. Robles 28-4.5, 2. no second, 3. no third
gv: 1. Jones 31-9, 2. Flagg (ME) 29-11.5, 3. A. Wong 29-8.5, 4. Oates 28-11, 5. M. Komadina 27-7.5, 6. Smith (ME) 26-3.5, 7. Nutting (ME) 26-2.5, 8. Long 25-8.5
bfs: 1. Fajardo (ME) 36-2, 2. Cowin 34-3.5, 3. Dao (ME) 32-11, 4. Johnson 32-2.5, 5. T. Blevins 30-6
bv: 1. Fung 39-6.5, 2. Bromley 38-10, 3. DeGrazia 35-0.5, 4. Gullette (ME) 32-3, 5. Perez (ME) 27-8.5

SP

gfs: 1. Gabel 24-3.5, 2. Weisman 22-11.5, 3. Jower 20-10, 4. Busch 20-8
gv: 1. Klews 32-2, 2. Concepcion (ME) 30-11, 3. Rizzo 29-0, 4. Hanson 24-9, 5. Mitting (ME) 2106

bfs: 1. DeMiguel 38-2, 2. Picetti 34-10, 3. Barnes 31-9, 4. Akai (ME) 28-0, 5. Bathke 27-4, 6. Barloon 27-2
bv: 1. Nobori 41-1, 2. Jower 40-9, 3. Collett 37-3, 4. Silmi 36-7.5, 5. Calahan 35-7, 6. Carter 35-7, 7. Wilhite 34-11, 8. Valrey 31-11, 9. Jones 31-10.5, 10. Dormer 31-8, 11. Richards (ME) 29-2

D

gfs: 1. Jower 66-10, 2. Gabel 57-8, 3. Weisman 39-6, 4. Busch 38-1
gv: 1. Concepcion (ME) 106-5.5, 2. Klews 101-3, 3. Rizzo 67-7, 4. Hanson 56-0
bfs: 1. Picetti 99-2, 2. Akai (ME) 74-1.5, 3. Bathke 60-6
bv: 1. Jones 114-1, 2. Nobori 100-3, 3. Smithson 99-7, 4. Franson 97-2, 5. Wilhite 96-1.5, 6. Collett 89-4, 7. Greenfield 88-7.5, 8. Silmi 85-3, 9. Richards (ME) 80-1.5, 10. Crumpacker 69-2

PV

gfs: 1. Ponce 4-6, 2. no second, 3. no third; Rippy nh
gv: 1. Sammons 7-6, 2. Hanson 6-0, 3. no third
bfs: 1. Rutherglen 8-0, 2. Kuta 7-6, 3. Caires 7-0, 4. Poblete 6-6, 5. Elliott 6-0
bv: 1. tie Simons 8-0, 1. ti, Ghaderi 8-0, 3. Fosdahl 6-6

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	Derrick Kindle	(ME)	19-7	1997
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	Stefanie Sun	(CV)	13.7	1997
200	Trisha Chung	(CV)	28.9	1997
400	Trisha Chung	(CV)	67.6	1997
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)	18.6	1996
300 LH	Jenny Ly	(CV)	56.6	1996
HJ	Maya Komadina	(CV)	4-8	1996
LJ	Loryn Bailey	(CV)	14-5.5	1997
TJ	Maya Komadina	(CV)	28-06	1996
SP	Erin Gabel	(CV)	24-3.5	1997
Discus	Tiffanie Jower	(CV)	66-10	1997
PV	Kim Ponce	(CV)	4-6	1997
400 R	CV (Sun, Bailey, Chung, Eng)		55.1	1997
1600R	CV (Schmidt, Schumann, VanNorman, J. Chung)		4:53.3	1996

Martinez Relays 1997
Alhambra High School

3/29/97

Shuttle Hurdles

fsg: Stefanie Sun 22.3
Rachelle Gallagher 21.1
Kim Ponce 21.0
Megan Mertz 19.7
1:24.3 3rd H1, 6th

vg: Valerie Lim 18.6
Becky Lacey 21.0
Maya Komadina 18.8
April Wong 17.6
1:16.1 3rd H1, 6th

vb: Phil Fung 16.3
Jon Mondino 19.5
Phil Ghaderi 19.5
Ben Bromley 17.5
1:13.2 1st H2, 6th

400m Relay

fsb: Jack Daniels Matt Omelagah Darnell Williams Jarawn Shackelford 46.6 2nd H2, 3rd*
fsg: Stefanie Sun Michele Tobia Trisha Chung Megan Mertz 55.4 2nd H2, 4th*
vg: Nicole Watt Valerie Lim Heather Duperroir Ashli Tingle 52.9 3rd H1, 6th

3200m Relay

fsb: 1) Dru Mellon 66.8 67.9 2:14.7 2) Edward Cheung 70.8 69.9 2:20.7
3) Kp Yamamoto 67.9 73.1 2:21.0 4) IV Matheny 63.4 80.3 2:33.7
9:19.6 4th*

fsg: 1) Theresa Robles 79.9 85.7 2:45.5 2) Jessica Groome 73.7 84.1 2:37.8
3) Rachel Stower 83.0 82.8 2:45.8 4) Sheryl Eng 78.1 92.3 2:50.4
10:59.2 3rd*

vb: 1) Andy Randall 64.8 69.8 2:14.6 2) Kt Yamamoto 63.1 65.5 2:08.6
3) Josh Kalsbeek 63.6 70.7 2:14.3 4) Darryl Eng 59.6 72.3 2:11.9
8:48.4 8th

vg: 1) Jennie Ewing 69 75.5 2:24.5 2) Tina Schmidt 71.2 80.7 2:31.9
3) Steph Weisman 79.0 84.3 2:43.3 4) Teresa Ko 78.9 90.1 2:48.9
10:29.4 8th

Sprint Medley (100-100-200-400)

fsb: Jack Daniels Jarawn Shackelford Darnell Williams Luke Sincerny (55.7) 1:43.9 3rd*
fsg: Stefanie Sun Stacy Mata Sheryl Eng Trisha Chung (65.8) 2:04.2 3rd*
vg: Nicole Watt Loryn Bailey Heather Duperroir Ashli Tingle (61.6) 1:57.2 5th H1, 7th

Distance Medley

fsb: Edward Cheung 74.6 76.8 75.4 3:46.8
Luke Sincerny 59.5 0:59.5
Dru Mellon 67.2 69.1 2:16.3
Kenpei Yamamoto — (2:30.8) 80.0 77.3 5:07.3 12:10.1 5th*

fsg: Jessica Groome 82.7 92.8 88.3 4:23.7
Kim Ponce 69.4 1:09.4
Theresa Robles 82.1 89.0 2:51.1
Rachel Stower 89.8 93.5 97.0 88.4 6:08.7 14:32.6 2nd*

vb:	Tom Cathey	69.0	72.0	68.6	3:29.5	
	Genna Abramenko	52.3			0:52.3	
	Seth Mellon	60.1	65.2		2:05.3	
	Peter Baria	62.3	69.1	70.1	68.8	4:30.3 10:56.9 2nd*
vg:	Michelle Marques	78.5	86.9	87.9	4:13.3	
	Jenni Forsman	65.7			1:05.7	
	Tina Schmidt	72.7	80.9		2:33.6	
	Jennie Ewing	74.4	87.1	88.1	76.8	5:26.4 13:19.0 5th*

800m Relay

fsb:	Matt Omelagah	Jack Daniels	Darnell Williams	Jarawn Shackelford	1:39.8 2nd H2, 3rd*
fsg:	Michele Tobia 29.6	Stefanie Sun 29.9	Megan Mertz 29.6	Trisha Chung 28.9	1:58.3 2nd H1, 3rd*
vg:	Heather Duperroir 28.0	Valerie Lim 29.7	Loryn Bailey	Ashli Tingle	1:53.0 4th*

1600m Relay

fsg:	Megan Mertz 70.6	Michele Tobia 70.1	Sheryl Eng 70.4	Trisha Chung 68.0	4:39.6 3rd DQ
vb:	Tom Cathey 63.2	Ron Uychoco 62.0	Phil Ghaderi 65.2	Peter Baria 56.0	4:06.3 7th H3
vg:	Heather Duperroir 64.8	Val Lim 67.3	Tina Schmidt 66.0	Ashli Tingle 63.5	4:21.5 3rd H2, 6th

Long Jump

fsg:	Theresa Robles 12-5	Stacy Mata 10-11.5	Michele Tobia 10-7	33-11.5 6th
fsb:	Jack Daniels 17-4.25	Darnell Williams 16-0.75	Jarawn Shackelford 13-4.75	46-7.25 6th
vg:	Lynnsy Jones 14-9	Amber Sammons 14-3.75	Loryn Bailey 14-2.5	43-3.25 2nd*

Triple Jump

vb:	Phil Fung 39-5	Ben Bromley 38-1	Dante Valrey 31-1	108-7 3rd*
vg:	Lynnsy Jones 31-7	April Wong 30-2	Maya Komadina 29-5.5	91-2.5 3rd*

High Jump

fsg:	Sheryl Eng 4-4	Jessica Groome 4-4	Theresa Robles 4-2	12-10 1st*
vb:	Ben Bromley 5-6	Phil Fung 5-2	Jon Mondino 5-0	15-8 4th*
vg:	Amy Kohl 5-4	Loryn Bailey 5-0	Lynnsy Jones 5-0	15-4 1st*

Shot Put

fsb:	Marcus DeMiguel 35-11	Robert Picetti 33-7	Mitch Bathke 30-2	99-8 7th
fsg:	Rebecca Weisman 22-11	Tiffany Jower 21-3.5	Erin Gabel 21-2.5	65-5 6th
vb:	Kris Jower 43-4.5	Tak Nobori 39-0	Ryan Jones 34-5.5	116-10 7th
vg:	Barbara Klews 34-1	Tiffany Rizzo 28-4	Cami Hanson 25-3	87-8 4th*

Discus

fsb:	Robert Picetti 107-1	Marcus DeMiguel 82-6	Mitch Bathke 62-6	252-1 7th
fsg:	Tiffany Jower 61-6	Erin Gabel 50-3	Rebecca Weisman 45-10	157-7 6th
vb:	Ryan Jones 126-9	Kris Jower 116-1	Tak Nobori 100-0	342-10 6th
vg:	Barbara Klews 93-6	Tiffany Rizzo 87-4	Cami Hanson 51-9	232-7 5th*

Pole Vault

fsb:	Cory Rutherglen 9-0	Mike Caires 8-6	17-6 5th*
	Richard Kuta 8-0	Lionel Poblete nh	8-0
fsg:	Kim Ponce 6-0	Bonnie Rippy nh	6-0 4th*
vb:	Brandon Tong 9-6	Ricky Simons nh	9-6
vg:	Amber Sammons 7-6	Becky Lacey 6-6	14-0 5th*

Steve Lewis Invitational
Newark-Memorial HS

4/6/97

VG: 115 pts 1st place

VB: 62 pts 4th place

FS: 64 pts 3rd place

3000m

FS:	Kenpei Yamamoto	10:35.5	5th	Daniel Cheung	11:51	14th
VG:	Teresa Ko	12:09.5	7th	Stephanie Weisman	12:14.7	8th

4x65 HH

FS:	Blevins D. Cheung Blevins Poblete	47.6	4th
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4x110 HH

VB:	Fung Ghaderi Uychoco Bromley	1:15.0	3rd
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4x100 HH

VG:	Ma. Wong Oates Komadina A. Wong	1:14.9	2nd
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4x100

FS:	Daniels Omelagah Williams Shackelford	46.96	1st
VG:	Watt Lim Duperroir Tingle	53.25	4th
	Randall Tobia Mata Bailey	57.03	7th

4x800

FS:	1) Luke Sincerny	2:23	2) Mike Caires	2:40		
	3) Richard Kuta	2:47	4) Daniel Cheung	2:50	10:48.7	3rd
VG:	1) Jessica Groome	2:40	2) Stephanie Weisman	2:40		
	3) Rachel Stower	2:45	4) Theresa Robles	2:50	10:55.1	3rd
VB:	1) Justin Coffeen	2:11	2) Shane Dulaney	2:09		
	3) Damien Dulaney	2:11	4) Darryl Eng	2:16	8:47.5	1st

100m

FS:	Darnell Williams	11.45	2nd	Chad Blevins	13.10	H3 4th
	Jarawn Shackelford	12.22	H1 6th	Travis Blevins	13.25	H3 7th
	IV Matheny	12.44	H2 4th			
VG:	Heather Duperroir	13.75	7th	Michele Tobia	14.46	
	Sheryl Eng	14.30		Trisha Chung	DQ false start	
	Nicole Watt	14.37				

400m

FS:	Luke Sincerny	58.77	8th			
VG:	Ashli Tingle	62.69	2nd	Trisha Chung	67.41	5th

4x200

FS:	Omelagah Daniels Williams Shackelford	1:40.6	2nd
VG:	Duperroir Tobia Bailey Tingle	1:53.95	2nd

300LH/IH

VG:	Valerie Lim	51.26	2nd	Marcy Long	54.22	6th
	Marcia Wong	54.20	5th			

VB:	Phil Fung	44.16	4th	Ben Bromley	46.37	6th
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200 m

FS:	Matt Omelagah	24.9	2nd
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VG:	Trisha Chung	28.30	3rd	Sheryl Eng	29.80
	Michele Tobia	29.30	5th		

VB:	Ron Uychoco	26.70	4th
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1500 m

FS:	Richard Kuta	5:41.9
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VG:	Stephanie Weisman	5:28	8th	Rachel Stower	6:08	14th
	Jessica Groome	5:34	10th	Theresa Robles	6:09	
	Teresa Ko	5:38	12th			

VB:	Justin Coffeen	4:39.5	6th	Damien Dulaney	4:42.8	7th
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4 x 400

VG:	1) Heather Duperroir	64.1	2) Valerie Lim	65.6		
	3) Trisha Chung	66.4	4) Ashli Tingle	61.4	4:17.5	1st

HJ

VG:	Amy Kohl	5-0	1st	Sheryl Eng	4-4
	Loryn Bailey	4-6		Lynnsy Jones	4-0
	Maya Komadina	4-4		Marcy Long	4-0

VB:	Ben Bromley	5-4	5th
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LJ

FS:	Jack Daniels	16-2			
VG:	Loryn Bailey	15-7	1st	Theresa Robles	12-11.5
	Lynnsy Jones	14-7	4th		
VB:	Phil Fung	18-9	4th		

TJ

FS:	Travis Blevins	33-8	3rd			
VG:	April Wong	31-1	3rd	Maya Komadina	29-4.5	6th
	Theresa Robles	29-6	5th	Marcy Long	26-6	
VB:	Ben Bromley	39-9	3rd	Phil Fung	39-5	4th

S P

VG:	Barbara Klews	33-6.5	1st	Rebecca Weisman	22-2	
VB:	Ryan Jones	38-10	2nd	Ali Silmi	38-0	3rd

Discus

VG:	Barbara Klews	92-7.5	2nd	Rebecca Weisman	54-11
VB:	Ryan Jones	124-0.5	3rd		

P V

FS:	Mike Caires	9-0	3rd	Richard Kuta	8-6	4th
VG:	Amber Sammons	8-1	4th			
VB:	Phil Ghaderi	9-0	4th			

VG Distance Medley

Tina Schmidt	76.5	86.1	87.3	4:09.8	
Jenni Forsman	64.6			1:04.6	
Michelle Marques	73.5	80.9		2:34.4	
Jennie Ewing	75.5	86.6	91.1	76.6	5:28.8 13:18.3 6th place

Different order, same result. The girls switched the order in which they run in an effort to lower their overall team time, but the improvement was less than a second under their time from the Martinez Relays last Saturday. Jenni and Michelle did run their fastest 400 and 800 of the year respectively. Tina picked up some time in the 1200 in her first attempt at that distance. Jennie had some trouble in the middle laps of the 1600, but recovered to outkick other anchor legs in the fourth lap.

VB 1600

Peter Baria	62.7	70.2	73.2	70.3	4:36.3
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Peter ran a season best open 1600, but hurt throughout due to his overly fast first 400. It is hard when you feel good to hold back from running fast, but when the entire field passes you by the end of the second lap and you can't respond you begin to consider alternative strategies. Peter is considering alternative strategies.

VG 3200 Relay

Jennie Ewing	74.9	78.5	2:33.4	
Tina Schmidt	77.2	81.9	2:39.1	
Jenni Forsman	75.1	84.0	2:39.1	
Michelle Marques	73.2	82.9	2:36.1	10:27.3 5th place

One hour later, the same quartet had a second top finish in a big field. That we can finish so well is indicative of the depth of talent that exists in the CV girls middle distance corps.

VB 3200 Relay

Seth Mellon	61.3	60.9	2:02.2	
Andy Randall	58.8	71.1	2:09.3	
Tom Cathey	61.7	68.9	2:10.6	
Kentoku Yamamoto	62.3	67.3	2:09.6	8:32.1 5th place

Outstanding race for the boys. Seth ran a season best, Andy ran a career PR, Tom hit 2:10 in his first ever 800, Kentoku added a second sub-2:10 to his 2:08 from last week. The 8:32 finish was a huge improvement over the time run at Mariner at the season's beginning. These kind of races give you a solid sense of how much the team has improved over the course of the year.

VG 1600

Jennie Ewing	77.0	88.9	90.0	85.5	5:41.4
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Jennie was out of it today for whatever reason. The 1200 was close to her 1200 in the distance medley, but the last lap kick wasn't there. This race is not indicative of Jennie at her best.

VB Distance Medley

Tom Cathey	68.8	71.5	68.7	3:28.9	
Kentoku Yamamoto	58.6			0:58.6	
Seth Mellon	60.8	63.2		2:04.0	
Peter Baria	67.1	70.2	70.9	67.1	4:35.3 11:06.5 5th place

Moderately disappointing time since last week was 10:56, but an entertaining race. Kentoku ran an unorthodox 400, Peter used what he learned in the open 1600 to run faster, better in the DM, Tom ran smart for 800 and surged past most of the field in his final 300, Seth ran another solid 800.

Castro Valley vs. Moreau Catholic
CVHS

4/10/97
breezy

scores: vb: CV 84, MC 52 bfs: CV 64, MC 72 vg: CV 93, MC 43 gfs: CV 94, MC 37

400mR

gfs: 1. CV A 56.4, 2. Moreau 56.5, 3. CV B 59.4
gv: 1. Moreau (Maglio, Zilli, Wong, Wright) 54.0, 2. CV 54.1
bfs: 1. CV A 47.3, 2. Moreau 49.1, 3. CV B 50.1
bv: 1. Moreau (Swopes, O'Connor, DeSandies, Gelb) 45.1, 2. CV 46.3

1600m

gfs: 1. Groome 6:00.1, 2. Burmann (M) 6:13.5, 3. Stower 6:16.2, 4. Robles 6:27.7, 5. Santos (M) 6:43.2, 6. Bichsel 6:55.8, 7. Hisano 6:56.5, 8. Clark (M) 7:02.0, 9. Allen 7:44.4
gv: 1. Ewing 5:29.4, 2. O'Brien (M) 5:31.1, 3. Schmidt 5:37.4, 4. Espana (M) 5:59.2
bfs: 1. Respecke (M) 5:05.4, 2. Kp Yamamoto 5:14.5, 3. Alcorn (M) 5:15.8, 4. Good (M) 5:20.7, 5. Gidland 5:22.6, 6. Nordstrom (M) 5:32.9, 7. Courtney (M) 5:33.4, 8. Elliott 5:52.0, 9. D. Cheung 5:58.6, 10. Gerasimov 6:03.2, 11. Leach 6:15.3, 12. Aghdaee 6:27.8
bv: 1. Baria 4:31.8, 2. Preston (M) 4:34.6, 3. Cathey 4:51.0, 4. Kt Yamamoto 4:56.8, 5. Gillis (M) 4:59.2, 6. Muhlestein (M) 4:59.8, 7. Boruta 5:00.4, 8. Lanese (M) 5:01.6, 9. Coffeen 5:01.7, 10. Huen 5:03.5, 11. Kalsbeek 5:04.4, 12. Randall 5:09.5, 13. Martin (M) 5:25.1, 14. Smith (M) 5:49.9

110HH/100LH

gfs: 1. M. Wong 18.3, 2. Resalvo (M) 18.8, 3. Mertz 19.3, 4. Eballo (M) 20.7, 5. Pham (M) 20.8
gv: 1. A. Wong 16.9, 2. Monteiro (M) 17.1, 3. Quintana (M) 17.6, 4. Brower (M) 18.1, 5. M. Komadina 19.0, 6. Vitia (M) 19.1, 7. Oates 21.1
bfs: 1. Harris (M) 18.9, 2. Long 20.9, 3. Lee 21.8
bfs: 1. Respecke (M) 18.6, 2. Blevins 19.5, 3. Cowin 20.7, 4. Cain 20.9, 5. Zadno (M) 21.2, 6. Enriquez (M) 21.3
bv: 1. T. Blevins 21.2, 2. Poblete 21.6, 3. Saturnio (M) 22.3
bv: 1. Bromley 17.2, 2. Fung 17.3, 3. Sunderraj (M) 17.5, 4. Mondino 18.9, 5. Peel (M) 19.2, 6. (M) DNF
1. Aguayo 18.4, 2. Ghaderi 18.8

400m

gfs: 1. T. Chung 67.1, 2. Eng 69.1, 3. Ponce 71.2, 4. Gallagher 73.3, 5. Dickens (M) 74.6, 6. O'Neil (M) 76.9
gv: 1. Tingle 62.6, 2. Duperroir 64.2, 3. Lim 65.0, 4. Zilli (M) 65.3, 5. Forsman 65.4, 6. Monteiro (M) 66.4, 7. Faria (M) 67.6
bfs: 1. McKinney (M) 55.5, 2. D. Mellon 57.4, 3. Sincerny 58.5, 4. Rutherglen 59.9, 5. Quijano (M) 60.1, 6. Khichadia (M) 60.9, 7. Oliveria 62.8
bv: 1. Ramirez (M) 61.3, 2. Cardella (M) 61.9, 3. Greenbomb (M) 62.7
bv: 1. Abramenko 52.0, 2. S. Mellon 53.2, 3. Gelb (M) 54.8, 4. Imara (M) 55.2, 5. Eng 55.7, 6. Lallian (M) 56.4, 7. Paik 58.8
1. Chan 58.3, 2. Chacon (M) 60.4, 3. Wagner (M) 61.2

100m

gfs: 1. Dimaranan (M) 13.9, 2. Tobia 14.1, 3. Mata 14.4, 4. Delatorre (M) 14.6, 5. Randall 14.7, 6. Marin (M) 15.2, 7. Tiojanco (M) 15.7
gv: 1. Rocha (M) 15.1, 2. Lee (M) 15.8, 3. Yichou (M) 17.5
gv: 1. Tingle 12.7, 2. Wright (M) 13.3, 3. Bailey 13.6, 4. Wong (M) 13.7, 5. Sun 13.8, 6. Byrne 13.9, 7. Maglio (M) 14.0
bfs: 1. Phillips (M) 15.0, 2. Canonigo (M) 15.1, 3. Yichoy (M) 16.1
bfs: 1. Williams 11.0, 2. Goffer (M) 12.0, 3. Schackelford 12.1, 4. Madulid (M) 12.2, 5. Daniels 12.5, 6. Tagia (M) 13.0
1. Omelagah 12.2, 2. Matheny 12.4, 3. Hernandez 12.8, 4. Rice 13.2, 5. Ribeira 13.3, 6. T. Blevins 14.6, 7.

C. Blevins 14.6

bv: 1. DeSandies (M) 11.1, 2. Swopes (M) 11.2, 3. O'Connor (M) 11.3, 4. Soblin 11.6, 5. Jn Edwards 11.7, 6. Jo Edwards 12.2, 7. Cacucana (M) 12.9

800m

gfs: 1. Groome 2:42.4, 2. Robles 2:50.3, 3. Burman (M) 2:54.6, 4. Davies (M) 3:19.9, 5. Carlson 3:23.3, 6. Gelender 3:26.5

gv: 1. Ewing 2:26.6, 2. O'Brian (M) 2:30.4, 3. Schmidt 2:34.4, 4. Forsman 2:35.8, 5. Leppert (M) 2:39.9, 6. Gillis (M) 2:42.4

bfs: 1. D. Mellon 2:16.5, 2. Good (M) 2:21.6, 3. Alcorn (M) 2:22.1, 4. Arndt 2:23.4, 5. E. Cheung 2:24.8, 6. Nordstrom (M) 2:31.3, 7. Hendrickson 2:45.2, 8. Leach 2:52.7, 9. Santos (M) 2:52.7

bv: 1. S. Mellon 2:01.7, 2. Preston (M) 2:02.1, 3. Baria 2:05.9, 4. Kt Yamamoto 2:14.3, 5. Randall 2:18.4, 6. Changa (M) 2:19.6, 7. Staphorst (M) 2:21.6, 8. Butner (M) 2:22.6

300IH/300LH

gfs: 1. Resalvo (M) 53.3, 2. Mertz 53.6, 3. Wong 53.7, 4. Gallagher 58.3, 5. Pham (M) 58.8, 6. Ebalo (M) 59.1
1. Verarde 61.7, 2. Komadino 76.4

gv: 1. Lim 49.7, 2. Monteiro (M) 51.3, 3. Quintana (M) 52.5, 4. Long 55.7, 5. Chung 57.3, 6. Harris (M) 57.6

bfs: 1. Oliveira 48.8, 2. Respecke (M) 50.2, 3. Cowin 51.0, 4. Zadno (M) 51.11, 5. Poblete 53.5, 6. Enriquez 55.3

1. Saturnio (M) 59.1

bv: 1. DeSandies (M) 43.5, 2. Fung 44.2, 3. Paik 46.0, 4. Mondino 46.4, 5. Sunderraj (M) 46.7, 6. Peel (M) 47.8
1. Ghaderi 48.2, 2. Yee (M) 48.5

200m

gfs: 1. Chung 28.2, 2. Tobia 29.3, 3. Marin (M) 29.6, 4. Ponce 30.4, 5. Delatorre (M) 32.2, 6. Tiojanco (M) 32.7
1. Randall 30.5, 2. Mata 30.7, 3. Rocha (M) 31.2, 4. Boshard 33.3, 5. Carlson 35.3, 6. Gelender 36.7, 7. Yichoy (M) 37.7

gv: 1. Tingle 27.5, 2. Duperroir 28.1, 3. Wright (M) 28.4, 4. Petterson 28.6, 5. Byrne 28.9, 6. Wong (M) 29.8,
7. Maglio (M) 30.1

1. Dickens (M) 30.1, 2. Chinn (M) 31.3, 3. Canonigo (M) 31.9, 4. Yichoi (M) 34.2

bfs: 1. Goffe (M) 24.5, 2. McKinney (M) 24.6, 3. Omelagah 25.1, 4. Hernandez 25.4, 5. Shackelford 26.8, 6. Cardella (M) 28.5

bv: 1. Abramenko 23.1, 2. Swopes (M) 23.6, 3. Gelb (M) 23.7, 4. O'Connor (M) 23.8, 5. Soblin 24.6, 6. Eng 25.2

1. Chan 25.3, 2. Mondino 25.8, 3. Chacon (M) 27.1

3200

gfs: 1. Hisano 15:01.2, 2. no second, 3. no third

gv: 1. Weisman 12:21.2, 2. Espana 12:26.2, 3. Ko 12:52.8, 4. Marques 13:03.0, 5. Santos (M) 15:12.6, 6. Clark (M) 15:38.9

bfs: 1. Kp Yamamoto 11:00.4, 2. Respecke (M) 11:34.0, 3. Cortney (M) 12:16.3, 4. D. Cheung 12:50.5, 5. Kuta 12:53.9, 6. Hendrickson 13:38.7

bv: 1. Cathey 10:28.2, 2. Coffeen 10:53.8, 3. Gillis (M) 11:02.6, 4. Lanese (M) 11:03.8, 5. Kalsbeek 11:09.3, 6. Martin (M) 12:14.8, 7. Smith (M) 12:19.8

1600mR

gfs: 1. CV (Tobia, M. Wong, Chung, Mertz) 4:46.0, 2. Moreau nt, 3. CV B 4:51.3

gv: 1. CV (Duperroir, Lim, Tingle, Forsman) 4:22.7, 2. Moreau 4:27.7

bfs: 1. MC 3:56.0, 2. CV 4:04.4, 3. MC 4:16.9

bv: 1. MC (Lallian, Imara, Preston, Gelb) 3:37.7, 2. CV (S. Mellon, Baria, D. Dulaney, Abramenko) 3:38.6, 3. MC 4:03.0, 4. MC 4:08.0, 5. CV 4:08.0, 6. CV 4:12.2

HJ:

gfs: 1. Eng 4-2, 2. Bichsel 3-6, 3. no third
 gv: 1. Kohl 4-8, 2. Bailey 4-6, 3. MacLean (M) 4-4, 4. M. Komadina 4-2, 5. Dickins (M) 3-10; Jones NM
 bfs: 1. Respecke (M) 5-6, 2. Dunbar 5-4, 3. Cain 5-0, 4. Rutherglen 4-10, 5. Zadno (M) 4-8
 bv: 1. Bromley 5-8, 2. Callier 5-6, 3. Aguayo 5-6, 4. DeSandies (M) 5-6, 5. Smithson 5-4, 6. DeGrazia 5-2

LJ

gfs: 1. Dimaranan (M) 13-8.5, 2. Robles 13-8.5, 3. Hoang (M) 12-8.5, 4. Marquez (M) 12-5, 5. Isidro (M) 11-8, 6. Ponce 11-7.5, 7. N. Komadina 11-6.5, 8. Randall 11-5.5, 9. Rocha (M) 11-4, 10. Lee (M) 11-0, 11. Rubrani (M) 11-0.5, 12. Nichoy (M) 8-9, 13. Benafied (M) 8-8, 14. Japra (M) 8-0
 gv: 1. Bailey 14-11.5, 2. MacLean (M) 14-1.5, 3. Maglio (M) 14-1.5, 4. Jones 13-11, 5. A. Wong 13-6, 6. Sammons 13-6, 7. Brower (M) 13-5, 8. Dickens (M) 12-8, 9. Oates 12-6.5, 10. M. Lee 12-2.5, 11. Zachau (M) 12-0.5, 12. Wong (M) 11-10.5, 13. Santos (M) 10-9.5, 14. Huntzman (M) 9-2.5
 bfs: 1. Menchavez (M) 16-6.5, 2. Daniels 17-2, 3. Calamea (M) 16-6, 4. Patajo (M) 16-4.5, 5. Cain 15-9, 6. Dunbar 15-10, 7. Cowin 15-9, 8. Arndt 15-6.5, 9. Saturnio (M) 14-3.5, 10. Caires 13-4.5
 bv: 1. Hong (M) 19-2, 2. Fung 18-5, 3. Aguayo 17-8, 4. Bromley 17-1, 5. Ponder (M) 16-7, 6. Chacon (M) 16-1, 7. Uychocho 16-1, 8. Soblin 16-0, 9. Paik 15-8

TJ

gfs: 1. Robles 29-1.5, 2. Wong 26-5, 3. Marquez (M) 25-4.5, 4. Butscher (M) 25-3, 5. Rocha (M) 23-9.5
 gv: 1. Wong 30-7.5, 2. Komandina 29-1, 3. McLean 28-10, 4. Jones 28-10, 5. Brower (M) 28-8.5, 6. Zachau (M) 28-2.5, 7. Oates 27-0, 8. Lee 25-8.5
 bfs: 1. Patajo (M) 34-3, 2. Cowin 33-10, 3. Dunbar 33-7.5, 4. Calamba (M) 32-9, 5. Manchaez (M) 32-9, 6. T. Blevins 32-5.5, 7. C. Blevins 32-2.5, 8. Saturnio (M) 30-5, 9. Cain 28-7.5
 bv: 1. Bromley 38-9.5, 2. Fung 37-9, 3. Hong (M) 36-10, 4. Ponder (M) 35-6, 5. Mondino 34-7.5, 6. DeGrazia 34-6, 7. Martinez (M) 34-2

SP

gfs: 1. Black (M) 25-5, 2. Gabel 24-6.5, 3. Corrigan (M) 24-0, 4. R. Weisman 22-8.5, 5. Jower 22-4.5, 6. Archerd (M) 22-2, 7. Busch 21-0.5
 gv: 1. Klews 34-3, 2. Peacock (M) 33-0, 3. Abella 28-10, 4. Rizzo 28-7, 5. Azhav (M) 27-3.5, 6. Dans (M) 26-11.5, 7. Frye (M) 25-11, 8. Hanson 25-2
 bfs: 1. DeMiguel 39-8, 2. Thurston (M) 39-5, 3. Picetti 37-11.5, 4. Jemolton (M) 35-11, 5. Barnes 34-1.5, 6. Gallagher (M) 33-8, 7. Ballesters (M) 31-3, 8. Bathke 29-7, 9. Clanton (M) 27-9.5, 10. Barloon 25-9
 bv: 1. Jower 45-9, 2. Nobori 41-2.5, 3. Tated (M) 39-5, 4. Silmi 39-0, 5. Jones 36-7, 6. Carter 36-0.5, 7. Hall (M) 35-6.5, 8. Wilhite 34-8, 9. Dormer 33-2, 10. Valrey 29-10, 11. Manuel (M) 26-5, 12. Remington (M) 30-8

D

gfs: 1. Black (M) 78-0, 2. Jower 68-9, 3. Archard (M) 58-1, 4. R. Weisman 55-0, 5. Corgan (M) 45-9, 6. Busch 44-2
 gv: 1. Peacock (M) 100-10, 2. Klews 89-2, 3. Rizzo 83-6, 4. Davis (M) 74-9, 5. Zachan (M) 72-6
 bfs: 1. Picetti 101-7, 2. Thurston (M) 97-7, 3. Barnes 93-9, 4. Gallagher (M) 85-8, 5. Templeton (M) 84-2, 6. DeMiguel 80-11, 7. Clanton (M) 75-11, 8. Balesteos (M) 70-1, 9. Bathke 61-9, 10. Barloon 55-4
 bv: 1. Jones 113-3, 2. Hall (M) 108-3, 3. Nobori 106-1, 4. Franson 102-6, 5. Greenfield 92-8, 6. Remington (M) 92-3, 7. Gould (M) 89-6, 8. Dormer 88-3, 9. Wilhite 86-0, 10. Collett 77-11, 11. Tated (M) 75-6, 12. Manuel (M) 73-9

PV

gfs: 1. Glenn 7-0, 2. Ponce 6-6, 3. Arterburn 6-0; Rippy nh
 gv: 1. Sammons 8-6, 2. Maclean (M) 8-0, 3. Lacey 7-0, 4. Kranitz 6-6
 bfs: 1. Madulid (M) 9-6, 2. Rutherglen 9-0, 3. Merovitz (M) 8-0, 4. Kuta 8-0, 5. Marquez (M) 8-0, 6. Caires 8-0, 7. Newcomb (M) 7-6, 8. Poblete 7-0, 9. D. Cheung 7-0
 bv: 1. Martinez (M) 11-0, 2. Tong 10-6, 3. Ghaderi 9-6, 4. Lingell (M) 9-6, 5. Aguayo 9-6, 6. Simons 9-0, 7. Paik 8-6, 8. Futayaki (M) 8-0, 9. Greenfield 8-0

CASTRO VALLEY VS. MOREAU CATHOLIC

BOYS VARSITY

100	Kayin DeSandies	(MC)	11.1	1997
	Bret Victor	(CV)		1994,95
200	Bret Victor	(CV)	22.1	1994
400	Genna Abramenko	(CV)	52.0	1997
800	Seth Mellon	(CV)	2:01.7	1997
1600	Peter Baria	(CV)	4:31.8	1997
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
S P	Kris Jower	(CV)	45-9	1997
	Peacock	(MC)		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	MC (Lallian, Imara, Preston, Gelb)		3:37.7	1997

GIRLS VARSITY

100	Ashli Tingle	(CV)	12.7	1997
200	Ashli Tingle	(CV)	27.3	1996
400	Ashli Tingle	(CV)	62.6	1997
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
S P	Barbara Klews	(CV)	34-3	1997
Discus	Elizabeth Peacock	(MC)	101-0	1995
P V	Amber Sammons	(CV)	8-6	1997
400 R	Moreau Catholic (Purchio, Liu, Martinez, Triggs)		53.2	1994
1600R	Castro Valley (Nickolopoulos, Pettersen, Forsman, J. Ewing)		4:15.8	1996

CASTRO VALLEY VS. MOREAU CATHOLIC

BOYS FROSH/SOPH

100	Darnell Williams	(CV)	11.0	1997
200	Brian Goffee	(MC)	24.5	1997
	Mike Kapper	(MC)		1994
400	Donnie McKinney	(MC)	55.5	1997
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	Justin Respeke	(MC)	5-6	1997
LJ	Reggie Bailey	(CV)	19-1	1995
TJ	Reggie Bailey	(CV)	36-11 1/2	1995
SP	Mark Deservi	(MC)	39-11	1994
Discus	Robert Picetti	(CV)	101-7	1997
PV	Pat Madulid	(MC)	9-6	1997
	PJ Aguayo	(CV)		1996
400 R	Castro Valley		47.3	1997
1600R	Moreau Catholic		3:56.0	1997

GIRLS FROSH/SOPH

100	Deanna Pennix	(CV)	13.8	1995
200	Trisha Chung	(CV)	28.2	1997
400	Trisha Chung	(CV)	67.1	1997
800	Amanda Monteiro	(MC)	2:38.7	1996
1600	Jessica Groome	(CV)	6:00.1	1997
3200	Teresa Ko	(CV)	13:22	1996
100 HH	Marcia Wong	(CV)	18.3	1997
300 LH	Erica Resalvo	(MC)	53.3	1997
HJ	Jessica Van Norman	(CV)	4-4	1996
LJ	Hiyasmin Dimaranan	(MC)	13-8 1/2	1997
TJ	Theresa Robles	(CV)	29-1 1/2	1997
SP	Heidi Black	(MC)	25-5	1997
Discus	Heidi Black	(MC)	78-0	1997
PV	Katie Glenn	(CV)	7-0	1997
400 R	CV (Sun, Haw, Schmidt, Bailey)		56.3	1996
1600R	Castro Valley (Haw, Schumann, Schmidt, J. Chung)		4:41.9	1996

Castro Valley vs. Hayward
Hayward HS

4/97

scores: vb: CV 72.5, Hay 63.5 bfs: CV 74, Hay 67 vg: CV 120, Hay 16 gfs: CV 111, Hay 14

400mR

gfs: 1. CV 55.7, 2. Hay 55.8, 3. CV 57.1
gv: 1. CV 53.3, 2. Hay (Yarbough, McConnell, Marr, Moten) 53.7
bfs: 1. CV 47.7, 2. Hay 48.3
bv: 1. Hay (Conway, Melendez, Holleman, Morris) 45.3, 2. CV 46.3, 3. Hay 48.0

1600m

gfs: 1. Stower 6:19.9, 2. Dunn (H) 6:21, 3. Robles 6:27.2, 4. Hisano 6:55.5, 5. Mida (H) 6:59, 6. Allen 7:07.6
gv: 1. Weisman 5:54.2, 2. Marques 5:57.8, 3. Ko 6:05.6
bfs: 1. Kinman (H) 5:05.6, 2. Kp. Yamamoto 5:13.4, 3. Gidlund 5:21.6, 4. Mota (H) 5:28.2, 5. E. Cheung 5:29.8, 6. Gerasimov 5:49, 7. Kuta 5:52, 8. Hendrickson 5:55.9, 9. Leach 6:15.7, 10. Aaron (H) 6:15.9, 11. Aghbae 6:21.3, 12. Caires 6:56.2, 13. Elliot 6:58.4
bv: 1. Baria 4:41, 2. D. Dulaney 4:52, 3. Mendez (H) 4:55.0, 4. Boruta 4:59.6, 5. Coffeen 5:00.4, 6. Petty (H) 5:00.7, 7. Kt. Yamamoto 5:00.8, 8. Kalsbeek 5:05.9, 9. Randall 5:22.1

110HH/100LH

gfs: 1. Mertz 20.6, 2. no second, 3. no third
gv: 1. A. Wong 18.2, 2. M. Wong 19.1, 3. M. Komadina 20.1, 4. Jessica (H) 23.2
bfs: 1. Gaffney (H) 18.4, 2. C. Blevins 19.9, 3. Alarcon (H) 20.1
bv: 1. Fung 17.1, 2. Booth (H) 17.3, 3. Bromley 17.5

400m

gfs: 1. Groome 66.5, 2. Ponce 71.0, 3. no third
gv: 1. Forsman 64.7, 2. Pettersen 65.9, 3. J. Chung 67.4, 4. Tingle 67.6, 5. Marques 68.3, 6. Shin 88.5
bfs: 1. D. Mellon 55.7, 2. Sincerny 57.5, 3. Kinman (H) 57.8, 4. Oliviera 63.9
bv: 1. Ostarello (H) 52.1, 2. S. Mellon 53.1, 3. Eng 55.2, 4. Kt. Yamamoto 56.4, 5. Pape (H) 56.9, 6. Paik 57.0, 7. Chan 59.4

100m

gfs: 1. Byrne 13.9, 2. Tobia 14.0, 3. Randall 14.5, 4. Mata 14.6, 5. Mertz 14.7
gv: 1. Bailey 13.8, 2. McConnell (H) 13.9, 3. Sun 14.0, 4. T. Chung 14.1
bfs: 1. Lewis (H) 11.8, 2. Omelagah 12.3, 3. Neil (H) 12.8, 4. Shackelford 12.9, 5. Matheny 13.1, 6. Hernandez 13.5, 7. Ribiera 13.6, 8. Rice 13.7
bv: 1. Melendez (H) 11.4, 2. Edwards 12.0, 3. Soblin 12.2, 4. Moss (H) nt, 5. Conway (H) nt, 6. Jackson (H) 12.8, 7. Edwards nt, 8. Datt nt, 9. Morris (H) nt

800m

gfs: 1. Ponce 2:42.9, 2. Groome 2:44.3, 3. no third
gv: 1. Ewing 2:23.9, 2. Marr (H) 2:26.4, 3. Forsman 2:34.1, 4. Schmidt 2:36.3, 5. Weisman 2:43.7
bfs: 1. D. Mellon 2:17.3, 2. Gerasimov 2:34.8, 3. Hendrickson 2:42.0, 4. Aghbae 2:46.7, 5. Caires 2:47, 6. Almendariz (H) 2:51
bv: 1. Baria 2:02.9, 2. Ostarello (H) 2:03, 3. S. Mellon 2:04, 4. Boatwright (H) 2:13.9, 5. Randall 2:15.2, 6. Petty (H) 2:16.5, 7. Kt. Yamamoto 2:18.1, 8. Kalsbeek 2:18.4, 9. Alnagen (H) 2:24.7, 10. Aguayo 2:25.1, 11. Fung 2:34.2

300IH/300LH

gfs: 1. Mertz 57.8, 2. Gallagher 61.4, 3. Verarde 63.0, 4. N. Komadina 74.3
gv: 1. M. Wong 53.8, 2. Long 57.2, 3. J. Chung 59.5, 4. Faulk (H) 66.7
bfs: 1. Gaffney (H) 49.1, 2. Cowin 50.5, 3. Alarcon (H) 50.9, 4. Poblete 53.1, 5. Oliviera 66.7
bv: 1. Ostarello (H) 42.9, 2. Fung 43.7, 3. Pape (H) 42.8, 4. Radcliffe (H) 45.2, 5. Paik 45.4, 6. Mondino 48.3

200m

gfs: 1. Byrne 29.0, 2. Eng 30.0, 3. Randall 30.4, 4. Groome 31.2, 5. Boshard 32.4
gv: 1. Marr (H) 28.0, 2. Duperron 28.7, 3. McConnell (H) 28.7, 4. T. Chung 28.7, 5. Pettersen 28.9
bfs: 1. Lewis (H) 24.2, 2. Omelagah 25.1, 3. Daniels 25.1, 4. Sincerny 26.1, 5. Matheny 26.4, 6. Hernandez 27.1, 7. Ribeira 27.2, 8. Rice 28.1
bv: 1. Melendez (H) 22.6, 2. Holleman (H) 24.2, 3. Ostarello (H) 24.4, 4. Morris 24.5, 5. Soblin 24.6, 6. Chan 24.7, 7. Paik 26.3

3200

gfs: 1. Hisano 15:03, 2. Robles 15:22, 3. Dunn (H) 15:58, 4. Stower 16:18.3
gv: 1. Ewing 12:04.3, 2. Ko 13:10.9, 3. Schmidt 13:28.4
bfs: 1. Kp. Yamamoto 11:08.5, 2. Gidlund 12:02.7, 3. Mota (H) 12:14.9, 4. E. Cheung 12:26.4, 5. Leach 13:56.5, 6. Aaron (H) 15:58
bv: 1. Baria 10:33, 2. S. Dulaney 10:47, 3. Coffeen 10:54, 4. Mendez (H) 11:02, 5. Kalsbeek 11:41.7

1600mR

gfs: 1. CV 4:48.6, 2. CV 5:37.9
gv: 1. CV 4:34.4
bfs: 1. CV 4:02.7
bv: 1. CV (Eng, Baria, Kt. Yamamoto, S. Mellon) 3:41.2, 2. Hay 3:43.7

HJ

gfs: 1. Eng 4-0, 2. Bichsel 3-10, 3. Morse (H) 3-8
gv: 1. Kohl 4-10, 2. Bailey 4-8, 3. M. Komadina 4-2, 4. Long 4-0
bfs: 1. Cano (H) 5-0, 2. Roberts (H) 4-10, 3. Cain 4-8, 4. Rutherglen 4-8
bv: 1. Bromley 5-8, 2. Boatwright (H) 5-8, 3. Callier 5-4, 4. Mondino 5-2, 5. Aguayo 5-2

LJ

gfs: 1. Robles 12-2, 2. Hayes (H) 11-6, 3. Taylor (H) 10-10, 4. Erin (H) 10-6.75, 5. N. Komadina 10-1.5
gv: 1. Bailey 13-9, 2. Sammons 13-6, 3. A. Wong 13-3, 4. Lee 11-9.5, 5. Oates 11-9, 6. Jackson (H) 8-4.25
bfs: 1. Gaffney (H) 17-1, 2. Daniels 16-0.5, 3. Neal (H) 15-10, 4. Alnagem (H) 14-10.5, 5. Cowin 14-7, 6. Cain 14-7, 7. Cano (H) 13-7, 8. Roberts (H) 13-4.5, 9. Mills (H) 13-4.5
bv: 1. Holleman (H) 18-7, 2. Fung 17-1.5, 3. Johnson (H) 17-0, 4. Paik 16-6, 5. Conway (H) 16-5, 6. Hsieh (H) 16-4, 7. Aguayo 15-10.5, 8. Uychoco 15-1.5, 9. Tong 14-4, 10. Callier 13-5.5, 11. Greenfield 13-4, 12. Simons 12-7, 13. Fosdahl 12-5

TJ

gfs: 1. Robles 28-1, 2. no second, 3. no third
gv: 1. A. Wong 29-9, 2. Komadina 27-4, 3. Oates 26-3.75, 4. Lee 26-0
bfs: 1. Alnagem (H) 35-2.25, 2. Cano (H) 33-8, 3. T. Blevins 31-3, 4. Cowin 31-1.5, 5. C. Blevins 29-5, 6. Mills (H) 28-7
bv: 1. Holleman (H) 38-11.5, 2. Bromley 38-9.5, 3. Fung 37-9.75, 4. Hsieh (H) 37-0.5, 5. Johnson (H) 36-0, 6. Conway (H) 35-7.5

SP

gfs: 1. Gabel 27-6.5, 2. Weisman 24-11, 3. Jower 23-0, 4. Busch 20-1, 5. Rosenberg (H) 19-7
gv: 1. Klews 32-9, 2. Abella 30-6, 3. Cortez (H) 30-3, 4. Rizzo 29-6, 5. Sisson (H) 23-7.5, 6. Freeman (H) 22-7
bfs: 1. McCready (H) 43-4.5, 2. Picetti 38-9.5, 3. Turner (H) 38-3.5, 4. DeMiguel 36-2, 5. Walker (H) 33-10.5, 6. Alex (H) 29-0.5, 7. Bathke 28-1.5, 8. Barloon 25-0
bv: 1. Jower 48-2, 2. Johnson (H) 47-0.5, 3. Leatherwood (H) 44-10.5, 4. Mateialona (H) 43-1, 5. Nabori 42-6, 6. Silmi 41-10, 7. Calahan 38-4, 8. Collett 38-1.5, 9. Amstatz (H) 36-10.5, 10. Carter 36-3, 11. Jones 33-8, 12. Valrey 33-1, 13. Dormer 31-2

D

gfs: 1. Jower 72-1.5, 2. Weisman 61-3, 3. Busch 52-9
gv: 1. Klews 97-11, 2. Rizzo 84-1, 3. Abella 80-11
bfs: 1. Picetti 105-9.5, 2. Roland (H) 104-5.5, 3. Turner (H) 75-6
bv: 1. Johnson (H) 127-0, 2. Mateilona (H) 120-8.5, 3. Nabori 114-8

PV

gfs: 1. Ponce 6-6, 2. no second, 3. no third; Rippy nh
gv: 1. Sammons 8-6, 2. Glenn 7-0, 3. Arterburn 6-0
bfs: 1. Rutherglen 9-0, 2. Caires 8-0, 3. Poblete 6-6, 4. D. Cheung 6-6, 5. Elliot 6-6
bv: 1. Tong 11-0, 2. Ghaderi 9-6, 3. Simons 9-0, 3. Almendariz (H) 9-0, 5. Greenfield 8-6; Aguayo, Fosdahl nh

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 Lewis	(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	Jason Gafney	(H)	18.4	1997
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 Byrne	(CV)	13.9	1997
200	Erin Yarbrough	(H)	28.5	1996
400	Jessica Groome	(CV)	66.5	1997
800	Angela Atwood	(CV)	2:37.5	1996
1600	Stephanie Weisman	(CV)	5:55.7	1996
3200	Oralia Coons	(H)	12:50.3	1996
100H	April Wong	(CV)	18.1	1996
300LH	Tracey	(H)	53.7	1996
HJ	Loryn Bailey	(CV)	4-4	1996
LJ	Shannon Oates	(CV)	12-9.5	1995
TJ	Theresa Robles	(CV)	28-1	1997
SP	Henry	(H)	27-8 1/2	1996
Discus	Patrice Council	(H)	79-9	1996
PV	Kim Ponce	(CV)	6-6	1997
400 R	Hayward (Tracey, Bilbo, Marr, Yarbrough)		54.5	1996
1600R	Hayward		4:33.3	1996

Granada Games
Granada HS

4/19/97
warm, overcast

vb: 34 points 7th place

vg: 95 points 2nd place

fs: 1 point

3000m

Teresa Ko 91 97 100 101 98 99 99 20 11:47.56 7th

100m

Ashli Tingle 13.15 1st H1

13.03 1st finals

Loryn Bailey 13.85 3rd H2

240 yd Shuttle Hurdles

1) Megan Mertz (11.4)

2) Rachelle Gallagher (10.9)

3) Mandi Randall (11.8)

4) Natasha Komadina (12.9) 44.66 3rd H1

1) Shannon Oates (11.2)

2) Maya Komadina (10.3)

3) Marcy Long (11.2)

4) April Wong (10.5) 42.89 2nd H2, 2nd

4x440 Relay

1) Heather Duperroir (64.2)

2) Trisha Chung (65.7)

3) Sheryl Eng (68.9)

4) Ashli Tingle (61.2) 4:19.94 1st H1

1) Megan Mertz (70.4)

2) Jessica Groome (68.0)

3) Rachelle Gallagher (74.3)

4) Mandi Randall (72.8) 4:45.32 4th H2

Distance Medley (1320-440-880-mile)

Tina Schmidt	80.1	86.6	87	4:13	
Gaylynn Pettersen	64.6			1:04.6	
Jenni Forsman	69.8	81.6		2:31.4	
Jennie Ewing	—	—	—	5:30.4	13:20.96 1st

Michelle Marques	80.9	88.3	86.8	4:15.9	
Theresa Robles	73.1			1:13.1	
Jessica Groome	78.7	83.7		2:42.4	
Rachel Stower	87.9	95.3	(3:11.4) 6:03.6	14:25.89 6th	

Shane Dulaney	73.3	70.1	73.7	3:37.1	
Kentoku Yamamoto	58.4			0:58.4	
Seth Mellon	62.4	64.1		2:06.5	
Peter Baria	64.7	69.5	71.1 70.9	4:36.2	11:17.55 2nd

Justin Coffeen	73.8	73.1	73.8	3:40.7	
Andy Randall	58.1			0:58.1	
Josh Kalsbeek	—	—		2:19.2	
Damien Dulaney	—	—	—	4:55.7	11:54.18 4th

4x110 Relay

Nicole Watt	Loryn Bailey	Heather Duperroir	Ashli Tingle	52.55 1st H1
Michele Tobia	Sheryl Eng	Trisha Chung	Megan Mertz	56.26 4th H2

Jack Daniels	Matt Omelegah	Darryl Eng	Jarawn Shackelford	47.20 4th H2
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4x880 Relay

1) Jennie Ewing 75 79 2:34.4	2) Tina Schmidt 77 82 2:39	
3) Jenni Forsman 78 82 2:40	4) Michelle Marques 78 83 2:41.7	10:35.7 1st
1) Gaylynn Pettersen 80 88 2:47.6	2) Theresa Robles 84 91 2:55.3	

3) Rachel Stower 86 87 2:53.3

1) Darryl Eng --- --- 2:13.0

3) Peter Baria 60 64 2:04.6

1) Justin Coffeen --- -- 2:16.5

3) Josh Kalsbeek 65 77 2:22.3

4) Jessica Groome 77 85 2:41.8 11:17.6 7th

2) Kentoku Yamamoto 66 68 2:14.3

4) Seth Mellon 62 61 2:03.5 8:35.1 2nd

2) Andy Randall 66 71 2:16.9

4) Damien Dulaney 62 68 2:10.3 9:07.2 5th

4x220 Relay

1) Heather Duperroir (28.1)

3) Trisha Chung (28.0)

2) Gaylynn Pettersen (29.1)

4) Ashli Tingle (27.2) 1:52.47 1st

1) Michele Tobia (29.5)

3) Sheryl Eng (30.9)

2) Megan Mertz (32.2)

4) Tina Schmidt (29.9) 2:02.50 5th H1

Darryl Eng Peter Baria Jimmy Nickolopoulos Genna Abramenko

1:40.69 4th H2

Steeplechase

vb: Peter Baria 5:10.7 1st

vg: Jennie Ewing 6:35.5 1st

fs: Richard Kuta 7:07

Long Jump

A) Loryn Bailey (15-1)

B) Amber Sammons (15-2 3/4)

Lynnsy Jones (14-6)

Theresa Robles (13-2 3/4)

29-7 1st

28-5 1/2 4th

Jack Daniels (19-9 1/2)

Ron Uychoco (15-1 1/2)

34-11

Triple Jump

A) Lynnsy Jones (30-11)

B) Maya Komadina (29-3)

April Wong (29-10 1/4)

Theresa Robles (28-10)

60-9 1/4 2nd

58-1 6th

High Jump

A) Loryn Bailey (4-10)

B) Maya Komadina (4-6)

Marcy Long (4-6)

Sheryl Eng (4-6)

9-4 4th

9-0 6th

Shot Put

A) Barbara Klews (31-11 3/4)

B) Tiffany Rizzo (26-9 1/4)

Nicole Abella (30-3)

Cami Hanson (26-0)

62-2 3/4 3rd

52-9 1/4

A) Kris Jower (46-0 1/4)

B) Ryan Jones (37-9 1/4)

Tak Nobori (42-11)

Robert Picetti (34-1 3/4)

88-11 1/4 1st

71-11

Discus

A) Barbara Klews (95-0)

B) Tiffany Rizzo (78-10)

Nicole Abella (83-0)

Cami Hanson (58-7)

178-0 3rd

137-5

A) Ryan Jones (124-1)

B) Kris Jower (111-9)

Robert Picetti (102-11)

Tak Nobori (105-6)

227-0

217-3

Pole Vault

fs: Richard Kuta 8-6 3rd tie

vg: Amber Sammons 9-6 5th (1st individual) *** new school record ***

vb: Phil Ghaderi 9-6

Pentathlon

100

S P

HJ

400H

800

Total

Phil Ghaderi

13.24

27-7 1/4

4-8

71.2

2:42.3

3067 8th

Castro Valley vs. Bishop O'Dowd
CVHS

4/22/97

scores: vb: CV 100, BOD 36 bfs: CV 121, BOD 15 vg: CV 92, BOD 44 gfs: CV 111, BOD 15

400mR

gfs: 1. CV (Tobia, Eng, Chung, Mertz) 55.6, 2. CV (Randall, Mata, Verarde, Powell) 56.6, 3. BOD (Dean, Tafoya, Weldon, McLean) 57.2

gv: 1. BOD (Sutton, Rodriguez, Adeniji, Wheeler) 52.6, 2. CV 54.7

bfs: 1. CV (Daniels Matheny, Omelagah, Shackelford) 47.3, 2. BOD (Bradley, Smith, Pierre, Maita) 49.5

bv: 1. CV (Eng, Soblin, Chan, Abramenko) 45.5, 2. BOD (Mazur, Stovall, Garvin, Unsworth) 45.8

1600m

gfs: 1. Groome 5:52.8, 2. Stower 6:00.9, 3. Robles 6:18.4, 4. Hisano 6:51.2, 5. Bichsel 7:07.3, 6. Allen 7:29.3

gv: 1. Ewing 5:26.8, 2. Gatchalian (B) 5:34.9, 3. Schmidt 5:38.3, 4. Brandin (B) 5:38.7, 5. Marques 5:48.9

bfs: 1. Kp. Yamamoto 5:03.7, 2. Arndt 5:10.0, 3. Gidlund 5:14.6, 4. Hubble (B) 5:15.8, 5. E. Cheung 5:26.5, 6. Lim (B) 5:35.0, 7. ? (B) 5:37.8, 8. ? (B) 5:40.3, 9. Elliot 5:55.3, 10. Leach 5:56.6, 11. D. Cheung 5:57.5

bv: 1. Baria 4:35.1, 2. Gardiner (B) 4:46.1, 3. Coffeen 4:51.5, 4. Boruta 4:56.6, 5. Kt. Yamamoto 4:57.9, 6. Huen 5:00.5, 7. Kalsbeek 5:01.9, 8. Randall 5:08.4

110HH/100LH

gfs: 1. Mertz 19.8, 2. Gallagher 20.8, 3. Rippy 26.1

gv: 1. James (B) 16.2, 2. A. Wong 17.7, 3. M. Wong 18.4, 4. M. Komadina 19.2, 5. Donnelly (B) 19.8, 6. Evans (B) 19.9

1. Oates 19.38, 2. M. Lee 20.3

bfs: 1. C. Blevins 19.7, 2. Cain 19.7, 3. Cowin 21.8, 4. Pierre (B) 24.8

1. T. Blevins 20.9, 2. Poblete 21.8, 3. Riberia 22.2

bv: 1. Fung 16.7, 2. Mondino 17.6, 3. Bromley 18.1, 4. Brown (B) 19.3, 5. Vierra (B) 20.2

1. Aguayo 17.8, 2. Ghaderi 19.1

400m

gfs: 1. T. Chung 64.3, 2. Tobia 67.0, 3. Dean (B) 68.9, 4. Ponce 69.7, 5. Pegram (B) 71.7

gv: 1. James (B) 60.4, 2. Tingle 60.9, 3. Rodriguez (B) 61.9, 4. Duperroir 63.2, 5. Dangerfield (B) 65.6, 6. Pettersen 66.9

bfs: 1. D. Mellon 56.7, 2. Sincerny 57.4, 3. Cain 57.8, 4. Rutherglen 58.7, 5. Botello (B) 58.8, 6. Prola (B) 61.3, 7. Oliviera 62.9, 8. Yang (B) 63.9

bv: 1. Abramenko 51.7, 2. S. Mellon 53.1, 3. Holten (B) 54.6, 4. Stovall (B) 55.5, 5. Eng 56.2, 6. Teekell (B) 56.5

1. Unsworth (B) 57.8, 2. Chan 58.2, 3. Mondino 58.7, 4. Paik 59.1, 5. Uychoco 63.1

100m

gfs: 1. Randall 14.1, 2. Mata 14.6, 3. Eng 14.8, 4. Paladini 14.9, 5. Powell 15.0, 6. McLean (B) 15.0

gv: 1. Tingle 12.8, 2. Maes (B) 12.9, 3. Dangerfield (B) 13.2, 4. O. Adeniji (B) 13.4, 5. Bailey 13.5, 6. Wheeler (B) 13.7

bfs: 1. Omelagah 11.9, 2. Shackelford 12.4, 3. Matheny 12.5, 4. Bradley (B) 12.6, 5. Maita (B) 13.7, 6. Einhorn (B) 13.7, 7. Smith (B) 13.7

1. Jardin 12.8, 2. Hernandez 12.9, 3. Ribiera 13.2, 4. Rice 13.4, 5. C. Blevins 13.5, 6. T. Blevins 13.7

bv: 1. Abramenko 11.4, 2. Humphrey (B) 11.6, 3. Mazur (B) 11.8, 4. Soblin 11.9, 5. Edwards 12.3, 6. Tong 12.5

800m

gfs: 1. Ponce 2:43.5, 2. Groome 2:44.8, 3. Stower 2:48.1, 4. Robles 2:51.7, 5. Johnson (B) 2:54.5, 6. Bertko (B) 3:00.0, 7. Atwood (B) 3:04.0, 8. Tafoya (B) 3:13.5, 9. Gelender 3:23.3

gv: 1. W. Adeniji (B) 2:26.6, 2. Ewing 2:29.1, 3. Forsman 2:33.7, 4. Marques 2:35.9, 5. Schmidt 2:36.9

bfs: 1. D. Mellon 2:17.5, 2. Sincerny 2:19.7, 3. Lim (B) 2:22.5, 4. Conradi (B) 2:28.5, 5. Yang (B) 2:29.2, 6. Hendrickson 2:34.3, 7. Kuta 2:40.0, 8. Leach 2:51.7

bv: 1. Bouey (B) 1:59.5, 2. S. Mellon 2:01.7, 3. Foggiato (B) 2:11.6, 4. Kt. Yamamoto 2:12.2, 5. Randall 2:15.5, 6. Sweeney (B) 2:16.8, 7. Shobar (B) 2:25.1

300IH/300LH

gfs: 1. Mertz 54.8, 2. Gallagher 57.4, 3. Verarde 67.0

gv: 1. James (B) 48.4, 2. Lim 51.0, 3. Long 53.5, 4. Evans (B) 55.1, 5. J. Chung 55.7

bfs: 1. Oliviera 47.1, 2. Loche (B) 47.2, 3. Cowin 52.2, 4. Poblete 55.6

bv: 1. Fung 44.9, 2. Paik 45.7, 3. Mondino 46.2, 4. Vierra (B) 46.5, 5. Ghaderi 49.5, 6. Uychoco 51.6

200m

gfs: 1. T. Chung 27.9, 2. Dean (B) 29.0, 3. Randall 29.8, 4. Tobia 30.3, 5. Weldon (B) 30.9

1. McLean (B) 30.1, 2. Mata 30.4, 3. Paladini 32.3, 4. Fenoglio (B) 36.0, 5. Gelender 37.3

gv: 1. Tingle 26.5, 2. Dangerfield (B) 26.9, 3. Maes (B) 27.5, 4. Duperroir 28.1, 5. Petteersen 28.2, 6. Wheeler (B) 28.6

bfs: 1. Omelagah 24.9, 2. Daniels 25.3, 3. Matheny 25.8, 4. Jardin 26.0, 5. Einhorn (B) 27.2, 6. Rice 27.8

bv: 1. Humphrey (B) 23.4, 2. Soblin 23.9, 3. Mazur (B) 24.1, 4. Stovall (B) 24.3, 5. Eng 25.1, 6. Chan 25.8, 7. Uychoco 27.3

3200

gfs: 1. Hisano 14:39.7, 2. Allen 16:47.6, 3. no third

gv: 1. Ewing 12:14.4, 2. S. Weisman 12:14.7, 3. Ko 12:50.5, 4. Brandin (B) 13:17.0, 5. Arkles (B) 14:17.8

bfs: 1. Kp. Yamamoto 11:00.7, 2. Hanzel (B) 11:37.6, 3. E. Cheung 12:26.8, 4. Kuo (B) 12:45.5, 5. Yeng (B) 13:14.8

bv: 1. Baria 10:11, 2. Gardiner (B) 10:20.4, 3. S. Dulaney 10:38.3, 4. Coffeen 10:39.9, 5. Kalsbeek 11:07.3, 6. Sweeney (B) 11:17.5

1600mR

gfs: 1. CV (Mertz, Tobia, Eng, T. Chung) 4:40.9, 2. BOD 4:53.1, 3. CV (Ponce, Randall, Gallagher, Verarde) 5:06.4

gv: 1. CV (Duperroir, Forsman, Tingle, Ewing) 4:11.2, 2. BOD 4:15.0

bfs: 1. CV (Rutherglen, Sincerny, Daniels, D. Mellon) 4:03.1, 2. BOD 4:13.5

bv: 1. CV (Eng, Kt. Yamamoto, Baria, S. Mellon) 3:40.2, 2. BOD 3:42.9, 3. CV (Chan, Paik, Boruta, Mondino) 4:00.3

HJ

gfs: 1. Eng 4-2, 2. no second, 3. no third

gv: 1. Kohl 5-0, 2. Bailey 4-6, 3. Sutton (B) 4-6, 4. Evans (B) 4-4, 5. M. Komadina 4-2, 6. O. Adeniji 4-0; Long nh

bfs: 1. Smith (B) 4-10, 2. Rutherglen 4-10, 3. Bradley (B) 4-10, 4. tie Pravla (B), Cain 4-8, 6. Walton (B) 4-8

bv: 1. Aguayo 5-8, 2. Callier 5-8, 3. Bromley 5-6, 4. Loche (B) 5-2, 5. Degrazia 5-0

LJ

gfs: 1. Robles 12-9.5, 2. Paladini 11-11.5, 3. Gabel 11-8.5

gv: 1. Jones 15-9.5, 2. Bailey 14-11.5, 3. Sammons 14-5.5, 4. Maes (B) 14-4, 5. A. Wong 14-0.5, 6. Donnelly (B) 13-10.5, 7. M. Komadina 13-2.5, 8. O. Adeniji (B) 12-1.5, 9. Lee 11-11, 10. Oates 11-10.5, 11. Long 11-6

bfs: 1. Daniels 19-4.5, 2. Cain 16-8.5, 3. Bradley (B) 16-1.5, 4. Wilton (B) 15-8, 5. Prola (B) 15-7.5, 6. Cowin 15-5.5, 7. Einhorn (B) 13-11

bv: 1. Humphrey (B) 21-2.5, 2. Fung 18-6, 3. Aguayo 18-2.5, 4. Paik 17-7, 5. Uychoco 16-1.5, 6. Loche (B) 16-0.5

TJ

gfs: 1. Robles 29-6, 2. N. Komadina 24-6, 3. no third

gv: 1. Jones 33-1, 2. A. Wong 31-10, 3. Kohl 30-3.5, 4. Maes (B) 29-9, 5. M. Komadina 29-8, 6. Donnelly (B)

29-1, 7. Oates 27-2.5, 8. Lee 25-10

bfs: 1. Cowin 32-6.5, 2. T. Blevins 32-5.5, 3. C. Blevins 30-8

bv: 1. Humphrey (B) 42-4, 2. Bromley 37-11, 3. Fung 37-3, 4. Callier 35-9, 5. Gannon (B) 35-4, 6. DeGrazia 33-9, 7. Loche (B) 32-11

SP

gfs: 1. Lannah (B) 25-7.5, 2. R. Weisman 24-7, 3. Gabel 23-9.5, 4. Jower 20-7, 5. Busch 19-3.5

gv: 1. Klews 32-10, 2. Towns (B) 32-3.5, 3. Abella 29-10.5, 4. Rizzo 29-4.5, 5. Washington (B) 29-3.5, 6. Daggs (B) 28-1.5, 7. Reynolds (B) 26-11, 8. Hanson 25-4.5, 9. West (B) 24-7.5

bfs: 1. Picetti 37-3, 2. Tufu 35-6, 3. Ledwick 35-0, 4. Barnes 32-4, 5. Partes (B) 32-1, 6. Bathke 31-7, 7. C. Blevins 28-0, 8. Barloon 26-9

bv: 1. Jower 46-7.5, 2. McGallian (B) 44-9, 3. Nabori 42-0, 4. Calahan 37-9, 5. collett 37-1.5, 6. Carter 35-9, 7. Davari (B) 33-6.5, 8. Fabrizio (B) 33-6.5, 9. Jones 33-3.5, 10. Fernandez (B) 32-0, 11. Kurton (B) 30-4

D

gfs: 1. Jower 67-5.5, 2. R. Weisman 63-10, 3. Hilliard (B) 62-6, 4. Gabel 59-0.5, 5. Busch 49-1.5

gv: 1. Klews 96-11, 2. Washington (B) 90-7, 3. Towns (B) 87-7, 4. Abella 81-0, 5. Reynolds (B) 80-6.5, 6. West 79-10, 7. Rizzo 79-4, 8. Daggs (B) 78-0, 9. Hanson 52-3

bfs: 1. Ledwick 101-0, 2. Picetti 97-4, 3. Parks (B) 92-2.5, 4. Barnes 90-9, 5. Bathke 68-9

bv: 1. Jones 120-2.5, 2. Franson 104-6, 3. Dormer 103-0, 4. Gluthas (B) 99-3.5, 5. McGalban (B) 93-9, 6. Greenfield 91-7.5, 7. Davori (B) 89-0, 8. Collett 82-5, 9. Kurton (B) 85-4.5, 10. Calahan 84-8.5, 11. Fabrizi (B) 84-8, 12. Fernandez (B) 79-3; nm Nabori

PV

gfs: 1. Ponce 5-6, 2. no second, 3. no third

gv: 1. Sammons 9-0, 2. Glenn 6-6, 3. Lacey 6-0, 4. Hanson 5-6

bfs: 1. Rutherglen 9-6, 2. Kuta 8-0, 3. tie D. Cheung, Poblete 6-6

bv: 1. Aguayo 10-6, 2. Simons 10-0, 3. Ghaderi 9-6, 4. Tong 9-0, 5. Fosdahl 8-6, Greenfield 8-0

CASTRO VALLEY VS. BISHOP O'DOWD

BOYS VARSITY

100	Genna Abramenko	(CV)	11.4	1997
200	Jason Humphrey	(BOD)	23.4	1997
400	Genna Abramenko	(CV)	51.7	1997
800	Jake Bouey	(BOD)	1:59.5	1997
1600	Peter Baria	(CV)	4:35.1	1997
3200	Peter Baria	(CV)	10:11	1997
110 HH	Phil Fung	(CV)	16.7	1997
300 IH	Phil Fung	(CV)	44.9	1997
HJ	PJ Aguayo	(CV)	5-8	1997
LJ	Jason Humphrey	(BOD)	21-2 1/2	1997
TJ	Jason Humphrey	(BOD)	42-4	1997
SP	Kris Jower	(CV)	46-7 1/2	1997
Discus	Ryan Jones	(CV)	120-2 1/2	1997
PV	PJ Aguayo	(CV)	10-6	1997
400 R	Castro Valley (Eng, Soblin, Chan, Abramenko)		45.5	1997
1600 R	CV (Eng, Kt. Yamamoto, Baria, S. Mellon)		3:40.2	1997

GIRLS VARSITY

100	Ashli Tingle	(CV)	12.8	1997
200	Ashli Tingle	(CV)	26.5	1997
400	Venus James	(BOD)	60.4	1997
800	Wale Adeniji	(BOD)	2:26.6	1997
1600	Jennie Ewing	(CV)	5:26.8	1997
3200	Jennie Ewing	(CV)	12:14.4	1997
100 HH	Venus James	(BOD)	16.2	1997
300 LH	Venus James	(BOD)	48.4	1997
HJ	Amy Kohl	(CV)	5-0	1997
LJ	Lynnsy Jones	(CV)	15-9 1/2	1997
TJ	Lynnsy Jones	(CV)	33-1	1997
SP	Barbara Klews	(CV)	32-10	1997
Discus	Barbara Klews	(CV)	96-11	1997
PV	Amber Sammona	(CV)	9-0	1997
400 R	BOD (Sutton, Rodriguez, Adeniji, Wheeler)		52.6	1997
1600 R	CV (Duperroir, Forsman, Tingle, Ewing)		4:11.2	1997

CASTRO VALLEY VS. BISHOP O'DOWD

BOYS FROSH/SOPH

100	Matt Omelagah	(CV)	11.9	1997
200	Matt Omelagah	(CV)	24.9	1997
400	Dru Mellon	(CV)	56.7	1997
800	Dru Mellon	(CV)	2:17.5	1997
1600	Kenpei Yamamoto	(CV)	5:03.7	1997
3200	Kenpei Yamamoto	(CV)	11:00.7	1997
110 HH	Chad Blevins	(CV)	19.7	1997
300 IH	Derrick Oliviera	(CV)	47.1	1997
HJ	Steve Smith	(BOD)	4-10	1997
LJ	Jack Daniels	(CV)	19-4 1/2	1997
TJ	Rodney Cowin	(CV)	32-6 1/2	1997
SP	Robert Picetti	(CV)	37-3	1997
Discus	Sebastian Legwick	(CV)	101-0	1997
PV	Cory Rutherglen	(CV)	9-6	1997
400 R	CV (Daniels, Matheny, Omelagah, Shackelford)		47.3	1997
1600 R	CV (Rutherglen, Sincerny, Daniels, D. Mellon)		4:03.1	1997

GIRLS FROSH/SOPH

100	Mandi Randall	(CV)	14.1	1997
200	Trisha Chung	(CV)	27.9	1997
400	Trisha Chung	(CV)	64.3	1997
800	Kim Ponce	(CV)	2:43.5	1997
1600	Jessica Groome	(CV)	5:52.8	1997
3200	Terumi Hisano	(CV)	14:39.7	1997
100 HH	Megan Mertz	(CV)	19.8	1997
300 LH	Megan Mertz	(CV)	54.8	1997
HJ	Sheryl Eng	(CV)	4-2	1997
LJ	Theresa Robles	(CV)	12-9 1/2	1997
TJ	Theresa Robles	(CV)	29-6	1997
SP	Dianah Reynolds	(BOD)	25-7 1/2	1997
Discus	Tiffanie Jower	(CV)	67-5 1/2	1997
PV	Kim Ponce	(CV)	6-6	1997
400 R	CV (Tobia, Eng, Chung, Mertz)		55.6	1997
1600 R	CV (Mertz, Tobia, Eng, T. Chung)		4:40.9	1997

1997 Castro Valley Invitational Relays

• = meet record

Team Scores:

GFS:

1. St. Mary's	85
2. Las Lomas	81
3. Castro Valley	78
4. Mission San Jose	22
5. Richmond	16
6. Hayward	11
7. Fremont	8
8. Alhambra	6
American	6
Castlemont	6
Washington	6
12. Sacred Heart	4
13. Dublin	2

GV:

1. Castro Valley	124
2. Alhambra	60
3. Fremont	44
4. Mission San Jose	43
5. Dublin	18
Hayward	18
Sacred Heart	18
8. San Lorenzo	13
9. Las Lomas	6
10. Richmond	5
11. Washington	4

BFS:

1. Bencia	76
2. Hayward	56
3. Castro Valley	42
Mission San Jose	42
5. St. Mary's	26
6. Mt. Eden	22
7. Richmond	20
8. San Lorenzo	19
9. Sacred Heart	18
10. Washington	16
11. Las Lomas	11
12. Alhambra	8
13. Fremont	4

Event 1: BFS 4 x Mile

1. Mission San Jose	20:23.6
2. Sacred Heart	21:21.3
3. Castro Valley "A"	21:28.5
4. Benicia	21:35.7
5. Hayward	21:39.3
6. Washington	21:56.1
7. St. Mary's	22:03.0
8. Las Lomas	24:21.5
9. Castro Valley "B"	25:03.7

Event 2: GFS 4 x Mile

1. Castro Valley	25:45.1
2. Las Lomas	27:52.8

Event 3: GV 4 x Mile

•1. Castro Valley	23:17.9
2. Mission San Jose	23:33.8
3. Alhambra	24:33.1
4. Sacred Heart	26:58.4

Event 4: BFS 4 x 100

Heat 1

1. Hayward	47.41
2. Sacred Heart	48.24
3. American "A"	48.61
4. Washington	49.98
5. Castro Valley "B"	50.53
6. American "B"	58.72
Las Lomas	dnf

Heat 2

1. St. Mary's	45.90
2. Mt. Eden	46.84
3. Benicia	47.01
4. Mission San Jose	47.79
5. Alhambra	48.10
Richmond	DQ
Castro Valley "A"	dnf

Event 5: GFS 4 x 100

Heat 1

1. Sacred Heart	55.73
2. Castro Valley "A"	56.41
3. Castro Valley "B"	57.84
4. Dublin "B"	59.03
5. Las Lomas "B"	60.10

Heat 2

•1. St. Mary's	51.01
2. Mission San Jose	54.77
3. Las Lomas "A"	54.93
4. Richmond	55.14
5. Dublin "A"	59.27
Hayward	DQ

Event 6: GV 4 x 100

Heat 1

1. Castro Valley	52.64
2. Hayward	53.38
3. Alhambra	54.02
4. Sacred Heart	56.16

Heat 2

1. Mission San Jose	50.54
2. Fremont	50.98
San Lorenzo	dnf

Event 7: BFS 4 x 70 Hurdles

Heat 1

1. Benicia	44.1
2. Castro Valley "A"	44.2

Heat 2

1. Hayward	46.1
2. Mission San Jose	47.8
3. Castro Valley "B"	49.7

Event 8: GFS 4 x 65 hurdles

Heat 1

1. Castro Valley	44.2
2. Mission San Jose	44.9
3. Washington	48.1

Heat 2

1. St. Mary's	46.4
2. Dublin	48.3

Event 9: GV 4 x 65 Hurdles

•1. Mission San Jose	40.2
2. Castro Valley	43.7
3. Alhambra	46.1
4. Sacred Heart	46.8

Event 10: BFS 4 x 220

Heat 1

1. Mt. Eden	1:38.27
2. Alhambra	1:41.13
3. American	1:42.34
4. Hayward	1:43.29
5. Washington	1:45.49
6. Las Lomas "B"	1:48.51

Heat 2

1. Richmond	1:35.08
2. Benicia	1:37.84
3. St. Mary's	1:39.51
4. Mission San Jose	1:39.71
5. Castro Valley	1:40.21
6. Las Lomas "A"	1:41.49

Event 11: GFS 4 x 220

Heat 1

1. St. Mary's	1:53.0
2. Castro Valley "B"	2:04.0
3. Dublin "B"	2:06.6
4. Las Lomas "B"	2:06.9
5. Dublin "A"	2:08.7

Heat 2

1. Castro Valley "A"	1:56.8
2. Las Lomas "A"	1:57.6
3. Richmond	1:59.2
4. Washington	2:03.1
5. Mission San Jose	2:04.8

Event 12: GV 4 x 220

1. Fremont	1:48.02
2. San Lorenzo	1:50.71
3. Castro Valley "A"	1:51.72
4. Hayward	1:54.25
5. Castro Valley "B"	1:56.39
6. Alhambra	2:02.31

Event 13: BFS 4 x 880

1. Castro Valley	8:57.6
2. Hayward	8:59.6
3. St. Mary's	9:06.0
4. Las Lomas	9:07.5
5. Benicia	9:27.5
6. Alhambra	10:49.5
Mission San Jose	DQ

Event 14 GFS 4 x 880

1. St. Mary's	10:58.8
2. Castro Valley "A"	11:09.3
3. Las Lomas	11:48.6
4. Castro Valley "B"	12:50.6

Event 15 GV 4 x 880

1. Alhambra	10:10.5
2. Castro Valley "A"	10:10.9
3. Castro Valley "B"	10:47.3
4. Washington	10:55.1
5. Dublin	12:11.9

Event 16 BFS Open 100**Heat 1**

1. Derrick Kindie (Mt. Eden)	11:68
2. Brandon Soloff (Alhambra)	12.00
3. Joe Cooper (Alhambra)	12.27
4. Lawson (Benicia)	12:35
5. Marques Wilder (Mt. Eden)	12.57
6. Sam Kary (Las Lomas)	12.64
7. Jason Owens (San Lorenzo)	12.76
8. Glen Shiel (Hayward)	12.77

Heat 2

1. D. Lewis (Hayward)	11.83
2. Matt Ormelegah (CV)	12.04
3. Sam Sherman (Richmond)	12.11
4. Aaron Lewis (Washington)	12.35
5. Kishawn Lewis (Richmond)	12.50
6. Aundree Ng (Mission)	12.55

Heat 3

1. Perry (Las Lomas)	11.88
2. Brian Rivers (Mission)	11.99
3. Tony Gabby (Washington)	12.17
4. Matt Middlesworth (MSJ)	12.31
5. Cliff Farudo (Mt. Eden)	12.42
6. Girard Carr (Mt. Eden)	12.61
7. IV Matheny (Castro Valley)	12.75
8. Byron Bandy (San Lorenzo)	12.87

Event 17 GFS Open 100**Heat 1**

•1. Espie Accode (St. Mary's)	13.36
2. Desirea English (St. Mary's)	13.69
3. Gilleen Smith (Mt. Eden)	13.98
4. Stacy Gallardo (St. Mary's)	14.13
5. Scott Nanyam (Washington)	14.26
6. Jen Miller (Las Lomas)	14.62
7. Patty Boyce (Washington)	14.69
8. Nigua Gass (Richmond)	14.7

Heat 2

1. Spring Harris (St. Mary's)	13.58
2. Trisha Chung (Castro Valley)	14.07
3. Tamika Williams (SLZ)	14.26
4. Fernandez (Las Lomas)	14.38
5. Hudson (Las Lomas)	14.41
6. Charisa Thompson (SLZ)	15.33

Heat 3

1. Luke Stain Powell (Fremont)	13.19
2. Julie Ramos (Mission)	13.85
3. Celeste McGruder (St. Mary's)	14.20
4. Tokumbo Akinbodunse (Fre)	14.44

5. Estta Lauaka (Fremont)	14.48
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Event 18 GV Open 100

•1. Anita McCullum (SLZ)	12.88
2. Asli Tingle (Castro Valley)	13.36
3. Tianne Brown (Dublin)	14.13
4. Jointer (Hayward)	14.91

Event 19 BFS Devil Mile

1. Rich Mendez (Hayward)	4:55.4
2. Andrew Golden (Mission)	4:57.4
3. Dan Sabatini (Alhambra)	5:11.5
4. Matthews (Benicia)	5:21.1
5. Hogkins (Benicia)	5:21.3
6. Jose Mota (Hayward)	5:23.7
7. Kevin Coppersmith (LL)	5:24.6
8. Brian Dabe (Washington)	5:27.1
9. Sean Clarke (Alhambra)	5:29.8
10. Kevin Dao (Mt. Eden)	5:34.0
11. John Bamby (SLZ)	5:44.0
12. Ric Leach (CV)	5:44.8
13. Brian Hogkins (LL)	6:36.1

Event 20 GV Devil Mile

1. Amy Loper-Riley (Alh)	5:34.5
2. Susan Kang (Alh)	5:51.2
3. Stephanie Weisman (CV)	5:55.4
4. Teresa Ko (CV)	6:01.4
5. Alecia Rutledge (MSJ)	n.t.
6. Fawn Osborne (SLZ)	n.t.

Event 21 GFS Devil Mile

1. Melissa Vivian (Alh)	6:10.1
2. Karen Wong (Hayward)	6:19.1
3. Marie Bicheel (CV)	n.t.
4. Shayna Gelender (CV)	n.t.

Event 22 BFS 4 x 440

1. Benicia	3:41.0
2. Richmond	3:43.2
3. Mission San Jose	3:47.6
4. Hayward	3:47.8
5. Las Lomas	3:51.1
6. Castro Valley	3:52.0
7. Alhambra	3:56.4

Event 23 GFS 4 x 440

1. St. Mary's	4:28.5
2. Castro Valley "A"	4:35.3
3. Las Lomas	4:44.3
4. Richmond	4:54.6
5. Castro Valley "B"	5:10.4

Event 24 GV 4 x 440

1. Fremont	4:07.3
2. Castro Valley "A"	4:21.8
3. Castro Valley "B"	4:24.7
4. Alhambra	4:27.0
5. Hayward	4:28.2
6. San Lorenzo	4:32.1

Event 25 GV HJ

1. Castro Valley "A"	13-10
2. Fremont	13-8

3. Castro Valley "B"	12-10
4. Alhambra	8-10

Individual:

1. Amy Kohl (Castro Valley)	5-0
2. Tokumbo Akinbodunse (Fre)	5-0
3. Loryn Bailey (Castro Valley)	4-8
4. Kelly O'Dell (Alhambra)	4-6

Event 26 GFS HJ

1. (tie) Castro Valley	8-4
(tie) Las Lomas	8-4
3. (tie) Hayward	7-8
(tie) Mission San Jose	7-8
5. American	7-6

Individual:

•1. Jennifer Miller (Las Lomas)	4-6
2. Cheryl Eng (Castro Valley)	4-4
3. (tie) marie Bichsel (Castro V)	4-0
(tie) Melissa Vivian (Amer)	4-0

Event 27 BFS HJ

1. (tie) Benicia	16-2
(tie) San Lorenzo	16-2
3. Hayward	16-0
4. Mission "A"	15-10
5. Sacred Heart	15-4
6. Castro Valley	15-0
7. Las Lomas	14-8
8. Mission "B"	14-6
9. (tie) American	10-6
(tie) Mt. Eden	10-6

Individual:

1. Vincent Boatwright (Hayward)	5-10
2. Mike Parker (American)	5-8
3. Derrick Kindie (Mt. Eden)	5-6
4. Brendan Layton (Benicia)	5-6
5. Ingo DePina (San Lorenzo)	5-6

Event 28 GFS Long Jump

•1. Las Lomas	41-4
2. St. Mary's	39-6 1/2
3. Castro Valley "A"	36-7 1/2
4. American "A"	35-11
5. Hayward	34-5
6. Castro Valley "B"	31-6 1/2
7. Mt. Eden	14-2 1/2
8. Sacred Heart	14-0 1/2
9. American "B"	9-10 1/2
10. Castlemont	9-3 1/2

Individual:

1. Heather Ashforth (LL)	14-10
2. Jennifer Miller (LL)	14-3 1/2
3. Gilleen Smith (ME)	14-2 1/2
4. Suzanne Chaban (SH)	14-0 1/2
5. Celeste McGruder (SM)	13-9

Event 29 GV Long Jump

1. Castro Valley	43-4 1/2
2. Fremont	42-3
3. Mission San Jose	42-2
4. Alhambra "A"	40-10
5. Castro Valley "B"	39-6 1/2
6. Alhambra "B"	39-1
7. Dublin	36-11 1/2

8. Castro Valley "C" 24-6

9. San Lorenzo 9-3

Individual:

1. Becka Fong (MSJ) 15-2 1/2

2. Paula Thomas (Fre) 15-2

3. Loryn Bailey (CV) 14-7

4. Lynnsy Jones (CV) 14-6 1/2

5. Amber Sammons (CV) 14-3

Event 30 BFS Triple Jump

1. San Lorenzo 108-0 1/2

2. Benicia 105-4 1/2

3. Mission San Jose 104-4

4. Hayward 101-9 1/2

5. Mt. Eden 97-0

6. Las Lomas 95-11 1/2

7. Castro Valley 94-8

8. St. Mary's 68-2

9. American 35-5 1/2

Individual:

1. Cecil Miner (Ben) 37-8 1/2

2. Mike Johnson (MSJ) 37-3 1/2

3. Cliff Fajardo (ME) 36-6

4. Ingo Depina (SLZ) 36-1

5. Michael Parker (Amer) 35-51/2

Event 31 BFS Shot Put

1. Sacred Heart 118-0 1/2

2. Hayward 115-9

3. St. Mary's 107-1 1/2

4. Benicia 100-4 1/2

5. Castro Valley "A" 100-1 1/2

6. Alhambra "A" 98-4 1/2

7. Richmond 95-3

8. Mission San Jose 95-2

9. Castro Valley "B" 86-6

10. Alhambra "B" 84-1 1/2

11. Las Lomas 46-7

12. Dublin 40-1

13. Sacred Heart "B" 33-1

14. Mt. Eden 29-1 1/2

15. Alhambra "C" 25-2

Individual:

1. Basil Al-Fiqih (LL) 46-7

2. Roland McCready (H) 44-9

3. Dan Mazeris (SH) 44-1

4. James Powell (SM) 41-5 1/2

5. Tony Miranda (SH) 41-2

Event 32 GV Shot Put

1. Castro Valley 92-11

2. Hayward 74-0

3. Dublin 73-2

San Lorenzo 73-2

5. Alhambra 70-7

6. Mission San Jose 66-8

7. Washington 63-1 1/2

8. Sacred Heart 52-10

Individual:

1. Barbara Klews (CV) 32-8

2. Tiffany Rizzo (CV) 30-3 1/2

3. Nicole Abella (CV) 29-11 1/2

4. Lea Resio (SH) 29-1 1/2

5. Kathy Hodson (Dub) 29-0

Event 33 GFS Shot Put

•1. Las Lomas 81-10

2. Fremont 75-4

3. St. Mary's "B" 75-2 1/2

4. Richmond 73-8

5. Castro Valley "A" 69-2 1/2

6. St. Mary's "C" 68-5

7. St. Mary's "A" 67-3 1/2

8. Castro Valley "B" 19-0

Individual:

1. Rosie Aikens (SM) 31-0

2. Alice Hanson (LL) 30-11

3. Mona Payne (Fre) 30-7 1/2

4. Laurie Wilson (LL) 28-2

5. Rosa Romero (Rich) 25-0

Event 34 GV Discus

1. Castro Valley 256-2 1/2

2. Dublin 226-2

3. Hayward 221-1 1/2

4. Mission San Jose 189-2

5. Alhambra 186-11

6. Sacred Heart 183-8

7. American 175-1

Individual:

1. Rachael Lee (Dub) 92-7

2. Barbara Klews (CV) 90-4

3. Patrice Council (Hay) 84-1

4. Tiffany Rizzo (CV) 84-0

5. Josie Robinson (Alh) 78-6 1/2

Event 35 GFS Discus

•1. St. Mary's "B" 238-9 1/2

2. Las Lomas 214-7 1/2

3. St. Mary's "A" 208-0 1/2

4. Castro Valley "A" 192-10

5. Sacred Heart 135-8

6. Castro Valley "B" 43-3

Individual:

•1. Rosie Aikens (SM) 108-4 1/2

2. Alexis Walters (SM) 78-4

3. Dawn Embers (SM) 76-10 1/2

4. Laury Wilson (LL) 75-10

5. Alice Hansen (LL) 73-0

Event 36 BFS Discus

1. St. Mary's 271-4

2. Hayward 264-10 1/2

3. Castro Valley 250-5

4. Benicia 249-4

5. Mission San Jose 194-9 1/2

6. Las Lomas 100-4

7. Mt. Eden 79-8

Individual:

1. Rollin McCready (H) 112-2 1/2

2. Robert Picetti (CV) 103-1

3. Michael York (MSJ) 102-3

4. Basil Al-Fiqih (LL) 100-4

5. James Powell (SM) 98-10 1/2

Event 37 GFS Pole Vault

•1. Las Lomas 22-0

2. Castro Valley 12-6

Individual:

•1. Elaine Hoffman (LL) 8-0

2. Alison Green (LL) 8-0

3. Katie Glen (CV) 6-6

4. Andra Yeghoian (LL) 6-0

5. Jaime Arterburn (CV) 5-6

Event 38 GV Pole Vault

•1. Alhambra 23-6

2. Castro Valley 22-0

3. Las Lomas 13-0

4. Sacred Heart 6-0

Individual:

1. Danielle Sutton (Alh) 8-6

2. Amber Sammons (CV) 8-0

3. Kara Yeghoian (LL) 7-6

4. (tie) Sky Gliatto (Alh) 7-6

(tie) Laura Johnson (Alh) 7-6

Event 39 BFS Pole Vault

1. Benicia 29-6

2. Castro Valley "A" 24-6

3. Washington 9-0

4. Alhambra 9-0

5. Las Lomas 8-6

6. Castro Valley "B" 7-6

Individual:

1. Cecil Minor (Ben) 10-6

2. Dilan Thomas (Ben) 10-6

3. Corey Rutherglen (CV) 9-6

4. Zac Chin (Wash) 9-0

5. Chris Caccavo (Alh) 9-0

Castro Valley vs. Arroyo
Arroyo HS

4/24/97
Cold

scores: vb: CV 127, Arr 9 bfs: CV 123, Arr 2 vg: CV 90, Arr 46 gfs: CV 108, Arr 15

400mR

gfs: 1. CV (Powell, Boshard, Randall, Mata) 58.7
gv: 1. CV A (Oates, Duperroir, Sun, Bailey) 55.6, 2. CV B 55.8, 3. Arroyo 58.8
bfs: 1. CV (Jardin, Sincerny, Hernandez, Rice) 51.7
bv: 1. CV (Daniels, Shackelford, Edwards, Omelagah) 48.8

1600m

gfs: 1. Carrera (A) 7:16, 2. Winterhalter (A) 7:17, 3. Maloon (A) 7:21, 4. Bichsel 7:28.7, 5. Allen 7:28.7
gv: 1. Bokamper (A) 5:45, 2. Groome 5:47.6, 3. Stower 6:01.7, 4. Ponce 6:08.2, 5. (A) 6:39.1, 6. (A) 6:48.2, 7. Hisano 6:51.6
bfs: 1. Kp. Yamamoto 5:18, 2. Gidlund 5:20, 3. Robles (A) 5:21, 4. Arndt 5:25.7, 5. E. Cheung 5:32.7, 6. Elliott 5:59.7, 7. Hendrickson 6:02.7, 8. Leach 6:26.4
bv: 1. Boruta 5:04.6, 2. Coffeen 5:06, 3. S. Mellon 5:07, 4. Kalsbeek 5:13.5, 5. Kt. Yamamoto 5:13.8, 6. Randall 5:42.4

110HH/100LH

gfs: 1. M. Wong 18.1, 2. Gallagher 19.8, 3. DelaFuentes (A) 19.9, 4. Lee 20.6 (Var)
gv: 1. Mudgett (A) 16.7, 2. A. Wong 17.1, 3. M. Komadina 18.8, 4. Oates 19.0
bfs: 1. Cain 19.8, 2. C. Blevins 20.0, 3. T. Blevins 21.2, 4. Poblete 21.3
bv: 1. Fung 17.4, 2. Aguayo 18.0, 3. Ghaderi 18.9, 4. Mondino 19.1

400m

gfs: 1. tie Randall 82.0, 1. tie Boshard 82.0, 3. no third
gv: 1. T. Chung 65.7, 2. J. Chung 68.0, 3. Eng 69.5, 4. Juarez (A) 74.8
bfs: 1. Cain 58.7, 2. Oliviera 61.7, 3. no third
bv: 1. Baria 55.0, 2. Eng 56.8, 3. D. Mellon 57.5, 4. Chan 58.6, 5. Mondino 60.6, 6. Daniels 60.8

100m

gfs: 1. Paladini 14.1, 2. Mata 14.5, 3. Powell 14.6
gv: 1. Sun 13.7, 2. Batino (A) 13.9, 3. Tobia 14.1, 4. Merit (A) 15.5
bfs: 1. Matheny 12.5, 2. Jardin 13.0, 3. Hernandez 13.1, 4. Rice 13.2
bv: 1. Omelagah 11.8, 2. Jn Edwards 12.0, 3. Ekloff (A) 12.3, 4. Chan 12.4, 5. Eng 12.4, 6. Tong 12.5, 7. Simons 12.7, 8. Uychoco 12.7

800m

gfs: 1. Gundred 3:19.9, 2. Gelender 3:24.2, 3. Fernandez (A) 3:24.8
gv: 1. Bokamper (A) 2:40.6, 2. Chang (A) 2:44.1, 3. Groome 2:47.1, 4. Robles 2:50.9, 5. Glenn 2:56.8
bfs: 1. Sincerny 2:21.9, 2. E. Cheung 2:25.5, 3. Gidlund 2:33.6, 4. Leach 2:57.7
bv: 1. D. Mellon 2:20.1, 2. Kt. Yamamoto 2:29.9, 3. Eng 2:51.6

300IH/300LH

gfs: 1. M. Wong 57.7, 2. Gallagher 59.0, 3. Verarde 60.4
gv: 1. Mudgett (A) 51.7, 2. Lim 53.3, 3. Mertz 53.8, 4. J. Chung 58.5
bfs: 1. Oliviera 46.8, 2. Poblete 54.3, 3. Green (A) 59.2
bv: 1. Paik 46.6, 2. Mondino 48.3, 3. Ghaderi 48.5, 4. Uychoco 51.4

200m

gfs: 1. Randall 30.7, 2. Mata 31.1, 3. Paladini 32.6
gv: 1. Tobia 29.6, 2. Sun 29.8, 3. Patino (A) 29.8, 4. Hawes (A) 30.2, 5. Parker (A) 31.1, 6. Merit (A) 33.2
bfs: 1. Matheny 26.3, 2. Jardin 27.0, 3. Hernandez 28.2, 4. Rice 28.6
bv: 1. S. Mellon 24.7, 2. Soblin 24.8, 3. Omelagah 25.0, 4. Ekloff (A) 25.1, 5. Chan 25.6, 6. Eng 25.9
1. Baria 26.0, 2. Uychoco 26.8

3200m

gfs: 1. Allen 16:13.5, 2. Fernandez (A) 18:17.7, 3. R. Weisman 19:01.8
gv: 1. Ortega (A) 13:07.8, 2. Stower 13:10.0, 3. Benezia (A) 14:39, 4. Hisano 15:06.8, 5. McAlister (A) 16:12
bfs: 1. Kp. Yamamoto 11:26.0, 2. no second, 3. no third
bv: 1. Boruta 11:17.0, 2. Coffeen 11:17.9, 3. Kent (A) 11:24.0, 4. D. Mellon 11:25.5, 5. S. Mellon 11:52.1

1600mR

gfs: 1. CV (Wong, Gallagher, Verarde, Boshard) 5:11.0
gv: 1. CV (Mertz, Tobia, Eng, T. Chung) 4:32.6, 2. Arroyo 5:37.9
bfs: 1. CV (Cain, Cheung, Gidlund, Sincerny) 4:16.5
bv: 1. CV (Chan, Kt. Yamamoto, S. Mellon, Baria) 4:04.0

HJ

gfs: 1. Paladini 3-10, 2. no second, 3. no third
gv: 1. Kohl 5-0, 2. tie Despeaux (A) 4-8, 2. tie Bailey 4-8, 4. Eng 4-2, 5. Robles 4-2, 6. Hawes (A) 4-0
bfs: 1. Dunbar 5-2, 2. Shackelford 5-2, 3. Rutherglen 5-0, 4. Hernandez 4-10
bv: 1. Callier 5-6, 2. Brandes (A) 5-6, 3. Aguayo 5-4, 4. Garcia (A) 5-0

LJ

gfs: 1. Randall 12-3.5, 2. Paladini 11-7, 3. Parsons (A) 8-6, 4. Mata 6-5.5; nm Boshard
gv: 1. Jones 13-8.5, 2. Robles 13-1, 3. Bailey 12-10, 4. A. Wong 12-9, 5. Mudgett (A) 12-4, 6. M. Komadina 12-3, 7. Juarez (A) 12-2, 8. Lee 11-11, 9. Oates 11-8.5
bfs: 1. Dunbar 14-9, 2. Cain 14-1, 3. no third
bv: 1. Fung 18-11, 2. Aguayo 18-7, 3. Daniels 17-11, 4. Paik 17-10.5, 5. Garcia (A) 16-4.5, 6. Uychoco 15-11.5, 7. Eckloff (A) 15-9, 8. Kempel (A) 15-3

TJ

gfs: 1. Verarde 25-4, 2. no second, 3. no third; nm Gallagher
gv: 1. A. Wong 29-10.5, 2. Despeaux (A) 29-8.5, 3. Komadina 29-4, 4. Robles 28-9, 5. Oates 25-8, 6. Lee 25-4
bfs: 1. T. Blevins 31-1, 2. C. Blevins 28-7, 3. no third
bv: 1. Fung 38-2.5, 2. Callier 34-1, 3. Kempel (A) 31-2, 4. Gomez (A) 29-9.5

SP

gfs: 1. Rizzo 28-4.5, 2. R. Weisman 25-3, 3. Gabel 23-11.5
gv: 1. Klews 34-5.5, 2. Hanson 24-8.5, 3. Steele (A) 24-2, 4. Graesch (A) 20-10, 5. Parsons (A) 19-9.5
bfs: 1. Barnes 38-0.5, 2. Tufu 35-5, 3. Ledwick 33-7, 4. Bathke 31-4.5, 5. C. Blevins 29-8, 6. T. Blevins 29-3, 7. Barloon 28-10, 8. Green (A) 20-4
bv: 1. Nobori 44-6.5, 2. Brandes (A) 37-4.5, 3. Collett 37-4, 4. Jones 35-8, 5. Wilhite 35-6, 6. Picetti 34-4, 7. Dormer 29-10

D

gfs: 1. Rizzo 83.0, 2. R. Weisman 66-5, 3. Gabel 58-2, 4. Busch 46-11
gv: 1. Jower 64-7.5, 2. Steele (A) 62-2, 3. Graesch (A) 60-7, 4. Hanson 52-1.5
bfs: 1. Barnes 88-0, 2. Ledwick 87-1, 3. Bathke 81-2, 4. Green (A) 59-3
bv: 1. Jones 123-1, 2. Nobori 110-6.5, 3. Franson 109-3, 4. Dormer 107-5, 5. Wilhite 105-3, 6. Picetti 103-4, 7. Collett 87-10, 8. Brandes (A) 79-9

PV

gfs: 1. Arterburn 6-0, 2. no second, 3. no third
gv: 1. Glenn 7-0, 2. Krohn (A) 6-6, 3. Ponce 6-0
bfs: 1. Rutherglen 9-6, 2. Kuta 8-6, 3. no third; Poblete nh
bv: 1. Tong 10-0, 2. tie Aguayo 9-6, 2. tie Simons 9-6, 2. tie Ghaderi 9-6, 5. Feliciano (A) 9-0, 6. Greenfield 8-0, 7. Fosdahl 7-6

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	Tony Moore	(CV)	13-0	1996
	Josh Ferguson	(A)		1996
	Ken Grace	(A)	13-0	1975
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)	60.1	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	Amy Kohl	(CV)	5-0	1997
	Felicia Suminski	(CV)		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
100HH	Marcia Wong	(CV)	18.1	1997
300LH	Marcia Wong	(CV)	57.7	1997
HJ	Loryn Bailey	(CV)	4-4	1996
	Ronna Svenson	(CV)		1995
LJ	Amber Sammons	(CV)	12-8	1996
TJ	Maya Komadina	(CV)	26-10	1995
SP	Tiffany Rizzo	(CV)	28-4 1/2	1997
Discus	Tiffany Rizzo	(CV)	83-0	1997
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

Castro Valley vs. Tennyson
CVHS

5/1/97

scores: vb: CV 105, Tenn 36 bfs: CV 128, Tenn 0 vg: CV 124, Tenn 11 gfs: CV 115, Tenn 1

400mR

gfs: 1. CV A (Randall, Tobia, Eng, Mata) 55.8, 2. CV B (M. Wong, Powell, Verarde, Boshard) 58.5

gv: 1. CV (Sun, Bailey, Duperroir, Tingle) 54.0, 2. Redwood 56.9

bfs: 1. CV 48.0, 2. Redwood 50.9

bv: 1. CV A 46.0, 2. Tennyson A 46.5, 3. CV B 48.4, 4. Tennyson B 50.6

1600m

gfs: 1. Bichsel 6:52.4, 2. Allen 7:34.5, 3. Weisman 8:28.7

gv: 1. Groome 5:56.2, 2. Stower 6:04.7, 3. Dryer (R) 6:19.8, 4. Hisano 6:46.1

bfs: 1. Arndt 5:12.2, 2. Kp. Yamamoto 5:14.3, 3. Gidlund 5:18.6, 4. E. Cheung 5:21.3, 5. Elliot 5:40.4, 6. Hendrickson 5:43.8, 7. Leach 5:53.4

bv: 1. D. Dulaney 4:52.8, 2. Jackson (T) 4:58.3, 3. Kalsbeek 5:01.6, 4. Huen 5:05.9, 5. Boruta 5:11.4

110HH/100LH

gfs: 1. M. Wong 18.3, 2. Gallagher 20.2, 3. Rippy 24.2

gv: 1. Oates 19.9, 2. Mertz 20.4, 3. Robles 20.7, 4. M. Lee 23.2

1. Yovino (R) 17.7, 2. Rojo (R) 18.8, 3. M. Komadina 18.9, 4. Long 20.4

bfs: 1. Cowin 19.1, 1. C. Blevins 19.1, 3. Cain 19.5, 4. T. Blevins 20.2, 5. Poblete 20.4, 6. Pincosy (RC) 23.6

bv: 1. Aguayo 17.4, 2. Mondino 18.0, 3. Washington (T) 18.4, 4. Ghaderi 18.6, 5. Jones (T) 19.1, 6. Lezama (T) 25.0

1. Pincosy (R) 19.4, 2. Low (R) 25.8

400m

gfs: 1. Eng 70.2, 2. Espinoza (R) 71.9; Var. 1. Groome 68.4, 2. Ko 72.9, 3. Weisman 73.4

gv: 1. Tingle 62.7, 2. Petersen (T) 64.2, 3. Pettersen 64.3, 4. T. Chung 65.3, 5. Forsman 65.8, 6. Schmidt 66.6, 7. Marques 66.8

bfs: 1. Sincerny 58.6, 2. White (R) 59.4, 3. Oliveira 59.8

bv: 1. Abramenko 52.0, 2. S. Mellon 52.9, 3. Carlos-Valentino (T) 53.0, 4. Paik 58.7, 5. Chan 58.8, 6. Low (R) 59.8, 7. Pincosy (R) 66.6

100m

gfs: 1. Randall 14.1, 2. Mata 14.2, 3. Powell 14.4, 4. Duenas (T) 14.9

gv: 1. Sun 13.4, 2. Lim 13.5, 3. Duperroir 13.6, 4. Rojo (R) 13.9

1. Pettersen 13.7, 2. Forsman 14.2, 3. Schmidt 14.6, 4. Marques 14.7

bfs: 1. Omelagah 12.1, 2. Matheny 12.2, 3. Jardin 12.3, 4. Hernandez 12.8

1. Rice 13.1, 2. Ribeira 13.2, 3. C. Blevins 13.5, 4. T. Blevins 13.6

bv: 1. Bailey 11.7, 2. Acosta (T) 11.7, 3. Abramenko 11.8, 4. Robinson (T) 11.9, 5. McKnight (T) 12.2, 6. Chan 12.4

1. Edwards 12.0, 2. M. White (R) 12.1, 3. Eng 12.3, 4. Mondino 12.4, 5. Uychocho 12.8, 6. Custodio (T) 12.9, 7. Maselli (R) 14.3

800m

gfs: 1. Gellender 3:17.9, 2. no second, 3. no third

gv: 1. Ponce 2:46.5, 2. Stower 2:47.6, 3. no third

bfs: 1. D. Mellon 2:16.4, 2. Cain 2:17.9, 3. Arndt 2:18.0, 4. E. Cheung 2:22.9, 5. Gidlund 2:27.2, 6. Leach 2:49.6

bv: 1. Baria 2:01.8, 2. S. Mellon 2:08.8, 3. Kt. Yamamoto 2:11.5, 4. Mickens 2:14.4, 5. M. White (R) 2:14.8, 6. Eng 2:16.1, 7. J. White (R) 2:17.0, 8. Randall 2:17.4

300IH/300LH

gfs: 1. Gallagher 55.1, 2. M. Wong 55.1, 3. Verarde 66.7
gv: 1. Lim 50.1, 2. Yovino (R) 5.3, 3. Mertz 57.8, 4. Robles 59.3, 5. Glueckert (R) 62.9, 6. Rojo (R) 63.6
bfs: 1. Oliveria 47.31, 2. Cowin 53.66, 3. Poblete 55.6
bv: 1. Paik 44.6, 2. Mondino 45.8, 3. Ghaderi 46.9, 4. Washington (T) 47.1, 5. Jones (T) 49.1, 6. Lezama (T) 49.8
1. Pincosy (R) 51.4, 2. Low (R) 53.1, 3. Kling (R) 54.7

200m

gfs: 1. Powell 30.7, 2. Mata 31.4, 3. N. Komadina 33.9, 4. Gelender 36.6
gv: 1. Tingle 27.6, 2. Pettersen 28.1, 3. T. Chung 28.2, 4. Schmidt 29.5, 5. Marques 31.2, 6. S. Weisman 33.2, 7. Ko 33.6
bfs: 1. Daniels 25.2, 2. Shackelford 25.3, 3. Matheny 25.7, 4. Jardin 26.3, 5. Hernandez 27.0
bv: 1. Acosta (T) 24.1, 2. Eng 24.6, 3. Nickolopoulos 25.1, 4. Robinson (T) 25.5, 5. Uychoco 26.3, 6. Maselli (R) 30.5

3200

gfs: 1. Bichsel 15:50.6, 2. Allen 17:33.6, 3. no third
gv: 1. Dyer (R) 13:44.2, 2. Groome 13:58.9, 3. Stower 13:58.9, 4. Hisano 14:50.8
bfs: 1. Kp. Yamamoto 10:47.4, 2. Pincosy (R) 13:29.2, 3. no third
bv: 1. Coffeen 10:47.7, 2. Kalsbeek 11:32.3, 3. Huizar (T) 12:50.9

1600mR

gfs: 1. CV (Gallagher, Verarde, Boshard, Randall) 5:36.3
gv: 1. CV A (Chung, Pettersen, Duperroir, Groome) 4:38.2, 2. CV B 5:03.7
bfs: 1. CV 4:01.0
bv: 1. Tenn (Valentino, Jackson, Mickens, Janoras) 3:42.7, 2. CV 3:43.2, 3. RC (White, White, Kling, Low) 4:01.7

HJ

gfs: 1. Eng 4-4, 2. Villegas (R) 3-10, 3. Bichsel 3-8
gv: 1. Kohl 4-10, 2. Bailey 4-8, 3. Atwood 4-4, 4. Long 4-2
bfs: 1. Hoffman (R) 4-10, 2. Cain 4-8, 3. Rutherglen 4-8, 4. Kling (R) 4-6; nh Pincosy (R)
bv: 1. Callier 5-8, 2. DeGrazia 5-4, 3. no third

LJ

gfs: 1. Boshard 11-6, 2. Eng 11-5, 3. Vilegas (R) 12-3, 4. Duenas (T) 13-3.5
gv: 1. Yovino (R) 14-9, 2. Bailey 14-4, 3. Peterson (T) 14-3, 4. Sammons 13-3.5, 5. M. Komadina 13-1, 6. Oates 12-8, 7. Robles 12-3.5, 8. Green (R) 12-1.5, 9. Lee 11-11, 10. Mertz 11-8
bfs: 1. Daniels 18-1, 2. Cowin 15-1, 3. no third
bv: 1. Janoras (T) 21-2, 2. Aguayo 18-1.5, 3. Callier 17-9, 4. McKnight (T) 17-2.5, 5. DeGrazia 16-6, 6. Paik 16-4, 7. Acosta (T) 16-3.5, 8. Uychoco 15-9, 9. Custodio (T) 15-5, 10. Hoffman (R) 15-1

TJ

gfs: 1. Verarde 26-2, 2. Boshard 25-6, 3. no third
gv: 1. Peterson (T) 29-6, 2. Robles 29-2, 3. Komadina 28-11, 4. Oates 27-0.5, 5. Mertz 26-10.5, 6. Lee 26-1, 7. Villegas (R) 25-8, 8. Wigton (R) 23-2.5
bfs: 1. Cowin 32-9, 2. T. Blevins 30-11, 3. Ribiera 30-2.5
bv: 1. Janoras (T) 38-4, 2. Callier 38-4, 3. McKnight (T) 38-2, 4. DeGrazia 33-7, 5. Hoffman (R) 32-10, 6. Kling (R) 32-10, 7. Pincosy (R) 28-2

SP

gfs: 1. Busch 20-2, 2. no second, 3. no third
gv: 1. Hanson 25-11, 2. Gabel 25-9, 3. Santos (R) 26-2, 4. R. Weisman 23--7, 5. Jower 21-8.5, 6. Wigton (R) 20-0, 7. O'Donnell (R) 19-1

bfs: 1. Ledwick 37-3, 2. Tofu 36-10, 3. Barnes 36-1, 4. Bathke 31-1, 5. C. Blevins 30-7, 6. T. Blevins 30-5.5, 7. Barloon 27-10
bv: 1. Nobori 43-0, 2. Wilhite 38-3, 3. Rayhuck (R) 38-0, 4. Brichacek (R) 37-0, 5. Jones 37-0, 6. Collett 36-5, 7. Mercado (T) 35-5, 8. Picetti 34-11, 9. Snipes (R) 33-9, 10. Dormer 32-3.5, 11. Thompson (T) 31-6, 12. Phillips (T) 29-10, 13. Siquig (T) 27-3

D

gfs: 1. Busch 50-7, 2. no second, 3. no third
gv: 1. Jower 75-8, 2. Gabel 68-3, 3. Santos (R) 67-2, 4. R. Weisman 56-0, 5. O'Donnell (R) 54-10.5, 6. Wigton (R) 54-8.5, 7. Hanson 48-0
bfs: 1. Ledwick 85-3, 2. Bathke 71-3, 3. no third
bv: 1. Mercado (T) 125-0, 2. Jones 120-5, 3. Dallalkhosh (T) 112-11, 4. Franson 112-4, 5. Wilhite 106-5, 6. Snipes (R) 105-4, 7. Picetti 103-9.5, 8. Bricheck (R) 97-8, 9. Collett 94-9, 10. Dormer 90-6, 11. Phillips (T) 82-10, 12. Raywonck (R) 78-9, 13. Siquig (T) 73-4

PV

gfs: 1. Arterburn 7-0, 2. no second, 3. no third
gv: 1. Lacey 8-0, 2. Glenn 7-6, 3. Ponce 7-0, 4. Hansen 6-6
bfs: 1. Rutherglen 9-6, 2. Kuta 8-6, 3. Caires 8-6, 4. Poblete 7-0, 5. D. Cheung 7-0
bv: 1. Tong 10-6, 2. Simons 9-6, 3. tie Fosdahl 8-0, 3. tie Ghaderi 8-0; Greenfield nh

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 LH	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	Becky Lacey	(CV)	8-0	1997
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	Marcia Wong	(CV)	18.3	1997
300 LH	Rachelle Gallagher	(CV)	55.1	1997
HJ	Sheryl Eng	(CV)	4-4	1997
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	Jamie Arterburn	(CV)	7-0	1997
400 R	CV (Tingle, Tobia, Haw, Sun)		55.6	1996
1600 R	CV (Tobia, Tingle, Haw, Carbonaro)		4:40.3	1996

Bob Warren Relays
Acalanes High School

5/2/97

fsg 4 Mile Relay

Kim Ponce	80	97	101	114	6:22.3	
Megan Mertz	91	109	115	102	6:56.8	
Theresa Robles	90	101	101	98	6:31.8	
Rachel Stower	88	95	92	85	6:01.5	25:52.4 7th place DQ

fsb 4 Mile Relay

Rob Arndt	69	84	97	88	5:25.2	
Edward Cheung	74	83	86	81	5:25.7	
Keith Gidlund	74	85	83	77	5:20.0	
Kenpei Yamamoto	74	78	79	77	5:10.9	21:21.8 13th place

vg 4 Mile Relay

Tina Schmidt	82	84	87	87	5:41	
Michelle Marques	79	89	90	91	5:49	
Stephanie Weisman	—	2:50	93	89	5:52.2	
Jennie Ewing	70	82	85	79	5:17.2	22:39 2nd place

vb 4 Mile Relay

Shane Dulaney	71	69	76	74	4:50.7	
Mike Boruta	68	72	76	76	4:54.1	
Justin Coffeen	68	74	77	72	4:53.0	
Peter Baria	63	70	71	73	4:38.1	19:15 5th place

fsb 110HH

Rodney Cowin	19.12 2nd H1
Chad Blevins	19.4 2nd H2

vb 110HH

Jon Mondino	18.90 7th H1
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fsg 100HH

Megan Mertz	20.70 4th H1
Marcia Wong	nt 7th H2

vg 100HH

April Wong	17.16 1st H1
Maya Komadina	19.06 6th H3

fsg 2 Mile Relay

Trisha Chung	72	88	2:40.6	
Theresa Robles	85	96	3:01.2	
Rachel Stower	81	85	2:47.2	
Kim Ponce	78	84	2:43.2	11:12.0 5th place

fsb 2 Mile Relay

Scott Cain	67	72	2:20.2	
Edward Cheung	67	72	2:20.0	
Rob Arndt	66	74	2:20.0	
Luke Sincerny	64	71	2:15.9	9:16 4th place

fsg 400m Relay

Mandi Randall	Michele Tobia	Sheryl Eng	Trisha Chung	54.85	DQ
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vb 400m Relay

Sean Soblin	Reggie Bailey	Darnell Williams	Genna Abramenko	45.23	2nd H2
Sean Soblin	Reggie Bailey	Matt Omelagah	Genna Abramenko	44.95	6th place

vg 400m Relay

Stefanie Sun	Loryn Bailey	Heather Duperroir	Shannon Oates	53.70	5th H1
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vb 2 Mile Relay

Peter Baria	60	62	2:02.8		
Andy Randall	60	70	2:11.6		
Kentoku Yamamoto	62	67	2:10.1		
Seth Mellon	58	63	2:02.0	8:26.3	2nd place

vg 2 Mile Relay

Tina Schmidt	73	80	2:33.6		
Jenni Forsman	71	79	2:30.1		
Michelle Marques	73	82	2:36.3		
Jennie Ewing	71	76	2:28.4	10:09.3	4th place

vg 100m

Loryn Bailey	13.69	3rd H2	13.6 (ht) finals
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Coaches 100m

Bobby Clemente	11.2	5th H1
Peter Brewer	14.4	3rd H3

fsb 880 Relay

IV Matheney	Jack Daniels	Luke Sincerny	Jarawn Shackelford	nt 3rd H1
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fsg 880 Relay

Michele Tobia	Sheryl Eng	Mandi Randall	Trisha Chung	1:57.3	4th H3
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vg 880 Relay

1:56.8	4th H
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vb 2 Mile

Justin Coffeen	77	80	83	82	84	84	84	80	10:51.5
Josh Kalsbeek	77	81	82	83	84	85	84	78	10:57.2

vg 2 Mile

Theresa Ko	-	-	-	-	-	-	-	-	12:38.5
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fsg 1600m Relay

Michele Tobia	65.3		
Sheryl Eng	67.8		
Kim Ponce	71.8		
Trisha Chung	66.9	4:32.0	

fsb 1600m Relay

3:52.5	DQ
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vg 1600M Relay		
Heather Duperroir	64.1	
Tina Schmidt	64.5	
Michelle Marques	66.1	
Jennie Ewing	60.5	4:14.5 2nd H2, 4th place

vb 1600m Relay		
Darryl Eng	56.2	
Damien Dulaney	-	
Seth Mellon	53.7	
Genna Abramenko	52.4	nt

High Jump		
fsb Scott Cain	5-3	
fsg Sheryl Eng	4-6	4th place
vg Amy Kohl	5-0	3rd place

Long Jump		
fsb Jack Daniels	19-7	2nd place
fsg Lynnsy Jones	15-10 1/2	2nd place
vg Loryn Bailey	15-7	5th place
vb Mike Paik	18-9 1/2	

Triple Jump		
fsb Rodney Cowin	35-10	
fsb Travis Blevins	31-3	
fsg Lynnsy Jones	33-7 1/2	1st place
fsg Theresa Robles	29-4 1/2	10th place
vg April Wong	32-0 1/2	
vg Maya Komadina	30-11	

Shot Put		
fsb Robert Picetti	36-11	
vg Barbara Klews	34-5 1/2	4th place
vg Nicole Abella	31-2 1/2	
vb Tak Nobori	41-4	

Discus		
fsg Tiffanie Jower	68-8 1/2	
fsg Erin Gabel	59-7 1/4	
fsb Robert Picetti	104-5 1/4	5th place
vg Barbara klews	94-0 3/4	
vb Ryan Jones	116-3 1/4	
vb Tak Nobori	108-5 3/4	

Pole Vault		
fsg Jamie Arterburn	7-0	
fsg Kim Ponce	6-0	
vg Amber Sammons	8-6	2nd place
vg Becky Lacey	7-6	
vb Brandon Tong	10-0	
vb Phil Ghaderi	nh	

Castro Valley vs. San Lorenzo

May 8, 1997

Castro Valley High School

scores: vb: CV 131, SLZ 3 bfs: CV 104, SLZ 27 vg: CV 108, SLZ 28 gfs: CV 117, SLZ 5
400mR

gfs: 1. CV A (Randall, Tobia, Eng, Chung) 56.2, 2. CV B (Powell, Verarde, Boshard, Mata) 57.9

gv: 1. SLZ 51.8, 2. CV (Sun, Bailey, Duperroir, Tingle) 53.7

bfs: 1. CV A 48.3

bv: 1. CV A 46.7, 2. CV B 47.6

1600m

gfs: 1. Stower 6:33.8, 2. Hisano 6:50.7, 3. Bichsel 7:01.1, 4. Allen 7:13.1

gv: 1. Schmidt 5:46.1, 2. Weisman 5:48.9, 3. Forsman 5:50.9, 4. Groome 5:52.1, 5. Ko 5:52.9, 6. Lim 6:46.8

bfs: 1. Gidlund 5:08.9, 2. Kp. Yamamoto 5:11.7, 3. E. Cheung 5:14.7, 4. Bambey (SZ) 5:47.7, 5. Elliott 5:53.2,
6. Leach 6:02.2

bv: 1. Baria 4:31.9, 2. Privat (SZ) 4:33.9, 3. Coffeen 4:54.8, 4. Kalsbeek 5:05.6, 5. Huen 5:13.7

110HH/100LH

gfs: 1. Robles 19.2, 2. Gallagher 19.7, 3. Rippy 23.0

gv: 1. A. Wong 17.9, 2. M. Wong 18.0, 3. M. Komadina 16.7, 4. Mertz 19.4, 5. Oates 19.6, 6. Lee 22.0

bfs: 1. C. Blevins 19.1, 2. Cain 19.4, 3. Cowin 19.5, 4. Riberia 19.9, 5. Poblete 20.0, 6. T. Blevins 20.7

bv: 1. Mondino 17.2, 2. Aguayo 17.5, 3. Ghaderi 18.3

400m

gfs: 1. Tobia 69.1, 2. Eng 70.9, no third

gv: 1. Margain (SZ) 58.5, 2. Tingle 61.5, 3. Pettersen 64.9, 4. Schmidt (SZ) 68.1

bfs: 1. Depina (SZ) 55.4, 2. Mellon 55.5, 3. Sincerny 56.5, 4. Bandy (SZ) 56.6, 5. Cain 57.4, 6. Owens (SZ) 58.1

bv: 1. Mellon 54.2, 2. Eng 54.6, 3. Yamamoto 55.8, 4. Chau 58.1, 5. Gorton (SZ) 60.3, 6. Woods (SZ) 61.5, 7.
Santi (SZ) 61.9

1. Mondino 57.9, 2. Daniels 58.3, 3. Fung 59.4

100m

gfs: 1. Williams (SZ) 13.8, 2. Randall 13.9, 3. Mata 14.2, 4. Powell 14.6, 5. Thompson (SZ) 14.8, 6. N.
Komadina 16.1

gv: 1. McCallum (SZ) 12.9, 2. Tingle 12.9, 3. Bailey 13.2, 4. Sun 13.5, 5. Williams (SZ) 13.8, 6. Ross (SZ) 14.6

bfs: 1. Shackelford 12.1, 2. Matheny 12.2, 3. Jardin 12.5, 4. Hernandez 12.6, 5. Ribeira 12.7, 6. Rice 13.0

bv: 1. Bailey 11.5, 2. Omelagah 11.7, 3. Edwards 11.7, 4. Chan 12.1

1. Tong 12.3, 2. Nickolopoulos 12.4, 3. Simons 12.6, 4. Fosdahl 12.8

800M

gfs: 1. Ponce 2:45.8, 2. Robles 3:06.2, 3. Carlson 3:09.2, 4. Morton (SZ) 3:15.0, 5. Bichsel 3:17.3, 5. Osborne
(SZ) 3:18.9, 6. Gelender 3:20.4

gv: 1. Forsman 2:28.9, 2. Marques 2:29.8, 3. Schmidt 2:31.1; (in fsb race: 4. Ewing 2:23.4)

bfs: 1. E. Cheung 2:18.2, 2. Arndt 2:18.7, 3. D. Mellon 2:22.2, 4. Bambey (SZ) 2:28.5, 5. Leach 2:54.7

bv: 1. S. Mellon 2:03.1, 2. Baria 2:04.7, 3. Randall 2:17.3, 4. Kt Yamamoto 2:23.1, 5. Fung 2:36.9; Williams dnf

300IH/300LH

gfs: 1. Gallagher 54.9, 2. Arterburn 56.5, no third

gv: 1. Lim 52.1, 2. Mertz 52.8, 3. M. Wong 53.5

bfs: 1. Frasier (SZ) 51.5, 2. Cowin 52.0, 3. Poblete 52.3

bv: 1. Mondino 46.0, 2. Oliveira 47.3, 3. Ghaderi 48.5, 4. Santi (SZ) 58.5

200m

gfs: 1. Chung 28.2, 2. Randall 29.1, 3. Powell 30.1, 4. Thompson (SZ) 31.7

1. Williams (SZ) 29.3, 2. Mata 30.0, 3. Gelender 36.3

gv: 1. Margain (SZ) 25.4, 2. McCallum (SZ) 26.0, 3. Tingle 26.8, 4. Sun 29.4, 5. Atkins (SZ) 30.4, 6. Williams (SZ) 31.3

bfs: 1. Shackelford 25.1, 2. Bandy (SZ) 25.3, 3. Jardin 26.2, 4. Hernandez 27.1, 5. Ribeira 27.3

bv: 1. Bailey 23.7, 2. Omelagah 24.2, 3. Eng 25.0, 4. Gordon (SZ) 25.1, 5. Privat (SZ) 25.2; Woods (SZ) dnf

1. Chan 24.7, 2. Nickolopoulos 25.2, 3. Baria 25.3

3200

gfs: 1. Stower 13:35.9, 2. Hisano 15:25.1, no third

gv: 1. Ewing 11:57.9, 2. Ko 12:42.8, 3. S. Weisman 13:20.9, 4. Osburne (SZ) 16:01.4

bfs: 1. Kp. Yamamoto 11:06.6, 2. Gidlund 12:32.1, 3. no third

bv: 1. S. Dulaney 10:37.8, 2. Coffen 11:19.6, 3. no third

1600mR

gfs: 1. CV (Tobia, Chung, Gallagher, Eng) 4:38.2

gv: 1. CV (Lim, Bailey, Pettersen, Marques) 4:28.6, 2. CV (Schmidt, Forsman, Groome, Long) 4:37.1, 3. SLZ 4:50.7

bfs: 1. CV (Cain, Gidlund, Sincerny, Mellon) 3:55.8, 2. SZ 3:58.2

bv: 1. CV (Randall, Kt. Yamamoto, Baria, Eng) 4:20.7

HJ

gfs: 1. Eng 4-6, 2. Allen 4-0, 3. no third

gv: 1. Kohl 4-8, 2. Bailey 4-6, 3. Long 4-4, 4. Atwood 4-2, 5. M. Komadina 4-0, 6. Ross (SZ) 3-6

bfs: 1. Depina (SZ) 5-4, 2. Dunbar 5-2, 3. Frasier (SZ) 5-2, 4. Owens (SZ) 5-0

bv: 1. Callier 5-10, 2. DeGrazia 5-4, 3. Aguayo 5-2, 4. Rutherglen 4-8

LJ

gfs: 1. Robles 13-0.5, 2. Randall 11-4, 3. Verarde 10-2

gv: 1. M. Komadina 13-6, 2. Oates 13-0, 3. Lee 12-2

bfs: 1. Matheny 16-0, 2. Cowin 15-2, 3. Dunbar 15-0, 4. Frasier (SZ) 14-6, 5. C. Blevins 14-3.5

bv: 1. Aguayo 18-7.5, 2. Daniels 18-7, 3. Callier 17-9, 4. DeGrazia 15-11, 5. Uychoco 15-0

TJ

gfs: 1. Robles 29-7, 2. Verarde 25-10.5, 3. Boshard 25-6.5

gv: 1. M. Komadina 30-11, 2. Oates 28-4, 3. Mertz 28-2.5, 4. Ross (SZ) 27-6, 5. Lee 26-10

bfs: 1. Owens (SZ) 36-8.5, 2. Depina (SZ) 36-2, 3. Cowin 33-6, 4. Ribeira 30-1, 5. C. Blevins 29-8.5

bv: 1. Callier 36-0, 2. DeGrazia 31-5, 3. no third

SP

gfs: 1. Rizzo 28-6.5, 2. Busch 18-9, no third

gv: 1. Hanson 26-10, 2. Gabel 25-5.5, 3. A. Osborne (SZ) 25-0.5, 4. R. Weisman 24-0, 5. Chiarna (SZ) 20-10

bfs: 1. Tufu 33-11, 2. T. Blevins 31-9, 3. C. Blevins 31-6, 4. Bathke 30-9, 5. Barloon 27-7.5

bv: 1. Nobori 41-9.5, 2. Collett 37-2, 3. Jones 36-6, 4. Wilhite 35-9, 5. Picetti 35-5, 6. Dormer 32-1.5

D

gfs: 1. Jower 78-3, 2. Rizzo 77-4, 3. Busch 50-2

gv: 1. A. Osborne (SZ) 72-10.5, 2. Gabel 68-2.5, 3. Weisman 66-1.5, 4. Chiarna (SZ) 61-3, 5. Hanson 53-5

bfs: 1. Bathke 61-7.5, 2. no second, 3. no third

bv: 1. Jones 126-10, 2. Picetti 113-3.5, 3. Nabori 106-1.5, 4. Franson 104-3.5, 5. Dormer 93-2.5

PV

gfs: uncontested

gv: 1. Lacey 7-6, 2. Glenn 7-6, 3. Hansen 6-6, 4. Ponce 6-6

bfs: 1. Rutherglen 9-6, 2. Kuta 9-0, 3. tie Caires, D. Cheung 8-0, 5. Poblete 8-0

bv: 1. Tong 11-6, 2. Simons 11-0, 3. Aguayo 10-6, 4. Greenfield 9-6, 5. Ghaderi 9-6, 6. Fosdahl 8-6

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, 1996
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 Ribaudo	(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	Jamika Williams	(SLZ)	13.8	1997
200	Trisha Chung	(CV)	28.2	1997
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
100HH	Theresa Robles	(CV)	19.2	1997
300LH	Rachelle Gallagher	(CV)	54.9	1997
HJ	Sheryl Eng	(CV)	4-6	1997
LJ	Theresa Robles	(CV)	13-0 1/2	1997
TJ	Theresa Robles	(CV)	29-7	1997
SP	Tiffany Rizzo	(CV)	28-6 1/2	1997
Discus	Tiffanie Jower	(CV)	78-3	1997
PV	not contested			
400R	Castro Valley (Randall, Tobia, Eng, Chung)		56.2	1997
1600R	Castro Valley (Tobia, T. Chung, Gallagher, Eng)		4:38.2	1997

Results from HAAL TRIALS
5/13/97

fsg 1600m		
H1	2. Rachel Stower	5:50.4*
	7. Marie Bichsel	6:56.0
	Rebecca Weisman	dnf
H2	1. Jessica Groome	5:55.2*
	6. Terumi Hisano	6:39.9*
	9. Hyo Sook Allen	7:12.3

fsb 1600m		
H1	5. Rob Arndt	5:02.6*
	6. Edward Cheung	5:05.9*
H2	3. Kenpei Yamamoto	4:57.0*
	8. Keith Gidlund	5:09.1
	15. Ric Leach	6:11.8

vg 1600m		
H1	1. Jennie Ewing	5:33.4*
	5. Teresa Ko	5:44.8*
H2	3. Tina Schmidt	5:41.6*
	4. Michelle Marques	5:42.7*
	5. Stephanie Weisman	5:46.5*

vb 1600m		
H1	1. Peter Baria	4:37.6*
	4. Mike Boruta	4:42.3*
	8. Josh Kalsbeek	5:00.5
H2	3. Damien Dulaney	4:44.9*
	6. Justin Coffeen	4:54.4
	7. Redmond Huen	4:59.4

fsg 100HH		
H1	2. Megan Mertz	19.18*
	5. Bonnie Rippy	24.13
H2	2. Theresa Robles	19.37*
	3. Rachelle Gallagher	19.54*

vg 100HH		
H1	2. April Wong	17.60*
	4. Maya Komadina	19.06
H2	5. Shannon Oates	19.75
	6. Marcy Long	19.96
H3	2. Marcia Wong	17.97*
	5. May Lee	21.95

fsb 110HH		
H1	3. Scott Cain	19.04*
	5. Travis Blevins	20.32
H2	4. Ryan Ribeira	19.60
	6. Rodney Cowin	20.10
H3	3. Chad Blevins	19.43
	5. Lionel Poblete	21.25

vb 110HH		
H1	1. Phil Fung	16.62*
	2. PJ Aguayo	16.90*
H2	3. Jon Mondino	17.34*
	4. Phil Ghaderi	18.15*

fsg 400m		
H1	1. Trisha Chung	63.80*
	4. Kim Ponce	69.44*
	6. Nicole Boshard	73.58

H2	1. Michele Tobia	65.57*
	3. Sheryl Eng	68.50*

fsb 400m		
H1	3. Dru Mellon	55.80*
	6. Derrick Oliveira	62.55
H2	3. Scott Cain	56.78*
H3	2. Luke Sincerny	55.80*

vg 400m		
H1	3. Heather Duperroir	62.54*
	4. Valerie Lim	64.94*
	5. Jenni Forsman	65.85
H2	1. Ashli Tingle	60.74*
	3. Gaylynn Pettersen	63.13*

vb 400m		
H1	2. Seth Mellon	52.50*
H2	5. Darryl Eng	55.67
H3	5. Ron Uychoco	59.37
H4	1. Genna Abramenko	51.46*

fsg 100m		
H1	4. Tiffany Powell	14.66
H2	2. Mandi Randall	13.88*
H3	4. Stacy Mata	14.08*

fsb 100m		
H1	4. IV Matheny	12.60
	6. Francisco Hernandez	12.79
H2	1. Matt Omelagah	11.75*
	5. Dan Rice	12.84
H3	3. Jarawn Shackelford	12.27*
	5. Dan Jardin	12.70

vg 100m		
H2	5. Loryn Bailey	13.52*
H3	3. Stefanie Sun	13.62

vb 100m		
H1	6. Damell Williams	12.00
H2	3. Reggie Bailey	11.69*
	6. Ben Chan	12.27
	7. Ricky Simons	12.73
H3	2. Sean Soblin	11.59*
	8. Brandon Tong	12.57

fsg 800m		
H1	1. Kim Ponce	2:40.1*
	2. Theresa Robles	2:48.6*
	6. Kathie Carlson	3:03.9*
H2	1. Jessica Groome	2:39.5*
	5. Shayna Gelender	3:21.9

fsb 800m		
H1	5. Erik Hendrickson	2:31.0
	DQ Scott Cain	2:14
H2	3. Rob Arndt	2:15.3
H3	3. Dru Mellon	2:13.6*
	4. Edward Cheung	2:16.0
H4	3. Luke Sincerny	2:14.7*

vg 800m		
H1	3. Jenni Forsman	2:29.3*

4. Tina Schmidt 2:33.6*
H2 3. Gaylynn Pettersen 2:34.9
H3 1. Jennie Ewing 2:25.9*
4. Michelle Marques 2:37.3

vb 800m
H2 1. Peter Baria 2:01.6*
4. Andy Randall 2:10.6
H3 3. Kentoku Yamamoto 2:07.6*
H4 2. Seth Mellon 2:03.0*

fsg 300LH
Shannon Verarde*
Nicole Boshard*
Rachelle Gallagher*

vg 300LH
H1 1. Valerie Lim 49.30*
5. Marcy Long 54.46
H2 5. Marcia Wong 54.02*

fsb 300IH
H1 3. Derrick Oliveira 47.50*
5. Ryan Ribeira 52.14
H2 3. Rodney Cowin 50.21
H3 5. Lionel Poblete 53.04

vb 300IH
H1 1. Jon Mondino 44.79*
H2 3. Phil Fung 45.00*
5. Phil Ghaderi 47.81
H3 3. Mike Paik 45.75*

fsg 200m
H3 3. Mandi Randall 29.57*
4. Stacy Mata 30.03*
H4 1. Trisha Chung 27.96*
5. Bonnie Rippey 33.68

fsb 200m
H1 1. Matt Omelagah 24.27*
H2 2. Jack Daniels 24.60*
H3 3. Jarawn Shackelford 24.85*

vg 200m
H1 2. Ashli Tingle 26.37*
5. Stefanie Sun 29.45
H2 4. Gaylynn Pettersen 28.21
H3 5. Heather Duperroir 27.87

vb 200m
H1 4. Ben Chan 24.99
H2 1. Genna Abramenko 22.97*
H3 1. Reggie Bailey 23.57*
* = qualified for finals

Field Events Finals

fsg LJ
4. Theresa Robles 14-3
5. Megan Mertz 13-8 1/4
6. Mandi Randall 13-0 1/5
Natasha Komadina 11-6 1/2

fsb LJ

2. Jack Daniels 18-7 1/2
9. Dave Dunbar 17-4
IV Matheny 16-6 1/2
Rodney Cowin 16-3 1/2

vg LJ
1. Lynnsy Jones 15-8
3. Loryn Bailey 14-11
7. Amber Sammons 14-2 1/2
8. Maya Komadina 13-11 1/2
10. Shannon Oates 13-8 1/2

vb LJ
7. PJ Aguayo 19-0
Mike Paik 17-11 1/4
Jordan Callier 17-8 1/4
Ron Uychoco 15-0 3/4

fsg Discus
1. Tiffany Rizzo 86-0
2. Tiffanie Jower 81-7
8. Rebecca Weisman 64-8 1/2
9. Erin Gabel 49-11 1/2

vg Discus
3. Barbara Klews 98-9 1/2
Cami Hanson 58-2

fsb Shot Put
3. Robert Picetti 40-9 1/2
5. Jason Tufu 37-5
Mitch Bathke 31-9 1/2
Forrest Barloon 28-6

vb Shot Put
5. Tak Nobori 42-8
7. Robbie Collett 38-10 1/2
Kris Jower nm
Ryan Jones nm

fsg PV
1. Jamie Arterburn 7-6
2. Kim Ponce 6-0

fsb PV
1. Cory Rutherglen 10-6
Richard Kuta 8-6
Daniel Cheung 8-0
Lionel Poblete 7-0
Mike Caires 7-0

fsg HJ
1. Sheryl Eng 4-6
3. Marie Bichsel 4-2
5. Shannon Verarde 4-0
6. Hyo Sook Allen 3-10
7. Jamie Arterburn 3-8

vg HJ
1. Loryn Bailey 4-10
2. Amy Kohl 4-8
4. Angela Atwood 4-8
Maya Komadina 4-4
Marcy Long 4-2

Results from the HAAL FINALS
5/15/97

fsg 400m relay

1. BOD	53.45
2. CV	54.00
3. Arr	54.48
4. MC	54.82
5. Hay	61.32

fsb 400m relay

1. CV	46.15
2. Hay	47.04
3. MC	47.07
4. SL	47.36
5. BOD	49.85
6. Ten	50.36

vg 400m relay

1. BOD	48.78
2. SLZ	49.37
3. CV	51.19
4. Hay	52.62
5. MC	52.65
6. Arr	57.74

vb 400m relay

1. MC	43.77
2. Ten	43.91
3. BOD	45.45
4. CV	48.97
Hay	DQ

fsg 1600m

1. Jessica Groome	CV	5:39.83
2. Courtney Burmann	MC	5:44.92
3. Rachel Stower	CV	6:00.81
4. Kristin Dunn	H	6:07.83
5. Karen Wong	H	6:08.54
6. Liz Johnson	BOD	6:11.49
7. Lindsay Venezia	A	6:17.83
8. Shirley Santos	MC	6:20.34
9. Terumi Hisano	CV	6:45.7
10. Carissa Clark	MC	6:46.2
11. Hilary Atwood	BOD	6:49.5

fsb 1600m

1. Zack Ardell-Smith	SL	4:44.44
2. Adam Shafer	BOD	4:47.04
3. Richard Mendez	H	4:52.24
4. Preston Good	MC	4:53.34
5. Ken Kinman	H	4:56.00
6. Kenpei Yamamoto	CV	4:58.18
7. Adam Alcorn	MC	4:59.70
8. Sal Robles	A	4:59.95
9. Eric Feng	SL	5:00.7
10. Rob Arndt	CV	5:02.2
11. Dave Respecke	MC	5:07.5
12. Edward Cheung	CV	5:08.0

vg 1600m

1. Jennie Ewing	CV	5:13.90
2. Lisa Gillis	MC	5:14.45
3. Alysia Gatchalian	BOD	5:24.64
4. Terri O'Brien	MC	5:34.90
5. Tina Schmidt	CV	5:35.14
6. Michelle Marques	CV	5:42.64
7. Michelle Bokamper	A	5:47.0
8. Jessica Brandin	BOD	5:53.5
9. Wendy Mock	SL	6:00.8
10. Luana Espana	MC	6:05.1

vb 1600m

1. Jake Bouey	BOD	4:26.25
2. Ryan Preston	MC	4:29.03
3. Peter Baria	CV	4:29.14
4. Martin Privat	SLZ	4:34.50
5. Kevin Gardiner	BOD	4:37.11
6. Damien Dulaney	CV	4:42.42
7. Rick Foggiano	BOD	4:43.54
8. John Gillis	MC	4:43.97
9. Chris Lanese	MC	4:45.9
10. Mike Boruta	CV	4:46.1
11. Anthony Cataldo	SL	4:48.2
12. Craig Muhlestein	MC	4:51.6

fsg 100HH

1. Megan Mertz	CV	18.06
2. Erica Resalvo	MC	18.13
3. Jaime Aird	A	19.00
4. Theresa Robles	CV	19.06
5. Rachelle Gallagher	CV	19.86
6. Joni Eballo	MC	20.04
7. Louise DeLaFuenta	A	21.30

vg 110HH

1. Venus James	BOD	15.92
2. Nikila Flagg	ME	16.50
3. Sunhee Mudgett	A	16.68
4. April Wong	CV	17.71
5. Briana Brower	MC	17.97
6. Sandra Quintana	MC	18.03
7. Marcia Wong	CV	18.07
8. Sarah Donnelly	BOD	20.85
9. Danielle Evans	BOD	23.74

fsb 110HH

1. Reggie Jones	T	17.04
2. Arthur Neal	H	17.31
3. Terence Jenson	SL	17.51
4. Justin Respecke	MC	17.88
5. Bo Juan Washington	T	18.68
6. Scott Cain	CV	19.13
7. DJ Vierra	BOD	19:15

vb 10HH

1. Phil Fung	CV	16.49
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2.	Mike Booth	H	16.80
3.	PJ Aguayo	CV	17.11
4.	Leonard Sunderraj	MC	17.15
5.	Jon Mondino	CV	17.35
6.	Phil Ghaderi	CV	17.85
7.	Dallas Radcliffe	H	18.25
8.	Lawrence Yee	MC	18.78
9.	Derrek Peel	MC	19.44

fsg 400m

1.	Trisha Chung	CV	62.74
2.	Gilleon Smith	ME	63.63
3.	Michele Tobia	CV	65.30
4.	Sheryl Eng	CV	65.82
5.	Carrie Peagram	BOD	67.58
6.	Monica Dean	BOD	67.81
7.	Kim Ponce	CV	68.77
8.	Kate Dickens	MC	70.16
9.	Alisha Valle	A	72.3

fsb 400m

1.	Donny McKinney	MC	53.67
2.	Cliff Fajardo	ME	54.20
3.	Dru Mellon	CV	54.43
4.	Girard Carr	ME	54.48
5.	Chris Pon	SL	54.90
6.	Byron Bandy	SLZ	55.56
7.	Scott Cain	CV	56.01
8.	Luke Sincerny	CV	56.17
9.	Jason Owens	SLZ	56.3

vg 400m

1.	Aisha Margain	SLZ	56.60
2.	Skimra Rodriguez	BOD	56.79
3.	Ashli Tingle	CV	61.70
4.	Athena Peterson	T	62.12
5.	Heather Duperroir	CV	63.24
6.	Serena Zilli	MC	63.97
7.	Stephanie Schmidt	SLZ	65.27

vb 400m

1.	Craig Carlos-Valentino	T	50.40
2.	Genna Abramenko	CV	50.73
3.	Adam Gelb	MC	51.58
4.	Andy Ostarello	H	52.00
5.	Seth Mellon	CV	52.80
6.	Nick Mazur	BOD	53.62
7.	Eddie Gorton	SLZ	53.78
8.	Paul Jackson	T	53.93

fsg 100m

1.	Tiffany Wheeler	BOD	13.40
2.	Kayla Newell	A	13.66
3.	Hiyasmin Dimaranan	MC	13.75
4.	Jamika Williams	SLZ	13.98
5.	Elizabeth Sutton	BOD	14.04
6.	Mandi Randall	CV	14.17
7.	Jessica Marin	MC	14.19

8.	Theresa Patino	A	14.20
9.	Stacey Mata	CV	14.32

fsb 100m

1.	Deonte Lewis	H	11.66
2.	Matt Omelagah	CV	11.73
3.	Charles Stevenson	MC	11.74
4.	Brian Goffee	MC	11.79
5.	Pierre Harper	SL	11.97
6.	Marviel Underwood	SL	12.08
7.	Pat Madulid	MC	12.27
8.	Andrew Eckloff	A	12.29
9.	Jarawn Shackelford	CV	12.41

vg 100m

1.	Anita McCullum	SLZ	12.05
2.	Erin Dangerfield	BOD	12.73
3.	Nikila Flagg	ME	12.82
4.	Elaine Maes	BOD	12.90
5.	Ola Adeniji	BOD	13.01
6.	Angela Jackson	SL	13.03
7.	Tiffany Wright	MC	13.38
8.	Loren Bailey	CV	13.40
9.	Shamariah Jointer	H	13.45

vb 100m

1.	Matthew Melendez	H	11.28
2.	Kayin DeSandies	MC	11.29
3.	Willie Phillips	SL	11.31
4.	Sean Holleman	H	11.43
5.	Derrick Kindle	ME	11.56
6.	David Swopes	MC	11.57
7.	Damien Stamps	SL	11.58
8.	Reggie Bailey	CV	11.61
9.	Sean Soblin	CV	11.75

fsg 800m

1.	Kim Ponce	CV	2:35.97
2.	Jessica Groome	CV	2:44.25
3.	Theresa Robles	CV	2:47.10
4.	Olivia Gulick	BOD	2:48.30
5.	Courtney Burmann	MC	2:50.48
6.	Liz Johnson	BOD	2:51.61
7.	Kathie Carlson	CV	3:06.30
8.	Jennifer Davies	MC	3:06.9

fsb 800m

1.	Ingo Depina	SLZ	2:04.19
2.	Zack Ardell-Smith	SL	2:04.95
3.	Dru Mellon	CV	2:08.51
4.	Adam Shafer	BOD	2:08.53
5.	Keval Khichadia	MC	2:10.00
6.	Ken Kinman	H	2:11.03
7.	Preston Good	MC	2:14.60
8.	Eric Feng	SL	2:15.58

vg 800m

1.	Jessica Marr	H	2:20.27
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2.	Jennie Ewing	CV	2:22.49
3.	Alysia Gatchalian	BOD	2:22.71
4.	Terri O'Brien	MC	2:22.73
5.	Jenni Forsman	CV	2:23.05
6.	Wale Adeniji	BOD	2:26.60
7.	Tina Schmidt	CV	2:29.08
8.	Skimra Rodriguez	BOD	2:30.47
9.	Michelle Bokamper	A	2:31.28

vb 800m

1.	Jake Bouey	BOD	2:01.03
2.	Ryan Preston	MC	2:01.85
3.	Seth Mellon	CV	2:02.82
4.	Martin Privat	SLZ	2:02.91
5.	Paul Jackson	T	2:03.33
6.	Changa Imara	MC	2:05.86
7.	Kentoku Yamamoto	CV	2:07.68

fsg 300LH

1.	Erica Resalvo	MC	52.96
2.	Rachelle Gallagher	CV	54.80
3.	Shannon Verarde	CV	58.82
4.	Jaime Aird	A	61.05
5.	Nicole Boshard	CV	65.20
6.	Louise DeLaFuenta	A	65.56

vg 300LH

1.	Venus James	BOD	46.96
2.	Valerie Lim	CV	49.68
3.	Sunhee Mudgett	A	50.37
4.	Serena Zilli	MC	51.75
5.	Sandra Quintana	MC	51.97
6.	Sarah Donnelly	BOD	52.03
7.	Briana Brower	MC	52.29
8.	Marcia Wong	CV	52.47
9.	Danielle Evans	BOD	52.6

fsb 300IH

1.	Marques Wilder	ME	44.32
2.	Chris Pon	SL	44.74
3.	Jordan Pierre	BOD	45.30
4.	Bo Juan Washington	T	45.54
5.	DJ Vierra	BOD	45.65
6.	Sorush Groger	SL	45.70
7.	Justin Respecke	MC	46.97
8.	Terence Jensen	SL	47.31
9.	Derrick Oliviera	CV	49.9

vb 300IH

1.	Andy Ostarello	H	41.57
2.	Kayin DeSandies	MC	41.81
3.	Dallas Radcliffe	H	43.90
4.	Phil Fung	CV	43.97
5.	Mike Paik	CV	45.0
6.	Jon Mondino	CV	45.86
7.	Leonard Sunderraj	MC	46.36
8.	John LaForge	ME	46.38
9.	Derrek Peel	MC	46.54

fsg 200m

1.	Trisha Chung	CV	27.50
2.	Tiffany Wheeler	BOD	27.92
3.	Gilleon Smith	ME	28.37
4.	Monica Dean	BOD	28.37
5.	Kayla Newell	A	28.85
6.	Mandi Randall	CV	29.18
7.	Jessica Marin	MC	29.41
8.	Theresa Patino	A	29.37
9.	Stacey Mata	CV	29.8

fsb 200m

1.	Matt Omelagah	CV	24.18
2.	Deonte Lewis	H	24.20
3.	Charles Stevenson	MC	24.36
4.	Jack Daniels	CV	24.47
5.	Donny McKinney	MC	24.53
6.	Cliff Fajardo	ME	24.55
7.	Pierre Harper	SL	24.94
8.	Marviel Underwood	SL	25.01
9.	Jarawn Shackelford	CV	26.80

vg 200m

1.	Aisha Margain	SLZ	24.59
2.	Anita McCallum	SLZ	25.70
3.	Ashli Tingle	CV	26.05
4.	Erin Dangerfield	BOD	26.19
5.	Jazzmon Lee	SL	26.58
6.	Angela Jackson	SL	26.85
7.	Jessica Marr	H	nt
8.	Ola Adeniji	BOD	nt
9.	Erica Yarbrough	H	27.6

vb 200m

1.	Matthew Melendez	H	22.66
2.	Craig Carlos-Valentino	T	22.99
3.	Willie Phillips	SL	23.04
4.	Genna Abramenko	CV	23.15
5.	Derrick Kindle	ME	23.32
6.	Reggie Bailey	CV	23.35
7.	Matt O'Connor	MC	23.62
8.	Kevin Morris	H	23.8

fsg 3200m

1.	Rachel Stower	CV	12:59.0
2.	Tina Ortega	A	13:08.6
3.	Olivia Gulick	BOD	13:21.2
4.	Jenny Secoquian	A	13:57.8
5.	Jessica Groome	CV	14:15.9
6.	Karen Wong	H	14:25.1
7.	Lindsay Venezia	A	14:32.8
8.	Shirley Santos	MC	14:43.4
9.	Terumi Hisano	CV	15:08.6
10.	Carissa Clark	MC	15:26.3
11.	Marie Bichsel	CV	15:50.7
12.	Rebecca Weisman	CV	19:23.9

fsb 3200m

1. Richard Mendez	H	10:46.5
2. Kenpei Yamamoto	CV	11:02.4
3. David Bamave	SLZ	11:10.6
4. Jose Mota	H	11:16.2
5. Chris Hanzel	BOD	11:23.1
6. Dave Respecke	MC	11:33.9
7. Keith Gidlund	CV	11:42.9
8. Calvin Hubble	BOD	11:45.6
9. Nate Kuo	BOD	11:54.9
10. Mike Atwood	SL	11:55.2
11. Ryan Courtney	MC	12:03.4
12. Richard Kuta	CV	12:43.7
13. Aaron Almendariz	H	12:51.0
14. Daniel Cheung	CV	12:56.4
15. Zack Robinson	BOD	13:06.6
16. Richard Leach	CV	13:09.6
17. John Bambey	SLZ	13:16.3

vg 3200m

1. Lisa Gillis	MC	11:42.1
2. Jennie Ewing	CV	12:10.0
3. Teresa Ko	CV	12:31.3
4. Stephanie Weisman	CV	12:36.9
5. Luana Espana	MC	12:39.0
6. Jessica Brandin	BOD	13:20.1
7. Michelle Marques	CV	13:34.7
8. Vanessa Jeong	SL	13:40.9
9. Ashley Arkles	BOD	14:22.3
10. Anita Owyang	SL	14:48.9
11. Fawn Osborne	SLZ	15:08.4
12. Kara McAlister	A	15:11.5

vb 3200m

1. Enrique Henriquez	SL	10:06.2
2. Kevin Gardiner	BOD	10:13.6
3. Peter Baria	CV	10:20.2
4. John Gillis	MC	10:21.8
5. Chris Lanese	MC	10:28.9
6. Justin Coffeen	CV	10:35.1
7. Tom Cathey	CV	10:48.11
8. Shane Dulaney	CV	10:54
9. Jason Kent	A	11:00.2
10. Paul Montori	H	11:05.0
11. Josh Kalsbeek	CV	11:10.5
12. Pastor Coon	H	11:13.4
13. Louis Sweeney	BOD	11:18.5
14. Horacio Martin	MC	11:22.2
15. Ray Pacheco	T	11:56.1
16. James Smith	MC	12:16.8
17. Jose Gayoso	ME	12:33.8
18. Neil Prasad	ME	12:51.3

fsg 1600m relay

1. CV	4:36.66
2. BOD	4:39.80
3. MC	4:52.53

fsb 1600m relay

1. CV	3:45.63
2. ME	3:46.46
3. SL	3:46.77
4. BOD	3:46.95
5. MC	3:51.47
H	3:57.5 DQ

vg 1600m relay

1. BOD	4:07.70
2. CV	4:11.38
3. H	4:18.97
4. MC	4:22.75

vb 1600m relay

1. MC	3:30.31
2. T	3:32.19
3. BOD	3:32.50
4. H	3:36.38
5. CV	3:39.00

fsg triple jump

1. Gilleon Smith	ME	31-8 1/2
2. Theresa Robles	CV	30-8 1/2
3. Jaime Aird	A	29-10
4. Shannon Verarde	CV	28-6 1/2
5. Raychaelle Marquez	MC	28-6
6. Megan Mertz	CV	27-8
7. Zerlene Zapata	MC	27-4 1/2
8. Suzanne Rubiano	MC	27-0 3/4
9. Jhanell Rocha	MC	26-7 3/4
Marie Bichsel	CV	23-5

fsb triple jump

1. Cliff Fajardo	ME	38-9 1/2
2. Jason Owens	SLZ	38-9 1/4
3. Art Calumba	MC	36-10
4. Rodney Cowin	CV	36-4 1/2
5. Jonathan Ware	SL	35-6
6. Reggie Hortinela	MC	35-2
7. Travis Cano	H	35-1 1/2
8. Chris Quijano	MC	34-11
9. Travis Blevins	CV	34-10 1/2
Ryan Ribeira	CV	30-11
Chad Blevins	CV	nm

vg triple jump

1. Lynnsy Jones	CV	33-5 1/2
2. Elaine Maes	BOD	32-8 3/4
3. Nikila Flagg	ME	31-11
4. Shawn McClean	MC	31-8 3/4
5. April Wong	CV	31-8 1/2
6. Amy Kohl	CV	30-11 1/2
7. Sarah Donnelly	BOD	30-7 1/4
8. Maya Komadina	CV	30-7
9. Briana Brower	MC	30-7
Shannon Oates	CV	29-5 1/2
May Lee	CV	27-5 1/2

vb triple jump

1. Jason Humphrey	BOD	44-4 3/4
2. Chris Janoras	T	42-10 1/2
3. Damien Stamps	SL	42-7 3/4
4. Tabu McKnight	T	41-11 3/4
5. Sean Holleman	H	41-1
6. Willie Phillips	SL	38-8 1/2
7. Jon-Pierre Loche	BOD	38-0 3/4
8. Kim-Da Hsieh	H	37-9 1/2
9. William Johnson	H	37-2
Phil Fung	CV	36-9 1/2
Mike DeGrazia	CV	35-6 1/4
Mike Paik	CV	32-6 1/2
Jordan Callier	CV	nm

fsb discus

1. Abe Dallackhosh	T	119-9
2. Robert Picetti	CV	116-3
3. John Thurston	MC	110-0
4. Roland McCready	H	109-10
5. Nick Spadoni	SL	107-1 1/2
6. Chris Walker	H	101-5
7. Brian Sims	SL	96-3 1/2
8. Jimmy Templeton	MC	96-2 1/2
9. Jeff Turner	H	91-11
Mitch Bathke	CV	66-10 1/2

vb discus

1. Noah Tuatavuki	SL	138-0 1/2
2. Jarrad Woods	SLZ	134-0
3. Ryan Jones	CV	127-2
4. Seanta Johnson	H	123-0 1/2
5. Kris Jower	CV	121-10 1/2
6. Reocel Mercado	T	118-0
7. Tim McGallian	BOD	113-2
8. Paul Simpson	SL	111-1
9. Tak Nobori	CV	108-0
Dan Franson	CV	105-8
Jason Dormer	CV	98-9

fsg shot put

1. Corrie Cortez	H	30-5
2. Tiffany Rizzo	CV	29-2 1/2
3. Heidi Black	MC	27-6
4. Berniece Osborne	SLZ	27-0
5. Erika Steele	A	25-10 1/2
6. Erin Gabel	CV	25-10
7. Rebecca Weisman	CV	24-4 1/2
8. Debora Corrigan	MC	24-2
9. Erin Archerd	MC	23-0
TiffanieJower	CV	22-5
Sarah Busch	CV	19-10

vg shot put

1. Elizabeth Peacock	MC	35-3
2. Michelle Daggs	BOD	35-0
3. Barbara Klews	CV	33-5

4. Angel Johnson	SL	33-1
5. Kym Towns	BOD	32-5
6. Paige Washington	BOD	29-5 1/2
7. Nicole Abella	CV	29-3
8. Becky Zachau	MC	29-2
9. Tammy Concepcion	ME	28-7
Cami Hanson	CV	27-5 1/2

fsb high jump

1. Ingo Depina	SLZ	5-6
2. Justin Respecke	MC	5-6
3. Marques Wilder	ME	5-6
4. Anthony Fraiser	SLZ	5-2
5. Jason Gaffney	H	5-2
6t. Jason Cardella	MC	5-0
6t. Eric Garcia	A	5-0
6t. Adam Nordstrom	MC	5-0
6t. Jarawn Shackelford	CV	5-0
6t. Robert Walton	BOD	5-0
Cory Rutherglen	CV	4-10

vb high jump

1. Derrick Kindle	ME	6-2
2. Vincent Boatwright	H	6-2
3. Jordan Callier	CV	5-8
4. Leonard Sunderraj	MC	5-6
5. Mike Phillips	SL	5-6
6. Jon-Pierre Loche	BOD	5-6
PJ Aguayo	CV	5-4
Mike DeGrazia	CV	5-4

vg pole vault

1. Amber Sammons	CV	9-0
2. Becky Lacey	CV	8-0
3t. Katie Glenn	CV	8-0
3t. Shawn Maclean	MC	8-0
5. Samantha Krohn	A	7-0
6. Cami Hanson	CV	6-6
7. Heather Kranitz	MC	6-6

vb pole vault

1. Brandon Tong	CV	12-0
2. Nic Martinez	MC	11-6
3. Ricky Simons	CV	11-0
4. Bryce Greenfield	CV	10-6
5. Andreas Almendariz	H	10-0
6. Pat Lingle	MC	10-0
7. Phil Ghaderi	CV	10-0
8. Chris Fosdahl	CV	8-6
9. John Laforga	ME	8-6
10. Arther Mercado	ME	8-0

TEAM SCORES

VARSITY BOYS

1. Castro Valley	104
2. Hayward	94
3. Moreau Catholic	83
4. Bishop O'Dowd	66
5. Tennyson	59
6. San Leandro	46
7. San Lorenzo	24
8. Mt Eden	16
9. Arroyo	0

VARSITY GIRLS

1. Castro Valley	167.5
2. Bishop O'Dowd	114
3. Moreau Catholic	80
4. San Lorenzo	46
5. Mt Eden	30
6. Arroyo	21.5
7. Hayward	20
8. San Leandro	10
9. Tennyson	4

FROSH-SOPH BOYS

1. Castro Valley	102.2
2. Moreau Catholic	89.4
3. San Leandro	80
4. Hayward	78
5. Mt Eden	47
6. San Lorenzo	39
7. Bishop O'Dowd	30.2
8. Tennyson	27
9. Arroyo	2.2

FROSH-SOPH GIRLS

1. Castro Valley	218
2. Moreau Catholic	75
3. Bishop O'Dowd	65
4. Arroyo	51
5. Mt Eden	34
6. Hayward	24
7. San Lorenzo	8
8. San Leandro	0
8. Tennyson	0

HAYWARD AREA ATHLETIC LEAGUE MEET RECORDS

BOYS VARSITY

100	Walt Lewis	Hayward	10.7"	1978
200	Dave Fernandez	Castro Valley	10.7"	1978
400	Dave Fernandez	Castro Valley	21.8"	1978
800	Dave Fernandez	Castro Valley	48.5"	1978
1600	Al Burkes	Mt Eden	1:54.8	1983
3200	George Rios	Sunset	4:17.1"	1983
100-H	Ernie Lindley	Mt Eden	9:21.0"	1986
	Will Brown	Tennynson	14.4"	1981
	Gary Kerr	Castro Valley	14.4"	1985
1000H	John Clenney	Castro Valley	39.29	1987
HJ	James Wilson	Hayward	6-8 1/4	1979
PV	Mike Rothling	Castro Valley	13-8	1984
LJ	Larry Perryman	Sunset	23-7	1983
	Dave Fernandez	Castro Valley	23-7	1978
TJ	Derrick Mitchell	Mt Eden	50-1 1/4	1993
SP	Chuck Vandagriff	Castro Valley	58-5 1/4	1988
DT	Ken Cowl	Castro Valley	170-5	1971
400R	Mt Eden		43.2"	1988
	Mt Eden		43.2"	1978
1600R	Mt Eden		3:24.7"	1988

BOYS FROSH-SOPH

100	Darryl Ashley	Hayward	11.3"	1971
200	Pete Reyes	Sunset	22.9"	1986
400	Tom Barr	Marina	50.9"	1967
800	Enrique Cubillo	Arroyo	1:59.1"	1988
1600	Dave Chamness	Castro Valley	4:34.3"	1988
3200	Ted Quintana	San Lorenzo	9:43.9"	1971
1100H	Naeem Amiri	Castro Valley	16.77	1984
300H	Dion Dixon	San Leandro	43.15	1995
HJ	Rick Kong	Castro Valley	6-0	1988
PV	Tyler Ribera	Hayward	12-9 1/2	1978
LJ	Rick Andrade	San Lorenzo	20-10 1/2	1986
TJ	Mike Erdahl	Marina	41-7	1979
SP	Jim Wilson	Arroyo	51-0	1986
DT	Doug Otterstetter	Marina	148-3	1988
400R	Castro Valley		44.8"	1981
1600R	Mt Eden		3:35.0"	1988

GIRLS VARSITY

100	Valerie Spence	San Lorenzo	11.8	1981
200	Aisha Margain	San Lorenzo	24.59	1997
400	Valerie Spence	San Lorenzo	55.5	1981
800	Debbie Lee	Castro Valley	2:15.9*	1978
	Jill Ellingson	Hayward	2:15.9	1981
1600	Jennie Ewing	Castro Valley	5:08.7	1996
3200	Karin Lambden	Castro Valley	10:46.7	1981
100LH	Marlei Triggs	Moreau Catholic	15.56	1995
200LH	Felicia Harris	San Lorenzo	14.68	1986
400LH	Felicia Harris	San Lorenzo	45.14	1987
HJ	Miloe McCall	Hayward	5-5	1982
PV	Amber Sammons	Castro Valley	9-0	1997
LJ	Cindy Barros	Arroyo	18-4 1/2	1985
TJ	Felicia Harris	San Lorenzo	37-10 3/4	1987
SP	Rashawnda Holmes	Tennynson	40-2 1/2	1994
DT	Gina Niko	Mt Eden	146-10	1985
400R	Bishop O'Dowd		48.78	1997
1600R	Castro Valley		4:05.6*	1979

GIRLS FROSH-SOPH

100	Tiffany Wheeler	Bishop O'Dowd	13.34	1997
200	Trisha Chung	Castro Valley	27.50	1997
400	Trisha Chung	Castro Valley	62.74	1997
800	Debbie Quintana	Marina	2:32.5"	1977
1600	Jessica Groome	Castro Valley	5:39.83	1997
3200	Oralla Coon	Hayward	12:24.8	1986
100H(33")	Megan Mertz	Castro Valley	18.06	1997
300LH	Michelle Harris	Moreau Catholic	52.87	1995
HJ	Loryn Bailey	Castro Valley	4-9	1996
PV	Becky Doerr	Castro Valley	7-8	1996
LJ	Gilleon Smith	Mt Eden	15-5 1/2	1997
TJ	Gilleon Smith	Mt Eden	31-8 1/2	1997
SP	Corrie Cortez	Hayward	30-5	1997
DT	Lora Price	San Leandro	88-8	1995
400R	Bishop O'Dowd		53.43	1997
1600R	Hayward		4:24.0	1996

* Converted from yards

Hand times listed in tenths, automatic times in hundredths.

Castro Valley High School Post Season Competition -Track

	NCS		MOC	
	<u>trials</u>	<u>finals</u>	<u>trials</u>	<u>finals</u>
4x100 Relay				
Girls Varsity	51.55 3-H2	51.36 8th		
Sun, Bailey, Duperroir, Tingle				
Boys Varsity	44.00 3-H2	44.47 4th	44.19 3-H1	
Soblin, Abramenko, Edwards, Bailey				
1600m				
Jennie Ewing	5:19.20 2-H1	5:19.55 4th	5:17.20 7-H1	
Tina Schmidt	5:39.92 6-H2			
Michelle Marques	5:48.21 7-H2			
Peter Baria	4:31.85 1-H2	4:34.63 4th	4:28.39 5-H2	4:39.5 8th
Damien Dulaney	4:40.76 3-H2	4:40.35 5th	4:37.67 7-H1	
100/110 HH				
April Wong	17.96 6-H2			
Jon Mondino	18.87 7-H1			
Phil Ghaderi	18.05 5-H2			
Phil Fung	dnf H2			
400m				
Ashli Tingle	60.23 6-H1	59.07 5th	59.18 3-H3	59.06 8th
Heather Duperroir	63.13 6-H2			
Genna Abramenko	51.34 5-H2	51.67 7th	51.55 6-H3	
800m				
Jennie Ewing	2:24.61 3-H2			
Jennie Forsman	2:27.65 7-H2	2:25.98 6th	scratch	
Seth Mellon	2:01.42 4-H1	2:00.67 8th		
300 LH/IH				
Valerie Lim	50.75 7-H2			
Mike Paik	44.77 5-H1			
Jon Mondino	47.76 7-H2			
200m				
Ashli Tingle	26.42 4-H2			
Genna Abramenko	23.40 5-H1			
3200m				
Stephanie Weisman		13:03.2 10th		
Teresa Ko		13:16.5 12th		
Peter Baria		10:04.78 5th		10:20.7 22nd
4x400 Relay				
Girls Varsity	4:07.64 3-H1	4:08.21 5th	4:07.35 3-H3	4:09.56 8th
Ewing, Lim, Pettersen/Chung, Tingle			trials:Ewing, Lim, Pettersen, Tingle	
Boys Varsity	3:38.70 5-H2		finals:Chung, Tingle, Schmidt, Pettersen	
S. Mellon, D. Mellon, Eng, Yamamoto				

Castro Valley High School Post Season Competition - Field

Long Jump

Lynnsy Jones	17-0 1/4 Q1	16-7 1/2 6th	15-6 3/4 Q17th
Loryn Bailey	15-1 Q10		

Triple Jump

Lynnsy Jones	34-6 3/4 Q4	35-4 3/4 3rd	scratch
April Wong	32-3 1/2 Q9	32-7 8th	

High Jump

Amy Kohl	4-8 Q9	4-8 6th	4-8 Q20th
Loryn Bailey	4-8 Q8	4-8 8th	
Jordan Callier	5-8 Q9	5-8 8th	5-10 Q19th

Shot Put

Barbara Klews	33-0 Q6	35-4 3rd	31-11 1/4 Q21st
Tak Nobori	43-8 1/2 Q8	44-2 7th	43-8 3/4 Q19th

Discus

Barbara Klews	82-6 Q14		
Ryan Jones	134-9 Q6	139-10 2nd	139-4 Q11th

Pole Vault

Amber Sammons	8-8 3rd	8-6 Q14th
Katie Glenn	8-0 4th	8-0 Q19th
Becky Lacey	7-6 5th	7-6 Q22nd
Ricky Simons	10-6 6th	nh
Bryce Greenfield	10-6 7th	nh
Brandon Tong	nh	

Team Scores:

Bayshore Boys Varsity

1. Logan	136
2. St. Marys	106
3. Mission San Jose	48
4. Newark Memorial	30
5. Castro Valley	21
6. Hayward	17
7. Encinal	16

Bayshore Girls Varsity

1. Logan	156
2. Mission San Jose	51
3. Encinal	50
4. San Lorenzo	30
5. Moreau Catholic	23
6. Bishop O'Dowd	22
7. De Anza	20
8. St. Marys	19

