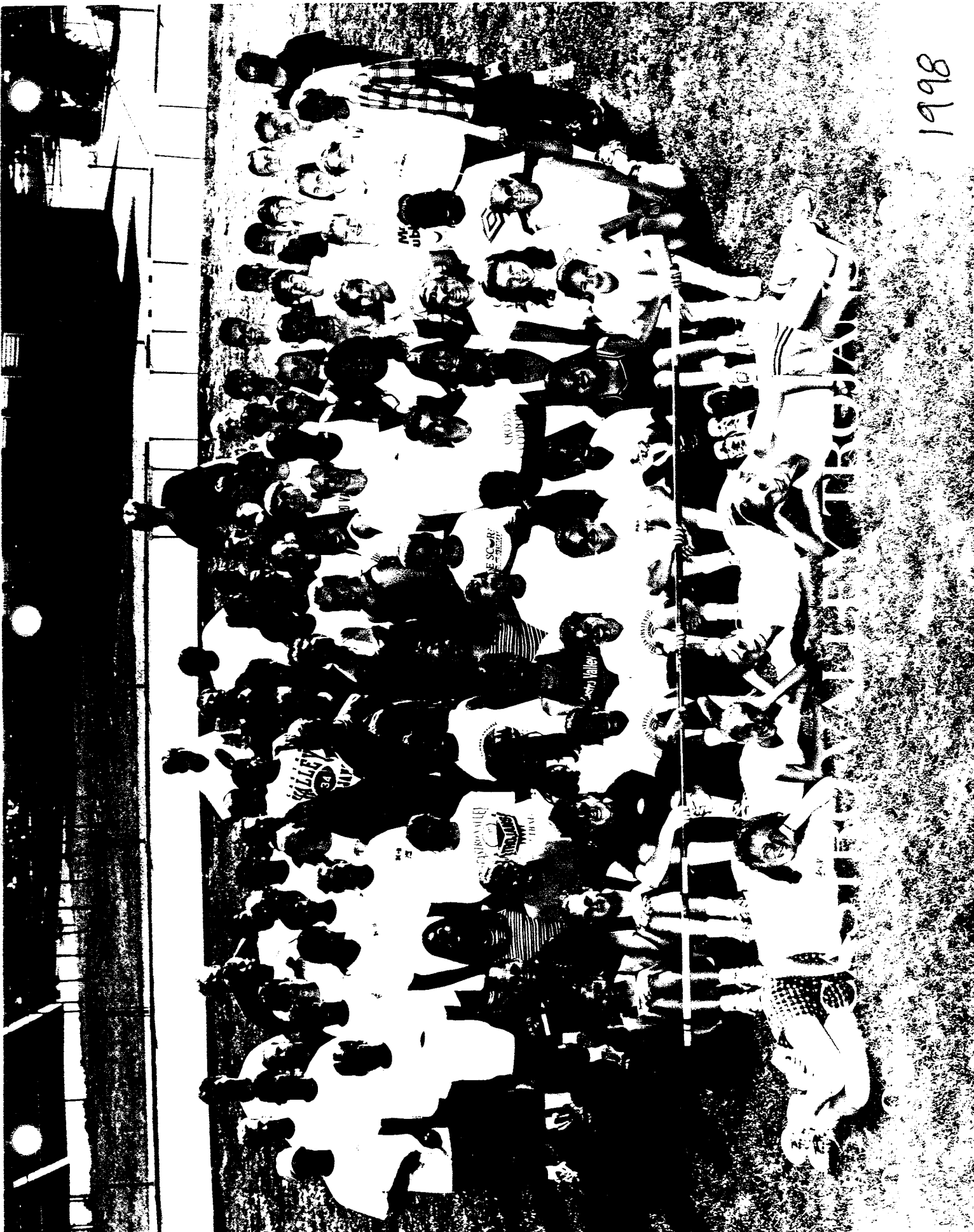


1998 Castro Valley Yearbook

Results

- 2/7 Reno ~~Indoor~~ All Comer
- 2/27 MSJ vs CV
- 3/3 San Lorenzo vs CV
- 3/14 Mariners Inv
- 3/17 San Leandro vs CV
- 3/19 Mt Eden vs CV
- 3/26 Moreau vs CV
- 3/28 Martinez Rel
- 4/2 Hayward vs CV
- 4/4 Oakland Inv
- 4/15 24 Hour Relay
- 4/18 Viking Track Classic
- 4/23 BO'D vs CV
- 4/24 Castro Valley Inv
- 4/26 BA Top 8
- 4/30 Arroyo vs CV
- 5/1 Bob Warren Relays
- 5/7 Tennyson vs CV
- 5/14 AAAL Champs

1998



1998 Castro Valley High School Track & Field Schedule

Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
PRESEASON							
1	2/8	Lincoln's B-Day 9 no school	10	11	12	13	14
2	15	President Day 16 no school	17	18	19	20	21
3	22	23	24	25	26	Scrimmage 27 Mission San Jose	28
EARLY SEASON							
4	3/1	2	3	4 San Lorenzo	5	6	7
5	8	9	10	11 @ San Leandro	12	13	@ Chabot College 14 Mariner Invite
6	15	16	17	18	Mt Eden	staff day - no school 20	21
7	22	23	24	25 @ Moreau Catholic	26	27	@ Alhambra HS 28 Martinez Relays
MID SEASON							
8	29	30	31	4/1	2 Hayward	3	@ UC Berkeley 4 Oakland Invite
9	5	6	7	8	9	10	11
10	12 Easter	13 S P	24Hr Relay 14 R I	24Hr Relay 15 N G	16 B R E A K	17	@ Sonoma State 18 Viking Track Classic
LATE SEASON							
2	19	20	21	22	Bishop O'Dowd 23 @ Chabot College	24 CV Invite	25 Logan Top 8
12	26	27	28	29	30 Arroyo	@ Acalanes HS 5/1 Bob Warren Relays	2
13	3	4	5	6 @ Tennyson	7	8	9
CHAMPIONSHIP SEASON							
14	10	11	@ Chabot College 12 HAAL Trials	13	Chabot College 14 HAAL Finals	15	16
15	17	18	19	20	21	@ Logan HS 22 Bayshore NCS Trials	@ Logan HS 23 Bayshore NCS Finals
16	24	25 Memorial Day - no school	26	Awards Banquet 27 potluck 6pm cafeteria	28	@ UC Berkeley 29 NCS MOC Trials	@ UC Berkeley 30 NCS MOC Finals
17	31	6/1	2	3	4	5 State Meet Trials	6 State Meet Finals
easy long hard long hard short technique meet recovery meet							

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Revised 2/04/98

1998 Castro Valley Track & Field points and varsity letter awards

FROSH-SOPH GIRLS			varsity	
name	points	letter		
Sheryl	80.83	X		
Amy	56.83			
Gina	54			
Aulunn	53.75			
Courtney	45.85	X		
Rebecca	44.85	X		
Erica	41.75	X		
Jessica	38.5			
Kith	31.85	X		
Laurie	29.25			
Addie	27.75	X		
Tomisha	23			
Michelle	22			
Jessica	21.85	X		
Suzy	20	X		
Gail	17			
Coleen	11.25	X		
Rachel	10.5			
Marie	10.83			
Tiffany	10	X		
Jamie	9	X		
Andrea	8.5			
Danielle	7.25			
Jenny	6.5			
Shannon	6			
Jennifer	6			
Rosann	6			
Arlanda	5	X		
Erica	4.25			
Samantha	4			
Rebecca	4			
Tifanie	3	X		
Jordan	3			
Grace	3			
Katie	2.25			
Rachel	1.25			
Georgina	1			
Erin	1	X		

FROSH-SOPH BOYS			varsity	
name	points	letter		
Chris	66	X		
Derrick	62	X		
Willie	61.75	X		
Ash	54			
Drew	40.5			
Jon	39			
Alex	38	X		
Ryah	32.75			
John	32			
Nick	31			
Ben	30			
Jared	28.5			
Rayed	25			
Erik	21.25			
Brad	20			
Dan	19			
Lionel	18.75			
Erik	18			
Ethan	14			
Bobby	13			
John	13			
Nick	12.25			
Ryah	11			
Mich	11			
Chris	11			
Steve	10.5			
Joel	10			
Mike	8			
Mike	7.5			
Travis	7			
Dave	6.25			
Eric	6			
Kevin	6			
Nathan	5.25			
Dan	5			
Chris	3			
Ben	3	X		
Chris	3			
Tim	2.25			
Dan	2			
Ryah	1.25			
Justin	1.25			
Matt	1			

VARSITY GIRLS			varsity	
name	points	letter		
Lorin	124.75	X		
Rachel	57	X		
Tiffany	54	X		
Theresa	48.25	X		
Marcia	48	X		
Asril	46.75	X		
Colben	43	X		
Allissa	36	X		
Arlanda	33.75	X		
Amber	32	X		
Tina	31.25	X		
Katie	30	X		
Marcoe	28.75	X		
Trisha	20.5	X		
Erica	15.25	X		
Kristel	15	X		
Teresa	15	X		
Amber	14.5	X		
Jessica	14	X		
Courtney	13	X		
Kimi	13	X		
Gaylyn	10.75	X		
Sarah	10	X		
Erin	10	X		
Rebecca	9.25	X		
Michelle	9	X		
Tifanie	9	X		
April	8	X		
Stephanie	6	X		
Marcy	6			
Maya	5			
Suzy	4.25	X		
Alma	1			
Jamie	1	X		

VARSITY BOYS			varsity	
name	points	letter		
Reggie	92.25	X		
Justin	49	X		
Brad	41.25	X		
Jack	37.5	X		
Tak	36	X		
Brandon	32.25	X		
Matt	31.25	X		
Ryan	31	X		
Jim	28.5	X		
Genna	28.75	X		
Dru	25.75	X		
Ricky	23.25	X		
Darryl	21.75	X		
Kentoku	17.25	X		
Ben	16	X		
Alex	16	X		
Cory	14.25	X		
Robbie	13	X		
Mauro	12	X		
Danien	8.25	X		
Sean	8	X		
Robert	8	X		
Josh	8	X		
David	8			
Bobby	7.5			
Travis	7			
Kenpei	6.25	X		
Mike	6			
Gabe	5			
Tyler	4.5			
Scott	4	X		
P.J.	4			
John	3			
Asi	2.25			
Mike	2.25			
Chris	2.25			
Richard	2			
Jared	1			

Reno All-Comers

Reno Livestock Center

Saturday, February 7, 1998

The threat of bad weather kept most of the Reno hopefuls from making the trip. The weather turned out to be just bad, not extreme like the predictions, so the 5 boys that made it had the entire experience for themselves. The drive from Castro Valley was snowy, but El Nino didn't impact as much as dreaded and the trip was uneventful.

3200

Justin	36.7	38.5	39.4	40.1	40.3	39.8	40.8	41.9	5:17.5
	40.6	42.7	44.0	44.0	43.9	42.9	43.5	43.5	<u>5:42.8</u>
									11:00.3

Justin had some high hopes about getting in a good sub-11:00 race to kick off the 98 season, but as he was making his Justin move to pick off the early leaders he bogged down and had to hold on for pace.

55 Genna 6.5 Matt 6.6 Jack 6.7

Each of the boys did well in his heat, with Genna having a late start, Matt the heat win and Jack the strong finish.

4 x 200

Jack 24.7 Matt 24.6 Jim 24.8 Genna 23.7 1:37.7

(new school record: Old record 1:38.5 '93 & '95)

I still don't know why the guys didn't go get blocks for Jack to lead off with, and the handoff between Jack and Matt was a a problem, but once each guy got going he moved along nicely.

1600 Justin 5:01.7

With only 45 minutes of rest (because there were not a lot of entries) Justin ran a pedestrian but understandably slower time.

800 Jimmy 2:14 Justin 2:27

Jimmy was poised in a close third, ready to pounce on the last lap when the finish judge mistakenly told everyone that they had another lap to go and so he held back. Justin too, running his 28th lap of the night, was only there for the work but held back because of the mistake.

200 Matt 23.8

Matt ran inspired, especially since another runner talked some big talk before the race. Matt ran out of gas with 20 yards to go but still ran a very good time for him, and showed why we have some high hopes for him in 98.

Long Jump Jack 18-7

Jack felt that he should have done better, but he still was able to get in some consistent jumps and realize that he needs to get in some quality work before he can become brilliant in the jumps.

4 x 400 Jimmy 56.9 Justin 59.2 Jack 60.8 Genna 58.4 3:55.3

In the finale, the guys were all tired and beat, but they put it together to run the last event. Jimmy went out strong, Justin put in his 30 laps for the night, Jack essentially jogged his lap, and Genna did his best with a bloody toe and a ripped shoe.

This was a good kickoff for the 1998 season, with all the guys showing quality effort and desire.

Castro Valley Vs. Mission San JoseDate: February 27, 1998Scores: scrimmage - no score

4 x 100 Relay GV: 1. (MSJ) 53.1 sec 2. Randall, Chung, Haw, Tingle (CV) 55.1 3. Jennie Horner, Loryn Bailey, Amber Salcedo, Amanda Medrano (CV) 57.6 4. (MSJ) 56.2 5. MSJ 61.6 6. MSJ 65.3 BV: 1. Soblin, Abramenko, Omelagah, Bailey (CV) 44.7 2. A Team (MSJ) 47.9 3. Jack Daniels, Daryl Eng, Luke Sincerny, Robbie Collette (CV) 49.3 4. Frosh/Soph (MSJ) 51.5 5. CV Frosh-Soph 51.6 6. B Team CV Frosh/Soph 52.1

1600 GV: 1. Katie Hotchkies (MSJ) 5:21.7 2. C. McGrellis (CV) 5:47.5 3. T. Schmidt (CV) 5:53.4 4. S. Weisman (CV) 6:06.2 5. T. Ko (CV) 6:06.8 6. Erica Simmons (CV) 6:07.2 7. C. Lay (MSJ) 6:07.5 8. J. Grooms (CV) 6:16.1 9. V. Wilk (MSJ) 6:46.0 10. A. Dickinson (MSJ) 6:47.7 11. J. Chen (MSJ) 7:04.0 12. A. Reader (MSJ) 7:16.7 13. Rachel Szalay (CV) 7:36.4 14. Grace Chen (CV) 7:39.6 15. Samantha Leach (CV) 7:54.4 BV: 1. Jon Stevens (maj) 4:32 2. A. Golden (maj) 4:41 3. J. Coffeen (cv) 4:42 4. S. Nawar (maj) 4:56 5. D. Rodriguez (maj) 4:58 6. A. Cardasmenos (cv) 4:59 7. J. Kalabsek (cv) 5:00 8. T. Fisher-Kirshner (maj) 5:14 9. E. Cheung (cv) 5:18 10. R. Lun (maj) 5:21 11. Kenpei Yamamoto (cv) 5:22 12. D. Mellon (cv) 5:24 13. J. Ostler (maj) 5:25 14. M. Fisher-Kirshner (maj) 5:26 15. S. Arora (maj) 5:30 16. N. White (cv) 5:31 17. E. Hughes (maj) 5:34 18. R. Sheikh (cv) 5:35 19. W. Chu (maj) 5:38 20. Y. Lam (maj) 5:44 21. J. Hauerman (maj) 5:51 22. R. Leach (cv) 5:57 23. Y. Pham (maj) 6:00 24. B. Melbom (maj) 6:02 25. N. Cheung (maj) 6:05 26. Vib (?) (maj) 6:07 27. B. Puppione (cv) 6:08 28. S. Yen (cv) 6:18 29. B. Yount (maj) 6:20 30. A. Chai (maj) 6:20 31. P. Kwan (maj) 6:21 32. T. Chow (maj) 7:46

High Hurdles GV: Heat 1 1. L. O'Connor (maj) 16.8 2. J. Luk (maj) 18.5 3. M. Wong (cv) 19.1 4. T. Robles (cv) 20.1 5. J. Cheung (maj) 21.5 6. C. Hoang (maj) 20.8 Heat 2 1. Christina Chen (maj) 22.2 2. D. Hung (maj) 24.0 Heat 3 1. R. Padilla (cv) 23.3 2. M. Lawton (cv) 23.6 BV: Heat 1 1. W. Chan (maj) 17.7 2. E. Allen (maj) 18.1 3. G. Solberg (cv) 20.5 4. S. Cain (cv) 20.8 5. H. Cheung (maj) 21.2 Heat 2 1. C. Brookman (maj) 20.1 2. L. Pabiet (cv) 20.9 3. J. Alexander (cv) 23.5

400 GV: Heat 1 1. C. McGraw (MSJ) 61.1 2. G. Pettersen (CV) 67.0 3. T. Chung (CV) 67.5 4. M. Tobin (CV) 71.3 5. B. Christianson (MSJ) 76.0 6. H. Bai (MSJ) 81.0 Heat 2 1. A. Salcedo (CV) 72.9 2. A. Passadore (CV) 77.2 3. Kristin Gundred (CV) 81.5 4. Becky Newton (CV) 94.1 5. G. Kim (CV) 94.4 BV: 1. D. Eng (CV) 56.6 2. A. Williams (CV) 58.7 3. Z. Koshy (MSJ) 61.5 4. N. Freebody (CV) 67.7 5. T. Yang (MSJ) 69.9

100 GV: Heat 1 1. R. Fong (CV) 13.1 2. A. Tingle (MSJ) 13.3 3. L. Bailey (MSJ) 14.0 4. C. Chen (MSJ) 14.7 5. M. Shuff (MSJ) 15.3 6. R. Tachemenko (MSJ) 15.4 7. A. Bigham (MSJ) 15.5 Heat 2 1. Mandi Randall (CV) 14.3 2. J. Horner (CV) 14.6 3. E. Haw (CV) 14.7 4. M. Chow (MSJ) 14.8 5. R. Pareenja (MSJ) 14.9 6. S. Huang (MSJ) 16.1 7. C. Vu (MSJ) 16.9 Heat 3 1. A. Monticelli (MSJ) 15.4 2. A. Doshi (MSJ) 16.7 3. T. Hsu (MSJ) 16.8 4. T. Chu (MSJ) 16.9 5. J. Chou (MSJ) 17.0 6. D. King (MSJ) 18.0 Heat 4 1. A. Rivera (MSJ) 18.7 2. B. Mark (MSJ) 17.3 3. J. Wang (MSJ) 19.1 BV: Heat 1 1. R. Bailey (CV) 11.3 2. S. Soblin (CV) 11.8 3. D. Nunez (MSJ) 12.0 4. M. Middleworth (MSJ) 12.1 5. E. Allen (MSJ) 12.2 6. D. Rivera (MSJ) 12.3 7. J. Alexander (CV) 12.4 Heat 2 1. C. Brookman (MSJ) 12.7 2. Y. Lam (MSJ) 12.8 3. R. Wagner (CV) 13.4 4. L. Poblete (CV) 13.6 5. D. Fong (MSJ) 13.8 6. E. Pane (CV) 13.9 7. B. Yont (MSJ) 15.1

800 GV: 1. K. Hotchkies (MSJ) 2:27 2. A. Nicoschea (MSJ) 2:31 3. T. Schmidt (CV) 2:36 4. E. Simmons (CV) 2:51 5. V. Wilk 2:53 6. K. Ponce (CV) 3:03 7. G. Kim (CV) 3:09 8. S. Dodge (CV) 3:17 9. Rachel Szalay (CV) 3:25 10. Michelle Lawton (CV) 3:30 BV: 1. J. Stevens (MSJ) 2:05 2. Edward Cheung (CV) 2:14 3. S. Nawar (MSJ) 2:17 4. P. Singh (MSJ) 2:18 5. R. Lum (MSJ) 2:22 6. Ben Draper (CV) 2:22 7. R. Sheikh (CV) 2:30 8. W. Chu (MSJ) 2:31 9. N. White (CV) 2:33 10. R. Leach (CV) 2:35 11. Sunilora (MSJ) 2:36 12. B. Melbom (MSJ) 2:37 13. Vib (MSJ) 2:42

300 Hurdles GV: 1. J. Luk (maj) 50.8 2. M. Wong (CV) 55.9 3. N. Grancharou (maj) 58.6 4. C. Chen (maj) 60.3 5. S. Smacks (maj) 62.5 6. D. Huang (maj) 62.9 BV: 1. E. Allen (maj) 47.0 2. H. Cheung (maj) 54.1 3. L. Poblete (CV) 55.6

200 GV: Heat 1 1. C. McGraw (maj) 26.7 2. L. O'Connor (maj) 27.8 3. A. Tingle (CV) 28.2 4. T. Chung (CV) 28.7 5. R. McDonald 30.6 6. J. Cheung (maj) 32.8 Heat 2 1. M. Randall (CV) 32.6 2. C. Chen (maj) 33.3 3. A. Monticelli (maj) 33.4 4. C. Hoang (maj) 33.5 5. B. Mark (maj) 36.3 Amanda Medrano (CV) drf Heat 3 1. M. Chow (maj) 31.5 2. B. Christianson (maj) 32.2 3. S. Huang (maj) 33.1 4. H. Bai (maj) 34.9 5. J. Chou (maj) 37.4 6. J. Wang (maj) 40.4 Heat 4 1. R. Pareenja (maj) 32.6 2. A. Rivera (maj) 36.7 3. T. Hsu (maj) 37.7 4. C. Vu (maj) 37.8 5. D. King (maj) 40.3 BV: Heat 1 1. G. Abramenko (CV) 23.0 2. M. Omelagah (CV) 24.2 3. D. Nunez (maj) 24.6 4. S. Soblin (CV) 24.7 5. Y. Lam (maj) 25.2 6. B. Rivera (maj) 25.3 7. Z. Koshy (maj) 25.6 Heat 2 1. C. Brookman (maj) 25.6 2. Drew Bisset (CV) 25.8 3. J. Alexander (CV) 26.8 4. R. Wagner (CV) 27.4 5. J. Adair (maj) 27.6 6. E. Pane (CV) 28.7 7. D. Fong (maj) 28.8 Heat 3 1. Ahmad (maj) 28.2 2. S. Vora (maj) 28.3

3200 GV: 1. T. Ko (CV) 13:14 2. S. Weisman (CV) 13:25 3. B. Anderson (maj) 13:25 4. V. Kolavennu (maj) 15:10 BV: 1. A. Golden (MSJ) 10:28 2. J. Coffeen (CV) 10:32 3. D. Rodriguez (MSJ) 10:51 4. S. Nawar (MSJ) 10:54 5. J. Kalabsek (CV) 10:58 6. A. Cardasmenos (CV) 10:59 7. T. Fisher-Kirshner (MSJ) 11:17 8. Kenpei Yamamoto (CV) 11:58 9. E. Hughes (MSJ) 12:09 10. R. McPhetee (MSJ) 12:28 11. Micah Fisher-Kirshner (MSJ) 13:09

4 x 400 Relay not run.

Long Jump GV: 1. R. McDonald (CV) 15-6 2. T. Simpson (maj) 14-8.5 3. L. Bailey (CV) 14-6.5 4. A. Sammons (CV) 14-2 5. L. Westboar (maj) 13-9 6. S. Smack (maj) 13-6 7. A. Pappas (CV) 13-4 8. G. Palladini (CV) 12-5 9. T. Robles (CV) 12-4 10. A. Bigham (CV) 12-2.5 11. A. Hamilton (CV) 11-10 12. S. Leach 10-7 13. S. Eng 10-0.5 BV: 1. J. Daniels (CV) 19-1 2. E. Allen (maj) 18-6 3. W. Chan (maj) 18-0.5 4. G. Solberg (CV) 17-3 5. J. Chen (maj) 17-1 6. J. Hung (maj) 16-8.5 7. R. Simons (CV) 15-3 8. J. Limtiaco (maj) 14-9 9. D. Bisset (CV) 14-8.5 10. D. Desai (maj) 14-6.5 11. K. Hong (maj) 14-6 12. H. Laahai (maj) 14-4 13. A. Chapman (maj) 14-4 14. N. Hotahwath (maj) 14-3.5 15. D. Shen (maj) 13-11.5 16. J. Rhio (maj) 13-10 17. S. Vora (maj) 13-6.5 18. N. Freebody (CV) 13-6 19. T. Yang (maj) 13-1.25 20. J. Lee 13-0 21. Y. Yee (maj) 12-4.5

Triple Jump GV: 1. T. Simpson (maj) 33-2 2. Becoe Fong (MSJ) 31-9.5 3. R. McDonald (CV) 30-5.5 4. S. Smack (maj) 29-4 5. T. Robles (CV) 27-11.5 6. S. Eng (CV) 26-1 7. A. Pappas (CV) 22-9 8. E. Wedbrook (maj) 22-6.5 BV: 1. A. Patel 35-10 2. J. Hung (maj) 3-3 3. R. McPhetters (maj) 33-3 4. H. Laahkin (maj) 3-5 5. K. Hong (maj) 32-4.5 6. J. Chen (maj) 32-1

High Jump GV: 1. L. Bailey (CV) 4-10 2. R. McDonald (CV) 4-6 3. S. Eng (CV) 4-4 4. A. Hamilton (CV) 4-0 4. A. Pappas (CV) 4-0 6. A. Bigham (CV) 3-10 7. M. Lawton 3-10 BV: 1. A. Patel (maj) 5-2 2. K. Hong (maj) 5-0 2. R. Wagner (CV) 5-0 4. H. Laahkin (maj) 4-10 5. S. Coochimala (maj) 4-6 6. J. Wang (maj) 4-6 7. Y. Yeh (maj) 4-2 8. D. Desai (maj) 4-2 9. T. Yang (maj) 4-0

Shot Put GV: 1. T. Rizzo (CV) 29-8.5 2. K. Alward (MSJ) 27-3 3. R. Weisman (CV) 23-10 4. K. Van Elk (CV) 22-9 5. G. Paladini (CV) 20-6 6. A. Lopez (CV) 19-10 7. J. Cheung (MSJ) 18-2.5 BV: 10 lb. 1. J. Adair (MSJ) 39-9 2. M. Bathke (CV) 32-6 3. S. Benner (MSJ) 30-6 4. W. Hamilton (MSJ) 29-8 5. E. Manhoff (CV) 29-10 5 6. M. Thomas (CV) 26-2 12 lb. 1. R. Collett (CV) 41-4 2. T. Nobori (CV) 40-2 3. R. Picotti (CV) 37-9 4. R. Jones (CV) 37-4 5. C. Benner (MSJ) 36-6 6. J. Dizon (MSJ) 33-4 7. K. Kemp (MSJ) 29-5.5 8. M. York (MSJ) 28-7.5

Discus GV: 1. T. Rizzo (CV) 83-8 2. K. VanElk (CV) 78-1 3. K. Alward (MSJ) 75-4 4. G. Paladini (CV) 57-4 5. A. Lopez (CV) 42-7 BV: 1. R. Picotti (CV) 117-10 2. R. Jones (CV) 117-0 3. C. Benner (maj) 114-3 4. T. Nobori (CV) 103-10 5. R. Collett (CV) 98-1 6. J. Dizon (maj) 93-9 7. M. York (maj) 93-2.5 8. K. Kemp (maj) 67-3 BV: 1. W. Hamilton (maj) 79-9 2. J. Adair (maj) 78-1 3. S. Benner (maj) 77-7 4. M. Bathke (CV) 75-10 5. E. Manhoff (CV) 59-4 6. M. Thomas (CV) 37-4

Pole Vault GV: 1. A. Sammons (CV) 8-0 2. S. Smack (MSJ) 7-0 3. K. Glenn (CV) 7-0 4. J. Huang (MSJ) 6-6 5. K. Ponce (CV) 6-0 6. K. Bauer (maj) 6-0 BV: 1. R. Simmons (CV) 8-6 2. R. Kuta (CV) 8-0 3. D. Cheung (CV) 8-0 4. C. Ashford (CV) 6-6 5. D. Grooms (CV) 6-0 6. L. Comfort (CV) 5-6 7. N. Simmons (CV) n/m 8. M. Caras (CV) n/m

We got through our first competition with a few aches and pains and minor panics, but in good shape. We were able to see that we have a very good team, and a large team. We also have a team that still has lots of work to do, and now the coaches have a better idea about the type of the team we have this year so far.

Mission San Jose has a large team too with many good athletes and they provided us with a good measure of competition. One of the reasons the meet seemed to go on forever was that both teams had large numbers of athletes in every event. It also didn't help that they arrived an hour late.

Some notes on the outstanding performances: Rachel McDonald posted some very good marks in the jumps. Robbie Collette and Rob Picetti surprised NCS veterans Tak Nabori and Ryan Jones in the boys' throws. We have a horde of girl sprinters. The boys' 4 x 100 relay team posted a very good early time. Distance looks solid. Where we need to immediately get bodies happening in the boys jumps and hurdles overall. A few more girl vaulters wouldn't hurt either.

Congratulations to our statistical crew who did a magnificent job with a large job, especially right off the bat. The finish line parents were great. The jump pit went very smoothly. The vault is of course its own kingdom. The press booth was also a smooth operation, especially with no functional P.A. system. The results were done quickly and accurately.

Uniforms -- today (Monday) seniors and juniors, tomorrow (Tuesday) sophomores and freshmen.

Coming Up:

Wednesday 3/4 -- San Lorenzo here -- they have a very small team with a few individuals.

Thursday 3/12 -- San Leandro there -- a tough match for us

Saturday 3/14 -- Mariner Invitational -- at Chabot College; a good competitive meet;

Castro Valley Vs. San Lorenzo

Wednesday, March 3, 1998

Scores: **BV:** CV 93, SLZ 35

GV: CV102, SLZ 33

BFS: CV122, SLZ 7

GFS: CV 100, SLZ 0

4x100 Relay: **GFS:** 1. CV (Haw, Homer, Pappas, Jeffrey) 57.8 **BFS:** 1. CV "A" (Poblete, Alex, Bissel, Williams) 50.4 2. CV "B" (Pane, Wagner, Draper, Stohrer) 53.5 **GV:** 1. SLZ (McCallum, Brown, Margain, Jones) 50.0 2. CV (Randall, Bailey, Chung, Tingle) 53.1 **BV:** 1. CV (Soblin, Abramenko, Bailey, Omelagah) 44.6

1600: **GFS:** 1. Erica Simmons (CV) 6:05 2. Suzy Dodge (CV) 6:52 3. Grace Chan (CV) 7:24 4. Michelle Lawton (CV) 7:32 5. Samantha Leach (CV) 8:24 **BFS:** 1. Alex Cardiasmenos (CV) 5:01 2. Nick White (CV) 5:25 3. Rayed Sheikh (CV) 5:31 4. Bobby Puppione (CV) 5:47.8 5. Eric Severson (CV) 5:49 6. Joel Crane (CV) 6:03 **GV:** 1. Colleen McGrellis (CV) 5:44 2. Tina Schmidt (CV) 5:54 3. Teresa Ko (CV) 5:59 4. Steph Weisman (CV) 6:00 **BV:** 1. Justin Coffeen (CV) 4:42 2. Josh Kalsbeek (CV) 4:57 3. Darrion Dulaney (CV) 5:11 4. Edward Chung (CV) 5:12 5. Kenpei Yamamoto (CV) 5:13 6. John Bambe (SLZ) 5:48 7. Ric Leach (CV) 6:19

High Hurdles: **GFS:** 1. Sheryl Eng (CV) 19.5 2. Jenny Homer (CV) 20.7 3. Rosann Padilla (CV) 22.3 **BFS:** 1. Ryan Ribeira (CV) 19.8 2. Lionel Poblete (CV) 19.9 3. Travis Blevins (CV) 21.5 4. Eric Weed-Biehs (CV) 22.0 5. Brian Fonesbeck (CV) 22.8 **GV:** 1. Rachel McDonald (CV) 18.4 2. Teresa Robles (CV) 19.4 3. Maya Komadina (CV) 19.8 4. Shannon Oates (CV) 20.6 5. April Wong (CV) 20.7 6. May Lee (CV) 28.3 **BV:** 1. Gabe Solberg (CV) 19.4 no second or third

400: **GFS:** no entries **BFS:** 1. Ash Williams (CV) 57.5 2. Neyon Wesley (SLZ) 65.9 3. Jason Siegfried (SLZ) 69.2 **GV:** 1. Michelle Jones (SLZ) 60.9 2. Aisha Margain (SLZ) 63.9 3. Ashli Tingle (CV) 66.5 4. Trisha Chung (CV) 67.7 5. Amber Salcedo (CV) 69.9 Norisha Bluit (SLZ) dnf **BV:** 1. Demauriea Hinton (SLZ) 56.1 2. Dru Mellon (CV) 56.12 3. Darryl Eng (CV) 56.2 4. Rob Green (SLZ) 57.9 5. Kentoku Yamamoto (CV) 58.4 6. Jason Owens (SLZ) 61.3

100: **GFS:** 1. Amanda Medrano (CV) 13.6 2. Erika Haw (CV) 14.1 3. Jenny Homer (CV) 14.4 4. Amy Hamilton (CV) 14.5 5. Addie Bigham (CV) 14.51 6. Jordan Hall (CV) 15.3 7. Becky Newton (CV) 16.9 **BFS:** Heat 1- 1. Drew Bissell (CV) 12.4 2. Eric Pane (CV) 13.7 3. Nick Simmons (CV) 13.4 Heat 2- 1. John Berardo (CV) 12.8 2. Ryan Wagner (CV) 12.9 3. Ryan Ribeira (CV) 13.1 4. Nathan Freebody (CV) 13.2 5. Lionel Poblete (CV) 13.6 6. Casey McCole (CV) 14.0 **GV:** 1. Anita McCallum (SLZ) 12.9 2. Mandy Randall (CV) 13.5 3. Jamika Williams (SLZ) 13.6 4. Melissa Yee (SLZ) 14.7 5. Erin Poston (SLZ) 14.8 **BV:** 1. Genna Abramenko (CV) 11.4 2. Reggie Bailey (CV) 11.4 3. Matt Omelagah (CV) 11.5 4. Tyler Simpson (CV) 12.6

800: **GFS:** 1. Kim Ponc (CV) 2:47 2. Andre Passadore (CV) 2:59 3. Susie Dodge (CV) 3:08 **BFS:** 1. Ray Sheik (CV) 2:28 2. Nick White (CV) 2:33 no third **GV:** 1. Tina Schmidt (CV) 2:36 2. Jessica Groom (CV) 2:37 3. Raqueta MarGuain (SLZ) 2:41 **BV:** 1. Jim Nickolopoulos (CV) 2:08 2. Ingo Depina (SLZ) 2:11 3. Kentoku Yamamoto (CV) 2:12 4. Josh Kalsbeek (CV) 2:14 5. Edward Cheung (CV) 2:15 6. Drew Mellon (CV) 2:18 7. Scott Cain (CV) 2:23 8. John Bambe (SLZ) 2:36 10. Ric Leach (CV) 3:02

300 Hurdles: **GFS:** 1. Michelle Lawton (CV) 69.2 no second or third **BFS:** 1. Lionel Poblete (CV) 52.2 2. Ryan Fonesbeck (CV) 60.6 no third **GV:** 1. Theresa Robles (CV) 56.9 2. Teresa Ko (CV) 60.7 no third **BV:** 1. Jack Daniels (CV) 47.7 no second or third

200: **GFS:** no entries **BFS:** 1. Ash Williams (CV) 25.3 2. Drew Bissell (CV) 26.0 3. Neyon Wesley (SLZ) 27.6 4. Eric Pame (CV) 27.7 **GV:** Heat 1- 1. Familya Brown (SLZ) 26.8 2. Anita McCallum (SLZ) 27.3 3. Ashli Tingle (CV) 28.9 4. Trisha Chung (CV) 29.2 5. Mandy Randall (CV) 29.7 6. Erin Poscon (SLZ) 31.6 Heat 2- 1. Michele Tobia (CV) 30.2 2. Amber Salcedo (CV) 31.6 3. Jennifer Jackson (SLZ) 33.8 **BV:** 1. Reggie Bailey (CV) 23.6 2. Matt Omelagah (CV) 23.9 3. Demauriea Hinton (SLZ) 24.1 4. Isacc Banks (SLZ) 25.1 5. Terrence Ridge (SLZ) 25.3 6. Darryl Eng (CV) 25.5

3200: **GFS:** 1. Erica Simmons (CV) 13:34 2. Courtney Stewart (CV) 13:39 no third **BFS:** 1. Alex Cardiasmenos (CV) 10:44 2. Bobby Puppione (CV) 12:42 no third **GV:** 1. Allissa Horejsi (CV) 12:43 2. Jessica Groom (CV) 13:54 3. Teresa Ko 13:54 **BV:** 1. Justin Coffeen (CV) 10:31 2. David Barnave (SLZ) 10:41 3. Kenpei Yamamoto (CV) 11:23

4x400 Relay: **GFS:** 1. CV (Passadore, Pappas, Homer, Simmons) 5:03 **BFS:** 1. CV (Leonis, Groom, Comfort, N. Simons) 4:58 **GV:** 1. SLZ (Johnson, Williams, R. Margain, A. Margain) 4:34 2. CV (Chung, Salcedo, Tobia, Tingle) 4:52 **BV:** 1. SLZ (DePina, Hinton, Banks, Greene) 4:46 2. CV (Bailey, Omelagah, Daniels, Dulaney) 3:50

Long Jump: **GFS:** 1. Autumn Pappas (CV) 13-8 2. Shannon Verarde (CV) 12-1 3. Amy Hamilton (CV) 11-10.5 4. Addie Bigham (CV) 11-10 5. Jennifer Jackson (SLZ) 11-6 6. Samantha Leach (CV) 10-0 7. Sheryl Eng (CV) 9-5.5 **BFS:** 1. Jared Stohr (CV) 16-1.5 2. Ben Hanson (CV) 15-3 3. Meyon Wesley (SLZ) 15-2 4. Nathan Freebody (CV) 13-6 5. Erik Weed-Biehs (CV) 13-1.5 6. Jason Shefford (SLZ) 12-5 **GV:** 1. Loryn Bailey (CV) 15-3.5 2. Rachel McDonald (CV) 14-7 3. Amber Sammons (CV) 14-0 4. Theresa Robles (CV) 13-5 5. Shannon Oates (CV) 12-8 6. April Wong (CV) 12-5 7. Maya Komadina (CV) 12-4 8. May Lee (CV) 10-11 **BV:** 1. Isaac Banks (SLZ) 19-1 2. Jack Daniels (CV) 18-4 3. Rob Greene (SLZ) 17-0 4. Brad Willits (CV) 16-7

Triple Jump: **GFS:** 1. Sheryl Eng (CV) 27-7.5 2. Shnnon Verarde (CV) 26-8 no third **BFS:** 1. Travis Blevins (CV) 31-6 2. Erik Weed-Biehs (CV) 30-1.5 **GV:** 1. Loryn Bailey (CV) 30-3 2. Theresa Robles (CV) 29-3 3. April Wong (CV) 28-10.5 4. Maya Komadina (CV) 28.5 5. Shannon Oates (CV) 28-1 6. May Lee (CV) 22-9 **BV:** 1. Jason Owens (SLZ) 37-7 2. Brad Willits (CV) 34-6 no third

High Jump: **GFS:** 1. Sheryl Eng (CV) 4-2 2. Amy Hamilton (CV) 4-0 3. Autumn Pappas (CV) 3-10 4. Michelle Lawton (CV) 3-10 5. Addie Bigham (CV) 3-10 6. Marie Bichsel (CV) 3-8 7. Jennifer Jackson (SLZ) 3-6 **BFS:** 1. Mike DeSilva (CV) 4-8 no second or third **GV:** 1. Loryn Bailey (CV) 4-4 2. Rachel McDonald (CV) 4-4 3. Maya Komadina (CV) 3-10 **BV:** 1. Jason Owens (SLZ) 5-0 2. Isaac Banks (SLZ) 5-0 3. Ben Hansen (CV) 4-8

Shot Put: **GFS:** 1. Rebecca Weisman (CV) 24-8 no second or third **BFS:** 1. Brad Rinker (CV) 38-9.5 2. Chris Manning (CV) 35-7 3. Eitan Manhoff (CV) 31-6 4. Nyeem Wesley (SLZ) 28-6.5 5. Micheal Thomas (CV) 24-10 **GV:** 1. Tiffany Rizzo (CV) 30-2.5 2. Erin Gable (CV) 26-10 3. Krystal VanElk (CV) 24-9.5 4. Tenisha Johnson (SLZ) 23-1 5. Sara Hausel (CV) 22-7 6. Alma Lopez (CV) 18-6 **BV:** 1. Robbie Collett (CV) 42-7 2. Tak Nobori (CV) 41-4 3. David Callahan (CV) 40-3.5 4. Robert Piccetti (CV) 36-5 5. James Richard (SLZ) 35-9 6. Ryan Jones (CV) 34-6 7. Lamar Hughes (SLZ) 32-3 8. Anthony Chavez (SLZ) 31-10

Discus: **GFS:** 1. Rebecca Weisman (CV) 64-6 no second or third **BFS:** 1. Chris Manning (CV) 101-0 2. Eitan Manhoff (CV) 66-0 3. Brad Rinker (CV) 65-9 4. Ryan Fonesbeck (CV) 62-1 **GV:** 1. Krystal VanElk (CV) 81-11 2. Tiffany Jower (CV) 79-11 3. Tiffany Rizzo (CV) 75-10 4. Sara Hausel (CV) 63-7 5. Alma Lopez (CV) 51-9 **BV:** 1. Ryan Jones (CV) 129-3 2. Robert Piccetti (CV) 124-5 3. Tak Nobori (100-6 4. Robbie Collett (CV) 93-10 5. Mauro Martinez (CV) 94-11 6. James Richard (SLZ) 82-7 7. Anthony Chavez (SLZ) 76-9 8. Lamar Hughes (SLZ) 71-5

Pole Vault: **GFS:** 1. Kim Ponc (CV) 6-6 **BFS:** 1. Daniel Cheung (CV) 7-6 2. Dan Groom (CV) 6-6 3. Tim Comfort (CV) 6-6 4. Chris Ashford (CV) 6-6 5. Nick Simmons (6-0) 6. Ryan Leonis (CV) 6-0 **GV:** 1. Amber Sammons (CV) 8-0 2. Katie Glenn (CV) 8-0 **BV:** 1. Brandon Tong (CV) 10-6 2. Ricky Simmons (CV) 10-0 3. Cory Rutherglen (CV) 10-0 4. Richard Kuta (CV) 8-6 5. Bryce Greenfield (CV) 8-0 6. Chris Fosdahl (CV) 8-0

Mariner Invitational @ Chabot
College Saturday, March 14, 1998

Frosh-Soph Boys: 33 pts -- 6 th place
Varsity Girls: 27 pts -- 7th place
Varsity Boys: 55 pts -- 1st place (tie
with DeLaSalle & Newark-Memorial)

* = medal-winning place

FS 3000

Alex Cardiasmenos

-- -- -- 80.0 80.4 80.7 9:47.6 2nd*

Alex went out strongly (too strongly) and took the lead. So, he was a bit pooped and did his best just to hang on to the Mission stud (Micah Strom). Alex hung tough to the end, but was put away by the other guys kick. A good start to the meet. (Your local statistician was rusty and missed a few splits.)

VG 100

Amanda Medrano 13.96 3rd in Heat 1

Amanda got caught a bit in the blocks, but pulled into contention about halfway. She was the last qualifier to the finals, but opted out to concentrate on the 4 x 400.

VB 100

Reggie Bailey DQ false start

Reggie opened up the meet inauspiciously with a rare false start for him. It's best to get these mistakes out of our system early:

Varsity Boys Distance Medley 5th*

Josh Kalsbeek	66.0	71.8	70.5	3:28.3
Darryl Eng	56.1			:56.1
Jimmy Nickolopoulos	59.1	66.4		2:05.5
Justin Coffeen	67.6	72.0	72.2	4:44.0
				11:13.9

This is a good team, but they were untested. Josh was under orders to run evenly, which he tried to do after a bit of a rocket start. Darryl was a good leg for us, and Jimmy put us even further into contention. Justin struggled, but managed a respectable finish that saw us at least beat the DeLaSalle "B" team. Nice medals and a good time.

Varsity Girls Distance Medley 9th

Courtney Stewart	75.1	88.3	88.7	4:12.1
GayLynn Pettersen	64.9			1:04.9
Stephanie Weisman	75.4	84.0		2:39.4
Teresa Ko	79.0	--	--	6:06.4
				13:53.5

This was a little tight for some reason, but the performances were even and consistent. Courtney, still favoring her sore hip, came around in a pretty good time. GayLynn sprang a pretty quarter.

Stephanie was satisfied with her race, and Teresa could not get untracked at all and struggled to be average today.

Frosh-Soph Boys Distance Medley	14th
Bobby Puppione 75.1 88.7 88.2	4:12.0
Ash Williams 57.0	:57.0
Nick Winters 64.5 81.9	2:26.4
Alex Cardiasmenos 65.0 83.0 ---	5:12.9
	12:50.3

Everyone learned a little something today. Bobby learned that the three-lapper is a tough race. Ash continues to impress people with his smoothness. Nick charged into the race and struggled out of it and survived. Alex tried to beat the world on one lap, and had to suffer a bit. We will do this again, and do it better.

Frosh-Soph Shuttle Hurdles

Ryan Ribeira, Erik Weed-Beihns, Ryan Fornsbeck,
Derrick Oliveira 46.7 1st Ht 1, 6th

The lads did well, for not having much experience at all. With a nice heat win, their time did not stand up for a medal as they finished 6th.

Varsity Girls Shuttle Hurdles

Theresa Robles, Sheryl Eng, Autumn Pappas, Marcia-Wong 46.80 3rd in Ht 3

Things were going well, and we were hanging right in with Collge park (who finished 3rd overall) when Autumn dipped a toe, caught a hurdle and bit turf. She rolled right up and got going again, but it dropped us off what could have been a medal finish. Next time.

Varsity Boys Shuttle Hurdles

Jack Daniels, Brad Willits, Scott Cair, Gabe Solberg
41.5 2nd Ht. 2, 5th* overall

The boys looked real nice. Everyone got a 3-step going well, and the time was good. This particular collection of hurdlers is going to improve quite a bit this year. Let's look forward to the next relays.

Varsity Girls Sprint Medley

Theresa Robles, Autumn Pappas, Jessica Hunter, Addi Bigham 2:02.7 4th in Ht 1

This relay was patched together as it was, and when Tomesha's hamstring tightened up, Theresa was recruited literally at the last minute. We got the relay off, and the girls all had a chance to race hard and make handoffs and look pretty good at doing it too.

Varsity Boys Sprint Medley

Sean Soblin, Genna Abramenko, Matt Omelagah, Reggie Bailey 1:33.8 1st*

The "A" team stepped into a longer relay and handled it with aplomb. We opened some eyes out there today. Crisp stickwork between fast people

always does that.

Varsity Girls 1500

Colleen McGrellis 5:04.8 4th*

Someone neglected to tell Colleen that the girls she was running with were all State Meet cross country qualifiers, and that the lead girl was the State Champion in division V, and that the Amador girl who just beat her out was Amador's #2 cross country girl who was untouchable just 3 months ago. A great tough race against some fine competition.

Varsity Boys 1500

Josh Kalsbeek (300) 51.0 69.5 73.9 75.9
4:34.2 16th

Even with bogging down a bit at the end, Josh ran pretty much right to his goal pace. The conversion to the mile would give him a PR.

Varsity Girls 4 x 100

Mandi Randall, Loryn Bailey, Addi Bigham, Amanda Medrano 52.65 1st in Ht 2, 4th*

Once again we had to scramble for a substitute, as the dim-witted coach forgot that Trisha was at a piano recital until 2:00 p.m. Addi was pressed into service, and after a few handoffs and warmup strides, was only a lot nervous instead of panicked. The team ran extremely well, with a great time for us this early and Addi more than competently held up her end. The handoffs were superb.

Varsity Boys 4 x 100

Sean Soblin, Genna Abramenko, Matt Omelagah, Reggie Bailey 43.56 1st* in Heat 2, 1st * overall

It's enough to make coaches go apoplectic. This relay team was back from lunch late (too late) and was intending to run on bellies larded up with greaseburgers and fat-saturated shakes. As it was, they were first by a sizeable margin, and nearly broke the school record in the process (which is 43.2, or 43.44 electronic).

4 x 800

Frosh-Soph Boys

Nick Winters 75.0 83.3 2:28.3

Joey Crane 72.5 80.1 2:32.3

Erik Severson 68.7 82.2 2:30.9

Ray Sheik 66.1 81.0 2:27.1

9:58.6 14th

This was a good improvement race for the guys. They all PR'd substantially since last week, and learned how to run hard while hurting.

Varsity Girls 4 x 800

Jessica Groome 2:37.4

Erica Simmons 2:43.3

Teresa Ko 2:40.6

Colleen McGrellis • 2:29.8
10:32.0 4th*

The girls did just fine here. Jessica kept us in the hunt. Erica made a strong move on the first lap, Teresa used her experience to stay close, and Colleen made it real exciting at the end by pulling up close to third.

Varsity Boys 4 x 800

Darryl Eng 61.7 67.6 2:09.3

Damien Dulaney 61.9 69.1 2:11.0

Edward Cheung 60.4 70.3 2:10.7

Jimmy Nickolopoulos 59.1 65.4 2:04.5
8:35.5 4th*

What a race! Darryl ran out strong in a good PR time, Damien was a battler, Edward ran his heart and lungs out to keep us in sight of Moreau Catholic, and Jimmy turned on some serious burners to put us in sight of a strong 2nd place. Except for Mission's Jon Stevens, who tore up the track and blasted by Jimmy to steal away that 2nd place, this was a feature race for us.

Frosh-Soph boys 300 Intermediate Hurdles

Derrick Oliveira 46.34 2nd in Ht 1, 4th*

A solid race by Derrick, who is becoming more confident each race.

Varsity Girls 300 Intermediate hurdles

Theresa Robles 56.67 3rd in Ht 1

A day of basketball practice sure does take the sap out of a person's legs, and Theresa was no exception. She looked downright tired out there. Better races are to come.

Varsity Boys 300 Intermediate Hurdles

Jack Daniels 45.7 2nd Ht 3

Jack also looked tired at the end of his day, and ran an average time.

Varsity Girls 3000

Allissa Horejsi -- -- 87.6 91.9 95.7 98.2 96.4
90.0 11:21.0 7th

Allissa ran against some of the best distance runners in the North Coast and held her own well, dueling the entire race with Amador Valley's #1 girl. Allissa once again surprised herself with how easy it felt to establish a quick pace and keep it up. Her first mile was 5:48.6!

Varsity Boys 3000

Justin Coffeen 36.5 78.2 75.1 76.2 75.0 77.8 79.8
74.6 9:32.9 5th*

The slow pace suited Justin just fine, and he trotted along with the leaders. When the pace picked up at the end, he got caught mentally napping, but put on a little surge at the end. His goal was to run 9:35 or better, and he did. This should give him the confidence to run a quicker dual meet 2 mile.

Varsity Girls 4 x 400

Ashli Tingle 63.5

Amanda Medrano 62.8

GayLynn Pettersen 65.8
Trisha Chung 64.2

4:16.3 3rd in ht 2' 4th*

It is amazing what a team can do when it is rested. Ashli and Trisha were running their first race of the day, GayLynn had time to go home and rest, and Amanda had only run a couple of 100's. The time is excellent this early for us.

Varsity Boys 4 x 400

Matt Omelagah 56.2
Reggie Bailey 52.5
Jack Daniels 58.8
Genna Abramenko 51.7

3:39.0 2nd in ht 2, 4th*

The sprint boys agreed to explore new territory, and gave the long relay a try. Matt struggled, Reggie blazed, Jack suffered tremendously, and Genna did his white lightning thing at the end. The medal was a surprise.

Long Jump

Frosh Soph Boys Mike DeSilva 18-7 3/4 3rd*
Varsity Girls Loryn Bailey 14-9 3/4 5th*
Autumn Pappas 14-2
Varsity Boys Jack Daniels 19-10 3rd*

The long jump was a Castro Valley event today, with medals coming in all three divisions. Mike made his debut from the Frosh baseball team today impressively, both Loryn and Autumn made the finals, and Jack's only fair jump was good enough.

Triple Jump

Varsity Girls Loryn Bailey 31-6 1/2 7th
Sheryl Eng no mark

Loryn PR'd and got points, and Sheryl couldn't find her step.

High Jump

Frosh-Soph boys Jared Stohr 5-4 5th (tie)*
Mike Prakash 4-6
Varsity Girls Loryn Bailey 4-8 3rd*

Another jumping event helped the Trojans out. Jared almost had 5-6 and Mike unwisely passed too many heights. Loryn's first attempt make was enough to give her the 3rd.

Pole Vault

Frosh-Soph Boys Daniel Cheung no height
Varsity Boys Ricky Simons 10-0
Cory Rutherglen no height

Not a good day for the esteemed pole vault squad. Mediocre results at best. Illness, disinterest, lack of preparation, and job (job?) commitments scuttled any CV presence here. Maybe next time out.

Shot Put

Frosh-Soph Boys Chris Manning 41-9 5th*
Brad Rinker 34-11 1/2
Varsity Girls Tiffany Rizzo 28-5

Varsity Boys Tak Nobori 41-5 1/2
Robbie Collet 39-0

Chris was the surprise, improving by a couple of feet to snag a medal. Brad was off his form. Tiffany had a subpar day. Tak made finals, but work (work?) interfered and snagged him away. Robbie threw better in practice. It's a mental thing.

Discus

Frosh-Soph boys Chris Manning 116-3 2nd*
Varsity Girls Tiffany Rizzo 88-10
Varsity Boys Ryan Jones 139-0 1st*
Robert Picetti 123-0

Chris made the most of his day, chucking the disc well past his PR for another medal. Tiffany threw her best outside the secotr. Ryan eked out the win, and Robert also made the finals. A good showing by the CV throws team.

Overall, a fine day by the CV troops. We did not expect to contend, much less win a division, but so we did. Our aim was to get as many Cv athletes on the field of competition against some fine opponents. It turns out that we have a deep and talented team, and in later invitationals we will focus more on the team showing aspect. For now, let's just get focused on the dual meets.

Three teams share track championship at Moreau Invitational

Sunday, March 15, 1998

By Jim O'Reilly
CORRESPONDENT

HAYWARD -- The Castro Valley, Newark Memorial and De La Salle boys track teams finished in a three-way tie for first at the 11th annual Mariner Invitational at Chabot College on Saturday.

"Winning this thing is the last thing on my mind," said Trojans coach Peter Brewer. "I'm just glad to get some clear weather so we can go out and get some competition."

It's been like that this year. Because of the steady rains lately, nearly every team on hand experienced good conditions for the first time this year.

"Because it's been kind of tough to get ready for the season, I'm especially pleased at the way we took care of business today," Brewer said.

The Trojans' boys sprint team of Reggie Bailey, Sean Soblin, Matt Omelagah and Genna Abramenko won both the 4x100 and sprint relays and placed second in the 4x400 behind a great effort by Abramenko, who helped Castro Valley with an outstanding effort in the final lap for the medal.

Carondelet won the girls team title, with St. Mary's and Laguna Creek finishing in a tie for second.

Loryn Bailey placed third in the girls high jump with a leap of four feet eight inches for the Trojans and followed up with a strong fifth-place finish in the girls long jump.

Other teams may have won more events, but Castro Valley placed highly in many events, including a third-place finish in the boys 3,200-meter relay and a 400 relay victory.

The Trojans' girls 400 relay team finished fifth, while Colleen McGrellis earned fourth place in the 1,500.

"The rain has held us back. It's held everybody up, but there were some pleasant surprises today," Brewer said.

Trojans sprinting into elite

Tuesday, March 17, 1998

By Tommy McDonald
STAFF WRITER

The message sent by Castro Valley's boys track team at last weekend's Mariner Classic was clear: The Trojans' sprint relay teams are for real.

Castro Valley's 4x100 meter and sprint medley relay teams placed first in last Saturday's meet at Chabot.

While Castro Valley coach Pete Brewer is not yet ready to declare the league title his after just the third competitive meet of the season, he did say the Trojans will be one of the better teams in the area.

"We think we have a little more to go before we can consider ourselves good. James Logan and St. Mary's appear to be the premier teams in this area," Brewer said. "We think we can challenge them for consideration for one of the top teams in our area as far as sprint relays, though."

Saturday, the team of Reggie Bailey, Sean Soblin, Matt Omelagah and Genna Abramenko turned in a time of 43.3 seconds. That same lineup clocked a 1:38.8 in the sprint medley relay.

Brewer has known that his sprint relay teams would be tough for some time. But various setbacks delayed the squad's emergence.

"Bailey broke his hand last season and he was not able to compete until the end of the season. We had various other athletes injured," Brewer said. "We knew we had the talent, but we never had the chance to put them all together."

Until now.

While Brewer acknowledged his sprint relay teams will carry the Trojans this year, he said to expect a strong showing in the field events.

Castro Valley's Ryan Jones, who finished second in last year's North Coast Section Bayshore Regional meet, placed first in the discus Saturday. Jack Daniels' jump of 19-10 was good enough for third place Saturday.

"(The sprint relay teams) seem to be the real visible core of our team," Brewer said. "But we will be competitive in a lot of areas, particularly field some field events."

Castro Valley Vs. San Leandro**Date: Tuesday, March 17, 1998**Scores: **BV:** CV 95, SL 43 **GV:** CV 120, SL 14 **BFS:** CV 92, SL 31 **GFS:** CV 115, SL 0**4 x 400 Relay:****GFS:** 1. CV (Kuykendall, Hunter, Pappas, Bigham) 59.4**BFS:** 1. CV "A" (Celmer, Bernardo, Bissel, Williams) 48.5 2. SL 48.7 3. CV "B" (Pane, Stohr, Hansen, Couche) 52.6**GV:** 1. CV (Randall, Bailey, Medrano, Tingle) 52.8 2. SL dnf**BV:** 1. SL 45.1 2. CV (Soblin, Tyler, Daniel, Collett) 47.3**1600 :****GFS:** 1. Stewart (CV) 6:08.3 (new meet record: old record 6:16.4 Ko 1996) 2. Simmons (CV) 6:18.2 4. 3. Chen (CV) 7:30.7 4. Lawton 7:41.9 8. Leach 8:07.4**BFS:** due to finish line problems, no names were assigned to the times. Check in the BV results for full time listings.**GV:** 1. McGrellis (CV) 5:45.5 2. Horejsi (CV) 5:52.7 3. Schmidt (CV) 5:54.2 4. Ko (CV) 6:01.5 5. Groome (CV) 6:11.1 6. SL 6:17.7 7. SL 6:19.0**BV:** (not all names available) 1. Ardell-Smith (SL) 4:42.1 2. Coffeen (CV) 4:42.9 3. Kalsbeek (CV) 5:01.0 4. 5:02.3 5. 5:08.4 6. 5:11.2 7. 5:19.9 8. 5:27.5 9. 5:28.9 10. 5:38.1 11. 5:50.5 12. 5:50.7 13. 5:57.7 14. 6:01.6**High Hurdles:****GFS:** 1. Eng (CV) 19.1 2. Pappas (CV) 21.9**BFS:** Ht. 1 1. Ribeira (CV) 19.4 2. SL 20.6 3. Weed-Biehs (CV) 21.9

Ht. 2 1. T. Blevins (CV) 21.4 2. Fannesbeck (CV) 22.2 3. Oliveira (CV) 22.5

GV: Ht. 1 1. M. Wong (CV) 19.0 2. SL 20.7 3. SL 21.0

Ht. 2 1. Robles (CV) 19.5 2. Komadina (CV) 19.6 3. SL 21.3

Ht. 3 1. A Wong (CV) 20.6

BV: 1. B. Willits (CV) 18.6 2. Cain (CV) 21.7**400:****GFS:** 1. Kim (CV) 76.7 no second or third**BFS:** 1. Williams (CV) 58.1 2. SL 60.4 3. Pane (CV) 63.3**GV:** 1. Tingle (CV) 63.1 2. SL 66.7 3. Chung (CV) 66.9 4. Tobia 668.0 5. Salcedo (CV) 68.9**BV:** 1. Eng (CV) 55.9 2. Mellon (CV) 56.7 3. Kent. Yamamoto (CV) 57.1 4. SL 58.0 5. SL 58.7 6. SL 59.7**100:****GFS:** 1. Hunter (CV) 15.3 no second or third**BFS:** 1. Bernardo (CV) 12.5 2. SL 12.5 3. Bissell (CV) 12.5 4. Ryan ? (CV) 12.8 5. Couche (CV) 13.0 6. Freebody (CV) 13.5**GV:** 1. Bailey (CV) 13.9 2. Randa II (CV) 14.4 3. SL 14.9**BV:** 1. Bailey (CV) 11.7 2. Omelagah (CV) 11.7 3. SL 11.8 4. SL 11.9 5. SL 12.0 6. Simpson (CV) 12.1**800:****GFS:** 1. Ponce (CV) 2:43.0 (new meet record; old record 2:45.9 J. Chung 1995) 2. Simmons (CV) 2:50.0 3. Kim (CV) 3:07.0 4. Stower (CV) 3:09.0**BFS:** 1. Ha (SL) 2:24.0 2. Sheik (CV) 2:29.0 3. SL 2:33.0 4. Seshagiri (CV) 2:39.0**GV:** 1. Schmidt (CV) 2:42.0 2. Groome (CV) 2:45.0 3. SL 2:51.0 4. SL 2:59.0**BV:** 1. Ardell-Smith (SL) 2:06.4 2. Nickolopoulos (CV) 2:06.9 3. Mellon (CV) 2:17.0 4. Kent. Yamamoto (CV) 2:18.0 5. Cain (CV) 2:23.0**300 Hurdles:****GFS:** 1. Lawton (CV) 69.4 no second or third**BFS:** Ht. 1 1. Oliveria (CV) 48.2 2. SL 49.4 3. Weed-Biehs (CV) 55.0 4. SL 57.0

Ht. 2 1. Ribeira (CV) 48.8 2. Fannesbeck (CV) 56.3 3. Prakash (CV) 65.2 4. Estreito (CV) 70.2

GV: 1. M. Wong (CV) 56.0 2. Robles (CV) 57.6 no third**BV:** 1. Pon (SL) 44.5 2. Daniels (CV) 45.6 3. B. Willits (CV) 47.4 4. SL 48.1**200:****GFS:** 1. Bigham (CV) 31.0 2. Hunter (CV) 31.3 no third**BFS:** 1. Williams (CV) 26.3 2. Bissell (CV) 26.6 3. Pane (CV) 29.0**GV:** Ht. 1 1. Medrano (CV) 27.9 2. Chung (CV) 28.7 3. Tingle (CV) 29.5 4. SL 32.2 5. 34.3

Ht. 2 1. Randall (CV) 29.5 2. Salcedo (CV) 30.0 3. Tobia (CV) 30.3

BV: 1. Bailey (CV) 23.2 2. Omelagah (CV) 23.7 3. Phillips (SL) 24.2 Simpson (CV) 25.0**3200:****GFS:** 1. Stewart (CV) 13:29 no second or third

BFS: 1. White (CV) 12:23 2. Jarvis (CV) 13:00 3. Crane (CV) 13:18

GV: 1. McGrellis (CV) 12:33 2. Horejsi (CV) 12:34 3. Ko (CV) 12:55 4. Weisman (CV) 13:25

BV: 1. Coffeen (CV) 10:28 2. Yoseif (SL) 10:50 3. Cardiasmenos (CV) 10:50 4. Dulaney (CV) 11:00 5. Knep. Yamamoto (CV) 11:19
6. Kent. Yamamoto (CV) 11:40 7. E. Cheung (CV) 12:22 8. Leach 13:56

4 x 400 Relay:

GFS: 1. CV (Bughawan 82, Chen 81, Pappas 74, Ponce 85) 5:22.4

BFS: 1. CV "A" (Pane 68, Oliveira 64, Bissell 65, Williams 64) 4:21.9 2. CV "B" (Fonnesbeck 72, Ribeira 65, Estreito 76, Leonis 77) 4:49.5

GV: 1. CV (Tingle 78, Medrano 75, Tobia 76, Chung 83) 5:11.8

BV: 1. CV (Mellon 58.8, Bailey 53.2, Eng 56.8 Nickolopoulos 56.2) 3:47.1

Long Jump:

GFS: 1. Paladini (CV) 13-4 2. Pappas (CV) 13-2 3. Bigham (CV) 11-8 4. Kuykendall (CV) 11-2 5. Hall (CV) 10-9 6. Hamilton (CV) 10-7
7. Leach (CV) 9-8 8. Eng (CV) no mark

BFS: 1. Bosworth (SL) 17-0 2. Weed-Biehs (CV) 14-0 3. Bernardo (CV) 12-8 4. Freebody (CV) 12-7 5. Stohr (CV) 11-11 6. Prakash (CV) 8-0

GV: 1. Bailey (CV) 14-0 2. Sammons 13-9 3. Jackson (SL) 13-2 4. Robles (CV) 12-1 5. A. Wong (CV) 11-6 6. Komadina (CV) 11-4
Blakely (SL) 9-7

BV: 1. Bailey (CV) 19-9 2. Fredericks (SL) 18-11 3. Phillips (SL) 18-7 4. Gill (SL) 17-8 5. Daniels (CV) 17-8 6. Crockett (SL) 17-8 7. Hanson (CV) 17-0 8. SL 16-8

Triple Jump:

GFS: 1. Eng (CV) 26-9 2. Hamilton (CV) 23-3 3. Leach (CV) 22-4 4. Kuykendall (CV) no mark

BFS: 1. Stohr (CV) 31-10 2. Weed Biehs (CV) 31-1 3. Bosworth (SL) 31-0 4. T. Blevins (CV) 29-7

GV: 1. Robles (CV) 29-8 2. A. Wong (CV) 29-2 3. Jackson (SL) 27-4 4. Komadina (CV) 25-8

BV: 1. Fredericks (SL) 37-5 2. Cano (CV) 33-7 no third

High Jump:

GFS: 1. Bughawan (CV) 4-2 2. Eng (CV) 4-0 2. Bichsell (CV) 4-0 2. Hamilton (CV) 4-0 5. Bigham (CV) 3-8 6. Lawton (CV) 3-6

BFS: 1. Stohr (CV) 5-4 no second or third

GV: 1. Bailey (CV) 4-8 2. Adams (SL) 4-4 3. Komadina (CV) 4-2

BV: 1. Ben Hanson (CV) 5-4 2. John Willits (CV) 5-2 2. Hutchinson (SL) 5-2 4. Cano (CV) 5-2 5. Martinez (CV) 5-0 6. Leach (CV) 4-4

Shot Put:

GFS: 1. R. Weisman (CV) 23-5 2. Paladini (CV) 19-11

BFS: 1. Manning (CV) 40-2 2. Heredia (SL) 37-1 3. Rinker (CV) 36-6 4. Perry (SL) 35-3 5. Krieger (SL) 34-6 6. Meltz (SL) 34-5 7. Sallez (SL) 27-5 8. Thomas (CV) 27-4

GV: 1. Rizzo (CV) 30-3 2. Dodson (SL) 29-4 3. Gabel (CV) 27-9 4. Van Elk (CV) 23-11 5. Poyet (SL) 23-1 6. Tuatavaki (SL) 21-9

BV: 1. Nobori (CV) 43-6 2. Tuatavuki (SL) 41-2 3. Callahan (CV) 40-9 4. Collett 40-7 5. Simms (SL) 36-5 6. Spandon (SL) 35-6 7. Picetti (CV) 34-9

Discus:

GFS: 1. R. Weisman (CV) 59-11 2. Paladini (CV) 52-1

BFS: 1. Manning (CV) 112-2 2. Perry (SL) 85-10 3. Meltz (SL) 80-2 4. Heredia (SL) 79-2 5. Krieger (SL) 77-2 6. Manhoff (CV) 75-10 7. Rinker (CV) 72-11 8. Sallez (SL) 72-5 9. Fonnesbeck (CV) 60-11 10. Thomas (CV) 49-7

GV: 1. Rizzo (CV) 88-7 2. Van Elk (CV) 77-10 3. Tuatavuki (SL) 76-7 4. Dodson (SL) 74-9 5. Jower (CV) 69-8 6. Poyet (SL) 61-1 7. Lopez (CV) 51-9

BV: 1. Tuatavuki (SL) 136-6 2. Jones (CV) 129-5 3. Martinez (CV) 117-2 4. Sspandoh (SL) 114-1 5. Simms (SL) 100-7 6. Collett (CV) 96-10 7. Picetti 95-10 8. Nobori (CV) 90-6

Pole Vault:

GFS: 1. (tie) Ponce (CV) 7-0 1. (tie) Arterbrun (CV) 7-0

BFS: 1. Liesenfeld (SL) 8-0 2. D. Cheung (CV) 8-0 3. Enright (SL) 8-0 4. Nemy (SL) 7-6 5. Ashford (CV) 7-0 5. Ashford (CV) 7-0 5. N. Simons (CV) 7-0 Ondo (SL) and Leonis (CV) n.h.

GV: 1. Sammons (CV) 8-0 2. Glenn (CV) 8-0

BV: 1. Tong (CV) 10-0 2. R. Simons (CV) 10-0 3. Kuta (CV) 8-6 4. Fosdahl (CV) 7-6

Castro Valley Vs. Mt. Eden

March 19, 1998

Scores: **BV**: CV 75, Mt. Eden 63 **GV**: CV 121, Mt. Eden 12 **BFS**: CV 127, Mt. Eden 0

Warm, clear, breezy

GFS: CV 80 1/2, Mt. Eden 44 1/2

4 x 100 Relay:

GFS: 1. CV (Pappas, Hamilton, Bigham, Eng) 57.62

BFS: 1. CV "A" (Bernardo, Stohr, DeSilva, Bissell) 48.5 2. CV "B" 52.7

GV: 1. CV "A" (Randall, Bailey, Medrano, Tingle) 53.4 2. CV "B" team (A. Wong, Tobia, Salcedo, Pettersen) 71.63

BV: 1. "A" (Simons, Fosdahl, Tong, Rutherglen) 50.7

1600 :

GFS: 1. Colleen McGrellis (CV) 5:53 2. Suzy Dodge (CV) 6:50 3. Rahel Rasu (ME) 7:03 4. Michelle Lawton (CV) 7:30 5. Giang Nguyen (ME) 7:30 6. Sam (CV) 7:49 7. Grace (CV) 7:49 8. Felisa Jose (ME) 8:03

BFS: 1. Nick White (CV) 5:29.9 2. Rayed Sheikh (CV) 5:30 3. Joel Crane (CV) 5:55

GV: 1. Erica Simmons (CV) 5:57 2. Courtney Stewart (CV) 5:58 3. Tina Schmedit (CV) 6:07 4. Jessica Groome (CV) 6:09

BV: 1. Damien Dulaney (CV) 5:01 2. Marco Marquez (ME) 5:04 3. Kentoku Yamamoto (CV) 5:06 4. Edward Cheung (CV) 5:09 5. Kenpei Yamamoto (CV) 5:10 6. Dru Mellon (CV) 5:27 7. David Pinkney (ME) 5:29 8. Jose Gayoso (ME) 5:57 9. Ric Leach (CV) 6:21

High Hurdles:

GFS: 1. Sheryl Eng (CV) 18.5 2. Autumn Pappas (CV) 21.8 3. Muna Bishr (ME) 22.8 4. Eboni Pollard (ME) 29.7

BFS: 1. Ryan Ribera (CV) 18.9 2. Derrick Oliveira (CV) 20.2 3. Ryan Fannesbeck (CV) 21.3 4. Erik Weed-Biehs (CV) 21.8

GV: 1. Rachel McDonald (CV) 17.9 2. Marcia Wong (CV) 18.7 3. Teresa Robles (CV) 19.9 4. Shavaughn Baker (ME) 25.7

BV: 1. Brad Willits (CV) 18.3 2. Marques Wilder (ME) 18.7 3. John Lafora (ME) 19.5 4. John Perez (ME) 22.3 5. PJ Aguayo (CV) 29.9

400:

GFS: 1. Gilleon Smith (ME) 69.6 2. Gail Kim (CV) 77.5 3. Muna Bishr (ME) 88.4

BFS: 1. Steven Celmer (CV) 62.9 2. Eric Pane (CV) 63.0

GV: 1. Marcus Branner (ME) 52.3 2. Marco Marquez (CV) 55.2 3. Ash Williams (CV) 55.4 4. Dru Mellon (CV) 55.9 5. Darrel Eng (CV) 57.6 6. Cliff Fajardo (ME) 57.7

BV: 1. Trisha Chung (CV) 65.4 2. Tina Schmid (CV) 67.5 3. Amber Salcedo (CV) 68.1 4. Misty Orr (ME) 77.6

100:

GFS: 1. Talisha Dyso (ME) 14.4 2. Amy Hamilton (CV) 14.4 3. Addie Bigham (CV) 14.5 4. Jessica Hunter (CV) 15.3 5. Laurie Bugawan (CV) 15.7 6. Becky Newton (CV) 16.9

BFS: 1. John Bernardo (CV) 12.3 2. Steven Celmer (CV) 12.7 3. Drew Bissell (CV) 12.8 4. Nathan Freebody (CV) 13.1 5. John Couche (CV) 13.4

GV: 1. Ashley Tingle (CV) 13.5 2. Loryn Bailey (CV) 13.8 3. Tammy Conception (ME) 13.9 4. Mandi Randall (CV) 14.0 5. Michelle Tobia (CV) 14.7

BV: 1. Derrick Kindle (CV) 11.3 2. Matt Omelagah (CV) 11.9 3. Jack Daniels (CV) 12.3 4. Charles Grady (ME) 12.4

800:

GFS: 1. Gail Kim (CV) 3:00 2. Suzy Dodge 3:08 3. Giang Nguyen (ME) 3:44 4. Rachel Rasu (ME) 3:57

BFS: 1. Joel Crane (CV) 2.45 no second or third

GV: 1. Jessica Groome (CV) 2.39 2. Kim Ponce (CV) 2.42 3. Erica Simmons (CV) 2.43 4. GayLynn Pettersen (CV) 2.45

BV: 1. Marcus Branner (ME) 2.07 2. Jimmy Nickolopoulos (CV) 2.07 3. Justin Coffeen (CV) 2.09 4. Josh Kalsbeek (CV) 2.12 5. Kentoku Yamamoto (CV) 2.15 6. Edward Chung (CV) 2.18 7. Scott Cain (CV) 2.19 8. Oswaldo Ibal (Mt.) 2.23 9. David Pinkney (Mt.) 2.27 10. Ric Leach (CV) 2.51 11. Richard Kuta (CV) 2.51

300 Hurdles:

GFS: 1. Muna Bishr (ME) 62.8 2. Michelle Lawton (CV) 71.1

BFS: 1. Ryan Ribera (CV) 46.4 2. Derrick Oliveira (CV) 47.2 3. Ryan Fannesbeck (CV) 54.4 4. Erik Weed-Biehs (CV) 57.4 5. Jordan Estreito (CV) 60.9

GV: 1. Marcia Wong (CV) 56.0 2. Teresa Robles (CV) 58.5 3. Teresa Ko (CV) 59.2

BV: 1. Jack Daniels (CV) 44.7 2. Brad Willits (CV) 45.3 3. Marques Wilder (ME) 46.6 4. John LaFora (ME) 47.4 5. Scott Cain (CV) 52.3 6. John Perez (ME) 56.9

200:

GFS: 1. Gilleon Smith (ME) 29.6 2. Talisha Dyson (ME) 31.6 3. Jessica Hunter (CV) 31.6 4. Ashley Antwine (ME) 35.2 5. Becky Newton 37.0

BFS: 1. Drew Bissel (CV) 25.9 2. Eric Pane (CV) 27.1 no third

GV: 1. Ashley Tingle (CV) 28.2 2. Trisha Chung (CV) 28.7 3. Mandi Randall (CV) 29.4 4. Amber Salcedo (CV) 29.5 5. Michelle Tobia (CV) 30.5 6. Shavaughn Baker (ME) 33.9

BV: Heat 1: 1. Derrick Kindle (ME) 23.3 2. Matt Omelagah (CV) 23.7 3. Cliff Fajardo (ME) 25.2 4. Tyler Simpson (CV) 25.3 5. Daryl

Eng (CV) 25.7 6. Oswaldo Ibal (ME) 25.8 Heat 2: 1. Charles Grady (ME) 26.0 2. Barry Richards (ME) 27.3

3200:

GFS: 1. Rachel Stower (CV) 14:33

BFS: 1. Eric Severson (CV) 12:19 2. Rayed Sheik (CV) 12:19 3. Mike Prakash (CV) 14:22

GV: 1. Allissa Horejsi (CV) 12:28 2. Stephanie Weisman (CV) 12:53 3. Courtney Stewart (CV) 13:07

BV: 1. Justin Coffeen (CV) 10:28 2. Alex Cardiasmenos (CV) 10:43 3. Damien Dulaney (CV) 11:01 4. Kenpei Yamamoto (CV) 11:09
5. Josh Kalsbeek (CV) 11:14 6. Marco Marquez (ME) 12:14 7. Jose Gayoso (ME) 13:06

4 x 400 Relay:

GFS: 1. CV (Jessica Hunter, Colleen McGrellis, Rebecca Weisman, Rachel Stower) 5:12 2. ME 5:29

BFS: not contested

GV: 1. CV (Amber Salcedo, Erica Simmons, GayLynn Petterson, Amanda Medrano) 4:35

BV: 1. CV (Dru Mellon, Darrell Eng, Ash Williams, Jimmy Nickolopoulos) 3:42 2. ME "A" 3:44 3. ME "B" 4:22

Long Jump:

GFS: 1. Gilleon Smith (ME) 13-7 2. Autumn Pappas (CV) 13-6 1/2 3. Amy Hamilton (CV) 13-5 4. Gina Paladini (CV) 12-4 4. Addie Bigham (CV) 12-0 1/2 5. Samantha Leach (CV) 10-6

BFS: 1. Mike DeSilva (CV) 16-4 1/2 2. John Bernarda (CV) 15-11 1/2 3. Brad Rinker (CV) 13-9 4. Nathan Freebody (CV) 13-8 5. Chris Coyne (CV) 13-5 6. Erik Weed-Biehs (CV) 12-10 1/2 7. Michael Prakash (CV) 11-5

GV: 1. Rachel McDonald (CV) 14-10 2. Loryn Baily (CV) 13-10 1/2 3. Theresa Robles (CV) 13-2 4. Misty Orr (ME) 11-6

BV: 1. Derrick Kindle (ME) 21-7 1/2 2. John LaForga (ME) 16-2 1/2 3. PJ Aguayo (CV) 16-2 4. Cliff Fajardo (ME) 15-9 5. Ben Hanson (CV) 15-7 1/2 6. Kevin Fajardo (ME) 15-9

Triple Jump:

GFS: 1. Gilleon Smith (ME) 29-1 1/2 2. Amy Hamilton (CV) 28-11 3. Sheryl Eng (CV) 25-7 4. Danielle Kuykendall (CV) 22-11

BFS: 1. Erik Weed-Biehs (CV) 2. 29-11 1/2 2. Chris Coyne (CV) 29-4 3. Ryan Fannesbeck (CV) 28-11 1/2

GV: 1. Theresa Robles (CV) 29-9 1/2 2. April Wong (CV) 29-8

BV: 1. Derrick Kindle (ME) 38-10 2. Cliff Fajardo (ME) 36-9 3. John LaForga (ME) 34-3 4. Travis Cano (CV) 34-1 1/2 5. John Perez (ME) 28-0 1/2

High Jump:

GFS: 1. Sheryl Eng (CV) 4-2 2. Laurie Bugawan (CV) 4-0 3. (tie) Addie Bigham (CV) 3-8 3. (tie) Camille McFalland (ME) 3-8

BFS: 1. (tie) Mike Prakash (CV) 4-8 1. (tie) Mike DeSilva) 4-8

GV: 1. Loryn Bailey (CV) 4-6 2. Misty Orr (ME) 4-2

BV: 1. Marcus Banner (ME) 5-6 2. P.J. Aguayo (CV) 5-6 3. Marques Wilder (ME) 5-4 4. Ben Hanson (CV) 5-2 5. Travis Cano (CV) 4-10

Shot Put:

GFS: 1. Rebecca Weisman (CV) 24-9 2. Dorothy Conception (ME) 22-11

BFS: 1. Chris Manning (CV) 38-9 2. Brad Rinker (CV) 36-7 3. Mitch Bathke (CV) 32-8 4. Eitan Manhoff (CV) 32-1

GV: 1. Tiffany Rizzo (CV) 28-9 2. Tammy Conception (ME) 27-6 3. Erin Gabel (CV) 27-6 4. Kristel van Elk (ME) 22-4

5. Sara Hausel (CV) 21-10 6. Gina Paladini (CV) 21-10

BV: 1. Tak Nabori (CV) 44-6 2. Dave Calahan (CV) 40-4 3. Rob Collett (CV) 39-3 1/2 4. Rob Picetti (CV) 35-2 5. Charles Grady (ME) 33-4 6. Lester Akia (ME) 30-0 7. Barry Richards (ME) 29-9 1/2

Discus:

GFS: 1. Dorothy Conception (ME) 67-2 2. Rebecca Weisman (CV) 65-1

BFS: 1. Chris Manning (CV) 87-1 2. Eitan Manhoff (CV) 72-4 3. Ryan Fannesbeck (CV) 68-4 4. Mitch Bathke (CV) 60-3

GV: 1. Tammy Conception (ME) 96-4 2. Tiffany Rizzo (CV) 87-0 3. Kristel Van Elk (CV) 79-3 4. Tiffanie Jower (CV) 72-6

5. Sara Hausel (CV) 65-2 6. Erin Gabel (CV) 62-4 7. Gina Paladini (CV) 59-0

BV: 1. C. Grady (ME) 127-3 2. R. Picetti (CV) 115 3. L. Akai (ME) 93-1 4. B. Richards (ME) 82-2 Ryan Jones (CV) no mark Mauricio Martinez (CV) no mark

Pole Vault:

GFS: 1. Jamie Arterburn (CV) 7-6

BFS: 1. Daniel Cheung (CV) 8-0 2. Nick Simons (CV) 7-6 3. Dan Groom (CV) 7-0 4. Ryan Leonis (CV) 6-6 5. Tim Comfort (CV) 6-0

GV: 1. Katie Glenn (CV) 7-6 2. Kim Ponce (CV) 6-6

BV: 1. Brandon Tong (CV) 10-6 2. Ricky Simmons (CV) 10-0 3. Cory Rutherglen (CV) 9-6 4. John LaForga (ME) 9-6 5. Rick Kuta (CV) 8-6 6. Chris Fosdahl (CV) 8-0 John Perez (ME) no mark

Castro Valley vs. Moreau Catholic at Moreau Catholic High School

Thursday, March 26, 1998

chilly, breezy, late

Scores: **BV:** MC 76, CV 60 **GV:** CV 87, MC 49 **BFS:** CV 71, MC 65 **GFS:** CV 79, MC 56

400 Relay:

GFS: 1. CV (Hamilton, Pappas, Bigham, Eng) 56.5 2. MC "A" 57.7 3. MC "B" 61.4 4. MC "C" 62.2

BFS: 1. CV "A" (Celmer, Bissell, Bernardo, Williams) 48.0 2. MC 49.7 3. CV "B" (Willits, Couche, Pane, Stohr) 51.0

GV: 1. CV "A" (Randall, Bailey, Medrano, Tingle) 53.0 2. CV "B" (Tobia, Chung, Pettersen, Salcedo) 54.5 3. MC "A" 56.5 4. MC "B" 59.3

BV: 1. CV (Soblin, Abramenko, Daniels, Simpson) 45.8 2. MC 46.4

1600

GFS: 1. Courtney Stewart (CV) 5:58 2. Jessica Groome (CV) 5:59 3. Erica Simmoris (CV) 6:00 4. MC n.t. 5. Suzy Dodge (CV) 6:48 6. Michelle Lawton (CV) 7:20 7. Grace Chan (CV) n.t. 8. MC n.t. 9. MC n.t. 10. Samantha Leach (CV) n.t.

BFS: 1. Alex Cardiasmenos (CV) 5:05.5 2. Aaron Alarcon (MC) 5:14.0 3. Adam Borruso (MC) 5:23.7 4. Nick White (CV) 5:28.9 5. Rayed Sheik (CV) 5:34.7 6. Ben Draper (CV) 5:35.6 7. Mark Saturno (MC) 5:35.9 8. Joel Crane (CV) 6:00.9 9. Chris Jarvis 6:04.

GV: 1. Colleen McGrellis (CV) 5:38.7 2. Terri O'Brien (MC) 5:41.4 3. Allissa Horejsi (CV) 5:43.5 4. Amber Hendrix (MC) 5:55.6 5. Courtney Burmann (MC) 5:55.6 6. Tina Schmidt (CV) 5:56.8 7. Teresa Ko (CV) 5:57.6 8. Stephanie Weisman (CV) 6:01.2 9. Margaret Smith (CV) 6:07.7 10. Shirley Santos (MC) 6:38.1 11. Leslie Nethercott (MC) 7:24.9

BV: 1. Ryan Preston (MC) 4:44.2 2. Chris Lanese (MC) 4:48.0 3. Justin Coffeen (CV) 4:52.1 4. MC n.t. 5. Damien Dulaney (CV) 4:58.7 6. Josh Kalsbeek (CV) 5:03.1 7. Kenpei Yamamoto (CV) 5:06.8 8. MC 5:10.6 9. MC n.t. 10. Edward Cheung (CV) 5:24.7 11. Rick Leach (CV) 5:53.1

HH:

GFS: 1. Sheryl Eng (CV) 18.6 2. Sierra Browne (MC) 20.8 3. Sheila Santos (MC) 21.2 4. Kelly Stapenhurst (MC) 21.3 5. Rosann Padilla (CV) 23.8 6. Autumn Pappas (CV) 24.8

BFS: Heat 1: 1. Derrick Oliveira (CV) 18.2 2. Jason Cardella (MC) 18.9 3. Mark Saturno (MC) 19.1 4. Ryan Ribeiro (CV) 20.2 5. Chris Enriques (MC) 20.3 6. Ryan Fannesback (CV) 21.7 Heat 2: Erik Weed-Biehs (CV) 21.6 2. Mike Prakash (CV) 26.4 3. Jordan Estreito (CV) 29.5

GV: Heat 1: 1. Rachel McDonald (CV) 17.7 2. Amanda Monteiro (MC) 17.9 3. Bree Brower (MC) 18.0 4. Sandra Quintana (MC) 19.0 5. Theresa Robles (CV) 19.3 6. Maya Komadina (CV) 20.0 Heat 2: 1. April Wong (CV) 19.0 2. Veronica Diaz (MC) 20.8 3. Joni Eballo (MC) 21.2

BV: Heat 1: 1. Leonard Suneraj (MC) 17.4 2. Justin Respecke (MC) 17.7 3. Brad Willits (CV) 17.8 4. Nick Zadroz (MC) 18.1 5. Scott Cain (CV) 20.0 Heat 2: 1. Nick Martinez (MC) 19.6 2. Adam Nordstrom (MC) 20.1

400:

GFS: 1. Marian Castaux (MC) 70.5 2. Jessica Hunter (CV) 73.3 3. Tomisha Young (CV) 75.0 4. Julian Merriam (MC) 77.1

BFS: 1. Ash Williams (CV) 56.3 2. Jason Cardella (MC) 56.9 3. Casey Meirovitz (MC) 57.8 4. Steve Celmer (CV) 60.0 5. Erik Pane (CV) 63.7

GV: 1. Ashli Tingle (CV) 65.2 2. Shannon Lindquist (MC) 66.0 3. Trisha chung (CV) 67.6 4. Michele Tobia 69.6

BV: 1. Adam Gelb (MC) 53.3 2. Genna Abramenko (CV) 53.7 3. Satnil Lallian (MC) 54.8 4. Donny McKinney (MC) 56.7 5. Darryl Eng (CV) 57.0 6. Dru Mellon (CV) 57.3 7. Kamran Khan (MC) n.t.

100:

GFS: 1. Krystalyn Malban (MC) 13.9 2. Jessica Poquiz (MC) 14.3 3. Roopa Dhatt (MC) 14.5 4. Addie Bigham (CV) 14.7 5. Jennifer Smith (CV) 15.2 6. Laurie Bughawan (CV) 15.4

BFS: Heat 1: 1. John Bernardo (CV) 12.2 2. John Willits (CV) 12.4 3. Chris Browne (MC) 12.4 4. Drew Bissel (CV) 12.6 5. Ben Greenbaum (MC) 12.9 6. Greg Tafoya (MC) 13.2 Heat 2: 1. Kellen Stevens (MC) 12.7 2. Nathan Freebody (CV) 13.0 3. Terrence Van Doorn (MC) 13.5 4. Nathan Bahr (MC) 14.0 5. Luke Snyder (MC) 17.5

GV: 1. Amanda Medrano (CV) 13.4 2. Jessica Wong (MC) 13.7 3. Mandi Randall (CV) 13.7 4. Jessica Marin (MC) 13.7 5. Kim Samson (MC) 14.3

BV: 1. Reggie Bailey (CV) 11.3 2. Tyler Simpson (CV) 11.8 3. Patrick Maulid (MC) 12.3 4. Noah Bowers (MC) 12.8

800:

GFS: 1. Erica Simmons (CV) 2:43.2 2. Jessica Groome (CV) 2:44.2 3. Kim Ponce (CV) 2:46.6 4. Shawn Leppert (MC) 2:54.5 5. Gail Kim (CV) 3:00.8 6. Andrea Guibao (MC) 3:03.7 7. Suzy Dodge (CV) 3:06.9 8. Chrissy Tsai (MC) 3:13.8 9. Grace Chan (CV) 3:20.6

BFS: 1. Aaron Alarcon (MC) 2:25.4 2. Rayed Sheik (CV) 2:30.2 3. Nick White (CV) 2:33.0 4. Jole Crane (CV) 2:45.1

GV: 1. Colleen McGrellis (CV) 2:34.1 2. Tina Schmidt (CV) 2:34.4 3. Terri O'Brien (MC) 2:37.6 4. GayLynn Pettersen 2:44.4 5. MC 2:46.6 6. MC 2:47.4

BV: 1. Ryan Preston (MC) 2:06.6 2. Drew Wells (MC) 2:06.6 3. Jimmy Nickolopoulos (CV) 2:08.9 4. Kentoku Yamamoto (CV) 2:13.4 5. Edward Chung (CV) 2:15.9 6. Keval Khichadia (MC) 2:17.4 7. Chris Stapenhurst (MC) 2:18.5 8. Scott

Cain (CV) 2:18.9 9. Rob Botnee (MC) 2:20.9 10. Matt Keenan (MC) 2:22.1 11. Ric Leach (CV) 2:44.3

300 Hurdles:

GFS: Heat 1: 1. Kelly Stapenhorst (MC) 57.8 2. Sierra Brower (MC) 57.8 3. Sheila Santos (MC) 59.4 4. Autumn Pappas (CV) 60.7 5. Rosann Padilla (CV) 67.6 6. Michelle Lawton (CV) 77.9 Heat 2: 1. Kayt Dickens (MC) 57.1 2. Courtney Stewart (CV) 58.2

BFS: Heat 1: 1. Jason Cardella (MC) 45.5 2. Derrick Oliveira (CV) 46.7 3. Ryanb Ribeira (CV) 48.4 4. Mark Saturnio (MC) 49.7 5. Chris Enriquez (MC) 52.9 Heat 2: 1. John Van Metre (MC) 48.1 2. Erik Weed-Biehs (CV) 56.6 3. Brad Rinker (CV) 58.5 4. Jordan Estreito (CV) 62.7

GV: 1. Amanda Monteiro (MC) 52.3 2. Brie Brower (MC) 54.7 3. Sandra Quintara 57.0 4. Theresa Robles (Cv) 58.0 5. MC 62.1

BV: 1. Leonard Sunderaj (MC) 44.8 2. Nick Zadno (MC) 45.7 3. Brad Willits (CV) 46.0 4. Justin Respecke (MC) 49.2 5. Jack Daniels (CV) 49.5 6. Adam Nordstrom (MC) 50.0

200:

GFS: 1. Krystakyn Malbon (MC) 30.5 2. Roopa Dhatt (MC) 31.1 3. Marianna Castiaux (MC) 31.5 4. Jessica Hunter (CV) 31.5 5. Addie bigham (CV) 31.6 6. Jennifer Smith (CV) 32.5

BFS: Heat 1: 1. John Bernardo (CV) 25.6 2. Ash Williams (CV) 25.9 3. Chris Browne (MC) 26.1 4. Kellen (MC) 26.5 5. Lawrence Ling (MC) 26.8 6. Drew Bissell (CV) 27.6 Heat 2: 1. Nathan Freebody (CV) 27.9 2. Eric Pane (CV) 28.4

GV: Heat 1: 1. Ashli Tingle (CV) 28.6 2. Shannon Lindquist (MC) 28.8 3. Trisha Chung (CV) 28.9 4. Mandi Randall (CV) 29.4 5. Jessica Marin (MC) 29.4 6. Jessica Wong (MC) 29.7 Heat 2: 1. Amber Salcedo (CV) 30.1 2. Kim Samson (MC) 31.5 3. Margeaux Cononigo (MC) 31.9

BV: 1. Reggie Bailey (CV) 23.8 2. Genna Abramenko (CV) 24.0 3. Adam Gelb (MC) 24.5 4. Tyler Simpson (CV) 25.5 5. Chris Quintano (MC) 26.1 6. Noah Browers (MC) 28.2

3200:

GFS: 1. Courtney Stewart (CV) 13:24.1 2. Rachel Stower (CV) 14:49.7 no third

BFS: 1. Alex Cardiasmenos (CV) 10:57.3 2. Adam Borruso (MC) 12:10.7 3. Eric Severson (CV) 12:15.1 4. Bobby Puppione (CV) 12:25.4 5. Chris Jarvis (CV) 13:05.7

GV: 1. Allissa Horejsi (CV) 12:38.8 2. Teresa Ko (CV) 13:11.9 3. Stephanie Weisman (CV) 13:12.3 4. Courtney Burmann (MC) 13:24.7 5. Emma Argueta (MC) 14:12.1 6. Dawn Leppert (MC) 15:00.3 7. Shirley Santos (MC) 15:26.3

BV: Chris Lanese (MC) 10:15.9 2. John Gillis (MC) 10:24.1 3. Justin Coffeen (CV) 10:29.4 4. Damien Dulaney (CV) 11:00.1 5. Kenpei yamamoto (CV) 11:05.8 6. Josh Kalsbeek (CV) 11:15.5 7. Kentoku Yamamoto (CV) 11:31.9 8. James Smith (MC) 11:36.0 9. Horacio Martini (MC) 12:11.2 10. Ryan Courtney (MC) 12:21.6

4 x 400:

GFS: 1. CV (Simmons 76, Hunter 79, Stewart 85 Stower 83) 5:12.0 2. MC 5:13.7

BFS: 1. MC n.t. 2. CV (White 65 Bissell 65 Oliveira 63 Williams 58) 4:11

GV: 1. CV "A" (Chung 67, Salcedo 65, Pettersen 67 Tingle 68) 4:27.7 2. MC 4:32.0 3. CV "B" (Tobia 72, McGrellis 68, Randall 79, Ko 76) 4:55.2

BV: 1. MC 3:36.8 2. CV (Nickolopoulos(56, Bailey 54, Eng 57, Abramenko 59) 3:46

Discus:

GFS: 1. Archerd (MC) 71-3 2. Gina Paladini (CV) 70-6 3. Engmingon (MC) 60-7 4. Padmiovie (MC) 59-8 5. Dickens 58-4 6. Reed 48-0 7. Clark 45-0 1/2

BFS: 1. Templeton (MC) 105-8 2. Chris Manning (CV) 104-10 3. Clanton (MC) 93-5 4. Brad Rinker (CV) 89-1 5. Tiu (MC) 82-10 6. Eitan Manhoff (CV) 81-9 7. Ballestros (MC) 76-9 8. Mithic Bathke (CV) 68-9 9. Mike Thomas (Cv) 61-8

GV: 1. Tiffany Rizzo (CV) 88-11 2. Becky Zachau (MC) 85-5 1/2 3. Sarah Hausel (CV) 73-1 4. Tiffanie Jower (CV) 68-1 5. Krystal Van Elk (Cv) 67-4 6. Currigan (MC) 55-3 7. Alma Lopez (CV) 50-4

BV: 1. Ryan Jones (CV) 135-7 2. Hall (MC) 128-7 3. Tak Nobori (CV) 110-5 4. Robert Picetti (Cv) 108-0 5. Maurio Martinez (CV) 106-9 6. Thureston (MC) 101-2 7. Robert collett (CV) 98-6 8. Parini (MC) 94-8 1/2 9. Gould (MC) 86-9 10. Futagaki (MC) 80-7 11. Monenegro (MC) 67-0 12. Sablan (MC) 66-2

High Jump:

GFS: 1. Gina Paladini (CV) 4-2 2. Laurie Bughawan (CV) 4-2 3. Sheryl Eng (CV) 4-0 4. Marie Bichel (CV) 3-10 5. (tie) Amy Hamilton (Cv) 3-10 5. (tie) Dickens (MC) 3-10

BFS: 1. Adam Borruso (MC) 5-2 2. Mike DeSilva (CV) 4-10 3. Mike Prakash (CV) 4-4

GV: 1. Loryn Bailey (CV) 4-4 2. Thomas (MC) 4-2 3. MCLean (MC) 4-2 4. Donner (MC) 4-2 5. Stacy ? (MC) 4-2 6. May (MC) 4-0 7. Nyssa (MC) 4-0

BV: 1. Justin Respecke (MC) 5-6 2. Norsdtrom (MC) 5-4 3. Leonard Sundaraj (MC) 5-0 4. Rick Leach (CV) 4-4

Pole Vault:

GFS: 1. Kim Ponce (CV) 7-0 2. Brower (MC) 6-0 3. Stapenhort (MC) 6-0

BFS: 1. Merrovitz (MC) 9-0 2. Dan Cheung (Cv) 8-6 3. Rupp (MC) 8-0 Ashfordr 7-0, Comfort 7-0, Groom no height

GV: 1. Amber Sammons (CV) 8-6 2. Shawn MacLean (MC) 8-0 3. katie Glenn (CV) 7-6 no other results available

BV: 1. Brandon Tong (Cv) 11-6 2. Nick Martinez (MC) 11-0 3. Ricky Simons (CV) 10-6 Rutherglen 10-0, Kuta 8-0,

Fosdahl 8-0

Shot Put:

GFS: 1. Arccherd (MC) 23-6 1/2 2. paladini (CV) 21-8 1/2 3. Ensinger (MC) 21-1

BFS: 1. Jimmy Templeton (MC) 42-1 2. Chris Manning (CV) 40-3 1/4 3. Brad Rinker (CV) 36-8 Mitch Bathke (CV) 34-7 1/2, Eitan manhoff (CV) 31-9, Mike Thomas (Cv) 26-0

GV: 1. Becky Zachau (MC) 30-10 1/2 2. Tiffany Rizzo (CV) 30-7 3/4 3. Erin Gabel (Cv) 27-3 Kristel Van elk (Cv) 21-7

BV: 1. Tak Nobori (CV) 44-6 3/4 2. Dave Callahan (Cv) 42-4 3. John Thurston (MC) 40-3 1/4 Robert Collet (CV) 40-1, Ryan Jones (Cv) 38-10, Robert Picetti (CV) 34-9 1/2

Long Jump:

GFS: 1. Addie Bigham (CV) 12-9 1/2 2. Autumn Pappas (Cv) 12-1 3. Anabelle Coelho (MC) 11-11 no other results available

BFS: 1. Casen (MC) 17-4 2. Mike DeSilva (CV) 17-2 3. John Bernardo (CV) 16-3 no other results available

GV: 1. Loryn Bailey (CV) 14-7 3/4 2. Alys Thomas (MC) 14-0 3. Shawn MacLean (MC) 13-6 no other results available

BV: 1. Reggie Bailey (Cv) 20-0 1/2 2. Jack Daniels (Cv) 18-5 1/4 3. Walter Poniler (MC) no other results available

Triple Jump:

GFS: 1. Amy Hamilton (CV) 27-1 3/4 2. Anabelle Coelho (MC) 25-4 1/2 3. Janelle Rocha (MC) 24-10 no other results available

BFS: 1. Art (MC) 34-8 1/4 2. Mike DeSilva (CV) 34-4 3/4 3. Terence VanDorne (MC) 33-3 3/4 no other results available

GV: 1. Loryn Bailey (Cv) 30-1 2. Shawn MacLean (MC) 29-4 3. Brie Brower (MC) 29-0 no other results available

BV: 1. Chris Quintano (MC) 34-1 2. Darryl Eng (Cv) 33-11 3. Pat Lingle (MC) 33-2 no other results available

Even with the long meet that ran well into darkness, and the slow meet management that didn't get us all the results even though we were there until 8:15, way after dark, even with all that, the CV team prevailed -- except in the boys varsity.. We took it on the chin in that division, with a few missing sprinters, no real triple jumpers or high jumpers, and our distance squad out maneuvered. As it was, we were still in it to the end but the last field events and the 4 x 400 relay did not go our way. Still, we hope to reverse that loss at the league meet. As long as we continue to win the rest of our meets, we need to hope that O'Dowd can handle Moreau Catholic, so then we can enter the league meet tied.

The other CV teams did just fine (even though the FS boys was just a little too close) to remain undefeated. If we can get past Hayward and Bishop O'Dowd, we are well on our way to defending our league championships once again. Be prepared for the workouts to get harder and longer to prepare us for the last half of the season.

Castro Valley prevails

While most of the attention has gone to the boys team, Castro Valley's girls team took the spotlight, winning the Martinez Relays over the weekend.

The Trojans did so amid some scary conditions when last Saturday's wintry storms rolled in toward the end of the meet.

"I was impressed with the fact that we had to compete in Biblical-type weather," Castro Valley track coach Peter Brewer said. "There was gale force wind, ice and hail.

When those clouds came rolling up, I expected Charlton Heston to come rolling down with those tablets."

Nevertheless, Castro Valley was able to outdistance the field of 27 teams despite placing first in only one event.

The team of Allissa Horejsi, Tina Schmidt, Teresa Ko and Colleen McGrellian took first place in the 1,600-meter relay.

Brewer said the boys team was not at full strength because some team members had prior commitments and could not attend the meet.

Brewer said the victory was an example of the girls team's depth.

"This was good to showcase the type of team we had," he said. "With the boys not at full strength, it was the girls' time to shine.

"Two weeks ago, the boys came through with some surprising performances," Brewer said. "The girls got a good chance to show that they were capable of pulling off a few surprises of their own."

Martinez Relays

Alhambra High School Saturday, March 28

Scores: **BV**: CV 16 (8th) **GV**: CV 50 (1st) **BFS**: CV 15 (10th) **GFS**: CV 22 (5th)

Even with many of the the team not making the meet (the excuses were many -- I especially liked Brad getting lost in Marin County, and Tyler losing his exhaust system on the freeway) we were still able to get 64 athletes to the meet. Unfortunately, we were not able to spread them all around as effectively as we wanted and had to settle for some individual glory as well as the overall GV win. This was particularly satisfying as the previous invitational had seen the BV take the top prize, and now the girls were able to say that they were the winners.

VB 4 x 1600 : Josh Kalsbeek 5:00.6, Damien Dulaney 4:55.7 Kenpei Yamamoto 5:03.0 Justin Coffeen 4:48.8 19:48.1 3rd

It was quite early, quite chilly (low 40's) and wet. Still, the brave distance runners toed the line and battled the elements and each other. It was tough in the cold, but the performances were gutsy and we did quite well. After about the 2nd leg, it was clear that the St. Francis group was clearly winning, and Justin was moving on the Elk Grove runner. A minor controversy saw the officials place the DeLaSalle team ahead of us, but logic and truth prevailed.

VG 4 x 1600: Allissa Horejsi 5:41.7, Tina 5:53.9 Teresa Ko 6:05.0 Colleen McGrellis 5:44.3 23:25.9 1st
This was quite the surprise as Allissa ran her best ever and was only third. Tina kept chugging along, and soon reeled in the front runners and gave Teresa a chance to run near the front. Colleen put the hammer down, and even after a little pressure from the Livermore team, held on for a comfortable win.

4 x High Hurdles (10 flights):

GFS: Autumn Pappas, Courtney Stewart, Mchelle Lawton, Sheryl Eng 1:24.8 4th Ht 1, 5th overall
BFS: Ryan Ribeira, Ryan Fonnback, Erik Weed-Biehs, Derrick Oliveira 1:23.4 2nd Ht 2, 5th overall
GFS: Theresa Robles, April Wong, Maya Komadina, Rachel McDonald 1:15.1 1st Ht 3, 4th overall

The GFS did very well, even with Autumn still hesitant after her recent spills, and Courtney filling in on an emergency basis. The medal came as a complete surprise. The BFS had to compensate Ribeira taking a fall in the middle of his race, but they recovered to snag a medal. The GV were smooth and experienced, and Rachel powered a great anchor leg to give us more points and and earn more medals.

4 x 100:

GFS: Jessica Hunter, Autumn Pappas, Addie Bigham, Sheryl Eng 56.1 2nd in Heat 2 7th overall The young girls did well and lowered their seasonal best. The handoffs were acceptable.
BFS: Ryan Ribeira, Jared Stohr, Erik Weed-Biehs, Ryan Fonnbeck 51.9 7th in Ht 3 18th overall

Considering these were late draftees, we did all right. When the regular sprint boys pulled a no-show, the hurdlers plus Jared gave it a try.

GV: Mandi Randall, Trisha Chung, Amanda Medrano, Ashli Tingle 52.6 1st in Ht 3, 3rd overall

Trish filled in for Loryn who was SATing, and did just fine. The girls notched a fine heat win, and placed well overall.

4 x 800:

BFS: Alex Cardiasmenos 2:17 Nick White 2:25 Eric Severson 2:30 Ben Draper 2:26 9:41.1 14th

After Alex led off with a nice leg that put us near the front, the boys struggled. The times were not stellar, and the recent hard workouts seem to have taken a bit of the sap out of their legs. Still, they all ran as hard as they could.

GV: Tina Schmidt 2:34 Erica Simmons 2:38 Stephanie Weisman 2:38 Colleen McGrellis 2:36 10:28.2 4th

The girls looked a little dazed after the 4 x mile, and so they were but managed to pull off some solid times and a good overall showing.

BV: Edward Cheung, Darryl Eng, Kentoku Yamamoto, Jimmy Nickolopoulos 8:43.9 7th

This bunch just plain looked whipped today. Leaden feet, eyes down, no real push. Well, next time.

Sprint Medley (100-100-200-400):

GFS: Addie Bigham, Jessica Hunter, Jennifer Smith, Autumn Pappas 4th in Heat 1 2:10.3 DQ

The girls ran well, but with the rookie Jennifer the handoff was rough and we got the DQ.

GV: Mandi Randall, Trisha Chung, Ashli Tingle, Amanda Medrano 1st in heat 1, 3rd overall 1:58.3

AGain, the sprint girls put on a good show. Even with a little pre-race bickering about who got to run the 400 (ladies, it is an honor to run, and the varsity attitude means we desire the opportunity to run more -- so let's make this the

last meet we fuss about who runs what: let's just run and run hard.) we zipped to a good time and more medals.

Distance Medley:

BFS: Eric Severson, Nick Winters, Rayed Sheik, Alex Cardiasmenos 12:50.4 13th

The boys were particularly uninspired on this one. Still, it takes effort to run no matter what the time is, and our boys ran hard. We'll definitely improve over this one this season.

GV: Allissa Horejsi, Tina Schmidt, GayLynn Pettersen, Colleen McGrellis 13:34.1 4th

What with at least one race already run these girls were a notch off their best, but we pulled off a good finish to pull more medals.

BV: Josh Kalsbeek, Kenpei Yamamoto, Jimmy Nickolopoulos, Justin Coffeen 11:31.9 6th

What we have here is a group that wasn't at the top of their form today. Workouts, previous races, low biorhythms, whatever...not quite today.

4 x 200:

GV: Mandi Randall 30.8 Trisha Chung 30.2, Loryn Bailey 29.4 Ashli Tingle 28.0 4th Ht 1, 1:57.2 7th overall

By this time the sprint girls were openly grumbling, which was not the best psychological preparation for a top effort and it showed. NOT bad anyways.

BV: Jack Daniels 24.5, Reggie Bailey 23.7 Matt Omelagah 24.4, Darryl Eng 25.0 1:37.7 1st Ht 2, 7th overall.

The sprint boys, decimated by attrition, got together enough bodies to actually run a race. They looked good in a runaway heat victory, but the time didn't hold up to score.

4 x 400:

GV: Trisha Chung 69.1 Amanda Medrano 61.7 GayLynn Pettersen 65.8 Ashli Tingle 69.3 4:25.9 4th in Ht 1, 6th overall.

The girls tried to have a little rebellion before the race, but hung tough enough to actually attempt it. We were only a second out of medal contention, and ran one of our better times.

Long Jump:

GFS: Autmn Pappas 12-4 Gina Paladini 11-10 1/2, Sheryl Eng n.m. 24-2 1/2 10th

Sheryl forgot she was on this relay, and didn't get a chance to jump. The other marks were a bit shy of their individual bests.

BFS: Ben Hanson 15-8 Jared Stohr 15-7 Nathan freebody 12-9 43-07 13th

The boys were definitely not on today.

BV: Reggie Bailey 20-7 Jack Daniels 19-5 Darryl Eng 15-3 55-3 2nd

The guys got it together for this one, jumping in the very last flight and almost (4 inches) getting 1st. Nice medals.

Triple Jump:

GV: Theresa Robles 30-10 1/2 Maya Komadina 29-5 April Wong 30-2 90-5 1/2 3rd

The girls picked a good time to show some consistency and score points for the cause and medals for themselves. Theresa notched a PR.

Shot Put:

GFS: Tiffany Rizzo 28-8 Gina Paladini 18-10 1/2 Jennifer Smith 21-10 4th

With Tiffany putting in a good toss, and emergency thrower convert Jennifer showing very good promise, we pulled off a very good place and more medals.

BFS: cancelled due to rain

GV: Sarah Hausel, Alma Lopez, Theresa Robles 60- 1/4 14th

The upperclasswomen were at least consistent, and Theresa learned on the job.

BV: Tak Nobori 41-0, Dave Calahan 39-1, Robbie Collet 39-0 120-1 7th

The boys came into the meet with high expectations, and fell short. Perhaps a more focused preparatory mindset would help next time.

Discus:

GFS: Tiffany Rizzo 87-6 Gina Paladini 67-3 Jennifer Smith 63-3 218-3 1st (new school record -- old record 192-10 1997 Rizzo, Gabel, Jower)

With miracle gal Jennifer once again taking naturally to heaving large objects, the squad not only did well, they grabbed first place and shattered the school record.

BFS: Chris Manning 111-8, Eitan Manhoff 79-5 Brad Rinker 85-3 276-5 3rd (new school record -- old record 252-9 1986 McKee, Padavana, Balin)

The team got a top place, and also took down a school record in fine style.
GV: Sarah Hausel, Alma Lopez, Theresa Robles 165-10 13th

Once again the upperclasswomen, with Theresa the rookie, did their best
BV: cancelled due to rain

High Jump:

GFS: Gina Paladini 4-3 Sheryl Eng 4-3 Addie Bigham 4-0 12-6 3rd

With Gina exhibiting some versatility (throws and jumps), and Addie improving about 4 inches, we grabbed another set of medals.

GFS: Ben Hanson 5-9, Jared Stohr 5-6, Brad Rinker 4-9 16-0 2nd.

This was another good surprise for us, as the freshboys soared today to snag a top place in a very good field. (They would have been 5th in varsity).

GV: Loryn Bailey 4-9 Rachel McDonald 4-3, Maya Komadina 4-3 13-3 4th. With Loryn hustling back from her SAT to find the event already in progress, we were able to squeeze out a top place, more medals, and more points to add our Trojan victory cause.

Pole Vault:

BFS: Dan Cheung n.h. Nick Simons n.h. neither of our boys were able to negotiate opening height.

GV: Katie Glen 7-0 Jaime Arterburn 7-0 14-0 3rd

Even though the girls felt that they were completely subpar, they were consistent enough to score more points for the team and get their medals.

BV: cancelled due to rain

Overall this was a very good indication of team depth, talent and versatility. With many people absent, were able to shuffle bodies and quickly substitute others in strange new events to do our best to maximize the Castro Valley presence. It seemed to work, and we were able to bring home 62 medals and a first place trophy. Excellent.

SCOREBOARD

Baseball

JC

Bay Valley Conference Sacramento 6, Diablo Valley 3

Diablo Valley 001 000 200 — 3 10 4
Sacramento 030 020 10x — 6 9 4

*Dustin Boots, Les Galer (5), Ted McGarvey (7), Chad Bircher (8) and Brian Silva; Kevin Marzion, Joe Bertolino (6), Charlie Zink (8), Ronald Perkins (9) and Ron French; WP: Marzion, LB: Boots (0-2). 2B: Ryan Nohr (DVC), Jason Santos (DVC), Joe Thurston (S) 2. Records: DVC 12-13 overall, 7-7 BVC; Sacramento 25-1, 13-0. Highlights: DVC was 1-for-15 with runners scoring position.

Los Medanos 4, Consummes River 3

Consummes River 010 110 000 — 3 7 3
Los Medanos 001 010 20x — 4 7 2

*Ryan Johnson, Russell Snyder (7) and Kevin Murphy; Kyle Turner, Dave Fugua (8) and Sean French, Eric Bettger (7). WP: Turner (4-5). LP: Johnson. 2B: James Carras (CR), Brian Oxy (DVC). 3B: Sean French (LMC), Paul Bunyard (DVC). Records: LMC 8-13 overall, 7-7 BVC; Consummes River 8-15, 4-9. Highlights: LMC — French 2-for-3; Oxy 2 RBI.

Track

PREP BOYS

Martinez Relays

At Alhambra High School

Team scores: St. Francis-Mountain View 54, Clayton Valley 43, Acalanes 30, San Leandro 30, Foothill 27, College Park 26, Campolindo 22, De La Salle 18, Northgate 16, Elk Grove 16, Castro Valley 15, Benicia 10, Las Lomas 10, Ygnacio Valley 10, Berean Christian 10, Antioch 8, San Ramon Valley 8, Petaluma 6, Alhambra 4, Livermore 3, Monte Vista 3, Amador Valley 2, Liberty 1. 400 relay: College Park 45.2, San Leandro 43.3, Antioch 45.4, Foothill 45.5, Acalanes 45.6; 800 relay: St. Francis 1:33.1, Foothill 1:34.9, Campolindo 1:35.1, San Leandro 1:36.6, Clayton Valley 1:37.1; 1,600 relay: St. Francis 3:30.8, Clayton Valley 3:35.7, Foothill 3:37.3, Northgate 3:38.7, College Park 3:45.3; 3,200 relay: College Park 8:04.4, St. Francis 8:30.7, Clayton Valley 8:34.5, Campolindo 8:38.0, San Ramon Valley 8:38.6; 6,400 relay: St. Francis 19:31.1, Elk Grove 19:48.3, Castro Valley 19:51.1, De La Salle 19:48.8, Antioch 20:07.8; Sprint medley relay: St. Francis 1:36.7, Foothill 1:38.0, Petaluma 1:39.0, San Leandro 1:40.1, Alhambra 1:40.2; Distance medley relay: Campolindo 11:19.3, Elk Grove 11:23.5, De La Salle 11:26.7, Clayton Valley 11:29.5, College Park 11:31.4; Hurdle relay: Benicia 1:07.6, Clayton Valley 1:07.7, Northgate 1:08.0, Acalanes 1:11.5, Livermore 1:12.7; HJ relay: Ygnacio Valley 17-3, Acalanes 17-0, Northgate 16-6, Berean Christian 16-5, Campolindo 16-0; LJ relay: San Leandro 55-7, Castro Valley 55-3, St. Francis 55-2½, Clayton Valley 55-1½, College Park 54-1½; TJ relay: Clayton Valley 112-6, Acalanes 108-5, Berean Christian 108-1, San Leandro 106-3½, Amador Valley 106-2½; SP relay: Las Lomas 143-5¼, Acalanes 128-0¼, De La Salle 125-8¼, San Ramon Valley 123-7¼, Monte Vista 121-10. Track athlete of the meet: Tom Reese (St. Francis) ran legs on winning 800, 1,600 and sprint medley relay teams for team champion Lancers. Field athlete of the meet: Robbie Christiansen (Las Lomas) led Knights to first place in shot put relay with best individual mark of day — 50-10½.

PREP GIRLS

Martinez Relays

At Alhambra High School

Team scores: Castro Valley 50, Campolindo 46, St. Mary's 41, Fremont 40, Acalanes 31, Ygnacio Valley 31, Alhambra 29, St. Francis-Mountain View 20, Northgate 19, Benicia 18, Berean Christian 15, Las Lomas 12, Petaluma 12, Livermore 10, Foothill 9, Amador Valley 8, Liberty 8, Miramonte 8, Piedmont 6, Antioch 4, Monte Vista 4, Oakland 4, San Ramon Valley 4, Deer Valley 2, Clayton Valley 2, College Park 1. 400 relay: Fremont 50.2, St. Mary's 51.2, Castro Valley 52.6, Petaluma 53.4, Benicia 53.7; 800 relay: Fremont 1:47.8, St. Mary's 1:51.1, Ygnacio Valley 1:52.7, Benicia 1:54.5, Monte Vista 1:56.0; 1,600 relay: Fremont 4:05.7, Foothill 4:19.4, St. Mary's 4:20.2, Campolindo 4:22.0, Amador Valley 4:24.4; 3,200 relay: Alhambra 10:09.7, Acalanes 10:18.7, Campolindo 10:21.0, Castro Valley 10:28.2, Livermore 10:34.0; 6,400 relay: Castro Valley 23:24.2, Livermore 23:28.3, Piedmont 23:58.3, Antioch 24:00.0, Monte Vista 24:05.7; Sprint medley relay: Fremont 1:51.2 (ties meet record), St. Mary's 1:56.5, Castro Valley 1:58.3, Ygnacio Valley 1:59.7, Campolindo 2:01.1; Distance medley relay: Alhambra 13:08.3, Miramonte 13:19.6, Campolindo 13:30.7, Castro Valley 13:34.1, Acalanes 13:36.4; Hurdle relay: Benicia 1:10.7, Campolindo 1:13.8, St. Francis 1:14.0, Castro Valley 1:15.1, Amador Valley 1:17.6; HJ relay: Berean Christian 14-0, Campolindo 13-9, Northgate 13-6, Castro Valley 13-3, Liberty 13-0; PV relay: Campolindo 15-0, Las Lomas 14-6, Castro Valley 14-0, San Ramon Valley 9-0, Benicia 7-6; LJ relay: Ygnacio Valley 42-11, St. Mary's 41-4, Liberty 41-3½, Berean Christian 39-4, Campolindo 38-3½; TJ relay: Ygnacio Valley 92-1, Alhambra 91-5½, Castro Valley 90-5½, Amador Valley 88-8, Northgate 88-10; SP relay: Acalanes 92-3¼, Petaluma 89-3, St. Francis 86-7½, Las Lomas 83-3¼, Northgate 82-7½; Discus relay: Acalanes 266-6, St. Francis 263-0, Northgate 227-0, Oakland 227-0, St. Mary's 220-7. Track athlete of the meet: Dinisha Wallace (Fremont) anchored first place 400, 800, 1,600 and sprint medley relays. Field athlete of the meet: Shanita Bryant (Ygnacio Valley) led Warriors to first place in triple jump relay with best individual mark of day — 36-4½; also helped Ygnacio Valley finish first in long jump relay.

Calendar

Monday

Prep tennis — Northgate at Ygnacio Valley, 3:30 p.m.

BVAL softball — Antioch at College Park, 3:30 p.m.

BVAL track and field — De La Salle/Carondelet at Clayton Valley, 3:30 p.m.

Tuesday

DVC baseball — Sierra at Diablo Valley, 2:30 p.m.

BVC softball — Contra Costa at Diablo Valley, 3 p.m.

BVC men's tennis — Diablo Valley at College of Alameda, 2 p.m.

BVC women's tennis — Diablo Valley at College of Alameda, 2 p.m.

BVAL baseball — Ygnacio Valley at De La Salle, Northgate at College Park, Liberty at Clayton Valley, Pittsburg at Antioch, Pinole Valley at Deer Valley, 3:30 p.m.

TCAL baseball — Concord at Alhambra, Dublin at Acalanes, Foothill at Granada, Freedom at Las Lomas, Mt. Diablo at Benicia, Miramonte at Campolindo, 3:45 p.m.

BVAL softball — Ygnacio Valley at Carondelet, Northgate at College Park, Liberty at Clayton Valley, Pittsburg at Antioch, Pinole Valley at Deer Valley, 3:30 p.m.

TCAL softball — Concord at Alhambra, Dublin at Acalanes, Foothill at Granada, Freedom at Las Lomas, Mt. Diablo at Benicia, Miramonte at Campolindo, 3:45 p.m.

BVAL boys tennis — De La Salle at Ygnacio Valley, College Park at Northgate, Clayton Valley at Liberty, Antioch at Pittsburg, Pinole Valley at Deer Valley, 3:30 p.m.

TCAL boys tennis — Acalanes at Dublin, Alhambra at Concord, Benicia at Mt. Diablo, Campolindo at Miramonte, Granada at Foothill, 3:30 p.m.

BVAL boys volleyball — De La Salle at Ygnacio Valley, College Park at Northgate, Clayton Valley at Liberty, Antioch at Pittsburg, 4 p.m.

Wednesday

ACCAL softball — Salesian at Holy Names, 3:30 p.m., Encinal at St. Mary's, 3:30 p.m., El Camito at St. Joseph, 3:45 p.m., St. Elizabeth at De Anza, 3:30 p.m., Richmond at Albany, 3:30 p.m., Piedmont at Alameda, 3:30 p.m.

Prep golf — St. Mary's vs. Newark Memorial at Tilden Park, 3:15 p.m., Pinole Valley vs. Pittsburg at Delta View, Pittsburg, 3:30 p.m.

Prep boys volleyball — Marin Catholic at Richmond 4 p.m.

SCAL baseball — John Swett at Dixon, 3:30 p.m.

TCAL swimming — Campolindo vs. Foothill at

Castro Valley vs. Hayward

Thursday April 2, 1998 (rain delayed -- 200, 3200, and 4x400 completed Monday, April 20)

Boys' Varsity: CV 77, Hay 58 Girls' Varsity: CV 81, H 54 Boys' Frosh-Soph: CV 96, H 39 Girls' Frosh-Soph: 70-57

4 x 100 Relay: GFS: 1. Hayward (Smith, Lee, Alexis, Dineen) 57.1 CV "A" (Hunter, Retelas, Bigham, Hamilton) 57.8 3. CV "B" (Smith, Pappas, Kim, Newton) 63.4 BFS: 1. CV (Bernardo, Williams, Bissell, J. Willits) 48.2 2. Hayward 50.4 GV: 1. CV (Randall, Bailey, Medrano, Tingle) 52.9 2. CV "B" (Tobia, Pettersen, Chung, Salcedo) 55.3 BV: 1. CV 44.2 (Soblin, Abramenko, Omelagah, Bailey) 2. Hayward 45.6 - *FORFEIT*

1600: GFS: 1. Erica Simmons (CV) 5:53 2. Courtney Stewart (CV) 5:58 3. Jessica Groome (CV) 5:58 4. Carrie McIntyre (H) 6:10 5. Suzy Dodge 6:39 6. Haley Harrell (H) 7:22 7. Grace Chan (CV) 7:36 8. Samantha Leach (CV) 7:46 BFS: 1. Alex Cardiasmenos (CV) 5:04 2. Chris Bell (H) 5:22 3. Nick White (CV) 5:26 4. Rayed Sheikh (CV) 5:26 5. Eduardo (H) 5:40 6. Chris Jarvis (CV) 5:46 7. Joel Crane (CV) 5:51 8. Aaron Almandarez (H) 6:09 9. Alex Halkias (H) 6:18 GV: 1. Jessica Marr (H) 5:27 2. Colleen McGrellis (CV) 5:31 3. Allissa Horejsi (CV) 5:34 4. Oralia Coon (H) 5:42 5. Tina Schmidt (CV) 5:52 6. Stephanie Weisman (CV) 6:02 BV: 1. Richard Mendez (H) 4:43 2. Justin Coffeen (CV) 4:46 3. Pastor Coon (H) 4:52 4. Josh Kalsbeek (CV) 4:53 5. Enpei Yamamoto (CV) 5:06 6. Damien Dulaney (CV) 5:15 7. Edward Cheung (CV) 5:15.9

HH: GFS: Heat 1: 1. Sarah Richardson (H) 20.4 2. Eve Gamero (H) 21.0 3. Rosann Padilla (CV) 21.5 4. Georgina Retelas (CV) 21.6 Heat 2: Jessica Hunter 20.8 2. Kalana Greer (H) 22.1 3. Monah Nabwe (H) 22.2 BFS: Heat 1: 1. Derrick Oliveira (CV) 19.2 2. Ryan Fonesbeck (CV) 21.4 3. Erik Weed-Biehs (CV) 21.7 4. Eddie Brown (H) 22.1 5. DeJuan Mills (H) 23.3 Heat 2: 1. Mike Prakash (CV) 17.7 2. Rachel McDonald (CV) 17.7 2. Marcia Wong (CV) 19.2 3. Richele Radcliffe (H) 19.3 4. Theresa Robles (CV) 19.7 5. Andrea Dizon (H) 20.3 6. Wai Chan (H) 29.8 Heat 2: 1. April Wong (CV) 19.4 2. Maya Komadina (CV) 19.8 BV: 1. Arthur Neal (H) 16.9 2. Mike Booth (H) 17.6 3. Brad Willits (CV) 17.7 4. Dallas Radcliffe (H) 19.1

400: GFS: 1. Sarah Richardson (CV) 68.5 2. Autumn Pappas (CV) 68.7 3. Georgina Retelas (CV) 77.7 4. Jolynn Carter (H) 77.8 BFS: 1. Warner Dana (H) 55.0 2. Ash Williams (CV) 55.1 3. Eric Pane (CV) 62.9 GV: 1. Erica Yarbrough (H) 63.4 2. Trisha Chung (CV) 65.3 3. GayLynn Pettersen (CV) 67.7 4. Michele Tobia (CV) 69.7 BV: 1. Genna Abramenko (CV) 52.5 2. Dru Mellon (CV) 55.9 3. Jason Holloway (H) 56.1 4. Darryl Eng (CV) 56.8 5. Anmar Alnagem (H) 60.4

100: GFS: 1. Mintva Lee (H) 14.1 2. Denein Morris (H) 14.3 3. Alexis Pryor (H) 14.4 4. Addie Bigham (CV) 14.7 5. Diana Smith (H) 15.1 6. Elizabeth Powell (H) 15.1 7. Becky Newton (CV) 16.3 8. Monah Nabwe (H) 17.3 BFS: Heat 1: 1. John Bernardo (CV) 12.2 2. John Willits (CV) 12.5 3. Drew Bissell (CV) 12.6 4. Javon Holmes (H) 12.7 5. Michel Taylor (H) 12.8 6. Bobby Williams (H) 12.9 7. Jerrell Wiley (H) 13.4 Heat 2: 1. Nathan Freebody (CV) 12.9 2. Jonathan Roberts (H) 13.6 GV: 1. Kalani Holleman (H) 12.9 2. Ashli Tingle (CV) 13.5 3. Mandi Randall (CV) 13.7 4. Angela McConnell (H) 14.2 BV: 1. Reggie Bailey (CV) 11.2 2. Matt Omelagah (CV) 11.6 3. Deonte Lewis (H) 11.7 4. Tyler Simpson (CV) 12.2

800: GFS: 1. Erica Simmons (CV) 2:40.6 2. Courtney Stewart (CV) 2:40.8 3. Carrie McIntyre (H) 2:41.0 4. Jessica Groome 2:41.2 5. Kim Ponce (CV) 2:48 6. Sarah Richardson (H) 2:58 7. Gail Kim (CV) 3:00 8. Suzy Dodge (CV) 3:04 9. Grace Chan (CV) 3:29 BFS: 1. Warner Dana (H) 2:15 2. Alex Cardiasmenos (CV) 2:20 3. Ben Draper (CV) 2:22 4. Rayed Sheikh (CV) 2:30 5. Nick White (CV) 2:31 6. Chris Bell (H) 2:32 7. Eduardo Rodriguez (H) 2:32 8. Aaron Almandarez (H) 2:34 9. Joel Crane 2:39 GV: 1. Jessica Marr (H) 2:30 2. Colleen McGrellis (CV) 2:33 3. Tina Schmidt (CV) 2:37 4. Teresa Ko (CV) 2:40 BV: 1. Richard Mendez (H) 2:08 2. Kentoku Yamamoto (CV) 2:11.1 3. Scott Cain (CV) 2:11.4 4. Pastor Coon (H) 2:12.0 5. Dru Mellon (CV) 2:21.3 6. Edward Cheung (CV) 2:28

300 H: GFS: 1. Eve Gamero (H) 60.0 2. Marie Bichsel (CV) 64.0 3. Autumn Pappas (CV) 65.4 4. Michelle Lawton (CV) 70.5 BFS: 1. Derrick Oliveira (CV) 47.7 2. Eddie Brown (H) 54.3 3. Johnny Marquez (H) 54.4 Erik Weed-Biehs (CV) 58.7 5. Mike Prakash (CV) 59.5 GV: 1. Rachel McDonald (CV) 54.0 2. Marcia Wong (CV) 55.7 3. Richele Radcliffe (H) 56.8 4. Andrea Dizon (H) 57.1 5. Theresa Robles (CV) 59.5 BV: 1. Mike Booth (H) 43.5 2. Brad Willits (CV) 45.0 3. Arthur Neal (H) 45.5 4. Jack Daniels (CV) 46.7 5. Mike Paik (CV) 48.5

200: GFS: 1. Minteva Lee (H) 29.8 2. Elizabeth Powell (H) 30.2 3. Amy Hamilton (CV) 30.5 4. Jessica Hunter (CV) 30.7 5. Denein Morris (H) 30.9 6. Addie Bigham (CV) 31.0 BFS: Heat 1: 1. Ash Williams (CV) 24.9 2. Bobby Williams (H) 25.6 3. Warner Dana (H) 25.6 4. Michael Taylor (H) 25.9 5. Javon Holmes (H) 26.1 6. Drew Bissell (CV) 26.3 7. Nate Freebody (CV) 26.8 Heat 2: 1. Marcus Frazier (H) 26.6 2. Jonathon Roberts (H) 27.4 3. Drew Wiley (H) 28.2 GV: 1. Ashli Tingle (CV) 27.6 2. Erica Yarbrough (H) 28.5 3. Trisha Chung (CV) 29.3 4. GayLynn Pettersen (CV) 30.1 BV: 1. Reggie Bailey (CV) 23.4 2. Sean Holleman (H) 23.4 3. Genna Abramenko (CV) 23.5 4. Matt Omelagah 23.8 5. Deonte Lewis (H) 24.0

3200: GFS: 1. Courtney Stewart (CV) 12:40.1 2. Erica Simmons (CV) 12:50.1 3. Jessica Groome (CV) 14:31.3 4. Carrie McIntyre (H) 15:18.7 5. Sarah Richardson (H) 15:18.9 6. Suzy Dodge (CV) 15:52.3 7. Michelle Lawton (CV) 17:46.3 8. Samantha Leach (CV) 18:24.4 9. Grace Chan (CV) 19:37.5 BFS: 1. Alex Cardiasmenos (CV) 11:02.9 2. Chris Bell (H) 11:49.4 3. Eduardo Rodriguez (H) 12:21.0 4. Bobby Puppione (CV) 12:32.4 5. Chris Jarvis (CV) 12:39.1 Aaron Almandarez (H) 14:14.0 GV: 1. Colleen McGrellis (CV) 12:03.1 2. Allissa Horejsi (CV) 12:05.8 3. Jessica Marr (H) 12:36.2 4. Oralia Coon (H) 12:40.1 5. Teresa Ko (CV) 12:57.5 6. Stephanie Weisman (CV) 13:27.6 BV: 1. Justin Coffeen (CV) 10:28.5 2. Pastor Coon (H) 10:36.9 3. Richard Mendez (H) 10:53.6 4. Josh Kalsbeek (CV) 10:57.4 Kenpei Yamamoto (CV) 11:05.2 5. Kentoku Yamamoto (CV) 11:20.7 6. Damien Dulaney (CV) 12:09.2 7. Edward Cheung (CV) 12:25.9

4x400 Relay: GFS: 1. Hayward 5:07.7 2. CV (Jessica H 77, Jessica G 82, Courtney 78, Kim 77) 5:14.0 BFS: 1. CV "A" (Lionel 63, Derrick 57, Ryan R. 62, Ash 57) 3:59.0 2. Hayward 4:02.0 3. CV "B" (Eric P. 66, John C. 68, Ryan F. 67, Nate 68) 4:29.2 GV: 1. Hayward 4:25.1 2. CV "A" (Trish 71, Amanda 65, GayLynn 66, Ashli 64) 4:26.0 3. CV "B" (Amber Sal. 69, Michele 69, Mandi 77, Tina 69) 4:42.4 4. Hayward "B" 5:26.9 BV: 1. CV "A" (Dru 56, Genna 55, Brad 57, Darryl 57) 3:44.5 2. Hayward 3:49.3 3. CV "B" (Daniel 66, Kentoku 60, Justin 59, Edward 60) 4:05.0 4. Hayward (4:34.9)

HJ: BFS: 1. Brad Rinker (CV) 5-0 2. Mike DeSilva (CV) 4-8 3. Mike Prakash (CV) 4-8 4. JJ Lopes (H) 4-8 GFS: 1. Karen Wong (H) 4-4 2. Amy Hamilton (CV) 4-2 3. Gina Paladini (CV) 3-10 GV: 1. Angela McConnell (H) 4-8 2. Loryn Bailey (CV) 4-6 3. Lane Morgan (H) 3-10 BV: 1. Vince Boatwright (H) 5-4 2. Ryan Matteson (H) 502 no third

LJ: GFS: 1. Gina Paladini (CV) 13-5 1/2 2. Autumn Pappas (CV) 12-11 3. Addie Bigham (CV) 12-6 4. Erin Yarbrough (H) 12-1 5. Anika Holloway (H) 11-3 6. Anna Gunseor (H) 7. 11-1 7. Samantha Leach (CV) 10-5 1/2 8. Jolynn Carter (H) 10-2 9. Amber Morese (H) 10-0 BFS: 1. Mike DeSilva (CV) 17-7 2. Laith Almagem (H) 16-11 1/2 3. Jared Stohr (CV) 16-0 4. John Bernardo (CV) 15-3 1/2 5. Johnny Marquez (H) 14-6 1/2 6. Jonathon Roberts (H) 13-9 7. Erik Weed-Biehs (CV) 13-2 8. DeHuan Mills (H) 13-1 1/2 9. Nathan Freebody (CV) 13-1 GV: 1. Kalani Holleman (H) 14-5 2. Loryn Bailey 14-4 1/2 3. Laeice Margon (H) 12-11 4. Theresa Robles (CV) 12-10 1/2 5. Andrea Dizon (H) 11-10 6. Richele Radcliffe (H) 11-9 1/2 7. Pyceta Jackson (H) 9-9 1/2 BV: 1. Reggie Bailey (CV) 21-3 2. Sean Holleman (H) 20-10 3. Jack Daniels (CV) 17-9 1/2 4. Kim-Da Hsieh (H) 17-6 4. Will Johnson (H) 17-6 6. Anmore A. (H) 17-4

IJ: GFS: 1. Eve Gamero (H) 31-3 2. Amy Hamilton (CV) 26-7 1/2 3. Laurie Bughawan (CV) 24-10 BFS: 1. Laith Almagem (H) 36-2 1/2 2. Mike DeSilva (H) 35-4 3. Jonathon Roberts (H) 31-4 4. Johnny Marquez (H) 30-4 5. Erik Weed-Biehs (CV) 29-5 GV: 1. Kalani Holleman (H) 31-3 2. Loryn Bailey (CV) 30-1 1/2 3. Theresa Robles (CV) 29-6 BV: 1. Sean Holleman (H) 41-8 2. Arthur Neal (H) 37-10 3. Kim-Da Hsieh (H) 37-1 4. Tyler Simpson (CV) 36-6 1/2 5. Darryl Eng (CV) 33-4 1/2 6. Mike Paik (CV) 31-0 1/2

Shot Put: GFS: 1. Rebecca Weisman (CV) 24-5 2. Jennifer Smith (CV) 22-0 3. Gina Paladini (CV) 20-11 BFS: 1. Dan Howe (CV) 38-11 2. Chris Manning (CV) 37-8 3. Brad Rinker (CV) 35-0 1/2 4. Mitch Bathke (CV) 33-5 5. Eitan Manhoff (CV) 30-9 6. Alex Rodriguez (H) 30-0 7. James Carays (H) 30-0 8. Dan Allen (CV) 29-3 9. Matt Conlin (H) 28-10 GV: 1. Carrie Cortez (H) 29-11 1/2 2. Tiffany Rizzo (CV) 28-4 3. Erin Gabel (CV) 27-4 4. Jennifer Sisson (H) 26-3 1/2 5. Kristel Van Elk (CV) 22-21/2 6. Sarah Hausel (CV) 22-0 7. Tiffany Jower (CV) 20-5 8. Monica Alarcon (H) 20-4 BV: 1. Tak Nobori (CV) 43-5 1/2 2. Robbie Collet (CV) 40-6 1/2 3. Bill Mateialona (H) 39-11 1/2 4. Ryan Jones (CV) 36-6

Discus: GFS: 1. Gina Paladini (CV) 68-5 2. Jennifer Smith 67-0 3. Erica Yarbrough (H) 66-1 4. Rebecca Weisman (CV) 64-4 BFS: 1. Chris Manning (CV) 103-0 2. Alex Rodriguez (H) 95-5 3. Matt Conlin (H) 94-7 4. Eitan Manhoff (CV) 71-7 5. Mitch Bathke (CV) 68-4 GV: 1. Tiffany Rizzo (CV) 93-6 2. Tiffany Jower (CV) 76-10 3. J. Sisson (H) 76-3 4. Kristel Van Elk (CV) 75-1 5. Sarah Hausel (CV) 68-6 BV: 1. Mauricio Martinez (CV) 116-5 2. Bill Mateialona (H) 115-10 3. Robert Picetti (CV) 106-10 4. Tak Nobori (CV) 102-4

Pole Vault: GFS: no cleared heights BFS: 1. Laith Almagem (H) 7-6 2. Chris Ashford (CV) 7-0 no third GV: 1. Katie Glenn (CV) 8-0 2. Amber Sammons (CV) 7-6 no third BV: 1. Brandon Tong (CV) 12-0 2. Ricky Simmons (CV) 11-0 3. Corey Rutherglen 9-6 4. Chris Diggs (H) 9-0 5. Richard Kuta (CV) 8-6

Oakland Invitational

UC Berkeley Saturday, April 4, 1998

wet, drizzly, cloudy, then sun

Even though the day dawned with drizzle and gray skies, the clouds lifted a bit, the sun came out, and we had a very good day of track and field. The CV athletes by-and-large all did very well, with a number of improved performances to boast of.

Girls Distance Medley:

Allissa Horejsi	75.0	86.5	81.7	4:03.2
Trisha Chung	64.5			1:04.5
Jessica Groome	70.1	81.2		2:31.3
Colleen McGrellis	75.8	87.6	86.8	78.5
				<u>5:28.7</u>
				13:07.7
				5th

5th in this field is good, especially since we had to improve by about 30 seconds over last weekend to do it. Allissa put us in the hunt early, and the rest kept us there.

Girls 4 x 800:

Erica Simmons	71.9	81.6	2:33.5
Teresa Ko	76.7	78.2	2:34.9
Courtney Stewart	74.0	81.5	2:35.5
Colleen McGrellis	72.2	75.9	<u>2:28.1</u>
			10:12.0
			4th

4th is very good here, especially with so little rest between here and the distance medley. We were able to run almost all fresh girls, with the exception of Colleen who anchored the squad once again in another PR. We also put 3 freshwomen on the line. All of them PR'd.

Girls 4 x 100:

Mandi Randall, Loryn Bailey, Trisha Chung, Ashli Tingle 53.12 7th in Heat 3

A bobbled pass between Mandi and Loryn (normally a very reliable exchange stopped Loryn dead in her tracks, and so we were behind at the start. Trish, subbing for Amanda and her shins splints, kept us in the race, and Ashli put on some serious jets to close the gap, but it was not quite enough. Still, this is not a bad time for all of that. We are still a contender.

Boys 4 x 100:

Sean Soblin, Genna Abramenko, Matt Omelagah, Reggie Bailey 43.41 8th in Heat 5

Well, we were in the fast heat, and we did not embarrass ourselves, but the team sure looked nervous and out of synch. We still ran very respectably, but we need to be totally healthy, go to all of the workouts, workout at all the workouts, and work very hard to keep on improving to the end of the season. This means showing up if it rains, no more secret workouts with Russian coaches, consistent and constant baton practice, and an attitude that says we are good, but not great yet.

Girls 400: Ashli Tingle 62.24 3rd Heat 1

Ashli had a bit of trepidation about doing well in this race, anticipating that some super studettes would humiliate her. She started out conservatively, and then powered off the curve and down the homestretch to show off her finish surge. The time was not bad for now, and an indication that she is starting to round into shape.

Boys 4 x 800:

Jimmy Nickolopoulos	59.3	64.4	2:03.7
Darryl Eng	59.9	67.2	2:07.1
Edward Cheung	59.7	73.2	2:12.9
Kentoku Yamamoto	60.9	67.7	<u>2:08.8</u>
			8:31.8
			4th

The boys all put some good performances on the line today, and we dropped our time a bit too. Also, we were a lot closer to the front than last week at Martinez. Jim kept us real close at the start, and the rest of the race was a venture in not losing too much to the leaders.

Girls 1600: Colleen McGrellis 75.8 84.9 87.5 84.3 5:32.5 7th in Heat 1

Colleen was pretty tired after anchoring the two distance relays, but still stayed well into the hunt. Not a bad time at all.

Boys Distance Medley:

Kentoku Yamamoto	63.1	73.7	74.5		3:31.4
Genna Abramenko	50.8				:50.8
Jimmy Nickolopoulos	61.3	65.7			2:07.0
Justin Coffeen	65.2	71.4	71.3	70.4	<u>4:38.3</u>
					11:07.3 9TH

Kentoku went into a bit of a mental slump, and was not alert to his pace and so we started a bit back. Genna, Jimmy and Justin all did their best to bring us back to the pace, but it was a fast race and we were not quite there. We did manage to lop about 10 seconds off our season best, which means that we are constantly improving. Justin especially was happy with his improvement.

Boys 100: Reggie Bailey 11.6 6th in Heat 1

Reggie was at the top of the alternate list, so he got into the race, but sitting around and not warming up or focusing took its toll, and the race was flat and uninspired.

Girls 3200:

Allissa Horejsi	83	89	90	92.8 (5:54.8)	94	95	95	86	12:04.8
Stephanie Weisman	82	89	93	96 (6:00)	96	97	101	94	12:28.6

Allissa and Stephanie both started out conservatively, and then had to fight for position. Allissa was able to roust herself into the back of the front pack while Stephanie kept stride but several yards back. Allissa showed off her new kick in notching a serious PR. Stephanie dropped her seasonal PR and appears to be ready for the rest of the season.

Boys 3200:

Justin Coffeen	70	74	75	76 (4:55)	80	80	77	75	10:07.5
Josh Kalsbeek	69	75	77	81 (5:02)	83	87	92	79	10:43.3

Girls Long Jump: Loryn Bailey 15-3 Nice jumping, but a foot short of consideration for top honors.

Boys Discus: Ryan Jones 127-7 Robert Picetti 97-6

Yes, it didn't seem to be much of anything, but the experience of being with some of the best in the state is always a lesson.

Boys Shot Put: Tak Nobori 42-10 Again, only average but a chance to be with the big guys.

Not a bad display at all for the CV bunch. We compare well with other teams in our area and our league, and we also got a chance to showcase ourselves against some of the best on the west coast. This is a good indication as we head into our mid season push towards harder workouts and more intensive practices.

Coming up:

Wed April 8 -- makeup 200, 3200 and 4x400 against Hayward at Hayward.

Tue & Wed April 14 & 15 -- 24 hour relays on the CV Track

Sat April 18 -- Viking Classic at Sonoma State University -- sign up on sheet on bulletin board

Mon-Fri April 13-17 - workouts during Spring Break -- Brewer at 9:00 a.m., Raoul & Keith at 3:30 p.m.

Thur April 23 -- big showdown against Bishop O'Dowd at Chabot College

1998 24 Hour Relay -- Castro Valley High School Tuesday April 14 -- Wednesday April 15

MILE:	1	2	3	4	5	6	7	8	9
time:	9:00 a.m.	10:28:44 a.m.	12:05:24 p.m.	1:32:23 p.m.	2:52:45 p.m.	4:19:09 p.m.	5:44:58 p.m.	7:16:12 p.m.	8:26:54 p.m.
BOYS' TEAM:									
Nathan Freebody	9:02	8:58	8:43	7:23	8:42	6:38	10:38	no time	7:03
Chris Jarvis	6:08	6:24	6:24	6:27	6:30	6:21	6:45	7:08	6:47
Rick Kuta	7:01	6:52	6:42	vault	vault	6:49	7:10	vault	8:28
Daniel Cheung	6:59	7:24	vault	vault	8:22	8:00	vault	vault	9:23
Erik Weed-Bien's	8:30	8:21	8:00	9:30	--				
Bobby Puppione	6:41	6:59	6:58	5:50	6:07	6:05	5:59	6:34	no time
Ryan Ribelra	6:22	6:59	6:47	6:12	7:13	7:44	7:30	7:26	7:34
Ryan Fomesbeck	6:58	7:24	7:46	7:35	8:03	7:58	8:01	8:10	8:02
Darryl Eng	6:23	7:00	6:33	7:07	6:16	6:52	6:49	7:48	--
Kentoku Yamamoto	5:33	6:15	5:59	6:23	6:00	5:46	6:04	6:32	--
Alex Cardasmenos	5:52	5:47	5:48	5:49	5:46	5:42	5:55	6:10	6:30
Justin Coffeen	(on girls' team)	5:54	5:30	5:05	5:29	5:30	6:06	--	no time
Kenpei Yamamoto	6:14	5:53	6:12	6:31	6:00	6:20	6:00	--	--
Lionel Poblete	--	6:39	n.t. 3 laps	7:26	--	6:00	5:50	no time	7:13
Edward Cheung	--	--	--	--	--	--	--	6:23	7:24
Peter Brewer									
Ricky Simons									
GIRLS' TEAM:									
time:	9:00 a.m.	10:42:48 a.m.	12:38:10 p.m.	1:43:35 p.m.	3:26:14 p.m.	5:12:54 p.m.	6:47:08 p.m.	8:01:02 p.m.	9:17:56 p.m.
Courtney Stewart	6:19	6:34	6:29	6:51	7:02	6:26	7:30	6:36	6:00*
Teresa Ko	7:06	7:07	6:47	6:30	6:39	6:26	7:47	6:36	6:00*
Michelle Lawton	7:23	8:13	8:30	9:00	9:23	8:00	8:45	9:31	no time
Suzy Dodge	7:50	7:43	7:59	8:10	7:49	8:00	9:00	9:17	8:43
Rebecca DennaId	8:39	8:30	8:38	n.t. 3 laps	9:11	9:42	8:15	no time	no time
Alma Lopez	11:51	11:59	11:48	12:21	12:42	12:17	12:04	no time	12:36
Erica Simmons	6:48	6:50	6:54	7:03	6:55	7:03	7:00	8:24	9:28
Colleen McGrellis	6:18	6:18	6:49	6:34	6:50	6:55	6:48	8:17	--
Trisha Chung	7:20	7:56	7:42	7:55	7:35	8:56			
Justin Coffeen	5:14	(on boys' team)							
Jennifer Smith	10:17	8:17	7:27	no time	7:59	7:23			
Jessica Hunter	9:54	8:41	8:59	no time	8:37	n.t. 3 laps			
Stephanie Weisman				7:12	6:37	6:56	7:31	no time	--
Raoul Perez		7:00	6:42	6:30	--	9:12			
Brewer								9:01	--
Edward Cheung									
Scott Cain									
Corey Rutherglen									
Lionel Poblete									
Bobby Puppione									

* = two runners alternating laps for a total of a mile each

** = used a bicycle for part of mile

*** = took bathroom break

= ran in group

Notes: The event was good draw with 32 people running at least parts of the relay. The teams were pretty enthusiastic until about 2:00a.m. when fatigue and cold set in. The videos and the barbeque helped keep the effort going, as did the heated cars. Many parents stopped by to watch the big sleeper. Kudos to Mrs. Bailey for 3 gallons of hot chocolate at 12:30 a.m. Our fundraising efforts are at \$809.60 so far, and it is not too late to get pledges, even after the fact.

1998 24 Hour Relay -- Castro Valley High School Tuesday April 14 -- Wednesday April 15

MILE	10	11	12	13	14	15	16	Total	
time	10:00-21	11:42-47 p.m.	12:59-09 a.m.	2:05-00 a.m.	4:03-10 a.m.	5:35-42 a.m.	6:53-38 a.m.		
BOYS' TEAM:									
Nathan Freebody	6:59	sprained ankle	--	--	--	--	--	11	
Chris Jarvis	6:40	--	--	7:00	7:10	7:19	N.T.	14	
Rick Kuta	8:53	--	--	7:21	9:00	7:35	8:14	10	
Daniel Chelung	valet	7:58	7:21	8:40	8:13	9:12	8:44	12	
Erik Weed-Biers								5	
Bobby Puppione	6:28	h.t. 3 laps	6:50	no time	h.t. 3 laps	(to girls' team)		14	
Ryan Ribela	8:15	10:00	8:38	no time	9:04	9:31	9:13	16	
Ryan Fomesbeck	7:36	9:50	8:25	no time	8:39	7:23	9:24	16	
Darryl Eng	7:00	6:36	6:56	no time	6:40	9:09	9:54	15	
Kentoku Yamamoto	6:17	6:35	6:38	7:39	6:51	6:48	9:28#	15	
Alex Cardasmenos	7:19	6:54	8:40	8:05	7:20	8:24	10:01#	16	
Justin Coffeen	6:20	6:01	6:51	6:26	6:59	no time	10:01#	14	
Kenpei Yamamoto	6:02	7:39	7:29	8:08	8:26	no time	10:04#	14	
Lionel Poblete	5:53	7:20	8:15	10:00	8:58	(on girls' team)		11	
Edward Cheung	6:05	(on girls' team)						4	
Peter Brewer			8:34					1	
Ricky Simons	11:17							1	
GIRLS' TEAM:									
time	10:20-30 p.m.	11:10-20 p.m.	12:36-50 a.m.	2:01-33 a.m.	3:29-38 a.m.	4:58-02 a.m.	6:17-20 a.m.		
Courtney Stewart	--	7:40	9:20	7:01	8:32	8:13	7:20	15	
Teresa Ko	--	7:40	6:59	6:44	7:07	7:03	7:33	15	
Michelle Lawton	8:15	9:39	9:46	9:52	10:33	9:32	9:38	16	
Suzi Dodge	9:55	9:12	9:21	8:58	9:44	8:32	9:18	16	
Rebecca Dennard	--	7:58	10:16	10:20	10:41	10:57	10:15	15	
Alma Lopez	--	12:51	22:13**	injured strained leg				11	
Erica Simmons	--	7:58	8:35	8:33	8:30	no time	8:34	15	
Colleen McGrellis	7:10	7:18	7:07	9:16	8:17	7:33	8:59	15	
Trisha Chung								6	
Justin Coffeen								1	
Jennifer Smith								6	
Jessica Hunter								6	
Stephanie Weisman	7:38	7:53	no time**	8:11	8:11			10	
Raoul Perez								4	
Brewer	--	--	--	8:43	8:30	--	8:59	4	
Edward Cheung	(on boys' team)	6:52	6:06	6:46	6:38	--	7:53	5	
Scott Cain	no time							1	
Corey Rutheglen	10:47							1	
Lionel Poblete					(from boys' team)	no time	8:24	2	
Bobby Puppione					(from boys' team)	7:21**		1	
							7:36:53 finish (16 mile limit)	159	

1998 Viking Track Classic

April 18 at Sonoma State University

New Meet Records:

Varsity Boys 400 Meter Relay: 43.23, Elsie Allen (Old record - 44.13, Cardinal Newman, 1997)
 Open Boys 1600 Meters: 4:50.36, Jahnathan Larson, Antioch (Old record - 4:58.42, Tyson Miller, Calistoga, 1997)
 Varsity Boys 110 Meter High Hurdles: 14.45, Chucky Ryan, Elsie Allen (Old record - 14.39, Chris Barnsdale, Montgomery, 1996)
 Open Boys 400 Meters: 54.12, Dru Mellon, Castro Valley (Old record - 55.55, Zeb Allard, Calistoga, 1997)
 Frosh/Soph Boys 100 Meters: 11.30, Vernon Williams, Pittsburg (Old record - 11.55, Jo Vaughn Thompson, Santa Rosa, 1994)
 Varsity Girls Discus: 128'6", Tia DeSoto, Montgomery (Old record - 119'2", DeSoto, 1997)
 Varsity Girls Pole Vault: 10'6", Shari Pec-Crouse, Santa Rosa (Old record - 10'0", Pec-Crouse, 1997)
 Frosh/Soph Boys Discus: 132'5", Matt Rasmussen, Napa (Old record - 127'10", Brian Chase, Rincon Valley Junior High, 1994)

400 Meter Relay, Frosh/Soph Boys

1	Rancho Cotate	46.61
2	George Washington	47.46
3	Vintage	48.42
4	Lowell	48.68
5	San Marin	48.81
6	Pittsburg	49.00
7	Sonoma Valley	49.07
8	Ukiah	49.38
9	Maria Carrillo	49.51
10	Napa	49.64
11	Redwood	49.90
12	Arcata	53.12

400 Meter Relay, Varsity Girls

1	Rancho Cotate	51.25
2	George Washington	51.58
3	Vintage	52.23
4	Casa Grande	52.80
5	Tamalpais	53.13
6	Petaluma	53.83
7	Pittsburg	54.37
8	Kelseyville	54.88
9	Deep Valley Christian	55.76
10	Ukiah	56.68
11	Arcata	56.88
12	Redwood	60.48

400 Meter Relay, Varsity Boys

1	Elsie Allen	43.23
2	El Molino	45.22
3	Casa Grande	45.48
4	Antioch	45.65
5	Lowell	45.85
6	Petaluma	46.02
7	George Washington	46.32
8	Arcata	46.44
9	Redwood	46.56
10	Deep Valley Christian	47.04
11	Santa Rosa	47.27
12	Kelseyville	47.94
13	Tamalpais	48.11

1600 Meters, Frosh/Soph Boys

1	Jonathan Gee	10	Lowell	4:44.55
2	Adam Goshe		Elsie	4:47.37
3	Adam Holdren	9	Peta	4:55.73
4	Robert Eap	10	ALinc	4:56.31
5	Joel Smith	10	Vint	4:57.16
6	Beau Barnes	9	Arca	4:57.21
7	Alex Cardasmenos	9	Castro	4:58.15
8	Zac Fitch	9	Mont	5:00.62
9	Chris Kuntz	9	Redwd	5:01.20
10	Jon Fitch	9	Mont	5:01.27
11	Brian Grist	10	Antio	5:01.89
12	Austin Thompson	9	Napa	5:03.32
13	Nick Schiller	10	Redwd	5:04.88
14	Matt Brady		Winds	5:09.54
15	Sam McGinn	10	Ukiah	5:09.82
16	Ariel Ceja	9	Vint	5:09.90
17	Derek Bird	9	Antio	5:13.24
18	Brian Lee	9	Mills	5:15.14
19	Solomon Safer	10	ALinc	5:15.29
20	Jason Barbose	10	Sono	5:15.71
21	Omar Teutle	9	SRosa	5:17.68
22	S. Sennello		Casa	5:18.14
23	Ricky Mondragon	9	GWash	5:19.15
24	Harrison Hornstein		Tam	5:19.47
25	Aaron Gallo	9	MCar	5:20.83
26	Adam Baughman	10	MCar	5:24.07
27	Marc Sherry	10	Tam	5:24.17
28	Jon Davis	9	Arca	5:24.77
29	Kevin Renker	10	Kels	5:27.29

1600 Meters, Frosh/Soph Boys

30	W. Santeila		GWash	5:28.64
31	Ian Hoff	9	Kels	5:32.87
32	Billy Brow	10	McKin	5:35.51

1600 Meters, Open Girls

1	April Malvino	11	Mont	5:41.47
2	Melicia Wong	11	Lowll	5:41.96
3	Amy Hilliard	12	Antio	5:45.69
4	Felicitas Schaeel	11	Mont	5:45.76
5	Naomi Bisagno	9	Piner	5:46.00
6	Alisha McCon	12	Mont	5:46.68
7	Jen Hayes	9	Ursu	5:53.62
8	Stephanie Weisman	12	Castro	5:56.57
9	Carrie Louie	11	Lowll	5:58.59
10	Lorie Delizo	9	Lowll	6:06.08
11	Laura Simoncini	9	Antio	6:06.92
12	Sara Stowers	9	Napa	6:09.77
13	Angela Flood	9	Antio	6:10.79
14	Kelly Meehan	9	Lowll	6:11.24
15	Rachel Wilson	11	Lowll	6:13.19
16	Lindsay Caples	9	ElMo	6:14.57
17	Angel Anguiano	10	Antio	6:14.94
18	Jenn Shirk	10	Mills	6:18.06
19	Monique Lammias	10	Ranch	6:27.72
20	Amy Bardwell		Ukiah	6:34.41
21	Jolene Henderson		Ukiah	6:36.44
22	Sarah Steiner		Ukiah	6:38.23
23	Heather Noone	10	Peta	6:40.38
24	Melissa Snapp	9	MCar	6:44.92
25	Carol Johnson	12	SRosa	6:45.64
26	Jennifer Frederick	9	Piner	6:47.30
27	Heather Seurens	9	Ranch	6:48.17
28	Amanda Waechtler	10	Napa	6:49.34
29	Lex Walters	9	MCar	6:49.91
30	Ingha Hadi	9	Mills	6:55.70
31	J. Florio	10	Casa	6:58.48
32	Katie Fitch	9	Pitt	7:03.16
33	Chantry Mariategne	9	Mills	7:05.86
34	Amy Polio	10	Ranch	7:07.27
35	Anna Hurtado	9	FortB	7:18.29
36	Deja Lata-Pombo		Pitt	7:56.88
37	S. Kassia	9	Casa	8:07.74

1600 Meters, Varsity Girls

1	Sara Bei	9	Mont	5:00.09
2	Jennifer Akana	12	Lowll	5:03.76
3	Lauren Gustafson	10	Mills	5:08.39
4	Michi Hirakawa-Wong	9	Lowll	5:14.34
5	Sarah Bashel	9	Mont	5:21.52
6	Dena Wirthaus	10	Piner	5:22.82
7	Jennifer Franceschini	11	Analy	5:29.42
8	Lindsay Johnson	10	SRosa	5:33.06
9	Melissa Madeson	12	Kels	5:35.21
10	Katie Wallace	10	Antio	5:46.39
11	Erica Zundel	10	Piner	5:48.24
12	Julie David	12	Redwd	5:48.86
13	Amanda Budge		Vint	5:50.32
14	Jenny Charles	10	Ranch	5:54.23
15	Danielle Moore	10	Antio	5:54.57
16	Alethea Countourius		TLinda	5:56.55
17	Lydia McGinn		Ukiah	5:57.58
18	D. Salisbury	12	Casa	5:59.07
19	Siera Martoni	12	Arca	5:59.60
20	Karine Graham	9	SMar	6:01.05
21	Shannon Wilhelm	10	Tam	6:04.27
22	Andrea Lovio	9	Arca	6:10.41
23	Chiara Chavez		SFork	6:10.64
24	Strada Morris	10	Ukiah	6:10.89
25	Anne Waterson	11	Calis	6:18.41
26	Erin Wyner	11	FortB	6:30.10
27	Jessica Levy	10	Tam	6:39.82
28	Hannah Spahr	11	Kels	6:54.20

1600 Meters, Open Boys

1	Jahnathan Larson	11	Antio	4:50.36
2	Paul Barrales	12	Ukiah	4:50.46
3	Raymond Yu	12	Lowll	4:53.51
4	Ryan Jang	11	Lowll	4:55.14
5	Roberto Carlos		Napa	4:56.03
6	Kenpei Yamamoto	11	Castro	4:57.55
7	Charlie Petley	11	Antio	4:59.28
8	Dru Mellon	11	Castro	5:06.92
9	Rolando Sanchez	11	Vint	5:07.83
10	Charles Wallace	11	Antio	5:08.31
11	Bruce Fitzgerald	10	Mont	5:08.34
12	Eric Feng	11	Mills	5:10.53
13	Luke Zahradnik	9	Redwd	5:11.01
14	Julian Shay	11	CNewm	5:12.14
15	Tom Lynch	11	Vint	5:12.50
16	Brian Quan	9	Lowll	5:13.31
17	Jordan Friedman	9	Redwd	5:14.91
18	David Britt	9	Mont	5:15.90
19	Scott Jereb	9	CNewm	5:16.30
20	Meng Lee	12	Lowll	5:16.56
21	Roger Heath	10	SFork	5:22.67
22	Ian Hickey	9	ElMo	5:22.69
23	Jason Homon	12	ElMo	5:24.44
24	Aristotle Saunders	12	GWash	5:35.05
25	Bobby Puppione	9	Castro	5:36.13
26	Nick Miller	9	Mont	5:38.34
27	Allen Volpe	9	Ranch	5:39.87
28	Alex Marquand-Willse	9	Mont	5:42.68
29	Chris Jarvis	10	Castro	5:42.79
30	Jesus Ortiz		Kels	5:44.26
31	Freddie Hamilton	9	Ranch	5:44.43
32	Steven Leung	12	GWash	5:45.80
33	Justin Morgan	11	Mont	5:52.19
34	Alec Sullivan	9	FortB	5:58.63
35	Daniel C.		Castro	5:59.78
36	Mike Richle		El Mo	6:00.13
37	Travis Phelps	12	Mont	6:22.37

1600 Meters, Varsity Boys

1	Alex Barros	11	SRosa	4:32.30
2	Celedonio Rodrigues	11	Elsie	4:35.73
3	Chris Hernandez	11	Antio	4:37.61
4	Al Abrahamsen	11	Eureka	4:37.75
5	Steve Nunez	11	Antio	4:40.28
6	Jarek Thompson	12	Napa	4:40.60
7	Nick Franco	10	Redwd	4:43.97
8	Justin Coffeen	12	Castro	4:44.32
9	Antonio Orozco	11	Napa	4:46.35
10	Dennis Kim	11	Lowll	4:47.10
11	Jaime Ricci	10	MCar	4:47.21
12	Craig Avis	11	Antio	4:47.47
13	Aaron Garcia	12	Vint	4:52.35
14	Josh Nicol	12	CNewm	4:54.38
15	Oren Leafier	11	TLind	4:54.57
16	Adrian Lee	12	Lowll	4:55.51
17	Spencer Fishmen	10	Tam	4:55.81
18	Jason Kirchman	11	TLind	4:56.93
19	Tim Nolan	11	JSiena	4:57.78
20	Alec Zelenkousky	11	GWash	4:59.28
21	Matt Mahon	11	Heald	5:00.60
22	Mike Saperstein	11	Tam	5:02.31
23	Matt Finn	11	ElMo	5:03.47
24	Tony Leon	11	Ukiah	5:04.38
25	Ari Hoffman		Tam	5:06.82
26	Garrett Lacy	11	JSiena	5:07.77
27	David Hurtado	11	FortB	5:08.32
28	Steven Peponoe	11	McKin	5:09.64
29	Adam Keeling	12	Kels	5:17.98
30	Stylawestr Stewart	12	Pitt	5:18.95
31	Sean Allen	11	Arca	5:20.25
32	Dashe Mulein		Arca	5:31.11

110 M High Hurdles, Varsity Boys

1	Chuck Ryan	11 Elsie	14.45
2	Montel Goharte	11 Ranch	16.09
3	Hazin Williams	12 Casa	16.29
4	Keilsey Johannes	12 CNewm	16.37
5	Sean Leonard	11 Piner	16.54
6	Nick Dey	11 CNewm	16.55
7	Tony Tamayo	11 ElMo	16.74
8	Kevin Weaver	11 McKin	16.84
9	Brett Amos	11 SRosa	17.64
10	Derrek Svihula	10 Ranch	17.92
11	Mike Reynolds	11 Pitt	18.12
12	K Cox	9 Casa	18.26
13	Edward Jacobson	10 MCar	18.66
14	Dan Indelicato	11 TLind	18.67
15	Jon Walter	12 Kels	18.76
16	Andrew Crawford	11 Redwd	18.79
17	Jason Reid	12 FortB	19.02
18	Dylan Saloner	12 TLind	19.14
19	Ross Fleming	11 Mont	20.04
20	John Denson	12 Sono	20.05
21	Dan Estradal	10 SMar	20.69
22	Jacob Bradley	9 SFork	22.12

100 M High Hurdles, Varsity Girls

1	Laura Kenyon	12 Ursu	16.63
2	Adrian Lindsay	11 Ursu	17.31
3	Paula Malvino	12 Mont	17.56
4	Haley Smith	9 MCar	17.95
5	April Tanton	10 Ursu	17.98
6	Portia Sanborn	9 Ukiah	18.04
7	Jillian Alumbaugh	10 Kels	18.05
8	Kelly Walker	12 Ursu	18.11
9	Jolene Gardia	9 Sono	18.34
10	Rachel Petersen	9 FortB	18.66
11	Megan Carr	10 Ranch	18.67
12	Aja Garcia	11 Kels	18.73
13	Kaitlin Varady	10 JSiena	18.81
14	Amelia McLennan	9 Tam	18.88
15	Jennifer Oaks	10 Casa	19.02
16	Ramona Quincey	9 Anally	19.19
17	Nicole Benton	10 GWash	19.54
18	Jenny Krane	9 Anally	19.56
19	Meghan Hosey	10 Peta	19.87
20	Colleen Savage	12 JSiena	20.10
21	Lillie Morrison	9 GWash	20.40
22	Audra Brocco	9 Sono	20.45
23	Christun Ching	11 SMar	20.47
24	Denise Chong	Lowll	20.62
25	Jessica Pinto	11 Tam	20.63
26	Patti Slater	10 Piner	21.00
27	Meg Hally	10 Redwd	21.64

400 Meters, Fresh/Soph Boys

1	Johan Thomas	10 GWash	54.21
2	Paul Silberschatz	10 Lowll	54.41
3	Hank Eicmeyer	10 Ranch	55.42
4	Alec Brozell	9 Vint	55.44
5	Marcel Diccico-Austin	10 GWash	55.62
6	Jayson Johnson	10 Pitt	55.86
7	Cliff Chance	9 Napa	56.02
8	Dave Wall	10 Vint	56.19
9	Jerrad Bullock	9 JSiena	56.61
10	Edward Deeds	10 ALinc	56.61
11	Nick Santoro	10 JSiena	56.78
12	S. Sennello	9 Casa	56.80
13	Jordan Hale	9 Sono	57.44
14	Louis Jenkins	CNewm	57.82
15	David Council	9 MCar	58.04
16	Johnathon Graves	10 Ukiah	58.91
17	David Whitehead	Winds	59.08
18	John Azevedo	9 Arca	59.09
19	Chris Brook	Peta	59.54
20	Charles Lee	Pitt	60.00
21	Joey Mybren	9 Sono	60.13
22	Jason Park	9 Mills	61.02
23	Kevin Dahl	9 FortB	61.97
24	Gills	Redwd	62.37
25	Chad Myers	10 Pttv	63.46
26	Clifford Yip	9 Mills	65.99

400 Meters, Open Girls

1	Jessica McKenzie	9 Vint	64.10
2	Alisha McCon	12 Mont	65.32
3	April Malvino	11 Mont	66.97
4	Laurel Weil	9 ElMo	69.29
5	Lara Henry	12 Lowll	69.89

400 Meters, Open Girls

5	Jonique Briggs	10 Pitt	59.96
7	Megan Hewson	12 Redwd	70.09
8	Colette Rechany	10 ElMo	70.37
9	Jennifer Leary	9 Lowll	70.60
10	Emily Erickson	9 Mills	71.29
11	Vanessa Lotton	Pitt	71.57
12	Melissa Snapp	9 MCar	71.74
13	Jocelyn Blair	9 Ranch	72.99
14	Kay Hardy	Vint	73.01
15	Asia Keese	ElMo	76.98

400 Meters, Varsity Girls

1	Charane Wilson	12 Eureka	60.23
2	Durkje Dunham	10 Anally	60.44
3	Roshawn Perkins	PtAren	60.55
4	Deborah Harris	12 Mont	60.79
5	Katlin Glass	9 Ranch	61.79
6	Camille Hearst	10 Lowll	62.30
7	Marikka Mehserle	9 Vint	62.41
8	Sherlyn Ng	10 Mills	63.24
9	Vikki Hunt	10 Redwd	63.58
10	Elisabeth Aulwurm	9 Mills	64.06
11	Adrian Lindsay	11 Ursu	64.40
12	Erin Wellman	10 MCar	66.13
13	Laura Mosteller	10 Redwd	66.44
14	Anaissee Zoller	10 Kels	67.01
15	Ann Lodolini	10 Tam	67.58
16	Britta Wood	11 McKin	67.68
17	Audrey Larson	9 Arca	68.11
18	Stephanie Ng	9 GWash	68.13
19	Jennifer Berry	Ukiah	69.36
20	Anne Turrentine	10 FortB	69.90
21	Shandra Bennett	9 GWash	71.33
22	Juliet Granty	9 Arca	73.47

400 Meters, Open Boys

1	Dru Mellon	11 Castro	54.12
2	Will Brown	Pttv	54.47
3	Darryl Eng	11 Castro	55.70
4	Dennis Taylor	Pitt	57.12
5	Lamont Davis	Pitt	57.47
6	Bruce Fitzgerald	10 Mont	57.68
7	Mike Rucker	10 MCar	58.72
8	Elgin Lawson	Pitt	58.82
9	Alfred Pace	Elsie	60.59
10	Edwin Shaw	Lowll	60.79
11	Eric Lumibao	11 MCar	61.16
12	Ben Lujam	10 MCar	61.74
13	Nathan Freebody	10 Castro	62.71
14	Gordon Lee	9 Lowll	63.59
15	Alex Marquand-Willse	9 Mont	65.11
16	Alec Sullivan	9 FortB	65.32
17	Ron Guyton	Pitt	76.06

400 Meters, Varsity Boys

1	Marques Burrus	12 Peta	51.12
2	Abraham Mayo	Elsie	52.12
3	Brandon Kyse	11 CNewm	52.23
4	B. Regalia	12 Casa	52.56
5	Devan Chatoian	12 Peta	52.70
6	Ben Vasquez	12 SRosa	52.75
7	John Calvert	11 Vint	52.91
8	Joe Lawson	9 Ranch	53.04
9	Daniel Elkington	11 Tam	53.24
10	Adam Meadows	10 SMar	53.40
11	Raymond Filion	12 Lowll	53.41
12	Jake Currie	12 Mont	53.67
13	Chris Berg	11 MCar	53.79
14	Zeb Allard	11 Peta	54.08
15	Jonathan Craig	11 Pitt	54.29
16	Mark Davis	11 Mont	54.55
17	Patrick Wong	12 ALinc	54.71
18	Miles Barnes	11 Arca	54.75
19	Wyatt Wells	11 FortB	55.08
20	Daniel Finlayson	11 Lowll	55.63
21	Will Russell	12 Redwd	55.76
22	Eric Stoffer	10 Tam	55.82
23	Mark Rutherford	12 FortB	56.08
24	Justin Cromwell	12 JSiena	56.20
25	Jimmy Barnett	11 CNewm	56.39
26	Justin Repesha	10 Anally	56.30
27	Doug Rhoads	12 TLinda	57.06
28	Gabe Nelson	11 Redwd	57.13
29	Tim Huey	11 GWash	57.20
30	Raphael Vasquez	11 JSiena	58.58
31	Sudan Bey	12 Tam	59.00

400 Meters, Varsity Boys

12	Atanauipa Sevittert	12 SFork	59.17
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100 Meters, Fresh/Soph Boys

1	Vernon Williams	10 Pitt	11.30
2	Dallas Alexander	9 Pitt	12.00
3	Nashawn Brown	GWash	12.00
4	Isaac Ross	10 FortB	12.05
5	John DeVore	10 GWash	12.09
6	J. Knerim	10 Casa	12.10
7	Bryce Jimmerson	10 Arca	12.12
8	Barr Haney	10 Redwd	12.15
9	Brian Wood	9 Napa	12.33
10	Shawn Cabalsi	10 Ranch	12.35
11	Josh Kawi-Bogue	10 Lowll	12.45
12	Tom Varnum	10 FortB	12.46
13	Vincent Steper	10 Sono	12.48
14	Richard Freeman	9 SRosa	12.50
15	Rahman Williams	10 Mont	12.52
16	Denny Yu	10 Ranch	12.53
17	Isaac Herrera	9 JSiena	12.60
18	Chris Conlon	Vint	12.60
19	Ryan McCarthy	10 SMar	12.63
20	Jason Hendsch	10 Redwd	12.75
21	Eldon Rice	10 MCar	12.83
22	John Cunnie	10 SMar	12.98
23	Donald Lockett	10 Kels	13.06
24	Joe Cleveland	Vint	13.22
25	Clifford Yip	9 Mills	13.28
26	Jason Park	9 Mills	13.32
27	Chris Brook	9 Peta	13.37
28	David Foord	9 Ukiah	13.37
29	Kawann Elzy	Castro	13.41
30	Tony Freeman	McKin	13.43

100 Meters, Open Girls

1	Jennifer Lanney	9 Ranch	13.80
2	Candace Javar	12 Vint	13.82
3	Jackie Yanosky	9 Ursu	14.09
4	M. Jackson	Casa	14.22
5	Amanda Higi	10 Sono	14.25
6	Siu Palu	9 Ranch	14.35
7	Tonya Early	9 SFork	14.38
8	Yardley Olson	10 Pttv	14.42
9	Anya Everett	11 Sono	14.45
10	Kristin Paiva	9 Kels	14.48
11	Laura Mosteller	10 Redwd	14.65
12	Laniesha Gardner	10 Pitt	14.74
13	Emily Pillitt	11 Redwd	14.82
14	Noelle Pepper	12 Mont	15.15
15	Candye Hilton	10 Pitt	15.37
16	Megan Hewson	12 Redwd	15.44
17	Katie Wheelock	9 Redwd	16.24

100 Meters, Varsity Girls

1	Roshawn Perkins	PtAren	12.82
2	Angela Jensen	10 Peta	13.20
3	Melanie Arander	12 Ranch	13.29
4	T. Greenlee	11 Casa	13.34
5	Diana Hayden	11 Redwd	13.34
6	Eva Belanger	12 Vint	13.50
7	Cynthia Rail	11 Ranch	13.59
8	Stephanie Gaito	9 GWash	13.70
9	Vikki Hunt	10 Redwd	13.78
10	Judy Truong	10 GWash	13.84
11	Jolisa Navarro	Elsie	13.87
12	Sarah Wagner	10 Tam	13.92
13	Kristin McKaskill	10 Ursu	13.94
14	Quiera Thomas	12 Ursu	13.95
15	Lily Piyathisere	10 Peta	14.00
16	Sara Harris	DVC	14.08
17	Heather Rice	9 Ukiah	14.13
18	Emily Schman	9 Tam	14.14
19	Larissa Silva	10 Kels	14.15
20	Mandi Randall	10 Castro	14.19
21	Abbie Cox	10 Arca	14.35
22	Kelly Loomis	11 Calis	14.52
23	Janelle LaFrades	10 Pitt	14.55
24	Nzinga Dotson-Newman	9 SRosa	14.62
25	Angela Ong	10 ALinc	14.77
26	Alexis Olsen	Arca	15.05
27	Leslie Kim	12 TMarsh	15.46

100 Meters, Open Boys

1	Jason Sanders	ALinc	12.44
2	Elgin Lawson	Pitt	12.63
3	Martin Gracia	11 Pera	12.73
4	Phil Lekvert	11 Redwd	12.80
5	Nick Toy	11 Pttv	12.84
6	Philip Lau	10 Lowll	12.89
7	George Ng	10 Lowll	12.90
8	Darryl Eng	Castro	12.92
9	John House	12 Mont	12.94
10	Peter Weir	10 Redwd	12.95
11	Nathan Auerback	Casa	12.96
12	Edward Jacobson	10 MCar	12.97
13	Andrew Tan	9 Lowll	13.11
14	Mike Patrick	Casa	13.16
15	Steve Ong	11 Pera	13.16
16	Nathan Freebody	10 Castro	13.25
17	Justin Tarantino	9 Redwd	13.30
18	Jeff Wooten	10 Redwd	13.48
19	David Cummings	9 Mont	13.48
20	Anthony Mandon	9 SFork	13.68
21	Dan Cheung	Castro	14.18
22	Nathan Gustafise	9 Kels	14.62

100 Meters, Varsity Boys

1	Jeremy Grant	Elsie	11.40
2	Troy Lee	12 Antio	11.43
3	Reggie Bailey	12 Castro	11.50
4	Lloyd Jackson	12 Antio	11.53
5	Damian Nelson	11 ALinc	11.65
6	Norman West	10 Sono	11.75
7	Jamal Wright	12 Ranch	11.76
8	Thomas Gill	12 JSiena	11.77
9	J. Howard	12 Casa	11.91
10	Noah Roach	12 ElMo	11.92
11	Martin Suen	11 Lowll	12.03
12	Ryan Washing	GWash	12.04
13	Eric Lichtenstein	11 Mills	12.06
14	Donte Hayes	11 GWash	12.07
15	Steve Jones	11 Pitt	12.08
16	Ryan Wagner	12 Kels	12.08
17	Derek Sheets	11 ElMo	12.10
18	Vinnie Bagala	12 Mont	12.26
19	Nate DeRutte	11 CNewm	12.36
20	Dan Walton	10 SMar	12.40
21	Brandon Tanquay	12 Tam	12.46
22	Paul Murch	12 Pera	12.48
23	Rob Corning	11 Kels	12.93

800 Meters, Varsity Girls

1	Sara Bei	9 Mont	2:17.62
2	Dirkje Dunham	10 Analy	2:20.39
3	Lauren Gustafson	10 Mills	2:22.39
4	Lisa Schwarme	10 Vint	2:27.83
5	Shewit Haile	12 Mont	2:29.20
6	Lindsay Johnson	10 SRosa	2:30.18
7	Maya Kessler	10 Arca	2:31.76
8	Sheryllyn Ng	10 Mills	2:34.45
9	Rebekah Leshar	10 McKin	2:37.37
10	Liz Harris	11 Ursu	2:37.84
11	Lindsay Konczal	10 Redwd	2:38.26
12	Amanda Budge	Vint	2:39.09
13	Katie Wallace	10 Antio	2:39.64
14	Katherine Steiner	11 Tam	2:39.77
15	Alathea Countouriotas	TLinda	2:39.79
16	Erica Zundel	10 Piner	2:39.91
17	Laura Fontana	10 Napa	2:40.78
18	Anne Waterson	11 Calis	2:41.76
19	Nicole Rice	11 Pitt	2:42.51
20	Leigh Tanenberg	12 Redwd	2:42.67
21	Lydia Duarte	10 Antio	2:43.93
22	D. Salisbury	12 Casa	2:44.68
23	Britta Wood	11 McKin	2:44.80
24	Signe Hirsimaki	10 Sono	2:45.11
25	Leslie Marsden	9 Pera	2:45.43
26	Emily Schuman	9 Tam	2:46.34
27	Lydia McGinn	Ukiah	2:47.17
28	Andrea Lavio	Arca	2:47.87
29	Meghan Hosey	10 Pera	2:48.02
30	Strada Morris	10 Ukiah	2:48.22
31	Chandra Yee	ALinc	2:49.87
32	Laurel Golden	12 SMar	2:55.53
33	Anna Hurtado	9 FortB	3:12.88
34	Katie Fitch	Pitt	3:23.49
35	Daya Leta-Pombo	Pitt	3:34.87

800 Meters, Varsity Boys

1	Adam Bessie	12 Redwd	2:00.52
2	Marques Burrus	12 Pera	2:00.81
3	Kevin Cissna	12 Eureka	2:02.30
4	Alex Barrios	11 SRosa	2:02.61
5	Steve Nunez	11 Antio	2:02.92
6	Bodi Waller	12 McKin	2:04.86
7	Jason DeSelle	12 Mont	2:05.08
8	Jin Daikoku	9 Lowll	2:05.86
9	Yoshi Rahm	12 Ukiah	2:06.43
10	Darryl Eng	Castro	2:07.33
11	Chris Conway	12 Arca	2:07.38
12	Chris Berg	11 MCar	2:07.40
13	Scott Cain	Castro	2:07.94
14	Mike Cervantez	11 Sono	2:08.31
15	Jeff Hollis	Elsie	2:09.36
16	Jaime Ricci	10 MCar	2:10.20
17	Antonio Orozco	11 Napa	2:10.67
18	Tim Nolan	11 JSiena	2:10.78
19	Adam Abrahams	Eureka	2:11.25
20	Craig Avis	11 Antio	2:11.30
21	Jason Chen	11 Lowll	2:12.96
22	Jason Kirchman	11 TLinda	2:13.40
23	Eric Feng	11 Mills	2:14.09
24	Mike Saperstein	11 Tam	2:14.93
25	Oren Leafear	11 TLinda	2:14.96
26	Wyatt Wells	11 FortB	2:14.96
27	David Wall	Vint	2:15.89
28	Atahaulpa Seyffert	12 SFork	2:15.90
29	Julian Shay	11 CNewm	2:20.20
30	Garreth Lacy	11 JSiena	2:20.33
31	Dasha Mulein	Arca	2:22.78
32	Sylawester Stewart	12 Pitt	2:30.89

300 M Low Hurdles, Varsity Girls

1	Lisa Mackie	12 Mont	49.55
2	Adrian Lindsay	11 Ursu	50.05
3	Camille Hearst	10 Lowll	52.21
4	Amelia McClennan	Tam	52.31
5	Christine Ching	11 SMar	53.17
6	Ramadah Salzmann	Elsie	53.86
7	Anahese Zoller	10 Kels	54.09
8	Stephanie Hoffman	10 Pera	54.31
9	Jolene Gardia	9 Sono	54.64
10	Jennifer Oaks	10 Casa	54.71
11	Jaime Wolfe	10 MCar	54.75
12	Megan Klenow	10 Sono	55.09
13	Nicole Benton	10 GWash	55.27
14	Aja Garcia	11 Kels	55.94
15	Megan Carr	10 Ranch	56.22
16	April Tatton	10 Ursu	56.51
17	Courtney Stewart	Castro	56.73
18	Jessica Pinto	Tam	56.92
19	Portia Sanborn	9 Ukiah	57.36
20	Denise Chong	12 Lowll	57.59
21	Meg Hally	10 Redwd	58.34
22	Jackie Ramero	11 MCar	60.76
23	Lillie Morrison	9 GWash	69.07

300 M Int. Hurdles, Varsity Boys

1	Sean Leonard	Piner	42.12
2	Zach Rude	12 ElMo	42.52
3	Montel Gollatto	11 Ranch	42.87
4	Nick Dey	11 CNewm	43.66
5	Jack Daniels	11 Castro	43.82
6	Mike Cole	11 Vint	43.91
7	P.J. Ferris	12 Pttv	44.76
8	Daniel Elkington	11 Tam	44.86
9	Mike Reynolds	11 Pitt	45.83
10	Josh Mesa	11 SRosa	45.89
11	Derreck Svihula	10 Ranch	46.01
12	Jamal Fowler	TLinda	46.64
13	George Gordon	11 Heald	46.78
14	K. Cox	9 Casa	46.79
15	Charles Lea	Pitt	46.89
16	Danny Kung	11 Ranch	47.04
17	Todd Faulkner	10 Redwd	47.94
18	Lamont Davis	Pitt	49.05
19	John Denson	12 Sono	50.99
20	Ross Fleming	11 Mont	51.07
21	Bryan Lowry	9 SFork	52.66
22	Hazim Williams	12 Casa	52.92
23	Jason Reid	12 FortB	53.83
24	Jacob Bradley	9 SFork	54.18
25	Sam Caudill	10 FortB	56.80

200 Meters, Varsity Girls

1	Angela Jensen	10 Pera	26.59
2	Charane Wilson	12 Eureka	26.79
3	Devorah Harris	12 Mont	27.05
4	T. Greenlee	11 Casa	27.42
5	Katlin Glass	9 Ranch	27.59
6	Diana Hayden	11 Redwd	27.64
7	Kristen Ray	10 GWash	27.84
8	Vikki Hunt	10 Redwd	27.87
9	Sarah Wagner	10 Tam	28.28
10	Jolisa Navarro	Elsie	28.60
11	Quiela Thomas	12 Ursu	28.81
12	Flora Kavokia	Elsie	28.92
13	Abbie Cox	10 Arca	29.48
14	Siu Palu	Ranch	29.64
15	Nicolena Covella	9 Ukiah	29.90
16	Tonya Early	9 SFork	30.25
17	Erin Paiva	12 Kels	30.30
18	Britta Wood	11 McKin	30.46
19	Kelly Loomis	Calis	30.68
20	Leslie Kim	12 TMarsh	33.70

200 Meters, Varsity Boys

1	Troy Lee	Antio	23.01
2	Reggie Bailey	12 Castro	23.11
3	Damion Nelson	ALinc	23.53
4	Abraham Mayo	Elsie	23.63
5	Sean Leonard	11 Piner	23.66
6	Norman West	10 Sono	23.73
7	J. Howard	12 Casa	23.75
8	John Calvert	11 Vint	23.86
9	Ryan Washington	11 GWash	23.87
10	Thomas Gill	12 JSiena	23.92
11	Oleg Voloshko	11 GWash	23.93
12	B. Regalia	12 Casa	23.99
13	Brandon Kyse	11 CNewm	24.00
14	Erik Lichtenstein	11 Mills	24.08
15	Joe Lawson	9 Ranch	24.30
16	Keith Hamilton	12 Arca	24.38
17	Steve Jones	11 Pitt	24.86
18	Lloyd Jackson	Antio	24.88
19	Josh Kawai-Bogue	10 Lowll	24.99
20	Paul Murch	12 Pera	25.33
21	Scott Murch	12 Pera	25.39
22	Vinnie Bagala	12 Mont	25.63
23	Ollie Hollis	12 TLinda	25.81
24	Sudan Bry	12 Tam	26.51
25	Anthony Mandon	9 SFork	27.66
26	Alex Robbins	McKin	29.06

3200 Meters, Varsity Girls

1	Sara Bei	9 Mont	10:58.4
2	Robin Stevens	9 Vaca	11:04.3
3	Trina Cox	11 SRosa	11:05.9
4	Jennifer Akana	12 Lowll	11:11.0
5	Sarah Hallas	12 Ursu	11:15.0
6	Sarah Bashell	9 Mont	11:57.3
7	Melissa Madeson	12 Kels	12:04.2
8	Dena Withaus	10 Piner	12:15.0
9	Andrea Woodcock	10 Eureka	12:17.3
10	Joey Mason	11 Arca	12:22.7
11	Lea Rosemurgy	10 Sono	12:26.5
12	Caitlin Elliott	11 Napa	12:28.5
13	Angela Zarnoch	RVC	12:41.1
14	Stephanie Weisman	12 Castro	12:41.4
15	Naomi Bisagno	9 Piner	12:43.7
16	Arlene Hadi	12 Mills	12:58.9
17	Laura Simoncini	9 Antio	13:01.2
18	Lana Barkhordarian	11 Redwd	13:01.5
19	Shannon Wilhelm	10 Tam	13:14.6
20	Caci Lyle	Eureka	13:17.2
21	Danielle Moore	10 Antio	13:23.3
22	Tami Zanotti	10 Arca	13:28.5
23	Rebekah Leshar	10 McKin	13:31.5
24	Karine Graham	9 SMar	13:34.5
25	Mary Louie	10 Lowll	13:34.8
26	Katie Lupole	11 Ukiah	13:40.8
27	Jenny Charles	10 Ranch	13:59.2
28	Erin Wyner	11 FortB	14:03.4
29	Sarah Steiner	10 Ukiah	14:05.3
30	Hallie Spahr	11 Kels	15:12.3
31	Heather Sevrens	9 Ranch	15:12.5
32	Courtney Stewart	Castro	15:12.9

d.n.f.

1200 Meters, Varsity Boys

1	Ryan Mack	11 Ukiah	9:36.3
2	Celedonio Rodriguez	11 Elsie	9:58.3
3	Learn Moray	10 Eureka	10:02.1
4	Chris Johnson	9 Rdwd	10:08.4
5	Chris Hernandez	11 Antio	10:13.0
6	Justin Coffeen	12 Castro	10:20.9
7	Darin Nee	10 Rdwd	10:21.2
8	Jarek Thompson	10 Napa	10:27.1
9	Geoff Myers	11 Arca	10:27.4
10	Ritchie Jong	12 Lowell	10:30.3
11	Alex Cardasmenos	Castro	10:33.6
12	Johathan Gee	10 Lowell	10:36.9
13	Jason DeSelle	12 Mont	10:39.7
14	Zac Fitch	9 Mont	10:40.3
15	Jon Fitch	9 Mont	10:42.2
16	Herman Fuentes	Ukiah	10:43.0
17	Spencer Fishmen	10 Tam	10:43.6
18	Alec Zeienkousky	11 GWash	10:45.3
19	Roberto Torres	Napa	10:46.3
20	Chris Phelps	11 Eureka	10:49.9
21	Jahnathon Larson	11 Antio	10:50.6
22	Ian Anderson	Vint	10:50.8
23	Jonathan Robins	11 McKin	10:52.5
24	Beau Barnes	Arca	11:12.9
25	David Hurtado	11 FortB	11:28.0
26	Morgan Twain-Peterson	JSiena	11:42.3
27	Roger Heath	10 SFork	12:00.0
28	Ari Hoffman	11 Tam	12:10.7

1600 Meter Relay, Fresh/Soph Boys

1	George Washington	3:43.8
2	Redwood	3:46.0
3	Pittsburg	3:46.5
4	Lowell	3:48.9
5	Maria Carrillo	3:56.7
6	Justin-Siena	3:57.1
7	San Marin	4:01.1

1600 Meter Relay, Varsity Girls

1	Montgomery	4:16.6
2	Petaluma	4:19.7
3	Vintage	4:20.0
4	Rancho Cotate	4:21.7
5	Mills	4:23.1
6	George Washington	4:23.6
7	Tamalpais	4:28.3
8	Redwood	4:28.6
9	Santa Rosa	4:31.3
10	Arcata	4:33.1
11	San Marin	4:34.5
12	Analy	4:36.3
13	Lowell	4:38.6
14	Ukiah	4:44.2
15	Pittsburg	4:48.9
16	Fort Bragg	5:02.4

1600 Meter Relay, Varsity Boys

1	Elsie Allen	3:34.6
2	Terra Linda	3:37.8
3	Redwood	3:39.3
4	Arcata	3:40.2
5	Pittsburg	3:41.9
6	George Washington	3:42.4
7	San Marin	3:42.7
8	Castro Valley	3:43.1
9	Lowell	3:44.3
10	Petaluma	3:47.6
11	Sonoma	3:55.3
12	Fort Bragg	4:00.9

Shot Put, Varsity Girls

1	Faith Matranga	12 Heald	40'0"
2	Julie Howard	12 Ukiah	35'11"
3	Jessica Weaver	11 Napa	35'11"
4	Melissa Hansen	11 Peta	34'8.5"
5	Tia DeSoto	11 Mont	33'8"
6	Nicole Howard	10 TLinda	32'1"
7	Paula Malvino	12 Mont	31'11"
8	Allin Tuitahi	11 Napa	31'9.5"
9	Francesco Sterb	Tam	31'3"
10	Alison Rhoads	12 FortB	31'0"
11	Nkechi Nzerem	12 Lowell	30'0"
12	Colleen O'Sullivan	12 SFork	29'11"
13	Serena Codoroli	10 Casa	28'9"
14	Jessica Brandt	11 Ukiah	28'0"
15	Mary Kay Chin	10 Mills	28'0"

Shot Put, Varsity Girls

16	Jennifer McClure	10 SFork	27'0"
17	Teagan Parks	Elsie	26'11.5"
18	Natalie Tang	11 Mills	26'8.5"
19	Susan Milliron	10 Peta	26'6"
20	Arien Ahmadi	11 TLinda	26'2.5"
21	Kendra Vanderwetering	Mont	25'11"
22	Angela Ryan	11 Sono	25'4"
23	Melissa Herb	11 Pitt	24'9.5"
24	Allison Kennedy	Sono	24'7"
25	Ellen Toscano	9 JSiena	24'7"
26	Heather Laurie	12 Redwd	24'4.5"
27	Laura Kenyon	12 Ursu	23'9.5"
28	Rebecca Weisman	Castro	23'6"
29	Megan Tremelling	11 Redwd	20'1"
30	Becky Macy	9 FortB	18'6"
31	Nowell	Pitt	18'6"

Discus, Varsity Boys

1	Matt Hennessey	Tam	159'7"
2	Joe Berro	12 Redwd	157'6"
3	Denver Guillory	11 Piner	140'8"
4	Matt Pence	12 Ukiah	137'11"
5	Chris Berg	11 MCar	131'11"
6	Brendan Darby	11 Redwd	131'0"
7	Eric Robin	11 Redwd	126'2"
8	Chris Conley	11 Piner	122'9"
9	Clint Brandt	12 Ukiah	120'8"
10	Kenso Kagawa	12 TLinda	119'0"
11	Leonard Mitchell	11 GWash	117'9"
12	Brian Maffie	12 Sono	115'4"
13	J. Tomasek	12 Casa	113'3"
14	Brian Cetani	DVC	112'2"
15	Preston Tyler	11 ElMo	111'9"
16	Thomas Georges	12 Peta	110'7"
17	Tyson Young	11 SFork	109'5"
18	Leon Winslow	12 Peta	108'4"
19	D. Blonski	11 Casa	106'1"
20	Eric Sorenson	11 CNewm	105'9"
21	Cliff Johnson	12 ElMo	105'3"
22	Allen Taylor	11 Sono	105'2"
23	Silvan Wilemsky	11 Lowell	93'11"
24	Sam Morgan	12 GWash	87'4"
25	Dave Bergeron	12 Mont	64'8"

Long Jump, Varsity Boys

1	Reggie Bailey	12 Castro	20'10"
2	Thomas Gill	12 JSiena	20'8"
3	Mike Andrews	DVC	20'7.5"
4	Jack Daniels	11 Castro	20'0.5"
5	Keith Hamilton	12 Arca	19'8.5"
6	Ryan	Sono	18'10"
7	Mike Long	10 Vint	18'7"
8	Rob Corning	11 Kels	17'8.5"
9	Justin Repesha	10 Analy	17'8"
10	Jon Willison	10 Mont	17'4.5"
11	Nick Dey	11 CNewm	17'2.5"
12	Turnod Engvig	9 Lowell	17'0.25"
13	G. Smith	Tam	17'0"
14	P. Long	Tam	16'8.5"
15	Justin Cromwell	12 JSiena	16'8"
16	Troy Whitfield	11 Kels	16'2.5"
17	Chris Bolaza	10 Sono	16'1.25"
18	Edward Jacobson	10 MCar	15'9.5"
19	Scott Simpson	11 Vint	14'3.5"

High Jump, Varsity Girls

1	Lisa Mackie	12 Mont	5'0"
2	Maggie Vincent	10 Ukiah	4'10"
3	Skye Vendt-Pearce	10 Sono	4'10"
4	Jackie White	10 SRosa	4'10"
5	Kelly Walker	12 Ursu	4'8"
6	Sarah Lyne	11 Kels	4'8"
7	Anna Turrentine	10 FortB	4'8"
8	Jessica Lennon	11 Peta	4'6"
8	Chelsia Hix	Elsie	4'6"

Pole Vault, Fresh/Soph Boys

1	Casey Larsen	9 Piner	9'6"
2	Casey Phillips	10 Analy	9'6"
3	Dan Caldwell	9 CNewm	9'0"
4	Chris Hay	9 JSiena	9'0"
5	Nick Davis	Elsie	8'6"
6	Michael Vy	10 Lowell	8'0"
7	Mark Shields	10 Ranch	8'0"

Triple Jump, Varsity Girls

1	Amy Tran	12 Lowell	33'5"
2	Jennifer Berry	10 Ukiah	32'10.75"
3	Laura Kenyon	12 Ursu	32'7.5"
4	Judy Truong	10 GWash	31'3.5"
5	Ins Dolowitz	10 Casa	30'9.75"
6	Elizabeth Durney	11 Peta	30'4.5"
7	Candace Javar	12 Vint	29'9.25"
8	Rachel Hightower	10 Ranch	29'2.25"
9	Herry Hui	11 Mills	29'1"
10	Kate Fericano	9 Mills	29'0"
11	Paula Malvino	12 Mont	28'9.5"
12	Kozye Matayoshi	12 GWash	28'7.75"
13	Stephanie Hoffman	Peta	28'0"
14	Anahise Zoller	10 Kels	27'11"
15	Skye Vendt-Pearce	10 Sono	27'9.25"
16	Robin Springer	9 Ukiah	27'9"
17	Thea Singleton	Tam	27'6.5"
18	Lindsay Cook	Redwd	27'4.25"
19	Ellen Fitzpatrick	10 Sono	27'4"
20	Kelly Givins	12 SFork	27'0.5"
21	Kellen Hennessey	Tam	26'11.5"
22	Julia Engstrand	9 Ursu	26'9"
23	Anathea Meade	10 SRosa	26'8"
24	Lindsay Konzac	11 Redwd	26'2.25"
25	Kassandra Hightower	9 Ranch	26'2.5"
26	April Tatton	10 Ursu	26'1.75"
27	Jessica Pinto	Tam	24'10.75"

Shot Put, Fresh/Soph Boys

1	Matt Rasmussen	10 Napa	47'4"
2	Mike Hartman	10 Napa	44'5"
3	Matt McLeran	10 TLinda	42'11"
4	Chris Manning	9 Castro	41'2"
5	Max Lomax	9 CNewm	40'0"
6	Chris Conlon	Vint	39'1.5"
7	Brian Zagami	10 Piner	38'7"
8	Kevin Renker	10 Kels	38'4"
9	Walter	Pitt	37'9.5"
10	Chris Curry	10 Redwd	35'7"
11	Brett Bischofberger	9 Heald	35'2"
12	Mitch Batchke	Castro	35'1"
13	Jason Loomis	10 FortB	34'9"
14	A. Boyle	9 Casa	34'2"
15	David Milner	DVC	34'0"
16	Alex Maffei	9 Redwd	33'5.5"
17	John Cumie	10 SMar	33'4.5"
18	Tyler Hooker	9 Arca	33'1"
19	Joe Heaney	9 Casa	31'7"
20	Kevin Dahl	9 FortB	30'11"
21	Jaime Grupe	9 SMar	30'7.5"
22	Cathan Potter	10 Piner	30'1"
23	Brian Usler	GWash	29'9"
24	Pat Kang	GWash	29'7"

Discus, Varsity Girls

1	Tia DeSoto	11 Mont	128'6"
2	Faith Matranga	12 Heald	114'1"
3	Nashina Billingsley	10 Vint	110'10"
4	Michelle Lewis	12 Napa	109'7"
5	Colleen O'Sullivan	12 SFork	105'11"
6	Rachel Snyder	11 ElMo	97'1"
7	Julie Howard	12 Ukiah	95'7"
8	Samantha Wild	11 SRosa	94'11"
9	Nicole Howard	10 TLinda	93'7"
10	Jennifer McClure	10 SFork	93'0"
11	Francesca Streb	10 Tam	92'8"
12	Liz Heron	Peta	92'0"
13	Kate Hale	11 ElMo	91'4"
14	Allin Tuitahi	11 Napa	90'9"
15	Jessica Brandt	11 Ukiah	88'8"
16	Heather Laurie	12 Redwd	85'7"
16	Susan Milliron	10 Peta	85'7"
18	Arien Ahmadi	11 TLinda	83'10"
19	Lindsay Bostrom	10 SRosa	82'7"
20	Serena Codoroli	10 Casa	78'7"
21	Natalie Tang	11 Mills	74'1"
22	Alison Rhoads	12 FortB	72'3"
23	Melissa Herb	10 Pitt	70'4"
23	Kendra Vanderwetering	12 Mont	70'4"
25	Rebecca Weisman	Castro	70'1"
26	Mary Kay Chin	Mills	69'7"
27	Adrian Lindsay	11 Ursu	66'2"
28	Megan Tremelling	11 Redwd	62'5"
29	Katie Fitch	Pitt	56'2"
30	Noelle Arredondo	Pitt	41'9"
31	Becky Macy	9 FortB	35'0"

Long Jump, Varsity Girls

1	Haley Smith	9 MCar	15'10.5"
2	Laura Kenyon	12 Ursu	15'10"
3	Marika Mehserle	9 Vint	15'5.25"
4	T. Greenlee	11 Casa	15'2.5"
5	Amy Tran	12 Lowll	15'1.5"
6	Judy Truong	10 GWash	15'1.25"
7	Erin Read	Tam	14'10"
8	Kate Ferricano	9 Mills	14'9.25"
9	Sarah Duran	11 Sono	14'9"
10	Rebekah Lesher	10 McKin	14'4.5"
11	Jennifer Berry	10 Ukiah	14'2.5"
12	Kelly Givins	12 SFork	14'1.5"
13	Grisel Ruiz	9 SRosa	13'9"
14	Heather Rice	9 Ukiah	13'8"
15	Herry Hui	11 Mills	13'6.75"
16	Laura Mosteller	10 Redwd	13'6.75"
17	Stephanie Hoffman	10 Peta	13'6"
18	Kozye Matayoshi	12 GWash	13'6"
19	Elizabeth Durney	11 Peta	13'5"
20	Kelly Walker	12 Ursu	13'3"
21	Rachel Hightower	10 Ranch	13'10"
22	I. Dolowitz	10 Casa	13'1.5"
23	Jessica Taylor	DVC	11'11.5"
24	Kassandra Hightower	9 Ranch	11'10"

High Jump, Varsity Boys

1	Kevin Weaver	11 McKin	6'6"
2	Sean Haggerty	12 Redwd	6'2"
3	Andy Ray	11 JSiena	6'0"
4	Eli Gordon	11 Napa	6'0"
5	Jon Willison	10 Mont	5'10"
6	Brett Amos	11 SRosa	5'10"
7	Clifford Leong	12 Mills	5'10"
7	David Cetani	DVC	5'10"
9	Jordan Smith	12 ElMo	5'6"

Pole Vault, Varsity Girls

1	Shail Pec-Crouse	11 SRosa	10'6"
2	Tonya Early	9 SFork	8'0"
3	Sophie Donnelly	12 Sono	8'0"
4	Elisa Yi	12 Mills	8'0"
5	Poetta Sanborn	9 Ukiah	7'6"
6	Annie Magliulo	9 Peta	7'6"
6	Nisana Anderson	10 Ursu	7'6"
8	Anna Lowe	12 ElMo	7'6"
9	Amy Tran	12 Lowll	7'0"

Triple Jump, Varsity Boys

1	David Dell	11 Redwd	42'0.5"
2	Sean Leonard	11 Piner	41'1.75"
3	Keith Hamilton	12 Arca	40'7.75"
4	Mike Reynolds	11 Pitt	40'3.5"
5	Gary Liu	12 Mills	40'3"
6	Brandon Morland	11 Analy	39'7"
7	Andrew Ryan	12 Sono	38'6.5"
8	Kelley Johannee	12 CNewm	38'2.5"
9	Devin Charoian	12 Peta	38'0"
10	Timo Walker	11 Pitt	37'7.75"
11	Mike Long	10 Vint	37'1.25"
12	Dewey Turner	11 FortB	36'5"
13	Phil Lakwart	11 Redwd	35'8.5"
14	Josh Mesa	11 SRosa	35'5"
15	Stephen Chong	10 Lowll	34'11"
16	Pham Long	10 Tam	33'10.5"
17	Darryl Eng	11 Castro	33'10"
18	Clint Semren	12 Vint	32'8.75"
19	Jacky Wong	10 Lowll	32'6.75"
20	Michael Paik	Castro	32'10"
21	Adam Schwartz	9 CNewm	32'1"
22	Rahman Williams	10 Mont	30'5.75"

Shot Put, Varsity Boys

1	Matt Hennessy	12 Tam	52'10"
2	Brendan Derby	11 Redwd	50'4"
3	Brian Cassayre	11 JSiena	49'6"
4	Denver Guillory	11 Piner	48'5"
5	Josh Rasmussen	Napa	47'10"
6	Justin Derby	11 Redwd	44'9.5"
7	Clint Brandt	12 Ukiah	43'7"
8	Brandon LaRocco	12 JSiena	42'3"
9	Brian Cetani	DVC	41'9"
10	Matt Pence	12 Ukiah	41'2"
11	Brian Maffie	12 Sono	40'9.5"
12	Sam Morgan	12 GWash	40'8"
13	Tyson Young	11 SFork	38'11"
14	Matt Garner	10 Sono	38'9.5"

Shot Put, Varsity Boys

15	J. Tomasek	12 Casa	37'9"
16	Leonard Mitchell	GWash	37'0.5"
17	Eric Robin	Redwd	36'0.5"
18	Scott Boone	12 SRosa	35'4"
19	D. Blonski	Casa	34'9"
20	Leon Winslow	12 Peta	33'5"
21	Thomas Georges	12 Peta	33'11.5"
22	Preston Tyler	11 ElMo	31'2"
23	Eric Sorenson	11 CNewm	30'8"
24	Silvan Wilensky	11 Lowll	28'2"
25	David Bergeron	12 Mont	26'10.5"
26	Daniel Finlayson	Lowll	24'8"

Discus Throw, Frosh/Soph Boy

1	Matt Rasmussen	10 Napa	132'5"
2	Chris Manning	9 Castro	127'2"
3	Matt McLeran	10 TLinda	125'9"
4	Mike Hartman	10 Napa	118'10"
5	Brett Bischofberger	9 Heald	109'2"
6	John Cunnie	10 SMar	107'2"
7	Chris Curry	9 Redwd	97'11"
8	Anthony Boyle	9 Casa	94'10"
9	Brian Usler	9 GWash	89'5"
10	Brett Rasby	9 Redwd	87'3"
11	Max Lomax	9 CNewm	85'9"
12	David Milner	DVC	83'8"
13	Mitch Bathke	Castro	83'7"
14	Abe Gardner	10 Sono	83'6"
15	Jaime Grupe	9 SMar	81'11"
16	Phil Roberto	10 Casa	77'7"
17	Cathan Potter	10 Piner	77'5"
18	Jason Loomis	10 FortB	72'0"
19	Kevin Renker	10 Kels	63'8"
20	Pat Kong	GWash	60'7"

Pole Vault, Varsity Boys

1	Nate Guido	10 Mont	11'6"
2	Cody Binkley	11 Sono	11'6"
3	John Ford	11 Piner	10'6"
4	Peter Mak	11 Lowll	10'6"
5	John Jordan	12 CNewm	10'0"
5	Kris Christensen	12 Arca	10'0"
7	Rob Ishihara	11 Kels	10'0"
8	Matt Blazdech	11 SMar	9'6"
9	Mario Karlsru	10 CNewm	9'6"
10	Troy Whitfield	11 Kels	9'6"
11	Danny Kung	11 Ranch	9'0"
12	David Filippini	12 Peta	9'0"

LOST AND FOUND:

The following items were picked up after the meet. If they belong to someone on your team and you'd like to arrange to get them back, call Larry Meredith at (707) 526-4536.

White crew-neck sweatshirt

Greenhouse Grill T-shirt

Vampire T-shirt (black)

Black nylon jacket

Purple nylon pants

Gray button-down sweater

Medium Sporthill Coolmax tanktop

White T-shirt with soccer logo

Nike spikes

Levi's wristwatch

Sunglasses

Castro Valley Vs. Bishop O'Dowd @ Chabot College

Date: April 23, 1998

Scores: **BV:** CV 58, BOD 78 **GV:** CV 87, BOD 49 **BFS:** CV 104, BOD 28 **GFS:** CV 119, BOD 6

4 x 400 Relay:

GFS: 1. CV (HAMILTON, HUNTER, BIGHAM, ENG) 55.2 2. BOD 55.6

BFS: 1. CV (Willits, Bissell, Stohr, Henderson) 46.6 2. BOD 48.1

GV: 1. CV (Randall, Bailey, Medrano, Tingle) 50.2 2. BOD 50.5

BV: 1. BOD 43.2 2. CV "B" n.t. CV "A" 42.6 D.Q.

1600 :

GFS: 1. Courtney Stewart (CV) 5:42 2. Erica Simmons (CV) 5:44.6 3. Jessica Groome (CV) 6:03.6 4. Powell (BOD) 6:23.8 5. Tafoya (BOD) 6:32.6 6. Rocktt (BOD) 6:40.9 7. Dodge (CV) 6:48.5 Lawton (CV) 7:12.1 Leach (CV) 7:39.3 Chan (CV) 7:44.5

BFS: 1. Brunell (BOD) 5:08.7 2. Bobby Puppione (CV) 5:39.9 3. Rayed Sheik (CV) 5:42.2 4. Travis (BOD) 5:42.7 5. Whalen (BOD) 5:47.2 6. Simpson (BOD) 6:30.8

GV: 1. Coleen McGrellis (CV) 5:28.8 2. Angleina Elliot (BOD) 5:30.8 3. Allissa Horejsi (CV) 5:32 4. Larson (BOD) 5:50.5 5. Tina Schmidt (CV) 5:57.4 6. Stephanie Weisman (CV) 5:58.2 7. Johnson (BOD) 6:18.4

BV: 1. Justin coffeen (CV) 4:45.9 2. Shaffer (BOD) 4:46.3 3. Kentoku yamamoto (CV) 4:54.4 4. Josh Kalsbeek (CV) 5:00.9 5. Kenpei yamamoto (CV) 5:02.1 6. Alex Cardiasmenos (CV) 5:03.4 7. Edward Cheung (CV) 5:08.3 8. Damien Dulaney (CV) 5:17.0 9. Hubble (BOD) 5:28.0 10. Silver (BOD) 5:43.3 11. Velbrock (BOD) 5:50.3

High Hurdles:

GFS: 1. Sheryl eng (CV) 18.1 2. Jessica Hunter (CV) 20.6 3. Rosann padilla (CV) 21.1

BFS: 1. Ryan ribeira (CV) 18.9 2. Derrick oliveira (CV) 19.2 3. Lonel Poblete 20.9 4. Erik Weed-Biehs (CV) 22.1 5. Ryan Fannesbeck (CV) 22.8

GV: 1. Marcia wong (CV) 18.6 2. Evans (BOD) 3. Theresa Robles (CV) 20.3 4. April wong (CV) 20.6 5. Maya Komadina (CV) 21.0 Rachel McDonald drf

BV: 1. clement Owunna (BOD) 15.6 2. Quinn (BOD) 17.8 3. Brad Willits (CV) 18.2 4. Vierra (BOD) 19.1

400:

GFS: 1. Autumn Pappas (CV) 72.5 no second or third

BFS: 1. Ash Williams (CV) 57.5 2. Eric pane (CV) 61.1 3. John Couche (CV) 61.6

GV: 1. Amanda Medrano (CV) 61.6 2. Skimra rodriguez (BOD) 62.6 3. GayLynn Pettersen (CV) 65.6 4. Pegram (BOD) 66.8 5. Michele tobia (CV) 68.2 6. Wakeley (BOD) 72.1

BV: 1. Holton (BOD) 51.3 2. Garvin (BOD) 52.9 3. Dru Mellon (CV) 54.2 4. Teekel (BOD) 54.9 Abramenko (CV) 51.1 DQ

100:

GFS: 1. Tomisha Young (CV) 14.2 2. Jackson (BOD) 14.5 3. Cayenne (BOD) 15.0 4. Bigham (CV) 15.1 5. Ewing (BOD) 15.6 6. Newton (CV) 17.2

BFS: 1. Mike Henderson (CV) 12.2 2. Jon Bernardo (CV) 12.3 3. Toller (BOD) 12.6 4. no name (BOD) 13.3 5. Nathan Freebody (CV) 13.8 6. no name (BOD) 14.0

GV: 1. Erin Dangerfield (BOD) 12.4 2. Adeniji (BOD) 12.9 3. Ashi tingle (CV) 13.2 4. Dean (BOD) 13.7 5. Mandi Randall (CV) 14.2

BV: 1. Reggie Bailey (CV) 11.2 2. Nick Mazur (BOD) 11.4 3. matt Omelagah (CV) 11.5 4. Sean Soblin (CV) 11.5 5. Eanes (BOD) 11.6

800:

GFS: 1. Courtney Stewart (CV) 2:37.6 2. Jessica Groome (CV) 2:39.8 3. Sweeney (BOD) 2:51.5 4. Tafoya (BOD) 2:53.9 5. Gail Kim (CV) 2:55.1 6. Suzy dodge (CV) 3:02.5 7. Rockett (BOD) 3:05.2 8. Michelle Lawton (CV) 3:17.7

BFS: 1. Ben draper (CV) 2:15.8 2. Bennett (BOD) 2:30.5 3. Robert Puppione (CV) 2:40.8

GV: 1. Alysia Gatchalian (BOD) 2:29.4 2. Colleen McGrellis (CV) 2:33.8 3. Tina Schmidt (CV) 2:38.5

BV: 1. Darryl Eng (CV) 2:05.2 2. Adam Shaffer (BOD) 2:06.8 2. Jim Nickolopoulos (CV) 2:06.8 4. Scott Cain (CV) 2:07.6 5. Kentoku Yamamoto (CV) 2:10.2 6. Colin Vetter (BOD) 2:12.3 7. Edward Cheung (CV) 2:12.8 8. Hoyt (BOD) 2:13.5

300 Hurdles:

GFS: 1. Sheryl Eng (CV) 67.4 2. Rosann Padilla (CV) 68.5 3. Marie Bichsel (CV) 69.2

BFS: 1. Derrick Oliveria (CV) 45.1 2. Ryan Ribeira (CV) 49.3 3. Smith (BOD) 49.8 4. Storvall (BOD) 51.9 5. Fannesbeck (CV) 54.4

GV: 1. Rachel McDonald (CV) 51.5 2. marcia wong (CV) 52.6 3. Evans (BOD) 52.8 4. Theresa Robles (CV) 56.8

BV: 1. Clement Owunna (BOD) 42.6 2. Jack Daniels (CV) 43.0 3. Vierra (BOD) 44.9 4. Mike paik (CV) 45.6 5. Quinn (BOD) 47.2

200:

GFS: 1. Amy Hamilton (CV) 29.9 2. Jessica Huner (CV) 30.2 3. jackson (BOD) 30.5 4. Cayenne (BOD) 31.6 5. Autumn Pappas (CV) 32.1 6. Ewing (BOD) 32.7 7. Tomisha Young (CV) 33.0

BFS: 1. Ash Williams (CV) 24.5 2. Jon Bernardo (CV) 24.6 3. John Willits (CV) 25.7 4. Mike DeSilva (CV) 27.7 5. Nathan Freebody (CV) 27.1 6. Bresnick (BOD) 28.7

GV: 1. Erin Dangerfield (BOD) 25.9 2. Adeniji (BOD) 26.7 3. Ashli tingle (CV) 26.8 4. Dean (BOD) 28.5 5. Mandi Randall (CV) 29.6
BV: 1. Reggie Bailey (CV) 22.8 2. Nick Mazur (BOD) 23.0 3. Eanes (BOD) 23.6 Abramenko 23.3 DQ

3200:

GFS: 1. Jessica Grome (CV) 15:38 2. Gain Kim (CV) 15:55 no third

BFS: 1. Brunell (BOD) 11:30 2. Puppione (CV) 11:55 3. Kevin Dickson (CV) 12:17 4. Chris jarvis (CV) 12:40

GV: 1. Allissa Horejsi (CV) 12:00 2. Chatel Shaw (BOD) 12:34 3. Stephanie Weisman (CV) 12:40 4. Brandin (BOD) 12:54 5. Greer (BOD) 13:02 6. Larson (BOD) 13:12 7. Powell (BOD) 14:08

BV: 1. Justin Coffeen (CV) 10:21 2. Adam Shaffer (BOD) 10:33 3. Alex Cardiasmenos (Cv) 10:40 4. Josh Kalsbeek (CV) 10:47 5. Kenpei yamamoto (CV) 10:56 6. hanzel (BOD) 11:24 7. Kentoku Yamamoto (CV) 12:18 8. Silver (BOD) 13:46

4 x 400 Relay:

GFS: 1. CV (Pappas, Simmons, Groome, Hunter) 4:57.4 2. BOD 5:20.2

BFS: 1. CV (Williams, Oliveira, Ribeira, Bissell) 3:54.9 2. BOD

GV: 1. BOD 4:14.8 2. CV (Medrano, Pettersen, Schmidt, tingle) 4:15.8

BV: 1. BOD 3:34.2 2. CV "A" 3:39.5 3. CV "B" 3:54.4

Long Jump:

GFS: 1. Gina Paladini (CV) 13-2 1/2 2. Autumn Pappas (CV) 11-8 1.2 3. Addi Bigham (CV) 11-6 4. Monica Beam (BOD) 10-10 5. Jordn hall (CV) 9-11 6. Rachel Szalay (CV) 8-7 1/4

BFS: 1. Mike DeSilva (CV) 17-3 1/2 2. Lorne Barfield (BOD) 16-6 3. Ben Draper (CV) 14-4 4. Erik Weed-Biehs (CV) 13-1 3/4

GV: 1. Amber Sammons (CV) 13-6 1/2 2. Theresa Robles (CV) 13-2 1/2 3. Loryn Bailey (CV) 13-0 1/2 4. Maya Komadina 11-9 1/2 5. April wong (Cv) 11-1

BV: 1. Reggie Bailey (CV) 20-4 2. Jack Daniels (CV) 19-10 1/2 3. Rob Walton (BOD) 19-1 1/4 4. Jon-Pierre Loche (BOD) 18-10 1/4 5. Mike DeGrazia (BOD) 15-7 1/2

Triple Jump:

GFS: 1. Amy Hamilton (CV) 26-5 1/4 2. Jordan Hall (CV) 23-5 3. Rachel Szalay (CV) 22-10 1/2 4. Marie Bichsel (CV) 22-4 1/2

BFS: 1. Mike DeSilva (CV) 34-0 1/2 2. Ben Draper 31-9 1/4 3. Erik Weed-Biehs (CV) 31-0 1/2

GV: 1. Lory n Bailey (CV) 31-11 1/4 2. Theresa robles (Cv) 29-10 1/2 3. April Wong (CV) 28-3 3/4 4. Maya Komadina (CV) 26-4

BV: 1. Scott Garvin (BOD) 38-10 2. Rob Walton (BOD) 38-5 3. Jon Pierre Loche (BOD) 38-3 3/4 4. Trvis Cano (CV) 33-6 5. Michael DeGrazia (BOD) 32-8

High Jump:

GFS: 1. Sherly Eng (CV)-2 and Tomisha young (CV) 4-2 3. AMy Hamilton (CV) 4-0 4. Marie Bichsel (CV) 4-0 5. Gina Paladini (Cv) 3-10

BFS: 1. Lorne Barfield (BOD) 5-4 no second or third

GV: 1. Loryn Bailey (CV) 4-8 2. Rachel McDonald (CV) 4-6 3. Maya Komadina (CV) 4-0 4. Marcy Long (CV) 4-0

BV: 1. Jon-Pierre Loche (BOD) 5-10 2. Mike DeGrazia (BOD) 5-4 3. Jared Stohr (CV) 5-2

Shot Put:

GFS: 1. Rebecca Weisman (CV) 24-10 2. Gina paladini (CV) 20-4 1/2 no third

BFS: 1. Cory Lynch (BOD) 43-11 1/2 2. Chris Manning (CV) 42-3 3. Mitch Bathke (Cv) 34-6 4. Eitam Manhoff (CV) 32-0

GV: 1. Michelle Daggs (BOD) 39-7 2. Tiffany Rizzo (CV) 30-6 1/2 3. Erin Gabel (CV) 29-3 4. Kristel van elk (Cv) 23-11 5. Sarah hausel (CV) 22-5 1/2 6. Alma Lopez (CV) 22-6 7. Tiffany Jower (CV) 22-4

BV: 1. Tim McGallian (BOD) 47-6 1/2 2. Brian Mon (BOD) 44-8 1/2 3. Tak Nobori (CV) 44-2 4. Ryan Jones (CV) 41-6 1/4 5. Robbie Collett (CV) 41-3 6. Charles Parker (BOD) 38-10 3/4 7. Rob Picetti (CV) 38-9

Discus:

GFS: 1. Rebecca Weisman (CV) 71-6 2. Gina paladini (CV) 65-7 no third

BFS: 1. Chris Manning (CV) 95-2 2. Eitam Manhoff (CV) 87-4 3. Mitch Bathke (CV) 78-11

GV: 1. Michelle Daggs (BOD) 99-0 2. Tiffay Rizzo (CV) 87-2 3. Sarah hausel (CV) 75-0 4. Kristel van Elk (CV) 74-1 5. Tiffanie Jower (CV) 60-3 6. Alma Lopez (CV) 59-10

BV: 1. Ryan Jones (CV) 135-0 2. Tim McGallian (BOD) 130-0 3. Robert Picetti (CV) 126-6 4. Mauro Martinez (CV) 123-3 5. Brian Moon (BOD) 121-9 6. Charles Parks (BOD) 118-5 7. Tak Nobori (CV) 105-0 8. Robbie collett (Cv) 100-7 9. Davari (BOD) 97-0

Pole Vault:

GFS: 1. Kim Ponce (CV) 7-6 no second or third

BFS: 1. Nicksimons (Cv) 8-6 2. Dan Cheung (CV) 8-0 3. Chris Ashford (Cv) 7-6

GV: 1. Amber Sammons (CV) 8-6 2. Katie Glenn (Cv) 8-6 3. jamie Arterburn (Cv) 8-0

BV: 1. Cory Rutherglen (CV) 11-0 2. Ricky Simons (CV) 10-6 3. Fernandez (BOD) 10-6 4. Einhorn (BOD) 8-6 5. Kuta (CV) 8-6

Review Local Sports

Versatile McDonald, Pettersen lead C.V. to victory

Redwood's Yovino wins long jump

By Jim O'Reilly
CORRESPONDENT

CASTRO VALLEY—There were lots of first times at the Trojan Invitational Relays Friday night.
Castro Valley High's Rachel

Trojan Invitational

McDonald, normally a hurdler, finished strong in the final leg of the girls' 4x100 relay for the Trojans win at 53.31 seconds.

"I just found out earlier today that I would be running in this thing," McDonald said. "Rather than mentally prepare for the race, I just made it simple and did my best."

In the girls' 4x220 relay,

Castro Valley's Gaylyn Pettersen was picked to anchor for the first time also, and like McDonald, took control in the final stretch for the win.

"It was new to me that's for sure," Pettersen said. "But I think that with the kind of team we have, all I had to do was my job — put my head down and follow through to the finish line."

In the girls' shot put, Hay-

ward's tandem of Corrie Cortez, Jennifer Sisson and Patrice Council teamed for first place.

Redwood Christian's Ana Yovino had the best girls' long jump of the day with a leap of 14-foot-6 inches.

McDonald and Bailey came through for the Trojans again in the girls' high jump with a 1-2 finish. McDonald won the gold with a 5-foot effort.

Castro Valley continued its

domination as Jamie Arterburn, Katie Glenn, Amber Sammons took the pole vault competition, with Glenn winning with an 8-foot-6 effort.

"I started out a little rough today," Glenn said. "But as the day went on, I was able to zone in on my technique and it worked."

It was the best she had ever done. When asked if she was working on an 8-foot-7 best, she

remarked: "Nine feet, nothing less."

Sammons wrenched her ankle on her final attempt at nine feet and had to leave in pain.

"Overall, this team continues to improve. Will we be able to beat some of the local track powers around here? It's a stretch," said Trojans Coach Tim Kuda. "But next year look for another championship."

1998 Castro Valley Invitational

Friday, April 24, 1998

Castro Valley High School

GIRLS VARSITY:

Scores:

Castro Valley	101
Alhambra	78
American	38
Benicia	31
Redwood Christian	28
California	18
Dublin	12
Hayward	10
Alameda	8
Las Lomas	8
Mt. Eden	2

4 x Mile:

1. Alhambra	23:39
2. Castro Valley	24:25
3. American	26:06

4 x 100:

1. Castro Valley "A"	53.31
2. Alhambra "A"	56.50
3. Castro Valley "B"	57.30

4 x Shuttle Hurdles:

(Heat 1)

1. Benicia	41.48
2. Castro Valley	43.16

(Heat 2)

1. Alhambra	43.68
2. Redwood Christian	45.79
3. American	46.34

4 x 220:

1. Castro Valley	1:54.34
2. Benicia	1:55.68
3. Alhambra	2:01.08
4. American	2:11.97

4 x 880:

1. Alhambra	10:45.3
2. Redwood Christian	11:11.3

Open 100:

(Heat 1)

1. Tomel Cooper (Dub)	13.25
2. Tianne Brown (Dub)	13.70
3. Tammy Galvan (Ben)	13.79
4. Tammy Concepcion (ME)	13.82
5. Mandi Randall (CV)	13.93
6. Michelle Schlitt (Amer)	14.66

(Heat 2)

1. Sarah Jager (Amer)	14.73
2. Shavaughn Baker (ME)	14.98
3. Karen Quinto (Ala)	15.21
4. Christy Pocan (Amer)	16.08

Devil Mile:

1. Susan Kang (Amer)	6:07
2. Abby Rains (Amer)	6:18
3. Melissa Vivian (Amer)	6:20
4. Susie James (Dub)	6:24
5. Michelle Schlitt (Amer)	6:59

4 x 400:

1. Alhambra	4:23.77
2. Castro Valley	4:31.52
3. Redwood Christian	4:38.89
4. Benicia	4:39.85
5. American	5:05.62

High Jump:

1. Castro Valley "A"	13-6
2. Alhambra	13-4
3. American	12-4
4. Castro Valley "B"	11-10

Individuals:

1. Rachel McDonald (CV)	4-10
2. Loryn Bailey (CV)	4-8
3. Maureen Mason (Alh)	4-8
4. Michelle Schlitt (Amer)	4-4
5. Christy Pocan (Amer)	4-2

Long Jump:

1. Redwood Christian	41-1 1/2
2. Alhambra	40-9
3. Castro Valley "B"	38-6
4. American	37-11
5. Castro Valley "A"	26-3 1/2
6. Alameda	24-4 1/2
7. Benicia	13-6
8. Richmond	13-4

Individual:

1. Ana Yovino (RC)	14-6 1/2
2. Lauren Chin (Ala)	14-1
3. Amber Davidson (RC)	13-11 1/2
4. Kelly O'Dell (Alh)	13-10
5. Kim Bear (Alh)	13-9

Shot Put:

1. California	82-0
2. Hayward	75-9
3. Alhambra "A"	75-2
4. Castro Valley "A"	75-1
5. Alameda	68-1
6. Castro Valley "B"	63-3
7. Benicia	30-4
8. Alhambra "B"	23-7

Individual:

1. Carolan Whitney (Ben)	30-4
2. Josie Robinson (Alh)	30-0
3. Kate Valdez (Cal)	29-6
4. Tiffany Rizzo (CV)	29-2
5. Corrie Cortez (Hay)	29-0 1/2

Discus:

1. Castro Valley "A"	238-7
2. California	237-10
3. Alameda	224-4
4. Castro Valley "B"	207-10
5. Hayward	204-7
6. Benicia	197-5
7. Alhambra	183-10
8. Benicia "B"	59-7

Individuals:

1. Kate Valdez (Cal)	102-7
2. Tammy Concepcion (ME)	88-11

3. Tiffany Rizzo (CV) 87-7

4. Cardian Whitney (Ben) 86-8

5. Jennifer Palmer (Ala) 83-1

Pole Vault:

1. Castro Valley	24-6
2. Benicia	8-0
3. Las Lomas	8-0
4. Alhambra	7-6

Individuals:

1. Amber Sammons (CV)	8-6
2. Katie Glenn (CV)	8-6
3. Mahogany Taylor (Ben)	8-0
4. Brooke Miller (LL)	8-0
5. Laura Johnson (Alh)	7-6

GIRLS' FROSH-SOPH

Scores:

1. Castro Valley	76
2. Hayward	58
3. Alameda	56
4. Benicia	38
5. Las Lomas	26
5. Mt. Eden	26
7. Alhambra	18
8. Dublin	16
9. Richmond	12
10. Foothill	11
11. Redwood Christian	2

4 x Mile:

1. Castro Valley "A"	23:50
2. Alameda	28:48
3. Las Lomas	28:52
4. Castro Valley "B"	29:02

4 x 100:

Heat 1:

1. Mt. Eden	56.81
2. Hayward "C"	58.70
3. Alameda "B"	60.17
4. Alameda "C"	71:19

Heat 2

1. Hayward "A"	54.89
2. Alameda "A"	55:51
3. Benicia	57.52
4. Las Lomas	57.77
5. Hayward "B"	59.58

4 x Shuttle Hurdles:

Heat 1:

1. Castro Valley	47.02
2. Mt. Eden	51.46

Heat 2:

1. Foothill	45.10
2. Benicia	45.95
3. Hayward	48.27

4 x 220:

Heat 1:

1. Hayward	1:59.24
2. Richmond	2:06.94
3. Alameda "B"	2:11.74

Heat 2:

1. Alameda "A"	2:00.20
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2. Mt. Eden 2:01.75

3. Castro Valley 2:01.80

4. Benicia 2:15.21

5. Alameda "C" 2:32.21

4 x 880:

1. Castro Valley "A"	10:59.0
2. Alameda	12:46.5
3. Castro Valley "B"	13:42.3

Open 100:

Heat 1:

1. Kalani Hollemon (Hay)	13.20
2. Gilleon Smith (ME)	13.41
3. Yonnie Leung (Ala)	13.72
4. Melissa Yee (Ala)	13.79
5. Denein Morris (Hay)	14.44
6. Tomisha Young (CV)	14.72
7. Anna Manning (Ben)	14.94

Heat 2:

1. Danielle Fletcher (Foot)	14.30
2. Addie Bigham (CV)	14.40
3. Alana Austin (Dub)	14.75
4. Talisha Dyson (ME)	16.10
5. Aimee Nash (Dub)	16.40

Devil Mile:

1. Erica Simmons (CV)	6:13
2. Courtney Stewart (CV)	6:14
3. Carrie McIntyre (Hay)	6:18
4. Sarah Dyer (RC)	6:21
5. Sarah Richardson (Hay)	6:30
6. Vinh Hyunh (Dub)	7:23

4 x 440:

1. Alameda "A"	4:37.94
2. Castro Valley	4:45.34
3. Benicia	4:50.74
4. Hayward	4:52.94
5. Alameda "B"	4:54.84
6. Mt. Eden	5:08.24

High Jump:

1. Hayward	13-0
2. Alameda	12-10
3. Castro Valley "A"	12-4
4. Castro Valley "B"	11-10
5. Dublin	11-8
6. Benicia	3-8

Individuals:

1. Angela McConnell (H)	4-8
2. Lauren Doty (Ala)	4-6
3. Sheryl Eng (CV)	4-4
3. Karen Wong (Hay)	4-4
5. Briony Beam (Ala)	4-4

Long Jump:

1. Hayward	40-2
2. Benicia	40-0 1/2
3. Las Lomas "A"	39-4
4. Castro Valley "A"	37-1
5. Las Lomas "B"	29-4
6. Mt. Eden	27-3 1/2
7. Castro Valley "B"	25-8

Individuals:

1998 Castro Valley Invitational

Friday, April 24, 1998

Castro Valley High School

1. Kalani Hollemon (H) 14-6	3. Castro Valley "C" 51.16
2. Gilleon Smith (ME) 14-2	4. Alameda "B" 52.59
3. Cherish Watson (Ben) 13-6 1/2	5. Alameda "C" 57.04
4. Ashley Erdman (LL) 13-6	Heat 2
5. Chelsea Pancoast (LL) 13-5	1. Benicia 47.09
Shot Put:	2. Hayward "A" 47.61
1. Richmond 74-5 1/2	3. Alameda "A" 47.71
2. Alhambra 68-11 3/4	4. Castro Valley "A" 47.81
3. Dublin 60-10	5. Alhambra 50.06
4. Benicia 44-4 3/4	6. Hayward "B" 50.22
5. Mt. Eden 39-9 3/4	7. California 52.30
Individuals:	4 x Shuttle hurdles:
1. Lizzy Colbert (Alh) 27-0 3/4	1. Benicia 40.51
2. Tanisha Bouma (Rich) 25-0	2. Castro Valley 43.93
3. Rosa Romero (Rich) 24-10	3. Alhambra 47.20
4. Megan Oleson (Ben) 23-9 3/4	
5. Danielle Robinson (Rich) 23-8 1/2	

Discus:

1. Alhambra 198-3
2. Dublin 154-4
3. Mt. Eden 152-11

Individuals:

1. Lizzy Colbert (Alh) 67-3
2. Reeah Winkle (Alh) 66-7
3. Dorothy Concepcion (ME) 64-10
4. Lauren See (Alh) 64-5
5. Stephanie Gladen (Dub) 60-7

Pole Vault:

1. Las Lomas 22-6
2. Benicia 13-0
3. Castro Valley 6-6

Individuals:

1. Jenika Heim (LL) 7-6
1. Allison Creech (LL) 7-6
3. Elaine Hoffman (LL) 7-6
4. Kim Ponce (CV) 6-6
5. Shannon Solden (Ben) 6-6

Frosh-Soph Boys:

1. Benicia 95
2. Las Lomas 55
3. Hayward 49
4. Alhambra 48
5. Castro Valley 46
6. Richmond 20
7. Dublin 16
8. Alameda 12
9. American 6
10. Foothill 6

4 x Mile:

1. Benicia 21:38
2. Alhambra 21:42
3. American 21:55
4. Hayward 22:10
5. Castro Valley 22:45
6. Alameda 23:13

4 x 100**Heat 1**

1. Richmond 47.40
2. Castro Valley "B" 49.02

Open Mile

1. Ryan McGinnis (LL) 5:00
2. Francisco Gomez (Dub) 5:03
3. Mitchell Hodgson (Alh) 5:09
4. Eric Clarkson (LL) 5:11
5. Caleb Leisure (Alh) 5:12
6. James Chen (Amer) 5:14
7. Keith Fillipi (Amer) 5:15
8. Jarod Siegel (RC) 5:28
9. Peter Holland (Alh) 5:28
10. Timothy Mill (Amer) 5:37
11. Chris Bell (Hay) 5:39
12. Matthew Yee (Ala) 5:43
13. Eduardo Rodriguez (Hay) 5:47
14. Jeffrey Phan (Ala) 5:55
15. Kevin Bowdein (Amer) 5:57
16. Jody Dipala (Amer) 5:59

4 x 440**Heat 1**

1. Dublin 3:57.08
2. California 4:03.33
3. Redwood Christian 4:07.16
4. Alameda "B" 4:18.20

Heat 2

1. Benicia 3:51.34
2. Hayward "A" 3:54.64
3. Castro Valley 3:56.94
4. Alhambra 3:57.84
5. Alameda "A" 4:08.94
6. American 4:24.54
7. Hayward "B" 4:31.64

High Jump:

1. (tie) Benicia 15-10
1. (tie) Castro Valley 15-10
3. Hayward 15-4
4. Richmond 10-10
5. Las Lomas 10-6
6. Dublin 10-2
7. Alameda 4-10

Individuals:

1. Ben Hanson (CV) 5-6
2. Chris Dixon (Rich) 5-6
3. Ryan Matteson (H) 5-4
3. Layton (Ben) 5-4
5. Puno (Ben) 5-4
5. Jared Stohr (CV) 5-4

Triple Jump:

1. Las Lomas 101-6
2. Alhambra 99-7 1/2
3. Hayward 99-6
4. Benicia 97-8
5. Castro Valley 30-6

Individual:

1. Laith Almagen (Hay) 37-0
2. Chris Gabe (LL) 35-7 1/2
3. Mitchell Hodgson (Alh) 35-6 1/2
4. Jeff Santana (Ben) 34-0 1/2
5. Eric Clarkson (LL) 34-0

Shot Put:

1. Las Lomas 118-3 3/4

2. Benicia 107-11
3. Castro Valley 106-9
4. Alhambra 102-3 1/2
5. Hayward 100-1 1/2

Individuals:

1. Basil Al Faqih (LL) 46-6
2. Chris Manning (CV) 40-8
3. Derek Patterson (Alh) 39-10
4. John Frohnen (LL) 38-1 1/4
5. Steve Henderson (Ben) 36-8

Discus:

1. Benicia 303-3
2. Alhambra "A" 275-8
3. Las Lomas 255-1
4. Castro Valley 246-5
5. Alhambra "B" 204-6
6. American 199-9
7. Hayward 183-0
8. Alameda 74-11

Individuals:

1. Derek Patterson (Alh) 116-8
2. Steve Henderson (Ben) 111-3
3. Basil Al-Faqih (LL) 105-5
4. Chase Forrester (Ben) 104-2
5. Matt Conlin (H) 91-3

Pole Vault:

1. Benicia 29-6
2. Hayward 16-0
3. Castro Valley 15-0
4. Las Lomas 8-6

Individuals:

1. Joe Rivera (Ben) 11-0
2. Nick Santana (Ben) 9-6
3. Travis Ladd (Ben) 9-0
4. Jim Marshel (LL) 8-6
5. Laith Almagen (H) 8-0

JUNIOR COLLEGE

SCOREBOARD

Baseball

JC

DVC 9, Laney 8

DVC	300	000	303	—	9	8	0
Laney	003	110	003	—	8	14	1

Dan Parker, Les Galer (9) and Brian Silva. Donny Davis, Tony Dawson (9), Kevin Toms (9), Shamar Cotton (9) and Tyrus Matsumoto. WP: Parker (5-2), LP: Davis. S: Galer (1). 2B: Dustin Boots (DVC), Matsumoto (Laney). 3B: Nick Arseniak (DVC) 2, Kevin Campbell (DVC), Barry Nixon (Laney), Robert Wooten (Laney), Cliff Cornial (Laney). HR: Jason Santos (DVC) seventh inning, one on; Samone Peters (Laney) ninth inning, two on. Records: Diablo Valley 17-19 overall 12-2 BVC; Laney 17-16 overall, 11-13 BVC.

Highlights: DVC — Arseniak 3-for-5, 2 RBI; Galer retired final two batters for save after giving up triple to Cornial; Santos 2-for-4, 3 runs scored, 2 RBI; Laney — Cornial 3-for-5, 2 RBI; Wooten 3-for-4, 3 runs scored.

Track

JC WOMEN

BVC Championships

Team scores: American River 180.50, Sacramento City 168, Diablo Valley 152, Merritt 59, San Joaquin Delta 51.50, Santa Rosa 44, Sierra 33, Yuba 31, Cosumnes River 20, Marin 11, Mendocino 6, Contra Costa 6.

Individuals

100: Trinity Davis (Merr) 11.91, Myka Hammock (Merr) 12.26, Sarah Aguilon (SR) 12.44; 200: Davis (Merr) 24.99, Hammock (Merr) 25.35, Aguilon (SR) 25.84; 400: Jackie Dalton (Sac) 1:00.61, Jacquella Lewis (Sac) 1:01.55, Vivian Voochen (Sac) 1:01.82; 800: Deanna Wisler (AR) 2:33.94, Melissa Rodriguez (DVC) 2:35.95, Dawn Cabatca (Sac) 2:36.92; 1,600: Jen Schindler (AR) 4:52.84, Marrie Argentine (AR) 5:08.09, Jen Ponig (SR) 5:10.19; 3,200: Schindler (AR) 10:06.63, Ponig (SR) 10:55.34, Argentine (AR) 11:06.95; 5,000: Schindler (AR) 19:36.68, Elizabeth Berloye (DVC) 20:17.94, Theresa Hollenbeck (Yuba) 20:37.07; 100 IH: Crystal Farmer (Sac) 15.69, Kristi Johnson (DVC) 15.90, Lewis (Sac) 16.37; 400 LH: Gianna Federico (Mar) 1:05.66; Voochen (Sac) 1:08.13, Theresa Holmes (SR) 1:10.86; 400 relay: Merritt 48.39, Sacramento 49.31, Diablo Valley 52.54; 1,600 relay: Merritt 4:05.53, Sacramento 4:09.74, Delta 4:27.98; HJ: Johnson (DVC) 5-2, Iman Sims (Sac) 5-0, Farmer (Sac) 4-10; PV: Christine Eppert (Sierra) 11-0, Kelly Coldren (Del) 8-6, Jeanna Kennedy (Sierra) 8-6; LJ: Johnson (DVC) 17-7 1/4, Lewis (Sac) 17-4 1/4, Jackie Dalton (Sac) 16-1 1/4; TJ: Johnson (DVC) 35-02 1/4, Shaunda Johnson (Cos) 34-03 1/4, Butler (Delta) 31-02 1/4; Discus: Barbara Weaver (AR) 133-08, Jeannie Tufu (DVC) 132-01, Jennifer Sagundel (DVC) 129-08; SP: Weaver (AR) 43-05, Tufu (DVC) 41-0, Nakeria Trammel (Men) 38-0.

JC MEN

BVC Championships

Team scores: Sacramento 163, American River 126, Diablo Valley 110, Yuba 75, Merritt 58, Marin 51, Santa Rosa 48, Contra Costa 42, San Joaquin Delta 31, Sierra College 30.5, Cosumnes 27, Mendocino 9.

Individuals

100: Robert Starr (Merr) 10.54, Willard Mont-

gomery (CCC) 10.61, Mike Cook (SR) 10.63, 200: Malaichi Davis (Sac) 21.04, Starr (Merr) 21.44, Tony Bray (Sac) 21.53; 400: Davis (Sac) 47.93, Dan Pyatt (Merr) 50.50, Terrence Rose (DVC) 50.95; 800: Beven Brian (AR) 1:56.57, Mike Wojciehowski (DVC) 1:57.28, Jered Plemons (Sierra) 1:57.67; 1,600: Wojciehowski (DVC) 4:02.85, Brian Locher (Yuba) 4:12.35, Christopher Swain (Mar) 4:13.26; 5,000: Wojciehowski (DVC) 16:11.79, Brian Pryun (SR) 16:26.09, Blair (AR) 16:30.49; 110 HH: Steve Robinson (Mar) 14.30, Ciaran McDunphy (Mar) 14.62, Starr (Merr) 15.08; 400 RH: McDunphy (Mar) 54.10, Roy Edwards (Merr) 55.91, Tyrone Allen (Sac) 56.43; 3,000 steeplechase: Pryun (SR) 9:58.2, Jason Bouey (Merr) 9:59.3; 1,000 relay: Contr Costa 41.93, Sacramento 42.39, Diablo Valley 43.58; 1,600 relay: Sacramento 3:22.30, Merritt 3:25.14, Diablo Valley 3:26.01; HJ: Cory Todd (AR) 6-4, Augustine (Yuba) 6-4, Armon Batiste (Cos) 6-2; PV: Trevor Papp (DVC) 15-10 1/4, Willie Deltchman (AR) 15-0, Justin Miller (Del) 14-6; TJ: Derrick Lewis (Sac) 49-6 1/4, Augustine (Yuba) 47-0 1/4, Todd (AR) 46-6 1/4; SP: Charles Thomas (Sac) 49-01, David Freeland (Sac) 48-11, Jeremy Holt (Mar) 48-0; Discus: Thomas (Sac) 156-05, Robinson (Mar) 139-10, Freeland (Sac) 133-6.

PREP BOYS

Bay Area Top 8 Invitational

At James Logan High School

100: Atari Callen (De La Salle) 11.20, Steve Vickers (Franklin) 11.05, Arvin Wu (El Camino) 11.09, Rico Paredes (Yerba Buena) 11.13, Tim Stevens (San Ramon Valley) 11.19, Lloyd Jackson (Antioch) 11.20; 200: Atari Callen (De La Salle) 22.41, Arvin Wu (El Camino) 22.65, Steve Vickers (Franklin) 23.92, Tim Stevens (San Ramon Valley) 22.97, Pierre Jetson (James Logan) 23.31, Nick Mazerur (Bishop O'Dowd) 23.32; 400: Kimani Loran (St. Mary's) 50.14, Ricco Brown (California) 50.28, Ryan McCarty (Foothill) 50.58, Solomon Lee (Fremont) 51.10, Humphrey Garrett (Skyline) 51.25, Adam Golt (Moreau) 52.10; 800: Scott McDonald 4:24.15, Tim Layden (De La Salle) 4:24.62, Craig Lee (College Park) 4:28.98, Donovan Jones (Livermore) 4:29.02, Ryan Stanton (De La Salle) 4:30.97, Grant Erickson (Placer) 4:31.07; 3,200: David Vigil (College Park) 9:42.44, Matt Laye (Granada) 9:43.59, Matt Wise (Campolindo) 9:44.18, Shamir Weaver (Mission San Jose) 9:49.34, Tim Layden (De La Salle) 9:51.04, Jeff Stordahl (San Ramon Valley) 9:53.74; 110 hurdles: Charles Arney (James Logan) 14.40, Marlon Beaver (Newark Memorial) 14.96, Okunna Clement (Bishop O'Dowd) 14.98, Kevin Mackey (Northgate) 15.30, Jeff McKeown (Clayton Valley) 15.44, Jamar Parish (Vacaville) 15.53; 300 hurdles: Jeff McKeown (Clayton Valley) 39.24, Marlon Beaver (Newark Memorial) 39.35, Rico Paredes (Yerba Buena) 40.15, Kevin Mackey (Northgate) 39.92, Fiston Balumbu (James Logan) 40.18, Pat Mc-Glashan (Vacaville) 40.52; 400 relay: Skyline 42.53, James Logan 42.88, Castro Valley 43.04, Yerba Buena 43.42, De La Salle 43.44, Alhambra 43.69; 1,600 relay: Skyline 3:20.95, Foothill 3:22.98, James Logan 3:28.28; Fremont 3:30.34; Yerba Buena 3:31.55; Clayton Valley 3:31.47; HJ: Bencent Bostinght (Hayward) 6-6, Jacob Cantrell (Vacaville) 6-0, Josh Eckman (Atwater) 6-0, Lester Cannon (James Logan) 6-0, Joe Dunciga (James Logan) 5-8, Jason Blount (Liberty) 5-8; PV: Brandon Braunstein (Newark Memorial) 15-6, Coner Swegle (De La Salle) 14-2, Rich Engel (Las Lomas) 12-6, Joe Dunciga (James Logan) 12-6, Chad Wilson (Las Lomas) 12-5, Alfred Fuller (Campolindo) 12-6; LJ: Benson Jones (Clayton Valley) 23-4 1/4, aron Barker (Foothill) 22-10, Derrick Kindle (Mt.

Eden) 22-9, Reggie Bailey (Castro Valley) 22-3 1/4, Certes Cagape (Yerba Buena) 22-0 1/4, Fiston Balumbu (James Logan) 20-6 1/4; TJ: Benson Jones (Clayton Valley) 47-2 1/4, Ryan Fernandez (Skyline) 46-2 1/4, Glen Stone (Yerba Buena) 45-2 1/4, Tabu McKnight (Tennyson) 43-6, Danny Walker (James Logan) 43-5 1/4, Lester Cannon (James Logan) 43-0 1/2; SP: Matt Hennessy (Tampalpais) 51-0, Rusty Price (Atwater) 50-1, Brendan Darby (Redwood) 49-0, Pat Fay (Northgate) 48-1, Robbie Christiansen (Las Lomas) 47-7, Sean Doherty (Mt. Diablo) 46-10; Discus: Rusty Price (Atwater) 146-8, Joe Berro (Redwood) 154-10, Matt Hennessy (Tampalpais) 146-5, Marcus Glass (Mt. Pleasant) 142-3, Ryan Jones (Castro Valley) 137-5, Mike Barlow (Amador Valley) 137-10.

PREP GIRLS

Bay Area Top 8 Invitational

At James Logan High School

100: Adrena Williams (James Logan) 12.03, Miya Edmondson (St. Bernard) 12.05, Erin Dangel (Bishop O'Dowd) 12.26, Anita McCallum (San Lorenzo) 12.30, Raanee Mahali (St. Mary's) 12.30, Essence Kendrick (St. Bernard) 12.50; 200: (run in heats) Alisha Hargain (San Lorenzo) 24.45, Miesha Withers (St. Bernard) 24.49, Tania Woods (Skyline) 25.53, Kadrina Coffee (St. Bernard) 25.53, Raanee Mahali (St. Mary's) 25.66, Erin Dangel (Bishop O'Dowd) 25.76; 400: Mylesha Withers (St. Bernard) 56.77, Kadrina Coffee (St. Bernard) 57.02, Jenny Hogg (International Studies) 58.81, Jamar Smith (James Logan) 61.00, Bahati Bodden (James Logan) 1:01.48; 800: Lindsay Hyatt (Placer) 2:09.4, Danielle Price (James Logan) 2:12.69, Jessica Marr (Hayward) 2:15.6, Colleen Wrenn (Palo Alto) 2:15.82, Kelly Platanesi (Carondelet) 2:17.97, Amanda Neecheu (Mission San Jose) 2:25.3, 1,600: Lindsay Hyatt (Placer) 4:58.24, Katie Hotchkiss (Mission San Jose) 5:03.68, Jennifer Akana (Lowell) 5:04.65, Kara Moser (University) 5:10.59, Yvonne Liebig (Kennedy-Sacramento) 5:10.94, Meghan Andrade (Carondelet) 5:12.59; 3,200: Yvonne Liebig (Kennedy-Sacramento) 10:46.40, Jennifer Akana (Lowell) 10:51.58, Nichi-Harakawa Wong (Lowell) 11:04.98, Robin Stevens (Vacaville) 11:10.65, Meghan Andrade (Carondelet) 11:19.07, Brooke Wheeland (Northgate) 11:24.82; 100 HH: Natasha Neal (James Logan) 14.10, Kelley Watson (Milpitas) 14.98, Carrie McGraw (Mission San Jose) 15.04, Carolyn King (Carondelet) 15.33, Becca Fong (Mission San Jose) 15.34, Simone Brooks (Berkeley) 15.55; 300 hurdles: (run in heats) Natasha Neal (James Logan) 41.3, Carrie McGraw (Mission San Jose) 43.20, Ryan Peters (Skyline) 43.4, Lisa O'Connor (Mission San Jose) 44.8, Tamara Guiley (Oak Grove) 45.5, Brooke Irvin (James Logan) 45.5; 400 relay: St. Bernard 46.05, Skyline 46.81, James Logan 46.84, San Lorenzo 47.66, Bishop O'Dowd 49.59, St. Mary's 50.97; 1,600 relay: San Lorenzo 3:49.27, St. Bernard-Playa Del Rey 3:49.37; Skyline 3:53.01, James Logan 3:53.02, Carondelet 4:00.08, HJ: Cynthia Makiory (Milpitas) 5-6, Kim Stone (York) 5-4, Sarah Soroken (California) 5-0, Amber Nixon (Amador Valley) 5-0, Amanda Townsend (James Logan) 5-0, Toni Muratory (Atwater) 4-10; PV: Erin Mann (SRV) 9-0, Christi Bolanos (AV) 8-6, Kelly Minnaugh (Foot) 8-6, Shawn McLean (Moreau) 8-6, Cindy Glover (Gra) 8-6, Lina Sar (Mt. Pleasant) 8-6; LJ: Dominique Green (James Logan) 18-6, Miya Edmondson (St. Bernard) 17-8 1/4, Beth Johnson (James Logan) 17-1 1/4, Montiqua Sargent (James Logan) 16-10, Brionne Dawson (Carondelet) 16-7 1/4, Sarah Icarman (Central Valley) 16-6 1/4; TJ: Andrea Kincaid (Skyline) 36-10 1/2, Brionne Dawson (Carondelet) 36-8, Becca Fong (Mission San Jose) 36-7 1/4, Jamar Smith (James Logan) 36-4 1/4, Desiree English (St. Mary's) 36-2, Kalani Holleman (Hayward) 35-

2 1/4; SP: Chaniqua Ross (Laguna Creek) 46-0, Amy Thiel (Fremont Christian) 43-2, Theresa Hahn (Granada) 41-3, Michelle Daggs (Bishop O'Dowd) 40-5, Melissa Reis (James Logan) 38-6, Amanda Garcia (Laundeleite) 37-8 1/2; Discus: Melissa Reis (James Logan) 163-10, Chaniqua Ross (Laguna Creek) 161-3, Amy Thiel (Fremont Christian) 121-10, Rosie Aikens (St. Mary's) 119-4, Diane Williams (Hillsdale) 117-0, Theresa Hahn (Granada) 112-11.

Swimming

PREP GIRLS

Antioch Relays

at Deer Valley HS

Team scores: Deer Valley 137, Liberty 131, Fairfield 106, Antioch 100, Newark Memorial 85, Holy Names 75, Ygnacio Valley 60, El Cerrito 56, San Leandro 41.

200 Medley Relay: Fairfield 2:01.93, Deer Valley 2:04.42, Antioch 2:11.21, Liberty 2:19.16, San Leandro 2:25.23; 300 back relay: Deer Valley 3:12.35, Ygnacio Valley 3:20.60, Fairfield 3:30.38, Liberty 3:30.49, Antioch 3:35.71; 400 free relay: Deer Valley 3:56.07, Fairfield 4:07.79, Antioch 4:22.21, Liberty 4:24.08, Newark Memorial 4:24.09; 200 fly relay: Liberty 2:02.54, Ygnacio Valley 2:03.63, Deer Valley 2:09.56, Antioch 2:10.18, Holy Names 2:17.80; 300 breast relay: Deer Valley 3:40.76, Fairfield 3:54.70, Liberty 3:55.48, Antioch 4:15.73, Holy Names 4:29.85; 400 medley relay: Liberty 4:38.17, Ygnacio Valley 4:40.03, Fairfield 5:00.78, Deer Valley 5:01.92, Antioch 5:14.44; 800 free relay: Deer Valley 8:20.97, Liberty 9:51.78, Antioch 9:54.40, Holy Names 10:04.34, Fairfield 10:15.02; 200 free relay: Liberty 1:48.54, Ygnacio Valley 1:51.15, Deer Valley 1:52.39, Newark 1:55.87, Fairfield 1:57.08; 400 medley relay: Deer Valley 4:20.09, Liberty 4:39.22, Newark 4:59.98, Fairfield 5:04.36, Holy Names 5:05.90; 200 sprint relay: Liberty 1:49.79, Deer Valley 1:51.54, Fairfield 1:55.52, Newark 2:01.22, Antioch 2:02.62.

PREP BOYS

Antioch Relays

at Deer Valley HS

Team scores: Deer Valley 132, Ygnacio Valley 116, Fairfield 108, El Cerrito 101, Dan Leandro 72, Antioch 65, Newark Memorial 50, Liberty 41.

200 Medley Relay: Fairfield 1:53.73, Deer Valley 1:56.40, Liberty 2:00.21, San Leandro 2:00.96, Antioch 2:09.64; 300 back relay: Deer Valley 3:18.86, Newark 3:24.18, El Cerrito 3:31.07, Ygnacio Valley 3:32.06, Fairfield 3:59.11; 400 free relay: Ygnacio Valley 3:31.81, Deer Valley 3:34.79, Deer Valley 4:06.31, Antioch 4:16.58, Newark 4:19.42; 200 fly relay: Ygnacio Valley 1:53.41, San Leandro 1:56.34, Deer Valley 1:58.49, El Cerrito 2:04.05, Fairfield 2:06.31; 300 breast relay: Deer Valley 3:31.74, Ygnacio Valley 3:43.63, El Cerrito 3:46.07, Fairfield 4:02.65, Newark 4:06.53; 400 medley relay: Deer Valley 4:25.78, Fairfield 4:26.72, El Cerrito 4:34.68, Ygnacio Valley 4:39.82, San Leandro 4:50.71; 800 free relay: Ygnacio Valley 7:42.17, Deer Valley 7:53.69, Fairfield 8:46.30, San Leandro 9:03.21, Antioch 9:22.92; 200 free relay: Liberty 1:38.69, Ygnacio Valley 1:39.98, Deer Valley 1:42.58, Newark 1:52.70, Antioch 1:56.92; 400 medley relay: Ygnacio Valley 3:56.08, Liberty 4:07.10, Deer Valley 4:07.28, El Cerrito 4:58.03, Fairfield 4:58.42; 200 sprint relay: Fairfield 1:34.43, Deer Valley 1:37.36, El Cerrito 1:42.17, Antioch 1:42.62.

Castro Valley v. Arroyo Thursday, April 30 1998

clear, sunny

On a day more noted by absence than by participation, the CV troops still devastated the Arroyo team. We had some very good performances, but the coaches were concerned that many of the athletes seemed to think that a home meet against a weaker opponent is a chance to run less hard, compete less intensely, or skip out of events altogether. These are not good signs if we are to consider ourselves league champion material. Let's get our focus back and roar into that HAAL championship meet in two weeks.

BV: CV 122, A 12 **GV:** CV 104, A 31 **GFS:** CV 81, A 1 **BFS:** CV 112, A 9

4 x 100:

GFS: 1. CV "A" (Jessica Hunter, Amy Hamilton, Addie Bigham, Sheryl Eng) 56.6 2. CV "B" (Danielle Kuykendahl, Jordan Hall, Rachel Szalay, Tomisha Young) 62.4

BFS: 1. CV "A" (Mike DiSilva, John Willits, Drew Bissell, Jared Stohr) 48.6 2. CV "B" (Lionel Poblerte, Eric Pane, Jophn Couche, Nathan Freebody) 51.8

GV: 1. CV (Mandi Randall, Loryn Bailey, Amanda Medrano, Michele Tobia) 53.8

BV: 1. CV (Sean Soblin, Mike Henderson, Matt Omelagah, Reggie Bailey) 46.4

1600:

GFS: 1. Suzy Dodge (CV) 6:38 2. Samantha Leach (CV) 7:10 3. Michelle Lawton 7:10 4. Jhonne (A) 7:12 5. Ashley (A) 8:00 6. Chelsea (A) 9:02

BFS: 1. Nick White (CV) 5:27 2. Ray Sheik (CV) 5:29 3. John (A) 5:46

GV: 1. Courtney Stewart (CV) 5:44 2. Erica Simmons (CV) 5:52 3. Teresa Ko (CV) 5:53 4. Lindsay (A) 6:40 5. Tiffaane L. (A) 6:44 6. Kara (A) 7:05

BV: 1. Alex Cardiasmenos (CV) 5:02 2. Bobby Puppione (CV) 5:29 3. Kenpei Yamamoto (CV) 5:30

High Hurdles:

GFS: 1. Sheryl Eng (CV) 18.1 2. Jessica Hunter (CV) 21.8 3. Marie Bichsell (CV) 22.9

BFS: 1. Derrick Oliveira (CV) 18.1 2. Lionel Poblerte (CV) 19.6 3. Ryan fonnesbeck (CV) 21.1 4. Mike Prakash (CV) 25.9

GV: 1. Jamie Aird (A) 17.8 2. Marcia Wong (CV) 17.9 3. Theresa Robles (CV) 19.9 4. Tonya (A) 20.4 5. Louis (A) 21.7

BV: 1. Brad Willits (CV) 17.5 2. Mike Paik (CV) 20.1 no third

400:

GFS: not contested

BFS: 1. John Couche (CV) 63.3 2. Eric Pane (CV) 63.5 no third

GV: 1. Michelle Bokamper (A) 64.7 2. Michelle Parry (A) 65.7 3. Teresa Ko (CV) 78.3

BV: 1. Dru Mellon (CV) 55.0 2. Matt Omelagah (CV) 56.0 no third

100:

GFS: 1. Tomisha Young (CV) 13.9 2. Addie Bigham (CV) 13.9 no third

BFS: 1. John Willits (CV) 12.0 2. Drew Bisell (CV) 12.4 3. Mike DiSilva (CV) 12.6 4. Nathan Freebody (CV) 12.8

GV: 1. Amanda Medrano (CV) 13.3 2. Mari Mantle (A) 13.4 3. Mandi Randall (CV) 14.1 4. Cindy (A) 14.5 5. Katie (A) 17.6

BV: 1. Genna Abramenko (CV) 11.3 2. Sean Soblin (CV) 11.4 3. Mike Henderson (CV) 11.5 4. Darryl Eng (CV) 12.0 5. Andrew (A) 12.2 6. Mike (A) 13.8

800:

GFS: 1. Suzy Dodge (CV) 3:04 2. Michelle Lawton (CV) 3:19 no third

BFS: 1. Ben Draper (CV) 2:27 2. Ray Sheik (CV) 2:32 3. Matt Sawyer-Long (CV) 2:33

GV: 1. Tina Schmidt (CV) 2:37 2. Kim Ponce (CV) 2:43 3. Stephanie Weisman (CV) 2:44

BV: 1. Jim Nickolopoulos (CV) 2:09.1 2. Kentoku Ayamamoto (CV) 2:09.8 3. Dru Mellon (CV) 2:20.2 4. Damien Dulaney (CV) 2:28 5. Josh Kalsbeek (CV) 6. Justin Coffeen (CV) 2:29

300 Hurdles:

GFS: 1. Sheryl Eng (CV) 66.1 2. Marie Bichell (CV) 68.3 no third

BFS: 1. Derrick Oliveira (CV) 42.8 (new school record: old record 45.0 Mike Paik 1996) 2. Lionel Poblerte (CV) 51.2 3. Mike Prakash (CV) 64.9

GV: 1. Marcia Wong (CV) 53.8 2. Theresa Robles (CV) 55.5 3. Tanya (A) 56.0 4. Louie (A) 67.8

BV: 1. Brad Willits (CV) 44.4 2. Mike Paik (CV) 46.1 3. Jack Daniels (CV) 46.7 4. Adam (A) 50.9 5. Alex (A) 62.3

200:

GFS: 1. Jessica hunter (CV) 29.8 2. Tomisha Young (CV) 32.2 no third

BFS: 1. John Willits (CV) 25.7 2. John Couche (CV) 27.5 3. Eric Pane (CV) 28.0

GV: 1. Michelle Bokamper (CV) 28.0 2. Amber Salcedo (CV) 28.6 3. Michele Tobia (CV) 29.3 4. Mandi Randall (CV) 29.9 5. Cindy (A) 30.2

BV: 1. Reggie Bailey (CV) 23.9 2. Genna Abramenko (CV) 24.0 3. Darryl Eng (CV) 24.7 4. Kentoku Yamamoto (CV) 25.5

3200:

GFS: not contested

BFS: 1. Kevin Dickson (CV) 12:08 2. John (A) 12:52 no third

GV: 1. Colleen McGrellis (CV) 12:11 2. Courtney Stewart (CV) 12:37 no third

BV: 1. Alex Cardiasmenos (CV) 10:51 2. Jason (A) 10:59 3. Bobby Puppione (CV) 12:06

4 x 400:

GFS: not contested

BFS: not contested

GV: 1. Castro Valley (Tina Schmidt, Theresa Robles, Michele Tobia, Amanda Medrano) no time

BV: 1. Castro Valley (Darryl Eng, Kentoku Yamamoto, Kenpei Yamamoto, Bobby Puppione) no time

HJ:

GFS: 1. Sheryl Eng (CV) 4-4 2. Laurie Bugawan (CV) 4-2 3. Marie Bichsel (CV) 4-0 4. Tomisha Young 3-6

BFS: 1. Jared Stohr (CV) 5-6 no second or third

GV: 1. Loryn Bailey (CV) 4-10 2. Marcy Long (CV) 4-4 3. Mari Mantle (A) 4-4 Lorein Lee (A) 3-8

BV: 1. (tie) Ben Hanson (CV) and Eric Garcia (A) 5-4 3. Travis Cano (CV) 5-0 4. Mike Gerton (A) 4-10

LJ:

GFS: not contested

BFS: 1. Mike DiSilva (CV) 17-6 1/2 2. Jared Stohr (CV) 15-5 3. Nathan Freebody (CV) 14-0 1/2

GV: 1. Loryn Bailey (CV) 14-8 2. Michelle Parry (A) 13-3 3. Lorie Lee (A) 10-2 1/2

BV: 1. Reggie Bailey 19-9 2. Jack Daniels (CV) 17-10 1/2 3. Ben Hanson (CV) 16-6 1/2 4. Eric Garcia (A) 16-1 5. Adam Jackson (A) 16-0

TJ:

GFS: 1. Amy Hamilton (CV) 27-5 2. Laurie Bugawan (CV) 25-6 1/2 no third

BFS: 1. Ben Draper (CV) 31-1 no second or third

GV: 1. Loryn Bailey (CV) 32-5 1/2 2. Theresa Robles (CV) 29-9 3. Jamie Aird (A) 27-11

BV: 1. Ben Hanson (CV) 34-7 1/2 2. Adam Jackson (A) 33-11 3. Darryl Eng (CV) 33-4 1/2 4. Travis Cano (CV) 32-9

SP:

GFS: 1. Laurie Bugawan (CV) 21-2 no second or third

BFS: 1. Chris Manning (CV) 38-3 2. Mitch Bathke (CV) 32-4 3. Daniel Allen (CV) 29-8 4. Stephen Riley (A) 28-10 5. Eitan Manhoff (CV) 28-3 6. Michael Thomas (CV) 27-10 7. Brian Hagebusch (A) 21-9 1/2

GV: 1. Rachel McDonald (CV) 32-2 2. Tiffany Rizzo (CV) 28-8 3. Erin Gable (CV) 27-9 4. Audra Chervatin (A) 24-7 5. Kristel van Elk (CV) 22-6 1/2 6. Sara Hausel (CV) 22-6 7. Tiffanie Jower (CV) 22-3 8. Amy Graesch (A) 20-8 9. Dana Mangini (A) 20-1 10. Posa Perez (A) 17-10 11. Alma Lopez (CV) 17-7

BV: (16 lb) 1. Tak Nobori (CV) 37-5 2. Robbie Collett (CV) 34-10 3. Mike McKinney (A) 29-8

Discus:

GFS: 1. Laurie Bugawan (CV) 57-10 no second or third

BFS: 1. Chris Manning (CV) 89-9 2. Eitan Manhoff (CV) 86-2 3. Daniel Allen (CV) 80-3 4. Mitch Bathke (CV) 73-7 5. Stephen Riley (A) 68-6 6. Michael Thomas (CV) 63-0 7. Brian Hagebusch (A) 49-5

GV: 1. Tiffany Rizzo (CV) 92-9 2. Kristel Van Elk (CV) 78-3 3. Tiffanie Jower (CV) 76-1 4. Sara Hausel (CV) 73-9 5. Rachel McDonald (CV) 72-7 6. Erin Gabel (CV) 63-6 7. Amy Graesch (A) 60-5 8. Rosa Perez (A) 58-9 9. Katie Tsurumoto (A) 50-5 10. Alma Lopez (CV) 50-4

BV: 1. Ryan Jones (CV) 137-0 2. Mauricio Martinez (CV) 125-1 3. Mike McKinney (A) 118-5 4. Robert Picetti (CV) 108-6 5. Tak Nobori (CV) 97-4 6. Robert Collett (CV) 91-0

PV:

GFS: not contested

BFS: 1. Peter Traum (A) 8-0 2. (tie) Chris Ashford (CV) and Nick Simons (CV) 7-6 4. Tim Comfort (CV) 7-0

GV: 1. Katie Glenn (CV) 8-0 2. Samantha Krohn (A) 7-0 3. Kim Ponce (CV) 7-0 4. Jaime Arterburn (Cv) 7-0

BV: 1. Ricky Simons (CV) 11-6 2. Brandon Tong (CV) 10-6 3. Richard Kuta (CV) 9-6 4. Mark Keck (A) 8-6 5. Chris Feliciano (A) 8-6 6. Chris Fosdahl (CV) 8-0 Cory Rutherglen n.h.

Saguindel (DVC) 108-1, Johnson (DVC) 129-2, SP: Jeanne Tufu (DVC) 38-6; **Discus:** Saguindel (DVC) 113-7, Tufu (DVC) 130-1.

PREP BOYS

Late Friday

Bob Warren Relays

At Acalanes HS (all distances in meters unless noted)

Team scores: St. Mary's 44, Castro Valley 35, Moreau Catholic 24, College Park 20, Antioch 20, Northgate 20.

100: Tim Stevens (San Ramon Valley) 11.15, Paki Gordon (St. Mary's) 11.17, Lloyd Jackson (Antioch) 11.23, LaTroy Lee (Antioch) 11.28, Willie Phillips (San Leandro) 11.33, Robert Butler (Deer Valley) 11.51; **Two-mile:** Brian Engleton (De La Salle) 9:51.6, Matt Wise (Campolindo) 9:54.6, Grant Cairns (Campolindo) 9:55.2, Jeff Stordahl (San Ramon Valley) 9:55.5, Chris Hernandez (Antioch) 10:00.6, Justin Coffeen (Castro Valley) 10:20.8; **110 hurdles:** Rich Nero (St. Mary's) 14.5, Kevin Mackey (Northgate) 15.0, Kevin Ernst (Las Lomas) 15.3, Clement Owunna (Bishop O'Dowd) 15.4, Kyle Beckham (Benicia) 15.6, Kevin Williams (Concord) 15.9; **400 relay:** Castro Valley 43.55, Antioch 44.02, St. Mary's 44.80, San Ramon Valley 44.85, Miramonte 44.93, San Leandro 45.10; **880-yard relay:** St. Mary's 1:29.0, Castro Valley 1:32.78, Moreau Catholic 1:35.2, Alhambra 1:35.73, Bishop O'Dowd 1:35.87, Concord 1:35.8, **1-mile relay:** St. Mary's 3:25.9, Northgate 3:32.3, Moreau Catholic 3:32.4, San Marin 3:34.1, Bishop O'Dowd 3:34.3, Alhambra 3:37.3; **4-mile relay:** College Park 18:35, De La Salle 19:24, Antioch 19:51, Moreau Catholic 19:53, Castro Valley 19:58, St. Mary's 20:16; **HJ:** Jay Bussey (Ygnacio Valley) 6-2, (tie) Kenny Renfro (Berean Christian) and Jordan Engledinger (Acalanes) 5-10, Jerrod Mack (St. Mary's) 5-10, Jon Williams (De La Salle) 5-10, Jared Banks (Campolindo) 5-8; **PV:** Alfred Fuller (Campolindo) 13-9, Pat Daly (San Ramon Valley) 12-6, Chad Wilson (Las Lomas) 12-0, Justin West (Miramonte) 12-0, Brandon Tong (Castro Valley) 11-6, Cory Rutherglen (Castro Valley)

11-6; **LJ:** Jerrod Mack (St. Mary's) 22-4 1/4, Reggie Bailey (Castro Valley) 20-11, Trevor Chatterton (Concord) 20-2 1/2, Robin Watkins (Deer Valley) 20-2, Ryan Koo (Miramonte) 19-10 1/2, Terrence Wong (Acalanes) 19-7, TJ: Robin Watkins (Deer Valley) 42-3 1/2, Ryan Koo (Miramonte) 41-6 1/4, Ajay Nayak (Acalanes) 41-2 1/2, Kevin Tillman (Concord) 40-8 3/4; **SP:** Robbie Christiansen (Las Lomas) 48-4 1/4, Tim McGallian (Bishop O'Dowd) 47-6 1/4, Pat Fay (Northgate) 47-3 3/4, Mateaki Ofahengaua (Acalanes) 46-8 1/4, Paul Anderson (De La Salle) 46-0 1/4, Craig Dukes (San Ramon Valley) 44-7 1/4; **Discus:** Robbie Christiansen (Las Lomas) 140-7, Ryan Jones (Castro Valley) 137-9, Pat Fay (Northgate) 133-9, Spencer Sayles (Campolindo) 131-3, Noah Tuitavuki (San Leandro) 131-0, Adam Wood (Acalanes) 127-3.

PREP GIRLS

Late Friday

Bob Warren Relays

At Acalanes HS (all distances in meters unless noted)

Team scores: Carondelet 49, St. Mary's 40, Ygnacio Valley 28, Northgate 27, Acalanes 25.

100: Raanee Mahal (St. Mary's) 12.55, Heather Murtaugh (San Ramon Valley) 12.88, Terrel Albert (Antioch) 13.11, Bree Horvath (Carondelet) 13.17, Tormel Cooper (Dublin) 13.32, Mona Al-Hassan (Northgate) 13.34; **2-mile:** Jennifer Akana (Lowell-San Francisco) 11:02.6, Katy Berkes (Campolindo) 11:19.7, Jessica Neu (Alhambra) 11:37.8, Brooke Wheeland (Northgate) 11:38.3, Amy Loper-Riley (Alhambra) 11:40.6, Kristin Odegaard (Benicia) 11:45.1; **100 hurdles:** Stephanie Cowling (Benicia) 16.48, Amy Chow (College Park) 16.94, Sarisa Ransom (St. Mary's) 17.12, Mandy Dougherty (College Park) 17.13, Michelle Cook (San Ramon Valley) 17.40, Sheela Subramanian (San Ramon Valley) 17.55; **400 relay:** St. Mary's 50.62, Ygnacio Valley 51.53, Northgate 51.60, Miramonte 52.17, San Ramon Valley 52.28, Benicia 52.85; **880-yard relay:** Northgate 1:49.9, Ygnacio Valley 1:50.6, St. Mary's 1:51.0, Benicia 1:53.5, Monte Vista 1:54.2, Carondelet 1:54.5; **1-mile relay:** Carondelet 4:11.6,

Acalanes 4:15.0, Miramonte 4:15.1, Moreau Catholic 4:16.1, Northgate 4:18.8, Alhambra 4:20.1; **4-mile relay:** Carondelet 22:02, Moreau Catholic 22:47, Monte Vista 23:17, College Park 23:19, Acalanes 23:23, Campolindo 23:40; **HJ:** Joanna Parker (Northgate) 5-0, Spring Harris (St. Mary's) 5-0, Loryn Bailey (Castro Valley) 5-0, Rachel McDonald (Castro Valley) 4-10, Meghan Merrill (Campolindo) 4-10, Adrienne McMullen (Campolindo) 4-8; **PV:** Erin Mann (San Ramon Valley) 9-0, Brooke Miller (Las Lomas) 8-6, (tie) Jessie Standish (San Marin) 7-6, Shawn McClean (Moreau Catholic) 7-6; **LJ:** Shanita Bryant (Ygnacio Valley) 17-1 1/2, Kortney Jarntaas (Miramonte) 16-1 1/2, Heather Ashworth (Las Lomas) 16-0, Loryn Bailey (Castro Valley) 15-11, Joanna Parker (Northgate) 15-7, Felisha Jennings (Berean Christian) 15-5; **TJ:** Shanita Bryant (Ygnacio Valley) 37-0, Brionne Dawson (Carondelet) 35-0 1/4, Desirea English (St. Mary's) 35-0, Loryn Bailey (Castro Valley) 32-10, Erin Gerds (College Park) 31-8 1/2, Shawn McClean (Moreau Catholic) 31-4; **SP:** Amanda Garcia (Carondelet) 38-4 1/4, Rosie Aikens (St. Mary's) 36-6 1/4, Erica Chew (Monte Vista) 35-10 1/4, Abby Allison (Carondelet) 34-10 1/4, Alia Hansen (Las Lomas) 32-10 1/4, Laura Cox (Acalanes) 32-5 1/4; **Discus:** Rachel Rosemeyer (Acalanes) 115-3, Rosie Aikens (St. Mary's) 110-10, Abby Allison (Carondelet) 101-7, Amanda Garcia (Carondelet) 101-1, Megan Bergin (Acalanes) 100-5, Rhoda Chan (Concord) 97-9.

Calendar

PREP/JC

Monday

ACCA baseball — St. Elizabeth at Richmond, 3:30 p.m., Piedmont at De Anza, 3:30 p.m.

SCAL softball — John Swett at Dixon, 4 p.m.

ACCA boys volleyball — Encinal at Richmond, 4 p.m.

ACCA boys tennis — Encinal at El Cerrito, 3:30 p.m.

BVAL golf — League championships, Paradise Valley Golf Course, Fairfield, 11:30 a.m.

TCAL golf — League championships, TBA

Tuesday

ACCA boys tennis — Encinal at St. Mary's, 3:30 p.m., Piedmont at Salesian, 3:30 p.m., El Cerrito at St. Joseph, 3:30 p.m., De Anza at Alameda, 3:30 p.m.

ACCA boys volleyball — Piedmont at St. Joseph, TBA, De Anza at Alameda, TBA, Kennedy at St. Elizabeth, TBA.

ACCA softball — De Anza vs. St. Mary's at Central Park, El Cerrito, 3:30 p.m.

BVAL baseball — Northgate at De La Salle, Liberty at Ygnacio Valley, Pittsburg at College Park, Clayton Valley at Pinole Valley, Deer Valley at Antioch, 3:30 p.m.

BVAL softball — Northgate at Carondelet, Liberty at Ygnacio Valley, Pittsburg at College Park, Clayton Valley at Pinole Valley, Deer Valley at Antioch, 3:30 p.m.

BVAL boys tennis — De La Salle at Northgate, Ygnacio Valley at Liberty, College Park at Pittsburg, Antioch at Deer Valley, Pinole Valley at Clayton Valley, 3:30 p.m.

BVAL boys volleyball — De La Salle at Northgate, Ygnacio Valley at Liberty, College Park at Pittsburg, Antioch at Deer Valley, 6 p.m.

EBAL softball — California at Amador Valley, Livermore at San Ramon Valley, Monte Vista at Berkeley, 3:45 p.m.

EBAL boys tennis — California at San Ramon Valley, Berkeley at Amador Valley, Monte Vista at Livermore, 3:30 p.m.

EBAL boys volleyball — Amador Valley at San Ramon Valley, Mission San Jose at California, Monte Vista at Moreau, 5 p.m.

PSAL baseball — Valley Christian at Redwood, 3:30 p.m.

SCAL softball — St. Helena at John Swett, 4 p.m.

TCAL baseball — Acalanes at Foothill, Alhambra at Freedom, Concord at Mt. Diablo, Dublin at Miramonte, Granada at Campolindo, Las Lomas at Benicia, 3:45 p.m.

TCAL softball — Acalanes at Foothill, Alhambra at Freedom, Concord at Mt. Diablo, Dublin at Miramonte, Granada at Campolindo, Las Lomas at Benicia, 3:45 p.m.

TCAL boys tennis — Benicia at Las Lomas, Campolindo at Granada, Foothill at Acalanes, Mt. Diablo at Concord, Miramonte at Dublin, 3:30 p.m.

TCAL golf — League Championship, at Paradise Valley Golf Course, Fairfield, TBA.

Prep girls lacrosse — Monte Vista tournament.

Bob Warren Relays

Acalanes High School Friday May 1, 1998

drizzly, cool, clearing at end

The Castro Valley contingent did very well here, as we were able to showase both our team strength and individual standouts. The feature squad was our Girls' Frosh-Soph, which took 1st overall by a point over rival Bishop O'Dowd. We put all of our 9th and 10th grade individuals in the GFS division for the only time this year, and it showed just what a strong team we do have. In the process the girls broke 5 school records.

The Boys' Varsity also came up big with a second place finish behind perennial area power St. Mary's. This was a true team effort, as not only the sprint squad ran well, but the distance boys added points in their relays and the field events chipped in with points from the discus, the long jump and the pole vault.

The Girls' Varsity was decimated by absence and by dropping lots of girls to the FS squad. Still, we were able to give many girls big meet experience, and Loryn had a career day with three medals and three PR's in the jumps.

The Boys' Frosh-Soph is a valiant group, and we put lots of bodies on the field and in the relays, but didn't come up with lot of points. Their effort was top-notch though, and we will see the positive result of that intense effort in next week's HAAL Championship meet.

GFS 4 x Mile:

Colleen McGrellis	5:33.8
Erica Simmons	5:56.1
Jessic Groome	5:53.4
Suzy Dodge	<u>6:25.3</u>
	23:48.6 2nd

(new school record: old school record 24:31.2 team of Angela Atwood, Stephannie Weisman, Amber Sammons, Jennie Chung in 1995)

The girls raced to a nice lead to let Suzy hld on, but the Carondelet girl was too much for her. A school record is nothing shabby, and Suzy celebrated another sizeable PR.

BFS 4 x Mile:

Alex Cardiasmenos	5:02
Ray Sheik	5:29
Ben Draper	5:23
Bobby Puppione	<u>5:40</u>
	21:38.5 9th

From Alex's leadoff leg on, the boys looked a little bedraggled, which is a result of the heavy workout schedule and the fact that this was the 5th meet in 12 days. We'll definitely look sharper when the HAAL meet rolls around.

BV 4 x Mile:

Josh Kalsbeek	4:58
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Damien Dulaney	5:02
Kenpei Yamamoto	5:04
Justin Coffeen	<u>4:53</u>
	19:57.9 5th

From a coaching standpoint, the surprise was how such subpar times could yield a scoring position. The squad even gets medals. May be other teams are also suffering from late season blahs like we are. The guys need to get re-energized for the HAAL meet coming up. Be prepared to improve.

BFS 110 Hurdles:

Derrick Oliveria	18.86 5th in Heat 3
	Derrick came out slow and could only hold on. Not his day.

BV 110 Hurdles:

Brad Willits	17.6 4th in Heat 2
	Brad is still very high over the hurdles, but his time is consistent.

GFS 100 Hurdles:

Jessica Hunter	20.6 5th in Heat 2
Sheryl Eng	17.8 1st in Heat 3, 1st overall

(School record: old record 18.06 Megan Mertz 1997) Jessica still needs to work on her start, but once she got rolling she held her own. Sheryl easily won her heat, and the time was good enough to beat the other two heat winners. The school record doesn't hurt either.

GV 110 Hurdles:

Marcia Wong	17.9 4th in Heat 2
	18.03 8th in finals

Marcia kept her 3 step up to the 8th hurdle and snagged the last spot to the finals. Once there, she again had to 4 step over the last two barriers, but actually improved her time (the electronic time is .24 seconds different than hand time).

BV 4 x 880:

Jim Nickolopoulos	2:05.3
Kentoku Yamamoto	2:09.4
Darryl Eng	2:09.9
Scott Cain	<u>2:10.0</u>
	8:34.3 3rd

Even with pedestrian times, we were in good position all the way. With College Park clearly in the lead, we had a comfortable 2nd until Moreau's Ryan Preston ran down Scott on the last leg. Once again, the distance boys showed the sluggish legs from the heavy workout and competition schedule of the last two weeks. Guaranteed, they will feel and run better in the coming weeks.

GFS 4 x 880:

Colleen McGrellis	2:29.3
Erica Simmons	2:44.1
Jessica Groome	2:37.9
Kim Ponce	<u>2:47.9</u>

10:38.2 2nd
(new school record: old record 10:45.5 team of Angela Atwood, Stephanie Weisman, Tina Schmidt, Jennie Chung 1996)

Once again, the girls had a lead up to the end, but the Bishop O'Dowd anchor put on some serious jets to run away with it. Kim ran her legs out trying to stay up on her first lap and was seriously into the pain zone on the last lap but held on for the 2nd place and the school record.

BFS 4 x 880:

Alex Cardiasmenos	2:17
Ben Draper	2:24
Ray Sheik	2:29
Bobby Puppione	<u>2:41</u>
	9:51.8 11th

Again, the effort was tremendous, even if the times were only average. This type of effort is always the mark of success. Watch out HAAL.

BV 4 x 100:

Sean Soblin, Genna Abramenko, Matt Omelagah, Reggie Bailey	
	43.4 1st in heat 2
	43.55 1st in finals

This was a drama unto itself. The boys easily took their heat, setting up their showdown with St. Mary's in the finals. Then they don't hear the clerk call them and are almost scratched from the finals. (Sorry boys, just hanging around is not good enough. YOU have to actually listen, answer up, and physically be acknowledged before you can assume that any clerk of the course knows that you are there.) Reinstated, the boys get the outside lane since the final has been reseeded. O.K. Then, the St. Mary's leadoff runner has his blocks slip, and neither starter sees it for the recall. They get up to run and finish third, but we get the tainted win.

GV 4 x 100:

Michele Tobia, Loryn Bailey, Rachel McDonald, Addie Bigham	
	57.03 5th in Heat 1

Even though this was not our regular squad, we still had a chance to pull a pretty good time. However, the girls never had a real chance to practice and the handoffs were all dubious. Still, the girls did manage all the handoffs legally and all of them hard.

BFS 4 x 220:

Mike Henderson, John Willits, Drew Bissell, Ash Williams	
	1:39.88 1st in Heat 1, 4th overall DQ zone violation

It was a sweet run, and the boys looked very good, but one handoff out of

Bob Warren Relays

Acalanes High School Friday, May 1, 1998
drizzly, cool, clearing at end

the zone put us out of a medal. Still, fast.

GFS 4 x 220:

Mandi Randall, Trisha Chung, Sheryl Eng, Amanda Medrano

1:54.99 1st in Heat 1, 1st overall (new school record. old record 1:56.8 Megan Mertz, Michele Tobia, Sheryl Eng, Trisha Chung 1997)

This was a feature race for us as super legs by Trisha at 2nd and Amanda at anchor charged us into the lead in our heat and gave us the overall win. Yet another school record to boot.

GV 4 x 220:

Michele Tobia, Addie Bigham, Tina Schmidt, Marcia Wong

1:58.7 2nd in Heat 1

With a strong-hearted crew, and Marcia a last-minute sub for the mysteriously missing Amber, the girls put in a great effort and narrowly missed winning their heat.

BV 4 220:

Sean Soblin, Genna Abramenko, Matt Omelagah, Reggie Bailey

1:32.78 1st in Heat 2, 2nd overall.

The boys did a great job while waiting for the finals of the 4 x 100, winning their heat in a runaway win. St. Mary's, after a temporary DQ in their heat, was reinstated as the winner so we got 2nd overall.

Coaches 100:

Peter Brewer 14.48 last

Lack of training led to a dismal but game performance. Perhaps next year.

BV 2 mile:

Justin Coffeen 10:20 6th

Josh Kalsbeek 10:47 15th

The boys seem to have been stuck on this particular plateau for some time now. It's time to break through to another level.

BFS 4 x 100:

Mike Henderson, John Willits, Drew

Bissell, Ash Williams 47.05

1st in Heat 2, 4th overall

The boys finally made it into medal territory with a fine run near the end of a long day. Good job.

GFS 4 x 100:

Mandi Randall, Trisha Chung, Sheryl Eng, Amanda Medrano 53.45 1st in

heat 3, 1st overall

(school record: old school record 54.00

team of Mandi Randall, Sheryl Eng,

Michele Tobia, Trisha Chung 1997)

Crisp handoffs, great runs, and a dynamic anchor leg by Amanda gave us the 1st place and yet another school record.

By this time in the meet, several coaching disappointments happened, as none of the 4 x 440 relay teams materialized.

Excuses, sneaking away, lying to the coaches, and basic laziness were all shown by the performers. Kids talk real big about team, team spirit, and who has or doesn't have it, but sometimes kids walk real small when it comes down to running when they don't especially feel like it.

Anybody can run when he or she is fresh...it is when you are tired and sore that we find out who the really tough runners are. Let's all be real tough runners from here on out.

GFS HJ:

Sheryl Eng n.h. Sheryl did not have her jumping attitude on today, and could not negotiate opening height.

GV PV:

Katie Glenn n.h.

Jamie Arterburn n.h.

7-6 on a wet cold afternoon was a bit too much for the girls, who were three-and-out today.

GV TJ:

Loryn Bailey 32-10 4th

Rachel McDonald 30-6 1/2

Loryn snagged a medal with a good PR today.

BV Discus:

Ryan Jones 137-9 2nd

Ryan is very consistent in the high 130's, and it held up today as he was only inches behind Las Lomas stud Bob Christiansen.

GV HJ:

Loryn Bailey 5-0 3rd

Rachel McDonald 4-10 4th

Once the girls got past a few jitters at 4-6 and 4-8, they easily took 4-10 and had it not been for a rain delay, might have also gotten higher. Loryn PR'd once again.

GFS PV:

Kim Ponce 6-6

The weather was no help, vaulting in the rain.

FSB Discus: no results available

GFS Shot Put:

Tiffany Rizzo 29-2

Erin Gable n. d.

The field was deep and strong, so our girls did not crack the top marks.

GV Discus: no results available

BV Long Jump:

Reggie Bailey 20-11 2nd

Jack Daniels 19-0 3/4

Reggie was in good form today, but significantly behind the board on each

jump. Jack had one good jump.

GFS TJ:

Amy Hamilton 28-2 Amy finally got a measureable jump on her last effort. She has gotten consistent at a quality FS level.

BV Pole Vault:

Brandon Tong 11-6 5th

Cory Rutherglen 11-6 6th

Ricky Simons 11-0

Cory sweet-talked himself into the field, and then made the most of it with a PR. Brandon got the medal, and our PV veterans got some more big-meet experience.

GFS Discus:

Tiffany Rizzo 88-4 5th

It was not her best, but it was a good throw and she got the medal and a point and that was ultimately our margin of victory over O'Dowd for the GFS title.

BFS Pole Vault: no results available

BV Triple Jump

Tyler Simpson 37-2

Darryl Eng 34-4

Tyler has gotten the knack of this event, and could easily go a bit further. Darryl has yet to master the hop-step transition.

GV Long Jump:

Loryn Bailey 15-11 4th

Another PR, another medal. An exceptional career day for Loryn, who ended up scoring 8 of the GV's 10 points.

Team Scores:

Boys' Varsity:

1. St. Mary's	44
2. Castro Valley	35
3. Moreau Catholic	24
4. College Park	20
4. Antioch	20
4. Northgate	20
7. Las Lomas	18

Girls' Frosh-Soph:

1. Castro Valley	43
2. Bishop O'Dowd	42
3. Carondelet	38 1/2
4. St. Mary's	35 2/5
5. Campolindo	32 1/5
6. Acalanes	18 1/5

Girls' Varsity:

Castro Valley 10 points

Boys' Frosh-Soph:

Castro Valley 4 points

Castro Valley Vs. Tennyson

Date: May 7th, 1998

Scores: BV: CV 109, T 23 GV: CV 120, T 4 BFS: CV 90, T 22 GFS: CV 82, T 19

4 x 100 Relay:

GFS: 1. (T) 56.2 2. CV (Jessica Hunter, Addie Bigham, Tomisha Young, Sheryl Eng) 61.3

BFS: 1. (CV) 48.1 2. (T) DNF

GV: 1. (CV) 54.5

BV: 1. (CV) 44.2 2. (T) 47.3

1600 :

GFS: 1. Colleen McGrellis (CV) 5:32 2. Jessica Groome (CV) 5:57 3. Rebecca Dennard (CV) 7:50

BFS: 1. Ben Draper (CV) 5:20 2. Joey Crane (CV) 5:57

GV: 1. Erica Simmons (CV) 5:55 2. Teresa Ko (CV) 5:59

BV: 1. Kentoku Yamamoto (CV) 4:56 2. Jimmy Nickolopoulos (CV) 4:58 3. Josh Kalsbeek (CV) 5:03 4. Kenpei Yamamoto (CV) 5:08

5. Darryl Eng (CV) 6:10

High Hurdles:

GFS: 1. Sheryl Eng (CV) 19.2 2. Jamie M. (T) 20.1 3. Jessica Hunter (CV) 20.1 4. Marie Bichsel (CV) 23.3

BFS: 1. Darrick Oliveria (CV) 18.1 2. Lionel Poblete (CV) 19.8 3. Erik Weed-Biehs (CV) 20.9

GV: 1. Marcia Wong (CV) 18.5 2. Leondra (T) 21.3

BV: 1. Bo Washington (T) 16.8 2. Jack Daniels (CV) 17.0 3. Brad Willits (CV) 17.4 4. Andrew Fung (CV) 19.5

400:

GFS: 1. Autumn Pappas (CV) 72.8 2. Amy Hamilton (CV) 74.0

BFS: 1. Drew Bissel (CV) 64.1 2. John Couche (CV) 65.3 3. Eric Pane (CV) 66.1

GV: 1. Amber Salcedo (CV) 68.2 2. Suzy Dodge (CV) 78.4

BV: 1. Reggie Bailey (CV) 53.7 2. Dru Mellon (CV) 56.3 3. Raymond (T) 57.8

100:

GFS: 1. Tanisha W. (T) 14.2 2. Jamie M. (T) 14.2 3. Gina Paladini (CV) 14.3 4. Tomisha Young (CV) 14.4 5. Jamelia R. (T) 14.5 6.

Alexandra D. (T) 14.6 7. Addie Bigham (CV) 14.7

BFS: 1. John Willits (CV) 12.6 2. Nathan Freebody (CV) 12.8

GV: 1. Mandi Randall (CV) 13.7 2. Michelle T. (CV) 14.6 3. Kim P. (CV) 15.3

BV: 1. Matt Omelagah (CV) 11.4 2. Genna Abramenko (CV) 11.4 3. Tony Acosta (T) 12.0

800:

GFS: 1. Michelle Lawton (CV) 3:18 2. Rebecca Dennard (CV) 3:27

BFS: 1. Ben Draper (CV) 2:25 2. Nick White (CV) 2:32

GV: 1. Gaylynn Pettersen (CV) 2:34 2. Tin Schmidt (CV) 2:35 3. Allissa Horejsi (CV) 2:35 4. Stephanie Weisman (CV) 2:36 5. Teresa Ko (CV) 2:43 6. Kim Ponce (CV) 2:45 7. Suzy Dodge (CV) 2:58

BV: 1. Jim Nickolopoulos (CV) 2:15 2. Josh Kalsbeek (CV) 2:16 3. Kentoku Yamamoto (CV) 2:18 4. Justin Coffeen (CV) 2:19 5. Damien Dulaney (CV) 2:27

300 Hurdlets:

GFS: not contested

BFS: 1. Derrick Oliveira (CV) 47.3 2. Lionel Poblete (CV) 52.5

GV: 1. Rachel (CV) 52.7 2. Marcia (CV) 56.4 3. Kim P. (CV) 63.8

BV: 1. Brad Willits (CV) 44.1 no second or third

200:

GFS: 1. Jessica Hunter (CV) 29.8 2. Tanisha W. (T) 30.4 3. Autumn Pappas (CV) 30.5 4. Alexandra D. (T) 33.2

BFS: 1. John Willits (CV) 25.7 2. Drew Bissell (CV) 26.4 3. John Couche (CV) 27.3 4. Nathan Freebody (CV) 27.7 5. Eric Pane (CV) 29.5

GV: 1. Mandi Randall (CV) 28.9 2. Amber Salcedo (CV) 29.4 3. Leondra (T) 30.6 4. Michelle Tobia (CV) 31.8

BV: 1. Reggie Bailey (CV) 22.9 2. Genna Abramenko (CV) 23.1 3. Matt Omelagah (CV) 23.6 4. Darryl Eng (CV) 25.1 5. Raymond (T) 25.4

3200:

GFS: not contested

BFS: 1. Alex Carsiamenos (CV) 10:55

GV: 1. Allissa Horejsi (CV) 12:30

BV: 1. Justin Coffeen (CV) 10:26 2. Kenpei Yamamoto (CV) 10:51 3. Bobby Puppione (CV) 11:43

4 x 400 Relay:

GFS: not contested

BFS: 1. Lionel Poblete , Ryan Ribeira, Darrick Oliveira, Nathan Freebody (CV) 4:33

GV: 1. Stephanie Weisman, Rebecca Weisman, Suzy Dodge, Amanda Medrano(CV) 6:31

BV: 1. Dru Mellon , Matt Omelagah , Brad Willits , Bobby Pupione (CV) 4:19

Long Jump:

GFS: 1. Gina Paladini (CV) 12-9 1/2 2. Danielle Kuykendaal (CV) 11-2 3. Autumn Pappas (CV) 10-5 1/2 4. Jordan Hall (CV) 10-4

BFS: 1. Versell Wade (T) 18-1 2. Michael DeSilva (CV) 17- 1 1/2 3. Vonshae McKnight (T) 17-7 4. Ben Draper (CV) 15-6 5. Nathan Freebody (CV) 14-1 6. Erik Weed-Biehs (CV) 13- 9 1/2

GV: 1. Loryn Bailey (CV) 11-7 no second or third

BV: 1. Reggi B. (CV) 20-1/2 2. Jack Daniels (CV) 18- 11 1/2 3. Holmes (T) 17-2 4. Travis Cano (CV) 16-11 5. Tony Acosta (T) 16-7 6. William Curtis (T) 13-11

Triple Jump:

GFS: 1. Amy Hamilton (CV) 27 2. Danielle Kuykendahl (CV) 24-4 no third

BFS: 1. Michael DeSilva (CV) 36- 9 1/2 no second or third

GV: 1. Loryn Bailey (CV) 32-11 no second or third

BV: 1. Tony Acosta (T) 36-7 2. Versell Wade (T) 36-9 1/2 3. Darryl Eng (CV) 32- 1/2 4. Travis Cano (CV) 31-11

High Jump:

GFS: 1. Tomisha Young (CV) 4-4 2. Gina Paladini (CV) 4-2 3. no third

BFS: 1. William Curtis (T) 4-4 no second or third

GV: 1. Loryn Bailey (CV) 4-6 2. Rachel McDonald (CV) 4-6 3. Kristel van Elk (CV) 4-0

BV: 1. John Curtis (T) 5-2 2. Travis Cano (CV) 5-0 3. Greg Clark (T) 4-8

Shot Put:

GFS: 1. Tiffany Rizzo (CV) 28-1 or second or third

BFS: 1. Chris Manning (CV) 39-7 2. Patrick Mikaid (T) 34-10 3. Sam Hodge (T) 34-4 4. Mitch Bathke (CV) 34-2 5. Eitann Manhoff (CV) 31-5 6. Dan Allan (CV) 25-7

GV: 1. Rebecca Weisman (CV) 22-7 2. Sara Hausel (CV) 21-11 3. Kristel Van Elk (CV) 21- 1/2 4. Alma Lopez (CV) 20-5 5. Jaque Swift (T) 16-9

BV: 1. Tak Nobiki (CV) 40-8 2. Ryan Jones (CV) 40-0 3. Robert Collett (CV) 38-0 4. Johnny Thompson (T) 31-6 5. Jason Montuori (T) 29-9

Discus:

GFS: 1. Tiffany Rizzo (CV) 93-2 2. Tiffany Jower (CV) 78-3 3. Gina Paladini (CV) 70 4. Erin Gabel (CV) 60-3

BFS: 1. Mitch Bathke (CV) 83-0 2. Patrick Mikaid (T) 80-6 3. Eitan Manhoff (CV) 79-1 4. Daniel Aller (CV) 55-5

GV: 1. Sarah Hausel (CV) 80-3 2. Rebecca Wisemen (CV) 71-34 3. Alma Lopez (CV) 59-1 4. Kristel van Elk (CV) 45-3

BV: 1. Ryan Jones (CV) 128-0 2. Mario Martinez (CV) 101-3 3. John Thompson (T) 88-7 1/2 4. Jason Motuori (CV) 72-9

Pole Vault:

GFS: 1. Addie Bigham (CV) 5-6 no second or third

BFS: 1. Chris Ashford (CV) 7-6 no second or third

GV: 1. Katie Glen (CV) 8-0 2. Jamie Arterburn (CV) 7-6 3. Kim Ponce (CV) 7-0

BV: 1. Cory Rutherglen (CV) 12-0 2. Brandon Tong (CV) 11-6 3. Ricky Simons (CV) 11-0

1998 HAAL Track & Field Final Dual Meet Standings:

Boys' Varsity:

Bishop O'Dowd	8-0
Moreau Catholic	7-1
Hayward	6-2 *
Castro Valley	5-3 *
Mt. Eden	4-4
San Leandro	3-5
San Lorenzo	2-6
Tennyson	1-7
Arroyo	0-8

Boys' Frosh-Soph:

Castro Valley	8-0
Moreau Catholic	7-1
San Leandro	6-2
Bishop O'Dowd	4-4
Hayward	4-4
Tennyson	2-6
Arroyo	2-6
Mt. Eden	2-6
San Lorenzo	1-7

* pending appeal -- possible reversal of forfeiture by Castro Valley to Hayward

Girls' Varsity:

Castro Valley	8-0
Hayward	7-1
Moreau Catholic	6-2
Bishop O'Dowd	5-3
Arroyo	4-4
San Lorenzo	3-5
San Leandro	2-6
Mt. Eden	1-7
Tennyson	0-8

Girls' Frosh-Soph:

Castro Valley	8-0
Hayward	7-1
Moreau Catholic	6-2
Mt. Eden	5-3
Arroyo	3-5
Bishop O'Dowd	3-5
San Leandro	2-5 -1
San Lorenzo	0-6 -2
Tennyson	0-7 -1

Review Local Sports

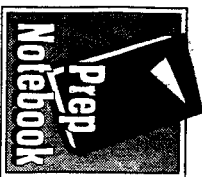
Rain or shine, HAAL track finals will run

BOD teammates will battle in 100

By Tommy McDonald
STAFF WRITER

Nothing short of a lightning storm or a giant tidal wave will prevent today's Hayward Area Athletic League track trials from proceeding according to schedule, said meet director

Dave Goodrich.



Despite the wet weather forecast for this week, Goodrich said there will be no postponing the league trials or finals at Chabot College.

"We absolutely have to run on Tuesday and Thursday because I think the facilities are booked for Wednesday and Friday," said Goodrich, track coach at San Lorenzo. "The weather may affect some of the times, but the weather will be the same for everybody. They all will be running in it."

Should Mother Nature grant

a short reprieve, there could be some tremendous battles waged today and Thursday.

There will be finals in only a few events today. Competition in the girls discus, boys long jump, girls high jump and boys shot put will conclude today.

Athletes will compete for the top nine places and the opportunity to compete in Thursday's finals. Heat winners and the next best times will qualify for the finals.

While Thursday will be the day league championships in most events will be decided, today's trials have the potential to provide some excitement.

"The trials is a day for the athletes to just qualify. Those who pretty much know they are going to qualify will just take it easy, but those on the bubble will really go for it. That can be exciting and hopefully there will be some surprises," Goodrich said.

The boys portion of the meet will feature a tough team competition that could go down to the last event. Goodrich said he expects the boys meet to be the best in a long time.

Bishop O'Dowd finished the

season 8-0. Moreau Catholic (7-1), Hayward (6-2) and Castro Valley (5-3) will fight it out early in the trials to qualify as many as possible for the finals.

On the girls side, individual performances should be the highlight of Thursday's finals.

A much anticipated matchup in the 100 meters between Bishop O'Dowd's Erin Dangerfield and Anita McCallum will be closely watched.

McCallum is the defending league and North Coast Section champ in the 100 meters, and she placed sixth in the state.

Dangerfield clocked an 11.6 in the 100 meters — the fastest in the East Bay this season. San Lorenzo's Aisha Margain, who has run an 11.7, should also challenge.

Margain, who finished third in the state in the 200 meters and fourth in the 400 meters last year, has the East Bay's fastest 200 time with a swift 23.9. Dangerfield — who has run a 24.6 — should challenge her in the 200 meters, as well.

"Erin has run well all year," said Goodrich. "It will be close."

Hayward's Jessica Marr cur-

rently holds the seventh-fastest time in the 800. Moreau Catholic's Lisa Gillis is the defending league champ in the 1,600 and the 3,200. Both should fare well in the distance events.

San Lorenzo has the East Bay's fastest time in the 1,600 relay (3:49.27).

Finals set for today in Hayward track

Finals for the Hayward Area Athletic League track meet will begin today at 2 p.m. at Chabot College.

Trials were held during Tuesday's blustery conditions.

Castro Valley's boys and girls teams made the most of the trials by qualifying several runners for today's finals.

Castro Valley's girls have 17 runners competing today. Moreau Catholic has 16 and Bishop O'Dowd will have 14 competitors.

On the boys side, Castro Valley leads the way again with 13 runners. Bishop O'Dowd and Moreau Catholic both have 12.

The top five finishers in each event will qualify to go on the North Coast Section meet next week.

"The key is to qualify as many individuals as you can to have a bigger team in NCS," said San Lorenzo coach Dave Goodrich, who is doubling as meet director.

Some of the field events were decided Tuesday. Bishop O'Dowd's Tim McGallian's heave of 49-1½ was good enough to win the shot put.

O'Dowd's Michelle Daggs took the girls discus title with a throw of 102-5½.

In the long jump, San Lorenzo's Anita McCallum took first, jumping 15-8 ½. Hayward's Sean Holleman won the boys long jump with a

leap of 21-1.

Castro Valley's Rachel McDonald took the high jump title, topping out at 4-10.

Baseball

S. Lorenzo 8, San Leandro 1

SAN LORENZO — San Lorenzo picked up another victory Wednesday to claw its way back into the league title race as the Rebels (10-6) beat San Leandro (4-9).

Just three weeks ago, San Lorenzo was out of it after losing four straight. But fate has led the Rebels back into the tight league race.

Steve Gil seven innings of two-hit ball in San Lorenzo's victory over San Leandro.

Jeremy Dominguez, who finished 2-for-3 with four RBI, led San Lorenzo. His three-RBI triple in the third inning broke 1-1 tie in the bottom of the third. San Lorenzo was able to lay down three bunt singles that inning.

"San Leandro is up and coming and it showed by the way they played Bishop O'Dowd this season," said San Lorenzo coach Chris Kyriacou.

"Hopefully, we are on an up note," he said. "If the weather allows us to finish this season, the league playoffs should be a real barn burner."

Softball

HAYWARD — Moreau Catholic kept its playoff hopes alive by beating Mt. Eden 5-1 Wednesday afternoon.

Jen Veon gave up one run and one hit as she pitched a complete game with six strikeouts and no walks for Moreau (7-6). Mt. Eden (6-7) pitcher A. Knowles was equally effective, striking out nine and walking none.

Christina Holowich had a big game for the Mariners. She was 2-for-3 with a double and a home run. Jessica Kopp had a RBI and double as well for the Mariners.

Review Local Sports

Moreau boys win track title

By Fernando Brum
CORRESPONDENT

HAYWARD — Hayward Area Athletic League track and field athletes turned in one of the most competitive league finals Thursday.

The championship was decided in the last event. The Moreau Catholic victory in the 4X400 meter relay gave the Mariners the boys varsity title.

They led all the way, but Bishop O'Dowd and Tennyson provided a worthy challenge. Tennyson's Craig Carlos-Valentino received the baton in sixth place but made up about 40 meters in the anchor leg to bring the Lancers to third. Carlos-Valentino's effort pushed HAAL perennial power Castro Valley Trojans to fourth place in the 1,600-meter relay.

"I've been wanting it for a long time," Mariners coach Brian Henderson said. "I could not have scripted it any better than this."

In the girls competition, it was not much of a race and even with two alternates running, San Lorenzo came up with a meet record.

The HAAL girls division has become one of the most competitive in the North Coast Section. The boys are getting better, especially the distance runners. But the girls are incredibly strong and several of them will go on to represent the Rebels, Mariners and Dragons in the state competition, according to the Rebels' middle distance coach Larry Guinee.

Jessica Marr of Hayward is one of those top-rated athletes. She has been sick all this week, but man-



Reggie Bailey leads the field in the boys varsity 200-meter dash in the home stretch Thursday afternoon at the HAAL championships at Chabot College.

D. ROSS
CAMERON
— Staff

aged to establish a HAAL record in the 800 meters.

"I'm just happy I finished the race," Marr said. "Once I get well, I know I can run faster. It is just a matter of getting healthy."

Lisa Gillis of the Mariners has been recovering from a stress fracture and is currently attempting to get fit. But that did not stop her from recording the best time in both the 1600-meters and 3200-meters.

"To come back and double is really good," Gillis said. "It was a good race."

The 5:13.83 Gillis posted in the 1600-meters is about a tenth of a second slower than her personal best.

The 4X100 relays were dominated by Castro Valley boys and San Lorenzo girls.

The Trojans established a meet record with a time of 42.68 seconds. The Lady Rebels' time of 47.87 seconds is also a meet record.

In the field events, three Trojans battled for the pole vault championship. But in the end, Cory Rutherford was the only one who cleared 12 feet on his first attempt. In fact, he managed to win without missing a single attempt.

"At the high school level, this is pretty unusual," Trojans pole vaulting coach Steve Price said. "But you have days when your on. They talk about being in a zone. ... Cory was there today."

Katie Glenn, Amber Sammons and Jaime Arterburn of Castro Valley took top honors in the girls pole vault. Glenn cleared 8-6, Sammons 8-0 and Arterburn dropped out after clearing a 7-6.

Vicent Boatwright of Hayward nailed a 6-foot jump to win the high jump.

Anita MaCallum won the long jump after landing a 15-foot-8½ jump.

2/20/98

H.A.A.L.

Track & Field

League Championships

1998

at Chabot College

FINAL RESULTS

F/S GIRLS 4x100 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Hayward High	HAY	54.14
2	Tennyson	TEN	54.40
3	Moreau Catholic	MC	54.52
4	Castro Valley	CV	54.67
5	Bishop O'Dowd	BOD	54.96
	Arroyo	ARR	

F/S GIRLS 4x400 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Castro Valley	CV	4:32.03
2	Moreau Catholic	MC	4:34.81
3	Hayward High	HAY	4:37.70
4	San Leandro	SL	4:39.58
5	Bishop O'Dowd	BOD	4:42.03
	Arroyo	ARR	
	Mt. Eden	ME	

F/S BOYS 4x100 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Hayward High	HAY	45.86
2	Castro Valley	CV	46.34
3	Moreau Catholic	MC	46.92
4	San Leandro	SL	46.97
5	Tennyson	TEN	48.83
	Bishop O'Dowd	BOD	

F/S BOYS 4x400 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	San Leandro	SL	3:43.23
2	Moreau Catholic	MC	3:43.66
3	Hayward High	HAY	3:46.61
4	Castro Valley	CV	3:50.28
	Bishop O'Dowd	BOD	

VAR GIRLS 4x100 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	San Lorenzo	SLZ	47.87***
2	Bishop O'Dowd	BOD	49.26
3	Castro Valley	CV	51.45
4	Moreau Catholic	MC	54.74

VAR GIRLS 4x400 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	San Lorenzo	SLZ	4:02.80***
2	Castro Valley	CV	4:12.58
3	Moreau Catholic	MC	4:13.29
4	Bishop O'Dowd	BOD	4:16.23
5	Hayward High	HAY	4:27.37

VAR BOYS 4x100 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Castro Valley	CV	42.68***
2	Bishop O'Dowd	BOD	43.33
3	San Leandro	SL	44.60
4	Tennyson	TEN	44.80
5	Moreau Catholic	MC	44.99
6	Hayward High	HAY	45.63

VAR BOYS 4x400 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>School</u>	<u>Time</u>
1	Moreau Catholic	MC	3:26.45
2	Bishop O'Dowd	BOD	3:31.24
3	Tennyson	TEN	3:33.79
4	Castro Valley	CV	3:35.62
5	San Lorenzo	SLZ	3:36.48
6	Mt. Eden	ME	3:36.69
7	San Leandro	SL	3:38.83
8	Hayward High	HAY	3:39.12

*** - Meet Record

F/S GIRLS 1600 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Erica Simmons	9	CV	5:46.12
2	Jessica Groome	10	CV	5:47.71
3	Jill Owyang	9	SL	5:51.44
4	Emily Powell	9	BOD	5:53.99
5	Carrie McIntyre	9	HAY	5:56.60
6	Amy Greer	9	BOD	6:00.23
7	Vanessa Jeong	10	SL	6:00.27
8	Kara Rockett	9	BOD	6:16.80
9	Mandy Tafoya	10	BOD	6:18.95
10	Lindsay Venezia	10	ARR	6:19.7
11	Suzy Dodge	9	CV	6:20.3
12	Tiffenie La	10	ARR	6:44.8

F/S BOYS 1600 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Aaron Alcorn	10	MC	4:48.83
2	Alex Cardiasmenos	9	CV	4:51.04
3	Joe Brunel	9	BOD	4:53.82
4	Ben Draper	9	CV	5:02.08
5	Marco Marques	9	ME	5:03.50
6	Chris Bell	9	HAY	5:07.18
7	Mark Saturnio	10	MC	5:08.20
8	Edward Rodriguez	10	HAY	5:09.64
9	Jason Quan	9	SL	5:09.90
10	Nick White	9	CV	5:11.30
11	Zack Robinson	10	BOD	5:22.2
12	Kellen Stevens	9	MC	5:42.1

F/S GIRLS 1600 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Jessica Groome	10	CV	5:51.6
2	Carrie McIntyre	9	HAY	5:59.1
3	Vanessa Jeong	10	SL	6:01.3
4	Amy Greer	9	BOD	6:06.1
5	Suzy Dodge	9	CV	6:35.7
6	Hilary Atwood	10	BOD	6:41.0
7	Jhonna Hallig	10	ARR	7:02.3
8	Jolia Dang	10	ARR	7:04.8
9	Mimi Bishr	9	ME	7:18.6
10	Haley Harrell	9	HAY	7:23.2
11	Kauitha Venhuri	9	MC	7:24.2
12	Mayte Yichoy	10	MC	7:25.4
	Felisa Rodrigues	9	ME	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Erica Simmons	9	CV	5:56.7
2	Jill Owyang	9	SL	6:01.0
3	Emily Powell	9	BOD	6:04.4
4	Kara Rockett	9	BOD	6:18.6
5	Mandy Tafoya	10	BOD	6:19.5
6	Lindsay Venezia	10	ARR	6:22.5
7	Tiffenie La	10	ARR	6:40.2
8	Samantha Leach	9	CV	7:13.8
9	Giang Nguyen	9	ME	7:19.8
10	Rebecca Dennaro	9	CV	7:38.1
11	Grace Chan	9	CV	7:46.7
	Ashley Winterhalter	10	ARR	
	Laura Johnson	10	ARR	

F/S BOYS 1600 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Aaron Alcorn	10	MC	4:57.1
2	Marco Marques	9	ME	5:08.5
3	Mark Saturnio	10	MC	5:12.8
4	Chris Bell	9	HAY	5:13.7
5	Edward Rodriguez	10	HAY	5:15.2
6	Zack Robinson	10	BOD	5:18.4
7	Bobby Duppione	9	CV	5:34.7
8	John Goldasio	9	ARR	5:48.2
9	Joel Crane	9	CV	6:04.9
10	Aaron Almendariz	10	HAY	6:09.6
	Adam Borruso	10	MC	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Alex Cardiasmenos	9	CV	5:04.0
2	Ben Draper	9	CV	5:05.2
3	Joe Brunel	9	BOD	5:05.8
4	Nick White	9	CV	5:17.7
5	Jason Quan	9	SL	5:23.9
6	Kellen Stevens	9	MC	5:26.7
7	Matt Whalen	9	BOD	5:31.4
8	Mike Atwood	10	SL	5:46.2
9	Michael Bennett	9	BOD	6:06.9
10	Mike Simpson	9	BOD	6:33.2
	Colin Vetter	10	BOD	
	Rayed Sheik	9	CV	

VAR GIRLS 1600 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Lisa Gillis	12	MC	5:13.83
2	Terri O'Brien	12	MC	5:17.73
3	Alysia Gatchalian	12	BOD	5:23.17
4	Collen McGrellis	9	CV	5:24.15
5	Amber Hendrix	9	MC	5:24.48
6	Angelina Elliott	9	BOD	5:26.15
7	Chantel Shaw	10	BOD	5:29.03
8	Alissa Horejsi	12	CV	5:30.35
9	Sally Larson	9	BOD	5:53.20
	Teresa Ko	12	CV	
	Courtney Stewart	9	CV	
	Stephanie Weisman	12	CV	

VAR BOYS 1600 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Chris Lanese	10	MC	4:24.58
2	Zack Ardell-Smith	10	SL	4:24.78
3	Ryan Preston	12	MC	4:26.24
4	Richard Mendez	11	HAY	4:33.97
5	Adam Shafer	11	BOD	4:37.04
6	Justin Coffen	12	CV	4:40.08
7	Kentoku Yamamoto	12	CV	4:47.66
8	John Gillis	10	MC	4:48.28
9	Josh Kalsbeek	12	CV	4:51.5
10	James Smith	12	MC	5:13.1
	Efeson Yosief	9	SL	
	David Barnave	11	SLZ	

VAR GIRLS 1600 METERS - TRIALS

Heat #1

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Collen McGrellis	9	CV	5:28.7
2	Amber Hendrix	9	MC	5:28.8
3	Alissa Horejsi	12	CV	5:37.9
4	Chantel Shaw	10	BOD	5:38.4
5	Courtney Stewart	9	CV	5:40.6
6	Sally Larson	9	BOD	5:41.2
7	Teresa Ko	12	CV	5:44.0
8	Anita Owyang	12	SL	6:22.1
9	Shirley Santos	11	MC	6:34.9
	Wendy Mock	12	SL	
	Jessica Marr	11	HAY	
	Anita Owyang	12	SL	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Lisa Gillis	12	MC	5:25.5
2	Terri O'Brien	12	MC	5:31.7
3	Alysia Gatchalian	12	BOD	5:34.2
4	Angelina Elliott	9	BOD	5:40.4
5	Stephanie Weisman	12	CV	5:44.9
6	Jessica Brandin	11	BOD	5:51.6
7	Tina Schmidt	11	CV	5:54.9
8	Courtney Burmann	10	MC	5:57.6
9	Oralia Coon	11	HAY	6:03.9
10	Liz Johnson	11	BOD	6:09.4
11	Emma Argueta	11	MC	6:18.7
12	Kara McAlister	12	ARR	7:10.1
	Kelly Prentiss	11	HAY	

VAR BOYS 1600 METERS - TRIALS

Heat #1

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Ryan Preston	12	MC	4:38.5
2	Richard Mendez	11	HAY	4:40.2
3	Adam Shafer	11	BOD	4:41.7
4	David Barnave	11	SLZ	4:44.1
5	Justin Coffen	12	CV	4:47.3
6	Kentoku Yamamoto	12	CV	4:49.8
7	Efeson Yosief	9	SL	4:50.7
8	James Smith	12	MC	4:59.7
9	Horasio Martin	12	MC	5:07.4
10	Chris Hanzel	11	BOD	5:20.1
11	Jose Gayoso	12	ME	5:35.7
12	John Bambey	11	SLZ	5:36.4
13	Alex Pineda	13	ME	5:44.7
	John Belardo	11	ME	
	Hector Gamero	11	HAY	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Chris Lanese	10	MC	4:42.9
2	John Gillis	10	MC	4:46.1
3	Zack Ardell-Smith	10	SL	4:52.9
4	Josh Kalsbeek	12	CV	4:57.4
5	Jason Kent	12	ARR	5:02.7
6	Dave Respeke	11	MC	5:03.1
7	Kenpei Yamamoto	11	CV	5:04.8
8	Damien Dulaney	12	CV	5:09.5
9	Calvin Hubble	11	BOD	5:15.7
10	Rob Wellbrock	12	BOD	5:39.9
11	Juan Santisteban	12	ME	6:48.7
	Matt Silver	12	BOD	
	Kenny Kenmann	11	HAY	
	Pastor Coon	12	HAY	
	Ric Leach	11	CV	

F/S GIRLS 100 HURDLES - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Sheryl Eng	10	CV	18.06**
2	Andrea Dizon	9	HAY	18.75
3	Jordan Pierce	10	SL	18.84
4	Erica Resalvo	10	MC	19.00
5	Jaime Mims	9	TEN	19.13
6	Richele Radcliffe	10	HAY	19.18
7	Kelly Stapenhorst	9	MC	19.68
8	Eve Gamero	9	HAY	19.79
9	Sierra Brower	9	MC	19.94

Run off Thursday 1pm

1	Erica Resalvo	10	MC	18.75
2	Kelly Stapenhorst	9	MC	19.63
3	Kayt Dickens	10	MC	19.79
4	Sarah Richardson	9	HAY	20.21

F/S GIRLS 100 HURDLES - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Andrea Dizon	9	HAY	18.8
2	Erica Resalvo	10	MC	19.9
3	Sarah Richardson	9	HAY	19.9
4	Jessica Hunter	10	CV	20.1
5	Mona Bishr	9	ME	22.1
6	Mimi Bishr	9	ME	27.1
	Kalana Greer	9	HAY	27.1

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Sheryl Eng	10	CV	17.9
2	Jordan Pierce	10	SL	19.1
3	Kayt Dickens	10	MC	19.9
4	Kelly Stapenhorst	9	MC	19.9
5	Sheila Santos	9	MC	20.6
6	Jennifer Jackson	9	SLZ	20.9
7	Michelle Lawton	9	CV	21.8

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Richele Radcliffe	10	HAY	19.0
2	Eve Gamero	9	HAY	19.6
3	Jaime Mims	9	TEN	19.8
4	Sierra Brower	9	MC	19.8
5	Marie Bischsel	10	CV	22.6
	Corrin Zimmerman	9	ARR	
	Rosann Padilla	9	CV	

VAR GIRLS 100 HURDLES - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Shawn MacLean	12	MC	17.19
2	Rachel McDonald	11	CV	17.65
3	Marcia Wong	11	CV	17.90
4	Jaime Aird	11	ARR	17.99
5	Amanda Montiero	11	MC	18.10
6	Brie Brower	12	MC	18.25
7	Sandra Quintana	11	MC	18.48
8	Donielle Evans	11	BOD	18.61
9	Theresa Robles	11	CV	20.00

VAR GIRLS 100 HURDLES - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Rachel McDonald	11	CV	18.04
2	Marcia Wong	11	CV	18.18
3	Amanda Montiero	11	MC	18.40
4	Sandra Quintana	11	MC	18.65
5	Leondra Green	11	TEN	20.42
6	Louie Delafuente	11	ARR	21.47
7	Joni Eballo	11	MC	21.50
8	Shavaughn Baker	12	ME	22.30

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Shawn MacLean	12	MC	18.49
2	Jaime Aird	11	ARR	18.50
3	Brie Brower	12	MC	19.02
4	Donielle Evans	11	BOD	19.68
5	Theresa Robles	11	CV	21.21
6	Tanya Chin	12	ARR	21.84
7	Veronica Diaz	12	MC	

** - Ties Meet Record

F/S BOYS 110 HIGH HURDLES - FINAL

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Sorush Groger	10 SL	17.22
2	Jason Cardella	10 MC	17.25
3	Nick Zadno	10 MC	18.13
4	Derrick Olivera	10 CV	18.40
5	John Van Metre	10 MC	18.77
6	Mark Saturnio	10 MC	19.28
7	Ryan Ribeira	10 CV	19.40
8	Lionel Poblete	10 CV	19.66
	Carlos Alarcon	10 HAY	

VAR BOYS 110 HIGH HURDLES - FINAL

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Clement Owunna	11 BOD	15.61
2	Jason Gafney	10 HAY	16.56
3	Chris Pon	11 SL	15.58
4	Mike Booth	12 HAY	16.67
5	Marques Wilder	11 ME	16.93
6	Juan Washington	11 TEN	17.04
7	Jack Daniels	11 CV	17.22
8	Leonard Sunderraj	11 MC	17.37
9	John Quinn	11 BOD	17.62

F/S BOYS 110 HIGH HURDLES - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Sorush Groger	10 SL	16.50
2	Derrick Olivera	10 CV	18.10
3	John Van Metre	10 MC	18.90
4	Mark Saturnio	10 MC	18.90
5	Carlos Alarcon	10 HAY	19.70
6	Andrew Green	10 ARR	20.30
7	Chris Enriquez	10 MC	20.40
8	Mike Prakash	9 CV	24.70
	Erik Weed-Biehs	9 CV	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Jason Cardella	10 MC	17.00
2	Nick Zadno	10 MC	17.40
3	Ryan Ribeira	10 CV	19.40
4	Lionel Poblete	10 CV	19.70
5	DeJuan Mills	10 HAY	20.20
6	Ryan Fannesbeck	10 CV	20.70
7	Steve Smith	BOD	21.20
	Aaron Gong	9 SL	

VAR BOYS 110 HIGH HURDLES - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Mike Booth	12 HAY	17.04
2	Jack Daniels	11 CV	17.24
3	Juan Washington	11 TEN	17.25
4	Joe McNeil	11 HAY	18.04
5	Adam Nordstrom	11 MC	20.50
6	John Perez	12 ME	23.87
	Andy Fung	11 CV	
	John Laforga	12 ME	DNF

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Marques Wilder	11 ME	17.27
2	John Quinn	11 BOD	17.45
3	Leonard Sunderraj	11 MC	17.53
4	Terrence Jensen	11 SL	17.83
5	Justin Respecke	11 MC	18.40
6	Dallas Radcliffe	12 HAY	18.71
	Gabe Solberg	11 CV	

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Clement Owunna	11 BOD	15.57
2	Jason Gafney	10 HAY	16.33
3	Chris Pon	11 SL	17.28
4	Brad Willits	12 CV	17.90
5	D.J. Vierra	11 BOD	18.62
6	Nic Martinez	12 MC	19.41
7	James Perez	12 ME	23.50

F/S GIRLS 400 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Michelle Bokamper	10	ARR	62.76
2	Michelle Parry	9	ARR	65.43
3	Domonique McClean	10	BOD	66.13
4	Marianna Castiaux	9	MC	66.46
5	Elizabeth Powell	10	HAY	66.56
6	Autumn Pappas	10	CV	68.15
7	Megan Sweeney		BOD	68.50
8	Kerry Booth	9	HAY	68.53
9	Melissa Beesely	9	SL	69.14

F/S BOYS 400 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Warner Dana	10	HAY	52.74
2	Casey Meirovitz	10	MC	53.95
3	Tuy Ha	10	SL	54.42
4	Derrick Olivera	10	CV	54.61
5	Aaron Gong	10	SL	54.90
6	Marco Marques	9	ME	56.00
7	Matt Fong	9	SL	56.42
8	Chris Bryant	9	SLZ	59.37
9	Jason Cardella	10	MC	57.07

F/S GIRLS 400 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Michelle Parry	9	ARR	65.24
2	Elizabeth Powell	10	HAY	65.50
3	Marianna Castiaux	9	MC	66.80
4	Sarah Richardson	9	HAY	70.38
5	Savannah Tikotsky	9	ARR	86.36
	Sophia Acevedo	9	HAY	
	Lana Cross	9	ARR	
	Amy Hamilton	9	CV	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Domonique McClean	10	BOD	67.82
2	Melissa Beesely	9	SL	70.05
3	Anna Gunseor	11	HAY	74.96
4	Jo Lynn Carter	9	HAY	75.20
5	Jen Tsai	9	MC	76.15
	Lorein Lee	9	ARR	
	Sonya McFadden	9	SLZ	
	Trisha Chung	10	CV	

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Michelle Bokamper	10	ARR	63.53
2	Megan Sweeney		BOD	68.80
3	Kerry Booth	9	HAY	69.58
4	Autumn Pappas	10	CV	69.60
5	Julia Merrian	9	MC	73.45
	Rosann Padilla	9	CV	
	Chistina Juarez	10	ARR	

F/S BOYS 400 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Warner Dana	10	HAY	54.30
2	Casey Meirovitz	10	MC	55.20
3	Aaron Gong	10	MC	55.57
4	Chris Bryant	9	SLZ	57.04
5	Matt Fong	9	SL	57.70
6	Roderick Stovall	9	BOD	58.09
7	Chris Tang	9	MC	64.80
	Drew Bissell	9	CV	
	John Couche	10	CV	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Derrick Olivera	10	CV	54.56
2	Marco Marques	9	ME	54.97
3	Tuy Ha	10	SL	55.20
4	Jason Cardella	10	MC	55.94
5	Javon Holmes	10	HAY	59.20
6	Neyon Wesley	9	SLZ	62.04
7	Erik Pane	9	CV	62.43
	Ash Williams	9	CV	

VAR GIRLS 400 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Aisha Margain	10	SLZ	56.67
2	T'carra Penick	9	SLZ	56.78
3	Tamillya Brown	10	SLZ	58.28
4	Raquetā Margain	9	SLZ	59.47
5	Ashli Tingle	11	CV	61.67
6	Erica Yarbrough	11	HAY	61.85
7	Gilleon Smith	10	ME	62.89
8	Skimra Rodriguez	10	BOD	63.60
	Amanda Medrano	9	CV	

VAR BOYS 400 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Marcus Banner	12	ME	50.40
2	Satnil Lallian	12	MC	50.54
3	Adam Gelb	12	MC	51.14
4	Byron Bandy	10	SLZ	51.76
5	Mario Holton	12	BOD	51.83
6	Demaureia Hinton	12	SLZ	52.54
7	Scott Garvin	11	BOD	52.80
8	Adam Teekel	12	BOD	54.25
	Genna Abramenko	12	CV	

VAR GIRLS 400 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Aisha Margain	10	SLZ	57.37
2	Raqueta Margain	9	SLZ	59.78
3	Ashli Tingle	11	CV	61.10
4	Gilleon Smith	10	ME	61.13
5	Erica Yarbrough	11	HAY	61.27
6	Skimra Rodriguez	10	BOD	62.15
7	Amber Salledo	11	CV	68.85

VAR BOYS 400 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Mario Holton	12	BOD	51.07
2	Satnil Lallian	12	MC	51.42
3	Demaureia Hinton	12	SLZ	53.17
4	Dru Mellon	11	CV	53.90
5	Anmar Alnayem	12	HAY	58.61
6	Julius Ramirez	11	MC	61.42
	Craig Carlos-Valentino	12	TEN	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	T'carra Penick	9	SLZ	57.67
2	Tamillya Brown	10	SLZ	59.99
3	Amanda Medrano	9	CV	61.95
4	Shannon Lindquist	11	MC	63.67
5	Keri Pegram	11	BOD	67.17
6	Michelle Tobia	11	CV	67.87

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Marcus Banner	12	ME	50.82
2	Byron Bandy	10	SLZ	51.88
3	Scott Garvin	11	BOD	52.30
4	Adam Teekel	12	BOD	53.37
5	Michael Tiongson	11	TEN	55.18
6	Oswaldo Abil	11	ME	55.45
	Kenny Wolfe	11	SL	

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Adam Gelb	12	MC	51.29
2	Genna Abramenko	12	CV	51.40
3	Isaac Banks	12	SLZ	53.38
4	Willie Phillips	12	SL	55.04
5	Raymond Pacheco	12	TEN	55.58
	Jack Daniels	11	CV	
	Jason Hollway	12	HAY	

F/S GIRLS 100 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Kalani Holleman	9	HAY	13.08
2	Krstalyn Malbon	9	MC	13.67
3	Minteva Lee	10	HAY	13.85
4	Mari Mantle	10	ARR	14.04
5	Tomisha Young	10	CV	14.05
6	Telisha Dyson	9	ME	14.26
7	Denein Morris	9	HAY	14.27
8	Jamie Mims	9	TEN	14.28
	Tanisha Williams	9	TEN	

F/S BOYS 100 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Deonte Lewis	10	HAY	11.37***
2	Mike Henderson	9	CV	11.72
3	Travares Moore	10	SL	12.14
4	Andrew Eckloff	10	ARR	12.15
5	Chris Browne	9	MC	12.26
6	Bobby Williams	10	HAY	12.37
7	John Willits	10	CV	12.60
8	Jared Stohr	9	CV	12.62
	Burl Toler	9	BOD	

F/S GIRLS 100 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Kalani Holleman	9	HAY	13.10
2	Minteva Lee	10	HAY	13.80
3	Denein Morris	9	HAY	13.81
4	Tomisha Young	10	CV	13.89
5	Kristin Jackson	9	BOD	14.44
6	Diana Smith	10	HAY	14.64
7	Erika Ewino		BOD	14.78
8	Becky Newton	10	CV	16.64
	Marisa Uribe	10	ARR	

F/S BOYS 100 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Deonte Lewis	10	HAY	11.44
2	Chris Browne	9	MC	12.20
3	John Willits	10	CV	12.40
4	Jonathan Roberts	9	HAY	12.75
5	Raul Menchavez	10	MC	12.84
6	Artro Lobato	9	TEN	13.00
7	Ben Greenbaum	10	MC	13.10
	Mike Disilva	9	CV	
	Rich Curtis	9	TEN	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Krstalyn Malbon	9	MC	13.57
2	Mari Mantle	10	ARR	13.97
3	Jamie Mims	9	TEN	14.16
4	Jamelin Robinson	9	TEN	14.33
5	Addie Bigham	9	CV	14.45
6	Sonya McFadden	10	SLZ	14.59
7	Jessica Poquiz	9	MC	14.65
8	Amy Lee	10	MC	15.00
	Ashly Antwon	9	ME	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Andrew Eckloff	10	ARR	12.24
2	Burl Toler	9	BOD	12.48
3	Jared Stohr	9	CV	12.52
4	Lawrence Ling	9	MC	12.58
5	Richard Washington	10	ME	12.72
6	Nathan Bahr	9	MC	13.38
	Andrew Breshils	9	BOD	
	Javon Holmes	10	HAY	
	Jon Bernardo	10	CV	

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Telisha Dyson	9	ME	14.01
2	Tanisha Williams	9	TEN	14.05
3	Andrea Cayane		BOD	14.37
4	Roopa Dhatt	9	MC	14.57
5	Alexandra Duenas	10	TEN	14.74
6	Vicki Quintana	9	MC	14.79
7	Eileen Valderrama	9	MC	15.95
	Danielle Kuyendahl	9	CV	

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Mike Henderson	9	CV	11.74
2	Travares Moore	10	SL	12.14
3	Bobby Williams	10	HAY	12.17
4	Versell Wade	10	TEN	12.72
5	Neyon Wesley	9	SLZ	12.88
6	Greg Tafoya	10	MC	13.14
7	Nathan Freebody	10	CV	13.19
	Geof Maita		BOD	

*** - Meet Record

VAR GIRLS 100 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Erin Dangerfield	11	BOD	12.13
2	Aisha Margain	10	SLZ	12.17
3	Anita McCallum	11	SLZ	12.26
4	Ola Adeniji	11	BOD	12.95
5	Monica Dean	10	BOD	13.25
6	Angela Jackson	12	SL	13.54
7	Mandi Randall	10	CV	13.75
8	Jessica Wong	11	MC	13.93
9	Tammy Coneepeion	12	ME	13.99

VAR BOYS 100 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Reggie Bailey	12	CV	11.19
2	Matt Omelagah	11	CV	11.33
3	Nick Mazur	11	BOD	11.41
4	Scott Eanes	11	BOD	11.55
5	LeCaris Sanders	11	TEN	11.68
6	Maruiel Underwood	10	SL	11.68
7	Tony Acosta	11	TEN	11.76
8	Charles Stevenson	11	MC	11.83
	Sean Soblin	12	CV	

VAR GIRLS 100 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Aisha Margain	10	SLZ	12.33
2	Ola Adeniji	11	BOD	12.97
3	Monica Dean	10	BOD	13.25
4	Mandi Randall	10	CV	13.64
5	Tammy Coneepeion	12	ME	13.67
6	Samson	11	MC	14.48
7	Cindy Parker	12	ARR	14.93

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Erin Dangerfield	11	BOD	12.31
2	Anita McCallum	11	SLZ	12.38
3	Jessica Wong	11	MC	13.77
4	Angela Jackson	12	SL	13.89
5	Margeaux Canonigo	12	MC	14.37
6	Leondra Green	11	TEN	14.51
7	Shavaughn Beker	12	ME	15.14

VAR BOYS 100 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Reggie Bailey	12	CV	11.16
2	Nick Mazur	11	BOD	11.31
3	Maruiel Underwood	10	SL	11.54
4	Charles Stevenson	11	MC	11.65
5	LeCaris Sanders	11	TEN	11.71
6	Terrance Ridge	11	SLZ	12.12
7	Tyler Simpson	12	CV	12.24
8	Patrick Madulid	11	MC	12.35
9	Noah Bowers	12	MC	12.40

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Matt Omelagah	11	CV	11.28
2	Scott Eanes	11	BOD	11.44
3	Tony Acosta	11	TEN	11.51
4	Sean Soblin	12	CV	11.63
5	Pierre Harper	11	SL	11.80
6	Rob Green	12	SLZ	12.12
7	Fred Robinson	12	TEN	12.25
8	Jowett Legaspi	12	MC	12.60
	Oswaldo Ibal	11	ME	

F/S GIRLS 800 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Michelle Bokamper	10	ARR	2:32.82
2	Erica Simmons	9	CV	2:35.30
3	Carrie McIntyre	9	HAY	2:37.34
4	Sarah Richardson	9	HAY	2:38.86
5	Shawna Leppert	9	MC	2:39.03
6	Jessica Groome	10	CV	2:39.49
7	Kim Ponce	10	CV	2:40.90
8	Jill Owyang	9	SL	2:43.91
9	Mandy Tafoya	10	BOD	2:50.50

F/S BOYS 800 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Warner Dana	10	HAY	2:10.80
2	Joe Brunel	9	BOD	2:12.31
3	Marco Marques	9	ME	2:19.41
4	Eduardo Rodriguez	10	HAY	2:20.26
5	Jason Quan	9	SL	2:21.14
6	Bobby Williams	10	HAY	2:22.95
	Kellen Stevens	9	MC	
	Alex Cardiasmenos	9	CV	
	Ben Drader	9	CV	

F/S GIRLS 800 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Michelle Bokamper	10	ARR	2:38.34
2	Jessica Groome	10	CV	2:42.85
3	Sarah Richardson	9	HAY	2:49.03
4	Mandy Tafoya	10	BOD	2:50.40
5	Andrea Guibao	10	MC	2:57.40
6	Megan Sweeney	9	BOD	3:12.04
7	Rebecca Dennard	9	CV	3:12.14
8	Mayete Yichoy	10	MC	3:15.00
	Gianej Nguyen	9	ME	
	Mayte Yichoy	10	MC	
	Rebecca Dennard	9	CV	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Erica Simmons	9	CV	2:39.57
2	Kim Ponce	10	CV	2:41.51
3	Jill Owyang	9	SL	2:43.30
4	Shawna Leppert	9	MC	2:45.93
5	Carrie McIntyre	9	HAY	2:49.08
6	Amy Greer		BOD	2:52.10
7	Suzy Dodge	9	CV	2:59.42
8	Crissy Tsai	10	MC	3:04.84
9	Drew Green	9	BOD	3:08.7
10	Grace Chan	9	CV	3:24.9
	Lorien Lee		ARR	
	Felisha Rodrigues	9	ME	

F/S BOYS 800 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Warner Dana	10	HAY	2:13.28
2	Joe Brunel	9	BOD	2:15.98
3	Jason Quan	9	SL	2:21.64
4	Bobby Williams	10	HAY	2:22.72
5	Kellen Stevens	9	MC	2:27.79
6	Chris Bell	9	HAY	2:28.55
	Rayed Sheil	9	CV	
	Aaron Alcorn	10	MC	
	Chris Bryant	9	SLZ	
	Matt Sawyer-Long	10	CV	
	Dan Cheung	10	CV	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Marco Marques	9	ME	2:15.90
2	Ben Drader	9	CV	2:17.98
3	Alex Cardiasmenos	9	CV	2:20.04
4	Eduardo Rodriguez	10	HAY	2:20.95
5	Michael Bennett	9	BOD	2:29.23
6	Nick White	9	CV	2:33.10
7	Aaron Almendariz	10	HAY	2:42.80
	Tuy Ha	10	SL	
	John Goldasio	9	ARR	
	Aaron Almendariz	10	HAY	

VAR GIRLS 800 METERS - FINAL

Place	Name	GR	School	Time
1	Jessica Marr	11	HAY	2:15.64***
2	T'Carra Penick	9	SLZ	2:19.69
3	Terri O'Brian	12	MC	2:22.38
4	Skimra Rodriguez	10	BOD	2:26.95
5	Tina Shmidt	11	CV	2:27.51
6	Nyssa Thomas	11	MC	2:28.21
7	Margaret Smith	9	MC	2:29.51
	Alysia Gatchalian	12	BOD	
	Collen McGrellis	9	CV	

VAR BOYS 800 METERS - FINAL

Place	Name	GR	School	Time
1	Drew Wells	12	MC	1:59.72
2	Ryan Preston	12	MC	2:00.13
3	Richard Mendez	11	HAY	2:01.97
4	Jlm Nickolopolous	12	CV	2:02.25
5	Ingo Depina	10	SLZ	2:04.30
6	Adam Shafer	11	BOD	2:05.95
7	Kentoku Yamamoto	12	CV	2:07.13
8	Darryl Eng	11	CV	2:09.24
9	Marcus Banner	12	ME	2:24.37

VAR GIRLS 800 METERS - TRIALS

Heat #1

Place	Name	GR	School	Time
1	Terri O'Brian	12	MC	2:25.24
2	Collen McGrellis	9	CV	2:32.88
3	Tina Shmidt	11	CV	2:33.83
4	Angelina Elliot	9	BOD	2:37.69
5	Dawn Leppert	12	MC	2:40.93
6	Heather Kranitz	12	MC	2:44.24
	Anita Owyang	12	SL	
	Wendy Mock	12	SL	

Heat #2

Place	Name	GR	School	Time
1	T'Carra Penick	9	SLZ	2:25.72
2	Alysia Gatchalian	12	BOD	2:27.25
3	Nyssa Thomas	11	MC	2:29.71
4	Gaylynn Petterson	11	CV	2:36.08
5	Alissa Horejsi	12	CV	2:41.61
6	Teresa Ko	12	CV	2:41.67
7	Anita Owyang	12	SL	2:48.55
8	Jennifer Davies	11	MC	2:56.80

Heat #3

Place	Name	GR	School	Time
1	Jessica Marr	11	HAY	2:27.15
2	Skimra Rodriguez	10	BOD	2:32.53
3	Margaret Smith	9	MC	2:32.77
4	Wendy Mock	12	SL	2:37.38
5	Stephanie Weisman	12	CV	2:41.03
6	Sally Larson	9	BOD	2:44.11
	Oralia Ceon	11	HAY	

*** - Meet Record

VAR BOYS 800 METERS - TRIALS

Heat #1

Place	Name	GR	School	Time
1	Ryan Preston	12	MC	2:06.37
2	Richard Mendez	11	HAY	2:07.70
3	Darryl Eng	11	CV	2:09.04
4	Keval Khichadia	11	MC	2:14.20
5	Ken Prola	11	BOD	2:24.73
	Kenny Kenman	11	HAY	
	Jose Gayoso	12	ME	
	David Barnave	11	SLZ	
	Keven Dao	11	ME	

Heat #2

Place	Name	GR	School	Time
1	Drew Wells	12	MC	2:02.15
2	Adam Shafer	11	BOD	2:05.41
3	Marcus Banner	12	ME	2:06.18
4	Rob Butner	12	MC	2:12.85
5	Edward Cheung	11	CV	2:15.18
6	Matt Lorts	12	MC	2:23.20
7	Rob Wellbrock	12	BOD	2:24.10
	Jason Kent	12	ARR	
	Damien Dulaney	12	CV	

Heat #3

Place	Name	GR	School	Time
1	Ingo Depina	10	SLZ	2:04.30
2	Jlm Nickolopolous	12	CV	2:05.31
3	Kentoku Yamamoto	12	CV	2:07.41
4	Joe Hoyt	12	BOD	2:11.58
5	Scott Cain	11	CV	2:13.50
6	Chris Stapenhorst	12	MC	2:19.04
7	John Bambey	11	SLZ	2:31.45
	Jaun Santistiban	12	ME	
	Hecotr Gamero	11	HAY	

F/S GIRLS 300 LOW HURDLES - FINAL

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Sheryl Eng	10 CV	51.55
2	Richele Radcliffe	10 HAY	53.05
3	Kelly Staphenhorst	9 MC	55.16
4	Melissa Beesley	9 SL	55.86
5	Sierra Brower	9 MC	56.10
6	Sheila Santos	9 MC	56.80
7	Eve Giamero	9 HAY	57.05
8	Sarah Richardson	9 HAY	57.06
9	Kayt Dickens	10 MC	57.45

VAR GIRLS 300 LOW HURDLES - FINAL

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Amanda Monteiro	11 MC	49.33
2	Rachel McDonald	11 CV	49.37
3	Marcia Wong	11 CV	51.45
4	Brie Brower	12 MC	52.08
5	Donielle Evans	11 BOD	52.39
6	Jamie Aird	11 ARR	52.88
7	Sandra Quintana	11 MC	54.30
8	Brianne Faria	12 MC	54.85
9	Theresa Robles	11 CV	57.72

F/S GIRLS 300 LOW HURDLES - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Kelly Staphenhorst	9 MC	55.25
2	Melissa Beesley	9 SL	56.52
3	Sierra Brower	9 MC	57.04
4	Eve Giamero	9 HAY	57.20
5	Mimi Bishr	9 ME	63.48
6	Jennifer Jackson	9 SLZ	63.71
7	Michelle Lawton	9 CV	67.80
	Rosann Padilla	9 CV	
	Andrea Dizon	9 HAY	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Sheryl Eng	10 CV	52.51
2	Richele Radcliffe	10 HAY	54.77
3	Kayt Dickens	10 MC	57.53
4	Sarah Richardson	9 HAY	59.20
5	Sheila Santos	9 MC	61.54
6	Muna Bishr	9 ME	62.45
7	Marie Bichsel	10 CV	64.93
	Corrin Zimmerman	9 ARR	
	Erica Resalvo	10 MC	

VAR GIRLS 300 LOW HURDLES - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Amanda Monteiro	11 MC	50.54
2	Marcia Wong	11 CV	51.60
3	Jamie Aird	11 ARR	54.10
4	Brianne Faria	12 MC	55.95
5	Theresa Robles	11 CV	57.43
6	Veronica Diaz	12 MC	61.55
7	Trixy Roco	11 MC	62.33

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Rachel McDonald	11 CV	51.73
2	Brie Brower	12 MC	53.33
3	Donielle Evans	11 BOD	53.91
4	Sandra Quintana	11 MC	56.15
5	Tanya Chin	12 ARR	58.45
6	Louie Dela Fuente	11 ARR	63.13

F/S BOYS 300 INTER. HURDLES - FINAL

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Jason Cardella	10 MC	43.20
2	Sorush Groger	10 SL	43.35
3	Derrick Olivera	10 CV	44.20
4	Nick Zadno	10 MC	44.42
5	John Van Metre	10 MC	44.51
6	Aaron Gong	9 SL	44.56
7	Mark Saturnio	10 MC	46.70
8	Ryan Ribera	10 CV	48.00
9	Chris Enriquez	10 MC	48.53

VAR BOYS 300 INTER. HURDLES - FINAL

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Clement Owunna	11 BOD	41.43
2	Mike Booth	12 HAY	42.00
3	John Laforga	12 ME	42.82
4	Chris Pon	11 SL	42.83
5	Brad Willits	12 CV	43.05
6	Joseph McNeil	11 HAY	43.06
7	Leonard Sunderraj	11 MC	43.34
8	DJ Vierra	11 BOD	44.44
9	Juan Washington	11 TEN	45.30

F/S BOYS 300 INTER. HURDLES - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Nick Zadno	10 MC	44.24
2	Jason Cardella	10 MC	45.35
3	Aaron Gong	9 SL	46.62
4	Ryan Ribera	10 CV	48.51
5	Chris Enriquez	10 MC	48.93
6	Carlos Alarcon	10 HAY	51.10
7	Ryan Fannesbeck	10 CV	54.58
8	Mike Prakash	9 CV	68.79
	Erik Weed-Bietts	9 CV	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Sorush Groger	10 SL	44.27
2	Derrick Olivera	10 CV	45.34
3	John Van Metre	10 MC	45.84
4	Mark Saturnio	10 MC	47.10
5	Lionel Poblete	10 CV	51.33
6	Steve Smith	BOD	53.18
7	Andrew Green	10 ARR	54.57
8	Jonathan Roberts	9 HAY	55.42
	Alex Valentine	10 ARR	

VAR BOYS 300 INTER. HURDLES - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Clement Owunna	11 BOD	43.33
2	Joseph McNeil	11 HAY	44.40
3	Juan Washington	11 TEN	45.06
4	Dallas Radcliffe	12 HAY	45.48
5	Justin Respecke	11 MC	47.60
6	Terrence Ridge	11 SLZ	48.45
	Jack Daniels	11 CV	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Leonard Sunderraj	11 MC	43.40
2	Brad Willits	12 CV	44.19
3	DJ Vierra	11 BOD	44.71
4	Marques Wilder	11 ME	46.08
5	Kinji Holmes	11 TEN	48.48
6	Oscar Solares	12 SL	53.28
7	John Perez	12 ME	57.33
	Mike Palk	12 CV	

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Mike Booth	12 HAY	42.42
2	John Laforga	12 ME	43.10
3	Chris Pon	11 SL	43.30
4	Terence Jensen	11 SL	45.45
5	Adam Norstrom	11 MC	47.97
6	James Perez	12 ME	54.54
	William Johnson	12 HAY	
	Keven Dao	12 ME	

F/S GIRLS 200 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Kalani Holleman	9 HAY	27.05***
2	Minteva Lee	10 HAY	28.28
3	Michelle Parry	9 ARR	28.51
4	Denein Morris	9 HAY	28.95
5	Jessica Hunter	10 CV	29.23
6	Amy Hamilton	9 CV	29.34
7	Elizabeth Powell	10 HAY	29.51
8	Tanisha Williams	9 TEN	29.78
9	Krystalyn Malbon	9 MC	29.83

F/S BOYS 200 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Deonte Lewis	10 HAY	23.06***
2	Mike Henderson	9 CV	23.76
3	Andrew Eckloff	10 ARR	24.71
4	Art Calamba	MC	24.96
5	Chris Browne	9 MC	24.98
6	Travares Moore	10 SL	25.27
7	Chris Bryant	9 SLZ	25.42
8	John Willits	10 CV	25.75
	Uersell Wade	10 TEN	

F/S GIRLS 200 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Kalani Holleman	9 HAY	27.17
2	Elizabeth Powell	10 HAY	29.30
3	Jessica Hunter	10 CV	29.37
4	Andrea Cayene	BOD	30.04
5	Autum Pappas	10 CV	30.22
6	Dana Mangini	10 ARR	31.05
7	Chihunt Wong	MC	32.05

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Minteva Lee	10 HAY	28.50
2	Krystalyn Malbon	9 MC	28.68
3	Sherry Rubians	9 MC	30.41
4	Kristin Jackson	BOD	30.42
5	Diana Smith	10 HAY	30.65
6	Natasha Blakely	10 SL	30.70
	Alexandra Duenas	10 TEN	

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Denein Morris	9 HAY	28.42
2	Michelle Parry	9 ARR	29.02
3	Tanisha Williams	9 TEN	29.26
4	Roopa Dhatt	9 MC	29.72
5	Tomisha Young	10 CV	30.20
6	Sonya McFadden	10 SLZ	30.30
	Trisha Chung	10 CV	

Heat #4

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Amy Hamilton	9 CV	29.35
2	Jordan Pierce	10 SL	29.40
3	Jessica Poquiz	9 MC	30.52
4	Marianna Castiaux	9 MC	30.84
5	Becky Newton	10 CV	36.32

F/S BOYS 200 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Deonte Lewis	10 HAY	23.40
2	Mike Henderson	9 CV	24.08
3	Chris Browne	9 MC	24.82
4	Drew Bissell	10 CV	25.87
5	Matt Fong	9 SL	25.89
6	Richard Washington	10 ME	26.41
7	Arturo Lobato	9 TEN	26.80
	John Couche	10 CV	
	Geof Maita	BOD	

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Chris Bryant	9 SLZ	25.08
2	John Willits	10 CV	25.15
3	Lawrence Ling	9 MC	25.73
4	Javeon Holmes	10 HAY	25.98
5	Neyon Wesley	9 SLZ	28.04
	Eric Pane	9 CV	
	Rafael Almendares	10 SL	
	Ash Williams	9 CV	
	Adam Nemy	9 SL	

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR School</u>	<u>Time</u>
1	Andrew Eckloff	10 ARR	24.90
2	Art Calamba	MC	25.12
3	Uersell Wade	10 TEN	25.18
4	Travares Moore	10 SL	25.22
5	Greg Tafoya	10 MC	26.70
6	Ben Greenbaum	10 MC	26.88
7	Nathan Bahr	9 MC	28.30
	Burl Toler	9 BOD	
	Andrew Breshils	BOD	

*** - Meet Record

VAR GIRLS 200 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Aisha Margain	10	SLZ	24.83
2	Erin Dangerfield	11	BOD	25.26
3	Tamillya Brown	10	SLZ	25.65
4	Ola Adeniji	11	BOD	26.73
5	Gilleon Smith	10	ME	26.81
6	Ashli Tingle	11	CV	27.44
7	Shannon Lindquist	11	MC	28.75
	Angela Jackson	12	SL	
	Amanda Medrano	9	CV	

VAR BOYS 200 METERS - FINAL

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Reggie Bailey	12	CV	22.64
2	Craig Carlos-Valentino	12	TEN	22.97
3	Sean Holleman	12	HAY	22.98
4	Genna Abramenko	12	CV	23.04
5	Nick Mazur	11	BOD	23.09
6	Matt Omelagah	11	CV	23.21
7	Willie Phillips	12	SL	23.39
8	Demairea Hinton	12	SLZ	23.70
	Adam Gelb	12	MC	

VAR GIRLS 200 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Tamillya Brown	10	SLZ	25.71
2	Ola Adeniji	11	BOD	27.03
3	Amanda Medrano	9	CV	28.02
4	Shannon Lindquist	11	MC	28.32
5	Angela Jackson	12	SL	28.72
6	Cindy Parker	12	ARR	31.11

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Erin Dangerfield	11	BOD	26.36
2	Gilleon Smith	10	ME	27.30
3	Gaylynn Pettersen	11	CV	28.81
4	Jessica Wong	11	MC	29.75
5	Michelle Tobia	11	CV	29.99
6	Margeaux Canonigo	12	MC	31.24
	Erica Yarbough	11	HAY	

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Aisha Margain	10	SLZ	25.12
2	Ashli Tingle	11	CV	27.06
3	Amber Salledo	11	CV	28.95
4	Kim Samson	11	MC	30.79
	Jessica Marr		HAY	
	Karla Briscoe-Weldon	11	BOD	
	Shavaughn Baker	10	ME	

VAR BOYS 200 METERS - TRIALS**Heat #1**

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Nick Mazur	11	BOD	23.20
2	Demairea Hinton	12	SLZ	23.54
3	Adam Gelb	12	MC	23.61
4	Jess Brown	12	BOD	24.30
5	Chris Quijano	11	MC	25.01
6	Raymond Paecheco	12	TEN	25.10
7	Darryl Eng	11	CV	25.50

Heat #2

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Craig Carlos-Valentino	12	TEN	22.86
2	Matt Omelagah	11	CV	23.30
3	Maruiel Underwood	10	SL	24.03
4	Pierre Harper	11	SL	24.26
5	Rob Green	12	SLZ	24.66
6	Tyler Simpson	12	CV	24.96
7	Noah Bowers	12	MC	26.90

Heat #3

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Reggie Bailey	12	CV	22.84
2	Sean Holleman	12	HAY	23.21
3	Sean Soblin	12	CV	23.64
4	Rob Walton	11	BOD	23.96
5	Cliff Fajardo	11	ME	24.16

Heat #4

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Genna Abramenko	12	CV	23.04
2	Willie Phillips	12	SL	23.30
3	LeCaris Sanders	11	TEN	23.64
4	Byron Bandy	10	SLZ	24.07
5	Charles Stevenson	11	MC	24.24
6	Jowett Legaspi	12	MC	26.29

F/S GIRLS 3200 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Erica Simmons	10	CV	12:59.39
2	Emily Powell	9	BOD	13:05.03
3	Amy Greer	9	BOD	13:08.08
4	Vanessa Jeong	10	SL	13:15.04
5	Kara Rockett	9	BOD	14:12.22
6	Suzy Dodge	9	CV	14:39.51
7	Hilary Atwood	10	BOD	14:55.67
8	Michelle Lawtom	10	CV	15:46.38
9	Samantha Leach	9	CV	15:46.42
	Mandy Tafoya	10	BOD	
	Jhonna Halliy	10	ARR	
	Katie Tsurumoto	9	ARR	
	Lindsay Venezia	10	ARR	
	Tiffenie LA	10	ARR	
	Jessica Groome	10	CV	
	Carrie McIntyre	9	HAY	
	Kelly Suronen	9	BOD	
	Rachel Stower	10	CV	
	Jolia Dang	10	ARR	

F/S BOYS 3200 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Alex Cardiasmenos	9	CV	10:47.60
2	Jor Brunel	9	BOD	10:51.43
3	Chris Bell	9	HAY	10:52.14
4	Mike Atwood	10	SL	11:08.21
5	Adam Borruso	10	MC	11:16.39
6	Bobby Pupplone	9	CV	11:27.89
7	Nick White	9	CV	11:45.04
8	Kevin Dickson	10	CV	11:59.42
9	Chris Jarvis	10	CV	11:59.43
10	Matt Whalen	9	BOD	12:00.67
11	John Goldasio	9	ARR	12:33.27
12	Aaron Armendariz	10	HAY	13:07.21
	Soren Peteson	9	BOD	
	Eric Severson	9	CV	
	Mike Simpson	9	BOD	
	Colin Vetter	10	BOD	
	Zack Robinson	10	BOD	

VAR GIRLS 3200 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Lisa Gillis	12	MC	11:22.89
2	Colleen McGrellis	9	CV	11:46.21
3	Alissa Horeisi	12	CV	11:53.44
4	Courtney Stewart	9	CV	12:01.77
5	Angelina Elliot	9	BOD	12:03.45
6	Amber Hendrix	9	MC	12:04.75
7	Chantel Shaw	10	BOD	12:13.68
8	Alysia Gatdalian	12	BOD	12:29.32
9	Teresa Ko	12	CV	12:32.77
10	Stephanie Weisman	12	CV	12:34.22
11	Oralia Coon	11	HAY	12:35.70
12	Jessica Brandin	11	BOD	12:49.71
13	Sally Larson	9	BOD	13:02.71
14	Liz Johnson	11	BOD	13:16.59
15	Emma Argueta	11	MC	13:23.27
16	Courtney Burmann	10	MC	13:30.80
17	Shirley Santos	11	MC	14:20.28
18	Kara Mc Alister	12	ARR	15:12.19
19	Leslie Nethercott	12	MC	no time
	Anita Owyang	12	SL	
	Wendy Mock	12	SL	

VAR BOYS 3200 METERS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Time</u>
1	Chris Lanese	10	MC	9:52.93
2	John Gillis	10	MC	10:15.67
3	David Barvave	11	SLZ	10:17.00
4	Justin Coffeen	12	CV	10:17.60
5	Efeson Yosief	9	SL	10:18.04
6	Adam Shafer	11	BOD	10:18.37
7	Jason Kent	12	ARR	10:44.30
8	Kendel Yamamoto	11	CV	10:46.06
9	Kentoko Yamamoto	12	CV	10:56.85
10	Calvin Hubble	11	BOD	11:02.93
11	Josh Kaisbeek	12	CV	11:06.54
12	Horacio Martin	12	MC	11:06.82
13	James Smith	12	MC	11:08.43
14	Dave Respeke	11	MC	11:16.72
15	Chris Hanzel	11	BOD	11:54.42
16	Ryan Courtney	11	MC	11:58.73
17	Jose Gayoso	12	ME	12:08.06
18	John Bambey	11	SLZ	12:38.69
19	Alex Pinada	11	ME	13:04.32
	Kenny Kenman		HAY	
	Hector Gramero	11	HAY	
	Pastor Coon	12	HAY	
	Richard Mendez	11	HAY	
	Zack Ardell-Smith	10	SL	
	Edward Cheung	11	CV	

F/S GIRLS TRIPLE JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Kalani Holleman	9	HAY	33'6.25"
2	Eve Giamero	9	HAY	28'10"
3	Danielle Kuykendall	9	CV	27'2.5"
4	Amy Hamilton	9	CV	27'1.25"
5	Kerry Booth	9	HAY	27'0.75"
6	Annabelle Coelho	10	MC	26'10.5"
7	Jhanell Rocha	10	MC	26'2.5"
8	Erin Yarbrough	10	HAY	25'10"
9	Laurie Bugawan	9	CV	25'7.5"
10	Jennifer Jackson	9	SLZ	25'2.75"
11	Natasha Blakely	10	SL	24'7"
12	Rachel Szaley	9	CV	23'3.5"
13	Tracy Cotton	10	HAY	22'8.25"
14	Jordan Hall	9	CV	22'0.75"

F/S BOYS TRIPLE JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Mike Disilva	9	CV	40'2"
2	Lorne Barfield	9	BOD	38'2.5"
3	Laith Alnogem	10	HAY	36'11.75"
4	Art Calambra	10	MC	36'11"
5	Jason Quan	9	SL	35'0.75"
6	Jonathan Robert	9	HAY	34'10.5"
7	Marcus Frazier	9	HAY	34'8"
8	Raul Menchavez	10	MC	33'7.75"
9	Adam Jackson	9	ARR	33'2.5"

VAR GIRLS TRIPLE JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Tamillya Brown	10	SLZ	35'1.5"
2	Loryn Bailey	11	CV	33'11.75"
3	Raqueta Margain	9	SLZ	33'7.75"
4	Gilleon Smith	10	ME	33'4.5"
5	Alys Thomas	10	MC	30'10.5"
6	Shawn Maclean		MC	30'8.5"
7	Theresa Robles	11	CV	30'0"
8	Hiyasmin Dimaranan	11	MC	29'6.75"
9	Misty Orr	12	ME	29'4"
10	Brie Brower	12	MC	28'10.5"
11	Jaime Aird	11	ARR	28'3.75"
12	Raychaelle Marquez	11	MC	28'2"
13	Angel Johnson	10	SL	27'10"
14	Suzanne Rubiano	11	MC	27'2.5"
15	Pcyeta Jackson	12	HAY	21'11"

VAR BOYS TRIPLE JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Sean Holleman	12	HAY	43'10.25"
2	Ingo DePina	10	SLZ	43'0"
3	Kima Hsieh	12	HAY	42'2"
4	Walter Ponder	12	MC	41'8.5"
5	Rob Walton	11	BOD	40'7.75"
6	Cliff Fajardo	11	ME	39'11"
7	Scott Garvin	11	BOD	39'7.5"
8	John Pierre Loche	10	BOD	39'6.75"
9	William Johnson	12	HAY	39'2.5"
10	Lester Gill	12	SL	38'8"
11	Isaac Frederick	11	SL	36'6"
12	Justin Respeckie	11	MC	36'4.75"
13	Chris Quijano	11	MC	35'10"
14	Kinji Holmes	11	TEN	35'8"
15	Harland Patajo		MC	35'0"
16	Travis Cano	11	CV	34'4"
17	James Perez	12	ME	31'5.75"
18	Angelo Delfino	11	MC	30'3.75"
19	John Perez	12	ME	28'2.75"

F/S GIRLS LONG JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Kalani Hollerman	9	HAY	14'11"
2	Gina Paladini	10	CV	13'4.5"
3	Autumn Pappas	10	CV	13'4.25"
4	Natasha Blakely	10	SL	13'0.5"
5	Annabelle Coelho	10	MC	12'8.25"
6	Erin Yarbrough	10	HAY	12'6.5"
7	Kerry Booth	9	HAY	12'5.5"
8	Christina Juarez	10	ARR	12'3.75"
9	Addie Bigham	9	CV	12'0"
10	Monica Beam	9	BOD	11'10.25"
11	Tracy Cotton	10	HAY	11'10"
12	Laurie Bugawan	9	CV	11'9"
13	Anna Gunseor	9	HAY	11'8"
14	Melissa Tendencia	9	MC	11'3.5"
15	Jennifer Wong	9	MC	11'2"
16	Jordan Pierce	10	SL	10'11"
17	Richelle Radcliffe	10	HAY	10'11"
18	Monica Tiojanco	9	MC	10'10.75"
19	Emi Yokomizo	10	MC	10'8"
20	Jennifer Jackson	9	SLZ	10'7.5"
21	Rose Hoang	10	MC	7'0"

F/S BOYS LONG JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Donte Robins	9	HAY	20'5.5"
2	Versell Wade	10	TEN	19'8.75"
3	Mike Disilva	9	CV	18'7.75"
4	Lorne Barfield	9	BOD	18'4.5"
5	Ben Hanson	9	CV	18'1.75"
6	Laith Alnagem	10	HAY	18'0.5"
7	Casey Meirovitz	10	MC	17'7"
8	Rafael Almendares	10	SL	17'6.5"
9	Jonathan Roberts	9	HAY	17'3.75"
10	Adam Jackson	9	ARR	17'1.75"
11	Art Calamba	10	MC	17'0.5"
12	Travares Moore	10	SL	16'5.25"
13	Raul Menchavez	10	MC	16'5.25"
14	Matt Foley	9	MC	15'5"
15	Alan Santos	10	MC	15'5"
16	Lawrence Ling	9	MC	15'4.5"
17	Nathan Freebody	10	CV	13'3.3.25"

VAR GIRLS LONG JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Anita McCallum	11	SLZ	15'8.5"
2	Loryn Bailey	11	CV	15'7"
3	Gilleen Smith	10	ME	14'8"
4	Hiyasmin Dimaranan	11	MC	14'5.5"
5	Brie Brower	12	MC	14'1.75"
6	Shawn Mclean		MC	13'11.25"
7	Raychaelle Marquez	11	MC	13'9"
8	Monica Dean	10	BOD	13'7.5"
9	Nyssa Thomas	11	MC	13'6.75"
10	Norisha Bluiitt	11	SLZ	13'6.75"
11	Alys Thomas	10	MC	13'4.75"
12	Misty Orr	12	ME	13'2"
13	Teresa Robler	11	CV	12'9.25"
14	Angel Johnson	10	SL	12'3"
15	Angela Jackson	12	SL	9'8.5"
16	Pcyteta Jackson	12	HAY	9'3.5"

VAR BOYS LONG JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Reggie Bailey	12	CV	21'2.75"
2	Sean Holleman	12	HAY	21'1"
3	Robert Walton	11	BOD	20'5.5"
4	Kim-Da Hsieh	12	HAY	19'8"
5	Cliff Farjardo	11	ME	19'7"
6	John Loche	10	BOD	19'2"
7	Isaac Frederick	11	SL	19'0.75"
8	Satnil Lallian	12	MC	18'11.25"
9	Jack Daniels	11	CV	18'3.25"
10	Walter Ponder	12	MC	18'2"
11	Lester Gill	12	SL	18'1"
12	Marviel Underwood	10	SL	18'0"
13	John Laforga	12	ME	17'11.75"
14	William Johnson	12	HAY	17'11"
15	Chris Quijano	11	MC	17'2"
16	John Curtis	11	TEN	17'0.5"
17	Anmar Alnagem	12	HAY	16'2.25"
18	Angelo Delfino	11	MC	15'5.5"
19	Eric Garcia	11	ARR	15'1"
20	James Perez	12	ME	14'10"
21	John Perez	12	ME	12' 7.75"

F/S GIRLS HIGH JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Mari Mantle	10	ARR	4'4"
T2	Sheryl Eng	10	CV	4'4"
T2	Melissa Beesley	9	SL	4'4"
4	Gina Paladini	10	CV	4'4"
5	Michelle Parry	9	ARR	4'2"
T6	Amy Hamilton	9	CV	4'0"
T6	Karen Wong	10	HAY	4'0"
8	Tomisha Young	10	CV	4'0"
9	Amber Morse	10	HAY	4'0"
10	Laurie Bugawan	9	CV	3'10"
11	Lorein Lee	9	ARR	3'8"
11	Lana Cross	9	ARR	3'8"

F/S BOYS HIGH JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Ben Hansen	9	CV	5'6"
2	Jared Stohr	9	CV	5'6"
3	Lorne Barfield	9	BOD	5'4"
3	Ryan Matteson	10	HAY	5'4"
5	Donte Robins	9	HAY	5'0"
6	Mike Disilva	9	CV	4'10"
7	Adam Borruso	10	MC	4'10"
8	Marcus Frazier	10	HAY	4'10"
9	Mke Prakash	9	CV	4'6"
	Mike Gerton	9	ARR	
	Brad Rinker	9	CV	
	Steve		BOD	
	John Lopes	10	HAY	
	Rich Curtis	9	TEN	
	Jon Bernardo	9	CV	

VAR GIRLS HIGH JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Rachael McDonald	11	CV	4'10"
2	Loryn Bailey	11	CV	4'8"
3	Stacy Dickens	12	MC	4'4"
4	Angel McConnell	10	HAY	4'4"
5	Kim Cross	12	MC	4'2"
6	Nyssa Thomas	11	MC	4'2"
7	Misty Orr	12	ME	4'0"
	Alys Thomas	10	MC	NH

VAR BOYS HIGH JUMP - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Vincent Boatwright	11	HAY	6'0"
2	John Pierre Loche	10	BOD	5'10"
3	John Curtis	11	TEN	5'10"
4	Justin Respeke	11	MC	5'8"
5	Mike DeGrazia	12	BOD	5'4"
5	Leonard Sunderraj	11	MC	5'4"
7	Adam Nordstrom	11	MC	5'4"
8	Margues Wilder	11	ME	5'2"
9	Travis Cano	11	CV	5'0"
10	Eric Garcia	11	ARR	4'10"
	Kim-Da Hsieh	12	HAY	
	Isaac Banks	12	SLZ	
	Ingo DePina	10	SLZ	
	David Respeke	11	MC	
	Marcus Branner	12	ME	

F/S GIRLS POLE VAULT - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Kim Ponce	10	CV	7'0"
2	Vicki Quintana	9	MC	7'0"
3	Kelly Staphenhorst	9	MC	7'0"
4	Sierra Brower	9	MC	6'6"
5	Amie Frisch	10	ARR	6'0"
	Addie Bigham	9	CV	NM

F/S BOYS POLE VAULT - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Casey Meirovitz	10	MC	11'0"
2	Ben Greenbaum	10	MC	9'0"
3	Brian Baliwas	10	MC	9'0"
4	Laith Alfagen	10	HAY	8'6"
4	Marcus Frazier	10	HAY	8'6"
6	Patrick Rupp	10	MC	8'6"
7	Greg Tafoya	10	MC	8'0"
8	Peter Traum	10	ARR	8'0"
9	Chris Ashford	9	CV	7'0"
10	Tim Comfort	9	CV	7'0"
	Sean O'Brien	9	MC	NM

VAR GIRLS POLE VAULT - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Katie Glenn	11	CV	8'6"
2	Amber Sammons	12	CV	8'0"
3	Jaime Arterburn	10	CV	7'6"
4	Heather Kranitz	12	MC	7'6"
5	Shawn MacLean	12	MC	7'6"
6	Samantha Krohn	11	ARR	7'0"

VAR BOYS POLE VAULT - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Cory Rutherglen	11	CV	12'0"
2	Brandon Tong	12	CV	11'6"
3	Nic Martinez	12	MC	11'6"
4	Ricky Simons	12	CV	11'0"
5	Francis Fernandez	12	BOD	11'0"
6	Patrick Madulid	11	MC	11'0"
7	Chris Diggs	11	HAY	9'6"
8	Rick Kuta	11	CV	9'0"
	Chris Fosdahl	12	CV	8'6"
	Mark Keck	12	ARR	8'6"
	Zeus Einhorn	11	BOD	8'6"
	Chris Feliciano	11	ARR	8'6"

F/S GIRLS DISCUS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Erin Yarbrough	10	HAY	81'9"
2	Erin Archerd	10	MC	74'4.25"
3	Gina Paladini	10	CV	67'7"
4	Rebecca Weisman	10	CV	65'8.75"
5	Amy Grnesch	10	ARR	65'2.75"
6	Dorothy Coneeption	10	ME	62'5.25"
7	Rosa Perez	9	ARR	59'11.25"
8	Rachel Szalay	9	CV	59'8"
9	Bethany Ensminger	9	MC	56'1.5"

VAR GIRLS DISCUS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Tammy Coneepeon	12	ME	107'2.5"
2	Michelle Daggs	10	BOD	102'5.5"
3	Stacy Dickens	12	MC	98'6"
4	Tiffany Rizzo	10	CV	93'2.5"
5	Becky Zachau	12	MC	87'9.5"
6	Jennifer Sisson	12	HAY	80'6.5"
7	Alma Soto	12	MC	78'4"
8	Kristal Van Elk	12	CV	74'11.5"
9	Sara Hausel	12	CV	74'9.25"
10	Jacquelyn Swift	12	TEN	72'7.5"
11	Corrie Cortez	10	HAY	72'7"
12	Tiffanie Jower	10	CV	72'4.25"
13	Monica Alarcon	12	HAY	62'10"
14	Alma Lopez	11	CV	61'6"
15	Erin Gabel	10	CV	61'1"
16	Debora Corrigan	11	MC	52'5"
17	Patrice Wakeley	9	BOD	51'7.5"
18	Danyale Reed	11	ARR	38'11.5"

F/S BOYS DISCUS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Brian Simms	10	SL	121'4"
2	Chris Manning	9	CV	120'8.5"
3	Jimmy Templeton	10	MC	108'5.75"
4	Nick Musgrove	10	SL	105'8"
5	Eitan Manhoff	9	CV	94'10"
6	Jon Clanton	10	MC	91'10.75"
7	Mike Krieger	10	SL	89'11"
8	Alex Rodriguez	10	HAY	88'6.75"
9	Matt Conlin	9	HAY	86'11"
10	Pat Mikaio	9	TEN	85'1"
11	Mike Thomas	9	CV	81'5.25"
12	Mitch Bathke	10	CV	81'1.75"
13	Anthony Heredia	10	SL	80'10.75"
14	Brett Sallaz	10	SL	79'10"
15	Cory Lynch		BOD	78'11"
16	Gerald Tiu	10	MC	78'5"
17	John Ballesteros	10	MC	78'4.75"
18	Josh Jackson	9	SL	76'3"
19	Mike Gerton	9	ARR	73'1"
20	Stephen Riley	9	ARR	71'1.5"
21	Mike Whittaker	9	SLZ	69'2.5"
22	Brian Hagebusch	9	ARR	57'6.75"
23	Nyeem Wesley	9	SLZ	50'5.25"
	John Van Metre	10	MC	
	Dan Allen	9	CV	
	Sam Hodge	9	TEN	
	Brad Rinker	9	CV	
	Ryan Matteson	10	HAY	

VAR BOYS DISCUS - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Noah Tuitauuki	11	SL	151'1.5"
2	Ryan Jones	12	CV	138'3.5"
3	Robert Picetti	11	CV	132'4.25"
4	Alfred Hall	12	MC	131'11.75"
5	Tim McGallian	11	BOD	128'4.75"
6	Charles Parks	10	BOD	120'5.75"
7	Abraham Daualkhosh	11	TEN	118'1.75"
8	Maurio Martinez	11	CV	116'7.75"
9	Brian Moon	9	BOD	115'6.75"
10	Drew Wells	12	MC	113'4.25"
11	John Thurston	10	MC	113'1.75"
12	Mike McKinney	11	ARR	111'0.25"
13	Derick Finney	12	ME	109'10"
14	Nick Spadoni	11	SL	109'9.5"
15	James Richards	11	SLZ	103'9.75"
16	Lester Akai	11	ME	103'0.25"
17	Kenny Wolfe	11	SL	98'7"
18	Barry Richards	12	ME	97'5.25"
19	Anthony Chavez	11	SLZ	95'2"
20	Steve Parini	12	MC	94'9.75"
21	Roland McCready	11	HAY	91'4.25"
22	Chris Walker	11	HAY	90'1.5"
23	Brian Futagaki	12	MC	79'1.5"

F/S GIRLS SHOT PUT - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Rebecca Weisman	10	CV	25'1"
2	Erin Yarbrough	10	HAY	24'6"
3	Erin Archerd	10	MC	23'10"
4	Bethany Ensminger	9	MC	22'9"
5	Amy Graesch	10	ARR	22'7"
6	Gina Paladini	10	CV	21'5.5"
7	Dorothy Concepcion	10	ME	20'0"
8	Dana Mangini	10	ARR	19'6"
9	Rosa Perez	9	ARR	18'7"

VAR GIRLS SHOT PUT - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Michelle Daggs	10	BOD	38'4"
2	Angel Johnson	10	SL	35'4.5"
3	Stacy Dickens	12	MC	32'3"
4	Corrie Cortez	10	HAY	31'10.5"
5	Rachel McDonald	11	CV	31'7"
6	Becky Zachau	12	MC	31'6.5"
7	Tammy Coneepeon	12	ME	29'10.5"
8	Tiffany Rizzo	10	CV	27'11"
9	Erin Gabel	10	CV	27'8.5"
10	Jennifer Sisson	12	HAY	26'5.5"
11	Audra Cheruatin	12	ARR	25'7.5"
12	Patrice Wakeley	9	BOD	25'5"
13	Debora Corrigan	11	MC	23'5"
14	Sara Hausel	12	CV	23'1.5"
15	Kristie Van Elk	12	CV	22'9"
16	Jaquelyn Swift	12	TEN	22'5"
17	Monica Alarcon	12	HAY	21'3.5"
18	Alma Soto	12	MC	21'2"
19	Shannon Parsons	11	ARR	20'10"
20	Tiffanie Jower	10	CV	20'8.5"
21	Danyale Reed	11	ARR	19'7.5"
	Sherita Roberts	11	HAY	

F/S BOYS SHOT PUT - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Jimmy Templeton	10	MC	43'6"
2	Cory Lynch	10	BOD	43'6"
3	Brian Simms	10	SL	42'1"
4	Chris Manning	9	CV	41'7.5"
5	Anthony Henedia	10	SL	40'11.5"
6	Nick Musgrove	10	SL	37'0.5"
7	John Ballesteros	10	MC	37'0"
8	Gerald Tiu	10	MC	37'0"
9	Mike Krieger	10	SL	36'7.5"
10	Pat Mikaio	9	TEN	36'6"
11	Sam Hodge	9	TEN	35'11"
12	Ryan Matteson	10	HAY	35'9"
13	Mitch Bathke	10	CV	35'8"
14	Chris Bryant	9	SLZ	35'0.5"
15	Alex Rodriguez	10	HAY	34'0"
16	Nyeem Wesley	9	SLZ	32'6"
17	Jon Clanton	10	MC	32'2.5"
18	Mike Gerton	9	ARR	30'11"
19	Eitan Manhoff	9	CV	30'10"
20	Mike Whittaker	9	SLZ	30'4"
21	John Van Metre	10	MC	30'4"
22	Mike Thomas	9	CV	30'3"
23	Josh Jackson	10	SL	30'1"
24	Stephen Riley	9	ARR	29'11"
25	Matthew Conlin	10	HAY	29'5"
26	Brett Sallaz	10	SL	26'11"
27	Brian Hagebusch	9	ARR	21'11"

VAR BOYS SHOT PUT - FINAL ONLY

<u>Place</u>	<u>Name</u>	<u>GR</u>	<u>School</u>	<u>Mark</u>
1	Tim McGallian	11	BOD	49'0.5"
2	Brian Moon	9	BOD	45'3"
3	John Thurston	10	MC	45'1"
4	Bill Mateialonajir	12	HAY	44'8"
5	James Richard	11	SLZ	43'0"
6	Noah Tuitauuki	11	SL	42'8.5"
7	Roland McCreedy	11	HAY	40'10.5"
8	Rob Collett	12	CV	40'9.5"
9	Nima Dauari	12	BOD	40'9"
10	Ryan Jones	12	CV	39'10.5"
11	Robert Picetti	12	CV	39'9"
12	Alfred Hall	12	MC	39'4"
13	Charles Parks	10	BOD	38'8.5"
14	Artis Stewart	11	HAY	36'9"
15	Nick Spadoni	11	SL	36'7"
16	Kenny Wolfe	11	SL	36'5.5"
17	Josh Gould	12	MC	36'3"
18	Chris Walker	11	HAY	36'2"
19	Lamar Hughes	11	SLZ	35'10"
20	Anthony Chavez	11	SLZ	35'5"
21	Steve Parini	12	MC	35'1.5"
22	Derriele Finney	12	ME	35'1"
23	Jaime Montenegro	12	MC	32'9"
24	Lester Akai	11	ME	28'11"
25	Jason Montour	12	TEN	25'9.5"
26	David Saldan	12	MC	25'3.5"

SCOREBOARD

Track PREP BOYS

N.S. Tri-Valley trials

At Chabot College, Hayward Qualifiers for today's finals

100 meters: Atari Callen (De La Salle) 10.97, D.J. Williams (De La Salle) 11.01, Lloyd Jackson (Antioch) 11.07, Troy Lee (Antioch) 11.13, Aaron Barker (Foothill) 11.17, Tim Stevens (San Ramon Valley) 11.20, Daryl Wilshire (Amador Valley) 11.27, Robert Butler (Deer Valley) 11.33.

200: Atari Callen (De La Salle) 22.18, Quentin Acosta (Amador Valley) 22.53, Troy Lee (Antioch) 22.62, D.J. Williams (De La Salle) 22.75, Robert Butler (Deer Valley) 22.76, Daryl Wilshire (Amador Valley) 22.88, Jared Banks (Campolindo) 22.91, Tim Stevens (San Ramon Valley) 22.98.

400: Quentin Acosta (Amador Valley) 49.97, Ricco Brown (California) 50.06, Ryan McCarty (Foothill) 50.52, Corey Turnbeaugh (Granada) 51.03, Mike Faddell (Amador Valley) 51.63, Ryan Fitzpatrick (Foothill) 51.64, David Bettencourt (Livermore) 51.89, Drew Adams (Northgate) 52.01.

800: Troy Smith (California) 1:58.69, Craig Lee (College Park) 1:58.77, Brett Foreman (Foothill) 1:59.06, Mike Roskowski (De La Salle) 1:59.28, Justin Gary (Berkeley) 1:59.79, Jason Cabatangan (San Ramon Valley) 2:00.00, Adam Davis (Clayton Valley) 2:01.00.

1,600: Ryan Stanton (De La Salle) 4:27.22, Jason Cabatangan (San Ramon Valley) 4:28.27, David Vigil (College Park) 4:29.26, Matt Wise (Campolindo) 4:30.01, Donovan Jones (Livermore) 4:34.54, Ron Selvey (Amador Valley) 4:34.96, Craig Lee (College Park) 4:35.16, Dan Olsen (De La Salle) 4:35.66, Justin Rau (Granada) 4:36.60.

110 hurdles: Kevin Mackey (Northgate) 15.27, Jeff McKeown (Clayton Valley) 15.28, David Diggs (Berkeley) 15.30, Kevin Ernst (Los Angeles) 15.44, Kyle Beckham (Benicia) 15.58, Bruce Monte Vista 15.73, Ben Shigen (Northgate) 15.80, Derek Garcia (De La Salle) 16.16.

300 hurdles: Bruce Giron (Monte Vista) 39.12, Jeff McKeown (Clayton Valley) 39.21, Kevin Mackey (Northgate) 39.55, Derek Garcia (De La Salle) 40.33, Kyle Beckham (Benicia) 40.63, Amos Cruz (Alhambra) 40.90, Kevin Tiltman (Concord) 41.03, Haili Gu (Berkeley) 41.32.

400 relay: De La Salle (Raynard Currie, Atari Callen, Charles Favroth, D.J. Williams) 42.43, Amador Valley 43.14, Foothill 43.38, Campolindo 43.75, Antioch 43.86, Clayton Valley 44.50, Livermore 44.53, San Ramon Valley 44.66.

1,600 relay: Foothill (Ryan Fitzpatrick, Aaron Barker, Matt Diaz, Paul McCarty) 3:23.32, Northgate 3:26.26, California 3:26.47, Alhambra 3:27.25, Amador Valley 3:27.81, Campolindo 3:28.13, Clayton Valley 3:29.57, Monte Vista 3:31.29.

MJ: Jay Bussey (Ygnacio Valley), Steve Carpenter (Ygnacio Valley), Nick Hopkins (Granada), David Woodworth (Acalanes), Mike Kuhlman (San Ramon Valley), Jordan Engeldinger (Acalanes), Steve McKeon (Clayton Valley), Jeremy Coleman (Ygnacio Valley), Brenden Crawford, all cleared 5-6.

PV: Conner Swegle (De La Salle), Alfred Fuller (Campolindo), Pat Daly (San Ramon Valley), Ben Foster (Amador Valley), Richard Engle (Las Lomas), John Chin (San Ramon Valley), Lee McDole (De La Salle), Geoff Minder (Acalanes), Steve Wharton (Acalanes) all cleared 12-0.

LJ: Benson Jones (Clayton Valley) 22-5 1/4, Rick Chavez (Benicia) 21-8 1/4, Aaron Barker (Foothill) 20-9 1/4, Vance Stevens (De La Salle) 20-5 1/4, Gavin Mannion (Clayton Valley) 20-1 1/4, Ryan Koo (Miramonte) 19-7, John Tucker (Benicia) 19-4, Marlon Blvens (College Park) 19-4, Tom McCullough (Livermore) 19-2 1/4.

TJ: Benson Jones (Clayton Valley) 47-2 1/4, Ajay Nayak (Acalanes) 42-2 1/4, Juan Valencia (Clayton Valley) 41-9 1/4, David Woodworth (Acalanes) 40-10 1/4, Ryan Koo (Miramonte) 40-9 1/4, Kevin Tiltman (Concord) 40-8, Mike Reynolds (Pittsburg) 40-4 1/4, Charles Mann (Clayton Valley) 40-4, Eric Keller (San Ramon Valley) 40-0 1/4.

SP: Lamond Walker (Concord) 50-3 1/4, Robbie Christiansen (Las Lomas) 49-11, Pat

Fay (Northgate) 48-1 1/4, Sean Doherty (Mt. Diablo) 47-10 1/4, Craig Dukes (San Ramon Valley) 47-0, Ryan Lockner (California) 46-5, Mike Barlow (Amador Valley) 46-3 1/4, Steve Choh (De La Salle) 45-8 1/4, Martin Mendicta (Ygnacio Valley) 45-2 1/4.

Discus: Robbie Christiansen (Las Lomas) 152-1, Lamont Walker (Concord) 151-1, Nick Shaffer (Monte Vista) 145-8, Jeremy Schneider (Amador Valley) 143-6, Sean Doherty (Mt. Diablo) 140-2, Paul Anderson (De La Salle) 138-8, Mike Barlow (Amador Valley) 137-10, Pat Fay (Northgate) 133-8, Jason Ramirez (California) 130-10.

NCS Bay Shore trials

At James Logan High School, Union City (Qualifiers for today's finals. Field events begin 9:30 a.m., running events at 11 a.m.)

400 meter relay: James Logan 42.45, Castro Valley 43.27, Bishop O'Dowd 43.35, Richmond 43.55, Hayward 44.19, San Leandro 44.37, El Cerrito 44.47, Mission-San Jose 44.53.

1,600 relay: Moreau Catholic 3:28.77, James Logan 3:27.77, St. Mary's 3:29.11, Mission-San Jose 3:32.61, San Lorenzo 3:32.61, Newark 3:32.74, Kennedy-Richmond 3:34.47, El Cerrito 3:35.28.

110 hurdles: Charles Arney (James Logan) 14.14, Rich Nero (St. Mary's) 14.72, Marlon Beaver (Newark) 14.68, Quantis Cann (St. Mary's) 15.03, Clement Owarina (Bishop O'Dowd) 15.19, Erik Allen (Mission-San Jose) 15.43, Fiston Balumbu (James Logan) 15.48, Jason Gafney (Hayward) 16.07.

300 hurdles: Marlon Beaver (Newark) 39.48, Rich Nero (St. Mary's) 41.15, Fiston Balumbu (James Logan) 41.93, Mike Booth (Mt. Eden) 42.07, Erik Allen (Mission-San Jose) 42.11, Charles Arney (James Logan) 42.32, Bill John (Washington) 42.46, Chris Pon (San Leandro) 42.94.

100 meters: Dennis Elliott (Richmond) 11.09, Paki Gordon (St. Mary's) 11.25, Pierre Jettson (James Logan) 11.10, Aaron Daglow (De Anza) 11.12, Reggie Bailey (Castro Valley) 11.14, Danny Walker (Granada) 11.21, Devin Poche-West (St. Mary's) 11.28.

200: Jafar Williams (St. Mary's) 22.35, Chandler White (St. Mary's) 22.46, Dennis Elliott (Richmond) 22.53, Paki Gordon (St. Mary's) 22.68, Devin Poche-West (St. Mary's) 22.74, Cornel Coleman (James Logan) 22.84, Kwamin Taylor (St. Mary's) 22.95, Gema Abramenko (Castro Valley) 23.33.

400: Jafar Williams (St. Mary's) 49.52, Kwamin Taylor (St. Mary's) 49.62, Kwamin Loran (St. Mary's) 49.67, Chandler White (St. Mary's) 50.20, Khalid Taylor (St. Mary's) 50.51, Danyel Versher (St. Mary's) 50.78, Marcus Banner (Mt. Eden) 51.35, Lance Cobert (James Logan) 51.77.

800: Jon Stevens (Mission-San Jose) 1:57.96, Ryan Preston (Moreau Catholic) 1:58.83, Scott MacDonald (James Logan) 1:58.98, Drew Walks (Moreau Catholic) 1:59.57, Mike Arp (St. Mary's) 2:00.18, Lamin Rodriguez (James Logan) 2:00.96, Andrew Walker (Alameda) 2:01.08.

1,600: Jon Stevens (Mission-San Jose) 4:36.69, Zack Ardell-Smith (San Leandro) 4:37.36, Carl Moren (Piedmont) 4:38.53, Richard Mendez (Hayward) 4:38.94, Chris Lanese (Moreau Catholic) 4:42.91, Scott MacDonald (James Logan) 4:44.47, Micah Schram (Mission-San Jose) 4:44.97, Adam Shaffer (Bishop O'Dowd) 4:46.0.

HJ: Ebon Glenn (St. Mary's) 5-8, Jerrod Mack (St. Mary's) 5-8, Justin Respete (Bishop O'Dowd) 5-8, John Pierre Loche (Bishop O'Dowd) 5-8, Lester Cannon (James Logan) 5-8, Vincent Boathright (Hayward) 5-8, Leonard Sunderraj (Moreau) 5-8, Tim Kammer (Irvington) 5-6.

LJ: Jerrod Mack (St. Mary's) 21-4 1/4, Danny Walker (James Logan) 21-3 1/4, Charles Arney (James Logan) 21-2, Roger Bailey (Castro Valley) 20-10 1/4, Robert Walton (Bishop O'Dowd) 20-4 1/4, Mike Johnson (Mission SJ) 20-2 1/4, Cliff Farjardo (Mt. Eden) 20-1 1/4, Kim-Da Hsieh (Hayward) 19-9 1/4, Rodney Best (Newark Memorial) 19-9.

TJ: Jerrod Mack (St. Mary's) 43-11 1/4, Ingo Depina (San Lorenzo) 42-3 1/4, Danny Walker (James Logan) 42-4, Kim-Da Hsieh (Hayward) 42-3 1/4, Walter Ponder (Moreau) 41-10 1/4, Mike Johnson (Mission SJ) 41-5 1/4, Aaron Streets (Piedmont) 40-3, Sean Holleran (Hayward) 42-2 1/4, Anik Patel (Mission SJ) 39-4 1/4.

Discus: Rodney Rond (Newark Memorial) 150-10, Noah Tuitauki (San Leandro) 148-4, Duke Bishop (Newark Memorial) 138-5, Ryan Jones (Castro Valley) 138-3, Sean Westbrook

(Mission SJ) 134-4, Mike Bigbee (El Cerrito) 128-10, Milo Pedro (Kennedy) 127-11, John Wert (Piedmont) 125-2, Michael Canepa (El Cerrito) 121-10.

SP: Mike Bigbee (El Cerrito) 49-1, Tim McGallian (Bishop O'Dowd) 48-10, Bryan Ford (James Logan) 47-9, Brian Meon (Bishop O'Dowd) 45-0, John Delgado (Kennedy) 44-4, Bill Mateialonajir (Hayward) 43-7, Mike Parks (De Anza) 42-6, John Thurston (Moreau) 42-5, David Knopier (Newark Memorial) 40-11.

PREP GIRLS

NCS Tri-Valley trials

At Chabot College, Hayward Qualifiers for today's finals

100 meters: Terrell Albert (Antioch) 12.62, Aqueelah Tiltman (Foothill) 12.70, Katie Nash (Carondelet) 12.80, Shantia Bryan (Ygnacio Valley) 12.90, Angela Brigham (Northgate) 13.13, Simone Brooks (Berkeley) 13.16, Tomei Cooper (Dublin) 13.16, Dionne Hunt (Deer Valley) 13.26, Tatiana Newman (Berkeley) 13.27.

200: Heather Murtaugh (San Ramon Valley) 25.99, Aqueelah Tiltman (Foothill) 25.98, Simone Brooks (Berkeley) 26.26, Mona Al-Hassan (Northgate) 26.29, Katie Nash (Carondelet) 26.42, Courtney Sagent (Northgate) 26.98, Dionne Hunt (Deer Valley) 27.29, Karen Woo (Amador Valley) 27.45, Irene Guzman (California) 27.47.

400: Heather Murtaugh (San Ramon Valley) 59.80, Courtney Sagent (Northgate) 1:00.36, Carrie Laird (Acalanes) 1:01.60, Annie Branco (Amador Valley) 1:01.66, Uzozei Ozozi (Livermore) 1:02.02, Megan Allen (Acalanes) 1:02.23, Alyson Wheeler (Carondelet) 1:02.69.

800: Kelly Piatanesi (Carondelet) 2:20.48, Megan Newton (Foothill) 2:20.64, Lindsay Ford (Carondelet) 2:23.96, Jenny Masamitsu (Livermore) 2:24.00, Erin Gerts (College Park) 2:24.34, Amy Judy (Acalanes) 2:24.56, Katie Murphy (San Ramon Valley) 2:25.03, Taylor Prosek (Carondelet) 2:29.77, Nicole Kisco (Livermore) 2:29.99.

1,600: Susan Chan (Monte Vista) 5:15.43, Kersti Miller (Miramonte) 5:18.36, Meghan Andrade (Carondelet) 5:18.42, Megan Newton (Foothill) 5:18.99, Jenny Masamitsu (Livermore) 5:20.01, Stephanie Smith (Livermore) 5:20.04, Katie Murphy (San Ramon Valley) 5:20.87, Lizzie Block (Acalanes) 5:20.92, Stephanie Ksenzuk (Liberty) 5:21.45.

100 hurdles: Carolyn King (Carondelet) 15.52, Simone Brooks (Berkeley) 15.73, Stephanie Jzyk (Liberty) 16.08, Stephanie Cowling (Benicia) 16.23, Sheela Subramanian (San Ramon Valley) 16.25, Michelle Cook (San Ramon Valley) 16.59, Clarice Dawson (Carondelet) 16.82, Lindsey Bergren (Miramonte) 17.80.

300 hurdles: Carolyn King (Carondelet) 45.16, Lindsey Bergren (Miramonte) 46.97, Clarice Dawson (Carondelet) 47.54, Michelle Cook (San Ramon Valley) 48.02, Nicole Marko (Clayton Valley) 48.37, Kastle Cannon (Carondelet) 49.03, Sheela Subramanian (San Ramon Valley) 49.45, Jessie Plausche (Acalanes) 49.51.

400 relay: Carondelet (Carolyn King, Katie Nash, Clarice Dawson, Brionne Dawson) 48.48, Northgate 50.22, Berkeley 50.45, Antioch 50.90, Ygnacio Valley 50.94, Miramonte 51.41, San Ramon Valley 51.50, Benicia 51.62.

1,600 relay: Carondelet (Bree Horvath, Mary Saunders, Kelly Piatanesi, Julie Kefer) 4:06.94, Foothill (Megan Newton, Danielle Miceli, Pam Sophie, Aqueelah Tiltman) 4:07.11, Amador Valley 4:10.21, Northgate 4:11.05, Livermore 4:11.13, Miramonte 4:13.56, Monte Vista 4:14.10, Acalanes 4:15.87.

HJ: Amber Nixon (Amador Valley), Sarah Soroken (California), Stephanie Jzyk (Liberty) 4-10, Kristina Wooten (Granada) 4-10, Laura Winnacker (Berkeley), Gabrielle Abematry (Deer Valley), Joanna Parker (Northgate), Jenny Koll (Clayton Valley), Jackie Galvin (Monte Vista), all cleared 4-10.

PV: Sara Guziak (College Park), Christian McCurdy (Campolindo), Erin Mann (San Ramon Valley), Kelly Minnaugh (Foothill), Christi Bolanos (Amador Valley), Claire Glogowski (Campolindo), Brook Miller (Las Lomas), Lindsey Bergren (Miramonte), all cleared 8-6.

LJ: Shantia Bryant (Ygnacio Valley) 17-11 1/4, Brionne Dawson (Carondelet) 17-2, Tatiana Newman (Berkeley) 17-1 1/4, Joanna Parker (Northgate) 16-8, Sarah Burgess (Liberty) 16-8, Nancy Beigel (Ygnacio Valley) 16-7 1/4, Kourtney Jantzas (Miramonte) 16-6, Julie Pradki (San Ramon Valley) 16-3, Barbara Louis (Cam-

polindo) 16-0 1/4.

TJ: Shantia Bryant (Ygnacio Valley) 35-11, Brionne Dawson (Carondelet) 35-8 1/4, Nancy Beigel (Ygnacio Valley) 34-8, Crystal Copes (Berkeley) 34-3, Elizabeth Santos (Clayton Valley) 33-7 1/4, Kelly O'Dell (Alhambra) 33-2 1/4, Erin Ralnes (Miramonte) 32-9 1/4, Erin Hattersley (Miramonte) 32-9, KC Joyce (Amador Valley) 32-6 1/4.

SP: Amanda Garcia (Carondelet) 39-8, Theresa Hahn (Granada) 37-11, Abby Allison (Carondelet) 35-11, Alla Hansen (Las Lomas) 35-7, Amanda Pattison (Granada) 35-2, Sarah Hamilton (Livermore) 34-8, Erica Chew (Monte Vista) 34-5, Dynasty Williams (Ygnacio Valley) 33-10, Mariko Joplin (Granada) 33-1 1/4.

Discus: Theresa Hahn (Granada) 122-5, Amanda Garcia (Carondelet) 118-3, Rachel Rosemyer (Acalanes) 116-11, Rhoda Chan (Concord) 112-2, Abby Allison (Carondelet) 112-1, Sarah Hamilton (Livermore) 107-0, Jennifer Harris (Carondelet) 101-11, Christina Bocht (Antioch) 100-2, Megan Bergin (Acalanes) 100-1.

NCS Bay Shore trials

At James Logan High School, Union City (Qualifiers for today's finals. Field events begin 9:30 a.m., running events at 11 a.m.)

400 meter relay: James Logan 46.48, Encinal 47.01, San Lorenzo 47.06, El Cerrito 48.26, Bishop O'Dowd 49.77, Mission-San Jose 49.93, St. Mary's 50.27, Richmond 50.29.

1,600 relay: Encinal 3:56.64, Mission-San Jose 4:02.41, Moreau Catholic 4:02.41, San Lorenzo 4:06.80, El Cerrito 4:07.48, St. Mary's 4:08.23, Hayward 4:10.45, Washington 4:11.07.

100 hurdles: Natasha Neal (James Logan) 14.28, Carrie McGraw (Mission-San Jose) 14.91, Becca Fong (Mission-San Jose) 14.92, Ebony Kirtan (Encinal) 14.94, Brandy Gates (El Cerrito) 15.43, Nailah Lugent (James Logan) 15.45, Montiqua Sargent (James Logan) 16.03, Sarisa Ramson (St. Mary's) 16.72.

300 hurdles: Natasha Neal (James Logan) 43.40, Carrie McGraw (Mission-San Jose) 43.68, Lisa O'Connor (Mission-San Jose) 44.90, Ebony Kirtan (Encinal) 46.27, Brooke Irvin (James Logan) 47.10, April Russell (De Anza) 47.31, Brandy Gates (El Cerrito) 47.33, Nailah Lugent (James Logan) 47.80.

100: Adriana Williams (James Logan) 12.20, Erin Dangerfield (Bishop O'Dowd) 12.24, Katrina Keith (El Cerrito) 12.35, Jamara Smith (James Logan) 12.37, Raanee Mahali (St. Mary's) 12.38, Anita McCallum (San Lorenzo) 12.47, Brandy Gates (El Cerrito) 12.50, Keli Walker (Holy Names) 12.70.

200: Alisha Margain (San Lorenzo) 25.11, Sharita Reed (Encinal) 25.35, Katrina Keith (El Cerrito) 25.42, Raanee Mahali (St. Mary's) 25.56, Erin Dangerfield (Bishop O'Dowd) 25.58, Adriana Williams (James Logan) 25.68, Michelle Armstrong (Encinal) 25.82, Keli Walker (Holy Names) 26.56.

400: Sharita Reed (Encinal) 57.11, Alisha Margain (San Lorenzo) 57.46, Michelle Armstrong (Encinal) 58.65, T'Carra Penick (San Lorenzo) 58.66, Tamiya Brown (San Lorenzo) 58.81, Raquel Margain (San Lorenzo) 58.86, Bahati Boddin (James Logan) 59.83, Renee Little (Washington) 1:00.89.

800: Danielle Price (James Logan) 2:17.60, Katie Hotchkiss (Mission-San Jose) 2:19.69, Lache Bailey (El Cerrito) 2:19.74, Sky Baumbach (James Logan) 2:19.74, Jackie Bryant (St. Mary's) 2:22.94, Jessica Marr (Hayward) 2:23.59, Terri O'Brien (Moreau Catholic) 2:23.60, Lauren Barbieri (Piedmont) 2:25.48.

1,600: Katie Hotchkiss (Mission-San Jose) 5:28.32, Sky Baumbach (James Logan) 5:28.37, Lisa Gibbs (Moreau Catholic) 5:30.68, Katie Martin (Irvington) 5:31.43, Mira Nijankam (De Anza) 5:31.63, Alyssa Gatchallan (Bishop O'Dowd) 5:36.65, Amber Hendrix (Moreau Catholic) 5:39.85.

HJ: Nailah Lugent (James Logan) 4-10, Trina Harris (St. Mary's) 4-10, Amanda Townsend (James Logan) 4-10, Lauren Barbieri (Piedmont) 4-10, Rachel McDonald (Castro Valley) 4-10, Riana Shaw (St. Mary's) 4-10, Loryn Bailey (Castro Valley) 4-10, Quiana Plump (St. Mary's) 4-10, Lisa Lindow (Kennedy-Fre) 4-8.

LJ: Dominique Green (James Logan) 18-7 1/4, Raanee Mahali (St. Mary's) 17-3 1/4, Montiqua Sargent (James Logan) 16-8 1/4, Anita McCallum (San Lorenzo) 16-5 1/4, Gillean Smith (Mt. Eden) 16-2 1/4, Jamara Smith (James Logan) 15-11 1/4, Quiana Plump (St. Mary's) 15-8 1/4, Loryn Bailey (Castro Valley) 15-6 1/4, Alica Chan (Piedmont) 15-2 1/4.

TJ: Jamara Smith (James Logan) 38-2 1/4, Tamiya Brown (San Lorenzo) 37-6, Beth Johnson (James Logan) 37-4, Montiqua Sargent (James Logan) 35-5 1/4, Tamiya Smith (Mission SJ) 35-3 1/4, Becca Fong (Mission SJ) 35-2 1/4, Desira English (St. Mary's) 34-5 1/4, Gillean Smith (Mt. Eden) 34-3 1/4, Loryn Bailey (Castro Valley) 34-1 1/4.

Discus: Melissa Reis (James Logan) 149-6, Rosie Aikens (St. Mary's) 121-0, Bernadette Purdie (Newark Memorial) 118-8, Keisha Miller (James Logan) 110-1, Raquel Narain (James Logan) 104-0, Tammy Concepcion (Mt. Eden) 103-10, Sandy Lascon (James Logan) 95-02, Stacy Flemings (St. Mary's) 92-8, Stacy Dickens (Moreau) 92-1.

SP: Michelle Daggs (Bishop O'Dowd) 41-4, Melissa Reis (James Logan) 41-4, Rosie Aikens (St. Mary's) 36-1, Kelly Barck (Mission SJ) 34-7, Raquel Narain (James Logan) 33-2, Angel Johnson (San Leandro) 32-10, Shaolana Crawford (James Logan) 32-3, Keisha Miller (James Logan) 31-3, Stacy Dickens (Moreau) 31-0.

North Coast Bayshore Regional @ James Logan High School

May 22 & 23, 1998

Friday's Trials:

Girls 4 x 100: Mandi Randall, Loryn Bailey, Amanda Medrano, Ashli Tingle 51.86 4th in Heat 1

The handoffs were not crisp and the footwork looked leaden. The girls, for whatever reason, did not have the sprak today and did not advance to the finals.

Boys 4 x 100: Sean Soblin, Genna Abramenko, Matt Omelagah, Reggie Bailey 43.27 2nd in Heat 2

A bit off, but more than enough to move on to the next round.

Boys 1600: Kentoku Yamamoto 4:51.73 6th in Heat 1

Kentoku left his best race on the track last week. For a brief moment on the 2nd lap, he pulled up iwth the leaders but could not keep the enthusiasm up.

Girls 100 Hurdles: Marcia Wong 17.57 6th in Heat 1

Even tough she did not advance Marcia ended her seson with a personal best.

Boys 100: Matt Omelagah 11.50 6th in Heat 1

Reggie Bailey 11:14 4th in Heat 2

Matt got caught out of the blocks and had to settle for an average time. Reggie was in contention the whole way, and nothced a personal best.

Girls' 800: Tina Schmidt 2:28.01 4th in Heat 1

Tina came close to her PR in a spirited race, but could only manage to be the first non-qualifier

Boys 800: Jim Nickolopoulos 2:05.35

Jim's season in the 800 ended as he struggled to stay in the pack and then got outkicked.

Boys 300 Hurdles: Brad Willits did not start

Brad failed to show up to the race.

Girls 300 Hurdles: Rachel McDonald 49.68 5th in Heat 1

Marcia Wong 53.54 in Heat 2

Rachel found herself in a fst race, and once started could not catch up. Her time remains at her newfast pace. Marcia had to run hard to be respectable.

Boys 200: Matt Omelagah did not start

Genna Abramenko 23.33 4th in Heat 2

Matt also decided to scratch himself. Genna grabbed the last qualifying spot.

Girls 200: Ashli tingle 27.41 6th in Heat 2

Ashlit ran near her season best

Girls 4 x 400: Ashli 62.8 Tina 64.4 GayLynn 64.5 Amanda 62.7 4:14.71 5th in Heat 2

By 1 100th of a second the girls edge Moreau into the finals.

Boys 4 x 400: Dru 54.4, Genna 51.9, Darryl 54.8, Brad 55.3 3:36.75 5th in Heat 1

The boys were down after being the first non-qualifier, but a late DQ pushed us into the finals anyway.

Girls Long Jump: Loryn Bailey 15-6 1/2 8th

Loryn's jump wasconsistentwith her best all year, and got her to the finals.

Boys Long Jump: Reggie Bailey 20-10 3/4 4th

Reggie got into the finals with a good jump.

Girls Triple Jump: Loryn Bailey 34-01 1/2 8th

It took a PR to do it, but Loryn made to the finals in her 2nd jumping event of the day.

Girls discus: Tiffany Rizzo 85-8 13th

Tiffany did not have a good day in her inaugural NCS appearance.

Boys discus: Ryan Jones 138-3 4th

Robert Picetti 111-4 11th

Ryan is getting more consistant all the time, and put himself in good position for the finals. Robert had a bad day.

Girls High Jump: Loryn Bailey 4-10, Rachel McDonald 4-10

Loryn struggled, but both girls made it to the finals.

Girls Shot Put: Rachel mcDonald DQ

By the time she meandered over from the High Jump, the officials had finished the event and scratched her.

Saturday's Finals:

Boys 4x 100: Soblin, Abramenko, Omelagah, Bailey 43.01 2nd

They ran near their best, but the exchanges were not crisp enough. Work remains to be done.

Boys 100: REggie Bailey 11:38 8th It was not in the cards, as Reggie got off to a quick start, but couldn't hold off the field.

Boys 200: Genna Abramenko 23.33 8th. Genna also finished out of the money, but a late catch puts him into next week's round.

Girls 3200: Collee McGrellis 11:58.57 4th Courtney Stewart 11:59.32 5th The two fresh people went out strong, held on early, and finished strong to move to the Meet of Champions.

Boys 3200: Justin Coffeen 10:09 6th Justin ran hard in a good field. Next week will be the real test.

Girls 4 x 400 Amanda 63.6 Tina 66.3 GayLynn 64.9 Ashli 61.0 4:16.8 8th The girls experienced some serious blahs today, and couldn't get energized at all.

Boys 4 x 400 Dru 54.0, Genna 52.4 Jim 54.5 Darryl 54.9 3:35.9 8th. We were in it all the way until the last stretch of the last lap a strong effort by all.

Girls Triple Jump: Loryn Bailey 33-11 1/2 8th. A near-Pr wasn't good enough.

Girls Long Jump: Loryn Bailey 15-6 7th being consistent payoff as what is now her normal jump carries her into next week.

Boys Long Jump: Reggie Bailey 21-3 2nd. Reggie loves the last jump pressure, and delivered again to put himself into serious consideration for next week.

Girls High Jump: Rachel McDonald 5-0, Loryn Bailey 4-8 Rachel jumps her best, grabs 3rd and moves on to next week. Loryn couldn't muster the oomph today.

Boys Discus: Ryan Jones 146-8 1st Ryan gives us an NCS champion for 1998. Excellent work.

Girls Pole Vault: Amber Sammons 8-6 2nd
Jamie Arterburn 7-6 6th (tie)
Katie Glenn 7-0 8th

A mixed day, as we send two on, but HAAL champ Katie suffered a lapse and had a subpar day.

Boys Pole Vault: Cory Rutherglen 12-0 5th
Brandon Tong 11-6 7th
Ricky Simons 11-6 8th

We send two for next week, but Ricky stays home as the heartbreak non-qualifier.

All-in-all, good performances by the remaining few representatives of the Trojan horde. We qualify 14 people in 10 events. Hopefully we can carry a few past even this next round into the State Meet.