

1999 Castro Valley Invitational
Friday, April 23, 1999

BOYS' FROSH-SOPH

SCORES:

Benicia	86
Castro Valley	73
Alameda	41
Las Lomas	33
Newark-Memorial	20
Hayward	19
Oakland	18
Amador Valley	18
Pittsburg	15
Tennison	10
Washington	10
Dublin	6
Richmond	4
Granada	3
Redwood Christian	2

4 x Mile

1. Castro Valley "A"	20:38.4
(Cardiasmenos, Bettinger, Wong, Puppione)	
2. Alameda "A"	20:55.4
(Brassmasonry, Lim, Yee, Arellano)	
3. Amador Valley	21:08.7
(Grigsby, Weisbrod, Monez, Gondkoff)	
4. Benicia	21:59.7
(Bright, Johnson, Stephans, Woodside)	
5. Las Lomas	22:00.5
(Harris, Tutino, Berdahl, Bloomstein)	
6. Castro Valley "B"	22:05.6
(Stadelman, Bartlow, Dickson, Zhoglo)	
7. Anady	22:50
(Feno, Lucia, Thuy, Dipadi)	
8. Hayward	23:34
(Hurtado, Perez, Davis, Bell)	
9. Alameda "B"	24:08.7
(Pham, Villegas, Lousdale, Lucie)	

4 x 100

Heat 1

1. Pittsburg	47:19
(Ron, Marcus, Jamar, Steve)	
2. Castro Valley "B"	49:43
(Ratto, Pane, Chan, Simmous)	
3. Washington	49:44
(Frizado, Boyce, Lotich, Kwasatie)	
4. Las Lomas	51:36
(Ammon, Mc Clendon, Wright, Tensfelt)	
5. Richmond	54:23
(Petterson, Dixon, Arnild, Tudd)	
6. Hayward "C"	56:53

Heat 2

1. Castro Valley	47:18
(Bissel, Barnes, Zamora, Hernandez)	
2. Oakland	48:94
(James, Thompson, Laveretto, Captain)	
3. Newark Memorial	49:94
(Carranza, Gomez, Ferguson, Renshaw)	
4. Redwood Christian	50:18
(Dang, Rayback, Tabota, Kangus)	
5. Anady "B"	51:75
(Donnelly, Thompson, Wheeler, Brandt)	
6. Dublin	54:11
(Marcoux, Wassel, Dalgado, Wolfgram)	
7. Hayward "d"	101:40
(Heaberlin, Yu, Pace, Solis,)	

Heat 3

1. Benicia	46:53
(Humpton, Pyno, Santana, Harrison)	
2. Hayward "A"	46:53
(Greig, Smith, Dean, Udofia)	
3. Granada "A"	48:48
(Tuamir, Dosc, Dirling, Smith)	
4. Granada "B"	50:77
(Pergazzy, Dubon, Lillie, Denney)	
5. Alameda "B"	51:53
(Roseles, Kiyomura, Whitworth, Lee)	
6. Amador Valley "B"	51:53
(Likeness, Lai, Heath, Williams)	

Heat 4

1. Alameda "A"	48:20
(Smith, Garrett, Cassatkin, Jackson)	
2. Amador Valley "A"	48:61
(Gong, Wong, Fredette, Vasquez)	
3. Castro Valley "C"	50:31
(Eng, Manning, Hanson, Stohr)	
4. Hayward "B"	53:96
(Davis, Dancel, Phillips, Holloman)	
D.Q. Amador Valley "C"	54:56
(Teddy, Kevin, Cameron, Russell)	

4 x High Hurdles

HEAT 1

1. Benicia	39:50
(Harrison, C. Santana, N. Santana, J. Santana)	
(New meet record: Old Meet Record 39.6 St. Mary's 1997)	

2. Washington	48:16
(Madrigal, Frizado, Vose, Lotich)	
D.Q. Castro Valley "B"	n.t.
(Thomas, Stull, Chan, Rubottom)	

HEAT 2

1. Dublin	45:00
(Hanley, Delgado, Wolfgram, Gonzalez)	
2. Oakland	47:19
(Armel, Belwindin, Hooker, Edin)	
3. Newark-Memorial	48:38
(Renshaw, Gomez, Del Cid, Carranza)	

HEAT 3

1. Castro Valley -A-	44:19
(Fonnesbech, Crane, Pane, Parker)	
2. Hayward	46:03
(Hollom, Moore, Phillips, Alnagem)	
3. Las Lomas	47:26
(Shortenhaus, Tensfeldt, Chamberlain, Berdahl)	

4 x 220

HEAT 1

1. Benicia	1:38.77
2. Amador Valley	1:42.61
(Gong, Wong, Fredette, Vasquez)	
3. Oakland	1:44.24
(Clement, Thompson, Leverette, Captain)	
4. Redwood Christian	1:45.67
(Dang, Flores, Raylitsuck Jones)	
5. Mt. Eden	1:45.54
(Collier, Jackai, Silas, Onye-agucha)	

HEAT 2

1. Washington	1:40.46
(Kawasaki, Vose, Madrigal, Lotich)	
2. Pittsburg	1:43.32
(Jamar, Ricky, Mcglothlin, Anderson)	
3. Hayward -B-	1:50.45
(Alingen, Phillips, Dancel, D)	
(Deloak, Verluca, Dempsey, Tantorelli)	

HEAT 3

1. Alameda -A-	1:38.83
(Rosete, Garrett, Kassatkin, Smith)	
2. Castro Valley -A-	1:39.84
(Bissell, Barnes, Zamora, Hernandez)	
3. Hayward -A-	1:41.57
(Green, Smith, Dean, Udofia)	
4. Granada -A-	1:43.55
(Dossa, Thournir, Girling, Smith)	
5. Las Lomas	1:47.65
(McClerden, Amman, Wright, Tynsfeld)	
6. Amador Valley High	1:53.80
(Kevin, Cameron, Teddy, Russ)	

4 x 800

HEAT 1

1. Alameda -A-	9:01.78
(Brasimacsky, Arellano, Yee, Lonsdale)	
2. Castro Valley -A-	9:11.22
(Wong, Bettinger, Stadelman, Cardiasmenos)	
3. Las Lomas	9:16.71
(Bloomstein, Harris, Nemens, McGinnis)	
4. Benicia	9:17.78
(Johnson, Tuguelski, Downs, Trampanev)	
5. Oakland	9:29.86
(Hookere, Jasarevic, Rahmanovic, Jancea)	
6. Redwood Christian	9:44.74
(Flores, Thigpen, Strei, Jones)	
7. Newark-Memorial	10:07.43
(Delcid, Prysloya, Medina, Corranza)	
8. Castro Valley -B	10:19.45
(Dickson, Bartlow, Puppione, Zhoglo)	
9. Alameda -B	10:22.63
(Lim, Pham, Lague, Villegas)	

OPEN 100

HEAT 1

1. Ryan Smith (Alameda)	11.84
2. Ken Thompson (Oakland)	11.94
3. Eric Zamora (Castro Valley)	12.34
4. Matt Rayhbrick (Redwood Christian)	12.54
5. Eric Roseffe (Alameda)	12.94
6. Jashish Loverette (Oakland)	12.90
7. Jaswinder Lal (Newark-Memorial)	13.71

HEAT 2

1. J. Hampton (Benicia)	11:52
2. Aaron Garrett (Alameda)	11:74
3. Drew Bissell (Castro Valley)	12:25
4. Clovis James (Oakland)	12:41
5. Justin Simmons (Castro Valley)	12:30
6. Eric Panshaw (Newark-Memorial)	12:75
7. Devlin Donnelly (Anady)	12:81
8. Jon Whitworth (Alameda)	14:36

HEAT 3

1. Harrison Smith (Hayward)	11:60
2. Isaac Jackai (Mt. Eden)	11:97
3. Tyler Thournir (Granada)	12:12
4. Chris Smith (Granada)	12:43
5. Ferguson (Newark-Memorial)	12:47
6. Everett Chan (Castro Valley)	12:98
7. Marcus (Alameda)	13:08

8. Chris Marcoux (Dublin)	13:61
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HEAT 4

1. Mikolia Kassatkin (Alameda)	12:16
2. Vonshae McKnight (Tennison)	12:43
3. Carson Barnes (Castro Valley)	12:47
4. Uwanah Udoha (Pittsburgh)	12:91
5. Tyler Huff (Amador)	12:98

HEAT 5

1. Marcus Davis (Pittsburgh)	11.81
2. Mike Hernandez (Castro Valley)	12.49
3. Tommi Silas (Mt. Eden)	12:59
4. James Brown (Tennison)	12:60
5. Kenneth Lotich (Washington)	12:80
6. Sam McClendon (Las Lomas)	12:82
7. P. Thompson (Anady)	12:85
8. Brandon Green (Hayward)	12:89

Open Mile

1. Ryan McGiunis (Las Lomas)	4:58:54
2. Lorenzo Hooker (Oakland)	5:12:60
3. Benedict Jancea (Oakland)	5:12:99
4. Kevin Dickson (Castro Valley)	5:14:40
5. John Woodside (Benicia)	5:14:67
6. Zane Weile (Castro Valley)	5:14:90
7. Chris Bell (Hayward)	5:16:86
8. Willy Hill (Mendocino)	5:18:63
9. Keny Theino (Las Lomas)	5:23:19
10. David Stadelman (Castro Valley)	5:24:65
11. Peter Lim (Alameda)	5:30:93
12. Jim Pettit (Benicia)	5:31:96

4 x 440

HEAT 1

1. Washington	3:48.56
(Frizado, Madrigal, Kawasaki, Vose)	
2. Benicia	3:52.18
(Harrison, Oleson, Tygielski, Downs)	
3. Redwood Christian	4:01.27
(Rayback, Thyben, Flores, Jones)	
4. Hayward	4:01.50
5. Las Lomas "B"	4:02.21

HEAT 2 [no names available]

1. Alameda "A"	3:47.00
2. Castro Valley	3:48.20
3. Oakland	3:53.55
4. Granada	4:05.82
5. Alameda "B"	4:08.51
6. Alameda "C"	4:26.22
7. Dublin	4:31.68

HIGH JUMP

TEAM

1. Pittsburg	16'2"
(Malone, Davis, Anderson)	
1. CV "A"	16'2"
(Parker, Hansen, Stohr)	
3. Hayward "A"	16'0"
(Boyce, Hullum, Moore)	
4. Richmond	15'2"
(Dixon, Arnold, Tuuu)	
5. Benicia	14'6"
(Harrison, Harrison, Puno)	

INDIVIDUALS

1. David Finney (Granada)	5'8"
2. Ben Hanson (Castro Valley "A")	5'8"
3. Barry Hullum (Hayward)	5'6"
4. Lionell Arnold (Richmond)	5'6"
5. Jared Stohr (Castro Valley "A")	5'6"

TRIPLE JUMP

TEAM

1. Tennison	110-0 3/4
(Brown, Smith, McAnight)	
2. Benicia	108-11 3/4
(Santana, Santana, Puno)	
3. Castro Valley "A"	108-8 1/2
(Hansen, Stohr, Vanderbuill)	
4. Amador	102-11 1/2
(Huff, Acosta, Kennedy)	
5. Granada	101-7
(Perry, Gomes, Dalmer)	
6. Washington	123-2 3/2
(Vose, Thom)	
7. Hayward	96-0 1/2
(Roberts, Captain, Lavernette)	
8. Oakland	95-0 1/2
9. CV B	
(Pane, Parker, Eng)	95-1
10. Mt. Eden	93-0 1/2
(Collier, Emaka)	
11. Anady A	85-10 3/4
(Geom, Poggi, Calmeyer)	
12. Washington A	88' 1"
(Mathur, Ponsaran, Kuran)	

13. CV B	77' 8"
(Kemp, Gallu, McChocun)	
14. Washington B	75' 11"
(Foreman, Ancon, Lan)	

Individual:

1. Vonshae McKnight (Tennison)	38-11 3/4
2. James Brown (Tennison)	38-2
3. Chris Santana (Benicia)	38-1
4. Jeff Santana (Benicia)	37-7
5. David Finney (Granada)	37-2 1/2

SHOT

Team:

1. Benicia	126' 9"
(Fong, Gerace, Henderson)	
2. Newark A	117' 5"
(Mendieta, Hernandez, Grisson)	
3. Newark B	113' 0"
(Hamilton, Mava, Carbajal)	
4. Las Lomas	112' 3"
(Bounocors, Bord, Shortenhouse)	
5. Hayward A	106' 2"
(Conlin, Bias, Jhon S.)	
6. Granada A	101' 6"
(Parker, Jensen, Mathews)	
7. Amador	101' 3"
(Manice, Georgatos, Moxley)	
8. Hayward B	94' 1"
(Grugert, Yo, Pace)	
9. Hayward C	87' 5"
(Rice, Colcher, Miramontes)	
10. Anady	79' 3"
(Lund, Tantorelli)	

Individual:

1. Steve Henderson (Benicia)	43-8
2. Chris Manning (Castro Valley)	43-0
3. Jeff Fong (Benicia)	41-7
4. Carlo Grace (Benicia)	41-6
5. Cliff Borad (Las Lomas)	41-3

DISCUS

Team:

1. Benicia	341- 11
(Henderson, Fong, Giacace)	
2. Las Lomas	319- 0
(Shoetenhaus, Berel, Buonaccors)	
3. Newark A	311- 8
(Doppee, Hamilton, Grisson)	
4. CV A	276- 7
(Manning, Thomas, Stohe)	
5. Redwood CH	246- 8
(Light, Irwin, Kanghs)	

Individual:

1. Chris Manning (Castro Valley)	131-2
2. Steve Henderson (Benicia)	125-7
3. David Shortenhaus (Las Lomas)	122-3
4. Jeff Fong (Benicia)	116-1
5. Jerry Light (Redwood Christian)	113-5

POLE VAULT

Team:

1. Las Lomas "A"	32-6
(Harris, Shortenhaus, Maeshal)	
2. Benicia	27-0
(N. Santana, Lord, C. Santana)	
3. Amador "A"	26-0
(Hempy, Acopsta, Um)	
4. Castro Valley "A"	25-0
(Simons, Ashford, Groom)	
5. Las Lomas "B"	24-6
(Scotting, Hoffman, Chang)	
5. Granada	24-6
(Lillie, Beemer, Denny)	

Individuals

1. Dave Shortenhaus (Las Lomas)	12-0
2. Jeff Harris (Las Lomas)	11-0
3. Kevin Ponsaran (Amador)	10-0
4. Eric Panshaw (Newark-Memorial)	9-6
5. Nick Santana (Benicia)	9-6

Hayward	77
Castro Valley	54
Las Lomas	52
Alameda	45
Granada	44
Benicia	28
Newark-Memorial	18
Amador Valley	16
Anady	12
Mt. Eden	7
Washington	4

4 x Mile

HEAT 1

1. Hayward	24:10.4
(Solozhuk, Richardson, McIntryre, Narsworthy)	
2. CV A	25:43.9
(Simmons, Stewart, Dodge, Schmidt)	

- Las Lomas 26:48.6
(Blaschek-Miller, Phillips, Wamners, Guadagni)
- Amador Valley "A" 26:57.5
(Dahye, Noist, Ntaka, Ward)
- Analy 26:59.4
(Laubourne, Kerfoot, Retter, Beers)
- Castro Valley "B" 29:02.4
(Leach, Lawton, Wong, Mellon)

4 X 100

- HEAT 1**
- Granada "A" 54:92
(Donaldson, Bockover, Smith, Gilligan)
 - Newark-Memorial "A" 55:42
(Purite, Oliver, Person, Sandlin)
 - Analy "A" 55:88
(Quincey, McLaughlin, Briggs, Wells-Garcia)
 - Alameda "B" 59:12
(Yee, Robinson, Jeffords, Vongkhamchanh)
 - Hayward "C" 1:02:56
(King, Gamero, Dizon, Morgan)

- HEAT 2**
- Alameda "A" 54:21
(Yee, Burenin, Neal, Richmond)
 - Las Lomas "A" 55:70
(Erdman, Sheridan, Crow, Lim)
 - CV "B" 57:31
(Littephn, Broker, Yersajkm De Rouchey)
 - Analy "B" 1:00:10
(Johnson, Lafordge, Biggs Ridenover)

- HEAT 3**
- Benicia 53:59
(Watson, Henry, Tinsley, Helse)
 - CV "A" 53:88
(Richardson, Ford, Ballar, Medrano)
 - Hayward "B" 57:86
(McCoy, Duncan, Wilson, Cunha)
 - Mendocino 1:09:61
(Darvich, Josephs, Golly, Piscitelli)

- HEAT 4**
- Hayward "A" 53:05
(Holleman, Smith, Smith, Morris)
 - Washington 58:16
(Cleveland, Davis, McCauley, Vodden)
 - CV "C" 59:69
(Babu, Marian, Chow, Kang)
 - Las Lomas "B" 59:81
(Brooks, Maurene, Kersy)
 - Granada 1:01:63
(Vurmanic, McRice, Tapley, Whiteside)

4 X High Hurdles

- HEAT 1**
- Newark-Memorial -A- 47:08
(Tebow, Gutierrez, Purite, Jassu)
 - Amador Valley 47:16
 - Alameda 50:20
(Vong, Khamchanh, Chu, Unger, Neill)

- HEAT 2**
- Hayward 47:43
(Dizon, Gamero, Cumha, King)
 - Las Lomas 47:49
 - Analy 49:48
(Quincey, Wichtowski, Reiter, Dunham)
 - Castro Valley 51:00
(Moore, Babu, Babu, Shaw)

4 X 220

- Heat 1**
- Benicia 1:56:26
(Henry, Heise, Watson, Tinsley)
 - Granada 1:56:27
(Smith, Bockover, Kusko, Gilligan)
 - Hayward "B" 2:06:64
(McCoy, Duncan, Wilson, Cahan)
 - Castro Valley "C" 2:07:35
(Vernagallo, Babu, Kang, Chow)
 - Alameda "B" 2:14:06
(Abraham, Surh, Fan, Robinson)

- HEAT 2**
- Newark-Memorial 1:59:40
(Oliver, Person, Purite, Sandlin)
 - Granada "B" 2:00:75
(Yersace, Derovaney, Whiteside, Orton)
 - Washington 2:01:38
(Pearson, Davis, Cleveland, Voddin)
 - Las Lomas "A" 2:02:04
(Pancoast, Erdman, Crow, Cousy)
 - Castro Valley "B" 2:04:45
(Litljohn, Broker, Babu, Bignam)
 - Granada 2:10:00
(McRice, Hughes, Vukmanic, Tapley)

- HEAT 3**
- Hayward "A" 1:52:96
(Smith, Smith, Morris, Hollaman)
 - Alameda "A" 1:55:14
(Yee, Burenin, Richmond, Destafney)
 - Castro Valley "A" 1:56:11
(Ballar, Richardson, Ford, Madrano)
 - Mt. Eden 2:04:68

- (Bistr, Hendrix, Ngyen, Dyson)
- Analy "A" 2:05:68
(Briggs, Johnson, McLaughin, Wichtowski)
 - Medrano 2:30:10
(Darvich, Joseph's, Bailey, Smith)

4 X 800

- HEAT 1**
- Hayward 10:56.0
(Richardson, Norsworthy, Solozhuk, McIntyre)
 - Castro Valley -A- 11:17.4
(Stewart, Simmons, Schmidt, Dodge)
 - Analy 11:29.6
(Beers, Kerfoot, Reiter, Briggs)
 - Las Lomas 11:36.02
(Phillips, Guadagni, Blasakek, Willev, casey)
 - Benicia 11:43.40
(Golovich, Brisbin, Munn, Mauldin)
 - Alameda 11:46.3
(Kreider, Destufney, Jac, Orzell)
 - Washington 11:48.4
(Root, Karanizalis, Sweeney, Pearson)

OPEN 100

- HEAT 1**
- Melissa Yee (Alameda) 13:86
 - Desire Cleveland (Washington) 14:08
 - Ashley Navarro (Amador Valley) 14:18
 - Sheridan-Koone (Las Lomas) 14:20
 - Lydia Smith (Hayward) 14:27
 - Lara Burenin (Alameda) 14:68
 - Denein Morris (Hayward) 14:91
 - Lindsay Littlejohn (Castro Valley) NT

- HEAT 2**
- Janae Richmond (Alameda) 13:93
 - Purite (Newark--Memorial) 14:30
 - Natalie Donaldson (Granada) 14:44
 - Nicole McCoy (Hayward) 14:77
 - Debbie Sandlin (Newark) 14:90
 - Charlotte Gage (Benicia) 14:91
 - Christi Peltersen (Castro Valley) 15:21
 - Natagha Guergvy (Washington) NT

- HEAT 3**
- Kalani Holleman (Hayward) 12:86
 - Adrianna Gilligan (Granada) 13:47
 - Talisha Dyson (Mt. Eden) 13:84
 - Lauren Ford (Castro Valley) 14:00
 - Javon Neal (Alameda) 14:67
 - Ramona Quincey (?) NT
- HEAT 4**
- Ryana Smith (Hayward) 14:01
 - Elaine Bailar (Castro Valley) 14:11
 - Joana Richardson (Castro Valley) 14:46
 - Pearson (Newark--Memorial) 14:48
 - Diana Vodden (Washington) 14:68
 - Emilia Madejska (Amador Valley) 14:84
 - D. Tinsley (Benicia) 15:03
 - Jessica Robinson (Alameda) 15:16

DEVIL MILE

- Larissa Solozhuk (Hayward) 5:58.2
- Holy Root (Washington) 6:02.1
- Carrie McIntyre (Hayward) 6:04.6
- Sarah Richardson (Hayward) 6:04.9
- Vienna Golovich (Benicia) 6:22.4
- Haley Harrell (Hayward) 6:35.9
- Kathy Phan (Mt. Eden) 7:25.8

4 X 440

- HEAT 1**
- Granada "A" 4:27.71
(Kusko, Fischler, Ortuno, Smith)
 - Hayward "A" 4:41.89
(McIntyre, Smith, Morse, Richardson)
 - Washington 4:50.50
(Vodden, Cleveland, Rook, Karantzalis)
 - Castro Valley "A" 4:53.33
(Ballar, Chow, Mellon, Petterson)

- HEAT 2**
- Alameda 4:38.05
(Orzell, Buranin, Yee, Destafney)
 - Benicia 4:42.38
(Brisbin, Henry, Munn, Golovich)
 - Las Lomas 4:42.54
(Erdman, Casey, Johnson, Crow)
 - Granada "B" 5:01.58
(Tapley, McRice, Rayome, Yersak)
 - Alameda 5:10.57
(Surh, Jac, Abraham, Robinson)

HIGH JUMP

- Team:**
- Alameda 13-2
(Sawyer, Unger, Urzell)
 - Newark-Memorial 12-8
(Hunter, Jasbir, Walker)
 - Castro Valley 12-4

- (Mook, West, Mellon)
- Benicia 12-0
(Clark, Witt, Brisbin)
 - Granada 9-2
(Vaysberg, Finale, Parent)

Individuals:

- Gita Vaynsberg (Granada) 4-8
- Laneice Morgan (Hayward) 4-8
- Jamie Seywer (Alameda) 4-6
- Joann Finale (Granada) 4-6
- Liz Unger (Alameda) 4-6

LONG JUMP

- Team:**
- Hayward 38-3 3/4
(Holleman Booth, Carter)
 - Las Lomas 38-3 1/2
(Pancoast, Eldman, Sheridan)
 - Granada 38-2
(Deis, Codde, Gilligan)
 - Mt Eden 37-4 1/2
(Hendrix, Dyson)
 - Castro Valley B 33-6
(Szalay, Moore, Kang)
 - Castro Valley C 30-6
(Babu, Vernagallo, Babu)
 - Castro Valley A 24-5 1/2
(Fond, Richardson, Bigham)

Individuals:

- Shelley Deis (Granada) 14-6
- Kalani Holleman (Hayward) 14-1
- Emilia Madejska (Amador) 13-10 1/4
- Chelsea Pancoast (Las Lomas) 13-8 1/2
- Esther Kang (Castro Valley B) 13-4 1/2
- Marrisa Codde (Granada) 10-5 1/2

SHOT PUT

- Team:**
- Castro Valley 81-7
(Shaw, West, Szalay)
 - Las Lomas 76-6
(Fagih, Stevens, Todd)
 - Granada 74-2
(Hansen, Rayome, Wilkerson)
 - Alameda A 70-4 1/2
(Muzibar, Kreider, Newson)
 - Amador 69-5
(Catron, Barlow, Fereria)

Individuals:

- Angela Faghi (Las Lomas) 30-0
- Jackie West (Castro Valley) 28-7
- Shaw (Castro Valley) 28-3
- Melissa Wallin (Analy) 27-8
- Yvonne Newson (Alameda A) 27-2

DISCUS

- Team:**
- Las Lomas 230-11
(Stanley, Perkins, Todd)
 - Castro Valley 217-4
(Szalay, West, Shaw)
 - Alameda B 205-10
(Kenda, Wellington, Destafrey)
 - Granada 208-2.5
(Wilkerson, Hanson, Rayome)
 - Alameda A 205-10
(Newson, Muzikaz, Kreidec)

Individuals:

- Melissa Wallin (Analy) 85-2 3/4
- Candace Witt (Benicia) 84-8
- Lena Perkins (Las Lomas) 83-3 1/2
- Jackie West (Castro Valley) 81-8 1/2
- Kelley Rayome (Granada) 81-2 1/2

POLE VAULT

- Team:**
- Las Lomas 22-0
(Leahy, Lim, Kersey)
 - Granada 20-0
(Johnson, Smith, Alexander)
 - Benicia 18-6
(Witt, Brisbane, Golovich)
 - Amador 17-0
(Swift, Betti, Steenwyk)
- Individuals:**
- Cindy Lim (Las Lomas) 8-0
 - Lauren Alexander (Granada) 7-6
 - Maureen Leahy (Las Lomas) 7-6
 - Stacy Smith (Granada) 7-0
 - Kim Beth (Amador) 7-0

GIRLS' VARSITY

- SCORE:**
- | | |
|-------------------|----|
| Castro Valley | 82 |
| Tennyson | 55 |
| Las Lomas | 37 |
| Redwood Christian | 28 |

- Newark-Meorial 28
Alameda 24
Hayward 19
Pittsburg 18
Dublin 14
Mt. Eden 7

4 X MILE

- Castro Valley 24:14.9
(Schmidt, Groome, McGrellis, Boon)
- Alameda 26:40.4
(Van Leeuven, Miller, Mathews, Moran)
- Dublin 28:13.9
(Bechtel, Nget, James, Tsalal)

4 X 100

- HEAT 1**
- Newark Memorial 53:19
(Nowak, Cuthbert, Stafford, Stone)
 - Castro Valley 53:69
(McDonald, Bailey, Chung, Eng)
 - Tennyson A 54:16
(Marks, Long, Pulley, Williams)
 - Pittsburg 55:30
(Belcher, Rice, Jackson, Mack)
 - Redwood Christian 56:62
(Rojo, Silva, Karn, Williams)
 - Dublin 1:00:98
(Nelson, Vann, Colleen, Y-nhi)

HEAT 2

- Las Lomas 54:66
(Ammon, Letch, Lum, Rodliff)
- Tennyson B 59:89
(Hicks, Stow, Gonzalez, Valdez)

4 X HH

- HEAT 1**
- Castro Valley 43:03
(Wong, Robles, Ly, Eng)
 - Tennyson 53:02
(Marks, Kennedy, Hicks, Marks)

4 X 220

- HEAT 1**
- Tennyson 1:56.19
(Long, Marks, Pulley, Williams)
 - Las Lomas 1:56.23
(Lum, Rodliff, Ammon, Letch)
 - Pittsburg 2:01.08
(Trapps, Rice, Mack, Beicher)
 - Redwood Christian 2:01.15
(Rojo, Weiker, Williams, Silva)
 - Dublin 2:14.05
(Maria, R. Shannon, ColineWhite)

4 X 800

- HEAT 1**
- Redwood Christian 11:14.2
(Davidson, Davidson, Karn, Heimmenga)
 - Las Lomas 11:27.4
(Moble, Johnson, Masodia, Rodliff)
 - Alameda 11:41.2
(Van Leeuwen, Miller, Moran, Matthews)
 - Tennyson 12:03.8
(Kennedy, Stow, Gonzalez, Valdez)
 - Dublin 12:27.3

OPEN 100

- HEAT 1**
- Makiaha Long (Tennyson) 13:94
 - Marquita Pulley (Tennyson) 14:38
 - Shannon Vann (Dublin) 14:57
 - Victoria Belcher (Pittsburg) 15:14
 - Marina Josephs (Mendocino) 17:03

HEAT 2

- Ali Letch (Las Lomas) 13:75
- Trisha Chung (Castro Valley) 13:81
- Gilleon Smith (Mt. Eden) 13:90
- Esther Jackson (Pittsburg) 14:80
- Vivian Arriola (Pittsburg) 15:52

DEVIL TAKE THE HINDMOST MILE

- Kristen Boon (Castro Valley) 5:56.6
- Linda Hoederath (Hayward) 6:56.5

4 X 440

- HEAT 1**
- Redwood Christian 4:43.60
(Davidson, Davidson, Silva, Hiemenga)
 - Tennyson 4:58.23
(Williams, Marks, kenny, Gonzalez)

HIGH JUMP

- TEAM:**
- Castro Valley -A- 14'5"
(Bailey, Eng, McDonald)
 - Tennyson 13'4"

