

2000 CVHS Track & Field Dual Meet Points

BOYS' FROSH-SOPH

Kong	Chris	72
Wette	William	64
Zamora	Eric	62.5
Fitzgerald	Matt	43.25
McGuigan	Geno	39
Leng	Jim	37
Eng	Shaun	37
Fernsten	Nathan	33
Ackerman	Cooper	30
Stanley	Carl	24
Apodaca	Joe	23.5
Smutney	Ben	23
Shintani	Kevin	20
Lapum	Chad	20
Lassalle	Dominic	19
Albonico	Ryan	19
Parker	Ryan	16.25
Traylor	Chris	16
Coles	J.B.	16
Owen	Neil	15
Severson	Carl	14
Sawyer-Long	Josh	14
Stohr	Ryan	13
Chan	Everett	11.25
Wong	Chris	11
Miller	Thomas	11
O'Keith	Kenneth Jr.	9
Kaufman	Kerry	6
Jory	Jacob	6
Wung	Tim	5
Ribeira	Jeff	4
Dornbush	Kenton	4
DeSantos	Mike	2.25
Suzuki	Ryan	1
Darfler	Jared	1
Mughal	Benjamin	0
Morozovsky	Nick	0
Albonico	Aaron	0

GIRLS' FROSH-SOPH

Clancy	Heather	73
Ford	Lauren	49.75
McGrellis	Stacy	44.5
Pfisterer	Jessica	44
Schmidt	Heather	42.25
Mellon	Heather	42
Manos	Stephanie	36.25
Sommer-Locey	Adrienne	27
Linney	Melanie	27
Wei	Christina	26.5
Bettinger	Samantha	25.75
Richardson	Joana	24.75
Young	Allison	23.5
Choi	Min	22
Linda	Dana	20
Manning	Clarisse	17
Littlejohn	Lindsay	15.25
Hermosa	Jamie	15.25
Chandler	Chelsea	15
Vernagallo	Mariah	14.25
Toney	Rose	13
Cardiasmenos	Erin	13
Knapp	Brittany	12.5
Kebbler	Chandra	11
Babu	Neela	10.5
Babu	Priya	10.25
Haskell	Alli	10
Pierce	My'ah	7.5
Stimpson	Steph	6
Correia	Carolyn	5
Dimiguel	Francesca	4.25
Fung	Lydia	1

GIRLS' VARSITY

Rizzo	Tiffany	66
Paladini	Gina	60.25
Slader	Kiersten	59.25
Eng	Sheryl	52.75
Jones	Lynnsy	45.5
Stewart	Courtney	45.25
Chandler	Chelsea	36.25
Medrano	Amanda	32.75
Chow	Rida	31.75
Groome	Jessica	24.25
McGrellis	Colleen	21.25
Bonn-Nitoff	Kristen	21.25
Choi	Min	17
Shaw	Megan	16
Toney	Rosie	14
Dodge	Suzy	12
Leach	Samantha	9
Bugawan	LaurieBeth	9
Arterburn	Jamie	8
Manos	Stephanie	7.25
Schmidt	Heather	6
Richardson	Joana	6
Cortopassi	Casey	6
Weisman	Rebecca	5
Knapp	Brittany	4.25
Chung	Trish	2.5
McGrellis	Stacey	2.25
DeMiguel	Francesca	2.25
Sommer-Locey	Alexis	1
McGrellis	Bonnie	1
Pappas	Autyumn	0
Miranda	MaryGrace	0

BOYS' VARSITY

Parker	Ryan	55.75
Willits	John	55
Oliveria	Derrick	52.25
Bettinger	Beau	52
Williams	Darnell	38.5
Cardiasmenos	Alex	38.25
Barnes	Carson	36.5
Nosenko	Yuri	28.25
Griego	Kevin	27.5
Bernardo	John	25.25
Stohr	Jared	25
McGuigan	Geno	25
Rinker	Brad	23
Ashford	Chris	20
Wong	Chris	19.25
Hansen	Ben	18
Laines	Anton	17
Simons	Nick	16
Pane	Eric	12
Leng	Jim	11
Draper	Ben	10.75
Crane	Joel	10
Jagor	Dinesh	9
Fernsten	Nathan	7.25
West	Matt	7
Vanderbilt	Mike	7
DeSilva	Michael	6
Celmer	Steven	5.5
Zhoglo	Oleg	5
Ackerman	Cooper	5
Hoglund	Justin	4.75
Ribeira	Ryan	4
Lapum	Chad	3
Dickson	Kevin	3
Fonnesbeck	Ryan	2
Zamora	Eric	1.25
Poblete	Lionel	1.25
Wette	Zane	1
Owen	Neil	1
Chin	Eric	1
Bissel	Drew	1
Morgan	Anthony	0
Kemp	Ian	0
Hernandez	Mike	0
Galli	Nick	0

2000 CV Track AWards

Ackerman	Cooper	m	10	F/S	Morozovsky	Nick	m	9	F/S
Albonico	Ryan	m	10	F/S	Mughal	Benjamin	m	9	F/S
Andre	Sara	f	11	manager	Nelson	Amy	f	11	manager
Apodaca	Joe	m	9	F/S	Nosenko	Yuri	m	11	varsity
Arterburn	Jamie	f	12	certificate of participation	O'Keith	Kenneth Jr.	m	10	F/S
Ashford	Chris	m	11	certificate of participation	Oliveira	Derrick	m	12	varsity
Babu	Neela	f	10	F/S	Owen	Neil	m	10	F/S
Babu	Priya	f	10	F/S	Paladini	Gina	f	12	varsity
Bernardo	John	m	12	varsity	Pane	Eric	m	11	varsity
Bettinger	Samantha	f	9	F/S	Pappas	Autumn	f	12	certificate of participation
Bettinger	Beau	m	10	varsity	Parker	Ryan	m	10	varsity
Boon-Nitoff	Kristen	f	11	varsity	Pfisterer	Jessica	f	10	F/S
Bugawan	LaurieBeth	f	11	certificate of participation	Pierce	My'ah	f	10	F/S
Cardiasmenos	Alex	m	11	varsity	Poblete	Lionel	m	12	varsity
Cardiosmenos	Erin	f	9	F/S	Ribeira	Ryan	m	12	certificate of participation
Chan	Everett	m	10	F/S	Ribeira	Jeff	m	9	F/S
Chandler	Chelsea	f	9	varsity	Rinker	Brad	m	11	certificate of participation
Chin	Eric	m	11	certificate of participation	Rizzo	Tiffany	f	12	varsity
Choi	Min	f	9	varsity	Sasser	Mike	m	12	certificate of participation
Chow	Rida	f	11	varsity	Sawyer-Long	Josh	m	10	F/S
Chung	Trisha	f	12	varsity	Schmidt	Heather	f	10	varsity
Clancy	Heather	f	10	F/S	Severson	Carl	m	9	F/S
Coles	J.B.	m	9	F/S	Shaw	Megan	f	10	varsity
Correria	Carolyn	f	9	F/S	Shintani	Kevin	m	9	F/S
Cortopassi	Casey	f	12	varsity	Simons	Nick	m	11	certificate of participation
Crane	Joel	m	11	varsity	Slader	Kiersten	f	9	varsity
Darfler	Jared	m	9	F/S	Stanley	Carl	m	9	F/S
DeSilva	Michael	m	11	varsity	Stewart	Courtney	f	11	varsity
Dodge	Suzy	f	11	certificate of participation	Stohr	Ryan	m	9	F/S
Dornbush	Kenton	m	9	F/S	Suzuki	Ryan	m	9	F/S
Draper	Ben	m	11	varsity	Toney	Rosie	f	10	varsity
Eng	Cheryl	f	12	varsity	Vanderbilt	Mike	m	11	varsity
Eng	Shaun	m	10	F/S	Vernagallo	Mariah	f	10	F/S
Fernsten	Nathan	m	10	F/S	Weisman	Rebecca	f	12	varsity
Fitzgerald	Matt	m	9	F/S	Welte	William	m	9	F/S
Fonnesbeck	Ryan	m	11	certificate of participation	West	Matt	m	11	certificate of participation
Ford	Lauren	f	10	F/S	Willits	John	m	12	varsity
Fung	Lydia	f	9	F/S	Wong	Chris	m	10	varsity
Griego	Kevin	m	11	varsity	Wong	Tim	m	9	F/S
Groome	Jessica	f	12	varsity	Young	Allison	f	10	F/S
Hansen	Ben	m	11	certificate of participation	Zamora	Eric	m	10	varsity
Haskell	Alli	f	10	F/S	Zhoglo	Oleg	m	11	certificate of participation
Hermosa	Jamie	f	9	F/S	Simpson	Stephanie	f	9	F/S
Jagar	Dinesh	m	12	certificate of participation	Wei	Christine	f	9	F/S
Jones	Lynnsy	f	12	certificate of participation	Nasatir	Travis	m	9	F/S
Jory	Jacob	m	10	F/S					
Kaufman	Kerry	m	9	F/S					
Keebler	Chandra	f	9	F/S					
Kemp	Ian	m	11	certificate of participation					
Knapp	Brittany	f	9	varsity					
Kong	Chris	m	9	F/S					
Laines	Anton	m	12	certificate of participation					
Lapum	Chad	m	10	F/S					
Lassalle	Dominic	m	9	F/S					
Leach	Samantha	f	11	certificate of participation					
Leng	Jim	m	9	F/S					
Lin	Emily	f	11	manager					
Linda	Dana	f	9	F/S					
Littlejohn	Lindsay	f	10	F/S					
Lum-Williams	Darnell	m	12	varsity					
Lynny	Melanie	f	10	F/S					
Manos	Stephanie	f	9	F/S					
McGrellis	Bonnie	f	12	certificate of participation					
McGrellis	Colleen	f	11	varsity					
McGrellis	Stacy	f	9	F/S					
McGuigan	Geno	m	10	varsity					
Medrano	Amanda	f	11	varsity					
Mellon	Heather	f	10	F/S					
Miranda	MaryGrace	f	11	certificate of participation					

Castro Valley High School Track & Field

CV vs. Alameda (scrimmage)

Friday, February 25, 2000

@ Castro Valley High

damp, chilly, muddy

4 x 100

Girls: 1. Alameda (Jessica Robinson, J. Frankel, Michacla Yee, Melissa) 55.2. CV "C" (U. Richardson, R. Chow, C. Chandler, L. Ford) 56.6. 3. CV "A" (S. Bettiger, M. Wagner-Vernagallo, N. Babu, L. Littlejohn) 1:00.9. 4. CV "D" (C. Keebler, R. Tirado, V. Jarvis, P. Trado) 1:05.1. 5. CV "B" (S. Manos, D. Linda, F. deMiguel, B. Knapp) DQ.

Boys: 1. CV "A" (J. Willits, J. Hoglund, C. Barnes, J. Simmons) 47.1. 2. Alameda "VarA" (A. Garrett, E. Rosek, R. Smith, S. Pervinger) 48.5. 3. CV "B" (E. Zamora, M. deSenti, S. Eng, J. Apecada) 49.9. 4. Alameda "JV B" (J. Zellick, J. Castro, R. Pelayo, J. Barnes) 58.9.

1600

Girls: 1. Colleen McGrellis (CV) 5:51. 2. Sarah Orzell (Alameda) 5:52. 3. Corinne Roberts (Alameda) 5:52.6. 4. Courtney Stewart (CV) 5:54. 5. Rosie Toney (CV) 5:58. 6. Kristen Boon (CV) 6:00. 7. Min Chow (CV) 6:16. 8. Jessica Groom (CV) 6:24. 9. Suzy Dodge (CV) 7:10. 10. Emily Brown (Alameda) 7:50. 11. Samantha Abraham (Alameda) 7:55.

Boys: 1. B. Bettiger (CV) 4:45.9. 2. A. Cardiosmenos (CV) 4:52.6. 3. Y. Nosenko (CV) 5:03.1. 4. E Yee (Ala) 5:04.1. 5. Z. Weite (CV) 5:04.9. 6. K. Richert (Ala) 5:05.8. 7. Y. Rickett (Ala) 5:10. 8. G. Orzell (Ala) 5:11. 9. B. Draper (CV) 5:11.3. 10. P. Lim (Ala) 5:21.9. 11. J. Villegas (Ala) 5:30.9. 12. N. Bell (Ala) 5:30.8. 13. C. Lapum (CV) 5:48.8. 14. K. Shintani (CV) 5:56.2. 15. O. Zhoglo (CV) 6:06.6. 17. K. Dornbush (CV) 6:16.4.

HH

Girls: 1. C. vongkhamchanh (Ala) 20.2. 2. H. Schmidt (CV) 20.8. 3. P. Babu (CV) 21.0. 4. J. Wong (Ala) 22.8.

Boys: 1. R. Parker (CV) 16.9. 2. A. Garrett (Ala) 17.1. 3. D. Olivera (CV) 18.8. 4. J. Crane (CV) 19.4. 5. R. Fonnesbeck (CV) 19.8.

400

Girls: 1. M. Choi (CV) 1:07.7. 2. S. Barry (Ala) 1:14.2. 3. S. Bettiger (CV) 1:15.7. 4. M. Wegener Vernagullo (CV) 1:20.9. 5. Seema Sandhu (Ala) 1:26.7.

Boys: (Heat 1) 1. R. Pelyo (Ala) 59.2. 2. W. Mak (Ala) 1:02.5. 3. S. Eng (CV) 1:03.3. 4. B. Soots (Ala) 1:04.6.

(Heat 2) 1. J. Simmons (CV) 55.3. 2. C. LaCour (Ala) 56.3. 3. M. Kiyomusa (Ala) 1:02.5. 4. D. Lee (Ala) 1:03.8.

100

Girls: (Heat 1) 1. J. Frankel (Ala) 13.8. 2. C. Chandler (CV) 14.4. 3. R. Chow (CV) 14.4. 4. J. Richardson (CV) 14.8. 5. J. Robinson (Ala) 15.0. 6. S. Bettiger (CV) 15.7.

(Heat 2) 1. M. Yee (Ala) 13.9. 2. K. Slader (CV) 14.0. 3. F. DeMiguel (CV) 14.3. 4. B. Knapp (CV) 14.4. 5. S. McGrellis (CV) 15.5. 6. J. Wong (Ala) 16.0.

(Heat 3) 1. N. Baba (CV) 14.8. 2. L. Ford (CV) 14.7. 3. L. Littlejohn (CV) 15.3. 4. D. Linda (CV) 15.4. 5. C. Keebler (CV) 15.7. 6. R. Tirado (CV) 17.0.

Boys: (Heat 1) 1. D. Smith (Ala) 11.6. 2. J. Bernardo (CV) 11.9. 3. E. Zamora (CV) 12.0. 4. J. Hoglund (CV) 12.0. 5. S. Piverger (Ala) 13.0.

(Heat 2) 1. K. Griego (CV) 12.1. 2. G. McGuigan (CV) 12.1. 3. C. Barnes (CV) 12.5. 4. M. Yee (Ala) 12.7. 5. E. Rosete (Ala) 13.3. 6. M. DaSanto (CV) 13.4.

(Heat 3) 1. F. Chan (CV) 12.8. 2. J. Castro (Ala) 12.9. 3. J. Zellick (Ala) 13.1. 4. J. Apodaca (CV) 13.2. 5. J. Barnes (Ala) 13.9. 6. A. Morgan (CV) 14.1.

800

Girls: 1. C. McGrellis (CV) 2:38.2. 2. C. Roberts (Ala) 2:38.51. 3. K. Boone (CV) 2:49.5. 4. J. Groome (CV) 2:52.3. 5. S. Dodge (CV) 3:02.7.

Boys: (Heat 1) 1. Y. Nosenko (CV) 2:15.6. 2. B. Draper (CV) 2:17.4. 3. A. Pinata (Ala) 2:19.2. 4. M. Yee (Ala) 2:20.1. 5. M. Wilcock (Ala) 2:20.4. 6. N. Fernsten (CV) 2:20.7. 7. R. Albonico (CV) 2:22.4. 8. Lonsdale (Ala) 2:22.8. 9. Y. Reichert (Ala) 2:23.0. 10. C. Lapum (CV) 2:28.3. 11. J. Silver (Ala) 53.4.

(Heat 2) 1. R. Fonnesbeck (CV) 51.7. 2. M. Kiyomwa (Ala) 52.9.

300 HH

Girls: 1. H. Schmidt (CV) 57.1. 2. J. Robinson (Ala) 59.3.

Seema Sandhu (Ala) 1.07

Boys: (Heat 1) 1. A. Garrett (Ala) 44.6. 2. D. Olivera (CV) 44.7. 3. P. Parker (CV) 4.52. 4. J. Crane (CV) 46.8. 5. D. Lee (Ala) 53.1. 6. W. Mak (Ala) 53.9.

200

Girls: (Heat 1) 1. J. Frankel (Ala) 29.4. 2. M. Yee (Ala) 29.3. 3. B. Knapp (CV) 30.7. 4. R. Chow (CV) 30.8. 5. N. Babu (CV) 31.1.

(Heat 2) 1. J. Robinson (Ala) 30.9. 2. L. Hodill (CV) 31.9. 3. S. Berry (Ala) 31.2. 4. S. McGrellis (CV) 32.2. 5. L. Littlejohn (CV) 33.0. 6. M. Wegner-Vernagallo (CV) 36.0.

Boys: (Heat 1) 1. R. Smith (Ala) 24.2. 2. Willits (CV) 25.2. 3. J. Hoglund (CV) 25.4. 4. S. Piverger (Ala) 26.9.

(Heat 2) 1. E. Zamora (CV) 25.0. 2. Chen (CV) 26.5. 3. F. Rosete (Ala) 28.7. 4. J. Apodaca (CV) 27.1. 5. J. Castro (Ala) 27.6.

(Heat 3) 1. J. Zellick (Ala) 27.3. 2. B. Soots (Ala) 28.1. 3. Barnes (Ala) 28.9. 4. AJ Hamilton (CV) 34.4.

3200

Girls: 1. Courtney Stewart (CV) 12:31.2. 2. Rosie Toney (CV) 13:05. 3. Bonnie McGrellis (CV) 14:51.

Boys: 1. Beau Bettiger (CV) 10:51. 2. Alex Cardiasmenos (CV) 10:51.6. 3. K. Richert (Ala) 11:02. 4. P. Lim (Ala) 11:41. 5. Zane Welt (CV) 12:11. 6. J. Villegas (Ala) 12:22. 7. Dinesh Jagar (CV) 12:38. 8. Jim Leng (CV) 12:40. 9. Kevin Shintani (CV) 13:51. 10. Ryan Albonico (CV) 13:52. 11. Oleg Zhoglo (CV) 14:49.

4 x 400

Girls: 1. CV Distance "A" (Kristin Boon-Nitoff) 4:40.4. 2. Alameda "A" 4:41.3. 3. CV Distance "B" (Rosie Toney, Ms. Souter, Suzy Dodge, Minh Choi) 4:49.6. 4. CV Sprint "A" (Stephanie Manos, Brittany Knapp, Francesca DeMiguel, Dana Linda) 5:03.3. 5. Alameda "B" 5:18.9. 6. CV Sprint "B" (Neela Babu, Lindsay Littlejohn, mariah Wegener-Vernagallo, Samantha Bettiger) 5:20.5.

Boys: 1. CV (Ryan Parker, Justin Hoglund, Justin Simmons, John Willits) 3:49.5. 2. Alameda "A" 3:59.3. 3. Alameda "B" 4:08.4. 4. Alameda "C" 4:14.9.

HJ

Girls: 1. Gina Paladini (CV) 4-6. 2. Jamie Sawyer (Ala) 4-4. 3. Heather Mellon (CV) 4-4. 4. Lauren Hodill (Ala) 4-2. 5. Laurie Beth Bugawan (CV) 3-10. 6. Autumn Pappas (CV) 3-8. 7. Allie Haskell (CV) 3-8. 8. Allison Young (CV) 3-6. others: Lydia Fung (CV nh), Jessica Pfisterer (CV) nh.

Boys: 1. Jared Stahr (CV) 5-6. 2. Ryan Parker (CV) 5-2. 3. (tie) Eric Pane (CV) 5-0. 3. (tie) Justin Simmons (CV) 5-0. 5. Carson Barnes (CV) 4-10. 6. Jim Leng (CV) 4-8. 7. Mike Vanderbilt (CV) 4-6 nh. Aaron Albonico, Jon Levy, James Coles, Chris Kong, Carl Stanley, Kerry Kaufman, Nick Morozovsky, Matt West, Neil Owen, Sean Eng (all CV), Mickey Wilcock (Ala).

LJ

Girls: 1. Lynnsy Jones (CV) 14-7. 2. Gina Paladini (CV) 14-2. 3. Lauriebeth Bugawan (CV) 12-7 1/4. 4. Joana Richardson (CV) 12-6. 5. Stephanie Manos (CV) 12-3. 6. Michaela Yee (Ala) 12-2. 7. Kiersten Slader (CV) 11-10. 8. Autumn Pappas (CV) 11-6. 9. Heather Mellon (CV) 11-5. 10. Jessica Pfisterer (CV) 9-9. 11. Allie Haskell (CV) 9-8. 12. Allison Young (CV) 8-10. 12. Rida Chow (CV) nd.

Boys: 1. Ryan Smith (Ala) 18-5. 2. Carson Barnes (CV) 17-1. 3. John Bernardo (CV) 16-6. 4. Jim Leng (CV) 15-7. 5. Marcus Kiyomura (Ala) 15-5 (14-0 1/2). 6. Raul Pelayo (Ala) 15-5 (13-8 1/2). 7. Mike Vanderbilt (CV) 15-4. 8. Chris Kong (CV) 14-10. 9. Matt West (CV) 14-9. 10. James Coles (CV) 14-3. 11. Carl Stanley (CV) 13-5. 12. Aaron Albonico (CV) 12-9. 13. KerryScott Kaufman (CV) 11-11 1/2. 14. Bryan Soots (Ala) 11-4. 15. Nick Morozovsky (CV) 10-4.

TJ

Girls: 1. Lynnsy Jones (CV) 30-8. 2. Lauriebeth Bugawan (CV) 29-1. 3. Heather Mellon (CV) 24-8. 4. Autumn Pappas (CV) 21-9 (20-9 3/4). 5. Samantha Abraham (Ala) 21-9 (20-4). 6. Jessica Pfisterer (CV) 21-0 1/2. 7. Allison Young (20-3). 8. Allie Haskell (CV) 19-9.

Boys: 1. Jim Leng (CV) 36-0. 2. Chris Lacour (Ala) 35-4. 3. Mike Vanderbilt (CV) 32-10. 4. Wilson Mac (Ala) 32-7.

1/2. 5. Matt West (CV) 31-11. 6. James Coles (CV) 29-6. 7. Rhul Pelayo (Ala) 28-9 1/2. 8. Carl Stanley (CV) 28-1 3/4. 9. Chris Kang (CV) 27-6. 10. KerryScott Kaufman (CV) 26-5. 11. Aaron Albonico (CV) 24-2. 12. Nick Morozovsky (CV) 19-10 1/4.

SP

Girls: 1. Tiffany Rizzo (CV) 29-1. 2. Megan Shaw (CV) 27-4. 3. Jamie Sawyer (Ala) 24-11. 4. Nicole Vishey (Ala) 24-1. 5. Rebecca Wiseman (CV) 23-6. 6. Anne K (Ala) 21-8. 7. Sabrina Stoner (Ala) 20-5. 8. Casey Cortopassi (CV) 20-2. 9. Mia Croft (Ala) 19-8. 10. Melissa Wellington (Ala) 19-4. 11. Erin Cardiasmenos (CV) 18-0.

Boys: (not clear which uses the 12lb and which used the 10 lb) 1. Dominic Lassalle (CV) 35-7 1/2. 2. Chris Vee (Ala) 35-6. 3. Neil Owen (CV) 34-3 1/2. 4. Scott Padway (Ala) 29-3 1/2. 5. Cameron Myers (Ala) 29-3. 6. Jacob Jory (CV) 27-3. 7. John Phan (Ala) 27-2 1/2. 8. Ryan Wong (Ala) 26-7 1/2. 9. Ian Kemp (CV) 24-8. 10. Johnathan Levy (CV) 24-7. 11. Nick Galli (CV) 24-1.

Discus

Girls: 1. Tiffanie Rizzo (CV) 98-4. 2. Sabrina Stoner (Ala) 79-7. 3. Anne Kreider (Ala) 74-10. 4. Megan Shaw (CV) 73-7. 5. Nicole Vigney (Ala) 70-0. 6. Melissa Wellington (Ala) 67-4. 7. Gina Paladini (CV) 66-1. 8. Rebecca Weisman (CV) 65-3. 9. Casey Cortopassi (CV) 57-3. 10. Erica Kendall (Ala) 56-6. 11. Mia Croft 50-8. 12. Heather Clancy (CV) 50-6. 13. Alexis Somer-Locey (CV) 49-2. 14. Clarisse Manning (CV) 41-8. 15. Adrian Sommer-Locey (CV) 34-5. 16. Erin Cardiasmenos (CV) 30-0.

Boys: 1. Chriss Vee (Ala) 92-0. 2. Lance Wong (Ala) 87-9. 3. Scott Padway (Ala) 79-2. 4. Dominic La Salle (CV) 72-9. 5. Neil Owen (CV) 69-0. 6. Ryan Wong (Ala) 66-6. 7. Nick Galli (CV) 63-4. 8. John Phan (Ala) 62-2. 9. Ian Kemp (CV) 51-9. 10. Jacob Jory (CV) 38-11.

PV

Girls: 1. Jamie Arterburn (CV) 6-6. 2. Chelsea Chandler (CV) 5-6. 3. Roana Tirado (CV) 5-0. 4. Chandra Keebler (CV) 4-6. 5. Gina Paladini (CV) 4-0. 6. Raquel Tirado (CV) nh.

Boys: 1. Nick Simons (CV) 10-0. 2. Dan Groom (CV) 9-6. 3. Chris Ashford (CV) 9-0. 4. Cooper Ackerman (CV) 7-6.

Comments:

1. We got the meet off despite impending bad weather. Most of the team got a chance to get a time or a mark. It is a long season so we all have time to improve.

2. Many thanks to all the parents who came out to help officiate. It made the meet go extremely well.

3. Sloppiest event: the discus -- all the competitors were covered in mud just during warmups.

4. It was good to see all of the events filled with CV athletes. We still need to create more hurdlers, and not having a frosh-soph 4 x 400 team just won't work.

5. Best help during the meet: the girls distance team moved hurdles, helped time, carried results to the press booth, and helped out on the 4 x 400 relay. Good work ladies.

6. Least help during the meet -- the veteran boy pole vaulters: they didn't help pull out the pits, they disobeyed their coach, didn't wear their helmets, stalled about helping put the pits back in, and then were rude and offensive to the jumpers who came to help them out. If this continues to happen those three boys will not be on the track team any longer.

7. **WE ARE ALL THE HURDLE CREW.** When it comes time to put hurdles on and off the track, we need all the bodies we can get. Sitting in the bleachers doesn't show much varsity attitude.

Upcoming schedule:

Monday 2/28: Yearbook team pictures at 3:30 in the bleachers.

Tuesday 2/29: Seniors and Juniors get uniforms.

Wednesday 3/1: Team Meeting in finish line bleachers; sophomores and freshmen get uniforms.

Thursday, 3/2: Standard home meet preparation.

Friday 3/3: We open the HAAL season against Arroyo at home. Let's be prepared to start the season with a win.

Castro Valley vs. Arroyo

Friday, March 3, 2000

Scores: GFS: CV 73, A 54

BFS: CV 105, A 30

@ Castro Valley High School

GV: A 75, CV 61

BV: CV 106, A 23

clear, damp, muddy on the grass, a bit chilly

4x100

GFS: 1. Arroyo (Wallace, Calvo, Walsh, Cruz) 59.3 2. CV (Littlejohn, Linda, Wegener-Vernagallo, Bettinger) 1:00.3
BFS: 1. CV (Zamora, Desanto, Apodaca, McGuigan) 48.1 DQ Arroyo 56.1
GV: 1. Arroyo (Morn, Rivas, Bokamper, Merritt) 54.5 2. CV (Richardson, Knapp, Ford, Slader) 55.4
BV: dq CV (Celmer, Willits, Barnes, Griego) 47.6

1600

GFS: 1. Chelsea Tikotsky (A) 6:35 2. Jamie Hermosa (CV) 6:54 no third
BFS: 1. Zane Welte (CV) 5:11 2. Kevin Shintani (CV) 5:43 3. Brandon Cohen (A) 5:46
GV: 1. Courtney Stewart (CV) 5:53.4 2. Colleen McGrellis (CV) 5:53.5 3. Rosie Toney (CV) 6:01.2 4. Kristen Boon-Nitoff (CV) 6:11.2 5. Jessica Groome (CV) 6:17.2 6. Savannah Tikotsky (A) 6:40 7. Mika Valois (A) 6:47 8. Tiffanie La (A) 6:52 9. Susie Dodge (CV) 7:10
BV: 1. Beau Bettinger (CV) 4:45.0 2. Alex Cardiosmenos (CV) 4:46.2 3. Yong-Sung Leal (A) 4:46.5 4. Justin Capps (A) 5:32 5. Oleg Zhoglo (CV) 5:48

HH

GFS: 1. Monica Lane (A) 22.2 2. Teresa Grangoff (A) 23.1 3. Katie Walsm (A) 27.0 4. Adrienne Sommer-Lacey (CV) 28.2
BFS: 1. Jacob Ambrecht (A) 19.4 2. Chris Kong (CV) 20.7 3. Carl Stanley (CV) 23.8 4. Benjamin Mughal (CV) 27.4
GV: 1. Sheal Rivas (A) 18.4 2. Corrin Zimmerman (A) 20.2 3. Jessica Tekawa (A) 20.6 4. Alexis Sommer-Lacey (CV) 23.2
BV: (Heat 1) 1. Ryan Parker (CV) 17.4 2. Joel Crane (CV) 18.3 3. Ryan Fonesbeck (CV) 19.4 4. Lionel Poblele (CV) 20.3 5. Derrick Oliveira (CV) 23.1 (Heat 2) 1. Jim Leng (CV) 20.3 2. Matt West (CV) 20.5

400

GFS: 1. Min Choi (CV) 1:08.4 2. Stacey McGrellis (CV) 1:12.4 3. Samantha Bettinger (CV) 1:13.3 4. Lydia Fung (CV) 1:17.4 5. Mariah W-Vernagallo (CV) 1:18.6 6. Allison Young (CV) 1:20.9
BFS: 1. Joe Apodaca (CV) 58.3 2. Brian White (A) 1:01.0 3. Shaun Eng (CV) 1:01.3 4. Simon Poon (A) 1:01.7 5. Brian Collett (A) 1:06.6
GV: 1. Sarah Merritt (A) 1:04.8 2. Michelle Bokamper (A) 1:04.9 3. Brittany Knapp (CV) 1:10
BV: 1. Derrick Olivera (CV) 56.0 2. John Willits (CV) 56.4 no third

100

GFS: 1. Deane Wallace (A) 14.1 2. Dana Linda (CV) 15.1 3. Lindsay Littlejohn (CV) 15.2
BFS: 1. Eric Zamora (CV) 12.0 2. Geno McGuigan (CV) 12.1 3. Alan Zhu (A) 14.5 4. Mike Izard (A) 15.2
GV: 1. Alela Morn (A) 14.0 2. Kiersten Slader (CV) 14.1 3. Justina Downs (A) 14.3 4. Joanna Richardson (CV) 14.4 5. Lauren Ford (CV) 15.4 6. Mary Mantle (A) 15.8
BV: 1. Kevin Griego (CV) 12.0 2. Carson Barnes (CV) 12.1 3. Andrew Eckloff (A) 12.2 4. Steve Celmer (CV) 12.3 5. Chris Kidwell (A) 12.9

800

GFS: 1. Min Choi (CV) 2:53 2. Heather Mellon (CV) 3:05 3. Jamie Hermosa (CV) 3:11 4. Rebecca Kahn (A) 3:16
BFS: 1. Chris Wong (CV) 2:14.8 2. Nathan Fernsten (CV) 2:19.6 3. Ryan Albonico (CV) 2:20.4 4. Jeff Ribeira (CV) 2:21.4 5. Simon Poon (A) 2:28.5 6. Brandon Rotien (A) 2:53.1
GV: 1. Collen McGrellis (CV) 2:37 2. Sarah Merritt (A) 2:42 3. Kristen Boon-Nitoff (CV) 2:46 4. Jessica Groome (CV) 2:51 5. Lauren Vonnegut (A) 2:57 6. Suzie Dodge (CV) 3:12
BV: 1. Yuri Nosenko (CV) 2:10.5 2. Ben Draper (CV) 2:16.4 no third

300H

GFS: 1. Monica Lane (A) 1:03.9 2. Katie Walsh (A) 1:11.1 3. Adrienne Sommer-Lacey 1:13.0
BFS: (Heat 1) 1. Jacob Ambrecht (A) 51.8 2. Chris Kong (CV) 53.0 3. Brian White (A) 55.0 4. Kerry Kaufman (CV) 56.9 DQ Nick Morozovsky (CV) n.f. (Heat 2) 1. Kenton Dornoush (CV) 69.6
GV: 1. Sheal Rivas (A) 52.3 2. Jessica Tekawa (A) 54.1 3. Colleen McGrellis (CV) 54.5 4. Brittany Knapp (CV) 55.3 5. Corrin Zimmermann (A) 67.0
BV: 1. Ryan Parker (CV) 45.2 2. Joel Crane (CV) 46.0 3. Ryan Ribeira (CV) 48.2 4. Derrick Oliveira (CV) 48.6

5. Ryan Fonesbeck (CV) 49.7 DQ Eric Pane (CV) 46.7

200

GFS: 1. Deane Wallace (A) 29.5 2. Min Choi (CV) 29.6 3. Camille Cruz (A) 31.6 4. Lyndsey Littlejohn (CV) 31.9 5. Dana Linda (CV) 33.9 6. Mariah Wegener-Vernagallo (CV) 35.1
BFS: 1. Eric Zamora (CV) 24.6 2. Gino McGuigan (CV) 24.7 3. Joe Apodaca (CV) 26.0
GV: 1. Michelle Bokamper (A) 29.1 2. Kiersten Slader (CV) 29.9 3. Justina Downs (A) 30.9
BV: 1. Kevin Griego (CV) 24.6 2. Carson Barnes (CV) 24.7 3. John Willits (CV) 24.9 4. Andrew Eckloff (A) 25.4 5. Chris Kidwell (A) 27.9

3200

GFS: 1. Chelsea Tikotsky (A) n.f.
BFS: 1. Zane Welte (CV) 11:34.5 2. Ryan Albonico (CV) 11:39.7 3. Kevin Shintani (CV) 12:40.9 4. Chris Wong (CV) 12:45.5 5. Jeff Ribeira (CV) 12:47.2 6. Nathan Fernsten (CV) 12:51.9
GV: 1. Courtney Stewart (CV) 13:13 2. Rosie Toney (CV) 13:15 3. Jessica Groome (CV) 14:19 4. Tiffanie La (A) n.f. 5. Vanessa Phillips (A) 15:23 6. Samantha Leach (CV) 16:23
BV: 1. Young Sung Leal (A) 9:55.3 2. Beau Bettinger (CV) 9:56.5 3. Alex Cardiosmenos (CV) 10:25.4 4. Justin Capps (A) 11:52.6 5. Yuri Nosenko (CV) 12:36.6 6. Dinesh Jagar (CV) 12:38.4 7. Ben Draper (CV) 12:45.3 8. Oleg Zhoglo (CV) 13:25.3

4x400

GFS: 1. CV (Bettinger, Littlejohn, Wegener-Vernagallo, Choi) 5:10.7
BFS: no entries
GV: 1. Arroyo (Banouyoung, Morn, Merritt, Bokamper) 4:36.9 2. CV (Knapp, Ford, Richardson, McGrellis) 4:41.7
BV: 1. CV (Draper, Oliveira, Parker, Willits) 4:03.3
Weightmen: 1. CV (Vanderbilt, Traylor, O'Keith, Smutney) 4:43.0 2. A (Payne, San Nicholas, Bieschke, Kidioeli) 5:11

L

GFS: 1. Dana Linda (CV) 12-1 2. Heather Mellon (CV) 11-3 3. Jessica Pfisterer (CV) 10-2 4. Allison Young (CV) 9-7
BFS: 1. Jacob Ambrecht (A) 16-1 2. Chris Kong (CV) 14-10 3. Carl Stanley (CV) 14-4 4. James Coles (CV) 14-1 5. Kerry Scott Kaufman (CV) 13-3 6. Aaron Albonico (CV) 9-11 Nick Morozovsky (CV) n.m.
GV: 1. Gina Paladini (CV) 13-11 2. Lauren Ford (CV) 13-8 3. Andrea Banouyoung (A) 13-7 4. Kiersten Slader (CV) 13-3 5. Corrin Zimmerman (A) 12-10 6. Autumn Pappas (CV) 12-6 7. Vanessa Phillips (A) 12-5 8. Joana Richardson (CV) 12-0 9. Justina Downs (A) 11-10 10. Lauriebeth Bugawan (CV) 11-7 11. Lauren Vonnegut (A) 11-4
BV: 1. Carson Barnes (CV) 18-9 2. Brandon Peters (A) 18-6 3. Ben Hanson (CV) 17-0 4. Mike Vanderbilt (CV) 16-6 5. Matt West (CV) 16-1 6. Jim Leng (CV) 15-6 7. Marc Walker (A) 14-3

TJ

GFS: 1. Heather Mellon (CV) 25-9 2. Jessica Pfisterer (CV) 24-5 3. Allison Young (CV) 22-3
BFS: 1. Jacob Ambrecht (A) 34-7 2. James Coles (CV) 32-10 3. Kerry Scott Kaufman (CV) 29-4 4. Chris Kong (CV) 27-0 5. Carl Stanley (CV) 26-6 6. Aaron Albonico (CV) 26-3 7. Nick Morozovsky (CV) 21-9
GV: 1. Andrea Banouyoung (A) 28-0 2. Corrin Zimmerman (A) 27-2 3. Jessica Tekawa (A) 27-1 4. Lauriebeth Bugawan (CV) 24-11 5. Autumn Pappas (CV) 22-3
BV: 1. Jim Leng (CV) 37-6 2. Jared Stohr (CV) 36-9 3. Mike Vanderbilt (CV) 35-4 4. Matt West (CV) 33-8

HJ

GFS: 1. Heather Mellon (CV) 4-4 2. Heather Clancy (CV) 4-4 3. Allison Young (CV) 3-8
BFS: 1. Ben Smutney (CV) 4-4 2. Carl Stanley (CV) 4-2 Ben Mughal n.f. Nick Morozovsky n.f.
GV: 1. Gina Paladini (CV) 4-8 2. Lauriebeth Bugawan (CV) 4-2 3. (t) Vanessa Phillip (A) 4-0, Mari Mantle (A) 4-0, Andrea Banouyoung (A) 4-0 6. Autumn Pappas (CV) 3-8
BV: 1. Eric Pane (CV) 5-4 2. Brandon Peters (CV) 5-2 3. Matt West (5-2) 5-2 4. Mike Vanderbilt (CV) 5-0 5. (tie) Ryan Parker (CV) 5-0 5 (tie) Jim Leng (CV) 5-0 7. Andrew Eckloff (A) 4-6 Peter Traum (A) n.f.

SP

GFS: 1. Tina Jupp (A) 24-1 2. Clarisse manning (Cv) 20-10 3. Heather Clancy (CV) 20-2 4. Adrienne Sommer-Lacey (CV) 17-1 5. Erin Cardiosmenos (Cv) 16-8
BFS: 1. Chris Traylor (CV) 35-1 2. John Briggs (A) 32-3 3. Ben Smutney (CV) 29-6 1/2 4. Jacob Jory (CV) 28-9 5. Thaddeus S. (A) 38-8 6. Chris Bieschke (A) 21-5 1/2
GV: 1. Jessica Perriera (A) 32-1 2. Tiffanie Rizzo (CV) 31-4 3. Megan Shaw (CV) 28-2 4. Alexis Sommer-Lacey (CV) 25-5 5. Rebecca Weisman (CV) 24-3 6. Casey Cortopasi (CV) 22-0 7. Megan McCormick (A) 21.--1 8. Samantha Johnson (A) 14-10 9. Nicki Craybeal (A) 13-10
BV: 1. Dominic Lassalle (CV) 38-0 2. Brandon Peters (A) 37-1 3. Kenny O'Keith (CV) 35-8 4. Brian Hagebusch (A) 32-4 5. Matt Payne (A) 31-5 6. Neil Owen (CV) 31-0 7. Marc Walker (A) 30-4 1/2 8. Peter Traum (A) 30-1 1/2 9. Ian Kemp (CV) 26-10 10. Nick Galli (CV) 24-6

D

GFS: 1. Tina Jupp (A) 63-1 2. Heather Clancy (CV) 61-6 3. Vanessa Walden (A) 52-1 4. Adrienne Sommer-Lacey (CV) 45-7 5. Clarisse Manning (CV) 43-1 6. Erin Cardiosmenos (CV) 42-3
BFS: 1. Ben Smutney (CV) 77-7 1/2 2. Chris Traylor (CV) 75-4 3. John Briggs (A) 66-9 4. Thaddeus San Nicholas (A) 61-1 5. Jacob Jory (CV) 55-4 1/2 6. Chris Bieschke (A) 50-0
GV: 1. Tiffanie Rizzo (CV) 114-7 2. Megan Shaw (CV) 86-6 3. Jessica Perriera (A) 71-9 4. Rebecca Weisman (CV) 66-8 5. Alexis Sommer-Lacey (CV) 64-2 6. Megan McCormick (A) 53-10 7. Casey Cortopassi (CV) 44-9 8. Katie Tsuromoto (A) 43-10 9. Nikki Graybeal (A) 43-3
BV: 1. Neil Owen (CV) 90-8 2. Brandon Peters (A) 90-3 3. Matt Payne (A) 82-8 4. Kenny O'Keith (CV) 68-2 5. Brian Hagebrush (A) 68-1 6. Nick Galli (CV) 67-2 7. Dominic Lassalle (CV) 65-9 8. Ian Kemp (CV) 52-8

PV

GFS: 1. Heather Clancy (CV) 6-0 no second or third
BFS: 1. Cooper Ackerman (CV) 8-0 2. Chad Lapum (CV) 7-6 no third Checks can be made out to
GV: 1 (tie) Mika Valois (A) 6-6 1 (tie) Savannah Tikotsky (A) 6-6 3. Samantha Leach (CV) 5-6
BV: 1. Nick Simons (CV) 9-0 2. Peter Traum (A) 9-0 3. Chris Ashford (CV) 9-0 4. Kevin Dickson (CV) 7-6

Notes:

1. The loss in the GV was a disappointment, as it took an incredible string of events to have us compete down to the level we did. DECA, pops concert practices, cheer Disney competition, basketball playoffs, injuries, and some pure slackerism all combined to hinder us. Still, until the 200, we were in it. If we can defeat an inspired team like Arroyo with all those impediments, imagine us at full strength.

2. Congrats to the rest of the squads -- we are all off to a good HAAL start with big wins.

3. A few reminders: boys sprinters, especially FS, are to run in at least 4 events. Leaving early is noticed by the coaches, and we will take action.

4. Athletes of the meet:

GV: Tiffanie Rizzo beat her discus PR by 5 feet

BV: Beau Bettinger: his 3200 time was under 10:00, which is excellent for early season, and very excellent for a 10th grader.

GFS: Heather Clancy -- her marks were varsity caliber, especially her PV

BFS: Eric Zamora in the sprints was as fast as the varsity.

4. Upcoming calendar:

Thursday: Tennyson, here

Saturday: DeLaSaale/Carondelet Invitational at DLS

This is our first Saturday competition, and we have a chance to really shine. We are going to load try an get as many people as possible there to see some top-notch competition in all events. Be ready to compete.

5. CV Track 2000 is now a reality -- we are now officially on the way to collecting the \$270,000.00 we need to get an all-weather track and new runways. Checks can be made out to CV Track 2000. Tax deductible.

6. The CV track website is here: created and maintained by the Bettinger family, you can see results and pictures at the meets. Click on

<http://home.pacbell.net/jbetting>.

CV v. Tennyson
Thursday, March 10, 2000 @ CVHS
chilly, camp, very muddy field
Scores:

GFS: CV 120, T 1
BFS: CV 122, T 2
GV: CV 98, T 32
BV: CV 102, T 33

4x100

GFS: 1. CV (Knapp, Choi, Richardson, Ford)
56.6
BFS: 1. CV (Zamora, McGuigan, Opodaca,
Fitzgerald) 47.6
GV: 1. CV (Chandler, Slatter, Linda, deMiguel)
56.5
BV: 1. CV (Hoglund, Bernardo, Willets,
Griegel) 46.9
Throwers: 1. CV (Laines, Rinker, Lassalle,
O'Keith) 54.3, 4. Tenn 58.0

1600

GFS: 1. J. Hermosa (CV) 6:40.4 2. J. Pfisterer
(CV) 7:03.7 3. Lyda Fung (CV) 7:06.7
BFS: 1. R. Alborica (CV) 5:13.2 3. Shintani (CV)
5:43.3 3. Ri Sazuki (CV) 5:51
GV: 1. Kristen Bonne (CV) 6:03.9 2. Jessica
Goome (CV) 6:12.6 3. J. Kennedy (Tenn) 6:30.1
4. S. Dodge (CV) 6:48.8 5. S. Leach (CV) 7:33.1
BV: 1. Cardiasmenos (CV) 4:53 2. L. Greenland
(Tenn) 5:04 3. Z. Welte (CV) 5:07.4 4. O. Zhoglo
(CV) 5:41 5. Ki Pina (Tenn) 5:46 6. O
Hernandeny (Tenn) 6:40

High Hurdles

GFS: 1. A. Sommer-Locey (CV) 25.3 no second
or third
BFS: 1. Carl Stanley (CV) 21.1 2. Chris Kong
(CV) 21.2 3. JB Coles (CV) 25.1
GV: 1. Sheryl Eng (CV) 18.4 2. Heather
Schmidt (CV) 21.0 3. Francesca DeMiguel
(CV) 22.3 4. Dana Linda (CV) 2.30 5. G
Gonzalez (Tenn) 39.0
BV: (Heat One) 1. Ryan Parker (CV) 16.8 2.
Derrick Olivera (CV) 17.1 3. Lionel Poblett (CV)
19.0 4. S. Ochoa (Tenn) 22.1
(Heat Two) 1. Matt West (CV) 20.3 2. James
Leng (CV) 20.4

400

GFS: 1. Brittany Knapp (CV) 1:10.1 2. Stacey
McGrellis (CV) 1:15.3 3. Samantha Bettenger
(CV) 1:15.7 4. Mariah Wegener-Vernagallo
(CV) 1:20.1
BFS: 1. Joe Apodaca (CV) 57.0 2. Shaun Eng
(CV) 1:00.4 3. E. Wood (Tenn) 1:02.8
GV: 1. T. Long (Tenn) 1:08.2 2. Jessica
Groome (CV) 1:13.2 3. Suzy Dodge (CV) 1:22.0
BV: 1. Derrick Olivera (CV) 55.3 2. Jon Willits
(CV) 55.6 3. R. Stepney (Tenn) 1:01.3 4. J.
Lyles (Tenn) 1:01.5 5. M. Burrell (Tenn) 1:07.1

100

GFS: 1. Joana Richardson (CV) 14.3 2. Lauren
Ford (CV) 14.4 3. Chandra Keebler (Tenn) 15.2
BFS: 1. Eric Zamora (CV) 11.7 2. Geno
McGuigan (CV) 11.9 3. Matt Fitzgerald (CV)
12.9
GV: 1. T. Long (Tenn) 13.1 2. M. Long (Tenn)
13.5 3. Kiersten Slader (CV) 13.8 4.
Francesca de Miguel (CV) 14.3 5. Chandra
Chandler (CV) 14.4 6. Rida Chow (CV) 14. 6
Dana Linda (CV) 15.3
BV: 1. John Bernardo (CV) 11.7 2. V. Wade
(Tenn) 12.0 3. Justin Hoglund (CV) 12.0 4.
Carson Barnes (CV) 12.1 5. J. Hill (Tenn) 12.2
6. A. Morgan (CV) 13.8

800

GFS: 1. Min Choi (CV) 2:41.0 2. Rosie Toney
(CV) 2:45.5 no third
BFS: 1. C. Wong (CV) 2:08.7 2. N. Fernsten (CV)
2:18.6
GV: 1. Courtney Stewart (CV) 2:32.7 2.
Stephanie Manos (CV) 2:49.5 3. Kristen
Boon-Nitoff (CV) 2:51.5 4. J. Kennedy (Tenn)
2:58.6 5. Heather Mellon (CV) 3:05.7 6. Suzy
Dodge (CV) 3:09.8
BV: 1. Beau Bettenger (CV) 2:05.7 2. Yuri
Nosenko (CV) 2:11.3 3. Alex Cardiasmenos
(CV) 2:13.9 4. L. Greenlow (Tenn) 2:24.0 5.
Ben Draper (CV) 2:31.3 6. O. Hernadey (Tenn)
2:54.5

Intermediate Hurdles

GFS: 1. Adrienne Sommer-Locey (CV) 1:08.0 no
second or third
BFS: 1. Chris Kong (CV) 52.1 2. JB Coles (CV)
58.8 no third
GV: 1. Sheryl Eng (CV) 55.4 2. Heather
Schmidt (CV) 56.3 3. J. Kennedy (Tenn) 57.2
4. G. Gonzalez (Tenn) 1:03.9
BV: (Heat 1) 1. D. Olivera (CV) 42.8 2. R. Parker
(CV) 43.6 3. E. Pane (CV) 46.6 4. L. Poblete
(CV) 49.6 5. S. Dchoa (Tenn) 1:01.6
(Heat 2) 1. J. Leng (CV) 49.8 2. M. West (CV)
51.2

200

GFS: 1. S. McGrellis (CV) 32.1 2. M. W-
Vernagallo (CV) 34.9
BFS: 1. McGuigan (CV) 24.4 2. Ean Zamora
(CV) 24.4 3. J. Apodaca (CV) 26.9 4. E. Wood
(Tenn) 28.50
GV: 1. Long (CV) 28.7 2. R. Lhow (CV) 29.9
BV: 1. J. Bernardo (CV) 22.5 2. J. Hill (Tenn)
24.7 3. D. Bissel (CV) 26.0 4. M. Burrell (Tenn)
29.4

3200

GFS: 1. R. Toney (CV) 12:59 2. J. Hermosa (CV)
15:23
BFS: 1. Z. Welte (CV) 11:38 2. K. Shintani (CV)
12:24.6 3. C. Wong (CV) 12:26 4. Albonico (CV)
12:32 5. N. Fernsten (CV) 12:45 6. R. Suzuki
(CV) 13:04 7. K. Dornbush (CV) 13:06
GV: 1. C. Stewart (CV) 12:45 2. J. Groome (CV)
14.45 3. B. McGrellis (CV) 15:02
BV: 1. Y. Nosenko (CV) 12:23 2. D. Jager (CV)
12:24 3. O. Zhoglo (CV) 13:02 4. M. Sasser
(CV) 13:03

4x400

GFS: CV (Ford, Choi, Knapp, Laura) 4:41
Tennyson no team
BFS: CV (Eng, Zamora, Fitzgerald, Apocada)
3:58.7
GV:
BV: 1. CV (Celmer, Parker, Oliveras, Willets)
3:51.7 2. Tennyson (Stepney, Ochoa, Lyles,
Greenlaw) 4:19.0

LJ

GFS: 1. B. Knapp (CV) 12'0" 2. J. Bicharason
(CV) 10'3" 3. J. Pfisterer (CV) 9'3" 4. A.
Haskell (CV) 8'11"
BFS: 1. C. Sewerson (CV) 14'4" 2. C. Stanley
(CV) 14'0" 3. B. Smotney (CV) 13'8" 4. J. Coles
(CV) 13'6" 4. J. Levy (CV) 13'6" 5. J. Sawyer-
Long (CV) 13'2" 6. K. Scott Kaufman (CV) 12'9"
7. N. Morozovsky (CV) 11'5"
GV: 1. L. Jones (CV) 16'1" 2. M. Long (T) 15'2"
3. K. Slader (CV) 13'11" 4. M. Nelson (T) 13'11"
5. A. McIver (T) 13'10" 6. G. Paladini (CV)
13'4.5" 7. T. Long (T) 13'3" 8. S. Manos (CV)
12'9" 9. D. Linda (CV) 11'5" 10. F. Demiguel
(CV) 11'4" 11. A. Pappas (CV) 11'0"
BV: 1. V. Wade (T) 20'5" 2. C. Barnes (CV) 18'4"

3. J. Bernado (CV) 17'9" 4. M. Vanderbilt (CV)
16'7"

TJ

GFS: 1. J. Pfisterer (CV) 24'7" 2. C. Keebler (CV)
22'2"
BFS: 1. J. Coles (CV) 30'5" 2. C. Kong (CV)
30'3" 3. K. ScottKaufman (CV) 28'0" 4. J. Levy
(CV) 28'0" 5. C. Stanley (CV) 27'6" 6. A.
Albonico (CV) 25'0" 7. N. Morozovsky (CV)
22'11"
GV: 1. L. Jones (CV) 33'11" 2. M. Long (T) 32'11"
3. M. Nelson (T) 30'6" 4. K. Slader (CV) 29'1"
5. A. McIver (T) 27'7" 6. C. Chandler (CV)
26'6" 7. H. Mellon (CV) 24'8" 8. A. Pappas
(CV) 22'10"
BV: 1. V. Wade (T) 40'5" 2. J. Leng (CV) 36'1"
3. M. Vanderbilt (CV) 34'2"

SP

GFS: 1. Melanie (CV) 21'1" 2. Adrienne (CV)
20'9" 3. Erin (CV) 18'9"
BFS: 1. B. Smutney (CV) 31'10" 2. J. Jory (CV)
31'4" 3. J. Darfler (CV) 24'1"
GV: 1. T. Rizzo (CV) 29'11" 2. M. Shaw (CV)
27'7" 3. A. McIver (THS) 26'0" 4. A.
SommerLocey (CV) 25'7" 5. M. Nelson (THS)
24'9" 6. C. Cortopassi (CV) 22'9"
BV: 1. Pasha Jackson 38'5" 2. Brud Rinker
37'8.5" 3. Dominik Lasalle 37'0" 4. Julao
Inguanzo 35'5.5" 5. Kenny O'Keith 33'5" 6.
Crick Arevalo 33'0" 7. Anton Laines 32'3" 8.
Niel Owen 31'0" 9. Salvador Ramos 28'7" 10.
Julio Menendez 24'6.5" 11. Nick Galli 23'0"

Discus

GFS: 1. Adrienne (CV) 38'7" 2. Erin (CV) 30'5"
BFS: not contested -- what happened here,
guys?
GV: 1. T. Rizzo (CV) 104'2" 2. M. Nelson (THS)
70'9" 3. M. Shaw (CV) 70'2" 4. R. Wiseman
(CV) 68'5" 5. H. Clancy (CV) 62'0" 6. A.
Sommer Locey (CV) 58'5" 7. M. Grace (CV)
43'4"
BV: 1. P. Jackson (T) 144'4" 2. J. Inguanzo (T)
86'2" 3. N. Owen (CV) 85'5" 4. D. Lassau
(CV) 82'0" 5. S. Ramos (T) 81'6" 6. A. Laines
(CV) 81'1" 7. N. Galli (CV) 68'1" 8. J.
Menondae (T) 59'3"

HJ

GFS: 1. A. Haskell (CV) 3-8
BFS: 1. S. Eng (CV) 4-10 2. B. Smitney (CV) 4-6
3. M. Desanto (CV) 4-4
GV: 1. G. Paladini (CV) 4'8" 2. L. Jones (CV) 4'6"
3. M. Long (THS) 4'6" 4. S. Eng (CV) 4'2" 5. H.
Mellon (CV) 4'2" 6. Heather Clancy (CV) 4-2 7.
Angie McIver (T) 4-2 8. Casey Cortopassi (CV)
3-10 9. Laurie Beth Gugawan (CV) 3-8 10.
Autumn Pappas (CV) 3-6
BV: 1. Ryan Parker (CV) 5-2 2. (tie) Eric pane
(CV) 5-0 2. (tie) Matt West (CV) 5-0 4. Jared
Stohr (CV) 5-0

Pole Vault:

GFS: 1. Chandra Keebler (CV) 6-0 no second
or third
BFS: 1. Cooper Ackermann (CV) 8-0 2. Chad
Lapum (CV) 6-6 no third
GV: 1. Chelsea Chandler (CV) 6-6 2. Jamie
Arterburn (CV) 6-0 3. Samantha Leach (CV) 5-
6 Heather Clancy nh
BV: 1. Chris Ashford (CV) 9-6 2. Kevin Dickson
(CV) 8-6 3. Matt West (CV) 6-6 Nick Simmons
nh

Notes:

1. Tennyson has some very good individuals,
but does not have the complete team. We

DLS/Carondelet Invitational

Saturday, March 11, 2000 DeLaSalle High School

Girls HJ

Gina Paladini 4-10 th (tie)

Girls Varsity Distance Medley

Stewart, Toney, Groome, Boone-Nitoff
13:52.2

Not our best effort in a crowded field.

Varsity girls discus

Tiffany Rizzo 103-6 7th

A pretty good throw.

Varsity girls shot

Tiffay Rizzo 26-7

Definitely not up to par for Rizzo

Varsity Boys 100

John Bernardo 11.72
John's best so far, but not competitive yet

Var boys 4 x 800

Nosenko, Wong, Cardiasmenos,
Bettinger
8:50.1

After the Distance Medley, the boys couldn't sustain an effort.

Varsity boys' 4 x 400

Willits, Oliveria, Poblete, ?
3:50.33

Down to many subs, we ran a modest effort.

Varsity boys 4 x 65 hurdles

Fonnesbeck, Parker, Oliveria, Crane

45.11

When Derrick fell down, our chances did too.

Var Boys 300 IH

Derrick Oliveira 43.30
Not bad in a strong field.

Varsity Boys Distance Medley

Bettinger, Cardiasmenos, nosenko, Wong
10:54.1
BEau's fine anchor leg put us in the front pack, even though the overall time wasnt stellar.

Varsity Boys 4 x 100

Hoglund, Bernardo, Celmer, Willits
45.63

Starting line confusion put a crimp in our performance, but we got the experience.

Boys' High Jump

Jared Stohr 5-8 5th.

A modest jump held up for a medal

FS Girls 300 IH

Brittany Knapp 54.14

Brittany had a fine run in a modest field to win going away.

FS Girls Shot

Megan Shaw 28-5 7th
Heather Clancy 20-3.5
A reasonable toss by Megan. Heather is still learning.

FS Girls Discus

Megan Shaw 89-6 3rd

Megan is nearly back to last year's best.

FS Girls HJ

Heather Mellon 4-2

Nice facility, nice weather, still not the pop to get back to her Pr

FS boys 3000

Zane Welte 10:19.0
He faded a bit in the middle, but came on strong at the end.

FS Boys Distance Medley

Welte, Miller, Eng, ? 12:27.3

The competition was heated, and we were not at our best.

FS 4 x 100

Eng, FitzGerald, Zamora, Leng dnf
Leng, the new guy, missed his lane assignment on the anchor.

BFS shot

Dominic Lasalle 41-2.5 5th
Jacob Jory 32-1.5
Dominic pulled off a good toss for a top place.

BFS Discus

Neil Owen 88-6.5
Not a bad early season throw.

BFS 4 x 800

no names available 10:19.89
Definitely out of the running, and without any zest.

BFS HJ

Jim Leng 5-4 7th
Jim surprised everyone with a fine clearance.

BFS 300 IH

Jim Leng 49.53
A strong performance for early season.

BFS LJ

Jim Leng 16-6.5
A solid jump

Thursday, March 16, 2000

CV vs. San Lorenzo[®] Castro Valley High School

cool, sunny,

dry

BV: CV 101, SLZ 35

GV: CV 115, SLZ 6

BFS: CV 115, SLZ 9

GFS: 104, SLZ 0

4X 100

GFS: 1. CV (Linda, DeMiguel, Littlejohn, Bettinger) 59.0
BFS: 1. CV (Zamora, Fitzgerald, Abandaca, McGuigan) 47.0
GV: 1. CV "A" (Medrano, Jones, Eng, Paladini) 54.4 2. CV "B" (Richardson, Slater, Ford, Chow) 55.4
BV: 1. CV "A" (Hoglund, Willits, Grieg, Williams) 45.6 2. CV "B" (Barnes, Celmer, Hernandez, Bissel) 46.9 DQ. SLZ (Pugh, Owens, Wills, Zennon) 57.5

1600

GFS: 1. Jessica Pfisterer (CV) 7:00.0
BFS: 1. Kevin Shintani (CV) 5:43.6 2. Luis Velasquez (SLZ) 5:46.3 3. Ryan Suzuki (CV) 5:57.8
GV: 1. Kristen Boon-Nitoff (CV) 6:00.0 2. Jessica Groome (CV) 6:09.5 3. Daniela Wharton (SLZ) 7:58.4
BV: 1. Beau Bettinger (CV) 4:55.0 2. Yuri Nosenko (CV) 5:02.5 3. William Muir (SLZ) 5:09.4 4. Zane Welte (CV) 5:17.9 5. Chris Martinez (SLZ) 6:00.6 6. John Blake (SLZ) 6:15.6

5K

GFS: 1. Heather Schmidt (CV) 19.5
BFS: 1. Jim Leng (CV) 19.2 2. Chris Kong (CV) 20.4 3. Carl Stanley (CV) 20.5 4. Tim Wong (CV) 23.0 5. Ben Mughal (CV) 25.8
GV: 1. Sheryl Eng (CV) 19.2 2. Gina Paldini (CV) 19.6
BV: 1. Fred Pugh (SLZ) 17.0 2. Ryan Parker (CV) 17.1 3. Joel Crane (CV) 17.7 4. Lionel Poblete (CV) 18.7 5. Ryan Fommesbeck (CV) 18.9

400

GFS: 1. Stacey McGrellis (CV) 1:09.3 2. Samantha Bettinger (CV) 1:14.8 3. Mariah Vernagalo (CV) 1:18.8
BFS: 1. Matt Fitzgerald (CV) 56.9 2. Joe Apodaca (CV) 58.3 3. Shawn Eng (CV) 59.7 4. Luis Velasquez (SLZ) 1:08.7
GV: 1. Brittany Knapp (CV) 1:07.5 2. Rida Chow (CV) 1:08
BV: 1. Derek Olivera (CV) 53.8 2. John Willits (CV) 54.7 3. Ingo Depina (SLZ) 54.9 4. Kevin Griego (CV) 56.5 5. Drew Bissel (CV) 58.5 6. Chris DeMcutac (SLZ) 1:03.0

100

GFS: 1. Chelsea Chandler (CV) 13.8 2. Fran DeMiguel (CV) 14.0 3. Lindsay Littlejohn (CV) 14.8 4. Dana Linda (CV) 14.9
BFS: 1. Geno McGuigan (CV) 11.6 2. Eric Zamora (CV) 11.7 3. Mike Hernandez (CV) 12.2
GV: 1. Tasheedah Smith (SLZ) 13.9 2. Kiersten Slader (CV) 13.9
BV: 1. Carson Barnes (CV) 11.9 2. Steve Celmer (CV) 11.9 3. DeQuincy Zenon (SLZ) 12.5 4. Luther McGill (SLZ) 12.9 DQ. Justin Hoglund (CV)

800

GFS: 1. Allison Young (CV) 3:08.1 2. Jessica Pfisterer (CV) 3:10.3
BFS: 1. Nathan Fernstein (CV) 2:17.7 2. Jeff Ribeira (CV) 2:29.9 3. Ryan Albonico (CV) 2:32.9 4. Luis Velasquez (SLZ) 2:39.8
GV: 1. Min Choi (CV) 2:38.6 2. Stephanie Manos (CV) 2:46.5
BV: 1. Chris Wong (CV) 2:12.9 2. Ben Draper (CV) 2:24.0 3. Chris DeMcutac (SLZ) 2:39.3 4. John Blake (SLZ) 2:52.8

300 IH

GFS: 1. Heather Schmidt (CV) 57.0
BFS: 1. Jim Leng (CV) 49.7 2. Chris Kong (CV) 50.3 3. Tim Wong (CV) 1:00.2 4. Aaron Albonico (CV) 1:02.9 5. Ben Mughal (CV) 105.3
GV: 1. Brittany Knapp (CV) 54.0 2. Sheryl Eng (CV) 56.5
BV: 1. Derek Olivera (CV) 43.6 2. Ryan Parker (CV) 45.0 3. Eric Pane (CV) 45.6 4. Joel Crane (CV) 47.2 5. Ryan Ribeira (CV) 48.6 6. Lionel Poblete (CV) 51.9

200

GFS: 1. Stacey McGrellis (CV) 31.7 2. Lindsay Littlejohn (CV) 31.8 3. Mariah Vernagalo (CV) 34.4
BFS: 1. Geno McGuigan (CV) 24.5 2. Eric Zamora (CV) 25.0 3. Matt Fitzgerald (CV) 26.3 4. Joe Apodaca (CV) 27.1
GV: 1. Rida Chow (CV) 30.0

BV: 1. Carson Barnes (CV) 24.3 2. John Willits (CV) 24.6 3. DeQuincy Zenon (SLZ) 27.3 4. Chris DeMcutac (SLZ) 29.2 5. John Blake (SLZ) 31.1

3200

GFS: 1. Rosie Toney (CV) 12:25
BFS: 1. TJ Thomas (CV) 11:58 2. Kenton Dornbush (CV) 14:42 3. Kevin Shintani (CV) 14:43
GV: 1. Suzy Dodge (CV) 15:03 2. Bonnie McGrellis (CV) 15:10
BV: 1. William Muir (SLZ) 11:47 2. Oleg Zhogla (CV) 12:40 3. Chris Martinez (SLZ) 12:50

4 X 400

GFS: no team
BFS: 1. CV (Eng, Zamora, Fitzgerald, Apodaca) 3:57
GV: 1. CV (Knapp, Chow, Manos, Dodge) 5:15
BV: 1. CV (Willits, Poblete, Parker, Olivera) 3:53 2. SLZ (DeMcutac, Depina, McGill, Owens) 3:56

5K

GFS: 1. Allison Young (CV) 4-0 2. Rili Haskell (CV) 4-0
BFS: 1. Jim Leng (CV) 5-0 2. Shaun Eng (CV) 5-0 3. Ryan Stohr (CV) 5-0
GV: 1. Gina Paladini (CV) 4-8 2. Lynnsy Jones (CV) 4-8 3. Sheryl Eng (CV) 4-4 4. Heather Clancy (CV) 4-2 5. Casey Cortopassi (CV) 4-0 6. Lauriebeth Bugawan (CV) 4-0
BV: 1. Jason Owens (SLZ) 5-6 2. Ingo Depina (SLZ) 5-4 3. Ryan Parker (CV) 5-2 4. Eric Pane (CV) 5-2 5. Matt West (CV) 5-0 6. Mike Vanderbilt (CV) 5-0

1K

GFS: 1. Jessica Pfisterer (CV) 9-1
BFS: 1. Carl Severson (CV) 14-10 2. Chris Kong (CV) 13-10 3. Ryan Stohr (CV) 13-10 4. Carl Stanley (CV) 13-4 5. Tim Wong (CV) 12-7 6. Aaron Albonico (CV) 11-11 7. Kerry Scott Kaufman (CV) 11-11 8. Ben Mughal (CV) 11-11 9. Nick Morozovsky (CV) 9-10
GV: 1. Lynnsy Jones (CV) 16-1 2. Kiersten Slader (CV) 14-11 3. Lauriebeth Bugawan (CV) 13-4 4. Tasheedah Smith (SLZ) 13-1 5. Brittany Knapp (CV) 12-6 6. Stephanie Manos (CV) 11-8 7. Joana Richardson (CV) 10-5
BV: 1. Carson Barnes (CV) 19-6 2. Jason Owens (SLZ) 18-8 3. Eric Pane (CV) 17-7 4. Mike Vanderbilt (CV) 16-6

2K

GFS: 1. Chelsea Chandler (CV) 28-3 2. Jessica Pfisterer (CV) 24-8 3. Allison Young (CV) 22-0
BFS: 1. Jim Leng (CV) 32-10 2. Carl Severson (CV) 31-6 3. Kerry Scott Kaufman (CV) 28-11 4. Chris Kong (CV) 28-2 5. Carl Stanley (CV) 26-4 6. Nick Morozovsky (CV) 24-4 7. Aaron Albonico (CV) 23-7
GV: 1. Lynnsy Jones (CV) 33-7 2. Kiersten Slader (CV) 30-2
BV: 1. Ingo Depina (SLZ) 40-4 2. Ryan Ribeira (CV) 34-2 3. Eric Pane (CV) 34-1 4. Mike Vanderbilt (CV) 33-6 5. Matt West (CV) 31-8

5K

GFS: 1. Adrienne Sommer-Locey (CV) 20-8 2. Clarissa Manning (CV) 20-2 3. Erin Cardiasmenos (CV) 19-8 4. Carolyn Correia (CV) 19-3
BFS: 1. Kenny O'Keith (CV) 38-3 2. Jesus Vigi (SLZ) 36-8 3. Chris Traylor (CV) 36-5 4. Jacob Jory (CV) 27-10 5. Chris Jackson (CV) 27-4 6. Jared Darfler (CV) 24-4
GV: 1. Tiffany Rizzo (CV) 31-7 2. Megan Shaw (CV) 27-8 3. Alexis Sommer-Locey (CV) 24-7 4. Rebecca Weisman (CV) 23-7 5. Casey Cortopassi (CV) 23-4 6. Heather Clancy (CV) 19-0
BV: 1. Mike Desilva (CV) 37-10 2. Brad Rinker (CV) 37-7 3. Anton Laines (CV) 37-0 4. Melvin Murphy (SLZ) 36-7 5. Dominic Lasalle (CV) 35-7 6. Andrew Rodriguez (SLZ) 33-7 7. Neil Owen (CV) 33-6 8. Jorge Flores (SLZ) 33-2 9. John Radovich (SLZ) 32-3 10. Ian Kemp (CV) 25-7 11. Nick Galli (CV) 25-5

DISCUS

GFS: 1. Clarissa Manning (CV) 49-8 2.

Adrienne Sommer-Locey (CV) 45-9 3. Carolyn Correia (CV) 42-11 4. Erin Cardiasmenos (CV) 42-11

BFS: 1. Jesus Vigi (SLZ) 80-0 2. Jacob Jory (CV) 75-0
GV: 1. Tiffany Rizzo (CV) 108-2 2. Megan Shaw (CV) 78-9 3. Rebecca Weisman (CV) 71-10 4. Alexis Sommer-Locey (CV) 69-10 5. Heather Clancy (CV) 59-0 6. Casey Cortopassi (CV) 47-1
BV: 1. Anton Laines (CV) 111-2 2. Andrew Rodriguez (SLZ) 109-5 3. Brad Rinker (CV) 100-3 4. Melvin Murphy (SLZ) 97-3 5. Neil Owen (CV) 92-0 6. Dominic Lasalle (CV) 91-9 7. Mike Desilva (CV) 88-2 8. Nick Galli (CV) 87-7 9. Jorge Flores (SLZ) 87-4 10. John Radovich (SLZ) 72-0 11. Ian Kemp (CV) 53-5

FV

GFS: 1. Chelsea Chandler (CV) 6-6
BFS: not contested
GV: 1. Samantha Leach (CV) 6-0
BV: 1. Cooper Ackerman (CV) 8-0 2. Chad Lapum (CV) 8-0 3. Matt West (CV) 7-6 4. Eric Chin (CV) 7-6

Even though thoroughly outnumbered and certain to lose, the San Lorenzo team was a model of competitive zeal. It was encouraging to see a small team put up a good fight. What was not encouraging to see was our own numbers dwindle as the meet ran on. If entered in an event, an athlete competes in that event regardless of the competition. Some of the CV athletes felt that in a rout like this, it would be okay to ditch the last part of the meet. Be aware that your coach sees all, even into the inner slacker heart of the CV teenager.

Now we have to get serious. Our next HAAL meet is against San Leandro, and they always present a challenge. We have a chance to beat them in the boys, if we play our cards right. The coaches have a plan, so we need to be ready to batele them well. The girls should be a tussle, but we can get them if we bring our strength to their strength.

Notes: Our team is starting to come together well. The throwers are improving, the jumpers are getting better, and there is a bounty of sprinters. We still need to create girl hurdlers, so do not be surprised if you are asked to learn hurdles as an event soon.

Piedmont Distance Festival

Friday Night March 17, 2000

7th grade mile

Christine Roberson	94	106	111	96	6:47	1st girl	Our Jr. Hi. girls ran a safe race today and looked strong
J ill Delariva	94	106	111	96	6:48	2nd girl	

1600 Girls

Heat 2	Jamie Hermosa	88.5	102	106	102	6:39.1	5th	Jaime ran steadily, even with a groin pull
Heat 3	Suzy Dodge	87	105	109	99	6:40.0	10th	Suzy was very consistent after a relatively quick start
	Jessica Pfisterer	87	108	117	118	7:10	12 th	Jessica survived after running her PR in the 800
Heat 5	Kristen Boon-Nitoff	83	89	90	90	5:52	4th	Kristen is starting to get back in top shape
	Jessica Groome	83	90	92	90	5:55	5th	Jessica struggled in the middle of the race
Heat 6	Courtney Stewart	81	87	87	78	5:33	3rd	Courtney let the leaders go, but had a great kick
	Rosie Toney	81	87	89	84	5:41	5th	Rosie PR'd and felt she could have gone faster

Boys 1600

Heat 3	Ryan Suzuki	71.1	89.2	88.9	88.1	5:37.3	7th	A very quick lap left Ryan to struggle
Heat 4	Kevin Shintani	66	90	85	82	5:23	6th	Kevin also went out unwisely, but powered through
	Oleg Zhoglo	69	96	94	90	5:49.6	11 th	Oleg had a good first lap, then...
Heat 6	Thomas Miller	72	77	85	83	5:17	10th	TJ fell asleep for the 3rd lap, then put on the great kick
Heat 7	Zane Welte	71	77	78	69	4:55.0	1st	A very even race gave Zane CV's only win of the night
	Ryan Albonico	72	79	84	76	5:11.1	11th	Ryan discovered himself as a miler today
Heat 9	Ben Draper	73	75	79	83	5:11.1	15th	Ben was too tired to run, but put up 3 good laps
Heat 10	Beau Bettinger	65	69	67	71	4:32	7th	Beau's race was great, but for the fall and broken arm
	Alex Cardiasmenos	66	71	79	77	4:53	17th	The flu still had Alex, so he had no gas left after 2 laps

Girls 800

Heat 2	Jessica Pfisterer	85	103	3:08.6	6th	Jessica put together a nice 800 after her tough 1600
Heat 3	Sam Bettinger	81	94	2:55.2	5th	Sam reluctantly tried out the 800 and found that she was not bad at all
Heat 4	Stacy McGrellis	80	91	2:51	6th	Stacy ran very tough and dropped her PR considerably
Heat 5	Kristen Boon-Nitoff	79	84	2:43	5th	Kristen had a nice double today, with a solid 800
	Stephanie Manos	80	85	2:45	8th	Stephanie looks very good, considering she is just learning this race
Heat 6	Min Choi	73.3	79.6	2:32.9	2nd	Min led the whole race but for the last 40 yards. Very good time.
Heat 7	Jessica Groome	77.5	83.4	2:40.9	5th	Jessica is definitely getting back in top shape

Boys 800

Heat 7	Nate Fernsten	66.5	69.5	2:15.4	5th	Nate was disappointed in his race, reflecting his own higher goals
Heat 8	Ben Draper	65.7	78.4	2:19.1	10th	Ben did a double, even though still loopy from too little sleep.
Heat 9	Yuri Nosenko	60.1	65.8	2:05.9	3rd	Yuri let up on the homestretch, and got snagged at the end. No shirt.
Heat 10	Chris Wong	60.9	64.0	2:04.9	7th	Close at 500, back at 650, Chris put on a great charge to finish near the top

Girls 3200

Courtney Stewart	85	88	90	90	90	96	95	86	12:00	5th	An improvement over last year
Bonnie McGrellis	92	106	112	114	115	117	115	104	14:35	20th	Solid and even...now we push harder

Boys 3200 Heat 1

Dinesh Jagar	85	81	84	89	94	93	94	81	11:43	6th	A smooth run tonight
Thomas Miller	87	79	84	93	95	96	100	89	12:05	9th	Too much left at the end
Kevin Shintani	83	82	85	94	96	99	100	94	12:15	10th	A great start and a slow fade
Oleg Zhoglo	95	85	98	99	98	99	94	91	12:39	17th	A belly full of nachos slowed him
Ryan Suzuki	90	90	99	85	96	102	100	93	13:05	18th	The good start and then he held on
Kenton Dornbush	99	102	108	106	104	104	105	100	13:46	19th	Consistent, but room to improve

Coed 4 x 400

Heat 1											
Min Choi	65.5										Min put us in position, and Kristen ran well, but the other hot shot teams had too much for us and Yuri and Chris could only get closer
Kristen Boon-Nitoff	70.5										
Yuri Nosenko	56.7										
Chris Wong	54.1	4:06.8			5th						
Heat 2											
Stacey McGrellis	67.4										Stacy and Courtney ran very well, and Nate and Ryan had a chance to so a little sprinting.
Courtney Stewart	68.9										
Nate Fernsten	61.6										
Ryan Albonico	62.0	4:19.9			5th						
Heat 3											
Bonnie McGrellis	86.2										Suzy wasn't going to run unless Bonnie did too, and boy was she surprised when Bonnie said yes. Kenton and TJ got to carry a baton too.
Suzie Dodge	77.8										
Kenton Dornbush	84.6										
Thomas Miller	68.0	5:16.5			6th						

Cougar Invitational

Saturday, March 18, 2000

Newark-Memorial High School

warm, sunny, gorgeous day

Girls FS Distance Medley • 2nd place

Min Choi	76.9	88.6	88.9	—	4:14.3
Stacey McGrellis	69.3	—	—	—	1:09.3
Samantha Bettinger	78.8	91.6	—	—	2:50.4
Rosie Toney	74.9	87.6	87.5	87.1	<u>5:37.1</u>
					13:48.1

Even on their third straight day of racing, the distance girls went at it again. Min looked very tired, but held on close to the front of the race. Stacey ran hard, and Sam dropped her PR from her good race of yesterday. Rosie then ran neck-and-neck with the Sacred Heart girl, dropping her PR 4 seconds from yesterday. Good race. Nice medals.

BV 260 Shuttle hurdles

Ryan Parker
Lionel Poblete
Matt West
Derrick Oliveira 41.27 1st in Heat 1, • 2nd overall
Ryan (who got there late) got us off to a great start, Lionel pushed the lead out, Matt (the emergency fill-in) did not fall down when he stumbled, and Derrick roared to a big finish for us. Only Newark in the 2nd heat could match us.

BFS 4x100

Shaun Eng
Joe Apodaca
Eric Zamora
Matt Fitzgerald 47.32 3rd Ht 2, • 3rd overall
The handoffs weren't the best, but they were better than Bishop O'Dowd who got DQ'd. We ended up with a good time and some nice medals.

BV 4x100

Kevin Griego
John Bernardo
John Willits
Darnell Lum-Williams 45.30 3rd in Heat 2, • 4th overall
We were hoping for a faster time, with Darnell back in the picture, but we still need to get the baton exchanges a lot cleaner. AS it was, it is a seasonal best for us nad gives us medals.

GFS 1500

Jamie Hermosa 6:22.4 14th
Jamie also ran for three straight days, and with a groin pull. STill, she came real close to her mile PR after the conversion.

GFS 100

Joana Richardson 13.92 2nd in Heat 1, • 3rd overall
Lauren Force 13.98 2nd in Heat 2, • 4th overall
Dana Linda 14.6 6th in Heat 2
Without enough girls to run an effective relay, the decision was to run them individually in the 100. Even though Joey and Lauren felt that they had better races in them, they were clearly a force in today's races.

BFS 400

Joe Apodaca 55.91 1st in Heat 3
Joe ran a great race, holding his own until the 300 mark where he turned it on down the starightaway.

GV 400

Rida Chow 67.13 2nd in Heat 1
Rida looked very strong in her heat, with a fine push on the last 100. This is her best time so far this year.

BV 400

Ryan Parker 54.14 2nd in Heat 1
Ryan had the lead and everything, but his form broke down a little at the very end and he took the 2nd in his heat.

BFS 300 Intermediate Hurdles

Jim Leng 47.91 2nd in Heat 3
Once Jim got going, he actually accelerated through the last 4 hurdles. After he learns to count steps, he will be quite the force in this event.

GV 300 Low Hurdles

Sheryl Eng 52.93 3rd in Heat 1 • 5th overall
All we were looking for was something in the 54's. Sheryl didn't want to run at all. So she nearly equals her PR and grabs a medal to boot.

BV 300 Intermediate Hurdles

Derrick Oliveira 42.5 1st in Heat 1 • 1st overall
Lionel Poblete 50.0 6th in Heat 1
Derrick hit hurdles 1, 7 and 8 with the wrong leg, but he was on a mission. He took charge of the race over hurdle #4 and charged to the heat win. His time held up and he had the 1st place. Lionel struggled again with his endurance over the last half of the race.

BFS 4x200

Shaun Eng
Joe Apodaca
Matt FitzGerald
Eric Zamora 1:42.6 2nd ht2 6th overall
The boys looked a little tired, but put on a good showing. At first it looked like the time might hold up for a medal, but the 1st heat was just too fast.

BV 4 x 200

Kevin Greigo
John Willits
Derrick Oliveira
John Bernardo 1:34.7 • 1st
As the afternoon wore on, the other teams started to leave. It was race of the survivors, and we won. Kevin put us in great position, and John stepped it us for us. Derrick is showing some sprint speed here, and Bernardo had to really hold on to get the win for us.

BFS 4 x 400

Shaun Eng 59.0
Joe Apodaca 56.5
Eric Zamora 55.1
Matt FitzGerald 56.1 3:47.7 2nd in Heat 2, • 4th overall

Joe put on an amazing 2nd leg to get us close, and Eric had a hot last 100 to get us ahead of the pack, and Matt got us closer to the Mt. Eden boys who were not about to be caught today.

BV 4x400

Ryan Parker 54.5
John Willits 53.8
John Bernardo 52.5
Derrick Oliveira 54.7 3:35.9 • 1st

Mt. Eden put a scare into the whole works here, as they were literally running away with the race for three laps. Then their #3 runner started to fade, and Bernardo, sensing the moment, put

on a sizzling last stretch to catch and pass the Mt. Edfen fellow. Derrick took the exchange and never looked back. This matches the best time we ran all of last year. Bernardo is a great 400 find.

BFS Triple Jump

Jim Leng	37- 1 1/4	-4th
Carl Stanley	30-2	
Kerry Scott Kaufman	29-6 1/4	
Nick Morozovsky	24-9	

All of the boys PR'd. The weather was

nice, the runways were bouncy, and the steps were measured and locked in.

GV Triple Jump

Lynnsey Jones	33-11	33-7	34-2	Pass	•1st
---------------	-------	------	------	------	------

This was a nice series of jumps, and it puts her on the NCS leader board so far

BFS Long Jump

Carl Stanley	15-4 1/4
Kerry Scott Kaufman	13-10 1/4
Nick Morozovsky	10-11 1/4

Carl had the biggest day here, adding a foot onto his previous best. Kerry and Nick had to wait an eternity for their jumps and it showed as they were only average today.

GV Long Jump

Lynnsey Jones	16-10	•1st
---------------	-------	------

Shin splints limited her to one good jump, but it was the right jump. Lynnsey is now one of the top horizontal jumpers in the NCS.

GFS High Jump

Heather Mellon	4-4	• 2nd (tie)
Heather Clancy	4-0	• 4th

Heather M. almost had the 4-6 jump today, barely brushing it off. Heather C. was only average, but it held up for a medal.

BFS HighJump

Jim Leng	5-0	
Shaun Eng	5-2	•5th

With Jim underjumping his PR, Shaun raised his another 2 inches off his 2 inch improvement on Thursday. Shaun also earned a medal for his work here.

GV High Jump

Lynnsy Jones	4-6 6th
Sheryl Eng	4-4

Sheryl finally got her step down, but then was inconsistent on her takeoff. Lynnsy needs to relearn a few essentials.

BV HJ

Matt West	5-2	
Ryan Parker	5-6	• 3 rd

Matt equaled his best, and so did Parker. Ryan was the beneficiary of a small field today.

GFS Discus:

Megan Shaw	72-8	• 4th
Heather Clancy	62-5	
Erin Cardiasmenos	40 ?	

Even though Megan was expecting more from herself, she was still a strong competitor. Heather was pretty much on her average, and I did not get ERin's tosses recorded.

BFS Discus

Dominic Lassalle	88-8
------------------	------

The football team did max lifting this week, and Dominic was a mass of knotteed and sore muscles. He'll recover.

GV Discus

Tiffany Rizzo	102-9	•3rd
Rebecca Weisman	?	

Technical difficulties put Tiffany's best throws outside of the sector. Rebecca's throws did not get recorded by this coach,

BV Discus

Nick Galli	???
Ian Kemp	???

This coach failed to get the discus results recorded, and he deserves nothing less than public flogging for that.

GFS Shot Put

Megan Shaw	30-0 1/2	•1st
Erin Cardiasmenos	22-2	
Heather Clancy	20-6	

Megan had quite the toss, landing the big one to win it all and improve her best by almost 2 feet. Erin also improved by 2 feet. Heather needs to be more explosive.

BFS Shot Put

Dominic Lassalle	38-2 1/2
------------------	----------

Those football coaches and their weightlifting really put a crimp on effective throwing. Dominic was seriously underthrowing today.

GV Shot Put

Tiffany Rizzo	30-6	•5th
Rebecca Weisman	??	

Tiffany again felt that she had underthrown today, but her mark held up for a medal. The coach once again failed to record Rebecca's marks. Bad Coach.

BV Shot Put

Ian Kemp	25-0 1/2
Nick Galli	23-8

Ian seems to be finally getting the idea. Nick has a serious reversion of technique today.

Even though we only got 36 CV athletes to make an appearance (the distance folks were excused because they ran yesterday) we were still able to be a presence. The 36 that did show up garnered a total of 39 medals. Not a bad haul. Next Saturday we are off to the Martinez Relays. Let's get EVERYBODY there and do some serious competing.

Castro Valley vs. San Leandro

Thursday/Friday March 23-24, 2000

@ San Leandro

overcast, breezy, chilly

Scores:

BV: SL 71, CV 65
GV: CV 87, SL 39
BFS: SL 75, CV 61
GFS: CV 78, SL 25

4 x 100

GFS: 1. CV (Ford, Littlejohn, Linda, Pierce) 58.4 2. SL 62.3
BFS: 1. SL 48.5 2. CV (Chan, Eng, Apodaca, FitzGerald) 49.7
GV: 1. CV (Slader, Chandler, Medrano, Eng) 54.4 2. SL 57.2
BV: 1. CV "A" (Zamora, Bernardo, McGuigan, Williams) 45.2 2. CV "B" (Willits, Barnes, Griego, Hernandez) 46.1 3. SL "B" 47.7 SL "A" dnf

1600

GFS: 1. Jessica Pfisterer (CV) 7:01.4 2. Samantha Bettfingier (CV) 7:02.8 3. Samantha Bower (CV) 7:58.8
GV: 1. Courtney Stewart (CV) 5:42.9 2. Jill Owyang (SL) 5:53.6 3. Kristen Boon (CV) 5:59.3 4. Jessica Groome (CV) 6:05.9 5. Emily Atwood (SL) 6:14.5 6. Vanessa Jeng (SL) 6:16.9 7. Kristen Beesley (SL) 6:21.6
BFS: 1. Zane Welte (CV) 5:02.7 2. Stephen Reynolds (SL) 5:07.2 3. Brian Reynolds (SL) 5:09.7 4. Ryan Albonico (CV) 5:27.6 5. Jeff Ribeira (CV) 5:36.7 6. Kevin Shintani (CV) 5:44.6 7. Ryan Suzuki (CV) 5:48.6 8. Kenton Dornbush (CV) 6:17.3
BV: 1. Zach Ardell-Smith (SL) 4:41.3 2. Luke Sigmon (SL) 4:41.8 3. Alex Cardasmenos (CV) 4:50 4. Mike (SL) 5:01 5. Ben Draper (CV) 5:15.5

HH

GFS: 1. Priya BaBu (CV) 21.96
GV: 1. Sheryl Eng (CV) 18.97 2. Gina Paladini (CV) 19.67 3. (SL)
BFS(heat 1): 1. Chris Kong (CV) 19.5 2. Ernie Marquez (SL) 21.5
(heat 2): 1. Ben Mughal (CV) 24.3 2. Tim Wong (CV) 24.3
BV: (Heat 1) 1. Soroush Groger (SL) 15.6 2. Keith Bullock (SL) 16.1 3. Ryan Paarker (CV) 17.3 4. Joel Crane (CV) 17.6
(Heat 2) 1. Ryan Fonesbeck (CV) 18.6 2. Jonathan Metters (SL) 19.2 3. Lionel Poblete (CV) 19.6 4. Matt West (CV) 20.1

400

GFS: 1. Mariah Wegener-Vernagallo (CV) 1:17.6 2. Joanne Cole (SL) 1:22.5 3. Janell Llarinas (SL) 1:36.1
BFS: 1. Shaun Eng (CV) 57.1 2. Matt Fitzgerald (CV) 57.8 3. Joe Apodaca (CV) 59.3 4. Ernie Marquez (SL) 62.5 5. Jonathan Metters (SL) 63.5
GV: 1. Brittany Knapp (CV) 66.7 2. Rira Chow (CV) 68.5 3. Stacey McGrellis (CV) 69.1 4. Natasha Blakey (SL) 69.5 5. Renee Wool (SL) 76.9 6. Candice Sullivan (SL) 85.5 7. Arceny Abueg (SL) 86.4
BV: 1. John Bernardo (CV) 52.9 2. Derek Olivera (CV) 54.1 3. John Willits (CV) 54.3 4. Aaron (SL) 54.6

100

GFS: 1. Lauren Ford (CV) 14.5 2. Amanda Huey-Ayer (SL) 15.2 3. Dana Linda (CV) 15.2 4. Lindsay Littlejohn (CV) 15.3 4. Neela Babu (CV) 15.7 5. My'ah Pierce (CV) 15.9
BFS: 1. Sam Cheatham (SL) 12.2 2. Justin Edwards (SL) 12.7 3. Everett Chan (CV) 13.0 4. Brian Rams (SL) 13.3
GV: 1. Angel Keene (SL) 13.7 2. Joanna Richardson (CV) 14.2 3. Kiersten Slader (CV) 14.2 4. Chelsea Chandler (CV) 14.3 5. Tiffany Tiffith-Holmes (SL) 15.7
BV: (Heat one) 1. Marviel Underwood (SL) 11.3 2. Darnell Williams (CV) 11.5 3. Mike Smith (SL) 11.7 4. Geno McGuigan (CV) 12.2
(Heat Two) 1. Kevin Greigo (CV) 11.9 2. Eric Zamora (CV) 12.2

800

GFS: 1. Heather Mellon (CV) 2:56.4 2. Alison Young (CV) 3:14.6 3. Jessica Pfisterer (CV) 3:17.6 4. Samantha (SL) 3:31.6 5. Jill DeLaRiva (Creekside) 2:59.5 6. Christine Robertson (Creekside) 3:02.6
GV: 1. Jill D. (SL) 4:41.4 2. Jessica Groome (CV) 2:42.8 3. Kristen Boon (CV) 2:43.6 4. Kristen Beesley (SL)

2:47.0 5. Stephanie Manos (CV) 2:49.8 6. Emily Atwood (SL) 2:57.7
BFS: 1. Ben Cannon (SL) 2:16.1 2. Nathan Fernsten (CV) 2:16.9 3. Tom Miller (CV) 2:30.2
BV: 1. Zach A. (SL) 2:06.1 2. Chris Wong (CV) 2:06.7 3. Yuri Nosenko (CV) 2:09.5 4. Aaron Gong (SL) 2:10.6 5. Ben Draper (CV) 2:21.7 6. Tuy Ho (SL) 2:22.4 7. Jason Quan (SL) 2:27.1

300H

GFS: no contestants
GV: 1. Brittany Knapp (CV) 52.3 2. Melissa Beesley (SL) 55.1 3. Sheryl Eng (CV) 63.3
BFS: (heat 1) 1. Chris Kong (CV) 50.3 2. Ernie Marquez (SL) 53.1 3. Tim Wong (CV) 60.3
(heat 2) 1. Kerry Kaufman (CV) 53.9 2. Ben Mughal (CV) 63.8
BV: (heat 1) 1. Soroush Groger (SL) 42.2 2. Derrick Oliveira (CV) 42.8 3. Ryan Parker (CV) 44.5 4. Keith Bullock (SL) 45.1
(heat 2) 1. Joel Crane (CV) 45.0 2. Jonathan Metters (SL) 47.4 3. Eric Pane (CV) 47.7
(heat 3) 1. Ryan Ribeira (CV) 47.9 2. Ryan Fonesbeck (CV) 49.9 3. Matt West (CV) 50.8

200

GFS: 1. Neela Babu (CV) 31.1 2. Lindsay Littlejohn (CV) 31.5 3. Samantha Bettfingier (CV) 32.5 4. Dani Cromwell (SL) 34.1 5. Joanne Cole (SL) 35.5
GV: (heat 1) 1. Angel Keene (SL) 28.9 2. Joanna Richardson (CV) 29.6 3. Rida Chow (CV) 30.3 4. Natasha Blakey (SL) 32.01
(heat 2) 1. Tiffany Tiffith-Holmes (SL) 34.1 2. Arceny Abueg (SL) 38.4
BFS: 1. Sam Cheatham (SL) 24.8 2. Jonathan Rice (SL) 25.4 3. Matt Fitzgerald (CV) 25.8 4. Everett Chan (CV) 26.8 5. Brian Leams (SL) 27.1
BV: 1. Marviel Lenderwood (SL) 23.5 2. Mike Smith (SL) 24.1 3. Kevin Griego (CV) 24.4 4. Aaron Williams (SL) 24.6 5. Geno McGuigan (CV) 24.9

3200

GFS: no contestants
BFS: 1. Zane Welte (CV) 11:19 2. Steve Reynolds (SL) 11:23 3. Brian Reynolds (SL) 11:26 4. Nathan Fernsten (CV) 12:10 5. Tom Miller (CV) 12:17 6. Jeff Ribeira (CV) 12:36 7. Kevin Shintani (CV) 13:12 8. Kenton Dornbush (CV) 14:14
GV: 1. Rosie Toney (CV) 12:27 2. Vanessa Leong (SL) 13:45 3. Suzy Dodge (CV) 14:36
BV: 1. Luke Sigmon (SL) 10:18 2. Alex Caardiasmenos (CV) 10:44 3. Mike Atwood (SL) 10:49 5. Yuri Nosenko (CV) 11:22

4 x 400

GFS: 1. SL 5:22.0
BFS: 1. SL 3:53.1 2. CV (Eng, Apodaca, FitzGerald, Chan) 4:07.3
GV: 1. CV (Knapp, S. McGrellis, Chow, Groome) 4:41.2 2. SL 3:38.7

Long Jump

GFS: 1. Gardener (SL) 12-6 2. Cromwell (SL) 10-7
BFS: 1. Justin Edwards (SL) 17-2 2. Lance Butler (SL) 15-8 3. Evan Cadoo (SL) 15-6 4. Carl Stanley (CV) 13-9 5. Aaron Albonico (CV) 13-4 6. Chris Kong (CV) 12-7 7. Kerry Scott Kaufman (CV) 12-1 8. Tim Wong (CV) 11-6 9. Nick Morozousky (CV) 10-3
GV: 1. Gina Paladini (CV) 13-3 2. Natasha Blakey (SL) 11-2 1/2 3. Brittany Knapp (CV) 10-10
BV: 1. Gary Sweetwyne (SL) 18-6 2. Carson Barnes (CV) 18-3 3. Marquette Harris (SL) 17-11 4. Steven Stafford (SL) 17-4 1/2 5. Geno McGuigan (CV) 17-1 6. Mike Vanderbuilt (CV) 16-0 7. Eric Pane (CV) 13-11 1/2

Triple Jump

GFS: 1. Gardener (SL) 25--9 3/4 no second or third
BFS: 1. Evan Cadoo (SL) 33-5 2. Ben (CV) 32-7 3. Taylor Foout (SL) 30-7 4. Kerry Scott Kaufman (CV) 26-7 5. Carl Stanley (CV) 26-3 6. Aaron Albonico (CV) 14-10 1/2 7. Nick Morozousky (CV) 22-8

GV: 1. Kiersten Slader (CV) 31-0 2. Chelsea Chandler (CV) 28-8 no third
BV: 1. Jason Quan (SL) 38-0 1/2 2. Sweetwyne (SL) 37-9 1/2 3. Steven Stafford (SL) 37-6 1/2 4. Ben Hansen (CV) 36-2 5. Ryan Parker (CV) 36-1 1/4 6. Gary S. (SL) 35-10 7. Ryan Ribera (CV) 34-7 8. Mike Vanderbuilt (CV) 34-6 9. Carson Barnes (CV) 33-6 10. Jared Stohr (CV) 32-8

High Jump

GFS: 1. Heather Mellon (CV) 4-4 2. Heather Clancy (CV) 4-0 3. Alli Haskell (CV) 3-8 4. Allison Young (CV) 3-6
BFS: 1. Taylor Fout (SL) 4-10 2. Shaun Eng (CV) 4-10 3. Jon Rice (SL) 4-8
GV: 1. Gina Paladini (CV) 4-8 2. Sheryl Eng (CV) 4-6 3. Casey Cortopassi (CV) 4-0 4. Laurie Beth Bugawan (CV) 3-10 5. Emily Atwood (SL) 3-8 6. Joanne Sizemore (SL) 3-8
BV: 1. Jared Stohr (CV) 5-6 2. Aaron Williams (SL) 5-6 3. Eric Pane (CV) 5-6 4. Ben Hansen (CV) 5-6 5. Ryan Parker (CV) 5-4 6. Zach Ardell-Smith (SL) 5-2 7. Mike Smith (SL) 5-2 8. Keith Bullock (SL) 5-0 9. Matt West (CV) 5-0

Shot Put

GFS: 1. Clarisse Manning (CV) 21-5 2. Erin Cardiasmenos (CV) 19-10 3. Llarinas (SL) 19-5 4. Baer (SL) 17
BFS: 1. Chris Traylor (CV) 38-10 2. Kenny O'Keith (CV) 38-4 3. Neil Owen (CV) 37-0 4. Dmoski J (SL) 30-2 5. Jacob Jory (CV) 32-2 6. Butler (SL) 31-2 7. Dmoski M (SL) 30-2 8. Chilson (SL) 26-9 9. Jared Daffler (CV) 24-1
GV: 1. Tuitavuki (SL) 32-5 2. Tiffany Rizzo (CV) 31-9 3. Megan Shaw (CV) 27-10 4. Casey Cortopassi (CV) 24-5 5. Sullivan (SL) 22-11 6. Rebecca Weisman (CV) 22-6 7. Mary Grace Miranda (CV) 20-0 8. Sizemore (SL) 18-11
BV: 1. Brad Rinker (CV) 37-6 2. Anton Laines (CV) 37-2 3. Micheal DeSilva (CV) 37-0 4. Joel Brown (SL) 34-8 5. Dominic Lassalle (CV) 34-2 6. Max H. (SL) 34-2 7. Mike K. (SL) 31-3 8. J.C. Lisenfeld (SL) 31-1 9. Ian Kemp (CV) 24-6 10. Nick Galli N. (CV) 24-6

Discus

GFS: 1. Heather Clancy (CV) 64-6.5 2. Bauer (SL) 52-3 3. Clarisse Manning (CV) 50-8 4. Llarinas (SL) 43-11 5. Erin Cardiasmenos (CV) 39-6
BFS: 1. Dmoski J (SL) 101-5 2. Neil Owen (CV) 94-9 3. Cadoo (SL) 87-6 4. Dmoski M (SL) 85-8 5. Chilson (SL) 80-1/5 6. Kenny O'Keith (CV) 79-3 7. Butler (SL) 65-0 8. Jacob Jory (CV) 63-3 9. Jared Daffler (CV) 58-9.5
GV: 1. Loni Tuitavuki (SL) 112-5.5 2. Tiffany Rizzo (CV) 105-2.5 3. Beesley (SL) 92-9 4. Rebecca Weisman (CV) 72-8 5. Megan Shaw (CV) 69-2.5 6. Gina Paladini (CV) 65-10.5 7. Sizemore (SL) 56-10 8. Sullivan (SL) 54-2.5 9. Casey Cortopassi (CV) 49-6
BV: 1. Liesenseld (SL) 114-6 2. Mike DeSilva (CV) 104-2 3. Krieger (SL) 101 4. Brad Rinker (CV) 95-3 5. Hurts (SL) 94-4.5 6. Brown (SL) 89-11 7. Dominic LaSalle (CV) 87-11 8. Anton Laines (CV) 87-4.5

Pole Vault

GFS: Heather Clancy (CV) nh
BFS: 1. Chad Lapum (CV) 8-0 2. nae Price (SL) 7-6 3. Ryan Albonico (CV) 7-0
GV: 1. Chelsea Chandler (CV) 6-0 Samantha Leach nh
BV: 1. Nick Simons (CV) 10-0 2. Chris Ashford (CV) 9-0 3. JC Lisenfeld (SL) 8-0 4. Eric Shin (CV) 7-0 5. Matt West (CV) 6-6

Notes:

1. The loss in the BV was disappointing, because we came in as big underdogs and took them to the limit. At no point did they dominate, and if we had had any luck in the jumps it would have been ours.
2. The loss in the BFS was collateral damage, because we had to pull up FS boys to make the Var attack our best possible.
3. We are now ready to take on the rest of the league. Let's get serious the next few weeks.

Martinez Relays

Saturday, March 25, 2000

Alhambra High School

warm, sunny, clear

When only a few athletes show up it is hard for a team to be a real presence. For any number of reasons, most of them completely incomprehensible to this coach, Castro Valley could only get 43 athletes to appear out of the over 90 that could have and should have made it. Still, it was a spirited bunch that did show up, and many volunteered to jump into new events to help out on relays. We did manage to bring home 25 medals, so the day was not without some compensation.

BV 4 x High Hurdle

Ryan Parker, Ryan Fonesbeck, Joey Crane, Derrick Oliveira 1:11.9 2nd Ht 1, 7th overall

The boys looked good despite having to run against the fast Benecia squad. Derrick lost his stride on the anchor.

BFS 4 x High hurdles

Carl Stanley, Chris Kong, Sean Eng, Jim Leng 1:20.3 2nd Ht 1, 3rd overall

Sean was the-emergency fill-in and learned in a hurry. The boys came away with a surprise medal.

BV 4 x 100 John Willett, Carson Barnes, Kevin Griego, Darnell Williams 44.9 1st Ht 3 7th overall

The sprint boys put a new team out there. It looked good and the time was good.

GFS 4 x 800

Samantha Bettinger 2:52

Heather Mellon 2:55

Stacy McGrellis no time

Stephanie Manos 2:45 no time disqualified

The team was doing well but the official confused Stephanie and she took the baton from Stacy after only one lap.

BFS 4 x 800

Ryan Monaco 67 74 2:21

Zane Welte 65 70 2:15

Thomas Miller 71 76 2:27

Neil Fernsten 66 68 2:14 9:16.4 4th

Ryan kept us close and Zane showed us some surprising speed.

Thomas suffered but held on and Nate came up with a fine anchor for the medal.

GV 4 x 800

Courtney Stewart 75 76 2:31

Rosie Toney 78 82 2:40

Jessica Groome 74 87 2:41

Kristen Boon-Nitoff 75 81.5 2:36.51 0:28.5 4th

The girls had a good time, with Courtney putting us near the lead, and the rest holding onto it. The medals are nice.

BV 4 x 800

Yuen Nosenko 62 64 2:06.1

Alex Carchasmenoz 58 69 2:07.2

Ben Draper 66 68 2:14.2

Chris Wong 59 67 2:06.1 8:33.5 2nd

It looked like a win for sure as Chris closed in on the anchor from Hug with only a 200 to go, but the Lowell boy blew by everyone. All the boys ran good competitive legs.

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

Carson Barnes, Darnell Williams, Kevin Griego, John Willits 1:38.8 2nd Ht 1, 6th overall

The boys put together a nice last minute team, even with Carson and his injured hand. The time held up to score points.

GV Distance Medley

Rosie Toney 80 86 90 -- 4:16

Brittany Knapp 65 -- -- -- 1:05

Kristen Boon-Nitoff 87 84 -- -- 2:41

Courtney Stewart 77 95 89 86 5:54 13:56 11th

BV Distance Medley

Yuri Nosenko 68 73 69 -- 3:30

Derrick Oliveira 55 -- -- -- :55

Chris Wong 60 68 -- -- 2:08

Alex Cardiasmenos 67 71 80 77.5 4:55.5 11:27.5 5th

All the boys were a little off in their second race, but Alex had the bad luck to be anchor when he faded, so more people noticed.

4 x 200

John Willits, Derrick Oliveira, Ryan Parker, Mike Hernandez 1:36.6 1st in Ht 1, 7th overall

The boys had to scramble to fill the team, as Clemer and Griego left too early. As it was, we had an easy win in our heat, and the time nearly held up for varsity points.

GFS 3 x High Jump

Heathers Clancy and Mellon showed up to late, and so the squad never got a chance to compete.

BFS 3 x High Jump: Shaun Eng 5-1, Jim Leng 4-10, Ryan Albonico n.h. 14th

With not enough jumpers, Ryan gave it a try. Opening at 4-10 gave him the jitters, but since he hadn't jumped in a year, his misses looked good.

GV 3 x High Jump Gina Paladini 5-0, Kiersten Slader 4-5, Brittany Knapp n.h. 6th

Gina had a career day, being tied for individual first at the end of competition with 4-11. She then improved in the tie-breaker to move to 5th on the all-time CV list. Kiersten did very well with little HJ practice, and Brittany was enthusiastic but unable to negotiate a height.

BV 3 x High Jump Ryan Parker 5-4 ERic Pane n.h. 11th

We were down a boy to start, and then Eric couldn't get over the starting height. Oh well.

BFS 3 x Long Jump Jim Leng 14-9, Carl Stanley 13-1 1/2, Josh Sawyer-Long 13-5 14th.

For some reason the boys were caught in a short-jump dimensional warp, and nothing exceptional happened.

GV 3 x Long Jump Lauren Ford 11-3, Gina Paladini 14-3, Kiersten Slader 13-5 9th

Even with Gina's new PR (one of three on the day for her) the team was not competitive today.

BV 3 x Long Jump Carson Barnes 18-5 Darnell Williams 17-0 Mike Hernandez 16-8 9th

Even though Carson had his usual goodjump, Darnell is very rusty and Mike is just learning.

GV 3 x Triple Jump Kiersten Slader 31-9 1/2, Gina Paladini 26-9, Brittany Knapp 27-3 10th

Brittany learned on the job, and Gina needed a refresher course, and Kiersten had a fine jump.

BFS 3 x Shot Put Dominic LaSalle, Josh Sawyer-Long, TJ Miller With the evening wearing on, the families just couldn't stay any longer and we were unable to compete. I was sure we could have medaled here.

GV 3 x Shot Put Tiffany Rizzo 31-11, Rebecca Weisman 24-4, Gina Paladini 23-4 3/4 7th

Tiffany PR'd and Becca dn Gina were at least competitive.

BV 3 x Shot Put Anton Laines 37-2 When only Anton made an appearance, there was no team chance. At least he was consistent.

BFS 3 x discus Dominic Lassalle 82-3 Jacob Jory 72-6, Josh Sawyer-Long 71-8 14th

None of the boys was a dominant force today, at least not until they get the technique down.

GV 3 x Discus Tiffany Rizzo 101-3, Rebecca Weisman 67-5, Clarisse Manning 54-2 9th

Clarisse was the emrgency GFS promotion, and she improved. Both Rizzo and Becca were within their yearly consistency range.

GFS 2 x Pole Vault Heather Clancy 6-0 5th

Heather had to stick around until 4:30 to vault, but she got opening height and it stood up for a team medal even though we only had half a team.

Castro Valley vs. Mt. Eden

Thursday, March 30, 2000

@ Castro Valley High School

sunny warm clear

Scores:

BV: CV 117, ME 18
GV: CV 106, ME 8
BFS: ME 71, CV 65
GFS: CV 60, ME 59

4 x 100

BFS: 1. CV (Zamora, Fitzgerald, Chan, McGuigan) 46.7
2. ME Dallas, DeSales, Minh Nguyen, Dawkins 49.4
BV: 1. C V (Willits, Barnes, Griego, Williams) 46.0
GFS: 1. CV (N. Babu, P. Babu, Vergallo, Ford) 59.3
GV: 1. CV (Chow, Chandler, Medrano, Eng) 56.1

1600

BFS: 1. Bettinger (CV) 4:56.6 2. Amaguana (ME) 5:11.4
3. Albonico (CV) 5:18.0 4. Thomas (ME) 5:21.0 5.
Alegre (ME) 5:26.1 6. Suzuki (CV) 5:32.0 7. J. Ribeira
(CV) 5:33.2 8. Miller (CV) 5:34.9 10. Shintani (CV)
5:38.7 11. Ta (ME) 5:38.9 12. Dornbush (CV) 6:03.5
BV: 1. Cadiasmenos (CV) 4:52.2 2. Nosenko (CV)
4:56.1 3. Wong (CV) 5:07.7 4. Zhogho (CV) 6:11.2
GFS: 1. Mellon (CV) 7:02.0 2. N. Babu (CV) 7:32.6 3.
Brown (ME) 7:32.8
GV: 1. Choi (CV) 5:56.6 2. Groome (CV) 5:58.7 3.
Robertson (ME) 6:44.1 4. Nguyen (ME) 6:44.5 5.
McDonald (ME) 6:54.9

Shot

BFS: 1. Lassalle (CV) 41-4 2. Jackai (ME) 40-4 3.
Dallas (ME) 39-1 4. Owen (CV) 38-7 4. Sawyer (CV)
38-7 6. JB (ME) 37-2 7. Jory (CV) 29-1 8. Sandoval
(ME) 28-2 9. Prasad (ME) 27-0 10. Darfler (CV) 24-4
BV: 1. Rinker (CV) 40-1 2. DeSilva (CV) 37-10 3. Laines
(CV) 37-0 4. Leal (ME) 30-6 5. Kemp (CV) 26-10 6.
Galli (CV) 25-6
GFS: 1. Anderson (ME) 23-8 2. Jones (ME) 23-5 3.
Linney (CV) 22-10 4. E. Cardiasmenos (CV) 20-0 5.
Clancy (CV) 19-6
GV: 1. Rizzo (CV) 32-0 2. Cortopassi (CV) 24-5 3.
Weisman (CV) 23-10

HH

BFS:
(HEAT 1) 1. Nguyen (ME) 18.0 2. Lang (CV) 19.6 3.
Stanley (CV) 20.3 4. DeSales (ME) 24.3
(HEAT 2) 1. Kong (CV) 19.9 2. McDonald (CV) 20.8 3.
Wong (CV) 24.0 4. Mughal (CV) 25.5
BV:
(HEAT 1) 1. Parker (CV) 16.6 2. Sampson (ME) 16.9 2.
Crane (CV) 16.9 4. O. Onyeagucha (ME) 17.5
(HEAT 2) 1. E. Onyeagucha (ME) 17.6 2. Fomesbeck
(CV) 18.5
GFS: 1. White (ME) 19.9 1. Schmidt (CV) 19.9 3. P. Babu
(CV) 22.0 4. Wei (CV) 24.0
GV: 1. Eng (CV) 19.3 2. McDonald (ME) 25.3

400

BFS: 1. Boston (ME) 55.8 2. Fitzgerald (CV) 56.0 3.
Dawkins (ME) 57.0 4. Eng (CV) 58.6 5. Cuffee (ME)
58.9 6. Wette (CV) 59.6 7. De Sales (ME) 1:04.0
BV: 1. Willits (CV) 53.9 2. Cardiasmenos (CV) 56.0 3.
Silas (ME) 59.1 4. Collier (ME) 1:02.8
GFS: 1. Bradford (ME) 1:06.6 2. McGrellis (CV) 1:08.5
3. Vergallo (CV) 1:17.0
GV: 1. Chow (CV) 1:07.3 2. Knapp (CV) 1:07.7

100

BFS: 1. McGuigan (CV) 11.0 2. Zamora (CV) 11.6 2.
Hollomon (ME) 11.6 4. Jackai (ME) 12.1 5. Chan (CV)
12.3
BV: (HEAT 1) 1. Williams (CV) 11.3 2. Griego (CV) 11.6
3. Bernardo (CV) 11.7 4. Sampson (ME) 11.8 5. Hunter
(ME) 11.8
(HEAT 2) 1. Barnes (CV) 11.7 2. O. Onyeagucha (ME)
11.8 3. Celmer (CV) 12.0
GFS: 1. White (ME) 13.2 2. Ford (CV) 14.0 3. P. Babu
(CV) 15.1 4. N. Babu (CV) 15.2
GV: 1. Chandler (CV) 13.4 2. Slater (CV) 13.6

Pole Vault

BFS: 1. Ackerman (CV) 8-6 2. Lapum (CV) 7-6 3.
Albonico (CV) 7-0

BV: 1. Simmons (CV) 11-0 2. Ashford (CV) 10-0 3. West
(CV) 7-6 4. Chin (CV) 6-6
GFS: 1. Clancy (CV) 6-0
GV: 1. Chandler (CV) 7-0 2. Begawan (CV) 6-0 3.
Leach (CV) 6-0 4. Paladini (CV) 5-6

High Jump

BFS: 1. Malcolm Boston (ME) 5-2 2. Coffee (ME) 5-1 3.
Stohr (CV) 5-0 4. Dallas (ME) 4-10 5. Leng (CV) 4-8 6.
Eng (CV) 4-8 7. Chan (CV) 4-6
GFS: 1. Clancy (CV) 4-4 1. Wilkins (ME) 4-4 3. Young
(CV) 4-2 3. Wei (CV) 4-2 5. Haskell (CV) 3-10 6.
Henton (ME) 3-6 DNP - Pfisterer (CV)
GV: 1. Paladini (CV) 5-0 2. Slader (CV) 4-6 3. Eng (CV)
4-6 4. Cortopassi (CV) 4-4 5. Bugawan (CV) 4-2 6.
Leach (CV) 4-0
BFS: 1. Jared Stohr (CV) 5-10 2. Ben Hanson (CV) 5-8
3. Ryan Parker (CV) 5-4 4. Matt West (CV) 5-2 5. Eric
Pane (CV) 4-10 Gerard Collier (ME) n.h.

Discus

BFS: 1. Jackai (ME) 105-5 2. Dallas (ME) 103-0 3. JB
(ME) 99-2 4. Neil Owen (CV) 85-4 5. Dominic Lassalle
(CV) 84-2 6. Prasad (ME) 79-4 7. Jacob Jory (CV) 74-5
8. Sandoval (ME) 72-6 9. Josh Sawyer-Long (CV) 68-11
10. Jared Darfler (CV) DNP
BV: 1. Mike DeSilva (CV) 115-1 2. Anton Laines (CV)
106-3 3. Leal (ME) 91-1 4. Nick Galli (CV) 85-10 5. Ian
Kemp (CV) 52-9
GFS: 1. Monay Jones (ME) 67-3 2. Heather Clancy (CV)
64-7 3. Melanie Linney (CV) 50-3 4. Anderson (ME)
49-8 5. E. Cardiasmenos (CV) 45-2
GV: 1. Rizzo (CV) 105-5 2. Weisman (CV) 67-3 3.
Paladini (CV) 65-1 4. Cortopassi (CV) 49-10

800

BFS: 1. Wette (CV) 2:20.4 2. Amaguana (ME) 2:21.9 3.
Thomas (ME) 2:23.0 4. Miller (CV) 2:23.2 5. Alegre
(ME) 2:24.8 6. Ta (ME) 2:30.6
BV: 1. Draper (CV) 2:11.3 2. Fernsten (CV) 2:17.6
GFS: 1. Schmidt (CV) 2:54 2. S. Bettinger (CV) 2:58 3.
S. McGrellis (CV) 3:12 4. Pfisterer (CV) 3:18 5. Brown
(ME) 3:20
GV: 1. C. McGrellis (CV) 2:34 2. Boone (CV) 2:37 3.
Toney (CV) 2:39 4. Manos (CV) 2:43 5. Nguyen (ME)
2:52 6. Dodge (CV) 2:53

300 Hurdles

BFS: 1. Nguyen (ME) 48.1 2. Kong (CV) 49.0 3.
DeSales (ME) 50.9 4. Stanley (CV) 52.5 5. Wong (CV)
58.9 6. Mughal (CV) 59.6
BV: 1. Parker (CV) 42.5 2. Crane (CV) 43.3 3. E.
Onyeagucha (ME) 44.6 4. Sampson (ME) 45.7 5. Pane
(CV) 46.9 6. O. Onyeagucha (ME) 47.8
GFS: 1. White (ME) 54.2
GV: 1. Eng (CV) 57.7 2. Nguyen (ME) 1:07.5

200

BFS: 1. McGuigan (CV) 23.3 2. Hollomon (ME) 24.1 3.
Zamora (CV) 24.3 4. Jackai (ME) 25.7 5. Cuffee (ME)
26.2 6. Chen (CV) 26.3
BV: 1. K. Griego (CV) 23.07 2. Willits (CV) 23.3 3.
Barnes (CV) 24.1 4. Hunter (ME) 24.9 5. Silas (ME)
25.3
GFS: 1. Bradford (ME) 28.3 2. S. McGrellis (CV) 30.2 3.
Ford (CV) 30.5 4. Vergallo (CV) 33.6
GV: 1. Chow (CV) 29.05

Long Jump

BFS: 1. Martin Boston (ME) 19-7 2. Malcolm Boston
(ME) 19-3 3. Hollomon (ME) 17-10 4. McGuigan (CV) 17-
3 5. Leng (CV) 16-4.5 6. C. Severson (CV) 15-8 7.
Kong (CV) 15-3 8. Stanley (CV) 14-9 9. Stohr (CV) 14-
2.5 10. Kaufman (CV) 14-1 11. Sawyer-Long (CV) 13-9
12. Wong (CV) 12-7 13. Morosovsky (CV) 11-0
BV: 1. Barnes (CV) 19-2 2. Hunter (ME) 18-4 3.
Vanderbolt (CV) 17-7 4. Williams (CV) 17-6 5. E.
Onyeagucha (ME) 16-7 6. Collier (ME) 15-9
GFS: 1. Bradford (ME) 17-3 2. White (ME) 14-5 3. Wei
(CV) 13-0 4. Ford (CV) 12-9.5 5. Pfisterer (CV) 11-4 6.
Williams (ME) 11-6 7. Anderson (ME) 10-2.5 8. Jones
(ME) 8-4
GV: 1. Jones (CV) 15-5 2. Paladini (CV) 13-8.5 3.

Bugawan (CV) 12-4

Triple Jump

BFS: 1. Malcolm Boston (ME) 39-1 2. Martin Boston
(ME) 38-7.5 3. Leng (CV) 34-11 4. Kong (CV) 33-4.5 5.
C. Severson (CV) 31-6 6. Kaufman (CV) 30-4.5 7.
Dawkins (ME) 29-2.5 8. Satanley (CV) 27-7 9.
Albonico (CV) 26-6 10. Morosovsky (CV) 25-10
BV: 1. Vanderbilt (CV) 37-2 2. E. Onyeagucha (ME) 34-
9.5 3. Collier (ME) 34-9.5 4. T. Blevins (CV) 34-8 5. R.
Ribeira (CV) 33-6
GFS: 1. Wei (CV) 24-10 2. Pfisterer (CV) 23-8
GV: 1. Jones (CV) 32-10.5 2. Chandler (CV) 30-8

3200

BFS: 1. Bettinger (CV) 10:53 2. Wette (CV) 11:20 3.
Amaguana (ME) 11:40 4. Thomas (ME) 11:44 5.
Albonico (CV) 11:55 6. Alegre (ME) 12:57 7. Miller (CV)
13:02
BV: 1. Jaeger (CV) 11:44 2. Fernsten (CV) 12:01
GFS: 1. Brown (ME) 16:24
GV: 1. Dodge (CV) 14:05 2. McDonald (ME) 16:08

4x400

BFS:
1. Mt. Eden (Boston, Boston, Hollomon, Nguyen) 3:40
2. CV (Zamora, Fitzgerald, Eng, Leng) 3:50 3. CV
(Wette, Miller, Suzuki, Shintani)
BV: 1. ME (Hunter, Sampson, Silas, Onyeagucha)
3:41.3 2. CV (Parker, Pane, Griego, Willits) 3:41.5
GV: 1. CV (Chow, Slader, Knap, Manos) 4:51

Notes:

1. As promised, Mt. Eden came after us with the Frosh-soph and we were not totally prepared. Due to a few coaching mistakes, we were not totally prepared to repel the onslaught. Hats off to Mt. Eden for their fine FS performance. Just look at the assault on the meet records. Of course, we will reverse the score at the league meet.
2. The GFS score was unnecessarily close. We left far too many empty events, and they did their best to stretch tehri few girls to maximize points. When we couldn't even get a 4 x 400 relay off at the end, that was the worst. I think the FS girls need to overhaul some thinking here. Not all the girls competed in the events they were assigned to, and it showed.
3. Moreau Catholic is next week, and we cannot relax against them. If we just trot through the meet against them, we will be trounced. We need a new burst of enthusiasm about being on a team.
4. Several good marks were achieved today. A good showing by both varsities. Of course, Mt. Eden offered little resistance, but we keep on pace to contend for that league title.
5. Oakland Invitational tomorrow-- check the entry list to make sure you know if, when and where you are entered.



= meet record

Oakland Relays

Saturday April 1, UC Berkeley

Distance medley

Kristen Boon Nitoff	76.1	84.6	85.9	4:07.3
Brittany Knapp	65.5			1:05.5
Minh Choi	71.5	83.9		2:35.4
Courtney Stewart	76.8	84.3	87.6	5:29.4
13: 13.5 5th				

Once again the CV girls proved that they can run with anyone. Kristen gave us an excellent leadoff, and Brittany and Min held on to a good pace. Courtney came on to close the gap on the leaders.

GV Shot Put

Tiffany Rizzo 31-6 .5 Not Tiffany's best day.

GV Long Jump

Lynnsey Jones 16-4 15-11 X X A sore leg and step problems kept her from a PR day.

GV High Jump

Gina Paladini 5-0 Her PR again, but misses at 4-10 kept her out of a medal spot.

GV 4 x800

Courtney Stewart	72.6	77.0	2:29.6
Rosie Toney	71.0	80.9	2:31.9
Jessica Groome	78.1	82.6	2:40.7
Kristen Boon-Nitoff	75.3	79.0	2:34.3
10:16.55th			

We were in a very good spot after the first two legs, but then the other teams unleashed their top runners and we held on for a top spot anyway.

BV 4 x 800

Yuri Nosenko	2:06
Alex Cardearmenos	2:08
Ben Draper	2:12
Chris Wong	2:07
8:33 10 th	

The boys looked a little overconfident, and were out of it from the start.

GV Discus

Tiffany Rizzo 99-1 Not a career day, as Tiffany was plagued by foul problems.

GV Triple Jump

Lynnsy Jones 34-6 Sore legs notwithstanding, Lynnsy at least jumped near her best.

BV 800

Yuri Nosenko	59	64	2:02.99	3th ht 1
Chris Wong	61	63	2:03.98	6th ht 1

In the slow heat, the boys redeemed themselves for lousy races in the 4 x 800 with solid performances.

300 Hurdles

Sheryl Eng	53.7	7th ht 1
Derrick Oliveira	43.51	7th ht 1

Neither of our hurdlers could finish the race well, hitting hurdles on the last straightaway.

BV 3200

Alex Cardiasmenos	72.6	73.9	74.2	74.0	77.3	79.7	82.0	76.2	10:09.6
-------------------	------	------	------	------	------	------	------	------	---------

Alex had a breakthrough race, but it took work. He still ran some lousy laps (6 & 7) but had a significant PR (11 seconds).

Vs. Moreau

Thursday, April 6, 2000

© Moreau Catholic High School

Scores:

GFS: CV97, MC 30
BFS: CV 115, MC 16
GV: CV 73, MC 63
BV: CV 80, MC 55

4 x 100

GFS: 1. CV (Linda, Littlejohn, Ford, Richardson) 57.4
BFS: 1. CV (Eng, Fitzgerald, Chan, Zamora) 47.7
GV: 1. CV (Slader, Chung, Medrano, Chandler) 53.7 2. Moreau 54.0
BV: 1. CV (Willits, McGuigan, Bernardo, Williams) 46.5 2. Moreau 48.5

1600

GFS: 1. Samantha Bettinger (CV) 6:53.5 2. Jessica Pfisterer (CV) 6:56.6 3. J. Hermosa (CV) 7:17.2
BFS: 1. Zane Wette (CV) 5:07.7 2. Nathan Fernsten (CV) 5:09.1 3. Ryan Albonico (CV) 5:19.3 4. Kevin Shintani (CV) 5:35.6 5. Ryan Suzuki (CV) 5:43.5 6. K. Dombush (CV) 6:02.7
GV: 1. Courtney Stewart (CV) 5:33.9 2. Amber Hendrix (MC) 5:40.2 3. Rosie Toney (CV) 5:44.7 4. Kristen Boon-Nitoff (CV) 5:44.7 5. Shawna Leppert (MC) 6:04.1 6. Courtney Burmann (MC) 6:15.7 7. Melissa Keough-Alcott (MC) 6:40.1
BV: 1. Alex Caridasmenos (CV) 4:50.5 2. Beau Bettinger (CV) 4:51.2 3. John Gillis (MC) 5:02.8 4. Ben Draper (CV) 5:06.0 5. B. Caballo (MC) 5:07.5 6. J. Fragus (MC) 5:14.6 7. M. Coleman (MC) 5:48.7 8. Zhoglo (CV) 5:56.2

HH

GFS: 1. Catey Coppini (MC) 20.1 2. Tinnon Li (MC) 20.1 3. Julie Plan (MC) 20.1 4. Christine Wei (CV) 27.6
BFS: 1. C. Kong (CV) 19.2 2. C. Stanley (CV) 20.1 3. T. Wong (CV) 24.3 4. B. Mughal (CV) 24.4
GV: 1. S. Rubiano (MC) 18.2 2. Sheryl Eng (CV) 19.2 3. Brittany Knapp (CV) 19.6 4. M. Coppini (MC) 20.2 5. Heather Schmidt (CV) 21.6
BV: 1. R. Parker (CV) 16.5 2. J. Kapper (MC) 16.5 3. Derrick Oliveira (CV) 17.0 4. M. Satunino (MC) 17.6 5. J. Leng (CV) 18.6

400

GFS: 1. A. Caberra (MC) 68.2 2. S. McGrellis (CV) 69.0 3. M. Wegner (CV) 78.4
BFS: 1. Matt Fitzgerald (CV) 58.7
GV: 1. Amanda Medrano (CV) 60.6 2. R. Schaffer (MC) 61.5 3. W. Tsai (MC) 65.6 4. Rida Chow (CV) 66.2 5. M. Castaux (MC) 67.6 6. Brittany Knapp (CV) 68.7
BV: 1. Nick Zadno (MC) 54.1 2. F. Lago (MC) 54.1 3. (CV) 58.7 4. (CV) 60.8

100

GFS: (heat 1) 1. J. Richardson (CV) 13.9 2. L. Ford (CV) 14.1 3. D. Chavez (MC) 14.5 4. M. Pierce (CV) 14.8 5. S. Zhu (MC) 15.1
(heat 2): 1. W. Babu (CV) 14.5 2. L. Littlejohn (CV) 14.8 3. Dana Linda (CV) 15.1
BFS: 1. E. Zamora (CV) 11.8 2. E. Chen (CV) 12.3 3. D. Santos (MC) 12.6 4. J. Santiago (MC) 13.6 5. J. Miranda (MC) 14.1
GV: 1. A. Roger (MC) 13.2 2. Chelsea Chandler (CV) 13.5 3. Kiersten Slader (CV) 13.8 4. R. Liu (MC) 13.8 5. Trisha Chung (CV) 13.9 6. M. Relear (MC) 14.0
BV: 1. Darnell Williams (CV) 11.1 2. Geno McGuigan (CV) 11.2 3. John Willits (CV) 11.5 4. C. Brave (MC) 11.5 5. Dan Davini (MC) 12.0

800

GFS: 1. Stephanie Manos (CV) 2:45.4 2. Samantha Bettinger (CV) 2:57.5 3. Allison Young (CV) 3:08.3 4. Jessica Pfisterer (CV) 3:13.2
BFS: 1. B. Cardella (MC) 2:17.6 2. Nathan Fernsten (CV) 2:17.9 3. J. Elliot (MC) 8:29.3 4. Shaun Eng (CV) 2:31.7 5. F. Landauda (MC) 2:49.6
GV: 1. M. Smith (MC) 2:30.9 2. M. Choi (CV) 2:35.5 3. A. Guihao (MC) 2:37.5 4. Kristen Boon-Nitoff (CV) 2:38.3 5. Jessica Groome (CV) 2:46.5 6. P. Salazon (CV) 2:47.6 7. Valdwang (MC) 5:58.2
BV: 1. Chris Lanese (MC) 2:04.2 2. C. Wong (CV) 2:09.0 3. Y. Nosenko (CV) 2:10.5 4. Aaron Alcorn (MC) 2:12.3 5. Kevin Futagaki (MC) 2:16.9 6. Ben Draper (CV) 2:29.2

300IH

GFS: 1. C. Coppini (MC) 56.1 2. T. Li (MC) 60.4
BFS: 1. C. Kong (CV) 49.0 2. C. Stanley (CV) 53.4 3. J. Coles (CV) 55.9 4. T. Wong (CV) 61.1 5. B. Mughal (CV) 61.8
GV: 1. Brittany Knapp (CV) 53.1 2. S. Rubiano (MC) 55.3 3. M. Coppini (MC) 57.3 4. Heather Schmidt (CV) 64.8
BV: 1. J. Van Metre (MC) 42.3 2. John Kapper (MC) 43.3 3. Derrick Oliveira (CV) 47.8 44. Jim Leng (CV) 44.9.55 dnf Ryan Parker (CV)

200

GFS: (Heat 1) 1. Joanna Richardson (CV) 29.3 2. Stacy McGrellis (CV) 30.4 3. P. Chavez (MC) 30.8 4. W.W. Orronng (MC) 32.0 5. A. Toda (MC) 32.7 6. My'ah Pierce (CV) 32.7
(Heat 2) 1. Lauren Ford (CV) 30.7 2. Neela Babu (CV) 31.1 3. Dana Linda (CV) 33.5 4. Mariah wegenger-Vernagallo (CV) 36.1
BFS: (Heat 1) 1. E. Zamora (CV) 24.6 2. M. Fitzgerald (CV) 26.0 3. E. Chan (CV) 26.6 4. R. Miranda (MC) 29.7
GV: (Heat 1) 1. A. Medrano (CV) 28.3 2. R. Schaffner (MC) 28.7 3. A. Rogen (MC) 29.1 4. R. Chow (CV) 29.7 5. W. Tsai (MC) 29.7 6. M. Choi (MC) 30.3
BV: (Heat 1) 1. G. McGuigan (CV) 24.3 2. D. Williams (CV) 24.3

3200

GFS: 1. S. Manos (CV) 14:40.5
BFS: 1. Z. Wette (CV) 12:10.4 2. K. Shintani (CV) 12:52.0 3. K. Dorn Bush (CV) 14:05.8
GV: 1. Alex Cardiasmenos (CV) 10:42.6 2. Beau Bettinger (CV) 10:48.2 3. Brandon Corballo (MC) 11:47.1 4. D. Jagar (CV) 12:12.3 5. Oleg Zhoglo (CV) 13:06.8
BV: 1. Courtney Stewart (CV) 12:41.6 2. Rosie Toney (CV) 12:58.0 3. Courtney Burnam (MC) 13:11.7 4. J. Groome (CV) 13:27.0 5. A. Gubao (MC) 13:34.9 6. S. Dodge (CV) 15:29.0

1600 Relay

GFS: 1. (CV) 4:54.0
BFS: 1. (CV) Eng, Zamora, Fitzgerald, Chan 4:14.2
GV: 1. (CV) 5:06.9
BV: 1. (MC) John Van Nette, K. Futagaki, J. Kappe, N. Zadino 3:38.5 2. (CV) 3:41.8

Shot Put

GFS: 1. Melanie Linney (CV) 23'3" 2. Heather Clancey (CV) 22'1" 3. Erin Cardiasmenos (CV) 20'5 1/2" 4. Wenthel Lan (MC) 20'3" 5. Carolyn Correia (CV) 19'7"
BFS: 1. Josh Sawyer (CV) 39'1" 2. Dominic LaSalle (CV) 39'0" 3. Neil Owen (CV) 38'9" 4. Jessie Pilcher (MC) 34'6 1/2" 5. Josh Fabrigas (MC) 33'6" 6. Jacob Jory (CV) 33'1" 7. Ben Garef (MC) 30'7" 8. Kris Newell (MC) 29'5" 9. Nik Perri (MC) 28'10" 10. Jared Parfler (CV) 26'2"
GV: 1. Tiffany Rizzo (CV) 34'8" 2. Janet Ballelos (MC) 30'9" 3. Megan Shaw (CV) 27'5 1/2" 4. Casey Cortopassi (CV) 27'2" 5. Laura Slocmb (MC) 26'8 1/2" 6. Amy Vonnegut (MC) 24'10 1/2" 7. Bethany Ensminger (MC) 21'6"
BV: 1. John Thurston (MC) 46'1 1/2" 2. Jimmy Templeton (MC) 43'9" 3. Brad Rinker (CV) 42'6" 4. Anton Laines (CV) 39' 1 1/2" 5. Mike DeSilva (CV) 37'3" 6. Ian Kemp (CV) 27'5 1/2" 7. Nick Galli (MC) 25'5"

Discus

GFS: 1. Melanie Linney (CV) 59'1" 2. Carolyn Correia (CV) 55'5" 3. Heather Clancey (CV) 55'0" 4. Wenthel Lan (MC) 48'4" 5. Erin Cardiasmenos (CV) 38'9"
BFS: 1. Dominic LaSalle (CV) 92'6" 2. Neil Owen (CV) 91'5" 3. Josh Fabrigas (CV) 90'8" 4. Josh Sawyer (CV) 81'2" 5. Jessie Pilcher (MC) 80'2" 6. Kris Newell (MC) 78'1" 7. (MC) 75'0" 8. Jacob Jory (CV) 68'0" 9. Ben Garef (MC) 61'10" 10. Adam Vonnegut (MC) 59'1"
GV: 1. Tiffany Rizzo (CV) 105'3" 2. Laura Slocmb (MC) 83'1" 3. Amy Vonnegut (CV) 82'4" 4. Janet Ballelos (MC) 76'10" 5. Megan Shaw (CV) 70'0" 6. Bethany Ensminger (MC) 57'0" 7. Casey Cortopassi (CV) 54'2"
BV: 1. Mike DeSilva (CV) 118'3" 2. John Thurston (MC) 115'1" 3. Jimmy Templeton (MC) 100'3" 4. Anton Laines (CV) 100'0" 5. John Clanton (MC) 98'3" 6. Brad Rinker (CV) 95'7" 7. Nick Galli (MC) 89'1" 8. Ian Kemp (CV) 58'7"

LJ

GFS: 1. Lauren Ford (CV) 12'9 3/4" 2. Christine Wei (CV)

11'11 1/2" 3. Jennifer Vlarde (MC) 11'8 3/4" 4. Theresa Arujo (MC) 11'6 1/2" 5. Christa Yabut (MC) 11'4 3/4" 6. Danica Yanga (MC) 11'2" 7. Laura Patajo (MC) 11'1 1/2" 8. Lily Wong (MC) 10'10" 9. Christine Abellera (MC) 10'9 1/2" 10. Ann Brillo (MC) 10'6" 11. Krystal Abellon (MC) 10'5 1/4" 12. Rhea Hautea (MC) 9'9 1/2" 13. Nicole Orong (MC) 9'2"
BFS: 1. Daniel Santos (MC) 16' 1/4" 2. Carl Stanley (CV) 15'6 1/4" 3. Chris Kong (CV) 15'3" 4. Carl Severson (CV) 15'2" 5. Alden Wong (MC) 12'4 1/2" 6. Jeff Elliot (MC) 12'3 1/4" 7. Fernando Landaverde (MC) 11'11 1/2" 8. Nick Morowosky (CV) 11'1 1/2"
GV: 1. Rosa Liu (MC) 14'1" 2. Michelle de Leon (MC) 14'0" 3. Alys Thomas (MC) 13'6" 4. Jessica Poquiz (MC) 13'1 1/4" 5. Carolyn David (MC) 12'7" 6. Autumn Pappas (CV) 12'2 1/2" 7. Melissa Tendencia (MC) 12-1 1/4 8. Monina Arcega (MC) 11'5"
BV: 1. Alex Wong (MC) 19'3 1/4" 2. John Willits (CV) 18'6" 3. Geno McGulgan (CV) 18'0" 4. Mark Satornio (MC) 17'4" 5. Darnell Williams (CV) 17'2 3/4 6. Raul Menchavez (MC) 16'10 3/4" 7. Nate Bahr (MC) 15' 7" 8. John Layco (MC) 13' 8 3/4

TJ

GFS: 1. Jennifer Verdeflor (MC) 27'1" 2. Christine Wei (CV) 25'3" 3. Allison Young (CV) 23'3 3/4"
BFS: 1. Chris Kong (CV) 33'8" 2. James Coles (CV) 32'2 1/2 3. Kerry Kaufman (CV) 29'1 3/4 4. Tim Wong (CV) 28'11'2" 5. Alden Wong (CV) 28'8 6. Nick Norowusky (CV) 26'9"
GV: 1. Kiersten Slader (CV) 31'10'3/4 2. Alys Thomas (MC) 30'5" 3. Rosa Liu (MC) 30'4" 4. Michelle DeLeon (MC) 29'9'3/4 5. Carolyn David (MC) 28'5'1/2 6. Melissa Tendencia (MC) 28'0" 7. Lori Beth (CV) 26'1" 8. Autumn Pappas (CV) 23'5"
BV: 1. Ben Hanson (CV) 38'2" 2. Jim Leng (CV) 36'1/2" 3. Jared Stohr (CV) 34'2" 4. Alex Wong (MC) 33'10 1/2" 5. Raul Menchavez (MC) 33'4 1/2" 6. Frank Lago 31'10" High Jump
GFS: 1. Heather Mellons (CV) 4-4 2. Heather Clancey (CV) 4-2 3. Alli Haskell (CV) 3-10 4. Allison Young (CV) 3-8
GV: 1. Rachel Schaffner (MC) 5-0 2. Kachi Okokonkwo (MC) 4-6 3. Kiersten Slader (MC) 4-4 4. Sheryl Eng (CV) 4-2 5. Emily Silva (MC) 3-6
BFS: 1. Shawn Eng (CV) 4-10 2. Danny Santos (MC) 4-10
BV: 1. Jarad Stohr (CV) 6-0 2. Ben Hanson (CV) 5-8 3. John Ballesteros (MC) 5-2 4. Matt West (CV) 5-2

Pole Vault

GFS: 1. Heather Clancey (CV) 6-0
BFS: 1. Cooper Ackerman (CV) 9-6 2. Chad Lapum (CV) 8-0 3. Ryan Albonico (CV) 7-6
GV: 1. Chelsea Chandler (CV) 7-0 2. Nicole Fabian (MC) 7-0 3. Lauriebeth Bugawan (CV) 6-6
BV: 1. Casey Meirovitz (MC) 12-6 2. Ben Greenbaum (MC) 12-6 3. Nick Simons (CV) 10-6 4. Matt Foley (MC) 10-6 5. Chris Ashford (CV) 10-0 6. Greg Tafaya (MC) 10-0 7. Nate Bahr (MC) 8-6 8. Matt West (CV) 8-0 9. Mike Haggerty (MC) 8-0 10. Eric Chin (CV) 8-0 11. JB Ballesteros (MC) 8-0

Notes:

1. Nice work all around. We swept Moreau, which is hard to do. I especially liked to see us put full fields in the 200 and 4 x 400, which had been weak spots for us this year in many meets.
2. We go up against Hayward this week, and they will be tough in the girls. Let's be on our guard against them, as they could easily sneak up and grab a win if we aren't trying our best. Let's go ladies!
3. With Moreau beating Arroyo, this puts the league in a 5-way tie for first with Moreau, Hayward, Bishop O'Dowd, Arroyo and Castro Valley all having a 4-1 record. Let's finish the season strong and maybe grab that league title.
4. CV invite coming up Friday-- we are all on for this one, so let's get ready to make this an exciting Friday afternoon and night.

CV vs. Hayward

@ Castro Valley damp

Wednesday, April 12, 2000

Score:

BV: CV 102, H 34
GV: CV 73, H 63
BFS: CV 103, H 30
GFS: CV 86, H 45

4 x 100

GFS: 1. Hayward "A" (McCoy, Smith, Folks, Scoggians) 55.9 2. CV (Littlejohn, Richardson, N. Babu, Ford) 56.2 3. Hayward "B" (Rogers, Mallory, Carissa, Wilson) 57.8
BFS: 1. CV (Zamora, Fitzgerald, Eng, Chen) 47.4 2. Hayward "A" (Ferguson, Harper, Brown, Ghiselli) 48.2 3. Hayward "B" (Homer, McKinley, Agucha, Stevens) 53.8
GV: 1. CV (Slader, Chandler, Medrano, Chung) 53.1 2. Hayward (Smith, Morris, Powell, Dizon) 55.2
BV: 1. CV (Willits, McGuigan, Griego, Williams) 45.1 2. Hayward (Williams, Smith, Udoia, Robertson) 47.1

1600

GFS: 1. Manos (CV) 6:08.3 2. Servin (Hay) 6:14.6 3. Puljic (Hay) 6:38.2 4. Bettinger (CV) 6:49.0 5. Maric (Hay) 6:55.2 6. Pfisterer (CV) 6:57.2 7. Falgout (Hay) 8:08.7 8. Singh (Hay) 8:08.9
BFS: 1. Welte (CV) 5:11.2 2. Albonico (CV) 5:22.0 3. Ribeira (CV) 5:30.9 4. Miller (CV) 5:37.2 5. Van Landingham (Hay) 5:37.8 6. Suzuki (CV) 5:38.2 7. Medina (Hay) 5:42.2 8. Evans (Hay) 5:43.7 9. Shintani (CV) 5:44.2 10. Lawrence (Hay) 5:55.7 11. Fong (H) 5:57.3 12. Dornbush (CV) 6:03.8
GV: 1. Stewart (CV) 5:37.3 2. Groome (CV) 5:51.3 3. Boon-Nitoff (CV) 5:52.4 4. McIntyre (Hay) 5:54.5 5. Dodge (CV) 6:28.2 6. Harrell (Hay) 6:46.5
BV: 1. Bettinger (CV) 4:41.5 2. Cardiasmenos (CV) 4:52.2 3. Rodriguez (Hay) 4:56.3 4. Bell (Hay) 5:05.1 5. Hurtado (Hay) 5:15.8 6. Draper (CV) 5:18.2 7. Perez (Hay) 5:45.9 8. Zohgio (CV) 5:57.5

HH

GFS: 1. Heather Schmidt (CV) 19.5 2. Kimberly Folkes (H) 20.1 3. Aural Wilson (H) 20.8 4. Priya Babu (CV) 21.3 5. Christine Wei (CV) 23.6
BFS: (Heat 1) 1. Ryan Parker (CV) 17.5 2. Jim Leng (CV) 18.4 3. Chris Kong (CV) 19.1 4. Charles McKinley (H) 20.2 5. Stevelen Harper (H) 21.4 6. David Homer (H) 22.2
(Heat 2) 1. Carl Stanley (CV) 20.4 2. JB Coles (CV) 22.0 3. Tim Wong (CV) 23.3 4. Ben Mughal (CV) 24.1
GV: 1. Andrea Dizon (H) 17.8 2. Sheryl Eng (CV) 18.4 3. Eve Gamero (H) 18.6 4. Richele Radcliffe (H) 19.0 5. Gina Paladini (CV) 19.4 6. Brittany Knapp (CV) 19.5
BV: 1. Crane (CV) 16.6 2. Oliveira (CV) 17.9 3. Fannesbeck (CV) 18.7

400

GFS: 1. Rodgeo (Hay) 1:06.5 2. McGrellis (CV) 1:14.1 3. Vernagallo (CV) 1:18.5
BFS: 1. Fitzgerald (CV) 57.2 2. Brown (Hay) 59.4 3. Onyeagucha (Hay) 1:04.6
GV: 1. Medrano (CV) 59.2 2. Smith (Hay) 1:03.4 3. Chow (CV) 1:07.1
BV: 1. Willits (CV) 53.4 2. Smith (Hay) 57.1 3. Oliveira (CV) 1:00.4

100

GFS: Heat 1: 1. Smith (Hay) 13.6 2. Ford (CV) 13.6 3. Richardson (CV) 14.1 4. K. Folkes (Hay) 14.2 5. Pierce (CV) 14.5 6. Scoggins (Hay) 14.8
Heat 2: 1. Wilson (Hay) 14.4 2. McCoy (Hay) 14.5 3. Littlejohn (CV) 14.7 4. N. Babu (CV) 14.8 5. Linda (CV) 15.3
BFS: 1. Zamora (CV) 11.8 2. Ferguson (Hay) 12.1 3. Ghiselli (Hay) 12.6 4. Chen (CV) 12.6 5. Harper (Hay) 12.8 6. Ong (Hay) 13.3
GV: 1. Holleman (Hay) 12.8 2. Chandler (CV) 13.5 3. Morris (Hay) 13.7 4. Powell (Hay) 14.1 5. Chung (CV) 14.3
BV: 1. Williams (CV) 11.3 2. McGuigan (CV) 11.3 3. Smith (Hay) 11.8 4. Williams (Hay) 11.9 5. Udoia (Hay) 12.5 6. Robinson (Hay) 12.6

800

GFS: 1. Menos (CV) 2:49.7 2. Servin (Hay) 2:51.9 3.

Puljic (Hay) 2:54.1 4. Mellon (CV) 2:54.3 5. Bettinger (CV) 2:59.6 6. DeLaro (Hay) 3:12.2 7. Falgout (Hay) 3:21.8
BFS: 1. Fersten (CV) 2:16.7 2. Welte (CV) 2:25.3 3. Van Landingham (Hay) 2:31.9 4. Miller (CV) 2:34.1 5. Eng (CV) 2:39.2 6. Suzuki (CV) 2:41.5
GV: 1. McIntyre (Hay) 2:33.8 2. Choi (CV) 2:36.4 3. Boon (CV) 2:43.1
BV: 1. Nosenko (CV) 2:11.5 2. Rodriguez (Hay) 2:12.0 3. Chris Bell (Hay) 2:15.8

300H

GFS: 1. Heather Schmidt (CV) 56.0 2. Kimberly Folkes (H) 58.0 3. Aural Wilson (H) 1:07.1
BFS: (Heat 1) 1. Parker (CV) 46.6 2. Leng (CV) 48.6 3. Alnagem (Hay) 49.7 4. Homer (Hay) 50.6 5. Stanley (CV) 52.6 6. McKinley (Hay) 54.8
(Heat 2) 1. Kong (CV) 50.2 2. Coles (CV) 53.4 3. Wong (CV) 57.9 4. Mughal (CV) 58.1 5. Medina (Hay) 1:00.7
GV: 1. Radcliffe (Hay) 53.2 2. Knapp (CV) 53.3 3. Dizon (Hay) 54.8 4. Eng (CV) 55.5
BV: 1. Crane (CV) 43.9 2. Oliveira (CV) 44.7 3. Gutewood (Hay) 45.4 4. Payne (CV) 47.1

200

GFS: (Heat 1) 1. Richardsom (CV) 29.0 2. Rodgers (Hay) 30.0 3. Smith (Hay) 32.9 4. Pierce (CV) 33.9
(Heat 2) 1. Ford (CV) 30.6 2. N. Babu (CV) 31.0 3. Littlejohn (CV) 31.6 4. Lynda (CV) 32.7
BFS: 1. Zamora (CV) 24.6 2. Ghiselli (Hay) 24.7 3. Fitzgerald (CV) 25.3 4. Ferguson (Hay) 26.1 5. Chen (CV) 26.8 6. Homer (Hay) 26.9
GV: 1. Hollman (Hay) 27.2 2. Smith (Hay) 27.9 3. Morris (Hay) 29.2 4. Chow (CV) 29.8
BV: 1. Williams (CV) 23.9 2. McGuigan (CV) 24.0 3. Smith (Hay) 24.0

3200

GFS: 1. Manos (CV) 13:45 2. Servin (Hay) 14:21 3. Singh (Hay) 15:58
BFS: 1. Miller (CV) 12:11 2. Ribeira (CV) 12:17 3. Shintani (CV) 12:19 4. Medina (Hay) 13:06 5. Dornbush (CV) 13:42
GV: 1. Stewart (CV) 12:28 2. Groome (CV) 12:31 3. Richardson (Hay) 12:58 4. Dodge (CV) 14:00 5. Harrell (Hay) 15:07
BV: 1. Hurtado (Hay) 11:03 2. Wong (CV) 11:39 3. Jaeger (CV) 12:11.7 4. Sasser (CV) 12:50 5. Perez (Hay) 13:15 6. Zohgio (CV) 13:30

4 x 400

GFS: Hayward (Singh, Puljic, DeLauro, Marick) 5:35 CV no team
BFS: 1. CV (Eng, Fitzgerald, Zamora, Parker) 3:56.4 DQ: Hay (Van Landingham, Stevens, Ghiselli, Onyeagucha) 4:09.5
GV: 1. Hay (Smith, McIntyre, Radcliffe, Morris) 4:30.0 2. CV (Knapp, Choi, Chow, Stewart) 4:40.9
BV: 1. CV (Cardiasmenos, Oliveira, Nosenko, Willits) 3:47.4 Hay no team

HJ

GFS: 1. Mellon (CV) 4-6 2. Clancy (CV) 4-6 3. Haskell (CV) 3-10 4. Scuggins (Hay) 3-10 5. Young (CV) 3-10 6. Singh (Hay) 3-8 7. Wilson (Hay) 3-8 8. Christine Wei (CV) 3-10 9. Curissa (H) 3-6
BFS: 1. Parker (CV) 5-4 2. Goodson (Hay) 5-2 3. Stohr (CV) 5-0 4. Eng (CV) 4-10
GV: 1. Paladini (CV) 4-8 2. Eng (CV) 4-6 3. Morgan (Hay) 4-6 4. Cortopassi (CV) 4-4 5. (tie) Richardson (Hay) 4-4 5. (tie) Slader (CV) 4-4 7. Leach (CV) 4-0 8. Pappas (CV) 3-10
BV: 1. Stohr (CV) 5-10 2. Gatewood (Hay) 5-8 3. Hansen (CV) 5-4 4. West (CV) 5-4 5. Pane (CV) 5-2

LJ

GFS: 1. Ford (CV) 12-4.5 2. Wei (CV) 11-5 no third
BFS: 1. Brown (Hay) 17-1 2. Gordon (Hay) 16-6.5 3. Severson (CV) 16-3 4. Leng (CV) 16-2.25 5. Onyeagucha (Hay) 15-10 6. Onye- Agurha (H) 7. Alnagem (Hay) 15-4 8. Stanley (CV) 14-11 9. Kaufman (CV) 14-8 10. Stohr (CV) 14-7 11. Kong (CV) 14-3 12.

Albonico (CV) 11-6 13. Coles (CV) 10-3
GV: 1. Jones (CV) 15-8 2. Slader (CV) 15-5 3. Holleman (Hay) 14-10 4. Paladini (CV) 13-5.5 5. Camero (Hay) 13-0 6. Booth (Hay) 12-7.5 7. Pappas (CV) 11-8.25
BV: 1. Willits (CV) 19-4 2. McGuigan (CV) 19-2.5 3. Dean (Hay) 18-6.5 4. Alnagem (Hay) 16-7 5. Vanderbilt (CV) 16-0

TJ

GFS: 1. Wei (CV) 24-5 2. Pfisterer (CV) 22-7 3. Young (CV) 20-9
BFS: 1. Brown (Hay) 34-6 2. Kong (CV) 33-10.5 3. Alnagem (Hay) 33-3 4. Severson (CV) 31-5.5 5. Coles (CV) 31-4.25 6. Kaufman (CV) 30-5.5 7. Stanley (CV) 29-1 8. Wong (CV) 28-0.5 9. Morozovsky (CV) 26-8.5 10. Albonico (CV) 26-1 11. Mughal (CV) 25-10.5
GV: 1. Holleman (Hay) 34-3.25 2. Jones (CV) 32-3 3. Slader (CV) 31-0 4. Chandler (CV) 29-8.5 5. Gamero (Hay) 29-7.25 6. Booth (Hay) 27-8 7. Paladini (CV) 25-8 8. Pappas (CV) 23-0.5
BV: 1. Hansen (CV) 37-7.25 2. Dean (Hay) 35-11 3. Vanderbilt (CV) 35-7.5 4. Alnagem (Hay) 35-2.5 5. Pane (CV) 34-2

SP

GFS: 1. Melanie Lynny (CV) 22-11 2. Elham (Hay) 21-5 3. Erin Cardiasmenos (CV) 20-8 4. Heather Clancy (CV) 19-8 5. Stephanie Simpson (CV) 19-7 6. Carolyn Correia (CV) 18-5
BFS: 1. Dominic Lassalle (CV) 39-0 2. Neil Own (CV) 38-8 3. Josh Sawyer-Long (CV) 38-2 4. Chris T aylor (CV) 36-11 5. Rino Hadzisehic (H) 34-4 6. Manuel Rico (H) 26-10 Jared Darlier (CV) 24-9
GV: 1. Evangela Dixon (Hay) 36-11 2. Rizzo (CV) 33-9 3. Cortez (Hay) 32-11 4. Cortopassi (CV) 27-9 5. Shaw (CV) 27-4 6. Weisman (CV) 24-10 7. Mirande (CV) 19.5
BV: 1. Brad Rinker (CV) 39-4 2. Anton Laines (CV) 38-3 3. Ben Faanunu (H) 37-10 4. Mike DeSilva 35-11 5. Darryl Yu (H) 31-4 6. Alex Rodriguez (H) 31-2 7. Barry Dukes 31-0 8. Nick Galli (CV) 26-2

Discus

GFS: 1. Clancy (CV) 68-4 2. Linney (CV) 62-6 3. Correia (CV) 53-3 4. Besharatpour (Hay) 49-2 5. Simpson (CV) 43-1 6. Cardiasmenos (CV) 39-0
BFS: 1. Sawyer-Long (CV) 98-9 2. Owen (CV) 98-6 3. Lassalle (CV) 89-5.5 4. Hadasehic (Hay) 80-9 Rico (H) n.m.
GV: 1. Tiffany Rizzo (CV) 109-8 2. Evangela Dixon (H) 106-7 3. Corrie Cortez (H) 81-5 4. Weisman (CV) 72-8 5. Miranda (CV) 50-6 6. Cortopassi (CV) 50-0
BV: 1. Fadnunu (Hay) 122-9 2. DeSilva (CV) 119-4 3. Laines (CV) 100-0 4. Darryl Yu (H) 97-0 5. Galli (CV) 87-4 6. Rinker (CV) 81-10 Alex Rodriguez (H) n.m.

PV

GFS: 1. Clancy (CV) 6-0 no second or third
BFS: 1. Ackerman (CV) 9-0 2. Lapum (CV) 8-6 Albonico (CV) n.h.
GV: 1. Merino (CV) 11-0 2. Chandler (CV) 7-0 3. Leach (CV) 6-6 4. Bugawan (CV) 6-0
BV: 1. Alnagem (Hay) 10-6 2. Ashford (CV) 10-6 3. Chen (CV) 7-6

Notes:

- The win over the Hayward girls was satisfying, as we were able to get the points we needed from our regulars, and a few surprise points in the jumps and throws. This keeps us on track for O'Dowd after Easter, and we can only get healthier.
- Our team is showing better cohesion now, as the end of the season approaches. We get two weeks with no meets, so we can continue to train hard.
- Coming up:
 - * 24 hour relays, Monday 4/24-Tues 4/25 This is a real fun overnighter on the CV track. Check it out.
 - * Bob Warren Relays Friday 4/28 @ Acalanes HS Check the posted entry list.
 - * Top 8 Mee Sat 4/29 @ James Logan. We've entered just about everyone here, and some of us have a chance to qualify for the prestigious night meet.

2000 Castro Valley Invitational

Castro Valley High School

Friday, April 14, 2000

Boys' Frosh-Soph

Score:

Castro Valley	111
Mt. Eden	70
Newark Memorial	44
Las Lomas	35.5
San Lorenzo	26
Hayward	25.5
Alameda	25
Albany	8
Piedmont	4
Tennyson	2

4. Las Lomas	9:25.30
5. Alameda	9:31.60
6. Newark Memorial	9:45.60
7. Piedmont	9:48.50
8. Castro Valley "B"	9:54.00
9. Hayward	10:02.3
10. College Prep.	10:18.0
11. Alameda "B"	10:24.1

4. Ryan Parker (CV)	5-6
5. Samora Goodson (Hay)	5-4

3 x Triple Jump

1. Mt. Eden	118-11
2. Hayward	108-4
3. Las Lomas	104-9
4. Castro Valley "A"	101-4
5. Oakland	98-9
6. Newark Memorial	97-8
7. Castro Valley "B"	94-9
8. Castro Valley "C"	82-11
9. Tennyson	74-10

<u>Individual:</u>	
1. James Brown (T)	41-11
2. Malcolm Boston (ME)	41-03
3. Martin Boston (ME)	40-08
4. Ayinde Ubaka (Oak)	38-02
5. Lamar Brown (Hay)	37-04

Open 100

Heat One

1. Geno McGuigan (CV)	11.96
2. Terrence Hallomen (ME)	12.12
3. Cleo Jackson (SL)	12.16
4. Sean Ghiselli (H)	12.47
5. Sam McClalu (LL)	12.58
6. Joe Caldarulo (A)	12.94
7. J. Castro (A)	13.25

Heat Two

1. Nestor Solis (SL)	12.11
2. Ugo Onye-Agucha (H)	13.00
3. Jason Zellick	13.01

Heat Three

1. Eric Zamora (CV)	11.93
2. Josh Ferguson (H)	12.43
3. Willwy Montgomery (NM)	12.55
4. Everette Chan (CV)	12.63
5. Emerson Milla (NM)	12.71
6. R. stepnuur (Tenn)	13.06
7. Chris Erber (Tenn)	13.10

Devil-take-the-Hindmost Mile

1. Beau Bettinger (CV)	5:02
2. Josh Bloomstien (LL)	5:06
3. Lim Reschert (ALA)	5:11
4. Saul Hartado (Hay)	5:12
5. Arpindes Singh (NM)	5:12.7
6. Lim (ALA)	5:14
7. Alejandro Amagnana (ME)	5:15
8. Jason Thigpen (RW)	5:16
9. Alejandro Castillo (Oak)	5:17
10. Zane Welte (CVHS)	5:18
11. Jeff Ribeira (CVHS)	5:18
12. Jason Biser (NM)	5:24
13. Thomas J. Miller (CVHS)	5:25
14. Carlos Alegre (ME)	5:36

4 x 440

Heat 1

1. Mt. Eden	3:47
2. Castro Valley	3:49
3. Las Lomas	3:57
4. Alameda "A"	4:04
5. Alameda "B"	4:12

Heat 2

1. San Lorenzo	3:54
2. Hayward	3:57
3. Oakland	4:23

3 x HJ

1. Castro Valley "A"	16-4
2. Mt. Eden	15-6
3. San Lorenzo	15-0
4. Castro Valley "B"	14-10
4. Newark Mem.	14-10
5. Las Lomas	14-08
6. Alameda	14-02

Individual:

1. Beau Bettinger (CV)	5-10
2. Malcolm Boston (ME)	5-6
3. Cleo Jackson (SLZ)	5-6

<u>Individual:</u>	
1. James Brown (T)	41-11
2. Malcolm Boston (ME)	41-03
3. Martin Boston (ME)	40-08
4. Ayinde Ubaka (Oak)	38-02
5. Lamar Brown (Hay)	37-04

3 x Shot Put

1. Castro Valley "A"	116-09
2. Newark "A"	110-11
3. Mt Eden	106-10.5
4. Alameda "A"	105-9
5. San Lorenzo	104-3.5
6. Los Lomas	100-4
7. Tennyson	100-3
8. Newark "B"	98-5.5
9. Castro Valley "B"	98-2
10. Alameda "B"	91-1.5
11. American	86-7
12. Newark "C"	86-5.5
13. Hayward	62-10
14. Oakland	35-6

Individual:

1. Neil Owen (CV)	39-9
2. Kenny O'Keith (CV)	39-3
3. J.B. Tuiasosopo (ME)	39-3
4. Chris Vee (A)	39-1.5
5. Michael Gomez (N)	39-1

3 x Discus

1. Newark "A"	304-4
2. Alameda	279
3. Newark "B"	267-9
4. Castro Valley "A"	264-2
5. San Lorenzo	256
6. Tennyson	235-2
7. Newark "C"	229-2
8. Las Lomas	219-4
9. American	208-51
10. Mt. Eden	178-71
11. Hayward	128

Individual:

1. Andrew Rodriguez (SL)	112-8
2. Michael Gomez (New)	105-4
3. J.B. Tuiasosopo (ME)	104-11
4. Jacob Greenberg (New)	100-10.5
Dennis Laskey (New)	98-9

3 x Pole Vault:

1. Las Lomas	28-0
2. Castro Valley	25-6
3. Newark	24-6

Individual:

1. Huffman (LL)	9-6
2. Norris (LL)	9-6
3. Klap (LL)	9-0
4. Lapum (CV)	9-0
5. Gomez (New)	9-0

4 x Mile

1. Castro Valley "A"	20:07.2
2. Alameda "A"	20:28.0
3. Las Lomas "A"	20:37.2
4. Piedmont	21:05.3
5. Mt. Eden	21:10.7
6. College Prep "A"	21:56.4
7. Castro Valley "B"	22:06.1
8. Hayward	22:25.7
9. Las Lomas "B"	23:44.9
10. Alameda "B"	24:48.4

4 x 100

Heat 1	
1. San Lorenzo "A"	48.33
2. Hayward	48.42
3. Alameda	51.24
4. College Prep	52.08
5. Oakland	52.98

Heat 2	
1. Castro Valley	46.35
3. Newark Memorial	48.29
4. Las Lomas	50.01
5. Hayward "B"	50.95
6. Las Lomas	51.40
7. Albany	51.5

4 x Hurdles

Heat 1	
1. Mt. Eden	45.56
2. Newark	47.76

Heat 2	
1. Castro Valley	44.90
2. Hayward	45.65
3. Las Lomas	46.00
4. San Lorenzo	46.95

4 x 220

Heat 1	
1. Canyon Middle	1:46.34
2. San Lorenzo "A"	1:46.94
3. Albany	1:49.38
4. College Prep.	1:50.84
5. Alameda "B"	1:51.60
6. Hayward "B"	1:52.47
7. Oakland	1:52.90

Heat Two	
1. Mt. Eden	1:37.93
2. Castro Valley	1:38.45
3. Haywardm "A"	1:41.87
4. Newark Memorial	1:43.62
5. Tennyson	1:43.84
6. Las Lomas	1:48.04
7. Alameda "A"	1:48.10

4 x 880

1. Castro Valley "A"	8:53.0
2. Albany	9:12.40
3. Mt. Eden	9:24.50

Girls Frosh-Soph

Team Scores:

1. Alameda	88	(more relay wins)
2. Castro Valley	88	
3. Las Lomas	60	
4. Hayward	41	
5. Mt. Eden	21	
6. Newark	20	
7. San Lorenzo	7	
8. Redwood	6	
9. Albany	4	
10. American	1	

4xMile

1. Alameda	24:36.3
2. Castro Valley	24:37.0
3. Hayward	27:57.2

4x100

Heat One:	
1. Hayward "A"	55.01
2. Alameda	55.81
3. Castro Valley "B"	58.97
4. College Prep	1:01.77
5. Newark	1:02.67
Heat Two:	
1. Las Lomas	54.68
2. Castro Valley "A"	55.14
3. Mt. Eden	55.80
4. Hayward "B"	57.88
5. Las Lomas "B"	57.92
6. Albany	1:00.37

4x Hurdles

Heat One:	
1. Alameda	45.49
2. Castro Valley	47.35
3. Hayward	47.98
Heat Two:	
1. Las Lomas	46.11
2. Newark Memorial	49.30

4x220

Heat One:	
1. Alameda "A"	1:58.02
2. Hayward "A"	2:00.82
3. Albany	2:02.26
4. Castro Valley "B"	2:05.11
5. Las Lomas "B"	2:07.40
6. College Prep	2:12.46
Heat Two:	
1. Castro Valley "A"	1:58.41
2. Redwood Christian	1:59.46
3. Las Lomas "A"	2:00.58
4. Oakland	2:01.23
5. Hayward "B"	2:04.29
6. Alameda "B"	2:18.07

4x880

1. Castro Valley	11:23.1
2. Alameda	11:59.1
3. Hayward	12:42.4

Open 100

Heat One:	
1. Maaria White (ME)	13.56
2. Lyndda Smith (H)	13.99
3. J. Fraankel (A)	14.15
4. Kim Folks (H)	14.46
5. E. Saterfield (NM)	14.76
6. Michelle Thompson (Amer)	14.96
7. Dana Linda (CV)	15.07
Heat Two:	
1. Lisa LaVallee (LL)	13.67
2. Stephanie Bradford (ME)	13.89
3. Kim Magtoto (Amer)	14.08
4. Paris Scoggins (Hay)	14.50

5. J. Robinson (Ala)	14.57
6. Ashley Rocha (LL)	15.04
7. Sophia McGrellis (SLZ)	15.88

Devil-take-the-Hindmost Mile

1. Sarah Orzell (Ala)	5:51
2. Lupe Servin (Hay)	6:36
3. Leis Puljic (Hay)	6:50
4. Dubravka Maric (Hay)	6:55
5. Danniele Wharton (SLZ)	7:05
6. Kathy Phan (ME)	7:14
7. Samantha Abraham (Ala)	7:15
dnf Raizza Brown (ME)	
dnf Diana Singh (Hay)	

4 x 440

1. Alameda	4:25
2. Las Lomas	4:30
3. Castro Valley "A"	4:45
4. Castro Valley "B"	5:01

3 x HJ

1. Las Lomas	13-8
2. Castro Valley "A"	13-4
3. Alameda	13-2
4. Hayward	10-8
5. Mt. Eden	8-0
6. Castro Valley "B"	7-8
7. Newark-Memorial	3-6

Individual

1. Maggie Murphy (LL)	4-8
2. Lauren Hodill (Ala)	4-8
3. Sarah Orzell (Ala)	4-8
4. (tie) Heather Mellon (CV)	4-6
(tie) Laura Powell (LL)	4-6
(tie) Ashley Arocha (LL)	4-6

3 x LJ

1. Castro Valley "A"	43-9
2. Alameda	42-3
3. Las Lomas	41-9
4. Albany	39-1
5. Castro Valley "B"	33-7

Individual:

1. Kiersten Slader (CV)	15-8
2. Lisa LaVallee (LL)	15-1
3. Chelsea Chandler (CV)	14-8
4. Lauren Hodill (Ala)	14-4
5. Corrine Roberts (Ala)	14-0

3 x Shot Put

1. Newark-Memorial	68-0.5
2. Alameda	64-10.5
3. Castro Valley "A"	62-4
4. San Lorenzo	50-7
5. Mt. Eden	47-4
6. American	43-0
7. Castro Valley "B"	20-5

Individuals:

1. Christina Baptista (NM)	29-4
2. Shareka Them (SLZ)	26-7
3. Monay Jones (ME)	24-5
4. Nicole St. Denis (SLZ)	24-0
5. Mainio Vasquez (Amer)	23-8

3 x Discus Throw

1. Alameda	196-10
2. Newark Memorial	193-3
3. Castro Valley "A"	179-8
4. Mt. Eden	132-2
5. San Lorenzo	124-3
6. Castro Valley "B"	44-3

Individual:

1. Christina Baptista (NM)	76-3
2. Heather Clancy (CV)	71-6
3. Anne Kreider (Ala)	69-0
4. Monay Jones (ME)	66-6
5. Mia Croft (Ala)	66-4

3 x PV

1. Las Lomas	14-0
2. Castro Valley	14-0

Individuals:

1. Heim (LL)	7-6
2. Chandler (CV)	7-6
3. (tie) Clancy (CV)	6-6
(tie) Kersey (LL)	6-6

Girls' Varsity:

Scores:

1. Newark-Memorial	69
2. Las Lomas	68
3. (tie) Hayward	53
(tie) Castro Valley	53
5. Redwood Christian	21
6. Oakland	20
7. Tennyson	16
8. Piedmont	10
9. (tie) Alameda	6
(tie) Holy Names	6

4 x Mile

1. Castro Valley	23:52.1
2. Las Lomas	26:37.0
3. Redwood Christian	27:26.5

4 x 100

1. Newark-Memorial	53.50
2. Hayward	54.23
3. Oakland	55.20
4. Redwood Christian	55.24
5. Las Lomas	57.49
6. Castro Valley	57.63

4 x Hurdles

Heat 1	
1. Hayward	44.66
2. Castro Valley	47.13
Newark-Memorial "A"	DQ
Heat 2	
1. Newark-Memorial "B"	48.15
2. Las Lomas	49.39
Tennyson	DQ

4 x 220

1. Hayward	1:52.77
2. Newark-Memorial	1:56.24
3. Las Lomas	2:01.45

4 x 880

1. Piedmont	10:37.8
2. Castro Valley	10:52.4
3. Redwood Christian	11:07.8
4. Las Lomas	11:53.0

Open 100

Heat 1	
1. Kalani Holleman (Hay)	13.11
2. Tracy White (NM)	13.74
3. Danelia Avina (NM)	14.24
4. Rica Chow (CV)	14.44

Heat 2	
1. Makiah Long (Tenn)	13.64
2. T. Smith (SLZ)	13.90
3. Denein Morris (Hay)	14.01
4. Lucretia Sutherland (NM)	14.30
5. Deidre Sandlin (NM)	14.59

Devil-take-the-Hindmost Mile

1. Zinzi Evans (Holy Names)	5:42
2. Bonnie Chalmers (LL)	5:47
3. Courtney Stewart (CV)	5:56
4. Erin Johnson (LL)	6:11
5. Sarah Green (RedChr)	6:15
6. Jennifer Kennedy (Tenn)	6:27
7. Sherry Duong (Oak)	6:28
8. Lesly Yasol (Oak)	6:28
9. Kasey Petrish (NM)	6:39
10. Lisa Karn (RedChr)	6:47
11. Emily Brown (Ala)	6:51
12. Bonnie McGrellis (CV)	7:26
dnf Yvette Holland (Hay)	
Amber Morese (Hay)	

Haley Harrell (Hay)

Kalani Holleman (Hay)

4 x 440

1. Oakland	4:50.0
------------	--------

3 x HJ

1. Las Lomas	13-10
2. Castro Valley "A"	13-4
3. Newark-Memorial	13-0
4. Hayward	12-8
5. Castro Valley "B"	12-4

Individuals:

1. Sarah Raoufi (LL)	5-2
2. Gina Paladini (CV)	4-10
3. LaNeice Morgan (Hay)	4-8
4. (tie) Sheryl Eng (CV)	4-4
(tie) Sarina Smith (NM)	

3 x LJ

1. Tennyson	46-1
2. Newark-Memorial	43-2
3. Hayward	42-11
4. Redwood Christian	40-5
5. Las Lomas "A"	40-4
6. Castro Valley	38-7
7. Las Lomas "B"	37-4
8. San Lorenzo	14-7

Individuals:

1. Kalani Holleman (Hay)	16-4
2. Makiah Long (Tenn)	15-11
3. Miko Nelson (Tenn)	15-5
4. Angie McIver (Tenn)	14-9
5. Amber Davidson (RedChr)	14-9

3 x Shot Put

1. Newark-Memorial	92-11
2. Hayward	92-4
3. Castro Valley	92-2
4. Las Lomas	91-11
5. Oakland	86-9
6. Alameda	70-10

Individuals:

1. Alia Hansen (LL)	37-0
2. Angel Johnson (Oak)	35-5
3. Tiffany Rizzo (CV)	33-9
4. Michelle DeSilva (NM)	33-4
5. Sarina Smith (NM)	31-0

3 x Discus Throw

1. Newark-Memorial	287-1
2. Castro Valley "A"	271-2
3. Alameda	251-3
4. Las Lomas	225-3
5. Tennyson	215-1
6. Oakland	192-7
7. Hayward	185-2
8. American	115-2
9. Castro Valley "B"	57-4

Individuals:

1. Tiffany Rizzo (CV)	108-1
2. Alia Hansen (CV)	100-8
3. Michelle DaSilva (NM)	100-7
4. Sarina Smith (NM)	96-10
5. Megan Biser (NM)	90-3

3 x Pole Vault

1. Las Lomas "A"	29-6
2. Newark-Memorial	24-6
3. Las Lomas "B"	23-6
4. Castro Valley	13-0

Individuals:

1. Jenika Helms (LL)	10-6
2. Veronica Garcia (NM)	10-0
3. (tie) Creech (LL)	9-6
(tie) Lim (LL)	9-6
5. Yeahoian (LL)	8-6

Junior High

Boys 4 x 100

DQ Canyon	50.39
DQ Elmhurst	55.07

Girls 4 x 100

1. Elmhurst "A"	1:01.33
2. Elmhurst "B"	1:04.61
3. Elmhurst "C"	1:11.56

Girls' 100

1. Ashley Bowie (Elmhurst)	15.07
2. T. Gibson (Elmhurst)	15.15
3. J. Jones (Elmhurst)	16.19
4. Melissa Smith (Elmhurst)	16.26

Boys' 100

1. Cornell Shields (Elmhurst)	12.44
2. Lionell Andrews (Elmhurst)	13.63
3. Anton (Elmhurst)	14.15

Girls' Mile

1. Zetra Evans (Elmhurst)	6:08
2. Veronica O'Neill (Elmhurst)	6:38
3. Jamaica Turner (Elmhurst)	7:14

Boys' Mile

1. Mauricio Hurtado (Winton)	5:48
------------------------------	------

Charley Eaton Relays

Friday, April 28, 2000 Acalanes High School warm and clear, then chilly

BV 4 X mile

Alex 4:43.9
Yuri 4:58.3
Derrick 5:11.5
Beau 4:45.3
19:38.9 4th

The hurdler Derrick jumps in to help out, and the obsy cruise to a medal.

BFS 110HH

Ryan Parker 17.01 1st

Ryan go the win, bu he wanted a school record and came up short on that.

BV 110 HH

Joey Crane 16.50 5th Ht2

Joey is enjoying his new-found hurdle speed.

GV HJ

Gina Paladini 4-10 4 th

Even with sore ankles, Gina was able to keep her string of invitational medals intact.

BV 4 X 1

Zamora, McGuigan, Griego, Williams
Trials: 2nd Heat 1 44.47
Finals: 2nd 44.6

We finally are starting to put a consistant relay team together.

BFS 4x220

Chan, I. Fitzgerald, Apodaca, Parker
Heat 1 1:40.9 4th 2,5th overall

The little guys can run too.

BV 100

Darnell Williams 10.9 1st Heat 3
11.24 2nd finals

Geno McGuigan 11.3 3rd Heat 2

Darnel finally popped the good time, and made the school leader board.

BV 4x220

Zamora, McGuigan, Williams, Griego
1:35.3 rd in Heat 1, 3 rd overall.

the print boys aded more medals to their glory.

BFS 4 x 100

Parker, Fitzgerald, Chan, Apodaca
47.8 6th heat 2

Quality work in a tough field.

GFS Discus

Stepahnie Simpson no mark

Stephanie has onl a few workouts behind her, and so was not able to make minimum marking distance.

Top 8 Meet

James Logan High School

Saturday, April 29, 2000

Day Meet

BFS 1600

Zane Welte 5:07

BFS 4 X 100

Zamora, Parker, Chan, McGuigan

46.4 3rd Heat 1

BV 100 HH

Joey Crane 17.2 6th Heat 2

BV 100

Heat 1 Geno McGuigan 11.2 2nd

Heat 2 Eric Zamora 11.2 2nd

Heat 3 Everett Chan 12.3 8th

GV 100

Heat 4 Lauren Ford 14.2 3rd

BV 800

Yuri Nosenko 2:05.5

GV 300IH

Brittany Knapp 52.3 3rd Heat 2

Heather Schmidt 54.8 7th Heat 2

BFS 200

Everett Chan 25.5 7th heat 1

Geno McGuigan 23.4 1st heat 2, 1st overall

GV PV

Gina Paladini 7-0

Laurie Beth Bugawan 6-0

GV 200

Lauren Ford 5th Heat 2

Stacy McGrellis 7th Heat 5

Gv 3200

Courtney 12:53 12th

colleen 13:16 17th

Girls 4 x 400

Stacy McGrellis 70.8

lauren Ford 68.9

Colleen McGrellis 66.6

Brittany Knapp 64.2 4:39.4

Night Meet

BFS 1600

BEau Bettinger 4:35.2 2nd

BFS 110 HH

Ryan Parker 16.8 5th

Girls 400

Amanda Medrano 59.2 4th

BFS 300 IH

Ryan Parker 42.8 3rd

BFS 200

Gino McGuigan 23.5 4th

Varsity Boys 3200

Alex Cardiasmenos 10:11.1 17th

Miramonte Invitational

Saturday, April 15, 2000

Even after a long night on Friday at the Castro Valley Invitational, a few brave varsity souls came out early on a rainy morning to get in some competition on an all-weather track. We did very well for having just a few athletes show up.

GV Discus

- 1. Tiffany Rizzo 112-0

The toss was a good one, especially since her sore ankles limited her to a half-spin today (except on the winning throw).

GV Shot Put

- 1. Tiffany Rizzo 33-11

It took Tiffany until her last throw to nail down the winner, but she came through. Her new confidence in her throws is heartening.

GV High Jump

- 3. Gina Paladini 4-10

Swathed in tape and wincing from a tweaked ankle, knee and thigh, Gina still had the nerve to complain that she did not make her PR.

GV Pole Vault

- 3. Gina Paladini 6-0

Gina felt energetic today, and decided to try a seldom-practiced event. With only a few girls signed up, she borrowed a pole and nailed a PR and a medal.

GV Long Jump

- 6. Gina Paladini 14-6

This was another PR, as Gina used the good runway to her advantage.

BV 110 High Hurdles

- 2. Joey Crane 16.96

Hitting hurdles 3, 4, and 5 didn't help his chances as he lost only by .03. A good race nonetheless.

BV 1600

- 3. Alex Cardiasmenos 4:40
- 4. Yuri Nosenko 4:43

Alex still gives his coaches conniption fits by binding up and struggling just because it is the last lap, not because he is tired. This only slows him down. If only he would relax the shoulders and continue to stride smoothly, he would run faster last laps and faster overall times. While he was dropping from 2nd to 3rd, Yuri was quietly sneaking up on him with a good last lap of his own.

BV 4 x 200

3rd in heat 1, 7th overall

John Willits, Darnell Williams, Kevin Griego, Joey Crane 1:43.5

The three sprinters gave Joey a good lead, and he valiantly tried to finish strong. As he was battling for 1st, he tripped and fell at the finish line and then staggered across.

BV 4 x 100

- 1. John Willits, Geno McGuigan, Kevin Griego, Darnell Williams 44.83

The boys zipped to an easy overall win with their best time of the season, despite a shaky handoff on the first exchange.

BV 3200

- 3. Alex Cardiasmenos 73 77 74 79 (5:03) 74 76 83 76 10:11.6

Alex reduced his race to 7 okay laps and one lousy lap. This is improvement, but still not where we want him to be.

BV 4 x 400

Yuri Nosenko 52.9

With no one left to run the relay, Yuri just ran the lead-off leg to get a time. It was a good one, too.

Castro Valley vs. Bishop O'Dowd

Thursday, May 4 @CV cool and clear

Scores:

BV: BOD 77, CV 59
GV: BOD 83, CV 53
BFS: CV 76, BOD 60
GFD: CV 103, BOD 27

4 x 100

GFS: 1. CV (Littlejohn, Pierce, Ford, N. Babu) 55.9 2. BOD (Bellows, Plunick, DeSmidt, Evans) 56.9
BFS: 1. BOD (Litronick, Werner, Iglehart, Smart) 46.0 dnf CV (Zamora, FitzGerald, Chan, Apodaca)
GV: 1. BOD (Dean, Green, Rodriguez, Tucker) 52.2 2. CV (Chung, Chandler, Slader, Chow) 54.5
BV: 1. CV (Willits, McGuigan, Griego, Williams) 44.0 @ BOD (Loche, Franklin, Toler, Dean) 44.1

1600

GFS: 1. Stephannie Manos (CV) 6:12 2. Channon Clawson (BOD) 6:35 3. Jessica Pfisterer (CV) 6:55 4. Stephanie Young (BOD) 7:15
BFS: 1. Zane Welte (CV) 5:05.5 2. Nathan Fernsten (CV) 5:09.8 3. Luis Panzar (BOD) 5:23.7 4. Ryan Albonico (CV) 5:24.6 5. Jeff Ribeira (CV) 5:25.7 6. Mike Sousa (BOD) 5:27.9 7. Kevin Shintani (CV) 5:39.0 8. Flynn Hermanson (BOD) 5:49.3 9. Kenton Dornbush (CV) 5:57.3 10. Travis Nasatir (CV) 6:16.1
GV: 1. Danila Musante (BOD) 5:31 2. Courtney Stewart (CV) 5:38 3. Kristen Boon-Nittot (CV) 5:48 4. Nicole Noronha (BOD) 6:18
BV: 1. Beau Bettinger (CV) 4:34.0 2. John Hancock (BOD) 4:39.0 3. Alex Cardiasmenos (CV) 4:45.0 4. Preston (BOD) 4:58.2 5. Joe Brunell (BOD) 5:02.3 6. Zach Robinson (BOD) 5:17.3 7. Oleg Zhoglo (CV) 5:53.0

HH

GFS: 1. Heather Schmidt (CV) 18.0 2. Jasmine Evans (BOD) 20.8 3. Priya Babu (CV) 21.24 4. Christine Wei 23.4
BFS: 1. Jim Leng (CV) 18.4 2. Chris Kong (CV) 18.9 3. Carl Stanley (CV) 20.2 4. Daniel Taylor (BOD) 20.7 5. Tim Wong (CV) 22.4 6. Ben Mughal (CV) 23.3
GV: 1. Terra Cole (BOD) 17.8 2. Gina Paladini (CV) 18.2 3. Sheryl Eng (CV) 18.4 4. C. Brown (BOD) 18.7 5. Drew Greene (BOD) 19.2 6. Brittany Knapp (CV) 19.9 7. Samantha Leach (CV) NT
BV: 1. Phillip Skinner (BOD) 16.1 2. Ryan Parker (CV) 16.6 3. Kevin McGuirk (BOD) 16.8 4. Joel Crane (CV) 17.3 5. Derrick Olivera (CV) 17.3 6. Lyonel Poblete (CV) 21.9

400

GFS: 1. Stacey McGrelis (CV) 1:14 2. Mariah Vernagako (CV) 1:19
BFS: 1. Scott Briggs (BOD) 54.2 2. Matt Fitzgerald (CV) 55.1 3. Brandon Jones (BOD) 55.4 4. Joseph Hipdaca (CV) 56.0 5. Brandon Walke (BOD) 56.3
GV: 1. Amanda Madrona (CV) 59.5 2. Monica Dean (BOD) 1:03.1 3. Rita Chow (CV) 1:06. Shaylana Shipman (BOD) 1:06.49 5. Brittany Knapp (CV) 1:09.13 6. Alex Long-Smith (BOD) 1:11.03
BV: 1. Gabe Franklin (BOD) 51:83 2. Burl Toler (BOD) 53:13 3. John Willets (CV) 53:97 4. Kevin Holloway (BOD) 54:02 5. Mike DeSilva (CV) 58:93 6. Lianel Poblete (CV) 1:10.44

100

GFS: 1. Lauren Ford (CV) 13.78 2. Heather DeSmidt (BOD) 13.90 3. Lindsey Littlejohn (CV) 14.22 4. My'ah Pierce (CV) 14.68 5. Julia Pibnick (BOD) 14.69 6. Neela Babu (CV) 14.74 7. Dana Linda (CV) 15.00
BFS: 1. Stefan Litrownik (BOD) 11.20 2. Jonathan Iglehart (BOD) 11.66 3. Cric Zamora (CV) 11.67 4. Brandon Smart (BOD) 11.74 5. Max Peterson (BOD) 12.04 6. Everett Chan (CV) 12.23 7. Eric Carnes (BOD) 13.37
HEAT 2: Elchereik Johnson (BOD) 12.00 2. Marcus Williamson (BOD) 12.49 3. Kori Chen (BOD) 12.60 4. Tommy Suliva (BOD) 12.70 5. Kevin McIver (BOD) 13.16
GV: 1. Kristen Tucker (BOD) 12.50 2. Amanda Madrona (CV) 13.27 3. Chelsea Chandler (CV) 13.28 4. Monica Crane (BOD) 13.70 5. Trisha Chung (CV) 13.72
BV: 1. Darnell Williams (CV) 11:00 2. Matt Fontar (BOD) 11.40 3. Kevin Griego (CV) 11.50 5. Josh Dean (BOD) 11.60

800

GFS: 1. Stephanie Manos (CV) 2:46 2. Ping Yam (BOD) 2:52 3. Heather Mellon (CV) 2:52.6 4. Stacey McGrelis (CV) 3:02 5. Nison Young (CV) 3:05 6. Winnie Lau (BOD) 3:12 7. Sytan Lau (BOD) 3:16
GV: Skimra Rodriguez (BOD) 2:29.8 2. Collen McGrelis

(CV) 2:37.5 3. Min Choi (CV) 2:39.3 4. Kristen Boun 2:45.3 5. Megan Sweeney 2:50.6 6. Nicole Harris 3:02
BV: 1. Tim Wallach (BOD) 2:02.06 2. Chris Wong (CV) 2:04.05 3. Yuri Yoshenko (CV) 2:07.06 4. Ben Draper (CV) 2:12.03
BFS: 1. Nathan Ferstein (CV) 2:19.03 2. Zane Welte (CV) 2:19.06 3. Ryan Suzuki (CV) 2:33.04 4. Sean Eng (CV) 2:36.07 5. Kris Narahara (BOD) 2:44.0

300 HURDLES

GFS: 1. Heather Schmidt (CV) 0:54.02 2. Josmine Pars (BOD) 0:59.10 3. Christine Wei (CV) 1:02.04
GV: 1. Prya Babu (CV) 1:03.07
BFS: 1. Jim Leng (CV) 0:48.08 2. Daniel Taylor (BOD) 0:50.08 3. Kerry Kaufman (CV) 0:52.01 4. Carl Stanley (CV) 0:53.02 5. Ben Mughal (CV) 0:55.05 6. Tim Wong (CV) 0:57.08
GV: 1. C. Brown (BOD) 0:51.08 2. Brittany Knapp (CV) 0:53.05 3. Drew Greene (BOD) 0:54.01 4. Terra Cole (BOD) 0:55.05 5. Sheryl Eng (CV) 0:57.01 6. Samantha Leach (CV) 1:01.04
BV: 1. Kevin McGuirk (BOD) 0:41.04 2. Derrick Olivera (CV) 0:41.04 3. Ryan Parker (CV) 0:41.06 4. Phil Skinner (BOD) 0:44.03 5. Joel Crane (CV) 0:45.0 6. Eric Pane (CV) 0:46.0

200

GFS: 1. Lauren Ford (CV) 0:29.05 2. Heather DeSmidt (BOD) 0:29.06 3. Annie Belbars (BOD) 0:30.0
4. Neela Babu (CV) 0:30.03 5. Lindsey Littlejohn (CV) 0:30.03 6. Stacey McGrelis (CV) 0:30.06 7. Chandra Keebler (CV) 0:31.04 8. Dana Linda (CV) 0:32.0 9. Mariah W-Vorg. (CV) 0:33.8 10. Josmine Evans (BOD) 0:35.06
BFS: 1. Brandon Smart (BOD) 0:23.03 2. Stefan Litrownik (BOD) 0:23.07 3. Brandon Jones (BOD) 0:23.07 4. Johnathan Iglehart (BOD) 0:24.05 5. Matt Fitzgerald (CV) 0:24.09 6. Joe Apodaca (CV) 0:25.05 7. Everett Chan (CV) 0:25.08
GV: 1. Monica Dean (BOD) 0:25.08 2. Christen Tucker (BOD) 0:26.02 3. Amanda Madrone (CV) 0:27.02 4. Min Choi (CV) 0:29.02
BV: 1. Gabe Franklin (BOD) 0:23.0 2. Burl Toler (BOD) 0:23.08 3. Gino McGuigan (CV) 0:24.06 5. Matt Fontaine (BOD) 0:25.02

3200

GV: 1. Danila Musante (BOD) 12:21 2. Emily Powell (BOD) 12:29 3. Courtney Stewart (CV) 12:40 4. Rose Toney (CV) 12:48 5. Kelsey Barale (BOD) 12:51 6. Jessica Groome (CV) 12:56 7. Kara Rockett (BOD) 13:37
8. Hillary Atwood (BOD) 13:57 9. Suzy Dodge (CV) 13:59
GFS: 1. Nicole Knigge (BOD) 13:47 2. Shannon Clawson (BOD) 14:57 3. Jamie Hermosa (CV) 15:27 4. Samantha Bettinger (CV) 15:47 5. Claire Chen (BOD) 15:51
BV: 1. Beau Bettinger (CV) 9:58.05 2. John Hancock (BOD) 10:10.02 3. Alex Cardiasmenos (CV) 10:15.01 4. Zack Robinson (BOD) 11:37.8 5. Zane Welte (CV) 11:40.6 6. Luis Panzar (BOD) 11:48.8 7. Dinesh Jagar (CV) 11:55.1 8. Nathan Fernsten (CV) 12:00.8 9. Kevin Stintani (CV) 12:14.6 10. Jeff Ribiera (CV) 12:17 11. Mike Sasser (CV) 12:17.7 12. Mike Sousa (BOD) 12:32.7 13. Flynn Tirmanson (BOD) 13:05 14. Oleg Zhoglo (CV) 13:17.8 15. Travis Nasatir (CV) 14:10.13 16. Kenton Dornbush (CV) 14:25.8

4 x 400

BFS: 1. BOD (Walker, Briggs, Gren, Jones) 3:44 2. CV (Eng, Apodaca, Chan, FitzGerald) 4:15
GFS: 1. CV (McGrelis, Schmidt, Hermosa, Ford) 5:10.9
GV: 1. CV (Chow, McGrelis, Medrano, Knapp) 4:18.1 2. BOD (Shipman, Dean, Longsmith, Rodriguez) 4:22.4
BV: 1. BOD (Breaux, Holloway, Toler, Wallach) 3:36.6 2. CV (Wong, Willits, Parker, Oliveira) 3:36.7

High Jump

FS: 1. Heather Mellon (CV) 4'4" 2. Heather Clancy 4'2" 3. Allison Young (CV) 3'10" 4. Christine Wei (CV) 3'10"
GV: 1. Gina Paladini (CV) 4'6" 2. Kiersten Slader (CV) 4'6" 3. Sheryl Eng (CV) 4'6" 4. Keishee Hill (BOD) 4'4" 5. Alex Long-Smith (BOD) 4'0" 6. Autumn Pappas (CV) 3'10"
BFS: 1. David Green (CV) 5'0" 2. Ryan Stohr (CV) 4'10" 3. Shaun Eng (CV) 4'10"
BV: 1. Beau Bettinger (CV) 5'10" 2. JP Loche' (BOD) 5'8" 3. Matt West (CV) 5'4" 4. Ryan Packer (CV) 5'2" 5. Matt Fontaine (BOD) 5'2"

LJ

GFS: 1. My'ah Pierce (CV) 13'4" 2. Dana Linda (CV) 12'1" 3. Allison Young (CV) 9' 91/4"
BFS: 1. Stefan Litrownik (BOD) 19'0" 2. Jim Leng (CV) 15'11" 3. Ryan Stohr (CV) 15'5" 4. Chris Kong (CV) 15'4" 5. Kerry Scottkaufman (CV) 14'11" 6. Carl Stanley (CV) 14'9" 7. Carl Severson (CV) 14'9" 8. Tim Wong (CV) 13'3 3/4" 9. Ben Mughal (CV) 12'0" 10. Nick Morozousky (CV) 10'5"
GV: Kiersten Slader (CV) 15'4 1/4" 2. Keishee Hill (BOD) 15' 2 1/2" 3. Gina Paladini (CV) 14'5 1/2" 4. Cara Brown (BOD) 14'2" 5. Autumn Pappas (CV) 11'2 1/2"
BV: 1. JP Loche' (BOD) 20'9 1/2" 2. Geno McGuigan (CV) 19'11 3/4" 3. John Willits (CV) 18'11" 4. Josh Decan (BOD) 18'9 1/2" 5. Inman Breaux 18'0" 6. Mike Vanderbilt (CV) 17'3"

TJ

GFS: 1. Christine Wei (CV) 23'6"
BFS: 1. Chris Kong (CV) 33'8" 2. Matt Weizner (BOD) 33'1" 3. Tim Wong (CV) 32'8 1/4" 4. Kerry Scott Kaufman (CV) 31'3" 5. Ryan Stohr (CV) 30'8" 6. Carl Stanley (CV) 29'9 1/4" 7. Nick Morozousky (CV) 26'5"
GV: 1. Keishee Hill (BOD) 33'7 1/2" 2. Cara Brown (BOD) 33'0" 3. Chelsea Chandler (CV) 31'10" 4. Kiersten Slader (CV) 31'6 1/4" 5. Autumn Pappas (CV) 22'6"
BV: 1. JP Loche' (BOD) 43'0" 2. Mike DeSilva 39-4 3. Josh Dean (BOD) 40'8" 4. Inman Breaux (BOD) 38' 0" 5. Mike VADERbilt 34-11

SP

GFS: 1. Erin Cardiasmenos 22'1" 2. Stephanie Simpson (CV) 21'6" 3. Melanie Linney (CV) 21'3" 4. Heather Clancy (CV) 20'4"
BFS: 1. Mike Gray (BOD) 41' 2 1/2" 2. Kenny O'Keith (CV) 40'4 1/2" 2. Neil Owen (CV) 40'4 1/2" 4. Dominic Lassalle (CV) 39'3" 5. Kelvin McIver (BOD) 30'0" 6. Jake Concannon (BOD) 38' 7" 7. Josh Sawyerlong (CV) 36'3 1/2" 8. Jacob Jory (CV) 30'5" 9. Danny Thornton (BOD) 29'9"
GV: 1. Michelle Daggs (BOD) 37'2" 2. Tiffany Rizzo (CV) 35'2" 3. Casey Cortopassi (CV) 29'4" 4. Leslie McGallian (BOD) 29'2" 5. Megan Shaw (CV) 28'3" 6. Taneya Davis (BOD) 27'9" 7. Allison Criner (BOD) 25'3" 8. Rebecca Weisman (CV) 24'11"
BV: 1. Brian Moon (BOD) 43'11" 2. Joel Townsend (BOD) 42'3" 3. Kirk Morrison (BOD) 40'2" 4. Brad Rinker (CV) 39'5" 5. Anton Laines (CV) 37'4" 6. Ben Jenzowski (BOD) 32'0"

Discus

GFS: 1. Heather Clancy (CV) 69'3" 2. Stephanie Simpson (CV) 54'10" 3. Erin Cardiasmenos (CV) 53'0"
BFS: 1. Michael Oray (BOD) 104'0" 2. Josh Sawyer-Long (CV) 100'11" 3. Neil Owen (CV) 95'1" 4. Dominic Lassalle 90'4" 5. Jacob Jory (CV) 80'11" 6. Matt Hunter 74'6" 7. Danny Thornton (BOD) 69'1"
GV: 1. Michelle Daggs (BOD) 124'8" 2. Allison Criner (BOD) 109'0" 3. Tiffany Rizzo (CV) 103'8" 4. Tangya Davis (BOD) 101'10" 5. Shawn Megan (CV) 75'1" 6. Rebecca Weisman (CV) 72'5" 7. Leslie McGallian (BOD) 69'5" 8. Casey Cortopassi (CV) 63'4"
BV: Brian Moon (BOD) 144'0" 2. Mike DeSilva (CV) 121'4" 3. Charles Parks 108'6" 4. Anton Laines (CV) 104'3" 5. Dave Glover (BOD) 99'4" 6. Brad Rizker 7. Ben Jezowski (BOD) 97'3.5" 8. Joel Townsend 86'1"

PV

GFS: 1. Heather Clancy (CV) 7' 2. Chandra Keebler (CV) 6'
GV: Chelsea Chandler (CV) 8' 2. Jamie Arteburn 7'6" 3. Jenny Kratt (BOD) 7' 4. Samaantha Leach (CV) 6'6" 4. Gina Paladini (CV) 6'6"
BFS: 1. Cooper (CV) 9' 2. Marcus Williamson (BOD) 7'6" 3. Ryan A. (CV) 7'3"
BV: 1. Chris Ashford (CV) 10'6" 2. Ryan Garvin (BOD) 10' 3. Chris Bellows (BOD) 10' 4. Chad L. (CV) 9' 5. Tommy Sullivan (BOD) 8'6" 5. Matt West (CV) 8'6" 5. Jason Arcelbna (BOD) 8'6" 5. Eric Chix (CV) 8'6" 6. Sean Fong (BOD) 8'

2000 Hayward Area Track & Field Dual Meet Standings

Boys' Varsity:

1. San Leandro	8-0
2. Bishop O'Dowd	7-1
3. Castro Valley	6-2
4. Moreau Catholic	5-3
5. San Lorenzo	4-4
6. Tennyson	3-5
7. Hayward	2-6
8. Mt. Eden	1-7
9. Arroyo	0-8

Girls' Varsity:

1. Arroyo	7-1
1. Bishop O'Dowd	7-1
3. Castro Valley	6-2
3. Moreau Catholic	6-2
5. Hayward	4-4
6. Tennyson	3-5
7. Mt. Eden	1-7
7. San Leandro	1-7
9. San Lorenzo	0-8

Boys' Frosh-Soph:

1. Mt. Eden	8-0
2. San Leandro	7-1
3. Castro Valley	6-2
4. Hayward	5-3
5. Bishop O'Dowd	4-4
6. Moreau Catholic	3-5
7. San Lorenzo	2-4
8. Arroyo	1-7
9. Tennyson	0-8

Girls' Frosh-Soph:

1. Castro Valley	8-0
2. Hayward	7-1
3. Moreau Catholic	5-3
3. Mt. Eden	5-3
5. San Leandro	4-4
5. Bishop O'Dowd	4-4
7. Arroyo	2-6
8. San Lorenzo	0-8
8. Tennyson	0-8

The overall league title is decided by combining the dual meet standings with the League Championship Meet standings to determine an overall champion. Each set of standings is worth 50 % .

HAAL Championships

May 9 & 11, 2000 Chabot College, H

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
Event #1 -- GFS 4 x 100			
1 ME	ME	54	53.11
2 H	H	54.3	53.37
3 BOD	BOD	53	54.26
4 M	MC	55	54.61
5 CV	CV	55.9	55.57
6 A	A	56	57.26
7 SL	SL	53.4	57.66

Event #2 -- BFS 4 x 100			
1 BOD	BOD	44.8	45.33
2 CV	CV	46.2	46.17
3 SL	SL	45.8	46.26
4 H	H	48.6	46.54
5 A	A	54.5	50
6 M	MC	49.9	DQ
7 SLZ	SLZ	48.9	DNS

Event #3 -- GV 4 x 100			
1 BOD	BOD	50.1	50.35
2 M	MC	51.98	50.99
3 CV	CV	53.1	51.61
4 A	A	51.6	51.95
5 H	H	52.4	52.54
6 SL	SL	52.1	DQ

Event #4 -- BV 4 x 100			
1 SL	SL	42.34	42.47
2 BOD	BOD	43.11	43.31
3 CV	CV	44.8	43.69
4 H	H	45.5	45.25
5 SLZ	SLZ	45.8	DQ

Event #5 -- GFS 1600			
<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
Heat 1:			
1 Lauren Vonnegut	9 A	6:16	5:51.9
2 Stephanie Manos	9 CV	5:49	5:52.0
3 Kelsey Barale	10 BOD	6:05	5:56.3
4 Nicole Knigge	9 BOD	6:55	6:08.4
5 Lupe Servin	10 H	6:20	6:12.5
6 Iris Pulijic	9 H	7:00	6:40.1
7 Melissa Keough-Alcott	9 MC	6:31.1	6:41.5
8 Maric Dubravka	9 H	6:50	6:42.2
9 Kymberly Falgout	9 H	7:01	7:07.8
1A Lydia Fung	9 CV	6:50	7:09.0
2A Roizza Brown	9 ME	8:04	7:50.3
3A Samantha Bettinger	9 CV	6:40	DNS
4A			
5A			
6A			

Heat 2:			
1 Emily Atwood	10 SL	5:57.7	5:53.2
2 Kristen Beesley	10 SL	6:03	6:07.6
3 Nicole Noronha	10 BOD	6:05	6:14.8
4 Chelsea Tikotsky	9 A	6:12.2	6:20.3
5 Jessica Pfisterer	10 CV	6:45	6:29.3
6 Shannon Clawson	9 BOD	6:30	6:33.4
7 Danielle Whavton	9 SLZ	7:39	6:49.6
8 Samantha Bauer	10 SL	6:58	6:51.0
9 Kathy Phan	10 ME	6:52	6:52.1
1A Stefanie Young	9 BOD	7:05	7:13.3
2A Diana Singh	10 H	6:30	8:33.9
3A Allison Young	9 CV	6:43	DNS
4A			
5A			
6A			

Finals:

1 Emily Atwood	10 SL	5:49.20	
2 Kelsey Barale	10 BOD	5:51.76	
3 Lauren Vonnegut	9 A	5:57.02	
4 Stephanie Manos	9 CV	5:59.48	
5 Nicole Noronha	10 BOD	6:12.50	
6 Lupe Servin	10 H	6:14.64	
7 Nicole Knigge	9 BOD	6:23.70	
8 Shannon Clawson	9 BOD	6:26.92	
9 Chelsea Tikotsky	9 A	6:30.90	

1A Jessica Pfisterer	10 CV	6:33.20	
2A Iris Pulijic	9 H	6:48.30	
3A Kristen Beesley	10 SL	DNS	

Finals:

Event #6 -- BFS 1600			
<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
Heat 1:			
1 Brian Reynolds	10 SL	4:53.2	4:50.5
2 Leonard Greenlaw	9 T	5:00	4:56.8
3 Alejandro Amaguama	9 ME	5:06	4:58.9
4 Mike Sanchez	9 ME	5:14	4:59.2
5 Brandon Carballo	9 M	5:01.3	5:03.8
6 Ryan Albonico	10 CV	5:11.1	5:10.2
7 Jeff Ribeira	9 CV	5:15	5:14.6
8 Brian White	9 A	5:38	5:18.6
9 Kevin Shintani	9 CV	5:29.5	5:19.5
1A Antony Ta	9 ME	5:20	5:23.9
2A Brian Collett	10 A	5:33.8	5:33.9
3A Jason Fong	9 H	6:00	5:35.8
4A Otto Hernandez	10 T	6:31.4	5:52.1
5A Joseph Medina	10 H	5:55	DNS
6A			

Heat 2:			
1 Jay Fragus	9 M	5:00.4	4:54.0
2 Steve Reynolds	10 SL	4:57.1	4:57.0
3 Zane Wette	9 CV	4:51.3	5:02.2
4 Jonathan Vasquez	10 SL	5:08	5:04.2
5 Dante Thomas	9 ME	5:19	5:11.7
6 Carlos Alegre	9 ME	5:15	5:14.6
7 Luis Velasquez	9 SLZ	5:25.4	5:20.6
8 Flynn Hermanson	9 O	5:30	5:29.7
9 Brandon Cohen	9 A	5:49	5:42.3
1A Ryan Suzuki	9 CV	5:27.9	5:54.8
2A Kudar Pinn	10 T	6:29.5	5:55.9
3A Nate Fernsten	10 CV	5:09	DNS
4A Manuel Armenta	10 SLZ	6:10	DNS
5A Mike Lawrence	10 H	5:45	DNS
6A			

Finals:

1 Brian Reynolds	10 SL	4:47.77	
2 Leonard Greenlaw	9 T	4:51.83	
3 Jay Fragus	9 M	4:52.52	
4 Zane Wette	9 CV	4:55.83	
5 Mike Sanchez	9 ME	4:56.01	
6 Steve Reynolds	10 SL	5:00.13	
7 Alejandro Amaguama	9 ME	5:01.79	
8 Brandon Carballo	9 M	5:04.42	
9 Jonathan Vasquez	10 SL	5:05.33	
1A Jeff Ribeira	9 CV	5:08.87	
2A Ryan Albonico	10 CV	5:08.90	
3A Dante Thomas	9 ME	5:09.90	
4A Carlos Alegre	9 ME	5:10.40	

Event #7 -- GV 1600

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
Heat 1:			
1 Danila Musante	10 BOD	5:21.0	5:26.9
2 Jill Owyong	11 SL	5:35.5	5:32.2
3 Kristen Boon-Nitoff	11 CV	5:35.6	5:40.2
4 Shawna Leppert	11 MC	5:51.4	5:59.4
5 Maya Jones	12 ME	6:43.0	6:20.2
6 Suzy Dodge	11 CV	6:18.7	6:23.0
7 Tiffanie La	12 A	6:45.0	6:37.3
8 Jennifer McDonald	11 ME	7:17.0	6:58.1
9 Carrie McIntyre	11 H	6:00.0	DNS
1A			
2A			

Heat 2:			
1 Amber Hendrix	11 MC	5:33.9	5:27.0
2 Courtney Stewart	11 CV	5:29.3	5:34.9
3 Venessa Jeong	12 SL	5:56.0	5:51.4
4 Jessica Groome	12 CV	5:45.1	5:54.7
5 Courtney Burmann	12 MC	5:49.1	6:19.6
6 Lindsay Venezia	12 A	6:38.0	6:32.9
7 Haley Harrell	11 H	6:40.0	6:45.8
8 Giang Nguyen	11 ME	6:59.0	6:52.0
9 Yvette Holland	11 H	6:56.0	DNS

1 Danila Musante	10 BOD	5:20.25	
2 Amber Hendrix	11 MC	5:20.81	
3 Jill Owyong	11 SL	5:25.46	
4 Courtney Stewart	11 CV	5:26.40	
5 Kristen Boon-Nitoff	11 CV	5:39.66	
6 Jessica Groome	12 CV	5:50.94	
7 Shawna Leppert	11 MC	5:53.63	
8 Courtney Burmann	12 MC	6:01.34	
9 Venessa Jeong	12 SL	6:08.50	
1A Maya Jones	12 ME	6:17.28	
2A Suzy Dodge	11 CV	6:17.91	
3A Lindsay Venezia	12 A	6:23.25	

Event #8 -- BV 1600

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
Heat 1:			
1 Chris Lanese	12 MC	4:19.1	4:36.5
2 Alex Cardiasmenos	11 CV	4:40.0	4:39.3
3 Luke Sigmon	11 SL	4:36.0	4:45.7
4 John Gillis	12 MC	4:56.3	4:51.4
5 Mareo Marquez	11 ME	5:02.0	4:52.9
6 Chris Bell	11 H	4:56.0	4:54.3
7 Tuy Ha	12 SL	5:11.3	4:54.7
8 Joe Brunel	11 BOD	5:00.0	5:02.4
9 Justin Capps	11 A	5:22.0	5:18.8
10 Oscar Perez	11 H	5:25.0	5:36.8
11 Chris Martinez	11 SLZ	5:30.0	5:50.6
12 Yong-Sung Leal	9 A	4:40.1	DNS
13			
14			
15			

Heat 2:			
1 Beau Bettinger	10 CV	4:31.2	4:32.4
2 Zack Ardell-Smith	12 SL	4:21.6	4:35.2
3 John Hancock	11 BOD	4:35.0	4:40.5
4 Ben Draper	11 CV	4:57.3	4:48.3
5 William Muir	11 SLZ	4:57.0	4:50.0
6 Jason Quan	SL	5:12.6	4:53.7
7 Zack Robinson	12 BOD	5:10.0	5:02.3
8 Saul Hurtado	10 H	5:15.0	5:04.3
9 Oleg Zhoglo	11 CV	5:27.5	5:42.2
10 John Blake	12 SLZ	6:10.0	6:07.1
11 Eduardo Rodriguez	12 H	4:50.0	DNF
12 Efeson Yosief	11 SL	4:26.0	DNS
13 Mike Atwood	12 SL	4:44.0	DNS
14			
15			

Finals:

1 Chris Lanese	12 MC	4:18.55	
2 Beau Bettinger	10 CV	4:22.82	
3 Zack Ardell-Smith	12 SL	4:27.24	
4 John Hancock	11 BOD	4:30.74	
5 Luke Sigmon	11 SL	4:31.92	
6 Alex Cardiasmenos	11 CV	4:42.62	
7 Ben Draper	11 CV	4:48.38	
8 William Muir	11 SLZ	4:49.44	
9 John Gillis	12 MC	4:53.90	
1A Mareo Marquez	11 ME	4:53.90	
2A Jason Quan	SL	4:54.80	
3A Chris Bell	11 H	DNS	

Event #9 GFS 100 H

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
Heat 1:			
1 Maricia White	9 ME	18.08	19.09
2 Kimberley Falkes	10 H	19.3	19.27
3 Jennifer Kennedy	10 T	20	19.42
4 Aureal Wilson	10 H	20.1	19.93
5 Katie Walsh	10 A	21.3	DNS
6 Priya Babu	10 CV	19.36	DNS
7 Sophia McGill	10 SLZ	22.2	DNS
8			

Heat 2

1	Heather Schmidt	10	CV	19	18.41
2	Tara Cole	10	BOD	19	18.42
3	Julie Pham	10	MC	20.1	21.18
4	Monica Lane	9	A	20.6	21.38
5	Tina Li	10	MC	19.9	21.44
6	Christine Wei	9	CV	22.5	22.2
7	Theresa Grangoff	10	A	20.4	DNS

Final

1	Tara Cole	10	BOD		18.73
2	Maricia White	9	ME		19.2
3	Kimberley Folkles	10	H		19.6
4	Jennifer Kennedy	10	T		19.82
5	Aureal Wilson	10	H		19.92
6	Monica Lane	9	A		21.17
7	Heather Schmidt	10	CV		DQ
8	Julie Pham	10	MC		DNS
9	Tina Li	10	MC		DNS

Event 6 GV 100 H

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
Heat 1				
1	Sheal Rivas	10 A	16.2	17.05
2	Sherry Rubiano	11 MC	18	17.93
3	Maggie Coppini	11 MC	19.1	18.51
4	Brittany Knapp	9 CV	19.2	19.8
5	Samantha Leach	11 CV	20.5	22.78
6	Drew Greene	11 BOD	18	22.98
7	Jennifer McDonald	11 ME	24	24.45
8				
9				

Heat 2

1	Cara Brown	11	BOD	18	17.46
2	Andrea Dizon	11	H	17	17.68
3	Catey Coppini	9	MC	18.4	18.44
4	Melissa Beesley	11	SL	20.3	20.58
5	Patrice Wakeley	11	BOD	19	DNS
6	Hollie Svedbeck	12	H	19.6	DNS
7					
8					
9					

Heat 3

1	Kristin Hughes	10	A	17.9	18.01
2	Jessica Tekawa	10	A	17.8	18.21
3	Eve Gamero	11	H	18.9	18.24
4	Sheryl Eng	12	CV	18.6	18.88
5	Shiela Santos	11	MC	20.1	20.42
6	Corrin Zimmerman	11	A	20.2	DNS

Final

1	Cara Brown	11	BOD		16.87
2	Sheal Rivas	10	A		16.89
3	Jessica Tekawa	10	A		17.52
4	Andrea Dizon	11	H		17.82
5	Sherry Rubiano	11	MC		17.99
6	Eve Gamero	11	H		18.41
7	Maggie Coppini	11	MC		18.54
8	Catey Coppini	9	MC		18.7
9	Kristin Hughes	10	A		DQ

Event #11 BFS 110HH

<u>name</u>		<u>school</u>	<u>mark</u>	<u>mark</u>
<u>mark</u>				
<u>Heat 1</u>				
1	Heang Minh Nguyen	ME	17.4	17.52
2	Jim Leng	9	CV	18.6
3	Dan Taylor	9	BOD	19.8
4	Carl Stanley	9	CV	19.5
5	Kris Lantz	10	A	20.5
6	Ben Mughal	9	CV	20.9
7	Samora Goodson	10	H	19
8	J.B. Coles	9	CV	20.7
9				

Heat 2

1	Chris Kong	9	CV	19.1	18.94
2	Juan Desales	10	ME	18.2	19.94
3	David Homer	9	H	19.9	19.98
4	Charles M. McKinley	9	H	20.1	20.34
5	Stephen Ochoa	9	T	18.3	20.36

6	Ernie Marquez	9	SL	20.9	20.45
7	David McDonald	9	ME	19.2	21
8	Tim Wong	9	CV	20.5	DNS
9					

Final

1	Hoang Minh Nguyen	ME		17.76
2	Jim Leng	9	CV	18.47
3	Chris Kong	9	CV	18.79
4	Carl Stanley	9	CV	19.49
5	Dan Taylor	9	BOD	19.57
6	Stephen Ochoa	9	T	19.58
7	David Homer	9	H	19.72
8	Charles M. McKinley	9	H	19.9
9	Juan Desales	10	ME	19.92

EVENT # 12

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
Heat 1				
1	Sorush Groger	12 SL	15.24	15.26
2	Kevin McGuirk	11 BOD	16	16.06
3	Phil Skinner	12 BOD	16.5	16.19
4	Fred Pugh	10 SLZ	16.4	16.49
5	Joey Crane	11 CV	16.6	16.55
6	Mark Saturnio	12 MC	16.9	17.88
7	Ryan Fonesbeck	11 CV	17.7	18.23
8	Matt West	11 CV	19.5	DNS
9	John Ballesteros	12 MC	20.4	DNS

Heat 2

1	Keith Bullock	11	SL	15.34	15.82
2	Jason Gaffney	12	H	16	15.86
3	Jeff Kapper	10	MC	16.2	16.26
4	Ryan Parker	10	CV	16.4	16.6
5	Derrick Oliveira	11	CV	16.9	16.84
6	Luther McGill	11	SLZ	17.9	16.9
7	Emeka Onyeagucha	11	ME	16.8	17.02
8	Lionel Poblete	12	CV	18.5	DQ
9					

Finals:

1	Sorush Groger	12	SL		15.07
2	Keith Bullock	11	SL		15.44
3	Jason Gaffney	12	H		15.87
4	Phil Skinner	12	BOD		15.97
5	Kevin McGuirk	11	BOD		16.05
6	Fred Pugh	10	SLZ		16.31
7	Jeff Kapper	10	MC		16.34
8	Joey Crane	11	CV		17.63
9	Ryan Parker	10	CV		DNF

Event # 13 GFS 400

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>	
Heat 1					
1	Nicole Porto	10	MC	67.5	65.98
2	Alex Long-Smith	10	BOD	68	67.23
3	Alyssa Toda	9	MC	69.7	69.58
4	Jennifer Kennedy	10	T	62.5	70.03
5	Joanne Cole	10	SL	76.2	76.5
6	Mariah Vernagallo	10	CV	75.5	78.13
7	Latrese Moore	10	ME	69	DQ
8	Renee Woo	10	SL	68.2	DNS
9	Joanna Richardson	10	CV	68.5	DNS

Heat 2

1	Kelly Rogers	9	H	66.6	63.48
2	Stephanie Bradford	9	ME	65.2	64.52
3	Stacey McGrellis	9	CV	68	66.88
4	Abby Cabrera	9	MC	68.2	69.03
5	Dani Crownwell	9	SL	72.3	72.77
6	Heather DeSmidt	10	BOD	70	74.68
7	Mallory Delauro	10	H	68	DNS
8	Traché Gardner	9	SLH	68.3	DNS

Final

1	Kelly Rogers	9	H		63.85
2	Stephanie Bradford	9	ME		64.97
3	Nicole Porto	10	MC		65.57
4	Stacey McGrellis	9	CV		67.55
5	Alyssa Toda	9	MC		67.77
6	Alex Long-Smith	10	BOD		67.88
7	Abby Cabrera	9	MC		68.9
8	Jennifer Kennedy	10	T		71.77
9	Dani Crownwell	9	SL		74.93

Event # 14 BFS 400

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
	<u>Heat 1</u>			
1	Martin Boston	10 ME	53	53.68
2	Jonathan Rice	9 SLH	54.5	54.36
3	Lamar Brown	9 H	57	55.18
4	Matt Fitzgerald	9 CV	56.7	55.82
5	Frank Largo	10 MC	58.2	59.08
6	Juan Desales	10 ME	58.6	62.03
7	Brandon Jones	10 BOD	52	DNS
8				
9				

Heat 2

1	Terrance Holloman	9	ME	53.4	53.38
2	Royce Nicholas	10	SL	52.9	53.82
3	Antonio Pennymann	9	H	57	54.77
4	Joe Apodaca	9	CV	58.1	56.38
5	David Green	9	BOD	55	57.22
6	Kori Chen	10	BOD	57	61.28
7	Richard Stepney	9	T	1.00.0	DNS
8					
9					

Heat 3

1	Scott Briggs	10	BOD	53	54.4
2	Brandon Walker	10	BOD	55	56.47
3	Demauele Dawkins	10	ME	56.1	56.62
4	Justin Edwards	10	SL	54.8	56.85
5	Nam Huynh	10	SLZ	57.8	57.21
6	Shaun Eng	10	CV	57.1	58.33
7	Tim Drain	10	A	60.5	60.4
8	Jamar Lyles	9	T	1.01.7	DNS
9					

Final

1	Royce Nicholas	10	SL		52.88
2	Martin Boston	10	ME		53.13
3	Terrance Holloman	9	ME		53.44
4	Scott Briggs	10	BOD		53.94
5	Jonathan Rice	9	SLH		54.01
6	Antonio Pennymann	9	H		54.05
7	Lamar Brown	9	H		54.65
8	Joe Apodaca	9	CV		55.5
9	Matt Fitzgerald	9	CV		56.09

Event # 15 GV 400

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
	Heat 1			
	Amanda Medrano	11 CV	59.2	59.28
2	Ryana Smith	10 H	61	63.48
3	Windy Tsai	10 MC	63.3	64.23
4	Rida Chow	11 CV	65.5	64.38
5	Marianna Castiaux	11 MC	65.1	64.52
6	Natasha Blakely	SL	69.3	DNS

Heat 2

1	Monica Dean	12	BOD	59.5	60.87
2	Rachel Schaffner	9	MC	60.4	61.28
3	Sarah Merrit	9	A	63.8	63.38
4	Brittany Knapp	9	CV	65.9	65.88
5	Shalaya Shipman	10	BOD	64.5	67.83
6	Nicole Harris	12	BOD	68	71.77

Final

1	Amanda Medrano	11	CV		57.57
2	Rachel Schaffner	9	MC		59.75
3	Ryana Smith	10	H		59.98
4	Monica Dean	12	BOD		60.44
5	Marianna Castiaux	11	MC		63.01
6	Windy Tsai	10	MC		63.27
7	Rida Chow	11	CV		64.4
8	Brittany Knapp	9	CV		64.42
9	Sarah Merrit	9	A		DNS

Event # 16 BV 400

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
Heat 1			
1	Gabriel Franklin	12	BOD 49.8 52.38
2	John Bernardo	12	CV 52.3 53.39
3	Kevin Holloway	10	BOD 52.5 53.57
4	Nestor Solis	10	SLZ 54.1 53.78
5	Luther McGill	11	SLZ 57.9 58.23
6	Tommie Silas	11	ME 58.2 58.47
7	Derrick Oliveira	12	CV 53.3 DNS

Heat 2

1	Aaron Williams	10	SL	50.8	51.9
2	Burl Toller	11	BOD	51.2	52.43
3	Nick Zadno	12	MC	52.8	52.68
4	John Willits	12	CV	52.1	53.59
5	Gerard Collier	11	ME	59	61.45
6	Brandon Decena	12	SL	62	DNS
7	Andrew Eckloff	12	A	56.4	DNS
8	Casey Meirovitz	12	MC	54.5	DNS
9					

Final

1	Gabriel Franklin	12	BOD		50
2	Aaron Williams	10	SL		50.3
3	John Bernardo	12	CV		51.37
4	Burl Toller	11	BOD		51.88
5	Nick Zadno	12	MC		51.95
6	Nestor Solis	10	SLZ		52.88
7	John Willits	12	CV		52.94
8	Kevin Holloway	10	BOD		54.36
9	Luther McGill	11	SLZ		56.2

Event # 17 GFS 100

name					
	school		mark		mark
Heat 1					
1	Maricia White	9	ME	12.94	13.3
2	Lydia Smith	10	H	13.6	13.62
3	Justina Downs	9	A	13.8	14.14
4	Nicole McCoy	10	H	14	14.34
5	Lindsay Littlejohn	10	CV	14.5	14.65
6	Nicole Orong	9	M	14.6	14.68
7	Chandra Keebler	9	CV	14.9	15.04
8	Dana Linda	9	CV	14.9	15.38
9	Mary Vella	10	BOD	14	DNS

Heat 2

1	Shanice Kelley	9	BOD	13.3	13.58
2	Deane Wallace	9	A	13.8	13.82
3	Pam Chavez	10	M	14.1	14.02
4	Lauren Ford	10	CV	13.6	14.04
5	Camille Cruz	9	A	14.3	14.22
6	Nichole Henton	9	ME	15.1	14.26
7	Julia Plumick		BOD	14.5	14.97
8	Josmine Evans	9	BOD	13.9	14.99
9	Sophia McGill	10	SLZ	14.8	DNS

Heat 3

1	Angel Keene	10	SL	13.4	13.04
2	Paris Scoggins	9	H	13.9	13.65
3	Kimberley Folkes	10	H	13.4	13.76
4	Michelle Deleon	10	M	14.2	14.18
5	Neela Babu	10	CV	14.3	14.37
6	Annie Bellos	9	BOD	13.9	14.51
7	Kim Calvo	9	A	14.6	14.9
8	Shameka Miller	10	SLZ	18	DNS
9	Alexis Wilkins	9	ME	14.5	DQ

Final

1	Angel Keene	10	SL		12.97
2	Maricia White	9	ME		13.33
3	Lydia Smith	10	H		13.54
4	Shanice Kelley	9	BOD		13.72
5	Paris Scoggins	9	H		13.79
6	Deane Wallace	9	A		13.81
7	Kimberley Folkes	10	H		13.83
8	Lauren Ford	10	CV		13.84
9	Pam Chavez	10	M		13.96

Event # 18 BFS 100

name					
	school		mark		mark
Heat 1					
1	Steffan Litrowhik		BOD	11.4	11.56
2	Sam Cheatham	9	SL	11.7	11.6
3	Isaac Jackai	10	ME	11.8	12.13
4	Chris Gerber	9	T	12.5	12.56
5	Daniel Santos	9	M	12.1	12.58
6	Charles McKinley	9	H	12.9	13.03
7	Allen Zhu	9	A	13.3	13.33
8	Alden Wong	9	M	14	13.5
9					

Heat 2

1	Jonathon Iglehart	9	BOD	11.4	11.74
---	-------------------	---	-----	------	-------

2	Sean Ghiselle	10	H	11.6	12.15
3	Joshua Ferguson	9	h	12.01	12.3
4	Everett Chan	10	CV	11.9	12.38
5	Lance Butler	10	SL	12.8	13.02
6	William Ruiz	9	A	13.1	13.14
7	Roberto Miranda	9	Mc	13.5	14.04
8	Alfonzo Diaz	10	SLZ	12.2	DNS
9					

Heat 3

1	Eric Zamora	10	CV	11.6	11.7
2	Brandon Smart	10	BOD	11.5	11.82
3	Max Peterson	9	BOD	12	12.3
4	Brian Reams	9	SL	12.2	12.38
5	Dan Davini	9	MC	12	12.5
6	Stevan Harper	9	H	12.4	12.57
7	Jackie Luu	9	A	13.4	13.68
8	Joe Santiago	9	MC	13.4	13.84
9					

Final

1	Steffan Litrowhik		BOD		11.62
2	Sam Cheatham	9	SL		11.76
3	Eric Zamora	10	CV		11.77
4	Jonathon Iglehart	9	BOD		11.89
5	Brandon Smart	10	BOD		11.98
6	Isaac Jackai	10	ME		12.26
7	Sean Ghiselle	10	H		12.3
8	Brian Reams	9	SL		12.45
9	Joshua Ferguson	9	h		12.46

Event # 19 GV 100

name					
	school		mark		mark
Heat 1					
1	Christen Tucker	10	BOD	12.2	12.8
2	Monia Green	10	BOD	12.6	13.27
3	Denein Morris	11	H	12.9	13.48
4	Chelsea Chandler	9	CV	13.4	13.67
5	Aleta Morn	10	A	13.3	16.42
6	Tiffany Tiffith-holmes	11	SL	14.4	DNS

Heat 2

1	Kalani Holleman	11	H	12.4	12.66
2	Nicole Penland	10	SL	12.4	12.88
3	Ann Rogan	11	MC	12.9	13.24
4	Tasheeda Smith	11	SLZ	13.1	13.55
5	Trisha Chung	12	CV	13.7	13.82
6	Rosa Liu	10	MC	14.2	13.9

Final

1	Christen Tucker	10	BOD		12.55
2	Kalani Holleman	11	H		12.61
3	Nicole Penland	10	SL		12.7
4	Ann Rogan	11	MC		13.23
5	Monia Green	10	BOD		13.46
6	Tasheeda Smith	11	SLZ		13.5
7	Denein Morris	11	H		13.6
8	Chelsea Chandler	9	CV		13.65
9	Trisha Chung	12	CV		13.75

name

	school		mark		mark
Heat 1					
1	Marviel Underwood	12	SL	10.9	11.34
2	Geno McGuigan	10	CV	11.2	11.65
3	Versell Wade	12	T	11.2	11.75
4	Tommy Hunter	11	ME	11.5	12.1
5	Bobby Williams	12	H	11.5	12.2
6	Sieve Celmer	12	CV	11.9	DNS
7	Barry Dukes	11	H	12.2	DNS

Heat 2

1	Darnel Williams	12	CV	11.1	11.34
2	Michael Smith	12	SL	11.2	11.35
3	Matt Fontaine	10	BOD	11.2	11.65
4	Kirk Morrison	12	BOD	11.6	12.52
5	Justin Hoglund	12	CV	11.9	DNS
6	Charles Buffington	11	ME	11.8	DNS
7	Matthew Dean	11	H	12	DNS

Heat 3

1	J.P. Loche	12	BOD	11.1	11.49
2	Kevin Griego	11	CV	11.5	11.6
3	Vonshae McKnight	11	T	11.3	11.61
4	Rod Stoval	11	BOD	11.3	11.71

5	Marquette Harris	11	SL	11.91	11.85
6	Harrison Smith	11	H	11.2	DNS
7	Dequincy Zennonw	12	SLZ	11.7	DNS

Final

1	Marviel Underwood	12	SL		11.03
2	Michael Smith	12	SL		11.22
3	Darnel Williams	12	CV		11.33
4	Geno McGuigan	10	CV		11.34
5	Matt Fontaine	10	BOD		11.6
6	Kevin Griego	11	CV		11.67
7	J.P. Loche	12	BOD		11.74
8	Vonshae McKnight	11	T		11.83
9	Rod Stoval	11	BOD		11.84

Event # 21 GFS 800

name					
	school		mark		mark
Heat 1					
1	Jennifer Kennedy	10	T	2:35.4	2:50.42
2	Danielle Whorton	9	SLZ	3:08.73	3:03.60
3	Susan Lam	10	BOD	3:20.0	3:05.13
4	Win Lau	9	BOD	3:04.0	3:05.52
5	Denise Gomez	10	BOD	3:20.0	3:31.14
6	Lupe Servin	10	H	2:50.0	DNS
7	Samantha Bettinger	9	CV	2:51.5	DNS
8					
9					

Heat 2

1	Kristy Beesley	10	SL	2:39.0	2:41.88
2	Stacy McGrellis	9	CV	2:50.0	2:47.03
3	Heather Mellon	10	CV	2:55.7	2:50.80
4	Dubravka Maric	9	H	3:30.0	2:54.55
5	Kathy Phan	10	ME	3:04.0	2:57.60
6	Johanna De Leon	10	MC	3:00.4	2:57.80
7	Mallory Delauro	10	H	3:15.0	DNS

Heat 3

1	Elizabeth Fraticelli	9	MC	2:45.2	2:42.50
2	Iris Puljic	9	H	3:10.0	2:50.50
3	Stephanie Manos	9	CV	2:43.1	2:54.02
4	Ping Yam	9	BOD	2:56.0	2:54.15
5	Rebecca Kahn	9	A	3:14.0	3:15.00
6	Kymberly Falgout	9	H	3:54.0	3:29.84
7	Raizza Brown	9	ME	3:33.0	3:44.38
8	Marra Korichensky	10	BOD	3:00.0	DNS

Final

1	Kristy Beesley	10	SL		2:35.85
2	Elizabeth Fraticelli	9	MC		2:41.22
3	Heather Mellon	10	CV		2:43.93
4	Stephanie Manos	9	CV		2:47.77
5	Ping Yam	9	BOD		2:52.68
6	Jennifer Kennedy	10	T		2:55.95
7	Dubravka Maric	9	H		3:17.50
8	Iris Puljic	9	H		DNF
9	Stacy McGrellis	9	CV		DNS

Event # 22 BFS 800

name					
	school		mark		mark
Heat 1					
1	Ben Cannon	10	SL	2:06.8	2:09.77
2	Evan Cadoo	10	SL	2:17.0	2:14.71
3	Nam Huynh	10	SLZ	2:25.1	2:18.90
4	Dante Thomas	9	ME	2:22.0	2:19.73
5	Ryan Albonico	10	CV	2:17.6	2:21.77
6	Jason Fong	9	H	2:33.0	2:24.41
7	Kadar Pinn	10	T	2:37.1	2:36.03

Heat 2

1	Inman Breaux	10	BOD	2:08.0	2:13.04
2	Carlos Alegre	9	ME	2:23.0	2:21.48
3	Jabari Taylor	9	H	2:18.0	2:21.93
4	Brian White	9	A	2:30.7	2:30.23
5	Oho Hernandez	10	T	2:39.5	2:44.82
6	Luis Velasquez	9	SLZ	2:20.5	DNS
7	Steve Reynolds	10	SL	2:16.0	DNS

Heat 3

1	Nate Fernsten	10	CV	2:13.8	2:14.28
2	Taylor Fout	10	SL	2:18.0	2:16.70
3	Alejandro Amaguama	9	ME	2:20.0	2:19.33
4	Simon Poon	9	A	2:30.0	2:28.68
5	Jeff Elliot	9	MC	2:26.3	2:30.35
6	Brian Reynolds	10	SL	2:16.0	DNS

Heat 4

1	Brian Cardella	10	MC	2:14.2	2:15.40
2	Jacob Ambrecht	9	A	2:18.0	2:16.80
3	Leonard Greenlaw	9	T	2:20.0	2:17.02
4	Zane Welte	9	CV	2:14.9	2:19.10
5	David McDonald	9	ME	2:30.0	2:20.07
6	Travis Nastafir	9	CV	N.T.	2:39.60
7	Chris Narahara	9	BOD	2:30.0	DNS

Final

1	Ben Cannon	10	SL	2:05.39	
2	Inman Breaux	10	BOD	2:07.36	
3	Evan Cadoo	10	SL	2:10.58	
4	Nate Fernsten	10	CV	2:11.57	
5	Jacob Ambrecht	9	A	2:12.83	
6	Nam Huynh	10	SLZ	2:13.42	
7	Brian Cardella	10	MC	2:14.14	
8	Taylor Fout	10	SL	2:15.60	
9	Leonard Greenlaw	9	T	2:18.59	

Event # 23 GV 800

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Skimra Rodriguez	12	BOD	2:24.9	2:23.14
2	Michelle Bokamper	12	A	2:29.8	2:29.77
3	Colleen McGrellis	11	CV	2:33.4	2:31.68
4	Courtney Stewart	11	CV	2:29.8	2:32.16
5	Andrea Guibao	12	MC	2:33.7	2:37.22
6	Megan Sweeney	11	BOD	2:42.0	2:42.77
7	Patricia Salazar	11	MC	2:43.5	2:43.23
8	Jennifer McDonald	11	ME	3:06.0	2:53.18
9	Maya Jones	12	ME	3:09.0	2:54.73

Heat 2

1	Margaret Smith	11	MC	2:27.1	2:25.06
2	Sarah Merrit	9	A	2:27.5	2:30.55
3	Min Choi	9	CV	2:32.5	2:34.33
4	Kristen Boon-Nitoff	11	CV	2:34.5	2:36.48
5	Eileen Valderrama	11	MC	2:52.6	3:01.14
6	Giang Nguyen	11	ME	3:02.0	3:06.58
7	Shawna Leppert	11	MC	2:35.0	DNS
8	Carrie McIntyre	11	H	2:30.0	DNS

Final

1	Skimra Rodriguez	12	BOD	2:23.38	
2	Margaret Smith	11	MC	2:24.94	
3	Sarah Merrit	9	A	2:26.10	
4	Michelle Bokamper	12	A	2:26.21	
5	Colleen McGrellis	11	CV	2:26.61	
6	Andrea Guibao	12	MC	2:32.05	
7	Kristen Boon-Nitoff	11	CV	2:33.61	
8	Min Choi	9	CV	2:33.63	
9	Courtney Stewart	11	CV	DNS	

Event # 24 BV 800

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Zach Ardell-Smith	12	SL	1:57.2	2:07.90
2	Tuy Ha	12	SL	2:11.0	2:08.48
3	Aaron Alcorn	12	MC	2:11.3	2:08.88
4	Marco Marquez	11	ME	2:10.0	2:11.05
5	Chris Bell	11	H	2:17.0	2:14.33
6	Andrew Eckloff	12	A	2:18.0	2:20.01
7	Mark Handin	11	BOD	2:05.0	DNS

Heat 2

1	Tim Wallach	9	BOD	2:00.1	2:05.13
2	Chris Wong	10	CV	2:02.99	2:05.62
3	Jason Quan	12	SL	2:11.0	2:06.10
4	William Miuru	11	SLZ	2:09.0	2:09.10
5	Ben Draper	11	CV	2:11.9	2:12.10
6	Mark Saturnio	12	MC	2:14.0	2:18.72
7	Oscar Perez	11	H	2:25.0	DNS

Heat 3

1	Lytwon Preston	12	BOD	2:02.0	2:03.85
2	Yuri Nosenko	11	CV	2:01.99	2:04.61
3	Aaron Gong	11	SL	2:05.4	2:05.30
4	Kevin Futagaki	12	MC	2:09.7	2:13.71
5	Steven Beatty	11	H	2:16.0	2:34.92
6	Chris Martinez	11	SLZ	2:30.0	2:35.05
7	John Blake	12	SLZ	2:56.0	2:46.00
8	Eduardo Rodriguez	12	H	2:12.0	DNS

Final

1	Zach Ardell-Smith	12	SL	1:59.42	
2	Tim Wallach	9	BOD	2:00.27	

3	Lytwon Preston	12	BOD	2:02.02	
4	Chris Wong	10	CV	2:04.04	
5	Yuri Nosenko	11	CV	2:05.31	
6	Aaron Gong	11	SL	2:05.36	
7	Tuy Ha	12	SL	2:07.63	
8	Aaron Alcorn	12	MC	2:09.80	
9	Jason Quan	12	SL	2:13.10	

Event # 25 GFS 300 LH

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Monica Lane	9	A	56.1	
2	Julie Phan	10	MC	56.8	
3	Christine Wei	9	CV	NT	
4	Tina Li	9	MC	59.8	DNS
5	Tara Cole	10	BOD	54	DNS
6	Theresa Grangoff	10	A	NT	DNS

Heat 2

1	Heather Schmidt	10	CV	55.5	
2	Jennifer Kennedy	10	T	55.58	
3	Kimberley Folkes	10	H	58	
4	Josmine Evans	9	BOD	58.1	
5	Priya Babu	10	CV	NT	DNS

DUE TO SCRATCHES, TRIALS WERE BYED TO**FINALS****Final**

1	Heather Schmidt	10	CV	53.48	
2	Kimberley Folkes	10	H	54.94	
3	Josmine Evans	9	BOD	55.87	
4	Jennifer Kennedy	10	T	57.71	
5	Christine Wei	9	CV	58	
6	Monica Lane	9	A	58.11	
7	Julie Phan	10	MC	DNS	

Event # 26 GV 300 LH

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Cara Brown	11	BOD	50	50.5
2	Andrea Banouvang	10	A	52.5	52.6
3	Brittany Knapp	9	CV	53.1	52.64
4	Jessica Tekawa	10	A	53.9	54.25
5	Drew Greene	11	BOD	52.5	56.38
6	Jennifer McDonald	11	ME	61	67.9
7	Sheila Santos	11	MC	58.2	DQ

Heat 2

1	Melissa Beesley	11	SL	50.3	50.92
2	Kristen Hughes	10	A	53.9	53.38
3	Sherry Rubiano	11	MC	52.9	54.7
4	Casey Coppini	9	MC	54.2	54.72
5	Sheryl Eng	12	CV	52.3	56.75
6	Corrin Zimmerman	11	A	63.4	DNS
7	Patrice Wakeley	11	BOD	53	DNS

Heat 3

1	Shea'l Rivas	10	A	50.9	51.62
2	Maggie Coppini	11	MC	54.2	53.4
3	Andrea Dizon	11	H	53	53.59
4	Richele Radcliffe	11	H	53	53.6
5	Samantha Leach	11	CV	NT	62.5
6	Gilleon Smith	12	ME	52	DNS
7	Hollie Svedbeck	12	H	56	DNS

Final

1	Melissa Beesley	11	SL	49.99	
2	Cara Brown	11	BOD	50.31	
3	Shea'l Rivas	10	A	51.04	
4	Brittany Knapp	9	CV	51.65	
5	Kristen Hughes	10	A	52.5	
6	Maggie Coppini	11	MC	53.88	
7	Andrea Dizon	11	H	53.98	
8	Richele Radcliffe	11	H	57.81	
9	Andrea Banouvang	10	A	DNS	

Event # 27 BFS 300 IH

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Hoang Minh Nguyen	10	ME	45.3	46.85
2	Juan Desales	10	ME	48.2	47.04
3	Jim Leng	9	CV	47.6	47.45
4	Ernie Marquez	9	SL	51.2	50.22
5	Kris Lantz	10	A	51.8	50.93
6	Carl Stanley	9	CV	49.5	51.74
7	Tim Wong	9	CV	50.5	54.6

Heat 2

1	Chris Kong	9	CV	48.1	47.3
2	Jamal Alnagem		H	46	48.01
3	Dan Taylor	9	BOD	48.9	48.7
4	JB Coles	9	CV	51	49.72
5	Stephen Ochoa	9	T	58.5	49.86
6	David McDonald	9	ME	49.1	50.3
7	Kerryscott Kaufman	9	CV	51.5	50.33

Final

1	Hoang Minh Nguyen	10	ME	45.66	
2	Jim Leng	9	CV	46.86	
3	Juan Desales	10	ME	46.91	
4	Chris Kong	9	CV	47.21	
5	Dan Taylor	9	BOD	47.77	
6	Jamal Alnagem		H	48.41	
7	Ernie Marquez	9	SL	49.44	
8	Stephen Ochoa	9	T	DNS	
9	JB Coles	9	CV	DNS	

Event # 28 BV 300 IH

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Sorush Groger	12	SL	40.11	41.76
2	Kevin McGurk	11	BOD	41.2	42.3
3	Derrick Oliveira	12	CV	42.1	42.51
4	Phil Skinner	11	BOD	43	43.68
5	Joey Crane	11	CV	43.3	44.14
6	Nick Zadno	12	MC	42.4	44.3
7	Eric Pane	11	CV	45.1	47.8
8	Jason Gaffney	12	H	46	DNS

Heat 2

1	John Van Metre	12	MC	40.3	41.02
2	Keith Bullock	11	SL	41.92	41.43
3	Jeff Kapper	10	MC	43	42
4	Ryan Parker	10	CV	43.9	43.01
5	Fred Pugh	10	SLZ	42.8	43.71
6	Emeka Onyiahgucha	11	ME	43.2	44.02
7	Luther McGill	11	SLZ	45.1	45.25
8	Ryan Ribelra	12	CV	46.9	DNS
9	Ryan Fannesbeck	11	CV	46.7	DNS

Final

1	Sorush Groger	12	SL	39.95	
2	John Van Metre	12	MC	41.03	
3	Ryan Parker	10	CV	41.8	
4	Jeff Kapper	10	MC	42.15	
5	Phil Skinner	11	BOD	42.41	
6	Keith Bullock	11	SL	42.5	
7	Derrick Oliveira	12	CV	43.44	
8	Kevin McGurk	11	BOD	43.58	
9	Fred Pugh	10	SLZ	47.84	

Event # 29 GFS 200

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Stephanie Bradford	9	ME	28.3	28.2
2	Shanice Kelly	9	BOD	28	28.3
3	Deane Wallace	9	A	30.9	29.91
4	Justina Downs	9	A	29.9	30.36
5	Alex Long-Smith	10	BOD	28.9	30.37
6	Stacy McGrellis	10	CV	29.7	30.42
7	Nicole Orong	9	MC	30.7	30.66
8	Kim Calvo	9	A	30.5	31.3
9	Sophia McGill	10	SLZ	NT	DNS

Heat 2

1	Lydia Smith	10	H	28.9	28.86
2	Pam Chavez	10	MC	29.9	28.93
3	Lauren Ford	10	CV	29.8	29.2
4	Latreese Moore	10	ME	30	29.41
5	My'ah Pierce	10	CV	30.5	31.4
6	Dana Linda	9	CV	31	31.53
7	Annie Bellows	9	BOD	28.09	DNS
8	Mary Vella	10	BOD	29	DNS

Heat 3

1	Angel Keene	10	SL	28.2	27.6
2	Heather Desmriot	10	BOD	29	29.08
3	Kelly Rogers	9	H	29.9	29.14
4	Camille Cruz	9	A	30.1	29.86
5	Nicole McCoy	10	H	30	29.9

6	Neela Babu	10	CV	30.9	30.2
7	Nichole Henton	9	ME	32	30.77
8	Joana Richardson	10	CV	29.1	DNS

Final

1	Angel Keene	10	SL	27.46	
2	Stephanie Bradford	9	ME	27.88	
3	Heather Desmott	10	BOD	28.66	
4	Kelly Rogers	9	H	29.01	
5	Lauren Ford	10	CV	29.34	
6	Latreese Moore	10	ME	29.54	
7	Pam Chavez	10	MC	29.64	
8	Lydia Smith	10	H	30.64	
9	Shanice Kelly	9	BOD	DNS	

Event # 30 BFS 200

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Brandon Smeart		BOD	24.2	23.99
2	Brandon Jones	10	BOD	23.6	24.05
3	Jonathan Iglehant	9	BOD	23.9	24.14
4	Brian Reams	9	SL	25.2	25.9
5	Jonathan Rice	9	SL	24.7	26.32
6	William Ruiz	9	A	27	27.44
7	Everett Chan	10	CV	24.9	28.93
8	Brandon Cohen	9	A	28.4	28.93
9	Kori Chen	10	BOD	25.7	DNS

Heat 2

1	Eric Zamora	10	CV	24.6	23.92
2	Royce Nicholas	10	SL	23.7	24.6
3	Sean Ghiselli	10	H	23.9	24.92
4	Joshua Ferguson	9	H	25	25.91
5	Tim Drain	10	A	27.2	28.5
6	Alfonzo Diaz	10	SLZ	25.6	DNS
7	Samora Goodson	10	H	24.2	DNS
8	David Homer	9	H	25.6	DNS
9	Jackie Luu	9	A	29	DNS

Heat 3

1	Sam Cheatham	9	SL	23.8	23.91
2	Isaac Jackai	10	ME	24.8	24.42
3	Antonio Pennyman	9	H	24.6	24.79
4	Max Petterson	9	BOD	25	24.83
5	Joe Apodaca	9	CV	25.5	25.1
6	Stevlan Harper	9	H	25.8	26.06
7	Alan Zhu	9	A	28.1	28.2
8	Roberto Miranda	9	MC	30.5	DNS
9					

Heat 4

1	Terrance Holloman	9	ME	23.8	23.9
2	Matt Fitzgerald	9	CV	25.2	24.68
3	Dan Davini	9	MC	25.1	24.81
4	Joseph Santiago	9	MC	28.3	DNS
5	Justin Edwards	10	SL	24.3	DNS
6	Jamar Lyles	9	T	24	DNS
7	Scott Briggs	10	BOD	24.3	DNS
8	Richard Stepney	9	T	26	DNS
9					

Final

1	Sam Cheatham	9	SL	23.56	
2	Eric Zamora	10	CV	23.61	
3	Terrance Holloman	9	ME	23.73	
4	Brandon Smeart	10	BOD	23.85	
5	Royce Nicholas	10	SL	24.08	
6	Jonathan Iglehant	9	BOD	24.09	
7	Brandon Jones	10	BOD	24.25	
8	Matt Fitzgerald	9	CV	24.42	
9	Isaac Jackai	10	ME	28.6	

Event # 31 GV 200

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Monica Dean	12	BOD	25.2	26.34
2	Nichole Penland	10	SL	27.2	27.24
3	Ryana Smith	10	H	27.9	27.6
4	Tasheeda Smith	11	SL	28.7	27.9
5	Trisha Chung	12	CV	NT	28.2
6	Denein Morris	11	H	27.6	28.9
7	Tiffany Tiffith-Holmes	11	SL	30.1	DNS
8	Amanda Medrano	11	CV	28.3	DNS
9	Aleta Morn	10	A	28.9	DNS

Heat 2

1	Kalani Holleman	11	H	26.5	25.87
---	-----------------	----	---	------	-------

2	Christen Tucker	10	BOD	25.6	26.42
3	Ann Rogan	11	MC	27.7	27.48
4	Michelle Bokamper	12	A	27.8	27.86
5	Wendy Tsai	10	MC	28.5	28.24
6	Elizabeth Powell	12	H	28.6	28.31
7	Rida Chow	11	CV	29	28.82
8	Natasha Blakely	12	SL	29.6	DNS

Final

1	Kalani Holleman	11	H	25.65	
2	Monica Dean	12	BOD	25.7	
3	Christen Tucker	10	BOD	26.44	
4	Nichole Penland	10	SL	27.33	
5	Ryana Smith	10	H	27.46	
6	Ann Rogan	11	MC	27.68	
7	Michelle Bokamper	12	A	28.12	
8	Tasheeda Smith	11	SL	28.32	
9	Trisha Chung	12	CV	28.4	

Event # 32 BV 200

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Heat 1

1	Gabe Franklin	12	BOD	22	22.47
2	Michael Smith	12	SL	23.4	23.6
3	Jason Owens	12	SLZ	NT	23.92
4	Vonshae Mcknight	11	T	23.4	24.1
5	Tommy Hunter	11	ME	24	24.16
6	Marquette Harris	11	SL	24.4	24.25
7	Darnell Williams	12	CV	23.2	24.53
8	Steve Celmer	12	CV	24.8	DNS
9	Harrison Smith	11	H	22.9	DNS

Heat 2

1	Marviel Underwood	12	SL	22.2	22.58
2	Gino Mcguigan	10	CV	23.54	23.6
3	Nester Solis	10	SLZ	24.1	23.94
4	Matthew Fountaine	10	BOD	23.9	24.09
5	Justin Haglund	12	CV	24.9	DNS
6	Rod Stovall	11	BOD	23	DNS
7	Versell Wade	12	T	23.4	DNS
8	Andrew Eckloff	12	A	24.4	DNS
9					

Heat 3

1	Aaron Williams	10	SL	23	22.78
2	Burl Toler	11	BOD	22.8	23.52
3	Kevin Griego	11	CV	23.7	23.72
4	John Bernardo	12	CV	23.8	23.77
5	Tommie Siles	11	ME	24.2	24.73
6	DeQuincy Zennon	12	SLZ	24.8	25.2
7	Bonny Dukes	11	H	25.8	DNS
8	Bobby Williams	12	H	24	DNS

Final

1	Marviel Underwood	12	SL	22.34	
2	Aaron Williams	10	SL	22.47	
3	Gabe Franklin	12	BOD	22.48	
4	Michael Smith	12	SL	22.91	
5	Gino Mcguigan	10	CV	23.08	
6	Jason Owens	12	SLZ	23.23	
7	Burl Toler	11	BOD	23.46	
8	Kevin Griego	11	CV	23.58	
9	John Bernardo	12	CV	23.64	

Event # 33 GFS 3200

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Finals ONLY

1	Emily Atwood	10	SL	12:53	12:57.6
2	Kelsey Barale	10	BOD	13:08	13:22.4
3	Nicole Noronha	10	BOD	13:20	13:26.5
4	Lauren Vonnegut	9	A	13:08	13:45.8
5	Lupe Servin	10	H	13:00	14:02.2
6	Nicole Knigge	9	BOD	13:21	14:02.8
7	Vanessa Phillip	10	A	14:15	14:23.4
8	Shannon Clawson	9	BOD	14:30	14:45.7
9	Chelsee Tikotsky	9	A	14:47	14:46.6
1A	Jamie Hermosa	9	CV	14:45	14:51.1
2A	Kathy Phan	10	ME	15:24	14:58.0
3A	Claire Chen	10	BOD	14:30	15:24.4
4A	Stefanie Young	9	BOD	14:30	15:44.5
5A	Dubravka Maric	9	H	15:40	16:32.2
6A	Susan Lam		BOD	15:00	16:38.6
7A	Kelly Carlson	9	BOD	14:00	DNS
8A	Stephanie Manos	9	CV	13:35	DNS
9A	Jessica Pfisterer	10	CV	14:55	DNS
10A	Win Lau	9	BOD	15:00	DNS

11A	Danielle Wharton	9	SLZ	16:45	DNS
-----	------------------	---	-----	-------	-----

Event # 34 BFS 3200

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Finals ONLY

1	Brian Reynolds	10	SL	11:09	10:46.8
2	Leonard Greenlaw	9	T	11:00	10:53.9
3	Alajandro Amaguama	9	ME	11:49	10:54.1
4	Mike Sanchez	10	ME	11:52	11:01.9
5	Jonathan Vasquez	10	SL	12:01	11:13.2
6	Jay Fragus	9	MC	11:08	11:16.8
7	Zane Welle	9	CV	11:15	11:20.3
8	Steve Reynolds	10	SL	11:15	11:22.5
9	Donte Thomas	9	ME	12:02	11:28.8
1A	Brandon Carballo	9	MC	11:01.3	11:29.0
2A	Nate Fernsten	10	CV	11:35	11:32.8
3A	Luis Panzar	9	BOD	11:30	11:33.9
4A	Fkynn Hermanson	9	BOD	12:30	11:37.6
5A	Kevin Shintani	9	CV	12:25	11:41.9
6A	Mike Souza	10	BOD	11:30	11:49.9
7A	Carlos Alegre	9	ME	12:05	12:19.4
8A	Ryan Suzuki	9	CV	12:35	12:32.1
9A	Kenton Dornbush	9	CV	13:35	12:40.6
10A	Antony Ta	9	ME	12:20	12:48.8
11A	Otto Hernandez	10	T	14:05	12:50.3
12A	Travis Nastafir	9	CV	NT	13:10.3
13A	Joey Shaps	9	BOD	11:55	DNS
14A	Luis Velasquez	9	SLZ	12:40	DNS
15A	Joseph Medina	10	H	12:45	DNS
16A	Kadar Pinn	10	T	13:55.5	DNS

Event # 35 GV 3200

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Finals ONLY

1	Danila Musante	10	BOD	11:48	11:41.72
2	Amber Hendrix	11	MC	11:46	11:47.23
3	Jill Owyang	11	SL	12:21	11:50.46
4	Courtney Stewart	11	CV	12:01	11:56.62
5	Rosie Toney	10	CV	12:25	12:25.97
6	Jessica Groome	12	CV	12:28	12:30.66
7	Sarah Richardson	11	H	12:30	12:39.84
8	Emily Powell	11	BOD	12:45	12:46.91
9	Kara Rockett	11	BOD	13:07	13:05.20
1A	Vanessa Jeong	12	SL	12:40	13:31.53
2A	Courtney Burmann	12	MC	12:56.3	13:40.45
3A	Hillary Atwood	12	BOD	13:09	13:48.38
4A	Suzi Dodge	11	CV	13:39	14:10.65
5A	Tiffenie La	12	A	14:47	14:19.85
6A	Haley Harrell	11	H	15:00	14:43.27
7A	Bonnie McGrellis	12	CV	13:58	16:23.22
8A	Colleen McGrellis	11	CV	NT	DNF
9A	Megan Sweeney	11	BOD	14:00	DNS

Event # 36 BV 3200

<u>name</u>	<u>school</u>	<u>mark</u>	<u>mark</u>
-------------	---------------	-------------	-------------

Finals ONLY

1	Yong-Sung Leal	9	A	9:26.1	9:29.55
2	Chris Lanese	12	MC	9:30.9	9:44.53
3	Beau Bettinger	10	CV	9:55.3	9:44.93
4	John Hancock	11	BOD	9:53.1	9:56.50
5	Alex Cardiasmenos	11	CV	10:09.1	9:58.41
6	Luke Sigmon	11	SL	10:05.0	10:16.00
7	Efeson Yoslef	11	SL	9:40.0	10:25.40
8	Chris Bell	11	H	10:45.0	10:37.76
9	Eduardo Rodriguez	12	H	10:37.0	10:40.42
10	Soul Hurtado	10	H	11:05.1	10:43.12
11	Mike Atwood	12	SL	10:29.0	10:44.10
12	Zach Robinson	12	BOD	10:50.0	11:06.54
13	Joe Brunel	11	BOD	11:00.0	11:07.83
14	Dinesh Jagar	12	CV	11:43.0	11:28.44
15	Justin Capps	11	A	11:33.0	11:33.01
16	Mike Sasser	12	CV	12:02.0	12:10.54
17	Oleg Zoghlo	11	CV	12:12.1	12:30.43
18	John Blake	12	SLZ	14:35.0	12:54.0

2	MC	MC	4:37.5	4:32.36
3	CV	CV	4:49.0	4:43.99
4	H	H	4:59.0	4:49.30
5	A	A	4:50.0	DNS

Event #38 -- BFS 4 x 400

1	ME	ME	3:42.0	3:31.30
2	SL	SL	3:36.0	3:32.10
3	BOD	BOD	3:34.0	3:39.99
4	CV	CV	3:44.0	3:43.10
5	H	H	3:49.0	3:44.03
6	MC	MC	4:01.0	3:58.63
7	A	A	4:10.0	4:00.28
8	SLZ	SLZ	3:58.0	DNS
9	T	T	4:10.7	DNS

Event #39 -- GV 4 x 400

1	CV	CV	4:35.0	4:10.20
2	A	A	4:30.0	4:15.91
3	H	H	4:49.0	4:20.61
4	MC	MC	4:13.8	4:21.96
5	BOD	BOD	4:10.0	4:22.45
6				

Event #40 -- BV 4 x 400

1	SL	SL	3:25.0	3:25.59
2	BOD	BOD	3:25.0	3:30.47
3	MC	MC	3:32.4	3:32.25
4	CV	CV	3:35.0	3:33.67
5	SLZ	SLZ	3:45.0	3:46.52
6	ME	ME	3:40.0	DNS
7	H	H	3:47.0	DNS

Event #41 -- GFS LJ

<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Michelle De Leon	10 MC	15-02 14-10
2	Angel Keene	10 SL	14-06 14-06
3	My'Ah Pierce	10 CV	nm 14-00
4	Nichole Henton	9 ME	12-0 13-07.5
5	Trache Gardner	9 SL	14-02 13-06.5
6	Stephanie Bradford	9 ME	14-02 13-01
7	Theresa Arujo	10 MC	13-02 13-00
8	Marcia White	9 ME	nm
12-11			
9	Dani Cromwell	9 SL	12-03 12-04
10	Rhea Haufea	10 MC	13-06 11-03
11	Lily Wong	10 MC	12-4 11-02
12	Danica Yanga	10 MC	11-06 10-10.5
13	Laura Patajo	9 MC	11-0 10-06.5
14	Jennifer Luz	10 MC	12-01 10-03
15	Monica Lane	9 A	10-01 DNJ
16	Shameka Miller	10 SLZ	11-0 DNJ
17	Lauren Vonnegut	9 A	11-10 DNJ
18	Justina Downs	9 A	12-01 DNJ
19	Allison Young	10 CV	12-01 DNJ
20	Alli Haskell	10 CV	12-02 DNJ
21	Alexis Wilkins	9 ME	12-03 DNJ
22	Lauren Ford	10 CV	13-06 DNJ

Event #42 -- BFS LJ

<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Martin Boston	10 ME	22-03 21-00.50
2	Stefan Litrownik	10 BD	20-00 19-07.00
3	Malcolm Boston	10 ME	21-01.5 19-06.00
4	Samora Goodson	10 H	17-05 19-01.00
5	Lamar Brown	H	17-06.5 18-07.00
6	Terrance Holloman	9 ME	17-09 18-02.00
7	Justin Edwards	10 SL	17-09 17-09.50
8	Jamal Alnegem	10 H	16-09 17-07.00
9	Chris Erber	9 H	15-11 17-03.00
10	Daniel Santos	9 MC	16-06 16-11.00
11	Demaude Mawkins	10 ME	16-10 16-03.50
12	Carl Stanley	9 CV	15-10 15-11.50
13	Brian Collett	10 A	15-01 15-10.00
14	Kerryscott Kaufman	9 CV	14-10 15-05.00
15	Jeff Elliot	9 MC	14-06 15-04.00
16	Chris Kong	9 CV	15-05 15-03.00
17	Joe Santiago	9 MC	16-02 14-09.00
18	Alden Wong	9 MC	14-04 14-04.00
19	Fernando Landaverde	9 MC	12-02 10-08.00
20	Evan Cadoo	10 SL	18-012.5NM
21	Brian Reams	10 SL	14-07 DNS
22	JB Coles	CV	15-01 DNS
23	Lance Butler	10 SL	16-03 DNS
24	Carl Severson	9 CV	16-04 DNS
25	Ryan Stohr	9 CV	16-05 DNS
26	Jermaine McGhee	10 SLZ	16-08 DNS

Event #43 -- GV LJ

<u>name</u>	<u>school</u>	<u>mark</u>
1	Gilleon Smith	12 ME 17-10 18-06.75
2	Kalani Holleman	11 H 17-00 18-00.75
3	Lynnsy Jones	12 CV 16-10 18-00.00
4	Kiersten Slader	9 CV 15-08 16-04.00
5	Miko Nelson	12 T 16-01 15-10.50
6	Keishee Hill	10 BOD 16-02 15-01.50
7	Tasheeda Smith	11 SLZ 14-10 14-11.00
8	Rosa Liv	10 MC 15-08 14-10.25
9	Angie McIver	12 T 15-11 14-08.25
10	Carolyn David	10 MC 14-08 14-08.25
11	Gina Paladini	12 CV 14-06 14-08.00
12	Andea Banouvong	10 A 15-06 14-04.75
13	Eve Gamero	11 H 13-05 14-04.25
14	Alys Thomas	12 MC 15-08 14-01.50
15	Kerry Booth	11 H 13-02 13-08.75
16	Melisas Tendencia	11 MC 14-09 13-03.25
17	Jessica Poquiz	11 MC 15-04 12-09.25
18	Autumn Pappas	12 CV 13-00 12-06.75
19	Monina Arcega	11 MC 13-08 12-00.50
20	Candace Sullivan	11 SL 13-06 10-02.00
21	Chelsea Chandler	9 CV 14-10 DNS
22	Corrin Zimmerman	11 A 12-10 DNS
23	Kishi Hill	10 BOD 16-07 DNS
24	Maieia White	9 ME 14-05 DNS
25	Natasha Blakely	12 SL 13-04 DNS
26	Savannatt Tikotsky	11 A 11-08.5 DNS

Event #44 -- BV LJ

<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Jon-Pierre Loche	12 BD	21-10 21-09
2	Vonshae McKnight	11 T	21-07.5 21-02.5
3	Versell Wade	12 T	20-11 21-02
4	Mike DeSilva	11 CV	nm 21-02
5	Alex Wong	12 MC	19-09 20-03.75
6	Matt Warner	12 BD	20-10 20-00
7	Josh Dean	12 BD	21-00 19-09.5
8	Matthew Dean	11 H	19-00 19-06.5
9	John Willits	12 CV	19-08 19-01.25
10	Marquette Harris	11 SL	19-06 18-11.5
11	Geno McGuigan	10 CV	19-04 18-10.5
12	Steve Stafford	11 SL	19-10 18-10
13	Emeka Onyeghgueha	11 ME	18-03 18-06.5
14	Loith Alnagem	12 H	17-03 18-06.25
15	Tommy Hunter	11 ME	19-02 18-06
16	Art Calamba	12 MC	19-08 18-00.5
17	Mike Vanderbilt	11 CV	18-02 17-09
18	Steven Beatty	11 H	18-00 17-06.5
19	Darnell Williams	12 CV	18-07 17-04
20	Raul Menchavez	12 MC	18-02 16-10.75
21	Nate Bahr	11 MC	15-09 15-04.5
22	John Layco	12 MC	16-02 DNJ
23	Ben Hansen	11 CV	18-10 DNJ
24	Jason Owens	12 SLZ	19-09 DNJ

Event #45 -- GFS TJ

<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Micell de Leon	10 MC	29-09 30-02
2	Christine Abellera	10 MC	25-09 30-01
3	Tracie Gardner	9 SL	28-03 28-05.5
4	Marisa Verdeflor	9 MC	22-08 27-08
5	Jennifer Yarde	10 MC	27-07 26-10
6	Christine Wei	9 CV	25-10 24-10
7	Nicole Orong	9 MC	23-04 23-07
8	My'Ah Pierce	10 CV	nm DNJ
9	Allison Young	10 CV	23-05 DNJ
10	Jessica Pfisterer	10 CV	23-07 DNJ
11	Alli Haskell	10 CV	23-10 DNJ

Event #46 -- BFS TJ

<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Martin Boston	10 ME	45-06.5 43-03.5
2	Malcolm Boston	10 ME	41-08 42-01
3	Inman Breaux	10 BD	41-02 40-00.25
4	Demaude Dawkins	10 ME	37-10 37-09.5
5	Samora Goodson	10 H	36-00 36-09
6	Evan Cadoo	10 SL	35-07 36-08
7	Jamal Alnagem	10 H	37-00 35-08.5
8	Chris Erber	9 T	35-02 34-09.5
9	Jacob Ambrecht	9 A	34-07 33-09
10	Frank Lago	10 MC	33-11 32-06
11	Taylor Fout	10 SL	33-09 32-04
12	Alden Wong	MC	29-00 28-03
13	Ben Mughal	9 CV	32-10 27-10
14	Nich Morozovscky	9 CV	27-10 26-07

Brain Cardella	10 MC	31-10	DNJ
Carl Severson	9 CV	33-10	DNJ
Ryan Stohr	9 CV	34-05	DNJ
Chris Kong	9 CV	34-05	DNJ
Jim Leng	9 CV	37-01	DNJ

Event #47 -- GV TJ

<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Kalani Holleman	11 H	34-04 36-03.25
2	Gilleon Smith	12 ME	36-04 35-03.75
3	Kishi Hill	10 BD	34-06 34-09.5
4	Monica Greene	10 BD	33-08 33-08.5
5	Chelsea Chandler	9 CV	30-05 32-03.5
6	Kiersten Slader	9 CV	31-10 31-09
7	Eve Gamero	11 H	31-09 31-04.75
8	Mike Nelson	12 T	31-07 31-03.5
9	Alys Thomas	12 MC	31-04 31-02
10	Lynnsy Jones	12 CV	34-03 30-09.5
11	Kerry Booth	11 H	29-00 29-05.25
12	Angie McIver	12 T	30-02 28-11.75
13	Rosa Liv	MC	30-02 28-10
14	Jessica Tekawa	10 A	28-07 28-09.5
15	Carolyn David	10 MC	29-07 28-06.75
16	Melissa Tendencia	11 MC	28-07 27-00.5
17	Autumn Pappas	12 CV	26-05 24-08.75
18	Andrea Banouvong	10 A	30-06 DNJ
19	Corrin Zimmerman	11 A	27-02 DNJ

Event #48 -- BV TJ

<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Jon-Pierre Loche	12 BOD	46-03 45-02.5
2	Vonshae McKnight	11 T	44-06 43-03.5
3	Versell Wade	12 T	43-06 43-01.5
4	Josh Dean	12 BOD	45-06 43-01.25
5	Mike DeSilva	11 CV	nm 42-06.5
6	Emeka Onyeghgueha	11 ME	38-03 40-07.25
7	Marquette Harris	11 SL	33-07 39-09.5
8	Matt Warner	10 BOD	42-00 39-03.5
9	Ben Hanson	11 CV	38-08 38-07
10	Steve Stafford	11 SL	38-05 37-05.75
11	Art Calamba	12 MC	38-07 37-03
12	Eric Pane	11 CV	37-05 36-09.5
13	Loith Ahagen	12 H	37-08 36-09
14	Alex Wong	12 MC	36-05 36-07.25
15	Gerard Collier	11 ME	35-06 36-04
16	Mike Vanderbilt	11 CV	37-10 35-01.5
17	Raul Menchavez	12 MC	33-04 33-11
18	Jason Quan	10 SL	38-01.5 DNJ
19	Ryan Ribiera	12 CV	nm DNJ

Event #49 -- GFS HJ

<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Vanessa Phillip	10 A	4-08 4-06
2	Emily Atwood	10 SL	4-06 4-02
3	Heather Clancy	10 CV	4-06 4-02
3	Heather Mellon	10 CV	4-06 4-02
5	Nichole Henton	9 ME	4-02 4-00
6	Paris Scoggins	9 H	4-00 4-00
7	Christine Wei	9 CV	4-00 3-10
8	Alexis Wilkins	9 ME	4-04 3-10
9	Dani Cromwell	9 SL	4-04 3-10
	Megan Shaw	10 CV	4-02 NH
	Theresa Grangoff	10 A	3-08 DNJ
	Lauren Vonnegut	9 A	3-08 DNJ
	Katie Walsh	10 A	3-08 DNJ
	Alli Haskell	10 CV	4-00 DNJ
	Allison Young	10 CV	4-04 DNJ

Event #50 -- BFS HJ

<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Jason Dallas	10 ME	5-02 4-08
2	Taylor Font	10 SL	5-02 4-08
3	Hoang Minh Nguyen	10 ME	5-00 4-10
4	Jim Leng	9 CV	5-04 5-00
5	Shaun Eng	10 CV	5-02 5-00
6	Dan Davini	9 MC	5-04 5-02
7	Dan Santos	9 MC	5-02 5-06
8	Malcolm Boston	10 ME	5-06 5-08
9	Jonathan Rice	9 SL	4-10 NM
10	Jamal Alnagem	10 H	5-05 DNJ
11	Jermaine McGhee	10 SLZ	5-02 DNJ
12	Ryan Stohr	9 CV	5-02 DNJ
13	Carl Severson	9 CV	5-00 DNJ
14	Jamar Lyles	9 T	5-00 DNJ
15	Neil Owen	10 CV	4-10 DNJ
16	Cooper Ackerman	10 CV	4-08 DNJ

Event # 49 -- GFS HJ

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Vanessa Phillip	10 A	4-08	4-06
2	Emily Atwood	10 SL	4-06	4-02
3	Heather Clancy	10 CV	4-06	4-02
3	Heather Mellon	10 CV	4-06	4-02
5	Nichole Henton	9 ME	4-02	4-00
6	Paris Scoggins	9 H	4-00	4-00
7	Christine Wei	9 CV	4-00	3-10
8	Alexis Wilkins	9 ME	4-04	3-10
9	Dani Cromwell	9 SL	4-04	3-10
	Megan Shaw	10 CV	4-02	NH
	Theresa Grangoff	10 A	3-08	DNJ
	Lauren Vonnegut	9 A	3-08	DNJ
	Katie Walsh	10 A	3-08	DNJ
	Alli Haskell	10 CV	4-00	DNJ
	Allison Young	10 CV	4-04	DNJ

Event # 50 -- BFS HJ

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Jason Dallas	10 ME	5-02	4-08
2	Taylor Font	10 SL	5-02	4-08
3	Hoang Minh Nguyen	10 ME	5-00	4-10
4	Jim Leng	9 CV	5-04	5-00
5	Shaun Eng	10 CV	5-02	5-00
6	Dan Davini	9 MC	5-04	5-02
7	Dan Santos	9 MC	5-02	5-06
8	Malcolm Boston	10 ME	5-06	5-08
9	Jonathan Rice	9 SL	4-10	NM
10	Jamal Almagem	10 H	5-05	DNJ
11	Jermaine McGhee	10 SLZ	5-02	DNJ
12	Ryan Stohr	9 CV	5-02	DNJ
13	Carl Severson	9 CV	5-00	DNJ
14	Jamar Lyles	9 T	5-00	DNJ
15	Neil Owen	10 CV	4-10	DNJ
16	Cooper Ackerman	10 CV	4-08	DNJ

Event # 51 -- GV HJ

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Rachel Schaffner	9 MC	5-02	5-02
2	Gina Paladini	12 CV	5-00	5-00
3	LaNeice Morgan	11 H	5-00	4-06
4	Angie McIver	12 T	4-06	4-06
5	Kiersten Slader	9 CV	4-06	4-04
6	Ukachi Okoronkwo	11 MC	4-08	4-04
7	Casey Cortopossi	12 CV	4-04	4-02
8	Sheryl Eng	12 CV	4-06	4-00
8	Autumn Pappas	12 CV	4-00	4-00
10	Amber Morse	12 H	4-00	4-00
10	Candace Sullivan	11 SL	3-06	4-00
	Lynsey Jones	12 CV	4-06	NM
	Sarah Richardson	11 H	4-04	NM
	Kristin Hughes	10 A	4-00	NM
	Joanna Sizemore	12 SL	3-06	NM

Event # 52 -- BV HJ

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Brandon Peters	12 A	6-05	6-06
2	Jason Gatewood	12 H	5-10	6-06
3	Ben Hansen	11 CV	5-08	5-10
4	Beau Bettinger	10 CV	5-10	5-08
5	Jason Gaffney	12 H	5-08	5-08
6	Keith Bullock	11 SL	5-06	5-06
7	Hendrick Moy	12 MC	5-04	5-04
8	Matt West	11 CV	5-04	5-04
9	Eric Pane	11 CV	5-06	5-04
10	Gerard Collier	11 ME	5-00	5-00
	Barry Hullum	10 H	5-10	DNJ
	Ryan Parker	10 CV	5-06	DNJ
	John Ballesteros	12 MC	5-02	NH
	Brandon Decena	12 SL	5-00	NH

Event # 53 -- GFS SP

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Leslie McGallia	9 BOD	31-00	30-09.5
2	Megan Shaw	10 CV	30-03	30-00
3	Meghan Toussaint	9 H	30-00	28-03.5
4	Laura Slocumb	10 MC	27-00	26-10.25
5	Christina Jupp	9 A	24-01	25-00.5
6	Monay Jones	9 ME	24-09	23-11.5
7	Melanie Linney	10 CV	23-10	23-07
8	Ashley Anderson	9 ME	24-05	23-01
9	Erin Cardiasmenos	9 CV	21-08	21-07.25
10	Elham Besharatpour	10 H	22-00	21-07
11	Stephanie Simpson	9 CV	20-05	21-02.25

12	Samantha Bruer	10 SL	20-01	19-09
13	Nicole St. Dennis	9 SLZ	27-00	DNT
14	Carolyn Correia	9 CV	20-09	DNT

Event # 54 -- BFS SP

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Mike Gray	10 BOD	46-10	43-05
2	Neil Owen	10 CV	39-09	42-00
3	Kenny O'Keith	10 CV	39-01	41-08
4	Isaac Jackai	10 ME	41-06	40-00.5
5	Jason Dallas	10 ME	41-00	39-11
6	Jake Loncannow	10 BOD	39-00	39-06
7	Josh Ornoski	10 SL	40-01	39-00
8	Dominic LaSalle	9 CV	42-06	38-09
9	Josh Sawyer-Logn	10 CV	39-01	37-07.5
10	J. B. Tuasosopo	10 ME	40-06	37-06
11	Kelvin McGuiver	10 BOD	34-00	37-02.5
12	Mike Ornoski	9 SL	34-09	36-06
13	Danny Thonnton	9 BOD	35-06	36-01
14	Jesse Pilcher	9 MC	35-00	35-00
15	Thaddeus San Nicolas	9 A	32-10	34-09.5
16	John Briggs	9 A	35-07	34-03
17	Salvador Ramos	9 T	34-05	33-11.5
18	Jacob Jory	10 CV	36-01	33-11
19	Loren Rochon	9 MC	34-00	33-09
20	Steven McKinney	9 A	31-02	32-06
21	Josh Fabrigas	9 MC	34-00	32-06
22	Adam Vonnegut	9 MC	30-00	32-05
23	Jerad Chilton	9 SL	34-06	32-05
24	Chris Bieschke	10 A	22-08	32-00
25	Manual Ricco	9 H	NM	31-03
26	Giavanni Sandoval	10 ME	35-02	31-01.5
27	Julio Menendez	9 T	32-05	31-01
28	Ben Graef	9 MC	28-00	29-07
29	Kris Newell	9 MC	30-00	28-09
	Juloo Inguanzo	9 T	38-07	DNT
	Manuel Armenta	10 SLZ	29-10	DNT
	Lance Butler	10 SL	37-01	DNT
	Jason Prasad	ME	24-02	DNT
	Rino Hadziehic	10 H	34-04	DNT
	Jared Darfler	9 CV	24-06	DNT
	Kevin McGuiver	10 BOD	36-00	DNT
	Matt Hunter	9 BOD	32-06	DNT

Event # 55 -- GV SP

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Michelle Daggs	12 BD	43-04	42-01
2	Evangela Dixon	12 H	37-00	39-02.5
3	Tiffany Rizzo	12 CV	34-08	35-00.25
4	Jessica Perreira	11 A	31-05.5	34-00.25
5	Corrie Cortez	12 H	34-00	31-07
6	Janet Ballelos	9 MC	31-00	30-06.75
7	LaNeice Morgan	11 H	32-00	30-04
8	Taneya Davis	9 BD	29-11	29-08
9	Angie Melver	12 T	29-11	29-02
10	Miko Nelson	12 T	28-03	28-06.75
11	Casey Cortopossi	12 CV	28-10	28-02.25
12	Amy Vonnegut	11 MC	27-00	26-09.75
13	Rebecca Weisman	12 CV	24-10	26-00
14	Candace Sullivan	11 SL	21-09	24-05.5
15	Joanna Sizemore	12 SL	22-01	23-11
16	Rosa Perez	11 A	19-09	21-10.25
17	Alexandria Dyer	11 H	24-00	21-06.5
18	Nicki Graybeal	11 A	18-10.5	18-06
19	Samantha Johnson	11 A	15-08	16-04.75
20	Mary Grace Mirande	12 CV	20-05	DNT
21	Bethany Ensminger	11 MC	21-00	DNT
22	Allison Criener	10 BD	28-00	DNT
23	Hollie Svedbeck	12 H	29-00	DNT

Event # 56 -- BV SP

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Brian Moon	11 BOD	57-07	55-00.5
2	John Thurston	12 MC	47-00	47-02.5
3	Pasha Jackson	12 T	46-06	46-06.5
4	Kirk Morrison	12 BOD	43-00	46-03
5	James Templeton	12 MC	44-00	45-02.5
6	Ben Fa'anunu	12 H	37-00	42-09.5
7	Joel Townsend	11 BOD	42-10	42-01.5
8	Hendrick Moy	12 MC	41-00	42-00.5
9	Brad Rinker	11 CV	42-06	41-02.5
10	Charles Parks	12 BOD	40-00	39-01
11	Andrew Rodriguez	10 SLZ	39-10	38-06
12	Mike DeSilva	11 CV	39-09	38-00
13	Mika Krieger	12 SL	35-09	37-05.5
14	Brandon Peters	12 A	38-05.5	37-05
15	Max Hurts	11 SL	40-02	36-11
16	Erick Arruvalo	11 T	36-04	36-10.5

17	Ray Leah	12 ME	35-02	35-08
18	Jorge Flores	11 SLZ	33-10	34-03.5
19	J.C. Liesenfeld	12 SL	35-00	34-02
20	John Radowich	11 SLZ	32-10	34-00.5
21	Matt Payne	12 A	32-03	33-11.5
22	Brian Hagebusch	11 A	32-04	33-07
23	Joel Brown	10 SL	40-07	33-04.5
24	John Clanton	12 MC	35-00	32-01.5
25	Darryl Yu	11 H	33-08	32-00
26	Edwin Chincilla	12 T	26-00	31-04
27	Ben Jewoski	11 BOD	33-05	31-00
28	Ian Kemp	11 CV	28-09	26-07
29	Nick Galli	11 CV	27-08	DNT
30	Barry Dukes	11 H	30-00	DNT
31	Alex Rodriguez	12 H	32-00	DNT
32	Chris Trayler	10 CV	33-10	DNT
33	Chris Gomez	11 ME	34-04	DNT
34	Evan Kirby	11 BOD	39-00	DNT
35	Billy Smullen	12 BOD	39-07	DNT
36	Anton Laines	11 CV	42-06	DNT

Event # 57 -- GFS Discus

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Christina Jupp	9 A	72-06.5	88-02
2	Laura Slocumb	10 MC	89-00	84-04.25
3	Leslie McGallian	9 BOD	80-00	72-06.50
4	Heather Clancy	10 CV	72-30	72-04.00
5	Ashley Anderson	9 ME	70-11	71-03.00
6	Melanie Linney	10 CV	61-07	65-07.50
7	Samantha Bauer	10 SL	52-03	64-11.75
8	Meghan Toussaint	9 H	82-00	63-10.50
9	Monay Jones	9 ME	84-07	60-08.5
10	Stephanie Simpson	9 CV	47-06	56-09.25
11	Elham Besharatpour	10 H	52-00	56-01.50
12	Carolyn Correia	9 CV	55-00	50-10.25
13	Erin Cardiasmenos	9 CV	49-07	45-01.25
14	Nicole St. Dennis	9 SLZ	81-00	NM
15	Megan Shaw	10 CV	88-10	NM

Event # 58 -- BFS Discus

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Isaac Jackai	10 ME	126-30	112-06
2	Mike Gray	10 BD	97-00	110-08
3	Jason Dallas	10 ME	115-10	106-11
4	John Ornoski	10 SL	101-05	104-08
5	J. B. Tuasosopo	10 ME	114-09	092-09
6	Julio Inguanzo	9 T	106-09	099-05
7	Evan Cadoo	10 SL	110-07	098-07
8	Rino Hadziehic	10 H	80-00	098-06
9	Neil Owen	10 CV	97-00	094-11
10	Josh Sawyer-Long	10 CV	98-09	090-11
11	Steven McKinney	9 A	88-02	090-01
12	Matt Hunter	9 BD	94-00	089-05
13	Keis Newell	9 MC	88-00	089-00
14	Jesse Pilcher	9 MC	85-00	086-06
15	Jerad Chilton	9 SL	84-01	082-00
16	Salvador Ramos	9 T	84-10	080-02
17	Julio Menandez	9 T	94-06	078-09
18	John Briggs	9 A	83-10	076-02
19	Dominic LaSalle	9 CV	91-07	075-03
20	Josh Frigas	9 MC	90-00	074-00
21	Mike Ornoski	9 SL	85-00	073-11
22	Kenny O'Keith	10 CV	78-09	072-09
23	Giovanni Sandoval	10 ME	105-20	070-10
24	Ben Graef	9 MC	75-00	068-04
25	Ahmed Asifi	10 H	NM	065-00
26	Adam Vonnegut	9 MC	80-00	064-02
27	Chris Bieschke	10 A	65-00	064-00
28	Jacob Jory	10 CV	71-07	062-04
29	Thaddeus San Nicolas	9 A	68-00	059-00
30	Danny Thornton	9 BD	70-00	057-09
31	Manuel Rico	9 H	65-05	051-01
32	Jared Darfler	9 CV	66-07	DNT
33	Jason Prasad	9 ME	90-00	DNT
34	Loren Rochon	9 MC	95-00	DNT

Event # 59 -- GV Discus

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Michelle Daggs	12 BOD	149-11	145-07.50
2	Allison Criener	10 BOD	102-00	120-06.00
3	Evangela Dixon	12 H	120-00	118-02.25
4	Tiffany Rizzo	12 CV	114-07	114-07.50
5	Taneya Davis	9 BOD	105-08	104-01.25
6	Janet Ballelos	9 MC	93-00	093-04.25
7	Melissa Beesley	11 SL	97-02	091-00.00
8	Amy Vonnegut	11 MC	89-00	084-09.00
9	Corrie Cortez	12 H	88-00	081-02.25
10	LaNeice Morgan	11 H	81-00	080-09.50

11	Jessica Perreira	11	A	85-11.25	078-08.75
12	Casey Cortopossi	12	CV	71-05	072-08.50
13	Miko Nelson	12	T	82-04	071-07.25
14	Rebecca Weisman	12	CV	78-06	070-06.00
15	Candace Sullivan	11	SL	66-03	060-00.25
16	Rosa Perez	11	A	63-07	056-07.00
17	Joanna Sizemore	12	SL	69-03	056-04.00
18	Nicki Graybeal	11	A	48-02	045-08.00
19	Samantha Johnson	11	A	45-06.5	043-07.50
20	Alexndria Dyer	11	H	60-00	041-08.00
21	Mary Grace Mirande	12	CV	49-06	NM
22	Victoria France	11	H	55-00	NM
23	Bethany Ensminger	11	MC	60-00	NM
24	Hollie Svedbeck	12	H	80-00	DNS

Event # 60 -- BV Discus

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Brian Moon	11	BOD	146-00 153-05
2	Pasha Jackson	12	T	153-08 146-07
3	John Thurston	12	MC	136-00 137-02
4	Hendrick Moy	12	MC	137-09 130-11
5	Brandon Peters	12	A	117-11 118-04
6	Charles Parks	12	BOD	120-00 118-00
7	Ben Fa'anunu	12	H	122-00 117-11
8	Mike DeSilva	11	CV	118-05 116-08
9	J. C. Liesenfeld	12	SL	125-07 114-05
10	Alex Rodriguez	12	H	104-00 110-08
11	Andrew Rodriguez	10	SLZ	120-00 108-00
12	Joel Brown	10	SL	119-10 107-02
13	Max Hurts	11	SL	115-06 104-00
14	Ray Leal	12	ME	101-10 100-05
15	Jon Clanton	12	MC	098-00 100-04
16	Edwin Chincilla	12	T	105-01 100-03
17	Mike Krieger	12	SL	113-06 098-11
18	Darryl Yu	11	H	098-06 095-04
19	Ben Jewoski		BOD	100-00 095-01
20	Erick Arualo	11	T	103-01 088-08
21	John Radovich	11	SLZ	110-00 088-06
22	Matt Payne	12	A	102-05 086-09
23	Brian Hagebusch	11	A	085-04 079-08
22	Jorge Flores	11	SLZ	105-00 076-01
25	Ian Kemp	11	CV	075-09 060-04
26	Anton Laines	12	CV	112-06 DNT
27	Chris Gomez	11	ME	109-11 DNT
28	Evan Kirby	11	BOD	109-00 DNT
29	Brad Rinker	11	CV	105-00 DNT
30	Joel Townsend	11	BOD	105-00 DNT
31	Billy Smullen	11	BOD	095-00 DNT
32	Nick Galli	11	CV	089-09 DNT
33	Ahmadwali Asifi	10	H	070-00 DNT
34	Chris Traylor	10	CV	085-03 DNT

Event # 61 -- GFS PV

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Nicole Fabian	9	MC	7-00 7-00
2	Heather Clancy	10	CV	6-06 6-06
3	Chandra Keebler	9	CV	5-06 6-00
4	Melissa Keough-Alcott	9	MC	5-06 5-06
5	Emily Silva	9	MC	5-00 5-06
6	Heather Schmidt	10	CV	nm DNV

Event # 62 --

BFS PV

	<u>nameschool</u>	<u>mark</u>	<u>MARK</u>
1	Sean Fong	9	BD 9-06 9-06
2	Hoang Ming Njuyen	10	ME 8-06 9-00
3	Chad Lapum	10	CV 9-00 8-00
4	Cooper Ackerman	10	CV 9-00 8-00
5	Jason Dallas	10	ME 8-00 8-00
6	Tommy Sullivan	9	BD 9-00 8-00
7	Jerad Chilson	9	SL 8-00 7-06
8	Marcus Williamson	10	BD 9-00 7-06
9	Juan Desales	10	ME 8-00 7-00
10	Ryan Albonico	10	CV 7-06 NH

Event # 63 -- GV PV

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Sarah Merino	12	H	11-06 10-00
2	Amie Frisch	12	A	8-0 08-06
3	Chelsea Chandler	9	CV	7-06 07-06
3	Gina Paladini	12	CV	7-0 07-06
5	Savannah Tikotsky	11	A	7-06 07-06
6	Rani Hamann	10	BD	7-0 07-00
7	Jamie Arterburn	12	CV	7-0 07-00
8	Samantha Leach	11	CV	6-0 06-06
9	Mika Valois	10	A	7-0 06-06
10	Jennifer Kraft	10	BD	7-06 06-06
11	Lauriebeth Bugawan	11	CV	6-0 DNV

Event # 64 -- BV PV

	<u>name</u>	<u>school</u>	<u>mark</u>	<u>MARK</u>
1	Ben Greenbaum	12	MC	13-0 12-00
2	Casey Meirovitz	12	MC	13-0 12-00
3	Laith Alnagem	12	H	10-0 11-00
4	Nick Simmons	11	CV	10-06 10-06
5	Greg Tafoya	12	MC	10-06 10-06
6	Ryan Garvin	10	BD	11-06 10-00
7	Mareo Marquez	11	ME	08-06 9-06
8	J.B. Ballesteros	12	MC	09-0 9-06
9	J.C. Liesenfeld	12	SL	10-0 9-06
10	Chris Bellows	10	BD	10-0 9-06
11	Matt Foley	11	MC	10-06 9-06
12	Brandon Decena	12	SL	08-0 NH
13	Chris Ashford	11	CV	10-0 NH
14	Brian Baliwas	12	MC	11-06 NH
15	Dan Groom	11	CV	nh DNV
16	Eric Chin	11	CV	07-06 DNV
17	Matt West	11	CV	08-06 DNV
18	Jason Arcellans	12	BD	09-0 DNV
19	Anthony Richardson	11	A	09-06 DNV

North Coast Section Bayshore Championships

May 19 & 20, 2000 Chabot College, Hayward

EVENT #1 -- GIRL' 4 X 100 RELAY --

(9 advance to finals: heat winners plus next 7 by time)

place	name	grade	school
entry mark	mark		
<u>HEAT 1 -- 2:30 P.M.</u>			
1	Williams, Stanton, Leong, Henley	James Logan	49.66 48.15
2	Lodre, Stanford, Coleman, Roberts	El Cerrito	48.04 49.07
3	DeAnza	DeAnza	49.34 50.42
4	Chung, chandler, Medrano, Slader	Castro Valley	51.61 51.17
5	Tsai, Schaffner, Rogan, Liu	Moreau	50.99 51.64
6	L. Smith, R. Smith, Morris, Powell	Hayward	52.54 52.03
7	Lu, Dhawan, Wood, Perrill	Mission	52.46 52.74
8	Frankel, Robinson, Yee, Yee	Alameda	53.94 53.04
9			

HEAT 2 -- 2:35 P.M.

1	Guillory, McMahon-Johnson, Walker, Burton	Holy Names	48.44 48.27
2	Savage, Johnson, Stokes, Plump	St. Mary's	48.84 48.49
3	Rivas, Merritt, Morn, Bokamper	Arroyo	51.95 51.43
4	Freeman, Zuffy, Little, Scott	Washington	50.48 51.45
5	Purtle, White, miranda, Avina	Newark	52.44 52.33
6	Caarter, Rowe, Donovan, Lee	Piedmont	53.24 52.41
7	Lopes, Griffith, Hawkins, Zhou	Irvington	53.38 52.87
8	Tucker, Rodriguez, Dean, Green	Bishop O'Dowd	50.35 dnf
9			

FINALS -- SATURDAY 11:00 A.M.

(top 7 advance to North Coast Section Meet of Champions)

1	Guillory, McMahon-Johnson, Walker, Burton	Holy Names	47.97
2	Lodre, Stanford, Coleman, Gates	El Cerrito	48.88
3	Williams, Stanton, Bullumbo, Henley	James Logan	48.94
4	Savage, Johnson, Stokes, Plump	St. Mary's	49.46
5	DeAnza	DeAnza	49.9
6	Tsai, Schaffner, Rogan, Liu	Moreau	50.86
7	Freeman, Zuffy, Little, Scott	Washington	50.99
8	Rivas, Merritt, Morn, Bokamper	Arroyo	51.28
9	Ford, Chandler, Medrano, Slader	Castro Valley	52.04

EVENT #2 Boys' 4 x 100 Relay

(9 advance to finals: heat winners plus next 7 by time)

place	name	grade	school
entry mark	mark		
<u>HEAT 1 -- 2:40 p.m.</u>			
1	Franklin, Fontaine, Toler, Litrownick	Bishop O'Dowd	43.31 43.38
2	Willits, Girego, mcGuigan, Williams	Castro Valley	43.69 43.88
3	Williams, Gafney, Gatewood, Ghisselli	Hayward	45.25 45.1
4	Henderson, Onawangechi, Haartwick, Robinson	El Cerrito	45.37
5	Garrett, Smith, Rosetti, Zellick	Alameda	46.18 46.18
6	Shaw, Jackson, Corbera, Alvarado	Kennedy-Fremont	46.28
7	Bullock, Underwood, Smith, Williams	San Leandro	42.47 dnf
8			
9			

HEAT 2 -- 2:45 p.m.

1	Banks, Versher, Dunbar, Mohamed	St. Mary's	42.56 42.54
2	Allen, Brockman, Yeh, Johnson	Mission	44.21 44
3	Jackson, Monroe, Connage, Jones	Encinal	45.29 45.96
4	Day, Taylor, Rodriguez, Carranza	Newark	46.97 47.14
5	Chan, Hiraga, Fujikawa, Kao	Albany	46.88 47.47
6	Ancelet, DeLeon, Barhanh, Avery	St. Joseph's	48.06
7	Freeman, Stone, Wong, Jackson	Irvington	dnf
8	Rhodes, Roy, Byrd, Vargas	James Logan	43.26 dnf
9			

FINALS -- SATURDAY -- 11:05 a.m.

(top 7 advance to North Coast Section Meet of Champions)

1	Banks, Versher, Dunbar, Mohamed	St. Mary's	42.19
2	Franklin, Fontaine, Toler, Litrownick	Bishop O'Dowd	43.22
3	Henderson, Onawangechi, Haartwick, Robinson	El Cerrito	43.54
4	Willits, Girego, mcGuigan, Williams	Castro Valley	43.64
5	Allen, Brockman, Yeh, Johnson	Mission	44.06
6	Williams, Gafney, Gatewood, Ghisselli	Hayward	44.78

7	Jackson, Monroe, Connage, Jones	Encinal	45.13
8	Garrett, Smith, Rosetti, Zellick	Alameda	45.69
9	Shaw, Jackson, Corbera, Alvarado	Kennedy-Fremont	45.96

EVENT #3 -- Girls' 1600

(9 advance to finals: top 3 in each heat plus next 3 by time)

Place	name	grade	school
entry mark	mark		
<u>HEAT 1 -- 2:50 p.m.</u>			
1	Bridget Duffy	St. Mary's	5:12.46 5:26.88
2	Corinne Roberts	Alameda	5:32.56 5:27.94
3	Erna Forgo	Mission	5:22.54 5:28.56
4	Jill Owyang	San Leandro	5:25.46 5:29.68
5	Sarah Orzell	Alameda	5:32.75 5:35.59
6	Kristen Boon-Nitoff	Castro Valley	5:39.66 5:38.64
7	Chelsea Torgersen-Bell	St. Mary's	5:41.44 5:44.07
8	Jessica Groome	Castro Valley	5:50.94 5:59.77
9			

HEAT 2 -- 3:00 p.m.

1	Danila Musante	Bishop O'Dowd	5:20.25 5:20.83
2	Zinzi Evans	Holy Names	5:26.66 5:23.24
3	Stacy Aurit	James Logan	5:42.36 5:25.65
4	Amber Hendrix	Moreau	5:20.81 5:27.58
5	Christine Whitaker	James Logan	5:48.08 5:40.88
6	Amanda Fein	Albany	5:36.61 5:46.38
7	Vasanthu Kolavennu	Mission	5:28.93 6:00.26
8	Audrey Lin	Mission	5:36.40 6:10.62
9			

FINALS -- SATURDAY -- 11:10 a.m.

(top 7 advance to North Coast Section Meet of Champions)

1	Bridget Duffy	St. Mary's	5:08.19
2	Danila Musante	Bishop O'Dowd	5:15.83
3	Stacy Aurit	James Logan	5:18.48
4	Erna Forgo	Mission	5:19.74
5	Corinne Roberts	Alameda	5:20.94
6	Zinzi Evans	Holy Names	5:20.97
7	Sarah Orzell	Alameda	5:21.45
8	Amber Hendrix	Moreau	5:24.04
9	Jill Owyang	San Leandro	5:33.80

EVENT #4 -- Boys' 1600

(9 advance to finals: top 3 in each heat plus next 3 by time)

place	name	grade	school
entry mark	mark		
<u>HEAT 1 -- 3:10 p.m.</u>			
1	Jeff Squires	Mission	4:24.33 4:25.88
2	Gilliat Ghabray	James Logan	4:25.35 4:27.80
3	Chris Lanese	Moreau	4:18.55 4:36.07
4	John Hancock	Bishop O'Dowd	4:30.74 4:38.29
5	Will Sanford	Piedmont	4:41.23 4:38.98
6	Justin Samudio	Albany	4:38.89 4:39.56
7	Rudy Vasquez	St. Mary's	4:29.85 4:42.67
8	Greg Orzell	Alameda	no mark 4:48.21
9			

HEAT 2 -- 3:20 p.m.

1	Micah Strom	Mission	4:23.75 4:28.91
2	Zack Ardell-Smith	San Leandro	4:27.24 4:29.16
3	Jason Castro	James Logan	4:26.97 4:29.64
4	Beau Bettinger	Castro Valley	4:22.82 4:29.98
5	Dan Rodriguez	Mission	4:34.38 4:33.03
6	Luke Sigmon	San Leandro	4:31.92 4:35.88
7	Ian Mason	St. Joseph's	4:43.58 4:47.91
8	Alex Lenehan	Piedmont	4:42.78 4:51.39
9			

FINALS -- SATURDAY -- 11:20 a.m.

(top 7 advance to North Coast Section Meet of Champions)

1	Chris Lanese	Moreau	4:21.32
2	Micah Strom	Mission	4:21.86
3	Zack Ardell-Smith	San Leandro	4:22.11
4	Gilliat Ghabray	James Logan	4:22.63
5	Jeff Squires	Mission	4:23.73
6	Jason Castro	James Logan	4:26.80
7	Luke Sigmon	San Leandro	4:26.81

8 Beau Bettinger	10 Castro Valley	4:28.81
9 Dan Rodriguez	12 Mission	4:31.92

EVENT #5 -- Girls 100 high hurdles

(9 advance to finals: heat winners plus next 7 by time)

lane	name	grade	school
entry mark	mark		

HEAT 1 -- 3:30 P.M.

1 Danielle Stokes	St. Mary's	14.57	14.64
2 Becca Fong	Mission	16.22	16.29
3 Karen Balumbu	James Logan	17.94	16.42
4 Sheal Rivas	10 Arroyo	16.89	16.78
5 Carmel Rogers	Salesian	17.84	17.28
6 Cara Brown	11 Bishop O'Dowd	16.87	19.165
7 Jessica Robinson	Alameda	no mark	19.58
8 Brandi Gates	El Cerrito	16.27	dns
9			

HEAT 2 -- 3:35 P.M.

1 Ashley Lodree	El Cerrito	14.58	14.7
2 Lavietra Stanton	James Logan	15.3	15.14
3 Holly Hidlago	Newark	16.68	16.59
4 Chrissy Freeman	Washington	16.6	17.34
5 Jessica Tekawa	10 Arroyo	17.52	17.39
6 Sherry Rubiano	11 Moreau	17.99	17.67
7 Andrea Dizon	11 Hayward	17.82	18.01
8 Cindy Vongkhcmchanh	Alameda	18.77	19.03
9			

FINALS -- SATURDAY -- 11:30 A.M.

(top 7 advance to North Coast Section Meet of Champions)

1 Ashley Lodree	El Cerrito	14.37
2 Danielle Stokes	St. Mary's	15.18
3 Lavietra Stanton	James Logan	15.64
4 Becca Fong	Mission	16.32
5 Holly Hidlago	Newark	16.47
6 Karen Balumbu	James Logan	16.57
7 Sheal Rivas	10 Arroyo	16.88
8 Chrissy Freeman	Washington	17.17
9 Carmel Rogers	St. Mary's	17.5

EVENT #6 -- Boys' 110 High Hurdles

(9 advance to finals: heat winners plus next 7 by time)

lane	name	grade	school
entry mark	mark		

HEAT 1 -- 3:40 p.m.

1 Erik Allen	Mission	14.75	14.87
2 Jason Boldon-Anderson	St. Mary's	15.41	15.75
3 Keith Bullock	11 San Leandro	15.44	15.97
4 Ivan Winzer	El Cerrito	16.24	16.04
5 Jason Tom	El Cerrito	15.95	16.13
6 Aaron Garrett	Alameda	16.21	16.84
7 Andre Tidwell	James Logan		16.99
8 Phil Skinner	12 Bishop O'Dowd	15.97	18.75
9			

HEAT 2 -- 3:45 p.m.

1 Soroush Groger	12 San Leandro	15.07	15.17
2 Solomon Welch	St. Mary's	15.13	15.27
3 Riley Kawasaki	Washington	15.58	15.77
4 Jason Gaffney	12 Hayward	15.87	15.79
5 Victor Wong	Irvington	16.09	16.21
6 Kevin McGuirk	11 Bishop O'Dowd	16.05	16.29
7 Conrad Roberts	El Cerrito	16.61	16.44
8 Aaron Peters	James Logan	16.5	16.45
9			

FINALS -- SATURDAY -- 11:40 a.m.

(top 7 advance to North Coast Section Meet of Champions)

1 Solomon Welch	St. Mary's	15.01
2 Erik Allen	Mission	15.11
3 Jason Boldon-Anderson	St. Mary's	15.45
4 Soroush Groger	12 San Leandro	15.47
5 Keith Bullock	11 San Leandro	15.49
6 Riley Kawasaki	Washington	16.05
7 Jason Tom	El Cerrito	16.17
8 Jason Gaffney	12 Hayward	16.35
9 Ivan Winzer	El Cerrito	16.6

EVENT #7 -- Girls' 400

(9 advance to finals: heat winners plus next 7 by time)

lane	name	grade	school
entry mark	mark		

HEAT 1 -- 3:50 p.m.

1 Cheri Craddock	11 James Logan	56.41	0:58.83
2 Alicia Williams	De Anza	60.74	0:59.60
3 Ryana Smith	10 Haywrd	59.98	1:00.24
4 Rachel Schaffner	9 Moreau	59.75	1:01.26
5 Malika Dahwan	Mission	61.53	1:02.33
6 Marianna Castiaux	11 Moreau	63.01	1:02.87
7 Windy Tsai	10 Moreau	63.27	1:04.02
8 Angelina Gonzales	De Anza	no mark	1:06.87
9			

HEAT 2 -- 3:55 p.m.

1 Amanda Medrano	11 Castro Valley	57.57	0:58.85
2 Bahati Bodden	James Logan	58.28	0:59.67
3 Shamika Savage	St. Mary's	60.02	1:01.26
4 Kharriych Shabazz	James Logan	61.9	1:02.56
5 Faraye Keffelew	Holy Names	63.45	1:04.05
6 Jesse Wood	12 Mission	62.3	1:04.40
7 Robyn Hall	Holy Names	65.93	1:06.31
8 Dana Barbieri	Piedmont	60.19	dns
9			

FINALS -- SATURDAY -- 11:50 a.m.

(top 7 advance to North Coast Section Meet of Champions)

1 Cheri Craddock	11 James Logan	57.08
2 Bahati Bodden	James Logan	58.14
3 Alicia Williams	De Anza	58.54
4 Amanda Medrano	11 Castro Valley	58.72
5 Shamika Savage	St. Mary's	60.02
6 Ryana Smith	10 Haywrd	60.13
7 Kharriych Shabazz	James Logan	61.42
8 Rachel Schaffner	9 Moreau	61.54
9 Malika Dahwan	Mission	61.61

EVENT #8 -- Boys' 400

(9 advance to finals: heat winners plus next 7 by time)

lane	name	grade	school
entry mark	mark		

HEAT 1 -- 4:00 p.m.

1 Denye Versher	St. Mary's	49.92	49.24
2 Aaron Williams	10 San Leandro	50.3	50.63
3 Jamaal Brown	St. Mary's	50.22	51.32
4 JJ Akins-Dunbar	James Logan	51.65	52.46
5 Julian Keyes	St. Mary's	51.76	52.46
6 Charles Corbera	Kennedy-Fremont	52.15	53.24
7 Sam Goldsby	James Logan	52.74	54.18
8 Evan Horowitz	El Cerrito	54.09	54.32
9			

HEAT 2 -- 4:05 p.m.

1 Chris Dunbar	St. Mary's	49.99	49.94
2 Gabriel Franklin	12 Bishop O'Dowd	50	50.35
3 Marcus Nicosias	James Logan	50.39	51.41
4 Cameron Brockman	Mission	51.2	51.88
5 Nick Zadno	12 Moreau	51.95	52.11
6 Burl Toler	11 Bishop O'dowd	51.88	52.69
7 Nestor Solis	10 San Lorenzo	52.88	52.78
8 Brent Persons	El Cerrito	53.22	52.86
9			

FINALS -- SATURDAY -- 11:55 a.m.

(top 7 advance to North Coast Section Meet of Champions)

1 Denye Versher	St. Mary's	49.04
2 Chris Dunbar	St. Mary's	50.22
3 Aaron Williams	10 San Leandro	50.4
4 Jamaal Brown	St. Mary's	50.78
5 Marcus Nicosias	James Logan	51.13
6 Gabriel Franklin	12 Bishop O'Dowd	51.23
7 Cameron Brockman	Mission	51.6
8 JJ Akins-Dunbar	James Logan	51.94
9 Nick Zadno	12 Moreau	52.01

EVENT #9 -- Girls' 100

(9 advance to finals: heat winners plus next 7 by time)

place	name	grade	school
entry mark	mark		

HEAT 1 -- 4:10 p.m.

1 Adrena Williams	James Logan	12.02	12.01
2 Cheri Craddock	James Logan	12.26	12.19
3 Tiffany Johnson	St. Mary's	12.36	12.24
4 Kalani Holleman	11 Hayward	12.61	12.32
5 Meghan McMahon-Johnson	Holy Names	12.91	12.79
6 Tyreina Henley	James Logan	12.64	12.85
7 Nanyamka Scott	Washington	13.01	12.97
8 Monica Green	10 Bishop O'Dowd	13.46	13.7

9	HEAT 2 -- 4:15 p.m.			
1	Kelly Walker	Holy Names	12.17	12.13
2	Monique Coleman	El Cerrito	12.08	12.17
3	Nicole Penland	10 San Leandro	12.7	12.56
4	Christen Tucker	10 Bishop O'Dowd	12.55	12.57
5	Cinya Burton	Holy Names	12.76	12.75
6	Amy Leong	James Logan	12.55	12.93
7	Ann Rogan	11 Moreau	13.23	13.13
8	Funlayo Onafuwode	DeAnza	13.36	13.17
9				

FINALS -- SATURDAY -- 12:05 p.m.
(top 7 advance to North Coast Section Meet of Champions)

1	Adrena Williams	James Logan	11.84	
2	Kelly Walker	Holy Names	12.19	
3	Monique Coleman	El Cerrito	12.23	
4	Cheri Craddock	James Logan	12.24	
5	Tiffany Johnson	St. Mary's	12.35	
6	Kalani Holleman	11 Hayward	12.56	
7	Nicole Penland	10 San Leandro	12.63	
8	Christen Tucker	10 Bishop O'Dowd	12.94	
9	Cinya Burton	Holy Names	12.99	

EVENT # 10 -- Boys' 100

(9 advance to finals: heat winners plus next 7 by time)

place	name	grade	school
entry mark	mark		

HEAT 1 -- 4:20 p.m.			
1	Marviel Underwood	12 San Leandro	11.03 11.08
2	Linold Arnold	Richmond	11.42 11.15
3	Michael Smith	12 San Leandro	11.22 11.19
4	Rashad Dodd-Masters	De Anza	11.55 11.21
5	Conner Banks	St. Mary's	11.53 11.34
6	Geno McGuigan	10 Castro Valley	11.34 11.35
7	Brant White	St. Mary's	11.64 11.4
8	Grayland Rhodes	James Logan	11.26 11.6
9			

HEAT 2 -- 4:25 p.m.			
1	Joel Onyenegecha	El Cerrito	11.16 10.99
2	Darnel Williams	12 Castro Valley	11.33 11.24
3	Kwesi Byrd	James Logan	11.22 11.28
4	Frank Jackson	Kennedy-Fremont	11.27
5	Ryan Smith	Alameda	11.5 11.41
6	Yumin Yeh	Mission	11.58 11.48
7	Matt Fontaine	10 Bishop O'Dowd	11.6 11.58
8	Lewis Jackson	Irvington	11.52 dns
9			

FINALS -- SATURDAY -- 12:10 p.m.
(top 7 advance to North Coast Section Meet of Champions)

1	Marviel Underwood	12 San Leandro	10.93	
2	Joel Onyenegecha	El Cerrito	10.94	
3	Linold Arnold	Richmond	11.15	
4	Michael Smith	12 San Leandro	11.24	
5	Conner Banks	St. Mary's	11.27	
6	Rashad Dodd-Masters	De Anza	11.32	
7	Kwesi Byrd	James Logan	11.38	
8	Geno McGuigan	10 Castro Valley	11.5	
9	Darnel Williams	12 Castro Valley	11.52	

EVENT # 11 -- Girls' 800

(9 advance to finals: heat winners plus next 7 by time)

place	name	grade	school
entry mark	mark		

HEAT 1 -- 4:30 p.m.			
1	Sarah Merrit	9 Arroyo	2:26.10 2:21.91
2	Paris Vega	St. Mary's	2:28.69 2:21.95
3	Zinzi Evans	Holy Names	2:23.30 2:22.83
4	Stacie Lopes	Irvington	2:23.95 2:23.63
5	Michelle Bokamper	12 Arroyo	2:26.21 2:32.71
6	Lilly Diaz	James Logan	2:34.57 2:36.38
7	Christina Lay	Mission	2:32.85 2:39.33
8	Kristina Shapona	St. Mary's	2:39.05 dns
9			

HEAT 2 -- 4:35 p.m.			
1	Skimra Rodriguez	12 Bishop O'Dowd	2:23.38 2:24.03
2	Margaret Smith	11 Moreau	2:24.94 2:25.33
3	Colleen McGrellis	11 Castro Valley	2:26.61 2:25.86
4	Lara Burenin	Alameda	2:34.55 2:32.15
5	Ema Forgo	Mission	2:26.90 2:34.35

6	Christine Whitaker	James Logan	2:33.80 2:34.93
7	Megan Leary	St. Mary's	no mark 2:35.16
8	Amanda Fein	Albany	2:43.55 dns
9			

FINALS -- SATURDAY -- 12:20 p.m.
(top 7 advance to North Coast Section Meet of Champions)

1	Paris Vega	St. Mary's	2:22.04
2	Stacie Lopes	Irvington	2:23.80
3	Skimra Rodriguez	12 Bishop O'Dowd	2:24.25
4	Zinzi Evans	Holy Names	2:24.31
5	Colleen McGrellis	11 Castro Valley	2:24.36
6	Sarah Merrit	9 Arroyo	2:25.01
7	Margaret Smith	11 Moreau	2:25.26
8	Lara Burenin	Alameda	2:26.50
9	Michelle Bokamper	12 Arroyo	2:28.16

EVENT # 12 -- Boys' 800

(9 advance to finals: heat winners plus next 7 by time)

lane	name	grade	school
entry mark	mark		

HEAT 1 -- 4:40 p.m.			
1	Zach Ardell-Smith	12 San Leandro	1:59.42 1:59.06
2	Tim Wallach	9 Bishop O'Dowd	2:00.27 1:59.30
3	Sean Geraghty	St. Mary's	1:58.16 1:59.70
4	Mark Mirigian	James Logan	2:02.28 2:00.70
5	Sam Goldsby	James Logan	2:04.74 2:06.50
6	Micah Fisher-Krishner	Mission	2:03.15 2:06.91
7	Mickey Wilcock	Alameda	2:04.35 2:08.04
8	Matthew Yee	Alameda	no mark 2:08.20
9			

HEAT 2 -- 4:45 p.m.			
1	Micah Strom	12 Mission	1:59.16 2:00.49
2	Jeff Squires	Mission	1:59.25 2:00.54
3	Yuri Nosenko	11 Castro Valley	2:02.31 2:01.49
4	James Ross	St. Mary's	2:03.71 2:02.31
5	Greg Williams	St. Mary's	2:00.29 2:02.78
6	Chris Wong	10 Castro Valley	2:04.04 2:04.34
7	Daniel Arellano	Alameda	2:08.49
8	Lytwon Preston	12 Bishop O'Dowd	2:02.02 dns
9			

FINALS -- SATURDAY -- 12:30 p.m.
(top 7 advance to North Coast Section Meet of Champions)

1	Micah Strom	12 Mission	1:56.52
2	Jeff Squires	Mission	1:57.04
3	Sean Geraghty	St. Mary's	1:57.59
4	Tim Wallach	9 Bishop O'Dowd	1:59.54
5	Zach Ardell-Smith	12 San Leandro	1:59.55
6	James Ross	St. Mary's	1:59.58
7	Mark Mirigian	James Logan	2:00.14
8	Yuri Nosenko	11 Castro Valley	2:01.53
9	Greg Williams	St. Mary's	2:05.82

EVENT # 13 -- Girls' 300 Low Hurdles

(9 advance to finals: heat winners plus next 7 by time)

lane	name	grade	school
entry mark	mark		

HEAT 1 -- 4:50 p.m.			
1	Ashley Lodree	El Cerrito	44.37 45.26
2	Lauren Barbieri	Piedmont	47.14 47.88
3	Katherine Griffith	Irvington	48.38 48.82
4	Carmel Rogers	St. Mary's	no mark 49.05
5	Jaime Lee-Mars	Mission San Jose	50.02 50.22
6	Shea'l Rivas	10 Arroyo	51.04 50.34
7	Melissa Beesley	11 San Leandro	49.99 50.53
8	Amanda Brown	Encinal	50.38 53.78
9			

HEAT 2 -- 4:55 p.m.			
1	April Russell	DeAnza	44.6 45.36
2	Bahati Badden	James Logan	44.5 46.42
3	Chrissy Freeman	Washington	49.16 48.64
4	Daniella Stokes	St. Mary's	49.17 49.35
5	Cara Brown	11 Bishop O'Dowd	50.31 50.7
6	Luaren Hawkins	Irvington	50.19 50.77
7	Brittany Knapp	9 Castro Valley	51.65 51.63
8	Kristen Hughes	10 Arroyo	52.5 52.4
9			

FINALS -- SATURDAY -- 12:40 p.m.
(top 7 advance to North Coast Section Meet of Champions)

1	April Russell	DeAnza	43.48
2	Ashley Lodree	El Cerrito	44.83

3	Bahati Bodden	James Logan	45.82
4	Lauren Barbieri	Piedmont	46.7
5	Daniella Stokes	St. Mary's	47.58
6	Katherine Griffith	Irvington	48.72
7	Carmel Rogers	St. Mary's	48.93
8	Jaime Lee-Mars	Mission San Jose	48.94
9	Chrissy Freeman	Washington	49.44

EVENT # 14 -- Boys' 300 Intermediate Hurdles

(9 advance to finals: heat winners plus next 7 by time)

<u>lane</u>	<u>name</u>	<u>grade</u>	<u>school</u>
<u>entry mark</u>	<u>mark</u>		
<u>HEAT 1 -- 5:00 p.m.</u>			
1	Halihi Guy	St. Mary's	38.78
2	John Van Metre	12 Moreau	41.03
3	Marcus Nicosia	James Logan	41.9
4	Ivan Winzer	El Cerrito	41.1
5	Jason Tom	El Cerrito	41.92
6	Phil Skinner	11 Bishop O'Dowd	42.41
7	Aaron Garrett	Alameda	42.53
8	Conrad Roberts	El Cerrito	43.59
9			

HEAT 2 -- 5:05 p.m.

1	Erik Allen	12 Mission	39.14
2	Sorush Groger	12 San Leandro	39.95
3	Ryan Parker	10 Castro Valley	41.8
4	Jason Bolden-Anderson	St. Mary's	41.14
5	Riley Kawasaki	Washington	41.95
6	Victor Wong	Irvington	43.1
7	Danton Rodriguez	Newark	43.33
8	Jeff Kapper	10 Moreau	42.15
9			dnf

FINALS -- SATURDAY -- 12:50 p.m.

(top 7 advance to North Coast Section Meet of Champions)

1	Halihi Guy	St. Mary's	38.66
2	Erik Allen	12 Mission	39.47
3	Sorush Groger	12 San Leandro	40.21
4	John Van Metre	12 Moreau	40.81
5	Marcus Nicosia	James Logan	41.32
6	Ivan Winzer	El Cerrito	41.62
7	Jason Bolden-Anderson	St. Mary's	41.69
8	Ryan Parker	10 Castro Valley	41.97
9	Riley Kawasaki	Washington	42.97

EVENT # 15 Girls' 200

(9 advance to finals: heat winners plus next 7 by time)

<u>place</u>	<u>name</u>	<u>grade</u>	<u>school</u>
<u>entry mark</u>	<u>mark</u>		
<u>HEAT 1 -- 5:10 p.m.</u>			
1	Monique Coleman	El Cerrito	25.07
2	Kalani Holleman	11 Hayward	26.44
3	Monica Dean	12 Bishop O'Dowd	25.65
4	Cinya Burton	Holy Names	26.53
5	Tracy White	Newark	27.25
6	Tamara Zuffi	Washington	27.48
7	Alicia Williams	DeAnza	dnf
8	Christen Tucker	10 Bishop O'Dowd	25.7
9			dnf

HEAT 2 -- 5:15 p.m.

1	Cheri Craddock	James Logan	25.1
2	Tiffany Johnson	St. Mary's	25.82
3	Kelly Walker	Holy Names	25.26
4	Meghan McMahon-Johnson	Holy Names	26.73
5	Nanyamka Sott	Washington	26.74
6	Nichole Penland	10 San Leandro	27.46
7	Karriych Shabbaz	James Logan	27.42
8	Ryana Smith	10 Hayward	27.33
9			

FINALS -- SATURDAY -- 1:00 p.m.

(top 7 advance to North Coast Section Meet of Champions)

1	Cheri Craddock	James Logan	24.55
2	Tiffany Johnson	St. Mary's	24.74
3	Monique Coleman	El Cerrito	25
4	Kelly Walker	Holy Names	25.11
5	Kalani Holleman	11 Hayward	25.29
6	Monica Dean	12 Bishop O'Dowd	25.79
7	Meghan McMahon-Johnson	Holy Names	26.24
8	Cinya Burton	Holy Names	26.87
9	Nanyamka Sott	Washington	26.96

EVENT # 16 Boys' 200

(9 advance to finals: heat winners plus next 7 by time)

<u>lane</u>	<u>name</u>	<u>grade</u>	<u>school</u>
<u>entry mark</u>	<u>mark</u>		
<u>HEAT 1 -- 5:20 p.m.</u>			
1	Denye Versher	St. Mary's	22.45
2	Joel Onyenegecha	El Cerrito	22.1
3	Aaron Williams	10 San Leandro	22.47
4	Michael Smith	12 San Leandro	22.91
5	Kwesi Byrd	James Logan	23.18
6	Cameron Brockman	Mission	23.02
7	Brant White	St. Mary's	23.23
8	Patrick Vargas	James Logan	23.44
9			dnf

HEAT 2 -- 5:25 p.m.

1	Chris Dunbar	St. Mary's	22.34
2	Rashard Dodd-Masters	De Anza	22.59
3	Marviel Underwood	12 San Leandro	22.34
4	Gino Mcguigan	10 Castro Valley	23.08
5	Grayland Rhodes	James Logan	22.88
6	Erik Allen	Mission San Jose	23.11
7	Conner Banks	St. Mary's	23.41
8	Jason Owens	12 San Lorenzo	23.23
9			

FINALS -- SATURDAY -- 1:05 p.m.

(top 7 advance to North Coast Section Meet of Champions)

1	Joel Onyenegecha	El Cerrito	21.87
2	Denye Versher	St. Mary's	21.97
3	Chris Dunbar	St. Mary's	22.12
4	Rashard Dodd-Masters	De Anza	22.34
5	Aaron Williams	10 San Leandro	22.39
6	Marviel Underwood	12 San Leandro	23.04
7	Michael Smith	12 San Leandro	23.29
8	Kwesi Byrd	James Logan	23.54
9	Cameron Brockman	Mission	25.09

EVENT # 17 Girls' 3200

<u>lane</u>	<u>name</u>	<u>grade</u>	<u>school</u>
<u>entry mark</u>	<u>mark</u>		

FINALS -- SATURDAY 1:15

(top 7 advance to North Coast Section Meet of Champions)

8	Bridget Duffy	St. Mary's	11:32.25
9	Daniela Musante	10 Bishop O'Dowd	11:40.93
7	Vasantha Kolavennu	Mission San Jose	11:41.85
13	Mary Phelps	Piedmont	11:42.45
10	Holly Root	Irvington	11:43.40
11	Jill Owyang	11 San Leandro	11:55.70
5	Abigail Galloway	Irvington	11:58.90
12	Courtney Stewart	11 Castro Valley	12:00.30
15	Chelsea Torgersen-Bell	St. Mary's	12:33.14
2	Rosie Toney	10 Castro Valley	12:38.72
16	Erica Simpson	Piedmont	12:43.31
1	Christina Lay	Mission	13:13.09
3	Edina Forgo	Mission	dnf
4	Zinzi Evans	Holy Names	dnf
6	Amber Hendrix	11 Moreau	dnf
14	Sarah Orzell	Alameda	dnf

EVENT # 18 Boys' 3200

<u>lane</u>	<u>name</u>	<u>grade</u>	<u>school</u>
<u>entry mark</u>	<u>mark</u>		

FINALS -- SATURDAY 1:30

(top 7 advance to North Coast Section Meet of Champions)

1	Yang-Sung Leal	9 Arroyo	9:26.91
2	Tom Phelps	Piedmont	9:37.14
3	Nathan Brassmassery	Alameda	9:40.78
4	Gilliat Ghabray	10 James Logan	9:41.31
5	DAn Rodriguez	11 Mission	9:43.27
6	Jason Castro	11 James Logan	9:47.42
7	Rudy Vasquez	St. Mary's	9:48.31
8	Beau Bettinger	10 Castro Valley	9:53.31
9	Chris Lanese	12 Moreau Catholic	10:03.01
10	Alex Cardiasmenos	11 Castro Valley	10:21.53
11	Kota Reichert	Alameda	10:23.38
12	Ryan McPheals	12 Mission	10:25.80
13	Nathan Cox	Piedmont	10:27.56
14	Tov Fischer-Kirsher	12 Mission	10:29.44
15	Tavis Mason	St. Joseph's	10:43.68
16	John Hancock	11 Bishop O'Dowd	dnf

EVENT # 19 Girls' 4 x 400

(9 advance to finals: heat winners plus next 7 by time)

<u>lane</u>	<u>name</u>	<u>grade</u>	<u>school</u>
<u>entry mark</u>	<u>mark</u>		

HEAT 1 -- 6:00 p.m.

1	Onfawade, Russel, Williams, Mason	De Anza	4:01.60 4:00.13
2	Savage, Broady, Vega, Rogers	St. Mary's	4:19.77 4:04.12
3	Freem, Little, Zuffy, Scott	Washington	4:13.98 4:06.86
4	McGrellis, Chow, Knapp, Medrano	Castro Valley	4:10.20 4:09.78
5	Howe, McIntyre, Smith, Rogers	Hayward	4:20.61 4:20.64
6	Frankel, Orzell, Burenin, Vonkhamshanh	Alameda	4:30.22 4:24.65
7		Irvington	4:27.05 dns

8
9**HEAT 2 -- 6:15 p.m.**

1	Crraddock, Leon, Bodden, Shabbaz	James Logan	4:09.55 4:01.76
2	Barbieri, Barbieri, Donovan, Dowe	Piedmont	4:05.75 4:03.85
3	Dhawan, Lee-marrs, Mei, Wood	Mission	4:17.18 4:13.28
4	Rivas, Morn, Merrit, Bokamper	Arroyo	4:15.91 4:14.38
5	Castiaux, Tsai, Porto, Smith	Moreau	4:21.96 4:14.64
6	Bishop O'Dowd	Bishop O'Dowd	4:22.45 dns

7
8
9**FINALS -- SATURDAY -- 1:45 p.m.**

(top 7 advance to North Coast Section Meet of Champions)

1	Onfawade, Russel, Williams, Mason	De Anza	3:54.62
2	Savage, Broady, Vega, Rogers	St. Mary's	3:59.03
3	Crraddock, Leon, Bodden, Shabbaz	James Logan	4:00.38
4	Barbieri, Barbieri, Donovan, Dowe	Piedmont	4:02.13
5	Freem, Little, Zuffy, Scott	Washington	4:03.25
6	Dhawan, Lee-marrs, Mei, Wood	Mission	4:08.72
7	Castiaux, Tsai, Porto, Smith	Moreau	4:09.19
8	McGrellis, Chow, Knapp, Medrano	Castro Valley	4:10.88
9	Rivas, Morn, Merrit, Bokamper	Arroyo	4:22.03

EVENT # 20 Boys' 4 x 400

(9 advance to finals: heat winners plus next 7 by time)

<u>lane</u>	<u>name</u>	<u>grade</u>	<u>school</u>
<u>entry mark</u>	<u>mark</u>		

HEAT 1 --

1	Franklin, Toler, Jones, Holloway	Bishop O'Dowd	3:30.47 3:26.26
2	Cheatham, Nicholas, Groger, Williams	San Leandro	3:25.59 3:27.74
3	Parker, Zamora, Oliveira, Willits	Castro Valley	3:33.67 3:31.36
4	Smith, Lacour, Wilcox, Pelayo	Alameda	3:35.54 3:31.94
5	Johnson, Madrigal, Watson, Kawasaki	Washington	3:31.04 3:34.15
6	Pugh, Muiri, Solis, Owens	San Lorenzo	3:46.52 3:40.38
7	Jones, Connage, Minroe, Jackson	Encinal	3:46.54 3:43.88
8	Hernandez, Samudio, Tsai, Hiraga	Albany	3:51.77 3:46.12

9

HEAT 2

1	Keys, White, Dunbar, Guy	St. Mary's	3:28.71 3:25.16
2	Marigan, Dunbar, Nicosia, Goldsby	James Logan	3:31.70 3:27.97
3	Soyer, Brokman, Fischer, Allen	Mission	3:29.64 3:27.98
4	Zadno, Fuagaki, Merowitz, Van Metre	Moreau	3:32.25 3:29.71
5	Tom, Onyenegecha, Winsoor, Persons	El Cerrito	3:36.11 3:34.49
6	Stowe, Freeman, Dort, Siu-Tung	Irvington	3:48.50 3:37.38
7	Sullivan, Tang, Bajada, Karavez	Piedmont	3:39.60 3:40.06
8	Corbera, Pagan, Shaw, Alvarado	Kennedy-Fremont	3:51.00
3:49.32			

9

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1	Keys, White, Brown, guy	St. Mary's	3:21.65
2	Strom, Brockoma, Allen, Squires	Mission	3:24.50
3	Cheatham, Nicholas, Groger, Williams	San Leandro	3:25.10
4	Franklin, Toler, Jones, Holloway	Bishop O'dowd	3:27.94
5	Marigan, Nicosia, Dunbar, Goldsby	James Logan	3:29.57
6	Zadno, Futagaki, Mierowitz, Van Metre	Moreau	3:30.25
7	Smith, lacous, Wilcox, Pelayo	Alameda	3:31.08
8	Zamora, Lveira, Wong, Willits	Castro Valley	3:32.23
9	Johnson, Madrigal, Watson, Kawasaki	Washington	3:34.10

Event # 21 -- Girls' Long Jump

9 advance to finals

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry mark</u>
<u>mark</u>			
1 Ashley Lodree	11	El Cerrito	17-03.75 18-00.25
2 Kalani Holleman		Hayward	18-00.75 17-03.5

3 Gilleon Smith			
4 Lavietta Stanton			
5 Amy Leong			
6 Lynnsy Jones			
7 Dana Barbieri			
8 Linda Lu			
9 Quiana Plump			
10 Danielle Stokes			
11 Kiersten Slader			
12 Tyreina Henley			
13 Renee Little			
14 Martine Donovan			
15 Ashley Curtis			
16 Miko Nelson			

12 Mt. Eden	18-06.75	16-10.25
James Logan	17-02.00	16-09.25
James Logan	17-00.00	16-03
12 Castro Valley	18-00.00	16-02.5
Peidmont	16-01.50	15-09.75
Mission	17-02.75	15-08
St. Mary's	16-04.25	15-06
St. Mary's	17-04.00	15-02.5
9 Castro Valley	16-04.00	15-02
James Logan	16-08.50	14-10.25
Washington	15-06.75	14-09.25
Piedmont	15-03.00	14-06.75
St. Mary's	15-07.75	14-06.5
12 Tennyson	15-10.50	13-08

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Kalani Holleman	11	Hayward	17-01.5
2 Ashley Lodree		El Cerrito	17-01
3 Lavietta Stanton		James Logan	16-06
4 Gilleon Smith	12	Mt. Eden	16-02.5
5 Quiana Plump		St. Mary's	16-0
6 Dana Barbieri		Peidmont	15-06.25
7 Linda Lu		Mission	14-09.25
8 Lynnsy Jones	12	Castro Valley	dns
9 Amy Leong		James Logan	dns

Event # 22 -- Boys' Long Jump

9 advance to finals

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>
<u>mark</u>	<u>mark</u>		
1 Trestin George		St. Mary's	20-11.75 21-11.5
2 Solomon Welch		St. Mary's	21-08.50 21-10.5
3 Michael Johnson		Mission	22-07.50 21-03
4 Vonshae McKnight	11	Tennyson	21-02.5 20-9.5
5 Jon-Pierre Loche	12	Bishop O'Dowd	21-09.00 20-11.5
6 Alex Wong	12	Moreau	20-03.75 20-03.5
7 Brian Poon		American	20-03.5
8 Mike DeSilva	11	Castro Valley	21-02.00 20-03
9 Harold Henderson		El Cerrito	20-01.00 20-01
10 Versell Wade	12	Tennyson	21-02.00 20-00.75
11 Dsjon Dixon		James Logan	20-10.00 19-8.75
12 Lewis Jackson		Irvington	21-04.50 19-10.5
13 Evan Hiraga		Albany	19-10.75 19-08
14 Patrick Vargas		James Logan	21-04.25 19-03.5
15 Alan Lee		Peidmont	19-07.50 17-06.25
16 Lionel Arnold		Richmond	21-09.50 dnj

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Solomon Welch		St. Mary's	21-09.25
2 Vonshae McKnight	11	Tennyson	21-04.5
3 Trestin George		St. Mary's	21-02.75
4 Michael Johnson		Mission	21-01.5
5 Mike DeSilva	11	Castro Valley	21-00.25
6 Harold Henderson		El Cerrito	20-03.25
7 Brian Poon		American	19-08.25
8 Jon-Pierre Loche	12	Bishop O'Dowd	19-01.75
9 Alex Wong	12	Moreau	19-01.5

Event # 23 -- Girls' Triple Jump

9 advance to finals

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>
<u>mark</u>	<u>mark</u>		
1 Kalani Holleman	11	Hayward	36-03.25 36-09
2 Quiana Plump		St. Mary's	35-06.50 35-09
3 Tyreina Henley		James Logan	34-05.00 35-06.75
4 Na'imah Crum		St. Mary's	34-07.50 35-05
5 Tiffany Johnson		St. Mary's	36-07.50 35-02.5
6 Kishi Hill	10	Bishop O'Dowd	34-09.50 35-02
7 Karen Balumbu		James Logan	34-08.00 35-00.25
8 Gilleon Smith	12	Mt. Eden	35-03.75 35-00.25
9 Ashley Curtis		St. Mary's	33-07.50 34-07.25
10 Linda Lu		Mission	34-07.00 34-05.25
11 Lauren Barbieri		Piedmont	32-05.00 33-09
12 Renee Little		Washington	34-07.00 33-08.5
13 Amy Leong		James Logan	34-08.50 33-08.5
14 Ubak Onyenegecha		El Cerrito	34-08.00 33-07

15 Chelsea Chandler
16 Monica Greene

9 Castro Valley 32-03.50 32-00.5
10 Bishop O'Dowd 33-08.50 32-0.25

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Kalani Holleman	11 Hayward	37-05.5
2 Tiffany Johnson	St. Mary's	37-01
3 Quiana Plump	St. Mary's	36-09.25
4 Gilleon Smith	12 Mt. Eden	35-01
5 Kishi Hill	10 Bishop O'Dowd	34-04.75
6 Karen Balumbu	James Logan	34-04.5
7 Tyreina Henley	James Logan	34-01.25
8 Na'Imah Crum	St. Mary's	33-10.25
9 Ashley Curtis	St. Mary's	33-03.75

Event # 24 -- Boys' Triple Jump

9 advance to finals

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>
<u>mark</u>	<u>mark</u>		
1 Solomon Welch	St. Mary's	45-02.00	46-04.75
2 Jon-Pierre Loche	12 Bishop O'Dowd	45-02.50	45-02.5
3 Trestin George	St. Mary's	44-04.00	45-01.5
4 Asokah Muhammad	St. Mary's	44-06.00	45-01.25
5 Mike Johnson	Mission	44-11.00	43-08
6 Jeremy Crowell	James Logan	42-05.00	43-05
7 Vonshae McKnight	11 Tennyson	43-03.50	43-04.5
8 Darnell Toliver	St. Mary's	42-04.00	43-01.25
9 Versell Wade	12 Tennyson	43-01.50	42-05.75
10 Alan Lee	Piedmont	42-04.50	42-04
11 Mike DeSilva	11 Castro Valley	42-06.50	41-06.75
12 Aaron Smith	Piedmont	42-11.00	41-01.5
13 Jonathon Huang	Mission	41-11.50	40-02.5
14 Josh Miller	James Logan	41-10.50	40-02.25
15 Josh Dean	12 Bishop O'Dowd	43-01.25	dnj
16 Otis Arney	James Logan	44-06.00	dnj

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Solomon Welch	St. Mary's	47-05.75
2 Jon-Pierre Loche	12 Bishop O'Dowd	46-01
3 Asokah Muhammad	St. Mary's	44-10.5
4 Mike Johnson	Mission	44-07
5 Trestin George	St. Mary's	44-05
6 Vonshae McKnight	11 Tennyson	41-09.25
7 Jeremy Crowell	James Logan	41-09.25
8 Darnell Toliver	St. Mary's	39-00.25
9 Versell Wade	12 Tennyson	dns

Event # 25 GV High Jump

9 advance to finals

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>
<u>mark</u>	<u>mark</u>		
1 Rachel Schaffner	9 Moreau	5-02	4-6
2 Gina Paladini	12 Castro Valley	5-00	4-6
3 Katherine Griffith	Irvington	4-10	4-6
4 Heather Terbeek	American	4-10	4-6
5 Victoria Cayetano	Kennedy-Fremont		4-10
4-6			
6 Bahati Bodden	James Logan	4-10	4-6
7 Jamie Sawyer	Alameda	4-08	4-6
8 Alysa Nimendez	Irvington	4-08	n.h.
9 Lauren Hodill	Alameda	4-06	4-6
10 LaNeice Morgan	11 Hayward	4-06	n.h.
11 Angie Mciver	12 Tennyson	4-06	n.h.
12 Kiersten Slader	9 Castro Valley	4-04	4-6
13			
14			
15			
16			

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Rachel Schaffner	9 Moreau	5-04
2 Gina Paladini	12 Castro Valley	5-03

3 Heather Terbeek	American	4-10
4 Katherine Griffith	Irvington	4-10
5 Victoria Cayetano	Kennedy-Fremont	4-08
5 Jamie Sawyer	Alameda	4-08
7 Bahati Bodden	James Logan	4-08
8 Lauren Hodill	Alameda	4-06
9 Kiersten Slader	9 Castro Valley	nh

Event # 26 Boys High Jump

9 advance to finals

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>
<u>mark</u>	<u>mark</u>		
1 Ebon Glenn	St. Mary's	6-06	5-08
2 Brandon Peters	12 Arroyo	6-06	5-08
3 Jason Gatewood	12 Hayward	6-06	5-08
4 Mike Johnson	Mission	5-10	5-08
5 Ben Hansen	11 Castro Valley	5-10	5-08
6 Beau Bettinger	10 Castro Valley	5-08	5-08
7 Aaron Peters	James Logan	5-06	5-08
8 Philip Smith	St. Mary's	5-02	5-6
9 Jason Gaffney	12 Hayward	5-08	5-06
10 Adam Hess	James Logan	5-06	5-06
11 Andre Tidwell	James Logan	5-06	dnj
12 Ikaika Thomas	Encinal	5-06	dnj
13 Aaron Garrett	Alameda	5-04	dnj
14 Frank Jackson	Kennedy-Fremont		5-08
nh			
15 Sean Ancelet	St. Joseph's	5-04	nh
16 Micky Wilcock	Alameda	5-02	nh

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Ebon Glenn	St. Mary's	6-10
2 Brandon Peters	12 Arroyo	6-05
3 Jason Gatewood	12 Hayward	6-00
4 Ben Hansen	11 Castro Valley	6-00
5 Adam Hess	James Logan	5-10
6 Philip Smith	St. Mary's	5-10
7 Aaron Peters	James Logan	5-10
9 Jason Gaffney	12 Hayward	5-10
Beau Bettinger	10 Castro Valley	dnj
Mike Johnson	Mission	nh

Event # 27 Girls' Shot Put

9 advance to finals

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>	<u>mark</u>
<u>mark</u>				
1 Kamaiya Warren	St. Mary's	42-01.25	43-11.25	
2 Evangela Dixon	12 Hayward	39-02.50	38-05.75	
3 Michelle Daggs	12 Bishop O'Dowd	42-01.00	37-10.25	
4 DaSilva	Newark	34-08.50	35-03	
5 Keely Borck	Mission	36-00.50	34-03.25	
6 Revecho	St. Mary's		33-10.5	
7 Tiffany Rizzo	12 Castro Valley	35-00.25	33-06.25	
8 Smith	Newark	33-01.50	32-08.5	
9 Jessica Perreira	11 Arroyo	34-00.25	32-07.25	
10 Corrie Cortez	12 Hayward	31-07.00	32-01	
11 Katy Gentry	Piedmont	32-09.75	32-00.25	
12 Reina Seymore	James Logan	31-10.50	31-05.5	
13 Aisha McDanielle	St. Mary's	28-09.50	30-04.75	
14 Amber Moore	St. Mary's	31-09.00	29-00	
15 Baptista	Newark	30-09.00	27-04.5	
16 Christina Anderson	DeAnza	31-03.50	25-09.75	

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Michelle Daggs	12 Bishop O'Dowd	42-09
2 Kamaiya Warren	St. Mary's	42-06.25
3 Evangela Dixon	12 Hayward	39-02
4 Michelle DaSilva	Newark	35-08.75
5 Keely Borck	Mission	34-10.5
6 Jessica Perreira	11 Arroyo	34-06.25
7 Sarina Smith	Newark	34-05.25
8 Tiffany Rizzo	12 Castro Valley	33-09.5
9 Michelle Revecho	St. Mary's	26-10.5

Event # 28 Boys' Shot

9 advance to finals

<u>age</u>	<u>name</u>	<u>grade</u>	<u>school</u>
<u>try mark</u>	<u>mark</u>		
Brian Moon	11 Bishop O'Dowd	55-00.50	53-06.5
Daryl Cash	El Cerrito	49-10.50	51-11
Kevin Kemp	Missin San Jose	51-01.00	51-05.5
Pasha Jackson	12 Tennyson	46-06.50	48-05
Ron Bias	El Cerrito	49-09.50	47-07.75
John Thurston	12 Moreau	47-02.50	47-04.25
Satele	Newark	42-03.25	47-03.5
Robert Leroy	James Logan	42-07.50	45-08.75
John Martin	James Logan	45-04.50	45-07.25
Philip Weatheroy	St. Mary's	44-04.00	45-06..75
James Johnson	Salesian	45-01.00	43-08.25
Charlie Griffin	James Logan	43-04.00	41-08.75
Kirk Morrison	12 Bishop O'Dwod	46-03.00	40-07.25
James Templeton	12 Moreau	45-02.50	40-06.5
Isaac Watts	Encinal	42.50.00	39-07.75
Wiley	El Cerrito	no mark	39-02

10 Hendrick Moy	12 Moreau Catholic	130-11.00	125-09.5
11 John Thurston	12 Moreau Catholic	137-02.00	119-08.5
12 Daren Bivens	St. Mary's	117-06.00	117-04.5
13 Brandon Peters	12 Arroyo	118-04.00	110-07.75
14 Matt Fernandes	Encinal	119-00.00	110-03
15 J.P. Tioseco	St. Mary's	124-01.00	100-00.25
16 Kevin Kemp	Mission San Jose	122-01.00	dns

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Pasha Jackson	12 Tennyson	149.09.5
2 Brian Moon	11 Bishop O'Dowd	148-03
3 Sean Westbrook	Mission San Jose	147-08
4 Ron Bias	El Cerrito	142-09
5 Angelero Session	James Logan	140-03
6 Charlie Griffith	James Logan	140-02.5
7 Marvin Wiley	El Cerrito	137-05.5
8 Naseer Khan	James Logan	124-03
9 Matt Poirier	Piedmont	123-11

NALS -- SATURDAY

top 7 advance to North Coast Section Meet of Champions)

Brian Moon	11 Bishop O'Dowd	52-07.5
Kevin Kemp	Missin San Jose	50-00.5
Daryl Cash	El Cerrito	49-08.75
Ron Bias	El Cerrito	48-09
Pasha Jackson	12 Tennyson	46-09.75
John Thurston	12 Moreau	46-04.5
Satele	Newark	45-04.75
Robert Leroy	James Logan	43-02.25
John Martin	James Logan	40-00.75

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Pasha Jackson	12 Tennyson	149.09.5
2 Brian Moon	11 Bishop O'Dowd	148-03
3 Sean Westbrook	Mission	147-08
4 Ron Bias	El Cerrito	142-09
5 Angelero Session	James Logan	140-03
6 Charlie Griffith	James Logan	140-02.5
7 Marvin Wiley	El Cerrito	137-05.5
8 Naseer Khan	James Logan	124-03
9 Matt Poirier	Piedmont	123-11

Event # 29 Girls' Discus

9 advance to finals

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>
<u>mark</u>	<u>mark</u>		
1 Kamaiya Warren	St. Mary's	138-02.00	133-5.5
2 Michelle Daggs	12 Bishop O'Dowd	145-07.50	130-00.5
3 Keely Borck	Mission	122-01.00	114-7.5
4 Sarina Smith	Newark	141-01.00	111-07.5
5 Allyson Criner	10 Bishop O'dowd	120-06.00	110-2
6 Tiffany Rizzo	12 Castro Valley	114-07.50	109-10.5
7 Megan Biser	Newark	109-00.00	108-10.5
8 Evangela Dixon	12 Hayward	118-02.25	108-01.5
9 MichelleDaSilva	Newark	103-10.50	099-04.5
10 Taneya Davis	9 Bishop O'Dowd	104-01.25	095-05.5
11 Reina Seymore	James Logan	104-04.00	093-09
12 Katie Gentry	Piedmont	no mark	086-09.5
13 Michele Revechio	St. Mary's	086-00.00	084-02
14 Aisha McDanielle	St. Mary's	094-08.00	083-03.5
15 Nicole Vigney	Alameda	091-11.00	082.05.5
16 Sabrina Stoner	Alameda	084-04.00	072-09.5

Event # 31 Girls Pole Vault

Finals only on Friday

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>
<u>mark</u>	<u>mark</u>		
1 Veronica Garcia	Newark	10-00	10-00
2 Lauren Hawkins	Irvington	09-06	8-00
3 Chelsea Chandler	9 Castro Valley	07-06	8-00
4 Katie Walker	Newark	07-06	8-00
5 Savannah Tikotsky	11 Arroyo	07-06	7-06
5 Amie Frisch	12 Arroyo	08-06	7-06
7 Maria McCauley	Washington	07-00	7-06
8 Pamini Nagaraj	James Logan	07-00	7-06
9 Miriam Marx	Piedmont	07-00	7-06
10 Gina Paladini	12 Castro Valley	07-06	7-06
11 Jessie Silvert	Piedmont	07-00	7-00
12 Carrie Rowe	Piedmont	06-00	6-06
Sarah Merino	12 Hayward	10-00	dnw

Event # 32 Boys' Pole Vault

Finals only on Saturday

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>
<u>mark</u>	<u>mark</u>		
1 Ben Greenbaum	12 Moreau	12-00	13-00
2 Sean Jones	Mission	11-06	12-06
3 Adam Hess	James Logan	12-00	12-06
4 Nick Johnson	Irvington	12-06	12-00
5 Tom Pae	Newark	11-06	11-06
6 Nick Simons	11 Castro valley	10-06	11-00
7 Casey Meirovitz	12 Moreau	12-00	11-00
8 Greg Tafoya	12 Moreau	10-06	10-06
Laith Alnagem	12 Hayward	11-00	nh
Daniel Henderson	Albany		nh
Mike Estes	Albany		nh

FINALS -- SATURDAY

(top 7 advance to North Coast Section Meet of Champions)

1 Michelle Daggs	12 Bishop O'Dowd	145-07.5
2 Kamaiya Warren	St. Mary's	133-02.5
3 Sarina Smith	Newark	129-05
4 Evangela Dixon	12 Hayward	119-06
5 Keely Borck	Mission	117-06.5
6 Allyson Criner	10 Bishop O'dowd	112-03
7 Michelle DaSilva	Newark	112-00.5
8 Megan Biser	Newark	109-03
9 Tiffany Rizzo	12 Castro Valley	103-02.5

Event # 30 -- Boys' Discus

9 advance to finals

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry</u>
<u>mark</u>	<u>mark</u>		
1 Charlie Griffith	James Logan	157-03.00	147-02.25
2 Angelero Session	James Logan	145-05.00	145-03
3 Brian Moon	11 Bishop O'Dowd	153-05.00	141-08.5
4 Pasha Jackson	12 Tennyson	146-07.00	140-03
5 Ron Bias	El Cerrito	138-05.00	136-09.5
6 Sean Westbrook	Mission San Jose	145-07.50	135-04
7 Marvin Wiley	El Cerrito	134-09.00	131-03
8 Naseer Khan	James Logan	129-06.50	130-01.25
9 Matt Poirier	Piedmont	116-00.00	127-0.25

Track & Field

2000 Track & Field Schedule

Friday	February 25	Scrimmage: Alameda	Castro Valley	3:30
Friday	March 3	HAAL: Arroyo	Castro Valley	3:30
Thursday	March 9	HAAL: Tennyson	Castro Valley	3:30
Saturday	March 11	Carondelet/DelaSalle Invitational	DeLaSalle HS	9:00
Thursday	March 16	HAAL: San Lorenzo	Castro Valley	3:30
Friday	March 17	Piedmont Distance Carnival	Piedmont HS	4:00
Saturday	March 18	Cougar Relays	Newark-Memorial HS	8:00
Thursday	March 23	HAAL: San Leandro	San Leandro	3:30
Saturday	March 25	Martinez Invitational	Alhambra HS	8:00
Thursday	March 30	HAAL: Mt. Eden	Castro Valley	3:30
Saturday	April 1	Oakland Invitational	UC Berkeley	8:00
Thursday	April 6	HAAL: Moreau Catholic	Moreau Catholic	3:30
Wednesday	April 12	HAAL: Hayward	Castro Valley	3:30
Friday	April 14	Castro Valley Invitational	Castro Valley	3:30
Mon-Tues	April 24-25	24 Hour Relay	Castro Valley	3:30
Thursday	April 27	HAAL: Bye		
Friday	April 28	Charley Eaton Relays	Acalanes HS	12:00
Saturday	April 29	Top 8 Invitational	James Logan	8:00 a.m.
Thursday	May 4	HAAL: Bishop O'Dowd	Castro Valley	3:30
Tuesday	May 9	HAAL: Prelims	Chabot College	12:00
Thursday	May 11	HAAL: Finals	Chabot College	12:00
Friday	May 19	NCS -- Bayshore Regional Prelims	James Logan	10:00
Saturday	May 20	NCS -- Bayshore Regional Finals	James Logan	9:00
Friday	May 26	NCS MOC	UC Berkeley	10:00
Saturday	May 27	NCS MOC	UC Berkeley	9:00
Friday	June 2	State Meet Prelims	Cerritos College	10:00
Saturday	June 3	State meet Prelims	Cerritos College	12:00

Principal: Lesly Rothwell 510-537-5910
 Athletic director: Marie Gray 510-537-5910
 Coach: Peter Brewer W: 510-537-5910 x 470
 H: 925-945-8869
 e-mail: pcb@internet-frontier.net

revised: 2/15/00

"Of Course it hurts !"

2000 CV Track AWards

Ackerman	Cooper	m	10	F/S	Morozovsky	Nick	m	9	F/S
Albonico	Ryan	m	10	F/S	Mughal	Benjamin	m	9	F/S
Andre	Sara	f	11	manager	Nelson	Amy	f	11	manager
Apodaca	Joe	m	9	F/S	Nosenko	Yuri	m	11	varsity
Arterburn	Jamie	f	12	certificate of participation	O'Keith	Kenneth Jr.	m	10	F/S
Ashford	Chris	m	11	certificate of participation	Oliveira	Derrick	m	12	varsity
Babu	Neela	f	10	F/S	Owen	Neil	m	10	F/S
Babu	Priya	f	10	F/S	Paladini	Gina	f	12	varsity
Bernardo	John	m	12	varsity	Pane	Eric	m	11	varsity
Bettinger	Samantha	f	9	F/S	Pappas	Autumn	f	12	certificate of participation
Bettinger	Beau	m	10	varsity	Parker	Ryan	m	10	varsity
Boon-Nitoff	Kristen	f	11	varsity	Pfisterer	Jessica	f	10	F/S
Bugawan	LaurieBeth	f	11	certificate of participation	Pierce	My'ah	f	10	F/S
Cardiasmenos	Alex	m	11	varsity	Poblete	Lionel	m	12	varsity
Cardiosmenos	Erin	f	9	F/S	Ribeira	Ryan	m	12	certificate of participation
Chan	Everett	m	10	F/S	Ribeira	Jeff	m	9	F/S
Chandler	Chelsea	f	9	varsity	Rinker	Brad	m	11	certificate of participation
Chin	Eric	m	11	certificate of participation	Rizzo	Tiffany	f	12	varsity
Choi	Min	f	9	varsity	Sasser	Mike	m	12	certificate of participation
Chow	Rida	f	11	varsity	Sawyer-Long	Josh	m	10	F/S
Chung	Trisha	f	12	varsity	Schmidt	Heather	f	10	varsity
Clancy	Heather	f	10	F/S	Severson	Carl	m	9	F/S
Coles	J.B.	m	9	F/S	Shaw	Megan	f	10	varsity
Correria	Carolyn	f	9	F/S	Shintani	Kevin	m	9	F/S
Cortopassi	Casey	f	12	varsity	Simons	Nick	m	11	certificate of participation
Crane	Joel	m	11	varsity	Slader	Kiersten	f	9	varsity
Darfler	Jared	m	9	F/S	Stanley	Carl	m	9	F/S
DeSilva	Michael	m	11	varsity	Stewart	Courtney	f	11	varsity
Dodge	Suzy	f	11	certificate of participation	Stohr	Ryan	m	9	F/S
Dornbush	Kenton	m	9	F/S	Suzuki	Ryan	m	9	F/S
Draper	Ben	m	11	varsity	Toney	Rosie	f	10	varsity
Eng	Cheryl	f	12	varsity	Vanderbilt	Mike	m	11	varsity
Eng	Shaun	m	10	F/S	Vernagallo	Mariah	f	10	F/S
Fernsten	Nathan	m	10	F/S	Weisman	Rebecca	f	12	varsity
Fitzgerald	Matt	m	9	F/S	Welte	William	m	9	F/S
Fonnesbeck	Ryan	m	11	certificate of participation	West	Matt	m	11	certificate of participation
Ford	Lauren	f	10	F/S	Willits	John	m	12	varsity
Fung	Lydia	f	9	F/S	Wong	Chris	m	10	varsity
Griego	Kevin	m	11	varsity	Wong	Tim	m	9	F/S
Groome	Jessica	f	12	varsity	Young	Allison	f	10	F/S
Hansen	Ben	m	11	certificate of participation	Zamora	Eric	m	10	varsity
Haskell	Alli	f	10	F/S	Zhoglo	Oleg	m	11	certificate of participation
Hermosa	Jamie	f	9	F/S	Simpson	Stephanie	f	9	F/S
Jagar	Dinesh	m	12	certificate of participation	Wei	Christine	f	9	F/S
Jones	Lynnsy	f	12	certificate of participation	Nasatir	Travis	m	9	F/S
Jory	Jacob	m	10	F/S					
Kaufman	Kerry	m	9	F/S					
Keebler	Chandra	f	9	F/S					
Kemp	Ian	m	11	certificate of participation					
Knapp	Brittany	f	9	varsity					
Kong	Chris	m	9	F/S					
Laines	Anton	m	12	certificate of participation					
Lapum	Chad	m	10	F/S					
Lassalle	Dominic	m	9	F/S					
Leach	Samantha	f	11	certificate of participation					
Leng	Jim	m	9	F/S					
Lin	Emily	f	11	manager					
Linda	Dana	f	9	F/S					
Littlejohn	Lindsay	f	10	F/S					
Lum-Williams	Darnell	m	12	varsity					
Lynny	Melanie	f	10	F/S					
Manos	Stephanie	f	9	F/S					
McGrellis	Bonnie	f	12	certificate of participation					
McGrellis	Colleen	f	11	varsity					
McGrellis	Stacy	f	9	F/S					
McGuigan	Geno	m	10	varsity					
Medrano	Amanda	f	11	varsity					
Mellon	Heather	f	10	F/S					
Miranda	MaryGrace	f	11	certificate of participation					

2000 Hayward Area Athletic League Track & Field Standings

Boys' Varsity:

Dual Meet Standings

1. San Leandro	8-0
2. Bishop O'Dowd	7-1
3. Castro Valley	6-2
4. Moreau Catholic	5-3
5. San Lorenzo	4-4
6. Tennyson	3-5
7. Hayward	2-6
8. Mt. Eden	1-7
9. Arroyo	0-8

League Meet score

1. Bishop O'Dowd	119
2. San Leandro	118
3. Moreau Catholic	80
4. Castro Valley	78
5. Tennyson	42
6. Hayward	27
7. Arroyo	22
8. San Lorenzo	8
9. Mt. Eden	1

Overall 2000 standings

1. (tie) Bishop O'Dowd
1. (tie) San Leandro
3. (tie) Castro Valley
3. (tie) Moreau Catholic
5. Tennyson
6. (tie) Hayward
6. (tie) San Lorenzo
8. Arroyo
9. Mt. Eden

Girls' Varsity:

Dual Meet Standings

1. (tie) Arroyo	7-1
1. (tie) Bishop O'Dowd	7-1
3. (tie) Castro Valley	6-2
3. (tie) Moreau Catholic	6-2
5. Hayward	4-4
6. Tennyson	3-5
7. (tie) Mt. Eden	1-7
7. (tie) San Leandro	1-7
9. San Lorenzo	0-8

League Meet score

1. Bishop O'Dowd	132
2. (tie) Castro Valley	89
2. (tie) Hayward	89
4. Moreau Catholic	59
5. Arroyo	58
6. San Leandro	33
7. Mt. Eden	18
8. Tennyson	6
9. San Lorenzo	1

Overall 2000 standings

1. Bishop O'Dowd
2. Castro Valley
3. Arroyo
4. Hayward
5. Moreau Catholic
6. Tennyson
7. San Leandro
8. Mt. Eden
9. San Lorenzo

Boys' Frosh-Soph:

Dual Meet Standings

1. Mt. Eden	8-0
2. San Leandro	7-1
3. Castro Valley	6-2
4. Hayward	5-3
5. Bishop O'Dowd	4-4
6. Moreau Catholic	3-5
7. San Lorenzo	2-4
8. Arroyo	1-7
9. Tennyson	0-8

League Meet score

1. Mt. Eden	141
2. Bishop O'Dowd	97
3. Castro Valley	94
4. San Leandro	90
5. Moreau Catholic	33
6. Tennyson	17
7. Hayward	16
8. Arroyo	4
9. San Lorenzo	1

Overall 2000 standings

1. Mt. Eden
2. (tie) Castro Valley
2. (tie) San Leandro
4. Bishop O'Dowd
5. (tie) Hayward
5. (tie) Moreau Catholic
7. Tennyson
8. (tie) Arroyo
8. (tie) San Lorenzo

Girls' Frosh-Soph:

Dual Meet Standings

1. Castro Valley	8-0
2. Hayward	7-1
3. (tie) Moreau Catholic	5-3
3. (tie) Mt. Eden	5-3
5. (tie) Bishop O'Dowd	4-4
5. (tie) San Leandro	4-4
7. Arroyo	2-6
8. (tie) San Lorenzo	0-8
8. (tie) Tennyson	0-8

League Meet score

1. Moreau Catholic	90
2. Bishop O'Dowd	86
3. Castro Valley	85
4. San Leandro	74
5. Hayward	60
6. Mt. Eden	53
7. Arroyo	38
8. Tennyson	9
9. San Lorenzo	0

Overall 2000 standings

1. Castro Valley
2. Moreau Catholic
3. Hayward
4. Bishop O'Dowd
5. (tie) Mt. Eden
5. (tie) San Leandro
7. Arroyo
8. Tennyson
9. San Lorenzo

GFS

	A	BOD	CV	H	ME	MC	SL	SLZ	T
4x100	1	6	2	8	10	4			
1600	6	8 ²	4	1			10		
HH	1	10		6 ²	8				4
400		1	4	10	8	6 ²			
100	1	4		6 ²	8		10		
800		2	6+4			8	10		1
3004	1	6	10 ²	8					4
200		6	2	4	8 ²		10		
3200	4	8+6 ²		2			10		
4x400	2	10	6	4		8			
LJ			6		4 ²	10	8 ²		
TJ			1		10+8 14+2		6		
HJ	10		6+4	1	2		8		
SP	2	10	8	6	1	4			
D	10	6	4 ²		2	8			
PV			8+6 ²			10 ⁴ 2			
	38	86	85	60	53	90	71	9	9
	7	2	3	5	6	1	4	9	8

BV

	A	BOD	CV	H	MC	ME	SL	SLZ	T
4X100		8	6	4			10	2	
1600		4	8+1		10		6+2		
111		4+2		6			10+8	1	
400		10+4	6		2		8	1	
100		2	6+4+1				10+8		
800		8+6	4+2				10+1		
3204		2	6		8+4		10+1		
220		6	2				10+8+4	1	
3200	10	4	6+2		8		1		
4X400		8	4		6		10	2	
LJ		10+1	4		2				8+6
TJ		10+4	2			1			8+6
HJ	10		6+4	8+2			1		
JP		10+4		1	8+2				6
D	2	10+1			6+4				8
PV		1	4	6	10+8+2				
	22	119	78	27	80	1	118	7	42
7		1	4	6	3	9	2	8	5

SV

	Δ	BOD	CV	H	MC	ME	SL	SL2	T
4x100	4	10	6	2	8		1		
1600		10	4+2+1		8		6		
H+H	8+6	10		4+1	2				
400		4	10	6	8+2+1				
100		10+2		8	4		6	1	
800	6+4	10	2		8+1				
300H	6+2	8	4		1		10		
200		8+6		10+2	1		4		
3200		10	4+2+1		8		6		
4x400	8	2	10	6	4				
L3		1	6+4	8		10			
T3		6+4	2+1	10		8			2
4)			8+2	6	10+1				4
SP	4	10	6	8+2	1				
D		10+8+2	4	6	1				
DN	8+2	1	6+4	10					
58	132	89	89	59	18	33	1	6	
5	1	2	2	4	7	6	2	8	

BFS

	A	BOO	CV	H	MC	ME	SL	SLZ	T
4x1	2	10	8	4	1		6		
1600			4		6	2	10+1		8
HH	2	8+4			10				1
400	4			1		8+6	10+2		
100		10+2	6			1	8		
900	2	8	4				10+6	1	
3004		2	8+4	1		10+6			
200		4+1	8			6	10+2		
3200					1	6+4	10+2		8
4x400		6	4	2	1	10	8		
L		8		4+2		10+6+1			
T		6		2		10+8+4	1		
10			4+2		8+6	10+1			
SP		10+1	8+6			4+2			
D		8				10+6+2	4		1
PV		10+1	6+4			8+2			
	4	97	94	16	33	171	90	1	17



CASTRO VALLEY TROJANS

1999-2000

Pro Image
Studios



WANTED: VARSITY ATTITUDE

Varsity Girls Missing with No Explanation from Workout -- Team Unity Suffers



Missing:

Two varsity girl athletes shown here enjoying privilege of varsity attention on Mt. SAC trip

- Mysteriously absent on Halloween afternoon
- Suspected foul play --
last seen: in school on October 31
- no shows at afternoon workouts
- Halloween party preparation as possible culprit

Lack of varsity attitude suspected as girls fail to show up at afternoon workout on day of planned party. Suspicious behavior falls on day of Kristen's party. The no-shows by these girls indicated missing varsity attitude, and non-understanding of leadership roles on girls' team. Younger runners missing team leaders' positive example. Team unity damaged in unannounced absence.

Missing Varsity Attitude penalties -- under team rules, possible forfeiture of next race. Unexcused absences by team leaders not excusable -- clearly stated in team handbook, consequences of unexcused absences include one week suspension from team

MIRAMONTE INVITATIONAL, MIRAMONTE HIGH SCHOOL
April 2000



Tiffany Rizzo's winning toss of 112-7 in the discus throw at the 2000 Miramonte Invitational

MARTINEZ RELAYS -- ALHAMBRA HIGH SCHOOL MARCH 2000



Lauren Ford, Kiersten Slader and Gina Paladini have a few laughs in the infield between races. Gina won the high jump that day in a then-PR height of 4-11, and went on to set the school record at 5-3 in May.

MARTINEZ RELAYS, ALHAMBRA HIGH SCHOOL MARCH 2000



John Willits takes a breather after running 2nd leg on the 4 x 200 relay. The Trojans won their heat but did not place overall.

VS. ARROYO AT CASTRO VALLEY
February 2000



Alexis Sommer-Locey demurely displays the smudging consequent to throwing the shot in a muddy sector.