

Trials results

2000

**NORTH COAST SECTION
BAYSHORE TRACK & FIELD
CHAMPIONSHIPS**

FINALS COMPETITION

**SATURDAY, MAY 20
CHABOT COLLEGE, HAYWARD**

2000 North Coast Section Bayshore Track & Field Championships

Chabot College
May 19 and 20, 2000

Site: Chabot College **Meet Director:** Will Mathews **Bay Shore Area Leagues:** ACCAL, HAAL AND MVAL

Finals Schedule Saturday, May 20, 2000

Field Events: start at 9:30 a.m.

<u>Event #</u>	<u>Event</u>	<u>Time</u>
21.	Boys' Long Jump	9:30
22.	Girls' Long Jump	after Boys' LJ
23.	Girls' Triple Jump	9:30
24.	Boys' Triple Jump	after Girls' TJ
25.	Girls' High Jump	9:30
26.	Boys' High Jump	after Girls' HJ
27.	Boys' Shot Put	9:30
28.	Girls' Shot Put	after Boys' SP
29.	Girls' Discus	9:30
30.	Boys' Discus	after Girls' Discus
31.	Girls' Pole Vault	contested on Friday
32.	Boys' Pole Vault	12:00

Track Events: 11:00 a.m.

<u>Event #</u>	<u>Event</u>	<u>Time</u>
1.	Girls' 4 x 100	11:00
2.	Boys' 4 x 100	11:05
3.	Girls' 1600	11:10
4.	Boys' 1600	11:20
5.	Girls' 100 HH	11:30
6.	Boys' 110 HH	11:40
7.	Girls' 400	11:50
8.	Boys' 400	11:55
9.	Girls' 100	12:05
10.	Boys' 100	12:10
11.	Girls' 800	12:20
12.	Boys' 800	12:30
13.	Girls' 300 LH	12:40
14.	Boys' 300 IH	12:50
15.	Girls' 200	1:00
16.	Boys' 200	1:05
17.	Girls' 3200	1:15
18.	Boys' 3200	1:30
19.	Girls' 4 x 400	1:45
20.	Boys' 4 x 400	1:55

North Coast Section
Bayshore schools:

Alameda-Contra Costa Athletic League

Alameda
Albany
DeAnza
El Cerrito
Encinal
Holy Names
Kennedy-Richmond
Piedmont
Salesian
St. Joseph's-Notre Dame
St. Mary's
Richmond

Hayward Area Athletic League

Arroyo
Bishop O'Dowd
Castro Valley
Hayward
Moreau Catholic
Mt. Eden
San Leandro
San Lorenzo
Tennyson

Mission Valley Athletic League

American
Irvington
James Logan
Kennedy-Fremont
Mission San Jose
Newark-Memorial
Washington

North Coast Section Bayshore Track & Field Championships Records

BOYS

<u>Events</u>	<u>Name</u>	<u>School</u>	<u>Mark</u>	<u>Year</u>
100	Aaron Daglow	DeAnza	11:03	1998
200	Jafar Williams	St. Mary's	22:04	1998
400	Steve Lewis	American	46.74	1987
800	Jon Stevens	Mission San Jose	1:53.67	1997
880 yds	Ted White	Richmond	1:53.04	1978
1600	Tom Hussey	Washington	4:16.34	1976
3200	Jay Marden	Mission San Jose	9:14.04	1981
110 HH	Robert Reading	St. Mary's	14:14	1985
300 IH	Rich Nero	St. Mary's	38.51	1998
4 x 100	Cann, Gardon, Dunbar, Versher	St. Mary's	42.14	1999
4 x 400		St. Mary's	3:15.26	1992
LJ	Rich Laccay	Moreau Catholic	22-9 1/2	1988
TJ	Tim Prince	James Logan	49-10	1988
HJ	Tim Prince	James Logan	6-8 1/4	1987
SP	Conrad Jepsen	Washington	62-5	1977
D	Kyle Donovan	Washington	156-2	1995
PV	Brandon Braunstein	Newark-Memorial	15-0	1999

GIRLS

100	Jernae Wright	James Logan	11.73	1995
200	Carla Estes	James Logan	24.49	1995
400	Aisha Margain	San Lorenzo	54.31	1997
800	Katie Hotchkiss	Mission San Jose	2:11.18	1999
1600	Elissa Reidy	Mission San Jose	5:02.14	1995
Mile	Elissa Reidy	Mission San Jose	4:56.94	1994
3200	Sally Wood	Piedmont	10:36.94	1985
100 HH	Bisa Grant	Bishop O'Dowd	13.85	1994
300 LH	Davetta Shepard	DeAnza	41.64	1997
4 x 100	McCallum, Margain, Penick, Jones	San Lorenzo	46.08	1999
4 x 400		El Cerrito	3:49.44	1996
LJ	Jernae Wright	James Logan	19-9 1/2	1995
TJ	Felicia Harris	San Lorenzo	40-6 1/2	1987
HJ	Jamila Churchill	Bishop O'Dowd	5-8	1996
	Spring Harris	St. Mary's	5-8	1999
SP	Rashawnda Holmes	Tennyson	42-11	1994
D	Laura DeSnoo	Washington	160-2	1980
PV	Maria Lopez	Newark-Memorial	11-0	1997

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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
HEAT 1 -- 2:30 P.M.					
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 Catholic	50.99	51.64
6	L. Smith, R. Smith, Morris, Powell		Hayward	52.54	52.03
7	Lu, Dhawan, Wood, Perrill		Mission San Jose	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-Memorial	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	Freeman, Zuffy, Little, Scott		Washington	51.45	
2	Chung, chandler, Medrano, Slader		Castro Valley	51.17	
3	Lodre, Stanford, Coleman, Roberts		El Cerrito	49.07	
4	Guillory, McMahon-Johnson, Walker, Burton		Holy Names	48.27	
5	Williams, Stanton, Leong, Henley		James Logan	48.15	
6	Savage, Johnson, Stokes, Plump		St. Mary's	48.49	
7	DeAnza		DeAnza	50.42	
8	Rivas, Merritt, Morn, Bokamper		Arroyo	51.43	
9	Tsai, Schaffner, Rogan, Liu		Moreau Catholic	51.64	

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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
HEAT 1 -- 2:40 p.m.					
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	45.10
4	Henderson, Onawangechi, Haartwick, Robins		El Cerrito	44.76	45.37
5	Garrett, Smith, Rosetti, Zellick		Alameda	46.18	46.18
6	Shaw, jackson, Corbera, Alvarado		Kennedy-Fremont	46.28	46.50
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 San Jose	44.21	44.00
3	jackson, Monroe, Connage, Jones		Encinal	45.29	45.96
4	DAy, Taylor, Rodriguez, Carranza		Newark-Memorial	46.97	47.14
5	Chan, Hlraga, 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	Garrett, Smith, Rosetti, Zellick		Alameda	46.18	
2	Williams, Gafney, Gatewood, Ghisselli		Hayward	45.25	
3	Allen, Brockman, Yeh, Johnson		Mission San Jose	44.21	
4	Franklin, Fontaine, Toler, Litrownick		Bishop O'Dowd	43.31	
5	Banks, Versher, Dunbar, Mohamed		St. Mary's	42.56	
6	Willits, Girego, mcGuigan, Williams		Castro Valley	43.69	
7	Henderson, Onawangechi, Haartwick, Robins		El Cerrito	44.76	
8	jackson, Monroe, Connage, Jones		Encinal	45.29	
9	Shaw, jackson, Corbera, Alvarado		Kennedy-Fremont	46.28	

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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
HEAT 1 -- 2:50 p.m.					
1	Bridget Duffy		St. Mary's	5:12.46	5:26.88
2	Corinne Roberts		Alameda	5:32.56	5:27.94
3	Ema Forgo		Mission San Jose	5:22.54	5:28.56
4	Jill Owyong	11	San Leandro	5:25.46	5:29.68
5	Sarah Orzell		Alameda	5:32.75	5:35.59
6	Kristen Boon-Nitoff	11	Castro Valley	5:39.66	5:38.64
7	Chelsea Torgersen-Bell		St. Mary's	5:41.44	5:44.07
8	Jessica Groome	12	Castro Valley	5:50.94	5:59.77
9					
HEAT 2 -- 3:00 p.m.					
1	Danila Musante	10	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	11	Moreau Catholic	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 San Jose	5:28.93	6:00.26
8	Audrey Lin		Mission San Jose	5:36.40	6:10.62
9					
FINALS -- SATURDAY -- 11:10 a.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Jill Owyong	11	San Leandro	5:29.68	
2	Corinne Roberts		Alameda	5:27.94	
3	Bridget Duffy		St. Mary's	5:26.88	
4	Zinzi Evans		Holy Names	5:23.24	
5	Danila Musante	10	Bishop O'Dowd	5:20.83	
6	Stacy Aurit		James Logan	5:25.65	
7	Amber Hendrix	11	Moreau Catholic	5:27.58	
8	Ema Forgo		Mission San Jose	5:28.56	
9	Sarah Orzell		Alameda	5:35.59	

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EVENT #4 -- Boys' 1600					
(9 advance to finals: top 3 in each heat plus next 3 by time)					
<u>place</u>	<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry mark</u>	<u>mark</u>
HEAT 1 -- 3:10 p.m.					
1	Jeff Squires		Mission San Jose	4:24.33	4:25.88
2	Gilliat Ghabray		James Logan	4:25.35	4:27.80
3	Chris Lanese	12	Moreau Catholic	4:18.55	4:36.07
4	John Hancock	11	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 San Jose	4:23.75	4:28.91
2	Zack Ardell-Smith	12	San Leandro	4:27.24	4:29.16
3	Jason Castro		James Logan	4:26.97	4:29.64
4	Beau Bettinger	10	Castro Valley	4:22.82	4:29.98
5	Dan Rodriguez	12	Mission San Jose	4:34.38	4:33.03
6	Luke Sigmon	11	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	Jeff Squires		Mission San Jose	4:25.88	
2	Giliat Ghebray		James Logan	4:27.80	
3	Micah Strom		Mission San Jose	4:28.91	
4	Zack Ardell-Smith	12	San Leandro	4:29.16	
5	Jason Castro		James Logan	4:29.64	
6	Beau Bettinger	10	Castro Valley	4:29.98	
7	Dan Rodriguez	12	Mission San Jose	4:33.03	
8	Luke Sigmon	11	San Leandro	4:35.88	
9	Chris Lanese	12	Moreau Catholic	4:36.07	

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EVENT #5 -- Girls 100 high 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>
HEAT 1 -- 3:30 P.M.					
1	Danielle Stokes		St. Mary's	14.57	14.64
2	Becca Fong		Mission San Jose	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	19.16
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	14.70
2	Lavietra Stanton		James Logan	15.30	15.14
3	Holly Hidlago		Newark-Memorial	16.68	16.59
4	Chrissy Freeman		Washington	16.60	17.34
5	Jessica Tekawa	10	Arroyo	17.52	17.39
6	Sherry Rubiano	11	Moreau Catholic	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	Carmel Rogers		St. Mary's	17.28	
2	Holly Hidlago		Newark-Memorial	16.59	
3	Becca Fong		Mission San Jose	16.29	
4	Ashley Lodree		El Cerrito	14.70	
5	Danielle Stokes		St. Mary's	14.64	
6	Lavietra Stanton		James Logan	15.14	
7	Karen Balumbu		James Logan	16.42	
8	Sheal Rivas	10	Arroyo	16.78	
9	Chrissy Freeman		Washington	17.34	

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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 San Jose	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	Sorush 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	16.50	16.45
9					
FINALS -- SATURDAY -- 11:40 a.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Ivan Winzer		El Cerrito	16.04	
2	Jason Gaffney	12	Hayward	15.79	
3	Jason Boldon-Anderson		St. Mary's	15.75	
4	Sorush Groger	12	San Leandro	15.17	
5	Erik Allen		Mission San Jose	14.87	
6	Solomon Welch		St. Mary's	15.27	
7	Riley Kawasaki		Washington	15.77	
8	Keith Bullock	11	San Leandro	15.97	
9	Jason Tom		El Cerrito	16.13	

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EVENT #7 -- Girls' 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 -- 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 Catholic	59.75	1:01.26
5	Malika Dahwan		Mission San Jose	61.53	1:02.33
6	Marianna Castiaux	11	Moreau Catholic	63.01	1:02.87
7	Windy Tsai	10	Moreau Catholic	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	61.90	1:02.56
5	Faraye Keffelew		Holy Names	63.45	1:04.05
6	Jesse Wood	12	Mission San Jose	62.30	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	Malika Dahwan		Mission San Jose	1:02.33	
2	Rachel Schaffner	9	Moreau Catholic	1:01.26	
3	Bahati Bodden		James Logan	0:59.67	
4	Amanda Medrano	11	Castro Valley	0:58.85	
5	Cheri Craddock	11	James Logan	0:58.83	
6	Alicia Williams		De Anza	0:59.60	
7	Ryana Smith	10	Haywrd	1:00.24	
8	Shamika Savage		St. Mary's	1:01.26	
9	Kharriych Shabazz		James Logan	1:02.56	

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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		WAsington	13.01	12.97
8	Monica Green	10	Bishop O'Dowd	13.46	13.70
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	12.70	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 Catholic	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	Christen Tucker	10	Bishop O'Dowd	12.57	
2	Kalani Holleman	11	Hayward	12.32	
3	Cheri Craddock		James Logan	12.19	
4	Kelly Walker		Holy Names	12.13	
5	ADrena Williams		James Logan	12.01	
6	Monique Coleman		El Cerrito	12.17	
7	Tiffany Johnson		St. Mary's	12.24	
8	Nicole Penland	10	San Leandro	12.56	
9	Cinya Burton		Holy Names	12.75	

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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	11.40
8	Grayland Rhodes		James Logan	11.26	11.60
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	11.37
5	Ryan Smith		Alameda	11.50	11.41
6	Yumin Yeh		Mission San Jose	11.58	11.48
7	Matt Fontaine	10	Bishop O'Dowd	11.60	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	Conner Banks		St. Mary's	11.34	
2	Darnel Williams	12	Castro Valley	11.24	
3	Michael Smith	12	San Leandro	11.19	
4	Marviel Underwood	12	San Leandro	11.08	
5	Joel Onyenegecha		El Cerrito	10.99	
6	Linold Arnold		Richmond	11.15	
7	Rashad Dodd-Masters		De Anza	11.21	
8	Kwesi Byrd		James Logan	11.28	
9	Geno McGuigan	10	Castro Valley	11.35	

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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 San Jose	2:32.85	2:39.33
8	Kristina Shapona		St. Mary's	2:39.05	dnr
9					
HEAT 2 -- 4:35 p.m.					
1	Skimra Rodriguez	12	Bishoip O'Dowd	2:23.38	2:24.03
2	Margaret Smith	11	Moreau Catholic	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 San Jose	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	Lara Burenin		Alameda	2:32.15	
2	Margaret Smith	11	Moreau Catholic	2:25.33	
3	Stacie Lopes		Irvington	2:23.63	
4	Paris Vega		St. Mary's	2:21.95	
5	Sarah Merrit	9	Arroyo	2:21.91	
6	Zinzi Evans		Holy Names	2:22.83	
7	Skimra Rodriguez	12	Bishoip O'Dowd	2:24.03	
8	Colleen McGrellis	11	Castro Valley	2:25.86	
9	Michelle Bokamper	12	Arroyo	2:32.71	

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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 San Jose	2:03.15	2:06.91
7	Mickey Wilcock		Alamdea	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 San Jose	1:59.16	2:00.49
2	Jeff Squires		Mission San Jose	1:59.25	2:00.54
3	Yuri Nosenko	11	Castro Valley	2:05.31	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	James Ross		St. Mary's	2:02.31	
2	Mark Mirigian		James Logan	2:00.70	
3	Micah Strom	12	Mission San Jose	2:00.49	
4	Tim Wallach	9	Bishop O'dowd	1:59.30	
5	Zach Ardell-Smith	12	San Leandro	1:59.06	
6	Sean Geraghty		St. Mary's	1:59.70	
7	Jeff Squires		Mission San Jose	2:00.54	
8	Yuri Nosenko	11	Castro Valley	2:01.49	
9	Greg Williams		St. Mary's	2:02.78	

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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		Misson 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	44.60	45.36
2	Bahati Bodden		James Logan	44.50	46.42
3	Chrissy Freeman		WAsington	49.16	48.64
4	Daniella Stokes		St. Mary's	49.17	49.35
5	Cara Brown	11	Bishop O'Dowd	50.31	50.70
6	Luaren Hawkins		Irvington	50.19	50.77
7	Brittany Knapp	9	Castro Valley	51.65	51.63
8	Kristen Hughes	10	Arroyo	52.50	52.40
9					
FINALS -- SATURDAY -- 12:40 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Daniella Stokes		St. Mary's	49.35	
2	Katherine Griffith		Irvington	48.82	
3	Lauren Barbieri		Piedmont	47.88	
4	April Russell		DeAnza	45.36	
5	Ashley Lodree		El Cerrito	45.26	
6	Bahati Bodden		James Logan	46.42	
7	Chrissy Freeman		WAsington	48.64	
8	Carmel Rogers		St.Mary's	49.05	
9	Jaime Lee-Mars		Misson San Jose	50.22	

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EVENT # 14 -- Boys' 300 Intermediate Hurdles					
(9 advance to finals: heat winners plus next 7 by time)					
lane	name	grade	school	entry mark	mark
HEAT 1 -- 5:00 p.m.					
1	Halihl Guy		St. Mary's	38.78	39.68
2	John Van Metre	12	Moreau Catholic	41.03	41.08
3	Marcus Nicosia		James Logan	41.90	41.63
4	Ivan Winzer		El Cerrito	41.10	42.20
5	Jason Tom		El Cerrito	41.92	42.35
6	Phil Skinner	11	Bishop O'Dowd	42.41	42.58
7	Aaron Garrett		Alameda	42.53	43.48
8	Conrad Roberts		El Cerrito	43.59	44.24
9					
HEAT 2 -- 5:05 p.m.					
1	Erik Allen	12	Mission San Jose	39.14	39.52
2	Sorush Groger	12	San Leandro	39.95	40.04
3	Ryan Parker	10	Castro Valley	41.80	41.63
4	Jason Bolden-Anderson		St. Mary's	41.14	41.66
5	Riley Kawasaki		Washington	41.95	42.08
6	Victor Wong		Irvington	43.10	43.14
7	Danton Rodriguez		Newark-Memorial	43.33	43.39
8	Jeff Kapper	10	Moreau Catholic	42.15	dnf
9					
FINALS -- SATURDAY -- 12:50 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Riley Kawasaki		Washington	42.08	
2	Ryan Parker	10	Castro Valley	41.63	
3	John Van Metre	12	Moreau Catholic	41.08	
4	Halihl Guy		St. Mary's	39.68	
5	Erik Allen	12	Mission San Jose	39.52	
6	Sorush Groger	12	San Leandro	40.04	
7	Marcus Nicosia		James Logan	41.63	
8	Jason Bolden-Anderson		St. Mary's	41.66	
9	Ivan Winzer		El Cerrito	42.20	

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EVENT # 15 Girls' 200					
(9 advance to finals: heat winners plus next 7 by time)					
place	name	grade	school	entry mark	mark
HEAT 1 -- 5:10 p.m.					
1	Monique Coleman		El Cerrito	25.07	25.11
2	Kalani Holleman	11	Hayward	26.44	25.26
3	Monica Dean	12	Bishop O'Dowd	25.65	25.83
4	Cinya Burton		Holy Names	26.53	26.44
5	Tracy White		Newark-Memorial	27.25	26.90
6	Tamara Zuffi		Washington	27.48	27.41
7	Alicia Williams		DeAnza		dns
8	Christen Tucker	10	Bishop O'Dowd	25.70	dns
9					
HEAT 2 -- 5:15 p.m.					
1	Cheri Craddock		James Logan	25.10	24.59
2	Tiffany Johnson		St. Mary's	25.82	24.82
3	Kelly Walker		Holy Names	25.26	25.14
4	Meghan McMahon-Johnson		Holy Names	26.73	26.36
5	Nanyamka Sott		Washington	26.74	26.89
6	Nichole Penland	10	San Leandro	27.46	27.20
7	Karriych Shabbaz		James Logan		27.42
8	Ryana Smith	10	Hayward	27.33	27.54
9					
FINALS -- SATURDAY -- 1:00 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Cinya Burton		Holy Names	26.44	
2	Monica Dean	12	Bishop O'Dowd	25.83	
3	Kelly Walker		Holy Names	25.14	
4	Tiffany Johnson		St. Mary's	24.82	
5	Cheri Craddock		James Logan	24.59	
6	Monique Coleman		El Cerrito	25.11	
7	Kalani Holleman	11	Hayward	25.26	
8	Meghan McMahon-Johnson		Holy Names	26.36	
9	Nanyamka Sott		Washington	26.89	

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EVENT # 16 Boys' 200					
(9 advance to finals: heat winners plus next 7 by time)					
lane	name	grade	school	entry mark	mark
HEAT 1 -- 5:20 p.m.					
1	Denye Versher		St. Mary's	22.45	21.75
2	Joel Onyenegecha		El Cerrito	22.10	21.77
3	Aaron Williams	10	San Leandro	22.47	22.00
4	Michael Smith	12	San Leandro	22.91	22.65
5	Kwesi Byrd		James Logan	23.18	22.68
6	Cameron Brockman		Mission San Jose	23.02	22.85
7	Brant White		St. Mary's	23.23	22.95
8	Patrick Vargas		James Logan	23.44	dns
9					
HEAT 2 -- 5:25 p.m.					
1	Chris Dunbar		St. Mary's	22.34	22.12
2	Rashard Dodd-Masters		De Anza	22.59	22.41
3	Marviel Underwood	12	San Leandro	22.34	22.84
4	Gino Mcguigan	10	Castro Valley	23.08	22.97
5	Grayland Rhodes		James Logan	22.88	23.07
6	Erik Allen		Mision San JOse	23.11	23.28
7	Conner Banks		St. Mary's	23.41	23.38
8	Jason Owens	12	San Lorenzo	23.23	23.48
9					
FINALS -- SATURDAY -- 1:05 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Marviel Underwood	12	San Leandro	22.84	
2	Michael Smith	12	San Leandro	22.65	
3	Chris Dunbar		St. Mary's	22.12	
4	Joel Onyenegecha		El Cerrito	21.77	
5	Denye Versher		St. Mary's	21.75	
6	Aaron Williams	10	San Leandro	22.00	
7	Rashard Dodd-Masters		De Anza	22.41	
8	Kwesi Byrd		James Logan	22.68	
9	Cameron Brockman		Mission San Jose	22.85	

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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	De Anza		De Anza	4:01.60	4:00.13
2	St. Mary's		St. Mary's	4:19.77	4:04.12
3	WAshton		Washington	4:13.98	4:06.86
4	Castro Valley		Castro Valley	4:10.20	4:09.78
5	Hayward		Hayward	4:20.61	4:20.64
6	Alameda		Alameda	4:30.22	4:24.65
7	Irvington		Irvington	4:27.05	dns
8					
9					
HEAT 2 -- 6:15 p.m.					
1	James Logan		James Logan	4:09.55	4:01.76
2	Piedmont		Piedmont	4:05.75	4:03.85
3	Mission San Jose		Mission San Jose	4:17.18	4:13.28
4	Arroyo		Arroyo	4:15.91	4:14.38
5	Moreau Catholic		Moreau Catholic	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	Arroyo		Arroyo	4:14.38	
2	Castro Valley		Castro Valley	4:09.78	
3	St. Mary's		St. Mary's	4:04.12	
4	James Logan		James Logan	4:01.76	
5	De Anza		De Anza	4:00.13	
6	Piedmont		Piedmont	4:03.85	
7	WAshton		Washington	4:06.86	
8	Mission San Jose		Mission San Jose	4:13.28	
9	Moreau Catholic		Moreau Catholic	4:14.64	

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EVENT # 20 Boys' 4 x 400					
(9 advance to finals: heat winners plus next 7 by time)					
lane	name	grade	school	entry mark	mark
HEAT 1 --					
1	Franklin, Toler, Jones, Holloway		Bishop O'Dwod	3:30.47	3:26.26
2	Cheatham, Nicholas, Groger, Williams		San Leandro	3:25.59	3:27.74
3	Parker, Zamora, Oliviera, 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 San Jose	3:29.64	3:27.98
4	Zadno, Fuagaki, Merowitz, Van Metre		Moreau Catholic	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	Smith, Lacour, Wilcox, Pelayo		Alameda	3:31.94	
2	Zadno, Fuagaki, Merowitz, Van Metre		Moreau Catholic	3:29.71	
3	Marigan, Dunbar, Nicosia, Goldsby		James Logan	3:27.97	
4	Franklin, Toler, Jones, Holloway		Bishop O'Dwod	3:26.26	
5	Keys, White, Dunbar, Guy		St. Mary's	3:25.16	
6	Cheatham, Nicholas, Groger, Williams		San Leandro	3:27.74	
7	Soyer, Brokman, Fischer, Allen		Mission San Jose	3:27.98	
8	Parker, Zamora, Oliviera, Willits		Castro Valley	3:31.36	
9	Johnson, Madrigal, Watson, Kawasaki		Washington	3:34.15	

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Event # 21 -- Girls' Long Jump

9 advance to finals					
	name	grade	school	entry mark	mark
1	Ashley Lodree		El Cerrito	17-03.75	18-00.25
2	Kalani Holleman	11	Hayward	18-00.75	17-03.5
3	Gilleon Smith	12	Mt. Eden	18-06.75	16-10.25
4	Lavietta Stanton		James Logan	17-02.00	16-09.25
5	Amy Leong		James Logan	17-00.00	16-03
6	Lynnsy Jones	12	Castro Valley	18-00.00	16-02.5
7	Dana Barbieri		Peidmont	16-01.50	15-09.75
8	Linda Lu		Mission San Jose	17-02.75	15-08
9	Quiana Plump		St. Mary's	16-04.25	15-06
10	Danielle Stokes		St. Mary's	17-04.00	15-02.5
11	Kiersten Slader	9	Castro Valley	16-04.00	15-02
12	Tyreina Henley		James Logan	16-08.50	14-10.25
13	Renee Little		Washington	15-06.75	14-09.25
14	Martine Donovan		Piedmont	15-03.00	14-06.75
15	Ashley Curtis		St. Mary's	15-07.75	14-06.5
16	Miko Nelson	12	Tennyson	15-10.50	13-08
FINALS -- SATURDAY					
(top 7 advance to North Coast Section Meet of Champions)					
1	Ashley Lodree		El Cerrito	18-00.25	
2	Kalani Holleman	11	Hayward	17-03.5	
3	Gilleon Smith	12	Mt. Eden	16-10.25	
4	Lavietta Stanton		James Logan	16-09.25	
5	Amy Leong		James Logan	16-03	
6	Lynnsy Jones	12	Castro Valley	16-02.5	
7	Dana Barbieri		Peidmont	15-09.75	
8	Linda Lu		Mission San Jose	15-08	
9	Quiana Plump		St. Mary's	15-06	

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Event # 22 -- Boys' Long Jump

9 advance to finals					
	<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry 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 San Jose	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 Catholic	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	Harolod 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	Trestin George		St. Mary's	21-11.5	
2	Solomon Welch		St. Mary's	21-10.5	
3	Michael Johnson		Mission San Jose	21-03	
4	Vonshae McKnight	11	Tennyson	20-9.5	
5	Jon-Pierre Loche	12	Bishop O'Dowd	20-11.5	
6	Alex Wong	12	Moreau Catholic	20-03.5	
7	Brian Poon		American	20-03.5	
8	Mike DeSilva	11	Castro Valley	20-03	
9	Harolod Henderson		El Cerrito	20-01	

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Event # 23 -- Girls' Triple Jump

9 advance to finals					
	name	grade	school	entry mark	mark
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 San Jose	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	9	Castro Valley	32-03.50	32-00.5
16	Monica Greene	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	36-09	
2	Quiana Plump		St. Mary's	35-09	
3	Tyreina Henley		James Logan	35-06.75	
4	Na'Imah Crum		St. Mary's	35-05	
5	Tiffany Johnson		St. Mary's	35-02.5	
6	Kishi Hill	10	Bishop O'Dowd	35-02	
7	Karen Balumbu		James Logan	35-00.25	
8	Gilleon Smith	12	Mt. Eden	35-00.25	
9	Ashley Curtis		St. Mary's	34-07.25	

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Event # 24 -- Boys' Triple Jump

9 advance to finals					
	name	grade	school	entry mark	mark
1	Soloman 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 San Jose	44-11.00	43-08
6	Jeremy Crowell		James Logan	42-05.00	43-05
7	Vonshae McKnivght	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 San Jose	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 Amey		James Logan	44-06.00	dnj
FINALS -- SATURDAY					
(top 7 advance to North Coast Section Meet of Champions)					
1	Soloman Welch		St. Mary's	46-04.75	
2	Jon-Pierre Loche	12	Bishop O'Dowd	45-02.5	
3	Trestin George		St. Mary's	45-01.5	
4	Asokah Muhammad		St. Mary's	45-01.25	
5	Mike Johnson		Mission San Jose	43-08	
6	Jeremy Crowell		James Logan	43-05	
7	Vonshae McKnivght	11	Tennyson	43-04.5	
8	Darnell Toliver		St. Mary's	43-01.25	
9	Versell Wade	12	Tennyson	42-05.75	

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Event # 25 GV High Jump

9 advance to finals					
	name	grade	school	entry mark	mark
1	Rachel Schaffner	9	Moreau Catholic	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 Catholic	4-6	
2	Gina Paladini	12	Castro Valley	4-6	
3	Katherine Griffith		Irvington	4-6	
4	Heather Terbeek		American	4-6	
5	Victoria Cayetano		Kennedy-Fremont	4-6	
6	Bahati Bodden		James Logan	4-6	
7	Jamie Sawyer		Alameda	4-6	
8	Lauren Hodill		Alameda	4-6	
9	Kiersten Slader	9	Castro Valley	4-6	

Event # 26 Boys High Jump

9 advance to finals					
	name	grade	school	entry mark	mark
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 San Jose	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	5-08	
2	Brandon Peters	12	Arroyo	5-08	
3	Jason Gatewood	12	Hayward	5-08	
4	Mike Johnson		Mission San Jose	5-08	
5	Ben Hansen	11	Castro Valley	5-08	
6	Beau Bettinger	10	Castro Valley	5-08	
7	Aaron Peters		James Logan	5-08	
8	Philip Smith		St. Mary's	5-06	
9	Jason Gaffney	12	Hayward	5-06	
	Adam Hess		James Logan	5-06	

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Event # 27 Girls' Shot Put

9 advance to finals					
	name	grade	school	entry mark	mark
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	Bsihop O'Dowd	42-01.00	37-10.25
4	DaSilva		Newark-Memorial	34-08.50	35-03
5	Keely Borck		Mission San Jose	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-Memorial	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 McDaniele		St. Mary's	28-09.50	30-04.75
14	Amber Moore		St. Mary's	31-09.00	29-00
15	Baptista		Newark-Memorial	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	Kamaiya Warren		St. Mary's	43-11.25	
2	Evangela Dixon	12	Hayward	38--05.75	
3	Michelle Daggs	12	Bsihop O'Dowd	37-10.25	
4	DaSilva		Newark-Memorial	35-03	
5	Keely Borck		Mission San Jose	34-03.25	
6	Revecho		St. Mary's	33-10.5	
7	Tiffany Rizzo	12	Castro Valley	33-06.25	
8	Smith		Newark-Memorial	32-08.5	
9	Jessica Perreira	11	Arroyo	32-07.25	

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Event # 28 Boys' Shot

9 advance to finals					
place	name	grade	school	entry mark	mark
1	Brian Moon	11	Bishop O'Dowd	55-00.50	53-06.5
2	Daryl Cash		El Cerrito	49-10.50	51-11
3	Kevin Kemp		Missin San Jose	51-01.00	51-05.5
4	Pasha Jackson	12	Tennyson	46-06.50	48-05
5	Ron Bias		El Cerrito	49-09.50	47-07.75
6	John Thurston	12	Moreau Catholic	47-02.50	47-04.25
7	Satele		Newark-Memorial	42-03.25	47-03.5
8	Robert Leroy		James Logan	42-07.50	45-08.75
9	John Martin		James Logan	45-04.50	45-07.25
10	Philip Weatheroy		St. Mary's	44-04.00	45-06.75
11	James Johnson		Salesian	45-01.00	43-08.25
12	Charlie Griffin		James Logan	43-04.00	41-08.75
13	Kirk Morrison	12	Bishop O'Dwod	46-03.00	40-07.25
14	James Templeton	12	Moreau Catholic	45-02.50	40-06.5
15	Isaac Watts		Encinal	42.50.00	39-07.75
16	Wiley		El Cerrito	no mark	39-02
FINALS -- SATURDAY					
(top 7 advance to North Coast Section Meet of Champions)					
1	Brian Moon	11	Bishop O'Dowd	53-06.5	
2	Daryl Cash		El Cerrito	51-11	
3	Kevin Kemp		Missin San Jose	51-05.5	
4	Pasha Jackson	12	Tennyson	48-05	
5	Ron Bias		El Cerrito	47-07.75	
6	John Thurston	12	Moreau Catholic	47-04.25	
7	Satele		Newark-Memorial	47-03.5	
8	Robert Leroy		James Logan	45-08.75	
9	John Martin		James Logan	45-07.25	

**2000 North Coast Bayshore Track & Field Championships
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Event # 29 Girls' Discus

9 advance to finals					
	name	grade	school	entry mark	mark
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 San Jose	122-01.00	114-7.5
4	Sarina Smith		Newark-Memorial	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-Memorial	109-00.00	108-10.5
8	Evangela Dixon	12	Hayward	118-02.25	108-01.5
9	MichelleDaSilva		Newark-Memorial	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 McDaniel		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
FINALS -- SATURDAY					
(top 7 advance to North Coast Section Meet of Champions)					
1	Kamaiya Warren		St. Mary's	133-5.5	
2	Michelle Daggs	12	Bishop O'Dowd	130-00.5	
3	Keely Borck		Mission San Jose	114-7.5	
4	Sarina Smith		Newark-Memorial	111-07.5	
5	Allyson Criner	10	Bishop O'dowd	110-2	
6	Tiffany Rizzo	12	Castro Valley	109-10.5	
7	Megan Biser		Newark-Memorial	108-10.5	
8	Evangela Dixon	12	Hayward	108-01.5	
9	MichelleDaSilva		Newark-Memorial	099-04.5	

Event # 30 -- Boys' Discus

9 advance to finals					
	name	grade	school	entry mark	mark
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
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	Charlie Griffith		James Logan	147-02.25	
2	Angelero Session		James Logan	145-03	
3	Brian Moon	11	Bishop O'Dowd	141-08.5	
4	Pasha Jackson	12	Tennyson	140-03	
5	Ron Bias		El Cerrito	136-09.5	
6	Sean Westbrook		Mission San Jose	135-04	
7	Marvin Wiley		El Cerrito	131-03	
8	Naseer Khan		James Logan	130-01.25	
9	Matt Poirier		Piedmont	127-0.25	

Event # 31 Girls Pole Vault

[illegible]

Event # 32 Boys' Pole Vault

[illegible]

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	school	entry	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	Coarter, 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	school	entry	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	44.76	45.37
5	Garrett, Smith, Rosetti, Zellick	Alameda	46.18	46.18
6	Shaw, Jackson, Corbera, Alvarado	Kennedy-Fremont	46.28	46.5
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, Hlraga, 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
<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	Ema Forgo		Mission	5:22.54	5:28.56
4	Jill Owyang	11	San Leandro	5:25.46	5:29.68
5	Sarah Orzell		Alameda	5:32.75	5:35.59
6	Kristen Boon-Nitoff	11	Castro Valley	5:39.66	5:38.64
7	Chelsea Torgersen-Bell		St. Mary's	5:41.44	5:44.07
8	Jessica Groome	12	Castro Valley	5:50.94	5:59.77
9					

HEAT 2 -- 3:00 p.m.

1	Danila Musante	10	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	11	Moreau	5:20.81	5:27.58
5	Christina Walker		James Logan	5:48.08	5:40.88
6	Amanda Felt		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	10	Bishop O'Dowd	5:15.83
3	Stacy Aurit		James Logan	5:18.48
4	Ema 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	11	Moreau	5:24.04
9	Jill Owyang	11	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
<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	12	Moreau	4:18.55	4:36.07
4	John Hancock	11	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	12	San Leandro	4:27.24	4:29.16
3	Jason Castro		James Logan	4:26.97	4:29.64
4	Beau Belfinger	10	Castro Valley	4:22.82	4:29.98
5	Dan Rodriguez	12	Mission	4:34.38	4:33.03
6	Luke Sigmon	11	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	12	Moreau	4:21.32	
2	Micah Strom		Mission	4:21.86	
3	Zack Ardell-Smith	12	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	11	San Leandro	4:26.81	
8	Beau Belfinger	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
<u>HEAT 1 -- 3:30 P.M.</u>					
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

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 Hidalgo	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 Vongkhmchanh	Alameda	18.77	19.03

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 Hidalgo	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
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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

HEAT 2 -- 3:45 p.m.

1	Sorush 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

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	Sorush 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
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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

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	Khariyeh 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

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	Khariyeh 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
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HEAT 1 -- 4:00 p.m.

1	Denye Versher		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

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

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
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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

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

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)

<u>place</u>	<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry mark</u>	<u>mark</u>
<u>HEAT 1 -- 4:20 p.m.</u>					
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

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	11.37
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

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)

<u>place</u>	<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry mark</u>	<u>mark</u>
<u>HEAT 1 -- 4:30 p.m.</u>					
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	dnr

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	Erna 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

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)

<u>lane name</u>	<u>grade</u>	<u>school</u>	<u>entry mark</u>	<u>mark</u>
<u>HEAT 1 -- 4:40 p.m.</u>				
1	Zach Ardell-Smith	12	San Leandro	1:59.42
2	Tim Wallach	9	Bishop O'Dowd	2:00.27
3	Sean Geraghty		St. Mary's	1:58.16
4	Mark Mirigian		James Logan	2:02.28
5	Sam Goldsby		James Logan	2:04.74
6	Micah Fisher-Krishner		Mission	2:03.15
7	Mickey Wilcock		Alameda	2:04.35
8	Matthew Yee		Alameda	no mark

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	2:05.31	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

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)

<u>lane name</u>	<u>grade</u>	<u>school</u>	<u>entry mark</u>	<u>mark</u>
<u>HEAT 1 -- 4:50 p.m.</u>				
1	Ashley Lodree		El Cerrito	44.37
2	Lauren Barbieri		Piedmont	47.14
3	Katherine Griffith		Irvington	48.38
4	Carmel Rogers		St. Mary's	no mark
5	Jaime Lee-Mars		Mission San Jose	50.02
6	Shea'l Rivas	10	Arroyo	51.04
7	Melissa Beesley	11	San Leandro	49.99
8	Amanda Brown		Encinal	50.38

HEAT 2 -- 4:55 p.m.

1	April Russell		DeAnza	44.6
2	Bahati Bodden		James Logan	44.5
3	Chrissy Freeman		Washington	49.16
4	Daniella Stokes		St. Mary's	49.17
5	Cara Brown	11	Bishop O'Dowd	50.31
6	Lauren Hawkins		Irvington	50.19
7	Brittany Knapp	9	Castro Valley	51.65
8	Kristen Hughes	10	Arroyo	52.5

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 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

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

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		Washingt	42.97

EVENT # 15 Girls' 200

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

place	name	grade	school	entry mark	mark
<u>HEAT 1 -- 5:10 p.m.</u>					
1	Monique Coleman		El Cerrito	25.07	25.11
2	Kalani Holleman	11	Hayward	26.44	25.26
3	Monica Dean	12	Bishop O'Dowd	25.65	25.83
4	Cinya Burton		Holy Names	26.53	26.44
5	Tracy White		Newark	27.25	26.9
6	Tamara Zuffi		Washington	27.48	27.41
7	Alicia Williams		DeAnza		dns
8	Christen Tucker	10	Bishop O'Dowd	25.7	dns
9					

HEAT 2 -- 5:15 p.m.

1	Cheri Craddock		James Logan	25.1	24.59
2	Tiffany Johnson		St. Mary's	25.82	24.82
3	Kelly Walker		Holy Names	25.26	25.14
4	Meghan McMahon-Johnson		Holy Names	26.73	26.36
5	Nanyamka Sott		Washington	26.74	26.89
6	Nichole Penland	10	San Leandro	27.46	27.2
7	Karriych Shabbaz		James Logan		27.42
8	Ryana Smith	10	Hayward	27.33	27.54
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)

lane name	grade	school	entry mark	mark
<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				dns

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		Mision San Jose	23.11
7	Conner Banks		St. Mary's	23.41
8	Jason Owens	12	San Lorenzo	23.23
9				23.48

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

lane name	grade	school	entry mark	mark
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FINALS -- SATURDAY 1:15

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

8	Bridget Duffy		St. Mary's	11:32.25
9	Danila Musante	10	Bishop O'Dowd	11:40.93
7	Vasanth 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	dns
4	Zinzi Evans		Holy Names	dns
6	Amber Hendrix	11	Moreau	dns
14	Sarah Orzell		Alameda	dns

EVENT # 18 Boys' 3200

lane name	grade	school	entry mark
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FINALS -- SATURDAY 1:30

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

1	Yong-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 Beltfinger	10	Castro Valley	9:53.31
9	Chris Lanese	12	Moreu Catholic	10:03.01
10	Alex Cardiasmenos	11	Castro Valley	10:21.53
11	Kota Reichert		Alameda	10:23.38
12	Ryan McPheelers	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	dns

EVENT # 19 Girls' 4 x 400

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

lane name	school	entry	mark
<u>HEAT 1 -- 6:00 p.m.</u>			
1	Onfawade, Russel, Williams, Mason	De Anza	4:01.60
2	Savage, Broady, Vega, Rogers	St. Mary's	4:19.77
3	Freemn, Little, Zuffy, Scott	Washington	4:13.98
4	McGrellis, Chow, Knapp, Medrano	Castro Valley	4:10.20
5	Howe, McIntyre, Smith, Rogers	Hayward	4:20.61
6	Frankel, Orzell, Burenin, Vonkhamshanh	Alameda	4:30.22
7		Irvington	4:27.05
8			dns
9			

HEAT 2 -- 6:15 p.m.

1	Crraddock, Leon, Bodden, Shabbaz	James Logan	4:09.55
2	Barbieri, Barbieri, Donovan, Dowe	Piedmont	4:05.75
3	Dhawan, Lee-mars, Mei, Wood	Mission	4:17.18
4	Rivas, Morn, Merrit, Bokamper	Arroyo	4:15.91
5	Castiaux, Tsai, Porto, Smith	Moreau	4:21.96
6	Bishop O'Dowd	Bishop O'Dowd	4:22.45
7			dns
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	Freemn, Little, Zuffy, Scott	Washington	4:03.25
6	Dhawan, Lee-mars, 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)

lane name	school	entry	mark
<u>HEAT 1 --</u>			
1	Franklin, Toler, Jones, Holloway	Bishop O'Dowd	3:30.47
2	Cheatham, Nicholas, Groger, Williams	San Leandro	3:25.59
3	Parker, Zamora, Oliveira, Willits	Castro Valley	3:33.67

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

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

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, Holleway	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, Iacous, Wilcox, Pelayo	Alameda	3:31.08
8	Zamora, Iveira, 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

name	grade	school	entry mark	mark
1	Ashley Lodree	El Cerrito	17-03.75	18-00.25
2	Kalani Holleman	Hayward	18-00.75	17-03.5
3	Gilleon Smith	Mt. Eden	18-06.75	16-10.25
4	Lavietta Stanton	James Logan	17-02.00	16-09.25
5	Amy Leong	James Logan	17-00.00	16-03
6	Lynnsy Jones	Castro Valley	18-00.00	16-02.5
7	Dana Barbieri	Piedmont	16-01.50	15-09.75
8	Linda Lu	Mission	17-02.75	15-08
9	Quiana Plump	St. Mary's	16-04.25	15-06
10	Danielle Stokes	St. Mary's	17-04.00	15-02.5
11	Kiersten Slader	Castro Valley	16-04.00	15-02
12	Tyreina Henley	James Logan	16-08.50	14-10.25
13	Renee Little	Washington	15-06.75	14-09.25
14	Martine Donovan	Piedmont	15-03.00	14-06.75
15	Ashley Curtis	St. Mary's	15-07.75	14-06.5
16	Miko Nelson	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		Piedmont	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

name	grade	school	entry mark	mark
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
5	Jon-Pierre Loche	12	Bishop O'Dowd	21-09.00
6	Alex Wong	12	Moreau	20-03.75
7	Brian Poon		American	20-03.5
8	Mike DeSilva	11	Castro Valley	21-02.00
9	Harold Henderson		El Cerrito	20-01.00
10	Versell Wade	12	Tennyson	21-02.00
11	Dsion Dixon		James Logan	20-10.00
12	Lewis Jackson		Irvington	21-04.50
13	Evan Hiraga		Albany	19-10.75
14	Patrick Vargas		James Logan	21-04.25
15	Alan Lee		Piedmont	19-07.50
16	Lionel Arnold		Richmond	21-09.50

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

name	grade	school	entry mark	mark
1	Kalani Holleman	11	Hayward	36-03.25
2	Quiana Plump		St. Mary's	35-06.50
3	Tyreina Henley		James Logan	34-05.00
4	Na'imah Crum		St. Mary's	34-07.50
5	Tiffany Johnson		St. Mary's	36-07.50
6	Kishi Hill	10	Bishop O'Dowd	34-09.50
7	Karen Balumbu		James Logan	34-08.00
8	Gilleon Smith	12	Mt. Eden	35-03.75
9	Ashley Curtis		St. Mary's	33-07.50
10	Linda Lu		Mission	34-07.00
11	Lauren Barbieri		Piedmont	32-05.00
12	Renee Little		Washington	34-07.00
13	Amy Leong		James Logan	34-08.50
14	Ubak Onyenegecha		El Cerrito	34-08.00
15	Chelsea Chandler	9	Castro Valley	32-03.50
16	Monica Greene	10	Bishop O'Dowd	33-08.50

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

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

FINALS -- SATURDAY

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

1	Soloman 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 Taliver		St. Mary's	39-00.25
9	Versell Wade	12	Tennyson	dns

Event # 25 GV High Jump

9 advance to finals

name	grade	school	entry mark	mark
1	Rachel Schaffner	9	Moreau	5-02
2	Gina Paladini	12	Castro Valley	5-00
3	Katherine Griffith		Irvington	4-10
4	Heather Terbeek		American	4-10
5	Victoria Cayetano		Kennedy-Fremont	4-10
6	Bahati Bodden		James Logan	4-10

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	Hayward	4-06	n.h.
11	Angie McVer	Tennyson	4-06	n.h.
12	Kiersten Slader	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 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 Bettlinger	10	Catro Valley	5-08	5-08
7	Aaron Peters		James Logan	5-06	5-08
8	Phillip 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 Bettlinger	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 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	Bsihop 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>place</u>		<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry mark</u>
<u>mark</u>					
1	Brian Moon	11	Bishop O'Dowd	55-00.50	53-06.5
2	Daryl Cash		El Cerrito	49-10.50	51-11
3	Kevin Kemp		Missin San Jose	51-01.00	51-05.5
4	Pasha Jackson	12	Tennyson	46-06.50	48-05
5	Ron Bias		El Cerrito	49-09.50	47-07.75
6	John Thurston	12	Moreau	47-02.50	47-04.25
7	Satele		Newark	42-03.25	47-03.5
8	Robert Leroy		James Logan	42-07.50	45-08.75
9	John Martin		James Logan	45-04.50	45-07.25
10	Philip Weatheroy		St. Mary's	44-04.00	45-06..75
11	James Johnson		Salesian	45-01.00	43-08.25
12	Charlie Griffin		James Logan	43-04.00	41-08.75
13	Kirk Morrison	12	Bishop O'Dowd	46-03.00	40-07.25
14	James Templeton	12	Moreau	45-02.50	40-06.5
15	Isaac Watts		Encinal	42.50.00	39-07.75
16	Wiley		El Cerrito	no mark	39-02

FINALS -- SATURDAY

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

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

Event # 29 Girls' Discus

9 advance to finals

	<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry 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	Taneyya 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

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 mark</u>	<u>mark</u>
1	Charlie Griffith		James Logan	157-03.00	147-02.25
2	Angeler 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

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 Angeleri 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

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 Angeleri 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 # 31 Girls Pole Vault

Finals only on Friday

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry 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	dns

Event # 32 Boys' Pole Vault

Finals only on Saturday

<u>name</u>	<u>grade</u>	<u>school</u>	<u>entry 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		Moreau	10-06	10-06
Laith Alnagem	12	Hayward	11-00	nh
Daniel Henderson		Albany		nh
Mike Estes		Albany		nh

2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000

Event # 3 -- Girls' 1600					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 11:10 a.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Jill Owyang	11 ✓	San Leandro	5:33.09	9
2	Corinne Roberts	✓	Alameda	5:20.94	5
3	Bridget Duffy	✓	St. Mary's	5:08.19	1
4	Zinzi Evans	✓	Holy Names	5:20.97	6
5	Danila Musante	10 ✓	Bishop O'Dowd	5:15.83	2
6	Stacy Aurit	✓	James Logan	5:18.48	3
7	Amber Hendrix	11 ✓	Moreau Catholic	5:24.09	8
8	Ema Forgo	✓	Mission San Jose	5:19.74	4
9	Sarah Orzell	✓	Alameda	5:21.45	7

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2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000

Event # 4 -- Boys' 1600					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 11:20 a.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Jeff Squires	✓	Mission San Jose	4:23.73	5
2	Giliat Ghebray	10 ✓	James Logan	4:22.63	4
3	Micah Strom	✓	Mission San Jose	4:21.86	2
4	Zack Ardell-Smith	12 ✓	San Leandro	4:22.11	3
5	Jason Castro	✓	James Logan	4:26.80	6
6	Beau Bettinger	10 ✓	Castro Valley	4:28.81	8
7	Dan Rodriguez	12 ✓	Mission San Jose	4:31.92	9
8	Luke Sigmon	11 ✓	San Leandro	4:26.81	7
9	Chris Lanese	✓ 12	Moreau Catholic	4:21.32	1

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**2000 North Coast Bayshore Track & Field Championships
 Finals Saturday, May 20, 2000**

Event #5 - Girls' 100 High Hurdles					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 11:30 A.M.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Carmel Rogers	✓	St. Mary's	17.50	9
2	Holly Hidlago	✓	Newark-Memorial	16.47	5
3	Becca Fong	✓	Mission San Jose	16.32	4
4	Ashley Lodree	✓	El Cerrito	14.37	1
5	Danielle Stokes	✓	St. Mary's	15.18	2
6	Lavietra Stanton	✓	James Logan	15.64	3
7	Karen Balumbu	✓	James Logan	16.57	6
8	Sheal Rivas	10 ✓	Arroyo	16.88	7
9	Chrissy Freeman	✓	Washington	17.17	8

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2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000

Event # 6 -- Boys' 110 High Hurdles					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 11:40 a.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Ivan Winzer	✓	El Cerrito	16.60	9
2	Jason Gaffney	✓	Hayward	16.35	8
3	Jason Boldon-Anderson	✓	St. Mary's	15.45	3
4	Sorush Groger	12 ✓	San Leandro	15.47	4
5	Erik Allen	✓	Mission San Jose	15.11	2
6	Solomon Welch	✓	St. Mary's	15.01	1
7	Riley Kawasaki	✓	Washington	16.05	6
8	Keith Bullock	11 ✓	San Leandro	15.49	5
9	Jason Tom	✓	El Cerrito	16.17	7

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2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000

Event # 7 -- Girls' 400					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 11:50 a.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Malika Dahwan		✓ Mission San Jose	61.61	9
2	Rachel Schaffner	9	✓ Moreau Catholic	61.54	8
3	Bahati Bodden		✓ James Logan	58.14	2
4	Amanda Medrano	11	✓ Castro Valley	58.72	4
5	Cheri Craddock	11	✓ James Logan	57.08	1
6	Alicia Williams		✓ De Anza	58.54	3
7	Ryana Smith	10	✓ Haywrd	60.13	6
8	Shamika Savage		✓ St. Mary's	60.02	5
9	Kharriych Shabazz		✓ James Logan	61.42	7

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2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000

Event # 8 -- Boys' 400					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 11:55 a.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Nick Zadno	12 ✓	Moreau Catholic	52.01	4
2	Marcus Nicosias	✓	James Logan	51.13	5
3	Aaron Williams	10 ✓	San Leandro	50.40	3
4	Chris Dunbar	✓	St. Mary's	50.22	2
✓ 5	Denye Versher	✓	St. Mary's	49.04	1
6	Gabriel Franklin	12 ✓	Bishop O'Dowd	51.23	6
7	Jamaal Brown	✓	St. Mary's	50.78	4
8	Cameron Brockman	✓	Mission San Jose	51.60	7
9	JJ Akins-Dunbar	✓	James Logan	51.94	8

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**2000 North Coast Bayshore Track & Field Championships
 Finals Saturday, May 20, 2000**

Event # 9 -- Girls' 100					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 12:05 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Christen Tucker	10	✓ Bishop O'Dowd	12.74 12.44	8
2	Kalani Holleman	11	✓ Hayward	12.56	6
3	Cheri Craddock		✓ James Logan	12.24	4
4	Kelly Walker		✓ Holy Names	12.19	2
5	Adrena Williams		✓ James Logan	11.84	1
6	Monique Coleman		✓ El Cerrito	12.23	3
7	Tiffany Johnson		✓ St. Mary's	12.35	5
8	Nicole Penland	10	✓ San Leandro	12.63 12.44	7
9	Cinya Burton		✓ Holy Names	12.99 12.55	9

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2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000

Event # 10 --Boys' 100					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 12:05 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Conner Banks	✓	St. Mary's	11.27	5
2	Darnel Williams	12 ✓	Castro Valley	11.52	9
3	Michael Smith	12 ✓	San Leandro	11.24	4
4	Marviel Underwood	12 ✓	San Leandro	10.93	21
5	Joel Onyenegecha	✓	El Cerrito	10.94	2
6	Linold Arnold	✓	Richmond	11.15	3
7	Rashad Dodd-Masters	✓	De Anza	11.32	6
8	Kwesi Byrd	✓	James Logan	11.38	7
9	Geno McGuigan	10 ✓	Castro Valley	11.50	8

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**2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000**

Event #11 -- Girls' 800					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 12:20 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Lara Burenin	✓	Alameda	2:26.50	8
2	Margaret Smith	11 ✓	Moreau Catholic	2:25.26	7
3	Stacie Lopes	✓	Irvington	2:23.80	2
4	Paris Vega	✓	St. Mary's	2:22.04	1
5	Sarah Merrit	9 ✓	Arroyo	2:25.01	6
6	Zinzi Evans	✓	Holy Names	2:24.31	4
7	Skimra Rodriguez	12 ✓	Bishop O'Dowd	2:24.25	3
8	Colleen McGrellis	11 ✓	Castro Valley	2:24.36	5
9	Michelle Bokamper	12 ✓	Arroyo	2:28.16	9

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**2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000**

Event #12 - Boys' 800					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 12:30 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	James Ross	✓	St. Mary's	1:59.58	10 6
2	Mark Mirigian	✓	James Logan	2:00.14	7
3	Micah Strom	L12	Mission San Jose	1:56.52	1
4	Tim Wallach	d ✓	Bishop O'dowd	1:59.54	4 4
5	Zach Ardell-Smith	L12	San Leandro	1:59.55	5 5
6	Sean Geraghty	✓	St. Mary's	1:57.51	3
7	Jeff Squires	✓	Mission San Jose	1:57.04	2
8	Yuri Nosenko	L11	Castro Valley	2:01.53	8
9	Greg Williams	L	St. Mary's	2:05.82	9

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2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000

Event #13 -- Girls 300 Low Hurdles

<u>Lane</u>	<u>Name</u>	<u>Grade</u>	<u>School</u>	<u>Time</u>	<u>Place</u>
FINALS -- SATURDAY -- 12:40 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Daniella Stokes	✓	St. Mary's	47.58	5
2	Katherine Griffith	✓	Irvington	48.72	6
3	Lauren Barbieri	✓	Piedmont	46.70	4
4	April Russell	✓	DeAnza	43.48	1
5	Ashley Lodree	✓	El Cerrito	44.83	2
6	Bahati Bodden	✓	James Logan	45.82	3
7	Chrissy Freeman	✓	Washington	49.44	9
8	Carmel Rogers	✓	St. Mary's	48.93	8
9	Jaime Lee-Mars	✓	Mission San Jose	48.94	7

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**2000 North Coast Bayshore Track & Field Championships
 Finals Saturday, May 20, 2000**

Event # 14 -- Boys' 300 Intermediate Hurdles					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 12:50 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Riley Kawasaki		✓ Washington	42.97	9
2	Ryan Parker	10	✓ Castro Valley	41.97	8
3	John Van Metre	12	✓ Moreau Catholic	40.81	4
4	Halihl Guy		✓ St. Mary's	38.66	1
5	Erik Allen	12	✓ Mission San Jose	39.47	2
6	Sorush Groger	12	✓ San Leandro	40.21	3
7	Marcus Nicosia		✓ James Logan	41.32	5
8	Jason Bolden-Anderson		✓ St. Mary's	41.69	7
9	Ivan Winzer		✓ El Cerrito	41.62	6

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**2000 North Coast Bayshore Track & Field Championships
 Finals Saturday, May 20, 2000**

Event #15 -- Girls' 200					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 1:00 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Cinya Burton	✓	Holy Names	26.87	8
2	Monica Dean	12 ✓	Bishop O'Dowd	25.79	6
3	Kelly Walker	✓	Holy Names	25.11	4
4	Tiffany Johnson	✓	St. Mary's	24.74	2
5	Cheri Craddock	✓	James Logan	24.55	1
6	Monique Coleman	✓	El Cerrito	25.00	3
7	Kalani Holleman	11 ✓	Hayward	25.29	5
8	Meghan McMahon-Johnson	✓	Holy Names	26.24	7
9	Nanyamka Sott	✓	Washington	26.96	9

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**2000 North Coast Bayshore Track & Field Championships
 Finals Saturday, May 20, 2000**

Event #16 -- Boys' 200					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 1:05					
(top 7 advance to North Coast Section Meet of Champions)					
1	Marviel Underwood	12	✓ San Leandro	23.04	6
2	Michael Smith	12	✓ San Leandro	23.29	7
3	Chris Dunbar		✓ St. Mary's	22.12	3
4	Joel Onyenegecha		✓ El Cerrito	21.87	1
	Joel Onyenegecha		El Cerrito		
5	Denye Versher		✓ St. Mary's	21.97	2
6	Aaron Williams	10	✓ San Leandro	22.39	5
7	Rashard Dodd-Masters		✓ De Anza	22.34	4
8	Kwesi Byrd		✓ James Logan	23.54	8
9	Cameron Brockman		✓ Mission San Jose	25.09	9
	Cameron Brockman		Mission San Jose		

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**2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000**

EVENT # 17 -- Girls' 3200 -- 1:15 p.m.					
(Saturday final only -- top 7 advance to Meet of Champions)					
lane	name	grade	school	mark	place
1	Christina Lay	✓	Mission San Jose	13:13.09	12
2	Rosie Toney	10	✓ Castro Valley	12:38.72	9 10
3	Edina Forgo		Mission San Jose		---
4	Zinzi Evans		Holy Names		---
5	Abigail Galloway	✓	Irvington	11:58.90	7
6	Amber Hendrix	11	Moreau Catholic		---
7	Vasanth Kolavennu	✓	Mission San Jose	11:41.85	3
8	Bridget Duffy	✓	St. Mary's	11:32.25	1
9	Danila Musante	10	✓ Bishop O'Dowd	11:40.93	2
10	Holly Root	✓	Irvington	11:43.40	5
11	Jill Owyang	11	✓ San Leandro	11:55.70	6
12	Courtney Stewart	11	✓ Castro Valley	12:00.30	8
13	Mary Phelps	✓	Piedmont	11:42.45	4
14	Sarah Orzell		Alameda		---
15	Chelsea Torgersen-Bell	✓	St. Mary's	12:33.14	8 9
16	Erica Simpson	✓	Piedmont	12:43.31	10 11

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2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000

Event #19 -- Girls' 4 x400 Relay					
Lane	Name	Grade	School	Time	Place
1:45 FINALS -- SATURDAY -- 2:00 p.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Rivas, Morn, Merrit, Bokamper	✓	Arroyo	4:22.03	9
2	McGrellis, Chow, Knapp, Medrano	✓	Castro Valley	4:10.88	8
3	Savage, Broady, Vega, Rogers Duffy	✓	St. Mary's	3:59.03	2
4	Crraddock, Leon Auritt, Bodden, Shabbaz	✓	James Logan	4:00.38	3
5	Onfawade, Russell, Williams, Mason	✓	De Anza	3:54.62	1
6	Barbieri, Barbieri, Donovan, Dowe	✓	Piedmont	4:02.13	4
7	Freemn, Little, Zuffy, Scott	✓	Washington	4:03.25	5
8	Dhawan, Lee-marrs, Mei, Wood	✓	Mission San Jose	4:08.72	6
9	Castiaux, Tsai, Porto Scaffner, Smith	✓	Moreau Catholic	4:09.19	7

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Event # _____

ENTRY & RESULT CARD

☒ Boys☐ Girls

4 x 400

Event

Name of meet or competing teams

1st Heat _____ 3rd Heat _____ Semifinal _____

2nd Heat _____ 4th Heat _____ Final X

Site

Date

5x400m v 800

LANE	#	LAST NAME, FIRST NAME	SCHOOL	TIME			PLACE	POINTS
				MIN.	SECONDS	TENTHS		
1	2	Smith, Jacout, Wilcox, Pelayo	✓ Alameda	3	31	18	7	
2	1	Zadno, Kuagaki, Merowitz, Van Metre	✓ Moreau Cath	3	36	25	6	
3		MARIGAN DUNBAR NICOSIA GOLDSBY	✓ James Logan	3	29	57	5	
4		Franklin, Toler, Jones, Holloway	✓ Bishop O'Dowd	3	27	94	4	
5		Keys, White, Brown, Guy	✓ St. Mary's	3	21	65	1	
6		Cheatham, Nicholas, Groger, Williams	✓ San Leandro	3	25	10	3	
7		Strom, Brokman, Allen, Squises	✓ Mission SJ	3	24	50	2	
8		Nosemko, Zamora, Oliviera, Willets	✓ Castro Valley	3	32	23	8	
9		Johnson, Madrigal, Watson, Kikunaga	✓ Washington	3	34	10	9	
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Event # 21 -- Girls' Long Jump

2000 North Coast Bayshore Track & Field Championships Finals

Event # 22 -- Boys' Long Jump

A	B	C	D	E	F	G	H	I	J	K	L
					trials			finals		best	place
	name	grade	school								
Saturday -- top 2 advance to finals and Meet of Champions											
6	1 Harold Henderson		El Cerrito	F	(20'3 1/4)	19'1 1/2	F	19'3 3/4	19'8	20'5 1/4	6
5	2 Mike DeSilva	11	astro Valley	20'1 1/4	19'11 1/4	(21'4)	19'6 1/2	19'3	19'1/2	21'1/4	5
7	3 Brian Poon		American	18'8 1/2	19'1 1/2	(19'8 1/4)	13'4 1/2	18'10 3/4	F	19'8 1/4	7
4	4 Alex Wong	12	Moreau	F	(19'1 1/2)	F				19'1 1/2	9
8	5 Jon-Pierre Loche	12	O'Dowd	F	(19'1 3/4)	F				19'1 3/4	8
2	6 Vonshae McKnight	11	Tennysor	(21'4 1/2)	19'1 1/4	20'2 1/4	20'2 3/4	19'8	F	21'4 1/2	2
4	7 Michael Johnson		Mission	19'11 1/2	20'1 1/4	(21'1 1/2)	19'	21'1"	20'9 1/2	21'1 1/2	4
1	8 Solomon Welch		St. Mary's	21'3"	20'10"	(21'9 1/4)	20'4 1/4	20'7 1/2	F	21'9 1/4	1
3	9 Trestin George		St. Mary's	F	(21'2 3/4)	21'2	20'9 1/2	19'11	19'10	21'2 3/4	3

2000 North Coast Bayshore Track & Field Championships Finals

Event # 23 -- Girls' Triple Jump

A	B	C	D	E	F	G	H	I	J	K	L
				①	②	③	④	⑤	⑥	best	place
	name	grade	school								
Saturday -- top 7 advance to finals and Meet of Champions											
✓	1 Ashley Curtis	10	St. Mary's	33 3/4	33 3/4	F					
✓	2 Gilleon Smith	12	Mt. Eden	32 11 1/2	33 8	35 1	33 7	F	P	35 1	4
✓	3 Karen Balumbu	10	James Logan	32 10 3/4	34 4 1/2	33 4	31 9 1/4	33 5	35 3/4	34 4 1/2	6
✓	4 Kishi Hill	10	O'Dowd	33 1	32 10 3/4	34 4 3/4	32 2 1/4	33 9 1/2	32 8	34 4 1/4	5
✓	5 Tiffany Johnson	10	St. Mary's	34 9 1/4	35 7 1/4	37 1	36 2 1/2	36 2 1/4	36 4	37 1	2
✓	6 Na'Imah Crum	11	St. Mary's	33 0	33 6 3/4	33 10 1/4					
✓	7 Tyreina Henley	10	James Logan	34 1 1/4	32 5 1/2	F	32 9	F	33 6	34 1 1/4	7
✓	8 Quiana Plump	11	St. Mary's	F	36 9 1/4	35 3 3/4	F	P	35 4	36 1 1/2	3
✓	9 Kalani Holleman	11	Hayward	36 4 1/2	37 5 1/2	34 9	P	P	P	37 5 1/2	①

2000 North Coast Bayshore Track & Field Championships Finals

Event # 24 -- Boys' Triple Jump

A	B	C	D	E	F	G	H	I	J	K	L
					trials			finale		best	place
	name	grade	school								
Saturday -- top 7 advance to finals and Meet of Champions											
1	Versell Wade	12	Tennyson								
2	Darnell Toliver	11	St. Mary's	38' ¹¹ / ₂ "	—	39' ¹ / ₄ "				39' ¹ / ₄ "	(8)
3	Vonshae McKnight	11	Tennyson	—	—	41' ⁹ / ₁₆ "	—	P	P	41' ⁹ / ₁₆ "	(7)
4	Jeremy Crowell		James Logan	41' ¹ / ₃ "	41' ⁶ / ₁₆ "	41' ⁹ / ₁₆ "	40' ⁶ / ₁₆ "	41' ⁷ / ₁₆ "	—	41' ⁹ / ₁₆ "	(6)
5	Mike Johnson		Mission San Jose	44' ¹ / ₄ "	44' ¹ / ₄ "	44' ⁵ / ₁₆ "	43' ⁴ / ₁₆ "	P	P	44' ⁷ / ₁₆ "	(4)
6	Asokah Muhammad		St. Mary's	—	44' ¹⁰ / ₁₆ "	—	—	—	—	44' ¹⁰ / ₁₆ "	(3)
7	Trestin George		St. Mary's	44' ⁵ / ₁₆ "	—	44' ³ / ₁₆ "	P	—	—	44' ⁵ / ₁₆ "	(5)
8	Jon-Pierre Loche	12	Bishop O'Dowd	45' ⁶ / ₁₆ "	46' ¹ / ₁₆ "	45' ¹⁰ / ₁₆ "	—	45' ¹¹ / ₁₆ "	—	46' ¹ / ₁₆ "	(2)
9	Soloman Welch		St. Mary's	47' ⁵ / ₁₆ "	44' ⁵ / ₁₆ "	46' ⁸ / ₁₆ "	46' ³ / ₁₆ "	—	47' ⁴ / ₁₆ "	47' ⁵ / ₁₆ "	(1)

Event #25 -- Girls' High Jump

Event # 26 -- Boys' High Jump

5'10"
5'10"
5'10"
5'10"
5'10"
5'10"
5'10"

Event # 27 Girls' Shot Put

A	B	C	D	E	F	G	H	I	J	K	L
				trials				finals		best	place
	name	grade	school								
Saturday -- top 7 advance to finals and Meet of Champions											
1	Jessica Perreira	11	Arroyo	34, 6 1/4	30, 1	31, 7 1/2	32, 3 1/2	33, 3	34, 6 1/4	6	
2	Sarina Smith	12	Newark	34, 5 1/4	32	33, 2 1/2	30, 10 1/4	30, 7 1/4	34, 5 1/4	7	
3	Tiffany Rizzo	12	astro Valley	32, 9	33, 9 1/2				33, 9 1/2	8	
4	Michelle Revecho	10	St. Mary's	25, 3 1/2	26, 10 1/4	26, 10 1/2			26, 10 1/2	9	
5	Keely Borck	11	Mission	34, 1	33, 5 1/2	33, 2	33, 1	32, 9 1/4	34, 10 1/2	5	
6	Michelle DaSilva	12	Newark	32, 11 1/4	34, 1 1/4	35, 8 3/4		34, 1	35, 8 3/4	4	
7	Michelle Daggs	12	O'Dowd	39, 10 1/4	41, 9 1/2	41, 6 1/2	42, 9	42, 9	42, 9	1	
8	Evangela Dixon	12	Hayward	36, 11 1/4	37, 9 1/2	37, 1	37, 8 1/4	39, 2	37, 9 1/4	3	
9	Kamaiya Warren	10	St. Mary's	42, 6 1/4	39, 9 1/2	41, 10 1/4			42, 1 1/4	2	

Event # 28 Boys' Shot Put

A	B	C	D	E	F	G	H	I	J	K	L
				trials			finals			best place	
name		grade	school								
Saturday -- top 7 advance to finals and Meet of Champions											
1	John Martin	11	James Logan	40,3 $\frac{1}{4}$	—	—				40,3 $\frac{1}{4}$	
2	Robert Leroy	12	James Logan	41,7 $\frac{1}{2}$	40,6	43,2 $\frac{1}{4}$				43,2 $\frac{1}{4}$	
3	Paul Satele	11	Newark	—	45,4 $\frac{1}{4}$	45,4 $\frac{1}{4}$	44,5 $\frac{1}{2}$	—	45,2 $\frac{1}{4}$	45,4 $\frac{1}{4}$	7
4	John Thurston	12	Moreau	40,11 $\frac{3}{4}$	45,10 $\frac{1}{2}$	46,4 $\frac{1}{2}$	43,5	43,11 $\frac{1}{4}$	—	46,4 $\frac{1}{2}$	6
5	Ron Bias	12	El Cerrito	47,11	—	—	46,10 $\frac{1}{4}$	48,9	—	48,9	4
6	Pasha Jackson	12	Tennyson	—	46,9 $\frac{3}{4}$	—	—	45,9	46,6 $\frac{3}{4}$	46,9 $\frac{3}{4}$	5
7	Kevin Kemp	12	Mission	—	50,1 $\frac{1}{2}$	47,11 $\frac{1}{4}$	—	47,7 $\frac{1}{4}$	—	50,1 $\frac{1}{2}$	2
8	Daryl Cash	11	El Cerrito	49,8 $\frac{1}{4}$	—	49,1 $\frac{1}{4}$	—	—	48,10 $\frac{1}{4}$	49,8 $\frac{1}{4}$	3
9	Brian Moon	11	O'Dowd	51,4	52,7	52,7 $\frac{1}{2}$	—	—	—	52,7 $\frac{1}{2}$	1

2000 North Coast Bayshore Track & Field Championships Finals

Event # 29 Girls' Discus

A	B	C	D	E	F	G	H	I	J	K	L
				trials				finals		best	place
	name	grade	school								
Saturday -- top 7 advance to finals and Meet of Champions											
① 7 ✓	1 MichelleDaSilva	12	Newark	105-1 $\frac{1}{2}$	112- $\frac{1}{2}$	106-3	X	91-6	98-1	112- $\frac{1}{2}$	7
④ 4 ✓	2 Evangela Dixon	12	Hayward	119-9	X	X	118-8	112-10	116-9 $\frac{1}{2}$	119-9	4
✓	3 Megan Biser	9	Newark	109-3	95-2	106-4				107-3	
✓	4 Tiffany Rizzo	12	Castro Valley	103-2 $\frac{1}{2}$	101-9	X				103-2 $\frac{1}{2}$	
② 6 ✓	5 Allyson Criner	10	O'dowd	112-3	104-5 $\frac{1}{2}$	108-8 $\frac{1}{2}$	104-4	99-7 $\frac{1}{2}$	X	112-3	6
⑥ 2 ✓	6 Sarina Smith	12	Newark	110-1	116-1 $\frac{1}{2}$	129-5	X	X	X	129-5	3
③ 5 ✓	7 Keely Borck	11	Mission	108-7	110-3 $\frac{1}{2}$	117-6 $\frac{1}{2}$	115-8	114-4 $\frac{1}{2}$	114--	117-6 $\frac{1}{2}$	5
⑦ 1 ✓	8 Michelle Daggs	12	O'Dowd	X	138-5	131-11	145-7 $\frac{1}{2}$	X	142-11 $\frac{1}{2}$	145-7 $\frac{1}{2}$	1
⑤ 3 ✓	9 Kamaiya Warren	10	St. Mary's	126-2 $\frac{1}{2}$	123-5 $\frac{1}{2}$	X	X	133-2 $\frac{1}{2}$	125- $\frac{1}{2}$	133-2 $\frac{1}{2}$	2

Event # 30 -- Boys' Discus

A	B	C	D	E	F	G	H	I	J	K	L
				trials			finals			best	place
<u>name</u>		<u>grade</u>	<u>school</u>								
Saturday -- top 7 advance to finals and Meet of Champions											
1	Matt Poirier	11	Piedmont	112-7	123-11	118-9½	—	—	—	123-11	9
2	Naseer Khan	11	James Logan	114-2	124-3	X	—	—	—	124-3	8
3	Marvin Wiley	12	El Cerrito	129-7½	133-7	137-5½	138-—	X	119-9	137-5½	7
4	Sean Westbrook	12	Mission	147-8	X	135-7½	X	X	X	147-8	3
5	Ron Bias	12	El Cerrito	135-8	142-9	127-4½	138-½	142-2½	X	142-9	4
6	Pasha Jackson	12	Tennyson	149-9½	146-4½	141-4½	X	133-9	147-7	149-9½	1
7	Brian Moon	11	O'Dowd	138-1	140-11	148-3	141-1	X	146-9	148-3	2
8	Angelero Session	11	James Logan	139-5	X	140-3	X	X	X	140-3	5
9	Charlie Griffith	11	James Logan	X	125-6½	126-8	X	140-2½	X	140-2½	6

Event # 32 -- Boys' Pole Vault

**2000 North Coast Bayshore Track & Field Championships
 Finals Saturday, May 20, 2000**

Event # 1 - Girls' 4 x 100 Relay					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY 11:00 A.M.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Freeman, Zuffy, Little, Scott	✓	Washington	50.99	7
2	^{FORD} Chung, Chandler, Medrano, Slader	✓	Castro Valley	52.04	9
3	^{GATES} Lodre Stanford, Coleman, Roberts	✓	El Cerrito	48.88	2
4	Guillory, McMahon-Johnson, Walker, ^{BULLUMBO}	✓	Holy Names	47.97	1
5	Williams, Stanton, Leong, Henley	✓	James Logan	48.94	3
6	Savage, Johnson, Stokes, Plump	✓	St. Mary's	49.46	4
7	DeAnza	✓	DeAnza	49.90	5
8	Rivas, Merritt, Morn, Bokamper	✓	Arroyo	51.28	8
	Tsai, Schaffner, Rogan, Liu	✓	Moreau Catholic	50.86	6

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2000 North Coast Bayshore Track & Field Championships
Finals Saturday, May 20, 2000

Event # 2 -- Boys' 4 x 100 Relay					
Lane	Name	Grade	School	Time	Place
FINALS -- SATURDAY -- 11:05 a.m.					
(top 7 advance to North Coast Section Meet of Champions)					
1	Garrett, Smith, Rosetti, Zellick	✓	Alameda	45.69	8
2	Williams, Gafney, Gatewood, GhisselH	✓	Hayward	44.78	6
3	Allen, Brockman, Yeh, Johnson	✓	Mission San Jose	44.06	5
4	Franklin, Fontaine, Toler, Litrownick	✓	Bishop O'Dowd	43.22	2
5	Banks, Versher, Dunbar, Mohamed	✓	St. Mary's	42.19	1
6	Willits, Girego, McGuigan, Williams	✓	Castro Valley	43.64	4
7	Henderson, Onawangechi, Haartwick, Robinson	✓	El Cerrito	43.51	3
8	Jackson, Monroe, Connage, Jones	✓	Encinal	45.13	7
	Shaw, Jackson, Corbera, Alvarado	✓	Kennedy-Fremont	45.96	9

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