

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

This was an exciting meet for us, as we came away with not only two team plaques, but we also were able to get our own invitational off and running after two years of rain-outs. 13 high school teams showed up, and put on quite a show. We ran 47 heats of races in the span of 5 1/2 hours, got results on all of them, and had 6 field events in 3 divisions going on as well.

There was a fair amount of low-grade chaos going on, but the parent volunteers, the coaches, and the junior-senior athletes hung in there to get the meet done.

The BFS pulled out the win in the pole vault, and the GV was just a step behind the Carondelet team all night. The GFS took 4th, and that was without any real sprint presence.

Once again I have to mention that absences from meets hurt the team, and being on a team means committing to all of the competitions as well as all the workouts.

* = earned a medal

Boys' Frosh-Soph

1	Castro Valley	65
2	Bishop O'Dowd	58
3	Redwood Christian	56
4	St. Mary's	54
5	Northgate	48
6	Washington	35
7	Acalanes	35
8	Las Lomas	20
9	Dublin	9

4 x 100

Heat 1

3 Castro Valley "C" 51.63
Brandon Seals, David Lum, Mustafa Nawabzada, Aaron Gualara

Heat 2

* 1 Castro Valley "A" 47.87
Freddie Ng, Tim Wong, Alan Manoukian, Dash Oliver
3 Castro Valley "B" 53.27
Chris so, Jimmy Quintanilla, Josh Bivings, Mustafa Nawabzada

The "A" team came through in spades as Dash dropped down to help out. Only BOD beat us on time in the second heat. The other teams had personnel shuffling but we got three teams around the track.



Josh looks strong on leadoff for the "B" team.

4 x 200

2 Castro Valley "B" 1:48.33
Mustafa Nawabzada, Brian Sien, JOsh Bivings, Jimmy Sunga

Heat 3

4 Castro Valley "A" 1:48.72
Freddie Ng, Tim Wong, Aaron Gualara, Alan Manoukian

As people showed and no-showed, there was shuffling around and we were able to be competitive but outside the medal places.

4 X 400

Heat 1

4 Castro Valley "B" 4:07.91
Tim Wong, Brian Sien, Aaron Gualara, Jordan Mackey

Heat 2

5 Castro Valley "A" 3:54.15
Dash Oliver, Freddie Ng, Scott Peek, Vince Talley

Dash once again was the difference as the "A" squad grabbed the last scoring spot. The "B" team got experience.

4 x 800

no CV entry

4 x 1600

7 Castro Valley 22:00.0
Tom Ashby, Kevin Gee, Takeo Hiraki, Will Weeks

The boys were not in the hunt, but

are getting race experience for our league competition.

4 x 65 Shuttle Hurdles

Heat 2

* 1 Castro Valley 45.14
Aaron Gualara, Marcelo Sanchez, Mustafa Nawabzada, Jordan Mackey

Our hurdlers are actually pretty good, and with Jordan on anchor were eked out by just a fraction of a second for first.

Open 100

Heat 3

* 1 Dash Oliver 11.68
5 Freddie Ng 13.07

Dash made it 3 for 3 for medals with his individual win.

Devil-Take-The-Hindmost Mile

* 5 Tom Ashby 4:58.91

25 Kevin Gee n.t.

26 Will Weeks n.t.

Tom ran well but a bit back from the leaders. Kevin and Will trailed the pack and missed getting times.

3 x Long Jump

* 4 Castro Valley 47-8.25
Vince Talley 16-8.25
Jacob Kreitzer 15-8
Freddie Ng 15-9.5

Even without any single great jump, the team still had pretty good total.

3 x Triple Jump

* 4 Castro Valley 61-2
Vince Talley 31-2
Scott Peek 30-6

no third jumper

The TJ is a difficult event, so even with Tim Wong missing the event, the others still medaled against the other teams.

3 x High Jump

* 2 Castro Valley "A" 14-2
Jimmy Quintanilla 5-0
Scott Peek 4-8
Vince Talley 4-6

Nice jumping by Jimmy put us high in the standings.

top individuals

* 2 Jimmy Quintanilla 5-0

3 x Shot Put

* 4 Castro Valley 78-10
Joe Ashby 21-10
Geroge Gilham 26-7
Alex Vasquez 30-5

The throwers were able to squeak into the medal consideration

3 x Discus

* 3 Castro Valley 202-2
George Gilham 67-0

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

Alex Vasquez 73-8
 Joe Ashby 61-6

The sameboys were also able to managed more medals.
 top individuals

* 4 Alex Vasquez 73-8
 * 5 George Gilhamge 67-0

3 x Pole Vault
 * 1 Castro Valley 26-0
 Marcelo Sanchez 9-0
 Brandon McDonagh 9-0
 Josh Lleines 8-0

This event won the meet for us, as it gave us the late points to overtake Bishop O'Dowd for the overall team title.

top individuals
 * 2 Nolan McDonagh 9-0
 * 3 Marcelo SAnchez 9-0

Girls' Frosh-Soph

1 Mercy-Burlingame 73
 2 Carondelet 69
 3 St. Mary's 66
 4 Castro Valley 60
 5 Acalanes 42
 6 Las Lomas 35
 7 Bishop O'Dowd 12
 8 Mission 11
 9 Dublin 4

4 x 100
 Heat 2
 6 Castro Valley 1:00.13
 Lisa McComb, Beth Chan, Ashley Bright, Tanya Simbra

With Iesha missing we had to emrgency substitute Ashley

4 x 200
 no CV entry
 Absences and injuries doomed this team

4 x 400
 no CV entry
 we couldn't get enough girls to stick around to pull this one off.

4 x 800
 * 2 Castro Valley 11:14.28
 Good job all around, but Brewer didn't get the names or times.

4 x 1600
 * 1 Castro Valley 24:01
 We did just fine, but once again Brewer is not exactly sure of the names and times.

4 x 60 shuttle hurdles
 Heat 2
 * 2 Castro Valley 1:00.31
 Lisa McComb, Daina Vargas, Frankie Soares, Jenny Kaehms

With only 4 teams, all we had to do was finish for a medal. Jenny was the emergency replacement for Tanya, and

did just that -- finish.

Open 100
 no CV entry

Devil-Take-The-Hindmost Mile
 no CV entry

3 x Long Jump
 * 4 Castro Valley 24-3.75
 Frankie Soares 11-11.75
 Lisa McComb 12-4
 no third jumper

A small field allowed us to grab a medal.

3 x Triple Jump
 * 1 Castro Valley 29-0
 Bethany Chan 29-0
 Asley Bright no mark
 Kelsey Dunnigan no mark

The takeoff board was too far back for the few jumpers who did showup, so Bethany was the only girl who had a fair jump inthe entire meet. So, she wins the team and individual competition.

top individuals
 * 1 Bethany Chan 29-0

3 x High Jump
 * 1 Castro Valley 11-8
 Frankie Soares 4-2
 Michelle Gaston 3-8
 Kelsey Dunnigan 3-10

Even with Kelsey and Michelle learnign the event just the day before, we had enough height to win it all.

top individuals
 * 4 Francesca Soares 4-2

3 x Shot Put
 6 Castro Valley 37-4.5
 Kelsey Dunnigan 19-10.5
 Michelle Gaston 17-6
 no third thrower

Absences hurt the team effort.

3 x Discus
 * 2 Castro Valley 140-8
 Kelsey Dunnigan 54-2
 Michelle Gaston 41-3
 Jenny Kaehms 45-3

Well, having three girls makes a difference as the girls grabbed a top place in the medals.

top individuals
 * 5 Kelsey Dunnigna 54-2



Klews in charge of the discus,

3 x Pole Vault
 * 3 Castro Valley 5-6
 Daina Vargas 5-6
 Frankie Soares n.h.
 no third vaulter

Daina alone was enough to place today.

Girls' Varsity

Carondelet 124
 Castro Valley 77
 St. Mary's 54
 Las Lomas 50
 Fremont 21
 Washington 20
 Northgate 18
 Mercy 14
 Arroyo 6
 Dublin 4
 Acalanes 2

4 x 100
 Heat 4
 * 2 Castro Valley 50.78
 Alex Huerta, Jessica Thompson, Paula Brown, Kandice Dougla

It was good to get Jessica back from the ineligible list, as we nailed down a season best.

4 x 200
 Heat 3
 * 3 Castro Valley 1:51.99
 Alex Huerta, Alena LeBlanc, Kandice Douglas, Jessica Thompson

Even with new faces on the squad, we were able to grab another sprint medal.

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

4 x 400
Heat 2
* 2 Castro Valley 4:12.55
Chelsea Schneider 63.5
Haley Batis 62.5
Monayh Wadsworth 62.8
Megan Lee 63.5

The end of the meet saw us fall behind St. Mary's, but discover another top talent in Monay.

4 x 800
* 1 Castro Valley "A" 9:57.10

Haley Batis, Megan Lee, Pam MacLeod, Chelsea Schneider

This was a runaway win for us with a very good time.

8 Castro Valley "B" 10:57.87

Brewer did not get names and times on this one.

4 x 1600
8 Castro Valley 25:49.55

Brewer did not get names and times on this one.

4 x 60 Shuttle hurdles
Heat 2

* 1 Castro Valley 41.29

Alex Huerta, Alena LeBlanc, Pauline Simmons, Kelsey Lee

This was not even close, and the girls took down a 15 year school record in the event.

Open 100
Heat 4

* 3 Kandice Douglas 12.92

Kandice was in this one all the way, and PR'd enough to move to # 4 on the CV All-Time list.

Devil-Take-The-Hindmost Mile

9 Karlina Beringer 6:00.87

dnf Emily Marciel pulled off by the Devils

Karlina ran a muted effort, and Emily put on a show dodging the Devils in the infield.



The Devils always spice up the mile.

3 x Long Jump
* 2 Castro Valley 46-1.75
Paula Brown 16-6.5
Kelsey Lee 15-11
Pauline Simmons 14-6.25

Paula found her bounce today, and it carried the team to a medal and her to #7 on the CV All-Time list.

top individuals:
* 2 Paula Brown 16-6.5
* 4 Kelsey Lee 15-11

3 x Triple Jump
1 Castro Valley 97-6.75
Kelsey Lee 34-1.5
Paula Brown 32-1
Pauline Simmons 31-4.5

The girls took this won convincingly. Kelsey was again our top girl, showing us why she is #5 on the All-Time CV list.

top individuals
* 2 Kelsey Lee 34-1.5

3 x High Jump
2 Castro Valley 13-6
Paula Brown 4-10
Pauline Simmons 4-4
Alena LeBlanc 4-4

The jumps were not spectacular, but solid.

top individuals
3 Paula Brown 4-10

3 x Shot Put
10 Castro Valley "B" 61-8.5
Navenus Pham 19-5.5
Claire Koeneman 23-6
Emily Marciel 18-9
11 Castro Valley "A" 44-11
Alana Knight 25-2
Jessica Wong 19-9

no third thrower

The girls were out-tossed by some pretty good teams

3 x Discus
5 Castro Valley "A" 196-8.5
Alana Knight 74-0.5
Jessica Wong 52-2
Calire Koeneman 60-6

Alan's last toss brought this team to within a place of getting a medal.

10 Castro Valley "B" 107-10
Emily Marciel 43-7
Navenus Pham 64-3
no third thrower

3 x Pole Vault
* 3 Castro Valley "A" 20-0
Rebecca Knight 7-6
Haley Batis 6-6
Beth August 6-0

A respectable outing, even though the girls felt they could have gone higher.

6 Castro Valley "B" 11-0
Kayle Loftis 5-6
Liz Littlejohn 5-6
top individuals
* 5. Rebecca Knight 7-6

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

BFS			1	Bishop O'Dowd "A"	3:44.22 ¹
1	Castro Valley	65	2	Redwood Christian	3:48.43 ²
2	Bishop O'Dowd	58	3	St. Mary's	3:49.42 ³
3	Redwood Christian	56	4	Acalanes	3:50.61 ⁴
4	St. Mary's	54	5	Castro Valley "A"	3:54.15 ⁵
5	Northgate	48	6	Bishop O'Dowd	4:00.60
6	Washington	35			
7	Acalanes	35			
8	Las Lomas	20			
9	Dublin	9			

4 x 100

Heat 1

1	Northgate	49.06
2	Dublin	50.54
3	Castro Valley "C"	51.63
4	Redwood Christian "B"	55.93

Heat 2

1	Castro Valley "A"	47.87 ²
2	Redwood Christian "A"	50.03
3	Castro Valley "B"	53.27
4	Acalanes "B"	53.44

Heat 3

1	Bishop O'Dowd "A"	46.04 ¹
2	Acalanes "A"	48.19 ³
3	St. Mary's	48.2 ⁴
4	Las Lomas	49.02 ⁵
5	Bishop O'Dowd "B"	49.08
6	Washington	52.22

4 x 200

Heat 1

1	Northgate	1:43.43 ⁴
2	Redwood Christian	1:56.15

Heat 2

1	St. Mary's	1:39.72 ²
2	Castro Valley "B"	1:48.33 ⁶
3	Acalanes "B"	1:51.69
4	Mission	1:53.83

Heat 3

1	Bishop O'Dowd "A"	1:36.46 ¹
2	Acalanes "A"	1:41.39 ³
3	Washington	1:46.39 ⁵
4	Castro Valley "A"	1:48.72
5	Bishop O'Dowd "B"	1:53.83

4 X 400

Heat 1

1	Dublin "A"	3:54.88
2	Las Lomas	3:55.45
3	Washington	3:56.31
4	Castro Valley "B"	4:07.91
5	Northgate	4:19.51
6	Dublin "B"	4:26.01

Heat 2

1	Bishop O'Dowd "A"	3:44.22 ¹
2	Redwood Christian	3:48.43 ²
3	St. Mary's	3:49.42 ³
4	Acalanes	3:50.61 ⁴
5	Castro Valley "A"	3:54.15 ⁵
6	Bishop O'Dowd	4:00.60

4 x 800

1	St. Mary's	8:52.74
2	Washington "A"	9:02.75
3	Albany	9:12.76
4	Redwood Christian	9:14.37
5	Northgate "A"	9:15.78
6	Bishop O'Dowd	9:20.87
7	Las Lomas "A"	10:02.84
8	Washington "B"	10:15.51
9	Northgate "B"	10:16.88
10	Washington "C"	10:30.27
11	Las Lomas "B"	10:35.03
12	Acalanes "A"	11:21.60
13	Mission	13:13.83

4 x 1600

1	Washington "A"	19:48.0
2	St. Mary's	19:51.0
3	Albany	20:18.0
4	Las Lomas "A"	20:20.0
5	Dublin	20:31.0
6	Washington "B"	21:54.0
7	Castro Valley	22:00.0
8	Bishop O'Dowd	22:11.0
9	Washington "C"	23:26.0
10	Northgate	23:28.0
11	Las Lomas "B"	23:37.0
12	Mission	25:08.0

4 x 65 Shuttle Hurdles

Heat 1

1	Northgate	47.67 ⁴
2	Acalanes	52.44 ⁵

Heat 2

1	Castro Valley	45.14 ²
2	Las Lomas	45.88 ³

Heat 3

1	Redwood Christian	44.52 ¹
---	-------------------	--------------------

Open 100

Heat 1

1	Wolcott	Northgate	13.08
2	B. Hockel	Northgate	13.21
3	Aidan Douglas	Mission	13.69
4	Eric Price	Las Lomas	13.74
5	Henry Li	Mission	15.7

Heat 2

1	Zach Aubry	Washington	12.91 ⁵
---	------------	------------	--------------------

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

2	Jarín Reardon	Acalanes	12.94	3 x Triple Jump	
3	Adrian Webb	Albany	13.28	1 St. Mary's	111-8.5
4	Omari Parker	Albany	14.21	2 Northgate	111-6
5	Josh Aubry	Washington	14.46	3 Acalanes	98-2.5
Heat 3					
1	Dash Oliver	Castro Valley	11.68 ¹	4 Castro Valley	61-2
2	Sean McGary	Redwood Christian	11.9 ²	5 Bishop O'Dowd	42-3
3	Joe Escobar	Acalanes	12.01 ³	6 Las Lomas	34-9.5
4	Adonis Smith	Bishop O'Dowd	12.06 ⁴	7 Mission	32-8
5	Freddie Ng	Castro Valley	13.07	8 Redwood Christian	28-5
				9 Dublin	25-8
top individuals					
Devil-Take-The-Hindmost Mile					
1	Ranvir Dhillon	Washington	4:53.11	1 Alex Workman	St. Mary's 42-5
2	Josh MacDonald	Redwood Christian		2 Chad Jones	Bishop O'Dowd 42-3
4:53.51				3 Greg Leyrer	Northgate 38-5
3	Philip Saenz	Dublin	4:55.91	4 Chris Wolcott	Northgate 37-5
4	Rich Ben <i>Ben Richmond</i>	Washington	4:57.43	5 Dan Marinai	Northgate 35-5
5	Tom Ashby	Castro Valley	4:58.91	3 x High Jump	
6	Antonio Levine	St. Mary's	5:03.58	1 Redwood Christian	14-4
7	Christopher Giola	Albany	5:06.88	2 Castro Valley "A"	14-2
8	Kelen Ascercion	St. Mary's	5:07.96	3 Las Lomas	9-4
9	David Maxwell	St. Mary's	5:08.33	4 Castro Valley "B"	9-2
10	Tyler Ocon	Washington	5:10.54	5 Bishop O'Dowd	5-4
11	Ryan Nyberg	Bishop O'Dowd	5:13.96	6 Dublin	4-10
12	Daniel Brown	Las Lomas	5:14.38	top individuals	
13	Taylor Corsley	Dublin	5:19.49	1 Joey Anunty	Bishop O'Dowd 5-4
14	Jason Yun	Dublin	5:19.80	2 Jimmy Quintanilla	Castro Valley 5-0
15	Neil Williams	Las Lomas	5:21.80	3 Cody P.	Redwood Christian 5-0
16	Michael Gimar	Las Lomas	5:24.25	4 Andrew F.	Las Lomas 4-10
17	Dmitry Willis	Washington	5:24.78	5 Justin M.	Dublin 4-10
18	Taylor Moffitt	Dublin	5:25.13	5 Alex M.	Redwood Christian 4-10
19	Desmond Krueger	Bishop O'Dowd	5:30.28	3 x Shot Put	
20	Gurshan Singh	Washington	5:36.48	1 Bishop O'Dowd "A"	111-0
21	Greg Sullivan	Washington	5:43.06	2 Northgate	94-10
22	Jag Anand	Dublin	5:44.85	3 Redwood Christian	89-5.5
23	Syed Ali Ahmed	Washington	5:46.85	4 Castro Valley	78-10
24	Jonathan Gee	Las Lomas	5:47.34	5 Bishop O'Dowd	67-11
25	Kevin Gee	Castro Valley	n.t.	6 Dublin	57-7.5
26	Will Weeks	Castro Valley	n.t.	7 Las Lomas	30-9
27	Bobby Simcock	Dublin	n.t.	8 Mission	23-5
top individuals					
3 x Long Jump					
1	Bishop O'Dowd		57-2.5	1 Zach Freitas	Northgate 38-5
2	St. Mary's		51-7	2 Blake Johnson	Bishop O'Dowd 37-5.5
3	Northgate		50-6.5	3 Brendan Kawada	Bishop O'Dowd 36-8
4	Castro Valley		47-8.25	4 Malcolm Graham	Bishop O'Dowd 36-10.5
5	Redwood Christian		46-6.5	5 Alex Beglinger	Bishop O'Dowd 34-5
6	Las Lomas		14-9.5	3 x Discus	
top individuals					
1	Alex Workman	St. Mary's	19-8.75	1 Northgate	223-11
2	Chad Jones	Bishop O'Dowd	19-8.25	2 Redwood Christian	204-3
3	Joey Anunty	Bishop O'Dowd	19-5	3 Castro Valley	202-2
4	Quentin McWharton	Bishop O'Dowd	18-1/25	4 Las Lomas	185-6
5	Ezra Gonzalez	Redwood Christian	17-7	5 Dublin	157-7.5
				6 St. Mary's	64-10

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

top individuals

1	Caleb Borgerson	Redwood Christian	104-0
2	Zach Freitas	Northgate	94-6
3	Justin Minor	Dublin	92-7
4	Alex VBasquez	Castro Valley	73-8
5	Geor Gilhamge	Castro Valley	67-0

3 x Pole Vault

1	Castro Valley	26-0
2	Acalanes	25-0
3	Washington	24-0
4	Northgate	21-0
5	Dublin	14-6

top individuals

1	Mike Denese	Acalanes	10-6
2	Nolan McDonagh	Castro Valley	9-0
3	Marcelo SAnchez	Castro Valley	9-0
4	Nathan Falk	Acalanes	8-6
5	Max Landon	Washington	8-6

Girls' Frosh-Soph

1	Mercy-Burlingame	73
2	Carondelet	69
3	St. Mary's	66
4	Castro Valley	60
5	Acalanes	42
6	Las Lomas	35
7	Bishop O'Dowd	12
8	Mission - San Francisco	11
9	Dublin	4

4 x 100

Heat 1

1	Acalanes "B"	1:00.05
	Washington	DQ
	Dublin	DQ

Heat 2

1	Mercy	56.38
2	Las Lomas	57.62
3	Northgate	57.68
4	Carondelet "C"	58.48
5	Carondelet "D"	59.51
6	Castro Valley	1:00.13

Heat 3

1	St. Mary's	55.18
2	Carondelet "A"	55.18
3	Carondelet "B"	56.12
4	Acalanes "A"	57.07
	Bishop O'Dowd	DQ

4 x 200

Heat 1

1	Carondelet "D"	2:02.83
2	Mercy	2:03.84
3	Dublin	2:11.82

Heat 2

1	Carondelet "B"	2:00.83
2	Las Lomas	2:02.08
3	Carondelet "C"	2:06.94
	Northgate	DQ

Heat 3

1	St. Mary's	1:55.94
2	Carondelet "A"	2:00.14
3	Acalanes "A"	2:01.88
4	Washington	2:05.71

4 x 400

Heat 1

1	Carondelet "B"	4:48.82
2	Carondelt "A"	4:50.94
3	Mercy "B"	5:04.33

Heat 2

1	St. Mary's	4:33.68
2	Acalanes	4:38.94
3	Mercy "A"	4:39.41
4	Dublin	4:58.10

4 x 800

1	Mercy "A"	10:58.05
2	Castro Valley	11:14.28
3	Carondelet "A"	11:23.62
4	Northgate	11:38.99
5	Carondelet "B"	12:08.74
6	Mercy "B"	12:31.15

4 x 1600

1	Castro Valley	24:01
2	Mercy	24:57
3	Carondelet "A"	25:09
4	Carondelet "B"	25:48

4 x 60 shuttle hurdles

Heat 1

1	Las Lomas	46.66
2	Mercy	47.17

Heat 2

1	Carondelet	50.15
2	Castro Valley	1:00.31

Open 100

Heat 1

1	Tawni Krrok	Las Lomas	15.35
2	Iulia Furcea	Las Lomas	17.31

Heat 2

1	Megan Velcich	Mercy	14.9
2	Nicole Ward	Mercy	15.45
3	Jamie Pamquist	Acalanes	15.59
4	Nam Phun	Mission	18.24

Heat 3

1	Jada Carter	St. Mary's	13.66
---	-------------	------------	-------

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

2	J. Longa	Northgate	14.24		4	Acalanes	39-1.5
3	Katy Vanvaerenbaugh	Carondelet	14.95		5	Dublin	38-11
4	Annie He	Washington	15.35		6	Castro Valley	37-4.5
5	Lydia Cuarezma	Washington	15.38		7	St. Mary's "B"	31-0
Heat 4					8	Northgate	22-4
1	Jordan Gibbs	Bishop O'Dowd	13.44		9	Washington	21-0
2	S. Arceneaux	Northgate	13.67		10	Mission	17-5
3	Jaime Sweet	St. Mary's	13.84		top individuals		
4	Stefani Scaletti	Carondelet	14.06		1	Danielle Mauldin	St. Mary's 31-0
Devil-Take-The-Hindmost Mile					2	Arieaqnna Hill	St. Mary's 28-1.5
1	Damajeria DuBose	Bishop O'Dowd	5:49.69		3	Brittany Maaultsby	Las Lomas 25-0.5
2	Cassandra Gonzalez	Mercy	5:50.86		4	Melanie McLaughlin	Mercy 22-5.5
3	Gianna Delucchi	Mercy	5:52.38		5	Liz Platt	Acalanes 21-6
4	Neressa D'Souza	Carondelet	6:08.68		3 x Discus		
5	Allyson Mueller	Las Lomas	6:16.33		1	St. Mary's "A"	170-0
6	Emily Murphy	Mercy	6:16.85		2	Castro Valley	140-8
7	Syvia Wojdyla	Mercy	6:17.90		3	Mercy	114-4.5
8	Alexandria Smith	Washington	6:38.39		4	Las Lomas	114-0
3 x Long Jump					5	Dublin	80-8
1	Mercy	36-3			6	St. Mary's "B"	57-5.5
2	Northgate	27-3.75			7	Acalanes	50-0
3	Acalanes "A"	25-0.5			8	Washington	54-0
4	Castro Valley	24-3.75			9	Mission	49-0
5	Acalanes "B"	22-6			top individuals		
top individuals					1	Britanie Maultsby	Las Lomas 65-3
1	Rachel Reid	Mercy	14-1.25		2	Arieanna Hill	St. Mary's 65-1
2	Hannah Kim	Northgate	13-8.25		3	Zuzanna Gruca	St. Mary's 61-0
3	Jessica Loangua	Northgate	13-7		4	Manielle Mauldin	St. Mary's 57-5.5
4	Kelsey Harless	Carondelet	12-6.5		5	Kelsey Dunnigna	Castro Valley 54-2
5	Sophie Dandeleit	Acalanes	12-6.5		3 x Pole Vault		
3 x Triple Jump					1	Las Lomas	19-6
1	Castro Valley	29-0			2	Acalanes	13-0
top individuals					3	Castro Valley	5-6
1	Bethany Chan	Castro Valley	29-0		4	Carondelet	5-0
3 x High Jump					top individuals		
1	Castro Valley	11-8			1	Morgan Boreh	Las Lomas 7-6
2	Acalanes	8-8			2	Kat Inaltner	Acalanes 7-0
3	Mercy	7-8			3	Julia Bartolo	Washington 6-6
4	Carondelet	4-6			4	Lauryann Jiango	Las Lomas 6-0
top individuals					5	Cordelai Palite	Acalanes 6-0
1	Jill S.	Carondelet	4-6		Girls' Varsity		
2	Chloe R.	Acalanes	4-6			Carondelet	124
3	Kim Z	Acalanes	4-2			Castro Valley	77
4	Francesca Soares	Castro Valley	4-2			St. Mary's	54
5	Lauren B.	Mercy	4-2			Las Lomas	50
3 x Shot Put						Fremont	21
1	St. Mary's	67-4.5				Washington	20
2	Mercy	52-8.5				Northgate	18
3	Las Lomas	45-0.5				Mercy	14
						Arroyo	6
						Dublin	4

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

<p>Acalanes 2</p> <p>4 x 100</p> <p>Heat 1</p> <p>1 Fremont 51.77</p> <p>2 Dublin 53.62</p> <p style="padding-left: 20px;">Redwood Christian "B" DQ</p> <p>Heat 2</p> <p>1 Acalanes "B" 1:00.02</p> <p>2 Mercy "B" 1:01.41</p> <p style="padding-left: 20px;">Redwood Christian "A" 58.62</p> <p>Heat 3</p> <p>1 Washinngton "A" 53.27</p> <p>2 Northgate 53.31</p> <p>3 Mercy "A" 57.15</p> <p>4 Carondelet "C" 54.77</p> <p>5 Acalanes "A" 59.28</p> <p>Heat 4</p> <p>1 St. Mary's 49.6</p> <p>2 Castro Valley 50.78</p> <p>3 Carondelet "B" 52.35</p> <p>4 Carondelet "A" 53.76</p> <p>5 Washington "A" 1:01.62</p> <p style="padding-left: 20px;">Las Lomas "A" DQ</p> <p>4 x 200</p> <p>Heat 1</p> <p>1 Fremont 1:50.56</p> <p>2 Dublin 1:53.18</p> <p>3 Northgate 1:53.32</p> <p>4 Redwood Christian 2:10.63</p> <p>Heat 2</p> <p>1 Carondelet "C" 1:56.61</p> <p>2 Acalanes "A" 1:59.32</p> <p>3 Mercy "A" 2:04.72</p> <p>4 Mercy "B" 2:09.88</p> <p>5 Acalanes "B" 2:10.01</p> <p>6 Washington "B" 2:12.32</p> <p>Heat 3</p> <p>1 St. Mary's 1:46.64</p> <p>2 Carondelet "A" 1:51.81</p> <p>3 Castro Valley 1:51.99</p> <p>4 Washington "A" 1:55.17</p> <p>5 Carondelet "B" 1:55.26</p> <p>4 x 400</p> <p>Heat 1</p> <p>1 Carondelet "B" 4:32.62</p> <p>2 Dublin 4:41.62</p> <p>3 Mercy "A" 4:47.14</p> <p>4 Redwood Christian 4:54.71</p> <p>5 Mercy "B" 5:02.25</p> <p>Heat 2</p> <p>1 St. Mary's 4:09.41</p> <p>2 Castro Valley 4:12.55</p>	<p>3 Carondelet "A" 4:20.78</p> <p>4 Washington 4:28.04</p> <p>5 Acalanes 4:37.03</p> <p>4 x 800</p> <p>1 Castro Valley "A" 9:57.10</p> <p>2 Carondelet "A" 10:12.08</p> <p>3 Washington 10:16.55</p> <p>4 Las Lomas "A" 10:18.40</p> <p>5 Carondelet "B" 10:48.92</p> <p>6 Las Lomas "B" 10:52.00</p> <p>7 Acalanes 10:55.77</p> <p>8 Castro Valley "B" 10:57.87</p> <p>9 Carondelet "C" 11:40.83</p> <p>10 Redwood Christian 11:44.16</p> <p>11 Las Lomas "C" 11:50.64</p> <p>12 Mercy 12:26.65</p> <p>4 x 1600</p> <p>1 Carondelet "A" 21:38.28</p> <p>2 Carondelet "B" 22:43.38</p> <p>3 Arroyo 22:46.16</p> <p>4 Washington 22:47.92</p> <p>5 Las Lomas 23:39.91</p> <p>6 Acalanes 23:58.14</p> <p>7 Carondelet "C" 24:32.38</p> <p>8 Castro Valley 25:49.55</p> <p>9 Northgate 26:50.93</p> <p>10 Mercy 27:29.51</p> <p>4 x 60 Shuttle hurdles</p> <p>Heat 1</p> <p>1 Carondelet 47.42</p> <p>Heat 2</p> <p>1 Castro Valley 41.29</p> <p>2 Las Lomas 42.03</p> <p>3 Northgate 43.68</p> <p>Open 100</p> <p>Heat 1</p> <p>1 Shyhesha Simmons Dublin 13.93</p> <p>2 Alvanna Oliphant Las Lomas 14.88</p> <p>3 Marik Zalin Acalanes 15.62</p> <p>4 Ashley Rivers Las Lomas 16.77</p> <p>Heat 2</p> <p>1 Danielle Gatt Mercy 14.42</p> <p>2 Carol Balletta Mercy 14.62</p> <p>3 Liz Mishkit Acalanes 15.07</p> <p>Heat 3</p> <p>1 Adrienne Johnson Caraondelet 13.43</p> <p>2 S. Lew Northgate 13.79</p> <p>3 Katy Enoa Carondelet 13.85</p> <p>Heat 4</p> <p>1 Malaina Payton Fremont 12.88</p> <p>2 Darrina Willis St. Mary's 12.89</p>
--	---

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

3	Kandice Douglas	Castro Valley	12.92	1	Aziza Baker	St. Mary's	36-2
4	Katy Thomas	St. Mary's	12.97	2	Kelsey Lee	Castro Valley	34-1.5
5	Montairra Hart	Fremont	13.07	3	Thea Nolan	Washington	33-5
6	Karis Arce	Mission	15.53	4	Alex Paskell	Carondelet "A"	32-3
				5	Mosy Wimberly	St. Mary's	32-2

Devil-Take-The-Hindmost Mile

1	Nicole Hood	Carondelet	5:11.83
2	Heather Cerney	Carondelet	5:15.04
3	Kellie Houser	Carondelet	5:33.91
4	Erin Mulligan	Carondelet	5:44.04
5	Sara Aliotti	Carondelet	5:44.41
6	Claire Hinds	Las Lomas	5:55.37
7	Ellen Wieklnski	Las Lomas	5:55.98
8	Kairina Swanson	Redwood Christian	
	5:56.43		
9	Karlina Beringer	Castro Valley	6:00.87
10	Allison Gower	Dublin	6:04.41
11	Katie Riley	Las Lomas	6:05.26

3 x High Jump		
1	Carondelet	14-4
2	Castro Valley	13-6
3	Las Lomas	12-0
4	Northgate	9-6
5	Dublin	8-10
6	St. Mary's	5-2
7	Acalanes	4-10
8	WAshton	4-8
9	Carondelet "B"	4-0

top individuals

1	Adrienne Johnson	Carondelet	5-4
2	Aziza Baker	St. Mary's	5-2
3	Paula Brown	Castro Valley	4-10
4	Kate L.	Acalanes	4-10
5	Kelsi B.	Northgate	4-10

3 x Long Jump

1	Carondelet "A"	47-1.75
2	Castro Valley	46-1.75
3	St. Mary's	46-10
4	Washington	45-10.5
5	Mercy "A"	42-7.5
6	Mercy "B"	36-3.5
7	Dublin	28-6.5
8	Las Lomas	28-1.75
9	St. Mary's "B"	26-3.75
10	Carondelet "B"	26-1.75
11	Northgate	15-2.25
12	Acalanes	14-0.75
13	Redwood Christian	13-2.5
14	Mission	12-8.25

top individuals:

1	Adrienne Johnson	Carondelet	16-9.5
2	Paula Brown	Castro Valley	16-6.5
3	Aziz Baker	St. Mary's	16-1.5
4	Kelsey Lee	Castro Valley	15-11
5	Alex Paskell	Carondelet "A"	15-10.5

3 x Triple Jump

1	Castro Valley	97-6.75
2	St. Mary's "A"	97-6.5
3	Carondelet "A"	91-11
4	St. Mary's "B"	86-9.5
5	Mercy	85-5.5
6	Redwood Christian	60-7.5
7	Washington	33-5
8	Northgate	32-0
9	Acalanes	31-0.5
10	Mission	28-0
11	Carondelet "B"	27-8.5
12	Dublin	27-1

top individuals

3 x Shot Put

1	Las Lomas	77-4.5
2	Carondelet "B"	72-9.5
3	Carondelet "A"	72.5
4	Mercy	68-8.5
5	Acalanes "A"	66-5
6	Acalanes "B"	66-2.5
7	Albany	66-2.5
8	Redwood Christian	64-11
9	Northgate	63-6
10	Castro Valley "B"	61-8.5
11	Castro Valley "A"	44-11
12	Dublin	40-8.5
13	Acalanes "C"	26-3
14	Carondelet "C"	25-5

top individuals

1	Talei Tagivakatini	Albany	33-2.5
2	Johaanna Jenkins	Albany	29-0
3	Tina Ivanova	Las Lomas	26-10.5
4	Kelsey Wyatt-mair	Acalanes	26-3
5	Alicia Yee	Acalanes	26-3

3 x Discus

1	Las Lomas	248-0
2	Carondelet "A"	243-5
3	Mercy "A"	207-1
4	Carondelet "B"	198-9
5	Castro Valley "A"	196-8.5
6	Redwood Christian	154-6
7	Albany	148-0
8	Mercy "B"	133-7
9	Dublin	108-4

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

10	Castro Valley "B"	107-10
11	Acalanes "A"	67-4
12	Carondelet "A"	243-5
13	Acalanes "B"	50-9

top individuals:

1	Patrice Coleman	Las Lomas	92-3
2	Michelle Cirelli	Carondelet	88-10
3	Talei Tagivakatini	Albany	80-11
4	Alli Ham	Carondelet	79-7
5	Tina Ivanova	Las Lomas	79-3

3 x Pole Vault

1	Las Lomas	27-0
2	Northgate	22-6
3	Castro Valley "A"	20-0
4	Carondelet "A"	19-6
5	Carondelet "B"	19-0
6	Castro Valley "B"	11-0
7	Washington	7-6
8	Acalanes	7-0

top individuals

1	Katie Vo	Las Lomas	10-0
2	Maddy Hartman	Las Lomas	10-0
3	Caitlin Kenny	Northgate	8-6
4	Leslie Wang	Northgate	8-0
5	Jackie Slooes	Washington	7-6

CASTRO VALLEY INVITATIONAL 37702

BFS

- 1 Castro Valley 65
- 2 Bishop O'dowd 58
- 3 Redwood Christian 56
- 4 St. Mary's 54
- 5 Northgate 48
- 6 Washington 35
- 7 Acalanes 35
- 8 Las Lomas 20
- 9 Dublin 9

4 x 100

Heat 1

- 1 Northgate 49.06
- 2 Dublin 50.54
- 3 Castro Valley "C" 51.63
- 4 Redwood Christian "B" 55.93

Heat 2

- 1 Castro Valley "A" 47.87
- 2 Redwood Christian "A" 50.03
- 3 Castro Valley "B" 53.27
- 4 Acalanes "B" 53.44

Heat 3

- 1 Bishop O'Dowd "A" 46.04
- 2 Acalanes "A" 48.19
- 3 St. Mary's 48.2
- 4 Las Lomas 49.02
- 5 Bishop O'Dowd "B" 49.08
- 6 Washington 52.22

4 x 200

Heat 1

- 1 Northgate 1:43.43
- 2 Redwood Christian 1:56.15

Heat 2

- 1 St. Mary's 1:39.72
- 2 Castro Valley "B" 1:48.33
- 3 Acalanes "B" 1:51.69
- 4 Mission 1:53.83

Heat 3

- 1 Bishop O'Dowd "A" 1:36.46
- 2 Acalanes "A" 1:41.39
- 3 Washington 1:46.39
- 4 Castro Valley "A" 1:48.72
- 5 Bishop O'Dowd "B" 1:53.83

4 X 400

Heat 1

- 1 Dublin "A" 3:54.88

2 Las Lomas 3:55.45

3 Washington 3:56.31

4 Castro Valley "B" 4:07.91

5 Northgate 4:19.51

6 Dublin "B" 4:26.01

Heat 2

1 Bishop O'Dowd "A" 3:44.22

2 Redwood Christian 3:48.43

3 St. Mary's 3:49.42

4 Acalanes 3:50.61

5 Castro Valley "A" 3:54.15

6 Bishop O'Dowd 4:00.60

4 x 800

1 St. Mary's 8:52.74

2 Washington "A" 9:02.75

3 Albany 9:12.76

4 Redwood Christian 9:14.37

5 Northgate "A" 9:15.78

6 Bishop O'Dowd 9:20.87

7 Las Lomas "A" 10:02.84

8 Washington "B" 10:15.51

9 Northgate "B" 10:16.88

10 Washington "C" 10:30.27

11 Las Lomas "B" 10:35.03

12 Acalanes "A" 11:21.60

13 Mission 13:13.83

4 x 1600

1 Washington "A" 19:48

2 St. Mary's 19:51

3 Albany 20:18

4 Las Lomas "A" 20:20

5 Dubline 20:31

6 Washington "B" 21:54

7 Castro Valley 22:00

8 Bishop O'Dowd 22:11

9 Washington "C" 23:26

10 Northgate 23:28

11 Las Lomas "B" 23:37

12 Mission 25:08

4 x 65 Shuttle Hurdles

Heat 1

1 Northgate 47.67

2 Acalanes 52.44

Heat 2

1 Castro Valley 45.14

2 Las Lomas 45.88

Heat 3

1 Redwood Christian 44.52

Open 100 Heat 1

1 Wolcott Northgate 13.08
2 B. Hockel Northgate 13.21
3 Aidan Douglas Mission 13.69
4 Eric Price Las Lomas 13.74
5 Henry Li Mission 15.7

Heat 2

1 Zach Aubry Washington 12.91
2 Jarin Reardon Acalanes 12.94
3 Adrian Webb Albany 13.28
4 Omari Parker Albany 14.21
5 Josh Aubry Washington 14.46

Heat 3

1 Dash Oliver Castro Valley 11.68
2 Sean McGary Redwood Christian 11.9
3 Joe Escobar Acalanes 12.01
4 Adonis Smith Bishop O'Dowd 12.06
5 Freddie Ng Castro Valley 13.07

Devil-Take-The-Hindmost Mile

1 Ranvir Dhillon Washington 4:53.11
2 Josh MacDonald Redwood Christian 4:53.51
3 Philip Saenz Dublin 4:55.91
4 Rich Ben Washington 4:57.43
5 Tom Ashby Castro Valley 4:58.91
6 Antonio Levine St. Mary's 5:03.58
7 Christopher Giola Albany 5:06.88
8 Kelen Ascercion St. Mary's 5:07.96
9 David Maxwell St. Mary's 5:08.33
10 Tyler Ocon Washington 5:10.54
11 Ryan Nyberg Bishop O'Dowd 5:13.96
12 Daniel Brown Las Lomas 5:14.38
13 Taylor Corsley Dublin 5:19.49
14 Jason Yun Dublin 5:19.80
15 Neil Williams Las Lomas 5:21.80
16 Michael Gimar Las Lomas 5:24.25
17 Dmitry Willis Washington 5:24.78
18 Taylor Moffitt Dublin 5:25.13
19 Desmond Krueger Bishop O'Dowd 5:30.28
20 Gurshan Singh Washington 5:36.48
21 Greg Sullivan Washington 5:43.06
22 Jag Anand Dublin 5:44.85
23 Syed Ali Ahmed Washington 5:46.85
24 Jonathan Gee Las Lomas 5:47.34
25 Kevin Gee Castro Valley n.t.
26 Will Weeks Castro Valley n.t.
27 Bobby Simcock Dublin n.t.

3 x Long Jump

1 Bishop O'Dowd 57-2.5
2 St. Mary's 51-7
3 Northgate 50-6.5
4 Castro Valley 47-8.25
5 Redwood Christian 46-6.5
6 Las Lomas 14-9.5
top individual
1 Alex Workman St. Mary's 19-8.75
2 Chad Jones Bishop O'Dowd 19-8.25
3 Joey Anunty Bishop O'Dowd 19-5
4 Quentin McWharton Bishop O'Dowd 18-1/25
5 Ezra Gonzalez Redwood Christian 17-7

3 x Triple Jump

1 St. Mary's 111-8.5
2 Northgate 111-6
3 Acalanes 98-2.5
4 Castro Valley 61-2
5 Bishop O'Dowd 42-3
6 Las Lomas 34-9.5
7 Mission 32-8
8 Redwood Christian 28-5
9 Dublin 25-8
top individual
1 Alex Workman St. Mary's 42-5
2 Chad Jones Bishop O'Dowd 42-3
3 Greg Leyrer Northgate 38-5
4 Chris Wolcott Northgate 37-5
5 Dan Marinai Northgate 35-5

3 x High Jump

1 Redwood Christian 14-4
2 Castro Valley "A" 14-2
3 Las Lomas 9-4
4 Castro Valley "B" 9-2
5 Bishop O'Dowd 5-4
6 Dublin 4-10
top individual
1 Joey Anunty Bishop O'Dowd 5-4
2 Jimmy Quintanilla Castro Valley 5-0
3 Cody P. Redwood Christian 5-0
4 Andrew F. Las Lomas 4-10
5 Justin M. Dublin 4-10
5 Alex M. Redwood Christian 4-10

3 x Shot Put

1 Bishop O'Dowd "A" 111-0
2 Northgate 94-10

3 Redwood Christian 89-5.5
4 Castro Valley 78-10
5 Bishop O'Dowd 67-11
6 Dublin 57-7.5
7 Las Lomas 30-9
8 Mission 23-5
top individual
1 Zach Freitas Northgate 38-5
2 Blake Johnson Bishop O'Dowd 37-5.5
3 Brendan Kawada Bishop O'Dowd 36-8
4 Malcolm Graham Bishop O'Dowd 36-10.5
5 Alex Beglinger Bishop O'Dowd 34-5

3 x Discus
1 Northgate 223-11
2 Redwood Christian 204-3
3 Castro Valley 202-2
4 Las Lomas 185-6
5 Dublin 157-7.5
6 St. Mary's 64-10
top individual
1 Caleb Borgerson Redwood Christian 104-0
2 Zach Freitas Northgate 94-6
3 Justin Minor Dublin 92-7
4 Alex Vasquez Castro Valley 73-8
5 George Gilham Castro Valley 67-0

3 x Pole Vault
1 Castro Valley 26-0
2 Acalanes 25-0
3 Washington 24-0
4 Northgate 21-0
5 Dublin 14-6
top individual
1 Mike Denese Acalanes 10-6
2 Nolan McDonagh Castro Valley 9-0
3 Marcelo Sanchez Castro Valley 9-0
4 Nathan Falk Acalanes 8-6
5 Max Landon Washington 8-6

Girls' Frosh-Soph
1 Mercy-Burlingame 73
2 Carondelet 69
3 St. Mary's 66
4 Castro Valley 60
5 Acalanes 42
6 Las Lomas 35
7 Bishop O'Dowd 12
8 Mission - San Francisco 11
9 Dublin 4

4 x 100 Heat 1
1 Acalanes "B" 1:00.05
Washington DQ
Dublin DQ
Heat 2
1 Mercy 56.38
2 Las Lomas 57.62
3 Northgate 57.68 4 Carondelet "C" 58.48 5
Carondelet "D" 59.51
6 Castro Valley 1:00.13
Heat 3
1 St. Mary's 55.18
2 Carondelet "A" 55.18
3 Carondelet "B" 56.12
4 Acalanes "A" 57.07
Bishop O'Dowd DQ

4 x 200 Heat 1
1 Carondelet "D" 2:02.83
2 Mercy 2:03.84
3 Dublin 2:11.82
Heat 2
1 Carondelet "B" 2:00.83
2 Las Lomas 2:02.08
3 Carondelet "C" 2:06.94
Northgate DQ
Heat 3
1 St. Mary's 1:55.94
2 Carondelet "A" 2:00.14
3 Acalanes "A" 2:01.88
4 Washington 2:05.71

4 x 400 Heat 1
1 Carondelet "B" 4:48.82
2 Carondelet "A" 4:50.94
3 Mercy "B" 5:04.33
Heat 2
1 St. Mary's 4:33.68
2 Acalanes 4:38.94
3 Mercy "A" 4:39.41
4 Dublin 4:58.10

4 x 800
1 Mercy "A" 10:58.05
2 Castro Valley 11:14.28
3 Carondelet "A" 11:23.62
4 Northgate 11:38.99
5 Carondelet "B" 12:08.74
6 Mercy "B" 12:31.15

- 4 x 1600
1 Castro Valley 24:01
2 Mercy 24:57
3 Carondelet "A" 25:09
4 Carondelet "B" 25:48

4 x 60 shuttle hurdles

Heat 1

- 1 Las Lomas 46.66
2 Mercy 47.17

Heat 2

- 1 Carondelet 50.15
2 Castro Valley 1:00.31

Open 100

Heat 1

- 1 Tawni Krok Las Lomas 15.35
2 Iulia Furcea Las Lomas 17.31

Heat 2

- 1 Megan Velcich Mercy 14.9
2 Nicole Ward Mercy 15.45
3 Jamie Pamquist Acalanes 15.59
4 Nam Phun Mission 18.24

Heat 3

- 1 Jada Carter St. Mary's 13.66
2 J. Longa Northgate 14.24
3 Katy Vanvaerenbaugh Carondelet 14.95
4 Annie He Washington 15.35
5 Lydia Cuarezma Washington 15.38

Heat 4

- 1 Jordan Gibbs Bishop O'Dowd 13.44
2 S. Arceneaux Northgate 13.67
3 Jaime Sweet St. Mary's 13.84
4 Stefani Scaletti Carondelet 14.06

Devil-Take-The-Hindmost Mile

- 1 Damajeria DuBose Bishop O'Dowd 5:49.69
2 Cassandra Gonzalez Mercy 5:50.86
3 Gianna Delucchi Mercy 5:52.38
4 Neressa D'Souza Carondelet 6:08.68
5 Allyson Mueller Las Lomas 6:16.33
6 Emily Murphy Mercy 6:16.85
7 Sylvia Wojdyla Mercy 6:17.90
8 Alexandria Smith Washington 6:38.39

3 x Long Jump

- 1 Mercy 36-3
2 Northgate 27-3.75
3 Acalanes "A" 25-0.5
4 Castro Valley 24-3.75

5 Acalanes "B" 22-6

- top individual
1 Rachel Reid Mercy 14-1.25
2 Hannah Kim Northgate 13-8.25
3 Jessica Loangua Northgate 13-7
4 Kelsey Harless Carondelet 12-6.5
5 Sophie Dandelelet Acalanes 12-6.5

3 x Triple Jump

- 1 Castro Valley 29-0
top individual
1 Bethany Chan Castro Valley 29-0

3 x High Jump

- 1 Castro Valley 11-8
2 Acalanes 8-8
3 Mercy 7-8
4 Carondelet 4-6

top individual

- 1 Jill S. Carondelet 4-6
2 Chloe R. Acalanes 4-6
3 Kim Z Acalanes 4-2
4 Francesca Soares Castro Valley 4-2
5 Lauren B. Mercy 4-2

3 x Shot Put

- 1 St. Mary's 67-4.5
2 Mercy 52-8.5
3 Las Lomas 45-0.5
4 Acalanes 39-1.5
5 Dublin 38-11
6 Castro Valley 37-4.5
7 St. Mary's "B" 31-0
8 Northgate 22-4
9 Washington 21-0
10 Mission 17-5

top individual

- 1 Danielle Mauldin St. Mary's 31-0
2 Arieaqna Hill St. Mary's 28-1.5
3 Brittany Maaultsby Las Lomas 25-0.5
4 Melanie McLaughlin Mercy 22-5.5
5 Liz Platt Acalanes 21-6

3 x Discus

- 1 St. Mary's "A" 170-0
2 Castro Valley 140-8
3 Mercy 114-4.5
4 Las Lomas 114-0
5 Dublin 80-8

6 St. Mary's "B" 57-5.5

7 Acalanes 50-0

8 Washington 54-0

9 Mission 49-0

top individual

1 Britanie Maultsby Las Lomas 65-3

2 Arieanna Hill St. Mary's 65-1

3 Zuzanna Gruca St. Mary's 61-0

4 Manielle Mauldin St. Mary's 57-5.5

5 Kelsey Dunnigna Castro Valley 54-2

3 x Pole Vault

1 Las Lomas 19-6

2 Acalanes 13-0

3 Castro Valley 5-6

4 Carondelet 5-0

top individual

1 Morgan Boreh Las Lomas 7-6

2 Kat Inaltner Acalanes 7-0

3 Julia Bartolo Washington 6-6

4 Lauryann Jiango Las Lomas 6-0

5 Cordelai Palite Acalanes 6-0

Girls' Varsity

Carondelet 124

Castro Valley 77

St. Mary's 54

Lomas 50

Fremont 21

Washington 20

Northgate 18

Mercy 14

Arroyo 6

Dublin 4

Acalanes 2

4 x 100 Heat 1 1 Fremont 51.77 2 Dublin 53.62

Redwood Christian "B" DQ Heat 2 1 Acalanes

"B" 1:00.02 2 Mercy "B" 1:01.41 Redwood

Christian "A" 58.62 Heat 3 1 Washington "A"

53.27 2 Northgate 53.31 3 Mercy "A" 57.15 4

Carondelet "C" 54.77 5 Acalanes "A" 59.28 Heat

4 1 St. Mary's 49.6 2 Castro Valley 50.78 3

Carondelet "B" 52.35 4 Carondelet "A" 53.76 5

Washington "A" 1:01.62 Las Lomas "A" DQ 4 x

200 Heat 1 1 Fremont 1:50.56 2 Dublin 1:53.18

3 Northgate 1:53.32 4 Redwood Christian

2:10.63 Heat 2 1 Carondelet "C" 1:56.61 2

Acalanes "A" 1:59.32 3 Mercy "A" 2:04.72 4 Mercy

"B" 2:09.88 5 Acalanes "B" 2:10.01 6

Washington "B" 2:12.32 Heat 3 1 St. Mary's

1:46.64 2 Carondelet "A" 1:51.81 3 Castro Valley

1:51.99 4 Washington "A" 1:55.17 5 Carondelet

"B" 1:55.26 4 x 400 Heat 1 1 Carondelet "B"

4:32.62 2 Dublin 4:41.62 3 Mercy "A" 4:47.14 4

Redwood Christian 4:54.71 5 Mercy "B" 5:02.25

Heat 2 1 St. Mary's 4:09.41 2 Castro Valley

4:12.55 3 Carondelet "A" 4:20.78 4 Washington

4:28.04 5 Acalanes 4:37.03 4 x 800 1 Castro

Valley "A" 9:57.10 2 Carondelet "A" 10:12.08 3

Washington 10:16.55 4 Las Lomas "A" 10:18.40

5 Carondelet "B" 10:48.92 6 Las Lomas "B"

10:52.00 7 Acalanes 10:55.77 8 Castro Valley

"B" 10:57.87 9 Carondelet "C" 11:40.83 10

Redwood Christian 11:44.16 11 Las Lomas "C"

11:50.64 12 Mercy 12:26.65 4 x 1600 1

Carondelet "A" 21:38.28 2 Carondelet "B"

22:43.38 3 Arroyo 22:46.16 4 Washington

22:47.92 5 Las Lomas 23:39.91 6 Acalanes

23:58.14 7 Carondelet "C" 24:32.38 8 Castro

Valley 25:49.55 9 Northgate 26:50.93 10 Mercy

27:29.51 4 x 60 Shuttle hurdles Heat 1 1

Carondelet 47.42 Heat 2 1 Castro Valley 41.29 2

Las Lomas 42.03 3 Northgate 43.68 Open 100

Heat 1 1 Shyhesha Simmons Dublin 13.93 2

Alvanna Oliphant Las Lomas 14.88 3 Marik

Zalin Acalanes 15.62 4 Ashley Rivers Las

Lomas 16.77 Heat 2 1 Danielle Gatt Mercy

14.42 2 Carol Balletta Mercy 14.62 3 Liz Mishkit

Acalanes 0.6298611 Heat 3 1 Adrienne

Johnson Carondelet 13.43 2 S. Lew Northgate

13.79 3 Katy Enoa Carondelet 13.85 Heat 4 1

Malaina Payton Fremont 12.88 2 Darrina Willis

St. Mary's 12.89 3 Kandice Douglas Castro

Valley 12.92 4 Katy Thomas St. Mary's 12.97 5

Montairra Hart Fremont 13.07 6 Karis Arce

Mission 15.53 Devil-Take-The-Hindmost Mille 1

Nicole Hood Carondelet 5:11.83 2 Heather

Cerney Carondelet 5:15.04 3 Kellie Houser

Carondelet 5:33.91 4 Erin Mulligan Carondelet

5:44.04 5 Sara Aliotti Carondelet 5:44.41 6

Claire Hinds Las Lomas 5:55.37 7 Ellen

Wiekliniski Las Lomas 5:55.98 8 Kalrina

Swanson Redwood Christian 5:56.43 9 Karlina

Beringer Castro Valley 6:00.87 10 Allison Gower

Dublin 6:04.41 11 Katie Riley Las Lomas

6:05.26 3 x Long Jump 1 Carondelet "A" 47-1.75

2 Castro Valley 46-1.75 3 St. Mary's 46-10 4

Washington 45-10.5 5 Mercy "A" 42-7.5 6 Mercy

"B" 36-3.5 7 Dublin 28-6.5 8 Las Lomas 28-1.75

9 St. Mary's "B" 26-3.75 10 Carondelet "B" 26-1.75 11 Northgate 15-2.25 12 Acalanes 14-0.75 13 Redwood Christian 13-2.5 14 Mission 12-8.25 top individual: 1 Adrienne Johnson Carondelet 16-9.5 2 Paula Brown Castro Valley 16-6.5 3 Aziz BAker St. Mary's 16-1.5 4 Kelsey Lee Castro Valley 15-11 5 Alex Paskell Carondelet "A" 15-10.5 3 x Triple Jump 1 Castro Valley 97-6.75 2 St. Mary's "A" 97-6.5 3 Carondelet "A" 91-11 4 St. Mary's "B" 86-9.5 5 Mercy 85-5.5 6 Redwood Christian 60-7.5 7 Washington 33-5 8 Northgate 32-0 9 Acalanes 31-0.5 10 Mission 28-0 11 Carondelet "B" 27-8.5 12 Dublin 27-1 top individual 1 Aziza Baker St. Mary's 36-2 2 Kelsey Lee Castro Valley 34-1.5 3 Thea Nolan Washington 33-5 4 Alex Paskell Carondelet "A" 32-3 5 Mosy Wimberly St. Mary's 32-2 3 x High Jump 1 Carondelet 14-4 2 Castro Valley 13-6 3 Las Lomas 12-0 4 Northgate 9-6 5 Dublin 8-10 6 St. Mary's 5-2 7 Acalanes 4-10 8 WASHINGTON 4-8 9 Carondelet "B" 4-0 top individual 1 Adrienne Johnson Carondelet 5-4 2 Aziza BAker St. Mary's 5-2 3 Paula Brown Castro Valley 4-10 4 Kate L. Acalanes 4-10 5 Kelsi B. Northgate 4-10 3 x Shot Put 1 Las Lomas 77-4.5 2 Carondelet "B" 72-9.5 3 Carondelet "A" 72.5 4 Mercy 68-8.5 5 Acalanes "A" 66-5 6 Acalanes "B" 66-2.5 7 Albany 66-2.5 8 Redwood Christian 64-11 9 Northgate 63-6 10 Castro Valley "B" 61-8.5 11 Castro Valley "A" 44-11 12 Dublin 40-8.5 13 Acalanes "C" 26-3 14 Carondelet "C" 25-5 top individual 1 Talei Tagivakatini Albany 33-2.5 2 Johaanna Jenkins Albany 29-0 3 Tina Ivanova Las Lomas 26-10.5 4 Kelsey Wyatt-mair Acalanes 26-3 5 Alicia Yee Acalanes 26-3 3 x Discus 1 Las Lomas 248-0 2 Carondelet "A" 243-5 3 Mercy "A" 207-1 4 Carondelet "B" 198-9 5 Castro Valley "A" 196-8.5 6 Redwood Christian 154-6 7 Albany 148-0 8 Mercy "B" 133-7 9 Dublin 108-4 10 Castro Valley "B" 107-10 11 Acalanes "A" 67-4 12 Carondelet "A" 243-5 13 Acalanes "B" 50-9 top individual: 1 Patrice Coleman Las Lomas 92-3 2 Michelle Cirelli Carondelet 88-10 3 Talei Tagivakatini Albany 80-11 4 Alli Ham Carondelet 79-7 5 Tina Ivanova Las Lomas 79-3 3 x Pole Vault 1 Las Lomas 27-0 2 Northgate 22-6 3 Castro Valley "A" 20-0 4 Carondelet "A" 19-6 5 Carondelet "B" 19-0 6 Castro Valley "B" 11-0 7 Washington 7-6

8 Acalanes 7-0 top individual 1 Katie Vo Las Lomas 10-0 2 Maddy Hartman Las Lomas 10-0 3 Caitlin Kenny Northgate 8-6 4 Leslie Wang Northgate 8-0 5 Jackie Slooes Washington 7-6