

2010

***TROJAN
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2010 Trojan Invitational Relays

Castro Valley High School

Trojan Stadium

Friday March 19 & Saturday March 20

Welcome to the Trojan Relays! This is a continuation of the long-running DeKlotz Relays that were held at Las Lomas High School from 1973-1989. The DeKlotz Relays were initially established to showcase girls-only competition. In 1985, Frosh-Soph Boys competition was added, and in 1996 Frosh-Soph Girls became a part of the program. Finally, in 2008, the Varsity boys division was added.

In the spirit of the original philosophy, the Trojan Relays continue to emphasize girls' competition in a relay format. By permission of the DeKlotz Relays director, Linda Sawyer, all of the DeKlotz records have been forwarded and are now a continuing part of the Trojan Relays.

In order to continue the emphasis on the Frosh-Soph levels, the meet has been split into two days to give the younger athletes their own meet.

Awards: Medals to the top three (3) teams in each track relay
Medals to the top three (3) teams in each field relay
Medals to the top three (3) individuals in each open race
Medals to the top three (3) individuals in each field event

Plaques to the top three (3) teams in Girls' Varsity
Plaques to the top three (3) teams in Girls' Frosh-Soph
Plaques to the top three (3) teams in Boys' Varsity
Plaques to the top three (3) teams in Boys' Frosh-Soph

Scoring: 10-8-6-4-2 in the relays
6-4-3-2-1 in the open races
("B," "C," "D" teams score as well)

Logistics: **Bathrooms** are at the southwest end of the track.
The **snack bar** is next to the scoreboard.
The **press booth** is on the west side of the track.
The **trainer** is located by the restrooms.
The **bullpen** is next to the starting line.
Results will be posted following the races
Awards will be available after the meet at the Press Booth.
T-Shirts are available for sale

Good luck today!

SCHEDULE OF EVENTS

Friday, March 13

Frosh-Soph Girls and Boys

4:00 p.m. start

(Girls, then Boys)

Running Events:

4 x 1600

4 x 100

4 x High Hurdles (5 flights)

4 x 200

4 x 800

Open 300 Hurdles

Open 100

Open 1600

4 x 400

Field Events:

3 x LJ Girls, then Boys

3 x TJ Boys, then Girls

3 x HJ Girls, then Boys

3 x PV Boys, then Girls

3 x Shot Put Girls, then Boys

3 x Discus Boys, then Girls

Saturday, March 14

Varsity Girls and Boys

9:00 a.m. start

(Girls, then Boys)

Running Events:

4 x 1600

4 x 100

4 x High Hurdles (10 flights)

4 x 200

4 x 800

Open 300 Hurdles

Open 100

Open 1600

4 x 400

Field Events:

3 x LJ Girls, then Boys

3 x TJ Boys, then Girls

3 x HJ Girls, then Boys

3 x PV Boys, then Girls

3 x Shot Put Girls, then Boys

3 x Discus Boys, then Girls

Previous Team Champions:

Boys' Varsity

2009 Castro Valley
2008 Castro Valley

Girls' Varsity:

2009 Castro Valley
2008 Castro Valley
2007 Carondelet
2006 rained out
2005 rained out
2004 Castro Valley
2003 Castro Valley
2002 Castro Valley
2001 Castro Valley
2000 Newark-Memorial
1999 Castro Valley
1998 Castro Valley
1997 Castro Valley
1996 Castro Valley
1995 Castro Valley
1994 Castro Valley
1990-93 meet not held
1989 Ygnacio Valley
1988 rained out
1987 Acalanes
1986 Acalanes
1985 Acalanes
1984 Acalanes
1983 Campolindo
1982 no meet held
1981 Castro Valley
1980 Acalanes
1979 Acalanes
1978 Northgate
1977 Livermore
1976 Berkeley
1975 Berkeley
1974 no team records
available
1973 no team records
available

Boys' Frosh-Soph:

2009 Castro Valley
2008 Castro Valley
2007 Castro Valley
2006 rained out
2005 rained out
2004 Irvington
2003 Granada
2002 Tamalpais
2001 Granada
2000 Castro Valley
1999 Benicia
1998 Benicia
1997 Benicia
1996 Las Lomas
1995 Castro Valley
1994 Alhambra
1990-93 meet not held
1989 Ygnacio Valley
1988 rained out
1987 Acalanes
1986 Ygnacio Valley
1985 Las Lomas

Girls' Frosh-Soph:

2009 Heritage
2008 Castro Valley
2007 Mercy-Burlingame
2006 rained out
2005 rained out
2004 Castro Valley
2003 Alameda
2002 Castro Valley
2001 Castro Valley
2000 Alameda
1999 Hayward
1998 Castro Valley
1997 St. Mary's
1996 St. Mary's

Junior High Boys:

2004 Canyon
2003 Canyon
2002 Bret Harte

Junior High Girls:

2004 Bret Harte
2003 Edwin Markham
2002 Bret Harte

4 x 100

Previous Winners:

Varsity Boys

2009	43.25	Castro Valley	Batis, Oliver, Garrick, Rosby
2008	43.62	Castro Valley	no names available
division not contested prior to 2008			

Varsity Girls:

2009	50.34	James Logan	OPowell, N. McGlory, L. McGlory, Ruenls
2008	51.91	Fremont	no names available
2007	49.60	St. Mary's	no names available
2006	rained out		
2005	rained out		
2004	52.39	Hayward	Smith, Brooks, Miller, Sanchez
2003	51.38	Hayward	Smith, Brooks, Miller, Bryant
2002	51.99	Castro Valley	C. Chan, Wilkinson, Lee, Ho. Matheny
2001	53.03	Hayward	McCoy, Smith, Smith, Morris
2000	53.50	Newark-Memorial	Purtle, Avinia, Person, White
1999	53.19	Newark-Memorial	Nowak, Cuthbert, Stafford, Stone
1998	53.31	Castro Valley	Randall, Bailey, Medrano, McDonald
1997	50.54	Mission San Jose	Fong, O'Conner, McGraw, Smith
1996	51.60	Fremont (Oak)	Ashworth, Lewis, McCarter, Thomas
1995	53.5	Washington	Snow, Afencio, Ghodoussi, Obligation
1994	52.3	Oakland Tech	Henderson, Hammock Smith, Beverly
1990-93	meet not held		
1989	51.6	Holy Names	Tanner, Alexander, Taylor, Gross
1988	rained out		
1987	50.9	Acalanes	Kolmer, Kostulos, Peterson, Ravazza
1986	51.4	Monte Vista	Crew, Roos, Hansen, Forshee
1985	51.6	Presentation	Wells, Hines, McNair, Ford
1984	50.6	Clayton Valley	Flemings, Barries, Carr, Masae
1983	52.6	Campolindo	Lundberg, Schuh, Muesser, Sasser
1982	rained out		
1981	50.8	Alhambra	Hansenim, Hookins, Swicegood, Suits
1980	51.0	Miramonte	Bevan, Slakey, Davis, Binsacca
1979	49.2	Northgate	Fleming, Peters, Warfield, Relero
1978	51.8	Miramonte	Bevan, Blakey, Binsacca, Langjan
1977	50.6	El Cerrito	Young, Hawthorne, Blackburn, Hawthorne
1976	50.8	Berkeley	Cobbs, Robinson, Burgess, Knight
1975	49.7	Berkeley	Nickson, Robinson, Burgess, Knight
1974	no records		
1973	49.9	Berkeley	White, Staneford, Byfield, Nickson

Frosh-Soph Boys:

2009	46.56	St. Mary's	Carnegie, Moses, Williams, Carter
2008	45.10	Bishop O'Dowd	no names available
2007	46.04	Bishop O'Dowd	no names available
2006	rained out		
2005	rained out		
2004	45.61	St. Joseph's	Smith, Lilly, Pringle, Townsen
2003	46.46	Las Lomas	Chandler, Dyer, Fox, Yamashita
2002	46.82	Castro Valley	Ballar, Cox, Hicken, T. Jones
2001	45.81	Granada	Graff, Bennett, Russo, Morisoli
2000	46.13	Castro Valley	Zamora, Chan, FitzGerald, McGuigan
1999	46.53	Benicia	Humpton, Pyno, Santana, Jackson
1998	47.09	Benicia	Randolph, Frisco, Chavez, Hampton
1997	45.90	St. Mary's	no names available
1996	46.61	Acalanes	Liang, Engledinger, Anderson, Brilliant
1995	47.0	Washington	Burns, John, Zellers, Dean
1994	47.4	Alhambra	Hodgkinson, Thompson, Linsey, Yeager
1989	46.5	Benicia	Liston, Zimmer, Baylor, Schefemon
1988	rained out		
1987	46.4	Ygnacio Valley	Aaron, Van Buren, Robinson, Premo
1986	44.7	Ygnacio Valley	Van Buren, Eleazar, Barry, King
1985	47.0	DeAnza	Christoff, DeLuz, Hampton, Baker
1984	47.3	Las Lomas	Krugar, DePietro, Rivera, Herbert

Frosh-Soph Girls:

2009	52.70	St. Mary's	Woelffer, Blover, White, Ledesma-Turner
2008	54.20	Castro Valley	no names available
2007	55.18	St. Mary's	no names available
2006	rained out		
2005	rained out		
2004	53.62	Granada	Hicks, Watson, Dane, Jessica
2003	53.71	San Leandro	Robinson, Wies, Steele, Dixon
2002	55.00	Castro Valley	M.Chan, O'Callaghan, Westling, He. Matheny
2001	55.30	Alameda	Rosenblum, Pewater, Pineta, Frankell
2000	54.68	Las Lomas	Tingen, Moore, Mage, LaVallee
1999	53.05	Hayward	Holleman, Smith, Smith, Morris
1998	54.89	Hayward	Lee, Holleman, Morris, McConnell
1997	51.01	St. Mary's	no names available
1996	52.52	St. Mary's	English, Accoe, Ransom, Shepherd

4 x 200

(Prior to 2007, the race distance was 4 x 220)

Previous Winners

Varsity Boys:

2009 1:31.84 James Logan Hartwell, Corley, Jones, Arnold

2008 1:32.94 James Logan no names available

division not contested prior to 2008

Varsity Girls:

2009 1:46.16 St. Mary's Lindsay, Lomax, Carter, Sweet

2008 1:47.02 James Logan no names available

2007 1:46.64 St. Mary's no names available

2006 rained out

2005 rained out

2004 1:50.82 Hayward Miller, Smith, Burley, Brooks

2003 1:50.33 Hayward Smith, Brook, Miller, Bryant

2002 1:51.33 San Leandro Covington, Ritchey, Daniels, Thomas

2001 1:57.25 Castro Valley Chow, Knapp, Medrano, Britt

2000 1:52.77 Hayward Powell, Morris, Smith, Holloman

1999 1:56.19 Tennyson Long, Marks, Pulley, Williams

1998 1:54.34 Castro Valley Tobia, Pettersen, Medrano, Bailey

1997 1:48.02 Fremont (Oak) Ashworth, Wallace, Thomas, McCarter

1996 1:49.66 Fremont (Oak) Ashworth, Lewis, McCarter, Thomas

1995 1:56.9 Washington Snow, Afencio, Ghodoussi, Obligation

1994 1:52.4 Oakland Tech Henderson, Hammock, Beverly Smith

1990-93 no meet held

1989 1:50.1 Holy Names Tanner, Alexander, Gross, Taylor

1988 rained out

1987 1:49.4 Alhambra Cline, Taylor, Corbyn, McLaughlin

1986 1:49.8 Monte Vista Crew, Voss, Hanson, Forshee

1985 1:49.7 Presentation Hines, Ford, Wells, McNair

1984 1:49.3 Miramonte Chapman, Hess, Moss, Maxworthy

1983 1:49.8 Miramonte no names available

1982 meet not held

1981 1:49.7 Carondelet Fournet, Zulaica, Jackson, Banchemo

1980 1:48.2 Acalanes Gruhier, Meinbress, Morgan, Hansen

1979 1:45.3 Northgate Fleming, Peters, Warfield, Peters

1978 1:50.0 Northgate Peters, Fleming, Warfield, Cassidy

1977 1:51.0 Piedmont Cheek, Oustermann, McDevitt, Martell

1976 1:50.4 Las Lomas DiMaggio, Sharpe, Warren, Sweetman

1975 1:47.2 Berkeley Robinson, Murray, Rose, Nickson

1974 no records

1973 1:50.3 Berkeley Ray, Henderson, Steneford, Nickson

Fresh-Soph Boys:

2009 1:37.24 St. Mary's Carnegie, Williams, Moses, Carter

2008 1:34.27 Bishop O'Dowd no names available

2007 1:36.46 Bishop O'Dowd no names available

2006 rained out

2005 rained out

2004 1:39.13 St. Joseph's Smith, Prinsler, Prentice, Aho

2003 1:39.14 Las Lomas Chandler, Dyer, Rivers, Yamashita

2002 1:35.88 Granada Pennywell, Caarter, Hudson, Russo

2001 1:38.54 Granada Graff, Russo, Morisoli, Bennett

2000 1:37.93 Mt. Eden Dawkins, Boston, Hung, Holloman

1999 1:38.77 Benicia no names available

1998 1:39.91 Benicia Randolph, Frisco, Chavez, Hampton

1997 1:35.08 Richmond Lee, Meneses, Jolivet, Chui

1996 1:37.34 Acalanes Bostjanich, Brilliant, Engledinger, Anderson

1995 1:40.4 Castro Valley Chan, Henig, Bailey, Abramenko

1994 1:41.1 Alhambra Yeager, Thompson, Lopez, Lindsay

1990-93 no meet held

1989 1:38.0 Alhambra Williams, Scott, Baggerly, Micaneh

1988 rained out

1987 1:36.7 DeAnza Hunt, Armst, Senior, Rivera

1986 1:34.2 Ygnacio Valley VanBuren, Eleazar, Barry, King

1985 1:38.2 Miramonte Wolfens-Speyer, Kline, Suh, Grant

1984 1:36.7 Miramonte Metz, Vincenzo, Slaterelis, Weiser

Fresh-Soph Girls:

2009 1:51.04 St. Mary's Thomas, Larkin, Glover, Ledesma-Turner

2008 1:54.99 Bishop O'Dowd no names available

2007 1:55.94 St. Mary's no names available

2006 rained out

2005 rained out

2004 1:56.08 Granada Bagorio, Dane, Hicks, Watson

2003 1:56.34 San Leandro Robinson, Wirt, Hunkton, Dixon

2002 1:58.27 Castro Valley M. Chan, O'Callaghan, Westling, He. Matheny

2001 1:56.78 Alameda Resenblum, Dewater, Hodil, Frankel

2000 1:58.02 Alameda Vanhamchan, Robison, Roberts, Frankel

1999 1:52.96 Hayward Smith, Smith, Morris, Holleman

1998 1:59.24 Hayward Holleman, Powell, Lee, Morris

1997 1:53.8 St. Mary's no names available

1996 1:52.49 St. Mary's Green-Odlum, Ranson, Shepherd, Accoce



GO TROJANS !!

4 x 400 (prior to 2007 the race distance was 4 x 440 yards)

Previous winners

Varsity Boys:

2009	3:30.29	Castro Valley	Batis, Garrick, Oliver, Hamilton
2008	3:34.46	James Logan	no names available
division not contested prior to 2008			

Varsity Girls:

2009	4:14.76	Castro Valley	Lee, Martore, Granados, Schneider
2008	4:13.54	Fremont (Oak)	no names available
2007	4:09.41	St. Mary's	no names available
2006	rained out		
2005	rained out		
2004	4:18.43	Hayward	Miller, Brooks, Ly, Smith
2003	4:19.71	Washington	Price, Marshall, Bloom, Sheppard
2002	4:18.72	Washington	Martinez, Bloom, Little, Roberts
2001	4:35.10	Las Lomas	Letsch, Moore, Brooks, Erdman
2000	4:50.0	Oakland	names not available
1999	4:43.60	Redwood Christian	Davidson, Davidson, Silva, Hiemenga
1998	4:23.77	Alhambra	Gliatto, New, Rilli, O'Dell
1997	4:07.3	Fremont (Oak)	Ashworth, McCarter, Lewis, Wallace
1996	4:13.4	Fremont (Oak)	Ashworth, Lewis, McCarter, Thomas
1995	4:29.2	Washington	Holte, Ghodoussi, Snow, Lim
1994	4:31.1	Alhambra	Thompson, Underwood, Prato, Piper
1990-93	meet not held		
1989	4:17.8	Piedmont	no names available
1988	rained out		
1987	4:11.7	College Park	Henderson, Lucas, Dial, Marshall
1986	4:16.0	Acalanes	Ravazza, Ruan, Lee, Kilmedr
1985	4:15.9	Acalanes	Ravazza, Kasper, Heckmann, Newberger
1984	4:17.5	Campolindo	Bacon, Hepler, McMahon, Sasser
1983	4:17.9	Campolindo	Bacon, Hepler, McMahon, Sasser
1982	no meet held		
1981	4:12.7	Campolindo	M. Hepler, K. Hepler, Sasser, Vance
1980	4:04.5	Campolindo	Adams, Hepler, Henneker, Sandal
1979	4:06.5	Miramonte	Langren, Bevan, Binsacca, Peters
1978	4:14.7	San Ramon	O'Connor, O'Connor, Bateman, Renwick
1977	4:11.7	El Cerrito	Hawthorne, Young, Hawthorne, Blackburn
1976	4:15.4	Berkeley	Burgess, Murray, Ross, Cobbs
1975	4:09.9	Las Lomas	Warren, Gray, Giesman, Sweetman
1974	no records		
1973	4:03.5	Berkeley	no names available

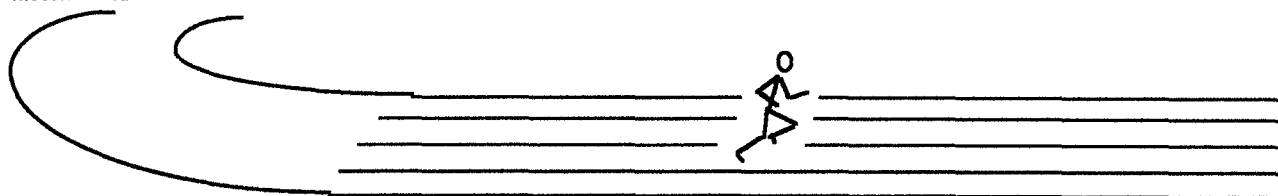
1989	3:43.0	Ygnacio Valley	Sanchez, Grim, Hunsaker, Schwab
1988	rained out		
1987	3:40.0	Acalanes	Redo, Stevens, Phillips, Sutch
1986	3:36.6	Ygnacio Valley	Barry, Eleazar, Shenejaeld, Morrison
1985	3:42.3	DeAnza	Margain, Baker, Morris, DeCruz
1984	3:42.8	Granada	Barnett, Johnson, Chambers, Klino

Frosh-Soph Girls:

2009	4:32.76	Heritage	Shodeen, Grant, Earl, Taylor
2008	4:34.24	Antioch	no names available
2007	4:33.68	St. Mary's	no names available
2006	rained out		
2005	rained out		
2004	4:30.82	Granada	Pane, Hicks, Cantua, Watson
2003	4:32.71	San Leandro	Wong, Jay, Shanna, Leung
2002	4:32.46	Alameda	Imphroy, Green, Steiner, Rodrigues
2001	4:22.77	San Lorenzo	Pugh, Evans, Bickham, Hardy
2000	4:25.0	Alameda	Burenin, Roberts, Vonghnachamnh, Frankel
1999	4:27.71	Granada	Kuska, Fischter, Ortumo, Smith
1998	4:37.94	Alameda	no names available
1997	4:28.5	St. Mary's	no names available
1996	4:22.4	Acalanes	Laird, Gillen, Judy, Rowland

Frosh-Soph Boys:

2009	4:02.63	Heritage	AVila, Kobayashi, Combs, Alicea
2008	3:48.44	Castro Valley	no names available
2007	3:44.22	Bishop O'Dowd	no names available
2006	rained out		
2005	rained out		
2004	3:50.21	Las Lomas	Dyer, Davis, Taglieri, Pierson
2003	3:50.72	Granada	Allen, Powell, Lin, Collins
2002	3:46.77	Alameda	Rodrigues, Silbey, Lindsted, Uddenberg
2001	3:47.85	Granada	Rau, Russo, Marisoli, Bennett
2000	3:47.0	Mt. Eden	Holleman, Dawkins, Boston, Nguyen
1999	3:47.00	Alameda	no names available
1998	3:51.34	Benicia	Rivera, Ludwig, Pollard, Chavez
1997	3:41.0	Benicia	Moralas, Chavez, Changus, Lawson
1996	3:45.8	Acalanes	Brilliant, Bostjanich, Engledinger, Anderson
1995	3:45.6	Washington	Dean, John, Burns, Zeller
1994	3:47.6	Las Lomas	Schmidt, Coombs, Haleen, Moberly
1990-93	meet not held		



4 x 800

(Prior to 2007, the race distance was 4 x 880 yards)

Previous Winners:

Varsity Boys:

2009 8:59.03 Heritage McIntosh, Morford, Fontes, Reid
 2008 8:41.04 Castro Valley no names available
 division not contested prior to 2007

Varsity Girls:

2009 10:34.06 Castro Valley Yang, Granados, Lee, MacLeod
 2008 10:03.34 Castro Valley no names available
 2007 9:57.10 Castro Valley no names available
 2006 rained out
 2005 rained out
 2004 10:44.9 Alameda Steiner, Sedlak, Popelka, Rodriguez
 2003 10:37.7 Castro Valley He. Matheny, Ho. Matheny, Dianda, Webb
 2002 10:36.79 Washington Little, Schultz, Ong, Roberts
 2001 10:57.2 Castro Valley Medrano, Britt, Manos, Dodge
 2000 10:37.8 Piedmont L. Barbieri, D. Barbieri, Simpson, Joloa
 1999 11:14.2 Redwood Christian Davidson, Davidson, Karn, Heimmenga
 1998 10:45.3 Alhambra Gliatto, Neu, O'Dell, Loper-Riley
 1997 10:10.5 Alhambra New, Underwood, Loper-Riley, Gliatto
 1996 10:16.5 Mission San Jose Noecochoa, Torrez, Rutledge, Hotchkiss
 1995 10:35.1 Washington Duschka, Lin, Holte, Snow
 1994 10:49.0 Castro Valley Shin, J. Ewing, Groome, Lim
 1990-93 no meet held
 1989 10:08.5 Campolindo Woodridge, Kho, Smith, Riley
 1984-88 event not contested
 1983 10:14 Alhambra Leary, Tully, Tully, Nakasoni
 1982 meet not held
 1981 9:56.0 Castro Valley Kr. Lambden, Cunningham, Stevenson,
 Ka. Lambden
 1980 10:05.0 Castro Valley Kr. Lambden, Van Buskirk, Stevenson, Ka.
 Lambden
 1979 10:08.8 San Ramon Grav, O'Conner, Schalk, Baffert
 1978 event not contested
 1977 10:24.6 Livermore Aubuchon, Williams, Brostrom, Ainsworth
 1976 10:27.3 Bishop O'Dowd Lourth, Gonszives, Scannel, Zabner
 1975 10:10.5 Pleasant Hill Costello, Robinson, Iten, Bruder

2007 10:58.05 Mercy no names available
 2006 rained out
 2005 rained out
 2004 10:42.5 Alameda Vaughn, Wheeler, Mogg, Mason
 2003 10:51.0 Clayton Valley Vanderstanetan, Fox, Hill, Stupka
 2002 11:04.06 Alameda Hodill, Steiner, Assayag, Rodriguez
 2001 10:38.9 San Lorenzo Pugh, Bicham, Hardy, Evans
 2000 11:23.1 Castro Valley Manos, Choi, Bettinger, Mellon
 1999 10:56.0 Hayward Richardson, Norsworthy, Solozhuk, McIntyre
 1998 10:59.0 Castro Valley Simmons, Stewart, Groome, McGrellis
 1997 10:58.8 St. Mary's no names available
 1996 10:23.2 Acalanes Judy, Barbera, Bostjanich, Rowland

Frosh-Soph Boys:

2009 9:14.93 Castro Valley Owyang, Coulter, Berman, Wummer
 2008 results lost in timing error
 2007 8:52.74 St. Mary's no names available
 2006 rained out
 2005 rained out
 2004 9:13.0 Hayward Hurtado, Delauro, Pulido, Alunan
 2003 9:23.0 Oakland Vo, Chan, Saeporah, Thomas
 2002 9:16.26 Irvington Misner, Smith, Durham, Patel
 2001 9:17.6 Castro Valley Yano, Ribeira, Ribeira, Welte
 2000 8:53.1 Castro Valley Fernsten, Welte, Wong, Bettinger
 1999 9:01.8 Alameda Bassmassery, Arellano, Yee, Lonsdale
 1998 9:17.1 Las Lomas McGinnes, Hermens, Copersmith, Clarkson
 1997 8:57.6 Castro Valley Cain, Sincerny, Cheung, D. Mellon
 1996 9:02.6 Mission San Jose Foreman, Stevens, Chapman, Stepan
 1995 9:15.4 Castro Valley Boruta, S. Mellon, D. Dulaney, Baria
 1994 8:59.1 DeLaSalle Click, George, Hintz, Sanchez
 1990-93 no meet held
 1988-89 event not contested
 1987 8:43.9 Castro Valley Denzler, Saunders, Guerino, Grabanski
 1986 8:40.6 Las Lomas Williams, Dangle, Goeller, Murphy
 1985 8:57.9 DeAnza Williams, Rainey, Margan, DeCruz
 1984 8:43.4 Miramonte Hiro, Smith, Flaherty, Durham

Frosh-Soph Girls:

2009 10:56.49 Heritage Grant, Navarette, Ford, Taylor
 2008 10:57.93 Antioch no names available

Go Trojans !! Best Of Luck !!

4 x 1600

(Prior to 2007, the race distance was 4 x Mile)

Previous Winners:

Varsity Boys:

2009 19:17.59 Alameda no names available
2008 19:18.02 Castro Valley no names available
division not contested prior to 2008

Varsity Girls:

2009 23:48.16 Castro Valley Fong, MacLeod, Sutedja, Yang
2008 22:38.15 Castro Valley no names available
2007 21:38.28 Carondelet Hood, Cerney, Houser, Alliot
2006 rained out
2005 rained out
2004 24:06 Alameda Wheeler, Steiner, Popelka, Sedlack
2003 24:12.85 Alameda Roberts, Lee, Steiner, Wheeler
2002 24:30.7 Petaluma Vance, Allen, Laslo, Abeida
2001 23:12.1 Sacred Heart McArthur, Beck, Rowbury, Areane
2000 23:52.1 Castro Valley Stewart, Groome, Boon-Nitoff, Dodge
1999 24:14.9 Castro Valley Schmidt, Groome, McGrellis, Boon-Nitoff
1998 23:29.0 Alhambra Loper-Riley, Neu, Gliatto, Johnson
1997 23:17.9 Castro Valley Marquez, Schmidt, Ewing, Weisman
1996 23:29.1 Mission SJ Hotchkiss, Bailey, Rutledge, Mecochea
1995 23:25.6 Lowell Lucero, Chou, Huang, Hua
1994 24:11.9 Castro Valley J. Ewing, Wong, Lim, Shin

Frosh-Soph Boys:

2009 20:42.85 Castro Valley Coulter, Berman, La, Owyang
2008 19:53.30 Castro Valley no names available
2007 19:48.0 Washington no names available
2006 rained out
2005 rained out
2004 20:29.5 Albany no names available
2003 20:20.39 Ganada Hayes, Perry, Birdman, Bailey
2002 20:57.2 Irvington Dunham, Migherg, Patel, Smith
2001 20:44.9 Castro Valley Yano, Miller, Ribeira, Welte
2000 20:07.2 Castro Valley Fernsten, Welte, Wong, Bettinger
1999 20:38.4 Castro Valley Cardiasmenos, Bettinger, Wong, Puppione
1998 21:38.0 Benicia DeJulio, Thomas, Housman, Murphy
1997 20:23.6 Mission SJ Strom, Golden, Kirsher, Baird
1996 20:18.9 Mission SJ Stepan, Stevens, Chapman, Freeman
1995 20:36.2 Castro Valley D. Dulaney, Boruta, Patterson, Baria
1994 19:57.8 DeLaSalle George, Click, Sanchez, Hintz

Frosh-Soph Girls:

2009 24:20.81 Heritage Grant, Johnston, Ford, Beard
2008 24:03.70 Castro Valley no names available
2007 24:01.0 Castro Valley no names available
2006 rained out
2005 rained out
2004 24:43.0 Granada Allan, Patel, Peacock, Sull-Line
2003 24:48.23 Granada Hartwell, Patel, Ottenheim, Burris
2002 25:04.2 Alameda Little, Hanna, Zortis, Hurley
2001 25:41.4 Castro Valley Suey, Katich, Choi, Zambrano
2000 24:36.3 Alameda Lee, Burenin, Orzell, Roberts
1999 24:10.4 Hayward Solozhuk, Richardson, McIntyre, Norsworthy
1998 23:50.0 Castro Valley Simmons, Stewart, Groome, McGrellis
1997 25:45.1 Castro Valley Stower, Ponce, Robles, Groome
1996 24:22.6 Acalanes Judy, Barbera, Powers, Bostjanich

4 x High Hurdles

Previous Winners:

Varsity Boys (4 x 110 meters)

2009	1:13.55	Northgate	Crane, Jung, Shi, Farabee
2008	1:17.10	Northgate	no names available

division not contested prior to 2008

Varsity Girls: (4 x 100 meters)

2009	1:09.46	James Logan	no names available
2008	1:12.89	American	no names available

Prior to 2008, varsity race distance was 4 x 60 meters. It was changed to 4 x 100 meters.

2007 41.29 Castro Valley no names available

Prior to 2007, the race distance was 4 x 65 yards

2006 rained out

2005 rained out

2004 43.82 Tennyson Truesdale, Baker, Luong, Alcantara

2003 43.18 Castro Valley Stewart, Tirado, Robinson, Chandler

2002 41.72 Arroyo Rivas, Bergeron, Hughes, Bock

2001 40.27 Arroyo Rivas, Hughes, Banouvang, Tekawa

2000 44.66 Hayward Dizon, Smith, Powell, Gamero

1999 43.03 Castro Valley Wong, Robles, Ly, Eng

1998 41.48 Benicia Sugg, DeJulio, Galvan, Cowling

1997 40.2 Mission SJ McGraw, Fong, O'Conner, Luk

1996 41.5 Mission SJ Fong, Mei, McGraw, Smith

1995 44.2 American Ruen, Jager, Pelarz, Cameron

1994 43.4 Las Lomas Fortier, Uzzel, Baron, Hozapoulos

Before 1994, the hurdles were 30" in height. After 1994, they were raised to 33".

1990-93 no meet

1989 39.2 Ygnacio Valley Patel, Hanf, Tobel, Bofing

1988 rained out

1987 41.7 Las Lomas Myers, Greensmith, Scott, Miller

1986 41.1 Presentation Rucher, Kahlon, McNair, Lawson

1985 40.0 Las Lomas Stone, Myers, Goeller, Maynard

1984 39.3 Campolindo Thomas, Warren, Johnson, Kimer

1983 41.9 Encinal Wong, Gee, Chui, Cantos

1982 meet not held

1981 41.9 Carondelet Glynn, Achuleta, Zulaica, Fourmet

1980 38.9 Acalanes M. VanZeeland, K. VanZeeland, Dunkleberg, Meinbress

1979 38.6 Acalanes VanZeeland, Dunkleberg, Meinbress, Upshaw

1978 37.7 Acalanes Meinbress, Upshaw, Gross, Favors

1977 39.5 Livermore Newell, Ng, Calhoun, Mochior

1976 41.7 Berkeley Burgess, Robinson, Ross, Cobb

Prior to 1976, the hurdles were an individual event

1975 (80 yard) 11.3 K. Burgess Berkeley

1974 (80 yard) 12.8 Roberta Bruder Pleasant Hill

1973 (70 yard) 11.2 Roberta Bruder Pleasant Hill

Fresh-Soph Boys: (4 X 65 meters)

2009	1:22.62	Castro Valley	no names available
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Prior to 2009, the race distance was 4 x 65 meters. It was changed to 4 x 110 meters.

2008 46.73 Castro Valley no names available

2007 45.14 Castro Valley no names available

Prior to 2007, the race distance was 4 x 70 yards. It was changed to 4 x 65 meters.

2006 rained out

2005 rained out

2004 41.62 Northgate Hahn, Hahn, Gomez, Tannenbaum

2003 46.01 Granada Lewis, Wood, Colling, McMahan

2002 48.51 Las Lomas Ricahot, Hoskins, Chu, Wojchowski

2001 45.44 Alameda Mac, Sibley, Robin, Soots

2000 44.90 Castro Valley Stanley, Leng, Kong, Parker

1999 39.50 Benicia Harrison, C. Santana, N. Santana, J. Santana

1998 40.51 Benicia J. Santana, Patterson, C. Santana, Layton

1997 44.1 Benicia DeWitt, Layton, Maurer, Rovo

1996 39.6 St. Mary's Nero, Gozzano, Cann, Natale

1995 44.1 Castro Valley Fung, Aguayo, Paik, Ciglar

1994 44.2 Castro Valley Amiri, Fung, Kim, Moore

1990-93 no meet

1989 42.2 Acalanes Habibullah, Wilson, Chales, Sicotte

1988 rained out

1987 41.1 DeAnza Hunt, Wiggins, Westbrood, Senior

1986 40.6 Ygnacio Valley King, Cochual, Rice, McDowell

1985 43.7 Las Lomas Nelson, Luna, Morse, Johnson

1984 40.9 Miramonte Aldridge, Pope, Brown, Cameron

Fresh-Soph Girls: (4 x 60 meters)

2009	1:23.33	Alameda	Nguyen, Trieu, Wood, Willcox
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Prior to 2009, race distance was 4 x 60 meters. It was changed to 4 x 100 meters.

2008 42.48 Castro Valley no names available

2007 46.66 Las Lomas no names available

2006 rained out

Prior to 2007, race distance was 4 x 65 yards. It was changed to 4 x 60 meters.

2005 rained out

2004 46.66 Castro Valley Kim, Lee, Simmons, Gistand

2003 43.48 Arroyo Brook, Chung, Bergeron, Moniogo

2002 46.92 Granada Delacruz, Janung, Morgen, Thurmen

2001 45.45 Las Lomas Powell, Murphy, Jones, Gray

2000 45.49 Alameda Vongkhamchanh, Robinson, Sandhu, Wong

1999 47.08 Newark Tebow, Gutierrez, Purtle, Jassu

1998 45.10 Foothill names not available

1997 44.2 Castro Valley Mertz, Gallagher, Ponce, Wong

1996 43.6 Armijo names not available

Open 100 Meter Dash

Previous Winners:

Varsity Boys

2009	10.98	Dash Oliver	Castro Valley
2008	11.02	Dash Oliver	Castro Valley

division not contested prior to 2008.

Varsity Girls:

2009	12.61	Maliaina Payton	Fremont (Oak)
2008	12.49	Brianna Stewart	James Logan
2007	12.88	Malaina Payton	Fremont (Oak)
2006	rained out		
2005	rained out		
2004	12.95	Laux	Clayton Valley
2003	12.78	Charis Chan	Castro Valley
2002	13.01	Charis Chan	Castro Valley
2001	12.64	Makaiha Long	Tennyson
2000	13.11	Kalani Holleman	Hayward
1999	13.75	Ali Letsch	Las Lomas
1998	13.25	Tomel Cooper	Dublin
1997	12.88	Anita McCullum	San Lorenzo
1996	13.20	Jill Armstrong	Acalanes
1995	13.3	Kristine Obligacion	Washington
1994	12.8	Orisha Hines	Fremont-Oakland
1990-93	no meet		
1975-89	event not held		
1974	no records		
1973	11.9y	Pam McDaniel	Washington

Frosh-Soph Boys:

2009	11.90	Chris Carnegie	St. Mary's
2008	11.84	Damion Rosby	Castro Valley
2007	11.68	Dash Oliver	Castro Valley
2006	rained out		
2005	rained out		
2004	12.02	Brian Chung	Northgate
2003	11.63	Jaleil James	San Leandro
2002	11.69	Kevin Russo	Granada
2001	11.88	Josh Graff	Granada
2000	11.93	Eric Zamora	Castro Valley
1999	11.52	J. Hampton	Benicia
1998	11.66	Deonte Lewis	Hayward
1997	11.68	Derrick Kindle	Mt. Eden
1996	11.89	Benalter Gambles	Armijo
1995	11.3	Dave Newton	San Ramon
1994	11.6	Brian Thompson	Alhambra

Frosh-Soph Girls:

2009	13.38	Gisela White	St. Mary's
2008	13.20	Khyia Slone	Heritage
2007	13.44	Jordan Gibbs	Bishop O'Dowd
2006	rained out		
2005	rained out		
2004	13.38	Blankers	Crystal Springs
2003	13.37	Taylor Holslaw	Alameda
2002	13.76	Michelle Chan	Castro Valley
2001	13.77	Jennifer Grankell	Alameda
2000	13.56	Maria White	Mt. Eden
1999	12.86	Kalani Holleman	Hayward
1998	13.20	Kalani Holleman	Hayward
1997	13.19	Lukestain Powell	Castlemont
1996	13.45	Espie Accode	St. Mary's

Open 300 Hurdles (event first contested in 2008)

Varsity Boys:

2009	42.02	Parker Farabee	Northgate
2008	41.11	Myster Holliman	Mt. Eden

Varsity Girls:

2009	51.27	Erica Johnson	Heritage
2008	46.39	Suzanne Howard	Santa Rosa

Frosh-Soph Boys:

2009	45.80	Kwame Hudson	Castro Valley
2008	49.10	Josh Bivings	Castro Valley

Frosh-Soph Girls:

2009	53.68	Lidia Barajas	Castro Valley
2008	52.59	McKenna Bertsch	Santa Rosa

Open 1600 (prior to 2007 race distance was one mile)

Previous Winners:

Varsity Boys:

2009 4:42.4h Ben Eversole Castro Valley
 2008 4:24.65 Jack Leng Castro Valley
 division not contested prior to 2008.

Varsity Girls:

2009 5:13.3h Kelsey Santisteban Castro Valley
 2008 5:20.56 Kelsey Santisteban Castro Valley
 2007 5:11.83 Nicole Hood Carondelet
 2006 rained out
 2005 rained out
 2004 5:34.2 Fox Clayton Valley
 2003 5:33.2 Corinne Roberts Alameda
 2002 5:31.0 Corinne Roberts Alameda
 2001 5:50.1 Bonnie Chalmers Las Lomas
 2000 5:42.0 Zinzi Evans Holy Names
 1999 5:56.6 Kristen Boon-Nitoff Castro Valley
 1998 6:07.0 Susan Kang American
 1997 5:34.5 Amy Loper-Riley Alhambra
 1996 5:53.8 Katie Hotchkiss Mission SJ
 1995 5:31.8 Amber Robinson Las Lomas
 1994 5:40.1 Amber Robinson Las Lomas
 1990-93 meet not held
 1989 5:24.2 Sarah Riley Campolindo
 1988 rained out
 1987 5:21.3 Maria Ravazza Acalanes
 1986 5:20.4 Kristen Hansen Ygnacio Valley
 1985 5:29.6 Elena Spight Miramonte
 1984 5:24.9 Elena Spight Miramonte
 1983 5:11.6 Ann Ratto Alameda
 1982 meet not held
 1981 5:20.5 Nogle Miramonte
 1980 5:05.9 Lisa Sandel Campolindo
 1979 5:19.5 Melissa Martel Piedmont
 1978 5:19.3 Carol Manning Carondelet
 1977 5:20.4 Cherie Williams Livermore
 1976 5:30.8 Karen Salisbury Northgate
 1975 5:30.8 Mary Riebelt Las Lomas
 1974 5:54.8 M. Zahner Bishop O'Dowd
 1973 6:07.8 Mary Faiferek Las Lomas

Frosh-Soph Girls:

2009 6:01.0h Rebecca Beard Heritage
 2008 5:43.50 Josie Tapia school unknown
 2007 5:49.69 Damajeria DuBose Bishop O'Dowd
 2006 rained out
 2005 rained out
 2004 5:49.5 Rozwat Crystal Springs
 2003 5:42.9 Elise Fox Clayton Valley
 2002 5:45.0 Drusia Dickson Acalanes
 2001 5:31.6 Lisa Crampton Granada
 2000 5:51.0 Sara Orzell Alameda
 1999 5:58.2 Larisa Solozhuk Hayward
 1998 6:13.0 Erica Simmons Castro Valley
 1997 6:10.1 Melissa Vivian Alhambra
 1996 5:39.8 Courtney Davidson Redwood Christian

Frosh-Soph Boys:

2009 5:08.3h Brandon Brum Heritage
 2008 4:47.21 Mark Blattler Alhambra
 2007 4:53.11 Ranvir Dhillon Washington
 2006 rained out
 2005 rained out
 2004 4:44.1 Ballanger Oakland Tech
 2003 4:40.7 Michael Wickman Northgate
 2002 4:57.0 Gis Gibbs Tamalpais
 2001 5:01.5 Josh Rau Granada
 2000 5:02.0 Beau Bettinger Castro Valley
 1999 4:58.6 Ryan McGinnis Las Lomas
 1998 5:00.0 Ryan McGinnis Las Lomas
 1997 4:55.4 Richard Mendez Hayward
 1996 4:34.4 Jonathan Stevens Mission SJ
 1995 5:03.6 Peter Baria Castro Valley
 1994 5:01.4 Chris Coffee DeLaSalle
 1990-93 no meet held
 1989 4:52.7 Dave Ling Castro Valley
 1988 rained out
 1987 4:40.7 Gordon Johnson Piedmont
 1986 4:33.4 Mike Mahoney Acalanes
 1985 4:42.1 Ryan Harding Eagle Point, OR
 1984 4:44.5 P. King Clayton Valley

Long Jump

Previous Winners: Teams:

Varsity Boys:

2009 54-1 1/2 St. Mary's
 2008 57-3 3/4 James Logan
 division not contested prior to 2008

Individuals:

Okuwudafor, Foster, Greene
 Evans, Brovis, Brewer
 19-9
 21-4 1/2
 Solomon Kiren
 Rashad Evans
 San Lorenzo
 James Logan

Varsity Girls:

2009 49-11 3-4 James Logan	Orange, N., McGlory, L., McGlory	18-10 1/2	Malaina Payton	Fremont (Oak)
2008 53-6 1/4 James Logan	Brewer, Stewart, Runnells	18-5 1/2	Alitta Boyd	Moreau Catholic
2007 47-1 3/4 Carondelet	no names available	16-9 1/2	Adrianne Johnson	Carondelet
2006 rained out				
2006 rained out				
2004 37-9 1/2 Alameda	Hodill, Wong, Copeland	15-1	Mercedes Marchbank	Sequoia
2003 43-4 Redwood Christian	Margulies, Walker, Mellion	16-10	Lauren Hodell	Alameda
2002 42-6 1/2 Alameda	Hodill, Burenin, Roberts	14-10	Lauren Hodell	Alameda
2001 42-7.5 Las Lomas	Mayta, Tingen, Erdman	14-9	Ashley Erdman	Las Lomas
2000 46-1 Tennyson	McIver, Long, Nelson	16-4	Kalani Holleman	Hayward
1999 43-9 Castro Valley	McDonald, Bailey, Paladini	15-4	Loryn Bailey	Castro Valley
1998 41-1 1/2 Redwood Christian	Davidson, Wiecker, Yovino	14-6 1/2	Ana Yovino	Redwood Christian
1997 43-4 1/2 Castro Valley	Sammons, Bailey, Jones	15-2 1/2	Becka Fong	Mission San Jose
1996 41-0 Las Lomas	Minglana, Leahy, Ashworth	14-5 1/2	Ada Minglana	Las Lomas
1995 42-3 1/2 Holy Names	Brown, Agbowo, Banks	14-10	Jasmin Brown	Holy Names
1994 42-0 1/2 Castro Valley	Kohl, Shin, Wong	14-11 1/4	Amy Kohl	Castro Valley
1990-93 meet not held				
1989 43-7 1/2 Holy Names	Tanner, Gross, Alexander	16-4	Chivonne Tanner	Holy Names
1988 rained out				
1987 43-5 Monte Vista	Hansen, Kolb, Studfell	15-0	Susie Calahong	Las Lomas
1986 45-6 1/2 Alhambra	Corbyn, Morandin, Suits	15-11	Cindi Barros	Arroyo
1985 45-10 1/2 Campolindo	Doust, Berman, Schuh	16-7 1/2	Karlyn McNall	Acalanes
1984 47-0 Miramonte	Tong, Halsey, Hess	16-1 3/4	Kim Halsey	Miramonte
1983 47-0 1/2 Campolindo	Schuh, Berman, Rowe	16-5 1/2	Kim Halsey	Miramonte
1982 meet not held				
1981 48-1 1/2 Alhambra	Suits, Hanson, Hopkins	16-6	Pam Cole	Castro Valley
1980 46-9 3/4 Acalanes	Bucklin, Cox, VanZeeland	16-9	Maggie VanZeeland	Acalanes
1979 47-2 1/2 Moreau Catholic	Miles, Carson, Kinman	16-9 1/2	Rita OConnor	San Ramon
1978 45-7 Northgate	Fleming, Peters, Kenow	15-11 1/2	Dawn Peters	Northgate
1977 48-0 1/2 Livermore	Madrid, Ng, Paxaio	16-9	Paula Ng	Livermore
1976 not a relay event		16-5	Kelly Swearington	Del Valle
1975 not a relay event		17-2 1/2	Terry Knight	Berkeley
1974 not a relay event		17-0	C. Hermann	Las Lomas
1973 not a relay event		16-6 3/4	P. Lebrrie	Bishop O'Dowd

Frosh-Soph Boys:

2009 46-6 3/4 Castro Valley	Lu, Davis, Nouv	17-6	Nikolas Dennis	Heritage
2008 54-2 1/2 Bishop O'Dowd	Williams, Manos, Mell	18-3 1/2	Antione Williams	Mt. Eden
2007 57-2 1/2 Bishop O'Dowd	Jones, Anunty, McWharton	19-8 3/4	Alex Workman	St. Mary's
1985-2006 event not contested				

Frosh-Soph Girls:

2009 40-6 1/2 St. Mary's	Hodge, Larkin, Ledesma	14-10	Jade Hodge	St. Mary's
2008 42-0 1/2 Mercy	Mason, Maldonado, Andres	16-0 1/2	Madison Mason	Mercy
2007 36.3 Mercy	no names available	14-1 1/4	Rachel Reid	Mercy
2006 rained out				
2005 rained out				
2004 40-0 Northgate	Dunn, Jing, Badger	14-0	Brandy Tummings	Galileo
2003 42-10 Alameda	Hodill, Wong, Holtslaw	14-11 1/2	Raina Timmel	Petaluma
2002 40-4 Alameda	Wong, rosenblum, Hodill	14-1	Marisa Robinson	Acalanes
2001 42-2 Alameda	Rosenblum, Hodell, Roberts	16-5 1/2	Crystl Pugh	San Lorenzo
2000 43-9 Castro Valley	Chandler, Slader, Ford	15-8	Kiersten Slader	Castro Valley
1999 38-3 3/4 Hayward	Holleman, Booth, Carter	14-6	Shelley Deis	Granada
1998 40-2 Hayward	Holleman, Radcliffe, Gunseor	14-6	Kalani Holleman	Hayward
1997 41-4 Las Lomas	Miller, Raoufi, Ashworth	14-10	Heather Ashworth	Las Lomas
1996 38-0 1/4 St. Mary's	Rodriguez, Eisner-Gordon, English	14-11	Katy Savage	Alameda



Triple Jump

Previous Winners: Team

Individual

Varsity Boys:

2009	116-2	Castro Valley	Woodard, Adesanya, Diomande	40-6 1/2	Jemarr Foster	St. Mary's
2008	114-2	Santa Rosa	Stein, Coddling, Marsh	43-2 1/2	Rashad Evans	James Logan

division not contested prior to 2008

Varsity Girls:

2009	102-1 3/4	James Logan	Runnels, Hill, Curd	37-5 1/4	Tessa Runnels	James Logan
2008	116-8 1/4	James Logan	Stewart, Brewer, N. McBlory	41-2 3.4	Alitta Boyd	Moreau Catholic
2007	97-6 3/4	Castro Valley	no names available	36-2	Assisa Baker	St. Mary's

event not contested 1973-2007

Frosh-Soph Boys:

2009	107-6.5	St. Mary's	Gazaway, Garcia, Rose	37-1	Patrick Gazaway	St. Mary's
2008	111-0 1/2	Bishop O'Dowd	Tramell, Manog, Agyei	39-6	Trent Trammell	Bishop O'Dowd
2007	111-8 1/2	St. Mary's	no names available	42-5	Alex Workman	Stl Mary's
2006	rained out					
2005	rained out					
2004	106-9 1/4	Alhambra	Churs, Townsend, Kim	37-10 1/2	Ted Green	Irvington
2003	100-01.5	Mt. Eden	Luke, M. Almond, D. Almond	37-2.5	Andre Luke	Mt. Eden
2002	108-3	Alameda	Uddenberg, Silbey, Gutierrez	38-10 1/2	Liwei Tsao	Irvington
2001	109-7.5	Granada	Coyle, Lackey, Urrutia	38-9	Matt Uddenberg	Alameda
2000	118-11	Mt. Eden	Boston, Boston, Dawkins	41-11	James Brown	Tennyson
1999	110-0-3/4	Tennyson	Brown, Smith, McKnight	38-11 3/4	Vonshae McKnight	Tennyson
1998	101-6	Las Lomas	Gabe, McGinnis, Clarkson	37-0	Laith Almagen	Hayward
1997	108-0 1/2	San Lorenzo	DePina, Owens, Gordillo	37-8 1/2	Recil Miner	Benecia
1996	104-2 3/4	Hayward	Hsieh, Johnson, Conway	37-0 1/2	Kim-Da Hsieh	Hayward
1995	105-9	Castro Valley	Bailey, Fung, Ciglar	37-2	Kevin Grimes	San Lorenzo
1994	109-9 3/4	Castro Valley	Amiri, Moore, Wong	37-5 3/4	Naeem Amiri	Castro Valley
1990-93		no meet held				
1989	110-1 1/2	Acalanes	Wilson, Sampson, Habibullah	40-2	Jerry Reese	Mt. Diablo
1988	rained out					
1987	114-9	DeAnza	Hunt, Riveis, Foster	39-5	J. Hunt	DeAnza
1986	113-10	Ygnacio Valley	Medrona, Poppleton, Barry	41-7	Rich Laccay	Moreau Catholic

Frosh-Soph Girls:

2009	84-10	Castro Valley	Highstreet, Brinkman, Chissell	30-7 3/4	Jade Hodge	St. Mary's
2008	81-4 1/2	Hayward	Ani, Davis, Obionma	28-3 1/2	Rochel Cycon	Mercy
2007	29-0	Castro Valley	Chan, no other jumpers	29-0	Behany Chan	Castro Valley

event not contested prior to 2007



High Jump

Previous Winners:

Varsity Boys:

2009 15-8 Heritage
2008 17-10 James Logan
division not contested prior to 2008

Team:

Henry, Burt, Crowder
Olyemhonlan, Evans, Ameron

Individual:

5-4 Adam Nikssarian Castro Valley
6-4 Itua Olyemhonlan James Logan

Varsity Girls:

2009 13-0 Heritage
2008 13-6 Castro Valley
2007 14-4 Carondelet
2006 rained out
2005 rained out
2004 9-2 Arroyo
2003 13-10 Alameda
2002 13-10 Arroyo
2001 13-6 Arroyo
2000 13-10 Las Lomas
1999 14-3 1/2 Castro Valley
1998 13-6 Castro Valley
1997 13-10 Castro Valley
1996 14-4 Acalanés
1995 14-0 Castro Valley
1994 13-6 Castro Valley
1990-93 no meet held
1989 14-0 Holy Names
1988 rained out
1987 14-0 Monte Vista
1986 13-6 Arroyo
1985 14-2 Campolindo
1984 14-6 Campolindo
1983 no records
1982 no meet held
1981 13-6 Castro Valley
1980 14-3 Acalanés
1979 14-4 Acalanés
1978 13-10 Las Lomas
1977 14-0 Livermore
1976 not a relay event
1975 not a relay event
1974 not a relay event
1973 not a relay event

Pfodu, Johnson, Guerrero
Brown, Frueh, Soares
no names available
Erica Peters, Kori, Jenna
Stewart, Roberts, Hodill
Becky G, Milana O, Phillips
Buonovang, Phillips, Andrea
Raoufi, Ardeschar, Creech
Bailey, Eng, McDonald
Long, McDonald, Bailey
Kohl, Bailey, Komadina
Nichol, Shaw, Flett
Kohl, E. Ewing, Komadina
Kohl, Hild, Parker

5-0 Aziza Baker St. Mary's
5-0 Paula Brown Castro Valley
5-4 Adrienne Johnson Carondelet
5-0 Erica Peters Arroyo
5-0 Lauren Hodell Alameda
5-0 Liana Tergs Tamalpais
5-0 Vanessa Phillips Arroyo
5-2 Sarah Raoufi Las Lomas
5-1 1/2 Loryn Bailey Castro Valley
4-10 Rachel McDonald Castro Valley
5-0 Amy Kohl Castro Valley
5-2 Erin Nichol Acalanés
4-10 Amy Kohl Castro Valley
4-10 Tracy Banks Alhambra

Clark, Harb, Dillon

4-10 Daly Benicia
4-10 Carrie Dial College Park
5-0 Brook Knight Clayton Valley
4-10 Kristin Folkedahl Acalanés
4-11 Claire Denham Campolindo

VanBuskirk, Cunningham, Symes
Carr, Dunklebey, VanZeeland
Dalicio, VanZeeland, Dunklebey
Warrington, Kunz, Cornell
Madrid, Paxaio, Shirley

4-10 Lisa Banchemo Carondelet
5-6 Maggie VanZeeland Acalanés
5-6 Lisa Peters Northgate
5-2 Karen Cornell Las Lomas
4-10 Janice Paxaio Livermore
5-2 Johnson Liberty
5-2 Terry Knight Berkeley
no record
4-11 A. Noack Campolindo

Frosh-Soph Boys:

2009 15-6 Heritage
2008 16-0 Bishop O'Dowd
2007 14-4 Redwood Christian
2006 rained out
2005 rained out
2004 15-8 Ygnacio Valley
15-8 Castro Valley
2003 16-3 Las Lomas
2002 16-2 Tamalpais
2001 15-6 Castro Valley
2000 16-4 Castro Valley
1999 16-2 Pittsburg
16-2 Castro Valley
1998 15-10 Benicia
15-10 Castro Valley
1997 16-2 San Lorenzo
16-2 Benicia
1996 16-2 Hayward
1995 16-2 Tokay
1994 15-6 Castro Valley
1990-93 meet not held
1985-89 event not contested
16-7 Miramonte

Eng, Barnes, Bowman
Martines, Wallace, Williams

no names available

Justin, Steven, Erin
Marciel, Lassalle, Corey
Fox, Ayropetyan, Kalinn
Fitting, Frazer, Crockett
Stohr, Picetti, Leng
Bettinger, Parker, Eng
Malone, Davis, Anderson
Parker, Hansen, Stohr
Dylan, Layton, Puno
Hanson, Prakash, Stohr
DePina, Owens, Gordillo
Miner, Maurer, Layton
Holleman, Boatwright, Cano
Ryan, Caulkey, Echler
Amiri, Kim, Fung

5-6 Billy Eng Heritage
5-4 (tie) Chris Martines Bishop O'Dowd
Allen Williams Bishop O'Dowd
5-4 Joey Anunty Bishop O'Dowd
5-8 Kirk Marciel Castro Valley
5-9 Jeff Fox Las Lomas
5-10 Brandon Crockett Tamalpais
5-4 Jesse Lackey Granada
5-10 Beau Bettinger Castro Valley
5-8 David Finney Granada
5-8 Ben Hanson Castro Valley
5-6 Ben Hanson Castro Valley
5-10 Vincent Boatwright Hayward
5-8 Jordan Engledinger Acalanés
5-10 Jason Ryan Tokay
5-6 Naeem Amiri Castro Valley

Cameron, Franklin, Kerchner
5-7 (tie)

5-7 Chris Kerchner Miramonte
Tom Cameron Miramonte

1984

High Jump

Girls Frosh-Soph:

2009	9-0	Heritage	Grant, Shodeen	4-6	Alex Grant	Heritage
2008	12-10	Mercy	Mason, Maldonado, Andres	4-8	Madison Mason	Mercy
2007	11-8	Castro Valley	no names available	4-6	Jill S.	Carondelet
2006	rained out					
2005	rained out					
2004	12-6	Northgate	Kenny, Espinosa, Bylova	4-8	Natalya Caraballo	St. Joseph's
2003	13-2	Petaluma	Timmel, Cabral, Hurt	4-10	Brianne Peters	Arroyo
2002	12-2	Castro Valley	Ka. Stewart, Crawford, Delaplane	4-4	Katy Stewart	Castro Valley
2001	13-8	Las Lomas	Powell, Murphy, Harrington	4-8	Maggie Murphy	Las Lomas
2000	13-8	Las Lomas	Powell, Rocha, Murphy	4-8	Laura Powell	Las Lomas
1999	13-2	Alameda	Sawyer, Unger, Orzell	4-8	Gita Vaynsberg	Granada
			4-8	Laneice Morgan		Hayward
1998	13-0	Hayward	Wong, Morse, McConnell	4-8	Amy McConnell	Hayward
1997	8-4	Las Lomas	Miller, Kreen, Hoffman	4-6	Jennifer Miller	Las Lomas
	8-4	Castro Valley	Bichsel, Robles, Eng			
1996	12-10	Castro Valley	Bailey, Robles, Van Norman	4-6	Loryn Bailey	Castro Valley

Shot Put

Previous Winners: Team:

Varsity Boys:

2009 127-1 James Logan
2008 129-8 1/2 James Logan
division not contested prior to 2008

Individual:

Antoine, Mestre, Simmons
names not available

49-1
47-10

Lucas Daniel
Josh Uikilifi

Castlemont
Mills

Varsity Girls:

2009 101-0 James Logan
2008 96-9 1/2 James Logan
2007 77-4 1/2 Las Lomas
2006 rained out
2005 rained out
2004 91-3 Castro Valley
2003 83-9 Arroyo
2002 92-6 1/2 Petaluma
2001 88-11 Arroyo
2000 92-11 Newark
1999 92-4 Hayward
1998 82-0 California
1997 92-11 Castro Valley
1996 86-7 Fremont (Oak)
1995 83-7 1/2 Castro Valley
1994 75-10 Alhambra
1990-93 meet not held
1989 89-3 1/2 Piedmont
1988 rained out
1987 91-0 3/4 Acalanes
1986 89-2 1/2 Moreau Catholic
1985 92-3 1/2 Foothill

1984 94-9 1/2 Moreau Catholic
Catholic
1983 86-0 Eagle Point, OR
1982 no meet held
1981 86-8 1/2 Ygnacio Valley
1980 105-3 1/2 Liberty
1979 101-1 Monte Vista
(8 lb. shot used before 1979)
1978 89-5 1/2 San Leandro
1977 105-6 Monte Vista
1976 not a relay event
1975 not a relay event
1974 not a relay event
1973 not a relay event

Jones, Prothro, Iaramo
Jones, Prothro, Pascal
names not available

Valentine, Hill, Louie
Soto, Stahowski, Aggata
Moore, McCauley, Maus
Dalisay, Aggetta, Perreria
Smith, Gianella, DaSilva
Dixon, Radcliffe, Cortez
Valdes, McNeil, Ladouceur
Klews, Rizzo, Abella
Fine, Talanoa, Payne
Klews, Minion, Howard
Colbert, Ferguson, Fowler

34-4
35-4 1/2
33-2 1/2

33-6
33-7
31-0
33-1
37-0
34-11
30-4
32-8
32-10
31-9
29-2

Erin Jones
Erin Jones
Talei Tagivakatini

Rebecca Molineau
Nora McAuley
Shana Moore
Jessica Perreira
Alia Hansen
Evangelina Dixon
Carolyn Whitney
Barbara Klews
Barbara Klews
Barbara Klews
Stephanie Colbert

James Logan
James Logan
Albany

Albany
Petaluma
Petaluma
Arroyo
Las Lomas
Hayward
Benicia
Castro Valley
Castro Valley
Castro Valley
Alhambra

Moren, Watts, Martin

Connor, Samahon, Billeter
A. Loggins, Watson, B. Loggins
Murphy, DeSantis, Mullikin

37-7 1/4

35-8
34-0 1/4
34-2 1/2

Julie DeJarlis

Hildegard Samahon
Dawn Lundberg
Esther Mullikin

Las Lomas

Acalanes
Campolindo
Foothill

A. Loggins, B. Loggins, Watson

37-1

Jennifer Watson

Moreau

Dickenson, Walter, Hanscom

32-8 1/2

Debby Hanscom

Eagle Point

Reed, Camp, Chiavini
Gallegos, Gallegos, Hoffman
B. Callegghan, Fischer, K. Callegghan

32-8
40-0
39-8 1/2

Diane Reed
Kathy Callegghan
Kathy Callegghan

Ygnacio Valley
Monte Vista
Monte Vista

Richards, Bradshaw, Egan
Bell, Callegghan, Dolsby

40-6
38-9
38-11
35-0
34-2
38-3

Linda Reed
Carol Dolsby
Vanessa Brooks
L. Keats
L. Gustavson
G. King

Alameda
Monte Vista
Berkeley
San Leandro
Monte Vista
Washington

Girls' Frosh-Soph:

2009 56-2 Castlemont
2008 82-4 Mills
2007 67-4 1/2 St. Mary's
2006 rained out
2005 rained out
2004 73-6 Irvington
2003 82-11 3/4 Castro Valley
2002 70-0 1/2 Alameda
2001 81-2 Castro Valley
2000 68-2 1/2 Newark-Memorial
1999 81-7 Castro Valley
1998 74-5 1/2 Richmond
1997 81-10 Las Lomas
1996 81-1 1/2 St. Mary's

Florence, Shavers
Uikilifi, Gong, Pankratius
names not available

31-11
36-8
31-0

Marnique Florence
Talei Tagivakini
Danielle Mauldin

Castlemont
Albany
St. Mary's

Schall, Washington, Koloko-Green
Valentine, Erdman, Wilcox
Brooks, Copeland, Rosenblum
Simpson, Passadore, Cardiasmenos
Baptista, Rose, Gialanella
Shaw, West, Szalay
Bournd, Romero, Robinson
Brell, Wilson, Hansen
O'Dea, Aikens, Harris

29-2
30-3.5
28-1
29-8
29-4
30-0
27-0 3/4
31-0
32-6

Taeler Smith
Marissa Valentine
Ashley Corbin
Ashley Corbin
Christina Baptista
Angela Faghi
Lizzy Colbert
Rosie Aikens
Rosie Aikens

Hayward
Castro Valley
San Lorenzo
San Lorenzo
Newark
Las Lomas
Alhambra
St. Mary's
St. Mary's

Frosh-Soph Boys:

2009 111-11 Mills
2008 116-6 1/2 San Leandro
2007 110-0 Bishop O'Dowd
2006 rained out
2005 rained out
2004 123-9 Las Lomas

So, Gao, Tonga
Lunn, Sikone, Morales
Johnson, Kawada, Graham

40-8
45-2
38-5

David So
Malcom Lunn
Zack Freitas

Mills
San Leandro
Northgate

Gardner, Luke, Rulifson

45-6

David Luke

Las Lomas

Shot Put

2003	117-3	Castro Valley	Allen, Geucht, Tsang	44-9	Chris Selby	San Lorenzo
2002	113-10 1/2	Granada	Gross, Musselman, Austin	44-6	Chris Hurts	San Leandro
2001	118-0	Arroyo	Singh, Mulitado, Briggs	44-5	Jesse Lackey	Granada
2000	116-9	Castro Valley	Owen, Sawyer-Long, LaSalle	39-9	Neil Owen	Castro Valley
1999	126-9	Benicia	Fong, Berace, Henderson	43-8	Steve Henderson	Benicia
1998	118-3 3/4	Las Lomas	Him, Frohnem, Al Faqih	46-6	Basil Al-Faqih	Las Lomas
1997	118-0 1/2	Sacred Heart	Miranda, Mazeris, Joyner	46-7	Basil Al-Faqih	Las Lomas
1996	124-7 1/2	Las Lomas	Christiansen, Jones, Decker	50-9	Robbie Christiansen	Las Lomas
1995	129-4 1/2	Tokay	Takahaski, Gabriel, Lanfair	47-7 1/2	Darren Lanfair	Tokay
1994	125-8	Alhambra	Oxford, Kinder, Boyd	45-2	Tony Feliciano	Mt. Eden
1990-93	meet not held					
1989	114-0 3/4	Piedmont	Fendel, Krieger, DeFeo	42-8	Josh DeFeo	Piedmont
1988	rained out					
1987	128-11 1/2	College Park	McDeamid, Byford, Holden	47-11 1/2	Doug Byrkit	Monte Vista
1986	126-6 1/2	Amador Valley	Carvecho, DeBarnardi, Sebaha	48-8	Eric Bamberger	Ygnacio Valley
1985	124-6	Las Lomas	Freschi, Barns, Miller	46-5	Tony Miller	Las Lomas
1984	140-2	San Ramon	Cox, Greg, Isola	49-0	Will Greg	San Ramon

Discus Throw

Previous winners: Team:

Individual

Varsity Boys:

2009	380-1 1/2	Castro Valley	Mason, Eckels, Tomaz	134-6	Eric Mason	Castro Valley
2008	388-9	Santa Rosa	Baker, Baker, Guevarra	154-6	Joe Bailey	James Logan
division not contested prior to 2008						

Varsity Girls

2009	273-10	James Logan	Prothro, Jones, Murray-Bailey	118-7	Janelle Prothro	James Logan
2008	254-5 1/2	James Logan	Prothro, Pascal, Jones	100-1 1/2	Janelle Prothro	James Logan
2007	248-0	Las Lomas	no names available	92-3	Patrice Coleman	Las Lomas
2006	rained out					
2005	rained out					
2004	245-3 1/2	Alameda	Zheng, Brown, Husby	109-8	Rebecca Molanari	Albany
2003	240-0.5	Arroyo	Argetta, Stanhowski, Soto	92-11	Alisha Argetta	Arroyo
2002	252-2 1/5	Alameda	Kreider, Nelson, Kendall	91-6	Anne Kreider	Alameda
2001	230-2	Alameda	Walker, Kendall, Kreider	81-8	Erica Kendall	Alameda
2000	287-1	Newark-Memorial	DaSilva, Smith, Biser	108-1	Tiffany Rizzo	Castro Valley
1999	248-11	Alameda	Stoner, Wlaker, Palemr	115-6	Purtie Bern	Newark
1998	238-7	Castro Valley	Van Elk, Hausel, Rizzo	102-7	Kate Valdez	California
1997	256-2 1/2	Castro Valley	Klews, Rizzo, Abella	92-7	Rachael Lee	Dublin
1996	220-1	Dublin	Lee, Hodson, Jamison	90-4	Valerie Kucharewski	Foothill
1995	256-8	Tokay	Pfeifle, Wiley, Hernandez	98-4	Shannon Pfeifle	Tokay
1994	247-3	Alhambra	Colbert, Fowler, Ferguson	89-5 1/2	Stephanie Colbert	Alhambra 1990-93
meet not held						
1989	249-0	Piedmont	Martin, Anderson, Moren	119-2	Julie DeJarlis	Las Lomas
1988	rained out					
1987	274-11	Las Lomas	Dawson, DedJarlis, Deruyte	123-2	Julie DeJarlis	Las Lomas
1986	286-7	Moreau Catholic	A. Loggins, Watson, B. Loggins	117-6	Swanson	College Park
1985	274-8	Foothill	Kleinsmith, DeSantis, Murphy	124-7	Swanson	College Park
1984	276-11	Moreau Catholic	B. Loggins, Watson, A. Loggins	108-11 3/4	Tyler	College Park
1983	256-6	Campolindo	Ebersole, Denham, Lundling	98-3	Casazza	Alhambra 1982
meet not held						
1981	283-2	Acalanes	Borgwardt, D'Hout, Gordon	113-7	Cherie Schaeffer	Castro Valley
1980	298-9 1/2	Acalanes	Lovtang, Borgwardt, D'Hout	116-2	d'Hout	Acalanes
1979	283-9	Monte Vista	Fisher, K. Callaghan, B. Callaghan	126-4	Heidi Carlson	Miramonte
1978	300-4 1/2	Pleasant Hill	Aston, Echols, Johnson	133-7	Linda Reed	Alameda
1977	290-7	Monte Vista	Frahmen, Dolsby, Bell	122-10 1/2	Carol Dolsby	Monte Vista
1976	Prior to 1977, field events were only individual competition			115-2 1/2	Shannon Duthrie	Miramonte
1975	not a relay event			99-8	K. Hilton	Pleasant Hill
1974	not a relay event			no records		
1973	not a relay event			89-7	S. Pierce	Berkeley

Girls' Frosh-Soph:

2009	132-5	Castlemont	Florence, Shavers	73-4	Marnique Florence	Castlemont
2008	198-4 1/2	Mills	Gong, Uikilifi, Law	105-9	Talei Tagivakatini	Albany
2007	170-0	St. Mary's	Hill, Gruca, Mauldin	65-2	Britanie Maultsby	Las Lomas
2006	rained out					
2005	rained out					
2004	190-2 1/2	Irvington	Shall, Washington, Green	86-0	Dorian Shafer	Kennedy
2003	241-11	Castro Valley	Valentine, Erdman, Wilcox	103-10	Rebecca Molinari	Albany
2002	188-11	Alameda	Brookes, Copeland, Rosenblum	85-0 1/2	Ashjley Corbin	San Lorenzo
2001	207-7.5	Castro Valley	Silva, Cardiasmenos, Passadore	87-5	Ashley Corbin	San Lorenzo
2000	196-10	Alameda	Kendall, Croft, Kreider	76-3	Christina Baptista	Newark
1999	230-11	Las Lomas	Stanley, Perkins, Todd	85-2-3/4	Melissa Wallin	Analy
1998	198-3	Alhambra	Winkle, See, Colbert	67-3	Lizzy Colbert	Alhambra
1997	238-9 1/2	St. Mary's	Cotton, Williams, Aikens	108-4 1/2	Rosie Aikens	St. Mary's
1996	222-7	St. Mary's	Harris, Aikens, Williams	105-0	Katy Savage	Alameda

Frosh-Soph Boys:

2009	286-5	Mills	So, Lin, Tonga	110-4	Frank Mai	Alameda
2008	306-7	Mills	Kramer, Mapa, Lin	116-6	Erik Kramer	Mills
2007	223-11	Northgate	no names available	104-0	Caleb Borgerson	Redwood Christian
2006	rained out					
2005	rained out					
2004	273-10	Albany	Sandberg, Chyan, Nichols	107-9	Chandler Sullivan	Granada

Discus Throw

2003	310-2	Albany	Aziu, Slaughter, Phelps	107-10	Darwin Tsang	Castro Valley
2002	300-11	San Leandro	Hurts, Santamaria, Scchrieber	114-1	Chris Hurts	San Leandro
2001	250-5	Sacred Heart	Solis, Lim, Lien	110-2	Jesse Lackay	Granada
2000	304-4	Newark-Memorial	Laskey, Gomez, Greenberg	112-8	Andrew Rodriguez	San Lorenzo
1999	341-11	Benicia	Henderson, Fong, Glacerad	131-2	Chris Manning	Castro Valley
1998	303-3	Benicia	Forrester, Henderson, Fong	116-8	Derek Patterson	Alhambra
1997	271-4	St. Mary's	Foster, Powell, Tu	112-2 1/2	Rollin McReady	Hayward
1996	294-11	Las Lomas	Christiansen, Jones, Decker	124-10	Rob Christiansen	Las Lomas
1995	313-3	American	Stevens, Ty, Alveenaz	109-0	Darren Lanfair	Tokay
1994	288-1	Mt. Eden	Garvin, Faasisila, Feliciano	103-3	Chris Barker	Hayward
1990-93	meet not held					
1989	308-8	Ygnacio Valley	Holland, Rumbel, Johnson	119-1	D. Halpin	Campolindo

Pole Vault

Previous Winners:

Team:

Individual:

Varsity Boys:

2009	12-2	Castro Valley	Wiegardt, Dangler	11-6	Andrew Wiegardt	Castro Valley
2008	results missing					
division not contested prior to 2008						

Varsity Girls:

2009	13-0	Castro Valley	Gilchriese, Ayala	7-0	Sarah Gilchriese	Castro Valley
2008	24-6	Las Lomas	Jinag, Fong, Tao	10-6	Azarin Lewis	Benicia
2007	27-0	Las Lomas	Vo, Hartman, Wang	10-0	Katie Vo	Las Lomas
2006	rained out					
2005	rained out					
2004	15-6	Las Lomas	Hartman, Pena, Wang	9-6	Ashley Juenger	Irvington
2003	23-6	Irvington	Juenger, Iso, Galden	8-6	Asley Juenger	Irvington
2002	24-6	Las Lomas	E. Kersey, B. Kersey, Hitchcock	8-6	Eva Kersey	Las Lomas
				8-6	Erin McCarthy	Castro Valley
2001	24-6	Las Lomas	Lim, Kersey, Kersey	9-0	Cindy Lim	Las Lomas
2000	29-6	Las Lomas	Heim, Creech, Lim	10-6	Jenika Heim	Las Lomas
1999	25-6	Las Lomas	Heim, Holfman, Powell	10-6	Veronica Garcia	Newark-Memorial
1998	24-6	Castro Valley	Sammons, Glenn, Arterburn	8-6	Amber Sammons	Castro Valley
1997	23-6	Alhambra	Sutton, Gliatto, Johnson	8-6	Danielle Sutton	Alhambra
1996	22-6	Acalanes	Flett, Forde, Herg	8-6	Elizabeth Ewing	Castro Valley
	22-6	Castro Valley	E.Ewing, Clancy, Sammons			
1995	21-0	Las Lomas	Baron, Fleming, Tumbas	9-6	Amanda Sweeney	Tokay
1994	21-6	Las Lomas	Baron, Fleming, Tumbas	8-0	Amanda Baron	Las Lomas

Girls' Frosh-Soph:

2009	16-6	Castro Valley	Piccillo, Britton, Gamez	6-0	Emma Piccillo	Castro Valley
2008	20-0	Monte Vista	Lawson, Murray, Subramanian	7-0	Erin Delaria	Northgate
2007	19-6	Las Lomas	no names available	7-6	Morgan Boreh	Las Lomas
2006	rained out					
2005	rained out					
2004	26-0	Las Lomas	Holmes, Kersey, Olson	9-0	Theresa Frendo	school unknown
2003	23-6	Las Lomas	Kersey, Holmes, Pena	8-6	Julia Kersey	Las Lomas
2002	19-6	Acalanes	Firousian, Hoffschneider, Clark	7-6	Nicole Hoffschneider	Acalanes
	19-6	Granada	Leswis, Connell, Alexander			
2001	23-9	Castro Valley	McCarthy, Chandler, Tirado	10-3	Erin McCarthy	Castro Valley
2000	14-0	Las Lomas	Heim, Kersey	7-6	Heim	Las Lomas
1999	22-0	Las Lomas	Leahy, Lim, Kersey	8-0	Cindy Lim	Las Lomas
1998	22-6	Las Lomas	Heim, Hoffman, Creech	7-6	Jenika Heim	Las Lomas
				7-6	Allison Creech	Las Lomas
1997	22-0	Las Lomas	Hoffman, Green, Yeghoian	8-0	Elaine Hoffman	Las Lomas
1996	7-0	Dublin	Cherie Simon	7-0	Cherie Simon	Dublin

Frosh-Soph Boys:

2009	17-6	Castro Valley	Laris, Wiegardt	9-6	Jordan Laris	Castro Valley
2008	30-6	Monte Vista	Nguyen, Feldman, Archibald	11-0	Sean Nguyen	Monte Vista
2007	26-0	Castro Valley	no names available	10-6	Mike Denese	Acalanes
2006	rained out					
2005	rained out					
2004	28-0	Las Lomas	Kim, Pierson, Nelsen	11-6	Dan Nelson	Las Lomas
2003	31-0	Las Lomas	Armstrong, Matthews, Fox	11-6	Jeff Fox	Las Lomas
2002	28-0	Las Lomas	Van Voorhis, Fox, Matthews	10-6	Jeff Fox	Las Lomas
2001	28-0	Granada	Parker, Tilford, Urrutia	12-0	Jason Durkin	Las Lomas
2000	28-0	Las Lomas	Klop, Hoffman, Norris	9-6	Hoffman	Las Lomas
1999	32-6	Las Lomas	Haris, Shortenhaus, Marshall	12-0	Dave Shortenhaus	Las Lomas
1998	29-6	Benicia	Lass, Santana, Rivera	11-0	Joe Rivera	Benicia
1997	29-6	Benicia	Rivara, Miner, Thomas	10-6	Racil Miner	Benicia
1996	31-0	Las Lomas	Wilson, Klopp, VandeNeth	11-9	Chad Wilson	Las Lomas
1995	24-6	Las Lomas	Holliwell, Klopp, Wilson	10-0	Zac Martinez	Tokay
1994	29-6	Alhambra	Hodgkinson, Porter, Savacool	10-6	Paul Hodgkinson	Alhambra
1990-93	meet not held					
1989	30-9	Ygnacio Valley	Pierson, Tran, Medhurst	12-3	Bruce Medhurst	Ygnacio Valley
1988	rained out					
1987	30-0	Ygnacio Valley	Land, Daily, Kim	12-0	Mike Lane	Acalanes
1986	28-0	Clayton Valley	Tara, Hooshmand, Rockenbaugh	10-6	Poppleton	Ygnacio Valley
				10-6	Tara	Clayton Valley
1985	26-6	Las Lomas	Veglia, Luna, McGuire	10-6	Dave Veglia	Las Lomas