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CASTRO VALLEY INVITATIONAL SCHEDULE OF EVENTS

Friday, March 28

Frosh-Soph Girls & Boys

Running Events:

4:00 p.m. start
(Girls, then Boys)

Distance Medley

4 x 100

4 x High Hurdles (5 flights)

Sprint Medley

4 x 800

Open 300 Hurdles

Open 100

Open 1600

4 x 400

Field Events:

3:00 p.m. start

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 29

Varsity Girls & Boys

Running Events:

9:00 a.m. start
(Girls, then Boys)

Distance Medley

4 x 100

4 x High Hurdles (10 flights)

Sprint Medley

4 x 800

Open 300 Hurdles

Open 100

Open 1600

4 x 800 Steeplechase (exhibition)

4 x 400

Field Events:

9:00 a.m. start

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

2014 Trojan Invitational Relays

Castro Valley High School

Trojan Stadium

Friday March 28 & Saturday March 29

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

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!

Previous Team Champions:

Boys' Varsity

2103 Castro Valley
 2012 rained out
 2011 Northgate
 2010 Heritage
 2009 Castro Valley
 2008 Castro Valley
 division not contested prior
 to 2008

Girls' Varsity:

2013 Castro Valley
 2012 rained out
 2011 Castro Valley
 2010 Castro Valley
 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:

2013 Heritage
 2012 Heritage
 2011 Northgate
 2010 Castro Valley
 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:

2013 Heritage
 2012 Castro Valley
 2011 Heritage
 2010 Tamalpais
 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:

2005-2013 division not
 contested
 2004 Canyon
 2003 Canyon
 2002 Bret Harte

Junior High Girls:

2005-2013 division not
 contested
 2004 Bret Harte
 2003 Edwin Markham
 2002 Bret Harte

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Cardino Produce

"Workouts Work!" says Coach Dino

Distance Medley

(Prior to 2010, this event was contested as the 4 x 1600 relay)

Previous Winners:

Girls' Frosh-Soph

2013	13:54.43	Heritage	Marzocco, Rangel, Nubla, Hinojosa
2012	13:10.60	Berkeley	Townsend, D. Abdo, B. ABdo, Mlodzik
2011	14:01.40	Alameda	Hosokawa, Yuen, Nguyen, Xu
2010	13:51.73	Bishop O'Dowd	Micheaux, Diaz, Hyland, Devlin

Boys' Frosh-Soph

2013	11:32.12	Castro Valley	Luster, Gundi, Cervi, Mackey
2012	11:41.49	Berkeley	A. Abdo, Bruant, Battles, Sikes
2011	11:42.80	Bishop O'Dowd	no names available
2010	11:30.39	Bishop O'Dowd	John, Degroot, Kane, Kendall

Girls' Varsity

2013	13:12.43	Alameda	Hosokawa, Stenstedt, Yuen, Xu
2012	rained out		
2011	13:15.38	Castro Valley	Bailey, Fong, Santisteban, Flowers
2010	13:42.52	Hayward	Riley, Garcia, Leopold, Turner

Boys' Varsity

2013	10:58.79	Livermore	Corse, Laenton, Olson, Leary
2012	rained out		
2011	11:08.16	St. Mary's	Greene, Calvert, Carnegie, Mariolle
2010	11:27.77	Heritage	Bradley, Macintosh, Spencer, Brum

The Castro Valley distance girls wish

4 x 100 Relay

Previous Winners:

Varsity Boys

2013	42.06	Castro Valley	Speegle, Speegle, Jones, Taylor
2012		rained out	
2011	43.91	Castro Valley	Batis, Sims, Diomande, , Ma. Speegle
2010	43.94	Benecia	Murdock, Johnson, Mamon, Davis
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:

2013	48.44	Newark	no names available
2012		rained out	
2011	51.23	San Leandro	Turner, Brown, Johnson, Amirah
2010	50.40	Castro Valley	Velasquez, Taofequat, Chissell, Martore
2009	50.34	James Logan	OPowell, N. McGlory, L. McGlory, Ruenlis
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, Obligacion
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, Suitsos
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

Fresh-Soph Boys:

2013	44.81	Heritage	Hinn, Winding, Whitmire, Noble
2012	45.08	Castro Valley	Kpoku, Edwards, Jones, Birznieks
2011	45.58	Bishop O'Dowd	no names available
2010	45.74	Northgate	Khamosh, Fiorenza, Stapleton, Schmdit
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
1900 - 93		meet not held	
1989	46.5	Benicia	Liston, Zimmer, Baylor, Schefermon
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

Fresh-Soph Girls:

2013	53.44	Heritage	Hathaway, Blaise, Chatman, Alexander
2012	52.40	American	Mochinaga, Tong, Mulugeta, Bell
2011	51.53	Alameda	Kumar, Owyang K., Owyang T., Allen
2010	53.08	Castro Valley	Centoni, Elam, Highstreet, Nguyen
2009	52.70	St. Mary's	Woelffer, Blower, 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 High Hurdles

Previous Winners:

Varsity Boys (4 x 110 meters)

2013	1:07.48	Northgate	Schneider, Schneider, Mandich, Coyle
2012	rained out		
2011	1:10.18	Northgate	Brewer, Niese, Stapleton, Davis
2010	1:13.21	Northgate	Niese, Brewer, Davis, Juhg
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)

2013	1:09.45	Arroyo	Ng, Osaka, Sandino, Lui
2012	rained out		
2011	1:10.12	Arroyo	Osaka, Sandino, Partida, Bowersmith
2010	1:10.25	Arroyo	Bowersmith, Partida, Schwyster, Guan
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.)

In 2008 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

Frosh-Soph Boys: (4 X 60 meters)

2013	41.58	Northgate	Coyle, Alegria, Joseph, Mandich
2012	45.47	Heritage	Ernest, Zangai, Olender, Obodo
2011	45.44	Alameda	Want, Zhou, Baubeneck, Yick
2010	1:03.33	Bishop O'Dowd	King, Ruth, Winn, Fong
2009	1:22.62	Castro Valley	no names available

(For 2009 only, the race distance 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	Ricahct, Hoskins, Chu, Wojochowski
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

Frosh-Soph Girls: (4 x 60 meters)

2013	43.52	Northgate	Cashman, Chesnutt, Mettler, Christensen
2012	43.10	Tamalpais	Hutson, Wilmoth, Bi, Davis
2011	47.79	Heritage	Bronzan, Grant, Millington, Smith
2010	n.t.	Northgate	Coyle, Rusch, Thomson, Roberts
2009	1:23.33	Alameda	Nguyen, Trieu, Wood, Willcox

(For 2009 only, race distance 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	Arnijo	names not available

Sprint Medley (1-1-2-4)

(Prior to 2010, this race was contested as a 4 x 200 relay.)

Previous Winners:

Boys' Varsity:

2013	1:32.69	Castro Valley	Speegle, Edwards, Jones, Taylor
2012	rained out		
2011	1:35.55	Castro Valley	Davis, Foster, Speegle Matt, Speegle Miles
2010	1:33.25	St. Mary's	Moses, Hope-Lovet, Brown-Ryan, Roosevelt

Girls' Varsity

2013	1:52.47	Castro Valley	Pointer, Elam, Misco, Nild
2012	rained out		
2011	1:50.61	San Leandro	Randall, Brown, Turner, Jones
2010	1:51.12	St. Mary's	Glover, Thomas, Woelffer, Carter

Boys' Frosh-Soph:

2013	1:39.86	Heritage	Whitmire, Noble, Winding, Hinn
2012	1:39.81	Berkeley	Allen, Vincent, Bryant, Dennis
2011	1:40.40	Bishop O'Dowd	no names available
2010	1:44.92	Castro Valley	Cervantez, Speegle Ma., Speegle My., Bundrus

Girls' Frosh-Soph:

2013	1:56.37	Heritage	Alexander, Smith, Yeakley, Selin
2012	1:55.29	American	Clark, Bell, Tong, Mochinaga
2011	1:57.52	Alameda	Kumar, Owyang K., Owyang T., Allen
2010	1:59.74	Bishop O'Dowd	Brox-Chester, Lowe, Jackson, Fong

4 x 800

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

Previous Winners:

Varsity Boys:

2013	8:33.72	Livermore	Crose, Valenton, Olson, Leary
2012	rained out		
2011	8:12.61	Castro Valley	Berman, Martore, Diomande, Eversole
2010	8:14.60	Castro Valley	Martore, Diomande, Weekes, Eversole
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:

2013	10:28.88	Northgate	Boucher, Dong, Coyle, Mundrane
2012	rained out		
2011	10:24.00	Castro Valley	Chi, Bailey, Fong, Piccillo
2010	10:41.65	Castro Valley	McCleod, Yang, Martinez, Piccillo
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	Duscha, 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

Frosh-Soph Boys:

2013	9:00.50	Alameda	Bishop, Wu, Hosokawa, Khang
2012	9:03.79	Heritage	Spencer, Bunting, Demeko-Ousman, Lim
2011	9:18.92	Northgate	Antolin, Reamy, Sheehy, Stalters
2010	8:53.40	Bishop O'Dowd	John, Degroot, Schwartz, Kaufman
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:

2013	10:26.85	Heritage	Hinojosa, Nubla, Hunt, Marzocco
2012	10:40.42	Northgate	Chesnutt, Coyle, Peterson, Mundrane
2011	10:50.98	Alameda	Hosokawa, Nguyen, Xu, Fong
2010	10:55.80	Benecia	Wilson, Sharpe, Ray, Beattie
2009	10:56.49	Heritage	Grant, Navarette, Ford, Taylor
2008	10:57.93	Antioch	no names available
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

Open 300 Hurdles (event first contested in 2008)

Varsity Boys:

2013	43.59	Nathan Yick	Alameda
2012		rained out	
2011	41.49	James Carter	St. Mary's
2010	41.35	Sebastian Stafford	St. Mary's
2009	42.02	Parker Farabee	Northgate
2008	41.11	Myster Holliman	Mt. Eden

Varsity Girls:

2013	47.72	Miranda Nild	Castro Valley
2012		rained out	
2011	49.73	Erin Delaria	Northgate
2010	52.60	Erin Delaria	Northgate
2009	51.27	Erica Johnson	Heritage
2008	46.39	Suzanne Howard	Santa Rosa

Frosh-Soph Boys:

2013	42.80	Ron Smith	St. Mary's
2012	42.40	Dmitriy Petrovykh	Northgate
2011	45.52	Liam Godfrey	St. Mary's
2010	48.62	Chris Long	Tamalpais
2009	45.80	Kwame Hudson	Castro Valley
2008	49.10	Josh Bivings	Castro Valley

Frosh-Soph Girls:

2013	49.79	Megan Coyle	Northgate
2012	49.97	Monica Bi	Tamalpais
2011	48.92	Carly Schulz	St. Mary's
2010	51.74	Jana Centoni	Castro Valley
2009	53.68	Lidia Barajas	Castro Valley
2008	52.59	McKenna Bertsch	Santa Rosa

Open 100 Meter Dash

Previous Winners:

Varsity Boys

2013	11.05	Matthew Speegle	Castro Valley
2012	rained out		
2011	10.97	Andre McBride	San Leandro
2010	11.47	Josh Llanos	Northgate
2009	10.98	Dash Oliver	Castro Valley
2008	11.02	Dash Oliver	Castro Valley

division not contested prior to 2008.

Varsity Girls:

2013	12.89	Tristan Cooper	Heritage
2012	rained out		
2011	13.26	Kristin Elam	Castro Valley
2010	13.00	Nadia Lewis	Benicia
2009	12.61	Malaina 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:

2013	11.15	Cameron Edwards	Castro Valley
2012	11.67	Daniel Chukwu	American
2011	11.85	Sulaiman Hameed	Alameda
2010	11.55	Myles Speagle	Castro Valley
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:

2013	13.87	Julianna Fong	Northgate
2012	12.87	Kayla Dickerson	Northgate
2011	13.20	Anshika Kumar	Alameda
2010	13.26	Kailey Moser	Heritage
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 1600 (prior to 2007 race distance was one mile)

Previous Winners:

Varsity Boys:

2013	4:24.49	Dan Stalters	Northgate
2012	rained out		
2011	4:39.88	Dumcan Calvert	St. Mary's
2010	4:39.50	Will Melton	Northgate
2009	4:42.4h	Ben Eversole	Castro Valley
2008	4:24.65	Jack Leng	Castro Valley

division not contested prior to 2008.

Varsity Girls:

2013	5:32.50	Caitlyn Mundrane	Northgate
2012	rained out		
2011	5:34.20	Caitlyn Mundrane	Northgate
2010	5:23.19	Elise Wummer	Castro Valley
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

Fresh-Soph Boys:

2013	4:46.60	Carter Mackey	Castro Valley
2012	4:51.17	Austin Lloyd	Berkeley
2011	4:38.83	Steven Carlson	Alameda
2010	4:53.33	Duncan Calvert	St. Mary's
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

Fresh-Soph Girls:

2013	5:54.51	Michalyn Marzocco	Heritage
2012	5:38.69	Caitlyn Mundrane	Northgate
2011	5:39.66	Caitlyn Mundrane	Northgate
2010	5:46.41	Ami Boucher	Northgate
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

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

Previous winners

Varsity Boys:

2013	3:31.92	Alameda	Wellman, Yick, Zhen, Carlson
2012	rained out		
2011	3:31.68	San Leandro	Carter, McBride, Rivers, Cummings
2010	3:30.70	Benicia	Murdock, Mamon, Dubios, Wiley
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:

2013	4:12.51	Castro Valley	Edwards, Flowers, Ko, Brown
2012	rained out		
2011	4:09.52	San Leandro	Turner, Brown, Amirah, Jones
2010	4:21.94	Heritage	Johnson, Grant, Giles, Earl
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

Frosh-Soph Boys:

2013	3:47.54	Castro Valley	Birnieks, Gundi, Jimenez, LeBlanc
2012	3:44.48	St. Mary's	Chambers, Barchard, Godfrey, Barajas
2011	3:38.45	Berkeley	Bryant, Silvey, Scott, Traylor
2010	3:49.81	Benicia	Coleman, Guidry, Huebner, Yip
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
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:

2013	4:26.99	Heritage	Nubla, Yeakley, Rangel, Zabroski
2012	4:14.81	American	Tong, Dunn, Alexander, Bell
2011	4:28.19	Heritage	Vanden-Oudenaller, Smith, Tolkes, Lord
2010	4:33.17	Benicia	Sharpe, Ray, Williams, Beattie
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, Vonghnamchamnh, Frankel
1999	4:27.71	Granada	Kuska, Fischer, Ortumo, Smit
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

Long Jump

Previous Winners: Teams:

Varsity Boys:

2013	63-0.75	Castro Valley
2012	rained out	
2011	55-7.75	Castro Valley
2010	63-1.75	Benicia
2009	54-1 1/2	St. Mary's
2008	57-3 3/4	James Logan
division not contested prior to 2008		

Moore, Modise, Edwards
Davis, Hudson, Speegle
Mamon, Johnson, Dubios
Okuwudafor, Foster, Greene
Evans, Brovis, Brewer

Individuals:

21-10.75	Nate Moore	Castro Valley
21-08.5	Marvin Towles	Tennyson
23-3.25	Chris Mamon	Benicia
19-9	Solomon Kiren	San Lorenzo
21-4 1/2	Rashad Evans	James Logan

Varsity Girls:

2013	51-01.75	Castro Valley
2012	rained out	
2011	43-10	Castro Valley
2010	43-1	St. Mary's
2009	49-11 3-4	James Logan
2008	53-6 1/4	James Logan
2007	47-1 3/4	Carondelet
2006	rained out	
2006	rained out	
2004	37-9 1/2	Alameda
2003	43-4	Redwood Christian
2002	42-6 1/2	Alameda
2001	42-7.5	Las Lomas
2000	46-1	Tennyson
1999	43-9	Castro Valley
1998	41-1 1/2	Redwood Christian
1997	43-4 1/2	Castro Valley
1996	41-0	Las Lomas
1995	42-3 1/2	Holy Names
1994	42-0 1/2	Castro Valley
1990-93	meet not held	
1989	43-7 1/2	Holy Names
1988	rained out	
1987	43-5	Monte Vista
1986	45-6 1/2	Alhambra
1985	45-10 1/2	Campolindo
1984	47-0	Miramonte
1983	47-0 1/2	Campolindo
1982	meet not held	
1981	48-1 1/2	Alhambra
1980	46-9 3/4	Acalanes
1979	47-2 1/2	Moreau Catholic
1978	45-7	Northgate
1977	48-0 1/2	Livermore
1976	not a relay event	
1975	not a relay event	
1974	not a relay event	
1973	not a relay event	

Wallace, Jones, Nguyen
Miller, Velasquez, Chiu
Hodege, Larkin, Carter
Orange, N., McGlory, L., McGlory
Brewer, Stewart, Runnells
no names available

Hodill, Wong, Copeland
Margulies, Walker, Mellion
Hodill, Burenin, Roberts
Mayta, Tingen, Erdman
McIver, Long, Nelson
McDonald, Bailey, Paladini
Davidson, Wiecker, Yovino
Sammons, Bailey, Jones
Minglana, Leahy, Ashworth
Brown, Agbowo, Banks
Kohl, Shin, Wong

Tanner, Gross, Alexander

Hansen, Kolb, Studfell
Corbyn, Morandin, Suitos
Doust, Berman, Schuh
Tong, Halsey, Hess
Schuh, Berman, Rowe

Suitos, Hanson, Hopkins
Bucklin, Cox, VanZeeland
Miles, Carson, Kinman
Fleming, Peters, Kenow
Madrid, Ng, Paxaio

18-02.50	Sasha Wallace	Castro Valley
17-01	BriAnna Miller	Castro Valley
16-9	Khyia Slone	Heritage
18-10 1/2	Malaina Payton	Fremont (Oak)
18-5 1/2	Alitta Boyd	Moreau Catholic
16-9 1/2	Adrianne Johnson	Carondelet
15-1	Mercedes Marchbank	Sequoia
16-10	Lauren Hodell	Alameda
14-10	Lauren Hodell	Alameda
14-9	Ashley Erdman	Las Lomas
16-4	Kalani Holleman	Hayward
15-4	Loryn Bailey	Castro Valley
14-6 1/2	Ana Yovino	Redwood Christian
15-2 1/2	Becka Fong	Mission San Jose
14-5 1/2	Ada Minglana	Las Lomas
14-10	Jasmin Brown	Holy Names
14-11 1/4	Amy Kohl	Castro Valley
16-4	Chivonne Tanner	Holy Names
15-0	Susie Calahong	Las Lomas
15-11	Cindi Barros	Arroyo
16-7 1/2	Karlyn McNall	Acalanes
16-1 3/4	Kim Halsey	Miramonte
16-5 1/2	Kim Halsey	Miramonte
16-6	Pam Cole	Castro Valley
16-9	Maggie VanZeeland	Acalanes
16-9 1/2	Rita OConnor	San Ramon
15-11 1/2	Dawn Peters	Northgate
16-9	Paula Ng	Livermore
16-5	Kelly Swearington	Del Valle
17-2 1/2	Terry Knight	Berkeley
17-0	C. Hermann	Las Lomas
16-6 3/4	P. Lebrrie	Bishop O'Dowd

Frosh-Soph Boys:

2013	59-10	Castro Valley
2012	55-5	American
2011	51-06	St. Mary's
2010	49-5	Hayward
2009	46-6 3/4	Castro Valley
2008	54-2 1/2	Bishop O'Dowd
2007	57-2 1/2	Bishop O'Dowd
1985-2006 event not contested		

Modise, Clemenson, Birznies

KUmar, Kadakia, Powers
Blanco, Terrell, Shockley
Caro, Young, Aguirre
Lu, Davis, Nouv
Williams, Manos, Mell
Jones, Anunty, McWharton

21-05

19-10
18-05
17-11
17-6
18-3 1/2
19-8 3/4

Namanè Modise

Nicholas Wong
Joseph Apodaca
Morgan Bundgus
Nikolas Dennis
Antione Williams
Alex Workman

Castro Valley

Alameda
Heritage
Castro Valley
Heritage
Mt. Eden
St. Mary's

Frosh-Soph Girls:

2013	46-03.50	Northgate
2012	46-9.75	Castro Valley
2011	43-04	St. Mary's
2010	43-5	Tamalpais
2009	40-6 1/2	St. Mary's
2008	42-0 1/2	Mercy
2007	36-3	Mercy
2006	rained out	
2005	rained out	
2004	40-0	Northgate
2003	42-10	Alameda
2002	40-4	Alameda
2001	42-2	Alameda
2000	43-9	Castro Valley
1999	38-3 3/4	Hayward
1998	40-2	Hayward
1997	41-4	Las Lomas
1996	38-0 1/4	St. Mary's

Christensen, Fong, Silva
Jones, Edwards, Carson
Bermuda, Imah, Wyatt
McMillan, Rasmussen, Collins
Hodge, Larkin, Ledesma
Mason, Maldonado, Andres
no names available

15-11.50

17-01.75
15-06
16-2
14-10
16-0 1/2
14-1 1/4

Kim Christensen

Kennedy Jones
Megan Neuhoff
Lisa McMillan
Jade Hodge
Madison Mason
Rachel Reid

Northgate

Castro Valley
Heritage
Tamalpais
St. Mary's
Mercy
Mercy

Dunn, Jing, Badger
Hodill, Wong, Holtslaw
Wong, rosenblum, Hodill
Rosenblum, Hodell, Roberts
Chandler, Slader, Ford
Holleman, Booth, Carter
Holleman, Radcliffe, Gunseor
Miller, Raoufi, Ashworth
Rodriguez, Eisner-Gordon, English

14-0

14-11 1/2
14-1
16-5 1/2
15-8
14-6
14-6
14-10
14-11

Brandy Tummings

Raina Timmel
Marisa Robinson
Crystl Pugh
Kiersten Slader
Shelley Deis
Kalani Holleman
Heather Ashworth
Katy Savage

Galileo

Petaluma
Acalanes
San Lorenzo
Castro Valley
Granada
Hayward
Las Lomas
Alameda

Triple Jump

Previous Winners:

Varsity Boys:

2013 128-04.50 Castro Valley
 2012 rained out
 2011 119-00.5 Castro Valley
 2010 125-4.25 St. Mary's
 2009 116-2 Castro Valley
 2008 114-2 Santa Rosa
 division not contested prior to 2008

Varsity Girls:

2013 94-2 Heritage
 2012 rained out
 2011 87-01.5 Castro Valley
 2010 89-00 Castro Valley
 2009 102-1 3/4 James Logan
 2008 116-8 1/4 James Logan
 2007 97-6 3/4 Castro Valley
 event not contested 1973-2007

Frosh-Soph Boys:

2013 119-09.75 St. Mary's
 2012 111-3 St. Mary's
 2011 107-08 St. Mary's
 2010 92-7 Tamalpais
 2009 107-6.5 St. Mary's
 2008 111-0 1/2 Bishop O'Dowd
 2007 111-8 1/2 St. Mary's
 2006 rained out
 2005 rained out
 2004 106-9 1/4 Alhambra
 2003 100-01.5 Mt. Eden
 2002 108-3 Alameda
 2001 109-7.5 Granada
 2000 118-11 Mt. Eden
 1999 110-0-3/4 Tennyson
 1998 101-6 Las Lomas
 1997 108-0 1/2 San Lorenzo
 1996 104-2 3/4 Hayward
 1995 105-9 Castro Valley
 1994 109-9 3/4 Castro Valley
 1990-93 no meet held
 1989 110-1 1/2 Acalanes
 1988 rained out
 1987 114-9 DeAnza
 1986 113-10 Ygnacio Valley

Frosh-Soph Girls:

2013 87-07.50 Northgate
 2012 92-8.50 Castro Valley
 2011 30-04 Heritage
 2010 79-2 Tamalpais
 2009 84-10 Castro Valley
 2008 81-4 1/2 Hayward
 2007 29-0 Castro Valley
 event not contested prior to 2007

Team

Moore, Gissintanner, Mitchell
 Davis, Hudson, Kono
 Hope-Lovett, Foster, Harris
 Woodard, Adesanya, Diomande
 Stein, Coddington, Marsh

Graffi, Asher, Neuhooff
 Miller, Velasquez, Chiu
 Miller, Bedford, Velasquez
 Runnels, Hill, Curd
 Stewart, Brewer, N. McGlory
 no names available

Smith, Stinson, Wilright
 Terrell, Ulmer, Wilright
 Shockley, Lambright, Terrell
 Knight, Lipman, Cramer
 Gazaway, Garcia, Rose
 Trammell, Manog, Agyei
 no names available

Churs, Townsend, Kim
 Luke, M. Almond, D. Almond
 Uddenberg, Silbey, Gutierrez
 Coyle, Lackey, Urrutia
 Boston, Boston, Dawkins
 Brown, Smith, McKnight
 Gabe, McGinnis, Clarkson
 DePina, Owens, Gordillo
 Hsieh, Johnson, Conway
 Bailey, Fung, Ciglar
 Amiri, Moore, Wong

Wilson, Sampson, Habibullah
 Hunt, Riveis, Foster
 Medrona, Poppleton, Barry

Chesnutt, Christensen, Cashman
 Jones, Edwards, Fields
 Neuhooff, no other jumpers
 Collins, Reiss, Swenson
 Highstreet, Brinkman, Chissell
 Ani, Davis, Obionma
 Chan, no other jumpers

Individual

48-08.25 Nate Moore Castro Valley
 43-01 Ben Davis Castro Valley
 45-11.75 Najee Hope-Lovett St. Mary's
 40-6 1/2 Jemarr Foster St. Mary's
 43-2 1/2 Rashad Evans James Logan

36-03.50 Kennedy Jones Castro Valley
 34-09.25 BriAnna Miller Castro Valley
 35-22 Jade Hodge St. Mary's
 37-5 1/4 Tessa Runnels James Logan
 41-2 3.4 Alitta Boyd Moreau Catholic
 36-2 Aziza Baker St. Mary's

42-03.50 Ron Smith St. Mary's
 39-02.50 Nicholas Wong Alameda
 37-01 Nicholas Wong Alameda
 37-6 Christina Garcia St. Mary's
 37-1 Patrick Gazaway St. Mary's
 39-6 Trent Trammell Bishop O'Dowd
 42-5 Alex Workman St. Mary's

37-10 1/2 Ted Green Irvington
 37-2.5 Andre Luke Mt. Eden
 38-10 1/2 Liwei Tsao Irvington
 38-9 Matt Uddenberg Alameda
 41-11 James Brown Tennyson
 38-11 3/4 Vonshae McKnight Tennyson
 37-0 Laith Almagen Hayward
 37-8 1/2 Recil Miner Benicia
 37-0 1/2 Kim-Da Hsieh Hayward
 37-2 Kevin Grimes San Lorenzo
 37-5 3/4 Naeem Amiri Castro Valley

40-2 Jerry Reese Mt. Diablo
 39-5 J. Hunt DeAnza
 41-7 Rich Laccay Moreau Catholic

32-00.50 Quincy Tobin Alameda
 34-03 Kennedy Jones Castro Valley
 30-4 Megan Neuhooff Heritage
 33-3 Alex Sharpe Benicia
 30-7 3/4 Jade Hodge St. Mary's
 28-3 1/2 Rochel Cycon Mercy
 29-0 Bethany Chan Castro Valley

High Jump

Proudly sponsored by
Peter Brewer, Northgate Track Coach
 "Pain is only physical"

Previous Winners:

Varsity Boys:

2013	16-4	American
2012	rained out	
2011	16-10	St. Mary's
2010	17-2	Heritage
2009	15-8	Heritage
2008	17-10	James Logan
division not contested prior to 2008		

Team:

Chukwu, Ramoin, Powers
Andoh, Carnegie, Calvert
Eng, Henry, Renna
Henry, Burt, Crowder
Olyemhonlan, Evans, Ameron

Individual:

6-2	Andrei Kastan	Livermore
5-10	David Andoh	St. Mary's
6-2	Billy Eng	Heritage
6-2	Alex Foster	Castro Valley
5-4	Adam Nikssarian	Castro Valley
6-4	Itua Olyemhonlan	James Logan

Varsity Girls:

2013	13-6	Northgate
2012	rained out	
2011	13-9	Northgate
2010	13-4	Heritage
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	Acalanes
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 available	
1982	no meet held	
1981	13-6	Castro Valley
1980	14-3	Acalanes
1979	14-4	Acalanes
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	

Roberts, Mundrane, Sutton

4-10 Xshosha Millington Heritage

Roberts, Dickerson, Phillips
 Grant, Johnson, Shodeen
 Pfodu, Johnson, Guerrero
 Brown, Frueh, Soares
 no names available

4-8 Mackenzie Roberts Northgate
 5-0 Celeste Martore Castro Valley
 5-0 Aziza Baker St. Mary's
 5-0 Paula Brown Castro Valley
 5-4 Adrienne Johnson Carondelet

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 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 Acalanes
 4-10 Amy Kohl Castro Valley
 4-10 Tracy Banks Alhambra

Clark, Harb, Dillon

4-10 Daly Benicia

Byers, Cole, Baker
 Barros, Lopes, Sanchez
 Johnson, Denham, Cole
 Denham, Johnson, Kisner

4-10 Carrie Dial College Park
 5-0 Brook Knight Clayton Valley
 4-10 Kristin Folkedahl Acalanes
 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 Acalanes
 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 records available
 4-11 A. Noack Campolindo

Frosh-Soph Boys:

2013	16-2	Heritage	Mace, Kirkpatrick, Burnes	5-8	Parker Mace	Heritage
2012	16-0	Heritage	Demeko-Ousman, Olender, Mace	6-0	Ruthvik Kumar	American
2011	15-6	Heritage	Demeko-Ousmon, Lynch, Obodo	5-6 (tie)	Solomon Demeko-Ousmon	Heritage
				5-6	Harold Terrell	St. Mary's
2010	10-6	Heritage	Obodo, Bowman	5-6	Tim Stapleton	Northgate
2009	15-6	Heritage	Eng, Barnes, Bowman	5-6	Billy Eng	Heritage
2008	16-0	Bishop O'Dowd	Martines, Wallace, Williams	5-4 (tie)	Chris Martines	Bishop O'Dowd
				5-4	Allen Williams	Bishop O'Dowd
				5-4	Joey Anunty	Bishop O'Dowd
2007	14-4	Redwood Christian	no names available			
2006	rained out					
2005	rained out					
2004	15-8	Ygnacio Valley	Justin, Steven, Erin	5-8	Kirk Marciel	Castro Valley
	15-8	Castro Valley	Marciel, Lassalle, Corey			
2003	16-3	Las Lomas	Fox, Ayropetyan, Kalinn	5-9	Jeff Fox	Las Lomas
2002	16-2	Tamalpais	Fitting, Frazer, Crockett	5-10	Brandon Crockett	Tamalpais
2001	15-6	Castro Valley	Stohr, Picetti, Leng	5-4	Jesse Lackey	Ganada
2000	16-4	Castro Valley	Bettinger, Parker, Eng	5-10	Beau Bettinger	Castro Valley
1999	16-2	Pittsburg	Malone, Davis, Anderson	5-8	David Finney	Granada
	16-2	Castro Valley	Parker, Hansen, Stohr	5-8	Ben Hanson	Castro Valley
1998	15-10	Benicia	Dylan, Layton, Puno	5-6	Ben Hanson	Castro Valley
	15-10	Castro Valley	Hanson, Prakash, Stohr			
1997	16-2	San Lorenzo	DePina, Owens, Gordillo	5-10	Vincent Boatwright	Hayward
	16-2	Benicia	Miner, Maurer, Layton			
1996	16-2	Hayward	Holleman, Boatwright, Cano	5-8	Jordan Engledinger	Acalanes
1995	16-2	Tokay	Ryan, Caulkey, Echler	5-10	Jason Ryan	Tokay
1994	15-6	Castro Valley	Amiri, Kim, Fung	5-6	Naeem Amiri	Castro Valley
1990-93		meet not held				
1985-89		event not contested				
1984	16-7	Miramonte	Cameron, Franklin, Kerchner	5-7	Chris Kerchner	Miramonte
				5-7 (tie)	Tom Cameron	Miramonte

Girls Frosh-Soph:

2013	13-8	Heritage	Dryer, Hunt, Dolle	4-10	Brittany Dryer	Heritage
2012	13-8	Heritage	Dryer, Millington, Formato	5-2	Briahn Brown	St. Mary's
2011	13-6	Northgate	Roberts, Dickerson, Kneppers	4-8	Bridget Grant	Heritage
					Mackenzie Roberts	Northgate
2010	13-4	Northgate	Makrakis, Roberts, Phillips	4-8	Hallie Makrakis	Northgate
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

Pole Vault

Varsity Boys:		Previous Winners:	Team:	Individual:		
2013	38-0	Monte Vista	Bertolo, Halili, Cosma	13-0	Alex Bertolo	Monte Vista
2012	rained out					
2011	35-0	Washington	O'Hollaran, Sheridan, Miller	12-0	Brian Pande	Monte Vista
2010	36-0	Monte Vista	Nguyen, Shackleton, Archibald	13-0	Andrew Wiegardt	Castro Valley
2009	12-2	Castro Valley	Wiegardt, Dangler	11-6	Andrew Wiegardt	Castro Valley
2008	results missing					
division not contested prior to 2008						

Varsity Girls:						
2013	26-3	Northgate	Sutton, Chesnutt, Dong	9-9	Haley Sutton	Northgate
2012	rained out					
2011	26-0	Washington	Reist, van Sprakelaar, Landon	9-6	Jessie Reist	Washington
2010	20-6	Washington	Reist, Belliview, Landon	8-6	Erin Delaria	Northgate
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, Hoffman, 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:						
2013	22-0	Moreau	Serran-Rosa, Listek, Rivera	8-0	Christine Peng	American
2012	21-6	Northgate	Kneppers, Sutton, Dong	8-8	Xhosha Millington	Heritage
2011	21-0	Northgate	Roberts, Kneppers, Phillips	7-6	Mackenzie Roberts	Northgate
2010	18-6	Tamalpais	Neylan, Freeman, Wyatt	6-6	Kyra Neylan	Tamalpais
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:

2013	120-09.5	Heritage	Townsend, DeFlores, Lucay	43-11.5	Justin Townsend	Heritage
2012	110-1	Heritage	Paniagua, Porter, Mostafavi	45-05	Jordan Carroll	Berkeley
2011	117-4.5	Northgate	Moore, Davies, Smith	43-6	Max Moore	Northgate
2010	115-5	Castro Valley	Viveiros, Conway, Zaballos	41-0	Anthony Viveiros	Castro Valley
2009	111-11	Mills	So, Gao, Tonga	40-8	David So	Mills
2008	116-6 1/2	San Leandro	Lunn, Sikone, Morales	45-2	Malcom Lunn	San Leandro
2007	110-0	Bishop O'Dowd	Johnson, Kawada, Graham	38-5	Zack Freitas	Northgate
2006	rained out					
2005	rained out					
2004	123-9	Las Lomas	Gardner, Luke, Rulifson	45-6	David Luke	Las Lomas
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

Shot Put

Previous Winners: Team:

Varsity Boys:

2013	123-06	Northgate	Moore, Sharp, Asberry
2012	rained out		
2011	125-08.5	Northgate	Bryant, Moore, Nazzal
2010	139-4.5	Castro Valley	Mason, Eckel, Tomaz
2009	127-1	James Logan	Antoine, Mestre, Simmons
2008	129-8 1/2	James Logan	names not available

division not contested prior to 2008

Varsity Girls:

2013	96-4	Newark	Matoto, Martin, Ratu
2012	rained out		
2011	70-2	St. Mary's	Nudanu, Williams, Wemmer
2010	85-6	Castro Valley	Knight, Donnelly, Birsnieks
2009	101-0	James Logan	Jones, Prothro, Iaramo
2008	96-9 1/2	James Logan	Jones, Prothro, Pascal
2007	77-4 1/2	Las Lomas	names not available
2006	rained out		
2005	rained out		
2004	91-3	Castro Valley	Valentine, Hill, Louie
2003	83-9	Arroyo	Soto, Stahowski, Aggata
2002	92-6 1/2	Petaluma	Moore, McCauley, Maus
2001	88-11	Arroyo	Dalisay, Aggetta, Perreria
2000	92-11	Newark	Smith, Gianella, DaSilva
1999	92-4	Hayward	Dixon, Radcliffe, Cortez
1998	82-0	California	Valdes, McNeil, Ladouceur
1997	92-11	Castro Valley	Klews, Rizzo, Abella
1996	86-7	Fremont (Oak)	Fine, Talanoa, Payne
1995	83-7 1/2	Castro Valley	Klews, Minion, Howard
1994	75-10	Alhambra	Colbert, Ferguson, Fowler
1990-93	meet not held		
1989	89-3 1/2	Piedmont	Moren, Watts, Martin
1988	rained out		
1987	91-0 3/4	Acalanes	Connor, Samahon, Billeter
1986	89-2 1/2	Moreau Catholic	A. Loggins, Watson, B. Loggins
1985	92-3 1/2	Foothill	Murphy, DeSantis, Mullikin
1984	94-9 1/2	Moreau Catholic	A. Loggins, B. Loggins, Watson
1983	86-0	Eagle Point, OR	Dickenson, Walter, Hanscom
1982	no meet held		
1981	86-8 1/2	Ygnacio Valley	Reed, Camp, Chiavini
1980	105-3 1/2	Liberty	Gallegos, Gallegos, Hoffman
1979	101-1	Monte Vista	B. Callegan, Fischer, K. Callegan
(8 lb. shot used before 1979)			
1978	89-5 1/2	San Leandro	Richards, Bradshaw, Egan
1977	105-6	Monte Vista	Bell, Callegan, Dolsby
1976	not a relay event		
1975	not a relay event		
1974	not a relay event		
1973	not a relay event		

Individual:

50-02	Max Moore	Northgate
44-10	Nick Callendar	St. Mary's
49-11	Eric Mason	Castro Valley
49-1	Lucas Daniel	Castlemont
47-10	Josh Uikilifi	Mills
33-09	Tupou Matoto	Newark
31-9	Sharissa Wright	San Leandro
32-1.5	Alana Knight	Castro Valley
34-4	Erin Jones	James Logan
35-4 1/2	Erin Jones	James Logan
33-2 1/2	Talei Tagivakatini	Albany
33-6	Rebecca Molineau	Albany
33-7	Nora McAuley	Petaluma
31-0	Shana Moore	Petaluma
33-1	Jessica Perreira	Arroyo
37-0	Alia Hansen	Las Lomas
34-11	Evangelina Dixon	Hayward
30-4	Carolyn Whitney	Benicia
32-8	Barbara Klews	Castro Valley
32-10	Barbara Klews	Castro Valley
31-9	Barbara Klews	Castro Valley
29-2	Stephanie Colbert	Alhambra
37-7 1/4	Julie DeJarlis	Las Lomas
35-8	Hildegard Samahon	Acalanes
34-0 1/4	Dawn Lundberg	Campolindo
34-2 1/2	Esther Mullikin	Foothill
37-1	Jennifer Watson	Moreau
32-8 1/2	Debby Hanscom	Eagle Point
32-8	Diane Reed	Ygnacio Valley
40-0	Kathy Callegan	Monte Vista
39-8 1/2	Kathy Callegan	Monte Vista
40-6	Linda Reed	Alameda
38-9	Carol Dolsby	Monte Vista
38-11	Vanessa Brooks	Berkeley
35-0	L. Keats	San Leandro
34-2	L. Gustavson	Monte Vista
38-3	G. King	Washington

Girls' Frosh-Soph:

2013	81-5	Newark	Pederson, Fernandez, Lima	34-06.5	Megan Vernoy	Heritage
2012	79-7	Castro Valley	Garrick, Thomas, Nelson	29-06	Kristina Johnson	American
2011	82-7	Castro Valley	Thomas, Garrick, Bridges	29-07	Alyah Thomas	Castro Valley
2010	83-0	Bishop O'Dowd	Maynard, Al., Maynard An., Williams	29-3	Alexis Maynard	Bishop O'Dowd
2009	56-2	Castlemont	Florence, Shavers	31-11	Marnique Florence	Castlemont
2008	82-4	Mills	Uikilifi, Gong, Pankratius	36-8	Talei Tagivakini	Albany
2007	67-4 1/2	St. Mary's	names not available	31-0	Danielle Mauldin	St. Mary's
2006	rained out					
2005	rained out					
2004	73-6	Irvinton	Schall, Washington, Koloko-Green	29-2	Taeler Smith	Hayward
2003	82-11 3/4	Castro Valley	Valentine, Erdman, Wilcox	30-3.5	Marissa Valentine	Castro Valley
2002	70-0 1/2	Alameda	Brooks, Copeland, Rosenblum	28-1	Ashley Corbin	San Lorenzo
2001	81-2	Castro Valley	Simpson, Passadore, Cardiasmenos	29-8	Ashley Corbin	San Lorenzo
2000	68-2 1/2	Newark-Memorial	Baptista, Rose, Gialanella	29-4	Christina Baptista	Newark
1999	81-7	Castro Valley	Shaw, West, Szalay	30-0	Angela Faghi	Las Lomas
1998	74-5 1/2	Richmond	Bournd, Romero, Robinson	27-0 3/4	Lizzy Colbert	Alhambra
1997	81-10	Las Lomas	Brell, Wilson, Hansen	31-0	Rosie Aikens	St. Mary's
1996	81-1 1/2	St. Mary's	O'Dea, Aikens, Harris	32-6	Rosie Aikens	St. Mary's

Frosh-Soph Boys:

2013	120-09.5	Heritage	Townsend, DeFlores, Lucay	43-11.5	Justin Townsend	Heritage
2012	110-1	Heritage	Paniagua, Porter, Mostafavi	45-05	Jordan Carroll	Berkeley
2011	117-4.5	Northgate	Moore, Davies, Smith	43-6	Max Moore	Northgate
2010	115-5	Castro Valley	Viveiros, Conway, Zaballos	41-0	Anthony Viveiros	Castro Valley
2009	111-11	Mills	So, Gao, Tonga	40-8	David So	Mills
2008	116-6 1/2	San Leandro	Lunn, Sikone, Morales	45-2	Malcom Lunn	San Leandro
2007	110-0	Bishop O'Dowd	Johnson, Kawada, Graham	38-5	Zack Freitas	Northgate
2006	rained out					
2005	rained out					
2004	123-9	Las Lomas	Gardner, Luke, Rulifson	45-6	David Luke	Las Lomas
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:

2013	357-01	Northgate	Moore, Sharp, Asberry	153-10	Franklin Kersetter	Livermore
2012	rained out					
2011	361-4	Alameda	Mai, Ribera, Vo	144-6	Frank Mai	Alameda
2010	433-7	Castro Valley	Mason, Eckel, Tomaz	153-6	Eric Mason	Castro Valley
2009	380-1 1/2	Castro Valley	Mason, Eckel, 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

2013	282-10	Newark	Ratu, Matoto, Martin	117-05.5	Caitlyn David	Heritage
2012	rained out					
2011	222-1	Alameda	Wood, Hamilton, Nguyen	104-2	Noelle Donnelly	Castro Valley
2010	249-8.5	Castro Valley	Donnelly, Knight, Birznies	99-1.5	Noelle Donnelly	Castro Valley
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	Purtle 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:

2013	218-6	Heritage	Verroy, Quadros, Salguero	100-7	Megan Verroy	Heritage
2012	228-2	St. Mary's	Callendar, Shockley, Kirkman	90-01	Kristina Johnson	American
2011	159-10	Castro Valley	Thomas, Garrick, Bridges	67-8	Patricia Gruca	St. Mary's
2010	227-5	Bishop O'Dowd	Maynard Al., Maynard An., Munshcik	84-10	Alxis Maynard	Bishop O'Dowd
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	Ashley 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:

2013	306-1	Newark	Windsor, Haangana, Hollis	108-7	RAfael Windsor	Newark
2012	298-1	Heritage	Mostafavi, Paniagua, Porter	127-07	Amir Mostafavi	Heritage
2011	290-3	Northgate	Moore, Davies, Smith	106-6	Max Moore	Northgate
2010	253-4	Castro Valley	Viveiros, Zaballo, Conway	92-10	Ryan Stolp	Tamalpais
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, Chan, Nichols	107-9	Chandler Sullivan	Granada
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