

2

0

1

8

T R O J A N

V

I

T

R E L A Y S

T

I

O

N

A

L

Castro Valley High School

CASTRO VALLEY INVITATIONAL SCHEDULE OF EVENTS

Field Events:

8:00 a.m

3 x LJ	Var Girls ✓	14-4
3 x TJ	Var Boys ✓	34-0
3 x HJ	FS Girls ✓	
3 x PV	FS Girls ✓	
3 x Shot	FS Girls ✓	
3 x Discus	FS Boys ✓	

10:00 a.m.

3 x LJ	Var Boys ✓	16-5
3 x TJ	Var Girls ✓	27-0
3 x HJ	FS Boys ✓	
3 x PV	Var Girls ✓	
3 x Shot	FS Boys ✓	
3 x Discus	FS Girls ✓	

12:00 noon

3 x LJ	FS Girls	12-10
3 x HJ	Var Girls	
3 x PV	FS Boys	
3 x Shot	Var Girls	
3 x Discus	Var Boys	

2:00 p.m.

3 x LJ	FS Boys	15-0
3 x HJ	Var Boys	
3 x PV	Var Boys	
3 x Shot	Var Boys	
3 x Discus	Var Girls	

Track Events:

9:00 a.m. start, rolling schedule

* indicates individual event

Distance medley GFS, BFS, GV, BV
(may be combined all girls, all boys)

4 x 100 GFS, BFS, GV, BV

Shuttle HH GFS, GV, BFS, BV

4 x 800 GFS, BFS, GV, BV

(may be combined all girls, all boys)

1600 = Sprint Medley 2-2-4-8 GFS, BFS, GV, BV

*Open 300 Hurdles GFS, GV, BFS, BV

*Open 100 GFS, BFS, GV, BV

*Open 1600 GFS, BFS, GV, BV

4 x 400 GFS, BFS, GV, BV

Note: No TJ for GFS & BFS

2018 Trojan Invitational Relays

Castro Valley High School

Trojan Stadium

Saturday March 24

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 was split into two days in 2008 to give the younger athletes their own meet on Friday night, and to contest the Varsity divisions separately on Saturday morning. In 2017, meet management decided to consolidate the meet into just one day.

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!

Teams Competing Today:

Alameda
Arroyo (NC)
Benicia
California Crosspoint
California School for the Deaf
Castro Valley
De Anza
Emery
George Washington
Granada
Hayward
Hercules
John F. Kennedy (Fremont)
John F. Kennedy (Richmond)
Livermore
Monte Vista

Mt Eden
Newark Memorial
Northgate
Oakland
Oakland Military Institute
Patterson
Rocklin
San Leandro
San Mateo
St Joseph Notre Dame
St Mary's College

Previous Team Champions:

Boys' Varsity

2017	San Leandro
2016	Merrill West
2015	Northgate
2014	Heritage
	(rain shortened)
2013	Castro Valley
2012	rained out
2011	Northgate
2010	Heritage
2009	Castro Valley
2008	Castro Valley
division not contested prior to 2008	

Girls' Varsity:

2017	Castro Valley
2016	Merrill West
2015	Northgate
2014	Northgate
	(rain shortened)
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:

2017	Castro Valley
2016	Northgate
2015	Castro Valley
2014	Merrill West
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:

2017	Castro Valley
2016	Northgate
2015	Castro Valley
2014	Northgate
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:

2005-2017 division not contested	
2004	Canyon
2003	Canyon
2002	Bret Harte

Junior High Girls:

2005-2017 division not contested	
2004	Bret Harte
2003	Edwin Markham
2002	Bret Harte

Proudly sponsored by
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

2017	14:06.69	Castro Valley	Manning, Bursch, Tafur, Lunt
2016	14:02.78	Northgate	Antolin, Chappell, Hagedorn, Markiewicz
2015	13:45.42	Castro Valley	Hutchinson, Llang, Davidson, Tee
2014	13:35.56	St. Mary's	Perteete, Hymel, Raffel-Smith, Jackson
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

2017	11:59.84	Castro Valley	Bowersmith, Salinas, Conley, Miu
2016	11:55.68	Northgate	Lizzarago, Dickerson, Crouch, Wheeler
2015	11:43.24	Castro Valley	no names available
2014	11:37.88	Northgate	Schick, Seabrook, Rivas, Chan
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

2017	12:59.00	Alameda	Cvitanovic, De Verrier, Wellman, Lum
2016	13:20.07	St. Mary's	Kisach-Gallagher, Hymel, Kirkman, Krueger
2015	13:31.30	Castro Valley	Armstrong, Fung, Alfaro, m Salter
2014	12:57.30	Castro Valley	Anthony, Pointer, K. Embody, Armstrong
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

2017	10:53.86	Northgate	Kabbani, Dulay, Sornberger, Wheeler
2016	11:07.08	St. Mary's	Woo, Green, Joyner, Khan
2015	10:59.54	Newark Memorial	no names available
2014	10:45.90	Castro Valley	Cervi, Coates, Nakaya, Mackey
2013	10:58.79	Livermore	Crosse, Lenton, 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
 everyone the best of luck. Go Trojans !!

4 x 100 Relay

Previous Winners:

Varsity Boys

2017	43.29	St. Mary's	Friendberg-Mates, Joyner, Green, Kettels
2016	42.80	San Leandro	Walker, Harper, Long, Pierce
2015	41.90	Castro Valley	LeBlanc, Edwards, Jadsper, Jones
2014	41.73	Castro Valley	Edwards, Jones, Birzneks, Moore
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	Benicia	Murdock, Johnson, Mamon, Davis
2009	43.25	Castro Valley	Batis, Oliver, Garrick, Rosby
2008	43.62	Castro Valley	Barbieri, Rice, Rice, Oliver
division not contested prior to 2008			

Varsity Girls:

2017	49.65	St. Mary's	Kirkman, Ingram, Batzdorf, Alexander
2016	49.86	St. Mary's	Robinson, Hatcher, Jackson, Nu'man
2015	49.52	Castro Valley	Lee, Allannah, Landrum, Jones, Coartes
2014	48.58	Newark Memorial	Smith, Mitchell, Potts, Hills
2013	48.44	Newark Memorial	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, 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:

2017	45.47	St. Mary's	Clemons, Johnson, Holdenreid, Morales
2016	45.98	San Leandro	Mason, Elendu, Williams, Blade
2015	45.57	McClymonds	no names available
2014	45.00	Merrill West	Collier, J. Velasco, C. Velasco, Roe,
2013	44.81	Heritage	Hinn, Winding, Whitmire, Noble
2012	45.08	Castro Valley	Kpoku, Edwards, Jones, Birzneks
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, Schefernon
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:

2017	54.83	San Leandro	Clarke, Coello, Cotton, Fairley
2016	52.78	Northgate	Christensen, Cook, Easton, Hagedorn
2015	53.05	Castro Valley	Jones, Lee, Bracy, Liang
2014	51.96	St. Mary's	Neuman, Jackson, Young, Perteete
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, 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 High Hurdles

Previous Winners:

Varsity Boys (4 x 110 meters)

2017	1:16.88	Northgate	Lee, Michiels G., Michiels P., Sornberger
2016	1:08.30	Merrill West	Rhoads, Robertson, Roe, Turner
2015	1:09.12	Kimball	no names available
2014	1:06.50	Northgate	Mandich, Malott, Locke, Petrovykh
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, Jung
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)

2017	1:10.95	Castro Valley	Bzowski, Lee, Dolorfino, Michalowski
2016	1:17.38	Northgate	Alegria, Dong, Hahn, Christensen
2015	1:17.21	Northgate	Chesnutt, Drummond, Kirkpatrick, Bamberger
2014	1:14.79	Northgate	Chesnutt, Coyle, Christensen, Sutton
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, Schwyter, 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, Banouvong, 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.

In 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 110 meters)

2017	1:30.72	Northgate	Halligan, Hauser, Malinov, Roberts
(In 2017 the BFS distance was changed to 4 x 110 meters)			
2016	45.50	Northgate	G. Michiels, Casey, Hashimoto, P. Michiels
2015	46.11	Northgate	MOrti, Rahimi, Michiels G, Michiels P.
2014	44.48	Merrill West	Payumo, Rhoads, Soria, Turner
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 2009-10 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

Fresh-Soph Girls: (4 x 100 meters)

2017	1:24.21	Granada	Humphreys, Scribner, Nava, Frost
(In 2017 the GFS distance was changed to 4 x 100 meters)			
2016	42.38	Castro Valley	Bzowski, Curpene, Lee, Michalowski
2015	45.18	Northgate	Kirkpatrick, Bamberger, Parker, Morrow
2014	45.27	Newark	Siacotos, Herrera, Guzman, Lowry
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	Armijo	names not available

Sprint Medley (2-2-4-8)

(Prior to 2010, this race was contested as a 4 x 200 relay. It was changed to the 1-1-2-4 Sprint Medley. In 2018 it became the 2-2-4-8 Sprint Medley.)

Previous Winners:

Boys' Varsity:

2017	1:38.74	St. Mary's	Abdus-Salaam, Bizzack, Joyner, Watts
2016	1:35.65	Merrill West	no names available
2015	1:35.76	Castro Valley	LeBlanc, Edwards, Jones, Coates
2014	<i>rained out</i>		
2013	1:32.69	Castro Valley	Speegle, Edwards, Jones, Taylor
2012	<i>rained out</i>		
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

2017	1:48.06	St. Mary's	Alexander, Kirkman, Robinson, Wilson-Perteete
2016	1:48.31	St. Mary's	Kirkman, Jackson, Guillory, Wilson-Perteete
2015	1:54.14	Castro Valley	Jones, Landrum, Lee, Coates
2014	<i>rained out</i>		
2013	1:52.47	Castro Valley	Pointer, Elam, Misco, Nild
2012	<i>rained out</i>		
2011	1:50.61	San Leandro	Randall, Brown, Turner, Jones
2010	1:51.12	St. Mary's	Glover, Thomas, Woelffer, Carter

Boys' Frosh-Soph:

2017	1:41.15	St. Mary's	Morales, Johnson, Clemons, Holdenreid
2016	1:41.86	San Leandro	Elendu, Mason, Williams, Norman
2015	1:39.47	Benicia	Chavez, McGee, Larks, Burke
2014	1:40.25	Merrill West	Collier, Roe, C. Velasco, J. Velasco
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:

2017	2:00.25	Castro Valley	Pinney, Arellano, Gilman Chun, Bursch
2016	2:02.50	Benicia	Ogan, Fields, White, Willis
2105	1:59.92	Castro Valley	Jones, Bracy, Lee, Liang
2014	1:54.57	Merrill West	Brown, Lockard, DelaCruz, Nealy
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:

2017	8:44.43	Newark Memorial	Lambruschini L., Lambrushini E., Vigil, Juarez
2016	8:23.10	Merrill West	Enriquez, Franco, Terriquez, Zaman
2015	8:35.53	Newark Memorial	no names available
2014	8:51.85	Hayward	no names available
2013	8:33.72	Livermore	Croze, 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:

2017	10:05.40	Alameda	Vetter, Gee, Cho, Lum
2016	10:21.04	Northgate	Lau, Blough, Narloch, Markiewicz
2015	10:18.84	Castro Valley	Ruiz, Slater, Alfaro, Armstrong
2014	10:27.79	Castro Valley	Alrafo, Armstrong, K. Embody, Anthony
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, Heilmenga
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

Fresh-Soph Boys:

2017	9:26.94	Northgate	Chesnutt, Young, Garcia, Hurst
2016	9:14.18	San Leandro	Islas, Choi, Choi, Quock
2015	9:06.62	Castro Valley	Anthony, Friesen, Roura, Shaburov
2014	9:05.66	Merrill West	Franco, Langland, Enriquez, Zaman
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	Irvinton	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

Fresh-Soph Girls:

2017	11:05.28	Castro Valley	Manning, Lunt, Fung, Tafur
2016	10:56.88	Northgate	Morris, Lewis, Castro, Markiewicz
2015	10:44.17	Castro Valley	Hutchinson, Ng, Coen, Sujn
2014	10:42.25	St. Mary's	Raffel-Smith, Hymel, Gallagher, Perteete
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:

2017	40.15	Miles Joyner	St. Mary's
2016	43.50	Miles Joyner	St. Mary's
2015	41:47	Gerald Featherston	Kimball
2014	<i>rained out</i>		
2013	43.59	Nathan Yick	Alameda
2012	<i>rained out</i>		
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

2017	47.36	Janelle Ingram	St. Mary's
2016	47.29	Allanah Lee	Castro Valley
2015	47.62	Allanah Lee	Castro Valley
2014	<i>rained out</i>		
2013	47.72	Miranda Nild	Castro Valley
2012	<i>rained out</i>		
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:

2017	45.12	Shayan Alvarez	Castro Valley
2016	46.70	Peter Michiels	Northgate
2015	45.67	Dean Hanaford	Castro Valley
2014	48.52	Dean Hanaford	Castro Valley
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:

2017	56.23	Sofia Belavitch	Northgate
2016	48.39	Isabella Bzowski	Castro Valley
2015	49.99	Isabelle Bzowski	Castro Valley
2014	51.68	Kim Christensen	Northgate
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

2017	11.13	Gino Long	San Leandro
2016	11.01	Dion Collier	Merrill West
2015	11.63	Jordan Coats	Vacaville Christian
2014	rained out		
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:

2017	12.49	Jaden Nixon	San Leandro
2016	12.60	Tenia Landrum	Castro Valley
2015	12.51	Tenia Landrum	Castro Valley
2014	rained out		
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

Fresh-Soph Boys:

2017	11.82	Jacari Ward	San Leandro
2016	11.74	Jordan Mason	San Leandro
2015	11.75	Jamar Jasper	Castro Valley
2014	11.38	Dion Collier	Merrill West
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

Fresh-Soph Girls:

2017	13.33	Nyah Paulding	Castro Valley
2016	13.47	Ashani Thomas	De Anza
2015	13.34	Jessica Dong	Northgate
2014	12.91	Tenia Landrum	Castro Valley
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:

2017	5:01.99	Cesar Padilla	San Lorenzo
2016	4:35.77	Luis Ramirez	Benicia
2015	4:24.99	Carter Mackey	Castro Valley
2014	rained out		
2013	4:24.49	Dan Stalters	Northgate
2012	rained out		
2011	4:39.88	Duncan 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:

2017	6:11.91	Emily Davidson	Castro Valley
2016	5:53.76	Morgan Dowling	Monte Vista
2015	5:13.16	Aino Tanaka	Northgate
2014	rained out		
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 San Jose
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 Boys:

2017	5:08.33	Angel Martinez	Newark Memorial
2016	5:14.06	Armando Islas	San Leandro
2015	4:54.55	Luis Ramirez	Benicia
2014	4:54.17	Zayed Zaman	Merrill West
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

Frosh-Soph Girls:

2017	6:07.99	Jennifer Tran	Newark Memorial
2016	6:04.50	Viviana Castro	Northgate
2015	5:41.76	Jessica Boucher	Northgate
2014	5:36.65	Monica Paredes	KIPP King Collegiate
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:

2017	3:39.00	San Leandro	Omololu, Norman, Loing, Ajose
2016	3:27.03	San Leandro	Butcher, Harper, Walker, Pierce
2015	3:43.02	Northgate	Master, Osborne, Chan, Rinehart
2014	rained out		
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:

2017	4:01.47	St. Mary's	Alexander, Babzdorf, Wilson-Perteete, Hatchers
2016	3:59.08	St. Mary's	Wilson-Perteete, Hatcher, Jackson, Shaw
2015	4:15.61	Castro Valley	Hutchinson, Lee, Liang, Coates
2014	rained out		
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:

2017	4:10.37	Oak. Mil. Inst	Lee, Montoya, Xia, Vasquez
2016	3:41.40	San Leandro	McKinney, Williams, Elendu, Norman
2015	3:42.50	Benicia	Larks, Ramirez, Burke, McGee
2014	3:39.87	Deer Valley	Dolo, Lowe, Evers-Threath, Haines
2013	3:47.54	Castro Valley	Birsnieks, 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, Sutich
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:

2017	4:37.98	Castro Valley	Arellano, Bursch, Budde, Tafur
2016	4:30.81	Castro Valley	Lilliard, Liang, Curpene, Gilman Chun
2015	4:23.58	Castro Valley	Liang, Wright, Jones, Bracy
2014	4:27.95	Castro Valley	Salter, Guerrero, Hutchinson, Ng
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:

2017	57-02.50	Newark Memorial
2016	56-09.25	Merrill West
2015	58-04.75	Castro Valley
2014	<i>rained out</i>	
2013	63-0.75	Castro Valley
2012	<i>rained out</i>	
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		

Thomas Tr., Thomas Ty, Conrad
Roe, Velasco, Robertson
Clemensen, Edwards, Luster
Moore, Modise, Edwards
Davis, Hudson, Speegle
Mamon, Johnson, Dubios
Okuwadafor, Foster, Greene
Evans, Brovis, Brewer

Individuals:

23-05.00	Sanjay Kettels	St. Mary's
22-09.50	Sanjay Kettels	St. Mary's
20-05.25	Dane Clemensen	Castro Valley
21-10.75	Nate Moore	Castro Valley
21-08.50	Marvin Towles	Tennyson
23-03.25	Chris Mamon	Benicia
19-09.00	Solomon Kiren	San Lorenzo
21-04.50	Rashad Evans	James Logan

Varsity Girls:

2017	47-06.50	St. Mary's
2016	47-11.75	Castro Valley
2015	49-05.5	Castro Valley
2014	<i>rained out</i>	
2013	51-01.75	Castro Valley
2012	<i>rained out</i>	
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	<i>rained out</i>	
2006	<i>rained out</i>	
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	<i>meet not held</i>	
1989	43-7 1/2	Holy Names
1988	<i>rained out</i>	
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	<i>meet not held</i>	
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	

Hatcher, Ingram, Rice
Landrum, Bracy, Davidson
Landrum, Jones, Jones
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, Suits
Doust, Berman, Schuh
Tong, Halsey, Hess
Schuh, Berman, Rowe
Suitos, Hanson, Hopkins
Bucklin, Cox, VanZeeland
Miles, Carson, Kinman
Fleming, Peters, Kenow
Madrid, Ng, Paxalo

17-06.75	Kali Hatcher	St. Mary's
17-03.50	Tenia Landrum	Castro Valley
17-10.5	Tenia Landrum	Castro Valley
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 McNali	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 O'Connor	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. Lebric	Bishop O'Dowd

Long Jump

Previous Winners: Teams:

Frosh-Soph Boys:

2017	52-03.00	Valley Christian
2016	50-06.75	De Anza
2015	55-09.5	Castro Valley
2014	58-0.25	St. Mary's
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		

Frosh-Soph Girls:

2017	43-01	Castro Valley
2016	39-07.50	Castro Valley
2015	42-01	Castro Valley
2014	43-08.5	Merrill West
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

Friesen, Lopez, Boek
 Nobles, Bing, Chandler
 Ansar, Charles, Jasper
 Jackson, Stenson, Simons-Rogers
Modise, Clemenson, Birznies
 K Umar, Kadakia, Powers
 Blanco, Terrell, Shockley
 Caro, Young, Aguirre
 Lu, Davis, Nouv
 Williams, Manos, Mell
 Jones, Anunty, McWharton

Gilman Chun, Paulding, Gusman
 Jones, Bridges, Lillard
 Jones, Davidson, Luce
 Eboigbodini, Delacruz, Brown
 Christensen, Fong, Silva
Jones, Edwards, Carson
 Bermuda, Imah, Wyatt
 McMillan, Rasmussen, Collins
 Hodge, Larkin, Ledesma
 Mason, Maldonado, Andres
 no names available

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

Individuals:

21-11.50	Malcom Clemons	St. Mary's
20-0.75	Phoenix McGee	Benicia
19-04.5	Aaqil Ansar	Castro Vallehy
20-8.5	Dominic Harper	San Leandro
21-05	Namane Modise	Castro Valley
19-10	Nicholas Wong	Alameda
18-05	Joseph Apodaca	Heritage
17-11	Morgan Bundgus	Castro Valley
17-6	Nikolas Dennis	Heritage
18-3 1/2	Antione Williams	Mt. Eden
19-8 3/4	Alex Workman	St. Mary's
15-10.50	Olivian Gilman Chun	Castro Valley
14-6	Bailey Jones	Castro Valley
14-6	Bailey Jones	Castro Valley
15-10.75	Ivie Eboigbodini	Merrill West
15-11.50	Kim Christensen	Northgate
17-01.75	Kennedy Jones	Castro Valley
15-06	Megan Neuhoff	Heritage
16-2	Lisa McMillan	Tamalpais
14-10	Jade Hodge	St. Mary's
16-0 1/2	Madison Mason	Mercy
14-1 1/4	Rachel Reid	Mercy
14-0	Brandy Tummings	Galileo
14-11 1/2	Raina Timmel	Petaluma
14-1	Marisa Robinson	Acalanes
16-5 1/2	Crystl Pugh	San Lorenzo
15-8	Kiersten Slader	Castro Valley
14-6	Shelley Deis	Granada
14-6	Kalani Holleman	Hayward
14-10	Heather Ashworth	Las Lomas
14-11	Katy Savage	Alameda

Triple Jump

Previous Winners: Team

Varsity Boys:

2017	116-05	Hayward
2016	118-04.75	Northgate
2015	120-00.75	Castro Valley
2014	rained out	
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:

2017	104-04.25	St. Mary's
2016	93-01.50	Merrill West
2015	91-04.5	Northgate
2014	rained out	
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:

2017	event not contested	
2016	108-02.00	Hayward
2015	101-00	Newark Memorial
2014	119-07.5	Merrill West
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:

2017	event not contested	
2016	93-09.25	Castro Valley
2015	84-06	Castro Valley
2014	81-03	Northgate
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		

Individual

Gonsalves, Pingree, Turner	42-07	Devyn McKinney	San Leandro
Alves, G. Michiels, Lee	44-08.25	Sanjay Kettels	St. Mary's
Clemensen, Luster, Bray	42-05	VJ Obiajulu	Kimball
Moore, Gissintanner, Mitchell	48-08.25	Nate Moore	Castro Valley
Davis, Hudson, Kono	43-01	Ben Davis	Castro Valley
Hope-Lovett, Foster, Harris	45-11.75	Najee Hope-Lovett	St. Mary's
Woodard, Adesanya, Diomande	40-6 1/2	Jemarr Foster	St. Mary's
Stein, Coddling, Marsh	43-2 1/2	Rashad Evans	James Logan
Hatcher, Thompson, Rice	40-05	Kali Hatchers	St. Mary's
Calvza, Delacruz, Brown	38-02	Kali Hatcher	St. Mary's
Chesnutt, Drummond, Bamberger	39-00	Kennedy Jones	Castro Valley
Graffi, Asher, Neuhooff	36-03.50	Kennedy Jones	Castro Valley
Miller, Velasquez, Chiu	34-09.25	BriAnna Miller	Castro Valley
Miller, Bedford, Velasquez	35-22	Jade Hodge	St. Mary's
Runnels, Hill, Curd	37-5 1/4	Tessa Runnels	James Logan
Stewart, Brewer, N. McGlory	41-2 3.4	Alitta Boyd	Moreau Catholic
no names available	36-2	Aziza Baker	St. Mary's
Boyd, Turner, Tymous	39-07.00	Aaqil Ansar	Castro Valley
Magpoc, Thometz, Donato	37-01	Jordan Magpoc	Newark
Velasco, Dancy, Payuma	42-03	Christian Velasco	Merrill West
Smith, Stinson, Wilright	42-03.50	Ron Smith	St. Mary's
Terrell, Ulmer, Wilright	39-02.50	Nicholas Wong	Alameda
Shockley, Lambright, Terrell	37-01	Nicholas Wong	Alameda
Knight, Lipman, Cramer	37-6	Christina Garcia	St. Mary's
Gazaway, Garcia, Rose	37-1	Patrick Gazaway	St. Mary's
Tramell, Manog, Agyei	39-6	Trent Trammell	Bishop O'Dowd
no names available	42-5	Alex Workman	St. Mary's
Churs, Townsend, Kim	37-10 1/2	Ted Green	Irvington
Luke, M. Almond, D. Almond	37-2.5	Andre Luke	Mt. Eden
Uddenberg, Silbey, Gutierrez	38-10 1/2	Liwei Tsao	Irvington
Coyle, Lackey, Urrutia	38-9	Matt Uddenberg	Alameda
Boston, Boston, Dawkins	41-11	James Brown	Tennyson
Brown, Smith, McKnight	38-11 3/4	Vonshae McKnight	Tennyson
Gabe, McGinnis, Clarkson	37-0	Laith Almagen	Hayward
DePina, Owens, Gordillo	37-8 1/2	Recil Miner	Benicia
Hsieh, Johnson, Conway	37-0 1/2	Kim-Da Hsieh	Hayward
Bailey, Fung, Ciglar	37-2	Kevin Grimes	San Lorenzo
Amiri, Moore, Wong	37-5 3/4	Naeem Amiri	Castro Valley
Wilson, Sampson, Habibullah	40-2	Jerry Reese	Mt. Diablo
Hunt, Riveis, Foster	39-5	J. Hunt	DeAnza
Medrona, Poppleton, Barry	41-7	Rich Laccay	Moreau Catholic
Lee, Jones, Davidson	36-05.50	Allannah Lee	Castro Valley
Davidson, Jones, Luce	30-03.25	Emily Davidson	Castro Valley
Christensen, Hahn, Kirkpatrick	30-09	Emily Davidson	Castro Valley
Chesnutt, Christensen, Cashman	32-00.50	Quincy Tobin	Alameda
Jones, Edwards, Fields	34-03	Kennedy Jones	Castro Valley
Neuhooff; no other jumpers	30-4	Megan Neuhooff	Heritage
Colins, Reiss, Swenson	33-3	Alex Sharpe	Benicia
Highstreet, Brinkman, Chissell	30-7 3/4	Jade Hodge	St. Mary's
Ani, Davis, Obionma	28-3 1/2	Rochel Cycon	Mercy
Chan, no other jumpers	29-0	Bethany Chan	Castro Valley

High Jump

Previous Winners: **Team:**

Individual:

Frosh-Soph Boys:

2017	13-10	Newark Memorial
2016	16-0	Northgate
2015	15-10	Castro Valley
2014	16-2	Merrill West
2013	16-2	Heritage
2012	16-0	Heritage
2011	15-6	Heritage

2010	10-6	Heritage
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

1984	16-7	Miramonte
------	------	-----------

Antonio, Kendall, Payne
P. Michiels, G. Michiels, Jewett
Anthony, Davis, Fields
Zaman, Rhoads, Somons-Rogers
Mace, Kirkpatrick, Burnes
Demeko-Ousman, Olender, Mace
Demeko-Ousmon, Lynch, Obodo

Obodo, Bowman
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, Stour

DePina, Owens, Gordillo

Miner, Maurer, Layton

Holleman, Boatwright, Cano

Ryan, Caulkey, Echler

Amiri, Kim, Fung

Cameron, Franklin, Kerchner

5-08

5-10

5-8

5-8

5-8

5-8

6-0

5-6 (tie)

5-6

5-6

5-6

5-4 (tie)

5-4

5-4

5-8

5-9

5-10

5-4

5-10

5-8

5-8

5-6

5-10

5-8

5-10

5-6

5-7

5-7 (tie)

Paul Randall

Peter Michiels

Peter Michiels

Zayed Zamen

Parker Mace

Ruthvik Kumar

Solomon Demeko-Ousmon

Harold Terrell

Tim Stapleton

Billy Eng

Chris Martines

Allen Williams

Joey Anunty

Kirk Marciel

Jeff Fox

Brandon Crockett

Jesse Lackey

Beau Bettinger

David Finney

Ben Hanson

Ben Hanson

Vincent Boatwright

Jordan Engledinger

Jason Ryan

Naeem Amiri

Chris Kerchner

Tom Cameron

San Leandro

Northgate

Northgate

Merrill West

Heritage

American

Heritage

St. Mary's

Northgate

Heritage

Bishop O'Dowd

Bishop O'Dowd

Bishop O'Dowd

Castro Valley

Las Lomas

Tamalpais

Ganada

Castro Valley

Granada

Castro Valley

Castro Valley

Hayward

Acalanes

Tokay

Castro Valley

Miramonte

Miramonte

Girls Frosh-Soph:

2017	11-8	Castro Valley
2016	13-0	Northgate
2015	13-2	Castro Valley
2014	8-2	Northgate
2013	13-8	Heritage
2012	13-8	Heritage
2011	13-6	Northgate

2010	13-4	Northgate
------	------	-----------

2009	9-0	Heritage
------	-----	----------

2008	12-10	Mercy
------	-------	-------

2007	11-8	Castro Valley
------	------	---------------

2006 *rained out*

2005 *rained out*

2004	12-6	Northgate
------	------	-----------

2003	13-2	Petaluma
------	------	----------

2002	12-2	Castro Valley
------	------	---------------

2001	13-8	Las Lomas
------	------	-----------

2000	13-8	Las Lomas
------	------	-----------

1999	13-2	Alameda
------	------	---------

1998	13-0	Hayward
------	------	---------

1997	8-4	Las Lomas
------	-----	-----------

	8-4	Castro Valley
--	-----	---------------

1996	12-10	Castro Valley
------	-------	---------------

Odior, Luce, Lambert
Cashman, Allen, Anderson
Moore, Davidson, Luce
Pasquino-Greco, Carlson
Dryer, Hunt, Dolle
Dryer, Millington, Formato
Roberts, Dickerson, Kneppers

Makrakis, Roberts, Phillips

Grant, Shodeen

Mason, Maldonado, Andres

no names available

Kenny, Espinosa, Bylova

Timmel, Cabral, Hurt

Ka. Stewart, Crawford, Delaplane

Powell, Murphy, Harrington

Powell, Rocha, Murphy

Sawyer, Unger, Orzell

Wong, Morse, McConnell

Miller, Kreen, Hoffman

Bichsel, Robles, Eng

Bailey, Robles, Van Norman

4-6

4-6

4-6

4-6

4-10

5-2

4-8

4-8

4-6

4-8

4-6

4-8

4-10

4-4

4-8

4-8

4-8

4-8

4-8

4-6

4-6

Kaycee Odior

Eliza Cashman

May Moore

Melanie Siacotos

Brittany Dryer

Briahn Brown

Bridget Grant

Mackenzie Roberts

Hallie Makrakis

Alex Grant

Madison Mason

Jill S.

Natalya Caraballo

Brianne Peters

Katy Stewart

Maggie Murphy

Laura Powell

Gita Vaynsberg

Laneice Morgan

Amy McConnell

Jennifer Miller

Loryn Bailey

Castro Valley

Northgate

Castro Valley

Newark

Heritage

St. Mary's

Heritage

Northgate

Heritage

Mercy

Carondelet

St. Joseph's

Arroyo

Castro Valley

Las Lomas

Las Lomas

Granada

Hayward

Hayward

Las Lomas

Castro Valley

Shot Put

Previous Winners: **Team:**

Individual:

Varsity Boys:

2017	125-9.5	San Leandro
2016	135-11.00	Merrill West
2015	120-06	Newark
2014	142-05	Heritage
2013	123-06	Northgate
2012	<i>rained out</i>	
2011	125-08.5	Northgate
2010	139-4.5	Castro Valley
2009	127-1	James Logan
2008	129-8 1/2	James Logan

division not contested prior to 2008

Vaughn, Stevenson, Bell
Kazem, Rasmussen, Hernandez3z
Thorsteinsson, Evans, Estrada
Mostafavi, Fifita, DeFlores
Moore, Sharp, Asberry

Bryant, Moore, Nazzal
Mason, Eckel, Tomaz
Antoine, Mestre, Simmons
names not available

42-8 Michael Vaughn San Leandro
49-10 Emran Kazem Merrill West
41-10 Tristan Thorsteinsson Newark
50-5.5 Amir Mostafavi Heritage
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

Varsity Girls:

2017	80-6.50	Northgate
2016	87-06	Pitman
2015	84-04	Newark
2014	<i>rained out</i>	
2013	96-4	Newark
2012	<i>rained out</i>	
2011	70-2	St. Mary's
2010	85-6	Castro Valley
2009	101-0	James Logan
2008	96-9 1/2	James Logan
2007	77-4 1/2	Las Lomas
2006	<i>rained out</i>	
2005	<i>rained out</i>	
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	<i>meet not held</i>	
1989	89-3 1/2	Piedmont
1988	<i>rained out</i>	
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
1983	86-0	Eagle Point, OR
1982	<i>no meet held</i>	
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	

Anderson, Broussard, Billeci
Barnani, Sargis, Moren
Troche, Garcia, Mejia

Matoto, Martin, Ratu

Nudanu, Williams, Wemmer
Knight, Donnelly, Birsnieks
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

Moren, Watts, Martin

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

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

Richards, Bradshaw, Egan
Bell, Callegghan, Dolsby

36-10 Erin Whelan Rocklin
34-08 Heather Robertson Castro Valley
29-07 Raelyn Trohce Newark

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 Callegghan Monte Vista
39-8 1/2 Kathy Callegghan 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

Shot Put

Previous Winners: **Team:**

Individual:

Girls' Frosh-Soph:

2017	66-9	Northgate	Rexhepit, Torres, Caparaz	30-0	Deanna Gaines	San Leandro
2016	84-07	Merrill West	Nnaji, Maddox, Elopre	31-03.50	Shantel Nnaji	Merrill West
2015	76-5	Newark	Evans, Feernandez, Gould	27-09	Rita Evans	Newark
2014	78-6	Hayward	F. Eli, V. Eli, Simpson	30-09	Brooklyn Petty	Castro Valley
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	Irvington	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:

2017	101-09	Castro Valley	Tran, Giovanni, Richter	38-0	Branden Owens	St. Mary's
2016	110-04	San Leandro	Famor, Eseroma, Medrano	40-08	Gursimran Singh	Merrill West
2015	115-04	Northgate	Smith, Smith, Zarour	41-0	Jackson Smith	Northgate
2014	124-05	Merrill West	Kazem, Rasmussen, Perez	46-6	Emran Kazem	Merrill West
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, Frohnm, 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:

2017	351-3	San Leandro	Stevenson, Orella, Vaughn	141-03	Antonio Stevenson	San Leandro
2016	374-01	Merrill West	Rasmussen, Kazem, Dole	135-07	Cristian Cooley	Pitman
2015	339-01	Newark	Thorsteinsson, Evans, Windsor	119-10	Isaiah Asberry	Northgate
2014	<i>rained out</i>					
2013	357-01	Northgate	Moore, Sharp, Asberry	153-10	Franklin Kersetter	Livermore
2012	<i>rained out</i>					
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

2017	227-05	Newark Memorial	Fernandez, Gould, Ocegueda	91-091	Carlee Bowen	Skyline
2016	292-11	Pitman	Moren, Sargis, Bagnani	113-03	Cerah Moren	Merrill West
2015	238-10	Newark	Garcia, Mejia, Phabmixay	86-03	Roas Garcia	Newark
2014	<i>rained out</i>					
2013	282-10	Newark	Ratu, Matoto, Martin	117-05.5	Caitlyn David	Heritage
2012	<i>rained out</i>					
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	<i>rained out</i>					
2005	<i>rained out</i>					
2004	245-3 1/2	Alameda	Zheng, Brown, Husby	109-8	Rebecca Molanari	Albany
2003	240-0.5	Arroyo	Argetta, Stanowski, 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	Purle 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 Pfieffe	Tokay
1994	247-3	Alhambra	Colbert, Fowler, Ferguson	89-5 1/2	Stephanie Colbert	Alhambra
1990-93	<i>meet not held</i>					
1989	249-0	Piedmont	Martin, Anderson, Moren	119-2	Julie DeJarlis	Las Lomas
1988	<i>rained out</i>					
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	<i>meet not held</i>					
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

Discus Throw

Previous winners: **Team:**

Individual

Girls' Frosh-Soph:

2017	183-06	Castro Valley
2016	261-04	Merrill West
2015	225-6	Newark
2014	256-5	Hayward
2013	218-6	Heritage
2012	228-2	St. Mary's
2011	159-10	Castro Valley
2010	227-5	Bishop O'Dowd
2009	132-5	Castlemont
2008	198-4 1/2	Mills
2007	170-0	St. Mary's
2006	rained out	
2005	rained out	
2004	190-2 1/2	Irvington
2003	241-11	Castro Valley
2002	188-11	Alameda
2001	207-7.5	Castro Valley
2000	196-10	Alameda
1999	230-11	Las Lomas
1998	198-3	Alhambra
1997	238-9 1/2	St. Mary's
1996	222-7	St. Mary's

Tung, Luce, Caparaz
Nnaji, Elope, Maddox
Evans, Fernandez, Gould
Simpson, V. Eli, F. Eli
Verroy, Quadros, Salguero
Callendar, Shockley, Kirkman
Thomas, Garrick, Bridges
Maynard Al., Maynard An., Munshcik
Florence, Shavers
Gong, Uikilifi, Law
Hill, Gruca, Mauldin

71-03	Amhy Whelan	Rocklin
90-11	Shantel Nnaji	Merrill West
84-10	Rita Evans	Newark
88-11	Hannah Simpson	Hayward
100-7	Megan Verroy	Heritage
90-01	Kristina Johnson	American
67-8	Patricia Gruca	St. Mary's
84-10	Alxis Maynard	Bishop O'Dowd
73-4	Marnique Florence	Castlemont
105-9	Talei Tagivakatini	Albany
65-2	Britanie Maultsby	Las Lomas

Shall, Washington, Green
Valentine, Erdman, Wilcox
Brookes, Copeland, Rosenblum
Silva, Cardiasmenos, Passadore
Kendall, Croft, Kreider
Stanley, Perkins, Todd
Winkle, See, Colbert
Cotton, Williams, Aikens
Harris, Aikens, Williams

86-0	Dorian Shafer	Kennedy
103-10	Rebecca Molinari	Albany
85-0 1/2	Ashley Corbin	San Lorenzo
87-5	Ashley Corbin	San Lorenzo
76-3	Christina Baptista	Newark
85-2-3/4	Melissa Wallin	Analy
67-3	Lizzy Colbert	Alhambra
108-4 1/2	Rosie Aikens	St. Mary's
105-0	Katy Savage	Alameda

Frosh-Soph Boys:

2017	279-7	Castro Valley
2016	252-0	Merrill West
2015	271-10	Northgate
2014	329-0	Merrill West
2013	306-1	Newark
2012	298-1	Heritage
2011	290-3	Northgate
2010	253-4	Castro Valley
2009	286-5	Mills
2008	306-7	Mills
2007	223-11	Northgate
2006	rained out	
2005	rained out	
2004	273-10	Albany
2003	310-2	Albany
2002	300-11	San Leandro
2001	250-5	Sacred Heart
2000	304-4	Newark-Memorial
1999	341-11	Benicia
1998	303-3	Benicia
1997	271-4	St. Mary's
1996	294-11	Las Lomas
1995	313-3	American
1994	288-1	Mt. Eden
1990-93	meet not held	
1989	308-8	Ygnacio Valley

Giovanni, Tran, Richter
Singh, Elope, Thompson
Smith, Smith, Ma'ake
Perez, Ramirez, Kazem
Windsor, Haangana, Hollis
Mostafavi, Paniagua, Porter
Moore, Davies, Smith
Viveiros, Zaballos, Conway
So, Lin, Tonga
Kramer, Mapa, Lin
no names available

103-6	Enrico Giovanni	Castro Valley
109-0	Gursimran Singh	Merrill West
102-5	Calvin Smith	Northgate
121-5	Andy Perez	Merrill West
108-7	RAfael Windsor	Newark
127-07	Amir Mostafavi	Heritage
106-6	Max Moore	Northgate
92-10	Ryan Stolp	Tamalpais
110-4	Frank Mai	Alameda
116-6	Erik Kramer	Mills
104-0	Caleb Borgerson	Redwood Christian

Sandberg, Chan, Nichols
Aziu, Slaughter, Phelps
Hurts, Santamaria, Scchrieber
Solis, Lim, Lien
Laskey, Gomez, Greenberg
Henderson, Fong, Glacerad
Forrester, Henderson, Fong
Foster, Powell, Tu
Christiansen, Jones, Decker
Stevens, Ty, Alveenaz
Garvin, Faasisila, Feliciano

107-9	Chandler Sullivan	Granada
107-10	Darwin Tsang	Castro Valley
114-1	Chris Hurts	San Leandro
110-2	Jesse Lackay	Granada
112-8	Andrew Rodriguez	San Lorenzo
131-2	Chris Manning	Castro Valley
116-8	Derek Patterson	Alhambra
112-2 1/2	Rollin McReady	Hayward
124-10	Rob Christiansen	Las Lomas
109-0	Darren Lanfair	Tokay
103-3	Chris Barker	Hayward

Holland, Rumbel, Johnson	119-1	D. Halpin	Campolindo
--------------------------	-------	-----------	------------

Pole Vault

Previous Winners: Team:

Varsity Boys:

2017	25-06	Castro Valley
2016	36-06	James Logan
2015	35-0	Northgate
2014	rained out	
2013	38-0	Monte Vista
2012	rained out	
2011	35-0	Washington
2010	36-0	Monte Vista
2009	12-2	Castro Valley
2008	results missing	
division not contested prior to 2008		

Anthony, Betti, Gaffney
Espanola, Ruiz, Riner
Mallott, Alegria, Bricklin
Bertolo, Halili, Cosma
O'Hollaran, Sheridan, Miller
Nguyen, Shackleton, Archibald
Wiegardt, Dangler

Individual:

11-06	Christian Brochard	Vintage
13-0	Jered Espanola	James Logan
13-6	Joe Mallott	Northgate
13-0	Alex Bertolo	Monte Vista
12-0	Brian Pande	Monte Vista
13-0	Andrew Wiegardt	Castro Valley
11-6	Andrew Wiegardt	Castro Valley

Varsity Girls:

2017	26-0	Northgate
2016	19-06	Castro Valley
2015	28-0	Moreau
2014	rained out	
2013	26-3	Northgate
2012	rained out	
2011	26-0	Washington
2010	20-6	Washington
2009	13-0	Castro Valley
2008	24-6	Las Lomas
2007	27-0	Las Lomas
2006	rained out	
2005	rained out	
2004	15-6	Las Lomas
2003	23-6	Irvington
2002	24-6	Las Lomas

Christensen, Wong, Anderson
Denza, LeBlanc, Sanders
Montoya, Serrano-Rosales, Herrera
Sutton, Chesnutt, Dong
Reist, van Sprakelaar, Landon
Reist, Bellview, Landon
Gilchriese, Ayala
Jinag, Fong, Tao
Vo, Hartman, Wang

11-0	Janna Pickett	Livermore
10-06	Julia Wang	Las Lomas
9-9	Brianna Montoya	Moreau
9-9	Haley Sutton	Northgate
9-6	Jessie Reist	Washington
8-6	Erin Delaria	Northgate
7-0	Sarah Gilchriese	Castro Valley
10-6	Azarin Lewis	Benicia
10-0	Katie Vo	Las Lomas

2001	24-6	Las Lomas
2000	29-6	Las Lomas
1999	25-6	Las Lomas
1998	24-6	Castro Valley
1997	23-6	Alhambra
1996	22-6	Acalanes
	22-6	Castro Valley
1995	21-0	Las Lomas
1994	21-6	Las Lomas

Hartman, Pena, Wang
Juenger, Iso, Galden
E. Kersey, B. Kersey, Hitchcock
Lim, Kersey, Kersey
Heim, Creech, Lim
Heim, Holfman, Powell
Sammons, Glenn, Arterburn
Sutton, Gliatto, Johnson
Flett, Forde, Herg
E.Ewing, Clancy, Sammons
Baron, Fleming, Tumbas
Baron, Fleming, Tumbas

9-6	Ashley Juenger	Irvington
8-6	Asley Juenger	Irvington
8-6	Eva Kersey	Las Lomas
8-6	Erin McCarthy	Castro Valley
9-0	Cindy Lim	Las Lomas
10-6	Jenika Heim	Las Lomas
10-6	Veronica Garcia	Newark-Memorial
8-6	Amber Sammons	Castro Valley
8-6	Danielle Sutton	Alhambra
8-6	Elizabeth Ewing	Castro Valley
9-6	Amanda Sweeney	Tokay
8-0	Amanda Baron	Las Lomas

Girls' Frosh-Soph:

2017	22-0	James Logan
2016	21-6	Northgate
2015	22-0	Moreau
2014	26-6	Moreau
2013	22-0	Moreau
2012	21-6	Northgate
2011	21-0	Northgate
2010	18-6	Tamalpais
2009	16-6	Castro Valley
2008	20-0	Monte Vista
2007	19-6	Las Lomas
2006	rained out	
2005	rained out	
2004	26-0	Las Lomas
2003	23-6	Las Lomas
2002	19-6	Acalanes
	19-6	Granada
2001	23-9	Castro Valley
2000	14-0	Las Lomas
1999	22-0	Las Lomas
1998	22-6	Las Lomas
1997	22-0	Las Lomas
1996	7-0	Dublin

Elshiek, Huang, Azer
Christensen, Anderson, Nielson
Aquilizan, Au, Task
Wong, Nguyen, Lark
Serran-Rosa, Listek, Rivera
Kneppers, Sutton, Dong
Roberts, Kneppers, Phillips
Neylan, Freeman, Wyatt
Piccillo, Britton, Gamez
Lawson, Murray, Subramanian
no names available
Holmes, Kersey, Olson
Kersey, Holmes, Pena
Firousian, Hoffschneider, Clark
Leswis, Connell, Alexander
McCarthy, Chandler, Tirado
Heim, Kersey
Leahy, Lim, Kersey
Heim, Hoffman, Creech
Hoffman, Green, Yeghoian
Cherie Simon

7-6	Alees Elshiek	James Logan
8-0	Amy Christensen	Northgate
9-0	Alexis Aquilizan	Moreau Catholic
9-6	Michaela Wong	Moreau Catholic
8-0	Christine Peng	American
8-8	Xhoshia Millington	Heritage
7-6	Mackenzie Roberts	Northgate
6-6	Kyra Neylan	Tamalpais
6-0	Emma Piccillo	Castro Valley
7-0	Erin Delaria	Northgate
7-6	Morgan Boreh	Las Lomas
9-0	Theresa Frendo	school unknown
8-6	Julia Kersey	Las Lomas
7-6	Nicole Hoffschneider	Acalanes
10-3	Erin McCarthy	Castro Valley
7-6	Heim	Las Lomas
8-0	Cindy Lim	Las Lomas
7-6	Jenika Heim	Las Lomas
7-6	Allison Creech	Las Lomas
8-0	Elaine Hoffman	Las Lomas
7-0	Cherie Simon	Dublin

Pole Vault

Previous Winners: Team:

Fresh-Soph Boys:

2017	16-6	Northgate	Blaney-Cuevas, Mendonca, no third
2016	32-0	Monte Vista	Wilson, Bertolero, Ellison
2015	30-09	Northgate	Mortl, Sutton, Silva
2014	27-6	Northgate	LaChance, Mortl, Mitchell
2013	32-6	Northgate	Malott, Alegria, Callaway-Johnson
2012	27-6	Tamalpais	Long, Guton, Choulos
2011	29-0	Monte Vista	Halili, Cosma, Wedell
2010	28-6	Monte Vista	Halili, Heller, Cantrell
2009	17-6	Castro Valley	Laris, Wiegardt
2008	30-6	Monte Vista	Nguyen, Feldman, Archibald
2007	26-0	Castro Valley	no names available
2006	rained out		
2005	rained out		
2004	28-0	Las Lomas	Kim, Pierson, Nelsen
2003	31-0	Las Lomas	Armstrong, Matthews, Fox
2002	28-0	Las Lomas	Van Voorhis, Fox, Matthews
2001	28-0	Granada	Parker, Tilford, Urrutia
2000	28-0	Las Lomas	Klop, Hoffman, Norris
1999	32-6	Las Lomas	Haris, Shortenhaus, Marshall
1998	29-6	Benicia	Lass, Santana, Rivera
1997	29-6	Benicia	Rivara, Miner, Thomas
1996	31-0	Las Lomas	Wilson, Klopp, VandeNeth
1995	24-6	Las Lomas	Holliwell, Klopp, Wilson
1994	29-6	Alhambra	Hodgkinson, Porter, Savacool
1990-93	meet not held		
1989	30-9	Ygnacio Valley	Pierson, Tran, Medhurst
1988	rained out		
1987	30-0	Ygnacio Valley	Land, Daily, Kim
1986	28-0	Clayton Valley	Tara, Hooshmand, Rockenbaugh
1985	26-6	Las Lomas	Veglia, Luna, McGuire

Individual:

9-0	David Elliot	Castro Valley
9-0	Hudson Blaney-Cuevas	Northgate
12-01	Thomas Blakey	Moreau Catholic
11-9	Eric Mortl	Northgate
9-6	Ryan LaChance	Northgate
12-0	Joe Malott	Northgate
9-6	Kevin Long	Tamalpais
9-6	Parker Mace	Heritage
9-6	Joe Malott	Northgate
12-6	Anjo Halili	Monte Vista
10-0	Andrew Kneppers	Northgate
9-6	Jordan Laris	Castro Valley
11-0	Sean Nguyen	Monte Vista
10-6	Mike Denese	Acalanes
11-6	Dan Nelson	Las Lomas
11-6	Jeff Fox	Las Lomas
10-6	Jeff Fox	Las Lomas
12-0	Jason Durkin	Las Lomas
9-6	Hoffman	Las Lomas
12-0	Dave Shortenhaus	Las Lomas
11-0	Joe Rivera	Benicia
10-6	Racil Miner	Benicia
11-9	Chad Wilson	Las Lomas
10-0	Zac Martinez	Tokay
10-6	Paul Hodgkinson	Alhambra
12-3	Bruce Medhurst	Ygnacio Valley
12-0	Mike Lane	Acalanes
10-6	Poppleton	Ygnacio Valley
10-6	Tara	Clayton Valley
10-6	Dave Veglia	Las Lomas

Field events not in yet.