



CASTRO VALLEY

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INVITATIONAL

DATE: Saturday, October 9, 1993

LOCATION: Canyon Middle School, Castro Valley

SCHEDULE:

<u>Time</u>	<u>Race</u>	<u>Distance</u>	<u>Team Awards</u>	<u>Individual Awards</u>
9:00	Coaches	2.1 miles	---	free T-shirt
9:25	Boys' Frosh	2.1 miles	top 1	top 10
9:50	Girls' Frosh-Soph	2.1 miles	top 2	top 15
10:15	Boys' Frosh-Soph	2.1 miles	top 2	top 15
10:40	Girls' JV	2.1 miles	top 1	top 10
11:05	Boys' JV	2.1 miles	top 1	top 10
11:30	Girls' Varsity	3.0 miles	top 3	top 20
12:05	Boys' Varsity	3.0 miles	top 3	top 20
12:45	Awards ceremony in gymnasium			

ENTRIES: Each school will be limited to seven (7) competitors in the varsity races. All other races are unlimited entries. Please do not enter any of your top five (5) runners in the JV races.

ENTRY DEADLINE: Friday, October 1, 1993

THE COURSE: is a challenging mix of trails, hills, and grass. There is good spectator visibility for about 2/3 of the race.

FACILITIES: Bathrooms and limited dressing areas are available. Please have your athletes arrive dressed to run. A trainer will be on duty. There will be a snack bar in operation.

T-SHIRTS will be on sale for \$10.00.

FEES: \$7.00 per individual, \$20.00 per team. \$90.00 maximum fee. Please make your checks out to: CASTRO VALLEY HIGH SCHOOL and send them to the following address by October 1:

CASTRO VALLEY HIGH SCHOOL
c/o John Brosnan, Athletic Director
19400 SANTA MARIA
CASTRO VALLEY, CA 94546

DIRECTIONS: Going west on 580 -- take Castro Valley Boulevard exit; turn left on Castro Valley Boulevard; turn right on Crow Canyon Road; turn left on Cull Canyon Road; turn right on Heyer; Canyon Middle School is on top of hill.

Going east on 580 -- take Center Street exit; turn left on Center and go over the freeway; turn right on Castro Valley Boulevard; turn left on Crow Canyon Road; turn left on Cull Canyon Road; turn right on Heyer; Canyon Middle School is on top of hill.

MEET WILL BE RUN rain or shine.

ANY QUESTIONS? feel free to call Peter Brewer at school 510-537-5910 x470 during the day or at home 510-945-8869 after 9:00 p.m.

GIRLS' VARSITY TOP 25 INDIVIDUALS

1. Amy O'Connell (University)	19:48	1988
2. Melissa Ackermann (Castro Valley)	19:58	1991
3. Tammy Foley (Mission San Jose)	20:00	1986
4. Elice Patterson (Castro Valley)	20:20	1989
4. Val Knalefc (Carondelet)	20:20	1981
6. Jill Ellingson (Hayward)	20:29	1981
7. Sydney Thatcher (Encinal)	20:58	1985
8. Bridget Cunningham (Castro Valley)	21:29	1981
8. Mei-Ling McNamara (James Logan)	21:29	1991
10. Kim Wilkes (James Logan)	21:31	1991
11. Jodi Rempel (Castro Valley)	21:33	1986
12. Vicki Knalefc (Carondelet)	21:35	1981
12. Catherine Payne (Berkeley)	21:35	1986
14. Angela Dalke (Bishop O'Dowd)	21:43	1991
15. Jana Jaroszcz (Bishop O'Dowd)	21:49	1985
16. Angela Iriarte (Antioch)	21:50	1993
17. Colleen Strout (Carondelet)	21:51	1981
18. Eileen Cunningham (Castro Valley)	21:55	1981
19. Loretta Guistino (Castro Valley)	21:57	1982
20. Kim Lawlor (Mission San Jose)	21:59	1986
21. Kristen Pye (Castro Valley)	22:00	1986
22. Alisha Berry (Castro Valley)	22:07	1989
23. Jessica Warner (Castro Valley)	22:10	1986
24. Denise Hill (Castro Valley)	22:16	1981
24. Michele Kiyono (James Logan)	22:16	1993

GIRLS' JUNIOR VARSITY TOP 25 INDIVIDUALS

1. Andre Comer (Castro Valley)	15:48	1992
2. Michelle DeiGiudice (Livermore)	16:12	1991
3. Sarah Patterson (Castro Valley)	16:27	1990
4. Julie Henderson (Carondelet)	16:40	1984
5. Dana Matranga (Castro Valley)	16:42	1992
6. Lisa Bradford (Carondelet)	16:44	1984
7. Kristin Davis (Castro Valley)	16:46	1986
7. Monique Dale (James Logan)	16:46	1993
9. Beth Metcalf (Piedmont)	16:49	1980
10. Rachelle Cohen (Castro Valley)	16:50	1990
11. Suzanne Karth (Carondelet)	16:53	1980
12. Kristy Rodillas (Castro Valley)	16:54	1992
13. Julie Bruckner (Castro Valley)	16:55	1980
14. Meghan Kennedy (Alhambra)	17:00	1986
15. Nicole LaCava (Carondelet)	17:01	1986
16. Jenni Kelly (Carondelet)	17:03	1986
17. Lisa Carrera (Castro Valley)	17:06	1981
18. Christy Hoelts (Piedmont)	17:09	1980
19. Linda Finch (Carondelet)	17:10	1980
20. Alisha Berry (Castro Valley)	17:13	1991
20. Tina Gainous (Livermore)	17:13	1991
22. Sonia Cardinale (Alhambra)	17:14	1986
23. Valerie Coronado (Hayward)	17:15	1989
24. Jessica McCool (Piedmont)	17:16	1989
24. Amanda Garbe (James Logan)	17:16	1993

GIRLS' FROSH-SOPH TOP 10 INDIVIDUALS

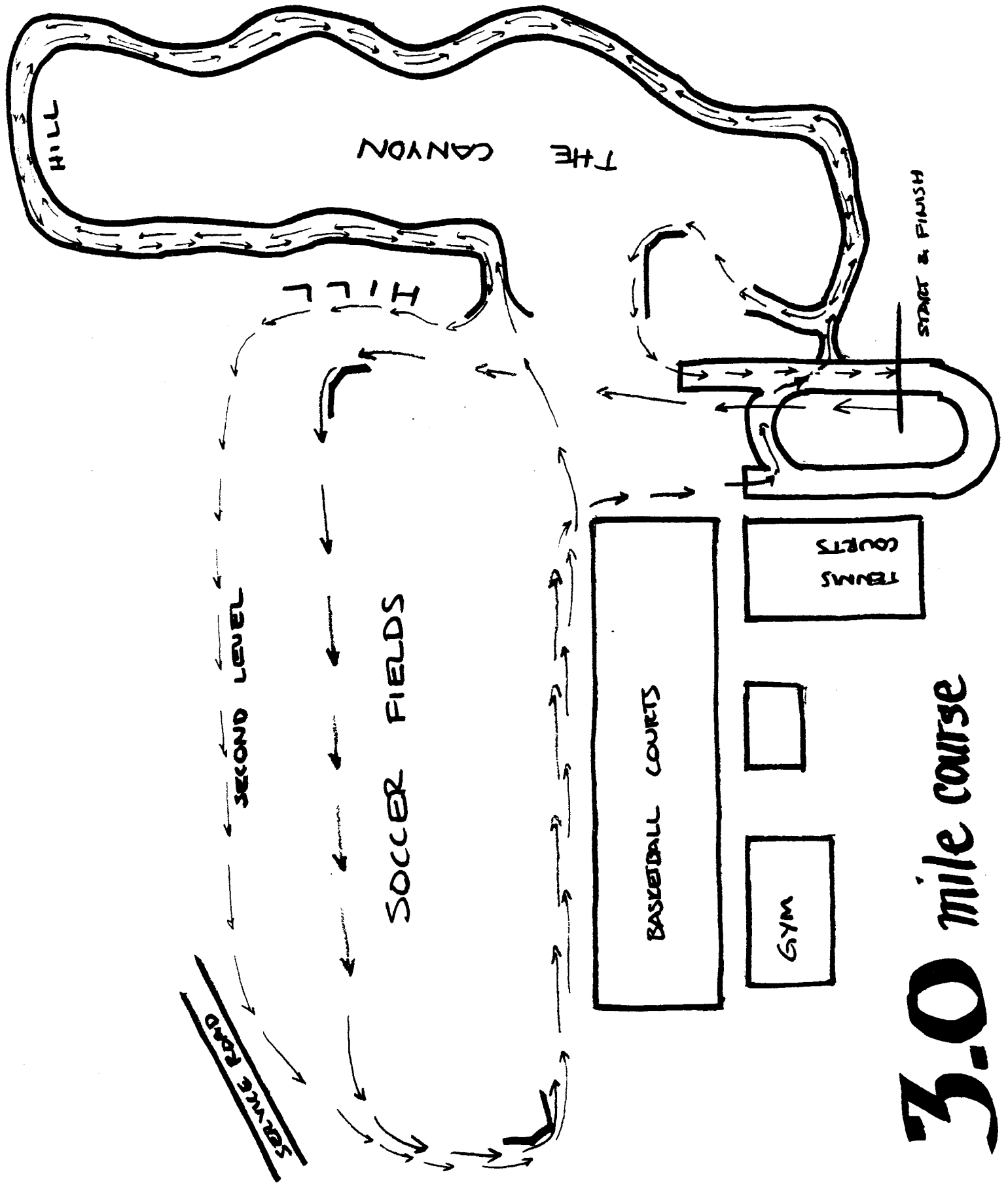
1. Debbie Olson (Castro Valley)	16:18	1986
2. Cindy Uher (Castro Valley)	16:25	1987
3. Keele Skaggs (Castro Valley)	16:54	1985
4. Jenefer Millin (Castro Valley)	16:55	1985
5. Deana Oden (Castro Valley)	17:14	1985
5. Kelly Gravino (Castro Valley)	17:14	1986
7. Jennifer Williams (Castro Valley)	17:32	1988
8. Alissa Waiswilos (Castro Valley)	17:34	1988
9. Tina Hisola (Mt. Eden)	17:37	1986
10. Michelle Arellanos (Castro Valley)	17:40	1988

BOYS' JUNIOR VARSITY TOP 10 TEAMS CANYON COURSE (2.1 MILES)

1. 65:48	Castro Valley	10/30/80	(Delmar Bodin 12:40, Steve Stevenson 12:50, John Davidson 12:53, Chris Colby 13:17, Rich Speckner 14:08)
2. 65:53	Castro Valley	9/25/80	(Brian Quick 12:25, Dave Brechner 12:54, Gene Boles 13:10, John Davidson 13:36, Steve Stevenson 13:48)
3. 66:07	DeLaSalle	9/22/81	(Clint McClellan 12:58, Brian Amador 12:59, John Fitzsimmons 13:16, Jamie Fowler 13:26, Sean Fottrell 13:28)
4. 66:30	Castro Valley	10/13/78	(Scott Craig 12:52, Tom Vertrees 13:12, Robert Hordyk 13:20, Phil Duncan 13:25, Dave Quigley 13:41)
5. 66:48	DeLaSalle	9/25/86	(Greg martinez 13:04, Cam Storms 13:07, Joe Roth 13:21, Rich Crippen 13:34, Joe Bistrain 13:42)
6. 66:53	Castro Valley	9/28/77	(Jeff Dittman 12:57, Tom Hoover 13:03, Dale Hagen 13:28, Steve Fazzini 13:41, Patt Todd 13:44)
7. 66:58	DeLaSalle	9/18/80	(Phil Molina 13:09, Greg Dechar 13:14, Tom Wanket 13:24, Brian Amador 13:30, Jim Francis 13:41)
8. 67:11	Castro Valley	10/18/79	(Paul Warrin 12:14, Scott Craig 12:30, Dave Quigley 13:06, Dave Lesico 13:40, Grant Tsugawa 15:41)
8. 67:11	Castro Valley	10/8/87	(Ben Cavazos 13:04, jim Martini 13:11, matt Guerino 13:30, Justin Grabanski 13:42, Cliff DeYoung 13:44)
10. 68:14	Castro Valley	10/15/80	(Steve Stevenson 13:38, Chris Colby 13:39, Dave Brechner 13:39, Gene Boles 13:39, John Davidson 13:39)

GIRLS' JUNIOR VARSITY TOP 10 TEAM TIMES CANYON COURSE (2.1 MILES)

1. 84:58	Castro Valley	9/16/92	(Andrea Comer 15:48, Dana Matranga 16:42, Kristy Rodillas 16:54, Rachelle Cohen 17:01, Alicia Lim 18:33)
2. 86:39	Carondelet	9/25/86	(Julie Henderson 16:48, Nicole LaCava 17:01, Jenni Kelly 17:03, Deni Korte 17:50, Anne Lanagan 17:57)
3. 87:43	Carondelet	9/19/85	(Julie Henderson 16:40, Lisa Bradford 16:44, Nicole LaCava 17:55, Jennifer Tobey 18:11, Catherine Merlier 18:13)
4. 88:00	Carondelet	9/18/80	(Suzanne Karth 16:53, Linda Sinch 17:10, Paula Canone 17:30, Susan Small 18:08, Kathleen Cannon 18:19)
5. 88:18	Piedmont	8/18/80	(Beth Metcalf 16:49, Christy Hoelder 17:09, Ann Culligan 17:44, Wendy Bernstein 18:05, Hilary Smith 18:31)
6. 89:52	Castro Valley	9/25/86	(Kristin Davis 16:46, Gina Rubino 17:18, Keele Skaggs 18:25, Debbie Olson 18:26, Kelly Gravino 18:57)
7. 89:52	Castro Valley	9/26/91	(Rachelle Cohen 17:13, Jennifer Williams 17:39, Temeka Weatherly 17:59, Erin Salcido 18:08, Sara Hauser 18:53)
8. 89:56	Castro Valley	10/25/90	(Sarah Patterson 16:27, Rachelle Cohen 16:50, Jennifer Shanks 18:14, Amy Gholson 18:48, Alicia Alarcon 18:53)
9. 90:12	Castro Valley	10/8/87	(Lori Andrade 17:31, Trish Rodillas 17:50, Kelly Gravino 18:01, Michelle Arellano 18:18, Tasha Cartwright 18:32)
10. 90:22	Castro Valley	10/24/91	(Rachelle Cohen 17:05, Temeka Weatherly 17:22, Sara hauser 18:26, Kristina Lindgren 18:26, Melissa Mears 19:04)



3.0 mile course