

1996

TROJAN



INVITATIONAL

CASTRO VALLEY HIGH SCHOOL

Welcome to the 4th annual

C A S T R O V A L L E Y -CC-> I N V I T A T I O N A L

This is our fourth year running this invitational on the soon-to-be-world-famous Canyon course. This has been our home course for the last 23 years. Please note the following schedule, and if there are any concerns, stop by the coaches' corner for possible answers.

SCHEDULE:

<u>Time</u>	<u>Race</u>	<u>Distance</u>	<u>Team Awards</u>	<u>Individual Awards</u>
9:00	Coaches	2.1 miles	--	--
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			

RESTROOMS are in the gym.

SNACK BAR is located by the storage sheds.

COMMEMORATIVE T-SHIRTS will be sold for \$10.00.

Teams competing in the 1996 Castro Valley Cross Country
Invitational:

ALHAMBRA
AMERICAN
ANALY
ANTIOCH
BENICIA
BERKELEY
BISHOP O'DOWD
CARONDELET
CASTRO VALLEY
COLLEGE PARK
DEER VALLEY
DE LA SALLE
DUBLIN
ELSIE ALLEN
FOOTHILL
HAYWARD
IRVINGTON
JAMES LOGAN
LINCOLN (Stockton)
MARIA CARILLO
MARIN CATHOLIC
MISSION SAN JOSE
MONTGOMERY
NEWARK MEMORIAL
NOVATO
RANCHO COTATI
REDWOOD CHRISTIAN
RIORDAN
SACRED HEART CONVENT
SACRED HEART CATHEDRAL
SALESIAN
SAN LEANDRO
SAN MARIN
SAN RAFAEL
SANTA ROSA
WESTMOOR
YGNACIO VALLEY

PREVIOUS WINNERS

Individuals

Teams:

Coaches' Race

1993 David Goodrich (San Lorenzo)	11:35
1994 Glen Wlader (Dublin)	12:28
1995 Brandon Kelly (DeLaSalle)	12:14

Boys' Frosh

1993 Shane Dulaney (Castro Valley)	13:03	Castro Valley
1994 Damien Dulaney (Castro Valley)	12:50	Castro Valley
1995 Ashera Dirar (James Logan)	13:04	Castro Valley

Girls' Frosh Soph Race

1993 Angela Iriarte (Antioch)	14:42	Castro Valley
1994 Senhit Dirar (James Logan)	14:33	James Logan
1995 Diana Rancourt (Montgomery)	15:01	Montgomery

Boys' Frosh-Soph

1993 Tom Galm (Cook Junior High)	12:38	De La Salle
1994 Chad Foster (James Logan)	12:02	Novato
1995 Mohammed Abdul (Westmoor)	11:51	De La Salle

Girls' Junior Varsity

1993 Amy Clark (Castro Valley)	16:54	Castro Valley
1994 Christine Castelanelli (Tokay)	15:04	Tokay
1995 Kristine Masante (Clayton Valley)	15:04	James Logan

Boys' Junior Varsity:

1993 Vincent Perry (Pittsburg)	13:19	Montgomery
1994 Dan Ambrose (San Ramon)	13:13	Castro Valley
1995 Adam Davis (Clayton Valley)	12:55	DeLaSalle

Girls' Varsity:

1993 Sara Jakel (Sonoma Valley)	20:03	Castro Valley
1994 Rachel Mosher (San Leandro)	20:37	Castro Valley
1995 Senhit Dirar (James Logan)	20:34	College Park

Boys' Varsity:

1993 Keith Kennedy (San Leandro)	16:29	Montgomery
1994 Keith Kennedy (San Leandro)	17:14	Mission San Jose
1995 Tom Prindville	16:10	Mission San Jose

BOYS' FROSH TOP 25 INDIVIDUALS

1. Damien Dulaney (Castro Valley)	12:50	1994
2. Shane Dulaney (Castro Valley)	13:03	1993
3. Aschera Dirar James Logan)	13:04	1995
4. Henry Patterson (Castro Valley)	13:06	1993
5. Jake Currie (Montgomery)	13:27	1994
6. Mike Boruta (Castro Valley)	13:40	1993
7. James Nielson (San Marin)	13:42	1993
8. Dan Bellone (Castro Valley)	13:43	1994
8. Steve Nunez (Clayton Valley)	13:43	1995
10. Chris Wheeler (DeLaSalle)	13:44	1995
11. David Vigil (College Park)	13:45	1995
12. Brad Dickson (Castro Valley)	13:48	1994
13. Mike Rostkowski (DeLaSalle)	13:49	1994
14. Johnny Segerra (James Logan)	13:50	1995
15. Spencer Nielsen (San Marin)	13:53	1995
16. Dru Mellon (Castro Valley)	13:58	1995
17. Andrew Fung (Castro Valley)	14:00	1995
18. Tony Bilbao (DeLaSalle)	14:01	1995
19. Doug Wong (Sacred Heart)	14:02	1994
20. Justin Coffeen (Castro Valley)	14:03	1994
20. Rob Arndt (Castro Valley)	14:03	1995
22. Joe Willits (Castro Valley)	14:06	1993
23. Mike O'Conner (Sacred Heart)	14:14	1994
24. Nisio Lucchesi (DeLaSalle)	14:18	1994
25. Troy Sammons (Castro Valley)	14:20	1994

BOYS' FROSH-SOPH TOP 25 INDIVIDUALS

1. Calvin Gaziano (Castro Valley)	11:08	1982
2. John Bass (Castro Valley)	11:23	1982
3. Kyle Kessler (Castro Valley)	11:49	1979
4. Mohammed Abdul (Westmoor)	11:51	1995
5. Larry Guinee (Castro Valley)	11:55	1977
6. Paul Denzier (Castro Valley)	11:56	1986
7. Chad Foster (James Logan)	12:02	1994
8. John Atwood (Castro Valley)	12:03	1991
9. Dave Shea (Castro Valley)	12:04	1978
10. Doug Rogers (Castro Valley)	12:06	1977
11. Shane Dulaney (Castro Valley)	12:11	1994
12. Matt Guerino (Castro Valley)	12:15	1986
13. Enrique Henriquez (San Leandro)	12:16	1994
14. Dave Anderson (Castro Valley)	12:17	1977
15. Steve Mayberry (Castro Valley)	12:19	1979
15. Dennis McDonald (Mt. Eden)	12:19	1977
17. Todd Saunders (Castro Valley)	12:20	1986
18. Jason DeSelle (Montgomery)	12:21	1995
18. Damien Dulaney (Castro Valley)	12:21	1995
20. Steve Stevenson (Castro Valley)	12:23	1977
21. Jason Irwin (Antioch)	12:28	1994
22. Kevin Funk (Montgomery)	12:29	1994
23. Steve Rios (Castro Valley)	12:33	1983
24. Kody Jensen (Antioch)	12:37	1994
24. Kevin Strharsky (Castro Valley)	12:37	1991

GIRLS' FROSH-SOPH TOP 25 INDIVIDUALS

1. Senhit Dirar (James Logan)	14:33	1994
2. Angela Iriarte (Antioch)	14:42	1993
3. Jennifer Bridgeman (James Logan)	14:53	1994
4. Betsy Stephens (Mission San Jose)	14:58	1994
5. Diana Rancourt (Montgomery)	15:01	1995
6. Fiona Ferguson (Antioch)	15:08	1993
7. Rachel Kipperman (Benecia)	15:30	1994
8. Amy Codin (Montgomery)	15:32	1994
9. Minula Ochea (Fairfield)	15:32	1995
10. Sky Bambaugh (James Logan)	15:34	1994
11. Amber Cook (San Lorenzo)	15:37	1995
12. Marissa Richmond (Montgomery)	15:39	1993
13. Heather Clark (Vacaville)	15:41	1995
10. Alicia Rutledge (Mission San Jose)	15:46	1994
15. Jessica Brandin (Bishop O'Dowd)	15:52	1995
16. Angela Atwood (Castro Valley)	15:54	1995
17. Jody Nickolopoulos (Castro Valley)	15:58	1995
18. Shewitt Haile (Montgomery)	16:00	1995
19. Jenni Forsman (Castro Valley)	16:01	1995
20. Shauna Anderson (Novato)	16:03	1994
21. Megan McCrae (Montgomery)	16:04	1995
22. Jamie McHugh (Castro Valley)	16:10	1993
23. Danielle Price (James Logan)	16:12	1994
24. Berta Zavala (Novato)	16:14	1994
24. Melissa Thys (Fairfield)	16:14	1995

GIRLS' JUNIOR VARSITY TOP 25 INDIVIDUALS

1. Cathy Castelaneli (Tokay)	15:04	1994
2. Kristine Masante (Clayton Valley)	15:05	1995
3. Nancy Beigle (Ygnacio Valley)	15:35	1995
4. Andrea Comer (Castro Valley)	15:48	1992
5. Marisa Ghiglieri (Clayton Valley)	15:54	1995
6. Michelle DelGiudice (Livermore)	16:12	1991
7. Sky Bambaugh (James Logan)	16:24	1995
7. Kristen Tanaka (Mission San Jose)	16:24	1996
9. Chrissie Cattalini (Northgate)	16:26	1994
10. Sarah Patterson (Castro Valley)	16:27	1990
10. Marcella Villalobos (Clayton Valley)	16:27	1995
10. Kanasha Smith (Carondelet)	16:27	1995
13. Christine Whatmosley (Northgate)	16:31	1994
14. Laura Roach (Tokay)	16:36	1994
15. Julie Henderson (Carondelet)	16:40	1984
16. Dana Matranga (Castro Valley)	16:42	1992
17. Jennifer Chung (Castro Valley)	16:43	1994
18. Lisa Bradford (Carondelet)	16:44	1984
19. Melissa Rodrigue (Ygnacio Valley)	16:45	1995
20. Marissa Wilson (Moreau Catholic)	16:46	1994
20. Kristin Davis (Castro Valley)	16:46	1986
20. Monique Dale (James Logan)	16:46	1993
23. Ashli Tingle (Castro Valley)	16:48	1996
24. Beth Metcalf (Piedmont)	16:49	1980
25. Rachelle Cohen (Castro Valley)	16:50	1990

BOYS' JUNIOR VARSITY TOP 25 INDIVIDUALS

1. Paul Warrin (Castro Valley)	12:14	1979
2. Bryan Quick (Castro Valley)	12:25	1980
3. Scott Craig (Castro Valley)	12:30	1979
3. Tom Vertrees (Castro Valley)	12:30	1979
5. Jordan Jarosz (St. Mary's)	12:34	1992
6. Delmar Bodin (Castro Valley)	12:40	1980
7. Gene Boles (Castro Valley)	12:50	1980
7. Steve Stevenson (Castro Valley)	12:50	1980
9. Brian Agnew (Mission San Jose)	12:52	1979
10. John Davidson (Castro Valley)	12:53	1980
11. Dave Brehmer (Castro Valley)	12:54	1980
12. Adam Davis (Clayton Valley)	12:55	1995
12. Greg Collins (DeLaSalle)	12:55	1995
14. Jeff Dittman (Castro Valley)	12:57	1977
15. Robert Hordyk (Castro Valley)	12:57	1977
16. Clint McClellan (DeLaSalle)	12:58	1981
17. Brian Amador (DeLaSalle)	12:59	1981
17. Rob Schroder (DeLaSalle)	12:59	1984
19. Mike Doyle (Castro Valley)	13:00	1983
20. Scott Berkowitz (Arroyo)	13:01	1980
21. Tom Hoover (Castro Valley)	13:03	1977
21. Tim Gravino (Castro Valley)	13:03	1986
23. Ben Cavazos (Castro Valley)	13:04	1987
23. Greg Martinez (DeLaSalle)	13:04	1986
23. Darren Brown (Clayton Valley)	13:04	1995
23. DAMEIN Dulaney (Castro Valley)	13:04	1996

BOYS' VARSITY TOP 25 INDIVIDUALS

1. Calvin Gaziano (Castro Valley)	15:25	1984
2. John Bass (Castro Valley)	16:04	1982
3. Dave Shea (Castro Valley)	16:05	1980
4. Tom Prindiville (DeLaSalle)	16:10	1995
5. Larry Guinee (Castro Valley)	16:13	1979
6. Kyle Kessler (Castro Valley)	16:14	1981
6. Jay Marden (Mission San Jose)	16:14	1979
8. Jeremy Seven (DeLaSalle)	16:15	1989
9. Rich Read (Mission San Jose)	16:16	1979
11. Dave Anderson (Castro Valley)	16:19	1980
12. Steve Strangio (Mission San Jose)	16:20	1977
12. Mike Spencer (Castro Valley)	16:20	1982
14. Steve Mayberry (Castro Valley)	16:23	1981
15. Kevin Berkowitz (Hayward)	16:23	1989
15. Ken Romiguere (Castro Valley)	16:25	1977
16. Mike Wojciechowski (Clayton Valley)	16:25	1995
18. John Marden (Mission San Jose)	16:27	1977
19. Keith Kennedy (San Leandro)	16:29	1993
20. Mekonen Fekadu (Santa Rosa)	16:43	1995
21. Todd Martinez (Castro Valley)	16:44	1982
22. John Atwood (Castro Valley)	16:45	1993
23. John Kelly (DeLaSalle)	16:47	1993
24. David Cardenas (James Logan)	16:52	1986
25. Chris Hoepker (Encinal)	16:55	1985

GIRLS' VARSITY TOP 25 INDIVIDUALS

1. Kristen Gordon (Carondelet)	19:44	1994
2. Amy O'Connell (University)	19:48	1988
3. Melissa Ackermann (Castro Valley)	19:58	1991
4. Tammy Foley (Mission San Jose)	20:00	1986
5. Elissa Reidy (Mission San Jose)	20:01	1994
6. Sara Jakei (Sonoma Valley)	20:03	1993
7. Lori Reidy (Mission San Jose)	20:14	1994
8. Elice Patterson (Castro Valley)	20:20	1989
8. Val Knalefc (Carondolet)	20:20	1981
10. Jill Ellingson (Hayward)	20:29	1981
11. Jennie Ewing (Castro Valley)	20:33	1996
12. Senhit Dirar (James Logan)	20:34	1995
13. Rachel Mosher (San Leandro)	20:37	1994
14. Susana Ochea (Fairfield)	20:40	1995
15. Alison Lambert (Northgate)	20:42	1994
16. Sydney Thatcher (Encinal)	20:58	1985
17. Kristen Odgaard (Benicia)	21:03	1995
18. Lisa Gillis (Moreau Catholic)	21:05	1994
19. Bridget Cunningham (Castro Valley)	21:29	1981
20. Mei-Ling McNamara (James Logan)	21:29	1991
21. Kim Wilkes (James Logan)	21:31	1991
21. Trina Cox (Santa Rosa)	21:31	1995
22. Jodi Rempel (Castro Valley)	21:33	1986
23. Katie Hotchkiss (Mission San Jose)	21:34	1996
24. Vicki Knalefc (Carondolet)	21:35	1981
24. Catherine Payne (Berkeley)	21:35	1986