

1
We

9
Love

9
to

9
Run!

CASTRO VALLEY HIGH SCHOOL

TROJAN

Cross --CC-> Country

INVITATIONAL

Castro Valley High School

Trojan --CC--> Invitational

Cross Country

TEAMS PARTICIPATING TODAY

Alameda

Alhambra

American

Analy

Antioch

Arroyo

Beacon

Benicia

Bishop O'Dowd

Canyon Middle School

Carondelet

Castro Valley

Chinese Christian

College Park

Creekside Middle School

De La Salle

Dublin

El Molino

Foothill

Freedom

Hayward

Iolani (Honolulu)

Irvington

Lincoln (Stockton)

Logan

Miramonte

Mission San Jose

Monte Vista

Mt. Diablo

Oakland

Paradise

Petaluma

Rancho Cotate

San Leandro

San Lorenzo

Santa Rosa

St. Joseph's

Westmoor

Windsor

Washington

Ygnacio Valley

***The
Canyon
Course***

Top

Runners

All Schools

Canyon Course -- Top 25 Boys' Frosh-Soph -- All Runners

	A	B	C	D	E	F
1	1	11:08	Calvin	Gaziano	Castro Valley	1982
2	2	11:23	John	Bass	Castro Valley	1982
3	3	11:49	Kyle	Kessler	Castro Valley	1979
4	3	11:49	Anthony	Lopez	Ygnacio Valley	1997
5	5	11:51	Mohammed	Abdul	Westmoor	1995
6	6	11:55	Larry	Guinee	Castro Valley	1977
7	7	11:56	Paul	Denzler	Castro Valley	1986
8	8	11:57	Zach	Ardell-Smith	San Leandro	1997
9	9	12:02	Chad	Foster	James Logan	1994
10	10	12:03	John	Atwood	Castro Valley	1991
11	11	12:04	Dave	Shea	Castro Valley	1978
12	12	12:06	Doug	Rogers	Castro Valley	1977
13	13	12:11	Shane	Dulaney	Castro Valley	1994
14	14	12:15	Matt	Guerino	Castro Valley	1986
15	14	12:15	Chris	Hernandez	Antioch	1996
16	16	12:16	Enrique	Henriquez	San Leandro	1994
17	17	12:17	Dave	Anderson	Castro Valley	1977
18	18	12:19	Steve	Mayberry	Castro Valley	1979
19	18	12:19	Dennis	McDonald	Mt. Eden	1977
20	20	12:20	Todd	Saunders	Castro Valley	1986
21	21	12:21	Jason	DeSelle	Montgomery	1995
22	21	12:21	Damien	Dulaney	Castro Valley	1995
23	23	12:23	Steve	Stevenson	Castro Valley	1977
24	24	12:25	Adam	Gosha	Elsie Allen	1998
25	25	12:26	Alex	Cardiasmenos	Castro Valley	1998

Canyon Course -- Top 25 Girls' Junior Varsity --all runners

1	14:03	Susan	Chan	Monte Vista	1998
2	14:56	Leslie	Chandler	Lincoln (Stockton)	1997
3	15:04	Christine	Castelanelli	Tokay	1994
4	15:05	Kristine	Musante	Clayton Valley	1995
5	15:22	Lisa	Bostjanich	Acalanes	1996
6	15:23	Amy	Hilliard	Antioch	1997
7	15:26	Melissa	Hawley	Rancho Cotate	1996
8	15:29	Ana	Lopez	Antioch	1996
9	15:31	Caitlin	Smith	St. Joseph's	1998
10	15:35	Nancy	Beigel	Ygnacio Valley	1995
11	15:35	Karen	Chan	Oakland	1997
11	15:35	Jesselle	Loss	Castro Valley	1996
13	15:36	Trish	Chung	Castro Valley	1996
13	15:36	Jody	Nickolopoulos	Castro Valley	1997
15	15:39	Colleen	McGrellis	Castro Valley	1997
15	15:39	Sherry	Duong	Oakland	1998
15	15:39	Katie	Pasquale	Monte Vista	1998
18	15:45	Stefanie	Nunez	Antioch	1998
19	15:46	Senhit	Dirar	James Logan	1996
20	15:48	Andrea	Comer	Castro Valley	1992
21	15:49	Karen	Attard	Northgate	1997
22	15:51	Kaitlyn	Shipe	Lincoln	1998
23	15:54	Marissa	Gighlieri	Clayton Valley	1995
24	15:57	Christina	Oliver	Lincoln	1998
25	16:00	Susan	Kang	American	1997

Canyon Course - Top 25 Boys' Junior Varsity - All Runners

1	12:14	Paul	Warrin	Castro Valley	1979
2	12:25	Bryan	Quick	Castro Valley	1980
3	12:28	Justin	Coffeen	Castro Valley	1996
4	12:30	Scott	Craig	Castro Valley	1979
4	12:30	Tom	Vertrees	Castro Valley	1979
6	12:32	Mike	Cranci	DeLaSalle	1997
7	12:34	Jordan	Jarosz	St. Mary's	1992
8	12:40	Delmar	Bodin	Castro Valley	1980
9	12:44	Andrew	Ostler	Mission San Jose	1996
10	12:45	Justin	Griffin	San Leandro	1996
10	12:45	Kenpei	Yamamoto	Castro Valley	1997
10	12:45	Alex	Kramer	DeLaSalle	1997
13	12:48	Damien	Dulaney	Castro Valley	1996
14	12:50	Steve	Stevenson	Castro Valley	1980
14	12:50	Kentoku	Yamamoto	Castro Valley	1996
14	12:50	Gene	Boles	Castro Valley	1980
14	12:50	Brian	Grist	Antioch	1998
18	12:52	Brian	Agnew	Mission San Jose	1979
19	12:53	John	Davidson	Castro Valley	1980
19	12:53	Calvin	Becerra	DeLaSalle	1997
19	12:53	Nick	Brown	College Park	1998
22	12:54	Dave	Brehmer	Castro Valley	1980
22	12:54	Josh	Kalsbeek	Castro Valley	1996
24	12:55	Adam	Davis	Clayton Valley	1995
24	12:55	Greg	Collins	DeLaSalle	1995

Canyon Course -- Top 50 Girls' Varsity -- all runners

1	18:13	Kristin	Gordon	Carondelet	1996
2	18:33	Sarah	Bei	Montgomery	1997
3	18:35	Trina	Cox	Santa Rosa	1997
4	18:57	Amy	Loper-Riley	Alhambra	1998
5	19:16	Katie	Hotchkiss	Mission San Jose	1997
6	19:21	Jennie	Ewing	Castro Valley	1996
7	19:46	Janie	Nolan	Antioch	1998
8	19:48	Amy	O'Connell	University	1994
9	19:55	Katie	Martin	Irvington	1997
10	19:58	Melissa	Ackermann	Castro Valley	1991
11	20:00	Tammy	Foley	Mission San Jose	1986
12	20:01	Elisa	Reidy	Mission San Jose	1994
13	20:03	Sara	Jakel	Sonoma Valley	1993
14	20:10	Lindsay	Johnson	Santa Rosa	1996
15	20:11	Megan	Newton	Foothill	1998
16	20:13	Jessica	Neu	Alhambra	1998
17	20:14	Lori	Reidy	Mission San Jose	1994
18	20:20	Val	Knalefc	Carondelet	1981
18	20:20	Elice	Patterson	Castro Valley	1989
20	20:21	Sky	Bambauch	James Logan	1997
221	20:22	Megan	Andrade	Carondelet	1998
22	20:26	Katie	Stafford	Santa Rosa	1998
23	20:27	Lisa	Gillis	Moreau Catholic	1996
24	20:28	Monique	Melara	College Park	1997
25	20:29	Jill	Ellingson	Hayward	1981
26	20:30	Kerri	Bock-Williams	Carondelet	1996
26	20:30	Kelly	Piantinesi	Carondelet	1996
26	20:30	Anna	Shaver	Santa Rosa	1998
29	20:31	Kirsten	Odegaard	Benicia	1996
30	20:34	Senhit	Dirar	James Logan	1995
31	20:40	Susana	Ochea	Fairfield	1995
32	20:41	Courtney	Stewart	Castro Valley	1998
33	20:42	Alison	Lambert	Northgate	1994
34	20:47	Luana	Espana	Moreau Catholic	1996
35	20:48	Ali	Nicolas	Lincoln	1998
36	20:50	Katie	Wallace	Antioch	1998
37	20:52	Sarah	Walker	Alameda	1998
38	20:56	Colleen	McGrellis	Castro Valley	1998
38	20:56	Jaclyn	Shaughnessy	Lincoln	1998
40	20:58	Sydney	Thatcher	Encinal	1985
41	20:59	Amber	Hendrix	Moreau Catholic	1998
42	21:02	Terri	O'Brien	Moreau Catholic	1997
43	21:04	E.	Berloye	College Park	1996
43	21:04	Lisa	Wad	Rocklin	1997
45	21:07	Spring	Dawson	Vallejo	1998
45	21:07	Katie	Lee	San Ramon Valley	1998
47	21:11		Carillo	Carondelet	1998
47	21:11	Angela	Flood	Antioch	1998
49	21:12	Janie	Mangiardi	Mission San Jose	1998
50	21:15	Jackie	Prange	Santa Rosa	1997
50	21:15	Larisa	Solozhuk	Hayward	1998

Canyon Course -- Top 50 Boys' Varsity -- all runners

1	15:25	Calvin	Gaziano	Castro Valley	1984
2	15:57	Jon	Stevens	Mission San Jose	1997
3	16:00	Celedonio	Rodriguez	Elsie Allen	1998
4	16:03	David	Rodriguez	Mission San Jose	1996
5	16:04	John	Bass	Castro Valley	1982
6	16:05	Dave	Shea	Castro Valley	1980
7	16:10	Tom	Prindiville	DeLaSalle	1995
8	16:13	Larry	Guinee	Castro Valley	1979
9	16:14	Kyle	Kessler	Castro Valley	1981
9	16:14	Jay	Marden	Mission San Jose	1979
11	16:15	Jeremy	Seven	DeLaSalle	1989
12	16:16	Rich	Read	Mission San Jose	1979
13	16:19	Dave	Anderson	Castro Valley	1980
14	16:20	Mike	Spencer	Castro Valley	1982
14	16:20	Steve	Strangio	Mission San Jose	1977
16	16:21	Micheil	Jones	Livermore	1995
17	16:23	Kevin	Berkowitz	Hayward	1989
17	16:23	Steve	Mayberry	Castro Valley	1981
19	16:25	Ken	Romiguere	Canyon	1977
19	16:25	Mike	Wojciechowski	Clayton Valley	1995
21	16:27	John	Marden	Mission San Jose	1977
21	16:27	Dave	Vigil	College Park	1997
23	16:29	Keith	Kennedy	San Leandro	1993
24	16:30	Mohammed	Abdul	Westmoor	1997
25	16:43	Mekkonen	Fekadu	Santa Rosa	1995
26	16:44	Todd	Martinez	Castro Valley	1982
27	16:45	John	Atwood	Castro Valley	1993
28	16:46	Chris	Hernandez	Antioch	1997 & 98
28	16:46	Tim	Layden	DeLaSalle	1997
28	16:46	Jeff	Stordahl	San Ramon	1997
31	16:47	John	Kelly	DeLaSalle	1993
32	16:48	Craig	Lee	College Park	1997
33	16:49	Manuel	Mendoza	Westmoor	1997
34	16:50	Chad	Foster	James Logan	1996
34	16:50	Anthony	Lopez	Ygnacio Valley	1998
36	16:52	David	Cardenas	James Logan	1986
36	16:52	Todd	Hunt	Novato	1996
38	16:53	Anthony	Lopez	Ygnacio Valley	1997
39	16:54	Brian	Engleton	DeLaSalle	1997
40	16:55	Chris	Hoepker	Encinal	1985
40	16:55	Alex	Mason	St. Joseph's	1998
42	16:56	Bobby	Rivera	Newark-Memorial	1984
43	16:57	Paul	Denzler	Castro Valley	1988
44	16:59	Jason	Atwood	Castro Valley	1988
45	17:00	Jeff	Wang	College Park	1997
46	17:01	Enrique	Henriquez	San Leandro	1995 & 96
46	17:01	Amadu	Kamara	Santa Rosa	1995
46	17:01	Alex	Kexel	Alameda	1998
46	17:01	Zach	Ardell-Smith	San Leandro	1998
50	17:02	Mike	Chastaine	Mission San Jose	1977

The Canyon Course

Top

Team Times

All Schools

Canyon Course Top 10 Team Times -- Girls' Varsity (3.0 miles)

	A	B	C	D	E	F	G	H
1	102:37	Carondelet	10/12/96	Kristen Gordon 18:13	Kelly Plantenesi 20:30	Kern Bock-Williams 20:30	Kristen Hart 21:40	Katie Nash 21:40
2	105:36	Santa Rosa	10/11/97	Tina Cox 18:35	Lindsay Johnson 21:14	Jackie Prange 21:15	Katie Stafford 22:09	Anathea Meade 22:23
3	106:45	Montgomery	10/11/97	Sarah Bei 18:33	Shewit Haile 21:24	Diana Rancourt 21:36	April Melvino 22:13	Alisha McCon 22:59
4	108:28	Castro Valley	10/31/95	Jennie Ewing 19:21	Val Lim 22:13	Ashli Tingle 22:18	Stephanie Weisman 22:2	Jenni Forsman 22:29
5	109:22	Carondelet	9/22/81	Val Krafec 20:20	Vicki Krafec 21:35	Colleen Strout 21:51	Nor. DeBettencourt 22:3	Aileen McCarthy 23:04
6	109:42	Castro Valley	10/19/89	Melissa Ackermann 20:12	Elice Patterson 20:45	Alisha Berry 22:07	Aissa Waiswlos 22:55	Heather Granzow 23:43
7	109:56	Carondelet	9/25/98	Megan Andrade 20:22	A. Carlo 21:11	Kasie Cannon 22:34	A. Wheeler 22:53	Erin Mackay 22:56
8	109:45	Carondelet	9/14/94	Kristen Gordon 19:44	Katie Owen 21:58	Colleen FitzPatrick 22:20	Megan Goddard 22:43	Cerene Hanika 23:00
9	110:08	Santa Rosa	10/12/96	Tina Cox 19:17	Lindsay Johnson 20:10	Katie Stafford 21:16	Anathea Meade 23:36	Byanna Harris 25:49
10	110:15	Northgate	9/22/94	Alison Lambert 20:42	Lisa Kow 22:07	Aly Wolfe 22:20	Brooke Wheeland 22:35	Megan Lathrop 22:41

Canyon Course Top 10 Team Times -- Girls' Junior Varsity (2.1 miles)

1	84:12	Castro Valley	10/31/96	Jesselle Loss 15:35	Trish Chung 15:36	Allissa Horejsi 16:15	Teresa Ko 16:29	Nicole Watt 18:17
2	84:22	Clayton Valley	10/14/95	Kristine Musante 15:05	Mansa Ghiglieri 15:54	Mancela Villalobos 16:27	Mariele Littorno 18:28	Rayna Kamerzoll 18:28
3	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
4	85:20	Carondelet	10/12/96	Carolyn King 16:15	Melanie Pascual 16:38	Karen Hilliard 17:23	Amanda Scott 17:26	Brienne Dawson 17:35
5	85:27	James Logan	10/12/96	Danielle Price 16:01	Myeshia Reed 16:45	Sara Paige 17:20	Sunja Watson 17:24	Gwen Rossell 17:58
6	85:32	James Logan	10/14/95	Sky Bambauch 16:24	Gwen Rossell 17:02	Karen Wetzell 17:09	Amanda Townsend 17:12	Kibbi Bodden 17:45
7	85:33	Tokay	10/8/94	Chris Castelanelli 15:04	Laura Roach 16:36	Jackie Vitale 17:44	Luom. Nguyen 17:54	Phuon Le 18:15
8	85:56	Northgate	9/22/94	Chrissie Cattalini 16:26	Chris Whatmosley 16:31	Monica Rosiko 16:59	Jenny Fickert 18:00	Kristen Sheppard 18:00
9	86:01	Castro Valley	10/13/94	Ja. Nickolopoulos 16:51	MaryAnn Bingham 17:04	Lisa Clancy 17:19	Dina Gizatulini 17:20	Steph Weisman 17:27
10	86:20	Moreau Catholic	10/13/94	Mansa Wilson 16:46	Barbara Garcia 16:56	Siobhan Guthrie 17:17	Steph Nethercott 17:38	Michelle Harris 17:43

Canyon Course Top 10 Team Times -- Girls' Frosh-Soph (2.1 miles)

1	77:49	San Marin	10/11/97	Emily Nielsen 14:48	Laurel Kellner 15:16	Adrienne Walera 15:37	Maxine Bandner 15:40	Jessie Standish 16:18
2	77:54	Lincoln	10/11/97	Ali Nicolas 14:26	Katie Lindell 15:19	J. Shaughnessy 15:30	Elizabeth Atkinson 15:40	Amy Frush 16:59
3	78:04	James Logan	10/8/94	Senhit Dirar 14:33	Jenn Bridgeman 14:53	Sky Bambauch 15:34	Danielle Price 16:12	Amanda Garbe 16:52
4	78:12	Lincoln	10/12/96	Ali Nicolas 14:48	J. Shaughnessy 15:01	Leslie Chandler 15:49	Emily Mah 16:13	Becky Lindenberg 16:21
5	79:06	Alhambra	10/11/97	Amy Loper-Riley 13:32	Jessica Neu 14:25	Mandy Bynum 15:51	Heather Stephans 16:29	Kimberly Baer 18:39
6	79:26	Antioch	10/11/97	D. Moore 14:35	G. Richmond 15:56	K. Wallace 16:05	A. Anquiano 16:25	J. Townsend 16:26
7	80:08	Montgomery	10/14/95	Diana Rancourt 15:01	Shewit Haile 16:00	Megan McRae 16:04	Amy Bei 16:21	Brittany Allard 16:42
8	81:57	Castro Valley	10/19/95	Angela Atwood 15:54	Jenni Forsman 16:21	GayLynn Pettersen 16:24	Mansa Lam 16:38	Jesselle Loss 16:40
9	82:01	Castro Valley	10/11/97	Courtney Stewart 15:12	Jessica Groome 16:14	Trish Chung 16:14	Bonnie McGrellis 16:17	Suzy Dodge 18:04
10	82:24	Analy	10/12/96	Dirkje Dunham 14:45	Ariana Canova 15:39	J. Franceschine 16:11	Sarah Winter 17:11	Kristen Wegner 18:38

Canyon Course Top 10 Team Times -- Boys' Varsity (3.0 miles)

1	83:41	Castro Valley	10/30/80	Dave Shea 16:05	Dave Anderson 16:19	Kyle Kessler 16:25	Steve Mayberry 17:17	Brian Quick 17:35
2	84:31	Mission San Jose	9/29/77	Steve Strangio 16:20	John Marden 16:27	Mike Chastaine 17:02	Scott Rugging 17:17	Rich Reed 17:25
3	84:50	College Park	10/11/97	David Vigil 16:27	Craig Lee 16:48	Jeff Wang 17:00	Chris Rust 17:15	Sina Aboutalebik 17:20
4	85:20	DeLaSalle	10/11/97	Tim Layden 16:46	Brian Engleton 16:54	Ryan Stanton 17:03	Darren Silti 17:06	Chris Wheeler 17:31
5	85:46	Castro Valley	9/18/80	Dave Anderson 16:38	Dave Shea 16:59	Steve Mayberry 17:02	Kyle Kessler 17:26	Brian Quick 17:41
6	85:55	Castro Valley	10/25/77	Ken Romiguere 16:26	Charlie Harb 17:15	Dave Fisher 17:17	Scott Flagg 17:27	Tom Jensen 17:30
7	86:11	Castro Valley	10/18/79	Larry Guinee 16:13	Dave Anderson 17:25	Phil Duncan 17:25	Dave Shea 17:25	Tom Vertrees 17:43
8	86:12	Castro Valley	10/15/81	Kyle Kessler 16:14	Steve Mayberry 16:23	Mike Spencer 17:31	Sasa Illijin 17:38	Dave Brehmer 18:26
9	86:18	Mission San Jose	9/19/79	Jay Marden 16:14	Rich Reed 16:16	John Carey 17:10	Bruce Muleahy 18:17	Steve Wogslund 18:21
10	86:37	DeLaSalle	10/12/96	Tom Prindiville 16:11	Jeff George 17:20	Sean Kenady 17:23	Ryan Stanton 17:48	Matt Click 17:55

Canyon Course Top 10 Team Times -- Boys' Junior Varsity (2.1 miles)

1	64:44	DeLaSalle	10/11/97	Mike Caranci 12:32	Calvin Becerra 12:53	Matt Green 13:01	Dan Olson 13:09	Henry Martinez 13:09
2	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
3	65:53	Castro Valley	9/25/80	Brian Quick 12:25	Dave Brehmer 12:54	Gene Boles 13:10	John Davidson 13:36	Steve Stevenson 13:48
4	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
5	66:30	Castro Valley	10/13/76	Scott Craig 12:52	Tom Vertrees 13:12	Robert Hordyk 13:20	Phil Duncan 13:25	Dave Quigley 13:41
6	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
7	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
8	66:58	DeLaSalle	9/18/80	Phil Molina 13:09	Greg Dechar 13:14	Tom Wanker 13:24	Brian Amador 13:30	Jim Francis 13:41
9	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
10	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

Canyon Course Top 10 Team Times -- Boys' Frosh-Soph (2.1 mil)

1	62:49	Castro Valley	10/26/77	Larry Guinee 11:55	Dave Anderson 12:22	Rich Leisgold 12:43	Dave Shea 12:48	
2	62:54	Castro Valley	10/19/77	Doug Rogers 12:06	Steve Stevenson 12:23	Dave Anderson 12:40	Larry Guinee 12:43	
3	63:41	Castro Valley	10/16/86	Paul Denzler 11:56	Todd Saunders 12:20	Matt Guerino 12:38	Mark Wallace 12:58	
4	63:52	Castro Valley	10/30/86	Paul Denzler 11:56	Matt Guenno 12:15	Todd Saunders 12:35	Tony Bazzano 13:18	
5	63:53	Castro Valley	9/28/77	Larry Guinee 12:19	Doug Rogers 12:37	Dave Shea 12:42	Dave Anderson 12:59	
6	63:57	Castro Valley	10/24/91	John Atwood 12:03	Kevin Strharsky 12:37	Michael Furuyama 12:58	Danny Furuyama 13:03	
7	64:57	Castro Valley	10/18/79	Kyle Kessler 11:49	Steve Mayberry 12:19	Dave Brehmer 13:20	Delmar Bodin 13:29	
8	64:59	Castro Valley	10/13/94	Shane Dulaney 12:11	Henry Patterson 12:43	Troy Sammons 13:08	Redmond Huen 13:18	
9	65:06	DeLaSalle	10/11/97	Adam Yergovich 12:45	Devin Callister 12:57	Andrew Gardner 13:00	Mike Koro 13:11	
10	65:08	Castro Valley	9/22/77	Larry Guinee 12:42	Dave Shea 13:02	Doug Rogers 13:07	Steve Stevenson 13:08	

Canyon Course Top 10 Team Times -- Boys' Frosh (2.1 miles)

1	66:44	DeLaSalle	10/11/97	Mike Randazzo 12:40	Alan Bayless 12:51	Mike Yowe 13:41	Greg Varno 13:42	Peter Francis 13:50
2	68:15	Castro Valley	10/9/93	Shane Dulaney 13:03	Henry Patterson 13:06	Mike Boruta 13:40	Joe Willits 14:06	Troy Sammons 14:20
3	68:53	Mission San Jose	10/11/97	Daniel Rodriguez 13:08	Jeff Squire 13:40	Tov Fisher-Krishner 13:58	Elliot Hughes 14:03	Eriend Hanson 14:06
4	69:11	Castro Valley	10/11/97	Alex Cardiasmenos 13:14	Kevin Dickson 13:33	Bobby Puppione 14:00	Dan Groom 14:09	Eric Severson 14:15
5	69:11	Castro Valley	10/8/94	Damien Dulaney 12:50	Dan Bellone 13:43	Brad Dickson 13:48	Justin Coffeen 14:03	Josh Klaisbeek 14:47
6	70:34	Ygnacio Valley	10/12/96	Anthony Lopez 12:50	Steven Tveter 13:22	Michael Craxton 14:00	Ryan Heinzel 14:36	Jess Pomeroy 15:46
7	71:27	Castro Valley	10/14/95	Dru Mellon 13:58	Andrew Fung 14:00	Rob Arndt 14:03	Josh Blunt 14:33	Keith Gidlund 14:53
8	72:01	DeLaDalle	10/12/96	Adam Yergovich 13:55	Devin Callister 13:59	Shris Spain 14:23	Kasian Klute 14:41	Andrew Gardner 15:03
9	72:46	Lincoln	10/12/96	Tith Phan 14:10	F. Fernandez 14:16	Sam Askey 14:30	Paul Wolf 14:35	Ryan Wagner 15:15
10	72:50	DeLaSalle	10/8/94	Mike Rostkowski 13:49	Nisio Lucchesi 14:18	Tim Layden 14:34	Sean O'Callahan 15:02	Peter Lucchese 15:07

1998

TROJAN

INVITATIONAL

RESULTS

1997 Castro Valley
 Cross --CC-->
 Country
 Invitational
 Canyon Middle School
 Saturday, October 11, 1997

Boys' /Frosh (2.1 miles)

1.	Mike	Randazzo	DLS	12:40
2	Alan	Bayless	DLS	12:51
3	Daniel	Rodriguez	MSJ	13:08
4	Alex	Cardiasmenos	CV	13:14
5	Patrick	Boivin	ROCK	13:25
6	Kevin	Dickson	CV	13:33
7	Vuthy	Phan	LIN	13:36
8	Jeff	Squire	MSJ	13:40
9	Mike	Yowe	DLS	13:41
10	Greg	Varno	DLS	13:42
11	Keith	Filippi	AM	13:43
12	Byard	Justin	ROCK	13:45
13	Peter	Francis	DLS	13:50
14	Andy	Dewey	ELMO	13:55
15	Tov	Fisher-Krishner	MSJ	13:56
16	N.	Bernen	DLS	13:58
17	Bobby	Puppione	CV	14:00
18	Elliot	Hughes	MSJ	14:03
19	John	Woodside	BEN	14:04
20	Eriend	Hanson	MSJ	14:06
21	Steve	Holcombe	LIN	14:07
22	Dan	Groome	CV	14:09
23	Eric	Sevenson	CV	14:15
24	Chris	Bell	HAY	14:22
25	Chris	Eggers	AM	14:33
26	Will	Stuber	DLS	14:34
27	Doug	Housman	BEN	14:35
28	Mario	Cuellar	WEST	14:35
29		Williams	DLS	14:38
30	Yuri	Nosenko	CV	14:42
31	Matt	Stanglin	LIN	14:45
32	Andrew	Murphy	BEN	14:47
33		Croggian	DLS	14:51
34		DeLaCruz	DLS	14:52
35	Dylan	Cheasty	Alb	14:55
36		Armstrong	DLS	14:57
37	Bill	Bishop	Ben	14:59
38	Scott	Nishi	Rock	15:01
39		Magabo	DLS	15:05
40	Jason	Euren	Rock	15:06
41	Nick	Franklin	UK	15:07
42	Greg	Arevalo	DLS	15:25
43	Derek	David	DLS	15:31
44	Yasayki	Pham	MSJ	15:33
45	Erik	Nunes	SLZ	15:36
46	Jason	Lace	MSJ	15:42
47		Bacon	DLS	15:44
48	Luke	Keesan	UK	15:46
49	Zack	Richards	Alb	15:46
50	Matt	Alloway	Mira	15:55
51	Kong	Nguyen	Lin	15:57
52	Auron	Johnson	alb	15:58
53	Frank		DLS	16:07

54	Johnathan	Wong	West	16:08
55		Stanton	DLS	16:10
56		Noonay	DLS	16:14
57	Ryan	Rannister	Mira	16:14
58	Travis	Williams	Rock	16:15
59	kendall	Clark	Lin	16:18
60	Shawn	Dixon	Lin	16:19
61	Steve	Nam	Mira	16:24
62	Ken	Drew	UK	16:25
63	Evan	Sy	Lin	16:36
64	Jeramiah	Tapia	Hay	16:37
65	Stephen	Chhit	Lin	16:50
66	Chum		Lin	16:59
67	Alan	Poon	Ben	17:00
68	Matt	Fwikawa	Alab	17:04
69	James	Daniels	Am	17:51
70	Ehtisham	Hasan	West	18:09
71	Bernard	Mesa	West	18:09
72		Brown	DLS	18:10
73	Michel	Edwards	Alb	19:19
74	Will	Pang	Am	21:55

Scores:

DeLaSalle	34
MSJ	63
CV	69
Rocklin	153
Lincoln	162
Benicia	192
Albany	207

Girls Frosh/Soph (2.1 miles)

1	Amy	Loper Riley	ALH	13.32
(new course record; old record 14:33 Senhit Dirar, Logan, 1994)				
2	Jessica	Neu	ALH	14.25
3	Ali	Nicolas	Lincoln	14.26
4	D.	Moore	ANT	14.35
5	Emily	Nielsen	SM	14.58
6	Megan	Newton	Foot	15:00
7	Bahati	Bodden	JL	15:09
8	Sarah	Bashel	Mont	15:09
9	Courtney	Stewart	CV	15:12
10	Laurel	Kellner	SM	15:16
11	Katie	Lindell	LIN	15:19
12	Jacyin	Shaughnessy	LIN	15:30
13	Adrienne	Walera	SM	15:37
14	Elizabeth	Atkinson	LIN	15:40
15	Maxine	Bandner	SM	15:40
16	Ariana	Canova	ANA	15:47
17	Shanita	Bryant	YV	15:50
18	Lauren	Ho	West	15:50
19	Mandy	Bynum	ALH	15:51
20	Mindy	Eastman	YV	15:53
21	G.	Richmon	ANT	15:56
22	Meagan	McNabola	SH-C	16:04
23	K.	Wallace	ANT	16:05
24	Karen	Wong	HAY	16:05
25	Michelle	Bokamper	ARR	16:06
26	Elaina	Vigil	DUB	16:09
27	Jessica	Comaskey	SH-C	16:11
28	Jessica	Groome	CV	16:14
29	Trisha	Chung	CV	16:14
30	Sarah	Higgins	BEN	16:14

31	Vanessa	Jeong	SL	16.15
32	Bonnie	McGrellis	CV	16.17
33	Jessie	Standish	SM	16.18
34	Carrie	McIntyre	HAY	16:20
35	A.	Anguiano	ANT	16:24
36	J.	Townsend	ANT	16:26
37	Christina	Lay	MSJ	16.2
38	Heather	Stephans	ALH	16:29
39	Elicia	Roberson	Foot	16:32
40	L.	Simoncini	ANT	16:33
41	L.	Duarte	ANT	16:36
42	Vasanth	Kolavennu	MSJ	16:37
43	A.	Flood	ANT	16:45
44	Molly	Banks	MIRA	16:52
45	Sobhan	Uniacke	SH-C	16:53
46	Alison	Groeger	SH-C	16:58
47	Marisa	Aguilar	SC-H	16:58
48	Whitney	Lansen	Wood	16:59
49	Ashley	Frush	LIN	16:59
50	Sharlene	Capas	Wash	17:03
51	Suzie	James	DUD	17:03
52	Melissa	Vivian	AM	17:12
53	Katia	Sulonen	Elmo	17:19
54	Sara	Belding	Elmo	17:20
55	Denise	Berndt	Elmo	17:21
56	Sarah	Donnelly	CP	17:33
57	Betsy	Sale	CP	17:37
58	Kristen	Weger	ANA	17:41
59	Jamie	Rooke	LIN	17:44
60	Melissa	Ma	MIRA	17:47
61	Abby	Rains	AM	17:59
62	Suzanne	Dodge	CV	18:04
63	Christina	Ander	CP	18:11
64	Lena	Condrashoff	YV	18:20
65	Courtney	Doyle	SH-C	18:26
66	Michelle	Lawton	CV	18:26
67	Christina	Rincon	SH-C	18:26
68	S.	Spring	ANT	18:29
69	Teri	Baker	CP	18:34
70	Amrita	Grewal	Wash	18:36
71	Kimberly	Baer	ALH	18:39
72	Nanyamka	Scott	Wash	18:43
73	Connie	Chen	MIRA	18:45
74	Gloria	Chin	MIRA	18:46
75	Anna	Challet	SH-C	18:54
76	Kaitlyn	Capella	ANA	18:55
77	Crystal	Carillo	West	18:58
78	Bianka	Simonpou	YV	19:02
79	Tiffany	Leung	LIN	19:04
80	Haley	Garrell	HAY	19:11
81	Thann	Lau	JL	19:15
82	Jennifer	W.	ANA	19:15
83	Clair	McClung	ANA	19:19
84	Marissa	DeLaTorre	YV	19:20
85	Jayne	Nunes	JL	19:26
86	Rebecca	Mata	CP	19:27
87	Lauren	Carroll	SAC	19:47
88	Amanda	Jeffs	AM	19:51
89	Mary	Mallone	FREE	19:58
90	Amanda	Dickson	MSJ	20:05
91	Emily	Messleroad	DUB	20:12
92	Stephanie	Kendall	ALH	20:15
93	Kristal	Dorrance	DUB	20:17
94	Erin	Hunt	SL	20:27
95	Katie	Maloon	ARR	20:30

Freedom	328
San Rafael	344
Analy	349
Miramonte	364
CV	377

Girls JV (2.1 miles)

1	Leselie Chandler	LIN	14:56
2	A Hilliard	ANT	15:23
3	Karen Chan	OAK	15:35
4	Jaclyn Attard	NG	15:49
5	Susan Kawg	AM	16:08
6	R. Hoerntlien	ANT	16:15
7	Anne Galley	BEN	16:24
8	Jackie White	SROSA	16:27
9	Stephanie Terrasa	MSJ	16:46
10	HaeSun NAM	NG	16:52
11	Agnes Sieminski	MSJ	16:55
12	Diana Holcombe	MSJ	16:55
13	Christina Dry	ELMO	16:55
14	T. Fowler	ANT	16:57
15	Annigie Witerdecker	MIRA	17:07
16	Jennifer Berry	UK	17:10
17	Jennifer McKean	DV	17:28
18	Laura Angel	DV	17:18
19	Wendy Mock	SL	17:22
20	Katie Collins	UK	17:24
21	Michele Tobia	CV	17:24
22	Nina Orihuela	Lin	17:27
23	Ellen Freytug	NGATE	17:37
24	Nicole Jaramilo	SROSA	17:40
25	Carol Johnson	SROSA	17:47
26	Lindsey Geribitus	MIRA	17:58
27	Man-Ching Lin	WEST	18:01
28	Jenny Secoguian	ARR	18:01
29	Sabrina Chan	NG	18:08
30	Sara Steiner	UK	18:12
31	Jeanne Dawson	YV	18:13
32	Kristina Ho	WEST	18:25
33	Marcia Wong	CV	18:27
34	Sarah Schubert	DV	18:36
35	Melissa Simonds	LIN	18:48
36	Erin Perry	MONT	18:47
37	Traci Ellis	LIN	18:48
38	Yvonne Heyen	ROCK	18:50
39	Pian Wong	WEST	18:51
40	Francesca Hopkins	RC	18:53
41	C. Henderson	ANT	18:55
42	Erin Armstrong	LIN	19:00
43	Marianna Anya	OAK	19:02
44	Andrea Passadore	CV	19:06
45	Elizabeth Rodri	SRAF	19:09
46	Samantha Leach	CV	19:22
47	Jessica Horton	UK	19:30
48	Jessica Kulik	LIN	19:32
49	Heather Scott	LIN	19:34
50	Jennifer Lee	DV	19:35
51	Elaine Yang	NG	19:38
52	Yvonne Yang	NG	19:53
53	Holly MABEN	ROCK	19:54
54	JESSICA HARRRIS	DV	20:06
55	MONICA GIOTTONINI	LIN	20:13
56	DIANA LAM	LIN	20:17
57	ROSHNEE JOSHI	DV	20:24

58	BETH MUZZY	DV	20:26
59	HEATHER CHANG	CV	20:29
60	SHALL PECCROUSE	SROSA	20:36
61	MANDI RANDALL	CV	20:46
62	DYA LETS-POMBO	PITT	20:55
63	CHAN TROUNG	OAK	21:55
64	ALQUISTA RYAN	HAY	22:19
65	ALEXANDRA SOWA	ROCK	22:49
66	BETH OLSON	BK	22:49
67	LINSAY BOSTROM	SROSA	23:26

Scores:

NORTHGATE	50
LINCOLN	57
DEER VALLEY	72
SANTA ROSA	84
CASTRO VALLEY	85

BOYS JV (2.1 miles)

1	MIKE CRANCI	DLS	12:32
2	ALEX KRAMER	UK	12:45
3	CALVIN BECERRA	DLS	12:53
4	LUKE BEHNKE	UK	12:57
5	ANDY CHANG	CV	12:59
6	SHREYAS VIJAYKUMAR	SL	13:00
7	MICHEAL HOLCOMBE	LIN	13:01
8	MATT GREEN	DLS	13:01
9	MYKAL PARSONS	LIN	13:05
10	DAN OLSON	DLS	13:09
11	HENRY MARTINEZ	DLS	13:09
12	DAVID WRIGHT	CP	13:10
13	JASON KENT	ARR	13:19
14	GREG MILLS	MONT	13:19
15	MIKE JEFFS	MSJ	13:23
16	KENNY KINMAN	HAY	13:29
17	JOE PATTERSON	CV	13:36
18	JOE MCCAMMON	CP	13:39
19	JEFF BELEZZOULI	CP	13:39
20	MIKE LEWELLING	LIN	13:40
21	CHRIS GONZALES	CP	13:41
22	MIKE MARKEY	MIRA	13:42
23	JASON CABATINGAN	SRAM	13:44
24	NICK CHAN	MIRA	13:44
25	FERDINAND SUTANTO	NG	13:45
26	EDWARD CHEUNG	CV	13:46
27	REGGIE SALAZAR	WEST	13:49
28	NATHAN KOCH	MONT	13:49
29	NISIO LUCCHESI	DLS	13:52
30	DEREK SAUATGY	CP	13:53
31	KAN ENRIGHT	DLS	13:53
32	JOHN REMENSPERGER	NG	13:54
33	JARED WARPACK	MIRA	13:56
34	RICH COILLOT	DLS	13:57
35	NICK TROIA	UK	13:57
36	TRAVIS STEWART	RC	13:57
37	LENIN RODRIGUEZ	JL	13:58
38	TIM CARLIN	NG	14:01
39	ALEX HUBINSKI	ROCK	14:11
40	DAVID BACON	LIN	14:13
41	RICK KUTA	CV	14:16
42	ROB ARNDT	CV	14:19
43	JIMMY MITCHELL	SRAM	14:19
44	JAY HAMILL	WEST	14:22
45	TREVOR BOTTS	CP	14:23

46	SAM MCGINN	UK	14:23
47	JIMMY NICKOLOPOULOS	CV	14:34
48	KEVIN CHERN	MIRA	14:36
49	WESLEY OWEN	LIN	14:37
50	CHRIS REDADA	WEST	14:38
51	DOMINIC AVITABILE	ANT	14:38
52	WILSON MUI	WEST	14:4
53	JEFF OSTLER	MSJ	14:42
54	BEN MURDOCK	DLS	14:42
55	TOM FITZPATRICK	FOOT	14:42
56	JOHN BAMBAY	SLZ	14:43
57	MATT JOHNSON	FOOT	14:43
58	RICHARD COSTAS	UK	14:44
59	PETE FLORES	DV	14:44
60	RICK LEACH	CV	14:45
61	COLIN HUHGES	MSJ	14:48
62	CHRIS WONG	DV	14:49
63	BRENDAN MACKAY	DLS	14:50
64	SHENG SAECHAO	OAK	14:52
65	VIB MITTAL	MSJ	14:53
66	KIP WHITTAKER	MSJ	14:55
67	MIKE ABBOT	YV	14:58
68	CHRIS BUCHMANN	RC	14:59
69	TOM KIM	JL	14:59
70	PHIROZ AUSTIN	LIN	15:02
71	CAMRAN JAVANDEL	ALB	15:02
72	BRIAN OLSON	ROCK	15:05
73	ALEX SEVILLA	RC	15:06
74	RYAN WONG	WEST	15:11
75	KEVIN MCEARCHERM	DV	15:11
76	NICK ALLEN	SRAM	15:13
77	NICK ARENT	ALB	15:14
78	BRIAM CAUGHELL	SRAM	15:13
79	CODY BORN	YV	15:16
80	RAYNARD SMITH	JL	15:23
81	PAUL HAMMON	MIRA	15:24
82	RAFEAL DEMELLO	DV	15:25
83	EVERTT MONROE	RC	15:28
84	NATHAN MIYASAKI	DV	15:28
85	DANIAL GAINS	CP	15:29
86	ANDREW ROWNEY	DV	15:31
87	AARON TVETER	YV	15:31
88	YIK LAM	MSJ	15:31
89	CHRISTIAN LOPEZ	WOOD	15:32
90	NICK OCCHIPINTI	WEST	15:34
91	MIKE KERBER	DLS	15:35
92	HENRY HUIE	WEST	15:37
93	NICK BANBICO	LIN	15:38
94	JEQUAN ELLIAS	WEST	15:41
95	TOMMY JOHNSON	OAK	15:41
96	BRYAN SITTNER	UK	15:44
97	CHRIS SCHWERATUZER	ALB	15:45
98	JOE FUSTEN	DLS	15:48
99	ALEX GORDAN	WEST	15:56
100	MARIO GOMEZ	CP	16:02
101	MARCES AYALA	WEST	16:06
102	SEAN GEE	JVB	16:15
103	CHRIS DRYDALL	WOOD	16:16
104	ADAM PRESLER	DLS	16:19
105	ALLEN VOLPE	RC	16:29
106	JEFF HARIINGTON	ANT	16:29
107	TIM SNYTH	CP	16:38
108	TOM LURAN	MIRA	16:43
109	TOM MORRIS	WEST	16:43
110	RYLAND KNIGHT	ALB	16:52



FRANK MELLON
Director - Ward 7
Castro Valley, San Leandro
San Lorenzo, Fairview

Canyon Course -- Top 25 Girls' Frosh-Soph -- All runners

1	13:32	Amy	Loper-Riley	Alhambra	1997
2	14:13	Larisa	Solozhuk	Hayward	1998
3	14:19	Jenny	Esser	Foothill	1998
4	14:25	Jessica	Neu	Alhambra	1997
5	14:26	Ali	Nicholas	Lincoln (Stockton)	1997
6	14:29	Sarah	Walker	Alameda	1998
7	14:33	Senhit	Dirar	James Logan	1994
7	14:33	Naomi	Miura	Alameda	1998
9	14:36	Danielle	Moore	Antioch	1997
10	14:38	Courtney	Stewart	Castro Valley	1998
10	14:38	Colleen	McGrellis	Castro Valley	1998
12	14:42	Angela	Iriarte	Antioch	1993
13	14:45	Dirkje	Dunham	Analy	1996
14	14:51	Alyson	Wheeler	Carondelet	1998
15	14:53	Jennifer	Bridgeman	James Logan	1994
16	14:55	Erin	Mackay	Carondelet	1998
17	14:58	Brittany	Hall	Sacred Heart-Cathedral	1996
17	14:58	Emily	Nielsen	San Marin	1997
17	14:58	Betsy	Stevens	Mission San Jose	1994
20	15:00	Megan	Newton	Foothill	1997
21	15:01	Diana	Rancourt	Montgomery	1995
21	15:01	Jaclyn	Shaughnessy	Lincoln (Stockton)	1996
23	15:08	Fiona	Ferguson	Antioch	1993
24	15:09	Sarah	Bashell	Montgomery	1997
25	15:16	Laurel	Kellner	San Marin	1997

Castro Valley Cross --CC--> Country Invitational: A Brief History

TEAM CHAMPIONS		INDIVIDUAL WINNERS			
Junior High:					
1997		Megahn	Berhd	El Molino	8:16
1998		Abdullah	Jamal	Ygnacio Valley	5:57
Coaches					
1993		Dave	Goodrich	San Lorenzo	11:35
1994		Glen	Walder	Dublin	12:28
1995		Brandon	Kelly	DeLaSalle	12:14
1996		Steve	Overgaard	Lincoln	12:04
1997		Mike	Amorosa	Antioch	11:42
1998		Steve	Overgaard	Lincoln	11:41
Boys' Frosh					
1993	Castro Valley	Shane	Dulaney	Castro Valley	13:03
1994	Castro Valley	Damien	Dulaney	Castro Valley	12:50
1995	Castro Valley	Ashera	Dirar	James Logan	13:04
1996	Ygnacio Valley	Micah	Strom	Mission San Jose	12:37
1997	DeLaSalle	Mike	Randazza	DeLaSalle	12:40
1998	DeLaSalle	Beau	Bettinger	Castro Valley	12:50
Girls' Frosh-Soph					
1993	Castro Valley	Angela	Iriarte	Antioch	14:42
1994	James Logan	Senhit	Dirar	James Logan	14:33
1995	Montgomery	Diana	Rancourt	Montgomery	15:01
1996	Lincoln	Dirkje	Dunham	Analy	14:45
1997	San Marin	Amy	Loper-Riley	Alhambra	13:32
1998	Carondelet	Larisa	Solozhuk	Hayward	14:13
Boys' Frosh-Soph					
1993	DeLaSalle	Tom	Gaim	Cook Jr. High	12:38
1994	Novato	Chad	Foster	James Logan	12:02
1995	DeLaSalle	Mohammed	Abdul	Westmoor	11:51
1996	Lincoln	Chris	Hernandez	Antioch	12:15
1997	DeLaSalle	Anthony	Lopez	Ygnacio Valley	11:49
1998	Lincoln	Adam	Gosha	Elsie Allen	12:25
Girls' Junior Varsity:					
1993	Castro Valley	Amy	Clark	Castro Valley	16:54
1994	Tokay	Christine	Castelanelli	Tokay	15:04
1995	James Logan	Kristine	Musante	Clayton Valley	15:04
1996	Carondelet	Melissa	Harvey	Rancho Coatate	15:26
1997	Northgate	Leslie	Chandler	Lincoln	14:56
1998	Lincoln	Susan	Chan	Monte Vista	14:03
Boys' Junior Varsity					
1993	Montgomery	Vincent	Perry	Pittsburg	13:19
1994	Castro Valley	Dan	Ambrose	San Ramon	13:13
1995	DeLaSalle	Adam	Davis	Clayton Valley	12:55
1996	James Logan	Justin	Coffeen	Castro Valley	12:28
1997	DeLaSalle	Mike	Caranci	DeLaSalle	12:32
1998	College Park	Brian	Grist	Antioch	12:50
Girls' Varsity					
1993	Castro Valley	Sara	Jakel	Sonoma Valley	20:03
1994	Castro Valley	Rachel	Moser	San Leandro	20:37
1995	College Park	Senhit	Dirar	James Logan	20:34
1996	Carondelet	Kristen	Gordon	Carondelet	18:13
1997	Santa Rosa	Sarah	Bei	Montgomery	18:33
1998	Santa Rosa	Trina	Cox	Santa Rosa	18:39
Boys' Varsity					
1993	Montgomery	Keith	Kennedy	San Leandro	16:29
1994	Mission San Jose	Keith	Kennedy	San Leandro	17:14
1995	Mission San Jose	Mike	Prindiville	DeLaSalle	16:10
1996	DeLaSalle	David	Rodriguez	Mission San Jose	16:03
1997	College Park	Jon	Stevens	Mission San Jose	15:57
1998	Antioch	Celedonio	Rodriguez	Elsie Allen	16:00

1999

CASTRO

VALLEY

--CC-->

INVITATIONAL

Date: Saturday, October 9, 1999

Location: Canyon Middle School,
Castro Valley

Castro Valley Invitational Features

- challenging hilly course with good spectator visibility
- Junior High race -- see the stars of tomorrow!
- (combined with coaches' race)
- medals galore
- free T-shirts to all coaches who complete the coaches' race
- run JV teams even with SAT depleted varsity
- A race for all age and ability groups

Cross --CC-- Country

Castro Valley High School
19400 Santa Maria Avenue
Castro Valley, CA 94546

Schedule:

<u>Time:</u>	<u>Race:</u>	<u>Distance:</u>	<u>Team Medals:</u>	<u>Individual Medals:</u>	<u>Entries:</u>
9:00	Junior High	1.2 miles	--	all	unlimited
9:00	Coaches	2.1 miles	--	--	unlimited
9:25	Boys' Frosh	2.1 miles	top 2	top 15	unlimited
9:50	Girls' Frosh-Soph	2.1 miles	top 3	top 20	unlimited
10:15	Boys' Frosh-Soph	2.1 miles	top 3	top 20	unlimited
10:45	Girls' Junior Varsity	2.1 miles	top 2	top 15	unlimited
11:10	Boys' Junior Varsity	2.1 miles	top 2	top 15	unlimited
11:40	Girls' Varsity	3.0 miles	top 4	top 25	7 only
12:15	Boys' Varsity	3.0 miles	top 4	top 25	7 only
1:00	Awards Presentation in gymnasium				

1999 CASTRO VALLEY

--CC-->

INVITATIONAL

JV ENTRIES:

Coaches, I know that cross country tends to take a pretty good hit on SAT weekends (like this weekend is sometimes.) So, we are offering the following solution: You may run an incomplete Varsity and a complete JV team if any of your legitimate Varsity are test-taking. Just clear it with me prior to race time.

FEES:

\$7.00 per individual
\$25.00 per team
\$100.00 maximum fee
Make checks out to:

Castro Valley High School.

FACILITIES:

Bathrooms are in the gym.
Please arrive **dressed to run**.
A trainer will be on duty.
There will be a **snack bar**.
T-shirts will be on sale for \$10.00.

ENTRY DEADLINE:

Friday, October 1, 1999

Mail to:

Peter Brewer
Castro Valley High School
19400 Santa Maria Avenue
Castro Valley, CA 94546

Fax to:

Peter Brewer
School Fax: 510-582-3924
Home Fax: 925-945-1510

E-mail:

pcb@internet-frontier.net

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 the hill.

Going East on 580 -- take Center Street exit; turn left on Center and go over 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 the hill.

MEET WILL BE RUN RAIN OR SHINE.

Any Questions?

Feel free to call:

Peter Brewer
At school: 510-537-5910 x470
At home: 925-945-8869.

Feel free to fax:

Peter Brewer
At school: 510-582-3924
At home: 925-945-1510.

Feel free to E-mail:

Peter Brewer
At home: pcb@internet-frontier.net

1999 CASTRO VALLEY --CC-- INVITATIONAL Entry Form

School _____ Coach _____ home phone _____

BOYS:

VARSIITY (7 only)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

FROSH-SOPH (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

JUNIOR VARSITY (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

FROSH (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

GIRLS:

VARSIITY (7 only)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

JUNIOR VARSITY (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

FROSH-SOPH (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Please put any additional names on the back.

COACHES (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

JUNIOR HIGH (unlimited)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Entry deadline Monday, October 1, 1999 Please mail or fax to Peter Brewer:

c/o Castro Valley High School, 19400 Santa Maria Ave, Castro Valley, CA 94546

FAX: (home)925-945-1510 E-mail: pcb@internet-frontier.net Call: H (925) 945-8869 after 9:00 p.m.