

Castro Valley High School Cross Country
with
SPRINGCO ATHLETICS & STEWART'S ROOT BEER
present the

CASTRO VALLEY

2000 ->

**T
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INVITATIONAL**



SATURDAY, OCTOBER 14, 2000
CANYON MIDDLE SCHOOL, CASTRO VALLEY

SCHOOLS PARTICIPATING:

**ALAMEDA
ALHAMBRA
AMERICAN
ANALY
ANTIOCH
ARROYO
BERKELEY
BISHOP O'DOWD
CARDINAL NEWMAN
CARONDELET
CASTRO VALLEY
CHINESE CHRISTIAN SCHOOL
CLAYTON VALLEY
COLLEGE PARK
CRYSTAL SPRINGS UPLAND
DEER VALLEY
DEL CAMPO
DUBLIN
FLORIN
FOOTHILL
HAYWARD
IRVINGTON
KENNEDY -- FREMONT
LIBERTY
LOS BANOS
MILLS
MONTE VISTA
MONTGOMERY
MT. EDEN
OAKLAND
PITTSBURG
RIPON
SAN RAMON VALLEY
STUART HALL
TOKAY
URSULINE
WASHINGTON
WESTMOOR
WINDSOR
YGNACIO VALLEY**

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	--	all	unlimited
9:25	Boys' Frosh	2.1 miles	top 2	top 15	unlimited
9:50	Girls' FS	2.1 miles	top 3	top 20	unlimited
10:15	Boys' FS	2.1 miles	top 3	top 20	unlimited
10:45	Girls' JV	2.1 miles	top 2	top 15	unlimited
11:10	Boys' JV	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				

9:00 JUNIOR HIGH RACE 1.2 MILES

(BOYS' AND GIRLS' RACES COMBINED)

AWARDS: NO TEAM AWARDS

MEDALS TO ALL FINISHERS

Castro Valley High School Cross Country Parents

“Go Trojans !”

PREVIOUS WINNERS

Junior High:

1997	Megahn	Berhdt	El Molino	8:16
1998	Abdullah	Jamali	Ygnacio Valley	5:57
1999	Muaricio	Hurtado	Burbanks, Hayward	6:45

9:00 ALUMNI, COACHES', & PARENTS' RACE (2.1 MILES)

Awards: no team medals
individual medals -- all finishers
t-shirts -- all paid coaches -- present finish tag to T-shirt table

sponsored by Castro Valley High School

Boosters Club

Previous Winners

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
1999	Kevin	Selby	DeLaSalle	11:30

9:25 BOYS'S FROSH RACE (2.1 MILES)

AWARDS: TOP 2 TEAMS, TOP 15 INDIVIDUALS

Sponsored By:

Welte Construction

Previous Winners:

	<u>Team Champion</u>	<u>Individual Winner</u>			
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	Randazzo	DeLaSalle	12:40
1998	DeLaSalle	Beau	Bettinger	Castro Valley	12:50
1999	San Ramon Valley	Nick	Nealy	Crystal Springs Upland	12:52

Top 25 All-Time BFrash Runners on the Canyon course:

1	12:37	Micah	Strom	Mission San Jose	1996
2	12:40	Mike	Randazzo	DeLaSalle	1997
3	12:50	Damien	Dulaney	Castro Valley	1994
3	12:50	Anthony	Lopez	Ygnacio Valley	1996
3	12:50	Beau	Bettinger	Castro Valley	1998
6	12:51	Alan	Bayless	DeLaSalle	1997
7	12:52	Nick	Nealy	Crystal Springs Upland	1999
8	12:53	Stewart	Harwell	DeLaSalle	1998
9	12:54	Chris	Wong	Castro Valley	1998
9	12:54	matt	Callister	DeLaSalle	1999
11	13:00	Jeff	Atwood	San Ramon	1999
12	13:03	Shane	Dulaney	Castro Valley	1993
13	13:04	Ashera	Dirar	James Logan	1995
14	13:06	Henry	Patterson	Castro Valley	1993
15	13:08	Daniel	Rodriguez	Mission San Jose	1997
16	13:14	Alex	Cardiasmenos	Castro Valley	1997
17	13:21	Paul	Kenan	San Ramon	1999
18	13:22	Steven	Tweeter	Ygnacio Valley	1996
19	13:25	Patrick	Balvin	Rocklin	1997
20	13:26	Antonio	Hurtado	Hayward	1999
21	13:27	Jake	Currie	Montgomery	1994
21	13:27	Chris	Garcia	Mission San Jose	1999
23	13:29	John	Martin	San Ramon	1999
23	13:29	Jeremy	Babel	San Ramon	1999
25	13:31	Zane	Welte	Castro Valley	1999

Top All-Time BFrash Team Times:

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
66:51	San Ramon	10/9/99	Jeff Atwood 13:00	Paul Keener 13:21	John Martin 13:21	Jeremy Babel 13:21	Chris Mills 13:32
68:08	Castro Valley	10/10/98	Beau Bettinger 12:50	Chris Wong 12:54	David Stadelman 13:54	Chad Lapum 14:02	Todd Barflow 14:28
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
68:31	DeLaSalle	10/10/98	Stewart Harwell 12:53	Tony Sala 13:42	Bryan Bryne 13:56	Mike Sullivan 13:56	Mark Richeson 14:04
68:53	Mission San Jose	10/11/97	Daniel Rodriguez 13:08	Jeff Squire 13:40	Tov Fisher-Krishner 13:56	Elliot Hughes 14:03	Eriend Hanson 14:06
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
69:11	Castro Valley	10/8/94	Damien Dulaney 12:50	Dan Bellone 13:43	Brad Dickson 13:48	Justin Coffeen 14:03	Josh Kalsbeek 14:47
70:15	Castro Valley	10/9/99	Zane Welte 13:31	Jeff Ribeira 13:42	Thomas Miller 14:06	Lance Cerros 14:13	Dustin Wheeler 14:43
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

9:50 GIRLS' FROSH-SOPH 2.1 MILES

AWARDS: TOP 3 TEAMS, TOP 20 INDIVIDUALS

Sponsored By:

Francesco's
Italian Cuisine

Previous Winners

	<u>team champion</u>		<u>Individual champion</u>		
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
1999	Caronde3let	Stephanie	Byrne	Carondelet	14:16

Top 25 Individuals:

1	13:32	Amy	Loper-Riley	Alhambra	1997
2	14:13	Larisa	Solozhuk	Hayward	1998
3	14:16	Stephanie	Byrne	Carondelet	1999
4	14:19	Jenny	Esser	Foothill	1998
5	14:20	Jennifer	Randazzo	Carondelet	1999
6	14:22	Danila	Musante	Bishop O'Dowd	1999
7	14:25	Jessica	Neu	Alhambra	1997
8	14:26	Ali	Nicholas	Lincoln (Stockton)	1997
9	14:29	Sarah	Walker	Alameda	1998
10	14:33	Senhit	Dirar	James Logan	1994
10	14:33	Naomi	Miura	Alameda	1998
12	14:34	Jenna	George	Carondelet	1999
13	14:36	Danielle	Moore	Antioch	1997
14	14:38	Courtney	Stewart	Castro Valley	1998
14	14:38	Colleen	McGrellis	Castro Valley	1998
16	14:40	Corinne	Roberts	Alameda	1999
17	14:41	Elissa	Briggs	Analy	1999
18	14:42	Angela	Iriarte	Antioch	1993
19	14:45	Dirkje	Dunham	Analy	1996
20	14:51	Alyson	Wheeler	Carondelet	1998
21	14:53	Jennifer	Bridgeman	James Logan	1994
22	14:55	Erin	Mackay	Carondelet	1998
23	14:58	Brittany	Hall	Sacred Heart-Cathedral	1996
23	14:58	Emily	Nielsen	San Marin	1997
23	14:58	Betsy	Stevens	Mission San Jose	1994

Top Team Times:

74:36	Carondelet	10/9/99	Stephanie Byrne	14:16	Jennifer Randazzo	14:20	Jenna George	14:34	Jamie Enea	15:10	Michelle Telfer	15:17
77:47	Carondelet	10/10/98	Alyson Wheelr	14:51	Erin Mackay	14:55	Jenna George	15:42	Taylor Prosek	15:48	Lindsey White	16:31
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
77:54	Lincoln	10/11/97	Ali Nicolas	14:26	Katie Lindell	15:19	Jaclyn Shaughnessy	15:30	Elizabeth Atkinson	15:40	Amy Frush	16:59
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
78:12	Lincoln	10/12/96	Ali Nicolas	14:48	Jaclyn Shaughnessy	15:01	Leslie Chandler	15:49	Emily Mah	16:13	Becky Lindenberg	16:21
78:52	Castro Valley	10/10/98	Courtney Stewart	14:38	Colleen McGrellis	14:38	Jo Ellen Tam	15:53	Suzy Dodge	16:32	Becky Chan	17:11
79:06	Alhambra	10/11/97	Amy Loper-Riley	13:32	Jessica Neu	14:25	Mandy Bynum	15:51	Heather Stephens	16:29	Kimberly Baer	18:39
79:26	Antioch	10/11/97	Danielle Moore	14:35	G. Richmond	15:56	K. Walkace	16:05	A. Anguiano	16:25	J. Townsend	16:26
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

10:15 BOYS' FROSH-SOPH 2.1 MILES

AWARDS: TOP 3 TEAMS, TOP 20 INDIVIDUALS

Sponsored by:

Leo L. Cotella's Co., Inc.
Fresh Produce Wholesale

Previous Winners

	<u>Team Champions</u>	<u>Individual Champions</u>			
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
1999	DeLaSalle	Stewart	Harwel	DeLaSalle	11:59

Top Individual Times:

1	11:08	Calvin	Gaziano	Castro Valley	1982
2	11:23	John	Bass	Castro Valley	1982
3	11:49	Kyle	Kessler	Castro Valley	1979
3	11:49	Anthony	Lopez	Ygnacio Valley	1997
5	11:51	Mohammed	Abdul	Westmoor	1995
6	11:55	Larry	Guinee	Castro Valley	1977
7	11:56	Paul	Denzler	Castro Valley	1986
8	11:57	Zach	Ardell-Smith	San Leandro	1997
9	11:59	Stewart	Harwell	DeLaSalle	1999
10	12:00	Saul	Hurtado	hayward	1999
11	12:02	Chad	Foster	James Logan	1994
12	12:03	John	Atwood	Castro Valley	1991
12	12:03	John	Thyken	Clayton valley	1999
14	12:04	Dave	Shea	Castro Valley	1978
15	12:06	Doug	Rogers	Castro Valley	1977
16	12:11	Shane	Dulaney	Castro Valley	1994
17	12:15	Matt	Guerino	Castro Valley	1986
17	12:15	Chris	Hernandez	Antioch	1996
19	12:16	Enrique	Henriquez	San Leandro	1994
20	12:17	Dave	Anderson	Castro Valley	1977
21	12:19	Steve	Mayberry	Castro Valley	1979
21	12:19	Dennis	McDonald	Mt. Eden	1977
23	12:20	Todd	Saunders	Castro Valley	1986
24	12:21	Jason	DeSelle	Montgomery	1995
24	12:21	Damien	Dulaney	Castro Valley	1995

Top Team Times

62:49	Castro Valley	10/26/77	Larry Guinee 11:55	Dave Anderson 12:22	Rich Leisgold 12:43	Dave Shea 12:48	Scott Craig 13:01
62:54	Castro Valley	10/19/77	Doug Rogers 12:06	Steve Stevenson 12:23	DaveAnderson 12:40	Larry Guinee 12:43	Scott Craig 13:02
63:34	DeLaSalle	10/9/99	Stewart Harwell 11:59	Mark Richeson 12:30	Andrew Loecher 12:53	Mario Sanchez 13:01	Tony Sala 13:11
63:41	Castro Valley	10/16/86	Paul Denzler 11:56	Todd Saunders 12:20	Matt Guerino 12:38	Mark Wallace 12:58	Tony Bazzano 13:39
63:52	Castro Valley	10/30/86	Paul Denzler 11:56	Matt Guerino 12:15	Todd Saunders 12:35	Tony Bazzano 13:18	Cliff DeYoung 13:48
63:53	Castro Valley	9/28/77	Larry Guinee 12:19	Doug Rogers 12:37	Dave Shea 12:42	Dave Anderson 12:59	Rich Leisgold 13:16
63:57	Castro Valley	10/24/91	John Atwood 12:03	Kevin Strharsky 12:37	Mike Furuyama 12:58	Danny Furuyama 13:03	Edmond Tam 13:16
64:35	Lincoln	10/10/98	Vuthy Phan 12:46	John Kluve 12:54	Evan Falat 13:04	Bosco Li 13:11	Javier Fernandez 13:40
64:57	Castro Valley	10/18/79	Kyle Kessler 11:49	Steve Mayberry 12:19	Dave Brehmer 13:20	Delmar Bodin 13:29	John Vertrees 14:09
64:59	Castro Valley	10/13/94	Shane Dulaney 12:11	Henry Patterson 12:43	Troy Sammons 13:08	Redmond Huen 13:18	Brad Dickson 13:19
65:06	DeLaSalle	10/11/97	Adam Yergovich 12:45	Devin Collister 12:57	Andrew Gardner 13:00	Mike Koro 13:11	Chris Spain 13:12

10:40 GIRLS' JUNIOR VARSITY 2.1 MILES

AWARDS: TOP 2 TEAMS, TOP 15 INDIVIDUALS

Sponsored By:

Sports Pub & Restaurant

The Englander

San Leandro

Previous Winners:

	<u>Team Champions</u>	<u>Individual Champions</u>			
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 Cotate	15:26	
1997	Northgate	Leslie Chandler	Lincoln	14:56	
1998	Lincoln	Susan Chan	Monte Vista	14:03	
1999	Lincoln	Christina Oliver	Lincoln	15:08	

Top Individual Times:

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	15:08	Christina Oliver	Lincoln	1999
6	15:10	Mindy Eastman	Ygnacio Valley	1999
7	15:12	Rebecca Zamolo	Alhambra	1999
8	15:22	Lisa Bostjanich	Acalanes	1996
9	15:23	Amy Hilliard	Antioch	1997
10	15:24	Alison Wheeler	Carondelet	1999
11	15:26	Melissa Hawley	Rancho Cotate	1996
12	15:29	Ana Lopez	Antioch	1996
13	15:31	Caitlin Smith	St. Joseph's	1998
14	15:35	Nancy Beigel	Ygnacio Valley	1995
14	15:35	Karen Chan	Oakland	1997
14	15:35	Jesselle Loss	Castro Valley	1996
17	15:36	Trish Chung	Castro Valley	1996
17	15:36	Jody Nickolopoulos	Castro Valley	1997
19	15:39	Colleen McGrellis	Castro Valley	1997
19	15:39	Sherry Duong	Oakland	1998
19	15:39	Katie Pasquale	Monte Vista	1998
22	15:45	Stefanie Nunez	Antioch	1998
23	15:46	Senhit Dirar	James Logan	1996
24	15:48	Andrea Comer	Castro Valley	1992
24	15:48	Danielle Macedo	Washington	1999

Top Team Times:

79:27	Lincoln	10/9/99	Christina Oliver 15:08	Kaitlyn Shipe 15:49	Shannon Alvarez 15:51	Anne Conway 16:06	Becky Lee 16:33
81:17	Antioch	10/9/99	Jennifer Townsend 15:24	Sondra Ciaramitaro 15:55	Lisa Ingrassia 16:13	Jennifer Fortney 16:39	Gina Richman 17:02
81:10	Lincoln	10/10/98	Kaitlyn Shipe 15:51	Christina Oliver 15:57	Katie Conway 16:13	Ashley Frush 16:27	Becky Lee 16:42
82:12	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
83:52	Antioch	10/10/98	Stefanie Nunez 15:45	Jenna Bedwell 16:25	Lisa Ingrassia 16:42	Jennifer Rich 17:26	Marissa Suoter 17:37
84:22	Clayton Valley	10/14/95	Kristine Musante 15:05	Marisa Ghiglieri 15:54	Maricela Villalobos 16:27	Mariel Littorno 18:28	Rayna Kamerzoll 18:28
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
85:20	Carondelet	10/12/96	Carolyn King 16:15	Melanie Pascual 16:38	Karen Hilliard 17:23	Amanda Scott 17:26	Brionne Dawson 17:35
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
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

11:10 BOYS' JUNIOR VARSITY 2.1 MILES

AWARDS: TOP 2 TEAMS, TOP 15 INDIVIDUALS

Sponsored By:

Pyzano's Pizzeria

Previous Winners:

	<u>Team Champions</u>	<u>Individual Champions</u>			
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
1999	College Park	Baltimore	Alas	DeLaSalle	12:30

Top Individual Times:

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
4	12:30	Baltimore	Alas	DeLaSalle	1999
7	12:32	Mike	Cranci	DeLaSalle	1997
8	12:34	Jordan	Jarosz	St. Mary's	1992
9	12:40	Delmar	Bodin	Castro Valley	1980
10	12:44	Andrew	Ostler	Mission San Jose	1996
10	12:44	Greg	Varni	DeLaSalle	1999
12	12:45	Justin	Griffin	San Leandro	1996
12	12:45	Kenpei	Yamamoto	Castro Valley	1997
12	12:45	Alex	Kramer	DeLaSalle	1997
15	12:48	Damien	Dulaney	Castro Valley	1996
16	12:50	Steve	Stevenson	Castro Valley	1980
16	12:50	Kentoku	Yamamoto	Castro Valley	1996
16	12:50	Gene	Boles	Castro Valley	1980
16	12:50	Brian	Grist	Antioch	1998
20	12:52	Brian	Agnew	Mission San Jose	1979
21	12:53	John	Davidson	Castro Valley	1980
21	12:53	Calvin	Becerra	DeLaSalle	1997
21	12:53	Nick	Brown	College Park	1998
24	12:54	Dave	Brehmer	Castro Valley	1980
24	12:54	Josh	Kalsbeek	Castro Valley	1996

Top Team Times:

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
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
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
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
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
66:39	College Park	10/10/98	Nick Brown 12:53	Marion Bivens 12:57	Joe McCammon 13:13	David Wright 13:34	S Thomas-Bignami 14:02
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
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
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
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
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

11:40 GIRLS' VARSITY 3.0 MILES

AWARDS: TOP 4 TEAMS, TOP 25 INDIVIDUALS

KatyLu's Korner Delicatessen

Catering and Deli Specials

Previous Winners:

	<u>Team Champions</u>	<u>Individual Champions</u>			
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
1999	Antioch	Janie	Nolan	Antioch	18:55

Top Individual Times:

1	18:13	Kristin Gordon	Carondelet	1996	26	20:28	Monique Melara	College Park	1997
2	18:33	Sarah Bei	Montgomery	1997	27	20:29	Jill Ellingson	Hayward	1981
3	18:35	Trina Cox	Santa Rosa	1997	28	20:30	Kerri Bock-Williams	Carondelet	1996
4	18:55	Janie Nolan	Antioch	1999	28	20:30	Kelly Piantinesi	Carondelet	1996
5	18:57	Amy Loper-Riley	Alhambra	1998	28	20:30	Anna Shaver	Santa Rosa	1998
6	19:16	Katie Hotchkiss	Mission San Jose	1997	31	20:31	Kirsten Odegaard	Benicia	1996
7	19:21	Jennie Ewing	Castro Valley	1996	32	20:33	Courtney Stewart	Castro Valley	1999
8	19:44	Susan Chan	Monte vista	1999	33	20:34	Senhit Dirar	James Logan	1995
9	19:48	Amy O'Connell	University	1994	34	20:40	Susana Ochea	Fairfield	1995
10	19:55	Katie Martin	Irvington	1997	35	20:42	Alison Lambert	Northgate	1994
11	19:58	Melissa Ackermann	Castro Valley	1991	36	20:47	Luana Espana	Moreau Catholic	1996
12	20:00	Tammy Foley	Mission San Jose	1986	37	20:48	Ali Nicolas	Lincoln	1998
13	20:01	Elisa Reidy	Mission San Jose	1994	38	20:50	Katie Wallace	Antioch	1998
14	20:03	Sara Jakel	Sonoma Valley	1993	39	20:52	Sarah Walker	Alameda	1998
15	20:10	Lindsay Johnson	Santa Rosa	1996	40	20:53	Angela Flood	Antioch	1999
16	20:11	Megan Newton	Foothill	1998	41	20:56	Colleen McGrellis	Castro Valley	1998
17	20:13	Jessica Neu	Alhambra	1998	41	20:56	Jaclyn Shaughnessy	Lincoln	1998
18	20:14	Lori Reidy	Mission San Jose	1994	43	20:58	Sydney Thatcher	Encinal	1985
19	20:17	Christine Perez	Antioch	1999	44	20:59	Amber Hendrix	Moreau Catholic	1998
20	20:20	Val Knafelc	Carondelet	1981	45	21:02	Terri O'Brien	Moreau Catholic	1997
20	20:20	Elice Patterson	Castro Valley	1989	46	21:04	E. Berloye	College Park	1996
22	20:21	Sky Bambauch	James Logan	1997	46	21:04	Lisa Wad	Rocklin	1997
23	20:22	Megan Andrade	Carondelet	1998	46	21:04	Janie Mangiardi	Mission San Jose	1999
24	20:26	Katie Stafford	Santa Rosa	1998	49	21:07	Spring Dawson	Vallejo	1998
25	20:27	Lisa Gillis	Moreau Catholic	1996	49	21:07	Katie Lee	San Ramon Valley	1998

Top Team Times:

102:10	Antioch	10/9/99	Janie Nolan 18:55	Christine Perez 20:17	Angela Flood 20:53	katie Wallace 20:56	Laura Simoncini 21:09
102:37	Carondelet	10/12/96	Kristen Gordon 18:13	Kelly Piantinesi 20:30	Kerri Bock-Williams 20:30	Kristen Hart 21:40	Katie Nash 21:40
103:09	Santa Rosa	10/10/98	Trina Cox 18:39	Katie Stafford 20:26	Anna Shaver 20:30	Lindsay Johnson 21:06	Jackie White 22:27
105:08	Antioch	10/10/98	Janie Nolan 19:46	Katie Wallace 20:50	Angela Flood 21:11	Laura Simoncini 21:17	Jennifer Townsend 22:04
105:36	Santa Rosa	10/11/97	Trina Cox 18:35	Lindsay Johnson 21:14	Jackie Prange 21:15	Katie Stafford 22:09	Anathea Meade 22:23
106:45	Montgomery	10/11/97	Sarah Bei 18:33	Shewit Haile 21:24	Diana Rancourt 21:36	April Malvino 22:13	Alisha McCon 22:59
108:28	Castro Valley	10/31/96	Jennie Ewing 19:21	Val Lim 22:13	Ashli Tingle 22:18	Stephanie Weisman 22:27	Jenni Forsman 22:29
108:48	Lincoln	10/10/98	Ali Nicolas 20:48	Jaclyn Shaughnessy 20:56	Tiffany Bock 21:34	Katie Lindell 21:58	Liz Atkinson 23:32
109:22	Carondelet	9/22/81	Val Knafelc 20:20	Vicki Knafelc 21:35	Colleen Strout 21:51	Nor. DeBettencourt 22:32	Aileen McCarthy 23:04
109:37	Santa Rosa	10/9/99	Jackie Prange 21:04	Anna Shaver 21:18	Lindsay Johnson 22:03	Becka Parker 22:09	Jackie White 23:03

12:15 BOYS' VARSITY 3.0 MILES

AWARDS: TOP 4 TEAMS, TOP 25 INDIVIDUALS

Sponsored By:

Cardino's Produce

Previous Winners:

	<u>Team Champions</u>	<u>Individual Champions</u>			
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	Missin San Jose	Anthony	Lopez	Ygnacio Valley	16:37

Top Individual Times:

1	15:25	Calvin	Gaziano	Castro Valley	1984	26	16:40	Efeson	Yosief	San Leandro	1999
2	15:57	Jon	Stevens	Mission San Jose	1997	27	16:43	Mekkonen	Fekadu	Santa Rosa	1995
3	16:00	Celedonio	Rodriguez	Elsie Allen	1998	28	16:44	Todd	Martinez	Castro Valley	1982
4	16:03	David	Rodriguez	Mission San Jose	1996	29	16:45	John	Atwood	Castro Valley	1993
5	16:04	John	Bass	Castro Valley	1982	30	16:46	Chris	Hernandez	Antioch	1997 & 98
6	16:05	Dave	Shea	Castro Valley	1980	30	16:46	Tim	Layden	DeLaSalle	1997
7	16:10	Tom	Prindiville	DeLaSalle	1995	30	16:46	Jeff	Stordahl	San Ramon	1997
8	16:13	Larry	Guinee	Castro Valley	1979	33	16:47	John	Kelly	DeLaSalle	1993
9	16:14	Kyle	Kessler	Castro Valley	1981	34	16:48	Craig	Lee	College Park	1997
9	16:14	Jay	Marden	Mission San Jose	1979	35	16:49	Manuel	Mendoza	Westmoor	1997
11	16:15	Jeremy	Seven	DeLaSalle	1989	36	16:50	Chad	Foster	James Logan	1996
12	16:16	Rich	Read	Mission San Jose	1979	37	16:51	Zach	Ardell-Smith	San Leandro	1999
13	16:19	Dave	Anderson	Castro Valley	1980	38	16:52	David	Cardenas	James Logan	1986
14	16:20	Mike	Spencer	Castro Valley	1982	38	16:52	Todd	Hunt	Novato	1996
14	16:20	Steve	Strangio	Mission San Jose	1977	40	16:54	Brian	Engleton	DeLaSalle	1997
16	16:21	Michail	Jones	Livermore	1995	41	16:55	Chris	Hoepker	Encinal	1985
17	16:23	Kevin	Berkowitz	Hayward	1989	41	16:55	Alex	Mason	St. Joseph's	1998
17	16:23	Steve	Mayberry	Castro Valley	1981	43	16:56	Bobby	Rivera	Newark-Memorial	1984
19	16:25	Ken	Romiguere	Canyon	1977	44	16:57	Paul	Denzler	Castro Valley	1988
19	16:25	Mike	Wojciechowski	Clayton Valley	1995	45	16:59	Abdullah	Jamali	Ygnacio Valley	1999
21	16:27	John	Marden	Mission San Jose	1977	45	16:59	Jason	Atwood	Castro Valley	1988
21	16:27	Dave	Vigil	College Park	1997	47	17:00	Jeff	Wang	College Park	1997
23	16:29	Keith	Kennedy	San Leandro	1993	47	17:00	Chris	Lanese	Moreau Catholic	1999
24	16:30	Mohammed	Abdul	Westmoor	1997	49	17:01	Enrique	Henriquez	San Leandro	1995 & 96
25	16:37	Anthony	Lopez	Ygnacio Valley	1999	49	17:01	Amadu	Kamara	Santa Rosa	1995
						49	17:01	Alex	Kexel	Alameda	1998

Top Team Times:

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
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
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
85:20	DeLaSalle	10/11/97	Tim Layden 16:46	Brian Engleton 16:54	Ryan Stanton 17:03	Darren Silmi 17:06	Chris Wheeler 17:31
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
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
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
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
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 Wogsland 18:21
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

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Saturday, October 9, 1999

Canyon Middle School, Castro Valley

Coaches, Alumni, parents

1. Kevin Selby	DeLaSalle	11:30
2. Steve Overgaard	Lincoln	11:38
3. Larson	Antioch	11:39
4. Avis	Antioch	12:20
5. Chuck Woolridge	College Park	12:25
6. Mike Amorosa	Antioch	12:37
7. Scott Ames	Win.	12:43
8. Pettley	Antioch	12:46
9. Brett Barry	James Logan	13:33
10. Matt Johanson	Castro Valley	13:40
11. Art Gonzales	James Logan	13:45
12. Pete Stefanisko	Win.	13:52
13. Jim Neill	Convent	14:05
14. Matt Garcia	James Logan	14:13
15. Raoul Perez	Castro Valley	14:21
16. John Pelster	DeLaSalle	14:22
17. Ben Markwart	Castro Valley	14:29
18. Cody Born	Ygnacio Valley	14:33
19. Susan Guinee	Arroyo	15:08
20. Ray Cinti	Convent	15:09
21. Robin Heidt	Woodside	15:10
22. Robery Holland	?	15:23
23. Lisa Isabau	ANALY	15:26
24. George Pelke	Wash (Fre)	15:45
25. D. Cardiasmenos	Castro Valley	15:52
26. Jim Filippi	American	15:58
27. Coach Thompson	Pittsburg	16:03
28. Richard DeYoung	Castro Valley	16:12
29. Kenpei Yamamoto	Castro Valley	16:15
30. Dennis Wong	CCS	16:27
31. Scott Cain	Castro Valley	16:33
32. Danny Johanson	Castro Valley	16:34
33. Scott Wilmes	Castro Valley	16:49
34. John Dodson	Liberty	16:52
35. Rusty Ehrlich	Liberty	16:52
36. Dillon	Antioch	16:54
37. Brian Lodge	Alameda	17:00
38. Ruth Dowling	College Park	17:30
39. Vincente Rodriguez	Hayward	17:42
40. Brian	Ygnacio Valley	17:53
41. BrianLapum	Castro Valley	18:04
42. Nora Crans	Castro Valley	18:07
43. Peter Brewer	Castro Valley	18:12
44. Tom Welte	Castro Valley	19:01
45. Beth Bartlow	Castro Valley	19:30
46. Luz Rodriguez	Hayward	21:19

Junior High

1. Mauricio Hurtado	Burbanks	6:45
2. Kelly Moon	King	7:27
3. Bradley Johnson	King	7:27
4. Tracy Hill	King	7:33
5. Andrew Stirn	Crystal Springs	7:44
6. Edmond Kin	King	7:46
7. Rebecca Bartlow	Canyon	7:56
8. Charlie Greene	Crystal Springs	7:58
9. Ryan Gee	Crystal Springs	8:00
10. Rio Wight	King	8:01
11. Emily Grauel	Crystal Springs	8:01
12. Lucy Neeli	Crystal Springs	8:17
13. Tristan Truina	CSU	8:30
14. Alison Dequigne		8:43
15. Bonnie Brown	King	8:53
16. Taylor Holubar		8:55
17. Noah Marthinsen	King	8:55
18. Spencer Peck		8:56
19. Gabby Regan	King	9:28
20. Dustin Bynum	King	10:50
21. Nick Robinson	ALH	10:54
22. Richard Lipinski	King	14:56

BOYS' FROSH:

SAN RAMON	24	
CASTRO VALLEY	61	
DLS	73	
MISSION	98	
LINCOLN	114	
1. Nick Nealy	Crystal Springs	12:52
2. Matt Callister	DLS	12:54
3. Jeff Atwood	San Ramon	13:00

4. Paul Keenan	San Ramon	13:21	2. Jennifer Randazzo	CAR	14:20
5. Antonio Hurtado	Hayward	13:26	3. Danila Musante	BOD	14:22
6. Chris Garcia	MSJ	13:27	4. Jenna George	CAR	14:34
7. John Martin	San Ramon	13:29	5. Corinne Roberts	ALA	14:40
8. Jerney Babel	San Ramon	13:29	6. Elissa Briggs	ANY	14:41
9. Zane Welte	Castro Valley	13:31	7. Beth Monk	ANH	14:59
10. Chris Miller	San Ramon	13:32	8. Jamie Enea	CAR	15:10
11. Jeff Ribeira	Castro Valley	13:42	9. Michelle Telfer	CAR	15:17
12. Matt Wilhelmsen	Win	13:48	10. Julia Beers	ANY	15:26
13. Robert Noakes	IRV	14:00	11. Bridget Goddard	CAR	15:28
14. Jed August	San Ramon	14:01	12. Christina Cusumno	CAR	15:29
15. Thomas Miller	Castro Valley	14:06	13. Ashely Reifer	ANY	15:31
16. Ryan Brelif	MSJ	14:04	14. Bailey Kennedy	WIN	15:33
17. Mike Kurylo	DLS	14:10	15. Nicole Norsworth	HAY	15:34
18. Lance Cerros	Castro Valley	14:13	16. Erin Davis	CAR	15:51
19. Chris Carey	DLS	14:14	17. Meghan Craig	CLV	16:00
20. Marty Jellin	LIN	14:19	18. Jill Schulte	WOO	16:10
21. Nathan Robinson	LIN	14:21	19. Shiloni Doshi	MSJ	16:15
22. Jim Jelincic	San Ramon	14:22	20. Samantha Jones	ALH	16:17
23. Dan Dionne	DLS	14:29	21. Kelsy Barale	BOD	16:17
24. Daniel Dry	ELMO	14:32	22. Kellie Stephens	ALH	16:20
25. Gary Nilmeyer	LIN	14:41	23. Wendy Furtado	CAR	16:20
26. Regan Hickey	San Ramon	14:41	24. Audry Lin	MSJ	16:21
27. Dustin Wheeler	Castro Valley	14:43	25. Cindy Beigel	YV	16:26
28. Jim Leng	Castro Valley	14:45	26. Lauren Ho	WM	16:30
29. Jon Hart	San Ramon	14:48	27. Sarah Merritt	ARR	16:32
30. Bobby England	Castro Valley	14:53	28. Natalya Guseva	MSJ	16:39
31. Mathew Chan	MSJ	14:55	29. Anne Shultz	WAS	16:45
32. Adam Dougherty	DLS	15:09	30. Grace Lee	ALA	16:49
33. Mark Gotelli	DLS	15:10	31. Patti Viri	WM	16:51
34. Conrad Pascual	DLS	15:22	32. Jenna Vendil	WM	16:57
35. Jordan Damerel	DLS	15:22	33. Nicole Noronha	BOD	17:00
36. Kevin Shintani	Castro Valley	15:26	34. Melinda Garza	LIN	17:03
37. Ryan Suzuki	Castro Valley	15:31	35. Rachel Liffon	LIN	17:04
38. Roderick Buenviaje	WM	15:35	36. Christina Ross	LIN	17:05
39. Aaron Palajal	MSJ	15:36	37. Rima Spicht	YV	17:06
40. David Cotton	LIN	15:39	38. Kristen Lease	LIN	17:06
41. Mike Denevan	MSJ	15:55	39. Laura McCoy	CAR	17:13
42. James Squires	MSJ	16:00	40. Kathleen Byrne	ANY	17:17
43. Jarrod Fullerton	IRV	16:12	41. Erin Kearns	YV	17:26
44. Danny Roberts	LIN	16:18	42. Becky Stone	CAR	17:30
45. Justin Staggs	LIN	16:18	43. Jessica Warner	YV	17:31
46. Kevin Martallaaci	Hay	16:19	44. Kelly Carlson	BOD	17:38
47. Scott Carpenter	MSJ	16:26	45. Jade Graffort	YV	17:40
48. Michael Orrison	LIN	16:29	46. Melissa Calder	ARR	17:42
49. Dan Alincoe	MSJ	16:36	47. Traci Alvarez	CLV	17:46
50. Kerry Kaufman	CV	16:37	48. Heather Mellon	CV	17:49
51. Matt Wigton	WIN	16:49	49. Michelle Cotler	BOD	17:51
52. Chad Worth	DLS	16:55	50. Jessica Kanat	YV	17:51
53. Jens Fannesbeck	CV	16:56	51. Jessica Annernan	YV	17:51
54. Alick Hayes	ELMO	17:01	52. Whitney Shoemaker	ALH	17:52
55. Steve Brady	WIN	17:02	53. Crystal Peri	ALA	17:52
56. Danny Farmer	IRV	17:03	54. Andrea Blackstone	CV	17:54
57. Nick Morozovsky	CV	17:04	55. Lisa Huang	MSJ	17:55
58. Peter Kelly	DLS	17:06	56. Alice Hu	MSJ	17:55
59. William Miranda	IRV	17:07	57. Vanessa Phillip	ARR	17:58
60. Chris Kong	CV	17:16	58. Ryan Lett	V	17:59
61. Jesse Richardson	Hay	17:19	59. Jeanine Willig	ELMO	18:12
62. James Racker	ELMO	17:20	60. Annie Wingard	ANY	18:17
63. Ben Mughal	CV	17:35	61. Monica Tomich	ANY	18:20
64. Jeff Spector	MSJ	17:38	62. Gloria Romero	MSJ	18:22
65. Adam Mahoney	DLS	17:45	63. Jennifer Bleicher	ALA	18:27
66. Tim Shimizu	MSJ	17:48	64. Danielle Perez	MSJ	18:28
67. Steve Nelson	WIN	18:52	65. Emily Woods	CP	18:28
68. Joe Grant	DLS	20:01	66. Nicole Knigge	BOD	18:30
69. Jarett Gentile	CV	23:06	67. Samantha Bettinger	CV	18:30

GIRLS FROSH SOPH:

CARONDELET	24	
ANALY	105	
BISHOP O'DOWD	115	
MISSION	140	
ALHAMBRA	145	
YGNACIO VALLEY	148	
LINCOLN	167	
ALAMEDA	171	
WESTMOOR	208	
CASTRO VALLEY	245	
COLLEGE PARK	333	
CONVENT	334	
1. Stephanie Byrne	CAR	14:16

70. Sonja Marinoff	YV	18:43
71. Jill Coccimiglio	CAR	18:44
72. Jennifer Frankel	ALA	18:45
73. Amanda Kahn	MSJ	18:46
74. Andrea De Vivar	MY	18:46
75. Beth Jochimsen	LIN	18:50
76. Kathleen Norton	CAR	18:52
77. Donna Chardon	ANY	18:53
78. Ashley Mares	CON	18:54
79. Laura Beshears	CON	18:57
80. Emily Vigor	LIN	18:58
81. Shannon Clawson	BOD	19:06
82. Eva Avenson	BOD	19:09
83. Anne Kreider	ALA	19:12

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Saturday, October 9, 1999

Canyon Middle School, Castro Valley

84. Chandra Keebler	CV	19:19	16. Erik Weinstein	MSJ	13:10	98. Mike Votek	SRS	15:06
85. Danielle Moore	CV	19:20	17. Tony Sala	DLS	13:11	99. Brandon Amdahl	BOD	15:07
86. Raquel Moreno	LIN	19:52	18. Phillip Litwin	WM	13:12	100. Ryan Parker	CV	15:08
87. Nicole Catania	ALA	19:52	19. Russell Fung	WM	13:12	101. Darius Moghaddam	CLV	15:09
88. Brittany Pierce	V	19:52	20. Matt Meyerhofer	DLS	13:13	102. Albert Sachs	SRS	15:13
89. Meghan McCornick	LIN	19:53	21. CJ Watt	SR	13:14	103. Anderson Yip	JL	15:13
90. Amanda Valli	MV	19:54	22. Rolando Crisostomo	WM	13:15	104. Matthew Vivian	AME	15:16
91. Lotina Williams	KEN	19:56	23. Dave Stadelman	CV	13:17	105. Albert Huh	CP	15:18
92. Stephanie Pierce	CAR	19:56	24. Yoji Reichert	ALA	13:17	106. Brett Burns	MSJ	15:19
93. Teka Decampo	V	19:59	25. Jesse Hallet	ELMO	13:19	107. Travis Brinton	SR	15:23
94. Emily Avenson	BOD	20:07	26. Ashafa Suleimon	WM	13:19	108. Tom Dermondy	LIN	15:26
95. Nancy Fang	MSJ	20:07	27. London Key	JL	13:20	109. Jesse Bennet	SRS	15:35
96. Jill Wagner	WAS	20:09	28. Carlos Figueroa	LIN	13:27	110. Cooper Ackerman	CV	15:36
97. Desiree Stogsdell	ALH	20:10	29. Todd Barflow	CV	13:28	111. Chris Workman	MV	15:39
98. Katie Kraetsch	LIN	20:19	30. Chris Knight	Srs	13:28	112. Michael Ponder	LIN	15:40
99. Ellen Tolibas	CAR	20:34	31. Daniel Walker	YV	13:30	113. BJ Nielson	SR	15:42
100. Laura Chantre	CP	20:42	32. Ryan Albonico	CV	13:31	114. Clay Gardner	ALA	15:42
101. Carolyn Couch	LIN	20:45	33. Nicolas Bell	ALA	13:31	115. Andrew Cusson	BOD	15:42
102. Jacquelyn Threat	WM	20:46	34. Scott Timko	Win	13:32	116. Garrett Bean	ELMO	15:46
103. Loric Panetta	CAR	20:47	35. Jason Halpin	SR	13:38	117. Jamil Muchell	BOD	15:48
104. Jasmine Weeks	CP	21:06	36. Robert Taylor	BRK	13:46	118. Nathan Tighe	SR	15:52
105. Kendall Cassidy	ELMO	21:06	37. Tim Wallach	BOD	13:46	119. Everett Chan	CV	15:55
106. Megan Murray	LIN	21:07	38. Andrew Dawson	Vallejo	13:48	120. William Hills	WOO	16:03
107. Katherine Siboni	CON	21:08	39. Peter Lim	ALA	13:49	121. Giovanni Mcia	KEN	16:07
108. Jenna Priest	AME	21:10	40. Joshua Bulman	JL	13:49	122. Adam Harrison	CP	16:09
109. Ashley Cuta	YV	21:18	41. Michael Strongman	CP	13:49	123. Jamie Kingston	SRS	16:14
110. Jennifer Howse	CON	21:22	42. Travis Westfall	YV	13:51	124. Alan Munk	CLV	16:16
111. Kelly Smith	YV	21:50	43. Thomas Franceschine	ANY	13:51	125. Logan Gordon	MV	16:22
112. Ashley Core	CAR	22:09	44. Mike Yee	WM	13:51	126. Rickey Chan	MSJ	16:24
113. Bonnie Tsung	CP	22:17	45. Jamie McLaghren	YV	13:54	127. Harpreet Sinalta	KEN	16:25
114. Julia Lauper	LIN	22:17	46. Joey Shaps	BOD	13:59	128. Marcus Kiyomura	ALA	16:26
115. Diedra Chatman	KEN	22:42	47. Ben Kraemer	Srs	14:00	129. Jeremy Chou	BOD	16:27
116. Kymberly Falqout	HAY	22:44	48. Luis Panzar	BOD	14:00	130. Cordel Copa	CP	16:34
117. Aural Wilson	HAY	22:50	49. Tyler Brown	YV	14:03	131. Shabih Rizui	WM	16:35
118. Laura Mayer	AME	22:53	50. Scott Montgomery	Srs	14:03	132. John Newman	KEN	16:36
119. Erika Chan	WM	22:59	51. Sean Jones	MSJ	14:03	133. Steve Chan	WM	16:37
120. Mindy Marlatt	CAR	23:00	52. Anthony DePaoli	ANY	14:04	134. Andrew Gabriel	SRS	16:38
121. Rosafyn Valera	WM	23:13	53. Chad Lapum	CV	14:04	135. Brian Kearney	ALH	16:40
122. Nicole Kam	CP	23:19	54. Sean Hanlon	DLS	14:05	136. Brandon Krantz	DLS	16:46
123. Chevelle Bonavito	CON	23:24	55. Casey Peters	Srs	14:07	137. Ivan Casillas	WOO	16:53
124. Kristen Lopez	CAR	23:25	56. Blake Barash	MSJ	14:07	138. Daniel Mahoney	BOD	16:57
125. Tashi Ahmad	MSJ	23:52	57. Kenny Mao	YV	14:08	139. Mike Zahner	MV	16:59
126. Amanda Hollowell	MSJ	24:20	58. Joe Kestler	CP	14:08	140. Patrick Silvestre	JL	17:09
127. Lauren Osorio	WM	25:04	59. Michael Feraco	ANY	14:09	141. Pablo Aguilera	WOO	17:09
			60. Scott Stroot	MSJ	14:09	142. Michael Blessant	BOD	17:13
			61. Greg Chance	SR	14:13	143. Scott Nicholson	LIN	17:21
			62. Andrew Queirolo	LIN	14:16	144. John Chan	MSJ	17:30
			63. Bryan Patterson	LIN	14:17	145. Justin Espinoza	CP	17:36
			64. Hall Reynolds	WOO	14:17	146. Gurpeep Singh	WM	17:40
			65. Mike Souza	BOD	14:19	147. Michael Hill	LIN	17:41
			66. Jon Villegas	ALA	14:21	148. Nick Azpirov	BOD	17:43
			67. Steve Erickson	MV	14:22	149. Alejandro Enriquez	CV	17:48
			68. Oliver Wong	WM	14:24	150. Patrick Flanigan	BOD	17:53
			69. Matt Gourlay	CLV	14:27	151. James Morrison	BOD	18:02
			70. Shawn Farr	CP	14:27	152. Brady Sollish	WOO	18:55
			71. Brian Hanson	ALH	14:29	153. Dan Kwong	MSJ	18:58
			72. Alex Bowerman	ANY	14:31	154. Andrew Prober	WOO	19:00
			73. Steve Flaunsbaum	CLV	14:31	155. Max Lin	WM	19:24
			74. Tom Tow	CP	14:32	156. Mani Dauari	MSJ	20:12
			75. Joel Hanson	CLV	14:34	157. Justin Levens	AME	20:34
			76. Isaac Marquez	KEN	14:35			
			77. Niles VanDeventer	Srs	14:39			
			78. Mike Recker	DLS	14:40			
			79. John Paul Holwell	ELMO	14:44			
			80. Jason Piazza	Srs	14:45			
			81. Matt Nunes	ALH	14:46			
			82. Kyle Piper	CLV	14:47			
			83. Aleksei Lund	ANY	14:49			
			84. Brian Kaul	LIN	14:50			
			85. Michael Treter	YV	14:51			
			86. Ali Ashraf	YV	14:52			
			87. Alex Aguila	ANY	14:53			
			88. Dylan Chesbro	ANY	14:53			
			89. Mike Sheridan	BOD	14:54			
			90. Gregg Morehead	JL	14:55			
			91. Ben Davis	MV	14:58			
			92. Masood Farhar	YV	14:59			
			93. Sean Sampson	SR	15:00			
			94. Ron Cruz	ALH	15:01			
			95. Collin Reece	SR	15:03			
			96. Doug Vetter	CP	15:05			
			97. Ed Weamer	YV	15:05			

BOYS' FROSH-SOPH:

DSL	48
Westmoor	89
Lincoln	155
Santa Rosa	178 (71)
Mission	178 (93)
BOD	189
San Ramon	197
Ygnacio Vly	202
Castro Valley	216
James Logan	237
Alameda	247
Clayton Vly	278
Analy	281
CP	310
Alhambra	333
Monte Vista	453
Woodside	487

1. Stewart Harwell	DLS	11:59
2. Saul Hertodo	Hay	12:00
3. John Thyken	CLV	12:03
4. Eric Roberts	ALH	12:15
5. Gilliat Ghebray	JL	12:58
6. Nick Degolla	SR	12:24
7. Ricky Martin	LIN	12:26
8. Mark Richeson	DLS	12:30
9. Evan Falat	LIN	12:37
10. Ryan Fung	WM	12:52
11. Andrew Loecher	DLS	12:53
12. Dave Borlaug	MSJ	12:57
13. Andrew Boone	BOD	12:58
14. Steven Nopala	Srs	12:59
15. Mario Sanchez	DLS	13:01

GIRLS' JUNIOR VARSITY

Lincoln	34		
Antioch	57		
American	114		
Ygnacio Valley	135		
College Park	157		
San Ramon	157		
Convent	193		
Castro Valley	227		
1. Christina Oliver	LIN	15:08	
2. Mindy Eastman	YV	15:10	
3. Revecca Zamolo	ALH	15:12	
4. Alyson Wheeler	CAR	15:24	
5. Jennifer Townsend	ANT	15:28	
6. Danielle Macedo	WAS	15:48	
7. Daiflyn Shipe	LIN	15:49	
8. Erna Forgo	MSJ	15:50	
9. Shannon Alvarez	LIN	15:51	
10. Sondra Ciaramitaro	ANT	15:55	

CV --CC--> INVITE

Saturday, October 9, 1999

Canyon Middle School, Castro Valley

11.	Amanda Dickinson	MSJ	15:59
12.	Anne Conway	LIN	16:06
13.	Edina Porgo	MSJ	16:07
14.	Lisa Ingrass	ANT	16:13
15.	Juliana Helleskov	Srs	16:17
16.	Angela Blank	YV	16:17
17.	Shira Howerton	AME	16:24
18.	Becky Lee	LIN	16:33
19.	Debbie Parott	LIN	16:36
20.	Jennifer Fortney	ANT	16:39
21.	Traci Knox	LIN	16:42
22.	Kim Baer	ALH	16:48
23.	Lauren Kotch	SR	16:48
24.	Heidi Wihmer	AME	16:53
25.	Gina Richman	ANT	17:02
26.	Yifan Lee	MSJ	17:03
27.	Maricel Hernandez	JL	17:04
28.	Patty Paik	CP	17:07
29.	Heather Terbeek	AME	17:08
30.	Emily Dionne	CLV	17:08
31.	Sara Lauender	SR	17:09
32.	Sara Snyder	YV	17:10
33.	Felice Barash	MSJ	17:15
34.	Sara Guziak	CP	17:21
35.	Denise Berndt	ELMO	17:22
36.	Kassie Cook	AME	17:28
37.	Lilu Haden	Srs	17:30
38.	Daphne	Srs	17:31
39.	Lizette Martinez	OAK	17:32
40.	Allison Cox	ALH	17:38
41.	Sissy Phleger	Con	17:47
42.	Marisa Aguilar	Con	17:49
43.	Zibby Rains	AME	17:53
44.	Suzy Dodge	CV	17:53
45.	Laura Tarne	LIN	17:55
46.	Stephanie Kendall	ALH	18:00
47.	Madolyn Wong	CV	18:02
48.	Carolyn Parsons	SR	18:07
49.	Teri Baker	CP	18:10
50.	Glenda Bivens	CP	18:12
51.	Adriana Hernandez	CP	18:13
52.	Melissa Aurit	JL	18:13
53.	Stacey Fong	Con	18:18
54.	Indijana Ponjevic	OAK	18:28
55.	Maryam Popai	AME	18:39
56.	Melissa Cox	SR	18:45
57.	Megan Blaie	SR	18:48
58.	Amanda Baker	CP	18:50
59.	Mary McNeill	CAR	18:56
60.	Juana Madrigal	LIB	18:57
61.	Katie Kennedy	Con	19:04
62.	Alicia Coggins	MSJ	19:09
63.	Jennifer Wichtowski	ANY	19:10
64.	Dina Neils	ANT	19:12
65.	Lorraine Zeron	CLV	19:22
66.	Jocelyn Lee	CCS	19:27
67.	Melissa Mortenson	YV	19:30
68.	Darcy Salmi	CAR	19:31
69.	Diana Chrobot	CLV	19:51
70.	Meg Thoma	ALA	19:52
71.	Jinna Park	CP	19:59
72.	Kate Ferrara	MV	20:06
73.	Shannon Roy	SR	20:09
74.	Holly Nelson	ANT	20:14
75.	Monica Siojo	YV	20:15
76.	Joanna Chad	MSJ	20:16
77.	Michelle Lawton	CV	20:54
78.	Kasey Boyer	CP	21:05
79.	Rachel Whyte	CON	21:11
80.	Jayne Broadway	HAY	21:18
81.	Megan Chew	WIN	21:35
82.	Wendy Lu	CV	21:44
83.	Rhiannon Pagan	LIB	22:01
84.	Teresa Schaller	WIN	22:30
85.	Jennifer Smith	LIB	22:32
86.	Katie Fitch	PITTS	22:56
87.	Melissa Ruggles	SRS	23:17
88.	Hilary Kaye	CON	23:23
89.	Heather Clancy	CV	23:51
90.	Adri West	PITTS	24:08
91.	Erin Porter	PITTS	24:08
92.	Clarisse Manning	CV	27:22

BOYS' JUNIOR VARSITY

College Park	42
DeLaSalle	65
Castro Valley	71
San Ramon	141
Ygnacio Valley	149
Antioch	158
Westmoor	164
American	177
Analy	238
Monte Vista	248

1.	Baltimore Alas	DLS	12:30
2.	Greg Varni	DLS	12:44
3.	Chase Pivrotto	CP	13:01
4.	Eduardo Rodriguez	HAY	13:11
5.	Ben Buckman	LIN	13:15
6.	Derrick Oliveira	CV	13:16
7.	Omar Hernandez	HAY	13:25
8.	Andy Koning	SR	13:25
9.	Ryan Mcauliffe	CP	13:26
10.	Steve Bedford	DLS	13:28
11.	Jeff Belezzuoli	CP	13:30
12.	Todd Farmer	SR	13:31
13.	Jose Perez	AME	13:31
14.	Chris Higham	SR	13:36
15.	Sean Bignami	CP	13:42
16.	Tony Adams	CP	13:44
17.	Dustin Torson	CLV	13:46
18.	Joey Crane	CV	13:51
19.	Lawrence Tang	WM	13:57
20.	Reggie Keding	HAY	13:59
21.	Justin Alvarez	CLV	14:00
22.	Yuri Nosenko	CV	14:01
23.	Chris Jarvis	CV	14:01
24.	Felipe Escobar	YV	14:02
25.	Jose Anguiano	ANT	14:06
26.	Dan Groom	CV	14:09
27.	Jules Sta. Maria	WM	14:14
28.	Ryan Ribeira	CV	14:16
29.	Matt Stanglin	LIN	14:16
30.	Corey Lee	CP	14:16
31.	Nathan Harris	DLS	14:19
32.	Daviel Steffer	ANT	14:24
33.	Phillip Garibay	ANT	14:29
34.	Tim Smyth	CP	14:30
35.	Ramses Hernandez	HAY	14:31
36.	Erik Turnbell	CLV	14:32
37.	Dinesh Jagar	CV	14:33
38.	Joe DiPaola	AME	14:33
39.	Marcus Nicosia	JL	14:35
40.	Chris Lomes	YV	14:35
41.	Brady Cale	DLS	14:35
42.	Andy Waltz	WOO	14:36
43.	Devon Kubik	YV	14:36
44.	Joel Blanch	CV	14:37
45.	Sean Ellis	MV	14:48
46.	Nick Pongol	YV	14:50
47.	Austin Hanks	YV	14:52
48.	Joe Machado	CP	14:53
49.	Aaron Elick	KEN	14:54
50.	Willy Chan	MSJ	14:54
51.	Daniel Bryant	WIN	14:54
52.	Nathan Rodriguez	ELMO	14:55
53.	Alex Vo	WM	14:55
54.	Frank Guiterrez	AME	14:56
55.	Brandon Fields	DLS	14:57
56.	Peter Francis	DLS	15:02
57.	Gavin Chan	OAK	15:05
58.	Max Frank	SRS	15:05
59.	Robbie Sherrick	ANY	15:06
60.	Daniel Cheung	CV	15:16
61.	Jeff Ramos	ANY	15:19
62.	Kevin Simler	MSJ	15:23
63.	Greg Silin	CP	15:24
64.	Jason Linn	ANT	15:24
65.	Lester Sing	WM	15:26
66.	Ken Doll	LIN	15:28
67.	Cian Kearins	YV	15:31
68.	Chris Ashford	CV	15:34

69.	Evan Meister	ANY	15:34
70.	Travis Blevins	CV	15:38
71.	Jesse Parker-Campbell	WOO	15:38
72.	Oleg Zhoglo	CV	15:39
73.	Andy Lopez	ANT	15:42
74.	Mike Sasser	CV	15:43
75.	Chad Blevins	CV	15:43
76.	Keith Tshchuci	NG	15:51
77.	Ricky Rocha	PITTS	15:52
78.	Phil Blackman	SRS	15:54
79.	Paul Lavingia	MV	15:57
80.	Jamal Garret	PITTS	16:01
81.	Joe Lynch	MV	16:04
82.	Tony Hargrove	WM	16:05
83.	Aaron Pearsall	AME	16:06
84.	Kevin Bowdein	AME	16:10
85.	Andrew Park	HAY	16:13
86.	Berk Tarleton	ANT	16:26
87.	Dave Raggio	SR	16:28
88.	David Guinn	CLV	16:28
89.	Colby Chapman	YV	16:29
90.	Ryan Foncesbeck	CV	16:31
91.	Stephen Liu	CCS	16:34
92.	Colin Bowers	MSJ	16:45
93.	Sam Prowell	ANY	16:57
94.	Ehtisham Hassan	WM	16:58
95.	Ryan Hill	ANY	16:59
96.	John Lyle	CP	17:07
97.	Hermes Parra	KEN	17:07
98.	Ryan Hansen	WOO	17:12
99.	Andrew Idul	Piits	17:13
100.	Bernard Mesa	WM	17:14
101.	Javier Ruiz	KEN	17:17
102.	Cyrus Fox	LIB	17:33
103.	Greg Landin	MV	17:50
104.	Eric Abad	Piits	18:01
105.	Alex Mak	WM	18:16
106.	Alan Haumowitz	ANY	18:18
107.	Tyler Trumbly	CP	18:26
108.	John White	Srs	18:32
109.	Chang Lee	WM	18:34
110.	Greg Baumbach	JL	18:49
111.	Alex Johnston	MV	19:12
112.	Greg Santiago	ANT	19:28
113.	Mike Sepeher	SR	20:08

GIRLS' VARSITY

Antioch	20		
Santa Rosa	64		
Monte Vista	85		
Clayton Valley	86		
CP	110		
IRV	131		
Convent	146		
1.	Janie Nolan	ANT	18:55
2.	Susan Chan	MV	19:44
3.	Christine Perez	ANT	20:17
4.	Jamie Mangiardi	MSJ	20:41
5.	Angela Flood	ANT	20:53
6.	Katie Wallace	ANT	20:56
7.	Jackie Prange	Srs	21:04
8.	Laura Simoncini	ANT	21:09
9.	Ana Shaver	Srs	21:18
10.	Michelle Howsley	CLV	21:24
11.	Ashely Allen	CP	21:27
12.	Sarah Walker	ALA	21:31
13.	Albigail Galloway	IRV	21:32
14.	Andria Craig	CLV	21:39
15.	Vasanthia Loloern	MSJ	21:47
16.	Lindsay Johnson	Srs	22:03
17.	Becka Parker	SR	22:09
18.	Christi Brown	MV	22:09
19.	Marisa Villalobos	CLV	22:10
20.	Jennifer Hepoleas	CAR	22:23
21.	Holly Roof	IRV	22:26
22.	Angela Kabanuck	CG	22:30
23.	Lindsay Nagle	MV	22:41
24.	Sarah Richardson	Hay	22:38
25.	Kristin Schleicher	MV	22:41
26.	Sioshan Uniacke	Con	22:46

CV --CC--> INVITE

Saturday, October 9, 1999

Canyon Middle School, Castro Valley

27. Gina Tow	CP	22:49	19. Jeff Squires	MSJ	18:19	101. Ben Liu	IRV	24:45
28. Irene Choi	CV	22:51	20. Nik Goodell	YV	18:19	102. Geoff Brown	LIB	24:48
29. Besty Snail	CP	22:59	21. Nick Brown	CP	18:20			
30. Shelly Duong	OAK	23:03	22. Joe Tonna	SRS	18:28			
31. Jackie White	Srs	23:03	23. Eric Tedmus	CP	18:35			
32. Bahati Bodulen	JL	23:06	24. James Fortune	OAK	18:36			
33. Hilary Oppido	CLV	23:11	25. Matthew Vee	ALA	18:36			
34. Carrie McIntyre	Hay	23:24	26. Kota Reichert	ALA	18:39			
35. Katie Grover	CLV	23:34	27. Brian Crist	ANT	18:43			
36. Anatheia Meade	Srs	23:36	28. Elliot Hugnes	MSJ	18:49			
37. Stacy Aurit	JL	23:37	29. Nathan Miyasaki	NG	18:50			
38. Kelly Scanlon	CAR	23:47	30. Chris Wong	CV	18:51			
39. Melodee Mesquite	LIB	23:50	31. Chase Stafford	SRS	18:51			
40. Meagan McNabola	CON	23:53	32. Mikey Ando	NG	18:51			
41. Adriana Ahumada	CP	24:16	33. Ben Draper	CV	18:55			
42. Jo Ellen	CV	24:22	34. Benedict Janea	OAK	19:07			
43. Linda Kim	CP	24:26	35. Ryan McPheeters	MSJ	19:08			
44. Sabrina Salazar	LIN	24:27	36. Justin Loomis	ANT	19:14			
45. Alex Hisaka	LIN	24:42	37. Mitchell Hodysen	ALH	19:18			
46. Anna Challet	CON	24:46	38. Kevin Dickson	CV	19:20			
47. Alicija Jac	ALA	24:49	39. Chris Rittaler	YV	19:25			
48. Kim Lingel	MV	24:55	40. Walter Lezama	CP	19:25			
49. Lindsay Meyers	IRV	24:59	41. Matt Chavez	ANT	19:36			
50. Angelina Afdama	IRV	25:03	42. Brandom Hillstrom	WAS	19:37			
51. Ashley Whyte	CON	25:05	43. Quay Duons	JL	19:40			
52. Aby Castro	CON	25:06	44. Brendan Holve	ANY	19:47			
53. Juliette Amoroso	CON	25:27	45. Lorenzo Hooker	OAK	19:52			
54. Colleen McGrellis	CV	25:28	46. Jason Tyndall	ANT	19:56			
55. Haley Harrell	HAY	25:29	47. Joe Avitabile	ANT	19:56			
56. Kristen Chapman	MV	25:32	48. Alex Chesnik	SRS	19:58			
57. Abby Shaw	IRV	25:35	49. Calvin Ho	WM	20:01			
58. Julie Nash	MV	25:39	50. Andrew Dewey	ELMO	20:07			
59. Jaime Rooke	LIN	25:46	51. Scott Sennello	CG	20:09			
60. Emily Brown	ALA	25:54	52. Jeff Drew	ALH	20:09			
61. Christina Rincon	CON	27:09	53. Paul Borsuk	Pitts	20:10			
62. Lindsay Henderson	LIB	28:29	54. Joey Jones	ANT	20:13			
63. Rachelle Milburn	LIB	28:29	55. Mickey Wilcock	ALA	20:17			
64. Marceka Castro	LIB	28:36	56. Eric Webster	ALH	20:18			
65. Melody Seto	JL	28:52	57. Ismet Redzic	OAK	20:18			
66. Dyana Ryne	PITTS	29:08	58. Daniel Tugben	Pitts	20:25			
67. Vashli Hayes	JL	29:22	59. Francis Sio	WM	20:27			
68. Deidre Molakides	PITTS	30:57	60. Mike Villa	JL	20:32			
			61. Josh Almeida	LIB	20:33			
			62. Peter Holland	ALH	20:45			
			63. Alex Lee	WM	20:46			
			64. Victor Feno	ANY	21:02			
			65. Armel Jassarevic	OAK	21:02			
			66. David Abuan	JL	21:10			
			67. Falco Mueller	CG	21:14			
			68. Joe Huck	JL	21:15			
			69. Jeffrey Young	SR	21:15			
			70. Edin Rahamvic	OAK	21:18			
			71. Chris Lonsdale	ALA	21:21			
			72. Jeff Brown	Pitts	21:26			
			73. Ray Chan	WM	21:26			
			74. Josh Rittabers	NG	21:34			
			75. Brian Tuohy	ANY	21:35			
			76. Edgar Armbrula	WAS	21:37			
			77. Jesus Quezada	IRV	21:41			
			78. Tom Horn	CG	21:46			
			79. Erik Liljefelt	NG	21:47			
			80. Brian Wong	OAK	21:49			
			81. Jonathan Wong	WM	21:51			
			82. Lander Allen	Win	21:53			
			83. Erik West	Pitts	22:06			
			84. Jeremiah Pricer	WAS	22:12			
			85. Colby Fillingier	CG	22:16			
			86. Charlie Deardorff	LIB	22:31			
			87. Josh Dodd	LIB	22:43			
			88. Scott Chromy	WAS	22:52			
			89. Henry Wang	Srs	23:02			
			90. Ken Smith	WAS	23:08			
			91. Xavier Avelos	LIB	23:09			
			92. Michael Stevenson	ANY	23:15			
			93. Charlie Curtis	ALH	23:31			
			94. Lupe Arteaga	Pitts	23:35			
			95. Jessus Madrigal	WAS	23:43			
			96. Aaron Brooks	ANY	23:52			
			97. Scott Brech	NG	24:00			
			98. Fernando Espinosa	WAS	24:01			
			99. Leonardo Castro	LIB	24:14			
			100. Jared Powor	CG	24:17			

BOYS' VARSITY

Mission San Jose	62
College Park	65
Ygnacio Valley	66
Castro Valley	103
Antioch	157
Alameda	171
Oakland	208
James Logan	227
Santa Rosa	240
Alhambra	279
Northgate	290
Westmoor	305
Pittsburg	336
Anal 348	
Washington	355
Casa Grande	356
Liberty	396

1. Anthony Lopez	YV	16:37	84. Jeremiah Pricer	WAS	22:12
2. Abdullah Jamali	YV	16:58	85. Colby Fillingier	CG	22:16
3. Micah Strom	MSJ	17:03	86. Charlie Deardorff	LIB	22:31
4. Alex Cardiasmenos	CV	17:05	87. Josh Dodd	LIB	22:43
5. Jason Castro	JL	17:06	88. Scott Chromy	WAS	22:52
6. Dan Rodriguez	MSJ	17:20	89. Henry Wang	Srs	23:02
7. Beau Bettinger	CV	17:22	90. Ken Smith	WAS	23:08
8. Nathan Brassmassery	ALA	17:26	91. Xavier Avelos	LIB	23:09
9. Nathan Berner	DLS	17:26	92. Michael Stevenson	ANY	23:15
10. Justin Rau	GRN	17:35	93. Charlie Curtis	ALH	23:31
11. Justin Patute	CP	17:45	94. Lupe Arteaga	Pitts	23:35
12. Harvey Rios	YV	17:49	95. Jessus Madrigal	WAS	23:43
13. Chris Brown	CP	17:59	96. Aaron Brooks	ANY	23:52
14. Alex Hawieins	MSJ	17:59	97. Scott Brech	NG	24:00
15. Matt Owen	CP	18:01	98. Fernando Espinosa	WAS	24:01
16. Matt Brady	WIN	18:02	99. Leonardo Castro	LIB	24:14
17. Jim Reid	CP	18:05	100. Jared Powor	CG	24:17
18. Derek Bird	ANT	18:18			

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A Professional Corporation

James G. Schwartz
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*Castro Valley High School
Cross Country*

SPRINGCOO
A T H L E T I C S

present the

**2000
CASTRO VALLEY
--CC--
INVITATIONAL**

Date:
Saturday, October 14, 2000

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				

2000 CASTRO VALLEY --CC-- INVITATIONAL

THE COURSE:

The Canyon course is a challenging 3.0 and 2.1 mile run, with hills, trails, and grass. The heart of the course is a hilly mile loop of trails and trees -- the Canyon -- that makes up the last 1.1 mile of the race.

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.

AWARDS:

Awards are listed on the schedule. These are handed out at the awards presentation in the gym immediately after the boys' varsity race.

COACHES' RACE

All finishers in the coaches' race receive medals, and all finishers who are paid coaches (honor system here) can redeem their finish card for a free T-shirt.

Junior High Race

All finishers in the Junior High Race receive medals. We will score it, but there will be no team awards. All grades (8th, 7th, 6th, etc.) will run together. The race will be run at the same time as the coaches race.

FEES:

\$10.00 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 6, 2000

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

SPRINGCO

A T H L E T I C S

2000 CASTRO VALLEY --CC-> INVITATIONAL

ENTRY FORM

School _____ Coach _____ home phone _____

BOYS:

VARSAITY (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. _____
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6. _____
7. _____

FROSH (unlimited)

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

GIRLS:

VARSAITY (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 6, 2000 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.