

Lane:	School:	Entry Mark:
1.	DUBLIN	60.0
2.	HAYWARD	49.3
3.	MT. EDEN	48.1
4.	ALHAMBRA	46.1
5.	DELASALLE	47.3
6.	CASTRO VALLEY	48.7
7.	LAS LOMAS	49.8

ALTERNATES: CASTRO VALLEY "B"
CASTRO VALLEY "C"

Previous winners:

1989	46.5	Benecia (Liston, Zimmer, Baylon, Schefernon)
1988	rained out	
1987	46.1	Ygnacio Valley (Lanon, VanBuren, Robinson, Premo)
1986	44.7	Ygnacio Valley (VanBuren, Eleazar, Barry, King)
1985	47.0	DeAnza (Christoff, DeLuz, Hampton, Baker)
1984	47.3	Las Lomas (Kruger, DiPietro, Rivera, Herbert)

♀		♂	
100 ALH 6+10+6+10+10+11+13+16+8+12+12+10+11	4+8+11+10+11+8+16+10+8+12+10+10	77	2
3 ARR 2+1			
68 CV 8+14+10+12+16+16+10+10+16+11	10+16+2+16+12+12+16+16+2+10+11+11+3+1+8+10+10+11+11+12+15	112	1
36 DLS 10+12+10+16+8+16+11			
26 DUB 2+11+11+8+16+12	6+6+16+11	22	4
FRE	6+11+11	14	6
H			
3 LL 4+8+11+11+11+11+10+11+12+12	8+11+10+16+12+12+8+8+18+10	74	3
58 ME 6+11+11+8+12+12+16+16+10+18	3+6	9	7
5 SLZ 2+3	2+6	1	8
TECH	10+11+10+12	16	5
UNI			

EVENT # 4 GIRLS 4 X 100

Lane:	School:	Entry Mark:
1.	Hayward	58.0
2.	CASTRO VALLEY	54.2
3.	ALHAMBRA	52.4
4.	OAKLAND TECHNICAL	50.9
5.	FREMONT (OAKLAND)	52.0
6.	LAS LOMAS	53.9
7.	MT. EDEN	57.0

ALTERNATE: CASTRO VALLEY "B"

Previous winners:

1989	51.6	Holy Names (Tanner, Alexander, Taylor, Gross)
1988		rained out
1987	50.9	Acalanes (Kilmer, Kostulos, Peterson, Ravazza)
1986	51.4	Monte Vista (Crew, Woods, Hansen, Forshee)
1985	51.6	Presentation (Wells, Hines, McNair, Ford)
1984	50.6	Clayton Valley (Flemings, Barries, Carr, Masae)
1983	52.6	Camcolindo (Lundberg, Schuh, Muesser, Sasser)
1982		no meet held
1981	50.8	Alhambra (Hansenim, Hopkins, Swicegood, Suites)
1980	51.0	Miramonte (Bevan, Blakey, Davis, Binsacca)
1979	49.2	Northgate (Fleming, Peters, Warfield, Relero)
1978	51.8	Miramonte (Bevan, Blakey, Binsacca, Langjan)
1977	50.6	El Cerrito (Young, Hawthorne, Blackburn, Hawthorne)
1976	50.8	Berkeley (Cobbs, Robinson, Burgess, Ross)
1975	49.7	Berkeley (Nickson, Robinson, Burgess, Knight)
1974		no record available
1973	49.6	Berkeley (White, Stanford, Byfield, Nickson)

EVENT # 5 FROSH-SOPH OPEN 100
(Heat 1 -- top 3 to finals)

Lane:	School:	Entry Mark:
1.	ROSS (HAY)	13.0
2.	JERWAYNE MACKLIN (ME)	12.9
3.	EDDIE GORTON (SLZ)	11.9
4.	THOMPSON (ALH)	11.7
5.	TIM YEP (DUB)	11.8
6.	BEN CHAN (CV)	12.5
7.	RYAN KELLING (LL)	13.6

(HEAT 2 -- TOP 3 TO FINALS)

1.	CASILLAS (H)	13.0
2.	VICTOR SMITH (ME)	12.8
3.	NAKANO (ALH)	11.9
4.	ALBERT DANIEL (DUB)	11.7
5.	RASHAD (DLS)	11.8
6.	MIKE MISA (CV)	12.2
7.	ERIC HSU (LL)	13.1

EVENT # 6 -- GIRLS OPEN 100

Lane: School: Entry Mark:

(HEAT 1 -- TOP 2 ADVANCE TO THE FINALS)

1.		
2.	ADA MINGLANA (LL)	14.2
3.	JOY JONES (FRE)	13.1
4.	YEP (DUB)	12.2
5.	JUSTINA THOMPSON (ALH)	13.1
6.	TIFFANY JONES (ME)	13.6
7.		

(HEAT 2 -- TOP 2 ADVANCE TO THE FINALS)

1.		
2.	PERRIZO (HAY)	14.2
3.	MYKA HAMMOCK (TECH)	13.1
4.	COX (DUB)	12.8
5.	JENNIFER RUGAARD (CV)	13.1
6.	LISA PIPER (ALH)	13.1
7.		

(HEAT 3 -- TOP 2 ADVANCE TO FINALS)

1.		
2.	ELIZABETH TORKUS (LL)	14.8
3.	MELANIE LEWIS (ME)	13.1
4.	ORISHA HINES (FRE)	12.8
5.	DEMETRIA BEVERLY (TECH)	13.0
6.	NICOLE WATT (CV)	14.2
7.		

Previous winners:

1974 (yards)	no records available
1973 (yards)	11.9 Pam McDaniel (Washington)

EVENT # 7 -- FROSH SOPH 280 YARD SHUTTLE HURDLES

LANE: SCHOOL: ENTRY MARK:

(HEAT 1)

1 & 2 LAS LOMAS N.T.

3 & 4 ALHAMBRA 38.0

5 & 6 CASTRO VALLEY "A" 45.0

7 & 8

(HEAT 2)

1 & 2

3 & 4 CASTRO VALLEY "B" N.T.

5 & 6 MT. EDEN N.T.

7 & 8

Previous winners:

1989	42.2	Acalanes (Habibullah, Wilson, Chales, Sicotte)
1988	rained out	
1987	41.1	DeAnza (Hunt, Wiggins, Westbrook, Senior)
1986	40.6	Ygnacio Valley (King, Cochual, Rice, McDowell)
1985	43.7	Las Lomas (Nelson, Luna, Morse, Johnson)
1984	40.9	Miramonte (Aldridge, Pope, Brown, Cameron)

EVENT # 8 -- GIRLS 260 YARD SHUTTLE HURDLES

LANE:	SCHOOL:	ENTRY MARK:
1 & 2	ALHAMBRA	N.T.
3 & 4	LAS LOMAS	42.0
5 & 6	CASTRO VALLEY	42.5
7 & 8	MT. EDEN	N.T.

Previous Winners:

1989	39.2	Ygnacio Valley (Patel, Hanf, Tobel, Bofing)
1988		rained out
1987	41.7	Las Lomas (Myers, Greensmith, Scott, Miller)
1986	41.1	Presentation (Rucher, Kahlon, McNair, Lawson)
1985	40.0	Las Lomas (Stone, Myers, Goeller, Maynard)
1984	39.3	Campolindo (Thomas, Warren, Johnson, Kimer)
1983	41.9	Encinal (Wong, Gee, Chui, Cantos)
1982		meet not held
1981	41.9	Carondelet (Glynn, Archuleta, Zulaica, Fourmet)
1980	38.9	Acalanes (M. VanZeeland, K. VanZeeland, Dunkleberg, Meinbress)
1979	38.6	Acalanes (VanZeeland, Dunkleberg, Meinbress, Upshaw)
1978	37.7	Acalanes (Meinbress, Upshaw, Gross, Favors)
1977	39.5	Livermore (Newell, Ng, Calhoun, Mochiro)
1976	41.7	Berkeley (Burgess, Robinson, Ross, Cobb)
(prior to 1976, the hurdles were an individual event)		
1975	(80 yard LH) 11.3	K. Burgess (Berkeley)
1974	(80 yard LH) 12.8	Roberta Bruder (Pleasant Hill)
1973	(70 yard LH) 11.2	Roberta BRuder (Pleasant Hill)

EVENT # 9 -- FROSH SOPH 4 X 220 RELAY

LANE:	SCHOOL:	ENTRY MARK:
1.	MT. EDEN	N.T.
2.	CASTRO VALLEY "B"	1:55.0
3.	DELASALLE	1:45.0
4.	HAYWARD	1:42.3
5.	CASTRO VALLEY "A"	1:45.0
6.	LAS LOMAS	1:46
7.	ALHAMBRA	N.T.

Previous Winners:

1989	1:38.0	Alhambra (Williams, Scott, Baggerly, Micaneh)
1988	rained out	
1987	1:36.7	DeAnza (Hunt, Armst, Senior, Rivera)
1986	1:34.2	Ygnacio Valley (VanBuren, Eleazar, Barry King)
1985	1:38.2	Miramonte (Wolfens-Speyer, Kline, Suh, Grant)
1984	1:36.7	Miramonte (Metz, Vincenzo, Slaterelis, Weiser)

EVENT # 10 -- GIRLS 4 X 220 RELAY

LANE:	SCHOOL:	ENTRY MARK:
1.	MT. EDEN	N.T.
2.	HAYWARD	1:58.0
3.	1 ALHAMBRA	1:52.0
4.	2 FREMONT	1:51.6
5.	3 OAKLAND TECH	1:52.0
6.	4 LAS LOMAS	1:56.0
7.	5 CASTRO VALLEY	2:00
ALTERNATE: ⁶ CASTRO VALLEY "B"		

Previous Winners:

1989	1:50.1	Holy Names (Tanner, Alexander, Gross, Taylor)
1988	rained out	
1987	1:49.4	Alhambra (Cline, Taylor, Corbyn, McLaughlin)
1986	1:49.8	Monte Vista (Crew, Voss, Hanson, Forshee)
1985	1:48.7	Presentation (Hines, Ford, Wells, McNair)
1984	1:49.3	Miramonte (Chapman, Hess, Moss, Maxworthy)
1983	1:49.8	Miramonte (no names available)
1982	meet not held	
1981	1:49.7	Carondelet (Fournet, Zulaica, Jackson, Banchemo)
1980	1:48.2	Acalanes (Gruhier, Meinbress, Morgan, Hansen)
1979	1:45.3	Northgate (Fleming, Peters, Warfield, Peters)
1978	1:50.0	Northgate (Peters, Fleming, Warfield, Cassidy)
1977	1:51.0	Piedmont (Cheek, Oustermann, McDevitt, Martell)
1976	1:50.4	Las Lomas (DiMaggio, Sharpe, Warren, Sweetman)
1975	1:47.2	Berkeley (Robinson, Murray, Rose, Nickson)
1974	no records available	
1973	1:50.3	Berkeley (Ray, Henderson, Steneford, Nickson)

EVENT # 11 -- FROSH-SOPH 4 X 880 RELAY

LANE:	SCHOOL:	ENTRY MARK:
1.	MT. EDEN	N.T.
2.	CASTRO VALLEY "B"	10:30
3.	CASTRO VALLEY "A"	9:10
4.	DELASALLE	8:40
5.	ALHAMBRA	9:00
6.	LAS LOMAS	10:14
7.	HAYWARD	N.T.

Previous Winners:

1987	8:43.9	Castro Valley (Denzler, Saunders, Guerino, Grabanski)
1986	8:40.6	Las Lomas (Williams, Dangle, Goeller, Murphy)
1985	8:57.9	DeAnza (Williams, Rainey, Mangan, DeCruz)
1984	8:43.4	Miramonte (Hiro, Smith, Flaherty, Durham)

EVENT # 12 -- GIRLS 4 X 880 RELAY

LANE:	SCHOOL:	ENTRY MARK:
1.	OAKLAND TECH	N.T.
2.	CASTRO VALLEY "B"	12:00 2:38.6
3.	SAN LORENZO	12:00 7:54.5
4.	LAS LOMAS	10:28
5.	ALHAMBRA	10:54
6.	CASTRO VALLEY "A"	11:00
7.	MT. EDEN	N.T.

Previous Winners:

1989	10:08.5	Campolindo (Woodridge, Kho, Smith, Riley)
1984 -88	event not contested	
1983	10:14.0	Alhambra (Leary, Tully, Tully, Nakasoni)
1982	meet not held	
1981	9:56.0	Castro Valley (Kr. Lambden, Cunningham, Stevenson, Ka. Lambden)
1980	10:05.0	Castro Valley (Kr. Lambden, Van Buskirk, Stevenson, Ka. Lambden)
1979	10:08.8	San Ramon (Gray, O'Conner, Schalk, Baffert)
1978	event not contested	
1977	10:24.6	Livermore (Aubuchon, Williams, Brostrom, Ainsworth)
1976	10:27.3	Bishop O'Dowd (Lourth, Gonsalves, Scannell, Zabner)
1975	10:10.5	Pleasant Hill (Costello, Robinson, Iten, Bruder)

EVENT # 13 -- FROSH SOPH DEVIL-TAKE-THE-HINDMOST MILE

4:53 ANDY SCHMIDT (LL)
 5:01 ERIC BREWER (LL)
 5:05 JENSON (ALH)
 5:07 RILEY (ALH)
 5:10 MIKE BORUTA (CV)
 5:12 ERIC PINES (ARROYO)
 5:25 RUDY ORTA (ARROYO)
 5:30 RYAN SCHRADER (DUB)
 5:30 HIRDEPRATE KALILRAI (DUB)
 5:30 JAY SILVA (SAN LORENZO)
 5:30 ROB ELLERS (SAN LORENZO)
 5:35 BERNAL (HAYWARD)
 N.T. ANDY RANDALL (CV)
 N.T. JEFF SINGSON (CV)
 N.T. SETH MELLON (CV)
 N.T. LARRY CHIU (CV)
 N.T. CLICK (DLS)
 N.T. GEORGE (DLS)
 N.T. JOE AMARAL (ME)
 N.T. JAMES MANLEY (ME)
 N.T. BRIAN GILLISS (UNIVERSITY)
 JUD QUIGGLE (LL)

Previous Winners:

1989	4:52.7	Dave Ling (Castro Valley)
1988	rained out	
1987	4:40.7	Gordon Johnson (Piedmont)
1986	4:33.4	Mike Manoney (Acalanes)
1985	4:42.1	Ryan Harding (Eagle Point, Oregon)
1984	4:44.5	P. King (Clayton Valley)

100
 1 Rashed (DLS)
 2 Victor Smith (ME)
 3 Eddie Gorton (SLZ)
 4 Thompson (ALH)
 5 Albert Daniel (Bub)
 6 Coombs (LL)
 7 Hodgkinson (ALH)

100
 2 Justine Thompson (ALH)
 3 Melanie Lewis (ME)
 4 Myka Hammock (Tech)
 5 Oviha Hines (Fre)
 6 Jennifer Rugaard (CV)
 7 Joy Jones (Fre)

EVENT # 14 -- GIRLS DEVIL-TAKE-THE-HINDMOST OPEN MILE

5:39 JENNIFER EWING (CV)
 5:40 AMBER ROBINSON (LL)
 5:42 JAMIE MILLER (LL)
 5:54 SIMONE SHIN (CV)
 6:02 VALERIE LIM (CV)
 6:03 MICHELINE WONG (CV)
 6:16 JAMIE NICKOLOPOULOS (CV)
 6:19 MICHELLE MARQUES (CV)
 6:20 MELISSA SIGARS (ME)
 6:22 DAPNE BRITT (CV)
 6:30 MARILYN OJOI (ME)
 6:37 RACHEL COHEN (CV)
 6:38 DANA MATRANGA (CV)
 6:41 BECKY LACEY (CV)
 6:47 MEG PARKER (CV)
 N.T. SHANNON PERKINS (SLZ)
 CARLA WEBSTER (ALH)
 ANNA RAYMOND (ALH)
 JOCELYN DEWITT (CV)
 CERINE SACKMANN (CV)
 JESSICA ROEHL (CV)

Previous Winners:

1989	5:24.2	Sarah Riley (Campolindo)
1988	rained out	
1987	5:21.3	Maria Ravazza (Acalanes)
1986	5:20.4	Kristen Hansen (Ygnacio Valley)
1985	5:29.6	Elena Spight (Miramonte)
1984	5:24.9	Elena Spight (Miramonte)
1983	5:11.6	Ann Ratto (Alameda)
1982	meet not held	
1981	5:20.5	Nogle (Miramonte)
1980	5:05.9	Lisa Sandel (Campolindo)
1979	5:19.5	Melissa Martel (Piedmont)
1978	5:19.3	Carol Manning (Carondelet)
1977	5:20.4	Cherie Williams (Livermore)
1976	5:30.8	Karen Salisbury (Northgate)
1975	5:30.8	Mary Riebelt (Las Lomas)
1974	5:54.8	M. Zahner (Bishop O'Dowd)
1973	6:07.8	Mary Faiferek (Las Lomas)

EVENT # 15 -- FROSH-SOPH 4 X 440 RELAY

LANE:	SCHOOL:	ENTRY MARK:
1.	HAYWARD	N.T.
2.	LAS LOMAS	3:58
3.	MT. EDEN	3:52
4.	ALHAMBRA	3:38
5.	DELASALLE	3:43
6.	CASTRO VALLEY	3:55
7.	DUBLIN	4:00

SS-2 SA3
SS-7 1:53.9 2:53.2

ALTERNATES: CASTRO VALLEY "B"
CASTRO VALLEY "C"

Previous Winners:

1989	3:43.0	Ygnacio Valley (Sanchez, Grimm, Hunsaker, Schwab)
1988	rained out	
1987	3:40.0	Acalanes (Redo, Stevens, Phillips, Sutch)
1986	3:36.6	Ygnacio Valley (Barry, Eleazar, Shenejaeld, Morrison)
1985	3:42.3	DeAnza (Margain, Baker, Morris, DeCruz)
1984	3:42.8	Granada (Barnett, Johnson, Chambers, Klino)

EVENT # 16 -- GIRLS 4 X 440 RELAY

LANE:	SCHOOL:	ENTRY MARK:
1.	CASTRO VALLEY "C"	4:55
2.	MT. EDEN	4:41
3.	CASTRO VALLEY "A"	4:30 67.3 2:14.8 326.2
4.	ALHAMBRA	4:20
5.	LAS LOMAS	4:29
6.	FREMONT	4:30
7.	CASTRO VALLEY "B"	4:45

Previous Winners:

1989	4:17.8	Piedmont (no names available)
1988		rained out
1987	4:11.7	College Park (Henderson, Lucas, Dial, Marshall)
1986	4:16.0	Acalanes (Ravazza, Ruan, Lee, Kilmer)
1985	4:15.9	Acalanes (Ravazza, Kasper, Heckmann, Newberger)
1984	4:17.5	Campolindo (Bacon, Hepler, McMahon, Sasser)
1983	4:17.9	Campolindo (Bacon, Hepler, McMahon, Sasser)
	(tie)	Miramonte (Halsey, Polmgren, McCosker, Erin)
1982		no meet held
1981	4:12.7	Campolindo (M. Hepler, K. Hepler, Sasser, Vance)
1980	4:04.5	Campolindo (Adams, Hepler, Henneker, Sandal)
1979	4:06.5	Miramonte (Langren, Bevan, Binsacca, Peters)
1978	4:14.7	San Ramon (O'Connor, O'Connor, Bateman, Renwick)
1977	4:11.7	El Cerrito (Hawthorne, Young, Hawthorne, Blackburn)
1976	4:15.4	Berkeley (Burgess, Murray, Ross, Cobbs)
1975	4:09.9	Las Lomas (Warren, Gray, Giesmann, Sweetman)
1974		no records available
1973	4:03.5	Berkeley (no names available)

EVENT # 17 -- GIRLS HIGH JUMP

ALHAMBRA

CASTRO VALLEY "A"

CASTRO VALLEY "B"

DUBLIN

FREMONT

LAS LOMAS

HIGH JUMP Previous winners:

Team:

1989 13-8 Holy Names (Clark, Harb, Dillon)
1988 rained out
1987 14-0 Monte Vista (Byers, Cole, Baker)
1986 13-6 Arroyo (Barros, Lopes, Sanchez)
1985 14-2 Campolindo (Johnson, Denham, Cole)
1984 14-6 Campolindo (Denham, Johnson, Kisner)
1983 no mark Campolindo
1982 rained out
1981 13-6 Castro Valley (Van Buskirk, Cunningham, Symes)
1980 14-3 Acalanes (Carr, Dunklebey, Van Zeeland)
1979 14-4 Acalanes (Dalcio, Van Zeeland, Dunklebey)
1978 13-10 Las Lomas (Warrington, Kunz, Cornell)
1977 14-0 Livermore (Madrid, Paxaio, Shirley)
1976
1975
1974
1973

Top Individual

4-10 Daly (Benecia)
4-10 Carrie Dial (College Park)
5-0 Brook Knight (Clayton Valley)
4-10 Kristin Folkedahl (Acalanes)
4-11 Claire Denham (Campolindo)
no mark
4-10 Lisa Banchemo (Carondelet)
5-6 Maggie Van Zeeland (Acalanes)
5-6 Lisa Peters (Northgate)
5-2 Karen Cornell (Las Lomas)
4-10 Janice Paxaio (Livermore)
5-2 Johnson (Liberty)
5-2 Terry Knight (Berkeley)
no records
4-11 A. Noack (Campolindo)

EVENT # 18 -- FROSH-SOPH HIGH JUMP

ALHAMBRA

CASTRO VALLEY

DELASALLE

DUBLIN

LAS LOMAS

MT. EDEN

Previous Winners:

Team:

1984 16-7 Miramonte (Cameron, Franklin, Kerchner)

Individual:

5-7 Chris Kerchner (Miramonte)
(tie) Tom Cameron (Miramonte)

EVENT # 19 -- GIRLS LONG JUMP

ALHAMBRA

CASTRO VALLEY "A"

CASTRO VALLEY "B"

DUBLIN

FREMONT

LAS LOMAS

MT. EDEN

Previous Winners:

<u>Team:</u>			<u>Individual:</u>	
1989	43-7 1/2	Holy Names (Tanner, Gross, Alexander)	16-4	Chivonne Tanner (Holy Names)
1988	rained out			
1987	43-5	Monte Vista (Hansen, Kolb, Studfell)	15-0	Susie Calahong (Las Lomas)
1986	45-6 1/2	Alhambra (Corbyn, Morandin, Sultos)	15-11	Cindi Barros (Arroyo)
1985	45-10 1/2	Campolindo (Doust, Berman, Schuh)	16-7 1/2	Karlyn McNall (Acalanes)
1984	47-0	Miramonte (Tong, Halsey, Hess)	16-1 3/4	Kim Halsey (Miramonte)
1983	47-0 1/2	Campolindo (Schuh, Berman, Rowe)	16-5 1/2	Kim Halsey (Miramonte)
1982	meet not held			
1981	48-1 1/2	Alhambra (Sultos, Hanson, Hopkins)	16-6	Pam Cole (Castro Valley)
1980	46-9 3/4	Acalanes (Burklin, Cox, Van Zeeland)	16-9	Maggie Van Zeeland (Acalanes)
1979	47-2 1/2	Moreau Catholic (Miles, Carson, Kinman)	16-9 1/2	Rita O'Connor (San Ramon)
1978	45-7	Northgate (Fleming, Peters, Kenow)	15-11 1/2	Dawn Peters (Northgate)
1977	48-0 1/2	Livermore (Madrid, Ng, Paxaio)	16-9	Paula Ng (Livermore)
1976			16-5	Kelly Swearington (Del Valle)
1975			17-2 1/2	Terry Knight (Berkeley)
1974			17-0	C. Hermann (Las Lomas)
1973			16-6 3/4	P. Lebrrie (Bishop O'Dowd)

EVENT # 20 -- FROSH SOPH TRIPLE JUMP

ALHAMBRA

CASTRO VALLEY "A"

CASTRO VALLEY "B"

DELASALLE

MT. EDEN

Previous Winners:

<u>Team:</u>			<u>Individual:</u>	
1989	110-1 1/2	Acalanes (Wilson, Sampson, Habibullah)	40-2	Jerry Reese (Mt. Diablo)
1988	rained out			
1987	114-9	DeAnza (Hunt, Riveis, Foster)	39-5	J. Hunt (De Anza)
1986	113-10	Ygnacio Valley (Medrona, Poppleton, Barry)	41-7	Rich Laccay (Moreau Catholic)

EVENT # 21 -- FROSH - SOPH SHOT PUT

ALHAMBRA

CASTRO VALLEY

DELASALLE

DUBLIN

HAYWARD

LAS LOMAS

MT. EDEN

SAN LORENZO

EVENT # 22 -- GIRLS SHOT PUT

ALHAMBRA

CASTRO VALLEY "A"

CASTRO VALLEY "B"

DUBLIN

FREMONT

LAS LOMAS

SAN LORENZO

Frosh-Soph Shot Put

Previous winners:

Team:

1989 114-0 3/4 Piedmont (Fandel, Krieger, DeFeo)
 1988 rained out
 1987 128-11 1/2 College Park (McDeamid, Byford, Holden)
 1986 126-6 1/2 Amador Valley (Carvecho, DeBernardi, Sebaha)
 1985 124-6 Las Lomas (Freschi, Barnes, Miller)
 1984 140-2 San Ramon (Cox, Greg, Isola)

Individual:

42-8 Josh DeFeo (Piedmont)
 47-11 1/2 Doug Byrkit (Monte Vista)
 48-8 Eric Bamberger (Ygnacio Valley)
 46-5 Tom Miller (Las Lomas)
 49-0 Will Greg (San Ramon)

GIRLS' SHOT PUT

Previous winners:

Team:

1989 89-3 1/2 Piedmont (Moren, Watts, Martin)
 1988 rained out
 1987 91-0 3/4 Acalanes (Connor, Samahon, Billeter)
 1986 89-2 1/2 Moreau Catholic (A. Loggins, Watson, B. Loggins)
 1985 92-3 1/2 Foothill (Murphy, DeSantis, Mullikin)
 1984 94-9 1/2 Moreau Catholic (A. Loggins, B. Loggins, Watson)
 1983 86-0 Eagle Point, Oregon (Dickenson, Walter, Hanscom)
 1982 rained out
 1981 86-8 1/2 Ygnacio Valley (Reed, Camp, Chiavini)
 1980 105-3 1/2 Liberty (Gallegos, Gallegos, Hoffman)
 1979 101-1 Monte Vista (B. Callegan, Fischer, K. Callegan)

Individual:

37-7 1/4 Julie DeJarlis (Las Lomas)
 35-8 Hildegard Samahon (Acalanes)
 34-0 1/4 Dawn Lundberg (Campolindo)
 34-2 1/2 Esther Mullikin (Foothill)
 37-1 Jennifer Watson (Moreau Catholic)
 32-8 1/2 Debby Hanscom (Eagle Point)
 32-8 Diane Reed (Ygnacio Valley)
 40-0 Kathy Callegan (Monte Vista)
 39-8 1/2 Kathy Callegan (Monte Vista)

(prior to 1979, an 8 lb. shot was used instead of the current international standard weight of 4.0 kilograms -- 8 lb. 13 oz.)

1978 89-5 1/2 San Leandro (Richards, Bradshaw, Egan)
 1977 105-6 Monte Vista (Bell, Callegan, Dolsby)
 1976
 1975
 1974
 1973

40-6 Linda Reed (Alameda)
 38-9 Carol Dolsby (Monte Vista)
 38-11 Vanessa Brooks (Berkeley)
 35-0 L. Keats (San Leandro)
 34-2 L. Gustavson (Monte Vista)
 38-3 G. King (Washington)

EVENT # 23 -- GIRLS DISCUS

ALHAMBRA

CASTRO VALLEY

DUBLIN

LAS LOMAS

MT. EDEN

SAN LORENZO

EVENT # 24 -- FROSH SOPH DISCUS

ALHAMBRA

CASTRO VALLEY

DELASALLE

DUBLIN

HAYWARD

LAS LOMAS

MT. EDEN

SAN LORENZO

GIRLS' DISCUS

Previous Winners:

	<u>Team</u>	<u>Individual</u>	
1989	249-0 Piedmont (Martin, Anderson, Moren)	119-2	Julie DeJarlis (Las Lomas)
1988	rained out		
1987	274-11 Las Lomas (Dawson, DeJarlis, Deruyte)	123-2	Julie DeJarlis (Las Lomas)
1986	286-7 Moreau Catholic (A. Loggins, Watson, B. Loggins)	117-6	Swanson (College Park)
1985	274-8 Foothill (Kleinsmith, DeSantis, Murphy)	124-7	Swanson (College Park)
1984	276-11 Moreau Catholic (B. Loggins, Watson, A. Loggins)	108-11 3/4	Tyler (College Park)
1983	256-6 Campolindo (Ebersole, Denham, Lundling)	98-3	Casazza (Alhambra)
1982	meet not held		
1981	283-2 Acalanes (Borgwardt, D'Hout, Gordon)	113-7	Cherie Schaeffer (Castro Valley)
1980	298-9 1/2 Acalanes (Lovtang, Borgwardt, D'Hout)	116-2	D'Hout (Acalanes)
1979	283-9 Monte Vista (Fischer, K. Callaghan, B. Callaghan)	126-4	Heidi Carlson (Miramonte)
1978	300-4 1/2 Pleasant Hill (Aston, Echols, Johnson)	133-7	Linda Reed (Alameda)
1977	290-7 Monte Vista (Frahmen, Dolsby, Bell)	122-10 1/2	Carol Dolsby (Monte Vista)
1976		115-2 1/2	Shannon Duthrie (Miramonte)
1975		99-8	K. Hilton (Pleasant Hill)
1974		no records	
1973		89-7	S. Pierce (Berkeley)

Frosh-Soph Discus

Previous Winners:

<u>Team:</u>	<u>Individual:</u>
1989 308-8 Ignacio Valley (Holland, Rumbel, Johnson)	119-1 D. Halpin (Campolindo)

EVENT # 25 -- GIRLS POLE VAULT

CASTRO VALLEY

LAS LOMAS

EVENT # 26 -- FROSH-SOPH POLE VAULT

ALHAMBRA

CASTRO VALLEY "A"

CASTRO VALLEY "B"

LAS LOMAS

MT. EDEN

FROSH-SOPH POLE VAULT

Previous Winners:

<u>Team:</u>			<u>Individual:</u>	
1989	30-9	Ygnacio Valley (Pierson, Tran, Medhurst)	12-3	Bruce Medhurst (Ygnacio Valley)
1988	rained out			
1987	30-0	Ygnacio Valley (Land, Daily, Kim)	12-0	Mike Lane (Acalanes)
1986	28-0	Clayton Valley (Tara, Hooshmand, Rockenbaugh)	10-6	(tie) Poppleton (Ygnacio Valley) Tara (Clayton Valley)
1985	26-6	Las Lomas (Velia, Luna, McGuire)	10-6	Dave Veglia (Las Lomas)

OFFICIALS:

Meet Referee:	Dale Berven
Starter:	John Nules
Recall Starter:	Kelth Cordova
Head Finish Judge:	Pam Borg
Assistant Judges:	Castro Valley High Girls' Distance Runners
Timers:	Castro Valley High Faculty
Videotape:	Claxton Wactor
Press Booth:	Chuck Backe
Announcer/Scorer:	Peter Jensen
Awards:	Brooks Geiken
Clerk of the Course:	John Brosnan
	Don Sawyer
Discus Judge:	Jim Hausel
Assistants:	Castro Valley High Throwers
Shot Put Judge:	Mike Klews
	Andres Garcia
Assistants:	Castro Valley High Throwers
Girls' High Jump Judge:	Kevin Oates
Boys' High Jump Judge:	Kevin Kramer
Horizontal Jump Judge:	Greg Mahan
	Aaron Flanagan
Hurdle Crew Chief:	Jeff Reichelderfer
Assistants:	Castro Valley High Boys' Distance Runners
Pole Vault Judge:	Mike Rothling
Chief Inspector:	Matt Roszell
	James Lee
Zone Judges:	Castro Valley High Boys' Sprinters
Volunteer Coordinator:	Loretta Strharsky
Ticket Booth:	Castro Valley High Track Parents
T-Shirt Sales:	Castro Valley High Track Parents
Snack Bar Coordinator:	Compton Gault
Snack Bar:	Castro Valley High Boosters Club
Messengers Chief:	Edmond Tam
Assistants:	Castro Valley High Boys' Distance Runners
Miscellaneous:	Tim Kuta
Assistants:	Castro Valley High Girls' Sprinters
The Devil:	John Atwood
Meet Director:	Peter Brewer