

**1995  
TROJAN  
INVITATIONAL  
RELAYS**

**Friday, April 21, 1995  
Castro Valley High School**

**1995 TROJAN INVITATIONAL RELAYS**  
**Castro Valley High School**  
**Trojan Stadium**  
**Friday, April 21, 1995**

**Welcome** to the 2nd annual Trojan Invitational Relays. This is a continuation of the long-running DeKlotz Relays that were held at Las Lomas High School from 1973-1989. The DeKlotz Relays were initially established to showcase girls-only competition. In 1985 Frosh-Soph boys competition was added. In the spirit of the original philosophy, the Trojan Relays continue to emphasize girls competition, and team competition. All of the DeKlotz Relays records have been forwarded and are part of the Trojan Relays.

**Awards:** medals to the top four (4) teams in each track relay  
medals to the top four (4) teams in each field relay  
medals to the top five (5) individuals in each open race  
medals to the top five (5) individuals in each field event

trophies to the top three (3) teams in Varsity Girls  
trophies to the top three (3) teams in Frosh-Soph Boys

**Scoring:** 10-8-6-4-2 in the relays  
6-4-3-2-1 in the open races

**Logistics:** **Bathrooms** are at the southwest end of the track.  
**The snack bar** is next to the scoreboard.  
**The Press Booth** is on the west side of the track.  
**The trainer** is in the gym on the corner closest to the track.  
**The bullpen** is on the straightaway just east of the snack bar.  
**Results** will be posted next to the press booth.  
**Dinner tickets** for coaches are in the coaches' packets.  
**T-Shirts** are sold for \$10.00 next to the snack bar.  
**Awards** will be available after the meet in the Press Booth.  
**Tent City and athletes' Hooverville** is on the grass behind the scoreboard.

**Scratches and substitutions** will be done at the bullpen. All "B", "C," and "D" teams will run, and be eligible for scoring.

# TROJAN INVITATIONAL RELAYS

## ORDER OF EVENTS

Event  
Number

Division

Event

### Track Events:

1.	Frosh-Soph	4 x Mile	
2.	Girls	4 x Mile	
3.	Frosh-Soph	4 x 100	(Prelims)
4.	Girls	4 x 100	(Prelims)
5.	Frosh-Soph	Open 100	(Prelims)
6.	Girls	Open 100	(Prelims)
7.	Frosh-Soph	Shuttle Hurdles	
8.	Girls	Shuttle Hurdles	
9.	Frosh-Soph	4 x 220	
10.	Girls	4 x 220	
11.	Frosh-Soph	4 x 880	
-	Frosh-Soph	4 x 100	(Finals)
-	Girls	4 x 100	(Finals)
12.	Girls	4 x 880	
-	Frosh-Soph	Open 100	(Finals)
-	Girls	Open 100	(Finals)
13.	Frosh-Soph	Devil -Take-the-Hindmost Mile	
14.	Girls	Devil -Take-the-Hindmost Mile	
15.	Frosh-Soph	4 x 440	
16.	Girls	4 x 440	

### Field Events:

17.	Girls	High Jump (Pit A)	4:00 p.m.
18.	Frosh-Soph	High Jump (Pit B)	4:00 p.m.
19.	Girls	Long Jump	4:00 p.m.
20.	Frosh-Soph	Triple Jump	(After Girls' long jump)
21.	Frosh-Soph	Shot Put	4:00 p.m.
22.	Girls	Shot Put	(After Frosh-Soph shot put)
23.	Girls	Discus	4:00 p.m.
24.	Frosh-Soph	Discus	(After Girls' Discus)
25.	Girls	Pole Vault	4:00 p.m.
26.	Frosh-Soph	Pole Vault	(same time as Girls' Pole Vault)

**Schools Participating:**

Alhambra  
American  
Castro Valley  
El Cerrito  
Fremont (Oakland)  
Holy Names  
Hayward  
Las Lomas  
Lowell  
Mt. Eden  
Redwood Christian  
San Lorenzo  
San Ramon  
Tennyson  
Tokay  
Washington (Fremont)

**Team Champions**

**Girls:**

1994	Castro Valley
1990-1993	no meet held
1989	Ygnacio Valley
1988	rained out
1987	Acalanes
1986	Acalanes
1985	Acalanes
1984	Acalanes
1983	Campolindo
1982	no meet held
1981	Castro Valley
1980	Acalanes
1979	Acalanes
1978	Northgate
1977	Livermore
1976	Berkeley
1975	Berkeley
1974	no records available
1973	no records available

**Frosh-Soph Boys:**

1994	Alhambra
1990-1993	no meet held
1989	Ygnacio Valley
1988	rained out
1987	Acalanes
1986	Ygnacio Valley
1985	Las Lomas

**EVENT 1 FROSH-SOPH 4 X MILE**

<b>Lane:</b>	<b>School:</b>	<b>Entry Mark:</b>
1.	Hayward	n.t.
2.	American	n.t.
3.	Alhambra	23:02
4.	Castro Valley "B"	21:30
5.	Castro Valley "A"	19:40
6.	Washington	20:50
7.	San Ramon	22:30
8.	El Cerrito	n.t.
9.	Las Lomas	n.t.
10.	Tokay	n.t.

**EVENT 2 GIRLS' 4 X MILE**

<b>Lane:</b>	<b>School:</b>	<b>Entry Mark:</b>
1.	American	n.t.
2.	Castro Valley "C"	25:20
3.	Alhambra	24:17
4.	Washington	23:35
5.	Lowell	23:30
6.	Castro Valley "A"	23:35
7.	Castro Valley "B"	25:00
8.	San Ramon	26:00
9.	Redwood Christian	n.t.
10.	Tokay	n.t.
11.	Las Lomas	n.t.
12.	Holy Names	n.t.

**4 X MILE PREVIOUS WINNERS****Varsity Girls:**

1994	24:11.9	Castro Valley	J. Ewing, Wong, Lim, Shin
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**Frosh-Soph Boys:**

1994	19:57.8	DeLaSalle	George, Click, Sanchez, Hintz
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**EVENT 3****FROSH-SOPH 4 H 100****Heat 1**

<b>Lane:</b>	<b>School:</b>	<b>Entry Time:</b>
1.	El Cerrito	n.t.
2.	Castro Valley "B"	50.0
3.	San Lorenzo	47.6
4.	Washington	46.8
5.	Tokay	47.0
6.	Las Lomas	49.3
7.	Castro Valley "C"	51.5

**Heat 2**

1.	Redwood Christian	51.1
2.	San Ramon	50.0
3.	Castro Valley "A"	48.0
4.	Alhambra	46.9
5.	Fremont	46.9
6.	Hayward	49.0
7.		

1994	47.4	Alhambra	Hodgkinson, Thompson, Linsey, Yeager
1990-93		no meet	
1989	46.5	Benicia	Liston, Zimmer, Baylor, Schefernon
1988		rained out	
1987	46.4	Ygnacio Valley	Aaron, VanBuren, Robinson, Premo
1986	44.7	Ygnacio Valley	Van Vuren, Eleazar, Barry, King
1985	47	DeAnza	Christoff, DeLuz, Hampton, Baker
1984	47.3	Las Lomas	Krugar, DePietro, Rivera, Herbert

## EVENT 4

## GIRLS' 4 X 100

## Heat 1

Lane:	School:	Entry Time:
1.	Castro Valley "C"	56.3
2.	Mt. Eden	53.7
3.	Tokay	52.0
4.	Fremont	53.4
5.	Castro Valley "B"	55.9
6.	San Lorenzo	n.t.
7.		

## Heat 2

1.	Redwood Christian	56.4
2.	Las Lomas	54.0
3.	Holy Names	52.2
4.	American	53.4
5.	Washinton "B"	55.4
6.	Hayward	59.0
7.		

## Heat 3

1.	Washington "C"	55.4
2.	Castro Valley "A"	54.5
3.	Washington "A"	53.1
4.	Alhambra	53.4
5.	San Ramon	55.0
6.	Castro Valley "D"	58.7
7.		

1994	52.3	Oakland Tech	Henderson, Hammock Smith, Beverly
1990-93			meet not held
1989	51.6	Holy Names	Tanner, Alexander, Taylor, Gross
1988			rained out
1987	50.9	Acalanes	Kolmer, Kostulos, Peterson, Ravazza
1986	51.4	Monte Vista	Crew, Roos, Hansen, Forshee
1985	51.6	Presentation	Wells, Hines, McNair, Ford
1984	50.6	Clayton Valley	Flemings, Barries, Carr, Masae
1983	52.6	Campolindo	Lundberg, Schuh, Muesser, Sasser
1982			rained out
1981	50.8	Alhambra	Hansenim, Hookins, Swicegood, Suitos
1980	51	Miramonte	Bevan, Slakey, 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, Ronbinson, Burgess, Knight
1975	49.7	Berkeley	Nickson, Robinson, Burgess, Knight
1974			no records
1973	49.9	Berkeley	White, Staneford, Byfield, Nickson

**EVENT 5                      FROSH-SOPH                      OPEN 100**

**Heat 1**

<b>Lane:</b>	<b>Name:</b>	<b>School:</b>	<b>Entry Time:</b>
1.			
2.	Maurice Matthews	Washington	12.0
3.	Genna Abremenko	Castro Valley	11.8
4.	McIntosh	Alhambra	11.5
5.	Josh Haber	Las Lomas	11.7
6.	Jason Dixon	Fremont	11.8
7.	Damar Hadden	Hayward	12.4
8.	Jake Keinholz	San Ramon	n.t.

**Heat 2**

1.			
2.	Ben Chan	Castro Valley	12.1
3.	Damion Hardy	Fremont	11.8
4.	Cleveland	American	11.6
5.	Nikano	Alhambra	11.7
6.	Yillat	Las Lomas	11.9
7.	Charles Watson	El Cerrito	12.1
8.	Mike Deeks	San Ramon	n.t.

**Heat 3**

1.			
2.	Brian Lane	El Cerrito	12.3
3.	Jay Webster	Fremont	11.8
4.	Eddie Gorton	San Lorenzo	11.6
5.	Tommy Burns	Washinton	11.6
6.	Reggie Bailey	Castro Valley	11.9
7.	Sean Holloman	Hayward	12.5
8.			

**TROJAN RELAYS  
OPEN 100 PREVIOUS WINNERS**

**Frosh-Soph Boys:**

1994	11.6	Thompson	Alhambra
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**EVENT 6 GIRLS' OPEN 100****Heat 1**

<b>Lane:</b>	<b>Name:</b>	<b>School:</b>	<b>Entry Time:</b>
1.			
2.	Stephanie Schmidt	San Lorenzo	13.8
3.	Sanders	Las Lomas	13.8
4.	Ayana Butler	Holy Names	13.0
5.	Tiffini Jones	Mt. Eden	13.6
6.	Nicole Watt	Castro Valley	14.2
7.	Laura Underwood	Alhambra	n.t.
8.			

**Heat 2**

1.			
2.	Courtney Wong	San Ramon	n.t.
3.	Tumbas	Las Lomas	13.8
4.	Justina Thompsen	Alhambra	13.2
5.	Kristine Obligacion	Washington	13.5
6.	Jasmine Green	Hayward	14.1
7.	Deanna Pennix	Castro Valley	14.4
8.			

**Heat 3**

1.			
2.	Melissa Schmidt	San Lorenzo	n.t.
3.	Mary Sartain	Redwood Christian	14.0
4.	Jennifer Rugaard	Castro Valley	13.2
5.	Nikila Flagg	Mt. Eden	13.3
6.	Kim Brechtel	San Ramon	14.0
7.	Raschita Boykin	Hayward	n.t.
8.			

1994	12.8	Orisha Hines	Fremont-Oakland
1990-93		no meet	
1975-89		event not held	
1974		no records	
1973 (yards)	11.9	Pam McDaniel	Washington-Fremont

**EVENT 7 FROSH-SOPH SHUTTLE HURDLES**

**Heat 1**

<b>Lane:</b>	<b>School:</b>	<b>Entry time:</b>
1 & 2	Castro Valley "B"	n.t.
3 & 4	Alhambra	40.0
5 & 6	Las Lomas	n.t.

**Heat 2**

1 & 2	Tokay	n.t.
3 & 4	Castro Valley "A"	44.7
5 & 6	Washington	48.8
7 & 8		

**EVENT 8 GIRLS' SHUTTLE HURDLES**

**Heat 1**

<b>Lane:</b>	<b>School:</b>	<b>Entry Time:</b>
1 & 2	Hayward	n.t.
3 & 4	Alhambra	44.0
5 & 6	Castro Valley "C"	55.0
7 & 8	Las Lomas	n.t.

**Heat 2**

1 & 2	Mt. Eden	n.t.
3 & 4	Castro Valley "A"	45.0
5 & 6	American	n.t.
7 & 8	Castro Valley "D"	n.t.

**Heat 3**

1 & 2	Tokay	n.t.
3 & 4	Castro Valley "B"	47.0
5 & 6	Washington	54.0
7 & 8		

Prior to 1976, the hurdles were an individual event

1975 (80 yard)	11.3	K. Burgess	Berkeley
1974 (80 yard)	12.8	Roberta Bruder	Pleasant Hill
1973 (70 yard)	11.2	Roberta Bruder	Pleasant Hill

1994	43.4	Las Lomas	Fortier, Uzzel, Baron, Hozapolous
1990-93		no meet	
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	Las Lomas	Stone, Myers, Goeller, Maynard
1984	39.3	Campolindo	Thomas, Warren, Johnson, Kimer
1983	41.9	Encinal	Wong, Gee, Chui, Cantos
1982		met not held	
1981	41.9	Carondelet	Glynn, Achuleta, 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, Mochior
1976	41.7	Berkeley	Burgess, Robinson, Ross, Cobb

1994	44.2	Castro Valley	Amiri, Fung, Kim, Moore
1990-93		no meet	
1989	42.2	Acalanes	Habibullah, Wilson, Chales, Sicotte
1988		Rained out	
1987	41.1	DeAnza	Hunt, Wiggins, Westbrood, 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 9 FROSH-SOPH 4 X 220**

**Heat 1**

Lane:	School:	Entry Time:
1.	Tokay	n.t.
2.	San Ramon	2:00
3.	Alhambra	1:43
4.	Las Lomas	1:36
5.	Washington	1:42
6.	Castro Valley "C"	1:55
7.	San Lorenzo	n.t.

**Heat 2**

1.	Redwood Christian	n.t.
2.	Hayward	n.t.
3.	Castro Valley "B"	1:47
4.	Fremont	1:39
5.	Castro Valley "A"	1:41
6.	El Cerrito	n.t.
7.		

1994	1:41.1	Alhambra	Yeager, Thompson, Lopez, Lindsay
1990-93		no meet held	
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, Slatereilis, Weiser

# EVENT 10 GIRLS' 4 H 220

## Heat 1

Lane:	School:	Entry Time:
1.	American	n.t.
2.	Redwood Christian	n.t.
3.	Fremont	2:01
4.	Alhambra	1:54.9
5.	Castro Valley "B"	2:00
6.	Tokay	n.t.
7.		

## Heat 2

1.		
2.	Mt. Eden	n.t.
3.	Castro Valley "C"	2:03
4.	Las Lomas	1:55
5.	Washington "B"	1:57
6.	Castro Valley "E"	2:06
7.		

## Heat 3

1.	Hayward	n.t.
2.	Holy Names	n.t.
3.	Castro Valley "D"	2:05
4.	Washington "A"	1:55
5.	Castro Valley "A"	1:56
6.	San Ramon	2:10
7.		

1994	1:52.4	Oakland Tech	Henderson, Hammock, Beverly Smith
1990-93		no meet held	
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	1:49.7	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	Gruhler, 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	
1973	1:50.3	Berkeley	Ray, Henderson, Steneford, Nickson

**EVENT 11 FROSH-SOPH 4 X 880**

Lane:	School:	Entry Time:
1.	Tokay	n.t.
2.	Hayward	n.t.
3.	American	n.t.
4.	Las Lomas	9:55
5.	Washington	9:10
6.	Castro Valley "A"	9:00
7.	Alhambra	9:02
8.	Castro Valley "B"	9:30
9.	San Ramon	10:00
10.	El Cerrito	n.t.
11.	San Lorenzo	n.t.

1994	8:59.1	DeLaSalle	Click, George, Hintz, Sanchez
1990-93		no meet held	
1988-89		event not contested	
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, Margan, DeCruz
1984	8:43.4	Miramonte	Hiro, Smith, Flaherty, Durham

**EVENT 12 GIRLS' 4 X 880**

Lane:	School:	Entry Time:
1.	San Lorenzo	n.t.
2.	Hayward	n.t.
3.	Castro Valley "C"	11:45
4.	Washington "B"	10:36
5.	Castro Valley "A"	10:20
6.	Washington "A"	10:21
7.	Castro Valley "B"	10:55
8.	Alhambra	11:41
9.	San Ramon	12:00
10.	Holy Names	n.t.
11.	Tokay	n.t.

1994	10:49.0	Castro Valley	Shin, J. Ewing, Groome, Lim
1990-93		no meet held	
1989	10:08.5	Campolindo	Woodridge, Kho, Smith, Riley
1984-88		event not contested	
1983	10:14	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, Gonszlyes, Scannel, Zabner
1975	10:10.5	Pleasant Hill	Costello, Robinson, Iten, Bruder

## EVENT 13

## FROSH-SOPH DEVIL TAKE THE HINDMOST MILE

Name:	School:	Entry time:
Brad Dietsch	San Ramon	4:40
Peter Baria	Castro Valley	4:48
Damien Dulaney	Castro Valley	4:54
Paul Gattey	Washington	4:57
Aaron Gardner	Alhambra	5:05
Ramin Nabooob	Washington	5:17
Matt Redigo	Redwood Christian	5:18
Andy RAndall	Castro Valley	5:20
Seth Mellon	Castro Valley	5:20
Gibson	American	5:20
Eric Mundy	El Cerrito	5:20
Krusor	American	5:25
Justin Coffeen	Castro Valley	5:25
Seth Mellon	Castro Valley	5:25
Larry Chiu	Castro Valley	5:25
Charlie Bowers	Las Lomas	5:27
Durbin	American	5:30
Al Rodriguez	Hayward	5:32
Shane Gerber	Las Lomas	5:35
Jud Quiggle	Las Lomas	5:40
Sam Petty	Hayward	5:52
Sattarl	American	6:00
Tim Elling	San Lorenzo	n.t.
Wayne Lam	San Lorenzo	n.t.

1994	5:01.4	Coffee	DeLaSalle
1990-93		no meet held	
1989	4:52.7	Dave Ling	Castro Valley
1988		rained out	
1987	4:40.7	Gordon Johnson	Piedmont
1986	4:33.4	Mike Mahoney	Acalanes
1985	4:42.1	Ryan Harding	Eagle Point, Oregon
1984	4:44.5	P. King	Clayton Valley

## EVENT 14

## GIRLS' DEVIL-TAKE-THE-HINDMOST MILE

Name :	School :	Entry Time :
Tina Bowen	San Ramon	5:08
Jennie Ewing	Castro Valley	5:13
Amber Robinson	Las Lomas	5:25
Melissa Duscha	Washington	5:40
Carla Webster	Alhambra	5:40
Michelle Marques	Castro Valley	5:40
Simone Shin	Castro Valley	5:50
Jamie McHugh	Castro Valley	5:55
Micheline Wong	Castro Valley	6:00
Beth Gammon	Washington	6:00
Jolen Santos	Washington	6:10
Jennie Chung	Castro Valley	6:12
Desirea Faria	Hayward	6:15
Amber Sammons	Castro Valley	6:15
Angela Atwood	Castro Valley	6:20
Kristy Rodillas	Castro Valley	6:25
Kristina Zipse	Redwood Christian	6:28
Yvonne Wang	Las Lomas	6:30
MaryAnn Bingham	Castro Valley	6:30
Stephanie Weisman	Castro Valley	6:30
Daphney Britt	Castro Valley	6:35
Sky Gliatto	Alhambra	n.t.
Schlitt	American	n.t.
Correa	American	n.t.
Gibbons	American	n.t.
Shereen Sackman	Castro Valley	n.t.
Monica Silva	Castro Valley	n.t.
Andrea Rodriguez	Hayward	n.t.
Debbie Mojado	Mt. Eden	n.t.
Holly Wolden	Mt. Eden	n.t.
Shannon Perkins	San Lorenzo	n.t.
Melissa Tague	San Lorenzo	n.t.
Fawn Osburne	San Lorenzo	n.t.

1994	5:40.1	Amber Robinson	Las Lomas
1990-93		meet not held	
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 Willimas	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

## Heat 1

Lane:	School:	Entry Time:
1.	El Cerrito	n.t.
2.	San Ramon	4:00
3.	San Lorenzo	3:50
4.	Washington	3:43
5.	Castro Valley "A"	3:50
6.	Hayward	3:59
7.		

## Heat 2

1.	Redwood Christian	4:02
2.	Castro Valley "B"	4:02
3.	Las Lomas	3:54
4.	Tokay	3:45
5.	Fremont	3:48
6.	Alhambra	3:58
7.		

1994	3:47.6	Las Lomas	Schmidy, Coombs, Haleen, Moberly
1990-93		meet not held	
1989	3:43.0	Ygnacio Valley	Sanchez, Grim, 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

Heat 1

Lane:	School:	Entry Time:
1.		
2.	Hayward	4:55
3.	San Ramon	4:30
4.	Alhambra	4:13
5.	Washington "B"	4:28
6.	Castro Valley "C"	5:10
7.		

Heat 2

1.		
2.	Castro Valley "B"	4:50
3.	Fremont	4:31
4.	Washington "A"	4:20
5.	Redwood Christian	4:29
6.	Holy Names	n.t.
7.		

Heat 3

1.	American	n.t.
2.	San Lorenzo	n.t.
3.	Mt. Eden	4:40
4.	Castro Valley "A"	4:25
5.	Las Lomas	4:26
6.	Tokay	4:40
7.		

1994	4:31.1	Alhambra	Thompson, Underwood, Prato, Piper
1990-93			meet not held
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, Kilmedr
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
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, Giesman, Sweetman
1974			no records
1973	4:03.5	Berkeley	no names available

EVENT 17      GIRLS'      HIGH JUMP

Alhambra  
 American  
 Castro Valley "A"  
 Castro Valley "B"  
 Castro Valley "C"  
 Castro Valley "D"  
 Fremont (Oakland)  
 Hayward  
 Holy Names  
 Mt. Eden  
 Tokay  
 Washington

EVENT 18      FROSH-SOPH      HIGH JUMP

Alhambra  
 Castro Valley "A"  
 Castro Valley "B"  
 Hayward  
 Las Lomas  
 Redwood Christian  
 San Lorenzo  
 Tokay  
 Washington

**Varsity Girls:**

**Team:**

**Individual:**

1994	13-6	Castro Valley	Kohl, Hild, Parker	4-10	Tracy Banks	Alhambra
1990-93		no meet held				
1989	14-0	Holy Names	Clark, Harb, Dillon	4-10	Daly	Benicia
1988		rained out				
1987	14-0	Monte Vista	Byers, Cole, Baker	4-10	Carrie Dial	College Park
1986	13-6	Arroyo	Barros, Lopes, Sanchez	5-0	Brook Knight	Clayton Valley
1985	14-2	Campolindo	Johnson, Denham, Cole	4-10	Kristin Folkedah	Acalanes
1984	14-6	Campolindo	Denham, Johnson, Kisner	4-11	Claire Denham	Campolindo
1983		no record				
1982		no meet held				
1981	13-6	Castro Valley	VanBuskirk, Cunningham, Symes	4-10	Lisa Banchemo	Carondelet
1980	14-3	Acalanes	Carr, Dunklebey, VanZeeland	5-6	Maggie VanZeeland	Acalanes
1979	14-4	Acalanes	Dalicio VanZeeland, Dunklebey	5-6	Lisa Peters	Northgate
1978	13-10	Las Lomas	Yarrington, Kunz, Cornell	5-2	Karen Cornell	Las Lomas
1977	14-0	Livermore	Madrid, Paxaio, Shirley	4-10	Janice Paxaio	Livermore
1976				5-2	Johnson	Liberty
1975				5-2	Terry Knight	Berkeley
1974					no record	
1973				4-11	A. Noack	Campolindo

**Frosh-Soph Boys:**

1994	15-6	Castro Valley	Amiri, Kim, Fung	5-6	Naeem Amiri	Castro Valley
1990-93		meet not held				
1985-89		event not contested				
1984	16-7	Miramonte	Cameron, Franklin, Kerchner	5-7	Chris Kerchner	Miramonte
					tie Tom Cameron	Miramonte

EVENT 19            GIRLS            LONG JUMP

- Alhambra
- American
- Castro Valley "A"
- Castro Valley "B"
- Castro Valley "C"
- Castro Valley "D"
- Castro Valley "E"
- Hayward
- Holy Names
- Las Lomas
- Mr. Eden
- San Lorenzo
- San Ramon
- Tokay
- Washington "A"
- Washington "B"

TROJAN RELAYS            LONG JUMP PREVIOUS WINNERS

Varsity Girls:

Teams:

Individuals:

1994	42-0 1/2	Castro Valley	Kohl, Shin, Wong	14-11 1/4	Amy Kohl	Castro Valley
1990-93		meet not held				
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, Suito	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	Suito, Hanson, Hopkins	16-6	Pam Cole	Castro Valley
1980	46-9 3/4	Acalanes	Bucklin, Cox, VanZeeland	16-9	Maggie VanZeeland	Acalanes
1979	47-2 1/2	Moreau Catholic	Miles, Carson, Kinman	16-9 1/2	Rita OConnor	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. Lebrie	Bishop O'Dowd

EVENT 20

FROSH-SOPH

TRIPLE JUMP

Alhambra  
 Castro Valley "A"  
 Castro Valley "B"  
 Castro Valley "C"  
 Hayward  
 Las Lomas  
 San Lorenzo  
 Tokay  
 Washington

**TROJAN RELAYS**

**TRIPLE JUMP PREVIOUS WINNERS**

**Frosh-Soph Boys:**

**Team:**

**Individual:**

1994	109-9 3/4	Castro Valley	Amiri, Moore, Wong	37-5 3/4	Naeem Amiri	Castro Valley
1990-93		no meet held				
1989	110-1 1/2	Acalanes	Wilson, Sampson, Habibullah	40-2	Jerry Reese	Mt. Diablo
1988		rained out				
1987	114-9	De Anza	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  
 American "A"  
 American "B"  
 Castro Valley  
 El Cerrito  
 Hayward  
 Las Lomas  
 San Lorenzo  
 Tokay  
 Washington

**Frosh-Soph Boys:**

1994	125-8	Alhambra	Oxford, Kinder, Boyd	45-2	Tony Feliciano	Mt. Eden
1990-93		meet not held				
1989	114-0 3/4	Piedmont	Fendel, Krieger, DeFeo	42-8	Josh DeFeo	Piedmont
1988		rained out				
1987	128-11 1/2	College Park	McDeamid, Byford, Holden	47-11 1/2	Doug Byrkit	Monte Vista
1986	126-6 1/2	Amador Valley	Carvecho, DeBarnardi, Sebaha	48-8	Eric Bamberger	Ygnacio Valley
1985	124-6	Las Lomas	Freschi, Barns, Miller	46-5	Tony Miller	Las Lomas
1984	140-2	San Ramon	Cox, Greg, Isola	49-0	Will Greg	San Ramon

Alhambra  
 American  
 Castro Valley "A"  
 Castro Valley "B"  
 Fremont  
 Hayward  
 Holy Names  
 Las Lomas  
 Mt. Eden  
 San Lorenzo  
 Tokay  
 Washington

**SHOT PUT PREVIOUS WINNERS**

**TROJAN RELAYS  
 Yarsity Girls:**

**Team:**

**Individual:**

1994	75-10	Alhambra	Colbert, Ferguson, Fowler	29-2	Stephanie Colbert	Alhambra
1990-93		meet not held				
1989	89-3 1/2	Piedmont	Moren, Watts, Martin	37-7 1/4	Julie DeJaris	Las Lomas
1988		rained out				
1987	91-0 3/4	Acalanes	Connor, Samahon, Billeter	35-8	Hildegard Samahon	Acalanes
1986	89-2 1/2	Moreau Catholic	A. Loggins, Watson, B. Loggins	34-0 1/4	Dawn Lundberg	Campolindo
1985	92-3 1/2	Foothill	Murphy, DeSantis, Mullikin	34-2 1/2	Esther Mullikin	Foothill
1984	94-9 1/2	Moreau Catholic	A. Loggins, B. Loggins, Watson	37-1	Jennifer Watson	Moreau Catholic
1983	86-0	Eagle Point, Oregon	Dickenson, Walter, Hanscom	32-8 1/2	Debby Hanscom	Eagle Point, Oregon
1982		no meet held				
1981	86-8 1/2	Ygnacio Valley	Reed, Camp, Chiavini	32-8	Diane Reed	Ygnacio Valley
1980	105-3 1/2	Liberty	Gallegos, Gallegos, Hoffman	40-0	Kathy Callegan	Monte Vista
1979	101-1	Monte Vista	B. Callegan, Fischer, K. Callegan (8 lb. shot used before 1979)	39-8 1/2	Kathy Callegan	Monte Vista
1978	89-5 1/2	San Leandro	Rishards, Bradshaw, Egan	40-6	Linda Reed	Alameda
1977	105-6	Monte Vista	Bell, Callegan, Dolsby	38-9	Carol Dolsby	Monte Vista
1976				38-11	Vanessa Brooks	Berkeley
1975				35-0	L. Keats	San Leandro
1974				34-2	L. Gustavson	Monte Vista
1973				38-3	G. King	Washington

Alhambra  
 American  
 Castro Valley "A"  
 Castro Valley "B"  
 Hayward  
 Holy Names  
 Las Lomas  
 Mt. Eden  
 San Lorenzo  
 Tokay  
 Washington

**EVENT 24 FROSH-SOPH DISCUS**

Alhambra  
 American "A"  
 American "B"  
 Castro Valley  
 El Cerrito  
 Hayward  
 Las Lomas  
 San Lorenzo  
 Tennyson  
 Tokay  
 Washington

**TROJAN RELAYS DISCUS PREVIOUS WINNERS**  
**Varsity Girls**

**Team:**

**Individual**

1994	247-3	Alhambra	Colbert, Fowler, Ferguson	89-5 1/2	Stephanie Colbert	Alhambra
1990-93		meet not held				
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	Fisher, 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 Boys:**

1994	288-1	Mt. Eden	Garvin, Faasisila, Feliciano	103-3	Chris Barker	Hayward
1990-93		meet not held				
1989	308-8	Ygnacio Valley	Holland, Rumbel, Johnson	119-1	D. Halpin	Campolindo

**EVENT 25          GIRLS'          POLE VAULT**

Alhambra  
 Castro Valley "A"  
 Castro Valley "B"  
 Hayward  
 Las Lomas "A"  
 Las Lomas "B"  
 San Ramon  
 Tokay  
 Washington

**EVENT 26          FROSH-SOPH          POLE VAULT**

Alhambra  
 Castro Valley "A"  
 Castro Valley "B"  
 Las Lomas "A"  
 Las Lomas "B"  
 Tokay  
 Washington

**TROJAN RELAYS  
 POLE VAULT PREVIOUS WINNERS**

**Varsity Girls:**

**Team:**

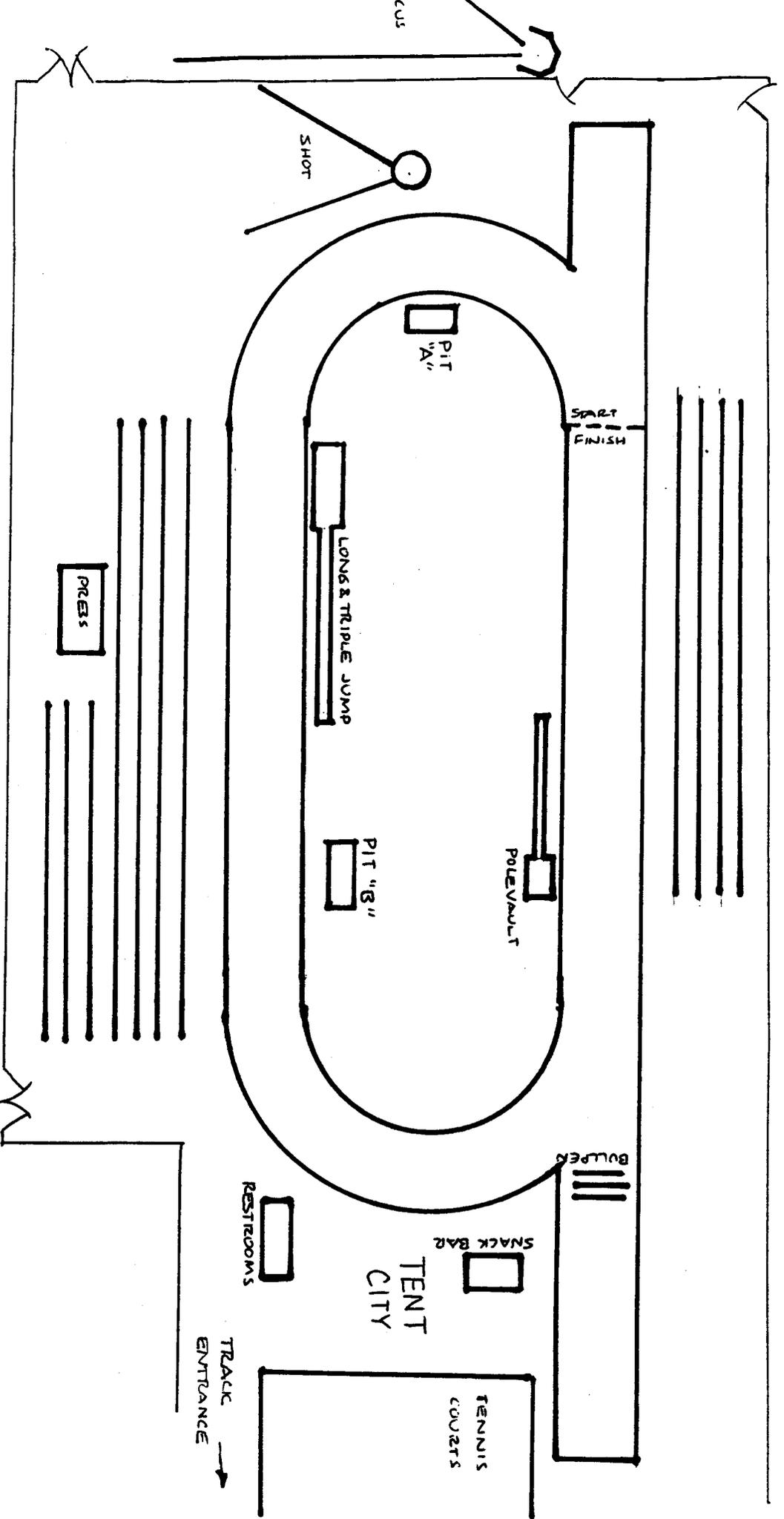
**Individual:**

1994	21-6	Las Lomas	Baron, Fleming, Tumbas	8-0	Amanda Baron	Las Lomas
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**Frosh-Soph Boys:**

1994	29-6	Alhambra	Hodgkinson, Porter, Savacool	10-6	Paul Hodgkinson	Alhambra
1990-93		meet not held				
1989	30-9	Ygnacio Valley	Pierson, Tran, Medhurst	12-3	Bruse 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	Poppleton	Ygnacio Valley
				(tie)	Tara	Clayton Valley
1985	26-6	Las Lomas	Veglia, Luna, McGuire	10-6	Dave Veglia	Las Lomas

REDWOOD ROAD



CASTRO VALLEY TRACK  
(NOT TO SCALE)