

1995 TROJAN RELAYS RESULTS

Event: 4x Mile

Division: Frosh/Soph

1.	Castro Valley A	20:36.2
2.	Washington	21:17.3
3.	Las Lomas	21:43.3
4.	San Ramon	21:51.6
5.	Hayward	22:02.9
6.	Tokay	22:11.9
7.	Castro Valley B	23:10.7

Event: 4x Mile

Division: Girls

1.	Lowell	23:25.6
2.	Castro Valley A	23:35.9
3.	Washington	24:16.7
4.	San Ramon	25:09.7
5.	Castro Valley C	25:44.1
6.	Las Lomas	25:48.4
7.	American	26:17.3
8.	Castro Valley B	26:54.1
9.	Alhambra	27:24.6
10.	Holy Names	29:00.2

Event: 4x 100

Heat: 1

Division: Girls

1.	Mt. Eden	55.2
2.	Castro Valley B	56.9
3.	Castro Valley C	57.0
4.	Tokay	57.1
5.	San Lorenzo	57.5
6.	American B	58.6

Event: 4x 100

Heat: 2

Division: Girls

1.	Holy Names	52.9
2.	American A	54.6
3.	Washington B	55.0
4.	Las Lomas	57.1
5.	Redwood Christian	58.0

Event: 4x 100

Heat: 3

Division: Girls

1.	Washington A	54.2
2.	Alhambra	54.5
3.	Castro Valley A	55.4
4.	Washington C	58.4
5.	San Ramon Valley	59.3
6.	Castro Valley D	61.1
7.	Hayward B	61.9

Event: 4x 100

Heat: 1

Division: Frosh/Soph

1.	Washington	46.9
2.	Tokay	47.1
3.	Hayward A	47.3
4.	Las Lomas A	48.1
5.	El Cerrito	50.6
6.	Castro Valley B	51.3

Event: 4x 100

Heat: 2

Division: Frosh/Soph

1.	Fremont	46.9
2.	Castro Valley A	47.9
3.	Hayward B	48.8
4.	Alhambra	50.7
5.	Las Lomas B	51.5
6.	San Ramon	51.8
7.	Redwood Christian	52.6

Event: 4x 100

Heat: Finals

Division: Frosh/Soph

1.	Washington	47.0
2.	Tokay	47.2
3.	Fremont	47.3
4.	Hayward A	47.6
5.	Las Lomas A	48.6
6.	Castro Valley A	49.9
7.	Hayward B	52.9

Event: 4x 100

Heat: Finals

Division: Girls

1.	Washington A	53.5
2.	American	54.4
3.	Mt. Eden	54.5
4.	Alhambra	55.0
5.	Washington B	56.1
6.	Castro Valley A	56.4
7.	Holy Names DQ	58.8

Event: 4x Hurdles
Heat: 1

Division: Frosh/Soph

1.	Hayward	46.4
2.	Las Lomas	46.9
3.	Castro Valley B	53.71

Event: 4x Hurdles
Heat: 2

Division: Frosh/Soph

1.	Castro Valley A	44.1
2.	Tokay	44.5
3.	Washington	46.9

Event: 4x Hurdles
Heat: 1

Division: Girls

1.	Castro Valley C	48.1
2.	Alhambra	48.2
3.	Las Lomas	49.3
4.	Hayward	52.7

Event: 4x Hurdles
Heat: 2

Division: Girls

1.	American A	44.2
2.	Castro Valley A	47.4
3.	Mt. Eden	48.0

Event: 4x Hurdles
Heat: 3

Division: Girls

1.	Washington	47.5
2.	American B	48.9

3.	Castro Valley B	50.8
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Event: 4x 220
Heat: 1

Division: Frosh/Soph

1.	Las Lomas	1:44.6
2.	San Ramon	1:45.6
3.	Alhambra	1:46.0
4.	Tokay	1:49.0
5.	Washington	1:50.3
6.	Castro Valley C	1:58.3

Event: 4x 220
Heat: 2

Division: Frosh/Soph

1.	Castro Valley A	1:40.4
2.	Fremont	1:40.8
3.	Hayward	1:41.8
4.	Castro Valley B	1:47.6
5.	El Cerrito	1:48.1
6.	Redwood Christian	1:51.8

Event: 4x 220
Heat: 1

Division: Girls

1.	American A	1:57.3
2.	Alhambra A	1:58.6
3.	Castro Valley B	2:03.2
4.	Redwood Christian	2:04.5
5.	American B	2:07.3

Event: 4x 220
Heat: 2

Division: Girls

1.	Washington B	1:58.3
2.	Mt. Eden	2:00.8
3.	Las Lomas	2:02.2
4.	Castro Valley C	2:02.4
5.	Alhambra B	2:10.3
6.	Castro Valley E	2:18.3

Event: 4x 220
Heat: 3

Division: Girls

1. Washington A 1:56.9
2. Holy Names 1:57.1
3. Castro Valley D 2:07.1
4. Hayward A 2:11.3

Event: 4x 880
Heat: 1

Division: Frosh/Soph

1. Castro Valley A 9:15.4
2. Washington 9:27.7
3. Tokay 9:35.9
4. Hayward 9:39.2
5. Las Lomas 9:46.4
6. Castro Valley B 9:50.4
7. San Ramon 9:51.0
8. Alhambra 10:04.5

Event: 4 x 880
Heat: 1

Division: Girls

1. Washington A 10:35.1
2. Castro Valley A 10:43.6
3. American 10:46.5
4. Washington B 11:07.0
5. Castro Valley B 11:29.6
6. San Lorenzo 11:36.0
7. Castro Valley C 11:37.5
8. Alhambra 11:51.5
9. Las Lomas 12:35.5
10. Holy Names 12:56.0

Event: Open Mile
Heat: 1

Division: Girls

1. Amber Robinson (Las Lomas) 5:31.8
2. Maureen Kennedy (Arroyo) 5:35.6
3. Melissa Duscha (Washington) 5:56.9
4. Simone Shin (Castro Valley) 6:14.7
5. Shannon Perkins (San Lorenzo) 6:19.9
6. Jolen Santos (Washington) 6:24.4
7. Daphney Britt (Castro Valley) 6:40.6
8. Debbie Mojadd (Mt. Eden) 6:49.5
9. Fawn Osborne (San Lorenzo) 6:55.8
10. Correa (American) 6:57.8

11. Hillary Hanell (Hayward) 7:15.8
12. Beth Gammon (Washington) -Devil-
13. Holly Wolden (Mt. Eden) -Devil-
14. Melissa Tague (San Lorenzo) -Devil-

Event: Open Mile
Heat: 1

Division: Frosh/Soph

1. Peter Baria (Castro Valley) 5:03.6
2. Aaron Gardner (Alhambra) 5:04.8
3. Paul Gattey (Washington) 5:05.2
4. Eric Mundy (El Cerrito) 5:14.7
5. Matt Pedigo (Rdwd Christ'n) 5:21.4
6. Al Rodriguez (Hayward) 5:23.5
7. Shane Gerber (Las Lomas) 5:36.3
8. Larry Chiu (Castro Valley) 5:38.8
9. Krusor (American) 5:45.9

Event: 4x 440
Heat: 1

Division: Frosh/Soph

1. Washington 3:45.6
2. Hayward 3:51.9
3. San Lorenzo 3:53.4
4. Castro Valley A 4:03.2
5. El Cerrito 4:11.1

Event: 4x 440
Heat: 2

Division: Frosh/Soph

1. Tokay 3:46.9
2. Las Lomas 3:50.9
3. Castro Valley B 4:02.9
4. Alhambra 4:52.0
5. Fremont -disqualified-

Event: 4x 440
Heat: 1

Division: Girls

1. Washington A 4:29.2
2. Alhambra 4:34.1
3. Castro Valley A 4:35.1
4. Washington B 4:39.1
5. Castro Valley B 4:40.7

6. Hayward 5:11.3

Event: 4x 440
Heat: 2

Division: Girls

1.	Mt. Eden	4:41.3
2.	Castro Valley C	4:48.5
3.	San Lorenzo	4:50.9
4.	Tokay	5:19.8
5.	Castro Valley D	5:22.3

Event: High Jump
Heat: 1

Division: Girls

1.	Castro Valley A	14-0
2.	Washington	13-2
3.	Tokay	12-10
4.	Castro Valley B	12-4
5.	Alhambra	12-0
6.	Hayward	11-2
7.	Castro Valley D	11-2
8.	San Ramon	4-2

Best mark

1.	Amy Kohl	Castro Valley	4-10
2.	Amanda Sweeten	Tokay	4-10
3.	Betsy Ewing	Castro Valley	4-8
4.	Maya Komandina	Castro Valley	4-6
5.	Kristine O.	Washington	4-6

Event: High Jump
Heat: 1

Division: Frosh/Soph

1.	Tokay	16-2
2.	Las Lomas	16-0
3.	Washington	15-10
4.	Castro Valley A	15-4
5.	Hayward	14-10
6.	San Lorenzo	14-2
7.	Castro Valley B	9-4

Best mark

1.	Ryan	Tokay	5-10
2.	Jones	Las Lomas	5-10
3.	Kevin Grimes	San Lorenzo	5-8
4.	Burns	Washington	5-6
5.	Ryan Cglar	Castro Valley	5-4

Event: Long Jump
Heat:

Division: Girls

1.	Holy Names	43-1/2
2.	Castro Valley A	39-10
3.	American	39-6 1/2
4.	Washington A	39-6 1/4
5.	Alhambra A	38-9
6.	Washington B	37-10 1/2
7.	Tokay	37-7 3/4
8.	San Ramo	37-5
9.	Castro Valley B	36-4
10.	Alhambra B	36-2 1/2
11.	Las Lomas	35-11
12.	San Lorenzo	35-7
13.	Castro Valley E	31-10 3/4
14.	Hayward	29-8
15.	Mt. Eden	27-5
16.	Castro Valley D	23-11

Best mark

1.	Jasmin Brown	Holy Names	14-10
2.	Ada Minglana	Las Lomas	14-5
3.	Margaret Agbowo	Holy Names	14-2 1/5
4.	Amy Kohl	Castro Valley	14-2 1/4
5.	Shameka Wallace	Mt. Eden	13-11

Event: Triple Jump
Heat:

Division: Frosh/Soph

1.	Castro Valley A	105-9
2.	Washington	98-7
3.	Alhambra	98-1 1/2
4.	Hayward	97-2 1/2
5.	Las Lomas	90-11 3/4
6.	Castro Valley C	88-3 1/2
7.	San Lorenzo	63-4

Best Mark

1.	KEVIN GRIMES (SAN LORENZO)	37-2
2.	JEFF EMMITT (WASHINGTON)	37-0
3.	KIM-DA HSIEH (HAYWARD)	36-1
4.	REGGIE BAILEY (CASTRO VALLEY)	35-7 1/2
5.	RYAN CIGLAR (CASTRO VALLEY)	35-4 1/2

Event: Shot Put
Heat: 1

Division: Girls

1.	Castro Valley A	83-7 1/2
2.	Holy Names	82-11 1/2
3.	Tokay	77-5 1/2
4.	San Ramon	77-5
5.	American	68-1
6.	Washington	67-6 1/2
7.	Castro Valley B	67-5 1/2
8.	Alhambra	53-4 1/2
9.	Hayward	45-10 1/2
10.	Mt. Eden	29-0
11.	San Lorenzo	19-11

Best mark

1.	Barbara Klews	Castro Valley	31-9
2.	Valu Helu	San Ramon	30-5 1/2
3.	Denise Woods	Holy Names	30-0 1/2
4.	Tonette Askew	Mt. Eden	29-0
5.	Shannon Pfeifle	Tokay	28-10 1/2

Event: Shot Put
Heat: 1

Division: Frosh/Soph

1.	Tokay	129-4 1/2
2.	Hayward A	117-10 1/2
3.	American A	111-11 1/2
4.	Alhambra	110-6
5.	Las Lomas	109-3 1/2
6.	Castro Valley	104-11 1/2
7.	Washington	93-8
8.	American B	91-9 1/2
9.	El Cerrito	79-7
10.	Hayward B	61-6
11.	San Lorenzo	34-8 1/2
12.	San Ramon	33-6

Best mark

1.	Lanfair	Tokay	47-9 1/2
2.	Gabriel	Tokay	45-0
3.	Leatherwood	Hayward	42-10
4.	Christiansen	Las Lomas	41-11 1/2
5.	Johnson	Hayward	39-10 1/2

Event: Discus
Heat:

Division: Frosh/Soph

1.	American A	313-27
2.	Tokay	293-3
3.	Hayward	263-11
4.	Alhambra	255-6
5.	Las Lomas	245-7
6.	Washington	221-7
7.	American B	207-5
8.	El Cerrito	107-2
9.	San Lorenzo	92-7
10.	San Ramon	82-3

Best mark

1.	Lanfair	Tokay	109-0
2.	Fred Ty	American	107-8
3.	Mike Alvernaz	American	106-11
4.	NICK STEVENS	AMERICAN	98-8
5.	SEANTA JOHNSON	HAYWARD	97-5

Event: Discus
Heat: 1

Division: Girls

1.	Tokay	256-8
2.	Castro Valley A	238-9
3.	Holy Names	226-3
4.	American	202-1
5.	Castro Valley B	174-5
6.	Washington	166-4
7.	Hayward	138-0
8.	Mt. Eden	83-1
9.	San Ramon	74-6
10.	San Lorenzo	73-10

Best mark

1.	Shannon Pfeifle	Tokay	98-4
2.	Stacey Wiley	Tokay	97-3
3.	Tonette Askew	Mt. Eden	83-1
4.	Tashena Howard	Castro Valley	81-6
5.	Joanie Minion	Castro Valley	79-0

Event: Pole Vault
Heat: 1

Division: Girls

1.	Las Lomas	21-0
2.	Castro Valley A	20-6
3.	Castro Valley B	17-0
4.	San Ramon	13-6
5.	Tokay	9-6
6.	Alhambra	6-6
7.	Washington	6-0

Best mark

1.	Amanda Sweeten	Tokay	9-6
2.	Amanda Berin	Las Lomas	7-6
3.	Dina Gizatullin	Castro Valley	7-6
4.	Jennifer Miloskey	San Ramon	7-6
5.	Emily Fleming	Las Lomas	7-0

Event: Pole Vault
Heat: 1

Division: Frosh/Soph

1.	Las Lomas A	24-6
2.	Castro Valley A	23-6
3.	Washington	23-6
4.	Las Lomas	21-6
5.	Tokay	16-6
6.	Las Lomas B	8-0

Best mark

1.	Zac Martinez	Tokay	10-0
2.	Ryan Ciglar	Castro Valley	9-6
3.	Jeff Emmitt	Washington	9-0
4.	Wilson	Las Lomas	9-0
5.	Logan Halliwell	Las Lomas	8-6

Final Standings

Girls Varsity

1.	Castro Valley	96
2.	Washington	91
3.	American	42
4.	Holy Names	34
5.	Tokay	27
6.	Alhambra	22
7.	Las Lomas	16
8.	San Ramon	12
9.	Mt. Eden	11
10.	Lowell	10
11.	Arroyo	4
12.	San Lorenzo	1

no score: El Cerrito, Fremont (Oak), Hayward, Redwood Christian

Boys Frosh/Soph

1.	Castro Valley	71
2.	Washington	66
3.	Tokay	60
4.	Las lomas	51
5.	Hayward	48
6.	Alhambra	18
7.	American	16
8.	Fremont (Oak)	12
8.	San Ramon	12
10.	San Lorenzo	3
11.	El Cerrito	2
11.	Holy Names	2
13.	Redwood Christian	1

Event: Open Mile
Heat: 1

Division: Girls

1.	Amber Robinson	(Las Lomas)	5:31.8
2.	Marueen Kennedy	(Arroyo)	5:35.6
3.	Melissa Duscha	(Washington)	5:56.9
4.	Simone Shin	(Castro Valley)	6:14.7
5.	Shannon Perkins	(San Lorenzo)	6:19.9
6.	Jolen Santos	(Washington)	6:24.4
7.	Daphney Britt	(Castro Valley)	6:40.6
8.	Debbie Mojadd	(Mt. Eden)	6:49.5
9.	Fawn Osborne	(San Lorenzo)	6:55.8
10.	Correa	(American)	6:57.8
11.	Hillary Hanell	(Hayward)	7:15.8
12.	Beth Gammon	(Washington)	-Devil Gotcha-
13.	Holly Wolden	(Mt. Eden)	-Devil Gotcha-
14.	Melissa Tague	(San Lorenzo)	-Devil Gotcha-

Event: 4x 440
Heat: 1

Division: Frosh/Soph

- | | | |
|----|-----------------|--------|
| 1. | Washington | 3:45.6 |
| 2. | Hayward | 3:51.9 |
| 3. | San Lorenzo | 3:53.4 |
| 4. | Castro Valley A | 4:03.2 |
| 5. | El Cerrito | 4:11.1 |

Event: 4x 440
Heat: 2

Division: Frosh/Soph

- | | | |
|----|-----------------|----------------|
| 1. | Tokay | 3:46.9 |
| 2. | Las Lomas | 3:50.9 |
| 3. | Castro Valley B | 4:02.9 |
| 4. | Alhambra | 4:52.0 |
| 5. | Fremont | -disqualified- |

Event: 4x 100
Heat: Finals

Division: Frosh/Soph

- | | | |
|----|-----------------|------|
| 1. | Washington | 47.0 |
| 2. | Tokay | 47.2 |
| 3. | Fremont | 47.3 |
| 4. | Hayward A | 47.6 |
| 5. | Las Lomas A | 48.6 |
| 6. | Castro Valley A | 49.9 |
| 7. | Hayward B | 52.9 |

Event: 4x 100
Heat: Finals

Division: Girls

- | | | |
|----|-----------------|---------|
| 1. | Washington A | 53.5 |
| 2. | American | 54.4 |
| 3. | Mt. Eden | 54.5 |
| 4. | Alhambra | 55.0 |
| 5. | Washington B | 56.1 |
| 6. | Castro Valley A | 56.4 |
| 7. | Holy Names | DQ 58.8 |

Event: 4x 880
Heat: 1

Division: Frosh/Soph

- | | | |
|----|-----------------|---------|
| 1. | Castro Valley A | 9:15.4 |
| 2. | Washington | 9:27.7 |
| 3. | Tokay | 9:35.9 |
| 4. | Hayward | 9:39.2 |
| 5. | Las Lomas | 9:46.4 |
| 6. | Castro Valley B | 9:50.4 |
| 7. | San Ramon | 9:51.0 |
| 8. | Alhambra | 10:04.5 |

Event: 4x Hurdles
Heat: 1

Division: Frosh/Soph

1. Hayward 46.4
2. Las Lomas 46.9
3. Castro Valley B 53.71

Event: 4x Hurdles
Heat: 2

Division: Frosh/Soph

1. Castro Valley A 44.1
2. Tokay 44.5
3. Washington 46.9

Event: 4x Hurdles
Heat: 1

Division: Girls

1. Castro Valley C 48.1
2. Alhambra 48.2
3. Las Lomas 49.3
4. Hayward 52.7

Event: 4x Hurdles
Heat: 2

Division:

1. American A 44.2
2. Castro Valley A 47.4
3. Mt. Eden 48.0

Event: 4x Hurdles
Heat: 3

Division: Girls

- | | | |
|----|-----------------|------|
| 1. | Washington | 47.5 |
| 2. | American B | 48.9 |
| 3. | Castro Valley B | 50.8 |

Event: 4x 220
Heat: 1

Division: Girls

- | | | |
|----|-------------------|--------|
| 1. | American A | 1:57.3 |
| 2. | Alhambra A | 1:58.6 |
| 3. | Castro Valley B | 2:03.2 |
| 4. | Redwood Christian | 2:04.5 |
| 5. | American B | 2:07.3 |

Event: 4x 220
Heat: 2

Division: Girls

- | | | |
|----|-----------------|--------|
| 1. | Washington B | 1:58.3 |
| 2. | Mt. Eden | 2:00.8 |
| 3. | Las Lomas | 2:02.2 |
| 4. | Castro Valley C | 2:02.4 |
| 5. | Alhambra B | 2:10.3 |
| 6. | Castro Valley E | 2:18.3 |

Event: 4x 220
Heat: 3

Division: Girls

- | | | |
|----|-----------------|--------|
| 1. | Washington A | 1:56.9 |
| 2. | Holy Names | 1:57.1 |
| 3. | Castro Valley D | 2:07.1 |
| 4. | Hayward A | 2:11.3 |

Event: 4x 220
Heat: 1

Division: Frosh/Soph

- | | | |
|----|-----------------|--------|
| 1. | Las Lomas | 1:44.6 |
| 2. | San Ramon | 1:45.6 |
| 3. | Alhambra | 1:46.0 |
| 4. | Tokay | 1:49.0 |
| 5. | Washington | 1:50.3 |
| 6. | Castro Valley C | 1:58.3 |

Event: 4x 220
Heat: 2

Division: Frosh/Soph

- | | | |
|----|-------------------|--------|
| 1. | Castro Valley A | 1:40.4 |
| 2. | Fremont | 1:40.8 |
| 3. | Hayward | 1:41.8 |
| 4. | Castro Valley B | 1:47.6 |
| 5. | El Cerrito | 1:48.1 |
| 6. | Redwood Christian | 1:51.8 |

Event: Open 100
Heat: 1

Division: Girls

1.	Ayana Butler	(Holy Names)	13.6
2.	Laura Underwood	(Alhambra)	13.7
3.	Maya Flagg	(Mt. Eden)	13.8
4.	Stephanie Schmidt	(San Lorenzo)	14.8
5.	Sanders	(Las Lomas)	14.9

Event: Open 100
Heat: 2

Division: Girls

1.	Kristine Obligacion	(Washington)	13.3
2.	Justina Thompsen	(Alhambra)	13.4
3.	Dana Blaco	(Tokay)	13.7
4.	Norma Bonilla	(American)	14.0
5.	Devina Brown	(Alhambra)	14.5
6.	Jasmine Green	(Hayward)	14.6
7.	Elizabeth Tokoas	(Las Lomas)	15.0
8.	Joan Falleiro	(Hayward)	15.4

Event: Open 100
Heat: 3

Division: Girls

1.	Maya Flagg	(Mt. Eden)	14.0
2.	Mary Sartain	(Redwood Christian)	14.5
3.	Raschita Boykin	(Hayward)	14.6
4.	Melissa Schmidt	(San Lorenzo)	14.9
5.	Lani Benitez	(American)	14.9
6.	Kim Brezhtel	(San Ramon)	14.9

Event: 4x 100

Heat: 1

Division: Frosh/Soph

1.	Washington	46.9
2.	Tokay	47.1
3.	Hayward A	47.3
4.	Las Lomas A	48.1
5.	El Cerrito	50.6
6.	Castro Valley B	51.3

Event: 4x 100

Heat: 2

Division: Frosh/Soph

1.	Fremont	46.9
2.	Castro Valley A	47.9
3.	Hayward B	48.8
4.	Alhambra	50.7
5.	Las Lomas B	51.5
6.	San Ramon	51.8
7.	Redwood Christian	52.6

Event: Open 100
Heat: 1

Division: Frosh/Soph

1.	Genna Abramenko	(Castro Valley)	11.91
2.	Damar Hadden	(Hayward)	11.92
3.	M ^c Intosh	(Alhambra)	12.0
4.	Josh Haber	(Las Lomas)	12.1
5.	Jason Dixon	(Fremont)	13.87

Event: Open 100
Heat: 2

Division: Frosh/Soph

1.	Dave Newton	(San Ramon)	11.8
2.	Damion Hardy	(Fremont)	12.3
3.	Ben Chan	(Castro Valley)	12.4
4.	Charles Watson	(El Cerrito)	12.5
5.	Villat	(Las Lomas)	12.7
6.	Nakano	(Alhambra)	12.9

Event: Open 100
Heat: 3

Division: Frosh/Soph

1.	Tommy Burns	(Washington)	11.5
2.	Reggie Bailey	(Castro Valley)	11.9
3.	Eddie Gorton	(San Lorenzo)	12.0
4.	Jay Webster	(Fremont)	12.1
5.	Sean Holleman	(Hayward)	12.5
6.	Brian Lane	(El Cerrito)	12.3
7.	Joseph M ^c Henry	(Fremont)	12.4

Event: 4x Mile

Division: Frosh/Soph

- | | | |
|----|-----------------|---------|
| 1. | Castro Valley A | 20:36.2 |
| 2. | Washington | 21:17.3 |
| 3. | Las Lomas | 21:43.3 |
| 4. | San Ramon | 21:51.6 |
| 5. | Hayward | 22:02.9 |
| 6. | Tokay | 22:11.9 |
| 7. | Castro Valley B | 23:10.7 |

Event: 4x Mile

Division: Girls

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|-----|-----------------|---------|
| 1. | Lowell | 23:25.6 |
| 2. | Castro Valley A | 23:35.9 |
| 3. | Washington | 24:16.7 |
| 4. | San Ramon | 25:09.7 |
| 5. | Castro Valley C | 25:44.1 |
| 6. | Las Lomas | 25:48.4 |
| 7. | American | 26:17.3 |
| 8. | Castro Valley B | 26:54.1 |
| 9. | Alhambra | 27:24.6 |
| 10. | Holy Names | 29:00.2 |

Event: 4x 100
Heat: 1

Division: Girls

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|----|-----------------|------|
| 1. | Mt. Eden | 55.2 |
| 2. | Castro Valley B | 56.9 |
| 3. | Castro Valley C | 57.0 |
| 4. | Tokay | 57.1 |
| 5. | San Lorenzo | 57.5 |
| 6. | American B | 58.6 |

Event: 4x 100
Heat: 2

Division: Girls

- | | | |
|----|-------------------|------|
| 1. | Holy Names | 52.9 |
| 2. | American A | 54.6 |
| 3. | Washington B | 55.0 |
| 4. | Las Lomas | 57.1 |
| 5. | Redwood Christian | 58.0 |

Event: 4x 100
Heat: 3

Division: Girls

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|----|------------------|------|
| 1. | Washington A | 54.2 |
| 2. | Alhambra | 54.5 |
| 3. | Castro Valley A | 55.4 |
| 4. | Washington C | 58.4 |
| 5. | San Ramon Valley | 59.3 |
| 6. | Castro Valley D | 61.1 |
| 7. | Hayward B | 61.9 |