

Castro Valley Invitational

Friday, April 26, 1996
Castro Valley High School

(* = meet record)

Team Scores -- Girls' Varsity:

1. Castro Valley	92
2. Mission San Jose	60
3. (tie) Acalanes	46
3. (tie) Fremont (Oak)	46
5. Las Lomas	42
6. Alhambra	22
7. Dublin	14
8. San Lorenzo	13
9. (tie) Foothill	11
9. (tie) Washington	11
11. Hayward	2

Team Scores -- GFS:

1. St. Mary's	83 1/2
2. Castro Valley	58
3. Acalanes	53
4. Redwood Christian	32
5. Foothill	26 1/2
6. Las Lomas	22
7. Armijo	20
8. Dublin	10
9. Fremont (Oakland)	8
10. Alameda	6
11. Hayward	5
12. San Lorenzo	4

Team Scores -- BFS:

1. Las Lomas	70
2. Alhambra	53
3. Acalanes	51
4. Castro Valley	43
5. (tie) Mission	40
5. (tie) St. Mary's	40
7. Hayward	35
8. Armijo	16
9. Washington	11
10. Dublin	4
11. Foothill	2
12. Alameda	1

Event 1 -- BFS 4 x Mile:

1. Mission San Jose	20:18.9
2. Castro Valley	21:20.1
3. St. Mary's "A"	21:26.9
4. Alhambra	21:29.7
5. Las Lomas	21:39.9
6. Acalanes	22:24.5
7. Hayward	22:24.5
8. St. Mary's "B"	23:58.9

Event 2 -- GFS 4 x Mile:

1. Acalanes "A"	24:22.6 *
2. Castro Valley	25:27.9
3. Acalanes "B"	25:40.2

Event 3 -- GV 4 x Mile:

1. Mission San Jose	23:29.1
2. Castro Valley	23:52.7
3. Las Lomas	25:15.5
4. Alhambra	26:15.9

Event 4 -- BFS 4 x 100:

Heat 1:

1. Armijo	47.29
2. Hayward	47.70
3. Castro Valley "A"	48.71
4. Foothill	49.05
5. Dublin	51.96
Las Lomas	DQ

Heat 2:

1. Acalanes	46.61
2. Alhambra	48.33
3. Mission San Jose	48.37
4. Las Lomas	49.51
5. Armijo	51.63
6. Castro Valley "B"	52.32

Event 5 -- GFS 4 x 100

Heat 1:

1. St. Mary's	52.52 *
2. Redwood Christian	55.73
3. Fremont (Oakland)	56.06
4. Castro Valley "A"	56.33
5. Dublin	56.97
6. Acalanes	60.01
7. Foothill "B"	62.64

Heat 2:

1. Foothill "A"	55.21
2. Las Lomas	57.53
3. Castro Valley "B"	57.85
4. San Lorenzo	60.38
5. Holy Names	63.35
6. Hayward	64.48

Event 6 -- GV 4 x 100

Heat 1:

1. Castro Valley "A"	53.64
2. Las Lomas	55:16
3. Mission San Jose	55:34
4. Alhambra	56.76

Heat 2:

1. Fremont (Oakland)	51.60
2. San Lorenzo	55:31
3. Hayward	55:47
4. Castro Valley "B"	55.63

Event 7 -- BFS 4 x 70 yard HH

Heat 1:

1. Mission San Jose	42.9
2. Dublin	44.6
3. Castro Valley	45.2
4. Hayward	48.4

Heat 2:

1. St. Mary's	39.6 *
2. Alhambra	40.1
3. Las Lomas	44.1

Event 8 -- GFS 4 x 60 yard

Hurdles

Heat 1:

1. Castro Valley	45.4
2. Dublin	47.0
3. Acalanes	49.3

Heat 2:

1. Armijo	43.6 *
2. St. Mary's	44.0
3. Fremont (Oakland)	46.0
4. Foothill	46.1

Event 9 -- GV 4 x 60 yd hurdles

Heat 1:

1. Mission "A"	41.5 *
2. Acalanes	45.0
3. Alhambra	46.3

Heat 2:

1. Castro Valley	43.9
2. Mission "B"	44.3
3. Las Lomas	45.1
4. Hayward	50.7

Event 10 -- BFS 4 x 220

Heat 1:

1. Acalanes	1:37.34
2. Hayward	1:41.48
3. Castro Valley "A"	1:41.62
4. Mission San Jose	1:43.64
5. Foothill	1:45.59
6. St. Mary's "B"	1:47.14

Heat 2:

1. St. Mary's "A"	1:38.60
2. Las Lomas	1:43.48
3. Alhambra	1:44.10
4. Washington	1:44.47
5. Castro Valley "B"	1:46.46
6. Armijo	1:48.98

Event 11 -- GFS 4 x 220

Heat 1:

1. St. Mary's	1:52.49 *
2. Foothill	1:57.74
3. Castro Valley "A"	1:59.09
4. Armijo	2:01.09
5. Acalanes	2:03.77

Heat 2:		6. Kohta Tabuchi (Acalanes) 12.77	17. Nick Whittaker (Foothill) 5:34.5
1. Redwood Christian 1:58.78		7. I.V. Mathony (Castro Valley) 12.98	18. Joe Patterson (Castro) 5:35.6
2. Castro Valley "B" 2:01.75		Heat 3:	19. Isaac Bartsch (Armijo) 5:44.0
3. Dublin 2:02.26		1. Keith Relagea (Alameda) 12.14	20. Greg Chargaris (Acalanes) 5:56.5
Event 12 -- GV 4 x 220		2. Dave Bush (St. Mary's) 12.15	
Heat 1:		3. Jeremy Jackson (Armijo) 12.26	Event 20 -- GFS Devil Mile
1. Fremont (Oakland) 1:49.66		4. Suman Dasgupta (Mission) 12.59	1. Courtney Davidson (Red) * 5:39.8
2. Acalanes 1:53.30		5. Vaughn Eisdson (Foothill) 12.80	2. Teresa Ko (Castro Valley) 5:59.3
3. Las Lomas 1:56.07		6. Brandon Tong (Castro V.) 12.85	3. Katie Powers (Acalanes) 6:00.2
4. Castro Valley "B" 1:59.27		Event 17 -- GFS Open 100	4. Jenny Christiansen (Foot) 6:02.4
Heat 2:		Heat 1:	5. Oralia Coon (Hayward) 6:04.9
1. Castro Valley "A" 1:52.44		1. Espie Accode (St. Mary's) * 13.45	6. Melissa Mazur (Alhambra) 6:10.9
2. Hayward 2:00.45		2. Loryn Bailey (Castro Valley) 14.15	7. Brittany Matthews (Ala) 6:11.9
3. Alhambra 2:04.01		3. Meisha McLure (San Lor.) 14.42	8. Janece Jordan (Foothill) 6:29.5
Event 13 -- BFS 4 x 880		4. Bianca DeRouen (Las Lomas) 15.56	9. Michelle Lam (Foothill) 6:41.0
Heat 1:		5. Christine wolters (Foothill) 15.57	Event 21 -- GV Devil Mile
1. Mission San Jose 9:02.6		Heat 2:	1. Katie Hotchkiss (Mission) 5:53.7
2. Castro Valley 9:05.4		1. Tonya Shepherd (St. Mary's) 13.67	2. Amanda Necoechea (MSJ) 5:56.0
3. Washington 9:34.1		2. Lucie Sutherland (Foothill) 14.12	3. Amber Cook (San Lorenzo) 6:04.8
4. St. Mary's "A" 9:46.0		3. Kim Haw (Castro Valley) 14.46	4. Alece Rutledge (Mission) 6:06.4
5. Foothill 10:08.4		4. Michele Tobia (Castro Valley) 14.62	5. Dharma Dwandena (LL) 6:13.7
6. Las Lomas 10:45.9		5. Asworth (Las Lomas) 14.69	6. Wang (Las Lomas) 6:19.4
Heat 2:		Event 18 -- GV Open 100	7. Kathryn Chinn (Acalanes) 6:29.9
1. Las Lomas 9:05.9		Heat 1:	Event 22 -- BFS 4 x 440
2. Hayward 9:18.9		1. Stephanie Fong (Mission) 13.27	Heat 1:
3. Acalanes 9:33.6		2. Christine Obilgacion (Wash) 13.66	1. Acalanes 3:45.8
4. Alhambra 9:34.2		3. Heather Duperroir (Castro V) 14.25	2. St. Mary's 3:48.5
5. St. Mary's "B" 10:38.8		4. DeVina Brown (Alhambra) 14.29	3. Castro Valley "A" 3:53.1
Event 14 -- GFS 4 x 880		5. Raymesha Bilbo (Hayward) 14.37	4. Hayward 3:54.8
1. Acalanes "A" 10:23.2 *		Heat 2:	5. Washington 4:07.8
2. Castro Valley 11:12.2		1. Jill Armstrong (Acalanes) 13.20	Heat 2:
3. St. Mary's 11:19.6		2. Ashli Tingle (Castro Valley) 13.55	1. Las Lomas 3:47.7
4. Acalanes "C" 11:45.5		3. Stephannie Schmidt (San Lor) 14.74	2. Mission San Jose 3:49.4
5. Acalanes "D" 12:17.1		4. Melissa Schmidt (San Lor) 14.79	3. Alhambra 4:04.3
6. Fremont (Oakland) 12:24.7		5. Mordin Mason (Alhambra) 15.00	4. Armijo DNF
Event 15 -- GV 4 x 880		Heat 3:	Event 23 -- GFS 4 x 440
1. Mission San Jose 10:16.5		1. Ayane Street (Foothill) 13.53	1. Acalanes 4:22.8 *
2. Castro Valley 10:16.9		2. Brooke Miller (Las Lomas) 14.31	2. Redwood Christian 4:33.2
3. Alhambra 10:53.5		3. Abby Ferguson (Las Lomas) 15.37	3. St. Mary's "A" 4:37.1
4. Washington 11:05.6		Event 19 -- BFS Devil Mile	4. Castro Valley "A" 4:37.4
5. Las Lomas 11:34.0		1. Jon Stevens (Mission) 4:34.4	5. Castro Valley "B" 4:54.9
Event 16 -- BFS Open 100		2. Glancy (Las Lomas) 5:00.1	6. St. Mary's "B" 5:35.6
Heat 1:		3. Paul Gattey (Wash) 5:04.6	Event -- GV 4 x 440
1. Bendtor Gambles (Armijo) 11.89		4. Tom Chapman (Mission) 5:08.2	1. Fremont (Oakland) 4:13.4
2. Sean Holleman (Hayward) 12.02		5. Sam Petty (Hayward) 5:12.5	2. Castro Valley "A" 4:20.6
3. McIntosh (Alhambra) 12.36		6. Kentoku Yamamoto (CV) 5:13.1	3. Mission San Jose 4:24.8
4. Kefense Hynson (St. Mary's) 12.80		7. Andy FitzGerald (Acalanes) 5:18.3	4. Alhambra 4:33.4
5. Adam Henig (Castro Valley) 13.08		8. John Rodrigues (Redwood) 5:19.5	5. Las Lomas 4:35.8
Heat 2:		9. Kenpei Yamamoto (CV) 5:20.3	6. Castro Valley "B" 4:38.7
1. Reggie Bailey (Castro V.) 11.90		10. Daniel Sabatini (?) 5:21.5	7. Washington 4:40.4
2. Bandon Setoff (Alhambra) 11.97		11. Dan Low (Redwood) 5:23.8	
3. Rastaad Jamal (St. Mary's) 12.15		12. Richard Mendez (Hay) 5:25.7	
4. Perry (Las Lomas) 12.37		13. David Kreides (Alameda) 5:25.9	
5. Jason Holloway (Hayward) 12.47		14. Rob Arndt (Castro Valley) 5:26.6	
		15. Tom Hodgson (Alhambra) 5:27.0	
		16. Devon Bean (Alameda) 5:27.1	

Event 25 -- GV High Jump

1. Acalanes	14-4
2. Castro Valley "A"	14-2
3. Fremont (Oakland)	12-8
4. Alhambra	11-8
5. Las Lomas	8-0
6. Castro Valley "B"	4-0

Individual:

1. Erin Nichol (Acalanes)	5-2
2. Amy Kohl (Castro Valley)	5-0
3. Takumbo Ahinbodunse (Fre.)	4-10
4. Stacy Shaw (Acalanes)	4-10
5. Maya Komadina (Castro V.)	4-8

Event 26 -- GFS High Jump

1. Castro Valley "A"	12-10 *
2. Castro Valley "B"	4-0

Individual:

1. Loryn Bailey (CV)	4-6 *
2. Theresa Robles (CV)	4-2
3. Jessica Van Norman (CV)	4-2
4. Jill Bryce (CV)	4-0

Event 27 -- BFS High Jump

1. Hayward	16-2
2. Alhambra	15-10
3. Castro Valley	15-4
3. Acalanes	15-4
5. Las Lomas	14-0
6. Washington	10-2
7. Foothill	4-6

Individual:

1. Jordan Engledinger (Aca)	5-8
2. Sean Holleman (Hayward)	5-8
3. Vincent Boatwright (Hay)	5-6
4. Paul Gattey (Washington)	5-6
5. Reggie Bailey (Castro Valley)	5-6

Event 28 -- GFS Long Jump

1. St. Mary's	38-0 1/4 *
2. Acalanes	37-2 1/4
3. Redwood	36-1 1/2
4. San Lorenzo	30-8 3/4
5. Armijo	24-1
6. Castro Valley "A"	23-5 1/4
7. Castro Valley "B"	22-3 3/4
8. Hayward "A"	18-9 3/4
9. Alameda	14-11
10. Hayward "B"	10-3 1/4
11. Castro Valley "C"	10-1 1/2

Individual:

1. Katy Savage (Alameda)	14-11 *
2. Anna Yovino (Redwood)	13-5 3/4
3. Desirea English (SM)	13-5
4. Rachel Rodriguez (SM)	12-11 1/2
5. Robin Taylor (Aca)	12-7 1/2

Event 29 -- GV Long Jump

1. Las Lomas	41-0
2. Castro Valley "A"	40-10 3/4
3. San Lorenzo	37-0 1/4
4. Washington	36-11 1/2
5. Castro Valley "B"	36-9 1/4
6. Mission "A"	35-4
7. Fremont (Oakland)	35-1 3/4
8. Armijo	34-9 3/4
9. St. Joeseeph's	14-0 1/4 10.
10. Alhambra	13-11 3/4
11. Acalanes	13-2 1/4
12. Foothill	12-4
13. Mission "B"	11-1
14. Hayward	11-0 1/2

Individual:

1. Ada Minglana (LL)	14-5 1/2
2. Heather Ashworth (LL)	14-4 1/4
3. Amber Sammons (CV)	14-3 1/2
4. Kris Obligacion (Wash)	14-1 1/4
5. Mercedes Williams (SJ)	14-0 1/4

Event 30 -- BFS Triple Jump

1. Hayward	104-2 3/4
2. Alhambra	101-11 3/4
3. Las Lomas	100-8 3/4
4. Castro Valley	96-8 1/2
5. Acalanes	86-6 1/2
6. St. Mary's	61-1 1/2
7. Dublin	32-7 1/4

Individual:

1. Kim-Da Hsieh (Hay)	37-0 1/2
2. Greg Ferguson (Alh)	34-7 1/2
3. Teddy Ballin (Alh)	34-7 3/4
4. Charlie Bowers (LL)	34-4 3/4
5. Adam Henig (CV)	34-3 1/2

Event 31 -- BFS Shot Put

1. Las Lomas	124-7 1/2
2. Alhambra	121-7 1/2
3. Acalanes	117-10
4. Castro Valley "A"	116-4
5. St. Mary's	114-3 1/2
6. Armijo	107-4
7. Alameda	41-6
8. Castro Valley "B"	40-2
9. Hayward	36-2

Individual:

1. Robbie Christiansen (LL)	50-9 *
2. Mateaki Ofahengahe (Aca)	45-1
3. Tyler Fowler (Alh)	44-0
4. Seab Walton (Alh)	42-10 1/2
5. Tony Liberal (Ala)	41-6

Event 32 -- GV Shot Put

1. Fremont (Oakland)	86-7
2. Castro Valley	86-3 1/2
3. Acalanes	85-6 1/2
4. Dublin	80-0

5. Hayward	78-10
6. Washington	66-7 1/2
7. Alhambra	61-3 1/2

Individual:

1. Barbara Klews (CV)	32-10
2. Mona Payne (Fre.)	29-9 1/2
3. Laura Cox (Aca)	29-4
4. Terra Jones (Hay)	28-9 1/2
5. Fusi Fine (Fre.)	28-9 1/2

Event 33 -- GFS Shot Put

1. St. Mary's	81-1 1/2 *
2. Armijo	68-1 1/2
3. Las Lomas	67-1
4. Foothill	62-9
5. Hayward	61-8 1/2
6. Castro Valley	57-9
7. Alameda	54-3 1/2

Individual:

1. Rodie Aikens (St. Mary's)	* 32-6
2. Katy Savage (Alameda)	30-6
3. Spring Harris (St. Mary's)	28-6
4. Deandrea Graham (Armijo)	24-7
5. Lori Willson (Las Lomas)	24-5

Event 34 -- GV Discus

1. Dublin	229-1
2. Foothill	228-4
3. Castro Valley	214-6
4. Acalanes	213-11
5. Washington	204-5
6. Armijo "B"	180-8
7. Fremont (Oakland)	178-9
8. Armijo "A"	176-8
9. Hayward	163-7
10. Alhambra	143-8

Individual:

1. Valerie Kucharewski (Foot)	90-4
2. Barbara Klews (CV)	89-4
3. Rachael Lee (Dublin)	82-8
4. Mandi Ledgewood (Wash)	82-7
5. Kathy Hodson (Dublin)	80-6

Event 35 -- GFS Discus

1. St. Mary's	222-7 *
2. Las Lomas	208-4
3. Alameda	184-3
4. Hayward	166-6
5. Foothill	73-5
6. Holy Names	69-9
7. Castro Valley	40-6

Individual:

1. Katy Savage (Alameda)	* 105-0
2. Rosie Aikens (St. Mary's)	98-9
3. Jen Palmer (Alameda)	79-3
4. Molly Borel (Las Lomas)	78-11
5. Lori Willson (Las Lomas)	74-4

Event 36 -- BFS Discus	
1. Las Lomas	294-11
2. Acalanes	294-3
3. Alhambra	283-6
4. St. Mary's	275-0
5. Armijo	240-7
6. Alameda	96-9
7. Hayward	92-0

Thank you very much for a great meet. It was a great deal of fun to put on a event where everyone seemed to enjoy themselves. Please reserve your calendars for the next Castro Valley Invitational Relays in April of 1997.

Peter Brewer
Meet Director

Individual:

1. Rob Christiansen (LL) *	124-10
2. Tyler Fowler (Alh)	109-6
3. Adam Wood (Acalanes)	107-11
4. Ryan Dore (Acalanes)	105-7
5. Po Pole (Armijo)	99-7

Event 37 -- GFS Pole Vault

1. Dublin	7-0 *
2. Las Lomas	4-0

Individual:

1. Cherie Simon (Dublin)	7-0 *
2. Emily Melan (Las Lomas)	4-0

Event 38 -- GV Pole Vault

1. Acalanes	22-6 *
1. Castro Valley "A"	22-6 *
3. Las Lomas "A"	21-6
4. Alhambra	20-6
5. Las Lomas "B"	12-6
5. Mission San Jose	12-6
7. Castro Valley "B"	6-6
8. Foothill	6-0
8. Washington	6-0

Individual:

1. Elizabeth Ewing (CV)	8-6
2. Jill Forde (Acalanes)	8-6
3. Shannon Flett (Acalanes)	8-0
4. Amber Sammons (CV)	7-6
5. Irma Griffin (Las Lomas)	7-6

Event 39 -- BFS Pole Vault

1. Las Lomas "A"	31-0 *
2. Las Lomas "B"	26-0
3. Castro Valley "A"	24-5
4. Alhambra	18-0
5. Dublin	13-6
6. Castro Valley "B"	13-0
7. Foothill	9 0
8. Acalanes	8-0

Individual:

1. Chad Wilson (Las Lomas)	11 9
2. Sam Klop (Las Lomas)	10-9
3. Daniel Tarnowski (Foothill)	9-0
4. Brian Cruz (Las Lomas)	9-0
5. Kardon Wright (Dublin)	8 6

Castro Valley Invitational
4/26/96 Trojan Stadium

Event: 4 x mile

bfs

1.	Mission San Jose	20:18.9
2.	Castro Valley	21:20.1
3.	St Marys	21:26.9
4.	Alhambra	21:29.7
5.	Las Lomas	21:39.9
6.	Acalanes	22:19.6
7.	Hayward	22:24.5
8.	St Marys	23:58.9

gfs

1.	Acalanes	24:22.6
2.	Castro Valley	25:27.9
3.	Acalanes	25:40.2

gv

1.	Mission San Jose	23:29.1
2.	Castro Valley	23:52.7
3.	Las Lomas	25:15.5
4.	Alhambra	26:15.9

Event 4x100

bfs

heat 1

1.	Armijo	47:29
2.	Hayward	47:70
3.	Castro Valley	48:71
4.	Foothill	49:05
5.	Dublin	51:96
DQ	Las Lomas	53:17

heat 2

1.	Acalanes	46:61
2.	Alhambra	48:33
3.	Mission San Jose	48:37
4.	Las Lomas	49:51
5.	Armijo	51:63
6.	Castro Valley	52:32

gfs

heat 1

1.	St. Marys	52:52
2.	Redwood	55:73
3.	Fremont	56:06
4.	Castro Valley	56:53
5.	Dublin	56:97
6.	Acalanes	60:01
7.	Foothill	62:64

heat 2

1.	Foothill	55:21
2.	Las Lomas	57:53
3.	Castro Valley	57:85

4.	San Lorenzof	60:38
5.	Holy Names	63:35
6.	Hayward	64:48

gv

heat 1

1.	Castro Valley	53:64
2.	Las Lomas	55:16
3.	Mission San Jose	55:34
4.	Alhambra	56:76

heat 2

1.	Fremont	51:60
2.	San Lorenzo	55:31
3.	Hayward	55:47
4.	Castro Valley	55:63

Event: 4x hurdles

bfs

heat 1

1.	Mission San Jose	42.9
2.	Dublin	44.6
3.	Castro Valley	45.2
4.	Hayward	48.4

heat 2

1.	St. Marys	39.6
2.	Alhambra	40.1
3.	Las Lomas	44.1

gfs

heat1

1.	Castro Valley	45.4
2.	Dublin	47.0
3.	Acalanes	49.3

heat 2

1.	Armijo	43.6
2.	St. Marys	44.0
3.	Fremont	46.0
4.	Foothill	46.1

gv

heat 1

1.	Mission San Jose	41.5
2.	Acalanes	45.0
3.	Alhambra	46.3

heat 2

1.	Castro Valley	43.9
2.	Mission San Jose	44.3
3.	Las Lomas	45.1
4.	Hayward	50.7

Event: 4x220

bfs

heat 1

1.	Acalanes	1:37.34
2.	Hayward	1:41.48

3.	Castro Valley	1:41.62
4.	Mission San Jose	1:43.64
5.	Foothill	1:45.59
6.	St. Marys	1:47.14

heat 2

1.	St. Marys	1:38.60
2.	Las Lomas	1:43.48
3.	Alhambra	1:44.10
4.	Washington	1:44.47
5.	Castro Valley	1:46.46
6.	Armijo	1:48.98

gfs

heat 1

1.	St. Marys	1:52.49
2.	Foothill	1:57.74
3.	Castro Valley	1:59.09
4.	Armijo	2:01.09
5.	Acalanes	2:03.77

heat 2

1.	Redwood	1:58.78
2.	Castro Valley	2:01.75
3.	Dublin	2:02.26

gv

heat 1

1.	Fremont	1:49.66
2.	Acalanes	1:53.30
3.	Las Lomas	1:56.07
4.	Castro Valley	1:58.27

heat 2

1.	Castro Valley	1:52.44
2.	Hayward	2:00.45
3.	Alhambra	2:04.01

Event: 4x880

bfs

heat 1

1.	Mission San Jose	9:02.6
2.	Castro Valley	9:05.4
3.	Washington	9:34.1
4.	St. Marys	9:46.0
5.	Foothill	10:08.4
6.	Las Lomas	10:45.9

heat 2

1.	Las Lomas	9:05.9
2.	Hayward	9:18.9
3.	Acalanes	9:33.6
4.	Alhambra	9:34.2
5.	St. Marys	10:38.8

gfs

heat 1

1.	Acalanes "A"	10:23.2
2.	Castro Valley	11:12.2
3.	St. Marys	11:19.6

4.	Acalanes "C"	11:45.5
5.	Acalanes "B"	12:17.1
6.	Fremont	12:24.7

gv

1.	Mission San Jose	10:16.5
2.	Castro Valley	10:16.9
3.	Alhambra	10:53.5
4.	Washington	11:05.6
5.	Las Lomas	11:34.0

Event: open 100

bfs

heat 1

1.	Armijo	11.89
2.	Hayward	12.02
3.	Alhambra	12.36
4.	St. Marys	12.80
5.	Castro Valley	13.8

heat 2

1.	Castro Valley	11.90
2.	Alhambra	11.97
3.	St. Marys	12.15
4.	Las Lomas	12.37
5.	Hayward	12.47
6.	Acalanes	12.77
7.	Castro Valley	12.98

heat 3

1.	Alameda	12.14
2.	St. Marys	12.15
3.	Armijo	12.26
4.	Mission San Jose	12.59
5.	Foothill	12.80
6.	Castro Valley	12.85

heat 4

1.	St. Marys	12.50
2.	Las Lomas	13.05
3.	St. Marys	13.10
4.	Washington	13.22
5.	Castro Valley	14.16
6.	Washington	15.23

gfs

heat 1

1.	St. Marys	13.45
2.	Castro Valley	14.15
3.	San Lorenzo	14.42
4.	Las Lomas	15.56
5.	Foothill	15.57

heat 2

1.	St. Marys	13.67
2.	Foothill	14.12
3.	Castro Valley	14.46
4.	Castro Valley	14.62
5.	Las Lomas	14.69

heat 3

1.	St. Marys	13.84
2.	Armijo	14.01
3.	St. Marys	14.12
4.	St. Marys	14.77
5.	Fremont	15.01
6.	Acalanes	15.98

gv

heat 1

1.	Mission San Jose	13.27
2.	Washington	13.66
3.	Castro Valley	14.25
4.	Alhambra	14.29
5.	Hayward	14.37

heat 2

1.	Acalanes	13.2
2.	Castro Valley	13.55
3.	San Lorenzo	14.74
4.	San Lorenzo	14.79
5.	Alhambra	15.00

heat 3

1.	Foothill	13.53
2.	Las Lomas	14.31
3.	Las Lomas	15.37

Event: Devil Mile

bfs

1.	MJS	4:34.38
2.	Las Lomas	5:00.1
3.	Washington	5:04.6
4.	Mission San Jose	5:08.2
5.	Hayward	5:12.5
6.	Castro Valley	5:13.1
7.	Acalanes	5:18.3
8.	Redwood	5:19.5
9.	Castro Valley	5:20.3
10.	???	5:21.5
11.	Redwood	5:23.8
12.	Hayward	5:25.7
13.	Alameda	5:25.9
14.	Castro Valley	5:26.6
15.	Alhambra	5:27.0
16.	Alameda	5:27.1
17.	Foothill	5:34.5
18.	Castro Valley	5:35.6
19.	Armijo	5:44.0
20.	Acalanes	5:56.5

gfs

1.	Redwood	5:39.8
2.	Castro Valley	5:59.3
3.	Acalanes	6:00.2
4.	Foothill	6:02.4

5.	Hayward	6:04.9
6.	Alhambra	6:10.9
7.	Alameda	6:11.9
8.	Foothill	6:29.5
9.	Foothill	6:41.0

gv

1.	Mission San Jose	5:53.7
2.	Mission San Jose	5:56.0
3.	San Lorenzo	6:04.8
4.	Mission San Jose	6:06.4
5.	Las Lomas	6:13.7
6.	Las Lomas	6:19.4
7.	Acalanes	6:29.9

Event: 4x440

bfs

heat 1

1.	Acalanes	3:45.8
2.	St. Marys	3:48.5
3.	Castro Valley	3:53.1
4.	Hayward	3:54.8
5.	Washington	4:07.8

heat 2

1.	Las Lomas	3:47.7
2.	Mission San Jose	3:49.4
3.	Alhambra	4:04.3

gfs

1.	Acalanes	4:22.4
2.	Redwood	4:33.2
3.	St. Marys "A"	4:37.1
4.	Castro Valley "A"	4:37.4
5.	Castro Valley "B"	4:54.9
6.	St. Marys "B"	5:35.6

gv

1.	Fremont	4:13.4
2.	Castro Valley "A"	4:20.6
3.	Mission San Jose	4:24.8
4.	Alhambra	4:33.4
5.	Las Lomas	4:35.8
6.	Castro Valley "B"	4:38.7
7.	Washington	4:40.4

Event: High Jump

bfs

1.	Hayward	16-02
2.	Alhambra	15-10
3.	Castro Valley tie Acalanes	15-04
5.	Las Lomas	14-00
6.	Washington	10-02
7.	Foothill	4-06

gfs

1.	Castro Valley "A"	12-10
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2.	Castro Valley "B"	4-00
gv		
1.	Acalanes	14-04
2.	Castro Valley "A"	14-02
3.	Fremont	12-08
4.	Alhambra	11-08
5.	Castro Valley "B"	4-00

Event: Long Jump

gfs		
1.	St. Marys	38-00.25
2.	Acalanes	37-02.25
3.	Redwood	36-01.25
4.	San Lorenzo	30-08.75
5.	Armijo	24-01.00
6.	Castro Valley "A"	23-05.25
7.	Castro Valley "B"	22-03.75
8.	Hayward	18-09.34
9.	Alameda	14-11.00
10.	Holy Names	12-05.75
11.	Hayward	10-03.25
12.	Castro Valley "C"	10-01.5

gv		
1.	Las Lomas	46-00
2.	Castro Valley "A"	40-10.75
3.	San Lorenzo	37-00.25
4.	Washington	36-11.5
5.	Castro Valley "B"	36-09.25
6.	Mission San Jose	36-04.00
7.	Fremont	35-01.75
8.	Armijo	34-09.75
9.	St. Jos	14-00.25
10.	AHS	13-11.75
11.	Acalanes	13-02.25
12.	Foothill	12-04.00
13.	Mission San Jose	11-01.00
14.	Hayward	11-00.25

Event: Triple Jump

bfs		
1.	Hayward	104-02.75
2.	Alhambra	101-11.75
3.	Las Lomas	100-08.75
4.	Castro Valley	96-08.5
5.	St. Marys	86-06.5
6.	St. Marys	61-01.5
7.	Dublin	32-07.25

Event: Shot Put

bfs		
1.	Las Lomas	124-07.5

2.	Alhambra	121-07.5
3.	Acalanes	117-10.00
4.	Castro Valley "A"	116-04.00
5.	St. Marys	114-03.5
6.	Armijo	107-04.00
7.	Alameda	41-06.00
8.	Castro Valley "B"	40-02.00
9.	Hayward	36-02.00

gfs		
1.	St. Marys	81-01.5
2.	Armijo	68-01.5
3.	Las Lomas	67-01.00
4.	Foothill	62-09.00
5.	Hayward	61-08.5
6.	Castro Valley	57-09.00
7.	Alameda	54-03.5

gv		
1.	Fremont	86-07
2.	Castro Valley	86-03.5
3.	Acalanes	85-06.5
4.	Dublin	80-00
5.	Hayward	78-10
6.	Washington	66-07.5
8.	Alhambra	61-03.5

Event: Discus

bfs		
1.	Las Lomas	294-11
2.	Acalanes	294-03
3.	Alhambra	283-06
4.	St. Marys	275-00
5.	Armijo	240-07
6.	Alameda	96-09
7.	Hayward	92-00

gfs		
1.	St. Marys	222-07
2.	Las Lomas	208-04
3.	Alameda	184-03
4.	Hayward	166-06
5.	Foothill	73-05
6.	Holy Names	69-09
7.	Castro Valley	40-06

gv		
1.	Dublin	229-01
2.	Foothill	228-04
3.	Castro Valley	214-06
4.	Acalanes	213-11
5.	Washington	204-05
6.	Armijo "B"	180-08
7.	Fremont	178-09
8.	Armijo "A"	176-08
9.	Hayward	163-07
10.	Alhambra	143-08

Event: Pole Vault

bfs

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|----|-------------------|-------|
| 1. | Las Lomas "A" | 30-06 |
| 2. | Las Lomas "B" | 26-00 |
| 3. | Castro Valley "A" | 24-06 |
| 4. | Alhambra | 18-00 |
| 5. | Dublin | 15-06 |
| 6. | Castro Valley "B" | 13-00 |
| 7. | Foothill | 9-00 |
| 8. | Acalanes | 8-00 |

gfs

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|----|-----------|------|
| 1. | Dublin | 7-00 |
| 2. | Las Lomas | 4-00 |

gv

- | | | |
|----|-------------------|-------|
| 1. | Acalanes | 22-06 |
| 2. | Castro Valley "A" | 22-06 |
| 3. | Las Lomas "A" | 21-06 |
| 4. | Alhambra | 20-06 |
| 5. | Las Lomas "B" | 12-06 |
| 6. | Mission San Jose | 12-06 |
| 7. | Castro Valley "B" | 6-06 |
| 8. | Washington | 6-00 |
| 9. | Foothill | 6-00 |