

Castro Valley High School

**TROJAN
INVITATIONAL
RELAYS**

**Friday, April 26, 1996
Trojan Stadium**

TROJAN INVITATIONAL RELAYS

ORDER OF EVENTS

TRACK EVENTS

1. BFS 4 X MILE
2. GFS 4 X MILE
3. GV 4 X MILE
4. BFS 4 X 100
5. GFS 4 X 100
6. GV 4 X 100
7. BFS SHUTTLE HURDLES 39"
8. GFS SHUTTLE HURDLES 33"
9. GV SHUTTLE HURDLES 33"
10. BFS 4 X 220
11. GFS 4 X 220
12. GV 4 X 220
13. BFS 4 X 880
14. GFS 4 X 880
15. GV 4 X 880
16. BFS OPEN 100
17. GFS OPEN 100
18. GV OPEN 100
19. BFS DEVIL-TAKE-THE-HINDMOST MILE
20. GFS DEVIL-TAKE-THE-HINDMOST MILE
21. GV DEVIL-TAKE-THE-HINDMOST MILE
22. BFS 4 X 440
23. GFS 4 X 440
24. GV 4 X 440

FIELD EVENTS

25. GV HIGH JUMP (PIT A) 4:00 PM
26. GFS HIGH JUMP (PIT A) AFTER GV
27. BFS HIGH JUMP (PIT B) 4:00 PM
28. GFS LONG JUMP 4:00 PM
29. GV LONG JUMP AFTER GFS
30. BFS TRIPLE JUMP AFTER GV
31. BFS SHOT PUT 4:00 PM
32. GV SHOT PUT AFTER BFS
33. GFS SHOT PUT AFTER GV
34. GV DISCUS 4:00 PM
35. GFS DISCUS AFTER GV
36. BFS DISCUS AFTER GFS
37. GFS POLE VAULT 4:00 PM
38. GV POLE VAULT SAME TIME AS GFS
39. BFS POLE VAULT AFTER GV

1996 Trojan Invitation Relays
Castro Valley High School
Trojan Stadium
Friday, April 26, 1996

Welcome to the Trojan 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 in a relay format. By permission of the DeKlotz Relays director, Linda Sawyer, all of the DeKlotz records have been forwarded and are now a continuing part of the Trojan Relays.

Girls' Frosh-Soph -- We have added a Girls' Frosh-Soph division this year, to encourage the increased participation of girls in track & field.

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

Scoring: 10-8-6-4-2 in the relays
6-4-3-2-1 in the open races
("B," "C," "D" teams score as well)

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 located in the center of the field.
The **bullpen** is on the straightaway just east of the snack bar.
Results will be posted next to the press booth.
T-shirts will be for sale for \$10 next to the snack bar.
Awards will be available after the meet in the Press Booth.
Tent City and the athlete's Hooverville is on the grass behind the scoreboard.

Scratches and substitutions will be done at the bullpen. Please have your athletes report well in advance. Calls for each event will be announced over the public address system.

Good luck today!

SCHOOLS PARTICIPATING:

Acalanes
Alameda
Alhambra
Castro Valley
Dublin
Foothill
Fremont (Oakland)
Hayward
Las Lomas
Mission San Jose
Redwood Christian
San Lorenzo
St. Mary's
Washington (Fremont)

TROJAN RELAYS Team Champions

Girls:

1995 Castro Valley
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 team records available
1973 no team records available

Frosh-Soph Boys:

1995 Castro Valley
1994 Alhambra
1990-1993 no meet held
1989 Ygnacio Valley
1988 rained out
1987 Acalanes
1986 Ygnacio Valley
1985 Las Lomas

Trojan Invitational Relays 1995 Team 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

Boys' Fresh-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 (Oakland)	12
8. San Ramon	12
10. San Lorenzo	3

EVENT 1 BOYS' FROSH-SOPH 4 MILE

Lane	School	Entry Mark
1.	HAYWARD	N.T.
2.	WASHINGTON	N.T.
3.	LAS LOMAS	21:48
4.	MISSION SAN JOSE	19:00
5.	ALHAMBRA	21:17
6.	CASTRO VALLEY	22:00
7.	ST. MARY'S	22:10

EVENT 2 GIRLS' FROSH-SOPH 4 MILE (New Event)

Lane	School	Entry Mark
1.	CASTRO VALLEY	24:35

EVENT 3 GIRLS' VARSITY 4 MILE

Lane	School	Entry Mark
1.	LAS LOMAS	N.T.
2.	CASTRO VALLEY	22:55
3.	MISSION SAN JOSE	21:30
4.	ALHAMBRA	24:11

**TROJAN RELAYS
4 X MILE PREVIOUS WINNERS**

Varsity Girls:

1995	23:25.6	Lowell	Lucero, Chou, Huang, Hua
1994	24:11.9	Castro Valley	J. Ewing, Wong, Lim, Shin

Frosh-Soph Boys:

1995	20:36.2	Castro Valley	D. Dulaney, Boruta, Patterson, Baria
1994	19:57.8	DeLaSalle	George, Click, Sanchez, Hintz

EVENT 4**BOYS' FROSH-SOPH 4 H 100****Heat 1**

Lane	School	Entry time	Previous Winners:
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1.			
2.	HAYWARD	50.5	
3.	CASTRO VALLEY "A"	50.5	
4.	ST. MARY'S	45.0	
5.	FOOTHILL	48.9	
6.	DUBLIN	53.0	
7.			

Heat 2

1.			
2.	LAS LOMAS	50.9	
3.	ALHAMBRA	47.3	
4.	MISSION SAN JOSE	48.0	
5.	CASTRO VALLEY "B"	52.3	
6.			
7.			

EVENT 5 GIRLS' FROSH-SOPH 4 H 100 (New Event)**Heat 1**

1.			
2.	FOOTHILL "B"	60.3	
3.	REDWOOD	55.3	
4.	ST. MARY'S	51.9	
5.	CASTRO VALLEY "A"	55.3	
6.	DUBLIN	57.3	
7.			

Heat 2

1.			
2.	HAYWARD	60.1	
3.	LAS LOMAS	56.4	
4.	FOOTHILL "A"	53.5	
5.	CASTRO VALLEY "B"	56.3	
6.	SAN LORENZO	58.4	
7.			

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EVENT 6 GIRLS' VARSITY 4 X 100

Heat 1

Lane	School	Entry mark
1.		
2.	ALHAMBRA	56.1
3.	LAS LOMAS	53.6
4.	MISSION SAN JOSE	51.0
5.	CASTRO VALLEY "A"	53.3
6.		
7.		

Heat 2

1.		
2.	HAYWARD	55.1
3.	CASTRO VALLEY "B"	54.5
4.	FREMONT	52.03
5.	SAN LORENZO	52.5
6.		
7.		

Previous Winners:

Varsity Girls:

1995	53.5	Washington	Snow, Afencio, Ghodoussi, Obligation
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, Suits
1980	51.0	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

Fresh-Soph Boys:

1995	47.0	Washington	Burns, John, Zellers, Dean
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	47.0	DeAnza	Christoff, DeLuz, Hampton, Baker

EVENT 7**BOYS' FROSH-SOPH 4 X 70 YARD HURDLES****Heat 1**

Lane	School	Entry Mark	Previous Winners
1 & 2			1995 44.1 Castro Valley Fung, Aguayo, Paik, Ciglar
3 & 4	DUBLIN	N.T.	1994 44.2 Castro Valley Amiri, Fung, Kim, Moore
5 & 6	CASTRO VALLEY	48.0	1990-93 no meet
7 & 8	HAYWARD	N.T.	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

Heat 2

1 & 2		
3 & 4	LAS LOMAS	N.T.
5 & 6	ALHAMBRA	47.3
7 & 8	ST. MARY'S	N.T.

EVENT 8**GIRLS' FROSH-SOPH 4 X 65 YARD HURDLES (New Event)****Heat 1**

Lane	School	Entry Mark
1 & 2		
3 & 4	CASTRO VALLEY "B"	47.7
5 & 6	CASTRO VALLEY "A"	49.0
7 & 8	ST. MARY'S	N.T.

EVENT 9**GIRLS' VARSITY 4 X 65 YARD HURDLES****Heat 1**

Lane	School	Entry Mark
1 & 2		
3 & 4	CASTRO VALLEY "B"	46.5
5 & 6	ALHAMBRA	42.0
7 & 8	FREMONT	N.T.

Heat 2

1 & 2		
3 & 4	HAYWARD	N.T.
5 & 6	CASTRO VALLEY "A"	44.0
7 & 8	LAS LOMAS	N.T.

Previous Winners

1995	44.2	American	Ruen, Jager, Pelarz, Cameron
1994	43.4	Las Lomas	Fortier, Uzzel, Baron, Hozapoulos
Before 1994, the hurdles were 30" in height. After 1994, they were raised to 33"			
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		meet 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, Mochlor
1976	41.7	Berkeley	Burgess, Robinson, Ross, Cobb

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)	14.0	Roberta Bruder	Pleasant Hill

EVENT 10 BOYS' FROHS-SOPH 4 H 220

Heat 1

Lane	School	Entry Mark	Previous Winners:	
1.	HAYWARD	N.T.	1995 1:40.4	Castro Valley Chan, Henig, Bailey, Abramenko
2.	CASTRO VALLEY "B"	1:52	1994 1:41.1	Alhambra Yeager, Thompson, Lopez, Lindsa
3.	FOOTHILL	1:46.3	1990-93	no meet held
4.	ST. MARY'S	1:38	1989 1:38.0	Alhambra Williams, Scott, Baggerly, Micane
5.	LAS LOMAS	1:46	1988	rained out
6.	CASTRO VALLEY "A"	1:48	1987 1:36.7	DeAnza Hunt, Armst, Senior, Rivera
7.	ALHAMBRA	1:55	1986 1:34.2	Ygnacio Valley VanBuren, Eleazar, Barry, King
			1985 1:38.2	Miramonte Wolfens-Speyer, Kline, Suh, Gran
			1984 1:36.7	Miramonte Metz, Vincenzo, Slaterellis, Weis

EVENT 11 GIRLS' FROSH-SOPH 4 H 220 (New Event)

Heat 1

1.	REDWOOD	N.T.
2.	FOOTHILL "B"	2:01.3
3.	CASTRO VALLEY "A"	1:58.5
4.	ST. MARY'S	1:52.5
5.	FOOTHILL "A"	2:01.3
6.	CASTRO VALLEY "B"	2:02.0
7.	DUBLIN	2:04

EVENT 12 GIRLS' VARSITY 4 H 220

Heat 1

Lane	School	Entry Mark	Previous Winners:	
1.	HAYWARD	N.T.		
2.	CASTRO VALLEY "B"	1:55.0		
3.	MISSION SAN JOSE	1:54		
4.	FREMONT	1:50.2		
5.	CASTRO VALLEY "A"	1:51.0	1996 1:56.9	Washington Snow, Afencio, Ghodoussi, Obligaci
6.	LAS LOMAS	1:54.9	1994 1:52.4	Oakland Tech Henderson, Hammock, Beverly Smi
7.	ALHAMBRA	1:59	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, Banche
			1980 1:48.2	Acalanes Gruhier, Meinbress, Morgan, Hans
			1979 1:45.3	Northgate Fleming, Peters, Warfield, Peters
			1978 1:50.0	Northgate Peters, Fleming, Warfield, Cassid
			1977 1:51.0	Piedmont Cheek, Oustermann, McDevitt, Ma
			1976 1:50.4	Las Lomas DiMaggio, Sharpe, Warren, Sweet
			1975 1:47.2	Berkeley Robinson, Murray, Rose, Nickson
			1974	
			1973 1:50.3	Berkeley Ray, Henderson, Steneford, Nicks

EVENT 13 BOYS' FROSH-SOPH 4 X 880

Lane	School	Entry Mark	Previous Winners:
1.	WASHINGTON	N.T.	1996 9:15.4 Castro Valley Boruta, Mellon, D. Dulaney, Baria
2.	FOOTHILL	10:10	1994 8:59.1 DeLaSalle Click, George, Hintz, Sanchez
3.	CASTRO VALLEY	9:35	1990-93 no meet held
4.	ST. MARY'S	9:10	1988-89 event not contested
5.	MISSION SAN JOSE	8:30	1987 8:43.9 Castro Valley Denzler, Saunders, Guerino, Grabansk
6.	LAS LOMAS	8:55	1986 8:40.6 Las Lomas Williams, Dangle, Goeller, Murphy
7.	ALHAMBRA	9:58	1985 8:57.9 DeAnza Williams, Rainey, Margan, DeCruz
8.	HAYWARD	N.T.	1984 8:43.4 Miramonte Hiro, Smith, Flaherty, Durham

EVENT 14 GIRLS' FROSH-SOPH 4 X 880 (New Event)

Lane	School	Entry Mark
1.	ST. MARY'S	N.T.
2.	CASTRO VALLEY	11:00
3.	FOOTHILL	11:12

EVENT 15 GIRLS' VARSITY 4 X 880

Lane	School	Entry Mark
1.	WASHINGTON	N.T.
2.	HAYWARD	N.T.
3.	ALHAMBRA	11:02
4.	MISSION SAN JOSE	9:30
5.	CASTRO VALLEY	10:05
6.	FREMONT	11:50
7.	LAS LOMAS	N.T.

4 X 880 RELAY PREVIOUS WINNERS**Varsity Girls:**

1995	10:35.1	Washington	Duscha, Lin, Holte, Snow
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	Grav, 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, Gonszives, Scannel, Zabner
1975	10:10.5	Pleasant Hill	Costello, Robinson, Iten, Bruder

EVENT 16 BOYS' FROSH-SOPH OPEN 100 METER

Heat 1

Lane	Name	School	Entry Mark
1.	BRANDON TONG	CASTRO VALLEY	12.4
2.	SEAN HOLLEMAN	HAYWARD	12.2
3.	DANNY WILSON	FOOTHILL	12.1
4.	REGGIE BAILEY	CASTRO VALLEY	11.6
5.	JAMES MCINTOSH	ALHAMBRA	11.8
6.	ELIS CONWAY	HAYWARD	12.2
7.	KEFENSE HYNSON	ST. MARY'S	12.2

Heat 2

1.	JASON HOLLOWAY	HAYWARD	12.5
2.	PERRY	LAS LOMAS	12.1
3.	BUBBA EBDING	ALHAMBRA	12.1
4.	SUMAN DASAGUPTA	MISSION SAN JOSE	11.7
5.	DAVE BUSH	ST. MARY'S	11.8
6.	VAUGHN EIDSON	FOOTHILL	12.1
7.	IVY MATHENY	CASTRO VALLEY	12.4

EVENT 17 GIRLS' FROSH-SOPH OPEN 100 METER (New Event)

Heat 1

Lane	Name	School	Entry Mark
1.			
2.	DEROUEN	LAS LOMAS	14.3
3.	LORYN BAILEY	CASTRO VALLEY	14.0
4.	ESPIE ACCODE	ST. MARY'S	12.9
5.	NORA HERAN	FOOTHILL	13.0
6.	MEISHA MCLURE	SAN LORENZO	14.2
7.			

Heat 2

1.			
2.	CHARMAINE DRONA	SAN LORENZO	15.0
3.	KIM HAW	CASTRO VALLEY	14.1
4.	TONYA SHEPHERD	ST. MARY'S	12.9
5.	LUCIE SUTHERLAND	FOOTHILL	13.8
6.	MICHELLE TOBIA	CASTRO VALLEY	14.2
7.	ASHWORTH	LAS LOMAS	N.T.

EVENT 18 GIRLS' VARSITY OPEN 100 METER

Heat 1

Lane	Name	School	Entry Mark
1.	STACIE LANKERT	ALHAMBRA	14.1
2.	STEPHANIE SCHMIDT	SAN LORENZO	13.9
3.	LYNETTA RIX	FREMONT	13.41
4.	STEPHANIE FONG	MISSION SAN JOSE	12.1
5.	ASHLI TINGLE	CASTRO VALLEY	13.1
6.	RAYMESA BILBO	HAYWARD	13.7
7.	HEATHER DUPERROIR	CASTRO VALLEY	14.0

Heat 2

1.	DAVINCE	ALHAMBRA	14.3
2.	MELISSA SCHMIDT	SAN LORENZO	14.0
3.	LARAJA MARSHALL	FREMONT	13.56
4.	CARRIE MCGROW	MISSION SAN JOSE	12.8
5.	AYANE STREET	FOOTHILL	13.0
6.	ROBIN BASTON	HAYWARD	13.9
7.	NICOLE WATT	CASTRO VALLEY	14.2

TROJAN RELAYS OPEN 100 PREVIOUS WINNERS

Varsity Girls:

1995	13.3	Kristine Obligacion	Washington - Fremont
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

Fresh-Soph Boys:

1995	11.3	Dave Newton	San Ramon
1994	11.6	Brian Thompson	Alhambra

EVENT 19 BOYS' FROSH-SOPH DEVIL-TAKE-THE HINDMOST MILE

Name	School	Entry Mark
JON STEVENS	MISSION SAN JOSE	4:17
TOM CHAPMAN	MISSION SAN JOSE	4:53
DAMIEN DULANEY	CASTRO VALLEY	4:55
CLANCY	LAS LOMAS	4:55
DAVID LEGAR	ALHAMBRA	5:01
RICHARD MENDEZ	HAYWARD	5:05
TOM HODGSON	ALHAMBRA	5:07
ROBBIE GEORGE	FOOTHILL	5:07
IAN JACKSON	ALAMEDA	5:12
DRU MELLON	CASTRO VALLEY	5:17
SAM PETTY	HAYWARD	5:19
JOE PATTERSON	CASTRO VALLEY	5:20
DAN LOW	REDWOOD CHRISTIAN	5:20
ROB ARNDT	CASTRO VALLEY	5:21
KENTOKU YAMAMOTO	CASTRO VALLEY	5:24
KENPEI YAMAMOTO	CASTRO VALLEY	5:25
SERGEI MOROZ	HAYWARD	5:25
DAVID KREIDER	ALAMEDA	5:26
DEVON BEAN	ALAMEDA	5:31
JOHN RODRIGUEZ	REWOOD CHRISTIAN	5:32
SINGH GURGHAN	SAN LORENZO	5:36
GREG WIENTJES	FOOTHILL	5:37
NICK WHITTAKER	FOOTHILL	5:39
PAUL GATTEY	WASHINGTON	5:40
GOTTSTEIN	LAS LOMAS	5:44
SCHWARTZ	LAS LOMAS	5:49
AARON SEVENSON	WASHINGTON	5:51
REKASIS	LAS LOMAS	5:55
?	ST. MARY'S	N.T.
?	ST. MARY'S	N.T.
?	ST. MARY'S	N.T.

EVENT 20 GIRLS' FROSH-SOPH DEVIL-TAKE-THE-HINDMOST MILE (New Event)

Name	School	Entry Mark
COURTNEY DAVIDSON	REDWOOD CHRISTIAN	5:40
JENNY CHRISTIANSEN	FOOTHILL	6:04
JANICE JORDAN	FOOTHILL	6:12
BRITTANY MATTHEWS	ALAMEDA	6:15
THERESA KO	CASTRO VALLEY	6:17
JESSICA ADAMS	ALAMEDA	6:35
KRISTIN DUNN	HAYWARD	6:35
AMY LAM	DUBLIN	6:50

EVENT 21 GIRLS' VARSITY DEVIL-TAKE-THE-HINDMOST MILE

Name	School	Entry Mark
KATIE HOTCHKISS	MISSION SAN JOSE	5:16
MICHELLE MARQUES	CASTRO VALLEY	5:31
JENNY SHARGELL	ALAMEDA	5:45
CASEY	LAS LOMAS	5:48
MICHELLE PRATO	ALHAMBRA	5:51
L. RATTO	ALHAMBRA	5:55
STEPAHNIE WEISMAN	CASTRO VALLEY	5:57
ORALIA COON	HAYWARD	6:03
WONG	LAS LOMAS	6:03
DHARMADWANDENA	LAS LOMAS	6:08
KATIE DALCINO	FOOTHILL	6:15
FAWN OSBORNE	SAN LORENZO	6:23

**TROJAN RELAYS
DEVIL-TAKE-THE-HINDMOST MILE PREVIOUS WINNERS**

Varsity Girls:

1995	5:31.8	Amber Robinson	Las Lomas
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 Williams	Livermore
1976	5:30.8	Karen Sallsbury	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

Frosh-Soph Boys:

1995	5:03.6	Peter Baria	Castro Valley
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 22 BOYS' FROSH-SOPH 4 H 440

Heat 1

Lane	School	Entry Mark	Previous Winners
1.			
2.			
3.	CASTRO VALLEY "A"	3:55	
4.	ST. MARY'S	3:48	
5.	FOOTHILL "B"	4:09	
6.	HAYWARD	N.T.	
7.			

Heat 2

1.			
2.			
3.	FOOTHILL "A"	3:56.5	
4.	ALHAMBRA	3:48	
5.	LAS LOMAS	3:49	
6.	CASTRO VALLEY "B"	4:04	
7.			

EVENT 23 GIRLS' FROSH-SOPH 4 H 440 (New Event)

Heat 1

Lane	School	Entry mark
1.	FOOTHILL "B"	5:12
2.	ST. MARY'S	4:44
3.	CASTRO VALLEY "B"	4:40
4.	CASTRO VALLEY "A"	4:32
5.	REDWOOD	4:32.5
6.	FOOTHILL "A"	4:43
7.		

EVENT 24 GIRLS' VARSITY 4 H 440

Heat 1

Lane	School	Entry mark
1.	HAYWARD	4:45
2.	LAS LOMAS	4:28
3.	CASTRO VALLEY "B"	4:22
4.	CASTRO VALLEY "A"	4:08
5.	FREMONT	4:13
6.	ALHAMBRA	4:26
7.		

TROJAN RELAYS 4 X 440 PREVIOUS WINNERS

Varsity Girls:

1995	4:29.2	Washington	Holte, Ghodoussi, Snow, Lim
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, Glesman, Sweetman
1974		no records	
1973	4:03.5	Berkeley	no names available

Frosh-Soph Boys:

1995	3:45.6	Washington	Dean, John, Burns, Zeller
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 25
GIRLS' VARSITY
HIGH JUMP

ALHAMBRA
 CASTRO VALLEY
 FOOTHILL
 HAYWARD
 LAS LOMAS
 WASHINGTON

EVENT 26
GIRLS' FROSH-SOPH
HIGH JUMP (New Event)

ALAMEDA
 CASTRO VALLEY "A"
 CASTRO VALLEY "B"
 ST. MARY'S

EVENT 27
BOYS' FROSH-SOPH
HIGH JUMP

ALHAMBRA
 CASTRO VALLEY "A"
 CASTRO VALLEY "B"
 FOOTHILL
 FREMONT
 SAN LORENZO

Previous Winners:

TROJAN RELAYS
HIGH JUMP PREVIOUS WINNERS
Varsity Girls:

Team:

1995	14-0	Castro Valley	Kohl, E.Ewing, Komadina
1994	13-6	Castro Valley	Kohl, Hild, Parker
1990-93		no meet held	
1989	14-0	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 record	
1982		no meet held	
1981	13-6	Castro Valley	VanBuskirk, Cunningham, Symes
1980	14-3	Acalanes	Carr, Dunklebey, VanZeeland
1979	14-4	Acalanes	Dalicio, VanZeeland, Dunklebey
1978	13-10	Las Lomas	Warrington, Kunz, Cornell
1977	14-0	Livermore	Madrid, Paxaio, Shirley
1976			
1975			
1974			
1973			

Individual:

4-10	Amy Kohl	Castro Valley
4-10	Tracy Banks	Alhambra
4-10	Daly	Benicia
4-10	Carrie Dial	College Park
5-0	Brook Knight	Clayton Valley
4-10	Kristin Folkedahl	Acalanes
4-11	Claire Denham	Campolindo
4-10	Lisa Banchemo	Carondelet
5-6	Maggie VanZeeland	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 record	
4-11	A. Noack	Campolindo

Frosh-Soph Boys:

1995	16-2	Tokay	Ryan, Caulkey, Echler	5-10	Jason Ryan	Tokay
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
				5-7 (tie)	Tom Cameron	Miramonte

EVENT 28
GIRLS' FROSH-SOPH
LONG JUMP (new event)

ALAMEDA
 CASTRO VALLEY "A"
 CASTRO VALLEY "B"
 CASTRO VALLEY "C"
 HAYWARD
 REDWOOD
 SAN LORENZO
 ST. MARY'S

EVENT 29
GIRLS' VARSITY
LONG JUMP

ALHAMBRA
 CASTRO VALLEY
 CASTRO VALLEY
 FOOTHILL
 FREMONT
 HAYWARD
 LAS LOMAS
 MISSION SAN JOSE
 SAN LORENZO

EVENT 30
BOYS' FROSH-SOPH
TRIPLE JUMP

ALHAMBRA
 CASTRO VALLEY
 HAYWARD
 LAS LOMAS
 ST. MARY'S

Previous Winners:

TROJAN RELAYS LONG JUMP PREVIOUS WINNERS

Varsity Girls:

Teams:

1995 42-3 1/2	Holy Names	Brown, Agbowo, Banks
1994 42-0 1/2	Castro Valley	Kohl, Shin, Wong
1990-93	meet not held	
1989 43-7 1/2	Holy Names	Tanner, Gross, Alexander
1988	rained out	
1987 43-5	Monte Vista	Hansen, Kolb, Studfell
1986 45-6 1/2	Alhambra	Corbyn, Morandin, Suitos
1985 45-10 1/2	Campolindo	Doust, Berman, Schuh
1984 47-0	Miramonte	Tong, Halsey, Hess
1983 47-0 1/2	Campolindo	Schuh, Berman, Rowe
1982	meet not held	
1981 48-1 1/2	Alhambra	Suitos, Hanson, Hopkins
1980 46-9 3/4	Acalanes	Bucklin, Cox VanZeeland
1979 47-2 1/2	Moreau Catholic	Miles, Carson, Kinman
1978 45-7	Northgate	Fleming, Peters, Kenow
1977 48-0 1/2	Livermore	Madrid, Ng, Paxalo
1976		
1975		
1974		
1973		

Individuals:

14-10	Jasmin Brown	Holy Names
14-11 1/4	Amy Kohl	Castro Valley
16-4	Chivonne Tanner	Holy Names
15-0	Susie Calahong	Las Lomas
15-11	Cindi Barros	Arroyo
16-7 1/2	Kariyn McNall	Acalanes
16-1 3/4	Kim Halsey	Miramonte
16-5 1/2	Kim Halsey	Miramonte
16-6	Pam Cole	Castro Valley
16-9	Maggie VanZeeland	Acalanes
16-9 1/2	Rita OConnor	San Ramon
15-11 1/2	Dawn Peters	Northgate
16-9	Paula Ng	Livermore
16-5	Kelly Swearington	Del Valle
17-2 1/2	Terry Knight	Berkeley
17-0	C. Hermann	Las Lomas
16-6 3/4	P. Lebrrie	Bishop O'Dowd

TRIPLE JUMP PREVIOUS WINNERS

Frosh-Soph Boys:

Team:

1995 105-9	Castro Valley	Bailey, Fung, Ciglar
1994 109-9 3/4	Castro Valley	Amiri, Moore, Wong
1990-93	no meet held	
1989 110-1 1/2	Acalanes	Wilson, Sampson, Habibullah
1988	rained out	
1987 114-9	DeAnza	Hunt, Rivels, Foster
1986 113-10	Ygnacio Valley	Medrona, Poppleton, Barry

Individual:

37-2	Kevin Grimes	San Lorenzo
37-5 3/4	Naeem Amiri	Castro Valley
40-2	Jerry Reese	Mt. Diablo
39-5	J. Hunt	DeAnza
41-7	Rich Laccay	Moreau Catholic

EVENT 31
BOYS' FROSH-SOPH
SHOT PUT

ALAMEDA
 ALHAMBRA
 CASTRO VALLEY "A"
 CASTRO VALLEY "B"
 FOOTHILL
 HAYWARD
 LAS LOMAS
 ST. MARY'S
 WASHINGTON

EVENT 32
GIRLS' VARSITY
SHOT PUT

ALHAMBRA
 CASTRO VALLEY
 DUBLIN
 FREMONT
 HAYWARD
 LAS LOMAS
 WASHINGTON

EVENT 33
GIRLS' FROSH-SOPH
SHOT PUT (New Event)

ALAMEDA
 CASTRO VALLEY
 FOOTHILL
 HAYWARD
 ST. MARY'S
 WASHINGTON

TROJAN RELAYS
SHOT PUT PREVIOUS WINNERS

Varsity Girls:

Team:

1995 83-7 1/2 Castro Valley
 1994 75-10 Alhambra
 1990-93
 1989 89-3 1/2 Piedmont
 1988
 1987 91-0 3/4 Acalanes
 1986 89-2 1/2 Moreau Catholic
 1985 92-3 1/2 Foothill
 1984 94-9 1/2 Moreau Catholic
 1983 86-0 Eagle Point, Oregon
 1982
 1981 86-8 1/2 Ygnacio Valley
 1980 105-3 1/2 Liberty
 1979 101-1 Monte Vista

Klews, Minion, Howard
 Colbert, Ferguson, Fowler
 meet not held
 Moren, Watts, Martin
 rained out
 Connor, Samahon, Billeter
 A. Loggins, Watson, B. Loggins
 Murphy, DeSantis, Mullikin
 A. Loggins, B. Loggins, Watson
 Dickenson, Walter, Hanscom
 no meet held
 Reed, Camp, Chlavini
 Gallegos, Gallegos, Hoffman
 B. Calleghan, Fischer, K. Calleghan

Individual:

31-9 Barbara Klews Castro Valley
 29-2 Stephanie Colbert Alhambra
 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 Calleghan Monte Vista
 39-8 1/2 Kathy Calleghan Monte Vista

(8 lb. shot used before 1979)

1978 89-5 1/2 San Leandro
 1977 105-6 Monte Vista
 1976
 1975
 1974
 1973

Richards, Bradshaw, Egan
 Bell, Calleghan, Dolsby

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

Frosh-Soph Boys:

1995 129-4 1/2 Tokay
 1994 125-8 Alhambra
 1990-93
 1989 114-0 3/4 Piedmont
 1988
 1987 128-11 1/2 College Park
 1986 126-6 1/2 Amador Valley
 1985 124-6 Las Lomas
 1984 140-2 San Ramon

Takahaski, Gabriel, Lanfair
 Oxford, Kinder, Boyd
 Fendel, Krieger, DeFeo
 McDeamid, Byford, Holden
 Carvecho, DeBarnardi, Sebaha
 Freschi, Barns, Miller
 Cox, Greg, Isola

47-7 1/2 Darren Lanfair Tokay
 45-2 Tony Feliciano Mt. Eden
 42-8 Josh DeFeo Piedmont
 47-11 1/2 Doug Byrkit Monte Vista
 48-8 Eric Bamberger Ygnacio Valley
 46-5 Tony Miller Las Lomas
 49-0 Will Greg San Ramon

**EVENT 34
GIRLS' VARSITY
DISCUS**

ALHAMBRA
CASTRO VALLEY
DUBLIN
FOOTHILL
FREMONT
HAYWARD
LAS LOMAS
MISSION SAN JOSE

**EVENT 35
GIRLS' FROSH-SOPH
DISCUS (new event)**

ALAMEDA
CASTRO VALLEY
HAYWARD
ST. MARY'S

**EVENT 36
BOYS' FROSH-SOPH
DISCUS**

ALAMEDA
ALHAMBRA
CASTRO VALLEY "A"
CASTRO VALLEY "B"
HAYWARD
LAS LOMAS
ST. MARY'S
WASHINGTON

TROJAN RELAYS

DISCUS PREVIOUS WINNERS

Varsity Girls

Team:

1995 256-8 Tokay
1994 247-3 Alhambra
1990-93
1989 249-0 Piedmont
1988
1987 274-11 Las Lomas
1986 286-7 Moreau Catholic
1985 274-8 Foothill
1984 276-11 Moreau Catholic
1983 256-6 Campolindo
1982
1981 283-2 Acalanes
1980 298-9 1/2 Acalanes
1979 283-9 Monte Vista
1978 300-4 1/2 Pleasant Hill
1977 290-7 Monte Vista
1976
1975
1974 no records
1973

Pfeifle, Wiley, Hernandez
Colbert, Fowler, Ferguson
meet not held
Martin, Anderson, Moren
rained out
Dawson, DeJarlis, Deruyte
A. Loggins, Watson, B. Loggins
Kleinsmith, DeSantis, Murphy
B. Loggins, Watson, A. Loggins
Ebersole, Denham, Lundling
meet not held
Borgwardt, D'Hout, Gordon
Lovtang, Borgwardt, D'Hout
Fisher, K. Callaghan, B. Callaghan
Aston, Echols, Johnson
Frahmen, Dolsby, Bell

Individual

98-4 Shannon Pfiefle Tokay
89-5 1/2 Stephanie Colbert Alhambra
119-2 Julie DeJarlis Las Lomas
123-2 Julie DeJarlis Las Lomas
117-6 Swanson College Park
124-7 Swanson College Park
108-11 3/4 Tyler College Park
98-3 Casazza Alhambra
113-7 Cherie Schaeffer Castro Valley
116-2 d'Hout Acalanes
126-4 Heidi Carlson Miramonte
133-7 Linda Reed Alameda
122-10 1/2 Carol Dolsby Monte Vista
115-2 1/2 Shannon Duthrie Miramonte
99-8 K. Hilton Pleasant Hill
89-7 S. Pierce Berkeley

Frosh-Soph Boys:

1995 313-3 American
1994 288-1 Mt. Eden
1990-93
1989 308-8 Ygnacio Valley

Stevens, Ty, Alveenaz
Garvin, Faasisila, Feliciano
Holland, Rumbel, Johnson

109-0 Darren Lanfair Tokay
103-3 Chris Barker Hayward
119-1 D. Halpin Campolindo

EVENT 37
GIRLS' FROSH-SOPH
POLE VAULT

ALHAMBRA
 CASTRO VALLEY "A"
 CASTRO VALLEY "B"
 FOOTHILL
 LAS LOMAS "A"
 LAS LOMAS "B"
 WASHINGTON

EVENT 38
GIRLS' VARSITY
POLE VAULT

CASTRO VALLEY
 FOOTHILL

EVENT 39
BOYS' FROSH-SOPH
POLE VAULT

ALHAMBRA
 CASTRO VALLEY "A"
 CASTRO VALLEY "B"
 DUBLIN
 FOOTHILL
 LAS LOMAS "A"
 LAS LOMAS "B"
 ST. MARY'S

Previous Winners:

TROJAN RELAYS
POLE VAULT PREVIOUS WINNERS

Varsity Girls:

Team:

1995	21-0	Las Lomas	Baron, Fleming, Tumbas
1994	21-6	Las Lomas	Baron, Fleming, Tumbas

Individual:

9-6	Amanda Sweeney	Tokay
8-0	Amanda Baron	Las Lomas

Frosh-Soph Boys:

1995	24-6	Las Lomas	Holliwell, Klopp, Wilson
1994	29-6	Alhambra	Hodgkinson, Porter, Savacool
1990-93			meet not held
1989	30-9	Ygnacio Valley	Pierson, Tran, Medhurst
1988			rained out
1987	30-0	Ygnacio Valley	Land, Daily, Kim
1986	28-0	Clayton Valley	Tara, Hooshmand, Rockenbaugh
1985	26-6	Las Lomas	Veglia, Luna, McGuire

10-0	Zac Martinez	Tokay
10-6	Paul Hodgkinson	Alhambra
12-3	Bruce Medhurst	Ygnacio Valley
12-0	Mike Lane	Acalanes
10-6	Poppleton	Ygnacio Valley
(tie)	Tara	Clayton Valley
10-6	Dave Veglia	Las Lomas

Records of events not currently contested:

GIRLS' OPEN 220

Previous Winners:

1974 no records available
1973 27.0 Pam McDaniel (Washington)

GIRLS' 300 LOW HURDLES

Previous Winners:

1983 48.7 Polmgren (Miramonte)
1982 meet not held
1981 48.6 Ann Spinks (Skyline)

GIRLS' OPEN 800

Previous Winners:

1983 2:23.1 Noreen DeBettencourt (Carondelet)
1982 meet not held
1981 2:25.9 Noreen DeBettencourt (Carondelet)
1980 2:27.9 Terri Cutter (Alameda)
1979 2:23.2 Melissa Martel (Piedmont)
1978 2:24.8 Diana Bubanjo (Piedmont)
1975-77 event not contested
1974 no records available
1973 2:19.0 Kathy Costello (Pleasant Hill)

GIRLS' SPRINT MEDLEY

Previous Winners:

(800-200-200-400)

1989 4:26.4 Piedmont (no names available)
1985-88 event not contested

(100-100-200-400)

1984 1:56.3 Acalanes (Kilmer, Hackmann, Pacelbor, Duffy)
1983 1:56.6 Carondelet (Zulaica, Schribner, Olivas, Zulaica)
1982 meet not held
1981 1:53.2 Alhambra (Swicegood, Hopkins, Suits, Hanson)
1980 1:52.9 Alhambra (Swicegood, Hopkins, Haefke, Hanson)
1979 1:58.0 San Ramon (Carutta, Swenson, Clark, O'Connor)
1978 1:52.4 Northgate (Warfield, Peters, Fleming, Peters)
1977 1:54.2 Moreau Catholic (Costanas, Miles, Dorsey, Bruin)
1976 1:53.7 Berkeley (Cobb, Sunday, Packer, Robinson)
1975 1:51.4 Pleasant Hill (Bartlow, Keller, Crist, Costello)
1974 1:56.2 Pleasant Hill (Bartlow, Keller, Bruder, Costello)

GIRLS' DISTANCE MEDLEY (1320-440-880-MILE)

Previous Winners:

1987	12:50.7	Acalanes (Lee, Limer, Ravazza, Klier)
1986	13:01.7	Acalanes (Lee, Kasper, Ravazza, Crawford)
1985	13:11.4	Miramonte (Wagner, Miche, Chinn, Spight)
1984	12:59.3	Miramonte (Sples, Hillard, Kroger, Raffo)
1983	13:04.9	Alhambra (Leary, Swicegood, A. Tully, P. Tully)
1982	meet not held	
1981	12:35.8	Castro Valley (Ka. Lambden, Kr. Lambden, Cunningham, Van Buskirk)
1980	12:48.0	Miramonte (Davis, Slakey, Sihner, White)
1979	13:08.8	San Ramon (Petrie, O'Connor, Nemir, Boffert)
1978	13:08.1	Piedmont (Thorpe, Trienen, Wieking, Bubanja)

GIRLS TRIPLE JUMP

Previous Winners:

<u>Team:</u>			<u>Individual:</u>	
1989	97-11 1/2	Ygnacio Valley (Bolfing, Tobal, Hanf)	35-10	Stephanie Hanf (Ygnacio Valley)
1988	rained out			
1987	91-6 1/2	Acalanes (Spottiswoode, Green, Sumner)	35-3 1/2	All Kolb (Monte Vista)
1986	98-9	Acalanes (Zolokar, McNall, Peterson)	34-4 1/2	Karlyn McNall (Acalanes)
1985	97-3 1/2	Acalanes (Zolokar, McNall, Newberger)	34-8 1/2	Karlyn McNall (Acalanes)
1984	94-3	Campolindo (Doust, Denham, Kimer)	34-2	Karlyn McNall (Acalanes)
1983	97-2 3/4	Campolindo (Roul, Denham, Mueser)	33-5	Erica Mueser (Campolindo)

FROSH-SOPH SPRINT MEDLEY (800-200-200-400)

Previous Winners:

1989	3:56.3	Alhambra (Williams, Scott, Micaneh, Baggerly)
1988	rained out	
1987	3:45.0	Acalanes (Stevens, Navonne, Sutch, Phillips)
1986	3:50.3	Acalanes (Mahoney, Tunell, Earls, Green)
1985	3:53.2	DeAnza (Rainey, Hampton, Baker, Margon)
1984	3:52.6	Miramonte (Smith, Metz, Vincencio, Moore)

FROSH-SOPH LONG JUMP

Previous winners:

<u>Team:</u>			<u>Individual:</u>	
1989	51-8 1/4	Ygnacio Valley (Cox, Hunt, Barolant)	18-10	Atif Habibullah (Acalanes)
1988	rained out			
1987	53-2 3/4	Alhambra (Setaiwan, Freeman, Hudson)	19-5 1/2	Ed Tang (Miramonte)
1986	55-5 1/2	College Park (Helsing, Roy, Benfiel)	19-4 1/2	Dusty Roy (College Park)
	(Tie)	Clayton Valley (Asch, Beck, Smith)		
1985	53-8 1/2	Las Lomas (Luna, Eiseveis, Adami)	19-6 1/2	Garth Eiseveis (Las Lomas)
1984	57-5 1/4	Clayton Valley (Svistenko, Ellis, Zim)	20-2	Glenn Allen (Acalanes)

FROSH-SOPH DISTANCE MEDLEY (1320-400-800-MILE)

Previous Winners:

1989	11:49.8	Castro Valley (Detlefsen, Luna, Ryan, Ling)
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Many Thanks!

Meet Director: Peter Brewer

Head Finish Judge: Pam Borg

Timers: Varsity Distance Boys
Track parents

Clerk of the Course: Tim Kuta

Assistant Clerks of the Course: Ed Burnette and Steve Price

Starter: Keith Cordova

Recall Starter: Dean Labat

Announcer: Chuck Backe

Couriers: Mike Boruta, Shane Dulaney, Andy Randall

Chief Inspector: Avery Chan

Zone Officials: Varsity boy sprinters

Event Officials:

Girls' High Jump: Kevin Kramer

Boys' High Jump: Paul Anderson

Pole Vault: Tony Moore and Bryan Talmadge

Long Jump and Triple Jump: Martha Kohl, Phil Fung, Naeem Amiri

Shot Put: Nathan Grant, Phil Ghaderi, Mike Krause

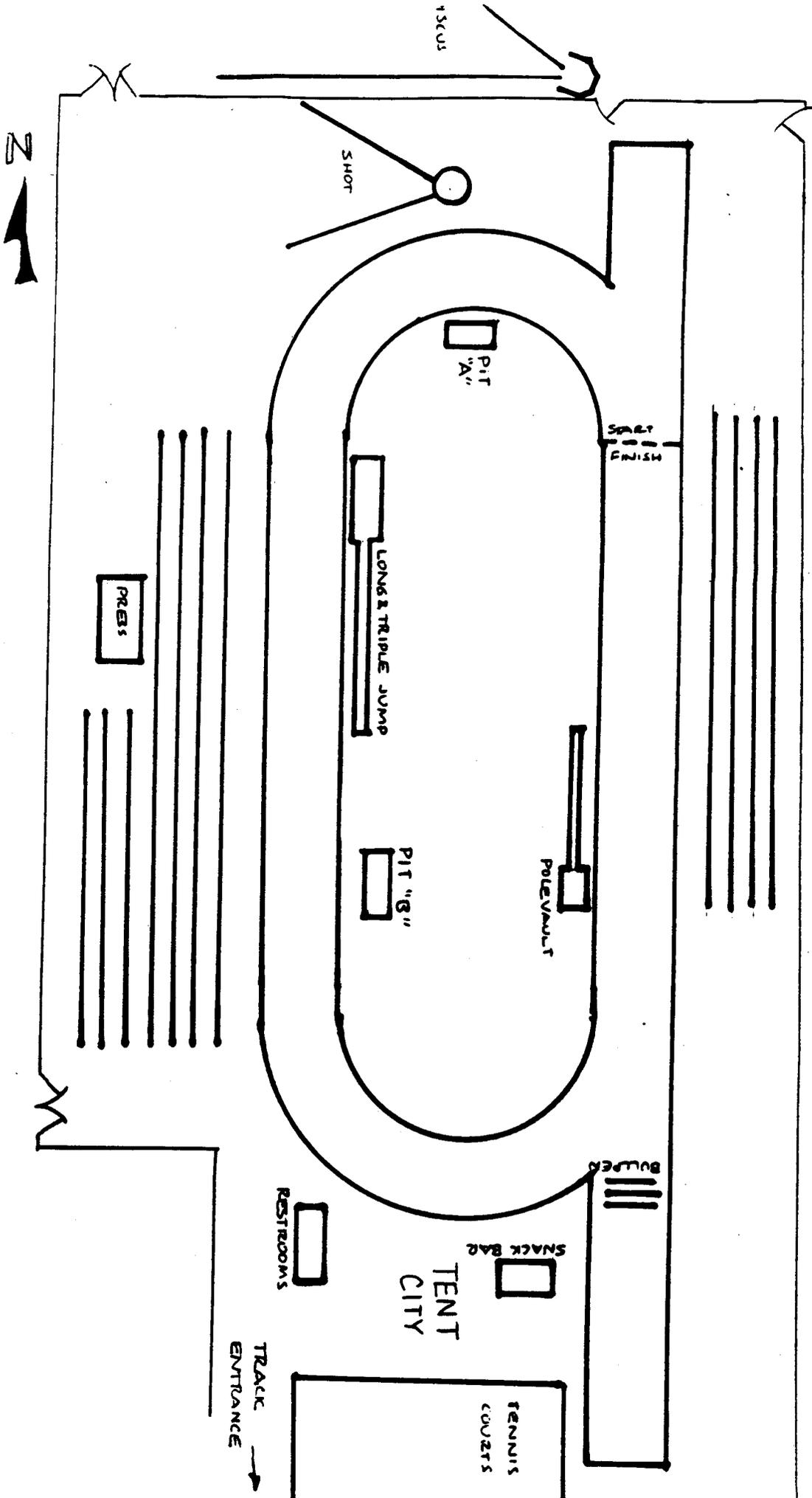
Discus: Jim Hausel

Video: Logan Helwig and Ben Peek

Snack Bar: Castro Valley High School Boosters

The Devil: Larry Guinee

REDWOOD ROAD



CASTRO VALLEY TRACK
(NOT TO SCALE)