

Trojan Invitational Relays Records

4 X MILE

Varsity Girls:

1996	23:29.1	Mission San Jose	Hotchkiss, Bailey, Rutledge, Mecochea
1995	23:25.6	Lowell	Lucero, Chou, Huang, Hua
1994	24:11.9	Castro Valley	J. Ewing, Wong, Lim, Shin

Frosh-Soph Boys:

1996	20:18.9	Mission San Jose	Stepan, Stevesn, Chapman, Freeman
1995	20:36.2	Castro Valley	D. Dulaney, Boruta, Patterson, Baria
1994	19:57.8	DeLaSalle	George, Click, Sanchez, Hintz

Frosh-Soph Girls:

1996	24:22.6	Acalanes	Judy, Barbera, Powers, Bostjanich
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4 X 100

Varsity Girls:

1996	51.60	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
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, Suites
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

Frosh-Soph Boys:

1996	46.61	Acalanes	Liang, Engledinger, Anderson, Brilliant
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
1984	47.3	Las Lomas	Krugar, DePietro, Rivera, Herbert

Frosh-Soph Girls:

1996	52.52	St. Mary's	English, Accoe, Ransom, Shepherd
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TROJAN RELAYS

SHUTTLE HURDLE

Varsity Girls:

1996	41.5	Mission San Jose	Fong, Mei, McGraw, Smith
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	Enclinal	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, Mochior
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)	11.2	Roberta Bruder	Pleasant Hill

Frosh-Soph Boys:

1996	39.6	St. Mary's	Nero, Gozzano, Cann, Natale
1995	44.1	Castro Valley	Fung, Aguayo, Paik, Ciglar
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

Frosh-Soph Girls:

1996	43.6	Armijo	names not available
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4 X 220

Varsity Girls:

1996	1:49.66	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
1995	1:56.9	Washington	Snow, Afencio, Ghodoussi, Obligation
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
Frosh-Soph Boys:			
1996	1:37.34	Acalanes	Bostjanich, Brilliant, Engledinger, Anderson
1995	1:40.4	Castro Valley	Chan, Henig, Bailey, Abramenko
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, Slaterelis, Weiser
Frosh-Soph Girls:			
1996	1:52.49	St. Mary's	Green-Odlum, Ranson, Shepherd, Accoce

4 X 880 RELAY

Varsity Girls:			
1996	10:16.5	Mission San Jose	Mecochea, Torrez, Rutledge, Hotchkiss
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

Frosh-Soph Boys:			
1996	9:02.6	Mission San Jose	Foreman, Stevesn, Chapman, Stepan
1995	9:15.4	Castro Valley	Boruta, Mellon, D. Dulaney, Baria
1994	8:59.1	DeLaSalle	Click, Georgege, 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

Frosh-Soph Girls:			
1996	10:23.2	Acalanes	Judy, Barbera, Bostjanich, Rowland

OPEN 100

Varsity Girls:			
1996	13.20	Jill Armstrong	Acalanes
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

Frosh-Soph Boys:			
1996	11.89	Benalter Gambles	Armijo
1995	11.3	Dave Newton	San Ramon
1994	11.6	Brian Thompson	Alhambra

Frosh-Soph Girls:			
1996	13.45	Espie Accode	St. Mary's

DEVIL-TAKE-THE-HINDMOST MILE

Varsity Girls:			
1996	5:53.8	Katie Hotchkiss	Mission San Jose
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 Salisbury	Northgate
1975	5:30.8	Mary Riebelt	Las Lomas
1974	5:54.8	M. Zahner	Bishop O'Dowd
1973	6:07.8	Mary Fairerek	Las Lomas

Frosh-Soph Boys:			
1996	4:34.4	Jonathan Stevens	Mission San Jose
1995	5:03.6	Peter Baria	Castro Valley
1994	5:01.4	Chris 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

Frosh-Soph Girls:

1996	5:39.8	Courtney Davidson	Redwood Christian
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4 X 440

Varsity Girls:

1996	4:13.4	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
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, Giesman, Sweetman
1974		no records	
1973	4:03.5	Berkeley	no names available

Frosh-Soph Boys:

1996	3:45.8	Acalanes	Brilliant, Bostjanich, Engledinger, Anderson
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

Frosh-Soph Girls:

1996	4:22.4	Acalanes	Laird, Gillen, Judy, Rowland
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HIGH JUMP

Team:

Varsity Girls:

1996	14-4	Acalanes	Nichol, Shaw, Flett
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, Dunklebe, VanZeeland
1979	14-4	Acalanes	Dalicio, VanZeeland, Dunklebe
1978	13-10	Las Lomas	Warrington, Kunz, Cornell
1977	14-0	Livermore	Madrid, Paxaio, Shirley
1976			
1975			
1974			
1973			

Girls Frosh-Soph:

1996	12-10	Castro Valley	Bailey, Robles, Van Norma
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Frosh-Soph Boys:

1996	16-2	Hayward	Holleman, Boatwright, Cano
1995	16-2	Tokay	Ryan, Caulkey, Echler
1994	15-6	Castro Valley	Amiri, Kim, Fung
1990-93	meet not held		
1985-89	event not contested		
1984	16-7	Miramonte	Cameron, Franklin, Kerchner

Individual:

5-2	Erin Nichol	Acalanes
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
4-6	Loryn Bailey	Castro Valley
5-8	Jordan Engledinger	Acalanes
5-10	Jason Ryan	Tokay
5-6	Naeem Amiri	Castro Valley
5-7	Chris Kerchner	Miramonte
5-7 (tie)	Tom Cameron	Miramonte

LONG JUMP

Teams:

Varsity Girls:

1996	41-0	Las Lomas	Minglana, Leahy, Ashworth
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, Suits
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	Suits, 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

Individuals:

14-5 1/2	Ada Minglana	Las Lomas
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	Karlynn 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 O'Connor	San Ramon
15-11 1/2	Dawn Peters	Northgate

1977	48-0 1/2	Livermore	Madrid, Ng, Paxaio
1976			
1975			
1974			
1973			
Girls' Frosh-Soph			
1996	38-0 1/4	St. Mary's	Rodriguez, Eisner-Gordon, English

TRIPLE JUMP

Team:

Frosh-Soph Boys:

1996	104-2 3/4	Hayward	Hsieh, Johnson, Conway
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, Riveis, Foster
1986	113-10	Ygnacio Valley	Medrona, Poppleton, Barry

SHOT PUT

Team:

Varsity Girls:

1996	86-7	Fremont (Oakland)	Fine, Talanoa, Payne
1995	83-7 1/2	Castro Valley	Klews, Minion, Howard
1994	75-10	Alhambra	Colbert, Ferguson, Fowler
1990-93	meet not held		
1989	89-3 1/2	Piedmont	Moren, Watts, Martin
1988	rained out		
1987	91-0 3/4	Acalanes	Connor, Samahon, Billeter
1986	89-2 1/2	Moreau Catholic	A. Loggins, Watson, B. Loggins
1985	92-3 1/2	Foothill	Murphy, DeSantis, Mullikin
1984	94-9 1/2	Moreau Catholic	A. Loggins, B. Loggins, Watson
1983	86-0	Eagle Point, Oregon	Dickenson, Walter, Hanscom
1982	no meet held		
1981	86-8 1/2	Ygnacio Valley	Reed, Camp, Chiavini
1980	105-3 1/2	Liberty	Gallegos, Gallegos, Hoffman
1979	101-1	Monte Vista	B. Callegan, Fischer, K. Callegan

(8 lb. shot used before 1979)

1978	89-5 1/2	San Leandro	Richards, Bradshaw, Egan
1977	105-6	Monte Vista	Bell, Callegan, Dolsby

1976

1975

1974

1973

Girls' Frosh-Soph:

1996	81-1 1/2	St. Mary's	O'Dea, Aikens, Harris
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Frosh-Soph Boys:

1996	124-7 1/2	Las Lomas	Christiansen, Jones, Decker
1995	129-4 1/2	Tokay	Takahaski, Gabriel, Lanfair
1994	125-8	Alhambra	Oxford, Kinder, Boyd
1990-93	meet not held		
1989	114-0 3/4	Piedmont	Fendel, Krieger, DeFeo
1988	rained out		
1987	128-11 1/2	College Park	McDeamid, Byford, Holden
1986	126-6 1/2	Amador Valley	Carvecho, DeBarnardi, Sebaha
1985	124-6	Las Lomas	Freschi, Barns, Miller
1984	140-2	San Ramon	Cox, Greg, Isola

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. Lebrle	Bishop O'Dowd

14-11	Katy Savage	Alameda
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Individual:

37-0 1/2	Kim-Da Hsieh	Hayward
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

Individual:

32-10	Barbara Klews	Castro Valley
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 Callegan	Monte Vista
39-8 1/2	Kathy Callegan	Monte Vista

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

32-6	Rodie Aikens	St. Mary's
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50-9	Robbie Christiansen	Las Lomas
47-7 1/2	Darren Lanfair	Tokay
45-2	Tony Feliciano	Mt. Eden

42-8	Josh DeFeo	Piedmont
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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

DISCUS

Team:

Varsity Girls

1996	220-1	Dublin	Lee, Hodson, Jamison
1995	256-8	Tokay	Pfeifle, Wiley, Hernandez
1994	247-3	Alhambra	Colbert, Fowler, Ferguson
1990-93	meet not held		
1989	249-0	Piedmont	Martin, Anderson, Moren
1988	rained out		
1987	274-11	Las Lomas	Dawson, DeJarlis, Deruyte
1986	286-7	Moreau Catholic	A. Loggins, Watson, B. Loggins
1985	274-8	Foothill	Kleinsmith, DeSantis, Murphy
1984	276-11	Moreau Catholic	B. Loggins, Watson, A. Loggins
1983	256-6	Campolindo	Ebersole, Denham, Lundling
1982	meet not held		
1981	283-2	Acalanes	Borgwardt, D'Hout, Gordon
1980	298-9 1/2	Acalanes	Lovtang, Borgwardt, D'Hout
1979	283-9	Monte Vista	Fisher, K. Callaghan, B. Callaghan
1978	300-4 1/2	Pleasant Hill	Aston, Echols, Johnson
1977	290-7	Monte Vista	Frahmen, Dolsby, Bell
1976			
1975			
1974	no records		
1973			

Girls' Frosh-Soph:

1996	222-7	St. Mary's	Harris, Aikens, Williams
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Frosh-Soph Boys:

1996	294-11	Las Lomas	Christiansen, Jones, Decker
1995	313-3	American	Stevens, Ty, Alveenaz
1994	288-1	Mt. Eden	Garvin, Faasilila, Feliciano
1990-93	meet not held		
1989	308-8	Ygnacio Valley	Holland, Rumbel, Johnson

POLE VAULT

Team:

Varsity Girls:

1996	22-6	Acalanes	Flett, Forde, Herg
	22-6	Castro Valley	E. Ewing, Clancy, Sammons
1995	21-0	Las Lomas	Baron, Fleming, Tumbas
1994	21-6	Las Lomas	Baron, Fleming, Tumbas

Individual

90-4	Valerie Kucharewski	Foothill
98-4	Shannon Pfeifle	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
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105-0	Katy Savage	Alameda
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124-10	Rob Christiansen	Las Lomas
109-0	Darren Lanfair	Tokay
103-3	Chris Barker	Hayward

119-1	D. Halpin	Campolindo
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Individual:

8-6	Elizabeth Ewing	Castro Valley
9-6	Amanda Sweeney	Tokay
8-0	Amanda Baron	Las Lomas

Girls' Frosh-Soph:

1996	7-0	Dublin	Cherie Simon
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7-0	Cherie Simon	Dublin
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Frosh-Soph Boys:

1996	31-0	Las Lomas "A"	Wilson, Klopp, VandeNeth
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

11-9	Chad Wilson	Las Lomas
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