

CV

4x100

SLZ 56.5
CV 54.0
H 54.5
RED hit.
ALAN hit.
O.
Wash 50

4x200

CV 1:59.0
H hit.
N-M hit.
O hit.
SLZ 1:58.0
Red hit.
T hit.

4x400

Aln 5:00
CV 4:45
H 4:47
N-M hit.
O hit.
P. 4:15
Red 4:36

4x800

CV 11:00
H hit.
N-M hit.
O hit.
P 10:40
Red hit.

4x MILE

CV 25:00
N-M hit.
O hit.
P 24:00
Red hit.

4x HH

CV 46.0
H hit.
N-M hit.
O hit.

3x HJ

Aln 12-0
CV A 13-4
CV B 12-0
H hit.
N-M hit.
O hit.

3x LJ

CV 39-0
H 55-0
N-M hit.
O hit.
Red hit.
T hit.

3x SP

Aln 60-0
CV A 85-0
CV B hit.
H A 86-0
B 80-0
N-M hit.
O hit.
Wash 72-0

3x D

Aln 240
CV A 230
CV B hit.
H A 180
B 120
N-M hit.
O hit.
Red 208-0
T hit.
Wash 184-0

3x PV

CV hit.
N-M hit.
Pial 21-0

Open 100

Aln M. Jee B.4 ✓
CV Risa 14.0 ✓
Triak 13.8 ✓
Amanda 13.1 ✓
H Denise Marie B.2 ✓
Kalani Hollander 12.4 ✓
N-M hit. ✓
N-M hit. ✓
N-M hit.
SLZ T. Smit 12.9 ✓
T Tashim long hit. ✓
Makiel long hit. ✓
Wash Maria Baisa 14.1 ✓

Heat 1

1 N-M hit.
2 Risa 14.0
3 M. Jee A 13.4
4 Kalani 12.4
5 Tashim long hit.
6 N-M hit.
7 N-M hit.

Heat 2

1 Maria Baisa 14.1
2 Triak 13.8
3 Amanda 13.1
4 T. Smit SLZ 12.9
5 Denise Marie H B.2
6 Makiel long hit
7

Don't Mile

Aln E Brown 6:50
A Jee 6:05
CV Bonnie McErlis hit.
H Carrie McIntyre 6:00
Wash 6:50

N-M hit.
N-M hit.
Red Sarah Greene 6:09
Lisa Korn 6:03

T. Janda Kuroby hit.
Wash Kimani General 6:13

Ala 52.5 ✓	HH 1	HH 2
Alb 50.0 ✓	1 Wash A nit.	1 SLZ B nit.
CV 47.5 ✓	2 Ala 52.5	2 H B nit.
CP 51.0 ✓	3 SLZ A 47.5	3 CV 47.5
H A 46.6 ✓	4 H A 46.6	4 ME 46.5
B nit. ✓	5 CP 51.0	5 Alb 50.0
ME 46.5 ✓	6 T nit.	6 N-M nit.
N-M nit. ✓	7 Oak nit.	7
SLZ A 47.5 ✓		
B nit. ✓		
T nit. ✓		
Wash nit. ✓		
D nit. ✓		

Ala 1:48.5 ✓	HH 1	HH 2
B 152.1 ✓	1 Wash A nit.	1 Wash B nit.
Alb nit. ✓	2 Alb nit.	2 H A nit.
CV 1:42 ✓	3 CP 151.0	3 Ala A 145.5
CP 1:51 ✓	4 SLZ 138.5	4 CV 148.0
H A nit. ✓	5 Ala B 152.1	5 ME nit.
B nit.	6 Hwy B nit.	6 N-M nit.
ME nit. ✓	7 Oak nit.	7 SLZ B nit.
N-M nit. ✓		
SLZ 1:38.5 ✓	SLZ B nit. ✓	
Hwy A nit. ✓		
B nit. ✓		
D nit.		

4xHH

CV A 44.0 SLZ nit.

B 46.5

H nit.

ME nit.

N-M nit.

4x400	HH 1	HH 2
Ala A 359.2 ✓	1 CV C nit.	1 Wash A nit.
B 405 ✓	2 Alb nit.	2 Ala B 405 ✓
Alb nit. ✓	3 CV 352	3 SLZ 359
CV A 3:52 ✓	4 ME 340	4 H 351
B 4:00 ✓	5 Ala A 359.2	5 CV B 400
C 4:10 ✓	6 N-M nit.	6 T nit.
H 3:51 ✓	7 Wash B nit.	7 SLZ B
ME 3:40 ✓		at Oak nit.
N-M nit. ✓		
SLZ A 359 ✓, B nit. ✓		
T nit. ✓		
Wash A nit. ✓		
B nit. ✓		

4x800
Ala A 905
B 935
C 1012
Alb nit
CV A 900
B 1000
CP A 935
B 950
H nit
ME nit
N-M nit
Pied 940
SLZ nit
Wash A nit.
Oak nit. B nit.

4x MILE
Ala A 20:17
B 23:30
Alb nit.
CV A 20:30
B 22:00
CP A 21:00
B 22:00
H nit.
ME nit.
N-M nit.
P 20:40
Wash A nit.
B nit.
Oak nit.

Open 100	
Ala J. Zeltich 12.5 ✓	N-M nit. ✓
J. Castro 12.6 ✓	N-M nit. ✓
Alb G. Morda nit. ✓	SLZ Solis 11.5 ✓
E. Low nit. ✓	Jackson 11.5 ✓
CV Memo 11.3 ✓	T Chris Erbe nit. ✓
Eric 11.7 ✓	Richard Stepany nit. ✓
H Josh Ferguson 12.2 ✓	Steven Ochoa nit. ✓
Sean Ghinelli 12.3 ✓	D nit. ✓
Mark McKinley 12.6 ✓	O nit. ✓
ME Terrance Holloman 11.9 ✓	Wash nit. ✓
Isaac Jackson 12.0 ✓	Wash nit. ✓

HH 1	HH 2	HH 3
1	1	1
2 Castro MA 12.6	2 Alb nit.	2 T nit.
3 Sean Ghinelli 12.3	3 T nit.	3 M McKinley 12.6
4 Memo 11.3	4 Jackson SLZ 11.5	4 Solis SLZ 11.5
5 Holloman ME 11.9	5 Jackai 12.0	5 Zeltich Ala 12.5
6 Alb nit.	6 D nit.	6 N-M nit.
7	7	7
1	3 Ferguson 12.2	5 N-M nit. 7.
2 Oak nit.	4 Eric 11.7	6 T nit. 8.

Devil Mile

ala N. Bell 501

D. Williams 505

J. Honeygar 610

A. Carter 615

Y. Reichart 503

P. Lim 509

J. Silver 535

J. Villapas 511

M. Stollken 540

J. Whitmore 528

alb J. Samudio n.t.

H. Tori n.t.

CV Ben 4:40

Tom 4:55

FJ 5:20

Jeff 5:20

Ken S. 5:25

Lynn 5:30

Kerke 5:50

H. Saml Humboldt 4:58

Joe Medina 5:50

ME Alejandro Amargosa 509

Carla Olaye 514

Dante Thomas n.t.

Anthony Abu n.t.

N-M A n.t.

B n.t.

C n.t.

b n.t.

red Juan Triggler 507

SLZ Velasquez n.m.

Armando n.m.

T Leonard Greenlaw n.t.

Kahan Pinn n.t.

Otto Hernandez n.t.

Wash Smith n.t.

Wootton n.t.

Cherry n.t.

Hillstrom n.t. Fitzgerald n.t.

Banks n.t. Tobin n.t.

Evans n.t.

3x4J

ala 14-0

alb n.m.

CV "A" 15-4

"B" 14-0

"C" 13-6

H A 16-0

B 15-0

ME n.m.

N-M n.m.

SLZ n.m.

3x5P

ala 97

alb n.m.

CVA 115

B 95

C n.m.

95

ME n.m.

N-M A n.m.

B n.m.

C n.m.

P n.m.

SLZ n.m.

T n.m.

3xPV

alb n.m.

CV 24-0

N-M n.m.

3x7J

ala n.m.

alb n.m.

CV A 102

B 84

C 80

D 80

H 94

ME n.m.

N-M n.m.

Wash n.m.

3xD

ala 260

alb n.m.

CV A 270

B 200

C n.m.

H 270

ME 333

N-M A n.m.

B n.m.

C n.m.

SLZ n.m.

T n.m.

x 100
 Richmond 55.4
 College Prep n.t.
 Carter Valley "A" 56.5
 "B" 59.0
 Hayward "A" 56.6
 "B" 58.1
 Newark
 Washington "A" n.t.
 "B" n.t.
 Oakland n.t.
 Mt. Eden 55.9

Heat 1
 1 Wash. B n.t.
 2 CP n.t.
 3 H. "A" 56.6
 4 ALA 55.4
 5 CP 58.2
 6 CV "B" 59.0
 7 N-M n.t.

Heat 2
 1 Oakland n.t.
 2 Alb n.t.
 3 CV "A" 56.5
 4 ME 55.9
 5 H "B" 58.1
 6 Wash "A" n.t.
 7

4x220

Ala A 1:58.1
 B n.t.
 Alb n.t.
 CP n.t.
 CV "A" 1:59
 "B" 2:04
 "C" 2:06
 Hay A n.t.
 B n.t.
 ME n.t.
 N-M n.t.
 O.K. n.t.
 Wash A n.t.
 B n.t.

Heat 1

1 Oak n.t.
 2 CP n.t.
 3 Alb n.t.
 4 Ala A 1:58.1
 5 CV B 2:04
 6 Hay A n.t.
 7 Wash A n.t.
 8 Oak n.t.

Heat 2

1 ME n.t.
 2 Alb B n.t.
 3 CP 2:08
 4 CV A 1:59.0
 5 CV C 2:06
 6 Hay B n.t.
 7 Wash B n.t.
 8 N-M n.t.

H

4x440

Ala A 4:31
 B n.t.
 Alb n.t.
 CV A 4:35
 B 4:45
 H 4:47
 N-M n.t.
 Wash A n.t.
 B n.t.

Heat 1

1 Alb A n.t.
 2 Wash B n.t.
 3 CV B 4:45
 4 Ala A 4:31
 5 N-M n.t.
 6 Oak n.t.
 7

Heat 2

1 Oakland n.t.
 2 Wash A n.t.
 3 Hay 4:47
 4 CV A 4:35
 5 Ala B n.t.
 6
 7

4x800

Alb 12:10
Alb hit.
CV 11:20
H hit, oob hit.
ME hit.
N-M hit.
Wash hit.
Oob hit.

4xMILE

Alb 23:00
CV A " 26:30
"B" 25:00
H hit.
N-M hit.
Wash hit.
Oob hit.

4xH4

Alb hit.
CV 50.0
H hit.

3xH3

Alb 13-0
CV A 13-0
B 12-0
H 11-6
H-N n.m.
ME n.m.
N-M n.m.

3xL3

Alb 37-0
Alb n.m.
CV A 40-0
CV B 35-0
H-N n.m.
ME n.m.
N-M n.m.

3xSP

Alb 65-0
CV A 64-0
B n.m.
H 65-0
ME n.m.
N-M n.m.

3xD

Alb 215-0
CV A 140
B n.m.
ME n.m.
N-M n.m.

3xPV

CV n.m.
N-M n.m.

Open 100

Alb J. Frankel 13.8 ✓
J. Robinson 14.0 ✓
Alb A. Lewis hit.
K. Jones hit. ✓
CV Lauren Ford 13.6 ✓
H. Lydia Smith 13.3 ✓
Paris Scoggins 13.6 ✓
Nicole McCoy 13.8 ✓
Kim Folkes 13.9 ✓
H-N Ashley Montgomery hit. ✓
ME Mervin White 13.2 ✓
Stephanie Bradford 13.4 ✓
N-M N-M hit.
N-M hit.
S. Michelle 13.2

W41 Dora Linn CV 64.2 n.t.
1. K. Jones Alb 12.1
2. Kim Folkes H 13.9
3. J. Frankel Alb 13.8
4. Mervin White Alb 13.2
5. Lauren Ford CV 13.6
6. Nicole McCoy H 13.8
7. N-M hit.
8. S. Michelle 13.2

My'Alz Pien CV hit.
1. ~~Ashley Montgomery H-N hit.~~
2. J. Robinson Alb 14.0
3. ~~Paris Scoggins H 13.6~~
4. Lydia Smith H 13.3
5. Stephanie Bradford ME 13.4
6. A. Lewis Alb hit.
7. N-M hit.
8.

Dora
My'Alz

1. Ashley Montgomery H-N hit.
2. K. Jones Alb hit.
3. Paris Scoggins H 13.6
4. Lauren Ford CV 13.6
5. N-M hit.
6. S. Michelle 13.2 hit.

David Mile

Alb Sarah Orzell 5:26
Corinne Roberts 5:29
L. Burenin 5:50
S. Abraham 6:50
A. Knicker 7:20
Alb K. Bender hit.
S. Leung hit.

H Lupa Sorin 6:36
= Marie Dubovka 6:47
Kym Folquott 7:00
H. hit.
H-N Tuzi Evans 5:32
ME Katay Phan 6:20
= Raizza Brown 7:31
N-M N-M hit.

Wash

Jessiah Alia 6:15
Jill Wagner 6:21
Jocelyn Halle 6:26
Ann Schultz 6:29