

Announcer

Castro Valley High School

***TROJAN
INVITATIONAL
RELAYS***

Friday, April 14, 2000
Trojan Stadium

Meet Program

2000 Trojan Invitational Relays Castro Valley High School

Trojan Stadium
Friday, April 14, 1998

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, and in 1996 Frosh-Soph Girls became a part of the program. 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.

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
Trophy to the top team in Junior High

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 by the restrooms.
The **bullpen** is on the straightaway just east of the snack bar.
Results will be posted next to the trainer.
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!

Teams competing today:

- ✓ Alameda
- ✓ Albany
- ✓ American
- Canyon Middle School
- ✓ Castro Valley
- ✓ College Prep
- Creekside Middle School
- Elmhurst Middle School
- ✓ Hayward
- Mt. Eden
- ✓ Newark-Memorial
- ✓ Oakland
- ✓ Piedmont
- Redwood Christian
- San Lorenzo
- ~~St. Joseph's~~
- Tennyson
- ~~Washington~~
- ~~Wood Middle School~~
- ✓ Las Lomas

Previous Team Champions:

<u>Girls' Varsity:</u>	<i>← Newark Memorial</i>	<u>Boys' Frosh-Soph:</u>	<i>← CV</i>	<u>Girls' Frosh-Soph:</u>	<i>← Alameda</i>
1999	Castro Valley	1999	Benicia	1999	Hayward
1998	Castro Valley	1998	Benicia	1998	Castro Valley
1997	Castro Valley	1997	Benicia	1997	St. Mary's
1996	Castro Valley	1996	Las Lomas	1996	St. Mary's
1995	Castro Valley	1995	Castro Valley		
1994	Castro Valley	1994	Alhambra		
1990-93	meet not held	1990-93	meet not held		
1989	Ygnacio Valley	1989	Ygnacio Valley		
1988	rained out	1988	rained out		
1987	Acalanes	1987	Acalanes		
1986	Acalanes	1986	Ygnacio Valley		
1985	Acalanes	1985	Las Lomas		
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				

TROJAN INVITATIONAL RELAYS

ORDER OF EVENTS

TRACK EVENTS

- | | | | |
|-----|-------|------------------------------|--------------------------------|
| 1. | BFS | 4 x MILE | |
| 2. | GFS | 4 X MILE | Combined with the GV 4 x Mile |
| 3. | GV | 4 X MILE | Combined with the GFS 4 x mile |
| 4. | Jr Hi | 4 x 100 | |
| 5. | BFS | 4 X 100 | |
| 6. | GFS | 4 X 100 | |
| 7. | GV | 4 X 100 | |
| 8. | BFS | SHUTTLE HURDLES 39" | |
| 9. | GFS | SHUTTLE HURDLES 33" | |
| 10. | GV | SHUTTLE HURDLES 33" | |
| 11. | BFS | 4 X 220 | |
| 12. | GFS | 4 X 220 | |
| 13. | GV | 4 X 220 | |
| 14. | BFS | 4 X 880 | |
| 15. | GFS | 4 X 880 | |
| 16. | GV | 4 X 880 | |
| 17. | Jr Hi | OPEN 100 | |
| 18. | BFS | OPEN 100 | |
| 19. | GFS | OPEN 100 | |
| 20. | GV | OPEN 100 | |
| 21. | Jr Hi | Mile (no Devil) | |
| 22. | BFS | DEVIL-TAKE-THE-HINDMOST MILE | |
| 23. | GFS | DEVIL-TAKE-THE-HINDMOST MILE | |
| 24. | GV | DEVIL-TAKE-THE-HINDMOST MILE | |
| 25. | BFS | 4 X 440 | |
| 26. | GFS | 4 X 440 | |
| 27. | GV | 4 X 440 | |

FIELD EVENTS

- | | | | | |
|-----|-----|-------------|----------|------------------|
| 28. | GV | HIGH JUMP | (PIT A) | 4:00 PM |
| 29. | GFS | HIGH JUMP | (PIT A) | AFTER GV |
| 30. | BFS | HIGH JUMP | (PIT B) | 4:00 PM |
| 31. | GFS | LONG JUMP | | 4:00 PM |
| 32. | GV | LONG JUMP | | AFTER GFS |
| 33. | BFS | TRIPLE JUMP | | AFTER GV |
| 34. | BFS | SHOT PUT | (RING A) | 4:00 PM |
| 35. | GV | SHOT PUT | (RING A) | AFTER BFS |
| 36. | GFS | SHOT PUT | (RING B) | AFTER GFS DISCUS |
| 37. | GV | DISCUS | (RING A) | 4:00 PM |
| 38. | GFS | DISCUS | (RING B) | 4:00 PM |
| 39. | BFS | DISCUS | (RING A) | AFTER GV |
| 40. | GFS | POLE VAULT | | 4:00 PM |
| 41. | GV | POLE VAULT | | SAME TIME AS GFS |
| 42. | BFS | POLE VAULT | | AFTER GV & GFS |

4 x MILE

Best wishes from the Cardino's Produce-- run hard!

EVENT 1 BOYS' FROSH-SOPH 4 x MILE

Lane	Name & School	Entry Mark
Heat 1		
1	Alameda "A"	20:17
2	Castro Valley "A"	20:30
3	Piedmont	20:40
4	College Prep "A"	21:00
5	Castro Valley "B"	22:00
6	College Prep "B"	22:00
7	Alameda "B"	23:30
8	Hayward	n.t.
9	Mt. Eden	n.t.
10	Newark-Memorial	n.t.
11	Washington "A"	n.t.
12	Washington "B"	n.t.

EVENT 2 GIRLS' FROSH-SOPH 4 x MILE

Lane	Name & School	Entry Mark
Heat 1		
1	Alameda	23:00
2	Castro Valley	25:30
3	Hayward	n.t.
4	Newark-Memorial	n.t.
5	Washington	n.t.

EVENT 3 GIRLS' VARSITY 4 x MILE

Lane	Name & School	Entry Mark
Heat 1		
1	Piedmont	24:00
2	Castro Valley	25:00
3	Newark-Memorial	n.t.
4	Redwood Christian	n.t.

Previous Winners:

4 x MILE

Varsity Girls:

1999	24:14.9	Castro Valley	Schmidt, Groome, McGrealis, Boon-Nitoff
1998	23:29.0	Alhambra	Loper-Riley, Neu, Giatto, Johnson
1997	23:17.9	Castro Valley	Marquez, Schmidt, Ewing, Weisman
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:

1999	20:38.4	Castro Valley	Cardiasmenos, Bettinger, Wong, Puppione
1998	21:38.0	Benicia	DeJulio, Thomas, Housman, Murphy
1997	20:23.6	Mission San Jose	Strom, Golden, Kirsher, Baird
1996	20:18.9	Mission San Jose	Stepan, Stevens, Chapman, Freeman
1995	20:36.2	Castro Valley	D. Dulaney, Bonuta, Patterson, Baria
1994	19:57.8	DeLaSalle	George, Click, Sanchez, Hintz

Frosh-Soph Girls:

1999	24:10.4	Hayward	Solozhuk, Richardson, McIntyre, Norsworthy
1998	23:50.0	Castro Valley	Simmons, Stewart, Groome, McGrealis
1997	25:45.1	Castro Valley	Stower, Ponce, Robles, Groome
1996	24:22.6	Acalanes	Judy, Barbera, Powers, Bastjanich

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OAKLAND, CA 94604

4 x 100 *sponsored by Stewart's Beverages*

EVENT 5 BOYS' FROSH-SOPH 4 X 100

Lane	Name & School	Entry Mark
Heat 1		
1	Washington	n.t.
2	Alameda	52.5
3	San Lorenzo "A"	47.5
4	Hayward "A"	46.6
5	College Prep	51
6	Tennyson	n.t.
7	Oakland	n.t.

Heat 2		
1	San Lorenzo "B"	n.t.
2	Hayward "B"	n.t.
3	Castro Valley	47.5
4	Mt. Eden	46.5
5	Albany	50
6	Newark-Memorial	n.t.
7		

EVENT 6 GIRLS' FROSH-SOPH 4 X 100

Lane	Name & School	Entry Mark
Heat 1		
1	Washington "B"	n.t.
2	College Prep	n.t.
3	Hayward "A"	56.6
4	Alameda	55.4
5	Castro Valley "B"	59
6	Newark-Memorial	n.t.
7		

Heat 2		
1		
2	Albany	n.t.
3	Castro Valley "A"	56.5
4	Mt. Eden	55.9
5	Hayward "B"	58.1
6	Washington "A"	n.t.
7		

EVENT 7 GIRLS' VARSITY 4 X 100

Lane	Name & School	Entry Mark
Heat 1		
1	Oakland	n.t.
2	San Lorenzo	56.5
3	Castro Valley	54
4	Hayward	54.5
5	Redwood Christian	n.t.
6	Newark-Memorial	n.t.
7		

Previous Winners:

4 X 100

Varsity Girls:

1999	53.19	Newark-Memorial
1998	53.31	Castro Valley
1997	50.54	Mission San Jose
1996	51.60	Fremont (Oakland)
1995	53.5	Washington
1994	52.3	Oakland Tech
1990-93	meet not held	
1989	51.6	Holy Names
1988	rained out	
1987	50.9	Acalanes
1986	51.4	Monte Vista
1985	51.6	Presentation
1984	50.6	Clayton Valley
1983	52.6	Campolindo
1982	rained out	
1981	50.8	Alhambra
1980	51.0	Miramonte
1979	49.2	Northgate
1978	51.8	Miramonte
1977	50.6	El Cerrito
1976	50.8	Berkeley
1975	49.7	Berkeley
1974	no records	
1973	49.9	Berkeley

Fresh-Soph Boys:

1999	46.53	Benicia
1998	47.09	Benicia
1997	45.90	St. Mary's
1996	46.61	Acalanes
1995	47.0	Washington
1994	47.4	Alhambra
1989	46.5	Benicia
1988	rained out	
1987	46.4	Ygnacio Valley
1986	44.7	Ygnacio Valley
1985	47.0	DeAnza
1984	47.3	Las Lomas

Fresh-Soph Girls:

1999	53.05	Hayward
1998	54.89	Hayward
1997	51.01	St. Mary's
1996	52.52	St. Mary's

Nowak, Cuthbert, Stafford, Stone
 Randall, Bailey, Medrano, McDonald
 Fong, O'Conner, McGraw, Smith
 Ashworth, Lewis, McCarter, Thomas
 Snow, Afenao, Ghodoussi, Obigacion
 Henderson, Hammock Smith, Beverly

Tanner, Alexander, Taylor, Gross

Kolmer, Kastulos, Peterson, Ravazza
 Crew, Roos, Hansen, Forshee
 Wells, Hines, McNair, Ford
 Flemings, Barnes, Carr, Masae
 Lundberg, Schuh, Muesser, Sasser

Hansenim, Hookins, Swicegood, Sutas
 Bevan, Slakey, Davis, Binsacca
Fleming, Peters, Warfield, Ralero
 Bevan, Blakey, Binsacca, Langjan
 Young, Hawthorne, Blackburn, Hawthorne
 Cobbs, Ronbinson, Burgess, Knight
 Nickson, Robinson, Burgess, Knight

White, Staneford, Byfield, Nickson

Humpton, Pyno, Santana, Jackson
 Randolph, Frisco, Chavez, Hampton
 no names available

Liang, Engledinger, Anderson, Brilliant
 Burns, John, Zellers, Dean
 Hodgkinson, Thompson, Linsey, Yeager
 Liston, Zimmer, Baylor, Schefernon

Aaron, Van Buren, Robinson, Premo
Van Buren, Eleazar, Barry, King
 Christoff, DeLuz, Hampton, Baker
 Krugar, DePietro, Rvera, Herbert

Holleman, Smith, Smith, Morris
 Lee, Holleman, Morris, McConnell
 no names available
 English, Accoe, Ransom, Shepherd



A TRIARC COMPANY

Phone: 510.885.1464

Cell: 510.459.7720

FAX: 510.885.1464

555 17th Street, Suite 3550, Denver, Colorado 80202-3935

Stephen W. Manos
 Business Development
 Manager, N. California

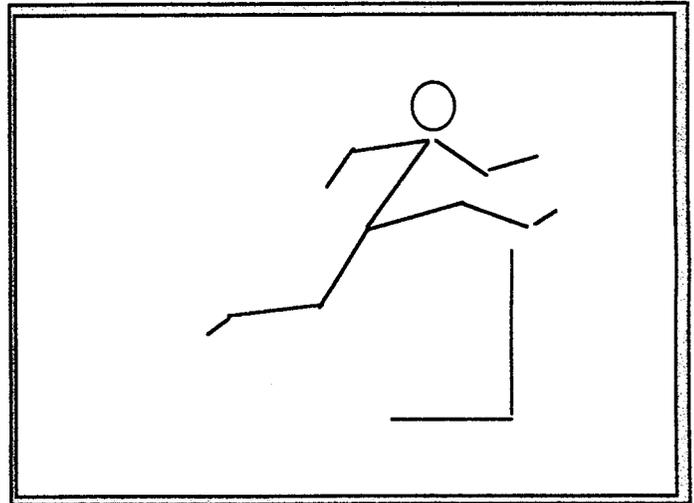
4 x Shuttle Hurdles

EVENT 8 BOYS' F/S 4 X 70 YD HURDLES

	Name & School	Entry Mark
Heat 1		
1 & 2	San Lorenzo	n.t.
3 & 4	Castro Valley "B"	46.5
5 & 6	Mt. Eden	n.t.
7 & 8		

EVENT 9 GIRLS' F/S 4 X 65 YD HURDLES

	Name & School	Entry Mark
1 & 2	Alameda	n.t.
3 & 4	Castro Valley	50
5 & 6	Hayward	n.t.
7 & 8		



EVENT 10 GIRLS' VAR 4 X 65 YD HURDLES

	Name & School	Entry Mark
Heat 1		
1 & 2	Hayward	n.t.
3 & 4	Castro Valley	46
5 & 6	Neark-Memorial	n.t.
7 & 8		

Previous Winners: SHUTTLE HURDLES

Varsity Girls:

1999	43.03	Castro Valley	Wong, Robles, Ly, Eng
1998	41.48	Benicia	Sugg, DeJulio, Galvan, Cowling
1997	40.2	Mission San Jose	McGraw, Fong, O'Conner, Luk
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, Hazapoulos

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, McNoir, Lawson
1985	40.0	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, Fournet
1980	38.9	Acas	M. VanZeeland, K. VanZeeland, Dunkleberg, Meinbress
1979	38.6	Acas	VanZeeland, Dunkleberg, Meinbress, Upshaw
1978	37.7	Acas	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

Fresh-Soph Boys:

1999	39.50	Benicia	Harrison, C. Santana, N. Santana, J. Santana
1998	40.51	Benicia	J. Santana, Patterson, C. Santana, Layton
1997	44.1	Benicia	DeWitt, Layton, Maurer, Rovo
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	Acas	Habibullah, Wilson, Chales, Scotte
1988	rained out		
1987	41.1	DeAnza	Hunt, Wiggins, Westbrook, 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

Fresh-Soph Girls:

1999	47.08	Newark-Memorial	Tebow, Gutierrez, Purtle, Jassu
1998	45.10	Foothill	names not available
1997	44.2	Castro Valley	Mertz, Gallagher, Ponce, Wong
1996	43.6	Arnijo	names not available

RUN FAST !!!

4 x 220

Sponsored by the Pyzano's Pizzeria

EVENT 11 BOYS' FROSH-SOPH 4 X 220

Lane	School	Entry Mark
Heat 1		
1	Washington "A"	n.t.
2	Albany	n.t.
3	College Prep	1:51.0
4	San Lorenzo "A"	1:38.5
5	Alameda "B"	1:52.1
6	Hayward "B"	n.t.
7	Oakland	n.t.

Lane	School	Entry Mark
Heat 2		
1	Washington "B"	n.t.
2	Hayward "A"	n.t.
3	Alameda "A"	1:45.5
4	Castro Valley	1:42.0
5	Mt. Eden	n.t.
6	Newark-Memorial	n.t.
7	San Lorenzo "B"	n.t.

Previous Winners 4 X 220

Varsity Girls:

1999	1:56.19	Tennyson	Long, Marks, Pulley, Williams
1998	1:54.34	Castro Valley	Tobia, Petterson, Medrano, Bailey
1997	1:48.02	Fremont (Oakland)	Ashworth, Wallace, Thomas, McCarter
1996	1:49.66	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
1995	1:56.9	Washington	Snow, Afencio, Ghadoussi, 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, Corby, 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, Mass, Maxworthy
1983	1:49.8	Miramonte	no names available
1982	meet not held		
1981	1:49.7	Carondelet	Fournel, Zuloaga, 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

Fresh-Soph Boys:

1999	1:38.77	Benicia	no names available
1998	1:39.91	Benicia	Randolph, Frisco, Chavez, Hampton
1997	1:35.08	Richmond	Lee, Meneses, Joliette, Chui
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	Vanduren, Eleazar, Barry, King
1985	1:38.2	Miramonte	Wolfens-Speyer, Kline, Suh, Grant
1984	1:36.7	Miramonte	Metz, Vincenzo, Soterakis, Weiser

Fresh-Soph Girls:

1999	1:52.96	Hayward	Smith, Smith, Morris, Holleman
1998	1:59.24	Hayward	Holleman, Powell, Lee, Morris
1997	1:53.8	St. Mary's	no names available
1996	1:52.49	St. Mary's	Green-Odlum, Ranson, Shepherd, Accoco

EVENT 12 GIRLS' FROSH-SOPH 4 X 220

Lane	School	entry mark
Heat 1		
1	College Prep	n.t.
2	Albany	n.t.
3	Alameda "A"	1:58.1
4	Castro Valley "B"	2:04.0
5	Hayward "A"	n.t.
6	Washington "A"	n.t.
7		

Lane	School	entry mark
Heat 2		
1	Mt. Eden	n.t.
2	Alameda "B"	n.t.
3	Castro Valley "A"	1:59.0
4	Hayward "B"	n.t.
5	Washington "B"	n.t.
6	Newark-Memorial	n.t.
7		

EVENT 13 GIRLS' VARSITY 4 X 220

lane	school	entry mark
Heat 1		
1	Hayward	n.t.
2	Newark-Memorial	n.t.
3	Castro Valley	1:59.0
4	SAn Lorenzo	1:58.1
5	Oakland	n.t.
6	Redwood Christian	n.t.
7	Tennyson	n.t.



Frank Gemignani
Owner

510-881-8878
3835 East Castro Valley Blvd.
Castro Valley, CA 94552



GO TROJANS !!

4 x 880

Best wishes from the Hayward Ranch Restaurant and Bar

EVENT 14 BOYS' FROSH-SOPH 4 X 880

Lane	Name & School	Entry Mark
Heat 1		
1	Castro Valley "A"	9:00
2	Alameda "A"	9:05
3	Alameda "B"	9:35
4	College Prep "A"	9:35
5	Piedmont	9:40
6	College Prep "B"	9:50
7	Castro Valley "B"	10:00
8	Alameda "C"	10:02
9	Albany	n.t.
10	Hayward	n.t.
11	Mt. Eden	n.t.
12	Newark-Memorial	n.t.
13	San Lorenzo	n.t.
14	Washington "A"	n.t.
15	Washington "B"	n.t.
16	Oakland	n.t.

EVENT 15 GIRLS' FROSH-SOPH 4 X 880

Lane	Name & School	Entry Mark
Heat 1		
1	Castro Valley	11:59
2	Alameda	12:10
3	Albany	n.t.
4	Hayward	n.t.
5	Mt. Eden	n.t.
6	Newark-Memorial	n.t.
7	Washington	n.t.

EVENT 16 GIRLS' VARSITY 4 X 880

Lane	Name & School	Entry Mark
Heat 1		
1	Piedmont	10:40
2	Castro Valley	11:00
3	Hayward	n.t.
4	Newark-Memorial	n.t.
5	Oakland	n.t.
6	Redwood Christian	n.t.

Previous Winners:

4 X 880 RELAY

Varsity Girls:

1999	11:14.2	Redwood Christian	Davidson, Davidson, Karn, Heimenga
1998	10:45.3	Alhambra	Glatto, Neu, O'Dell, Loper-Riley
1997	10:10.5	Alhambra	New, Underwood, Loper-Riley, Glatto
1996	10:16.5	Mission San Jose	Noecochoa, Tarrez, 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	Woodnidge, 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, Gonszves, Scannel, Zabner
1975	10:10.5	Pleasant Hill	Castello, Robinson, Iten, Bruder

Frosh-Soph Boys:

1999	9:01.8	Alameda	Bassmassery, Arellano, Yee, Lonsdale
1998	9:17.1	Las Lomas	McGinnes, Hermens, Copersmith, Clarkson
1997	8:57.6	Castro Valley	Carr, Sincerny, Cheung, Mellon
1996	9:02.6	Mission San Jose	Foreman, Stevesn, Chapman, Stepan
1995	9:15.4	Castro Valley	Boruta, Mellon, D. Dulaney, Bara
1994	8:59.1	DeLaSalle	Click, George, Hintz, Sanchez
1990-93	no meet held		
1988-89	event not contested		
1987	8:43.9	Castro Valley	Denzler, Saunders, Guenno, 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:

1999	10:56.0	Hayward	Richardson, Norsworthy, Solozhuk, McIntyre
1998	10:59.0	Castro Valley	Simmons, Stewart, Groome, McGrellis
1997	10:58.8	St. Mary's	no names available
1996	10:23.2	Acalanes	Judy, Barbera, Bostjanich, Rowland

GO TROJANS!
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Hayward, CA 94541**

OPEN 100 METER DASH

EVENT 17 Junior High Open 100 (New Event)

Heat 1 Boys

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>entry mark</u>
1		Canyon	n.t.
2		Canyon	n.t.
3	L. Andrews	Elmhurst	12.5
4	C. Sheilds	Elmhurst	13.1
5		Canyon	n.t.
6		Canyon	n.t.
7			

Heat 1 Girls

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>entry mark</u>
1			
2			
3	T. Gibson	Elmhurst	13.5
4	J. Jones	Elmhurst	13.5
5	Alexis	Elmhurst	n.t.
6			
7			

Open 100 Meter Dash

Best of luck to all from the Castro Valley Track team

EVENT 18 BOYS' F/S OPEN 100 METER

Lane	Name	School	Entry Mark
Heat 1			
1			
2	J.	Castro	12.6
3	Sean	Ghiselli	12.3
4	Geno	McGuigan	11.3
5	Terrance	Hollomen	11.9
6	G.	Moida	n.t.
7			

Heat 2

1			
2	E.	Lew	n.t.
3	Chris	Erber	12
4		Jackson	11.5
5	Isaac	Jackai	12
6		Oakland	n.t.
7			

Heat 3

1			
2	Richard	Stepney	n.t.
3	Mark	McKinley	12.6
4		Solis	11.5
5	J.	Zelick	12.5
6		Newark-Memorial	n.t.
7			

Heat 4

1			
2		Oakland	n.t.
3	Josh	Ferguson	12.2
4	Eric	Zamora	11.7
5		Newark-Memorial	n.t.
6	Steven	Ochoa	n.t.
7	Benedict	Omelagah	n.t.

EVENT 19 GIRLS' F/S OPEN 100 METER

Lane	name	School	entry mark	
Heat 1				
1	Dana	Linda	Castro Valley	n.t.
2	Kim	Colby	Hayward	13.9
3	J.	Frankel	Alameda	13.8
4	Maria	White	Mt. Eden	13.2
5	Nicole	McCoy	Hayward	13.8
6		Newark-Memorial	n.t.	
7				

Heat 2

1	My'ah	Pierce	Castro Valley	n.t.
2	J.	Robinson	Alameda	14
3	Lydia	Smith	Hayward	13.3
4	Stephanie	Bradford	Mt. Eden	13.4
5	A.	Lewis	Albany	n.t.
6		Neark-Memorial	n.t.	
7				

Heat 3

1	Ashley	Montgomery	Holy Names	n.t.
2	K.	Jones	Albany	n.t.
3	Parris	Scoggins	Hayward	13.6
4	Lauren	Ford	Castro Valley	13.6
5		Newark-Memorial	n.t.	
6	S.	McGillis	San Lorenzo	n.t.
7				

EVENT 20 GIRLS' VAR OPEN 100 METER

lane	name	school	entry mark	
Heat 1				
1				
2		Newark-Memorial	n.t.	
3	Rida	Chow	Castro Valley	14.0
4	M.	Yee	Alameda	13.4
5	Kalani	Holleman	Hayward	12.4
6	Tashiba	Long	Tennyson	n.t.
7		Newark-Memorial	n.t.	

Heat 1

1				
2		Newark-Memorial	n.t.	
3	Maria	Boisa	Washington	14.1
4	T.	Smith	San Lorenzo	12.9
5	Denein	Morris	Hayward	13.2
6	Makiah	Long	Tennyson	n.t.
7				

Previous Winners: OPEN 100

Varsity Girls:

1999	13.75	Ali Letsch	Las Lomas
1998	13.25	Tomel Cooper	Dublin
1997	12.88	Anita McCullum	San Lorenzo
1996	13.20	Jill Armstrong	Acalanes
1995	13.3	Kristine Obligation	Washington - Fremont
1994	12.8	Orisha Hines	Fremont-Oakland
1990-93	no meet		
1975-89	event not held		

1974 no records

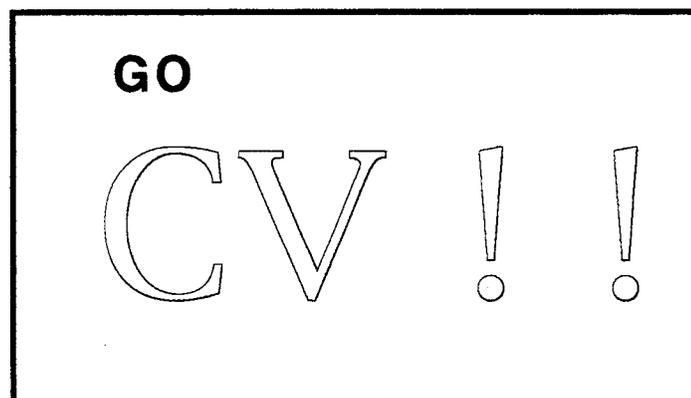
1973 (yards) 11.9 Pam McDaniel Washington-Fremont

Fresh-Soph Boys:

1999	11.52	J. Hampton	Benicia
1998	11.66	Deonte Lewis	Hayward
1997	11.68	Derrick Kindle	Mt. Eden
1996	11.89	Benaller Gambles	Armijo
1995	11.3	Dave Newton	San Ramon
1994	11.6	Brian Thompson	Alhambra

Fresh-Soph Girls:

1999	12.86	Kalani Holleman	Hayward
1998	13.20	Kalani Holleman	Hayward
1997	13.19	Lukestain Powell	Castlemont
1996	13.45	Espie Accode	St. Marys



Devil-Take-The-Hindmost Mile

Sponsored by Welte Construction-- best wishes to all the athletes

Event 21 JUNIOR HIGH MILE (NO DEVIL)

1	J. Turner	Elmhurst (boys)	5:45
2	J. O'Neil	Elmhurst (boys)	5:50
3			
4	Jillian Zarlis	Wood (girls)	6:30
5	Christine Robertson	Creekside (girls)	6:43
6	Jill DeLaRiva	Creekside (girls)	6:45

EVENT 22 BOYS' FROSH-SOPHDEVIL-TAKE-THE HINDMOST MILE

1	Beau Bettinger	Castro Valley	4:40
2	Zane Welte	Castro Valley	4:55
3	Saul Hurtado	hayward	4:58
4	N. Bell	Alameda	5:01
5	Y. Reichart	Alameda	5:03
6	D. Arrellano	Alameda	5:05
7	Jason Thigpen	Redwood Christian	5:07
8	P. Lim	Alameda	5:09
9	Alejandro Amuguan	Mt. Eden	5:09
10	J. Villegas	Alameda	5:11
11	Alex Castillo	Oakland	5:11
12	Carlos Alegre	Mt. Eden	5:14
13	TJ Miller	Castro Valley	5:20
14	Jeff Ribeira	Castro Valley	5:20
15	Kevin Shintani	Castro Valley	5:25
16	J. Whitworth	Alameda	5:28
17	Ryan Suzuki	Castro Valley	5:30
18	J. Silver	Alameda	5:35
19	M. Stollger	Alameda	5:40
20	Kenton Dornbush	Castro Valley	5:50
21	Joe Medina	Hayward	5:50
22	Alex Chan	Oakland	6:06
23	J. Honegger	Alameda	6:10
24	A. Carte	Alameda	6:15
25	J. Sandio	Albany	n.t.
26	H. Tsai	Albany	n.t.
27	Donte Thomas	Mt. Eden	n.t.
28	Anthony Ahn	Mt. Eden	n.t.
29		Newark-Memorial	n.t.
30		Newark-Memorial	n.t.
31		Newark-Memorial	n.t.
32		Newark-Memorial	n.t.
33	Velasquez	San Lorenzo	n.t.
34	Armento	San Lorenzo	n.t.
35	Leonard Greenlaw	Tennyson	n.t.
36	Kadar Dinn	Tennyson	n.t.
37	Otto Hernandez	Tennyson	n.t.
38	Smart	Washington	n.t.
39	Worthington		
Washington			n.t.
40	Chrancy	Washington	n.t.
41	Hillstrom	Washington	n.t.
42	Banks	Washington	n.t.
43	Evans	Washington	n.t.
44	Fitzgerald	Washington	n.t.
45	Tobin	Washington	n.t.

EVENT 23 GIRLS' FROSH-SOPHDEVIL-TAKE-THE-HINDMOST MILE

Lane	Name	School	Entry Mark
1	Zinzi Evans	Holy Names	5:22
2	Sarah Orzell	Alameda	5:26

3	Corinne Roberts	Alameda	5:29
4	L. Burenin	Alameda	5:50
5	Ann Schultz	Washington	6:04
6	Jennifer Alia	Washington	6:15
7	Kathy Phan	Mt. Eden	6:20
8	Jill Wagner	Washington	6:21
9	Jocelyn Holle	Washington	6:26
10	Lupe Sorin	Hayward	6:26
11	Marie Dubronka	Hayward	6:47
12	Kym Folquot	Hayward	7:00
13	A. Kreider	Alameda	7:20
14	RAissa Brown	Mt. Eden	7:31
15	K. Bender	Albany	n.t.
16	S. Leung	Albany	n.t.
17		Newark-Memorial	n.t.
18		Newark-Memorial	n.t.

EVENT 24 GIRLS' VARSITYDEVIL-TAKE-THE-HINDMOST MILE

1	Carrie McIntyre	Hayward	6:00
2	Lisa Kern	Redwood Christian	6:03
3	A. Jee	Alameda	6:05
4	Sherry Duong	Oakland	6:08
5	Sarah Greene	Redwood Christian	6:09
6	Kimmi Grewal	Washington	6:30
7	Lesly Yasci	Oakland	6:13
8	E. Brown	Alameda	6:50
9	Yvette Hollard	Hayward	6:50
10	Bonnie McGrellis	Castro Valley	n.t.
11	Jennifer Kennedy	Tennyson	n.t.
12		Newark-Memorial	n.t.
13		Newark-Memorial	n.t.

Previous Winners:

Varsity Girls:

1999	5:56.6	Kristen Boon-Nitoff
1998	6:07.0	Susan Kang
1997	5:34.5	Amy Loper-Riley
1996	5:53.8	Katie Hotchkiss
1995	5:31.8	Amber Robinson
1994	5:40.1	Amber Robinson
1990-93	meet not held	
1989	5:24.2	Sarah Riley
1988	rained out	
1987	5:21.3	Maria Ravazza
1986	5:20.4	Kristen Hansen
1985	5:29.6	Elena Spight
1984	5:24.9	Elena Spight
1983	5:11.6	Ann Ratto
1982	meet not held	
1981	5:20.5	Nogle
1980	5:05.9	Lisa Sandel
1979	5:19.5	Melissa Martel
1978	5:19.3	Carol Manning
1977	5:20.4	Cherie Williams
1976	5:30.8	Karen Salisbury
1975	5:30.8	Mary Riebell
1974	5:54.8	M. Zahner
1973	6:07.8	Mary Falferek

Fresh-Soph Boys:

1999	4:58.6	Ryan McGinnis
1998	5:00.0	Ryan McGinnis
1997	4:55.4	Richard Mendez
1996	4:34.4	Jonathan Stevens
1995	5:03.6	Peter Baria
1994	5:01.4	Chris Coffee
1990-93	no meet held	
1989	4:52.7	Dave Ling
1988	rained out	
1987	4:40.7	Gordon Johnson
1986	4:33.4	Mike Mahoney
1985	4:42.1	Ryan Harding
1984	4:44.5	P. King

Fresh-Soph Girls:

1999	5:58.2	Larisa Solozhuk
1998	6:13.0	Erica Simmons
1997	6:10.1	Melissa Vivian
1996	5:39.8	Courtney Davidson

DEVIL-TAKE-THE-HINDMOST MILE

Castro Valley
American
Alhambra
Mission San Jose
Las Lomas
Las Lomas
Campolindo
Acalanes
Ygnacio Valley
Miramonte
Miramonte
Alameda
Miramonte
Campolindo
Piedmont
Carondelet
Livmore
Northgate
Las Lomas
Bishop O'Dowd
Las Lomas

Las Lomas
Las Lomas
Hayward
Mission San Jose
Castro Valley
DeLaSalle
Castro Valley
Piedmont
Acalanes
Eagle Point, Oregon
Clayton Valley

Hayward
Castro Valley
Alhambra
Redwood Christian

4 x 440

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EVENT 25 BOYS' FROSH-SOPH 4 X 440

Lane	School	Entry Mark
Heat 1		
1	Oakland	n.t.
2	Albany	n.t.
3	Castro Valley "A"	3:52.0
4	Mt. Eden	3:40.0
5	Alameda "A"	3:59.0
6	Newark-Memorial	n.t.
7	Washington "B"	n.t.

Lane	School	Entry Mark
Heat 2		
1	Washington "A"	n.t.
2	Alameda "B"	4:15
3	San Lorenzo	3:59
4	Hayward	3:51
5	Castro Valley "B"	4:00
6	Tennyson	n.t.
7	San Lorenzo "B"	n.t.
alt	Castro Valley "C"	n.m.

EVENT 27 GIRLS' VARSITY 4 X 440

lane	school	entry mark
Heat 1		
1	Newark-Memorial	n.t.
2	Hayward	4:47
3	Castro Valley	4:45
4	Piedmont	4:15
5	Redwood Christian	4:36
6	Alameda	5:00
7	Oakland	n.t.

Previous winners 4 X 440

Varsity Girls:

1999	4:43.60	Redwood Christian	Davidson, Davidson, Silva, Hiemenga
1998	4:23.77	Alhambra	Giatto, New, Ritt, O'Dell
1997	4:07.3	Fremont (Oakland)	Ashworth, McCarter, Lewis, Wallace
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, Kimerd
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:

1999	3:47.00	Alameda	no names available
1998	3:51.34	Benicia	Rivera, Ludwig, Pollard, Chavez
1997	3:41.0	Benicia	Morakas, Chavez, Changus, Lawson
1996	3:45.8	Acalanes	Brilliant, Bostjanich, Engledinger, Anderson
1995	3:45.6	Washington	Dean, John, Burns, Zeller
1994	3:47.6	Las Lomas	Schmidt, 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, Kline

Frosh-Soph Girls:

1999	4:27.71	Granada	Kuska, Fischter, Orumo, Smith
1998	4:37.94	Alameda	no names available
1997	4:28.5	St. Mary's	no names available
1996	4:22.4	Acalanes	Laird, Gillen, Judy, Rowland

EVENT 26 GIRLS' FROSH-SOPH 4 X 440

Lane	School	entry mark
Heat 1		
1	Albany "A"	n.t.
2	Washington "B"	n.t.
3	Castro Valley "B"	4:55
4	Alameda "A"	4:31
5	Newark-Memorial	n.t.
6		
7		

Lane	School	entry mark
Heat 2		
1		
2	Washington "A"	n.t.
3	Hayward	4:47
4	Castro Valley "A"	4:35
5	Alameda "B"	n.t.
6		
7		


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High Jump

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EVENT 28 GIRLS' VARSITY HIGH JUMP

Team	entry mark
Castro Valley "A"	13-4
Alameda	12-0
Castro Valley "B"	12-0
Hayward	n.m.
Newark-Memorial	n.m.

EVENT 29 GIRLS' FROSH-SOPH HIGH JUMP

Team	entry mark
Alameda	13-0
Castro Valley "A"	13-0
Castro Valley "B"	12-0
Hayward	11-6
Holy Names	n.m.
Mt. Eden	n.m.
Newark-Memorial	n.m.

EVENT 30 BOYS' FROSH-SOPH HIGH JUMP

Team	entry mark
Hayward "A"	16-0
Castro Valley "A"	15-4
Hayward "B"	15-0
Alameda	14-0
Castro Valley "B"	14-0
Castro Valley "C"	13-6
Albany	n.m.
Mt. Eden	n.m.
Neark-Memorial	n.m.
San Lorenzo	n.m.

Previous Winners: HIGH JUMP

Varsity Girls:

Year	Mark	Team	Name	Year	Mark	Team	Name
1999	14-3 1/2	Castro Valley	Bailey, Eng, McDonald	5-1 1/2	Loryn Bailey	Castro Valley	
1998	13-6	Castro Valley	Long, McDonald, Bailey	4-10	Rachel McDonald	Castro Valley	
1997	13-10	Castro Valley	Kohl, Bailey, Komadina	5-0	Amy Kohl	Castro Valley	
1996	14-4	Acalanes	Nichol, Shaw, Flett	5-2	Erin Nichol	Acalanes	
1995	14-0	Castro Valley	Kohl, E.Ewing, Komadina	4-10	Amy Kohl	Castro Valley	
1994	13-6	Castro Valley	Kohl, Hild, Parker	4-10	Tracy Banks	Alhambra	
1990-93	no meet held						
1989	14-0	Holy Names	Clark, Harb, Dillon	4-10	Daly	Benicia	
1988	rained out						
1987	14-0	Monte Vista	Byers, Cole, Baker	4-10	Carrie Dial	College Park	
1986	13-6	Arroyo	Barros, Lopes, Sanchez	5-0	Brook Knight	Clayton Valley	
1985	14-2	Campolindo	Johnson, Denham, Cole	4-10	Kristin Folkedahl	Acalanes	
1984	14-6	Campolindo	Denham, Johnson, Kisner	4-11	Claire Denham	Campolindo	
1983	no records						
1982	no meet held						
1981	13-6	Castro Valley	VanBuskirk, Cunningham, Symes	4-10	Lisa Banchoero	Coronadelet	
1980	14-3	Acalanes	Carr, Dunklebeby, VanZeeland	5-6	Maggie VanZeeland	Acalanes	
1979	14-4	Acalanes	Daicio, VanZeeland, Dunklebeby	5-6	Lisa Peters	Northgate	
1978	13-10	Las Lomas	Warrington, Kunz, Cornell	5-2	Karen Cornell	Las Lomas	
1977	14-0	Livermore	Madrid, Paxaio, Shirley	4-10	Janice Paxaio	Livermore	
1976				5-2	Johnson	Liberty	
1975				5-2	Terry Knight	Berkeley	
1974					no record		
1973				4-11	A. Noack	Campolindo	

Girls Frosh-Soph:

Year	Mark	Team	Name	Year	Mark	Team	Name
1999	13-2	Alameda	Sawyer, Unger, Urzell	4-8	Gita Vaynsberg	Granada	
1998	13-0	Hayward	Wong, Morse, McConnell	4-8	Laneice Morgan	Hayward	
1997	8-4	Las Lomas	Miller, Kreen, Hoffman	4-6	Amy McConnell	Hayward	
	8-4	Castro Valley	Bichsel, Robles, Eng		Jennifer Miller	Las Lomas	
1996	12-10	Castro Valley	Bailey, Robles, Van Norman	4-6	Loryn Bailey	Castro Valley	

Frosh-Soph Boys:

Year	Mark	Team	Name	Year	Mark	Team	Name
1999	16-2	Pittsburg	Malone, Davis, Anderson	5-8	David Finney	Granada	
	16-2	Castro Valley	Parker, Hansen, Stohr	5-8	Ben Hanson	Castro Valley	
1998	15-10	Benicia	Dylan, Layton, Puno	5-6	Ben Hanson	Castro Valley	
	15-10	Castro Valley	Hanson, Prakash, Stohr				
1997	16-2	San Lorenzo	DePina, Owens, Gordillo	5-10	Vincent Boatwright	Hayward	
	16-2	Benicia	Miner, Mauer, Layton				
1996	16-2	Hayward	Holleman, Boatwright, Cano	5-8	Jordan Engledinger	Acalanes	
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	

GO TROJANS !!!

Long Jump (Girls) & Triple Jump (Boys)

sponsored by the DeSilva family

EVENT 31

GIRLS' FROSH-SOPH
LONG JUMP

team	entry mark
Castro Valley "A"	40-0
Alameda	37-0
Castro Valley "B"	35-0
Albany	n.m.
Holy Names	n.m.
Mt. Eden	n.m.
Newrk-Memorial	n.m.

EVENT 32

GIRLS' VARSITY
LONG JUMP

team	entry mark
Hayward	55-0
Castro Valley	39-0
Newark-Memorial	n.m.
Redwood Christian	n.m.
Tennyson	n.m.

EVENT 33

BOYS' FROSH-SOPH
TRIPLE JUMP

team	entry mark
Castro Valley "A"	102-0
Hayward	94-0
Castro Valley "B"	84-0
Castro Valley "C"	80-0
Castro Valley "D"	80-0
Alameda	n.m.
Albany	n.m.
Mt. Eden	n.m.
Newark-Memorial	n.m.
Washington	n.m.
Oakland	n.m.

Previous Winners:

LONG JUMP

Teams:

Individuals:

Varsity Girls:

Year	Mark	Team	Individuals
1999	43-9	Castro Valley	McDonald, Bailey, Paladini
1998	41-1 1/2	Redwood Christian	Davidson, Wiecker, Yovino
1997	43-4 1/2	Castro Valley	Sammons, Bailey, Jones
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	Kohf, 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, Studdell
1986	45-6 1/2	Alhambra	Carbyn, Morandin, Suiros
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	Suiros, 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, Paxaio
1976	not a relay event		
1975	not a relay event		
1974	not a relay event		
1973	not a relay event		
1999	38-3 3/4	Hayward	Holleman, Booth, Carter
1998	40-2	Hayward	Holleman, Radcliffe, Gunseor
1997	41-4	Las Lomas	Miller, Baouff, Ashworth
1996	38-0 1/4	St. Mary's	Rodriguez, Eisner-Gordon, English

TRIPLE JUMP

Frosh-Soph Boys:

Year	Mark	Team	Individuals
1999	110-0 3/4	Tennyson	Brown, Smith, McKnight
1998	101-6	Las Lomas	Gabe, McGinnis, Clarkson
1997	108-0 1/2	San Lorenzo	DePina, Owens, Gordillo
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, Poppletton, Barry



Shot Put

EVENT 34

BOYS' FROSH-SOPH SHOT PUT

team	entry mark
Castro Valley "A"	115-0
Alameda	97-0
Hayward	95-0
Castro Valley "B"	95-0
Albany	n.m.
Castro Valley "C"	n.m.
Mt. Eden	n.m.
Newark-Memorial "A"	n.m.
Newark-Memorial "B"	n.m.
Newark-Memorial "C"	n.m.
Piedmont	n.m.
San Lorenzo	n.m.
Tennyson	n.m.
Oakland	n.m.

EVENT 35

GIRLS' VARSITY SHOT PUT

team	entry mark
Hayward "A"	86-0
CAstro VALley "A"	85-0
Hayward "B"	80-0
Washington	72-0
Alameda	60-0
Castro Valley "B"	n.m.
Newark-Memorial	n.m.
Oakland	n.m.

EVENT 36

GIRLS' FROSH-SOPH SHOT PUT

team	entry mark
Hayward	66-0
Alameda	65-0
Castro Valley "A"	64-0
Castro Valley "B"	n.m.
Mt. Eden	n.m.
Newark-Memorial	n.m.

Previous Winners:

SHOT PUT

Team:

Varsity Girls:

1999	92-4	Hayward
1998	82-0	California
1997	92-11	Castro Valley
1996	86-7	Fremont (Oakland)
1995	83-7 1/2	Castro Valley
1994	75-10	Alhambra
1990-93	meet not held	
1989	89-3 1/2	Piedmont
1988	rained out	
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	no meet held	
1981	86-8 1/2	Ygnacio Valley
1980	105-3 1/2	Liberty
1979	101-1	Monte Vista
(8 lb. shot used before 1979)		
1978	89-5 1/2	San Leandro
1977	105-6	Monte Vista
1976	not a relay event	
1975	not a relay event	
1974	not a relay event	
1973	not a relay event	

Girls' Frosh-Soph:

1999	81-7	Castro Valley
1998	74-5 1/2	Richmond
1997	81-10	Las Lomas
1996	81-1 1/2	St. Mary's

Frosh-Soph Boys:

1999	126-9	Benicia
1998	118-3 3/4	Las Lomas
1997	118-0 1/2	Sacred Heart
1996	124-7 1/2	Las Lomas
1995	129-4 1/2	Tokay
1994	125-8	Alhambra
1990-93	meet not held	
1989	114-0 3/4	Piedmont
1988	rained out	
1987	128-11 1/2	College Park
1986	126-6 1/2	Amador Valley
1985	124-6	Las Lomas
1984	140-2	San Ramon

Individual:

34-11	Evangelina Dixon	Hayward
30-4	Carolyn Whitney	Benicia
32-8	Barbara Klews	Castro Valley
32-10	Barbara Klews	Castro Valley
31-9	Barbara Klews	Castro Valley
29-2	Stephanie Colbert	Alhambra
37-7 1/4	Julie DeJarris	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	Debbie Hanscom	Eagle Point
32-8	Diane Reed	Ygnacio Valley
40-0	Kathy Callegahan	Monte Vista
39-8 1/2	Kathy Callegahan	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
30-0	Angela Faghi	Las Lomas
27-0 3/4	Lizzy Colbert	Alhambra
31-0	Rosie Aikens	St. Mary's
32-6	Rosie Aikens	St. Mary's
43-8	Steve Henderson	Benicia
46-6	Basil Al-Faqih	Las Lomas
46-7	Basil Al-Faqih	Las Lomas
50-9	Robbie Christiansen	Las Lomas
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

Discus Throw

EVENT 37

GIRLS' VARSITY DISCUS

team	entry mark
Alameda	240-0
Castro Valley "A"	230-0
Redwood Christian	208-0
Washington	184-0
Hayward "A"	180-0
Hayward "B"	120-0
Castro Valley "B"	n.m.
Holy Names	n.m.
Oakland	n.m.
Tennyson	n.m.

EVENT 38

GIRLS' FROSH-SOPH DISCUS

team	entry mark
Alameda	215-0
Castro Valley "A"	140-0
Castro Valley "B"	n.m.
Mt. Eden	n.m.
Newark-Memorial	n.m.

EVENT 39

BOYS' FROSH-SOPH DISCUS

team	entry mark
Mt. Eden	333
Castro Valley "A"	270
Hayward	270
Alameda	260
Castro Valley "B"	200
Albany	n.m.
Castro Valley "C"	n.m.
Newark-Memorial "A"	n.m.
Newark-Memorial "B"	n.m.
Newark-Memorial "C"	n.m.
San Lorenzo	n.m.
Tennyson	n.m.
Oakland	n.m.

Previous winners: DISCUS

Team:

Varsity Girls

1999	248-11	Alameda
1998	238-7	Castro Valley
1997	256-2 1/2	Castro Valley
1996	220-1	Dublin
1995	256-8	Tokay
1994	247-3	Alhambra
1990-93	meet not held	
1989	249-0	Piedmont
1988	rained out	
1987	274-11	Las Lomas
1986	286-7	Moreau Catholic
1985	274-8	Foothill
1984	276-11	Moreau Catholic
1983	256-6	Campolindo
1982	meet not held	
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	Prior to 1977, field events were only individual competition	
1975		
1974		
1973		

Girls' Frosh-Soph:

1999	230-11	Las Lomas
1998	198-3	Alhambra
1997	238-9 1/2	St. Mary's
1996	222-7	St. Mary's

Frosh-Soph Boys:

1999	341-11	Benicia
1998	303-3	Benicia
1997	271-4	St. Mary's
1996	294-11	Las Lomas
1995	313-3	American
1994	288-1	Mt. Eden
1990-93	meet not held	
1989	308-8	Ygnacio Valley

Individual

Stoner, Wlaker, Palem	115-6	Purtle Bern	Newark-Memorial
Van Elk, Hausel, Rizzo	102-7	Kate Valdez	California
Klews, Rizzo, Abella	92-7	Rachael Lee	Dublin
Lee, Hodson, Jamison	90-4	Valerie Kucharewski	Foothill
Pfeifle, Wiley, Hernandez	98-4	Shannon Pfeifle	Tokay
Colbert, Fowler, Ferguson	89-5 1/2	Stephanie Colbert	Alhambra
Martin, Anderson, Moren	119-2	Julie DeJaris	Las Lomas
Dawson, DeJaris, Deruyte	123-2	Julie DeJaris	Las Lomas
A. Loggins, Watson, B. Loggins	117-6	Swanson	College Park
Kleinsmith, DeSantis, Murphy	124-7	Swanson	College Park
B. Loggins, Watson, A. Loggins	108-11 3/4	Tyler	College Park
Ebersole, Denham, Lundling	98-3	Casazza	Alhambra
Borgwardt, D'Hout, Gordon	113-7	Cherie Schaeffer	Castro Valley
Loviang, Borgwardt, D'Hout	116-2	d'Hout	Acalanes
Fisher, K. Callaghan, B. Callaghan	126-4	Heidi Carlson	Miramonte
Aston, Echols, Johnson	133-7	Linda Reed	Alameda
Frahmen, Dolsby, Bell	122-10 1/2	Carol Dolsby	Monte Vista
	115-2 1/2	Shannon Duthrie	Miramonte
	99-8	K. Hilton	Pleasant Hill
	no records		
	89-7	S. Pierce	Berkeley
Stanley, Perkins, Todd	85-2-3/4	Melissa Wallin	Analy
Winkle, See, Colbert	67-3	Lizzy Colbert	Alhambra
Cotton, Williams, Aikens	108-4 1/2	Rosie Aikens	St. Mary's
Harris, Aikens, Williams	105-0	Katy Savage	Alameda
Henderson, Fong, Glacera	131-2	Chris Manning	Castro Valley
Forrester, Henderson, Fong	116-8	Derek Patterson	Alhambra
Foster, Powell, Tu	112-2 1/2	Rollin McReady	Hayward
Christiansen, Jones, Decker	124-10	Rob Christiansen	Las Lomas
Stevens, Ty, Alveenaz	109-0	Darren Lanfair	Tokay
Garvin, Foasisila, Feliciano	103-3	Chris Barker	Hayward
Holland, Rumbel, Johnson	119-1	D. Haipin	Campolindo

Pole Vault

EVENT 40

GIRLS' FROSH-SOPH POLE VAULT

<u>team</u>	<u>entry mark</u>
Castro Valley "A"	n.m.
Newark-Memorial	n.m.

EVENT 41

GIRLS' VARSITY POLE VAULT

<u>team</u>	<u>entry mark</u>
Piedmont	21-0
Castro Valley	n.m.
Newark-Memorial	n.m.

EVENT 42

BOYS' FROSH-SOPH POLE VAULT

<u>team</u>	<u>entry mark</u>
Castro Valley	24-0
Albany	n.m.
Newark-Memorial	n.m.

Previous Winners:

POLE VAULT

Team:

Varsity Girls:

Year	Mark	Team	Individuals
1999	25-6	Las Lomas	Heim, Hoffman, Powell
1998	24-6	Castro Valley	Sammons, Glenn, Arterburn
1997	23-6	Alhambra	Sutton, Gliatto, Johnson
1996	22-6	Acalanes	Flett, Forde, Herg
1995	22-6	Castro Valley	E.Ewing, Clancy, Sammons
1994	21-0	Las Lomas	Baron, Fleming, Tumbas
1994	21-6	Las Lomas	Baron, Fleming, Tumbas

Individual:

10-6	Vernica Garcia	Newark-Memorial
8-6	Amber Sammons	Castro Valley
8-6	Danielle Sutton	Alhambra
8-6	Elizabeth Ewing	Castro Valley
9-6	Amanda Sweeney	Tokay
8-0	Amanda Baron	Las Lomas

Girls' Frosh-Soph:

1999	22-0	Las Lomas	Leahy, Lim, Kersey
1998	22-6	Las Lomas	Heim, Hoffman, Creech
1997	22-0	Las Lomas	Hoffman, Green, Yeghoian
1996	7-0	Dublin	Cherie Simon

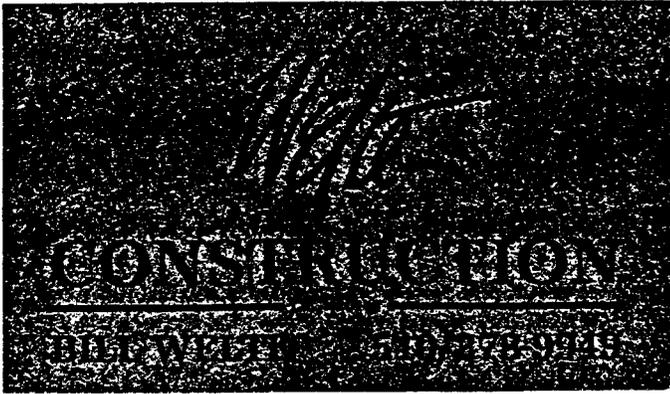
8-0	Cindy Lim	Las Lomas
7-6	Jenika Heim	Las Lomas
7-6	Allison Creech	Las Lomas
8-0	Elaine Hoffman	Las Lomas
7-0	Cherie Simon	Dublin

Frosh-Soph Boys:

1999	32-6	Las Lomas	Harris, Shortenhaus, Marshall
1998	29-6	Benicia	Lass, Santana, Rivera
1997	29-6	Benicia	Rivara, Miner, Thomas
1996	31-0	Las Lomas	Wilson, Klopp, VandeNeth
1995	24-6	Las Lomas	Hollwell, 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, Dairy, Kim
1986	28-0	Clayton Valley	Tara, Hoashmand, Rockenbaugh
1985	26-6	Las Lomas	Veglia, Luna, McGuire

12-0	Dave Shortenhaus	Las Lomas
11-0	Joe Rivera	Benicia
10-6	Racil Miner	Benicia
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
10-6	Tara	Clayton Valley
10-6	Dave Veglia	Las Lomas

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