

PREP BOYS

NCS Bay Shore Championships

At Diablo Valley College, Pleasant Hill
All running distances in meters

Team scores: James Logan 124.5, St. Mary's 109, El Cerrito 47, Berkeley 38.5, Bishop O'Dowd 34, Mission San Jose 24,

Castro Valley 23, San Lorenzo 14, Moreau Catholic 14, Newark Memorial 13, Holy Names 12, Irvington 11.5, San Leandro 8, Washington 6.5, Piedmont 5, De Anza 4, Arroyo 2, Alameda 2.

Individual results

(top seven finishers in each event
advance to Meet of Champions)

400 relay: St. Mary's 41.79; James Logan 42.73; Bishop O'Dowd 42.86; Pinole Valley 43.27; San Leandro 44.41; Mission San Jose 44.64; El Cerrito 44.85.

1600: Gilliat Ghebray (JL) 4:18.74; Tom Phelps (Piedmont) 4:19.46; Jeff Squires (MSJ) 4:25.1; Will Sanford (Pied) 4:27.48; Nathan Brassmasonry (Alameda) 4:28.18; Jason Castro (JL) 4:31.72; Luke Sigmon (San Lean) 4:31.72.

110 H: Halihl Guy (SM) 14.66; Solomon Welch (SM) 14.93; Nate Robinson (JL) 14.94; Jason Bolden-Anderson (SM) 15.14; Aaron Garrett (Ala) 15.55; Jason Tom (EC) 15.64; Fred Pugh (San Lorenzo) 15.78.

400: Wiley Montgomery (Newark Memorial) 49.89; Courtney Brown (SM) 49.97; Nester Solis (San Lor) 49.97; Anthony Washington (Berkeley) 50.58; Chris Dunbar (SM) 50.82; Omar Flood (SM) 50.82; Brandon Jones (BOD) 50.95.

100: Matt Fontaine (BOD) 10.86; Asokah Muhammad (SM) 10.98; Kwesi Byrd (JL) 11.01; Gavin Rhodes (JL) 11.03; Julian Keyes (SM) 11.07; D'Andre McFarland (PV) 11.22.

300 H: Halihl Guy (SM) 38.22; Nate Robinson (JL) 40.61; Jason Bolden-Anderson (SM) 40.63; Jason Tom (EC) 41.18; Ryan Canotol (Salesian) 41.53; Danton Rodriguez (NM) 41.59; Marcus Nicosia (JL) 41.82.

200: Courtney Brown (SM) 22.07; Kwesi Byrd (JL) 22.21; Gavin Rhodes (JL) 22.35; Kevin Griego (Castro Valley) 22.53; Cameron Brockman (MSJ) 22.54; Jon Iglehart (BOD) 22.79; Grayland Rhodes (JL) 22.91.

3200: Yong-Sung Leal (Arroyo) 9:20.31; Gilliat Ghebray (JL) 9:41.00; Efeson Yosief (San Lean) 9:49.65; Tom Phelps (Pied) 9:53.33; Nathan Brassmasonry (Ala) 9:56.35; Crosby Freeman (Pied) 9:57.25; Alex Cardiasmenos (Cas Vly) 10:02.66.

1600 relay: St. Mary's 3:20.01; Bishop O'Dowd 3:24.19; James Logan 3:25.53; San Leandro 3:26.88; Irvington 3:27.05; Alameda 3:30.96; Castro Valley 3:31.02.

Discus: Charlie Griffen (JL) 159-11 (new meet record); Jason Myers (BOD) 155-2; Kyle Hammerquist (Berk) 154-10; Brian Moon (BOD) 154-4; Josh Mayfield (JL) 147-6; Phil Weatheroy (SM) 136-6; Paul Satele (NM) 135-6.

SP: Brian Moon (BOD) 54-4 (new meet record); Darrel Cash (EC) 52-5; Paul Satele (NM) 49-4; Charlie Griffen (JL) 48-7; Josh Grissom (NM) 47-8; Phil Weatheroy (SM) 47-8; Joel Townsend (BOD) 46-7.

HJ: Martin Boston (JL) 6-4; Lorn Barfield (BOD) 6-4; Jared Stearne (SM) 6-0; Zaman Virani (Irv) 6-0; Barry Hollum (Hayward) 5-10; Phil Smith (SM) 5-8; Josh Miller (JL) 5-8.

PV: Nick Johnson (Irv) 13-8; Dominic Tang (JL) 12-6; Ryan Garvin (BOD) 12-6; Nick Simons (Cas Vly) 12-6; T. Pae (NM) 11-0; Sean Jones (MSJ) 11-0; Marcus Williams (BOD) 10-6.

LJ: Asokah Muhammad (SM) 22-5½; Martin Boston (JL) 21-6; Solomon Welch (SM) 21-5; Vonshae McKnight (Tennysen) 21-0¾; Trestin George (SM) 21-0; Stefan Litrownik (BOD) 20-11; Mike DeSilva (Cas Vly) 20-4.

TJ: Solomon Welch (SM) 46-4; Martin Boston (JL) 45-4; Trestin George (SM) 45-3¼; Asokah Muhammad (SM) 45-1¼; Vonshae McKnight (Tennysen) 43-7; Emeka Onyeagucha (Mt. Eden) 42-8½; Angelo Sin-Toung (Irv) 42-8¼.

NCS Class A Championships

At Mendocino College, Ukiah

All running distances in meters

Team scores: Berean Christian 127, Kelseyville 70, University-S.F. 58, South Fork 53.

(Top three finishers in each event
advance to Meet of Champions)

Berean Christian results only

100: 2. Chris Diamio (BC) 11.6; **200:** 1. Diamio 22.7; **400:** 3. Joe Hale (BC) 52.8; **110 H:** 1. John Larsen (BC) 16.04, 3. Dan Mindrup (BC) 17.1; **300 H:** 2. Mindrup 41.9; **HJ:** 2. Josh Short (BC) 5-10, Herbert Ip 5-10; **LJ:** 1. Ip 20-11, 2. Mindrup 20-1; **TJ:** 1. Ip (BC) 44-9; 3. Mindrup 41-8.

NCS Tri-Valley Championships

At Diablo Valley College, Pleasant Hill

All running distances in meters

Team scores: California 88.5; De La Salle 79; Granada 57; Deer Valley 54; Las Lomas 26; Amador Valley 22; Foothill 22; Alhambra 19.5; Acalanes 17; Miramonte 17; Monte Vista 16; Pittsburg 14; College Park 13; Clayton Valley 12; San Ramon Valley 12; Livermore 9; Mt. Diablo 7; Antioch 7; Freedom 4; Ygnacio Valley 1; Concord 1; Northgate 1.

Individual results

(top 7 finishers in each event
advance to Meet of Champions)

1600: Chris Wondolowski (DLS) 4:19.67; Eric Roberts (Alh) 4:25.63; Stewart Harwell (DLS) 4:29.26; Matt Owen (CP) 4:31.83; Jason Oswalt (AV) 4:31.86; Abdullah Jamal (YV) 4:31.89; Ryan McGinnis (LL) 4:31.92.

400 relay: De La Salle (Demetrius Williams, Pedro Cabrera, Damon Jenkins, Maurice Drew) 42.83; California (Mark McLain, Kyle Diestel, Chris Costa, Sam Stephenson) 42.86; Deer Valley (Edwin Suarez, Everett Savoy, Jason Louie, Joey Florio) 43.10; Freedom (Brhett Skipper, Mike Neal, Daniel Chiu, Jason Howell) 43.56; Granada (Tyler Thourim, Josh Graff, Chris Smith, Will Sapone) 44.01; Mt. Diablo (Anthony Gianquinto, Corey Battle, Charles Nimmer, Jonny Cummins) 44.49; Antioch (Paul Sasaki, Lontavious Johnson, Anthony Trucks, Mark Smith) 44.53.

110 H: Chris Faleafaga (Pitt) 15.24; Nino Kolyouthpong (Cal) 15.63; Steve McKeown (CV) 15.71; Jason Gomes (Gra) 15.93; Marc Guillon (Mira) 16.13; Ben Horn (SRV) 16.45; Ryan Mason (Livermore) 16.62.

400: Everett Savoy (DV) 49.68; Chris Bennett (Gra) 49.93; Tyler Thourim (Gra) 50.48; Demetrius Williams (DLS) 50.57; Chris Nordman (Cal) 50.62; Joey Wool-

Aurit (JL) 5:12.48; Zinzi Evans (SLZ) 5:16.47; Grace Nielson (Berk) 5:18.44; Holly Root (MSJ) 5:18.67; Corine Roberts (Ala) 5:20.94; Anna Purcell (B O'D) 5:21.81.

100 H: Ashley Lordee (EC) 14.42; Talia Stewart (JL) 14.43; Danielle Stokes (SM) 14.51; Lavetra Stanton (JL) 14.98; Riana Shaw (SM) 16.14; Amy Purtle (NewMem) 16.37; Jamie Lee Mars (MSJ) 16.51.

400: Brittani Dudley (JL) 57.77; Raqueta Margain (Berk) 58.23; T'Carra Penick (Berk) 58.91; Shameka Savage (SM) 58.96; Alicia Williams (DA) 59.76; Khariyeh Shabazz (JL) 1:01.84; Ryana Smith (Hay) 1:01.86.

100: Tiffany Johnson (SM) 11.88; Cheri Craddock (JL) 11.89; Monique Colman (EC) 12.01; Monica Greene (B O'D) 12.04; Christen Tucker (B O'D) 12.09; Katrina Keith (Berk) 12.17.

800: Amanda Medrano (CV) 2:14.78; Zinzi Evans (SLZ) 2:17.79; Parras Vega (SM) 2:23.41; Staci Lopes (Irv) 2:23.87; Sarah Chadwick (Arr) 2:24.41; Brittany Little (Wash) 2:25.07; Carrie Rowe (Pied) 2:25.54.

300 H: Danielle Stokes (SM) 45.29; Talia Stewart (JL) 45.33; Raqueta Margain (Berk) 46.75; Lauren Barbieri (Pied) 47.07; Ashley Lordee (EC) 47.22; Kelly Stewart (CV) 47.70; Laci Dewater (Ala) 48.84.

200: Cheri Craddock (JL) 24.67; Brittani Dudley (JL) 25.05; Monique Coleman (EC) 25.05; Kiyoko Guillory (HN) 25.14; Katrina Keith (Berk) 25.41; Shameka Savage (SM) 25.73; Joquia Tezeno (DA) 25.74.

3200: Bridget Duffy (SM) 11:38.13; Holly Root (MSJ) 11:43.22; Danila Musante (B O'D) 11:53.72; Grace Nielson (Berk) 11:55.32; Beth Phillips (S Lean) 11:57.88; Abigail Galloway (Irv) 12:14.47; Edina Forgo (MSJ) 12:35.79.

1600 relay: James Logan 3:53.41; Berkeley 4:01.76; St. Mary's 4:06.80; Castro Valley 4:08.70; De Anza 4:13.30; Irvington 4:14.80; Mission San Jose 4:15.28.

Discus: Allyson Criner (B O'D) 131-10; Keely Borck (MSJ) 124-8; Taneya Davis (B O'D) 116-11; Lani Tu'itavuki (S Lean) 110-11; Amber Moore (SM) 102-4; Anne Kreider (Ala) 95-3; Janet Ballelos (Mor) 94-0.

SP: Oyni Atanmo (JL) 40-4; Kamaiya Warren (SM) 39-9; Keely Borck (MSJ) 36-5; Verntra Young (Wash) 34-0; Lani Tu'itavuki (S Lean) 33-6½; Taneya Davis (B O'D) 33-3½; Chandra Johnson (Sail) 32-2.

HJ: Riana Shaw (SM) 5-4; Rachel Schaffner (Mor) 5-2; Lindsey Spolich (EC) 5-0; Tyrenia Henley (JL) 4-10; Katarina Davis (Wash) 4-10; Krystal Nzolwu (Irv) 4-10; Martine Donovan (Pied) 4-8.

PV: Veronica Garcia (N. Mem) 10-10 (new meet record); Erin McCarthy (CV) 10-6; Nicole Fabian (Mor) 9-0; Lauren Hawkins (Irv) 9-0; Catie Walker (N. Mem) 8-6; Miriam Marx (Pied) 8-6; Rachel Zemlok (N. Mem) 8-0.

LJ: Ashley Lordee (EC) 18-7½; Tyrenia Henley (JL) 17-2½; Danielle Stokes (SM) 17-1; Lavetra Stanton (JL) 17-0; Quiana Plump (SM) 16-7½; Chastity Harper 16-6¾; Kishi Hill 16-3½.

TJ: Tiffany Johnson (SM) 38-11 (new meet record); Tyrenia Henley (JL) 36-6½; Lavetra Stanton 36-6½; Quiana Plump (SM) 35-5¼; Kishi Hill (B O'D) 35-1¼; Shanice Kelly (B O'D) 35-0; Makiaha Long (Tenn) 34-11.

NCS Class A Championships

At Mendocino College, Ukiah

All running distances in meters

Team scores: Lick Wilmerding 65, Clear Lake 60, Berean Christian 58, University-S.F. 56; Kelseyville 54.

(top three finishers in each event
advance to Meet of Champions)

Berean Christian results only

1,600: 2. Whitney Jacobsmeier 5:43, 3. Stephanie Bocchieri 6:02; **3,200:** 2. Jacobsmeier 12:45; **300 H:** 1. Allie Dishman 48.66; **HJ:** 2. Dishman 5-0; **TJ:** 3. Dishman 32-1½.

NCS Tri-Valley Championships

At Diablo Valley College, Pleasant Hill

All running distances in meters

Team scores: Deer Valley 107; Carondelet 48; Granada 40; Miramonte 40; College Park 35; San Ramon Valley 29; Monte Vista 29; Las Lomas 25.5; Campolindo 25; Clayton Valley 23; Liberty 21; Foothill 17; California 13; Mt. Diablo 10; Alhambra 10; Amador Valley 9; Antioch 6; Pittsburg 3.5; Livermore 2; Freedom 1; Concord 1; Northgate 1.

Individual results

(top seven finishers in each event
advance to Meet of Champions)

1600: Susan Chan (MV) 5:03.13; Jen Saura (Mira) 5:04.48; Laura Melendez (Gra) 5:10.31; Ashley Allen (CP) 5:10.72; Samantha Jones (Alh) 5:13.54; Lisa Crampton (Gra) 5:13.95; Jenny Esser (Foot) 5:17.14.

100 H: Shelby Dais (Gra) 15.82; Kaedan Tracy (SRV) 16.47; Desla Phillips (Camp) 16.56; Wendy Furtado (Caron) 16.57; Sierra Garthwaite (Caron) 16.81; Adrienne Peterson (Free) 17.00; Megan Kirkpatrick (CV) 17.24.

400: Erica Porter (DV) 57.3; April Sears (AV) 58.95; Rebecca Cartmell (SRV) 59.76; Lizzie Harland (Foot) 59.87; Dominique Suber (Pitt) 1:00.48; Renai Dudek (Lib) 1:00.88; Anne Puccinelli (MV) 1:00.95.

100: Marjorie Jackson (DV) 12.22; China Jones (DV) 12.24; Christina Harrison (DV) 12.31; Antoinette Carter (Mt. Diablo) 12.65; Terri Tiongsong (MV) 12.67; Dana Flenoid (DV) 12.93; Christina Adranly (Camp) 13.05.

800: Talita Wells (CV) 2:17.88; Jen Saura (Mira) 2:18.27; Jenny Esser (Foot) 2:19.69; Beth Mork (Alh) 2:20.44; Natasha O'Neill (Liv) 2:20.71; Lisa Crampton (Gra) 2:21.01; Hilary Oppido (CV) 2:21.03.

300 H: Sierra Garthwaite (Caron) 47.64; Desla Phillips (Camp) 48.83; Kaedan Tracy (SRV) 48.94; Stephanie Brechtel (SRV) 49.04; Maggie Murphy (LL) 49.63; Leah Sonnenberg (Con) 49.67; Wendy Furtado (Caron) 49.81.

200: Marjorie Jackson (DV) 25.12; China Jones (DV) 25.26; Christina Harrison (DV) 25.43; Erica Porter (DV) 25.79; Antoinette Carter (MD) 25.84; Terri Tiongsong (MV) 26.27; April Sears (AV) 26.42.

3200: Susan Chan (MV) 11:27.96; Ashley Allen (CP) 11:36.04; Lindsay Allen (CP) 11:45.04; Laura Melendez (Gra) 11:56.07; Samantha Jones (Alh) 11:57.42; Katie Lee (SRV) 12:00.04; Jennifer Carter (Caron) 12:00.04.

Onyaeagucha (Mt. Eden) 42-8½; Angelo Sin-Toung (Irv) 42-8½.

NCS Class A Championships

At Mendocino College, Ukiah

All running distances in meters

Team scores: Berean Christian 127, Kelseyville 70, Univeristy-S.F. 58, South Fork 53.

(Top three finishers in each event advance to Meet of Champions)

Berean Christian results only
100: 2. Chris Diamio (BC) 11.6; **200:** 1. Diamio 22.7; **400:** 3. Joe Hale (BC) 52.8; **110 H:** 1. John Larsen (BC) 16.04, 3. Dan Mindrup (BC) 17.1; **300 H:** 2. Mindrup 41.9; **HJ:** 2. Josh Short (BC) 5-10, Herbert Ip 5-10; **LJ:** 1. Ip 20-11, 2. Mindrup 20-1; **TJ:** 1. Ip (BC) 44-9; 3. Mindrup 41-8.

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400 relay: De La Salle (Demetrius Williams, Pedro Cabrera, Damon Jenkins, Maurice Drew) 42.83; California (Mark McLain, Kyle Diestel, Chris Costa, Sam Stephenson) 42.86; Deer Valley (Edwin Suarez, Everett Savoy, Jason Louie, Joey Floriolli) 43.10; Freedom (Briett Skipper, Mike Neal, Daniel Chiu, Jason Howell) 43.56; Granada (Tyler Thourmir, Josh Graff, Chris Smith Will Sapone,) 44.01; Mt. Diablo (Anthony Gianquento, Corey Battle, Charles Nimmer, Jonny Cummins) 44.49; Antioch (Paul Sasaki, Lontavious Johnson, Anthony Trucks, Mark Smith) 44.53.

110 H: Chris Faleafaga (Cal) 15.24; Nino Kolyouthpong (Cal) 15.63; Steve McKeown (CV) 15.71; Jason Gomes (Gra) 15.93; Marc Guillon (Mira) 16.13; Ben Horn (SRV) 16.45; Ryan Mason (Livermore) 16.62.

400: Everett Savoy (DV) 49.68; Chris Bennett (Gra) 49.93; Tyler Thourmir (Gra) 50.48; Demetrius Williams (DLS) 50.57; Chris Nordman (Cal) 50.62; Joey Woolridge (Alh) 50.62; Mario Torres (DV) 50.91.

100: Chris Costa (Cal) 10.88; D.J. Smith (Foot) 10.93; Mark Smith (Ant) 11.13; Sam Desa (MV) 11.17; C.J. Lawrence (LL) 11.18; Pedro Cabrera (DLS) 11.21; David Williams (Pitt) 11.24.

800: Chris Wondolowski (DLS) 1:57.64; Chris Espinosa (CP) 1:58.49; Matt See (AV) 1:58.84; Chas Pratt (SRV) 1:59.41; John Lindner (Cal) 1:59.43; Alex Auerbach (Mira) 1:59.84; Ryan Bantz (SRV) 2:00.48.

300 H: Kevin Diestel (Cal) 40.47; Nino Kolyouthpong (Cal) 40.75; Steve McKeown (CV) 40.95; Chris Faleafaga (Pitt) 41.63; Aaron Raulinson (Alh) 41.84; Jon Grant (CP) 42.28; Andre Neal (DV) 42.41.

3200: Carl Dambkowski (Gra) 9:39.81; Robbie Boyle (Gra) 9:40.44; Stewart Harwell (DLS) 9:48.99; Nathan Berner (DLS) 9:53.06; Matt Pearson (Cal) 10:01.00; Ernesto Hernandez (Gra) 10:08.83; Harvey Rios (YV) 10:13.18.

200: Chris Costa (Cal) 21.58*; Sam Desa (MV) 21.11; Everett Savoy (DV) 22.38; D.J. Smith (Foot) 22.50; Charles Mann (AV) 22.58; Mark Smith (Ant) 22.65; David Williams (Pitt) 22.75.

1600 relay: Deer Valley (Savoy, Torres, Louie, Long) 3:22.02; De La Salle (Williams, Jenkins, Serra, Cabrera) 3:22.04; California (Kyle Diestel, Kevin Diestel, Linder, Nordman) 3:24.58; Granada Bennett, Smith, Sapone, Thourmir) 3:25.14; Alhambra (Gliatto, Blecha, Holland, Wollridge) 3:29.22; Acalanes (Glenn, Lennon, Vetek, Cruichshank) 3:30.12; Freedom (Chiu, Howell, Kennedy, Neal) 3:32.24.

LJ: David Long (DV) 22-5¼; Paul Jones (DV) 22-4; Chris Costa (Cal) 22-2½; Charles Mann (AV) 21-8¼; Mark McLain (Cal) 21-5; Jason Morales (Con) 21-2¾; Chris Nordman (Cal) 21-1½.

TJ: Peter Francis (DLS) 47-1; Charles Mann (AV) 43-2; Mark McLain (Cal) 42-7; Paul Jones (DV) 42-0¾; Ben Horn (SRV) 42-2; Carlo Milani (Aca) 42-1½; Anthony Trucks (Ant) 41-04.

SP: Mario Luka (DLS) 56-4½*; Dave Shortenhaus (LL) 53-6¾; Eric Johnson (Gra) 49-7; Evan Rodriguez (Mira) 49-4½; Kinji Green (Gra) 48-0¾; Nate Mora (YV) 46-0½.

HJ: Andrew Galbraith (Foot) 6-4; Chris Nordman (Cal) 6-3; Nick Gooding (MD) 6-2; Josh Blecha (Alh) 6-0; Michael Wu (SRV) 6-0; Peter Lennon (Aca) 5-10; Daudi White (Ant) 5-10.

PV: David Moore (Mira) 14-4; Peter Lennon (Aca) 14-0; Josh Ward (Aca) 13-6; Jeff Chang (LL) 13-6; Jeff Harris (LL) 13-6; Ricky Gutteridge (Liv) 13-0; Michael King (Cal) 13-0.

Discus: Dave Shortenhaus (LL) 170-7*; Matt Conlin (Liv) 141-7; Kinji Green (Gra) 140-0; Chris Corbier (MV) 137-3; Marc See (Alh) 133-2; Garrett Adame (Cal) 130-0; Gianpolo Licata (DV) 129-00.

*-Denotes new meet record

PREP GIRLS

North Coast Section Bayshore Championships

At Diablo Valley College, Pleasant Hill

Team scores: St. Mary's 135.3, James Logan 121.7, Bishop O'Dowd 79, Newark Memorial 19, Mission San Jose 19, Irvington 17, Piedmont 17, El Cerrito 13, Castro Valley 13, Berkeley 12, San Leandro 12, Arroyo 10, Alameda 7, San Lorenzo 7, Tenyson 6, Pinole Valley 5, Salesian 2, Hayward 2.

Individual results
(top seven finishers in each event advance to Meet of Champions)
400 relay: James Logan 46.53; Holy Names 47.34; El Cerrito 47.47; Berkeley 48.07; Bishop O'Dowd 48.78; St. Mary's 49.31; Arroyo 51.02.

1600: Bridget Duffy (SM) 5:07.46; Stacy

(Berean Christian results only)

1,600: 2. Whitney Jacobsmeier 5:43, 3. Stephanie Bocchieri 6:02; **3,200:** 2. Jacobsmeier 12:45; **300 H:** 1. Allie Dishman 48.66; **HJ:** 2. Dishman 5-0; **TJ:** 3. Dishman 32-1½.

NCS Tri-Valley Championships

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All running distances in meters

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100 H: Shelby Deis (Gra) 15.82; Kaedan Tracy (SRV) 16.47; Desla Phillips (Camp) 16.56; Wendy Furtado (Caron) 16.57; Sierra Garthwaite (Caron) 16.81; Adrienne Peterson (Free) 17.00; Megan Kirkpatrick (CV) 17.24.

400: Erica Porter (DV) 57.3; April Sears (Liv) 58.95; Rebecca Cartmell (SRV) 59.76; Lizzie Harland (Foot) 59.87; Dominique Suber (Pitt) 1:00.48; Renai Dudek (Lib) 1:00.88; Anne Puccinelli (MV) 1:00.95.

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800: Talita Wells (CV) 2:17.88; Jen Saura (Mira) 2:18.27; Jenny Esser (Foot) 2:19.69; Beth Mork (Alh) 2:20.44; Natasha O'Neill (Liv) 2:20.71; Lisa Crampton (Gra) 2:21.01; Hilary Oppido (CV) 2:21.03.

300 H: Sierra Garthwaite (Caron) 47.64; Desla Phillips (Camp) 48.83; Kaedan Tracy (SRV) 48.94; Stephanie Brechtel (SRV) 49.04; Maggie Murphy (LL) 49.63; Leah Sonnenberg (Con) 49.67; Wendy Furtado (Caron) 49.81.

200: Marjorie Jackson (DV) 25.12; China Jones (DV) 25.26; Christina Harrison (DV) 25.43; Erica Porter (DV) 25.79; Antoinette Carter (MD) 25.84; Terri Tionsong (MV) 26.27; April Sears (AV) 26.42.

3200: Susan Chan (MV) 11:27.96; Ashley Allen (CP) 11:36.04; Lindsay Allen (CP) 11:45.04; Laura Melendez (Gra) 11:56.07; Samantha Jones (Alh) 11:57.42; Katie Lee (SRV) 12:02.24; Jennifer Erhart (Cal) 12:03.19.

400 relay: Deer Valley (Dana Flenoid, Marjorie Jackson, Erica Porter, Christina Harrison) 47.41; Miramonte (K.C. Butlin, Jenny Brasch, Claire Dailey, Sammy Kaufman) 49.94; Campolindo (Christina Adranly, Desla Phillips, Portia Brown, Natalie Russell) 50.21; Monte Vista (Terri Tionsong, Melinda Walker, Heather DiSilvio, Alyssa Menicke) 50.56; San Ramon Valley (Kaeden Tracy, Kellie Prakash, Brianna Shepell, Stephanie Brechtel) 50.84; Northgate (Bryn Debar, Mona Al-Hassan, Taryn Tong, Dana Wong) 51.13; California (Kimberley Villante, Melissa Russell, Nicole Medina, Sarah Shryock) 51.27.

1600 relay: Deer Valley (Flenoid, Jackson, Porter, Harrison) 4:00.37; Miramonte (Dailey, Saura, Butlin, Phelps) 4:04.16; Foothill (Harland, Larson, Rombach, Esser) 4:06.18; College Park (Bivens, Middleton, Richardson, Young) 4:08.33; Alhambra (Dunn, Amini, West, Mork) 4:09.28; Amador Valley (Lowry, Janovetz, Burkhardt, Sears) 4:09.89; San Ramon Valley (Cartmell, Argenti, Brechtel, Prakash) 4:10.84.

HJ: Jennifer Abernathy (DV) 5-6*; Brianne Bergman (CP) 5-2; Megan Kirkpatrick (CV) 5-2; Lindsay Allen (CP) 5-0; Courtney Takyama (SRV) 5-0; Kristin Guinn (Camp) 5-0; Laura Powell (LL) 4-10.

TJ: Shelby Deis (Gra) 36-10½; Emily Kochly (Caron) 35-7; Shanell Smith (Ant) 35-3½; Antoinette Carter (MD) 34-8½; Kathryn Buckles (MV) 34-8; Glenda Bivens (CP) 34-1; Lauren Frizzell (AV) 33-0.

SP: La'Sha Hill (DV) 41-2¾; Charlene Heaston (LL) 39-5; Keah Gee (CV) 35-8¼; Kristine Muth (Caron) 35-6½; Amanda Brecht (Mira) 35-2¼; Jennifer Ladouceur (Cal) 35-1¾; Megan Valdes (Cal) 33-10¼.

Discus: Jennifer Ladouceur (Cal) 141-0*; Kristine Muth (Caron) 122-10; Charlene Heaston (LL) 121-0; La'Sha (DV) 112-0; Megan Valdes (Cal) 111-0; Keah Gee (CV) 108-9; Alicia Cruz (DV) 108-5.

LJ: Sarah Burgess (Lib) 17-10½; Shelby Deis (Gra) 16-10½; Lindsey White (Caron) 16-2; Sierra Garthwaite (Caron) 16-1½; Emily Kochly (Caron) 16-0; Laura Rombach (Foot) 15-11; KC Butlin (Mira) 15-10.

PV: Sarah Burgess (Lib) 10-8; Cindy Lim (LL) 10-4; Jenny Fisher (Mira) 10-0; Clare Glowowski (Camp) 9-4; Rayona Young (Pitt) 9-0; Eva Kersey (LL) 8-0; Tiffany Chang (Camp) 9-0.

*-Denotes new meet record

Volleyball

PREP BOYS

NCS Championship

Division I

De La Salle d. College Park

Scores: 15-10, 15-9, 11-15, 15-8.

Highlights: DLS — Ryan Dawson 23 kills; Aaron Uchikura 62 assists; Adam Wroe 27 kills; Brian Krouse 14 kills, 6 blocks. CP — Daniel Gaines 34 assists, 3 blocks, 2 kills; Luke Honnette 19 kills; Chase Pivrotto 13 kills; Henri Eskonen 10 kills, 2 blocks, 2 aces.

Records: De La Salle 29-5, College Park 34-4.

Division IV

Dublin d. Sir Francis Drake

Scores: 4-15, 15-6, 17-15, 15-10.

Highlights: D — Chris Pederson 11 kills, 6 blocks; Julius Ybarra 9 kills, 2 blocks. S — Nick Honnette 6 kills, 8 blocks, 2 aces.

Records: Sir Francis Drake 19-9; Dublin 15-14.