

Alameda Scrimmage

BO'D vs CV

DLS Invite

Tennison vs CV

Piedmont Dist Fest

WC Relays

San Lorenzo vs CV

Congar Relays

San Leandro vs CV

Martinez Relays

MT Eden vs CV

Oakland Inv

Castro Valley High School

Moreau vs CV

Castro Inv

Hayward vs CV

BA Top 8

HAAL Champs

Bayshore Regionals

NCS-MDC

State

2001

TRACK & FIELD

Yearbook

Reno All-Comers meet

2/10/01

A nine hour drive took most of the team's energy. The group arrived frazzled and the marks were a bit subdued. Once the meet got going, the efforts improved. Our group got split up and we were each stuck as 1-80 was closed for several hours. Then we had to crawl through the snow and slush for a few hours to finally make it to Reno only an hour late. By the time the team was really warmed up, the meet was essentially over and our athletes were still ready to run. Not a bad effort overall.



Neither snow, nor sleet, nor dark of night shall prevent CVHS from a track meet.

3200

Courtney Stewart 12:53 (school record)
Colleen McGrellis 14:03

Courtney felt pretty good, and warmed up through the race to do ok. Colleen got flustered by the banks and the 16 laps and went into cruise control early.



Courtney running the 4x400 relay

55

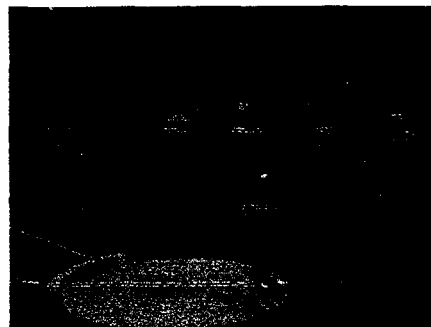
Colleen McGrellis 8.4

Colleen jumped in sprint just to see what she could do, and finished 3rd in her heat.

SP

Chris Manning 41-1

Chris literally did not have his shoes on as he checked in, and got one warmup toss. His efforts were no where close to his best.

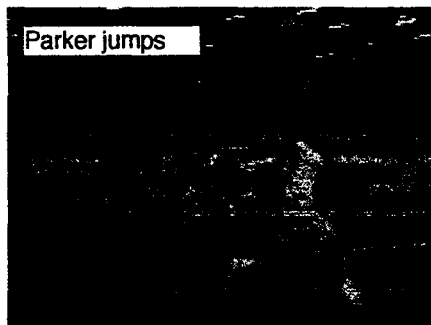


Manning throws.

HJ

Ryan Parker 5-0

Since the hurdles were already checked in by the time we arrived, Ryan decided to high jump and was unspectacular.



Parker jumps

4 x 200

Eric Zamora 25.5

Mike DaSilva 25.0

Kevin Griego 24.8

Geno McGuigan 23.8

1:38.2

The boys were game, but not in real shape.

1600

Alex 4:47.8

Alex got into a good pace early, after the Reno High boy took off, and held on for a decent early season time.

400

Ryan Parker 57.1

Yuri Nosenko 53.2 (school record)

Ryan went through the motions, and Yuri was serious. In the fast heat, Yuri was steady enough to grab a school record.

800

Beau Bettinger 2:07.5

Nate Fernsten 2:20.0

Beau still is not fully recovered, and needs lots of distance work. Nate is still ginger after injuring his foot. The times were okay given the circumstances.

200

Geno McGuigan 24.3

Eric Zamora 24.4

Chris Manning 25.2

Ben Omelagah 26.4

Ryan Parker 28.1

The heats were fairly intense. Geno and Eric looked pretty good. Chris put on a clinic about acceleration, and Ben and Ryan are not in shape.

4x400

Yuri 55.0

Alex 56.5

Nate 60.5

Ben 60.5 3:52.6

The boys were not much of a factor after the first two laps, as Nate and Ben were seriously out of gas.

Colleen (for Santa Rosa) 68.9

Courtney (for Logan) 69.1

The girls shopped themselves onto other teams, and each had a pretty good leg, even though Colleen held back too much and Courtney went out too hard.



Colleen in the 4 x 400

Triple Jump

Ryan Parker 35-5

Mike DaSilva 42-2 (school record)

This was a good event for us, as Ryan (with no practice in over a year) looked good, and Mike went long for us to grab another school record.

Long Jump

Mike Da Silva 19-3

With no run-throughs and no warmup at all, Mike popped a decent jump.

Alameda scrimmage

4 x 100

Boys: 1. CV "A" (ZAMORA, MARCOTTE, GRIEGO, MCGUIGAN) 46.2 2. ALA "A" (SMITH, GARETT, ROSETTI, ZELLECK) 48.3 3. ALA "B" (CHU, HOSANG, SIBLEY, ?) 50.2 4. CV "B" (WAGNER, RATTO, HICKEN, NG) 55.3
Girls: 1. ALA "A" (VONGKHAMCHANH, DEWATER, ROBINSON, FRANKEL) 55.9 2. CV "A" (OLIVER, LEE, CHANDLER, MCCARTHY) 57.0 3. CV "B" (HAWORTH, O'NEIL, WESTLING, LINDA) 1.01.5 4. ALA "B" (WONG, PIMENTEL, ROSENBLUM, RENO) 1.02.3 5. EBM (JIN, CAMERON, HGH, LAPONCE) 1.02.5 6. UNKNOWN TEAM (OVERLY, WEST, MATTEWS, WILBERT) 1.07.0

1600

Boys: 1. NATHAN BRASSMASSARY (ALA) 4.35 2. BEAU BETTINGER (CV) 4.36 3. ALEX CARDIOSMENOS (CV) 4.40 4. KOTA REICHERT (ALA) 4.51 5. NICK BELL (ALA) 4.55 6. JOHN YANO (CV) 5.14 7. NICK FALZONE (ALA) 5.17 8. PETER LIM (ALA) 5.22 9. TJ MILLER (CV) 5.30 10. KEVIN SHINTANI (CV) 5.36 11. JOHN VILLEGAS (ALA) 5.38 12. RYAN ALBONICO (CV) 5.40 13. OLEG ZHOGLO (CV) 5.51 14. JUSTIN HONEGGER (ALA) 6.17 15. BRIAN ROPER (ALA) 6.18
Girls: 1. SARAH ORZELL (ALA) 5.42 2. COLLEEN MCGRELLIS (CV) 5.56 3. COURTNEY STEWART (CV) 5.57 4. STEPHANIE MANOS (CV) 6.29 5. SAMATHA SUEY (CV) 6.48 6. HELGA SAMBRANO (CV) 6.50 7. KEELY HILD (ALA) 6.51 8. JULIA TAGLIARINI (ALA) 6.52 9. ERIN FONG (CV) 6.59

HH

Boys: 1. JOEL CRANE (CV) 17.0 2. RYAN PARKER (CV) 17.9 3. AARON GARRETT (ALA) 18.6 4. JIM LENG (CV) 19.3 5. WILLIAM SEDS (CV) 23.1
Girls: (HEAT 1) 1. LACI DEWATER (ALA) 18.5 2. VONG KHAMCHANH (ALA) 19.5 3. JESSICA ROBINSON (ALA) 20.6 4. HEATHER SCHMIDT (CV) 31.1 5. ALISON BIEDA (CV) 31.4
 (HEAT 2) 1. LAUREN HODILL (ALA) 20.3 2. CHRISTINA ROBINSON (CV) 21.1 3. JANINE WONG (ALA) 21.2 4. ROANA TIRADO (CV) 24.9 5. RITA CHOW (CV) 24.9
 (HEAT 3) 1. REGINA WARREN (CV) 20.9 2. JENNIFER TRIPP (CV) 22.0 3. CARMEN CHU (ALA) 22.4

400

Boys: (HEAT 1) 1. CHRIS LACOUR (ALA) 55.9 2. JOE APODACA (CV) 56.0 3. ROBERT QUINONEZ (CV) 1.00.5 4. RAUL PELAYO (ALA) 1.01.3
 (HEAT 2) 1. MATT UDDENBERG (ALA) 58.5 2. BRYAN SOOTS (ALA) 1.05.5 3. BEN LEE (ALA) 1.09.8 4. MU-HUA CHENG (ALA) 1.09.9
Girls: 1. CHELSEA CHANDLER (CV) 1.04.6 2. JENNIFER FRANKEL (ALA) 1.08.9 3. MIN CHOI (CV) 1.09.9 4. STACY MCGRELLIS (CV) 1.12.7 5. JENNY LAPONTE (VANNOY) 1.14.00 6. MONICA PINEDA (ALA) 1.16.4

100

Boys: (HEAT 1) 1. GENO MC GUIGAN (CV) 11.4 2. RYAN SMITH (ALA) 11.7 3. JOHN MARCOTTE (CV) 11.9 4. JASON ZELICK (ALA) 12.3 5. KEVIN GRIEGO (CV) 12.3 6. ERIC ZAMORA (CV) 12.3
 (HEAT 2) 1. EVERETT CHAN (CV) 11.4 2. JONATHAN CHU (CV) 13.00 3. JONATHAN HICKEN (CV) 13.1 4. ERIC ROSETE (ALA) 13.2 5. ROBERT RATTO (CV) 13.6 6. EDDIE WAGNER (CV) 13.9
 (HEAT 3) 1. JUSTIN SIBLEY (ALA) 12.1 2. JONATHAN CHU (ALA) 12.8 3. EMMANUEL TOLENTINO (CV) 13.2 4. BRANDON FOX (CV) 13.2 5. CHARLES KIMBROUGH (ALA) 13.4 6. AARON SHIRANI (CV) 13.5
 (HEAT 4) 1. CRAIG HOSANG (ALA) 13.1 2. MATT KERNER (VANNOY) 16.00
Girls: (HEAT 1) JOYCE LEE (CV) 14.2 2. NATALIE OLIVER (CV) 14.9 3. NEELA BABU (CV) 15.2 4. DANA LINDA (CV) 15.3 5. KATY WONG (ALA) 16.0 6. LISA PIMENTEL (ALA) 16.0 7. THERESA RENO (ALA) 17.00
 (HEAT 2) 1. TISHA DAVIS (CV) 15.2 2. KRISTIN ROSENBLUM (ALA) 15.2 3. ERIN MCCARTHY (CV) 15.4 4. NICOLE WESTLING (CV) 15.5 5. LIZ LOPEZ (CV) 16.4 6. RACHYL LIGH (VANNOY) 16.7
 (HEAT 3) 1. BRITTANY ARTERBURN (CV) 13.5 2. KATE HAWORTH (CV) 14.7 3. BRENDA DONAT (CV) 14.9 4. SAMANTHA JOURNEY (CV) 15.5 5. MARIAH CAMERON (VANNOY) 16.2 6. JANELLE JIN (VANNOY) 16.8 7. JENNIFER O'NEAL (CV) 17.00

800

Boys: 1. BEAU BETTINGER (CV) 2.04 2. YURI NOSENKO (CV) 2.05 3. CHRIS WONG (CV) 2.14 4. DAN ARELLANO

(ALA) 2.20 5. CHRIS LONSDALE (ALA) 2.26 6. JOEY SILVER (ALA) 2.27 7. MARVIN ZAMORA (CV) 2.39 8. ANDREW CARTER (ALA) 2.43 9. STEVEN HORIKOSHI (ALA) 2.43
Girls: 1. COLLEEN MCGRELLIS (CV) 2.36 2. SARAH WALKER (ALA) 2.37 3. CORINNE ROBERT (ALA) 2.38 4. JENNIFER STEINER (ALA) 2.48 5. MIN CHOI (CV) 2.50 6. SAMANTHA BETTINGER (CV) 3.01 7. HELGA ZAMBRANO (CV) 3.03 8. JENNIFER O'NEIL (CV) 3.04 9. SAMANTHA SUEY (CV) 3.06 10. JESSICA LEE (ALA) 3.08 11. ERAN FONG (CV) 3.12

300H

Boys: 1. AARON GARRETT (ALA) 44.3 2. JOEY CRANE (CV) 45.4 3. RYAN PARKER (CV) 45.6 4. WILSON MACK (ALA) 48.9 5. JIM LENG (CV) 49.00 6. NICK ROBIN (ALA) 1.01.1
Girls: (HEAT 1) 1. CINDY VONGKHAMCHANH (ALA) 57.5 2. JESSICA ROBINSON (ALA) 58.8 3. HEATHER SCHMIDT (CV) 1.00.8 4. JENNIFER TRIPP (CV) 1.01.5 5. JANINE WONG (ALA) 1.02.5 6. RIDA CHOW (CV) 1.02.6
 (HEAT 2) 1. KELLEY STEWART (CV) 56.6 2. REGINA WARREN (CV) 59.6 3. CHRISTINA ROBINSON (CV) 1.00.22 4. SHANNON ALTER (CV) 1.03.6 5. DANIELLE LACEY (CV) 1.05.9
 (HEAT 3) 1. LAURA DOBELL (CV) 1.00.9 2. ROANA TIRADO (CV) 1.06.00 3. SAMANTHA LEACH (CV) 1.06.4 4. ALISON BIEDA (CV) 1.16.2

200

Boys: (HEAT 1) 1. GENO MCGUIEN (CV) 23.8 2. JASON ZELICK (ALA) 24.1 3. CHRIS MANNING (CV) 25.9 4. CHARLES KIMBROUGH (ALA) 27.2
 (HEAT 2) 1. ERIC ZAMORA (CV) 25.00 2. EVERETT CHN (CV) 26.8 3. JONATHAN HICKEN (CV) 27.2 4. BRANDON FOX (CV) 27.6 5. EDDIE WAGNER (CV) 28.1
 (HEAT 3) 1. KEVIN GRIEGO (CV) 25.4 2. CRAIG HOSANG (ALA) 26.00 3. ERIK ROSETE (ALA) 27.8 4. AARON SHIRANI (CV) 28.2
 (HEAT 4) JONATHAN CHU (ALA) 26.1 2. BEN LEE (ALA) 28.3
Girls: (HEAT 1) 1. BRITTANY ARTERBURN (CV) 31.4 2. TISHA DAVIS (CV) 33.00 3. DANA LINDA (CV) 33.00 4. LIZ LOPEZ (CV) 33.9
 (HEAT 2) 1. JOYCE LEE (CV) 30.7 2. NEELA BABU (CV) 32.1 3. KATE HAWORTH (CV) 32.1 4. MARIAH CAMERON (VANNOY) 32.5 5. RACHYL LIGH (VANNOY) 36.2
 (HEAT 3) 1. BRENDA DONAT (CV) 30.00 2. NATALIE OLIVER (CV) 31.3 3. NICOLE WESTLING (CV) 32.3 4. MATT KERNER (VANNOY) 33.5

3200

Boys: 1. ALEX CARDIOSMENOS (CV) 10.15 2. NICK BELL (ALA) 10.27 3. KOTA REICHERT (ALA) 10.33 4. ZANE WELTE (CV) 11.00 5. JOEY SILVER (ALA) 11.2 6. JOHN YANO (CV) 11.23 7. NICK FALZONE (ALA) 11.24 8. PETER LIM (ALA) 11.34 9. KEVIN SHINTANI (CV) 12.38 10. JASON JAMSON (CV) 14.09 11. JUSTIN HONEGGER (ALA) 14.22
Girls: 1. COURTNEY STEWART (CV) 12.51 2. SARAH CRZELL (ALA) 13.26 3. BROOKE KATICH (CV) 16.38 3. SHANNON ALTER (CV) 16.38 3. KELLEY STEWART (CV) 16.38

4 x 400

Boys: 1. ALAMEDA "A" (SMITH, RAUL PELAYO, BRASSMASSARY, LACOUR) 3.47 2. CASTRO VALLEY (CARDIOSMENOS, NOSENKO, EVERETT CHAN, ZANE WELTE) 3.6 3. ALAMEDA "B" (WILSON, LONSDALE, VIAGAS, ARELLANO) 4.2 4. ALAMEDA "C" (HOSANG, CHANG, SIBLEY, UDDENBERG) 4.3
Girls: 1. ALAMEDA "A" (DEWATER, ROBERTS, HODILL, FRANKEL) 4.43 6.2. ALAMEDA "B" (ROSENBLUM, VONGKHAMCHANH, WALKER, STEINER) 4.55.3

SP

Boys: 1. CHRIS MANNING (CV) 41-3 2. NEIL OWEN (CV) 36-2 3. ALEX BECKER (CV) 34-7 4. SCOTT PADWAY (ALA) 34-5 5. JOSH SAWYER-LONG (CV) 34-4 6. TINY SALINAS (ALA) 33-1 7. JOHN SHERWOOD (ALA) 31-4 8. JACOB JORY (CV) 30-2 9. XAVIER CARRION (CV) 29-1 (JV) 1. DOMINIC LASSALLE (CV) 37-3 2. CHRIS REID (CV) 35-9 3. ALEX KENDALL (ALA) 27-2 4. VINAY REDDY (CV) 25-7 5. BRIAN CHUNG 25-5 6. VINCENE WU (CV) 24-1 7. JON OLSEN (CV) 23-11
Girls: 1. MEALINE CINEY (CV) 24-7 2. STEPHANIE SIMPSON (CV) 24-0 3. ANNA KREIDER (ALA) 22-7 4. MIA CROFT (ALA) 22-7 5. ERIN CARDIOSMENOS (CV) 22-0 6. DANIELLE

MOORE (CV) 21-10 7. LINDSEY SILVA (CV) 20-7 8. ERICA KENNDAI (ALA) 20-5 9. HEATHER CLANCY (CV) 19-3 10. REBECCA WALKER (AA) 19-3 11. EMILY BROWN (ALA) 18-7 12. KATIE MUZIKAR 17-10 13. MAE BARFEEI (CV) 14-3

DISCUS

Boys: (JV) 1. EMMANUEL TOLENTINO (CV) 77-1 2. CHRIS REID (CV) 73-8 3. JOHN OLSON (CV) 66-1 (VARSITY) (NOT IN ORDER) 1. CHRIS MANNING (CV) 155-2 2. JOSH SAWYER-LONG (CV) 106-5 3. SCOTT PADWAY (ALA) 98-5 4. VENI (CV) 65-10 5. ALEX KENDALL (ALA) 58-6 6. VINCENT WONG (CV) 54-0 7. BRIAN CHUNG (ALA) 50-5 8. ALEX BECKER (CV) 88-5 9. JOHN SHERWOOD (ALA) 84-4 10. XAVIER CARRION (CV) 59-7 11. NEIL OWEN (CV) 91-10 12. TINY SALINAS (ALA) 92-2
Girls: 1. ANNE KREIDER (ALA) 80-0 2. REBECCA WALKER (ALA) 68-1 3. MIA CROFT (ALA) 65-11 4. ERIC KENNDAI (ALA) 65-9 5. MELANIE LINNEY (CV) 58-4 6. HEATHER CLANCY (CV) 57-4 7. CATRINA SALINAS (ALA) 54-2 8. KATY MUSIKAR (ALA) 54-2 9. ERIN CARDIOSMENOS (CV) 52-6 10. LINDSEY SILVA (CV) 50-4 11. EMILYBROWN (ALA) 48-10 12. STEPHANIE SIMPSON (CV) 47-8 13. MAE BARFEEI (CV) 32-1

LJ

Boys: 1. CARSON BARNES (CV) 18-5 2. RYAN SMITH (ALA) 18-00 3. MATT UDDENBERG (ALA) 16-24 4. RAUL PELAYO (ALA) 16-2 5. KERRY SCOTT KAUFMAN (CV) 14-3 6. RYAN STOHR (CV) 14-0 7. BRYAN SOOTS (ALA) 13-9 8. AARON ALBONICO (CV) 13-5 9. WILLIAM SEALS (CV) 13-0 10. DAN CALLEN (CV) 11-10
Girls: 1. KRISTEN ROSENBLUM (ALA) 12 2. JESSIE WHITE (CV) 10-10

TJ

Boys: 1. CHRIS LACOUR (ALA) 35-11 2. JIM LENG (CV) 34-10 3. RYAN PARKER (CV) 33-6 4. WILSON MAU (ALA) 33-8 5. KERRY SCOTT KAUFMAN (CV) 29-3 6. WILLIAM SEALS (CV) 27-11 7. AARON ALBONICO (CV) 27-4
Girls: 1. ERIN MCCARTHY (CV) 28.5 2. MIN CHOI (CV) 25-11 3. JESSIE WHITE (CV) 25-9 4. DANA LINDA (CV) 24-9 5. JENNIFER KAMP (CV) 21-10

HIGH JUMP

Boys: 1. CHRIS WONG (CV) 5-6 2. BEAU BETTINGER (CV) 5-4 3. RYAN PARKER (CV) 5-2 4. MATT WEST (CV) 5-2 5. RYAN STOHR (CV) 5-0 6. MARK CARROLL (CV) 5-0 7. ROSS YOUNG (CV) 4-8 8. KYLE HUGHES (CV) 4-6
Girls: 1. LAUREN HODILL (ALA) 4-4 2. HEATHER CLANCY (CV) 4-2 3. HEATHER MELLON (CV) 4-2 4. DANIELLE MOORE (CV) 4-0 5. BRENDA DONAT (CV) 4-0 6. JENNIFER KAMP (CV) 3-10 7. JESSIE WHITE (CV) 3-8 8. JANINE WONG (ALA) 3-6

PV

Boys: 1. NICK SIMONS (CV) 11-0 2. CHRIS ASHFORD (CV) 9-6 3. MATT WEST (CV) 8-0 4. TONY SANCHEZ (CV) 8-0 5. KEVIN SHINTANI (CV) 7-0 6. KENTON DORNBUSH (CV) 5-0
Girls: 1. CHELSEA CHANDLER (CV) 6-6 2. SAMANTHA LEACH (CV) 6-0 3. HEATHER CLANCY (CV) 5-6 4. ERIN MCCARTHY (CV) 5-6 5. ASHLEE VALETT (CV) 5-6 6. MELODY JUE (CV) 5-0

Castro Valley vs: Bishop O'Dowd Thursday, March 1, 2001

Score:

BV: BOD 70, CV 57
GV: CV 70, BOD 65
BFS: CV 68, BOD 67
CV 67, BOD 68
GFS: CV 94, BOD 32

4 x 100

GFS:
1. CV "B" (Linda, Westling, Lopez, Davies) 59.5
BOD "A" (Bellows, Fuglestad, Criner, Burris) DQ
CV "A" (Oliver, Lee, Haworth, Donat) DQ
BFS:
1. BOD "A" (Murchinson, Iglehart, Walker, Green) 46.1
2. BOD "B" (Arnold, Black, Briggs, Glover) 48.9
3. CV "A" (Tolentino, Hicken, Chu, Jones) 49.6
4. CV "B" (Ratto, Ng, Wagner, Fox) 52.1
GV: 1. CV (Arterburn, Medrano, Chandler, Britt) 53.4
2. BOD (Kelley, Hill, Cole, Brown) 53.7 DQ
BV:
1. BOD (Tuller, Slovall, Fountaine, Litornik) 44.3
2. CV (Zamora, Marcotte, Griego, McGuigan) 45.4
3. BOD "B" (Walker, Smart, Jones, Spritzer) 46.0

1600

GFS:
1. Wheeler (BOD) 6:03
2. Katich (CV) 6:15
3. Clawson (BOD) 6:35
4. Sney (CV) 6:38
5. Teel (CV) 6:44
6. Bettlinger (CV) 6:45
7. Zambrano (CV) 6:45
8. Boyle (BOD) 8:00
9. Peirpoint (BOD) 9:58
BFS:
1. Yano (CV) 5:06
2. Miller (CV) 5:25
3. Wong (BOD) 5:36
4. Caselli (BOD) 5:30
5. Panzar (BOD) 5:30
6. Shintani (CV) 5:32
GV:
1. Musante (BOD) 5:37
2. Purcell (BOD) 5:40
3. C. Stewart (CV) 5:45
4. Powell (BOD) 5:56
5. Barale (CV) 6:02
6. Williams (BOD) 6:02
7. Manos (CV) 6:28
8. Dodge (CV) 6:51
9. Chen (BOD) 7:21
BV:
1. Cardiasmenos (CV) 4:40
2. Bettlinger (CV) 4:43
3. Sousa (BOD) 5:09
4. Zhoglo (CV) 5:43
5. Janson (CV) 6:05

HH

GFS:
1. Robinson (CV) 21.5
2. Dobel (CV) 22.5
3. Tripp (CV) 23.6
4. Tirado (CV) 24.3
5. Bieda (CV) 25.3
BFS:
1. Leng (CV) 19.4
2. Stanley (CV) 20.3
3. Stohr (CV) 22.1
4. Severson (CV) 22.2
5. Seals (CV) 22.3
GV:
(Heat 1)
DQ. Brown (BOD) 19.1
1. Cole (BOD) 19.3
2. Schmidt (CV) 19.7
3. Knapp (CV) 20.0
4. Leach (CV) 23.0
(Heat 2)
1. Stewart (CV) 20.1
2. McCarthy (CV) 21.3
3. Ligh (CV) 28.5
BV:
1. McGuirk (BOD) 16.0
2. Crane (CV) 17.1

3. Parker (CV) 17.8
4. Taylor (BOD) 19.8

400

GFS:
1. Choi (CV) 1:08.0
2. Fuglestad (BOD) 1:10.0
3. Donat (CV) 1:11.7
4. O'Neil (CV) 1:20.8
BFS:
1. Apodaca (CV) 54.3
2. Walker (BOD) 57.6
3. Quinonez (CV) 60.0
4. Briggs (BOD) 62.1
5. Arnold (BOD) 62.6
GV:
1. Medrano (CV) 61.5
2. Chandler (CV) 65.4
3. Longsmith (BOD) 69.3
4. Shipman (BOD) 69.4
5. Erny (BOD) 71.4
BV:
1. Jones (BOD) 52.9
2. Nosenko (CV) 53.4
3. Briggs (BOD) 55.0
4. Walker (BOD) 56.2
5. Zamora (CV) 56.9
6. Williamson (BOD) 58.2
7. Berrendahl (CV) 60.4

100

GFS:
(Heat 1)
1. Goodspeed (CV) 13.8
2. Lee (CV) 14.5
3. Oliver (CV) 14.8
4. Eberhard (BOD) 14.9
5. Linda (CV) 15.3
6. Feldon (BOD) 15.6
7. Burris (BOD) 15.6
(Heat 2)
1. Androni (CV) 14.6
2. Haworth (CV) 14.7
3. Davis (CV) 15.3
4. Westling (CV) 15.4
5. Lopez (CV) 15.5
6. Synder (BOD) 17.3
BFS:
(Heat 1)
1. Inglehart (BOD) 11.6
2. Marchison (BOD) 12.3
3. Hicken (CV) 12.8
4. Chu (CV) 12.9
5. Black (BOD) 13.2
6. Tolentino (CV) 13.2
(Heat 2)
1. Arnold (BOD) 12.3
2. Wagner (CV) 13.0
3. Fox (CV) 13.0
4. Ratto (CV) 13.6
5. Williams (BOD) 13.6
6. Rodriguez (BOD) 14.1
7. Ng (CV) 14.1
GV:
1. Hill (BOD) 13.5
2. Kelley (BOD) 13.8
3. Arterburn (CV) 14.5
4. Britt (CV) 14.6
BV:
(Heat 1)
1. Fountaine (BOD) 11.3
2. Smart (BOD) 11.7
3. McGuigan (CV) 11.8
4. Litornik (BOD) 11.9
5. Griego (CV) 11.9
(Heat 2)
1. Stwall (BOD) 12.1
2. Spritzer (BOD) 12.6
3. Chan (CV) 12.6

800

GFS:
1. Choi (CV) 2:51
2. Sney (CV) 3:00
3. O'Neil (CV) 3:02
4. Zambrano (CV) 3:03
5. McGrellis (CV) 3:04
6. Bettlinger (CV) 3:05
7. Teel (CV) 3:11
8. Fong (CV) 3:13
BFS:
1. D'Onofrio (BOD) 2:21.5
2. Yano (CV) 2:22.1
3. Preston (BOD) 2:22.7
4. Miller (CV) 2:24.9
5. Caselli (BOD) 2:27.0
6. Marsh (BOD) 2:30.0
7. Zamora (CV) 2:31.4

GV:
1. McGrellis (CV) 2:34
2. Purcell (BOD) 2:36
3. Manos (CV) 3:00
BV:
1. Bettlinger (CV) 2:01.7
2. Wallach (BOD) 2:07.6
3. Wong (CV) 2:09.7
4. Fernsten (CV) 2:17.5
5. Ranson (BOD) 2:32.4

300 H

GFS:
(Heat 1)
1. Dobell (CV) 53.4
2. Warren (CV) 57.4
3. Robinson 60.1
4. Lacey 64.0
5. Bieda 66.0
(Heat 2)
1. Tripp (CV) 60.5
2. Tirado (CV) 62.0
BFS:
1. Leng (CV) 48.1
2. Green (BOD) 48.3
3. Arnold (BOD) 53.6
4. Seals (CV) 58.2
GV:
(Heat 1)
DQ. Brown (BOD) 52.0
1. Knapp (CV) 54.3
2. Stewart (CV) 54.7
3. Schmidt (CV) 57.1
4. Greene (BOD) 58.0
5. Cole (BOD) nt
(Heat 2)
1. Alter (CV) 61.9
2. Leach (CV) 65.9
BV:
1. McGuirk (BOD) 42.8
2. Parker (CV) 44.3
3. Crane (CV) 45.6
4. Taylor (BOD) 49.9

200

GFS:
(Heat 1)
1. Oliver (CV) 29.9
2. Donat (CV) 30.3
3. Lee (CV) 30.6
4. ??? (BOD) n.t.
5. Feldon (BOD) 32.2
(Heat 2)
1. Criner (BOD) 29.1
2. Medrano (CV) 29.3
3. Haworth (CV) 31.2
4. Davis (CV) 31.5
5. Westling (CV) 32.1
6. Lopez (CV) 33.1
BFS:
(Heat 1)
1. Iglehart (BOD) 23.9
2. Arnold (BOD) 26.5
3. Hicken (CV) 17.0
4. Black (BOD) 27.1
5. Chu (CV) 27.6
6. Quinonez (CV) 28.3
(Heat 2)
1. Wagner (CV) 26.9
2. Ratto (CV) 29.3
3. Williams (BOD) 29.3
4. Rodriguez (BOD) 29.3
GV:
1. Hill (BOD) 29.4
DQ. Brown (BOD) 29.9
2. Arterburn (CV) 29.9
3. Longsmith (BOD) 30.0
4. Britt (CV) 30.6
5. Erny (BOD) 31.2
BV:
(Heat 1)
1. Smart (BOD) 23.6
2. Toler (BOD) 23.6
3. McGuigan (CV) 23.8
4. Fountaine (BOD) 24.6
5. Griego (CV) 25.0
6. De Silva (CV) 26.3
(Heat 2)
1. Marcotte (CV) 24.1
2. Barnes (CV) 24.1
3. Manning (CV) 24.2
4. Chan (CV) 24.4
5. Vanderbilt (CV) 24.6

3200

GFS:
1. Shannon Clausen (BOD) 14:16.0

2. Nicole Knigge (BOD) 14:28.5
3. Shannon Alter (CV) 14:30.2
4. Brooke Katich (CV)
5. Samantha Suey (CV) 14:43.1
6. Erin Fong (CV) 15:38.3
7. Helga Zambrano (CV) 15:38.9

BFS:
1. John Yano (CV) 11:34
2. Thomas Miller (CV) 11:25
3. Wong (BOD) 11:41
4. Panzar (BOD) 11:49
5. Kevin Shintani (CV)
GV:
1. Daniela Musante (BOD) 11:51.2
2. Anna Purcell (BOD) 11:57.6
3. Courtney Stewart (CV) 12:10.7
4. Emily Powell (BOD) 13:08.1
5. Emma Williams (BOD) 13:16.6
6. Kelsey Barale (BOD) 13:19.6
7. Kristeen Boon-Nitoff (CV) 14:09.6
8. Kelley Stewart (CV) 14:29.8
9. Suzy Dodge (CV) 15:16.8
BV:
1. Zane Welte (CV) 11:04
2. Beau Bettlinger (CV) 11:09
3. Alex Cardiasmenos (CV) 11:09
4. Sousa (BOD) 11:24
5. Jason Jansen (CV) 13:39

4 x 400

GFS:
1. CV (Lee, Oliver, Choi, Katich) 4:48.8
BOD no team
BFS:
1. BOD (Walker, Preston, Green, Iglehart) 3:49
2. CV "A" (Hicken, Jones, Quinonez, Apodaca) 3:57
3. CV "B" (Wagner, Ratto, Ng, Yano) 4:50
GV:
1. CV (Chandler, McGrellis, Medrano, Knapp) 4:25.9
BOD no team
BV:
1. BOD (Toler, Briggs, Wallach, Jones) 3:36
2. CV (Zamora, Cardiasmenos, Bettlinger, McGuigan) 3:43

Shot

GFS:
1. Lisa Mausia (BOD) 28-1
2. Ashley Nation (BOD) 26-2
3. Stephanie Simpson (CV) 25-7
4. Megan Rose (CV) 22-11
5. Jessica Passadore (CV) 22-6
6. Erin Cardiasmenos (CV) 22-2
7. Lindsey Silva (CV) 22-1
8. Katharine Mettelman (BOD) 21-8
9. Mae Barleei (CV) 15-7
BFS:
1. Dominic LaSalle (CV) 40-0
2. Pierre Rowe (BOD) 39-6
3. Chris Reid (CV) 39-0
4. Matt Hunter (BOD) 36-1
5. Vinay Reddy (CV) 36-0
6. Jarred Jegaraj (BOD) 34-7
7. Adrian Hunter (BOD) 34-4
8. Emmanuel Tolentino (CV) 33-3
9. Eric Smallberg (BOD)
10. Kyle Schwasser (BOD) 31-3
11. Danny Rant (BOD) 30-6
12. Sam Salazar (BOD) 30-4
13. Theo Sehor (BOD) 29-8
14. Vincent Wu (CV) 25-1
15. Jon Olsen (CV) 24-8
GV:
1. Allyson Criner (BOD) 29-5
2. Taneya Davis (BOD) 28-2 1/2
3. Megan Shaw (CV) 26-7
4. E. Emeh (BOD) 26-4
5. Melanie Linney (CV) 25-3 1/2
6. Natalie Howe (CV) 24-4 1/2
7. Danielle Moore (CV) 19-4
BV:
1. Moon (BOD) 5000.-5

2. Manning (CV) 45-7
3. Townsend (BOD) 42-3
4. O'Keith (CV) 40-2
5. Meyers (BOD) 39-5
6. Owen (CV) 36-8
7. Rinker (CV) 36-0
8. Mciver (BOD) 34-4
9. Traylor (CV) 34-3
10. Becker (CV) 31-3
11. Carrion (CV) 29-7
12. Reiss (CV) 29-6
13. Sawyer-Long (CV) 28-5

Discus

GFS:
1. Petulisa Musia (BOD) 72-11
2. Jessica Passadore (CV) 69-1
3. Ashley Nation (BOD) 61-10
4. Erin Cardiasmenos (CV) 57-7
5. Lindsey Silva (CV) 53-5
6. Stephanie Simpson (CV) 51-0
7. Megan Rose (CV) 49-7
8. Katharine Mettelman (BOD) 48-1
9. Mae Barleei (CV) 35-5
BFS:
1. Pierre Rowe (BOD) 84-2
2. Theo Sehor (BOD) 76-11
3. Jon Olsen (CV) 68-9
4. Charles Watson (BOD) 63-1
5. Vincent Wu (CV) 57-7
GV:
1. Allyson Criner (BOD) 119-7
2. Taneya Davis (BOD) 104-10
3. Megan Shaw (CV) 81-1 (77-8)
4. E. Emeh (BOD) 81-1 (73-10)
5. Melanie Linney (CV) 70-3
6. Natalie Howe (CV) 57-11
7. Heather Clancey (CV) 57-10
8. Danielle Moore (CV) 52-9
BV:
1. Brian Moon (BOD) 170-10
2. Chris Manning (CV) 159-8
3. Jason Myers (BOD) 129-10
4. Josh Sawyer-Long (CV) 106-2
5. Neil Owen (CV) 905
6. Alex Becker (CV) 86-8
7. Xavier Carrion (CV) 85-7
8. Brad Rinker (CV) 84-6
9. Vince Reiss (CV) 62-7

Long Jump

GFS:
1. Jessie White (CV) 12-8
2. Dana Linda (CV) 12-6 3/4
no third
BFS:
1. Jordan Murchison (BOD) 17-6 1/2
2. Chris Kong (CV) 15-4 1/2
3. Carl Stanley (CV) 14-10 1/2
4. Kerry Kaufman (CV) 14-8 1/2
5. Ryan Stohr (CV) 14-3 3/4
6. Aaron Albonico (CV) 13-8 1/4
7. Williams Seals (CV) 12-10
8. Can Callen (CV) 12-5 3/4
9. Kyle Hughes (CV) 11-8
10. Evan Hendrickson (CV) 11-4 1/2
GV:
1. Keishee Hill (BOD) 15-6
DQ Cara Brown (BOD) 15-0
2. Addie Bigham (CV) 12-7 3/4
BV:
1. Mike De Silva (CV) 19-7
2. Carson Barnes (CV) 18-9 1/2
3. Kachi Emeh (BOD) 18-3
4. Mike Vanderbilt (CV) 17-10
5. Lorne Barfield (BOD) 17-3
6. Stefan Litornik (BOD) 17-2 1/2

Triple Jump

GFS:
1. Jessie White (CV) 28-8
2. Dana Linda (CV) 27-0
3. Min Choi (CV) 26-9
4. Victoria Ignatchuk (CV) 20-8
BFS:
1. Jordan Murchison (BOD) 37-3
2. Chris Kong (CV) 33-5 1/2
3. Kerry Kaufman (CV) 31-3 1/2
4. William Seals (CV) 29-0
5. Dan Callen (CV) 27-9

6. Aaron Albonico (CV) 28-5
GV:
1. Keishee Hill (BOD) 33-4 1/2
DQ Cara Brown (BOD) 30-10 1/2
2. Erin McCarthy 28-8 3/4
BV:
1. Lorne Barfield (BOD) 42-7
2. Mike DeSilva (CV) 40-7
3. Kachi Emeh (BOD) 38-4
4. Mike Vanderbilt (CV) 36-0
5. Daniel Taylor (BOD) 33-11

High Jump

GFS:
1. Brenda Donat (CV) 3-10
Jessie White (CV) NH
BFS:
1. David Green (BOD) 5-2
2. Ryan Stohr (CV) 5-2
3. Jim Leng (CV) 5-0
4. Kyle Hughes (CV) 4-8
GV:
1. Samantha Journey (CV) 4-8
48-1
2. Heather Mellon (CV) 4-6
3. Heather Clancey (CV) 4-2
4. Erin McCarthy (CV) 4-2
5. Danielle Moore (CV) 4-0
BV:
not contested

Pole Vault

GFS:
1. Melody Jue (CV) 6-0
2. (tie) Ashlee Valeri (CV) 6-0
3. (tie) Justine Lazaro (BOD) 6-0
4. (tie) Roana Tirado (CV) 5-6
4. (tie) Julia Pivnick (BOD) 5-6
BFS:
1. Tony Sanchez (CV) 8-0
2. Kevin Shintani (CV) 7-0
Evan Hendrickson (CV) NH
Bryan Collard (CV) NH
GV:
1. Erin McCarthy (CV) 8-0
2. Chelsea Chandler (CV) 7-6
3. Samantha Leach (CV) 7-0
4. Christine Silva (BOD) 6-6
5. Clare Johnson (BOD) 6-0
Julie Fertig (BOD) NH
Lindsay Nickolas (BOD) NH
BV:
1. Ryan Garvin (BOD) 11-0
2. Chris Ashford (CV) 10-0
3. Matt West (CV) 9-0
4. Chris Bellows (BOD) 9-0
5. Marcus Williamson (BOD) 8-6
Tommy Sullivan (BOD) n.h.
Nick Simons (CV) n.h.

Boys' Varsity vs. Arroyo CV 98, A 37

4 x 100	
1. CV (Zamora, Griego, Chan, McGuigan) 46.5	
2. A (Drain, White, Irons, Ph) 49.9	
1600	
1. Beau Bettlinger CV 4:32	
2. Yang-Sung Leal A 4:34	
3. Alex Cardasmenos CV 4:40	
4. Zane Welle CV 4:59	
5. Collett A 5:16	
6. Capps A 5:34	
7. Janson CV 6:18	
110H	
1. Ryan Parker CV 17.0	
2. Jim Leng CV 18.8	
3. C. Lantz A 21.3	
400	
1. Yuri Nosenko CV 53.6	
2. Joe Apodaca CV 54.4	
3. Carson Barnes CV 58.9	
4. T Drain A 60.5	
5. E Meng A 61.3	
6. Robinson A 63.1	
100	
1. Gino McGuigan CV 11.7	
2. S. Lewis A 11.8	
3. Kevin Griego CV 12.0	
4. Everett Chan CV 12.4	
5. B. Irons A 12.9	
6. P. Nelson A 13.2	
800	
1. Beau Bettlinger CV 2:01.8	
2. Chris Dominick A 2:09	
3. Chris Wong CV 2:11	
4. Nathan Fernsten CV 2:20	
5. Ben Draper CV 2:27	
300H	
1. Ryan Parker CV 45.0	
2. Jim Leng CV 49.2	
3. F. Nelson A 53.4	
4. C. Lantz A 55.9	
200	
1. Chris Dominic A 23.7	
2. Geno McGuigan CV 23.8	
3. S. Lewis A 24.5	
4. Everett Chan CV 26.3	
5. T. Drain A 26.7	
6. B. Irons A 28.2	
3200	
1. Yang-Sung Leal A 9:48.9	
2. Alex Cardasmenos CV 10:22.1	
3. Zane Welle CV 11:04	
4. Justin Capps A 11:59	
5. Jason Janson CV 13:54	
4 x 400 Relay	
1. CV (Apodaca, Wong, Parker, Nosenko) 3:45	
2. A (Drain, Meng, dominic, White) 4:02	
3. A "B" 4:07	
4. A "C" 4:20	
110H	
1. Seth Lewis A 19-3 (19-2)	
2. Carson Barnes CV 19-3	
3. Chris Dominick A 18-2	
4. Geno McGuigan CV 17-10	
5. Jim Leng CV 16-11	
6. Michael Vanderbilt CV 16-3	
7. Brian Collett A 16-1	
8. Billy Nezami CV 15-11	
9. Kolstef Muller A 13-7	
TJ	
1. Michael Vanderbilt CV 36-00	
2. Kaelen Robinson A 33-06	
3. Jim Leng CV 33-03	
HJ	
1. ? A 5-8	
2. Matt West CV 5-6	
3. Seth Lewis A 5-4	
4. Ryan Parker CV 5-0	
4. Brandon Iron A 5-0	
SP	
1. Kenny O'Keith CV 41-11	
2. Brad Rinker CV 39-08.5	
3. Neil Owen CV 39-01.5	
4. John Biggs A 34-03	
5. Ryan Housh A 34-03	
6. Xavier CAion CV 33-04.5	
7. Ryan Dorry A 33-04	
8. Steven McKinney A 33-03	
9. Chris Traylor CV 32-10.5	
10. Ajeet Singh A 32-10	
11. Brian Hagebush A 32-08.5	
12. Marc Walker A 32-05	
13. Alex Becker CV 31-05.5	
14. Vincent Reiss CV 28-07	
15. Chris Bieschke A 20-07.5	

Discuss	
1. Josh Sawyer-Long CV 111-5	
2. Brad Rinker CV 105-8	
3. Kenny O'Keith CV 103-10	
4. Xavier CAion CV 100-3	
5. Ryan Dorry A 97-6	
6. Neil Owen CV 94-2	
7. Alex Becker CV 92-2	
8. Marc Walker A 89-4	
9. Brian Hagebush A 87-0	
10. Ryan Housh	
A 85-6	
11. Vincent Reiss CV 84-2	
12. Steven A 83-2	
McKinney	
13. Chris Traylor	
CV 78-12	
14. John Briggs	
A 77-6	
15. Ajeet Singh	
A 77-2	
16. Chris	
Bieschke A 74-6	
PV	
1. Dan Groom CV 10-0	
2. Matt West CV 9-0	
no third	

Girls' Varsity vs. Arroyo A 75, CV 61 A 81, CV 55

4 x 100	
1. A (Rivas, Morn, Ko, Grangoff) 54.4	
2. CV (Arterburn, Medrano, Chandler, Britt) 55.4	
1600	
1. C. Stewart CV 5:57.0	
2. C. McGrellis CV 5:58.0	
3. Calder A 6:09.0	
4. Boon CV 6:11.0	
5. Vonnegut A 6:13.0	
6. C. Tikotsky A 6:14.2	
7. Stephanie Manos CV 6:22.0	
8. Dodge CV 6:41.0	
9. Graham A 6:42.9	
110H	
1. S. Rivas A 16.8	
2. J. Tekawa A 17.7	
3. K. Hughes A 17.7	
4. Heather Schmidt CV 19.5	
5. Briney Knapp CV 19.9	
6. Erin McCarthy CV 21.6	
400	
1. Chelsea Chandler CV 1:04	
2. K. Moran A 1:07	
3. Brittany Knapp CV 1:08.2	
4. B. Gerton A 1:09.6	
5. M. Lotica Ona A 1:10.5	
100	
1. D. Wallace A 13.7	
2. M. Goodspeed CV 13.8	
3. T. Grangoff A 13.9	
4. M. Ko A 14.3	
5. Brittney Arterburn CV 14.3	
6. Tiana Britt CV 14.5	
7. A. Morn A 14.6	
800	
1. Sarah Chadwick A 2:31	
2. Colleen McGrillis CV 2:43	
3. Kristen Boon CV 2:52	
4. Kirby A 2:56	
5. Stephanie Manos CV 2:57	
300H	
1. S. Rivas A 52.1	
2. K. Hughes A 52.2	
3. A. Banouvang A 53.5	
4. J. Tekawa A 53.8	
5. Brittney Knapp CV 54.2	
6. Kelley Stewart CV 56.2	
7. Heather Schmidt CV 57.4	
200	
1. S. Chadwick A 28.9	
2. D. Wallace A 29.0	
3. T. Grangoff A 29.5	
4. K. Moran A 29.9	
5. Brittney Arterburn CV 30.0	
6. Tiana Britt CV 30.6	
7. M. Goodspeed CV 31.7	
3200	
1. Courtney Stewart CV 13:06	
2. L. Vonnegut A 13:30	
3. C. Tikotsky A 14:00	
4. Suzy Dodge CV 14:32	
5. Kelley Stewart CV 14:41	
6. R. Kahn AS 15:49	
4 x 400	
1. CV (Chandler, Schmidt, McGrillis, Knapp) 4:39.3	
2. A "B" (Hughes, Ona, Morn, Tekawa) 4:47.0	
3. A "A" (Rivas, Wallace, Gerton, Chadwick) 4:47.8	

Chadwick] 4:47.8	
1. Becky Gerton A 14-3	
2. Andrea Barouvang A 13-10	
3. Susan Chadwick A 13-0	
4. Addie Bigham CV 12-10.5	
5. Erin McCarthy CV 12-8	
6. Lisa Hallett A 10-7	
7. Davila HAlson A 10-3	
8. Tam Lanie A 10-2	
9. Kim Claco A 9-7	
TJ	
1. Erin McCarthy CV 30-0	
2. Andrea Bunouvang A 29-3.5	
3. Jessica Tekawa A 28-1	
4. Addie Bigham CV 26-5	
SP	
1. Jamie Hunihan CV 30-1	
2. Jessica Perreira A 29-10.5	
3. Megan Shaw CV 28-5	
4. Natalie Howe CV 26-1	
5. Maria Ko A 23-1.5	
6. Christina Jupp A 21-10.5	
7. Rosa Perez Z 20-6	
DISCUS	
1. Jessica Perreira A 96-11	
2. Meg Shaw CV 84-06	
3. Jamie Hunihan CV 74-09	
4. Christina Jopp A 73-01	
5. Rosa Perez A 67-06.5	
6. Natalie Howe CV 58-02	
7. Heather Clancy CV 57-0.5	
8. Maria Ko A 52-04	
HJ	
1. Samantha Journey CV 4-10	
2. Heather Mellon CV 4-06	
3. Theresa Grangoff A 4-04	
4. Andrea Benouvang A 4-04	
5. Vanessa Phillip A 4-02	
6. Heather Clancy CV 4-02	
7. Milana Ona A 4-00	
8. Becky Gerton A 4-00	
PV	
1. Erin McCarthy CV 8-0	
2. Shannon Tikotsky A 7-6	
3. Chelsea Chandler CV 7-6	
4. Mika Valois A 7-0	
5. Samantha Leach CV 7-0	
6. Heather Clancy CV 6-6	

Boys' Fresh-Soph vs. Arroyo CV 114, A 19 CV 101, A 19

4 x 100	
1. CV A (Tolentino, Hicken, Chu, Jones) 50.0	
2. CV B (Ratto, Ng, Wagner, Pischetti) 54.7	
1600	
1. John Yano CV 5:06	
2. TJ Miller CV 5:17	
no third	
110H	
1. Carl Stanley CV 20	
2. Ryan Stohr CV 21.2	
3. William Seals CV 23.3	
400	
1. Robert Quinonez CV 57.9	
2. Rance Jones CV 59.1	
no third	
100	
1. M. Wirgler A 12.2	
2. John Hicken CV 12.6	
3. J. Chu CV 12.7	
4. ? CV 12.8	
5. T. Allen A 13.1	
6. J. Luu A 13.5	
7. Wagner CV 13.6	
8. Emanuel Tolentino CV 13.8	
800	
1. TJ Miller CV 2:34	
2. John Yano CV 2:34.4	
3. Marvin Zamora CV 2:36.8	
300H	
1. William Seals CV 1:04	
2. Aaron Albonico CV 1:05.9	
200	
1. M. Wirgler A 25.9	
2. Jonathan Hicken CV 26.1	
3. J. Wagner CV 27.2	
4. Allen A 27.9	
5. L. Barahona A 28.9	
3200	
1. Jon Yano CV 11:06	
2. TJ Miller CV 11:55	
3. Marvin Zamora CV 12:46	
4x400	
1. CV (Quinonez, Hicken, Picetti, Jones) 4:06	
A no team	
SP	

1. Chris Reid CV 37-00	
2. Chris Multialo A 36-03	
3. Emanuel Tolentino CV 35-06	
4. Bradley Davis A 34-03.5	
5. Vincent Wu CV 26-00	
6. John Olsen CV 24-02	
DISCUS	
1. Emmanuel Tolentino CV 7-9	
2. Chris Multialo A 76-5	
3. Vincent Wu CV 74-0	
4. John Olsen CV 65-5	
5. Bradley Davis A 60-1	
LJ	
1. Rance Jones CV 16-8	
2. Kerry Kaufman CV 15-11	
3. Chris Kong CV 14-6	
4. Robert Ratto CV 14-4	
5. Carl Stanley CV 13-9	
6. Kyle Hughes CV 13-3	
7. William Seals CV 13-2	
8. Aaron Albonico CV 13-11	
9. Dan Callen CV 12-5	
10. Ryan Stohr CV 12-10	
TJ	
1. Chris Kong CV 33-01	
2. Kyle Hughes CV 31-04	
3. Kerry Kaufman CV 30-00	
4. Daniel Vincent A 28-09	
5. Aaron Albonico CV 28-02	
6. William Seals CV 25-02	
7. Dan Callen CV 25-10	
8. John Olsen CV 21-04	
HJ	
1. Ryan Stohr CV 5-0	
2. Kyle Hughes CV 4-10	
3. John Olsen CV 4-8	
PV	
1. Tony Sanchez CV 8-0	
Brian Collard CV n.h.	
DAen Ojeda CV n.h.	

Girls Fresh-Soph vs. Arroyo CV 130, A 4

4 x 100	
1. CV (Oliver, Strane, Haworth, Leel) 57.4	
2. AR (Lane, Calvo, Lantz, HAlson) 61.3	
3. CV (Linda, Davies, Allison, Westling) 62.0	
1600	
1. Brooke Katich CV 6:13.7	
2. Samantha Suey CV 6:23.0	
3. Samantha Bettinger CV 6:42.0	
4. Helga Zambrano CV 6:45.0	
5. D. HAlson AR 6:53.0	
6. Erin Fong CV 6:54	
7. Kahn AR 6:58.0	
8. Ortiz AR 7:31	
110H	
1. Laura Dabel CV 19.5	
2. Regina WAen CV 19.8	
3. Christine Robinson CV 21.4	
4. T. Lantz A 23.3	
5. M. Lane A 23.8	
400	
1. Min Choi CV 1:08.3	
2. Stacy McGrillis CV 1:09.3	
3. Brenda Donat CV 1:14.4	
4. L. Evans A 1:15.2	
5. Kate Haworth CV 1:16.7	
100	
1. Natalie Oliver CV 14.3	
2. Joyce Lee CV 14.3	
3. Alcha Strane CV 14.8	
4. Tisha Davis CV 15.3	
5. Nicole Westling CV 15.5	
800	
1. Min Choi CV 2:48	
2. Jenny O'Neil CV 2:58	
3. Samantha Bettinger CV 3:04	
4. Helga Zambrano CV 3:04.4	
5. Stacy McGrillis CV 3:05.4	
6. Erin Fong CV 3:11.7	
300H	
1. Laura Dabel CV 54.7	
2. Regina WAen CV 59	
3. Jennifer Tripp CV 1:01.7	
4. T. Lantz A 1:04	
200	
1. Natalie Oliver CV 30.7	
2. Joyce Lee CV 30.9	
3. Brenda Donat CV 31.7	
4. Alcha Strane CV 32.1	
5. L. Evans A 33.6	
3200	
1. Samantha Suey CV 14:12	
2. Brooke Katich CV 14:51	
3. Shannon Ailer CV 14:52	
4. Samantha Bettinger CV 15:48	
4 x 400	

1. CV (Choi, McGrillis, Donat, Oliver) 4:52	
A no team	
HJ	
1. Brenda Donat CV 4-2	
2. Jesse White CV 4-2	
no third	
LJ	
1. Jessie White CV 13-1	
2. Milana Ona A 11-10	
3. Melody Jue CV 11-1	
4. Monica Lane A 10-4.5	
5. Dana Linda CV 10-5	
6. Victoria Ignatchuck A 9-6	
TJ	
1. Jessie White CV 29-0	
2. Min Choi CV 26-7	
3. Dana Linda CV 25-3	
SP	
1. Stephanie Simpson CV 24-9	
2. Erin Cardasmenos CV 23-11	
3. Jessica Passadore CV 23-8	
4. Alisha Aggetta A 23-5.5	
5. Michelle Dalisay A 22-1	
6. Ana Ticas A 21-6.5	
7. Lyndsey Silva CV 21-5.5	
DISCUS	
1. Jessica Passadore CV 77-05.75	
2. Lindsay Silva CV 67-07.5	
3. Michelle Dalisay A 66-01.5	
4. Ana Ticas A 57-02	
5. Erin Cardasmenos CV 56-03.5	
6. Stephanie Simpson CV 51-06.5	
7. Alisha Aggetta A 47-01	
PV	
1. Ashlee Valett CV 6-6	
2. Melody Jue CV 6-6	
no third	
4x400 CV (Choi, McGrillis, Donat, Oliver) 4:52	

DeLaSalle Invitational

DeLaSalle High School Saturday, March 10, 2001

3000

BFS
Zane Welte 36 78 82 79 84 81 88 72 10:00.4 3rd
John Yano 40 82 85 83 88 75 74 73 10:20.5 11th

4 x HH

GV Schmidt, Kelley, Regina, Leach 1:02 2nd in Ht 4 12/13

4 x 100

GFS Arterburn, Lee, Haworth, White 55.10 7th 3rd in Ht 2
BFS Hicken, Jones, Sanchez, Tolentino 49.10 5th in Ht 2, 15th
BV DeSilva, Griedgo, Marcotte, McGuigan 44.6 3rd in Ht 4, 9th

Distance Medley

GFS
Brooke 82.2 91.9 90.7 -- 4:24.8
Stacy 69.6 -- -- -- 69.6
O'Neill 81.4 88.3 -- -- 2:49.7
Suey 84.8 102 100 98 6:24.0 14:47.8 7th
GV
Colleen 81.3 86.3 80.9 -- 4:08.7
Knapp 65.7 -- -- -- 65.7
Min 74.0 84.2 -- -- 2:38.2
Courtney 77.3 89.0 89.2 80.7 5:36.1 7th overall
BV
Nate 67.0 81.0 76.4 -- 3:43.4
Parker 56.4 :56.4
Ben 70.2 71.0 - -- 2:21.2
TJ 71.0 80.1 83 88 5:12 12:16.8 22/25

300 IH

Parker 43.8 3rd in Ht 1 10th overall

Open 100

BFS John Hicken 12.3 3rd in Heat 2
BV Geno McGuigan 11.4 7th in heat 5

4 x 800

GFS
Stacy McGrellis 81 85 2:46.0
Jennifer O'Neill 80 84.7 2:44.7
Helga Zambrano 79.5 89.8 2:49.4
Erin Fong 79.4 96.8 2:56.2 11:16.1 6th
BV
Yuri 59.0 60.9 1:59.9
Alex 59.0 64.7 2:03.7
Chris 57.2 66.6 2:03.8
Beau 59.6 62.9 2:02.5 8:09.6 1st

4 x 200

BV Geno McGuigan, Kevin Griego, Joe Apodaca, John Marcotte
n.t. 3rd in heat 2

3000

GV
Courtney Stewart 40 89 86 91 93 93 92 85 11:11 9th
Colleen McGrellis 41 91 95 102 96 102 98 94 11:59 13th
BV
Alex Cardiasmenos 34 72 76 73 73 75 75 72 9:16
TJ Miller 37 76 79 84 88 93 98 87 10:25

Pole Vault

GFS
Erin McCarthy 7-6 3rd
Melody Jue n.h.
BFS
Tony Sanchez 8-6
GV

Heather Clancy n.h.
Samantha Leach n.h.
BV
Nick Simons 11-6

Shot Put

BV
Kenny O'Keith 41-11
GV
Jamie Hunihan no mark
Natalie Howe no mark
GFS
Jessica Passadore 24-11
Stephanie Simpson 25-4

Discus

GV
Jamie Hunihan 74-9
Natalie Howe 69-0
GFS
Jessica Passadore 61-1
Stephanie Simpson 52-0
BFS
Emmanuel Tolentino no mark
BV
Neil Owen meet management wouldn't let him throw

Long Jump

BV
Mike De Silva 19-4
BFS
Rance Jones 16-7

High Jump

GFS
Jessie White 4-4
Erin McCarthy n.h.
GV
Heather Clancy n.h.
Heather Schmidt n.h.

CV vs. Tennyson 3/15/01

Boys Varsity --

Castro Valley 116, Tennyson 20

4x100

1. CV A (Zamora, Barnes, Griego, McGuigan) 45.5
2. CV B (Chan, Albonico, Apodaca, Shirani) 49.5
- DQ TN Vasconcelos, Stepney, Lyle, Brown) 49.9

1600

1. Zane Wette CV 5:00
2. Chris Wong CV 5:01
3. Leonard Greenlaw T 5:02
4. Otto Hernandez T 5:38
5. Oleg Zhoglo CV 5:46
6. Luis Pineda T 5:51
7. Jason Janson CV 6:04
8. Juan Ribeira T 6:24

100HH

1. Ryan Parker CV 17.0
2. Steven Ochoa TN 18.0
3. Ryan Fannesbeck CV 18.9
4. Jim Leng CV 18.9
5. Anthony Morgan CV 26.1

400

1. Joe Apodaca CV 54.1
2. Chris Wong CV 55.3
3. Michael Desilva CV 59.0
4. Rene Salinas T 59.9
5. Richard Stepney T 1:00.1

100

1. Vonshae McKnight TN 11.50
2. Kevin Griego CV 11.7
3. Geno McGuigan CV 11.8
4. James Brown TN 11.9
5. Eric Zamora CV 12.0
6. Jesse Vasconcelos TN 12.5

LJ

1. Vonshae MCKnight TN 20-6.5
2. Michael DeSilva CV 19-8.25
3. Carson Barnes CV 17-11
4. Bobby Nezami TN 16-11
5. Mike Vanderbilt CV 16-7.75

800

1. Alex Cardiasmenos CV 2:10
2. Nathan Fernsten CV 2:15
3. Ben Draper CV 2:20
4. Otto Hernandez TN 2:33
5. Julio Inguanzo TN 2:45
6. Juan Ribeira TN 3:01

300 IH

1. Ryan Parker CV 43.5
2. Jim Leng CV 49.2
3. Steven Ochoa T 51.4
4. Julio Inguanzo T 53.4
5. Otto Hernandez T 53.8

200

1. Geno McGuigan CV 24.0
 2. Kevin Griego CV 24.0
 3. Eric Zamora CV 24.4
 4. James Brown T 24.7
 5. Jesse Vasconcelos T 25.0
 6. Vonshae McKnight T 25.4
- (heat 2)
1. Everett Chan CV 25.8
 2. Richard Stepney T 26.5
 3. Jamar Lyles T 28.6

3200

1. Nate Fernsten CV 13:13
2. Alex Cardiasmenos CV 12:14
3. Oleg Zoghlo CV 12:51
4. Jason Jansen CV 14:05

4 x 400

1. CV (Apodaca, Albonico, Shirane, Chan) 4:19
- T no team

LJ

1. VonShae McKnight T 20-6.5
2. Mike DeSilva CV 19-8.25
3. Carson Barnes CV 17-11
4. Bobby Mezami CV 16-11

5. Mike Vanderbilt CV 16-7.75

TJ

1. Mike DeSilva CV 41-4
2. Vonshae McKnight T 38-5.25
3. James Brown T 3-9.5
4. Mike Vanderbilt CV 35-4
5. James Leng CV 35-1.5

Discus

1. Alex Becker CV 111-4
2. Vince Reiss CV 103-0
3. Neil Owen CV 102-9
4. Josh Sawyer-Long CV 100-10
5. Patrick Milkalo TN 97-5
6. Erick Arevalo TN 94-11
7. Julio Inguanzo TN 94-9
8. Julio Menendez TN 91-8
9. Xavier Carrion CV 86-6
10. Sal Ramos III TN 82-1
11. Ron Mose TN 68-5
12. Murry Burg TN 56-10

SP

1. Kenny O-Keith CV 39-10
2. Julio Inguanzo Jr. TN 39-8
3. Neil Owen CV 39-0
4. Chris Trolor CV 36-3
5. Patrick Milkalo TN 35-6
6. Ron Mose TN 34-10
7. Erick Arevalo TN 33-6
8. Sal Ramos III TN 32-9
9. Xavier Carrion CV 32-0
10. Julio Menendez TN 29-9
11. Vince Reiss CV 29-6
12. Murry Burg TN 25-3

HJ

1. Ryan Parker CV 5-6
2. Matt West CV 5-4
3. Jim Leng CV 5-2
4. Richard Stepney T 5-0
- Anthony Morgan CV n.h.
- Nyanforh Tarpeh CV n.h.
- Ron Mose T n.h.
- Juan Carlos Rivera T n.h.
- Jamar Lyles T n.h.
- Jesse Vasconcelos T n.h.

PV

1. Nick Simons CV 12-0
2. Dan Groom CV 11-0
3. Chris Ashford CV 10-6
4. Matt West CV 10-0

Girls Varsity --

Castro Valley 106, Tennyson 17

4x100

1. CV (Arterburn, Madrano, Chandler, Goodspeed) 53.5
- T no team

1600

1. Courtney Stewart CV 5:45
2. Suzy Dodge CV 6:40
- no third

100 H

1. Kelley Stewart CV 19.2
2. Erin McCarthy CV 19.9
3. Laura Dabel CV 20.9
4. Rida Chow CV 21.1
5. Samantha Leach CV 23.1

400

not contested

100

1. Chelsea Chandler CV 13.0
2. Makiaha Long T 13.1
3. Marshay Goodspeed CV 13.9
4. Kiersten Slader CV 14.3
5. Britanny Arterburn CV 14.4
6. Monyette McKnight T 14.5

800

1. Kristen Baon-Nitoff CV 2:48
2. Stephanie Manos CV 2:49
3. Michelle DeSilva T 3:01

300 H

1. Laura Dabel CV 55.0
2. Rida Chow CV 59.4
3. Neela Babu CV 1:10.0

200

1. Amanda Medrano CV 27.5
2. Marshay Goodspeed CV 30.0
3. Britanny Arterburn CV 30.9

3200

1. Suzy Dodge CV 15:14
- no second or third

4 x 400

1. CV (Madrano, Goodspeed, Dodge, Dabel) 5:18
- T no team

SP

1. Jamie Hunihan CV 28-5
2. Meg Shaw CV 27-5.5
3. Melanie Linney CV 25-2.5
4. Natalie Howe CV 23-9
5. Danielle Moore CV 22-10

Discus

1. Meg Shaw CV 79.5
2. Melanie Linney CV 67-3
3. Natalie Howe CV 65-1
4. Jamie Hunihan CV 62-5
5. Danielle Moore CV 59-4

High Jump

1. Makiana Long T 4-8
2. Samantha Journey CV 4-8
3. Heather Mellon CV 4-6
4. Kirsten Slader CV 4-4
5. Heather Clancy CV 4-2
6. Stephanie Menos CV 4-2
7. Tanisha Williams T 4-2
8. Erin McCarthy CV 4-2
9. Jessie White CV 4-2
10. Danielle Moore CV 4-0

Long Jump

1. Makiaha Long T 14-9
2. Kiersten Slader CV 14-4.5
3. Britanny Arterburn CV 13-6.75
4. Addie Bigham CV 13-2.25
- Jessie White CV n.m.
- Monyette McKnight T n.m.

Triple Jump

1. Chelsea Chandler CV 31-9
2. Makiaha Long T 31-5.5
3. Kiersten Slader CV 30-4
4. Erin McCarthy CV 28-10.75
5. Jessie white CV 28-9.25

Pole Vault

1. Erin McCarthy CV 8-0
2. Chelsea Chandler CV 7-6
3. Heather Clancy CV 6-6
4. Samantha Leach CV 6-0

Triple Jump

1. Chelsea Chandler CV 31-9
2. Makiaha Long T 31-5.5
3. Kiersten Slader CV 30-4
4. Erin McCarthy CV 28-10.5
5. Jessie White CV 28-9 1/4
6. Addie Bigham CV 27-10
7. Tanisha Williams T 26-4.25

Boys Fresh-Soph --

Castro Valley 122, Tennyson 10

4x100

1. CV (Tolentino, Hicken, Jones, Chu) 49.2
- T no team

1600

1. John Yano CV 5:07
2. TJ Miller CV 5:22
3. Kevin Shinkani CV 5:37
4. Jarrett Gentile CV 6:32

100 HH

1. Carl Stanley CV 19.4
2. Chris Kong CV 19.6
- no third

400

1. Robert Quinonez CV 58.4
2. Ben Ng CV 1:14.1
- no third

100

1. Jonathan Chu CV 12.6

2. Jonathan Hicken CV 12.7
3. Emanuel Tolentino CV 13.1
4. Robert Ratto CV 13.3

800

1. TJ Miller CV 2:28
2. Marvin Zamora CV 2:35
- no third

300 H

1. Chris Kong CV 49.6
2. Dan Callen CV 59.1
3. Kyle Huges CV 1:00.9
4. Evan Hendrickson CV 1:04.3

200

1. Rance Jones CV 25.3
2. Jon Chu CV 26.6
3. Jon Hicken CV 27.0
4. Ben Ng CV 28.4
5. Robert Ratto CV 29.1

3200

1. Thomas Miller CV 12:53
2. Marvin Zamora CV 13:06
3. Jason Ribeira CV 14:58
4. Jon Yano CV 15:03

4 x 400

1. CV (Miller, Yano, Ribeira, Zamora)

4:33

2. CV (Quinonez, Hicken, Jones, Picetti) 4:37
- T no team

LJ

1. Kerry Kaufman CV 15-7
2. Rance Jones CV 15-1.5
3. Chris Kong CV 15-0
4. Carl Stanley CV 15-1.25
5. Robert Ratto CV 13-10.25
6. Kyle Hughes CV 13-9.5
7. Aaron Albonico CV 13-2.25
8. Nick Morozovsky CV 11-8.5
9. Dan Callen CV 11-8.25

TJ

1. Kerry Kaufman CV 33-1.5
2. Chris Kong CV 32-6
3. Kyle Huges CV 29-0.5
4. Dan Callen CV 28-4
5. Aaron Albonico CV 27-2

HJ

1. John Picetti CV 5-0
2. Rico Gozales T 4-10
- Chris Reid CV n.h.
- Kyle Hughes CV n.h.
- Jon Olson CV n.h.

SP

1. Chris Reid CV 36-9
2. Emanuel Tolentino CV 35-0
3. Donald Casper TN 34-8
4. Thang Phan TN 28-9
5. Walter Chui CV 28-6
6. Vincent Wu CV 27-4
7. Jon Olsen CV 25-10
8. Lawrence Simmien TN 25-8

Discus

1. Donald Casper TN 88-0
2. Vincent Wu CV 74-6
3. Thang Phan TN 72-9
4. Emmanuel Tolentino CV 71-0

5. Jon Olsen CV 65-2
6. John Picetti CV 65-0
7. Lawrence Simmien TN 64-9
8. Chris Reid CV 64-5
9. Walter Chu CV 60-4

PV

1. Tony Sanchez CV 8-0
2. Kevin Shinkani CV 8-0
3. Brian Collard CV 7-6
4. Evan Hendrickson CV NH

Girls Fresh-Soph --

Castro Valley 136, Tennyson 0

4x100

1. CV "A" (Oliver, Lee, Britt, Madrano) 56.53
- DQ. CV "B" (Davis, Bieda, Westling, Haworth) 59.81
- T no team

1600

1. Samantha Suey CV 6:26
2. Stephanie Teal CV 6:44
3. Erin Fong CV 6:53
4. Lisa Tran TN 10:11
5. Ravel DeOcampo TN 10:29
6. Ariene Boccalan TN 10:31

100 H

1. Regina Warren CV 19.9
2. Christina Robinson CV 21.1
3. Roana Tirado CV 22.4

400

1. Stacy McGrellis CV 1:09.9
2. Tisha Davis CV 1:10.7
3. Nicole Westling CV 1:10.9
4. Brenda Donet CV 1:12.9
5. Dana Linda CV 1:14.9
6. Alison Bieda CV 1:19.3

100

1. Tiana Britt CV 14.4
2. Natalie Oliver CV 14.5
3. Kate Haworth CV 14.7

800

1. Brooke Katich CV 2:43
2. Jennifer O'Neill CV 2:51
3. Helga Zambrano CV 2:54
4. Samantha Bettinger CV 2:56
5. Belinda Gutierrez T 3:35

300H

1. Regina Warren CV 56.7
2. Christina Robinson CV 60.8
3. Roana Tirado CV 61.9
4. Shannon Alter CV 62.3
5. Danielle Lacey CV 63.5

200

1. Tiana Britt CV 30.0
2. Rebecca Medrano CV 30.1
3. Nicole Westling CV 30.7
4. Kate Haworth CV 32.4

3200

1. Shannon Alter CV 15:03
2. Erin Fong CV 15:04
3. Helga Zambrano CV 15:04
4. Samantha Suey CV 15:11
5. Stephanie Teal CV 15:15
6. Samantha Bettinger CV 15:18
7. Brooke Katich CV 15:18

4 x 400

1. CV (Haworth, Westling, Jue, Davis) 5:41
- T no team

HJ

1. Lyndsey Silva CV 4-2
2. Regina Warren CV 4-2
3. Brenda Donat CV 4-0

TJ

1. Dana Linda CV 24-11.5
2. Melody Jue CV 21-9.75
3. Victoria Ignatchuk CV 19-9.25

LJ

1. Dana Linda CV 12-1
2. Melody Jue CV 10-7.25
3. Victoria Ignatchuk CV 9-7

SP

1. Stephanie Simpson CV 25-4
2. Erin Cardiasmenos CV 24-10
3. Jessica Passadore CV 23-1
4. Lyndsey Silva CV 22-9
5. Tia Baker TN 20-0
6. Tomonica Baker TN 17-9.5
7. Mae Barfee CV 15-8

Discus

1. Lyndsey Silva CV 64-9
2. Erin Cardiasmenos CV 57-9
3. Jessica Passadore CV 56-0
4. Stephanie Simpson CV 49-7
5. Tia Baker TN 34-0
6. Mae Barfee CV 32-7
7. Monica Baker TN 28-3

PV

1. Ashlee Valett CV 7-0
2. Melody Jue CV 7-0
3. Roana Tirado CV 6-0

Piedmont Distance Festival

Boys 800

Heat #7

- 1 Royce Nicholas 11 San Leandro 2:11.9
- 2 Daniel Berman 12 College Prep 2:13.0
- 3 **Ben Draper 12 Castro Valley 2:13.7**
- 4 Gustavo Lezama 11 College Park 2:14.7
- 5 Brian Cardella 11 Moreau Catholic 2:15.0
- 6 Jonathan Rice 10 San Leandro 2:16.0
- 7 Mike Bacon 12 De La Salle 2:17.2
- 8 Joey Woolridge 11 Alhambra 2:18.1
- 9 Adam Mahoney 10 De La Salle 2:19.5
- 10 Kevin Ptol 11 College Park 2:20.3
- 11 Thomas Porter 10 College Park 2:20.7
- 12 Nick Kuhn 11 Sir Francis Drake 2:23.1
- 13 Greg Slater 11 De La Salle 2:26.7

Heat #10

- 1 Mike Dominguez 9 De La Salle 2:09.1
- 2 Alex Morrison 11 Livermore 2:09.9
- 3 Aron Walker 10 University 2:10.1
- 4 **Nate Farnsten 11 Castro Valley 2:12.0**
- 5 Jason Quan 12 San Leandro 2:12.5
- 6 Daniel Arellano 11 Alameda 2:12.9
- 7 Royce Anderson 11 Alcalanes 2:14.3
- 8 Steve Loisel 12 Livermore 2:15.0
- 9 Maurice Drew 10 De La Salle 2:15.5
- 10 Steve O'Mara 12 Sir Francis Drake 2:16.0
- 11 Ben Wolf 11 Amador Valley 2:16.6
- 12 Russel Perkuchin 12 Livermore 2:16.8
- 13 Mario Pando 12 De La Salle 2:17.1
- 14 Scott Lee 12 College Park 2:20.7
- 15 Chris Quillen 11 San Leandro 2:22.0

Heat #13

- 1 Tom Phelps 12 Piedmont 1:57.3
- 2 Sean Geraghty 12 St. Mary's 1:57.8
- 3 Sean Drake 11 University 1:58.5
- 4 **Yuri Nosenko 12 Castro Valley 1:59.4**
- 5 Jason Oswalt 12 Amador Valley 2:00.1
- 6 Tim Wallach 10 Bishop O'Dowd 2:00.8
- 7 **Beau Bettinger 11 Castro Valley 2:01.1**
- 8 Mark Mirigian 12 James Logan 2:01.3
- 9 Chris Johnson 12 Redwood 2:02.0
- 10 Adam Holdren 12 Petaluma 2:02.3
- 11 Aaron Gong 12 San Leandro 2:02.9
- 12 Halihl Guy 11 St. Mary's 2:03.8
- 13 Ben Cannon 11 San Leandro 2:04.2
- 14 **Chris Wong 11 Castro Valley 2:04.9**

Boys 1600

Heat #3

- 1 Daniel Berman 12 College Prep 5:00.4
- 2 Philip Huppe 9 Amador Valley 5:00.9
- 3 Jake Texara 9 St. Mary's 5:18.0
- 4 **Kevin Shintani 10 Castro Valley 5:22.3**
- 5 Alex Chan 10 Oakland 5:22.8
- 6 Sean Bunnell 10 Sir Francis Drake 5:23.6
- 7 Adam Chandler 9 Antioch 5:24.1
- 8 Chuong Nguyen 10 Skyline 5:24.8
- 9 Erik Reykjalin 11 College Prep 5:25.9
- 10 Flynn Hermanson 10 Bishop O'Dowd 5:28.2
- 11 Wilson Mak 10 Alameda 5:28.8
- 12 Michael Sun 9 St. Mary's 5:34.9
- 13 Sean Kenady 9 St. Joseph's Notre Dame 5:55.2
- 14 Shawn Rosenthal 9 Campolindo 5:56.1
- 15 Nick Young 9 Campolindo 6:19.8
- 16 Zach Gwirtz 9 Amador Valley 6:23.9
- 17 Jason Clarke 11 Amador Valley 6:25.7

Heat #6

- 1 Mickey Perry 11 Alhambra nt

- 2 Corey Caldwell 10 Alcalanes 4:57.2
- 3 Mitchell Steves 9 College Park nt
- 4 Luke Hodgson 9 Alhambra nt
- 5 **Thomas Miller 10 Castro Valley 5:05**
- 6 Chris Greene 11 Alcalanes 5:05.7
- 7 Nick Sigmon 9 San Leandro nt
- 8 Adrian Luis 9 Oakland 5:06
- 9 Ernst Westphal 9 Campolindo nt
- 10 Kevin Vesely 11 De La Salle nt
- 11 Brent Bateman 12 Campolindo nt
- 12 Adam Harrison 10 College Park nt
- 13 Steve Traverso 10 De La Salle nt
- 14 Jesse Wagstaff 11 Redwood nt
- 15 Brian Wong 11 Oakland 5:13
- 16 Kevin Smallman 10 San Leandro nt
- 17 Benedict Jonea 11 Oakland 5:14
- 18 Matt Ramirez 10 St. Joseph's Notre Dame 5:37.7

Heat #7

- 1 Randy Johnson 10 Alhambra 4:53.6
- 2 Jay Fragus 10 Moreau Catholic 4:54.1
- 3 **John Yano 9 Castro Valley 4:57.9**
- 4 Barry Fischer 10 Campolindo 4:58.2
- 5 Dylan Hosey 10 Petaluma 4:58.6
- 6 Carl Berdahl 11 Las Lomas 4:59.4
- 7 Aaron Senter 10 Alcalanes 5:00.0
- 8 Steven Reynolds 11 San Leandro 5:01.0
- 9 Nicholas Falzone 9 Alameda 5:01.4
- 10 Nick Battjes 10 Redwood 5:02.0
- 11 Aitor Belaustegui 12 Livermore 5:02.6
- 12 Peter Lim 11 Alameda 5:03.0
- 13 Jeff Swift 10 De La Salle 5:03.8
- 14 Sean Thomas-Bignami 12 College Park 5:05.2
- 15 Brian Hanson 11 Alhambra 5:05.4
- 16 Beau Cazel 10 College Park 5:08.2

Boys 3200

Heat #1

- 1 Brandon Carballo 10 Moreau Catholic 10:44.2
- 2 Brian Hanson 11 Alhambra 10:49.9
- 3 Randy Johnson 10 Alhambra 10:55.2
- 4 Steve Silva 10 James Logan 11:02.7
- 5 Luke Hodgson 9 Alhambra 11:07.5
- 6 Doug Zita 11 Petaluma 11:09.1
- 7 Travis Weisbrod 12 Amador Valley 11:11.7
- 8 Kai Groves 12 Petaluma 11:12.3
- 9 Philip Huppe 9 Amador Valley 11:20.6
- 10 Mike Recker 11 De La Salle 11:23.4
- 11 Alex McDiarmid 10 Alcalanes 11:24.3
- 12 Galen Smith 11 Campolindo 11:35.6
- 13 Sean Riordan 9 De La Salle 11:43.4
- 14 John Kiper 9 De La Salle 11:45.4
- 15 Will Marasco 9 Las Lomas 11:49.1
- 16 John Meyerhofer 9 De La Salle 11:49.3
- 17 Justin Tracy 9 Antioch 11:50.7
- 18 Gavin Chan 12 Oakland 11:51.9
- 19 Ian Antal 11 Grace Davis (Modesto) 11:53.2
- 20 Andrew Carter 10 Alameda 11:59.2
- 21 Justin Gottfried 9 De La Salle 12:11.1
- 22 **Oleg Zhoglo 12 Castro Valley 12:15.6**
- 23 Nick Edelman 9 Amador Valley 12:22.1
- 24 Justin Tunberg 9 Amador Valley 12:25.1
- 25 Tyler Monez 9 Amador Valley 12:34.5
- 26 **Jason Jansen 12 Castro Valley 12:37.7**
- 27 Drew Weir 9 De La Salle 12:40.3
- 28 Matt Kirkland 9 De La Salle 12:43.8
- 29 Paul Whiteman 9 De La Salle 13:05.5
- 30 Sam Jackson 10 Alhambra 13:30.1
- 31 Hilen Magudia 10 Las Lomas 13:30.5
- 32 Jeff Rutledge 9 De La Salle 13:48.5
- 33 Arif Khalik 9 De La Salle 15:43.8

Heat #2

- 1 Carl Dambkowski 11 Granada 9:20.6
- 2 Gillat Ghebray 11 James Logan 9:21.6
- 3 Nathan Brassmassery 12 Alameda 9:27.7
- 4 Stewart Harwell 11 De La Salle 9:29.7
- 5 Jason Oswalt 12 Amador Valley 9:38.3
- 6 Eric Roberts 11 Alhambra 9:44.0
- 7 Matt Owen 11 College Park 9:44.8
- 8 Robbie Boyle 12 Granada 9:45.2
- 9 Ian Mason 12 St. Joseph's Notre Dame 9:45.9
- 10 **Alex Cardosmanos 12 Castro Valley 9:55.6**
- 11 Matt Pearson 11 California 9:57.3
- 12 Walter Lezama 12 College Park 9:58.6
- 13 Kota Reichert 12 Alameda 9:59.1
- 14 Matt See 11 Amador Valley 9:59.6
- 15 Ryan McGinnis 12 Las Lomas 10:03.3
- 16 James Fortune 11 Oakland 10:03.8
- 17 Nicolas Bell 11 Alameda 10:04.6
- 18 Josh Babiak 12 Redwood 10:04.9
- 19 Kyle Monez 11 Amador Valley 10:07.0
- 20 Peyton McElyea 12 Pacific Grove 10:08.8
- 21 Yaji Reichert 10 Alameda 10:10.4
- 22 David Piekaeski 11 Amador Valley 10:12.4
- 23 Mike Sullivan 11 Piedmont 10:14.8
- 24 Luke Zahradnik 12 Redwood 10:17.1
- 25 Shawn Farr 11 College Park 10:17.7
- 26 Daniel Fisher 10 College Prep 10:19.3
- 27 ? De La Salle 10:19.8
- 28 Ronnie McCormick 11 Grace Davis (Modesto) 10:20.3
- 29 Eric Tedmus 11 College Park 10:21.2
- 30 ? De La Salle 10:23.2
- 31 Isaac Crawford 10 Grace Davis (Modesto) 10:24.2
- 32 Steven Cozza 10 Petaluma 10:27.9
- 33 Jeff Gehringer 11 Redwood 10:35.7
- 34 Nathan Cox 12 Piedmont 10:36.1
- 35 **Zane Welte 10:37.2**
- 36 Brian O'Grady 10 Petaluma 10:37.4
- 37 Kent Henry 9 College Park 10:37.4
- 38 Clint Keller 10 Livermore 10:38.6
- 39 Hoa Tran 10 Grace Davis (Modesto) 10:41.8
- 40 Nick Malik 12 Piedmont 10:46.9
- 42 Jeff Schrupp 11 Campolindo 10:52.4

Girls 800

Heat #2

- 1 Sarah West 10 Alhambra 2:40.8
- 2 Jeannette Richardson 9 College Park 2:42.7
- 3 **Jennifer O'Neill 10 Castro Valley 2:44.5**
- 4 Lani Wagner 12 St. Joseph's Notre Dame 2:46.5
- 5 Katrina Rich 9 Antioch 2:47.6
- 6 Kate O'Mara 9 Sir Francis Drake 2:49.8
- 7 Colleen Carlston 9 University 2:54.3
- 8 Antje Jennings 9 College Park 2:55.5
- 9 Becky Evans 9 San Leandro 2:56.0
- 10 **Helga Zambrano 9 Castro Valley 2:57.1**
- 11 Meredith Spencer 9 College Park 3:00.5
- 12 Miriam Campion 10 College Park 3:04.5
- 13 Nicole Shanahan 10 St. Mary's 3:07.9

Heat #3

- 1 Marie Jonas 9 Piedmont 2:31.1
- 2 Lindsey Lightsey 9 Alhambra 2:41.6
- 3 Christina Taylor 10 St. Mary's 2:46.1
- 4 Kristene Phillips 11 Las Lomas 2:46.6
- 5 Jennifer Lhost 9 California 2:46.8
- 6 Audra Allen 9 Petaluma 2:47.4

- 7 Marisa Pineda 9 Las Lomas 2:48.2
- 8 Amanda Baker 10 College Park 2:48.7
- 9 Zsahle Harivandi 10 Head Royce 2:51.5
- 10 **Samantha Bettinger 10 Castro Valley 2:54.2**
- 11 Amber Moore 10 St. Mary's 2:55.2
- 12 Brittany Brauch 10 Alhambra nt

Heat #4

- 1 Beth Dunn 9 Alhambra 2:30.6
- 2 Elise Heikenan 9 Piedmont 2:35.3
- 3 Renee Johnson 12 Sir Francis Drake 2:40.8
- 4 **Kelley Stewart 9 Castro Valley 2:41.3**
- 5 Kellie Stephens 10 Alhambra 2:41.7
- 6 Beth Nardi 11 Alhambra 2:42.1
- 7 Amanda Parsons 9 Antioch 2:44.0
- 8 Felicia Hindmarsh 9 Livermore 2:47.5
- 9 Emily Masamitsu 12 Livermore 2:47.9
- 10 Lindsay Ducos 9 St. Mary's 2:48.3
- 11 Kristina Alviz 10 College Park 2:51.2
- 12 Rachel Ochoa 10 James Logan 3:02.8

Heat #6

- 1 Wendy Furtado 11 Carondelet 2:31.9
- 2 Marie Engelhart 9 Carondelet 2:33.0
- 3 Sally Tracy 9 University 2:34.0
- 4 **Min Choi 10 Castro Valley 3:34.8**
- 5 Amanda Martinez 10 James Logan 2:35.2
- 6 Lacey Pettigrew 9 Alhambra 2:37.3
- 7 Beth Phillips 9 San Leandro 2:40.8
- 8 Annaliese Christman 10 California 2:41.1
- 9 Dina Neils 11 Antioch 2:41.8
- 10 Kristen Beesley 11 San Leandro 2:42.7
- 11 Ally Humann 10 Carondelet 2:46.4
- 12 Jessica Harless 9 Carondelet 2:46.9
- 13 Kim Meninga 9 San Leandro 2:48.3
- 14 Brianne Bergman 11 College Park 2:48.9

Heat #8

- 1 Beth Mork 11 Alhambra 2:24.8
- 2 Jennifer Steiner 9 Alameda 2:26.9
- 3 Anna Purcell 9 Bishop O'Dowd 2:27.1
- 4 Casey Ramirez 10 James Logan 2:28.5
- 5 Melissa Auril 10 James Logan 2:28.9
- 6 Dana Barbieri 10 Piedmont 2:29.2
- 7 Sarah Walker 12 Alameda 2:29.5
- 8 Kelly Coulter 10 Campolindo 2:29.8
- 9 Kim Hendricks 10 Amador Valley 2:30.0
- 10 Stephanie Byrne 11 Carondelet 2:30.0
- 11 **Brooke Katich 12 Castro Valley 2:32.0**
- 12 Jenna George 11 Carondelet 2:32.4
- 13 Carrie McCullough 11 Campolindo 2:32.8
- 14 Michelle Telfer 10 Carondelet 2:35.0

Girls 1600

Heat #1

- 1 Stacy Klotovich 10 Alhambra 6:19.6
- 2 Danielle Riccardi 9 St. Mary's 6:26.0
- 3 Kristen Scanlon 9 Carondelet 6:27.9
- 4 Alyssa Miller 10 Alhambra 6:29.2
- 5 Keely Hild 9 Alameda 6:29.7
- 6 Michelle Rissman 9 St. Mary's 6:31.1
- 7 Chloe Pinkerton 9 College Prep 6:35.2
- 8 Lynn Yasol 9 Oakland 6:38.2
- 9 Julia Tagliarini 9 Alameda 6:40.8
- 10 Lizzy Harris 11 Las Lomas 6:42.2
- 11 Lisa Aronovsky 9 Redwood 6:43.1
- 12 Jessica Lee 9 Alameda 6:43.8
- 13 Sylvi Cohn 11 College Prep 6:34.5
- 14 **Erin Fong 9 Castro Valley 6:45.0**
- 15 Jackie Tokos 10 Carondelet 6:49.8

Piedmont Distance Festival

16 Emily Brown 12 Alameda 6:57.4
17 Kathrine Tice 11 Las Lomas 7:06.5
18 Katie Sauer 10 Carondelet 8:04.7

Heat #2

1 Amanda Parsons 9 Antioch 5:58.4
2 Vera Ross 9 Campolindo 6:01.7
3 Katrina Rich 9 Antioch 6:04.5
4 Michelle Blanco 9 Campolindo 6:14.5
5 Jenn Magbitang 9 Carondelet 6:15.5
6 Helga Zambrano 9 Castro Valley 6:15.8
7 Shammara Vanterpool 9 College Park 6:16.5
8 Kara Scordelis 11 Carondelet 6:23.1
9 Kate Malone 10 Redwood 6:27.8
10 Ali Chesley 12 St. Mary's 6:29.1
11 Venisse Arroz 9 Carondelet 6:31.0
12 Lisa Cappelloni 11 Redwood 6:31.6
13 Kristie Summers 10 Livermore 6:31.9
14 Jenessa Lucia 9 Carondelet 6:40.4
15 Jenni Taylor 9 College Park 6:45.6
16 Mariecamille Evans 10 Campolindo 6:56.5
17 Darcy Salmi 12 Carondelet 7:02.2

Heat #3

1 Jennifer Fortney 12 Antioch 5:57.0
2 Kirsten Lundgren 11 College Prep 5:58.2
3 Maggie Coppini 12 Moreau Catholic 5:58.4
4 Jessica Hofferr 9 Acalanes 5:59.4
5 Molly Rankin 10 Campolindo 6:04.3
6 Lauren Koppell 11 Piedmont 6:11.2
7 Felicia Hindmarsh 9 Livermore 6:14.7
8 Samantha Suey 9 Castro Valley 6:15.1
9 Bernadette Casabonne 9 Campolindo 6:16.1
10 Katherine Casabonne 10 Campolindo 6:17.4
11 Rachel Mock 9 Carondelet 6:20.5
12 Jessica Wix 9 College Park 6:26.7
13 Kimi Komatsu 10 College Park 6:26.9
14 Kana Furukawa 12 Campolindo 6:27.2
15 Stephanie Teel 9 Castro Valley 6:28.1
16 Mary Doening 10 Sir Francis Drake 6:28.7
17 Becky Evans 9 San Leandro 6:31.6
18 Laura Schuler 10 Amador Valley 6:34.0

Heat #4

1 Dina Neils 11 Antioch 5:53.5
2 Beth Phillips 9 San Leandro 5:53.8
3 Emily Atwood 11 San Leandro 5:55.5
4 Kristen Boon-Nitoff 12 Castro Valley 5:59.6
5 Jessica Eshia 9 College Park 6:00.0
6 Stephanie Manos 10 Castro Valley 6:01.6
7 Diane Dunn 9 College Park 6:03.4
8 Molly Treadway 10 University 6:04.7
9 Patty Paik 10 College Park 6:08.0
10 Shannon Alter 9 Castro Valley 6:10.6
11 Grace Lee 11 Alameda 6:12.7
12 Jillian Zarits 9 Alameda 6:16.1
13 K.K. Norton 10 Carondelet 6:23.5
14 Lorey Panetta 10 Carondelet 6:40.1

Girls 3200

Heat #1

1 Laura Melendez 12 Granada 11:35.2
2 Bonnie Chalmers 10 Las Lomas 11:42.7
3 Erica Holland 9 College Park 11:44.3
4 Ashley Allen 11 College Park 11:44.9
5 Linzy Allen 9 College Park 12:09.7

6 Jacqui Vance-Geoffrion 10 Petaluma 12:16.3
7 Samantha Jones 10 Alhambra 12:19.2
8 Tanya Rosengren 9 Alhambra 12:19.6
9 Emily Powell 12 Bishop O'Dowd 12:20.1
10 Liz Noey 9 College Park 12:20.8
11 Kelsey Starn 10 Grace Davis (Modesto) 12:30.5
12 Adriana Hernandez 10 College Park 12:33.4
13 Erica Simpson 10 Piedmont 12:33.9
14 Caitlin Smith 11 St. Joseph's Notre Dame 12:44.0
15 Gina Tow 12 College Park 12:44.4
16 Marie Lindquist 9 Piedmont 12:49.7
17 Charlotte Helvestine 10 Redwood 12:57.0
18 Emily Merriman 12 Petaluma 12:59.3
19 Lauren Meyers 9 College Park 13:01.6
20 Shannon Alter 9 Castro Valley 13:08.3
21 Melissa Turner 10 Redwood 13:08.8
22 Kim Bette 11 Amador Valley 13:12.7
23 Liz Chiba 11 Campolindo 13:15.2
24 Maggie Coppini 12 Moreau Catholic 13:17.1
25 Kelsey Barale 11 Bishop O'Dowd 13:21.8
26 Betsy Sale 12 College Park 13:23.1
27 Vivian Rhone 10 James Logan 13:25.6
28 Suzy Dodge 12 Castro Valley 13:28.4
29 Adriana Ahumada 10 College Park 13:34.7
30 Kelley Stewart 9 Castro Valley 13:38.1
31 Kristie Summers 10 Livermore 13:40.1
32 Chloe Pinkerton 9 College Prep 13:42.9
33 Lindsay Innes 12 Redwood 14:15.8
34 Claire Chen 11 Bishop O'Dowd 14:51.7
35 Sylvi Cohn 11 College Prep 14:52.3

2001 Walnut Creek Relays

Saturday, March 18, 2001 Acalanes High School

Pentathlon

Megan Shaw

200 -- 32.9 100 HH -- 21.6 HJ -- 4-2 SP -- 28-6 800 -- 3:04.8 1606 pts. 2nd

Erin McCarthy

200 -- 31.4 100 HH -- 199.6 HJ -- 3-10 SP -- 23-2 800 -- 3:16.4 1579 pts 3rd

Ryan Parker

200 -- 24.9 110 HH -- 17.0 HJ -- 5-8 SP -- 26-6 1/4 800 -- 2:15.9 3358 pts. 2nd

Pole Vault Relay co-ed

Varsity "A"

Dan Groom 10-6, Chris Ashford 10-6, Erin McCarthy 8-6, Samantha Leach 7-0 4th

Varsity "B"

Tony Sanchez 9-0, Heather Clancy 6-6, Ashley Valett 7-0

Frosh-Soph

Brian Collard 7-0, Evan Hendrickson 7-6, Melody Jue 6-6, Roana Tirado 6-0 2nd

CV vs. San Lorenzo March 22, 2001

VARSITY BOYS CV 97, SLZ 39

4x100

- 1.CV "A" (Zamora, Apodaca, Griega, McGuigan) 45.0
- 2.SLZ (Boxdell, Hung, McGee, Pugh) 47.4
- 3.CV "B" (Chan, Vanderbilt, Albonico, Shirani) 49.6

1600

- 1.Alex Cardasmenos CV 4:42
- 2.Zane Welte CV 5:02
- 3.John Yano CV 5:03
- 4.William Muir SLZ 5:04
- 5.Oleg Zhoglo CV 5:53
- 6.Jason Janson CV 5:54

100 HH

- 1.F. Pugh SLZ 16.1
- 2.L. McGill SLZ 16.5
- 3.Joe Crane CV 16.9
- 4.Ryan Parker CV 17.5
- 5.Ryan Fomesbeck CV 18.3

400

- 1.Yuri Nosenko CV 51.7
- 2.N.Solis SLZ 51.7
- 3.R.Sheard CV 54.5
- 4.Joe Apodaca CV 54.9
- 5.L.McGill SLZ 56.4
- 6.N.Wesley SLZ 58.6

100

- 1.Geno McGuigan CV 11.5
- 2.Kevin Griego CV 11.7
- 3.Eric Zamora CV 11.9
- 4.Nestor Solis SLZ 11.9
- 5.Derek Boxdell SLZ 12.1
- 6.Mike DaSilva CV 12.1
- 7.Everett Chan CV 12.7

800

- 1.Chris Wong CV 2:10
- 2.William Muir SLZ 2:12
- 3.Reuban Sheard SLZ 2:13
- 4.Nam Huynh SLZ 2:16
- 5.Nathan Fernsten CV 2:18
- 6.Ben Draper CV 2:20

300 H

- 1.Ryan Parker CV 42.8
- 2.Joe Crane CV 44.7
- 3.Luther McGill CV 44.8
- 4.Fred Pugh SLZ 44.8
- 5.Ryan Fomesbeck CV 48.7

200

- 1.Geno McGuigan CV 23.6
- 2.Nestor Solis SLZ 23.9
- 3.Eric Zamora CV 24.3
- 4.Kevin Griego CV 24.4
- 5.Derek Boxdell SLZ 25.0
- 6.Wesley Neyon SLZ 26.3

3200

1. John Yano CV 11:10
2. Zane Welte CV 11:10
3. William Muir SLZ 11:38
4. Oleg Zhoglo CV 12:30
5. Jason Janson CV 13:34

4 x 400

1. SLZ "A" (McGill, Sheard, Boudell, Solis) 3:40.0
2. CV (Apodaca, Wong, Parker, Nosenko) 3:40.9
3. (Huynh, Pugh, Muir, Wesley) 3:56

SP

- 1.Nyeem Wesley SLZ 44-3
- 2.Kenny O'Keith CV 42-7
- 3.Neil Owen CV 38-3
- 4.Theron Goodrich SLZ 37-8
- 5.Melvin Murphy SLZ 36-1
- 6.Chris Traylor CV 36-5
- 7.Xavier Carrion CV 34-8
- 8.Jon Miller SLZ 32-11
- 9.Brad Rinker CV 30-5.9
- 10.Vince Reiss CV 29-0

Discus

- 1.Jon Miller SLZ 113-5
- 2.Josh Sawyer-Long CV 106-0
- 3.Neil Owen CV 105-10
- 4.Kenny O'Keith CV 104-1
- 5.Melvin Murphy SLZ 101-5
- 6.Vince Reiss CV 94-2

- 7.Chris Traylor CV 86-7
- 8.Xavier Carrion CV 85-1

PV

- 1.Nick Simmons CV 12-0
- 2.Dan Groom CV 11-0
- 3.Matt West CV 9-6
- 4.Anthony Morgan CV nh

HJ

1. Ryan Paarker CV 5-6
2. Bobby Nezami CV 5-4
3. Matt West CV 5-4
4. Rueben Sheard SLZ 5-4
5. Jermaine McGhee SLZ 5-2
6. Kevin Griego CV 5-0
7. Anthony Morgan CV n.h.

LJ

1. Mike DeSilva CV 20-1
2. Carson Barnes CV 17-10
3. Bobby Nezami CV 17-9
4. Jermaine McGhee SLZ 17-7
5. N. Wesley SLZ 17-4
6. Mike Vanderbilt CV 17-3
7. Josh Randolph SLZ 16-10

TJ

1. Mike DeSilva CV 42-5
2. Jermaine McGhee SLZ 36-10
3. Mike Vanderbilt CV 34-0

VARSITY GIRLS CV 82, SLZ 49

4x100

- 1.CV (Arterburn, Britt, Medrano, Slader) 55.0 DQ
- SLZ no team

1600

- 1.Zinzi Evans SLZ 5:33
- 2.Courtney Stewart CV 6:04
- 3.Kristen Boon Nitoff CV 6:08
- 4.Kara Hardy SLZ 6:28
- 5.Suzi Dodge CV 6:33

100 HH

1. Heather Schmidt CV 19.0
2. Kelley Stewart CV 19.2
3. Erin McCarthy CV 19.2
4. Laura Dabel CV 19.4
5. Cyrina Ligh CV 19.5
6. R. Chow CV 20.8
7. N. Babu CV 23.5

400

- 1.Amanda Medrano CV 59.6
- 2.Zinzi Evans SLZ 1:00.9
- 3.Crystal Pugh SLZ 1:06.1
- 4.Min Choi CV 1:06.4
- 5.Brittany Knapp CV 1:11.1
- 6.Rachyl Ligh SLZ 1:22.7

100

- 1.Rasheevah Smith SLZ 13.9
- 2.Kiersten Slader CV 14.4
- 3.Brittany Arterburn CV 14.5

800

- 1.Zinzi Evans SLZ 2:30
- 2.Colleen McGrellis CV 2:35
- 3.Brooke Katlich CV 2:42
- 4.Kristen Boon Nitoff CV 2:51

300H

- 1.Laura Dabel CV 54.3
- 2.Heather Schmidt CV 56.1
- 3.Rid Chow CV 56.3
- 4.Neela Babu CV 1:05.4

200

- 1.Crystal Pugh SLZ 29.0
- 2.Rasheevah Smith SLZ 29.3
- 3.Min Choi CV 29.8
- 4.Colleen McGrellis CV 31.4
- 5.Brittany Arterburn CV 31.9

3200

1. Zinzi Evans SLZ 12:42
2. Stephanie Manos CV 13:13
3. Brooke Katlich CV 13:25
4. Shannon Alter CV 13:45
5. Courtney Stewart CV 13:57
6. Suzi Dodge CV 14:24

4 x 400

1. CV (Chow, Dabel, Choi, Medrano) 4:43

SLZ no team

HJ

- 1.Heather Mellon CV 4-6
- 2.Heather Clancy CV 4-4
- 2.Kirsten Slader CV 4-4
- 2.Stephanie Manos CV 4-4
- 5.Danielle Moore CV nh

PV

- 1.Erin McCarthy CV 8-6
- 2.Samantha Leach CV 7-0
- 3.Heather Clancy CV 6-6

Discus

- 1.Megan Shaw CV 77-10.5
- 2.Cymone Bettis SLZ 69-0
- 3.Heather Clancy CV 65-5
- 4.Danielle Moore CV 63-10
- 5.Ashlee Corbin SLZ 63-4
- 6.Natalie Howe CV 59-5

SP

- 1.Megan Shaw CV 29-4
- 2.Ashlee Corbin SLZ 27-8
- 3.Cymone Bettis SLZ 25-1
- 4.Natalie Howe CV 24-3

LJ

- 1.Crystal Pugh SLZ 15-6
- 2.Kiersten Slader CV 15-1
- 3.Brittany Arterburn CV 13-9
- 4.Addie Bigham CV 13-5

TJ

- 1.Crystal Pugh SLZ 32-7
- 2.Erin McCarthy CV 28-1
- 3.Addie Bigham CV 24-7
- 4.Danielle Moore CV 24-0
- 5.Kiersten Slader CV 23-8

FROSH-SOPH BOYS CV 91, SLZ 44

4x100

- 1.CV "A" (Wagner, Hicken, Jones, Chu) 49.1
- 2.SLZ "A" (Tran, Brandon B. Blake, Paul) 50.1
- 3.CV "B" (Tolentino, Ng, Ratto, Pichetti) 51.3
- 4.CV "throwers" (Traylor, Neil, O'Keith, Nezami) 52.7

1600

- 1.TJ Miller CV 5:16
- 2.Tony Tran SLZ 5:28
- 3.Jason Boxdell SLZ 5:30
- 4.Kevin Shinkani CV 5:32
- 5.Marvin Zamora CV 5:33
- 6.Jason Ribeira CV 5:38
- 7.Thomas Bickham SLZ 6:13

100 HH

- 1.Jim Leng CV 18.1
- 2.Chris Kong CV 19.3
- 3.Carol Stanley CV 19.3
- 4.T. Royal SLZ 19.4
- 5.Ryan Stohr CV 22.9
- 6.William Seals CV 23.1

400

- 1.Paul Graham SLZ 55.0
- 2.Rance Jones CV 57.3
- 3.Blake Garrett SLZ 59.1
- 4.Jason Boxdell SLZ 1:02.8

100

- 1.Jonathan Hicken CV 12.9
- 2.Jonathan Chu CV 13.0
- 3.Eddie Wagner CV 13.1
- 4.Emmanuel Tolentino CV 13.2
- 5.Robert Ratto CV 13.5
- 6.Jason Boxdell CV 13.5
- 7.Ben Ng CV 13.8
- 8.Brandon Birks SLZ 14.3
- 9.Matt Kemer Vannoy 15.1

800

- 1.Blake Garrett SLZ 2:19
- 2.TJ Miller CV 2:23
- 3.Tony Tran SLZ 2:30
- 4.Marvin Zamora CV 2:31
- 5.Taron Royal SLZ 2:31
- 6.Thomas Bickham SLZ 2:50

300 H

- 1.Chris Kong CV 42.3
- 2.Jim Leng CV 50.5

- 3.Taron Royal SLZ 50.6
- 4.William Seals CV 56.8
- 5.Dan Callen CV 57.8
- 6.Kyle Hughes CV 60.2

200

- 1.Paul Graham SLZ 24.9
- 2.Jonathan Hicken CV 26.3
- 3.Eddie Wagner CV 27.3
- 4.Ben Ng CV 29.0
- 5.Jonathan Chu CV 29.4
- 6.Matt Vannoy 33.9

3200

- 1.T.J. Miller CV 11:37
2. Mike Cannon SLZ 12:36
3. Jason Ribeira CV 12:53
4. Thomas Bickham SLZ 13:53

4 x 400

1. CV (Leng, Hicken, Jones, Pichetti) 4:02
2. SLZ (Garrett, Tran, Boxdell, Cannon) 4:05 4:05

PV

- 1.Kevin Shinkani CV 8-0
- 2.Bryan Collard CV 7-6
- 3.Evan Hendrickson CV nh

SP

- 1.Casey Scott CV 37-2
- 2.John Vind SLZ 35-10
- 3.Emmanuel Tolentino CV 34-6
- 4.Walter Chui CV 28-10
- 5.John Pichetti CV 28-8
- 6.Vincent Wu CV 27-0
- 7.Jon Olsen CV 25-11
- 8.Houston Lillard SLZ 24-6

HJ

- 1.Paul Graham SLZ 5-4
- 2.Carl Severson CV 5-2
- 3.Ryan Stohr CV 5-2
- 4.John Pichetti CV 5-0
- 5.Kyle Hughes CV nh
- 5.Jon Olsen CV nh

Discus

- 1.John Vind SLZ 90-5
- 2.Vincent Wu CV 72-1
- 3.Jon Olsen CV 61-6
- 4.Houston Lillard SLZ 60-11
- 5.Walter Chui CV 60-0
- 6.Emmanuel Tolentino CV 59-10
- 7.Casey Scott CV 58-1

TJ

- 1.Mike Cannon SLZ 34-3
- 2.Chris Kong CV 33-2
- 3.Carl Severson CV 32-7
- 4.Kerry Scott-Kaufman CV 32-4
- 5.Kyle Hughes CV 29-7
- 6.Aaron Albonico CV 28-7
- 7.Jon Olsen CV 28-2
- 8.William Seals CV 27-7
- 9.Dan Callen CV 27-0

LJ

- 1.Kerry Scott-Kaufman CV 16-5
- 2.Jim Leng CV 16-5
- 3.Mike Cannon SLZ 16-0
- 4.Chris Kong CV 15-11
- 5.Eddie Wagner CV 15-8
- 6.Ryan Stohr CV 15-4
- 7.Carl Severson CV 15-4
- 8.Carl Stanley CV 14-10
- 9.Dan Callen CV 14-0
- 10.Aaron Albonico CV 13-10
- 11.Kyle Hughes CV 13-4
- 12.William Seals CV 13-3
13. Nick Morozovsky CV 13-5

FROSH-SOPH GIRLS CV 119, SLZ 11

4x100

- 1.CV "A" (Oliver, Lee, Haworth, Medrano) 57.3
- 2.CV "B" (Linda, Bieda, Davis, Westling) 59.6

1600

- 1.Samantha Suey CV 6:21
- 2.Stephanie Teel CV 6:35
- 3.Helga Zambrano CV 6:36
- 4.Samantha Bettinger CV 6:48
- 5.Erin Fong CV 6:49
- 6.Stephanie Solis SLZ 6:57

100HH

- 1.Regina Warren CV 20.2
- 2.R.Tirado CV 21.4
- no third

400

- 1.Rebecca Medrano CV 1:07
- 2.M.Bickham SLZ 1:08
- 3.N.Westling CV 1:11.2
- 4.Tisha Davis CV 1:11.5
- 5.T.Bandy SLZ 1:17.3
- 6.T. Johnson SLZ 1:34.8

100

- 1.Joyce Lee CV 14.5
- 2.Natalie Oliver CV 14.6
- 3.Kate Haworth CV 14.8
- 4.Bandy Tara SLZ 14.9
- 5.Shalica Adams SLZ 15.0
- 6.Valerie Yu CV 15.8
- 7.Erika Gutierrez CV 17.7
- 8.Tyne Johnson SLZ 19.5

800

- 1.Helga Zambrano CV 3:01
- 2.Sam Bettinger CV 3:04
- 3.Erin Fong CV 3:05
- 4.Michi Bickham SLZ 3:05
- 5.Stephanie Solis SLZ 3:14
- 6.Kwai Philpott Vannoy 3:34

300H

- 1.Regina Warren CV 58.4
- 2.Roana Tirado CV 59.1
- no third

200

- 1.Joyce Lee CV 30.0
- 2.Natalie Oliver CV 30.1
- 3.Tara Bandy SLZ 31.5
- 4.Tyne Johnson SLZ 32.3
- 5.Nicole Westling CV 32.4
- 6.Kate Haworth CV 32.9

3200

1. Stephanie Teel CV 13:56
2. Samantha Suey CV 14:02
3. Michi Bickham SLZ 16:09
4. Stephanie Solis SLZ 16:09

4 x 400

1. CV (Oliver, Lee, Medrano, Davis) 4:52
- SLZ no team

HJ

- 1.Jessie White CV 4-2
- 2.Lyndsey Silva CV 4-2
- 3.Regina Warren CV 3-8
- Melody Jue CV nh

Discus

- 1.Jessica Passadore CV 65-3
- 2.Lyndsey Silva CV 64-9
- 3.Erin Cardasmenos CV 51-5
- 4.Stephanie Simpson CV 48-8
- 5.Sparkle Ingram SLZ 41-0
- 6.Dasha Gordeychev CV 33-10

PV

- 1.Ashlee Valett CV 6-6
- Melody Jue CV nh
- no third

SP

- 1.Stephanie Simpson CV 26-5
- 2.Erin Cardasmenos CV 24-9
- 3.Jessica Passadore CV 22-11
- 4.Lyndsey Silva CV 22-2
- 5.Sparkle Ingram SLZ 18-3
- 6.Dasha Gordeychev CV 15-3

LJ

- 1.Michi Bickham SLZ 13-8.5
- 2.Jessie White CV 13-4.5
- 3.Tara Bandy SLZ 12-9
- 4.Valerie Yu CV 12-2
- 5.Melody Jue CV 11-1
- 6.Dana Linda CV 11-0
- 7.Victoria Ignatchuk CV 10-0
- 8.Erika Gutierrez CV 8-9

TJ

- 1.Jessie White CV 28-7
- 2.Dana Linda CV 26-0
- 3.Valerie Yu CV 25-2
- 4.Victoria Ignatchuk CV 21-3
- 5.Melody Jue CV 20-9

Cougar Relays

Newark-Memorial High School Saturday, March 24, 2001

GFS Distance Medley

A Squad
Shannon 81 95 92 4:28
Rebecca 66
Kelley 75 79 2:34
Sam Suey 84 94 97 90 6:05
4th 14:13

B Squad
Sam Bettinger 82 99 100 4:41
Brittany 66
Helga 83 93 2:56
Stephanie 87 95 100 96 6:28
5th 15:11

BFS Distance Medley

John 66.9 76.2 74.0 3:37.1
Wagner 58.9
TJ 68.5 66.9 2:15.2
ZANE 63.7 76.6 79.8 76.0 4:55.9 3rd
11:46.0

BV 4 x HH

Fonnesbeck, Crane, West, Parker 40.15
4th

GFS 4 x HH

Dobel 19.7
Stewart 18.6
McCarthy 20.4
Knapp 19.1
2nd 1:17.96 School Record

GFS 4 x 100

Oliver, Medrano, Haworth, Westling
2nd in Heat 2: 55.0 3rd overall
BFS 4 x 100
Tolentino, Hicken, Wagner, Chu
5th Heat 2 49.3

BFS TJ

Bill Seals 32-1

GFS PV

Erin McCarthy 8-6 1st

GFS 3000

Heat 1
Shannon Alter 56 95 97 92 5:43.6 11th
HEat 2
Samatha Suey 65 85 98 94 5:52.5 7th
Helga Zambrano 68 85 99 96 5:55.9
9th
Stephanie Fong 66 85 101 101.9 6:02.9 13
Erin Fong 67 91 108 98 6:14.0 18th

GV 1500

Courtney 55.1 83.4 88.2 82 5:14.0 3rd
Kristen 58.1 88.8 98.7 98.7 90 5:30.9
5th

BFS 1500

HEat 1
Zane 51 73 79 72 4:35 4th
John Yano 52 78 79 73 4:42
TJ Miller 51 80 84 79 4:55 9th
Heat 2
Marvin Zamora 47 92 86 83 4:58 5TH
Heat 3
Jason Ribeira 46 81 93 86 5:07.5 10th

BV 1500

Heat 1
Alex 49 66 68 70 4:15 7th
Heat 2
Nathan Fernsten 50 78 77 72 4:37.8 4th

GFS 100

Kate Haworth 14.12 4th Heat 3
Nataliw Oliver 14.28 6th Heat 3

BFS 100

Heat 1
Emmanuel Tolentino 12.8 3rdd
Heat 4
John Hicken 12.2 2nd
HEat 5
Jon Chu 12.8 5th

BV 100

Heat 1
Ryan Albonico 12.5 6th

GFS HJ

Jessie White 4-2 6th
Lindsay Silva 4-0

GV HJ

Heather Clancy 4-2

GV Discus

Heather Clancy 65-4

GFS 400

Heat 2
Tisha Davis 69.9 3rd
Nicole Westling 71.4 6th

GFS Discus

Stephanie Simpson 57-10

BV Sp

Neil Owen 39-6
Vincent Reiss 30-4

BFS HJ

John Picetti 5-2

BV 400

HEAt 1
Chris Wong 1st 53.7
Heat 2
Yuri Nosenko 1st 51.06
Joe Apodaca 5th 53.8

GFS 300 IH

Kelley Stewart 1st 51.4
Laura Dobel 2nd 53.5
Brittany Knapp 3rd 53.6

BFS 300 IH

Heat 1
Bill Seasl

BV 300 IH

Heat 1 Ryan Parker 42.35 1st, 7th overall

BFS 300 IH

Bill Seals 52.5 6th in Heat 1

GFS 4 x 200

Heat 2
Westling 31.5
Oliver 29.7
Medrano 29.2
Davis 31.0 2:01.3 3rd

BFS 4 x 200

Wagner, Hicken, Chu, Picetti 1:44.6 4th in
Heat 2

GFS Shot Put

Erin Cardiasmenos 23-4
Stephanie Simpson 26-9 5th

BV 3000

Alex Cardiasmenos 35 76 72 74 73.9
75.8 76.2 70.1 9:14.0 3rd
Jason Jansen 11:46.6

GV Distance Medley

Courtney Stewart 4:04.8
Brooke Katich 67.7
Stephanie Manos 2:50.0
Kristen Boon-Nitoff 6:03.5 14:07.5 2nd

GFS 4 x 400

Tisha Davis 71.7
Natalie Oliver 70.3
Rebecca Medrano 68.2
Brittany Knapp 71.7 4:41.7 3rd

CV vs. San Leandro Thursday March 30, 2001

Score:

GFS:	CV 119,	SL 0
BFS:	CV 94,	SL 40
GV:	CV 99,	SL 36
BV:	CV 85,	SL 51

4 x 100

GFS:
1. CV "A" (Oliver, Lee, Howarth, Medrano) 56.5
2. CV "B" (Linda, Bieda, Westling, Davis) 59.2
BFS:
1. CV (Tolentino, Hicken, Jones, Chu) 49.6
GV:
1. CV (Arlebaun, Goodspeed, Medrano, Choi) 54.9
2. SL (Pagano, Abdur-Raheem, Holloman, Hueyayer) 55.4
BV:
1. CV (Ramora, Apodaca, Griego, McGuigan) 45.1
2. SL (Bullock, Harris, Chetam, Nicholas) 45.2

1600

GFS:
1. Samantha Suey (CV) 6:12
2. Melga Zambano (CV) 6:31
3. Erin Fong (CV) 6:33
4. Rebecca Evans (SL) 6:38
5. Jenny O'neil (CV) 7:09
BFS:
1. John Yano (CV) 4:56
2. Nick Sigman (SL) 5:00
3. TJ Miller (CV) 5:08
4. Alex Munguia (SL) 5:10
5. Jeff Ribiera (CV) 5:29
6. Kevin Shintani (CV) 5:35
7. Jason Ribiera (CV) 5:37
GV:
1. Courtney Stewart (CV) 5:34
2. Jill Owyang (SL) 5:45
3. Emily Atwood (SL) 5:52
4. Kristen Boon Nitoff (CV) 5:57
5. Brooke Katich (CV) 6:10
6. Suzy Dodge (CV) 7:09
BV:
1. Luke Sigman (SL) 4:36
2. Alex Cardiasmenos (CV) 4:42
3. Steven Reynold (SL) 5:06
4. Oleg Zhoglo (CV) 5:48
5. Jason Janson (CV) 6:07

HH

GFS:
1. Regina Warren (CV) 20.2
2. Christina Robinson (CV) 21.1
3. Roana Tirado (CV) 22.2
BFS:
1. Jim Leng (CV) 18.8
2. Chris Kong (CV) 18.9
3. Carl Stanley (CV) 19.2
4. Ryan Stohr (CV) 21.6
5. William Seals (CV) 22.9
GV:
(HEAT 1)
1. Heather Schmidt (CV) 18.5
2. Kelly Stewart (CV) 18.5
3. Laura Dobeil (CV) 18.7
4. Erin Mc Carthy (CV) 19.3
5. Cyrina Ligh (CV) 21.1
6. Angela Thompson (SL) 21.3
(HEAT 2)
1. Rida Chow (CV) 21.4
2. Neela Babu (CV) 22.4
BV:
1. Keith Bullock (CV) 16.4
2. Joel Crane (CV) 16.6
3. Junior Faeteete (SL) 18.2
4. Ryan Fonnesbeck (CV) 18.3

400

GFS:
1. R. Medrano (CV) 1:08
no second
no third
BFS:
1. Rance Jones (CV) 57.8
2. Dominic Lucchesi (SL) 59.9
no third
GV:
1. Kelley Stewart (CV) 63.9
2. R Chow (CV) 66.7
3. MinChoi (CV) 68.78
4. Huey Ayer (SL) 69.4
5. J Nichols (SL) 74.5
6. M MOY (SL) 75.6

7. J Cole (SL) 80.3

BV:
1. Jonathan Rice (SL) 52.01
2. Yuri Nosenko (CV) 53.0
3. Royce Nicholas (SL) 53.2
4. Joe Apodaca (CV) 54.5
5. Steven Stratford (SL) 55.0
6. Chris Wang (CV) 55.4
7. Matt Fong (SL) 58.2

100

GFS:
1. Lee Joyce (CV) 13.4
2. Kate Haworth (CV) 14.0
3. Natalie Oliver (CV) 14.2
4. NICOLE Westling (CV) 15.0
5. Erica Gutierrez (CV) 16.7
BFS:
1. Eugene Anderson (CV) 12.7
2. John Hicken (CV) 12.9
3. Jonathan Cha (CV) 12.9
4. Emmanuel Tolentino (CV) 13.2
5. Robert Ratto (CV) 13.2
6. JR Palega (SL) 13.4
GV:
1. Goodspeed M (CV) 13.6
2. Abdur-Raham S (SL) 14.1
3. Holloman T (SL) 14.1
4. Britany Arla burn (CV) 14.4
BV:
1. Geno McGuigan (CV) 11.4
2. Sam Cheatham (SL) 11.4
3. Kevin Griego (CV) 11.6
4. Marguette (SL) 11.6
5. Eric Zamora (CV) 11.7
6. Mike Desilva (CV) 11.7
7. Everett Chan (CV) 12.6

800

GFS:
1. Samantha Suey (CV) 2.48
2. Samantha Bettinger (CV) 2.53
3. Jenny O'neil (CV) 3.01
4. Erin Fong (CV) 3.02
5. Rebecca Evans (SL) 3.07
BFS:
1. TJ Miller (CV) 2.23
2. Marvin Zamora (CV) 2.28
no third
GV:
1. Jill Owyang (SL) 2.38
2. Brooke Katich (CV) 2.44
3. Kristen Boon Nitoff (CV) 2.45
4. Claudia Salazar (SL) 3.17
BV:
1. Chris Wong (CV) 2.05
2. Efeson Yosief (SL) 2.06
3. Aaron Gong (SL) 2.09
4. Ben Cannon (SL) 2.07
5. Evan Cadoo (SL) 2.15
6. Nathan Fernsten (CV) 2.16

300H

GFS:
1. Regina arren (CV) 55.97
2. Christina Robinson (CV) 59.04
3. Roana Tirado (SL) 62.53
4. Danielle lacey (CV) 63.6
BFS:
1. Chris Kong (CV) 46.2
2. Jim Leng (CV) 46.47
3. William Seals (CV) 58.62
4. Kyle Hughes (CV) 59.75
GV: 1. Kelley Stewart (CV) 50.15
1. Laura Dobeil (CV) 52.84
2. Heather Schmidt (CV) 55.25
3. Rida Chow (CV) 57.43
4. Neela Babu (CV) 64.45
BV:
1. Ryan Parker (CV) 42.41
2. Justin Edwards (SL) 43.18
3. Keith Bullock (SL) 44.41
4. Joel Crane (CV) 45.05
5. Ryan Fonnesbeck (CV) 49.27

200

GFS:
1. Joyce Lee (CV) 29.3
2. Rebecca Medrano (CV) 29.6
3. Natalie Oliver (CV) 29.9
4. Nicole Westling (CV) 30.9
5. Tisha Davis (CV) 31.4
6. Kate Haworth (CV) 31.4
BFS:
1. Dominic Lucchesi (SL) 25.1
2. Eugene Anderson (SL) 25.4
3. Jonathan Hicken (CV) 25.9
4. Jonathan Chu (CV) 26.9
GV:

1. Simone Pagano (SL) 28.4
2. Marsha Goodspeed (CV) 29.3
3. Sherina Abdur-Raheem (SL) 29.4
4. Min Choi (CV) 29.6
5. Jtasha Holloman (SL) 30.7
6. Janelle Nicholas (SL) 31.4
7. Michelle May (SL) 31.8
8. Joanne Cole (SL) 33.2
BV:
1. Gino McGuigan (CV) 23.3
2. Jonathan Rice (SL) 23.3
3. Kevin Griego (CV) 23.4
4. Sam Cheatham (SL) 24.0
5. Marquett Harris (SL) 24.0
6. Eric Zamora (CV) 24.0

3200

GFS:
1. Helga Zambranko (CV) 14:29
no second
no third
BFS:
1. John Yano (CV) 10:59
2. Nick Sigman (SL) 11:07
3. Alex Munguia (SL) 11:33
4. Jason Ribiera (CV) 12:12
5. Marvin Zamora (CV) 12:45
GV:
1. Courtney Stewart (CV) 11:59
2. Beth Phillips (SL) 12:23
3. Shannon Alter (CV) 13:23
4. Suzy Dodge (CV) 14:15
BV:
1. Efeson Yosief (SL) 9:57
2. Alex Cardiasmenos (CV) 10:01
3. Luke Sigman (SL) 10:03
4. Chris Quillen (SL) 10:39
5. Zane Welte (CV) 10:39
6. Brian Reynolds (SL) 10:58
7. Ben Draper (CV) 11:55
8. Oleg Zhoglo (CV) 12:59
9. Jason Jensen (CV) 13:23

4x400

GFS:
1. CV (Lee, Oliver, MMedrano, Davis) 4:39
BFS:
1. CV (Leng, Hicken, Miller, Jones) 4:10
GV:
1. CV (Chow, K. Stewart, Dobeil, Choi) 4:31
2. SL "A" (Pagano, Huey-Ayer, Owyang, May) 4:48
3. SL "B" (Abdur-Raheem, Atwood, Nicholas, Taisha) 5:05
BV:
1. SL (Gong, Cannon, Cheatham, Rice) 3.48

HJ

GFS:
1. Jessie White (CV) 4-4
2. Brenda Donat (CV) 4-2
3. Lindsey Silva (CV) 4-0
BFS:
1. Nicora Dominil (CV) 5-2
2. Ryan Stohr (CV) 5-2
3. Carl Severson (CV) 5-0
4. Kyle Hughes (CV) 5-0
GV:
1. Kiersten Slader (CV) 4-6
2. Heather Mellon (CV) 4-4
3. Emily Atwood (SL) 4-0
BV:
1. Bobby Nezami (CV) 5-8
2. Matt West (CV) 5-6
3. Carson Barnes (CV) 5-6
4. Ryan Parker (CV) 5-6
5. Keith Bullock (SL) 5-6
6. Jason Quan (SL) 5-4
7. Lionel Boston (SL) 5-4
8. Junior Faeteete (SL) 5-2
9. Kevin Griego (CV) 5-0
10. Anthony Morgan (CV) nh

LJ

GFS:
1. Jessie White (CV) 13-0
2. Dana Linda (CV) 12-4
3. Valerie Yu (CV) 12-3
4. Melody Jue (CV) 10-4
5. Erika Gutierrez (CV) 8-4
BFS:
1. Dominic Nicora (CV) 16-11
2. Chris Kong (CV) 16-9
3. Kerry Scott Kaufman (CV) 16-7
4. Rance Jones (CV) 16-6
5. Carl Stanley (CV) 16-6

6. Ryan Stohr (CV) 15-4
7. William Seals (CV) 14-2
8. Dan Callen (CV) 14-2
9. Nick Morozovsky (CV) 13-8
10. Robert Ratto (CV) 13-5
11. Kyle Hughes (CV) 12-2
GV:
1. Kiersten Slader (CV) 16-0
2. Brittney Arterburn (CV) 13-8
3. Simone Pagano (SL) 13-7
4. Addie Bigham (CV) 13-4
5. Angela Thompson (SL) 11-9
BV:
1. Mike DeSilva (CV) 20-7
2. Carson Barnes (CV) 19-4
3. Geno McGuigan (CV) 19-4
4. Steven Stafford (SL) 18-6
5. Junior Faeteete (SL) 18-6
6. Bobby Nezami (CV) 17-7
7. Justin Edwards (SL) 17-7
8. Mike Vanderbilt (CV) 17-1
9. Lionel Boston (SL) 13-10

TJ

GFS:
1. Jessie White (CV) 28-4
2. Dana Linda (CV) 25-6
3. Valerie Yu (CV) 25-5
4. Melody Jue (CV) 21-5
BFS:
1. Chris Kong (CV) 34-4
2. Kerry Kaufman (CV) 33-8
3. Carl Stanley (CV) 31-8
4. Nick Morozovsky (CV)
5. William Seals (CV) 29-8
6. John Olsen (CV) 28-9
7. Dan Callen (CV) 27-6
8. Kyle Hughes (CV) 27-2
GV:
1. Kiersten Slader (CV) 31-0
2. Erin McCarthy (CV) 28-0
3. Cyrina Ligh (CV) 24-9
4. Danielle Moore (CV) 24-1
BV:
1. Mike DeSilva (CV) 40-10
2. Marquett Harris (SL) 38-10
3. Steven Stafford (SL) 37-6
4. Mike Vanderbilt (CV) 37-0
5. Jason Quan (SL) 36-4

SP

GFS:
1. Jessica Passadore (CV) 25-8
2. Stephanie Simpson (CV) 25-2
3. Erin Cardiasmenos (CV) 23-5
4. Lyndsay Silva (CV) 23-5
5. Jenna Ramirez (SL) 22-6
BFS:
1. Peter Burger 36-3
2. Chris Hurts 34-6
3. Robert Krieger (SL) 33-5
4. Emmanuel Tolentino (CV) 33-1
5. David Robbins (SL) 32-1
6. Jason Greene (SL) 29-8
7. Mike Rivera (SL) 25-11
8. Walter Chni (CV) 28-7
9. Jon Olsen (CV) 26-2
10. Vincent Wu (CV) 26-2
GV:
1. Lani Tuitavuki (SL) 29-4
2. Megan Shaw (CV) 27-9
3. Yvonne Rios (SL) 25-9
4. Natalie Howe (CV) 24-6
5. Danielle Mooka (CV) 20-9
BV:
1. Kenney O'Keith (CV) 40-9
2. Mike Draski (SL) 40-61
3. Neil Owen (CV) 39-9.5
4. Joel Brown (SL) 37-0
5. Cris Traylor (I) 36-6
6. Josh Dmaski (SL) 35-9.5
7. Alex Baker (CV) 33.5
8. Xavier Carrion (CV) 33-0
9. Joshun Jackson (SL) 32-0
10. Vince Reiss (CV) 31-6
11. Brad Rinker (CV) 31-4
12. Albert Urbina (SL) 31-11
13. Francis Lopez (SL) 27-2

Discus

GFS:
1. Jessica Passadore (CV) 73-2
2. Stephanie Simpson (CV) 64-1
3. Erin Cardiasmenos (CV) 61-11
4. Lyndsay Silva (CV) 60-0
5. Jenna Ramirez (SL) 46-9
BFS:
1. David Robbins (SL) 90-7
2. Peter Burges (SL) 89-6

3. Emanuel Tolentino (CV) 87-9
4. Robert Krieger (SL) 82-6
5. Chris Hurts (SL) 78-10
6. Jason Greene (SL) 75-10
7. Vincent Wu (CV) 68-5
8. Walter Chu (CV) 62-4
9. Jon Olsen (CV) 60-1
10. Mike Rivera (CV) 56-7
GV:
1. Lani Tuitavuki (SL) 108-7
2. Megan Shaw (CV) 84-5
3. Yvonne Rios (SL) 83-3
4. Natalie Howe (CV) 53-8
BV:
1. Joel Brown (SL) 118-6
2. Kenn o'Keith (CV) 115-9
3. Evan Cadoo (SL) 114-4
4. Josh Dmaski (SL) 104-8
5. Josh Sawyerlong (CV) 104-8
6. Albert Urbina (SL) 102-8
7. Neil Owen (CV) 100-8
8. Mike Dmaski (SL) 100-6
9. Alex Becker (CV) 97-1
10. Xavier Carrion (CV) 91-11
11. Vince Reiss (CV) 91-1
12. Francis Lopez 90-1
13. Brad Rinker (CV) 54-0

PV

GFS:
Melody Jue (CV) NH
no other vaulters
BFS:
1. Tony Sanchez (CV) 8-6
2. Kevin Shintani (CV) 8-0
3. Bryan Colard (CV) 7-0
GV:
1. Erin Mc Carthy (CV) 9-6
2. Samantha Leach (CV) 6-6
no third
BV:
1. Nick Simons (CV) 11-6
2. Dan Groom (CV) 11-0
3. Matt West (CV) 10-6
4. Kevin Smaltman (SL) 9-0
5. Nate Price (SL) 8-6

Martinez Relays

Alhambra High School Saturday March 31, 2001

BV 4 x 1600

Nate Fernsten 5:21.1
Ben Draper 5:28.5
Jeff Ribeira 5:27.6
Jason Ribeira 5:29.0 21:46.2 11th

BV 4 x HH

Ryan Parker, Jim Leng, Ryan Fannesbeck, Joey Crane 1:08.3 2nd

GFS 4 x HH

Roana Tirado, Christina Robinson, Laura Dobel, Gina Warren
1:23.8 3rd

GFS 4 x 100

Kate Haworth, Kiersten Slader, Joyce Lee, Nate Oliver 54.9 5th

BFS 4 x 100

Emmanuel Tolentino, John Hicken, Jon Chu, Rance Jones 49.0
15th

BV 4 x 100

Mike DeSilva, Joe Apodaca, Kevin Griego, Geno McGuigan 44.8
7th

BFS 4 x 800

John Yano 2:17.6
TJ Miller 2:16.6
Marvin Zamora 2:21.3
Zane Welte 2:12.8 9:08.3 4th

GV 4 x 800 "A"

Colleen McGrelis 2:30.2
Amanda Medrano 2:19.2
Kristen Boon-Nitoff 2:39.5
Courtney Stewart 2:29.1 9:57.4 1st

GV 4 x 800 "B"

Helga Zambrano 2:42
Suzy Dodge 3:01
Erin Fong 3:00
Samantha Suey 2:48 11:29 12th

GFS Sprint Medley

Joyce Lee, Kie Haworth, Nicole Westling, Natalie Oliver 2:04.6 6th

BFS Sprint Medley

Emmanuel Tolentino, John Hicken, Jon Chu, Rance Jones 1:46.7
16th

BV Sprint Medley

Mike DeSilva, Kevin Griego, Geno McGuigan, Joey Apodaca
1:38.7 5th

GFS Distance Medley

Shannon Alter	84.6	91.1	88.4	--	4:24.4
Joyce Lee	68.1	--	--	--	1:08.2
Stephanie Manos	78.7	89.0	--	--	2:47.7
Samantha Suey	85	93	95	92	<u>6:04.2</u>
					14:26.2 8th

BFS Distance Medley

John Yano	75.7	79.0	67.8	--	3:42.4
Marvin Zamora	61.9	--	--	--	1:01.9
TJ Miller					2:25
Zane Welte					<u>5:05</u>
					12:12.7 12th

GFS 2 x 200

Natalie Oliver, Joyce Lee, Tisha Davis, Nicole Westling 1:57.3 3rd

BV 4 x 200

Mike DeSilva, Joe Apodaca, Kevin Griego, Geno McGuigan 1:34.9
8th

GFS 4 x 400

Nicole Westling	72.4		
Tisha Davis	68.4		
Natalie Oliver	69.0		
Joyce Lee	67.5	4:37.1	4th

GFS Long Jump

Kiersten Slader	13-11		
Tisha Davis	10-3		
Dana Linda	11-7	35-10 1/2	5th

BV Triple Jump

Mike DeSilva	42-9		
Jim Leng	37-6		
Ryan Parker	37-9	118-0 3/4	3rd

BV High Jump

Bobby Nezami	5-7		
Ryan Parker	5-7		
Jim Leng	5-4	16-6	6th

GFS High Jump

Kiersten Slader	4-9		
Stephanie Manos	4-1		
Lyndsey Silva	4-1	12-11	1st

GFS Shot Put

Stephanie Simpson	26-1		
Lyndsey Silva	23-1		
Erin Cardiasmenos	23-7	72-11	3rd

GFS Discus

Lyndsey Silva	73-8		
Erin Cardiasmenos	67-2		
Stephanie Simpson	63-10	204-8	3rd

BV Pole Vault

Nick Simons 12-0 Dan Groom 11-0 23-0 4th

GV Pole Vault

Heather Clancy nh Samantha Leach nh

BV Shot Put

Neil Owen 37-5 1/2 Vince Reiss nm Xavier Carrion nm

Castro Valley vs: Mt. Eden at CV

Score:

BV: CV 105, ME 30
GV: CV 115, ME 17
BFS: CV 120, ME 15
GFS: CV 117, ME 12

4 x 100

GFS:
1. CV "A" (Oliver, Lee, Hawarth, Lindal) 57.3
2. CV "B" (Westling, White, Davis, Donat) 57.3
BFS:
1. CV "A" (Tolentino, Hicken, Jones, Chu) 50.6
2. CV "B" (Ratto, Ng, Cooper, Stohr) 52.0
GV:
CV (Arteburn, Goodspeed, Medrano, Chandler) DQ
BV:
1. CV (McGuigan, Chan, Zamora, Griego) 45.5

1600

GFS:
1. Shannon Alter (CV) 6.09
2. Helga Zambrano (CV) 6.26
3. Samantha Bettinger (CV) 6.28
4. Rhiannon Webb (CV) 6.33
5. Erin Fong (CV) 6.43
6. Stephanie Teel (CV) 6.45
BFS:
1. Mike Sanchez (ME) 5.06
2. TJ Miller (CV) 5.12
3. Jeff Ribiera (CV) 5.23
4. Marvin Zamora (CV) 5.31
5. Kevin Shintani (CV) 5.40
GV:
1. Kristen Boon-Nitoff (CV) 6.00
2. Samantha Suey (CV) 6.15
3. Kathy Phan (CV) 6.57
4. Jennifer McDonald (CV) 7.03
BV:
1. John Yano (CV) 5.00
2. Nathan Fernstein (CV) 5.15
3. Ben Draper (CV) 5.33
4. Tai Lai (ME) 5.40

HH

GFS:
1. Regina Warren (CV) 21.00
2. Jyniece Nelson (ME) 22.1
3. Roana Tirado (CV) 23.3
BFS:
1. Jim Leng (CV) 18.6
2. Chris Kong (CV) 19.0
3. David McDonald (ME) 19.5
4. Carl Stanley (CV) 20.3
5. William Seals (CV) 22.1
GV:
(Heat 1)
1. Laura Dobel (CV) 19.1
2. Kelley Stewart (CV) 19.2
3. Heather Sch (CV) 20.1
4. Camille McFarland (ME) 20.3
(Heat 2)
1. Rida Chow (CV) 21.3
2. Neela Babu (CV) 23.3
BV:
1. Ryan Parker (CV) 16.5
2. Emeka Onyeagucha (ME) 17.1
3. Ryan Fannesbeck (CV) 17.9

400

GFS:
1. Brenda Donat (CV) 1.16.2
2. Tisha Davis (CV) 1.16.7
no third
BFS:
1. Jonathan Hicken (CV) 59.5
2. David McDonald (ME) 60.5
no third
GV:
1. Kelley Stewart (CV) 1.02.9
2. Laura Dobel (CV) 1.05.4

no third

BV:
1. Joe Apodaga (CV) 56.1
2. Tai Lai (ME) 64.8
no third

100

GFS:
1. Kate Haworth (CV) 14.5
2. Nicole Westling (CV) 14.9
3. Darlene Estrada (ME) 16.7
BFS:
1. Ryan Stotir (CV) 11.9
2. Rance Jones (CV) 12.3
3. Tony Sanchez (CV) 12.4
4. John Chu (CV) 12.9
5. Ugo O (ME) 13.0
6. Ben Ng (CV) 13.9
7. Sam Cooper (CV) 13.9
GV:
1. Chelsea Chandler (CV) 13.5
2. Angelique Smith (ME) 13.7
3. Marshay Goodspeed (CV) 14.1
4. Brittany Arterburn (CV) 14.6
5. Milena Gebregiorees (ME) 18.4
BV:
1. Kevin Griego (CV) 11.3
2. Tommy Silas (ME) 11.8
3. Eric Zamora (CV) 11.9
4. Everett Chan (CV) 12.5

800

GFS:
1. Jennifer O'Neill (CV) 2:55
2. Sam Bettinger (CV) 2:57
3. Erin Fong (CV) 3:01
4. J. Nelson (ME) 3:08
5. D. Estrada (ME) 3:14
6. M. Bishir (ME) 3:15
7. P. Kwai (Proctor) 3:16
8. A Ragg (Canyon) 3:16
BFS:
1. Mike Sanchez (ME) 2:20
2. TJ Miller (CV) 2:21
3. Jason Rebiera (CV) 2:22
4. Marvin Zamora (CV) 2:25
5. D. MacDonald (ME) 2:25
GV:
1. Amanda Medrano (CV) 2:23.0
2. Min Choi (CV) 2:45
3. Brooke Katich (CV) 2:46
4. Kristen Boon-Nitoff (CV) 2:48
5. Y. Bishir (ME) 3:03
6. J. McDonald (ME) 3:06
BV:
1. Zane Wette (CV) 2:11
2. Nate Fernsten (CV) 2:18
3. T. Lai (ME) 2:37

300 H

GFS:
1. Regina Warren (CV) 57.4
2. Jancie Nelson (ME) 58.3
no third
BFS:
1. Jim Leng (CV) 45.6
2. Chris Kong (CV) 45.9
3. David McDonald (ME) 52.5
4. Dan Callen (CV) 57.0
GV:
1. Laura DoBel (CV) 54.5
2. Rida Chow (CV) 56.6
3. Kaycee Hendrix (ME) 59.7
4. Neela Babu (CV) 65.1
5. Jennifer McDonald (ME) 71.8
BV:
1. Ryan Parker (CV) 42.5
2. Emeka Onyeagucha (ME) 43.7
3. Ryan Fannesbeck (CV) 49.7

200

GFS:
1. Nicole Westling (CV) 30.4
2. Tisha Davis (CV) 30.8
3. Kate Haworth (CV) 33.1
4. Darlene Estrada (ME) 35.0

BFS:

1. Rance Jones (CV) 24.9
2. Jonathan Hicken (CV) 26.5
3. Ben Ng (CV) 28.2
GV:
1. Chelsea Chandler (CV) 27.5
2. Angelique Smith (ME) 27.8
3. Marshay Goodspeed (CV) 29.5
4. Brittany Arterburn (CV) 30.5
5. Yasmine Bissir (ME) 31.2
6. Muna Bishir (ME) 32.0
BV:
1. Geno McGuigan (CV) 23.3
2. Eric Zamora (CV) 23.7
3. Tommy Silas (ME) 23.8

3200

GFS:
1. Stephanie Manos (CV) 13:14
2. Helga Zambrano (CV) 15:07
no third
BFS:
1. TJ Miller (CV) 11:27
2. Jason Ribeira (CV) 12:14
3. Jeff Ribeira (CV) 12:19
GV:
1. Samantha Suey (CV) 13:56
2. Kathy Phan (ME) 15:47
3. J. McDonald (ME) 16:45
BV:
1. Oleg Zhoglo (CV) 12:22
2. John Yano (CV) 12:22
3. Tai Lai (ME) 13:05

4 x 400

GFS:
1. CV (Haworth, Jue, Westing, Bettinger) 5:18
BFS:
1. CV (Zamora, Hicken, Jones, Sanchez) 4:54.2
GV:
1. CV (Medrano, K. Stewart, Choi, Suey) 4:55.9
BV:
1. CV (McGuigan, Griego, Apodaga, Morgan) 4:54.2

Long Jump

GFS:
1. Jyniece Nelson (ME) 12-0 1/2
2. Jessie White (CV) 11-9
3. Brenda Donat (CV) 11-5
4. Melody Jue (CV) 10-11
5. Jenny Vierra (CV) 10-8 1/2
6. Dana Linda (CV) 10-1 1/2
7. Alycia Ligh (CV) 10-0 1/2
BFS:
1. Chris Kong (CV) 17-1
2. Kerry Kaufman (CV) 16-9
3. Dominic Nicora 16-5
4. Ryan Stohr (CV) 14-9
5. Aaron Albonico (CV) 14-6
6. Kyle Hughes (CV) 13-7
7. Dan Callen (CV) 13-5
8. William Seals (CV) 12-7
9. Nick Morozovsky (CV) 12-6
GV:
1. Kiersten Slader (CV) 15-9
2. Brittany Arterburn (CV) 13-7
3. Kaycee Hendrix (ME) 13-2 1/2
4. Addie Bigham (CV) 12-3
BV:
1. Mike DeSilva (CV) 20-2 1/2
2. Carson Barnes (CV) 18-8
3. Emeka Onyeagucha (CV) 18-8
4. Geno McGuigan (CV) 18-2 1/2
5. Bobby Mezami (CV) 17-9 1/2
6. Mike Vanderbilt (CV) 16-10
7. Anthony Morgan (CV) 15-5
8. Gerard Collier (ME) 15-1

Triple Jump

GFS:
1. Jessie White (CV) 29-0
2. Dana Linda (CV) 25-0

Thursday, April 5, 2001

3. Melody Jue (CV) 22-5

BFS:
1. Kerry Kaufman (CV) 34-0
2. Chris Kong (CV) 31-10
3. Aaron Albonico (CV) 30-0
4. Dan Callen (CV) 29-10
6. Nick Morozovsky (CV) 26-9
GV:
1. Chelsea Chandler (CV) 32-9
2. Kiersten Slader (CV) 29-6
3. Erin McCarthy (CV) 29-2
4. Addie Bigham (CV) 26-6
BV:
1. Mike DeSilva (CV) 42-2
2. Emeka Onyeagucha (ME) 40-7 1/2
3. Ryan Parker (CV) 37-3
4. Mike Vanderbilt (CV) 36-0
5. Carson Barnes (CV) 35-7

High Jump

GFS:
1. Stephanie Manos (CV) 4-2
2. Jessie White 4-0
3. Brenda Donat 4-0
BFS:
1. Mike Graham (CV) 5-2
2. Dominic Nicora (CV) 5-0
3. Ryan Stohr (CV) 5-0
4. Jon Olsen (CV) 5-0
5. Kyle Hughes (CV) 4-8
GV:
1. Kiersten Slader (CV) 4-8
2. Heather Mellon (CV) 4-4
3. Heather Clancy (CV) 4-4
4. Danielle Moore (CV) 4-0
BV:
1. Ryan Parker (CV) 5-4
2. Matt West (CV) 5-2
2. Eric Pane (CV) 5-2
3. Bobby Nazami 5-0

Shot

GFS:
1. Erin Cardiasmenos (CV) 26.9
2. Stephanie Simpson (CV) 25-5
3. Jessica Passadore (CV) 25-0 1/2
4. Dasha Gordeychev (CV) 17-2
Jennifer O'Neill no mark
BFS:
1. Walter Chui (CV) 31-0
2. Vincent Wu (CV) 27-3
3. Jon Olsen (CV) 25-3
GV:
1. Natalie Howe (CV) 27-5
2. Melanie Linney (CV) 25-8
3. Jasmin Bisher (ME) 24-5
4. Muna Bisher (ME) 22-9
5. Lindsey Silva (CV) 22-2
6. Danielle Moore (CV) 21-0
BV:
1. Isaac Jackai (ME) 40-6
2. Kenny O' Keith Jr. (CV) 40-6
3. Neil Owen (CV) 38-10
4. Chris Traylor (CV) 38-7
5. Xavier Carrion (CV) 37-0
6. JB Tuiasosopo (ME) 34-7
7. Brad Rinker (CV) 32-2

Discus

GFS:
1. Jessica Passadore (CV) 67-6
2. Stephanie Simpson (CV) 62-9
3. Erin Cardiasmenos (CV) 54-3
4. Dasha Gordeychev (CV) 48-9
5. Jenny O'Neil (CV) 42-7
BFS:
1. Walter Chui (CV) 80-10
2. Vincent Wu (CV) 76-1
3. Jon Olsen (CV) 70-2
GV:
1. Heather Clancey (CV) 72-9
2. Lyndsey Silva (CV) 70-2
3. Melanie Linney (CV) 65-0
4. Muna Bishir (ME) 61-3
5. Danielle Moore (CV) 61-10

6. Yasmin Bishir (ME) 52-8

7. Natalie Howe 45-2
BV:
1. Neil Owen (CV) 119-1
2. Isaac Jackai (ME) 116-7
3. Kenny O'Keith (CV) 107-1
4. JB Tuiasosopo (ME) 102-8
5. Xavier Carrion (CV) 94-6
6. Vince Reiss (CV) 93-1
7. Chris Traylor (CV) 85-4
8. Brad Rinker (CV) 73-1

Pole Vault

GFS:
1. Melody Jue (CV) 6-0
no second
no third
BFS:
1. Tony Sanchez (CV) 9-0
2. Kevin Shintani (CV) 7-6
3. Evan Hendrickson (CV) 7-6
4. Bryan Colard (CV) 7-0
Dan Callen nh
Aaron Albonico nh
GV:
1. Erin McCarthy (CV) 9-6
2. Samantha Leach (CV) 8-0
Heather Clancy (CV) no height
BV:
1. Nick Simons (CV) 11-0
2. Dan Groom (CV) 11-0
3. Matt West (CV) 10-6

Oakland Invitational

UC Berkeley April, 2001

GDM

Stephanie Manos	77.6	91.8	96.7	4:26.3
Luara Dobel				1:05.8
Min Choi				2:42.8
Kristen Boon-Nitoff	79.9	89.8	94.5	91.6
				<u>5:55.8</u>
				14:10.5

G SP

Jamie Hunihan three very close tosses at the 30-0 minimum marking distance

G 4 x 800

Kelley Stewart	71.7	78.7	2:30.4
Amanda Medrano	68.7	67.6	2:16.3
kristen Boon-Nitoff	75.4	84.9	2:40.3
Courtney Stewart	72.7	79.8	<u>2:32.6</u>
			9:59.2 4th

Boys 4 x 800

Yuri Nosenko	60.4	59.0	1:59.4
Alex Cardiasmenos	57.9	64.2	2:02.1
Zane Welle	57.1	72.3	2:09.4
Chris Wong	55.9	66.1	<u>2:02.1</u>
			8:13.0 3rd

G 100 Chelsea Chandler 13.29 4th Heat 2

B Discus

Neil Owen 106-0 Not an inspired throw

B Shot

Neil Owen	no mark almost, but not quite, 40-0
Kenny O'Keith	41-1

B 800

Chris Wong	62.5	62.1	2:04.6	6th in Ht 1
Yuri Nosenko	61.1	61.2	2:02.3	7th Heat 2

G 4 x 200

Natalie Oliver, Brooke Katich, Joyce Lee, Chelsea Chandler				
	30.5	28.5	29.0	27.8
				1:55.8
				7th Ht 2

G PV Erin McCarthy 4th 10-0

3200

Alex	70	71	73	75	7	82	81	73	10:05.0
Courtney	85	85	89	92	91	95	98	86	12:01.5
Shannon	86	93	98	100	101	101	101	90	12:50.4

300 H

Kelley Stewart	49.0	3rd Heat 1
Ryan Parker	42.72	2nd Heat 1

4 x 400

Chelsea 63.7 Kelley 64.8 Amanda 57.8 Brooke 67.4 4:13.86 2nd Heat 3

Castro Valley vs. Moroso Catholic

Wednesday, April 11, 2001

Score:

BV: CV 111, MC 21
 GV: CV 95, MC 40
 BFS: CV 124, MC 11
 GFS: CV 102, MC 27

4 x 100

GFS:
 1. CV A (Natalie Oliver, Jessie White, Rebecca Medrano, Kate Haworth) 56.3
 2. CV B (Nicole Westling, Tisha Davis, Lizbeth Lopez, Alison Bieda) 59.4
 3. Vannoy (Janelle, Kristine, Tania, Katrina) 1.05.2
 BFS:
 1. CV (Stohr, Chu, Hicken, Jones) 48.5
 GV:
 1. CV (Joyce Lee, Chelsea Chandler, Amanda Medrano, Marshay Goodspeed) 52.6
 2. MC (Estelle Williams, Ann Rogan, Wendy Tsai, Rosa Liu) dq
 BV:
 1. CV (Zamora, Griego, Apodaca, McGuigan) 45.4

1600

GFS:
 1. Shannon Alter (CV) 6:12
 2. Brookes Katich (CV) 6:27
 3. Helga Zambrano (CV) 6:29
 4. Samantha Bettinger (CV) 6:37
 BFS:
 1. Erin Fong (CV) 6:46
 1. TJ Miller (CV) 5:15
 2. Jeffy Ribiera (CV) 5:17
 3. J. Elliott (MC) 5:29
 4. Marvin Zamora (CV) 5:33
 5. Kevin Shintani (CV) 5:47
 6. Richard Sue (MC) 5:49
 GV:
 1. Kristin Boone-Nitoff (CV) 6:00
 2. Stephanie Manos (CV) 6:00.6
 3. May Coppini (MC) 6:03
 4. Alyssa Toda (MC) 6:14
 5. Samantha Suey (CV) 6:17
 BV:
 1. Alex Cardiasmenos (CV) 4:41
 2. Chris Wong (CV) 4:50
 3. Yuri Nosenko (CV) 4:57
 4. B. Carballo (MC) 5:02
 5. T. Graham (MC) 5:04
 6. John Yano (CV) 5:04
 7. Ben Draper (CV) 5:31
 8. Oleg Zhoglo (CV) 5:48

HH

GFS:
 1. Regina Warren (CV) 23.8
 BF: 1. Chris Kong (CV) 19.4
 2. William Seals (CV) 21.0 3. Justin Tan (MC) 21.8
 GV: Heat 1: 1. Sherry Rubiano (MC) 18.1
 2. Catey Copini (MC) 18.7
 3. Erin McCarthy (CV) 19.0
 4. Laura Dobel (CV) 19.1
 5. Julie Pham (MC) 21.0
 6. Rida Chow (CV) 22.1
 Heat 2:
 1. Carolyn David (MC) 20.7
 2. Neela Babu (CV) 24.1
 BV: 1. Joel Crane (CV) 16.5
 2. Jeff Kapper (MC) 16.5
 3. Ryan Fomesbeck (CV) 18.2

400

GFS: Rebecca Medrano (CV) 1:10.7
 2. Brenda Donat (CV) 1:13.0
 BFS: 1. Rance Jones (CV) 57.8
 2. Robert Ratto (CV) 1:06.3
 GV:
 1. Rida Chow (CV) 1:06.1
 2. Tsai Windy (MC) 1:07.7
 3. Samantha (CV) 1:09.8
 BV:
 1. John Fatten (MC) 53.3
 2. Joe Apodaca (CV) 54.3

100

GFS:
 1. Kate Haworth (CV) 14.3
 2. Nicole Westling (CV) 14.7
 3. Christina Davini (MC) 14.8
 4. Monica Trujillo (MC) 15.1
 5. Alison Bieda (CV) 15.5
 6. Erika Gutierrez (CV) 16.5
 7. Erika August (MC) 18.2
 BFS:
 1. Ryan Stohr (CV) 12.1
 2. Tony Sanchez (CV) 12.3
 3. Jonathan Hicken (CV) 12.5
 4. TJ Miller (CV) 12.6

5. John Chu (CV) 12.8
 6. Michael Lee (MC) 13.9
 7. Alden Wong (MC) 14.
 GV:
 1. Chelsea Chandler (CV) 13.4
 2. Marshay Goodspeed (CV) 13.8
 3. Ann Rogan (MC) 13.9
 4. Katy Rogan (MC) 14.1
 5. Lee Joyce (CV) 14.4
 6. Brittany Arterburn (CV) 14.5
 BV:
 1. Kevin Griego (CV) 11.2
 2. Geno McGuigan (CV) 11.3
 3. Eric Zamora (CV) 11.7
 4. Robert Levy (MC) 11.8
 5. Everett Chan (CV) 12.3
 6. Noel Pangilinan (MC) 13.1
 7. Josef Santiago (MC) 13.2

800

GFS:
 1. Brookes Katich (CV) 2:47
 2. Helga Zambrano (CV) 2:55
 3. Johanna DeLeon (MC) 3:20
 BFS:
 1. TJ Miller (CV) 2:24
 2. Jason Ribiera (CV) 2:24.5
 3. Jeff Elliott (MC) 2:28
 4. Marvin Zamora (CV) 2:29
 5. Matt Lanes (MC) 2:30
 6. Kevin Shintani (CV) 2:31
 GV:
 1. Courtney Stewart (CV) 2:37
 2. Maggie Copini (MC) 2:44
 3. Kristen Boone-Nitoff (CV) 2:46
 4. Nicole Porto (MC) 2:49
 5. Jennie O'Neil (CV) 2:51
 BV:
 1. Chris Wong (CV) 2:10
 2. Taylor Graham (MC) 2:12
 3. Zane Welte (CV) 2:14
 4. Nathan Fernsten (CV) 2:16
 5. Brian Cardella (MC) 2:21
 6. Carlos Feliciano (MC) 2:26

300 H

GFS: 1. Regina Warren (CV) 57.2
 BFS:
 1. Jim Leng (CV) 46.80
 2. Chris Kong (CV) 46.81
 3. William Seals (CV) 56.75
 4. Kyle Hughes (CV) 59.66
 GV:
 1. Kelley Stewart (CV) 49.5
 2. Laura Dobel (CV) 52.4
 3. Catey Copini (MC) 54.4
 4. Sherry Rubiano (MC) 55.2
 5. Rida Chow (CV) 59.5
 (HEAT 2)
 1. Neela Babu (CV) 68.6
 BV:
 1. Jeff Kapper (MC) 43.4
 2. Joel Crane (CV) 43.9

200

GFS:
 1. Jessica Radmilovic (MC) 28.1
 2. Rebecca Medrano (CV) 29.5
 3. Nicole Westling (CV) 31.1
 4. Kate Haworth (CV) 32.1
 BFS:
 1. Rance Jones (CV) 24.9
 2. Jonathan Hicken (CV) 25.8
 3. Jonathan Chu (CV) 25.8
 4. Bryan Carmone (MC) 27.00
 5. Jim Busemeyer (MC) 28.0
 GV:
 1. Chelsea Chandler (CV) 27.2
 2. Marshay Goodspeed (CV) 28.9
 3. Ann Rogan (MC) 29.00
 4. Katy Rogan (MC) 29.4
 5. Joyce Lee (CV) 30.00
 6. Windy Tsai (MC) 30.1
 BV:
 1. Kevin Griego (CV) 23.7
 2. Geno McGuigan (CV) 23.9
 3. John Plataani (MC) 24.4
 4. Eric Zamora (CV) 24.6
 5. Everett Chan (CV) 25.8
 6. Noel Pangilinan (MC) 27.4
 7. Josef Santiago (MC) 27.8

3200

GFS:
 1. Erin Fong (CV) 15:18
 BFS:
 1. TJ Miller (CV) 12:13
 2. Jason Ribiera (CV) 12:50
 3. Jeff Ribiera 12:52

GV:

1. Courtney Stewart (CV) 12:38
 2. Samantha Suey (CV) 13:37
 3. Suzie Dodge (CV) 13:53
 4. Maggie Coppini (MC) 14:12
 5. A Toda (MC) 14:34
 BV:
 1. Oleg Zhoglo (CV) 13:11
 2. Zane Welte (CV) 13:12
 3. John Yano (CV) 13:12
 4. Nathan Fernsten (CV) 13:12

4x400

GFS: 1. CV (Westling, Oliver, Medrano, Katich) 4:49
 BFS: 1. CV (Jones, Hicken, Leng, Zamora) 4:08
 2. MC (Sue, Elliott, Carballo, Lanes) 4:22
 GV: 1. CV (Lee, Medrano, Dobel, Knapp) 4:40
 BV: 1. CV 3:56 (Wong, Cardiasmenos, Nosenko, Apodaca)

Shot Put

GFS:
 1. Bianca Becerra (MC) 26-9
 2. Erin Cardiasmenos (CV) 26-0
 3. Jessica Passadore (CV) 25-2
 4. Dasha Gordeychev (CV) 18-7
 BFS:
 1. Emmanuel Tolentino (CV) 36-1
 2. Walter Chui (CV) 29-11
 3. Hans Canice (MC) 29-2
 4. Vince Wu (CV) 28-6
 GV:
 1. Janet Ballelos (MC) 28-2
 2. Laura (MC) 27-1/2
 3. Natalie Howe (CV) 27-0
 4. Stephanie (CV) 26-5
 5. Melanie Linney (CV) 25-9
 6. my Vonnegut (MC) 25-6
 7. Lindsey Silva (CV) 22-5
 8. Bethany Ensminger (MC) 20-1.5
 9. Winchel Lan (MC) 20-1.5
 BV:
 1. Kenny O'Keith (CV) 40-10
 2. Neil Owen (CV) 40-4
 3. Xavier Lavron (CV) 39-2
 4. Chris Traylor (CV) 38-0
 5. Myron Canio (MC) 37-1
 6. Jessie Pilches (MC) 36-0
 7. Brad Rinker (CV) 34-6
 8. Jeff Trinidad (MC) 33-10
 9. Alex Becker (CV) 32-8
 10. Brian Joves (MC) 31-9
 11. Vince Reiss (CV) 31-7
 12. Mike Doane (MC) 27-10
 13. Ben Draper (CV) 23-11

Discus

GFS:
 1. Jessica Passadore (CV) 71-10
 2. Erin Cardiasmenos (CV) 68-10
 3. Bianca (MC) 55-7
 4. Dasha Gordeychev (CV) 54-8
 BFS:
 1. Emmanuel Tolentino (CV) 85-5
 2. Vincent Wu (CV) 75-6
 3. Hans Carnice (MC) 75-3
 4. Walter Chui (CV) 60-2
 GV:
 1. Janet Ballelos (MC) 94-6
 2. Amy Vonnegut (MC) 87-8.5
 3. Laura Slocum (MC) 82-8
 4. Lindsey Silva (CV) 71-0
 5. Melanie Linney (CV) 64-7
 6. Stephanie Simpson (CV) 62-10
 7. Wenschel Lan (MC) 51-3
 8. Natalie Howe (CV) 49-8
 9. Bethany Ensminger (MC) nd
 BV:
 1. Neil Owen (CV) 108-10
 2. Josh Sawyer-Long (CV) 103-2
 3. Chris Traylor (CV) 104-3
 4. Myron Canio (MC) 97-3
 5. Jessie Pilcher (MC) 96-16
 6. Alex Becker (CV) 94-4
 7. Kenny O'Keith Jr. (CV) 90-7
 8. Vince Reiss (CV) 85-8
 9. Jeff Trinidad (MC) 85-7
 10. Mike Doane (MC) 68-4
 11. Brian Joves (MC) 63-7
 12. Xavier Carrion (CV) scratch

Long Jump

GFS:
 1. Jessica Radmilovic (MC) 13-1
 2. Valerie Yu (CV) 12-4
 3. Jessica White (CV) 12-2
 4. Stephanie Zhu (MC) 12-0
 5. Laura Datojo (MC) 11-9
 6. Canoy Harris (MC) 11-0
 7. Brenda Donat (CV) 10-7
 8. Victoria Ignatchuk (CV) 10-6.5

9. Lizbeth Lopez (CV) 10-3

BFS:
 1. Chris Kong (CV) 17-1.5
 2. Jeff Elliott (MC) 15-5
 3. John Picetti (CV) 15-4
 4. Ryan Stohr (CV) 15-3
 5. Alden Wong (MC) 14-9
 6. Kyle Hughes (CV) 14-5.5
 7. William Seals (CV) 14-1.5
 8. Aaron Albonico (CV) 13-10.5
 9. Nick Morozovsky (CV) 12-3
 GV:
 1. Kiersten Slader (CV) 15-10.5
 2. Rosa Liu (MC) 14-2
 3. Brittany Arterburn (CV) 14-0.5
 4. Carolyn David (MC) 13-5
 5. Teres Araujo (MC) 13-4.5
 6. Christine Abellera (MC) 13-1
 7. Melanie Lanes (MC) 12-2
 8. Ven Luz (MC) 11-6.5
 9. Mariflor Medrano (MC) 11-5
 10. Danica Yanga (MC) 11-4.5
 BV:
 1. Carson Barnes (CV) 19-4.5
 2. Bobby Nezami (CV) 18-11
 3. Mike Vanderbilt (CV) 18-3.5
 4. Sean Howikan (CV) 17-1.5
 5. Tyler Hassion (MC) 16-5
 6. Leo Reyes (MC) 15-10
 7. Noel Gonzales (MC) 15-7
 8. Josef Santiago (MC) 15-6
 9. Eric Hu (MC) 15-3
 10. Anthony Morgan (CV) 15-2.5
 11. Noel Pangilinan (MC) 14-3.5
 12. Justin Dimaya (MC) 13-11.5

Triple Jump

GFS:
 1. Jessie White (CV) 28-7.5
 2. Alycia Ligh (CV) 25-10
 3. Valerie Yu (CV) 24-11
 4. Lizbeth Lopez (CV) 21-11.5
 BFS:
 1. Chris Kong (CV) 34-10
 2. William Seals (CV) 31-6
 3. Kyle Hughes (CV) 30-9
 4. Alden Wong (MC) 30-7
 5. Aaron Albonico (CV) 30-6.5
 6. Nick Morozovsky (CV) 27-2
 GV:
 1. Chelsea Chandler (CV) 33-1
 2. Kiersten Slader (CV) 31-11
 3. Erin McCarthy (CV) 30-0.5
 4. Christine Abellera (MC) 28-7
 5. Rosa Lu (MC) 27-8
 6. Mariflor Medrano (MC) 25-9
 BV:
 1. Mike Vanderbilt (CV) 38-2.5
 2. Noel Gonzales (MC) 35-6
 3. Sean Houlihan (MC) 32-6.5
 4. Josef Santiago (MC) 30-2

High Jump

GFS:
 1. Jessie White (CV) 4-4
 2. Brenda Donat (CV) 4-2
 3. Regina Warren (CV) nh
 BFS:
 1. Ryan Stohr (CV) 5-0
 2. Kyle Hughes (CV) nh
 3. John Picetti (CV) nh
 GV:
 1. Rachel Schaffner (MC) 5-4
 2. Heather Mellon (CV) 4-4
 BV:
 1. Matt West (CV) 5-4
 2. Eric Panel (CV)
 2. Carson Birnes (CV) 5-2 (TIE)
 4. Tyler Harrison (MC) 5-0
 5. Anthony Morgan (CV) 5-0
 6. Bobby Nezami (CV) 5-0
 7. Brandon Carballo (MC) 5-0

Pole Vault

GFS:
 1. Melissa Keough-Alcott (MC) 7-0
 2. Christina Davini (MC) 6-6
 3. Monica Trujillo (MC) 6-0
 BFS:
 1. Tony Sanchez (CV) 9-6
 2. Jim Busemeyer (MC) 8-6
 3. Kevin Shintani (CV) 8-0
 4. Bryan Coland (CV)
 4. Evan Hendricksen (MC) 7-0
 GV:
 1. Erin McCarthy (CV) 10-0
 2. Samatha Leach (CV) 8-0
 3. Nicole Fabian (MC) 7-0
 BV:
 1. Nick Simons (CV) 12-0
 2. Matt West (CV) 10-6

Castro Valley Invitational Friday, April 13, 2001

Boys' Fresh-Soph

Granada	84
Castro Valley	79
Alameda	75
Hayward	35
Las Lomas	34
San Lorenzo	22
Sacred Heart	19
Arroyo	10

Girls' Fresh-Soph

Castro Valley	112
Alameda	80
San Lorenzo	64
Las Lomas	44
Granada	16
Hayward	12
Sacred Heart	12

Girls' Varsity

Castro Valley	74
Alameda	71
Las Lomas	58
Hayward	50
Arroyo	38
Sacred Heart	18
Tennyson	6
San Lorenzo	5
Sacramento Day School	2

4X MILE

BFS:

1. CV (Yano, Miller, Ribera, Welte) 20:44.9
2. SLZ (Iran, Baxdell, Velasquez, Cannon) 22:17.0
3. ALA (Silver, Horikoshi, Zidos, Smith) 22:21.4
4. LL (Senger, Maguda, Pauwe, Marasco) 23:11.6
5. GRAN (Rau, Weiss, Bennett, ?) 23:52.9

GFS:

1. CV "A" (Suey, Katich, Choi, Zambrano) 25:41.4
 2. ALA (Jennifer, Jill, Grace, Keely) 25:53.1
 3. CV "B" (Webb, Fong, Teel, O'Neill) 26:41.9
- GV:**
1. SHCP (McArthur, Beck, Rowbury, Areane) 23:12.1
- new meet record: old record 23:17.9 1997 Castro Valley (Marquez, Schmid, Ewing, Weisman)
2. CV (Stewart, Manos, Boon, Aler) 24:21.3
 3. ALA (We, Orzell, Brown, Walker) 25:38.7

4X100

JR. HI Girls:

1. Elmhurst (String, Gibson, Bowee, Acusee) 1:00.56
- new meet record: old record 1:01.33 2000 Elmhurst (Turner, Evans, Turner, O'Neill)
2. Bret Harle (Hodges, Mendez, Adams, Smith) 1:01.0
 3. Vannoy (Lin, Lapointe, Wes, Schofield) 1:03.5
- new elementary record: no old record
4. Vannoy (Overly, Han, Wiber, Cohern) 1:05.7
 5. Bret Harle "A" (Hodges, Serrin, Ly, Mendoza) 1:06.5
 6. Bret Harle "B" (Patterson, Lamons, Gonzales, Novroti) 1:16.3

BFS:

Heat 1

1. GRAN (Gaff, Bennett, Russo, Morisoli) 45.81
2. ALA "A" (Zelick, Soots, Chu, Hosang) 47.95
3. LL "A" (Riesenberg, Yu, Lee, Durkin) 50.10
4. CV "B" (Tolentino, Sanchez, Ng, Picetti) 50.35
5. SLZ (Velasquez, Trun, Garrett, Williams) 51.73
6. SDS (Boatwright, Paledes, Flynn, Jones) 63.7 ht

Heat 2

1. HAY "A" (Mike, Lamar, Mark, David) 47.61
2. 4. CV "A" (Stohr, Hicken, Jones, Chu) 48.24
3. SH (Justin, Andy, Chris, Jason) 51.41
4. ALA "B" (Cheng, Sibley, Asuncion) 51.77
5. LL "B" (Volan, Williams, Morgan, Mainschein-Cline) 52.06

GFS:

Heat 1

1. SLZ (Bundy, Hardy, Adams, Pugh) 55.42
2. GRAN (Breann, Radons, Sin, Bailey) 58.28
3. LL (Jones, Powell, Seth, Murphy) 58.61
4. HAY "A" (Miller, Anthony, McConnell, Avery) 1:00.34
5. CV "A" (Oliver, Chandler, Lee, Goodspeed) 1:05.37

Heat 2

1. ALA (Rosenblum, Dewater, Hodill, Frankel) 55.30
 2. CV "B" (Arterburn, White, Haworth, Medrano) 56.85
 3. 3HC (Andrews, Hammons, Beck, Lau) 57.48
 4. CV "C" (Westing, Lopez, Yu, Linda) 59.92
- GV:**
1. HAY (McCoy, Smith, Smith, Morris) 53.03
 2. LL (Tingen, Moore, Letsch, Erdman) 55.50
 3. ALA (Yee, Robinson, Dimenkel, Wong) 56.59
 3. SLZ (Oaks, Johnson, Burtch, Johnson) 57.59
 5. SDS (Adams, Thomas, Roberts, Letslette) 1:04.47

SHUTTLE HURDLES

BFS:

1. ALA (Mac, Sibley, Robin, Soots) 45.44
2. CV (Kong, Hughes, Stagger-Seals, Leng) 46.22

3. HAY (Khari, Mark, David, Chris) 46.28
4. SH (Lien, Kobuchi, Lee, Yip) 46.30

GFS:

Heat 1

1. LL (Powell, Murphy, Jones, Gray) 45.45
2. ALA (DeWater, Hodill, Wong, Sandhu) 45.54
3. CV "B" (Lacey, Tirado, Robinson, Arterburn) 53.82

Heat 2

1. CV "A" (McCarthy, Slader, Dabel, Warren) 46.14

GV:

1. ARR (Rivas, Hughes, Banouvang, Tekawa) 40.27
- new meet record: old record 40.2 1997 Mission San Jose (McGraw, Fong, O'Conner, Luk)
2. HAY (Andra, Aureal, Ryana, Eve) 43.78
 3. ALA (Vongkhamchanh, Chu, Wong, Robinson) 46.39
 4. CV (Babu, Chow, Knapp, Ligh) 48.33

4X220

BFS:

Heat 1

1. GRA (Gaff, Russo, Morisoli, Bennett) 1:38.54
2. ALA "A" (Zelick, Chu, Blackwo, Uddenberg) 1:39.43
3. LL (Riesenberg, Yu, Movsan, Durkin) 1:46.48
4. SLZ (Zelick, Chu, Blackwood, Uddenberg) 1:46.57

Heat 2

1. CV "A" (Hicken, Stohr, Apodaca, Jones) 1:41.47
2. HAY (Dominguez, Brown, McKinley, Homer) 1:44.36
3. ALA "B" (Cheng, Sibley, Hosang, Padway) 1:47.34
4. ALA "C" (Robin, Krause, Asuncion, Lee) 1:55.82

GFS:

Heat 1

1. ALA "A" (Rosenblum, Dewater, Hodill, Frankel) 1:56.78
2. SLZ (Bundy, Evans, Adams, Hardy) 1:57.13
3. CV "B" (Arterburn, White, Haworth, Westling) 2:03.37
4. (Harrington, Murphy, Jones, Seth) LL 2:04.65
5. SH (Beck, Hammons, Lau, Andrews) 2:05.31

Heat 2

1. CV "A" (Oliver, Medrano, Lee, Goodspeed) 1:58.88
2. GRA (Orton, Radons, Bailey, Sin) 2:04.42
3. HAY (Anthony, Miller, McConnell, Avery) 2:07.69
4. ALA "B" (Pineda, Wong, Garrett, Seema) 2:09.96

GV:

1. CV (Chow, Britt, Medrano, Knapp) 1:57.25
2. LL (Erdman, More, Brooks, Letsch) 1:57.33
3. HAY (Wilson, R. Smith, L. Smith, Morris) 1:58.84
4. ALA (Yee, Vongchamchanh, Pimental, Wong) 2:01.47

4X880

BFS:

1. CV (Yano, Ribera, Ribeira, Welte) 9:17.6
2. SLZ (Blake, Tony, Jason, Mike) 9:31.8
3. LL (Sangor, Maienschein-Cline, Mardislo, Durkin) 9:38.8
4. ALA "A" (Dos Equis, Honneger, Smith, Silverish) 9:58.2
5. SH (Osipov, Anderson, Mankiewicz, Lee) 10:02.3

GFS:

1. SLZ (Pugh, Biskism, Hardy, Evans) 10:38.9
2. ALA (Hild, Roberts, Lee, Steiner) 11:15.25
3. CV "A" (Suey, Zambrano, Choi, Katich) 11:28.5

GV:

1. CV (Medrano, Britt, Manos, Dodge) 10:57.2
2. ALA (Orzell, Kider, Lee, Walker) 11:36.0

OPEN 100

JR. HI:

Boys:

1. Brian Moore (Elmhurst) 12.38
- meet record: old record 12.44 2000 Cornell Shields (Elmhurst)
2. Lionel Andrews (Elmhurst) 13.15
 3. Richie Arredondo (Canyon) 13.59
 4. Andrew Cleghorn (Elmhurst) 14.87
 5. Matt Kerner (Vannoy Elementary) 14.90
 6. Christian Williams (Edendale) n.t.

Girls:

Heat 1

1. Evelyn Smith (Bret Harle) 14.96
- meet record: old record 15.01 Ashley Bowie (Elmhurst)
2. Makia Lamons (Bret Harle) 15.82
 3. Sabrina Ly (Bret Harle) 16.02
 4. Paige Lee Hodges (Bret Harle) 16.42
 5. Jobita Mendoza (Bret Harle) 16.46
 6. Ivana Zubonja (Bret Harle) 17.96
 7. Jessica Servin (Bret Harle) n.t.

Heat 2

1. Madeira Macedo (St. Johns) 15.06
2. Ashley Bowie (Elmhurst) 15.20
3. Mariah Cameron (Vannoy) 15.80
4. Livingi Okusi (Elmhurst) 15.83
5. Sheila String (Elmhurst) 15.89
6. Katrina Han (Vannoy Elementary) 17.60

Heat 3

1. Omari Williams (St. John's) 15.08
2. Aimee Adams (Bret Harle) 15.13
3. Jevon Boxdell (St. John's) 15.21
4. Rachyl Ligh (Canyon) 15.70
5. Briana Albonico (Canyon) 16.08
6. Laney Schofield (Vannoy) 17.18

BFS:

Heat 1

1. Chris Bennett (Granada) 11.96
2. Jason Zelick (Alameda) 12.00
3. Ryan Stohr (Castro Valley) 12.40
4. Mark McKinley (Hayward) 12.56
5. Reisenberg (Las Lomas) 12.90

Heat 2

1. Josh Gaff (Granada) 11.88
2. Rance Jones (Castro Valley) 12.19
3. Jon Hicken (Castro Valley) 12.64
4. Peter Yu (Las Lomas) 12.74

Heat 3

1. Lamar Brown (Hayward) 12.20
2. Joe Apodaca (Castro Valley) 12.37
3. Craig Hosang (Alameda) 12.65
4. Jon Chu (Alameda) 12.66
5. Thomas Boatwright (Sacra Day School) 13.45
6. Joseph Paredes (Sacra Day School) 13.71

Heat 4

1. Richard Stepney (Tennyson) 12.76
2. Thomas Miller (Castro Valley) 12.88
3. Jonathan Chu (Castro Valley) 12.98
4. Emmanuel Tolentino (Castro Valley) 13.38
5. Benjamin Ng (Castro Valley) 13.96
6. Mike Fernandez (Granada) 14.20

GFS:

Heat 1

1. J. Frankel (Alameda) 13.77
2. Iesha Miller (Hayward) 13.84
3. Joyce Lee (Castro Valley) 14.65
4. Tabitha Pang (Vacaville Christian) 15.40
5. Amy Laslett (Sac Day School) 15.42

Heat 2

1. Breann Orton (Granada) 14.32
2. Alex Robbins (Granada) 14.74
3. Courmie Thomas (Sac Day School) 15.85
4. Nicole Adams (Sac Day School) 17.50

Heat 3

1. Santa Andrews (Sacred Heart) 13.93
2. Kate Haworth (Castro Valley) 14.58
3. Natalie Oliver (Castro Valley) 14.61
4. Nicole Westling (Castro Valley) 14.87

GV:

Heat 1

1. Lydia Smith (Hayward) 13.75
2. Letsch (Las Lomas) 14.07
3. Katy Wong (Alameda) 14.98

Heat 2

1. Makiaha Long (Tennyson) 13.64
2. Melissa Yee (Alameda) 13.90
3. Tara Bandy (San Lorenzo) 14.75
4. Lisa Pimental (Alameda) 15.39
5. Tyne Johnson (San Lorenzo) 15.42
6. Aneka Johnson (San Lorenzo) 15.65

JR. HI-MILE (NO DEVIL)

Boys:

1. Mauricio Hurtado (Winton) 5:40.0
- new record: old record 5:48.0 2000 Mauricio Hurtado (Winton)
2. Kyle DeLauro (Bret Harle) 5:57
 3. Parris Hodges (Bret Harle) 6:14
 4. Bismarck Araica (Winton) 6:17
 5. Nick Arredondo (Canyon) 6:29

Girls:

1. Zetra Evans (St. Elizabeth's) 5:58.0
- new meet record: old record 6:08.0 2000 Zetra Evans (Elmhurst)
2. Rachel Mendez (Bret Harle) 6:35
 3. Rachel Ligh (Canyon) 7:26
 4. Kwai Philpott (Proctor Elementary) 7:31
 5. Alexa Ragg (Canyon) 7:33
 6. Jubita Mendoza (Bret Harle) 7:39
 7. Jessica Servin (Bret Harle) 8:08

DEVIL-TAKE-THE-HINDMOST MILE

BFS:

1. Josh Rau (Granada) 5:01.5
2. Nick Falzons (Alameda) 5:07.5
3. Addison Anderson (Sacred Heart) 5:09.9
4. Zane Welte (Castro Valley) 5:13.1
5. John Yano (Castro Valley) 5:14.3
6. Thomas Miller (Castro Valley) 5:15.2
7. Jeff Ribiera (Castro Valley) 5:23.1
8. Jason Boxdell (San Lorenzo) 5:27.3
9. Joey Silver (Alameda) 5:28.9
10. Kevin Shintani (Castro Valley) 5:43.0
11. Justin Galster (Sac Day School) 5:44.2

GFS:

1. Lisa Crampton (Granada) 5:31.6
- new meet record: old record 5:39.8 1996 Courtney Davidson (Redwood Christian)
2. Zinzi Evans (San Lorenzo) 5:37.7
 3. Corinne Roberts (Alameda) 5:43.8
 4. Laura Brassfield (Sacred Heart) 6:15.6
 5. Janette McDonald (Sacred Heart) 6:17.6
 6. Jillian Zariss (Alameda) 6:18.6
 7. Maria Townsrick (Vacaville Christian) 6:20.5

Castro Valley Invitational Friday, April 13, 2001

GV:

1. Bonnie Chalmers (Las Lomas) 5:50.1
2. Danielle Beck (Sacred Heart) 6:22.1
3. Shannon Alter (Castro Valley) 6:22.3

4X440

BFS:

Hegi 1

1. Granada (Rau, Russo, Morisoli, Bennet) 3:47.85
2. Castro Valley "A" (Hicken, Ling, Apodaca, Jones) 3:56.76
3. San Lorenzo (Cannon, Tran, Velasquez, Garrett) 4:02.08
4. Alameda "B" (Jason, Mu-Hua, Ben, Craig) 4:06.68
5. Alameda "C" (Scott, Brian, Nick, Sean)

Hegi 2

1. Alameda "A" (Soots, Sibley, Mak, Uddneberg) 4:11.58
2. Las Lomas (Volan, Yu, Janasn, Maischein-Cline) 4:27.72
3. Sacred Heart (Ogipov, Kabuchi, Lien, Yip) 4:27.82
4. Hayward (Dominguez, Barrow, Mbukogu, Kendricks) 4:30.50

GFS:

1. San Lorenzo (Pugh, Evans, Bickham, Hardy) 4:22.77
2. Castro Valley (Choi, Debol, Katich, Chandler) 4:28.17
3. Alameda "A" (Dewater, Rosenblum, Steiner, Frankel) 4:34.28
4. Alameda "B" (Sanadu, WAng, Garrett, Pineda) 5:17.53

GV:

1. Las Lomas (Letsch, Moore, Brooks, Erdman) 4:35.10
2. Castro Valley (Chow, Donat, Manos, Knapp) 4:44.82
3. Alameda (Orzell, Yee, Robinson, Walker) 4:46.53

HIGH JUMP

BFS:

1. CV "A" (Stohr, Picetti, Leng) 15-6
2. GRA (Lackey, Hockel, Rau) 15-2
3. ALA (Mak, Blackwood, Robin) 14-0
4. LL (Jason, Bill, James) 14-4
5. CV "B" (Olen, Hughes, Seals) 14-2
6. SH (Yip) 5-0

Individuals:

1. Jesse Lackey (Granada) 5-4
2. Jim Leng (Castro Valley) 5-4
3. Emmanuel Blackwood (Alameda) 5-2
4. John Picetti (Castro Valley) 5-2
5. Jason D (Las Lomas) 5-2

GFS:

1. LL (Powell, Murphy, Harrington) 13-8
ties meet record of 13-8 2000 Las Lomas (Powell, Rocha, Murphy)
2. CV "A" (White, Slader, Silva) 12-10
2. ALA (Roberts, Hodill, Wong) 12-10
4. CV "B" (McCarthy, Warren) 7-10
5. SH (McDonald) 4-4
6. San Lorenzo (Bickham) 4-2

Individuals:

1. Maggie Murphy (Las Lomas) 4-10
nw meet record: Old meet record 4-8 2000 Laura Owell (Las Lomas, 1999 Vaynsbrug (Granada), 1998 Morgan (Hayward), 1997 McConnell (Hayward)
2. Kiersten Slader (Castro Valley) 4-8
3. Laura Powell (Las Lomas) 4-8
4. Lauren Hodill (Alameda) 4-6
5. Jeanette McDonal (Sacred Heart) 4-4

GV:

1. ARR (Andrea, Becky, Vanessa) 13-06
2. CV "A" (Mellon, Manos, Donat) 12-04
3. Hayward (Morgan) 4-6
4. CV "B" (Moore) 4-0

Individuals:

1. Vanessa Phillip (Arroyo) 5-0
2. Lanieve Morgan (Hayward) 4-6
3. Heather Mellon (Castro Valley) 4-4
4. Andrea B. (Arroyo) 4-4
5. Becky (Arroyo) 4-2

LONG JUMP

GFS:

1. ALA (Rosenblum, Hodill, Roberts) 42-2
2. SLZ (Bandy, Bickham, Pugh) 41-19 1/2
3. CV "B" (White, Yu, Linda) 38-6 1/2
4. GRAN (Sin, Robbins, Bailey) 36-7
5. CV "C" (Vierro, Ligh, Lopez) 34-6
6. CV "D" (Gutierrez, Haworth, Fong) 31-8 1/2
7. LL (Harrington, Owell, Seth) 26-2
8. CV "A" (Chandler, Slader, Arterburn) 25-8 1/2
9. VACA (Pang, Townswick) 22-8 1/2
10. HAY (Turney, Gellie) 13-2

Individuals:

1. Crystal Pugh (San Lorenzo) 16-5 1/2
new meet record: old record 15-8 2000 Kiersten Slader (Castro Valley)
2. Chelsea Chandler (Castro Valley) 15-2 1/2
3. Lauren Hodill (Alameda) 15-1
4. Jessie White (Castro Valley) 14-1
5. Kristen Rosenbaum (Alameda) 13-10

GV:

1. LL (Mayta, Tingen, Erdman) 42-7 1/2
2. CV (Ligh, Jue, Donat) 34-3 1/2
3. HAY (Gamero) 14-0 1/2

Individuals:

1. Ashley Erdman (Las Lomas) 14-9
2. Michelle Tingen (Las Lomas) 14-5
3. Eve Gamero (Hayward) 14-0 1/2

2. Michelle Tingen (Las Lomas) 14-5

3. Eve Gamero (Hayward) 14-0 1/2
4. Brandi Mayta (Las Lomas) 13-5 1/2
5. Brenda Donat (Castro Valley) 11-7

TRIPLE JUMP

BFS:

1. GRAN (Coyle, Lackey, Urrutia) 109-7 1/2
2. ALA (Uddenberg, Mak, Soots) 106-3 1/2
3. CV "A" (Seals, Kong, Leng) 102-9 1/2
4. LL (Lee, Sapurio, Williams) 97-4 1/2
5. CV "B" (Olsen, Hughes, Morozovsky) 89-11 1/2
6. SH (Kennedy) 31-7 1/2
7. CV "C" (Alibonico) 30-5

Individuals:

1. Matt Uddenberg (Alameda) 38-9
2. Jessel Lackey (Granada) 38-6
3. Jim Leng (Castro Valley) 36-3
4. Wilson Mak (Alameda) 36-2
5. Scott Coyle (Granada) 36-2

SHOT PUT

BFS:

1. ARR (Singh, Multalo, Briggs) 118-0
2. HAY (Rico, Mbukugu, Chappel) 109-6
3. GRA (Hahn, Smallman, Lackey) 102-9
4. ALA (Kendall, Chung, Padway) 101-3
5. LL (Perron, Lee, Craven) 97-11
6. SH (Solis, Lim, Mankiewicz) 96-9
7. SLZ (Mind, Byrd, Byrd) 95-2
8. CV (Tolentono, Wu, Chui) 91-1

Individuals:

1. Jesse Lackey (Granada) 44-5
2. Ryan Perron (Las Lomas) 44-0
3. Phillip Mbukugu (Hayward) 42-10
4. John Vind (San Lorenzo) 40-4
5. Scott Padway (Alameda) 40-3

GFS:

1. CV "A" (Simpson, Passadore, Cardiasmenos) 81-2
2. SLZ (Bettis, Corbin, Ingram) 77-3 1/2
3. HAY (Goodman, Gellie, Haberlin) 65-4 1/2
4. LL (Weinberglynn, Wright, Hoff) 62-0 1/2
5. CV "B" (Silva, Gordeychev) 46-5 1/2

Individuals:

1. Ashlee Corbin (San Lorenzo) 29-8
2. Stephanie Simpson (Castro Valley) 27-9
3. Erin Cardiasmenos (Castro Valley) 26-9
4. Jessica Passadore (Castro Valley) 26-8
5. Cymone Bettis (San Lorenzo) 25-7 1/2

GV:

1. ARR (Dalisay, Aggetta, Perreira) 88-11
2. ALA "A" (Kreider, Walker, Kendall) 69-11
3. ALA "B" (Croft, Muzikar, Brown) 63-1
4. HAY (Morgan, Williams) 53-6

Individuals:

1. Jessica Perreira (Arroyo) 33-1
2. Alicia Aggetta (Arroyo) 29-7
3. Laniece Morgan (Hayward) 28-4
4. Michelle Dalisay (Arroyo) 26-3
5. Anne Kreider (Alameda) 25-6

DISCUS

BFS:

1. SH (Solis, Lim, Lien) 250-5
2. HAY (Rico, Mbakogu, Chappel) 248-2
3. ALA (Chung, Kendall, Padway) 237-5
4. LL (Perron, Lee, Craven) 229-3
5. GRA (Lackey, Hahn, Smallman) 223-2
6. CV (Tolentono, Wu, Chui) 205-10
7. SLZ (Mind, Byrd, Burd) 193-2

Individuals:

1. Jesse Lackey (Granada) 110-2
2. Phillip Mbakogu (Hayward) 109-10
3. Ryan Perron (Las Lomas) 107-4
4. John Vind (San Lorenzo) 98-4
5. Mike Lim (Sacred Heart) 94-10

GFS:

1. CV "A" (Silva, Cardiasmenos, Passadore) 207-7 1/2
2. SLZ (Bettis, Corbin, Ingram) 203-0
3. LL (Weinberg-Lynn, Wright, Hoff) 137-3 1/2
4. CV "B" (Simpson, Gordeychev) 109-11 1/2
5. HAY (Goodson, Heaberlin) 104-11 1/2

Individuals:

1. Ashlee Corbin (San Lorenzo) 87-5
2. Jessica Passadore (Castro Valley) 74-3 1/2
3. Erin Cardiasmenos (Castro Valley) 68-8
4. Cymone Bettis (San Lorenzo) 67-7
5. Lyndsy Silva (Castro Valley) 64-8

GV:

1. ALA "A" (Walker, Kendall, Kreider) 230-2
2. ALA "B" (Muzikar, Croft, Brown) 187-4
3. HAY (Morgan, Williams) 128-8
4. Castro Valley (Lynney) 71-2
5. VACA (Walker) 44-1

Individuals:

1. Erica Kendall (Alameda) 81-8
2. Anne Kreider (Alameda) 77-2
3. Rebecca Walker (Alameda) 71-4
4. Laniece Morgan (Hayward) 71-2

3. Rebecca Walker (Alameda) 71-4

4. Laniece Morgan (Hayward) 71-2
5. Melanie Lynney (Castro Valley) 71-2

POLE VAULT

BFS:

1. Granada (Parker, Tilford, Urrutia) 28-0
2. Castro Valley (Shimani, Sanchez, Collard) 25-6
3. Las Lomas (Durkin, Klop, Pena) 20-6

Individuals:

1. Jason Durkin (Las Lomas) 12-0
2. Aaron Parker (Granada) 10-6
3. Derek Urrutia (Granada) 9-6
4. Tony Sanchez (Castro Valley) 9-6
5. Pena (Las Lomas) 8-6

GFS:

1. CV (McCarthy, Chandler, Tirado) 23-9
new meet record: old record 22-6 1998 Las Lomas (Heim, Hoffman, Marshall)
2. LL "A" (Hitchcock, Harrington, Goldman) 20-6
3. LL "B" (Stone) 5-6

Individuals:

1. Erin McCarthy (Castro Valley) 10-3
new meet record: old record 8-0 1999 Cindy Lim (Las Lomas), 1997 Elaine Hoffman (Las Lomas)
2. Chelsea Chandler (Castro Valley) 8-0
3. Hitchcock (Las Lomas) 7-6
4. Harrington (Las Lomas) 7-0
5. Goldman (Las Lomas) 6-0

GV:

1. LL (Cindy, Kersey, Kersey) 24-6
2. ARR (Tikotsky, Valois) 15-6
3. CV (Leach, Jue) 8-0

Individuals:

1. Cindy (Las Lomas) 9-0
2. Savannah Tikotsky (Arroyo) 8-6
- 3 (tie) Samantha Leach (Castro Valley) 8-0
- 3 (tie) Beth Kersey (Las Lomas) 8-0
5. Eva Kersey (Las Lomas) 7-6

Castro Valley High School

Track & Field

19440 Santa Maria Avenue, Castro Valley CA 94546

MIRAMONTE INVITATIONAL

BV 1600

2. Alex Cardiasmenos 4:31.9

Alex took advantage of the day off to try his luck at a quicker pace. He took out the race with Eric Roberts from Alhambra and they left the field behind. Alex got outsprinted over the last 100, but lowered his PR by 5 seconds.

**Mt. SAC Relays
Saturday**

Boys 4 x 800

Yuri Nosenko	57.0	60.9	1:57.9		
Alex Cardiasmenos	58.4	64.7	2:03.1		
Zane Welte	59.7	68.5	2:08.2		
Chris Wong	58.8	63.3	2:02.1	8:11.4	10th

Girls 4 x 800

Kelley Stewart	70.4	77.0	2:27.4		
Brooke Katich	73.7	80.7	2:34.4		
Min Choi	69.2	89.4	2:38.6		
Amanda Medrano	63.3	72.1	2:15.4	9:55.8	7th

Boys Distance Medley

Yuri Nosenko	64.46	68.0	68.8	3:21.4	
Zane Welte	57.0			57.0	
Chris Wong	61.0	65.0		2:06.0	
Alex Cardiasmenos	65.2	70.4	73.2	72.0	4:41.6 11:05.9 18th

The girls were not feeling well, and even nauseous, so we scratched the GV DM.

Castro Valley vs: Hayward

Thursday, April 26, 2001

Score:

BV: CV 109, H 26

GV: CV 81, H 52

BFS: CV 85, H 57

GFS: CV 85, H 50

4 x 100

GFS:

1. H Ilesha Miller, Shelley McConnel, Angela Anthony, Larise Oliver) 55.79; 2.: Kate Haworth, Natalie Oliver, Jessie White, Rebecca Medrano (CV) 56.48;
3. Alison Bieda, Nichole Westling, Tisha Davis, Brenda Donat (CV) 59.46.

BFS:

1. Mike Dommiquze, Mark McKidly, David Halmer, Lamar Brown - (H) 48.11; 2. Ryan Stohr, Tony Sanchez, Rance Jones, Jonathon Chu (CV) 49.27.

GV:

1. Joyce Lee, Chelsea Chandler, Amanda Medrano, Marsha Goodspeed (CV) 51.67;

2. Nichole, Daneen, Brian - (Hayward) 52.06

BV:

1. Everett Chan, Joe Apodaca, Kevin Griego, Geno McGuigan (CV) 46.45; 2. (Hayward) Sean Gheslie, Terence Roque, Uwavan Wuela, Matt Ugan - 48.03;
3. (CV) DeSilva, Barnes, Vanderbilt - no time.

1600

GFS:

1. Helga Zambrano (CV) 6.27.5,
2. Erin Fong (CV) 6.43.9,
3. Ashley Franco (H) 7.57.1,
4. (H) Dianna Singh - 7.59.1.

BFS:

1. (CV) John Yano - 5.07.0,
2. (CV) TJ - 5.10.9

GV:

1. (CV) Amanda Medrano - 5.37.7,
2. (CV) Kristen Boon-Nitoff - 6.09.0,
3. (CV) Stephanie Manos - 6.18.3,
4. (CV) Samantha Suey - 6.34.3,
5. (CV) Suzy Dodge - 6.39.8

BV:

1. (CV) Alex - 4.55.8,
2. (CV) Zane Welte - 5.03.3,
3. (CV) Nate - 5.05.4,
4. (CV) Beau Bettinger - 5.06.5,
5. (H) Saul Hurlado - 5.11.8

HH

GFS:

1. (H) Shelley McConell - 19.4
2. (CV) Glia - 19.7
3. (CV) Rolonia - 20.7,
4. (CV) Christina - 20.9

BFS:

1. (CV) Chris Kong - 18.9
2. (H) David H. - 19.0
3. (H) Mark McKidly - 19.2,
4. (CV) Karl Stanley - 19.4
5. (H) Chris Nouri - 20.7
6. (CV) William Seals - 21.2

GV:

1. (H) Andrea Dizon - 18.5,
2. (H) Eve G. - 18.63,
3. (CV) Kiersten S. - 19.6,
4. (H) Anriel G. - 19.8,
5. (CV) Britt Knapp - 20.6,
6. (CV) Laura Dobel - 21.2

BV:

1. (CV) Joel Crane - 16.2,
2. (CV) Ryan Parker - 17.8,
3. (CV) Ryan Fomesbeck - 18.5.

400

GFS:

1. Tisha Davis (CV) 70.8
2. ? (H) 77
3. ? (H) 78.4

4. Gipson (H) 84

BFS:

1. Eddie Wagner (CV) 60.8
 2. Ian (H) 62.1
 3. Benjamin Ng (CV) 66.6
- GV:**
1. Brianna Smith (H) 62.8
 2. Kelly Stewart (CV) 63.6
 3. Min Choi (CV) 66.4
 4. Rida Chow (CV) 67

BV:

1. Joe Apodaca (CV) 54.4
2. Chirs Wong (CV) 55.9
3. Alberto Nunez (H) 58

100

GFS:

1. Ilesha Miller (H) 13.8
2. Larryce Oliver (H) 13.8
3. Kate Haworth (CV) 14.4
4. Natalie Oliver (CV) 14.5
5. Nicole Westing (CV) 14.9
6. Erika Gutierrez (CV) 16.6

BFS:

1. Lamar Brown (H) 11.8
2. Rance Jones (CV) 11.9
3. Ryan Stor (CV) 12.3
4. John Chu (CV) 12.3
5. TJ Miller (CV) 12.7
6. Mike Dominguez (H) 12.7

GV:

1. Chelsea Chandler (CV) 13.3
2. Lydia Smith (H) 13.4
3. Marshay Goodspeed (CV) 13.8
4. Joyce Lee (CV) 14.1
5. Nicole McCoy (H) 14.5

BV:

1. Kevin Griego (CV) 11.4
2. Carson Barnes (CV) 11.8
3. Sean Ghiselli (H) no time

800

GFS:

1. Samantha Bettinger (CV) 2:57.3
2. Erin Fong (CV) 3:01.9
3. Tiffany Gellie (H) 3:18.2

BFS:

1. TJ Miller (CV) 2:21.5
 2. John Yano (CV) 2:24.1
 3. Marvin Zamora (CV) 2:31.7
 4. Kevin Shintani (CV) 2:32.4
 5. Jason Ribiera (CV) 2:34.6
 6. Ryan Albanico (CV) 2:35.
- GV:**
1. Tiana Britt (CV) 2:35.7
 2. Brooke Katich (CV) 2:39.7
 3. Min Choi (CV) 2:44.8
 4. Kristen Boon Nitoff (CV) 2:50.9

BV:

1. Nathan Fernsten (CV) 2:18.4
2. Zane Welte (CV) 2:19.4
3. Alberto Nunez (H) no time

300 H

GFS:

1. Regina Warren (CV) 56.1
2. Christina Robinson (CV) 59.7
3. Roanna Trado (CV) 60.9

BFS:

1. Chris Kong (CV) 45
 2. David Hani (H) 46.6
 3. Chris Howe (H) 50.4
 4. Karl Stanly (CV) 51.6
- GV:**
1. Kelly Stewart (CV) 49.8
 2. Laura Dobel (CV) 53.7
 3. Brittany Knapp (CV) 55.03
 4. Andrea Diezay (H) 56.7
 5. Aurel Wilson (H) 57.6

BV:

1. Ryan Parker (CV) 42.2
2. Joey Crane (CV) 43.8
3. Ryan Fomesbeck (CV) 45.9

200

GFS:

1. Ilesha Smith (H) 28.4
2. Natalie Oliver (CV) 29.6
3. Angela Anthon (H) 30.6

4. Nicole Westing (CV) 30.8

5. Kate Haworth (CV) 31.8

BFS:

1. Rance Jones (CV) 25.2
 2. Mke Dominguez (H) 25.9
 3. John Chu (CV) 26.5
 4. Ian Kedrick (H) 26.9
 5. John Ng (CV) 28.6
- GV:**
1. Chelsea Chandler (CV) 27.7
 2. Ryana Smith(H) 28.3
 3. Maarshay Goodspeed (CV) 28.95
 4. Joyce Lee (CV) 29.9

BV:

1. Geno McGuigan (CV) 23.3
2. Everett Chan (CV) 25.4
3. Terrance Roqe (H) 25.6
4. Robert Irvin (H) 26.9

3200

GFS:

1. Shannon Alter (CV) 13.22
2. helga Zambrano (CV) 14:56

BFS:

1. Jason Ribiera (CV) 13:05
- GV:**
1. Courtney Stewart (CV) 13:26
 2. Suzy Dodge (CV) 14.01
 3. Samantha Suey (CV) 14.04
 4. Dana Sing (H) 18.08

BV:

1. Saul Hurtado (H) 11:33
2. Oleg Zholgo (CV) 13:05

Shot

GFS:

1. Sarah Goodson (H) 27'6"
2. Stephanie Simpson (CV) 26'11"
3. Jessica Passadore (CV) 25'11"
4. Erin Cardiasmenos (CV) 25;10"
5. Ketra Davis (H) 21'5"
6. Dasha Godeychev (H) 18'11"
7. Ashley Heyberlin (H) 17'9"

BFS:

No entries

GV:

1. Lanes Morgan (H) 30'2"
2. Natalie Howe (CV) 26'3"
3. Tanellye Williams (H) 25'7"
4. Lindsey Silva (CV) 23'1"

BV:

1. Jeremy Pufu (H) 42'5"
2. Xavior Carrion (CV) 41'7"
3. Chris Manning (CV) 41'5"
4. Neil Owen (CV) 40'1"
5. kenny Okieth (CV) 39'6"
6. Alex Becker (CV) 35'10"
7. Brad Rinker (CV) 33'10"

Discus

GFS:

1. Jessica Passadore (CV) 76'11"
2. Sarah Goodson (H) 68"
3. Erin Cardiasmenos (CV) 63'6"
4. S. Simpson (CV) 57'8"
5. Dasha Gadechev (CV) 59'1"
6. Ashley Heaberlin (H) 44'7"

BFS:

1. Philip M. (H) 110'11"
2. Jeffer Werman (H) 98'1"
3. John Booker (H) 79'7"
4. Ahmad A. (H) 77"
5. Vincent Wu (CV) 77"
6. Emmanuel Tolentino (CV) 76'11"
7. Walter Chui (CV) 63'7"

GV:

1. Laniece Morgan (H) 78'6"
2. Lyndsey Silva (CV) 76'8"
3. Natalie Howe (CV) 64'
4. Tanellya Williams (H) 60'

BV:

1. Chris Manning (CV) 144'5"
2. Jerome Pulu (H) 112'11"
3. Vince Reiss (CV) 110'6"
4. Alex Becker (CV) 108'6"
5. Neil Owen (CV) 105'7"
6. Josh Sawyer Long (CV) 98'1"
7. Kenny Okeith (CV) 86'6"
8. Xavior Carrion (CV) 74-0

Long Jump

GFS:

1. Devine Hardy (H) 13-2
2. Jessie White (CV) 12-10
3. Dana Linda (CV) 12-9
4. Tiffany Gellie (H) 12-3
5. Brenda Donat (CV) 11-6
6. Jenny Viera (CV) 11-5

BFS:

1. Lamar Brown (H) 19-2
2. Kerry Kaufman (CV) 16-9
3. Chris Kong (CV) 16-2
4. Kyle Hauhes (CV) 14-9
5. Aaron Albanico (CV) 13-6
6. Julian Villanueva (H) 12-8
7. Brain Contrard (CV) 12-5
8. Nick Morozovsky (CV) 12-3

GV:

1. Eve G. (H) 13-4
2. Kerry Boothe (H) 13-1

BV:

1. Carson Barnes (CV) 18-2
2. Matt Dean (H) 17-7 1/2
3. Mike Vanderbilt (CV) 17-5
4. Micheal Desilva (CV) 16-8
5. Robert Erwin (H) 16-7

Triple Jump

GFS:

1. Jessie White (CV) 28-9
2. Dana Linda (CV) 26-3
3. Tiffany Gellie (H) 24-3

BFS:

1. Chris Kong(CV) 34-2
2. Kerry Kaufman (CV) 34-0
3. Nick Morazovsky(CV) 29-0
4. Bryan Collard (CV) 28-6
5. Villanova (H) 27-7
6. William Seals (CV) 27-1
7. Aaron Albanico (CV) 27-0

GV:

1. Eve Gameir (H) 28-9
2. Kerry Booth (H) 25-10

BV:

1. Matt Dean (CV) 38-0
2. DeSilva (CV) 37-8
3. Fanderbi (H) 37-6

High Jump

GFS:

1. Devine Hardy (H) 4-4
2. Brenda Donat (CV) 4-2
3. Jessie White (CV) 4-2

BFS:

1. John Picetti (CV) 5-4
2. Ryan Stohr (CV) 5-2
3. Phillip Mbakoge (H) 4-10
4. Walter Charis (H) 4-10

GV:

1. Kiersten Slader (CV) 4-10
2. Lane Morgan (H) 4-8
3. Heather Mellon (CV) 4-4
4. Stephanie Manos (CV) 4-0

BV:

1. Ryan Parker (CV) 5-6
2. Jared Stohr (CV) 5-4
3. Bobby Nezami (CV) 5-2
4. Terrance Roqu (H) 5-0

Pole Vault

GFS:

1. Melody Jue (CV) 6'
2. Roana Tirado (CV) 6'
3. Elysse Turney (H) 6'
4. Tiffany Gellie (CV) NH

BFS:

1. Tony Sanchez (CV) 7'6"
2. Evan Hendrickson (CV) 7'6"
3. Kevin Shintani (CV) 7'
4. Bryan Collard (V) 7'

GV:

1. Erin McCarthy (CV) 7'6"
2. Kerry Booth (H) 6'6"

BV:

1. Nick Simons (CV) 12'
2. Chris Ashford (CV) 9'

Top 8 Invitational James Logan High School

Day Meet Friday April 27

BFS High Hurdles

Heat One
2. Chris Kong 17.55
4. Jim Lang 18.66
Heat Two
6. Carl Stanley 19.1
Heat Three
5. William Seals 20.2

BFS Sprint Medley

1. Tony Sanchez, Jon Chu, Joe Apodaca, TJ Miller 3:27.29

Women Sprint Medley

2. Natalie Oliver, Joyce Lee, Marshay Goodspeed, Chelsea Chandler 1:58.4

Men Sprint Medley

4. Kevin Griego, Geno McGuigan, Mike DeSilva, Ryan Parker 3:56.3

BFS Distance Medley

TJ Miller 71.8 78.6 70.7 3:41.1
Joe Apodaca 54.1
Kevin Shintani 65.0 79.1 2:24
Jason Ribiera 70.8 85.1 95.2
82.7 5:28.6
9th 12:27.7

BFS 200

Heat 3
7. Ben Ng 27.7
Heat 6
2. Jon Chu 25.6

BFS 3200

TJ Miller 75 78 81 87 90 92
92 83 11:21
Jason Ribeira 80 88 89 88 91
92 91 85 11:44
Kevin Shintani 76 87 90 93 99
98 98 91 12:12

Girls 3200

Shannon Alter 87 96 100 102
101 102 102 86 12:56
Samantha Suey 88 97 101 102
108 113 114 102 13:50
Stephanie Teel 89 98 101 110
111 113 115 103 14:01

Boys 3200

Oleg Zhoglo 77 87 90 92 100
100 100 90 12:15.7

GV 4 x 800

Kelley Stewart 73.6 75.1 2:28.7
Courtney Stewart 72.6 82.1
2:34.7
Tiana Britt 72.1 82.8 2:34.9
Amanda Medrano 64.1 72.3
2:16.4
9:54.4 2nd

BV 4 x 800

Yuri Nosenko 59.9 59.2 1:59.2
Alex Cardiasmenos 58.5 66.1
2:04.6
Zane Welte 61.3 70.2 2:11.5
Chris Wong 57.1 65.0 2:02.1
8:16.8 2nd

BFS PV

Kevin Shintani 9-0 4th
Tony Sanchez 8-0 5th tie
Brian Collard 7-0
Aaron Albonico n.h.

Day Meet Saturday, April 28

BFS 1600

Heat 1
TJ Miller 67.6 76.6 82.3 77.6
5:06.0
Heat 2
Marvin Zamora 73 82 88 80
5:23.1
Kevin Shintani 72 83 93 85
5:33

GV 1600

Kristen Boon-Nitoff 81.0 85.2
93.0 96.4 5:55.4

GV Discus

Lyndsey Silva 71-2
Erin Cardiasmenos no mark
Stephanie Teeple 53-7

GV 4 x 100

Laura Dobel, Nicole Westling,
Kate Haworth, Jessie White 55.9

BV 4 x 100

Everett Chan, Mike DeSilva, Kevin
Griego, Geno McGuigan 45.6

BV Long Jump

Mike DeSilva 20-9

BV 110 HH

Heat 2
2. Joey Crane 16.1
5. Ryan Fannesbeck 18.0

GV 100

Laura Dobel 19.4
Gina Warren 19.6

GV TJ

Erika Gutierrez no mark
Jesie White 29-3

GV 400

Tisha Davis 68.6
Nicole Westling 68.0

BFS 400

2. Joe Apodaca 53.3

BV

1. Yuri Nosenko 50.2

BV TJ

Mike DeSilva 41-11

BFS 100

Jon Chu 12.4

BFS Long Jump

Jim Leng 17-5
Chris Kong 17-8
Carl Stanley 15-0
Nick Morozovsky
William Seals 14-6.5
Aaron Albonico 13-7

GV 100

Kate Haworth 14.3
Erika Gutierrez 15.7

GV Pole Vault

Samantha Leach 7-6
Melody Jue 6-6

BV 100

Kevin Griego 11.4
Geno McGuigan 11.6
Everett Chan 12.3

GV HJ

Jessie White 4-2

BFS 800

Marvin Zamora 71 78.9 2:18.9
TJ Miller 68.2 67.6 2:15.8

GV Shot Put

Lyndsey Silva no mark
Stephanie Simpson no mark
Erin Carsiamenos 26-5.5

BV 800

Chris Wong 62.1 61.1 2:03.2
Nate Fernsten 64.3 67.9 2:12.1

BFS 300IH

Chris Kong 45.2
Jim Leng 45.7

BV 300 IH

Ryan Parker 42.4
Joey Crane 44.0
Ryan Fannesbeck no time
reported

GV 300 H

1. Kelley Stewart 48.1
Laure Debell 53.4
Gina Warren 53.0

BHJ

Ryan Parker 5-8
Bobby Nezami 5-4
Eric Pane 5-0

BFS SHot

Vince Wu no mark

BFS Discus

Vince Wu no mark

GV Shot Put

no marks reported

BFS Triple Jump

no marks reported

GV 200

Tisha Davis 30.3
Nicole Westling 29.9

BV 200

Geno McGuigan no time reported
Kevin Griego no time reported

Night Meet Saturday April 28

GV 800

2. Amanda Medrano 70.2 65.5
2:15.78

BV Discus

7. Chris Manning 154-11

GV Pole Vault

3. Erin McCaarthly 10-0

BFS 3200

2. Zane Welte 66.4 76.4 79.0
79.5 81.7 84.3 82.6 71.2
10:20.7

GV 3200

10. Courtney Stewart 81.4 86.0
85.9 90.3 92.7 93.4 93.5 85.4
11:48.2

BV 3200

9. Alex Cardiasmenos
13. 68.8 71.9 73.0 73.7 74.1
74.8 77.0 73.9 9:47.2

2001 HAALTrack & Field Standings

Dual Meets

Boys' Varsity

Bishop O'Dowd	8-0
Castro Valley	7-1
San Leandro	6-2
San Lorenzo	5-3
Tennyson	4-4
Moreau Catholic	3-5
Arroyo	2-6
Hayward	1-7
Mt. Eden	0-8

Girls' Varsity

Arroyo	8-0
Bishop O'Dowd	7-1
Castro Valley	5-3*
Moreau Catholic	5-3
Hayward	4-4
San Leandro	3-5
San Lorenzo	2-6
Tennyson	2-6
Mt. Eden	0-8

Boys' Frosh-Soph

Bishop O'Dowd	7-1
San Lorenzo	6-2
Hayward	6-2
Castro Valley	5-3**
Moreau Catholic	4-4
San Leandro	3-5
Mt. Eden	2-6
Arroyo	2-6
Tennyson	1-7

Girls' Frosh-Soph

Castro Valley	8-0
Bishop O'Dowd	7-1
Arroyo	5-3
San Lorenzo	4-4
Hayward	4-4
Moreau Catholic	3-5
Mt. Eden	3-5
San Leandro	2-6
Tennyson	0-8

HAAL Championships

1. Bishop O'Dowd
2. Castro Valley
3. San Leandro
4. San Lorenzo
5. Moreau Catholic
6. Tennyson
7. Mt. Eden
8. Hayward
9. Arroyo

1. Bishop O'Dowd
2. Arroyo
3. Castro Valley
4. San Lorenzo
5. Moreau Catholic
6. San Leandro
7. Tennyson
8. Hayward
9. Mt. Eden

1. Bishop O'Dowd
2. Castro Valley
3. Hayward
4. Moreau Catholic
5. San Leandro
6. San Lorenzo
7. Tennyson
8. Arroyo
9. Mt. Eden

1. Castro Valley
2. San Leandro
3. Bishop O'Dowd
4. Arroyo
5. Hayward
6. Moreau Catholic
7. San Lorenzo
8. Mt. Eden
9. Tennyson

Overall Standings:

1. Bishop O'Dowd
2. Castro Valley
3. San Leandro
4. San Lorenzo
5. Tennyson
5. Moreau Catholic
7. Arroyo
7. Hayward
7. Mt. Eden

1. Arroyo
1. Bishop O'Dowd
3. Castro Valley
4. Moreau Catholic
5. San Lorenzo
6. San Leandro
7. Hayward
8. Tennyson
9. Mt. Eden

1. Bishop O'Dowd
2. Hayward
3. Castro Valley
4. San Lorenzo
5. Moreau Catholic
6. San Leandro
7. Arroyo
8. Mt. Eden
9. Tennyson

1. Castro Valley
2. Bishop O'Dowd
3. Arroyo
4. Hayward
5. San Leandro
6. San Lorenzo
7. Moreau Catholic
8. Mt. Eden
9. Tennyson

* includes 2 forfeits

** includes 3 forfeits

Bayshore NCS Regional Meet

Diablo Valley College Saturday May 19, 2001

* = qualifies for Meet of Champions

Girls:

4 x 100

Joyce Lee, Chelsea Chandler, Amanda Medrano, Marshay Goodspeed 52.05 5th in Heat 2

800

Amanda Medrano 2:14.78 1st in Heat 1 *

300 LH

Kelley Stewart 47.70 4th in Heat 1 *
Laura Dobel 52.51 8th in Heat 1

200

Chelsea Chandler 26.97 6th in Heat 2

3200

Courtney Stewart 12:46.80 8th

4 x 400

Laura Dobel, Chelsea Chandler, Amanda Medrano, Kelley Stewart 4:08.70 3rd in Heat 1 •

HJ

Kiersten Slader 4-8 tied for 8th
(after a scratch, Kiersten had a jumpoff the following Tuesday against the Alameda girl, and won at 4-9) •

LJ

Kiersten Slader 16-0 1/2 8th
(Kiersten advanced on a scratch) *

TJ

Kiersten Slader 32-2 10th

PV

Erin McCarthy 10-6 2nd * 2nd
Samantha Leach 7-6 14th

Boys:

110 HH

Joey Crane 15.86 4th in Heat 1, 8th

100

Kevin Griego 11.24 4th in Heat 1, tie 7th overall
(On the following Monday, Kevin had a runoff with the Newark boy. Kevin lost the runoff 11.0 to 11.1)

800

Yuri Nosenko 1:58.94 3rd in Heat 2 *
Chris Wong 2:00.03 4th in Heat 2 *

300 IH

Ryan Parker 42.02 4th in Heat 2, 8th overall

200

Kevin Griego 22.53 2nd in Heat 1, 4th overall •
Geno McGuigan 23.04 4th in Heat 1, 9th overall

3200

Alex Cardiasmenos 10:03.0 7th *

4 x 400

Joe Apodaca, Chris Wong, Ryan Parker, Yuri Nosenko 3:31.01 5th in Heat 1, 7th overall •

HJ

Ryan Parker n.h.

LJ

Mike DeSilva 20-4 7th •

TJ

Mike DeSilva 41-3 10th

Discus

Chris Manning n.m.

PV

Nick Simons 12-6 4th *
Chris Ashford n.h.

North Coast Section Meet of Champions
Friday-Saturday May 25-26, 2001 UC Berkeley

Prelims 8 • = qualify for finals

Girls 800

Amanda Medrano 2:12.86 1st in Heat 3 school record -- old record 2:13.7 Bridget Cunningham 1981

Boys 800

Yuri Nosenko 1:55.92 • 2nd in Heat 1

Chris Wong 1:59.01 4th in Heat 1

Girls 300 LH

Kelly Stewart 47.83 4th in Heat 2

Boys 200

Kevin Griego 22.92 4th in Heat 1

Girls 4 x 400

Laura Dobel, Amanda Medrano, Chelsea Chandler, Kelly Stewart 4:04.26 3rd in Heat 1 •

Boys 4 x 400

Joe Apodaca Chris Wong Ryan Parker Yuri Nosenko 3:32.21 7th in Heat 1

=====

Finals • = qualifies for the State Championships

Girls Pole Vault

Erin McCarthy 10-09 • 4th place school record old record 10-6 Erin McCarthy 2001

Boys Pole Vault

Nick Simons 12-00 13th place

Girls Long Jump

Kiersten Slader 15-11 15th place

Boys Long Jump

Mike Desilva 18-10 1/2 18th place

Girls High Jump

Kiersten Slader 4-08 21st place

Girls 800

Amanda Medrano 2:13.61 • 3rd place

Boys 800

Yuri Nosenko 1:56.73 5th place

Boys 3200

Alex Cardiasmenos 9:58.5 19th place

Girls 4 x 400

Rida Chow Chelsea Chandler Courtney Stewart Kelly Stewart 4:16.0 8th place

State Meet

Friday June 1, 2001
Sacramento City College, CA

Girls' 800

Amanda Medrano 2:14.95 5th in Heat 1

Amanda's sore hamstring from last week was too tight, and so she had to run reservedly the whole race. She put on the best effort she could and was in the race the whole way. Her time, despite the injury was yet another top 10 CV time. Not a bad way to end a season, competing at the state meet.

Girls' Pole Vault

Erin McCarthy 10-8

Erin was consistent at the new level that she established last week. The competition was top-notch and Erin got to see the best vaulters in the state. Only a sophomore, hopefully Erin can return her in the future and vault again at the top level in the state. She now holds nine of the top 10 vaults in CV history.