

Monica Barbuzano

RESULTS

Castro Valley High School

Track & Field

2003 Schedule

| <u>day</u> | <u>date</u> | <u>opponent</u> | <u>time</u> | <u>location</u> |
|------------|-------------|---|-------------|--------------------|
| Monday | February 10 | First Day of workouts | 3:30 | CVHS |
| Tuesday | February 25 | scrimmage: Newark YEARBOOK | 3:30 | Newark-Memorial HS |
| Friday | February 28 | scrim: DeLaSalle, St. Ignatius | 3:30 | DeLaSalle HS |
| Saturday | March 8 | DeLaSalle Invitational | 8:00 | DeLaSalle HS |
| Friday | March 14 | Piedmont Distance Carnival (distance runners only) | 3:30 | Piedmont HS |
| Saturday | March 15 | Cougar Relays | 8:00 a.m. | Newark-Memorial HS |
| Saturday | March 22 | Amador Invitational | 9:00 a.m. | Amador HS |
| Thursday | March 27 | HAAL: Bishop O'Dowd & Tennyson | 3:30 | CVHS |
| Saturday | March 29 | Martinez Relays | 8:00 a.m. | Alhambra HS |
| Thursday | April 3 | HAAL: Arroyo & Hayward | 3:30 | CVHS |
| Friday | April 4 | Chabot Relays | 2:00 | Chabot College |
| Saturday | April 5 | Oakland Invitational | 8:00 a.m. | UC Berkeley |
| Wednesday | April 9 | HAAL: Mt. Eden & San Leandro | 3:30 | CVHS |
| Friday | April 11 | Castro Valley Invitational | 3:00 | CVHS |
| Thur-Fri | April 17-18 | Mt. SAC Relays | TBA | Mt. SAC |
| Friday | April 25 | Top 8 | 5:00 | Logan HS |
| Saturday | April 26 | Top 8 | 8:00 a.m. | Logan HS |
| Friday | May 2 | HAAL: Moreau & San Lorenzo | 3:30 | CVHS |
| Saturday | May 3 | Charley Eaton Relays | 9:00 | Acalanes HS |
| Tu-Wed | May 13 & 14 | HAAL: Trials & Finals | 12:00 noon | Chabot College |
| Saturday | May 24 | NCS Bayshore Qualifying | 9:00 a.m. | TBA |
| Fri-Sat | May 30, 31 | NCS MOC Trials & Finals | TBA | UC Berkeley |
| Fri-Sat | June 6, 7 | State Championships | TBA | Cerritos College |

Head Coach: Peter Brewer H: 925-945-8869 FAX: 925-945-1510 e-mail: pcb@internet-frontier.net

Assistant Coaches:

Mel Ashford, Dino Cardiasmenos,
Raoul Perez, Joe Schneider
Jeff McGallian, Lisa Clancy,
Kevin Griego, Anthony Morgan,
Wendy Hahn

Principal: Lesly Rothwell 510-537-5910
Athletic director: Marie Gray 510-537-5910

Earning a Varsity Letter

A Varsity Letter is more than a symbol of physical accomplishment: it represents that athlete's demonstration of the Varsity Attitude, team unity, intensity of effort, and personal responsibility. The coaches reserve the right to make the final decision on awarding the Varsity Letter, but generally consider the following guidelines:

1. Score at least 12 points in varsity competition in dual meets.

– OR –

2. Be part of a top 5 relay in varsity competition at a major invitational.

-- OR --

3. Score at the HAAL Championship meet at the varsity level.

-- OR --

4. Place 1st in an individual Frosh-Soph event at the HAAL Championships.

-- OR --

5. Consistently perform at a varsity level, even though non-scoring.

– AND –

1. Display at all times the Varsity Attitude.

-- AND --

2. Remain eligible to the end of the season

Varsity Attitude: And just what is this thing called the Varsity Attitude?

It is the **enthusiasm** that has the athlete show up on time, or early, to each workout and meet.

It is the **willingness** to do what the coach asks without complaining.

It is the **desire** to work as hard as possible at all times.

It is the **eagerness** to do more work and volunteer for extra tasks.

It is the **cheerfulness** at the privilege of being able to work out and compete.

It is the **team spirit** exhibited by cheering on all teammates all the time.

It is the **graciousness** in being polite to all competitors before, during and after competitions.

The coaches reserve the right to award or to not award a varsity letter based on the athlete's Varsity Attitude regardless of that athlete's performance.

200 Time Trials 2/26

| Girls: | | Boys: | | | |
|------------------|-------|----------------|-------|------------------|-------|
| Heat 1 | | Heat 1 | | Marcus Cox | 23.18 |
| Alicia Inn | 32.50 | Marcus Cox | 23.18 | Joe Apodaca | 23.50 |
| Kara Anderson | 30.93 | Joe Apodaca | 23.50 | Evan Ballar | 24.65 |
| Kate Haworth | 32.56 | Ryan Stohr | 24.75 | Ryan Stohr | 24.75 |
| Heat 2 | | Heat 2 | | Wesley Willis | 25.90 |
| Jerri Pfisterer | 31.75 | Evan Ballar | 24.65 | Brian Yip | 26.18 |
| Amanda Shepherd | 31.90 | Matt Mitchell | 26.96 | Matt Mitchell | 26.96 |
| Kelsey Hayes | 35.86 | Kryoshi Hiroki | 27.50 | Justin Taylor | 27.06 |
| Heat 3 | | Heat 3 | | Carey Eck | 27.35 |
| Michelle Dianda | 29.62 | Wesley Willis | 25.90 | Kryoshi Hiroki | 27.50 |
| Vanessa Depue | 38.06 | Brian Yip | 26.18 | Jason Hoffman | 28.00 |
| Sarah Han | 39.75 | Michael Sure | 28.34 | Jon Delago | 28.09 |
| Heat 4 | | Heat 4 | | Josh Shinoda | 28.28 |
| Sharlee Solis | 33.87 | Jason Hoffman | 28.00 | Michael Sene | 28.34 |
| Shannon Fukunaga | 37.28 | Jon Drago | 28.09 | Jason Truong | 28.87 |
| Heat 5 | | Heat 5 | | Ryan Lewis | 28.93 |
| Carolyn Chin | 29.90 | Carey Eck | 27.35 | Vince Wu | 29.00 |
| Mimi Cortopossi. | 31.65 | Jason Truong | 28.87 | Amos Han | 29.00 |
| Heat 6 | | Heat 6 | | Charis Chan | 27.56 |
| Charis Chan | 27.56 | Justin Taylor | 27.06 | Michelle Dianda | 29.62 |
| Michelle Chan | 29.93 | Josh Shinoda | 28.28 | Carolyn Chin | 29.90 |
| Joanna Gistand | 31.56 | Vince Wu | 29.75 | Michelle Chan | 29.93 |
| | | | | Kara Anderson | 30.93 |
| | | | | Joanna Gistand | 31.50 |
| | | | | Mimi Cortopossi. | 31.65 |
| | | | | Jerri Pfisterer | 31.75 |
| | | | | Amanda Shepherd | 31.90 |
| | | | | Alicia Inn | 32.50 |
| | | | | Kate Haworth | 32.56 |
| | | | | Sharlee Solis | 33.87 |
| | | | | Kelsey Hayes | 35.86 |
| | | | | Shannon Fukunaga | 37.28 |
| | | | | Vanessa Depue | 38.06 |
| | | | | Sarah Han | 39.75 |

The Daily Blurb

Monday March 3, 2003

And Chaos Reigned

DLS, Carondelet, St. Ignatius Scrimmage

Last Friday, the CV track horde traveled to DeLaSalle High school to compete against some of the best Catholic track powers in Northern California. We did just fine as a team, with many pleasant surprises and some strong indications of future success. The coaches were also able to see areas where we definitely need some work.

As with all early season meets, disorganization seemed to be the only consistent element of the day. If it were not for the excellent statistical crew of the CV team, we would not have ANY results. As it was, we were only able to get a few of the field events, the

relays were sketchy at best, and several heats of the 100 are lost forever. We even had to provide the stopwatches, half the clipboards, and all of the finish forms.

We even had to battle attitudes on our own team, as several athletes came up short on truly understanding what being on a track team means. See the editorial below on the connection between independence and responsibility.

Here are the results we have:

And now, the results please . . .

Girls 4 x 800

| | |
|------------------|-------------|
| 1. CV | |
| Michelle Dianda | 2:37 |
| Moryah Schindler | 2:40 |
| Shannon Alter | 2:51 |
| Kelley Stewart | <u>2:36</u> |
| | 10:54 |

Boys 4 x 800

| | |
|----------------|-------------|
| 3. CV "A" | |
| Zane Welte | 2:07 |
| TJ Miller | 2:11 |
| Terrence Jones | 2:15 |
| John Yano | <u>2:06</u> |
| | 8:39 |
| 6. CV "B" | 9:33 |

Girls 4 x 100

| | |
|---------------------|--------|
| Heat 1 | |
| 2. CV "A" | |
| Charis Chan | |
| Chelsea Chandler | |
| Michelle Chan | |
| Carolyn Chin | 55.8 |
| 4. CV "B" | 56.7 |
| 5. CV "C" | 1:01.3 |
| Heat 2 | |
| 2. CV "D" | 1:00.8 |
| <u>Boys 4 x 100</u> | |
| Heat 2 | |
| 3. CV "A" | 47.5 |
| Heat 3 | |
| 1. CV "B" | 48.0 |
| 2. CV "C" | 51.7 |
| 3. CV "D" | 59.3 |

Girls HH (5 flights)

| | |
|---------------------|------|
| Heat 1 | |
| 1. Carly Saunders | 10.1 |
| 5. Amanda Delaplane | 12.1 |

| | |
|-----------------------|------|
| Heat 2 | |
| 2. Hannah Dondero | 13.6 |
| Heat 3 | |
| 5. Katie Stewart | 11.4 |
| 7. Erin McCarthy | 11.8 |
| Heat 4 | |
| 1. Christina Robinson | 12.0 |
| 2. Roana Tirado | 13.6 |
| 3. Nancy Trisko | 15.4 |

Boys HH (5 flights)

| | |
|------------------|------|
| Heat 2 | |
| 3. Marek Brezula | 10.8 |
| 4. Wayne Heltzel | 10.8 |
| 7. William Seals | 11.4 |

Girls 100

| | |
|------------------|------|
| Heat 1 | |
| 4. JJ Gistand | 14.5 |
| Heat 2 | |
| 1. Charis Chan | 13.1 |
| 4. Michelle Chan | n.t. |

Boys 100

| | |
|-------------------|------|
| Heat 1 | |
| 4. Wesley Willis | 12.6 |
| 6. Matt Mitchell | 13.0 |
| 7. Kiyoshi Huraki | 13.1 |
| Heat 2 | |
| 2. Brian Yip | 12.4 |
| 3. Marek Brezula | 12.7 |
| Heat 3 | |
| 4. Sean Anderson | 13.8 |

Girls 500

| | |
|------------------|--------|
| Heat 1 | |
| 3. Alicia Inn | 1:31.9 |
| Heat 2 | |
| 3. Vanessa Depue | 1:44.2 |
| Heat 3 | |
| 1. CC Cox | 1:27.2 |

| | |
|---------------------|--------|
| Heat 4 | |
| 3. Carolyn Chin | 1:31.0 |
| <u>Boys 500</u> | |
| Heat 2 | |
| 1. TJ Miller | 1:11.7 |
| 4.. Brandon Farinha | 1:16.1 |
| 6. Terrence Jones | 1:22.1 |

Girls 300 IH

| | |
|-----------------------|--------|
| Heat 1 | |
| 5. Amanda Delaplane | 1:06.6 |
| Heat 2 | |
| 2. Christina Robinson | 57.1 |
| 4. Katie Stewart | 58.4 |
| 5. Roana Tirado | 1:00.6 |

Boys 300 IH

| | |
|-------------------|------|
| Heat 1 | |
| 5. Williams Seals | 52.3 |

3200

| | |
|----------------------------|-------|
| 7. Bennett Hall | 11:21 |
| 8. Terrence Jones | 11:22 |
| Jon Hui -- only ran 7 laps | |

4 x 400 Relays

no reliable results

Girls Shot Put

no results

Boys Shot Put

| | |
|------------------|-------|
| 12 lb. | |
| Dustin Wheeler | 33-10 |
| Rodney Aqua | 28-6 |
| Andrew Krantz | 31-1 |
| Vince Wu | 26-1 |
| Aaron Albonico | 32-4 |
| Aaron Belluomini | 31-5 |
| 10 lb | |

| | |
|----------------|------|
| Jon Hui | 23-6 |
| Dan Feucht | 35-8 |
| Charles Ottina | 19-2 |
| Tim Stryko | 33-2 |

Girls Discus

no results

Boys Discus

| | |
|------------------|-------|
| Andrew Krantz | 89-3 |
| Aaron Albonico | 87-0 |
| Rodney Aqua | 78-8 |
| Vincent Wu | 82-4 |
| Aaron Belluomini | 89-9 |
| Tim Stryko | 62-3 |
| Danny Feucht | 68-8 |
| Jon Hui | 48-6 |
| Charles Ottina | 39-11 |

Girls High Jump

| | |
|-----------------------|------|
| Katie Stewart | 4-4 |
| Amanda Delaplane | 4-4 |
| <u>Boys High Jump</u> | |
| Wayne Heltzel | n.h. |

Girls Long Jump

no results available

Boys' Long Jump

| | |
|-----------------|-------|
| Josh Shinoda | 13-5 |
| Preston B-Opp | 14-4 |
| Aaron Albonico | 15-9 |
| William Seals | 15-11 |
| Robert Wright | 17-4 |
| Nick Morozovsky | 14-4 |
| Evan Ballar | 16-10 |
| Tony Sanchez | 17-10 |

Girls Triple Jump

no results available

Boys Triple Jump

| | |
|----------------|------|
| Aaron Albonico | 32-4 |
| William Seals | 33-4 |

Pole Vault

no results available

Good Stuff ! !

On a seriously intense note, Terrence Jones gets the coach's award as athlete of the meet. He ran the 4x100 relay, the 4 x 800 relay, the 100, the 500 and the 3200. He wanted to do the 4 x 400 as well, but we gave him a break.

The BFS "A"4x100 ran a top time right off the bat, and looks to get better. Nice start to the season.

Charis Chan is the girls' athlete of the meet, running a 13.1 100, and leading off the 4x400 with a 65.3, fastest of the squad. Special mention to the new girls who ran that demon 500 -- Carolyn Chin, Alicia Inn and especially CC Cox who showed some seriousness about winning her heat.

The Daily Blurb

Monday March 3, 2003

Looking Ahead:

DLS Invitational on Saturday

This Saturday we travel back to DeLaSalle High School to compete in the early season DLS/Carondelet Invitational. This is an excellent venue to test ourselves against some top competition in the relay portion of the meet, as well as to see where we are with some selected individual events.

No Busses

Weekend meets do not have busses, so we have to rely on families to deliver their children directly to the event site. This meet is the most remote of our area invitationals this year, so expect future competitions to be closer and more accessible.

Arrive Early

The meet starts at 8:30 for the field events, and 9:00 for the running events. We expect that athletes have about an hour lead time for their events, so arrive early. We also expect all athletes to arrive early, regardless of their event, so do not try to "guesstimate" when an appropriate arrival time is and perhaps miss an event. We anticipate that the event will end around 5:00 p.m.

Remember to pack warm clothes, food, water,

uniforms, perhaps some money, and even homework.

When you arrive, look for the CV canopy in the bleachers.

Entry limitations

Invitational formats often only allow a few athletes from each school in each event, and only one relay per school per event. What this means for a larger team like ours is that we cannot get everyone into every meet. Coaches will be making relay selections by Wednesday, so that the athletes have enough time to get ready for the weekend.

Uniforms Available

Uniforms and sweats are still available every day at workouts. Remember, there is a deposit necessary for each garment. The statisticians will help you.

Now that we are into the regular season, each competitor is required to be in a school-issued uniform.

And now a few words from the Coach:

Scrimmages are the meets where coaches and athletes can see the areas that a team is strong in, and areas that the team needs some work. It is easy to see that our field events are not yet caught up to our running events, and that the technique events (Pole Vault, Triple Jump, 300 IH) still need a lot of work. This is all to be expected.

What is not expected is that the coaches are finding out that one of our areas that needs work is a consistent work attitude. There are some on our team that seem to think that they get to pick and choose their events, their workouts, and the days they come to workouts. These are the athletes that are missing the boat seriously.

Track is a sport that is both an individual and a team sport. Some kids think that it is only individual, and therefore feel that they can do whatever they feel like doing at any time. They do not yet realize that the individual efforts add up to a team result, and their lack of intensity weakens the team. Then there are those individuals that feel that other activities are legitimate reasons for avoiding workouts and competitions, because it is just individual. Jobs, club sports, outside activities, et cetera, are all being used as a way to get out of a serious track commitment. Coaches are being informed by athletes just what that athlete has decided to do in a workout, and compete in as an event, and even if they decide to make a competition or not. Those athletes should decide now that they do not belong on this team.

I am also saddened to find out that athletes are not reading the information they are given. Meet information was handed out several days in advance and posted prominently, and yet even at meet day many athletes had no clue as to what was going on. **READ THE NOTICES !! READ THESE BLURBS !!! LOOK AT YOUR SCHEDULE !!!**

Athletes are also having trouble with punctuality. Arriving on time is a must. Athletes are also having trouble with the workout time frame. Workouts are scheduled from 3:30 to 5:30. We need to have you on call for that time period. It is not good to think you can arrive late, leave early, and think you have contributed to the team. It is not good to miss days of workouts -- it is not good to miss major portions of workouts -- it is not good to schedule other events into the few hours we have to make our team a better team. Once again, if you cannot make the normal commitment to being a part of the team, you are invited to leave and devote your time to those other things you feel you can't give up.

Track meets take time -- Saturday invitationals go all day. HAAL meets last 4 hours. Expect that, and schedule accordingly.

We are a large, strong, talented team. Let's keep the TEAM idea in focus. Let's make 2003 a season of CV Track & Field TEAM success.

-- Coach Brewer

De La Salle Invitational De La Salle High School Saturday, March 8, 2003

Today we managed to get 48 athletes to the meet. Even though the coaches would like to see more athletes actually make it to the meets, the 48 that showed up did a very good job. We ended up taking home 28 medals, setting a school record, and getting 2nd place in the GFS division. Also, the meet managers did a combined scoring, and in the combined boys scoring (BV and BFS) we were 10th out of 25 teams. In the combined scoring for the girls (GV and GFS) we were 5th out of 29 teams

BV athlete of the meet: Evan Ballar - Evan was our only varsity sprinter today, and he jumped over 19 feet, ran a 54 on the distance medley, and ran near his PR in the 100 into the wind.

BFS Athlete of the meet: Robert Ferguson -- He scored in two field events, and medaled with a big PR in the HJ.

GV Athlete of the meet: Shannon Alter -- she ran three distance races, and included a PR 800 in the middle.

GFS Athlete of the meet: All the girls who won those three relays -- a solid team effort.

Upcoming Attractions:

Friday, March 14 Even though there is no school, we have a meet for the distance runners at Piedmont. Check the list and the map.

Saturday, March 15 -- We are at the Cougar Relays at Newark-Memorial High School. This is the meet for everyone except the distance runners. Everyone is entered in one event or another. This is traditionally a lower-key meet, with unlimited entries in all events.

Saturday, March 22 -- we are at the Dan Gabor Relays at Amador Valley HS. This is a smaller invitational, with nothing but relays.

Thursday, March 27 -- this is our big showdown with Bishop O'Dowd and our HAAL opener. This is a huge meet to start our league season with.

The Castro Valley results are now being archived at:
<http://205.162.248.110/cgi-bin/ultimatebb.cgi?ubb=forum;f=5>

Questions? Call Brewer at home: H: 925-945-8869

GFS 3000

Moryah Schindler 12:35.1 10th
Christina Robertson 12:52.4 13th

The girls ran just about as expected, even though the coaches know that they have a lot more in them.

BFS 3000

Jordan Bailey 33 70 79 83 83 83 86 83 10:06 9th
Bennett Hall 35 72 79 83 83 87 91 95 10:31 13th

It was a fast field, and boys felt tired. Solid effort in a tough field.

GFS 4 x100

Charis Chan
Holly Matheny
Michelle Chan
Carolyn Chin 52.25 1st in heat 2, 1st overall •

This is a new school record! The girls broke the record set at last year's HAAL finals. Not bad at all.

BFS 4x100

Brian Yip
Wesley Wallis
Matt Mitchell

Kiyoshi Hiraku 48.68 3rd in heat 2, 7th overall

The team was very respectable, showing that their race of last week was no fluke. They were narrowly beaten out of a medal spot, and were only .5 out of 3rd overall.

GV 4x100

CC Cox

JJ Gistand

Starkisha Brown

Renee Gistand 55.9 5th in heat 3, 11th overall

These girls held up well, despite the fact they were all rookies. They got the baton around the track, and beat other teams in the process.

GFS Distance Medley

| | | | | | |
|--------------------------|----|-----|-----|-----|------|
| 1200 Katelyn Phillips | 82 | 110 | 111 | -- | 4:53 |
| 400 Kara Lawrence | 70 | --- | --- | --- | 1:10 |
| 800 Moryah Schindler | 78 | 90 | --- | --- | 2:48 |
| 1600 Christina Robertson | 91 | 96 | 99 | 89 | 6:15 |

15:10.8 6th

It was nice to put a distance medley relay on the track, but not all of them are in top shape. Christina had a better race this time and passed some girls to put the team in a scoring position.

GV Distance Medley

| | | | | | |
|--------------|----|----|----|----|------|
| 1200 Kelley | 74 | 88 | 84 | -- | 4:06 |
| 400 Min | 69 | -- | -- | -- | 1:09 |
| 800 Michelle | 73 | 83 | -- | -- | 2:36 |
| 1600 Shannon | 83 | 93 | 95 | 88 | 5:59 |



13:54.4 6th

The competition at this level is fairly stiff, and the girls are just rounding into shape. The times were modest, and we will do better in the future.

Shannon Alter still has enough verve left to smile, even after 13 1/2 laps of racing today.

BV distance medley

| | | | | | |
|---------------|------|----|----|----|---------|
| Jason Ribeira | 64 | 75 | 81 | -- | 3:41 |
| Evan Ballar | 54.5 | -- | -- | -- | :54.5 |
| TJ Miller | 61 | 66 | -- | -- | 2:07.19 |
| John Yano | 64 | 71 | 76 | 70 | 4:41 |

11:27.58 7th

Jason still needs more workouts, and so was not able to offer much zip on the opening segment. Evan really opened some eyes with his 400 leg, and TJ ran a steady 800. John eased into a 4:41 mile.

GFS 300 IH

Amanda Delaplane 59.11 4th •

There were only 7 girls that showed up, and Amanda ran through her jitters to get around the track and pick up a medal.

GV 300 IH

Christina Robinson 56.97 4th in heat 3, 11th

Christina gamely focused on technique in a pretty fast heat.

BFS 300 IH

Marek Brezula 47.05 2nd in heat 1, 4th overall. •

Marek ran to the competition, and improved quite a bit. He gets to take home a medal, too.

BV 300 IH

Robert Wright 49.48 7th in heat 1, 20th overall.

Robbie eased off on the last half of the race. Once he gets the idea of all 8 hurdles, he will improve.

GFS 100

Charis Chan 13.24 1st in heat 1, 2nd overall •

Charis won the race by 20 yards, and fell just hundredths away from beating the best time in heat 3.

BFS 100

Kiyoshi Hiraku 13.40 5th in heat 1, 19th overall

Kiyoshi filled in when Wesly felt his hamstring tighten up, and got caught in the blocks. Good experience for the future.

GV 100

Renee Gistand 14.08 2nd in heat 1, 10th overall

Renee didn't have the great start, but she sure powered her way through the rest of the race. Nice work.

BV 100

Evan Ballar 12.08 4th in heat 3, 12th overall

Evan had a great start, and faded a bit at the last 20 meters

GFS 4x800

Holly Matheny 72 75 2:27

Alicia Inn 76 91 2:37

Carolyn Chin 77 92 2:39

Heather Matheny 68 86 2:34

10:38.4 1st •

We didn't expect Holly to be that good shape so early, so she scorched the field to open a HUGE lead early. This made it easy for Alicia and Carolyn to run without panic, and they strode out to very good times for rookies at this distance. Heather over-amped her first lap and had to muscle the 2nd lap on pure grit.

GV 4x800

Michelle Dianda 75 83 2:38

Shannon Alter 79 85 2:44

Rhiannon Webb 87 92 2:59

CC Cox 76 78 2:34

10:57.6 5th •

This was a patchwork relay from the start, as Kelley and Min left early for a homework session.

Rhiannon and Colette were called into emergency duty, and the team responded well. Michelle ran her 2nd 800 of the day, Shannon PR'd by 6 seconds in her 2nd race, Rhiannon survived on minimum workouts, and Colette brought home the

serious goods with a great rookie run at this distance. They were originally 6th, but a DQ moved them up into a medal spot.

GFS 4x200

Jerri Pfisterer

Stephanie Tabor

Kara Lawrence

Carly Sanderson 2.04.2 6th place heat 2, 8th overall

The 2nd group of FS girls ran their race, and were all a bit worried that they might not measure up. Even though they finished last in the fast heat, they were fast enough to snag the last scoring place for us.

BFS 4 x 200

Brian Yip

Wesley Wallis

Kiyoshi Hiraku

Matt Mitchell 1:42.72 3rd in heat 3, 5th overall •

The pace was a bit disappointing, as the boys thought they had a chance to maybe take the heat, but their time held up over the earlier heats to bring home a medal.

GV 4x200

JJ Gistand

Starkisha Brown

Mimi Cortopossi

Kate Haworth 2:05.8 6th in heat 2

The 200 is a long race if you are thinking only 100 meters. Our girls once again did a creditable job with the handoffs, and were able to complete the race. It's all a learning experience.

GV 3000

Shannon Alter 12:14.6 10th

Samantha Suey 13:13.8 14th

Shannon agreed to run her third race of the day just so long as all she had to do was pace Samantha. Well, she felt too good and took off at the halfway point and finished in a time comparable to her PR. Samantha needs more workouts, and so was trying to be consistent and keep a steady pace.

BV 3000

John Yano 9:39 4th •

Jason Ribeira 10:37 17th

It took too long for John to get going, and he had too much left over (64 last lap!). Jason is still trying to become consistent.



John Yano looks a little spaced after the 3000.

GFS 4x400

Holly Matheny 60.8

Heather Matheny 67.2

Alicia Inn 69.3

Charis Chan 63.5

4:21.14 1st in heat 2, 1st overall •

Holly felt really good today, and zipped to another tremendous leadoff leg. Heather was still suffering from her 800, but gave us a solid effort. Alicia, all brand new and everything, was very game, and Charis put it away with her best ever 400.



Happy parents are delighted at the end of meet while it is still daylight

GFS Pole Vault

Stephanie Lasalle 8-

0 tie for 1st •

Nicole Campbell 6-

6 tie for 4th •

A good day for the girl vaulters, as they were very consistent. Nicole upper her PR by 6 inches.

GV pole vault

Melody Jue 7-0 tie for 13th

Nancy Strysko n.h.

Melody came off a long absence to make opening height. Nancy is still learning, and it was a bit much for her right now

BFS pole vault

Robert Ferguson 8-6 tie for 6th

Kevin Teel 8-6 tie for 6th

The young boys are gradually inching their way up.

BFS Shot put

Danny Fuecht 38-8 4th •
Darwin Tsang 36.-67th

Darwin underthrew, and Danny improved enough to snag the 4th spot. Nice medal.

BFS Discus

Darwin Tsang 91-6 2nd •
Danny Feucht 72-8 tie for 17th

Darwin rebounded to grab 2nd, and Danny needs more work with the platter.

BV long jump

Robbie Wright 17-10.5 20th
Evan Ballar 19-04.75 10th

The boys never did report their marks to their coach, so this is a guess who jumped what. Not bad marks, though.

GV long jump

Dana Linda 13-1 8th
Jessie White 13-2 7th

Somehow the two girls ended up competing in the FS division. The marks are okay for now.

GV triple jump

Dana Linda 27-10 12th
Jessie White 27-2 13th

Once again the girls showed that they need work, and underachieved.

BV triple jump

Nick Morozovsky 33-9
15th

Nick was not near top form at all today. He also needs more speed workouts.

GFS high jump

Lauren Hopphenbeck 3-10 9th place

It was a bit hectic, arriving a little late, not getting in a warmup, and being a rookie so not having the technique down yet.

BFS High Jump

Robert Ferguson 5-4 4th place •

Once Robert got his step down, and relaxed, he jumped very well. He got himself 4 inches higher than his best, and picked up a medal, too.



Happy stats Laura and Katie do a great job deciphering incoherent coach babbling into organized statistics on the computer.



After a hard day of coaching, Raoul Perez chats idly with Dana Linda

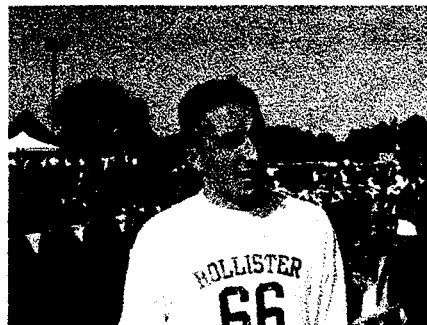
Rogue's Gallery – CV Coaches on Display



Coach Wendy Hahn surveys the glorious Trojan achievement on the track.



Coaches Matt Rozell and Dino Cardiasmenos plot future CV success



Coach Anthony Morgan can't believe how much fun he is having.



Coach Kevin Griego is euphoric at the prospect of coaching sprinters

100 meter Time Trials -- March 12, 2003

Heat 7

| | |
|-------------------|-------|
| 1. Renee Gistand | 14.63 |
| 2. Joanna Gistand | 15.00 |
| 3. Kate Haworth | 15.29 |
| 3. Collette Cox | 15.29 |

Heat 8

| | |
|--------------------|-------|
| 1. Jerri Pfisterer | 15.05 |
| 2. Jessie White | 15.15 |
| 3. Kara Lawrence | 15.25 |
| 4. Carly Sanderson | 15.45 |

Heat 9

| | |
|------------------------|-------|
| 1. Beth Haworth | 15.74 |
| 2. Alicia Inn | 15.74 |
| 3. Nicole Westling | 15.84 |
| 4. Jessica Wildenstein | 16.30 |

Heat 10

| | |
|------------------|-------|
| 1. Justin taylor | 13.64 |
| 2. Amos Han | 14.59 |
| 3. Matt kerner | 15.96 |
| 4. Justin Ilano | 16.33 |

Heat 11

| | |
|-------------------|-------|
| 1. Welsey Wallis | 12.83 |
| 2. Brian Yip | 12.89 |
| 3. Kirk Marciel | 13.06 |
| dnf Matt Mitchell | n.t. |

Heat 12

| | |
|-------------------|-------|
| 1. Joanna Gistand | 14.76 |
| 2. Kate Haworth | 14.99 |
| 3. Beth Haworth | 15.11 |

Heat 13

| | |
|-------------------|-------|
| 1. Evan Ballar | 13.51 |
| 2. Kiyoshi Hiraki | 13.67 |
| 3. Justin Taylor | 14.04 |

Heat 14

| | |
|------------------|-------|
| 1. Preston B-Opp | 14.56 |
| 2. Amos Han | 14.96 |

Arranged overall time order:

| | |
|---------------------|-------|
| Marcus Cox | 11.87 |
| Wesley Willis | 12.79 |
| Welsey Wallis | 12.83 |
| Brian Yip | 12.89 |
| Ryan Stohr | 12.92 |
| Evan Ballar | 12.95 |
| Kirk Marciel | 13.06 |
| Brian Yip | 13.08 |
| Kirk marciel | 13.11 |
| Charis Chan | 13.44 |
| Chelsea Chandler | 13.51 |
| Evan Ballar | 13.51 |
| Matt Mitchell | 13.58 |
| Kiyoshi Hiraki | 13.61 |
| Justin taylor | 13.64 |
| Kiyoshi Hiraki | 13.67 |
| Robbie Wright | 13.69 |
| Justin Taylor | 14.04 |
| Michelle Chan | 14.31 |
| Preston B-Opp | 14.56 |
| Amos Han | 14.59 |
| Renee Gistand | 14.63 |
| Joanna Gistand | 14.76 |
| Heather Matheny | 14.90 |
| Amos Han | 14.96 |
| Kate Haworth | 14.99 |
| Joanna Gistand | 15.00 |
| Jerri Pfisterer | 15.05 |
| Beth Haworth | 15.11 |
| Jessie White | 15.15 |
| Kara Lawrence | 15.25 |
| Kate Haworth | 15.29 |
| Collette Cox | 15.29 |
| Carly Sanderson | 15.45 |
| Beth Haworth | 15.74 |
| Alicia Inn | 15.74 |
| Nicole Westling | 15.84 |
| Matt kerner | 15.96 |
| Jessica Wildenstein | 16.30 |
| Justin Ilano | 16.33 |

This was not only a time trial, but a test of the electronic timing system, so that we can get our stat team used to the mechanism. The gun was a different sound, and that threw people off a bit. Also, the VCR went wonky, and we had to go to the backup unit which took even more adjustment time.

All-in-all, we got some times, and we get to see improvement over the year.

Heat 1

| | |
|------------------|-------|
| 1. Wesley Willis | 12.79 |
| 2. Ryan Stohr | 12.92 |
| 3. Evan Ballar | 12.95 |
| 4. Robbie Wright | 13.69 |

Heat 2

| | |
|-------------------|-------|
| 1. Brian Yip | 13.08 |
| 2. Kirk marciel | 13.11 |
| 3. Matt Mitchell | 13.58 |
| 4. Kiyoshi Hiraki | 13.61 |

Heat 3

| | |
|------------------|-------|
| 1. Bila Aberra | n.t. |
| 2. Preston B-Opp | n.lt. |
| 3. Matt Kerner | n.t. |
| 4. Justin Ilano | n.t. |

system failure on this heat

Heat 4

| | |
|------------------|------|
| 1. Jason Hoffman | 13.3 |
| (handtime) | |
| 2. Justin Taylor | n.t. |
| 3. Jon delago | n.t. |
| 4. Amos Han | n.t. |

more system failure on this heat

Heat 5

| | |
|-----------------|-------|
| 1. Marcus Cox | 11.87 |
| 2. Michael Sene | n.t. |

reduced system failure here

Heat 6

| | |
|---------------------|-------|
| 1. Charis Chan | 13.44 |
| 2. Chelsea Chandler | 13.51 |
| 3. Michelle Chan | 14.31 |
| 4. Heather Matheny | 14.90 |

Piedmont Distance Festival

Piedmont High School, Friday, March 14, 2003

The rain, and threat of rain, did very little to deter the hardy CV distance runners, and for that matter, the distance runners from the other schools. We did very well, with several of our runners winning the coveted t-shirts with their top finishes.

The crowning moments for CV were the remarkable displays of toughness by the girls in the 800 heats. We had girls running at the front of the last 5 or 6 heats of the 800, to the point that we were clearly the a power to all observers. (Of course, the next question is, can you imagine what sort of cross country team all these girls would make this coming fall? It is a staggering thought.)

Middle School 1600

2. Matt Riley 5:27.4



Matt and his opponent pose with their coaches after a very good race

Matt improved by 30 seconds over last year, and was barely beaten by a kid from Alameda.

Girls 1600

Heat 3

7. Rebecca Ribeira 6:35.3
9. Lauren Ma 6:45.2



Rebecca and Lauren

The two girls started out v e r y aggressively. Lauren faded the last two laps, since she just recently joined the team. Becky had a little more left than she thought.

Heat 5

9. Samantha Suey 6:20.9
10. Katelyn Phillips 6:43.3

Both Sam and Katelyn were tentative here, with Katelyn more so than Sammy.

Heat 7

5. Christina Robertson 5:58.2
9. Moryah Schindler 6:01.2

The two girls decided to put on a "twin" act and run side-by-side. The problems with that type of running is that both runners tend to run slower than they might have otgherwise. Christina had anice kick at the end.

Heat 8

7. Shannon Alter 6:00.8

Again, another reserved performance by a CV girl. Shannon is capable of dropping at least 15 seconds at this distance.

Boys 1600

Heat 7

13. Jon Hui 5:31.7

Jon needs more workouts. Enough of hding out with the shot putters.

Heat 8

5. Scott Clark 5:01.4

In the biggest surprise of the day, Scott thought he would do well just to finish, much less beat anyone. So, after almost a two-week layoff due to a sore heel, he tears off and takes the lead at the third lap. His fade was slowk, and he came back with a little sprint at the end.

Heat 10

10. Jason Ribiera 4:55.8
13. Jordan Bailey 4:58.2

Aside from the nasty spike gash that Jordan got, both these times were pretty good for so early for these guys.

Heat 12

10. John Yano 4:36.1
15. Zane Welte 4:43.6

The fast heat was intimidating already, and John and Zane were not in the money after the 2nd lapl. John came back with a quick last lap, while Zane settled for a solid time.

Girls 800

Heat 4

8. Rebecca Ribeira 2:58.5

Her 2nd race of the day saw Rebecca put herself more assertively into the competition. Her times will get better.

Heat 5

3. Alicia Inn 2:42.6
4. Caroline Chin 2:46.3

Carolyn made the big move to win the race on the 2nd lap, but her cold kept her from holding on. Alicia came on strong to surge on the homestretch, only to get caught by Hayward's #1 girl at the wire.

Heat 7

5. Rhiannon Webb 2:43.0

The meet officials got Rhee into the wropng race, but she responded strongly anyway. Showing her quickness, she got a good PR

Heat 8

2. Collete Cox 2:32.0
9. Vanessa Depue 3:11.0

These girls missed their original heat, and so had to jump into a later, faster one. Colette tried to win it anyway, and only was passed on the last 100. Vaness hung on gamely.

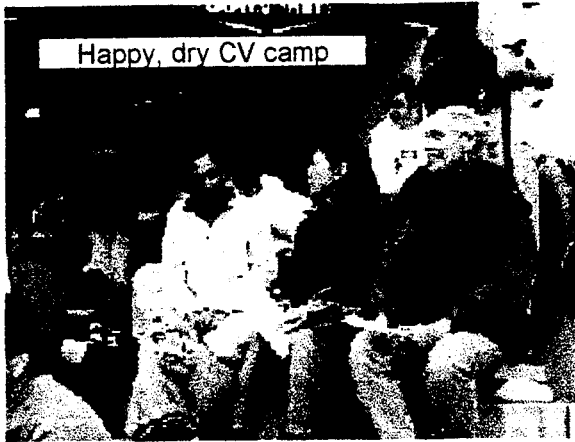
Heat 10

1. Heather Matheny 2:35.3

Heather took off and led most of the way, and finished with a big kick to take the win. Good job.

Piedmont Distance Festival

Piedmont High School, Friday, March 14, 2003



Happy, dry CV camp

Heat 11

1. Holly Matheny 2:27.6
2. Michelle Dianda 2:32.6

Holly just ran away from the field, and opened a huge lead. Michelle was dawdling around in 5th place or so, but wanted a t-shirt really badly. She put on the jets and scalded the last 150 to grab a great 2nd.

Heat 12

4. Kelley Stewart 2:26.1

Kelley got into the fast heat, and made a quality move on the last turn to get into contention. She narrowly lost the sprint for 3rd.



Unhappy, wet CV camp

Boys 800

Heat 9

5. Jason Ribeira 2:13.1

Jason had a lot left for the last lap, leading his coaches to believe that he has a lot more in him for this distance.

Heat 10

4. Terrence Jones 2:07.0

Terrence finally woke up on the last lap and made a huge effort, for he had let the leaders get a little too far in front of him.

Heat 12

2. Thomas Miller 2:02.0

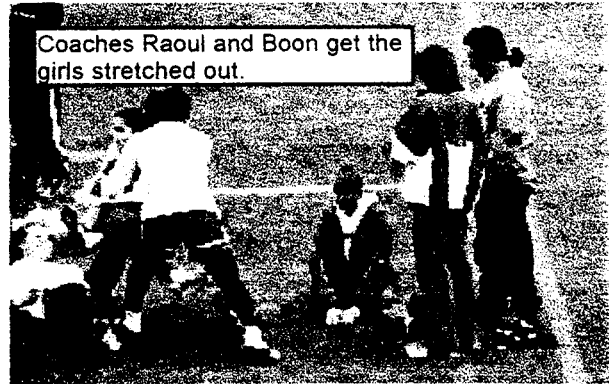
Shock of shocks -- TJ was fooling around in lane three in the back the entire first lap, and then waited to the final turn to crank on the jets and nearly win the

whole thing.

Girls 3200

20. Shanonn Alter 12:53
37. Moryah Schindler 13:59
38. Christina Robertson 14:00
45. Katelyn Phillips 14:43

Sshannon ran a pretty good time for her, and we



Coaches Raoul and Boon get the girls stretched out.

hope she will continue to improve on that time over the season. Moryah and Christina did their twin thing again, and it was Moryah who moved out at the end. They both have considerably more in them than they showed tonight. Christina had trouble with her breathing afterwards. Katelyn ran a consistent race, just to survive.

Boys 3200

Heat 1

13. Matt Riley 12:00

Matt did a good job finishing right in the middle of the pack against high school runners.

Heat 2

8. John Yano 10:13

When he finished with a 68 last lap, we knew that John just needs the confidence that he can exert more in the middle of this race. Still, it was a sizeable PR.

Co-ed 4x400

3. Holly, Kelley, Terrence, TJ 3:55

We picked up more t-shirts, and everybody had fun.

Cougar Invitational Newark-Memorial High School Saturday, March 15, 2003

The meet started off complicated, with new construction taking away all the parking up close. The weather stayed dry, but the meet immediately ran long. When the meet management started drawing up heats by hand in the bullpen, and ferrying crudely written notes around as official documents, we knew we were in for a long meet.

Results are therefore a bit spotty, and some of the field events completely eluded me and the stats. Remember, you have to report ALL your marks DIRECTLY to the statisticians, so they can get the information into the computer right away.

We were able to get lots of people to compete, but even more did not make it, or could only come for an event or two. In the future, let us remember that we are on a track team, and therefore have to go the track team competitions. Please clear out your calendars and write in the future meets. Please understand that we have these weekend meets to make sure that we see the best possible competition we can to make us a better team ourselves.

GFS Shuttle hurdles

heat 2

Carly Sandersm Hannah Dondero, Danielle Erdman, Amanda Delaplane

1:31.1 1st in heat 2, 4th overall

We borrowed Danielle from the throwers to make a relay. She did just fine.

GV Shuttle hurdles

heat 1

Katy Stewart, Raquel Tirado, Roana Tirado, Erin McCarthy
4th in heat 1

Not the fastest, but we had a complete team.

BV shuttle hurdle

heat 1

Robbie Wright, Evan Ballar, Wayne Heltzel, Nick Morozovsky
1:24.8 4th

This was another rag-tag team, with Evan helping out from the sprint squad.

GFS 4 x 100

heat 1

Joanna Gistand, Beth Haworth, Alicia Inn, Colette Cox
56.21 1st in heat 1, third overall

With Beth filling in, we still ran a very competitive time and brought home medals.

GV 4 X 100

"A" Charis Chan, Chelsea Chandler, Michelle Chan, Renee Gistand, 3rd in heat 1, 52.12 3rd overall

"B" Kate Haworth, Nancy Stryko, Nicole Westling, Jessica Wildensten 56.88 3rd in heat 3

Renee was off her form today, but she held up well enough to give us a heat win and overall medals. This bodes very good, as we can see our time dropping radically from here. The "B" squad talked Nancy to come over from the jumpers, and she helped out as we did just fine.

BFS Discus

Darwin Tsang 91-2.5

Danny Feucht 85-3.5

Tim Stryko n.m.

Darwin is on the verge of getting into varsity distances, and Danny inches closer to Darwin. Tim was victimized by minimum markings.



Danny and Tim head back to Camp CV after the discus

GFS high jump

Carly Sanders 4-2

Amanda Delaplane 4-4

Not bad, and Carly got a taste of competition.

BV 4x100

Ryan Stohr, Marcus Cox, Evan Ballar, Wesley Wallis 45.5 1st in heat 1, 7th overall

Even with the freshman insert, we did very well and won our heat. It looks like we are not that far from being competitive again.

GFS Shot put

Cassie Wilcox 30-1 3rd

Danielle Erdman 24-9

Jessica Chavez ?

Cassie is almost at the pint of breaking the school record for GFS shot. Great ! Danielle is improving too. jessica didn't remember her distance.

BFS PV

Kevin Teel 9-0 3rd

Robert Ferguson 9-0 4th

Chris Casey 8-6

All three boys continue to improve.

GFS 100 m

Joanna Gistand 13.92 4th heat 1

Beth Haworth 14.11 6th in heat 1

These two continue to surprise, as Joanna held on well, and Beth improved by a second.

GV long jump

Danielle Lacey 12-6

Jessica White ?

Chelsea Chandler ?

Nancy Stryko 10-6

subdued marks.

GV Pole Vault

Erin McCarthy 9-6

Nancy Stryko n.h.

Erin finally got in some good vaults, and is feeling more comfortable on the stiffer pole.

GV 100m

Heat 1

Kate Haworth 14.82

Jessica White 14.84

heat 2

Cougar Invitational Newark-Memorial High School Saturday, March 15, 2003

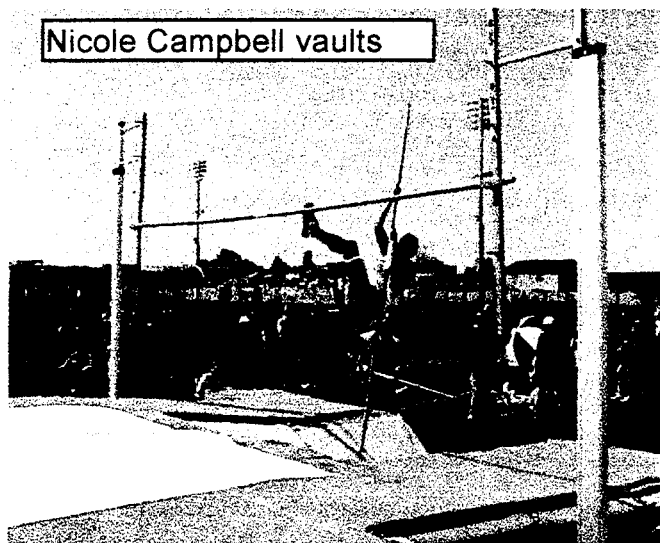
Charis Chan 12.92
Chelsea Chandler 12.94
heat 3
Michelle Chan 13.97
heat 4
Renee Gistand 14.40

Kate and Jessica were not happy with their marks, and the coaches were not impressed with Renee's time, but Michelle was okay, and Chelsea almost nipped Charis in a major improvement for her.

GFS PV

Stephanir Lassalle 8-6 1st
Nicole Campbell 6-6

Stephanie repeated as champion here, and is looking stronger. Nicole gives us a reliable 2nd FS vaulter.



Nicole Campbell vaults

BFS shot put

Darwin Tsang 38-8.5
Danny Feucht 39-3

Both boys continue to improve.

GV high jump

Nancy Stryko 4-4
Katy Stewart ?

The girls got caught in some major competition.

BV long jump

Robbie wright 17-10
Nick Morozovsky?

Not the best of days

BFS 400m

Justin Taylor 60.4 3rd in heat
Preston Bonsignore-Opp 60.8 2nd in heat
Kiyoshi Hlraki 59.7 5th in heat

The boys had heart, but need more experience.

GFS 400m

heat 1
Collete Cox 66.62
Karissia Casey 66.62
Alicia Inn 66.85

These are very strong times for so early in the season, and especially for Colette and Alicia who ran hard last night, too.

Boys Varsity 400m

Evan Ballar 55.3 7th in the fast heat

Evan is very versatile, adding the hurdles and the 400 to his repertoire.

GFS 300 IH

heat 1
Amanda Delaplane 58.3
Carly Sanders 61.3
Hannah Dondero 69.2

These are tough races, and the girls are getting used to them.

GV 300 IH

Roana Tirado 56.9 4th in heat
Katy Stewart 56.3 4th in heat
Raquel Tirado 63.1 6th in heat

The girls are showing good improvement.

BFS 300 IH

Chris Casey 51.1
Justin Taylor 51.5
Kevan Turner 51.5

Rough, raw, awkward -- the boys need work

BV 300 IH

Nick Morozovsky 51.7
Wayne Heltzel 54.8
Robbie Wright 51.7

The boys were game, but the 300 is a brutal race if you are not in top condition.

GFS 4 X 200

Joanna Gistand, Karissa Casey, Alicia Inn, Colette Cox 1st in heat 1 1:58.6 2nd overall

The sprint girls got even better the 2nd time around, and put together another medal performance by easily winning their heat.

GV 4 x200

Charis Chan, Chelsea Chandler, Michelle Chan, Renee Gistand 1:49.5 1st in heat 1 2nd overall

Narrowly missing a school record, the squad easily won the 1st heat and had the time stand up for a medal overall.



Roana Tirado at the start of the 300 IH



Michelle dances to keep warm as the meet drags into the long chilly evenign hours.

Amador Invitational

Saturday, March 22, 2003

all Castro Valley track results are archived at -- <http://205.162.248.110/cgi-bin/ultimatebb.cgi?ubb=forum&f=5&submit=Go>

• = earned medal

This was a delightful little meet, with a rare dose of distance-oriented events and field event relays. Also, being a first-year meet, there were not as many teams as there might be at a more established meet.

The usual unacceptable excuses cropped up again to rob us of many athletes (soccer tryouts, club volleyball workouts, jobs, "I'm tired from the dance so I'll say that I wasn't feeling well." et cetera) as well as the genuine article -- injury, family emergency, death, incarceration, et cetera. Still, Castro Valley managed to get 57 athletes to show up, who earned a total of 40 medals. Not a bad haul for day's competition.

GFS Distance Medley 4th place

| | | | | | |
|------------------|--------|--------|--------|--------|----------|
| Katelyn Phillips | 1:24.2 | 1:41.8 | 1:37.2 | -- | 4:43.2 |
| JJ Gistand | 1:09.9 | -- | -- | -- | 1:09.9 |
| Rebecca Ribeira | 1:23.0 | 1:28.0 | -- | -- | 2:51.0 |
| Lauren Ma | 1:34.0 | 1:45.3 | 1:39.7 | 1:40.7 | 6:47.2 |
| | | | | | 15:22.44 |

These brave girls got out on the first race, and were in contention for 3rd place and a medal all the way, but Lauren got run down at the very end. Joanna and Becky opened some eyes with their unexpected times on their legs.

• BFS Distance Medley 2nd place

| | | | | | |
|---------------|--------|--------|--------|--------|----------|
| Bennett Hall | 1:11.3 | 1:16.5 | 1:15.3 | -- | 3:43.2 |
| Kirk Marciel | 54.9 | -- | -- | -- | :54.9 |
| Scott Clark | 1:02.6 | 1:14.9 | -- | -- | 2:17.5 |
| Jordan Bailey | 1:06.1 | 1:20.5 | 1:17.4 | 1:15.6 | 4:59.6 |
| | | | | | 11:56.14 |

Bennett let the leader slip away from him early on, and had a real good kick left in him, so he knew that he could have done faster. Kirk shocked us all, and Scott survived his death lap. Jordan held on for the solid 2nd and the medal.

GFS Sprint Medley 4th place in heat 2, 7th overall

Joanna Gistand, Beth Haworth, Carly Sanderson, Kara Lawrence 2:08.3

It wasn't that bad, as the girls got out, ran hard, and got around the track.

BFS Sprint Medley

"B" 4th place in heat 1, 6th overall

Jon Delago, Mike Sene, Kiyoshi Hiraki, Preston Bonsignore-Opp 1:50.48

The "B" team was very competitive, and in the running.

• "A" 1st place in heat 2, 2nd overall

Brian Yip, Kirk Marciel, Matt Mitchell, Evan Ballar 1:42.57

The heat win was exciting, as Kirk, and then Matt put us in contention and Evan smoothly ran us in to the win.

GV Sprint Medley

"B" 5th in heat 2, 9th overall

Kate Haworth, Starkisha Brown, Nicole Westling, Jessie

White 2:13.23

The "B" team got a 2nd chance, after Kate false-started. Still, the team was a little reserved after that. "A" 3rd in heat 1, 6th overall

Michelle Chan, Renee Gistand, Chelsea Chandler, Jerri Pfisterer 2:03.09

The handoffs were shaky, and Jerri was uncertain about running the 400, but we were in contention the whole way.

• GFS 4x800 2nd place

| | | | |
|-----------------|--------|--------|----------|
| Michelle Dianda | 1:10.7 | 1:15.7 | 2:36.3 |
| Carolyn Chin | 1:23.7 | 1:27.3 | 2:50.9 |
| Alicia Inn | 1:20.6 | 1:27.0 | 2:47.6 |
| Collette Cox | 1:11.1 | 1:18.7 | 2:29.8 |
| | | | 10:44.92 |

In a race the coaches thought that we should have been a clear favorite in was a struggle from the start. It turned out the girls did not have much of a warmup, and perhaps had a little too much confidence. As it was, it took a late kick by Alicia to get us close to 2nd and a fine anchor by Collette to give us the 2nd.

• BFS 4x800 1st place

| | | | |
|---------------|--------|--------|---------|
| Scott Clark | 1:11.0 | 1:05.4 | 2:16.4 |
| Bennett Hall | 1:13.1 | 1:15.3 | 2:18.3 |
| Scott Wong | 1:11.5 | 1:19.5 | 2:30.9 |
| Jordan Bailey | 1:07.4 | 1:11.3 | 2:18.7 |
| | | | 9:33.89 |

This was unexpected, as the times were not all that great, but the competition melted away. Scott C. gave us a great leadoff leg, and Bennett stretched it out. Scott W. was a fill-in, and even he moved out and increased the lead. Jordan only had to lope around to insure the medal.

• BV 4x800 1st place

| | | | |
|------------|--------|--------|---------|
| Zane Welte | 59.5 | 1:05.2 | 2:04.6 |
| John Yano | 58.5 | 1:04.5 | 2:02.9 |
| Terrence | 1:00.9 | 1:08.2 | 2:09.1 |
| TJ. | 1:01.0 | 1:06.6 | 2:07.6 |
| | | | 8:25.76 |

Zane ran us in close to the lead, John took the lead and ran away with it, and Terrence and TJ only had to run easily to grab a nice win.

• BFS 4x400

"A" 1st in heat 2, 1st overall

| | |
|----------------|--------|
| Kiyoshi Hiraki | 56.3 |
| Matt Mitchell | 1:00.4 |
| Kirk Marciel | 57.9 |
| Evan Ballar | 52.6 |
| | 3:48.7 |

The meet management overlooked the 2nd heat, which we won with a spirited anchor leg by Evan who was having a field day on the BFS level.

"B" 3rd place in heat 2, 6th overall

| | |
|------------------------|--------|
| Brian Yip | 58.1 |
| Preston Bonsignore-Opp | 1:03.6 |

Amador Invitational

Saturday, March 22, 2003

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Justin Taylor 59.9
Jon Delago 1:01.6
4:03.6

The "B" boys did well too, each of them showing the effects of multiple races in a day.

• GV 4 by 400 3rd place

Michelle Chan 1:06.6
Jerri Pfisterer 1:08.3
Renee Gistand 1:04.1
Chelsea Chandler 1:03.5
4:24.1

The girls ran very well, considering only Chelsea is considered part of our regular 4 x 400 relay. All the girls were very competitive on their legs, with Joanna definitely the big surprise here.

• GV Shuttle Hurdles 1st place

Katy Stewart, Katherine Pomroy, Chelsea Chandler, Christina Robinson 1:13.00



Katy in the blocks

With Katherine back from the evils of soccer, and Chelsea debuting as a hurdler, we not only held off a fast-charging Newark-Memorial team, we

set a school record too.

BV Shuttle Hurdles 2nd place in heat 2, 5th overall

Marek Brezula, Nick Morozovsky, Josh Ashford, Robbie Wright 1:23.34

We were never really in this, and Josh fell down, but all the boys got a chance to race and improve.

GFS 4 by 200 4th place in heat 2, Disqualified

Joanna Gistand, Beth Haworth, Kara Lawrence, Sharlee Solis 2:01.5

The first handoff was out of the zone, so the overall fine effort was muted by the DQ.

BFS 4 by 200

• "A" 1st in heat 2, 3rd overall

Brian Yip, Kirk Marciel, Matt Mitchell, Evan Ballar 1:39.58

Again, a big heat win with Evan providing the big fireworks with a great anchor to seal the win.

"B" 4th in heat 2, 8th overall

Amos Han, Mike Sene, Justin Taylor, Kiyoshi Hiraki 1:46.63

The "B" boys were once again a feisty group, running hard all the way around.

GV 4 by 200 Heat 1 5th place

"B" 5th place heat 1, 11th overall

Kate Haworth, Starkisha Brown, Danielle Lacey, Nicole Westling 2:22.03

This had all the elements of great tragedy, or great comedy. Kate and Star botched the 1st handoff, Danielle got knocked down and her shoe came partially off, and we generally looked bad. Don't worry, it is hard to repeat a performance like this. At least we got the baton to the finish.

"A" 4th place in heat 2, 4th overall

Chelsea Chandler, Michelle Chan, Jerri Pfisterer, Renee Gistand 1:51.67

Renee was asked to anchor against some of the best teams around, and we just couldn't get to the medal round here, missing by less than a third of second. A great effort by all the girls.

GFS Open 800

• 1. Collette Cox 2:28.44
• 4. Michelle Dianda 2:35.04
7. Alicia Inn 2:44.30 (6th in Heat 2)
11. Carolyn Chin 2:47.31 (7th in heat 2)

Collette won it with a wire-to-wire win, easily brushing aside a challenge on the last 100. Her time blasted the school record. Michelle tried to make a push, but was not her complete self today. Alicia and



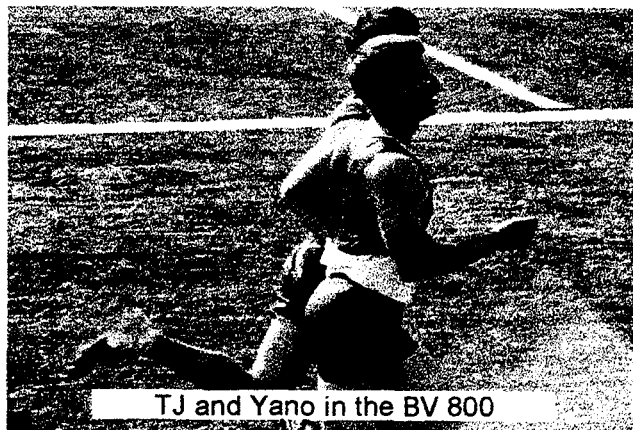
Collette rakes in the hardware

Carolyn improved on their relay times.

BV Open 800

6. John Yano 2:05.2
7. TJ Miller 2:05.3

Neither of the boys seemed serious, and took the 1st lap too casually. By then they were definitely out of it and had to settle for just getting close.



TJ and Yano in the BV 800

Amador Invitational

Saturday, March 22, 2003

all Castro Valley track results are archived at -- <http://205.162.248.110/cgi-bin/ultimatebb.cgi?ubb=forum&f=5&submit=Go>

BFS High Jump 4th

Chris Casey 4-10

Kevin Teel 4-10

Kevin helped out and showed a little diversity in events.

GFS HJ 5th

Amanda Delaplane 4-2

Without a partner, Amanda unduly stressed and underjumped.

BV High Jump 6th (tie)

Robbie Wright 5-0

We all know that Robbie has better jumps in him.

GV High Jump 4th

Katy Stewart 4-2

Jessie White n.h.

Jessie was called into emergency service, and Katy was subpar.

• BFS Pole Vault 2nd

Kevin Teel 9-0

Chris Casey 8-6

The boys are looking good early. Nice medals.

GFS Pole Vault 4th

Amanda Delaplane 6-6

Nicole Campbell 6-0

With almost no PV technique work yet this year, Amanda still did very well. Nicole is consistent

BV Pole Vault 6th

Dustin Wheeler 9-0

Kevan Turner 8-6

The boys still need lots of work.

BFS Shot Put

CV "C"

Raymin Maysum 26-6

CV "A" 5th

Darwin Tsang 40-6

Danny Feucht 39-5

CV "B"

Chris Allen 35-11

John Hui 28-7.5

It is encouraging to see the throwers make these meets, and improve.

BV Shot Put 8th

Rodney Aqua 37-6

Aaron Belluomini 32-5

Rodney is getting close to that magic 40 barrier. Aaron needs work.

BV Discus 9th

Rodney Aqua 86-1

Aaron Belluomini 95-11

Aaron is on the verge of getting the hang of it.

Rodney needs to conquer the spin.

BFS Discus

"A" 4th

Darwin Tsang 95-11

Danny Feucht 87-10

"B" 14th

Chris Allen 90-0

Jon Hui 49-9

The wee ones are all getting better.

BFS Long Jump

"A" 5th

Evan Ballar, Kiyoshi Hiraki 32-3.25

"B" 6th

Brian Yip, Matt Mitchell 31-8

"C" 7th

Preston Bonsignore-Opp, Amos Han 30-6

We have a flock of young boys who are rapidly learning the jumps. They can only get better.

GFS Long Jump 4th

Joanna Gistand 12-0

Amanda Delaplane 12-2.75

Joanna is unafraid, and virtually jumped in to help out Amanda

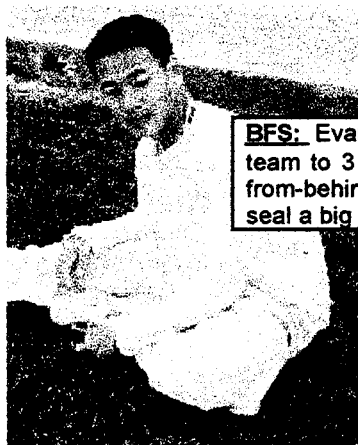
GV Long Jump 7th

Renee Gistand 13-0 Jessie White 13-10

Renee looked pretty good in her debut, and Jessie is not far off where she wants to be.

Athletes of the Meet:

GFS: Collette Cox -- she ran two very good 800 times for a freshman, and set the school record in her second race of the day.



BFS: Evan Ballar anchored the BFS "A" team to 3 heat wins, including a come-from-behind anchor on the 4 x 400 to seal a big win.



GV: Chelsea Chandler -- she ran in 4 races, anchoring the 4 x 400 to a medal and helping the 4 x 100 shuttle hurdle team to a big win and a school record in her first ever hurdle race.



Castro Valley vs. Bishop O'Dowd and Tennyson

Castro Valley High School Thursday, March 27, 2003

There was a bit of a bother with the time issue as the CV Track team opened the HAAL season yesterday. We ran into darkness, and the Bishop O'Dowd team decided to leave at 7:00 p.m. because of homework concerns. The coach told me that he just didn't want to have to deal with parent complaints about coming home late.

The Tennyson team proved to be real troopers, and hung around to the bitter end. We finished our scoring against them, and we will make up our scoring against Bishop O'Dowd on Monday, April 7th.

As expected, the BOD boys stomped us pretty good, but we crushed Tennyson as well. We are neck-and-neck with the BOD girls, and we devastated the Lancers. On the FS level, we are again neck-and-neck with BOD, but establishing very healthy margins of victory against Tennyson.

Athletes of the Meet

GV: Holly Matheny -- she upset the heavily favored Anna Purcell of BOD in the 1600 in easy fashion (wait until I tell her she gets to do it again in the 3200).

BV: Zane Welte -- Zane picked up 2 wins in the 1600 and 3200 to give us some distance strength to offset the rest of the BOD onslaught.

GFS: Carolyn Chin ran on two winning relays, and won the 200 and 400 with strong efforts.

BFS: Robert Ferguson won both the HJ and the PV with PR efforts.

Scores:

CV vs. Tennyson

GFS: CV 116, T 6

BFS: CV 110, T 12

GV: CV 115, T 23

BV: CV 82, T 54

CV v. BOD (with 3 events left)

GFS: CV 65, BOD 48

BFS: CV 66, BOD 43

GV: CV 54, BOD 59

BV: CV 34, BOD 79

RUNNING EVENTS

GFS 4 x 100

| | | |
|--------|--------------------------------------|-------|
| 1. BOD | Barksdale, Thompson, Perenon, Natron | 56.79 |
| 2. CV | Casey, Inn, Gistand, Chin | 56.39 |

BFS 4 x 100

| | | |
|-----------|-------------------------------------|-------|
| 1. BOD A | Fung, Arnold, Eberheart, Walker | 48.56 |
| 2. CV A | Yip, Kirk, Yoshi, Mitchell, | 49.10 |
| 3. Canyon | Estrada, Kaneshiro, Gutarde, Porter | 50.60 |
| 4. T A | Gonzalez, Augeria, Vole, Howard | 51.80 |
| 5. CV B | Delago, Han, McCoy, Sene | 51.97 |
| 6. CV C | Preston, Justin | 54.70 |

GV 4 x 100

| | | |
|-----------|-------------------------------------|-------|
| 1. BOD | Macedo, Kellerr, Vinson, Smatt | 51.67 |
| 2. CV A | Chander, Chan, Chan, Ho, Matheny | 51.71 |
| 3. Tenn B | Mayer, Alcantara, Baker, Lacayl | 57.57 |
| 4. Tenn A | Whitaker, Milhouse, Ochoa, Harrigan | 58.24 |
| 5. CV B | Westling, Haworth, Gistand, Brown | 58.84 |

BV 4x100

| | | |
|-----------|--------------------------------------|-------|
| 1. BOD | (Couttlen, Inglehart, Green, Walker) | 44.20 |
| 2. Tenn A | | 46.87 |
| 3. CV A | (Willis, Ballar, Stohr, Farinha) | 51.91 |

GFS 1600

| | | |
|---------------------|-----|--------|
| 1. Moryah Schindler | CV | 6:26.0 |
| 2. Rebecca Ribeiro | CV | 6:33.7 |
| 3. Cardenas, Andrea | BOD | 6:34.2 |
| 4. Kaytlyn Phillips | CV | 6:43.6 |
| 5. Lauren Ma | CV | 6:47.3 |
| 6. Freitas, Elyse | BOD | 6:49.0 |
| 7. Vanessa Depue | CV | 7:15.3 |
| 8. Alicia Diaz | CV | 8:24.6 |

BFS 1600

| | | |
|------------------|-------|--------|
| 1. Jordan Bailey | CV | 4:59.7 |
| 2. Scott Clark | CV | 5:08.1 |
| 3. Bennett Hall | CV | 5:13.8 |
| 4. Jack Draper | BOD | 5:28.9 |
| 5. John Hui | CV | 5:29.5 |
| 6. Matt Riley | Creek | 5:32.8 |
| 7. Scott Wong | CV | 5:41.5 |
| 8. Kevin Clausen | BOD | 5:54.9 |

GV 1600

| | | |
|-----------------------|------|--------|
| 1. Holly Matheny | CV | 5:38.8 |
| 2. Purcel, Anna | BOD | 5:44.5 |
| 3. Wright, Ariel | BOD | 5:44.9 |
| 4. Suey, Sam | CV | 6:11.2 |
| 5. Rhiannon Webb | CV | 6:25.9 |
| 6. Tongquico, Theresa | Tenn | 6:57.9 |

| | | |
|----------------------|------|--------|
| 7. Martin, Stephanie | Tenn | 7:10.9 |
| 8. Leon, Beatriz | Tenn | 7:13.7 |
| 9. Martinez, Yesenig | Tenn | 8:23.3 |

BV 1600

| | | |
|-----------------------|------|--------|
| 1. Zane Welte | CV | 4:46.4 |
| 2. John Yano | CV | 4:50.9 |
| 3. Leonard Greenlaw | Tenn | 4:57.6 |
| 4. Terrence Jones | CV | 5:06.1 |
| 5. Ben Guitierrez | BOD | 5:05.4 |
| 6. Tamen Tedros | Tenn | 5:10.2 |
| 7. Jason Ribeiro | CV | 5:21.2 |
| 8. Luis Pinede | Tenn | 5:23.8 |
| 9. Trieu Huynh | Tenn | 5:27.2 |
| 10. Elgin Henderson | Tenn | 5:30.4 |
| 11. Rene Tionquicora | Tenn | 5:41.5 |
| 12. Paul Henri Robino | Tenn | 5:50.9 |
| 13. Jonathan Rivac | Tenn | 5:54.9 |
| 14. Jaymar Alejandra | Tenn | 6:06.7 |
| 15. Jamar Delacruz | Tenn | 6:07.9 |

GFS 100 HH

| | | |
|---------------------|-----|-------|
| 1. Billie Langley | BOD | 20.14 |
| 2. Amanda Delaplane | CV | 20.94 |
| 3. Britney Nation | BOD | 22.54 |
| 4. Carly Sanders | CV | 22.64 |
| 5. Brittney Burford | BOD | 23.74 |
| 6. Nicole Campbell | CV | n.t. |

BFS 110 HH

| | | |
|--------------------|----|------|
| 1. Josh Ashford | CV | 21.7 |
| no second or third | | |

GV 100 HH

| | | |
|-----------------------|------|-------|
| Heat 1 | | |
| 1. Marisa Bogue | BOD | 18.23 |
| 2. Teia Truesdale | Tenn | 18.73 |
| 3. Katy Stewart | CV | 19.00 |
| 4. Tomonica Baker | Tenn | 20.47 |
| Heat 2 | | |
| 1. Jen Alcantara | Tenn | 19.40 |
| 2. Christina Robinson | CV | 19.46 |
| 3. Alicia Criner | BOD | 19.66 |
| 4. Raquel Tirdao | CV | 24.16 |
| 5. Melanie Meger | Tenn | 28.43 |

BV 110 HH

| | | |
|---------------------|------|-------|
| Heat 1 | | |
| 1. Brezula, Marek | CV | 18.64 |
| 2. Pangelina, Chris | Tenn | 20.77 |
| 3. Toler, Cameron | BOD | 21.08 |
| 4. Briggs, John | BOD | 23.18 |
| Heat 2 | | |
| 1. Wright, Robbie | CV | 20.29 |
| 2. James, Elliott, | BOD | 21.02 |
| 3. Morozovsky, Nick | CV | 21.76 |
| 4. Heltzel Wayne, | CV | 23.22 |

GFS 400

| | | |
|----------------------|-----|-------|
| 1. Chin Carolyn | Cv | 67.50 |
| 2. Casey, Karissa | CV | 67.66 |
| 3. Inn, Alicia | CV | 68.77 |
| 4. Thompson, Sabrina | BOD | 74.67 |
| 5. Hearty, Tiffany | BOD | 77.27 |

BFS 400

| | | |
|-------------------|----|-------|
| 1. Kirk Marciel | CV | 56.95 |
| 2. Kiyoshi Hiraki | CV | 60.09 |
| 3. Justin Taylor | CV | 60.32 |
| 4. Renee McCoy | CV | 60.83 |
| 5. Preston Bo-Opp | CV | 62.99 |

GV 400

| | | |
|----------------------|-----|-------|
| 1. Collette Cox | CV | 63.93 |
| 2. Alaina Fuglestand | BOD | 66.30 |
| 3. Alexis Musante | BOD | 66.83 |
| 4. Lauren Vincent | BOD | 66.85 |
| 5. Michelle Dianda | CV | 67.86 |

BFS 400

| | | |
|--------------------------|----|-------|
| Heat 1 | | |
| 1. Kirk Marciel | CV | 56.95 |
| 2. Kiyoshi Hiraki | CV | 60.09 |
| 3. Justin Taylor | CV | 60.32 |
| 4. Rene McCoy | CV | 60.89 |
| 5. Preston Bonsignor-Opp | CV | 62.99 |

GV 400

| | | |
|-----------------------|-----|-------|
| 1. Cox, Collette | CV | 63.93 |
| 2. Fuglestand, Alaina | BOD | 66.30 |
| 3. Musante, Alexis | BOD | 66.83 |
| 4. Vhent, Lauren, | BOD | 66.85 |
| 5. Dianda, Michelle, | CV | 67.86 |

BV 400

| | | |
|--------------------|------|-------|
| Heat 1 | | |
| 1. David Green | BOD | 52.52 |
| 2. Brandon Farinha | CV | 53.73 |
| 3. Evan Billar | CV | 54.40 |
| 4. Jay Henrey | Tenn | 55.07 |
| 5. Brandon Sills | Tenn | 72.21 |
| Heat 2 | | |

| | | |
|--------------------|------|-------|
| 1. TJ Miller | CV | 53.84 |
| 2. Drew Glover | BOD | 54.31 |
| 3. Marcus Carter | Tenn | 54.58 |
| 4. Markus Freeman | Tenn | 61.68 |
| 5. Richard Stepney | Tenn | 55.91 |
| 6. Esmail Monanda | Tenn | 72.23 |

GFS 100

| | | |
|------------------------|------|-------|
| Heat 1 | | |
| 1. Dominique Drakeford | BOD | 14.96 |
| 2. Sharlee Solis | CV | 15.40 |
| 3. Carly Sanderson | CV | 15.46 |
| 4. Sabrina Thompson | BOD | 15.73 |
| 5. Joy Ochoa | Tenn | 16.13 |
| 6. Tayler Friar | BOD | 16.33 |
| 7. Sarah McDonald | BOD | 16.43 |
| Heat 2 | | |

| | | |
|-----------------------|------|-------|
| 1. Kaylea Perenon | BOD | 14.06 |
| 2. Joanna Gistand | CV | 14.33 |
| 3. Christine Luong | Tenn | 14.96 |
| 4. Jessica Harrigan | Tenn | 16.03 |
| 5. Saumirah McWoodson | BOD | 16.20 |

BFS 100

| | | |
|-------------------|------|------|
| Heat 1 | | |
| 1. Louis Arnold | BOD | 12.3 |
| 2. Jesse Brooks | BOD | 12.4 |
| 3. Brian Yip | CV | 12.5 |
| 4. Louis Gonzalez | Tenn | 12.6 |
| 5. Richard Fung | BOD | 13.4 |
| 6. Matt Mitchell | CV | 13.6 |
| Heat 2 | | |

| | | |
|--------------------|------|------|
| 1. William Howard | Tenn | 12.2 |
| 2. Brett march | BOD | 13.0 |
| 3. Jon Delago | CV | 13.2 |
| 4. David Wychak | BOD | 13.2 |
| 5. Mike Sene | CV | 13.2 |
| 6. David BAnton | BOD | 13.9 |
| 7. Anthony Griffin | BOD | 14.9 |

| | | |
|-----------|--------|------|
| Heat 3 | | |
| 1. Porter | Canyon | 12.4 |

Castro Valley vs. Bishop O'Dowd and Tennyson

Castro Valley High School Thursday, March 27, 2003

| | | |
|------------------|--------|------|
| 2. Mark Eberhard | BOD | 12.8 |
| 3. Estrada | Canyon | 13.2 |
| 4. Ryan Lee | CV | 13.9 |

GV 100

Heat 1

| | | |
|-----------------------|------|------|
| 1. Shanice Kelly | BOD | 12.8 |
| 2. Chelsea Chandler | CV | 12.9 |
| 3. Charis Chan | CV | 13.2 |
| 4. Erika Whitaker | Tenn | 13.9 |
| 5. Ahshatae Millhouse | Tenn | 14.0 |
| 6. Jessica Wildensten | CV | 15.6 |

Heat 2

| | | |
|-------------------|------|------|
| 1. Leah Smart | BOD | 13.4 |
| 2. Michelle Chan | CV | 13.7 |
| 3. Renne Gistand | CV | 13.9 |
| 4. Candice Brown | BOD | 14.2 |
| 5. Kate Haworth | CV | 14.3 |
| 6. Star Brown | CV | 16.3 |
| 7. Jotika Krishon | Tenn | 17.5 |

BV 100

| | | |
|---------------------|------|-------|
| 1. John Igehart | BOD | 11.68 |
| 2. Tommy Arnold | BOD | 11.78 |
| 3. Ryan Stohr | CV | 11.87 |
| 4. Nyanforth Tarpeh | Tenn | 12.12 |
| 5. Wes Willis | CV | 12.34 |
| 6. Jamar Lyles | Tenn | 12.61 |
| 7. William Butista | Tenn | 12.68 |

GFS 800

| | | |
|--------------------|----|--------|
| 1. Alicia Inn | CV | 2:50.9 |
| 2. Rebecca Riberia | CV | 2:57.5 |
| 3. Vanessa Depue | CV | 3:18.3 |
| 4. Alicia Diaz | CV | 3:50.2 |

BFS 800

| | | |
|----------------------|------|--------|
| 1. Bennett Hall | CV | 2:24.5 |
| 2. Corey Eck | CV | 2:30.7 |
| 3. Jon Hui | CV | 2:33.6 |
| 4. Jaymar Alejandria | Tenn | 2:47.4 |

GV 800

| | | |
|----------------------|------|--------|
| 1. Collette Cox | CV | 2:33.6 |
| 2. Heather Metheny | CV | 2:38.2 |
| 3. Michelle Matheny | CV | 2:41.8 |
| 4. Angela McIsaac | BOD | 2:53.1 |
| 5. Samantha Suey | CV | 2:54.5 |
| 6. Rhiannon Webb | CV | 2:59.0 |
| 7. Therese Tionquico | Tenn | 3:15.5 |
| 8. Yegenica Martinez | Tenn | 3:16.8 |
| 9. Beatriz Leon | Tenn | 3:17.5 |
| 10. Stephanie Martin | Tenn | 3:17.8 |

BV 800

| | | |
|---------------------|------|--------|
| 1. Tim Wallach | BOD | 2:07.3 |
| 2. John Yano | CV | 2:07.8 |
| 3. TJ Miller | CV | 2:08.5 |
| 4. Leonard Greenlaw | Tenn | 2:09.8 |
| 5. Terrence Jones | CV | 2:17.1 |
| 6. Tamen Tedros | Tenn | 2:20.1 |
| 7. Luis Pineda | Tenn | 2:26.5 |
| 8. Trieu Huynh | Tenn | 2:31.7 |
| 9. Rene Tionquico | Tenn | 2:38.8 |
| 10. Paul Robino | Tenn | 2:44.2 |
| 11. Jon Rivac | Tenn | 2:54.8 |

GFS 300 IH

| | | |
|-------------------------|-----|------|
| 1. Dominique Turrentine | BOD | 56.7 |
| 2. Amy Terashima | BOD | 58.3 |
| 3. Joanna Gistand | CV | 59.6 |

| | | |
|--------------------|-----|------|
| 4. Brittney Nation | BOD | 62.4 |
| 5. Brittney Buford | BOD | 63.6 |

BFS 300 IH

| | | |
|-------------------|-----|------|
| 1. Daniel Tortuga | BOD | 53.7 |
| 2. David Bauta | BOD | 57.7 |
| no third | | |

GV 300 H

Heat 1

| | | |
|-------------------|------|------|
| 1. Alicia Criner | BOD | 51.0 |
| 2. Teia Truesdale | Tenn | 53.2 |
| 3. Kelley Stewart | CV | 54.6 |
| 4. Jean Alcantara | Tenn | 57.1 |
| 5. Katy Stewart | CV | 59.5 |
| 6. Jessie White | CV | 61.7 |

Heat 2

| | | |
|--------------------|------|------|
| 1. Jerri Pfisterer | CV | 54.6 |
| 2. Marisa Bogge | BOD | 55.7 |
| 3. Melanie Meyer | Tenn | 60.3 |
| 4. Raquel Tirado | CV | 63.6 |
| 5. Tomonico Baker | Tenn | 63.9 |

BV 300 IH

Heat 1

| | | |
|--------------------|------|------|
| 1. Cameron Toier | BOD | 46.6 |
| 2. Elliot Jones | BOD | 48.2 |
| 3. Chirs Pangelina | Tenn | 51.0 |
| 4. Marek Brezula | CV | 52.9 |

Heat 2

| | | |
|------------------|-----|------|
| 1. Sean Fong | BOD | 44.4 |
| 2. Robert Wright | CV | 50.3 |
| 3. Wayne Heltzel | CV | 55.2 |

GFS 200

| | | |
|---------------------|------|------|
| 1. Carolyn Chin | CV | 29.8 |
| 2. Christine Luong | Tenn | 30.7 |
| 3. Sharlee Solis | CV | 31.4 |
| 4. Joy Ochoa | Tenn | 32.9 |
| 5. Jessica Harrigan | Tenn | 34.0 |

BFS 200

| | | |
|--------------------|------|------|
| 1. Brian Yip | CV | 25.7 |
| 2. Kirk Marciel | CV | 26.7 |
| 3. Loui ? | Tenn | 26.4 |
| 4. Justin Taylor | CV | 26.8 |
| 5. Mike Angertione | Tenn | 27.4 |
| 6. Jon Delago | CV | 28.1 |

GV 200

| | | |
|----------------------|------|------|
| 1. Charis Chan | CV | 27.3 |
| 2. Michelle Chan | CV | 27.7 |
| 3. Renee Gistand | CV | 28.8 |
| 4. Ashatae Millhouse | Tenn | 29.6 |
| 5. Nicole Westling | CV | 30.2 |
| 6. Kate Haworth | CV | 31.0 |

BV 200

| | | |
|---------------------|------|------|
| 1. Jay Henry | Tenn | 24.3 |
| 2. Marcus Carter | Tenn | 24.7 |
| 3. TJ Miller | CV | 24.9 |
| 4. Marcus Freeman | Tenn | 25.2 |
| 5. William Baptista | Tenn | 26.2 |
| 6. Wes Willis | CV | 28.2 |

GFS 3200

| | | |
|---------------------|----|---------|
| 1. Moryah Schindler | CV | 14:46.0 |
| 2. Katleyn Phillips | CV | 14:57.0 |
| 3. Lauren Ma | CV | 16:53.0 |

BFS 3200

| | | |
|-----------------|----|---------|
| 1. Bennett Hall | CV | 11:18.3 |
| 2. Scott Clark | CV | 13:34.2 |

| | | |
|------------------|----|---------|
| 3. Jordan Bailey | CV | 13:41.0 |
| 4. Jon Hui | CV | 14:47.0 |

GV 3200

| | | |
|---------------------|------|---------|
| 1. Shannon Alter | CV | 13:34.0 |
| 2. Terese Tionquico | Tenn | 17:01.0 |
| 3. Beatriz Leon | Tenn | n.t. |
| 4. Stephanie Martin | Tenn | n.t. |

BV 3200

| | | |
|---------------------|------|---------|
| 1. Zane Welte | CV | 11:18.9 |
| 2. Jon Yano | CV | 11:25.7 |
| 3. Terrence Jones | CV | 11:28.1 |
| 4. Leonard Greenlaw | Tenn | 11:43.6 |
| 5. Paul Robino | Tenn | 13:09.0 |
| 6. Luis Pineda | Tenn | 13:32.9 |
| 7. Rene Tionquico | Tenn | 13:52.0 |
| 8. Jon Rivac | Tenn | 14:56.0 |
| 9. Trieu Huynh | Tenn | 16:49.0 |

GFS 4 x 400

| | | |
|-------|------------------------------|------|
| 1. CV | Lawrence, Gistand, Chin, Inn | n.t. |
|-------|------------------------------|------|

BFS 4 x 400

| | | |
|---------|--------------------------------|--------|
| 1. CV A | Yip, Hiraki, Marciel, Mitchell | 4:03.0 |
| 2. Tenn | | 4:30.0 |
| 3. CV B | Delago, Tsang, Lee, Sene | 4:31.0 |

GV 4 x 400

| | | |
|---------|------------------------------|--------|
| 1. CV | Dianda, Chan, Pfisterer, Cox | 4:49.0 |
| 2. Tenn | | 4:58.0 |

BV 4 x 400

| | | |
|---------|--|--------|
| 1. Tenn | | 3:55.8 |
|---------|--|--------|

Field Events

GFS Long Jump

| | | |
|----------------------|-----|--------|
| 1. Michail Brakskale | BOD | 12-1 |
| 2. Dom Tarratone | BOD | 11-8.5 |
| (11-7.5) | | |
| 3. Sharlee Solis | CV | 11-8.5 |
| (11-6.5) | | |
| 4. Amy Terrashima | BOD | 11-3.5 |

BFS Long Jump

| | | |
|--------------------|------|---------|
| 1. William Howard | Tenn | 18-1 |
| 2. Louis Arnold | BOD | 17-5.25 |
| 3. David Woychik | BOD | 15-0 |
| (14-7.5) | | |
| 4. Brandon Johnson | CV | 15-0 |
| (13-7) | | |
| 5. Dan Haiek | CV | 14-8 |
| 6. Dan Feucht | CV | 14-2.5 |
| 7. Robert Ferguson | CV | 14-8.75 |
| 8. Thad Seyers | BOD | 14-6 |
| 9. Erin Walker | BOD | 14-2 |
| 10. Preston B-Opp | CV | 13-10.5 |
| 11. Amos Han | CV | 13-7.5 |
| 12. Josh Shinoda | CV | 13-5.5 |
| 13. Ramin Mayasam | CV | 12-7.75 |

GV Long Jump

| | | |
|-------------------|-----|---------|
| 1. Shanice Kelley | BOD | 14-1.5 |
| 2. Jessie White | CV | 13-9.5 |
| 3. Dana Linda | CV | 13-5 |
| 4. Candace Brown | BOD | 12-9.75 |
| 5. Danielle Lacey | CV | 12-5.75 |

BV Long Jump

| | | |
|---------------------|------|----------|
| 1. Tommy Arnold | BOD | 19-8 |
| 2. Lamarr Contien | BOD | 18-10 |
| 3. Jerrad Walls | BOD | 18-8 |
| 4. Marcus Carter | Tenn | 18-0.5 |
| 5. Jamar Lyles | Tenn | 17-10.5 |
| 6. Nyanforth Tarpeh | Tenn | 17-8.5 |
| 7. Evan Ballar | CV | 17-5.5 |
| 8. Robert Wright | CV | 17-4.25 |
| 9. Nick Morozovsky | CV | 14-4 |
| 10. Marcus Freeman | Tenn | 12-11.25 |

GFS Triple Jump

| | |
|----------------------|--------|
| 1. Michail Brakskale | 26-9.5 |
| 2. Sharlee Solis | 22-5 |
| no third | |

BFS Triple Jump

| | | |
|-----------------|-----|---------|
| 1. Louis Arnold | BOD | 40-5.5 |
| 2. Thad Seyer | BOD | 35-11 |
| 3. Chris Casey | CV | 32-8 |
| 4. Erin Walker | BOD | 32-3.5 |
| 5. Kevin Teel | CV | 31-7.75 |
| 6. Josh Shinoda | CV | 30-9 |

GV Triple Jump

| | | |
|---------------------|-----|---------|
| 1. Shanice Kelley | BOD | 35-4 |
| 2. Chelsea Chandler | CV | 31-6.5 |
| 3. Jessie White | CV | 28-2.5 |
| 4. Heather Matheny | CV | 27-8.5 |
| 5. Danielle Lacey | CV | 26-0.25 |

BV Triple Jump

| | | |
|---------------------|------|---------|
| 1. Jerrad Walls | BOD | 42-10 |
| 2. Lamarr Contien | BOD | 40-1 |
| 3. Jamar Lyles | Tenn | 37-11 |
| 4. Nyanforth Tarpeh | Tenn | 36-9.5 |
| 5. Tommy Arnold | BOD | 36-5 |
| 6. Nick Morozovsky | CV | 31-11.5 |
| 7. William Bautista | Tenn | 29-9 |

GFS High Jump

| | | |
|-------------------------|-----|------|
| 1. Amanda Delaplane | CV | 4-4 |
| 2. Dominique Turrentine | BOD | 4-0 |
| 3. Kara Lawrence | CV | 3-10 |
| 4. Amy Terashima | BOD | 3-6 |

BFS High Jump

| | | |
|--------------------|------|------|
| 1. Robbie Ferguson | CV | 5-4 |
| 2. Thad Seyer | BOD | 5-0 |
| 3. Chris Casey | CV | 4-10 |
| Mark Torado | Tenn | n.h. |

GV High Jump

| | | |
|-----------------|----|-----|
| 1. Sam Joumey | CV | 4-6 |
| 2. Katy Stewart | CV | 4-4 |
| 3. Jessie White | CV | 4-0 |

Castro Valley vs. Bishop O'Dowd and Tennyson

Castro Valley High School Thursday, March 27, 2003

| | | | |
|-----------------|---------|---------------------|------------|
| BV High Jump | | 4 Eric Smallberg | BOD 40-2.5 |
| 1 Jerrad Watson | BOD 5-6 | 5 Sean Noriega | BOD 38-1 |
| 2 Tommy Arnold | BOD 5-6 | 6 Chris Hinkley | BOD 36-3.5 |
| 3 Ryan Stohr | CV 5-2 | 7 John Reed | BOD 34-10 |
| 4 Marek Brezula | CV 5-0 | 8 Ryan Zika | BOD 34-5 |
| 5 Robbie Wright | CV 5-0 | 9 Rodney Aqua | CV 32-3 |
| 6 Wayne Hetzel | CV 5-0 | 10 Aaron Belluomini | CV 32-1 |

| | | | |
|--------------------|----------|-------------------|------------|
| GFS Pole Vault | | 11 Charles Watson | BOD 29-1.5 |
| 1 Amanda Delaplane | CV 7-0 | 12 Dustin Kremer | CV 28-9.5 |
| 2 Nicole Campbell | CV 6-0 | 13 Vincent Wu | CV 28-6.5 |
| Billie Langley | BOD n.h. | 14 Andrew Krantz | CV 28-0 |
| | | 15 Carlos Watson | Tenn 21-9 |
| | | 16 Greg Prentiss | Tenn 21-5 |

| | | | |
|--------------------|---------|----------------------|-----------|
| BFS Pole Vault | | GFS Discus | |
| 1 Robert Ferguson | CV 10-0 | 1 Danielle Broussard | BOD 86-0 |
| 2 Kevin Teel | CV 10-0 | 2 Monica Erdman | CV 74-6 |
| 3 Chris Casey | CV 9-6 | 3 Ashley Colier | BOD 68-2 |
| 4 Josh Ashford | CV 9-0 | 4 Laura Fernsten | CV 53-3.5 |
| 5 Calvin Rosekrans | BOD 8-6 | 5 Jessica Chavez | CV 43-1 |
| 6 Wayne Ye | BOD 7-6 | | |

| | | | |
|----------------------|----------|----------------|-----------|
| GV Pole Vault | | BFS Discus | |
| 1 Christine Silva | BOD 10-6 | 1 Darwin Tsang | CV 105- |
| 2 Stephanie Lassalle | CV 8-0 | 8.5 | |
| 3 Melody Jue | CV 7-6 | 2 Dan Feucht | CV 85-1 |
| | | 3 Tim Stryko | CV 65- |
| | | 0.25 | |
| | | 4 Zhan Zhang | CV 54-1.5 |

| | | | |
|------------------|-----------|-----------------------|------------|
| BV Pole Vault | | GV Discus | |
| 1 Tony Sanchez | CV 10-0 | 1 Taneya Davis | BOD 117-4 |
| 2 Dustin Wheeler | CV 9-0 | 2 Lisa Mausia | BOD 112-11 |
| 3 Elliot Jones | BOD 8-6 | 3 Tia Baker | Tenn 75-5 |
| 4 Kevan Turner | CV 8-6 | 4 Dasha Gordeychev | CV 62-0 |
| Brandon Sills | Tenn n.h. | 5 Martinique Guillory | BOD 60-3 |
| Esmail Momand | Tenn n.h. | 6 Megan Corbin | CV 58-1 |
| | | 7 Ely Snyder | BOD 44-4 |

| | | | |
|----------------------|-----------|-----------------|-----------|
| GFS Shot Put | | BV Discus | |
| 1 Monica Erdman | CV 25-6.5 | 1 Pierce Rowe | BOD 153- |
| 2 Ashley Collier | BOD 24-6 | 5.5 | |
| 3 Danielle Broussard | BOD 23-11 | 2 Evan Williams | BOD 129- |
| 4 Laura Fernsten | CV 17-4 | 9.25 | |
| 5 Jessica Chavez | CV 16-10 | 3 Jarad Jegaraj | BOD 124-8 |

| | | | |
|------------------|------------|--------------------|------------|
| BFS Shot Put | | 4 Theo Seyer | BOD 113- |
| 1 Dan Feucht | CV 39-11 | 10.25 | |
| 2 James Meelus | BOD 38-10 | 5 Aaron Belluomini | CV 99-9- |
| 3 Darwin Tsang | CV 35- | 6 Charles Watson | BOD 93-9.5 |
| 11.5 | | 7 Chris Hinkley | BOD 85-4 |
| 4 Raymond Meyer | BOD 35-3.5 | 8 Rodney Aqua | CV 85-11 |
| 5 Tim Stryko | CV 31-7.5 | 9 Vincent Wu | CV 84-3 |
| 6 Ted Zira | BOD 30-4.5 | 10 Ryan Zika | BOD 82- |
| 7 Corey Eck | CV 30-2 | 9.25 | |
| 7 Brandon Manley | CV 28-8.5 | 11 Adrian Hunter | BOD 82- |
| 8 Jonathon Hui | CV 27-8 | 2.25 | |
| 9 Ramin Maysam | CV 24-4 | 12 Sean Noriega | BOD 76-3 |
| 10 Zhan Zhang | CV 22-4 | 13 Andrew Krantz | CV 66-2 |

| | | | |
|-----------------------|------------|------------------|-------------|
| GV Shot Put | | 14 Greg Prentiss | Tenn 58-3.5 |
| 1 Lisa Mausia | BOD 35-0 | | |
| 2 Taneya Davis | BOD 34-5 | | |
| 3 Maressa Valentine | CV 31-1 | | |
| 4 Tia Baker | Tenn 30-4 | | |
| 5 Jessica Passadore | CV 27-7.5 | | |
| 6 Rhannon Webb | CV 25-7.5 | | |
| 7 Ely Snyder | BOD 25-7.5 | | |
| 8 Martinique Guillory | BOD 23-5 | | |
| 9 Megan Corbin | CV 22-8.5 | | |
| 10 Julia Zharchuk | CV 21-6 | | |
| 11 Dasha Gordeychev | CV 21-5 | | |

| | | | |
|------------------|------------|--|--|
| BV Shot Put | | | |
| 1 Pierce Rowe | BOD 45-4.5 | | |
| 2 Evan Williams | BOD 40-6.5 | | |
| 3 Julio Inguanzo | Tenn 40-4 | | |

Martinez Relays

Alhambra High School March 29, 2003

• = earned medal

It was a beautiful day for a track meet, and the CV athletes that made the trip were rewarded with excellent competition on a good track in a beautiful rustic setting. We continue to be plagued by the casual attitude that has infected many people on the team. Showing up to workouts is getting to be a problem, and showing up to invitationals is also a problem.

The weekend meets are designed to make the team better by giving the athletes the best possible competition they need to improve. Occasional athletes will only occasionally have success. The excuses given to legitimize athletes' absences are becoming increasingly flimsy. As your head coach, I reserve the right to remove people from the team who do not understand the idea of being on a team.

As it was, we got 48 athletes to show up, who earned 20 medals and recorded one school record. That is good enough by itself, but we can do better

4 x 1600

BFS 2nd

Scott Clark 5:07.0

Bennett Hall 5:16.0

Justin Taylor 5:26.0

Jordan Bailey 4:51.0

21:30.0

Running with the varsity was a bit tough, and the boys really didn't warm much at all. Justin filled in rather nicely with little training, and Jordan was very tough. Since the event was no official, there are no medals for the 2nd place BFS finish.

GV 7th

Christina Robertson 6:08.0

Sammy Suey 6:22.0

Shannon Alter 6:18.0

Moryah Schindler 6:07.0

24:55.0

This was not inspired at all today. The FS girls had the fastest times, while the varsity girls went into cruise mode early and never challenged themselves.

4 x HH

GFS time and place not recorded

Kara Lawrence, Carly Sanders, Amanda Delaplane,

Stephanie Lasalle

It all looked a little bit rough, but we were able to get 4 girls over hurdles.

GV 3rd in heat 1, 7th overall

Christina Robinson, Roanna Tirado, Kelley Stewart, Katy Stewart 1:17.9

Kelley was a fill-in today, and the whole team was ok overall.

4 x 100

• GFS 5th in heat 2, 5th overall

Joanna Gistand, Beth Haworth, Alicia Inn, Carolyn Chin

55.6

The girls ran very confidently and with crisp passes got a medal in a very tough division.

• GV 1st in Heat 2, 2nd overall

Charis Chan, Chelsea Chandler, Michelle Chan, Renee Gistand 51.1

The girls ran their fastest of the season, and the time held up for 2nd overall. Good work.

BFS 2nd in Heat 1, 6th overall

Evan Ballar, Wesley Willis, Kirk Marciel, Kiyoshi Hiraki 47.1

Even though the time was a season best by a full second, this is a tough invitational.

4 x 800

BFS 7th

Scott Clark, Bennett Hall, Kiyoshi Hiraki, Jordan Bailey 9:05.4

The boys ran this just to get a race in, with Bennett having to leave early. Kiyoshi was called into emergency service, and they were right in the middle of the race.

GV 9th place

Kelley Stewart 1:17.7 1:25.8 2:43.4

Michelle Dianda 1:22.5 1:21.0 2:43.4

Rhiannon Webb 1:26.0 1:29.0 2:54.9

Collette Cox 1:16.9 1:18.8 2:35.6

10:57.3

This was not inspired at all. The middle distance is supposed to be the strong part of our team, and we looked only average at best today.

Sprint Medley

GFS 9th overall

Joanna Gistand, Carly Sanderson, Beth Haworth, Kara Lawrence 2:08.7

The girls did not get untracked for this one.

• BFS 4th overall

Brian Yip, Wesley Willis, Kirk Marciel, Evan Ballar 1:42.7

This was the race that got the boys their medals. Good effort.

GV 2nd in heat 1, 13th overall

Kate Haworth, Michelle Dianda, Nicole Westling, Collette Cox 2:03.4

The girls got the baton around the track, and looked competitive in their heat, but the time didn't stand up.

4 x 200

GFS 6th overall

Joanna Gistand, Beth Haworth, Alicia Inn, Carolyn Chin 1:59.0

It was a good race, but we were nipped by tenths of a second for the last medal spot.

Martinez Relays

Alhambra High School March 29, 2003

• = earned medal

BFS 9th overall

Brian Yip, Wesley Willis, Kirk Marciel, Evan Ballar

1:40.0

By this time the boys were pretty well worn, and didn't have the great spark in them.

• GV 1st in heat 1, 2nd overall new school record (old school record 1:49.2 Cole, B. Cunningham, Taylor, Gove)

Charis Chan, Chelsea Chandler, Michelle Chan, Renee Gistand 1:48.8

After some negotiating, the girls "A" team got the coach to let them run this race, instead of the 4 x 400. They responded with a school record and 2nd overall.

BV Distance Medley 6th place

| | | | | | |
|------------|------|------|------|----|--------|
| Zane Welte | 66.8 | 70.5 | 66.7 | -- | 3:24.0 |
|------------|------|------|------|----|--------|

| | | | | | |
|----------------|------|----|-----|----|------|
| Kiyoshi Hiraki | 58.7 | -- | --- | -- | 58.7 |
|----------------|------|----|-----|----|------|

| | | | | | |
|---------------|------|------|----|----|--------|
| Jason Ribeira | 66.8 | 71.2 | -- | -- | 2:18.0 |
|---------------|------|------|----|----|--------|

| | | | | | |
|-----------|------|------|------|------|--------|
| John Yano | 68.8 | 71.4 | 73.3 | 66.2 | 4:40.1 |
|-----------|------|------|------|------|--------|

11:20.8

Denied the chance to run a strong 4 x 800 when first Terrence and then TJ came up with incredibly lame excuses, the distance boys still managed a respectable effort. Kiyoshi ran another race out of his element, this time on the varsity level.

4 x 400

GFS 2nd in heat 1, DQ'd

| | |
|------------|----|
| Alicia Inn | 67 |
|------------|----|

| | |
|----------------|----|
| Joanna Gistand | 69 |
|----------------|----|

| | |
|---------------|----|
| Kara Lawrence | 70 |
|---------------|----|

| | |
|--------------|----|
| Carolyn Chin | 66 |
|--------------|----|

4:32.0

It was a great effort, and would have been a medal, but a mystery disqualification nullified the effort.

BFS 4th in heat 2, 6th overall

Brian Yip, Kiyoshi Hiraki, Kirk Marciel, Evan Ballar 3:52.9

This was not to be, as the boys could not muster the sap for another race.

High Jump

• GFS 4th

| | |
|---------------|-----|
| Carly Sanders | 4-2 |
|---------------|-----|

| | |
|------------------|-----|
| Amanda Delaplane | 4-2 |
|------------------|-----|

| | |
|---------------|-----|
| Kara Lawrence | 4-4 |
|---------------|-----|

12-8

Kara's PR (by 6 inches) propelled the team into medal position.

BFS 6th

| | |
|------------|------|
| Kevin Teel | n.h. |
|------------|------|

| | |
|-------------|------|
| Chris Casey | 4-10 |
|-------------|------|

| | |
|-----------------|-----|
| Robert Ferguson | 5-4 |
|-----------------|-----|

10-2

Kevin tried, but was not able to help out.

GV 11th

| | |
|--------------------|------|
| Jessica Wildensten | n.h. |
|--------------------|------|

| | |
|--------------|-----|
| Katy Stewart | 4-3 |
|--------------|-----|

| | |
|-------------------|-----|
| Lauren Hofpenbeck | 4-3 |
|-------------------|-----|

8-6

Jessica and Lauren volunteered to jump, just to give Katy a team. Lauren then proceeded to almost beat Katy.

Triple Jump

GV 9th

| | |
|---------------|-------|
| Renee Gistand | 27-11 |
|---------------|-------|

| | |
|----------------|------|
| Danielle Lacey | 27-5 |
|----------------|------|

| | |
|--------------------|------|
| Jessica Wildensten | 26-5 |
|--------------------|------|

81-9

The girls just wanted to jump. Renee looked good as rookie.

Long Jump

GV 11th

Danielle Lacey, Chelsea Chandler, Jessica Wildensten

36-03

Individual marks were not reported

Pole Vault

BFS

| | |
|-----------------|------|
| Robert Ferguson | n.h. |
|-----------------|------|

| | |
|------------|------|
| Kevin Teel | 10-0 |
|------------|------|

After a long day, Robert lost his focus and could not get over opening height. Kevin proved that his new height is no fluke.

Castro Valley vs. Arroyo and Hayward

Castro Valley High School, Thursday, April 3, 2003

All CVHS track results are archived at: <http://205.162.248.110/cgi-bin/ultimatebb.cgi?ubb=forum&f=5&submit=Go>

This meet was gratifying because it was the first time that we had beaten Arroyo in 4 years. We have continued to build and improve as a team, and they have not been able to continue their momentum.

We saw some sprint power from Hayward, and only a little else as they were no match for our depth.

It was also gratifying to see that we were able to complete the meet over an hour quicker than the week before. This week should be even quicker.

There has arisen a new disease that is infecting the Castro Valley track team -- event evasion. People are signed up for events and then not competing in them. This is not good. Your coach's legendary happy disposition will be upset if this unfortunate trend occurs.

This coming week is a busy week, with a makeup on Monday with O'Dowd, our HAAL meet with SL and ME on Wednesday, and our own invitational on Friday. We then have Easter break, with workouts Mon-Tue-Wed and finally our top relays off to the LA trip to the Mt. SAC relays.

Note: All times in hundredths of second are fully automatic timing, using the PyroFlash Timing System. All other times are handheld times.

Scores:

GFS
CV 115, A 20
CV 101, H 31
H 44, A 37

BFS
CV 121, A 0
CV 112, H 14
H 31, A 0

GV
CV 95, A 40
CV 99, H 36
A 74, H 52

BV
CV 97, A32
CV 83, H 51
H 67, A 45

GFS 4x100
1. CV A Gistand, Casey, Haworth, Chin 55.8
2. CV B Taber, Cortopassi, Solis, Sanderson 57.8
3. ARR A Chan, Jones, Bowersmith, Soto 58.8
D.Q. Hay A Smith, Burnside, Burley, Diamond

BFS 4x100
1. CV A Yoshi, Mitchell, Willis, Yip 49.3
2. CV B 50.7
3. CV C 52.6

GV 4x100
1. Hay A Smith, Brooks, Miller, Bryant 51.1
2. CV A Chan, Chan, Chandler, Gistand 52.0
3. CV B Haworth, Wildensten, Westing, Matheny 56.5
4. ARR A Bergeron, Bock, Merritt, Chung 56.6

BV 4x100
1. Hay LaBlane Pennyman, Brown, Jordan 43.9
D.Q. ARR AzBill, Zamora, Mankilier, White 54.5
D.Q. CV A Cox, Farinha, Storh, Ballar 46.5

GFS 1600
1. Christina Robertson CV 5:56.6
2. Minor Hay 6:11.4

2. Minor Hay 6:11.4
3. Caro Hay 6:13.9
4. Becky Riberia CV 6:24.9
5. Katelyn Phillips CV 6:34.3

GV 1600
1. Holly Matheny CV 5:40.1
2. R. Mendez Hay 5:46.1
3. J. Scalzo AR 5:50.8
4. Tikotsky AR 5:57.7
5. Shannon Alter CV 6:08.3
6. Baluyot Hay 6:12.1
7. Yu Mel Ar 6:13.9
8. Sam Suey CV 6:17.5

BFS 1600
1. Scott Clark CV 5:05.3
2. Bennett Hall CV 5:10.7
3. Jon Hui CV 5:29.2
4. Pulido Hay 5:31.7
5. Delauro Hay 5:32.4
6. Scott Wong CV 5:41.1

BV 1600
1. Zane Welte CV 4:52.2
2. Hurtado Hay 4:54.4
3. White Arr 4:54.8
4. Jordan Bailey CV 4:55.8
5. Lund Arr 5:02.9
6. Ruiz Hay 5:06.2
7. Jason Riberia CV 5:13.7
8. Brady Hay 5:24.6
9. Witt Arr 5:57.5

GFS 100 HH
1. Amanda Delaplane CV 20.46
2. Lio Arr 23.46
3. Ng Arr 27.64
4. Campbell CV 29.30

BFS 100 HH
1. Brandon Johnson CV 20.99
2. Robert Ferguson CV 22.58
3. Kevin Teel CV 22.65
4. Chris Casey CV 23.16

GV 100 HH
Heat 1
1. Chelsea Chandler CV 17.00
2. Angel Dohrman CV 18.24
3. Bergeron A 18.40
4. Bock Arr 18.60
5. Katie Stewart CV 19.14

Heat 2
1. Christina Robinson CV 19.32
2. Stephanie Lassalle CV 19.46
3. Chung Arr 19.96
4. Raquel Tirado CV 20.56
5. Roana Tirado CV 24.43
6. Lauer Arr 26.06

BV 110 HH
1. Marek Brezula CV 18.74
2. Robbie Wright CV 19.75
3. Kevin Turner CV 20.38
4. Dustin Wheeler CV 20.52
5. Nick Morozovsky CV 21.25
6. Wayne Heltzel CV 22.97

GFS 400m
1. Karissa Casey CV 66.0
2. Alicia Inn CV 66.9
3. Carolyn Chin CV 67.6
4. Caro Hay 67.8
5. Soto Arr 76.5
6. Dirsman Hay 79.3

BFS 400m
1. King Hay 58.4
2. Renee Mc Coy CV 62.1
3. Kiyoshi Hiraki CV 62.9
4. Jason Hoffman CV 62.9
5. Preston Opp CV 66.0

GV 400m
1. Smith Hay 61.7
2. Kelley Stewart CV 62.9
3. Collette Cox CV 64.6
4. Michelle Dianda CV 68.4
5. Lauen Arr 73.8

BV 400m
Heat 1

1. TJ Miller CV 53.3
2. Evan Ballar CV 55.0
3. Joshua Hay 55.6
4. Brady Hay 59.9
5. Hatfield Arr 60.5
6. Dyer Arr 65.6
Heat 2
1. Brandon Farinha CV 54.4
2. King Hay 60.3
3. Carey Arr 68.0

GFS 100m
Heat 1
1. Burley Hay 14.00
2. Joanna Gistand CV 14.40
3. Chan Arr 14.63
4. Smith Hay 14.93
5. Jones Arr 15.33
5. Beth Haworth CV 15.33
Heat 2
1. Burnside Hay 14.32
2. Diamond Hay 14.34
3. Carly Sanderson CV 14.84
4. Bowersmith Arr 15.34
5. Lagomarsino Arr 15.78

BFS 100
Heat 1
1. Brian Yip CV 12.66
2. Wesley Willis CV 12.69
3. Matt Mitchell CV 13.60
Heat 2
1. Jason Hoffman CV 12.90
2. Jon Delago CV 13.43
3. Amos Han CV 13.70
4. Michael Sene CV 13.73

GV 100
Heat 1
1. Charis Chan CV 13.06
2. Brooks Hay 13.35
3. Miller Hay 13.42
4. Hudson Arr 14.69
5. Chan Arr 15.73
Heat 2
1. Byrant Hay 13.22
2. Michelle Chan CV 13.90
3. Renee Gistand CV 14.13
4. Kate Haworth CV 14.59
5. Binlot Arr 14.59
6. Huang Arr 16.43

BV 100m
Heat 1
1. LaBlane Hay 11.56
2. Brown Hay 11.62
3. Marcus Cox CV 11.70
4. Jordan Hay 11.82
5. Bold Arr 12.28
Heat 2
1. Luu Arr 12.88
2. White Arr 13.68

GFS 800
1. Alicia Inn CV 2:46.5
2. Caro Hay 2:47.0
3. Minox Hay 2:53.5
4. Becky Ribeira CV 2:54.1
5. Vanessa Depue CV 3:21.2

Gv 800
1. Holly Matheny CV 2:30.6
2. Merrit Arr 2:34.9
3. Michelle Dianda CV 2:36.3
4. Heather Matheny CV 2:38.3
5. Ly Hay 2:38.8
6. Mendez Hay 2:42.6
7. Hodges Hay 2:45.2
8. Moryah Schindler CV 2:46.1
9. Sam Suey CV 2:50.3
10. Leal Arr 2:51.8
11. Rhiannon Webb CV 2:54.1
12. Perez Hay 2:53.5
13. Ruiz Arr 2:56.6

BFS 800
1. Scott Clark CV 2:23.4
2. Bennett Hall CV 2:25.4
3. Justin Taylor CV 2:26.1
4. Pulido Hay 2:27.7
5. Corey Eck CV 2:31.6
6. Jon Hui CV 2:32.4
7. Scott Wong CV 2:38.5

BV 800
1. Brian White Arr 2:06.5
2. Zane Welte CV 2:07.6
3. Thomas Miller CV 2:12.2
4. Hurtado Hay 2:14.1
5. Jason Riberia CV 2:17.0
6. Ruiz Hay 2:24.4
7. Witt Arr 2:48.8
8. Carey Arr 2:55.1

GFS 300 IH
1. Joanna Gistand CV 55.8
2. Carly Sanderson CV 56.6
3. Amanda Delaplane CV 56.8
4. Kara Lawrence CV 58.2

BFS 300 hurdles
1. King Hay 49:2
2. Justin Taylor CV 51:1
3. Kevin Teel CV 52:9

GV 300 hurdles
Heat 1
1. Smith Hay 48.3
2. Angela Dorman CV 50.2
3. Kelly Stewart CV 51.9
4. Katy Stewart CV 54.7
5. Bergeron Arr 54.7
6. Bock Arr 55.0

Heat 2
1. Christina Robinson CV 55.9
2. Roana Tirado CV 56.1
3. Maniango Arr 62.6
Heat 3
1. Stephanie Lassalle CV 58.2
2. Jerri Pfisterer CV 60.0
3. Raquel Tirado CV 63.3

BV 300 IH
1. King Hay 49.5
2. Nick Morozovsky CV 51.9
3. Wayne Heltzel CV 55.3

GFS 200
Heat 1
1. Burley H 29.26
2. Carolyn Chin CV 29.46
3. Chan A 30.06
4. Burnside H 31.13
5. Carly Sanderson CV 31.40
6. Jones A 31.55
Heat 2
1. Beth Haworth CV 31.38
2. Diamond H 32.54
3. Lagomarsino A 33.38

BFS 200
1. Wesley Willis CV 25.63
2. Brian Yip CV 25.67
3. Matt Mitchell CV 26.53
4. Justin Taylor CV 26.56
5. Kiyoshi Hiraki CV 26.77
6. Mike Sene CV 28.70

GV 200
Heat 1
1. Charis Chan CV 26.79
2. Brooks H 27.52
3. Miller H 27.89
4. Michelle Chan CV 28.69
5. Chan A 31.69
6. Binlot A 31.79
Heat 2
1. Chelsea Chandler CV 26.96
2. Bryant H 28.90
3. Nicole Westling CV 30.96
4. Kate Haworth CV 32.70

BV 200
1. Pennyman H 23.49
2. Evan Ballar CV 24.39
3. Thomas Miller CV 24.72
4. Hatfield A 26.96
5. Mankiller A 28.29
6. Zmora A 28.34

GFS 3200
1. Christina Robertson CV 13:32
2. Minor H 13:48
3. Katelyn Phillips CV 13:59
4. Lauren Ma CV 13:59

BFS 3200
1. Bennett Hall CV 10:58

Castro Valley vs. Arroyo and Hayward

Castro Valley High School, Thursday, April 3, 2003

All CVHS track results are archived at: <http://205.162.248.110/cgi-bin/ultimatebb.cgi?ubb=forum&f=5&submit=Go>

| | | | | | | | | |
|---|-----|--------|-----------------------|-----|--------|---|-----|----------|
| 2. DeLauro | H | 12:29 | 2. Josh Shinoda | CV | 30-2 | 11. Rhiannon Webb | CV | 23-7 |
| 3. Puida | H | 12:31 | 3. Ryan Lee | CV | 24-7 | 12. Megan Corbin | CV | 23-5 |
| | | | | | | 13. Dasha Gordeychev | CV | 20-10.75 |
| GV 3200 | | | | | | | | |
| 1. Jessica Scalzo | A | 12:30 | GV Triple Jump | | | BV Shot Put | | |
| 2. Tikotsky | A | 13:11 | 1. Renee Gistand | CV | 29-5 | 1. Phillip Mbakagu | H | 42-8 |
| 3. HODges | H | 13:11 | 2. Brenna Peters | A | 27-08 | 2. Chris Babcock | H | 42-0 |
| 4. Shannon Alter | CV | 13:24 | 3. Danielle Lacey | CV | 27-3 | 3. Wheeler | CV | 34-8 |
| 5. Moryah Schindler | CV | 13:42 | 4. Heather Matheny | CV | 27-04 | 4. Darwin Tsang | CV | 34-4 |
| 6. Hernandez | A | 13:46 | 5. Jessie White | CV | 27-02 | 5. Aaron Belluomini | CV | 32-1 |
| 7. Baluyot | A | 13:46 | 6. Dana Linda | CV | 26-09 | 6. Kevin Trujillo | A | 28-10 |
| 8. Simms | A | 14:39 | 7. Kirsten Hudson | A | 25-7 | 7. Andrew Oliviera | A | 29-4 |
| 9. Lim | A | 14:40 | 8. Laura Sonnenfelt | H | 24-7 | 8. Vincetn Wu | CV | 27-7 |
| 10. Ruiz | A | 15:38 | BV Triple Jump | | | 9. Rodney Aqua | CV | 27-3 |
| 11. Llen | A | 15:49 | 1. Kaelen Robinson | A | 33-05 | 10. Adam Soto | A | 23-0 |
| 12. Garcia | A | 15:52 | 2. Nick MOrzovsky | CV | 33-0 | GFS Discus | | |
| | | | 3. Marcus Argbelaen | H | 31-9 | 1. Monica Erdman | CV | 66-3 |
| | | | 4. Tim Arzino | H | 31-3 | 2. Savannah Trakts | CV | 65-2 |
| | | | 5. Angelo Zamora | A | 30-3 | 3. Allie Weese | CV | 55-0 |
| GFS 4 x 400 | | | | | | | | |
| 1. CV (Chin, Casey, Inn, Gistand) | | 4:49 | GFS High Jump | | | 4. Laura Fernsten | CV | 51-5 |
| 2. A (Chan, Jones, Lagorsna, Soto) | | 5:08 | 1. Kara Lawrence | CV | 4-4 | 5. Jessica Chavez | CV | 48-7.5 |
| BFS 4 x 400 | | | | | | | | |
| 1. CV "A" (Yip, Hiraki, Willis, Mitchell) | | 4:02.6 | 2. Amanda Delaplane | CV | 4-2 | BFS Discus | | |
| 2. CV "B" (Sene, Han, Taylor, Delago) | | :12.7 | 2. Jenna Bowersmith | A | 4-2 | 1. Dan Feucht | CV | 70-0 |
| GV 4 x 400 | | | | | | | | |
| 1. CV (Cox, Stewart, Ho, Matheny, Chandler) | | 4:46.2 | 4. Katrina Usher | A | 3-10 | 2. Tim Strysko | CV | 69-11 |
| 2. A (Bock, Bergerson, Hudson, Lauer) | | 4:52 | 5. Chelsea Curbo | A | 3-8 | 3. Zhan Zhang | CV | 45-2 |
| BV 4 x 400 | | | | | | | | |
| 1. CV (Yano, Miller, Farinha, Ballar) | | 3:44.7 | 6. Briana Brigham | A | 3-8 | GV Discus | | |
| 2. A (White, Robinson, Lund, Hatfield) | | 3:57.1 | BFS High Jump | | | | | |
| 3. H (Joshua, King, Ruiz, Brady) | | 4:01.9 | 1. Chris Casey | CV | 5-0 | 1. Alisha Aggetta | AHS | 94-4 |
| 4. A "B" (Zamora, Morris, Lewis, Dyer) | | 4:14.1 | GV High Jump | | | | | |
| GFS Long Jump | | | | | | | | |
| 1. Christina Fatana | Hay | 13-9 | 1. Samantha Journey | CV | 5-0 | 2. Linsey Stahowski | AHS | 88-5 |
| 2. Sharlee Solis | CV | 11-6 | 2. Breanna Peters | A | 4-6 | 3. Cassie Wilcox | CV | 87-4.5 |
| 3. Stephenie Lio | AHS | 10-7 | 3. Becky Gorton | A | 4-6 | 4. Meghan Toussaint | Hay | 82-2 |
| 4. Emily Ng | AHS | 9-1 | 4. Katy Stewart | CV | 4-4 | 5. Jessica Passadore | CV | 79-5 |
| 5. Jeanna Bowersmith | AHS | 9-1 | 5. Jessie White | CV | 4-0 | 6. Keenya Davis | Hay | 73-6 |
| BFS Long Jump | | | | | | | | |
| 1. Amos Han | CV | 15-6 | 6. Jessica Curbo | A | 4-0 | 7. Monica Soto | AHS | 64-8 |
| 2. Brandon Johnson | CV | 15-4 | BV High Jump | | | | | |
| 3. Ramin Maysam | CV | 14-10 | 1. Will Lewis | H | 5-4 | 8. Meghan Corbin | CV | 62-0 |
| 4. Josh Shinoda | CV | 14-6 | 2. Ryan Stohr | CV | 5-2 | 9. Dasha Gordeychev | CV | 57-9 |
| GV Long Jump | | | | | | | | |
| 1. Renee Gistand | CV | 13-10 | 3. Charles Miller | A | 5-0 | 10. Jeanette Downs | AHS | 47-2.5 |
| 2. Becky Gerton | AHS | 13-10 | 4. Robbie Wright | CV | 5-0 | BV Discus | | |
| 3. Jessie White | CV | 13-4 | GFS Pole Vault | | | | | |
| 4. Charis Chan | CV | 13-0 | 1. Amanda Delaplane | CV | 7-0 | 1. Phillip Mbakogu | Hay | 118-2 |
| 5. Danielle Lacey | CV | 12-10 | 2. Ncole Cambell | CV | 6-6 | 2. Chris Babcock | Hay | 113-9.5 |
| 6. Dana Linda | CV | 12-5 | BFS Pole Vault | | | | | |
| 7. Chi-Chi Okorchkwo | Hay | 12-4 | 1. Kevin Teel | CV | 10-6 | 3. Aaron Belluomini | CV | 101-4 |
| 8. Breannna Peteres | AHS | 12-1 | 2. Chris Csey | CV | 9-0 | 4. Darwin Tsang | CV | 96-8 |
| 10. Sheila Moniago | AHS | 12-0 | 3. Robert Ferguson | CV | 8-6 | 5. Aaron Albonico | CV | 91-8 |
| 11. Kirsten Hudson | AHS | 11-11 | GV Pole Vault | | | | | |
| 12. Sabrina Ly | Hay | 11-10 | 1. Stephanie Lasalle | CV | 7-6 | 6. Rodeny Aqua | CV | 91-6 |
| 13. Patty Chung | AHS | 10-0 | 2. Melody Jue | CV | 7-0 | 7. Vincent Wu | CV | 87-7.5 |
| 14. Laura Sonnerfeu | Hay | 9-0 | BV Pole Vault | | | | | |
| BV Long Jump | | | | | | | | |
| 1. Will Lewis | AHS | 17-10 | 1. Kevan Turner | CV | 10-6 | 8. Kevin Tryillo | AHS | 66-11 |
| 2. Robert Wright | CV | 17-4 | 2. Dustin Wheeler | CV | 10-0 | 9. Dustin Wheeler | CV | 66-3 |
| 3. Kaleen Robinson | AHS | 17-0 | 3. Tony Sanchez | CV | n.h. | 10. Andrew Oliveira | AHS | 62-3 |
| 4. Marcus Algebekaen | CV | 16-6 | 4. Bryan Collard | CV | n.h. | 11. Adam Soto | AHS | 48-1 |
| 5. Mike Biallas | AHS | 15-6 | GFS Shot Put | | | | | |
| 6. Tim Arryzo | Hay | 14-2 | 1. Monica Erdman | CV | 23-6 | Athletes of the meet: | | |
| 7. Nick Marris | AHS | 14-1 | 2. Savannah Trakts | CV | 21-9 | GFS: | | |
| 8. Nick Morozovsky | CV | 13-7 | 3. Allie Weese | CV | 17-11 | <u>Monica Erdman</u> -- in the often overlooked throws area, Monica recorded firsts in both the shot and discus | | |
| 9. Angelo Zamora | AHS | 13-5 | 4. Laura Fernsten | CV | 16-6 | BFS: | | |
| 10. Aaron Albonico | CV | 12-10 | BFS Shot Put | | | | | |
| GFS Triple Jump | | | | | | | | |
| 1. Mimi Cortopossi | CV | 28-03 | 1. Dan Feucht | CV | 37-1.5 | <u>Rene McCoy</u> -- even though it will only be recorded as a 2nd in the 400, Rene came from way back to challenge for the lead and tripped and slid just yards from the finish line. He rolled, staggered, lunged and crawled his way to the finish ahead of a4 other runners. A true display of determination. | | |
| 2. Kara Lawrence | CV | 25-8 | 2. Chris Allan | CV | 36-0 | GV: | | |
| 3. Alicia Inn | CV | 25-0 | 3. Tim Strysko | CV | 32-2.5 | <u>Renee Gistand</u> -- shewon both jumps in a surprise, showing some real potential in new events for her. Special note: Chelsea Chandler tried the hurdles for the 1st time and set a school record. | | |
| 4. Stephanie Tabor | CV | 24-04 | 4. Charles Eck | CV | 32-1 | BV: | | |
| 5. Sharlee Solis | CV | 24-1 | 5. Jon Hui | CV | 29-6 | <u>Dustin Wheeler</u> -- primarily a vaulter, Dustin also scored points in two new events for him: the hurdles and the shot put. | | |
| BFS Triple Jump | | | | | | | | |
| 1. Chrs Casey | CV | 32-11 | 6. Brandon Manley | CV | 29-5 | | | |
| | | | 7. Ramin Maysam | CV | 21-2.5 | | | |
| | | | 8. Zhan Zhang | CV | 21-5 | | | |
| | | | GV Shot Put | | | | | |
| | | | 1. Alisha Aggetta | AHS | 33-3 | | | |
| | | | 2. Mareesa Valentine | CV | 32-6.5 | | | |
| | | | 3. Keenya Davis | Hay | 30-5.5 | | | |
| | | | 4. Meghan Toussaint | Hay | 29-7.5 | | | |
| | | | 5. Becky Berton | AHS | 29-6 | | | |
| | | | 6. Cassie Wilcox | CV | 28-3 | | | |
| | | | 7. Monica Soto | AHS | 25-8.5 | | | |
| | | | 8. Jessica Passadore | CV | 25-7 | | | |
| | | | 9. Linsey Stahowski | AHS | 25-7.5 | | | |
| | | | 10. Jeanette Downs | AHS | 23-7.5 | | | |

Chabot Relays High School - 4/4/2003

Chabot College, Hayward

This was a pleasant little invitational, with the bulk of our team enjoying the very early dismissal from school and the relaxed atmosphere surrounding the events.

The computer is inflexible, so when we inevitably had to rearrange relays, et cetera athletes had to assume others identities just to check in. It made for an interesting day and afternoon.

It became obvious early that we were the largest team in attendance, and since there was no meet scoring, we just relaxed and took it easy in terms of competitive anxiety.

What made for a lively meet was the improvements that team members made in their events, and the t-shirts that first place got.

It was also good that we got our chance to introduce our younger athletes to Chabot College and its excellent track, which is where we will be holding our HAAL championships next month.

Remember: all CVHS track results are archived at:
<http://205.162.248.110/cgi-bin/ultimatebb.cgi?ubb=forum&f=5&submit=Go>

Event 1 Boys 100 Meter Dash Varsity

| Name | School | Finals |
|---------------|--------|------------|
| 15 Ryan Stohr | CV | 12.42 -2.0 |

Event 2 Boys 100 Meter Dash Frosh

| Name | School | Finals |
|------------------|--------|------------|
| 1 Evan Ballar | CV | 11.90 2.3 |
| 8 Brian Yip | CV | 12.36 2.3 |
| 12 Wesley Willis | CV | 12.77 2.3 |
| 13 Jason Hoffman | CV | 12.88 2.3 |
| 14 Josh Shinoda | CV | 12.98 2.3 |
| 15 Matt Mitchell | CV | 13.01 2.3 |
| 17 Jon Delago | CV | 13.40 -1.9 |
| 18 Amos Han | CV | 13.69 -1.9 |
| 19 Michael Sene | CV | 13.72 -1.9 |
| 20 Ryan Lee | CV | 13.91 -1.9 |

Event 3 Boys 100 Meter Dash Middle School

| Name | School | Finals |
|------------------|--------|-----------|
| 1 Destry Porter | CAN | 12.41 0.6 |
| 4 Stevan Estrada | CAN | 13.12 0.6 |

Event 4 Girls 100 Meter Dash Varsity

| Name | School | Finals |
|-----------------------|--------|------------|
| 5 Renee Gistand | CV | 13.86 -1.2 |
| 10 Jerri Pfisterer | CV | 14.64 -1.2 |
| 12 Kate Haworth | CV | 14.70 -1.2 |
| 13 Nicole Westling | CV | 14.75 -1.2 |
| 14 Jessica Wildensten | CV | 15.72 -1.2 |

Event 5 Girls 100 Meter Dash Frosh

| Name | School | Finals |
|--------------------|--------|-----------|
| 8 Joanna Gistand | CV | 14.32 0.6 |
| 10 Mimi Cortopossi | CV | 14.79 0.6 |
| 12 Sharlee Solis | CV | 14.97 0.6 |
| 13 Beth Haworth | CV | 15.09 0.6 |
| 14 Carly Sanderson | CV | 15.20 0.6 |

Event 7 Boys 4x100 Meter Relay Varsity

| Team | Relay Finals |
|-----------------|--------------|
| 4 Castro Valley | A 46.59 |

Event 8 Boys 4x100 Meter Relay Frosh

| Team | Relay Finals |
|-----------------|--------------|
| 3 Castro Valley | B 46.79 |
| 7 Castro Valley | A 49.58 |
| 8 Castro Valley | C 52.09 |

Event 9 Girls 4x100 Meter Relay Varsity

| Team | Relay Finals |
|-----------------|--------------|
| 6 Castro Valley | A 54.91 |
| 7 Antioch | B 59.73 |

Event 10 Girls 4x100 Meter Relay Frosh

| Team | Relay Finals |
|-----------------|--------------|
| 2 Castro Valley | A 54.90 |
| 4 Castro Valley | B 57.03 |

Event 12 Boys 1600 Meter Run Frosh

| Name | School | Finals |
|-----------------|--------|---------|
| 5 Jordan Bailey | CV | 4:56.66 |
| 13 Bennett Hall | CV | 5:08.44 |
| 15 Matt Riley | CV | 5:19.48 |
| 26 Scott Wong | CV | 5:35.97 |

Event 14 Girls 1600 Meter Run Varsity

| Name | School | Finals |
|-----------------|--------|---------|
| 3 Shannon Alter | CV | 6:02.51 |
| 5 Samantha Suey | CV | 6:15.34 |
| 6 Rhiannon Webb | CV | 6:17.61 |

Event 15 Girls 1600 Meter Run Frosh

| Name | School | Finals |
|-----------------------|--------|---------|
| 5 Christina Robertson | CV | 6:02.86 |
| 6 Moryah Schindler | CV | 6:05.57 |
| 7 Rebecca Ribeira | CV | 6:15.35 |
| 9 Katelyn Phillips | CV | 6:29.93 |



Katelyn Phillips

Event 18 Boys 1600 Sprint Medley Frosh

| Team | Relay Finals |
|-----------------|--------------|
| 2 Castro Valley | A 4:04.89 |
| 6 Castro Valley | B 4:21.21 |
| 7 Castro Valley | C 4:33.23 |

Event 19 Girls 1600 Sprint Medley Varsity

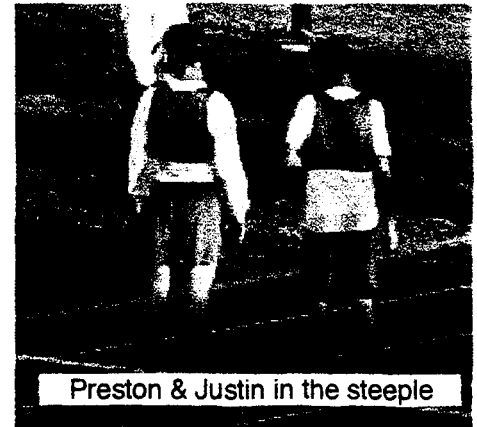
| Team | Relay Finals |
|-----------------|--------------|
| 5 Castro Valley | A 4:53.18 |

Event 20 Girls 1600 Sprint Medley Frosh

| Team | Relay Finals |
|-----------------|--------------|
| 3 Castro Valley | A 4:42.40 |
| 5 Castro Valley | D 5:02.43 |

Event 21 Mixed 2000 Meter Steeplechase

| Name | School | Finals |
|-----------------|--------|---------|
| 2 Justin Taylor | CV | 7:49.12 |
| 3 Preston B-Opp | CV | 8:00.41 |



Preston & Justin in the steeple

Event 23 Boys 4x400 Meter Relay Frosh

| Team | Relay Finals |
|-----------------|--------------|
| 5 Castro Valley | A 4:02.42 |
| 7 Castro Valley | B 4:29.82 |

Event 25 Girls 4x400 Meter Relay Frosh

| Team | Relay Finals |
|-----------------|--------------|
| 1 Castro Valley | A 4:33.92 |

Event 52 Girls 100 Meter Hurdles Varsity

| Name | School | Finals |
|----------------------|--------|-----------|
| 5 Christine Robinson | CV | 18.82 0.7 |
| 6 Katy Stewart | CV | 19.20 0.7 |
| 8 Roana Tirado | CV | 20.59 0.7 |

Event 53 Girls 100 Meter Hurdles Frosh

| Name | School | Finals |
|--------------------|--------|------------|
| 2 Carly Sanderson | CV | 20.89 -0.9 |
| 3 Amanda Delaplane | CV | 22.03 -0.9 |

Event 26 Boys Shot Put Varsity

| Name | School | Finals |
|---------------------|--------|----------|
| 9 Aaron Albonico | CV | 36-07.00 |
| 10 Aaron Belluomini | CV | 33-10.00 |
| 11 Rodney Aqua | CV | 30-07.50 |
| 12 Vincent Wu | CV | 27-10.50 |

Event 27 Girls Discus Throw Varsity

| Name | School | Finals |
|----------------|--------|--------|
| 6 Megan Corbin | CV | 65-05 |

Event 28 Boys Discus Throw Varsity

| Name | School | Finals |
|-------------------|--------|--------|
| 10 Aaron Albonico | CV | 94-03 |
| 11 Rodney Aqua | CV | 89-00 |
| 12 Vincent Wu | CV | 82-08 |

Event 31 Girls Triple Jump Varsity

| Name | School | Finals |
|------------------|--------|----------|
| 3 Jessica White | CV | 30-05.50 |
| 4 Danielle Lacey | CV | 27-03.00 |

Event 32 Boys Pole Vault Varsity

| Name | School | Finals |
|------------------|--------|-----------|
| 3 Dustin Wheeler | CV | J10-00.00 |

Event 33 Boys High Jump Varsity

| Name | School | Finals |
|-----------------|--------|----------|
| 5 Robert Wright | CV | J5-00.00 |

Event 34 Girls High Jump Varsity

| Name | School | Finals |
|-------------------|--------|----------|
| 1 Samantha Joumey | CV | 4-10.00 |
| 5 Katy Stewart | CV | J4-06.00 |

Event 35 Girls Pole Vault Varsity

Chabot Relays High School - 4/4/2003

Chabot College, Hayward

| Name | School | Finals |
|----------------------|--------|---------|
| 1 Stephanie Lassalle | CV | 8-00.00 |

| | | |
|-------------------|----|----------|
| 6 Robert Ferguson | CV | J5-00.00 |
| 8 Kevin Teel | CV | 4-08.00 |

Event 36 Boys Triple Jump Frosh

| Name | School | Finals |
|----------------|--------|----------|
| 7 Josh Shinoda | CV | 31-03.00 |
| 8 Amos Han | CV | 31-02.50 |

Event 43 Girls Shot Put Frosh

| Name | School | Finals |
|--|--------|----------|
| 2 Mareesa Valentine | CV | 32-03.75 |
| (school record: old school record 31-0 by Barbara Klews, 1996) | | |
| 9 Lennie Weese | CV | 19-03.00 |

Event 37 Girls Triple Jump Frosh

| Name | School | Finals |
|-----------------|--------|----------|
| 7 Kara Lawrence | CV | 24-06.50 |

Event 38 Boys Shot Put Frosh

| Name | School | Finals |
|-------------------|--------|----------|
| 3 Danny Feucht | CV | 39-10.00 |
| 4 Darwin Tsang | CV | 39-02.25 |
| 5 Milton Brooks | SLZ | 38-05.50 |
| 13 Tim Stryko | CV | 33-06.00 |
| --- Ramin Mayasam | CV | FOUL |

Event 42 Boys Discus Throw Frosh

| Name | School | Finals |
|------------------|--------|--------|
| 2 Darwin Tsang | CV | 111-08 |
| 9 Danny Feucht | CV | 88-03 |
| 12 Tim Stryko | CV | 77-09 |
| 18 Ramin Mayasam | CV | 57-02 |
| 20 Zhang Zhan | CV | 45-02 |

Event 39 Girls Discus Throw Frosh

| Name | School | Finals |
|---------------------|--------|--------|
| 1 Mareesa Valentine | CV | 90-04 |
| 3 Cassie Wilcox | CV | 81-10 |
| 5 Monica Erdman | CV | 74-07 |
| 7 Savannah Trakts | CV | 69-00 |
| 15 Lennie Weese | CV | 54-11 |
| 17 Jessica Chavez | CV | 41-04 |

Event 41 Girls Long Jump Varsity

| Name | School | Finals |
|------------------|--------|----------|
| 4 Jessica White | CV | 14-04.00 |
| 5 Renee Gistand | CV | 13-11.00 |
| 6 Danielle Lacey | CV | 12-07.00 |

Event 47 Girls Pole Vault Frosh

| Name | School | Finals |
|---------------------|--------|---------|
| 1 Amanda Delaplane | CV | 7-00.00 |
| --- Nicole Campbell | CV | NH |

Athletes of the meet:

Event 46 Boys Pole Vault Frosh

| Name | School | Finals |
|-------------------|--------|-----------|
| 2 Kevan Turner | CV | J10-00.00 |
| 3 Kevin Teel | CV | 9-06.00 |
| 6 Robert Ferguson | CV | J9-00.00 |
| 7 Chris Casey | CV | J9-00.00 |

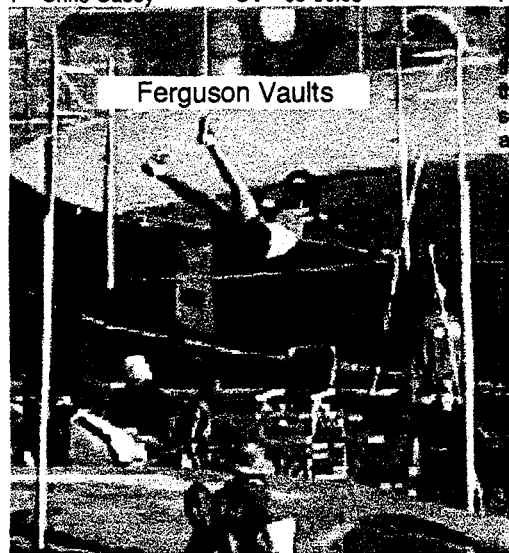
GFS:

Mareesa Valentine – this young lady has seriously improved, and today set a school record in the FS shot put. Great work!

BFS:

Preston Bopnsignore-Opp – Preston likes to ask questions, and complains at times, but today he not only had to endure the indignity of scratching out of the triple jump, but then he slogged his way through the steep|leCHASE in bitterly cold winds completely soaked, and then he took the baton and ran a leg on a mile relay team.

V: Samantha Journey – Sam took first easily in the HJ and showed why she is a top NCS jumper.



Event 45 Girls High Jump Frosh

| Name | School | Finals |
|---------------------|--------|----------|
| 3 Lauren Hopfenbeck | CV | J4-08.00 |
| 7 Amanda Delaplane | CV | J4-02.00 |
| 7 Kara Lawrence | CV | J4-02.00 |

Event 44 Boys High Jump Frosh

| Name | School | Finals |
|---------------|--------|---------|
| 5 Chris Casey | CV | 5-00.00 |

Oakland Relays **Saturday April 5, 2003** **UC Berkeley**

We only took a few people to this event, to showcase the real strength of our program. Evidently we chose the right people, because we recorded two first place relay wins, and notched season best times in the other two.

Girls 4 x 800 1st

| | | | |
|-----------------|----|----|---------------|
| Holly Matheny | 73 | 71 | 2:24.9 |
| Kelley Stewart | 70 | 79 | 2:30.0 |
| Michelle Dianda | 72 | 86 | 2:38.8 |
| Collette Cox | 76 | 74 | <u>2:30.7</u> |
| 10:04.4 | | | |

After Holly's spirited opening leg, Kelly tore the race open and the girls never looked back



There is no one in sight as Michelle maintains the lead

Boys 4x800 1st

| | | | |
|---------------|----|----|---------------|
| Zane Welte | 60 | 62 | 2:02.8 |
| John Yano | 59 | 62 | 2:01.8 |
| Jason Ribeira | 62 | 66 | 2:08.8 |
| TJ Miller | 60 | 63 | <u>2:03.7</u> |
| 8:17.1 | | | |



Jason runs major PR in boys 4x8 win

Zane gave us position right at the front of the race, and John took command on his 2nd lap. The real star was Jason, who came through with a steady effort, a large PR and a good lead. TJ ran to beat his opponent on the last 100.

Girls' 4x100 3rd in Heat 3

| | |
|------------------|-------|
| Charis Chan | |
| Chelsea Chandler | |
| Michelle Chan | |
| Holly Matheny | 50.91 |

The girls ran their best time of the year but we were again just a step behind BOD and Mt. Eden even with our season best

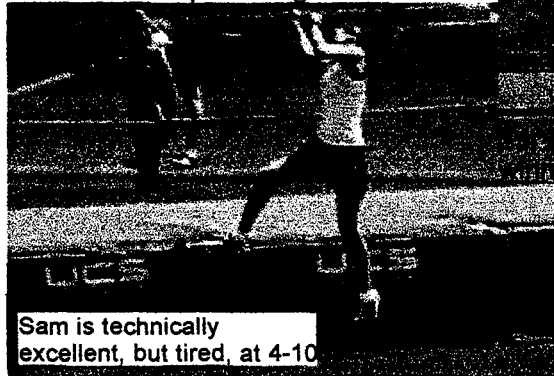


Chelsea, Charis, Michelle get ready for the 4x100

Girls High Jump

Samantha Journey 4-8

Sam needed to get the experience of jumping at the championship site, even if it meant jumping three days in a row. Her legs were dead after the last two days, but her technique was good.



Sam is technically excellent, but tired, at 4-10

Girls 100 2nd in heat 1

Charis Chan 13.11

Charis was not exceptionally happy with the time, but there were some real positives here. The Mt Eden student, BJ Triplett, was in the next lane, and we saw Charis take the lead for the first 60 meters of the

race. With some form work, we can definitely improve her last 40 meters.

Girls' 4 x 400 3rd in heat 3

| | |
|-----------------|-------------|
| Charis Chan | 62.5 |
| Holly Matheny | 62.8 |
| Heather Matheny | 66.0 |
| Collette Cox | <u>65.5</u> |
| 4:16.8 | |

Even though we were a notch off of the top teams, we compared very well against Bishop O'Dowd and on time beat them by two seconds. Even though this is not our regular "A" team, we ran very well and Charis opened a few eyes with her opening leg.



Collette, Michelle, Kelley, Holly are happy winners.



Zane, John and Jason are happy winners too.

CV vs. BOD continuation meet

Monday, April 7, 2003 Castro Valley High School

This was the continuation of the meet two weeks ago which ran late and the BOD people had to leave before the meet was complete. We had already lost the BV meet, so we conceded that, but the other three divisions were still in doubt. We were able to take the FS divisions, but the GV win eluded us on a narrow 3 x 400 relay loss to the Lady Dragons.

Once again Holly showed us how tough she is by defeating the two best distance runners in the league at their own game -- running tough for 8 laps and then sprinting in. Her effort carried us to the 4x4 relays which became the deciding event.

Final Scores:

BV BOD 79, CV 34
GV: BOD 72, CV 64
BFS: CV 74, BOD 58
GFS: CV 80, BOD 56

200

GFS

Heat 1

| | | | |
|----|----------------|-----|------|
| 1. | Kaylea Perenon | BOD | 28.6 |
| 2. | Mariska Rowell | BOD | 28.8 |
| 3. | Karissa Casey | CV | 29.2 |
| 4. | Carolyn Chin | CV | 29.9 |
| 5. | Billie Langley | BOD | 30.4 |
| 6. | Beth Haworth | CV | 30.8 |

Heat 2

| | | | |
|----|----------------------|-----|------|
| 1. | Dominique Drakeford | BOD | 29.3 |
| 2. | Saumirah McWoodson | BOD | 29.4 |
| 3. | Brittney Burford | BOD | 32.7 |
| 4. | Amy Terashima | BOD | 34.3 |
| 5. | Dominique Turrentino | BOD | 34.8 |

BFS

Heat 1

| | | | |
|----|----------------|-----|------|
| 1. | Mark Eberhard | BOD | 25.4 |
| 2. | Jesse Brooks | BOD | 25.4 |
| 3. | Norbert Castro | BOD | 25.6 |
| 4. | Brian Yip | CV | 25.6 |
| 5. | Kiyoshi Hiraki | CV | 29.4 |
| DQ | Wesley Willis | CV | n.t. |

cannot run Var and FS in same meet.

Heat 2

| | | | |
|----|-----------------|-----|------|
| 1. | Louis Arnold | BOD | 25.2 |
| 2. | John Nunes | CV | 26.2 |
| 3. | Brett Marsh | BOD | 26.2 |
| 4. | Jumaane Garrett | BOD | 26.3 |
| 5. | Matt Mitchell | CV | 27.1 |
| 6. | Jon Delago | CV | 28.2 |

Heat 3

| | | | |
|----|-----------------|-----|------|
| 1. | Jason Hoffman | CV | 26.2 |
| 2. | Richard Fung | BOD | 26.3 |
| 3. | Justin Taylor | CV | 26.8 |
| 4. | Daniel Tortuga | BOD | 30.5 |
| 5. | Anthony Griffin | BOD | 32.3 |

GV

Heat 1

| | | | |
|----|----------------|-----|------|
| 1. | Charis Chan | CV | 26.6 |
| 2. | Madeira Macedo | BOD | 27.5 |
| 3. | Marisa Boge | BOD | 28.1 |
| 4. | Leah Smart | BOD | 28.5 |
| 5. | Michelle Chan | CV | 28.8 |

Heat 2

| | | | |
|----|---------------|-----|------|
| 1. | Renee Gistand | CV | 28.7 |
| 2. | Lauren Vinson | BOD | 28.9 |

| | | | |
|----|------------------|-----|------|
| 3. | Alaina Fuglestad | BOD | 29.0 |
| 4. | Candace Brown | BOD | 30.6 |
| 5. | Kate Haworth | CV | 32.0 |

BV

not contested

3200

GFS

| | | | |
|----|---------------------|-----|---------|
| 1. | Christina Robertson | CV | 13:37.3 |
| 2. | Moryah Schindler | CV | 13:42.3 |
| 3. | Becky Ribeira | CV | 14:06.9 |
| 4. | Katelyn Phillips | CV | 14:30.0 |
| 5. | Elyse Freitas | BOD | 15:10.6 |
| 6. | Vanessa Depue | CV | 17:14.7 |

BFS

| | | | |
|----|---------------|-----|---------|
| 1. | Bennett Hall | CV | 11:44.1 |
| 2. | Jordan Bailey | CV | 11:52.0 |
| 3. | Jack Draper | BOD | 11:58.0 |
| 4. | Dan Schieffer | BOD | 12:10.4 |
| 5. | Scott Clark | CV | 13:03.1 |
| 6. | Dean Rasheed | CV | 13:19.1 |
| 7. | Tim Cole | CV | 13:12.1 |
| 8. | Kevin Clawson | BOD | 13:37.1 |

GV

| | | | |
|----|----------------|-----|---------|
| 1. | Holly Matheny | CV | 12:09.1 |
| 2. | Ariel Wright | BOD | 12:17.6 |
| 3. | Anna Purcell | BOD | 12:35.4 |
| 4. | Shannon Alter | CV | 13:26.5 |
| 5. | Angela McIsaac | BOD | 14:16.5 |
| 6. | Rhiannon Webb | CV | 14:17.5 |
| 7. | Amanda Atwood | BOD | 14:39.3 |
| 8. | Samantha Suey | CV | 15:05.2 |

BV

not contested

4 x 400

GFS

| | | |
|-----|--|------|
| 1. | CV (Inn, Gistand, Casey, Chin) | 4:37 |
| 2. | BOD "A" (Barskdale, Naton, Turrentine, Longley) | 4:53 |
| 3. | CV Varsity "B" (Dianda, Chan, Pfisterer, Dianda) | 5:04 |
| 4. | BOD "B" (Terashima, Burford, Drakeford, Perenon) | 5:13 |
| dnf | BOD Varsity "B" (Criner, McWoodsen, Brown) | n.t. |

BFS

| | | |
|----|--|------|
| 1. | BOD "A" (Brooks, Castro, Walke, Eberhard) | 3:54 |
| 2. | CV Varsity "B" (Miller, Yano, Welte, Ribeira) | 3:57 |
| 3. | CV "A" (Hiraki, Taylor, Mitchell, Yip) | 4:08 |
| 4. | BOD "B" (Tortuga, Arnold, Marsh, Garrett) | 4:15 |
| 5. | CV "B" (Hoffman, Willis, Dealgo, Bonsignore-Opp) | 4:18 |
| 6. | BOD "C" (clawson, Fung, Sheefer, Draper) | 4:24 |
| 7. | CV "C" (Bailey, Clark, Hall, Cole) | 4:29 |

GV

| | | |
|----|--|--------|
| 1. | BOD (Macedo, Vinson, Fuglestad, Boge) | 4:16.5 |
| 2. | CV (He. Matheny, Chandler, Stewart, Cox) | 4:18.2 |

BV

not contested

Castro Valley vs. San Leandro vs. Mt. Eden

Wednesday, April 9, 2003

Scores:

GFS:

CV 65, SL 58
CV 113, ME 0
SL 84, ME 0

BFS:

CV 66, SL 65
ME 72, CV 64
SL 65, ME 61

GV:

CV 102, SL 31
CV 96, ME 34
ME 51, SL 49

BV:

CV 82, SL 46
CV 80, ME 55
ME 69, SL 46

In what appeared to be a close meet before the actual competition, the boys' varsity turned out to be a bit of a surprise as SL was handled easily by the CV troops and was upset by a small but inspired Mt. Eden group. The CV FS teams suffered from a combination of slackerdom and coaching ineptitude, which cost us a win in the BFS and dropped us into a 3-way tie for 1st.

The girls was an exercise in dominance, and we easily prevailed.

4 x 100

GFS

1. SL A (Andrea Emily Joy Deventra) 54.3
2. CV (Joanna Karissa Jerri Carolyn) 55.1
3. SL B (Beashley Krystal Renee Rosyen) 67.9
dnf CV B (Haworth, Sanderson, Inn, Cortopossi)

GV

1. ME (Angelique Renee Conner BJ) 50.5
2. CV A (Charis Chandler Michelle Renee) 51.1
3. SL (Brittany Tiffany Janelle Alva) 53.0
4. CV B (Haworth, Wildensten, Westling, White) 58.0

BFS

1. SL (Juliel Sergin Caesar Jamar) 47.3
2. ME (Larry Alberto Mike Ron) 47.7
3. CV A (Yoshi Matt Brian Wes) 49.1
4. Canyon (Steven Andy Johnson Dexter) 50.2
5. CV B (Jon Mike Armos Jason) 51.5

BV

1. SL (Jerome, Jonathon, Ray, Sam) 47.0
2. ME (Joe, Carlos, Jeremy, Carrette) 48.0

1600

GFS

1. Becky Ribiera CV 6:18.8
2. Rivera SL 6:23.4
3. Kennedy SL 6:24.6
4. Vanessa Depue CV 7:14.1

BFS

1. Schwartz SL 5:22
2. Scott Hall ME 5:23
3. John Hui CV 5:23
4. Louie Lucero SL 5:46
5. Scott Wong CV 5:49

GV

1. Christina Robertson CV 5:55.8
2. Moryah Schindler CV 6:03.0
3. Sam Suey CV 6:13.8
4. Mitchell ME 6:57.7

BV

1. Yano CV 4:41
2. Welte CV 4:46
3. Sanchez ME 4:49
4. Bailey CV 5:00
5. Clark CV 5:06
6. Ribiera CV 5:10
7. Romo ME 5:13

High Hurdles

GFS

Heat 1
1. Emiline Tendido SL 20.1
2. Amanda Deleplane CV 20.1
3. Jerri Pfister CV 20.9
4. Joanna Gistand CV 21.8
Heat 2
1. Carly Sanderson CV 20.0
2. Kara Lawrence CV 22.4
3. Carly Sanders CV 23.0

BFS

1. Brandon Johnson CV 19:74
2. Maurice Martine ME 21:14
3. Ross Labrenze SL 22:20
4. Chris Casey CV 24:84

GV

Heat 1
1. Chelsea Chandler CV 17:27
2. Charliena Bush SL 18:04
3. Angela Dohrman CV 18:30
4. Simone Pagano SL 18:04
Heat 2
1. Katy Stewart CV 18:70
2. Kathryn Pomroy CV 19:10
3. Kennese Bass ME 21:10
4. Amanda Prosser SL 21:20

Heat 3

1. Christina Robinson CV 19:18
2. Stephanie Lassalle CV 19:34
3. Roana Tirado CV 20:61

BV

heat 1
1. Nick Morozovsky CV 21:46
2. Kevin Teel CV 22:16
3. Kevin Turner CV 22:23

heat 2

1. Mark Brezula CV 18:22
2. David McDonald ME 18:76
3. Robert Wright CV 19:48
4. Dustin Wheeler CV 18:76

400

GFS

1. Collette Cox CV 64.6
2. Danitra Dixon SL 65.5
3. Karissa Casey CV 65.7
4. Alicia Inn CV 66.3
5. Emily Worth SL 66.8
6. Carolyn Chin CV 67.4

BFS

heat 1
1. Laury Naito ME 55.7
2. Sergio Russell SL 57.2
3. Kiyoshi Hiraki CV 58.8

4. Justin Taylor CV 58.8
6. Renee McCoy CV 59.4

Heat 2

1. Tim Cole CV 60.3
2. Preston Bonsignore-Opp CV 61.8
3. Michael Almond ME 62.9
4. Dean Rasheed CV 65.1

GV

Heat 1
1. Holly Matheny CV 61.6
2. Tiffany Thomas SL 63.8
3. Angelique Smith ME 63.9
4. Brittany Ritchey SL 65.6
5. Michelle Dianda CV 68.7
6. Erica Johnson ME 72.1

Heat 2

1. Kelley Stewart CV 66.2
2. Heather Matheny CV 67.2

BV

1. Jonathon Rice SL 52.8
2. TJ Miller CV 53.9
3. Juan Dominguez ME 58.8
4. Mike Blackman ME 60.2
5. Kyle Williams ME 62.0

100

GFS

Heat 1
1. Joiandrea Robinson SL 13.3
2. Emily Wirt SL 13.5
3. Joanna Gistand CV 14.0
4. Beth Haworth CV 14.6
5. Carly Sanderson CV 14.7
Heat 2
1. Bea-Ashley Steele SL 13.8
2. Joy Smallman SL 14.2

BFS

Heat 1
1. Michael Chamberlin ME 11.7
2. Ron Nava ME 12.1
3. John Nunes CV 12.3
4. Jamarae Birden SL 12.6
5. Brandon Johnson CV 12.8
6. no name available CV 12.9

Heat 2

1. Jaliel James SL 11.7
2. Alberto Holmes ME 11.8
3. Brian Yip CV 12.0
4. Wesley Willis CV 12.1

Heat 3

1. Eric Leilough ME 12.4
2. Jon Delaga CV 13.3
3. Michale Sene CV 13.5
4. Amos Han CV 13.6

GV

Heat 1
1. Renee Jenkins ME 12.90
2. Charis Chan CV 12.97
3. Elisha Bell SL 13.27
4. Cameo Motley ME 13.40
5. Brianna Alvarez ME 13.43
6. Brittany Ritchey SL 13.74

Heat 2

1. Michelle Chan CV 13.96
2. Aileen Ho SL 14.73
3. Kate Haworth CV 15.40
4. Stephanie Banda ME 15.66
5. Rachel Huggins CV 15.70
6. Monica Kim SL 17.80

BV

Heat 1
1. Kyeret Payne ME 11.63
2. Marcus Cox CV 11.73
3. Jerome Turner SL 11.78
4. Sam Cheatham SL 12.07
Heat 2
1. Carlos Ortiz ME 12.54

2. Joe Perez ME 13.01

800

GFS

1. Collette Cox CV 2:31.0
2. Crystal Hankton SL 2:46.0
3. Becky Ribeira CV 2:48.0
4. Alva Rivera SL 2:51.0
5. Vanessa Depue CV 3:15.0

BFS

1. Schwartz SL 2:21
2. Hall ME 2:22
3. Luoie Lucero SL 2:28
4. Dean Rasheed CV 2:39
5. Tim Cole CV 2:29
6. Charles Eck CV 2:30
7. Scott Wong CV 2:36

GV

1. Holly Matheny CV 2:28
2. Heather Matheny CV 2:31
3. Michelle Dianda CV 2:39
4. Shana Mitchell ME 2:52

BV

1. Mike Sanchez ME 2:06
2. John Yano CV 2:07
3. Jason Ribeira CV 2:13
4. Scott Clark CV 2:16
5. Romo ME 2:17

300 IH

GFS

1. Joanna Gistand CV 56.98
2. Emiline Tendido SL 57.08
3. Kara Lawrence CV 59.65
4. Carly Sanderson CV 67.42

BFS

1. Justin Taylor CV 48.01
2. Laury Naito ME 49.38
3. Ross Labrenz SL 51.75
4. Maurice Martine ME 53.78
5. Eric Kellough ME 57.62

GV

Heat 1
1. Chelsea Chandler CV 50.44
2. Simone Pagano SL 57.21
3. Amanda Prosser SL 58.64
4. Kennese Bass ME 61.78

Heat 2

1. Kelley Stewart CV 53.10
2. Kathryn Pomroy CV 54.20
3. Roana Tirado CV 54.74
4. Christina Robinson CV 54.84

BV

1. David McDonald ME 45.12
2. Robbie Wright CV 46.62
3. Marek Brezula CV 46.98
4. Kevan Turner CV 49.35
5. Ray Wong SL 48.69
6. Nick Morozovsky CV 51.42

200

GFS

Heat 1
1. Danitra Dixon SL 28.0
2. Joiandrea Robinson SL 28.7
3. Carolyn Chin CV 28.9
4. Beth Haworth CV 29.2

Heat 2

1. Emily Wirt SL 28.2
2. Crystal Hankton SL 29.2
3. Bea-Ashley Steele SL 29.6
4. Joy Smallman SL 29.7

BFS

Heat 1

Castro Valley vs. San Leandro vs. Mt. Eden

Wednesday, April 9, 2003

| | | |
|-------------------|----|-------|
| 1. Jaliel James | SL | 24.09 |
| 2. Sergio Russell | SL | 24.12 |
| 3. Alberto Holmes | ME | 24.95 |
| 4. Brian Yip | CV | 25.55 |
| 5. Welsey Willis | CV | 26.25 |
| 6. Matt Mitchell | CV | 26.25 |

Heat 2

| | | |
|-------------------|----|-------|
| 1. Ron Nava | ME | 25.79 |
| 2. Eric Kellough | ME | 26.22 |
| 3. Kiyoshi Hiraki | CV | 27.12 |
| 4. Michael Sene | CV | 27.99 |

GV

Heat 1

| | | |
|-------------------|----|-------|
| 1. Charis Chan | CV | 26.47 |
| 2. Renee Jenkins | ME | 27.17 |
| 3. Tiffany Thomas | SL | 27.47 |
| 4. Michelle Chan | CV | 28.24 |
| 5. Elisha Bell | SL | 28.64 |

Heat 2

| | | |
|----------------------|----|-------|
| 1. no name available | ME | 28.18 |
| 2. Brianna Alvarez | ME | 28.25 |
| 3. Renee Gistand | CV | 28.62 |
| 4. Nicole Westling | CV | 30.49 |
| 5. Monic Kim | SL | 31.96 |
| 6. Kate Haworth | CV | 32.05 |
| 7. Stephanie BAnda | ME | 32.29 |

Heat 3

| | | |
|--------------|----|-------|
| 1. Aileen Ho | SL | 37.56 |
|--------------|----|-------|

BV

| | | |
|-------------------|----|-------|
| 1. Jonathan Rice | SL | 23.20 |
| 2. Kyeret Payne | ME | 23.34 |
| 3. Marcus Cox | CV | 23.70 |
| 4. Juan Dominguez | ME | 25.40 |
| 5. Carlos Ortiz | ME | 26.51 |
| 6. Joe Perez | ME | 27.27 |

3200

GFS

| | | |
|---------------------|----|---------|
| 1. Shana Kennedy | SL | 13:37.6 |
| 2. Katelyn Phillips | SL | 14:03.2 |
| no third | | |

BFS

| | | |
|------------|----|---------|
| 1. Hall | ME | 11:40.9 |
| 2. Jon Hui | CV | 12:01.0 |
| 3. Martine | ME | 13:31.2 |
| 4. Nava | ME | 13:46.7 |

GV

| | | |
|------------------|----|---------|
| 1. Shannon Alter | CV | 12:51.9 |
| 2. Rhiannon Webb | CV | 13:49.6 |
| no third | | |

BV

| | | |
|------------------|----|---------|
| 1. Jordan Bailey | CV | 11:05.3 |
| 2. Mike Sanchez | ME | 11:30.9 |
| 3. Zane Welte | CV | 11:37.5 |
| 4. Romo | ME | 11:40.9 |
| 5. John Yano | CV | 12:54.9 |

4 x 400

GFS

| | |
|-------------------------------------|--------|
| 1. CV (Inn, Casey, Chin, Cox) | 4:27.2 |
| 2. SL (Crystal, Joy, Alva, Dinetra) | 4:34.2 |

BFS

| | |
|---|--------|
| 1. CV A (Mitchell, Hiraki, Yip, Taylor) | 3:54.3 |
| 2. SL (Sergio, Jiliel, Damien, Lucero) | 3:55.1 |
| 3. CV B (Delago, Hui, Sene, B-Opp) | 4:14.5 |

GV

| | |
|---|--------|
| 1. CV (C. Chan, He. Matheny, Dianda, Ho. Mathney) | 4:20.5 |
| 2. ME (Cameo, BJ, Briann, Angie) | 4:25.3 |

BV

| | |
|--|--------|
| 1. ME (Kyle, Michael, Michael, Laurie) | 3:55.7 |
| no second or third | |

Long Jump

GFS

| | | |
|--------------------|----|------|
| 1. Joy Smallman | SL | 12-7 |
| no second or third | | |

BFS

| | | |
|---------------------------|----|-------|
| 1. Andre Luke | ME | 17-11 |
| 2. Brandon Johnson | CV | 16-1 |
| 3. JaMourae Bieda | SL | 15-10 |
| 4. Alberto Holmes | ME | 15-1 |
| 5. Damien Owens | SL | 15-0 |
| 6. Ramin Mayasam | CV | 14-7 |
| 7. Eric Kilo | ME | 14-5 |
| 8. Preston bonsignore-Opp | CV | 14-1 |
| 9. Amos Han | CV | 13-10 |
| 10. William Dixon | SL | 11-0 |

GV

| | | |
|---------------------|----|-------|
| 1. Brianna Alvarez | ME | 16-0 |
| 2. Chaliene Busch | SL | 15-0 |
| 3. Renee Gistand | CV | 14-2 |
| 4. Elisha Bell | SL | 14-0 |
| 5. Dana Linda | CV | 13-11 |
| 6. Shana Mitchell | ME | 13-5 |
| 7. Jessie White | CV | 12-8 |
| 8. Simone Pagano | SL | 12-7 |
| 9. Heather Matheny | CV | 12-7 |
| 10. Stephanie BEndo | ME | 12-7 |
| 11. Amanda Prosser | SL | 11-8 |
| 12. Monica Kim | SL | 11-5 |

BV

| | | |
|--------------------|----|-------|
| 1. David McDonald | ME | 18-11 |
| 2. Jerome Tarver | SL | 18-3 |
| 3. John Picetti | CV | 17-7 |
| 4. Marcus Cox | CV | 17-2 |
| 5. Jeremy Labiano | ME | 17-0 |
| 6. Robert Wright | CV | 16-7 |
| 7. Nick Morozovsky | CV | 14-8 |

Triple Jump

GFS

| | | |
|--------------------|----|------|
| 1. Kara Lawrence | CV | 28-5 |
| no second or third | | |

BFS

| | | |
|-------------------|----|-------|
| 1. Andre Luke | ME | 35-8 |
| 2. Chris Casey | CV | 32-7 |
| 3. Michael Almond | ME | 30-10 |
| 4. Justin Taylor | CV | 29-1 |
| 5. William Dixon | SL | 24-11 |

GV

| | | |
|---------------------|----|-------|
| 1. Chelsea Chandler | CV | 33-11 |
| 2. Chaliene Bush | SL | 31-7 |
| 3. Renee Gistand | CV | 29-3 |
| 4. Katy Stewart | CV | 27-11 |
| 5. Dana Linda | CV | 27-8 |
| 6. Jessie White | CV | 27-7 |
| 7. Danielle Lacey | CV | 27-7 |

BV

| | | |
|--------------------|----|-------|
| 1. Jeremy Labiano | ME | 37-6 |
| 2. John Picetti | CV | 37-3 |
| 3. Ray Wong | SL | 34-9 |
| 4. Nick Morozovsky | CV | 33-11 |
| 5. Joe Perez | ME | 33-5 |

High Jump

GFS

| | | |
|----------------------|----|------|
| 1. Lauren Hopfenbeck | CV | 4-10 |
| 2. Amanda Delaplane | CV | 4-4 |
| 3. Kara Lawrence | CV | 3-6 |
| Rene Kindinger | SL | N.H. |

BFS

| | | |
|---------------------|----|------|
| 1. Schuyler Hall | ME | 5-2 |
| 2. Andre Luke | ME | 5-2 |
| 3. Jammaurae Birden | SL | 5-0 |
| 4. Damien Owens | SL | 4-10 |
| 5. John Nunes | CV | 4-10 |
| 6. Chris Caey | CV | 4-10 |
| 7. Robert Ferguson | CV | 4-10 |
| William Dixon | SL | n.h. |

GV

| | | |
|-----------------|----|------|
| 1. Elisha Bell | SL | 4-8 |
| 2. Katy Stewart | CV | 4-4 |
| Kennese Bass | ME | N.H. |
| Amanda Prosser | SL | N.H. |

BV

| | | |
|-------------------|----|-----|
| 1. John Picetti | CV | 5-8 |
| 2. Robert Wright | CV | 5-2 |
| 3. Jeremy Labiano | ME | 5-0 |

Pole Vault

GFS

| | | |
|---------------------|----|-----|
| 1. Amanda Delaplane | CV | 7-6 |
| no second or third | | |

GV

| | | |
|-----------------------|----|-----|
| 1. Stephanie Lassalle | CV | 7-6 |
| 2. Melody Jue | CV | 7-0 |

BFS

| | | |
|--------------------|----|-----|
| 1. Chris Casey | CV | 9-6 |
| 2. Robert Ferguson | CV | 9-6 |
| 3. Josh Ashford | CV | 9-0 |

BV

| | | |
|-------------------|----|------|
| 1. Kevin Turner | CV | 10-6 |
| 2. Dustin Wheeler | CV | 10-6 |
| 3. Kevin Teel | CV | 10-0 |

Shot Put

GFS

| | | |
|----------------------|----|--------|
| 1. Bea-Ashley Steele | SL | 26-2 |
| 2. Monica Erdman | CV | 25-7 |
| 3. Elisha Aranda | SL | 20-3.5 |
| 4. Allie Weese | CV | 19-8 |
| 5. Laura Fernsten | CV | 17-10 |

BFS

| | | |
|--------------------|----|--------|
| 1. Erich Strach | SL | 41-9 |
| 2. Dan Feucht | CV | 38-9 |
| 3. Chris Allen | CV | 38-5 |
| 4. Tim Stryko | CV | 34-9 |
| 5. Javier Tellez | SL | 34-1.5 |
| 6. Brion Garsipe | SL | 32-7 |
| 7. Manny deSasu | SL | 31-2 |
| 8. Brandon Bockman | SL | 30-2 |
| 9. Jeff Hoag | SL | 27-8 |
| 10. Jason Desa | ME | 27-6 |
| 11. Jon Hui | CV | 27-2 |
| 12. Jason Tran | ME | 26-8 |
| 13. Ramin Maysam | CV | 22-5 |
| 14. Zhang Zhan | CV | 21-11 |

GV

| | | |
|----------------------|----|---------|
| 1. Erica Johnson | ME | 29-2.5 |
| 2. Adriene Oliver | ME | 26-11 |
| 3. Jessica Passadore | CV | 26-10.5 |
| 4. Joyava Myers | SL | 26-9 |
| 5. Rhiannon Webb | CV | 26-2.5 |
| 6. Shardey Wright | SL | 25-7.5 |
| 7. Meghan Corbin | CV | 23-9.5 |
| 8. Dasha Gordeychev | CV | 19-6.5 |

BV

| | | |
|---------------------|----|--------|
| 1. Chris Hurts | SL | 47-11 |
| 2. Mike Dmoski | SL | 41-8.5 |
| 3. Peter B. | SL | 39-8.5 |
| 4. Dustin Wheeler | CV | 38-11 |
| 5. Aaron Albonico | CV | 37-3.5 |
| 6. Randy S. | SL | 36-7.5 |
| 7. Jesten Grant | ME | 33-9.5 |
| 8. Aaron Belluomini | CV | 33-7 |

| | | |
|-----------------|----|---------|
| 9. Eric Coffey | SL | 30-7 |
| 10. Rodney Aqua | CV | 29-3.5 |
| 11. Vincent Wu | CV | 29-1 |
| 12. Andrew S. | SL | 27-10.5 |
| 13. Elvis C. | SL | 27-10 |

Discus

GFS

| | | |
|-------------------|----|---------|
| 1. Monica Erdman | CV | 72-3 |
| 2. Elisha Aranda | SL | 58-11.5 |
| 3. Allie Weese | CV | 53-9.75 |
| 4. Laura Fernsten | CV | 49-11.5 |

BFS

| | | |
|--------------------|----|--------|
| 1. Erich Stracho | SL | 100-7 |
| 2. Chris Allen | CV | 97-9 |
| 3. Danny Feucht | CV | 91-1 |
| 4. Javier Tellez | SL | 83-9.5 |
| 5. Tim Stryko | CV | 79-7 |
| 6. Manny D. | SL | 73-11 |
| 7. Brion Gorside | SL | 68-5 |
| 8. Jason Desa | ME | 64-0 |
| 9. Brendon Bockman | SL | 63.7 |
| 10. Jeff Hoag | SL | 61-1.5 |
| 11. Jon Hui | CV | 58-7 |
| 12. Zhan Zhang | CV | 53-4.5 |
| 13. Ramin Maysam | CV | 45-9 |
| 14. Jason Tran | ME | 42-8 |

GV

| | | |
|----------------------|----|---------|
| 1. Jessica Passadore | CV | 90-7.5 |
| 2. Erica Johnson | ME | 68-2.5 |
| 3. Meghan Corbin | CV | 65-5.25 |
| 4. Dasha Gordeychev | CV | 63-4.5 |
| 5. Joyanna Myers | CV | 59-5.5 |
| 6. Adriene Oliver | ME | 59-2 |
| 7. Shardey Wright | SL | 56-6.75 |

BV

| | | |
|---------------------|----|---------|
| 1. Chris Hurts | SL | 144-7.5 |
| 2. Peter B. | SL | 133-5 |
| 3. Mike D. | SL | 123-5 |
| 4. Randy S. | SL | 114-8 |
| 5. Aaron Belluomini | CV | 95-1 |
| 6. Andrew S. | SL | 94-10 |
| 7. Aaron Albonico | CV | 81-3 |
| 8. Vincent Wu | CV | 80-3 |
| 9. Eric C. | SL | 74-5.5 |
| 10. Elvis C. | SL | 59-9 |

Athletes of the meet:

GFS:
Kara Lawrence obediently did her triple jump (unlike several other GFS who just left the meet) and not only improved by over 2 feet, but scored the points to give us a narrow win over SL.

BFS:
Brandon Johnson scored important points for us in the hurdles and the LJ, and is our team leader in both events.

GV:
Chelsea Chandler easily won the 300 IH to establish her as a league power in that event. This marks the 7th event that she has made the CV All-Time top 10 list.

BV:
John Picetti -- fresh off the ineligible list, John immediately made an impact in the jumps. He scored in the LJ and TJ and won the HJ.

2003 Castro Valley Invitational

Castro Valley High School Friday, April 11, 2003

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Scores:

Boys Frosh-Soph

| | |
|-----------------|----|
| Granada | 60 |
| Las Lomas | 51 |
| Northgate | 43 |
| Castro Valley | 40 |
| San Leandro | 28 |
| Alameda | 22 |
| Petaluma | 18 |
| Oakland | 17 |
| Albany | 16 |
| Acalanes | 14 |
| Mt. Eden | 10 |
| Tennyson | 8 |
| San Lorenzo | 8 |
| Clayton Valley | 7 |
| Washington | 4 |
| Moreau Catholic | 4 |
| Hayward | 2 |

Girls' Frosh-Soph

| | |
|-----------------|----|
| Alameda | 75 |
| Castro Valley | 52 |
| Petaluma | 43 |
| Granada | 38 |
| Northgate | 34 |
| San Leandro | 32 |
| Clayton Valley | 30 |
| Las Lomas | 18 |
| Arroyo | 14 |
| Moreau Catholic | 10 |
| Acalanes | 8 |

Girls' Varsity

| | |
|-------------------|----|
| Castro Valley | 68 |
| Alameda | 60 |
| Hayward | 49 |
| Washington | 39 |
| Redwood Christian | 29 |
| Irvington | 22 |
| Arroyo | 20 |
| Acalanes | 14 |
| San Leandro | 12 |
| Las Lomas | 12 |
| San Lorenzo | 8 |
| Northgate | 8 |
| Tennyson | 6 |
| Granada | 6 |
| Albany | 2 |
| Oakland | 1 |

4x Mile

BFS

| | |
|---|----------|
| 1. Gran (Hayes, Perry, Brdman, Baley) | 20:20.39 |
| 2. Ala A (Maho, O'tool, Skeel, Pollard) | 20:32.35 |
| 3. Oak (Chan, Deleo, Vo, Ying) | 20:37.56 |
| 4. MC (Acobaa, Chaw, Toda, Pineda) | 20:46.10 |
| 5. CV (Baily, Clark, Hui, Hall) | 21:12.18 |
| 6. Hay (DeLauro, Polido, hurtado, Arzino) | 22:15.90 |
| 7. Ala B (Reimer, Rogerson, Dumas, Vickers) | 23:01.36 |
| 8. LL (Sheehaw, Waveri, Bradford, Davis) | 23:16.43 |

GFS

| | |
|---|----------|
| 1. Gran (hawtwell, Patel, Ottenheir, Burruss) | 24:48.23 |
| 2. Ala B (Assayag, Henderson, Rodriguez, Centurion) | 25:07.96 |
| 3. Ala A (Hushyl, popelka, Fertig, Wong) | 25:41.98 |

GV

| | |
|---|----------|
| 1. Ala A (Roberts, Lee, Steiwer, Wheeler) | 24:12.85 |
| 2. NG (Smith, deYoreo, Cureton, Duraut) | 24:27.88 |
| 3. CV (Robertson, Robertson, Alter, Suey) | 24:58.05 |
| 4. Irv (Marvor, Punwanwi, Jager, Bahvey) | 25:39.36 |
| 5. LL (Belious, Larsen, slaru, Larson) | 26:22.08 |
| 6. Hay (Minor, Baluyot, Perez, Nourot) | 26:53.34 |

4x100

Boys' Junior High

| | |
|--|---------|
| 1. Canyon (Estrada, Porter, Goddard, Kaneshin) | 49.87 |
| (meet record -- old record 51.09 Canyon 2002) | |
| 2. Elmhurst (douglas, Mai, Simpson, Sang) | 51.66 |
| 3. Bret Harte (Smith, Brooks, Morris, Frank) | 1:02.19 |

Girls' Junior High

| | |
|--|---------|
| 1. Bret Harte (Kaiina, Ellis, Large, Brumford) | 1:03.22 |
| 2. Edwin Markham (Harris, Young, Garcia, Brooks) | 1:04.69 |

BFS

Heat 1

| | |
|---|-------|
| 1. Tenn (Nonaso, Augwelovic, Freeman, Howard) | 50:49 |
| 2. WASH (Schmidt, Ruiz, Nelsoquez, velosquaz) | 51:00 |
| 3. Hay (Arfino, King, Andrews, Hurtado) | 52:98 |
| 4. Ala B (Young, Arond, Meyer, Blaisdell) | n.t. |
| 5. Ala C (vellido, Kim, malatis, Yuen) | n.t. |

Heat 2

| | |
|---|-------|
| 1. Ala A (Tolashida, Wong, Traiser, Holder) | 48:88 |
| 2. Gran B (Allen, Dylon, Culling, Line) | 50:23 |
| 3. CV B (Delago, Mitchell, McCoy, Johnson) | 50:88 |
| 4. Gran C (Vallson, Aphanii, Cubligis, Ladexconder) | 54:24 |

Heat 3

| | |
|---|-------|
| 1. LL (Chandler, Dyer, Fox, Yamashita) | 46:46 |
| 2. SL (Russell, Owens, Ayon, James) | 46:92 |
| 3. NG (Bedal, Lue, Giammona, Weiss) | 47:60 |
| 4. Gran A (Alexander, Rodriguez, Powell, Ecberington) | 47:95 |

| | |
|---|-------|
| 5. Ala A (Corenzana, Floyd, Johanson, Love) | 48:55 |
| 6. ME (Holmg, Keilugh, undozo, Laury) | 48:68 |
| 7. CV A (Hiraki, Nunes, Willis, Yip) | 49:06 |

GFS

Heat 1

| | |
|---|-------|
| 1. Gran B (Chan, Cantua, Morsori, Rowley) | 57:32 |
| 2. LL (Porsartip, Aevgre, Kern, Peirao) | 58:10 |
| 3. Gran D (Nuca, Interno, Gilligan, Moriosli) | 60:84 |
| 4. Wash (Choi, Aguilar, Maganlion, Ammerman) | 74:13 |
| 5. Irv (Daskin, Anderson, Carreno, Pohlman) | n.t. |

Heat 2

| | |
|---|-------|
| 1. Ala B (Wong, loueng, Holstlaw, Barrett) | 57:97 |
| 2. Hay B (Pandola, Drosman, Lee, Dialmond) | 58:08 |
| 3. CV B (Haworth, Tabor, Inn, Cortopossi) | 58:60 |
| 4. Pet (Babral, Timmel, Brook, Carroll) | 59:86 |
| 5. Gran B (Nuca, Interiano, Gilligan, Moridi) | 60:84 |

Heat 3

| | |
|--|-------|
| 1. SL (Robinson, Wiet, Staele, Dixon) | 53:71 |
| 2. NG (Hasson, Molihn, Hale, Popal) | 53:82 |
| 3. Oak (names not available) | 53:92 |
| 4. CV A (Gistand, Cox, Pfisterer, Casey) | 56:12 |
| 5. Hay (Burley, Smith, McCall, Andrews) | 58:38 |
| 6. Gran A (Lucas, Farmer, Dane, Pandika) | 60:24 |

GV

Heat 1

| | |
|---|-------|
| 1. SLZ | 53:39 |
| 2. Ala A (Green, Frankel, Rosenblum, Reno) | 56:28 |
| 3. Aca (Fanning, Rovinson, Barbava, Hottchheider) | 56:34 |
| 4. Irv (Gallacher, Hum, Rolokargreen, Smoak) | 56:52 |
| 5. Tenn (Truesdale, Baker, Leong, Alcantara) | 57:96 |
| 6. CV B (Westling, Wildensten, Haworth, Lacey) | 58:21 |

Heat 2

| | |
|---|-------|
| 1. Hay (Smith, Brooks, Miller, Bryant) | 51:38 |
| 2. CV A (Chan, Chan, Chandler, Gistand) | 51:66 |

| | |
|---|-------|
| 2. CV A (Chan, Chan, Chandler, Gistand) | 51:66 |
| 3. SL (Bell, Thomas, Daniels, Smahas) | 52:26 |
| 4. Wash A (Bloom, Price, Sheppard, Price) | 52:68 |
| 5. Red (Margulie, Norton, Walker, Bowlby) | 53:27 |
| 6. Wash B (Weleh, Elly, Inengal, Mandy) | 55:17 |

4xHH

BFS

| | |
|---|-------|
| 1. Gran (Lewis, Wood, Colling, McMahan) | 46:01 |
| 2. LL (Neveu, Ruefenacht, Chu, Hoskins) | 46:95 |

GFS

Heat 1

| | |
|---|-------|
| 1. Arr (Book, Chung, Perguron, Moniagio) | 43:48 |
| (Meet record -- old record 43.6 Amijo 1996) | |
| 3. Gran (Davis, Burniss, Blea, Rowley) | 46:28 |
| 6. Ala (Wong, Henderson, Mogg, Barrett) | 50:11 |

Heat 2

| | |
|--|-------|
| 1. CV (Lassalle, Delaplane, Sanderson, Pomroy) | 44:99 |
| 4. LL (Casey, Jatoft, Kerrey, Siholair) | 46:37 |
| 5. CiyV (Maly, bayles, Morrissey, Eraerlan) | 47:11 |

GV

Heat 1

| | |
|--|-------|
| 1. Tenn (Truesdale, Baker, Meyer, Alcantara) | 45.64 |
| 2. LL (Parino, Powell, Jones, Wong) | 46.37 |
| 3. Irv (Pham, Stewart, Ngo, Kayser) | 49.51 |

Heat 2

| | |
|---|-------|
| 1. CV (Stewart, Tirado, Robinson, Chandler) | 43.18 |
| 2. Ala (Sandu, Pineda, Hodill) | 43.94 |
| 3. Alb (Ruiz, Fleer, Kim, Cheng) | 46.94 |
| 4. Hay (McNeal, Smith, Brown, Hodges) | 49.70 |

4x220

BFS

Heat 1

| | |
|--|---------|
| 1. SL (Owens, James, Russell, Ayon) | 1:39.90 |
| 2. NG (Beal, Lew, Giammon, Chun) | 1:40.50 |
| 3. Tenn (Freeman, Bautista, Howard, Nanto) | 1:44.17 |
| 4. Hay (Arzino, Hatado, King, Andrews) | 1:48.23 |
| 5. Ala C (Kim, Yuuen, Aluesing, Sung) | 1:48.23 |
| 6. Wash (Fren, Hright, vehings, Velrase) | 1:53.19 |

Heat 2

| | |
|--|---------|
| 1. Aca A (Loranzana, Tam, Johanson, Love) | 1:42.65 |
| 2. CV A (Hiraki, Mitchell, Willis, Yip) | 1:43.36 |
| 3. Ala B (Moyer, Arnold, Blaisdell, Young) | 1:46.44 |
| 4. Canyon Middle (Caottarpi, Porter, Kaneshiro, Estrada) | 1:49.88 |
| 5. Gran C (Lewis, Nahourail, Woldren, Yim) | 1:56.58 |

Heat 3

| | |
|---|---------|
| 1. LL A (Chandler, Dyer, Rivers, yamashita) | 1:39.14 |
| 2. Gran A (Roquuz, Cin, Rowell, Edritong) | 1:40.89 |
| 3. ME (Nauto, Keiugh, Hulmes, Nava) | 1:42.91 |
| 4. Ala B (Bida, Wong, Fraser, Helder) | 1:44.86 |
| 5. Gran B (Allen, Colling, Dlyn, Alexander) | 1:45.51 |
| 6. LL (Nguyen, Kalinin, Pierson, Hoskins) | 1:47.28 |
| 7. Wash (Roales, Schmidt, Velasquez, Ruiz) | 1:48.40 |

GFS

Heat 1

| | |
|---|---------|
| 1. SL (Robinson, Wirt, Hunkton, Dixon) | 1:56.34 |
| 2. MC (Okorondwg, Hawkins, Francis, Shetty) | 1:58.88 |
| 3. Hay (Burley, Caro, Mcchli, Diamond) | 2:01.20 |
| 4. CiyV (Kim, Baylos, Gater, Stupka) | 2:04.05 |
| 5. LL (Jatoft, George, Peranno, Casey) | 2:04.33 |

Heat 2

| | |
|--|---------|
| 1. NG (Al-Hassan, Hale, Popal, Molina) | 1:56.57 |
| 2. CV A (Gistand, Cox, Pfisterer, Casey) | 1:58.96 |
| 3. Ala (Hodill, barrett, Wong, Holstlaw) | 1:59.10 |
| 4. CV B (Haworth, Tabor, Inn, Cortopassi) | 2:04.56 |
| 5. Gran A (Cantua, Dane, Pandika, Lucas) | 2:05.38 |
| 6. Wash (Choi, Adams, Huges, Magehen) | 2:10.70 |
| 7. Gran B (Gong, Ttherinno, Nvewn, Gilligum) | 2:13.65 |

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7. Gran B (Gong, Thterinno, Nvavn, Gilligum) 2:13.65

GV

Heat 1

1. Hay (Smith, Brooks, Millers, Bryant) 1:50.33
 2. SL (Bell, Thomas, Daniels, Smallman) 1:53.82
 3. SLZ (Brandy, Hardy, Boxdell, Muniz) 1:57.70
 4. Wash C (Bodily, Beck, Katherine, Mellanie) 2:02.68
 5. Tenn (Alcantra, Luany, Meyer, Truesdale) 2:05.51

Heat 2

1. WASH B (Gly, Welch, Marshall, Mondy) 1:57.18
 2. Alb (Ruiz, Chang, Kim, Fleer) 2:04.93
 3. Irv (Pham, Stewart, Kaiser, Kolodo-green) 2:05.73
 4. Ala B (Wong, Sandnu, Pineda, Reno) 2:09.57

Heat 3

1. Wash A (Bloom, Price, Price, Shepard) 1:51.01
 2. CV (Chan, Chan, Chandler, Gistand) 1:51.50
 3. Red (Maryulies, Norton, Walker, Balby) 1:51.88
 4. Ala A (Green, Rosenblum, Stewart, Frankel) 1:52.90
 5. CV B (Haworth, Wildensten, Lacey, Westling) 2:07.13

4x880

BFS

1. Oak (Vo, Chan, Saephora, Thomas) 9:23
 2. CV A (Clark, Hall, Cole, Bailey) 9:25
 3. Ala (O'toole, Maher, Vickers, Pollard) 9:26
 4. Aca (Love, Sutyak, Mulvoney, Wyatt-Mair) 9:27
 5. CV B (Rasheed, Opp, Wong, Taylor) 9:44
 6. Red (Wann, Lemte, Blavins, Schoncp) 9:48
 7. L (Lucen, Ross, Cesar, Sadnge) 9:50
 8. ME (Almond, Martine, Robinson, Hall) 9:55
 9. LL (Davis, Sheehan, Bradford, Warner) 10:20

GFS

1. ClyV (Vanderstraten, Fox, Hill, Stupka) 10:51.0
 2. Aca (Huber, O'Neil, McGodrick, Clancy) 10:59.3
 3. Ala A (Popelka, Wong, Wheeler, Mug) 11:30.0
 4. Ala B (Jay, Shanna, Centurion, Leung) 12:33.0

GV

1. CV (Ho, Matheny, He, Matheny, Dianda, Webb) 10:37.7
 2. H (Hodges, Minor, Mendez, Ly) 11:05.4
 3. Red (Lewis, Morrow, Black, Welch) 11:17.7
 4. Wash (Little, Eddings, Ong, Beck) 11:18.7
 5. Ala (Swinney, Steiner, Hild, Dong) 11:44.0
 6. LL (Slater, Larson, bellows, Rival) 11:56.5

Open 100

Boys' Junior High

Heat 1

1. Justin Brooks (Bret Harte) 14.9
 2. Gordon Smith (Bret Harte) 15.1
 3. Brakens Montrail (Edwin Markham) 17.0
 4. Andre Morris (Bret Harte) 18.8

Heat 2

1. Destry Porter (Canyon) 12.16
 2. Troy Douglas (Edendale) 12.86
 3. Shawn Estrada (Canyon) 12.88
 4. Brandon simson (Edendale) 13.03
 5. Mikial Jones (Edendale) 13.24
 6. Jack Frank (Edendale) 14.04
 7. Tony Mai (Edendale) 14.07

Girls' Junior High

1. Rashidah Young (Markham) 14.27
 (new meet record -- old record 14.45 Jevon Boxdell (Edendale) 2002)
 2. Brianna Kalina (Bret Harte) 15.05
 3. Alysiah Garcia (Markham) 16.58
 4. Jessica Brooks (Markham) 16.71
 5. Chevy Harris (Markham) 16.82
 6. Ishaee Wagner (Markham) 17.36

7. Patricia Large (Strobridge) 17.53

BFS

Heat 1

1. Jaliel James (SL) 11.63
 2. Bryce Holden (Ala) 11.72
 3. Ryan Giammona (NG) 12:04
 4. Ronnie Jackson (SLZ) 12.63
 5. Chris Frask (Ala) 12.68
 6. Wesley Brown (Alb) 13.14
 7. Sean FRITZ (Wash) 13.48

Heat 2

1. Spencer Weiss (NG) 12.01
 2. Dan Lorenzana (Aca) 12.30
 3. Alan Schmidt (Wash) 12.34
 4. Wesley Willis (CV) 12.46
 5. Chris Alexander (Gran) 12.78
 6. Ronald Thomas (Oak) 12.83
 7. Brian Ishida (Ala) 13.13

Heat 3

1. Yamashita (LL) 11.78
 2. Alex Powell (Gran) 11.98
 3. Alberto Holmes (ME) 12.06
 4. Brian Yip (CV) 12.12
 5. Chandler (LL) 12.27
 6. Jordan Lue (NG) 12.30
 7. Ron Nava (ME) 12.77

GFS

Heat 1

1. Emily Wirt (SL) 13.68
 2. Ioianrea Robinson (SL) 13.97
 3. Bea-Ashley Steele (SL) 14.14
 4. Joanna Gistand (CV) 14.26

Heat 2

1. Jessie Lucas (Gra) 14.81
 2. Emily Dane (Gra) 14.83
 3. Katie Hayes (Aca) 14.84
 4. Shayla Meadors (Irv) 14.87
 5. Jenae Smith (Hay) 14.89
 6. Sharon Andrews (Hay) 15.34
 7. Anissa Cartlen (SLZ) 15.40

Heat 3

1. Nida Al-Hassan (NG) 13.62
 2. Jordan Hale (NG) 13.80
 3. Peirano (LL) 13.89
 4. Poursatop (LL) 13.96
 5. Jennifer Burley (Hay) 14.18
 6. Danielle Pandiri (Gran) 14.22
 7. Kate Ammermen (Wash) 16.21

Heat 4

1. Taylor Holslaw (Ala) 13.37
 2. Allison Carroll (Pet) 13.39
 3. Jessica Barrett (Ala) 13.84
 4. Sunita Popal (NG) 14.38
 5. Tanya Aguilar (Wash) 14.46

GV

Heat 1

1. Tiffany Thomas (SL) 13.24
 2. Jevon Boxdell (SLZ) 13.69
 3. Tara Bandy (SLZ) 14.51
 4. Deborah Diamond (Hay) 15.12
 5. Monica Kim (SL) 15.34
 6. Aileen Ho (SL) 16.66

Heat 2

1. Danielle Bryant (Hay) 13.14
 2. Isha Miller (Hay) 13.55
 3. Renee Gistand (CV) 13.77
 4. Samantha Bernadini (Pet) 13.78
 5. Michelle Chan (CV) 13.81

5. Michelle Chan (CV) 13.81
 6. Bernadette Kuan (NG) 14.34
 7. Theresa Reno (Ala) 16.72

Heat 3

1. Charis Chan (CV) 12.78
 (meet record: old record 12.88 Anita McCullum (SLZ) 1999)
 2. Melissa Margulies (Red) 12.92
 3. Emily Welch (Wash) 13.25
 4. Erika Walker (Red) 13.29
 5. Jasmine Brooks (Hay) 13.44
 6. Marisa Green (Ala) 13.83
 7. Mikhail Price (Wash) 13.86

Devil-Take-the-Hindmost Mile

Boys' Junior High (no Devil)

1. William Wheeler (Canyon) 5:22.5
 (new meet record -- old record 5:40.0 Mauricio Hurtado (Winton) 2001)
 2. Matt Riley (Creekside) 5:24.4
 3. Erik Colter (CV Track club) 6:06.9
 4. Jordan Baker-Blanc (CV Track club) 6:07.5
 5. John Doyle (CV Track club) 6:30.9
 6. Colby Cheny (CV Track club) 6:46.7
 7. Chris Condon (CV Track club) 6:51.7
 8. David Condon (CV Track club) 6:53.7

Girls' Junior High no contestants

BFS

1. Michael Wickman (NG) 4:40.7
 2. Colin Szezhner (ClyV) 4:46.0
 3. Will Moser (ClyV) 4:53.2
 4. Mauricio Hurtado (Hay) 4:53.5
 5. Thomas Diller (Oakland) 4:57.9
 6. Matthew Lund (Arroyo) 5:01.3
 7. Andrew Welch (Red) 5:04.4
 8. Bing Xia (Albany) 5:05.6
 9. Reed Kelly (Wash) 5:07.1
 10. Albert Chan (Oak) 5:09.6
 11. Mason Mulaney (Aca) 5:14.3
 12. Jonathon Schampf (Red) 5:17.7
 13. Tu Vo (Oakland) 5:18.4
 14. Jeff Schwarz (SL) 5:19.2
 15. Skylar Hall (ME) 5:25.2
 16. Abdul Jamali (ClyV) 5:25.8
 17. Michael Lemke (Red) 5:32.3
 18. Jeffrey Henshaw (Alb) 5:35.6
 19. Louis Lucero (SL) 5:37.2
 20. Mario Hernandez (SLZ) 5:37.4
 21. Michale Nixon (Acalanes) 5:44.3
 22. Malcom Wyatt-Mare (Aca) 5:44.3
 23. Kyle DeLaura (Hay) 5:55.4

GFS

1. Elise Fox (ClyV) 5:42.9
 2. Lindsay Vanderstraetor (ClyV) 5:43.6
 3. Gabby Assayag (Aca) 5:45.7
 4. Catherine Durant (NG) 6:01.4
 5. Kaktlin Cochrane (Pet) 6:08.8
 6. Sarah Henrich (Pet) 6:09.6
 7. Alva Rivera (SL) 6:11.2
 8. Nimmie Shandal (Wash) 6:11.9
 9. Molly O'Neill (Aca) 6:12.4
 10. Emily Fertig (Aca) 6:15.7

GV

1. Corinne Roberts (Ala) 5:33.2
 2. DRusia Dickson (Aca) 5:38.5
 3. Jo Welch (Red) 5:42.1
 4. Kristin Wheeler (Alameda) 5:49.1

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| | |
|---------------------------|--------|
| 5. Sharien Nguyen (Oak) | 5:57.6 |
| 6. Chelsea Titkosky (Arr) | 6:03.5 |
| 7. Jennifer Caro (Hay) | 6:09.5 |
| 8. Judy Ong (Wash) | 6:17.2 |
| 9. Audra Allen (Pet) | 6:18.4 |
| 10. Yvette Perez (Hay) | 7:11.5 |
| 11. Rachel Mendez (Hay) | 7:11.3 |
| 12. Paige Hodges (Hay) | 7:17.7 |
| 13. Amy Minor (Hay) | 7:20.2 |

4 x 440

BFS

Heat 1

| | |
|--|---------|
| 1. LL (no names available) | 3:56.57 |
| 2. Wash (no names available) | 4:04.02 |
| 3. Oak (no names available) | 4:07.15 |
| 4. CV B (Delago, McCoy, Shinoda, Nunes) | 4:07.51 |
| 5. Ala C (Holden, Blazedale, Young, O'toole) | 4:07.92 |
| 6. CV C (Rasheed, Lee, Sene, Bonsignore-Opp) | 4:10.13 |
| 7. Ala B (no names available) | 4:25.82 |

Heat 2

| | |
|--|---------|
| 1. Gran (Allen, Powell, Lin, Collins) | 3:50.72 |
| 2. Tenn (Nonato, Pangelina, Howeward, Tamen) | 3:52.57 |
| 3. SL (no names available) | 3:53.97 |
| 4. Aca (Love, Sutgale, Lorenzana, Mulvaney) | 3:55.88 |
| 5. CV A (Mitchell, Hiraki, Taylor, Yip) | 3:58.58 |
| 6. Ala A (Fraiser, Sandy, Mahon, Yuen) | 3:59.17 |
| 7. ME (Nalto, Robinson, Almond, Hall) | 4:02.68 |

GFS

Heat 1

| | |
|--|---------|
| 1. NG (Batten, Peth, SAnderson, Siegall) | 4:36.85 |
| 2. LL (Jatoff, Peirano, Sierra, Caey) | 4:42.99 |
| 3. Pet (Brook, Danskin, Cabral, Bautista) | 4:49.52 |
| 4. Ala B (Wirt, Robinson, Hankton, Dixon) | 5:17.13 |
| 5. Gran C (Nacua, Gong, Interiani, Marisoli) | 5:21.84 |

Heat 2

| | |
|--|---------|
| 1. SL (Wong, Jay, Shanna, Leung) | 4:32.28 |
| 2. CiyV (Stuph, Mali, Fox, Vanderstraeten) | 4:33.55 |
| 3. CV (Casey, Gistand, Cox, Inn) | 4:38.04 |
| 4. Ala A (Hodill, Wheeler, Shaffer, Papelka) | 4:43.40 |
| 5. Gran A (Cantua, Danes, Gong, Lucas) | 4:47.02 |

GV

Heat 1

| | |
|--|---------|
| 1. Aca (Clancy, McGoldrick, Dickson, Robinson) | 4:35.27 |
| 2. Wash B (Eddings, Bodily, Little, Noody) | 4:35.33 |
| 3. SLZ (Evans, Muniz, Moniz, Solis) | 4:39.08 |
| 4. Ala B (Pineda, SAnduh, Pong, Sweeney) | 5:19.41 |

Heat 2

| | |
|--|---------|
| 1. Wash A (Price, Marshall, Bloom, Sheppard) | 4:19.71 |
| 2. CV (Chan, Ho. Matheny, He. Matheny, Dianda) | 4:21.04 |
| 3. Hay (Miller, Smith, Bryant, Mendez) | 4:33.33 |
| 4. Alameda A (Steiner, Stewart, Hodill, Roberts) | 4:35.04 |

Long Jump

GFS

| | |
|---|---------|
| 1. Ala (Hodill, Wong, Holtslaw) | 42-10 |
| 2. Pet A (Timmel, Poshlman, Oefinger) | 41-10.5 |
| 3. MC A (Carvalho, Shelly, Medrano) | 40-7.5 |
| 4. NG (Hale, Sanderson, Popal) | 36-9.5 |
| 5. Pet B (Reichardt, Minner, Tellachea) | 24-10 |
| 6. CV (Cortopossi, Tabor) | 24-1.5 |
| 7. SL (Brooke Mouton) | 14-1.5 |
| 8. Irv (Tamara Martine- Arias) | 11-7.5 |
| 9. MC B (Foley) | 11-3.5 |
| 10. SLZ (Leshau) | 10-10 |

INDIVIDUAL

| | |
|----------------------------|---------|
| 1. Raina Timmel (Pet) | 14-11.5 |
| 2. Michelle Poshlman (Pet) | 14-10.5 |
| 3. Jordan Hale (NG) | 14-7.5 |

| | |
|--------------------------|--------|
| 4. Brittany Hodill (Ala) | 14-7.5 |
| 5. Valentina Wong (Ala) | 14-7 |

GV

| | |
|--|---------|
| 1. Red (Margulies, Walker, Mellion) | 43-4 |
| 2. Ala (Hodill, Stewart, Rosenbaum) | 42-4 |
| 3. CV (Lacey, Chandler, Gistand) | 41-4.5 |
| 4. Aca (Jones, Fanning, Robinson) | 40-11.5 |
| 5. Wash (Marshall, C. Price, M. Price) | 38-6 |

Individuals:

| | |
|----------------------------|-------|
| 1. Lauren Hodill (Ala) | 16-10 |
| 2. Erika Walter (Red) | 16-2 |
| 3. Melissa Margulies (Red) | 15-5 |
| 4. Chelsea Chandler (CV) | 15-3 |
| 5. Renee Gistand (CV) | 14-5 |

Triple Jump

BFS

| | |
|-------------------------------------|---------|
| 1. ME (Luke, M.Almond, D. Almond) | 100-1.5 |
| 2. Pet (Baatdulam, Zapata, Maselli) | 96-2 |
| 3. Gran A (Lorenz, Walhan, Woods) | 96-0.5 |
| 4. Wash (Fremd, Ocon, Velasquez) | 94-8 |
| 5. LL (Cainer, Ayropeham, Calinin) | 94-6.5 |
| 6. Ala (Gutierrez, Ishida, Kin) | 93-2 |
| 7. CV (Shinoda, Lee, Taylor) | 93-0 |
| 8. SLZ (Young) | 30-1 |
| 9. Gran B | 26-0.25 |

Individuals:

| | |
|--------------------------|--------|
| 1. Andre Luke (ME) | 37-2.5 |
| 2. Arlen Ayropeham (LL) | 36-1.5 |
| 3. Jason Gutierrez (Ala) | 34-9.5 |
| 4. Dennis Calinin (LL) | 34-4 |
| 5. Michael Almond (ME) | 33-7 |

High Jump

BFS

| | |
|--------------------------------------|-------|
| 1. LL (Fox, Ayropetyan, Kalinn) | 16-3 |
| 2. NG (Tanenbaum, Hannon, Brewer) | 16-2 |
| 3. Gran (Clark-Lorenz, Woods, Lewis) | 15-6 |
| 4. Ala (Gutierrez, Holden, O'Tolle) | 14-10 |
| 5. CV (Ferguson, Teel, Nunes) | 14-4 |
| 6. ME (Skyler, Luke, Marty) | 10-4 |
| 7. Pet (Zapata, Weems, Frank) | 9-10 |
| 8. Hay (Andrade) | 5-0 |
| 9. Ala (Sundy) | 4-8 |

Individuals:

| | |
|-----------------------------|-----|
| 1. Jeff Fox (LL) | 5-9 |
| 2. Eric Tannebaum (NG) | 5-6 |
| 3. Robert Brewer (NG) | 5-4 |
| 4. Ryan Clark-Lorenz (Gran) | 5-4 |
| 5. Nick Woods (Gran) | 5-4 |

GFS

| | |
|---|-------|
| 1. Pet A (Timmel, Cabral, Hurt) | 13-2 |
| 2. CV (Delaplaine, Haworth, Hopfenbeck) | 12-10 |
| 3. Pet B (Pohlman, Oefinger, Mazzetta) | 12-4 |
| 4. Ala A (Hodill, Kaia, Deuocha) | 12-4 |
| 3. Arr (Peters, Bowersmith, Usher) | 12-4 |
| 6. Ala B (Gabby, Angela, Delanie) | 7-6 |

Individuals:

| | |
|--|------|
| 1. Brianne Peters (Arr) | 4-10 |
| (new meet record -- old record 4-8 by 5 different individuals 1998-2001) | |
| 2. Lauren Hopfenbeck (CV) | 4-10 |
| 3. RAine Timmel (Pet) | 4-6 |
| 4. Michelle Poshlman (Pet) | 4-4 |
| 5. Brittany Hodill (Ala) | 4-4 |

GV

| | |
|-----------------------------------|-------|
| 1. Ala (Stewart, Roberts, Hodill) | 13-10 |
| 2. Irv (Singh, Smoak, Raysel) | 13-6 |
| 3. Gran (Jashai, Farmer, Davis) | 13-4 |
| 4. Aca (King, Howard, SAnderson) | 8-10 |

| | |
|----------------------|------|
| 5. SL (Amanda Brook) | 4-10 |
| 6. LL (Laura Powell) | 4-8 |
| 7. CV (Stewart) | 4-2 |

Individuals:

| | |
|---------------------------|------|
| 1. Lauren Hodill (Ala) | 5-0 |
| 2. Brittany Farmer (Gran) | 4-10 |
| 3. Amanda Brook (SL) | 4-10 |
| 4. Laura Powell (LL) | 4-8 |
| 5. Kathleen Smoak (Irv) | 4-6 |

Shot Put

BFS

| | |
|--------------------------------------|---------|
| 1. CV (Allen, Feucht, Tsang) | 117-3 |
| 2. SLZ A (Shelby, Byrd, Brooks) | 116-4 |
| 3. Alb (Azi, Slaughter, Phelps) | 115-4.5 |
| 4. NG (Chapman, Carey, Diffenderfer) | 104-10 |
| 5. LL A (Zapata, Luke, Nelson) | 97-5-9 |
| 6. SLZ B (Mafi, Flores, Jackson) | 97-3 |
| 7. Wash (Vaney, Little, Ruiz) | 94-5.5 |
| 8. Pet Jones, Ibach, Zapata) | 93-9 |
| 9. LL B (Milani, Scott, Real) | 92-11 |
| 10. Gran (Soltis, Pyer, Colvilia) | 86-1 |
| 11. Aca (Lorenzana, Athayde) | 56-8 |
| 12. CV B (Hui, Maysam) | 46-8 |
| 13. ARR (Oliviera) | 31-7 |

Individuals:

| | |
|-----------------------------|------|
| 1. Chris Selby (SLZ) | 44-9 |
| 2. Jeff Chapman (LL) | 42-4 |
| 3. Danny Feucht (CV) | 41-7 |
| 4. Patrice Azi (Alb) | 39-1 |
| 5. Jermayne Slaughter (Alb) | 39-0 |

GFS

| | |
|--|----------|
| 1. CV (Valentine, Erdman, Wilcox) | 82-11.75 |
| (new meet record -- old record 81-10 Las Lomas 1997) | |
| 2. Ala A (Doulass, Brooks, Holmes) | 77-6.5 |
| 3. Gran (Morisoli, Ault, Nacua) | 75-1.5 |
| 4. Pet (Derby, Percell, Miller) | 74-8.5 |
| 5. Ala B (Zheng, Copeland, Shafer) | 71-2 |
| 6. LL (Kous, Fujii, Poursartia) | 64-9.75 |
| 7. NG (Harfouche, Peth, Stegall) | 62-10.5 |
| 8. Ala C (Bothwell, Brown, Popelicia) | 60-10.75 |
| 9. CV B (Chavez, Fernsten, Weese) | 53-1.5 |
| 10. Ala D (Bell, Husby, Nguyen) | 50-7.5 |
| 11. Wash (Olsen, Tnym, Wong) | 50-6 |
| 12. Albany (Moliwari) | 28-5.5 |
| 13. SL (Bea-Ashley Steele) | 25-1 |
| 14. SLZ (Eisenberg) | 17-8.25 |

Individuals:

| | |
|------------------------------|---------|
| 1. Mareesa Valentine (CV) | 30-3.5 |
| 2. Kayla Morisoli (Gran) | 29-8.5 |
| 3. Cassie Wilcox (CV) | 28-10.5 |
| 4. Kim Brooks (Alameda) | 28-10.5 |
| 5. Rebecca Molinari (Albany) | 28-5.5 |

GV

| | |
|------------------------------------|------|
| 1. Arr (Soto, Stahowski, Aggetta) | 83-9 |
| 2. Hay (Toussant, Davis, McNeil) | 81-7 |
| 3. SLZ (Ingram, Powell, Carthern) | 76-9 |
| 4. Wash (Boliba, Oliphant, Paidge) | 76-3 |
| 5. Ala (Croft, Zariff, Rosenbooth) | 68-8 |
| 6. Pet (McAuley) | 33-7 |

Individuals:

| | |
|--------------------------|-------|
| 1. Nora McAuley (Pet) | 33-7 |
| 2. Alisha Agetta (Arr) | 32-4 |
| 3. Meghan Toussant (Hay) | 29-10 |
| 4. Keenya Davis (Hay) | 29-6 |
| 5. Anissa Carthern (SLZ) | 29-3 |

Discus

BFS

| | |
|--------------------------------|-------|
| 1. Alb Azi, Slaughter, Phelps) | 310-2 |
| 2. CV A (Feucht, Tsang, Allan) | 303-3 |

2003 Castro Valley Invitational

Castro Valley High School Friday, April 11, 2003

| | |
|--------------------------------------|---------|
| 3. NG (Chapman, Diffenderfer, Carey) | 259-5 |
| 4. LL A (Zabala, Scottt, Milani) | 235-6 |
| 5. Gran (Flores, Dyer, Sohlib) | 233-11 |
| 6. Wash (Vanoy, Little, Fremyd) | 221-9 |
| 7. Pet (IOach, JOnes, Zapata) | 195-8 |
| 8. SLZ A (Mafi, Jackson, Flores) | 194-4 |
| 9. LL B (Reid, Lucas, Nelson) | 193-3 |
| 10. ME (Desa, Tran, Nava) | 185-9 |
| 11. CV B (Hui, Masam) | 121-3.5 |
| 12. SLZ B (Brooks, Shelby) | 94-9 |
| 13. Arr (Oliveira) | 77-5.5 |
| Individuals | |
| 1. Darwin Tsang (CV) | 107-10 |
| 2. Jermayne Slaughter (Alb) | 105-2 |
| 3. Donald PHelps (Alb) | 102-9 |
| 4. Patrice Azi (Alb) | 102-3 |
| 5. Danny Feucht (CV) | 99-7 |

| | |
|---|----------|
| GFS | |
| 1. CV (Valentine, Erdman, Wilcox) | 241-11 |
| (meet record: old record 238-9.5 St. Mary's 1997) | |
| 2. Ala A (Barnes, Zheng, Brown) | 225-10 |
| 3. Ala B (Copeland, Shafer, Doulabi) | 223-7 |
| 4. Ala C (Holmes, Bothwell, Orzell) | 199-8.5 |
| 5. Pet (Derby, Percell, Miller) | 194-8.5 |
| 6. Gran (Morisoli, Ault, Nacua) | 181-4.5 |
| 7. Ala D (Nguyen, Bell, Husby) | 157-10.5 |
| 8. CV B (Chavez, Weese, Fernsten) | 148-0 |
| 9. Aca (Su, Holding) | 129-7 |
| 10. Wash (Olsen, Wong, Thym) | 126-4 |
| 11. Alb (Molinari) | 103-10 |
| 12. LL (Fujii, Kious) | 100-5 |
| Individual: | |
| 1. Rebecca Molinari (Albany) | 103-10 |
| 2. Kim Brooks (Alameda) | 94-5.5 |
| 3. Mareesa Valentine (CV) | 94-2 |
| 4. Mary Miller (Pet) | 85-9.5 |
| 5. Kelly Copeland (Ala) | 78-8 |

| | |
|--|---------|
| GV | |
| 1. Arr (Agetta, Stanhowski, Soto) | 240-0.5 |
| 2. Aca (Croft, Arrifs, Lazzar) | 224-3.5 |
| 3. Wash (Becky, Brittany, Paige) | 217-6.5 |
| 4. Hay (Toussaint, Davis, McNeil) | 205-0.5 |
| 5. SLZ (Ingram, Powell, Carthen) | 192-3.5 |
| 6. CV (Passadore, Gordeychev, Zharchuck) | 189-2 |
| 7. Irv (Patel, Calderan, DeLuz) | 182-2.5 |
| 8. Pet (McAuley) | 87-7 |
| Individual: | |
| 1. Alisha Argetta (Arroyo) | 92-11 |
| 2. Linsey Stanhowski (Arroyo) | 88-5.5 |
| 3. NOra McAuley (Pet) | 87-7 |
| 4. Keenya Davis (Hay) | 85-7.5 |
| 5. Jessica Passadore (CV) | 83-6 |

Pole Vault

| | |
|------------------------------------|------|
| BFS | |
| 1. LL A (Armstrong, Matthews, Fox) | 31-0 |
| 2. CV (Ashford, Ferguson, Teel) | 27-0 |
| 3. Gran (Waldren, Lewis, Nahouri) | 23-0 |
| 4. NG (Brewer, Tanenbaum, Kent) | 22-6 |
| 5. Aca (Tam, Ranz) | 19-0 |
| 6. LL B (Casey, Daniel) | 17-0 |
| 7. Irv (Claybough, Zmolek) | 8-6 |
| Individuals: | |
| 1. Jeff Fox (LL) | 11-6 |
| 2. Jeff Tam (Aca) | 11-0 |
| 3. Chris Matthews (LL) | 10-0 |
| 4. Jono Armstrong (LL) | 9-6 |
| 5. Kevin Teel (CV) | 9-0 |

| | |
|--|------|
| GFS | |
| 1. LL A (Kersey, Homes, Pena) | 23-6 |
| 2. Gran A (McGuigan, Alexander, Burruss) | 21-0 |
| 2. Gran B (Boyle, Tessick, Frendo) | 21-0 |
| 4. CV (Lassalle, Delaplane, Campell) | 20-6 |
| 5. ClyV (Hartman, Martin) | 14-0 |
| 6. LL B Sinclair, Olsen, Murray) | 11-6 |
| Individuals: | |
| 1. Julia Kelsey (LL) | 8-6 |
| 2. Linsey Hartman (ClyV) | 8-0 |
| 3. Mary McGuigan (Gran) | 8-0 |
| 4. Stephanie Lasalle (CV) | 7-6 |
| 5. Emily Pena (LL) | 7-6 |

| | |
|-------------------------------------|------|
| GV | |
| 1. Irv (Juenger, Iso, Elise Galden) | 23-6 |
| 2. CV (Medley Jue) | 7-6 |
| 3. LL (Victoria Cassidy) | 7-0 |
| Individuals: | |
| 1. Ashley Juenger (Irv) | 8-6 |
| 2. Jen Iso (Irv) | 8-0 |
| 3. Melody Jue (CV) | 7-6 |
| 4. Elise Galdin (Irv) | 7-0 |
| 5. Victoria McDonald (LL) | 7-0 |

Mt. Sac Invitational

Friday, April 18, 2003

The flight was unexceptional, the travel arrangements went smoothly, and we had a blissfully uneventful trip. The girls seemed to enjoy the rooms, the hot tub, the dinner ... and the races. In a very competitive and intense environment, the CV girls held themselves up well and we were able to post some good times.

Girls 4 X 800

Invitational Heat

| | | | |
|-----------------|------|------|---------------------|
| Holly Matheny | 68.4 | 74.3 | 2:23.3 |
| Heather Matheny | 74.1 | 82.3 | 2:36.4 |
| Michelle Dianda | 77.0 | 81.5 | 2:38.5 |
| Kelley Stewart | 70.8 | 79.9 | 2:30.7 12th 10:07.7 |

There was some confusion in the bullpen and the girls did not feel that they had adequate time to warmup and prepare. In addition, Heather ran into another girl in the handoff madness and got bonked pretty good on the head so we lost time there too. All the girls felt they could have run faster. Well, next year let's do exactly that.

Open Heat

| | | | |
|------------------|------|------|--------|
| Alicia Inn | 74.1 | 88.9 | 2:42.8 |
| Moryah Schindler | 80.1 | 86.7 | 2:46.8 |
| Carolyn Chin | 77.1 | 82.0 | 2:39.1 |
| Chelsea Chandler | dnf | | |

Collette's absence didn't help, especially when she didn't communicate with anyone. chelse took the hit to at least carry the baton so we could check in and get times on the other girls. Alicia got pushed around pretty good by bigger girls on the opening leg, Moryah was nervous about the level of competition, but Carolyn opened up and really charged her lap for a good PR.

Girls 4 x 100

| | |
|------------------|---------------------|
| Charis Chan | |
| Chelsea Chandler | |
| Michelle Chan | |
| Reneè Gistand | 50.90 5th in heat 4 |

Even though this was our season best, we did not have the best of races. Michelle and Reneè didn't have that spark that we needed to get past that 50.0 barrier. Maybe the new order of handoffs will help that.

Girls 4 X 200

| | |
|---|-----------------------|
| Charis Chan | |
| Chelsea Chandler | |
| Michelle Chan | |
| Reneè Gistand | 1:47.37 6th in Heat 4 |
| (new school record: Old school record 1:48.8 same girls at Martinez Relays) | |

We knew we had a good chance to set this record again, and we actually dropped our time quite a bit. Still, the level of competition at this invitational is frighteningly good, as we were serious also-rans in our heat.

Friday night

There was some initial trepidation, as the rain was constant all day and did not seem to want to let up, but lo and behold! The CV bus arrived and the rain stopped and we all got to run in a meet.

Girls

Girls Sprint Medley (1-1-2-4)

Heat 1

- Charis Chan, Michelle Chan, Chelsea Chandler, Holly Matheny 1:50.12
- Joanna Gistand, Karissa Casey, Renee Gistand, Kelley Stewart 1:59.04

Heat 2

- Kate Haworth, Beth Haworth, Nicole Westling, Alicia Inn 2:05.5
- Carolyn Chin, Jerri Pfisterer, Michele Dianda, Heather Matheny 2:06.0
- Mimi Cortopossi, Carly Sanderson, Angela Dohrman, Karie Lawrence 2:07.0

It was exciting to see that CV could put 20 sprint girls on the line at once, while other teams could barely get 4 for one team. It was an added treat to have the top squad also set another school record in the event, eclipsing last year's record (also set at this meet) by over 5 seconds.

Girls Distance Medley

- Katelyn Phillips, Joanna Gistand, Alicia Inn, Christina Robertson 14:50
Moryah Schindler, Michelle Dianda, Rhianon Webb, Shannon Alter 14:49

This squad experienced a series of crossed communications, as they all missed the 3200 due to arriving late. Then they didn't count right to get enough bodies in the relays and had to drag Dianda out of the bleachers to fill in while the race was in progress.

Girls 4 x800

- Holly Matheny 2:26
Heather Matheny 2:38
Michelle Dianda 2:36
Kelley Stewart 2:35 2nd 10:15

The "A" team was a little sullen, thinking that their coach was lunatic for having them run the night before they had big races the next day. They sulked to a pretty good time anyway.

- Alicia Inn 2:48
Moryah Schindler 2:48
Rhianon Webb 3:06
Christina Robertson 2:48 11:25

The 2nd race of the day was not spectacular for this group.

Boys' Frosh-Soph

BFS Sprint Medley (2-2-4-8)

- Brian Yip, Tom Spear, Evan Ballar, Preston Bonsignore-Opp 2:14.5
- Kiyoshi Hiraki, Jon Delago, Rene McCoy, Justin Taylor 4:19.5

This was not a bad cluster, with Preston being passed only at the very end to end up second.

BFS 110 hurdles

Heat 1

- Marek Brezula 18.8
- Kevin Teel 22.6
- Chris Casey 23.5

Heat 2

- Kevan Turner 20.7

Top 8 Meet

- Robert Ferguson 22.0
- Josh Ashford 22.1

The boys were willing, but technique and practice time were notable absent as they galumphed and bounded their way to the finish line.

BFS 200

- Tommy Speth 24.84
- Brian Yip 25.79

Nice work for the young ones.

BFS 3200

- Matt Riley 11:12.1

Only an 8th grader, Matt shows that hard work pays off.

BFS Pole Vault

- Chris Casey 9-6
- Robert Ferguson 9-0
- Josh Ashford 8-0

The technique is coming around, and the boys are ready to scale new heights.

BFS 4x800

- Scott Clark 2:13
Bennett Hall 2:26
Preston Bonsignore-Opp 2:16
Jordan Bailey 2:13 1st 9:08.6

- John Hui 2:29
Dean Rasheed 2:18
Scott Wong 2:35
Tim Cole 2:22 4th 9:48.1

The "A" team was in charge early, and Jordan was able to get the lean for the win. The "B" team saw some improvements from each runner.

Boys' Varsity

Boys 4X800

- Zane Welte 2:07
John Yano 2:03
Jason Ribeira 2:09
Thomas Miller 2:07 8:27.1 1st

Even with the subdued times, we just had too much overall for the competition and won easily.

Saturday Day Meet

Girls

1600

- Vanessa Depue 6:58.4
Katelyn Phillips 6:28
Becky Ribeiro 6:16
Samantha Suey 6:12

The girls time need to be much faster. Harder workouts are coming up now.

4X100

Heat 2

- Charis Chan Michelle Chan Chelsea Chandler, Renee Gistand 51.0

Heat 1

- Joanne Gistand Mimi Cortopossi Alicia Inn Carolyn Chin 55.8
- Kate Haworth Beth Haworth Kaia Lowrenee Nicole westling 56.9

The "A" team debuted their new order, and it was largely successful even with the shaky final exchange. The other teams got together virtually in the bullpen, and were creditable.

100 Hurdles

Heat 1

- Carly Sanderson 19.8
- Kara Lawrence 24.5
- Roana Tirado 28.9

Heat 2

- Stephanie Lassalle 18.7
- Christina Robinson 19.1
- Raquel Tirado 22.5

Heat 3

- Angela Dohrman 18.2
- Katy Stewart 19.2

Heat 5

- Chelsea Chandler 16.1

Hurdle glory was in evidence, and everyone looked good. Chelsea tore another chunk of time off of the school record. Kara fell and bunged up her knees.

400

- Carolyn Chin 63.9
Karissa Casey 65.5

The girls look strong, and are ready for the HAAL championships.

100

- Michelle Chan 13.4
Joanna Gistand 13.8
Kate Haworth 14.7
Beth Haworth 14.8

Nice work by all.

800

- Heather Matheny 2:33.3
Michelle Dianda 2:37.6
Alicia Inn 2:41.8

Another 800? Sure. Even the sick girls ran pretty good times.

300 IH

- Joanna Gistand 53.8
Chelsea Chandler 47.7
Angela Dohrman 49.2
Christina Robinson 52.5
Carly Sanderson 58.5
Kelly Stewart 48.2
Raquel Tirado 60.2
Roana Tirado 55.9

More hurdle glory, with Chelsea, Kelley, and Angela all winning their heats in good times.

200

- Michelle Chan 27.7
Carolyn Chin 28.2
Renee Gistand 27.5
Beth Haworth 30.8
Nicole Westling 28.9

All the girls ran well, with Nicole clicking off a big PR.

4 x 400

- Alicia Inn 66
Joanna Gistand 69
Karissa Casey 67
Nicole Westlin 69 4:32.6

This was a makeshift squad, but they did just fine and placed well.

Discus

- Mareesa Valentine 84-0
Savannah Trakts 66-6
- Not their bests, but close.

HJ

- Lauren Hopfenbeck 5-0
Katy Stewart 4-4

Top 8 Meet

Lauren again set the FS school record, and qualified to jump again at the night meet.

Long Jump

| | |
|-----------------|-------|
| Renee Gistand | 14-0 |
| Danielle Lacey | 12-9 |
| Stephanie Tabor | 11-11 |

Consistant performances.

Pole Vault

| | |
|-------------------|-----|
| Stephanie Lasalle | 8-0 |
| Amanda Delaplane | 7-6 |

The girls continue to be consistant.

Triple Jump

| | |
|----------------|------|
| Danielle Lacey | 26-9 |
| Jessica White | 28-1 |

Subdued marks.

Boys' Frosh-Soph

| | |
|-------------|--------|
| 1600 | |
| Scott Clark | 4:59.3 |
| Matt Riley | 5:18.4 |
| Jon Hui | 5:18.1 |

PR's all the way around.

100

| | |
|-----------|------|
| Tom Speth | 11.8 |
| Brian Yip | 12.0 |

More PR's.

800

| | |
|------------------------|--------|
| Preston Bonsignore-Opp | 2:12.6 |
| Tim Cole | 2:22.8 |
| Scott Wong | 2:33.4 |

Preston PR'd, then puked. The price of glory. Tim and Scott were steady.

Discus

| | |
|--------------|------|
| Danny Feucht | 94-0 |
|--------------|------|

Good toss for Danny.

Shot Put

| | |
|--------------|-------|
| Danny Feucht | 36-11 |
| Jon Hui | 28-0 |

Not their best today.

High Jump

| | |
|-----------------|------|
| Robert Ferguson | 5-2 |
| Chris Casey | 4-10 |

OK jumps for the boys, especially with Chris's back ache.

Long Jump

| | |
|-----------------|--------|
| Robert Ferguson | 17-7.5 |
| Chris Casey | 15-8 |
| Ramin Maysam | 15-0 |

Robert shows some good hops.

Varsity Boys

Shot Put

| | |
|------------------|------|
| Aaron Belluomini | 33-3 |
|------------------|------|

Aaron continues to perform at this plateau

Discus

| | |
|------------------|-------|
| Aaron Belluomini | 107-3 |
|------------------|-------|

A nice toss for the guy.

High Jump

| | |
|--------------|-----|
| John Picetti | 6-0 |
|--------------|-----|

John added another 4 inches to his PR, and almost had 6-2.

Pole Vault

| | |
|----------------|------|
| Dustin Wheeler | 11-0 |
|----------------|------|

Another PR.

Saturday Night

Girls

100 Hurdles

| | |
|---------------------|-------|
| 5. Chelsea Chandler | 16.28 |
|---------------------|-------|

Chelsea got in on the virtue of winning the day meet, and then medaled in the fast event. Excellent.

100

| | |
|----------------|-------|
| 8. Charis Chan | 11.78 |
|----------------|-------|

Charis took 2nd in the slow heat, but equalled her best time of the season.

800

| | |
|------------------|--------|
| 1. Holly Matheny | 2:19.0 |
|------------------|--------|

Holly has that rare take-no-prisoners mentality, and blasted past the leaders off of the turn and won easily. She has now established herself as a strong contender for NCS glory.

High Jump

| | |
|----------------------|------|
| 6. Lauren Hopfenbeck | 4-10 |
|----------------------|------|

Lauren could not duplicate the morning success, but still did very well.

Frosh-Soph boys

4 x 100

| | |
|--|------|
| 3. Kiyoshi Hiraki, Tommy Speth, Brian Yip, Evan Ballar | 46.4 |
|--|------|

The boys had the slowest qualifying time, but nearly took second in a great race.

1600

| | |
|-------------------|---------|
| 13. Jordan Bailey | 5:03.94 |
| 14. Bennet Hall | 5:13.90 |

It turned out that Jordan was sick, and Bennet was not at top mental form, so both struggled to run respectfully.

400

| | |
|----------------|-------|
| 4. Evan Ballar | 54.25 |
|----------------|-------|

A great run by Evan to grab a medal.

800

| | |
|-----------------|--------|
| 12. Scott Clark | 2:16.1 |
|-----------------|--------|

It wasn't a PR, and it wasn't pretty, but it was gutsy.

300 IH

| | |
|------------------|------|
| 5. Marek Brezula | 47.7 |
| 6. Justin Taylor | 48.1 |

Both the boys struggled with steps, stuttering at most of the barriers.

200

| | |
|----------------|------|
| 5. Evan Ballar | 24.2 |
|----------------|------|

Another great run to come on strong at the end and grab a medal.

3200

| | |
|-----------------|---------|
| 13. Bennet Hall | 11:08.1 |
|-----------------|---------|

The first mile looked good, and then slow death set in.

4 x 400

| | |
|------------------|----|
| 6. Justin Taylor | 59 |
|------------------|----|

| | |
|----------------|----|
| Kiyoshi Hiraki | 59 |
| Brian Yip | 58 |
| Evan Ballar | 55 |

3:51.6

We were close to the leading cluster when Brian collided with another runner at the 2nd exchange and we lost 20 yards on the pack. Still, the time was pretty good.

Shot Put

| | |
|-----------------|------|
| 6. Darwin Tsang | 43-7 |
|-----------------|------|

Darwin had a pretty good toss.

Discus

| | |
|--------------|------|
| Darwin Tsang | n.m. |
|--------------|------|

Pole Vault

| | |
|---------------|------|
| 6. Kevin Teel | 10-0 |
| Kevan Turner | 9-6 |

The boys are struggling with incorporating their new techniqwue instruction into actual practice.

Varsity Boys

1600

| | |
|----------------|---------|
| 6. John Yano | 4:32.94 |
| 13. Zane Welte | 4:50.97 |

John waited too long to make a charge.

Zane shut down mentally.

800

| | |
|----------------|--------|
| 7. TJ Miller | 2:02.7 |
| 12. Zane Welte | 2:11.1 |

TJ waited too long to make a charge. Zane shut down mentally.

Castro Valley vs. Moreau Catholic & San Lorenzo

Friday, May 2, 2003

Scores:

GFS:
CV 93, MC 36
CV 126, SLZ 4
MC 80, SLZ 9
BFS
CV 115, MC 16
CV 124, SLZ 5
CV MC, SLZ 18
GV
CV 86, MC 38
CV 99, SLZ 29
MC 64, SLZ 42
BV
CV 89, MC 37
SLZ 89, CV 55
SLZ 75, MC 58

4 x 100

GFS
1. Joana, Chin, CV "A" 55.1
2. Zelaya, Sitetty, MC 55.9
3. Beth, Mimi, CV "B" 56.3
4. Jerri, Carly

BFS

1. Jon, Jason, CV "A" 49.9
2. Amos, Justin CV "B" 50.8
3. Mike, Brandon

GV

1. Charis, Michelle CV "A" 50.8
2. Chelsea, Renee MC 55.4
3. Toby, Stephanie, Michelle, Chicago
4. Kara, Shayla, SLZ 56.1
5. Jasmine, Jovan
6. Kate, Nicole, CV "B" 57.7
7. Jess, Dhorman

BV

1. Alan, Williams, SL 45.9
2. Varez, Julius
3. Wright, Brezula, CV 47.7
4. Miller, Bailar
5. Lee, Tan MC 48.2
6. Balde, Canlas

1600

GFS
1. Corrine Yee MC 5.56
2. Moryah Schindler CV 5.57
3. Emerald Maravilla MC 6.21
4. Katie Hislop MC 6.30
5. Becky Ribiera CV 6.36
6. Laila Foadian MC 6.44
7. Katelyn Phillips CV 6.46
8. Nisha Rustia MC 6.47
9. Molly Powell MC 7.08
10. Katia Gomez MC 7.20
11. Leah Keough MC 7.20
12. Sonja Weaver MC 7.23
13. Vanessa Depue CV 7.29
14. Lisa Morales MC 7.47

BFS

1. Paulo Acoba MC 4.58.5
2. Scott Clark CV 4.59.7
3. Jordan Bailey CV 5.01.3
4. Nick Toda MC 5.03.7
5. JJ Pineda MC 5.05.7
6. Ben Hall CV 5.06.7
7. Andrew Chan MC 5.08.5
8. Matthew Riely CV 5.21.5
9. Mickey Poblete MC 5.22.7
10. Scott Wong CV 5.23.4
11. Jared Opperman MC 5.35.6
12. Alex Meyer MC 6.08.5
13. Jason Fix MC 6.20.0

GV

1. Zinzi Evans SLZ 5.30
2. Heather Mathany CV 5.54
3. Christina robertson CV 5.55
4. Samantha Suey CV 5.56
5. Rhiannon Webb CV 6.28
6. Aoife Hanrahan MC 6.29

BV

1. Brandon Carballo MC 4.37.2
2. John Yano CV 4.41.3
3. Zane Weihe CV 4.43.5

4. Daniel Hannon MC 4.44.7
5. Tony Quintana MC 4.48.8
6. Blake Garrett SLZ 5.02.4
7. Jason Ribiera CV 5.04.3

High Hurdles

GFS
1. Karly Sanderson CV 19.2
2. Amanda Deleplane CV 20.4
3. Nicole Cambell CV 23.94

BFS

1. Brandon Johnson CV 20.2
no second or third

GV

Heat 1
1. Rachel Schaftner MC 15.8
2. Chelsea Chandler CV 16.6
3. Coppini Catey MC 17.1
4. Angela Dhorman CV 17.6
5. Kathryn Pomroy CV 19.0
Heat 2
1. Christina robinson CV 17.9
2. Katey Stewart CV 18.3
3. Stephanie Lassalle CV 18.4
4. Roana Tirado CV 19.9

BV

Heat 1
1. Luis Velasquez SLZ 19.2
2. Dustin Wheeler CV 19.3
3. John Picetti CV 20.3
4. Kevin Turner CV 20.5
5. Kevin Teel CV 23.0
Heat 2
1. Bruce Fernandez SLZ 17.5
2. Robert Wright CV 18.9
3. Jason Allan SLZ 18.9
4. Mark Brezula CV 18.9
5. Todd Valdez MC 24.5

400

GFS
1. Ashley Hawkins MC 64.8
2. Carolyn Chin CV 65.6
3. Alicia Inn CV 65.8
4. Karissa Casey CV 66.0

BFS

1. Kyoshi Hiraki CV 59.6
2. Tim Cole CV 60.3
3. Victor Lobby MC 60.9

GV

1. Zinzi Evans SLZ 60.7
2. Kelley Stewart CV 63.0
3. Renee Gistand CV 63.9
4. Kara Hardy CV 69.0

BV

1. John Flaaten MC 51.8
2. Julius Malone SLZ 52.0
3. Micheal Lee MC 56.4
4. Rashod Colton SLZ 62.5

100

GFS
1. Joanna Gistand CV 13.9
2. Rosario Foley MC 14.2
3. Frances Zelaya MC 14.5

BFS

1. Brandon Johnson CV 12.3
2. Matt Mitchell CV 13.0
3. Jon Delago CV 13.1
4. Amos Han CV 13.6

GV

Heat 1
1. CharisChan CV 12.98
2. Michelle Chan CV 13.55
3. Jevon Boxdell SLZ 14.00
4. Michelle Bacani MC 14.51
5. Jasmine Wade SLZ 14.65
6. Katey Rogan MC 15.08
Heat 2
1. Tobie Okoroukwo MC 13.94
2. Johnson Briana MC 14.57
3. Kate Haworth CV 14.70
4. Anissa Carthen SLZ 14.80

BV

Heat 1
1. John Flaaten MC 11.5

2. Corey Williams SLZ 11.9
3. Byron McGhee SLZ 12.3
4. Balde Bryan MC 12.3

Heat 2

1. Jason Allen SLZ 11.9
2. Niel Canlas MC 12.4
3. David Habian MC 12.5
4. Jerry Tom MC 12.6

800

GFS
1. Collete Cox CV 2.34.6
2. Alicia Inn CV 2.42.8
3. Alexis Tacviti MC 2.43.8
4. Moryah Schindler CV 2.44.4
5. Emerald Maravilla MC 2.54.8
6. Becky Ribiera CV 2.59.0
7. Nisha Rustia MC 3.02.9
8. Katia Gomez MC 3.11.0
9. Sonja Weaver MC 3.19.0
10. Leah Alcott MC 3.19.8
11. Maccio Lox MC 3.24.0
12. Vanessa Depue CV 3.30.3

BFS

1. Preston B-Opp CV 2.15.2
2. Scott Clark CV 2.16.3
3. JJ Pineda MC 2.19.3
4. Nick Toda MC 2.20.9
5. Paulo Acobala MC 2.22.0
6. Sean Rasheed CV 2.27.7
7. Mickey Poblete MC 2.31.7
8. Mathew Riely CV 2.33.1
9. Fernando Landverde MC 2.48.4

GV

1. Zinzi Evans SLZ 2.23.0
2. Michelle Dianda CV 2.38.0
3. Kara Hardy SLZ 2.51.0
4. Samantha Suey CV 2.54.0

BV

1. T.J. Miller CV 2.03.9
2. John Yano CV 2.04.4
3. Brandon Carbario MC 2.05.0
4. Jason Ribiera CV 2.11.5
5. Blake Garrett SLZ 2.14.0
6. Matt Lanese MC 2.15.0

300 Hurdles

GFS
1. Joanna Gistand CV 54.3
2. Karly Sanderson CV 57.4
3. Kara Lawrence CV 57.6
4. Jerri Pfister CV 57.7

BFS

1. Brandon Johnson CV 48.2
2. Justin Taylor CV 48.9

GV

Heat 1
1. Chelsea Chandler CV 48.2
2. Kelley Stewart CV 49.3
3. Angela Dhorman CV 51.9
4. Catey Coppini MC 53.0
Heat 2
1. Kathryn Pomroy CV 54.6
2. Christina Robinson CV 56.0
3. Roana Tirado CV 57.2
4. Stephanie Lassalle CV 59.0

BV

1. Luis Velasquez SLZ 46.0
2. Jason Allen SLZ 47.7
3. Robbie Wright CV 47.3
4. Bruce Fernandez SLZ 47.9
5. Mark Brezula CV 48.7
6. Jon Lampos MC 56.3

200

GFS
1. Carolyn Chin CV 28.5
2. Ashley Hawkins MC 28.8
3. Beth Haworth CV 30.8
4. Frances Zelaya MC 31.1
5. Sharlee Solis CV 37.6

BFS

1. Matt Mitchell CV 26.6
2. Amos Han CV 27.1
3. Micheal Sene CV 27.9

GV

1. Charis Chan CV 26.3

2. Zinzi Evans SLZ 26.4
3. Michelle Chan CV 27.3
4. Tobie Okoroukwo MC 28.1
5. Jevon Boxdell SLZ 29.2

BV

Heat 1
1. Julius Malone SLZ 24.06
2. Evan Bailar CV 24.86
3. Cory Williams SLZ 25.08
4. Neil Canales MC 26.26
Heat 2
1. Byron McGhee SLZ 25.70
2. Jerry Tan MC 26.03
3. David Habibian MC 26.17

3200

GFS
1. Corrine Yee MC 13.25
2. Lauren Ma CV 14.10
3. Kaitlin Phillip MC 14.38
4. Molley Powell MC 14.43
5. Lalia Foadian MC 14.45

BFS

1. Jorden Bailey CV 11:10
2. Nick Toda MC 11:15
3. Paulo Acobala MC 11:22
4. Bennett Hall CV 11:30
5. Andrew Chan MC 11:32

GV

1. Shannon Alter CV 13:27
2. Christina Robertson CV 13:43
3. Melissa Simmon CV 14:02
4. Aoife Hanrahan MC 14:17

BV

1. Zane Weihe CV 10:36
2. Brandon Carballo MC 10:47
3. Tony Quintang MC 10:48
4. T.J. Miller CV 10:52
5. Dan Hannon MC 11:08

4 x 400

GFS
1. CV 4.38.2
2. MC 4.58.0
BFS
1. CV 4.15.3
GV
1. CV "A" 4.45.0
2. CV "B" 4.51.0
BV
1. SLZ "A" 3.55.5
2. SLZ "B" 4.34.2

Long Jump

place name school mark
GFS
1. Kara Lawrence CV 14-5
2. Gina Carballo MC 13-6
3. Amala Shetty MC 12-8
4. Maritoni Medrano MC 12-6 1/2
5. Mimi Cortopassi CV 12-5
6. Stephanie Tabor CV 12-2
7. Sharlee Solis CV 12-1/2

BFS

1. Kiyosh Hiraki CV 16-4
2. Brandon Johnson CV 15-6 1/2
3. Jason Hoffman NA 15-0
4. Ramin Maysam CV 14-5 1/2
5. Amo Han CV 14-1 1/2

GV

1. Alista Flaaten MC 14-8 1/2
2. Chris Jardin MC 14-7
3. Rochelle Carvalho MC 14-3
4. Renee Gistano CV 14-1/2
5. Danielle Lacey CV 12-4 1/2

BV

1. Mike Cannon SLZ 19'0"
2. Robert Wright CV 17'10"
3. John Pichetti CV 17'3.5"
4. Rashod Cotton SLZ 16'10"
5. Biydh Balde MC N.M.

Triple Jump

place name school mark
GFS
1. Amala Shetty MC 28'1"
2. Mimi Cortopassi CV 27'9.5"
3. Kara Lawrence CV 27'7.5"
4. Savannah Trakes CV 25'10"

Castro Valley vs. Moreau Catholic & San Lorenzo

Friday, May 2, 2003

| | | |
|-----------------------|----|-------|
| 5. Stephanie Tabor | CV | 25'0" |
| 6. Maritoni Carvalito | MC | 24'8" |
| 7. Sharlee Solis | CV | 24'5" |

BFS

| | | |
|-----------------|----|---------|
| 1. Josh Shinoda | CV | 35'5.5" |
| 2. Chris Casey | CV | 31'4" |
| 3. Amos Han | CV | 30'9" |
| 3. Ryan Lee | CV | 30'9" |

GV

| | | |
|---------------------|----|-------|
| 1. Chelsea Chandler | CV | 32'1" |
| 2. Chris Jardin | MC | 30'1" |
| 3. Danielle Lacey | CV | 27'0" |

BV

| | | |
|--------------------|-----|-------|
| 1. Mike Connon | SLZ | 38'0" |
| 2. Rashod Cotton | SLZ | 37'5" |
| 3. John Picetti | CV | 37'1" |
| 4. Nick Morozovsky | CV | 24'7" |

High Jump

| place | name | school |
|-------|------|--------|
| mark | | |

GFS

| | | |
|---------------------|----|-----|
| 1. Amanda Delaplane | CV | 4-2 |
| 2. Beth Haworth | CV | 4-0 |

BFS

| | | |
|--------------------|----|-----|
| 1. Mickey Povelt | MC | 5-4 |
| 2. Robert Ferguson | CV | 5-4 |
| 3. Chris Casey | CV | 4-8 |

GV

| | | |
|----------------------|----|-----|
| 1. Rachel Schaffner | MC | 5-2 |
| 2. Lauren Hopfenbeur | CV | 4-8 |
| 3. Katy Stewart | CV | 4-2 |

BV

| | | |
|--------------------|-----|-----|
| 1. John Picetti | CV | 5-8 |
| 2. Dan Davini Jr. | MC | 5-6 |
| 3. Bruce Fernandez | SLZ | 5-2 |
| 4. Rashod Cotton | SLZ | 5-0 |

Shot Put

| place | name | school |
|-------|------|--------|
| mark | | |

GFS

| | | |
|--------------------|------|--------|
| 1. Monica Erdman | CV | 26-3.5 |
| 2. Savannah Trakes | CV | 23-9 |
| 3. Vesario Foley | MCHS | 22-2.5 |
| 4. Laura Fernsten | CV | 20-4 |

BFS

| | | |
|-------------------|-----|------|
| 1. Darwin Tsang | CV | 40-5 |
| 2. Danny Fuecht | CV | 38-0 |
| 3. Tim Struskko | CV | 37-5 |
| 4. Milton Brooks | SLZ | 35-0 |
| 5. David Flores | SLZ | 30-1 |
| 6. Brandon Manley | CV | 27-1 |
| 7. Jonathon Hui | CV | 26-5 |
| 8. Carry Shelby | SLZ | 25-6 |
| 9. Ramin Mayasam | CV | 24-4 |
| 10. Zhan Zhang | CV | 21-4 |

GV

| | | |
|---------------------|----|-------|
| 1. Andrea Carson | SL | 31-9 |
| 2. Maresa Valentine | CV | 31-3 |
| 3. Cassie Wilcox | CV | 27-11 |
| 4. Maelean Pouell | SL | 25-6 |
| 5. Rhiannon Webb | CV | 23-6 |
| 6. Parkle Hungram | SL | 23-4 |

BV

| | | |
|------------------|----|-------|
| 1. Jr Timoteo | SL | 45-4 |
| 2. Marcus Thomas | SL | 42-4 |
| 3. John Vind | SL | 38-10 |
| 4. Dustin | | |
| 5. Wheeler | CV | 33-5 |
| 6. Bollunini | CV | 35-4 |
| 7. Rodney Aqua | CV | 29-6 |
| 8. Vincent Wu | Cv | 28-11 |
| 9. Andrew Ruiz | SL | 28-0 |
| 10. Joe Crison | MC | 27-10 |

Discus

| placename | school | mark |
|-----------|--------|------|
| GFS | | |

| | | |
|--------------------|----|-------|
| 1. Frances Zelaya | MC | 74.95 |
| 2. Rosario Foley | MC | 72.10 |
| 3. Savannah Trakes | CV | 67.5 |
| 4. Monica Erdman | CV | 65.3 |
| 5. Connie Walian | MC | 55.5 |
| 6. Allie Weese | CV | 53.9 |
| 7. Laura Fedmsten | Cv | 48.11 |

| | | |
|-------------------|----|------|
| 8. Jessica Chavez | CV | 44.9 |
|-------------------|----|------|

BFS

| | | |
|------------------|-----|-------|
| 1. Darwin Tsang | CV | 112-8 |
| 2. Milton Brooks | SLZ | 82-10 |
| 3. Danial Flones | SLZ | 77-6 |
| 4. Tim Strysko | CV | 74-2 |
| 5. Shelby Carry | SLZ | 71-10 |
| 6. Danny Feucht | CV | 67-3 |
| 7. Joh Hui | CV | 62-7 |
| 8. Zhan Zhang | CV | 54-4 |

GV

| | | |
|----------------------|-----|--------|
| 1. Janet Balleios | MC | 83.6.5 |
| 2. Jessica Rossaline | CV | 78.3 |
| 3. Anissa Cartheu | SLZ | 78.2 |

BV

| | | |
|--------------------|-----|---------|
| 1. Jr. Timetao | SLZ | 131-1 |
| 2. John Uins | SLZ | 130-3.5 |
| 3. Marcus Thomas | SLZ | 109 |
| 4. Aaron Belluomin | CV | 98-4 |
| 5. Jow C. | MC | 95-7 |
| 6. Rodney Aqua | CV | 89-4 |
| 7. Andy Ruiz | SLZ | 58 |

Pole Vault

| place | name | school | mark |
|-------|------|--------|------|
|-------|------|--------|------|

GFS

| | | |
|---------------------|----|-----|
| 1. Amanda Delaplane | CV | 7-0 |
| 2. Nicole Campbell | CV | 6-6 |
| no third | | |

BFS

| | | |
|--------------------|----|-----|
| 1. Robert Ferguson | CV | 9-6 |
| 2. Chris Casey | CV | 9-6 |
| 3. Josh Ashford | CV | 8-6 |

GV

| | | |
|-----------------------|----|-----|
| 1. Christia Davini | MC | 9-6 |
| 2. Nicole Fabian | MC | 9-0 |
| 3. Tobie Okoronkwo | MC | 8-6 |
| 4. Stephanie Lassalle | CV | 8-0 |
| 5. Joanne Lacsina | MC | 7-0 |
| 6. Melody Jue | CV | 7-0 |

BV

| | | |
|-------------------|----|------|
| 1. Kevan Turner | CV | 11-0 |
| 2. Kevin teel | CV | 10-6 |
| 3. Todd Valdeze | MC | 9-6 |
| 4. Jim Bustemeyer | MC | N.A. |

The meet went very well, considering our previous tri-meets had been long affairs ending under the lights. This one turned out to be fairly quick, as we seemed to have fewer athletes in competition today.

Losing to San Lorenzo was not what we had hoped for, but since we have lost all of our junior and senior varsity boy sprinters, that was not totally unexpected. The few varsity boys remaining made the most of what we had, and we did end up beating Moreau Catholic.

We end up with the following team records:

| | |
|------|-----|
| BV: | 6-2 |
| GV: | 7-1 |
| BFS: | 7-1 |
| GFS: | 8-0 |

Upcoming events:

Mon 5/12 - HAAL PV @ CV 3:30
all other regular workout

Tue: 5/13 - HAAL Championships @ Chabot Release 10:55, bus 11:20

Wed: 5/14 - HAAL Championships @ Chabot Release 11:05, bus 11:20

Thur-Fri - NCS qualifiers workout, all others uniform return

Mon-Fri 5/19-23 - NCS qualifiers workout, all others uniform return
Sat 5/24 - NCS @ Logan

Fri-Sat 5 30-31 - NCS MOC @ Berkeley
Monday, June 2 - Team Awards Banquet

Charlie Eaton / Bob Warren Relays

Acalanes High School Saturday, May 3, 2003

In our season-ending invitational, we were able to get enough of our team out to make quite a presence. Once again our boys' varsity consisted only of the distance, the vaulters, Evan and Picetti, but we made our mark on the girls' side. The GFS won easily overall (yeah!) and the GV was a very close second to Miramonte. In fact, it came down to the mile relay at the end and they prevailed over us. Evidently the SAT II tests took a few athletes out of contention, as did laziness and other concerns.

At this point in the season, it was gratifying to see how much improvement our hard workers are seeing. This is exactly the time of the year where we want to see the surge in improvement, especially if the athlete has been following the workout program.

The meet was punctuated by drizzle and all-out rain, which was only during the lunch break. The meet also featured the coaches' 4 x 100 challenge, where the geriatrics of CV got beat by the wunderkind of Miramonte.

GFS 4 x mile

| | | |
|------------------|--------|-------------|
| Moryah Schindler | 6:05.6 | |
| Becky Riberia | 6:25.3 | |
| Katelyn Phillips | 6:43.0 | |
| Lauren Ma | 6:42.0 | 26:03.0 2nd |

The young girls were out to get some good competition, and found themselves in a position to medal. Moryah led off with a strong leg, and the rest of the girls held on.

BFS 4 x mile

| | | |
|---------------|--------|-------------|
| Preston B-Opp | 5:26.7 | |
| Tim Cole | 5:31 | |
| Jon Hui | 5:33 | |
| Bennett Hall | 5:15 | 21:51.0 3rd |

We had to scramble to get everyone in a race and get the team together, but we put a squad on the track and they responded with a pretty good effort.

BFS 110 HH

| | | |
|--------------|-------|----------------------------|
| Kevan Turner | 19.92 | 4th in heat 2, 6th overall |
|--------------|-------|----------------------------|

Kevan always looks surprised about running, but he did ok.

BV 110 HH

| | | |
|----------------|-------|---------------|
| Dustin Wheeler | 18.93 | 4th in heat 2 |
|----------------|-------|---------------|

Dustin galloped gamely over the barriers and improved by quite a bit.

GFS 100 HH

| | | |
|-------------------|-------|----------------------------|
| Stephanie Lasalle | 18.60 | 2nd in heat 1, 2nd overall |
| Kathryn Pomroy | 19.76 | 1st in heat 2, 4th overall |

Both Steph and Kathryn showed much better confidence over the barriers.

GV 100 HH

| | | |
|------------------|-------|-----------------------------|
| Katy Stewart | 18.77 | 4th in heat 1, 10th overall |
| Chelsea Chandler | 16.02 | 1st in heat 3 |
| | 16.08 | 1st in finals |

Katy ran her season best, and Chelsea proved that her races of last week were no fluke as she easily won the meet.

GFS 4 x 880

| | | |
|------------------|--------|--------------|
| Carolyn Chin | 2:36.9 | |
| Moryah Schindler | 2:44.6 | |
| Joanna Gistand | 2:54.6 | |
| Alicia Inn | 2:46.0 | 11:00.88 2nd |

Even though Joanna was called into emergency service, the team still did very well and cruised into a medal spot.

BFS 4 x 880

| | | |
|--------------|------|--|
| Bennett Hall | 2:26 | |
| Tim Cole | 2:23 | |

| | | |
|--------------|------|-------------|
| Matt Riley | 2:31 | |
| Dean Rasheed | 2:28 | 9:47.98 4th |

After all the scrambling around, we ended up with an 8th grade on the team and we still got medals. Good work by the new guys, Tim and Rasheed.

BV 4 x 880

| | | |
|---------------|------|------------|
| Scott Clark | 2:14 | |
| Preston B-Opp | 2:21 | |
| Jordan Bailey | 2:15 | |
| TJ Miller | 2:06 | 8:59.5 5th |

We also had to scramble to get TJ out of bed and over to the races, and he was able to pass enough people to get us into a medal finish.

GV 100

| | | |
|---------------|-------|---------------|
| Michelle Chan | 13.38 | 2nd in heat 3 |
| | 13.36 | 4th in finals |
| Charis Chan | 12.71 | 1st in heat 1 |
| | 12.66 | 1st in finals |

Our two girls did just fine, thank you. Charis and Michelle both lowered their season bests and scored well for us.

BFS 4 x 220

| | |
|---|----------------------------|
| Evan Ballar, Kiyoshi Hiraki, Brian Yip, Tommy Speth | |
| 1:39.56 | 3rd in heat 1, 5th overall |

The FS guys looked real good, despite shaky handoffs.

GFS 4 x 220

| | |
|---|-------------|
| Joanna Gistand, Karissa Casey, Alicia Inn, Carolyn Chin | |
| 1:55.53 | 2nd overall |

The sprint girls are a nice cluster of talent, and ran well behind a very good Deer Valley team.

GV 4 x 220

| | |
|---|-------------|
| Michelle Chan, Chelsea Chandler, Renee Gistand, Charis Chan | |
| 1:46.93 | 1st overall |

How many times can these girls set the school record in this event? This was the 3rd consecutive invitational that they lowered this standard.

BV 3200

| | | |
|--------------|----------|------|
| Bennett Hall | 11:18.08 | 11th |
|--------------|----------|------|

Bennett filled in for the missing Zane to get the work in, and did well in a quality varsity field.

GV 3200

| | | |
|-----------------|----------|------|
| Shannon Alter | 13:33.23 | 11th |
| Melissa Simmons | 13:58.52 | 12th |

The girls needed to get into a large field, and they were in the running for a few laps. The pace was too much for them, and they settled back into a safer pace for the rest of the race.

BFS 4 x 100

| | |
|---|----------------------------|
| Evan Ballar, Kiyoshi Hiraki, Brian Yip, Tommy Speth | |
| 47.31 | 3rd in heat 1, 5th overall |

The time was not bad, but the handoffs always seem to need work.

GFS 4 x 100

| | |
|---|-------------|
| Joanna Gistand, Karissa Casey, Alicia Inn, Carolyn Chin | |
| 54.55 | 2nd overall |

This was a pretty good time for us.

GV 4 x 100

| | |
|---|-----|
| Michelle Chan, Chelsea Chandler, Renee Gistand, Charis Chan | |
| 50.57 | 1st |

This was our first real effort with the new order, and it appears to work as we ran our best time of the season.

GFS 4 x 440

| | | |
|---------------|------|-------------|
| Alicia Inn | 66.0 | |
| Karissa Casey | 68.4 | |
| Collette Cox | 68.1 | |
| Carolyn Chin | 65.7 | 4:28.88 2nd |

Collette showed up late, due to confusion over the schedule, and helped us out to another medal spot.

GV 4 x 440

| | | |
|-----------------|------|-------------|
| Charis Chan | 63.4 | |
| Heather Matheny | 66.8 | |
| Renee Gistand | 64.6 | |
| Holly Matheny | 62.2 | 4:16.92 3rd |

Despite Holly having a tizzy about running anchor, we did very well and picked up points and medals.

BFS Shot Put

| | | |
|--------------|---------|-----|
| Darwin Tsang | 39-11 | 3rd |
| Danny Feucht | 36-09.5 | 6th |

These two boys have been very consistent in scoring at all the invitations this season.

BFS Long Jump

| | | |
|----------------|-------|------|
| Kiyoshi Hiraki | 15-09 | 12th |
|----------------|-------|------|

Something about the rain hampered Kiyoshi's effort today.

GFS High Jump

| | | |
|-------------------|------|-----|
| Lauren Hopfenbeck | 4-10 | 1st |
| Amanda Delaplane | 4-4 | 3rd |

Lauren once again reached good heights with her new-found confidence in the event. She and Amanda scored major points for us.

GV Triple Jump

| | | |
|------------------|------|-----|
| Chelsea Chandler | 33-8 | 1st |
|------------------|------|-----|

In a small field Chelsea dominated.

GV High Jump

| | | |
|--------------|-----|-----|
| Katy Stewart | 4-8 | 3rd |
|--------------|-----|-----|

Katy had her best day of the season, with very good jumps today.

GFS Pole Vault

| | | |
|-------------------|-----|-------------|
| Stephanie Lasalle | 7-6 | tie for 4th |
|-------------------|-----|-------------|

A subdued effort.

BFS Discus

| | | |
|--------------|-------|-----|
| Danny Feucht | 103-2 | 4th |
| Darwin Tsang | 102-7 | 5th |

More medals for the lads with some good tosses.

BFS High Jump

| | | |
|-----------------|------|-----|
| Robert Ferguson | 5-0 | 5th |
| Chris Casey | 4-10 | 6th |

The boys were not at their best today.

GFS Triple Jump

| | | |
|---------------|------|-----|
| Kara Lawrence | 27-5 | 1st |
|---------------|------|-----|

Kara jumped in a downpour, and it held up for the top spot.

BFS Pole Vault

| | | |
|--------------|------|-----|
| Kevinn Teel | 10-6 | 4th |
| Kevan Turner | 10-6 | 5th |

Goodmarks, but a tough field.

BV High Jump

| | | |
|--------------|-----|-----|
| John Picetti | 5-6 | 1st |
|--------------|-----|-----|

In the rain John prevailed.

BV Triple Jump

| | | |
|--------------|------|-----|
| John Picetti | 38-4 | 3rd |
|--------------|------|-----|

Not a great mark, but it was worth a medal today.

2003 HAAL Championships

May 23-24 @ Chabot College, Hayward

Scores:

| | |
|-----------------|-----|
| GFS: | |
| Castro Valley | 153 |
| San Leandro | 93 |
| Arroyo | 79 |
| Moreau Catholic | 73 |
| Hayward | 33 |
| Bishop O'Dowd | 25 |
| Tennyson | 17 |
| San Lorenzo | 8 |
| Mt. Eden | 0 |

| | |
|-----------------|-----|
| BFS: | |
| Mt. Eden | 112 |
| Castro Valley | 111 |
| Bishop O'Dowd | 60 |
| Moreau Catholic | 54 |
| Hayward | 53 |
| San Leandro | 51 |
| Tennyson | 38 |
| San Lorenzo | 6 |
| Arroyo | 1 |

| | |
|-----------------|-----|
| GV: | |
| Bishop O'Dowd | 114 |
| Castro Valley | 103 |
| Mt. Eden | 62 |
| Moreau Catholic | 57 |
| Hayward | 47 |
| Arroyo | 37 |
| San Lorenzo | 30 |
| San Leandro | 26 |
| Tennyson | 16 |

| | |
|-----------------|-----|
| BV: | |
| Bishop O'Dowd | 128 |
| Castro Valley | 73 |
| San Leandro | 70 |
| Moreau Catholic | 64 |
| San Lorenzo | 60 |
| Hayward | 36 |
| Mt. Eden | 29 |
| Arroyo | 23 |
| Tennyson | 10 |

Event 1 -- GFS 4 x 100

| place | names | sch | entry | time |
|-------|-----------------|-----|-------|-------|
| 1 | SAN LEANDRO | SL | 53.4 | 52.35 |
| 2 | CASTRO VALLEY | CV | 54 | 54.16 |
| 3 | Arroyo | A | 56.0 | 55.24 |
| 4 | MOREAU CATHOLIC | MC | N.T. | 56.14 |
| 5 | HAYWARD | H | 55.6 | 56.62 |
| D.Q | BISHOP O'DOWD | BOD | 53.5 | 57.87 |
| D.Q | TENNYSON | T | 56.5 | 58.3 |
| | SAN LORENZO | SLZ | 54.5 | DNS |

Event #2 -- BFS 4 x 100

| place | names | sch | entry | time |
|-------|---------------|-----|-------|-------|
| 1 | BISHOP O'DOWD | BOD | 46.3 | 46.62 |
| 2 | MT. EDEN | ME | 46.47 | 46.81 |
| 3 | SAN LEANDRO | SL | 46.7 | 46.88 |
| 4 | CASTRO VALLEY | CV | 47.5 | 47.09 |
| 5 | TENNYSON | T | 45.4 | 48.04 |
| 6 | A | A | 50 | 52.87 |

Event #3 -- GV 4 x 100

| place | names | sch | entry | time |
|-------|-----------------|-----|-------|-------|
| 1 | MT. EDEN | ME | 48.9 | 49.17 |
| 2 | BISHOP O'DOWD | BOD | 49.9 | 50.16 |
| 3 | CASTRO VALLEY | CV | 50.57 | 50.26 |
| 4 | HAYWARD | H | 50.1 | 50.84 |
| 5 | MOREAU CATHOLIC | MC | 51.8 | 54.04 |
| D.Q | Arroyo | A | 54 | 55.17 |
| | TENNYSON | T | 53.1 | DNS |

Event #4 -- BV 4 x 100

| place | names | sch | entry | time |
|-------|-----------------|-----|-------|-------|
| 1 | BISHOP O'DOWD | BOD | 42.1 | 42.38 |
| 2 | HAYWARD | H | 43.05 | 42.44 |
| 3 | SAN LEANDRO | SL | 43.4 | 43.76 |
| 4 | SAN LORENZO | SLZ | 43.6 | 46.07 |
| 5 | CASTRO VALLEY | CV | N.T. | 46.53 |
| 6 | MT. EDEN | ME | 46.94 | 47.1 |
| | MOREAU CATHOLIC | MC | 44.6 | DNS |
| | Arroyo | A | 49 | DNS |

Event #5 -- GFS 1600

| name | grade | sch | qualify | mark |
|---------|-------------|-------|---------|--------|
| Heat 1: | | | | |
| 1 | Corinne Yee | 10 MC | 6:03 | 5:52.9 |

| | | | | |
|----|---------------------|--------|------|--------|
| 2 | Yasmin Hernandez | 9 A | 6:19 | 5:55.8 |
| 3 | Alba Riveira | 10 SL | 6:01 | 5:59.5 |
| 4 | Emerald Maravilla | 10 MC | 6:17 | 6:03.1 |
| 5 | Natalie Baluyot | 10 H | 5:58 | 6:05.0 |
| 6 | Becky Ribeira | 9 CV | 6:12 | 6:15.0 |
| 7 | Molly Powell | 10 MC | 6:46 | 6:22.1 |
| 8 | Lauren Ma | 9 CV | 6:32 | 6:33.2 |
| 9 | Elyse Freitas | 10 BOD | 6:25 | 6:37.4 |
| 10 | Rebecca Nourot | 10 H | 6:20 | 6:42.9 |
| 11 | Ana Ruiz | 10 A | 6:37 | 6:45.7 |
| 12 | Sonja Weaver-Madsen | 10 MC | 6:56 | 6:51.7 |
| 13 | MaryAnn Garcia | 10 A | 7:30 | 6:55.1 |
| 14 | Andrea Cardenas | 10 BOD | 5:45 | dns |

Heat 2:

| | | | | |
|----|---------------------|-------|------|--------|
| 1 | Christina Robertson | 10 CV | 5:57 | 5:47.1 |
| 2 | Amy Minor | 9 H | 6:01 | 5:52.3 |
| 3 | Moryah Schindler | 10 CV | 6:01 | 5:53.6 |
| 4 | Yu-Mee Leal | 9 A | 6:13 | 5:54.8 |
| 5 | Jennifer Caro | 9 H | 5:56 | 6:07.5 |
| 6 | Shana Kennedy | 10 SL | 6:15 | 6:10.0 |
| 7 | Shirley Lim | 9 A | 6:22 | 6:11.6 |
| 8 | Katie Hislop | 9 MC | 6:31 | 6:27.3 |
| 9 | Laila Foadian | 9 MC | 6:31 | 6:35.7 |
| 10 | Katelyn Phillips | 9 CV | 6:23 | 6:37.2 |
| 11 | Beatriz Leon | 10 T | 7:04 | 7:04.3 |
| 12 | Vanessa Depue | 9 CV | 8:46 | 7:06.8 |
| 13 | Therese Tionguico | 9 T | 6:43 | 7:07.1 |
| 14 | Stephanie Martin | 9 T | 7:24 | 7:16.4 |

Finals:

| | | | | |
|----|---------------------|-------|--------|---------|
| 1 | Christina Robertson | 10 CV | 5:47.1 | 5:43.13 |
| 2 | Corinne Yee | 10 MC | 5:52.9 | 5:47.28 |
| 3 | Moryah Schindler | 10 CV | 5:53.6 | 5:51.00 |
| 4 | Jennifer Caro | 9 H | 6:07.5 | 5:50.99 |
| 5 | Amy Minor | 9 H | 5:52.3 | 5:57.03 |
| 6 | Yasmin Hernandez | 9 A | 5:55.8 | 5:57.29 |
| 7 | Yu-Mee Leal | 9 A | 5:54.8 | 6:01.57 |
| 8 | Natalie Baluyot | 10 H | 6:05.0 | 6:03.00 |
| 9 | Alba Riveira | 10 SL | 5:59.5 | 6:03.60 |
| 10 | Shana Kennedy | 10 SL | 6:10.0 | 6:04.09 |
| 11 | Emerald Maravilla | 10 MC | 6:03.1 | 6:07.00 |
| 12 | Shirley Lim | 9 A | 6:11.6 | 6:18.00 |

Event #6 BFS 1600

| name | grade | sch | qualify | mark |
|---------|------------------|-------|---------|--------|
| Heat 1: | | | | |
| 1 | Mauricio Hurtado | 9 H | 4:50 | 4:49.9 |
| 2 | Nick Toda | 10 MC | 4:57 | 4:55.7 |
| 3 | Jonathan Pineda | 10 MC | 4:58 | 4:59.8 |
| 4 | Tedros Tamen | 10 T | 5:07 | 5:03.6 |
| 5 | Bennet Hall | 10 CV | 5:05 | 5:07.7 |
| 6 | Andrew Chan | 10 MC | 5:20 | 5:10.4 |
| 7 | Jon Hui | 9 CV | 5:18 | 5:20.5 |
| 8 | Rene Tionguico | 10 T | 6:42 | 5:23.9 |
| 9 | Scott Wong | 9 CV | 5:29 | 5:29.0 |
| 10 | Jack Draper | 9 BOD | 5:20 | 5:33.7 |
| 11 | Jarod Opperman | 10 MC | 5:40 | 5:42.2 |
| 12 | Kevin Clawson | 9 BOD | 5:45 | 5:49.9 |
| 13 | Jose Baamunde | 10 SL | 5:30 | 5:50.1 |
| 14 | Mario Hernandez | 9 SLZ | 5:03 | dns |

Heat 2:

| | | | | |
|----|-----------------|-------|------|--------|
| 1 | Puulu Acoba | 10 MC | 4:54 | 4:48.3 |
| 2 | Scott Clark | 10 CV | 5:01 | 4:55.8 |
| 3 | Jordan Bailey | 10 CV | 4:55 | 4:55.9 |
| 4 | Ben Gutierrez | 9 BOD | 5:04 | 4:56.2 |
| 5 | Schuyler Hall | 9 ME | 5:04 | 5:00.5 |
| 6 | Tim Cole | 10 CV | 5:27 | 5:16.7 |
| 7 | Kyle DeLauro | 9 H | 5:20 | 5:19.3 |
| 8 | Trieu Huynh | 10 T | 5:33 | 5:23.0 |
| 9 | Louie Lucero | 9 SL | 5:20 | 5:33.3 |
| 10 | Jonathan Rivac | 10 T | 6:16 | 5:37.6 |
| 11 | Clark Witt | 10 A | 5:57 | 5:53.9 |
| 12 | Mikhail Poblete | 10 MC | 5:35 | 6:13.3 |
| 13 | Jeff Swartz | SL | 5:03 | dns |
| 14 | Dan Schieffer | 9 BOD | 5:20 | dns |

Finals:

| | | | | |
|----|------------------|-------|--------|---------|
| 1 | Mauricio Hurtado | 9 H | 4:49.9 | 4:46.98 |
| 2 | Paulo Acoba | 10 MC | 4:48.3 | 4:50.46 |
| 3 | Jonathan Pineda | 10 MC | 4:59.8 | 4:53.61 |
| 4 | Nick Toda | 10 MC | 4:55.7 | 4:53.66 |
| 5 | Jordan Bailey | 10 CV | 4:55.9 | 4:56.32 |
| 6 | Ben Gutierrez | 9 BOD | 4:56.2 | 4:56.89 |
| 7 | Schuyler Hall | 9 ME | 5:00.5 | 5:00.90 |
| 8 | Scott Clark | 10 CV | 4:55.8 | 5:02.03 |
| 9 | Bennet Hall | 10 CV | 5:07.7 | 5:03.05 |
| 10 | Tedros Tamen | 10 T | 5:03.6 | 5:04.02 |
| 11 | Tim Cole | 10 CV | 5:16.7 | 5:11.08 |
| 12 | Andrew Chan | 10 MC | 5:10.4 | 5:12.03 |

Event #7 -- GV 1600

| name | grade | sch | qualify | mark |
|---------|------------------|--------|---------|--------|
| Heat 1: | | | | |
| 1 | Zinzi Evans | 12 SLZ | 5:02 | 5:28.0 |
| 2 | Ari Wright | 9 BOD | 5:40 | 5:39.1 |
| 3 | Jessica Scalzo | 10 A | 5:43 | 5:44.7 |
| 4 | Chelsea Tikotsky | 12 A | 5:57 | 6:03.6 |
| 5 | Joan Sim | 11 A | 6:30 | 6:16.9 |
| 6 | Shana Mitchell | 9 ME | 6:29 | 6:19.5 |
| 7 | Samantha Suey | 11 CV | 6:17 | 6:22.4 |
| 8 | Karla Macedo | 11 T | 6:49 | 6:44.4 |
| 9 | Amanda Atwood | 11 BOD | 6:15 | 6:49.4 |
| 10 | Melissa Simmons | 11 CV | 6:08 | dns |
| 11 | Emma Williams | 11 BOD | 5:50 | dns |
| 12 | Christy Affe | 11 SLZ | 6:10 | dns |

Heat 2:

| | | | | |
|---|-----------------|--------|------|--------|
| 1 | Rachel Mendez | 10 H | 5:35 | 6:04.1 |
| 2 | Shannon Alter | 11 CV | 5:58 | 6:11.9 |
| 3 | Rhiannon Webb | 12 CV | 6:12 | 6:16.4 |
| 4 | Yvette Perez | 11 H | 6:10 | 6:19.9 |
| 5 | Aoife Hanrahan | 11 MC | 6:25 | 6:21.2 |
| 6 | Mary Hannon | 11 MC | 6:26 | 6:22.5 |
| 7 | Wendy Ortiz | 11 A | 6:45 | 6:28.5 |
| 8 | Hong Lien | 11 A | 6:45 | 6:40.1 |
| | Stephanie Solis | 11 SLZ | 6:05 | dns |
| | Angela McIsaac | 11 BOD | 5:50 | dns |
| | Anna Purcell | 11 BOD | 5:20 | dns |
| | Lia Marshall | 11 BOD | 5:45 | dns |
| | Lupe Murciez | 11 SLZ | 6:55 | dns |

Finals:

| | | | | |
|----|------------------|--------|--------|---------|
| 1 | Zinzi Evans | 12 SLZ | 5:28.0 | 5:15.01 |
| 2 | Ari Wright | 9 BOD | 5:39.1 | 5:30.09 |
| 3 | Jessica Scalzo | 10 A | 5:44.7 | 5:30.36 |
| 4 | Rachel Mendez | 10 H | 6:04.1 | 5:48.70 |
| 5 | Chelsea Tikotsky | 12 A | 6:03.6 | 5:49.00 |
| 6 | Shannon Alter | 11 CV | 6:11.9 | 5:58.18 |
| 7 | Samantha Suey | 11 CV | 6:22.4 | 6:10.69 |
| 8 | Rhiannon Webb | 12 CV | 6:16.4 | 6:12.06 |
| 9 | Aoife Hanrahan | MC | 6:21.2 | 6:13.32 |
| 10 | Yvette Perez | 11 H | 6:19.9 | 6:23.76 |
| 11 | Shana Mitchell | 9 ME | 6:19.5 | 6:24.09 |
| 12 | Joan Sim | 11 A | 6:16.9 | 6:25.26 |

Event #8 00 BV 1600

| name | grade | sch | qualify | mark |
|---------|-----------------|--------|---------|------|
| Heat 1: | | | | |
| 1 | Andrew Seishas | 12 MC | 4:56 | |
| 2 | Jason Ribeira | 11 CV | 4:49 | |
| 3 | Chris Wong | 11 BOD | 4:40 | dns |
| 4 | John Yano | 11 CV | 4:32 | |
| 5 | Taylor Graham | 12 MC | 4:25 | |
| 6 | Vince D'onofrio | 11 BOD | 4:35 | dns |
| 7 | Daniel Hannon | 12 MC | 4:40 | |
| 8 | Matt Caselli | 12 BOD | 4:50 | dns |
| 9 | Noel Romo | 12 ME | 5:07 | |
| 1A | Albert Brady | 12 H | 5:15 | |

Heat 2:

| | | | | |
|----|------------------|--------|------|-----|
| 1 | Devon Marsh | 12 BOD | 4:52 | dns |
| 2 | Blake Garrett | 12 SLZ | 4:45 | dns |
| 3 | Tony Quintana | 10 MC | 4:36 | |
| 4 | Brandon Carballo | 12 MC | 4:27 | |
| 5 | Tim Wallach | 12 BOD | 4:26 | dns |
| 6 | Zane Welte | 12 CV | 4:36 | |
| 7 | Mike Sanchez | 12 ME | 4:42 | dns |
| 8 | Leonard Greenlaw | 12 T | 4:52 | |
| 9 | Pedro Ruiz | 11 H | 5:12 | |
| 1A | Chris Rodriguez | 11 BOD | 5:17 | dns |
| 2A | Ross Curiel | 11 H | 5:30 | dns |

due to scratches, the heats were byed to finals

Finals:

| | | | | |
|----|------------------|-------|------|---------|
| 1 | Brandon Carballo | 12 MC | 4:27 | 4:34.13 |
| 2 | Taylor Graham | 12 MC | 4:25 | 4:35.56 |
| 3 | John Yano | 11 CV | 4:32 | 4:39.93 |
| 4 | Zane Welte | 12 CV | 4:36 | 4:40.28 |
| 5 | Daniel Hannon | 12 MC | 4:40 | 4:43.08 |
| 6 | Tony Quintana | 10 MC | 4:36 | 4:45.51 |
| 7 | Leonard Greenlaw | 12 T | 4:52 | 4:50.97 |
| 8 | Jason Ribeira | 11 CV | 4:49 | 4:51.00 |
| 9 | Pedro Ruiz | 11 H | 5:12 | 5:00.00 |
| 10 | Noel Romo | 12 ME | 5:07 | 5:21.01 |
| 11 | Albert Brady | 12 H | 5:15 | 5:25.07 |
| 12 | Andrew Seishas | 12 MC | 4:56 | DNS |

Event #9 GFS 100 HH

| name | grade | sch | qualify | mark |
|---------|----------------|------|---------|-------|
| Heat 1: | | | | |
| 1 | Kara Bock | 10 A | 17.4 | 17.32 |
| 2 | Sheila Maniago | 9 A | 18.1 | 18.01 |
| 3 | Kirsten Hudson | 9 A | 18.6 | 18.21 |

2003 HAAL Championships

May 23-24 @ Chabot College, Hayward

| | | | | | |
|---|-----------------|----|----|-------|-------|
| 4 | Kathryn Pomroy | 10 | CV | 19.24 | 18.54 |
| 5 | Rosalind Roth | 9 | SL | 22 | 20.88 |
| 6 | Carly Sanders | 9 | CV | 20.8 | 21.74 |
| 7 | Jean Alcantara | 10 | T | 19.1 | dnf |
| 8 | Jerri Pfisterer | 10 | CV | 20.9 | dns |

| | | | | | |
|--------|------------------|----|-----|------|-------|
| Heat 2 | | | | | |
| 1 | Robin Bergeron | 10 | A | 17.7 | 18.17 |
| 2 | Patty Chung | 9 | A | 17.5 | 18.96 |
| 3 | Biccie Longley | 10 | BOD | 19 | 19.2 |
| 4 | Carly Sanderson | 9 | CV | 19.7 | 20.25 |
| 5 | Emily Ng | 9 | A | 19.4 | 20.49 |
| 6 | Amy Tereshima | 10 | BOD | 21 | 20.95 |
| 7 | Amanda Delaplane | 10 | CV | 19.8 | NT |
| 8 | Brittney Nation | | BOD | 21 | NT |
| 9 | Nicoke Campbell | 10 | CV | n.t. | n.t. |

| | | | | | |
|-------|-----------------|----|-----|-------|-------|
| Final | | | | | |
| 1 | Kara Bock | 10 | A | 17.32 | 17.35 |
| 2 | Kirsten Hudson | 9 | A | 18.21 | 18.22 |
| 3 | Robin Bergeron | 10 | A | 18.17 | 18.23 |
| 4 | Sheila Maniago | 9 | A | 18.01 | 18.34 |
| 5 | Kathryn Pomroy | 10 | CV | 18.54 | 18.65 |
| 6 | Patty Chung | 9 | A | 18.96 | 18.93 |
| 7 | Biccie Longley | 10 | BOD | 19.2 | 19.37 |
| 8 | Carly Sanderson | 9 | CV | 20.25 | 20.1 |
| 9 | Emily Ng | 9 | A | 20.49 | 20.6 |

| | | | | | |
|----------------------|------|-------|-----|---------|------|
| Event # 10 GV 100 HH | | | | | |
| | name | grade | sch | qualify | mark |

| | | | | | |
|--------|--------------------|----|----|-------|-------|
| Heat 1 | | | | | |
| 1 | Rachel Schaffner | 12 | MC | 15.7 | 16.22 |
| 2 | Tia Truesdale | 11 | T | 17.4 | 17.71 |
| 3 | Katy Stewart | 11 | CV | 19.1 | 18.28 |
| 4 | Christina Robinson | 11 | CV | 18.9 | 18.64 |
| 5 | Tomonica Baker | 11 | T | 20.5 | 20.88 |
| 6 | Lorene Huang | 11 | A | 25.1 | 24.9 |
| 7 | Cameo Motley | 9 | ME | 18.12 | dns |

| | | | | | |
|--------|------------------|----|-----|-------|-------|
| Heat 2 | | | | | |
| 1 | Chelsea Chandler | 12 | CV | 16.02 | 15.85 |
| 2 | Catey Coppini | 12 | MC | 17.6 | 17.32 |
| 3 | Alysia Criner | 11 | BOD | 18.5 | 18.49 |
| 4 | Malanie Meyer | 11 | T | 18.9 | 20.05 |
| 5 | Tami Lantz | 11 | A | 20.8 | 20.17 |
| 6 | Roana Tirado | 12 | CV | 20.1 | 20.96 |

| | | | | | |
|--------|--------------------|----|-----|-------|-------|
| Heat 3 | | | | | |
| 1 | Marisa Boge | 9 | BOD | 17.2 | 16.81 |
| 2 | Charliena Busch | 12 | SL | 16.8 | 16.9 |
| 3 | Angela Dohrmann | 10 | CV | 18.4 | 17.09 |
| 4 | Stephanie Lassalle | 10 | CV | 18.6 | 18.44 |
| 5 | Kennese Bass | 11 | ME | 20.94 | 20.33 |
| 6 | Jyniece Nelson | 11 | ME | 18.98 | 21.07 |

| | | | | | |
|-------|--------------------|----|-----|-------|-------|
| Final | | | | | |
| 1 | Chelsea Chandler | 12 | CV | 15.85 | 15.86 |
| 2 | Rachel Schaffner | 12 | MC | 16.22 | 16.23 |
| 3 | Tia Truesdale | 11 | T | 17.71 | 16.57 |
| 4 | Charliena Busch | 12 | SL | 16.9 | 17.23 |
| 5 | Marisa Boge | 9 | BOD | 16.81 | 17.28 |
| 6 | Angela Dohrmann | 10 | CV | 17.09 | 17.59 |
| 7 | Catey Coppini | 12 | MC | 17.32 | 17.64 |
| 8 | Stephanie Lassalle | 10 | CV | 18.44 | 18 |
| 9 | Katy Stewart | 11 | CV | 18.28 | 18.2 |

| | | | | | |
|-----------------------|------|-------|-----|---------|------|
| Event # 11 BFS 110 HH | | | | | |
| | name | grade | sch | qualify | mark |

| | | | | | |
|--------|-----------------|----|-----|------|-----|
| Heat 1 | | | | | |
| 1 | | | | | |
| 2 | | | | | |
| 3 | Chris Casey | 10 | CV | 20.5 | |
| 4 | Brandon Johnson | 10 | CV | 19.2 | |
| 5 | Ross LeBrenz | 9 | SL | 17.5 | |
| 6 | Dan Tortuga | 9 | BOD | 20 | |
| 7 | Ryan Lee | 10 | CV | NM | dns |
| 8 | | | | | |
| 9 | | | | | |

| | | | | | |
|--------|-----------------|----|----|-------|-----|
| Heat 2 | | | | | |
| 1 | | | | | |
| 2 | Corey Eck | 9 | CV | NM | |
| 3 | Josh Ashford | 10 | CV | 20.3 | |
| 4 | Chris Pangelina | 10 | T | 19.2 | |
| 5 | Ayon Cesar | 10 | SL | 18.2 | dns |
| 6 | Maurice Martine | 10 | ME | 20.28 | |
| 7 | Michael Sene | 10 | CV | NM | dns |
| 8 | | | | | |
| 9 | | | | | |

due to scratches, all heats were byed to finals

| | | | | | |
|-------|-----------------|----|---|------|-------|
| Final | | | | | |
| 1 | Chris Pangelina | 10 | T | 19.2 | 19.27 |

| | | | | | |
|---|-----------------|----|-----|-------|-------|
| 2 | Brandon Johnson | 10 | CV | 19.2 | 19.5 |
| 3 | Maurice Martine | 10 | ME | 20.28 | 19.96 |
| 4 | Ross LeBrenz | 9 | SL | 17.5 | 21.19 |
| 5 | Dan Tortuga | 9 | BOD | 20 | 21.28 |
| 6 | Josh Ashford | 10 | CV | 20.3 | 22.06 |
| 7 | Chris Casey | 10 | CV | 20.5 | 22.3 |
| 8 | Charles Eck | 9 | CV | NM | dns |

| | | | | | |
|----------------------|------|-------|-----|---------|------|
| Event # 12 BV 110 HH | | | | | |
| | name | grade | sch | qualify | mark |

| | | | | | |
|--------|-----------------|----|-----|-------|-------|
| Heat 1 | | | | | |
| 1 | Bruce Fernandez | 11 | SLZ | 17.8 | 17.7 |
| 2 | David McDonald | 12 | ME | 17.95 | 18.82 |
| 3 | Marek Brezula | 10 | CV | 18.2 | 19.64 |
| 4 | Josh Nyugen | 11 | SL | 17 | 19.95 |
| 5 | Kevin Turner | 10 | CV | 19.2 | 20.1 |
| 6 | Yno Teotico | | MC | n.m. | dns |
| 7 | Jon Briggs | | BOD | 18.5 | dns |
| 8 | John Picetti | 11 | CV | NM | dns |
| 9 | | | | | |

| | | | | | |
|--------|-----------------|----|-----|------|-------|
| Heat 2 | | | | | |
| 1 | Robert Wright | 11 | CV | 18 | 18.65 |
| 2 | Jason Allen | 12 | SLZ | 18.2 | 18.67 |
| 3 | Luiz Valasquiz | 12 | SLZ | 17.8 | 19.19 |
| 4 | Cameron Tocea | 11 | BOD | 17 | 19.67 |
| 5 | Dustin Wheeler | 12 | CV | 18.9 | 20.1 |
| 6 | Ray Wong | 11 | SL | 20 | 22.7 |
| 7 | Nick Morozovzki | 12 | CV | 19.7 | dns |

Note: Wheeler (CV) and Turner (CV) tied for the last qualify position.
Brezula (CV) withdrew because of injury so both Turner and Wheeler advance.

| | | | | | |
|-------|-----------------|----|-----|-------|-------|
| Final | | | | | |
| 1 | Bruce Fernandez | 11 | SLZ | 17.7 | 17.24 |
| 2 | David McDonald | 12 | ME | 18.82 | 18.44 |
| 3 | Robert Wright | 11 | CV | 18.65 | 18.56 |
| 4 | Jason Allen | 12 | SLZ | 18.67 | 18.91 |
| 5 | Dustin Wheeler | 12 | CV | 20.1 | 19.02 |
| 6 | Luiz Valasquiz | 12 | SLZ | 19.19 | 19.27 |
| 7 | Cameron Tocea | 11 | BOD | 19.67 | 19.67 |
| 8 | Josh Nyugen | 11 | SL | 19.95 | 20.1 |
| 9 | Kevin Turner | 10 | CV | 20.1 | 20.2 |

| | | | | | |
|--------------------|------|-------|-----|---------|------|
| Event # 13 GFS 400 | | | | | |
| | name | grade | sch | qualify | mark |

| | | | | | |
|--------|------------------|--|-----|------|---------|
| Heat 1 | | | | | |
| 1 | | | | | |
| 2 | SABRINA THOMPSON | | BOD | 73.5 | scratch |
| 3 | CAROLYN CHIN | | CV | 65.7 | |
| 4 | COLETTE COX | | CV | 63.8 | scratch |
| 5 | CRYSTAL HANKTON | | SL | 63.7 | |
| 6 | CARISSA CASEY | | CV | 65.5 | |
| 7 | TARA LAUER | | A | 71 | |
| 8 | ERIN GARRITTY | | A | 75 | |
| 9 | | | | | |

| | | | | | |
|--------|-------------------|--|-----|------|---------|
| Heat 2 | | | | | |
| 1 | | | | | |
| 2 | ELISA SOTO | | A | 75 | |
| 3 | ALICIA INN | | CV | 66.1 | |
| 4 | CHRISTINE HAWKINS | | MC | 63.9 | |
| 5 | ANNA MUNIZ | | SLZ | 63.5 | scratch |
| 6 | DANITRA DIXON | | SL | 65 | |
| 7 | JERRI PFISTERER | | CV | 67.5 | scratch |
| 8 | | | | | |
| 9 | | | | | |

due to scratches, heats were byed to finals

| | | | | | |
|-------|-------------------|--|----|------|-------|
| Final | | | | | |
| 1 | CHRISTINE HAWKINS | | MC | 63.9 | 62.98 |
| 2 | CAROLYN CHIN | | CV | 65.7 | 63.41 |
| 3 | CARISSA CASEY | | CV | 65.5 | 64.38 |
| 4 | DANITRA DIXON | | SL | 65 | 64.41 |
| 5 | ALICIA INN | | CV | 66.1 | 65.98 |
| 6 | CRYSTAL HANKTON | | SL | 63.7 | 67 |
| 7 | TARA LAUER | | A | 71 | 70.9 |
| 8 | ERIN GARRITTY | | A | 75 | 74.3 |
| 9 | ELISA SOTO | | A | 75 | 75.2 |

| | | | | | |
|--------------------|------|-------|-----|---------|------|
| Event # 14 BFS 400 | | | | | |
| | name | grade | sch | qualify | mark |

| | | | | | |
|--------|----------------|--|-----|-------|-------|
| Heat 1 | | | | | |
| 1 | LAURY NAITO | | ME | 53.79 | 54.67 |
| 2 | SERGIO RUSSELL | | SL | 55.7 | 56.11 |
| 3 | NORBERT CASTRO | | BOD | 55.2 | 56.43 |
| 4 | JAKE HATFIELD | | A | 57.5 | 58.31 |
| 5 | Rene McCoy | | CV | N.T. | 59.32 |
| 6 | JUSTIN TAYLOR | | CV | 59.8 | 60.02 |
| 7 | MIKE ALMOND | | ME | 60.8 | 60.37 |

| | | | | |
|---|------------------|-----|------|-----|
| 8 | MARIO HERNANDEZ | SLZ | 58.1 | dns |
| 9 | JOHN-ERIC OBILLO | T | N.T. | dns |

| | | | | | |
|--------|---------------------|--|----|-------|--|
| Heat 2 | | | | | |
| 1 | MICHAEL CHAMBERLAIN | | ME | 53.84 | |
| 55.03 | | | | | |

| | | | | | |
|---|------------------|--|-----|-------|-------------|
| 2 | MARK EBERHAND | | BOD | 57.1 | 56.77 |
| 3 | KYLE ROBINSON | | ME | 56.5 | 57.19 |
| 4 | KIYOSHI HIRAKI | | CV | 58.5 | 59.21 |
| 5 | MATTHEW MITCHELL | | CV | 59.2 | 59.33 |
| 6 | JASON HOFFMAN | | CV | 65.5 | 60.56 |
| 7 | DONTE ALMOND | | ME | 68.53 | 66 |
| 8 | WILLIAM BAUTISTA | | T | N.T. | dns |
| 9 | JOSH NONATU | | T | 54.2 | false start |

| | | | | | |
|-------|---------------------|--|----|-------|--|
| Final | | | | | |
| 1 | MICHAEL CHAMBERLAIN | | ME | 55.03 | |
| 54.46 | | | | | |

| | | | | | |
|---|----------------|--|-----|-------|-------|
| 2 | SERGIO RUSSELL | | SL | 56.11 | 54.59 |
| 3 | NORBERT CASTRO | | BOD | 56.43 | 54.93 |
| 4 | LAURY NAITO | | ME | 54.67 | 55.03 |
| 5 | KYLE ROBINSON | | ME | 57.19 | 56.56 |
| 6 | MARK EBERHAND | | BOD | 56.77 | 56.92 |
| 7 | Rene McCoy | | CV | 59.32 | 58.36 |
| 8 | KIYOSHI HIRAKI | | CV | 59.21 | 58.69 |
| 9 | JAKE HATFIELD | | A | 58.31 | dns |

| | | | | | |
|-------------------|------|-------|-----|---------|------|
| Event # 15 GV 400 | | | | | |
| | name | grade | sch | qualify | mark |

| | | | | | |
|--------|-----------------|--|-----|-------|-------|
| Heat 1 | | | | | |
| 1 | ZINZI EVANS | | SLZ | 57.1 | 58.83 |
| 2 | KELLEY STEWERT | | CV | 61.1 | 60.76 |
| 3 | MADIERA MACIDO | | BOD | 61.7 | 61.54 |
| 4 | LAUREN VINCENT | | BOD | 62.8 | 63.16 |
| 5 | TIFFANY THOMAS | | SL | 63.1 | 64.35 |
| 6 | NICOLE WESTLING | | CV | 68.5 | 71.28 |
| 7 | JYNIECE NELSON | | ME | 66.58 | dns |
| 8 | BRIANNA ALVATEZ | | ME | 66.51 | dns |

| | | | | | |
|--------|-------------------|--|-----|-------|-------------|
| Heat 2 | | | | | |
| 1 | HOLLY MATHENY | | CV | 60.8 | 60.19 |
| 2 | EVELYN SMITH | | H | 60.4 | 61.5 |
| 3 | ALANIA FUGLESTEAD | | BOD | 62.1 | 64.17 |
| 4 | ALEXIS MUSANTE | | BOD | 63.1 | 64.26 |
| 5 | Janelle Nichols | | SL | n.t. | 66.47 |
| 6 | KARA HARDY | | SLZ | 65.5 | 68.01 |
| 7 | ANGELIQUE SMITH | | ME | 61.38 | dns |
| 8 | RENEE GISTAND | | CV | 63.8 | false start |

| | | | | | |
|-------|------------------|--|-----|-------|--|
| Final | | | | | |
| 1 | Zinzi Evans | | SLZ | 58.68 | |
| 2 | Holly Matheny | | CV | 59.78 | |
| 3 | Evelyn Smith | | H | 61.11 | |
| 4 | Kelley Stewart | | CV | 61.16 | |
| 5 | Maderia Macido | | BOD | 62.06 | |
| 6 | Lauren Vincent | | BOD | 63.52 | |
| 7 | Tiffany Thomas | | SL | 64.33 | |
| 8 | Alania Fuglestad | | BOD | 64.59 | |
| 9 | Alexis Musante | | BOD | 65.6 | |

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|--|--|--|--|--|--|
| Event # 16 BV 400 | | | | | |
| due to limited entries, this is a finals only race | | | | | |

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|-------|---------------|----|-----|------|---------|
| Final | | | | | |
| 1 | JONATHAN RICE | 12 | SL | 50.4 | 50.2 |
| 2 | DAVID GREEN | 12 | BOD | 50 | 50.27</ |

2003 HAAL Championships

May 23-24 @ Chabot College, Hayward

| | | | | |
|---|----------------------|-------|------|-------|
| 7 | Clairese Lagomarsion | 10 A | 15.2 | 15.47 |
| | Mimi Cortopasi | 10 CV | 14.2 | dns |
| | Sharron Andrews | 9 H | 14.5 | dns |

| | | | | |
|--------|--------------------|-------|-------|-------|
| Heat 3 | | | | |
| 1 | Kacea Perfon | BOD | 13.2 | 13.89 |
| 2 | Joiandrea Robinson | 9 SL | 13.4 | 13.91 |
| 3 | Annisia Cathron | 9 SLZ | 13.9 | 14.3 |
| | Noelle Lau | 9 A | 15 | 16 |
| | Joy Ochoa | 9 T | 13.78 | dns |
| | Sparicel Burnside | 9 H | 14.2 | dns |
| | Carly Sanders | 9 CV | 14.3 | dns |
| | Brittney Buford | 9 BOD | 14.5 | dns |
| | Jessica Harrigan | 9 T | NT | dns |

| | | | | |
|--------|----------------|-------|------|-------|
| Heat 4 | | | | |
| 1 | Teonna McCall | 9 H | 13.4 | 13.62 |
| 2 | Joy Smallman | 10 SL | 13.7 | 13.98 |
| 3 | Leanne Jones | 10 A | 14.3 | 14.41 |
| 4 | Frances Zelaya | 10 MC | 14.5 | 14.45 |
| 5 | Beth Haworth | 9 CV | 14.3 | 14.81 |
| 6 | Rocio Perez | 10 A | 16 | 16.34 |
| | Sharlee Solis | 10 CV | 14.6 | dns |
| | Nicole Handy | 9 BOD | 13.4 | dns |
| | Joanna Gistand | 9 CV | 13.9 | FS |

| | | | | |
|-------|--------------------|-------|-------|-------|
| Final | | | | |
| 1 | Brooke Moulton | SL | 13.33 | 13.41 |
| 2 | Emily Wirt | 9 SL | 13.61 | 13.66 |
| 3 | Teonna McCall | 9 H | 13.62 | 13.77 |
| 4 | Bea-Ashley Steele | 9 SL | 14.04 | 13.9 |
| 5 | Kacea Peranon | BOD | 13.89 | 13.98 |
| 6 | Rosario Foley | 10 MC | 13.9 | 14.08 |
| 7 | Joiandrea Robinson | 9 SL | 13.91 | 14.29 |
| 8 | Deborah Diamond | 9 H | 14.16 | 14.3 |
| | Javon Boxdell | 9 SLZ | 13.81 | dns |

Event # 18 BFS 100

| name | grade | sch | qualify | mark |
|--------|-----------------|--------|---------|-------|
| Heat 1 | | | | |
| 1 | Jaliel Jamez | 10 SL | 11.4 | 11.65 |
| 2 | William Howard | 9 T | 12.1 | 12.18 |
| 3 | Ron Nava | 10 H | 12.4 | 12.3 |
| 4 | Wesley Wallis | 9 CV | 12.1 | 12.44 |
| 5 | Ronnie Jackson | 10 SLZ | 12.1 | 12.52 |
| 6 | Marcus Freeman | 10 T | 12.7 | 12.66 |
| 7 | Victor Looby | 10 MC | n.t. | 12.95 |
| 8 | Anthony Griffin | 9 BOD | 13.9 | 14.51 |
| | Mark Andrews | 9 H | 12.6 | dns |

| | | | | |
|--------|-----------------|-------|-------|-------|
| Heat 2 | | | | |
| 1 | Brian Yip | 9 CV | 12.1 | 11.98 |
| 2 | Nicholas Taylor | ME | NT | 12.11 |
| 3 | Richard Fung | BOD | 11.6 | 12.14 |
| 4 | Josh Shinoda | 10 CV | 12.6 | 13.28 |
| 5 | Eric White | 9 A | 13.2 | 14.06 |
| | Aaron King | 10 H | 12.4 | dns |
| | Alberto Holmes | 10 ME | 11.98 | dns |
| | Brett Mansit | BOD | 12.5 | dns |
| | Mike Martin | 9 ME | 12.78 | dns |

| | | | | |
|--------|------------------|-------|-------|-------|
| Heat 3 | | | | |
| 1 | Tommy Speth | 9 CV | 11.9 | 11.97 |
| 2 | William Bautista | 10 T | 12.3 | 12.19 |
| 3 | John-Eric Obillo | 10 T | 13 | 13.07 |
| 4 | Tim Arzino | 10 H | 12.4 | 13.15 |
| 5 | Amos Han | 9 CV | 12.5 | 13.41 |
| 6 | Matt Azbill | 9 SL | 13.1 | 13.49 |
| | Jesse Taylor | BOD | 11.7 | dns |
| | Nicholas Taylor | 10 ME | 12.46 | dns |

| | | | | |
|--------|------------------|-------|-------|-------|
| Heat 4 | | | | |
| 1 | AJ Smith | 9 ME | 11.78 | 11.93 |
| 2 | Brian Balde | 10 MC | 12.2 | 12.31 |
| 3 | Jumani Garret | 9 BOD | 12.2 | 12.97 |
| 4 | John Delago | 10 CV | 12.5 | 13.17 |
| 5 | Mike Biallas | 9 SLZ | 13.1 | 13.34 |
| 6 | David Lin | 10 T | NT | 14.38 |
| | Erin Walker | 9 BOD | 11.9 | dns |
| | Chizimuzo Dimude | 9 ME | 12.48 | dns |

| | | | | |
|-------|------------------|-------|-------|-------|
| Final | | | | |
| 1 | Jaliel Jamez | 10 SL | 11.85 | 11.78 |
| 2 | AJ Smith | 9 ME | 11.93 | 11.91 |
| 3 | Tommy Speth | 9 CV | 11.97 | 12.14 |
| 4 | William Howard | 9 T | 12.18 | 12.16 |
| 5 | Brian Yip | 9 CV | 11.98 | 12.2 |
| 6 | Richard Fung | BOD | 12.14 | 12.29 |
| 7 | Nicholas Taylor | ME | 12.11 | 12.33 |
| 8 | William Bautista | 10 T | 12.19 | 12.41 |
| 9 | Ron Nava | 10 H | 12.3 | 12.53 |

| Event # 19 GV 100 | | | | |
|-------------------|-------------------|-------|---------|-------|
| name | grade | sch | qualify | mark |
| Heat 1 | | | | |
| 1 | BJ Triplett | 10 ME | 11.98 | 12.34 |
| 2 | Jasmine Brooks | 10 H | 12.9 | 13.25 |
| 3 | Renee Jenkins | 11 ME | 12.95 | 13.41 |
| 4 | Michelle Chan | 10 CV | 13.28 | 13.46 |
| 5 | Rachel Huggins | 11 CV | 14.5 | 14.78 |
| 6 | Carissa Chan | 11 A | 14.6 | 15.36 |
| | Ashatae Millhouse | 10 T | 13.4 | dns |

| | | | | |
|--------|-----------------|--------|-------|-------|
| Heat 2 | | | | |
| 1 | Shanice Kelly | 12 BOD | 12.2 | 12.62 |
| 2 | Tiffany Thomas | 11 SL | 13 | 13.33 |
| 3 | Jennifer Burley | 10 H | 13.4 | 13.68 |
| 4 | Kate Haworth | 11 CV | 14.23 | 14.49 |
| 5 | Aileen Ho | 12 SL | 15.5 | 17.3 |
| | Brianna Alvarez | 9 ME | 13.27 | dns |
| | Marricia White | 12 ME | 12.84 | dns |

| | | | | |
|--------|-----------------|--------|-------|-------|
| Heat 3 | | | | |
| 1 | Angelique Smith | 11 ME | 12.22 | 12.49 |
| 2 | Iesha Miller | 11 H | 13.1 | 13.02 |
| 3 | Leah Smart | 11 BOD | 12.8 | 13.28 |
| 4 | Maria Ko | 12 A | 13.5 | 13.51 |
| 5 | Jasmine Wade | 10 SLZ | 13 | 13.98 |
| 6 | Briauna Johnson | 10 MC | NT | 14.21 |
| 7 | Katie Rogan | MC | NT | 14.4 |

| | | | | |
|--------|----------------------|--------|-------|-------|
| Heat 4 | | | | |
| 1 | Charis Chan | 10 CV | 12.66 | 12.53 |
| 2 | Cameo Motley | 9 ME | 12.78 | 12.85 |
| 3 | Mariska Rowecc | 9 BOD | 13 | 13.58 |
| 4 | Toby Okoronkwo | 10 MC | NT | 13.71 |
| 5 | Michelle Bacani | 10 MC | 13.5 | 14.1 |
| 6 | Candice Brown | NA BOD | 13.6 | 14.31 |
| | Erika Whitaker-Woods | 10 T | 13.1 | dns |

| | | | | |
|-------|-----------------|--------|-------|-------|
| Final | | | | |
| 1 | BJ Triplett | 10 ME | 12.34 | 12.66 |
| 2 | Angelique Smith | 11 ME | 12.49 | 12.67 |
| 3 | Charis Chan | 10 CV | 12.53 | 12.69 |
| 4 | Cameo Motley | 9 ME | 12.85 | 13.07 |
| 5 | Jasmine Brooks | 10 H | 13.25 | 13.29 |
| 6 | Iesha Miller | 11 H | 13.02 | 13.43 |
| 7 | Leah Smart | 11 BOD | 13.28 | 13.52 |
| 8 | Tiffany Thomas | 11 SL | 13.33 | 13.72 |
| 9 | Shanice Kelly | 12 BOD | 12.62 | dns |

Event # 20 BV 100

| name | grade | sch | qualify | mark |
|--------|--------------|--------|---------|----------|
| Heat 1 | | | | |
| 1 | Jon Igcehant | 12 BOD | 11 | 11.29 |
| 2 | Carlos Ortiz | 11 ME | 12.2 | 12.46 |
| 3 | Byron McGhee | SLZ | n.t. | 12.87 |
| 4 | Jon Campas | 12 MC | 11.7 | 13.02 |
| | Jamar Lyles | 12 T | 12 | dns |
| | Calvin Nieva | 12 ME | 11.6 | dns |
| | Tommy Arnold | 11 BOD | 11.3 | dns |
| | Dante Evans | 12 SLZ | 11.1 | 12.32 DQ |

| | | | | |
|--------|-----------------|--------|-------|-------|
| Heat 2 | | | | |
| 1 | Farrell Leblanc | 11 H | 11.2 | 11.34 |
| 2 | Kyeret Payne | 12 ME | 11.75 | 11.4 |
| 3 | Jerome Tarver | 11 SL | 11.1 | 11.55 |
| 4 | Sam Cheatham | 11 SL | 11.4 | 11.75 |
| 5 | Cory Williams | 11 SLZ | 11.4 | 12.34 |
| 6 | Neil Canlas | 11 MC | 12.2 | 12.51 |
| 7 | Jackie Luu | 12 A | 12.8 | 12.95 |
| | Ryan Stohr | 12 CV | 11.9 | dns |

| | | | | |
|--------|-----------------|--------|------|-------|
| Heat 3 | | | | |
| 1 | Lamar Brown | 12 H | 11.4 | 11.12 |
| 2 | Eugene Anderson | 11 SL | 11.2 | 11.5 |
| 3 | Jason Allen | 12 SLZ | 11.6 | 12.33 |
| 4 | Jared Jaceras | 11 BOD | 11.8 | 12.46 |
| 5 | Michael Lee | 11 MC | 12.2 | 12.52 |
| 6 | David Habibian | 11 MC | 12.7 | 12.59 |
| | Nyanforh Tarpeh | 11 T | 11.8 | dns |
| | John Flaaten | 11 MC | 11.1 | dns |

| | | | | |
|-------|-----------------|--------|-------|-------|
| Final | | | | |
| 1 | Jon Igcehant | 12 BOD | 11.29 | 11.11 |
| 2 | Lamar Brown | 12 H | 11.12 | 11.29 |
| 3 | Farrell Leblanc | 11 H | 11.34 | 11.43 |
| 4 | Eugene Anderson | 11 SL | 11.5 | 11.49 |
| 5 | Kyeret Payne | 12 ME | 11.4 | 11.52 |
| 6 | Jerome Tarver | 11 SL | 11.55 | 11.71 |
| 7 | Sam Cheatham | 11 SL | 11.75 | 12.18 |
| 8 | Cory Williams | 11 SLZ | 12.34 | 12.38 |
| 9 | Jason Allen | 12 SLZ | 12.33 | 12.52 |

| Event # 21 GFS 800 | | | | |
|--------------------|--------------------|-------|--------|--------|
| name | grade | sch | mark | |
| Heat 1 | | | | |
| 1 | Jennifer Caro | 9 H | 2:42 | 2:36.9 |
| 2 | Alexis Taiviti | 10 MC | 2:42 | 2:42.4 |
| 3 | Alba Rivera | 10 SL | 2:40 | 2:45.1 |
| 4 | Yu-Mee Leal | 9 A | 2:48 | 2:46.6 |
| 5 | Andrea Cardenas | BOD | 3:05 | 2:56.2 |
| 6 | Rebecca Naorot | 10 H | 2:56 | 2:58.5 |
| 7 | Katia Gomez | 10 MC | 3:15 | 3:00.5 |
| 8 | Katrina Usher | 9 A | 3:03 | 3:02.5 |
| 9 | Leah Keough-Alcott | 9 MC | 3:30 | 3:05.2 |
| | Anna Ruiz | A | 2:57 | dns |
| | Colette Cox | 9 CV | 2:28.8 | dns |

| | | | | |
|--------|-------------------|-------|--------|---------|
| Heat 2 | | | | |
| 1 | Alicia Inn | 9 CV | 2:38.1 | 2:39.0 |
| 2 | Moryah Schindler | 10 CV | 2:42.0 | 2:42.8 |
| 3 | Yasmin Hernandez | 9 A | 2:50 | 2:45.8 |
| 4 | Shirley Lim | 9 A | 2:54 | 2:47.4 |
| 5 | Amy Minor | 9 H | 2:38 | 2:49.3 |
| 6 | Rustia Nisha | 10 MC | 3:00 | 2:49.9 |
| 7 | Rebecca Ribeira | 9 CV | 2:46.1 | 2:50.0 |
| 8 | Sephonie Martin | 9 T | 3:14 | 3:12.0 |
| 9 | Shana Kennedy | 10 SL | 2:56 | 3:13.57 |
| 1A | Therese Tionguico | 9 T | 3:07 | 3:13.7 |
| 9A | Vanessa Depue | 9 CV | 2:58.5 | 3:21.8 |

| | | | | |
|-------|------------------|-------|--------|---------|
| Final | | | | |
| 1 | Alicia Inn | 9 CV | 2:39.0 | 2:35.05 |
| 2 | Jennifer Caro | 9 H | 2:36.9 | 2:36.26 |
| 3 | Alexis Taiviti | 10 MC | 2:42.4 | 2:38.84 |
| 4 | Moryah Schindler | 10 CV | 2:42.8 | 2:42.04 |
| 5 | Alba Rivera | 10 SL | 2:45.1 | 2:45.93 |
| 6 | Amy Minor | 9 H | 2:49.3 | 2:46.63 |
| 7 | Yasmin Hernandez | 9 A | 2:45.8 | 2:46.68 |
| 8 | Yu-Mee Leal | 9 A | 2:46.6 | 2:48.03 |
| 9 | Shirley Lim | 9 A | 2:47.4 | 2:51.05 |

| Event # 22 BFS 800 | | | | |
|--------------------|------------------|-------|---------|--------|
| name | grade | sch | qualify | mark |
| Heat 1 | | | | |
| 1 | Mauricio Hurtado | 9 H | 2:07 | 2:12.0 |
| 2 | Paulo Acoba | 10 MC | 2:12 | 2:13.8 |
| 3 | Schuyler Hall | 9 ME | 2:19.5 | 2:14.5 |
| 4 | Scott Clark | 10 cv | 2:13.3 | 2:16.1 |
| 5 | LOUIE LUCERO | 9 SL | 2:23 | 2:25.9 |
| 6 | Clark Witt | 10 A | 2:45 | 2:45.1 |
| 7 | Jose Baademonde | 10 SL | 2:40 | 2:48.8 |
| 8 | Bennett Hall | 10 CV | 2:19.9 | dns |
| 9 | Mikhail Poblete | 10 MC | 2:24 | dns |

| | | | | |
|--------|------------------------|-------|--------|--------|
| Heat 2 | | | | |
| 1 | Preston Bonsignore-Opp | 10 CV | 2:12.6 | 2:15.9 |
| 2 | Nick Toda | 10 MC | 2:17 | 2:16.0 |
| 3 | Tim Cole | 10 CV | 2:22.1 | 2:21.4 |
| 4 | Kyle Robinson | 10 ME | 2:25.1 | 2:22.7 |
| 5 | Kyle Delauro | 9 H | 2:20 | 2:23.7 |
| 6 | Jonathan Rivac | 10 T | 2:38.9 | 2:25.1 |
| | Jeff Swartz | 10 SL | 2:10 | dns |
| | Ben Gutierrez | 9 BOD | 2:15 | dns |
| | Trieu Huynh | 10 T | 2:59 | dns |

| | | | | |
|--------|-----------------|-------|--------|--------|
| Heat 3 | | | | |
| 1 | Tedros Tamen | 10 T | 2:18 | 2:11.9 |
| 2 | Jonathan Pineda | 10 MC | 2:10 | 2:14.4 |
| 3 | Jordan BAiley | 10 CV | 2:11.6 | 2:18.1 |
| 4 | Dean Rasheed | 10 CV | 2:16.8 | 2:22.5 |
| 5 | Rene Tionguico | 10 T | 3:06 | 2:24.0 |
| 6 | Andrew Chan | 10 MC | 2:20 | 2:27.2 |
| 7 | Alex Meyer | 9 MC | 2:30 | 2:46.0 |
| 8 | Donte Almond | 9 ME | 2:34.8 | 2:46.1 |
| | Mario Hernandez | 9 SLZ | 2:20 | dns |

| | | | | |
|-------|------------------------|-------|--------|---------|
| Final | | | | |
| 1 | Mauricio Hurtado | 9 H | 2:12.0 | 2:08.86 |
| 2 | Scott Clark | 10 cv | 2:16.1 | 2:10.98 |
| 3 | Tedros Tamen | 10 T | 2:11.9 | 2:12.89 |
| 4 | Jonathan Pineda | 10 MC | 2:14.4 | 2:14.04 |
| 5 | Preston Bonsignore-Opp | 10 CV | 2:15.9 | 2:14.79 |
| 6 | Schuyler Hall | 9 ME | 2:14.5 | 2:14.80 |
| 7 | Jordan BAiley | 10 CV | 2:18.1 | 2:15.29 |
| 8 | Nick Toda | 10 MC | 2:16.0 | 2:15.50 |
| 9 | Paulo Acoba | 10 MC | 2:13.8 | 2:16.60 |

| Event # 23 GV 800 | | | | |
|-------------------|-----------------|--------|---------|--------|
| name | grade | sch | qualify | mark |
| Heat 1 | | | | |
| 1 | Zinzi Evans | 12 SLZ | 2:16 | 2:21.8 |
| 2 | Heather Matheny | 10 CV | 2:32.3 | 2:32.7 |
| 3 | Parris Hodges | 10 H | 2:34 | 2:33.1 |

2003 HAAL Championships

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| | | | | |
|---|-----------------|--------|--------|--------|
| 4 | Lia Marshall | 11 BOD | 2:40 | 2:37.9 |
| 5 | Paigelee Hodges | 9 H | 2:40 | 2:42.5 |
| 6 | Rachel Mendez | 10 H | 2:31 | 2:49.8 |
| 7 | Hong Lien | 11 A | 3:00 | 2:53.9 |
| 8 | Karla Macedo | T | | 2:55.9 |
| | Christy Affie | 11 SLZ | 2:50 | dns |
| | Anna Purcell | 11 BOD | 2:30 | dns |
| | Shana Mitchell | 9 ME | 3:06.1 | dns |
| | Amanda Atwood | 11 BOD | 3:10 | dns |

Heat 2

| | | | | |
|---|-----------------|--------|--------|--------|
| 1 | Holly Matheny | 10 CV | 2:18.3 | 2:29.0 |
| 2 | Sabrina Ly | 9 H | 2:30 | 2:30.2 |
| 3 | Michelle Dianda | 10 CV | 2:32.1 | 2:33.7 |
| 4 | Sarah Merritt | 11 A | 2:38 | 2:39.9 |
| 5 | Angela McIsaac | 11 BOD | 2:50 | 2:45.4 |
| 6 | Kara Hardy | 11 SLZ | 2:34 | 2:50.2 |
| 7 | Emma Williams | 11 BOD | 2:45 | 2:50.7 |
| 8 | Yvette Perez | 11 H | 2:51 | 2:57.2 |
| 9 | Christina Minor | 11 H | 3:10 | 3:05.4 |
| | Stephanie Solis | 11 SLZ | 2:40 | dns |
| | Lupe Muniz | 11 SL | 3:10 | dns |
| | Karla macedo | 11 T | 2:59 | dns |

Final

| | | | | |
|---|-----------------|--------|--------|---------|
| 1 | Zinzi Evans | 12 SLZ | 2:21.8 | 2:21.08 |
| 2 | Holly Matheny | 10 CV | 2:29.0 | 2:21.86 |
| 3 | Sabrina Ly | H | 2:30.0 | 2:25.91 |
| 4 | Parris Hodges | 10 H | 2:33.1 | 2:27.11 |
| 5 | Michelle Dianda | 10 CV | 2:33.7 | 2:30.00 |
| 6 | Sarah Merritt | 11 A | 2:39.9 | 2:31.62 |
| 7 | Heather Matheny | 10 CV | 2:32.7 | 2:32.49 |
| 8 | Lia Marshall | 11 BOD | 2:37.9 | 2:35.05 |
| 9 | Paigelee Hodges | 9 H | 2:42.5 | 2:37.06 |

Event # 24 BV 800

| name | grade | sch | qualify | mark |
|------|-------|-----|---------|------|
|------|-------|-----|---------|------|

Heat 1

| | | | | |
|---|---------------|--------|--------|--------|
| 1 | Tim Wallach | 12 BOD | 1:56.0 | 2:01.3 |
| 2 | Zane Welte | 12 CV | 2:02.5 | 2:02.0 |
| 3 | Brian White | 12 A | 2:01.6 | 2:02.3 |
| 4 | John Yano | 11 CV | 2:02.8 | 2:02.7 |
| 5 | Blake Garrett | 12 SLZ | 2:02 | 2:05.8 |
| 6 | Jason Ribeira | 11 CV | 2:09.0 | 2:10.1 |
| 7 | Devon Marsh | 12 BOD | 2:06 | 2:13.6 |
| 8 | Pedro Ruiz | 11 H | 2:23 | 2:15.0 |
| 9 | NOel Romo | 12 ME | 2:17.0 | 2:15.7 |

Heat 2

| | | | | |
|---|------------------|--------|--------|--------|
| 1 | Thomas Miller | 12 CV | 2:01.8 | 2:00.2 |
| 2 | TAYLOR GRAHAM | 12 MC | 2:01.0 | 2:00.8 |
| 3 | Brandon Carballo | 12 MC | 2:01.4 | 2:01.2 |
| 4 | Mike Sanchez | 12 ME | 2:03.1 | 2:03.4 |
| 5 | Vince D'Onofrio | 11 BOD | 2:02.0 | 2:06.1 |
| 6 | Leonard Greenlaw | 12 T | 2:12.0 | 2:10.3 |
| 7 | Matt Lanese | 11 MC | 2:10.9 | 2:11.4 |
| 8 | Angelo King | 11 H | 2:26.0 | 2:51.2 |
| 9 | Matt Caselli | 12 BOD | 2:08.0 | dns |

Final

| | | | | |
|---|------------------|--------|--------|---------|
| 1 | Tim Wallach | 12 BOD | 2:01.3 | 1:58.32 |
| 2 | Thomas Miller | 12 CV | 2:00.2 | 1:58.62 |
| 3 | Brian White | 12 A | 2:02.3 | 2:00.23 |
| 4 | TAYLOR GRAHAM | 12 MC | 2:00.8 | 2:01.35 |
| 5 | Brandon Carballo | 12 MC | 2:01.2 | 2:01.94 |
| 6 | John Yano | 11 CV | 2:02.7 | 2:02.51 |
| 7 | Mike Sanchez | 12 ME | 2:03.4 | 2:02.98 |
| 8 | Zane Welte | 12 CV | 2:02.0 | 2:03.06 |
| 9 | Blake Garrett | 12 SLZ | 2:05.8 | 2:06.10 |

Event # 25 GFS 300 LH

| name | grade | sch | qualify | mark |
|------|-------|-----|---------|------|
|------|-------|-----|---------|------|

Heat 1

| | | | | |
|---|----------------|--------|------|-------|
| 1 | Robin Bergeron | 10 A | 50.7 | 52.5 |
| 2 | Joanna Gistand | 9 CV | 53.8 | 53.42 |
| 3 | Kirsten Hudson | 9 A | 56 | 54.82 |
| 4 | Rosalind Roth | 9 SL | 54.5 | 57.55 |
| 5 | Carly Sanders | 9 CV | 57.5 | 59.01 |
| 6 | Billie Longley | 10 BOD | 53.5 | 59.52 |
| 7 | Patty Chung | 9 A | 55.5 | 60.31 |
| | Jerm Pfisterer | 10 CV | 54.1 | dns |

Heat 2

| | | | | |
|---|----------------------|--------|------|-------|
| 1 | Kara Bock | 10 A | 52.8 | 52.11 |
| 2 | Kathryn Pomroy | 10 CV | 54.6 | 53.69 |
| 3 | Sheila Maniogo | 9 A | 54 | 54.09 |
| 4 | Domonique Turrentine | 10 BOD | 53 | 54.53 |
| 5 | Jean Alantara | 10 T | 56.2 | 56.76 |
| 6 | Carly Sanderson | 9 CV | 55.1 | 56.95 |
| 7 | Kara Lawrence | 9 CV | 56.8 | 56.99 |
| 8 | Amy Tereshima | 10 BOD | 54 | 57.86 |
| 9 | Tara Laver | 10 A | 57.5 | 58.12 |

Final

| | | | | |
|---|----------------------|--------|-------|-------|
| 1 | Robin Bergeron | 10 A | 52.5 | 51.36 |
| 2 | Joanna Gistand | 9 CV | 53.42 | 51.5 |
| 3 | Kathryn Pomroy | 10 CV | 53.69 | 52.85 |
| 4 | Kara Bock | 10 A | 52.11 | 52.9 |
| 5 | Jean Alantara | 10 T | 56.76 | 54 |
| 6 | Kirsten Hudson | 9 A | 54.82 | 54.72 |
| 7 | Domonique Turrentine | 10 BOD | 54.53 | 55 |
| 8 | Sheila Maniogo | 9 A | 54.09 | 55.7 |
| | Carly Sanderson | 9 CV | 56.95 | dns |

Event # 26 GV 300 LH

| name | grade | sch | qualify | mark |
|------|-------|-----|---------|------|
|------|-------|-----|---------|------|

Heat 1

| | | | | |
|---|------------------|--------|-------|-------|
| 1 | Chelsea Chandler | 12 CV | 47.75 | 47.13 |
| 2 | Evelyn Smith | 10 H | 48.9 | 47.7 |
| 3 | Teia Truesdale | 11 T | 50.2 | 48.92 |
| 4 | Charliena Busch | 11 SL | 51.6 | 53.02 |
| 5 | Alicia Criner | 11 BOD | 49 | 53.14 |
| 6 | Roana Tirado | 12 CV | 55.9 | 57.37 |
| | Raquel Tirado | 12 CV | 58.6 | dns |

Heat 2

| | | | | |
|---|--------------------|-------|------|-------|
| 1 | Marisa Boge | 9 BOD | 48 | 48.48 |
| 2 | Angela Dohrman | 10 CV | 49.1 | 48.92 |
| 3 | Kelley Stewart | 11 CV | 48.2 | 49.23 |
| 4 | Catey Coppini | 12 MC | 50 | 52.56 |
| 5 | Christina Robinson | 11 CV | 52.3 | 53.69 |
| 6 | Jyniece Nelson | 11 ME | 55.7 | 57.71 |
| 7 | Kennese Bass | 11 ME | 63.6 | 60.7 |
| 8 | Melanie Meyer | 11 T | 60.6 | 67.4 |

Final

| | | | | |
|---|------------------|--------|-------|-------|
| 1 | Chelsea Chandler | 12 CV | 47.13 | 46.91 |
| 2 | Marisa Boge | 9 BOD | 48.48 | 47.16 |
| 3 | Teia Truesdale | 11 T | 48.92 | 47.91 |
| 4 | Kelley Stewart | 11 CV | 49.23 | 48.21 |
| 5 | Evelyn Smith | 10 H | 47.7 | 48.28 |
| 6 | Angela Dohrman | 10 CV | 48.92 | 51.96 |
| 7 | Alicia Criner | 11 BOD | 53.14 | 52.09 |
| 8 | Catey Coppini | 12 MC | 52.56 | 52.4 |
| 9 | Charliena Busch | 11 SL | 53.02 | 53.3 |

Event # 27 BFS 300 IH

| name | grade | sch | qualify | mark |
|------|-------|-----|---------|------|
|------|-------|-----|---------|------|

Heat 1

| | | | | |
|---|-----------------|-------|------|-------|
| 1 | Aaron King | 9 H | 42.6 | 45.15 |
| 2 | Laury Naito | 10 ME | 46.8 | 46.3 |
| 3 | Brandon Johnson | 10 CV | n.t. | 47.3 |
| 4 | Chris pangolina | 10 T | 47.6 | 47.36 |
| 5 | Maurice Martine | 10 ME | 52 | 49.82 |
| 6 | Ross LaBrenz | 9 SL | 50 | 51.46 |
| | Amos Han | 9 CV | n.t. | DQ |

Heat 2

| | | | | |
|---|-----------------|-------|------|-------|
| 1 | William Howard | 9 T | 45.3 | 46.31 |
| 2 | Justin Taylor | 10 CV | 46.6 | 48.71 |
| 3 | Maurice Martine | 10 ME | 52 | 49.82 |
| 4 | Michael Sene | 10 CV | n.t. | 55.36 |
| | Corey Eck | 9 CV | n.t. | dns |
| | Cesar Ayon | 10 SL | 48.5 | dns |
| | Josh Ashford | 10 CV | n.t. | dns |

Final

| | | | | |
|---|-----------------|-------|-------|-------|
| 1 | Aaron King | 9 H | 45.15 | 44.56 |
| 2 | Laury Naito | ME | 46.3 | 47.81 |
| 3 | William Howard | 9 T | 46.31 | 47.9 |
| 4 | Chris pangolina | 10 T | 47.36 | 48.09 |
| 5 | Maurice Martine | 10 ME | 49.82 | 48.86 |
| 6 | Justin Taylor | 10 CV | 48.71 | 50.01 |
| 7 | Dan Tortuga | BOD | 51.17 | 50.18 |
| 8 | Brandon Johnson | 10 CV | 47.3 | dns |
| 9 | Ross LaBrenz | 9 SL | 51.46 | dns |

Event # 28 BV 300 IH

| name | grade | sch | qualify | mark |
|------|-------|-----|---------|------|
|------|-------|-----|---------|------|

Heat 1

| | | | | |
|---|-----------------|--------|------|-------|
| 1 | Luis Velasquez | 12 SLZ | 42.8 | 43.31 |
| 2 | David McDonald | 12 ME | 44.6 | 44.06 |
| 3 | Angelo King | 11 H | 44.1 | 47.43 |
| 4 | Robert Wright | 11 CV | 45.5 | 48.56 |
| 5 | Nick Morozovsky | 12 CV | 46.9 | dns |
| | Yno Teotico | MC | n.t. | dns |
| | Ray Wong | 11 SL | 46.8 | FS |

Heat 2

| | | | | |
|---|-----------------|--------|------|-------|
| 1 | Cameron Toler | 11 BOD | 44.1 | 44.6 |
| 2 | Jason Allen | 12 SLZ | 44.2 | 46.97 |
| 3 | Kevan Turner | 10 CV | 47.5 | 48.13 |
| 4 | Bruce Fernandez | 11 SLZ | 46.5 | 49.89 |
| 5 | Josh Nguynn | 11 SLZ | 48 | 52.09 |
| | Marek Brezula | 10 CV | 45.9 | dns |
| | Sean Fong | 12 BOD | 41.9 | dns |

Final

| | | | | |
|---|-----------------|--------|-------|-------|
| 1 | Cameron Toler | 11 BOD | 44.6 | 43.39 |
| 2 | Luis Velasquez | 12 SLZ | 43.31 | 44.18 |
| 3 | David McDonald | 12 ME | 44.06 | 44.57 |
| 4 | Angelo King | 11 H | 47.43 | 45.56 |
| 5 | Jason Allen | 12 SLZ | 46.97 | 45.81 |
| 6 | Kevan Turner | 10 CV | 48.13 | 47.71 |
| 7 | Robert Wright | 11 CV | 48.56 | 47.89 |
| 8 | Bruce Fernandez | 11 SLZ | 48.89 | 49.9 |
| | Josh Nguynn | 11 SLZ | 52.09 | dns |

Event # 29 GFS 200

| name | grade | sch | qualify | mark |
|------|-------|-----|---------|------|
|------|-------|-----|---------|------|

Heat 1

| | | | | |
|---|-------------------|-------|-------|-------|
| 1 | Christine Hawkins | 9 MC | 27 | 27.67 |
| 2 | Mountain Brooke | 9 SL | 28.5 | 28.13 |
| 3 | Carolyn Chin | 10 CV | 28.5 | 28.23 |
| 4 | Sparkle Burnside | 9 HH | 31.1 | 30.41 |
| 5 | Frances Zelaya | 10 MC | 31.25 | 31.22 |
| 6 | Erin Garrity | 10 A | 34.2 | 32.21 |
| | Karissa Casey | 10 CV | 29.1 | dns |
| | Nicole haroy | 9 BOD | 28.2 | dns |
| | Bristtney bufono | BOD | 29 | dns |

Heat 2

| | | | | |
|---|---------------------|--------|------|-------|
| 1 | Teonna Mccall | 9 HH | 27.6 | 28.66 |
| 2 | Leanne Jones | 10 A | 31 | 30.09 |
| 3 | Mimi Cortopassi | 10 CV | 29.9 | 30.56 |
| 4 | Joy Ochoa | 9 T | 31.9 | 32.2 |
| 5 | Stephanie Lio | 9 A | 34.6 | 32.21 |
| | Sharron Andrews | 9 HH | 33.6 | dns |
| | Domonique Drankford | 9 BOD | 29 | dns |
| | Shayla Meadows | 10 SLZ | 28.5 | dns |
| | Emily Wirt | 9 SL | 28.2 | FS |

Heat 3

| | | | | |
|---|--------------------|-------|------|-------|
| 1 | Danita Dixon | 10 SL | 27.5 | 27.6 |
| 2 | Javon Boxdell | 9 SLZ | 27.8 | 28.65 |
| 3 | Joy Smallman | 10 SL | 30 | 29.06 |
| 4 | Joiandrea Robinson | 9 SL | 28.5 | 29.17 |
| 5 | Deborah Diamond | 9 HH | 30.9 | 30.71 |
| 6 | Elisa Soto | 9 A | 32 | 31.81 |
| | Laura Diesman | 9 HH | 33.1 | dns |
| | Sabrina Thompson | BOD | 29 | dns |
| | Stephanie Tabor | 10 CV | N.T. | dns |

Heat 4

| | | | | |
|---|------------------------|--------|------|-------|
| 1 | Kalea Perfron | BOD | 27.8 | 29.04 |
| 2 | Crystal Hankton | 10 SL | 29 | 29.31 |
| 3 | Sandy Chan | 10 A | 29 | 29.52 |
| 4 | Erica Lee | 10 HH | 32 | 30.27 |
| 5 | Beth Haworth | 9 CV | 30.1 | 30.34 |
| 6 | Claireesa Lagomarisino | 10A | 32.8 | 32.74 |
| | Sharlee Stolis | 10 CV | 30.5 | dns |
| | Anna Muniz | 10 SLZ | 27.5 | dns |

Final

| | | | | |
|---|--------------------|-------|-------|-------|
| 1 | Danita Dixon | 10 SL | 27.6 | 27.84 |
| 2 | Mountain Brooke | 9 SL | 28.13 | 27.85 |
| 3 | Christine Hawkins | 9 MC | 27.67 | 28.05 |
| 4 | Carolyn Chin | 10 CV | 28.23 | 28.11 |
| 5 | Joiandrea Robinson | 9 SL | 29.17 | 29.41 |
| 6 | Teonna Mccall | 9 HH | 28.66 | 29.54 |
| 7 | Joy Smallman | 10 SL | 29.06 | 29.73 |
| 8 | Kalea Peraron | BOD | 29.04 | 29.76 |
| | Javon Boxdell | 9 SLZ | 28.65 | dns |

Event # 30 BFS 200

| name | grade | sch | qualify | mark |
|------|-------|-----|---------|------|
|------|-------|-----|---------|------|

Heat 1

| | | | | |
|---|----------------|--------|-------|-------|
| 1 | Jalil James | 10 SL | 23.7 | 23.88 |
| 2 | Tommy speth | 9 CV | 24.8 | 24.54 |
| 3 | Norbert Castro | 9 BOD | 24.9 | 25.11 |
| 4 | Erik Keilough | 10 ME | 25.39 | 25.18 |
| 5 | Mark Eoberhard | 9 BOP | 25.5 | 26.03 |
| 6 | Jasson Hoffman | 10 CV | 25.5 | 26.6 |
| 7 | Nick Morris | 10 AHS | 26.7 | 26.86 |
| | Victor Looby | MC | n.t. | dns |

Heat 2

| | | | | |
|---|------------------|-------|-------|-------|
| 1 | Sergio Russell | 9 SL | 23.8 | 24.02 |
| 2 | Mike Chamberlain | 9 ME | 25.2 | 24.4 |
| 3 | Erial Wacken | 9 BOD | 25 | 24.82 |
| 4 | William Bantista | 10 T | 25.6 | 25.46 |
| 5 | Tim Arzino | 10 HH | 24.6 | 26.79 |
| | Josh Shinoda | 10 CV | 26.4 | dns |
| | Mike Martin | 9 ME | 26.98 | dns |

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| | | | | | |
|---|----------------|----|-----|------|------|
| 5 | Matt Azbill | 9 | AHS | 28.4 | 28.1 |
| | Aarone King | 9 | HH | 24.1 | dns |
| | Alberto Holmes | 10 | ME | 25.1 | dns |

| | | | | | |
|---------------|------------------|----|-----|-------|-------|
| Heat 4 | | | | | |
| 1 | A.J. Smith | 9 | ME | 24.16 | 23.93 |
| 2 | Brian Yip | 9 | CV | 25.2 | 24.94 |
| 3 | Richard Fang | 10 | BOD | 24.5 | 25.43 |
| 4 | Wesley Wallis | 9 | CV | 25 | 25.8 |
| 5 | Marcus Freeman | 10 | T | 25.86 | 25.81 |
| 6 | John-Eric Obillo | 10 | T | NT | 26.74 |
| 7 | Eric White | 9 | AHS | 29.7 | 29.3 |
| | Mark Andrews | 9 | HH | 25.6 | dns |

| | | | | | |
|--------------|------------------|----|-----|-------|-------|
| Final | | | | | |
| 1 | Jalil James | 10 | SL | 23.88 | 23.75 |
| 2 | A.J. Smith | 9 | ME | 23.93 | 23.99 |
| 3 | Sergio Russell | 9 | SL | 24.02 | 24.46 |
| 4 | Tommy speth | 9 | CV | 24.54 | 24.71 |
| 5 | Mike Chamberlain | 9 | ME | 24.4 | 24.72 |
| 6 | Jesse Talor | | BOD | 24.81 | 25.02 |
| 7 | Brian Yip | 9 | CV | 24.94 | 25.23 |
| 8 | Erial Wacken | 9 | BOD | 24.82 | 25.25 |
| 9 | Norbert Castro | 10 | BOD | 25.11 | 25.54 |

| | | | | | |
|--------------------------|--------------|------------|----------------|-------------|--|
| Event # 31 GV 200 | | | | | |
| name | grade | sch | quality | mark | |

| | | | | | |
|---------------|---------------------|----|-----|-------|-------|
| Heat 1 | | | | | |
| 1 | BJ Triplett | 10 | ME | 25.92 | 25.56 |
| 2 | Iesha Miller | 11 | HH | 26.3 | 26.61 |
| 3 | Michelle Chan | 10 | CV | 27.85 | 28.02 |
| 4 | Janelle Nichlos | 11 | SL | N.T. | 29.29 |
| 5 | Kate Haworth | 11 | CV | 30.1 | 31.02 |
| 6 | Katy Rogan | 11 | MC | 31.2 | 31.31 |
| | Alainia Fugg;estead | 11 | BOD | 27.8 | dns |
| | Marnicia White | 12 | ME | 27 | dns |

| | | | | | |
|---------------|------------------|----|-----|-------|-------|
| Heat 2 | | | | | |
| 1 | Angellique SMith | 11 | ME | 26.03 | 25.62 |
| 2 | Tiffany Thomas | 11 | SL | 26.5 | 27.66 |
| 3 | Jennifer Burley | 10 | H | 27.1 | 28.65 |
| 4 | Briana Johnson | 10 | MC | n.m. | 30.14 |
| 5 | Tomonica Baker | 11 | T | 31.3 | 31.99 |
| | Jasmine Wade | 12 | SLZ | 28.2 | dns |
| | Leah Smart | 10 | BOD | 27.6 | dns |
| | Brianna Alvarez | 9 | ME | 27.9 | dns |

| | | | | | |
|---------------|-------------------|----|-----|-------|-------|
| Heat 3 | | | | | |
| 1 | Charis Chan | 10 | CV | 26.04 | 25.85 |
| 2 | Cameo Motley | 9 | ME | 27 | 26.64 |
| 3 | Madeira Macedo | 10 | BOD | 26.5 | 26.95 |
| 4 | Laurae Vincent | 10 | BOD | 27.5 | 28.43 |
| 5 | Tobie Okoronkwo | 10 | MC | n.m. | 29.19 |
| 6 | Stephanie Khouw | 10 | MC | 29.8 | 29.6 |
| 7 | Carissa Chan | 11 | A | 31.6 | 31.2 |
| | Ashatae Millhouse | 10 | T | 27.9 | dns |

| | | | | | |
|---------------|----------------------|----|-----|------|-------|
| Heat 4 | | | | | |
| 1 | Jasmine Brooks | 10 | H | 26.3 | 27.09 |
| 2 | Renee Jenkins | 11 | H | 26.8 | 27.64 |
| 3 | Alexis Musante | 10 | BOD | 27.5 | 28.23 |
| 4 | Kara Hardy | 11 | SLZ | 28.3 | 29.78 |
| 5 | Samantha Brathwaite | 11 | MC | n.m. | 30.17 |
| 6 | Aileen Ho | 12 | SL | 32.5 | 36.99 |
| | Erika Whitaker-Woods | 10 | T | 27 | dns |
| | Nicole Westling | 11 | CV | 29.8 | dns |

| | | | | | |
|--------------|------------------|----|-----|-------|-------|
| Final | | | | | |
| 1 | Angellique SMith | 11 | ME | 25.62 | 25.53 |
| 2 | Charis Chan | 10 | CV | 25.85 | 25.83 |
| 3 | BJ Triplett | | ME | 25.56 | 26.44 |
| 4 | Iesha Miller | 11 | HH | 26.61 | 26.9 |
| 5 | Cameo Motley | 9 | ME | 26.64 | 26.93 |
| 6 | Jasmine Brooks | 10 | H | 27.09 | 27.39 |
| 7 | Madeira Macedo | 10 | BOD | 26.95 | 27.73 |
| 8 | Tiffany Thomas | 11 | SL | 27.66 | 27.8 |
| 9 | Renee Jenkins | 11 | H | 27.64 | 28.6 |

| | | | | | |
|--------------------------|--------------|------------|----------------|-------------|--|
| Event # 32 BV 200 | | | | | |
| name | grade | sch | quality | mark | |

| | | | | | |
|---------------|-----------------|----|-----|------|-------|
| Heat 1 | | | | | |
| 1 | John Flaaten | 11 | MC | 22.2 | 22.79 |
| 2 | Zach Walker | 12 | BOD | 22.8 | 23.1 |
| 3 | Julius Malone | 11 | SLZ | 22.8 | 23.12 |
| 4 | David Habibian | 11 | MC | 26.5 | 25.91 |
| 5 | Jackie Luu | 12 | A | 26.7 | 26.35 |
| | Ryan Stohr | 12 | CV | 24.3 | dns |
| | Farrell LaBlanc | 11 | H | 23.3 | dns |
| | Nyanforh Tarpeh | 11 | T | 24.8 | dns |

| | | | | | |
|---------------|--------------|----|-----|------|-------|
| Heat 2 | | | | | |
| 1 | Jon Iglehart | 12 | BOD | 22.3 | 22.46 |

| | | | | | |
|---|-----------------|----|-----|------|-------|
| 2 | Jerome Tarver | 11 | SL | 22.6 | 23.41 |
| 3 | Sam Chestham | 11 | SL | 23.3 | 23.79 |
| 4 | Brandon Farinha | 11 | CV | 24.1 | 24.62 |
| 5 | Joe Briggs | 11 | BOD | 24.5 | 25.54 |
| 6 | Carlos Ortiz | 11 | ME | 25.5 | 25.99 |
| | Dante Evans | 12 | SLZ | 23.1 | dns |
| | Michael Lee | 11 | MC | 25.2 | dns |

| | | | | | |
|---------------|-------------------|----|-----|-------|-------|
| Heat 3 | | | | | |
| 1 | Jonathan Rice | 12 | SL | 22.5 | 22.71 |
| 2 | Kyeret Payne | 12 | ME | 22.8 | 22.86 |
| 3 | Evan Ballar | 10 | CV | 24.2 | 24.09 |
| 4 | Juan Dominguez | 11 | ME | 24.99 | 24.98 |
| 5 | Jamar Lyles | 12 | T | 25.4 | 25.51 |
| 6 | Neil Canlas | 11 | MC | 25.2 | 25.57 |
| | Cory Williams | 11 | SLZ | 23.3 | dns |
| | Antonio Pennymann | 12 | H | 23.2 | dns |

| | | | | | |
|--------------|---------------|----|-----|-------|-------|
| Final | | | | | |
| 1 | Jon Iglehart | 12 | BOD | 22.46 | 22.31 |
| 2 | John Flaaten | 11 | MC | 22.79 | 22.35 |
| 3 | Jonathan Rice | 12 | SL | 22.71 | 22.83 |
| 4 | Kyeret Payne | 12 | ME | 22.86 | 22.98 |
| 5 | Julius Malone | 11 | SLZ | 23.12 | 23.29 |
| 6 | Jerome Tarver | 11 | SL | 23.41 | 23.59 |
| 7 | Zach Walker | 12 | BOD | 23.1 | 23.66 |
| 8 | Evan Ballar | 10 | CV | 24.09 | 24.06 |
| 9 | Sam Chestham | 11 | SL | 23.79 | 24.5 |

| | | | | | |
|----------------------------|--------------|------------|----------------|-------------|--|
| Event # 33 GFS 3200 | | | | | |
| name | grade | sch | quality | mark | |

| | | | | | |
|-------------------|---------------------|----|-----|---------|----------|
| FINAL ONLY | | | | | |
| 1 | Corrinne Yee | 10 | MC | 13:15.0 | 12:48.08 |
| 2 | Shana Kennedy | 10 | SL | 12:55.0 | 12:56.04 |
| 3 | Christina Robertson | 10 | CV | 13:18.5 | 13:12.03 |
| 4 | Shirley Lim | 9 | A | 14:20.0 | 13:37.06 |
| 5 | Amy Minor | 9 | H | 13:45.0 | 13:44.01 |
| 6 | Lauren Ma | 9 | CV | 13:59.9 | 13:52.01 |
| 7 | Natalie Baluyat | 10 | H | 14:31.0 | 13:52.07 |
| 8 | Elyse Fretas | 10 | BOD | 13:20.0 | 13:57.03 |
| 9 | Becky Ribeira | 9 | CV | 13:48.9 | 14:03.09 |
| 10 | Andrea Cardenas | 10 | BOD | 13:30.0 | 14:05.07 |
| 11 | Katelyn Phillips | 9 | CV | 13:59.7 | 14:06.07 |
| 12 | Molly Powell | 10 | MC | 14:15.0 | 14:09.07 |
| 13 | Emerald Maravilla | 10 | MC | 14:15.0 | 14:10.07 |
| 14 | Laila Foadian | 9 | MC | 14:15.0 | 14:39.08 |
| 15 | Ana Ruiz | | A | 15:01.0 | 14:46.06 |
| 16 | Beatriz Leon | 10 | T | 13:51.0 | 15:01.00 |
| 17 | Stephanie Martin | 9 | T | 13:52.0 | 15:52.03 |
| 18 | Mary Ann Garcia | 10 | A | 15:52.0 | 15:57.02 |
| 19 | Therese Tiongquico | 9 | T | 13:57.0 | 16:00.08 |
| | Alloa Rivera | 10 | SL | 12:50.0 | DNS |
| | Moryah Schindler | 10 | CV | 13:35.9 | DNS |
| | Yasmin Hernandez | 9 | A | 13:42.0 | DNS |

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|---------------------------|--------------|------------|----------------|-------------|--|
| Event # 35 GV 3200 | | | | | |
| name | grade | sch | quality | mark | |

| | | | | | |
|-------------------|------------------|----|-----|---------|----------|
| FINAL ONLY | | | | | |
| 1 | Ariel Wright | 9 | BOD | 11:45.0 | 12:15.00 |
| 2 | Jessica Scalzo | 10 | A | 12:22.0 | 12:16.08 |
| 3 | Anna Purcell | 11 | BOD | 11:50.0 | 12:44.09 |
| 4 | Chelsea tikotsky | 12 | A | 13:10.0 | 12:59.00 |
| 5 | Shannon Alter | 11 | CV | 12:52.0 | 13:01.08 |
| 6 | Melissa Simmons | 11 | CV | 13:38.0 | 13:15.00 |
| 7 | Paigelee Hodges | 9 | H | 13:13.0 | 13:29.01 |
| 8 | Angela McIsaac | 11 | BOD | 12:50.0 | 13:40.02 |
| 9 | Aorfe Hanrahan | 11 | MC | 13:35.0 | 13:56.04 |
| 10 | Mary Hannon | 11 | MCC | 13:55.0 | 14:05.01 |
| 11 | Samantha Suey | 11 | CV | 13:49.0 | 14:08.01 |
| 12 | Amanda Atwood | 11 | BOD | 13:20.0 | 14:19.01 |
| 13 | Wendy Ortiz | 11 | A | 15:09.0 | 14:21.00 |
| 14 | Shana Mitchell | 9 | ME | 14:28.1 | 14:31.07 |
| 15 | Joan Sim | 11 | A | 14:39.0 | 14:41.00 |
| 16 | Yvette Perez | 11 | H | 14:20.0 | 15:03.05 |
| | Emma Williams | 11 | BOD | 13:00.0 | DNS |
| | Rhiannon Webb | 12 | CV | 13:52.0 | DNS |
| | Christy Affie | 11 | SLZ | 14:00.0 | DNS |
| | Lupe Muniz | 11 | SLZ | 14:30.0 | DNS |
| | Hong Lien | 11 | A | 15:49.0 | DNS |

| | | | | | |
|----------------------------|--------------|------------|----------------|-------------|--|
| Event # 34 BFS 3200 | | | | | |
| name | grade | sch | quality | mark | |

| | | | | | |
|-------------------|------------------|----|-----|---------|----------|
| FINAL ONLY | | | | | |
| 1 | Nick Toda | 10 | MC | 11:20.0 | 10:38.06 |
| 2 | Paulo Acoba | 10 | MC | 11:00.0 | 10:43.04 |
| 3 | Jonathan Pineda | 10 | MC | 10:36.0 | 10:51.04 |
| 4 | Ben Gutierrez | 9 | BOD | 10:49.0 | 10:51.08 |
| 5 | Mauricio Hurtado | 9 | H | 11:10.0 | 10:58.03 |
| 6 | Jordan Bailey | 10 | CV | 10:50.0 | 11:01.03 |
| 7 | Bennett Hall | 10 | CV | 10:58.5 | 11:06.04 |
| 8 | Andrew Chan | 10 | MC | 11:30.0 | 11:18.00 |
| 9 | Scott Clark | 10 | CV | 11:10.0 | 11:29.06 |

| | | | | | |
|----|------------------|----|-----|---------|----------|
| 10 | Tedros Tamen | 10 | T | 11:38.0 | 11:33.05 |
| 11 | Dean Rasheed | 10 | CV | 12:07.0 | 11:38.09 |
| 12 | Jack Draper | 9 | BOD | 11:45.0 | 11:40.01 |
| 13 | Schuyler Hall | 9 | ME | 11:15.5 | 11:42.04 |
| 14 | Rene Tiongquico | 10 | T | 13:56.0 | 11:42.07 |
| 15 | Kyle Delauro | 9 | H | 11:10.0 | 11:51.02 |
| 16 | Daniel Schieffer | 9 | BOD | 12:00.0 | 11:51.05 |
| 17 | Scott Wong | 9 | CV | 12:15.0 | 11:54.04 |
| 18 | Jared Opperman | 10 | MC | 13:00.0 | 12:07.05 |
| 19 | Lulie Lucero | 9 | SL | 10:50.0 | 12:47.03 |
| 20 | Jason Pix | 10 | MC | 13:30.0 | 14:20.00 |
| | Jeff Swartz | | SL | 11:50.0 | DNS |
| | Jon Hui | 9 | CV | 12:05.0 | DNS |
| | Trieu Huynh | 10 | T | 12:16.0 | DNS |
| | Mario Hernandez | 9 | SLZ | 12:30.0 | DNS |
| | Jose Baamonde | | SL | 12:55.0 | DNS |
| | Kevin Clauson | 9 | BOD | 13:30.0 | DNS |
| | Jonathan Rivac | 10 | T | 14:04.0 | DNS |

| | | | | | |
|---------------------------|--------------|------------|----------------|-------------|--|
| Event # 36 BV 3200 | | | | | |
| name | grade | sch | quality | mark | |

| FINAL ONLY | | | | | |
|------------|------------------|----|-----|---------|----------|
| 1 | Yong-Sung Leal | 12 | A | 10:00.0 | 9:16.06 |
| 2 | Brandon Carballo | 12 | MC | 9:48.3 | 10:00.53 |
| 3 | Chris Wong | 11 | BOD | 9:57.0 | 10:03.59 |
| 4 | Tony Quintana | 10 | MC | 10:08.0 | 10:18.78 |
| 5 | John Yano | 11 | CV | 10:11.0 | 10:30.12 |
| 6 | Mike Sanchez | 12 | ME | 10:45.0 | 10:39.19 |
| 7 | Daniel Hannon | 12 | MC | 10:23.0 | 10:42.07 |
| 8 | Matt Caselli | 12 | BOD | 10:39.0 | 10:44.05 |
| 9 | Andrew Saishas | 12 | MC | 10:50.0 | 10:47.06 |
| 10 | Leonard Greenlaw | 12 | T | 11:08.0 | 10:48.00 |
| 11 | Zane Welte | 12 | CV | 10:20.0 | 10:48.03 |
| 12 | Chris Rodriguez | 11 | BOD | 11:45.0 | 11:18.08 |
| 13 | Jason Ribeira | 11 | CV | 10:40.0 | 11:19.08 |
| 16 | Ross Curiel | 11 | H | 13:31.0 | 11:46.07 |
| | Noel Romo | 12 | ME | 11:58.0 | DNS |
| | Taylor Graham | 12 | MC | n.t. | DNS |

2003 HAAL Championships

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| | | | | |
|---------------|----|-----|-------|-----|
| Sharlee Solis | 10 | CV | 12-06 | dns |
| Jessica Liuu | 9 | SL | 12-09 | dns |
| Javon Boxdell | 9 | SLZ | 15-02 | dns |

Event # 42 -- BFS LJ

| name | grade | sch | qualify | MARK |
|-------------------|-------|-----|---------|---------|
| 1 Andre Luke | 10 | ME | 19-07 | 18-05.5 |
| 2 Bryan Balde | 10 | MC | 18-02 | 18-03 |
| 3 Robert Ferguson | 10 | CV | 17-07 | 17-08 |
| 4 Nik Taylor | 10 | ME | 16-05 | 16-08 |
| 5 Kiyoshi Hiraki | 10 | CV | 15-10 | 16-06 |
| 6 Eric Keilough | 10 | ME | 14-10 | 15-08 |
| 7 Amos Han | 9 | CV | 15-6 | 15-04.5 |
| 8 Marvin Salud | 10 | ME | 14-10 | 15-03.5 |
| 9 Mike Biallas | 9 | A | 15-06 | 14-11.5 |
| 10 Ramin Maysam | 10 | CV | 15-6 | 14-11 |
| 11 Angelo Zamora | 10 | A | 15-02 | 14-00 |
| Brandon Johnson | 10 | CV | 16-05 | 12-05.5 |
| Nick Morris | 10 | A | 15-00 | nm |
| Ronnie Jackson | 10 | SLZ | 17-00 | dns |
| DAve Woychik | 10 | BOD | 17-00 | dns |
| William Dixon | 9 | SL | 16-05 | dns |
| DAvid Lin | 10 | T | n.m. | dns |
| Mike Martin | 9 | ME | n.m. | dns |
| Tommy Speth | 9 | CV | n.m. | dns |

Event # 43 -- GV LJ

| name | grade | sch | qualify | MARK |
|-----------------------|-------|-----|---------|---------|
| 1 Alisha Flaaten | 9 | MC | 16-01 | 16-06.5 |
| 2 Elisha Bell | 11 | SL | 15-02 | 16-05.5 |
| 3 Brianne Alvarez | 9 | ME | 16-04 | 15-11 |
| 4 Charliena Busch | 12 | SL | 15-02 | 15-10 |
| 5 Christianne Jardin | 12 | MC | 15-06 | 15-08 |
| 6 Erica Jasso | 10 | A | 13-05 | 15-07.5 |
| 7 Rochelle Carvalho | 10 | MC | 15-02 | 15-07 |
| 8 Renee Gistand | 11 | CV | 14-04 | 15-0 |
| 9 Michelle Bacani | 10 | MC | n.m. | 14-03 |
| 10 Brianna Peters | 10 | A | 13-02.5 | 14-02 |
| 11 Becky Gerton | 11 | A | 13-10 | 13-09 |
| 12 Christina Davini | 11 | MC | 13-01 | 13-08.5 |
| 13 Precious Towers | 11 | H | 13-04 | 13-07.5 |
| 14 Stephanie Khouw | 10 | MC | n.m. | 13-05 |
| 15 Jessica Wildensten | 11 | CV | 13-01 | 12-11 |
| 16 Tami Lantz | 11 | A | 12-05 | 12-10 |
| 17 Danielle Lacey | 11 | CV | 13-06 | 12-09 |
| 18 Maria Ko | 12 | A | 12-07 | 12-06.5 |
| 19 Dana Linda | 12 | CV | 13-10 | 11-07 |
| Rachel Huggins | 11 | CV | n.m. | dns |
| Stephanie Bandu | 11 | ME | 11-10 | dns |
| Laura Sonnenfelt | 11 | H | 11-10 | dns |
| Courtney Amason | 11 | ME | 12-04 | dns |
| Jessica White | 11 | CV | 14-00 | dns |
| B.J. Triplett | 10 | ME | 14-05 | dns |
| Candace Brown | 11 | BOD | 14-08 | dns |

Event # 44 -- BV LJ

| name | grade | sch | qualify | MARK |
|----------------------|-------|-----|---------|---------|
| 1 Lamar Coutian | 12 | BOD | 20-10 | 20-09 |
| 2 Louis Arnold | 9 | BOD | 19-01 | 20-08 |
| 3 Eugene Anderson | 11 | SL | 22-02 | 20-07 |
| 4 Mike Cannon | 12 | SLZ | 20-00 | 20-02 |
| 5 D'avid McDonald | 12 | ME | 19-03 | 20-0 |
| 6 Jamar Lyles | 12 | T | 18-08 | 19-02.5 |
| 7 John Picetti | 11 | CV | 18-04 | 18-01.5 |
| 8 Rasheed Cotten | 11 | SLZ | 18-06 | 18-01 |
| 9 Will Lewis | 12 | A | 18-02.5 | 17-16.5 |
| 10 Robbie Wright | 11 | CV | 19-00 | 17-08.5 |
| 11 Jeremiah Labiano | 11 | ME | 18-04 | 17-05.5 |
| 12 Ray Wong | 11 | SL | 17-00 | 17-04 |
| 13 Kaelen Robinson | 11 | A | 18-04 | 17-03.5 |
| 14 Esmail Momand | 12 | T | n.m. | 16-02 |
| 15 Josh Nguyen | 11 | SL | 18-05 | 15-10 |
| 16 Nick Morozovsky | 12 | CV | 17-04 | 13-11 |
| Nyanforh Tarpeh | 11 | T | 19-07 | dns |
| Marcus Aigbekaen | 11 | H | 16-10 | dns |
| Osarefin Eboigbodini | 12 | H | 16-06 | dns |

Event # 45 -- GFS TJ

| name | grade | sch | qualify | MARK |
|----------------------|-------|-----|---------|---------|
| 1 Christine Luong | 9 | T | n.m. | 30-10.5 |
| 2 Amala Shetty | 9 | MC | 28-01 | 30-03 |
| 3 Michelle Barksdale | 10 | BOD | 30-05 | 29-01.5 |
| 4 Savannah Trakts | 10 | CV | n.m. | 27-09 |
| 5 Kirsten Hudson | 9 | A | 28-03.5 | 27-09 |
| 6 Mimi Cortopossi | 10 | CV | 28-04 | 27-04 |
| 7 Stephanie Tabor | 9 | CV | 26-10 | 26-07 |
| 8 Maritoni Medrano | 9 | MC | 23-11.5 | 26-00.5 |
| 9 Christina Fatona | 10 | H | 26-00 | 25-00 |
| 10 Rosalind Roth | 9 | SL | 28-00 | 24-09.5 |
| 11 Katrina Usher | 9 | A | 22-08.5 | 24-05.4 |
| Monica Erdman | 10 | CV | n.m. | DNJ |
| Jessica Liuu | 9 | SL | 25-00 | DNJ |
| Sharlee Solis | 10 | CV | 26-05 | DNJ |

| | | | | |
|---------------|---|----|-------|-----|
| Kara Lawrence | 9 | CV | 28-05 | DNJ |
|---------------|---|----|-------|-----|

Event # 46 -- BFS TJ

| name | grade | sch | qualify | MARK |
|-------------------|-------|-----|---------|---------|
| 1 Andre Luke | 10 | ME | 40-10 | 40-00.5 |
| 2 Nicholas Taylor | 10 | ME | N.M. | 38-11.5 |
| 3 Erin Walker | 10 | BOD | 39-00 | 38-05.5 |
| 4 Thad Seyer | 10 | BOD | 38-09 | 37-02.5 |
| 5 Michael Almond | 9 | ME | 37-01 | 37-01 |
| 6 Dave Woychik | 10 | BOD | 34-01 | 36-01 |
| 7 Tim Arzino | 10 | H | 36-00 | 33-08.5 |
| 8 Chris Casey | 10 | CV | 32-06 | 32-09.5 |
| 9 Ross LaBrenz | 9 | SL | N.M. | 32-02.5 |
| 10 Angelo Zamora | 10 | A | 30-03 | 29-02.4 |
| Robert Ferguson | 10 | CV | N.M. | DNJ |
| Brandon Johnson | 10 | CV | N.M. | DNJ |
| Amos Han | 9 | CV | 31-11 | DNJ |
| Nick Morris | 10 | A | 32-00 | DNJ |
| Ryan Lee | 10 | CV | 32-02 | DNJ |
| Josh Shinoda | 10 | CV | 32-10 | DNJ |
| Ronnie Jackson | 10 | SLZ | 34-00 | DNJ |
| William Dixon | 9 | SL | 34-00 | DNJ |
| Ronnie Jackson | 10 | SLZ | 34-00 | DNJ |

Event # 47 -- GV TJ

| name | grade | sch | qualify | MARK |
|-----------------------|-------|-----|---------|----------|
| 1 Shanice Kelly | 12 | BOD | 38-03 | 38-01 |
| 2 Charliena Busch | 12 | SL | 34-03 | 33-06.5 |
| 3 Chelsea Chandler | 12 | CV | 33-11 | 33-03 |
| 4 Christianne Jardin | 12 | MC | 31-11 | 32-09.25 |
| 5 Rochelle Carvalho | 10 | MC | 28-10 | 31-03 |
| 6 Maria Ko | 12 | A | 30-07 | 30-08 |
| 7 Candace Brown | 11 | BOD | 30-00 | 30-02 |
| 8 Brianna Peters | 10 | A | 28-10 | 29-02 |
| 9 Danielle Lacey | 11 | CV | 28-04 | 28-10 |
| 10 Jessica Wildensten | 11 | CV | 27-09 | 28-07.25 |
| 11 Becky Gerton | 11 | A | 28-01 | 26-09 |
| 12 Tami Lantz | 11 | A | 23-10 | 24-07 |
| Jessica White | 11 | CV | 30-10 | dns |
| Dana Linda | 12 | CV | 28-10 | dns |
| Laura Sonnenfelt | 11 | H | 26-00 | dns |
| Precious Tower | 11 | H | 25-02 | dns |
| Rachel Huggins | 11 | CV | N.M. | dns |

Event # 48 -- BV TJ

| name | grade | sch | qualify | MARK |
|----------------------|-------|-----|---------|----------|
| 1 Louis Arnold | 9 | BOD | 42-05 | 43-09 |
| 2 Jamar Lyles | 12 | T | 37-11 | 42-00.75 |
| 3 Rasheed Cotten | 11 | SLZ | 39-00 | 41-00.75 |
| 4 Jeremiah Labiano | 11 | ME | 37-01 | 39-09 |
| 5 Mike Cannon | 12 | SLZ | 40-00 | 39-02 |
| 6 John Picetti | 11 | CV | 38-04 | 38-10 |
| 7 Kaelen Robinson | 11 | A | 35-05 | 33-10.75 |
| 8 Nick Morozovsky | 12 | CV | 35-07 | 33-00.25 |
| Marcus Aigbekaen | 11 | H | 34-11 | dnj |
| Jarad Walls | 11 | BOD | 43-05 | dnj |
| Lamar Coatian | 12 | BOD | 43-02 | dnj |
| Nyanforh Tarpeh | 11 | T | 36-00 | dnj |
| Osarefin Eboigbodini | 12 | H | 36-00 | dnj |

Event # 49 -- GFS HJ

| name | grade | sch | qualify | MARK |
|--------------------|-------|-----|---------|------|
| 1 Amanda Delaplane | 10 | CV | 4-04 | 4-04 |
| 2 Beth Haworth | 9 | CV | 3-10 | 4-02 |
| 3 Christine Luong | 9 | T | 4-04 | 4-02 |
| 4 Jenna Bowersmith | 10 | A | 4-04 | 4-02 |
| 5 Rosalind Roth | 9 | SL | 4-02 | 4-02 |
| 6 Kara Lawrence | 9 | CV | 4-04 | 3-06 |
| Katrina Usher | 9 | A | 4-00 | nh |
| Savannah Trakts | 9 | CV | N.M. | dns |
| Monica Erdmann | 10 | CV | 4-00 | dns |
| Carly Sanders | 9 | CV | 4-02 | dns |

Event # 50 -- BFS HJ

| name | grade | sch | qualify | MARK |
|-------------------|-------|-----|---------|------|
| 1 Andre Luke | 10 | ME | 5-08 | 5-02 |
| 2 Robert Ferguson | 10 | CV | 5-04 | 5-00 |
| 3 Charles Eck | 9 | CV | N.M. | 5-00 |
| 4 Chris Casey | 10 | CV | 5-00 | 5-00 |
| Mark Andrews | 9 | H | 5-02 | NM |
| Schuyler Hall | 9 | ME | 5-06 | NM |
| Josh Nonato | 10 | T | 5-06 | NM |
| Thad Seyer | 10 | BOD | 5-06 | NM |
| Damien Owens | 10 | SL | n.m. | DNS |
| Michael Sene | 10 | CV | N.M. | DNS |
| Jason Hoffman | 10 | CV | N.M. | DNS |
| William Dixon | 9 | SL | 4-08 | DNS |
| Ronnie Jackson | 10 | SLZ | 5-04 | DNS |

Event # 51 -- GV HJ

| name | grade | sch | qualify | MARK |
|---------------------|-------|-----|---------|------|
| 1 Rachel Schaffner | 12 | MC | 5-06 | 5-04 |
| 2 Lauren Hopfenbeck | 9 | CV | 5-00 | 4-10 |

| | | | | |
|------------------|----|----|------|------|
| 3 Erica Jasso | 10 | A | 4-10 | 4-10 |
| 4 Brianna Peters | 10 | A | 4-10 | 4-10 |
| 5 Elisha Bell | 11 | SL | 4-10 | 4-08 |
| 6 Becky Gerton | 11 | A | 4-08 | 4-06 |
| 7 Katy Stewart | 11 | CV | 4-08 | 4-04 |
| Jotika Krishan | 11 | T | 4-00 | nm |
| Raquel Tirado | 12 | CV | 4-00 | nm |
| Roana Tirado | 12 | CV | 4-00 | nm |
| Jessica White | 11 | CV | 4-02 | nm |
| Samantha Journey | 12 | CV | 5-00 | nm |

Event # 52 -- BV HJ

| name | grade | sch | qualify | MARK |
|------------------|-------|-----|---------|------|
| 1 John Picetti | 11 | CV | 6-00 | 6-00 |
| 2 Tommy Arnold | 11 | BOD | 5-10 | 5-10 |
| 3 Jon F. Campos | 12 | MC | 5-06 | 5-02 |
| 4 Will Lewis | 11 | A | 5-08 | 5-02 |
| Daniel Santos | 12 | MC | 5-08 | DNJ |
| Dan Davini Jr. | 12 | MC | 5-06 | NM |
| Rasheed Cotten | 11 | SLZ | 5-06 | DNS |
| Bruce Fernandez | 11 | SLZ | 5-06 | DNS |
| Ryan Stohr | 12 | CV | 5-06 | DNS |
| Jermiah Labiano | 11 | ME | 5-04 | DNS |
| Marcus Aigbekaen | 11 | H | 5-02 | NM |
| Marek Brezula | 10 | CV | 5-02 | DNS |

Event # 53 -- GFS SP

| name | grade | sch | qualify | MARK |
|---------------------|-------|-----|---------|---------|
| 1 Annisa Cathron | 9 | SLZ | 32-00 | 29-5 |
| 2 Jeanette Downs | 10 | A | 24-06 | 27-6 |
| 3 Cassie Wilcox | 10 | CV | 28-10 | 27-0 |
| 4 Bea-Ashley Steele | 9 | SL | 28-07 | 26-10 |
| 5 Monica Soto | 10 | A | 25-09 | 25-8 |
| 6 Ashley Collier | 10 | BOD | 26-00 | 25-2.5 |
| 7 Rosario Foley | 10 | MC | 23-00 | 25-0 |
| 8 Monica Erdmann | 10 | CV | 26-04 | 24-8 |
| 9 Linsey Stahowski | 9 | A | 28-02 | 24-10 |
| 10 Jill Corrigan | 10 | A | 23-00 | 23-8 |
| 11 Savannah Trakts | 9 | CV | 24-08 | 22-8.5 |
| 12 Elisha Aranda | 9 | SL | 21-09 | 21-1.25 |
| 13 Essence Jaime | 9 | T | 18-06 | 17-2 |
| Joanna Eisenberg | 9 | SLZ | 22-00 | dnt |
| Laura Fernsten | 10 | CV | 22-02 | dnt |
| Lennie Weese | 9 | CV | 24-02 | dnt |
| Jessica Chavez | 10 | CV | 24-04 | dnt |
| Fallen Fielder | 9 | H | 27-00 | dnt |
| Connie Walron | 10 | MC | 29-01 | dnt |

Event # 54 -- BFS SP

| name | grade | sch | qualify | MARK |
|--------------------------|-------|-----|---------|---------|
| 1 Chris Babcock | 10 | H | 42-00 | 46-09.5 |
| 2 Darwin Tsang | 10 | CV | 43-07 | 42-04 |
| 3 James Meers | 9 | BOD | 43-05 | 41-01 |
| 4 Danny Feucht | 9 | CV | 41-10 | 39-02.5 |
| 5 Tim Stryko | 9 | CV | 36-10 | 37-03.5 |
| 6 Ray Meyer | 10 | BOD | 40-00 | 36-10.5 |
| 7 Javier Cabrales-Tellez | SL | SL | 33-04 | 35-11 |
| 8 Milton Brooks | 10 | SLZ | 38-00 | 35-08.5 |
| 9 Andrew Oliveira | 9 | A | 32-02 | 34-10 |
| 10 Brian Garside | SL | SL | 34-06 | 34-02.5 |
| 11 Kevin Trujillo | 10 | A | 31-11 | 33-1.5 |
| 12 David Flores | 9 | SLZ | 36-00 | 33-08 |
| 13 Jason Desa | 10 | ME | 31-02 | 31-11.5 |
| 14 Gregory Prentiss | 9 | T | 29-06 | 31-10 |
| 15 Jason Tran | 9 | ME | 31-07 | 31-01.5 |
| 16 Matt Hohl | 10 | H | 30-00 | 30-09 |
| 17 Brandon Bockman | SL | SL | 26-09 | 30-02 |
| 18 Jeff Hoag | SL | SL | 28-01 | 28-02.5 |
| 19 Cory Stedley | 9 | SLZ | 30-00 | 28-01 |
| 20 Marvin Salud | 10 | ME | N.M. | 27-11 |
| 21 Jon Hui | 9 | CV | 28-08 | 27-09.5 |
| 22 Ramin Mayasam | 10 | CV | 27-06 | 23-05 |
| Sami Shaaban | 10 | ME | 29-09 | dns |
| Brandon Manley | 10 | CV | 32-10 | dns |
| Alberto Holmes | 10 | ME | 36-01 | dns |
| Ted Zika | 9 | BOD | 37-05 | dns |
| Emmanuel Lopez | SL | SL | 38-03 | dns |
| Daniel Byrd | 10 | SLZ | 48-0 | dns |

Event # 55 -- GV SP

| name | grade | sch | qualify | MARK |
|----------------|-------|-----|---------|------|
| 1 Lisa Mausia | 12 | BOD | 38-07 | 37-0 |
| 2 Taneya Davis | 12 | BOD | 36-02 | 36-3 |

2003 HAAL Championships

May 23-24 @ Chabot College, Hayward

| | | | | | |
|----|---------------------|----|-----|-------|---------|
| 14 | Angela Perez | 12 | A | 25-06 | 25-8.25 |
| 15 | Danielle Broussard | 9 | BOD | 28-05 | 25-4 |
| 16 | Maelean Powell | 11 | SLZ | 31-00 | 24-9 |
| 17 | Elly Snyder | 11 | BOD | 24-04 | 24-4 |
| 18 | Rhiannon Webb | 12 | CV | 26-10 | 23-8.5 |
| 19 | Veronica McNeal | 11 | H | 26-00 | 23-10 |
| 20 | Martinique Guillory | 11 | BOD | 26-00 | 23-3.5 |
| 21 | Sparkle Ingram | 12 | SLZ | 28-00 | 22-3.5 |
| | Megan Corbin | 11 | CV | 25-05 | dnt |
| | Dasha Gordeychev | 12 | CV | 26-06 | dnt |
| | Bianca Becerra | 11 | MC | 28-00 | dnt |
| | Adrienne Oliver | 11 | ME | 28-08 | dnt |
| | Jessica Passadore | 12 | CV | 28-10 | dnt |

| Event # 56 -- BV Shot Put | | | | | |
|---------------------------|-------|-----|---------|---------|--|
| name | grade | sch | qualify | MARK | |
| Pierce Rowe | 12 | BOD | 50-04 | 52-05 | |
| Chris Hurts | 11 | SL | 51-05 | 50-06.5 | |
| Phillip Mbakogu | 11 | H | 48-00 | 50-02.5 | |
| T. Mateo Jr. | 11 | SLZ | 49-00 | 49-10 | |
| Marcus Thomas | 12 | SLZ | 48-06 | 45-05.5 | |
| John Vind | 11 | SLZ | 48-00 | 44-07.5 | |
| Julio Inguanzo | 12 | T | 44-04 | 44-07 | |
| Evan Williams | 10 | BOD | 43-05 | 44-0.5 | |
| PETER BURGER | 11 | SL | 43-06 | 42-06 | |
| Mike Dmoski | 11 | SL | 47-04 | 41-05 | |
| Eric Smallberg | 11 | BOD | 42-01 | 40-07.5 | |
| Jeston Grant | 12 | ME | 38-11 | 38-06.5 | |
| Chris Hinkley | 11 | BOD | 39-05 | 37-06.5 | |
| Aaron Albonico | 12 | CV | 38-11 | 36-09 | |
| Randy Santa Maria | 11 | SL | 38-05 | 35-02 | |
| Ryan Zika | 11 | BOD | 39-00 | 34-11.5 | |
| Aaron Belluomini | 12 | CV | 38-01 | 34-0 | |
| Elvis Carballo-Donahue | 11 | SL | 28-07 | 33-07.5 | |
| Charles Watson | 12 | BOD | 38-00 | 32-09.5 | |
| Eric Coffey | 12 | SL | 33-07 | 31-04 | |
| Vincent Wu | 11 | CV | 32-02 | 30-11.5 | |
| Rodney Aqua | 11 | CV | 37-06 | 29-11 | |
| Andrew Ruiz | 11 | SLZ | 36-00 | 29-0 | |
| Joe Crisol | 11 | MC | 28-00 | 28-11 | |
| Kris Howard | 11 | H | 34-00 | 28-07.5 | |
| Andrew Scheibner | 11 | SL | 31-06 | 27-11.5 | |
| Allen Chang | 11 | SL | 32-06 | 24-11 | |
| Adam Soto | 12 | A | 25-08 | 24-03.5 | |
| Joshua Fabrigas | 12 | MC | 30-00 | nm | |
| John Reid | 11 | BOD | 38-00 | nm | |
| Thed Sener | 12 | BOD | 38-00 | nm | |
| Dustin Wheeler | 12 | CV | 38-04 | nm | |

| Event # 57 -- GFS Discus | | | | | |
|--------------------------|-------|-----|---------|---------|--|
| name | grade | sch | qualify | MARK | |
| 1 Rosario Foley | 10 | MC | 073-00 | 80-02 | |
| 2 Cassie Wilcox | 10 | CV | 084-06 | 78-07 | |
| 3 Monica Erdman | 10 | CV | 078-10 | 75-02 | |
| 4 Frances Zelaya | 10 | MC | 085-0 | 74-11 | |
| 5 Annisa Cathron | 9 | SLZ | 085-00 | 74-09.5 | |
| 6 Linsey Stahowki | 9 | A | 088-05 | 70-09 | |
| 7 Savannah Trakts | 10 | CV | 069-09 | 70-07 | |
| 8 Ashley Collier | | BOD | 080-00 | 70-06 | |
| 9 Jeanette Downs | 10 | A | 070-08 | 69-0.5 | |
| 10 Jaime Essence | 9 | T | 047-06 | 61-02 | |
| 11 Jill Corrigan | 10 | A | 060-08 | 60-02.5 | |
| 12 Monica Soto | 10 | A | 064-08 | 60-0.5 | |
| 13 Allie Weese | 9 | CV | 065-05 | 56-07 | |
| 14 Bea-Ashley Steele | | SL | 067-02 | 56-06.5 | |
| 15 Elisha Aranda | | SL | 071-06 | 56-04 | |
| 16 Jessica Chavez | 10 | CV | 063-06 | 44-06 | |
| Laura Fernsten | 10 | CV | 061-00 | nm | |
| Fallen Fielder | 9 | H | 065-00 | nm | |
| Joana Eisenberg | 9 | SLZ | 070-00 | nm | |
| Conni Walian | 10 | MC | 073-0 | nm | |

| Event # 58 -- BFS Discus | | | | | |
|--------------------------|-------|------|---------|----------|--|
| name | grade | sch | qualify | MARK | |
| 1 Chris Babcock | 10 | H | 109-00 | 113-06.5 | |
| 2 Darwin Tsang | 10 | CV | 117-00 | 104-5 | |
| 3 Milton Brooks | 10 | SLZ | 095-00 | 102-08.5 | |
| 4 Danny FEucht | 9 | CV | 105-00 | 94-10 | |
| 5 Gregory Prentiss | 10 | T | 075-08 | 88-07 | |
| 6 Javier Cabrales-Tellez | SL | | 081-03 | 87-08.5 | |
| 7 Bryan Garside | SL | | 085-02 | 84-03 | |
| 8 Andrew Oliviera | 9 | A | 079-10 | 83-04 | |
| 9 Kevin Trujillo | 10 | A | 072-09 | 80-00 | |
| 10 David Flores | 9 | SLZZ | 100-00 | 76-07 | |
| 11 Jason Descu | 10 | ME | 072-00 | 70-01.5 | |
| 12 Tim Stryko | 9 | CV | 090-00 | 68-02 | |
| 13 Brandon Bockman | SL | | 061-08 | 65-06 | |
| 14 Ramon Maysam | 10 | CV | 075-08 | 65-05 | |
| 15 Jeff Hoag | SL | | 067-04 | 65-03 | |
| 16 Matt Hohl | 10 | H | 080-00 | 64-02.5 | |
| 17 Cory Stedley | 9 | SLZ | 075-00 | 56-03.5 | |
| 18 Marvin Salud | 10 | ME | n.m. | 53-10 | |
| 19 Jason Tran | 9 | ME | 046-10 | 50-02 | |

| | | | |
|----------------|-----|--------|--------|
| Ted Zika | BOD | 065-00 | DNT |
| SAmi Shaaan | 10 | ME | 068-09 |
| Zhan Zhang | 9 | CV | 078-05 |
| Ray Meyer | 10 | BOD | 080-00 |
| James Meeks | 10 | BOD | 080-00 |
| Brandon Manley | 10 | CV | 085-05 |
| Emmanuel Lorez | SL | | 089-08 |
| Daniel Byrd | 10 | SLZ | 115-00 |

| Event # 59 -- GV Discus | | | | | |
|-------------------------|-------|-----|---------|---------|--|
| name | grade | sch | qualify | MARK | |
| 1 Taneya Davis | 12 | BOD | 131-10 | 129-06 | |
| 2 Lisa Mausia | 12 | BOD | 128-09 | 116-0.5 | |
| 3 Maghan Touissaint | 12 | H | 104-00 | 104-4.5 | |
| 4 Tia Baker | 11 | T | 099-07 | 97-02.5 | |
| 5 Danielle Broussard | 9 | BOD | 097-06 | 95-08 | |
| 6 Angela Perez | 12 | A | 079-06 | 93-08 | |
| 7 Alisha Aggetta | 11 | A | 097-09 | 92-02 | |
| 8 Keenya Davis | 11 | H | 094-00 | 90-08 | |
| 9 Mareesa Valentine | 9 | CV | 094-06 | 90-08 | |
| 10 Janet Ballelos | 12 | MC | 085-00 | 80-05 | |
| 11 Jessica Passadore | 12 | CV | 090-04 | 79-08 | |
| 12 Bianca Becerra | 11 | MC | 083-00 | 79-02 | |
| 13 Jenna Ramirez | SL | | 064-08 | 70-08.5 | |
| 14 Shaday Wright | SL | | 063-01 | 70-0 | |
| 15 Erika Johnson | 11 | ME | 060-05 | 69-11 | |
| 16 Veronica McNeal | 11 | H | 066-00 | 68-0 | |
| 17 Maelean Powell | 11 | SLZ | 080-00 | 66-01 | |
| 18 Joyana Meyers | SL | | 063-08 | 59-04 | |
| 19 Martinique Guillory | 11 | BOD | 055-00 | 55-0 | |
| 20 Sparkle Ingram | 12 | SLZ | 075-00 | 52-06.5 | |
| Dasha Gordeychev | 12 | CV | 077-06 | NM | |
| Elly Snyoea | 11 | BOD | 050-00 | dns | |
| Megan Corbin | 11 | CV | 069-09 | dns | |
| Adrienne Oliver | 11 | ME | 089-04 | dns | |

| Event # 60 -- BV Discus | | | | | |
|----------------------------|-------|-----|---------|----------|--|
| name | grade | sch | qualify | MARK | |
| 1 Chris Hurts | SL | | 157-08 | 148-09 | |
| 2 Peter Burger | SL | | 137-05 | 147-05 | |
| 3 Pierce Rowe | BOD | | 153-04 | 146-09 | |
| 4 Phillip Mbakogu | 11 | H | 133-00 | 134-01 | |
| 5 Mike Dmoski | SL | | 123-07 | 133-05.5 | |
| 6 Julio Inguanzo | 12 | T | 133-01 | 130-02 | |
| 7 John Vind | 11 | SLZ | 144-00 | 129-04.5 | |
| 8 Jarad Jageras | 11 | BOD | 129-05 | 127-02.5 | |
| 9 Evan Williams | 10 | BOD | 128-07 | 119-11 | |
| 10 Marcus Thomas | 12 | SLZ | 135-00 | 119-10.5 | |
| 11 Randy Santa Maria | SL | | 111-07 | 116-05.5 | |
| 12 Theo Sehea | BOD | | 116-05 | 114-00.5 | |
| 13 Aaron Albonico | 12 | CV | 090-00 | 99-00 | |
| 14 Rodney Aqua | 11 | CV | 088-08 | 97-07.5 | |
| 15 Andrew Scheibner | SL | | 089-06 | 92-04 | |
| 16 Vincent Wu | 11 | CV | 089-05 | 89-04 | |
| 17 Aaron Belluomini | 12 | CV | 107-00 | 84-03 | |
| 18 Eric Coffey | SL | | 075-04 | 80-08 | |
| 19 Charles Watson | 12 | BOD | 090-00 | 78-11.5 | |
| 20 Ryan Zika | BOD | | 095-00 | 78-10.5 | |
| 21 Kris Howard | 11 | H | 098-00 | 65-05.5 | |
| 22 Adam Soto | 12 | A | 057-02 | 62-02 | |
| 23 Elvis Caraballo Donahue | SL | | 071-03 | 56-08 | |
| Dustin Wheeler | 12 | CV | 080-00 | Nm | |
| Allen Chang | SL | | 075-03 | NM | |
| Andrew Ruiz | 11 | SLZ | 100-00 | NM | |
| Eric Smallberg | BOD | | 096-00 | NM | |
| Jeston Grant | 12 | ME | 082-01 | NM | |
| Joe Crisol | 11 | MC | 090-00 | NM | |
| Joshua Fabrigas | 12 | MC | 100-00 | NM | |
| Mateo T. Jr. | 11 | SLZ | 132-00 | NM | |

| Event # 61 -- GFS PV | | | | | |
|----------------------|-------|-----|---------|------|--|
| name | grade | sch | qualify | MARK | |
| 1 Amanda Delaplane | 10 | CV | 07-06 | 7-06 | |
| 2 Billie Langley | 10 | BOD | 6-06 | 6-06 | |
| 3 Nicole Campbell | 10 | CV | 06-06 | 6-06 | |

| Event # 62 -- BFS PV | | | | | |
|----------------------|-------|-----|--------|------|--|
| name | grade | sch | qualif | MARK | |
| 1 Robert Ferguson | 10 | CV | 10-00 | 10' | |
| 2 Chris Casey | 10 | CV | 09-06 | 10' | |
| 3 Wayne Ye | nm | BOD | 08-00 | 7' | |
| 4 Josh Ashford | 10 | CV | 09-00 | NH | |
| 5 Brandon Sills | 9 | T | 08-06 | DNS | |

| Event # 63 -- GV PV | | | | | |
|----------------------|-------|-----|---------|--------|--|
| name | grade | sch | qualify | MARK | |
| 1 Christine Silva | 11 | BOD | 10-06 | 10'-6" | |
| 2 Nicole Fabian | 12 | MC | 09-06 | 9' | |
| 3 Tobie Okoronkwo | 10 | MC | N.M. | 9' | |
| 4 Christina Davini | 11 | MC | 09-00 | 8'-6" | |
| 5 Melody Jue | 11 | CV | 07-06 | 8' | |
| 6 Stephanie Lassalle | 10 | CV | 08-06 | 8' | |
| 7 Joanne Lacsina | 11 | MC | 07-06 | 7' | |

| Erica Jasso | 10 | A | N.M. | DNS | |
|------------------------|-------|-----|---------|--------|--|
| Event # 64 -- BV PV | | | | | |
| name | grade | sch | qualify | MARK | |
| 1 Dustin Wheeler | 12 | CV | 11-00 | 11'-6" | |
| 2 Kevan Turner | 10 | CV | 10-06 | 11' | |
| 3 Kevin Teel | 10 | CV | 10-06 | 11' | |
| 4 Alfred T. Valdez III | 10 | MC | 10-00 | 10' | |
| 5 Jim Busmeyer | 11 | MC | n.m. | 9'-6" | |
| 6 Cal Roscrans | 10 | BOD | 09-06 | 8'-6" | |
| 7 Esmail Momand | 12 | T | 09-06 | 8-6 | |
| Elliot Jones | nm | BOD | 09-06 | NH | |
| Bryan Collard | 11 | CV | 09-00 | DNS | |

Bayshore North Coast Section

James Logan High School Saturday, May 24, 2003

It worked out very well for the CV troops today. We took a goodly number of athletes to the meet and managed to advance athletes in 9 individual events and 2 relays. Of the 19 athletes who represented CV today, 13 move on to the Meet of Champions next weekend.

GV 4 x100

Michelle Chan
Chelsea Chandler
Renee Gistand
Charis Chan

3rd in Heat 2 50.32, 7th overall

We ran very close to our best time, and barely made it to move on. Our season lives for another week. This is the first time in 16 years we have advanced a girls' 4 x 100 team to MOC.

GV HJ

Lauren Hopfenbeck 4-10 tie for 8th place

Lauren was very upset that she did not make 5-0 to advance to the next level, even though she had a severe ankle sprain and could not even practice the last 10 days. Very good competitive attitude.



Lauren scowls

GV Shot Put

Mareesa Valentine 34-0 7th

Mareesa and her dad put in some good training time this past week, and it showed as she improved on her lifetime best and moves on to the top round of competition at MOC.

GV 1600

Shannon Alter 83.1 94.0 95.9 87.1
6:01.0 13th

Sshannon was worried that as a late addition due to scratches she would be the slowest competitor in the field. She was not, and actually had a nice little kick at the end.

BV 1600

| | | | | | | |
|------------|------|------|------|------|---------|-----|
| John Yano | 67.4 | 67.8 | 67.5 | 69.0 | 4:32.71 | 7th |
| Zane Welte | 67.4 | 67.8 | 68.5 | 78.0 | 4:41.50 | 9th |

The race evolved into quite a match, as the leaders turned on the jets after a sluggish 1st 800 that saw the entire field clustered up. John was able to sneak in on the last spot without really having to exert himself, and Zane was apparently willing to slow down and end his career in this race.

GV 100 Hurdles

Chelsea Chandler
15.32 2nd in Heat
1, 3rd overall

Being next to the state leader and #4 in the nation Lodree of El Cerrito couldn't hurt, as Chelsea blasted another large chunk off the school record to move on to the MOC.



Chelsea sets school record -- again

BV 110 Hurdles

Robbie Wright 18.16 6th in heat 1, 11th overall

Robbie was hoping for more, but he nicked the 3rd hurdle and that threw off the rhythm for the rest of the race. Still, this was another PR, and it is a good experience. Next year when we return to this meet Robbie will be much more competitive.

GV 100

Charis Chan 12.54 5th in Heat 2, 9th overall

Charis came within .01 of her school record, and still did not advance to the next round. The cruel irony is that she would have won the other three qualifying area meets with this time. The other reality is that without this type of local competition, the incentive to run this fast would not be as great.

GV 800

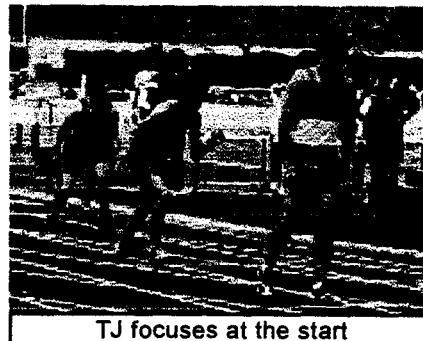
Holly Matheny 2:19.31 1st in Heat 2, 1st overall

In what is a now-normal Holly race, she ran comfortably with the leaders, took off on the backstretch, and then outsprinted the contenders off the turn. This is a real good indication of better races to come.

BV 800

TJ Miller 1:57.82 2nd
in heat 1, 3rd overall

TJ took another large bite out of his PR, and did it with a smarter race. If he can make a habit of staying close to the leaders, and getting his final jump going earlier, more good races await us. This time puts him on our very fine all-time top 10 list at 10th.



TJ focuses at the start

GV 300

| | | |
|------------------|-------|-------------------------|
| Chelsea Chandler | 48.24 | 4th heat 1, 7th overall |
| Kelley Stewart | 48.42 | 5th heat 2, 8th overall |

Chelsea was off her stride much of the last part of the race, and hit the last hurdle. She fell, did a tuck and roll, popped up and got across the finish line. Amazingly enough, it was enough to advance her, even though it edged out Kelley in the next heat.

BV HJ

John Picetti 5-10 3rd

Tender ankles kept John from going higher, so he made sure he was advancing and scratched the rest of his jumps.

GV 200

Charis Chan 25.91 4th in heat 1, tie for 7th overall

It was not Charis's best race, but it was a good one. The time exactly matched the time of the Logan girl in the next heat, but the Logan girl scratched her individual races and Charis thus advances.

GV 4 x 400

| | |
|----------------|------|
| Carolyn Chin | 62.0 |
| Kelley Stewart | 59.8 |

Bayshore North Coast Section
James Logan High School Saturday, May 24, 2003

Renee Gistand 62.0
Holly Matheny 60.2 4:03.93 1st in heat 2, 2nd overall



Holly, Renee, Kelley and Carolyn all smiles after big heat 1 win.

The big surprise was Carolyn and her big PR in the opening leg. She came thundering off the final turn and gave it to Kelley who grabbed first and opened the race up. Renee held onto the lead, and Holly only had to hold off the BOD challenge for an easy win and a large seasonal best. All the girls agree that it felt easy, and are confident about good races next week.

BV 4 x 400

Evan Ballar 53.9
Zane Welte 53.4
John Yano 55.2
TJ Miller 52.3 3:34.94 5th in Heat 1, 8th overall

Evan ran at his best, Zane was a nice surprise, John helped out, and TJ was his usual monster self. Still, we were no match for the top sprint squads in the area, and did well to come this close to qualifying and moving on.

BV Pole Vault

5. Kevinn Teel 10-6
6. Kevan Turner 11-0
 Dustin Wheeler n.h.

It was a shock to the CV troops when Dustin did not clear opening height. The Kevins struggled to be average, which was enough to move on. Next week will be brutal.