

**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	3:30	rained out 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	<b>HAAL: Bishop O'Dowd &amp; Tennyson</b>	3:30	CVHS
Saturday	March 29	Martinez Relays	8:00 a.m.	Alhambra HS
Thursday	April 3	<b>HAAL: Arroyo &amp; Hayward</b>	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	<b>HAAL: Mt. Eden &amp; San Leandro</b>	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	<b>HAAL: Moreau &amp; San Lorenzo</b>	3:30	CVHS
Saturday	May 3	Charley Eaton Relays	9:00	Acalanes HS
Tu-Wed	May 13 & 14	<b>HAAL: Trials &amp; Finals</b>	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](mailto: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

# 2003 Team Points (HAAL meets only)

GV		GFS		BV		BFS	
Chelsea	Chandler	98.5	Amanda	Delaplane	102	Robert	Wright
Charis	Chan	84.45	Joanna	Gistand	81.5	Zane	Weite
Holly	Matheny	51.25	Monica	Erdman	69	Thomas	Miller
Reneè	Gistand	48.5	Carolyn	Chin	60.75	Marek	Brezula
Katy	Stewart	37	Alicia	Inn	55.25	John	Picetti
Kelley	Stewart	33	Kara	Lawrence	53.25	Dustin	Wheeler
Stephanie	Lassalle	33	Karissa	Casey	37	Kevan	Turner
Shannon	Alter	30	Coillette	Cox	33.75	Aaron	Belluomini
Heather	Matheny	28	Becky	Ribeira	33	Nick	Morozovsky
Collette	Cox	27.25	Moryah	Schindler	27	Marcus	Cox
Michelle	Chan	26.5	Sharlee	Solis	27	Ryan	Stohr
Jessica	Passadore	26	Savannah	Trakts	25	Evan	Ballar
Michelle	Dianda	24.75	Christina	Robertson	25	Jordan	Bailey
Angela	Dohrmann	23	Mimi	Cortopassi	24	Brandon	Farinha
Mareesa	Valentine	22	Nicole	Campbell	21	Tony	Sanchez
Christina	Robertson	20	Beth	Haworth	19.5	Kevin	Teel
Samantha	Journey	20	Katelyn	Phillips	16	Rodney	Aqua
Melody	Jue	19	Allie	Weese	12	Aaron	Albonico
Jessica	White	18	Lauren	Ma	10	Darwin	Tsang
Danielle	Lacey	12	Lauren	Hopfenbeck	10	Jason	Ribeira
Cristina	Robinson	11	Laura	Fernsten	9	Wayne	Heltzel
Cassie	Wilcox	10	Vanessa	Depue	7	Vincent	Wu
Samantha	Suey	9	Carly	Sanders	3	Terrence	Jones
Rhiannon	Webb	9	Carly	Sanderson	3	John	Yano
Lauren	Hopfenbeck	8	Jerri	Pfisterer	2.25	Scott	Clark
Jerri	Pfisterer	7.25	Jessica	Chavez	2	Wesley	Willis
Moryah	Schindler	7	Stephanie	Tabor	1	Bryan	Collard
Megan	Corbin	5					
Dasha	Gordeychey	5					
Dana	Linda	5					
Kathryn	Pomroy	3					
Melissa	Simmons	2					
Megan	Fernsten	0					
Kate	Haworth	0					
Rachel	Huggins	0					
Raquel	Tirado	0					
Roana	Tirado	0					
Nicole	Westling	0					
Jessica	Wildensten	0					

# 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:		
<b>Heat 1</b>		<b>Heat 1</b>		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
				Wesley Willis 25.90
				Brian Yip 26.18
				Matt Mitchell 26.96
				Justin Taylor 27.06
				Carey Eck 27.35
<b>Heat 2</b>		<b>Heat 2</b>		Kyoshi Hiroki 27.50
Jerri Pfisterer 31.75		Evan Ballar 24.65		Jason Hoffman 28.00
Amanda Shepherd 31.90		Matt Mitchell 26.96		Jon Delago 28.09
Kelsey Hayes 35.86		Kyoshi Hiroki 27.50		Josh Shinoda 28.28
				Michael Sene 28.34
				Jason Truong 28.87
<b>Heat 3</b>		<b>Heat 3</b>		Ryan Lewis 28.93
Michelle Dianda 29.62		Wesley Willis 25.90		Vince Wu 29.00
Vanessa Depue 38.06		Brian Yip 26.18		Amos Han 29.00
Sarah Han 39.75		Michael Sure 28.34		Charis Chan 27.56
				Michelle Dianda 29.62
				Carolyn Chin 29.90
<b>Heat 4</b>		<b>Heat 4</b>		Michelle Chan 29.93
Sharlee Solis 33.87		Jason Hoffman 28.00		Kara Anderson 30.93
Shannon Fukunaga 37.28		Jon Drago 28.09		Joanna Gistand 31.50
		Ryan Lewis 28.93		Mimi Cortopassi 31.65
				Jerri Pfisterer 31.75
<b>Heat 5</b>		<b>Heat 5</b>		Amanda Shepherd 31.90
Carolyn Chin 29.90		Carey Eck 27.35		Alicia Inn 32.50
Mimi Cortopassi. 31.65		Jason Truong 28.87		Kate Haworth 32.56
		Amos Han 29.00		Sharlee Solis 33.87
<b>Heat 6</b>		<b>Heat 6</b>		Kelsey Hayes 35.86
Charis Chan 27.56		Justin Taylor 27.06		Shannon Fukunaga 37.28
Michelle Chan 29.93		Josh Shinoda 28.28		Vanessa Depue 38.06
Joanna Gistand 31.56		Vince Wu 29.75		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 bests, 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	Heat 2	13.6	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
Michelle Dianda	2:37	Heat 3	3. Carolyn Chin		Dan Feucht	35-8	no results available
Moryah Schindler	2:40	5. Katie Stewart	11.4	<u>Boys 500</u>	Charles Ottina	19-2	<u>Boys Triple Jump</u>
Shannon Alter	2:51	7. Erin McCarthy	11.8	Heat 2	Tim Strycko	33-2	Aaron Albonico 32-4
Kelley Stewart	2:36	Heat 4	1. TJ Miller	1:11.7	William Seals	33-4	William Seals
	10:54	1. Christina Robinson	12.0	4.. Brandon Farinha	1:16.1		
		2. Roana Tirado	13.6	6. Terrence Jones	1:22.1		

### Boys 4 x 800

3. CV "A"	Heat 2	13.6	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
Zane Welte	2:07	5. Katie Stewart	11.4	<u>Boys 500</u>	Dan Feucht	35-8	no results available
TJ Miller	2:11	7. Erin McCarthy	11.8	Heat 2	Charles Ottina	19-2	<u>Boys Triple Jump</u>
Terrence Jones	2:15	Heat 4	1. TJ Miller	1:11.7	Tim Strycko	33-2	Aaron Albonico 32-4
John Yano	2:06	1. Christina Robinson	12.0	4.. Brandon Farinha	1:16.1	William Seals	33-4
	8:39	2. Roana Tirado	13.6	6. Terrence Jones	1:22.1		
6. CV "B"	9:33	3. Nancy Trisko	15.4				

### Girls 4 x 100

Heat 1	Heat 1	14.5	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
2. CV "A"	Heat 2	14.5	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Charis Chan	1. Charis Chan	13.1	7. Terrence Jones	1:22.1	Charles Ottina	19-2	<u>Boys Triple Jump</u>
Chelsea Chandler	4. Michelle Chan	n.t.	8. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
Michelle Chan	<u>Boys 100</u>				William Seals	33-4	William Seals

### Boys 100

Carolyn Chin	Heat 1	13.1	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
4. CV "B"	4. Wesley Willis	12.6	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
5. CV "C"	6. Matt Mitchell	13.0	7. Terrence Jones	1:22.1	Charles Ottina	19-2	<u>Boys Triple Jump</u>
Heat 2	7. Kiyoshi Huraki	13.1	8. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "D"	Heat 2	13.1	Jon Hui -- only ran 7 laps		William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	Heat 2	12.6	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	2. Brian Yip	12.4	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	3. Marek Brezula	12.7	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	3. Marek Brezula	12.7	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	4. Sean Anderson	13.8	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	3. Marek Brezula	12.7	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	4. Sean Anderson	13.8	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	3. Marek Brezula	12.7	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	4. Sean Anderson	13.8	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	3. Marek Brezula	12.7	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	4. Sean Anderson	13.8	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

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Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	3. Marek Brezula	12.7	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	4. Sean Anderson	13.8	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	3. Marek Brezula	12.7	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	4. Sean Anderson	13.8	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	3. Marek Brezula	12.7	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	4. Sean Anderson	13.8	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	3. Marek Brezula	12.7	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	4. Sean Anderson	13.8	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	<u>Girls Triple Jump</u>
3. CV "A"	3. Marek Brezula	12.7	5. Carolyn Chin	1:31.0	Dan Feucht	35-8	no results available
Heat 3	4. Sean Anderson	13.8	6. Matt Mitchell	13.0	Charles Ottina	19-2	<u>Boys Triple Jump</u>
1. CV "B"	7. Kiyoshi Huraki	13.1	7. Terrence Jones	1:22.1	Tim Strycko	33-2	Aaron Albonico 32-4
2. CV "C"	Heat 2	13.1	8. Terrence Jones	1:22.1	William Seals	33-4	William Seals

### Boys 4 x 100

Heat 2	2. Brian Yip	12.4	Heat 4	1:31.0	Jon Hui	23-6	Girls Triple Jump





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# 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

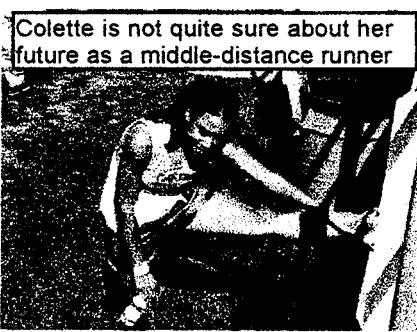
CC Cox 76 78 2:34

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.



Colette is not quite sure about her future as a middle-distance runner

**GFS 4x200**

Jeri 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 Cortopassi

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 0 tie for 1st •

Nicole Campbell 6 tie for 4th •

8-

6-

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 Hophenbeck 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.



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



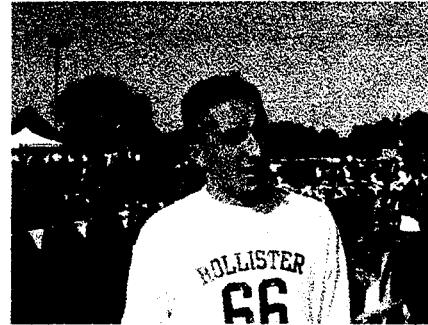
Happy stats Laura and Katie do a great job deciphering incoherent coach babbling into organized statistics on the computer.

**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. Reneè Gistand	14.63
2. Joanna Gistand	15.00
3. Kate Haworth	15.29
3. Collette Cox	15.29

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

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 (handtime)	13.3
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

## 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
Reneè 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

# 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



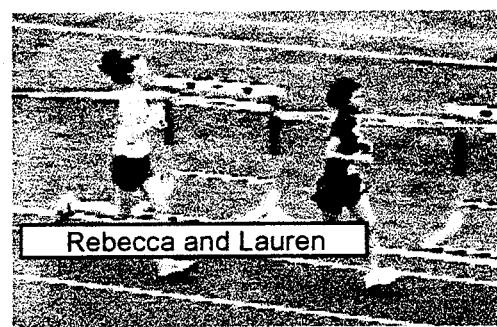
Matt and his opponent pose with their coaches after a very good race

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



The two girls started out very 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 otherwise. Christina had a nice 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 holding 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 slow, 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 lap. 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 wrong race, but she responded strongly anyway. Showing her quickness, she got a good PR.

#### Heat 8

2. Collette 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. Vanessa hung on gamely.

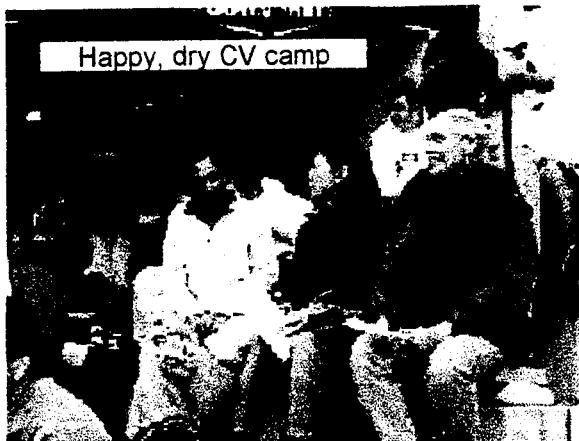
#### Heat 10

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



## 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
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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.



## Boys 800

### Heat 9

5. Jason Ribeira	2:13.1
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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
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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
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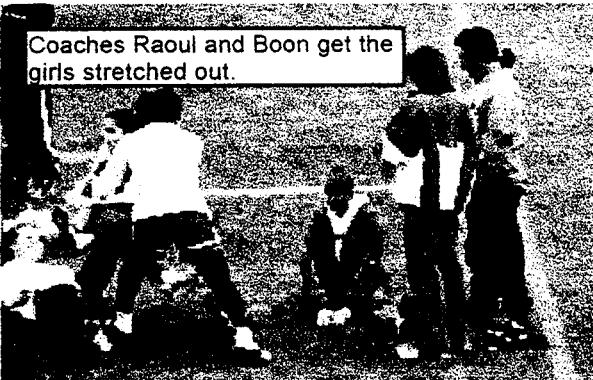
Shock of shocks -- TJ was fooling around in lane three in the back the entire first lap, and then waited to the final turn to crank on the jets and nearly win the

whole thing.

## Girls 3200

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

Shannon ran a pretty good time for her, and we



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 Strysko, Nicole Westling, Jessica Wildenstein 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 Strysko 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 point 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 Strysko 10-6  
subdued marks.

### GV Pole Vault

Erin McCarthy 9-6

Nancy Strysko 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

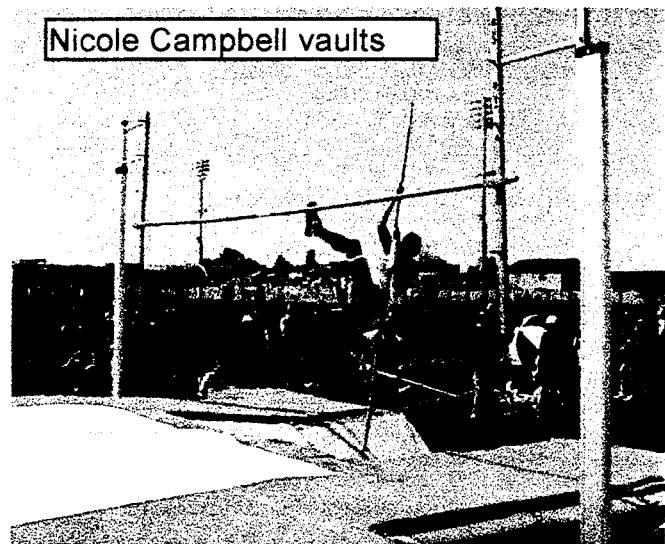
Kate and Jessica were not happy with their marks, and the coaches were not impressed with Renee's time, but Michelle was okay, and Chelsea almost nipped Charis in a major improvement for her.

### GFS PV

Stephanie 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.



### 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 Hiraki 59.7 5th in heat

The boys had heart, but need more experience.

### GFS 400m

heat 1

Collete Cox 66.62

Karissa 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.



Roana Tirado at the start of the 300 IH

### 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

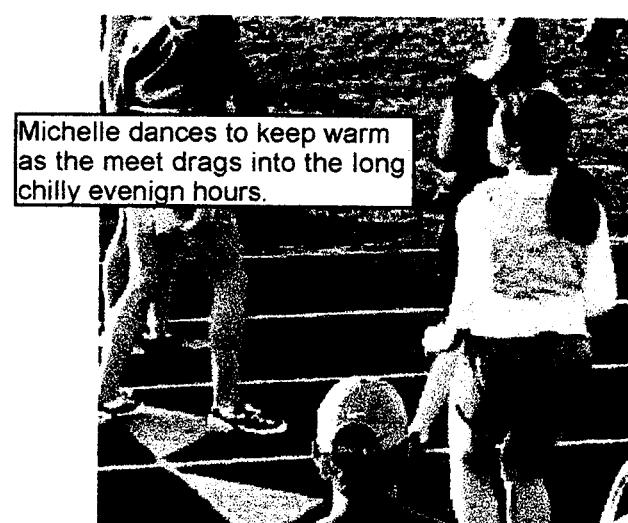
Joanna Gistand, Karissa Casey, Alicia Inn, Colette Cox 1st in heat 1 1:58.6 2nd overall

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.



Michelle dances to keep warm as the meet drags into the long chilly evening 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, Reneè 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 lop off 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

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

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.

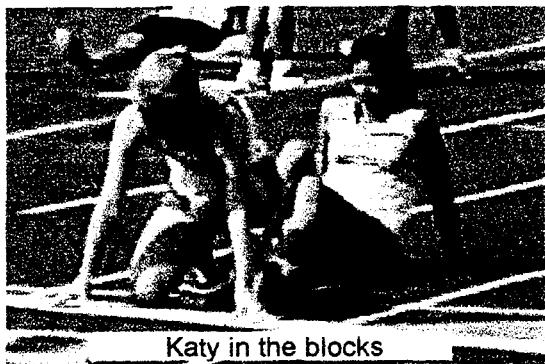
### • GV 4 by 400 3rd place

Michelle Chan	1:06.6
Jerri Pfisterer	1:08.3
Reneè 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, Reneè Gistand	1:51.67
---	---------

Reneè 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 a 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 Carolyn improved on their relay times.



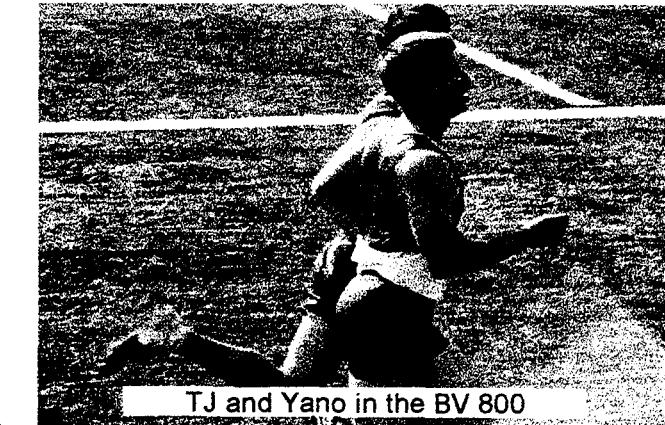
Collette rakes in the hardware

### 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

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Saturday, March 22, 2003

## 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 unafeared, 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, Eberhardt, Walker 48.56  
2 CVA Yip, Kirk, Yoshi, Mitchell, 49.10  
3 Canyon Estrada, Kaneshiro, Gutarde, Porter 50.60  
4 TA Gonzalez, Augerla, Vole, Howard 51.80  
5 CVB Delago, Han, McCoy, Sene 51.97  
6 CVC Preston, Justin 54.70

### GV 4 x 100

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

### BV 4x100

1. BOD (Couttien, Inglehart, Green, Walker) 44.20  
2. Tenn A 46.87  
3. CVA (Willis, Ballar, Stohr, Farinha) 51.91

### GFS 1600

1. Moryah Schindler CV 6:26.0  
2. Rebecca Ribeira 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 Balley 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. Tiongquico, Theresa Tenn 6:57.9

7. Martin, Stephanie Tenn 7:10.9  
8. Leon, Beatriz Tenn 7:13.7  
9. Martinez, Yesenia 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 Guitterez BOD 5:05.4  
6. Tamen Tedros Tenn 5:10.2  
7. Jason Ribeira 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 Tiongquicora 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. Britney 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. Morozovky, 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 Fuglestad 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. Renee McCoy CV 60.89  
5. Preston Bonsighor-Opp CV 62.99

### GV 400

1. Cox, Collette CV 63.93  
2. Fuglestund, Alania BOD 66.30  
3. Musante, Alexis BOD 66.83  
4. Vibert, Lauren, BOD 66.85  
5. Dianda, Michelle, CV 67.86

### BV 400

Heat 1  
1. David Green BOD 52.52  
2. Brandon Fariha 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. Esmaili 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. Taylor 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	4. Brittney Nation	BOD	62.4	3. Jordan Bailey	CV	13:41.0	GV Long Jump			
3. Estrada	CArnon	13.2	5. Brittney Buford	BOD	63.6	4. Jon Hui	CV	14:47.0	1. Shanice Kelley			
4. Ryan Lee	CV	13.9	<b>BFS 300 IH</b>									
<b>GV 100</b>												
Heat 1												
1. Shanice Kelly	BOD	12.8	1. Daniel Tortuga	BOD	53.7	1. Shannon Alter	CV	13:34.0	1. Jessie White			
2. Chelsea Chandler	CV	12.9	2. David Bauta	BOD	57.7	2. Terese Tionquico	Tenn	17:01.0	2. Dana Linda			
3. Charis Chan	CV	13.2	no third			3. Beatriz Leon	Tenn	n.t.	3. Candace Brown			
4. Erika Whitaker	Tenn	13.9				4. Stephanie Martin	Tenn	n.t.	4. Danielle Lacey			
5. Ahshatae Millhouse	Tenn	14.0							5. 9.75			
6. Jessica Wildenstein	CV	15.6							12. 5.75			
<b>Heat 2</b>												
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										
<b>BV 100</b>												
1. John Igelhart	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										
<b>GFS 800</b>												
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										
<b>BFS 800</b>												
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										
<b>GV 800</b>												
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										
<b>BV 800</b>												
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										
<b>GFS 300 IH</b>												
1. Dominique Turrentine	BOD	56.7										
2. Amy Terashima	BOD	58.3										
3. Joanna Gistand	CV	59.6										
<b>BFS 300 IH</b>												
1. Bennett Hall	CV	11:18.3										
2. Scott Clark	CV	13:34.2										
<b>GV 300 H</b>												
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										
<b>BV 300 IH</b>												
Heat 1												
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										
<b>BFS 4 x 400</b>												
1. CV	Lawremcce, Gistand, Chin, Inn	n.t.										
<b>BV 4 x 400</b>												
1. CV	Dianda, Chan, Pfisterer, Cox	4:49.0										
2. Tenn		4:30.0										
3. CV B	Delago, Tsang, Lee, Sene	4:31.0										
<b>GFS 4 x 400</b>												
1. Yip, Hiraki, Marciel, Mitchell		4:03.0										
2. Sharlee Solis		no third										
<b>BFS 4 x 400</b>												
1. CV		4:58.0										
<b>BV 4 x 400</b>												
1. Tenn		3:55.8										
<b>GFS 200</b>												
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										
<b>BFS 200</b>												
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 Angerlione	Tenn	27.4										
6. Jon Delago	CV	28.1										
<b>GV 200</b>												
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										
<b>BFS 200</b>												
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										
<b>GFS 3200</b>												
1. Moryah Schindler	CV	14:46.0										
2. Katieyn Phillips	CV	14:57.0										
3. Lauren Ma	CV	16:53.0										
<b>BFS 3200</b>												
1. Bennett Hall	CV	11:18.3										
2. Scott Clark	CV	13:34.2										
<b>GV 3200 IH</b>												
1. Dominique Turrentine	BOD	14:47.0										
2. Amy Terashima	BOD	14:57.0										
3. Joanna Gistand	CV	15:03.0										
<b>GV Long Jump</b>												
1. Shanice Kelley	CV	13:41.0										
2. Jessie White	CV	14:47.0										
3. Dana Linda	CV	13:52.0										
4. Candace Brown	CV	14:56.0										
5. Danielle Lacey	CV	16:49.0										
<b>BV Long Jump</b>												
1. Tommy Arnold	BOD	11:18.9										
2. Lamarr Conttien	BOD	11:25.7										
3. Jerrad Walls	CV	11:28.1										
4. Marcus Carter	Tenn	11:43.6										
5. Jamar Lyles	Tenn	13:09.0										
<b>BFS Long Jump</b>												
1. William Howard	Tenn	18:1										
2. Louis Arnold	BOD	17:1										
3. Jon Hui	Tenn	21:1										
4. Amy Terrashima	BOD	21:1										
<b>GFS Triple Jump</b>												
1. Michall Braksdale	BOD	26:9.5										
2. Sharlee Solis	CV	22:5					</					

# 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

BFS Pole Vault		15	Carlos Watson	Tenn	21-9
1 Robert Ferguson	CV 10-0	16	Greg Prentiss	Tenn	21-5
2 Kevin Teel	CV 10-0				
3. Chris Casey	CV 9-6				
4. Josh Ashford	CV 9-0				
5. Calvin Rosekrans	BOD 8-6				
6. Wayne Ye	BOD 7-6				

GV Pole Vault		1	Danielle Broussard	BOD	86-0
1. Christine Silva	BOD 10-6	2	Monica Erdman	CV	74-6
2. Stephanie Lassalle	CV 8-0	3	Ashley Colier	BOD	68-2
3. Melody Jue	CV 7-6	4	Laura Fernsten	CV	53-3.5

BV Pole Vault		5	Jessica Chavez	CV	43-1
1. Tony Sanchez	CV 10-0				
2. Dustin Wheeler	CV 9-0				
3. Elliot Jones	BOD 8-6				
4. Kevan Turner	CV 8-6				
Brandon Sills	Tenn n.h.				
Esmail Momand	Tenn n.h.				

GFS Shot Put		1	Darwin Tsang	CV	105-
1 Monica Erdman	CV 25-6.5	2.5			
2 Ashley Colier	BOD 24-6				
3 Danielle Broussard	BOD 23-11				
4 Laura Fernsten	CV 17-4				

5 Jessica Chavez	CV 16-10	1	Taney Davis	BOD	117-4
		2	Lisa Mausia	BOD	112-11
		3	Tia Baker	Ten	75-5
		4	Dasha Gordeychev	CV	62-0
		5	Martinique Guillory	BOD	60-3

BFS Shot Put		6	Megan Corbin	CV	58-1
1 Dan Feucht	CV 39-11	7	Elly Snyder	BOD	44-4
2 James Meelius	BOD 38-10				
3 Darwin Tsang	CV 35-				

11.5		1	Pierce Rowe	BOD	153-
4 Raymond Meyer	BOD 35-3.5	2.5	Evan Williams	BOD	129-
5 Tim Strycko	CV 31-7.5				
6 Ted Zira	BOD 30-4.5				
7 Corey Eck	CV 30-2				

7 Brandon Manley	CV 28-8.5	5	Aaron Belluomini	CV	99-9-
8 Jonathon Hui	CV 27-8	6	Charles Watson	BOD	93-9.5
9 Ramin Maysam	CV 24-4	7	Chris Hinkley	BOD	85-4
10 Zhan Zhang	CV 22-4	8	Rodney Aqua	CV	85-11

12.5		9	Vincent Wu	CV	84-3
11 Adrian Hunter	BOD 82-	10	Ryan Zika	BOD	82-
		11	Adrian Hunter	BOD	82-
		2.25			

GV Shot Put		12	Sean Noriega	BOD	76-3
1 Lisa Mausia	BOD 35-0	13	Andrew Krantz	CV	66-2
2 Taney Davis	BOD 34-5	14	Greg Prentiss	Tenn	58-3.5

3 Maressa Valentine	CV 31-1				
4 Tia Baker	Tenn 30-4				
5 Jessica Passadore	CV 27-7.5				
6 Rhiannon Webb	CV 25-7.5				

7 Elly Snyder	BOD 25-7.5	1	Pierce Rowe	BOD	45-4.5
8 Martenique Guillory	BOD 23-5	2	Evan Williams	BOD	40-6.5
9 Megan Corbin	CV 22-8.5	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, Reneè 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, Reneè 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

Reneè Gistand 27-11

Danielle Lacey 27-5

Jessica Wildensten 26-5

81-9

The girls just wanted to jump. Reneè 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, Wildenstein, Westing, Matheny 56.5

4. ARR A Bergeron, Bock, Merritt, Chung 56.6

### BV 4X100

1. Hay LaBlanc Pennyman, Brown, Jordan 43.9  
D.Q. ARR AzBill, Zamora, Mankiller, 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	1. TJ Miller	Cv	53.3	<b>BV 800</b>		
3. Caro	Hay	6:13.9	2. Evan Ballar	Cv	55.0	1. Brian White	Arr	2:06.5
4. Becky Riberia	CV	6:24.9	3. Joshua	Hay	55.6	2. Zane Welte	Cv	2:07.6
5. Katelyn Phillips	CV	6:34.3	4. Brady	Hay	59.9	3. Thomas Miller	Cv	2:12.2
<b>GV 1600</b>			5. Hatfield	Arr	60.5	4. Hurtado	Hay	2:14.1
1. Holly Matheny	CV	5:40.1	6. Dyer	Arr	65.6	5. Jason Riberia	Cv	2:17.0
2. R. Mendez	Hay	5:46.1	<b>Heat 2</b>			6. Ruiz	Hay	2:24.4
3. J. Scalzo	AR	5:50.8	1. Brandon Farinha	Cv	54.4	7. Witt	Arr	2:48.8
4. Tikotsky	AR	5:57.7	2. King	Hay	60.3	8. Carey	Arr	2:55.1
5. Shannon Alter	CV	6:08.3	3. Carey	Arr	68.0	<b>GFS 300 IH</b>		
6. Baluyot	Hay	6:12.1	<b>GFS 100m</b>			1. Joanna Gistand	Cv	55.8
7. Yu Mel	Ar	6:13.9	heat 1			2. Carly Sanderson	Cv	56.6
8. Sam Suey	CV	6:17.5	1. Burley	Hay	14.00	3. Amanda Delaplane	Cv	56.8
<b>BFS 1600</b>			2. Joanna Gistand	Cv	14.40	4. Kara Lawrence	Cv	58.2
1. Scott Clark	CV	5:05.3	3. Chan	Arr	14.63	<b>BFS 300 hurdles</b>		
2. Bennett Hall	CV	5:10.7	4. Smith	Hay	14.93	1. King	Hay	49:2
3. Jon Hui	CV	5:29.2	5. Jones	Arr	15.33	2. Justin Taylor	Cv	51:1
4. Pulido	Hay	5:31.7	5. Beth Haworth	Cv	15.33	3. Kevin Teel	Cv	52:9
5. Delauro	Hay	5:32.4	<b>Heat 2</b>			<b>GV 300 hurdles</b>		
6. Scott Wong	CV	5:41.1	1. Burnside	Hay	14.32	heat 1		
<b>BV 1600</b>			2. Diamond	Hay	14.34	1. Smith	Hay	48.3
1. Zane Welte	CV	4:52.2	3. Carly Sanderson	Cv	14.84	2. Angela Dorman	Cv	50.2
2. Hurtado	Hay	4:54.4	4. Bowersmith	Arr	15.34	3. Kelly Stewart	Cv	51.9
3. White	Arr	4:54.8	5. Lagomarsino	Arr	15.78	4. Katy Stewart	Cv	54.7
4. Jordan Bailey	CV	4:55.8	<b>BFS 100</b>			5. Bergeron	Arr	54.7
5. Lund	Arr	5:02.9	Heat 1			6. Bock	Arr	55.0
6. Ruiz	Hay	5:06.2	1. Brian Yip	CV	12.66	<b>GV 100</b>		
7. Jason Riberia	CV	5:13.7	2. Wesly Willis	CV	12.69	1. Christina Robinson	Cv	55.9
8. Brady	Hay	5:24.6	3. Matt Mitchell	Cv	13.60	2. Roana Tirado	Cv	56.1
9. Witt	Arr	5:57.5	<b>Heat 2</b>			3. Maniago	Arr	62.6
<b>GFS 100 HH</b>			1. Jason Hoffman	Cv	12.90	heat 3		
1. Amanda Delaplane	CV	20.46	2. Jon Delago	Cv	13.43	1. Stephanie Lassalle	Cv	58.2
2. Lio	Arr	23.46	3. Amos Han	Cv	13.70	2. Jerri Pfisterer	Cv	60.0
3. Ng	Arr	27.64	4. Michael Sene	Cv	13.73	3. Raquel Tirado	Cv	63.3
4. Campbell	Cv	29.30	<b>GV 100</b>			<b>BV 300 IH</b>		
<b>BFS 100 HH</b>			heat 1			1. King	Hay	49.5
1. Brandon Johnson	Cv	20.99	2. Brooks	Hay	13.35	2. Nick Morozovsky	Cv	51.9
2. Robert Ferguson	Cv	22.58	3. Miller	Hay	13.42	3. Wayne Heltzel	Cv	55.3
3. Kevin Teel	Cv	22.65	4. Hudson	Arr	14.69	<b>GFS 200</b>		
4. Chris Casey	Cv	23.16	5. Chan	Arr	15.73	Heat 1		
<b>GV 100 HH</b>			<b>heat 2</b>			1. Bryant	Hay	13.22
Heat 1			2. Michelle Chan	Cv	13.90	2. Carolyn Chin	Cv	29.46
1. Chelsea Chandler	Cv	17.00	3. Renee Gistand	Cv	14.13	3. Chan	A	30.06
2. Angel Dohrman	CV	18.24	4. Kate Haworth	Cv	14.59	4. Burnside	H	31.13
3. Bergeron	A	18.40	5. Binlot	Arr	14.59	5. Carly Sanderson	CV	31.40
4. Bock	Arr	18.60	6. Huong	Arr	16.43	6. Jones	A	31.55
5. Katie Stewart	Cv	19.14	<b>BV 100m</b>			<b>Heat 2</b>		
Heat 2			1. Beth Haworth	CV	31.38	1. Beth Haworth	CV	31.38
1. Christina Robinson	Cv	19.32	2. Diamond	H	32.54	2. Diamond	H	32.54
2. Stephanie Lassalle	Cv	19.46	3. Lagomarsino	A	33.38	3. Lagomarsino	A	33.38
3. Chung	Arr	19.96	<b>BFS 200</b>			<b>BV 100m</b>		
4. Raquel Tirado	Cv	20.56	1. Wesley Willis	CV	25.63	1. Brian Yip	CV	25.67
5. Roana Tirado	Cv	24.43	2. Marcus Cox	Cv	11.70	3. Matt Mitchell	CV	26.53
6. Lauer	Arr	26.06	4. Jordan	Hay	11.82	4. Justin Taylor	CV	26.56
<b>BV 110 HH</b>			5. Bold	Arr	12.28	5. Kiyoshi Hiraki	CV	26.77
1. Marek Brezula	Cv	18.74	6. Luu	Arr	12.88	6. Mike Sene	CV	28.70
2. Robbie Wright	Cv	19.75	7. White	Arr	13.68	<b>GFS 800</b>		
3. Kevin Turner	Cv	20.38	<b>Gv 800</b>			1. Alicia Inn	Cv	2:46.5
4. Dustin Wheeler	Cv	20.52	2. Merit	Arr	2:47.0	2. Caro	Hay	2:54.9
5. Nick Morozovsky	Cv	21.25	3. Minox	Hay	2:53.5	3. Brooks	H	27.52
6. Wayne Heltzel	Cv	22.97	4. Becky Ribeira	Cv	2:54.1	4. Miller	H	27.89
<b>GFS 400m</b>			5. Vanessa Depue	Cv	3:21.2	5. Chan	A	28.69
1. Karissa Casey	CV	66.0	<b>Gv 800</b>			6. Binlot	A	31.69
2. Alicia Inn	CV	66.9	1. Holly Matheny	Cv	2:30.6	<b>GV 200</b>		
3. Carolyn Chin	CV	67.6	2. Merit	Arr	2:34.9	Heat 1		
4. Caro	Hay	67.8	3. Michelle Dianda	Cv	2:36.3	1. Charis Chan	CV	26.79
5. Soto	Arr	76.5	4. Heather Matheny	Cv	2:38.3	2. Brooks	H	27.52
6. Dirsman	Hay	79.3	5. Ly	Hay	2:38.8	3. Miller	H	27.89
<b>BFS 400m</b>			6. Mendez	Hay	2:42.6	4. Michelle Chan	CV	28.69
1. King	Hay	58.4	7. Hodges	Hay	2:45.2	5. Chan	A	31.69
2. Renee Mc Coy	Cv	62.1	8. Moryah Schindler	Cv	2:46.1	6. Binlot	A	31.79
3. Kiyoji Hiraki	Cv	62.9	9. Sam Suey	Cv	2:50.3	<b>GV 200</b>		
4. Jason Hoffman	Cv	62.9	10. Leal	Arr	2:51.8	Heat 1		
5. Preston Opp	Cv	66.0	11. Rhiannon Webb	Cv	2:54.1	1. Chelsea Chandler	CV	26.96
<b>GV 400m</b>			12. Perez	Hay	2:53.5	2. Bryant	H	28.90
1. Hay LaBlanc Pennyman, Brown, Jordan	Hay	61.7	13. Ruiz	Arr	2:56.6	3. Nicole Westling	CV	30.96
D.Q. ARR AzBill, Zamora, Mankiller, White	CV	62.9	<b>BFS 800</b>			4. Kate Haworth	CV	32.70
D.Q. CV A Cox, Farinha, Storh, Ballar	Cv	64.6	1. Scott Clark	Cv	2:23.4	<b>BV 200</b>		
46.5	Cv	68.4	2. Bennett Hall	CV	2:25.4	1. Pennyman	H	23.49
5. Lauen	Arr	73.8	3. Justin Taylor	Cv	2:26.1	2. Evan Ballar	Cv	24.39
<b>GFS 1600</b>			4. Pulido	Hay	2:27.7	3. Thomas Miller	CV	24.72
1. Christina Robertson	CV	5:56.6	5. Corey Eck	Cv	2:31.6	4. Hatfield	A	26.96
2. Minor	Hay	6:11.4	6. Jon Hui	Cv	2:32.4	5. Mankiller	A	28.29
<b>BV 400m</b>			7. Scott Wong	Cv	2:38.5	6. Zmora	A	28.34
<b>GFS 3200</b>			<b>GFS 3200</b>			<b>BFS 3200</b>		
1. Christina Robertson	CV	5:56.6	1. Bennett Hall	CV	13:32	1. Bennett Hall	CV	10:58
2. Minor	Hay	6:11.4	2. Minor	H	13:48	2. Minor	H	13:59
<b>GFS 3200</b>			3. Katelyn Phillips	CV	13:59	3. Katelyn Phillips	CV	13:59
4. Lauren Ma	CV	5:56.6	4. Lauren Ma	CV	13:59	4. Lauren Ma	CV	13:59
<b>BFS 3200</b>			<b>BFS 3200</b>					

# 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. Rhianon Webb	CV	23-7
3. Puida	H	12:31	3. Ryan Lee	CV	24-7	12. Megan Corbin	CV	23-5
<b>GV 3200</b>								
1. Jessica Scalzo	A	12:30	1. Renee Gistand	CV	29-5	<b>BV Shot Put</b>		
2. Tikotsky	A	13:11	2. Brenna Peters	A	27-08	1. Phillip Mbakagu	H	42-8
3. HOdges	H	13:11	3. Danielle Lacey	CV	27-3	2. Chris Babcock	H	42-0
4. Shannon Alter	CV	13:24	4. Heather Matheny	CV	27-04	3. Wheeler	CV	34-8
5. Moryah Schindler	CV	13:42	5. Jessie White	CV	27-02	4. Darwin Tsang	CV	34-4
6. Hernandez	A	13:46	6. Dana Linda	CV	26-09	5. Aaron Belluomini	CV	32-1
7. Baluyot	H	13:46	7. Kirsten Hudson	A	25-7	6. Kevin Trujillo	A	28-10
8. Simms	A	14:39	8. Laura Sonnenfelt	H	24-7	7. Andrew Oliveira	A	29-4
9. Lim	A	14:40				8. Vincenr Wu	CV	27-7
10. Ruiz	A	15:38				9. Rodney Aqua	CV	27-3
11. Lien	A	15:49				10. Adam Soto	A	23-0
12. Garcia	A	15:52						
<b>GFS 4 x 400</b>								
1. CV	(Chin, Casey, Inn, Gistand)		1. Kaelen Robinson	A	33-05	<b>GFS Discus</b>		
4:49			2. Nick MOrozovsky	CV	33-0	1. Monica Erdman	CV	66-3
2. A	(Chan, Jones, Lagorsna,Soto)		3. Marcus Argbelaen	H	31-9	2. Savannah Trakts	CV	65-2
		5:08	4. Tim Arzino	H	31-3	3. Allie Weese	CV	55-0
			5. Angelo Zamora	A	30-3	4. Laura Fernsten	CV	51-5
						5. Jessica Chavez	CV	48-7.5
<b>BFS 4 x 400</b>								
1. CV "A"	(Yip, Hiraki, Willis, Mitchell)		1. Kara Lawrence	CV	4-4	<b>BFS Discus</b>		
		4:02.6	2. Amanda Delaplane	CV	4-2	1. Dan Feucht	CV	70-0
2. CV "B"	(Sene, Han, Taylor, Delago)		3. Jenna Bowersmith	A	4-2	2. Tim Stryko	CV	69-11
			4. Katrina Usher	A	3-10	3. Zhan Zhang	CV	45-2
			5. Chelsea Curbo	A	3-8			
			6. Briana Brigham	A	3-8			
<b>GV 4 x 400</b>								
1. CV	(Cox, Stewart, Ho. Matheny, Chandler)		1. Chris Casey	CV	5-0	<b>GV Discus</b>		
		4:46.2	no second or third			1. Alisha Aggetta	AHS	94-4
2. A	(Bock, Bergerson, Hudson, Lauen)		2. Breanna Peters	CV		2. Linsey Stahowski	AHS	88-5
		4:52	3. Becky Gorton	A		3. Cassie Wilcox	CV	87-4.5
			4. Katy Stewart	CV		4. Meghan Toussaint	Hay	82-2
			5. Jessie White	CV		5. Jessica Passadore	CV	79-5
			6. Jessica Curbo	A		6. Keanya Davis	Hay	73-6
						7. Monica Soto	AHS	64-8
<b>BV 4 x 400</b>								
1. CV	(Yano, Miller, Farinha, Ballar)		1. Will Lewis	H	5-4	<b>BV Discus</b>		
		3:44.7	2. Ryan Stohr	CV	5-2	1. Phillip Mbakagu	Hay	118-2
2. A	(White, Robinson, Lund, Hatfield)		3. Charles Miller	A	5-0	2. Chris Babcock	Hay	113-9.5
		3:57.1	4. Robbie Wright	CV	5-0	3. Aaron Belluomini	CV	101-4
						4. Darwin Tsang	CV	96-8
						5. Aaron Albonico	CV	91-8
						6. Rodney Aqua	CV	91-6
						7. Vincent Wu	CV	87-7.5
						8. Kevin Tryillo	AHS	66-11
						9. Dustin Wheeler	CV	66-3
						10. Andrew Oliveira	AHS	62-3
						11. Adam Soto	AHS	48-1
<b>GFS Long Jump</b>								
1. Christina Fatana	Hay	13-9	1. Amanda Delaplane	CV	7-0	<b>Athletes of the meet:</b>		
2. Sharlee Solis	CV	11-6	2. Nicole Cambell	CV	6-6			
3. Stephenie Lio	AHS	10-7	no third					
4. Emily Ng	AHS	9-1						
5. Jeanina Bowersmith	AHS	9-1						
<b>BFS Long Jump</b>								
1. Amos Han	CV	15-6	1. Kevin Teel	CV	10-6	<b>GFS:</b>		
2. Brandon Johnson	CV	15-4	2. Chris Csey	CV	9-0	Monica Erdman -- in the often overlooked throws area, Monica recorded firsts in both the shot and discus		
3. Ramin Maysam	CV	14-10	3. Robert Ferguson	CV	8-6			
4. Josh Shinoda	CV	14-6						
<b>GV Long Jump</b>								
1. Renee Gistand	CV	13-10	1. Stephanie Lasalle	CV	7-6	<b>BFS:</b>		
2. Becky Gerton	AHS	13-10	2. Melody Jue	CV	7-0	Rene McCoy -- even though it will only be recorded as a 2nd in the 400, Rene came from way back to		
3. Jessie White	CV	13-4	no third			challenge for the lead and tipped 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.		
4. Charis Chan	CV	13-0						
5. Danielle Lacey	CV	12-10						
6. Dana Linda	CV	12-5						
7. Chi-Chi Okorchkwo	Hay	12-4						
8. Breannna Peteres	AHS	12-1						
9. Sheila Moniago	AHS	12-0						
10. Kirsten Hudson	AHS	11-11						
11. Sabrina Ly	Hay	11-10						
12. Patty Chung	AHS	10-0						
13. Laura Sonnerfeu	Hay	9-0						
<b>BV Long Jump</b>								
1. Will Lewis	AHS	17-10	1. Dan Feucht	CV	37-1.5	<b>GV:</b>		
2. Robert Wright	CV	17-4	2. Chris Allan	CV	36-0	Renee Gitand -- shewon both jumps in a surprise, showing some real potential in new events for her.		
3. Kaleen Robinson	AHS	17-0	3. Tim Stryko	CV	32-2.5	Special note: Chelsea Chandler tried the hurdles for the 1st time and set a school record.		
4. Marcus Algebeakaen	CV	16-6	4. Charles Eck	CV	32-1			
5. Mike Bialias	AHS	15-6	5. Jon Hui	CV	29-6			
6. Tim Arryo	Hay	14-2	6. Brandon Manley	CV	29-5			
7. Nick Marris	AHS	14-1	7. Ramin Maysam	CV	21-2.5			
8. Nick Morozovsky	CV	13-7	8. Zhan Zhang	CV	21-5			
9. Angelo Zamora	AHS	13-5						
10. Aaron Albonico	CV	12-10						
<b>GFS Triple Jump</b>								
1. Mimi Cortopassi	CV	28-03	1. Alisha Aggetta	AHS	33-3	<b>BV:</b>		
2. Kara Lawrence	CV	25-8	2. Mareessa Valentine	CV	32-6.5	Dustin Wheeler -- primarily a vaulter, Dustin also scored points in two new events for him: the hurdles and the shot put.		
3. Alicia Inn	CV	25-0	3. Keanya Davis	Hay	30-5.5			
4. Stephanie Tabor	CV	24-04	4. Meghan Toussaint	Hay	29-7.5			
5. Sharlee Solis	CV	24-1	5. Becky Berton	AHS	29-6			
<b>BFS Triple Jump</b>								
1. Chris Casey	CV	32-11	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 Reneè 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 Wildenstein	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 Cortopassi	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

## Chabot Relays High School - 4/4/2003

## Chabot College, Hayward

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



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 Journey	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

### Event 36 Boys Triple Jump Frosh

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

### 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 Strysko	CV	33-06.00
--- Ramin Mayasam	CV	FOUL

### Event 39 Girls Discus Throw Frosh

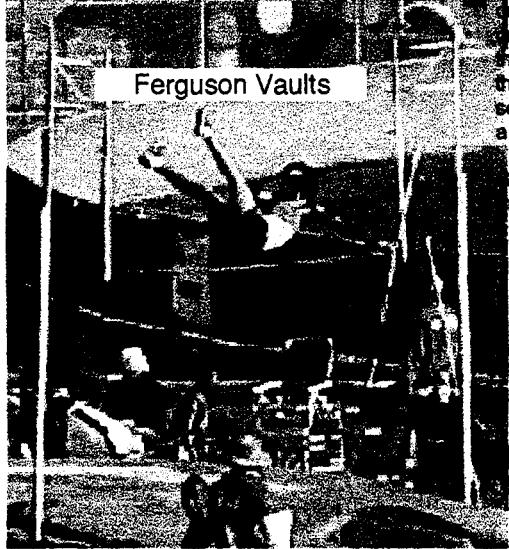
Name	School	Finals
1 Mareesa Valentine	CV	90-04
3 Cassie Wilcox	CV	81-10
5 Monica Erdman	CV	74-07
7 Savannah Trakts	CV	69-00
15 Lennie Weese	CV	54-11
17 Jessica Chavez	CV	41-04

### Event 47 Girls Pole Vault Frosh

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

### 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



### 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

6 Robert Ferguson CV J5-00.00

8 Kevin Teel CV 4-08.00

### 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 42 Boys Discus Throw Frosh

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

### 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 40 Boys Long Jump Varsity

Name	School	Finals
6 Robert Wright	CV	18-01.50
8 Nick Morozovsky	CV	15-11.00
9 Wayne Heltzel	CV	14-10.00
10 Aaron Albonico	CV	13-05.00

#### Athletes of the meet:

#### 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.

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

# 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	2:30.7

10:04.4

After Holly's spirited opening leg, Kelley 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	2:03.7

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 studette, 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	65.5

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.	Reneè 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.	Shqannon 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, Cortopassi)

### 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, Wildenstein, Westling, White) 58.0

### BFS

1. SL (Juliet 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, Carette)  
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. Emilie 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 Labrenz 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

## 1600

### GV

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

### 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

### Heat 1

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

### Heat 2

1. Bea-Ashley Steele SL 13.8  
2. Joy Smallman SL 14.2

### Heat 1

1. Joandrea 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

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

### Heat 3

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2. Ron Nava ME 12.1  
3. John Nunes CV 12.3<br

# Castro Valley vs. San Leandro vs. Mt. Eden

Wednesday, April 9, 2003

1. Jaliel James	SL	24.09	<b>BV</b>	1. ME (Kyle, Michael, Michael, Laurie)	3:55.7	<b>BFS</b>	1. Schuyler Hall	ME	5-2	9. Eric Coffey	SL	30-7
2. Sergio Russell	SL	24.12		2. Andre Luke			2. Andre Luke	ME	5-2	10. Rodney Aqua	CV	29-3.5
3. Alberto Holmes	ME	24.95		3. Jamaurae Birden			3. Jamaurae Birden	SL	5-0	11. Vincent Wu	CV	29-1
4. Brian Yip	CV	25.55		4. Damien Owens			4. Damien Owens	SL	4-10	12. Andrew S.	SL	27-10.5
5. Welsey Willis	CV	26.25		5. John Nunes			5. John Nunes	CV	4-10	13. Elvis C.	SL	27-10
6. Matt Mitchell	CV	26.25					6. Chris Caey	CV	4-10			
<u>Heat 2</u>							7. Robert Ferguson	CV	4-10			
1. Ron Nava	ME	25.79	<b>GFS</b>	8. William Dixon				SL	n.h.			
2. Eric Kellough	ME	26.22		1. Joy Smallman	SL	12-7						
3. Kiyoshi Hiraki	CV	27.12		2. no second or third								
4. Michael Sene	CV	27.99										
<b>GV</b>			<b>BFS</b>									
<u>Heat 1</u>												
1. Charis Chan	CV	26.47		1. Andre Luke	ME	17-11						
2. Renee Jenkins	ME	27.17		2. Brandon Johnson	CV	16-1						
3. Tiffany Thomas	SL	27.47		3. JaMourae Bieda	SL	15-10						
4. Michelle Chan	CV	28.24		4. Alberto Holmes	ME	15-1						
5. Elisha Bell	SL	28.64		5. Damien Owens	SL	15-0						
<u>Heat 2</u>				6. Ramin Mayasam	CV	14-7						
1. no name availalbe	ME	28.18		7. Eric Kilo	ME	14-5						
2. Brianna Alvarez	ME	28.25		8. Preston bonsignore-Opp	CV							
3. Renee Gistand	CV	28.62										
4. Nicole Westling	CV	30.49										
5. Monic Kim	SL	31.96	<b>GV</b>									
6. Kate Haworth	CV	32.05		1. Brianna Alvarez	ME	16-0						
7. Stephanie BAnda	ME	32.29		2. Chaliene Busch	SL	15-0						
<u>Heat 3</u>				3. Renee Gistand	CV	14-2						
1. Aileen Ho	SL	37.56		4. Elisha Bell	SL	14-0						
<b>BV</b>				5. Dana Linda	CV	13-11						
1. Jonathan Rice	SL	23.20		6. Shana Mitchell	ME	13-5						
2. Kyeret Payne	ME	23.34		7. Jessie White	CV	12-8						
3. Marcus Cox	CV	23.70		8. Simone Pagano	SL	12-7						
4. Juan Dominguez	ME	25.40		9. Heather Matheny	CV	12-7						
5. Carlos Ortiz	ME	26.51		10. Stephanie BEndo	ME	12-7						
6. Joe Perez	ME	27.27		11. Amanda Prosser	SL	11-8						
<b>3200</b>			<b>BV</b>	12. Monica Kim	SL	11-5						
<b>GFS</b>												
1. Shana Kennedy	SL	13:37.6		1. David McDonald	ME	18-11	<b>Shot Put</b>					
2. Katelyn Phillips	SL	14:03.2		2. Jerome Tarver	SL	18-3						
no third				3. John Picetti	CV	17-7						
<b>BFS</b>				4. Marcus Cox	CV	17-2						
1. Hall	ME	11:40.9		5. Jeremy Labiano	ME	17-0						
2. Jon Hui	CV	12:01.0		6. Robert Wright	CV	16-7						
3. Martine	ME	13:31.2		7. Nick Morozovsky	CV	14-8						
4. Nava	ME	13:46.7	<b>GFS</b>									
<b>GV</b>				1. Kara Lawrence	CV	28-5	<b>BFS</b>					
1. Shannon Alter	CV	12:51.9		no second or third			1. Erich Strach	SL	41-9	<b>Athletes of the meet:</b>		
2. Rhiannon Webb	CV	13:49.6					2. Dan Feucht	CV	38-9			
no third			<b>BFS</b>				3. Chris Allen	CV	38-5			
<b>BV</b>				1. Andre Luke	ME	35-8	4. Tim Strysko	CV	34-9			
1. Jordan Bailey	CV	11:05.3		2. Chris Casey	CV	32-7	5. Javier Tellez	SL	34-1.5			
2. Mike Sanchez	ME	11:30.9		3. Michael Almond	ME	30-10	6. Brion Garsipe	SL	32-7			
3. Zane Welte	CV	11:37.5		4. Justin Taylor	CV	29-1	7. Brandon Bockman	SL	31-2			
4. Romo	ME	11:40.9		5. William Dixon	SL	24-11	8. Jeff Hoag	SL	30-2			
5. John Yano	CV	12:54.9	<b>GV</b>				9. Jason Desa	ME	27-8			
<b>4 x 400</b>				1. Chelsea Chandler	CV	33-11	10. Randy S.	SL	27-6			
<b>GFS</b>				2. Charlene Bush	SL	31-7	11. Jon Hui	CV	27-2			
1. CV (Inn, Casey, Chin, Cox)				3. Renee Gistand	CV	29-3	12. Jason Tran	ME	26-8			
4:27.2				4. Katy Stewart	CV	27-11	13. Ramin Maysam	CV	22-5			
2. SL (Crystal, Joy, Alva, Dinetra)				5. Dana Linda	CV	27-8	14. Zhang Zhan	CV	21-11			
4:34.2				6. Jessie White	CV	27-7	<b>GV</b>					
<b>BFS</b>				7. Danielle Lacey	CV	27-7	1. Erica Johnson	ME	29-2.5			
1. CV A (Mitchell, Hiraki, Yip, Taylor)		3:54.3					2. Adriene Oliver	ME	26-11			
2. SL (Sergio, Jiliel, Damien, Lucero)		3:55.1		<b>BV</b>			3. Jessica Passadore	CV	26-10.5			
3. CV B (Delago, Hui, Sene, B-Opp)		4:14.5		1. Jeremy Labiano	ME	37-6	4. Joyava Myers	SL	26-9			
<b>GV</b>				2. John Picetti	CV	37-3	5. Rhiannon Webb	CV	26-2.5			
1. CV (C. Chan, He, Matheny, Dianda, Ho, Matheny)		4:20.5		3. Ray Wong	SL	34-9	6. Shardey Wright	SL	25-7.5			
2. ME (Cameo, BJ, BRiann, Angie)		4:25.3		4. Nick Morozovsky	CV	33-11	7. Meghan Corbin	CV	23-9.5			
				5. Joe Perez	ME	33-5	8. Dasha Gordeychev	CV	19-6.5			
			<b>High Jump</b>				<b>BV</b>					
<b>GFS</b>							1. Chris Hurts	SL	47-11			
1. Lauren Hopfenbeck	CV	4-10					2. Mike Dmoski	SL	41-8.5			
2. Amanda Delaplane	CV	4-4					3. Peter B.	SL	39-8.5			
3. Kara Lawrence	CV	3-6					4. Dustin Wheeler	CV	38-11			
Rene Kindinger	SL	N.H.					5. Aaron Albonico	CV	37-3.5			
							6. Randy S.	SL	36-7.5			
							7. Josten Grant	ME	33-9.5			
							8. Aaron Belluomini	CV	33-7			

**2003 Castro Valley Invitational**  
 Castro Valley High School Friday, April 11, 2003

**2003 Castro Valley Invitational**

Castro Valley High School Friday, April 11, 2003

**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 (DeLaurio, Polido, hurtado,Arzino)	22:15.90
7. Ala B (Reimer, Rogerson, Dumas, Vickers)	23:01.36
8. LL (Sheehan,Wavperi,Bradford, Davis)	23:16.43

**GFS**

1. Gran (hawtwell, Patel, Ottenheir,Burruss)	24:48.23
2. Ala B(Assayag,Henderson,Rodriquez,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	51:66
2. NG (Smith, deyoreo, Cureton, Duraut)	24:27.88	52:26
3. CV (Robertson, Robertson, Alter, Suey)	24:58.05	52:68
4. Irv (Marvor, Purwanwi, Jager, Bahvey)	25:39.36	53:27
5. LL (Bellows, Larsen, slaru, Larson)	26:22.08	55:17
6. Hay (Minor, Baluyot, Perez, Nourot)	26:53.34	

**4xHH**

**4x100**

<b>Boys' Junior High</b>		
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	

**BFS**

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

**GFS**

<b>Heat 1</b>		
1. Arr (Book, Chung, Perguron, Moniago)		43:48
(Meet record -- old record 43.6 Armijo 1996)		
3. Gran (Davis, Burniss, Blea, Rowley)		46:28
6. Ala (Wong, Henderson, Mogg, Barrett)		50:11

**Heat 2**

1. CV (Lassalle, Delaplane, Sanderson, Pormroy)		44:99
4. LL (Casey, Jatoff, Kerrey, Siholair)		46:37
5. ClyV (Maly, bayles, Morrissey, Eraerian)		47:11

**GV**

<b>heat 1</b>		
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**

<b>Heat 1</b>		
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, Yep)		1:43.36
3. Ala B (Moyer, Arnold, Blasdell, Young)		1:46.44
4. Canyon Middle (Caottarpi, Porter, Kansehiko, 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 (Roquerz, Cin, Rowell, Eridong)		1:40.89
3. ME (Nauto, Keiwhg, 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**

<b>Heat 1</b>		
1. SL (Robinson, Wirt, Hunkton, Dixon)		1:56.34
2. MC (Okorondw, Hawkins, Francis, Shetty)		1:58.88
3. Hay (Burley, Caro, McColl, Diamond)		2:01.20
4. ClyV (Kirk, Baylos, Gater, Stupka)		2:04.05
5. LL (Jatoff, 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 (Cantu, Dane, Pandika, Lucas)		2:05.38
6. Wash (Choi, Adams, Huges, Magehen)		2:10.70
7. Gran B (Gong, Thterinno, Nvevn, Gilligum)		2:13.65

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7. Gran B (Gong, Thterinno, Nvevn, Gilligum)	2:13.65	7. Patricia Large (Strobridge)	17.53	5. Michelle Chan (CV)	13.81
<b>GV</b>					
<u>Heat 1</u>					
1. Hay (Smith, Brocks, Millers, Bryant)	1:50.33	BFS	11.63	6. Bernadette Kuan (NG)	14.34
2. SL (Bell, Thomas, Daniels, Smallman)	1:53.82	<u>Heat 1</u>	11.72	7. Theresa Reno (Ala)	16.72
3. SLZ (Brandy, Hardy, Boxdell, Muniz)	1:57.70	1. Jaliel James (SL)	12:04	<b>Heat 3</b>	
4. Wash C (Bodily, Beck, Katherine, Melanie)	2:02.68	2. Bryce Holden (Ala)	12.63	1. Charis Chan (CV)	12.78
5. Tenn (Alcantara, Luany, Meyer, Truesdale)	2:05.51	3. Ryan Giannonna (NG)	12.68	(meet record: old record 12.88 Anita McCullum (SLZ)	
<u>Heat 2</u>		4. Ronnie Jackson (SLZ)	13.14	1999)	
1. Wash B (Gly, Welch, Marshall, Mondy)	1:57.18	5. Chris Frask (Ala)	13.48	2. Melissa Margulies (Red)	12.92
2. Alb (Ruiz, Chang, Kim, Fleer)	2:04.93	6. Wesley Brown (Alb)	12.04	3. Emily Welch (Wash)	13.25
3. Irv (Pham, Stewart, Kaiser, Kolodo-green)	2:05.73	7. Sean FRitz (Wash)	12.63	4. Erika Walker (Red)	13.29
4. Ala B (Wong, Sandnu, Pineda, Reno)	2:09.57	<u>Heat 2</u>	13.14	5. Jasmine Brooks (Hay)	13.44
<u>Heat 3</u>		1. Spencer Weiss (NG)	13.83	6. Marisa Green (Ala)	13.83
1. Wash A (Bloom, Price, Price, Shepard)	1:51.01	2. Dan Lorenzana (Aca)	13.48	7. Mikhail Price (Wash)	13.86
2. CV (Chan, Chan, Chandler, Gistand)	1:51.50	3. Alan Schmidt (Wash)			
3. Red (Maryulies, Norton, Walker, Balby)	1:51.88	4. Wesley Willis (CV)			
4. Ala A (Green, Rosenblum, Stewart, Frankel)	1:52.90	5. Chris Alexander (Gran)			
5. CV B (Haworth, Wildenstein, Lacey, Westling)	2:07.13	6. Ronald Thomas (Oak)			
<b>4x8 80</b>		7. Brian Ishida (Ala)			
<b>BFS</b>		<u>Heat 3</u>			
1. Oak (Vo, Chan, Saephorah, Thomas)	9:23	1. Yamashita (LL)	12.01	<b>Devil-Take-the-Hindmost Mile</b>	
2. CV A (Clark, Hall, Cole, Bailey)	9:25	2. Alex Powell (Gran)	12.30	<b>Boys' Junior High (no Devil)</b>	
3. Ala (O'Toole, Maher, Vickers, Pollard)	9:26	3. Alberto Holmes (ME)	12.34	1. William Wheeler (Canyon)	5:22.5
4. Aca (Love, Sutyak, Mulvone, Wyatt-Mair)	9:27	4. Brian Yip (CV)	12.46	(new meet record -- old record 5:40.0 Mauricio Hurtado	
5. CV B (Rasheed, Opp, Wong, Taylor)	9:44	5. Chandler (LL)	12.78	(Winton) 2001)	
6. Red (Wann, Lemte, Blevins, Schoncp)	9:48	6. Jordan Lue (NG)	12.83	2. Matt Riley (Creekside)	5:24.4
7. L (Lucen, Ross, Cesar, Sadigne)	9:50	7. Ron Nava (ME)	13.13	3. Erik Colter (CV Track club)	6:06.9
8. ME (Almond, Martine, Robinson, Hall)	9:55	<u>GFS</u>	11.78	4. Jordan Baker-Blanc (CV Track club)	6:07.5
9. LL (Davis, Sheehan, Bradford, Warner)	10:20	<u>Heat 1</u>	11.98	5. John Doyle (CV Track club)	6:30.9
<u>GFS</u>		1. Emily Wirt (SL)	12.06	6. Colby Cheny (CV Track club)	6:46.7
1. ClyV (Vanderstraten, Fox, Hill, Stupka)	10:51.0	2. Ioiandrea Robinson (SL)	12.12	7. Chris Condon (CV Track club)	6:51.7
2. Aca (Huber, O'Neill, McGodrick, Clancy)	10:59.3	3. Bea-Ashley Steele (SL)	12.27	8. David Condon (CV Track club)	6:53.7
3. Ala A (Popelka, Wong, Wheeler, Mug)	11:30.0	4. Joanna Gistand (CV)	12.30		
4. Ala B (Jay, Shanna, Centurion, Leung)	12:33.0	<u>Heat 2</u>	12.77	<b>Girls' Junior High</b>	
<u>GV</u>		1. Jessie Lucas (Gra)		no contestants	
1. CV (Ho, Matheny, He, Matheny, Dianda, Webb)	10:37.7	2. Emily Dane (Gra)			
2. H (Hodges, Minor, Mendez, Ly)	11:05.4	3. Katie Hayes (Aca)			
3. Red (Lewis, Morrow, Black, Welch)	11:17.7	4. Shayla Meadors (Irv)			
4. Wash (Little, Eddings, Ong, Beck)	11:18.7	5. Jenae Smith (Hay)			
5. Ala (Swinney, Steiner, Hild, Dong)	11:44.0	6. Sharon Andrews (Hay)			
6. LL (Slater, Larson, bellows, Rival)	11:56.5	7. Anissa Cartlen (SLZ)			
<b>Open 100</b>		<u>Heat 3</u>			
<b>Boys' Junior High</b>		1. Nida Al-Hassan (NG)			
<u>Heat 1</u>		2. Jordan Hale (NG)			
1. Justin Brooks (Bret Harte)	14.9	3. Peirano (LL)			
2. Gordon Smith (Bret Harte)	15.1	4. Poursatep (LL)			
3. Brakens Montrail (Edwin Markham)	17.0	5. Jennifer Burley (Hay)			
4. Andre Morris (Bret Harte)	18.8	6. Danielle Pandiri (Gran)			
<u>Heat 2</u>		7. Kate Ammermen (Wash)			
1. Destry Porter (Canyon)	12.16	<u>Heat 4</u>			
2. Troy Douglas (Edendale)	12.86	1. Taylor Holstlaw (Ala)			
3. Shawn Estrada (Canyon)	12.88	2. Allison Carroll (Pet)			
4. Brandon Simson (Edendale)	13.03	3. Jessica Barrett (Ala)			
5. Mikial Jones (Edendale)	13.24	4. Sunita Popal (NG)			
6. Jack Frank (Edendale)	14.04	5. Tanya Aguilar (Wash)			
7. Tony Mai (Edendale)	14.07	<u>GV</u>			
<u>Girls' Junior High</u>		<u>Heat 1</u>			
1. Rashidah Young (Markham)	14.27	1. Tiffany Thomas (SL)			
(new meet record -- old record 14.45 Jevon Boxdell (Edendale) 2002)		2. Jevon Boxdell (SLZ)			
2. Brianna Kalina (Bret Harte)	15.05	3. Tara Bandy (SLZ)			
3. Alysiyah Garcia (Markham)	16.58	4. Deborah Diamond (Hay)			
4. Jessica Brooks (Markham)	16.71	5. Monica Kim (SL)			
5. Chevy Harris (Markham)	16.82	6. Aileen Ho (SL)			
6. Iashae Wagner (Markham)	17.36	<u>Heat 2</u>			
		1. Danielle Bryant (Hay)			
		2. Isha Miller (Hay)			
		3. Renee Gistand (CV)			
		4. Samantha Bernadini (Pet)			
		5. Michelle Chan (CV)			
<u>GFS</u>		<u>Heat 3</u>			
13.24	13.14	1. Corinne Roberts (Ala)			
13.69	13.55	2. DRusia Dickson (Aca)			
14.51	13.77	3. Jo Welch (Red)			
15.12	13.78	4. Kristin Wheeler (Alameda)			
15.34	13.81	5. Michelle Chan (CV)			
16.66					
<u>GV</u>					
13.14	13.55				
13.55	13.77				
13.77	13.78				
13.81	13.81				

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5. Sharien Nguyen (Oak)	5:57.6	4. Brittany Hodill (Ala)	14-7.5	5. SL (Amanda Brook)	4-10	
6. Chelsea Tikkosky (Arr)	6:03.5	5. Valentina Wong (Ala)	14-7	6. LL (Laura Powell)	4-8	
7. Jennifer Caro (Hay)	6:09.5			7. CV (Stewart)	4-2	
8. Judy Ong (Wash)	6:17.2	GV		Individuals:		
9. Audra Allen (Pet)	6:18.4	1. Red (Margulies, Walker, Mellion)	43-4	1. Lauren Hodill (Ala)	5-0	
10. Yvette Perez (Hay)	7:11.5	2. Ala (Hodill, Stewart, Rosenbaum)	42-4	2. Brittany Farmer (Gran)	4-10	
11. Rachel Mendez (Hay)	7:11.3	3. CV (Lacey, Chandler, Gistand)	41-4.5	3. Amanda Brook (SL)	4-10	
12. Paige Hodges (Hay)	7:17.7	4. Aca (Jones, Fanning, Robinson)	40-11.5	4. Laura Powell (LL)	4-8	
13. Amy Minor (Hay)	7:20.2	5. Wash (Marshall, C. Price, M. Price)	38-6	5. Kathleen Smoak (Irv)	4-6	
<b>4 x 440</b>						
<b>BFS</b>						
<u>Heat 1</u>						
1. LL (no names available)	3:56.57	1. Lauren Hodill (Ala)	16-10	<b>Shot Put</b>		
2. Wash (no names available)	4:04.02	2. Erika Walter (Red)	16-2	<b>BFS</b>		
3. Oak (no names available)	4:07.15	3. Melissa Margulies (Red)	15-5	1. CV (Allen, Feucht, Tsang)	117-3	
4. CV B (Delago, McCoy, Shinoda, Nunes)	4:07.51	4. Chelsea Chandler (CV)	15-3	2. SLZ A (Shelby, Byrd, Brooks)	116-4	
5. Ala C (Holden, Blazendale, Young, O'toole)	4:07.92	5. Renee Gistand (CV)	14-5	3. Alb (Azi, Slaughter, Phelps)	115-4.5	
6. CV C (Rasheed, Lee, Sene, Bonsignore-Opp)	4:10.13			4. NG (Chapman, Carey, Diffenderfer)	104-10	
7. Ala B (no names available)	4:25.82			5. LL A (Zapata, Luke, Nelson)	97-5.9	
<u>Heat 2</u>				6. SLZ B (Mafi, Flores, Jackson)	97-3	
1. Gran (Allen, Powell, Lin, Collins)	3:50.72	1. ME (Luke, M.Almond, D. Almond)	100-1.5	7. Wash (Vaney, Little, Ruiz)	94-5.5	
2. Tenn (Nonato, Pangelina, Howard, Tamen)	3:52.57	2. Pet (Baatdulam, Zapata, Maselli)	96-2	8. Pet (Jones, Ibach, Zapata)	93-9	
3. SL (no names available)	3:53.97	3. Gran A (Lorenz, Walhan, Woods)	96-0.5	9. LL B (Milani, Scott, Real)	92-11	
4. Aca (Love, Sutgale, Lorenzana, Mulvaney)	3:55.88	4. Wash (Fremd, Ocon, Velasquez)	94-8	10. Gran (Soltis, Pyer, Colvila)	86-1	
5. CV A (Mitchell, Hiraki, Taylor, Yip)	3:58.58	5. LL (Cainer, Ayropeham, Calinin)	94-6.5	11. Aca (Lorenzana, Athayde)	56-8	
6. Ala A (Frasier, Sandy, Mahon, Yuen)	3:59.17	6. Ala (Gutierrez, Ishida, Kin)	93-2	12. CV B (Hui, Maysam)	46-8	
7. ME (Nalto, Robinson, Almond, Hall)	4:02.68	7. CV (Shinoda, Lee, Taylor)	93-0	13. ARR (Oliviera)	31-7	
<b>GFS</b>		8. SLZ (Young)	30-1	Individuals:		
<u>Heat 1</u>		9. Gran B	26-0.25	1. Chris Selby (SLZ)	44-9	
1. NG (Batten, Peth, SAnderson, Siegall)	4:36.85	Individuals:	37-2.5	2. Jeff Chapman (LL)	42-4	
2. LL (Jatoff, Peirano, Sierra, Caey)	4:42.99	1. Andre Luke (ME)	36-1.5	3. Danny Feucht (CV)	41-7	
3. Pet (Brook, Danskin, Cabral, Bautista)	4:49.52	2. Arlen Ayropeham (LL)	34-4	4. Patrice Azi (Alb)	39-1	
4. Ala B (Wirt, Robinson, Hankton, Dixon)	5:17.13	3. Jason Gutierrez (Ala)	33-7	5. Jermayne Slaughter (Alb)	39-0	
5. Gran C (Nacua, Gong, Interiani, Marisol)	5:21.84	4. Dennis Calinin (LL)				
<u>Heat 2</u>		5. Michael Almond (ME)		<b>GFS</b>		
1. SL (Wong, Jay, Shanna, Leung)	4:32.28			1. CV (Valentine, Erdman, Wilcox)	82-11.75	
2. ClyV (Stuph, Mali, Fox, Vanderstraeten)	4:33.55			(new meet record -- old record 81-10 Las Lomas 1997)		
3. CV (Casey, Gistand, Cox, Inn)	4:38.04			2. Ala A (Doulasi, Brooks, Holmes)	77-6.5	
4. Ala A (Hodill, Wheeler, Shaffer, Papeika)	4:43.40			3. Gran (Morisolis, Ault, Nacua)	75-1.5	
5. Gran A (Cantu, Danes, Gong, Lucas)	4:47.02			4. Pet (Derby, Percell, Miller)	74-8.5	
<b>GV</b>				5. Ala B (Zheng, Copeland, Shafer)	71-2	
<u>Heat 1</u>				6. LL (Kous, Fujii, Poursartia)	64-9.75	
1. Aca (Clancy, McGoldrick, Dickson, Robinson)	4:35.27			14-10	7. NG (Harfouche, Peth, Stegall)	62-10.5
2. Wash B (Eddings, Bodily, Little, Noody)	4:35.33			10-4	8. Ala C (Bothwell, Brown, Popelicia)	60-10.75
3. SLZ (Evans, Muniz, Moniz, Solis)	4:39.08			9-10	9. CV B (Chavez, Fernsten, Weese)	53-1.5
4. Ala B (Pineda, SAnduh, Pong, Sweeney)	5:19.41			5-0	10. ALA D (Bell, Husby, Nguyen)	50-7.5
<u>Heat 2</u>				4-8	11. Wash (Olsen, Nyhm, Wong)	50-6
1. Wash A (Price, Marshall, Bloom, Sheppard)	4:19.71			12. Albany (Moliwari)	28-5.5	
2. CV (Chan, Ho. Matheny, He. Matheny, Dianda)	4:21.04			13. SL (Bea-Ashley Steele)	25-1	
3. Hay (Miller, Smith, Bryant, Mendez)	4:33.33			14. SLZ (Eisenberg)	17-8.25	
4. Alameda A (Steiner, Stewart, Hodill, Roberts)	4:35.04			Individuals:		
<b>Long Jump</b>				1. Mareesa Valentine (CV)	30-3.5	
<b>GFS</b>				2. Kayla Morisolis (Gran)	29-8.5	
1. Ala (Hodill, Wong, Holtzman)	42-10			3. Cassie Wilcox (CV)	28-10.5	
2. Pet A (Timmel, Poehlman, Oefinger)	41-10.5			4. Kim Brooks (Alameda)	28-10.5	
3. MC A (Carvalho, Sheltz, Medrano)	40-7.5			5. Rebecca Molinari (Albany)	28-5.5	
4. NG (Hale, Sanderson, Popal)	36-9.5			<b>GV</b>		
5. Pet B (Reichardt, Minner, Tellachea)	24-10			1. Arr (Soto, Stahowski, Aggetta)	83-9	
6. CV (Cortopassi, Tabor)	24-1.5			2. Hay (Toussant, DAVIS, McNeil)	81-7	
7. SL (Brooke Mouton)	14-1.5			3. SLZ (Ingram, Powell, Carthern)	76-9	
8. Irv (Tamara Martinez- Arias)	11-7.5			4. Wash (Boliba, Oliphant, Pridge)	76-3	
9. MC B (Foley)	11-3.5			5. Ala (Croft, Zariff, Rosenbooth)	68-8	
10. SLZ (Leshaun)	10-10			6. Pet (McAuley)	33-7	
INDIVIDUAL				Individuals:		
1. Raina Timmel (Pet)	14-11.5			1. Nora McAuley (Pet)	33-7	
2. Michelle Porthman (Pet)	14-10.5			2. Alisha Aggetta (Arr)	32-4	
3. Jordan Hale (NG)	14-7.5			3. Meghan Toussant (Hay)	29-10	

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3. NG (Chapman, Diffenderfer, Carey) 259-5
4. LL A (Zabala, Scott, Milani) 235-6
5. Gran (Flores, Dyer, Sohib) 233-11
6. Wash (Vanoy, Little, Fremyd) 221-9
7. Pet (Ooach, 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, D'Avis, 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

# 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.

## Top 8 Meet

### 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  
2. Charis Chan, Michelle Chan, Chelsea Chandler, Holly Matheny 1:50.12  
4. Joanna Gistand, Karissa Casey, Renee Gistand, Kelley Stewart 1:59.04

Heat 2

3. Kate Haworth, Beth Haworth, Nicole Westling, Alicia Inn 2:05.5  
4. Carolyn Chin, Jerri Pfisterer, Michele Dianda, Heather Matheny 2:06.0  
5. Mimi Cortoposri, Carly Sanderson, Angela Dohrman, Kara 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)

2. Brian Yip, Tom Spear, Evan Ballar, Preston Bonsignore-Opp 2:14.5  
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  
1. Marek Brezula 18.8  
6. Kevin Teel 22.6  
7. Chris Casey 23.5  
Heat 2  
3. Kevan Turner 20.7

5. Robert Ferguson 22.0

6. Josh Ashford 22.1

The boys were willing, but technique and practice time were notable absent as the 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

5. Matt Riley 11:12.1

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

#### BFS Pole Vault

2. Chris Casey 9-6  
4. Robert Ferguson 9-0  
6. 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

WEven 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

2. Charis Chan Michelle Chan Chelsea Chandler, Renee Gistand 51.0

Heat 1

3. Joanne Gistand Mimi Cortopossi Alicia Inn  
Carolyn Chin 55.8  
5. Kate Haworth Beth Haworth Kaia Lowrence  
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

3. Carly Sanderson 19.8

6. Kara Lawrence 24.5

7. Roana Tirado 28.9

Heat 2

1. Stephanie Lassalle 18.7

2. Christina Robinson 19.1

7. Raquel Tirado 22.5

Heat 3

1. Angela Dohrman 18.2

2. Katy Stewart 19.2

Heat 5

1. 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

Allicia 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 Westling 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

Reneè 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
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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
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Aaron continues to perform at this plateau

### Discus

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

A nice toss for the guy.

### High Jump

John Picetti	6-0
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John added another 4 inches to his PR, and almost had 6-2.

## Top 8 Meet

### 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
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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 respectably.

### 400

4. Evan Ballar	54.25
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A great run by Evan to grab a medal.

### 800

12. Scott Clark	2:16.1
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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
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Another great run to come on strong at the end and grab a medal.

### 3200

13. Bennet Hall	11:08.1
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The first mile looked good, and then slow death set in.

### 4 x 400

6. Justin Taylor	59
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### 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
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Darwin had a pretty good toss.

### Discus

Darwin Tsang	n.m.
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### 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 96, 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, Inn, Casey

2. Zelaya, Sietty, Garvalito, Foley

3. Beth, Mimi, Jerri, Carly

### BFS

1. Jon, Jason, Kyoshi, Matt

2. Amos, Justin

Mike, Brandon

### GV

1. Charis, Michelle

Chelsea, Renee

2. Toby, Stephanie, Michelle, Chicago

3. Kara, Shayla, Jasmine, Jovan

4. Kate, Nicole, Jess, Dhorman

### BV

1. Alan, Williams, Varez, Julius

2. Wright, Brezula, Miller, Ballar

3. Lee, Tan

Balde, Canlas

### 1600

### GFS

1. Corrine Yee

2. Moryah Schindler

3. Emerald Maravilla

4. Katie Hislop

5. Becky Ribiera

6. Laila Foadian

7. Katelyn Phillips

8. Nisha Rustia

9. Molly Powell

10. Katie Gomez

11. Leah Keough

12. Sonja Weaver

13. Vanessa Depue

14. Lisa Morales

### BFS

1. Paulo Acoba

2. Scott Clark

3. Jordan Bailey

4. Nick Toda

5. JJ Pineda

6. Ben Hall

7. Andrew Chan

8. Mathew Riely

9. Mickey Poblete

10. Scott Wong

11. Jared Opperman

12. Alex Meyer

13. Jason Fix

### GV

1. Zinzi Evans

2. Heather Methany

3. Christina Robertson

4. Samantha Suey

5. Rhiannon Webb

6. Aoife Hanrahan

### BV

1. Brandon Carballo

2. John Yano

3. Zane Welte

# Castro Valley vs. Moreau Catholic & San Lorenzo

Friday, May 2, 2003

4	Daniel Hannon	MC	4.44.7	2	Corey Williams	SLZ	11.9	2.	Zinzi Evans	SLZ	26.4
5	Tony Quintana	MC	4.48.8	3	Byron McGhee	SLZ	12.3	3.	Michelle Chan	CV	27.3
6	Blake Garrett	SLZ	5.02.4	3	Balde Bryan	MC	12.3	4.	Tobie Okoronkwo	MC	28.1
7	Jason Ribiera	CV	5.04.3	Heat 2				5.	Jevon Boxdell	SLZ	29.2
High Hurdles											
1.	Karly Sanderson	CV	19.2	1.	Jason Allen	SLZ	11.9	1.	Julius Malone	SLZ	24.06
2.	Amanda Delepine	CV	20.4	2.	Niel Canlas	MC	12.4	2.	Evan Ballar	CV	24.86
3.	Nicole Cambell	CV	23.94	3.	David Habian	MC	12.5	3.	Cory Williams	SLZ	25.08
				4.	Jerry Tom	MC	12.6	4.	Neil Canales	MC	26.26
800											
1.	Collete Cox	CV	2.34.6	1.	Julius Malone	SLZ	24.06	1.	Corrine Yee	MC	13:25
2.	Alicia Inn	CV	2.42.8	2.	Lauren Ma	CV	14:10	2.	Lauren Ma	CV	14:10
3.	Alexis Tacviti	MC	2.43.8	3.	Kaitlin Phillip	MC	14:38	3.	Molley Powell	MC	14:43
4.	Moryah Schindler	CV	2.44.4	4.	Vanessa Depue	CV	3.30.3	4.	Lalia Foadian	MC	14:45
3200											
1.	Preston B-Opp	CV	2.15.2	1.	Jorden Bailey	CV	11:10	1.	Zane Welte	CV	10:36
2.	Scott Clark	CV	2.16.3	2.	Nick Toda	MC	11:15	2.	Brandon Carballo	MC	10:47
3.	JJ Pineda	MC	2.19.3	3.	Paulo Acobalai	MC	11:22	3.	Tony Quintang	MC	10:48
4.	Nick Toda	MC	2.20.9	4.	Bennett Hall	CV	11:30	4.	T.J. Miller	CV	10:52
5.	Paulo Acobalai	MC	2.22.0	5.	Andrew Chan	MC	11:32				
4 x 400											
1.	T.J. Miller	CV	2.03.9	1.	Zinzi Evans	SLZ	2.23.0	1.	Shannon Alter	CV	13:27
2.	John Yano	CV	2.04.4	2.	Michelle Dianda	CV	2.38.0	2.	Christina Robertson	CV	13:43
3.	Brandon Carballo	MC	2.05.0	3.	Kara Hardy	SLZ	2.51.0	3.	Melissa Simmon	CV	14:02
4.	Jason Ribiera	CV	2.11.5	4.	Samantha Suey	CV	2.54.0	4.	Aoife Hanrahan	MC	14:17
300 Hurdles											
1.	T.J. Miller	CV	2.03.9	1.	CV			1.	Kara Lawrence	CV	14-5
2.	John Yano	CV	2.04.4	2.	CV			2.	Gina Carballo	MC	13-6
3.	Brandon Carballo	MC	2.05.0	3.	CV			3.	Amala Shetty	MC	12-8
4.	Jason Ribiera	CV	2.11.5	4.	CV			4.	Maritoni Medrano	MC	12-6 1/2
5.	Blake Garrett	SLZ	2.14.0	5.	CV			5.	Mimi Cortopassi	CV	12-5
6.	Matt Lanese	MC	2.15.0					6.	Stephanie Tabor	CV	12-2
Long Jump											
place name											
school mark											
GFS											
1.	Kyoshi Hiraki	CV	59.6	1.	Joanna Gistand	CV	54.3	1.	Kara Lawrence	CV	14-5
2.	Tim Cole	CV	60.3	2.	Karly Sanderson	CV	57.4	2.	Gina Carballo	MC	13-6
3.	Victor Lobby	MC	60.9	3.	Kara Lawrence	CV	57.6	3.	Amala Shetty	MC	12-8
BFS											
1.	Zinzi Evans	SLZ	60.7	4.	Jerri Pfister	CV	57.7	1.	Maritoni Medrano	MC	12-6 1/2
2.	Kelley Stewart	CV	63.0	1.	Brandon Johnson	CV	48.2	2.	Mimi Cortopassi	CV	12-5
3.	Renee Gistand	CV	63.9	2.	Justin Taylor	CV	48.9	3.	Stephanie Tabor	CV	12-2
4.	Kara Hardy	CV	69.0					4.	Shariee Solis	CV	12-1/2
GFS											
1.	John Flaaten	MC	51.8	1.	John Flaaten	CV	48.2	1.	Kara Lawrence	CV	14-5
2.	Julius Malone	SLZ	52.0	2.	Chelsea Chandler	CV	48.2	2.	Gina Carballo	MC	13-6
3.	Michael Lee	MC	56.4	3.	Kelley Stewart	CV	49.3	3.	Amala Shetty	MC	12-8
4.	Rashod Colton	SLZ	62.5	4.	Angela Dhorman	CV	51.9	4.	Maritoni Medrano	MC	12-6 1/2
Heat 2											
1.	John Flaaten	CV	12.3	1.	Luis Velasquez	SLZ	46.0	1.	Kiyoshi Hiraki	CV	16-4
2.	Matt Mitchell	CV	13.0	2.	Jason Allen	SLZ	47.7	2.	Brandon Johnson	CV	15-6 1/2
3.	Jon Delago	CV	13.1	3.	Robbie Wright	CV	47.3	3.	Jason Hoffman	NA	15-0
4.	Amos Han	CV	13.6	4.	Bruce Fernandez	SLZ	47.9	4.	Ramin Maysam	CV	14-5 1/2
GV											
Heat 1											
1.	Charis Chan	CV	12.98	1.	Robbie Wright	CV	47.3	1.	Alista Flaaten	MC	14-8 1/2
2.	Michelle Chan	CV	13.55	2.	Mark Brezula	CV	48.7	2.	Chris Jardin	MC	14-7
3.	Jevon Boxdell	SLZ	14.00	3.	Jon Lampos	MC	56.3	3.	Rochelle Carvalho	MC	14-3
4.	Michelle Bacani	MC	14.51	4.	Mike Cannon	CV	56.0	4.	Renee Gistano	CV	14-1/2
5.	Jasmine Wade	SLZ	14.65	5.	Frances Zelaya	MC	59.0	5.	Danielle Lacey	CV	12-4 1/2
6.	Katey Rogan	MC	15.08	5.	Shariee Solis	CV	37.6				
200											
GFS											
1.	Carolyn Chin	CV	28.5	1.	Robert Wright	CV	28.8	1.	Mike Cannon	SLZ	19'0"
2.	Ashley Hawkins	MC	28.8	2.	Beth Haworth	CV	30.8	2.	John Pichetti	CV	17'10"
3.	Beth Haworth	CV	30.8	3.	Frances Zelaya	MC	31.1	3.	Rashood Cotton	SLZ	17'3.5"
4.	Frances Zelaya	MC	31.1	4.	Shariee Solis	CV	37.6	4.	Bydh Balde	MC	16'10"
5.	Shariee Solis	CV	37.6					5.	N.M.		
Triple Jump											
place name											
school mark											
1.	Amala Shetty	MC	28'1"	1.	Mimi Cortopassi	CV	27'9.5"	1.	Mike Cannon	CV	27'7.5"
2.	Mimi Cortopassi	CV	27'9.5"	2.	Kara Lawrence	CV	27'7.5"	2.	Robert Wright	CV	25'10"
3.	Kara Lawrence	CV	27'7.5"	3.	Savannah Trakes	CV	25'10"	3.	John Pichetti	CV	25'10"
4.	Savannah Trakes	CV	25'10"	4.	Charis Chan	CV	26.3	4.	Amala Shetty	MC	28'1"

# Castro Valley vs. Moreau Catholic & San Lorenzo

Friday, May 2, 2003

5. Stephanie Tabor	CV	25'0"	8. Jessica Chavez	CV	44.9
6. Maritoni Cervalito	MC	24'8"			
7. Sharlee Solis	CV	24'5"			
BFS			BFS		
1. Josh Shinoda	CV	35'5.5"	1. Darwin Tsang	CV	112-8
2. Chris Casey	CV	31'4"	2. Milton Brooks	SLZ	82-10
3. Amos Han	CV	30'9"	3. Daniel Flores	SLZ	77-6
3. Ryan Lee	CV	30'9"	4. Tim Strycko	CV	74-2
GV			5. Shelby Carry	SLZ	71-10
1. Chelsea Chandler	CV	32'1"	6. Danny Feucht	CV	67-3
2. Chris Jardin	MC	30'1"	7. Joh Hui	CV	62-7
3. Danielle Lacey	CV	27'0"	8. Zhan Zhang	CV	54-4
BV					
1. Mike Connon	SLZ	38'0"			
2. Rashod Cotton	SLZ	37'5"			
3. John Picetti	CV	37'1"	1. Janet Ballelos	MC	83.6.5
4. Nick Morozovsky	CV	24'7"	2. Jessica Rossaline	CV	78.3
High Jump			3. Anissa Cartheu	SLZ	78.2
<u>place</u>	<u>name</u>	<u>school</u>			
<u>mark</u>					
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	1. Amanda Delaplane	CV	7-0
GV			2. Nicole Campbell	CV	6-6
1. Rachel Schaffner	MC	5-2	no third		
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	1. Christia Davini	MC	9-6
4. Rashod Cotton	SLZ	5-0	2. Nicole Fabian	MC	9-0
Shot Put			3. Tobie Okoronkuo	MC	8-6
<u>place</u>	<u>name</u>	<u>school</u>	4. Stephanie Lassalle	CV	8-0
<u>mark</u>			5. Joanne Lacsina	MC	7-0
GFS			6. Melody Jue	CV	7-0
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 Feucht	CV	38-0			
3. Tim Strycko	CV	37-5			
4. Milton Brooks	SLZ	36-0			
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. Maelan Pouell	SL	25-6			
5. Rhiannon Webb	CV	23-6			
6. Parkie 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 Wheeler	CV	33-5			
5. Aron Bollunini	CV	35-4			
6. Rodney Aqua	CV	29-6			
7. Vincent Wu	CV	28-11			
8. Andrew Ruiz	SL	28-0			
9. Joe Crison	MC	27-10			
Discus					
<u>place</u>	<u>name</u>	<u>school</u>			
<u>mark</u>					
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 Fernsten	Cv	48.11			

#### 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 followingg 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
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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

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, Reneè 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
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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, Reneè 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
Reneè 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 consistant in scoring at all the invitationals this season.

## BFS Long Jump

Kiyoshi Hiraki	15-09 12th
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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
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In a small field Chelsea dominated.

## GV High Jump

Katy Stewart	4-8 3rd
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Katy had her best day of the season, with very good jumps today.

## GFS Pole Vault

Stephanie Lasalle	7-6 tie for 4th
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A subdued effort.

## BFS Discus

Danny Feucht	103-2 4th
Darwin Tsang	102-7 5th

More medals for the lads with somem 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
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Kara jumped in a downpour, and it held up for the top spot.

## BFS Pole Vault

Kevin Teel	10-6 4th
Kevan Turner	10-6 5th

Goodmarks, but a tough field.

## BV High Jump

John Picetti	5-6 1st
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In the rain John prevailed.

## BV Triple Jump

John Picetti	38-4 3rd
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Not a great mark, but it was worth a medal today.

## **2003 HAAL Championships**

Scores:		2	Yasmin Hernandez	9	A	6:19	5:55.8	name	grade	sch	qualify	mark
GFS:		3	Alba Riveira	10	SL	6:01	5:59.5	Heat 1:				
Castro Valley	153	4	Emerald Maravilla	10	MC	6:17	6:03.1	1 Zinzi Evans	12	SLZ	5:02	5:28.0
San Leandro	93	5	Natalie Baluyot	10	H	5:58	6:05.0	2 Ari Wright	9	BOD	5:40	5:39.1
Arroyo	79	6	Becky Ribeira	9	CV	6:12	6:15.0	3 Jessica Scalzo	10	A	5:43	5:44.7
Moreau Catholic	73	7	Molly Powell	10	MC	6:46	6:22.1	4 Chelsea Tikotsky	12	A	5:57	6:03.6
Hayward	33	8	Lauren Ma	9	CV	6:32	6:33.2	5 Joan Sim	11	A	6:30	6:16.9
Bishop O'Dowd	25	9	Elyse Freitas	10	BOD	6:25	6:37.4	6 Shana Mitchell	9	ME	6:29	6:19.5
Tennyson	17	10	Rebecca Nourot	10	H	6:20	6:42.9	7 Samantha Suey	11	CV	6:17	6:22.4
San Lorenzo	8	11	Ana Ruiz	10	A	6:37	6:45.7	8 Karla Macedo	11	T	6:49	6:44.4
Mt. Eden	0	12	Sonja Weaver-Madsen	10	MC	6:56	6:51.7	9 Amanda Atwood	11	BOD	6:15	6:49.4
		13	MaryAnn Garcia	10	A	7:30	6:55.1	10 Melissa Simmons	11	CV	6:08	dns
		14	Andrea Cardenas	10	BOD	5:45	dns	11 Emma Williams	11	BOD	5:50	dns
								12 Christy Weller	11	CLT	9:49	

<b>BFS:</b>												
Mt. Eden	112											
Castro Valley	111											
Bishop O'Dowd	60											
Monsau Catholic	54											
Hayward	53											
San Leandro	51											
Tennyson	38											
San Lorenzo	6											
Army	1											
		<u>Heat 2:</u>										
		1 Christina Robertson	10	CV	5:57	5:47.1	<u>Heat 2:</u>					
		2 Amy Minor	9	H	6:01	5:52.3	1 Rachel Mendez	10	H	5:35	6:04.1	
		3 Moryah Schindler	10	CV	6:01	5:53.6	2 Shannon Alter	11	CV	5:58	6:11.9	
		4 Yu-Mee Leai	9	A	6:13	5:54.8	3 Rhiannon Webb	12	CV	6:12	6:16.4	
		5 Jennifer Caro	9	H	5:56	6:07.5	4 Yvette Perez	11	H	6:10	6:19.9	
		6 Shana Kennedy	10	SL	6:15	6:10.0	5 Aoife Hannahan	11	MC	6:25	6:21.2	
		7 Shirley Lim	9	A	6:22	6:11.6	6 Mary Hannon	11	MC	6:26	6:22.5	
		8 Katie Hislop	9	MC	6:31	6:27.3	7 Wendy Ostin	11	A	6:45	6:28.5	

Peninsula	10	3	Morgan Schindler	10 OV	6:55.0	5:57.0	3	Jessica Scialzo	10 A	6:44.7	5:30.36
BV:		4	Jennifer Caro	9 H	6:07.5	5:50.99	4	Jessica Mendez	10 H	6:04.1	5:48.70
Bishop O'Dowd	128	5	Amy Minor	9 H	5:52.3	5:57.03	5	Chelsea Tikotsky	12 A	6:03.6	5:49.00
Castro Valley	73	6	Yasmin Hernandez	9 A	5:55.8	5:57.29	6	Shannon Alter	11 CV	6:11.9	5:58.18
San Leandro	70	7	Yu-Mee Leal	9 A	5:54.8	6:01.57	7	Samantha Suey	11 CV	6:22.4	6:10.69
Moreau Catholic	64	8	Natalie Baluyot	10 H	6:05.0	6:03.00	8	Rhiannon Webb	12 CV	6:16.4	6:12.06
San Lorenzo	60	9	Alba Riveira	10 SL	5:59.5	6:03.60	9	Aoife Hanrahan	MC	6:21.2	6:13.32
Hayward	36	10	Shana Kennedy	10 SL	6:10.0	6:04.09	10	Yvette Perez	11 H	6:19.9	6:23.76
Mt. Eden	29	11	Emerald Maravilla	10 MC	6:03.1	6:07.00	11	Shana Mitchell	9 ME	6:19.5	6:24.09
Arroyo	23	12	Shirley Lim	9 A	6:11.6	6:18.00	12	Joan Sim	11 A	6:16.9	6:25.26
Tennyson	10	Event #6 BES 1600						Event #8 00 BV 1600			

Event #50 B/C 1000  
name grade sch qualify mark  
Heat 1: name grade sch qualify mark  
Heat 1:

### Event 1 – GFS 4 x 100

place names	sch	entry	time	2	Nick Toda	10	MC	4:57	4:55.7	2	Jason Ribeira	11	CV	4:49
1 SAN LEANDRO	SL	53.4	52.35	3	Jonathan Pineda	10	MC	4:58	4:59.8	3	Chris Wong	11	BOD	4:40
2 CASTRO VALLEY	CV	54.	54.16	4	Tedros Tamen	10	T	5:07	5:03.6	4	John Yano	11	CV	4:32
3 Arroyo	A	56.0	55.24	5	Bennet Hall	10	CV	5:05	5:07.7	5	Taylor Graham	12	MC	4:25
4 MOREAU CATHOLIC	MC	N.T.	56.14	6	Andrew Chan	10	MC	5:20	5:10.4	6	Vince D'onofrio	11	BOD	4:35
5 HAYWARD	H	55.6	56.62	7	Jon Hui	9	CV	5:18	5:20.5	7	Daniel Hannon	12	MC	4:40
D.Q. BISHOP O'DOWD	BOD	53.5	57.87	8	Rene Tiongquico	10	T	6:42	5:23.9	8	Matt Caselli	12	BOD	4:50
D.Q. TENNYSON	T	56.5	58.3	9	Scott Wong	9	CV	5:29	5:29.0	9	Noel Romo	12	ME	5:07
SAN LORENZO	SLZ	54.5	DNS	10	Jack Draper	9	BOD	5:20	5:33.7	1A	Albert Brady	12	H	5:15
				11	Jared Opperman	10	MC	5:40	5:42.2					

**Event #2 -- BFS 4 x 100**

place names	sch	entry	time	14 Mario Hernandez	9	SLZ	5:03	dns	Devon Marsh	12	BOD	4:32	dns
1 BISHOP O'DOWD	BOD	46.3	46.62						Debra Garrett	12	SLZ	4:45	
2 MT. EDEN	ME	46.47	46.81	<u>Heat 2</u>					Tony Quintana	10	MC	4:36	
3 SAN LEANDRO	SL	46.7	46.88	1 Puulu Acoba	10	MC	4:54	4:48.3	Brandon Carballo	12	MC	4:27	
4 CASTRO VALLEY	CV	47.5	47.09	2 Scott Clark	10	CV	5:01	4:55.8	Tim Wallach	12	BOD	4:26	
5 TENNYSON	T	45.4	48.04	3 Jordan Bailey	10	CV	4:55	4:55.9	Zane Weite	12	CV	4:36	
6 A	A	50	52.87	4 Ben Gutierrez	9	BOD	5:04	4:56.2	Mike Sanchez	12	ME	4:42	
				5 Schreuler Hall	9	ME	5:04	5:00.5	Leonard Greenlaw	12	T	4:52	
									Dantequin	14	L	5:42	

### Event #3 – GV 4 x 100

place	names	sch	entry	time	7	Kyle DeLauro	9	H	5:20	5:19.3	2A	Chris Rodriguez	11	H	5:17	dns
1	MT. EDEN	ME	48.9	49.17	8	Trieu Huynh	10	T	5:33	5:23.0		2A Ross Curiel	11	H	5:30	dns
2	BISHOP O'DOWD	BOD	49.9	50.16	9	Louie Lucero	9	SL	5:20	5:33.3						due to scratches, the heats were byed to finals
3	CASTRO VALLEY	CV	50.57	50.26	10	Jonathan Rivac	10	T	6:16	5:37.6						Finals:
4	HAYWARD	H	50.1	50.84	11	Clark Witt	10	A	5:57	5:53.9	1	Brandon Carballo	12	MC	4:27	4:34.13
	MOREAU CATHOLIC MC	MC	51.8	54.04	12	Mikhail Poblete	10	MC	5:35	6:13.3	2	Taylor Graham	12	MC	4:25	4:35.56
D.Q	Arroyo	A	54	55.17	13	Jeff Swartz	SL	5:03		dns	3	John Yano	11	CV	4:32	4:39.93
	TENNYSON	T	53.1	DNS	14	Dan Schieffer	9	BOD	5:20	dns	4	Zane Weite	12	CV	4:36	4:40.28
											5	Daniel Hapner	12	MC	4:49	4:49.28

**Event #4 ~ BV 4 x 100**

place	names	sch	entry	time	1	Mauricio Hurtado	9	H	4:49.9	4:46.98	7	Tony Greenlaw	12	ME	4:50	4:49.51
1	BISHOP O'DOWD	BOD	42.1	42.38	2	Paulo Acoba	10	MC	4:48.3	4:50.46	8	Leonard Greenlaw	12	T	4:52	4:50.97
	HAYWARD	H	43.05	42.44	3	Jonathan Pineda	10	MC	4:58.8	4:53.61	9	Jason Ribeira	11	CV	4:49	4:51.00
3	SAN LEANDRO	SL	43.4	43.76	4	Nick Toda	10	MC	4:55.7	4:53.66	10	Pedro Ruiz	11	H	5:12	5:00.00
4	SAN LORENZO	SLZ	43.6	46.07	5	Jordan Bailey	10	CV	4:55.9	4:56.32	11	Noel Romo	12	ME	5:07	5:21.01
	CASTRO VALLEY	CV	N.T.	46.53	6	Ben Gutierrez	9	BOD	4:56.2	4:56.89	12	Albert Brady	12	H	5:15	5:25.07
6	MT. EDEN	ME	46.94	47.1	7	Schuyler Hall	9	ME	5:00.5	5:00.90		Andrew Seishas	12	MC	4:56	DNS
	MOREAU CATHOLIC	MC	44.6	DNS	8	Scott Clark	10	CV	4:55.8	5:02.03						
	Arroyo	A	49	DNS	9	Bennet Hall	10	CV	5:07.7	5:03.05						
																Event # 9 GFS 100 HH

Event #5 - GES 1000

Event #5 -- GFS 1600	name	grade	sch	qualify	mark	11 Tim Cole	10 CV	5:16.7	5:11.08	Heat 1	name	grade	sch.	qualify	mark
Heat 1:						12 Andrew Chan	10 MC	5:10.4	5:12.03		1 Kara Bock	10 A	17.4	17.32	
1 Corinne Yee		10 MC	6:03	5:52.9		Event #7 -- GV 1600					2 Sheila Maniago	9 A	18.1	18.01	
											3 Kirsten Hudson	9 A	18.6	18.21	

## **2003 HAAL Championships**

4	Kathryn Pomroy	10	CV	19.24	18.54	2	Brandon Johnson	10	CV	19.2	19.5	8	MARIO HERNANDEZ	SLZ	58.1	dns
5	Rosalind Roth	9	SL	22	20.88	3	Maurice Martine	10	ME	20.28	19.96	9	JOHN-ERIC OBILLO	T	N.T.	dns
6	Carly Sanders	9	CV	20.8	21.74	4	Ross LeBrenz	9	SL	17.5	21.19					
7	Jean Alcantara	10	T	19.1	dns	5	Dan Tortuga	9	BOD	20	21.28					
8	Jerri Pfisterer	10	CV	20.9	dns	6	Josh Ashford	10	CV	20.3	22.06					
	Heat 2					7	Chris Casey	10	CV	20.5	23.3					
1	Corey Eck	9	CV	NM		8	Charles Eck	9	CV	NM	55.03					
2	Josh Ashford	10	A	17.7	18.17						2	MARK EBERHAND	BOD	57.1	56.77	
3	Patty Chung	9	A	17.5	18.96						3	KYLE ROBINSON	ME	56.5	57.19	
4	Biccic Longley	10	BOD	19	19.2						4	KIYOSHI HIRAKI	CV	58.5	59.21	
5	Carly Sanderson	9	CV	19.7	20.25						5	MATTHEW MITCHELL	CV	59.2	59.33	
6	Emily Ng	9	A	19.4	20.49						6	JASON HOFFMAN	CV	65.5	60.56	
7	Amy Tereshima	10	BOD	21	20.95						7	DONTE ALMOND	ME	68.53	66	
8	Amanda Delaplane	10	CV	19.8	NT						8	WILLIAM BAUTISTA	T	N.T.	dns	
9	Brittney Nation	BOD	21	NT							9	JOSH NONATU	T	54.2	false start	
9	Nicole Campbell	10	CV	n.t.	n.t.											
	Final															
1	Kara Bock	10	A	17.32	17.35							1	MICHAEL CHAMBERLAIN	ME	55.03	
2	Kirsten Hudson	9	A	18.21	18.22							2	SERGIO RUSSELL	SL	56.11	54.59
3	Robin Bergeron	10	A	18.17	18.23							3	NORBERT CASTRO	BOD	56.43	54.93
4	Sheila Maniago	9	A	18.01	18.34							4	LAURY NAITO	ME	54.67	55.03
5	Kathryn Pomroy	10	CV	18.54	18.65							5	KYLE ROBINSON	ME	57.19	56.56
6	Patty Chung	9	A	18.96	18.93							6	MARK EBERHAND	BOD	56.77	56.92
7	Biccic Longley	10	BOD	19.2	19.37							7	Rene McCoy	CV	59.32	58.36
8	Carly Sanderson	9	CV	20.25	20.1							8	KIYOSHI HIRAKI	CV	59.21	58.69
9	Emily Ng	9	A	20.49	20.6							9	JAKE HATFIELD	A	58.31	dns
	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	Alyisia Crier	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												
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												
6	Maurice Martine	10	ME	20.28												
7	Michael Sene	10	CV	NM												
8																
9																
	Heat 3															
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												
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												
6	Maurice Martine	10	ME	20.28												
7	Michael Sene	10	CV	NM												
8																
9																
	Heat 3															
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												
6	Maurice Martine	10	ME	20.28												
7	Michael Sene	10	CV	NM												
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												
6	Maurice Martine	10	ME	20.28												
7	Michael Sene	10	CV	NM												
8																
9																
	Heat 3															
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												
6	Maurice Martine	10	ME	20.28												
7	Michael Sene	10	CV	NM												
8																
9																
	Heat 2															
1																
2	Corey Eck	9	CV	NM												

**2003 HAAL Championships**  
**May 23-24 @ Chabot College, Hayward**

7	Clairese Lagomarsion	10 A	15.2	15.47	Event # 19 GV 100	<u>name</u>	<u>grade</u>	<u>sch</u>	<u>qualify</u>	<u>mark</u>	Event # 21 GFS 800	<u>name</u>	<u>grade</u>	<u>sch</u>	<u>mark</u>
	Mimi Cortopasi	10 CV	14.2			Heat 1					Heat 1				
	Sharron Andrews	9 H	14.5			1	BJ Triplett	10 ME	11.98	12.34	1	Jennifer Caro	9 H	2:42	2:36.9
	Heat 3					2	Jasmine Brooks	10 H	12.9	13.25	2	Alexis Taiviti	10 MC	2:48	2:42.4
1	Kacea Perfon	BOD	13.2	13.89		3	Renee Jenkins	11 ME	12.95	13.41	3	Alba Rivera	10 SL	2:40	2:45.1
2	Joiandrea Robinson	9 SL	13.4	13.91		4	Michelle Chan	10 CV	13.28	13.46	4	Yu-Mee Leal	9 A	2:48	2:46.6
3	Annisa Cathron	9 SLZ	13.9	14.3		5	Rachel Huggins	11 CV	14.5	14.78	5	Andrea Cerdanas	BOD	3:05	2:56.2
	Noelle Lau	9 A	15	16		6	Carissa Chan	11 A	14.6	15.36	6	Rebecca Naorot	10 H	2:56	2:58.5
	Joy Ochoa	9 T	13.78			Ashatae Millhouse	10 T	13.4			7	katia Gomez	10 MC	3:15	3:00.5
	Sparcel Burnside	9 H	14.2			8	Katrina Usher	9 A			8	Leah Keough-Alcott	9 MC	3:30	3:02.5
	Carly Sanders	9 CV	14.3			9	Anna Ruiz	A			9	Colette Cox	9 CV	2:28.8	3:05.2
	Brittney Buford	9 BOD	14.5												
	Jessica Harrigan	9 T	NT												
	Heat 4														
1	Teonna McCall	9 H	13.4	13.62		1	Shanice Kelly	12 BOD	12.2	12.62	1	Alicia Inn	9 CV	2:38.1	2:39.0
2	Joy Smallman	10 SL	13.7	13.98		2	Tiffany Thomas	11 SL	13	13.33	2	Moryah Schindler	10 CV	2:42.0	2:42.8
3	Leanne Jones	10 A	14.3	14.41		3	Jennifer Burley	10 H	13.4	13.68	3	Yasmin Hernandez	9 A	2:50	2:45.8
4	Frances Zelaya	10 MC	14.5	14.45		4	Kate Haworth	11 CV	14.23	14.49	4	Shirley Lim	9 A	2:54	2:47.4
5	Beth Haworth	9 CV	14.3	14.81		5	Aileen Ho	12 SL	15.5	17.3	5	Amy Minor	9 H	2:38	2:49.3
6	Rocio Perez	10 A	16	16.34		6	Brianna Alvatez	9 ME	13.27		6	Rustia Nisha	10 MC	3:00	2:49.9
	Sharlee Solis	10 CV	14.6			7	Marricia White	12 ME	12.84		7	Rebecca Ribeira	9 CV	2:46.1	2:50.0
	Nicole Handy	9 BOD	13.4			8				8	Stephanie Martin	9 T	3:14	3:12.0	
	Joanna Gistand	9 CV	13.9	FS		9				9	Shana Kennedy	10 SL	2:56	3:13.57	
	Final					1A				9A	Therese Tiongquico	9 T	3:07	3:13.7	
1	Brooke Moulton	SL	13.33	13.41		9A	Vanessa Depue	9 CV							3:21.8
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 Boxdel	9 SLZ	13.81												
	Event # 18 BFS 100														
	<u>name</u>	<u>grade</u>	<u>sch</u>	<u>qualify</u>	<u>mark</u>	<u>Final</u>									
	<u>Heat 1</u>					1	BJ Triplett	10 ME	12.34	12.66	1	Alicia Inn	9 CV	2:39.0	2:35.05
1	Jaliel Jamez	10 SL	11.4	11.65		2	Angelique Smith	11 ME	12.49	12.67	2	Jennifer Caro	9 H	2:36.9	2:36.26
2	William Howard	9 T	12.1	12.18		3	Charis Chan	10 CV	12.53	12.69	3	Alexis Taiviti	10 MC	2:42.4	2:38.84
3	Ron Nava	10 H	12.4	12.3		4	Cameo Motley	9 ME	12.85	13.07	4	Moryah Schindler	10 CV	2:42.8	2:42.04
4	Wesley Wallis	9 CV	12.1	12.44		5	Jasmine Brooks	10 H	13.25	13.29	5	Alba Rivera	10 SL	2:45.1	2:45.93
5	Ronnie Jackson	10 SLZ	12.1	12.52		6	Iesha Miller	11 H	13.02	13.43	6	Amy Minor	9 H	2:49.3	2:46.63
6	Marcus Freeman	10 T	12.7	12.66		7	Leah Smart	11 BOD	13.28	13.52	7	Yasmin Hernandez	9 A	2:45.8	2:46.68
7	Victor Looby	10 MC	n.t.	12.95		8	Tiffany Thomas	11 SL	13.33	13.72	8	Yu-Mee Leal	9 A	2:46.6	2:48.03
8	Anthony Griffin	9 BOD	13.9	14.51		9	Shanice Kelly	12 BOD	12.62		9	Shirley Lim	9 A	2:47.4	2:51.05
	Mark Andrews	9 H	12.6												
	<u>Heat 2</u>														
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												
	Alberto Holmes	10 ME	11.98												
	Brett Mansit	BOD	12.5												
	Mike Martin	9 ME	12.78												
	<u>Heat 3</u>														
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												
	Nicholas Taylor	10 ME	12.46												
	<u>Heat 4</u>														
1	AJ Smith	9 ME	11.78	11.93											
2	Brian Belde	10 MC	12.2	12.31											
3	Jumanji 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												
	Chizimuzo Dimude	9 ME	12.48												
	<u>Final</u>														
1	Jaliel Jamez	10 SL	11.65	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											
	<u>Final</u>														
	<u>Final</u>														
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	11 MC	11.1	12.52											
	<u>Final</u>														
1	Zinzi Evans	12 SLZ	2:16												
2	Heather Matheny	10 CV	2:32.3												
3	Parris Hodges	10 H	2:34												
	<u>Event # 23 GV 800</u>														
	<u>name</u>	<u>grade</u>	<u>sch</u>	<u>qualify</u>	<u>mark</u>	<u>Heat 1</u>									
1	Zinzi Evans	12 SLZ	2:16			1	Jennifer Caro	9 H	2:42						
2	Heather Matheny	10 CV	2:32.3			2	Alexis Taiviti	10 MC	2:48						
3	Parris Hodges	10 H	2:34			3	Alba Rivera	10 SL	2:40						

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4	Lia Marshall	11	BOD	2:40	2:37.9	Final	1	Robin Bergeron	10	A	52.5	51.36	Final	1	Cameron Toler	11	BOD	44.6	43.39					
5	Paigelee Hodges	9	H	2:40	2:42.5	1	Joanna Gistand	9	CV	53.42	51.5	2	Luis Velasquez	12	SLZ	43.31	44.18							
6	Rachel Mendez	10	H	2:31	2:49.8	2	Kathryn Pomroy	10	CV	53.69	52.85	3	David McDonald	12	ME	44.06	44.57							
7	Hong Lien	11	A	3:00	2:53.9	3	Kara Bock	10	A	52.11	52.9	4	Angelo King	11	H	47.43	45.56							
8	Karla Maceado	T			2:55.9	4	Jean Alantara	10	T	56.76	54	5	Jason Allen	12	SLZ	46.97	45.81							
Christy Affe		11	SLZ	2:50	dns	5	Kirsten Hudson	9	A	54.82	54.72	6	Kevan Turner	10	CV	48.13	47.71							
Anna Purcell		11	BOD	2:30	dns	7	Domonique Turrentine	10	BOD	54.53	55	7	Robert Wright	11	CV	48.56	47.89							
Shana Mitchell		9	ME	3:06.1	dns	8	Sheila Maniago	9	A	54.09	55.7	8	Bruce Fernandez	11	SLZ	49.89	49.9							
Amanda Atwood		11	BOD	3:10	dns	Carly Sanderson	9	CV	56.95	dns	Josh Nguyen	11	SLZ	52.09	dns									
<b>Heat 2</b>																								
1	Holly Matheny	10	CV	2:18.3	2:29.0	Event # 26 GV 300 LH	name	grade	sch	qualify	mark	Event # 29 GFS 200	name	grade	sch	qualify	mark							
2	Sabrina Ly	9	H	2:30	2:30.2	Heat 1	1	Chelsea Chandler	12	CV	47.75	47.13	Heat 1	1	Christine Hawkins	9	MC	27	27.67					
3	Michelle Dianda	10	CV	2:32.1	2:33.7	2	Evelyn Smith	10	H	48.9	47.7	2	Mountun Brooke	9	SL	28.5	28.13							
4	Sarah Merritt	11	A	2:38	2:39.9	3	Teia Truesdale	11	T	50.2	48.92	3	Carolyn Chin	10	CV	28.5	28.23							
5	Angela Mcisaac	11	BOD	2:50	2:45.4	4	Charliena Busch	11	SL	51.6	53.02	4	Sparkle Burnside	9	HH	31.1	30.41							
6	Kara hardy	11	SLZ	2:34	2:50.2	5	Alicia Criner	11	BOD	49	53.14	5	Frances Zelaya	10	MC	31.25	31.22							
7	Emma Williams	11	BOD	2:45	2:50.7	6	Rosana Tirado	12	CV	55.9	57.37	6	Erin Garmity	10	A	34.2	32.21							
8	Yvette Perez	11	H	2:51	2:57.2	Raquel Tirado	12	CV	58.6	dns	Karissa Casey	10	CV	29.1	dns									
9	Christina Minor	11	H	3:10	3:05.4	Marisa Boge	9	BOD	48	48.48	Nicole haroy	9	BOD	28.2	dns									
Christina Minor		11	SLZ	2:40	dns	Angela Dohrman	10	CV	49.1	48.92	Bristtney bufono	10	BOD	29	dns									
Stephanie Solis		11	SL	3:10	dns	Kelley Stewart	11	CV	48.2	49.23	<b>Heat 2</b>													
Lupe Muniz		11	T	2:59	dns	Cately Coppini	12	MC	50	52.56	1	Teonna McCall	9	HH	27.6	28.66								
Karla macedo		11	T	2:59	dns	Christina Robinson	11	CV	52.3	53.69	2	Leanne Jones	10	A	31	30.09								
<b>Final</b>																								
1	Zinzi Evans	12	SLZ	2:21.8	2:21.08	3	Jyniece Nelson	11	ME	55.7	57.71	3	Mimi Cortopassi	10	CV	29.9	30.56							
2	Holly Matheny	10	CV	2:29.0	2:21.86	4	Kennese Bass	11	ME	63.6	60.7	4	Joy Ochoa	9	T	31.9	32.2							
3	Sabrina Ly	H		2:30.0	2:25.91	5	Melanie Meyer	11	T	60.6	67.4	5	Stephanie Lio	9	A	34.6	32.21							
4	Parris Hodges	10	H	2:33.1	2:27.11	6	Charliena Busch	11	CV	49.23	48.21	6	Sharron Andrews	9	HH	33.6	dns							
5	Michelle Dianda	10	CV	2:33.7	2:30.00	7	Marisa Boge	9	BOD	48	48.48	7	Domonique Drankford	9	BOD	29	dns							
6	Sarah Merritt	11	A	2:39.9	2:31.62	8	Angela Dohrman	10	CV	49.1	48.92	8	Shayla Meadors	10	SLZ	28.5	dns							
7	Heather Matheny	10	CV	2:32.7	2:32.49	9	Kelley Stewart	11	T	48.92	47.91	9	Emily Wirt	9	SL	28.2	FS							
8	Lia Marshall	11	BOD	2:37.9	2:35.05	10	Evelyn Smith	10	H	47.7	48.28	10	Tim Wallach	12	BOD	48	27.6							
9	Paigelee Hodges	9	H	2:42.5	2:37.06	11	Teia Truesdale	11	T	48.92	47.16	11	Zane Welte	12	CV	20.2	28.65							
<b>Event # 24 BV 800</b>																								
name	grade	sch	qualify	mark	Heat 1	1	Chelsea Chandler	12	CV	47.13	46.91	12	Brandi Johnson	10	CV	20.2	27.6							
1	Tim Wallach	12	BOD	1:56.0	2:01.3	2	Marisa Boge	9	BOD	48.48	47.16	13	John Yano	11	CV	20.2	28.65							
2	Zane Welte	12	CV	2:02.5	2:02.0	3	Teia Truesdale	11	T	48.92	47.91	14	Amelia Carballo	12	CV	20.2	27.6							
3	Brian White	12	A	2:01.6	2:02.3	4	Kelley Stewart	11	CV	49.23	48.21	15	Carly Sanderson	10	CV	20.2	28.65							
4	John Yano	11	CV	2:02.8	2:02.7	5	Evelyn Smith	10	H	47.7	48.28	16	Carly Bock	10	CV	20.2	27.6							
5	Blake Garrett	12	SLZ	2:02	2:05.8	6	Angela Dohrman	10	CV	48.92	51.96	17	Christina Gistand	9	CV	20.2	28.65							
6	Jason Ribeira	11	CV	2:09.0	2:10.1	7	Alicia Criner	11	BOD	53.14	52.09	18	Carly Pomroy	10	CV	20.2	27.6							
7	Devon Marsh	12	BOD	2:06	2:13.6	8	Cately Coppini	12	MC	52.56	52.4	19	Carly Alantara	11	CV	20.2	28.65							
8	Pedro Ruiz	11	H	2:23	2:15.0	9	Charliena Busch	11	SL	53.02	53.3	20	Carly Sanderson	10	CV	20.2	27.6							
9	NOel Romo	12	ME	2:17.0	2:15.7	Heat 2	1	Aaron King	9	H	42.6	45.15	21	Carly Gistand	10	CV	20.2	27.6						
<b>Heat 2</b>																								
1	Thomas Miller	12	CV	2:01.8	2:00.2	2	Laury Naito	10	ME	46.8	46.3	22	Carly Pomroy	10	CV	20.2	27.6							
2	TAYLOR GRAHAM	12	MC	2:01.0	2:00.8	3	Brandon Johnson	10	CV	n.t.	47.3	23	Carly Alantara	11	CV	20.2	27.6							
3	Brandon Carballo	12	MC	2:01.4	2:01.2	4	Chris pangelina	10	T	47.6	47.36	24	Carly Sanderson	10	CV	20.2	27.6							
4	Mike Sanchez	12	ME	2:03.1	2:03.4	5	Maurice Martine	10	ME	52	49.82	25	Carly Bock	10	CV	20.2	27.6							
5	Vince D'Onofrio	11	BOD	2:02.0	2:06.1	6	Ross LaBrenz	9	SL	50	51.46	26	Carly Gistand	10	CV	20.2	27.6							
6	Leonard Greenlaw	12	T	2:12.0	2:10.3	7	Amos Han	9	CV	n.t.	DQ	27	Carly Pomroy	10	CV	20.2	27.6							
7	Matt Lanese	11	MC	2:10.9	2:11.4	8	Michael Sene	10	CV	n.t.	55.36	28	Carly Alantara	11	CV	20.2	27.6							
8	Angelo King	11	H	2:26.0	2:51.2	9	Corey Eck	9	CV	n.t.	dns	29	Carly Sanderson	10	CV	20.2	27.6							
Matt Caselli		12	BOD	2:08.0	dns	10	Cesar Ayon	10	SL	48.5	dns	30	Carly Bock	10	CV	20.2	27.6							
<b>Final</b>																								
1	Tim Wallach	12	BOD	2:01.3	1:58.32	11	Josh Ashford	10	CV	n.t.	dns	31	Carly Gistand	10	CV	20.2	27.6							
2	Thomas Miller	12	CV	2:00.2	1:58.62	12	Aaron King	9	H	45.15	44.56	32	Carly Pomroy	10	CV	20.2	27.6							
3	Brian White	12	A	2:02.3	2:00.23	13	Laury Naito	9	ME	46.3	47.81	33	Carly Alantara	11	CV	20.2	27.6							
4	TAYLOR GRAHAM	12	MC	2:00.8	2:01.35	14	William Howard	9	T	46.31	47.9	34	Carly Sanderson	10	CV	20.2	27.6							
5	Brandon Carballo	12	MC	2:01.2	2:01.94	15	Chris pangelina	10	T	47.36	48.09	35	Carly Bock	10	CV	20.2	27.6							
6	John Yano	11	CV	2:02.7	2:02.51	16	Maurice Martine	10	ME	49.82	49.86	36	Carly Gistand	10	CV	20.2	27.6							
7	Mike Sanchez	12	ME	2:03.4	2:02.98	17	Justin Taylor	10	CV	48.71	50.01	37	Carly Alantara	11	CV	20.2	27.6							
8	Zane Welte	12	CV	2:02.0	2:03.06	18	Dan Tortuga	10	CV	51.17	50.18	38	Carly Sanderson	10	CV	20.2	27.6							
9	Blake Garrett	12	SLZ	2:05.8	2:06.10	19	Ross LaBrenz	9	SL	51.46	dns	39	Carly Bock	10	CV	20.2	27.6							
<b>Event # 25 GFS 300 LH</b>																								
name	grade	sch	qualify	mark	Event # 26 BV 300 IH	name	grade	sch	qualify	mark	Event # 27 BFS 300 IH	name	grade	sch	qualify	mark	Heat 1							
1	Robin Bergeron	10	A	50.7	52.5	1	Luis Velasquez	12	SLZ	42.8	43.31	2	David McDonald	12	ME	44.6	44.06	3	Angelo King	11	CV	44.6	44.57	
2	Joanna Gistand	9	CV	53.8	53.42	2	Charliena Busch	10	ME	44.6	44.06	4	Robert Wright	11	CV	44.6	44.57	5	Nick Morozovsky	12	CV	46.9	46.86	
3	Kirsten Hudson	9	A	56	54.82	3	Yno Teictico	9	MC	n.t.	dns	6	Victor Looby	11	SL	46.8	46.86	7	Ray Wong	11	SL	46.8	46.86	
4	Rosalind Roth	9	SL	54.5	57.55	8	Ray Wong	11	SL	46.8	FS	9	Sergio Russell	9	SL	23.8	24.02	10	Carly Sanderson	10	CV	44.6	44.57	
5	Carly Sanders	9	CV	57.5	59.01	Heat 2	1	Cameron Toler	11	BOD	44.1	44.6	11	Mike Chamberlain	9	ME	25.2	24.4	12	Carly Pomroy	10	CV	44.6	44.57
6	Billie Longley	10	BOD	53.5	59.52	2	Jason Allen	12	SLZ	44.2	46.97	13	Erial Wacken	9	BOD	25	24.82	14	Carly Alantara	11	CV	44.6	44.57	
7	Patty Chung	9	A	55.5	60.31	3	Kevan Turner	10	CV	47.5	48.13	15	William Bantista	10	T	25.6	25.46	16	Carly Sanderson	10	CV	44.6	44.57	
Jeri Pfisterer		10	CV	54.1	dns	4	Bruce Fernandez	11	SLZ	46.5	49.89	17	Tim Arzino	10	HH	24.6	26.79	18	Carly Bock	10	CV	44.6	44.57	
<b>Heat 2</b>																								
1	Kara Bock	10	A	52.8	52.11	19	Josh Nguyen	11	SLZ	48	52.09	20	Sergio Russell	9	SL	23.8	24.02	21	Carly Gistand	10	CV	44.6	44.57	
2	Kathryn Pomroy	10	CV	54.6	53.69	22	Carly Pomroy	10	CV	48.9	52.09	23	Mike Chamberlain	9	ME	25.2	24.4	24	Carly Alantara	11	CV	44.6	44.57	
3	Sheila Maniago	9	A	54	54.09	25	Carly Sanderson	9	CV	55.9	52.09	26	Erial Wacken	9	BOD	25	24.82	27	Carly Bock	10	CV	44.6	44.57	
4	Domonique Turrentine	10	BOD	53	54.53	28	Carly Alantara	10	T	56.76	54.76	29	William Bantista											

## **2003 HAAL Championships**

**2003 HAAL Championships**  
**May 23-24 @ Chabot College, Hayward**

Sharlee Solis	10	CV	12-06	dns	Kara Lawrence	9	CV	28-05	DNJ	3	Erica Jasso	10	A	4-10	4-10										
Jessica Liuu	9	SL	12-09	dns						4	Brinna Peters	10	A	4-10	4-10										
Javon Boxdell	9	SLZ	15-02	dns	Event # 46 -- BFS TJ	name	grade	sch	qualify	MARK	5	Elisha Bell	11	SL	4-10	4-08									
<b>Event # 42 -- BFS LJ</b>																									
name	grade	sch	qualify	MARK	1	Andre Luke	10	ME	40-10	40-05.5	6	Becky Gerton	11	A	4-08	4-06									
1 Andre Luke	10	ME	19-07	18-05.5	2	Nicholas Taylor	10	ME	38-11.5	38-05.5	7	Katy Stewart	11	CV	4-08	4-04									
2 Bryan Balde	10	MC	18-02	18-03	3	Erin Walker	BOD	39-00	38-05.5	38-05.5	Jotika Krishan	11	T	4-00	nm										
3 Robert Ferguson	10	CV	17-07	17-08	4	Thad Seyer	10	BOD	38-09	37-02.5	Raquel Tirado	12	CV	4-00	nm										
4 Nit Taylor	10	ME	18-05	16-08	5	Michael Almond	9	ME	37-01	37-01	Roana Tirado	12	CV	4-00	nm										
5 Kiyoshi Hiraki	10	CV	15-10	16-06	6	Dave Woychik	BOD	34-01	36-01	Jessica White	11	CV	4-02	nm											
6 Eric Keilough	10	ME	14-10	15-08	7	Tim Arzino	10	H	36-00	33-08.5	Samantha Journey	12	CV	5-00	nm										
7 Amos Han	9	CV	15-6	15-04.5	8	Chris Casey	10	CV	32-06	32-09.5	<b>Event # 52 -- BV HJ</b>														
8 Marvin Salud	10	ME	14-10	15-03.5	9	Ross LaBrenz	9	SL	N.M.	32-02.5	1	John Picetti	11	CV	6-00	6-00									
9 Mike Biallas	9	A	15-06	14-11.5	10	Angelo Zamora	10	A	30-03	29-02.4	2	Tommy Arnold	11	BOD	5-10	5-10									
10 Ramin Maysam	10	CV	15-6	14-11	Brandon Johnson	10	CV	N.M.	DNJ	3	Jon F. Campos	12	MC	5-06	5-02										
11 Angelo Zamora	10	A	15-02	14-00	Amos Han	9	CV	31-11	DNJ	4	Will Lewis	11	A	5-08	5-02										
Brandon Johnson	10	CV	16-05	12-05.5	Nick Morris	10	A	32-00	DNJ	Daniel Santos	12	MC	5-08	DNS											
Nick Morris	10	A	15-00	nm	Ryan Lee	10	CV	32-02	DNJ	Dan Davini Jr.	12	MC	5-06	NM											
Ronnie Jackson	10	SLZ	17-00	dns	Josh Shinoda	10	CV	32-10	DNJ	Rasheed Cotten	11	SLZ	5-06	DNS											
DAve Woychik	10	BOD	17-00	dns	Ronnie Jackson	10	SLZ	34-00	DNJ	Bruce Fernandez	11	SLZ	5-06	DNS											
William Dizxon	9	SL	16-05	dns	William Dixon	9	SL	34-00	DNJ	Ryan Stohr	12	CV	5-06	DNS											
DAvid Lin	10	T	n.m.	dns	Ronnie Jackson	10	SLZ	34-00	DNJ	Jermiah Labiano	11	ME	5-04	DNS											
Mike Martin	9	ME	n.m.	dns						Marcus Aigbeakaen	11	H	5-02	NM											
Tommy Speth	9	CV	n.m.	dns						Marek Brezula	10	CV	5-02	DNS											
<b>Event # 43 -- GV LJ</b>																									
name	grade	sch	qualify	MARK	name	grade	sch	qualify	MARK	name	grade	sch	qualify	MARK											
1 Alisha Flaaten	9	MC	16-01	16-06.5	1 Shanie Kelly	12	BOD	38-03	38-01	1 Annisa Cathron	9	SLZ	32-00	29-5											
2 Elisha Bell	11	SL	15-02	16-05.5	2 Charliena Busch	12	SL	34-03	33-06.5	2 Jeanette Downs	10	A	24-06	27-6											
3 Brianne Alvarez	9	ME	16-04	15-11	3 Chelsea Chandler	12	CV	33-11	33-03	3 Cassie Wilcox	10	CV	28-10	27-0											
4 Charliena Busch	12	SL	15-02	15-10	4 Christianne Jardin	12	MC	31-11	32-09.25	4 Bea-Ashley Steele	9	SL	28-07	26-10											
5 Christianne Jardin	12	MC	15-06	15-08	5 Rochelle Carvalho	10	MC	28-10	31-03	5 Monica Soto	10	A	25-09	25-8											
6 Erica Jasso	10	A	13-05	15-07.5	6 Maria Ko	12	A	30-07	30-08	6 Ashley Collier	BOD	26-00	25-2.5	25-2.5											
7 Rochelle Carvalho	10	MC	15-02	15-07	7 Candace Brown	11	BOD	30-00	30-02	7 Rosario Foley	10	MC	23-00	25-0											
8 Rened Gistband	11	CV	14-04	15-0	8 Brianna Peters	10	A	28-10	29-02	8 Monica Erdmann	10	CV	28-04	24-8											
9 Micheline Bacani	10	MC	n.m.	14-03	9 Danielle Lacey	11	CV	28-04	28-10	9 Linsey Stahowski	9	A	28-02	24-10											
10 Brianna Peters	10	A	13-02.5	14-02	10 Jessica Wildenstein	11	CV	27-09	28-07.25	10 Jill Corrigan	10	A	23-00	23-8											
11 Becky Gerton	11	A	13-10	13-09	11 Tami Lantz	11	A	23-10	24-07	11 Savannah Trakts	9	CV	24-08	22-8.5											
12 Christina Davini	11	MC	13-01	13-08.5	12 Jessica White	11	CV	30-10	dns	12 Elisha Aranda	9	SL	21-09	21-1.25											
13 Precious Towers	11	H	13-04	13-07.5	13 Dana Linda	12	CV	28-10	dns	13 Essence Jaime	9	T	18-06	17-2											
14 Stephanie Khouw	10	MC	n.m.	13-05	14 Laura Sonnenfels	11	H	26-00	dns	Joanna Eisenberg	9	SLZ	22-00	dnt											
15 Jessica Wildenstein	11	CV	13-01	12-11	15 Precious Tower	11	H	25-02	dns	Laura Fernsten	10	CV	22-02	dnt											
16 Tami Lantz	11	A	12-05	12-10	16 Rachel Huggins	11	CV	N.M.	dns	Lennie Weese	9	CV	24-02	dnt											
17 Danielle Lacey	11	CV	13-06	12-09	<b>Event # 48 -- BV TJ</b>																				
18 Maria Ko	12	A	12-07	12-06.5	name	grade	sch	qualify	MARK	name	grade	sch	qualify	MARK											
19 Dana Linda	12	CV	13-10	11-07	1 Louis Arnold	9	BOD	42-05	43-09	1 Chris Babcock	10	H	42-00	46-09.5											
Rachel Huggins	11	CV	n.m.	dns	2 Jamar Lyles	12	T	37-11	42-00.75	2 Darwin Tsang	10	CV	43-07	42-04											
Stephanie Bandu	11	ME	11-10	dns	3 Rasheed Cotten	11	SLZ	39-00	41-00.75	3 James Meers	9	BOD	43-05	41-01											
Laura Sonnenfels	11	H	11-10	dns	4 Jeremiah Labiano	11	ME	37-01	39-09	4 Danny Feucht	9	CV	41-10	39-02.5											
Courtney Arason	11	ME	12-04	dns	5 Mike Cannon	12	SLZ	40-00	39-02	5 Tim Stryasko	9	CV	36-10	37-03.5											
Jessica White	11	CV	14-00	dns	6 John Picetti	11	CV	38-04	38-10	6 Ray Meyer	10	BOD	40-00	36-10.5											
B.J. Triplett	10	ME	14-05	dns	7 Kaelen Robinson	11	A	35-05	33-10.75	7 Javier Cabrales-Tellez	SL	33-04	35-11	35-11											
Candace Brown	11	BOD	14-08	dns	8 Nick Morozovsky	12	CV	35-07	33-00.25	8 Milton Brooks	10	SLZ	38-00	35-08.5											
<b>Event # 44 -- BV LJ</b>																									
name	grade	sch	qualify	MARK	name	grade	sch	qualify	MARK	name	grade	sch	qualify	MARK											
1 Lamar Coutian	12	BOD	20-10	20-09	1 Louis Arnold	9	BOD	42-05	43-09	1 Chris Babcock	10	H	42-00	46-09.5											
2 Louis Arnold	9	BOD	19-01	20-08	2 Jamar Lyles	12	T	37-11	42-00.75	2 Darwin Tsang	10	CV	43-07	42-04											
3 Eugene Anderson	11	SL	22-02	20-07	3 Rasheed Cotten	11	SLZ	39-00	41-00.75	3 James Meers	9	BOD	43-05	41-01											
4 Mike Cannon	12	SLZ	20-00	20-02	4 Jeremiah Labiano	11	ME	37-01	39-09	4 Danny Feucht	9	CV	41-10	39-02.5											
5 DAVID McDonald	12	ME	19-03	20-0	5 Mike Cannon	12	SLZ	40-00	39-02	5 Tim Stryasko	9	CV	36-10	37-03.5											
6 Jamar Lyles	12	T	18-08	19-02.5	6 John Picetti	11	CV	38-04	38-10	6 Ray Meyer	10	BOD	40-00	36-10.5											
7 John Picetti	11	CV	18-04	18-01.5	7 Kaelen Robinson	11	A	35-05	33-10.75	7 Javier Cabrales-Tellez	SL	33-04	35-11	35-11											
8 Rasheed Cotten	11	SLZ	18-06	18-01	8 Nick Morozovsky	12	CV	35-07	33-00.25	8 Milton Brooks	10	SLZ	38-00	35-08.5											
9 Will Lewis	12	A	18-02.5	17-16.5	9 Amanda Delaplane	10	CV	4-04	4-04	9 Andrew Oliveira	9	A	32-02	34-10											
10 Robbie Wright	11	CV	19-00	17-08.5	10 Beth Haworth	9	CV	3-10	4-02	10 Brian Garside	SL	34-06	34-02.5	34-02.5											
11 Jeremiah Labiano	11	ME	18-04	17-05.5	11 Christine Luong	9	T	4-04	4-02	11 Kevin Trujillo	10	A	31-11	33-1.5											
12 Ray Wong	11	SL	17-00	17-04	12 Jenna Bowersmith	10	A	4-04	4-02	12 David Flores	9	SLZ	36-00	33-08											
13 Kaelen Robinson	11	A	18-04	17-03.5	13 Jenna Bowersmith	10	A	4-04	4-02	13 Jason Desa	10	ME	31-02	31-11.5											
14 Esmail Morand	12	T	n.m.	16-02	14 Rasheed Cotten	11	SLZ	3-10	4-02	14 Gregory Prentiss	9	T	29-06	31-10											
15 Josh Nguyen	11	SL	18-05	15-10	15 Rosalind Roth	9	SL	4-02	4-02	15 Jason Tran	9	ME	31-07	31-01.5											
16 Nick Morozovsky	12	CV	17-04	13-11	16 Michael Sene	9	CV	4-04	3-06	16 Matt Hohl	10	H	30-00	30-09											
17 Nyaforth Tarpeh	11	T	19-07	dns	17 Katrina Usher	9	A	4-00	nh	17 Brandon Bockman	SL	26-09	30-02	30-02											
Marcus Aigbeakaen	11	H	16-10	dns	18 Savannah Trakts	9	CV	N.M.	dns	18 Jeff Hoag	SL	28-01	28-02.5	28-02.5											
Osarefin Eboigbodin	12	H	16-06	dns	19 Monica Erdmann	10	CV	4-00	dns	19 Cory Stedley	9	SLZ	30-00	28-01											
<b>Event # 45 -- GFS TJ</b>																									
name	grade	sch	qualify	MARK	name	grade	sch	qualify	MARK	name	grade	sch	qualify	MARK											
1 Christine Luong	9	T	n.m.	30-10.5	1 Andre Luke	10	ME	5-08	5-02	1 Lisa Mausia	12	BOD	38-07	37-0											
2 Amala Shetty	9	MC	28-01	30-03	2 Robert Ferguson	10	CV	5-04	5-00	2 Taneya Davis	12	BOD	36-02	36-3											
3 Michelle Barksdale	BOD	30-05	29-01.5	3 Charles Eck	9	CV	N.M.	5-00	3 Maroesa Valentine	9	CV	32-09	33-4.5												
4 Savannah Trakts	10	CV	n.m.	27-09	4 Chris Casey	10	CV	5-00	5-00	4 Moghan Toussaint	12	H	33-00	33-4											
5 Kirsten Hudson	9	A	28-03.5	27-09	5 Mark Andrews	9	H	5-02	NM	5 Alisha Agetta	11	A	33-04	32-8											
6 Mimi Cortopassi	10	CV	28-04	27-04	6 Schuyler Hall	9	ME	5-06	NM	6 Janet Ballelos	12	MC	28-00	31-8.5											
7 Stephanie Tabor	10	CV	26-10	26-07	7 Josh Nonato	10	T	5-06	NM	7 Keenya Davis	11	H	30-00	31-3											
8 Maritoni Medrano	9	MC	23-11.5	26-00.5	8 That Seyer	10	BOD	5-06	NM	8 Tia Baker	11	T	31-11	30-5.5											
9 Christina Fatona	10	H	26-00	25-00	9 Damien Owens	10	SL	n.m.	DNS	9 Becky Gerton	11	A	30-05	29-9											
10 Rosalind Roth	9	SL	28-00	24-09.5	10 Michael Sene	10	CV	N.M.	DNS	10 Sharday Wright	11	SL	29-03	28-2.25											
11 Katrina Usher	9	A	22-08.5	24-05.4	11 Jason Hoffman	10	CV	N.M.	DNS	11 Jenna Ramirez	11	SL	27-02</td												

## **2003 HAAL Championships**

**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.



Lauren scowls

**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.



**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

Shannon 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 Weite 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**

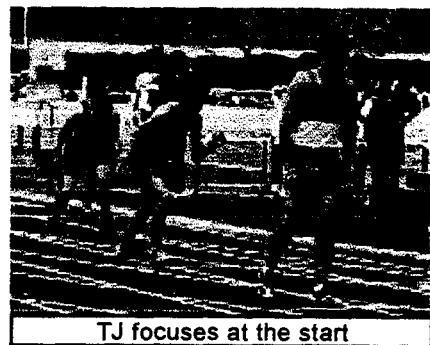
Holly Matheny 2:19.31 1st in Heat 2, 1st overall

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

Reneè Gistand 62.0  
Holly Matheny 60.2 4:03.93 1st in heat 2, 2nd overall



Holly, Reneè, 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. Reneè 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.