

Castro Valley High School

Track & Field
2006

**RECORD
BOOK**

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Outdoor Records

Varsity Boys School Records

100	Lance Riley	10.98	1987	non-CIF events:			
200	Jeff Perenon	21.8'	1964	100y	Jeff Perenon	9.7	1963 ,64
	Dave Fernandez		1978	1500	Larry Guinee	3:53.6	1980
400	Dave Fernandez	48.5	1978	3000	Clavin Gaziano	8:21.4i**	1985
800	Beau Bettinger	1:51.84	2002	3000 Steeple	Dave Anderson	10:10.0	1981
1600	Larry Guinee	4:06.18	1980	5000	Calvin Gaziano	14:48.5	1983
3200	Calvin Gaziano	8:52.6**	1985	10000	John Atwood	33:22.3	1994
110HH	Bill Hammett	14.2'	1969	16lb HT	Chuck Vandagriff	173-11	1967
300IH	Dominique Canfield	39.02	1994	JT	Kirk Marciel	138-10	2005
HJ	Chris Schneider	6-9	1972	300 LH	Mike O'Sullivan	38.4'	1976
	Ron Winters		1983	1600 Steeple (36")	Mike Furuyama	5:25.2	1994
LJ	Dave Fernandez	23-7 1/2	1977	1600 Steeple (28")	Mike Furuyama	5:09.6	1994
TJ	Naeem Amiri	45-2 3/4	1996	Pentathlon	(400IH, SP, 100, HJ, 800)		
SP	Chuck Vandagriff	60-8 1/4	1966		Tony Moore	4292	1992
DT	Ken Cowl	182-11 1/2	1971	Decathlom	Kirk Marciel	4805	2005
PV	Mike Rothling	14-3	1994				

Key:

- ' = mark converted from yards to meters
- i = mark run indoors
- w = wind-aided
- * = non-high school competition
- ** = en route to a longer distance

Varsity Boys School Relay Records

4 x 100	Soblin, G. Abramenko, Omelagah, Bailey	42.53	1998
4 x 220	Lennon, Rich, Todd, Kerr	1:31.2	1965
4 x 400	Johnson, Yee, Hammett, Riggs	3:24.1'	1969
4 x 800	Wong, Welte, Yano, Bettinger	8:02.90	2002
4 x Mile	Guinee, Hagen, Shea, Harb	17:48.9	1979
Sprint Medley	(2-2-4-8) no names available	3:35.7y	1973
Sprint Medley	(1-1-2-4) R. Hassler, Reichelderfer, Victor, Roszell	1:37.8	1994
	E. Zamora, Cox, Miller, McGuigan		2002
Distance Medley	Guinee, J. Dittman, Hagen, Shea	10:37.1	1979
4 x 70y HH	Zimmer, Hammett, Oppendike, Pritchard	36.5	1969
4 x 120y LH	Marquardt, Oppendike, Pritchard, Hammett	54.9	1969
4 x 110 HH	Valentine, Jeung, McDonagh, Marciel	1:03.5	2005
3 x HJ	Winter, Napper, Zupfer	18-6	1984
4 x LJ	Fernandez, Brown, Castain, Warrin	78-4 1/2	1977
3 x LJ	No names available	63-7 3/4	1973
4 x TJ	Holt, Castain, Quan, Hornig	161-2 1/2	1974
3 x TJ	no names available	121-6 1/2	1973
4 x SP	Vandagriff, Schnell, Goodman, Thomas	181-11 1/4	1966
3 x SP	no names available	143-11 1/2	1968
4 x DT	Cowl, Wilkman, Domingoes, Briggs	524-10	1971
3 x DT	Jower, Jones, Nobori	341-10	1996
4 x PV	Andrews, Tillman, Zimmer, Naugle	44-6	1972
3 x PV	no record		
2 x PV	Turner, Casey	25-6	2005

Varsity Girls School Records

100	Charis Chan	12.53	2003
200	Charis Chan	25.4	2005
400	Amanda Medrano	57.57	2000
800	Amanda medrano	2:12.86	2001
1600	Karin Lambden	4:57.3'	1981
3200	Karin Lambden	10:37.7	1981
100 H (33")	Chelsea Chandler	15.23	2003
300 LH	Eileen Cunningham	44.4	1982
HJ	Lauren Hopfenbeck	5-4	2005
LJ	Lynnsy Jones	18-0	2000
TJ	Tisha Uwadiae	39-9 1/2	2005
SP	Mareesa Valentine	39-4 1/2	2005
DT	Jay-Marie Hill	129-7	2006
PV	Erin McCarthy	11-0	2002

non-dual meet events:

100y	Liz Gove	11.7	1979
	Debbie Sanchez		1980
	Pam Cole		1980
1500	Karin Lambden	4:49.4	1980
3000	Karin Lambden	9:55.9	1980
60y H (30")	Eileen Cunningham	9.01	1981
100 H (30")	Shelly Olson	15.98	1987
400 H	Eileen Cunningham	1:07.7	1981
JT	Rachel Sison	89-8 1/2	1986
Pentathlon	(100H, SP, LJ, HJ, 800) Eileen Cunningham	2806	1981
1600 Steeple	(28") Jennie Ewing	6:24.4	1994

Varsity Girls School Relay Records

4 x 100	Sanchez, Cole, E. Cunningham, Gove	49.4 *	1980
	E. Cunningham, Symes, B. Cunningham, Sanchez	49.54 *	1982
4 x 220y	M. Chan, Chandler, R. Gistand, C. Chan	1:46.93	2003
4 x 200	M. Chan, Chandler, R. Gistand, C. Chan	1:47.37	2003
4 x 400	Kr. Lambden, B. Cunningham, Cole, E. Cunningham	3:57.3	1981
4 x 880y	Van Buskirk, B. Cunningham, Kr. Lambden, Ka Lambden	9:32.3	1981
4 x Mile	Van Buskirk, Ka. Lambden, Stevenson, Kr. Lambden	21:51.6	1981
Sprint Medley	(2-2-4-8) B. Cunningham, Cole, Sanchez, Ka. Lambden	4:14.0	1980
Sprint Medley	(1-1-2-4) C. Chan, Chandler, M. Chan, Ho. Matheny	1:50.12	2003
Distance Medley	Van Buskirk, Kr. Lambden, Stevenson, Ka. Lambden	12:32.5	1981
4 x 65y H (30")	J. Cunningham, Giammona, Shupbach, E. Cunningham	41.4	1981
4 x 65y H (33")	L. Clancey, A. Kim, Mi. Wong, Clark	44.0	1994
4 x 60m H (30")	Housley, Poblete, Clark, A. Kim	40.61	1992
4 x 60m H (33")	Housley, Poblete, Clark, Berry	42.03	1992
4 x 100m H (33")	Lee, Pomroy, Dohrmann, Gistand	1:12.5	2005
3 x HJ	Jones, Bailey, Kohl	14-11 1/2	1997
3 x LJ	Olson, Nathanson, Juhl	47-6	1987
3 x TJ	Uwadiae, Lee, Hopfenbeck	98-6 1/2	2005
3 x SP	Valentine, Hill, Hegedüs	93-9	2005
3 x DT	Rizzo, Weisman, Shaw	271-2	2000
3 x PV	Sammons, Glenn, Arterburn	24-6	1998
2 x PV	McCarthy, Lasalle	18-0	2002

* -- Handtiming is converted to electronic timing by .14 seconds in races of 400 meters or longer. Thus, these two times are identical.

Frosh-Soph Boys School Records

100	Darnell Lum-Williams	11.0	1997
	Geno McGuigan	11.0	2000
200	Dave Fernandez	22.7'	1975
400	Chuck Andrade	51.1'	1969
800	Calvin Gaziano	1:59.4	1983
1600	Calvin Gaziano	4:20.8	1983
3200	John Bass	9:36.6	1983
110HH	Maurice Valentine	16.05	2006
300IH	Derrick Oliveira	42.8	1998
	Ryan Parker	42.8	2000
HJ	Ron Winters	6-5	1982
LJ	Jim Holt	21-6 1/2	1972
TJ	Jim Holt	44-4 1/4	1972
SP	Don Bonvincino	51-6	1983
DT	Greg Severs	143-10 1/2	1972
PV	Ron Auger	12-0	1965

non-dual meet events:

70y HH	Terry Mar	9.3	1973
300 LH	Lloyd Johnson	40.8'	1976
3000	Jason Atwood	9:17.0	1988
1600 Steeple	(28") Mike Furuyama	5:34.6	1992
10,000	Shane Dulaney	37:21.3	1994

Frosh-Soph Boys School Relay Records

4 x 100	Cameron, Haag, LeMaster, Perenon	44.8'	1961
2 x 220y	Cordova, Labat, Colby, Rickords	1:35.9	1980
4 x 400	Dyer, Robinson, Roda, Andrade	3:35.6'	1969
4 x 880y	Mitchell, Jeff Romiguire, Rock, Jeff Lee	8:36.0	1974
4 x Mile	Doyle, Bass, Rios, Gaziano	18:34.4	1983
Sprint Medley	(2-2-4-8) Kirk, Lamendola, Nordman, Rose	3:45.2'	1971
Sprint Medley	(1-1-2-4) Yip, Willis, Marciel, Ballar	1:42.7	2003
Distance Medley	Gaziano, Harder, Doyle, Bass	11:10.9	1983
4 x 70y HH	Quan, Springer, DeBoer, Brown	41.4	1973
4 x 65m HH	Kramer, M. Picetti, Reichelderfer, Oates	42.7	1993
4 x 120y LH	Andrews, Huffington, LaPoint, Wood	1:01.7	1968
4 x 110m HH	M. Picetti, Reichelderfer, Kramer, Oates	1:16.1	1993
3 x HJ	Kim, Amiri, Kramer	16-4	1994
	Bettinger, Parker, Leng	16-4	2000
3 x LJ	Aguayo, Paik, Bailey	52-5 1/2	1996
3 x TJ	Amiri, Moore, Wong	109-9 1/2	1994
3 x SP	Tsang, Allen, Feucht	117-0	2003
3 x DT	Tsang, Allen, Feucht	303-2	2003
3 x PV	Moore, Singson, E. Ewing	27-0	1994
	Ashford, Ferguson, Teel		2003
2 x PV	West, Kwang	19-6	2006

Frosh-Soph Girls School Records

100	Charis Chan	12.86	2002
200	Michelle Chan	27.0	2002
400	Trisha Chung	62.74	1997
800	Collette Cox	2:28.44	2003
1600	Karen Chan	5:35.84	2005
3200	Rose Toney	12:25.0	2000
100 H (33")	Briana Kim	17.18	2005
300 LH	Alena Leblanc	50.46	2005
HJ	Paula Brown	5-0	2005
LJ	Lynnsy Jones	15-10 1/2	1997
TJ	Lynnsy Jones	33-9	1997
SP	Jay Marie Hill	33-9	2004
DT	Mareesa Valentine	94-02	2003
PV	Erin McCarthy	10-3	2001

non-dual meet events:

100y	Wendy Webb	12.5	1977
100 H (30")	April Wong	18.1	1996

Frosh-Soph Girls School Relay Records

4 x 100	Kim, Knight, Douglas, Littlejohn	51.47	2005
4 x 200	M. Chan, Wilkinson, He. Matheny, Ho. Matheny	1:54.3	2002
4 x 400	Ho. Matheny, Dobel, He. Matheny, K. Stewart	4:17.3	2002
4 x 800	Dianda, Dobel, Katich, K. Stewart	10:21.2	2002
4 x Mile	Philpott, Beringer, Chan, Santisteban	23:07.0	2005
Sprint Medley	(1-1-2-4) M. Chan, Wilkinson, Ho. Matheny, He. Matheny	1:58.9	2002
Sprint Medley	(2-2-4-8) J. Gistand, Casey, Chin, Inn	4:42.40	2003
Distance Medley	C. Stewart, Medrano, Boon-Nitoff, McGrellis	13:30.0	1999
4 x 60m H (33")	Mertz, Gallagher, Ponce, Ma. Wong	44.2	1997
4 x 100m H (33")	Kim, Huerta, Simmons, Lee	1:15.47	2005
3 x HJ	Brown, Leblanc, Simmons	13-11	2005
3 x LJ	Slader, Chandler, Ford	43-9	2000
3 x TJ	no record		
3 x SP	Valentine, Erdman, Wilcox	82-11 3/4	2003
3 x DT	Valentine, Erdman, Wilcox	241-11	2003
3 x PV	McCarthy, Chandler, Tirado	23-9	2001
2 x PV	Best, Vargas	14-0	2006

Stadium Records

Varsity Boys Stadium Records

100	Mike Shavers	Albany	10.4'	1972
200	Mike Shavers	Albany	20.9'	1972
400	Rick Heffern	Piedmont	48.9'	1967
	Jerrold Curry	Castlemont		1971
800	Dan Aldridge	Petaluma	1:52.1'	1975
1600	Mike Kasser	St. Francis	4:15.3'	1974
3200	Rich Kimball	De La Salle	8:47.9'	1974
110 HH	Milton Turner	Castlemont	13.8'	1970
300 LH	Don Finley	Cupertino	37.4'	1975
300 IH	Ryan Parker	Castro Valley	41.32	2001
HJ	Mark Wilson	Monte Vista	6-10	1974
	Dave Haber	Alameda		1974
LJ	Bill Butler	Balboa	22-8 1/2	1967
TJ	Tom Cochee	Oakland Tech	46-11 1/2	1972
SP	Mike Lacey	Castlemont	61-1 1/2	1967
DT	Dave Hickson	Leland	194-2	1973
PV	Terry Markou	Pacific	14-3 3/4	1974
4 x 100	Berkeley	Berkeley	41.5'	1970
4 x 400	Oakland Tech	Oakland Tech	3:17.3'	1970

Varsity Girls Stadium Records

100	Charelle Garret	Mt. Eden	12.1	2004
200	B.J. Triplett	Mt. Eden	24.8	2004
400	Aisha Margain	San Lorenzo	58.5	1997
800	Debbie Lee	Castro Valley	2:15.8y	1978
1600	Jennie Ewing	Castro Valley	5:16.4	1996
3200	Karin Lambden	Castro Valley	11:02.5	1981
100 H	(30") Felicia Harris	San Lorenzo	15.3	1986
100 H	(33") Ronesha Cato	San Leandro	15.0	2006
300 H	Felicia Harris	San Lorenzo	45.8	1985
HJ	Rachel Schaffner	Moreau Catholic	5-4	2001
LJ	Ronesha Cato	San Leandro	18-7 3/4	2006
TJ	Tisha Uwadiae	Castro Valley	37-9	2005
SP	Miranda Wilson	Bishop O'Dowd	40-11	2006
Discus	Allyson Criner	Bishop O'Dowd	132-8	2001
PV	Sarah Merino	Hayward	11-0	2000
4 x 100	Berkeley	Berkeley	48.8	1983
4 x 400	Rivers, Mullany Banks,	Clarke, Hinds		
		Bishop O'Dowd	4:05.0	2006

Indoor Records

Indoor Records

Boys				
600	Thomas Miller	1:31.5	Reno All-Comers	2002
55m	Bret Victor	6.2	Reno All-Comers	1995
60y	Jeff Perenon	6.4	Golden Gate Invite	1963
55m HH	Kevin Oates	8.4	Reno All-Comers	1994
	Tony Moore		Reno All-Comers	1996
	Ryan Parker		Reno All-Comers	2000
200	Bret Victor	22.7	Reno All-Comers	1996
400	Yuri Nosenko	53.2	Reno All-Comers	2001
800	Chris Wong	2:05.8	Reno All-Comers	2002
1500	Calvin Gaziano	4:12.9	Footlocker Festival	1983
Mile	Larry Guinea	4:12.5	Sunkist Invitational	1980
3000	Calvin Gaziano	8:21.5 ^o	Michelob Games	1985
2 Mile	Calvin Gaziano	8:55.7	Michelob Games	1985
4 x 200	Parker, McGuigan, Miller, Wong	1:36.5	Reno All-Comers	2002
4 x 440	Jim Lee, Jeff Dittman, Jason Lee, Dave Fernandez	3:37.8	Examiner Games	1978
Sprint Medley (4-2-2-8)	Mike Ling, Edwin Misa, Matt Roszell, John Atwood	3:47.3	Reno All-Comers	1993
HJ	Chris Schneider	6-6	Athens Invitational	1972
LJ	Dave Fernandez	22-5	Sunkist Invitational	1978
TJ	Mike DeSilva	42-2	Reno All-Comers	2001
PV	Tony Moore	12-0	Reno All-Comers	1996
SP	Chris Manning	46-10	Reno All-Comers	2000

Girls				
55m	Temeka Weatherly	7.6	Reno All-Comers	1993
55m H	Micheline Wong	10.7	Reno All-Comers	1995
200	Charis Chan	27.1	Reno All-Comers	2004
880y	Debbie Lee	2:22.6	Sunkist Invitational	1979
1500	Lisa Van Buskirk	5:07.5	San Fran Games	1981
Mile	Karin Lambden	5:20.9	Sunkist Invitational	1981
3200	Courtney Stewart	12:53.0	Reno All-Comers	2001
4 x 200	Jamie Nickolopoulos, Micheline Wong, Jamie McHugh, Michelle Marques	2:06.8	Reno All-Comers	1995
4 x 400	Temeka Weatherly, Simone Shin, Meg Parker, Andrea Comer	4:38.9	Reno All-Comers	1993
HJ	Samantha Journey	5-0	Reno All-Comers	2002
LJ	Kristy Hild	13-10 1/2	Reno All-Comers	1994
PV	Erin McCarthy	9-6	Reno All-Comers	2002
SP	Tiffany Rizzo	30-2	Reno All-Comers	2000
TJ	Erin McCarthy	26-8	Reno All-Comers	2002

^o = achieved enroute within 2 mile race.

All-Time Top 10 Lists

Boys All-Time Top 10

100

1	Jeff Perenon	10.6'	1963-64
2	Dave Fernandez	10.7'	1978
3	Lance Riley	10.98	1987
4	Tim Todd	10.9'	1968
	Bret Victor	11.14	1994
	Reggie Bailey	11.14	1998
	Darnell Lum-Williams	10.9	2000
	Geno McGuigan	11.14	2002
9	Jamie Homer	11.0'	1970
	Gary Price		1971
	Dave Lambton		1972
	Randy Nordman		1972
	Jerry Oliver		1972
	Keith Cordova		1982-83-84
	Kevin Griego	11.24	2001

200

1	Jeff Perenon	21.8'	1964
	Dave Fernandez		1978
3	Geno McGuigan	22:45	2002
4	Kevin Griego	22.53	2001
5	Lance Riley	22.3	1988
6	Mike Rich	22.4'	1963
	Reggie Bailey	22.64	1998
8	Matt Roszell	22.69	1994
9	Randy Nordman	22.5'	1973
	Dan Waiswilo		1963

400

1	Dave Fernandez	48.5'	1978
2	Matt Roszell	49.49	1994
3	Richard Barry	49.9'	1959
4	Mike Ling	50.12	1993
5	Yuri Nosenko	50.25	2001
6	Ed Riggs	50.2"	1969
7	Peter DeQuincy	50.67	1986
8	Justin Grabanski	50.71	1990
9	Genna Abramenko	50.73	1997
10	Doug Gibbons	51.0'	1968

800

1	Beau Bettinger	1:51.84	2002
2	Larry Guinee	1:53.9	1980
3	Calvin Gaziano	1:54.4	1985
4	Jason Lee	1:55.2'	1977
5	Tim Rose	1:55.3'	1973
6	Yuri Nosenko	1:55.92	2001
7	Ed Riggs	1:56.3'	1980
8	Chris Wong	1:56.74	2002
9	Dave Shea	1:56.8	1980
10	Thomas Miller	1:57.82	2003

1600

1	Larry Guinee	4:06.19	1980
2	Calvin Gaziano	4:07.5	1985
3	Dave Shea	4:13.7'	1981
4	Ron Luchar	4:16.4'	1972
5	Beau Bettinger	4:18.75	2002
6	Jason Atwood	4:18.99	1990
7	John Atwood	4:22.65	1994
9	Doug Hall	4:23.0'	1975
10	Mike Spencer	4:24.0	1983
	Paul Denzler	4:24.0	1989

3200

1	Calvin Gaziano	8:52.6' i	1985
2	Dave Shea	8:58.49	1981
3	Kyle Kessler	9:14.2	1982
4	John Bass	9:15.18	1985
5	Ken Romiguere	9:16.1'	1977
6	Steve Mayberry	9:17.0	1982
7	Larry Guinee	9:22.0' i	1980
8	Dave Anderson	9:22.7'	1981
9	Phil Hornig	9:23.8'	1976
10	Mike Spencer	9:24.0	1983
	Matt Johanson	9:24.0	1988

100 HH

1	Bill Hammett	14.2	1969
2	Gary Kerr	14.4	1965
3	Dominique Canfield	14.85	1994
4	Randy Zimmer	14.7	1971
5	Bill Andrews	14.9	1972
	Bryon Graves	15.14	1988
7	Kevin Oates	15.26	1995
8	Mike Marquardt	15.2	1970
	Brian Oppendike		1970
10	Joe Bridgeman	15.3	1967

300 IH

1	Dominique Canfield	39.02	1994
2	John Clenney	39.29	1987
3	Tony Moore	40.00	1996
4	Ryan Parker	40.74	2002
5	Bryon Graves	41.00	1988
6	Kevan Turner	41.19	2005
7	Derrick Oliveira	41.1	2000
8	Joe Smith	41.7	1985
9	Todd Saunders	42.0	1989
10	Kevin Oates	42.3	1995

300 LH

1	Mike O'Sullivan	38.4	1976
2	Tony Moore	39.6	1996
3	Gary Patterson	39.7	1973
4	Chuck Andrade	40.0	1969
	Joe Smith	40.0	1985
6	Lloyd Johnson	40.2	1978
7	Todd Saunders	40.4	1989
8	Ken Thomey	40.5	1975
9	Dominique Canfield	40.6	1994
10	John Clenney	40.7	1987
	Bryon Graves		1988

High Jump

1	Chris Schneider	6-9	1972
2	Ron Winters		1983
3	Paul Warrin	6-8	1980
4	Randy Zimmer	6-7 1/4	1971
5	Dave Fishbaugh	6-6	1968
6	Dennis Klein	6-5	1973
7	Bill Hammett	6-4	1968
	Mitch Ashley		1978
	Kevin Napper		1984
	Kirk Marciel		2006
	Maurice Valentine		2006
10	Dan Springer	6-3	1970
	Keith Brown		1977

Triple Jump

1	Naeem Amiri	45-2.75	1996
2	Jamie Homer	44-10.5	1970
	Kevin Oates		1995
4	Jim Holt	44-4.25	1972
5	Gary Price	44-3	1971
6	Ed August	44-1.25	1972
7	Mike DeSilva	43-7.5	2001
8	Sheldon Chastain	43-4.5	1974
9	Ken Wun	43-3	1972
10	Russell Johnson	43.2	2005

Long Jump

1	Dave Fernandez	23-7.5	1977
2	Jim Holt	22-7	1973
3	Kevin Oates	22-6.25	1994
4	Tim Todd	22-4.25	1967
5	Reggie Bailey	22-3 3/4	1998
6	Mark Lamendola	22-2	1972
7	Lance Riley	22-1 3/4	1988
8	Gary Kerr	22-1	1973
9	Gary Price	21-8	1970
	Jerry Oliver		1973
	Naeem Amiri		1996

Pole Vault

1	Mike Rothling	14-3	1994
2	Bill Andrews	14-0	1972
	Kevan Turner	14-0	2005
4	Ron Auger	13-10	1967
5	Tony Moore	13-9	1996
6	Rich Lorenz	13-6 1/4	1969
7	Chris Casey	13-6	2005
8	Steve Goss	13-0	1978
	Kevin Teel		04-05
10	George Pavao	12-6	1967
	Zeke Tillman		1971
	Rich Snook		1974
	Dave Quigley		1980
	Peter Engbrock		1986
	Cory Rutherford		1998
	Nick Simons		2001

Shot Put

1	Chuck Vandagriff	60-8 1/4	1966
2	Mike Wilkman	55-7	1971
3	Dan Schnell	55-0 1/2	1969
4	Don Bonvicino	55-0	1984
5	Rich Blevins	53-4 3/4	1964
6	Greg Severs	52-2 1/2	1974
7	Joe Mielke	50-10	1976
8	Don Sawyer	50-7	1964
9	Mike Bankston	50-4	1972
10	Ray Falkenberg	50-2	1969

Discus

1	Ken Cowl	182-11.5	1971
2	Chris Manning	159-8	2001
3	Chuck Vandagriff	159-6 1/2	1966
4	Mike Wilkman	158-8	1971
5	Joe Mielke	156-9	1976
6	Carl Vandagriff	153-9	1966
7	Jim McGinnis	153-8	1963
8	Greg Severs	149-10	1974
9	Bill Egelston	146-9	1966
10	Ryan Jones	146-8	1998

Boys Top 10 Performances

100

1	Jeff Perenon	10.6'	1963
	Jeff Perenon	10.6'	1964
3	Jeff Perenon (3)	10.7'	1964
	Dave Fernandez		1978
7	Lance Riley	10.98	1987
8	Lance Riley	11.02	1988
9	Jeff Perenon (2)	10.8'	1963
	Jeff Perenon		1964
	Dave Fernandez		1978
	Lance Riley (3)	11.04	1987

3200

1	Calvin Gaziano	8:52.6' i	1985
2	Calvin Gaziano	8:57.5'	1984
3	Dave Shea	8:58.49	1981
4	Calvin Gaziano	8:59.5'	1984
5	Calvin Gaziano	9:00.22	1983
6	Calvin Gaziano	9:03.16	1985
7	Calvin Gaziano	9:03.1' i	1984
8	Calvin Gaziano	9:03.90' i	1985
9	Dave Shea	9:05.7	1981
10	Calvin Gaziano	9:10.3	1983

Long Jump

1	Dave Fernandez	23-7 1/2	1977
2	Dave Fernandez	23-7	1978
3	Dave Fernandez	23-5 3/4	1978
4	Dave Fernandez	23-5	1978
5	Dave Fernandez	23-3 1/2	1978
6	Dave Fernandez	23-0 3/4	1976
7	Dave Fernandez	23-0 1/2	1978
8	Dave Fernandez	22-10 3/4	1978
9	Dave Fernandez	22-10 1/2	1978
10	Dave Fernandez	22-9 3/4	1978

200

1	Jeff Perenon	21.8'	1964
	Dave Fernandez		1978
3	Dave Fernandez	22.0'	1977
4	Jeff Perenon (2)	22.2'	1964
6	Geno McGuigan	22.45	2002
7	Kevin Griego	22.53	2001
8	Lance Riley (2)	22.3	1977
9	Geno McGuigan	22.58	2002
10	Geno McGuigan	22.59	2002

100 HH

1	Bill Hammett	14.2	1969
2	Bill Hammett	14.3	1969
3	Gary Kerr	14.4	1965
	Bill Hammett		1969
5	Gary Kerr	14.5	1964
	Gary Kerr (2)		1965
	Bill Hammett (2)		1969
10	Gary Kerr	14.6	1964

Pole Vault

1	Mike Rothling	14-3	1994
2	Bill Andrews (2)	14-0	1972
	Kevan Turner		2005
5	Kevan Turner	13-11	2005
7	Ron Auger	13-10	1967
8	Mike Rothling	13-9	1994
	Tony Moore		1996
10	Mike Rothling (2)	13-8	1994

400

1	Dave Fernandez	48.5'	1978
2	Dave Fernandez (2)	48.9'	1978
4	Dave Fernandez (2)	49.2'	1978
5	Matt Roszell	49.49	1994
6	Dave Fernandez	49.4'	1978
7	Matt Roszell	49.6	1994
8	Dave Fernandez	49.5'	1978
9	Matt Roszell	49.94	1994
10	Matt Roszell	49.99	1994

300 IH

1	Dominique Canfield	39.02	1994
2	Dominique Canfield	39.20	1994
3	Dominique Canfield	39.22	1994
4	John Clenney	39.29	1987
5	John Clenney	39.40	1987
6	Dominique Canfield	39.79	1994
7	Tony Moore	40.00	1996
8	Dominique Canfield	40.07	1994
9	John Clenney	40.18	1987
10	John Clenney	40.35	1987

Shot Put

1	Chuck Vandagriff	60-8 1/4	1966
2	Chuck Vandagriff	60-1	1966
3	Chuck Vandagriff	59-8	1966
4	Chuck Vandagriff	59-6 1/2	1966
5	Chuck Vandagriff	59-3 1/2	1966
6	Chuck Vandagriff	59-1	1966
7	Chuck Vandagriff	58-7 1/2	1966
8	Chuck Vandagriff	58-5 3/4	1966
9	Chuck Vandagriff	58-3 1/2	1966
10	Chuck Vandagriff	57-10 1/2	1966

800

1	Beau Bettinger	1:51.84	2002
2	Beau Bettinger	1:52.34	2002
3	Beau Bettinger	1:52.64	2002
4	Larry Guinee	1:53.9	1980
5	Beau Bettinger	1:54.23	2002
6	Beau Bettinger	1:54.43	2002
7	Calvin Gaziano	1:54.4	1985
8	Beau Bettinger	1:54.78	2002
9	Larry Guinee	1:54.9'	1979
10	Jason Lee	1:55.2'	1977

High Jump

1	Chris Schneider	6-9	1972
	Ron Winters		1983
3	Chris Schneider (3)	6-8	1972
	Paul Warrin		1980
	Ron Winters (3)		1982
	Ron Winters		1983
	Ron Winters (3)		1984

Discus

1	Ken Cowl	182-11 1/2	1971
2	Ken Cowl	170-5	1971
3	Ken Cowl	170-2	1971
4	Ken Cowl	168-3 1/2	1971
5	Chris Manning	159-8	2001
6	Chuck Vandagriff	159-6 1/2	1966
7	Chuck Vandagriff	159-0	1966
	Ken Cowl		1970
9	Mike Wilkman	158-8	1971
10	Ken Cowl (2)	158-1	1971

Triple Jump

1	Naeem Amiri	45-2 3/4	1996
2	Naeem Amiri	45-1 1/4	1996
3	Jamie Homer	44-10 1/2	1970
	Kevin Oates		1995
5	Naeem Amiri	44-4 1/2	1996
6	Jim Holt	44-4 1/4	1972
7	Gary Price	44-3	1971
8	Jim Holt	44-2 1/2	1974
9	Naeem Amiri	44-2	1996
10	Ed August	44-1 1/4	1972

1600

1	Larry Guinee	4:06.19	1980
2	Calvin Gaziano	4:07.5	1985
3	Larry Guinee	4:10.8'	1980
4	Larry Guinee	4:11.0' i	1980
5	Larry Guinee	4:11.3	1980
6	Larry Guinee	4:11.56	1980
7	Larry Guinee	4:12.2'	1979
8	Calvin Gaziano	4:13.1'	1985
9	Dave Shea	4:13.7'	1981
10	Larry Guinee	4:14.4'	1979

Girls All-Time Top 10

100			3200			Triple Jump		
1	Charis Chan	12.53 2003	1	Karin Lambden	10:37.7 1981	1	Tisha Uwadiae	39-09 1/2 2005
2	Pam Cole	12.6' 1980	2	Elice Patterson	11:01.00 1990	2	Rachel McDonald	36-8 1/2 1999
	Christy Parker	12.6 1985	3	Jennie Ewing	11:16.1' 1996	3	Debbie Sanchez	35-8 1983
4	Liz Gove	12.7' 1980	4	Courtney Stewart	11:31.8 1999	4	Lynnsy Jones	35-4 1998
	Debbie Sanchez	1980-82	5	Melissa Ackermann	11:32.0 1990	5	Loryn Bailey	35-0 1999
	Ashli Tingle	1997	6	Lisa Van Buskirk	11:34.1 1981	6	Paula Brown	34-1 2006
	Chelsea Chandler	12.94 2003	7	Colleen McGrellis	11:46.41 1998	7	Kelsey Lee	34-0 2006
8	Temeka Weatherly	12.97 1993	8	Sabrina Stevenson	11:46.9' 1979	8	Chelsea Chandler	33-11 2003
9	Jennie Louis	13.03 1988	9	Kaitlin Santisteban	11:48.32 2006	9	Kiersten Slader	33-2 3/4 2001
10	Kandice Douglas	12.8 2006	10	Allissa Horejsi	11:53.44 1998	10	Karen Nathanson	33-2 1/2 1986
200			100 Hurdles (30")			High Jump		
1	Charis Chan	25.4 2005	1	Shelly Olson	15.98 1987	1	Lauren Hopfenbeck	5-4 2005
2	Ashli Tingle	26.05 1997	2	Eileen Cunningham	15.9 1980	2	Amy Kohl	5-3 1996
3	Bridget Cunningham	25.9 1980	3	Jeanne Cunningham	16.2 1981		Gina Paladini	2000
4	Christy Parker	26.15 1985	4	Heather Housley	16.48 1990		Paula Brown	2005
5	Pam Cole	26.1' 1980	5	Karen Nathanson	16.7 1987	5	Felicia Suminski	5-2 1980
6	Temeka Weatherly	26.25 1993		Nicki Gutierrez	1988		Samantha Journey	2002
7	Debbie Sanchez	26.3 1980-82	7	April Wong	17.1 1997		Tisha Uwadiae	2006
	Eileen Cunningham	1982	8	Alicia Berry	17.41 1992	8	Loryn Bailey	5-1 3/4 1999
9	Jessica Thompson	26.63 2006	9	Andrea Brant	17.2 1986	9	Rachel McDonald	5-1 1998
10	Chelsea Chandler	26.4 2002	10	Marcia Wong	17.3 1999	10	Leslie Mahan	4-11 1984
400			100 Hurdles (33")			Pole Vault		
1	Amanda Medrano	57.57 2000	1	Chelsea Chandler	15.23 2003	1	Erin McCarthy	11-0 2001
2	Charis Chan	57.98 2005	2	Kelsey Lee	16.07 2006	2	Amber Sammons	9-6 1997
3	Eileen Cunningham	58.0 1982	3	Joanna Gistand	17.00 2004	3	Elizabeth Ewing	9-0 1996
4	Kelley Stewart	58.19 2002	4	Briana Kim	17.02 2006		Melody Jue	2004
5	Bridget Cunningham	58.5' 1979-80	5	Angela Dohrmann	17.04 2005		Stephanie Lassalle	2005
6	Liz Gove	58.6' 1980	6	April Wong	16.9 1997	6	Katie Glenn	8-6 1998-99
7	Ashli Tingle	59.06 1997		Rachel McDonald	1999		Analisa Harangozo	2006
8	Debbie Lee	59.2' 1978	8	Pauline Simmons	17.47 2006		Linda Saunders	2006
9	Holly Matheny	58.78 2003	9	Marcia Wong	17.57 1998	9	Becky Lacey	8-0 1997
10	Kristi Lambden	60.4 1980	10	Katy Stewart	17.96 2004		Jamie Arterburn	1998
800			300 Low Hurdles				Chelsea Chandler	2000,01
1	Amanda Medrano	2:12.86 2001	1	Eileen Cunningham	44.4 1982		Samantha Leach	2001
2	Bridget Cunningham	2:13.77 1982	2	Kelley Stewart	46.49 2002		Nicole Campbell	2003
3	Debbie Lee	2:15.1' 1979	3	Chelsea Chandler	46.91 2003		Rebecca Knight	2005-06
4	Kristi Lambden	2:16.5 1981	4	Shelly Olson	47.8 1987		Haley Batis	2006
5	Karin Lambden	2:17.5 1981	5	Andrea Comer	48.45 1993	Shot Put		
6	Holly Matheny	2:19.0 2003	6	Kelsey Lee	48.82 2006	1	Mareesa Valentine	39-4 1/2 2005
7	Cyndy Carlin	2:20.24 1988	7	Angela Dohrmann	48.92 2003	2	Jay-Marie Hill	38-09 2006
8	Haley Batis	2:21.51 2006	8	Valerie Lim	49.04 1996	3	Barbara Klews	35-4 1997
9	Eileen Cunningham	2:21.4 1980	9	Rachel McDonald	49.37 1998	4	Tiffany Rizzo	35-2 2000
10	Lisa Van Buskirk	2:22.1 1981	10	Generose Poblete	49.54 1993		Can-Dace Goodspeed	2005
1600			Long Jump			6	Tamara DeYoung	34-7 1/2 1991
1	Karin Lambden	4:57.3' 1981	1	Lynnsy Jones	18-0 2000	7	Mary Winnie	34-0 1/2 1987
2	Debbie Lee	5:05.7' 1978	2	Debbie Sanchez	17-8 1983	8	Nicole Abella	32-2 1996
3	Jennie Ewing	5:07.05 1996	3	Pam Cole	17-3 3/4 1981		Rachel McDonald	1998
4	Elice Patterson	5:09.93 1990	4	Tisha Uwadiae	17-0 1/2 2005	10	Vesha Walters	31-7 1987
5	Lisa Van Buskirk	5:13.0 1981	5	Shelly Olson	16-9 1987	Discus		
6	Courtney Stewart	5:17.0 1999		Loryn Bailey	1999	1	Jay-Marie Hill	129-7 2006
7	Melissa Ackermann	5:20.9 1991	7	Eileen Cunningham	16-6 1/4 1980	2	Cherie Schaeffer	126-1 1981
8	Michelle Marques	5:21.66 1995	8	Linda Holt	16-5 1/2 1974	3	Tiffany Rizzo	114-11 2000
9	Colleen McGrellis	5:24.15 1998		Cyndy Carlin	1988	4	Tamara DeYoung	104-10 1992
10	Kaitlin Santisteban	5:28.14 2005	10	Chris Donaldson	16-5 1975	5	Andrea Atkinson	104-7 1/2 1986
						6	Barbara Klews	103-8 1996
						7	Katja Dorendorf	102-9 1987
						8	Lisa Carrera	100-10 1982
						9	Mareesa Valentine	100-2 1/2 2005
						10	Can-Dace Goodspeed	96-4 2006

Girls Top 10 Performances

100			3200			Triple Jump		
1	Charis Chan	12.53 2003	1	Karin Lambden	10:37.7 1981	1	Tisha Uwadiale	39-9 1/2 2005
2	Charis Chan	12.54 2003	2	Karin Lambden	10:38.29 1981	2	Tisha Uwadiale	39-7 1/2 2006
3	Charis Chan	12.59 2002	3	Karin Lambden	10:46.1 1980	3	Tisha Uwadiale	39-5 1/2 2005
4	Charis Chab	12.63 2005	4	Karin Lambden	10:46.7 1981	4	Tisha Uwadiale	39-5 1/4 2005
5	Charis Chan	12.66 2003	5	Karin Lambden	10:46.8 1981	5	Tisha Uwadiale	38-11 1/2 2006
6	Charis Chan	12.69 2003	6	Karin Lambden	10:59.99 1981	6	Tisha Uwadiale	38-9 2005
7	Charis Chan	12.71 2003	7	Elice Patterson	11:01.00 1990	7	Tisha Uwadiale	38-8 1/2 2005
8	Charis Chan	12.5 2005	8	Karin Lambden	11:02.5 1981	8	Tisha Uwadiale	38-5 3/4 2006
9	Charis Chan (2)	12.78 2003	9	Karin Lambden	11:07.2 1980	9	Tisha Uwadiale	38-5 1/2 2005
			10	Elice Patterson	11:10.00 1990	10	Tisha Uwadiale	38-0 1/2 2005
200			100 Hurdles (30")			High Jump		
1	Charis Chan	25.4 2005	1	Shelly Olson	15.98 1987	1	Lauren Hopfenbeck	5-4 2005
2	Charis Chan	25.83 2003	2	Eileen Cunningham	15.9 1980	2	Amy Kohl	5-3 1996
3	Charis Chan	25.85 2003	3	Eileen Cunningham	16.0 1980		Gina Paladini	2000
4	Charis Chan	15.91 2003	4	Eileen Cunningham	16.1' 1980		Paula Brown	2005
5	Charis Chan	25.92 2002	5	Eileen Cunningham	16.2 1980	5	Amy Kohl	5-2 1/2 1995
6	Ashli Tingle	26.05 1997		Eileen Cunningham	1981		Amy Kohl	1997
7	Charis Chan	26.09 2005		Jeanne Cunningham	1981	7	Felicia Suminski (2)	5-2 1980
8	Bridget Cunningham	25.9 1980	8	Heather Housley	16.48 1990		Amy Kohl	1997
9	Christy Parker	26.15 1985	9	Shelly Olson	16.51 1987		Samantha Journey (4)	2002
10	Pam Cole	26.1' 1980	10	Jeanne Cunningham	16.3 1981		Lauren Hopfenbeck (2)	2006
				Heather Housley	1992		Tisha Uwadiale (3)	2006
				Heather Housley	16.53 1992		Paula Brown (2)	2006
400			100 Hurdles (33")			Pole Vault		
1	Amanda Medrano	57.57 2000	1	Chelsea Chandler	15.23 2003	1	Erin McCarthy	11-0 2002
2	Charis Chan	57.98 2005	2	Chelsea Chandler	15.32 2003	2	Erin McCarthy	10-10 2002
3	Eileen Cunningham	58.0 1982	3	Chelsea Chandler	15.53 2003	3	Erin McCarthy	10-9 2001
4	Kelley Stewart (2)	58.19 2002	4	Chelsea Chandler	15.85 2003	4	Erin McCarthy	10-8 2001
6	Amanda Medrano	58.17 2000	5	Chelsea Chandler	15.86 2003	5	Erin McCarthy	10-6 2001
7	Kelley Stewart	58.41 2002	6	Chelsea Chandler	16.02 2003		Erin McCarthy (7)	2002
8	Eileen Cunningham	58.3 1982	7	Kelsey Lee	16.07 2006			
9	Charis Chan	58.49 2005	8	Chelsea Chandler	16.08 2003			
10	Bridget Cunningham	58.5' 1979	9	Kelsey Lee	16.09 2006			
	Bridget Cunningham (2)	1980	10	Chelsea Chandler	16.28 2003			
800			300 Low Hurdles			Shot Put		
1	Amanda Medrano	2:12.87 2001	1	Eileen Cunningham	44.4 1982	1	Mareesa Valentine	39-4 3/4 2005
2	Amanda Medrano	2:13.61 2001	2	Eileen Cunningham	44.9 1982	2	Mareesa Valentine	39-2 1/2 2005
3	Bridget Cunningham	2:13.77 1982	3	Eileen Cunningham	45.7 1982	3	Jay-Marie Hill	38-9 2006
4	Amanda Medrano	2:14.78 2001		Eileen Cunningham	1982	4	Mareesa Valentine	38-2 2005
5	Amanda Medrano	2:14.95 2001	5	Eileen Cunningham (2)	45.8 1981	5	Mareesa Valentine	38-0 2005
6	Debbie Lee	2:15.1' 1979	7	Eileen Cunningham	45.9 1981	6	Mareesa Valentine	37-8 1/2 2006
7	Bridget Cunningham	2:15.5 1982	8	Eileen Cunningham	46.0 1982	7	Mareesa Valentine	37-8 1/4 2006
8	Amanda Medrano	2:15.78 2001		Eileen Cunningham	1982	8	Mareesa Valentine	37-6 1/2 2005
9	Debbie Lee	2:15.7' 1979	10	Eileen Cunningham	46.2 1982	9	Jay-Marie Hill	37-03 2006
10	Amanda Medrano	2:15.85 2001				10	Mareesa Valentikne	37-1 2005
1600			Long Jump			Discus		
1	Karin Lambden	4:57.3' 1981	1	Lynnsy Jones	18-0 2000	1	Jay-Marie Hill	129-7 2006
2	Karin Lambden	5:02.3' 1981	2	Debbie Sanchez	17-8 1983	2	Cherie Schaeffer	126-1 1981
3	Karin Lambden	5:04.4' 1981	3	Debbie Sanchez	17-4 1983	3	Cherie Schaeffer	124-7 1981
4	Karin Lambden	5:04.5' 1981	4	Pam Cole	17-3 3/4 1981	4	Cherie Schaeffer (2)	123-7 1981
5	Karin Lambden	5:04.7' 1981	5	Debbie Sanchez	17-3 1980	6	Cherie Schaeffer	122-1 1981
6	Debbie Lee	5:05.7' 1978	6	Pam Cole	17-1 3/4 1981	7	Cherie Schaeffer	122-0 1981
7	Karin Lambden	5:05.9 1981	7	Pam Cole	17-1 1/2 1981	8	Cherie Schaeffer	121-8 1981
	Debbie Lee	1978	8	Lynnsy Jones	17-0 3/4 1997	9	Cherie Schaeffer	120-5 1981
9	Karin Lambden	5:06.1 1981	9	Debbie Sanchez	17-0 1/2 1980	10	Cherie Schaeffer	119-7 1/2 1981
10	Karin Lambden	5:06.2 1981	10	Tisha Uwadiale	2005			

Hayward Area Athletic League Records

Hayward Area Athletic League

Track & Field Championship Meet Records

VARSITY BOYS:

100y	Walt Lewis	H	9.8	1978
	Dave Fernandez	CV		1978
100m	Lance Riley	CV	10.98	1987
200	Dave Fernandez	CV	21.8'	1978
400	Dave Fernandez	CV	48.5'	1978
800	Beau Bettinger	CV	1:54.23	2002
1600	George Rios	Sunset	4:17.1'	1963
3200	Yon-Sung Leal	A	9:16.06'	2003
HH	Will Brown	T	14.4'	1961
	Gary Kerr	CV		1965
IH	John Clenney	CV	39.29	1987
LJ	Larry Perryman	Sunset	23-7	1963
	Dave Fernandez	CV		1978
TJ	Derrick Mitchell	ME	50-1 1/2	1992
HJ	James Wilson	H	6-8 1/4	1979
SP	Chuck Vandagriff	CV	58-5 1/4	1966
D	Ken Cowl	CV	170- 5	1971
PV	Ryan Garvin	BOD	14-0	2003
400 R	San Leandro (Smith, Bullock, Underwood, Williams)		42.34	2000
1600 R	Bishop O'Dowd (Smart, Green, Holloway, Jones)		3:24.09	2002

FROSH-SOPH BOYS:

100	Deonte Lewis	H	11.37	1998
200	Deonte Lewis	H	23.06	1998
400	Tom Barr	Marina	50.9'	1967
800	Enrique Cubillo	A	1:59.1	1968
1600	Dave Chamness	CV	4:34.3	1968
3200	Ted Quintana	SLZ	9:43.9'	1971
HH	Sorush Groger	SL	16.50	1998
IH	Jeff Kapper	MC	42.9	1999
LJ	Martin Boston	ME	21-0 1/2	2000
TJ	Martin Boston	ME	43-3 1/2	2000
HJ	Rick Kong	CV	6-0	1968
SP	Jim Wilson	A	51-0	1966
D	Doug Otterstetter	Marina	148-3	1968
PV	Tyler Ribera	H	12-9 1/2	1978
400 R	Castro Valley		44.8'	1961
1600 R	Mt. Eden (Martin Boston, Malcom Boston, Holloman, Huang)		3:31.3	2000

VARSITY GIRLS:

100	Charelle Garrett	ME	11.68	2006
200	Aisha Margain	SLZ	24.0	1999
400	Valerie Spence	SLZ	55.5	1981
800	Jessica Marr	H	2:15.64	1998
1600	Lexi Pappas	BOD	4:59.35	2005
3200	Karin Lambden	CV	10:46.7	1981
HH	(30") Felicia Harris	SLZ	14.68	1986
	(33") Ronesha Cato	SL	15.01	2006
IH	Alicia Truesdale	T	44.42	2006
LJ	Gilleon Smith	ME	18-6 3/4	2000
TJ	Tisha Uwadiae	CV	38-11 1/2	2006
HJ	Miloe McCall	H	5-5	1982
SP	Michelle Daggs	BOD	42-1	2000
D	Gina Niko	ME	146-10	1985
PV	Erin McCarthy	CV	10-6	2002
	Christine Silva	BOD		2003
400 R	San Lorenzo (McCallum, Penick, Jones, A. Margain)		46.54	1999
1600 R	Bishop O'Dowd (Clarke, Rivers-Birt, Hinds, Mullany-Banks)		3:55.21	2006

FROSH-SOPH GIRLS:

100	Angel Keene	SL	12.97	2000
200	Rachel Adams	SL	26.96	2005
400	Lexi Girma	BOD	62.17	2005
800	Debbie Quintana	Marina	2:32.5'	1977
1600	Karen Chan	CV	5:35.84	2005
3200	Karen Chan	CV	12:27.6	2005
HH	Briana Kim	CV	17.18	2005
IH	Alena Leblanc	CV	50.46	2005
LJ	Brooke Moulton	SL	15-7 1/2	2003
TJ	Kalani Holleman	H	33-6 1/4	1998
HJ	Alena Leblanc	CV	4-10	2005
SP	Ashlee Corbin	SLZ	31-5	2002
D	Linsey Stahowski	A	93-03	2004
PV	Analisa Harangozo	CV	8-0	2004
400 R	San Leandro (Robinson, Moulton, Wirt Smallman)		52.35	2003
1600 R	Castro Valley (M. Chan, Dianda, Davis, Casey)		4:24.09	2002

Castro Valley vs. Arroyo Dual Meet Records

VARSITY BOYS

100	Jeff Perenon	CV	10.7'	1964
200	Jeff Perenon	CV	22.0'	1964
400	Gary Scott	A	51.0'	1969
800	Dave Turcott	CV	1:57.8'	1964
1600	Calvin Gaziano	CV	4:23.9	1985
3200	Jerry Metcalf	A	9:22.5'	1971
HH	Gary Kerr	CV	14.5'	1965
LH	John Clenney	CV	40.7	1987
IH	Kevan Turner	CV	42.6	2005
LJ	Dave Fernandez	CV	22-6 1/4	1978
TJ	Scott Carlsen	A	44-0	1974
HJ	Ron Winters	CV	6-7	1984
SP	Chuck Vandagriff	CV	59-3 1/2	1966
D	Steve Acheson	A	163-6	1966
PV	Ken Grace	A	13-0	1975
	Tony Moore	CV		1996
	Josh Ferguson	A		1996
	Kevan Turner	CV		2005
400 R	Castro Valley		43.9'	1971
1600 R	Arroyo		3:29.6'	1967

VARSITY GIRLS:

100	Charis Chan	CV	12.5	2005
200	Charis Chan	CV	25.4	2005
400	Charis Chan	CV	59.6	2005
800	Debbie Lee	CV	2:26.1'	1979
1600	Elice Patterson	CV	5:20.0	1991
3200	Karin Lambden	CV	11:02.5	1981
HH	(30") Suzanne Roberts	A	15.4	1984
	(33") Sunny Mudgett	A	16.7	1997
IH	Suzanne Roberts	A	47.8	1981
LJ	Cindy Barros	A	16-7 1/2	1986
TJ	Tisha Uwadiale	CV	36-11	2005
HJ	Erica Jasso	A	5-2	2005
	Paula Brown	CV		2006
SP	Mareesa Valentine	CV	36-9 1/2	2005
D	Cherie Schaeffer	CV	116-8	1981
PV	Elizabeth Ewing	CV	8-6	1996
	Katie Glenn	CV		1999
	Stephanie Lasalle	CV		2005
400 R	Arroyo		50.0	1985
1600 R	Arroyo		4:17.5	1985

FROSH-SOPH BOYS:

100	Mary Newell	A	11.6'	1972
200	Randy Nordman	CV	23.6'	1971
400	Gary Scott	CV	53.7'	1967
800	Brian Dyer	CV	2:07.8'	1969
1600	Mark Behning	CV	4:45.7'	1975
3200	John Atwood	CV	9:54.8	1992
HH	Ryan Ciglar	CV	17.9	1995
LH	Earl	A	43.9'	1975
IH	Derrick Oliveira	CV	42.8	1998
LJ	Ken Wun	CV	19-5	1971
TJ	Brian Gerecke	A	39-3	1977
HJ	Terry Frazier	CV	5-8	1966
	Rich Kong	CV		1968
SP	Gary Lowe	CV	49-6	1977
D	Frank Domingoes	CV	127-11	1971
PV	Kevan Turner	CV	10-6	2003
400 R	Castro Valley		45.9'	1973
1600 R	Arroyo		3:44.3'	1967

FROSH-SOPH GIRLS:

100	Lauren Ford	CV	13.4	1999
200	Kim Byrne	CV	28.9	1996
400	Alicia Inn	CV	65.0	2004
800	Francesca Knight	CV	2:36.9	2005
1600	Karen Chan	CV	5:41.9	2005
3200	Karen Chan	CV	12:26.9	2005
HH	Briana Kim	CV	17.7	2005
IH	Alex Huerta	CV	52.4	2005
LJ	Paula Brown	CV	13-6 1/2	2006
HJ	Katy Stewart	CV	4-6	2002
	Alena Leblanc			2005,6
TJ	Jessie White	CV	29-0	2001
SP	Tiffany Rizzo	CV	28-4 1/2	1997
D	Tiffany Rizzo	CV	83-0	1997
PV	Amber Sammons	CV	7-0	1996
	Stephanie Lasalle	CV		2002
	Amanda Delaplane	CV		2003
	Ashley Lee	CV		2004
400 R	Castro Valley (Pomroy, M. Chan, Wilkinson, He. Matheny)		55.1	2002
1600 R	Castro Valley (Douglas, Kim, Hebert, Knight)		4:45.1	2005

Castro Valley vs. Bishop O'Dowd Dual Meet Records

VARSITY BOYS:

100	Nick Mazur	BOD	10.9	1999
200	Nick Mazur	BOD	22.6	1999
400	Holton	BOD	51.3	1998
800	Tim Wallach	BOD	1:58.2	2002
1600	Beau Bettinger	CV	4:26.2	2002
3200	Beau Bettinger	CV	9:58.1	2000
110HH	Clement Owunna	BOD	15.6	1998
300IH	Brandon Walker	BOD	40.6	2002
HJ	Kirk Marciel	CV	6-2	2006
LJ	Jason Humphrey	BOD	21-2 1/2	1997
TJ	J. P. Loche	BOD	43-0	2000
SP	Darius Morales	BOD	52-11 1/2	2006
Discus	Brian Moon	BOD	170-10	2001
PV	Ryan Garvin	BOD	13-3	2002
400R	BOD	BOD	43.2	1998
1600R	BOD	BOD	3:28.8	2002

VARSITY GIRLS:

100	Erin Dangerfield	BOD	12.4	1998
200	Monica Dean	BOD	25.1	2000
400	Amanda Medrano	CV	59.5	2000
800	Brazile Clarke	BOD	2:25.4	2006
1600	Jennie Ewing	CV	5:26.8	1997
3200	Ariel Wright	BOD	11:17.4	2006
100HH	Venus James	BOD	16.2	1997
	Kelsey Lee	CV		2006
300LH	ShaneMullany Banks	BOD	46.2	2006
HJ	Samantha Journey	CV	5-2	2002
	Tisha Uwadiae	CV		2006
LJ	Tisha Uwadiae	CV	16-5 1/2	2006
TJ	Tisha Uwadiae	CV	36-11	2005
SP	Miranda Wilson	BOD	40-11 1/2	2006
Discus	Allyson Criner	BOD	134-9	2002
PV	Christine Silva	BOD	10-6	2003
400R	BOD (Hill, Kelly, Green, Tucker)		48.8	2002
1600R	BOD (Rivers, Clarke, Mullany Banks, Hinds)		4:05.0	2006

FROSH-SOPH BOYS:

100	Stefan Litrovnik	BOD	11.2	2000
200	Brandon Smart	BOD	23.1	2000
400	Scott Briggs	BOD	54.2	2000
800	Anton Bennett	BOD	2:15.7	1999
1600	John Yano	CV	4:47.8	2002
3200	John Yano	CV	10:22.4	2002
110HH	Jim Leng	CV	18.4	2000
	Marek Brezula	CV	18.64	2003
300IH	Derrick Oliveira	CV	45.1	1998
HJ	Mark Lassazlle	CV	5-6	2004
LJ	Jack Daniels	CV	19-4 1/2	1997
TJ	Louis Arnold	BOD	40-05 1/2	2003
SP	Cory Lynch	BOD	43-11 1/2	1998
Discus	Jared Jigaraj	BOD	107-10	2002
PV	Robert Ferguson	CV	10-0	2003
	Kevin Teel	CV		2003
	Kyle West	CV		2006
400R	BOD (Litrovnik, Werner, Iglehart, Smart))		46.0	2000
1600R	BOD (Walker, Briggs, Green, Jones)		3:44.0	2000

FROSH-SOPH GIRLS:

100	Leah Smart	BOD	13.7	2002
200	Trisha Chung	CV	27.9	1997
400	Trisha Chung	CV	64.3	1997
800	Francesca Knight	CV	2:36.9	2005
1600	Karen Chan	CV	5:41.9	2005
3200	Karen Chan	CV	12:26.9	2005
100HH	Briana Kim	CV	17.7	2005
300LH	Alex Huerta	CV	52.4	2005
HJ	Alena Leblanc	CV	4-6	2005
	Ryan Frueh	CV		2006
LJ	Pauline Simmons	CV	13-6 1/2	2006
TJ	Theresa Robles	CV	29-6	1997
	Jamie Walbert	CV		2006
SP	Petulisa Musia	BOD	28-1	2001
Discus	DAnielle Broussard	BOD	86-0	2003
PV	Kim Ponce	CV	7-6	1998
400R	BOD (Hurley, Drakeford, Tolar, Taylor)		54.6	2004
1600R	CV (B. Chan, Gilchriese, Walbert, Philpott)		4:39.6	2006

Castro Valley vs. Hayward Dual Meet Records

VARSITY BOYS:

100	Walt Lewis	H	10.7'	1978
200	Dave Fernandez	CV	22.4'	1978
400	Walt Lewis	H	50.9'	1978
	Terron Taylor	H		1981
800	Jason Lee	CV	1:57.8'	1978
1600	Jason Atwood	CV	4:19.2	1990
3200	Steve Mayberry	CV	9:38.4	1982
HH	Bill Hammett	CV	14.8'	1969
	Jeff Barnes	H		1973
300 LH	Toney Moore	CV	39.6	1996
300 IH	Ryan Parker	CV	42.2	2001
LJ	Frank Volasgis	H	23-4	1970
TJ	Adrain Smith	H	45-9	1973
HJ	James Wilson	H	6-8	1979
SP	Chuck Vandagriff	CV	57-4	1966
D	Joe Mielke	CV	156-9	1976
PV	Ron Auger	CV	13-0	1967
400 R	Hayward		43.1'	1970
1600 R	Hayward		3:32.2'	1977

VARSITY GIRLS:

100	Temeka Tate	H	12.7	1993
	Charis Chan	CV		2005
200	Temeka Weatherly	CV	26.3	1993
400	Kelley Stewart	CV	58.6	2002
800	Debbie Lee	CV	2:15.8'	1978
1600	Karin Lambden	CV	5:14.2'	1980
3200	Karin Lambden	CV	11:43.2	1981
100 HH	(30") Heather Housely	CV	16.8	90, 91
	(33") Chelsea Chandler	CV	17.00	2003
IH	Evelyn Smith	H	46.4	2005
LJ	Debbie Sanchez	CV	16-8	1980
TJ	Rachel McDonald	CV	34-10 1/2	1999
HJ	Paula Brown	CV	5-2	2006
SP	Mareesa Valentine	H	37-6 1/2	2006
D	Cherie Schaeffer	CV	111-1	1981
PV	Sarah Merino	H	11-0	2000
400 R	H (Smith, Brooke, Miller, Bryant)		51.1	2003
1600 R	CV (Gove, Webb, Vaughn, Lee)		4:11.9'	1978

FROSH-SOPH BOYS:

100	Darrell Ashley	H	11.4'	1971
	Kemp	H		1971
	Rodney McGlowen	H		2005
200	Frank Key	H	23.4'	1971
400	Walt Lewis	H	53.3'	1975
800	Todd Saunders	CV	2:04.3	1987
1600	Mike Rudy	CV	4:45.5'	1970
3200	Dave Shea	CV	10:02.5'	1978
HH	Ryan Parker	CV	17.5	2000
300 LH	Dwight Ybarra	H	42.2'	1975
300 IH	Chris Kong	CV	45.0	2001
LJ	Calvin Corker	H	21-2	1971
TJ	Rodney Crump	H	41-3	1973
HJ	Ron Winters	CV	6-4	1982
SP	Gold	H	44-9	1970
Discus	Rick Kittson	CV	123-8	1977
PV	Bill Andrews	CV	11-6	1970
400 R	Hayward		45.2'	1973
1600 R	Castro Valley		3:45.2'	1970

FROSH-SOPH GIRLS:

100	Kandice Douglas	CV	13.4	2006
200	Michelle Chan	CV	27.0	2002
400	Alicia Inn	CV	65.0	2004
800	Alicia Inn	CV	2:40.0	2004
1600	Kaitlin Santisteban	CV	5:42.1	2005
3200	Kaitlin Santisteban	CV	12:36.5	2005
HH	April Wong	CV	18.1	1996
IH	Charlotte Tracey	H	53.7	1996
LJ	Christina Fontana	H	13-8	2003
TJ	Eve Gamero	H	31-5	1998
HJ	Heather Mellon	CV	4-6	2000
	Heather Clancy	CV		2000
	Alena Leblanc	CV		2005,6
SP	Melisa Henry	H	27-8 1/2	1996
D	Patrice Council	H	79-9	1996
PV	Melody Jue	CV	7-6	2002
	Rebecca Knight	CV		2006
400 R	CV (M. Chan, O'Callaghan, McKinzie, Cortopossi)		53.4	2002
1600 R	CV (Chow, Douglas, Leblanc, Littlejohn)		4:45.7	2003

Castro Valley Vs. Moreau Catholic Dual Meet Records

VARSITY BOYS:

100	Jon Flaaten	10.0	MC	2004
200	Bret Victor	CV	22.1	1994
400	John Flaaten	MC	51.8	2003
HH	Adeh DeSandies	CV	15.5	1995
300IH	Dominique Canfield	CV	41.4	1995
800	Seth Mellon	CV	2:01.7	1997
1600	Peter Baria	CV	4:31.8	1997
3200	Vince Capurro	MC	10:09.1	1976
LJ	Dave Fernandez	CV	20-3 1/4	1976
TJ	Cary Accord	MC	45-9	1976
HJ	Jared Stohr	CV	6-0	2000
	Kirk Marciel			2005,6
SP	John Thurston	MC	46-1 1/2	2000
Discus	Ryan Jones	CV	135-7	1998
PV	Kevan Turner	CV	13-0	2005
4x100	CV (Hassler, Victor, Canfield, Roszell)			
			44.7	1994
4x400	MC (Lallian, Wells, Preston, Gelb)			
			3:36.8	1998

VARSITY GIRLS:

100	Ashli Tingle	CV	12.7	1997
	Charis Chan	CV		2005
200	Charis Chan	CV	26.3	2003
400	Amanda Medrano	CV	60.6	2000
HH	Rachel Schaffner	MC	15.8	2003
300IH	Chelsea Chandler	CV	48.2	2003
800	Jennifer Ewing	CV	2:24.6	1996
1600	Jennifer Ewing	CV	5:16.4	1996
3200	Lisa Gillis	MC	11:30.5	1996
LJ	Alitta Boyd	MC	16-8	2006
TJ	Alitta Boyd	MC	34-7 1/2	2006
HJ	Rachel Schaffner	MC	5-4	2001
SP	Mareesa Valentine	CV	35-1 1/2	2005
Discus	Jay-Marie Hill	CV	113-11	2006
PV	Erin McCarthy	CV	10-6	2002
4x100	CV (C. Chan, M. Chan, R. Gistand, Chandler)			
			50.8	2003
4x400	CV (Jo. Nickolopoulos, Pettersen, Forsman, J. Ewing)			
			4:15.8	1996

FROSH-SOPH BOYS:

100	Darnell Williams	CV	11.0	1997
200	Mike Kapper	MC	24.5	1994
	Brian Goffee	MC		1997
400	Donnie McKinney	MC	55.5	1997
HH	Phil Fung	CV	17.8	1995
300IH	Jason Cardella	MC	45.5	1998
800	John Yano	CV	2:11.6	2002
1600	Peter Baria	CV	4:56.5	1995
3200	Peter Baria	CV	10:53.5	1995
LJ	Reggie Bailey	CV	19-1	1995
TJ	Reggie Bailey	CV	36-11 1/2	1995
HJ	Justin Respecke	MC	5-6	1997
	Kyle West	CV		2006
SP	Darwin Tsang	CV	40-0 1/2	2003
Discus	Darwin Tsang	CV	112-8	2003
PV	PJ Aguayo	CV	9-6	1996
	Pat Madulid	MC		1997
	Cooper Ackerman	CV		2000
	Kevan Turner	CV		2002
	Robert Fergsuon	CV		2003
	Chris Casey	CV		2003
	Kyle West	CV		2006
4x100	Castro Valley			47.3 1997
4x400	Moreau Catholic			3:56.0 1997

FROSH-SOPH GIRLS:

100	Ugbah	MC	13.1	2006
200	Trisha Chung	CV	28.2	1997
400	Ashley Hawkins	MC	64.8	2003
HH	Marcia Wong	CV	18.3	1997
300IH	Erica Resalvo	MC	53.3	1997
800	Collette Cox	CV	2:34.6	2003
1600	Colrinne Yee	MC	5:56.0	2003
3200	Karen Chan	CV	13:13.0	2005
LJ	Kara Lawrence	CV	14-5	2003
TJ	Genecia Keyes	MC	30-5	2006
HJ	Paula Brown	CV	4-10	2005
SP	Monica Erdmann	CV	26-3 1/2	2003
Discus	Heidi Black	MC	78-0	1997
PV	Tammy Best	CV	7-6	2006
4x100	CV (J. Gistand, Inn, Knight, Littlejohn)			
			54.6	2004
4x400	CV (J. Gistand, Inn, Casey, Chin)			
			4:38.2	2003

Castro Valley vs. Mt Eden Dual Meet Records

VARSITY BOYS

100	Jeff Perenon	CV	10.7'	1964
200	Len Torres	ME	22.1'	1966
400	Al Burkes	ME	50.9	1983
800	Calvin Gaziano	CV	1:55.8	1983
1600	Mike Spencer	CV	4:27.4	1983
3200	Ernie Lindley	ME	9:33.9'	1966
HH	Gary Kerr	CV	14.7	1964
	Bill Hammett	CV	14.7	1966
300LH	Lloyd Johnson	CV	40.6'	1978
300IH	Derrick Mitchell	ME	41.2	1993
HJ	Dave Fishbaugh	CV	6-6	1968
LJ	Dave Fernandez	CV	21-9 1/2	1977
TJ	Mike Williams	ME	43-3	1983
SP	Chuck Vandagriff	CV	56-8	1966
Discus	Bo Cupp	ME	161-9	1980
PV	Ron Auger	CV	13-4	1967
4x100	Castro Valley		43.9	1969
4x400	Mt. Eden		3:29.9'	1969
	Castro Valley			1978

VARSITY GIRLS

100	Charelle Garrett	ME	12.1	2004
200	BJ Triplett	ME	24.8	2004
400	Beverly Dukes	ME	59.0	1982
800	Debbie Lee	CV	2:23.1'	1978
1600	Karin Lambden	CV	5:33.4	1981
3200	Elice Patterson	CV	11:51.0	1990
100 LH	(30") Leslie Fuller	ME	15.3	1983
	(33") Chelsea Chandler	CV	17.27	2003
300 LH	Eileen Cunningham	CV	48.0	1981
HJ	Cindy Foget	ME	5-3	1985
LJ	Robyne Johnson	ME	16-6	1979
TJ	Chelsea Chandler	CV	33-11	2003
SP	Cindy Niko	ME	42-7 1/2	1983
Discus	Gina Niko	ME	131-3 1/2	1985
PV	Erin McCarthy	CV	10-6	2002
4x100	ME (Parker, Triplett, Motley, Garrett)		50.0	2004
4x400	Castro Valley (Gove, B. Cunningham, Vaughn, Lee)		4:16.0	1979

FROSH-SOPH BOYS

100	Gino McGuigan	CV	11.0	2000
200	Gino McGuigan	CV	23.3	2000
400	Ron McDaniel	CV	54.2	1982
800	Ralph Quiones	ME	2:09.7'	1978
1600	Rob Patterson	CV	4:47.3	1993
3200	Mike Spencer	CV	10:29.3	1981
HH	Nguyen	ME	18.0	2000
300LH	Vernon Juntz	ME	43.9'	1976
300IH	Jim Leng	CV	45.6	2001
HJ	Ron Winters	CV	6-0	1981
LJ	Derrick Kindle	ME	19-7	1997
	Martin Boston	ME		2000
TJ	Cephus Johnson	ME	40-2	1974
SP	Maomao Lualamana	ME	46-8	1976
Discus	Ken Henderson	ME	127-4 1/2	1974
PV	Jim Blake	CV	10-6	1977
4x100	Mt. Eden		45.8	1961
4x400	ME (Martin Boston, Malcom Boston, Hollaman, Nguyen)		3:40.0	2000

FROSH-SOPH GIRLS

100	Elizabeth Littlejohn	CV	13.1	2004
200	Michelle Chan	CV	28.2	2002
	Elizabeth Littlejohn	CV		2004
400	Collette Cox	CV	64.6	2003
800	Collette Cox	CV	2:31.0	2003
1600	Colleen McGrellis	CV	5:53.0	1998
3200	Melissa Simmons	CV	13:03.0	2002
100LH	Briana Kim	CV	18.1	2005
300IH	Alena Leblanc	CV	53.5	2006
HJ	Lauren Hopfenbeck	CV	4-10	2003
LJ	Bradford	ME	17-3	2000
TJ	Gilleon Smith	ME	29-1 1/2	1998
SP	Monica Erdman	CV	25-7	2003
Discus	Monica Erdman	CV	72-3	2003
PV	Erin McCarthy	CV	10-0	2001
4x100	CV (Sun, Bailey, T. Chung, Eng)		55.1	1997
	CV(J. Gistand, Casey, Pfisterer, Chin)			2003
4x400	CV (Inn, Casey, Chin, Cox)		4:37.2	2003

Castro Valley vs. San Leandro

Dual Meet Records

VARSITY BOYS:

100	Bret Victor	CV	11.0	1994
200	JOnathan Rice	SL	23.20	2003
400	Peter DeQuincy	CV	51.9	1986
800	James Larkin	SL	2:01.1	1986
1600	Jason Atwood	CV	4:30.0	1988
3200	John Bass	CV	9:52.7	1985
110 HH	Keityh Bullock	SL	15.7	1999
300IH	Dominique Canfield	CV	41.4	1994
HJ	Kirk Marciel	CV	6-2	2006
LJ	Jimmithee Banks	SL	22-2	1993
TJ	Jimmithee Banks	SL	44-7 1/2	1993
SP	Sir William McKenzie	SL	55-1	2006
Discus	Chris Hurts	SL	144-7 1/2	2003
PV	Kevin Teel	CV	12-6	2005
400 Relay	CV (Hassler, Victor, Canfield, Roszell)			
			45.1	1994
1600 Relay	CV (Clenney, Descombaz, Redmond, DeQuincy)			
			3:35.9	1986

VARSITY GIRLS

100	Charis Chan	CV	12.7	2004,5
200	Charis Chan	CV	26.1	2004
400	Megan Lee	CV	61.3	2006
800	Megan Lee	CV	2:27.6	2006
1600	Jennifer Ewing	CV	5:28.1	1995
3200	Jennifer Ewing	CV	11:41.8	1995
110 HH	Ronesha Cato	SL	15.0	2006
300IH	Denean Garrett	SL	48.4	1995
HJ	Tisha Uwadiae	CV	5-2	2006
LJ	Ronesah Cato	CV	18-7.75	2006
TJ	Tisha Uwadiae	CV	36-0.75	2006
SP	Mareesa Valentine	CV	37-5 1/2	2005
Discus	Loni Tuitavuki	SL	112-5 1/2	2000
PV	Erin McCarthy	CV	10-0	2002
400 Relay	CV (Gistand, Schneider, Thompson, Douglas)			
			50.8	2006
1600 Relay	CV (C. Chan, He. Matheny, Ho Matheny, M. Chan)			
			4:20.5	2003

FROSH-SOPH BOYS:

100	Damell Williams	CV	11.0	1997
200	Chang Hyun	CV	24.4	1986
	Eugene Anderson	SL		2002
400	Brandon Farinha	CV	55.2	
800	Enrique Henriquez	SL	2:13.3	1995
1600	Dave Ling	CV	4:51.0	1988
3200	Shane Dulaney	CV	10:31.8	1994
110 HH	Ryan Ciglar	CV	18.3	1995
300IH	Chris Kong	CV	46.2	2001
HJ	Ryan Ciglar	CV	5-8	1995
LJ	Eugene Anderson	SL	19-3	2002
TJ	Chang Hyun	CV	37-9	1986
SP	Erick Shals	SL	41-9	2003
Discus	Noah Tuatavuki	SL	120-4 1/2	1997
PV	Kyle West	CV	10-0	2006
400 Relay	CV (Ratto, Simmons, Zamora, Hernandez)			
			47.4	1997
1600 Relay	CV (T. Hassler, Mix, D. Ling, O'Connell)			
			3:50.8	1988

FROSH-SOPH GIRLS:

100	Elizabeth Litteljohn	CV	13.1	2004
200	Rachel Adams	SL	27.3	2006
400	Collette Cox	CV	64.6	2003
800	Collette Cox	CV	2:31.0	2003
1600	Kaitlin Santisteban	CV	5:42.1	2005
3200	Kaitlin Santisteban	CV	12:36.5	2005
100 HH	Briana Kim	CV	18.2	2005
300IH	Janelle Jin	CV	53.8	2006
HJ	Lauren Hopfenbeck	CCV	4-10	2003
TJ	Lynnsey Jones	CV	31-0 1/2	1997
SP	Megan Shaw	CV	27-0 1/2	1999
Discus	Megan Shaw	CV	78-2 1/2	1999
PV	Amber Sammons	CV	7-6	1996
	Amanda Delaplane	CV		2003
	Rebecca Knight	CV		2005
400 Relay	SL (Wirt, Robinson, Smallman, Dixon)			
			54.3	2003
1600 Relay	CV (Inn, Casey, Chin, Cox)			
			4:27.2	2003

Castro Valley vs. San Lorenzo Dual Meet Records

VARSITY BOYS

100	Jeff Perenon	CV	10.9'	1964
200	Jeff Perenon	CV	22.4'	1963
400	Dave Fernandez	CV	50.3	1976
800	Jason Lee	CV	1:57.8'	1977
1600	Calvin Gaziano	CV	4:25.5	1983
3200	Ted Quintana	SLZ	9:36.2'	1972
110 HH	Randy Silva	SLZ	14.6'	1979
300 LH	Lloyd Johnson	CV	40.8'	1978
300 IH	Tony Moore	CV	44.1	1996
HJ	Ron Winters	CV	6-6	1983
LJ	Mark Lamendola	CV	21-5	1973
TJ	Mikel Jones	SLZ	43-11	1987
SP	Chuck Vandagriff	CV	59-1 1/2	1966
Discus	Jeff Lawson	SLZ	152-0	1964
PV	Ron Auger	CV	13-0	1967
	Kevan Turner			2005
400R	San Lorenzo		44.6'	1966
	San Lorenzo		44.6'	1967
	Castro Valley		44.6'	1977
	CV (Soblin, Abramenko, Omelagah, Bailey)			44.6 1998
1600R	San Lorenzo		3:29.3'	1967

VARSITY GIRLS

100	Valerie Spence	SLZ	12.2	1981
	Anita McCallum	SLZ		1999
200	Aisha Margain	SLZ	25.5	1999
400	Valerie Spence	SLZ	58.8	1981
800	Kristi Lambden	CV	2:20.6	1980
1600	Zinzi Evans	SLZ	5:30.0	2003
3200	Karin Lambden	CV	11:50.2	1980
100HH	(30") Felicia Harris	SLZ	14.8	1987
	(33") Chelsea Chandler	CV	16.6	2003
300 LH	Felicia Harris	SLZ	45.8	1986
HJ	Felicia Suminski	CV	5-0	1980
	Amy Kohl	CV	5-0	94,96
LJ	Tisha Uwadiae	CV	16-11	2006
TJ	Tisha Uwadiae	CV	37-9	2006
SP	Maressa Valentine	CV	35-1 1/2	2005
Discus	Cherie Schaeffer	CV	109-7	1981
PV	Erin McCarthy	CV	10-0	2002
400R	CV (Sanchez, Cole, B. Cunningham, Gove)		49.9'	1980
1600R	SLZ (R. Margain, Penick, Bluit, A. Margain)		4:04.6	1999

FROSH-SOPH BOYS

100	Fred Turra	CV	11.6'	1972
	Rick Ripoli	CV	11.6'	1973
	Tom Descombaz	CV	11.6	1985
200	Joe Ribauda	SLZ	24.1'	1966
	Lance Riley	CV	24.1	1986
400	Randy Morales	SLZ	54.3'	1976
800	John Atwood	CV	2:06.0	1992
1600	John Atwood	CV	4:38.3	1992
3200	Dave Anderson	CV	10:01.1	1980
110HH	Kevin Oates	CV	17	1993
300 LH	Randy Meadows	SLZ	43.1'	1976
300 IH	Eric Pane	CV	47.2	1999
HJ	Terry mar	CV	5-8	1972
	Ron Winters	CV		1981
LJ	Wade	SLZ	19-3 1/2	1963
TJ	Naeem Amiri	CV	39-11	1994
SP	Tom Thompson	CV	46-5	1974
Discus	John Davis	SLZ	121-3	1963
PV	Teagarden	SLZ	10-6	1960
	Carl Liljedahl	CAN		1968
400R	San Lorenzo		46.6'	1965
1600R	Castro Valley (Saunders, Robison, Guerino, Riley)		3:45.5	1986

FROSH-SOPH GIRLS

100	Kandice Douglas	CV	13.5	2005
200	Trisha Chung	CV	28.2	1997
400	Carolyn Chin	CV	65.6	2003
800	Megan Lee	CV	2:32.0	2006
1600	Kaitlin Santisteban	CV	5:48.8	2006
3200	Rose Toney	CV	12:25.0	2000
100HH	Theresa Robles	CV	19.2	1997
	Carly Sanderson	CV	19.2	2003
300LH	Alena Leblanc	CV	53.5	2005
HJ	Paula Brown	CV	4-10	2005
LJ	Kara Lawrence	CV	14-5	2003
TJ	Theresa Robles	CV	29-7	1997
SP	Tiffany Rizzo	CV	28-6 1/2	1997
Discus	Tiffanie Jower	CV	78-3	1997
PV	Amanda Delaplane	CV	7-0	2003
	Ashley Lee	CV		2004
400R	CV (J. Gistand, Inn, Knight, Littlejohn)		54.6	2004
1600R	CV (Batis, Philpott, Owyang, M. Lee)		4:26.3	2006

Castro Valley vs. Tennyson Dual Meet Records

VARSITY BOYS:

100	Claude McMillan	T	10.8'	1961
	Bill Burrell	T		1976
200	Bill Burrell	T	21.9'	1976
400	Dave Fernandez	CV	50.2'	1976
800	Larry Nicolas	T	1:56.8'	1966
1600	Larry Guinee	CV	4:18.0'	1979
3200	Ray Celaya	T	9:20.9'	1965
HH	Gary Kerr	CV	14.7'	1964
LH	Ron Critelli	T	40.0'	1973
IH	Kevin Oates	CV	42.3	1995
LJ	Dave Fernandez	CV	21-9	1978
TJ	Dana Tayco	T	44-2	1985
HJ	Ron Winters	CV	6-7	1983
SP	Jermaine Younger	T	57-10	1989
D	Jim McGinnis	CV	153-8	1963
PV	Ron Auger	CV	12-6	1966
	Kevin Teel	CV		2005
	Chirs Casey	CV		2005
	Kevan Turner	CV		2005
400 R	Tennyson		44.0'	1975
	Castro Valley			1976
1600R	Tennyson		3:29.6'	1975

VARSITY GIRLS:

100	Marsha Whalen	T	12.5	1981
200	Bridget Cunningham	CV	25.9'	1980
400	Bridget Cunningham	CV	59.7'	1980
800	Karin Lambden	CV	2:17.5	1981
1600	Debbie Lee	Canyon	5:15.1'	1977
3200	Elice Patterson	CV	11:51.0	1991
HH	(30") Marsha Whalen	T	15.5	1982
	(33") Teia Truesdale	T	16.0	2004
IH	Eileen Cunningham	CV	45.9	1981
LJ	Tisha Uwadiae	CV	16-11	2006
TJ	Tisha Uwadiae	CV	37-9	2006
HJ	Felicia Suminski	CV	5-0	1980
	Loryn Bailey	CV		1999
SP	Rashawnda Holmes	T	36-11	1994
D	Rashawnda Holomes	T	123-11	1994
PV	Erin McCarthy	CV	10-0	2002
400 R	CV (Sanchez, Cole, B. Cunningham, Gove)			
			51.0'	1980
1600R	CV (Taylor, B. Cunningham, Gove, Lee)			
			4:13.8'	1979

FROSH-SOPH BOYS:

100	Bill Burrell	T	11.7"	1973
200	Scott Parker	Canyon	24.2'	1976
400	Scott Parker	Canyon	54.3'	1976
800	Dan Furuyama	CV	2:07.6	1993
1600	Jason Atwood	CV	4:42.0	1988
3200	Calvin Gaziano	CV	10:05.8	1982
HH	Kevin Oates	CV	16.9	1977
LH	Kevin Smittle	T	42.9'	1977
IH	Eric Pane	CV	46.5	1999
LJ	Mike Bumgardner	Canyon	18-9	1969
TJ	Marve Eggleston	T	39-8	1977
HJ	Keith Brown	CV	5-8	1975
	Tom Kincaid	T		1977
	Tom Peters	CV		1979
SP	Junior Saga	T	51-5 1/2	1987
D	Junior Saga	T	132-1	1987
PV	Dickson	T	10-6	1965
400 R	Tennyson		46.6'	1967
1600R	CV (R. Hassler, Patterson, D. Furuyama, A. Abramenko)			
			3:47.4	1993

FROSH-SOPH GIRLS:

100	Jennifer Wilkinson	CV	13.6	2002
200	Elizabeth Littlejohn	CV	28.6	2004
400	Ashli Tingle	CV	1:05.0	1996
800	Megan Lee	CV	2:32.0	2006
1600	Colleen McGrellis	CV	5:32.0	1998
3200	Rose Toney	CV	12:59.0	2000
HH	Briana Kim	CV	18.1	2005
IH	Alena Leblanc	CV	53.9	2005
LJ	Shannon Oates	CV	14-1 1/2	1995
TJ	Maya Komadina	CV	29-11 1/2	1995
HJ	Katy Stewart	CV	4-7	2002
SP	Tiffany Rizzo	CV	28-1	1998
D	Tiffany Rizzo	CV	93-2	1998
PV	Rebecca Knight	CV	8-0	2005
400 R	CV (Littlejohn, Knight, Fitzwater-Williams, Kim)			
			55.5	2004
1600R	CV (Batis, Philpott, Owyang, M.Lee)			
			4:46.3	2006