

Castro Valley Track & Field

2007 Schedule

<u>date</u>	<u>meet</u>	<u>site</u>	<u>time</u>
Monday February 5	Workouts Start	Canyon Middle School	3:30 p.m.
Thursday February 22	Scrimmage	Ygnacio Valley HS	3:00 p.m.
Saturday March 3	DeLaSalle Invitational	Ygancio HS	8:00 a.m.
Friday March 16	Distance Festival	UC Berkeley	TBA
Saturday March 17	Cougar Invitational	Newark HS	8:00 a.m.
Thursday March 22	HAAL: CV, SLZ @ MC	Moreau Catholic HS	3:15 p.m.
Friday, March 23	Castro Valley Invite	Las Lomas HS	3:00 p.m.
Saturday March 24	Martinez Relays	Alhambra HS	8:00 a.m.
Wednesday April 4	HAAL: CV, SL @ T	Tennyson HS	3:15 p.m.
Saturday, April 7	Oakland Invitational	Laney College	8:00 a.m.
Fri-Sat April 13-14	Mt.SAC Relays	Mt. San Antonio College	TBA
Wednesday April 18	HAAL: CV, H @ BOD	Chabot College	3:15 p.m.
Friday April 20	Top 8 Invitational	Logan HS	4:00 p.m.
Saturday, April 21	Top 8 Invitational	Logan HS	8:00 a.m.
Wednesday, April 25	HAAL: CV, ME @ A	Arroyo HS	3:15 p.m.
Friday April 27	Bob Warren Relays	Acalanes HS	12 noon
Tuesday May 8	HAAL Championships: Trials	Chabot College	1:00 p.m.
Wednesday May 9	HAAL Championships: Finals	Chabot College	1:00 p.m.
Saturday May 19	NCS Bayshore Championships	Logan HS	10:00 a.m.
Friday May 25	NCS Meet of Champions Trials	UC Berkeley	12 noon
Saturday May 26	NCS Meet of Champions Finals	UC Berkeley	9:00 a.m.
Friday June 1	California State Meet Trials	Sacramento City College	12 noon
Saturday June 2	Callifornia State Meet Trials	Sacramento City College	12 noon

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 Vice Principal, Athletics: Marcie Plummer
 Athletic Director: Marie Gray

Team points 2007 Castro Valley HS Track season

Boys' Varsity		Girls' Varsity		Boys' Frosh-Soph		Girls' Frosh-Soph	
<u>name</u>	<u>grade</u>	<u>name</u>	<u>grade</u>	<u>name</u>	<u>grade</u>	<u>name</u>	<u>grade</u>
Dash	m 10	Oliver	m 10	Kelsey	f 12	Ashby	m 9
Maurice	m 10	Valentine	m 10	Pauline	f 12	Tom	m 9
Frederick	m 11	Rice	m 11	Grace	f 11	Tim	f 10
Jack	m 11	Leng	m 11	Kandice	f 11	Marcelo	m 10
Kyle	m 11	West	m 11	Haley	f 11	Vincent	60.5
Luke	m 12	Wegener	m 12	Jodi	f 11	Jimmy	70.5
Elliot	m 12	Hung	m 12	Megan	f 12	Jordan	64
Ivan	m 12	Ly	m 12	Rebecca	f 10	Freddie	64
Andrew	m 12	Cheshire	m 12	Alena	f 10	Chris	64
James	m 11	Fazzio	m 11	Karen	f 11	Alex	64
Richie	m 12	Arredondo	m 12	Chelsea	f 9	Vasquez	64
Kenny	m 12	Robertson	m 12	Alex	f 11	Tsang	64
Jordan	m 10	Mackey	m 12	Huerta	f 11	Quintanilia	64
Josh	m 12	Fong	m 12	Santisteban	f 11	Peek	64
Robert	m 12	Trajano	m 12	LeBlanc	f 11	Hiraki	64
Devon	m 12	Schultz	m 12	Paula	f 11	Gee	64
Drew	m 12	Heuer	m 12	Nicole	f 11	Bivings	64
Nicholas	m 12	Arredondo	m 12	Pam	f 9	Weekes	64
Jackson	m 11	Phillips	m 11	Philip	f 11	William	64
Neal	m 12	Reclus	m 11	Pott	f 11	George	64
Benjamin	m 11	Crosby	m 11	Harris	f 9	Ronnie	64
Joel	m 11	Becker	m 12	Brown	f 11	Brian	64
Matthew	m 12	Riley	m 12	Littlejohn	f 12	Josh	64
Scott	m 11	Kwang	m 11	Francesca	f 12	Takeo	64
Erik	m 11	Chow	m 11	Knight	f 11	Darren	64
Travis	m 12	Coles	m 12	Alana	f 9	Jimmy	64
Ryan	m 12	Turner	m 12	Naveen	f 12	Chris	64
Paul	m 11	Noe	m 11	Pham	f 12	Scott	64
David	m 11	Umeh	m 11	Mimi	f 11	William	64
Tim	m 11	Louie	m 11	Claire	f 11	George	64
Andrew	m 11	Lai	m 11	Koeneman	f 11	Ronnie	64
Adedai	m 11	Kahassai	m 11	Knight	f 11	Brian	64
Mikel	m 11	Hosain	m 11	Beringer	f 11	Josh	64
Sherman	m 12	Yang	m 12	Hebert	f 12	David	64
Andre	m 12	Wilson	m 12	Jieun	f 12	Ryan	64
Michael	m 12	Williams	m 12	Anita	f 12	Aaron	64
Brandon	m 12	Tsurumoto	m 12	Hegedus	f 12	Alan	64
Langston	m 12	Smith	m 12	Monay	f 11	Alvin	64
Michael	m 12	Porter	m 12	Irene	f 11	Jacob	64
Sergio	m 12	Perez	m 12	Gilchriese	f 11	Mustafa	64
Bobby	m 12	Panighetti	m 12	Hana	f 12	Joshua	64
Winston	m 12	Nguyen	m 12	Nicole	f 12	Brandon	64
Joseph	m 12	Mitchell	m 12	Rebecca	f 12	Alvin	64

2007 Track and Field Season Summary

-- by Coach Brewer

The season started out with a number of disruptions beyond the control of the coaches. With our new stadium under construction, we were bussed on a daily basis up to Canyon Middle School for workouts. This cut into our workout time seriously, and without sufficient busses, the team arrived in shifts so that workouts themselves were compromised.

The track facilities at Canyon needed considerable work to bring them up to snuff, and that work extended well into the season itself so that factor impinged on coaching time and ability to provide a workout facility for each event. We never did get the throws facilities fully completed.

We also had to deal with several shifts in long-standing athletic policies as our new athletics vice principal brought with her a new set of policies and directives which necessitated a period of adjustment.

Finally, the schedule morphed quite a bit as the season went on, and the Hayward teachers' strike caused a number of meets to be rescheduled later. We had a stretch from April 20th to May 1st where we had 6 days of competition crammed into a 12 day period.

What we did have an abundance of was athletes with desire and a fair amount of talent. We started with over 200 signups, worked with over 140 as the season started, and ended up with 125 athletes in uniform at the HAAL championships. The coaches were overall pleased with the workout effort of the team and the intensity and effort the athletes demonstrated in workouts and competitions.

Girls' Frosh-Soph --

At first glance it appeared that this would be our weakest division, as so many of our young girls were major players on the varsity level. The coaches had to seriously reallocate bodies to events that perhaps were not the first choice, and we had willing athletes. We were still able to dominate our league, as well as place high in all the invitationals we entered.

Boys' Frosh-Soph --

With so many rookie boys, it took a while to sort out who was good at what. There is always a period of adjustment for new kids on track. Once the coaches got an idea of each kid's talent, we were able to work on improvement. The BFS got its feet under itself when they won our own CV Invitational. We came short at the HAAL finals to San Leandro, who held down all their top FS athletes from varsity while we were doing the opposite. Still, it was a very good year and we have a multitude of young talent to move into varsity next year.

Girls' Varsity --

We felt early on that this was the strongest segment of our team. We had some very good early showings at invitationals. The distance corps was strong, and we had veteran hurdlers and jumpers. The pleasant surprise was the talent of our sprint team, which was blazing early. As the season progressed, we had the largest amount of attrition at this level. We lost girls to academics, to advanced classes, to injury, and to lackluster attitudes.

The upside was that the veteran girls were willing to move in to fill these empty spots, and we were able to sustain sprint and jump strength to the end of the season. As it turned out, we were chasing Bishop O'Dowd in our league, who has a tremendously talented girls' team of their own, and had to settle for 2nd place at the HAAL finals.

Boys' Varsity --

This team spent most of the early season well under the radar. We had known individuals, but we came in with a few twinges and off-season injuries and a flock of new boys. The team

continued to jell as the season went along, and we had our coming out moments when we defeated the strong teams of Bishop O'Dowd and Arroyo back-to-back in a period of 5 days. Our sprint squad blossomed, our distance runners swept the league, and our vertical jumpers and vaulters had tremendous depth. Not only did we win the HAAL, we doubled the score of the next closest team.

Looking ahead:

We are a large school, and the track team is becoming a strong part of the school fabric. Word-of-mouth is spreading, and we anticipate an increase of athletes next year as both our success and our new facility attract more bodies.

The coaches also note that there is an increase in lack of focus in many athletes, who treat the athletic commitment very casually. The team policy has always been very simple: show up to all the workouts and all competitions; work hard and you will improve. Increasingly, athletes have chosen to find ways to avoid those simple requirements rather than find ways to embrace them. We hope to deal with fewer of these limited expectations in the future.

Team Results: Invitationals

3/3 DeLaSalle/Carondelet Invitational (25 schools)

GFS 2nd

BFS 7th

GV 1st

BV 8th

3/16 Distance Festival -- non-scoring

3/17 Cougar Invitational -- non-scoring

3/22 Castro Valley Invitational (13 schools)

GFS 4th

BFS 1st

GV 2nd

BV no BV at this meet

3/23 Martinez Relays (22 schools)

GFS 4th

BFS 12th

GV 1st

BV 6th

4/7 Oakland Relays (32 schools)

GFS varsity only meet

BFS varsity only meet

GV 4th

BV 5th

4/14 Mt. SAC Relays -- non-scoring

4/20 Top 8 Invitational -- non-scoring

4/27 Bob Warren Relays (18 schools)

GFS 2nd

BFS 4th

GV 4th

BV 6th

Scrimmage: CV vs. Ygnacio Valley, Alhambra & Carondelet @ Ygnacio Valley High School

Thursday, February 23, 2007

The day did not start out promising at all. The weather forecast was dire, with storms and lightening predicted. The rain was steady all morning. Then the clouds parted, the sun came out, and it was a beautiful day and we had a track meet.

The overall results were a bit ragged, since it was so very early season to begin with. However, we were able to get a pretty good picture of the track events from the few races we did run. We still don't have any field event results, but those are supposed to arrive soon.

The host school did a nice job, but they too were a bit disorganized and their system of checking in and recording times was slow at best, and not terribly effective. As it was, we supplied the starter, 1/3 of the timing crew, and moved all the hurdles. And there were no copies of the results at the end of the meet aside from what your loving coach was able to get written down. And to top it off, with the check-in and timing process taking so long, we never did get to run the 3200 or the 4 x 400.

4 x 100

Girls:

Ryan Freuh,
Isha Rush,
Jessica Thompson,
Kandice Douglas

55.9

Boys Frosh-Soph:

Freddie Ng,
Jimmy Quintanilla,
Alan Manoukian,
Jimmy Sunga

52.1

Mike Calderon,
Josh Bivings,
Chris So,
Tim Wong

53.5

Scott Peek,
Mustafa Nawabzada,
Dave Lum,
Vince Talley

59.1

Boys Varsity:

Roberto Trajano,
Durrell Finch,
Freddie Rice,
Dash Oliver

48.4

Scott Lee,
Joe Mitchell,
Langston Smith,
Andre Wilson

50.9

Elliot Hung,
Trevell Sims,
Sergio Perez,

Brandon Seals

53.3

B: 11:16

Sam Owyang	77	85	2:52
Megan Lee	75	79	2:34
Ashley Hebert	82	90	2:52
Pauline Simmons	83	95	2:58

High Hurdles:

Girls:

Kelsey Lee	17.2
Pauline Simmons	19.3

Boys:

Maurice Valentine	15.0
Kyle West	19.8
Scott Kwang	19.9
Mike Williams	20.0
Nolan McDonagh	21.9

100

Girls' Frosh-Soph

Lisa McComb	15.3
Mimi Vo	15.3

Girls' Varsity

Heat 1	
Jieun Choi	15.0
Heat 2	
Jessica Thompson	13.0
Kandice Douglas	13.0
Rebecca Knight	14.3
Iesha Rush	14.3

Boys' Frosh-Soph:

Heat 1	
Jimmy Sunga	12.5
Freddie Ng	12.5
Alan Manoukian	12.6
Mustafa Nawabzada	13.6
Josh Bivings	13.7

Heat 2	
Chris So	13.2
Mike Calderon	13.2
Jimmy Quintanilla	13.3
Brandyn Seals	13.6
Trevell Sims	14.5

Boys' Varsity:

Heat 1	
Durrell Finch	11.9
Elliot Hung	12.4
Joe Mitchell	12.7
Sergio Perez	13.6

Heat 2	
Dash Oliver	11.6
Freddie Rice	11.6
Roberto Trajano	12.1
Scott Lee	12.3
Bobby Paneghetti	12.5

4 x 800

Girls:

A: 10:27

Haley Batis	68	82	2:30
Kwai Philpott	73	84	2:37
Kaitlin Santisteban	74	95	2:49
Chelsea Schneider	70	81	2:31

De La Salle High School of Concord

Ygnacio Valley High School -- Saturday March 3, 2007

It was a pretty good day all the way around for the CV forces today. The weather was tremendous, the track was beautiful, and the competition was pretty good too.

In essence this was our first real meet of the year, and we tried to get as many people to the meet as possible so that our team could get in some race experience. We got 68 athletes to show up and came away with 40 medals. The Varsity Girls came in first place overall, The GFS was 2nd, the BFS was 7th, and the BV was 8th. Not a bad showing in a meet of 25 different schools.

Varsity Girls

Girls 100 Meter Dash Varsity

• 5 Thompson, Jessica	13.23
7 Douglas, Kandice	13.40

These girls are veterans, and despite Kandice's injured right knee, both placed very well.

Girls 3000 Meter Run Varsity

7 Carvin, Kay	11:39.00
12 Beringer, Karlina	12:36.00

Kay was strong the entire race here, and ran well with some of the top runners in the area. Karlina powered along.

Girls 300 Meter Hurdles Varsity

7 Lee, Kesley	53.23
14 Simmons, Pauline	55.49

Kesley was in the mix until the end, and Pauline muddled through.

Girls 4x100 Yard Relay Varsity

• 2 Alena LeBlanc, Rebecca Schneider, Jeysikah Thompson, Kandice Douglas	52.12
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Alena was our big surprise today, as she filled in very nicely at leadoff and the girls ran much better than expected.

Girls 4x200 Meter Relay Varsity

• 3 Alena LeBlanc, Rebecca Schneider, Kandice Douglas, Jeysikah Thompson	1:50.37
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Once again, Alena put us in position early and the other girls literally ran away with the 2nd heat and the time held up very well overall.

Girls 4x400 Meter Relay Varsity

• 3 Rebecca Schneider	1:03
Megan Lee	1:05
Chelsea Schneider	1:04
Kwai Philpott	1:08

4:22.22

Rebecca gave us a monster leadoff leg and the rest was academic. The win in the 2nd heat was huge, and the time compared well with the fast heat too.

Girls 4x800 Meter Relay Varsity

• 1 Kwai Philpott	74.85
Megan Lee	74.77
Chelsea Schneider	72.79
Katherine Carvin	70.89

10:20.69

Carondelet had dropped all their power to the GFS level, so we had an easier time of this than we

thought. Granada made it interesting at the end, but Kay was up to the challenge.

dnf Pauline Simmons	78.102	3:00
Monay Wadsworth	74.91	2:45
Karen Chan	78.90	2:48
Kelsey Lee		dnf

Our "B" team was doing well too, but we had an illness and a missing person, so we faked a complete team, got times on the three girls, and then dropped out of the race.

Girls Distance Medley Varsity

7 Karen Chan	82.93.88	—	4:23
Monay Wadsworth	65	—	1:05
Andrea Chow	81.89	—	2:50
Ashley Hebert	85.94.96	91	6:06

14:25.78

This was a chance for the "B" girls to get into a race and let us know what they could do in competition. Monay's leg was pretty good.

Girls High Jump Varsity

• 4 Brown, Paula	4-10.00
7 Rebecca Schneider	4-06.00

Paula was shuttling between the LJ and the HJ, and Rebecca was dashing between the bullpen and the HJ, and so the marks could have been a bit better. Not bad though.

Girls Pole Vault Varsity

12 Knight, Rebecca	7-06.00
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Rebecca and her troublesome back were only

average today.

Girls Long Jump Varsity

• 3 Brown, Paula	15-03.00
• 5 Lee, Kesley	14-04.00

Both the girls exhibited good marks today, even jumping into the wind.

Girls Triple Jump Varsity

• 4 Lee, Kesley	33-03.75
7 Brown, Paula	31-07.00

Kesley popped a pretty good one, and Paula needs a bit of work still

Girls Shot Put Varsity

— Hegedüs, Anita	ND
— Tam, Jodi	ND

The girls could not muster the minimum mark today.

Girls Discus Throw Varsity

• 5 Tam, Jodi	89-00.50
19 Hegedüs, Anita	68-00.50

Jodi ! She grabbed a medal with a fine toss, even standing. Anita had an subpar day.

The thrill here was the overall win, and the eye-openers were the sprint squad suddenly looking good, and the field events showing veteran strength. Our top athletes really performed well, and the medal count shows.

3 medals – Jeysikah Thompson, Rebecca Schneider

2 medals – Kandice Douglas, Alena LeBlanc,

Megan Lee, Chelsea Schneider, Kwai Philpott, Paula Brown, Kelsey Lee

Frosh-Soph Girls

Girls 3000 Yard Run Frosh Soph

• 4 Kaehms, Jenny	12:09.50
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Jenny did a great job holding a steady pace for a nice time.

Girls 4x100 Yard Relay Frosh Soph

6 Isha Rush, Frankie Soares, Lisa McComb, Jamie Walbert	57.34
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After all the handoff hassle yesterday, it looked pretty good today.

Girls 4x200 Meter Relay Frosh Soph

9 Isha Rush, Frankie Soares, Lisa McComb, Summer Harris	2:08.05
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Summer filled in well for the tweaked Jamie and the girls got another chance to run.

Girls 4x400 Meter Relay Frosh Soph

9 Sam Owyang, Frankie Soares, Summer Harris, Jenny Kaehms	5:04.42
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None of the girls was particularly inspired at the end of the day, and it showed.

Girls 4x800 Meter Relay Frosh Soph

• 3 Sam Owyang, Pam MacLeod, Summer Harris, Nicole Yang	11:02.74
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In the feature race, the girls were in competition with Carondelet's best. We had a good run at it, and came up with a medal spot.

Girls Distance Medley Frosh Soph

• 3 Pam MacLeod, 76.87.87	4:10
Nicole Yang, 69	2:53
Sam Owyang, 75.84	2:48
Jenny Kaehms, 91.92.95.95	6:14

These girls came back to also run against the powers of St. Mary's and Carondelet and do well.

Girls High Jump Frosh Soph

• 4 Isha, Rush	4-00.00
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Even with minimal preparation, Isha got in one good jump and it held up for a medal.

Girls Long Jump Frosh Soph

• 4 Walbert, Jamie	14-02.50
10 Rush, Isha	11-05.75

Jamie is the real deal.

Girls Shot Put Frosh Soph

• 3 Knight, Alana	26-06.75
8 Waldorf, Shelline	24-07.25

Alana was a big surprise with a quality toss.

De La Salle High School of Concord

Ygnacio Valley High School -- Saturday March 3, 2007

Girls Discus Throw Frosh Soph

7 Waldorf, Shelline 66-09
Shelline made the minimum marking line it held up for a top spot.

The GFS was able to do well enough to grab a 2nd overall in the competition, which is very good. We put athletes in almost all the events (except the hurdles and the 100) and we managed to place well in most. The bulk of our points were in the distance races, but Alana and lescha got us some top field event spots to help out. This is an excellent start to our season, and it looks good for our future too.

Boys Varsity

Boys 100 Meter Dash Varsity

12 Rice, Fredy 11.67
17 Oliver, Dash 11.87
Fredy continues his improvement.

Boys 3000 Meter Run Varsity

• 5 Riley, Matt 9:45.81
11 Robertson, Kenny 10:33.17
Matt was able to hang with some of the fastest of the local runners and notch a healthy improvement.

Boys 300 Meter Hurdles Varsity

10 Valentine, Maurice 43.54
13 Huer, Drew 44.70
Maurice for some reason didn't feel inspired, and Drew just came out. We expect lots more from them in the future.

Boys 4x100 Yard Relay Varsity

7 Maurice Valentine, Durrell Finch, Fredy Rice, Dash Oliver 45.40
Maurice was the emergency replacement when Roberto was late, so we are actually faster than this. Not a bad opener for us, though.
16 Ivan Lee, Joe Mitchell, Bobby Panighette, Andre Wilson 50.02
Andre's sore hamstring reduced him to a shuffle by the end, but the rest of the boys got a good chance to show off and look good.

Boys 4x800 Meter Relay Varsity

• 3 Josh Fong 65 68 2:13.9
Andrew Cheshire 66 69 2:15.9
Jack Leng 63 64 2:07.9
Matt Riley 62 68 2:10.9
8:48.87

Outside of DeLaSalle, who took off early and hard and won it big time, the rest of the race was a fight with jack finally putting us in good position at the end and Matt fighting with the St. Mary's boy for the runnerup spot. Good stuff.

Boys Distance Medley Varsity

10 Andrew Cheshire 67 73 71 - 3:32
Richie Arredondo 54 - - - :54
Josh Fong 62 68 - - 2:10
Jack Leng 60 70 74 75 4:40
12:14.79

Even though it was a decent time, it was not competitive today. A good DMR needs to run mid-11's to be in the mix.

Boys High Jump Varsity

• 5 West, Kyle 5-10.00
12 Huer, Drew 5-02.00

Kyle got his PR and it gave him a medal. Drew thought he should have gone higher, but he needs to iron out a few technical glitches.

Boys Pole Vault Varsity

9 Recius, Neal 10-00.00
- West, Kyle NH
Neal had a banner day, but we're still not sure what happened to Kyle

Boys Shot Put Varsity

15 Wegener, Luke 38-01.75
Luke uncorked his PR today.

Boys Discus Throw Varsity

- Wagner, Luke ND
- Chow, Eric ND
The minimum mark was too much for our boys today.

Even though we dribbled around a few points here and a few there, we were able to muster enough to tie for 8th place. The meet has a generous scoring system (down to 16th place) so we place well out of 25 teams.

Boys' Frosh-Soph

Boys 100 Meter Dash Frosh Soph

17 Sunga, Jimmy 12.47
28 Ng, Freddie 12.96
Jimmy came back from Outdoor school to show some speed here, Along with Freddie.

Boys 3000 Yard Run Frosh Soph

• 3 Ashby, Tom 10:13.00
20 Hall, Sean 13:27.00
Tom let the leaders get away from him early, and still he believes he can't sprint, so he let them stay ahead of him at the end.

Boys 300 Meter Hurdles Frosh Soph

15 Lum, David 59.71
David did well, Eric didn't show up, and Marcelo's time didn't show up on the results sheet.

Boys 4x100 Yard Relay Frosh Soph

8 Freddie Ng, Tim Wong, Ronnie Irvin, Jimmy Sunga 49.72
This wasn't bad at all, even with inserting a dubious Ronnie at the last minute.
12 Trevell Sims, Vince Talley, Brandon Seals, Jimmy Quintanilla 53.42

This was a mixed bag, but at least we got the baton around the track.

Boys 4x200 Meter Relay Frosh Soph

13 Brandon Seals, Vince Talley, Trevell Sims, David Lum 1:53.89
Again, a mixed bag and not a lot of enthusiasm.

Boys 4x400 Meter Relay Frosh Soph

8 Freddie Ng
Tim Wong
Vince Talley
Jimmy Sunga

1:01
1:04
1:07
1:00
4:13.24

This squad put themselves out hard, but were a little short of a best effort.

Boys 4x800 Meter Relay Frosh Soph

11 Tom Ashby 71 75 2:26
Takeo Hiraki 69 85 2:34
Kevin Gee 74 86 2:40
Scott Peek 79 95 2:54
10:36.76

This was not going to be a stellar team to begin with, but they got behind early and were not inspired to try harder.

Boys Distance Medley Frosh Soph

6 Scott Peek 74 91 95 - 4:22
David Lum 69 - - - 1:09
Vince Talley 71 96 - - 2:45
Tom Ashby 80 79 77 - 12:16.19

Behind early and not in contention, the boys never noticed that Tom only ran three laps. Neither did the officials who gave us credit for a legitimate finish.

Boys High Jump Frosh Soph

- Vince, Talley NH
- Scott, Peek NH

When the openingheight was above their personal best, the only thing the boys could hope for was to look good. They did that at least.

Boys Pole Vault Frosh Soph

11 Sanchez, Marcelo 7-06.00
13 Leines, Josh 7-06.00
Opening height was about it for the boys today.

Boys Long Jump Frosh Soph

15 Ng, Freddie 15-08.00
- Wong, Timothy ND
Freddie got off a mark today, could only muster a muted effort. Tim couldn't make the mark.

Boys Shot Put Frosh Soph

8 Tsang, Darren 33-09.00
17 Vasquez, Alex 31-00.50
Both the boys are still learning.

Boys Discus Throw Frosh Soph

7 Tsang, Darren 87-08
- Vasquez, Alex ND
Darren did well in the competition, while Alex is not yet confident with the implement.

Our young boys all look green and raw and inexperienced. Still, we put teams and bodies and sometimes multiple teams in all events, so he have young athletes that are still learning and will improve in time. Tom upheld the BFS honor to bring home at least one medal.

The squad overall got 7th place out of 21 schools on the strength of having so much depth, even though we did not crack the top 5 in any race except the 3000. This is the mark of a strong team that can only get stronger.

Distance Festival -- UC Berkeley

Friday, March 16, 2007

This year the Festival shifted from Piedmont High to UC Berkeley, and moved from a Saturday to Friday. This allowed us to get out of class right after 3rd period, which didn't bother too many runners. What bothered some folks was that the competition went from noon to 9:30, with 90 heats of the 800, 1600 and 3200.

For distance freaks like the coaches, this was a pleasant evening of running viewing. For the runners and parents, the extended evening was a little more tedious. Perhaps a lot more tedious.

Nonetheless, we got 35 runners to the line, and we brought back 3 of the coveted t-shirts that go to heat winners. Good work all around CV!

G 3200

Heat 2

Amanda Chouinard	88	88	91	98	96	97	99	94	12:39
Jenny Kaehms	86	93	95	97	98	99	101	100	12:48
Karlina Beringer	88	91	95	96	98	100	101	103	12:52
Karen Chan	87	95	92	101	103	104	105	101	13:08

Jenny led briefly, Karlina took over the middle of the race, Amanda made a surge at the end, but eventually lost the sprint to another girl. Some good early season marks.

B 3200

Heat 1

Sherman Yang	86	98	103	105	118	118	119	113	14:16
Sean Hall	88	103	113	118	127	126	148	156	14:58

Sherman and Sean suffered through a drudge race. Neither looked comfortable nor happy.

Heat 2

Tom Ashby	74	80	82	82	83	86	87	89	10:55
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Tom was in good position throughout but never tried to challenge. His time is pretty good regardless.

G 1600

Heat 1

Jenny Kaehms	91	92	93	92	6:11
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As per her modus operandi, Jenny was dissatisfied with her first race and took Emily's empty place here. She won convincingly in a redemptive effort and garnered the T-shirt for the win.

Heat 9

Ashley Hebert	85	86	94	92	6:01
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Ashley made the bold move to take the lead early after a tentative start but could not hold the pace. The tactic was a good idea.

Heat 10

Nicole Yang	81	87	91	88	5:49
-------------	----	----	----	----	------

Nicole ran very evenly and had a little kick at the end for a pretty good mark.

B 1600

Heat 12

Kevin Gee	82	88	91	84	5:47
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Kevin ran in the middle of the pack and perhaps saved a little too much for the end.

Heat 13

Joel Becker	72	82	88	82	5:28
-------------	----	----	----	----	------

Will Weekes	72	82	88	87	5:31
-------------	----	----	----	----	------

Takeo Hiraki	72	83	88	88	5:34
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These boys felt that they had been embarrassed by finishing at the end of the pack, but their times were faster than they had hoped for, so all was well.

G 800

Heat 5

Inna Nosenko	86	83	2:49
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Navenus Pham	88	90	2:58
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Inna ran perhaps the best race of her CV career, with negative splits and all and a twinge of tendinitis in her ankle. Venus did very well for a shot putter.

Heat 7

Kaitlin Santisteban	82	82	2:44
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Kaitlin's effort was good, considering that she is still rehabilitating from IT band injury. Even splits are always a good sign.

Heat 8

Francesca Knight	73	90	2:43
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Summer Harris	80	87	2:47
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Francesca tried to win it all, but still needs more workouts. The aggressive mindset is a good thing, though. Summer notched yet another PR in this young season.

Heat 9

Pauline Simmons	84	88	2:52
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Moving over from the hurdles, Pauline ran reasonably well but did not show much spark.

Heat 11

Rebecca Schneider	79	76	2:35
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Andrea Chow	85	82	2:47
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Rebecca protested mightily, and resisted with intensity, but finally did run the race (boy, these sprinters sure to put up a fuss). After following the Miramonte girl around the track for a lap and a half, She got bored and took off for an easy win. And the time was impressive considering she looked like she was jogging. Andrea check in with a careful run, but had a lot left in the tank showing that she is ready for some better efforts in the near future.

Heat 14

Bethany Chan	77	85	2:42
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Bethany likes the T-shirt inspiration, and went after it like a madwoman but could not hold onto the quick pace. The time was not half bad at all.

B 800

Heat 18

Andrew Cheshire	63	64	2:07
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Richie Arredondo	63	66	2:09
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Andrew went out hard, faded, and then came back strong for a close 2nd. Richie was right there for the 3rd. Good work.

Heat 19

Josh Fong	62	65	2:07
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Josh got boxed in, tripped, hit and cut off and still was 2nd overall. Tough race.

Heat 20

Jack Leng	60	67	2:07
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Jack is definitely getting better on his 2nd lap. His first lap is always good.

G 3200

Heat 3

Pam MacLeod	83	88	90	90	91	92	85	83	11:50
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Kay Carvin	84	87	90	90	91	92	92	93	12:07
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Pam and Kay were stride-for-stride for 6 laps, notching great splits when Pam took off. Kay's legs were bothering her, and she couldn't find that gear. Still, the times are very very good for freshwomen this early in the year. Pam's time moves her to #10 on our All-Time CV list for the 3200.

B 3200

Heat 4

Matt Riley	68	76	75	77	77	77	79	74	10:08
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Kenny Robertson	70	76	79	81	85	90	84	76	10:41
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Both Matt and Kenny PR'd in both the 1600 and the 3200 in this race. Matt's determination took a little dip on lap 7, and Kenny had a lousy lap 6, but these are fixable concerns. Nice races

G 1600

Heat 11

Kwai Philpott	87	87	89	91	5:55
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Kwai was in a comfortably slow-paced race, but didn't take advantage of it and failed to pick the pace up when the race took off late.

B 1600

Heat 8

James Fazio	66	72	72	70	4:40
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In a fast heat, James ran well to keep up and had a nice sprint on the final straightaway.

G 800

Heat 17

Haley Batis	72	73	2:25
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Megan Lee	72	77	2:27
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Haley wanted to win this one, and the close 2nd was not much of a consolation for her. Megan was right behind in 3rd. The times are good, and our team 800 depth is impressive.

Heat 18

Chelsea Schneider	71	73	2:24
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Chelsea upheld the CV banner by barely qualifying for the fast heat, and then finishing 5th. This was a good time in a tough race.

Cougar Invitational
Newark-Memorial High School
Saturday, March 17, 2007

On a perfect day for a meet, Castro Valley went to the ever-fun, always-disorganized Cougar Invitational. This meet was lightly attended but still was without a real sense of urgency about being on top of the details. Your loving coach (Brewer) ran the long jump with help from the Hayward coach to move the meet along.

At the end of the day, full results were still not available so we do not have complete marks for half of the throws, the 300 hurdles, the 400, and the BFS triple jump. We hope to have those results fairly soon, but since we never got last year's results this may be just smoke and mirrors again.

Regardless, the CV horde did very well. The GV especially was dominant, with wins in the 4 x 100, 4 x HH, 4 x 400 and 2nd in the 4 x 200. Kandice won the 100, Paula won the HJ, and Kelsey got 3rd in the LJ and TJ. Nicole took 3rd in the 3000. It was a good day all around.

We also were able to flood the events with bodies. CV athletes were everywhere in all the events. With only 12 school there, the competition was a bit lower key than other invitationals might have been but that did not diminish the CV competitiveness. We ran "B" teams in a few races, and had entries in all 4 x 400 races, which is the true mark of a serious team. In all, we got 80 individuals to show up, and we took home 41 medals. Not a bad showing at all.

Once full results show up, we will update this result sheet.

Distance Medley
 BFS Kevin Gee, Joe Ashby, Will Weeks, Tom Ashby no times reported

4 x High Hurdles
 GFS no entry
 BFS Josh Bivings, Mustafa Nawabzada, David Lum, Jeremy Jang 1:31.93
 GV Kelsey Lee, Alex Huerta, Rebecca Schneider, Pauline Simmons 1:12.85
 BV Maurice Valentine, Drew Huer, Scott Kwang, Mike Williams 1:11.35

4 x 100
 GFS Iesha Rush, Bethany Chan, Lisa McComb, Tonya 60.68
 BFS "A"Freddie Ng, Tim Wong, Jimmy Quintanilla, Brian Sien 49.35
 BFS "B"David Lum, Josh Bivings, Mustafa Nawabzada, Jeremy Jang 53.17
 GV Alex Huerta, Paula Brown, Rebecca Schneider, Kandice Douglas 52.17

BV "A"Elliot Hung, Fredy Rice, Roberto Trajano, Dash Oliver	45.18	BV	Pauline Simmons Ivan Lee Elliot Hung	14-9.75 17-11.75 no mark
BV "B"Ivan Ly, Joe Mitchell, Bobbie Panighetti, Langston Hughes	48.35			
4 x 200			Triple Jump	
GFS Iesha Rush, Lisa McComb, Bethany Chan, Tonya	2:02.35	GFS	no entry	
BFS Freddie Ng, Tim Wong, Jimmy Quintanilla, Brian Sien	1:46.4	BFS	no marks available	
GV Alex Huerta, Kelsey Lee, Rebecca Schneider, Kandice Douglas	1:52.6	GV	Kelsey Lee Paula Brown Jieun Choi Francesca Knight	33-2.5 32-4 27-9 25-2.5
BV no entry		BV	Ivan Lee Elliot Hung	35-7 no mark
4 x 400			High Jump	
GFS Megan Lee, Chelsea Schneider, Nicole Yang, Bethany Chan	4:31.0	GFS	no entry	
BFS Freddie Ng, David Lum, Jimmy Quintanilla, Mustafa Nawabzada	4:34.0	BFS	Scott Peek Vince Tally	5-0 4-10
GV Pauline Simmons, Rebecca Schneider, Francesca Knight, Haley Batis	4:30.0	GV	Paula Brown Pauline Simmons	4-10 4-6
BV Dash Oliver, Jack Leng, Fredy Rice, Richie Arredondo	3:37.0	BV	no entry	
100			Shot Put	
GFS no entry		GFS	Alana Brown Shelline Waldorf	27-3 26-2
BFS Freddie Ng	12.90	BFS	Kelsey Dunnigan Michelle Gaston	23-3 17-8
GV Kandice Dougals	13.12	GV	Darren Tsang George Gilham	35-1 27-4
BV Dash Oliver	11.78		Alvin Mai	25-5
Fredy Rice	11.86		Joe Ashby	
300 Hurdles -- no results available		GV	no results available	
		BV	no results available	
400				
GFS Megan Lee	61.65	GFS	Discus	
Chelsea Schneider	62.29	BFS	Alana Brown Shelline Waldorf	75-2 61-7
BFS no results available		GV	Kelsey Dunnigan Michelle Gaston	61-2 51-2
GV Haley Batis	62.86		Darren Tsang George Gilham	94-0 73-8
Inna Nosenko	71.51	BFS	Alex Vasquez	67-3
Jieun Choi	73.86	BV	Alvin Mai	61-5
no results available				
1500				
GFS Pam MacLeod	5:11	GV	no results available	
Katherine Carvin	5:22	BV	no results available	
Amanda Chouinard	5:35			
Jenny Kaehms	5:36			
BFS Tom Ashby	4:43	GFS	Pole Vault	
Will Weekes	5:10	BFS	Daina Vargas Marcelo Sanchez	5-6 8-6
Kevin Gee	5:22	GV	Josh Leines	8-0
no entry			Rebecca Knight	7-0
James Fazzio	4:25		Beth August	5-6
Matt Riley	4:27		Haley Batis	n.h.
Andrew Cheshire	4:27		Kayle Loftis	n.h.
Kenny Robertson	4:35		Gabby Solis	n.h.
Sherman Yang	5:55	BV	Mike Williams	11-0
			Ryan Turner	10-0
3000				
GFS no entry				
BFS no entry				
GV Nicole Yang				
BV Jack Leng	no time 9:35			
Long Jump				
GFS Lisa McComb	12-3.5			
BFS Freddie Ng	16-9			
Vince Tally	15-6			
Scott Peek	12-8			
David Lum	no mark			
GV Kelsey Lee	15-5			
Paula Brown	15-2			
				Hopefully full results will available later this week on www.dyestatcal.com .

Castro Valley, Moreau Catholic, San Lorenzo

@ Moreau Catholic
Thursday, March 22, 2007

Team Scores:

GFS:

CV 88, MC 27

CV 91, SLZ 27

MC 47, SLZ 35

BFS:

CV 105, MC 27

CV 98, SLZ 29

SLZ 59, MC 25

GV:

CV 107, MC 17

CV 107, SLZ 10

MC 79, SLZ 16

BV

CV 107, MC 20

CV 118, SLZ 8

MC 56, SLZ 21

Girls' Frosh-Soph

4 x 100

1. CV (Rush, Chan, Simbra, McComb)

59.0 2. MC (Cordero, Scott, ?, ?)

62.6 3. SLZ (Metters, Malya, Min, ?)

63.0

1600

1. Kay Carvin

2. Jenny Kaehms

3. ?

4. ?

5. Dash Smith

6. Bergeron

100 Hurdles

1. Lisa McComb

2. Daina Vargas

3. Tanya Simbra

4. Francesca Soares

400

1. Funn

2. Summer Harris

3. Lorrelle

4. Jenny Kaehms

5. Kelsey Dunnigan

100

Heat 1

1. Cordero

2. Lisa McComb

3. Iesha Rush

4. Angela Wong

5. Sin

Heat 2

1. Scott

2. Daliva

3. Metters

4. Ashley Bright

800

1. Bethany Chan

2. Amanda Chouinard

3. Smith

4. Bergerson

5. Abubo

300 Hurdles

1. Cordero	MC	59.3	5. Will Weekes	CV	5:35.3	5. Brandon Seales	CV	28.7
2. Daina Vargas	CV	63.9	6. Takeo Hiraki	CV	5:44.5	Heat 3		
3. Tanya Simbra	CV	65.2	7. Jackson	SLZ	5:49.9	1. Thomas	MC	25.5
4. Francesca Soares	CV	65.3	8. Kevin Gee	CV	5:56.0	2. Wright	SLZ	25.7
200			9. Rojas	SLZ	6:02.4	3. Alan Manoukian	CV	27.6
1. Wang	MC	32.5	10. Slagado	MC	6:11.6	4. Cato	SLZ	27.7
2. Metters	SLZ	35.3	11. Ochoa	SLZ	6:38.1	5. Brian Sien	CV	27.8
3. Lomelli	SLZ	33.5	12. Deguzman	MC	6:39.4	3200		
4. Sin	SLZ	35.3	110 Hurdles			1. Tom Ashby	CV	11:28.9
5. Ashley Bright	CV	35.9	1. Jordan Mackey	CV	17.8	2. Vergara	SLZ	12:48.1
3200			2. Marcelo Sanchez	CV	20.6	3. Macaraeg	MC	13:16.7
1. Pam MacLeod	CV	12:47.4	3. Chris So	CV	21.20	4. Takeo Hiraki	CV	13:22.8
2. Crosby	MC	13:26.5	4. Josh Bivings	CV	21.30	5. Salgado	MC	13:23.8
3. Smith	SLZ	13:38.9	5. David Lum	CV	22.9	6. Rojas	SLZ	13:36.2
7. Jeremy Jang	CV	24.6	6. Mustafa Nawabzada	CV	24.4	7. Kevin Gee	CV	13:53.6
4 x 400			7. Jeremy Jang	CV	24.6	4 x 400		
1. CV (Choiunard, Chan, Harris, Carvin)		5:12.4	400			1. CV "A" (SAnchez, Galaura, Ashby, Weekes)	4:13.1	
2. SLZ (Daliva, Metters, Funn, Lomelli)		5:35.6	Heat 1			2. CV "B" (Nawabzada, So, Sien, Talley)	4:21.3	
Long Jump			1. Eagles	SLZ	64.3	3. SLZ (no names available)	4:44.5	
1. Francesca Soares	CV	12:9	2. Aaron Gualara	CV	66.0	Long Jump		
(12-2.5)			3. Josh Leines	CV	67.0	1. Vince Talley	CV	16-8.5
2. Jaclyn Crosby	MC	12:9	4. Jackson	SLZ	71.1	2. Freddie Ng	CV	16-6.5
(11-9.5)			Heat 2			3. Jacob Krieter	CV	15-10.5
3. Iesha Rush	CV	12-3	1. Vince Talley	CV	60.5	4. Jimmy Sunga	CV	15-9.5
3. Angela Wang	MC	12-3	2. Scott Peek	CV	62.8	5. Brandon Seales	CV	15-5.5
5. Lisa McComb	CV	12-5	3. Cato	SLZ	63.2	6. Chris So	CV	15-4.5
6. Ashley Bright	CV	11-8	100			7. Josh Bivings	CV	13-8.5
Triple Jump			1. Mew	MC	12.6	8. Francis Garay	SLZ	13-6
1. Tania Lomelli	MC	25-1	2. Freddie Ng	CV	12.6	9. Scott Peek	CV	13-5
Ahley Bright	CV	n.d.	3. Gray	SLZ	13.0	10. Josh Leines	CV	13-1.5
Kelsey Dunnigan	CV	n.d.	4. Juan	SLZ	13.0	11. Ly Im	SLZ	12-5
Heat 2			5. Alan Manoukian	CV	13.9	12. Ben Nguyen	SLZ	10-0
1. Allen	MC	12.1	1. Allen	MC	12.1	Triple Jump		
2. Ronnie Irvin	CV	12.5	2. Branch	SLZ	13.7	1. Tim Wong	CV	32-9
3. Branch	SLZ	13.7	4. Jacob Krieter	CV	14.1	2. Jimmy Sunga	CV	32-2.5
4. Iesha Rush	CV	3-10	5. Im	SLZ	14.9	3. Vince Talley	CV	30-2
3. Kelsey Dunnigan	CV	3-8	Heat 3			4. Scott Peek	CV	27-9.5
4. Michelle Gaston	CV	3-6	1. Thomas	MC	12.1	Shot Put		
5. Michelle Gaston	CV	16-7	2. Wong	CV	12.3	1. Jimmy Sunga	CV	5-2
Shot Put			3. Brian Sien	CV	13.2	2. Jimmy Quintanilla	CV	5-0
1. Alana Knight	CV	27-8	4. Clato	SLZ	13.3	3. Vince Talley	CV	4-8
2. Shelline Waldorf	CV	26-6	800			4. Scott Peek	CV	4-6
3. Kelsey Dunnigan	CV	22-5	1. Vergara	SLZ	2:27.0	5. Marcelo Sanchez	CV	4-6
4. Jenny Kaehms	CV	20-7	2. Will Weeks	CV	2:28.5	High Jump		
5. Michelle Gaston	CV	16-7	3. Machrage	MC	2:30.0	1. Jimmy Sunga	CV	5-2
Discus			4. Rojas	SLZ	2:45.1	2. Jimmy Quintanilla	CV	5-0
1. Alana Knight	CV	78-9	5. Salgado	MC	2:45.6	3. Vince Talley	CV	4-8
2. Shelline Waldorf	CV	61-10	6. Dguzman	MC	2:59.3	4. Alvin Mai	CV	25-4
3. Kelsey Dunnigan	CV	54-8.5	300 Hurdles			5. Joe Ashby	CV	25-3
4. Dash Smith	SLZ	53-1.5	Heat 1			Shot Put		
5. Michelle Gaston	CV	52-9.5	1. Jordan mackey	CV	48.1	1. Dondre Johnson	SLZ	42-1.5
Pole Vault			2. Marcelo Sanchez	CV	50.6	2. Alex Vasquez	CV	31-7
1. Daina Vargas	CV	6-0	3. Josh Bivings	CV	53.2	3. Gerge Gilham	CV	27-11
2. Frankie Soares	CV	5-0	4. David Lum	CV	45.8	4. Alvin Mai	CV	67-1
no third			Heat 2			5. Ben Nguyen	SLZ	66-7
Boys' Frosh-Soph			1. Chris So	CV	50.9	6. Joe Ashby	CV	55-6
4 x 100			2. Mustafa Nawabzada	CV	57.2	Pole Vault (non-scoring)		
1. CV "A" (Ng, Quintanilla, Manoukian, Wong)		50.7	3. Jeremy Jang	CV	61.3	1. Marcelo Sanchez	CV	8-0
2. SLZ (Branch, Wright, Garay, Cato)		50.7	100			2. Josh Leines	CV	7-0
3. MC (Mew, thomas, Allen, Gato)		51.5	Heat 1			no third		
4. CV "B" (Lum, Mackey, Bivings, Sien)		51.6	1. Allen	MC	25.4	Girls' Varsity		
51.5			2. Freddie Ng	CV	26.7	4 x 100		
4. CV "B" (Lum, Mackey, Bivings, Sien)		51.6	3. Garay	SLZ	26.7	1. CV (Huerta, LeBlanc, Brown, Douglas)		
51.6			4. Tom Ashby	CV	27.7	54.1		
Heat 2			5. Jimmy Quintanilla	CV	27.8	2. MC (Leah, Martinez, Reyes, Hlbert)		
1. Tom Ashby	CV	5:13.5	Heat 2			57.4		
2. Eagles	SLZ	5:24.0	1. Mew	MC	26.2			
3. Vergara	SLZ	5:26.8	2. Tim Wong	CV	26.6			
4. Macaraeg	MC	5:27.2	3. Ronnie Irwin	CV	27.1			
1600			4. Branche	SLZ	28.2	1600		

1. Karen Chan	CV 5:55.3	400	High Jump
2. Ochoa	SLZ 6:03.5	Discus	1. Kyle West
3. Ashley Hebert	CV 6:07.6	1. Jodi Tam	CV 5-4
4. Andrea Chow	CV 6:19.1	2. Navenus Pham	CV 5-0
5. Rebecca Hannon	MC 6:22.8	3. Grace Hopfenbeck	CV n.h.
6. Meye	MC 6:48.3	4. Anita Hegedus	
7. Padilla	SLZ 7:03.0	5. Mariel Chavez	
8. Ang	MC 7:23.3	6. Jasmine Pratt	
		7. Claire Koeneman	
100 Hurdles		8. Nicole Abraham	
Heat 1		9. Jessica Wong	
1. Kelsey Lee	CV 16.4	10. Alexandra Harbert	
2. Pauline Simmons	CV 17.8	11. Mimi Vo	
3. Alex Huerta	CV 18.0	12. Caitlin Iwafuchi	
4. Alena LeBlanc	CV 18.8	13. Becca Bustinduy	
Heat 2		14. Erin MacVoy	
1. Rebecca Knight	CV 20.8	MC 47-5	
2. Beth August	CV 21.6		
3. Genicia Reyes	MC 21.7	High Jump	
		1. Paula Brown	
400		2. Alena LeBlanc	
1. Megan Lee	CV 70.1	3. Pauline Simmons	
2. Johnson	SLZ 64.6	4. Genicia Reyes	
no third		Rebecca Knight	
100		CV n.h.	
Heat 1		Long Jump	
1. Kandice Douglas	CV 12.8	1. Kelsey Lee	
2. Ugbah	MC 13.4	2. Pauline Simmons	
3. Martinez	MC 14.9	3. Paula Brown	
4. Harbert	MC 15.0	4. Genicia Reyes	
Heat 2		5. Mariel Martinez	
1. Mimi Vo	CV 14.7	6. Noemi Perlas	
2. Perles	MC 15.8	Devin King	
3. Romero	MC 16.8	CV n.d.	
800		Triple Jump	
1. Chelsea Schneider	CV 2:34.3	1. Kelsey Lee	
2. Haley Batis	CV 2:34.8	2. Mariel Martinez	
3. Encelarg	MC 2:36.4	3. Noemi Perlas	
4. Ochoa	SLZ 2:47.5	CV 35-2.5	
5. Myer	MC 3:05.0	MC 28-0	
6. Padilla	SLZ 3:07.3	MC 26-5.5	
7. Ang	MC 3:25.0	CV 5-0	
300 Hurdles		Pole Vault (non-scoring)	
1. Kelsey Lee	CV 52.4	1. Rebecca Knight	
2. Pauline Simmons	CV 53.6	2. Haley Batis	
3. Alex Huerta	CV 57.4	3. Beth August	
		4. Elizabeth Littlejohn	
200		5. Kayle Loftis	
1. Ugbah	MC 29.6	CV 46.3	
2. Elizabeth Littlejohn	CV 30.4	4 x 100	
3. Johynson	SLZ 31.9	1. CV "A" (Rice, Trajano, Hung, Oliver)	
		2. Cv "B" (Heuer, Panighetti, Lee, Ly) 48.6	
3200		3. MC (Denhams, Merrier, Thomas, Johnson) 58.2	
1. Nicole Yang	CV 12:57.3	1600	4 x 400
2. Rebecca Hannon	MC 13:10.4	1. Jack Leng	1. CV "B" (Jack Leng, James Fazio, Josh Fong, Nick Arredondo) 3:50.3
3. Karlina Beringer	CV 13:14.4	2. James Fazio	2. CV "A" (DAsh Oliver, Kenny Robertson, Roberto Trajano, Fredy Rice) 3:56.2
4 x 400		3. Matt Riley	
1. CV (Lee, Schneider, Batis, Wadsworth)	4:43.3	4. Andrew Cheshire	
		5. Nick Arredondo	
		6. Brian Fix	
		7. Kenny Robertson	
		8. Chou	
		9. Santiago	
Shot Put		10. Joel Becker	
1. Grace Hopfenbeck	CV 30-4	11. McGrath	
2. Jodi Tam	CV 27-0.15	12. Dhiman	
3. Nicole Abraham	CV 26-7	13. Goncalves	
4. Jasmine Pratt-Minor	CV 26-6.25	14. Sherman Yang	
5. Anita Hegedus	CV 26-3.5	CV 4:46.7	
6. Claire Koeneman	CV 25-3	CV 4:47.8	
7. Danette Romero	MC 22-0.5	CV 4:53.9	
8. Mariel Chavez	CV 21-9	CV 4:55.7	
9. Navenus Pham	CV 21-6	CV 4:56.9	
10. Mimi Vo	CV 20-0	CV 4:57.5	
11. Becca Bustinduy	MC 19-9.5	CV 5:10.9	
12. Jessica Wong	CV 19-4.5	CV 5:23.2	
13. Caitlin Iwafuchi	CV 16-9	CV 5:23.9	
14. Erin MacVoy	MC 16-8	CV 5:25.4	
		SLZ 5:29.2	
110 Hurdles		MC 5:35.6	
		SLZ 5:39.5	
		CV 6:29.1	
		Triple Jump	
		1. Elliot Hung	
		2. Bryant Johnson	
		3. Ivan Ly	
		4. CJ Thomas	
		5. Ryan Turner	
		6. Kyle West	
		7. Michael Williams	
		CV 40-0	
		MC 39-9	
		CV 35-3.5	
		MC 34-8	
		CV 34-4.5	
		CV 33-6.5	
		CV 28-9	

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

This was an exciting meet for us, as we came away with not only two team plaques, but we also were able to get our own invitational off and running after two years of rain-outs. 13 high school teams showed up, and put on quite a show. We ran 47 heats of races in the span of 5 1/2 hours, got results on all of them, and had 6 field events in 3 divisions going on as well.

There was a fair amount of low-grade chaos going on, but the parent volunteers, the coaches, and the junior-senior athletes hung in there to get the meet done.

The BFS pulled out the win in the last event when they won the pole vault, and the GV was just a step behind the Carondelet team all night. The GFS took 4th, and that was without any real sprint presence.

Once again I have to mention that absences from meets hurt the team, and being on a team means committing to all of the competitions as well as all the workouts.

* = earned a medal

Boys' Frosh-Soph

1	Castro Valley	65
2	Bishop O'Dowd	58
3	Redwood Christian	56
4	St. Mary's	54
5	Northgate	48
6	Washington	35
7	Acalanes	35
8	Las Lomas	20
9	Dublin	9

4 x 100

Heat 1

3 Castro Valley "C" 51.63

Brandon Seals, David Lum, Mustafa Nawabzada, Aaron Gualara

Heat 2

* 1 Castro Valley "A" 47.87

Freddie Ng, Tim Wong, Alan Manoukian, Dash Oliver

3 Castro Valley "B" 53.27

Chris so, Jimmy Quintanilla, Josh Bivings, Mustafa Nawabzada

The "A" team came through in spades as Dash dropped down to help out. Only BOD beat us on time in the second heat. The other teams had personnel shuffling but we got three teams around the track.



Josh looks strong on leadoff for the "B" team.

4 x 200

2 Castro Valley "B" 1:48.33

Mustafa Nawabzada, Brian Sien, JOSH Bivings, Jimmy Sunga

Heat 3

4 Castro Valley "A" 1:48.72

Freddie Ng, Tim Wong, Aaron Gualara, Alan Manoukian

As people showed and no-showed, there was shuffling around and we were able to be competitive but outside the medal places.

4 X 400

Heat 1

4 Castro Valley "B" 4:07.91

Tim Wong, Brian Sien, Aaron Gualara, Jordan Mackey

Heat 2

5 Castro Valley "A" 3:54.15

Dash Oliver, Freddie Ng, Scott Peek, Vince Talley

Dash once again was the difference as the "A" squad grabbed the last scoring spot. The "B" team got experience.

4 x 800

no CV entry

4 x 1600

7 Castro Valley 22:00.0

Tom Ashby, Kevin Gee, Takeo Hiraki, Will Weeks

The boys were not in the hunt, but

are getting race experience for our league competition.

4 x 65 Shuttle Hurdles

Heat 2

* 1 Castro Valley 45.14

Aaron Gualara, Marcelo Sanchez, Mustafa Nawabzada, Jordan Mackey

Our hurdlers are actually pretty good, and with Jordan on anchor were eked out by just a fraction of a second for first.

Open 100

Heat 3

* 1 Dash Oliver 11.68

5 Freddie Ng 13.07

Dash made it 3 for 3 for medals with his individual win.

Devil-Take-The-Hindmost Mile

* 5 Tom Ashby 4:58.91

25 Kevin Gee n.t.

26 Will Weeks n.t.

Tom ran well but a bit back from the leaders. Kevin and Will trailed the pack and missed getting times.

3 x Long Jump

* 4 Castro Valley 47-8.25

Vince Talley 16-8.25

Jacob Kreitzer 15-8

Freddie Ng 15-9.5

Even without any single great jump, the team still had pretty good total.

3 x Triple Jump

* 4 Castro Valley 61-2

Vince Talley 31-2

Scott Peek 30-6

no third jumper

The TJ is a difficult event, so even with Tim Wong missing the event, the others still medaled against the other teams.

3 x High Jump

* 2 Castro Valley "A" 14-2

Jimmy Quintanilla 5-0

Scott Peek 4-8

Vince Talley 4-6

Nice jumping by Jimmy put us high in the standings.

top individuals

* 2 Jimmy Quintanilla 5-0

3 x Shot Put

* 4 Castro Valley 78-10

Joe Ashby 21-10

George Gilham 26-7

Alex Vasquez 30-5

The throwers were able to squeak into the medal consideration.

3 x Discus

* 3 Castro Valley 202-2

George Gilham 67-0

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

Alex Vasquez 73-8
Joe Ashby 61-6

The sameboys were also able to managed more medals.

top individuals

* 4 Alex Vasquez 73-8
* 5 George Gilhamge 67-0

3 x Pole Vault
* 1 Castro Valley 26-0
Marcelo Sanchez 9-0
Brandon McDonagh 9-0
Josh Lleines 8-0

This event won the meet for us, as it gave us the late points to overtake Bishop O'Dowd for the overall team title.

top individuals

* 2 Nolan McDonagh 9-0
* 3 Marcelo Sanchez 9-0

Girls' Frosh-Soph

1	Mercy-Burlingame	73
2	Carondelet	69
3	St. Mary's	66
4	Castro Valley	60
5	Acalanes	42
6	Las Lomas	35
7	Bishop O'Dowd	12
8	Mission	11
9	Dublin	4

4 x 100
Heat 2
6 Castro Valley 1:00.13

Lisa McComb, Beth Chan, Ashley Bright, Tanya Simbra

With lescha missing we had to emergency substitute Ashley

4 x 200
no CV entry
Absences and injuries doomed this team

4 x 400
no CV entry
we couldn't get enough girls to stick around to pull this one off.

4 x 800
* 2 Castro Valley 11:14.28
Good job all around, but Brewer didn't get the names or times.

4 x 1600
* 1 Castro Valley 24:01
We did just fine, but once again Brewer is not exactly sure of the names and times.

4 x 60 shuttle hurdles
Heat 2
* 2 Castro Valley 1:00.31
Lisa McComb, Daina Vargas, Frankie Soares, Jenny Kaehms

Wtih only 4 teams, all we had to do was finish for a medal. Jenny was the emergency replacement for Tanya, and

did just that -- finish.

Open 100
no CV entry

Devil-Take-The-Hindmost Mile
no CV entry

3 x Long Jump
* 4 Castro Valley 24-3.75
Frankie Soares 11-11.75
Lisa McComb 12-4
no third jumper

A small field allowed us to grab a medal.

3 x Triple Jump
* 1 Castro Valley 29-0
Bethany Chan 29-0
Asley Bright no mark
Kelsey Dunnigan no mark

The takeoff board was too far back for the few jumpers who did showup, so Bethany was the only girl who had a fair jump inthe entire meet. So, she wins the team and individual competition.

top individuals

* 1 Bethany Chan 29-0

3 x High Jump
* 1 Castro Valley 11-8
Frankie Soares 4-2
Michelle Gaston 3-8
Kelsey Dunnigan 3-10

EVen with Kelsey and Michelle learnign the event just the day before, we had enough height to win it all.

top individuals

* 4 Francesca Soares 4-2

3 x Shot Put
6 Castro Valley 37-4.5
Kelsey Dunnigan 19-10.5
Michelle Gaston 17-6
no third thrower

Absences hurt the team effort.

3 x Discus

* 2 Castro Valley	140-8
Kelsey Dunnigan	54-2
Michelle Gaston	41-3
Jenny Kaehms	45-3

Well, having three girls makes a difference as the girls grabbed a top place in the medals.

top individuals

* 5 Kelsey Dunnigna 54-2



Klews in charge of the discus,

3 x Pole Vault
* 3 Castro Valley 5-6
Daina Vargas 5-6
Frankie Soares n.h.
no third vaulter

Daina alone was enough to place today.

Girls' Varsity

Carondelet	124
Castro Valley	77
St.Mary's	54
Las Lomas	50
Fremont	21
Washington	20
Northgate	18
Mercy	14
Arroyo	6
Dublin	4
Acalanes	2

4 x 100
Heat 4
* 2 Castro Valley 50.78
Alex Huerta, Jessica Thompson, Paula Brown, Kandice Dougla

It was good to get Jessica back from the ineligible list, as we nailed down a season best.

4 x 200
Heat 3
* 3 Castro Valley 1:51.99
Alex Huerta, Alena LeBlanc, Kandice Douglas, Jessica Thompson

Even with new faces on the squad, we were able to grab another sprint medal.

CASTRO VALLEY INVITATIONAL

Friday, March 23, 2007 @ Las Lomas High School

4 x 400		6 Castro Valley "B"	11-0
Heat 2		Kayle Loftis	5-6
* 2 Castro Valley	4:12.55	Liz Littlejohn	5-6
Chelsea Schneider	63.5	top individuals	
Haley Batis	62.5	* 5. Rebecca Knight	7-6
Monayh Wadsworth	62.8		
Megan Lee	63.5		

The end of the meet saw us fall behind St. Mary's, but discover another top talent in Monayh.

4 x 800

* 1 Castro Valley "A" 9:57.10

Haley Batis, Megan Lee, Pam MacLeod, Chelsea Schneider

This was a runaway win for us with a very good time.

8 Castro Valley "B" 10:57.87

Brewer did not get names and times on this one.

4 x 1600

8 Castro Valley 25:49.55

Brewer did not get names and times on this one.

4 x 60 Shuttle hurdles

Heat 2

* 1 Castro Valley 41.29

Alex Huerta, Alena LeBlanc, Pauline Simmons, Kelsey Lee

This was not even close, and the girls took down a 15 year school record in the event.

Open 100

Heat 4

* 3 Kandice Douglas 12.92

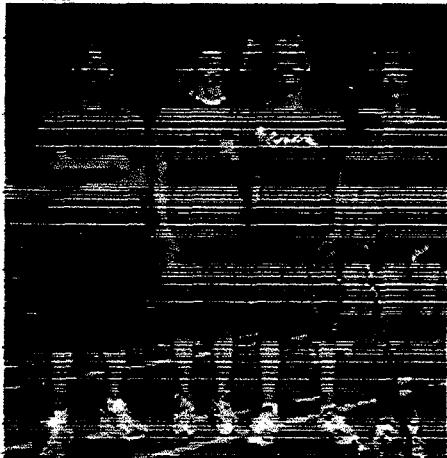
Kandice was in this one all the way, and PR'd enough to move to # 4 on the CV All-Time list.

Devil-Take-The-Hindmost Mile

9 Karlina Beringer 6:00.87

dnf Emily Marciel pulled off by the Devils

Karlina ran a muted effort, and Emily put on a show dodging the Devils in the infield.



The Devils always spice up the mile.

3 x Long Jump	
* 2 Castro Valley	46-1.75
Paula Brown	16-6.5
Kelsey Lee	15-11
Pauline Simmons	14-6.25

Paula found her bounce today, and it carried the team to a medal and her to #7 on the CV All-Time list.

top individuals:

* 2 Paula Brown	16-6.5
* 4 Kelsey Lee	15-11

3 x Triple Jump	
1 Castro Valley	97-6.75

Kelsey Lee 34-1.5

Paula Brown 32-1

Pauline Simmons 31-4.5

The girls took this won convincingly. Kelsey was again our top girl, showing us why she is #5 on the All-Time CV list.

top individuals

* 2 Kelsey Lee	34-1.5
----------------	--------

3 x High Jump

2 Castro Valley	13-6
Paula Brown	4-10

Pauline Simmons 4-4

Alena LeBlanc 4-4

The jumps were not spectacular, but solid.

top individuals

3 Paula Brown	4-10
---------------	------

3 x Shot Put

10 Castro Valley "B"	61-8.5
Navenus Pham	19-5.5

Claire Koeneman 23-6

Emily Marciel 18-9

11 Castro Valley "A" 44-11

Alana Knight 25-2

Jessica Wong 19-9

no third thrower

The girls were out-tossed by some pretty good teams

3 x Discus

5 Castro Valley "A"	196-8.5
Alana Knight	74-0.5

Jessica Wong 52-2

Claire Koeneman 60-6

Alan's last toss brought this team to within a place of getting a medal.

10 Castro Valley "B"	107-10
Emily Marciel	43-7

Navenus Pham 64-3

no third thrower

3 x Pole Vault

* 3 Castro Valley "A"	20-0
Rebecca Knight	7-6

Haley Batis 6-6

Beth August 6-0

A respectable outing, even though the girls felt they could have gone higher.

Martinez Relays

Alhambra High School Saturday March 23, 2007

We were not expecting much today, as it was the third day of consecutive track meets. What we did not know was just how competitive our athletes were. We got more than a few athletes to the line, and we came through with some pretty good marks overall.

The GV took the team title, which was a surprise, and Kelsey Lee was awarded the Athlete-Of-The-Meet for GV. Way to go, Kelsey! We also got 4th in the GFS, 6th in the BV, and even picked up enough points in the BFS to grab 12th.

There were some tired puppies out there today, and everyone was a big groggy from the three-day track binge. We won't see a stretch like this until we get to the Top 8 meet in late April.

* = earned medals

Martinez Relays
Alhambra High School Saturday March 23, 2007

Kyle West n.h.

3 x Triple Jump

GV

Kesley Lee, Pauline Simmons, Paula Brown

95-05 * 1st

BV

Ivan Ly, Richie Arredondo, Nick Arredondo

105-06 * 5th

3 x Shot Put

GFS

Shelline Waldorf, Alana Knight, Kelsey Dunnigan

58-03.5 6th

BFS

Alex Vasquez, Joe Ashby, Alvin Mai

78-03.5 11th

GV

Anita Hegedus, Calire Koeneman, Grace Hopfenbeck

75-06 9th

BV

no CV entry

3 x Discus

GFS

Alana Knight, Shelline Waldorf, Michelle Gaston

160-10.5 * 4th

BFS

Alex Vasquez, Joe Ashby, Alvin Mai

218-00.5 8th

GV

Jodi Tam, Grace Hopfenbeck, Anita Hegedus

233-10 6th

BV

Luke Wegener, Erik Chow, Paul Noe

290-0 9th

2 x Pole Vault

GFS

Daina Vargas 6-0, Frankie Soares 5-6

11-6 * 5th

BFS

Marcelo Sanchez 8-6

GV

no CV entry

BV

Mike Williams 12-0, Kyle West 10-0

22-0 * 1st

Castro Valley vs Tennyson vs San Leandro

@ Tennyson
Wednesday, April 4, 2007

GFS
CV 100, T 0
CV 69, SL 47
SI 79, T 0

BFS
CV 121, T 4
SL 76, CV 54
SL 103, T 4

GV
CV 93, T 26
CV 99, SL 28
SL 35, T 33

BV
CV 115, T 10
CV 99, SL 28
SL 82, T 32

4 x 100

GFS
1. SL Chung,Jung,Tran,Limlingan
57.2

2. CV
Rush,Chan,Owyang,McComb 118.0
BFS
1. SL"A" Dixon,Yee,Monroe,Zhu
48.8
2. CV"A" Ng,Sunga,So,Billings
51.0
3. SL"B" Rj,Trander,Howard,Dion
51.2

4. T Doan,Smith,Gopal,HAlloran
54.4
5. CV"B"
Law,Seals,Jeramy,Kreitzer 55.4

GV
1.T Dedeaux,Gant,Warren,Truesdale
52.0

2. CV
LeBlanc,Lee,Schneider,Douglas 54.5
3. SL Jones,Brooks,Hong,Cruz
57.5

BV
1. CV"A"
Oliver,Rice,Trajano,Hung
45.8

2. SL Sales,Cranford,Rad,Mason
46.1
3. CV"C"
Coles,Williams,Reclus,Perez 50.3

4. CV"B"
Ly,Arredondo,Mitchell,Kwong
51.5
5. T Dorsey,Kumar,Luis,Smith
53.0

1600

GFS
1 Amanda Chouinard CV 6:03
2 Suzan So SL 6:23

3 Jeanette Canela SL 6:38
4 Winnie Lei SL 7:04
5 Jessica Wong SL 7:08
6 Eva Poon CV 7:10

7 Viktoriya Mukha CV 7:24
8 Becky Chao CV 7:48

BFS
1 Tom Ashby CV 5:03
2 Edgar Alvarado SL 5:04
3 Matt Neisse SL 5:35
4 Simon Tsang SL 5:35

5 Kevin Gee CV 5:44	2 Jamoni Brooks SL 1:10.6	GV
6 Everardo Villalobos T 5:49	3 Francesca Knight CV 1:10.8	1 Haley Batis CV 2:27.0
7 Bryant Luong T 5:50	4 Summer Harris CV 1:14.2	2 Nonna Sanchez SL 2:46.8
8 Alonzo Macis T 6:00	5 Jieun Choi CV 1:15.0	3 Summer Harris CV 2:49.8
9 Javier Morales SL 6:13	6 Cristina Cruz SL 1:21.2	BV
10 David Fang SL 7:25	BV	1 Andrew Cheshire CV 2:09.8
GV	Heat 1	2 James Fazzio CV 2:10.6
1 Kaitlin Santisteban CV 5:51	1 Miguel Sales SL 0:54.8	3 Jack Leng CV 2:11.3
2 Karen Chan CV 5:52	2 Richie Arredondo CV 0:55.2	4 Eric Mear SL 2:11.9
3 Ashley Hebert CV 6:05	3 Fredy Rice CV 0:56.5	5 Josh Fong CV 2:13.0
4 Jenny Kaehms CV 6:07	4 Neiman Chan T 0:57.3	6 Dragan Savic SL 2:15.9
5 Norma Sanchez SL 6:17	5 Nelson Mei SL 1:01.0	7 Nelson Mei SL 2:19.4
6 Irene Gilchriese CV 6:22	Heat 2	8 Matt Riley CV 2:19.9
7 Andrea Chow CV 6:27	1 Robin Trajano CV 0:57.7	9 Travis Coles CV 2:23.5
8 Navenus Pham CV 7:13	2 Sergio Perez CV 1:00.6	
GV	3 Hernandez Jose SL 1:03.2	300 Hurdles

1 Jack Lang CV 4:40	100	GFS
2 James Fazzio CV 4:43		1. Erin Limlingan SL 58.0
3 Matt Riley CV 4:52		2. Frankie Soares CV 62.4
4 Nick Arredondo CV 4:53		3. Daina Vargas CV 63.6
5 Jonathan Garcia SL 4:54	FSG	
6 Andrew Cheschire CV 4:57	1 Christina Tran SL 13.7	
7 Dragan Saric SL 5:02	2 Iesha Rush CV 14.4	
8 Eric Meas SL 5:11	3 Lisa McConnah CV 14.7	
9 Kenny Robertson CV 5:20	4 Patricia Falowo SL 14.7	
10 Becker Joel CV 5:26	BFS	
11 Li Chao CV 5:43	1 Jordan Mackay CV 46.1	
12 Will McCabe SL 6:14	2 Marcelo Sanchez CV 49.2	
13 Sherman Yang CV 6:19	3 Xavier Dickson SL 52.1	
	4 Edward Gopal T 53.4	
	5 Mustafa Nawabzada CV 54.4	
	6 Terence Smith	
	Heat 2	
	1 Cory Howard SL 12.2	
	2 Tim Wong CV 12.4	
	3 Freddie Ng CV 13	
	4 Dezmon Monroe SL 13.4	
	5 Edward Gopal T 13.6	
	6 Terence Smith T 14.4	
	Heat 1	
	1 Aron Wong SL 12.2	
	2 Ronnie Irvin CV 12.5	
	3 Jimmy Senga CV 13	
	4 R.J. Navarro SL 13.3	
	5 Brian Sien CV 13.7	
	GV	
	1 Alicia Truesdale Tenn 12.6	
	2 Sonia Brooks SL 13	
	3 Kandice Douglas CV 13.2	
	4 Melissa Gant T enn 13.5	
	5 Denicia Dedeaux Tenn 13.5	
	BV	
	1 Melquisha Warren T 13.3	
	2 Denicia Dedeaux T 13.6	
	3 Mimi Vo CV 14.7	
	4 Anita Hoang SL 14.9	
	200	

1 JUNG YOON CHUNG SL 20.6	GFS
2. LISA MCCOMBS CV 21.6	1. Rebecca Schneider CV 51.6
3. DIANA VARGAS CV 21.8	2. Kelsey Lee CV 53.6
4. FRANKIE SOARES CV 22.7	3. Pauline Simmons CV 54.6
BFS	4. Hana Albarazi CV 57.5
Heat 1	GV
1. Chris So CV 20.9	1. Maurice Valentine CV 43.8
2. Josh Bivings CV 21.5	2. Alonso Smith T 45.6
3. Murtofa Nawabzada CV 23.9	3. Scott Kwang CV 48.2
4. Jeremy Jang CV 24.3	4. Nenad Ramonovic SL 51.6
Heat 2	Heat 1
1. Jordan Mackay CV 17.4	1. Maurice Valentine CV 43.8
2. Marcelos Sanchez CV 20.1	2. Alonso Smith T 45.6
3. Dave Lum CV 21.4	3. Scott Kwang CV 48.2
GV	4. Nenad Ramonovic SL 51.6
HEAT 1	Heat 2
1. KELSEY LEE CV 17.0	1. Maurice Valentine CV 43.8
2. PAULINE SIMMONS CV 18.2	2. Alonso Smith T 45.6
3. ALENA ELEBLANC CV 18.5	3. Scott Kwang CV 48.2
HEAT 2	4. Nenad Ramonovic SL 51.6
1. Hana Albarazi CV 19.6	GV
2. Beth August CV 20.3	1. Gigi Jeung SL 29.4
3. Rebecca Knight CV 21.3	2. Iesha Rush CV 31.2
BV	3. Patricia Falowo SL 32.6
Heat 1	4. Ashley Bright n.t
1 Maurice Valentine CV 16	BFS
2 Alonzo Smith T 17.6	1. Andy Shu SL 24.7
Nenad Ramonovic dnf	2. Aaron Wong SL 25.5
Heat 2	3. Tim Wong CV 26.0
1 Scott Kwang CV 19.3	4. Xavier Dickson SL 26.3
2 Kyle West CV 19.3	5. Joe Ashby CV 27.8
3 Mike Williams CV 20.3	6. Patrick Halloran T 28.1
	Heat 2
	1. Ronnie Irvin CV 26.0
	2. Jamie Summerhill SL 26.1
	3. Travis Gardner SL 26.6

400	GFS
1 Megan Lee CV 1:03.1	1 Chelsea Schneider CV 2:28.2
2 Jungyoong Chung SL 1:08.0	2 Susan So SL 2:53.2
3 Bethany Chan CV 1:11.5	3 Janete Canela SL 3:05.8
BFS	4 Winnie Lai SL 3:07.4
1 Michael Jee SL 0:58.5	5 Jessica Wong SL 3:15.9
2 Jordan Mackey CV 1:00.3	6 Everando Villalobos SL 2:25.3
3 Jamie Summerhill SL 1:00.7	7 Tom Ashby CV 2:29.2
4 Vince Tally CV 1:02.5	8 Matt Neisse SL 2:31.9
5 Josh Leines CV 1:06.0	9 Alonzo Macias T 2:32.5
GV	10 Bryant Lugong T 2:38.9
1 Sonia Jones SL 1:05.9	11 Javier Morales T 2:45.5
	12 David Fang SL 2:59.9
	13 Jamoni Brooks SL 3:29.4
	14 Haley Batis CV 23.6

2. Fredy Rice	CV	23.7	GV		1. Pauline Simmons	CV	15-3	1 Daryl Moreno	SL	33-9	13. Mikhail Hosain	CV	67-3	
3. Elliot Dorsey	T	24.2	1. Kelsey Lee	CV	14-11	2. Kelsey Lee	CV	14-2	2 Mario Sanchez	SL	33-0.5	14. Michael Porter	CV	58-10
4. Neiman Chan	T	26.3	3. Mequisha Warren	T	14-2	4. Jieun Choi	CV	13-2.5	3. Ione Maile	SL	31-3			
5. Jose Hernandez	SL	26.9	Mindy Tran	T	n.d.	5. Gabe Aseron	CV	13-2.5	4. Alex Vazquez	CV	30-9			
6. Omar Mosa	SL	27.6				6. Gaton Gilham	CV	29-5.5	5. Gabe Aseron	SL	30-3			
Heat 2						7. Joe Ashby	CV	25-10	6. Gaton Gilham	CV	29-5.5			
1. Roberto Trajano	CV	24.8	BV		8. Jorge Hernandez	CV	18-6	7. Joe Ashby	CV	25-10				
2. Joe Mitchell	CV	25.5	1. Ivan Ly	CV	18-4	GV		8. Jorge Hernandez	CV	23-1.5				
3. Matther Brown	T	26.6	2. Neal Redlus	CV	18-1									
4. Sergio Perez	CV	27.1	3. DevonSchultz	CV	17-10	1 Grace Hopfenbeck	CV	30-11						
			4. Manny Dupart	SL	17-10	2 Meg Strache	CV	29-11						
<u>3200</u>			5. Miguel Sales	SL	17-9.5	3 Claire Koeheman	CV	27-1						
GFS			6. Elliot Hung	CV	17-9	4 Anita Hegedus	CV	26-8						
1. Pam MacLeod	CV	12:22.0	7. Ricardo Benitez	SL	16-0	5 Jodi Tam	CV	26-5						
2. Nicole Yang	CV	12:39.0	8. Travis Coles	CV	15-11	6 Nicole Abraham	CV	26-4.5						
no third			9. Omar Mousa	SL	14-9	7 Emily Marciel	CV	21-0						
BFS			10. Jose Hernandez	SL	14-8	8 Calimée Xia	T	20-11.5						
1. Tom Ashby	CV	10:53.3	11. Chao Li	SL	14-5.5	9 Jessica Wong	CV	19-4						
2. Kevin Gee	CV	13:03.0	12. Matthew Brown	T	14-2	10 Caitlin Iwafuchi	CV	17-7						
Simon Tsang	SL	13:21.0				BV								
GV														
1. Jenny Kaehms	CV	12:43.0	<u>Triple Jump</u>			1. Moa Ngatuvaki	SL	46-11.5						
2. Karolina Beringer	CV	12:50.8	GFS			2. Luke Wegener	CV	39-1.5						
no third			1. Cindy Deng	SL	28-9	3. Malcolm Numm	SL	38-1						
BV			2. Beth Chan	CV	28-0	4. Ben Crosby	CV	36-5						
1. Kenny Robertson	CV	10:56.0	no third			5. Erik Chow	CV	34-8.5						
2. Joel Becker	CV	11:57.0	BFS			6. Jackson Phillips	CV	33-11						
3. Will McCabe	SL	13:38.0	1. Timothy Wong	CV	31-10	7. William Choy	SL	32-7						
			2. Justin G.	SL	31-5	8. Paul Noe	CV	32-7						
<u>4x400</u>			3. Kevin Duong	SL	31-5	9. Daniel Duran	T	31-5						
GFS			4. Scott Peek	CV	28-0	10. Patrick Halloran	T	30-2.5						
1. CV (Owyang, Schneider, Lee, MacLeod)	CV	4:24.1	BV			11. Bobby Paneghetti	CV	29-9						
2. SL (Chung, Jung, Limlingan, Tran)	SL	4:37.6	1. Kelsey Lee	CV	34-6	12. Mikhail Hosain	CV	26-0						
BFS			2. Pauline Simmons	CV	31-4	13. Mike Porter	CV	24-2						
1. SL "A" (L. Dickson, H. Howard, Navarra, Gardner)	CV	3:57.6	4. Beth August	CV	26-2									
2. SL "B" (X. Dickson, Yee, Monroe Zhu)	CV	4:06.0	<u>Discus</u>											
3. CV (Mackay, Ng, Talley, So)	CV	4:07.0	1. Ivan Ly	CV	38-8	GFS								
4. T (Gopal, Villalobos, Leung, Smith)	CV	4:27.0	2. Elliot Hung	CV	38-0	1. Shelline Waldorf	CV	64-8						
BV			3. Richie Arredondo	CV	35-6	2. Alana Knight	CV	62-1						
1. CV "A" (Oliver, Trajano, Valentine, Rice)	CV	3:44.7	4. Kyle West	CV	34-3	3. Kersey Dunnigan	CV	53-3						
2. CV "B" (Leng, Fong, R. Arredondo, N. Arredondo)	CV	3:46.9	5. Mike Williams	CV	33-5	4. Alma Morales	SL	47-10						
3. CV "C" (Cheshire, Fazzion, Mitchell, Riley)	CV	3:54.4	6. Ricardo Benitez	SL	30-3	5. Michelle Gaston	CV	44-9						
4. T (Smith, Chen, Kumar, Dorsey)	CV	3:55.0	<u>High Jump</u>											
results missing			GFS			BFS								
BFS			1. Gigi Jung	SL	4-0	1. Sione Maile	SLHS	97-2						
1. Cory Howard	SL	18-0	2. Kesley Dunnigan	CV	4-0	2. Milton Solano	SLHS	95-7						
2. Michael Yee	SL	17-10	3. Fankie Soares	CV	4-0	3. Gabe Aseron	SLHS	88-6						
3. Vince Talley	CV	17-2	4. Michelle Gaston	CV	3-10	4. Mario Sanchez	SLHS	84-0						
4. Andy Zhu	SL	16-7.5	5. Daina Vargas	CV	3-10	5. Alex Vazquez	CV	77-7						
5. Freddie Ng	CV	16-7	BFS			6. Daryl Moreno	SLHS	67-2						
6. RJ Navarra	SL	16-5.5	1. Jimmy Sunga	CV	5-2	7. Gaton Gilliam	CV	66-2						
7. Jimmy Quintanilla	CV	16-0	2. Jimmy Quintanilla	CV	5-0	8. Joe Ashby	CV	62-8						
8. Josh Bivings	CV	16-0	3. Marcelo Sanchez	CV	4-10	9. Jorge Hernandez	CV	57-10						
9. Delmon Monroe	SL	15-4	4. Vince Talley	CV	4-8	10. Halloran	Joseph							
10. Jacob Kreitzer	CV	15-0	5. Scott Peek	CV	4-6	GV	Tenn	54-9						
11. David Lum	CV	14-7	6. Phillip E.	SL	4-0	1. Grace Hopfenbeck	CV	81-0						
12. Scott Peek	CV	14-6	BV			2. Jodi Tam	CV	80-7						
13. Jeremy Jang	CV	13-2	1. Grace Hopfenbeck	CV	4-4	3. Anita Hegedus	CV	69-7						
			Rebecca Knight	CV	n.h.	4. Claire Koeneman	CV	64-7						
			Hana Albarazi	CV	n.h.	5. Meg Strache	SL	63-11						
			Rebecca Schneider	CV	n.h.	6. Nicole Abraham	CV	60-5.5						
			Alena LeBlanc	CV	n.h.	7. Caitlin Iwafuchi	CV	52-0						
<u>Long Jump:</u>			BV			8. Jessica Wong	CV	49-5						
GFS			1. Kyle West	CV	5-6	9. Emily Marciel	CV	47-0						
results missing			2. Ricardo Benitez	SL	5-2	10. Xia Calimée	T	40-8						
BFS			3. Manny Dupart	SL	5-2	BV								
1. Cory Howard	SL	18-0	4. Devon Schultz	CV	5-2	1. Moa Ngatuvaki	SL	117-3						
2. Michael Yee	SL	17-10	5. Chao Li	SL	4-8	2. Luke Wegener	CV	11-7						
3. Vince Talley	CV	17-2	Scott Kwant	CV	n.h.	3. Malcolm Nunn	SL	105-11						
4. Andy Zhu	SL	16-7.5	Maurice Valentine	CV	n.h.	4. Jackson Phillips	CV	96-7						
5. Freddie Ng	CV	16-7				5. Erik Chow	CV	96-5						
6. RJ Navarra	SL	16-5.5				6. Patrick Halloran	T	92-4						
7. Jimmy Quintanilla	CV	16-0				7. Paul Noe	CV	87-11						
8. Josh Bivings	CV	16-0	<u>Shot Put</u>			8. Bobby Paneghetti	CV	87-8						
9. Delmon Monroe	SL	15-4	GFS			9. Daniel Duran	T	80-11						
10. Jacob Kreitzer	CV	15-0	1. Alana Knight	CV	28-5	10. Ben Crosby	CV	80-6						
11. David Lum	CV	14-7	2. Shelline Waldorf	CV	25-6	11. William Choy	SL	76-10						
12. Scott Peek	CV	14-6	3. Alma Morales	CV	20-6.5	12. Wilson Nguyen	CV	73-3						

OAKLAND RELAYS

4/7/2007 LANEY COLLEGE

• = earned medal

The meet started drizzly and chilly, and the weather stayed that way until late afternoon. The Castro Valley presence as muted in a few ways, but the athletes that competed all did very well indeed and were able to showcase our team strength in a larger meet than usual.

The boys had their best overall showing of the season, finishing a strong 5th out of 32 scoring teams. The bulk of the points came from the distance relays, with Maurice in the hurdles and the pole vaulters chipping in.

The recent incursions to the girls' sprint squad and some key absences hurt our possible points in the dashes and the jumps, but we got surprise points in the throws and vault to help out. The distance girls did the bulk of the points, with Kelsey hurdling and jumping for additional points. Still, even after feeling that we were a depleted squad, the girls managed once again to place very high in an invitational grabbing a close 4th in a field of 21 scoring teams.

As an indication that our team is getting into top shape for the championship season next month, we added three athletes to our All-Time top 10 lists, and had multiple season-bests in our relays.

Event 5 Girls Distance Medley

• 1 Castro Valley	3:22.14
Kaitlin Santisteban	79 82 80 -- 4:10
Monay Wadsworth	61.5 -- -- -- 1:01.5
Karen Chan	72 80 -- -- 2:32
Nicole Yang	82 85 87 83 5:37

These girls were supposed to be our "B" team, but earned the win in a big way. Kaitlin ran well on a gimpy leg and kept us in contention, Monay ran down the leaders, Karen surged in front and Nicole held off the field. Karen and Nicole had nice PR's. Monay retweaked a troublesome hip. The medals are nice.

Event 6 Boys 1600 Meter Run

8 Fazzio, James	67 69 71 67 4:34.60
James ran well in the fast heat. He established himself up in the 2nd pack, and then had a nice sprint to top it off for a PR.	

Event 9 Girls 4x800 Meter Relay

• 1 Castro Valley	9:43.63
Haley Batis	68 75 2:23
Megan Lee	72 77 2:29
Pam MacLeod	70 78 2:28
Chelsea Schneider	69 74 2:23

After Haley blistered the field and

opened up a 70 meter lead, the rest of the girls did well to run unpressed for a huge win (over a minute the next team). Pam was a real discovery today with a top-notch time for her first-ever try at this distance.

Event 11 Boys 4x100 Meter Relay

8 Castro Valley	45.01
Elliot Hung, Fredy Rice, Robin Trajano, Dash Oliver	

Even though the hip flexor strain that Robin had might have cost the team a step or two, the time is our best of the season.

Event 12 Boys 4x800 Meter Relay

• 2 Castro Valley	8:25.84
Josh Fong	62.2 64.3 2:06.7
James Fazzio	63.0 65.5 2:08.5
Nick Arredondo	62.9 64.2 2:07.1
Andrew Cheshire	58.3 64.6 2:02.9

The issue was a bit clouded at the start, as we learned that Jack was unavailable and we had to call Nick on an emergency basis to get to the track. He got there as the last call for check-in and then we proceed to grab a nice 2nd place. Andrew opened a few eyes with his large PR on the anchor leg.

Event 13 Girls 400 Meter Dash

• 3 Lee, Megan	1:00.66
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Megan got into the fast heat, and used it to her advantage to stride out to a nice time. It is tantalizing close to a sub-60, which is our next goal.

Event 14 Boys 400 Meter Dash

9 Rice, Fredy	52.98
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Fredy ran 3rd in his heat and improved his PR.

Event 15 Girls 1600 Meter Run

9 MacLeod, Pam	5:30.92
12 Nicole Yang	5:45.89

Pam was in the money early, and couldn't hold on running so close to her earlier 800 effort. Even though it was a PR, she felt she could have done much better and

is determined to avoid a similar race in the future. Nicole, buoyed by her 1600 PR in the Distance Medley, tried 1600 again and strode out to a confident 3rd in the slow heat.

Event 16 Boys Distance Medley

• 3 Castro Valley	11:28.79
Nick Arredondo	67 75 69 -- 3:32
Joe Mitchell	55.9 -- -- 0:55.9
Josh Fong	63.7 64 -- 2:07.7
Andrew Cheshire	66 75 77 73 4:51

Nick got us into contention for 2nd as Oakland took over the race early.

Joe was pressed into relief service and delivered a 400 for us. Josh got us into 2nd, and Andrew was there until the last 150. More medals for the bunch.

Event 2 Girls 100 Meter Hurdles

Preliminaries

3 Lee, Kelsey	16.56
5 Alex Huerta	17.66

Both girls qualified out of their heats easily. Alex's time put her #10 on the CV All-Time list

Event 17 Girls 100 Meter Hurdles

Finals

• 4 Lee, Kelsey	16.94
Alex Huerta	DQ false start

The race was muted when Alex twiched in the blocks and got the DQ. Kelsey underachieved timewise but still got 4th.

Event 1 Boys 110 Meter Hurdles

Preliminaries

4 Valentine, Maurice	15.78
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Maurice strode out easily and made the finals.

Event 18 Boys 110 Meter Hurdles

Finals

• 2 Valentine, Maurice	15.02
------------------------	-------

With the Pinole Valley boy out early and fast, Maurice concentrated on the 2nd place. Real good work over hurdles 4-6 gave him an edge, and he kept his rhythm over hurdles 8-10 to earn a medal and nice PR. This also vaults him to #5 on the All-Time CV list.

Event 4 Boys 100 Meter Dash

Preliminaries

13 Oliver, Dash	11.52
-----------------	-------

Dash got 3rd in his heat, and a season PR, but was a few spots off of the finals.

Event 21 Girls 800 Meter Run

Finals

• 4 Schneider, Chelsea	71 73
2:24.95	

The early slow pace kept Chelsea from perhaps getting a faster time, but a good homestretch sprint gave her a season PR and a medal.

Event 24 Boys 4x200 Meter Relay

11 Castro Valley	1:38.70
Elliot Hung, Fredy Rice, Robin Trajano, Dash Oliver	

Competitive in the heat, the boys could just not close on the field. Dash ran close to his PR on the anchor split.

Event 25 Girls 3200 Meter Run

8 Carvin, Katherine 12:12.99
85 90 91 92 92 91 97 92
10 Chouinard, Amanda 12:24.78
85 90 92 93 95 100 107 90

Kay was running right at her PR pace even after a bad cold, but it caught up with her on the last two laps and she had not gas in the tank. Amanda grabbed a huge PR, but has a similar struggle on laps 6 and 7 but recovered for a nice finish. If these girls can straighten out those few laps, the times will drop significantly.

Event 26 Girls 300 Meter Hurdles

6 Schneider, Rebecca 49.01
10 Simmons, Pauline 53.15

Pauline ran near her best-ever, but only trotted over the last three hurdles. Rebecca did very well, but chopped a step over half the hurdles. Her time was a good PR and puts her #8 on the CV All-Time list.

Event 27 Boys 300 Meter Hurdles

6 Valentine, Maurice 42.74

Even though he won his heat, the time could not stand up to the fast heat.

Event 28 Boys 3200 Meter Run

6 Riley, Matt 10:21.44
69 74 76 77 80 82 80 77
9 Tom Ashby 10:39.43
71 78 80 80 81 90 79 80

Both the boys ran well. Matt established himself well but let that 6th and 7th lap slip away from him a bit. Tom ran 16 seconds under his PR, but he too had a stinker of a 6th lap.

Event 29 Girls 4x400 Meter Relay

• 2 Castro Valley 4:10.54
Haley Batis 62.3
Rebecca Schneider 63.0
Chelsea Schneider 63.6
Megan Lee 61.5

The girls were ready for a PR, which they got, but each was a bit disappointed with her individual leg. Our next team goal is each dip under 60.0, and then challenge the school record of 3:57.3

Event 30 Boys 4x400 Meter Relay

-- Castro Valley 3:37.10 DQ
Dash Oliver 51.6
Robin Trajano 55.0
Maurice Valentine 57.0
Freddy Rice 54.0

Dash had a great opener, Robin was sore, MV had no gas left. Freddy was bound to make something happen and closed 20 yards to pull us with 2nd place in the heat. The two runners ahead of him blocked any movement in lane 1, so after a few yards of frustration Freddy elbowed the Skyline kid into the infield

and grabbed 2nd. This was a clear and flagrant DQ, but evidently Freddy didn't know it. Had there been clear sailing, Freddy would have had a monster time on anchor.

Event 31 Girls Long Jump

12 Pauline Simmons 15-02.50
13 Lee, Kelsey 14-09.50

Pauline subbed in for Paula, and continued to improve her PR. Kelsey did not have her jumps in her today.

Event 32 Boys Long Jump

9 Hung, Elliot 18-06.25

Elliot got in one fair jump, and is still having problems finding the board consistently.

Event 33 Girls Triple Jump

6 Lee, Kelsey 34-05.25
10 Pauline Simmons 30-09.50

Kelsey had better success with the triple, but did not improve as she had wanted. Pauline, again subbing for Paula, was all akimbo and could only negotiate one fair jump.

Event 34 Boys Triple Jump

9 Hung, Elliot 37-01.00

Elliot's mark was respectable but not notable.

Event 36 Boys High Jump

10 West, Kyle 5-06.00

Kyle's inconsistency continues to plague him in competitions.

Event 37 Girls Shot Put

• 5 Hopfenbeck, Grace 29-10.00
6 Knight, Alana 27-09.25

The field was small, and Grace and Alana took advantage of that. Grace got a medal and both scored points for the team

Event 39 Girls Pole Vault

• 4 Knight, Rebecca 7-06.00

Rebecca was in a mood, and intimidated by the quality of the field, but still cleared a couple of heights and picked up a medal.

Event 40 Boys Pole Vault

• 3 Williams, Mike 11-00.00
• 5 West, Kyle 0-06.00

When only 5 boys showed up, the boys perked up. Mike was only average, but Kyle improved on his season best.

Event 41 Girls Discus Throw

7 Grace Hopfenbeck 78-03

10 Knight, Alana 70-04

The girls did not have the same success in the discus as they did in the shot.

Women - Team Rankings -

1) St Marys 91
2) Skyline 74
3) Deer Valley 68
4) Castro Valley 63
5) Serra, Gardena 62
6) College Park 51
7) Oakland Tech 36
8) San Francisco University 34
8) Castlemont 34
10) Antioch 31.50
11) Lowell 30
12) Fremont 28
13) Sonoma 26
14) McClymonds 20
15) Irvington 15.50
16) Mt Diablo 14
17) Las Lomas 10
17) California 10
19) Holy Names 8
19) Liberty 8
21) Valley Christian-Dublin 6
22) Encinal 1

Men - Team Rankings

1) Deer Valley 114
2) Pinhole Valley 69
3) Serra, Gardena 50
4) College Park 40
5) Castro Valley 39
6) Skyline 36
7) St Marys 31
8) Irvington 29
9) Mt Diablo 28
10) Sonoma 24
11) McClymonds 22
11) Castlemont 22
13) Antioch 20
14) St Patrick-St Vincent 19
15) Valley Christian-Dublin 18
15) Jesse Bethel 18
17) Burton 17
18) Oakland Tech 16
18) AA Stagg 16
20) Oakland High 14
21) Las Lomas 13
22) Liberty 10
22) Berkeley 10
22) Windsor 10
22) Galileo Academy 10
26) Head Royce School 8
27) San Francisco University 6
27) California 6
29) Lowell 5
30) Elsie Allen 2
30) Clayton Valley 2
32) Jefferson 1

Mt.SAC Relays

Mt. San Antonio College
Saturday, April 14, 207

This year took a little more last-minute plan changes than previous years, as athletes committed, de-committed, and recommitted down to the day before the departure time. We were able to get it all together anyway, and set off without much of a hitch.

The sprint squads took the biggest hit, as family plans, college visits, and the like took a toll. When the boys 4 x 800 did not qualify for the meet, those 800 boys all readily volunteered to take the empty spots on the 4 x 100, the 4 x 200 and the 4 x 400 relays to keep us afloat there. Kandice did her part to fill in on the 4 x 400.

Our featured races were to see how the girls' 4 x 400, 4 x 800, and 4 x HH relays would do, and it was illuminating to see that we stacked up very well overall in those events.

The overall agenda of the trip was to not only showcase our team, but to 1) orchestrate an overnight event for our athletes as a treat for the work they've done so far this year, and 2) get the team ready for possible post-season competition by dealing with the distractions of a road trip and the anxieties of facing top competition.

Boys' 4 x 1600

James Fazzio	66.5	72.0	61.5	67.1	4:37.1
Matt Riley	66.1	74.6	75.5	71.4	4:47.7
Nick Arredondo	67.3	77.0	75.1	72.7	4:52.1
Jack Leng	63.5	72.1	73.8	67.7	4:36.2

18:53.98

For some reason the boys did not respond with the inspired race that a big meet is supposed to bring about. The races were respectable, and we did dip under 19:00 which was our primary goal. The official results are scrambled on the meet web site, so the best estimation we had was that we were 10th (or 11th?) in our heat, but we would have won the first heat, so that puts us 10th overall out of 70 entered teams. So, despite our initial impression of a blasé effort, it turns out that we did pretty good.

Girls' 4 x 1600

	8th in Heat 1, 10th overall (out of 42 teams)				
Katherine Carvin	77.9	87.0	93.0	88.0	5:56.5
Nicole Yang	84.6	88.3	91.5	84.2	5:48.7
Kaitin Santisteban	82.4	91.5	93.9	92.6	6:00.3
Pam AcLeod	80.5	88.1	85.0	79.3	5:32.9

23.09.8

The girls were all a step off today. We still ran just about what we had entered our seed time at anyway, and got 10th out of the field. Kay and Nicole had okay races, Kaitlin had a stinker of a leg, and Pam didn't wake up until the last 800. After the dust had settled, it turned out that even with what we considered a lackluster performance the girls would have been 3rd in the 2nd heat, and we were 10th overall in the seeded portion of this event.

Boys 4 x 100

45.74 5th in heat 6, 39th out of 57 in the Open division.

Josh Fong, Fredy Rice, Maurice Valentine, Dash Oliver

Even Josh and Maurice filling in on an emergency basis, the boys got off a time that was consistent with what we had been running all year. We were also not terribly embarrassed either by comparison.

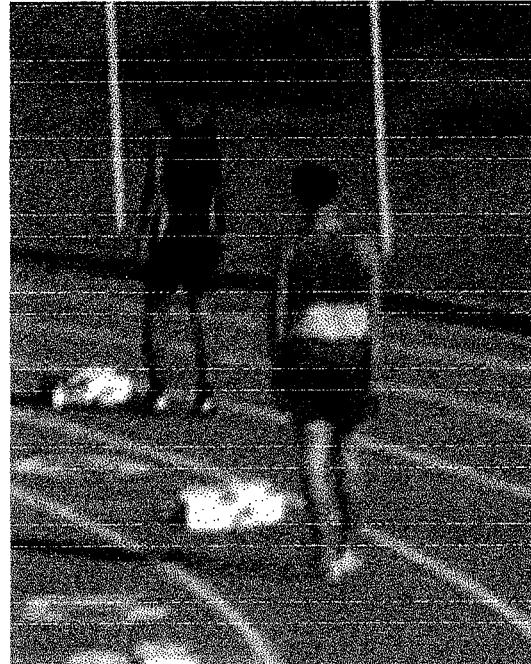
Boys' 4 x 200

1:36.64 6th in heat 6, 46th out of 57 Open division

Dash Oliver, Fredy Rice, Andrew Cheshire, Josh Fong

The time was muted with the distance boys on the last two legs. Fredy and Dash had us right in the picture on the first two legs, but Andrew and Josh were out of their element on the

last two. We still beat 10 other teams though.



Josh leads off in the 4 x 100. He, Dash, and Fredy each ran in all three sprint relays today.

Girls' High Jump

Alena LeBlanc no height

Masquerading as Paula Brown who couldn't make it today, Alena gave it a try today, but the starting height was over her PR so close was as good as it got today.

Boys' 4 x 400	5th in heat 7, 47th out of 69 Open division
Dash	53.2
Josh	54.7
Jack	56.5
Fredy	53.2 3:37.62

The boys again had to do with distance boys filling in, and considering that were not too bad. Dash was again tough up front, and Josh held his own. Jack faded, and Fredy did well. The boys by this time were clearly not terribly enthused about their chances, but got enough competitive juices going to be in hunt.

Girls' 4 x 400

5th in heat 4, 18th of 60 Open division

Haley Batis	61.9
Megan Lee	61.2
Kandice Douglas	64.5
Chelsea Schneider	61.3 4:09.11

Even though we had Kandice running as an alternate, we still ran a season best and were in contention for a medal all the way. All of the regulars ran very good legs, and the two second season PR keeps us on the right track for the post-season.

Girls' 4 x 800

2nd of 19 Seeded division (we would have been 8th in the Invitational division)

Haley Batis	71.3	71.2	2:22.5
Megan Lee	73.6	76.7	2:30.3
Pamela MacLeod	73.8	77.0	2:30.8
Chelsea Schneider	68.8	76.7	2:25.5

9:49.31

Seeded next to last in the seeded heat, the girls ran an up-and-down race. Haley got us right at the front, Megan held on to keep us close, Pam gave the lead to Chelsea, who ran hard but was run down by the excellent anchor leg of nemesis Deer Valley. We are very consistent at this new level of racing. A medal is a medal, and we got ours for this year at

this prestigious meet.

(Historical note: Our very first trip to these Mt. SAC track relays was because of our girls 4 x 800 relay team of 2001. We took 4 girls only, and thought we were pretty good when we finished 11th with a 10:02.0. This particular relay has always been one of the chief reasons we make this trip, and this year was no exception.)



The girls' 4 x 800 team put on a pretty good show, nearly winning their heat. 2nd place isn't that bad either.

Girls' 4 x 100 hurdles 1:09.21 3rd in heat 2, 6th overall in the Invitational division

Pauline Simmons, Alex Huerta, Alena LeBlanc, Kelsey Lee The girls, after much manuevering of social schedules, all got down to Los Angeles, waited out the bulk of the day, finally got on the track with some of the elite teams of the state and thus the country and held their own. 3rd in their heat, and 6th overall, the girls once again dropped their own school record and showed that they can successfully compete at this level. The medals are nice, too.

This is the first relay in our short history of participation in this meet to make the Invitational division. (Tisha Uwadiale made the individual Invitational division of the triple jump in 2005 and 2006.) And as such, they ran well and the new school record validates that.



The hurdle girls pose with their medals and new school record.

Castro Valley vs. Bishop O'Dowd

Monday, April 23, 2007 @ Chabot College

Boys' Varsity

Castro Valley 84, Bishop O'Dowd 43

4 x 100 Relay

1. Castro Valley (Hung, Rice, Trajano, Oliver) 44.4

2. Bishop O'Dowd DQ

1600

1. James Fazzio (CV) 4:31.4

2. Jack Leng (CV) 4:36.8

3. Auten Diliberto (BOD) 4:48.6

4. Nick Arredondo CV 4:59.4

5. Joel Becker CV 5:07.5

6. Pat Harkin CV 5:10.3

110 HH

Heat 1

1. Maurice Valentine (CV) 14.8

2. Chad Jones (BOD) 16.3

3. Jordan Mackey (CV) 16.4

4. Drew Heuer CV 17.3

5. Kyle West CV 18.5

6. Quentin McWherter BOD 18.6

Heat 2

1. Ronald James BOD 17.3

2. Neal Reclus CV 18.2

3. Mike Williams CV 20.0

4. Sam Simon BOD 20.8

5. Langston Smith CV 21.2

400

1. Fredy Rice (CV) 52.0

2. Neo Modise (BOD) 52.5

3. Mario Brown (BOD) 54.3

4. Robert Jones BOD 54.3

5. Robin Trajano CV 55.4

6. Richie Arredondo CV 57.1

7. Sean Smith BOD 58.1

8. Sergio Perez CV 58.4

100

1. Dash Oliver (CV) 11.1

2. Marcus Harrison (BOD) 11.2

3. Mario Brown (BOD) 11.3

4. Nathan Phillip BOD 11.3

5. Elliot Hung CV 11.3

6. Bob Dominguez BOD 11.9

7. Devon Schultz CV 12.0

800

1. Andrew Cheshire (CV) 2:02.6

2. Josh Fong (CV) 2:05.8

3. James Fazzio (CV) 2:08.4

4. Eli Eisen BOD 2:09.4

5. Jack Leng CV 2:12.8

6. Bourdier BOD 2:13.5

300 Intermediate Hurdles

1. Maurice Valentine (CV) 42.6

2. Nick Arredondo (CV) 44.6

3. Jordan Mackey (CV) 44.6

4. Chad Jones BOD 44.7

5. Ronald James BOD 44.7

6. Quentin Mcwharter BOD 44.8

7. Sam Simon BOD 47.6

8. Langston Smith CV 52.6

1600

1. Tom Ashby CV 5:01.6

2. Ryan Nyberg BOD 5:10.8

3. Desmond Kruger BOD 5:31.6

4. Deven Diliberto BOD 5:39.7

5. Steven Ung BOD 6:14.6

110 HH

1. Marcelo Sanchez CV 19.0

2. Chris So CV 19.9

3. Josh Bivings CV 20.4

4. Aaron Galaura CV 20.9

5. Mustafa Nawabzada CV 22.3

6. Jeremy Jang CV 23.6

400

1. Castro Valley (Oliver, Trajano, Arredondo, Rice) 3:37.7

2. Bishop O'Dowd (Brown, Harrison, Phillips, McWharter) 3:40.1

Long Jump

1. Chad Thayer (BOD) 20-10

2. Joey ? BOD 19-2.5

3. Devon Schultz (CV) 19-1.75

4. Nate BOD 18-8.5 no second or third

5. Quentin Mcwherter BOD 18-4

6. Matt Pobre BOD 17-6 300 IH

7. Neal Reclus CV 17-2 1. Chris So CV 47.7

8. Ivan Ly CV 17-0 2. Marcelo Sanchez CV 49.0

9. Ryan Turner CV 16-0.75 3. Josh Bivings CV 49.4

10. Devon Schultz CV 34-0.5 4. Aaron Galaura CV 54.2

1. Chad Jones (BOD) 39-10 5. Mustafa Nawabzada CV 54.9

2. Pbre Matthews (BOD) 39-4 6. Scott Peek CV 56.7

3. Sam Simon (BOD) 39-0 7. Jeremy Jang CV 59.5

4. Elliot Hung CV 38-4 200

5. Ivan Ly CV 37-2 Heat 1

6. Richie Arredondo CV 36-11 1. Hasani Burns BOD 24.5

7. Kyle West CV 35-0 2. Jordan Mackey BOD 26.3

8. Michael Williams CV 34-8 3. Alex Martinez BOD 26.4

9. Ryan Turner CV 34-2 4. Devold Henderson BOD 28.1

10. Devon Schultz CV 34-0.5 5. Christian Tachiera BOD 29.3

6. Jason Mendoza BOD 29.9 400

7. Adonis Smith BOD 29.9 Heat 2

1. Adonis Smith BOD 24.1 1. Sarah Fong BOD 16.6

2. Tim Wong CV 25.2 2. Alena LeBlanc CV 17.2

3. Brian Sien CV 26.3 3. Hana Albarazi CV 18.3

4. Joe Ashby CV 27.0 4. Beth August CV 20.9

5. Brandyn Seals CV 28.0 5. Rachel Jung BOD 21.2

6. Jason Mendoza BOD 29.9 100

7. Brazile Clark (BOD) 56.8

8. Lia Rivers-Birt (BOD) 58.1

9. Jennifert Hlnds (BOD) 59.1

10. Irene Gilchriese CV 65.6

11. Kwai Philpott CV 67.8

12. Megan McFarland (BOD) 12.5

13. Kandice Douglas (CV) 12.5

14. Jackie Lynch (BOD) 12.6

15. Maurita Toler BOD 12.7

16. Jordan Gibbs BOD 12.9

17. Rebecca Knight CV 14.4

18. Mimi Vo CV 14.5

19. Megan McFarland (BOD) 12.5

20. Kandice Douglas (CV) 12.5

21. Jackie Lynch (BOD) 12.6

22. Maurita Toler BOD 12.7

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50. Maurita Toler BOD 12.7

51. Jordan Gibbs BOD 12.9

52. Rebecca Knight CV 14.4

53. Mimi Vo CV 14.5

54. Megan McFarland (BOD) 12.5

55. Kandice Douglas (CV) 12.5

56. Jackie Lynch (BOD) 12.6

57. Maurita Toler BOD 12.7

58. Jordan Gibbs BOD 12.9

59. Rebecca Knight CV 14.4

60. Mimi Vo CV 14.5

61. Megan McFarland (BOD) 12.5

62. Kandice Douglas (CV) 12.5

63. Jackie Lynch (BOD) 12.6

64. Maurita Toler BOD 12.7

65. Jordan Gibbs BOD 12.9

66. Rebecca Knight CV 14.4

67. Mimi Vo CV 14.5

68. Megan McFarland (BOD) 12.5

69. Kandice Douglas (CV) 12.5

70. Jackie Lynch (BOD) 12.6

71. Maurita Toler BOD 12.7

72. Jordan Gibbs BOD 12.9

73. Rebecca Knight CV 14.4

74. Mimi Vo CV 14.5

75. Megan McFarland (BOD) 12.5

76. Kandice Douglas (CV) 12.5

77. Jackie Lynch (BOD) 12.6

78. Maurita Toler BOD 12.7

79. Jordan Gibbs BOD 12.9

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92. Maurita Toler BOD 12.7

93. Jordan Gibbs BOD 12.9

94. Rebecca Knight CV 14.4

95. Mimi Vo CV 14.5

96. Megan McFarland (BOD) 12.5

97. Kandice Douglas (CV) 12.5

98. Jackie Lynch (BOD) 12.6

99. Maurita Toler BOD 12.7

100. Jordan Gibbs BOD 12.9

101. Rebecca Knight CV 14.4

102. Mimi Vo CV 14.5

103. Megan McFarland (BOD) 12.5

104. Kandice Douglas (CV) 12.5

105. Jackie Lynch (BOD) 12.6

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120. Maurita Toler BOD 12.7

121. Jordan Gibbs BOD 12.9

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127. Maurita Toler BOD 12.7

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133. Jackie Lynch (BOD) 12.6

134. Maurita Toler BOD 12.7

135. Jordan Gibbs BOD 12.9

136. Rebecca Knight CV 14.4

137. Mimi Vo CV 14.5

138. Megan McFarland (BOD) 12.5

139. Kandice Douglas (CV) 12.5

14

Castro Valley vs. Bishop O'Dowd

Monday, April 23, 2007 @ Chabot College

3. Lorena Toler	(CV)	4-4	1. Beth Chan	CV	26-9
4. Rebecca Knight	CV	4-0	2. Kelsey Dunnigan	CV	23-7

Shot Put

1. Miranda Wilson	(BOD)	43-8.5	High Jump		
2. Grace Hopfenbeck	(CV)	30-6	1. Daina Vargas	CV	4-0
3. Alana Knight	(CV)	29-10	2. Ashley Bright	CV	4-0
4. Nicole Abraham	CV	26-7	3. Kelsey Dunnigan	CV	3-8
5. Jodi Tam	CV	26-5			
6. Kierstie Barr	BOD	26-3	Shot Put		
7. Anita Hegedus	CV	25-10.5	1. Shelline Waldorf	CV	25-9
8. Claire Koeneman	CV	25-1.5	2. Kesley Dunnigan	CV	22-9
9. Lindsey Crowder	BOD	22-3	3. Cristina Francis	BOD	20-3
10. Navenus Pham	CV	20-2	4. Michelle Gaston	CV	16-9.5
11. Emily Marciel	CV	19-7			

Discus

1. Miranda Wilson	(BOD)	153-4.5	Discus		
2. Kierstie Barr	(BOD)	94-4	1. Shelline Waldorf	CV	72-0
3. Jodi Tam	(CV)	80-4	2. Cristina Francis	BOD	64-0
4. Nicole Abraham	CV	67-9	no third		
5. Alana Knight	CV	67-4			
6. Grace Hopfenbeck	CV	65-1			
7. Anita Hegedus	CV	63-9.5			
8. Navenus Pham	CV	63-3			
9. Mimi Vo	CV	61-3			
10. Claire Koeneman	CV	59-2.5			
11. Lindsey Crowder	BOD	56-11			
12. Emily Marciel	CV	45-9			
Caitlin Iwafuchi	CV	n.m.			

Girls' Frosh-Soph

Castro Valley 80, Bishop O'Dowd 32

4 x 100

1. BOD (Ellis, Tabson, Jones, Isaacs)		57.7
2. CV (Rush, chan, Owyang, McComb)		57.8

1600

1. Nicole Yang	CV	5:43.2
2. Amanda Chouinard	CV	5:52.4
3. Jenny Kaehms	CV	6:05.9
4. Viktoriya Muhka	CV	7:12.2

100 HH

1. Tobson	BOD	19.5
2. Hannah Isaacs	CV	21.2
3. Lisa McComb	CV	21.2
4. Tanya Simbra	CV	21.7
5. Daina Vargas	CV	21.5
6. Alessandra Valdes	BOD	24.1
7. Angelina Speltz	BOD	24.2

400

1. Samantha Owyang	CV	66.2
2. Shanel Jones	BOD	67.9
3. Beth Chan	CVG	68.7

100

1. Charlotte Tabson	BOD	13.5
2. Lisa McComb	CV	14.4
3. Iesha Rush	CV	14.5

800

no entries

300 H

1. Charlotte Tabson	BOD	53.5
2. Lisa McComb	CV	59.3
3. Tanya Simbra	CV	60.0
4. Alessandra Valdez	BOD	61.5
5. Angelina Speltz	BOD	67.4

200

1. Sam Owyang	CV	30.2
2. Hannah Isaacs	BOD	31.3
no third		

3200

1. Nicole Yang	CV	12:23.0
2. Jenny Kaehms	CV	12:31.0
3. Amanda Chouinard	CV	12:31.7

4 x 400 Relay

1. CV (Owyang, Choiunard, Harris, Kaehms)	5:06.5	
no second		

Long Jump

1. Ashley Bright	CV	11-5.5
no second or third		

Triple Jump

Bay Area Top 8 at James Logan HS

Friday Evening Meet

April 20, 2007

Boys 110 Meter Hurdles Frosh/Soph

1 Mackay, Jordan	17.00
4 Sanchez, Marcelo	19.40
6 So, Chris	19.70
11 Bivings, Josh	20.60
12 Lum, David	21.50
14 Nawabzada, Mustafa	23.00
15 Jang, Jeremy	23.40
— Galaura, Aaron	DQ

Jordan dominated this event easily. the CV troops blanketed the field, having 8 of the total 16 entries. All the boys improved, except Aaron who clipped the 8th hurdle and stumbled in.



Coaches Spencer and Valentine help get the meet started when the computer timing went down. Castro Valley to the rescue !

Boys Multi Event 100

Scott Lee	12.22
Bobby Paneghetti	12.60
Neal Reclus	12.13
Jackson Phillips	12.81
Erik Chow	13.65
Andre Wilson	n.t.
Mike Williams	n.t.

The football guys and throwers had a blast in this large persons race.

Girls' Multi 100

1. Mimi Vo	14.50
3. Anita Hegedus	14.90



Mimi and Anita scoot right along.

Boys 1600 Sprint Medley Frosh/Soph

3	4:06.54
Tim Wong	25.5
Ronnie Irvin	25.5
Jordan Mackey	58.3
Tom Ashby	2:17.3

On a day when we asked athletes to do multiple events, the guys came through with a solid effort.

Women 800 Sprint Medley Varsity

5 'A' Rebecca Knight, Kandice Douglas, Rebecca Schneider, Megan Lee	1:54.48
8 'B' Monay Wadsworth, Irene Gilchriese, Haley Batis, Chelsea Schneider	1:59.41
10 'C' Uesah Rush, Lisa McComb, Beth Chan, Sam Owyang	2:05.79

Having the luxury to put so many sprint girls on the line is nice. We had a mixed bag with injuries, so the top placings are nice.

Men 1600 Sprint Medley Varsity

5	3:47.48
Elliot Hung	24.2
Robin Trajano	24.2
Fredy Rice	52.3
Josh Fong	2:06.7

The boyos appear to be just a step away from being an excellent sprint squad.

Women 3200 Meter Run Varsity

2 Yang, Nicole	12:16.87
88 82 80 91 95 99 97 84	
3 Chouinard, Amanda	12:34.97
88 92 90 97 100 98 100 89	
4 Kaehms, Jenny	12:36.73
88 90 92 97 104 100 94 91	
5 Beringer, Karlina	12:42.50
88 90 92 96 100 100 100 96	
13 Poon, Eva	16:00.13
90 118 120 128 132 130 139 108	
14 Chao, Becky	17:20.10
92 127 130 139 140 144 136 138	

Nicole lost the sprint at the end to the #3 O'Dowd girl, but then the CV avalanche came in with the next three places.

Boys 200 Meter Run Frosh/Soph

1 Oliver, Dash	23.75
15 Wong, Tim	25.47
20 Sunga, Jimmy	26.07
21 Irvin, Ronnie	26.10
27 Ng, Freddie	26.80
30 Bivings, Josh	27.31
33 Ashby, Joe	27.66
37 Galaura, Aaron	28.75

38 Sien, Brian

28.84

39 Lum, David

34.37

Dash needed this win to get into the night meet, and smoked the field. The rest of the young boys are learning what sprint talent there is in the East Bay.



Dash wins easily.

Men 3200 Meter Run Varsity

8 Becker, Joel	11:03.98
----------------	----------

Joel destroyed his PR by over 50 seconds and picked up a ribbon as well. Nice.

Women Distance Medley Varsity

4 'A'	14:01.47
names and splits unavailable	
6 'B'	14:36.95
names and splits unavailable	

As soon as Brewer gets the splits from Raoul, we will publish them as well.

Men Distance Medley Varsity

8	12:11.27
Names and splits unavailable	

As soon as Brewer gets the splits from Dino, we will publish these results.

Boys 3200 Meter Run Frosh/Soph

16 Gee, Kevin	12:20.87
17 Hiraki, Takeo	12:20.92

The wee ones took some time off their PR's, but are a ways off contending near the front.

Women 4x800 Meter Relay Varsity

2 'A'	9:52.41
Chelsea Schneider	70 74
Megan Lee	78 74
Pam MacLeod	75 77
Haley Batis	75 77
5 'B'	10:35.44
Kay Carvin	73 84
Monay Wadsworth	72 87
Karen Chan	77 82
Kwai Philpott	82 88
7 'C'	11:01.52
Beth Chan	73 86

Bay Area Top 8 at James Logan HS

Kaitlin Santisteban	79	84	2:43
Francesca Knight	80	92	2:52
Sam Owyang	79	88	2:47
8 'D'		11:16.07	
Nicole Yang	73	84	2:37
Ashley Hebert	86	94	3:00
Amanda Chouinard	80	87	2:47
Summer Harris	82	90	2:52

We actually had a fifth team lined up, but those girls ran the Distance Medley instead. Deer Valley (hiss boo) ran us down on the anchor leg again as they have all year long, but we ran well in the chill and the breeze.

All the girls ran at or near their best, and it was a treat to see 16 girls from the same team all run this tough race.

Men 4x800 Meter Relay Varsity

3		8:38.71
Andrew Cheshire	62	70
James Fazzio	62	67
Josh Fong	58	65
Jack Leng	63	68

Nobody here seemed inspired except Josh.

Women Javelin Throw Turbo Varsity

2 Kaehms, Jenny	64.80
5 Pratt-Minor, Jasmine	39.10m

Jenny showed she remembers how to toss the javelin.

Men Javelin Throw Turbo Varsity

2 Chow, Erik	121.90m
3 Phillips, Jackson	16.00m
6 Reclus, Neal	101.40m
7 Lee, Scott	99.10m
8 Paneghetti, Bobby	87.10m

Erik caught the technique sooner than the other guys. Fun stuff

Saturday Day Meet

April 21, 2007

Top 8 Logan High School Saturday Day Meet

Boys 1600 Meter Run Frosh/Soph

places not recorded nor times available for all heats. These are hand times from the stands.

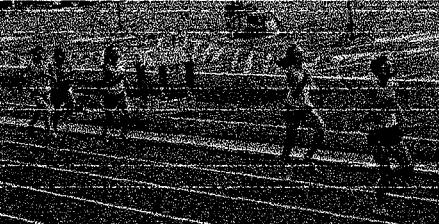
Tom Ashby	4:59
Takeo Hiraki	5:31
Kevin Gee	5:38

Women 1600 Meter Run Varsity

6 Yang, Nicole	5:44.80
7 Santisteban, Kaitlin	5:45.34
9 Chan, Karen	5:46.47
13 Chouinard, Amanda	5:50.50

19 Kaehms, Jenny	5:56.07
35 Oyang, Sam	6:09.51
44 Chow, Andrea	6:19.48

The early morning race after the late night race seemed to take a step or two away from the girls, but they all ran hard and finished well.



The girls milers cluster well at the start of the race

Men 1600 Meter Run Varsity

1 Leng, Jack	4:34.16
4 Fazzio, James	4:42.12
20 Arredondo, Nick	4:56.20
34 Becker, Joel	5:09.71

Jack won his heat with a rocket approach, blasting off midway and scorching earth with a sprint. James won his heat with the tactical approach, waiting for the last straightaway to put his opponent away.

Boys 4x100 Meter Relay Frosh/Soph

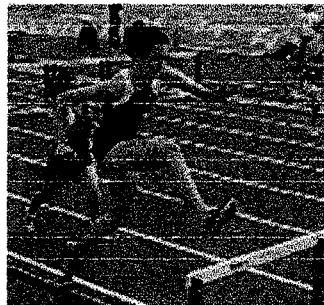
3 Freddie Ng, Tim Wong, Jordan Mackey, Ronnie Irvin	47.90
---	-------

This little squad did very well with minimum practice. Nice time.

Women 100 Meter Hurdles Varsity

4 Huerta, Alex	17.76
6 Simmons, Pauline	18.10
7 LeBlanc, Alena	18.18
10 Albarazi, Hana	18.98
25 August, Beth	20.77
33 Simbra, Tanya	22.77

The girls got a chance to hone their individual races in a large meet.



Pauline attacks the last hurdle.

Men 110 Meter Hurdles Varsity

12 West, Kyle	17.46
---------------	-------

16 Williams, Mike

18.14

The boys are still hesitant about the three stop, skittering over the barriers with the 5 step.

Boys 400 Meter Run Frosh/Soph

13 Talley, Vince	58.15
------------------	-------

Vince continues to impress with his season-long improvement.

Women 400 Meter Run Varsity

Men 400 Meter Run Varsity

4 Rice, Fredy	52.52
19 Trajano, Roberto	54.97
32 Perez, Sergio	59.12

Fredy continues to drop his time. Roberto is waiting for a breakthrough performance. Sergio is consistent

Boys 100 Meter Run Frosh/Soph

12 Wong, Tim	12.33
16 Irvin, Ronnie	12.56
24 Ng, Freddie	13.16

Not terribly impressive, but improving.

Women 100 Meter Run Varsity

These results were so bolloxed that they made no sense whatsoever. Kandice narrowly won her heat, and was had-time in the stands at about 12.8. The results show a 14.3. Wrong.



Haley wins by huge margin.

Women 800 Meter Run Varsity

1 Haley Batis	2:23.79
6 Chan, Karen	2:38.92
17 Chouinard, Amanda	2:48.95
20 Chow, Andrea	2:52.29
26 Kaehms, Jenny	2:55.11
35 Velasquez, Corinne	3:05.56

Haley wanted to get a last good race in right before the prom preparation. Karen had a nice race. The other girls did well for several races in two days.

Men 800 Meter Run Varsity

3 Fong, Josh	2:04.14
7 Cheshire, Andrew	2:06.15
26 Becker, Joel	2:22.42

Josh and Andrew were gung-ho today,

Bay Area Top 8 at James Logan HS

even after multiple races yesterday. Joel was in it for the speed work.

Boys 300 Meter Hurdles Frosh/Soph

7 Sanchez, Marcelo	49.37
8 Bivings, Josh	49.50
10 Lum, David	54.52
13 Jang, Jeremy	58.41

Marcelo is a bit of a surprise here, with Josh continuing to improve. Dave and Jeremy are still struggling to be comfortable in this race.

Women 300 Meter Hurdles Varsity

7 Simmons, Pauline	52.42
19 Albarazi, Hana	57.36

Pauline is never quite satisfied with her hurdle race.

Men 300 Meter Hurdles Varsity

12 Arredondo, Nick	45.57
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Nick is really getting the hang of the rhythm of this event.

Men 200 Meter Run Varsity

12 Rice, Fredy	23.76
29 Trajano, Roberto	24.51

Once again, Fredy smoothly lowered his time. Once again, Roberto is a step away from showing us his best.

Women 4x400 Meter Relay Varsity

3 4:19.23	
Kandice Douglas	65.8
Rebecca Schneider	64.2
Beth Chan	68.9
Megan Lee	60.9

This wasn't the team we drew up on paper, but it showed up and did very well. Kandice is opening some eyes as a 400 runner.

Men 4x400 Meter Relay Varsity

4 3:42.42	
Josh Fong	55.3
Robin Trajano	56.5
Andrew Cheshire	57.5
Fredy Rice	53.2

Modest legs all around, and then Fredy took over.

Boys Long Jump Frosh/Soph

8 Ng, Freddie	16-01.00
17 Lum, David	14-02.25
20 Peek, Scott	12-07.25
21 Jang, Jeremy	12-03.50

Subdued marks today, boys.

Boys Triple Jump Frosh/Soph

6 Talley, Vince	32-09.50
-----------------	----------

7 Peek, Scott 32-05.00
 8 Wong, Tim 32-04.00
 The boys are still not totally comfortable with this event.

Women Triple Jump Varsity

8 Simmons, Pauline	31-05.00
16 Chan, Bethany	27-02.50
19 Dunnigan, Kelsey	24-10.00

Pauline is very consistent in her new enthusiasm for this event. The younger girls need to get consistent.

Boys High Jump Frosh/Soph

8 Talley, Vince	4-10.00
11 Peek, Scott	4-08.00

The boys are stuck at the lower heights.

Women High Jump Varsity

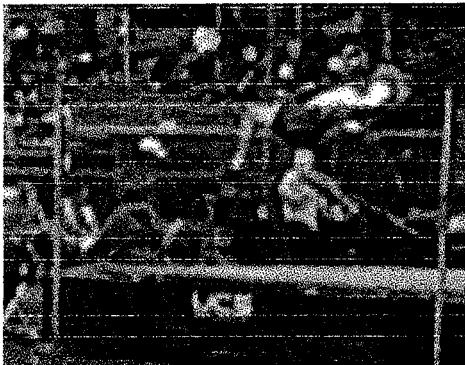
5 LeBlanc, Alena	4-06.00
12 Dunnigan, Kelsey	3-10.00
-- Gastron, Michelle	NH

Alena is gradually getting back into form. Kelsey is stuck at 3-10.

Men High Jump Varsity

3 West, Kyle	5-08.00
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Kyle had some good attempts at 5-10.



Kyle sails over 5-8.

Boys Shot Put Frosh/Soph

7 Tsang, Darren	35-04.00
17 Vasquez, Alex	30-02.00
19 Gilham, George	28-00.00
22 Mai, Alvin	24-07.00

The young boys got some good experience.

Women Shot Put Varsity

3 Grace Hopfenbeck	30-00.00
10 Knight, Alana	27-09.00
13 Tam, Jodi	26-04.00
19 Abraham, Nicole	25-04.00
24 Dunnigan, Kelsey	23-03.00
36 Marciel, Emily	18-03.00

40 Gastron, Michelle 16-00.00
 Grace had a nice toss today. The girls team showed up en masse.

Men Shot Put Varsity

29 Crosby, Ben	31-06.00
41 Porter, Mike	23-05.00

Well...the boys' side of the throws was not quite as impressive.

Boys Discus Throw Frosh/Soph

5 Tsang, Darren	93-09
13 Vasquez, Alex	76-02
15 Mai, Alvin	66-06
18 Gilham, George	65-00

Darren got some nice tosses in today. The rest improved.

Women Discus Throw Varsity

12 Hopfenbeck, Grace	87-06
30 Dunnigan, Kelsey	54-08
31 Marciel, Emily	51-09
33 Gastron, Michelle	50-07

The girls all tossed at or near their best.

Men Discus Throw Varsity

18 Crosby, Ben	79-06
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Ben appears to be struggling in this event.

Men Pole Vault Varsity

2 Williams, Mike	11-06.00
3 West, Kyle	11-00.00

Both Mike and Kyle are easily back to last year's level of consistency.

Saturday Night Meet

April 27, 2007

Boys 110 Meter Hurdles Frosh/Soph

1 Valentine, Maurice	15.38
7 Mackay, Jordan	25.26

Maurice won the race early and easily poored in. Mackay was determined to do well, and tumbled and fell over the last hurdle while in medal contention.



Maurice settles into the blocks of the BFS 110 HH, the first of his 3 individual wins today.

Women 100 Meter Hurdles Varsity

Bay Area Top 8 at James Logan HS

Kelsey is still struggling to find that elusive 35 foot jump.

13 Lee, Kelsey 16.43

After a hassle at the bullpen, Kelsey got into the slow heat and ran well but not spectacularly/

Boys 400 Meter Run Frosh/Soph

2 Oliver, Dash 52.96

Dash tried to win it all by the 200 but faded to 2nd. Nice time, though.

Boys 100 Meter Run Frosh/Soph

2 Oliver, Dash 11.80

Dash didn't have his "A" game today, and the BOD guy beat him . Grr. Hiss. Boo.

Women 800 Meter Run Varsity

7 Schneider, Chelsea 2:24.95

By this time the rain had started, so the times might have been affected. Chelsea was thoroughly disappointed in her race.

Boys 300 Meter Hurdles Frosh/Soph

1 Valentine, Maurice 42.51

Maurice got challenged at the last three barriers, but held his stride for the win.

Women 300 Meter Hurdles Varsity

10 Schneider, Rebecca 50.11

Rebecca doesn't listen well, and did not charge hard from the start like she was told to. The time is not bad, but didn't hold up in this elite meet.

Boys 200 Meter Run Frosh/Soph

2 Dash Oliver 23.70

Dash got into this race, and pulled off another 2nd place.

Boys 3200 Meter Run Frosh/Soph

5 Ashby, Tom 10:42.61

Tom led the race for a mile, but then was reeled in by the pack. He should have risked a little something to pull further away earlier.

Women 3200 Meter Run Varsity

6 MacLeod, Pam 11:41.52

14 Carvin, Katherine 12:23.90

The rain didn't bother Pam at all, and she lowered her PR well. Katherine didn't like the rain, and it slowed her down.

Women Triple Jump Varsity

10 Lee, Kelsey 34-02.75

Castro Villey v. Arroyo
@ Arroyo
April 25th 2007

Varsity Boys: CV 72 Arr 55	2 3. CV "B" (no names available)	Arr 4:11.0	3:39.0	TJ	1. Andrew Azbill 2. Jonathan Schultz 3. Rodrigo Sanchez 4. Jimmy sunga 5. DAvid Lum 6. Tim Wong	A A A CV CV CV	30-5
			HJ: 1. Devin Schultz 2. Spencer Bowersmith 3. Kyle West				29-8 28-8 28-6.5 28-6 26-3
100 meters:			LJ: 1. Neal Reclus 2. Covington 3. Spencer Bowersmith 4. Marcus Hines 5. Ivan Ly 6. elliot Hung 7. Chris Beamer 8. Barks Chen 9. Devon Schultz 10. Michael Williams 11. Ryan Turner	CV Arr Arr A CV CV A A CV CV	17' 9" 17' 8" 17' 7.5" 16-11.5 16-11 16-8.5 16-4 16-2 15-11 15-0 14-8.5	HJ 1. Jimmy Sunga 2. Marcelo Sanchez 3. Scott Peek Vince Talley	4-8 4-8 4-8 nh
200 meters:							Varsity Girls: CV 93 1/2 Arr 33 1/2
Heat 1							
1 Ahron Jackson	Arr	23.3					
2 Fredrick Rice	CV	23.4					
3 Dash Oliver	CV	23.9					
4. Byron Covington	A	24.5					
5. Chris Beamon	A	25.1					
6. Joe Mitchell	CV	25.9					
Heat 2							
1. Roberto Trajano	CV	24.9					
2. Barry Chen	A	25.5					
no third			TJ: 1. Elliot Hung 2. Ivan Ly 3. Spencer Bowersmith 4. Barryu Chen 5. Kyle West 6. Richie Arredondo 7. Michael Williams 8. Ryan Turner	CV CV Arr A CV CV CV CV	35' 11" 35' 7" 34' 8" 33-9.75 32-8 32-7.5 32-0 31-5	200 meters: 1. Candace Douglas 2. Haily Batis 3. Kori Kendig	28.3 28.8 29.0
400 meters:							
1 Derek Thomas	Arr	52.5					
2 Lusi Aguirre	Arr	55.2					
3 Richie Arredondo	CV	56.5					
110H							
1 Maurice Valentine	CV	15.6					
2 Jordan Mackey	CV	16.5					
3 Albert Solis	Arr	17.6					
300LH:			SP: 1. Justin Seneris 2. Jackson Phillips 3. Scott Chan	Arr CV Arr	44' 11.5" 35' 10" 35' 7"	200 meters: 1. Candace Douglas 2. Haily Batis 3. Kori Kendig	28.3 28.8 29.0
1 Jordan Mackey	CV	43.1					
2 Maurice Valentine	CV	43.5					
3 Kevin Nguyen	Arr	44.2					
4. Nick Arredondo	CV	47.1					
5. Albert Solios	A	47.7					
6. Vu Bui	A	52.2					
Disc.: 1. Scott Chan 2. Ben Crosby 3. Jackson Phillips			Arr CV CV	112' 3.5" 102-0 96' 11"	400 meters: 1. Megan Lee 2. Lacey Bockhaus 3. Kwai Philpott	1:02.2 1:03.1 01:07.5	
800 meters:							
1 Joshua Fong	CV	2:05.9					
2 Andrew Cheshire	CV	2:08.4					
3 Marcus Hines	Arr	2:08.4					
			Frosh/Soph Boys: CV 98 Arr 24				
1600 meters:			4 x 400 Relay				
1 Jack Leng	CV	4:35.7	1. CV (Sanchez, Bivings, Talley, Sien)				
2 Danny Thomas	Arr	4:40.6	4:20.0				
3 James Fazzio	CV	4:46.0	no second place				
			200				
3200 meters:			1. Tim Wong 2. Freddie Ng 3. Brian Sien	CV CV CV	26.7 27.2 27.7	1600 meters: 1. Pam MacLeod 2. Samantha Kearney 3. Pam MacLeod	5:35.0 5:37.0 5:38.0
1 Jack Leng	CV	10:08.0	3200				
2 Danny Thomas	Arr	10:24.0	1. Tom Ashby 2. Kevin Gee 3. Takeo Hiraki 4. Jason Cham	CV CV CV A	11:01.0 12:39.0 12:42.0 13:19.0	3200 meters: 1. Pam MacLeod 2. Samantha Kearney 3. Chelsea Schneider 4. Nicole Yang	12:26.0 12:32.0 12:40.0 12:43.0
3 Rick Mederios	Arr	10:25.0					
4. Matt Riley	CV	10:35.0					
5. Andrew cheshire	CV	10:59.0					
6. Joel Becker	CV	11:24.0					
7. E. Vien	A	12:19.0					
400 relay:							
1 Beamon, Covington ,Hines, Jackson			LJ				
Arr 45.1			1. Jimmy Sunga 2. Freddie Ng 3. Rodrigo Sanchez 4. Andrw Azbill 5. JOnathan Schultz	CV CV A A A	14-11 14-9 14-8 14-2 13-8	400 relay: 1. LeBlanc, Huerta, Schneider,Douglas CV 53.0 No second	
2 Hung, Rice, Trajano, Oliver	CV		6. Scott Peek 6. Vince Talley	CV CV	13-1 12-9	1600 relay: 1. Batis, Lee, MacLeod, R. Schneider CV 4:26.0	
46.5							
1600 relay:							
1 Oliver, Fong, Arredondo, Rice	CV	3:39.0					

2	Bockhaus, King, Wescott, Kearney	1.	Kay Carvin	CV	2:51.9
Arr 4:39.0		2.	Summer Harris	CV	3:07.1
		3.	Rebecca Wescott	A	3:09.8
HJ:		4.	Jonie Suzuki	A	3:15.0

1	Megan Lee	CV	4' 8"		
2	Lacey Bockhaus	Arr	4' 6"	300 H	
3	Carly Jones	Arr	4' 4"	1.	Tanya Simbra
3	Alena LeBlanc	CV	4' 4"	2.	Lisa McComb
5.	Rebecca night	CV	4-4		no third
6.	Kori Kendig	A	4-4		
7.	Rebeca Schneider	CV	4-2	200	
8.	Sarah King	A	4-2	1.	Andrea Armstrong
9.	Marsha Wescott	A	4-2	2.	Iesha Rush
				3.	Jessica Shafer

LJ:					
1	Pauline Simms	CV	13' 10.5"	4 x 400 Relay	
2	Kelsey Lee	CV	13' 7.5"	1.	CV (Chouinard, Owyang, Yang,
3	Carly Jones	Arr	13' 5.5"	Carvin)	5:22.0
					no second

TJ:					
1	Kelsey Lee	CV	30' 10.5"	HJ	
2	Pauline Simms	CV	30' 4.5"	1.	Iesha Rush
3	Carly Jones	Arr	28' 6.5"	2.	Daina Vargas
				3.	Rebecca Wescott
				3.	Ashley Bright
				5.	Kelsye Dunnigan

SP:					
1	Irene Kujore	Arr	35' 6.5"		
2	Grace Hopfenbeck	CV	30' 9"		
3	Alana Knighe	CV	27' 7"	DT	

Discus:					
1	Irene Kujore	Arr	110' 6.5"		
2	Jodi Tam	CV	86' 11.5"		
3	Christian Figueroa	Arr	80' 8"	Shot Put	
4.	Grace Hopfenbeck	CV	79-9.5	1.	Shelline Waldorf
5.	Alana Knight	CV	73-11.5	2.	Sarah Cong
6.	Anita Hegedüs	CV	73-4.5	3.	Kelsey Dunnigan

7.	Navenus Pham	CV	69-11		
8.	Claire Knoenman	CV	67-5	Triple Jump	
9.	Nicole Abraham	CV	65-11	1.	Beth Chan
10.	Melanie Barber	A	55-0	2.	Kelsey Dunnigan
11.	Emily Marciel	CV	54-8		no third
12.	Caitlin Iwafuchi	CV	50-8		

			Long Jump		
			1.	Ashley Bright	CV
			2.	Jessika Shafer	A

Team Scores:

Frosh/Soph Girls:

CV 106 1/2 Arr 17 1/2

1600					
1.	Kay Carvin	CV	5:57.9		
2.	Amanda Choiunard	CV	5:59.8		
3.	Rebecca Wescott	A	6:42.1		
4.	Viktoria Muhka	CV	7:22.7		

HH					
1.	Lisa McComb	CV	21.3		
2.	Daina Vargas	CV	21.3		
3.	Tanya Simbra	CV	21.7		

400					
1.	Sam Owyang	CV	69.6		
2.	Beth Chan	CV	71.7		
3.	Andrea Armstrong	A	73.9		

100					
1.	Iesha Rush	CV	14.7		
2.	Lisa McComb	CV	14.9		
3.	Jessica Shafer	A	15.6		

Bob Warren Relays Acalanes High School Friday April 27, 2007

The meet started out on a sour note as many athletes defected from a variety of reasons, and none of them particularly reasonable. However, the most egregious of these defections was the entire BV sprint squad (except Freddy) who decided to not show because "they felt tired and didn't want to run today." What a crock of pure manure.

After several very angry phone calls from Coach Brewer, chastened athletes started to trickle in and we were able to field a full BV sprint presence.

The whole idea of attending this event was to give our team a chance to run in a modest invitational close by and have the FS teams run at their own level rather than be pressured into varsity level competition all the time.

With this meet prominently on the schedule, there is no real excuse for not making it, especially since it is on a Friday and cannot possibly conflict with anything else aside from slacker teen socializing.

Coach Brewer is still mystified at the defensive attitude of athletes who don't see that being on a team means showing up all the time. Laziness and self-centered indulgence is not a legitimate excuse.

After all of that, we had enough firepower at the meet to place well in all the divisions, and take home a team plaque in the GFS.

Girls 100 Meter Dash Varsity Girls

4 Douglas, Kandice 12.67

Kandice rolled to her best effort ever, and jumped to #2 on the all-time list.

Girls 3200 Meter Run Varsity Girls

8 Beringer, Karlina 12:45.00

For the first time this year, Karlina looked relaxed and aggressive in a race.

Girls 100 Meter Hurdles Varsity Girls

4 Lee, Kelsey 16.67

8 Simmons, Pauline 17.33

11 Huerta, Alexandra 17.68

15 LeBlanc, Alena 18.14

The girls ran well, but not to their best.

Girls 4x100 Meter Relay Varsity Girls

4 Castro Valley 53.04

Kandice Douglas, Rebecca Knight, Alena LeBlanc, Alex Huerta

Even with Rebecca filling in on an emergency basis, we ran well enough to medal. Amazing.

Girls 4x400 Meter Relay Varsity Girls

5 Castro Valley 4:19.26

Kandice Douglas 62.4

Pauline Simmons 64.7

Francesca Knight 66.3

Kwai Philpott 64.1

All of our power was supposed to be on the GFS level today, but our varsity leftovers had enough to medal. Pauline filled in at the last minute, Francesca was called from home, and Kwai did noble duty in getting her team together.

Girls 4x800 Meter Relay Varsity Girls

5 Castro Valley 10:56.70

Karen Chan 2:41

Ashley Hebert 2:50

Kaitlin Santisteban 2:46

Kwai Philpott 2:38

While all eyes were on our record-setting GFS team, our varsity regulars quietly grabbed their own medal.

Girls 4x1600 Meter Relay 4x1-Mile Varsity Girls

3 Castro Valley	24:08.90
Kwai Philpott	5:49
Karen Chan	5:59
Kaitlin Santisteban	6:28
Karlina Beringer	6:03

Not all teams can run three 4 x mile teams, and we were able to have the girls take a top mark even with non-stellar races.

Girls Pole Vault Varsity Girls

-- Knight, Rebecca n.h.

With opening height at her PR, the Rebecca could not negotiate a mark.

Girls Long Jump Varsity Girls

4 Kelsey Lee	15-01.75
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12 Simmons, Pauline	14-03.00
---------------------	----------

The girls had to jump in the cold and dark, and were not at top form.

Girls Triple Jump Varsity Girls

2 Lee, Kelsey	34-08.50
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6 Pauline Simmons	32-01.00
-------------------	----------

The TJ officials tried to deny us our last attempts until Brewer intervened and straightened the benighted out.

Girls Shot Put Varsity Girls

9 Hopfenbeck, Grace	29-07.50
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-- Koeneman, Claire	n.d.
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Not bad for Grace, but the marking minimum was beyond Claire's reach

Girls Discus Throw Varsity Girls

4 Tam, Jodi	89-05
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-- Hopfenbeck, Grace	n.d.
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Jodi came up with a surprise medal.

Girls 100 Meter Hurdles Frosh-Soph Girls

15 McComb, Lisa	21.91
-----------------	-------

Lisa ran, but is still sailing over the hurdles rather than running over them.

Girls 4x400 Meter Relay Frosh-Soph Girls

3 Castro Valley	4:20.24
-----------------	---------

Rebecca Schneider	63.2
-------------------	------

Samantha Owyang	67.1
-----------------	------

Kay Carvin	69.5
------------	------

Megan Lee	60.4
-----------	------

Kay filled in for Chelsea who complained her way home, and the girls grabbed another medal.

Girls 4x800 Meter Relay Frosh-Soph Girls

1 Castro Valley	10:14.20
-----------------	----------

Pam MacLeod	2:30
-------------	------

Kay Carvin	2:37
------------	------

Chelsea Schneider	2:33
-------------------	------

Megan Lee	2:32
-----------	------

The "A" team ran away with the race early, and held off the opposition. This is a school record.

7 Castro Valley 'B'	11:02.30
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Nicole Yang	2:38
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Amanda Chouinard	2:48
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Sam Owyang	2:42
------------	------

Summer Harris	2:54
---------------	------

The "B" team was not shabby either, as all the girls ran at or near their best.

Girls 4x1600 Meter Relay Frosh-Soph Girls

1 Castro Valley	22:43.50
-----------------	----------

Pam MacLeod	5:30
-------------	------

Nicole Yang	5:46
-------------	------

Kay Carvin	5:45
------------	------

Chelsea Schneider	5:29
-------------------	------

The meet started off with this race, and the girls beat all the varsity teams as well. This is a school record.

7 Castro Valley 'B'	25:18.10
---------------------	----------

Jenny Kaeahms	6:07
---------------	------

Amanda Chouinard	6:11
------------------	------

Summer Harris	6:30
---------------	------

Jenny Kaeahms	6:27
---------------	------

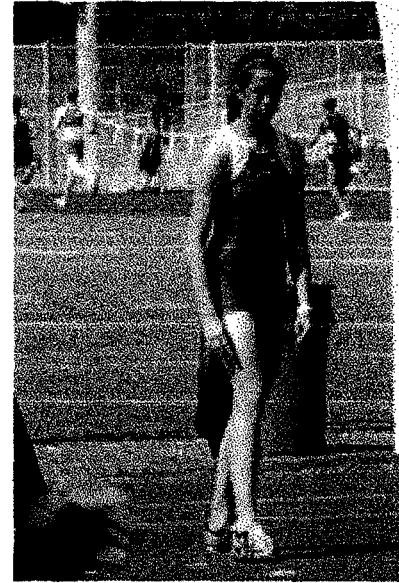
We ran out of girls, but rather than scratch the even, Jenny volunteered to run the 1st and last legs to give everyone a chance to compete. Go Jenny !

Girls High Jump Frosh-Soph Girls

2 Megan Lee	4-04.00
-------------	---------

3t Schneider, Rebecca	4-04.00
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Not that these marks will set the world afire, but they were enough to score points for the team.



Megan about to jump.

Girls Shot Put Frosh-Soph Girls

3 Knight, Alana	28-07.50
-----------------	----------

10 Dunnigan, Kelsey	21-09.00
---------------------	----------

Alana did well enough to get a medal. Kelsey is struggling to be consistent.

Girls Discus Throw Frosh-Soph Girls

8 Knight, Alana	58-11.50
-----------------	----------

11 Gaston, Michelle	43-07
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This was not the day for the GFS throwers.

Boys 100 Meter Dash Varsity Boys

7 Rice, Fredy	11.40
---------------	-------

Fredy recorded a good PR in a fast field.



Fredy in full flight.

Bob Warren Relays Acalanes High School Friday April 27, 2007

Boys 3200 Meter Run Varsity Boys

1 Leng, Jack	9:44.40
5 Riley, Matt	10:30.00
11 Robertson, Kenny	11:13.20

Jack took over about half way, and ran to the win in a huge PR. Matt chugged, and Kenny did his best after a long layoff.

Boys 110 Meter Hurdles Varsity Boys

6 West, Kyle	16.77
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Kyle rediscovered his 3-step just in time for the HAAL meet in two weeks.

Boys 4x100 Meter Relay Varsity Boys

6 Castro Valley	45.75
-----------------	-------

Ivan Ly, Robin Trajano, Devon Schultz, Fredy Rice
It wasn't the team we had drawn up, but it was okay and we nearly earned a medal.

Boys 4x200 Meter Relay Varsity Boys

6 Castro Valley	1:36.75
-----------------	---------

Ivan Ly, Richie Arredondo, Joe Mitchell, Fredy Rice
Surprisingly, we were in this race and finished only fractions of a second out of a medal spot.

Boys 4x400 Meter Relay Varsity Boys

3 Castro Valley	3:33.77
-----------------	---------

Richie Arredondo 54.8
Josh Fong 53.8
Robin Trajano 55.5
Fredy Rice 50.6

At the end of the meet, deep into the darkness, the sprint boys finally put it together and rode Fredy's great anchor leg to a good time and a medal spot.

Boys 4x800 Meter Relay Varsity Boys

2 Castro Valley	8:25.70
-----------------	---------

Josh Fong 2:02.9
Matt Riley 2:12
Nick Arredondo 2:07.5
Andrew Cheshire 2:03.8

Even though DLS won going away, we were able to hold off the rest with a nice set of races and a very competitive spirit.

Boys 4x1600 Meter Relay 4x1-Mile Varsity Boys

5 Castro Valley	19:25.90
-----------------	----------

Jack Leng 4:37
Tom Ashby 4:54
NICK Arredondo 4:53
Matt Riley 4:47

Tom filled in when James failed to show, and helped us to a medal.

Boys High Jump Varsity Boys

3 West, Kyle	5-06.00
3 Schultz, Devon	5-06.00

Not terribly impressive from the boys today.

Boys Pole Vault Varsity Boys

3 West, Kyle	11-06.50
--------------	----------

Kyle borrowed a pole and PR'd to take a good 3d.

Boys Long Jump Varsity Boys

14 Schultz, Devon	18-05.00
16 Ly, Ivan	17-11.50

Remarks are okay, but nothing to write home about.

Boys Triple Jump Varsity Boys

11 Ly, Ivan	37-07.00
-------------	----------

Boys Discus Throw Varsity Boys

20 phillips, jackson	96-11
21 Wegener, Luke	96-03

The boys were buried in the back of the pack with FS distances today.



Jack turned a few heads with his easy and unexpected win in the 3200.

Boys 110 Meter Hurdles Frosh-Soph Boys

1 Mackay, Jordan	16.64
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This was sweet as Jordan took command early and won by a large margin.

Boys 4x100 Meter Relay Frosh-Soph Boys

3 Castro Valley	46.42
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Freddie Ng, Tim Wong, Jimmy Sunga, Dash Oliver
With Dash on anchor good things happen. We zoomed to a season best, and a medal.

Boys 4x200 Meter Relay Frosh-Soph Boys

3 Castro Valley	1:37.42
-----------------	---------

Freddie Ng, Tim Wong, Jimmy Sunga, Dash Oliver
Dash once again was the difference and popped the team right into the medal picture.

Boys 4x400 Meter Relay Frosh-Soph Boys

6 Castro Valley	3:47.76
-----------------	---------

Dash Oliver 53.8
Marcelo Sanchez 58
Vince Talley 59
Jordan Mackey 57

We won the 1st heat by a huge margin, but it wasn't enough to crack the medal picture as the 2nd heat was very competitive.

Boys High Jump Frosh-Soph Boys

5 Sunga, Jimmy	5-04.25
----------------	---------

Jimmy leaped a season best to a medal spot.

Boys Pole Vault Frosh-Soph Boys

6 Sanchez, Marcelo	9-06.00
8 McDonagh, Nolan	9-00.00

Both boys negotiated PR heights.

Boys Long Jump Frosh-Soph Boys

14 Schultz, Devon	18-05.00
16 Ly, Ivan	17-11.50

1 Oliver, Dash	20-00.50
9 Talley, Vince	17-02.75

This was Dash's first competitive LJ since breaking his foot, and it was a nice debut as he easily took the win. Vince continues to impress with his improvement.

Boys Triple Jump Frosh-Soph Boys

8 Sunga, Jimmy	33-00.00
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9 Wong, Tim	32-06.00
-------------	----------

Boths boys had modest marks.

Boys Discus Throw Frosh-Soph Boys

5 Tsang, Darren	97-11
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22 Vasquez, Alex	71-11.50
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Darren took the last medal with a nice toss., Alex is still learning.

Women - Varsity Girls - Team Rankings

1) Miramonte	53
2) Carondelet	35
3) Deer Valley	32
4) Castro Valley	28
5) Las Lomas	23.50
6) Acalanes	23
7) Concord	18
8) Campolindo	17
9) Pittsburg	14
10) Ygnacio Valley	12
11) Clayton Valley	11
12) Northgate	9.50
13) St. Mary's	8
14) Crystal Springs	5
14) Mt. Diablo	5

Women - Frosh-Soph Girls - Team Rankings

1) Campolindo	44.25
2) Castro Valley	35
3) St. Mary's	34
4) Miramonte	28
5) Carondelet	26
6) Mt. Diablo	25.25
7) Concord	20.25
8) Las Lomas	14.25
9) Acalanes	9
10) Deer Valley	8
11) Alhambra	6
12) Crystal Springs	4
13) College Park	2

Men - Varsity Boys - Team Rankings

1) Deer Valley	46
2) Campolindo	38
3) Acalanes	32
4) De La Salle	30.50
5) Mt. Diablo	30
6) Castro Valley	28
7) Las Lomas	26.50
8) Miramonte	26
9) Clayton Valley	16
10) Pittsburg	7
11) Concord	4
11) Northgate	4
11) Alhambra	4
14) Crystal Springs	2

Men - Frosh-Soph Boys - Team Rankings

1) Campolindo	42
2) Las Lomas	38
3) Miramonte	34
4) Castro Valley	26
5) Acalanes	24
6) Deer Valley	20
8) De La Salle	20
8) Alhambra	17
9) Clayton Valley	15
10) St. Mary's	12
11) Northgate	4
12) College Park	3
12) Pittsburg	3
14) Mt. Diablo	2
15) Ygnacio Valley	1
15) Concord	1

Castro Valley vs. Hayward @ Hayward High Tuesday, May 1, 2007

A make-up meet against a small team was not a real occasion for enthusiasm, and to make it the 6th meet in 12 days was also a sure bet to dim the efforts of just about everyone. However, a league meet is a league meet, and so we trudged off to Hayward. Again, we had to provide all the finish line equipment, materials, and manpower.

This allowed us to finish undefeated in BV and GFS, and keep pace with BOD in the GV and SL in the BFS.

Even with the overall effort tremendously subdued, the CV depth was overwhelming and we just ran right over the Farmers on their own track.

BV: CV 70, H 38
GV: CV 90, H 18
BFS: CV 89, H 12
GFS: CV 70, H 19

Boys' Varsity

4 x 100 Relay

1. CV "A" (Hung, Trajano, Rice, Oliver) 48.6
2. CV "B" (Ly, Arredondo, Perez, Schultz) 51.6

1600

1. Jack Leng CV 4:36.8
2. Birzat Zerehaimenot H 4:40.6
3. James Fazzio CV 4:46.1
4. Geordan Smith H 5:53.0
5. Tom Ashby CV 5:02.4
6. Andrew Cheshire CV 5:04.6
7. Sam Hales H 5:10.9
8. Joel Becker CV 5:15.9
9. Kenny Robertson CV 5:24.0
10. Eugene Villasantos H 5:28.8

110 HH

1. Jordan Mackey CV 17.2
2. Kyle West CV 18.5
- no third

400

Heat 1

1. Fredy Rice CV 55.0
2. Robin Trajano CV 56.1
3. Josh Fong CV 56.4
4. Vance Speed H 56.5
5. Joe Mitchell CV 57.2
6. Richie Arredondo CV 59.0
7. Robert Pinkston H 63.7

Heat 2

1. Sergio Perez CV 58.4
2. Joel Becker CV 63.5
- no third

100

1. Dash Oliver CV 11.6
2. Elliot Hung CV 12.1
3. Robert Pinkston H 13.5

800

1. Geordan Smith H 2:05.4
2. Josh Fong CV 2:09.3
3. Jack Leng CV 2:11.5
4. Birzat Zerehaimenot H 2:12.1
5. Matt Riley CV 2:16.4
6. Tom Ashby CV 2:19.9
7. Travis Coles CV 2:20.4
8. Eugene Villasanta H 2:24.9
9. Kenny Robertson CV 2:26.9
10. Sam Hales H 3:07.6

300 IH

1. Jordan Mackey CV 44.0
2. Nick Arredondo CV 45.2
3. Robert Pinkston H 52.6

200	not contested	Heat 2	1. David Lum	CV	21.9
3200	not contested		2. Mustafa Nawabzada	CV	23.2
			3. Jeremy Jang	CV	23.4
4 x 400 Relay		400	1. Freddie Ng	CV	59.1
1. Hayward Zerehaimenot, Speed, George, Hales)	3:47.5		2. Joe Ashby	CV	62.8
2. Castro Valley (Fong, Fazzio, N. Arredondo, Leng)	3:51.8	100	no third		
Long Jump			1. Tim Wong	CV	12.8
1. Dash Oliver	CV	17-9	2. Brian Sien	CV	13.6
2. Jeff Ford	H	17-2	3. Freddie Ng	CV	13.6
3. Elliot Hung	CV	16-2	4. Alex Mendez	H	13.6
4. Devon Schultz	CV	15-5.5	800		
5. Ivan Ly	CV	15-4.5	1. Takeo Hiraki	CV	2:27.4
Triple Jump			2. Kevin Gee	CV	2:34.5
1. Jeff Ford	H	34-9	3. Eduardo Lopez	H	2:36.5
2. Kyle West	CV	34-7.5	4. Josh Phillips	H	2:50.7
3. Ivan Ly	CV	34-0	5. Sebastian Flores	H	2:53.4
Elliot Hung	CV	n.m.	6. Diego Hurtado	H	3:09.9
High Jump		300 H			
1. Kyle West	CV	5-6	Heat 1		
2. Devon Schultz	CV	5-4	1. Marcelo Sanchez	CV	50.7
no third			2. Aaron Galaura	CV	53.6
Shot Put			3. David Lum	CV	54.9
1. Daniel Moimoi	H	45-8	4. Jeremy Jang	CV	59.9
2. James Aubrey	H	43-1	Heat 2		
3. John Dunn	H	38-6	1. Chris So	CV	51.6
4. Sefia Etu	H	38-0	2. Josh Bivings	CV	52.7
5. Ben Fano	H	38-0	3. Mustafa Nawabzada	CV	53.6
6. Luke Wegener	CV	38-0	200		
7. Jackson Phillips	CV	33-10	not contested		
8. Ben Crosby	CV	33-10	3200		
9. Eric Chow	CV	32-7	not contested		
10. Mikhail Hosain	CV	28-10			
11. Wilson Nguyen	CV	24-0	4 x 400		
12. Michael Porter	CV	21-7	1. CV (Ng, Sanchez, Talley, Sien) 4:09.2		
Brandon Tsurumoto	CV	n.m.	2. H (no names available) 4:39.2		
Discus					
1. Daniel Moimoi	H	137-1	Long Jump		
2. John Dunn	H	130-8	1. Vince Talley	CV	15-9
3. James Aubrey	H	126-6	2. Freddie Ng	CV	14-4
4. Erik Chow	CV	105-5	3. Jimmy Sunga	CV	14-4
5. Jackson Phillips	CV	104-9	4. Scott Peek	CV	12-4
6. Luke wegener	CV	104-1	Triple Jump		
7. Ben Fano	H	101-4	1. Vince Talley	CV	32-9.5
8. Richard Romero	H	93-0	2. Tim Wong	CV	32-0
9. BenCrosby	CV	92-11	3. Jimmy Sunga	CV	32-0
10. Wilson Nguyen	CV	77-6	4. David Lum	CV	26-7
11. Michael Porter	CV	65-3	5. Scott Peek	CV	26-5
12. Mikail Hosain	CV	64-3	High Jump		
Boys' Frosh-Soph			1. Jimmy Sunga	CV	4-10
			2. Scott Peek	CV	n.h.
			no other competitors		
4 x 100					
1. CV "A" (Ng, Wong, So, Sunga) 50.5			Shot Put		
2. CV "B" (Bivings, Lum, Nawabzada, Sien)			1. Quin Perry	H	38-7
53.8			2. Virgil hart	H	36-3.5
1600			3. Darren Tsang	CV	36-3
1. Takeo Hiraki	CV	5:39.9	4. Shawn Dunn	H	35-8
2. Diego Hurtado	H	5:44.2	5. Alex Niuatoa	H	34-4
3. Kevin Gee	CV	6:06.7	6. Alex Vazquez	CV	31-6.5
4. Josh Phillips	H	6:12.4	7. George Gilham	CV	28-2
110 HH			8. Joe Ashby	CV	26-2
Heat 1					
1. Marcelo Sanchez	CV	20.1	Discus		
2. Aaron Galaura	CV	22.5	1. Darren Tsang	CV	95-5
3. Josh Bivings	CV	22.2	2. Alex Niuatoa	H	94-1
4. Chris So	CV	27.2	3. Virgil Hart	H	92-5.5

Castro Valley vs. Hayward @ Hayward High Tuesday, May 1, 2007

4. Quinn Perry	H	87-1	Triple Jump				
5. Shawn Dunn	H	84-9	1. Kelsey Lee	CV	31-9.5	4 x 400	
6. Joe Ashby	CV	74-8	2. Pauline Simmons	CV	30-4	not contested	
7. Alwz Vazquez	CV	74-4	no third				
8. George Gilham	CV	65-11					
Girls' Varsity							
4 x 100 Relay			High Jump			Long Jump	
1. Castro Valley (Huerta, LeBlanc, R.Schneider, Douglas) 54.4			1. Jaymee Salone	H	4-8	1. Nailah Davis	H 11-7
no second			2. Megan Lee	CV	4-6	2. Taelor Hogan	H 11-4.5
			3. Rebecca Schneider	CV	4-4	3. Nnenna Obioma	H 11-2.5
			3. Alena Leblanc	CV	4-4	4. Jorcyelin Ani	H 11-2
			5. Alex Huerta	CV	4-4	5. Ashley Bright	CV 9-8.5
1600			Shot Put			Triple Jump	
1. Kathryn Carvin	CV	6:00.5	1. Alana Knight	CV	30-8	1. Beth Chan	CV 26-1
2. Nicole Yang	CV	6:00.7	2. Grace Hopfenbeck	CV	30-1.5	2. Jorcyelin Ani	H 25-10
3. Jenny Kaehms	CV	6:11.6	3. Patrice Sapiga	H	27-7	3. Nailah Davis	H 25-3
4. Amanda Chouinard	Cv	6:12.4	4. Jodi Tam	CV	25-8	4. Ashley Bright	CV 22-10
5. Ashley Hebert	CV	6:16.4	5. Nicole Abraham	CV	26-6	5. Kelsey Dunnigan	CV 22-7
100 HH			6. Jessica Calvillo	H	25-3	High Jump	
Heat 1			7. Anita Hegedüs	CV	24-6	1. Iesha Rush	CV 4-2
1. Kelsey Lee	CV	16.6	8. Emily Marciel	CV	21-11	2. Ashley Bright	CV 4-0
2. Alex Huerta	CV	17.9	9. Stephaine Moi	H	20-1	3. Daina Vargas	CV 3-8
3. Alisa Espinoza	H	21.0	10. Navenus Pham	CV	19-7.5	4. Kelsey Dunnigan	CV 3-8
Pauline Simmons	CV	dnf	11. Mimi Vo	CV	19-2		
Heat 2			Discus			Shot Put	
1. Hana Albarazi	CV	19.0	1. Jodi Tam	CV	93-0	1. Shelline Waldorf	CV 24-8
2. Alena LeBlanc	CV	19.4	2. Patrice Sapiga	CV	91-1	2. Kelsey Dunnigan	CV 24-0
3. Beth August	CV	20.9	3. Jessica Calvillo	H	77-4	no third	
4. Alaina Roberts	H	21.4	4. Nicole Abraham	CV	68-3	Discus	
			5. Grace Hopfenbeck	CV	66-4	1. Kelsey Dunnigan	Cv 64-4.5
400			6. Navenus Pham	CV	63-1	2. Shelline Waldorf	CV 58-9.5
1. Kwai Philipott	CV	66.4	7. Mimi Vo	CV	62-3	no third	
2. Samantha Owyang	CV	67.0	8. Anita Hegedüs	CV	61-3		
3. Irene Gilchriese	CV	68.0	9. Emily Marciel	CV	47-9		
4. Summer Harris	CV	72.7	10. Stephaine Moi	H	47-3		
5. Corinne Velasquez	CV	86.9	11. Alana Knight	CV	55-8		
Girls' Frosh-Soph							
100			4 x 100				
1. Kandice Douglas	CV	13.4	1. CV (Rush, Chan, Simbra, McComb) 57.9				
2. Jaymee Salone	H	13.6	no second				
3. Mimi Vo	CV	14.9					
800			1600				
1. Kaitlin Santisteban	CV	2:37.5	1. Viktoriya Muhka	CV	7:25.0		
2. Samantha Owyang	CV	2:37.9	2. EVa Poon	CV	7:26.8		
3. Kwai Philipott	CV	2:41.4	3. Becky Chao	CV	7:45.5		
4. Karen Chan	CV	2:42.8	4. Grace Santos	H	7:52.2		
5. Andrea Chow	CV	2:59.9					
300 H			100 HH				
Heat 1			1. Daina Vargas	CV	22.0		
1. Kelsey Lee	CV	51.7	2. Tanya Simbra	CV	22.5	no third	
2. Pauline Simmons	CV	52.8					
3. Hana Albarazi	CV	55.0	400				
Heat 2			1. Beth Chan	CV	71.5		
1. Alicia Espinoza	H	65.4	no second or third				
2. Alaina Roberts	H	66.0					
no third			100				
			1. Taylor Hogan	H	13.9		
200			2. Lisa McComb	CV	14.2		
not contested			3. Nnenna Obioma	H	15.1		
3200			800				
not contested			1. Beth Chan	CV	2:51.0		
			no second or third				
4 x 400 relay			300 H				
1. Castro Valley (Philipott, Owyang, C. Schneider, M. Lee) 4:26.9			1. Tanya Simbra	CV	62.4		
no second			2. Lisa McComb	CV	66.8	no third	
Long Jump			200				
1. Jaymee Salone	H	13-10	not contested				
2. Kelsey Lee	CV	13-4					
3. Pauline Simmons	CV	13-3					
4. Anita Hegedüs	CV	10-11	3200				
			not contested				

2007 HAAL Track results

<u>dual meet records</u>			<u>HAAL finals place</u>		<u>Overall team finish</u>	
GFS						
1	CV	8-0	CV	173	1	CV
2	A	6-2	H	78	2	SL
2	BOD	6-2	SL	75	3	BOD
2	SL	6-2	BOD	53	4	H
5	MC	3-5	SLZ	27	5	A
5	H	3-5	MC	26	6	MC
7	SLZ	2-6	A	18	7	SLZ
8	ME	0-8	ME	0	8	ME
8	T	0-8	T	0	8	T
BFS						
1	SL	8-0	SL	169	1	SL
2	CV	7-1	CV	138	2	CV
3	BOD	6-2	BOD	67	3	BOD
4	A	5-3	A	20	4	A
5	SLZ	4-4	H	18	5	SLZ
6	H	3-5	SLZ	15	5	H
7	MC	1-7	ME	10	7	ME
7	ME	1-7	MC	2	8	MC
9	T	0-9	T	0	9	T
GV						
1	BOD	8-0	BOD	192	1	BOD
2	CV	7-1	CV	114.5	2	CV
3	A	6-2	A	54.5	3	A
4	H	5-3	ME	37	4	MC
5	MC	3-5	MC	35	5	h
5	SLZ	3-5	T	24	6	ME
7	SL	1-7	H	1	7	SLZ
7	ME	1-7	SL	0	8	T
9	T	0-9	SLZ	0	9	SL
BV						
1	CV	8-0	CV	155	1	CV
2	A	7-1	H	82	2	A
3	BOD	6-2	BOD	71	2	BOD
4	MC	3-5	A	64	4	H
4	SL	3-5	ME	51	5	ME
4	ME	3-5	MC	22	6	MC
4	H	3-5	SL	17	7	SL
8	SLZ	2-6	T	2	8	SLZ
9	T	0-8	SLZ	0	8	T

2007 HAAL Championships May 8 & 9 Chabot College

Girls 100 Meter Dash Varsity																							
School	Name	Prelims																					
Heat 1 Preliminaries																							
Castro Valley	Douglas, Kandice	1	12.99	Q	Castro Valley Gilchriese, Irene 6 1:05.18 1																		
Bishop O'Dowd	Lynch, Jackie	2	13.14	q	Arroyo (San Lore Wescott, Marsha 7 1:06.42																		
Tennyson	Dedeaux, Danecia	3	13.23	q	Castro Valley Philpott, Kwai 8 1:07.86																		
Hayward	Salone, Jaymee	4	13.71		Girls 800 Meter Run Varsity																		
Moreau Catholic	Martinez, Mariel	5	14.61		School	Name	Prelims																
Moreau Catholic	Romero, Danette	6	15.90		Heat 1 Preliminaries		Castro Valley Batis, Haley 1 2:32.13 Q																
Moreau Catholic	Ugbah, Nene	—	FS		Castro Valley	Schneider, Chelsea	2	2:39.69		Castro Valley Hendrix, Lizzy 5 12:14.57 2													
Heat 2 Preliminaries										Castro Valley Yang, Nicole 6 12:38.95 1													
Bishop O'Dowd	McFarland, Megan	1	12.59	Q	Castro Valley	Santisteban, Kaitlin	3	2:41.27		Arroyo (San Lore Leal, Jin-Mee 7 12:44.15													
Bishop O'Dowd	Toler, Maurita	2	12.78	q	San Lorenzo	Johnson, Kiyah	4	2:51.03		Castro Valley Beringer, Karlina 8 12:48.85													
Mt. Eden	Clark, Sharonda	3	12.94	q	San Lorenzo	Padilla, Crystal	5	3:03.46		Castro Valley Chan, Karen 9 12:49.43													
Mt. Eden	Parker, Kamilah	4	12.99	q	Moreau Catholic	Ang, Justine	6	3:06.18		Moreau Catholic Crosby, Cassie 10 13:01.34													
Arroyo (San Lore	Kendig, Kori	5	13.32		San Lorenzo	Ochoa, Alizia	11	13:36.25		San Lorenzo Ochoa, Alizia 11 13:36.25													
Moreau Catholic	Sizar, Selene	6	15.33		Arroyo (San Lore	Rosenblum, Hannah	—			Arroyo (San Lore Rosenblum, Hannah DQ													
Tennyson	Tran, Mindy	7	17.03		Girls 100 Meter Hurdles Varsity																		
Heat 3 Preliminaries										School	Name	Prelims											
Mt. Eden	Garrett, Cherrelle	1	11.72	Q	Heat 1 Preliminaries		Castro Valley Lee, Kelsey 1 16.37							Castro Valley Lee, Kelsey 1 16.37									
Bishop O'Dowd	Adams, Rachel	2	12.79	q	Castro Valley	Philpott, Kwai	3	2:37.66	q	Arroyo (San Lore Oiyemhonian, Omonigho 16.96							Arroyo (San Lore Oiyemhonian, Omonigho 16.96						
Tennyson	Warren, Melquisha	3	13.38		Heat 2 Preliminaries		Arroyo (San Lore King, Sarah 4 2:41.52							Bishop O'Dowd toler, lorena 3 17.22									
Castro Valley	Vo, Mimi	4	14.18		Castro Valley	Chow, Andrea	5	2:49.19		Bishop O'Dowd Jang, Rachel 4 21.35							Bishop O'Dowd Jang, Rachel 4 21.35						
Moreau Catholic	Harbert, Alexandra	5	14.53		Heat 3 Preliminaries		Castro Valley Velasquez, Corinne 7 2:54.31							Bishop O'Dowd gibbs, jordan 1 15.78									
Moreau Catholic	Perlas, Noemi	6	15.18		Bishop O'Dowd	Clark, Brazile	1	2:18.55	Q	Bishop O'Dowd Mulhaney-Banks, Shane 15.89							Bishop O'Dowd Mulhaney-Banks, Shane 15.89						
San Leandro	cruz, christina	7	15.41		Bishop O'Dowd	Dubose, Damajria	2	2:34.97	q	Castro Valley Huerta, Alex 3 17.70							Castro Valley Huerta, Alex 3 17.70						
Girls 100 Meter Dash Varsity										School	Name	Castro Valley Albarazi, Hana 4 18.48											
School	Name	Finals							Castro Valley LeBlanc, Alena 5 18.63							Castro Valley LeBlanc, Alena 5 18.63							
Finals	Section 1	Finals							Castro Valley Roberts, Alaina 6 20.39							Castro Valley Roberts, Alaina 6 20.39							
Mt. Eden	Garrett, Cherrelle	1	11.83	10	Bishop O'Dowd	Hinds, Jennifer	1	2:30.63	Q	Castro Valley August, Beth 7 20.97							Castro Valley August, Beth 7 20.97						
Bishop O'Dowd	McFarland, Megan	2	12.68	8	Bishop O'Dowd	Clark, Brazile	1	2:18.55	Q	Heat 3 Preliminaries							Heat 3 Preliminaries						
Castro Valley	Douglas, Kandice	3	12.91	6	Bishop O'Dowd	Dubose, Damajria	2	2:36.43	q	Tennyson Truesdale, Alicia 1 14.89							Tennyson Truesdale, Alicia 1 14.89						
Mt. Eden	Clark, Sharonda	4	13.04	4	Bishop O'Dowd	Philpott, Kwai	3	2:37.66	q	Bishop O'Dowd fong, sarah 2 16.77							Bishop O'Dowd fong, sarah 2 16.77						
Bishop O'Dowd	Toler, Maurita	5	13.05	2	Bishop O'Dowd	Arroyo (San Lore Wescott, Marsha 3 2:39.50	q	Castro Valley Simmons, Pauline 3 17.03							Castro Valley Simmons, Pauline 3 17.03								
Mt. Eden	Parker, Kamilah	6	13.07	1	Bishop O'Dowd	San Leandro sanchez, norma	4	2:39.63	q	Arroyo (San Lore Ng, Jennifer 4 17.94							Arroyo (San Lore Ng, Jennifer 4 17.94						
Bishop O'Dowd	Adams, Rachel	7	13.39		Bishop O'Dowd	Arroyo (San Lore Torres, Berta 6 2:52.76				Bishop O'Dowd Valdes, Alessondra 6 21.95							Bishop O'Dowd Valdes, Alessondra 6 21.95						
Bishop O'Dowd	Lynch, Jackie	8	13.74		Bishop O'Dowd	Castro Valley Velasquez, Corinne 7 2:54.31				Girls 100 Meter Hurdles Varsity													
Girls 200 Meter Dash Varsity										School	Name	Bishop O'Dowd Hendrix, Lizzy 5 12:14.57 2											
School	Name	Prelims							Castro Valley Yang, Nicole 6 12:38.95 1							Castro Valley Yang, Nicole 6 12:38.95 1							
Finals	Section 1	Finals							Heat 1 Preliminaries							Heat 1 Preliminaries							
Mt. Eden	Garrett, Cherrelle	1	11.83	10	Bishop O'Dowd	Arroyo (San Lore Leal, Jin-Mee 7 1:06.42			Castro Valley Lee, Kelsey 1 16.37							Castro Valley Lee, Kelsey 1 16.37							
Bishop O'Dowd	McFarland, Megan	2	12.68	8	Bishop O'Dowd	Castro Valley Philpott, Kwai 8 1:07.86			Arroyo (San Lore Chan, Ashley 3 11:50.10 6							Arroyo (San Lore Chan, Ashley 3 11:50.10 6							
Castro Valley	Douglas, Kandice	3	12.91	6	Bishop O'Dowd	Castro Valley Batis, Haley 1 2:32.13 Q			Arroyo (San Lore Kearney, Samantha 4 12:01.19							Arroyo (San Lore Kearney, Samantha 4 12:01.19							
Mt. Eden	Clark, Sharonda	4	13.04	4	Bishop O'Dowd	Castro Valley Schneider, Chelsea 2 2:39.69			Bishop O'Dowd Hendrix, Lizzy 5 12:14.57 2							Bishop O'Dowd Hendrix, Lizzy 5 12:14.57 2							
Bishop O'Dowd	Toler, Maurita	5	13.05	2	Bishop O'Dowd	Castro Valley Santisteban, Kaitlin 3 2:41.27			Castro Valley Yang, Nicole 6 12:38.95 1							Castro Valley Yang, Nicole 6 12:38.95 1							
Mt. Eden	Parker, Kamilah	6	13.07	1	Bishop O'Dowd	Castro Valley Johnson, Kiyah 4 2:51.03			Arroyo (San Lore Leal, Jin-Mee 7 12:44.15							Arroyo (San Lore Leal, Jin-Mee 7 12:44.15							
Bishop O'Dowd	Adams, Rachel	7	13.39		Bishop O'Dowd	Castro Valley Padilla, Crystal 5 3:03.46			Castro Valley Beringer, Karlina 8 12:48.85							Castro Valley Beringer, Karlina 8 12:48.85							
Tennyson	Dedeaux, Danecia	8	13.74		Bishop O'Dowd	Castro Valley Ochoa, Alizia 6 12:49.43			Castro Valley Chan, Karen 9 12:49.43							Castro Valley Chan, Karen 9 12:49.43							
Bishop O'Dowd	Lynch, Jackie	9	13.74		Bishop O'Dowd	Castro Valley Ochoa, Alizia 6 12:49.43			Moreau Catholic Crosby, Cassie 10 13:01.34							Moreau Catholic Crosby, Cassie 10 13:01.34							
Heat 2 Preliminaries										School	Name	Moreau Catholic Crosby, Cassie 10 13:01.34											
Bishop O'Dowd	Adams, Rachel	10	13.74		Heat 3 Preliminaries		San Lorenzo Ochoa, Alizia 6 12:49.43			Moreau Catholic Crosby, Cassie 10 13:01.34							Moreau Catholic Crosby, Cassie 10 13:01.34						
Bishop O'Dowd	Perlas, Noemi	11	14.53		Bishop O'Dowd	Castro Valley Santisteban, Kaitlin 3 2:41.27			San Lorenzo Ochoa, Alizia 6 12:49.43							San Lorenzo Ochoa, Alizia 6 12:49.43							
Moreau Catholic	Perlas, Noemi	12	15.18		Bishop O'Dowd	Castro Valley Johnson, Kiyah 4 2:51.03			Arroyo (San Lore Kearney, Samantha 4 12:01.19							Arroyo (San Lore Kearney, Samantha 4 12:01.19							
San Leandro	cruz, christina	13	15.41		Bishop O'Dowd	Castro Valley Padilla, Crystal 5 3:03.46			Bishop O'Dowd Hendrix, Lizzy 5 12:14.57 2							Bishop O'Dowd Hendrix, Lizzy 5 12:14.57 2							
Girls 200 Meter Dash Varsity										School	Name	Bishop O'Dowd Hendrix,											

2007 HAAL Championships May 8 & 9 Chabot College

Cherelle	3) Parker, Kamilah	4) Rodriguez,
Itzia		
A Bishop O'Dowd	2 49.11	8
1) Lynch, Jackie	2) Mcfarland, Megan	3) Toler,
Maurita	4) gibbs, jordan	
A Castro Valley	3 51.76	6
1) Huerta, Alex	2) LeBlanc, Alena	3) Schneider,
Rebecca	4) Douglas, Kandice	
A Arroyo (San Lorenzo)	4 52.29	4
1) Cooper, Ashley	2) Jones, Carly	
3) Kendig, Kori	4) Oiyemhonlan, Omorigho	
Tennyson	5 54.15	2
1) Dedeaux, Danecia	2) Warren,	
Melquisha	3) Gant, Melissa	4) Truesdale,
Alicia		
Moreau Catholic	6 55.30	1
1) Reyes, Genica	2) Martinez,	
Mariel	3) Harbert, Alexandra "ali"	4) Ugbah,
Teni		

Girls 4x400 Meter Relay Varsity		
Relay	Team	Finals Section
1		
Bishop O'Dowd	1 3:56.44	
1) Hinds, Jennifer	2) Clark, Brazile	
3) rivers-birt, lia	4) Mulhaney-Banks, Shane	
Castro Valley	2 4:16.46	
1) Batis, Haley	2) Douglas, Kandice	3) Schneider,
Rebecca	4) Lee, Megan	
Arroyo (San Lorenzo)	3 4:22.53	
1) Bockhaus, Lacey	2) Cooper,	
Ashley	3) King, Sarah	4) Kearney,
Samantha		

Girls High Jump Varsity		
School	Name	Finals
Bishop O'Dowd	johnson, mikela	1 J5-00.00 8
Moreau Catholic	Boyd, Alitta	1 J5-00.00 10
Arroyo (San Lore	Bockhaus, Lacey	3 J4-08.00 6
Arroyo (San Lore	Jones, Carly	3 J4-08.00 4
Castro Valley	LeBlanc, Alena	5 J4-06.00
Arroyo (San Lore	Kendig, Kori	5 J4-06.00 1.5
Castro Valley	Lee, Megan	5 J4-06.00 1.5
Arroyo (San Lore	Wescott, Marsha	8 J4-04.00
Arroyo (San Lore	King, Sarah	8 4-04.00
Castro Valley	Huerta, Alex	8 J4-04.00
Castro Valley	Schneider, Rebecca	11 4-02.00
Castro Valley	Knight, Rebecca	11 4-02.00
1 ... (Flight

Girls High Jump Varsity		
School	Name	Finals
Moreau Catholic	Reyes, Genica	11 4-02.00
Castro Valley	Hopfenbeck, Grace	14 4-00.00
Hayward	Salone, Jaymee	— DQ

Girls Pole Vault Varsity		
School	Name	Finals
Castro Valley	Knight, Rebecca	1 8-02.00 10
Castro Valley	Batis, Haley	2 7-06.00 8
Castro Valley	August, Beth	3 6-00.00 6
Heat 3 Preliminaries ... (

Girls Long Jump Varsity		
School	Name	Finals
Moreau Catholic	Boyd, Alitta	1 18-00.00 10
Bishop O'Dowd	Mcfarland, Megan	2 16-02.50 8
Castro Valley	Lee, Kelsey	3 16-02.00 6
Arroyo (San Lore	Jones, Carly	4 J16-01.00 4
Castro Valley	Simmons, Pauline	5 J16-01.00 2
Bishop O'Dowd	toler, lorena	6 15-02.50 1
Hayward	Salone, Jaymee	7 15-00.00
Tennyson	Warren, Melquisha	8 14-09.00
Moreau Catholic	Martinez, Mariel	9 14-01.50
Castro Valley	Hegedus, Anita	10 13-10.00
Moreau Catholic	Reyes, Genica	11 13-06.00
Moreau Catholic	Perlas, Noemi	12 13-00.50
Castro Valley	Vo, Mimi	13 12-04.50
Moreau Catholic	Sizar, Selene	14 11-11.50
Tennyson	Tran, Mindy	15 10-08.50

Girls Triple Jump Varsity		
School	Name	Finals
Moreau Catholic	Boyd, Alitta	1 38-01.25 10
Castro Valley	Lee, Kelsey	2 34-10.50 8
Bishop O'Dowd	Dubose, Damajria	3 33-03.75 6
Bishop O'Dowd	toler, lorena	4 32-06.50 4
Castro Valley	Simmons, Pauline	5 32-02.50 2
Arroyo (San Lore	Jones, Carly	6 30-10.00 1
Moreau Catholic	Reyes, Genica	7 29-11.50
Moreau Catholic	Martinez, Mariel	8 28-11.00
Moreau Catholic	Perlas, Noemi	9 26-10.50
Castro Valley	Hegedus, Anita	10 25-04.25
Castro Valley	August, Beth	11 25-04.00

Girls Shot Put Varsity		
School	Name	Finals
Castro Valley	Abraham, Nicole	1 26-07.00
Arroyo (San Lore	Figueroa, Christian	2 22-05.00
Castro Valley	Pham, Navenus	3 21-02.00
San Lorenzo	Dahl, Joanna	4 20-06.00
Moreau Catholic	Sizar, Selene	5 20-02.00
Hayward	Moi, Stephanie	6 19-03.00
Hayward	Juarez, Angelica	7 18-08.00
Moreau Catholic	McAvoy, Erin	8 17-06.00
Flight 2		
Bishop O'Dowd	Wilson, Miranda	1 44-04.00
Arroyo (San Lore	Kujore, Irene	2 36-04.00
Castro Valley	Hopfenbeck, Grace	3 31-08.00
Moreau Catholic	Romero, Danette	4 27-08.00
Bishop O'Dowd	Barr, Kierstie	5 27-03.00
Moreau Catholic	Chavez, Mariel	6 26-05.00
Hayward	Calvillo, Jessica	7 26-01.00
Castro Valley	Hegedus, Anita	8 26-00.00
Castro Valley	Tam, Jodi	9 25-07.00
Hayward	Juarez, Diana	10 25-05.00
Castro Valley	Koeneman, Claire	11 24-09.00
Tennyson	Calimee, Xia	12 19-06.00
Girls Discus Throw Varsity		
School	Name	Finals
Flight 1		
Moreau Catholic	Romero, Danette	1 65-09
Hayward	Juarez, Angelica	2 59-10
Moreau Catholic	Harbert, Alexandra "ali"	3 53-01
San Lorenzo	Dahl, Joanna	4 52-07
Hayward	Moi, Stephanie	5 51-07
Arroyo (San Lore	Barber, Melanie	6 47-08
Castro Valley	Marcel, Emily	7 47-05
Moreau Catholic	McAvoy, Erin	8 47-00
Castro Valley	Hegedus, Anita	9 44-02
Flight 2		
Bishop O'Dowd	Wilson, Miranda	1 146-04
Arroyo (San Lore	Kujore, Irene	2 109-09
Bishop O'Dowd	Barr, Kierstie	3 98-11
Castro Valley	Tam, Jodi	4 84-00
Arroyo (San Lore	Figueredo, Christian	5 81-10
Hayward	Calvillo, Jessica	6 79-04
Hayward	Juarez, Diana	7 75-02
Moreau Catholic	Chavez, Mariel	8 64-09
Tennyson	Calimee, Xia	9 35-08
Girls 100 Meter Dash Frosch-Soph		
School	Name	Prelims
Heat 1 Preliminaries		
Bishop O'Dowd	Ellis, Olivia	1 13.64
San Lorenzo	Metters, Kenya	2 14.55
San Leandro	fallowo, patricia	3 14.89
Heat 2 Preliminaries		
Castro Valley	Rush, Iesha	1 14.10
Arroyo (San Lore	Shaffer, Jessika	2 15.52
San Lorenzo	Sin, Malyssa	3 15.75
Heat 3 Preliminaries		
Moreau Catholic	Scott, Krissy	1 13.98
Moreau Catholic	Cordero, Jacqueline	2 14.22
Castro Valley	McComb, Lisa	3 14.28
Heat 3 Preliminaries ... (
Girls 100 Meter Dash Frosch-Soph		
School	Name	Prelims
Heat 1 Preliminaries		
Castro Valley	Carvin, Katherine	1 2:42.87
Castro Valley	Kaehms, Jenny	2 2:51.41
Castro Valley	Harris, Summer	3 2:52.35
Arroyo (San Lore	Suzuki, Jonie	4 2:57.88
San Lorenzo	Lomeli, Tania	5 2:59.88
San Leandro	lie, winnie	6 3:01.97
San Lorenzo	Senorin, Cassandra	7 3:02.28
Girls 800 Meter Run Frosch-Soph		
School	Name	Prelims
Heat 1 Preliminaries		
San Lorenzo	Hutchinson, Dash	1 2:41.71
Castro Valley	Chouinard, Amanda	2 2:47.36
q		
Arroyo (San Lore	Anklam, Katy	3 2:48.19
San Leandro	canela, janet	4 2:59.24
San Lorenzo	Bergeron, Annette	5 3:16.08
San Lorenzo	Abubo, Ana	6 3:17.39
Heat 2 Preliminaries		
Castro Valley	Carvin, Katherine	1 2:42.87
Castro Valley	Kaehms, Jenny	2 2:51.41
Castro Valley	Harris, Summer	3 2:52.35
Arroyo (San Lore	Suzuki, Jonie	4 2:57.88
San Lorenzo	Lomeli, Tania	5 2:59.88
San Leandro	lie, winnie	6 3:01.97
San Lorenzo	Senorin, Cassandra	7 3:02.28
Girls 1600 Meter Run Frosch-Soph		
School	Name	Prelims
Heat 1 Preliminaries		
Castro Valley	Chouinard, Amanda	1 5:55.05
Q		
Castro Valley	Kaehms, Jenny	2 6:00.57
Castro Valley	Harris, Summer	3 6:19.35
San Leandro	wong, jessica	4 6:47.04
San Leandro	lie, winnie	5 6:47.16
Castro Valley	Poon, Eva	6 7:03.97
San Lorenzo	Abubo, Ana	7 7:04.66
Heat 2 Preliminaries ... (
Girls 1600 Meter Run Frosch-Soph		
School	Name	Prelims
Heat 2 Preliminaries		
Castro Valley	Carvin, Katherine	1 6:03.96
San Lorenzo	Hutchinson, Dash	2 6:08.36
Arroyo (San Lore	Bui, Anh	3 6:22.36
Arroyo (San Lore	Wescott, Rebecca	4 7:04.47
San Lorenzo	Bergeron, Annette	5 7:10.58
Castro Valley	Muhka, Viktoriya	6 7:16.52
Hayward	Santos, Grace	7 7:17.68
Hayward	Rush, Iesha	8 7:40.05
Girls 1600 Meter Run Frosch-Soph		
School	Name	Prelims
Finals		
Castro Valley	Carvin, Katherine	1 5:38.83
Castro Valley	Kaehms, Jenny	2 5:46.29
Castro Valley	Chouinard, Amanda	3 6:00.16
q		
Castro Valley	Carvin, Katherine	1 5:38.83
Castro Valley	Kaehms, Jenny	2 5:46.29
Castro Valley	Chouinard, Amanda	3 6:00.16
6		

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San Lorenzo	Hutchinson, Dash	4	6:00.79	4	Finals	Flight 1				Castro Valley	Perez, Sergio	7	29.51	
Arroyo (San Lore	Bui, Anh	5	6:10.93	2	Finals	San Leandro	tran, christina	1	15-04.50	10	Heat 2 Preliminaries			
Castro Valley	Harris, Summer	6	6:23.22	1	Finals	Hayward	Obioma, Nnena	2	15-00.00	8	Mt. Eden	Johnson, Donte	1	23.40
San Leandro	wong, jessica	7	6:43.37		Finals	Hayward	Ani, Jorcyelin	3	13-10.00	6	Hayward	Speed, Vance	2	23.79
San Leandro	lie, winnie	8	6:46.09		Finals	Hayward	Davis, Nailah	4	13-04.50	4	Bishop O'Dowd	Hill, Langston	3	23.99
Arroyo (San Lore	Wescott, Rebecca	9	6:50.85		Finals	Hayward	Hogan, Taelor	5	13-02.00	2	San Leandro	crawford, demetrius	4	24.28
San Lorenzo	Bergeron, Annette	10	6:58.84		Finals	San Leandro	fallowo, patricia	6	12-00.00	1	Tennyson	Kumar, Kelvin	5	24.72
San Lorenzo	Abubo, Ana	11	7:09.39		Finals	Castro Valley	Bright, Ashley	7	11-09.50		Mt. Eden	Garrett, Lee	6	25.65
Girls 3200 Meter Run Fresh-Soph														
School	Name				Finals	Flight 1				Tennyson	Brown, Matthew	7	26.32	
Finals	Section 1				Finals	Hayward	Ani, Jorcyelin	1	30-02.50	10	Heat 3 Preliminaries			
Castro Valley	Kaehms, Jenny	1	12:32.96	10	Finals	Castro Valley	Chan, Bethany	2	28-07.00	8	San Leandro	mason, tyler	1	23.20
Castro Valley	Carvin, Katherine	2	12:33.88	8	Finals	Hayward	Obioma, Nnena	3	28-06.50	6	Bishop O'Dowd	Phillips, Nathan	1	23.20
Arroyo (San Lore	Bui, Anh	3	13:23.17	6	Finals	Castro Valley	Davis, Nailah	4	27-08.75	4	Moreau Catholic	Thomas, Kris	3	23.40
San Lorenzo	Hutchinson, Dash	4	13:34.44	4	Finals	Hayward	dong, cindy	5	27-04.25	2	Tennyson	Dorsey, Elliott	4	23.53
San Leandro	so, susan	5	13:42.47	2	Finals	San Leandro	Bright, Ashley	6	25-04.00	1	Bishop O'Dowd	Brown, Mario	5	23.61
San Leandro	canela, janet	6	15:54.86	1	Finals	Castro Valley	Dunnigan, Kelsey	7	24-01.25		Castro Valley	Trajano, Roberto	6	23.98
San Leandro	lie, winnie	7	16:41.60		Finals	Castro Valley	Dunnigan, Kelsey			Arroyo (San Lore	Covington, Byron	7	24.04	
Girls 100 Meter Hurdles Fresh-Soph														
School	Name				Finals	Flight 1				Arroyo (San Lore	Jackson, Ahron	1	22.66	
Finals	Section 1				Finals	Hayward	Sapiga, Patrice	1	32-02.00	10	Arroyo (San Lore	Beaman, Chris	2	23.57
Bishop O'Dowd	Tabeson, Arechi	1	18.61	10	Finals	Castro Valley	Knight, Alana	2	30-05.00	8	San Leandro	belt, lewis	3	23.91
San Leandro	poon jung, jung	2	20.00	8	Finals	Castro Valley	Waldorf, Shelline	3	26-03.00	6	Castro Valley	Mitchell, Joe	4	24.93
Castro Valley	Simbra, Tanya	3	20.09	6	Finals	Hayward	Banks, Daisa	4	25-02.00	4	Moreau Catholic	Mew, Jake	5	25.37
Bishop O'Dowd	Nguyen, Karen	4	21.04	4	Finals	San Leandro	strache, meg	5	24-09.00	2	Boys 200 Meter Dash Varsity			
Castro Valley	McComb, Lisa	5	21.14	2	Finals	Arroyo (San Lore	Dang, Susan	6	22-08.00	1	Arroyo (San Lore	Jackson, Ahron	1	22.66
Castro Valley	Vargas, Daina	6	21.56	1	Finals	Hayward	Davis, Nailah	7	22-00.00		Arroyo (San Lore	Beaman, Chris	2	23.57
Bishop O'Dowd	Speltz, Angelina	7	22.50		Finals	Castro Valley	Dunnigan, Kelsey	8	21-09.00		San Leandro	belt, lewis	3	23.91
Girls 300 Meter Hurdles Fresh-Soph														
School	Name				Finals	Flight 1				Castro Valley	Rice, Fredy	4	23.14	
Finals	Section 1				Finals	Bishop O'Dowd	Francis, Christina	9	21-05.00		Moreau Catholic	Thomas, Kris	5	23.22
Bishop O'Dowd	Tabeson, Arechi	1	53.48	10	Finals	San Leandro	morales, alma	10	20-00.00		Mt. Eden	Johnson, Donte	6	23.53
San Leandro	Ilmilingan, erin	2	55.76	8	Finals	Castro Valley	Gaston, Michelle	11	19-00.00		Bishop O'Dowd	Phillips, Nathan	7	23.58
Castro Valley	Simbra, Tanya	3	58.48	6	Finals	Hayward	Sapiga, Patrice	1	96-02	10	Tennyson	Dorsey, Elliott	8	24.13
Bishop O'Dowd	Nguyen, Karen	4	59.39	4	Finals	Castro Valley	Knight, Alana	2	71-09	8	Boys 400 Meter Dash Varsity			
Castro Valley	McComb, Lisa	5	1:01.52	2	Finals	Castro Valley	Kaehms, Jenny	3	70-04	6	Arroyo (San Lore	Thomas, Derek	1	51.18
Bishop O'Dowd	Speltz, Angelina	6	1:02.75	1	Finals	Bishop O'Dowd	Francis, Christina	4	68-06.50	4	Castro Valley	Rice, Fredy	2	51.99
Castro Valley	Vargas, Daina	7	1:04.11		Finals	Castro Valley	Waldorf, Shelline	5	67-11.50	2	Hayward	Speed, Vance	3	54.17
Girls 4x100 Meter Relay Fresh-Soph														
Relay	Team				Finals	Flight 1				Castro Valley	Perez, Sergio	4	57.93	
1					Finals	Hayward	Dunnigan, Kelsey	6	61-11	1	Moreau Catholic	Johnson, Bryant	5	59.08
San Leandro	1		53.46	10	Finals	San Leandro	Banks, Daisa	7	59-02		Heat 2 Preliminaries			
Hayward	2		55.17	8	Finals	Arroyo (San Lore	strache, meg	8	57-06		Mt. Eden	Johnson, Donte	1	53.50
1) Rangel, Christian	2)		Obioma, Ani, Jorcyelin		Finals	San Leandro	Dang, Susan	9	53-00.50		Bishop O'Dowd	Jones, Ronald	2	54.03
Nhena	3)		Hogan, Taelor		Finals	San Leandro	morales, alma	10	50-08		San Leandro	salas, miguel	3	54.04
Castro Valley	4)		Castro Valley		Finals	Castro Valley	Gaston, Michelle	11	47-00		Arroyo (San Lore	Aguirre, Luis	4	54.20
Bishop O'Dowd	5)		55.42	6	Finals	Boys 100 Meter Dash Varsity				San Leandro	Arredondo, Richie	5	54.90	
1) Rush, lesha	6)		55.17	4	Finals	Boys 100 Meter Dash Varsity				San Leandro	meas, eric	6	56.53	
Marta	7)		56.36	4	Finals	Heat 1 Preliminaries				Boys 400 Meter Dash Varsity				
Moreau Catholic	8)		56.36	4	Finals	Hayward	McGlown, Rodney	1	11.18	q	Arroyo (San Lore	Thomas, Derek	1	51.18
1) Scott, Krissy	9)		56.36	4	Finals	Castro Valley	Oliver, Dash	2	11.20	q	Castro Valley	Rice, Fredy	2	51.99
Angela	10)		56.36	4	Finals	Arroyo (San Lore	Beaman, Chris	3	11.29	q	Hayward	Speed, Vance	3	54.17
San Lorenzo	11)		59.08	2	Finals	Mt. Eden	Jackai, Joshua	4	11.81	q	Castro Valley	Perez, Sergio	4	57.93
1) Metters, Kenya	12)		59.08	2	Finals	Arroyo (San Lore	Covington, Byron	5	12.07	q	Moreau Catholic	Johnson, Bryant	5	59.08
San	13)		59.08	2	Finals	Bishop O'Dowd	Mew, Jake	6	12.50	q	Heat 3 Preliminaries			
Malaya	14)		59.08	2	Finals	Bishop O'Dowd	Taylor, Taharka	7	12.67	q	Mt. Eden	Holliman, Mister	1	53.08
1) Issacs, Hannah	15)		59.08	2	Finals	Bishop O'Dowd	Garrick, Mike	—	FS	Bishop O'Dowd	Modise, Neo	2	53.14	
Charlene	16)		59.08	2	Finals	Bishop O'Dowd	harrison, marcus	1	11.28	q	Castro Valley	Trajano, Roberto	3	55.37
San Lorenzo	17)		59.08	2	Finals	Bishop O'Dowd	Hill, Langston	2	11.45	q	Arroyo (San Lore	Chen, Barry	4	56.20
1) Alexander-Mends, Jasa	18)		4:27.47	10	Finals	Bishop O'Dowd	Phillips, Nathan	3	11.52	q	Castro Valley	Mitchell, Joe	5	57.96
Jones, Chanel	19)		4:44.59	8	Finals	Bishop O'Dowd	Brown, Mario	4	11.38	q	Hayward	Pinkston, Robert	6	1:06.58
Castro Valley	20)		4:47.04	8	Finals	Bishop O'Dowd	Garrett, Lee	5	11.53	q	San Leandro	dupart, manny	—	DQ
Arroyo (San Lorenzo)	21)		4:48.76	8	Finals	Bishop O'Dowd	Terry, Antwan	6	11.82	q	Bishop O'Dowd	Smith, Sean	—	DQ
Aniklant, Katy	22)		4:48.76	8	Finals	Bishop O'Dowd	Brown, Matthew	7	11.96	q	San Leandro	daniels, leandre	—	DQ
Rebecca	23)		4:48.76	8	Finals	Bishop O'Dowd	Paneghetti, Bobby	7	12.63		Boys 400 Meter Dash Varsity			
San Lorenzo	24)		4:48.89	8	Finals	Castro Valley				Arroyo (San Lore	Thomas, Derek	1	51.34	
1) Funn, Mia	25)		4:48.89	8	Finals	Hayward				Castro Valley	Rice, Fredy	2	51.37	
Tania	26)		4:48.89	8	Finals	Castro Valley				Mt. Eden	Johnson, Donte	3	52.26	
Girls High Jump Fresh-Soph					Finals	Castro Valley				Mt. Eden	Holliman, Mister	4	52.75	
School	Name				Finals	Hayward				Bishop O'Dowd	Modise, Neo	5	53.31	
Finals	Flight 1				Finals	Castro Valley				Bishop O'Dowd	Jones, Ronald	6	54.08	
San Leandro	chung, gi gi	1	4-02.00	10	Finals	Castro Valley				San Leandro	salas, miguel	7	54.32	
Castro Valley	Bright, Ashley	2	4-00.00	8	Finals	Castro Valley				Arroyo (San Lore	Aguirre, Luis	8	54.86	
Castro Valley	Vargas, Daina	3	3-08.00	6	Finals	Castro Valley				Hayward	Speed, Vance	9	55.34	
Arroyo (San Lore	Wescott, Rebecca	—	NH		Finals	Boys 100 Meter Dash Varsity				Boys 800 Meter Run Varsity				
Castro Valley	Gaston, Michelle	—	NH		Finals	Boys 100 Meter Dash Varsity				Castro Valley	Fong, Josh	1	2:04.38	
Castro Valley	Dunnigan, Kelsey	—	NH		Finals	Heat 1 Preliminaries				Castro Valley	Smith, Geordon	2	2:05.78	
Girls Pole Vault Fresh-Soph														
School	Name				Finals	Castro Valley				Arroyo (San Lore	Aguirre, Luis	3	2:09.74	
Finals	Flight 1				Finals	Hayward				Moreau Catholic	Chou, Anthony	4	2:16.99	
Castro Valley	Vargas, Daina	1	7-06.00	10	Finals	Castro Valley				San Leandro	deng, steven	5	2:19.86	
Castro Valley	Harris, Summer	2	6-00.00	8	Finals	Hayward				Hayward	Pinkston, Robert	6	2:28.94	
Hayward	Habtay, Kidan	3	5-06.00	6	Finals	Castro Valley				San Lorenzo	McGrath, Billy	7	2:38.57	
Hayward	van der Wilk, Janna	—	NH		Finals	Boys 200 Meter Dash Varsity				Castro Valley	Cheshire, Andrew	1	2:04.06	
Girls Long Jump Fresh-Soph														
School	Name				Finals	Heat 1 Preliminaries				Castro Valley	Fazio, James	2	2:04.33	
Finals	Flight 1				Finals	Castro Valley				Arroyo (San Lore	Hines, Marcus	3	2:11.84	
Castro Valley	Vargas, Daina	1	7-06.00	10	Finals	Bishop O'Dowd				San Leandro	saric, dragon	4	2:14.84	
Castro Valley	Harris, Summer	2	6-00.00	8	Finals	Bishop O'Dowd				Moreau Catholic	Thomas, Chris	5	2:19.86	
Hayward	Habtay, Kidan	3	5-06.00	6	Finals	Bishop O'Dowd				Hayward	Hales, Sam	6	2:22.49	
Hayward	van der Wilk, Janna	—	NH		Finals	Bishop O'Dowd				San Leandro	garcia, johnny	7	2:47.42	
Girls High Jump Fresh-Soph														
School	Name				Finals	Heat 2 Preliminaries				Heat 3 Preliminaries				
Finals	Flight 1				Finals	Castro Valley				Heat 3 Preliminaries				
Castro Valley	Vargas, Daina	1	6:10.93	2	Finals	Castro Valley				Heat 3 Preliminaries				
Castro Valley	Harris, Summer	2	6:23.22	1	Finals	Castro Valley				Heat 3 Preliminaries				
Hayward	Bright, Ashley	3	6:43.37		Finals	Castro Valley				Heat 3 Preliminaries		</		

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Castro Valley	Hosain, Mikel	8	28-00.00
Arroyo (San Lore	Tam, Kevin	9	26-01.00
San Lorenzo	Nguyen, Ben	10	24-09.50
San Lorenzo	Anderson, Brian	11	24-07.00
Castro Valley	Porter, Mike	12	24-05.00

Flight 2

Hayward	Aubrey, James	1	48-06.00	10
Bishop O'Dowd	gaspar, aaron	2	48-03.00	8
Hayward	MoiMoi, Daniel	3	48-00.00	6
Arroyo (San Lore	Seneris, Justin	4	44-07.50	4
Hayward	Fano, Ben	5	41-00.00	2
Castro Valley	Wegener, Luke	6	40-10.00	1
Hayward	Dunn, Jon	7	40-06.50	
San Lorenzo	Mosley, Danny	8	40-06.00	
San Lorenzo	White, Dondre	9	40-00.00	
Moreau Catholic	Walin, Alex	10	39-09.00	
Hayward	Etu, Sifa	11	39-00.00	
Mt. Eden	Mejia, Nestor	12	38-00.50	

Boys Discus Throw Varsity

School	Name	Flight 1
Hayward	Romero, Richard	1 89-02.50
Hayward	Pena, Jon	2 88-03
Tennyson	Duran, Daniel	3 80-09
San Leandro	choy, will	4 76-01.50
Arroyo (San Lore	Gonzalez, Daniel	5 74-06
Arroyo (San Lore	Tam, Kevin	6 70-06
Mt. Eden	Mejia, Nestor	7 66-03
Castro Valley	Porter, Mike	8 64-08
San Lorenzo	Anderson, Brian	9 64-07
San Lorenzo	Nguyen, Ben	10 60-10

Flight 2

Hayward	MoiMoi, Daniel	1	133-02	10
Hayward	Dunn, Jon	2	131-07	8
Bishop O'Dowd	gaspar, aaron	3	130-08	6
Hayward	Aubrey, James	4	130-06.50	4
Hayward	Fano, Ben	5	119-00	2
Castro Valley	Wegener, Luke	6	113-11	1
Arroyo (San Lore	Chan, Scott	7	112-10.50	
Castro Valley	Chow, Erik	8	102-07	
San Lorenzo	White, Dondre	9	100-04	
Castro Valley	Crosby, Ben	10	97-04	
Castro Valley	Phillips, Jackson	11	95-11	
Arroyo (San Lore	Seneris, Justin	12	93-08	
San Lorenzo	Mosley, Danny	13	89-03.50	

Boys 100 Meter Dash Fresh-Soph

School	Name	Prelims
Heat 1 Preliminaries		
San Leandro	roberson, george	1 11.96
Castro Valley	Wong, Tim	2 12.15
San Leandro	howard, cory	3 12.28
Castro Valley	Ng, Freddie	4 12.80
Bishop O'Dowd	Mackey, Jordan	5 12.91
Tennyson	Smith, Terrance	6 13.71
Bishop O'Dowd	Mendoza, Jason	7 14.19

Heat 2 Preliminaries

Mt. Eden	Latu, Seto	1	12.10	Q
Castro Valley	Irvin, Ronnie	2	12.30	Q
San Leandro	gardner, travis	3	12.41	Q
San Leandro	navarro, rj	4	12.67	Q
Bishop O'Dowd	Prince, James	5	13.10	
San Lorenzo	Branche, Isaiaha	6	13.14	
Tennyson	Gopal, Edward	7	13.39	

Heat 3 Preliminaries

San Leandro	simpson, dwayne	1	11.41	Q
Bishop O'Dowd	Smith, Adonis	2	11.88	Q
Castro Valley	Sien, Brian	3	12.76	
Bishop O'Dowd	Martinez, 'Alex	4	12.82	
San Lorenzo	Cato, Donshaw	5	12.91	
San Lorenzo	Garay, Francis	6	13.05	
San Leandro	garcia, justin	7	13.18	
Tennyson	Doan, Louis	8	14.07	
Bishop O'Dowd	Tachier, Christian	9	14.54	

Boys 100 Meter Dash Fresh-Soph

School	Name	Prelims
Finals		
San Leandro	simpson, dwayne	1 11.49
Bishop O'Dowd	Smith, Adonis	2 11.72
San Leandro	roberson, george	3 11.94
Mt. Eden	Latu, Seto	4 12.04
San Leandro	howard, cory	5 12.23
Castro Valley	Wong, Tim	6 12.30
Castro Valley	Irvin, Ronnie	7 12.39
San Leandro	gardner, travis	8 12.61
San Leandro	navarro, rj	9 13.00

Boys 200 Meter Dash Fresh-Soph

School	Name	Prelims
Heat 1 Preliminaries		
Mt. Eden	Latu, Seto	1 24.77
Castro Valley	Wong, Tim	2 25.11
Castro Valley	Sien, Brian	3 26.00
Bishop O'Dowd	Martinez, Alex	4 26.20
San Lorenzo	Cato, Donshaw	5 26.60

Boys 200 Meter Dash Fresh-Soph

School	Name	Prelims
Heat 2 Preliminaries		
Hayward	Aubrey, James	1 48-06.00
Bishop O'Dowd	gaspar, aaron	2 48-03.00
Hayward	MoiMoi, Daniel	3 48-00.00
Arroyo (San Lore	Seneris, Justin	4 44-07.50
Hayward	Fano, Ben	5 41-00.00
Castro Valley	Wegener, Luke	6 40-10.00
Hayward	Dunn, Jon	7 40-06.50
San Lorenzo	Mosley, Danny	8 40-06.00
San Lorenzo	White, Dondre	9 40-00.00
Moreau Catholic	Walin, Alex	10 39-09.00
Hayward	Etu, Sifa	11 39-00.00
Mt. Eden	Mejia, Nestor	12 38-00.50

Heat 2 Preliminaries

Bishop O'Dowd	Smith, Adonis	1	24.13	Q
San Leandro	owens, demitrus	2	25.85	q
Castro Valley	Ng, Freddie	3	26.30	q
San Lorenzo	Garay, Francis	4	26.69	q
Bishop O'Dowd	Henderson, Darold	5	27.99	
Bishop O'Dowd	Mendoza, Jason	6	28.77	
Tennyson	Doan, Louis	7	30.30	
San Leandro	Branche, Isaiaha	8	35.45	

Heat 3 Preliminaries

School	Name	Section 1	Finals
Bishop O'Dowd	Smith, Adonis	1	24.30
Castro Valley	Wong, Tim	2	24.82
Mt. Eden	Latu, Seto	3	24.95
San Leandro	owens, demitrus	4	25.52
Castro Valley	Irvin, Ronnie	5	25.92
Bishop O'Dowd	Prince, James	6	27.34
Tennyson	Halloran, Patrick	7	27.63
Bishop O'Dowd	Smith, Terrance	8	28.27

Boys 200 Meter Dash Fresh-Soph

School	Name	Prelims
Finals		
Bishop O'Dowd	Smith, Adonis	1 24.30
Castro Valley	Wong, Tim	2 24.82
Mt. Eden	Latu, Seto	3 24.95
San Leandro	owens, demitrus	4 25.52
Castro Valley	Irvin, Ronnie	5 25.92
Bishop O'Dowd	Prince, James	6 27.34
Tennyson	Halloran, Patrick	7 27.63
Bishop O'Dowd	Smith, Terrance	8 28.27

Boys 200 Meter Dash Fresh-Soph

School	Name	Prelims
Finals		
San Leandro	wilson, ieronn	1 54.82
Bishop O'Dowd	Thomas, Hasanni	2 56.61
Arroyo (San Lore	Sanchez, Rodrigo	3 58.06
Bishop O'Dowd	Bourdier, Austin	4 59.91
San Leandro	navaro, rj	5 1:00.80
Bishop O'Dowd	Mendoza, Justin	6 1:01.03
Bishop O'Dowd	Henderson, Darold	7 1:03.83
Bishop O'Dowd	Tachier, Christian	8 1:07.35
Hayward	Mendez, Alex	— DQ

Boys 200 Meter Dash Fresh-Soph

School	Name	Prelims
Finals		
San Lorenzo	Wright, Josh	1 52.90
San Leandro	zhu, andy	2 54.71
San Leandro	dixon, lazerus	3 55.23
San Leandro	yee, mike	4 55.75
Arroyo (San Lore	Sorenson, Anthony	5 57.38
Castro Valley	Talley, Vince	6 57.63
Castro Valley	So, Chris	7 1:00.39
Castro Valley	Leines, Josh	8 1:05.75

Boys 400 Meter Dash Fresh-Soph

School	Name	Prelims
Finals		
San Lorenzo	Wright, Josh	1 53.01
San Leandro	zhu, andy	2 53.57
San Leandro	wilson, ieronn	3 54.62
Bishop O'Dowd	Thomas, Hasanni	4 55.59
San Leandro	yee, mike	5 56.16
Castro Valley	Talley, Vince	6 58.16
Arroyo (San Lore	Sorenson, Anthony	7 58.27
Arroyo (San Lore	Sanchez, Rodrigo	8 58.68
San Leandro	dixon, lazerus	9 58.91

Boys 800 Meter Run Fresh-Soph

School	Name	Prelims
Heat 1 Preliminaries		
Castro Valley	Ashby, Tom	1 2:16.69
San Leandro	neisse, matt	2 2:19.15
Arroyo (San Lore	Sorenson, Anthony	3 2:19.61
Tennyson	Villalobos, Everardo	4 2:26.29
Hayward	Lopes, Eduardo	5 2:31.22
Tennyson	Luong, Bryant	6 2:32.40
San Lorenzo	Jackson, Devonte	7 2:37.81
Arroyo (San Lore	Chan, Brendan	8 2:44.99
Moreau Catholic	Degusman, Cameron	9 3:02.35

Boys 200 Meter Dash Fresh-Soph

School	Name	Prelims

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2007 HAAL Championships May 8 & 9 Chabot College

Tennyson	Chen, Neiman	4	2:07.50	q	Arroyo (San Lore Bui, Vu	7	19.95	1) Oliver, Dash	2) Fong, Josh	3) Arredondo,			
Castro Valley	Coles, Travis	5	2:11.20		Mt. Eden	Jackai, Colston	8	22.92	Richie	4) Rice, Fredy			
San Leandro	li, jack	6	2:19.13		Heat 2 Preliminaries			San Leandro	4	3:36.84			
Moreau Catholic	Santiago, Vincent	6	2:19.13		Castro Valley	Valentine, Maurice	1	15.09	Bishop O'Dowd	5	3:44.07		
San Lorenzo	Goncalves, Mike	8	2:23.23		Castro Valley	Mackey, Jordan	2	16.37	1) Jones, Chad	2) Modise, Neo	4) Brown, Mario		
San Lorenzo	Romero, Jorge	9	2:38.08		Castro Valley	Heuer, Drew	3	17.00	A				
Boys 800 Meter Run Varsity		School		Name		Castro Valley		radmonivic, nanad		17.27			
Castro Valley	Fazzio, James	1	2:02.04	10	San Leandro	West, Kyle	5	17.50	1) Smith, Geordon	2) Speed,			
Hayward	Smith, Geordon	2	2:02.98	8	Arroyo (San Lore Solis, Albert	Williams, Mike	6	17.85	Vance	3) Hales, Sam	4)		
Castro Valley	Fong, Josh	3	2:04.56	6	Castro Valley	Gil, Juan	7	20.82	Zerehaimanot, Bisrat				
Mt. Eden	Sims, Carrick	4	2:06.05	4	Boys 110 Meter Hurdles Varsity			Moreau Catholic	7	3:48.24			
San Leandro	meas, eric	5	2:06.58	2	School	Name		1) Denhems, Marcus	2) Chou,				
Tennyson	Chen, Neiman	6	2:08.38	1	Finals	Section 1		Anthony	3) Thomas, Khris				
Arroyo (San Lore Aguirre, Luis	Zerehaimanot, Bisrat	7	2:08.63		Finals	Finals		Chris "cj"	4) Thomas,				
Castro Valley	Cheshire, Andrew	—	2:10.76		Castro Valley	Valentine, Maurice	1	14.93	Boys High Jump Varsity				
Boys 1600 Meter Run Varsity		School		Name		School		Name		Flight 1			
Hayward	Zerehaimanot, Bisrat	1	4:41.59		Heat 1 Preliminaries			Castro Valley	Valentine, Maurice	1	J6-02.00		
Q								Hayward	Ford, Jeff	2	J6-00.00		
Bishop O'Dowd	Dilberto, Austin	2	4:42.26	Q	Boys 300 Meter Hurdles Varsity			Castro Valley	West, Kyle	3	J5-10.00		
Arroyo (San Lore Medeiros, Rick	3	4:42.55	Q	Heat 1 Preliminaries			Castro Valley	Schultz, Devon	4	J5-10.00			
Moreau Catholic	Fix, Brian	4	4:42.75		School	Name		Arroyo (San Lore Bowersmith, Spencer	5	J5-10.00			
Arroyo (San Lore Miller, Martin	5	4:46.23	q	Finals	Section 1		2						
Arroyo (San Lore Carlson, Josh	6	4:50.73	q	Finals	Finals		Castro Valley	Heuer, Drew	6	J5-04.00			
San Leandro	deng, steven	7	4:51.66	q	Castro Valley	Denhems, Marcus	2	15.20	San Leandro	dupart, manny	— NH		
Mt. Eden	Kifle, Alex	8	5:04.76	q	Castro Valley	Jones, Chad	3	16.07	Bishop O'Dowd	James, ronald	— NH		
Castro Valley	Becker, Joel	9	5:11.36		Castro Valley	Mackey, Jordan	5	16.42					
Moreau Catholic	Diamond, Jason	10	5:15.86		Castro Valley	Smith, Alonzo	6	16.50					
San Lorenzo	Romero, Jorge	11	5:42.45		Castro Valley	West, Kyle	7	17.65					
Arroyo (San Lore Gonzalez, Daniel	12	6:00.54		Castro Valley	radmonivic, nanad	8	17.87						
Castro Valley	Fazzio, James	—	FS	Castro Valley	Heuer, Drew	9	18.23						
Heat 2 Preliminaries		School		Name		Boys Pole Vault Varsity		School		Name			
Castro Valley	Leng, Jack	1	4:34.55	Q	Heat 2 Preliminaries			Castro Valley	Williams, Mike	1	J12-00.00		
Arroyo (San Lore Thomas, Daniel	2	4:36.80	Q				10						
San Leandro	meas, eric	3	4:44.25	Q	Boys 300 Meter Hurdles Varsity			Castro Valley	Turner, Ryan	2	J10-00.00		
Hayward	Smith, Geordon	4	4:50.90	q	Castro Valley	Arredondo, Nick	3	44.51	Castro Valley	West, Kyle	3	J10-00.00	
Castro Valley	Riley, Matt	5	4:53.60	q	Castro Valley	Mcquarter, Quenton	5	47.01	Castro Valley	Reclus, Neal	4	J9-06.00	
Mt. Eden	Sims, Carrick	6	4:55.81	q	Castro Valley	Gil, Juan	6	48.44	Castro Valley	Arredondo, Nick	5	J8-06.00	
Castro Valley	Arredondo, Nick	7	5:00.06		Castro Valley	Arroyo (San Lore Bui, Vu	7	49.57	Castro Valley	Coles, Travis	— NH		
Heat 2 Preliminaries		School		Name		Boys Long Jump Varsity		School		Name			
Castro Valley	Leng, Jack	1	4:31.46	10	Heat 2 Preliminaries			Hayward	Ford, Jeff	1	21-08.00		
Arroyo (San Lore Thomas, Daniel	2	4:32.96	8				10						
Hayward	Zerehaimanot, Bisrat	3	4:37.27		Boys 300 Meter Hurdles Varsity			Bishop O'Dowd	Jones, Chad	2	21-02.00		
6					Castro Valley	Valentine, Maurice	2	42.61	Mt. Eden	McClain, Billy	3	20-08.00	
Arroyo (San Lore Medeiros, Rick	4	4:37.46	4		Castro Valley	Mackey, Jordan	3	43.24	Bishop O'Dowd	McQuarter, Quenton	4	J20-06.00	
San Leandro	meas, eric	5	4:43.30	2	Castro Valley	Smith, Alonzo	5	43.19	Mt. Eden	Terry, Antwan	5	J20-06.00	
Moreau Catholic	Fix, Brian	6	4:45.59	1	Castro Valley	Arredondo, Nick	6	44.34	San Leandro	dupart, manny	6	20-04.00	
Bishop O'Dowd	Dilberto, Austin	7	4:47.21		Castro Valley	Mcquarter, Quenton	7	44.52	Castro Valley	Schultz, Devon	7	19-09.00	
Arroyo (San Lore Miller, Martin	8	4:48.84			Castro Valley	Arroyo (San Lore Covington, Byron	8	49.06	Arroyo (San Lore	Reclus, Neal	12	19-02.50	
Hayward	Smith, Geordon	9	4:49.41		Castro Valley	Arroyo (San Lore Beamon, Chris	9	49.57	Arroyo (San Lore	Chen, Barry	13	18-10.00	
Castro Valley	Riley, Matt	10	4:55.58		Castro Valley	Bishop O'Dowd	10	49.57	Arroyo (San Lore	Hung, Elliot	14	18-09.00	
San Leandro	deng, steven	11	4:59.06		Castro Valley	Arredondo, Nick	11	45.64	San Leandro	salas, miguel	15	18-07.00	
Arroyo (San Lore Carlson, Josh	12	5:05.94			Castro Valley	Terry, Antwan	12	46.64	San Leandro	daniels, leandre	15	18-07.00	
Boys 1600 Meter Run Varsity		School		Name		Boys 4x100 Meter Relay Varsity		School		Name			
Castro Valley	Leng, Jack	1	4:31.46	10	Finals	Relay		Castro Valley	Reclus, Neal	12	19-02.50		
Arroyo (San Lore Thomas, Daniel	2	4:32.96	8	Finals	Team		Castro Valley	Arroyo (San Lore Bui, Vu	13	18-10.00			
Hayward	Zerehaimanot, Bisrat	3	4:37.27		Castro Valley	Arroyo (San Lore Covington, Byron	14	18-09.00	Castro Valley	Hung, Elliot	14	18-09.00	
6					Castro Valley	Arroyo (San Lore Beamon, Chris	15	18-07.00	San Leandro	salas, miguel	15	18-07.00	
Arroyo (San Lore Medeiros, Rick	4	4:37.46	4		Castro Valley	Bishop O'Dowd	16	18-06.00	San Leandro	daniels, leandre	15	18-07.00	
San Leandro	meas, eric	5	4:43.30	2	Castro Valley	Arroyo (San Lore Zhang, Will	17	18-05.00	Castro Valley	Ly, ivan	17	18-05.00	
Moreau Catholic	Fix, Brian	6	4:45.59	1	Castro Valley	Arroyo (San Lore Bowersmith, Spencer	18	18-04.00	Arroyo (San Lore	Arroyo (San Lore Hines, Marcus	19	18-01.00	
Bishop O'Dowd	Dilberto, Austin	7	4:47.21		Castro Valley	Arroyo (San Lore Hines, Marcus	19	18-01.00	Arroyo (San Lore	McClain, Billy	19	18-01.00	
Arroyo (San Lore Miller, Martin	8	4:48.84			Castro Valley	Arroyo (San Lore Johnson, Bryant	21	17-07.00	Arroyo (San Lore	Johnson, Bryant	21	17-07.00	
Hayward	Smith, Geordon	9	4:49.41			Castro Valley	Arroyo (San Lore Turner, Ryan	21	17-07.00	Castro Valley	Arroyo (San Lore	21	17-07.00
Castro Valley	Riley, Matt	10	4:55.58			Castro Valley	Arroyo (San Lore benitez, ricky	23	17-01.00	San Leandro	Arroyo (San Lore	23	17-01.00
San Leandro	deng, steven	11	4:59.06			Castro Valley	Arroyo (San Lore Zhang, Will	24	16-06.00	San Leandro	Arroyo (San Lore	24	16-06.00
Arroyo (San Lore Carlson, Josh	12	5:05.94				Castro Valley	Arroyo (San Lore mousa, omar	25	14-10.00	Castro Valley	Arroyo (San Lore	25	14-10.00
Boys 3200 Meter Run Varsity		School		Name		Boys Triple Jump Varsity		School		Name			
Castro Valley	Leng, Jack	1	10:02.56	10	Finals	Section 1		Castro Valley	Wilson, Andre	1	42-07.00		
Castro Valley	Fazzio, James	2	10:10.29	8	Finals	Finals		Castro Valley	Ly, ivan	2	42-03.50		
Bishop O'Dowd	Dilberto, Austin	3	10:12.14	6	Castro Valley	Arredondo, Richie	3	38-07.00	Mt. Eden	Terry, Antwan	3	38-05.00	
Arroyo (San Lore Medeiros, Rick	4	10:15.28	4		Castro Valley	Arroyo (San Lore Chan, Scott	4	38-01.00	Bishop O'Dowd	Simon, Sam	4	38-05.00	
Moreau Catholic	Fix, Brian	5	10:27.71	2	Castro Valley	Arroyo (San Lore Phillips, Jackson	5	38-01.00	Arroyo (San Lore	Arroyo (San Lore	5	38-01.00	
Castro Valley	Riley, Matt	6	10:45.11	1	Castro Valley	Arroyo (San Lore harrison,	6	38-00.00	Castro Valley	Wilson, Andre	6	38-00.00	
Mt. Eden	Kifle, Alex	7	10:51.56		Castro Valley	Arroyo (San Lore Ahron, Jackson,	7	37-07.50	Castro Valley	Ly, ivan	7	37-07.50	
Castro Valley	Becker, Joel	8	10:51.68		Castro Valley	Arroyo (San Lore Denhems, Marcus	8	37-07.00	Moreau Catholic	Johnson, Bryant	8	37-07.00	
Castro Valley	Robertson, Kenny	9	10:56.41		Castro Valley	Arroyo (San Lore Mew, Jake	9	37-04.50	Castro Valley	Hung, Elliot	9	37-04.50	
Bishop O'Dowd	Harkins, Pat	10	10:59.00		Castro Valley	Arroyo (San Lore Thomas, Kris	10	36-09.00	Arroyo (San Lore	Arroyo (San Lore	10	36-09.00	
Arroyo (San Lore Miller, Martin	11	10:59.62			Castro Valley	Arroyo (San Lore Garrett, Lee	11	36-03.00	Arroyo (San Lore	Arroyo (San Lore	11	36-03.00	
Hayward	Hales, Sam	12	11:00.52		Castro Valley	Arroyo (San Lore Joshua	12	36-00.00	Arroyo (San Lore	Arroyo (San Lore	12	36-00.00	
Arroyo (San Lore Carlson, Josh	13	11:16.92			Castro Valley	Arroyo (San Lore 4) McClain, Billy	13	34-01.00	Arroyo (San Lore	Arroyo (San Lore	13	34-01.00	
Arroyo (San Lore Vien, Eddy	14	11:37.31			Castro Valley	Arroyo (San Lore 4) Jackson, Ahron	14	33-03.00	Castro Valley	Arroyo (San Lore	14	33-03.00	
San Lorenzo	McGrath, Billy	15	11:43.94		Castro Valley	Arroyo (San Lore 4) Denhems, Marcus	15	33-01.00	Arroyo (San Lore	Arroyo (San Lore	15	32-01.00	
San Lorenzo	Romero, Jorge	16	11:45.87		Castro Valley	Arroyo (San Lore 4) Johnson, Donte	16	31-09.00	Arroyo (San Lore	Arroyo (San Lore	16	32-00.00	
San Leandro	mccabe, will	17	13:44.41		Castro Valley	Arroyo (San Lore 4) Johnson, Donte	17	31-05.50	Castro Valley	Arroyo (San Lore	17	31-05.50	
Boys 110 Meter Hurdles Varsity		School		Name		Boys 4x400 Meter Relay Varsity		School		Name			
Castro Valley	Chen, Neiman	1	15.27	Q	Finals	Relay		Castro Valley	Arroyo (San Lore 4) Hines, Marcus	1	30.34		
Bishop O'Dowd	Jones, Chad	2	15.98	q	Castro Valley	Arroyo (San Lore 4) Jackson, Ahron	2	32.17	Castro Valley	Arroyo (San Lore 4) Hines, Marcus	2	38-03.50	
Arroyo (San Lore Nguyen, Kevin	3	16.20	q		Castro Valley	Arroyo (San Lore 4) Johnson, Donte	3	33.11	Arroyo (San Lore	Arroyo (San Lore 4) Hines, Marcus	3	35-00.00	
Tennyson	Smith, Alonzo	4	16.46	q		Castro Valley	Arroyo (San Lore 4) Johnson, Donte	4	33-11.00	Castro Valley	Arroyo (San Lore 4) Hines, Marcus	4	33-06.00
Arroyo (San Lore Gao, Sam	5	18.64			Castro Valley	Arroyo (San Lore 4) Johnson, Donte	5	33-06.00	Mt. Eden	choy, will	5	33-06.00	
Castro Valley	Reclus, Neal	6	19.40		Castro Valley	Arroyo (San Lore 4) Johnson, Donte	6	31-09.00	Tennyson	Duran, Daniel	6	31-09.00	
Boys 110 Meter Hurdles Varsity		School		Name		Boys Shot Put Varsity		School		Name			
Castro Valley	Chen, Neiman	1	15.27	Q	Finals	Relay		Castro Valley	Arroyo (San Lore 4) Johnson, Donte	1	39-05.00		
Bishop O'Dowd	Jones, Chad	2	15.98	q	Castro Valley	Arroyo (San Lore 4) Johnson, Donte	2	38-03.50	Castro Valley	Arroyo (San Lore 4) Johnson, Donte	2	38-03.50	
Arroyo (San Lore Nguyen, Kevin	3	16.20											

2007 HAAL Championships May 8 & 9 Chabot College

Relay	Team	Finals	Section	Bishop O'Dowd	Graham, Malcolm	3	38-07.00	4
1				Bishop O'Dowd	pobre, kevin	4	38-06.00	2
San Leandro	1	45.33	10	Hayward	Hart, Virgil	5	36-08.00	1
Bishop O'Dowd	2	48.00	8	Mt. Eden	Alvarez, George	6	36-01.00	
1) Ammti, Joey	2) Mackey, Jordan	3) Smith,		Castro Valley	Tsang, Darren	7	35-06.00	
Adonis	4) Thomas, Hasanni			Bishop O'Dowd	Kawada, Brendon	8	34-09.00	
Castro Valley	—	DQ		Bishop O'Dowd	Belinger, Alex	9	33-06.00	
1) Ng, Freddie	2) Wong, Tim	3) So, Chris	4)	Hayward	Dunn, Shawn	10	33-00.00	
Sunga, Jimmy				Castro Valley	Vasquez, Alex	11	32-04.00	
Tennyson	—	DQ		Bishop O'Dowd	Najarro, Eric	12	30-02.00	
1) Gopal, Edward		2) Smith,		Hayward	Niuatoa, Alex	13	3-04.00	
Terrance	3) Halloran, Patrick	4) Doan, Louis						

Boys 4x400 Meter Relay Frosh-Soph

Relay	Team	Finals	Section
1			
San Leandro	1	3:46.32	
Bishop O'Dowd	2	3:50.99	
1) Ammti, Joey	2) Mackey, Jordan	3) Bourdier,	
Austin	4) Thomas, Hasanni		
Arroyo (San Lorenzo)		3 3:57.18	
1) Cham, Jason	2) Chan, Brendan	3) Freitas,	
Aaron	4) Norman, Phil		
San Lorenzo	4	4:01.57	
1) Branche, Isaiaha	2) Cato,		
Donshaw	3) Eagles, Damar	4) Wright, Josh	
Castro Valley	5	4:05.23	
1) Talley, Vince	2) Sien, Brian	3) Galaura,	
Aaron	4) Sunga, Jimmy		
Hayward	6	4:21.12	
1) Villasanta, Eugene	2) Flores,		
Sabastian	3) Lopes, Eduardo	4) Mendez,	
Alex			

Boys High Jump Frosh-Soph

School	Name		
Finals	Flight 1		
San Leandro	yee, mike	1 J5-00.00	10
San Leandro	owens, demitrus	2 J5-00.00	8
Castro Valley	Peek, Scott	3 J4-10.00	6
Castro Valley	Sunga, Jimmy	4 J4-10.00	4
Castro Valley	Sanchez, Marcelo	5 J4-08.00	2
Castro Valley	Talley, Vince	6 J4-08.00	1
San Leandro	dixon, lazerus	— NH	
Castro Valley	Seals, Brandon	— NH	

Boys Pole Vault Frosh-Soph

School	Name		
Finals	Flight 1		
Castro Valley	Sanchez, Marcelo	1 10-00.00	10
Castro Valley	Leines, Josh	2 9-00.00	8
Castro Valley	McDonagh, Nolan	— NH	

Boys Long Jump Frosh-Soph

School	Name		
Finals	Flight 1		
San Leandro	owens, demitrus	1 18-04.50	10
San Leandro	zhu, andy	2 17-08.00	8
Castro Valley	Ng, Freddie	3 17-03.00	4
Castro Valley	Talley, Vince	3 17-03.00	6
San Leandro	howard, cory	5 17-02.50	2
Arroyo (San Lore)	Sanchez, Rodrigo	6 17-00.00	1
San Leandro	navarro, rj	7 16-06.00	
Arroyo (San Lore)	Azbill, Andrew	8 15-00.00	
Castro Valley	Peek, Scott	9 14-10.50	
Castro Valley	Jang, Jeremy	10 13-08.50	

Boys Triple Jump Frosh-Soph

School	Name		
Finals	Flight 1		
San Leandro	owens, demitrus	1 36-09.00	10
Castro Valley	Wong, Tim	2 36-08.50	8
Castro Valley	Lum, David	3 36-08.00	6
Arroyo (San Lore)	Schultz, Jonathan	4 34-06.00	4
San Leandro	garcia, justin	5 33-09.00	2
San Leandro	doung, kevin	6 32-10.00	1
Arroyo (San Lore)	Azbill, Andrew	7 32-06.50	
Arroyo (San Lore)	Sanchez, Rodrigo	8 31-10.50	
Castro Valley	Peek, Scott	9 30-08.00	
Castro Valley	Jang, Jeremy	10 27-09.00	

Boys Shot Put Frosh-Soph

School	Name		
Finals	Flight 1		
San Leandro	nunn, malcolm	1 45-09.00	10
San Leandro	sanchez, mario	2 36-03.00	
Tennyson	Halloran, Patrick	3 34-10.00	
Mt. Eden	Childs, Kyle	4 34-06.00	
Castro Valley	Carvin, Ryan	5 33-10.00	
San Leandro	malle, sione	6 32-08.00	
San Leandro	moreno, daryl	7 32-05.00	
San Leandro	aseron, gabe	8 29-10.00	
Castro Valley	Gilham, George	9 29-05.00	
Arroyo (San Lore)	Atafua, Masi	10 29-00.00	
Castro Valley	Mai, Alvin	11 26-05.00	
Castro Valley	Ashby, Joe	12 26-02.00	
Flight 2			
Bishop O'Dowd	johnson, Blake	1 40-06.00	8
Hayward	Perry, Quinn	2 40-03.00	6

2007 NCS/Bay Shore Champions - 5/19/2007

The CV presence was muted, as we were close in several events, and fodder in quite a few others. Of note was our distance runners all moving on in a top 7 spot or higher. Muarice was the notable individual with his excellent 110 HH and HJ marks.

AS it is we still qualify 12 athletes to move on to the big show next Friday.

Girls 4x100 Meter Relay Varsity

9 Castro Valley 51.53
Alex Huerta, Alena LeBlanc, Haley Batis, Kandice Douglas

Boys 4x100 Meter Relay Varsity

7 Castro Valley 44.02
Elliot Hung, Fredy Rice, Roberto Trajano, Dash Oliver

Girls 1600 Meter Run Varsity

5 McLeod, Pam 5:22.15
12 Schneider, Chelsea 5:37.99

Girls 100 Meter Hurdles Varsity

10 Lee, Kelsey 16.36

Boys 110 Meter Hurdles Varsity

2 Valentine, Maurice 14.75

Girls 400 Meter Dash Varsity

11 Lee, Megan 1:00.10

Boys 400 Meter Dash Varsity

11 Fredy Rice 51.22

Girls 100 Meter Dash Varsity

7 Douglas, Kandice 12.61

Boys 100 Meter Dash Varsity

12 Oliver, Dash 11.33

Girls 800 Meter Run Varsity

5 Batis, Haley 2:22.21

Boys 800 Meter Run Varsity

3 Fong, Joshua 2:01.72
7 Fazzio, James 2:03.53

Boys 300 Meter Hurdles I.H. Varsity

11 Mackey, Jordan 42.22

Boys 200 Meter Dash Varsity

9 Rice, Frederick 23.24
8 Oliver, Dash 23.09

James Logan High School

12) Newark Memorial	9
13) Albany	8
13) Washington	8
15) American	7
16) Castro Valley	5
17) Salesian	4
17) Tennyson High School	4
19) Encinal High School	1

Men - Varsity - Team Rankings

1) James Logan	120
2) St. Mary's	77
3) Pinole Valley High School	37.50
4) Castro Valley	33
5) Newark Memorial	32
5) St. Patricks/St. Vincent	32
7) Alameda High School	26
8) Salesian	24
9) Irvington	23
10) Hayward	21
11) Hercules High School	13
12) Bishop O'Dowd	10
12) J.F. Kennedy - Richmond	10
14) Piedmont	9
15) Washington	8
16) Albany	7
17) Mt. Eden	5
18) Arroyo	4
19) Berkeley High School	3
20) Encinal High School	1.50

Girls 3200 Meter Run Varsity

6 McLeod, Pam 11:47.69

Boys 3200 Meter Run Varsity

2 Leng, Jack 9:44.72

Girls 4x400 Meter Relay Varsity

8 Castro Valley 'A' 4:15.25
Haley Batis, Kandice Douglas, Megan Lee, Pam MacLeod

Boys 4x400 Meter Relay Varsity

10 Castro Valley 'A' 3:36.38
Dash Oliver, James Fazzio, Fredy Rice, jack Leng

Girls Shot Put Varsity

9 Hopfenbeck, Grace 30-03.00

Girls Discus Throw Varsity

13 Tam, Jodi 80-05

Girls Long Jump Varsity

9 Simmons, Pauline 15-07.00

Girls Triple Jump Varsity

10 Lee, Kelse 35-03.00

Boys High Jump Varsity

1 Valentine, Maurice 6-06.00
8 West, Kyle 5-08.00
8 Schultz, Devon 5-08.00

Girls Pole Vault Varsity

8 Knight, Rebecca 8-00.00
10 Batis, Haley 8-00.00
11 August, Beth 7-00.00

Boys Pole Vault Varsity

8 Turner, Ryan 10-00.00
9 Reclus, Neal 10-00.00
9 West, Kyle 10-00.00
-- Williams, Mike NH

Women - Varsity - Team Rankings

1) James Logan	129
2) Bishop O'Dowd	70
3) Hercules High School	46
4) Arroyo	34.50
5) St. Mary's	32
6) Berkeley High School	31.50
7) Holy Names	28
8) Piedmont	27
9) Mt. Eden	22
10) Moreau Catholic	20
11) Mission San Jose	10

2007 Castro Valley HS roster

A	B	C	D	E	F	G	H	I	J	K	L
1	Nicole	Abraham	f	12	VAPL	FIS	Richie	4	Arredondo	✓	m 12
2	Hana	Albarazi	f	12			Nicholas		Arredondo	✓	m 12
3	Beth	August	f	12			Andrew		Cheshire	✓	m 12
4	Jieun	Choi	f	12			Travis		Coles		m 12
5	Andrea	Chow	f	12			Josh	4	Fong	✓	m 12
6	Ashley	Hebert	f	12			Drew		Heuer		m 12
7	Anita	Hegedüs	f	12			Eliot	4	Hung	✓	m 12
8	Caitlin	Iwafuchi	f	12			Ivan	4	Ly	✓	m 12
9	Rebecca	Knight	✓	f 12			Joseph		Mitchell		m 12
10	Kelsey	Lee	✓	f 12	MVP		Winston		Nguyen		m 12
11	Navenus	Pham	f	12			Bobby		Panighetti		m 12
12	Pauline	Simmons	✓	f 12			Sergio		Perez		m 12
13	Jodi	Tam	✓	f 12			Michael		Porter		m 12
14	Jessica	Wong		f 12			Neal		Reclus	✓	m 12
15							Matthew	4	Riley	✓	m 12
16							Kenny		Robertson	✓	m 12
17							Devon		Schultz	✓	m 12
18							Langston		Smith		m 12
19							Robert		Trajano	✓	m 12
20							Brandon		Tsurumoto		m 12
21							Ryan		Turner	✓	m 12
22							Luke		Wegener	✓	m 12
23							Michael		Williams	✓	m 12
24							Andre		Wilson	✓	m 12
25							Sherman		Yang		m 12
26											
27	Haley	Batis	✓	f 11			Joel		Becker	✓	m 11
28	Karlina	Beringer	✓	f 11			Erik		Chow	✓	m 11
29	Karen	Chan	✓	f 11			Benjamin		Crosby	✓	m 11
30	Kandice	Douglas	✓	f 11	IMP		James		Fazio	✓	m 11
31	Irene	Gilchriese		f 11			Mikel		Hosain		m 11
32	Grace	Hopfenbeck	✓	f 11			Adedai		Kahassai		m 11
33	Alex	Huerta	✓	f 11			Scott		Kwang		m 11
34	Francesca	Knight		f 11			Andrew		Lai		m 11
35	Claire	Koeneman		f 11			Jack		Leng	✓	m 11
36	Alena	LeBlanc	✓	f 11			Tim		Louie		m 11
37	Emily	Marciel		f 11			Paul		Noe		m 11
38	Kwai	Philipott	✓	f 11			Jackson		Phillips	✓	m 11
39	Kaitlin	Santisteban	✓	f 11			Frederick		Rice	✓	m 11
40	Corinne	Velasquez		f 11			David		Umeh		m 11
41	Mimi	Vo		f 11			Kyle		West	✓	m 11
42	Monay	Wadsworth		f 11							
43											
44	Bethany	Chan		f 10			Aaron		Galaura		m 10
45	Becky	Chao		f 10			Kevin		Gee		m 10
46	Michelle	Gaston		f 10			Sean		Hall		m 10
47	Jennifer	Kaehms	✓	f 10			Takeo		Hiraki		m 10
48	Megan	Lee	✓	f 10			Ronnie		Irvin		m 10
49	Samantha	Owyang		f 10			Joshua		Leines		m 10
50	Eva	Poon		f 10			Jordan		Mackay	✓	m 10
51	Iesha	Rush		f 10			Alan		Manoukian		m 10
52	Rebecca	Schneider	✓	f 10			Nolan		McDonagh		m 10
53	Daina	Vargas	✓	f 10			Mustafa		Nawabzada		m 10
54	Shelline	Waldorf		f 10			Freddie		Ng		m 10
55							Dash		Oliver	✓	m 10
56							Marcelo		Sanchez	✓	m 10
57							Chris		So		m 10
58							Jimmy		Sunga		m 10
59							Darren		Tsang		m 10
60							Maurice		Valentine	✓	m 10
61							Tim		Wong		m 10
62											
63	Ashley	Bright		f 9			Tom		Ashby	✓	m 9
64	Kathryn	Carvin	✓	f 9			Joe		Ashby		m 9
65	Amanda	Choiunard	✓	f 9			Josh		Bivings		m 9
66	Kelsey	Dunnigan		f 9			Ryan		Carvin		m 9
67	Summer	Harris		f 9			George		Gilham		m 9
68	Alana	Knight	✓	f 9			Jeremy		Jang		m 9
69	Pamela	MacLeod	✓	f 9			David		Lum		m 9
70	Lisa	McComb		f 9			Alvin		Mai		m 9
71	Viktoriya	Mukha		f 9			Scott		Peek		m 9
72	Chelsea	Schneider	✓	f 9			Brandon		Seals		m 9
73	Tanya	Simbra		f 9			Brian		Sien		m 9
74	Nicole	Yang	✓	f 9			Vincent		Talley		m 9
75							Alex		Vasquez		m 9
76							William		Weekes		m 9

Medalists at Bob WArrne

GV	100	4th	Kandice Douglas	BV	PV	3rd	Kyle West
GV	100H	4th	Kelsey Lee	BFS	110H	1st	Jordan Mackey
GV	4x100	4th	Kandice Douglas	BFS	4x100	3rd	Freddie Ng
GV	4x100	4th	Alex Huerta	BFS	4x100	3rd	Tim Wong
GV	4x100	4th	Alena LeBlanc	BFS	4x100	3rd	Jimmy Sunga
GV	4x100	4th	Rebecca Knight	BFS	4 x 200	3rd	Dash Oliver
GV	4x400	5th	Kandice Douglas	BFS	4 x 200	3rd	Freddie Ng
GV	4x400	5th	Pauline Simmons	BFS	4 x 200	3rd	Tim Wong
GV	4x400	5th	Francesca Knight	BFS	HJ	3rd	Jimmy Sunga
GV	4x400	5th	Kwai Philpott	BFS	LJ	1st	Dash Oliver
GV	4x800	5th	Karen Chan	BFS	DT	5th	Darren Tsang
GV	4x800	5th	Ashley Hebert				
GV	4x800	5th	Kaitlin Santisteban				
GV	4x800	5th	Kwai Philpott				
GV	4x1600		3rd Kwai Philpott				
GV	4x1600		3rd Karlina Beringer				
GV	4x1600		3rd Karen Chan				
GV	4x1600		3rd Kaitlin				
Santisteban							
GV	LJ	4th	Kelsey Lee				
GV	TJ	2nd	Kelsey Lee				
GV	Discus	4th	Jodi Tam				
GFS	4x400	3rd	Rebecca Schneider				
GFS	4x400	3rd	Sam Owyang				
GFS	4x400	3rd	Kay Carvin				
GFS	4x400	3rd	Megan Lee				
GFS	4x800	1st	Pam MacLeod				
GFS	4x800	1st	Nicole Yang				
GFS	4x800	1st	Kay Carvin				
GFS	4x800	1st	Chelsea Schneider				
GFS	HJ	2nd	Megan Lee				
GFS	HJ	4th	Rebecca Schneider				
GFS	4x1600		1st Pam MacLeod				
GFS	4x1600		1st Nicole Yang				
GFS	4x1600		1st Kay Carvin				
GFS	4x1600		1st Chelsea				
Schneider							
GFS	SP	3rd	Alana Knight				
BV	3200	1st	Jack Leng				
BV	4x400	3rd	Josh Fong				
BV	4x400	3rd	Robin Trajano				
BV	4x400	3rd	Richie Arredondo				
BV	4x400	3rd	Fredy Rice				
BV	4x800	2nd	Josh Fong				
BV	4x800	2nd	Matt Riley				
BV	4x800	2nd	Ncik Arredondo				
BV	4x800	2nd	Andrew Cheshire				
BV	4x1600		5th Jack Leng				
BV	4x1600		5th Tom Ashby				
BV	4x1600		5th Nick Arredondo				
BV	4x1600		5th Matt Riley				
BV	HJ	4th	Kyle West				



