

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

Girls' Varsity

[illegible]

Girls' Frosh-Soph

	grade	points	name	grade	points
Lee	f	12	Tom	m	9
Simmons	f	12	Tim	m	10
Hopfenbeck	f	11	Marcelo	m	10
Douglas	f	11	Vincent	m	60
Batis	f	11	Jimmy	m	9
Tam	f	12	Jordan	m	10
Lee	f	10	Freddie	m	10
Schneider	f	10	Chris	m	9
LeBlanc	f	11	Alex	m	24
Chan	f	11	Darren	m	10
Schneider	f	9	Jimmy	m	21
Huerta	f	11	Scott	m	10
Santisteban	f	11	Takeo	m	15.5
Brown	f	11	Kevin	m	9
Yang	f	9	Josh	m	10
MacLeod	f	9	William	m	13
Philpott	f	11	George	m	9.5
Harris	f	9	Ronnie	m	10
Littlejohn	f	12	Brian	m	9.5
Knight	f	11	Joe	m	7.5
Knight	f	9	David	m	4
Pham	f	12	Ryan	m	3
Vo	f	11	Aaron	m	3
Koenenman	f	11	Alan	m	10
Beringer	f	11	Jacob	m	2.5
Hebert	f	12	Mustafa	m	2
Choi	f	12	Joshua	m	1.25
Hegedüs	f	12	Brandon	m	1
Wadsworth	f	11	Alvin	m	0
Gilchrese	f	11	Jeremy	m	0
Albarazi	f	12	Maurice	m	0
Abraham	f	12	Dash	m	0
Knight	f	12	Nolan	m	0
Chow	f	12	Sean	m	0
Velasquez	f	11			
Marciel	f	11			
Wong	f	12			
Iwafuchi	f	12			
August	f	12			

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 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,
Ilesha 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

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
Ilesha 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

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

C: 12:02

Bethany Chan 80 93 2:53
Karen Chan 81 93 2:54
Francesca Knight 85 106 3:11
Summer Harris 84 100 3:04

D: 12:23

Katherine Carvin 77 88 2:45
Inna Nosenko 85 93 2:58
Venus Pham 83 103 3:16
Eva Poon 96 108 3:24

Boys:

A: 9:08
Jack Leng 62 76 2:18
James Fazzio 62 70 2:12
Tom Ashby 69 77 2:26
Matt Riley 66 66 2:12

B: 9:45

Andrew Cheshire 64 74 2:18
Josh Fong 63 71 2:14
Kevin Gee 75 96 2:51
Kenny Robertson 66 76 2:22

4 x 200

Girls: no team

Boys: (no time available)

BFS: in the confusion, and running in the dark, and all of that, we rushed to get a few teams on the track. We ran, but the names and times did not get recorded. Oops.

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

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

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	2:39
Megan Lee	74 77	2:31
Chelsea Schneider	72 79	2:31
Katherine Carvin	70 89	2:39
		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

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

Jenny did a great job holding a steady pace for a nice time.

Girls 4x100 Yard Relay Frosh Soph

=====	
6 Ilesha Rush, Frankie Soares, Lisa McComb, Jamie Walbert	57.34

After all the handoff hassle yesterday, it looked pretty good today.

Girls 4x200 Meter Relay Frosh Soph

=====	
9 Ilesha Rush, Frankie Soares, Lisa McComb, Summer Harris	2:08.05

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	1:08.9
Frankie Soares	1:16.7
Summer Harris	1:14.2
Jenny Kaehms	1:24.3
	5:04.42

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	79 81	2:41
Pam MacLeod	76 85	2:41
Summer Harris	85 88	2:53
Nicole Yang	82 85	2:48
		11:02.74

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 - - -		1:09
Sam Owyang	75 84 - -		2:39
Jenny Kaehms	91 92 95 95		6:14
			14:14.70

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 Ilesha, Rush	4-00.00

Even with minimal preparation, Ilesha 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, Ilesha	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 Isha 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 Panigette, 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 Reclus, 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 1:01
Tim Wong 1:04
Vince Talley 1:07
Jimmy Sunga 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 opening height 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
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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

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
Navenus Pham	88	90	2:58

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
Summer Harris	80	87	2:47

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
Andrea Chow	85	82	2:47

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
Richie Arredondo	63	66	2:09

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
Kay Carvin	84	87	90	90	91	92	92	93	12:07

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 freshmen 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
Kenny Robertson	70	76	79	81	85	90	84	76	10:41

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 Fazzio	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
Megan Lee	72	77	2:27

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 "B" Ivan Ly, Joe Mitchell, Bobbie Panighetti, Langston Hughes 48.35

4 x 200
GFS Iesha Rush, Lisa McComb, Bethany Chan, Tonya 2:02.35
BFS Freddie Ng, Tim Wong, Jimmy Quintanilla, Brian Sien 1:46.4
GV Alex Huerta, Kelsey Lee, Rebecca Schneider, Kandice Douglas 1:52.6
BV no entry

4 x 400
GFS Megan Lee, Chelsea Schneider, Nicole Yang, Bethany Chan 4:31.0
BFS Freddie Ng, David Lum, Jimmy Quintanilla, Mustafa Nawabzada 4:34.0
GV Pauline Simmons, Rebecca Schneider, Francesca Knight, Haley Batis 4:30.0
BV Dash Oliver, Jack Leng, Fredy Rice, Richie Arredondo 3:37.0
100
GFS no entry
BFS Freddie Ng 12.90
GV Kandice Douglas 13.12
BV Dash Oliver 11.78
Fredy Rice 11.86

300 Hurdles -- no results available

400
GFS Megan Lee 61.65
Chelsea Schneider 62.29
BFS no results available
GV Haley Batis 62.86
Inna Nosenko 71.51
Jieun Choi 73.86
BV no results available

1500
GFS Pam MacLeod 5:11
Katherine Carvin 5:22
Amanda Chouinard 5:35
Jenny Kaehms 5:36
BFS Tom Ashby 4:43
Will Weekes 5:10
Kevin Gee 5:22
GV no entry
BV James Fazzio 4:25
Matt Riley 4:27
Andrew Cheshire 4:27
Kenny Robertson 4:35
Sherman Yang 5:55

3000
GFS no entry
BFS no entry
GV Nicole Yang no time
BV Jack Leng 9:35

Long Jump
GFS Lisa McComb 12-3.5
BFS Freddie Ng 16-9
Vince Talley 15-6
Scott Peek 12-8
David Lum no mark
GV Kelsey Lee 15-5
Paula Brown 15-2

Pauline Simmons 14-9.75
BV Ivan Lee 17-11.75
Elliot Hung no mark

Triple Jump
GFS no entry
BFS no marks available
GV Kelsey Lee 33-2.5
Paula Brown 32-4
Jieun Choi 27-9
Francesca Knight 25-2.5
BV Ivan Lee 35-7
Elliot Hung no mark

High Jump
GFS no entry
BFS Scott Peek 5-0
Vince Talley 4-10
GV Paula Brown 4-10
Pauline Simmons 4-6
BV no entry

Shot Put
GFS Alana Brown 27-3
Shelline Waldorf 26-2
Kelsey Dunnigan 23-3
Michelle Gaston 17-8
BFS Darren Tsang 35-1
George Gilham 27-4
Alvin Mai 25-5
Joe Ashby no mark
GV no results available
BV no results available

Discus
GFS Alana Brown 75-2
Shelline Waldorf 61-7
Kelsey Dunnigan 61-2
Michelle Gaston 51-2
BFS Darren Tsang 94-0
George Gilham 73-8
Alex Vasquez 67-3
Alvin Mai 61-5
GV no results available
BV no results available

Pole Vault
GFS Daina Vargas 5-6
BFS Marcelo Sanchez 8-6
Josh Leines 8-0
GV Rebecca Knight 7-0
Beth August 5-6
Haley Batis n.h.
Kayle Loftis n.h.
Gabby Solis n.h.
BV Mike Williams 11-0
Ryan Turner 10-0

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, Malysa, Min, ?) 63.0

1600

1. Kay Carvin CV n.t.

2. Jenny Kaehms CV n.t.

3. ? MC n.t.

4. ? MC n.t.

5. Dash Smith SLZ n.t.

6. Bergeron SLZ n.t.

100 Hurdles

1. Lisa McComb CV 21.1

2. Daina Vargas CV 21.7

3. Tanya Simbra CV 22.6

4. Francesca Soares CV 23.1

400

1. Funn SLZ 70.7

2. Summer Harris CV 71.8

3. Lorrelli SLZ 75.0

4. Jenny Kaehms CV 81.6

5. Kelsey Dunnigzn CV 83.1

100

Heat 1

1. Cordero MC 14.6

2. Lisa McComb CV 14.6

3. Iesha Rush CV 14.6

4. Angela Wong MC 15.0

5. Sin SLZ 16.9

Heat 2

1. Scott MC 14.0

2. Daliva SLZ 14.4

3. Metters SLZ 14.7

4. Ashley Bright CV 15.8

800

1. Bethany Chan CV 2:49.1

2. Amanda Chouinard CV 2:51.3

3. Smith SLZ 2:54.0

4. Bergerson SLZ 3:18.5

5. Abubo SLZ 3:29.6

300 Hurdles

1. Cordero MC 59.3
2. Daina Vargas CV 63.9
3. Tanya Simbra CV 65.2
4. Francesca Soares CV 65.3

200

1. Wang MC 32.5
2. Metters SLZ 35.3
3. Lomelli SLZ 33.5
4. Sin SLZ 35.3
5. Ashley Bright CV 35.9

3200

1. Pam MacLeod CV 12:47.4
2. Crosby MC 13:26.5
3. Smith SLZ 13:38.9

4 x 400

1. CV (Choiunard, Chan, Harris, Carvin) 5:12.4
2. SLZ (Daliva, Metters, Funn, Lomelli) 5:35.6

Long Jump

1. Francesca Soares CV 12-9

2. Jaclyn Crosby MC 12-9

3. Iesha Rush CV 12-3

4. Angela Wang MC 12-3

5. Lisa McComb CV 12-5

6. Ashley Bright CV 11-8

Triple Jump

1. Tania Lomelli MC 25-1

Ahley Bright CV n.d.

Kelsey Dunnigan CV n.d.

High Jump

1. Frankie Soares CV 4-0

2. Iesha Rush CV 3-10

3. Kelsey Dunnigan CV 3-8

4. Michelle Gaston CV 3-6

Shot Put

1. Alana Knight CV 27-8

2. Shelliine Waldorf CV 26-6

3. Kelsey Dunnigan CV 22-5

4. Jenny Kaehms CV 20-7

5. Michelle Gaston CV 16-7

Discus

1. Alana Knight CV 78-9

2. Shelliine Waldorf CV 61-10

3. Kelsey Dunnigan CV 54-8.5

4. Dash Smith SLZ 53-1.5

5. Michelle Gaston CV 52-9.5

Pole Vault

1. Daina Vargas CV 6-0

2. Frankie Soares CV 5-0

no third

Boys' Frosh-Soph

4 x 100

1. CV "A" (Ng, Quintanilla, Manoukian, Wong) 50.7

2. SLZ (Branche, Wright, Garay, Cato) 50.7

3. MC (Mew, thomas, Allen, Gato) 51.5

4. CV "B" (Lum, Mackey, Bivings, Sien) 51.6

1600

1. Tom Ashby CV 5:13.5

2. Eagles SLZ 5:24.0

3. Vergara SLZ 5:26.8

4. Macaraeg MC 5:27.2

5. Will Weekes CV 5:35.3
6. Takeo Hiraki CV 5:44.5
7. Jackson SLZ 5:49.9
8. Kevin Gee CV 5:56.0
9. Rojas SLZ 6:02.4
10. Slagado MC 6:11.6
11. Ochoa SLZ 6:38.1
12. Deguzman MC 6:39.4

110 Hurdles

1. Jordan Mackey CV 17.8
2. Marcelo Sanchez CV 20.6
3. Chris So CV 21.20
4. Josh Bivings CV 21.30
5. David Lum CV 22.9
6. Mustafa Nawabzada CV 24.4
7. Jeremy Jang CV 24.6

400

Heat 1

1. Eagles SLZ 64.3
2. Aaron Gualara CV 66.0
3. Josh Leines CV 67.0
4. Jackson SLZ 71.1

Heat 2

1. Vince Talley CV 60.5
2. Scott Peek CV 62.8
3. Cato SLZ 63.2

100

Heat 1

1. Mew MC 12.6
2. Freddie Ng CV 12.6
3. Grary SLZ 13.0
4. Juan SLZ 13.0
5. Alan Manoukian CV 13.9

Heat 2

1. Allen MC 12.1
2. Ronnie Irvin CV 12.5
3. Branch SLZ 13.7
4. Jacob Krietzler CV 14.1
5. Im SLZ 14.9

Heat 3

1. Thomas MC 12.1
2. Wong CV 12.3
3. Brian Sien CV 13.2
4. Clato SLZ 13.3

800

1. Vergara SLZ 2:27.0
2. Will Weekes CV 2:28.5
3. Machrage MC 2:30.0
4. Rojas SLZ 2:45.1
5. Salgado MC 2:45.6
6. Dguzman MC 2:59.3

300 Hurdles

Heat 1

1. Jordan mackey CV 48.1
2. Marcelo Sanchez CV 50.6
3. Josh Bivings CV 53.2
4. David Lum CV 45.8

Heat 2

1. Chris So CV 50.9
2. Mustafa Nawabzada CV 57.2
3. Jeremy Jang CV 61.3

200

Heat 1

1. Allen MC 25.4
2. Freddie Ng CV 26.7
3. Garay SLZ 26.7
4. Tom Ashby CV 27.7
5. Jimmy Quintanilla CV 27.8

Heat 2

1. Mew MC 26.2
2. Tim Wong CV 26.6
3. Ronnie Irvin CV 27.1
4. Branche SLZ 28.2

5. Brandon Seales CV 28.7
Heat 3
1. Thomas MC 25.5
2. Wright SLZ 25.7
3. Alan Manoukian CV 27.6
4. Cato SLZ 27.7
5. Brian Sien CV 27.8

3200

1. Tom Ashby CV 11:28.9
2. Vergara SLZ 12:48.1
3. Macaraeg MC 13:16.7
4. Takeo Hiraki CV 13:22.8
5. Salgado MC 13:23.8
6. Rojas SLZ 13:36.2
7. Kevin Gee CV 13:53.6

4 x 400

1. CV "A" (Sanchez, Galaura, Ashby, Weekes) 4:13.1
2. CV "B" (Nawabzada, So, Sien, Talley) 4:21.3
3. SLZ (no names available) 4:44.5

Long Jump

1. Vince Talley CV 16-8.5
2. Freddie Ng CV 16-6.5
3. Jacob Krietzler CV 15-10.5
4. Jimmy Sunga CV 15-9.5
5. Brandon Seales CV 15-5.5
6. Chris So CV 15-4.5
7. Josh Bivings CV 13-8.5
8. Francis Garay SLZ 13-6
9. Scott Peek CV 13-5
10. Josh Leines CV 13-1.5
11. Ly Im SLZ 12-5
12. Ben Nguyen SLZ 10-0

Triple Jump

1. Tim Wong CV 32-9
2. Jimmy Sunga CV 32-2.5
3. Vince Talley CV 30-2
4. Scott Peek CV 27-9.5

High Jump

1. Jimmy Sunga CV 5-2
2. Jimmy Quintanilla CV 5-0
3. Vince Talley CV 4-8
4. Scott Peek CV 4-6
5. Marcelo Sanchez CV 4-6

Shot Put

1. Dondre Johnson SLZ 42-1.5
2. Alex Vasquez CV 31-7
3. Geroge Gilham CV 27-11
4. Alvin Mai CV 25-4
5. Joe Ashby CV 25-3

Discus

1. D'Andre Johnson SLZ 104-1
2. Alex Vasquez CV 78-2
3. Geroge Gilham CV 73-3
4. Alvin Mai CV 67-1
5. Ben Nguyen SLZ 66-7
6. Joe Ashby CV 55-6

Pole Vault (non-scoring)

1. Marcelo Sanchez CV 8-0
2. Josh Leines CV 7-0
no third

Girls' Varsity

4 x 100

1. CV (Huerta, LeBlanc, Brown, Douglas) 54.1
2. MC (Leah, Martinez, Reyes, Hlbert) 57.4

1600

1. Karen Chan	CV	5:55.3
2. Ochoa	SLZ	6:03.5
3. Ashley Hebert	CV	6:07.6
4. Andrea Chow	CV	6:19.1
5. Rebecca Hannon	MC	6:22.8
6. Meye	MC	6:48.3
7. Padilla	SLZ	7:03.0
8. Ang	MC	7:23.3

100 Hurdles

Heat 1

1. Kelsey Lee	CV	16.4
2. Pauline Simmons	CV	17.8
3. Alex Huerta	CV	18.0
4. Alena LeBlanc	CV	18.8

Heat 2

1. Rebecca Knight	CV	20.8
2. Beth August	CV	21.6
3. Genicia Reyes	MC	21.7

400

1. Megan Lee	CV	70.1
2. Johnson	SLZ	64.6
no third		

100

Heat 1

1. Kandice Douglas	CV	12.8
2. Ugbah	MC	13.4
3. Martinez	MC	14.9
4. Harbert	MC	15.0

Heat 2

1. Mimi Vo	CV	14.7
2. Perles	MC	15.8
3. Romero	MC	16.8

800

1. Chelsea Schneider	CV	2:34.3
2. Haley Batis	CV	2:34.8
3. Encelarg	MC	2:36.4
4. Ochoa	SLZ	2:47.5
5. Myer	MC	3:05.0
6. Padilla	SLZ	3:07.3
7. Ang	MC	3:25.0

300 Hurdles

1. Kelsey Lee	CV	52.4
2. Pauline Simmons	CV	53.6
3. Alex Huerta	CV	57.4

200

1. Ugbah	MC	29.6
2. Elizabeth Littlejohn	CV	30.4
3. Johnson	SLZ	31.9

3200

1. Nicole Yang	CV	12:57.3
2. Rebecca Hannon	MC	13:10.4
3. Karlina Beringer	CV	13:14.4

4 x 400

1. CV (Lee, Schneider, Batis, Wasdsworth)	4:43.3
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Shot Put

1. Grace Hopfenbeck	CV	30-4
2. Jodi Tam	CV	27-0.15
3. Nicole Abraham	CV	26-7
4. Jasmine Pratt-Minor	CV	26-6.25
5. Anita Hegedus	CV	26-3.5
6. Claire Koeneman	CV	25-3
7. Danette Romero	MC	22-0.5
8. Mariel Chavez	MC	21-9
9. Navenus Pham	CV	21-6
10. Mimi Vo	CV	20-0
11. Becca Bustindvy	MC	19-9.5
12. Jessica Wong	CV	19-4.5
13. Caitlin Iwafuchi	CV	16-9
14. Erin McAvoy	MC	16-8

Discus

1. Jodi Tam	CV	84-0
2. Navenus Pham	CV	70-11
3. Grace Hopfenbeck	CV	68-8
4. Anita Hegedus	CV	68-6.5
5. Mariel Chavez	MC	68-3
6. Jasmine Pratt	CV	66-7
7. Claire Koeneman	CV	66-6
8. Nicole Abraham	CV	62-9
9. Jessica Wong	CV	57-0
10. Alexandra Harbert	MC	54-4
11. Mimi Vo	CV	52-9
12. Caitlin Iwafuchi	CV	52-7
13. Becca Bustindvy	MC	49-2
14. Erin MacVoy	MC	47-5

High Jump

1. Paula Brown	CV	4-6
2. Alena LeBlanc	CV	4-6
3. Pauline Simmons	CV	4-2
4. Genicia Reyes	CV	4-0
Rebecca Knight	CV	n.h.

Long Jump

1. Kelsey Lee	CV	16-0.5
2. Pauline Simmons	CV	15-6
3. Paula Brown	CV	15-0
4. Genicia Reyes	CV	14-0
5. Mariel Martinez	MC	13-5
6. Noemi Perlas	MC	11-4
Devin King	CV	n.d.

Triple Jump

1. Kelsey Lee	CV	35-2.5
2. Mariel Martinez	MC	28-0
3. Noemi Perlas	MC	26-5.5

Pole Vault (non-scoring)

1. Rebecca Knight	CV	7-6
2. Haley Batis	CV	6-0
2. Beth August	CV	6-0
4. Elizabeth Littlejohn	CV	5-6
5. Kayle Loftis	CV	5-0

Boys' Varsity

4 x 100

1. CV "A" (Rice, Trajano, Hung, Oliver)	46.3
2. CV "B" (Heuer, Panighetti, Lee, Ly)	48.6
3. MC (Denhams, Merrier, Thomas, Johnson)	58.2

1600

1. Jack Leng	CV	4:46.7
2. James Fazzio	CV	4:47.8
3. Matt Riley	CV	4:53.9
4. Andrew Cheshire	CV	4:55.7
5. Nick Arredondo	CV	4:56.9
6. Brian Fix	MC	4:57.5
7. Kenny Robertson	CV	5:10.9
8. Chou	MC	5:23.2
9. Santiago	MC	5:23.9
10. Joel Becker	CV	5:25.4
11. McGrath	SLZ	5:29.2
12. Dhiman	MC	5:35.6
13. Goncalves	SLZ	5:39.5
14. Sherman Yang	CV	6:29.1

110 Hurdles

1. Maurice Valentine	CV	15.5
2. Kyle West	CV	18.0
3. Drew Heuer	CV	18.1
4. Scott Kwang	CV	19.4
5. Mike Williams	CV	20.5
6. Ryan Turner	CV	22.1
7. Travis Coles	CV	22.4

400

1. Denhams	MC	54.6
2. Richie Arredondo	CV	56.3
3. Nick Arredondo	CV	56.7
4. Kievers	MC	57.4
5. Roberto Trajano	CV	58.1
6. Sergio Perez	CV	61.0

100

1. Dash Oliver	CV	11.5
2. Fredy Rice	CV	11.5
3. Elliot Hung	CV	12.3

800

1. Andrew Cheshire	CV	2:10.5
2. Josh Fong	CV	2:15.0
3. Jack Leng	CV	2:15.2
4. Brian Fix	MC	2:16.5
5. Chan	MC	2:25.6
6. Thomas	MC	2:28.1
7. Santiago	SLZ	2:28.7
8. McGrath	SLZ	2:29.1
9. Dhimmm	MC	2:30.7

300 Hurdles

Heat 1

1. Maurice Valentine	CV	45.3
2. Drew Heuer	CV	45.5
3. Scott Kwang	CV	49.3

Heat 2

1. Nick Arredondo	CV	46.1
2. Langston Smith	Cv	51.1
3. Travis coles	CV	51.6

200

1. Dash Oliver	CV	23.8
2. Denhams	MC	24.0
3. Fredy Rice	CV	24.5
4. Richie Arredondo	CV	25.1
5. Roberto Trajano	CV	25.1
6. Bobby Panighetti	CV	26.7

3200

1. Brian Fix	MC	10:55.9
2. Kenny Robertson	CV	11:21.1
3. McGrath	SLZ	12:05.9
4. Joel Becker	CV	12:18.0
5. Sherman Yang	CV	14:37.9

4 x 400

1. CV "B" (Jack Leng, James Fazzio, Josh Fong, Nick Arredondo)	3:50.3
2. CV "A" (Dash Oliver, Kenny Robertson, roberto Trajano, Fredy Rice)	3:56.2

Long Jump

1. Ivan Ly	CV	17-5
2. Bryant Johnson	MC	17-5
3. Travis Coles	CV	16-9
4. Ryan Turner	CV	16-8
5. Chris Thomas	MC	16-4.5
6. Sergio Perez	CV	15-6
7. Langston Smith	CV	13-8
Elliot Hung	CV	n.n.
Andre Wilson	CV	n.m.

Triple Jump

1. Elliot Hung	CV	40-0
2. Bryant Johnson	MC	39-9
3. Ivan Ly	CV	35-3.5
4. CJ Thomas	MC	34-8
5. Ryan Turner	CV	34-4.5
6. Kyle West	CV	33-6.5
7. Michael Williams	CV	28-9
8.		

High Jump

1. Kyle West	CV	5-4
2. Drew Heuer	CV	5-0
Scott Kwang	CV	n.h.

Shot Put

1. Luke Wegener	CV	39-4
2. D'Andre White	SLZ	38-5
3. Danny Mosley	SLZ	38-5
4. Ben Crosby	CV	36-5.5
5. Justin Hua	SLZ	36-3
6. Neal Landon	SLZ	35-8.5
7. Alex Walian	MC	35-2
8. Paul NOe	CV	33-4
9. Erik Chow	CV	32-10
10. Jackson Phillips	CV	32-9
11. D'avid Umeh	CV	30-9
12. Tim Clanton	MC	30-8.5
13. Patrick Rogan	MC	30-0
14. Patrick Stammerjohn	MC	29-9.5
15. Kirt Gill	MC	28-1.5
16. Brian Anderson	SLZ	26-2.5
17. Mikhjail Hosain	CV	25-7
18. Wilson Nguyen	CV	24-1.5
19. Mike Porter	CV	23-2
20. Adedai Kahassi	CV	22-1.5
21. Jon Choi	CV	21-6

Discus

1. Luke Wegener	CV	110-7
2. Dondre White	SLZ	107-5
3. Justin Hua	SLZ	97-3
4. Ben Crosby	CV	96-3
5. Paul NOe	Cv	95-6
6. Erik Chow	CV	90-8
7. Jackson Phillips	CV	92-0
8. Danny Mosley	SLZ	88-8
9. Wilson Nguyen	CV	75-10
10. David Umeh	CV	70-0
11. Brian Anderson	SLZ	60-6
12. Mike Porter	CV	60-0
13. Aderdai Kahassi	CV	58-0
14. Mikahil Hosain	CV	53-6

Pole Vault (non scoring)

1. Mike Williams	CV	11-0
2. Kyle West	CV	10-0
2. Scott Kwang	CV	10-0
4. Ryan Turner	CV	9-6
TravisColes	CV	n.h.

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 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
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3 x Shot Put

* 4	Castro Valley	78-10
Joe Ashby 21-10		
Geroge 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 lesa missing we had to emrgency 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

With 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 Douglas

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		3 x Long Jump		6 Castro Valley "B"	11-0
Heat 2		* 2 Castro Valley	46-1.75	Kayle Loftis	5-6
* 2 Castro Valley	4:12.55	Paula Brown	16-6.5	Liz Littlejohn	5-6
Chelsea Schneider	63.5	Kelsey Lee	15-11	top individuals	
Haley Batis	62.5	Pauline Simmons	14-6.25	* 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 Monay.

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

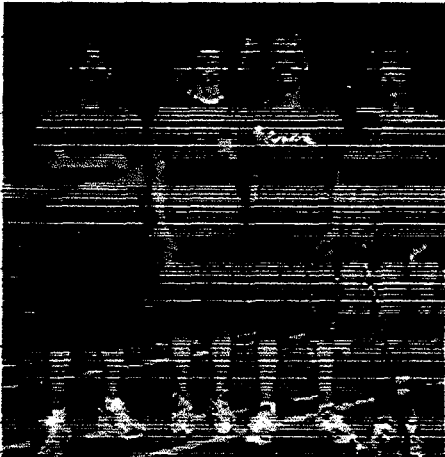
Kandice was in this one all the way, and PR'd enough to move to # 4 on the CV All-Time list.

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.

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

Calire 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.

Alhambra High School Saturday March 23, 2007

* = earned medals

4 x 1600							
BV							
Nick Arredondo	69	72	77	74	4:52		
James Fazio	67	75	74	69	4:45		
Andrew Cheshire	68	75	74	69	4:52		
Matt Riley	65	73	77	72	4:42	19:21	* 5th
GV "A"							
Kay Carvin							
Nicole Yang							
Amanda Chouinard							
Pam MacLeod						23:21.5	1* st
GV "B"							
Ashley Hebert	84	93	94	91	6:03		
Kaitlin Santisteban	86	93	90	93	6:02		
Karen Chan	82	89	90	90	5:51		
Andrea Chow	89	97	97	90	6:21	24:17	

no CV entry	
GFS	
Lisa McComb, Beth Chan, Frankie Soares, Daina Vargas	1:29.3 * 5th
GV	
Alex Huerta, Alena LeBlanc, Pauline Simmon, Kelsey Lee (new school record)	1:10.8 * 1st

GFS		
Iesha Rush, Beth Chan, Lisa McComb, Frankie Soares	58.4	12th
BFS		
Freddie Ng, Tim Wong, Jimmy Quintanilla, Brian Sien	49.6	12th
GV		
Alex Huerta, Jessica Thompson, Paula Brown, Kandice Douglas	51.2	* 2nd
BV		
Maurice Valentine, Fredy Rice, Roberto Trajano, Dash Oliver	45.8	10th

no CV entry					
GV					
Haley Batis	68	80	2:29		
Megan Lee	73	83	2:36		
Karen Chan	76	82	2:38		
Chelsea Schneider	72	79	2:31	10:17.5	* 2nd
BV					
Josh Fong	2:13				
Richie Arredondo	2:15				
Jack Leng	2:05				
Andrew Cheshire	2:08	8:43	* 4th		

GFS		
no CV entry		
BFS		
Dave Lum, Brandon Seals, Brian Dien, Vince Talley	1:53.7	14th
GV		

Tom Ashby	71	75	78	--	3:45	
Vince Talley	61	--	--	--	1:01	
William Weeks	68	79	--	--	2:27	
Joel Becker	73	87	89	80	5:29	12:45

Fredy Rice	52.5	3:39.06th
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Ivan Ly, Roberto Trajano, Nick Arredondo	45-08.75	14th
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BV

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 Arredono 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

Wednesdays, April 4, 2007

GFS

CV 100, T 0

CV 69, SL 47

SL 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, Jeremy, Kreitzer 55.4

GV
1. T Dedeaux, Gant, Warren, Truesdale 52.02. 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
6. Everardo Villalobos T 5:49
7. Bryant Luong T 5:50
8. Alonzo Macias T 6:00
9. Javier Morales SL 6:13
10. David Fang SL 7:25**GV**

1. Kaitlin Santisteban CV 5:51

2. Karen Chan CV 5:52

3. Ashley Hebert CV 6:05

4. Jenny Kaehms CV 6:07

5. Norma Sanchez SL 6:17

6. Irene Gilchriese CV 6:22

7. Andrea Chow CV 6:27

8. Navenus Pham CV 7:13

BV

1. Jack Lang CV 4:40

2. James Fazzio CV 4:43

3. Matt Riley CV 4:52

4. Nick Arredondo CV 4:53

5. Jonathan Garcia SL 4:54

6. Andrew Cheshire CV 4:57

7. Dragan Saric SL 5:02

8. Eric Meas SL 5:11

9. Kenny Robertson CV 5:20

10. Becker Joel CV 5:26

11. Li Chao CV 5:43

12. Will McCabe SL 6:14

13. Sherman Yang CV 6:19

HH**GFS**

1. JUNG YOON CHUNG SL 20.6

2. LISA MCCOMBS CV 21.6

3. DIANA VARGAS CV 21.8

4. FRANKIE SOARES CV 22.7

BFS**Heat 1**

1. Chris So CV 20.9

2. Josh Bivings CV 21.5

3. Murtola Nawabzada CV 23.9

4. Jeremy Jang CV 24.3

Heat 2

1. Jordan Mackay CV 17.4

2. Marcelos Sanchez CV 20.1

3. Dave Lum CV 21.4

GV**HEAT 1**

1. KELSEY LEE CV 17.0

2. PAULINE SIMMONS CV 18.2

3. ALENA LEBLANC CV 18.5

HEAT 2

1. Hana Albarazi CV 19.6

2. Beth August CV 20.3

3. Rebecca Knight CV 21.3

BV**Heat 1**

1. Maurice Valentine CV 16

2. Alonzo Smith T 17.6

Nenad Ramonovic SL dnf

Heat 2

1. Scott Kwang CV 19.3

2. Kyle West CV 19.3

3. Mike Williams CV 20.3

400**GFS**

1. Megan Lee CV 1:03.1

2. Jungyoon Chung SL 1:08.0

3. Bethany Chan CV 1:11.5

BFS

1. Michael Jee SL 0:58.5

2. Jordan Mackey CV 1:00.3

3. Jamie Summerhill SL 1:00.7

4. Vince Talley CV 1:02.5

5. Josh Leines CV 1:06.0

GV

1. Sonia Jones SL 1:05.9

2. Jamoni Brooks SL 1:10.6
3. Francesca Knight CV 1:10.8
4. Summer Harris CV 1:14.2
5. Jieun Choi CV 1:15.0
6. Cristinia Cruz SL 1:21.2**BV****Heat 1**

1. Miguel Sales SL 0:54.8

2. Richie Arredondo CV 0:55.2

3. Fredy Rice CV 0:56.5

4. Neiman Chan T 0:57.3

5. Nelson Mei SL 1:01.0

Heat 2

1. Robin Trajano CV 0:57.7

2. Sergio Perez CV 1:00.6

3. Hernandez Jose SL 1:03.2

100**FSG**

1. Christina Tran SL 13.7

2. Isha Rush CV 14.4

3. Lisa McConnh CV 14.7

4. Patricia Falowo SL 14.7

BFS**Heat 1**

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 2

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**Heat 1**

1. Alicia Truesdale Tenn 12.6

2. Sonia Brooks SL 13

3. Kandice Douglas CV 13.2

4. Melissa Gant T enn 13.5

Heat 2

1. Melquisha Warren T 13.3

2. Denecia Dedeaux T 13.6

3. Mimi Vo CV 14.7

4. Anita Hoang SL 14.9

BV**Heat 1**

1. Demetrius Crawford SL 11.3

2. Dash Oliver CV 11.4

3. Kelvin Kuma T 11.9

4. Tyler Mau SL 12.1

5. Louis Nazario T 12.3

6. Elliot Hung CV 12.4

Heat 2

1. Elliot Dorsey T 11.8

2. Devon Schultz CV 12.3

3. Matthew Brown T 12.6

4. Omar Mousa SL 12.9

5. Ivan Ly CV 13.1

800**GFS**

1. Chelsea Schneider CV 2:28.2

2. Susan So SL 2:53.2

3. Janete Canela SL 3:05.8

4. Winnie Lai SL 3:07.4

5. Jessica Wong SL 3:15.9

BFS

1. Simon Tsang SL 2:25.3

2. Tom Ashby CV 2:29.2

3. Matt Neisse SL 2:31.9

4. Everardo Villalobos T 2:32.5

5. Alonzo Macias T 2:38.9

6. Bryant Lugong T 2:45.5

7. Javier Morales SL 2:59.9

8. David Fang SL 3:29.4

GV

1. Haley Batis CV 2:27.0

2. Nonna Sanchez SL 2:46.8

3. Summer Harris CV 2:49.8

BV

1. Andrew Cheshire CV 2:09.8

2. James Fazzio CV 2:10.6

3. Jack Leng CV 2:11.3

4. Eric Mear SL 2:11.9

5. Josh Fong CV 2:13.0

6. Dragan Savic SL 2:15.9

7. Nelson Mei SL 2:19.4

8. Matt Riley CV 2:19.9

9. Travis Coles CV 2:23.5

300 Hurdles**GFS**

1. Erin Limlingan SL 58.0

2. Frankie Soares CV 62.4

3. Daina Vargas CV 63.6

BFS**Heat 1**

1. Jordan Mackay CV 46.1

2. Marcelo Sanchez CV 49.2

3. Xavier Dickson SL 52.1

4. Edward Gopal T 53.4

5. Mustafa Nawabzada CV 54.4

Heat 2

1. Chris So Cv 50.1

2. Josh Bivings CV 52.4

3. David Lum CV 53.9

4. Jeremy Jang CV 58.0

GV

1. Rebecca Schneider CV 51.6

2. Kelsey Lee CV 53.6

3. Pauline Simmons CV 54.6

4. Hana Albarazi CV 57.5

BV**Heat 1**

1. Maurice Valentine CV 43.8

2. Alonzo Smith T 45.6

3. Scott Kwang CV 48.2

4. Nenad Ramonovic SL 51.6

Heat 2

1. Kyle West CV 47.2

2. Nick Arredondo CV 47.2

200**GFS**

1. Gigi Jeung SL 29.4

2. Isha Rush CV 31.2

3. Patricia Falowo SL 32.6

4. Ashley Bright CV n.t.

BFS**Heat 1**

1. Andy Shu SL 24.7

2. Aaron Wong SL 25.5

3. Tim Wong CV 26.0

4. Xavier Dickson SL 26.3

5. Joe Ashby CV 27.8

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

4. Lazarus Dickson SL 27.0

5. Justin Garcia SL 27.5

GV

1. Alicia Truesdale T 26.0

2. Sonia Jones SL 26.9

3. Denecia Dedeaux T 27.3

4. Melissa Gant T 27.8

5. Jamoni Brooks SL 29.9

6. Cristina Cruz SL 34.0

BV**Heat 1**

1. Dash Oliver CV 23.6

2. Fredy Rice	CV	23.7	GV		1 Daryl Moreno	SL	33-9	13. Mikhail Hosain	CV	67-3	
3. Elliot Dorsey	T	24.2	1. Pauline Simmons	CV	15-3	2 Mario Sanchez	SL	33-0.5	14. Michael Porter	CV	58-10
4. Neiman Chan	T	26.3	2. Kelsey Lee	CV	14-11	3 Sione Maile	SL	31-3			
5. Jose Hernandez	SL	26.9	3. Mequisha Warren	T	14-2	4 Alex Vazquez	CV	30-9			
6. Omar Mosa	SL	27.6	4. Jieun Choi	CV	13-2.5	5 Gabe Aseron	SL	30-3			
Heat 2			Mindy Tran	T	n.d.	6 Gatón Gilham	CV	29-5.5			
1. Roberto Trajano	CV	24.8	BV			7 Joe Ashby	CV	25-10			
2. Joe Mitchell	CV	25.5	1. Ivan Ly	CV	18-6	8 Jorge Hernandez	SL	23-1.5			
3. Matther Brown	T	26.6	2. Neal Rectus	CV	18-4	GV					
4. Sergio Perez	CV	27.1	3. DevonSchultz	CV	18-1	1 Grace Hopfenbeck	CV	30-11			
			4. Manny Dupart	SL	17-10	2 Meg Strache	SL	29-11			
			5. Miguel Sales	SL	17-9.5	3 Claire Koeheman	CV	27-1			
			6. Elliot Hung	CV	17-9	4 Anita Hegedus	CV	26-8			
			7. Ricardo Benitez	SL	16-0	5 Jodi Tam	CV	26-5			
			8. Travis Coles	CV	15-11	6 Nicole Abraham	CV	26-4.5			
			9. Omar Mousa	SL	14-9	7 Emily Marciel	CV	21-0			
			10. Jose Hemandez	SL	14-8	8 Calimee Xia	T	20-11.5			
			11. Chao Li	SL	14-5.5	9 Jessica Wong	CV	19-4			
			12. Matthew Brown	T	14-2	10 Caitlin Iwafuchi	CV	17-7			
						BV					
						1. Moa Ngatuvaki	SL	46-11.5			
						2. Luke Wegener	CV	39-1.5			
						3. Malcolm Numm	SL	38-1			
						4. Ben Crosby	CV	36-5			
						5. Erk Chow	CV	34-8.5			
						6. Jackson Phillips	CV	33-11			
						7. William Choy	SL	32-7			
						8. Paul Noe	CV	32-7			
						9. Daniel Duran	T	31-5			
						10. Patrick Halloran	T	30-2.5			
						11. Bobby Paneghietti	CV	29-9			
						12. Mikhail Hosain	CV	26-0			
						13. Mike Porter	CV	24-2			

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 Fazio, 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 Fazio 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
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
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 twitched 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

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

• 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
Fredy Rice 54.0

Dash had a great opener, Robin was sore, MV had no gas left. Fredy 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 Fredy elbowed the Skyline kid into the infield

and grabbed 2nd. This was a clear and flagrant DQ, but evidently Fredy didn't know it. Had there been clear sailing, Fredy 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, 2007

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
Chlesea 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 maneuvering 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 Uwadiae 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. Austen 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 McWharther	BOD	18.6

Heat 2

1. Ronals 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 McWharther	BOD	44.8
7. Sam Simon	BOD	47.6
8. Langston Smith	CV	52.6

200

1. Dash Oliver	(CV)	22.8
2. Fredy Rice	(CV)	22.8
3. Mario Brown	(CV)	23.2
4. Robin Trajano	CV	23.7
5. Nathan Phillip	BOD	24.1
6. Bob Dominguez	BOD	24.6
7. Richie Arredondo	CV	25.7
8. Sergio Perez	CV	26.7

3200

1. Jack Leng	(CV)	10:02.4
2. Austen Diliberto	(BOD)	10:14.7
3. Matt Riley	(CV)	10:36.0
4. Andrew Cheshire	CV	10:57.8
5. Pat Harkins	BOD	11:30.5
6. Joel Becker	CV	11:52.3

4 x 400 Relay

1. Castro Valley (Oliver, Trajano, Arredondo, Rice)	3:37.7
2. Bishop O'Dowd (Brown, Harrison, Phillips, McWharther)	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
5. Quentin McWharther	BOD	18-4
6. Matt Pobre	BOD	17-6
7. Neal Reclus	CV	17-2
8. Ivan Ly	CV	17-0
9. Ryan Turner	CV	16-0.75

Triple Jump

1. Chad Jones	(BOD)	39-10
2. Pbre Matthews	(BOD)	39-4
3. Sam Simon	(BOD)	39-0
4. Elliot Hung	CV	38-4
5. Ivan Ly	CV	37-2
6. Richie Arredondo	CV	36-11
7. Kyle West	CV	35-0
8. Michael Williams	CV	34-8
9. Ryan Turner	CV	34-2
10. Devon Schultz	CV	34-0.5

High Jump

1. Maurice Valentine	(CV)	5-8
2. Devon Schultz	(CV)	5-6
3. Kyle West	(CV)	5-6
4. Ronald James	BOD	5-4
5. Joe Anunti	BOD	5-4

Shot Put

1. Aaron Gaspar	(BOD)	47-5
2. Luke Wegener	(CV)	40-2
3. Jackson Phillips	(CV)	35-11
4. Kevin Pobre	BOD	35-6
5. Erik Chow	CV	33-0
6. Ben Crosby	CV	32-8
7. David Umeh	CV	29-11
8. Mike Porter	CV	23-10

Discus

1. Aaron Gaspar	(BOD)	137-11
2. Jackson Phillips	(CV)	103-11
3. Luke Wegener	(CV)	101-1
4. Kevin Pobre	BOD	97-3.5
5. Ben Crosby	CV	90-6
6. Erik Chow	CV	86-3
7. David Umeh	CV	79-0
8. Mike Porter	CV	65-0

Boys' Frosh-Soph

Castro Valley 80, Bishop O'Dowd 43

4 x 100

1. BOD (Prince, Martinez, Asani, Adonis)	48.8
2. CV "A" (Ng, Wong, Sunga, Irvin)	49.1
3. CV "B" (Bivings, Seals, So, Sien)	51.5

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

Heat 1

1. Hasani Burns	BOD	56.9
2. Vince Talley	CV	57.8
3. Marcelo Sanchez	CV	58.4
4. Justin Mendoza	BOD	58.5
5. Alex Martinez	BOD	60.5
6. Josh Leines	CV	63.9

Heat 2

1. Joe Ashby	CV	61.5
2. Aaron Galaura	CV	62.0
3. Donald Henderson	BOD	62.6
4. Jason Mendoza	CV	61.5

100

1. Adonis Smith	BOD	11.7
2. Tim Wong	CV	12.0
3. Freddie Ng	CV	12.4
4. James Prince	BOD	12.8
5. Jordan Mackey	BOD	12.9
6. Christian Tachiera	BOD	13.1

800

1. Tom Ashby	CV	2:24.2
--------------	----	--------

no second or third

300 IH

1. Chris So	CV	47.7
2. Marcelo Sanchez	CV	49.0
3. Josh Bivings	CV	49.4
4. Aaron Galaura	CV	54.2
5. Mustafa Nawabzada	CV	54.9
6. Scott Peek	CV	56.7
7. Jeremy Jang	CV	59.5

200

Heat 1

1. Hasani Burns	BOD	24.5
2. Jordan Mackey	BOD	26.3
3. Alex Martinez	BOD	26.4
4. Devold Henderson	BOD	28.1
5. Christian Tachiera	BOD	29.3
6. Jason Mendoza	BOD	29.9

Heat 2

1. Adonis Smith	BOD	24.1
2. Tim Wong	CV	25.2
3. Brian Sien	CV	26.3
4. Joe Ashby	CV	27.0
5. Brandyn Seals	CV	28.0

3200

1. Tom Ashby	CV	11:06.7
2. Desmond Kruger	BOD	12:21.3
3. Deven Diliberto	BOD	13:14.0
4. Steven Ung	BOD	14:18.0

4 x 400

1. CV "A" (Ng, Bivings, So, Talley)	4:06.5
2. CV "B" (Wong, Galaura, Nawabzada, Sien)	4:11.2
3. BOD (Burns, Mendoza, Smith, Tachiera)	4:24.2

Long Jump

1. Vince Talley	CV	16-10
2. Freddie Ng	CV	16-5.5
3. Jimmy Sunga	CV	16-1.5
4. Brandyn Seals	CV	15-2.25
5. Scott Peek	CV	14-4.5

Triple Jump

1. Jimmy Sunga	CV	35-1
2. Tim Wong	CV	34-8
3. Vince Talley	CV	33-6
4. Scott Peek	CV	28-11

High Jump

1. Jimmy Sunga	CV	5-0
2. Scott Peek	CV	4-8
3. Marcelo Sanchez	CV	4-8
4. Brandyn Seals	CV	n.h.

Shot Put

1. Malcom Graham	BOD	40-7
2. Blake Johnson	BOD	39-1
3. Brendan Kawada	BOD	37-0
4. Alex B	BOD	34-7
5. Sarren Tsang	CV	34-4
6. Alex Vasquez	CV	31-6
7. Ryan Carvin	CV	31-1
8. Eric Najallo	BOD	30-2
9. George Gilham	CV	28-5
10. Joe Ashby	CV	26-10
11. Alvin Mai	CV	25-2

Discus

1. Darren Tsang	CV	95-9.5
2. Brendan Kawada	BOD	82-8
3. Alex Vasquez	CV	77-7
4. George Galtin	CV	69-2
5. Ryan Carvin	CV	65-7
6. Joe Ashby	CV	64-10
7. Alvin Mai	CV	62-7

Girls' Varsity

Bishop O'Dowd 75, Castro Valley 52

4 x 100

1. Castro Valley (Huerta, LeBlanc, Schneider, Douglas)	51.5
2. Bishop O'Dowd	DQ

1600

1. Lexi Pappas	(BOD)	5:16.9
2. Brazile Clark	(BOD)	5:22.1
3. Pam MacLeod	(CV)	5:29.1
4. Melissa Yee	BOD	5:39.3
5. Karen Chan	CV	5:44.4
6. Kaitlin Santisteban	CV	5:53.6

7. Kathryn Carvin	CV	5:56.4
8. Andrew Chow	CV	6:24.6

100 High Hurdles

Heat 1

1. Jordan Gibbs	(BOD)	15.5
2. Shane Banks	(BOD)	15.7
3. Kelsey Lee	(CV)	15.9
4. Pauline Simmons	CV	16.8
5. Alex Huerta	CV	17.4

Heat 2

1. Sarah Fong	BOD	16.6
2. Alena LeBlanc	CV	17.2
3. Hana Albarazi	CV	18.3
4. Beth August	CV	20.9
5. Rachel Jung	BOD	21.2

400

1. Brazile Clark	(BOD)	56.8
2. Lia Rivers-Birt	(BOD)	58.1
3. Jennifert Hinds	(BOD)	59.1
4. Megan Lee	CV	59.9
5. Irene Gilchriese	CV	65.6
6. Kwai Philpott	CV	67.8

100

1. Megan McFarland	(BOD)	12.5
2. Kandice Douglas	(CV)	12.5
3. Jackie Lynch	(BOD)	12.6
4. Maurita Toler	BOD	12.7
5. Jordan Gibbs	BOD	12.9
6. Rebecca Knight	CV	14.4
7. Mimi Vo	CV	14.5

800

1. Haley Batis	(CV)	2:22.5
2. Lia Rivers-Birt	(CV)	2:23.9
3. Chelsea Schneider	(CV)	2:27.2
4. Jennifer Hinds	BOD	2:34.5
5. Karen Chan	CV	2:39.0
6. Kaitlin Santisteban	CV	2:42.0
7. no name given	BOD	2:56.9
8. Corinne Velasquez	CV	3:16.9

300 Low Hurdles

Heat 1

1. Shane Banks	(BOD)	45.0
2. Sarah Fong	(BOD)	47.7
3. Jordan Gibbs	(BOD)	48.7
4. Kelsey Lee	CV	48.8
5. Laureina Toler	BOD	49.4
6. Rebecca Schneider	CV	49.4
7. Pauline Simmons	CV	52.8

Heat 2

1. Alena LeBlanc	CV	51.7
2. Alex Huerta	CV	56.5
3. Hana Albarazi	CV	57.4
4. Rachel Jang	BOD	58.8
5. Beth August	CV	60.8

200

1. Megan McFarland	(BOD)	26.4
2. Kandice Douglas	(CV)	26.5
3. Maurita Toler	(BOD)	26.7

3200

1. Lexi Pappas	(BOD)	11:40.1
2. Pam MacLeod	(CV)	12:11.3
3. Melissa Yee	(BOD)	12:17.5
4. Karlina Beringer	CV	12:45.4
5. Kathryn Carvin	CV	12:56.1

4 x 400 Relay

Castro Valley vs. Bishop O'Dowd

Monday, April 23, 2007 @ Chabot College

- | | | |
|-------------------|------|-----|
| 3. Lorena Toler | (CV) | 4-4 |
| 4. Rebecca Knight | CV | 4-0 |

Shot Put

- | | | |
|---------------------|-------|---------|
| 1. Miranda Wilson | (BOD) | 43-8.5 |
| 2. Grace Hopfenbeck | (CV) | 30-6 |
| 3. Alana Knight | (CV) | 29-10 |
| 4. Nicole Abraham | CV | 26-7 |
| 5. Jodi Tam | CV | 26-5 |
| 6. Kierstie Barr | BOD | 26-3 |
| 7. Anita Hegedus | CV | 25-10.5 |
| 8. Claire Koeneman | CV | 25-1.5 |
| 9. Lindsey Crowder | BOD | 22-3 |
| 10. Navenus Pham | CV | 20-2 |
| 11. Emily Marciel | CV | 19-7 |

Discus

- | | | |
|---------------------|-------|---------|
| 1. Miranda Wilson | (BOD) | 153-4.5 |
| 2. Kierstie Barr | (BOD) | 94-4 |
| 3. Jodi Tam | (CV) | 80-4 |
| 4. Nicole Abraham | CV | 67-9 |
| 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 |
| Carlin Iwafuchi | CV | n.m. |

- | | | |
|--------------------|----|------|
| 1. Beth Chan | CV | 26-9 |
| 2. Kelsey Dunnigan | CV | 23-7 |
| 3. Ashley Bright | CV | 23-4 |

High Jump

- | | | |
|--------------------|----|-----|
| 1. Daina Vargas | CV | 4-0 |
| 2. Ashley Bright | CV | 4-0 |
| 3. Kelsey Dunnigan | CV | 3-8 |

Shot Put

- | | | |
|---------------------|-----|--------|
| 1. Shelline Waldorf | CV | 25-9 |
| 2. Kelsey Dunnigan | CV | 22-9 |
| 3. Cristina Francis | BOD | 20-3 |
| 4. Michelle Gaston | CV | 16-9.5 |

Discus

- | | | |
|---------------------|-----|------|
| 1. Shelline Waldorf | CV | 72-0 |
| 2. Cristina Francis | BOD | 64-0 |
| no third | | |

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. Shenel 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 Valdes | 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, Chouinard, 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 Schnedier	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 2:24
Megan Lee	78 74 2:32
Pam MacLeod	75 77 2:32
Haley Batis	75 77 2:24
5 'B'	10:35.44
Kay Carvin	73 84 2:37
Monay Wadsworth	72 87 2:39
Karen Chan	77 82 2:39
Kwai Philpott	82 88 2:47
7 'C'	11:01.52
Beth Chan	73 86 2:43

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	2:11.9
James Fazzio	62	67	2:10.8
Josh Fong	58	65	2:03.7
Jack Leng	63	68	2:10.8

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

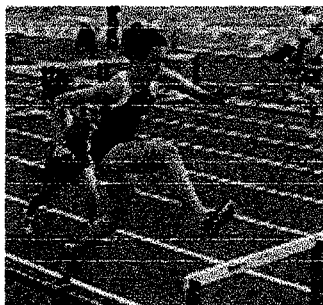
3 Freddie Ng, Tim Wong, Jordan Mackey, Ronnie Irvin	47.90
---	-------

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

16 Chan, Bethany	1:07.75
------------------	---------

Beth showed off her sprint skills.

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 constant

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
--------------------	-------

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

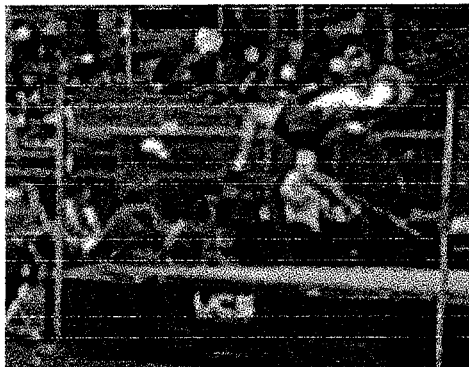
5 LeBlanc, Alena	4-06.00
12 Dunnigan, Kelsey	3-10.00
-- Gastron, Michelle	NH

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

Men High Jump Varsity

3 West, Kyle	5-08.00
--------------	---------

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
----------------	-------

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. Mackey 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

=====

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

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

Boys High Jump Frosh/Soph

=====

1 Valentine, Maurice 6-06.00

After a 9 month layoff from the high jump to rehabilitate a strained knee, Maurice soars over 6-6 to easily win the meet and establish the meet record. This third win of the day earned him both track athlete of the meet and also the field athlete of the meet.

Castro Viley v. Arroyo
@ Arroyo
April 25th 2007

Varsity Boys:
CV 72 Arr 55

100 meters:

1	Ahron Jackson	Arr	11.3
2	Chris Beamon	Arr	11.4
3	Dash Oliver	CV	11.6

200 meters:

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			

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:

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

800 meters:

1	Joshua Fong	CV	2:05.9
2	Andrew Cheshire	CV	2:08.4
3	Marcus Hines	Arr	2:08.4

1600 meters:

1	Jack Leng	CV	4:35.7
2	Danny Thomas	Arr	4:40.6
3	James Fazzio	CV	4:46.0

3200 meters:

1	Jack Leng	CV	10:08.0
2	Danny Thomas	Arr	10:24.0
3	Rick Mederos	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		Arr 45.1
2	Hung, Rice, Trajano, Oliver	CV	46.5

1600 relay:

1	Oliver, Fong, Arredondo, Rice	CV	3:39.0
---	-------------------------------	----	--------

2	Arr	3:39.0
3.	CV "B" (no names available)	4:11.0

HJ:

1	Devin Schultz	CV	5' 6"
2	Spencer Bowersmith	Arr	5' 6"
3	Kyle West	CV	5' 6"

LJ:

1	Neal Reclus	CV	17' 9"
2	Covington	Arr	17' 8"
3	Spencer Bowersmith	Arr	17' 7.5"
4.	Marcus Hines	A	16-11.5
5.	Ivan Ly	CV	16-11
6.	elliot Hung	CV	16-8.5
7.	Chris Beamer	A	16-4
8.	Barks Chen	A	16-2
9.	Devon Schultz	CV	15-11
10.	Michael Williams	CV	15-0
11.	Ryan Turner	CV	14-8.5

TJ:

1	Elliot Hung	CV	35' 11"
2	Ivan Ly	CV	35' 7"
3	Spencer Bowersmith	Arr	34' 8"
4.	Barryu Chen	A	33-9.75
5.	Kyle West	CV	32-8
6.	Richie Arredondo	CV	32-7.5
7.	Michael Williams	CV	32-0
8.	Ryan Turner	CV	31-5
9.	Tony Fu	A	28-10
10.	Will Zhong	A	28-8

SP:

1	Justin Seneris	Arr	44' 11.5"
2	Jackson Phillips	CV	35' 10"
3	Scott Chan	Arr	35' 7"

Disc.:

1	Scott Chan	Arr	112' 3.5"
2	Ben Crosby	CV	102-0
3	Jackson Phillips	CV	96' 11"

Frosh/Soph Boys:
CV 98 Arr 24

4 x 400 Relay

1.	CV (Sanchez, Bivings, Talley, Sien)		4:20.0
no second place			

200

1.	Tim Wong	CV	26.7
2.	Freddie Ng	CV	27.2
3.	Brian Sien	CV	27.7

3200

1.	Tom Ashby	CV	11:01.0
2.	Kevin Gee	CV	12:39.0
3.	Takeo Hiraki	CV	12:42.0
4.	Jason Cham	A	13:19.0

LJ

1.	Jimmy Sunga	CV	14-11
2.	Freddie Ng	CV	14-9
3.	Rodrigo Sanchez	A	14-8
4.	Andrw Azbill	A	14-2
5.	JOnathan Schultz	A	13-8
6.	Scott Peek	CV	13-1
6.	Vince Talley	CV	12-9

TJ

1.	Andrew Azbill	A	30-5
2.	Jonathan Schultz	A	29-8
3.	Rodrigo Sanchez	A	28-8
4.	Jimmy sunga	CV	28-6.5
5.	DAvid Lum	CV	28-6
6.	Tim Wong	CV	26-3

HJ

1.	Jimmy Sunga	CV	4-8
1.	Marcelo Sanchez	CV	4-8
3.	Scott Peek	CV	4-8
	Vince Talley	CV	nh

Varsity Girls:
CV 93 1/2 Arr 33 1/2

100 meters:

1	Candace Douglas	CV	13.2
2	Kori Kendig	Arr	13.6
3	Rebecca Knight	CV	14.4

200 meters:

1	Candace Douglas	CV	28.3
2	Haily Batis	CV	28.8
3	Kori Kendig	Arr	29.0

400 meters:

1	Megan Lee	CV	1:02.2
2	Lacey Bockhaus	Arr	1:03.1
3	Kwai Philpott	CV	01:07.5

100IH:

1	Kelsey Lee	CV	16.3
2	Alex Huerta	CV	17.6
3	O.Oiyemhonlan	Arr	18.0

300LH:

1	Rebecca Schneider	CV	51.3
2	Alena LeBlanc	CV	52.0
3	Pauline Simmons	CV	52.6

800 meters:

1	Hailey Batis	CV	2:24.0
2	Lacey Bockhaus	Arr	2:39.5
3	Kaitlin Santisteban	CV	2:42.8

1600 meters:

1	Chelsea Schneider	CV	5:35.0
2	Samantha Kearney	Arr	5:37.0
3	Pam MacLeod	CV	5:38.0

3200 meters:

1	Pam MacLeod	CV	12:26.0
2	Samantha Kearney	Arr	12:32.0
3	Chelsea Schneider	CV	12:40.0
4.	Nicole Yang	CV	12:43.0
5.	Jin-Mee Leal	A	12:44.0
6.	Karlina Beringer	CV	13:03.0
7.	Kwai Philpott	CV	13:32.0
8.	Ashley Parker	A	14:34.0

400 relay:

1	LeBlanc, Huerta, Schneider,Douglas		CV 53.0
No second			

1600 relay:

1	Batis, Lee, MacLeod, R. Schneider		CV 4:26.0
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2 Bockhaus, King, Wescott, Kearney
Arr 4:39.0

HJ:

1	Megan Lee	CV	4' 8"
2	Lacey Bockhaus	Arr	4' 6"
3	Carly Jones	Arr	4' 4"
3	Alena LeBlanc	CV	4' 4"
5.	Rebecca night	CV	4-4
6.	Kori Kendig	A	4-4
7.	Rebeca Schneider	CV	4-2
8.	Sarah King	A	4-2
9.	Marsha Wescott	A	4-2

LJ:

1	Pauline Simms	CV	13' 10.5"
2	Kelsey Lee	CV	13' 7.5"
3	Carly Jones	Arr	13' 5.5"

TJ:

1	Kelsey Lee	CV	30' 10.5"
2	Pauline Simms	CV	30' 4.5"
3	Carly Jones	Arr	28' 6.5"

SP:

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

Discus:

1	Irene Kujore	Arr	110' 6.5"
2	Jodi Tam	CV	86' 11.5"
3	Christian Figueroa	Arr	80' 8"
4.	Grace Hopfenbeck	CV	79-9.5
5.	Alana Knight	CV	73-11.5
6.	Anita Hegedüs	CV	73-4.5
7.	Navenus Pham	CV	69-11
8.	Claire Knoenman	CV	67-5
9.	Nicole Abraham	CV	65-11
10.	Melanie Barber	A	55-0
11.	Emily Marciel	CV	54-8
12.	Caitlin Iwafuchi	CV	50-8

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.	Viktoriya 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

800

1.	Kay Carvin	CV	2:51.9
2.	Summer Harris	CV	3:07.1
3.	Rebecca Wescott	A	3:09.8
4.	Jonie Suzuki	A	3:15.0

300 H

1.	Tanya Simbra	CV	60.4
2.	Lisa McComb	CV	62.3
no third			

200

1.	Andrea Armstrong	A	30.9
2.	Iesha Rush	CV	32.5
3.	Jessica Shafer	A	34.2

4 x 400 Relay

1.	CV (Chouinard, Owyang, Yang, Carvin)	5:22.0
no second		

HJ

1.	Iesha Rush	CV	4-0
2.	Daina Vargas	CV	4-0
3.	Rebecca Wescott	A	3-10
3.	Ashley Bright	CV	3-10
5.	Kelsye Dunnigan	CV	3-8

DT

1.	Kelsey Dunnigan	CV	67-7
2.	Shelline Waldrof	CV	66-5.5
3.	Susan Dang	A	57-0

Shot Put

1.	Shelline Waldorf	CV	25-3
2.	Sarah Cong	A	21-5
3.	Kelsey dunnigan	CV	21-4

Triple Jump

1.	Beth Chan	CV	26-2.5
2.	Kelsey Dunnigan	CV	22-7
no third			

Long Jump

1.	Ashley Bright	CV	9-11
2.	Jessika Shafer	A	8-11

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 Fredy) 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
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
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
-- Koenenman, Claire n.d.

Not bad for Grace, but the marking minimum was beyond Claire's reach.

Girls Discus Throw Varsity Girls

4 Tam, Jodi 89-05
-- Hopfenbeck, Grace n.d.
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
Nicole Yang 2:38
Amanda Chouinard 2:48
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.

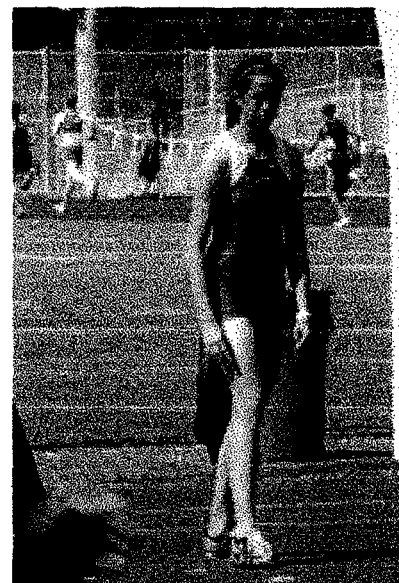
7 Castro Valley 'B' 25:18.10
Jenny Kaehms 6:07
Amanda Chouinard 6:11
Summer Harris 6:30
Jenny Kaehms 6:27

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

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

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

Themarks are okay, but nothing to write home about

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
--------------	-------

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

Josh Fong

Robin Trajano

Fredy Rice

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

Matt Riley

Nick Arredondo

Andrew Cheshire

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

Tom Ashby

Nick Arredondo

Matt Riley

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

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

Boys Triple Jump Varsity Boys

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

A pedestrian effort.

Boys Discus Throw Varsity Boys

20 Phillips, Jackson	96-11
----------------------	-------

21 Wegener, Luke

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
------------------	-------

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
-----------------	-------

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

Marcelo Sanchez

Vince Talley

Jordan Mackey

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

Both boys negotiated PR heights.

Boys Long Jump Frosh-Soph Boys

1 Oliver, Dash	20-00.50
----------------	----------

9 Talley, Vince

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
----------------	----------

9 Wong, Tim

Bohtboys had modest marks.

Boys Discus Throw Frosh-Soph Boys

5 Tsang, Darren	97-11
-----------------	-------

22 Vasquez, Alex

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
6) 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

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

1600

- | | | |
|------------------------|----|--------|
| 1. Jack Leng | CV | 4:36.8 |
| 2. Bizrat 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. Bisrat 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

3200

not contested

4 x 400 Relay

- | | |
|---|--------|
| 1. Hayward Zerehaimenot, Speed, George, Hales) | 3:47.5 |
| 2. Castro Valley (Fong, Fazzio, N. Arredondo, Leng) | 3:51.8 |

Long Jump

- | | | |
|------------------|----|--------|
| 1. Dash Oliver | CV | 17-9 |
| 2. Jeff Ford | H | 17-2 |
| 3. Elliot Hung | CV | 16-2 |
| 4. Devon Schultz | CV | 15-5.5 |
| 5. Ivan Ly | CV | 15-4.5 |

Triple Jump

- | | | |
|--------------|----|--------|
| 1. Jeff Ford | H | 34-9 |
| 2. Kyle West | CV | 34-7.5 |
| 3. Ivan Ly | CV | 34-0 |
| Elliot Hung | CV | n.m. |

High Jump

- | | | |
|------------------|----|-----|
| 1. Kyle West | CV | 5-6 |
| 2. Devon Schultz | CV | 5-4 |
| no third | | |

Shot Put

- | | | |
|---------------------|----|-------|
| 1. Daniel Moimoi | H | 45-8 |
| 2. James Aubrey | H | 43-1 |
| 3. John Dunn | H | 38-6 |
| 4. Sefia Etu | H | 38-0 |
| 5. Ben Fano | H | 38-0 |
| 6. Luke Wegener | CV | 38-0 |
| 7. Jackson Phillips | CV | 33-10 |
| 8. Ben Crosby | CV | 33-10 |
| 9. Eric Chow | CV | 32-7 |
| 10. Mikhail Hosain | CV | 28-10 |
| 11. Wilson Nguyen | CV | 24-0 |
| 12. Michael Porter | CV | 21-7 |
| Brandon Tsurumoto | CV | n.m. |

Discus

- | | | |
|---------------------|----|-------|
| 1. Daniel Moimoi | H | 137-1 |
| 2. John Dunn | H | 130-8 |
| 3. James Aubrey | H | 126-6 |
| 4. Erik Chow | CV | 105-5 |
| 5. Jackson Phillips | CV | 104-9 |
| 6. Luke Wegener | CV | 104-1 |
| 7. Ben Fano | H | 101-4 |
| 8. Richard Romero | H | 93-0 |
| 9. Ben Crosby | CV | 92-11 |
| 10. Wilson Nguyen | CV | 77-6 |
| 11. Michael Porter | CV | 65-3 |
| 12. Mikail Hosain | CV | 64-3 |

Boys' Frosh-Soph

4 x 100

- CV "A" (Ng, Wong, So, Sunga) 50.5
- CV "B" (Bivings, Lum, Nawabzada, Sien) 53.8

1600

- | | | |
|------------------|----|--------|
| 1. Takeo Hiraki | CV | 5:39.9 |
| 2. Diego Hurtado | H | 5:44.2 |
| 3. Kevin Gee | CV | 6:06.7 |
| 4. Josh Phillips | H | 6:12.4 |

110 HH

Heat 1

- | | | |
|--------------------|----|------|
| 1. Marcelo Sanchez | CV | 20.1 |
| 2. Aaron Galaura | CV | 22.5 |
| 3. Josh Bivings | CV | 22.2 |
| 4. Chris So | CV | 27.2 |

Heat 2

- | | | |
|----------------------|----|------|
| 1. David Lum | CV | 21.9 |
| 2. Mustafa Nawabzada | CV | 23.2 |
| 3. Jeremy Jang | CV | 23.4 |

400

- | | | |
|---------------|----|------|
| 1. Freddie Ng | CV | 59.1 |
| 2. Joe Ashby | CV | 62.8 |
| no third | | |

100

- | | | |
|----------------|----|------|
| 1. Tim Wong | CV | 12.8 |
| 2. Brian Sien | CV | 13.6 |
| 3. Freddie Ng | CV | 13.6 |
| 4. Alex Mendez | H | 13.6 |

800

- | | | |
|---------------------|----|--------|
| 1. Takeo Hiraki | CV | 2:27.4 |
| 2. Kevin Gee | CV | 2:34.5 |
| 3. Eduardo Lpoez | H | 2:36.5 |
| 4. Josh Phillips | H | 2:50.7 |
| 5. Sebastian Flores | H | 2:53.4 |
| 6. Diego Hurtado | H | 3:09.9 |

300 H

Heat 1

- | | | |
|--------------------|----|------|
| 1. Marcelo Sanchez | CV | 50.7 |
| 2. Aaron Galaura | CV | 53.6 |
| 3. David Lum | CV | 54.9 |
| 4. Jeremy Jang | CV | 59.9 |

Heat 2

- | | | |
|----------------------|----|------|
| 1. Chris So | CV | 51.6 |
| 2. Josh Bivings | CV | 52.7 |
| 3. Mustafa Nawabzada | CV | 53.6 |

200

not contested

3200

not contested

4 x 400

- CV (Ng, Sanchez, Talley, Sien) 4:09.2
- H (no names available) 4:39.2

Long Jump

- | | | |
|-----------------|----|------|
| 1. Vince Talley | CV | 15-9 |
| 2. Freddie Ng | CV | 14-4 |
| 3. Jimmy Sunga | CV | 14-4 |
| 4. Scott Peek | CV | 12-4 |

Triple Jump

- | | | |
|-----------------|----|--------|
| 1. Vince Talley | CV | 32-9.5 |
| 2. Tim Wong | CV | 32-0 |
| 3. Jimmy Sunga | CV | 32-0 |
| 4. David Lum | CV | 26-7 |
| 5. Scott Peek | CV | 26-5 |

High Jump

- | | | |
|----------------------|----|------|
| 1. Jimmy Sunga | CV | 4-10 |
| Scott Peek | CV | n.h. |
| no other competitors | | |

Shot Put

- | | | |
|------------------|----|--------|
| 1. Quin Perry | H | 38-7 |
| 2. Virgil Hart | H | 36-3.5 |
| 3. Darren Tsang | CV | 36-3 |
| 4. Shawn Dunn | H | 35-8 |
| 5. Alex Niutoa | H | 34-4 |
| 6. Alex Vazquez | CV | 31-6.5 |
| 7. George Gilham | CV | 28-2 |
| 8. Joe Ashby | CV | 26-2 |

Discus

- | | | |
|-----------------|----|--------|
| 1. Darren Tsang | CV | 95-5 |
| 2. Alex Niutoa | H | 94-1 |
| 3. Virgil Hart | H | 92-5.5 |

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

4.	Quinn Perry	H	87-1
5.	Shawn Dunn	H	84-9
6.	Joe Ashby	CV	74-8
7.	Alwz Vazquez	CV	74-4
8.	George Gilham	CV	65-11

Girls' Varsity

4 x 100 Relay	
1.	Castro Valley (Huerta, LeBlanc, R.Schneider, Douglas) 54.4
	no second

1600

1.	Kathryn Carvin	CV	6:00.5
2.	Nicole Yang	CV	6:00.7
3.	Jenny Kaehms	CV	6:11.6
4.	Amanda Chouinard	Cv	6:12.4
5.	Ashley Hebert	CV	6:16.4

100 HH

Heat 1

1.	Kelsey Lee	CV	16.6
2.	Alex Huerta	CV	17.9
3.	Alisa Espinoza	H	21.0
	Pauline Simmons	CV	dnf

Heat 2

1.	Hana Albarazi	CV	19.0
2.	Alena LeBlanc	CV	19.4
3.	Beth August	CV	20.9
4.	Alaina Roberts	H	21.4

400

1.	Kwai Philpott	CV	66.4
2.	Samantha Owyang	CV	67.0
3.	Irene Gilchriese	CV	68.0
4.	Summer Harris	CV	72.7
5.	Corinne Velasquez	CV	86.9

100

1.	Kandice Douglas	CV	13.4
2.	Jaymee Salone	H	13.6
3.	Mimi Vo	CV	14.9

800

1.	Kaitlin Santisteban	CV	2:37.5
2.	Samantha Owyang	CV	2:37.9
3.	Kwai Philpott	CV	2:41.4
4.	Karen Chan	CV	2:42.8
5.	Andrea Chow	CV	2:59.9

300 H

Heat 1

1.	Kelsey Lee	CV	51.7
2.	Pauline Simmons	CV	52.8
3.	Hana Albarazi	CV	55.0

Heat 2

1.	Alicia Espinoza	H	65.4
2.	Alaina Roberts	H	66.0
			no third

200

not contested

3200

not contested

4 x 400 relay

1.	Castro Valley (Philpott, Owyang, C. Schneider, M. Lee)	4:26.9
		no second

Long Jump

1.	Jaymee Salone	H	13-10
2.	Kelsey Lee	CV	13-4
3.	Pauline Simmons	CV	13-3
4.	Anita Hegedüs	CV	10-11

Triple Jump			
1.	Kelsey Lee	CV	31-9.5
2.	Pauline Simmons CV	30-4	
	no third		

High Jump

1.	Jaymee Salone	H	4-8
2.	Megan Lee	CV	4-6
3.	Rebecca Schneider	CV	4-4
3.	Alena Leblanc	CV	4-4
5.	Alex Huerta	CV	4-4

Shot Put

1.	Alana Knight	CV	30-8
2.	Grace Hopfenbeck	CV	30-1.5
3.	Patrice Sapiga	H	27-7
4.	Jodi Tam	CV	25-8
5.	Nicole Abraham	CV	26-6
6.	Jessica Calvillo	H	25-3
7.	Anita Hegedüs	CV	24-6
8.	Emily Marciel	CV	21-11
9.	Stephaine Moi	H	20-1
10.	Navenus Pham	CV	19-7.5
11.	Mimi Vo	CV	19-2

Discus

1.	Jodi Tam	CV	93-0
2.	Patrice Sapiga	CV	91-1
3.	Jessica Calvillo	H	77-4
4.	Nicole Abraham	CV	68-3
5.	Grace Hopfenbeck	CV	66-4
6.	Navenus Pham	CV	63-1
7.	Mimi Vo	CV	62-3
8.	Anita Hegedüs	CV	61-3
9.	Emily Marciel	CV	47-9
10.	Stephaine Moi	H	47-3
11.	Alana Knight	CV	55-8

Girls' Frosh-Soph

4 x 100

1.	CV (Rush, Chan, Simbra, McComb)	57.9
		no second

1600

1.	Viktoria Muhka	CV	7:25.0
2.	EVa Poon	CV	7:26.8
3.	Becky Chao	CV	7:45.5
4.	Grace Santos	H	7:52.2

100 HH

1.	Daina Vargas	CV	22.0
2.	Tanya Simbra	CV	22.5
			no third

400

1.	Beth Chan	CV	71.5
			no second or third

100

1.	Taylor Hogan	H	13.9
2.	Lisa McComb	CV	14.2
3.	Nnenna Obioma	H	15.1

800

1.	Beth Chan	CV	2:51.0
			no second or third

300 H

1.	Tanya Simbra	CV	62.4
2.	Lisa McComb	CV	66.8
			no third

200

not contested

3200

not contested

4 x 400
not contested

Long Jump

1.	Nailah Davis	H	11-7
2.	Taelor Hogan	H	11-4.5
3.	Nnenna Obioma	H	11-2.5
4.	Jorcyelin Ani	H	11-2
5.	Ashley Bright	CV	9-8.5

Triple Jump

1.	Beth Chan	CV	26-1
2.	Jorcyelin Ani	H	25-10
3.	Nailah Davis	H	25-3
4.	Ashley Bright	CV	22-10
5.	Kelsey Dunnigan	CV	22-7

High Jump

1.	Ilesha Rush	CV	4-2
2.	Ashley Bright	CV	4-0
3.	Daina Vargas	CV	3-8
4.	Kelsey Dunnigan	CV	3-8

Shot Put

1.	Shelline Waldorf	CV	24-8
2.	Kelsey Dunnigan	CV	24-0
			no third

Discus

1.	Kelsey Dunnigan	Cv	64-4.5
2.	Shelline Waldorf	CV	58-9.5
			no third

2007 HAAL Track results

dual meet records

HAAL finals place

Overall team finish

GFS

1	CV	8-0
2	A	6-2
2	BOD	6-2
2	SL	6-2
5	MC	3-5
5	H	3-5
7	SLZ	2-6
8	ME	0-8
8	T	0-8

CV	173
H	78
SL	75
BOD	53
SLZ	27
MC	26
A	18
ME	0
T	0

1	CV
2	SL
3	BOD
4	H
5	A
6	MC
7	SLZ
8	ME
8	T

BFS

1	SL	8-0
2	CV	7-1
3	BOD	6-2
4	A	5-3
5	SLZ	4-4
6	H	3-5
7	MC	1-7
7	ME	1-7
9	T	0-9

SL	169
CV	138
BOD	67
A	20
H	18
SLZ	15
ME	10
MC	2
T	0

1	SL
2	CV
3	BOD
4	A
5	SLZ
5	H
7	ME
8	MC
9	T

GV

1	BOD	8-0
2	CV	7-1
3	A	6-2
4	H	5-3
5	MC	3-5
5	SLZ	3-5
7	SL	1-7
7	ME	1-7
9	T	0-9

BOD	192
CV	114.5
A	54.5
ME	37
MC	35
T	24
H	1
SL	0
SLZ	0

1	BOD
2	CV
3	A
4	MC
5	h
6	ME
7	SLZ
8	T
9	SL

BV

1	CV	8-0
2	A	7-1
3	BOD	6-2
4	MC	3-5
4	SL	3-5
4	ME	3-5
4	H	3-5
8	SLZ	2-6
9	T	0-8

CV	155
H	82
BOD	71
A	64
ME	51
MC	22
SL	17
T	2
SLZ	0

1	CV
2	A
2	BOD
4	H
5	ME
6	MC
7	SL
8	SLZ
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
Bishop O'Dowd	Lynch, Jackie	2 13.14	q
Tennyson	Dedeaux, Danecia	3 13.23	q
Hayward	Salone, Jaymee	4 13.71	
Moreau Catholic	Martinez, Mariel	5 14.61	
Moreau Catholic	Romero, Danette	6 15.90	
Moreau Catholic	Ugbah, Nene	— FS	

Heat 2 Preliminaries			
Bishop O'Dowd	Mcfarland, Megan	1 12.59	Q
Bishop O'Dowd	Toler, Maurita	2 12.78	q
Mt. Eden	Clark, Sharonda	3 12.94	q
Mt. Eden	Parker, Kamillah	4 12.99	q
Arroyo (San Lore)	Kendig, Kori	5 13.32	
Moreau Catholic	Sizar, Selene	6 15.33	
Tennyson	Tran, Mindy	7 17.03	

Heat 3 Preliminaries			
Mt. Eden	Garrett, Cherrelle	1 11.72	Q
Bishop O'Dowd	Adams, Rachel	2 12.79	q
Tennyson	Warren, Melquisha	3 13.38	
Castro Valley	Vo, Mimi	4 14.18	
Moreau Catholic	Harbert, Alexandra	5	14.53
Moreau Catholic	Perlas, Noemi	6 15.18	
San Leandro	cruz, christina	7 15.41	

Girls 100 Meter Dash Varsity			
School	Name	Section 1	Finals
Finals			
Mt. Eden	Garrett, Cherrelle	1 11.83	10
Bishop O'Dowd	Mcfarland, Megan	2 12.68	8
Castro Valley	Douglas, Kandice	3 12.91	6
Mt. Eden	Clark, Sharonda	4 13.04	4
Bishop O'Dowd	Toler, Maurita	5 13.05	2
Mt. Eden	Parker, Kamillah	6 13.07	1
Bishop O'Dowd	Adams, Rachel	7 13.39	
Tennyson	Dedeaux, Danecia	8 13.74	
Bishop O'Dowd	Lynch, Jackie	8 13.74	

Girls 200 Meter Dash Varsity			
School	Name	Prelims	
Heat 1 Preliminaries			
Bishop O'Dowd	Mcfarland, Megan	1 26.46	Q
Bishop O'Dowd	Toler, Maurita	2 26.62	q
Mt. Eden	Clark, Sharonda	3 26.81	q
Tennyson	Dedeaux, Danecia	4 27.12	q
Castro Valley	Gilchriese, Irene	5 29.01	
Moreau Catholic	Sizar, Selene	6 32.75	
Mt. Eden	Castro, Claudia	7 34.05	

Heat 2 Preliminaries			
Bishop O'Dowd	rivers-birt, lia	1 26.03	Q
Castro Valley	Douglas, Kandice	2 26.92	q
Mt. Eden	Parker, Kamillah	3 27.63	
Arroyo (San Lore)	Cooper, Ashley	4 27.91	
Castro Valley	Batis, Haley	5 27.94	

Heat 3 Preliminaries			
Mt. Eden	Garrett, Cherrelle	1 24.31	Q
Bishop O'Dowd	Adams, Rachel	2 26.75	q
Moreau Catholic	Ugbah, Nene	3 28.15	
Arroyo (San Lore)	Kendig, Kori	4 28.25	
Arroyo (San Lore)	Solis, Deborah	5 29.74	
Moreau Catholic	Harbert, Alexandra	6	30.96
San Leandro	cruz, christina	7 32.57	

Girls 200 Meter Dash Varsity			
School	Name	Section 1	Finals
Finals			
Mt. Eden	Garrett, Cherrelle	1 24.60	10
Bishop O'Dowd	rivers-birt, lia	2 26.38	8
Bishop O'Dowd	Toler, Maurita	3 26.78	6
Tennyson	Dedeaux, Danecia	4 27.01	4
Bishop O'Dowd	Mcfarland, Megan	5 27.16	2
Bishop O'Dowd	Adams, Rachel	6 27.35	1
Mt. Eden	Clark, Sharonda	7 27.60	
Mt. Eden	Parker, Kamillah	8 28.38	
Castro Valley	Douglas, Kandice	— DQ	

Girls 400 Meter Dash Varsity			
School	Name	Prelims	
Heat 1 Preliminaries			
Bishop O'Dowd	rivers-birt, lia	1 58.80	Q
Bishop O'Dowd	Hinds, Jennifer	2 1:00.33	q
Mt. Eden	Rodriguez, Itzia	3 1:01.98	q
Arroyo (San Lore)	Wescott, Marsha	4 1:07.09	q
Heat 2 Preliminaries			
Bishop O'Dowd	Clark, Brazile	1 57.91	Q
Castro Valley	Lee, Megan	2 1:01.82	q
Castro Valley	Gilchriese, Irene	3 1:04.36	q
Castro Valley	Philpott, Kwai	4 1:05.28	q

Girls 400 Meter Dash Varsity			
School	Name	Section 1	Finals
Finals			
Bishop O'Dowd	Clark, Brazile	1 57.64	10
Bishop O'Dowd	rivers-birt, lia	2 57.89	8
Bishop O'Dowd	Hinds, Jennifer	3 58.12	6
Castro Valley	Lee, Megan	4 1:00.92	4
Mt. Eden	Rodriguez, Itzia	5 1:02.13	2

Castro Valley	Gilchriese, Irene	6 1:05.18	1
Arroyo (San Lore)	Wescott, Marsha	7 1:06.42	
Castro Valley	Philpott, Kwai	8 1:07.86	

Girls 800 Meter Run Varsity			
School	Name	Prelims	
Heat 1 Preliminaries			
Castro Valley	Batis, Haley	1 2:32.13	Q
Castro Valley	Schneider, Chelsea	2 2:39.69	q
Castro Valley	Santisteban, Kaitlin	3 2:41.27	
San Lorenzo	Johnson, Kiyah	4 2:51.03	
San Lorenzo	Padilla, Crystal	5 3:03.46	
Moreau Catholic	Ang, Justine	6 3:06.18	

Heat 2 Preliminaries			
Bishop O'Dowd	Hinds, Jennifer	1 2:30.63	Q
Arroyo (San Lore)	Bockhaus, Lacey	2 2:36.43	q
Castro Valley	Philpott, Kwai	3 2:37.66	q
Arroyo (San Lore)	King, Sarah	4 2:41.52	
Castro Valley	Chow, Andrea	5 2:49.19	
Arroyo (San Lore)	Torres, Berta	6 2:52.76	
Castro Valley	Velasquez, Corinne	7 2:54.31	

Heat 3 Preliminaries			
Bishop O'Dowd	Clark, Brazile	1 2:18.55	Q
Bishop O'Dowd	Dubose, Damajria	2 2:34.97	q
Arroyo (San Lore)	Wescott, Marsha	3 2:39.50	q
San Leandro	sanchez, norma	4 2:39.63	q
San Lorenzo	Ochoa, Alizia	5 2:42.54	
Moreau Catholic	Meyer, Nicole	6 2:45.19	
Moreau Catholic	Kizner, Ann	7 2:52.84	
Moreau Catholic	Hansen, Katie	8 2:59.41	

Girls 800 Meter Run Varsity			
School	Name	Section 1	Finals
Finals			
Bishop O'Dowd	Clark, Brazile	1 2:19.49	10
Bishop O'Dowd	Hinds, Jennifer	2 2:23.25	8
Castro Valley	Batis, Haley	3 2:24.16	6
Castro Valley	Schneider, Chelsea	4 2:31.43	4
Bishop O'Dowd	Dubose, Damajria	5 2:31.45	2
Castro Valley	Philpott, Kwai	6 2:39.04	1
San Leandro	sanchez, norma	7 2:41.45	
Arroyo (San Lore)	Wescott, Marsha	8 2:43.50	

Girls 1600 Meter Run Varsity			
School	Name	Prelims	
Heat 1 Preliminaries			
Castro Valley	Schneider, Chelsea	1 5:33.04	Q
Bishop O'Dowd	Hendrix, Lizzy	2 5:36.10	Q
Bishop O'Dowd	Dubose, Damajria	3 5:37.26	Q
Castro Valley	Yang, Nicole	4 5:40.97	q
Castro Valley	Chan, Karen	5 5:47.27	q
Moreau Catholic	Crosby, Cassie	6 5:59.30	
Castro Valley	Hebert, Ashley	7 6:00.30	
San Lorenzo	Ochoa, Alizia	8 6:01.32	
San Leandro	sanchez, norma	9 6:02.30	
Moreau Catholic	Meyer, Nicole	10 6:05.67	
Arroyo (San Lore)	Rosenblum, Hannah	11 6:25.66	
San Lorenzo	Padilla, Crystal	12 6:41.18	

Heat 2 Preliminaries			
Bishop O'Dowd	Pappas, Lexi	1 5:19.96	Q
Castro Valley	MacLeod, Pam	2 5:32.12	Q
Arroyo (San Lore)	Bockhaus, Lacey	3 5:35.37	Q
Arroyo (San Lore)	Kearney, Samantha	4 5:35.59	q
Bishop O'Dowd	Yee, Melissa	5 5:43.30	q
Castro Valley	Santisteban, Kaitlin	6 5:45.04	q
Arroyo (San Lore)	Leal, Jin-Mee	7 5:53.13	q
Arroyo (San Lore)	Parker, Ashley	8 6:12.55	
Moreau Catholic	Kizner, Ann	9 6:42.09	
Moreau Catholic	Hansen, Katie	10 6:45.98	
Moreau Catholic	Ang, Justine	11 6:55.39	

Heat 3 Preliminaries			
Bishop O'Dowd	Pappas, Lexi	1 5:19.96	Q
Castro Valley	MacLeod, Pam	2 5:32.12	Q
Arroyo (San Lore)	Bockhaus, Lacey	3 5:35.37	Q
Arroyo (San Lore)	Kearney, Samantha	4 5:35.59	q
Bishop O'Dowd	Yee, Melissa	5 5:43.30	q
Castro Valley	Santisteban, Kaitlin	6 5:45.04	q
Arroyo (San Lore)	Leal, Jin-Mee	7 5:53.13	q
Arroyo (San Lore)	Parker, Ashley	8 6:12.55	
Moreau Catholic	Kizner, Ann	9 6:42.09	
Moreau Catholic	Hansen, Katie	10 6:45.98	
Moreau Catholic	Ang, Justine	11 6:55.39	

Girls 1600 Meter Run Varsity			
School	Name	Section 1	Finals
Finals			
Bishop O'Dowd	Pappas, Lexi	1 5:15.79	10
Castro Valley	MacLeod, Pam	2 5:17.63	8
Castro Valley	Schneider, Chelsea	3 5:20.67	6
Arroyo (San Lore)	Bockhaus, Lacey	4 5:21.85	4
Arroyo (San Lore)	Kearney, Samantha	5 5:25.20	
Bishop O'Dowd	Hendrix, Lizzy	6 5:30.60	1
Bishop O'Dowd	Dubose, Damajria	7 5:37.41	
Castro Valley	Yang, Nicole	8 5:38.32	
Bishop O'Dowd	Yee, Melissa	9 5:43.26	
Castro Valley	Chan, Karen	10 5:43.59	
Castro Valley	Santisteban, Kaitlin	11 5:47.13	
Arroyo (San Lore)	Leal, Jin-Mee	12 5:51.62	

Girls 3200 Meter Run Varsity			
School	Name	Section 1	Finals
Finals			
Castro Valley	MacLeod, Pam	1 11:41.34	10

Bishop O'Dowd	Pappas, Lexi	2 11:43.40	8
Arroyo (San Lore)	Chan, Ashley	3 11:50.10	6
Arroyo (San Lore)	Kearney, Samantha	4 12:01.19	4
Bishop O'Dowd	Hendrix, Lizzy	5 12:14.57	2
Castro Valley	Yang, Nicole	6 12:38.95	1
Arroyo (San Lore)	Leal, Jin-Mee	7 12:44.15	
Castro Valley	Beringer, Karlina	8 12:48.85	
Castro Valley	Chan, Karen	9 12:49.43	
Moreau Catholic	Crosby, Cassie	10 13:01.34	
San Lorenzo	Ochoa, Alizia	11 13:36.25	
Arroyo (San Lore)	Rosenblum, Hannah	—	DQ

Girls 100 Meter Hurdles Varsity			
School	Name	Prelims	
Heat 1 Preliminaries			
Castro Valley	Lee, Kelsey	1 16.37	Q
Arroyo (San Lore)	Oiyemhonlan, Omonigbo	2 16.96	q
Bishop O'Dowd	toler, lorena	3 17.22	q
Bishop O'Dowd	Jang, Rachel	4 21.35	

Heat 2 Preliminaries			
Bishop O'Dowd	gibbs, jordan	1 15.78	Q
Bishop O'Dowd	Mulhaney-Banks, Shane	2 15.89	q
Castro Valley	Huerta, Alex	3 17.70	q
Castro Valley	Albarazi, Hana	4 18.48	
Castro Valley	LeBlanc, Alena	5 18.63	
Hayward	Roberts, Alaina	6 20.39	
Castro Valley	August, Beth	7 20.97	

Heat 3 Preliminaries			
Tennyson	Truesdale, Alicia	1 14.89	Q
Bishop O'Dowd	fong, sarah	2 16.77	q
Castro Valley	Simmons, Pauline	3 17.03	q
Arroyo (San Lore)	Ng, Jennifer	4 17.94	
Arroyo (San Lore)	Hughes, Kaitlyn	5 18.36	
Bishop O'Dowd	Valdes, Alessondra	6 21.95	

Girls 100 Meter Hurdles Varsity			
School	Name	Section 1	Finals
Finals			
Tennyson	Truesdale, Alicia	1 14.95	10
Bishop O'Dowd	Mulhaney-Banks, Shane	2 15.57	2
Bishop O'Dowd	gibbs, jordan	3 15.71	6
Castro Valley	Lee, Kelsey	4 16.33	4
Bishop O'Dowd	fong, sarah	5 16.35	2
Bishop O'Dowd	toler, lorena	6 16.88	1
Arroyo (San Lore)	Oiyemhonlan, Omonigbo	7 17.17	
Castro Valley	Simmons, Pauline	8 17.22	
Castro Valley	Huerta, Alex	9 17.91	

Girls 300 Meter Hurdles Varsity			
School	Name	Prelims	
Heat 1 Preliminaries			
Bishop O'Dowd	Mulhaney-Banks, Shane	1 50.36	Q
Bishop O'Dowd	toler, lorena	2 50.38	q
Castro Valley	Schneider, Rebecca	3 50.39	q
Castro Valley	Simmons, Pauline	4 53.60	q
Bishop O'Dowd	Guevera, Monique	5 54.00	
Hayward	Roberts, Alaina	6 56.29	
Castro Valley	Albarazi, Hana	7 56.91	
Bishop O'Dowd	Jang, Rachel	8 58.71	
Bishop O'Dowd	Valdes, Alessondra	—	DQ

Heat 2 Preliminaries			
Tennyson	Truesdale, Alicia	1 46.84	Q
Bishop O'Dowd	fong, sarah	2 48.56	q
Castro Valley	Lee, Kelsey	3 51.44	q
Arroyo (San Lore)	Ng, Jennifer	4 53.24	q
Arroyo (San Lore)	Oiyemhonlan, Omonigbo	5 53.77	
Castro Valley	LeBlanc, Alena	6 54.29	
Castro Valley	Huerta, Alex	7 55.56	
Arroyo (San Lore)	Hughes, Kaitlyn	8 56.10	

Girls 300 Meter Hurdles Varsity			
School	Name	Section 1	Finals
Finals			
Bishop O'Dowd	Mulhaney-Banks, Shane	1 44.56	10
Tennyson	Truesdale, Alicia	2 44.84	8
Bishop O'Dowd	fong, sarah	3 47.89	6
Bishop O'Dowd	toler, lorena	4 48.35	4

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Cherrelle	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, Omonigho		
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	4) Ugba, Teri	

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	Section
Finals	Flight 1		
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	J4-04.00
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 ...	(

Girls High Jump Varsity			
School	Name	Finals	Section
Finals	Flight 1		
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	Section
Finals	Flight 1		
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

Girls Long Jump Varsity			
School	Name	Finals	Section
Finals	Flight 1		
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	Section
Finals	Flight 1		
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	Section
Finals	Flight 1		
Castro Valley	Abraham, Nicole	1	26-07.00 1
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
Finals	Flight 2		
Bishop O'Dowd	Wilson, Miranda	1	44-04.00 10
Arroyo (San Lore)	Kujore, Irene	2	36-04.00 8
Castro Valley	Hopfenbeck, Grace	3	31-08.00 6
Moreau Catholic	Romero, Danette	4	27-08.00
Bishop O'Dowd	Barr, Kierstie	5	27-03.00 2
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	Section
Finals	Flight 1		
Moreau Catholic	Romero, Danette	1	65-09
Hayward	Juarez, Angelica	2	59-10
Moreau Catholic	Harbert, Alexandra	"ali"	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	Marciel, Emily	7	47-05
Moreau Catholic	McAvoy, Erin	8	47-00
Castro Valley	Hegedus, Anita	9	44-02
Finals	Flight 2		
Bishop O'Dowd	Wilson, Miranda	1	146-04 10
Arroyo (San Lore)	Kujore, Irene	2	109-09 8
Bishop O'Dowd	Barr, Kierstie	3	98-11 6
Castro Valley	Tam, Jodi	4	84-00 4
Arroyo (San Lore)	Figueroa, Christian	5	81-10 2
Hayward	Calvillo, Jessica	6	79-04 1
Hayward	Juarez, Diana	7	75-02
Moreau Catholic	Chavez, Mariel	8	64-09
Tennyson	Calimee, Xia	9	35-08

Girls 100 Meter Dash Frsh-Soph			
School	Name	Prelims	Section
Heat 1 Preliminaries			
Bishop O'Dowd	Ellis, Olivia	1	13.64 Q
San Lorenzo	Metters, Kenya	2	14.55 q
San Leandro	fallowo, patricia	3	14.89 q
Heat 2 Preliminaries			
Castro Valley	Rush, Iesha	1	14.10 Q
Arroyo (San Lore)	Shafer, Jessika	2	15.52
San Lorenzo	Sin, Malysa	3	15.75
Heat 3 Preliminaries			
Moreau Catholic	Scott, Krissy	1	13.98 Q
Moreau Catholic	Cordero, Jaqueline	2	14.22 q
Castro Valley	McComb, Lisa	3	14.28 q
Heat 3 Preliminaries ...	(

Girls 100 Meter Dash Frsh-Soph			
School	Name	Prelims	Section
San Lorenzo	Daliva, Racquel	4	14.36 q
Moreau Catholic	Wong, Angela	5	15.04 q
Girls 100 Meter Dash Frsh-Soph			
Finals	Section 1		
Bishop O'Dowd	Ellis, Olivia	1	13.58 10
Moreau Catholic	Scott, Krissy	2	13.91 8
Castro Valley	Rush, Iesha	3	14.07 6
Moreau Catholic	Cordero, Jaqueline	4	14.22 4
San Lorenzo	Daliva, Racquel	5	14.44 2
Castro Valley	McComb, Lisa	6	14.46 1
San Lorenzo	Metters, Kenya	7	14.67
Moreau Catholic	Wong, Angela	8	15.28
San Leandro	fallowo, patricia	9	15.34

Girls 200 Meter Dash Frsh-Soph			
School	Name	Prelims	Section
Heat 1 Preliminaries			
Arroyo (San Lore)	Armstrong, Andrea	1	29.47 Q
Moreau Catholic	Cordero, Jaqueline	2	29.86 q
Hayward	Lang, Chelsea	3	31.27
Moreau Catholic	Wong, Angela	4	32.31
Arroyo (San Lore)	Shafer, Jessika	5	32.49
Bishop O'Dowd	Bryant, Kalina	6	33.49
Heat 2 Preliminaries			
San Leandro	brooks, jamoni	1	28.18 Q
Bishop O'Dowd	Ellis, Olivia	2	28.72 q
Moreau Catholic	Scott, Krissy	3	29.29 q
San Lorenzo	Daliva, Racquel	4	29.77 q
Castro Valley	Owyang, Samantha	5	29.81 q
Castro Valley	Rush, Iesha	6	30.51 q

San Lorenzo	Sin, Malysa	7	33.78
Hayward	Holmes, Melisa	8	34.01
Heat 3 Preliminaries			
San Lorenzo	Funn, Mia	1	30.47 Q
San Leandro	fallowo, patricia	2	31.37
Bishop O'Dowd	Alexander-Mends, Jasa	3	31.78
San Lorenzo	Metters, Kenya	4	33.20
Girls 200 Meter Dash Frsh-Soph			
School	Name	Finals	Section
Finals	Section 1		
Bishop O'Dowd	Ellis, Olivia	1	28.11 10
San Leandro	brooks, jamoni	2	28.62 8
Moreau Catholic	Scott, Krissy	3	29.37 6
Moreau Catholic	Cordero, Jaqueline	4	29.98 4
Castro Valley	Rush, Iesha	5	30.17 2
San Lorenzo	Daliva, Racquel	6	30.40 1
Castro Valley	Owyang, Samantha	7	30.47
San Lorenzo	Funn, Mia	8	30.85

Girls 400 Meter Dash Frsh-Soph			
School	Name	Prelims	Section
Finals	Section 1		
San Leandro	yoong, jung	1	1:05.89 10
Arroyo (San Lore)	Armstrong, Andrea	2	1:06.13 8
San Lorenzo	Funn, Mia	3	1:07.57 6
Castro Valley	Chan, Bethany	4	1:07.85 4
Castro Valley	Owyang, Samantha	5	1:08.17 2
San Leandro	chung, gi gi	6	1:08.36 1
Bishop O'Dowd	Jones, Chanel	7	1:09.67
San Lorenzo	Lomeli, Tania	8	1:09.77
Arroyo (San Lore)	Anklam, Katy	9	1:09.90

Girls 800 Meter Run Frsh-Soph			
School	Name	Prelims	Section
Heat 1 Preliminaries			
San Lorenzo	Hutchinson, Dash	1	2:41.71 Q
Castro Valley	Chouinard, Amanda	2	2:47.36 q
Arroyo (San Lore)	Anklam, Katy	3	2:48.19 q
San Leandro	canela, janet	4	2:59.24 q
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 Q
Castro Valley	Kaehms, Jenny	2	2:51.41 q
Castro Valley	Harris, Summer	3	2:52.35 q
Arroyo (San Lore)	Suzuki, Jonie	4	2:57.88 q
San Lorenzo	Lomeli, Tania	5	2:59.88 q
San Leandro	lie, winnie	6	3:01.97
San Lorenzo	Senorin, Cassandra	7	3:02.28

Girls 800 Meter Run Frsh-Soph			
School	Name	Prelims	Section
Finals	Section 1		
Castro Valley	Carvin, Katherine	1	2:37.11 10
San Lorenzo	Hutchinson, Dash	2	2:42.33 8
Castro Valley	Chouinard, Amanda	3	2:46.60 6
Castro Valley	Kaehms, Jenny	4	2:48.42 4
San Leandro	canela, janet	5	2:53.92 2
Arroyo (San Lore)	Anklam, Katy	6	2:56.93 1
Castro Valley	Harris, Summer	7	2:57.15
Arroyo (San Lore)	Suzuki, Jonie	8	3:06.26
San Lorenzo	Lomeli, Tania	9	3:09.52

Girls 1600 Meter Run Frsh-Soph			
School	Name	Prelims	Section
Heat 1 Preliminaries			
Castro Valley	Chouinard, Amanda	1	5:55.05 Q
Castro Valley	Kaehms, Jenny	2	6:00.57 Q
Castro Valley	Harris, Summer	3	6:19.35 Q
San Leandro	wong, Jessica	4	6:47.04 q
San Leandro	lie, winnie	5	6:47.16 q
Castro Valley	Poon, Eva	6	7:03.97 q
San Lorenzo	Abubo, Ana	7	7:04.66 q
Heat 2 Preliminaries ...	(

Girls 1600 Meter Run Frsh-Soph			
School	Name	Prelims	Section
Heat 2 Preliminaries			
Castro Valley	Carvin, Katherine	1	6:03.96 Q
San Lorenzo	Hutchinson, Dash	2	6:08.36 Q
Arroyo (San Lore)	Bui, Anh	3	6:22.36 Q
Arroyo (San Lore)	Wescott, Rebecca	4	7:04.47 q
San Lorenzo	Bergeron, Annette	5	7:10.58 q
San Lorenzo	Senorin, Cassandra	6	7:16.52
Castro Valley	Muhka, Viktoriya	7	7:17.68
Hayward	Santos, Grace	8	7:40.05

Girls 1600 Meter Run Frsh-Soph			
School	Name	Prelims	Section
Finals	Section 1		
Castro Valley	Carvin, Katherine	1	5:38.83 10
Castro Valley	Kaehms, Jenny	2	5:46.29 8
Castro Valley	Chouinard, Amanda	3	6:00.16 6

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San Lorenzo	Hutchinson, Dash	4	6:00.79	4
Arroyo (San Lore	Bui, Anh	5	6:10.93	2
Castro Valley	Harris, Summer	6	6:23.22	1
San Leandro	wong, jessica	7	6:43.37	
San Leandro	lie, winnie	8	6:46.09	
Arroyo (San Lore	Wescott, Rebecca	9	6:50.85	
San Lorenzo	Bergeron, Annette	10	6:58.84	
San Lorenzo	Abubo, Ana	11	7:09.39	

Girls 3200 Meter Run Frosh-Soph				
School	Name			
Finals	Section 1			
Castro Valley	Kaehms, Jenny	1	12:32.96	10
Castro Valley	Carvin, Katherine	2	12:32.88	8
Arroyo (San Lore	Bui, Anh	3	13:23.17	6
San Lorenzo	Hutchinson, Dash	4	13:34.44	4
San Leandro	so, susan	5	13:42.47	2
San Leandro	canela, janet	6	15:54.86	1
San Leandro	lie, winnie	7	16:41.60	

Girls 100 Meter Hurdles Frosh-Soph				
School	Name			
Finals	Section 1			
Bishop O'Dowd	Tabeson, Arechi	1	18.61	10
San Leandro	yoong, jung	2	20.00	8
Castro Valley	Simbra, Tanya	3	20.09	6
Bishop O'Dowd	Nguyen, Karen	4	21.04	4
Castro Valley	McComb, Lisa	5	21.14	2
Castro Valley	Vargas, Daina	6	21.56	1
Bishop O'Dowd	Speltz, Angelina	7	22.50	

Girls 300 Meter Hurdles Frosh-Soph				
School	Name			
Finals	Section 1			
Bishop O'Dowd	Tabeson, Arechi	1	53.48	10
San Leandro	limlingan, erin	2	55.76	8
Castro Valley	Simbra, Tanya	3	58.48	6
Bishop O'Dowd	Nguyen, Karen	4	59.39	4
Castro Valley	McComb, Lisa	5	1:01.52	2
Bishop O'Dowd	Speltz, Angelina	6	1:02.75	1
Castro Valley	Vargas, Daina	7	1:04.11	

Girls 4x100 Meter Relay Frosh-Soph				
Relay	Team	Finals	Section	
1				
San Leandro	1	53.46	10	
Hayward	2	55.17	8	
1) Rangel, Christian	2) Obioma,			
Nnena	3) Ani, Jorcyelin	4) Hogan,		
Taelor				
Castro Valley	3	55.42	6	
1) Rush, Iesha	2) Chan, Bethany	3) Owyang,		
Samantha	4) McComb, Lisa			
Moreau Catholic	4	56.36	4	
1) Scott, Krissy	2) Cordero, Jaqueline	3) Wong,		
Angela	4) Powell, Chaunise			
San Lorenzo	5	59.08	2	
1) Metters, Kenya	2) Funn, Mia	3)		
Sin, Malysa	4) Daliva, Racquel			
Bishop O'Dowd	—	DQ		
1) Issacs, Hannah	2) Jones,			
Charlene	3) Tabeson, Arechi	4) Ellis, Olivia		

Girls 4x400 Meter Relay Frosh-Soph				
Relay	Team	Finals	Section	
1				
San Leandro	1	4:27.47		
Bishop O'Dowd	2	4:44.59		
1) Alexander-Mends, Jasa	2) Ellis, Olivia	3)		
Jones, Chanel	4) Tabeson, Arechi			
Castro Valley	3	4:47.04		
Arroyo (San Lorenzo)	4	4:48.76		
1) Ankiam, Katy	2) Armstrong, Andrea	4) Wescott,		
Rebecca				
San Lorenzo	5	4:48.89		
1) Funn, Mia	2) Bergeron, Annette	3) Lomeli,		
Tania	4) Daliva, Racquel			

Girls High Jump Frosh-Soph				
School	Name			
Finals	Flight 1			
San Leandro	chung, gi gi	1	4-02.00	10
Castro Valley	Bright, Ashley	2	4-00.00	8
Castro Valley	Vargas, Daina	3	3-08.00	6
Arroyo (San Lore	Wescott, Rebecca	—	NH	
Castro Valley	Gaston, Michelle	—	NH	
Castro Valley	Dunnigan, Kelsey	—	NH	

Girls Pole Vault Frosh-Soph				
School	Name			
Finals	Flight 1			
Castro Valley	Vargas, Daina	1	7-06.00	10
Castro Valley	Harris, Summer	2	6-00.00	8
Hayward	Habtay, Kidan	3	5-06.00	6
Hayward	van der Wilk, Janna	—	NH	

Girls Long Jump Frosh-Soph				
School	Name			

Flight 1				
San Leandro	tran, christina	1	15-04.50	10
Hayward	Obioma, Nnena	2	15-00.00	8
Hayward	Ani, Jorcyelin	3	13-10.00	6
Hayward	Davis, Nailah	4	13-04.50	4
Hayward	Hogan, Taelor	5	13-02.00	2
San Leandro	fallowo, patricia	6	12-00.00	1
Castro Valley	Bright, Ashley	7	11-09.50	

Girls Triple Jump Frosh-Soph				
School	Name			
Finals	Flight 1			
Hayward	Ani, Jorcyelin	1	30-02.50	10
Castro Valley	Chan, Bethany	2	28-07.00	8
Hayward	Obioma, Nnena	3	28-06.50	6
Hayward	Davis, Nailah	4	27-08.75	4
San Leandro	dong, cindy	5	27-04.25	2
Castro Valley	Bright, Ashley	6	25-04.00	1
Castro Valley	Dunnigan, Kelsey	7	24-01.25	

Girls Shot Put Frosh-Soph				
School	Name			
Finals	Flight 1			
Hayward	Sapiga, Patrice	1	32-02.00	10
Castro Valley	Knight, Alana	2	30-05.00	8
Castro Valley	Waldorf, Shelline	3	26-03.00	6
Hayward	Banks, Dalisa	4	25-02.00	4
San Leandro	strache, meg	5	24-09.00	2
Arroyo (San Lore	Dang, Susan	6	22-08.00	1
Hayward	Davis, Nailah	7	22-00.00	
Castro Valley	Dunnigan, Kelsey	8	21-09.00	
Bishop O'Dowd	Francis, Christina	9	21-05.00	
San Leandro	morales, alma	10	20-00.00	
Castro Valley	Gaston, Michelle	11	19-00.00	

Girls Discus Throw Frosh-Soph				
School	Name			
Finals	Flight 1			
Hayward	Sapiga, Patrice	1	96-02	10
Castro Valley	Knight, Alana	2	71-09	8
Castro Valley	Kaehms, Jenny	3	70-04	6
Bishop O'Dowd	Francis, Christina	4	68-06.50	4
Castro Valley	Waldorf, Shelline	5	67-11.50	2
Castro Valley	Dunnigan, Kelsey	6	61-11	1
Hayward	Banks, Dalisa	7	59-02	
San Leandro	strache, meg	8	57-06	
Arroyo (San Lore	Dang, Susan	9	53-00.50	
San Leandro	morales, alma	10	50-08	
Castro Valley	Gaston, Michelle	11	47-00	

Boys 100 Meter Dash Varsity				
School	Name			
Heat 1 Preliminaries				
Hayward	McGlown, Rodney	1	11.18	q
Castro Valley	Oliver, Dash	2	11.20	q
Arroyo (San Lore	Beamon, Chris	3	11.29	q
Mt. Eden	Jackai, Joshua	4	11.81	
Arroyo (San Lore	Covington, Byron	5	12.07	
Moreau Catholic	Mew, Jake	6	12.50	
Bishop O'Dowd	Taylor, Taharka	7	12.67	
Bishop O'Dowd	Garrick, Mike	—	FS	

Heat 2 Preliminaries				
Bishop O'Dowd	harrison, marcus	1	11.28	q
Bishop O'Dowd	Hill, Langston	2	11.45	q
Moreau Catholic	Thomas, Khris	3	11.52	q
Mt. Eden	Larche, Joseph	4	11.68	
Tennyson	Dorsey, Elliott	5	11.69	
Tennyson	Kumar, Kelvin	6	12.14	
Heat 3 Preliminaries				
Arroyo (San Lore	Jackson, Ahron	1	11.27	q
Bishop O'Dowd	Phillips, Nathan	2	11.47	q
Bishop O'Dowd	Brown, Mario	3	11.53	q
Mt. Eden	Garrett, Lee	4	11.82	
Mt. Eden	Terry, Antwan	5	11.96	
Tennyson	Brown, Matthew	6	12.56	
Castro Valley	Paneghetti, Bobby	7	12.63	

Boys 100 Meter Dash Varsity				
School	Name			
Finals	Section 1			
Castro Valley	Oliver, Dash	1	11.20	10
Hayward	McGlown, Rodney	2	11.21	8
Arroyo (San Lore	Jackson, Ahron	3	11.31	6
Bishop O'Dowd	harrison, marcus	4	11.38	4
Bishop O'Dowd	Brown, Mario	5	11.55	2
Bishop O'Dowd	Hill, Langston	6	11.56	0.5
Bishop O'Dowd	Phillips, Nathan	6	11.56	0.5
Arroyo (San Lore	Beamon, Chris	8	11.57	
Moreau Catholic	Thomas, Khris	9	11.70	

Boys 200 Meter Dash Varsity				
School	Name			
Heat 1 Preliminaries				
Castro Valley	Oliver, Dash	1	22.78	Q
Castro Valley	Rice, Fredy	2	22.84	q
Bishop O'Dowd	harrison, marcus	3	23.19	q
Mt. Eden	Jackai, Joshua	4	24.27	
Bishop O'Dowd	Modise, Neo	5	24.81	
San Leandro	mousa, omar	6	27.70	

Castro Valley	Perez, Sergio	7	29.51	
Heat 2 Preliminaries				
Mt. Eden	Johnson, Donte	1	23.40	Q
Hayward	Speed, Vance	2	23.79	
Bishop O'Dowd	Hill, Langston	3	23.99	
San Leandro	crawford, demetrius	4	24.28	
Tennyson	Kumar, Kelvin	5	24.72	
Mt. Eden	Garrett, Lee	6	25.65	
Tennyson	Brown, Matthew	7	26.32	

Heat 3 Preliminaries				
San Leandro	mason, tyler	1	23.20	Q
Bishop O'Dowd	Phillips, Nathan	1	23.20	Q
Moreau Catholic	Thomas, Khris	3	23.40	q
Tennyson	Dorsey, Elliott	4	23.53	q
Bishop O'Dowd	Brown, Mario	5	23.61	
Castro Valley	Trajan, Roberto	6	23.98	
Arroyo (San Lore	Covington, Byron	7	24.04	
Heat 4 Preliminaries				
Arroyo (San Lore	Jackson, Ahron	1	22.66	Q
Arroyo (San Lore	Beamon, Chris	2	23.57	
San Leandro	belt, lewis	3	23.91	
Castro Valley	Mitchell, Joe	4	24.93	
Moreau Catholic	Mew, Jake	5	25.37	

Boys 200 Meter Dash Varsity				
School	Name			
Finals	Section 1			
Arroyo (San Lore	Jackson, Ahron	1	22.66	10
San Leandro	mason, tyler	2	22.89	8
Castro Valley	Oliver, Dash	3	22.91	6
Castro Valley	Rice, Fredy	4	23.14	4
Moreau Catholic	Thomas, Khris	5	23.22	2
Mt. Eden	Johnson, Donte	6	23.53	1
Bishop O'Dowd	Phillips, Nathan	7	23.58	
Tennyson	Dorsey, Elliott	8	24.13	

Boys 400 Meter Dash Varsity				
School	Name			
Heat 1 Preliminaries				
Arroyo (San Lore	Thomas, Derek	1	51.18	Q
Castro Valley	Rice, Fredy	2	51.99	q
Hayward	Speed, Vance	3	54.17	q
Castro Valley	Perez, Sergio	4	57.93	
Moreau Catholic	Johnson, Bryant	5	59.08	
Heat 2 Preliminaries				
Mt. Eden	Johnson, Donte	1	53.50	Q
Bishop O'Dowd	Jones, Ronald	2	54.03	q
San Leandro	salas, miguel	3	54.04	q
Arroyo (San Lore	Aguirre, Luis	4	54.20	q
Castro Valley	Arredondo, Richie	5	54.90	
San Leandro	meas, eric	6	56.53	

Heat 3 Preliminaries				
Mt. Eden	Holliman, Mister	1	53.08	Q
Bishop O'Dowd	Modise, Neo	2	53.14	q
Castro Valley	Trajan, Roberto	3	55.37	
Arroyo (San Lore	Chen, Barry	4	56.20	
Castro Valley	Mitchell, Joe	5	57.96	
Hayward	Pinkston, Robert	6	1:06.58	
San Leandro	dupart, manny	—	DQ	
Bishop O'Dowd	Smith, Sean	—	DQ	
San Leandro	daniels, leandre	—	DQ	

Boys 400 Meter Dash Varsity				
School	Name			
Finals	Section 1			
Arroyo (San Lore	Thomas, Derek	1	51.34	10
Castro Valley	Rice, Fredy	2	51.37	8
Mt. Eden	Johnson, Donte	3	52.26	6
Mt. Eden	Holliman, Mister	4	52.75	4
Bishop O'Dowd	Modise, Neo	5	53.31	2
Bishop O'Dowd	Jones, Ronald	6	54.08	1
San Leandro	salas, miguel	7	54.32	
Arroyo (San Lore	Aguirre, Luis	8	54.86	
Hayward	Speed, Vance	9	55.34	

Boys 800 Meter Run Varsity				
School	Name		Prelims	
Heat 1 Preliminaries				
Castro Valley	Fong, Josh	1	2:04.38	Q
Hayward	Smith, Geordon	2	2:05.78	Q
Arroyo (San Lore	Aguirre, Luis	3	2:09.74	q
Moreau Catholic	Chou, Anthony	4	2:16.99	
San Leandro	deng, steven	5	2:19.86	
Hayward	Pinkston, Robert	6	2:28.94	
San Lorenzo	McGrath, Billv	7	2:38.57	

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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
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	Walsh, 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			
Finals			
Flight 1			
Hayward	Romero, Richard	1	89-02.50
Hayward	Pena, Jon	2	88-03
Tennysen	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
Hayward	Dunn, Jon	2	131-07
Bishop O'Dowd	gaspar, aaron	3	130-08
Hayward	Aubrey, James	4	130-06.50
Hayward	Fano, Ben	5	119-00
Castro Valley	Wegener, Luke	6	113-11
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 Frosh-Soph

School Name Prelims			
Heat 1 Preliminaries			
San Leandro	robenson, 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
Tennysen	Smith, Terrance	6	13.71
Bishop O'Dowd	Mendoza, Jason	7	14.19
Heat 2 Preliminaries			
Mt. Eden	Latu, Seto	1	12.10
Castro Valley	Irvin, Ronnie	2	12.30
San Leandro	gardner, travis	3	12.41
San Leandro	navarro, rj	4	12.67
Bishop O'Dowd	Prince, James	5	13.10
San Lorenzo	Branche, Isaiha	6	13.14
Tennysen	Gopal, Edward	7	13.39

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

Boys 100 Meter Dash Frosh-Soph

School Name Prelims			
Finals			
San Leandro	simpson, dwayne	1	11.49
Bishop O'Dowd	Smith, Adonis	2	11.72
San Leandro	robenson, 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 Frosh-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, Donshawn	5	26.60
Heat 2 Preliminaries			
Castro Valley	Ashby, Joe	6	26.85

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

Heat 3 Preliminaries			
Castro Valley	Irvin, Ronnie	1	25.42
Bishop O'Dowd	Prince, James	2	27.34
Tennysen	Halloran, Patrick	3	27.63
Tennysen	Smith, Terrance	4	28.27

Boys 200 Meter Dash Frosh-Soph

School Name Prelims			
Finals			
Section 1			
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
Castro Valley	Sien, Brian	6	26.13
Bishop O'Dowd	Martinez, Alex	7	26.50
San Lorenzo	Cato, Donshawn	8	26.65
Castro Valley	Ng, Freddie	9	26.66

Boys 400 Meter Dash Frosh-Soph

School Name Prelims			
Heat 1 Preliminaries			
San Leandro	wilson, leronn	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	navarro, 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	9	DQ

Heat 2 Preliminaries			
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 Frosh-Soph

School Name Prelims			
Finals			
Section 1			
San Lorenzo	Wright, Josh	1	53.01
San Leandro	zhu, andy	2	53.57
San Leandro	wilson, leronn	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 Frosh-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
Tennysen	Villalobos, Everardo	4	2:26.29
Hayward	Lopes, Eduardo	5	2:31.22
Tennysen	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

Heat 2 Preliminaries			
San Leandro	tsang, simon	1	2:15.24
Hayward	Villasanta, Eugene	2	2:18.27
Arroyo (San Lore	Zhang, Wilson	3	2:20.14
Moreau Catholic	Macaraeg, Angelo	4	2:21.26
San Lorenzo	Eagles, Damar	5	2:32.86
Arroyo (San Lore	Cham, Jason	6	2:37.61
Hayward	Hurtado, Diego	7	2:53.94
San Lorenzo	Ochoa, Rico	8	3:09.14

Heat 3 Preliminaries			
Bishop O'Dowd	Bourdier, Austin	1	2:22.31
Arroyo (San Lore	Freitas, Aaron	2	2:22.36
San Lorenzo	Vergara, John	3	2:26.55
Tennysen	Macias, Alonzo	4	2:38.43
Hayward	Flores, Sebastian	5	2:38.48
San Lorenzo	Perez-Rojas, Alex	6	2:47.91

Boys 800 Meter Run Frosh-Soph

School Name Prelims			
Finals			
Section 1			
San Leandro	tsang, simon	1	2:11.36
Arroyo (San Lore	Freitas, Aaron	2	2:12.31
Bishop O'Dowd	Bourdier, Austin	3	2:15.46
Castro Valley	Ashby, Tom	4	2:15.73

Hayward	Villasanta, Eugene	5	2:16.11
Arroyo (San Lore	Sorenson, Anthony	6	2:20.20
Moreau Catholic	Macaraeg, Angelo	7	2:20.24
Arroyo (San Lore	Zhang, Wilson	8	2:22.98

Boys 1600 Meter Run Frosh-Soph

School Name Prelims			
Heat 1 Preliminaries			
San Leandro	alvarado, edgar	1	4:52.82
San Lorenzo	Vergara, John	2	5:10.27
San Lorenzo	Eagles, Damar	3	5:21.36
Castro Valley	Gee, Kevin	4	5:35.20
Tennysen	Luong, Bryant	5	5:36.82
Arroyo (San Lore	Cham, Jason	6	5:43.40
Bishop O'Dowd	diliberto, devin	7	5:50.14
Tennysen	Villalobos, Everardo	8	5:53.70
San Lorenzo	Ochoa, Rico	9	6:53.91

Heat 2 Preliminaries			
Arroyo (San Lore	Norman, Phil	1	4:56.84
Bishop O'Dowd	Nyberg, Ryan	2	5:09.34
Bishop O'Dowd	Krueger, Desmond	3	5:11.93
Hayward	Villasanta, Eugene	4	5:21.57
San Lorenzo	Jackson, Devonte	5	5:23.96
Castro Valley	Hiraki, Takeo	6	5:27.98
San Leandro	tsang, simon	7	5:33.85
Arroyo (San Lore	Schultz, Jonathan	8	5:47.19
Arroyo (San Lore	Chan, Brendan	9	5:51.73
San Lorenzo	Perez-Rojas, Alex	10	5:54.04
Moreau Catholic	Degusman, Cameron	11	6:28.28

Heat 3 Preliminaries			
Castro Valley	Ashby, Tom	1	5:07.69
Moreau Catholic	Macaraeg, Angelo	2	5:14.65
Bishop O'Dowd	Cronin, Conner	3	5:22.50
Arroyo (San Lore	Zhang, Wilson	4	5:24.48
Bishop O'Dowd	Ishihara, myles	5	5:26.77
Bishop O'Dowd	Hendrix, Chris	6	5:29.05
Moreau Catholic	Salgado, Anthony	7	5:34.83
Tennysen	Macias, Alonzo	8	6:02.59
San Leandro	fang, david	9	7:02.16

Boys 1600 Meter Run Frosh-Soph

School Name Prelims			
Finals			
Section 1			
San Leandro	alvarado, edgar	1	4:47.70
Castro Valley	Ashby, Tom	2	4:52.73
Arroyo (San Lore	Norman, Phil	3	4:54.79
San Lorenzo	Vergara, John	4	5:07.22
Moreau Catholic	Macaraeg, Angelo	5	5:08.25
Bishop O'Dowd	Cronin, Conner	6	5:09.45
Hayward	Villasanta, Eugene	7	5:10.55
Bishop O'Dowd	Nyberg, Ryan	8	5:11.10
Bishop O'Dowd	Krueger, Desmond	9	5:16.20
San Lorenzo	Eagles, Damar	10	5:19.93
Arroyo (San Lore	Zhang, Wilson	11	5:20.67
San Lorenzo	Jackson, Devonte	12	5:35.37

Boys 3200 Meter Run Frosh-Soph

School Name Prelims			
Finals			
Section 1			
Castro Valley	Ashby, Tom	1	10:44.29
San Leandro	alvarado, edgar	2	10:44.52
Bishop O'Dowd	Cronin, Conner	3	11:31.77
Bishop O'Dowd	Krueger, Desmond	4	11:43.00
Bishop O'Dowd	Nyberg, Ryan	5	11:44.27
San Lorenzo	Vergara, John	6	12:03.32
Moreau Catholic	Salgado, Anthony	7	12:07.32
Bishop O'Dowd	Hendrix, Chris	8	12:08.21
Bishop O'Dowd	Ishihara, myles	9	12:13.15
Castro Valley	Hiraki, Takeo	10	12:17.64
Bishop O'Dowd	diliberto, devin	11	12:18.01
Castro Valley	Gee, Kevin	12	12:20.60
San Lorenzo	Perez-Rojas, Alex	13	13:02.52
San Leandro	moraes, jayvier	14	13:02.64
San Leandro	fang, david	15	15:21.90

Boys 110 Meter Hurdles Frosh-Soph

School Name Prelims			
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Tennyson	Chen, Neiman	4	2:07.50	q
Castro Valley	Coles, Travis	5	2:11.20	
San Leandro	li, Jack	6	2:19.13	
Moreau Catholic	Santiago, Vincent	6	2:19.13	
San Lorenzo	Goncalves, Mike	8	2:23.23	
San Lorenzo	Romero, Jorge	9	2:38.08	

Boys 800 Meter Run Varsity

School	Name	Section 1	Finals	
Castro Valley	Fazzio, James	1	2:02.04	10
Hayward	Smith, Geordon	2	2:02.98	8
Castro Valley	Fong, Josh	3	2:04.56	6
Mt. Eden	Sims, Carrick	4	2:06.05	4
San Leandro	meas, eric	5	2:06.58	2
Tennyson	Chen, Neiman	6	2:08.38	1
Arroyo (San Lore)	Aguirre, Luis	7	2:08.63	
Hayward	Zerehaimanot, Bisrat	8	2:10.76	
Castro Valley	Cheshire, Andrew	—	DQ	

Boys 1600 Meter Run Varsity

School	Name	Prelims
Heat 1 Preliminaries		
Hayward	Zerehaimanot, Bisrat	1 4:41.59

School	Name	Finals	
Bishop O'Dowd	Dilberto, Austin	2	4:42.26 Q
Arroyo (San Lore)	Medeiros, Rick	3	4:42.55 Q
Moreau Catholic	Fix, Brian	4	4:42.75 q
Arroyo (San Lore)	Miller, Martin	5	4:46.23 q
Arroyo (San Lore)	Carlson, Josh	6	4:50.73 q
San Leandro	deng, steven	7	4:51.66 q
Mt. Eden	Kifle, Alex	8	5:04.76 q
Castro Valley	Becker, Joel	9	5:11.36
Moreau Catholic	Diamon, Jason	10	5:15.86
San Lorenzo	Romero, Jorge	11	5:42.45
Arroyo (San Lore)	Gonzalez, Daniel	12	6:00.54
Castro Valley	Fazzio, James	—	FS

Heat 2 Preliminaries

School	Name	Finals	
Castro Valley	Leng, Jack	1	4:34.55 Q
Arroyo (San Lore)	Thomas, Daniel	2	4:36.80 Q
San Leandro	meas, eric	3	4:44.25 Q
Hayward	Smith, Geordon	4	4:50.90 q
Castro Valley	Riley, Matt	5	4:53.60 q
Mt. Eden	Sims, Carrick	6	4:55.81
Castro Valley	Arredondo, Nick	7	5:00.06
Moreau Catholic	Hannon, Kevin	8	5:01.23
Hayward	Hales, Sam	9	5:07.84
Moreau Catholic	Santiago, Vincent	10	5:09.45
Bishop O'Dowd	Harkins, Pat	11	5:14.49
Arroyo (San Lore)	Vien, Eddy	12	5:20.37
San Lorenzo	McGrath, Billy	13	5:21.12

Boys 1600 Meter Run Varsity

School	Name	Section 1	Finals	
Castro Valley	Leng, Jack	1	4:31.46	10
Arroyo (San Lore)	Thomas, Daniel	2	4:32.96	8
Hayward	Zerehaimanot, Bisrat	3	4:37.27	6

School	Name	Section 1	Finals	
Arroyo (San Lore)	Medeiros, Rick	4	4:37.46	4
San Leandro	meas, eric	5	4:43.30	2
Moreau Catholic	Fix, Brian	6	4:45.59	1
Bishop O'Dowd	Dilberto, Austin	7	4:47.21	
Arroyo (San Lore)	Miller, Martin	8	4:48.84	
Hayward	Smith, Geordon	9	4:49.41	
Castro Valley	Riley, Matt	10	4:55.58	
San Leandro	deng, steven	11	4:59.06	
Arroyo (San Lore)	Carlson, Josh	12	5:05.94	

Boys 3200 Meter Run Varsity

School	Name	Section 1	Finals	
Castro Valley	Leng, Jack	1	10:02.56	10
Castro Valley	Fazzio, James	2	10:10.29	8
Bishop O'Dowd	Dilberto, Austin	3	10:12.14	6
Arroyo (San Lore)	Medeiros, Rick	4	10:15.28	4
Moreau Catholic	Fix, Brian	5	10:27.71	2
Castro Valley	Riley, Matt	6	10:45.11	1
Mt. Eden	Kifle, Alex	7	10:51.56	
Castro Valley	Becker, Joel	8	10:51.68	
Castro Valley	Robertson, Kenny	9	10:56.41	
Bishop O'Dowd	Harkins, Pat	10	10:59.00	
Arroyo (San Lore)	Miller, Martin	11	10:59.62	
Hayward	Hales, Sam	12	11:00.52	
Arroyo (San Lore)	Carlson, Josh	13	11:16.92	
Arroyo (San Lore)	Vien, Eddy	14	11:37.31	
San Lorenzo	McGrath, Billy	15	11:43.94	
San Lorenzo	Romero, Jorge	16	11:45.87	
San Leandro	mccabe, will	17	13:44.41	

Boys 110 Meter Hurdles Varsity

School	Name	Prelims
Heat 1 Preliminaries		
Moreau Catholic	Denhems, Marcus	1 15.27 Q
Bishop O'Dowd	Jones, Chad	2 15.98 q
Arroyo (San Lore)	Nguyen, Kevin	3 16.20 q
Tennyson	Smith, Alonzo	4 16.46 q
Arroyo (San Lore)	Gao, Sam	5 18.64
Castro Valley	Reclus, Neal	6 19.40

Arroyo (San Lore)	Bui, Vu	7	19.95
Mt. Eden	Jackai, Colston	8	22.92

Heat 2 Preliminaries

School	Name	Section 1	Finals	
Castro Valley	Valentine, Maurice	1	15.09	Q
Castro Valley	Mackey, Jordan	2	16.37	q
Castro Valley	Heuer, Drew	3	17.00	q
San Leandro	radmonivic, nanad	4	17.27	q
Castro Valley	West, Kyle	5	17.50	q
Arroyo (San Lore)	Solis, Albert	6	17.85	
Castro Valley	Williams, Mike	7	20.82	
Mt. Eden	Gil, Juan	8	21.12	

Boys 110 Meter Hurdles Varsity

School	Name	Section 1	Finals	
Castro Valley	Valentine, Maurice	1	14.93	10
Moreau Catholic	Denhems, Marcus	2	15.20	8
Bishop O'Dowd	Jones, Chad	3	16.07	6
Arroyo (San Lore)	Nguyen, Kevin	4	16.42	4
Castro Valley	Mackey, Jordan	5	16.50	2
Tennyson	Smith, Alonzo	6	16.54	1
Castro Valley	West, Kyle	7	17.65	
San Leandro	radmonivic, nanad	8	17.87	
Castro Valley	Heuer, Drew	9	18.23	

Boys 300 Meter Hurdles Varsity

School	Name	Prelims
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School	Name	Section 1	Finals	
Heat 1 Preliminaries				
Moreau Catholic	Denhems, Marcus	1	42.03	Q
Castro Valley	Valentine, Maurice	2	42.61	q
Castro Valley	Mackey, Jordan	3	43.24	q
Bishop O'Dowd	James, ronald	4	43.31	q
Tennyson	Smith, Alonzo	5	43.74	q
San Leandro	daniels, leandre	6	44.89	q
Arroyo (San Lore)	Gao, Sam	7	46.90	
Arroyo (San Lore)	Solis, Albert	8	48.88	

Heat 2 Preliminaries

School	Name	Section 1	Finals	
Mt. Eden	Holliman, Mister	1	41.09	Q
Arroyo (San Lore)	Nguyen, Kevin	2	42.70	q
Castro Valley	Arredondo, Nick	3	44.51	q
Bishop O'Dowd	Simon, Sam	4	46.08	
Bishop O'Dowd	Mcquarther, Quenton	5	47.01	
Mt. Eden	Gil, Juan	6	48.44	
Arroyo (San Lore)	Bui, Vu	7	49.57	

Boys 300 Meter Hurdles Varsity

School	Name	Section 1	Finals	
Heat 1 Preliminaries				
Mt. Eden	Holliman, Mister	1	40.14	10
Moreau Catholic	Denhems, Marcus	2	41.41	8
Castro Valley	Valentine, Maurice	3	42.13	6
Arroyo (San Lore)	Nguyen, Kevin	4	42.23	4
Castro Valley	Mackey, Jordan	5	43.19	2
Bishop O'Dowd	James, ronald	6	44.34	1
San Leandro	daniels, leandre	7	44.52	
Castro Valley	Arredondo, Nick	8	45.64	
Tennyson	Smith, Alonzo	9	46.64	

Boys 4x100 Meter Relay Varsity

Relay	Team	Finals	Section
1	Bishop O'Dowd	1 44.15	10
2	1) Hill, Langston 2) Phillips, Nathan 3) harrison, 4) Brown, Mario	2 44.37	8
3	1) Hung, Elliot 2) Rice, Fredy 3) Trajano, 4) Oliver, Dash	3 44.64	6

School	Name	Section 1	Finals	
San Lorenzo	3		44.64	6
1) Beamon, Chris				
Byron	3) Hines, Marcus	4) Jackson,		
Ahron	A			
San Leandro	4		44.67	4
Mt. Eden	5		45.21	2

School	Name	Section 1	Finals	
1) Garrett, Lee	2) Johnson, Donte	3) Jackai,		
Joshua	4) McClain, Billy			
Moreau Catholic	6		46.09	1
1) Allen, Chris	"guppy"	2) Denhems,		
Marcus	3) Mew, Jake	4) Thomas,		
Khris	7		46.67	
Tennyson	1) Brown, Matthew	2) Kumar,		
1) Brown, Matthew	3) Smith, Alonzo	4) Dorsey,		
Elliot	—		DQ	
Hayward	1) Evans, Troy	2) Stafford, Austin	3) Speed,	
1) Evans, Troy	4) McClown, Rodney			

Boys 4x400 Meter Relay Varsity

Relay	Team	Finals	Section
1	Arroyo (San Lore)	1 3:30.34	
2	1) Aguirre, Luis 2) Chen, Barry 3) Hines, 4) Jackson, Ahron	2 3:32.17	
3	1) Sims, Carrick 2) McClain, Billy 3) Holliman, 4) Johnson, Donte	3 3:36.24	

1) Oliver, Dash	2) Fong, Josh	3) Arredondo,
Richie	4) Rice, Fredy	
San Leandro	4	3:36.84
Bishop O'Dowd	5	3:44.07
1) Jones, Chad	2) Modise, Neo	4) Brown, Mario
A	6	3:45.53
Hayward	1) Smith, Geordon	2) Speed,
Vance	3) Hales, Sam	4)
Zerehaimanot, Bisrat		
Moreau Catholic	7	3:46.24
1) Denhems, Marcus		2) Chou,
Anthony	3) Thomas, Khris	4) Thomas,
Chris "cj"		

Boys High Jump Varsity

School	Name	Flight 1	
Castro Valley	Valentine, Maurice	1 J6-02.00	10
Hayward	Ford, Jeff	2 J6-00.00	8
Castro Valley	West, Kyle	3 J5-10.00	6
Castro Valley	Schultz, Devon	4 J5-10.00	4
Arroyo (San Lore)	Bowersmith, Spencer	5 J5-10.00	2
Castro Valley	Heuer, Drew	6 J5-04.00	1
San Leandro	dupart, manny	— NH	
Bishop O'Dowd	James, ronald	— NH	

Boys Pole Vault Varsity

School	Name	Flight 1	
Castro Valley	Williams, Mike	1 J12-00.00	10
Castro Valley	Turner, Ryan	2 J10-00.00	8
Castro Valley	West, Kyle	3 J10-00.00	6
Castro Valley	Reclus, Neal	4 J9-06.00	4
Castro Valley	Arredondo, Nick	5 J8-06.00	2
Castro Valley	Coles, Travis	— NH	

Boys Long Jump Varsity

School	Name	Flight 1	
Heat 1 Preliminaries			
Hayward	Ford, Jeff	1 21-08.00	10
Bishop O'Dowd	Jones, Chad	2 21-02.00	8
Mt. Eden	McClain, Billy	3 20-08.00	6
Bishop O'Dowd	Mcquarther, Quenton	4 J20-06.00	4
Mt. Eden	Terry, Antwan	5 J20-06.00	2
San Leandro	dupart, manny	6 20-04.00	1
Castro Valley	Schultz, Devon	7 19-09.00	
Arroyo (San Lore)	Covington, Byron	8 19-06.00	
Bishop O'Dowd	James, ronald	9 19-04.00	
Arroyo (San Lore)	Beamon, Chris	10 19-03.00	
Bishop O'Dowd	Pobre, Matt	11 19-03.00	
Castro Valley	Reclus, Neal	12 19-02.50	
Arroyo (San Lore)	Chen, Barry	13 18-10.00	
Castro Valley	Hung, Elliot	14 18-09.00	
San Leandro	salas, miguel	15 18-07.00	
San Leandro	daniels, leandre	16 18-07.00	
Castro Valley	Ly, Ivan	17 18-05.00	
Arroyo (San Lore)	Bowersmith, Spencer	18 18-04.00	
Moreau Catholic	Thomas, Chris "cj"	19 18-01.00	
Arroyo (San Lore)	Hines, Marcus	20 18-01.00	
Moreau Catholic	Johnson, Bryant	21 17-07.00	
Castro Valley	Turner, Ryan	22 17-07.00	
San Leandro	benitez, ricky	23 17-01.00	
Arroyo (San Lore)	Zhang, Will	24 16-06.00	
San Leandro	mousa, omar	25 14-10.00	

Boys Triple Jump Varsity

School	Name	Flight 1	
Heat 1 Preliminaries			
Mt. Eden	McClain, Billy	1 42-07.00	10
Bishop O'Dowd	Jones, Chad	2 42-03.50	8
Mt. Eden	Terry, Antwan	3 38-07.00	6
Bishop O'Dowd	Simon, Sam	4 38-05.00	4
Arroyo (San Lore)	Bowersmith, Spencer	5 38-01.00	2
Castro Valley	Wilson, Andre	6 38-00.00	1
Castro Valley	Ly, Ivan	7 37-07.50	
Moreau Catholic	Johnson, Bryant	8 37-07.00	
Castro Valley	Hung, Elliot	9 37-04.50	
Arroyo (San Lore)	Solis, Albert	10 36-09.00	
Moreau Catholic	Thomas, Chris "cj"	11 36-03.00	
Arroyo (San Lore)	Chen, Barry	12 36-00.00	
Castro Valley	Arredondo, Richie	13 34-01.00	
Castro Valley	West, Kyle	14 33-03.00	
Arroyo (San Lore)	Fu, Tony	15 32-01.00	
Arroyo (San Lore)	Zhang, Will	16 32-00.00	

Boys Shot Put Varsity

School	Name	Flight 1	
Heat 1 Preliminaries			
Hayward	Pena, Jon	1 39-05.00	
Castro Valley	Crosby, Ben	2 38-03.50	
Arroyo (San Lore)	Chan, Scott	3 35-00.00	
Castro Valley	Phillips, Jackson	4 33-11.00	
San Leandro	choy, will	5 33-06.00	
Tennyson	Duran, Daniel	6 31-09.00	
Castro Valley	Chow, Erik	7 31-05.50	

2007 HAAL Championships May 8 & 9 Chabot College

Relay	Team	Finals	Section
1			
San Leandro	1	45.33	10
Bishop O'Dowd	2	48.00	8
1) Ammti, Joey	2) Mackey, Jordan	3) Smith,	
Adonis	4) Thomas, Hasanni		
Castro Valley	—	DQ	
1) Ng, Freddie	2) Wong, Tim	3) So, Chris	4)
Sunga, Jimmy			
Tennyson	—	DQ	
1) Gopal, Edward	2) Smith,		
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, Isaiah	2) Cato,		
Donshawn	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) Villasantia, 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, tj	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

Bishop O'Dowd	Graham, Malcolm	3	38-07.00 4
Bishop O'Dowd	pobre, kevin	4	38-06.00 2
Hayward	Hart, Virgil	5	36-08.00 1
Mt. Eden	Alvarez, George	6	36-01.00
Castro Valley	Tsang, Darren	7	35-06.00
Bishop O'Dowd	Kawada, Brendon	8	34-09.00
Bishop O'Dowd	Belinger, Alex	9	33-06.00
Hayward	Dunn, Shawn	10	33-00.00
Castro Valley	Vasquez, Alex	11	32-04.00
Bishop O'Dowd	Najarro, Eric	12	30-02.00
Hayward	Niutoa, Alex	13	3-04.00

Boys Discus Throw Frosh-Soph			
School	Name		
Finals	Flight 1		
San Leandro	nunn, malcolm	1	111-01 10
San Leandro	malle, sione	2	97-09 2
San Leandro	moreno, daryl	3	78-07
Arroyo (San Lore)	Atafua, Masi	4	77-08.50
San Leandro	sanchez, mario	5	76-01
Castro Valley	Gilham, George	6	75-06
Bishop O'Dowd	Najarro, Eric	7	71-10
Castro Valley	Carvin, Ryan	8	67-03
Castro Valley	Ashby, Joe	9	67-02
Castro Valley	Mai, Alvin	10	63-05
Bishop O'Dowd	Belinger, Alex	11	50-03
San Leandro	aseron, gabe	12	0.75
Flight 2			
Hayward	Perry, Quinn	1	J102-07 8
Castro Valley	Tsang, Darren	2	J102-07 6
Bishop O'Dowd	Kawada, Brendon	3	98-08.50 4
Hayward	Niutoa, Alex	4	96-01 1
Tennyson	Halloran, Patrick	5	94-03
Hayward	Hart, Virgil	6	88-01
Arroyo (San Lore)	Schultz, Jonathan	7	86-11
Mt. Eden	Childs, Kyle	8	86-08
Bishop O'Dowd	johnson, Blake	9	85-01
Hayward	Dunn, Shawn	10	84-04
Castro Valley	Vasquez, Alex	11	77-05
Mt. Eden	Alvarez, George	12	76-03
Bishop O'Dowd	pobre, kevin	13	0.75
Bishop O'Dowd	Graham, Malcolm	—	ND

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

James Logan High School

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. Maurice 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

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

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. Patrick's/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

2007 Castro Valley HS roster

	A	B	C	D	E	F	G	H	I	J	K	L
1	Nicole	Abraham	f	12	VAIL	FIS	Richie	Arredondo	m	12	VAIL	FIS
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	Fong	m	12		
6	Ashley	Hebert	f	12			Drew	Heuer	m	12		
7	Anita	Hegedus	f	12			Eliot	Hung	m	12		
8	Caitlin	Iwafuchi	f	12			Ivan	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	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	Fazzio	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	IMP	
36	Alena	LeBlanc	f	11			Tim	Louie	m	11		
37	Emily	Marciel	f	11			Paul	Noe	m	11		
38	Kwai	Philpott	f	11			Jackson	Phillips	m	11		
39	Kaitlin	Santisteban	f	11			Frederick	Rice	m	11	COACHES	
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	CO MVP		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	COACHES		Ronnie	Irvine	m	10		
49	Samantha	Owyang	f	10		CO MVP	Joshua	Leines	m	10		
50	Eva	Poon	f	10			Jordan	Mackay	m	10	IMP	
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	CO MVP	
56							Marcelo	Sanchez	m	10		
57							Chris	So	m	10		
58							Jimmy	Sunga	m	10		
59							Darren	Tsang	m	10	COACHES	
60							Maurice	Valentine	m	10	CO MVP	
61							Tim	Wong	m	10		
62												
63	Ashley	Bright	f	9			Tom	Ashby	m	9	MVP	
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	IMP		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	Schnneider	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
GV	100H	4th	Kelsey Lee
GV	4x100	4th	Kandice Douglas
GV	4x100	4th	Alex Huerta
GV	4x100	4th	Alena LeBlanc
GV	4x100	4th	Rebecca Knight
GV	4x400	5th	Kandice Douglas
GV	4x400	5th	Pauline Simmons
GV	4x400	5th	Francesca Knight
GV	4x400	5th	Kwai Philpott
GV	4x800	5th	Karen Chan
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 Schneidcer
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

BV	PV	3rd	Kyle West
BFS	110H	1st	Jordan Mackey
BFS	4x100	3rd	Freddie Ng
BFS	4x100	3rd	Tim Wong
BFS	4x100	3rd	Jimmy Sunga
BFS	4x100	3rd	Dash Oliver
BFS	4 x 200		3rd Freddie Ng
BFS	4 x 200		3rd Tim Wong
BFS	4 x 200		3rd Jimmy Sunga
BFS	4 x 200		3rd Dash Oliver
BFS	HJ	3rd	Jimmy Sunga
BFS	LJ	1st	Dash Oliver
BFS	DT	5th	Darren Tsang





