

Castro Valley High School

Track & Field

School Records

as of 200~~8~~9

Outdoor Records

Varsity Boys Outdoor Records

100	Dash Oliver	10.63	2009
200	Dash Oliver	21.99	2009
400	Dave Fernandez	48.5	1978
800	Beau Bettinger	1:51.84	2002
1600	Larry Guinee	4:06.18	1980
3200	Calvin Gaziano	8:52.6**	1985
110HH	Maurice Valentine, Jr	14.20 14.18	2008
300IH	Dominque Canfield	39.02	1994
HJ	Maurice Valentine, Jr	7-00.25	2007
LJ	Dave Fernandez	23-7 1/2	1977
TJ	Naeem Amiri	45-2 3/4	1996
SP	Chuck Vandagriff	60-8 1/4	1966
DT	Ken Cowl	182-11 1/2	1971
PV	Mike Rothling	14-3	1994

non-CIF events:

100y	Jeff Perenon	9.7	1963 ,64
1500	Larry Guinee	3:53.6	1980
3000	Calvin Gaziano	8:21.4i**	1985
3000 Steeple	Dave Anderson	10:10.0	1981
5000	Calvin Gaziano	14:48.5	1983
10,000	John Atwood	33:22.3	1994
16lb HT	Chuck Vandagriff	173-11	1967
JT	Kirk Marciel	138-10	2005
300 LH	Mike O'Sullivan	38.4'	1976
1600 Steeple	(36") Mike Furuyama	5:25.2	1994
1600 Steeple	(28") Mike Furuyama	5:09.6	1994
Pentathlon	(400IH, SP, 100, HJ, 800)		
	Tony Moore	4292	1992
Decathlon	Kirk Marciel	4805	2005

Key:

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

Varsity Boys Relay Records

4 x 100	Rosby, Batis, Hamilton, Oliver	42.20	2009
4 x 200	Rosby, Garrick, Batis, Oliver	1:29.02	2008 2009
4 x 400	Hamilton, E. Rice, Oliver, F. Rice	3:21.42	2008
4 x 800	C. Wong, Welte, Yano, Bettinger	8:02.90	2002
4 x Mile	Guinee, Hagen, Shea, Harb	17:48.9	1979
Sprint Medley	(2-2-4-8) Oliver, F. Rice, Finch, Fazzio	3:33.53	2008
Sprint Medley	(1-1-2-4) R. Hassler, Reichelderfer, Victor, Roszell	1:37.8	1994
	E. Zamora, Cox, Miller, McGuigan		2001
Distance Medley	Weekes, Foster, Marotre, Eversole	10:36.36	2009
4 x 70y HH	Zimmer, Hammett, Oppendike, Pritchard	36.5	1969
4 x 120y LH	Marquardt, Oppendike, Pritchard, Hammett	54.9	1969
4 x 110 HH	Valentine, Jeung, McDonagh, Marciel	1:03.5	2005
3 x HJ	Winter, Napper, Zupfer	18-6	1984
4 x LJ	Fernandez, Brown, Castain, Warrin	78-4 1/2	1977
3 x LJ	No names available	63-7 3/4	1973
4 x TJ	Holt, Castain, Quan, Hornig	161-2 1/2	1974
3 x TJ	no names available	121-6 1/2	1973
4 x SP	Vandagriff, Schnell, Goodman, Thomas	181-11 1/4	1966
3 x SP	no names available	143-11 1/2	1968
4 x DT	Cowl, Wilkman, Domingoes, Briggs	524-10	1971
3 x DT	Eckel, Mason, Tomaz	381-10	2009
4 x PV	Andrews, Tillman, Zimmer, Naugle	44-6	1972
3 x PV	no record		
2 x PV	Turner, Casey	25-6	2005

Varsity Girls Outdoor Records

100	Kandice Douglas	12.48	2008
200	Kandice Douglas	25.3	2008
400	Amanda Medrano	57.57	2000
800	Amanda Medrano	2:12.86	2001
1600	Karin Lambden	4:57.3'	1981
3200	Karin Lambden	10:37.7	1981
100 H (33")	Monique Aldridge	15.19	2009
300 LH	Eileen Cunningham	44.4	1982
HJ	Lauren Hopfenbeck	5-4	2005
LJ	Lynnsy Jones	18-0	2000
TJ	Tisha Uwadiae	39-9 1/2	2005
SP	Mareesa Valentine	39-4 1/2	2005
DT	Jay-Marie Hill	129-7	2006
PV	Erin McCarthy	11-0	2002

non-dual meet events:

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

Varsity Girls School Relay Records

4 x 100	Sanchez, Cole, E. Cunningham, Gove	49.4 *	1980
	E. Cunningham, Symes, B. Cunningham, Sanchez	49.54 *	1982
4 x 220y	M. Chan, Chandler, R. Gistand, C. Chan	1:46.93	2003
4 x 200	M. Chan, Chandler, R. Gistand, C. Chan	1:47.37	2003
4 x 400	Kr. Lambden, B. Cunningham, Cole, E. Cunningham	3:57.3	1981
4 x 880y	Van Buskirk, B. Cunningham, Kr. Lambden, Ka Lambden	9:32.3	1981
4 x Mile	Van Buskirk, Ka. Lambden, Stevenson, Kr. Lambden	21:51.6	1981
Sprint Medley	(2-2-4-8) B. Cunningham, Cole, Sanchez, Ka. Lambden	4:14.0	1980
Sprint Medley	(1-1-2-4) C. Chan, Chandler, M. Chan, Ho. Matheny	1:50.12	2003
Distance Medley	Granados, Lee, Schneider, Santisteban	12:32.03	2009
4 x 65y H (30")	J. Cunningham, Giammona, Shupbach, E. Cunningham	41.4	1981
4 x 65y H (33")	L. Clancey, A. Kim, Mi. Wong, Clark	44.0	1994
4 x 60m H (30")	Housley, Poblete, Clark, A. Kim	40.61	1992
4 x 60m H (33")	Huerta, LeBlanc, Simmons, K. Lee	41.29	2007
4 x 100m H (33")	Huerta, LeBlanc, Simmons, K. Lee	1:09.21	2007
3 x HJ	Jones, Bailey, Kohl	14-11 1/2	1997
3 x LJ	Olson, Nathanson, Juhl	47-6	1987
3 x TJ	Uwadiae, Lee, Hopfenbeck	98-6 1/2	2005
3 x SP	Valentine, Hill, Hegedüs	93-9	2005
3 x DT	Rizzo, Weisman, Shaw	271-2	2000
3 x PV	Sammons, Glenn, Arterburn	24-6	1998
2 x PV	McCarthy, Lassalle	18-0	2002

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

Frosh-Soph Boys School Records

100	Damion Rosby	10.99	2009
200	Damion Rosby	22.38	2009
400	Chuck Andrade	51.1'	1969
800	Calvin Gaziano	1:59.4	1983
1600	Calvin Gaziano	4:20.8	1983
3200	John Bass	9:36.6	1983
110HH	Maurice Valentine, Jr.	15.38	2007
300IH	Maurice Valentine, Jr.	42.51	2007
HJ	Maurice Valentine, Jr.	6-6	2007
LJ	Jim Holt	21-6 1/2	1972
TJ	Jim Holt	44-4 1/4	1972
SP	Don Bonvincino	51-6	1983
DT	Greg Severs	143-10 1/2	1972
PV	Ron Auger	12-0	1965

non-dual meet events:

70y HH	Terry Mar	9.3	1973
300 LH	Lloyd Johnson	40.8'	1976
3000	Jason Atwood	9:17.0	1988
1600 Steeple	(28") Mike Furuyama	5:34.6	1992
10,000	Tom Ashby	35:45.0	2008

Frosh-Soph Boys School Relay Records

4 x 100	Batis, Kim, Hamilton, Rosby	43.75	2009
2 x 200	Batis, Kim, Hamilton, Rosby	1:34.49	2009
4 x 400	Foster, Rosby, Batis, Hamilton	3:35.33	2009
4 x 800	Hamilton, Eversole, Weekes, Diamonde	3:34.43	2008
4 x Mile	Doyle, Bass, Rios, Gaziano	18:34.4	1983
Sprint Medley	(2-2-4-8) Kirk, Lamendola, Nordman, Rose	3:45.2'	1971
Sprint Medley	(1-1-2-4) Yip, Willis, Marciel, Ballar	1:42.7	2003
Distance Medley	Gaziano, Harder, Doyle, Bass	11:10.9	1983
4 x 70y HH	Quan, Springer, DeBoer, Brown	41.4	1973
4 x 65m HH	Kramer, M. Picetti, Reichelderfer, Oates	42.7	1993
4 x 120y LH	Andrews, Huffington, LaPoint, Wood	1:01.7	1968
4 x 110m HH	M. Picetti, Reichelderfer, Kramer, Oates	1:16.1	1993
3 x HJ	Kim, Amiri, Kramer	16-4	1994
	Bettinger, Parker, Leng	16-4	2000
3 x LJ	Aguayo, Paik, Bailey	52-5 1/2	1996
3 x TJ	Amiri, Moore, Wong	109-9 1/2	1994
3 x SP	Tsang, Allen, Feucht	117-0	2003
3 x DT	Tsang, Allen, Feucht	303-2	2003
3 x PV	Moore, Singson, E. Ewing	27-0	1994
	Ashford, Ferguson, Teel		2003
2 x PV	West, Kwang	19-6	2006

Frosh-Soph Girls School Records

100	Charis Chan	12.86	2002
200	Celeste Martore	27.12	2009
400	Trisha Chung	62.74	1997
800	Chelsea Schneider	2:28.2	2007
1600	Karen Chan	5:35.84	2005
3200	Pam MacLeod	12:22.0	2007
100 H (33")	Briana Kim	17.18	2005
300 LH	Alena Leblanc	50.46	2005
HJ	Paula Brown	5-0	2005
LJ	Lynnsy Jones	15-10 1/2	1997
TJ	Brianna Miller	35-10.5	2009
SP	Jay Marie Hill	33-9	2004
DT	Noelle Donnelly	100-02	2009
PV	Erin McCarthy	10-3	2001

non-dual meet events:

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

Frosh-Soph Girls School Relay Records

4 x 100	Kim, Knight, Douglas, Littlejohn	51.47	2005
4 x 200	Velasquez, Furino, Flowers, M. Schneider	1:53.80	2008
4 x 400	Ho. Matheny, Dobel, He. Matheny, K. Stewart	4:14.20	2007
4 x 800	MacLeod, Carvin, Schneider, M. Lee	10:21.2	2007
4 x Mile	MacLeod, Yang, Carvin, Schneider	22:43.50	2007
Sprint Medley	(1-1-2-4) M. Chan, Wilkinson, Ho. Matheny, He. Matheny	1:58.9	2002
Sprint Medley	(2-2-4-8) J. Gistand, Casey, Chin, Inn	4:42.40	2003
Distance Medley	C. Stewart, Medrano, Boon-Nitoff, McGrellis	13:30.0	1999
4 x 60m H (33")	Mertz, Gallagher, Ponce, Ma. Wong	44.2	1997
4 x 100m H (33")	Kim, Huerta, Simmons, Lee	1:15.47	2005
3 x HJ	Brown, Leblanc, Simmons	13-11	2005
3 x LJ	Slader, Chandler, Ford	43-9	2000
3 x TJ	Highstreet, Brinkman, Chissell	85-10.75	2009
3 x SP	Valentine, Erdman, Wilcox	82-11 3/4	2003
3 x DT	Valentine, Erdman, Wilcox	241-11	2003
3 x PV	McCarthy, Chandler, Tirado	23-9	2001
2 x PV	Best, Vargas	14-0	2006

Stadium Records

Varsity Boys Stadium Records

100	Mike Shavers	Albany	10.4'	1972
200	Mike Shavers	Albany	20.9'	1972
400	Rick Heffern	Piedmont	48.9'	1967
	Jerrold Curry	Castlemont		1971
800	Dan Aldridge	Petaluma	1:52.1'	1975
600	Mike Kasser	St. Francis	4:15.3'	1974
3200	Rich Kimball	De La Salle	8:47.9'	1974
110 HH	Milton Turner	Castlemont	13.8'	1970
300 LH	Don Finley	Cupertino	37.4'	1975
300 IH	Myster Holliman	Mt. Eden	39.06	2008
HJ	Mark Wilson	Monte Vista	6-10	1974
	Dave Haber	Alameda		1974
LJ	Chad Jones	Bishop O'Dowd	23-7	2009
TJ	Chad Jones	Bishop O'Dowd	48-3	2009
SP	Mike Lacey	Castlemont	61-1 1/2	1967
DT	Dave Hickson	Leland	194-2	1973
PV	Terry Markou	Pacific	14-3 3/4	1974
4 x 100	Berkeley	Berkeley	41.5'	1970
4 x 400	Oakland Tech	Oakland Tech	3:17.3'	1970

Varsity Girls Stadium Records

100	Strangenae Campbell	Pinole Valley	11.85	2009
200	Strangenae Campbell	Pinole Valley	24.95	2009
400	Thandi Stewart	James Logan	55.83	2008
800	Jami Hardy	James Logan	2:12.73	2008
1600	Kelsey Santisteban	Castro Valley	5:04.61	2009
3200	Kelsey Santisteban	Castro Valley	11:00.38	2009
100 H	(30") Felicia Harris	San Lorenzo	15.3	1986
100 H	(33") Briana Stewart	James Logan	13.90	2008
300 H	Taylor Lawson	St. Mary's	45.50	2008
HJ	Ciarra Brewer	James Logan	5-6	2009
LJ	Alitta Boyd	Moreau Catholic	19-08	2009
TJ	Ciarra Brewer	James Logan	42-03	2009
SP	Miranda Wilson	Bishop O'Dowd	40-11	2006
Discus	Allyson Criner	Bishop O'Dowd	132-8	2001
PV	Sarah Merino	Hayward	11-0	2000
	Courtney Kiehl	Mission San Jose	11-0	2008
4 x 100	Roach, Reed, Rose, Davis	Hercules	47.49	2008
4 x 400	T. Stewart, Hardy, B. Stewart, Powell	James Logan	3:54.49	2008

Indoor Records

Boys

55m	Bret Victor	6.2	Reno All-Comers	1995
60y	Jeff Perenon	6.4	Golden Gate Invite	1963
55m HH	Maurice Valentine, Jr	7.70	Run For The Dream	2008
60m HH	Maurice Valentine, Jr.	8.37	Simplot Games	2008
200	Bret Victor	22.7	Reno All-Comers	1996
600	Thomas Miller	1:31.5	Reno All-Comers	2002
800	Chris Wong	2:05.8	Reno All-Comers	2002
1500	Calvin Gaziano	4:12.9	Footlocker Festival	1983
3000	Calvin Gaziano	8:21.5 ⁰	Michelob Games	1985
4 x 200	Parker, McGuigan, Miller, Wong	1:36.5	Reno All-Comers	2002
4 x 440	Jim Lee, Jeff Dittman, Jason Lee, Dave Fernandez	3:37.8	Examiner Games	1978
Sprint Medley (4-2-2-8) Mike Ling, Edwin Misa, Matt Roszell, John Atwood				
		3:47.3	Reno All-Comers	1993
HJ	Maurice Valentine, Jr.	6-10	Simplot Games	2008
LJ	Dave Fernandez	22-5	Sunkist Invitational	1978
TJ	Mike DeSilva	42-2	Reno All-Comers	2001
PV	Tony Moore	12-0	Reno All-Comers	1996
SP	Chris Manning	46-10	Reno All-Comers	2000
Pentathlon (indoor)	Kirk Marciel		?	2005
(check National Scholastic Championships)				

Girls

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

⁰ = achieved enroute within 2 mile race.

Boys' All-Time Top 10 Individuals

100

1	Dash Oliver	10.63	2009
2	Jeff Perenon	10.6'	1963-64
3	Dave Fernandez	10.7'	1978
4	Lance Riley	10.98	1987
	Damion Rosby	10.98	2009
6	Tim Todd	10.9'	1968
	Bret Victor	11.14	1994
	Reggie Bailey	11.14	1998
	Darnell Lum-Williams	10.9	2000
	Geno McGuigan	11.14	2002

200

1	Dash Oliver	21.99	2009
2	Jeff Perenon	21.8'	1964
	Dave Fernandez		1978
4	Damion Rosby	22.37	2009
5	Geno McGuigan	22.45	2002
	Carlyle Garrick	22.46	2009
7	Kevin Griego	22.53	2001
8	Lance Riley	22.3	1988
	Fredy Rice	22.3	2008
10	Mike Rich	22.4'	1963
	Reggie Bailey	22.64	1998

400

1	Dave Fernandez	48.5'	1978
2	Matt Roszell	49.49	1994
3	Richard Barry	49.9'	1959
4	Mike Ling	50.12	1993
5	Elliot Rice	50.17	2008
6	Yuri Nosenko	50.25	2001
7	Chris Hamilton	50.33	2008
8	Ed Riggs	50.2'	1969
9	Dash Oliver	50.69	2009
10	Peter DeQuincy	50.67	1986

800

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

1600

1	Larry Guinee	4:06.19	1980
2	Calvin Gaziano	4:07.5	1985
3	Dave Shea	4:13.7'	1981
4	Ron Luchar	4:16.4'	1972
5	Beau Bettinger	4:18.75	2002
6	Jason Atwood	4:18.99	1990
7	Ben Eversole	4:20.45	2009
7	John Atwood	4:22.65	1994
9	Doug Hall	4:23.0'	1975
10	Will Weekes	4:23.06	2009

Boys' All-Time Top 10 Performances

100

1	Dash Oliver	10.63	2009
2	Dash Oliver	10.70	2009
3	Dash Oliver	10.74	2009
4	Dash Oliver	10.80	2009
5	Dash Oliver	10.81	2009
7	Jeff Perenon	10.6'	1963
	Jeff Perenon	10.6'	1964
9	Dash Oliver	10.85 (2)	2009
10	Dash Oliver	10.93 (2)	2008

200

1	Dash Oliver	21.99	2009
2	Jeff Perenon	21.8'	1964
	Dave Fernandez		1978
4	Dash Oliver	22.09	2009
5	Dave Fernandez	22.0'	1977
6	Dash Oliver	22.30	2009
7	Damion Rosby	22.37	2009
8	Damion Rosby	22.41	2009
9	Dash Oliver	22.43	2009
10	Jeff Perenon (2)	22.2'	1964

400

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

800

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

1600

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

3200

1	Calvin Gaziano	8:52.6' i	1985
2	Dave Shea	8:58.49	1981
3	Kyle Kessler	9:14.2	1982
4	John Bass	9:15.18	1985
5	Ken Romiguere	9:16.1'	1977
6	Steve Mayberry	9:17.0	1982
7	Jack Leng	9:18.37	2008
8	Larry Guinee	9:22.0' i	1980
9	Dave Anderson	9:22.7'	1981
10	Phil Hornig	9:23.8'	1976

110 HH

1	Maurice Valentine, Jr	14.18	2009
2	Bill Hammett	14.2	1969
3	Gary Kerr	14.4	1965
4	Dominique Canfield	14.85	1994
5	Randy Zimmer	14.7	1971
6	Bill Andrews	14.9	1972
	Bryon Graves	15.14	1988
8	Kevin Oates	15.26	1995
9	Mike Marquardt	15.2	1970
	Brian Oppendike		1970

300 IH

1	Dominique Canfield	39.02	1994
2	John Clenney	39.29	1987
3	Tony Moore	40.00	1996
4	Ryan Parker	40.74	2002
	Maurice Valentine, Jr	40.74	2009
6	Bryon Graves	41.00	1988
7	Kevan Turner	41.19	2005
8	Jordan Mackay	41.0	2008
9	Derrick Oliveira	41.1	2000
10	Joe Smith	41.7	1985

300 LH

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

High Jump

1	Maurice Valentine, Jr.	7-00.25	2007
2	Chris Schneider	6-9	1972
	Ron Winters		1983
4	Paul Warrin	6-8	1980
5	Randy Zimmer	6-7 1/4	1971
6	Dave Fishbaugh	6-6	1968
7	Dennis Klein	6-5	1973
8	Bill Hammett	6-4	1968
	Mitch Ashley		1978
	Kevin Napper		1984
	Kirk Marciel		2006

3200

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

100 HH

1	Maurice Valentine, Jr	14.18	2009
2	Maurice Valentine, Jr	14.20	2008
3	Maurice Valentine, Jr	14.27	2008
4	Maurice Valentine, Jr	14.29	2009
5	Maurice Valentine, Jr	14.30	2009
6	Maurice Valentine, Jr	14.33	2008
7	Maurice Valentine, Jr	14.40	2009
8	Bill Hammett	14.2	1969
9	Maurice Valentine, Jr	14.46	2009
10	Maurice Valentine, Jr	14.48	2008

300 IH

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

High Jump

1	Maurice Valentine, Jr	7-00.25	2007
2	Maurice Valentine, Jr	6-11	2008
3	Maurice Valentine, Jr	6-10	2007
	Maurice Valentine, Jr	6-10i	2008
	Maurice Valentine, Jr	6-10	2008
6	Chris Schneider	6-9	1972
	Ron Winters		1983
	Maurice Valentine, Jr		2007
	Maurice Valentine, Jr		2008
10	Maurice Valentine, Jr	6-8 3/4	2007

Triple Jump

1	Naeem Amiri	45-2.75	1996
2	Jamie Homer	44-10.5	1970
	Kevin Oates		1995
4	Jim Holt	44-4.25	1972
5	Gary Price	44-3	1971
6	Ed August	44-1.25	1972
7	Mike DeSilva	43-7.5	2001
8	Omodele Adesanya	43-6.25	2009
9	Sheldon Chastain	43-4.5	1974
10	Ken Wun	43-3	1972

Long Jump

1	Dave Fernandez	23-7.5	1977
2	Dash Oliver	22-9	2008
3	Jim Holt	22-7	1973
4	Kevin Oates	22-6.25	1994
5	Tim Todd	22-4.25	1967
6	Reggie Bailey	22-3 3/4	1998
7	Mark Lamendola	22-2	1972
8	Lance Riley	22-1 3/4	1988
9	Gary Kerr	22-1	1973
10	Gary Price	21-8	1970
	Jerry Oliver		1973
	Naeem Amiri		1996
	Omodele Adesanya		2009

Pole Vault

1	Mike Rothling	14-3	1994
2	Bill Andrews	14-0	1972
	Kevan Turner	14-0	2005
4	Ron Auger	13-10	1967
5	Tony Moore	13-9	1996
6	Rich Lorenz	13-6 1/4	1969
7	Chris Casey	13-6	2005
8	Steve Goss	13-0	1978
	Kevin Teel		04-05
	Andrew Wiegardt		2009

Shot Put

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

Discus

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

Triple Jump

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

Long Jump

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

Pole Vault

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

Shot Put

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

Discus

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

Girls' All-Time Top 10 Individuals

100

1	Kandice Douglas	12.48	2008
2	Charis Chan	12.53	2003
3	Pam Cole	12.6'	1980
	Christy Parker	12.6	1985
5	Liz Gove	12.7'	1980
	Debbie Sanchez		1980-82
	Ashli Tingle		1997
	Chelsea Chandler	12.94	2003
10	Brianna Miller	12.97	2009

200

1	Kandice Douglas	25.3	2008
2	Charis Chan	25.4	2005
3	Ashli Tingle	26.05	1997
4	Bridget Cunningham	25.9	1980
5	Christy Parker	26.15	1985
6	Pam Cole	26.1'	1980
7	Temeka Weatherly	26.25	1993
8	Debbie Sanchez	26.3	1980-82
	Eileen Cunningham		1982
10	Jessica Thompson	26.63	2006

400

1	Amanda Medrano	57.57	2000
2	Charis Chan	57.98	2005
3	Eileen Cunningham	58.0	1982
4	Kelley Stewart	58.19	2002
5	Bridget Cunningham	58.5'	1979-80
6	Liz Gove	58.6'	1980
7	Ashli Tingle	59.06	1997
8	Debbie Lee	59.2'	1978
9	Holly Matheny	58.78	2003
10	Megan Lee	59.9	2007

800

1	Amanda Medrano	2:12.86	2001
2	Bridget Cunningham	2:13.77	1982
3	Debbie Lee	2:15.1'	1979
4	Chelsea Schneider	2:15.95	2008
5	Kristi Lambden	2:16.5	1981
6	Karin Lambden	2:17.5	1981
7	Holly Matheny	2:19.0	2003
8	Haley Batis	2:19.07	2007
9	Ayla Granados	2:19.64	2009
10	Cyndy Carlin	2:20.24	1988

1600

1	Karin Lambden	4:57.3'	1981
2	Kelsey Santisteban	5:02.39	2009
3	Debbie Lee	5:05.7'	1978
4	Jennie Ewing	5:07.05	1996
5	Elice Patterson	5:09.93	1990
6	Elise Wummer	5:10.98	2008
7	Lisa Van Buskirk	5:13.0	1981
8	Courtney Stewart	5:17.0	1999
9	Pam MacLeod	5:17.63	2007
10	Chelsea Schnedier	5:20.67	2007

Girls' All-Time Top 10 Performances

100

1	Kandice Douglas	12.48	2008
2	Charis Chan	12.53	2003
3	Charis Chan	12.54	2003
4	Charis Chan	12.59	2002
5	Kandice Douglas	12.61	2007
6	Kandice Douglas	12.62	2007
7	Charis Chan	12.63	2005
8	Kandice Douglas	12.4	2008
9	Charis Chan	12.66	2003
10	Kandice Douglas	12.67	2007

200

1	Kandice Douglas	25.3	2008
2	Charis Chan	25.4	2005
2	Charis Chan	25.83	2003
3	Charis Chan	25.85	2003
4	Charis Chan	15.91	2003
5	Charis Chan	25.92	2002
6	Ashli Tingle	26.05	1997
7	Charis Chan	26.09	2005
8	Bridget Cunningham	25.9	1980
9	Christy Parker	26.15	1985
10	Pam Cole	26.1'	1980

400

1	Amanda Medrano	57.57	2000
2	Charis Chan	57.98	2005
3	Eileen Cunningham	58.0	1982
4	Kelley Stewart (2)	58.19	2002
6	Amanda Medrano	58.17	2000
7	Kelley Stewart	58.41	2002
8	Eileen Cunningham	58.3	1982
9	Charis Chan	58.49	2005
10	Bridget Cunningham	58.5'	1979
	Bridget Cunningham (2)		1980

800

1	Amanda Medrano	2:12.87	2001
2	Amanda Medrano	2:13.61	2001
3	Bridget Cunningham	2:13.77	1982
4	Amanda Medrano	2:14.78	2001
5	Amanda Medrano	2:14.95	2001
6	Debbie Lee	2:15.1'	1979
7	Bridget Cunningham	2:15.5	1982
8	Amanda Medrano	2:15.78	2001
9	Debbie Lee	2:15.7'	1979
10	Amanda Medrano	2:15.85	2001

1600

1	Karin Lambden	4:57.3'	1981
2	Karin Lambden	5:02.3'	1981
3	Kelsey Santisteban	5:02.39	2009
4	Karin Lambden	5:04.4'	1981
5	Karin Lambden	5:04.5'	1981
6	Kelsey Santisteban	5:04.55	2009
7	Kelsey Santisteban	5:04.61	2009
8	Karin Lambden	5:04.7'	1981
9	Debbie Lee	5:05.7'	1978
10	Karin Lambden	5:05.9	1981
	Debbie Lee		1978

3200

1	Karin Lambden	10:37.7	1981
2	Kesley Santisteban	10:57.27	2009
3	Elice Patterson	11:01.00	1990
4	Jennie Ewing	11:16.1'	1996
5	Elise Wummer	11:18.86	2009
6	Pam MacLeod	11:27.89	2007
7	Courtney Stewart	11:31.8	1999
8	Melissa Ackermann	11:32.0	1990
9	Lisa Van Buskirk	11:34.1	1981
10	Colleen McGrellis	11:46.41	1998

100 Hurdles (30")

1	Shelly Olson	15.98	1987
2	Eileen Cunningham	15.9	1980
3	Jeanne Cunningham	16.2	1981
4	Heather Housley	16.48	1990
5	Karen Nathanson	16.7	1987
	Nicki Gutierrez		1988
7	April Wong	17.1	1997
8	Alicia Berry	17.41	1992
9	Andrea Brant	17.2	1986
10	Marcia Wong	17.3	1999

100 Hurdles (33")

1	Monique Aldridge	15.19	2009
2	Chelsea Chandler	15.23	2003
3	Kelsey Lee	16.07	2006
4	Joanna Gistand	17.00	2004
5	Briana Kim	17.02	2006
6	Angela Dohrmann	17.04	2005
7	Alex Huerta	17.06	2008
8	April Wong	16.9	1997
	Rachel McDonald		1999
10	Pauline Simmons	17.47	2006

300 Low Hurdles

1	Eileen Cunningham	44.4	1982
2	Kelley Stewart	46.49	2002
3	Chelsea Chandler	46.91	2003
4	Monique Aldridge	47.45	2009
5	Shelly Olson	47.8	1987
6	Andrea Comer	48.45	1993
7	Kelsey Lee	48.82	2006
8	Angela Dohrmann	48.92	2003
9	Rebecca Schneider	49:01	2007
10	Valerie Lim	49.04	1996

Long Jump

1	Lynnsy Jones	18-0	2000
2	Debbie Sanchez	17-8	1983
3	Pam Cole	17-3 3/4	1981
4	Tisha Uwadiae	17-0 1/2	2005
5	Shelly Olson	16-9	1987
	Loryn Bailey		1999
7	Paula Brown	16-6 1/2	2007
8	Eileen Cunningham	16-6 1/4	1980
9	Linda Holt	16-5 1/2	1974
	Cyndy Carlin		1988

3200

1	Karin Lambden	10:37.7	1981
2	Karin Lambden	10:38.29	1981
3	Karin Lambden	10:46.1	1980
4	Karin Lambden	10:46.7	1981
5	Karin Lambden	10:46.8	1981
6	Kelsey Santisteban	10:57.27	2009
7	Karin Lambden	10:59.99	1981
8	Kesley Santisteban	11:00.38	2009
9	Elice Patterson	11:01.00	1990
10	Karin Lambden	11:02.5	1981

100 Hurdles (30")

1	Shelly Olson	15.98	1987
2	Eileen Cunningham	15.9	1980
3	Eileen Cunningham	16.0	1980
4	Eileen Cunningham	16.1'	1980
5	Eileen Cunningham	16.2	1980
	Eileen Cunningham		1981
	Jeanne Cunningham		1981
8	Heather Housley	16.48	1990
9	Shelly Olson	16.51	1987
10	Jeanne Cunningham	16.3	1981
	Heather Housley		1992
	Heather Housley	16.53	1992

100 Hurdles (33")

1	Monique Aldridge	15.19	2009
2	Chelsea Chandler	15.23	2003
3	Monique Aldridge	15.30	2009
4	Chelsea Chandler	15.32	2003
5	Monique Aldridge	15.39	2009
6	Monique Aldredige	15.42	2009
7	Chelsea Chandler	15.53	2003
8	Monique Aldridge	15.76	2009
9	Chelsea Chandler	15.85	2003
10	Chelsea Chandler	15.86	2003

300 Low Hurdles

1	Eileen Cunningham	44.4	1982
2	Eileen Cunningham	44.9	1982
3	Eileen Cunningham	45.7	1982
	Eileen Cunningham		1982
5	Eileen Cunningham (2)	45.8	1981
7	Eileen Cunningham	45.9	1981
8	Eileen Cunningham	46.0	1982
	Eileen Cunningham		1982
10	Eileen Cunningham	46.2	1982

Long Jump

1	Lynnsy Jones	18-0	2000
2	Debbie Sanchez	17-8	1983
3	Debbie Sanchez	17-4	1983
4	Pam Cole	17-3 3/4	1981
5	Debbie Sanchez	17-3	1980
6	Pam Cole	17-1 3/4	1981
7	Pam Cole	17-1 1/2	1981
8	Lynnsy Jones	17-0 3/4	1997
9	Debbie Sanchez	17-0 1/2	1980
	Tisha Uwadiae		2005

Triple Jump

1	Tisha Uwadiale	39-09 1/2	2005
2	Rachel McDonald	36-8 1/2	1999
3	Debbie Sanchez	35-8	1983
4	Lynnsy Jones	35-4	1998
5	Kelsey Lee	35-3	2007
6	Loryn Bailey	35-0	1999
7	Brianna Miller	34.6	2009
8	Paula Brown	34-1	2006
9	Chelsea Chandler	33-11	2003
10	Kiersten Slader	33-2 3/4	2001

High Jump

1	Lauren Hopfenbeck	5-4	2005
2	Amy Kohl	5-3	1996
	Gina Paladini		2000
	Paula Brown		2005
5	Felicia Suminski	5-2	1980
	Samantha Journey		2002
	Tisha Uwadiale		2006
	Celeste Martore		2009
9	Loryn Bailey	5-1 3/4	1999
10	Rachel McDonald	5-1	1998

Pole Vault

1	Erin McCarthy	11-0	2001
2	Amber Sammons	9-6	1997
3	Elizabeth Ewing	9-0	1996
	Melody Jue		2004
	Stephanie Lassalle		2005
	Haley Batis		2008
7	Katie Glenn	8-6	1998-99
	Analisa Harangozo		2006
	Linda Saunders		2006
10	Rebecca Knight	8-2	2007

Shot Put

1	Mareesa Valentine	39-4 1/2	2005
2	Jay-Marie Hill	38-09	2006
3	Barbara Klews	35-4	1997
4	Tiffany Rizzo	35-2	2000
	Can-Dáce Goodspeed		2005
6	Tamara DeYoung	34-7 1/2	1991
7	Grace Hopfenbeck	34-6	2008
8	Mary Winnie	34-0 1/2	1987
9	Nicole Abella	32-2	1996
	Rachel McDonald		1998

Discus

1	Jay-Marie Hill	129-7	2006
2	Cherie Schaeffer	126-1	1981
3	Noelle Donnelly	116.7	2009
4	Tiffany Rizzo	114-11	2000
5	Tamara DeYoung	104-10	1992
6	Andrea Atkinson	104-7 1/2	1986
7	Barbara Klews	103-8	1996
8	Katja Dorendorf	102-9	1987
9	Lisa Carrera	100-10	1982
10	Mareesa Valentine	100-2 1/2	2005

Triple Jump

1	Tisha Uwadiale	39-9 1/2	2005
2	Tisha Uwadiale	39-7 1/2	2006
3	Tisha Uwadiale	39-5 1/2	2005
4	Tisha Uwadiale	39-5 1/4	2005
5	Tisha Uwadiale	38-11 1/2	2006
6	Tisha Uwadiale	38-9	2005
7	Tisha Uwadiale	38-8 1/2	2005
8	Tisha Uwadiale	38-5 3/4	2006
9	Tisha Uwadiale	38-5 1/2	2005
10	Tisha Uwadiale	38-0 1/2	2005

High Jump

1	Lauren Hopfenbeck	5-4	2005
2	Amy Kohl	5-3	1996
	Gina Paladini		2000
	Paula Brown		2005
5	Amy Kohl	5-2 1/2	1995
	Amy Kohl		1997
7	Felicia Suminski (2)	5-2	1980
	Amy Kohl		1997
	Samantha Journey (4)		2002
	Lauren Hopfenbeck (2)		2005
	Lauren Hopfenbeck (2)		2006
	Tisha Uwadiale (3)		2006
	Paula Brown (2)		2006
	Celeste Martore	2009	

Pole Vault

1	Erin McCarthy	11-0	2002
2	Erin McCarthy	10-10	2002
3	Erin McCarthy	10-9	2001
4	Erin McCarthy	10-8	2001
5	Erin McCarthy	10-6	2001
	Erin McCarthy (7)		2002

Shot Put

1	Mareesa Valentine	39-4 3/4	2005
2	Mareesa Valentine	39-2 1/2	2005
3	Jay-Marie Hill	38-9	2006
4	Mareesa Valentine	38-2	2005
5	Mareesa Valentine	38-0	2005
6	Mareesa Valentine	37-8 1/2	2006
7	Mareesa Valentine	37-8 1/4	2006
8	Mareesa Valentine	37-6 1/2	2005
9	Jay-Marie Hill	37-03	2006
10	Mareesa Valentine	37-1	2005

Discus

1	Jay-Marie Hill	129-7	2006
2	Cherie Schaeffer	126-1	1981
3	Cherie Schaeffer	124-7	1981
4	Cherie Schaeffer (2)	123-7	1981
6	Cherie Schaeffer	122-1	1981
7	Cherie Schaeffer	122-0	1981
8	Cherie Schaeffer	121-8	1981
9	Cherie Schaeffer	120-5	1981
10	Cherie Schaeffer	119-7 1/2	1981

Hayward Area Athletic League

Track & Field Championship Meet Records

VARSITY BOYS:

100y	Walt Lewis	H	9.8	1978
	Dave Fernandez	CV		1978
100m	Dash Oliver	CV	10.85	2009
200	Dave Fernandez	CV	21.8'	1978
400	Dave Fernandez	CV	48.5'	1978
800	Derek Thomas	Arroyo	1:53.96	2008
1600	George Rios	Sunset	4:17.1'	1963
3200	Yon-Sung Leal	A	9:16.06'	2003
HH	Maurice Valentine, Jr	CV	14.27	2008
IH	John Clenney	CV	39.29	1987
LJ	Larry Perryman	Sunset	23-7	1963
	Dave Fernandez	CV		1978
TJ	Derrick Mitchell	ME	50-1 1/2	1992
HJ	James Wilson	H	6-8 1/4	1979
SP	Chuck Vandagriff	CV	58-5 1/4	1966
D	Ken Cowl	CV	170- 5	1971
PV	Ryan Garvin	BOD	14-0	2003
400 R	San Leandro (Smith, Bullock, Underwood, Williams)		42.34	2000
1600 R	Bishop O'Dowd (Smart, Green, Holloway, Jones)		3:24.09	2002

FROSH-SOPH BOYS:

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

Hayward Area Athletic League

Track & Field Championship Meet Records

VARSITY GIRLS:

100	Charelle Garrett	ME	11.68	2006
200	Aisha Margain	SLZ	24.0	1999
400	Valerie Spence	SLZ	55.5	1981
800	Jessica Marr	H	2:15.64	1998
1600	Lexi Pappas	BOD	4:59.35	2005
3200	Karin Lambden	CV	10:46.7	1981
HH	(30") Felicia Harris	SLZ	14.68	1986
	(33") Alicia Truesdale	T	14.89	2007
IH	Alicia Truesdale	T	44.42	2006
LJ	Alitta Boyd	Moreau Catholic	19-02	2008
TJ	Alitta Boyd	Moreau Catholic	42-01.5	2008
HJ	Miloe McCall	H	5-5	1982
SP	Miranda Wilson	BOD	44-4	2007
D	Gina Niko	ME	146-10	1985
PV	Erin McCarthy	CV	10-6	2002
	Christine Silva	BOD		2003
400 R	San Lorenzo (McCallum, Penick, Jones, A. Margain)		46.54	1999
1600 R	Bishop O'Dowd (Clarke, Rivers-Birt, Hinds, Mullany-Banks)		3:55.21	2006

FROSH-SOPH GIRLS:

100	Angel Keene	SL	12.97	2000
200	Rachel Adams	SL	26.96	2005
400	Lexi Girma	BOD	62.17	2005
800	Debbie Quintana	Marina	2:32.5'	1977
1600	Karen Chan	CV	5:35.84	2005
3200	Karen Chan	CV	12:27.6	2005
HH	Briana Kim	CV	17.18	2005
IH	Alena Leblanc	CV	50.46	2005
LJ	Brooke Moulton	SL	15-7 1/2	2003
TJ	Kalani Holleman	H	33-6 1/4	1998
HJ	Alena Leblanc	CV	4-10	2005
SP	Patrice Sapiga	H	32-2	2007
D	Patrice Sapiga	H	96-2	2007
PV	Analisa Harangozo	CV	8-0	2004
400 R	Castro Valley (Barajas, Chissell, Boisse, Sacha)		52.08	2009
1600 R	Castro Valley (M. Chan, Dianda, Davis, Casey)		4:24.09	2002

Castro Valley vs. Arroyo

VARSITY BOYS

100	Jeff Perenon	CV	10.7'	1964
200	Jeff Perenon	CV	22.0'	1964
400	CJ Hamilton	CV	50.60	2009
800	Derek Thomas	A	1:57.2	2008
1600	Calvin Gaziano	CV	4:23.9	1985
3200	Jerry Metcalf	A	9:22.5'	1971
HH	Gary Kerr	CV	14.5'	1965
LH	John Clenney	CV	40.7	1987
IH	Maurice Valentine, Jr	CV	42.2	2008
LJ	Dave Fernandez	CV	22-6 1/4	1978
TJ	Scott Carlsen	A	44-0	1974
HJ	Ron Winters	CV	6-7	1984
SP	Chuck Vandagriff	CV	59-3 1/2	1966
D	Steve Acheson	A	163-6	1966
PV	Ken Grace	A	13-0	1975
	Tony Moore	CV		1996
	Josh Ferguson	A		1996
	Kevan Turner	CV		2005
400 R	Castro Valley (Barbieri, F. Rice, E. Rice, Rosby)		43.5	2008
1600 R	Arroyo		3:29.6'	1967

FROSH-SOPH BOYS:

100	Darnell Reed	CV	11.4	2008
200	Randy Nordman	CV	23.6'	1971
400	Bobby Batis	CV	53.55	2008
800	Sulayman Diamonde	CV	2:04.7	2008
1600	Anthony Martore	CV	4:42.6	2008
3200	John Atwood	CV	9:54.8	1992
HH	Ryan Ciglar	CV	17.9	1995
LH	Earl	A	43.9'	1975
IH	Derrick Oliveira	CV	42.8	1998
LJ	Darnell Reed	CV	19-11	2008
TJ	Brian Gerecke	A	39-3	1977
HJ	Terry Frazier	CV	5-8	1966
	Rich Kong	CV		1968
	Austin Abrew	A	2009	→
SP	Gary Lowe	CV	49-6	1977
D	Frank Domingoes	CV	127-11	1971
PV	Andrew Wiegardt	CV	11-0	2008
400 R	Castro Valley		45.9'	1973
1600 R	Arroyo		3:44.3'	1967

Castro Valley vs. Arroyo

VARSITY GIRLS:

100	Charis Chan	CV	12.5	2005
200	Charis Chan	CV	25.4	2005
400	Charis Chan	CV	59.6	2005
800	Haley Batis	CV	2:24.0	2007
1600	Kelsey Santisteban	CV	5:12.4	2008
3200	Karin Lambden	CV	11:02.5	1981
HH	(30") Suzanne Roberts	A	15.4	1984
	(33") Kelsey Lee	CV	16.3	2007
IH	Suzanne Roberts	A	47.8	1981
LJ	Cindy Barros	A	16-7 1/2	1986
TJ	Tisha Uwadiale	CV	36-11	2005
HJ	Erica Jasso	A	5-2	2005
	Paula Brown	CV		2006
SP	Irene Kilgore	A	37-11	2008
D	Irene Kilgore	A	128-8	2008
PV	Elizabeth Ewing	CV	8-6	1996
	Katie Glenn	CV		1999
	Stephanie Lasalle	CV		2005
400 R	Arroyo		50.0	1985
1600 R	Arroyo		4:17.5	1985

FROSH-SOPH GIRLS:

100	Maya Chissell	CV	13.32	2009
200	Maya Chissell	CV	27.90	2009
400	Alicia Inn	CV	65.0	2004
800	Francesca Knight	CV	2:36.9	2005
1600	Marisa Martines	CV	5:37.5	2008
3200	Karen Chan	CV	12:26.9	2005
HH	Briana Kim	CV	17.7	2005
IH	Kelsey Bowersmith	A	51.16	2009
LJ	Sara Boisse	CV	14-9	2009
HJ	Katy Stewart	CV	4-6	2002
	Alena Leblanc			2005,6
TJ	Jessie White	CV	29-0	2001
SP	Tiffany Rizzo	CV	28-4 1/2	1997
D	Tiffany Rizzo	CV	83-0	1997
PV	Amber Sammons	CV	7-0	1996
	Stephanie Lasalle	CV		2002
	Amanda Delaplane	CV		2003
	Ashley Lee	CV		2004
400 R	Castro Valley (Chissell, Highstreet, C. Lee, Boisse)		53.02	2009
1600 R	Castro Valley (no names available)		4:34.4	2009

Castro Valley vs. Bishop O'Dowd

VARSITY BOYS:

100	Dash Oliver	CV	10.93	2008
200	Fredy Rice	CV	22.2	2008
400	CJ Hamilton	CV	50.5	2008
800	Tim Wallach	BOD	1:58.2	2002
1600	Beau Bettinger	CV	4:26.2	2002
3200	Beau Bettinger	CV	9:58.1	2000
110HH	Chad Jones	BOD	14.87	2009
300IH	Brandon Walker	BOD	40.6	2002
HJ	Klrk Marciel	CV	6-2	2006
LJ	Quentin Mchorter	BOD	21-3	2009
TJ	J. P. Loche	BOD	43-0	2000
SP	Darius Morales	BOD	52-11 1/2	2006
Discus	Brian Moon	BOD	170-10	2001
PV	Ryan Garvin	BOD	13-3	2002
400R	CV (Rosby, Batis, Garrick, Oliver)		42.53	2009
1600R	CV (F. Rice, Oliver, Fiinch, Hamilton)		3:28.6	2008

FROSH-SOPH BOYS:

100	Stefan Litrovnik	BOD	11.2	2000
200	Brandon Smart	BOD	23.1	2000
400	Scott Briggs	BOD	54.2	2000
800	Sulayman Diamonde	CV	2:10.9	2008
1600	John Yano	CV	4:47.8	2002
3200	John Yano	CV	10:22.4	2002
110HH	Lorenzo Manag	BOD	17.33	2009
300IH	Derrick Oliveira	CV	45.1	1998
HJ	Mark Lassalle	CV	5-6	2004
LJ	Lorenzo Manag	BOD	19-5	2009
TJ	Lorenzo Manag	BOD	40-8.25	2009
SP	Cory Lynch	BOD	43-11 1/2	1998
Discus	Jared Jigaraj	BOD	107-10	2002
PV	Erich Coulter	CV	11-0	2009
400R	BOD (Litrovnik, Werner, Iglehart, Smart))		46.0	2000
	BOD (James, Trammell, Smith, Ward)			2008
1600R	BOD (Walker, Briggs, Green, Jones)		3:44.0	2000

Castro Valley vs. Bishop O'Dowd

VARSITY GIRLS:

100	Erin Dangerfield	BOD	12.4	1998
200	Monica Dean	BOD	25.1	2000
400	Brazile Clark	BOD	56.8	2007
800	Haley Batis	CV	2:22.5	2007
1600	Dmajaria Dubose	BOD	5:10.6	2009
3200	Kelsey Santisteban	CV	11:10.2	2008
100HH	Berta Toler	BOD	15.57	2009
300LH	Shane Mullany-Banks	BOD	46.2	2006
HJ	Samantha Journey	CV	5-2	2002
	Tisha Uwadiale	CV		2006
LJ	Tisha Uwadiale	CV	16-5 1/2	2006
TJ	Tisha Uwadiale	CV	36-11	2005
SP	Miranda Wilson	BOD	40-11 1/2	2006
Discus	Miranda Wilson	BOD	153-5 1.2	2007
PV	Christine Silva	BOD	10-6	2003
400R	BOD (Hill, Kelly, Green, Tucker)		48.8	2002
1600R	BOD (Rivers, Bisgg, Mullany Banks, Hinds)		4:02.5	2007

FROSH-SOPH GIRLS:

100	Maya Chiselle	CV	13.31	2009
200	Tiffany Furino	CV	27.2	2008
400	Trisha Chung	CV	64.3	1997
800	Francesca Knight	CV	2:36.9	2005
1600	Karen Chan	CV	5:41.9	2005
3200	Nicole Yang	CV	12:23.0	2007
100HH	Briana Kim	CV	17.7	2005
300LH	Alex Huerta	CV	52.4	2005
HJ	Alena Leblanc	CV	4-6	2005
	Ryan Frueh	CV		2006
LJ	Lidia Barajas	CV	14-10	2008
TJ	Vangie Bedford	CV	31-1	2008
SP	Petulisa Musia	BOD	28-1	2001
Discus	Danielle Broussard	BOD	86-0	2003
PV	Kim Ponce	CV	7-6	1998
400R	CV (Lee, Sacha, Highstreet, Boisse)		53.77	2009
1600R	CV (B. Chan, Gilchriese, Walbert, Philpott)		4:39.6	2006

Castro Valley vs. Hayward

VARSITY BOYS:

100	Dash Oliver	CV	10.93	2008
200	Fredy Rice	CV	22.2	2008
400	CJ Hamilton	CV	50.5	2008
800	Jason Lee	CV	1:57.8'	1978
1600	Jason Atwood	CV	4:19.2	1990
3200	Steve Mayberry	CV	9:38.4	1982
HH	Maurice Valentine	CV	14.7	2008
300 LH	Toney Moore	CV	39.6	1996
300 IH	Jordan Mackay	CV	41.0	2008
LJ	Frank Volasgis	H	23-4	1970
TJ	Adrain Smith	H	45-9	1973
HJ	James Wilson	H	6-8	1979
SP	Chuck Vandagriff	CV	57-4	1966
D	Joe Mielke	CV	156-9	1976
PV	Ron Auger	CV	13-0	1967
400 R	CV (Rosby, Batis, Garrick, Oliver)		42.53	2009
1600 R	CV (F. Rice, Oliver, Finch, Hamilton)		3:28.6	2008

FROSH-SOPH BOYS:

100	Darrell Ashley	H	11.4'	1971
	Kemp	H		1971
	Rodney McGlowen	H		2005
200	Frank Key	H	23.4'	1971
400	Walt Lewis	H	53.3'	1975
800	Todd Saunders	CV	2:04.3	1987
1600	Mike Rudy	CV	4:45.5'	1970
3 200	Dave Shea	CV	10:02.5'	1978
HH	Jordan Mackey	CV	17.2	2007
300 LH	Dwight Ybarra	H	42.2'	1975
300 IH	Jordan Mackey	CV	44.0	2007
LJ	Calvin Corker	H	21-2	1971
TJ	Rodney Crump	H	41-3	1973
HJ	Ron Winters	CV	6-4	1982
SP	Gold	H	44-9	1970
Discus	Rick Kittson	CV	123-8	1977
PV	Bill Andrews	CV	11-6	1970
400 R	Hayward		45.2'	1973
1600 R	Castro Valley		3:45.2'	1970

Castro Valley vs. Hayward

VARSITY GIRLS:

100	Kandice Douglas	CV	12.6	2008
200	Celeste Martore	CV	26.10	2009
400	Kelley Stewart	CV	58.6	2002
800	Debbie Lee	CV	2:15.8'	1978
1600	Kelsey Santisteban	CV	5:12.2	2008
3200	Kelsey Santisteban	CV	11:10.2	2008
100 HH	(30") Heather Housely	CV	16.8	90, 91
	(33") Kelsey Lee	CV	16.6	2007
IH	Evelyn Smith	H	46.4	2005
LJ	Debbie Sanchez	CV	16-8	1980
TJ	Rachel McDonald	CV	34-10 1/2	1999
HJ	Paula Brown	CV	5-2	2006
SP	Mareesa Valentine	H	37-6 1/2	2006
D	Cherie Schaeffer	CV	111-1	1981
PV	Sarah Merino	H	11-0	2000
400 R	H (Smith, Brooke, Miller, Bryant)		51.1	2003
1600 R	CV (Gove, Webb, Vaughn, Lee)		4:11.9'	1978

FROSH-SOPH GIRLS:

100	Maya Chissell	CV	13.31	2009
200	Michelle Chan	CV	27.0	2002
400	Alicia Inn	CV	65.0	2004
800	Alicia Inn	CV	2:40.0	2004
1600	Adrianne Riley	(H)	5:37.3	2009
3200	Kaitlin Santisteban	CV	12:36.5	2005
HH	April Wong	CV	18.1	1996
IH	Charlotte Tracey	H	53.7	1996
LJ	Lidia Barajas	CV	14-10	2008
TJ	Eve Gamero	H	31-5	1998
HJ	Heather Mellon	CV	4-6	2000
	Heather Clancy	CV		2000
	Alena Leblanc	CV		2005,6
SP	Melisa Henry	H	27-8 1/2	1996
D	Patrice Council	H	79-9	1996
PV	Melody Jue	CV	7-6	2002
	RebeccaKnight	CV		2006
400 R	CV (M. Chan, O'Callaghan, McKinzie, Cortopossi)		53.4	2002
1600 R	CV (Chow, Douglas, Leblanc, Littlejohn)		4:45.7	2003

Castro Valley Vs. Moreau Catholic

VARSITY BOYS:

100	Damion Rosby	CV	11.04	2009
200	Bret Victor	CV	22.1	1994
400	CJ Hamilton	CV	50.5	2008
HH	Maurice Valentine, Jr	CV	14.83	2009
300IH	Dominique Canfield	CV	41.4	1995
800	Seth Mellon	CV	2:01.7	1997
1600	Peter Baria	CV	4:31.8	1997
3200	Vince Capurro	MC	10:09.1	1976
LJ	Omodele Adesanya	CV	20-4	2009
TJ	Cary Accord	MC	45-9	1976
HJ	Maurice Valentine, Jr	CV	6-4	2009
SP	John Thurston	MC	46-1 1/2	2000
Discus	Ryan Jones	CV	135-7	1998
PV	Kevan Turner	CV	13-0	2005
4x100	CV (Barbieri, F. Rice, E. Rice, Rosby)		43.6	2008
4x400	CV (F. Rice, Hamilton, Finch, Rosby)		3:32.6	2008

FROSH-SOPH BOYS:

100	Darnell Williams	CV	11.0	1997
200	Mike Kapper	MC	24.5	1994
	Brian Goffee	MC		1997
	Bobby Batis	CV		2008
400	Donnie McKinney	MC	55.5	1997
HH	Kwame Hudson	CV	17.48	2009
300IH	Jason Cardella	MC	45.5	1998
800	Sulaman Diamonde	CV	2:09.0	2008
1600	Anthony Martore	CV	4:40.5	2008
3200	Peter Baria	CV	10:53.5	1995
LJ	Jonte Grant	MC	19-7	2008
TJ	Reggie Bailey	CV	36-11 1/2	1995
HJ	Justin Respecke	MC	5-6	1997
	Kyle West	CV		2006
SP	Alex West	CV	41-0	2009
Discus	Darwin Tsang	CV	112-8	2003
PV	Sulayman Diomande	CV	10-6	2008
4x100	Castro Valley		47.3	1997
4x400	Moreau Catholic		3:56.0	1997

Castro Valley Vs. Moreau Catholic

VARSITY GIRLS:

100	Alitta Boyd	MC	12.0	2008
200	Kandice Douglas	CV	25.3	2008
400	Amanda Medrano	CV	60.6	2000
HH	Rachel Schaffner	MC	15.8	2003
300IH	Chelsea Chandler	CV	48.2	2003
800	Chelsea Schneider	CV	2:23.0	2008
1600	Jennifer Ewing	CV	5:16.4	1996
3200	Lisa Gillis	MC	11:30.5	1996
LJ	Alitta Boyd	MC	18-1	2008
TJ	Kelsey Lee	CV	36-0	2008
HJ	Rachel Schaffner	MC	5-4	2001
SP	Mareesa Valentine	CV	35-1 1/2	2005
Discus	Jay-Marie Hill	CV	113-11	2006
PV	Erin McCCarthy	CV	10-6	2002
4x100	CV (C. Chan, M. Chan, R. Gistand, Chandler)		50.8	2003
4x400	CV (Jo. Nickolopoulos, Pettersen, Forsman, J. Ewing)		4:15.8	1996

FROSH-SOPH GIRLS:

100	Ugbah	MC	13.1	2006
200	Karra Gardins	MC	28.15	2009
400	Marisa Schneider	CV	64.5	2008
HH	Marcia Wong	CV	18.3	1997
300IH	Erica Resalvo	MC	53.3	1997
800	Collette Cox	CV	2:34.6	2003
1600	Marissa Martines	CV	5:48.71	2009
3200	Pam MacLeod	CV	12:47.4	2007
LJ	Lidia Barajas	CV	14-10	2009
TJ	Genecia Keyes	MC	30-5	2006
HJ	Paula Brown	CV	4-10	2005
SP	Arianna Posey	CV	28-10	2009
Discus	Ariana Posey	CV	70-7	2009
PV	Tammy Best	CV	7-6	2006
4x100	CV (C. Lee, Chissell, Highstreet, Boisse)		53.94	2009
4x400	CV (J. Gistand, Inn, Casey, Chin)		4:38.2	2003

Castro Valley vs. Mt Eden

VARSITY BOYS

100	Jeff Perenon	CV	10.7'	1964
200	Len Torres	ME	22.1'	1966
400	Al Burkes	ME	50.9	1983
800	Calvin Gaziano	CV	1:55.8	1983
1600	Mike Spencer	CV	4:27.4	1983
3200	Ernie Lindley	ME	9:33.9'	1966
HH	Gary Kerr	CV	14.7	1964
	Bill Hammett	CV		1966
	Maurice Valentine, Jr	CV		2008
300LH	Lloyd Johnson	CV	40.6'	1978
300IH	Myster Holliman	ME	40.3	2008
HJ	Dave Fishbaugh	CV	6-6	1968
LJ	Dave Fernandez	CV	21-9 1/2	1977
TJ	Mike Williams	ME	43-3	1983
SP	Chuck Vandagriff	CV	56-8	1966
Discus	Bo Cupp	ME	161-9	1980
PV	Ron Auger	CV	13-4	1967
4x100	CV (Barbieri, F. Rice, E. Rioce, Rosby)		43.5	2008
4x400	Mt. Eden		3:29.9'	1969
	Castro Valley			1978

FROSH-SOPH BOYS

100	Gino McGuigan	CV	11.0	2000
200	Gino McGuigan	CV	23.3	2000
400	Bobby Batis	CV	53.55	2008
800	Sulayman Diamonde	CV	2:04.7	2008
1600	Anthony Martore	CV	4:42.6	2008
3200	Mike Spencer	CV	10:29.3	1981
HH	Nguyen	ME	18.0	2000
300LH	Vernon Juntz	ME	43.9'	1976
300IH	Jim Leng	CV	45.6	2001
HJ	Ron Winters	CV	6-0	1981
LJ	Darnell Reed	CV	19-11	2008
TJ	Cephus Johnson	ME	40-2	1974
SP	Maomao Lualamana	ME	46-8	1976
Discus	Ken Henderson	ME	127-4 1/2	1974
PV	Andrew Wiegardt	CV	11-0	2008
4x100	Mt. Eden		45.8	1961
4x400	ME (Martin Boston, Malcom Boston, Hollaman, Nguyen)		3:40.0	2000

Castro Valley vs. Mt Eden

VARSITY GIRLS

100	Charelle Garrett	ME	12.1	2004
200	BJ Triplett	ME	24.8	2004
400	Beverly Dukes	ME	59.0	1982
800	Debbie Lee	CV	2:23.1'	1978
1600	Kelsey Santisteban	CV	5:12.7	2008
3200	Kelsey Santisteban	CV	11:17.9	2008
100 LH	(30") Leslie Fuller	ME	15.3	1983
	(33") Chelsea Chandler	CV	17.27	2003
300 LH	Eileen Cunningham	CV	48.0	1981
HJ	Cindy Foget	ME	5-3	1985
LJ	Robyne Johnson	ME	16-6	1979
TJ	Chelsea Chandler	CV	33-11	2003
SP	Cindy Niko	ME	42-7 1/2	1983
Discus	Gina Niko	ME	131-3 1/2	1985
PV	Erin McCarthy	CV	10-6	2002
4x100	ME (Parker, Triplett, Motley, Garrett)		50.0	2004
4x400	Castro Valley (Gove, B. Cunningham, Vaughn, Lee)		4:16.0	1979

FROSH-SOPH GIRLS

100	Elizabeth Littlejohn	CV	13.1	2004
200	Tiffany Furino	CV	28.42	2008
400	Collette Cox	CV	64.6	2003
800	Collette Cox	CV	2:31.0	2003
1600	Marisa Martinez	CV	5:37.0	2008
3200	Marisa Martines	CV	12:35.0	2008
100LH	Briana Kim	CV	18.1	2005
300IH	Alena Leblanc	CV	53.5	2006
HJ	Lauren Hopfenbeck	CV	4-10	2003
LJ	Bradford	ME	17-3	2000
TJ	Gilleon Smith	ME	29-1 1/2	1998
SP	Monica Erdman	CV	25-7	2003
Discus	Monica Erdman	CV	72-3	2003
PV	Erin McCarthy	CV	10-0	2001
4x100	CV (Shin, Flowers, Furino, Hendrix)		54.7	2008
4x400	CV (Inn, Casey, Chin, Cox)		4:37.2	2003

Castro Valley vs. San Leandro

VARSITY BOYS:

100	Dash Oliver	CV	10.9	2008
200	Bobby Batis	CV	23.01	2009
400	CJ Hamilton	CV	50.8	2008
800	James Larkin	SL	2:01.1	1986
1600	Jason Atwood	CV	4:30.0	1988
3200	John Bass	CV	9:52.7	1985
110 HH	Maurice Valentine, Jr	CV	14.6	2008
300IH	Dominique Canfield	CV	41.4	1994
HJ	Kirk Marciel	CV	6-2	2006
LJ	Jimmithee Banks	SL	22-2	1993
TJ	Jimmithee Banks	SL	44-7 1/2	1993
SP	Sir William McKenzie	SL	55-1	2006
Discus	Chris Hurts	SL	144-7 1/2	2003
PV	Kevin Teel	CV	12-6	2005
400	CV (Rosby, F. Rice, E. Rice, Oliver)		43.4	2008
1600	CV (F. Rice, Oliver, Rosby, Finch)		3:35.4	2008

FROSH-SOPH BOYS:

100	Darnell Williams	CV	11.0	1997
200	Darnell Reed	CV	23.8	2008
400	Bobby Batis	CV	54.1	2008
800	Sulayman Diamonde	CV	2:10.1	2008
1600	Ben Eversole	CV	4:49.7	2008
3200	Ben Eversole	CV	10:30.1	2008
110 HH	Kwame Hudson	CV	17.50	2009
300IH	Kwame Hudson	CV	45.07	2009
HJ	Ryan Ciglar	CV	5-8	1995
	Alex Foster	CV		2008
LJ	Victor Huggeley	SL	19-10	2008
TJ	Ben Davis	CV	39-4.5	2009
SP	Erick Shals	SL	41-9	2003
Discus	Noah Tuatavuki	SL	120-4 1/2	1997
PV	Jordan Laris	CV	10-6	2009
400	San Leandro		45.72	2009
1600	CV (T. Hassler, Mix, D. Ling, O'Connell)		3:50.8	1988

Castro Valley vs. San Leandro

VARSITY GIRLS

100	Kandice Douglas	CV	12.6	2008
200	Charis Chan	CV	26.1	2004
400	Chelsea Schneider	CV	60.16	2009
800	Kelsey Santisteban	CV	2:24.44	2009
1600	Jennifer Ewing	CV	5:28.1	1995
3200	Kelsey Santisteban	CV	11:17.4	2008
110 HH	Ronesha Cato	SL	15.0	2006
300IH	Denean Garrett	SL	48.4	1995
HJ	Tisha Uwadiale	CV	5-2	2006
LJ	Ronesha Cato	CV	18-7.75	2006
TJ	Tisha Uwadiale	CV	36-0.75	2006
SP	Mareesa Valentine	CV	37-5 1/2	2005
Discus	Loni Tuitavuki	SL	112-5 1/2	2000
PV	Erin McCarthy	CV	10-0	2002
400	CV (Iesha Rush, Brianna Miller, Taofeqat Alli, Celeste Martore)		50.79	2009
1600	CV (C. Chan, He. Matheny, Ho Matheny, M. Chan)		4:20.5	2003

FROSH-SOPH GIRLS:

100	Elizabeth Litteljohn	CV	13.1	2004
200	Rachel Adams	SL	27.3	2006
400	Megan Lee	CV	63.1	2007
800	Chelsea Schneider	CV	2:28.2	2007
1600	Kaitlin Santisteban	CV	5:42.1	2005
3200	Pam MacLeod	CV	12:22.0	2007
100 HH	Briana Kim	CV	18.2	2005
300IH	Arianna Posey	CV	52.79	2009
HJ	Lauren Hopfenbeck	CV	4-10	2003
LJ	Lidia Barajas	CV	15-4	2009
TJ	Elyse Highstreet	CV	34-0 1/2	2009
SP	Arianna Posey	CV	29-10	2007
Discus	Megan Shaw	CV	78-2 1/2	1999
PV	Amber Sammons	CV	7-6	1996
	Amanda Delaplane	CV		2003
	Rebecca Knight	CV		2005
400	CV (Crystal Lee, Maya Chissell, Monique Sacha, Elyse Highstreet)		53.10	2009
1600	CV (Owyang, C. Schneider, M. Lee, Mac Leod)		4:24.1	2007

Castro Valley vs. San Lorenzo

VARSITY BOYS

100	Damion Rosby	CV	11.04	2009
200	Dash Oliver	CV	22.36	2009
400	Dave Fernandez	CV	50.3	1976
800	Jason Lee	CV	1:57.8'	1977
1600	Calvin Gaziano	CV	4:25.5	1983
3200	Ted Quintana	SLZ	9:36.2'	1972
110 HH	Maurice Valentine, Jr.	CV	14.83	2009
300 LH	Lloyd Johnson	CV	40.8'	1978
300 IH	Jordan Mackay	CV	43.51	2009
HJ	Ron Winters	CV	6-6	1983
LJ	Mark Lamendola	CV	21-5	1973
TJ	Mikel Jones	SLZ	43-11	1987
SP	Chuck Vandagriff	CV	59-1 1/2	1966
Discus	Jeff Lawson	SLZ	152-0	1964
PV	Ron Auger	CV	13-0	1967
	Kevan Turner			2005
400R	CV (Barbieri, F. Rice, E. Rice, Rosby)		43.6	2008
1600R	San Lorenzo		3:29.3'	1967

FROSH-SOPH BOYS

100	Fred Turra	CV	11.6'	1972
	Rick Ripoli	CV	11.6'	1973
	Tom Descombaz	CV	11.6	1985
200	Joe Ribauda	SLZ	24.1'	1966
	Lance Riley	CV	24.1	1986
400	Randy Morales	SLZ	54.3'	1976
800	John Atwood	CV	2:06.0	1992
1600	John Atwood	CV	4:38.3	1992
3200	Dave Anderson	CV	10:01.1	1980
110HH	Kevin Oates	CV	17.0	1993
300 LH	Randy Meadows	SLZ	43.1'	1976
300 IH	Jordan Mackey	CV	46.1	2007
HJ	Terry Mar	CV	5-8	1972
	Ron Winters	CV		1981
LJ	Wade	SLZ	19-3 1/2	1963
TJ	Naeem Amiri	CV	39-11	1994
SP	Tom Thompson	CV	46-5	1974
Discus	John Davis	SLZ	121-3	1963
PV	Teagarden	SLZ	10-6	1960
	Carl Liljedahl	CAN		1968
	Sulayman Diamonde	CV		2008
400R	San Lorenzo		46.6'	1965
1600R	Castro Valley (Saunders, Robison, Guerino, Riley)		3:45.5	1986

Castro Valley vs. San Lorenzo

VARSITY GIRLS

100	Valerie Spence	SLZ	12.2	1981
	Anita McCallum	SLZ		1999
200	Kandice Douglas	CV	25.3	2008
400	Valerie Spence	SLZ	58.8	1981
800	Kristi Lambden	CV	2:20.6	1980
1600	Kelsey Santisteban	CV	5:19.0	2008
3200	Karin Lambden	CV	11:50.2	1980
100HH	(30") Felicia Harris	SLZ	14.8	1987
	(33") Kelsey Lee	CV	16.4	2007
300 LH	Felicia Harris	SLZ	45.8	1986
HJ	Felicia Suminski	CV	5-0	1980
	Amy Kohl	CV	5-0	94,96
LJ	Tisha Uwadiae	CV	16-11	2006
TJ	Tisha Uwadiae	CV	37-9	2006
SP	Maressa Valentine	CV	35-1 1/2	2005
Discus	Cherie Schaeffer	CV	109-7	1981
PV	Erin McCarthy	CV	10-0	2002
400R	CV (Sanchez, Cole, B. Cunningham, Gove)		49.9'	1980
1600R	SLZ (R. Margain, Penick, Bluitt, A. Margain)		4:04.6	1999

FROSH-SOPH GIRLS

100	Maya Chissell	CV	13.62	2009
200	Maya Chissell	CV	28.20	2009
400	Marisa Schneider	CV	64.5	2008
800	Megan Lee	CV	2:32.2	2006
1600	Marissa Martines	CV	5:48.71	2009
3200	Rose Toney	CV	12:25.0	2000
100HH	Nghi Lee	CV	18.9	2008
300LH	Alena Leblanc	CV	53.5	2005
HJ	Paula Brown	CV	4-10	2005
LJ	Lidia Barajas	CV	14-10	2009
TJ	Theresa Robles	CV	29-7	1997
SP	Arianna Posey	CV	28-10	2009
Discus	Arianna Posey	CV	80-7	2009
PV	Amanda Delaplane	CV	7-0	2003
	Ashley Lee	CV		2004
400R	CV (C. Lee, Chissella, Highstreet, Boisse)		53.94	2009
1600R	CV (Batis, Philpott, Owyang, M. Lee)		4:26.3	2006

Castro Valley vs. Tennyson

VARSITY BOYS:

100	Claude McMillan	T	10.8'	1961
	Bill Burrell	T		1976
200	Bill Burrell	T	21.9'	1976
400	Dave Fernandez	CV	50.2'	1976
800	Larry Nicolas	T	1:56.8'	1966
1600	Larry Guinee	CV	4:18.0'	1979
3200	Ray Celaya	T	9:20.9'	1965
HH	Maurice Valentine, Jr	CV	14.83	2009
LH	Ron Critelli	T	40.0'	1973
IH	Jordan Mackay	CV	42.2	2008
LJ	Dave Fernandez	CV	21-9	1978
TJ	Dana Tayco	T	44-2	1985
HJ	Ron Winters	CV	6-7	1983
SP	Jermaine Younger	T	57-10	1989
D	Jim McGinnis	CV	153-8	1963
PV	Ron Auger	CV	12-6	1966
	Kevin Teel	CV		2005
	Chirs Casey	CV		2005
	Kevan Turner	CV		2005
400 R	CV (Rosby, F. Rice, E. Rice, Oliver)		43.4	2008
1600R	Tennyson		3:29.6'	1975

FROSH-SOPH BOYS:

100	Bill Burrell	T	11.7'	1973
200	Darnell Reed	CV	23.8	2008
400	Bobby Batis	CV	54.1	2008
800	Dan Furuyama	CV	2:07.6	1993
1600	Jason Atwood	CV	4:42.0	1988
3200	Calvin Gaziano	CV	10:05.8	1982
HH	Kevin Oates	CV	16.9	1997
LH	Kevin Smittle	T	42.9'	1977
IH	Kwame Hudson	CV	45.07	2009
LJ	Mike Bumgardner	Canyon	18-9	1969
TJ	Marve Eggleston	T	39-8	1977
HJ	Keith Brown	CV	5-8	1975
	Tom Kincaid	T		1977
	Tom Peters	CV		1979
	Alex Foster	CV		2008
SP	Junior Saga	T	51-5 1/2	1987
D	Junior Saga	T	132-1	1987
PV	Dickson	T	10-6	1965
	Jordan Laris	CV		2009
400 R	Tennyson		46.6'	1967
	CV (Reed, Batis, Kim, Biondi)		46.6	2008
1600R	CV (R. Hassler, Patterson, D. Furuyama, A. Abramenko)		3:47.4	1993

Castro Valley vs. Tennyson

VARSITY GIRLS:

100	Marsha Whalen	T	12.5	1981
200	Bridget Cunningham	CV	25.9'	1980
400	Bridget Cunningham	CV	59.7'	1980
800	Karin Lambden	CV	2:17.5	1981
1600	Debbie Lee	Canyon	5:15.1'	1977
3200	Kelsey Santisteban	CV	11:17.7	2008
HH	(30") Marsha Whalen	T	15.5	1982
	(33") Teia Truesdale	T	16.0	2004
IH	Eileen Cunningham	CV	45.9	1981
LJ	Tisha Uwadiae	CV	16-11	2006
TJ	Tisha Uwadiae	CV	37-9	2006
HJ	Felicia Suminski	CV	5-0	1980
	Loryn Bailey	CV		1999
SP	Rashawnda Holmes	T	36-11	1994
D	Rashawnda Holmes	T	123-11	1994
PV	Erin McCarthy	CV	10-0	2002
400 R	CV (Isha Rush, Brianna Miller, Taofeqat Alli, Celeste Martore)		50.79	2009
1600R	CV (Taylor, B. Cunningham, Gove, Lee)		4:13.8'	1979

FROSH-SOPH GIRLS:

100	Maya Chissell	CV	13.53	2009
200	Maya Chissell	CV	28.12	2009
400	Megan Lee	CV	63.1	2007
800	Chelsea Schneider	CV	2:28.2	2007
1600	Colleen McGrellis	CV	5:32.0	1998
3200	Pam MacLeod	CV	12:22.0	2007
HH	Briana Kim	CV	18.1	2005
IH	Arianna Posey	CV	52.79	2009
LJ	Lidia Barajas	CV	15-4	2009
TJ	Elyce Highstreet	CV	34-0.5	2009
HJ	Katy Stewart	CV	4-7	2002
SP	Arianna Posey	CV	29-10	2009
D	Tiffany Rizzo	CV	93-2	1998
PV	Rebecca Knight	CV	8-0	2005
400 R	CV (C. Lee, Chissell, Sacha, Highstreet)		53.10	2004
1600R	CV (C. Schneider, Philpott, Owyang, M.Lee)		4:24.1	2007