

Hayward Area Athletic League Finals Heat Sheets

Event 3 Girls 4x100 Meter Relay Fr/So

Section 1 of 1 Timed Finals

2	HAY	A	NT
	1) Talley, Rhiannah 10		
	2) Gutierrez, Valeska 10		
	3) Sawiris, Anne 10		
	4) Younger, Monique 10		
3	MC	A	56.14
	1) Galvez, Athenie 9		
	2) Garcia, Mariah 9		
	3) Meniou, Elise 10		
	4) Patrick, Tiffanie 10		
4	CV	A	51.95
	1) Barajas, Lidia 10		
	2) Chissell, Maya 9		
	3) Boisse, Sara 10		
	4) Sacha, Monique 10		
5	BOD	A	52.54
	1) Brown, Asya 10		
	2) Pulliam, Blake 9		
	3) Scott, Amina 9		
	4) Maas, Rachel 9		
6	SL	A	56.94
	1) Randall, Chelsea 10		
	2) Watson, Chantel 10		
	3) Bradshaw, Aliyah 10		
	4) Le, Christie 9		
7	ARR	A	NT
	1) Harris, Monique 9		
	2) Espinoza, Yocelyn 10		
	3) Sibal, Mariza 10		
	4) Briseno, Jackie 10		

Event 4 Boys 4x100 Meter Relay Fr/So

Section 1 of 1 Timed Finals

2	MC	A	49.84
	1) Pentoja, Brannon 10		
	2) Rodden, Nicolas 9		
	3) Troung, Michael 9 4) Wilson, Robbie 9		
3	CV	A	46.80
	1) West, Alex 10		
	2) Kim, Aaron 10		
	3) Lu, Steven 10		
	4) Han, Nate 10		
4	SL	A	45.94
	1) McNeally, Mas 10		
	2) Cummings, Ellis 10		
	3) McBride, Andre 9		
	4) Obidiegou, Kyrian 10		
5	BOD	A	46.14
	1) Balich, Matt 10		
	2) Schwartz, Jaejun 9		
	3) Jackson, Kendall 9		
	4) Crum, Josh 9		
6	TENN	A	49.64
	1) Butler, Halston 9		
	2) Gann, Joshua 10		
	3) Dominguez, Jose 10		
	4) Braga, John paul 10		
7	HAY	A	54.14
	1) Caro, William 9		
	2) Ellison, Mayori 9		
	3) Ignacio, Jhony 9		
	4) Webb, Chris 9		

Event 5 Girls 4x100 Meter Relay Var.

Section 1 of 1 Timed Finals

2	TENN	A	57.84
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	1) Gant, Melissa 11		
	2) Lacey, Tonisha 11		
	3) lee, alicia 11		
	4) Grant, Myesha 11		
3	SL	A	51.94
	1) Tran, Christina 11		
	2) Wilkins, Aliyah 9		
	3) Chung, Jyngyoon 11		
	4) Silva, Jazmyn 11		
4	BOD	A	50.74
	1) Ellis, Olivia 11		
	2) Jones, Shanel 11		
	3) Jackson, Randi 9		
	4) Ross, Ahmbria 10		
5	CV	A	50.97
	1) Lee, Megan 12		
	2) Alli, Taofeqat 11		
	3) Martore, Celeste 9		
	4) Rush, Ilesha 12		
6	MC	A	53.94
	1) Overshoun-HALL, Jordan 1		
	2) Horsley, Nivana 12		
	3) Carnes, Stephanie 12		
	4) Harbert, Nicole 10		
7	SLZ	A	NT
	1) Lomeli, Tania 11		
	2) Revuelta, Claudia 12		
	3) Sin, Malysa 12		
	4) DaLiva, Racquel 11		

Event 6 Boys 4x100 Meter Relay Var.

Section 1 of 1 Timed Finals

1	ARR	A	NT
	1) Cham, Jason 12		
	2) Clover, Chris 11		
	3) DeGuzman, Luis 11		
	4) Moore, Dijon 11		
2	TENN	A	45.34
	1) Roache, Alex 12		
	2) Towles, Marvin 10		
	3) Villalobos, Everado 12		
	4) Shanklin, Torrance 11		
3	SL	A	43.84
	1) Bradford, Alviator 11		
	2) Wilson, Davon 12		
	3) Wilson, Laron 12		
	4) Wilson, Devonte 11		
4	Castro Valley	A	42.54
	1) Adesanya, Omodele 12		
	2) Sarrico, Kevin 12		
	3) Batis, Robert 10		
	4) Hamilton, CJ 10		
5	BOD	A	43.14
	1) Brown, Mario 11		
	2) Prince, James 11		
	3) Simpson, Cherod 12		
	4) Jones, Chad 12		
6	Moreau	A	45.24
	1) Nisnisan, Mark 11		
	2) Thomas, Christopher 12		
	3) Munos, Marcos 11		
	4) Gatula, Austin 11		
7	SLZ	A	NT
	1) Kirven, Soloman 11		
	2) Luizinho, Kevin 12		
	3) Diaz, John 12		
	4) Le, Man 11		

Event 1 Girls 1600 Meter Run Fr/So

Heat 1 of 2 Prelims

1	Martines, Marisa	10	CV	5:42.08
2	Micheaux, Claire	9	BOD	5:50.00
3	Piccillo, Emma	10	CV	5:51.78
4	Garcia, Irmay	10	HAY	5:55.00
5	Lee, Krystie	9	SL	6:02.00
6	Safreno, Erin	10	MC	6:12.34
7	Kaye, Danielle	10	ARR	6:15.00
8	Chopra, Priya	9	CV	6:29.24
9	Hannon, Maggie	10	MC	6:34.54
10	Dam, Cindy	10	ME	6:52.00
11	Ma, Cindy	9	ME	6:59.00
12	Calderon, Fatima	10	HAY	7:21.80
13	Robles, Rebecca	9	SLZ	7:24.00

Heat 2 of 2 Prelims

1	Spiegel, Laura	9	ARR	5:48.00
2	Hyland, Brenna	9	BOD	5:49.00
3	Fong, Samantha	9	CV	5:52.64
4	Bailey, Aurora	9	CV	5:53.33
5	Coronado, Cristina	10	HAY	6:03.00
6	Chi, Isabel	10	CV	6:10.99
7	Anders, Rachael	10	BOD	6:18.00
8	Sandino, Miram	10	ARR	6:29.00
9	Stair, Ami	10	ARR	6:42.00
10	Chan, Kaitlyn	9	BOD	6:50.00
11	Sequeira, Caroline	9	BOD	7:10.00
12	Pulido, Edith	10	HAY	7:17.70
13	Duran, Ariana	10	HAY	NT

Event 2 Boys 1600 Meter Run Fr/So

Heat 1 of 2 Prelims

1	Nugal, Marvin	10	ME	4:52.00
2	Lew, Gary	9	SL	4:56.00
3	Degroot, Jonathan	9	BOD	4:58.00
4	Ruvalcaba, Arthur	10	ME	5:03.00
5	Morales, Emanuel	9	ME	5:07.00
6	Jordan, Auburn	10	ME	5:12.00
7	Mercadal, Balbino	10	ARR	5:12.00
8	Gonzalez, Juan	9	SL	5:20.00
9	Wummer, Jonathan	9	CV	5:22.36
10	Nyugen, Vincent	10	MC	5:30.00
11	Ott, Tynan	9	MC	5:35.00
12	Abolencia, Justin	9	ARR	6:00.00
13	Carranza, Oscar	10	SLZ	6:07.40
14	Damian, Lee	9	TENN	6:30.60
15	Asvitt, Kevin	9	ARR	7:20.00

Heat 2 of 2 Prelims

1	Greer, Stephn	9	SL	4:55.00
2	Berman, Juan	10	CV	4:55.93
3	John, Calvin	9	BOD	4:58.00
4	Owyang, Gregory	10	CV	4:59.88
5	Maderal, Josh	9	HAY	5:09.00
6	Le, Collyn	9	SL	5:09.00
7	Mangonon, Gabriel	10	ME	5:12.00
8	Smith, Brandon	9	MC	5:13.00
9	Perez, Giovanni	9	ME	5:28.00
10	Lasser, Alex	9	BOD	5:30.00
11	Barney, Robert	9	CV	5:44.83
12	Habtay, Gide	9	HAY	5:46.00
13	Mathews, Cole	9	MC	6:15.00
14	Dulkie, Sean	9	ARR	6:25.00

Event 7 Girls 1600 Meter Run Var.

Heat 1 of 2 Prelims

1	Dubose, Damajeria	12	BOD	4:59.90
2	Riley, Arianne	10	HAY	5:26.99
3	Yang, Nicole	11	CV	5:29.94

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4	Sutedja, Ashley	11	CV	5:35.13
5	Diaz, Marie	9	BOD	5:40.00
6	Crosby, Cassie	12	MC	6:15.00
7	Ramirez, Karla	11	SLZ	6:18.60
8	Bullins, Cameren	-	SL	6:33.00
9	Anklam, Katy	12	ARR	6:42.00
10	Monarrez, Vannessa	11	TENN	6:57.90
11	ngo, andrea	11	TENN	6:57.90
12	Harris, Eileen	11	MC	7:00.00
13	McGinty, Claire	11	MC	7:00.00

Heat 2 of 2 Prelims

1	Santisteban, Kelsey	10	CV	5:04.55
2	Wummer, Elise	11	CV	5:10.60
3	Spees, Kaitlyn	10	BOD	5:30.00
4	Granados, Ayla	12	CV	5:30.10
5	Bui, Anh	12	ARR	5:48.00
6	Canela, Janet	11	SL	5:54.00
7	Canonizado, Karissa	11	MC	6:20.00
8	Wong, Jessica	11	SL	6:26.00
9	Lei, Winnie	11	SL	6:43.00
10	Haroon, Nazma	11	TENN	6:56.80
11	Calma, Emilia	11	BOD	6:59.00
12	Senorin, Cassandra	11	SLZ	6:59.70

Event 8 Boys 1600 Meter Run Var.

Heat 1 of 2 Prelims

1	Thomas, Danny	11	ARR	4:17.00
2	Weekes, Norman	11	CV	4:38.40
3	Alvarado, Edgar	11	SL	4:39.00
4	Luong, Bryant	11	TENN	4:45.80
5	Kane, Sam	9	BOD	4:50.00
6	Talley, Vince	11	CV	4:59.40
7	Crump, Matthew	11	CV	4:59.84
8	Hurtado, Diego	11	HAY	5:07.00
9	Mendoza, Justin	11	BOD	5:09.00
10	Magsombol, Abraham	11	ME	5:13.00
11	Magno, Patrick	11	MC	5:15.00
12	Thomas, Justin	11	MC	5:30.00
13	Mudaliar, Aaron	11	ME	5:45.00
14	Suchit, Nikiel	10	ME	6:01.90
15	Romero, Miguel	10	ME	6:02.00
16	Cervantes, Franco	11	TENN	6:28.90
17	Manzo, Alex	11	TENN	6:38.90

Heat 2 of 2 Prelims

1	Zerehairanot, Bisrat	Sr	HAY	4:22.28
2	Eversole, Ben	10	CV	4:33.42
3	Ashby, Tom	11	CV	4:43.90
4	Diaz, Joe	12	BOD	4:45.00
5	Snow, Andrew	11	ARR	4:53.00
6	Nyberg, Ryan	11	BOD	4:58.00
7	Salgado, Anthony	12	Moreau	5:05.00
8	Peek, Scott	11	CV	5:05.63
9	John, Jordan	11	BOD	5:10.00
10	Ishihara, Myles	11	BOD	5:11.00
11	Zhang, Wilson	12	ARR	5:20.00
12	Tsang, Simon	12	SL	5:21.00
13	Aguyo, Rafael	10	Mt Eden	5:52.00
14	Fang, David	12	SL	5:54.00
15	Chan, Brenden	11	ARR	6:03.00
16	Zaro, Eric	11	MC	6:10.00

Event 9 Girls 100 Meter Hurdles 33" IH Fr/So

Heat 1 of 2 Prelims

2	Grewal, Manpreet	10	ARR	22.64
3	Navarro, Yvett	9	MC	19.24
4	Bowersmith, Kelsea	9	ARR	17.84
5	Posey, Arianna	10	CV	18.67
6	Wong, Brenda	10	ARR	20.84

Heat 2 of 2 Prelims

2	Brekke, Ashley	9	SLZ	24.13
3	Townsend, Young-Hi	10	ARR	20.14
4	Barajas, Lidia	10	CV	18.22
5	Partida, Victoria	10	ARR	18.54
6	Nguyen, Lily	10	ARR	20.74
7	Batilo, Christina	10	TENN	24.94

Event 10 Girls 100 Meter Hurdles 33" IH Var.

Heat 1 of 2 Prelims

2	Simbra, Tanya	11	CV	18.74
3	Mader, Halina	10	BOD	16.24
4	Solis, Deborah	12	ARR	14.44
5	Toler, Laurena	12	BOD	15.54
6	Guan, Jacqueline	10	ARR	18.44
7	Schwyster, Nadia	11	ARR	NT

Heat 2 of 2 Prelims

2	Clive, Joanna	11	ARR	19.84
3	Aldridge, Monique	11	CV	16.50
4	Gibbs, Jordan	12	BOD	15.24
5	Ross, Ahmbria	10	BOD	15.24
6	Kalia, Astha	12	ARR	18.14
7	Olmstead, Rebecca	12	TENN	21.94

Event 11 Boys 110 Meter Hurdles 36" HH Fr/So

Heat 1 of 2 Prelims

1	Woods, Shaquille	10	SL	21.24
2	Ruth, TJ	9	BOD	20.04
3	Chen, Howard	9	SL	18.74
4	Hudson, Kwame	10	CV	17.48
5	Butler, Halston	9	TENN	18.04
6	Fong, Sam	9	BOD	20.04
7	Henze, Garret	10	BOD	20.54

Heat 2 of 2 Prelims

1	Liu, Johnny	9	SL	22.24
2	Pacheio, Luis	10	TENN	20.24
3	Ruvalcaba, Arthur	10	ME	19.24
4	Imlack, Jeremy	9	MC	17.54
5	Wiegardt, Nick	10	CV	17.61
6	Laris, Jordan	10	CV	19.60
7	Mohammend, Matt	10	TENN	20.24
8	Gann, Joshua	10	TENN	NT

Event 12 Boys 110 Meter Hurdles 39" HH Var.

Heat 1 of 2 Prelims

1	Nyembo, Mike	11	BOD	20.04
2	DeGuzman, Luis	11	ARR	17.64
3	Mchorter, Quentin	12	BOD	15.34
4	Valentine, Jr, Maurice	12	CV	14.46
5	Williams, Alan	10	BOD	15.24
6	Nikssarian, Adam	12	CV	16.69
7	Cham, Jason	12	ARR	18.54
8	Chambers, Chris	11	HAY	NT

Heat 2 of 2 Prelims

1	Le, Man	11	SLZ	20.24
2	Sorenson, Anthony	12	ARR	17.74
3	Mackey, Jordan	12	CV	15.51
4	Jones, Chad	12	BOD	14.64
5	Wilson, Davon	12	SL	15.24
6	Manag, Lorenzo	10	BOD	16.14
7	Monroe, Desmond	11	SL	17.74
8	Smith, Terrance	12	TENN	20.24

Event 13 Girls 400 Meter Dash Fr/So

Heat 1 of 3 Prelims

1	Sommer, Megan	10	MC	1:15.14
2	Phelan, Marissa	10	MC	1:08.14

3	Brinkman, Sarah	10	CV	1:07.10
4	Gardins, Karra	9	MC	1:02.64
5	Meniou, Elise	10	MC	1:06.14
6	Schneider, Marisa	10	CV	1:07.64
7	Muriithi, Rosenancy	9	SL	1:12.14

Heat 2 of 3 Prelims

2	Pulliam, Blake	9	BOD	1:08.14
3	Watson, Chantel	10	SL	1:07.14
4	Maas, Rachel	9	BOD	1:05.14
5	Le, Christie	9	SL	1:06.14
6	Espinoza, Yocelyn	10	ARR	1:07.64
7	Yap, Karina	9	MC	1:10.14

Heat 3 of 3 Prelims

2	Castenda, Kyrene	9	ME	1:10.14
3	Gilchriese, Carolyn	10	CV	1:07.16
4	Williams, Brianna	9	BOD	1:05.14
5	Sibal, Mariza	10	ARR	1:06.04
6	Talley, Rhiannah	10	HAY	1:07.44
7	Navarro, Yvett	9	MC	1:10.14

Event 14 Boys 400 Meter Dash Fr/So

Heat 1 of 4 Prelims

1	pehaway, jemel	9	TENN	1:01.54
2	Francis, Carlton	9	BOD	59.14
3	Nguyen, David	10	ME	57.14
4	Koep, Robbie	10	BOD	54.14
5	Webb, Chris	9	HAY	57.14
6	Sanchez, Dominic	9	BOD	59.14
7	Wilson, Robbie	9	MC	1:00.14

Heat 2 of 4 Prelims

1	McFadden, Jordan	9	TENN	1:02.34
2	Kaing, Davin	9	SL	59.94
3	Aulakh, Justin	10	MC	57.14
4	Kelley, Sean	9	BOD	54.14
5	McBride, Andre	9	SL	56.74
6	Cervantez, Francisco	9	CV	59.04
7	Ignacio, Jhony	9	HAY	1:00.14

Heat 3 of 4 Prelims

1	Ellison, Mayori	9	HAY	1:03.14
2	Bracy, Dwayne	10	CV	1:00.01
3	Durin, Matt	9	BOD	58.14
4	Davis, Ben	10	CV	54.37
5	Contreras, Jose	10	SL	56.64
6	Martinez, Lyndon	10	ME	58.14
7	Rasay, David	10	MC	1:00.14

Heat 4 of 4 Prelims

1	Lazaro, Justin	10	MC	1:10.14
2	Wong, Mathew	9	MC	1:00.14
3	Pedilla, Eric	9	MC	58.14
4	Obidiegou, Kyrian	10	SL	54.94
5	Chavez, Cristian	10	CV	56.55
6	Speltz, Zach	9	BOD	58.14
7	Mendez, Cesar	9	ARR	1:00.14

Event 15 Girls 400 Meter Dash Var.

Heat 1 of 3 Prelims

2	Carnes, Stephanie	12	MC	1:10.14
3	Highstreet, Elyse	9	CV	1:05.94
4	Lee, Megan	12	CV	1:01.68
5	Furino, Tiffany	11	CV	1:04.39
6	Shafer, Jessika	11	ARR	1:09.14
7	Harbert, Nicole	10	MC	NT

Heat 2 of 3 Prelims

2	Lomeli, Tania	11	SLZ	1:10.70
3	Horsley, Nivana	12	MC	1:07.14
4	Wardel, Trinity	10	BOD	1:02.14
5	Quamina, Katherine	10	BOD	1:03.14
6	Quiambao, Stephanie	11	MC	1:09.14

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7	Turner, Jocelyn	11	HAY	NT
Heat 3 of 3 Prelims				
2	Shin, Angie	11	CV	1:11.08
3	Johnson, Erika	10	SL	1:08.14
4	Tran, Christina	11	SL	1:03.14
5	Wilkins, Aliyah	9	SL	1:03.14
6	Jung, GiGi	11	SL	1:08.14
7	Clore, Rebecca	11	ARR	1:15.14

Event 16 Boys 400 Meter Dash Var.

Heat 1 of 4 Prelims

1	Latu, Stefano	12	ME	1:05.00
2	Perry, Brandon	11	SLZ	58.94
3	Castro, Eric	11	BOD	54.14
4	Batis, Robert	10	CV	51.48
5	Simpson, Cherod	12	BOD	52.14
6	Merrweather, Cam	11	CV	54.76
7	Luizinho, Kevin	12	SLZ	59.13
8	Gatula, Austin	11	MC	1:05.14

Heat 2 of 4 Prelims

1	Deng, Raymond	12	ARR	1:03.14
2	Nisnisan, Mark	11	MC	58.14
3	Thomas, Christopher	12	MC	54.14
4	Roache, Alex	12	TENN	51.34
5	King, TJ	9	BOD	52.64
6	Towies, Marvin	10	TENN	54.84
7	Diaz, John	12	SLZ	59.24
8	Segundino, Paul	11	ME	1:06.60

Heat 3 of 4 Prelims

1	Yee, Ryan	11	ARR	1:02.14
2	Munos, Marcos	11	MC	58.14
3	Villalobos, Everado	12	TENN	53.94
4	Hamilton, CJ	10	CV	50.74
5	Foster, Alexander	10	CV	52.85
6	Moore, Dijon	11	ARR	54.94
7	Bell, Andre	12	ME	1:01.00

Heat 4 of 4 Prelims

1	Greathouse, Scott	11	ARR	1:01.14
2	Coronado, Ruben	12	TENN	56.94
3	Wilson, Devonte	11	SL	53.14
4	Wilson, Laron	12	SL	50.34
5	Bradford, Alvictor	11	SL	52.94
6	Reyes, Jose	11	TENN	56.94
7	Collier, Sean	12	ARR	1:01.14

Event 19 Girls 100 Meter Dash Fr/So

Heat 1 of 3 Prelims

1	Younger, Monique	10	HAY	NT
2	Brown, Asya	10	BOD	14.74
3	Lee, Crystal	10	CV	14.24
4	Chissell, Maya	9	CV	13.53
5	Kelly, Brianna	9	BOD	14.14
6	Gardins, Karra	9	MC	14.74
7	Ho, Stephanie	9	MC	16.57

Heat 2 of 3 Prelims

2	Garcia, Mariah	9	MC	14.90
3	Galvez, Athenie	9	MC	14.33
4	Boisse, Sara	10	CV	13.94
5	Randall, Chelsea	10	SL	14.14
6	Ceniceros, Julia	10	CV	14.65
7	Pillay, Cynthia	10	MC	15.83

Heat 3 of 3 Prelims

2	Briseno, Jackie	10	ARR	15.44
3	Harris, Monique	9	ARR	14.34
4	Sacha, Monique	10	CV	13.99
5	Scott, Amina	9	BOD	14.04
6	Velasquez, Melissa	10	CV	14.41
7	Patrick, Tiffanie	10	MC	15.44

Event 20 Boys 100 Meter Dash Fr/So

Heat 1 of 4 Prelims

1	Gracia, Ernie	10	TENN	13.54
2	Dominguez, Jose	10	TENN	12.74
3	Lu, Steven	10	CV	12.40
4	Johnson, Mike	10	SLZ	11.88
5	Imlack, Jeremy	9	MC	11.97
6	McNeally, Mas	10	SL	12.44
7	Jones, DJ	9	BOD	12.74
8	Cotton, Joe	10	ARR	13.64

Heat 2 of 4 Prelims

1	Gutierrez, Allen	9	BOD	13.04
2	Dudley, Allan	10	SL	12.74
3	Johnson, Nate	9	MC	12.39
4	Schwartz, Jaejun	9	BOD	11.64
5	Jackson, Kendall	9	BOD	12.04
6	West, Alex	10	CV	12.55
7	Wilson, Robbie	9	MC	12.75

Heat 3 of 4 Prelims

1	Afshar, Moner	10	CV	12.91
2	Cabrera, Carl	9	SL	12.74
3	Han, Nate	10	CV	12.29
4	Pentoja, Brannon	10	MC	11.45
5	Crum, Josh	9	BOD	12.04
6	Pedilla, Eric	9	MC	12.62
7	Joung, Joon	10	CV	12.79

Heat 4 of 4 Prelims

1	Braga, John paul	10	TENN	12.84
2	Kim, Aaron	10	CV	12.64
3	Cummings, Ellis	10	SL	12.14
4	Troung, Michael	9	MC	11.24
5	Lawless, Alex	9	BOD	12.04
6	Caro, William	9	HAY	12.64
7	Mendez, Cesar	9	ARR	12.84

Event 21 Girls 100 Meter Dash Var.

Heat 1 of 4 Prelims

1	Clore, Rebecca	11	ARR	15.64
2	Ward, Teaira	12	TENN	14.24
3	Hall, Jordan	10	MC	13.53
4	Boyd, Alitta	12	MC	12.25
5	Rush, Iesha	12	CV	13.51
6	Wylie, Elon	9	BOD	14.04
7	Harris, Danielle	12	CV	15.22

Heat 2 of 4 Prelims

1	Sin, Malysa	12	SLZ	15.84
2	Lacey, Tonisha	11	TENN	14.24
3	Davis, Gabrielle	12	ARR	13.54
4	Miller, Brianna	10	CV	13.07
5	Ross, Ahmbria	10	BOD	13.44
6	Grant, Myesha	11	TENN	14.04
7	Horsley, Nivana	12	MC	14.96
8	Ani, Jorcelyn	11	HAY	NT

Heat 3 of 4 Prelims

1	Revuelta, Claudia	12	SLZ	16.11
2	lee, alicia	11	TENN	14.24
3	Silva, Jazmyn	11	SL	13.64
4	Jackson, Randi	9	BOD	13.24
5	Chung, Jyngyoon	11	SL	13.44
6	Solis, Deborah	12	ARR	13.94
7	Cruz, Ashley	11	ARR	14.84
8	Fiannigan, Jasmine	11	HAY	NT

Heat 4 of 4 Prelims

1	DaLiva, Racquel	11	SLZ	14.79
2	Carnes, Stephanie	12	MC	14.59
3	Gant, Melissa	11	TENN	13.84
4	Ellis, Olivia	11	BOD	13.24

5	Alli, Taofeqat	11	CV	13.40
6	Harbert, Nicole	10	MC	13.91
7	Quiambao, Stephanie	11	MC	14.79
8	Hendrex, Jessica	11	CV	NT

Event 22 Boys 100 Meter Dash Var.

Heat 1 of 4 Prelims

1	Lemar, Slabawiz	11	TENN	12.74
2	Nisnisan, Mark	11	MC	12.34
3	Gaines, Justin	12	HAY	11.89
4	Oliver, Dash	12	CV	10.63
5	Kirven, Solomon	11	SLZ	11.85
6	Sigler, Chris	11	CV	12.33
7	Neagu, Tim	11	SL	12.74

Heat 2 of 4 Prelims

1	Munos, Marcos	11	MC	12.77
2	Powers, Julian	11	TENN	12.44
3	Valentine, Jr, Maurice	12	CV	11.96
4	Rosby, Damion	10	CV	10.98
5	Adesanya, Omodele	12	CV	11.74
6	Thomas, Christopher	12	MC	12.24
7	Gonzales, Nico	11	HAY	12.74
8	Gatula, Austin	11	MC	14.14

Heat 3 of 4 Prelims

1	Garcia, Jessie	12	ARR	12.84
2	Mayfield, Eli	11	SL	12.54
3	Harris, Devin	11	BOD	12.04
4	Brown, Mario	11	BOD	11.34
5	Sarrico, Kevin	12	CV	11.73
6	Thomas, Tyler	11	HAY	12.19
7	Doan, Louis	11	TENN	12.74
8	Chen, Alex	11	ARR	13.44

Heat 4 of 4 Prelims

1	Kapadia, Vishal	10	TENN	12.84
2	Low, Kevin	11	ARR	12.54
3	Song-white, Alistar	11	BOD	12.14
4	Ward, Tyrone	10	BOD	11.54
5	Prince, James	11	BOD	11.54
6	Jones, Eldron	11	SL	12.14
7	Grant, Jonte	10	MC	12.74
8	Clover, Chris	11	ARR	13.04

Event 23 Girls 800 Meter Run Fr/So

Heat 1 of 4 Prelims

1	Sommer, Megan	10	MC	3:22.00
2	Sandino, Miram	10	ARR	3:02.00
3	Coronado, Cristina	10	HAY	2:45.00
4	Hyland, Brenna	9	BOD	2:30.00
5	Bailey, Aurora	9	CV	2:42.99
6	Hannon, Maggie	10	MC	2:59.51
7	Sharma, Manisha	9	ME	3:20.00

Heat 2 of 4 Prelims

1	Robles, Rebecca	9	SLZ	3:24.70
2	Calderon, Fatima	10	HAY	3:05.00
3	Safreno, Erin	10	MC	2:45.00
4	Piccillo, Emma	10	CV	2:32.20
5	Gilchriese, Carolyn	10	CV	2:42.59
6	Lee, Krystie	9	SL	2:58.00
7	Ma, Cindy	9	ME	3:11.00

Heat 3 of 4 Prelims

1	Singh, Probhjot	9	ME	3:30.00
2	Stair, Ami	10	ARR	3:05.00
3	Devlin, Allie	9	BOD	2:50.00
4	Spiegel, Laura	9	ARR	2:39.00
5	Fong, Celia	9	BOD	2:42.00
6	Chopra, Priya	9	CV	2:58.00
7	Sequeira, Caroline	9	BOD	3:10.00

Heat 4 of 4 Prelims

Hayward Area Athletic League Finals Heat Sheets

1	Duran, Ariana	10	HAY	NT
2	Dam, Cindy	10	ME	3:06.00
3	Pulido, Edith	10	HAY	2:57.00
4	Micheaux, Claire	9	BOD	2:39.00
5	Garcia, Irmay	10	HAY	2:42.00
6	Ly-Peh, Cecelia	10	CV	2:57.77
7	Phelan, Marissa	10	MC	3:09.00
8	Callies, Karla	10	HAY	NT

Event 24 Boys 800 Meter Run Fr/So

Heat 1 of 4 Prelims

1	Abolencia, Justin	9	ARR	3:06.00
2	Kendall, Mason	9	BOD	2:20.00
3	Ruvalcaba, Arthur	10	ME	2:18.00
4	Degroot, Jonathan	9	BOD	2:09.00
5	Jordan, Auburn	10	ME	2:17.00
6	Lew, Gary	9	SL	2:20.00
7	Carranza, Oscar	10	SLZ	2:51.20

Heat 2 of 4 Prelims

1	Advani, Darshan	9	MC	3:20.00
2	Le, Collyn	9	SL	2:23.00
3	Nguyen, David	10	ME	2:18.00
4	Nugal, Marvin	10	ME	2:10.00
5	Gonzalez, Juan	9	SL	2:15.00
6	Martinez, Lyndon	10	ME	2:20.00
7	Mathews, Cole	9	MC	2:50.00

Heat 3 of 4 Prelims

1	Asvitt, Kevin	9	ARR	3:40.00
2	Mercadal, Balbino	10	ARR	2:24.00
3	Mangonon, Gabriel	10	ME	2:18.00
4	Berman, Juan	10	CV	2:10.24
5	Maderal, Josh	9	HAY	2:15.00
6	Smith, Brandon	9	MC	2:20.00
7	Habtay, Gide	9	HAY	2:45.00

Heat 4 of 4 Prelims

2	Nyugen, Vincent	10	MC	2:30.00
3	Wummer, Jonathan	9	CV	2:18.48
4	Greer, Stephn	9	SL	2:11.00
5	Conteras, Jose	10	SL	2:14.00
6	La, Johnathan	10	CV	2:18.98
7	Ottis, Tynan	9	MC	2:34.53

Event 25 Girls 800 Meter Run Var.

Heat 1 of 3 Prelims

1	Harris, Eileen	11	MC	3:20.00
2	Canela, Janet	11	SL	2:51.00
3	Santisteban, Kelsey	10	CV	2:24.44
4	Rivers Birt, Lia	12	BOD	2:12.40
5	Riley, Arianne	10	HAY	2:21.80
6	Bullins, Cameren	-	SL	2:51.00
7	McGinty, Claire	11	MC	3:20.00

Heat 2 of 3 Prelims

1	Monarrez, Vanessa	11	TENN	3:45.60
2	Ramirez, Karla	11	SLZ	2:53.00
3	Diaz, Marie	9	BOD	2:30.00
4	Schneider, Chelsea	11	CV	2:16.96
5	Wummer, Elise	11	CV	2:21.31
6	Shin, Angie	11	CV	2:50.70
7	Senorin, Cassandra	11	SLZ	3:11.90

Heat 3 of 3 Prelims

1	ngo, andrea	11	TENN	3:45.60
2	Lei, Winnie	11	SL	2:55.00
3	Crosby, Cassie	12	MC	2:45.00
4	Dubose, Damajeria	12	BOD	2:19.50
5	Granados, Ayla	12	CV	2:20.54
6	Canonizado, Karissa	11	MC	2:50.00
7	Kuang, Tina	11	SL	2:58.00
8	Haroon, Nazma	11	TENN	3:45.60

Event 26 Boys 800 Meter Run Var.

Heat 1 of 4 Prelims

1	Thomas, Justin	11	MC	2:30.00
2	Luong, Bryant	11	TENN	2:15.50
3	Mendoza, Justin	11	BOD	2:09.00
4	Manzo, Alex	11	TENN	3.40
5	Alvarado, Edgar	11	SL	2:06.00
6	Ishihara, Myles	11	BOD	2:15.00
7	Magsombol, Abraham	11	ME	2:29.00

Heat 2 of 4 Prelims

1	Fang, David	12	SL	2:31.00
2	Peek, Scott	11	CV	2:17.80
3	Villalobos, Everado	12	TENN	2:10.40
4	Thomas, Danny	11	ARR	1:57.00
5	Bourdier, Austin	12	BOD	2:06.00
6	Magno, Patrick	11	MC	2:15.00
7	Chan, Brenden	11	ARR	2:29.00

Heat 3 of 4 Prelims

1	Aguayo, Rafael	10	ME	2:34.00
2	Diliberto, Deven	11	BOD	2:18.00
3	Hurtado, Diego	11	HAY	2:12.00
4	Martore, Anthony	10	CV	1:59.05
5	Weekes, Norman	11	CV	2:05.60
6	Tsang, Simon	12	SL	2:14.00
7	Neisse, Matt	12	SL	2:21.00
8	Nguyen, Brian	11	BOD	3:10.00

Heat 4 of 4 Prelims

1	Mudaliar, Aaron	11	ME	2:40.00
2	Zhang, Wilson	12	ARR	2:19.00
3	Snow, Andrew	11	ARR	2:13.00
4	Zerehaimanot, Bisrat	Sr	HAY	2:01.02
5	Diomande, Sulayman	10	CV	2:02.00
6	Talley, Vince	11	CV	2:13.33
7	Salgado, Anthony	12	MC	2:20.00
8	Zaro, Eric	11	MC	2:45.00

Event 27 Girls 300 Meter Hurdles 30" LH Fr/So

Heat 1 of 2 Prelims

2	Brekke, Ashley	9	SLZ	1:00.25
3	Nguyen, Lily	10	ARR	59.14
4	Barajas, Lidia	10	CV	50.68
5	Partida, Victoria	10	ARR	55.24
6	Batilo, Christina	10	TENN	1:00.14

Heat 2 of 2 Prelims

2	Navarro, Yvett	9	MC	2:00.14
3	Townsend, Young-Hi	10	ARR	59.24
4	Posey, Arianna	10	CV	52.34
5	Bowersmith, Kelsea	9	ARR	52.44
6	Wong, Brenda	10	ARR	59.54

Event 28 Boys 300 Meter Hurdles 33" IH Fr/So

Heat 1 of 3 Prelims

1	Mohammend, Matt	10	TENN	55.24
2	Braga, John paul	10	TENN	51.44
3	Ruth, TJ	9	BOD	49.14
4	Chen, Howard	9	SL	17.64
5	Fong, Sam	9	BOD	49.14
6	Sanchez, Dominic	9	BOD	50.14
7	Ellison, Mayori	9	HAY	54.84

Heat 2 of 3 Prelims

1	Iscandari, Dzul	9	MC	1:05.24
2	Wiegardt, Nick	10	CV	51.52
3	Ignacio, Jhony	9	HAY	49.44
4	Hudson, Kwame	10	CV	45.07
5	Woods, Shaquille	10	SL	48.14
6	Speltz, Zach	9	BOD	50.14
7	Henze, Garret	10	BOD	53.14

Heat 3 of 3 Prelims

1	Dominguez, Jose	10	TENN	1:26:45.14
2	Gann, Joshua	10	TENN	51.74
3	Butler, Halston	9	TENN	49.74
4	Webb, Chris	9	HAY	45.24
5	Laris, Jordan	10	CV	47.00
6	Bracy, Dwayne	10	CV	49.89
7	Liu, Johnny	9	SL	52.14

Event 29 Girls 300 Meter Hurdles 30" LH Var.

Heat 1 of 2 Prelims

2	Kalia, Astha	12	ARR	58.94
3	Simbra, Tanya	11	CV	52.73
4	Toler, Laurena	12	BOD	45.14
5	Aldridge, Monique	11	CV	49.25
6	Olmstead, Rebecca	12	TENN	58.04

Heat 2 of 2 Prelims

2	Schwytter, Nadia	11	ARR	NT
3	Guan, Jacqueline	10	ARR	53.54
4	Jones, Shanel	11	BOD	48.14
5	Mader, Halina	10	BOD	48.14
6	Clive, Joanna	11	ARR	55.64

Event 30 Boys 300 Meter Hurdles 36" IH Var.

Heat 1 of 3 Prelims

2	Ung, Stephen	11	BOD	49.14
3	Manag, Lorenzo	10	BOD	46.04
4	Wilson, Davon	12	SL	40.74
5	Sorenson, Anthony	12	ARR	44.64
6	Le, Man	11	SLZ	48.35
7	Smith, Terrance	12	TENN	55.24

Heat 2 of 3 Prelims

2	Reyes, Jose	11	TENN	49.74
3	Nyembo, Mike	11	BOD	46.04
4	Mhorter, Quentin	12	BOD	40.94
5	Valentine, Jr, Maurice	12	CV	43.31
6	Shanklin, Torrance	11	TENN	47.74
7	Perry, Brandon	11	SLZ	51.63

Heat 3 of 3 Prelims

2	Greathouse, Scott	11	ARR	49.74
3	Monroe, Desmond	11	SL	46.14
4	Mackey, Jordan	12	CV	41.86
5	Nikssarian, Adam	12	CV	42.77
6	Cham, Jason	12	ARR	47.24
7	DeGuzman, Luis	11	ARR	50.64

Event 31 Girls 200 Meter Dash Fr/So

Heat 1 of 3 Prelims

1	Patrick, Tiffanie	10	MC	33.24
2	Sibal, Mariza	10	ARR	29.04
3	Maas, Rachel	9	BOD	28.74
4	Kelly, Brianna	9	BOD	27.74
5	Pulliam, Blake	9	BOD	28.74
6	Randall, Chelsea	10	SL	29.04
7	Galvez, Athenie	9	MC	31.24
8	Younger, Monique	10	HAY	NT

Heat 2 of 3 Prelims

1	Garcia, Mariah	9	MC	33.40
2	Schneider, Marisa	10	CV	29.23
3	Scott, Amina	9	BOD	28.74
4	Brown, Asya	10	BOD	27.74
5	Boisse, Sara	10	CV	28.64
6	Talley, Rhiannah	10	HAY	28.84
7	Watson, Chantel	10	SL	30.24
8	Yap, Karina	9	MC	34.24

Heat 3 of 3 Prelims

1	Pillay, Cynthia	10	MC	33.43
2	Velasquez, Melissa	10	CV	29.41

Hayward Area Athletic League Finals Heat Sheets

3	Gardins, Karra	9	MC	28.81
4	Chissell, Maya	9	CV	28.12
5	Espinoza, Yocelyn	10	ARR	28.24
6	Sacha, Monique	10	CV	28.81
7	Harris, Monique	9	ARR	29.54
8	Davis, Marzette	10	CV	33.94

Event 32 Boys 200 Meter Dash Fr/So

Heat 1 of 4 Prelims

1	Pacheio, Luis	10	TENN	27.04
2	Dudley, Allan	10	SL	26.24
3	Lawless, Alex	9	BOD	24.74
4	Cummings, Ellis	10	SL	24.14
5	Jackson, Kendall	9	BOD	24.74
6	Truong, Michael	9	MC	26.02
7	Mendez, Cesar	9	ARR	26.94

Heat 2 of 4 Prelims

1	Gracia, Ernie	10	TENN	27.14
2	Wilson, Robbie	9	MC	26.24
3	McBride, Andre	9	SL	24.84
4	Johnson, Mike	10	SLZ	24.23
5	Kim, Aaron	10	CV	24.64
6	Lu, Steven	10	CV	25.63
7	Cervantez, Francisco	9	CV	26.76

Heat 3 of 4 Prelims

1	Crawford, Alarrin	9	SL	27.24
2	Cabrera, Carl	9	SL	26.24
3	Han, Nate	10	CV	25.01
4	Kelley, Sean	9	BOD	24.24
5	Schwartz, Jaejun	9	BOD	24.24
6	Chavez, Cristian	10	CV	25.06
7	Afshar, Moner	10	CV	26.64
8	Chafin, Tim	9	MC	30.24

Heat 4 of 4 Prelims

1	Gregorio, John	10	MC	27.66
2	Kaing, Davin	9	SL	26.24
3	McNeally, Mas	10	SL	25.04
4	Crum, Josh	9	BOD	24.24
5	Caro, William	9	HAY	24.24
6	Durin, Matt	9	BOD	25.04
7	Pentoja, Brannon	10	MC	26.34
8	Rasay, David	10	MC	28.38

Event 33 Girls 200 Meter Dash Var.

Heat 1 of 5 Prelims

1	Carnes, Stephanie	12	MC	32.24
2	Jung, GiGi	11	SL	30.24
3	Chung, Jyngyoon	11	SL	27.74
4	Boyd, Alitta	12	MC	25.22
5	Lee, Megan	12	CV	27.69
6	Gant, Melissa	11	TENN	29.14
7	Clare, Rebecca	11	ARR	32.24

Heat 2 of 5 Prelims

1	Revuelta, Claudia	12	SLZ	32.54
2	Shafer, Jessika	11	ARR	30.54
3	Wilkins, Aliyah	9	SL	27.94
4	Rivers Birt, Lia	12	BOD	25.74
5	Hall, Jordan	10	MC	27.17
6	Harbert, Nicole	10	MC	28.87
7	Briseno, Jackie	10	ARR	32.04

Heat 3 of 5 Prelims

1	Sin, Malysa	12	SLZ	33.54
2	Grant, Myesha	11	TENN	30.84
3	Alii, Taofeqat	11	CV	28.14
4	Ellis, Olivia	11	BOD	26.34
5	Davis, Gabrielle	12	ARR	27.14
6	Wylie, Elon	9	BOD	28.74
7	Cruz, Ashley	11	ARR	31.44

Heat 4 of 5 Prelims

1	Quiambao, Stephanie	11	MC	34.24
2	lee, alicia	11	TENN	30.84
3	Furino, Tiffany	11	CV	28.22
4	Wardel, Trinity	10	BOD	26.74
5	Miller, Brianna	10	CV	27.12
6	Quamina, Katherine	10	BOD	28.74
7	DaLiva, Racquel	11	SLZ	30.94

Heat 5 of 5 Prelims

1	Turner, Jocelyn	11	HAY	NT
2	Lomeli, Tania	11	SLZ	30.84
3	Silva, Jazmyn	11	SL	28.44
4	Jackson, Randi	9	BOD	26.74
5	Martore, Celeste	9	CV	26.96
6	Rush, Iesha	12	CV	28.57
7	Horsley, Nivana	12	MC	30.86
8	Fiannigan, Jasmine	11	HAY	NT

Event 34 Boys 200 Meter Dash Var.

Heat 1 of 5 Prelims

1	Kapadia, Vishal	10	TENN	27.04
2	Grant, Jonte	10	MC	25.54
3	King, TJ	9	BOD	24.04
4	Oliver, Dash	12	CV	22.36
5	Sarrico, Kevin	12	CV	23.77
6	Bell, Andre	12	ME	25.34
7	Mayfield, Eli	11	SL	26.74

Heat 2 of 5 Prelims

1	Lemar, Slabawiz	11	TENN	27.04
2	Powers, Julian	11	TENN	25.74
3	Prince, James	11	BOD	24.24
4	Rosby, Damion	10	CV	22.38
5	Thomas, Christopher	12	MC	23.54
6	Merrweather, Cam	11	CV	25.14
7	Neagu, Tim	11	SL	26.24
8	Nguyen, Kevin	11	ARR	NT

Heat 3 of 5 Prelims

1	Collier, Sean	12	ARR	27.04
2	Diaz, John	12	SLZ	25.93
3	Woods, Ashawndaus	11	HAY	24.24
4	Wilson, Laron	12	SL	22.44
5	Ward, Tyrone	10	BOD	23.24
6	Kirven, Soloman	11	SLZ	24.93
7	Luizinho, Kevin	12	SLZ	26.18
8	Chambers, Chris	11	HAY	NT

Heat 4 of 5 Prelims

1	Yee, Ryan	11	ARR	27.84
2	Doan, Louis	11	TENN	25.94
3	Harris, Devin	11	BOD	24.24
4	Batis, Robert	10	CV	23.01
5	Thomas, Tyler	11	HAY	23.24
6	Castro, Eric	11	BOD	24.74
7	Garcia, Jessie	12	ARR	26.14
8	Segundino, Paul	11	ME	NT

Heat 5 of 5 Prelims

1	Chen, Alex	11	ARR	28.44
2	Clover, Chris	11	ARR	25.94
3	Moore, Dijon	11	ARR	24.54
4	Simpson, Cherod	12	BOD	23.04
5	Hamilton, CJ	10	CV	23.17
6	Jones, Eldron	11	SL	24.74
7	Nisnisan, Mark	11	MC	26.14
8	Munos, Marcos	11	MC	28.93

Event 17 Girls 3200 Meter Run Fr/So

Section 1 of 1 Timed Finals

1	Martines, Marisa	10	CV	12:35.00
2	Hyland, Brenna	9	BOD	12:45.00
3	Fong, Samantha	9	CV	12:50.01

4	Micheaux, Claire	9	BOD	13:05.00
5	Chi, Isabel	10	CV	13:17.40
6	Safreno, Erin	10	MC	13:20.00
7	Lee, Krystie	9	SL	13:38.00
8	Hannon, Maggie	10	MC	14:00.00
9	Anders, Rachael	10	BOD	14:06.00
10	Devlin, Allie	9	BOD	14:06.00
11	Kaye, Danielle	10	ARR	14:16.00
12	Dam, Cindy	10	ME	15:00.00
13	Ma, Cindy	9	ME	15:30.00
14	Robles, Rebecca	9	SLZ	16:21.30
15	Pulido, Edith	10	HAY	NT
16	Coronado, Cristina	10	HAY	NT
17	Calderon, Fatima	10	HAY	NT
18	Duran, Ariana	10	HAY	NT
19	Garcia, Irmay	10	HAY	NT

Event 18 Boys 3200 Meter Run Fr/So

Section 1 of 1 Timed Finals

1	John, Calvin	9	BOD	10:56.00
2	Nugal, Marvin	10	ME	11:00.00
3	Morales, Emanuel	9	ME	11:07.00
4	Greer, Stephn	9	SL	11:11.00
5	Owyang, Gregory	10	CV	11:14.95
6	Degroot, Jonathan	9	BOD	11:18.00
7	Le, Collyn	9	SL	11:20.00
8	Lew, Gary	9	SL	11:20.00
9	Mangonon, Gabriel	10	ME	11:47.00
10	Jordan, Auburn	10	ME	11:50.00
11	Gonzalez, Juan	9	SL	12:04.00
12	Mercadal, Balbino	10	ARR	12:13.00
13	Nyugen, Vincent	10	MC	12:19.00
14	Perez, Giovanni	9	ME	12:30.00
15	Kendall, Mason	9	BOD	12:32.00
16	Barney, Robert	9	CV	12:38.60
17	Smith, Brandon	9	MC	12:45.00
18	Ottis, Tynan	9	MC	13:00.00
19	Lasser, Alex	9	BOD	13:29.00
20	Mathews, Cole	9	MC	13:30.00
21	Carranza, Oscar	10	SLZ	13:33.70
22	Damian, Lee	9	TENN	13:45.60
23	Abolencia, Justin	9	ARR	13:53.00
24	Asvitt, Kevin	9	ARR	15:43.00
25	Maderal, Josh	9	HAY	NT
26	Habtay, Gide	9	HAY	NT

Event 35 Girls 3200 Meter Run Var.

Section 1 of 1 Timed Finals

1	Santisteban, Kelsey	10	CV	10:57.27
2	Dubose, Damajeria	12	BOD	11:01.30
3	Wummer, Elise	11	CV	11:18.86
4	Spees, Kaitlyn	10	BOD	11:48.00
5	Bui, Anh	12	ARR	12:19.00
6	Yang, Nicole	11	CV	12:29.66
7	Diaz, Marie	9	BOD	12:34.00
8	Sutedja, Ashley	11	CV	12:34.41
9	Canela, Janet	11	SL	12:39.00
10	Crosby, Cassie	12	MC	13:20.00
11	Ramirez, Karla	11	SLZ	13:37.30
12	Canonizado, Karissa	11	MC	14:00.00
13	Wong, Jessica	11	SL	14:08.00
14	Kuang, Tina	11	SL	14:12.00
15	Anklam, Katy	12	ARR	14:16.00
16	McGinty, Claire	11	MC	15:00.00
17	Harris, Eileen	11	MC	15:00.00
18	Senorin, Cassandra	11	SLZ	16:05.80

Event 36 Boys 3200 Meter Run Var.

Hayward Area Athletic League Finals Heat Sheets

Section 1 of 1 Timed Finals

1	Eversole, Ben	10	CV	9:32.18
2	Thomas, Danny	11	ARR	9:44.00
3	Ashby, Tom	11	CV	9:51.74
4	Coulter, Eric	10	CV	10:19.96
5	Kane, Sam	9	BOD	10:37.00
6	Snow, Andrew	11	ARR	10:38.00
7	Alvarado, Edgar	11	SL	10:39.00
8	Diaz, Joe	12	BOD	10:43.00
9	Nyberg, Ryan	11	BOD	11:01.00
10	Talley, Vince	11	CV	11:02.31
11	Salgado, Anthony	12	Moreau	11:13.00
12	Cervantes, Franco	11	TENN	11:18.90
13	Diliberto, Deven	11	BOD	11:19.00
14	Crump, Matthew	11	CV	11:24.30
15	Bourdier, Austin	12	BOD	11:32.00
16	Ung, Stephen	11	BOD	11:40.00
17	Magsombol, Abraham	11	ME	11:52.00
18	Magno, Patrick	11	MC	12:00.00
19	Peek, Scott	11	CV	12:02.31
20	Zhang, Wilson	12	ARR	12:16.00
21	Neisse, Matt	12	SL	12:19.00
22	Fang, David	12	SL	12:21.00
23	Aguayo, Rafael	10	ME	12:50.00
24	Thomas, Justin	11	MC	13:00.00
25	Zaro, Eric	11	MC	13:30.00
26	Luong, Bryant	11	TENN	NT
27	Hurtado, Diego	11	HAY	NT
28	Zerehaimanot, Bisrat	Sr	HAY	NT

Event 37 Girls 4x400 Meter Relay Fr/So

Section 1 of 1 Timed Finals

2	HAY	A	NT
3	MC	A	4:35.00
4	BOD	A	4:20.10
5	CV	A	4:22.00
6	SL	A	4:39.70
7	ARR	A	NT

Event 38 Boys 4x400 Meter Relay Fr/So

Section 1 of 1 Timed Finals

1	ME	A	NT
2	TENN	A	4:10.00
3	CV	A	3:48.44
4	SL	A	3:48.00
5	BOD	A	3:48.20
6	HAY	A	4:00.00
7	MC	A	4:20.00

Event 39 Girls 4x400 Meter Relay Var.

Section 1 of 1 Timed Finals

2	TENN	A	5:00.60
3	SL	A	4:18.00
4	BOD	A	3:58.40
5	CV	A	4:07.74
6	MC	A	4:30.00

Event 40 Boys 4x400 Meter Relay Var.

Section 1 of 1 Timed Finals

1	ARR	A	NT
2	HAY	A	3:45.00
3	SL	A	3:31.50
4	CV	A	3:24.78
5	BOD	A	3:28.70
6	TENN	A	3:39.90
7	MC	A	4:15.00
8	ME	A	NT

Event 41 Girls Long Jump Fr/So

Flight 1 of 2 Finals

1	Patrick, Tiffanie	10	MC	12-07.00
2	Garcia, Mariah	9	MC	12-07.00
3	Lee, Crystal	10	CV	12-07.75
4	Bowersmith, Kelsea	9	ARR	13-01.00
5	Brinkman, Sarah	10	CV	13-07.50
6	Meniou, Elise	10	MC	13-11.00
7	Ceniceros, Julia	10	CV	14-03.00
8	Boisse, Sara	10	CV	14-09.00
9	Barajas, Lidia	10	CV	15-04.00

Flight 2 of 2 Finals

1	Younger, Monique	10	HAY	ND
2	Batilo, Christina	10	TENN	9-04.00
3	Bradshaw, Aliyah	10	SL	9-08.00
4	Yap, Karina	9	MC	11-08.00
5	Partida, Victoria	10	ARR	11-09.00
6	Pillay, Cynthia	10	MC	11-09.00
7	Wong, Brenda	10	ARR	11-10.00
8	Muriithi, Rosenancy	9	SL	12-00.00
9	Velasquez, Julia	10	CV	12-05.00

Event 42 Boys Long Jump Fr/So

Flight 1 of 2 Finals

1	Aulakh, Justin	10	MC	15-10.00
2	Delfino, Francis	9	MC	15-10.50
3	Singh, Anmol	9	MC	15-10.50
4	Johnson, Nate	9	MC	16-02.50
5	Kono, Yuya	9	CV	16-06.00
6	Cabrera, Carl	9	SL	17-00.00
7	Davis, Ben	10	CV	17-04.00
8	Nouv, Peter	9	CV	17-05.50
9	Lu, Steven	10	CV	17-11.50
10	Imlack, Jeremy	9	MC	18-11.00

Flight 2 of 2 Finals

1	Butler, Halston	9	TENN	ND
2	Ellison, Mayori	9	HAY	ND
3	McFadden, Jordan	9	TENN	13-01.25
4	Braga, John paul	10	TENN	13-06.00
5	Wilson, Robbie	9	MC	14-10.50
6	Crawford, Alarrin	9	SL	15-00.00
7	Kaing, Davin	9	SL	15-00.00
8	Cotton, Joe	10	ARR	15-05.00
9	Chung, Jordan	10	CV	15-05.00
10	Mohammend, Matt	10	TENN	15-06.00

Event 43 Girls Long Jump Var.

Flight 1 of 2 Finals

1	Hendrex, Jessica	11	CV	14-01.25
2	Horsley, Nivana	12	MC	14-01.50
3	Hall, Jordan	10	MC	14-05.00
4	Tran, Christina	11	SL	15-00.00
5	Deng, Cindy	11	SL	15-00.00
6	Miller, Brianna	10	CV	15-01.25
7	Lacey, Tonisha	11	TENN	15-02.00
8	Martore, Celeste	9	CV	15-06.00
9	Alli, Taofeqat	11	CV	15-11.00
10	Jackson, Randi	9	BOD	16-00.00
11	Jones, Shanel	11	BOD	16-03.00
12	Wyllie, Elon	9	BOD	16-03.00
13	Boyd, Alitta	12	MC	19-11.00

Flight 2 of 2 Finals

1	Ani, Jorcelyn	11	HAY	ND
2	Maysam, Husna	11	CV	10-05.00
3	Quiambao, Stephanie	11	MC	10-07.50
4	Clive, Joanna	11	ARR	11-01.50
5	Solis, Deborah	12	ARR	11-10.00
6	Sin, Malysa	12	SLZ	11-11.00

7	Carnes, Stephanie	12	MC	12-05.00
8	Ward, Teaira	12	TENN	12-07.00
9	DaLiva, Racquel	11	SLZ	12-08.50
10	Rush, Iesha	12	CV	13-05.00
11	Olmstead, Rebecca	12	TENN	13-05.00
12	Schwyster, Nadia	11	ARR	13-07.00
13	Johnson, Erika	10	SL	14-00.00

Event 44 Boys Long Jump Var.

Flight 1 of 3 Finals

1	Woodard, Jimmy	11	CV	18-06.00
2	Thomas, Tyler	11	HAY	18-09.00
3	Abrew, Austin	12	ARR	19-01.00
4	Roache, Alex	12	TENN	19-02.50
5	Diaz, John	12	SLZ	19-03.25
6	Manag, Lorenzo	10	BOD	19-09.00
7	Kirven, Solomon	11	SLZ	20-02.25
8	Williams, Alan	10	BOD	20-05.00
9	Adesanya, Omodele	12	CV	20-05.00
10	Grant, Jonte	10	MC	20-11.00
11	Jones, Chad	12	BOD	22-07.00

Flight 2 of 3 Finals

1	Quintanilla, Jimmy	11	CV	16-06.00
2	Velasquez, Brian	11	CV	16-06.00
3	Chambers, Chris	11	HAY	16-06.00
4	Perry, Brandon	11	SLZ	16-10.50
5	Coronado, Ruben	12	TENN	16-11.00
6	Low, Kevin	11	ARR	17-06.00
7	Powers, Julian	11	TENN	17-09.00
8	Le, Man	11	SLZ	17-09.75
9	Towles, Marvin	10	TENN	17-11.00
10	Owens, Barry	12	SL	18-00.00
11	Nikssarian, Adam	12	CV	18-05.00

Flight 3 of 3 Finals

1	Deng, Raymond	12	ARR	12-08.25
2	Luizinho, Kevin	12	SLZ	13-09.00
3	Azbill, Andy	12	ARR	14-05.00
4	Collier, Sean	12	ARR	14-05.00
5	Mayfield, Eli	11	SL	15-00.00
6	Kapadia, Vishal	10	TENN	15-00.00
7	Paris, Phillip	12	ARR	15-04.50
8	Shanklin, Torrance	11	TENN	16-00.00
9	Schultz, Johnathan	12	ARR	16-00.50
10	Gonzales, Nico	11	HAY	16-03.00

Event 45 Girls Triple Jump Fr/So

Flight 1 of 1 Finals

1	Miciano, Audrey	10	MC	ND
2	Morales, Angelica	10	CV	ND
3	Lee, Crystal	10	CV	28-02.00
4	Umeh, Lisa	10	CV	28-06.00
5	Velasquez, Julia	10	CV	29-08.00
6	Ceniceros, Julia	10	CV	30-00.00
7	Brinkman, Sarah	10	CV	30-08.00

Event 46 Boys Triple Jump Fr/So

Flight 1 of 1 Finals

1	Nouv, Peter	9	CV	ND
2	Delfino, Francis	9	MC	28-00.00
3	Cotton, Joe	10	ARR	30-00.00
4	Chung, Jordan	10	CV	30-04.00
5	Singh, Anmol	9	MC	33-05.00
6	Kono, Yuya	9	CV	34-02.25
7	Dudley, Allan	10	SL	34-06.00
8	Davis, Ben	10	CV	39-04.50

Event 47 Girls Triple Jump Var.

Flight 1 of 1 Finals

Hayward Area Athletic League Finals Heat Sheets

1	Hendrex, Jessica	11	CV	ND
2	Ani, Jorcelyn	11	HAY	ND
3	Maysam, Husna	11	CV	ND
4	Harris, Danielle	12	CV	25-04.00
5	Deng, Cindy	11	SL	30-09.00
6	Jones, Shanel	11	BOD	31-10.00
7	Highstreet, Elyse	9	CV	34-00.50
8	Miller, Brianna	10	CV	35-10.50
9	Boyd, Alitta	12	MC	42-10.50

Event 48 Boys Triple Jump Var.

Flight 1 of 1 Finals

1	Azbill, Andy	12	ARR	30-00.00
2	Quintanilla, Jimmy	11	CV	34-01.50
3	Schultz, Johnathan	12	ARR	35-00.50
4	Low, Kevin	11	ARR	35-08.00
5	Abrew, Austin	12	ARR	36-09.00
6	Owens, Barry	12	SL	39-06.00
7	Woodard, Jimmy	11	CV	40-06.00
8	Manag, Lorenzo	10	BOD	40-09.00
9	Williams, Alan	10	BOD	42-07.00
10	Mhorter, Quentin	12	BOD	42-09.00
11	Adesanya, Omodele	12	CV	43-06.25
12	Jones, Chad	12	BOD	48-03.00

Event 49 Girls Shot Put Fr/So

Flight 1 of 1 Finals

1	Callies, Karla	10	HAY	ND
2	Sawiris, Anne	10	HAY	ND
3	Morales, Franchesca	10	MC	18-00.00
4	Rillamas, Jennifer	10	MC	20-00.00
5	Morales, Valeria	10	SL	20-07.00
6	Gutierrez, Valeska	10	HAY	22-04.00
7	Munchick, Bonnie	9	BOD	25-00.00
8	Miller, Shenna	10	BOD	25-00.00
9	Wright, Sharissa	9	SL	27-00.00
10	Schneider, Marisa	10	CV	28-01.00
11	Brekke, Ashley	9	SLZ	28-10.00
12	Posey, Arianna	10	CV	29-11.00

Event 50 Boys Shot Put Fr/So

Flight 1 of 2 Finals

1	Carrick, Tony	10	CV	32-10.00
2	Sanchez, Jaimie	10	MC	35-00.00
3	Mixson, Kyle	10	ARR	35-00.00
4	Chavez, Cristian	10	CV	37-09.50
5	Bowden, Steven	-	SL	38-11.00
6	West, Alex	10	CV	40-01.00
7	Sapiga, Nephi	10	HAY	46-07.00

Flight 2 of 2 Finals

1	Coronado, Ruben	12	TENN	ND
2	Andes, David	9	MC	20-00.00
3	Tam, Stephan	10	ARR	26-00.00
4	Bartsch, Michael	9	ARR	27-05.00
5	Lanza, Zack	10	ARR	30-00.00
6	Ivan, Cruz	-	BOD	30-10.00
7	Velasquez, Wendell	9	ARR	31-07.00
8	Francis, Carlton	9	BOD	32-00.00

Event 51 Girls Shot Put Var.

Flight 1 of 2 Finals

1	Maynard, Andria	9	BOD	28-00.00
2	Maynard, Alexis	9	BOD	28-05.00
3	Bigman, Natalie	11	SL	28-07.00
4	Donnelly, Noelle	9	CV	29-05.00
5	Tidwell, Jaylin	10	BOD	30-00.00
6	Waters, Ciarra	11	BOD	30-00.00
7	Francis, Cristina	11	BOD	30-10.00
8	Waldorf, Shelline	12	CV	30-11.00

9	Ngatuvai, Lavinia	9	SL	31-07.50
10	Knight, Alana	11	CV	32-02.00
11	Banks, Dalisia	11	HAY	32-05.00
12	Sapiga, Patrice	11	HAY	34-08.00

Flight 2 of 2 Finals

1	Cruz, Hazel	11	MC	21-00.00
2	Carter, Jasmine	12	MC	21-00.00
3	Shinners, Megan	12	MC	21-00.00
4	Garcia, Shawna	11	SL	21-08.00
5	Dang, Susan	12	ARR	22-11.00
6	Birznieks, Astra	11	CV	23-11.00
7	Disher, Juliana	11	CV	24-05.00
8	Morales, Alma	11	SL	24-08.00
9	Finch, Lauren	10	ARR	26-00.75
10	Dudley, Alyssia	12	SL	26-06.00
11	Araquistain, Rebecca	11	ARR	27-00.00
12	Strache, Meg	12	SL	27-03.00

Event 52 Boys Shot Put Var.

Flight 1 of 3 Finals

1	Shaw, Andrew	11	CV	39-04.00
2	Tomaz, Niko	11	CV	39-05.00
3	Maumalanga, Jesse	12	HAY	40-00.00
4	Hart, Virgil	12	HAY	40-02.00
5	Mason, Eric	11	CV	44-07.00
6	Morankola, Adebambo	11	SL	44-07.00
7	Niutoa, Eleasaro	12	HAY	45-07.00
8	Eckel, Jacob	11	CV	45-11.00
9	Johnson, Blake	11	BOD	47-03.00
10	Nunn, Malcume	11	SL	47-11.00
11	Maile, Sione	11	SL	48-00.00
12	Tulloch, Adam	12	BOD	48-09.00

Flight 2 of 3 Finals

1	Morales, Gonzalo	11	SL	33-07.00
2	Maldonado, Pedro	12	SLZ	34-06.00
3	Orella, Gabe	12	TENN	34-08.00
4	Kaye, Scott	12	ARR	35-00.00
5	Niutoa, Alex	12	HAY	35-06.00
6	Finau, Sione	11	SL	36-00.00
7	Jackson, Demico	12	HAY	36-05.00
8	Aseron, Gabe	12	SL	37-06.00
9	Cerruti, Jonathan	12	ARR	38-03.50
10	Bouchard, Jeff	11	CV	38-04.00
11	Sheehan, Chris	12	CV	38-06.00
12	Chong, Jason	10	MC	39-00.00

Flight 3 of 3 Finals

1	Prez, Jeryll	11	TENN	ND
2	Schultz, Johnathan	12	ARR	28-11.00
3	Camfield, Russell	11	MC	30-00.00
4	Garrett, Brandon	11	ARR	31-03.50
5	Navarro, Sal	11	SL	32-10.00
6	Mediola, Marcus	10	MC	33-00.00
7	Gonzalez, Demario	11	TENN	33-00.00
8	Hill, Ken	11	MC	33-00.00
9	Duenas, Ray	11	HAY	33-02.00

Event 53 Girls Discus Throw Fr/So

Flight 1 of 1 Finals

1	Sawiris, Anne	10	HAY	ND
2	Callies, Karla	10	HAY	ND
3	Morales, Valeria	10	SL	47-10
4	Schneider, Marisa	10	CV	55-01
5	Rillamas, Jennifer	10	MC	58-00
6	Morales, Franchesca	10	MC	60-00
7	Brekke, Ashley	9	SLZ	63-06
8	Munchick, Bonnie	9	BOD	70-00
9	Gutierrez, Valeska	10	HAY	73-00
10	Grewal, Manpreet	10	ARR	73-02.50

11	Wright, Sharissa	9	SL	73-08
12	Miller, Shenna	10	BOD	78-00
13	Posey, Arianna	10	CV	82-09

Event 54 Boys Discus Throw Fr/So

Flight 1 of 1 Finals

1	Andes, David	9	MC	52-00
2	Tam, Stephan	10	ARR	52-02
3	Lanza, Zack	10	ARR	69-01.50
4	Bartsch, Michael	9	ARR	69-04
5	Sanchez, Jaimie	10	MC	75-00
6	Ivan, Cruz	-	BOD	78-00
7	Carrick, Tony	10	CV	80-09
8	Mixson, Kyle	10	ARR	87-07
9	Velasquez, Wendell	9	ARR	89-00
10	West, Alex	10	CV	94-00
11	Bowden, Steven	-	SL	95-06
12	Sapiga, Nephi	10	HAY	125-10

Event 55 Girls Discus Throw Var.

Flight 1 of 2 Finals

1	Maynard, Alexis	9	BOD	82-00
2	Maynard, Andria	9	BOD	83-00
3	Finch, Lauren	10	ARR	83-02.50
4	Bigman, Natalie	11	SL	85-00
5	Waters, Ciarra	11	BOD	87-00
6	Banks, Dalisia	11	HAY	88-00
7	Knight, Alana	11	CV	94-04
8	Tidwell, Jaylin	10	BOD	95-00
9	Francis, Cristina	11	BOD	95-00
10	Ngatuvai, Lavinia	9	SL	98-00
11	Sapiga, Patrice	11	HAY	110-00
12	Donnelly, Noelle	9	CV	116-07

Flight 2 of 2 Finals

1	Shinners, Megan	12	MC	50-00
2	Dang, Susan	12	ARR	50-00
3	Garcia, Shawna	11	SL	54-11
4	Cruz, Hazel	11	MC	55-00
5	Strache, Meg	12	SL	62-00
6	Carter, Jasmine	12	MC	65-00
7	Birznieks, Astra	11	CV	66-09
8	Morales, Alma	11	SL	68-00
9	Disher, Juliana	11	CV	70-04
10	Dudley, Alyssia	12	SL	71-11
11	Waldorf, Shelline	12	CV	73-01
12	Araquistain, Rebecca	11	ARR	74-00

Event 56 Boys Discus Throw Var.

Flight 1 of 3 Finals

1	Morankola, Adebambo	11	SL	107-08
2	Gilham, George	11	CV	109-10
3	Tsang, Darren	12	CV	111-08
4	Johnson, Blake	11	BOD	115-00
5	Niutoa, Eleasaro	12	HAY	122-00
6	Cerruti, Jonathan	12	ARR	125-09
7	Tulloch, Adam	12	BOD	128-06
8	Nunn, Malcume	11	SL	131-09
9	Tomaz, Niko	11	CV	134-04
10	Eckel, Jacob	11	CV	134-06
11	Mason, Eric	11	CV	145-03
12	Maile, Sione	11	SL	145-04

Flight 2 of 3 Finals

1	Maldonado, Pedro	12	SLZ	94-03
2	Orella, Gabe	12	TENN	96-07
3	Hart, Virgil	12	HAY	99-00
4	Schultz, Johnathan	12	ARR	100-02.50
5	Morales, Gonzalo	11	SL	100-08
6	Maumalanga, Jesse	12	HAY	101-05

Hayward Area Athletic League Finals Heat Sheets

7	Jackson, Demico	12	HAY	103-02
8	Aseron, Gabe	12	SL	104-11
9	Kaye, Scott	12	ARR	106-00.75
10	Barrera, Emmanuel	11	CV	106-05
11	Niutaoa, Alex	12	HAY	106-09
12	Duenas, Ray	11	HAY	107-06

Flight 3 of 3 Finals

1	Prez, Jeryll	11	TENN	ND
2	Camfield, Russell	11	MC	70-00
3	Mediola, Marcus	10	MC	75-00
4	Garrett, Brandon	11	ARR	75-03.50
5	Navarro, Sal	11	SL	75-08
6	Paris, Phillip	12	ARR	78-01.50
7	Hill, Ken	11	MC	81-00
8	Gonzalez, Demario	11	TENN	84-03.50
9	Finau, Sione	11	SL	84-09
10	Perry, Brandon	11	SLZ	88-05
11	Chong, Jason	10	MC	90-00

Event 63 Girls Pole Vault Var.

Flight 1 of 1 Finals

1	Harris, Summer	11	CV	6-00.00
2	Heuer, Jessie	11	CV	6-06.00
3	Britton, Miranda	10	CV	6-06.00

Event 64 Boys Pole Vault Var.

Flight 1 of 1 Finals

1	Meadows, Justin	11	CV	11-00.00
2	Coulter, Eric	10	CV	11-06.00
3	Wiegardt, Andrew	11	CV	12-06.00

Event 57 Girls High Jump Fr/So

Flight 1 of 1 Finals

1	Sandino, Miram	10	ARR	NH
2	Wong, Brenda	10	ARR	NH
3	Bowersmith, Kelsea	9	ARR	4-02.00
4	Partida, Victoria	10	ARR	4-02.00
5	Umeh, Lisa	10	CV	4-04.00
6	Le, Christie	9	SL	5-00.00

Event 58 Boys High Jump Fr/So

Flight 1 of 1 Finals

1	Johnson, Nate	9	MC	5-00.00
2	Crawford, Alarrin	9	SL	5-00.00
3	Aulakh, Justin	10	MC	5-00.00
4	Smith, Brandon	9	MC	5-02.00
5	Davis, Ben	10	CV	5-02.00
6	Obidiegou, Kyrian	10	SL	5-06.00
7	Imlack, Jeremy	9	MC	5-06.00
8	pehaway, jemel	9	TENN	12-01.00

Event 59 Girls High Jump Var.

Flight 1 of 1 Finals

1	Highstreet, Elyse	9	CV	NH
2	Hendrex, Jessica	11	CV	4-02.00
3	Jung, GiGi	11	SL	4-06.00
4	Martore, Celeste	9	CV	5-02.00

Event 60 Boys High Jump Var.

Flight 1 of 1 Finals

1	Low, Kevin	11	ARR	5-02.00
2	Diomande, Sulayman	10	CV	5-04.00
3	Bradford, Alvictor	11	SL	5-06.00
4	Abrew, Austin	12	ARR	5-06.00
5	Owens, Barry	12	SL	5-06.00
6	Foster, Alexander	10	CV	5-08.00
7	Nikssarian, Adam	12	CV	5-10.00
8	Williams, Alan	10	BOD	6-02.00
9	Grant, Jonte	10	MC	6-04.00
10	Valentine, Jr, Maurice	12	CV	6-08.00

Event 61 Girls Pole Vault Fr/So

Flight 1 of 1 Finals

1	Gamez, Monica	9	CV	6-00.00
2	Gilchriese, Sarah	10	CV	6-06.00
3	Piccillo, Emma	10	CV	6-06.00

Event 62 Boys Pole Vault Fr/So

Flight 1 of 1 Finals

1	Wiegardt, Nick	10	CV	8-06.00
2	Dangler, Michael	9	CV	9-06.00
3	Laris, Jordan	10	CV	10-06.00

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Event 5 Girls 1600 Meter Run Fr/So**

Name	Yr	School	Seed	Prelims
Preliminaries				
1 Micheaux, Claire	9	Bishop O'Dowd	5:50.00	5:44.71 Q
2 Spiegel, Laura	9	Arroyo	5:48.00	5:52.82 Q
3 Martines, Marisa	10	Castro Valley	5:42.08	5:47.49 q
4 Hyland, Brenna	9	Bishop O'Dowd	5:49.00	5:54.43 q
5 Bailey, Aurora	9	Castro Valley	5:53.33	5:55.04 q
6 Coronado, Cristina	10	Hayward	6:03.00	5:56.59 q
7 Garcia, Irmay	10	Hayward	5:55.00	5:56.94 q
8 Fong, Samantha	9	Castro Valley	5:52.64	5:57.08 q
9 Piccillo, Emma	10	Castro Valley	5:51.78	5:57.91 q
10 Sandino, Miram	10	Arroyo	6:29.00	6:07.31 q
11 Chi, Isabel	10	Castro Valley	6:10.99	6:11.29 q
12 Safreno, Erin	10	Moreau Catholic	6:12.34	6:18.02 q
13 Pulido, Edith	10	Hayward	7:17.70	6:19.99
14 Kaye, Danielle	10	Arroyo	6:15.00	6:31.42
15 Chopra, Priya	9	Castro Valley	6:29.24	6:32.83
16 Stair, Ami	10	Arroyo	6:42.00	6:33.22
17 Hannon, Maggie	10	Moreau Catholic	6:34.54	6:33.25
18 Anders, Rachael	10	Bishop O'Dowd	6:18.00	6:35.74
19 Chan, Kaitlyn	9	Bishop O'Dowd	6:50.00	6:50.65
20 Calderon, Fatima	10	Hayward	7:21.80	6:56.98
21 Dam, Cindy	10	Mt Eden	6:52.00	6:59.18
22 Robles, Rebecca	9	San Lorenzo	7:24.00	7:09.29
23 Sequeira, Caroline	9	Bishop O'Dowd	7:10.00	7:14.86
24 Ma, Cindy	9	Mt Eden	6:59.00	7:14.93

Event 6 Boys 1600 Meter Run Fr/So

Name	Yr	School	Seed	Prelims
Preliminaries				
1 Berman, Juan	10	Castro Valley	4:55.93	4:46.77 Q
2 Nugal, Marvin	10	Mt Eden	4:52.00	4:55.53 Q
3 Greer, Stephn	9	San Leandro	4:55.00	4:49.38 q
4 John, Calvin	9	Bishop O'Dowd	4:58.00	4:51.74 q
5 Lew, Gary	9	San Leandro	4:56.00	4:57.16 q
6 Degroot, Jonathan	9	Bishop O'Dowd	4:58.00	4:58.72 q
7 Ruvalcaba, Arthur	10	Mt Eden	5:03.00	5:01.05 q
8 Owyang, Gregory	10	Castro Valley	4:59.88	5:01.91 q
9 Mercadal, Balbino	10	Arroyo	5:12.00	5:05.93 q
10 Maderal, Josh	9	Hayward	5:09.00	5:06.87 q
11 Jordan, Auburn	10	Mt Eden	5:12.00	5:07.74 q
12 Mangonon, Gabriel	10	Mt Eden	5:12.00	5:13.86 q
13 Smith, Brandon	9	Moreau Catholic	5:13.00	5:16.72
14 Le, Collyn	9	San Leandro	5:09.00	5:19.58
15 Wummer, Jonathan	9	Castro Valley	5:22.36	5:20.21

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results**

16	Perez, Giovanni	9	Mt Eden	5:28.00	5:24.56
17	Morales, Emanuel	9	Mt Eden	5:07.00	5:26.16
18	Ganzalez, Juan	9	San Leandro	5:20.00	5:26.52
19	Nyugen, Vincent	10	Moreau Catholic	5:30.00	5:34.68
20	Damian, Lee	9	Tennyson	6:30.60	5:42.83
21	Mathews, Cole	9	Moreau Catholic	6:15.00	5:47.88
22	Lasser, Alex	9	Bishop O'Dowd	5:30.00	5:49.96
23	Habtay, Gide	9	Hayward	5:46.00	5:55.84
24	Otts, Tynan	9	Moreau Catholic	5:35.00	5:57.14
25	Abolencia, Justin	9	Arroyo	6:00.00	5:58.98
26	Barney, Robert	9	Castro Valley	5:44.83	6:00.56
27	Carranza, Oscar	10	San Lorenzo	6:07.40	6:13.26
28	Asvitt, Kevin	9	Arroyo	7:20.00	7:17.55

Event 7 Girls 1600 Meter Run Var.

Name	Yr	School	Seed	Prelims
Preliminaries				
1 Dubose, Damajeria	12	Bishop O'Dowd	4:59.90	5:20.91 Q
2 Granados, Ayla	12	Castro Valley	5:30.10	5:27.28 Q
3 Santisteban, Kelsey	10	Castro Valley	5:04.55	5:30.46 q
4 Wummer, Elise	11	Castro Valley	5:10.60	5:30.50 q
5 Spees, Kaitlyn	10	Bishop O'Dowd	5:30.00	5:31.22 q
6 Yang, Nicole	11	Castro Valley	5:29.94	5:38.95 q
7 Bui, Anh	12	Arroyo	5:48.00	5:45.91 q
8 Diaz, Marie	9	Bishop O'Dowd	5:40.00	5:53.02 q
9 Canela, Janet	11	San Leandro	5:54.00	6:02.83 q
10 Crosby, Cassie	12	Moreau Catholic	6:15.00	6:21.52 q
11 Wong, Jessica	11	San Leandro	6:26.00	6:27.58 q
12 Anklam, Katy	12	Arroyo	6:42.00	6:30.09 q
13 Canonizado, Karissa	11	Moreau Catholic	6:20.00	6:40.29
14 Lei, Winnie	11	San Leandro	6:43.00	6:47.20
15 Monarrez, Vannessa	11	Tennyson	6:57.90	6:57.35
16 Senorin, Cassandra	11	San Lorenzo	6:59.70	7:15.93
17 McGinty, Claire	11	Moreau Catholic	7:00.00	7:17.18
18 Calma, Emilia	11	Bishop O'Dowd	6:59.00	7:29.79
19 Harris, Eileen	11	Moreau Catholic	7:00.00	7:39.36

Event 8 Boys 1600 Meter Run Var.

Name	Yr	School	Seed	Prelims
Preliminaries				
1 Thomas, Danny	11	Arroyo	4:17.00	4:26.13 Q
2 Zerehaimanot, Bisrat	Sr	Hayward	4:22.28	4:38.17 Q
3 Alvarado, Edgar	11	San Leandro	4:39.00	4:43.93 q
4 Ashby, Tom	11	Castro Valley	4:43.90	4:47.64 q
5 Eversole, Ben	10	Castro Valley	4:33.42	4:47.84 q
6 Snow, Andrew	11	Arroyo	4:53.00	4:49.66 q
7 Weekes, Norman	11	Castro Valley	4:38.40	4:50.14 q
8 Diaz, Joe	12	Bishop O'Dowd	4:45.00	4:50.52 q
9 Kane, Sam	9	Bishop O'Dowd	4:50.00	4:51.43 q
10 Talley, Vince	11	Castro Valley	4:59.40	4:57.82 q

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School****Results**

11	Luong, Bryant	11	Tennyson	4:45.80	5:02.51	q
12	Crump, Matthew	11	Castro Valley	4:59.84	5:02.79	q
13	Nyberg, Ryan	11	Bishop O'Dowd	4:58.00	5:04.29	
14	Mendoza, Justin	11	Bishop O'Dowd	5:09.00	5:04.63	
15	Peek, Scott	11	Castro Valley	5:05.63	5:05.36	
16	Ishihara, Myles	11	Bishop O'Dowd	5:11.00	5:05.81	
17	Hurtado, Diego	11	Hayward	5:07.00	5:08.82	
18	John, Jordan	11	Bishop O'Dowd	5:10.00	5:11.78	
19	Zhang, Wilson	12	Arroyo	5:20.00	5:18.63	
20	Magno, Patrick	11	Moreau Catholic	5:15.00	5:20.71	
21	Magsombol, Abraham	11	Mt Eden	5:13.00	5:23.27	
22	Thomas, Justin	11	Moreau Catholic	5:30.00	5:43.04	
23	Mudaliar, Aaron	11	Mt Eden	5:45.00	6:02.23	
24	Aguyo, Rafael	10	Mt Eden	5:52.00	6:06.86	
25	Fang, David	12	San Leandro	5:54.00	6:08.39	
26	Zaro, Eric	11	Moreau Catholic	6:10.00	6:10.11	
27	Romero, Miguel	10	Mt Eden	6:02.00	6:24.19	
28	Suchit, Nikiel	10	Mt Eden	6:01.90	6:37.27	
29	Manzo, Alex	11	Tennyson	6:38.90	6:48.02	

Event 9 Girls 100 Meter Hurdles 33" IH Fr/So

Name	Yr	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Bowersmith, Kelsea	9	Arroyo	17.84	17.90 Q	-1.9	1
2 Barajas, Lidia	10	Castro Valley	18.22	18.65 Q	-2.7	2
3 Posey, Arianna	10	Castro Valley	18.67	18.64 q	-1.9	1
4 Partida, Victoria	10	Arroyo	18.54	19.73 q	-2.7	2
5 Nguyen, Lily	10	Arroyo	20.74	20.50 q	-2.7	2
6 Townsend, Young-Hi	10	Arroyo	20.14	20.55 q	-2.7	2
7 Wong, Brenda	10	Arroyo	20.84	20.61 q	-1.9	1
8 Brekke, Ashley	9	San Lorenzo	24.13	22.94 q	-2.7	2
9 Grewal, Manpreet	10	Arroyo	22.64	23.36	-1.9	1

Event 10 Girls 100 Meter Hurdles 33" IH Var.

Name	Yr	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Gibbs, Jordan	12	Bishop O'Dowd	15.24	15.71 Q	-2.1	2
2 Toler, Laurena	12	Bishop O'Dowd	15.54	15.94 Q	-3.1	1
3 Aldridge, Monique	11	Castro Valley	16.50	15.76 q	-2.1	2
4 Schwyter, Nadia	11	Arroyo		17.85 q	-3.1	1
5 Kalia, Astha	12	Arroyo	18.14	18.27 q	-2.1	2
6 Ross, Ahmbria	10	Bishop O'Dowd	15.24	18.37 q	-2.1	2
7 Guan, Jacqueline	10	Arroyo	18.44	18.82 q	-3.1	1
8 Simbra, Tanya	11	Castro Valley	18.74	19.32 q	-3.1	1
9 Clive, Joanna	11	Arroyo	19.84	19.55	-2.1	2
10 Olmstead, Rebecca	12	Tennyson	21.94	20.31	-2.1	2
11 Solis, Deborah	12	Arroyo	14.44	20.82	-3.1	1

Event 11 Boys 110 Meter Hurdles 36" HH Fr/So

Name	Yr	School	Seed	Prelims	Wind	H#
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HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Preliminaries**

1	Butler, Halston	9	Tennyson	18.04	17.61	Q	-1.7	1
2	Imlack, Jeremy	9	Moreau Catholic	17.54	17.63	Q	-1.8	2
3	Chen, Howard	9	San Leandro	18.74	19.63	q	-1.7	1
4	Laris, Jordan	10	Castro Valley	19.60	19.96	q	-1.8	2
5	Gann, Joshua	10	Tennyson		20.74	q	-1.8	2
6	Liu, Johnny	9	San Leandro	22.24	21.26	q	-1.8	2
7	Ruvalcaba, Arthur	10	Mt Eden	19.24	21.55	q	-1.8	2
8	Pacheio, Luis	10	Tennyson	20.24	21.76	q	-1.8	2
9	Woods, Shaquille	10	San Leandro	21.24	21.82		-1.7	1
10	Fong, Sam	9	Bishop O'Dowd	20.04	21.88		-1.7	1
11	Ruth, TJ	9	Bishop O'Dowd	20.04	23.52		-1.7	1

Event 12 Boys 110 Meter Hurdles 39" HH Var.

Name			Yr	School	Seed	Prelims	Wind	H#
Preliminaries								
1	Valentine, Jr, Maurice		12	Castro Valley	14.46	14.75 Q	-2.5	1
2	Jones, Chad		12	Bishop O'Dowd	14.64	15.01 Q	-4.4	2
3	Mhorter, Quentin		12	Bishop O'Dowd	15.34	15.56 q	-2.5	1
4	Williams, Alan		10	Bishop O'Dowd	15.24	16.22 q	-2.5	1
5	Mackey, Jordan		12	Castro Valley	15.51	16.56 q	-4.4	2
6	Nikssarian, Adam		12	Castro Valley	16.69	17.21 q	-2.5	1
7	Wilson, Davon		12	San Leandro	15.24	17.27 q	-4.4	2
8	Monroe, Desmond		11	San Leandro	17.74	17.35 q	-4.4	2
9	Manag, Lorenzo		10	Bishop O'Dowd	16.14	17.92	-4.4	2
10	DeGuzman, Luis		11	Arroyo	17.64	17.95	-2.5	1
11	Sorenson, Anthony		12	Arroyo	17.74	18.42	-4.4	2
12	Cham, Jason		12	Arroyo	18.54	18.65	-2.5	1
13	Chambers, Chris		11	Hayward		19.24	-2.5	1
14	Nyembo, Mike		11	Bishop O'Dowd	20.04	20.45	-2.5	1
15	Smith, Terrance		12	Tennyson	20.24	22.15	-4.4	2
16	Le, Man		11	San Lorenzo	20.24	22.49	-4.4	2

Event 13 Girls 400 Meter Dash Fr/So

Name	Yr	School	Seed	Prelims	H#		
Preliminaries							
1	Sibal, Mariza	10	Arroyo	1:06.04	1:03.67	Q	3
2	Gardins, Karra	9	Moreau Catholic	1:02.64	1:04.25	Q	1
3	Le, Christie	9	San Leandro	1:06.14	1:05.61	Q	2
4	Espinoza, Yocelyn	10	Arroyo	1:07.64	1:06.16	q	2
5	Watson, Chantel	10	San Leandro	1:07.14	1:06.54	q	2
6	Brinkman, Sarah	10	Castro Valley	1:07.10	1:07.34	q	1
7	Talley, Rhiannah	10	Hayward	1:07.44	1:07.91	q	3
8	Gilchriese, Carolyn	10	Castro Valley	1:07.16	1:08.31	q	3
9	Schneider, Marisa	10	Castro Valley	1:07.64	1:08.33		1
10	Meniou, Elise	10	Moreau Catholic	1:06.14	1:08.46		1
11	Pulliam, Blake	9	Bishop O'Dowd	1:08.14	1:09.38		2
12	Muriithi, Rosenancy	9	San Leandro	1:12.14	1:12.22		1
13	Navarro, Yvett	9	Moreau Catholic	1:10.14	1:13.47		3
14	Yap, Karina	9	Moreau Catholic	1:10.14	1:14.43		2
15	Maas, Rachel	9	Bishop O'Dowd	1:05.14	1:14.64		2

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Event 14 Boys 400 Meter Dash Fr/So**

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Davis, Ben	10	Castro Valley	54.37	52.89 Q	3
2 Obidiegou, Kyrian	10	San Leandro	54.94	54.34 Q	4
3 Kelley, Sean	9	Bishop O'Dowd	54.14	54.90 Q	2
4 Webb, Chris	9	Hayward	57.14	55.49 Q	1
5 Chavez, Cristian	10	Castro Valley	56.55	54.98 q	4
6 McBride, Andre	9	San Leandro	56.74	55.69 q	2
7 Koep, Robbie	10	Bishop O'Dowd	54.14	56.09 q	1
8 Martinez, Lyndon	10	Mt Eden	58.14	56.36 q	3
9 Aulakh, Justin	10	Moreau Catholic	57.14	56.49	2
10 Contreras, Jose	10	San Leandro	56.64	56.88	3
11 Nguyen, David	10	Mt Eden	57.14	57.25	1
12 Durin, Matt	9	Bishop O'Dowd	58.14	57.35	3
13 Cervantez, Francisco	9	Castro Valley	59.04	59.10	2
14 Kaing, Davin	9	San Leandro	59.94	59.82	2
15 Bracy, Dwayne	10	Castro Valley	1:00.01	1:00.02	3
16 Pedilla, Eric	9	Moreau Catholic	58.14	1:00.29	4
17 Ignacio, Jhony	9	Hayward	1:00.14	1:00.52	2
18 Wong, Mathew	9	Moreau Catholic	1:00.14	1:00.75	4
19 Mendez, Cesar	9	Arroyo	1:00.14	1:01.44	4
20 Francis, Carlton	9	Bishop O'Dowd	59.14	1:02.46	1
21 McFadden, Jordan	9	Tennyson	1:02.34	1:03.77	2
22 Ellison, Mayori	9	Hayward	1:03.14	1:05.70	3
23 Sanchez, Dominic	9	Bishop O'Dowd	59.14	1:08.79	1

Event 15 Girls 400 Meter Dash Var.

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Tran, Christina	11	San Leandro	1:03.14	1:02.66 Q	3
2 Lee, Megan	12	Castro Valley	1:01.68	1:02.85 Q	1
3 Wardel, Trinity	10	Bishop O'Dowd	1:02.14	1:03.84 Q	2
4 Quamina, Katherine	10	Bishop O'Dowd	1:03.14	1:04.68 q	2
5 Furino, Tiffany	11	Castro Valley	1:04.39	1:05.38 q	1
6 Turner, Jocelyn	11	Hayward		1:05.44 q	2
7 Jung, GiGi	11	San Leandro	1:08.14	1:06.68 q	3
8 Highstreet, Elyse	9	Castro Valley	1:05.94	1:07.25 q	1
9 Shafer, Jessika	11	Arroyo	1:09.14	1:07.32	1
10 Shin, Angie	11	Castro Valley	1:11.08	1:09.55	3
11 Johnson, Erika	10	San Leandro	1:08.14	1:11.52	3
12 Lomeli, Tania	11	San Lorenzo	1:10.70	1:14.43	2
13 Clore, Rebecca	11	Arroyo	1:15.14	1:15.15	3

Event 16 Boys 400 Meter Dash Var.

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Roache, Alex	12	Tennyson	51.34	50.31 Q	2
2 Batis, Robert	10	Castro Valley	51.48	51.32 Q	1

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Castro Valley High School
Results**

1	Cummings, Ellis	10	San Leandro	12.14	11.99	Q	-1.1	4
2	Johnson, Mike	10	San Lorenzo	11.88	12.07	Q	0.1	1
3	Schwartz, Jaejun	9	Bishop O'Dowd	11.64	12.38	Q	-3.9	2
4	Han, Nate	10	Castro Valley	12.29	12.48	Q	-2.7	3
5	Kim, Aaron	10	Castro Valley	12.64	12.05	q	-1.1	4
6	Imlack, Jeremy	9	Moreau Catholic	11.97	12.13	q	0.1	1
7	Caro, William	9	Hayward	12.64	12.17	q	-1.1	4
8	McNeally, Mas	10	San Leandro	12.44	12.34	q	0.1	1
9	Lu, Steven	10	Castro Valley	12.40	12.36		0.1	1
10	Joung, Joon	10	Castro Valley	12.79	12.48		-2.7	3
11	Braga, John paul	10	Tennyson	12.84	12.51		-1.1	4
12	Cabrera, Carl	9	San Leandro	12.74	12.52		-2.7	3
13	Johnson, Nate	9	Moreau Catholic	12.39	12.58		-3.9	2
14	Pentoja, Brannon	10	Moreau Catholic	11.45	12.58		-2.7	3
15	Crum, Josh	9	Bishop O'Dowd	12.04	12.63		-2.7	3
16	Troung, Michael	9	Moreau Catholic	11.24	12.69		-1.1	4
17	Mendez, Cesar	9	Arroyo	12.84	12.75		-1.1	4
18	Wilson, Robbie	9	Moreau Catholic	12.75	12.88		-3.9	2
19	West, Alex	10	Castro Valley	12.55	12.89		-3.9	2
20	Jones, DJ	9	Bishop O'Dowd	12.74	12.96		0.1	1
21	Dudley, Allan	10	San Leandro	12.74	13.01		-3.9	2
22	Dominguez, Jose	10	Tennyson	12.74	13.15		0.1	1
23	Jackson, Kendall	9	Bishop O'Dowd	12.04	13.20		-3.9	2
24	Lawless, Alex	9	Bishop O'Dowd	12.04	13.22		-1.1	4
25	Lazaro, Justin	10	Moreau Catholic		13.45		-2.7	3
26	Cotton, Joe	10	Arroyo	13.64	13.76		0.1	1

Event 19 Girls 100 Meter Dash Var.

Name	Yr	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	Boyd, Alitta	12	Moreau Catholic	12.25	12.59 Q	-1.9	1
2	Alli, Taofeqat	11	Castro Valley	13.40	13.15 Q	-1.7	4
3	Miller, Brianna	10	Castro Valley	13.07	13.25 Q	-1.8	2
4	Chung, Jungyoon	11	San Leandro	13.44	13.86 Q	-2.4	3
5	Ellis, Olivia	11	Bishop O'Dowd	13.24	13.31 q	-1.7	4
6	Overshoun-Hall, Jordan	10	Moreau Catholic	13.53	13.45 q	-1.9	1
7	Davis, Gabrielle	12	Arroyo	13.54	13.54 q	-1.8	2
8	Rush, Iesha	12	Castro Valley	13.51	13.98 q	-1.9	1
9	Silva, Jazmyn	11	San Leandro	13.64	14.11	-2.4	3
10	Harbert, Nicole	10	Moreau Catholic	13.91	14.15	-1.7	4
11	Jackson, Randi	9	Bishop O'Dowd	13.24	14.18	-2.4	3
12	Fiannigan, Jasmine	11	Hayward		14.24	-2.4	3
13	Wylie, Elon	9	Bishop O'Dowd	14.04	14.39	-1.9	1
14	Carnes, Stephanie	12	Moreau Catholic	14.59	14.59	-1.7	4
15	Solis, Deborah	12	Arroyo	13.94	14.69	-2.4	3
16	Lacey, Tonisha	11	Tennyson	14.24	14.79	-1.8	2
17	DaLiva, Racquel	11	San Lorenzo	14.79	14.83	-1.7	4
18	Quiambao, Stephanie	11	Moreau Catholic	14.79	15.32	-1.7	4
19	Clore, Rebecca	11	Arroyo	15.64	16.02	-1.9	1
20	Sin, Malysa	12	San Lorenzo	15.84	16.21	-1.8	2

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Event 20 Boys 100 Meter Dash Var.**

Name	Yr	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Oliver, Dash	12	Castro Valley	10.63	11.10 Q	-2.6	1
2 Rosby, Damion	10	Castro Valley	10.98	11.29 Q	-2.4	2
3 Sarrico, Kevin	12	Castro Valley	11.73	11.64 Q	-2.0	3
4 Ward, Tyrone	10	Bishop O'Dowd	11.54	11.92 Q	-1.9	4
5 Brown, Mario	11	Bishop O'Dowd	11.34	11.71 q	-2.0	3
6 Adesanya, Omodele	12	Castro Valley	11.74	11.80 q	-2.4	2
7 Prince, James	11	Bishop O'Dowd	11.54	11.92 q	-1.9	4
8 Thomas, Tyler	11	Hayward	12.19	11.99 q	-2.0	3
9 Kirven, Soloman	11	San Lorenzo	11.85	12.02	-2.6	1
10 Jones, Eldron	11	San Leandro	12.14	12.10	-1.9	4
11 Low, Kevin	11	Arroyo	12.54	12.47	-1.9	4
12 Clover, Chris	11	Arroyo	13.04	12.69	-1.9	4
13 Munos, Marcos	11	Moreau Catholic	12.77	12.71	-2.4	2
14 Gonzales, Nico	11	Hayward	12.74	12.86	-2.4	2
15 Chen, Alex	11	Arroyo	13.44	13.02	-2.0	3
16 Neagu, Tim	11	San Leandro	12.74	13.20	-2.6	1
17 Garcia, Jessie	12	Arroyo	12.84	13.48	-2.0	3

Event 21 Girls 800 Meter Run Fr/So

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Micheaux, Claire	9	Bishop O'Dowd	2:39.00	2:39.46 Q	4
2 Bailey, Aurora	9	Castro Valley	2:42.99	2:40.65 Q	1
3 Piccillo, Emma	10	Castro Valley	2:32.20	2:42.10 Q	2
4 Spiegel, Laura	9	Arroyo	2:39.00	2:43.51 Q	3
5 Coronado, Cristina	10	Hayward	2:45.00	2:44.50 q	1
6 Gilchriese, Carolyn	10	Castro Valley	2:42.59	2:45.30 q	2
7 Garcia, Irmay	10	Hayward	2:42.00	2:47.56 q	4
8 Devlin, Allie	9	Bishop O'Dowd	2:50.00	2:49.82 q	3
9 Hyland, Brenna	9	Bishop O'Dowd	2:30.00	2:50.06	1
10 Pulido, Edith	10	Hayward	2:57.00	2:50.33	4
11 Sandino, Miram	10	Arroyo	3:02.00	2:55.10	1
12 Chopra, Priya	9	Castro Valley	2:58.00	2:56.66	3
13 Fong, Celia	9	Bishop O'Dowd	2:42.00	2:56.70	3
14 Stair, Ami	10	Arroyo	3:05.00	2:57.30	3
15 Safreno, Erin	10	Moreau Catholic	2:45.00	2:58.88	2
16 Calderon, Fatima	10	Hayward	3:05.00	3:10.89	2
17 Dam, Cindy	10	Mt Eden	3:06.00	3:11.15	4
18 Sequeira, Caroline	9	Bishop O'Dowd	3:10.00	3:14.84	3
19 Hannon, Maggie	10	Moreau Catholic	2:59.51	3:16.34	1
20 Ma, Cindy	9	Mt Eden	3:11.00	3:20.73	2
21 Robles, Rebecca	9	San Lorenzo	3:24.70	3:26.78	2
22 Callies, Karla	10	Hayward		3:58.62	4

Event 22 Boys 800 Meter Run Fr/So

Name	Yr	School	Seed	Prelims	H#
Preliminaries					

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School****Results**

1	Greer, Stephn	9	San Leandro	2:11.00	2:10.22	Q	4
2	Berman, Juan	10	Castro Valley	2:10.24	2:13.30	Q	3
3	Lew, Gary	9	San Leandro	2:20.00	2:13.93	Q	1
4	Nugal, Marvin	10	Mt Eden	2:10.00	2:14.45	Q	2
5	Degroot, Jonathan	9	Bishop O'Dowd	2:09.00	2:13.96	q	1
6	Contreras, Jose	10	San Leandro	2:14.00	2:15.61	q	4
7	Jordan, Auburn	10	Mt Eden	2:17.00	2:15.70	q	1
8	Mercadal, Balbino	10	Arroyo	2:24.00	2:15.83	q	3
9	La, Johnathan	10	Castro Valley	2:18.98	2:17.17		4
10	Smith, Brandon	9	Moreau Catholic	2:20.00	2:17.59		3
11	Ruvalcaba, Arthur	10	Mt Eden	2:18.00	2:19.05		1
12	Maderal, Josh	9	Hayward	2:15.00	2:21.41		3
13	Wummer, Jonathan	9	Castro Valley	2:18.48	2:22.96		4
14	Le, Collyn	9	San Leandro	2:23.00	2:25.41		2
15	Ganzalez, Juan	9	San Leandro	2:15.00	2:26.93		2
16	Nyugen, Vincent	10	Moreau Catholic	2:30.00	2:28.93		4
17	Otts, Tynan	9	Moreau Catholic	2:34.53	2:38.47		4
18	Abolencia, Justin	9	Arroyo	3:06.00	2:44.27		1
19	Mathews, Cole	9	Moreau Catholic	2:50.00	2:47.78		2
20	Carranza, Oscar	10	San Lorenzo	2:51.20	2:48.58		1
21	Habtay, Gide	9	Hayward	2:45.00	2:52.30		3
22	Advani, Darshan	9	Moreau Catholic	3:20.00	3:09.08		2
23	Asvitt, Kevin	9	Arroyo	3:40.00	3:23.26		3

Event 23 Girls 800 Meter Run Var.

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Dubose, Damajeria	12	Bishop O'Dowd	2:19.50	2:23.80	Q 3
2 Rivers Birt, Lia	12	Bishop O'Dowd	2:12.40	2:28.75	Q 1
3 Schneider, Chelsea	11	Castro Valley	2:16.96	2:31.01	Q 2
4 Riley, Arianne	10	Hayward	2:21.80	2:30.00	q 1
5 Granados, Ayla	12	Castro Valley	2:20.54	2:30.10	q 3
6 Wummer, Elise	11	Castro Valley	2:21.31	2:31.05	q 2
7 Diaz, Marie	9	Bishop O'Dowd	2:30.00	2:33.34	q 2
8 Santisteban, Kelsey	10	Castro Valley	2:24.44	2:33.79	q 1
9 Canela, Janet	11	San Leandro	2:51.00	2:43.99	1
10 Shin, Angie	11	Castro Valley	2:50.70	2:48.92	2
11 Bullins, Cameren	-	San Leandro	2:51.00	2:49.38	1
12 Kuang, Tina	11	San Leandro	2:58.00	2:54.40	3
13 Lei, Winnie	11	San Leandro	2:55.00	2:59.26	3
14 Crosby, Cassie	12	Moreau Catholic	2:45.00	3:01.00	3
15 Canonizado, Karissa	11	Moreau Catholic	2:50.00	3:06.24	3
16 ngo, andrea	11	Tennyson	3:45.60	3:15.09	3
17 Senorin, Cassandra	11	San Lorenzo	3:11.90	3:17.90	2
18 McGinty, Claire	11	Moreau Catholic	3:20.00	3:26.27	1
19 Harris, Eileen	11	Moreau Catholic	3:20.00	3:33.05	1
--- Haroon, Nazma	11	Tennyson	3:45.60	DQ	3

Event 24 Boys 800 Meter Run Var.

Name	Yr	School	Seed	Prelims	H#
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HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Preliminaries**

1	Thomas, Danny	11	Arroyo	1:57.00	1:59.81	Q	1
2	Zerehaimanot, Bisrat	Sr	Hayward	2:01.02	2:00.17	Q	3
3	Weekes, Norman	11	Castro Valley	2:05.60	2:03.77	Q	4
4	Martore, Anthony	10	Castro Valley	1:59.05	2:05.37	Q	2
5	Diomande, Sulayman	10	Castro Valley	2:02.00	2:05.37	q	4
6	Bourdier, Austin	12	Bishop O'Dowd	2:06.00	2:08.08	q	3
7	Alvarado, Edgar	11	San Leandro	2:06.00	2:08.14	q	2
8	Tsang, Simon	12	San Leandro	2:14.00	2:10.57	q	4
9	Snow, Andrew	11	Arroyo	2:13.00	2:10.95		3
10	Mendoza, Justin	11	Bishop O'Dowd	2:09.00	2:13.84		1
11	Peek, Scott	11	Castro Valley	2:17.80	2:15.37		1
12	Luong, Bryant	11	Tennyson	2:15.50	2:16.36		1
13	Magno, Patrick	11	Moreau Catholic	2:15.00	2:16.60		3
14	Zhang, Wilson	12	Arroyo	2:19.00	2:17.84		3
15	Hurtado, Diego	11	Hayward	2:12.00	2:18.52		2
16	Neisse, Matt	12	San Leandro	2:21.00	2:18.58		4
17	Ishihara, Myles	11	Bishop O'Dowd	2:15.00	2:22.98		2
18	Diliberto, Deven	11	Bishop O'Dowd	2:18.00	2:26.00		2
19	Magsombol, Abraham	11	Mt Eden	2:29.00	2:28.97		2
20	Thomas, Justin	11	Moreau Catholic	2:30.00	2:32.11		1
21	Aguyo, Rafael	10	Mt Eden	2:34.00	2:40.26		2
22	Mudaliar, Aaron	11	Mt Eden	2:40.00	2:42.22		3
23	Fang, David	12	San Leandro	2:31.00	2:43.28		1
24	Zaro, Eric	11	Moreau Catholic	2:45.00	2:44.31		4
25	Manzo, Alex	11	Tennyson	3:03.40	2:57.79		4

Event 27 Girls 300 Meter Hurdles 30"LH Fr/So

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Barajas, Lidia	10	Castro Valley	50.68	50.67	Q 1
2 Posey, Arianna	10	Castro Valley	52.34	51.79	Q 2
3 Bowersmith, Kelsea	9	Arroyo	52.44	52.81	q 2
4 Partida, Victoria	10	Arroyo	55.24	56.23	q 1
5 Townsend, Young-Hi	10	Arroyo	59.24	56.74	q 2
6 Wong, Brenda	10	Arroyo	59.54	56.88	q 2
7 Nguyen, Lily	10	Arroyo	59.14	58.53	q 1
8 Brekke, Ashley	9	San Lorenzo	1:00.25	1:00.76	q 1
9 Batilo, Christina	10	Tennyson	1:00.14	1:05.54	1

Event 28 Boys 300 Meter Hurdles 33" IH Fr/So

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Hudson, Kwame	10	Castro Valley	45.07	44.35	Q 2
2 Laris, Jordan	10	Castro Valley	47.00	46.10	Q 3
3 Chen, Howard	9	San Leandro	17.64	46.34	Q 1
4 Webb, Chris	9	Hayward	45.24	46.59	q 3
5 Butler, Halston	9	Tennyson	49.74	48.09	q 3
6 Ignacio, Jhony	9	Hayward	49.44	48.19	q 2
7 Liu, Johnny	9	San Leandro	52.14	48.94	q 3
8 Braga, John paul	10	Tennyson	51.44	48.94	q 1

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School****Results**

9	Gann, Joshua	10	Tennyson	51.74	49.29	3
10	Woods, Shaquille	10	San Leandro	48.14	49.43	2
11	Dominguez, Jose	10	Tennyson	1:26:45.14	49.47	3
12	Bracy, Dwayne	10	Castro Valley	49.89	50.73	3
13	Ellison, Mayori	9	Hayward	54.84	50.77	1
14	Ruth, TJ	9	Bishop O'Dowd	49.14	51.06	1
15	Iscandari, Dzul	9	Moreau Catholic	1:05.24	54.73	2
16	Fong, Sam	9	Bishop O'Dowd	49.14	56.66	1

Event 29 Girls 300 Meter Hurdles 30" LH Var.

Name	Yr	School	Seed	Prelims	H#	
Preliminaries						
1	Toler, Laurena	12	Bishop O'Dowd	45.14	46.90 Q	1
2	Jones, Shanel	11	Bishop O'Dowd	48.14	49.75 Q	2
3	Aldridge, Monique	11	Castro Valley	49.25	47.49 q	1
4	Simbra, Tanya	11	Castro Valley	52.73	53.44 q	1
5	Guan, Jacqueline	10	Arroyo	53.54	53.48 q	2
6	Clive, Joanna	11	Arroyo	55.64	55.97 q	2
7	Kalia, Astha	12	Arroyo	58.94	56.20 q	1
8	Olmstead, Rebecca	12	Tennyson	58.04	1:04.93 q	1

Event 29 Girls 200 Meter Dash Fr/So

Name	Yr	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Chissell, Maya	9	Castro Valley	28.12	27.74 Q	-1.5 3
2	Sibal, Mariza	10	Arroyo	29.04	28.23 Q	-1.7 4
3	Gardins, Karra	9	Moreau Catholic	28.81	28.84 Q	-2.2 1
4	Sacha, Monique	10	Castro Valley	28.81	29.27 Q	-1.7 2
5	Boisse, Sara	10	Castro Valley	28.64	28.99 q	-1.7 4
6	Randall, Chelsea	10	San Leandro	29.04	29.06 q	-1.7 4
7	Scott, Amina	9	Bishop O'Dowd	28.74	29.32 q	-1.5 3
8	Espinoza, Yocelyn	10	Arroyo	28.24	29.39 q	-1.7 4
9	Velasquez, Melissa	10	Castro Valley	29.41	29.45	-1.7 2
10	Kelly, Brianna	9	Bishop O'Dowd	27.74	29.47	-1.7 2
11	Talley, Rhiannah	10	Hayward	28.84	29.77	-1.5 3
12	Pulliam, Blake	9	Bishop O'Dowd	28.74	29.95	-1.7 2
13	Brown, Asya	10	Bishop O'Dowd	27.74	30.25	-2.2 1
14	Watson, Chantel	10	San Leandro	30.24	30.39	-2.2 1
15	Harris, Monique	9	Arroyo	29.54	30.51	-2.2 1
16	Schneider, Marisa	10	Castro Valley	29.23	31.16	-1.5 3
17	Younger, Monique	10	Hayward		31.49	-2.2 1
18	Maas, Rachel	9	Bishop O'Dowd	28.74	31.57	-2.2 1
19	Davis, Marzette	10	Castro Valley	33.94	32.78	-1.7 2
20	Yap, Karina	9	Moreau Catholic	34.24	33.06	-2.2 1
21	Briseno, Jackie	10	Arroyo	32.04	33.85	-1.5 3

Event 30 Boys 300 Meter Hurdles 36" IH Var.

Name	Yr	School	Seed	Prelims	H#	
Preliminaries						
1	Mhorter, Quentin	12	Bishop O'Dowd	40.94	41.26 Q	2

HAAL Track Championships - 5/6/2008 to 5/7/2008

HAAL Championships
Castro Valley High School
Results

2	Mackey, Jordan	12	Castro Valley	41.86	42.78	Q	3
3	Wilson, Davon	12	San Leandro	40.74	43.74	Q	1
4	Valentine, Jr, Maurice	12	Castro Valley	43.31	43.54	q	2
5	Sorenson, Anthony	12	Arroyo	44.64	43.85	q	1
6	Nikssarian, Adam	12	Castro Valley	42.77	44.21	q	3
7	DeGuzman, Luis	11	Arroyo	50.64	44.70	q	3
8	Manag, Lorenzo	10	Bishop O'Dowd	46.04	44.98	q	1
9	Cham, Jason	12	Arroyo	47.24	45.30		3
10	Monroe, Desmond	11	San Leandro	46.14	46.05		3
11	Nyembo, Mike	11	Bishop O'Dowd	46.04	48.03		2
12	Reyes, Jose	11	Tennyson	49.74	48.98		2
13	Perry, Brandon	11	San Lorenzo	51.63	49.58		2
14	Le, Man	11	San Lorenzo	48.35	49.94		1
15	Greathouse, Scott	11	Arroyo	49.74	50.10		3
16	Smith, Terrance	12	Tennyson	55.24	59.55		1
---	Ung, Stephen	11	Bishop O'Dowd	49.14	DQ		1

Event 30 Boys 200 Meter Dash Fr/So

Name	Yr	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Johnson, Mike	10	San Lorenzo	24.23	24.16 Q	-0.9 2
2	Caro, William	9	Hayward	24.24	24.67 Q	+0.0 4
3	Schwartz, Jaejun	9	Bishop O'Dowd	24.24	24.70 Q	-2.1 3
4	Jackson, Kendall	9	Bishop O'Dowd	24.74	26.40 Q	-0.5 1
5	McBride, Andre	9	San Leandro	24.84	24.26 q	-0.9 2
6	Kim, Aaron	10	Castro Valley	24.64	24.51 q	-0.9 2
7	Chavez, Cristian	10	Castro Valley	25.06	25.15 q	-2.1 3
8	Kelley, Sean	9	Bishop O'Dowd	24.24	25.52 q	-2.1 3
9	McNeally, Mas	10	San Leandro	25.04	25.64	+0.0 4
10	Lu, Steven	10	Castro Valley	25.63	25.70	-0.9 2
11	Crum, Josh	9	Bishop O'Dowd	24.24	25.78	+0.0 4
12	Han, Nate	10	Castro Valley	25.01	25.92	-2.1 3
13	Durin, Matt	9	Bishop O'Dowd	25.04	26.07	+0.0 4
14	Cabrera, Carl	9	San Leandro	26.24	26.25	-2.1 3
15	Cervantez, Francisco	9	Castro Valley	26.76	26.50	-0.9 2
16	Kaing, Davin	9	San Leandro	26.24	26.61	+0.0 4
17	Mendez, Cesar	9	Arroyo	26.94	26.76	-0.5 1
18	Dudley, Allan	10	San Leandro	26.24	26.77	-0.5 1
19	Afshar, Moner	10	Castro Valley	26.64	27.00	-2.1 3
20	Kapadia, Vishal	10	Tennyson		27.17	-0.9 2
21	Gregorio, John	10	Moreau Catholic	27.66	27.41	+0.0 4
22	Rasay, David	10	Moreau Catholic	28.38	27.72	+0.0 4
23	Pacheio, Luis	10	Tennyson	27.04	27.82	-0.5 1
24	Crawford, Alarrin	9	San Leandro	27.24	29.08	-2.1 3
---	Cummings, Ellis	10	San Leandro	24.14	FS	-0.5 1

Event 31 Girls 200 Meter Dash Var.

Name	Yr	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Boyd, Alitta	12	Moreau Catholic	25.22	26.35 Q	-1.6 1

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Castro Valley High School****Results**

2	Ellis, Olivia	11	Bishop O'Dowd	26.34	26.70	Q	-0.2	3
3	Martore, Celeste	9	Castro Valley	26.96	27.06	Q	-1.9	5
4	Rivers Birt, Lia	12	Bishop O'Dowd	25.74	27.08	Q	-1.7	2
5	Miller, Brianna	10	Castro Valley	27.12	27.25	Q	-1.8	4
6	Davis, Gabrielle	12	Arroyo	27.14	27.25	q	-0.2	3
7	Wilkins, Aliyah	9	San Leandro	27.94	27.57	q	-1.7	2
8	Alli, Taofeqat	11	Castro Valley	28.14	27.59	q	-0.2	3
9	Overshoun-Hall, Jordan	10	Moreau Catholic	27.17	27.63		-1.7	2
10	Lee, Megan	12	Castro Valley	27.69	28.15		-1.6	1
11	Wardel, Trinity	10	Bishop O'Dowd	26.74	28.32		-1.9	5
12	Chung, Jungyoon	11	San Leandro	27.74	28.60		-1.6	1
13	Jackson, Randi	9	Bishop O'Dowd	26.74	28.74		-1.8	4
14	Silva, Jazmyn	11	San Leandro	28.44	28.75		-1.9	5
15	Furino, Tiffany	11	Castro Valley	28.22	28.99		-1.8	4
16	Rush, Iesha	12	Castro Valley	28.57	29.01		-1.9	5
17	Harbert, Nicole	10	Moreau Catholic	28.87	29.27		-1.7	2
18	Wylie, Elon	9	Bishop O'Dowd	28.74	29.31		-0.2	3
19	Jung, GiGi	11	San Leandro	30.24	29.46		-1.6	1
20	Fiannigan, Jasmine	11	Hayward		29.74		-1.8	4
21	Turner, Jocelyn	11	Hayward		30.22		-1.9	5
22	Shafer, Jessika	11	Arroyo	30.54	31.34		-1.7	2
23	DaLiva, Racquel	11	San Lorenzo	30.94	31.62		-1.8	4
24	Lomeli, Tania	11	San Lorenzo	30.84	31.87		-0.2	3
25	Sin, Malysa	12	San Lorenzo	33.54	34.39		-1.7	2
26	Clore, Rebecca	11	Arroyo	32.24	34.62		-1.6	1
---	Quamina, Katherine	10	Bishop O'Dowd	28.74	FS		-1.8	4

Event 32 Boys 200 Meter Dash Var.

Name	Yr	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Oliver, Dash	12	Castro Valley	22.36	22.64 Q	-2.2	1
2 Rosby, Damion	10	Castro Valley	22.38	22.74 Q	-1.9	2
3 Wilson, Laron	12	San Leandro	22.44	23.22 Q	-1.6	3
4 Batis, Robert	10	Castro Valley	23.01	23.27 Q	-1.9	4
5 Simpson, Cherod	12	Bishop O'Dowd	23.04	23.91 Q	-2.7	5
6 Thomas, Tyler	11	Hayward	23.24	23.91 q	-1.9	4
7 Hamilton, CJ	10	Castro Valley	23.17	24.14 q	-2.7	5
8 Kirven, Soloman	11	San Lorenzo	24.93	24.49 q	-1.6	3
9 Woods, Ashawndaus	11	Hayward	24.24	24.54	-1.6	3
10 King, TJ	9	Bishop O'Dowd	24.04	24.68	-2.2	1
11 Prince, James	11	Bishop O'Dowd	24.24	24.89	-1.9	2
12 Chambers, Chris	11	Hayward		25.06	-1.6	3
13 Moore, Dijon	11	Arroyo	24.54	25.22	-2.7	5
14 Bell, Andre	12	Mt Eden	25.34	25.86	-2.2	1
15 Munos, Marcos	11	Moreau Catholic	28.93	26.21	-2.7	5
16 Castro, Eric	11	Bishop O'Dowd	24.74	26.37	-1.9	4
17 Clover, Chris	11	Arroyo	25.94	26.74	-2.7	5
18 Neagu, Tim	11	San Leandro	26.24	27.02	-1.9	2
19 Garcia, Jessie	12	Arroyo	26.14	27.38	-1.9	4
20 Chen, Alex	11	Arroyo	28.44	27.49	-2.7	5
21 Collier, Sean	12	Arroyo	27.04	28.15	-1.6	3

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results**

22	Yee, Ryan	11	Arroyo	27.84	28.48	-1.9	4
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Event 45 Girls Triple Jump Fr/So

Name	Yr	School	Seed	Finals	Wind
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Finals

1	Brinkman, Sarah	10	Castro Valley	30-08.00	30-09.00	NWI
2	Ceniceros, Julia	10	Castro Valley	30-00.00	29-10.00	NWI
3	Lee, Crystal	10	Castro Valley	28-02.00	28-08.00	NWI
4	Velasquez, Julia	10	Castro Valley	29-08.00	28-00.50	NWI
5	Umeh, Lisa	10	Castro Valley	28-06.00	27-10.00	NWI

Event 46 Boys Triple Jump Fr/So

Name	Yr	School	Seed	Finals	Wind
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Finals

1	Davis, Ben	10	Castro Valley	39-04.50	38-04.50	NWI
2	Kono, Yuya	9	Castro Valley	34-02.25	35-00.00	NWI
3	Delfino, Francis	9	Moreau Catholic	28-00.00	33-08.00	NWI
4	Singh, Anmol	9	Moreau Catholic	33-05.00	32-08.00	NWI
5	Cotton, Joe	10	Arroyo	30-00.00	32-08.00	NWI

Event 47 Girls Triple Jump Var.

Name	Yr	School	Seed	Finals	Wind
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Finals

1	Boyd, Alitta	12	Moreau Catholic	42-10.50	40-07.00	NWI
2	Miller, Brianna	10	Castro Valley	35-10.50	33-08.00	NWI
3	Deng, Cindy	11	San Leandro	30-09.00	33-04.00	NWI
4	Jones, Shanel	11	Bishop O'Dowd	31-10.00	32-09.00	NWI
5	Kellum-Hendrex, Jessica	11	Castro Valley		30-11.00	NWI
6	Highstreet, Elyse	9	Castro Valley	34-00.50	29-11.00	NWI
7	Harris, Danielle	12	Castro Valley	25-04.00	28-01.00	NWI
8	Maysam, Husna	11	Castro Valley		24-11.00	NWI

Event 48 Boys Triple Jump Var.

Name	Yr	School	Seed	Finals	Wind
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Finals

1	Jones, Chad	12	Bishop O'Dowd	48-03.00	46-10.50	1.2
2	Mhorter, Quentin	12	Bishop O'Dowd	42-09.00	43-09.00	0.5
3	Williams, Alan	10	Bishop O'Dowd	42-07.00	43-01.00	0.1
4	Adesanya, Omodele	12	Castro Valley	43-06.25	42-05.00	1.6
5	Manag, Lorenzo	10	Bishop O'Dowd	40-09.00	42-04.00	+0.0
6	Woodard, Jimmy	11	Castro Valley	40-06.00	39-08.50	2.5
7	Owens, Barry	12	San Leandro	39-06.00	39-06.00	NWI
8	Low, Kevin	11	Arroyo	35-08.00	37-08.50	NWI
9	Schultz, Johnathan	12	Arroyo	35-00.50	35-09.00	NWI
10	Quintanilla, Jimmy	11	Castro Valley	34-01.50	33-10.00	NWI
11	Azbill, Andy	12	Arroyo	30-00.00	33-04.00	NWI

Event 51 Girls Shot Put Var.

Name	Yr	School	Seed	Finals
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HAAL Track Championships - 5/6/2008 to 5/7/2008
HAAL Championships
Castro Valley High School
Results
Finals

1	Sapiga, Patrice	11	Hayward	34-08.00	34-05.00
2	Knight, Alana	11	Castro Valley	32-02.00	32-01.50
3	Waters, Ciarra	11	Bishop O'Dowd	30-00.00	30-05.00
4	Banks, Dalisia	11	Hayward	32-05.00	29-10.00
5	Donnelly, Noelle	9	Castro Valley	29-05.00	29-09.00
6	Francis, Cristina	11	Bishop O'Dowd	30-10.00	29-04.00
7	Ngatuvai, Lavinia	9	San Leandro	31-07.50	28-08.00
8	Maynard, Alexis	9	Bishop O'Dowd	28-05.00	28-06.00
9	Strache, Meg	12	San Leandro	27-03.00	27-01.00
10	Maynard, Andria	9	Bishop O'Dowd	28-00.00	26-08.00
11	Bigman, Natalie	11	San Leandro	28-07.00	26-06.00
12	Finch, Lauren	10	Arroyo	26-00.75	26-01.00
12	Birznieks, Astra	11	Castro Valley	23-11.00	26-01.00
14	Dudley, Alyssia	12	San Leandro	26-06.00	25-09.00
15	Cruz, Hazel	11	Moreau Catholic	21-00.00	24-11.00
16	Disher, Juliana	11	Castro Valley	24-05.00	24-06.00
17	Araquistain, Rebecca	11	Arroyo	27-00.00	24-00.00
18	Dang, Susan	12	Arroyo	22-11.00	22-06.00
19	Carter, Jasmine	12	Moreau Catholic	21-00.00	21-09.50
20	Shinners, Megan	12	Moreau Catholic	21-00.00	21-09.00
21	Garcia, Shawna	11	San Leandro	21-08.00	21-01.00
---	Tidwell, Jaylin	10	Bishop O'Dowd	30-00.00	DQ

Event 58 Boys High Jump Fr/So

Name	Yr	School	Seed	Finals
------	----	--------	------	--------

Finals

1	Obidiegou, Kyrian	10	San Leandro	5-06.00	5-04.00
2	Imlack, Jeremy	9	Moreau Catholic	5-06.00	5-02.00
2	Davis, Ben	10	Castro Valley	5-02.00	5-02.00
4	Aulakh, Justin	10	Moreau Catholic	5-00.00	5-00.00
5	Johnson, Nate	9	Moreau Catholic	5-00.00	4-10.00
---	Crawford, Alarrin	9	San Leandro	5-00.00	NH

Event 61 Girls Pole Vault Fr/So

Name	Yr	School	Seed	Finals
------	----	--------	------	--------

Finals

1	Piccillo, Emma	10	Castro Valley	6-06.00	6-06.00
2	Gilchriese, Sarah	10	Castro Valley	6-06.00	J6-06.00
3	Gamez, Monica	9	Castro Valley	6-00.00	6-00.00

Event 63 Girls Pole Vault Var.

Name	Yr	School	Seed	Finals
------	----	--------	------	--------

Finals

1	Britton, Miranda	10	Castro Valley	6-06.00	6-06.00
2	Heuer, Jessie	11	Castro Valley	6-06.00	6-00.00
3	Harris, Summer	11	Castro Valley	6-00.00	J6-00.00

The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurp

Home to Champions

HAAL Track Championships - 5/13/2008 to 5/16/2008

Castro Valley High School

The HAAL Championships once again saw Castro Valley emphatically take apart the rest of the league, winning all divisions yesterday. Without a direct head count, the Trojans advances over 3 dozen athletes into next Saturday's NCS Baysshore meet (which will also be held here at CVHS).

Final team scores:

GFS:

1. Castro Valley	246
2. Arroyo	91
3. Bishop O'Dowd	57
4. San Leandro	48
5. Hayward	18
6. Moreau Catholic	17
7. San Lorenzo	1
8. Mt. Eden	0
8. Tennyson	0

BFS:

1. Castro Valley	152
2. San Leandro	117
3. Moreau Catholic	59
4. Hayward	41.5
5. Bishop O'Dowd	36
6. Mt. Eden	34
7. San Lorenzo	16
8. Tennyson	14
9. Arroyo	11.5

GV:

1. Castro Valley	199
2. Bishop O'Dowd	141
3. Moreau Catholic	45
4. San Leandro	44
5. Hayward	28
6. Arroyo	19
7. Tennyson	6
8. Mt. Eden	0
8. San Lorenzo	0

BV:

1. Castro Valley	230
2. Bishop O'Dowd	109
3. San Leandro	62
4. Arroyo	35
5. Tennyson	21
6. Hayward	15
7. San Lorenzo	6
8. Moreau Catholic	0
8. Mt. Eden	0

Overall

There was a bit of confusion at the end of the meet, as no one knew the dual meet standings for the season, and so figuring out overall HAAL places never did take place. However, for the sake of Castro Valley fans, we do know for certain that the Trojans are overall HAAL champions in the BV, the GV, the GFS, and took 2nd overall in the BFS to San Leandro.

The HAAL meet itself was a good job. By now the CV troops, coaches, and parents can handle a meet, even a large meet like this. Sure, there were other HAAL coaches helping out at the field events, but by and large it was a CV affair. Next week at Baysshore will be big in importance and in size as the best athletes from 4 leagues descend on CVHS to duke it out to see who goes to the NCS Meet of Champions.

Girls 100 Meter Dash Var.

Name	Year School	Prelims	Finals Wind
=====			

Finals

1 Boyd, Alitta	12 Moreau Catholic	12.59	12.63 -1.9
2 Miller, Brianna	10 Castro Valley	13.25	13.13 -1.9
3 Alii, Taoleqat	11 Castro Valley	13.15	13.20 -1.9
4 Ellis, Olivia	11 Bishop O'Dowd	13.31	13.28 -1.9
5 Davis, Gabrielle	12 Arroyo	13.54	13.36 -1.9
6 Overshoun-Hall, Jordan	10 Moreau Catholic	13.45	13.37 -1.9
7 Rush, Iesha	12 Castro Valley	13.98	13.50 -1.9
8 Chung, Jungyoon	11 San Leandro	13.86	13.61 -1.9

Boys of Moreau is the real deal stud, and she took the race hard. Brianna and Tobi got the step on the BOD girl for some good sprint points for us. Iesha finished ust out of an NCS spot, but at least registered a good PR.

Girls 200 Meter Dash Var.

Name	Year School	Prelims	Finals Wind
=====			
1 Boyd, Alitta	12 Moreau Catholic	26.35	25.65 -2.5
2 Ellis, Olivia	11 Bishop O'Dowd	26.70	26.65 -2.5
3 Miller, Brianna	10 Castro Valley	27.25	26.86 -2.5
4 Martore, Celeste	9 Castro Valley	27.06	26.90 -2.5

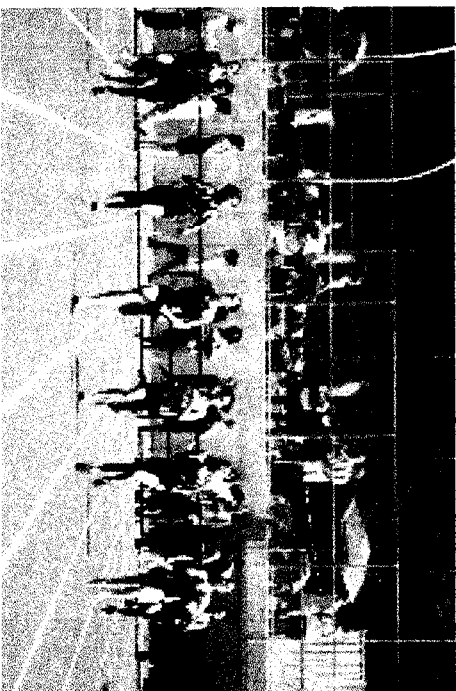
5 Davis, Gabrielle 12 Arroyo 27.25 27.12 -2.5
 6 All, Taeqat 11 Castro Valley 27.59 27.59 -2.5
 7 Rivers Birt, Lia 12 Bishop O'Dowd 27.08 27.80 -2.5
 8 Wilkins, Aliyah 9 San Leandro 27.57 27.85 -2.5

Boys of Moreau was the story here again, and the BOD girl evidently likes the longer sprints. Brianna and Celeste were close. Tobi got the best of BOD's Rivers-Birt (I hear that the BOD prom had something to do with that).

Girls 400 Meter Dash Var.

Name	Year	School	Prelims	Finals
1 Tran, Christina	11	San Leandro	1:02.66	1:01.47
2 Wardel, Trinity	10	Bishop O'Dowd	1:03.84	1:02.25
3 Quamina, Katherine	10	Bishop O'Dowd	1:04.68	1:02.54
4 Lee, Megan	12	Castro Valley	1:02.85	1:03.31
5 Turner, Jocelyn	11	Hayward	1:05.44	1:03.70
6 Furino, Tiffany	11	Castro Valley	1:05.38	1:05.04
7 Jung, Gigi	11	San Leandro	1:06.68	1:06.87
8 Highstreet, Elyse	9	Castro Valley	1:07.25	1:07.98

Megan looked real good at the 300 mark but then tightened up and could not respond to race. She lives to race again. Tiffany grabbed the last NCS spot.

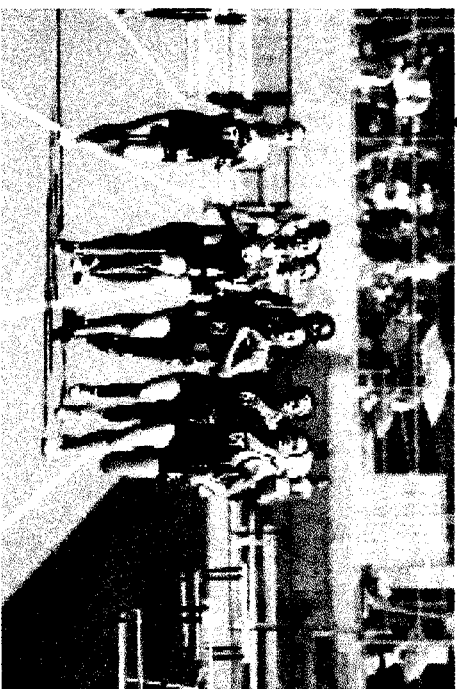


Everyone looks tired when running the 400.

Girls 800 Meter Run Var

Name	Year	School	Prelims	Finals
1. Damajeria Dubose	BOD	2:21.46		
2. Lia Rivers-Birt	BOD	2:21.54		
3. Chelsea Schneider	CV	2:21.81		
4. Arianne Riley	HAY	2:25.10		
5. Ayla Granados	CV	2:25.27		
6. Elise Wummer	CV	2:27.79		
7. Kelsey Santisteban	CV	2:30.71		
8. Maitre Diaz	BOD	2:32.22		

This race was supposed to be one of the fastest in HAAL history, but the girls were content to sit behind Rivers-Birt of BOD and go slowly through the first lap. Then when the race really started, Dubose of BOD snatched the race with a superior kick at the wire. We still got our top three girls to move on, but the race itself was a tactical nightmare.



After one lap, it was anyone's race.

Girls 1600 Meter Run Var.

Name	Year	School	Prelims	Finals
1 Dubose, Damajeria	12	Bishop O'Dowd	5:20.91	5:01.78
2 Santisteban, Kelsey	10	Castro Valley	5:30.46	5:02.39
3 Wummer, Elise	11	Castro Valley	5:30.50	5:22.48
4 Spees, Kaitlyn	10	Bishop O'Dowd	5:31.22	5:24.74
5 Granados, Ayla	12	Castro Valley	5:27.28	5:30.36
6 Yang, Nicole	11	Castro Valley	5:38.95	5:30.85
7 Sutedja, Ashley	11	Castro Valley	5:58.00	5:33.85
8 Canela, Janet	11	San Leandro	6:02.83	6:10.23
9 Crosby, Cassie	12	Moreau Catholic	6:21.52	6:16.15
10 Wong, Jessica	11	San Leandro	6:27.58	6:27.64

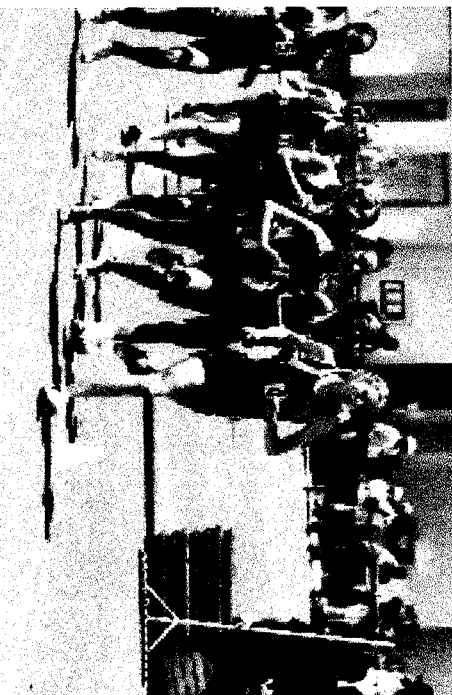
Dubose of BOD was very strong today, and Kelsey could just not get to her even with a PR effort. Elise took a safe 3rd, and Ayla and Nicole also scored for us and earned NCS spots. Ashley ran very well but just outside the money spots.

Girls 3200 Meter Run Var.

Name	Year	School	Seed	Finals
1 Dubose, Damajeria	12	Bishop O'Dowd	11:01.30	11:41.83
2 Santisteban, Kelsey	10	Castro Valley	10:57.27	11:54.62
3 Spees, Kaitlyn	10	Bishop O'Dowd	11:48.00	11:57.24
4 Wummer, Elise	11	Castro Valley	11:18.86	12:19.32
5 Yang, Nicole	11	Castro Valley	12:29.66	12:20.02

6 Bui, Anh 12 Arroyo 12:19.00 12:25.03
 7 Sutedia, Ashley 11 Castro Valley 12:34.41 12:26.55
 8 Diaz, Marie 9 Bishop O'Dowd 12:34.00 12:50.85
 9 Canela, Janet 11 San Leandro 12:39.00 13:55.55
 10 Ramirez, Karla 11 San Lorenzo 13:37.30 13:58.83
 11 Wong, Jessica 11 San Leandro 14:08.00 14:51.02
 12 Ankiam, Katy 12 Arroyo 14:16.00 14:56.11
 13 Kuang, Tina 11 San Leandro 14:12.00 15:22.97
 14 Seroirin, Cassandra 11 San Lorenzo 16:05.80 16:42.68

Dubose again took home the gold in this race. The pace was miserably slow until the last and then Dubose had the kick. Speeds of BOD took Elice this one. Nicole ran to annNCS place, and Ashley once again was one spot away from a race at NCS.



The entire 3200 field is clustered early on in the race.

Girls 100 Meter Hurdles 33" IH Var.

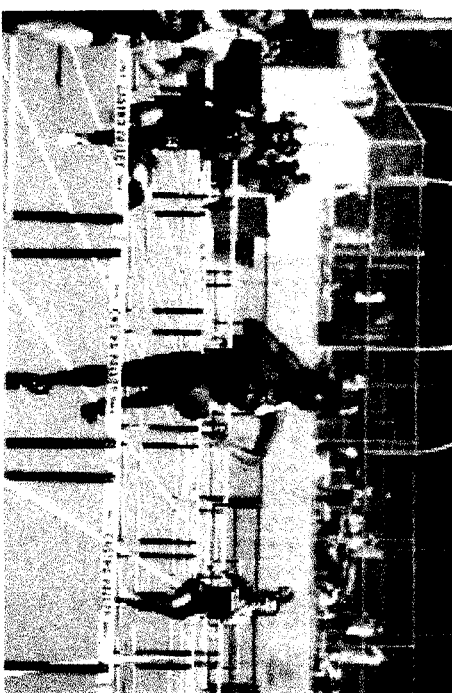
Name	Year	School	Prelims	Finals	Wind
1 Aldridge, Monique	11	Castro Valley	15.76	15.39	0.4
2 Gibbs, Jordan	12	Bishop O'Dowd	15.71	15.74	0.4
3 Toler, Laurena	12	Bishop O'Dowd	15.94	16.17	0.4
4 Schwyster, Nadia	11	Arroyo	17.85	17.92	0.4
5 Guan, Jacqueline	10	Arroyo	18.82	18.12	0.4
6 Kalia, Astha	12	Arroyo	18.27	18.15	0.4
7 Simbra, Tanya	11	Castro Valley	19.32	18.71	0.4
8 Ross, Ahmbria	10	Bishop O'Dowd	18.37	19.83	0.4

This had to be the biggest surprise of the meet, as Monique had already far exceeded expectations with her progress this year. She had the lead early and then beat the BOD girls in their specialty with a really good time. Tanya had to settle for a mere PR.

Girls 300 Meter Hurdles 30" LH Var.

Name Year School Prelims Finals
 1 Toler, Laurena 12 Bishop O'Dowd 46.90 45.89
 2 Aldridge, Monique 11 Castro Valley 47.49 47.45
 3 Jones, Shanel 11 Bishop O'Dowd 49.75 50.60
 4 Guan, Jacqueline 10 Arroyo 53.48 53.22
 5 Clive, Joanna 11 Arroyo 55.97 54.68
 6 Kalia, Astha 12 Arroyo 56.20 55.67
 7 Simbra, Tanya 11 Castro Valley 53.44 1:02.42

Toler of BOD wasn't going to let Monique even come close in this race, but Monique grabbed another good PR. She is now well into the CV top 10 lists in her events. Tanya was in 4th with two hurdles to go and took a hard spill to quash her hopes there. She is not injured, thankfully.



Monique races to a CV top 10 mark, and Tanya takes a spill.

Girls 4x100 Meter Relay Var.

School	Seed	Finals
1 Bishop O'Dowd 'A'	50.74	50.45
1) Ellis, Olivia 11		2) Jones, Shanel 11
3) Jackson, Randi 9		4) Ross, Ahmbria 10
2 Castro Valley 'A'	50.97	51.12
1) Lee, Megan 12		2) Alli, Taofeqat 11
3) Martore, Celeste 9		4) Rush, Iesha 12
3 San Leandro 'A'	51.94	51.38
1) Tran, Christina 11		2) Wilkins, Aliyah 9
3) Chung, Jungyoon 11		4) Silva, Jazmyn 11
4 Moreau Catholic 'A'	53.94	52.97
1) Overshoun-Hall, Jordan 10		2) Horsley, Nivana 12
3) Carnes, Stephanie 12		4) Harbert, Nicole 10
5 Tennyson 'A'	57.84	55.99
1) Grant, Melissa 11		2) Lacey, Tonisha 11
3) lee, alicia 11		4) Grant, Myesta 11

BOD had the smoother handoffs. CV at least got the stick around the track safely.

Girls 4x400 Meter Relay Var.

School	Seed	Finals
1 Bishop O'Dowd 'A'	3:58.40	4:05.54
2 Castro Valley 'A'	4:07.74	4:06.79
3 San Leandro 'A'	4:18.00	4:28.85
4 Tennyson 'A'	5:00.60	5:03.44

The mystery DQ on Ayla was another Arroyo issue, but her hair-tie came undone so she grabbed it and put it on her wrist. The official thought it was a bracelet and initially DQ'd the relay. It was over-ruled later. As for the race, Chelsea threw down a 59.9 for openers and then the race was watching Dubose of BOD make a career day of it anchoring her team to a narrow win and taking 4 events.



Jessica positions herself for takeoff in the high jump.

Girls High Jump Var.

Name	Year School	Seed	Finals
1 Martore, Celeste	9 Castro Valley	5-02.00	4-06.00
2 Jung, Gigi	11 San Leandro	4-06.00	J4-06.00
3 Kellum-Hendrex, Jessica	11 Castro Valley	4-02.00	J4-06.00
4 Highstreet, Elyse	9 Castro Valley	4-00.00	

Not impressive by any standards, except that only CV seems to understand the high jump event.

Girls Pole Vault Var.

Name	Year School	Seed	Finals

1 Britton, Miranda 10 Castro Valley 6-06.00 6-06.00
 2 Heuer, Jessie 11 Castro Valley 6-06.00 6-00.00
 3 Harris, Summer 11 Castro Valley 6-00.00 J6-00.00
 Again, not overly impressive as far as the marks go, but remarkable that there is no competition.

Girls Long Jump Var.

Name	Year School	Seed	Finals	Wind
1 Boyd, Alitta	12 Moreau Catholic	19-11.00	19-01.25	1.5
2 Alii, Taolegat	11 Castro Valley	15-11.00	16-03.00	0.6
3 Jones, Shanell	11 Bishop O'Dowd	16-03.00	16-02.25	1.1
4 Martore, Celeste	9 Castro Valley	15-06.00	15-10.00	1.3
5 Miller, Brianna	10 Castro Valley	15-01.25	15-08.75	1.7
6 Deng, Cindy	11 San Leandro	15-00.00	15-06.25	3.4
7 Wylie, Elton	9 Bishop O'Dowd	16-03.00	15-05.00	1.6
8 Rush, Iesha	12 Castro Valley	13-05.00	15-04.50	1.4
9 Overshoun-Hall, Jordan	10 Moreau Catholic	14-05.00	15-01.25	NWI
9 Johnson, Erika	10 San Leandro	14-00.00	15-01.25	NWI
11 Jackson, Randi	9 Bishop O'Dowd	16-00.00	14-11.25	NWI
12 Kellum-Hendrex, Jessica	11 Castro Valley	14-01.25	14-09.00	-0.5
13 Tran, Christina	11 San Leandro	15-00.00	14-00.25	NWI
14 Schwytler, Nadia	11 Arroyo	13-07.00	13-10.00	NWI
15 Horsley, Nivana	12 Moreau Catholic	14-01.50	13-07.75	NWI
16 Daliva, Racquel	11 San Lorenzo	12-08.50	13-06.00	NWI

Girls Long Jump Var.

17 Clive, Joanna	11 Arroyo	11-01.50	13-02.00	NWI
18 Soils, Deborah	12 Arroyo	11-10.00	12-09.50	NWI
19 Sin, Malysa	12 San Lorenzo	11-11.00	11-04.00	NWI
-- Maysam, Husna	11 Castro Valley	10-05.00	ND	NWI
-- Ani, Jorcelyn	11 Hayward		ND	NWI
-- Quiambao, Stephanie	11 Moreau Catholic	10-07.50	ND	NWI
-- Carnes, Stephanie	12 Moreau Catholic	12-05.00	ND	NWI
-- Ward, Teaira	12 Tennyson	12-07.00	ND	NWI
-- Lacey, Tonisha	11 Tennyson	15-02.00	ND	NWI
-- Olmstead, Rebecca	12 Tennyson	13-05.00	FOUL	

Already one of the best jumpers in the country, Boyd of Moreau won this meet by almost three feet. Tobl was the best of the mere mortals, and Brianna and Celeste also posted legit marks to move on to NCS.

Girls Triple Jump Var.

Name	Year School	Seed	Finals	Wind
1 Boyd, Alitta	12 Moreau Catholic	42-10.50	40-07.00	NWI
2 Miller, Brianna	10 Castro Valley	35-10.50	33-08.00	NWI
3 Deng, Cindy	11 San Leandro	30-09.00	33-04.00	NWI
4 Jones, Shanell	11 Bishop O'Dowd	31-10.00	32-09.00	NWI
5 Kellum-Hendrex, Jessica	11 Castro Valley	34-00.50	30-11.00	NWI
6 Highstreet, Elyse	9 Castro Valley	29-11.00	NWI	

7 Harris, Danielle 12 Castro Valley 25-04.00 28-01.00 NWI
 8 Maysam, Husna 11 Castro Valley 24-11.00 NWI
 When CV had 5 of the 8 competitors, we had the points all sewn up. Brianna and Elyce had some trials races right before the jump started and were too tucked to perform up to snuff. Jessica improved, and Maysam notched a good PR.

Girls Shot Put Var.

Name	Year School	Seed	Finals
1 Sapiga, Patrice	11 Hayward	34-08.00	34-05.00
2 Knight, Alana	11 Castro Valley	32-02.00	32-01.50
3 Walters, Ciarra	11 Bishop O'Dowd	30-00.00	30-05.00
4 Banks, Dalisia	11 Hayward	32-05.00	29-10.00
5 Donnelly, Noelle	9 Castro Valley	29-05.00	29-09.00
6 Francis, Cristina	11 Bishop O'Dowd	30-10.00	29-04.00
7 Ngatuvai, Lavinia	9 San Leandro	31-07.50	28-08.00
8 Maynard, Alexis	9 Bishop O'Dowd	28-05.00	28-06.00
9 Strache, Meg	12 San Leandro	27-03.00	27-01.00
10 Maynard, Andria	9 Bishop O'Dowd	28-00.00	26-08.00
11 Bigman, Natalie	11 San Leandro	28-07.00	26-06.00
12 Finch, Lauren	10 Arroyo	26-00.75	26-01.00
12 Birznies, Astra	11 Castro Valley	23-11.00	26-01.00
14 Dudley, Alyssia	12 San Leandro	26-06.00	25-09.00
15 Cruz, Hazel	11 Moreau Catholic	21-00.00	24-11.00
16 Disher, Juliana	11 Castro Valley	24-05.00	24-06.00
17 Araquistain, Rebecca	11 Arroyo	27-00.00	24-00.00
18 Dang, Susan	12 Arroyo	22-11.00	22-06.00
19 Carter, Jasmine	12 Moreau Catholic	21-00.00	21-09.50
20 Shinnars, Megan	12 Moreau Catholic	21-00.00	21-09.00
21 Garcia, Shawna	11 San Leandro	21-08.00	21-01.00
-- Tidwell, Jaylin	10 Bishop O'Dowd	30-00.00	DQ

Alana was able to be consistent when other could not and took a fine 2nd. Nicole also moves on in what she considers her "off" event. Astra had a big day, and Juliana maintained her season average.

Girls Discus Throw Var.

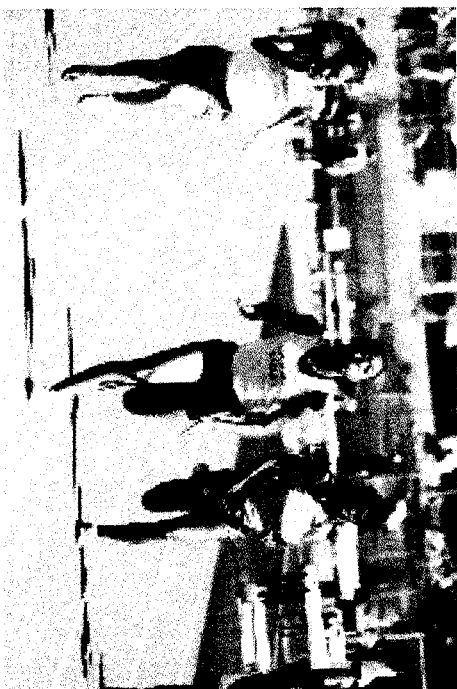
Name	Year School	Seed	Finals
1 Donnelly, Noelle	9 Castro Valley	116-07	99-10.50
2 Sapiga, Patrice	11 Hayward	110-00	99-09.50
3 Ngatuvai, Lavinia	9 San Leandro	98-00	96-09
4 Knight, Alana	11 Castro Valley	94-04	95-00
5 Francis, Cristina	11 Bishop O'Dowd	95-00	89-02.50
6 Walters, Ciarra	11 Bishop O'Dowd	87-00	86-09
7 Maynard, Alexis	9 Bishop O'Dowd	82-00	86-04.50
8 Maynard, Andria	9 Bishop O'Dowd	83-00	80-09.50
9 Banks, Dalisia	11 Hayward	88-00	76-01
10 Finch, Lauren	10 Arroyo	83-02.50	72-11.50
11 Strache, Meg	12 San Leandro	62-00	72-06

12 Bigman, Natalie 11 San Leandro 85-00 72-00.50
 13 Disher, Juliana 11 Castro Valley 70-04 68-08
 14 Waldorf, Shelline 12 Castro Valley 73-01 66-10.50
 15 Carter, Jasmine 12 Moreau Catholic 65-00 66-00
 16 Araquistain, Rebecca 11 Arroyo 74-00 62-06.50
 17 Dang, Susan 12 Arroyo 50-00 57-04
 18 Birznies, Astra 11 Castro Valley 66-09 55-11
 19 Shinnars, Megan 12 Moreau Catholic 50-00 49-00
 20 Cruz, Hazel 11 Moreau Catholic 55-00 45-05
 -- Tidwell, Jaylin 10 Bishop O'Dowd 95-00 ND
 -- Morales, Alma 11 San Leandro 68-00 ND
 -- Garcia, Shawna 11 San Leandro 54-11 ND
 -- Dudley, Alyssia 12 San Leandro 71-11 ND
 On a day when no one had the good throw in them, Noelle eked out the win by a single inch. Alana moves on by virtue of muscling out a good toss. Juliana and Shelline were not on at all, and Astra struggled.

Girls 100 Meter Dash Fr/So

Name	Year School	Prelims	Finals	Wind
1 Chissell, Maya	9 Castro Valley	13.48	13.36	-2.2
2 Sacha, Monique	10 Castro Valley	13.93	13.84	-2.2
3 Gardins, Karra	9 Moreau Catholic	14.03	13.90	-2.2
4 Randall, Chelsea	10 San Leandro	14.27	13.93	-2.2
5 Harris, Monique	9 Arroyo	13.96	13.94	-2.2
6 Boisse, Sara	10 Castro Valley	14.43	14.15	-2.2
7 Velasquez, Melissa	10 Castro Valley	14.44	14.17	-2.2
8 Scott, Amina	9 Bishop O'Dowd	14.11	14.19	-2.2

Maya took this one from the start, and Monique was able to get the lean for 2nd. Sara and Melissa recorded season bests.



Maya and Monique put a 1-2 hurt on the rest of the league in the GFS 100.

Girls 200 Meter Dash Fr/So

Name	Year School	Prelims	Finals	Wind
1 Chissell, Maya	9 Castro Valley	27.74	27.30	-2.6
2 Gardins, Karra	9 Moreau Catholic	28.84	27.92	-2.6
3 Sibai, Mariza	10 Arroyo	28.23	28.36	-2.6
4 Randall, Chisea	10 San Leandro	29.06	28.91	-2.6
5 Sacha, Monique	10 Castro Valley	29.27	29.34	-2.6
6 Scott, Amina	9 Bishop O'Dowd	29.32	29.48	-2.6
7 Espinoza, Yocelyn	10 Arroyo	29.39	29.69	-2.6

Maya made it two-for-two with another runaway win. Monique was able to score more points for the cause.

Girls 400 Meter Dash Fr/So

Name	Year School	Prelims	Finals
1 Sibai, Mariza	10 Arroyo	1:03.67	1:03.25
2 Brinkman, Sarah	10 Castro Valley	1:07.34	1:06.45
3 Watson, Chantel	10 San Leandro	1:06.54	1:06.51
4 Talley, Rhiannah	10 Hayward	1:07.91	1:07.73
5 Espinoza, Yocelyn	10 Arroyo	1:06.16	1:08.23
6 Gilchinese, Carolyn	10 Castro Valley	1:08.31	1:08.32
-- Le, Christie	9 San Leandro	1:05.61	FS

The Arroyo girl was just too strong for Sarah. Carolyn scored a point.

Girls 800 Meter Run Fr/So

Name	Year School	Prelims	Finals
1 Bailey, Aurora	9 Castro Valley	2:40.65	2:38.56
2 Micheaux, Claire	9 Bishop O'Dowd	2:39.46	2:38.61
3 Spiegel, Laura	9 Arroyo	2:43.51	2:39.81
4 Garcia, Imany	10 Hayward	2:47.56	2:41.44
5 Piccillo, Emma	10 Castro Valley	2:42.10	2:42.25
6 Coronado, Cristina	10 Hayward	2:44.50	2:43.07
7 Gilchinese, Carolyn	10 Castro Valley	2:45.30	2:43.26
8 Devlin, Allie	9 Bishop O'Dowd	2:49.82	2:52.96

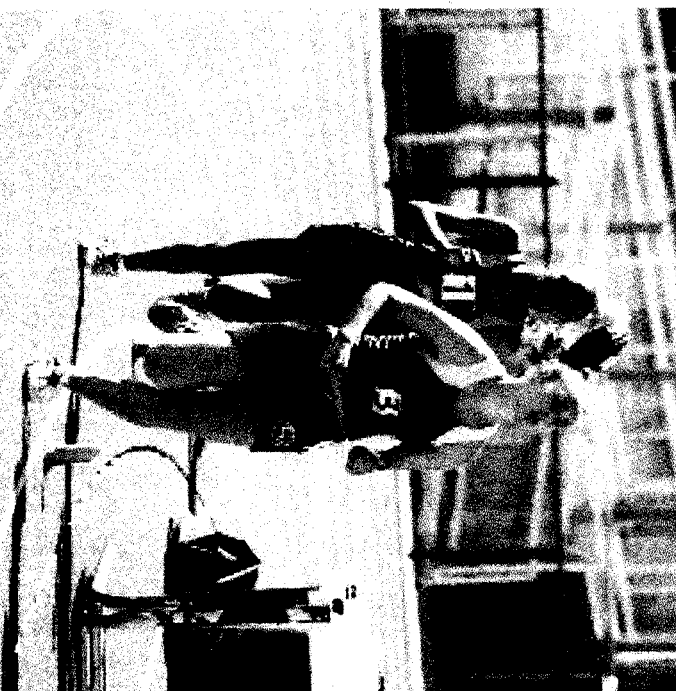
Aurora had a great last minute kick to run down the BOD girl for the win. Emma was probably still bungled up from her halfway fall the day before. Carolyn could not respond from the tough 400-800 double.

Girls 1600 Meter Run Fr/So

Name	Year School	Prelims	Finals
1 Martines, Marisa	10 Castro Valley	5:47.49	5:37.72
2 Micheaux, Claire	9 Bishop O'Dowd	5:44.71	5:40.53
3 Spiegel, Laura	9 Arroyo	5:52.82	5:46.08
4 Bailey, Aurora	9 Castro Valley	5:55.04	5:49.37
5 Fong, Samantha	9 Castro Valley	5:57.08	5:49.91

6 Hyland, Brenna	9 Bishop O'Dowd	5:54.43	5:55.30
7 Piccillo, Emma	10 Castro Valley	5:57.91	5:57.20
8 Garcia, Imany	10 Hayward	5:56.94	6:01.86
9 Coronado, Cristina	10 Hayward	5:56.59	6:05.33
10 Sandino, Miriam	10 Arroyo	6:07.31	6:10.64
11 Chi, Isabel	10 Castro Valley	6:11.29	6:19.63

Marisa ran behind the leaders. Spiegel of Arroyo and Micheaux of BOD, until the last lap and motored in strongly for the win. Aurora, Samantha and Emma were a strong presence in the next cluster. Isabel fell off the pace and could never recover.

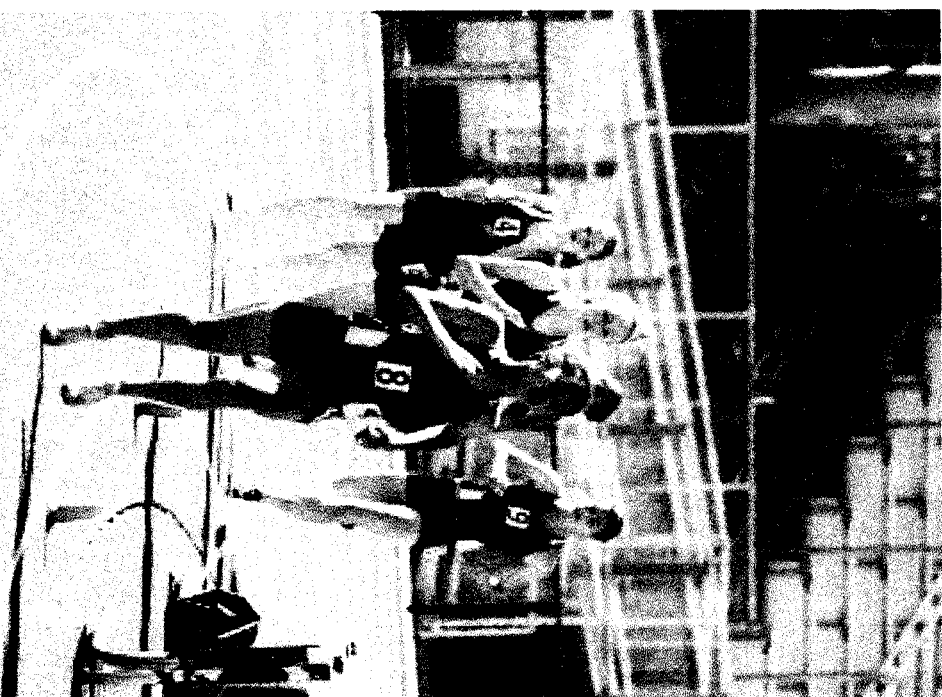


Marisa won the 1600 easily and took the 3200 victory as well.

Girls 3200 Meter Run Fr/So

Name	Year School	Seed	Finals
1 Martines, Marisa	10 Castro Valley	12:35.00	13:01.36
2 Micheaux, Claire	9 Bishop O'Dowd	13:05.00	13:18.49
3 Hyland, Brenna	9 Bishop O'Dowd	12:45.00	13:20.52
4 Fong, Samantha	9 Castro Valley	12:50.01	13:26.22
5 Pulido, Edith	10 Hayward	14:42.72	
6 Anders, Rachael	10 Bishop O'Dowd	14:06.00	14:52.21
7 Kaye, Danielle	10 Arroyo	14:16.00	15:04.68
8 Calderon, Fatima	10 Hayward	16:00.36	
9 Robles, Rebecca	9 San Lorenzo	16:21.30	16:09.98
10 Dam, Cindy	10 Mt Eden	15:00.00	17:23.19
11 Ma, Cindy	9 Mt Eden	15:30.00	17:52.47

-- Chi, Isabel 10 Castro Valley 13:17.40 DNF
 Marisa hung back in the heat and waited...and waited.. and then took off on the last lap to devastate the field. Samantha waited too, but too far back and couldn't make up the ground at the end.



Samantha, Aurora, and Emma vie in the GFS 1600.

Girls 100 Meter Hurdles 33" IH Fr/So

Name	Year	School	Prelims	Finals	Wind
1 Bowersmith, Kelsea	9	Arroyo	17.90	17.59	-0.1

2 Posey, Arianna 10 Castro Valley 18.64 17.92 -0.1
 3 Barajas, Lidia 10 Castro Valley 18.65 18.33 -0.1
 4 Partida, Victoria 10 Arroyo 19.73 19.45 -0.1
 5 Nguyen, Lily 10 Arroyo 20.50 19.92 -0.1
 6 Townsend, Young-Hi 10 Arroyo 20.55 19.93 -0.1
 7 Wong, Brenda 10 Arroyo 20.61 20.08 -0.1
 8 Brekke, Ashley 9 San Lorenzo 22.94 21.42 -0.1
 Arianna and the Arroyo girl staged a great duel to the finish. Lidia was a step behind.

Girls 300 Meter Hurdles 30"LH Fr/So

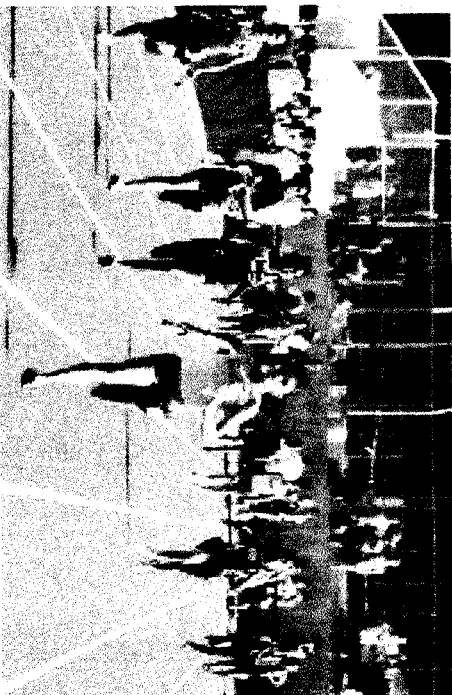
Name	Year	School	Prelims	Finals
1 Barajas, Lidia	10	Castro Valley	50.67	51.29
2 Posey, Arianna	10	Castro Valley	51.79	52.15
3 Bowersmith, Kelsea	9	Arroyo	52.81	53.22
4 Townsend, Young-Hi	10	Arroyo	56.74	54.74
5 Wong, Brenda	10	Arroyo	56.88	55.20
6 Partida, Victoria	10	Arroyo	56.23	56.27
7 Nguyen, Lily	10	Arroyo	58.53	57.70
8 Brekke, Ashley	9	San Lorenzo	1:00.76	1:00.37

Lidia took this one, no questions asked. Arianna came through strongly as well. The 5 Arroyo girls had to be content with the next 5 places.

Girls 4x100 Meter Relay Fr/So

School	Seed	Finals
1 Castro Valley 'A'	51.95	52.08
1) Barajas, Lidia 10		2) Chissell, Maya 9
3) Boisse, Sara 10		4) Sacha, Monique 10
2 Arroyo 'A'	54.21	
1) Harris, Monique 9		2) Espinoza, Yocelyn 10
3) Sibal, Mariza 10		4) Briseno, Jackie 10
3 Bishop O'Dowd 'A'	52.54	54.44
1) Brown, Asya 10		2) Pulliam, Blake 9
3) Scott, Armina 9		4) Maas, Rachel 9
4 San Leandro 'A'	56.94	55.10
1) Randall, Chisea 10		2) Watson, Chantel 10
3) Bradshaw, Aliyah 10		4) Le, Christie 9
5 Moreau Catholic 'A'	56.14	55.90
1) Galvez, Athenie 9		2) Garcia, Mariah 9
3) Meniou, Elise 10		4) Patrick, Tiffanie 10
6 Hayward 'A'	1:00.45	
1) Talley, Rhiannah 10		2) Gutierrez, Valaska 10
3) Saviris, Anne 10		4) Younger, Monique 10

This was a sweet race indeed, with the younger ladies putting the big hurt on the rest of the league.



Sarah finished up the relay win in fine fashion. By the way, the rolled-downshorts are considered a uniform violation.

Girls 4x400 Meter Relay Fr/So

School	Seed	Finals
1 Castro Valley 'A'	4:22.00	4:29.09
2 San Leandro 'A'	4:39.70	4:40.03
3 Bishop O'Dowd 'A'	4:20.10	4:43.12
4 Arroyo 'A'		4:54.93

Maya wanted nothing to do with the race, and tried to maneuver herself out of it. However, after she gave the girls the lead on the first leg, they never looked back and cruised to a dominating win.

Girls High Jump Fr/So

Name	Year School	Seed	Finals
1 Bowersmith, Kelsea	9 Arroyo	4-02.00	4-04.00
2 Umeh, Lisa	10 Castro Valley	4-04.00	4-02.00
3 Le, Christie	9 San Leandro	5-00.00	3-10.00
-- Sandino, Miram	10 Arroyo		NH
-- Wong, Brenda	10 Arroyo		NH
-- Partida, Victoria	10 Arroyo	4-02.00	NH

Lisa underjumped today, but still took a strong 2nd.

Girls Pole Vault Fr/So

Name	Year School	Seed	Finals
1 Piccillo, Emma	10 Castro Valley	6-06.00	6-06.00
2 Gilchinese, Sarah	10 Castro Valley	6-06.00	6-06.00
3 Gamez, Monica	9 Castro Valley	6-00.00	6-00.00

The GFS pole vault was a muted affair, but the girls leaped to their PR's.

Girls Long Jump Fr/So

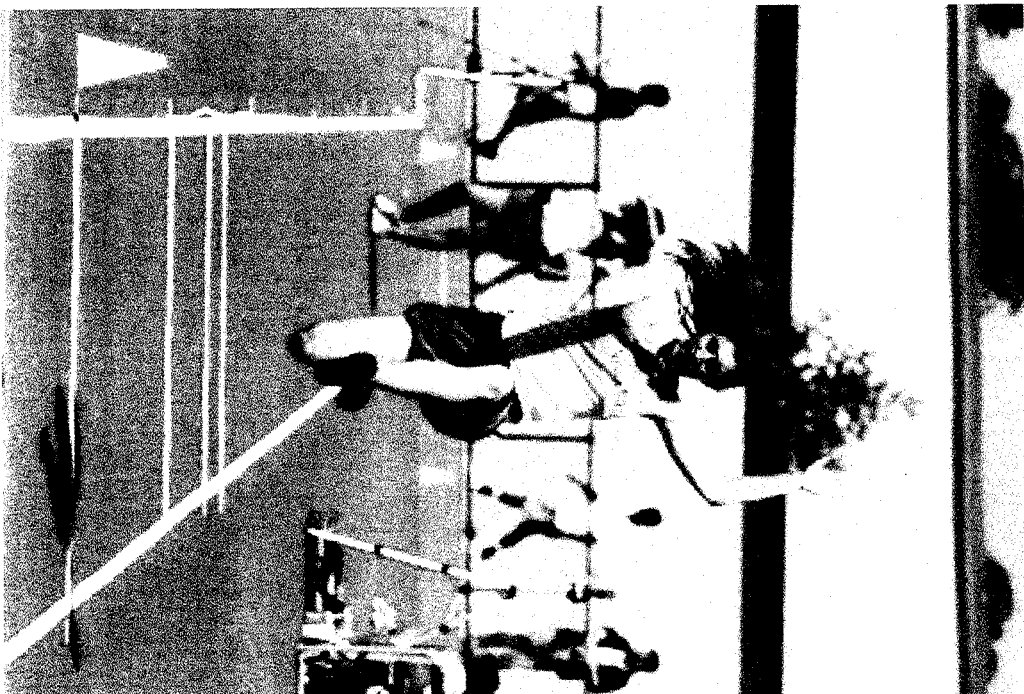
Name	Year School	Seed	Finals	Wind
1 Boisse, Sara	10 Castro Valley	14-09.00	15-06.50	NWI
2 Barajas, Lidia	10 Castro Valley	15-04.00	15-02.50	NWI
3 Brinkman, Sarah	10 Castro Valley	13-07.50	14-07.00	NWI
4 Wong, Brenda	10 Arroyo	11-10.00	13-10.25	NWI
5 Bowersmith, Kelsea	9 Arroyo	13-01.00	13-09.00	NWI
6 Garcia, Mariah	9 Moreau Catholic	12-07.00	13-01.00	NWI
7 Lee, Crystal	10 Castro Valley	12-07.75	12-10.50	NWI
8 Velasquez, Julia	10 Castro Valley	12-05.00	12-10.50	NWI
9 Partida, Victoria	10 Arroyo	11-09.00	12-04.50	NWI
10 Batillo, Christina	10 Tennyson	9-04.00	12-00.50	NWI
11 Younger, Monique	10 Hayward		11-11.00	NWI
12 Muriithi, Rosemarcy	9 San Leandro	12-00.00	11-04.25	NWI
-- Yap, Karina	9 Moreau Catholic	11-08.00		NWI
-- Bradshaw, Aliyah	10 San Leandro	9-08.00		NWI
-- Meniou, Elise	10 Moreau Catholic	13-11.00		NWI
-- Patrick, Tiffanie	10 Moreau Catholic	12-07.00		NWI
-- Cenicerros, Julia	10 Castro Valley	14-03.00		NWI
-- Pillay, Cynthia	10 Moreau Catholic	11-09.00		NWI

Sara bounced out to a nice PR, and had to hold off Lidia who was the favorite. Sara joined with her own PR for a CV 1-2-3 sweep. Crystal and Julia jumped to their averages.

Girls Triple Jump Fr/So

Name	Year School	Seed	Finals	Wind
1 Brinkman, Sarah	10 Castro Valley	30-08.00	30-09.00	NWI
2 Cenicerros, Julia	10 Castro Valley	30-00.00	29-10.00	NWI
3 Lee, Crystal	10 Castro Valley	28-02.00	28-08.00	NWI
4 Velasquez, Julia	10 Castro Valley	29-08.00	28-00.50	NWI
5 Umeh, Lisa	10 Castro Valley	28-06.00	27-10.00	NWI

Again, the triple jump seems to be an orphan event, so CV dominated just by showing up. The marks were all pretty good, too.



Sarah shows excellent form in her triple jump win today.

Girls Shot Put Fr/So

Name	Year	School	Seed	Finals
1 Posey, Arianna	10	Castro Valley	29-11.00	28-00.50
2 Wright, Sharissa	9	San Leandro	27-00.00	27-09.50
3 Schneider, Marisa	10	Castro Valley	28-01.00	27-08.50
4 Munchick, Bonnie	9	Bishop O'Dowd	25-00.00	26-01.00
5 Gutierrez, Valeska	10	Hayward	22-04.00	24-07.25
6 Brekke, Ashley	9	San Lorenzo	28-10.00	23-10.50
7 Miller, Shenna	10	Bishop O'Dowd	25-00.00	22-09.25

8 Morales, Franchesca	10	Moreau Catholic	18-00.00	20-06.00
9 Sawiris, Anne	10	Hayward	19-11.75	
10 Rillamas, Jennifer	10	Moreau Catholic	20-00.00	18-05.50
-- Morales, Valeria	10	San Leandro	20-07.00	ND
-- Callies, Karta	10	Hayward		ND

Arianna competes in a unique double, running hurdles and doing the throws. She took two 2nds in the hurdles, but decided to grab a first here. Marisa helped the CV point total with a top finish herself.

Girls Discus Throw Fr/So

Name	Year	School	Seed	Finals
1 Posey, Arianna	10	Castro Valley	82-09	84-00
2 Wright, Sharissa	9	San Leandro	73-08	78-00
3 Miller, Shenna	10	Bishop O'Dowd	78-00	76-06
4 Gutierrez, Valeska	10	Hayward	73-00	75-07
5 Munchick, Bonnie	9	Bishop O'Dowd	70-00	70-00
6 Grewal, Manpreet	10	Arroyo	73-02.50	68-01.50
7 Morales, Franchesca	10	Moreau Catholic	60-00	61-07
8 Rillamas, Jennifer	10	Moreau Catholic	58-00	61-02
9 Brekke, Ashley	9	San Lorenzo	63-06	55-05
10 Schneider, Marisa	10	Castro Valley	55-01	50-09.50
11 Sawiris, Anne	10	Hayward	38-00.50	
-- Callies, Karta	10	Hayward		ND
-- Morales, Valeria	10	San Leandro	47-10	ND

Arianna took home the throws down with another win. Marisa is not as accomplished yet in this event.

Boys 100 Meter Dash Var.

Name	Year	School	Prelims	Finals	Wind
1 Oliver, Dash	12	Castro Valley	11.10	10.85	-1.6
2 Rosby, Darnion	10	Castro Valley	11.29	11.10	-1.6
3 Brown, Mario	11	Bishop O'Dowd	11.71	11.58	-1.6
4 Sarrico, Kevin	12	Castro Valley	11.64	11.68	-1.6
5 Adesanya, Omodele	12	Castro Valley	11.80	11.81	-1.6
6 Prince, James	11	Bishop O'Dowd	11.92	11.86	-1.6
7 Thomas, Tyler	11	Hayward	11.99	11.89	-1.6
8 Ward, Tyrone	10	Bishop O'Dowd	11.92	11.96	-1.6

What a difference a year makes. Last year in this race, Dash tied the school and meet record and was ecstatic about it. This year he breaks the meet record (but not his school record) and is disappointed. Darnion was right behind him and gave us a very strong 1-2. Kevin continues to impress in the late season and grabbed 4th. Omodele, normally considered just a converted jumper, snagged a nice 5th. Sprint City, right here folks.



The CV boys look fast and strong here in the 100.

Boys 200 Meter Dash Var.

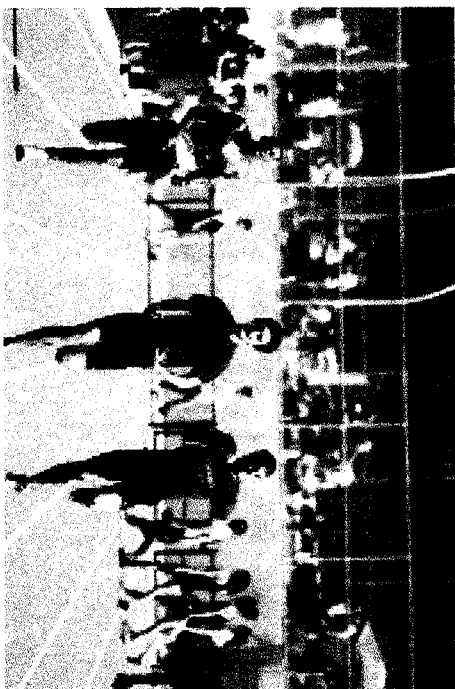
Name	Year School	Prelims	Finals	Wind
1 Oliver, Dash	12 Castro Valley	22.64	22.09	0.5
2 Rosby, Damion	10 Castro Valley	22.74	22.22	0.5
3 Hamilton, CJ	10 Castro Valley	24.14	23.06	0.5
4 Wilson, Laron	12 San Leandro	23.22	23.12	0.5
5 Simpson, Cherod	12 Bishop O'Dowd	23.91	23.43	0.5
6 Thomas, Tyler	11 Hayward	23.91	24.12	0.5
7 Kirven, Solomon	11 San Lorenzo	24.49	24.49	0.5

Damion came off the turn and had Dash's number. Dash came back from a 3-step deficit in the last 60 meters and notched the 3rd best time in CV history, behind the 21.8's of the legendary Jeff Perenon and Dave Fernandez. CJ wasn't shabby either in 3rd.

Boys 400 Meter Dash Var.

Name	Year School	Prelims	Finals
1 Roache, Alex	12 Tennyson	50.31	49.86
2 Wilson, Laron	12 San Leandro	51.54	50.66
3 Hamilton, CJ	10 Castro Valley	51.69	50.98
4 Batis, Robert	10 Castro Valley	51.32	51.26
5 Simpson, Cherod	12 Bishop O'Dowd	53.34	52.06
6 Villalobos, Everado	12 Tennyson	52.28	52.10
7 Foster, Alexander	10 Castro Valley	52.52	52.84
8 Towles, Marvin	10 Tennyson	52.82	54.54

The Tennyson boy is very very legitimate, with an easy sub-50 win. CJ and Bobby probably spent too much time racing each other and not the field. Alex looked good in the big meet race.



As impressive as the team cluster was, the boys all looked tight and bound up. All sophomores, too.

Boys 800 Meter Run Var.

Name	Year School	Prelims	Finals
1 Martore, Anthony	10 Castro Valley	2:05.37	1:57.98
2 Zerehaimant, Bistrat	Sr Hayward	2:00.17	2:00.20
3 Weekes, Norman	11 Castro Valley	2:03.77	2:03.07
4 Diomande, Sulayman	10 Castro Valley	2:05.37	2:04.69
5 Alvarado, Edgar	11 San Leandro	2:08.14	2:06.83
6 Bourdier, Austin	12 Bishop O'Dowd	2:08.08	2:07.33
7 Tsang, Simon	12 San Leandro	2:10.57	2:16.99

When Arroyo's Danny Thomas opted out of the 800, it opened a door and Anthony raced through it. The win was dynamic and the time puts him just outside our top 10 list.



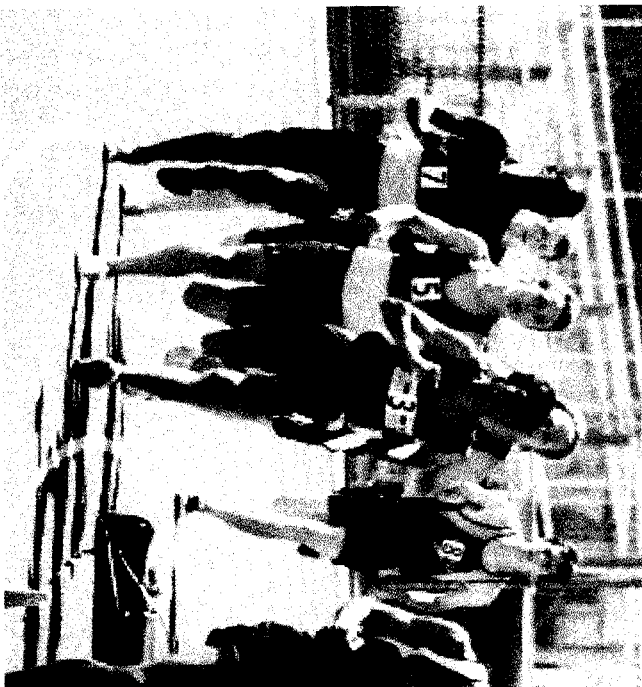
Anthony surprised the field with his apparently easy win in the 800

Boys 1600 Meter Run Var.

Name	Year	School	Prelims	Finals
1 Thomas, Danny	11	Arroyo	4:26.13	4:17.79
2 Eversole, Ben	10	Castro Valley	4:47.84	4:23.62
3 Zerehaimanot, Bisrat	Sr	Hayward	4:38.17	4:23.67
4 Weekes, Norman	11	Castro Valley	4:50.14	4:28.12
5 Ashby, Tom	11	Castro Valley	4:47.64	4:34.66
6 Snow, Andrew	11	Arroyo	4:49.66	4:39.87

7 Diaz, Joe	12	Bishop O'Dowd	4:50.52	4:44.06
8 Alvarado, Edgar	11	San Leandro	4:43.93	4:49.54
9 Kane, Sam	9	Bishop O'Dowd	4:51.43	4:49.85
10 Talley, Vince	11	Castro Valley	4:57.82	4:53.93
11 Luong, Bryant	11	Tennyson	5:02.51	4:56.74
12 Crump, Matthew	11	Castro Valley	5:02.79	5:08.07

Thomas took care of Ben, but Ben raced to a top 10 CV time for a very quick 2nd place. Will, Tom and Vince all PR largely as well. Matt suffered today.



Ben, Will and Tom jockey for position in the early goings of the 1600.

Boys 3200 Meter Run Var.

Name	Year	School	Seed	Finals
1 Thomas, Danny	11	Arroyo	9:44.00	9:48.04
2 Eversole, Ben	10	Castro Valley	9:32.18	9:53.41
3 Ashby, Tom	11	Castro Valley	9:51.74	10:23.24
4 Kane, Sam	9	Bishop O'Dowd	10:37.00	10:46.15
5 Diaz, Joe	12	Bishop O'Dowd	10:43.00	10:51.43
6 Alvarado, Edgar	11	San Leandro	10:39.00	10:55.92
7 Snow, Andrew	11	Arroyo	10:38.00	10:58.38
8 Nyberg, Ryan	11	Bishop O'Dowd	11:01.00	11:03.48
9 Peek, Scott	11	Castro Valley	12:02.31	11:34.82
10 Luong, Bryant	11	Tennyson	11:43.36	
11 Neisse, Matt	12	San Leandro	12:19.00	11:48.93
12 Talley, Vince	11	Castro Valley	11:02.31	11:49.00
13 Coulter, Eric	10	Castro Valley	10:19.96	11:52.12

14 Crump, Matthew	11 Castro Valley	11:24.30	11:53.72
15 Hurtado, Diego	11 Hayward	11:55.32	
16 Zhang, Wilson	12 Arroyo	12:16.00	11:58.34

The heat seemed to be the excuse to not race until the last lap. Then Thomas showed everyone why he is so good as he found three gears to Ben's one on the last 200. Tom cruised to a solid 3rd. Scott PR'd. Vince and Eric were in a different time zone, mentally. Matt once again left his best race on Wednesday.

Boys 110 Meter Hurdles 39" HH Var.

Name	Year School	Prelims	Finals	Wind
1 Jones, Chad	12 Bishop O'Dowd	15.01	14.29	-0.1
2 Valentine, Jr, Maurice	12 Castro Valley	14.75	14.41	-0.1
3 McChorter, Quentin	12 Bishop O'Dowd	15.56	15.03	-0.1
4 Wilson, Davon	12 San Leandro	17.27	15.38	-0.1
5 Williams, Alan	10 Bishop O'Dowd	16.22	15.80	-0.1
6 Niksarian, Adam	12 Castro Valley	17.21	16.65	-0.1
7 Monroe, Desmond	11 San Leandro	17.35	16.93	-0.1

The big showdown between the two best in NCS did not disappoint, and Jones of BOD beat Maurice. They will renew the rivalry next week. Asam's PR moves him on as well.



Jones got Valentine today, but the rivalry will continue through the post-season.

Boys 300 Meter Hurdles 36" IH Var.

Name	Year School	Prelims	Finals
1 McChorter, Quentin	12 Bishop O'Dowd	41.26	40.34
2 Valentine, Jr, Maurice	12 Castro Valley	43.54	40.74
3 Wilson, Davon	12 San Leandro	43.74	42.48

4 Sorenson, Anthony	12 Arroyo	43.85	43.49
5 Niksarian, Adam	12 Castro Valley	44.21	43.72
6 Manag, Lorenzo	10 Bishop O'Dowd	44.98	44.80
7 DeGuzman, Luis	11 Arroyo	44.70	44.93

When Jordan Mackay ended his season with an injury in the trials, the CV mantle fell on Maurice who wore it well today. It took BOD's McChorter until the next to last hurdle to get close to Maurice, and then nip him at the finish. Maurice dropped a full second off his best and moved to 3rd on the CV top 10 all-time list. Adam also had a good day and races at NCS.

Boys 4x100 Meter Relay Var.

School	Seed	Finals
1 Castro Valley 'A'	42.54	42.94
1) Adesanya, Omolede 12		
3) Batts, Robert 10	4) Hamilton, CJ 10	
2 Bishop O'Dowd 'A'	43.14	43.51
1) Brown, Marfo 11	2) Prince, James 11	
3) Simpson, Cherod 12	4) Jones, Chad 12	
3 San Leandro 'A'	43.84	44.90
1) Bradford, Alvector 11	2) Wilson, Davon 12	
3) Wilson, Laron 12	4) Wilson, Devonte 11	
4 Tennyson 'A'	45.34	45.29
1) Roache, Alex 12	2) Towles, Marvin 10	
3) Villalobos, Everado 12	4) Shanklin, Torrance 11	

The boys were giving a few alternates a chance with the baton today, and they still scorched to a very impressive time.

Boys 4x400 Meter Relay Var.

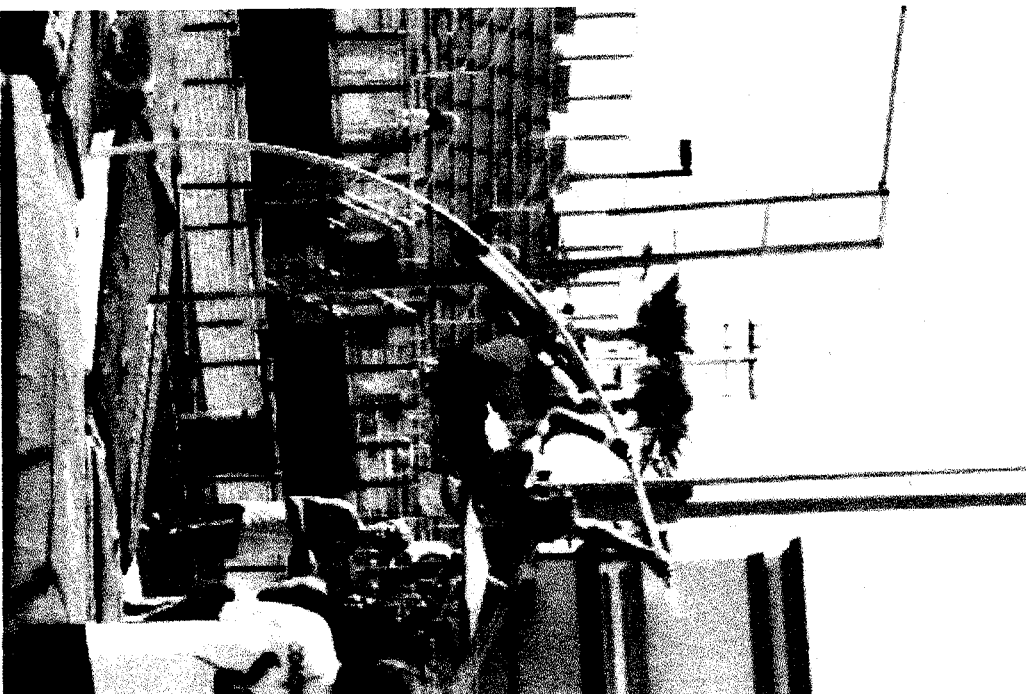
School	Seed	Finals
1 Castro Valley 'A'	3:24.78	3:28.10
2 San Leandro 'A'	3:31.50	3:29.84
3 Tennyson 'A'	3:39.90	3:32.48
4 Bishop O'Dowd 'A'	3:28.70	3:40.40
5 Arroyo 'A'	3:44.83	
6 Hayward 'A'	3:45.00	3:44.86

The field was ready to challenged the CV team, but CJ blasted past the SL boy on the anchor and it was history.

Boys High Jump Var.

Name	Year School	Seed	Finals
1 Valentine, Jr, Maurice	12 Castro Valley	6-08.00	6-04.00
2 Grant, Jonie	10 Moreau Catholic	6-04.00	6-02.00
3 Williams, Alan	10 Bishop O'Dowd	6-02.00	6-00.00
4 Abrew, Austin	12 Arroyo	5-06.00	5-08.00
4 Foster, Alexander	10 Castro Valley	5-08.00	5-08.00

6 Diomande, Sulayman 10 Castro Valley 5-04.00 J5-06.00
 7 Low, Kevin 11 Arroyo 5-02.00 J5-04.00
 7 Nikssarian, Adam 12 Castro Valley 5-10.00 J5-04.00
 7 Bradford, Alvicor 11 San Leandro 5-06.00 J5-04.00
 7 Owens, Barry 12 San Leandro 5-06.00 J5-04.00
 Maurice won his 3d straight HAAL title, jumping just to win. Alex did his average, and Solo had to win a 4-way jumpoff to advance to NCS. Adam underjumped today.



Andrew adds 6 inches to his PR in winning the event.

Boys Pole Vault Var.

Name	Year School	Seed	Finals
1 Wiegardt, Andrew	11 Castro Valley	12-06.00	13-00.00
2 Coulter, Eric	10 Castro Valley	11-06.00	11-06.00
3 Meadows, Justin	11 Castro Valley	11-00.00	10-06.00
Andrew upped his PR, and now has reached a threshold height. He is now 8th all time CV top 10.			

Boys Long Jump Var.

Name	Year School	Seed	Finals	Wind
1 Jones, Chad	12 Bishop O'Dowd	22-07.00	22-03.50	0.6
2 Adesanya, Omodele	12 Castro Valley	20-05.00	21-08.00	1.1
3 Kirven, Solomon	11 San Lorenzo	20-02.25	21-04.50	1.5
4 Williams, Alan	10 Bishop O'Dowd	20-05.00	20-02.00	0.1
4 Abrew, Austin	12 Arroyo	19-01.00	20-02.00	-0.7
6 Manag, Lorenzo	10 Bishop O'Dowd	19-09.00	19-10.00	1.1
7 Owens, Barry	12 San Leandro	18-00.00	19-05.00	+0.0
8 Grant, Jontie	10 Moreau Catholic	20-11.00	19-02.00	+0.0
8 Thomas, Tyler	11 Hayward	18-09.00	19-02.00	NWI
10 Nikssarian, Adam	12 Castro Valley	18-05.00	19-00.50	NWI
11 Chambers, Chris	11 Hayward	16-06.00	18-10.00	NWI
12 Gonzales, Nico	11 Hayward	16-03.00	18-05.00	NWI
13 Low, Kevin	11 Arroyo	17-06.00	18-00.75	NWI
14 Woodard, Jimmy	11 Castro Valley	18-06.00	17-07.00	NWI
15 Shanklin, Torrance	11 Tennyson	16-00.00	17-00.00	NWI
16 Le, Man	11 San Lorenzo	17-09.75	16-09.75	NWI
17 Schultz, Johnathan	12 Arroyo	16-00.50	16-07.00	NWI
18 Paris, Phillip	12 Arroyo	15-04.50	16-02.75	NWI
19 Azbill, Andy	12 Arroyo	14-05.00	15-09.00	NWI
20 Collier, Sean	12 Arroyo	14-05.00	15-08.00	NWI
21 Perry, Brandon	11 San Lorenzo	16-10.50	14-10.50	NWI
-- Diaz, John	12 San Lorenzo	19-03.25	ND	NWI
-- Roache, Alex	12 Tennyson	19-02.50	ND	NWI
-- Kapadia, Vishal	10 Tennyson	15-00.00	ND	NWI
-- Mayfield, Eli	11 San Leandro	15-00.00	ND	NWI
-- Coronado, Ruben	12 Tennyson	16-11.00	ND	NWI
-- Deng, Raymond	12 Arroyo	12-08.25	ND	NWI
-- Luizinho, Kevin	12 San Lorenzo	13-09.00	ND	NWI
-- Towles, Marvin	10 Tennyson	17-11.00	ND	NWI
-- Powers, Julian	11 Tennyson	17-09.00	ND	NWI
-- Quintanilla, Jimmy	11 Castro Valley	16-06.00	ND	NWI
-- Velasquez, Brian	11 Castro Valley	16-06.00	ND	NWI
Omodele had an excellent PR but it wasn't enough to take Jones from BOD. Adam's PR wasn't good enough to even register, and Jimmy simply underjumped today.				

Boys Triple Jump Var.

Name	Year School	Seed	Finals WInd
1 Mchorter, Quentin	12 Bishop O'Dowd	42-09.00	43-09.00 0.5
2 Williams, Alan	10 Bishop O'Dowd	42-07.00	43-01.00 0.1
3 Adesanya, Omodele	12 Castro Valley	43-06.25	42-05.00 1.6
4 Manang, Lorenzo	10 Bishop O'Dowd	40-09.00	42-04.00 +0.0
5 Woodard, Jimmy	11 Castro Valley	40-06.00	39-08.50 2.5
6 Owens, Barry	12 San Leandro	39-06.00	39-06.00 NWI
7 Low, Kevin	11 Arroyo	35-08.00	37-08.50 NWI
8 Schultz, Johnathan	12 Arroyo	35-00.50	35-09.00 NWI
9 Quintanilla, Jimmy	11 Castro Valley	34-01.50	33-10.00 NWI
10 Azbill, Andy	12 Arroyo	30-00.00	33-04.00 NWI
-- Jones, Chad	12 Bishop O'Dowd	48-03.00	FOUL

Omodele hasd a good jumpo but the two BOD boys had better. Jimmy had better luck in the triple than in the long. Jimmy Q. was at best average.

Boys Shot Put Var.

Name	Year School	Seed	Finals
1 Eckel, Jacob	11 Castro Valley	45-11.00	49-00.00
2 Maile, Stone	11 San Leandro	48-00.00	48-02.00
3 Tulloch, Adam	12 Bishop O'Dowd	48-09.00	46-04.00
4 Nunn, Malcume	11 San Leandro	47-11.00	45-10.00
5 Johnson, Blake	11 Bishop O'Dowd	47-03.00	44-03.00
6 Cerruti, Jonathan	12 Arroyo	38-03.50	42-02.00
7 Tomaz, Niko	11 Castro Valley	39-05.00	40-07.00
8 Mason, Eric	11 Castro Valley	44-07.00	39-10.00
9 Shaw, Andrew	11 Castro Valley	39-04.00	38-06.00
10 Sheehan, Chris	12 Castro Valley	38-06.00	37-04.00
10 Hart, Virgil	12 Hayward	40-02.00	37-04.00
12 Bouchard, Jeff	11 Castro Valley	38-04.00	37-03.00
13 Maumalanga, Jesse	12 Hayward	40-00.00	36-11.00
14 Kaye, Scott	12 Arroyo	35-00.00	36-09.50
15 Aseron, Gabe	12 San Leandro	37-06.00	36-06.50
16 Morankola, Adebambo	11 San Leandro	44-07.00	35-03.50
17 Chong, Jason	10 Moreau Catholic	39-00.00	34-08.00
18 Mediola, Marcus	10 Moreau Catholic	33-00.00	34-02.00
19 Mixson, Kyle	10 Arroyo	35-00.00	34-00.00
20 Navarro, Sal	11 San Leandro	32-10.00	33-11.50
21 Orella, Gabe	12 Tennyson	34-08.00	33-04.00
22 Niuatoa, Alex	12 Hayward	35-06.00	33-00.00
23 Duenas, Ray	11 Hayward	33-02.00	32-10.00
24 Schultz, Johnathan	12 Arroyo	28-11.00	32-02.00
25 Garrett, Brandon	11 Arroyo	31-03.50	31-03.50
26 Hill, Ken	11 Moreau Catholic	33-00.00	31-01.00
27 Camfield, Russell	11 Moreau Catholic	30-00.00	29-07.00
28 Morales, Gonzalo	11 San Leandro	33-07.00	29-06.00
-- Prez, Jeryll	11 Tennyson	ND	ND
-- Finau, Sione	11 San Leandro	36-00.00	ND

-- Maldonado, Pedro	12 San Lorenzo	34-06.00	ND
-- Jackson, Demico	12 Hayward	36-05.00	ND
-- Niuatoa, Eleasaro	12 Hayward	45-07.00	ND
-- Gonzalez, Demario	11 Tennyson	33-00.00	ND

Jacob had a monster Pr for the surprise win. The rest of the CV boys were off just enough to not be able to score for us.

Boys Discus Throw Var.

Name	Year School	Seed	Finals
1 Eckel, Jacob	11 Castro Valley	134-06	139-08.50
2 Maile, Stone	11 San Leandro	145-04	138-05
3 Tomaz, Niko	11 Castro Valley	134-04	130-01
4 Mason, Eric	11 Castro Valley	145-03	128-08.50
5 Nunn, Malcume	11 San Leandro	131-09	124-01
6 Tsang, Darren	12 Castro Valley	111-08	113-11.50
7 Barrera, Emmanuel	11 Castro Valley	106-05	113-05
8 Duenas, Ray	11 Hayward	107-06	113-03.50
9 Johnson, Blake	11 Bishop O'Dowd	115-00	113-03
10 Kaye, Scott	12 Arroyo	06-00.75	108-10
11 Cerruti, Jonathan	12 Arroyo	125-09	102-04.50
12 Aseron, Gabe	12 San Leandro	104-11	101-07
13 Orella, Gabe	12 Tennyson	96-07	95-03.50
14 Gilham, George	11 Castro Valley	109-10	89-00.50
15 Hill, Ken	11 Moreau Catholic	81-00	88-08
16 Schultz, Johnathan	12 Arroyo	00-02.50	87-04.50
17 Perry, Brandon	11 San Lorenzo	88-05	85-10.50
18 Chong, Jason	10 Moreau Catholic	90-00	77-05.50
19 Camfield, Russell	11 Moreau Catholic	70-00	75-03
20 Navarro, Sal	11 San Leandro	75-08	74-11.50
21 Paris, Phillip	12 Arroyo	78-01.50	70-03
22 Mediola, Marcus	10 Moreau Catholic	75-00	69-02.50
23 Garrett, Brandon	11 Arroyo	75-03.50	65-02.50
-- Prez, Jeryll	11 Tennyson	ND	ND
-- Finau, Sione	11 San Leandro	84-09	ND
-- Gonzalez, Demario	11 Tennyson	84-03.50	ND
-- Hart, Virgil	12 Hayward	99-00	ND
-- Maldonado, Pedro	12 San Lorenzo	94-03	ND
-- Morankola, Adebambo	11 San Leandro	107-08	ND
-- Niuatoa, Eleasaro	12 Hayward	122-00	ND
-- Jackson, Demico	12 Hayward	103-02	ND
-- Niuatoa, Alex	12 Hayward	106-09	ND
-- Maumalanga, Jesse	12 Hayward	101-05	ND
-- Morales, Gonzalo	11 San Leandro	100-08	ND
-- Tulloch, Adam	12 Bishop O'Dowd	128-06	ND

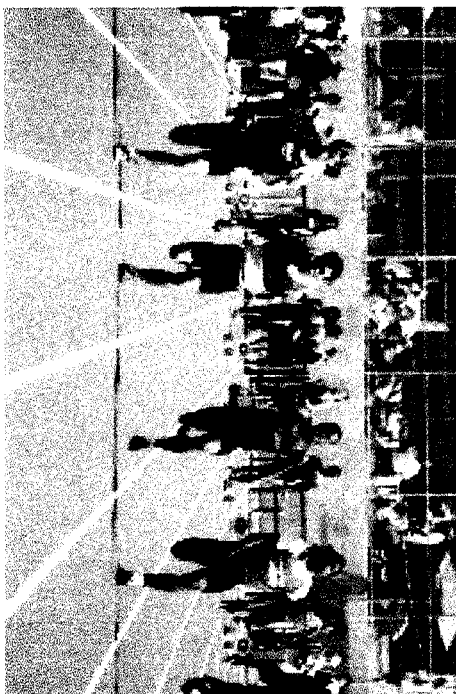
The thrower boys rebounded nicely in the discus. Jacob made it a couble win, and he will be joined at NCS by Niko, Eric and Darren.

Boys 100 Meter Dash Fr/So

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Name	Year School	Prelims	Finals	Wind
1 Cummings, Ellis	10 San Leandro	11.99	11.93	-1.7
2 Johnson, Mike	10 San Lorenzo	12.07	11.98	-1.7
3 Imlack, Jeremy	9 Moreau Catholic	12.13	11.98	-1.7
4 Kim, Aaron	10 Castro Valley	12.05	12.05	-1.7
5 Schwartz, Jaejun	9 Bishop O'Dowd	12.38	12.16	-1.7
6 McNeally, Mas	10 San Leandro	12.34	12.21	-1.7
7 Caro, William	9 Hayward	12.17	12.26	-1.7
8 Han, Nate	10 Castro Valley	12.48	12.33	-1.7

Aaron made a late charge to score. Nate was close, but not quite.



Aaron gives his all in the 100.

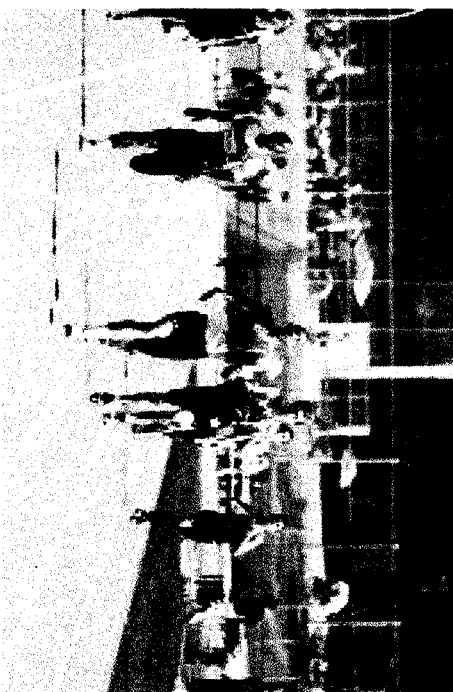
Boys 200 Meter Dash Fr/So				
Name	Year School	Prelims	Finals	Wind
1 McBride, Andre	9 San Leandro	24.26	23.99	-1.8
2 Johnson, Mike	10 San Lorenzo	24.16	24.31	-1.8
3 Schwartz, Jaejun	9 Bishop O'Dowd	24.70	24.52	-1.8
4 Kim, Aaron	10 Castro Valley	24.51	24.56	-1.8
5 Caro, William	9 Hayward	24.67	24.96	-1.8
6 Chavez, Cristian	10 Castro Valley	25.15	25.56	-1.8
7 Jackson, Kendall	9 Bishop O'Dowd	26.40	26.27	-1.8

This was anyone's race all the way to the finish. Aaron pulled out another 4th place.

Boys 400 Meter Dash Fr/So				
Name	Year School	Prelims	Finals	
1 Davis, Ben	10 Castro Valley	52.89	52.89	
2 Obidiegou, Kyrian	10 San Leandro	54.34	53.75	
3 Kelley, Sean	9 Bishop O'Dowd	54.90	54.07	

4 McBride, Andre	9 San Leandro	55.69	54.72
5 Webb, Chris	9 Hayward	55.49	55.17
6 Koep, Robbie	10 Bishop O'Dowd	56.09	56.20
7 Chavez, Cristian	10 Castro Valley	54.98	56.73
8 Martinez, Lyndon	10 Mt Eden	56.36	56.88

Ben is a smooth strider and looked effortless in taking this race. Cristian did not have the luxury of looking effortless.



Ben had 4 wins at this meet, including this one in the 400.

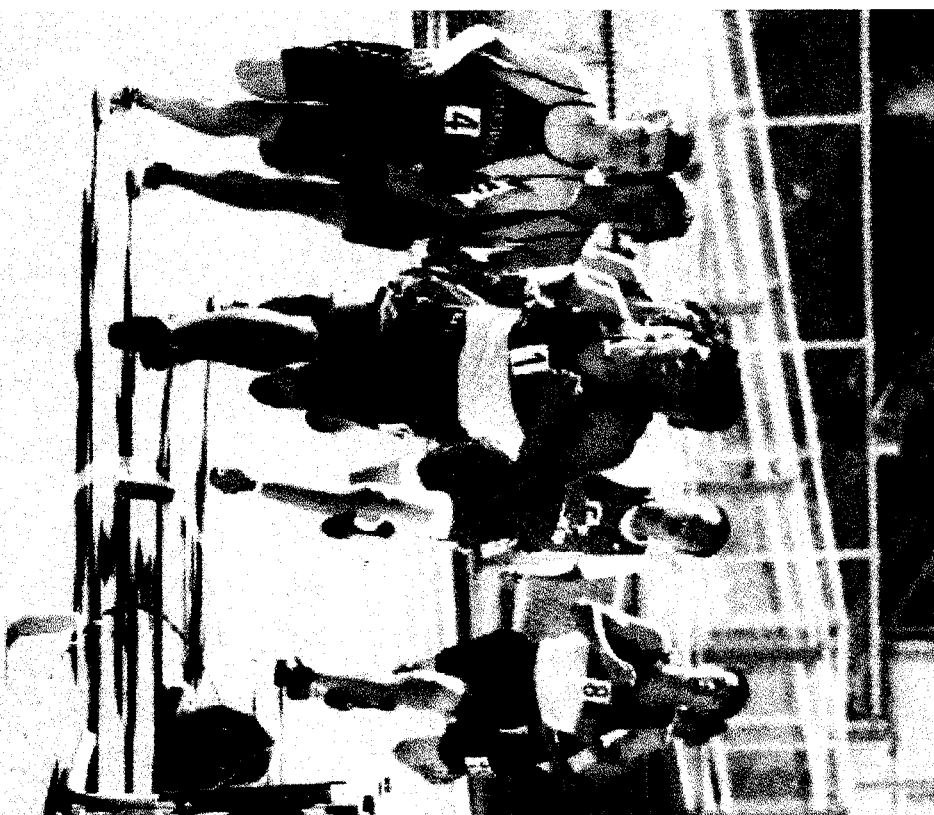
Boys 800 Meter Run Fr/So				
Name	Year School	Prelims	Finals	
1 Greer, Stephn	9 San Leandro	2:10.22	2:09.12	
2 Nugal, Marvin	10 Mt Eden	2:14.45	2:10.14	
3 Berman, Juan	10 Castro Valley	2:13.30	2:10.39	
4 Lew, Gary	9 San Leandro	2:13.93	2:11.10	
5 Contreras, Jose	10 San Leandro	2:15.61	2:12.45	
6 Mercadal, Balbino	10 Arroyo	2:15.83	2:12.81	

It was a great late charge by the San Leandro boy to win it all on the last stretch. Juan took a good 3rd.

Boys 1600 Meter Run Fr/So				
Name	Year School	Prelims	Finals	
1 Nugal, Marvin	10 Mt Eden	4:55.53	4:45.90	
2 Greer, Stephn	9 San Leandro	4:49.38	4:47.54	
3 Berman, Juan	10 Castro Valley	4:46.77	4:47.93	
4 Ruvalcaba, Arthur	10 Mt Eden	5:01.05	4:49.80	
5 Lew, Gary	9 San Leandro	4:57.16	4:49.83	
6 John, Calvin	9 Bishop O'Dowd	4:51.74	4:51.56	
7 Owyang, Gregory	10 Castro Valley	5:01.91	4:55.76	

8 Degroot, Jonathan	9 Bishop O'Dowd	4:58.72	4:57.44
9 Maderal, Josh	9 Hayward	5:06.87	4:59.39
10 Mercadal, Balbino	10 Arroyo	5:05.93	5:00.96
11 Mangonon, Gabriel	10 Mt Eden	5:13.86	5:04.72
12 Jordan, Auburn	10 Mt Eden	5:07.74	5:18.68

The same boys tussled in the 1600, and the Mt. Eden boy had the advantage at the end. Good times by all. Greg PR's but no one seemed to notice.



Juan and Greg in the front pack in the BFS 1600.

Boys 3200 Meter Run Fr/So

Name	Year School	Seed	Finals
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1 John, Calvin	9 Bishop O'Dowd	10:56.00	11:00.99
2 Lew, Gary	9 San Leandro	11:20.00	11:07.13
3 Morales, Emanuel	9 Mt Eden	11:07.00	11:16.58
4 Greer, Stephen	9 San Leandro	11:11.00	11:34.66
5 Mercadal, Balbino	10 Arroyo	12:13.00	11:34.68
6 Owyang, Gregory	10 Castro Valley	11:14.95	11:48.77
7 Perez, Giovanni	9 Mt Eden	12:30.00	11:53.94
8 Le, Collin	9 San Leandro	11:20.00	11:54.75
9 Ganzalez, Juan	9 San Leandro	12:04.00	12:12.85
10 Smith, Brandon	9 Moreau Catholic	12:45.00	12:21.00
11 Nyugen, Vincent	10 Moreau Catholic	12:19.00	12:25.98
12 Damian, Lee	9 Tennyson	13:45.60	12:27.98
13 Barney, Robert	9 Castro Valley	12:38.60	13:05.88
14 Ott, Tynan	9 Moreau Catholic	13:00.00	13:11.59
15 Carranza, Oscar	10 San Lorenzo	13:33.70	13:15.88
16 Lasser, Alex	9 Bishop O'Dowd	13:29.00	13:48.99

The BOD boy bided his time and then pulled away over the last two laps for a strong win. Greg fell off the pace in the middle laps. Robert Barney had to struggle with the heat in the back of the race.

Boys 110 Meter Hurdles 36" HH Fr/So

Name	Year School	Prelims	Finals	Wind
1 Imlack, Jeremy	9 Moreau Catholic	17.63	16.73	-1.3
2 Butler, Halston	9 Tennyson	17.61	16.81	-1.3
3 Lari, Jordan	10 Castro Valley	19.96	19.33	-1.3
4 Chen, Howard	9 San Leandro	19.63	19.44	-1.3
5 Gann, Joshua	10 Tennyson	20.74	20.68	-1.3
6 Pacheco, Luis	10 Tennyson	21.76	21.01	-1.3
7 Liu, Johnny	9 San Leandro	21.26	21.10	-1.3
8 Ruvalcaba, Arthur	10 Mt Eden	21.55	21.45	-1.3

Jordan scored well as our solo representative in this race.

Boys 300 Meter Hurdles 33" IH Fr/So

Name	Year School	Prelims	Finals
1 Hudson, Kwame	10 Castro Valley	44.35	44.19
2 Webb, Chris	9 Hayward	46.59	45.34
3 Lari, Jordan	10 Castro Valley	46.10	45.67
4 Ignacio, Jhony	9 Hayward	48.19	47.07
5 Liu, Johnny	9 San Leandro	48.94	49.42
6 Braga, John paul	10 Tennyson	48.94	49.45

Kwame went out strong and stayed that way to the win. Jordan added another hurdle 3rd to his credentials.

Boys 4x100 Meter Relay Fr/So

School	Seed	Finals
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1 San Leandro 'A' 45.94 45.19
 1) McNeally, Mas 10 2) Cummings, Ellis 10
 3) McBride, Andre 9 4) Obidiegou, Kyrian 10
 2 Castro Valley 'A' 46.80 46.73
 1) West, Alex 10 2) Kim, Aaron 10
 3) Lu, Steven 10 4) Han, Nate 10
 3 Bishop O'Dowd 'A' 46.14 47.50
 1) Balich, Matt 10 2) Schwartz, Jaejun 9
 3) Jackson, Kendall 9 4) Crum, Josh 9
 4 Moreau Catholic 'A' 49.84 48.93
 1) Pentoja, Brannon 10 2) Rodden, Nicolas 9
 3) Troung, Michael 9 4) Wilson, Robbie 9
 5 Tennyson 'A' 49.64 48.96
 1) Butler, Halston 9 2) Gann, Joshua 10
 3) Dominguez, Jose 10 4) Braga, John Paul 10
 6 Hayward 'A' 54.14 49.87
 1) Caro, William 9 2) Ellison, Mayori 9
 3) Ignacio, Jhony 9 4) Webb, Chris 9
 San Leandro showed off their short sprint prowess. CV could only make it a best of the rest race.

Boys 4x400 Meter Relay Fr/So

School	Seed	Finals
1 Castro Valley 'A'	3:48.44	3:47.17
2 San Leandro 'A'	3:48.00	3:48.20
3 Mt Eden 'A'	3:49.93	
4 Hayward 'A'	4:00.00	3:50.82
5 Bishop O'Dowd 'A'	3:48.20	3:51.28
6 Moreau Catholic 'A'	4:20.00	3:58.34

CV returned the favor to SL and showed them who the best long sprinters are.

Boys High Jump Fr/So

Name	Year School	Seed	Finals
1 Obidiegou, Kyrian	10 San Leandro	5-06.00	5-04.00
2 Imlack, Jeremy	9 Moreau Catholic	5-06.00	5-02.00
2 Davis, Ben	10 Castro Valley	5-02.00	5-02.00
4 Aulakh, Justin	10 Moreau Catholic	5-00.00	5-00.00
5 Johnson, Nate	9 Moreau Catholic	5-00.00	4-10.00
-- Crawford, Alarrin	9 San Leandro	5-00.00	NH

Ben took 3rd in his off event.

Boys Pole Vault Fr/So

Name	Year School	Seed	Finals
1 Lantz, Jordan	10 Castro Valley	10-06.00	10-06.00
2 Dangler, Michael	9 Castro Valley	9-06.00	8-06.00

-- Wiegardt, Nick 10 Castro Valley 8-06.00 NH
 Jordan's mark is a good FS height. Mike did well for a rookie.

Boys Long Jump Fr/So

Name	Year School	Seed	Finals	Wind
1 Davis, Ben	10 Castro Valley	17-04.00	19-00.00	NWI
2 Imlack, Jeremy	9 Moreau Catholic	18-11.00	18-06.00	NWI
3 Lu, Steven	10 Castro Valley	17-11.50	17-09.00	NWI
4 Aulakh, Justin	10 Moreau Catholic	15-10.00	17-04.75	NWI
5 Singh, Anmol	9 Moreau Catholic	15-10.50	16-08.00	NWI
6 Cotton, Joe	10 Arroyo	15-05.00	16-05.00	NWI
7 Ellison, Mayori	9 Hayward	J16-05.00	NWI	
8 Crawford, Alarrin	9 San Leandro	15-00.00	15-04.50	NWI
9 Delfino, Francis	9 Moreau Catholic	15-10.50	15-01.00	NWI
10 McFadden, Jordan	9 Tennyson	13-01.25	14-09.00	NWI
11 Tavares, Tevin	9 Bishop O'Dowd	14-04.00	NWI	
-- Butler, Halston	9 Tennyson	ND	NWI	
-- Nouv, Peter	9 Castro Valley	17-05.50	ND	NWI
-- Chung, Jordan	10 Castro Valley	15-05.00	ND	NWI
-- Mohammad, Matt	10 Tennyson	15-06.00	ND	NWI
-- Braga, John Paul	9 Moreau Catholic	13-06.00	ND	NWI
-- Wilson, Robbie	9 Moreau Catholic	14-10.50	ND	NWI
-- Kono, Yuya	9 Castro Valley	16-06.00	ND	NWI
-- Johnson, Nate	9 Moreau Catholic	16-02.50	ND	NWI
-- Cabrera, Carl	9 San Leandro	17-00.00	FOUL	
-- Kaing, Davin	9 San Leandro	15-00.00	FOUL	

Ben won another jump as well, and Steven came up big with a 3rd.

Boys Triple Jump Fr/So

Name	Year School	Seed	Finals	Wind
1 Davis, Ben	10 Castro Valley	39-04.50	38-04.50	NWI
2 Kono, Yuya	9 Castro Valley	34-02.25	35-00.00	NWI
3 Delfino, Francis	9 Moreau Catholic	28-00.00	33-08.00	NWI
4 Singh, Anmol	9 Moreau Catholic	33-05.00	32-08.00	NWI
5 Cotton, Joe	10 Arroyo	30-00.00	J32-08.00	NWI

Again, the triple seems to be the red-headed step child of field events. Ben put the hurt on the field with a nice leap, and Yuya grabbed the easy 2nd.

Boys Shot Put Fr/So

Name	Year School	Seed	Finals
1 Sapiaga, Nephi	10 Hayward	46-07.00	46-01.75
2 West, Alex	10 Castro Valley	40-01.00	41-01.75
3 Chavez, Cristian	10 Castro Valley	37-09.50	39-00.25
4 Bowden, Steven	- San Leandro	38-11.00	37-06.75
5 Lanza, Zack	10 Arroyo	30-00.00	36-10.00

6 Sanchez, Jaimie 10 Moreau Catholic 35-00.00 35-07.75
 7 Ivan, Cruz - Bishop O'Dowd 30-10.00 33-01.25
 8 Bartsch, Michael 9 Arroyo 27-05.00 32-04.00
 9 Carrick, Tony 10 Castro Valley 32-10.00 30-11.75
 10 Velasquez, Wendell 9 Arroyo 31-07.00 30-06.00
 11 Tam, Stephan 10 Arroyo 26-00.00 28-02.50
 12 Andes, David 9 Moreau Catholic 20-00.00 20-05.00
 -- Coronado, Ruben 12 Tennyson ND
 -- Francis, Carlton 9 Bishop O'Dowd 32-00.00 ND
 Alex improved, but had to watch the Hayward boy dominate the event.
 Cristian's PR was enough to give us a 3rd here. Tony underthrew.

Boys Discus Throw Fr/So

Name	Year	School	Seed	Finals
1 Sapiaga, Nephi	10	Hayward	125-10	122-10
2 Bowden, Steven		- San Leandro	95-06	90-07
3 West, Alex	10	Castro Valley	94-00	81-02.50
4 Velasquez, Wendell	9	Arroyo	89-00	77-01.50
5 Ivan, Cruz		- Bishop O'Dowd	78-00	75-04.50
6 Carrick, Tony	10	Castro Valley	80-09	72-02.50
7 Lanza, Zack	10	Arroyo	69-01.50	71-11
8 Tam, Stephan	10	Arroyo	52-02	68-09
9 Bartsch, Michael	9	Arroyo	69-04	62-07.50
10 Andes, David	9	Moreau Catholic	52-00	45-08
-- Sanchez, Jaimie	10	Moreau Catholic	75-00	ND
-- Mixson, Kyle	10	Arroyo	87-07	ND

Alex was again our team leader in this throw, good for 3rd. Tony seems to like the discus better than the shot and took 6th for a point.

Hayward Area Athletic League Records

Hayward Area Athletic League Track & Field Championship Meet Records

VARSITY BOYS:

100y	Walt Lewis	H	9.8	1978
	Dave Fernandez	CV		1978
100m	Lance Riley	CV	10.98	1987
	Dash Oliver	CV		2008
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, Huang)		3:31.3	2000

VARSITY GIRLS:

100	Charelle Garrett	ME	11.68	2006
200	Aisha Margain	SLZ	24.0	1999
400	Valerie Spence	SLZ	55.5	1981
800	Jessica Marr	H	2:15.64	1998
1600	Lexi Pappas	BOD	4:59.35	2005
3200	Karin Lambden	CV	10:46.7	1981
HH	(30") Felicia Harris	SLZ	14.68	1986
	(33") 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	San Leandro (Robinson, Moulton, Wirt Smallman)		52.35	2003
1600 R	Castro Valley (M. Chan, Dianda, Davis, Casey)		4:24.09	2002

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 4x400 Meter Relay Var.**

School	Seed	Finals
1) Castro Valley 'A'	3:24.78	3:28.10
2) San Leandro 'A'	3:31.50	3:29.84
3) Tennyson 'A'	3:39.90	3:32.48
4) Bishop O'Dowd 'A'	3:28.70	3:40.40
5) Arroyo 'A'		3:44.83
6) Hayward 'A'	3:45.00	3:44.86

Women - Var. - Team Rankings - 15 Events Scored

1) Castro Valley	175	2) Bishop O'dowd	138
3) San Leandro	44	4) Moreau Catholic	35
5) Hayward	28	6) Arroyo	19
7) Tennyson	8		

Women - Fr/So - Team Rankings - 16 Events Scored

1) Castro Valley	246	2) Arroyo	91
3) Bishop O'dowd	57	4) San Leandro	48
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 15 Events Scored

1) Castro Valley	222	2) Bishop O'dowd	95
3) San Leandro	62	4) Arroyo	31
5) Tennyson	21	6) Hayward	16
7) Moreau Catholic	8		

Men - Fr/So - Team Rankings - 16 Events Scored

1) Castro Valley	152	2) San Leandro	117
3) Moreau Catholic	59	4) Hayward	41.50
5) Bishop O'dowd	36	6) Mt Eden	34
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	11.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results - Running Events - Finals****Boys 4x400 Meter Relay Fr/So**

School	Seed	Finals
1) Castro Valley 'A'	3:48.44	3:47.17
2) San Leandro 'A'	3:48.00	3:48.20
3) Mt Eden 'A'		3:49.93
4) Hayward 'A'	4:00.00	3:50.82
5) Bishop O'Dowd 'A'	3:48.20	3:51.28
6) Moreau Catholic 'A'	4:20.00	3:58.34

Women - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	175	2) Bishop O'dowd	128
3) San Leandro	36	4) Moreau Catholic	35
5) Hayward	28	6) Arroyo	19
7) Tennyson	2		

Women - Fr/So - Team Rankings - 15 Events Scored

1) Castro Valley	238	2) Arroyo	81
3) Bishop O'dowd	57	4) San Leandro	42
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	212	2) Bishop O'dowd	91
3) San Leandro	54	4) Arroyo	29
5) Hayward	15	5) Tennyson	15
7) Moreau Catholic	8		

Men - Fr/So - Team Rankings - 16 Events Scored

1) Castro Valley	152	2) San Leandro	117
3) Moreau Catholic	59	4) Hayward	41.50
5) Bishop O'dowd	36	6) Mt Eden	34
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	11.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events -Finals Day1****Girls High Jump Fr/So**

Name	Year School	Seed	Finals
1 Bowersmith, Kelsea	9 Arroyo	4-02.00	4-04.00
2 Umeh, Lisa	10 Castro Valley	4-04.00	4-02.00
3 Le, Christie	9 San Leandro	5-00.00	3-10.00
-- Sandino, Miram	10 Arroyo		NH
-- Wong, Brenda	10 Arroyo		NH
-- Partida, Victoria	10 Arroyo	4-02.00	NH

Women - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	175	2) Bishop O'dowd	128
3) San Leandro	36	4) Moreau Catholic	35
5) Hayward	28	6) Arroyo	19
7) Tennyson	2		

Women - Fr/So - Team Rankings - 16 Events Scored

1) Castro Valley	246	2) Arroyo	91
3) Bishop O'dowd	57	4) San Leandro	48
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	212	2) Bishop O'dowd	91
3) San Leandro	54	4) Arroyo	29
5) Hayward	15	5) Tennyson	15
7) Moreau Catholic	8		

Men - Fr/So - Team Rankings - 16 Events Scored

1) Castro Valley	152	2) San Leandro	117
3) Moreau Catholic	59	4) Hayward	41.50
5) Bishop O'dowd	36	6) Mt Eden	34
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	11.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 4x400 Meter Relay Var.**

School	Seed	Finals
nals		
1 Bishop O'Dowd 'A'	3:58.40	4:05.54
2 San Leandro 'A'	4:18.00	4:28.85
3 Tennyson 'A'	5:00.60	5:03.44
- Castro Valley 'A'	4:07.74	DQ

Women - Var. - Team Rankings - 15 Events Scored

1) Castro Valley	175	2) Bishop O'dowd	138
3) San Leandro	44	4) Moreau Catholic	35
5) Hayward	28	6) Arroyo	19
7) Tennyson	8"		

Women - Fr/So - Team Rankings - 16 Events Scored

1) Castro Valley	246	2) Arroyo	91
3) Bishop O'dowd	57	4) San Leandro	48
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	212	2) Bishop O'dowd	91
3) San Leandro	54	4) Arroyo	29
5) Hayward	15	5) Tennyson	15
7) Moreau Catholic	8		

Men - Fr/So - Team Rankings - 16 Events Scored

1) Castro Valley	152	2) San Leandro	117
3) Moreau Catholic	59	4) Hayward	41.50
5) Bishop O'dowd	36	6) Mt Eden	34
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	11.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 4x400 Meter Relay Fr/So**

School	Seed	Finals
nals		
1 Castro Valley 'A'	4:22.00	4:29.09
2 San Leandro 'A'	4:39.70	4:40.03
3 Bishop O'Dowd 'A'	4:20.10	4:43.12
4 Arroyo 'A'		4:54.93

Women - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	175	2) Bishop O'dowd	128
3) San Leandro	36	4) Moreau Catholic	35
5) Hayward	28	6) Arroyo	19
7) Tennyson	2		

Women - Fr/So - Team Rankings - 15 Events Scored

1) Castro Valley	238	2) Arroyo	81
3) Bishop O'dowd	57	4) San Leandro	42
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	212	2) Bishop O'dowd	91
3) San Leandro	54	4) Arroyo	29
5) Hayward	15	5) Tennyson	15
7) Moreau Catholic	8		

Men - Fr/So - Team Rankings - 15 Events Scored

1) Castro Valley	142	2) San Leandro	109
3) Moreau Catholic	58	4) Hayward	37.50
5) Bishop O'dowd	34	6) Mt Eden	28
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	11.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****....Boys Discus Throw Var.**

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Men - Var. - Team Rankings - 13 Events Scored

1) Castro Valley	198	2) Bishop O'dowd	85
3) San Leandro	53	4) Arroyo	19
5) Hayward	15	5) Tennyson	15
7) Moreau Catholic	8		

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Men - Fr/So - Team Rankings - 15 Events Scored

1) Castro Valley	142	2) San Leandro	109
3) Moreau Catholic	58	4) Hayward	37.50
5) Bishop O'dowd	34	6) Mt Eden	28
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	11.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****Boys Discus Throw Var.**

Name	Year School	Seed	Finals
Finals			
1 Eckel, Jacob	11 Castro Valley	134-06	139-08.50
2 Maile, Sione	11 San Leandro	145-04	138-05
3 Tomaz, Niko	11 Castro Valley	134-04	130-01
4 Mason, Eric	11 Castro Valley	145-03	128-08.50
5 Nunn, Malcume	11 San Leandro	131-09	124-01
6 Tsang, Darren	12 Castro Valley	111-08	113-11.50
7 Barrera, Emmanuel	11 Castro Valley	106-05	113-05
8 Duenas, Ray	11 Hayward	107-06	113-03.50
9 Johnson, Blake	11 Bishop O'Dowd	115-00	113-03
10 Kaye, Scott	12 Arroyo	06-00.75	108-10
11 Cerruti, Jonathan	12 Arroyo	125-09	102-04.50
12 Aseron, Gabe	12 San Leandro	104-11	101-07
13 Orella, Gabe	12 Tennyson	96-07	95-03.50
14 Gilham, George	11 Castro Valley	109-10	89-00.50
15 Hill, Ken	11 Moreau Catholic	81-00	88-08
16 Schultz, Johnathan.	12 Arroyo	00-02.50	87-04.50
17 Perry, Brandon	11 San Lorenzo	88-05	85-10.50
18 Chong, Jason	10 Moreau Catholic	90-00	77-05.50
19 Camfield, Russell	11 Moreau Catholic	70-00	75-03
20 Navarro, Sal	11 San Leandro	75-08	74-11.50
21 Paris, Phillip	12 Arroyo	78-01.50	70-03
22 Mediola, Marcus	10 Moreau Catholic	75-00	69-02.50
23 Garrett, Brandon	11 Arroyo	75-03.50	65-02.50
-- Prez, Jeryll	11 Tennyson		ND
-- Finau, Sione	11 San Leandro	84-09	ND
-- Gonzalez, Demario	11 Tennyson	84-03.50	ND
-- Hart, Virgil	12 Hayward	99-00	ND
-- Maldonado, Pedro	12 San Lorenzo	94-03	ND
-- Morankola, Adebambo	11 San Leandro	107-08	ND
-- Niuatoa, Eleasaro	12 Hayward	122-00	ND
-- Jackson, Demico	12 Hayward	103-02	ND
-- Niuatoa, Alex	12 Hayward	106-09	ND
-- Maumalanga, Jesse	12 Hayward	101-05	ND
-- Morales, Gonzalo	11 San Leandro	100-08	ND
-- Tulloch, Adam	12 Bishop O'Dowd	128-06	ND

Women - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	175	2) Bishop O'dowd	128
3) San Leandro	36	4) Moreau Catholic	35
5) Hayward	28	6) Arroyo	19
7) Tennyson	2		

Women - Fr/So - Team Rankings - 14 Events Scored

1) Castro Valley	228	2) Arroyo	77
3) Bishop O'dowd	51	4) San Leandro	34
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****Boys High Jump Var.**

Name	Year School	Seed	Finals
nals			
1 Valentine, Jr, Maurice	12 Castro Valley	6-08.00	6-04.00
2 Grant, Jonte	10 Moreau Catholic	6-04.00	6-02.00
3 Williams, Alan	10 Bishop O'Dowd	6-02.00	6-00.00
4 Abrew, Austin	12 Arroyo	5-06.00	5-08.00
4 Foster, Alexander	10 Castro Valley	5-08.00	5-08.00
5 Diomande, Sulayman	10 Castro Valley	5-04.00	J5-06.00
6 Low, Kevin	11 Arroyo	5-02.00	J5-04.00
6 Nikssarian, Adam	12 Castro Valley	5-10.00	J5-04.00
6 Bradford, Alvictor	11 San Leandro	5-06.00	J5-04.00
6 Owens, Barry	12 San Leandro	5-06.00	J5-04.00

Women - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	175	2) Bishop O'dowd	128
3) San Leandro	36	4) Moreau Catholic	35
5) Hayward	28	6) Arroyo	19
7) Tennyson	2		

Women - Fr/So - Team Rankings - 14 Events Scored

1) Castro Valley	228	2) Arroyo	77
3) Bishop O'dowd	51	4) San Leandro	34
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 12 Events Scored

1) Castro Valley	177	2) Bishop O'dowd	85
3) San Leandro	43	4) Arroyo	19
5) Hayward	15	5) Tennyson	15
7) Moreau Catholic	8		

Men - Fr/So - Team Rankings - 15 Events Scored

1) Castro Valley	142	2) San Leandro	109
3) Moreau Catholic	58	4) Hayward	37.50
5) Bishop O'dowd	34	6) Mt Eden	28
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	11.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 3200 Meter Run Var.**

Name	Year	School	Seed	Finals
nals				
1 Thomas, Danny	11	Arroyo	9:44.00	9:48.04
2 Eversole, Ben	10	Castro Valley	9:32.18	9:53.41
3 Ashby, Tom	11	Castro Valley	9:51.74	10:23.24
4 Kane, Sam	9	Bishop O'Dowd	10:37.00	10:46.15
5 Diaz, Joe	12	Bishop O'Dowd	10:43.00	10:51.43
6 Alvarado, Edgar	11	San Leandro	10:39.00	10:55.92
7 Snow, Andrew	11	Arroyo	10:38.00	10:58.38
8 Nyberg, Ryan	11	Bishop O'Dowd	11:01.00	11:03.48
9 Peek, Scott	11	Castro Valley	12:02.31	11:34.82
0 Luong, Bryant	11	Tennyson		11:43.36
1 Neisse, Matt	12	San Leandro	12:19.00	11:48.93
2 Talley, Vince	11	Castro Valley	11:02.31	11:49.00
3 Coulter, Eric	10	Castro Valley	10:19.96	11:52.12
4 Crump, Matthew	11	Castro Valley	11:24.30	11:53.72
5 Hurtado, Diego	11	Hayward		11:55.32
6 Zhang, Wilson	12	Arroyo	12:16.00	11:58.34

Women - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	175	2) Bishop O'dowd	128
3) San Leandro	36	4) Moreau Catholic	35
5) Hayward	28	6) Arroyo	19
7) Tennyson	2		

Women - Fr/So - Team Rankings - 14 Events Scored

1) Castro Valley	228	2) Arroyo	77
3) Bishop O'dowd	51	4) San Leandro	34
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	212	2) Bishop O'dowd	91
3) San Leandro	54	4) Arroyo	29
5) Hayward	15	5) Tennyson	15
7) Moreau Catholic	8		

Men - Fr/So - Team Rankings - 15 Events Scored

1) Castro Valley	142	2) San Leandro	109
3) Moreau Catholic	58	4) Hayward	37.50
5) Bishop O'dowd	34	6) Mt Eden	28
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	11.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****Girls Discus Throw Var.**

Name	Year School	Seed	Finals
Finals			
1 Donnelly, Noelle	9 Castro Valley	116-07	99-10.50
2 Sapiga, Patrice	11 Hayward	110-00	99-09.50
3 Ngatuvai, Lavinia	9 San Leandro	98-00	96-09
4 Knight, Alana	11 Castro Valley	94-04	95-00
5 Francis, Cristina	11 Bishop O'Dowd	95-00	89-02.50
6 Waters, Ciarra	11 Bishop O'Dowd	87-00	86-09
7 Maynard, Alexis	9 Bishop O'Dowd	82-00	86-04.50
8 Maynard, Andria	9 Bishop O'Dowd	83-00	80-09.50
9 Banks, Dalisia	11 Hayward	88-00	76-01
10 Finch, Lauren	10 Arroyo	83-02.50	72-11.50
11 Strache, Meg	12 San Leandro	62-00	72-06
12 Bigman, Natalie	11 San Leandro	85-00	72-00.50
13 Disher, Juliana	11 Castro Valley	70-04	68-08
14 Waldorf, Shelline	12 Castro Valley	73-01	66-10.50
15 Carter, Jasmine	12 Moreau Catholic	65-00	66-00
16 Araquistain, Rebecca	11 Arroyo	74-00	62-06.50
17 Dang, Susan	12 Arroyo	50-00	57-04
18 Birznies, Astra	11 Castro Valley	66-09	55-11
19 Shinnors, Megan	12 Moreau Catholic	50-00	49-00
20 Cruz, Hazel	11 Moreau Catholic	55-00	45-05
-- Tidwell, Jaylin	10 Bishop O'Dowd	95-00	ND
-- Morales, Alma	11 San Leandro	68-00	ND
-- Garcia, Shawna	11 San Leandro	54-11	ND
-- Dudley, Alyssia	12 San Leandro	71-11	ND

Women - Var. - Team Rankings - 14 Events Scored

1) Castro Valley	175	2) Bishop O'dowd	128
3) San Leandro	36	4) Moreau Catholic	35
5) Hayward	28	6) Arroyo	19
7) Tennyson	2		

Women - Fr/So - Team Rankings - 14 Events Scored

1) Castro Valley	228	2) Arroyo	77
3) Bishop O'dowd	51	4) San Leandro	34
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 11 Events Scored

1) Castro Valley	163	2) Bishop O'dowd	79
3) San Leandro	43	4) Arroyo	16
5) Hayward	15	5) Tennyson	15

Men - Fr/So - Team Rankings - 15 Events Scored

1) Castro Valley	142	2) San Leandro	109
3) Moreau Catholic	58	4) Hayward	37.50
5) Bishop O'dowd	34	6) Mt Eden	28
7) San Lorenzo	16	8) Tennyson	14

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 3200 Meter Run Var.**

Name	Year School	Seed	Finals
Finals			
1 Dubose, Damajeria	12 Bishop O'Dowd	11:01.30	11:41.83
2 Santisteban, Kelsey	10 Castro Valley	10:57.27	11:54.62
3 Spees, Kaitlyn	10 Bishop O'Dowd	11:48.00	11:57.24
4 Wummer, Elise	11 Castro Valley	11:18.86	12:19.32
5 Yang, Nicole	11 Castro Valley	12:29.66	12:20.02
6 Bui, Anh	12 Arroyo	12:19.00	12:25.03
7 Sutedja, Ashley	11 Castro Valley	12:34.41	12:26.55
8 Diaz, Marie	9 Bishop O'Dowd	12:34.00	12:50.85
9 Canela, Janet	11 San Leandro	12:39.00	13:55.55
10 Ramirez, Karla	11 San Lorenzo	13:37.30	13:58.83
11 Wong, Jessica	11 San Leandro	14:08.00	14:51.02
12 Anklam, Katy	12 Arroyo	14:16.00	14:56.11
13 Kuang, Tina	11 San Leandro	14:12.00	15:22.97
14 Senorin, Cassandra	11 San Lorenzo	16:05.80	16:42.68

Women - Var. - Team Rankings - 13 Events Scored

1) Castro Valley	161	2) Bishop O'dowd	125
3) Moreau Catholic	35	4) San Leandro	30
5) Hayward	20	6) Arroyo	19
7) Tennyson	2		

Women - Fr/So - Team Rankings - 14 Events Scored

1) Castro Valley	228	2) Arroyo	77
3) Bishop O'dowd	51	4) San Leandro	34
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 11 Events Scored

1) Castro Valley	163	2) Bishop O'dowd	79
3) San Leandro	43	4) Arroyo	16
5) Hayward	15	5) Tennyson	15

Men - Fr/So - Team Rankings - 15 Events Scored

1) Castro Valley	142	2) San Leandro	109
3) Moreau Catholic	58	4) Hayward	37.50
5) Bishop O'dowd	34	6) Mt Eden	28
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	11.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day1****Boys Triple Jump Var.**

Name	Year	School	Seed	Finals	Wind
Finals					
1 Mchorter, Quentin	12	Bishop O'Dowd	42-09.00	43-09.00	0.5
2 Williams, Alan	10	Bishop O'Dowd	42-07.00	43-01.00	0.1
3 Adesanya, Omodele	12	Castro Valley	43-06.25	42-05.00	1.6
4 Manag, Lorenzo	10	Bishop O'Dowd	40-09.00	42-04.00	+0.0
5 Woodard, Jimmy	11	Castro Valley	40-06.00	39-08.50	2.5
6 Owens, Barry	12	San Leandro	39-06.00	39-06.00	NWI
7 Low, Kevin	11	Arroyo	35-08.00	37-08.50	NWI
8 Schultz, Johnathan	12	Arroyo	35-00.50	35-09.00	NWI
9 Quintanilla, Jimmy	11	Castro Valley	34-01.50	33-10.00	NWI
10 Azbill, Andy	12	Arroyo	30-00.00	33-04.00	NWI
-- Jones, Chad	12	Bishop O'Dowd	48-03.00	FOUL	

Women - Var. - Team Rankings - 9 Events Scored

1) Castro Valley	102	2) Bishop O'dowd	98
3) Moreau Catholic	25	4) San Leandro	24
5) Arroyo	18	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 12 Events Scored

1) Castro Valley	174	2) Arroyo	77
3) Bishop O'dowd	51	4) San Leandro	34
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 11 Events Scored

1) Castro Valley	163	2) Bishop O'dowd	79
3) San Leandro	43	4) Arroyo	16
5) Hayward	15	5) Tennyson	15

Men - Fr/So - Team Rankings - 13 Events Scored

1) Castro Valley	117	2) San Leandro	99
3) Hayward	37.50	4) Moreau Catholic	35
5) Bishop O'dowd	34	6) Mt Eden	28
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	9.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results - Running Events - Finals****Boys 3200 Meter Run Fr/So**

Name	Year School	Seed	Finals
=====			
nals			
1 John, Calvin	9 Bishop O'Dowd	10:56.00	11:00.99
2 Lew, Gary	9 San Leandro	11:20.00	11:07.13
3 Morales, Emanuel	9 Mt Eden	11:07.00	11:16.58
4 Greer, Stephn	9 San Leandro	11:11.00	11:34.66
5 Mercadal, Balbino	10 Arroyo	12:13.00	11:34.68
6 Owyang, Gregory	10 Castro Valley	11:14.95	11:48.77
7 Perez, Giovanni	9 Mt Eden	12:30.00	11:53.94
8 Le, Colllyn	9 San Leandro	11:20.00	11:54.75
9 Ganzalez, Juan	9 San Leandro	12:04.00	12:12.85
0 Smith, Brandon	9 Moreau Catholic	12:45.00	12:21.00
1 Nyugen, Vincent	10 Moreau Catholic	12:19.00	12:25.98
2 Damian, Lee	9 Tennyson	13:45.60	12:27.98
3 Barney, Robert	9 Castro Valley	12:38.60	13:05.88
4 Otts, Tynan	9 Moreau Catholic	13:00.00	13:11.59
5 Carranza, Oscar	10 San Lorenzo	13:33.70	13:15.88
6 Lasser, Alex	9 Bishop O'Dowd	13:29.00	13:48.99

Women - Var. - Team Rankings - 9 Events Scored

1) Castro Valley	102	2) Bishop O'dowd	98
3) Moreau Catholic	25	4) San Leandro	24
5) Arroyo	18	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 12 Events Scored

1) Castro Valley	174	2) Arroyo	77
3) Bishop O'dowd	51	4) San Leandro	34
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 10 Events Scored

1) Castro Valley	155	2) Bishop O'dowd	57
3) San Leandro	42	4) Arroyo	16
5) Hayward	15	5) Tennyson	15

Men - Fr/So - Team Rankings - 13 Events Scored

1) Castro Valley	117	2) San Leandro	99
3) Hayward	37.50	4) Moreau Catholic	35
5) Bishop O'dowd	34	6) Mt Eden	28
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	9.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 3200 Meter Run Fr/So**

Name	Year	School	Seed	Finals
Finals				
1 Martines, Marisa	10	Castro Valley	12:35.00	13:01.36
2 Micheaux, Claire	9	Bishop O'Dowd	13:05.00	13:18.49
3 Hyland, Brenna	9	Bishop O'Dowd	12:45.00	13:20.52
4 Fong, Samantha	9	Castro Valley	12:50.01	13:26.22
5 Pulido, Edith	10	Hayward		14:42.72
6 Anders, Rachael	10	Bishop O'Dowd	14:06.00	14:52.21
7 Kaye, Danielle	10	Arroyo	14:16.00	15:04.68
8 Calderon, Fatima	10	Hayward		16:00.36
9 Robles, Rebecca	9	San Lorenzo	16:21.30	16:09.98
10 Dam, Cindy	10	Mt Eden	15:00.00	17:23.19
11 Ma, Cindy	9	Mt Eden	15:30.00	17:52.47
-- Chi, Isabel	10	Castro Valley	13:17.40	DNF

Women - Var. - Team Rankings - 9 Events Scored

1) Castro Valley	102	2) Bishop O'dowd	98
3) Moreau Catholic	25	4) San Leandro	24
5) Arroyo	18	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 12 Events Scored

1) Castro Valley	174	2) Arroyo	77
3) Bishop O'dowd	51	4) San Leandro	34
5) Hayward	18	6) Moreau Catholic	17
7) San Lorenzo	1		

Men - Var. - Team Rankings - 10 Events Scored

1) Castro Valley	155	2) Bishop O'dowd	57
3) San Leandro	42	4) Arroyo	16
5) Hayward	15	5) Tennyson	15

Men - Fr/So - Team Rankings - 12 Events Scored

1) Castro Valley	116	2) San Leandro	87
3) Hayward	37.50	4) Moreau Catholic	35
5) Bishop O'dowd	24	6) Mt Eden	22
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****Girls Shot Put Fr/So**

Name	Year	School	Seed	Finals
nals				
1 Posey, Arianna	10	Castro Valley	29-11.00	28-00.50
2 Wright, Sharissa	9	San Leandro	27-00.00	27-09.50
3 Schneider, Marisa	10	Castro Valley	28-01.00	27-08.50
4 Munchick, Bonnie	9	Bishop O'Dowd	25-00.00	26-01.00
5 Gutierrez, Valeska	10	Hayward	22-04.00	24-07.25
6 Brekke, Ashley	9	San Lorenzo	28-10.00	23-10.50
7 Miller, Shenna	10	Bishop O'Dowd	25-00.00	22-09.25
8 Morales, Franchesca	10	Moreau Catholic	18-00.00	20-06.00
9 Sawiris, Anne	10	Hayward		19-11.75
0 Rillamas, Jennifer	10	Moreau Catholic	20-00.00	18-05.50
- Morales, Valeria	10	San Leandro	20-07.00	ND
- Callies, Karla	10	Hayward		ND

Women - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	83	2) Bishop O'dowd	74
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	148	2) Arroyo	71
3) Bishop O'dowd	35	4) San Leandro	30
5) Hayward	16	6) Moreau Catholic	9
7) San Lorenzo	1		

Men - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	121	2) Bishop O'dowd	44
3) San Leandro	32	4) Tennyson	15
5) Hayward	14	6) Arroyo	12

Men - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	95	2) San Leandro	75
3) Moreau Catholic	35	4) Hayward	23.50
5) Mt Eden	22	6) Bishop O'dowd	18
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 200 Meter Dash Var.**

Name	Year School	Prelims	Finals	Wind
nals				
1 Boyd, Alitta	12 Moreau Catholic	26.35	25.65	-2.5
2 Ellis, Olivia	11 Bishop O'Dowd	26.70	26.65	-2.5
3 Miller, Brianna	10 Castro Valley	27.25	26.86	-2.5
4 Martore, Celeste	9 Castro Valley	27.06	26.90	-2.5
5 Davis, Gabrielle	12 Arroyo	27.25	27.12	-2.5
6 Alli, Taofeqat	11 Castro Valley	27.59	27.59	-2.5
7 Rivers Birt, Lia	12 Bishop O'Dowd	27.08	27.80	-2.5
8 Wilkins, Aliyah	9 San Leandro	27.57	27.85	-2.5

Women - Var. - Team Rankings - 9 Events Scored

1) Castro Valley	102	2) Bishop O'dowd	98
3) Moreau Catholic	25	4) San Leandro	24
5) Arroyo	18	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 11 Events Scored

1) Castro Valley	160	2) Arroyo	77
3) Bishop O'dowd	36	4) San Leandro	34
5) Moreau Catholic	17	6) Hayward	16
7) San Lorenzo	1		

Men - Var. - Team Rankings - 9 Events Scored

1) Castro Valley	131	2) Bishop O'dowd	55
3) San Leandro	38	4) Arroyo	16
5) Tennyson	15	6) Hayward	14

Men - Fr/So - Team Rankings - 12 Events Scored

1) Castro Valley	116	2) San Leandro	87
3) Hayward	37.50	4) Moreau Catholic	35
5) Bishop O'dowd	24	6) Mt Eden	22
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 200 Meter Dash Var.**

Name	Year School	Prelims	Finals	Wind
1 Oliver, Dash	12 Castro Valley	22.64	22.09	0.5
2 Rosby, Damion	10 Castro Valley	22.74	22.22	0.5
3 Hamilton, CJ	10 Castro Valley	24.14	23.06	0.5
4 Wilson, Laron	12 San Leandro	23.22	23.12	0.5
5 Simpson, Cherod	12 Bishop O'Dowd	23.91	23.43	0.5
6 Thomas, Tyler	11 Hayward	23.91	24.12	0.5
7 Kirven, Soloman	11 San Lorenzo	24.49	24.49	0.5

Women - Var. - Team Rankings - 9 Events Scored

1) Castro Valley	102	2) Bishop O'dowd	98
3) Moreau Catholic	25	4) San Leandro	24
5) Arroyo	18	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 11 Events Scored

1) Castro Valley	160	2) Arroyo	77
3) Bishop O'dowd	36	4) San Leandro	34
5) Moreau Catholic	17	6) Hayward	16
7) San Lorenzo	1		

Men - Var. - Team Rankings - 10 Events Scored

1) Castro Valley	155	2) Bishop O'dowd	57
3) San Leandro	42	4) Arroyo	16
5) Hayward	15	5) Tennyson	15

Men - Fr/So - Team Rankings - 12 Events Scored

1) Castro Valley	116	2) San Leandro	87
3) Hayward	37.50	4) Moreau Catholic	35
5) Bishop O'dowd	24	6) Mt Eden	22
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 200 Meter Dash Fr/So**

Name	Year School	Prelims	Finals	Wind
nals				
1 Chissell, Maya	9 Castro Valley	27.74	27.30	-2.6
2 Gardins, Karra	9 Moreau Catholic	28.84	27.92	-2.6
3 Sibal, Mariza	10 Arroyo	28.23	28.36	-2.6
4 Randall, Chelsea	10 San Leandro	29.06	28.91	-2.6
5 Sacha, Monique	10 Castro Valley	29.27	29.34	-2.6
6 Scott, Amina	9 Bishop O'Dowd	29.32	29.48	-2.6
7 Espinoza, Yocelyn	10 Arroyo	29.39	29.69	-2.6

Women - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	91	2) Bishop O'dowd	90
3) San Leandro	24	4) Arroyo	16
5) Moreau Catholic	15	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 11 Events Scored

1) Castro Valley	160	2) Arroyo	77
3) Bishop O'dowd	36	4) San Leandro	34
5) Moreau Catholic	17	6) Hayward	16
7) San Lorenzo	1		

Men - Var. - Team Rankings - 9 Events Scored

1) Castro Valley	131	2) Bishop O'dowd	55
3) San Leandro	38	4) Arroyo	16
5) Tennyson	15	6) Hayward	14

Men - Fr/So - Team Rankings - 11 Events Scored

1) Castro Valley	111	2) San Leandro	77
3) Hayward	35.50	4) Moreau Catholic	35
5) Mt Eden	22	6) Bishop O'dowd	18
7) Tennyson	14	8) San Lorenzo	8
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008

HAAL Championships
Castro Valley High School
Results - Running Events - Finals

Boys 200 Meter Dash Fr/So

Name	Year	School	Prelims	Finals	Wind
Finals					
1 McBride, Andre	9	San Leandro	24.26	23.99	-1.8
2 Johnson, Mike	10	San Lorenzo	24.16	24.31	-1.8
3 Schwartz, Jaejun	9	Bishop O'Dowd	24.70	24.52	-1.8
4 Kim, Aaron	10	Castro Valley	24.51	24.56	-1.8
5 Caro, William	9	Hayward	24.67	24.96	-1.8
6 Chavez, Cristian	10	Castro Valley	25.15	25.56	-1.8
7 Jackson, Kendall	9	Bishop O'Dowd	26.40	26.27	-1.8

Women - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	91	2) Bishop O'dowd	90
3) San Leandro	24	4) Arroyo	16
5) Moreau Catholic	15	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 11 Events Scored

1) Castro Valley	160	2) Arroyo	77
3) Bishop O'dowd	36	4) San Leandro	34
5) Moreau Catholic	17	6) Hayward	16
7) San Lorenzo	1		

Men - Var. - Team Rankings - 9 Events Scored

1) Castro Valley	131	2) Bishop O'dowd	55
3) San Leandro	38	4) Arroyo	16
5) Tennyson	15	6) Hayward	14

Men - Fr/So - Team Rankings - 12 Events Scored

1) Castro Valley	116	2) San Leandro	87
3) Hayward	37.50	4) Moreau Catholic	35
5) Bishop O'dowd	24	6) Mt Eden	22
7) San Lorenzo	16	8) Tennyson	14
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 300 Meter Hurdles 33" IH Fr/So**

Name	Year School	Prelims	Finals
1 Hudson, Kwame	10 Castro Valley	44.35	44.19
2 Webb, Chris	9 Hayward	46.59	45.34
3 Laris, Jordan	10 Castro Valley	46.10	45.67
4 Ignacio, Jhony	9 Hayward	48.19	47.07
5 Liu, Johnny	9 San Leandro	48.94	49.42
6 Braga, John paul	10 Tennyson	48.94	49.45

Women - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	91	2) Bishop O'dowd	90
3) San Leandro	24	4) Arroyo	16
5) Moreau Catholic	15	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	148	2) Arroyo	71
3) Bishop O'dowd	35	4) San Leandro	30
5) Hayward	16	6) Moreau Catholic	9
7) San Lorenzo	1		

Men - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	121	2) Bishop O'dowd	44
3) San Leandro	32	4) Tennyson	15
5) Hayward	14	6) Arroyo	12

Men - Fr/So - Team Rankings - 11 Events Scored

1) Castro Valley	111	2) San Leandro	77
3) Hayward	35.50	4) Moreau Catholic	35
5) Mt Eden	22	6) Bishop O'dowd	18
7) Tennyson	14	8) San Lorenzo	8
9) Arroyo	7.50		

HAAL Track Championships -5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 300 Meter Hurdles 30" LH Var.**

Name	Year School	Prelims	Finals
Finals			
1 Toler, Laurena	12 Bishop O'Dowd	46.90	45.89
2 Aldridge, Monique	11 Castro Valley	47.49	47.45
3 Jones, Shanel	11 Bishop O'Dowd	49.75	50.60
4 Guan, Jacqueline	10 Arroyo	53.48	53.22
5 Clive, Joanna	11 Arroyo	55.97	54.68
6 Kalia, Astha	12 Arroyo	56.20	55.67
7 Simbra, Tanya	11 Castro Valley	53.44	1:02.42

Women - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	91	2) Bishop O'dowd	90
3) San Leandro	24	4) Arroyo	16
5) Moreau Catholic	15	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	148	2) Arroyo	71
3) Bishop O'dowd	35	4) San Leandro	30
5) Hayward	16	6) Moreau Catholic	9
7) San Lorenzo	1		

Men - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	121	2) Bishop O'dowd	44
3) San Leandro	32	4) Tennyson	15
5) Hayward	14	6) Arroyo	12

Men - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	95	2) San Leandro	75
3) Moreau Catholic	35	4) Hayward	23.50
5) Mt Eden	22	6) Bishop O'dowd	18
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 300 Meter Hurdles 30"LH Fr/So**

Name	Year School	Prelims	Finals
Finals			
1 Barajas, Lidia	10 Castro Valley	50.67	51.29
2 Posey, Arianna	10 Castro Valley	51.79	52.15
3 Bowersmith, Kelsea	9 Arroyo	52.81	53.22
4 Townsend, Young-Hi	10 Arroyo	56.74	54.74
5 Wong, Brenda	10 Arroyo	56.88	55.20
6 Partida, Victoria	10 Arroyo	56.23	56.27
7 Nguyen, Lily	10 Arroyo	58.53	57.70
8 Brekke, Ashley	9 San Lorenzo	1:00.76	1:00.37

Women - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	83	2) Bishop O'dowd	74
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 9 Events Scored

1) Castro Valley	132	2) Arroyo	71
3) Bishop O'dowd	31	4) San Leandro	22
5) Hayward	14	6) Moreau Catholic	9

Men - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	121	2) Bishop O'dowd	44
3) San Leandro	32	4) Tennyson	15
5) Hayward	14	6) Arroyo	12

Men - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	95	2) San Leandro	75
3) Moreau Catholic	35	4) Hayward	23.50
5) Mt Eden	22	6) Bishop O'dowd	18
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 300 Meter Hurdles 36" IH Var.**

Name	Year School	Prelims	Finals
1 Mchorter, Quentin	12 Bishop O'Dowd	41.26	40.34
2 Valentine, Jr, Maurice	12 Castro Valley	43.54	40.74
3 Wilson, Davon	12 San Leandro	43.74	42.48
4 Sorenson, Anthony	12 Arroyo	43.85	43.49
5 Nikssarian, Adam	12 Castro Valley	44.21	43.72
6 Manag, Lorenzo	10 Bishop O'Dowd	44.98	44.80
7 DeGuzman, Luis	11 Arroyo	44.70	44.93

Women - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	91	2) Bishop O'dowd	90
3) San Leandro	24	4) Arroyo	16
5) Moreau Catholic	15	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	148	2) Arroyo	71
3) Bishop O'dowd	35	4) San Leandro	30
5) Hayward	16	6) Moreau Catholic	9
7) San Lorenzo	1		

Men - Var. - Team Rankings - 9 Events Scored

1) Castro Valley	131	2) Bishop O'dowd	55
3) San Leandro	38	4) Arroyo	16
5) Tennyson	15	6) Hayward	14

Men - Fr/So - Team Rankings - 11 Events Scored

1) Castro Valley	111	2) San Leandro	77
3) Hayward	35.50	4) Moreau Catholic	35
5) Mt Eden	22	6) Bishop O'dowd	18
7) Tennyson	14	8) San Lorenzo	8
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results - Field Events - Finals Day 2****Girls Long Jump Fr/So**

Name	Year	School	Seed	Finals	Wind
Finals					
1 Boisse, Sara	10	Castro Valley	14-09.00	15-06.50	NWI
2 Barajas, Lidia	10	Castro Valley	15-04.00	15-02.50	NWI
3 Brinkman, Sarah	10	Castro Valley	13-07.50	14-07.00	NWI
4 Wong, Brenda	10	Arroyo	11-10.00	13-10.25	NWI
5 Bowersmith, Kelsea	9	Arroyo	13-01.00	13-09.00	NWI
6 Garcia, Mariah	9	Moreau Catholic	12-07.00	13-01.00	NWI
7 Lee, Crystal	10	Castro Valley	12-07.75	12-10.50	NWI
8 Velasquez, Julia	10	Castro Valley	12-05.00	12-10.50	NWI
9 Partida, Victoria	10	Arroyo	11-09.00	12-04.50	NWI
10 Batilo, Christina	10	Tennyson	9-04.00	12-00.50	NWI
11 Younger, Monique	10	Hayward		11-11.00	NWI
12 Muriithi, Rosenancy	9	San Leandro	12-00.00	11-04.25	NWI
- Yap, Karina	9	Moreau Catholic	11-08.00	ND	NWI
- Bradshaw, Aliyah	10	San Leandro	9-08.00	ND	NWI
- Meniou, Elise	10	Moreau Catholic	13-11.00	ND	NWI
- Patrick, Tiffanie	10	Moreau Catholic	12-07.00	ND	NWI
- Cenicerros, Julia	10	Castro Valley	14-03.00	ND	NWI
- Pillay, Cynthia	10	Moreau Catholic	11-09.00	ND	NWI

Women - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	83	2) Bishop O'dowd	74
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 8 Events Scored

1) Castro Valley	114	2) Arroyo	58
3) Bishop O'dowd	31	4) San Leandro	22
5) Hayward	14	6) Moreau Catholic	9

Men - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	121	2) Bishop O'dowd	44
3) San Leandro	32	4) Tennyson	15
5) Hayward	14	6) Arroyo	12

Men - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	95	2) San Leandro	75
3) Moreau Catholic	35	4) Hayward	23.50
5) Mt Eden	22	6) Bishop O'dowd	18
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****Boys Long Jump Fr/So**

Name	Year School	Seed	Finals	Wind
nals				
1 Davis, Ben	10 Castro Valley	17-04.00	19-00.00	NWI
2 Imlack, Jeremy	9 Moreau Catholic	18-11.00	18-06.00	NWI
3 Lu, Steven	10 Castro Valley	17-11.50	17-09.00	NWI
4 Aulakh, Justin	10 Moreau Catholic	15-10.00	17-04.75	NWI
5 Singh, Anmol	9 Moreau Catholic	15-10.50	16-08.00	NWI
6 Cotton, Joe	10 Arroyo	15-05.00	16-05.00	NWI
7 Ellison, Mayori	9 Hayward		16-05.00	NWI
8 Crawford, Alarrin	9 San Leandro	15-00.00	15-04.50	NWI
9 Delfino, Francis	9 Moreau Catholic	15-10.50	15-01.00	NWI
0 McFadden, Jordan	9 Tennyson	13-01.25	14-09.00	NWI
1 Tavares, Tevin	9 Bishop O'Dowd		14-04.00	NWI
- Butler, Halston	9 Tennyson		ND	NWI
- Nouv, Peter	9 Castro Valley	17-05.50	ND	NWI
- Chung, Jordan	10 Castro Valley	15-05.00	ND	NWI
- Mohammend, Matt	10 Tennyson	15-06.00	ND	NWI
- Braga, John paul	10 Tennyson	13-06.00	ND	NWI
- Wilson, Robbie	9 Moreau Catholic	14-10.50	ND	NWI
- Kono, Yuya	9 Castro Valley	16-06.00	ND	NWI
- Johnson, Nate	9 Moreau Catholic	16-02.50	ND	NWI
- Cabrera, Carl	9 San Leandro	17-00.00	FOUL	
- Kaing, Davin	9 San Leandro	15-00.00	FOUL	

Women - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	83	2) Bishop O'dowd	74
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 8 Events Scored

1) Castro Valley	114	2) Arroyo	58
3) Bishop O'dowd	31	4) San Leandro	22
5) Hayward	14	6) Moreau Catholic	9

Men - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	121	2) Bishop O'dowd	44
3) San Leandro	32	4) Tennyson	15
5) Hayward	14	6) Arroyo	12

Men - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	95	2) San Leandro	75
3) Moreau Catholic	35	4) Hayward	23.50
5) Mt Eden	22	6) Bishop O'dowd	18
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 800 Meter Run Var.**

Name	Year School	Prelims	Finals
1 Martore, Anthony	10 Castro Valley	2:05.37	1:57.98
2 Zerehaimanot, Bisrat	Sr Hayward	2:00.17	2:00.20
3 Weekes, Norman	11 Castro Valley	2:03.77	2:03.07
4 Diomande, Sulayman	10 Castro Valley	2:05.37	2:04.69
5 Alvarado, Edgar	11 San Leandro	2:08.14	2:06.83
6 Bourdier, Austin	12 Bishop O'Dowd	2:08.08	2:07.33
7 Tsang, Simon	12 San Leandro	2:10.57	2:16.99

Women - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	83	2) Bishop O'dowd	74
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 8 Events Scored

1) Castro Valley	114	2) Arroyo	58
3) Bishop O'dowd	31	4) San Leandro	22
5) Hayward	14	6) Moreau Catholic	9

Men - Var. - Team Rankings - 8 Events Scored

1) Castro Valley	121	2) Bishop O'dowd	44
3) San Leandro	32	4) Tennyson	15
5) Hayward	14	6) Arroyo	12

Men - Fr/So - Team Rankings - 10 Events Scored

1) Castro Valley	95	2) San Leandro	75
3) Moreau Catholic	35	4) Hayward	23.50
5) Mt Eden	22	6) Bishop O'dowd	18
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	7.50		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 800 Meter Run Var.**

Name	Year School	Prelims	Finals
Finals			
1 Dubose, Damajeria	12 Bishop O'Dowd	2:23.80	2:21.46
2 Rivers Birt, Lia	12 Bishop O'Dowd	2:28.75	2:21.54
3 Schneider, Chelsea	11 Castro Valley	2:31.01	2:21.81
4 Riley, Arianne	10 Hayward	2:30.00	2:25.10
5 Granados, Ayla	12 Castro Valley	2:30.10	2:25.27
6 Wummer, Elise	11 Castro Valley	2:31.05	2:27.79
7 Santisteban, Kelsey	10 Castro Valley	2:33.79	2:30.71
8 Diaz, Marie	9 Bishop O'Dowd	2:33.34	2:32.22

Women - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	83	2) Bishop O'dowd	74
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	6
7) Tennyson	2		

Women - Fr/So - Team Rankings - 8 Events Scored

1) Castro Valley	114	2) Arroyo	58
3) Bishop O'dowd	31	4) San Leandro	22
5) Hayward	14	6) Moreau Catholic	9

Men - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	101	2) Bishop O'dowd	43
3) San Leandro	30	4) Tennyson	15
5) Arroyo	12	6) Hayward	6

Men - Fr/So - Team Rankings - 9 Events Scored

1) Castro Valley	79	2) San Leandro	75
3) Hayward	23	4) Mt Eden	22
5) Moreau Catholic	21	6) Bishop O'dowd	18
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	7		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results - Running Events - Finals****Boys 800 Meter Run Fr/So**

Name	Year School	Prelims	Finals
nals			
1 Greer, Stephn	9 San Leandro	2:10.22	2:09.12
2 Nugal, Marvin	10 Mt Eden	2:14.45	2:10.14
3 Berman, Juan	10 Castro Valley	2:13.30	2:10.39
4 Lew, Gary	9 San Leandro	2:13.93	2:11.10
5 Contreras, Jose	10 San Leandro	2:15.61	2:12.45
6 Mercadal, Balbino	10 Arroyo	2:15.83	2:12.81

Women - Var. - Team Rankings - 6 Events Scored

1) Castro Valley	74	2) Bishop O'dowd	56
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	2
6) Tennyson	2		

Women - Fr/So - Team Rankings - 7 Events Scored

1) Castro Valley	90	2) Arroyo	52
3) Bishop O'dowd	31	4) San Leandro	22
5) Hayward	14	6) Moreau Catholic	8

Men - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	101	2) Bishop O'dowd	43
3) San Leandro	30	4) Tennyson	15
5) Arroyo	12	6) Hayward	6

Men - Fr/So - Team Rankings - 9 Events Scored

1) Castro Valley	79	2) San Leandro	75
3) Hayward	23	4) Mt Eden	22
5) Moreau Catholic	21	6) Bishop O'dowd	18
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	7		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 800 Meter Run Fr/So**

Name	Year School	Prelims	Finals
nals			
1 Bailey, Aurora	9 Castro Valley	2:40.65	2:38.56
2 Micheaux, Claire	9 Bishop O'Dowd	2:39.46	2:38.61
3 Spiegel, Laura	9 Arroyo	2:43.51	2:39.81
4 Garcia, Irmay	10 Hayward	2:47.56	2:41.44
5 Piccillo, Emma	10 Castro Valley	2:42.10	2:42.25
6 Coronado, Cristina	10 Hayward	2:44.50	2:43.07
7 Gilchriese, Carolyn	10 Castro Valley	2:45.30	2:43.26
8 Devlin, Allie	9 Bishop O'Dowd	2:49.82	2:52.96

Women - Var. - Team Rankings - 6 Events Scored

1) Castro Valley	74	2) Bishop O'dowd	56
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	2
6) Tennyson	2		

Women - Fr/So - Team Rankings - 7 Events Scored

1) Castro Valley	90	2) Arroyo	52
3) Bishop O'dowd	31	4) San Leandro	22
5) Hayward	14	6) Moreau Catholic	8

Men - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	101	2) Bishop O'dowd	43
3) San Leandro	30	4) Tennyson	15
5) Arroyo	12	6) Hayward	6

Men - Fr/So - Team Rankings - 8 Events Scored

1) Castro Valley	73	2) San Leandro	59
3) Hayward	23	4) Moreau Catholic	21
5) Bishop O'dowd	18	6) Mt Eden	14
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	6		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 100 Meter Dash Var.**

Name	Year School	Prelims	Finals	Wind
1 Oliver, Dash	12 Castro Valley	11.10	10.85	-1.6
2 Rosby, Damion	10 Castro Valley	11.29	11.10	-1.6
3 Brown, Mario	11 Bishop O'Dowd	11.71	11.58	-1.6
4 Sarrico, Kevin	12 Castro Valley	11.64	11.68	-1.6
5 Adesanya, Omodele	12 Castro Valley	11.80	11.81	-1.6
6 Prince, James	11 Bishop O'Dowd	11.92	11.86	-1.6
7 Thomas, Tyler	11 Hayward	11.99	11.89	-1.6
8 Ward, Tyrone	10 Bishop O'Dowd	11.92	11.96	-1.6

Women - Var. - Team Rankings - 6 Events Scored

1) Castro Valley	74	2) Bishop O'dowd	56
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	2
6) Tennyson	2		

Women - Fr/So - Team Rankings - 6 Events Scored

1) Castro Valley	78	2) Arroyo	46
3) Bishop O'dowd	23	4) San Leandro	22
5) Hayward	9	6) Moreau Catholic	8

Men - Var. - Team Rankings - 7 Events Scored

1) Castro Valley	101	2) Bishop O'dowd	43
3) San Leandro	30	4) Tennyson	15
5) Arroyo	12	6) Hayward	6

Men - Fr/So - Team Rankings - 8 Events Scored

1) Castro Valley	73	2) San Leandro	59
3) Hayward	23	4) Moreau Catholic	21
5) Bishop O'dowd	18	6) Mt Eden	14
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	6		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 100 Meter Dash Fr/So**

Name	Year School	Prelims	Finals	Wind
Finals				
1 Cummings, Ellis	10 San Leandro	11.99	11.93	-1.7
2 Johnson, Mike	10 San Lorenzo	12.07	11.98	-1.7
3 Imlack, Jeremy	9 Moreau Catholic	12.13	11.98	-1.7
4 Kim, Aaron	10 Castro Valley	12.05	12.05	-1.7
5 Schwartz, Jaejun	9 Bishop O'Dowd	12.38	12.16	-1.7
6 McNeally, Mas	10 San Leandro	12.34	12.21	-1.7
7 Caro, William	9 Hayward	12.17	12.26	-1.7
8 Han, Nate	10 Castro Valley	12.48	12.33	-1.7

Women - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	60	2) Bishop O'dowd	52
3) San Leandro	24	4) Arroyo	7
5) Moreau Catholic	4	6) Hayward	2
6) Tennyson	2		

Women - Fr/So - Team Rankings - 6 Events Scored

1) Castro Valley	78	2) Arroyo	46
3) Bishop O'dowd	23	4) San Leandro	22
5) Hayward	9	6) Moreau Catholic	8

Men - Var. - Team Rankings - 6 Events Scored

1) Castro Valley	77	2) Bishop O'dowd	36
3) San Leandro	30	4) Tennyson	15
5) Arroyo	12	6) Hayward	6

Men - Fr/So - Team Rankings - 8 Events Scored

1) Castro Valley	73	2) San Leandro	59
3) Hayward	23	4) Moreau Catholic	21
5) Bishop O'dowd	18	6) Mt Eden	14
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	6		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 100 Meter Dash Var.**

Name	Year School	Prelims	Finals	Wind
Finals				
1 Boyd, Alitta	12 Moreau Catholic	12.59	12.63	-1.9
2 Miller, Brianna	10 Castro Valley	13.25	13.13	-1.9
3 Alli, Taofeqat	11 Castro Valley	13.15	13.20	-1.9
4 Ellis, Olivia	11 Bishop O'Dowd	13.31	13.28	-1.9
5 Davis, Gabrielle	12 Arroyo	13.54	13.36	-1.9
6 Overshoun-Hall, Jordan	10 Moreau Catholic	13.45	13.37	-1.9
7 Rush, Iesha	12 Castro Valley	13.98	13.50	-1.9
8 Chung, Jungyoon	11 San Leandro	13.86	13.61	-1.9

Women - Var. - Team Rankings - 6 Events Scored

1) Castro Valley	74	2) Bishop O'dowd	56
3) San Leandro	24	4) Moreau Catholic	15
5) Arroyo	9	6) Hayward	2
6) Tennyson	2		

Women - Fr/So - Team Rankings - 6 Events Scored

1) Castro Valley	78	2) Arroyo	46
3) Bishop O'dowd	23	4) San Leandro	22
5) Hayward	9	6) Moreau Catholic	8

Men - Var. - Team Rankings - 6 Events Scored

1) Castro Valley	77	2) Bishop O'dowd	36
3) San Leandro	30	4) Tennyson	15
5) Arroyo	12	6) Hayward	6

Men - Fr/So - Team Rankings - 8 Events Scored

1) Castro Valley	73	2) San Leandro	59
3) Hayward	23	4) Moreau Catholic	21
5) Bishop O'dowd	18	6) Mt Eden	14
7) Tennyson	13	8) San Lorenzo	8
9) Arroyo	6		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 100 Meter Dash Fr/So**

Name	Year	School	Prelims	Finals	Wind
nals					
1 Chissell, Maya	9	Castro Valley	13.48	13.36	-2.2
2 Sacha, Monique	10	Castro Valley	13.93	13.84	-2.2
3 Gardins, Karra	9	Moreau Catholic	14.03	13.90	-2.2
4 Randall, Chelsea	10	San Leandro	14.27	13.93	-2.2
5 Harris, Monique	9	Arroyo	13.96	13.94	-2.2
6 Boisse, Sara	10	Castro Valley	14.43	14.15	-2.2
7 Velasquez, Melissa	10	Castro Valley	14.44	14.17	-2.2
8 Scott, Amina	9	Bishop O'Dowd	14.11	14.19	-2.2

Women - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	60	2) Bishop O'dowd	52
3) San Leandro	24	4) Arroyo	7
5) Moreau Catholic	4	6) Hayward	2
6) Tennyson	2		

Women - Fr/So - Team Rankings - 6 Events Scored

1) Castro Valley	78	2) Arroyo	46
3) Bishop O'dowd	23	4) San Leandro	22
5) Hayward	9	6) Moreau Catholic	8

Men - Var. - Team Rankings - 6 Events Scored

1) Castro Valley	77	2) Bishop O'dowd	36
3) San Leandro	30	4) Tennyson	15
5) Arroyo	12	6) Hayward	6

Men - Fr/So - Team Rankings - 7 Events Scored

1) Castro Valley	69	2) San Leandro	48
3) Hayward	23	4) Bishop O'dowd	16
5) Moreau Catholic	15	6) Mt Eden	14
7) Tennyson	13	8) Arroyo	6

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 400 Meter Dash Var.**

Name	Year	School	Prelims	Finals
1 Tran, Christina	11	San Leandro	1:02.66	1:01.47
2 Wardel, Trinity	10	Bishop O'Dowd	1:03.84	1:02.25
3 Quamina, Katherine	10	Bishop O'Dowd	1:04.68	1:02.54
4 Lee, Megan	12	Castro Valley	1:02.85	1:03.31
5 Turner, Jocelyn	11	Hayward	1:05.44	1:03.70
6 Furino, Tiffany	11	Castro Valley	1:05.38	1:05.04
7 Jung, GiGi	11	San Leandro	1:06.68	1:06.87
8 Highstreet, Elyse	9	Castro Valley	1:07.25	1:07.98

Women - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	60	2) Bishop O'dowd	52
3) San Leandro	24	4) Arroyo	7
5) Moreau Catholic	4	6) Hayward	2
6) Tennyson	2		

Women - Fr/So - Team Rankings - 5 Events Scored

1) Castro Valley	59	2) Arroyo	44
3) Bishop O'dowd	23	4) San Leandro	18
5) Hayward	9	6) Moreau Catholic	2

Men - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	67	2) Bishop O'dowd	34
3) San Leandro	22	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 7 Events Scored

1) Castro Valley	69	2) San Leandro	48
3) Hayward	23	4) Bishop O'dowd	16
5) Moreau Catholic	15	6) Mt Eden	14
7) Tennyson	13	8) Arroyo	6

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 400 Meter Dash Var.**

Name	Year School	Prelims	Finals
nals			
1 Roache, Alex	12 Tennyson	50.31	49.86
2 Wilson, Laron	12 San Leandro	51.54	50.66
3 Hamilton, CJ	10 Castro Valley	51.69	50.98
4 Batis, Robert	10 Castro Valley	51.32	51.26
5 Simpson, Cherod	12 Bishop O'Dowd	53.34	52.06
6 Villalobos, Everado	12 Tennyson	52.28	52.10
7 Foster, Alexander	10 Castro Valley	52.52	52.84
8 Towles, Marvin	10 Tennyson	52.82	54.54

Women - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	60	2) Bishop O'dowd	52
3) San Leandro	24	4) Arroyo	7
5) Moreau Catholic	4	6) Hayward	2
6) Tennyson	2		

Women - Fr/So - Team Rankings - 5 Events Scored

1) Castro Valley	59	2) Arroyo	44
3) Bishop O'dowd	23	4) San Leandro	18
5) Hayward	9	6) Moreau Catholic	2

Men - Var. - Team Rankings - 6 Events Scored

1) Castro Valley	77	2) Bishop O'dowd	36
3) San Leandro	30	4) Tennyson	15
5) Arroyo	12	6) Hayward	6

Men - Fr/So - Team Rankings - 7 Events Scored

1) Castro Valley	69	2) San Leandro	48
3) Hayward	23	4) Bishop O'dowd	16
5) Moreau Catholic	15	6) Mt Eden	14
7) Tennyson	13	8) Arroyo	6

HAAL Track Championships - 5/6/2008 to 5/7/2008

HAAL Championships
Castro Valley High School
Results - Field Events - Finals Day 2

Boys Shot Put Fr/So

Name	Year School	Seed	Finals
nals			
1 Sapiga, Nephi	10 Hayward	46-07.00	46-01.75
2 West, Alex	10 Castro Valley	40-01.00	41-01.75
3 Chavez, Cristian	10 Castro Valley	37-09.50	39-00.25
4 Bowden, Steven	- San Leandro	38-11.00	37-06.75
5 Lanza, Zack	10 Arroyo	30-00.00	36-10.00
6 Sanchez, Jaimie	10 Moreau Catholic	35-00.00	35-07.75
7 Ivan, Cruz	- Bishop O'Dowd	30-10.00	33-01.25
8 Bartsch, Michael	9 Arroyo	27-05.00	32-04.00
9 Carrick, Tony	10 Castro Valley	32-10.00	30-11.75
0 Velasquez, Wendell	9 Arroyo	31-07.00	30-06.00
1 Tam, Stephan	10 Arroyo	26-00.00	28-02.50
2 Andes, David	9 Moreau Catholic	20-00.00	20-05.00
- Coronado, Ruben	12 Tennyson		ND
- Francis, Carlton	9 Bishop O'Dowd	32-00.00	ND

Women - Var. - Team Rankings - 4 Events Scored

1) Castro Valley	55	2) Bishop O'dowd	38
3) San Leandro	14	4) Arroyo	7
5) Moreau Catholic	4	6) Tennyson	2

Women - Fr/So - Team Rankings - 5 Events Scored

1) Castro Valley	59	2) Arroyo	44
3) Bishop O'dowd	23	4) San Leandro	18
5) Hayward	9	6) Moreau Catholic	2

Men - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	67	2) Bishop O'dowd	34
3) San Leandro	22	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 6 Events Scored

1) Castro Valley	59	2) San Leandro	36
3) Hayward	21	4) Moreau Catholic	15
5) Mt Eden	14	6) Tennyson	13
7) Bishop O'dowd	9	8) Arroyo	6

HAAL Track Championships - 5/6/2008 to 5/7/2008

HAAL Championships

Castro Valley High School

Results - Running Events - Finals

Boys 400 Meter Dash Fr/So

Name	Year School	Prelims	Finals
nals			
1 Davis, Ben	10 Castro Valley	52.89	52.89
2 Obidiegou, Kyrian	10 San Leandro	54.34	53.75
3 Kelley, Sean	9 Bishop O'Dowd	54.90	54.07
4 McBride, Andre	9 San Leandro	55.69	54.72
5 Webb, Chris	9 Hayward	55.49	55.17
6 Koep, Robbie	10 Bishop O'Dowd	56.09	56.20
7 Chavez, Cristian	10 Castro Valley	54.98	56.73
8 Martinez, Lyndon	10 Mt Eden	56.36	56.88

Women - Var. - Team Rankings - 4 Events Scored

1) Castro Valley	55	2) Bishop O'dowd	38
3) San Leandro	14	4) Arroyo	7
5) Moreau Catholic	4	6) Tennyson	2

Women - Fr/So - Team Rankings - 5 Events Scored

1) Castro Valley	59	2) Arroyo	44
3) Bishop O'dowd	23	4) San Leandro	18
5) Hayward	9	6) Moreau Catholic	2

Men - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	67	2) Bishop O'dowd	34
3) San Leandro	22	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 7 Events Scored

1) Castro Valley	69	2) San Leandro	48
3) Hayward	23	4) Bishop O'dowd	16
5) Moreau Catholic	15	6) Mt Eden	14
7) Tennyson	13	8) Arroyo	6

HAAL Track Championships - 5/6/2008 to 5/7/2008
HAAL Championships
Castro Valley High School
Results

Event 59 Girls High Jump Var.

Name	Year School	Finals	Points
nals			
1 Martore, Celeste	9 Castro Valley	4-06.00	10
2 Jung, GiGi	11 San Leandro	J4-06.00	8
3 Kellum-Hendrex, Jessica	11 Castro Valley	J4-06.00	6
4 Highstreet, Elyse	9 Castro Valley	4-00.00	4
Combined Team Scores - Var. - 8 Events Scored			
1) Castro Valley	98	2) Bishop O'dowd	72
3) San Leandro	36	4) Arroyo	19
5) Hayward	6	5) Tennyson	6
7) Moreau Catholic	4		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 400 Meter Dash Fr/So**

Name	Year School	Prelims	Finals	Points
Section 1 Finals				
1 Sibal, Mariza	10 Arroyo	1:03.67	1:03.25	10
2 Brinkman, Sarah	10 Castro Valley	1:07.34	1:06.45	8
3 Watson, Chantel	10 San Leandro	1:06.54	1:06.51	6
4 Talley, Rhiannah	10 Hayward	1:07.91	1:07.73	4
5 Espinoza, Yocelyn	10 Arroyo	1:06.16	1:08.23	2
6 Gilchriese, Carolyn	10 Castro Valley	1:08.31	1:08.32	1
-- Le, Christie	9 San Leandro	1:05.61	FS	

Women - Var. - Team Rankings - 4 Events Scored

1) Castro Valley	55	2) Bishop O'dowd	38
3) San Leandro	14	4) Arroyo	7
5) Moreau Catholic	4	6) Tennyson	2

Women - Fr/So - Team Rankings - 5 Events Scored

1) Castro Valley	59	2) Arroyo	44
3) Bishop O'dowd	23	4) San Leandro	18
5) Hayward	9	6) Moreau Catholic	2

Men - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	67	2) Bishop O'dowd	34
3) San Leandro	22	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 6 Events Scored

1) Castro Valley	59	2) San Leandro	36
3) Hayward	21	4) Moreau Catholic	16
5) Mt Eden	14	6) Tennyson	13
7) Bishop O'dowd	9	8) Arroyo	5

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****Boys Pole Vault Var.**

Name	Year School	Seed	Finals	Points
light 1				
1 Wiegardt, Andrew	11 Castro Valley	12-06.00	13-00.00	10
2 Coulter, Eric	10 Castro Valley	11-06.00	11-06.00	8
3 Meadows, Justin	11 Castro Valley	11-00.00	10-06.00	6

Women - Var. - Team Rankings - 4 Events Scored

1) Castro Valley	55	2) Bishop O'dowd	38
3) San Leandro	14	4) Arroyo	7
5) Moreau Catholic	4	6) Tennyson	2

Women - Fr/So - Team Rankings - 4 Events Scored

1) Castro Valley	50	2) Arroyo	32
3) Bishop O'dowd	23	4) San Leandro	12
5) Hayward	5	6) Moreau Catholic	2

Men - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	67	2) Bishop O'dowd	34
3) San Leandro	22	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 5 Events Scored

1) Castro Valley	41	2) San Leandro	36
3) Hayward	21	4) Moreau Catholic	16
5) Mt Eden	14	6) Tennyson	13
7) Bishop O'dowd	9	8) Arroyo	5

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****Boys Pole Vault Fr/So**

Name	Year School	Seed	Finals	Points
Flight 1				
1 Laris, Jordan	10 Castro Valley	10-06.00	10-06.00	10
2 Dangler, Michael	9 Castro Valley	9-06.00	8-06.00	8
-- Wiegardt, Nick	10 Castro Valley	8-06.00	NH	

Women - Var. - Team Rankings - 4 Events Scored

1) Castro Valley	55	2) Bishop O'dowd	38
3) San Leandro	14	4) Arroyo	7
5) Moreau Catholic	4	6) Tennyson	2

Women - Fr/So - Team Rankings - 4 Events Scored

1) Castro Valley	50	2) Arroyo	32
3) Bishop O'dowd	23	4) San Leandro	12
5) Hayward	5	6) Moreau Catholic	2

Men - Var. - Team Rankings - 5 Events Scored

1) Castro Valley	67	2) Bishop O'dowd	34
3) San Leandro	22	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 6 Events Scored

1) Castro Valley	59	2) San Leandro	36
3) Hayward	21	4) Moreau Catholic	16
5) Mt Eden	14	6) Tennyson	13
7) Bishop O'dowd	9	8) Arroyo	5

HAAL Track Championships - 5/6/2008 to 5/7/2008

HAAL Championships
Castro Valley High School
Results - Running Events - Finals

Boys 110 Meter Hurdles 36" HH Fr/So

Name	Year School	Prelims	Finals	Points
ction 1 Finals Wind: -1.3				
1 Imlack, Jeremy	9 Moreau Catholic	17.63	16.73	10
2 Butler, Halston	9 Tennyson	17.61	16.81	8
3 Laris, Jordan	10 Castro Valley	19.96	19.33	6
4 Chen, Howard	9 San Leandro	19.63	19.44	4
5 Gann, Joshua	10 Tennyson	20.74	20.68	2
6 Pacheio, Luis	10 Tennyson	21.76	21.01	1
7 Liu, Johnny	9 San Leandro	21.26	21.10	
8 Ruvalcaba, Arthur	10 Mt Eden	21.55	21.45	

Women - Var. - Team Rankings - 3 Events Scored

1) Bishop O'dowd	38	2) Castro Valley	35
3) Arroyo	7	4) San Leandro	6
5) Moreau Catholic	4	6) Tennyson	2

Women - Fr/So - Team Rankings - 4 Events Scored

1) Castro Valley	50	2) Arroyo	32
3) Bishop O'dowd	23	4) San Leandro	12
5) Hayward	5	6) Moreau Catholic	2

Men - Var. - Team Rankings - 3 Events Scored

1) Castro Valley	34	2) San Leandro	18
3) Bishop O'dowd	16	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 4 Events Scored

1) San Leandro	32	2) Castro Valley	27
3) Moreau Catholic	14	3) Mt Eden	14
5) Tennyson	13	6) Hayward	11
7) Bishop O'dowd	9	8) Arroyo	4

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Boys 110 Meter Hurdles 39" HH Var.**

Name	Year	School	Prelims	Finals	Points
Section 1 Finals Wind: -0.1					
1 Jones, Chad	12	Bishop O'Dowd	15.01	14.29	10
2 Valentine, Jr, Maurice	12	Castro Valley	14.75	14.41	8
3 Mchorter, Quentin	12	Bishop O'Dowd	15.56	15.03	6
4 Wilson, Davon	12	San Leandro	17.27	15.38	4
5 Williams, Alan	10	Bishop O'Dowd	16.22	15.80	2
6 Nikssarian, Adam	12	Castro Valley	17.21	16.65	1
7 Monroe, Desmond	11	San Leandro	17.35	16.93	

Women - Var. - Team Rankings - 3 Events Scored

1) Bishop O'dowd	38	2) Castro Valley	35
3) Arroyo	7	4) San Leandro	6
5) Moreau Catholic	4	6) Tennyson	2

Women - Fr/So - Team Rankings - 4 Events Scored

1) Castro Valley	50	2) Arroyo	32
3) Bishop O'dowd	23	4) San Leandro	12
5) Hayward	5	6) Moreau Catholic	2

Men - Var. - Team Rankings - 4 Events Scored

1) Castro Valley	43	2) Bishop O'dowd	34
3) San Leandro	22	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 4 Events Scored

1) San Leandro	32	2) Castro Valley	27
3) Moreau Catholic	14	3) Mt Eden	14
5) Tennyson	13	6) Hayward	11
7) Bishop O'dowd	9	8) Arroyo	4

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 100 Meter Hurdles 33" IH Fr/So**

Name	Year School	Prelims	Finals	Points
ction 1 Finals Wind: -0.1				
1 Bowersmith, Kelsea	9 Arroyo	17.90	17.59	10
2 Posey, Arianna	10 Castro Valley	18.64	17.92	8
3 Barajas, Lidia	10 Castro Valley	18.65	18.33	6
4 Partida, Victoria	10 Arroyo	19.73	19.45	4
5 Nguyen, Lily	10 Arroyo	20.50	19.92	2
6 Townsend, Young-Hi	10 Arroyo	20.55	19.93	1
7 Wong, Brenda	10 Arroyo	20.61	20.08	
8 Brekke, Ashley	9 San Lorenzo	22.94	21.42	

Women - Var. - Team Rankings - 3 Events Scored

1) Bishop O'dowd	38	2) Castro Valley	35
3) Arroyo	7	4) San Leandro	6
5) Moreau Catholic	4	6) Tennyson	2

Women - Fr/So - Team Rankings - 4 Events Scored

1) Castro Valley	50	2) Arroyo	32
3) Bishop O'dowd	23	4) San Leandro	12
5) Hayward	5	6) Moreau Catholic	2

Men - Var. - Team Rankings - 3 Events Scored

1) Castro Valley	34	2) San Leandro	18
3) Bishop O'dowd	16	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 3 Events Scored

1) San Leandro	28	2) Castro Valley	21
3) Mt Eden	14	4) Hayward	11
5) Bishop O'dowd	9	6) Arroyo	4
6) Moreau Catholic	4	8) Tennyson	2

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Running Events - Finals****Girls 100 Meter Hurdles 33" IH Var.**

Name	Year School	Prelims	Finals	Points
Section 1 Finals Wind: 0.4				
1 Aldridge, Monique	11 Castro Valley	15.76	15.39	10
2 Gibbs, Jordan	12 Bishop O'Dowd	15.71	15.74	8
3 Toler, Laurena	12 Bishop O'Dowd	15.94	16.17	6
4 Schwyter, Nadia	11 Arroyo	17.85	17.92	4
5 Guan, Jacqueline	10 Arroyo	18.82	18.12	2
6 Kalia, Astha	12 Arroyo	18.27	18.15	1
7 Simbra, Tanya	11 Castro Valley	19.32	18.71	
8 Ross, Ahmbria	10 Bishop O'Dowd	18.37	19.83	

Women - Var. - Team Rankings - 3 Events Scored

1) Bishop O'dowd	38	2) Castro Valley	35
3) Arroyo	7	4) San Leandro	6
5) Moreau Catholic	4	6) Tennyson	2

Women - Fr/So - Team Rankings - 4 Events Scored

1) Castro Valley	50	2) Arroyo	32
3) Bishop O'dowd	23	4) San Leandro	12
5) Hayward	5	6) Moreau Catholic	2

Men - Var. - Team Rankings - 3 Events Scored

1) Castro Valley	34	2) San Leandro	18
3) Bishop O'dowd	16	4) Arroyo	12
5) Hayward	6	6) Tennyson	4

Men - Fr/So - Team Rankings - 3 Events Scored

1) San Leandro	28	2) Castro Valley	21
3) Mt Eden	14	4) Hayward	11
5) Bishop O'dowd	9	6) Arroyo	4
6) Moreau Catholic	4	8) Tennyson	2

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Event 7 Girls 1600 Meter Run Var.**

Name	Year School	Prelims	Finals	Points
Finals				
1 Dubose, Damajeria	12 Bishop O'Dowd	5:20.91	5:01.78	10
2 Santisteban, Kelsey	10 Castro Valley	5:30.46	5:02.39	8
3 Wummer, Elise	11 Castro Valley	5:30.50	5:22.48	6
4 Spees, Kaitlyn	10 Bishop O'Dowd	5:31.22	5:24.74	4
5 Granados, Ayla	12 Castro Valley	5:27.28	5:30.36	2
6 Yang, Nicole	11 Castro Valley	5:38.95	5:30.85	1
7 Sutedja, Ashley	11 Castro Valley	5:58.00	5:33.85	
8 Canela, Janet	11 San Leandro	6:02.83	6:10.23	
9 Crosby, Cassie	12 Moreau Catholic	6:21.52	6:16.15	
10 Wong, Jessica	11 San Leandro	6:27.58	6:27.64	
-- Diaz, Marie	9 Bishop O'Dowd	5:53.02	DNS	
-- Bui, Anh	12 Arroyo	5:45.91	DNS	
Preliminaries				
13 Anklaam, Katy	12 Arroyo	6:30.09		
14 Canonizado, Karissa	11 Moreau Catholic	6:40.29		
15 Lei, Winnie	11 San Leandro	6:47.20		
16 Monarrez, Vannessa	11 Tennyson	6:57.35		
17 Senorin, Cassandra	11 San Lorenzo	7:15.93		
18 McGinty, Claire	11 Moreau Catholic	7:17.18		
19 Calma, Emilia	11 Bishop O'Dowd	7:29.79		
20 Harris, Eileen	11 Moreau Catholic	7:39.36		
-- Haroon, Nazma	11 Tennyson	DNS		

Combined Team Scores - Var. - 4 Events Scored

1) Castro Valley	45	2) Bishop O'dowd	40
3) San Leandro	24	4) Tennyson	6
5) Moreau Catholic	4	6) Arroyo	1

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Event 6 Boys 1600 Meter Run Fr/So**

Name	Year School	Prelims	Finals	Points
Finals				
1 Nugal, Marvin	10 Mt Eden	4:55.53	4:45.90	10
2 Greer, Stephn	9 San Leandro	4:49.38	4:47.54	8
3 Berman, Juan	10 Castro Valley	4:46.77	4:47.93	6
4 Ruvalcaba, Arthur	10 Mt Eden	5:01.05	4:49.80	4
5 Lew, Gary	9 San Leandro	4:57.16	4:49.83	2
6 John, Calvin	9 Bishop O'Dowd	4:51.74	4:51.56	1
7 Owyang, Gregory	10 Castro Valley	5:01.91	4:55.76	
8 Degroot, Jonathan	9 Bishop O'Dowd	4:58.72	4:57.44	
9 Maderal, Josh	9 Hayward	5:06.87	4:59.39	
10 Mercadal, Balbino	10 Arroyo	5:05.93	5:00.96	
11 Mangonon, Gabriel	10 Mt Eden	5:13.86	5:04.72	
12 Jordan, Auburn	10 Mt Eden	5:07.74	5:18.68	
Preliminaries				
13 Smith, Brandon	9 Moreau Catholic	5:16.72		
14 Le, Collyn	9 San Leandro	5:19.58		
15 Wummer, Jonathan	9 Castro Valley	5:20.21		
16 Perez, Giovani	9 Mt Eden	5:24.56		
17 Morales, Emanuel	9 Mt Eden	5:26.16		
18 Ganzalez, Juan	9 San Leandro	5:26.52		
19 Nyugen, Vincent	10 Moreau Catholic	5:34.68		
20 Damian, Lee	9 Tennyson	5:42.83		
21 Mathews, Cole	9 Moreau Catholic	5:47.88		
22 Lasser, Alex	9 Bishop O'Dowd	5:49.96		
23 Habtay, Gide	9 Hayward	5:55.84		
24 Otts, Tynan	9 Moreau Catholic	5:57.14		
25 Abolencia, Justin	9 Arroyo	5:58.98		
26 Barney, Robert	9 Castro Valley	6:00.56		
27 Carranza, Oscar	10 San Lorenzo	6:13.26		
28 Asvitt, Kevin	9 Arroyo	7:17.55		

Combined Team Scores - Fr/So - 6 Events Scored

1) Castro Valley	57	2) San Leandro	40
3) Bishop O'dowd	32	4) Arroyo	19
5) Hayward	16	6) Mt Eden	14
7) Moreau Catholic	6	8) Tennyson	2

HAAL Track Championships - 5/6/2008 to 5/7/2008

HAAL Championships
Castro Valley High School
Results - Field Events - Finals Day1

Boys Shot Put Var.

Name	Year School	Seed	Finals	Points
nals				
1 Eckel, Jacob	11 Castro Valley	45-11.00	49-00.00	10
2 Maile, Sione	11 San Leandro	48-00.00	48-02.00	8
3 Tulloch, Adam	12 Bishop O'Dowd	48-09.00	46-04.00	6
4 Nunn, Malcume	11 San Leandro	47-11.00	45-10.00	4
5 Johnson, Blake	11 Bishop O'Dowd	47-03.00	44-03.00	2
6 Cerruti, Jonathan	12 Arroyo	38-03.50	42-02.00	1
7 Tomaz, Niko	11 Castro Valley	39-05.00	40-07.00	
8 Mason, Eric	11 Castro Valley	44-07.00	39-10.00	
9 Shaw, Andrew	11 Castro Valley	39-04.00	38-06.00	
0 Sheehan, Chris	12 Castro Valley	38-06.00	37-04.00	
0 Hart, Virgil	12 Hayward	40-02.00	37-04.00	
2 Bouchard, Jeff	11 Castro Valley	38-04.00	37-03.00	
3 Maumalanga, Jesse	12 Hayward	40-00.00	36-11.00	
4 Kaye, Scott	12 Arroyo	35-00.00	36-09.50	
5 Aseron, Gabe	12 San Leandro	37-06.00	36-06.50	
6 Morankola, Adebambo	11 San Leandro	44-07.00	35-03.50	
7 Chong, Jason	10 Moreau Catholic	39-00.00	34-08.00	
8 Mediola, Marcus	10 Moreau Catholic	33-00.00	34-02.00	
9 Mixson, Kyle	10 Arroyo	35-00.00	34-00.00	
0 Navarro, Sal	11 San Leandro	32-10.00	33-11.50	
1 Orella, Gabe	12 Tennyson	34-08.00	33-04.00	
2 Niuatoa, Alex	12 Hayward	35-06.00	33-00.00	
3 Duenas, Ray	11 Hayward	33-02.00	32-10.00	
4 Schultz, Johnathan	12 Arroyo	28-11.00	32-02.00	
5 Garrett, Brandon	11 Arroyo	31-03.50	31-03.50	
6 Hill, Ken	11 Moreau Catholic	33-00.00	31-01.00	
7 Camfield, Russell	11 Moreau Catholic	30-00.00	29-07.00	
8 Morales, Gonzalo	11 San Leandro	33-07.00	29-06.00	
- Prez, Jeryll	11 Tennyson		ND	
- Finau, Sione	11 San Leandro	36-00.00	ND	
- Maldonado, Pedro	12 San Lorenzo	34-06.00	ND	
- Jackson, Demico	12 Hayward	36-05.00	ND	
- Niuatoa, Eleasaro	12 Hayward	45-07.00	ND	
- Gonzalez, Demario	11 Tennyson	33-00.00	ND	

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Event 5 Girls 1600 Meter Run Fr/So**

Name	Year	School	Prelims	Finals	Points
nals					
1 Martines, Marisa	10	Castro Valley	5:47.49	5:37.72	10
2 Micheaux, Claire	9	Bishop O'Dowd	5:44.71	5:40.53	8
3 Spiegel, Laura	9	Arroyo	5:52.82	5:46.08	6
4 Bailey, Aurora	9	Castro Valley	5:55.04	5:49.37	4
5 Fong, Samantha	9	Castro Valley	5:57.08	5:49.91	2
6 Hyland, Brenna	9	Bishop O'Dowd	5:54.43	5:55.30	1
7 Piccillo, Emma	10	Castro Valley	5:57.91	5:57.20	
8 Garcia, Irmay	10	Hayward	5:56.94	6:01.86	
9 Coronado, Cristina	10	Hayward	5:56.59	6:05.33	
0 Sandino, Miram	10	Arroyo	6:07.31	6:10.64	
1 Chi, Isabel	10	Castro Valley	6:11.29	6:19.63	
- Safreno, Erin	10	Moreau Catholic	6:18.02	DNS	
eliminaries					
3 Pulido, Edith	10	Hayward	6:19.99		
4 Kaye, Danielle	10	Arroyo	6:31.42		
5 Chopra, Priya	9	Castro Valley	6:32.83		
6 Stair, Ami	10	Arroyo	6:33.22		
7 Hannon, Maggie	10	Moreau Catholic	6:33.25		
8 Anders, Rachael	10	Bishop O'Dowd	6:35.74		
9 Chan, Kaitlyn	9	Bishop O'Dowd	6:50.65		
0 Calderon, Fatima	10	Hayward	6:56.98		
1 Dam, Cindy	10	Mt Eden	6:59.18		
2 Robles, Rebecca	9	San Lorenzo	7:09.29		
3 Sequeira, Caroline	9	Bishop O'Dowd	7:14.86		
4 Ma, Cindy	9	Mt Eden	7:14.93		
- Lee, Krystie	9	San Leandro	DNS		

Combined Team Scores - Fr/So - 5 Events Scored

1) Castro Valley	51	2) Bishop O'dowd	31
3) San Leandro	30	4) Arroyo	19
5) Hayward	16	6) Moreau Catholic	6
7) Tennyson	2		

HAAL Track Championships - 5/6/2008 to 5/7/2008

HAAL Championships
Castro Valley High School
Results

Event 4 Boys 4x100 Meter Relay Var.

School	Finals	Points	
=====			
nals			
1 Castro Valley 'A'	42.94	10	
1) Adesanya, Omodele 12	2) Sarrico, Kevin 12		
3) Batis, Robert 10	4) Hamilton, CJ 10		
2 Bishop O'Dowd 'A'	43.51	8	
1) Brown, Mario 11	2) Prince, James 11		
3) Simpson, Cherod 12	4) Jones, Chad 12		
3 San Leandro 'A'	44.90	6	
1) Bradford, Alvictor 11	2) Wilson, Davon 12		
3) Wilson, Laron 12	4) Wilson, Devonte 11		
4 Tennyson 'A'	45.29	4	
1) Roache, Alex 12	2) Towles, Marvin 10		
3) Villalobos, Everado 12	4) Shanklin, Torrance 11		
- San Lorenzo 'A'	DNS		
1) Kirven, Soloman 11	2) Luizinho, Kevin 12		
3) Diaz, John 12	4) Le, Man 11		
- Arroyo 'A'	DNS		
1) Cham, Jason 12	2) Clover, Chris 11		
3) DeGuzman, Luis 11	4) Moore, Dijon 11		
- Moreau Catholic 'A'	DNS		
1) Nisnisan, Mark 11	2) Thomas, Christopher 12		
3) Munos, Marcos 11	4) Gatula, Austin 11		
=====			
Combined Team Scores - Var. - 2 Events Scored			
=====			
1) Castro Valley	18	1) Bishop O'dowd	18
3) San Leandro	12	4) Tennyson	6
5) Moreau Catholic	4		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Event 3 Girls 4x100 Meter Relay Var.**

School	Finals	Points
nals		
1 Bishop O'Dowd 'A'	50.45	10
1) Ellis, Olivia 11	2) Jones, Shanel 11	
3) Jackson, Randi 9	4) Ross, Ahmbria 10	
2 Castro Valley 'A'	51.12	8
1) Lee, Megan 12	2) Alli, Taofeqat 11	
3) Martore, Celeste 9	4) Rush, Iesha 12	
3 San Leandro 'A'	51.38	6
1) Tran, Christina 11	2) Wilkins, Aliyah 9	
3) Chung, Jungyoon 11	4) Silva, Jazmyn 11	
4 Moreau Catholic 'A'	52.97	4
1) Overshoun-Hall, Jordan 10	2) Horsley, Nivana 12	
3) Carnes, Stephanie 12	4) Harbert, Nicole 10	
5 Tennyson 'A'	55.99	2
1) Gant, Melissa 11	2) Lacey, Tonisha 11	
3) lee, alicia 11	4) Grant, Myesha 11	
- San Lorenzo 'A'	DNS	
1) Lomeli, Tania 11	2) Revuelta, Claudia 12	
3) Sin, Malysa 12	4) DaLiva, Racquel 11	

Combined Team Scores - Var. - 1 Events Scored

1) Bishop O'dowd	10	2) Castro Valley	8
3) San Leandro	6	4) Moreau Catholic	4
5) Tennyson	2		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Event 54 Boys Discus Throw Fr/So**

Name	Year School	Finals	Points
1 Sapiga, Nephi	10 Hayward	122-10	10
2 Bowden, Steven	- San Leandro	90-07	8
3 West, Alex	10 Castro Valley	81-02.50	6
4 Velasquez, Wendell	9 Arroyo	77-01.50	4
5 Ivan, Cruz	- Bishop O'Dowd	75-04.50	2
6 Carrick, Tony	10 Castro Valley	72-02.50	1
7 Lanza, Zack	10 Arroyo	71-11	
8 Tam, Stephan	10 Arroyo	68-09	
9 Bartsch, Michael	9 Arroyo	62-07.50	
10 Andes, David	9 Moreau Catholic	45-08	
-- Sanchez, Jaimie	10 Moreau Catholic	ND	
-- Mixson, Kyle	10 Arroyo	ND	

Combined Team Scores - Fr/So - 3 Events Scored

1) Castro Valley	25	2) San Leandro	22
3) Bishop O'dowd	14	4) Hayward	12
4) Arroyo	12	6) Moreau Catholic	6
7) Tennyson	2		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results****Event 53 Girls Discus Throw Fr/So**

Name	Year School	Finals	Points
Finals			
1 Posey, Arianna	10 Castro Valley	84-00	10
2 Wright, Sharissa	9 San Leandro	78-00	8
3 Miller, Shenna	10 Bishop O'Dowd	76-06	6
4 Gutierrez, Valeska	10 Hayward	75-07	4
5 Munchick, Bonnie	9 Bishop O'Dowd	70-00	2
6 Grewal, Manpreet	10 Arroyo	68-01.50	1
7 Morales, Franchesca	10 Moreau Catholic	61-07	
8 Rillamas, Jennifer	10 Moreau Catholic	61-02	
9 Brekke, Ashley	9 San Lorenzo	55-05	
10 Schneider, Marisa	10 Castro Valley	50-09.50	
11 Sawiris, Anne	10 Hayward	38-00.50	
-- Callies, Karla	10 Hayward	ND	
-- Morales, Valeria	10 San Leandro	ND	

Combined Team Scores - Fr/So - 4 Events Scored

1) Castro Valley	35	2) San Leandro	30
3) Bishop O'dowd	22	4) Hayward	16
5) Arroyo	13	6) Moreau Catholic	6
7) Tennyson	2		

HAAL Track Championships - 5/6/2008 to 5/7/2008

HAAL Championships
Castro Valley High School
Results

Event 1 Girls 4x100 Meter Relay Fr/So

School		Finals	Points
=====			
nals			
1	Castro Valley 'A'	52.08	10
	1) Barajas, Lidia 10	2) Chissell, Maya 9	
	3) Boisse, Sara 10	4) Sacha, Monique 10	
2	Arroyo 'A'	54.21	8
	1) Harris, Monique 9	2) Espinoza, Yocelyn 10	
	3) Sibal, Mariza 10	4) Briseno, Jackie 10	
3	Bishop O'Dowd 'A'	54.44	6
	1) Brown, Asya 10	2) Pulliam, Blake 9	
	3) Scott, Amina 9	4) Maas, Rachel 9	
4	San Leandro 'A'	55.10	4
	1) Randall, Chelsea 10	2) Watson, Chantel 10	
	3) Bradshaw, Aliyah 10	4) Le, Christie 9	
5	Moreau Catholic 'A'	55.90	2
	1) Galvez, Athenie 9	2) Garcia, Mariah 9	
	3) Meniou, Elise 10	4) Patrick, Tiffanie 10	
6	Hayward 'A'	1:00.45	1
	1) Talley, Rhiannah 10	2) Gutierrez, Valeska 10	
	3) Sawiris, Anne 10	4) Younger, Monique 10	
=====			
Combined Team Scores - Fr/So - 1 Events Scored			
=====			
1)	Castro Valley	10	2) Arroyo 8
3)	Bishop O'dowd	6	4) San Leandro 4
5)	Moreau Catholic	2	6) Hayward 1

HAAL Track Championships - 5/6/2008 to 5/7/2008

 HAAL Championships
 Castro Valley High School
 Results

Event 2 Boys 4x100 Meter Relay Fr/So

School		Finals	Points
1	San Leandro 'A'	45.19	10
1	McNeally, Mas 10	2) Cummings, Ellis 10	
2	McBride, Andre 9	4) Obidiegou, Kyrian 10	
2	Castro Valley 'A'	46.73	8
2	West, Alex 10	2) Kim, Aaron 10	
2	Li, Steven 10	4) Han, Nate 10	
3	Bishop O'Dowd 'A'	47.50	6
3	Balich, Matt 10	2) Schwartz, Jaejun 9	
3	Jackson, Kendall 9	4) Crum, Josh 9	
4	Moreau Catholic 'A'	48.93	4
4	Pentoja, Brannon 10	2) Rodden, Nicolas 9	
4	Troung, Michael 9	4) Wilson, Robbie 9	
5	Tennyson 'A'	48.96	2
5	Butler, Halston 9	2) Gann, Joshua 10	
5	Dominguez, Jose 10	4) Braga, John paul 10	
6	Hayward 'A'	49.87	1
6	Caro, William 9	2) Ellison, Mayori 9	
6	Ignacio, Jhony 9	4) Webb, Chris 9	

Combined Team Scores - Fr/So - 2 Events Scored

1	Castro Valley	18	2) San Leandro	14
2	Bishop O'dowd	12	4) Arroyo	8
3	Moreau Catholic	6	6) Tennyson	2
4	Hayward	2		

HAAL Track Championships - 5/6/2008 to 5/7/2008

HAAL Championships

Castro Valley High School

Results

Event 2 Boys 4x100 Meter Relay Fr/So

		Finals	Points
=====			
1) San Leandro 'A'		45.19	10
2) McNeally, Mas 10	2) Cummings, Ellis 10		
3) McBride, Andre 9	4) Obidiegou, Kyrian 10		
Castro Valley 'A'		46.73	8
1) West, Alex 10	2) Kim, Aaron 10		
2) Lee, Steven 10	4) Han, Nate 10		
Hayward 'A'		47.50	6
1) Hallen, Matt 10	2) Schwartz, Jaejun 9		
3) Jackson, Kendall 9	4) Crum, Josh 9		
Mt. Diablo Catholic 'A'		48.93	4
1) Rodden, Nicolas 9	2) Rodden, Nicolas 9		
3) Irving, Michael 9	4) Wilson, Robbie 9		
Tennyson 'A'		48.96	2
1) Butler, Halston 9	2) Gann, Joshua 10		
3) Alvarado, Jose 10	4) Braga, John paul 10		
Hayward 'A'		49.87	1
1) Hart, William 9	2) Ellison, Mayori 9		
3) Ignacio, Jhony 9	4) Webb, Chris 9		
=====			
Combined Team Scores - Fr/So - 2 Events Scored			
=====			
Castro Valley	18	2) San Leandro	14
Hayward	12	4) Arroyo	6
Hayward	6	6) Tennyson	2
Hayward	2		

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events -Finals Day1****Girls Triple Jump Fr/So**

Name	Year School	Seed	Finals	Wind	Points
Finals					
1 Brinkman, Sarah	10 Castro Valley	30-08.00	30-09.00	NWI	
2 Cenicerros, Julia	10 Castro Valley	30-00.00	29-10.00	NWI	
3 Lee, Crystal	10 Castro Valley	28-02.00	28-08.00	NWI	
4 Velasquez, Julia	10 Castro Valley	29-08.00	28-00.50	NWI	
5 Umeh, Lisa	10 Castro Valley	28-06.00	27-10.00	NWI	

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events -Finals Day1****Boys Triple Jump Fr/So**

=====						
Name	Year	School	Seed	Finals	Wind	Points
=====						
Finals						
1 Davis, Ben	10	Castro Valley	39-04.50	38-04.50	NWI	
2 Kono, Yuya	9	Castro Valley	34-02.25	35-00.00	NWI	
3 Delfino, Francis	9	Moreau Catholic	28-00.00	33-08.00	NWI	
4 Singh, Anmol	9	Moreau Catholic	33-05.00	32-08.00	NWI	
5 Cotton, Joe	10	Arroyo	30-00.00	J32-08.00	NWI	

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events -Finals Day1****Boys Triple Jump Var.**

Name	Year	School	Seed	Finals	Wind	Points
Finals						
1 Jones, Chad	12	Bishop O'Dowd	48-03.00	46-10.50	1.2	
2 Mhorter, Quentin	12	Bishop O'Dowd	42-09.00	43-09.00	0.5	
3 Williams, Alan	10	Bishop O'Dowd	42-07.00	43-01.00	0.1	
4 Adesanya, Omodele	12	Castro Valley	43-06.25	42-05.00	1.6	
5 Manag, Lorenzo	10	Bishop O'Dowd	40-09.00	42-04.00	+0.0	
6 Woodard, Jimmy	11	Castro Valley	40-06.00	39-08.50	2.5	
7 Owens, Barry	12	San Leandro	39-06.00	39-06.00	NWI	
8 Low, Kevin	11	Arroyo	35-08.00	37-08.50	NWI	
9 Schultz, Johnathan	12	Arroyo	35-00.50	35-09.00	NWI	
10 Quintanilla, Jimmy	11	Castro Valley	34-01.50	33-10.00	NWI	
11 Azbill, Andy	12	Arroyo	30-00.00	33-04.00	NWI	

Event 57 Girls High Jump Fr/So

Pos Name Year School

Flight 1 of 1 Finals

3'10" 4'0 4'2" 4'4" 4'5"

Best
No show
No mark
4'4"
No mark
4'2"
3'10

1	Sandino, Miram	10 Arroyo	___	___	___	___	___	___	___	___
2	Wong, Brenda	10 Arroyo	___	___	___	X/X/X	___	___	___	___
3	Bowersmith, Kelsea	9 Arroyo	___	___	___	0/-	X/X/X	___	___	___
4	Partida, Victoria	10 Arroyo	___	___	___	X/X/X	___	___	___	___
2 ✓	Umeh, Lisa	10 Castro Valley	-10/-	0/-	X/0/-	X/X/X	___	___	___	___
3 ✓	Le, Christie	9 San Leandro	-10/-	X/X/X	___	___	___	___	___	___

Points

Arroyo	CV	SL
10	8	6

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships
Castro Valley High School
Results****Boys High Jump Fr/So**

Name	Year School	Seed	Finals	Points
Finals				
1 Obidiegou, Kyrian	10 San Leandro	5-06.00	5-04.00	
2 Imlack, Jeremy	9 Moreau Catholic	5-06.00	5-02.00	
2 Davis, Ben	10 Castro Valley	5-02.00	5-02.00	
4 Aulakh, Justin	10 Moreau Catholic	5-00.00	5-00.00	
5 Johnson, Nate	9 Moreau Catholic	5-00.00	4-10.00	
-- Crawford, Alarrin	9 San Leandro	5-00.00	NH	

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events -Finals Day1****Girls Shot Put Var.**

Name	Year School	Seed	Finals	Points
Finals				
1 Sapiga, Patrice	11 Hayward	34-08.00	34-05.00	
2 Knight, Alana	11 Castro Valley	32-02.00	32-01.50	
3 Waters, Ciarra	11 Bishop O'Dowd	30-00.00	30-05.00	
4 Banks, Dalisia	11 Hayward	32-05.00	29-10.00	
5 Donnelly, Noelle	9 Castro Valley	29-05.00	29-09.00	
6 Francis, Cristina	11 Bishop O'Dowd	30-10.00	29-04.00	
7 Ngatuvai, Lavinia	9 San Leandro	31-07.50	28-08.00	
8 Maynard, Alexis	9 Bishop O'Dowd	28-05.00	28-06.00	
9 Strache, Meg	12 San Leandro	27-03.00	27-01.00	
10 Maynard, Andria	9 Bishop O'Dowd	28-00.00	26-08.00	
11 Bigman, Natalie	11 San Leandro	28-07.00	26-06.00	
12 Finch, Lauren	10 Arroyo	26-00.75	26-01.00	
12 Birznieks, Astra	11 Castro Valley	23-11.00	26-01.00	
14 Dudley, Alyssia	12 San Leandro	26-06.00	25-09.00	
15 Cruz, Hazel	11 Moreau Catholic	21-00.00	24-11.00	
16 Disher, Juliana	11 Castro Valley	24-05.00	24-06.00	
17 Araquistain, Rebecca	11 Arroyo	27-00.00	24-00.00	
18 Dang, Susan	12 Arroyo	22-11.00	22-06.00	
19 Carter, Jasmine	12 Moreau Catholic	21-00.00	21-09.50	
20 Shinnars, Megan	12 Moreau Catholic	21-00.00	21-09.00	
21 Garcia, Shawna	11 San Leandro	21-08.00	21-01.00	
-- Tidwell, Jaylin	10 Bishop O'Dowd	30-00.00	DQ	

Event 53 Girls Discus Throw Fr/So

Pos	Name	Year	School	Trials			Finals			Place
				1	2	3	1	2	3	
Flight 1 of 1 Finals										
1	U Sawiris, Anne ✓	10	Hayward	—	38' 1/2"	—	—	—	—	11 th
2	Callics, Karla	10	Hayward	—	—	—	—	—	—	—
3	Morales, Valeria	10	San Leandro	—	—	—	—	—	—	—
4	400 Schneider, Marisa	10	Castro Valley	46' 8"	50' 9 1/2"	—	—	—	—	10 th
5	8 Rillamas, Jennifer ✓	10	Moreau Catholic	61' 2"	52' 10"	52' 10"	42' 4"	47' 11 1/2"	49' 9"	8
6	7 Morales, Franchesca ✓	10	Moreau Catholic	54' 8"	61' 7"	59' 3 1/2"	52' 3 1/2"	52' 11"	61' 1/2"	7
7	9 Brekke, Ashley	9	San Lorenzo	55' 5"	52' 6"	—	—	—	—	9 th
8	5 Munchick, Bonnie ✓	9	Bishop O'Dowd	—	—	68' 7"	—	62' 8"	70'	5 5
9	1 Gutierrez, Valeska ✓	10	Hayward	64' 11 1/2"	75' 7"	55' 11 1/2"	68' 6 1/2"	64' 7"	—	4 4
10	6 Grewal, Manpreet ✓	10	Arroyo	68' 1 1/2"	—	65' 9"	63' 3 1/2"	59' 10"	64' 2 1/2"	6 6
11	4 Wright, Sharissa ✓	9	San Leandro	66' 1/2"	70' 1"	71' 3"	69' 11 1/2"	75' 9 1/2"	78'	2 2
12	3 Miller, Shenna ✓	10	Bishop O'Dowd	66' 8"	69' 7 1/2"	73' 2 1/2"	76' 6"	73' 1/2"	—	3 3
13	2 Posey, Arianna	10	Castro Valley	—	75' 2"	64' 6"	78' 6 1/2"	84'	72' 7"	1 1

	1st	2nd	3rd
Jennifer	42' 4"	47' 11 1/2"	49' 9"
Franchesca	52' 3 1/2"	52' 11"	61' 1/2"
Manpreet	63' 3 1/2"	59' 10"	64' 2 1/2"
Bonnie	—	62' 8"	70' 3"
Sharissa	69' 11 1/2"	75' 9 1/2"	78"
Shenna	76' 6"	73' 1/2"	—
Arianna	78' 6"	84'	72' 7"
Valeska	68' 6 1/2"	64' 7"	77' 1 1/2"

SCORE

CV

SL

BOD

H

A

10

8

6

4

1

+2

Event 54 Boys Discus Throw Fr/So

Pos Name

Year School

Trials

Finals

Flight 1 of 1 Finals

			1	2	3	1	2	3	Plays
1	Andes, David	9	Moreau Catholic	42'4"	41'3"	45'8"	41'		10
2	Tam, Stephan	10	Arroyo	—	68'9"	59'10"	60'1 1/2"	65'2"	8
3	Lanza, Zack	10	Arroyo	—	—	62'8"	71'11"	60'8"	7
4	Bartsch, Michael	9	Arroyo	58'10 1/2"	—	62'7 1/2"	—	—	9
5	Sanchez, Jaimie	10	Moreau Catholic	—	—	—	—	—	—
6	Ivan, Cruz	-	Bishop O'Dowd	65'5"	70'4"	63'9"	67'6"	71'6 1/2"	5
7	Carrick, Tony	10	Castro Valley	71'2 1/2"	61'7 1/2"	68'10"	68'4 1/2"	59'7"	6
8	Mixson, Kyle	10	Arroyo	—	—	—	—	—	—
9	Velasquez, Wendell	9	Arroyo	—	75'11"	76'5 1/2"	71'10"	72'11"	4
10	West, Alex	10	Castro Valley	80'10"	78'8"	73'1 1/2"	81'2 1/2"	75'10"	3
11	Bowden, Steven	-	San Leandro	90'7"	—	—	64'11"	83'4"	2
12	Sapiga, Nephi	10	Hayward	70'10 1/2"	84'11"	113'8 1/2"	110'	122'10"	1

Arroyo
10
8
2
BOD
6
4
Points

Hayward	SL	CV	A	BOD
10	8	6	4	2
		+1		
10	8	7	4	2

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****Girls Pole Vault Fr/So**

=====				
Name	Year School	Seed	Finals	Points
=====				
Finals				
1 Piccillo, Emma	10 Castro Valley	6-06.00	6-06.00	
2 Gilchriese, Sarah	10 Castro Valley	6-06.00	J6-06.00	
3 Gamez, Monica	9 Castro Valley	6-00.00	6-00.00	

Event 61 Girls Pole Vault Fr/So

Pos Name Year School

Flight 1 of 1 Finals

			5'6	6'0	6'6	7'0	
3 rd	1	Gamez, Monica	9 Castro Valley	X/O/-	X(O)-	X/X/X	_____
2 nd	2	Gilchriese, Sarah	10 Castro Valley	O/-	X/O/-	X(O)-	X/X/X
1 st	3	Piccillo, Emma	10 Castro Valley	___	O/-	(O)-	X/X/X

CV
 10
 8
 6
 24

HAAL Track Championships - 5/6/2008 to 5/7/2008**HAAL Championships****Castro Valley High School****Results - Field Events - Finals Day 2****Girls Pole Vault Var.**

Name	Year School	Seed	Finals	Points
Finals				
1 Britton, Miranda	10 Castro Valley	6-06.00	6-06.00	
2 Heuer, Jessie	11 Castro Valley	6-06.00	6-00.00	
3 Harris, Summer	11 Castro Valley	6-00.00	J6-00.00	

Event 63 Girls Pole Vault Var.

Pos Name Year School

Flight 1 of 1 Finals

3 rd	1	Harris, Summer	11	Castro Valley	6'0" X/X0	6'6" X/X/X	7'0" _____
2 nd	2	Heuer, Jessie	11	Castro Valley	X0-	X/X/X	_____
1 st	3	Britton, Miranda	10	Castro Valley	0-	0-	X/X/X _____

CV
 10
 8
 6
 24