



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

Where excellence is the only option

Westmont/West Valley Relays

Westmont High School, Campbell CA
Saturday, March 21, 2009

Girls 100 Meter Hurdles Varsity

16 Tanya Simbra 18.90

Girls 4x400 Meter Relay Varsity

3 'A' 4:18.26

Girls 1600 Sprint Medley Varsity

8 'A' 4:53.57

Girls Triple Jump Varsity

3 Brianna Miller 32-11.25

Girls Shot Put Varsity

8 Alana Knight 30-06.00
14 Arianna Posey 28-02.00
21 Noelle Donnelly 26-06.00

Girls Discus Throw Varsity

4 Noelle Donnelly 105-11
11 Alana Knight 90-07
17 Arianna Posey 82-09

Boys 100 Meter Dash Varsity

1 Damien Rosby 11.33
5 Carlyle Garrick 11.61
7 Robert Batis 11.67
19 CJ Hamilton 11.92

Boys 110 Meter Hurdles Varsity

10 Adam Nikssarian 17.42
13 Kwame Hudson 17.83

Boys 400 Meter Hurdles Varsity

6 Christopher Mackay 60.84
7 Adam Nikssarian 61.43
21 Kwame Hudson 65.84

Boys 4x100 Meter Relay Varsity

1 'A' 43.83

Boys 4x400 Meter Relay Varsity

1 'A' 3:30.86

Boys 1600 Sprint Medley Varsity

8 'A' 3:59.75

Boys High Jump Varsity

6 Alex Foster 5-08.00

Boys Pole Vault Varsity

8 Justin Meadows 11-00.00
10 Andrew Weigart 11-00.00

Boys Long Jump Varsity

7 Omodele Adesanya 19-00.25
17 Jimmy Woodard 17-06.50

28 Ben Davis 16-02.75

Boys Triple Jump Varsity

6 Omodele Adesanya 39-10.50
9 Jimmy Woodard 39-01.75
12 Adam Nikssarian 37-03.00
16 Ben Davis 35-05.75

Boys Shot Put Varsity

4 Jacob Eckel 45-05.00
12 Eric Mason 42-03.00
28 Andrew Shaw 38-09.00

Boys Discus Throw Varsity

6 Eric Mason 133-04
7 Jacob Eckel 130-08

Women - Varsity - Team Rankings

1) San Benito 61.50
2) Aptos 60
3) Leigh 53
4) Archbishop Mitty 50
5) Saratoga 44
6) Evergreen Valley 40
7) Homestead 34.50
8) Westmont 33.50
9) Milpitas 32
10) Santa Clara 28
11) Santa Teresa 21
12) Lynbrook 20
12) Valley Christian-SJ 20
14) **Castro Valley 19**
14) San Lorenzo Valley 19
16) Scotts Valley 18
17) Cupertino 16
17) Willow Glen 16
19) Presentation 8
20) Palo Alto 6
21) Menlo-Atherton 5
22) Mission San Jose 3.50
23) Woodside Priory 2
24) Everett Alvarez 1

Men - Varsity - Team Rankings

1) Evergreen Valley 65
2) **Castro Valley 58**
3) Archbishop Mitty 56
4) Scotts Valley 47.50
5) Aptos 44.50
6) Bellarmine 40
7) Everett Alvarez 37
8) Milpitas 35
9) San Benito 32
10) Saratoga 25
11) Leigh 18
11) Santa Teresa 18
13) Willow Glen 16
13) Homestead 16
15) Lynbrook 14
16) Woodside 13

17) Oak Grove 12
17) Cupertino 12
19) Mission San Jose 10
19) San Lorenzo Valley 10
19) Valley Christian SJ 0
22) Mills 9
23) Westmont 8
24) Junipero Serra 6
25) Mount Pleasant 5

On a day where the team was doing a split-squad performance, the CV team did well at a new invitational for us. While the distance team ran in the rain at Dublin High, the rest of the varsity team worked their magic at this meet. The boys put on a sprint exhibition, winning both sprint relays easily and saturating the open 100 with top finishes.

The girls squad had a more subdued set of results, but still managed to finish in the middle of the standings.

Mt. Eden & Arroyo

3/26/2009

@ Castro Valley High School

Boys Results

BV

CV 97, A 30
A 88, ME 38
CV 106, ME 16

GV

CV 102, A 24
A 91, ME 10
CV 116, ME 1

BFS

CV 96, A 12
A 50, ME 28
CV 95, ME 13

GFS

CV 85, A 33
A 61, ME 8
CV 105, ME 1

400 meter Relay

1	Castro Valley	45.29	Var
2	Mount Eden	46.54	Var
3	Arroyo	48.05	Var
4	Castro Valley	48.26	FS
5	Castro Valley	49.67	FS

1600 Meter Run

Varsity

1	Tom Ashby	CV	4.46.69
2	Andrew Snow	A	4.53.72
3	Erich Coulter	CV	4.54.44
4	Wu	ME	4.57.49
5	Matt Crump	CV	5.00.69
6	Vince Talley	CV	5.02.70
7	Marvin Nugal	ME	5.04.34
8	Scott Peek	CV	5.06.62
9	Magsombol	ME	5.28.11
10	Wilson Zhang	A	5.28.99
11	Brendan Chan	A	5.40.91
12	Daniel Palma	ME	5.46.35
13	Aaron Mudaliar	ME	6.05.57

Frosh Soph

1	Juan Berman	CV	5.08.86
2	Greg Owyang	CV	5.09.55
3	Glover	A	5.14.55
4	Emanuel Moreales	ME	5.19.99
5	Jordan	ME	5.21.34
6	Mercadal	A	5.22.20
7	Jonathan Wummer	CV	5.32.86
8	Martinez	ME	5.33.59
9	Perez	ME	5.44.05
10	Matt Barney	CV	5.47.35
11	Kaiser	A	5.57.28
12	?	ME	6.02.78
13	Rafael Aguayo	ME	6.17.21
14	Justin Abolencia	A	6.18.09
15	Miguel Romero	ME	6.19.11
16	Kevin Asvitt	A	7.04.51

110 Meter High Hurdles

Varsity

1	Jordan Mackey	CV	17.77	-2.5
2	Jason Cham	A	18.06	-2.5
3	Adam Nikssarian	CV	18.23	-2.5

4	Anthony Sorenson	A	18.45	-2.5
5	Luis DeGuzman	A	19.56	-2.5

400 Meter Run

Varsity

Heat 1

1	Cam Merriweather	CV	55.43
2	Kevin Sarrico	CV	57.09
3	Patrick Milay	ME	1.02.45
4	Ryan Yee	A	1.02.71
5	Richard In	CV	1.04.25

Heat 2

1	CJ Hamilton	CV	50.60
2	Danny Thomas	A	51.90
3	John Dawkins	ME	54.56
4	Scott Greathouse	A	1.01.24
5	Raymond Deng	A	1.02.40

Frosh-Soph

1	David Nguyen	ME	57.85
2	Cesar Medez	A	58.75
3	Francisco Cervantes	CV	58.88
4	Johnathan La	CV	1.01.66
5	Alex West	CV	1.02.20
6	Brian Zhang	CV	1.02.22

100 Meter Run

Varsity

Heat 1

1	Sean Collier	A	12.58	-1.5
2	Theron Smith	A	12.62	-1.5
3	Cesar Mendez	A	13.09	-1.5
4	John Barbieri	CV	13.35	-1.5
5	Kwame Hudson	CV	13.48	-1.5
6	Richard In	CV	13.97	-1.5

Heat 2

1	Damion Rosby	CV	11.42	-1.3
2	Stefano Latu	ME	11.90	-1.3
3	Anthony Bosland	CV	12.21	-1.3
4	Dijon Moore	A	12.96	-1.3
5	Chris Clover	A	13.06	-1.3
6	Alex Chen	A	13.26	-1.3
7	Andy Azbill	A	13.45	-1.3

Frosh-Soph

Heat 1

1	Aaron Kim	CV	12.32	-2.0
2	Nate Han	CV	12.65	-2.0
3	Steven Lu	CV	12.84	-2.0
4	Yuya Kono	CV	13.20	-2.0
5	Peter Nouv	CV	13.38	-2.0
6	Markus Allen	ME	13.80	-2.0
7	Brian Zhang	CV	14.29	-2.0
8	Jordan Chung	CV	14.32	-2.0

800 Meter Run

1	Daniel Thomas	A	2.01.03	Var
2	Anthony Martore	CV	2.02.68	Var
3	Solo Diomande	CV	2.04.36	Var
4	Norman Weekes	CV	2.05.55	Var
5	Ben Eversole	CV	2.07.47	Var
6	Juan Berman	CV	2.12.92	FS
7	Glover	A	2.15.00	FS
8	Vince Talley	CV	2.16.48	Var
9	Jordan	ME	1.17.07	FS
10	Scott Peek	CV	2.17.72	Var
11	Nguyen	ME	2.19.87	FS
12	Dwayne Bracy	CV	2.20.79	FS
13	Wilson Zhang	A	2.21.41	Var
14	Mercadal	A	2.24.33	FS
15	Jonathan Wummer	CV	2.25.80	FS

16	Chan	A	2.27.24	Var
17	Jonathan La	CV	2.30.26	FS
18	Kaiser	A	2.44.90	FS

300 Meter Intermediate Hurdles

Varsity

1	Jordan Mackey	CV	43.51
2	Anthony Sorenson	A	44.84
3	Luis DeGuzman	A	45.91
4	Jason Cham	A	46.29
5	Kwame Hudson	CV	46.40
6	Adam Nikssarian	CV	47.11

Frosh-Soph

1	Jordan Laris	CV	47.90
2	Nick Wiegardt	CV	52.68

200 Meter Run

Varsity

Heat 1

1	Dijon Moore	A	24.70	-1.4
2	Jesse Garcia	A	26.40	-1.4
3	Kevin Nguyen	A	26.98	-1.4
4	Theron Smith	A	27.21	-1.4
5	Ryan Yee	A	27.52	-1.4
6	Richard In	CV	29.06	-1.4

Heat 2

1	Omodele Adesanya	CV	23.69	-2.2
2	Kevin Sarrico	CV	24.50	-2.2
3	Sean Collier	A	26.87	-2.2
4	Alex Chen	A	27.38	-2.2
5	Raymond Deng	A	28.99	-2.2

Heat 3

1	Dash Oliver	CV	22.49	-2.8
2	Antione Williams	ME	23.57	-2.8
3	John Dawkins	ME	24.8	-2.8
4	Anthony Bosland	CV	24.85	-2.8
5	Cam Merriweather	CV	25.03	-2.8
6	Chris Clover	A	25.71	-2.8
7	Cesar Mendez	A	26.73	-2.8

Frosh-Soph

Heat 1

1	Aaron Kim	CV	24.37	-1.5
2	Nate Han	CV	25.11	-1.5
3	Steven Lu	CV	25.53	-1.5
4	Yuya Kono	CV	26.94	-1.5
5	Peter Nouv	CV	27.00	-1.5
6	Markus Allen	ME	28.03	-1.5
7	Brian Zhang	CV	29.86	-1.5

3200 Meter Run

1	Tom Ashby	CV	10.26.09	Var
2	Erich Coulter	CV	10.30.60	Var
3	Andrew Snow	A	10.38.83	Var
4	Matt Crump	CV	11.24.22	Var
5	Greg Owyang	CV	11.35.50	FS
6	Marvin Nugal	ME	11.50.62	Var
7	Emanuel Moreales	ME	11.53.66	FS
8	Abe Magsombol	ME	12.15.79	Var
9	Wilson Zhang	A	12.28.65	Var
10	Matt Barney	CV	12.51.54	FS
11	Justin Abolencia	A	13.14.68	FS
12	Brendan Chan	A	13.20.54	FS
13	Aaron Mudaliar	ME	13.21.50	Var
14	Suchit Nikiel	ME	13.28.56	FS
15	Rafael Aguayo	ME	13.57.47	FS
16	Miguel Romero	ME	14.28.17	FS
17	Kevin Asvitt	A	15.53.68	FS

1600 Meter Relay

1	Castro Valley	3.41.93	Var
2	Arroyo	3.45.57	Var
3	Castro Valley	3.59.04	FS
4	Castro Valley	4.01.56	FS
5	Mount Eden	4.05.10	Var
6	Arroyo	4.19.67	FS

Shot Put

Varsity		Ft.-In.
1	Eric Mason	CV 44-7
2	Jacob Eckel	CV 43-3
3	Johnathan Cerruti	A 38-5
4	Niko Tomaz	CV 38-0
5	Andrew Shaw	CV 37-6
6	Genaro Elenes	CV 37-6
7	Darren Tsang	CV 37-4.5
8	Gaitin Gilham	A 36-8
9	Scott Kaye	A 34-2
10	Kyle Mixson	A 33-1.5
11	Jeff Bouchard	CV 33-1
12	Alex Vasquez	CV 32-9
13	Paul Segundino	ME 32-0
14	Chris Sheehan	CV 31-10
15	Emmanuel Barrera	CV 31-9.5
16	Brian Velasquez	CV 29-3
17	Nick Ayala	CV 29-0
18	Brandon Garrett	CV 28-6
19	Johnathan Schultz	A 27-10
20	Joe Ashby	CV 26-4
20	Daniel Murphy	CV 26-4

Frosh Soph

		Ft.-In.
1	Christian Chavez	CV 35-1
2	Alex West	CV 33-0
3	Tony Carrick	CV 32-10
4	Wendell Valasquez	A 31-2
5	Zack Lanza	A 29-0
6	Jose Macias	A 27-8
7	Stephan Tam	A 26-6
8	Michael Bartsch	A 26-1

Discus

Varsity		Ft.-In.
1	Jacob Eckel	CV 130-8
2	Eric Mason	CV 129-9.5
3	Niko Tomaz	CV 123-11
4	Johnathan Cerruti	A 118-10.5
5	Scott Kaye	A 109-11
6	George Gilham	CV 109-10
7	Darren Tsang	CV 104-9
8	Johnathan Shuitz	A 100-2.5
9	Genaro Elewes	CV 100-8.5
10	Alex Vazquez	CV 96-10.5
11	Emanuel Barrera	CV 91-4
12	Kyle Mixson	A 91-11
13	Jeff Bouchard	CV 85-9
14	Nick Ayala	CV 85-8
15	Grandon Garrett	A 84-6.5
16	Joe Ashby	CV 78-6.5
17	Brian Velasquez	CV 73-2.5
18	Andrew Shaw	CV 72-9
19	Philip Paris	A 70-1
20	Chris Sheehan	CV 64-8.25
21	Daniel Murphy	CV 60-4

Frosh Soph

		Ft.-In.
1	Alex West	CV 84-4
2	Tony Garrick	CV 76-10
3	Jose Macias	A 74-1.5
4	Christian Chavez	CV 73-5
5	Wendell Velasquez	A 72-2.5

6	Zack Lanza	A 71-11
7	Michael Bartsch	A 67-1
8	Stephan Tan	A 52-2.5

Long Jump

Varsity		Ft.-In.
1	Omodele Adesanya	CV 19-9
2	Austin Abrew	A 19-1.75
3	Stefano Latu	ME 18-2.5
4	Derrick McCorey	ME 16-11.5
4	Dijon Moore	A 16-11.5
6	Jimmy Woodard	CV 16-4
7	Jon Schultz	A 16-0.5
8	Kevin Low	A 15-4
9	Jimmy Quintanilla	CV 15-3.5
10	Philip Paris	A 15-0
11	Andy Azbilla	A 14-9
12	Kevin Nguyen	A 14-4.25
13	Theron Smith	A 14-0.75
14	Raymond Deng	A 13-5.75
15	Sean Collier	A Foul-

Frosh Soph

		Ft.-In.
1	Stephen Lu	CV 16-11
2	Peter Nouv	CV 16-8
3	Justin Kono	CV 16-6
4	Ben Davis	CV 15-7
5	Jordan Chung	CV 14-2
6	Joe Cotton	A 13-11

Triple Jump

Varsity		Ft.-In.
1	Omodele Adesanya	CV 41-4
2	Jimmy Woodard	CV 37-6
3	Seto Latu	ME 35-11.5
4	Austin Abrew	A 35-10
5	Kevin Low	A 35-8
6	Jon Schultz	A 35-5
7	Joe Joe ?	ME 33-8.25
8	Philip Paris	A 31-0.5
9	Jimmy Quintanilla	CV 30-1.5
10	Andy Azbill	A 30-1
11	Kevin Nguyen	A Foul-
12	Sean Collier	A Foul-

Frosh Soph

		Ft.-In.
1	Ben Davis	CV 36-2.75
2	Justin Kono	CV 34-2.25
3	Joe Cotton	A 31-7.5
4	Jordan Chung	CV 30-4

High Jump

Varsity		Ft.-In.
1	Austin Abrew	A 5-8
2	Adam Nikssarian	CV 5-6
3	Kevin Low	A 5-2
4	Ramon George	ME NH-
5	Abe Magsombol	ME NH-

Pole Vault

		Ft.-In.
1	Justin Meadows	CV 11-0
2	Andrew Wiegardt	CV 11-0
3	Erich Coulter	CV 10-6
4	Solo Diomande	CV 10-6
5	Jordan Laris	CV 10-0
6	Mike?	CV 9-0
7	Nick Wiegardt	CV 7-6

Girls Results

400 meter Relay

1	Castro Valley	52.78	Var
2	Castro Valley	53.01	FS
3	Arroyo 'A'	54.8	Var

1600 Meter Run

1	Pamela McLeod	CV 5:38.79	Var
2	Nicole Yang	CV 5:41.43	Var
3	Ashley Sutedja	CV 5:46.14	Var
4	Cindy Ma	ME 5:49.95	Var
5	Laura Spiegel	A 5:59.51	FS
6	Aurora Bailey	CV 6:00.79	FS
7	Samantha Fong	CV 6:01.24	FS
8	Miram Sandino	A 6:07.72	Var
9	Emma Piccillo	CV 6:10.88	FS
10	Isabel Chi	CV 6:18.72	FS
11	Angie Shin	CV 6:30.36	FS
12	Priya Chopra	CV 6:40.37	FS
13	Katy Anklam	A 6:42.04	Var
14	Cecelia Ly-Peh	CV 6:51.32	FS
15	Ami Stair	A 6:54.28	Var
16	Dam	ME 7:15.14	FS
17	Mu	ME 7:42.80	FS
18	Anh Bui	A NT	?

100 Meter Hurdles

Varsity		
1	Astha Kalia	A 18.8
2	Jacqueline Guan	A 19.24
3	Victoria Partida	A 19.45
4	Unregistered	A 19.67
5	Tanja Simbra	CV 20.33
6	Lidia Barajas	CV 20.51
7	Brenda Wong	A 12:28:48

Frosh Soph

1	Kelsea Bowersmith	A 18.13	-0.4
2	Arianna Posey	CV 19.28	-0.4
3	Lily Nguyen	A 20.07	-0.4
4	Y. Townsend	A 20.17	-0.4
5	Manpreet Grewal	A 22.07	-0.4

400 Meter Run

Varsity		
1	Ayla Granados	CV 1:01.52
2	Megan Lee	CV 1:02.73
3	Tatiana Waiters	ME 1:06.93
4	Monique Aldridge	CV 1:07.26
5	Carolyn Gilchriese	CV 1:08.23
6	Jessika Shafer	A 1:09.04
7	Rebecca Clore	A 1:13.56
8	Sochima Dimude	ME 1:17.22

Frosh-Soph

1	Meriza Sibal	A 1:06.65
2	Elyse Highstreet	CV 1:11.31
3	Julia Velasquez	CV 1:16.60

100 Meter Run

Varsity		
Heat 1		
1	Taofeqat Aili	CV 13.50 -2.0
2	Deborah Solis	A 14.60 -2.0
3	Cecilia Hu	CV 15.88 -2.0
4	Marzette Davis	CV 15.95 -2.0
5	Ariane Nezami	CV 15.97 -2.0
Heat 2		
1	Andrea Jones	A 14.24 -2.0
2	Elyse Highstreet	CV 14.27 -2.0
3	Monique Harris	A 14.33 -2.0

4	Jackie Briseno	A	15.41	-2.0
5	Danielle Harris	CV	15.57	-2.0

Heat 3

1	Brianna Miller	CV	13.46	-2.8
2	Gabrielle Davis	A	13.87	-2.8
3	Ilesha Rush	CV	13.98	-2.8
4	Marisa Schneider	CV	14.41	-2.8
5	Jocelyn Espinoza	A	14.50	-2.8

Frosh-Soph

Heat 1

1	Maya Chissell	CV	13.32	0.0
2	Sara Boisse	CV	13.63	0.0
3	Crystal Lee	CV	13.95	0.0
4	Haley Gilham	CV	14.05	0.0
5	Ashley Cruz	A	14.63	0.0

Heat 2

1	Monique Sacha	CV	13.93	-1.6
2	Elizabeth Han	CV	15.17	-1.6
3	Angelica Morales	CV	17.00	-1.6

800 Meter Run

1	Nicole Yang	CV	2.37.49	Var
2	Pam McLeod	CV	2.41.57	Var
3	Ashley Sutedja	CV	2.42.31	Var
4	Laura Spiegel	A	2.45.04	FS
5	Emma Piccillo	CV	2.45.78	FS
6	Samantha Fong	CV	2.46.54	FS
7	Miram Sandino	A	2.49.22	Var
8	Angie Shin	CV	2.50.61	Var
9	Ami Stair	A	2.59.01	FS
10	Katy Ankiam	A	3.00.02	Var
11	Cecelia Ly-Peh	CV	3.03.27	FS

300 Meter Intermediate Hurdles

Varsity

1	Monique Aldridge	CV	49.43
2	Lidia Barajas	CV	52.08
3	Jacqueline Guan	A	54.50
4	Tanja Simbra	CV	55.38
5	Joanna Clive	A	55.48
6	Victoria Partida	A	56.91
7	Brenda Wong	A	

Frosh-Soph

1	Kelsea Bowersmith	A	51.16
2	Arianna Posey	CV	52.15
3	Manpreet Grewal	A	1.01.45
4	Lily Nguyen	A	1.02.11

200 Meter Run

Varsity

Heat 1

1	Taofeqat Aili	CV	28.51	-0.9
2	Monique Harris	A	29.31	-0.9
3	Rebecca Clore	A	31.20	-0.9
4	Jackie Briseno	A	31.62	-0.9
5	Marzette Davis	CV	33.70	-0.9

Heat 2

1	Gabrielle Davis	A	27.91	-1.0
2	Tiffany Furino	CV	28.37	-1.0
3	Andrea Jones	A	28.66	-1.0
4	Melissa Velasquez	CV	29.40	-1.0
5	Carolyn Gilchriese	CV	30.07	-1.0
6	Ilesha Rush	CV	34.60	-1.0

Heat 3

1	Megan Lee	CV	27.84	-1.4
2	Ayla Granados	CV	28.38	-1.4
3	Julie Pham	CV	29.05	-1.4
4	Yocelyn Espinoza	A	29.24	-1.4
5	Marisa Schneider	CV	30.18	-1.4

6	Jessika Shafer	A	31.41	-1.4
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Frosh-Soph

Heat 1

1	Sara Boisse	CV	28.36	-1.9
2	Sarah Brinkman	CV	29.44	-1.9
3	Haley Gilham	CV	29.75	-1.9
4	Ashley Cruz	A	30.12	-1.9
5	Lisa Umeh	CV	30.48	-1.9

Heat 2

1	Maya Chissell	CV	27.90	-0.3
2	Mariza Sibai	A	28.59	-0.3
3	Monique Sacha	CV	30.41	-0.3

3200 Meter Run

1	Anh Bui	A	12.32.41	Var
2	Aurora Bailey	CV	13.37.80	FS
3	Laura Spiegel	A	13.49.83	FS
4	Isabel Chi	CV	14.00.58	FS
5	Cindy Dam	ME	14.19.42	FS
6	Priya Chopra	CV	14.42.58	FS
7	Katy Ankiam	A	14.43.31	Var
8	Cindy Ma	ME	16.50.27	FS

1600 Meter Relay

1	Castro Valley	CV	4.21.47	Var
2	Castro Valley	CV	4.34.41	FS

Shot Put

Varsity

1	Alana Knight	CV	30-2
2	Shelline Waldorff	CV	29-10
3	Noelle Donnelly	CV	29-3.5
4	Lauren Finch	A	26-6
5	R. Araquistain	A	26-5
6	Astra Birznieks	CV	22-0
7	Susan Dang	A	22-0
8	Juliana Disher	CV	21-0

Frosh Soph

1	Arianna Posey	CV	28-11
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Discus

Varsity

1	Noelle Donnelly	CV	97-2
2	Alana Knight	CV	94-4
3	Shelline Waldorf	CV	67-5
4	R. Araquistain	A	62-3
5	Juliana Disher	CV	61-4.5
6	Susan Dang	A	51-4
7	Lauren Finch	A	46-0.5
8	Astra Birznieks	CV	42-6.5

Frosh Soph

1	Arianna Posey	CV	74-5
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Long Jump

Varsity

1	Lidia Barajas	CV	14-11.75
2	Taofeqat Aili	CV	14-11
3	Celeste Martore	CV	14-6
4	Brianna Miller	CV	14-11
5	Jessica Hendrix	CV	13-0
6	Andrea Jones	A	12-7
7	Deborah Solis	A	12-6
8	Julie Pham	CV	11-2
9	Danielle Harris	CV	11-0
10	Ariane Nezami	CV	10-7

Frosh Soph

Ft. -In.

1	Sara Boisse	CV	14-9
2	Elyse Highstreet	CV	14-0
3	Haley Gilham	CV	12-9
4	Julia Cenicerros	CV	12-6.75
5	Kelsea Bowersmith	A	12-5.5
6	Crystal Lee	CV	12-5
7	Lisa Umeh	CV	11-9
8	Julia Velasquez	CV	11-5.75
9	Sarah Brinkman	CV	10-10
10	Angelica Morales	CV	8-5

Triple Jump

Varsity

1	Brianna Miller	CV	33-2.25
2	Ilesha Rush	CV	29-8.5
3	Danielle Harris	CV	25-4
4	Julie Pham	CV	n.m.

Frosh Soph

1	Elyse Highstreet	CV	31-2.25
2	Sarah Brinkman	CV	29-7
3	Maya Chissell	CV	28-7
4	Lisa Umeh	CV	27-11
5	Crystal Lee	CV	27-1
6	Julia Cenicerros	CV	26-9
7	Julia Velasquez	CV	n.m.
8	Angelica Morales	CV	n.m.

High Jump

Varsity

1	Celeste Martore	CV	4-10
2	Jessica Hendrix	CV	4-2
3	Ariane Nezami	CV	NH-

Frosh Soph

1	Lisa Umeh	CV	4-4
2	Kelsea Bowersmith	A	4-2

Pole Vault

1	Leann Ayala	CV	7-0
2	Miranda Britton	CV	6-0
2	Jessie Hewer	CV	6-0
2	Emma Piccillo	CV	6-0
5	Monica Gamez	CV	5-0



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

And so you want to be good? How hard do you want to work? It's that simple.

Stanford Invitational

Stanford University, CA
Fri-Sat March 27-28, 2009

The Castro Valley troops made quite an impact on this mid-season meet. The Trojans were in many races, and at each level were very competitive.

The eye-opener of the day had to be Dash who blasted past his own school record in the 100 in the prelims, and then dropped it even further later in the finals. The real zinger is that this is the fastest time in the state so far. Wow! Castro Valley track has come a long ways from just being a distance power.

Since this meet draws a lot of top talent, it also draws a lot of attention. And part of that attention shows up as pictures and videos archived on the internet. Below find all the links that are particular to that race. It turns out that Flotrack and RunnerSpace both did videos, so most of our races are double-recorded. This is also very cool.

full results located at:
<http://www.sml1.com/recordtiming/stanford/invite09/>

Photo albums on-line:
<http://www.dyestatcal.com/?pg=dyestatcal-2009-Albums-March-28-Margaret-Gallagher-Stanford-Inv>

and also at:
<http://www.dyestatcal.com/?pg=dyestatcal-2009-Albums-March-28-Spencer-Allen-at-Stanford-Inv>

Friday March 27

Boys 3000 Meters

14 Benjamin Eversole 9:10.86

video located at:
http://www.flotrack.org/videos/track_race/play/165031-b-3k-h02

and also at:
http://www.runnerspace.com/eprofile.php?do=videos&pg=1&event_id=57&video_id=9589&folder_id=820&offset=5#video

12 Distance Medley 10:56.39

1200 Anthony Martore
400 Carlyle Garrick
800 Norman Weekes
1600 Benjamin Eversole
video located at:

http://www.flotrack.org/videos/track_race/play/165053-b-dmr-h01

and also at:
http://www.runnerspace.com/eprofile.php?do=videos&pg=1&event_id=57&video_id=9590&folder_id=828&offset=3#video

Boys Shot Put

19 Jacob Eckel 44-10.25

5. Girls' Distance Medley 12:39.93

1200 Chelsea Schneider 3:48.0
400 Megan Lee 62.0
800 Ayla Granados 2:24.0
1600 Kelsey Santisteban 5:23.0

video located at:
http://www.flotrack.org/videos/track_race/play/165217-g-mile-h01

and also at:
http://www.runnerspace.com/eprofile.php?do=videos&event_id=57&folder_id=828#video



Megan stretches out in the Distance Medley.

3000 Meters

3 Kelsey Santisteban 10:19.25

video located at:
http://www.flotrack.org/videos/track_race/play/165038-g-3k-h01

and also:
<http://www.runnerspace.com/eprofile.php>

http://www.flotrack.org/videos/track_race/play/165053-b-dmr-h01
?do=videos&event_id=57&folder_id=820#video

High Jump

10 Celeste Martore 5-0.25

Saturday March 28

4 x 100

Preliminaries

3 Heat 4 42.81q

video located at:
http://www.runnerspace.com/eprofile.php?do=videos&pg=1&event_id=57&video_id=9626&folder_id=825&offset=12#video

Finals

5 42.54
Damion Rosby
Dash Oliver
Robert Batis
Carlyle Garrick

video located at:
http://www.flotrack.org/videos/track_race/play/165363-b-4x100-hs-final

and also at:
http://www.runnerspace.com/eprofile.php?do=videos&pg=1&event_id=57&video_id=9639&folder_id=825&offset=8#video

100 Meters

Prelims

1 Dash Oliver 10.74q

video located at:
http://www.flotrack.org/videos/track_race/play/165260-b-100-h02

Damion Rosby 11.18

video located at:
http://www.flotrack.org/videos/track_race/play/165260-b-100-h02

Finals

1 Dash Oliver 10.63

video located at:
http://www.flotrack.org/videos/track_race/play/165477-b-100-hs-final

and also at:
http://www.runnerspace.com/eprofile.php?do=videos&pg=1&event_id=57&video_id=9674&folder_id=807&offset=3#video

and again at:
<http://www.youtube.com/watch?v=ZrrXuRXXXI>



Dash is the best in the state.

4 4 x 400 Meters 3:24.78

2nd in Heat 4

Carlyle Garrick	50.2
Damion Rosby	51.0
CJ Hamilton	51.4
Robert Batis	52.0

video located at:

http://www.flotrack.org/videos/track_race/play/165622-b-4x400-h04

and also at:

http://www.runnerspace.com/eprofile.php?do=videos&pg=1&event_id=57&video_id=9684&folder_id=826&offset=10#video

Girls' Results

8 4 x 400 Relay 4:07.74

4th in Heat 3

Celeste Martore	60.9
Ayla Granados	62.1
Chelsea Schneider	62.2
Brianna Miller	62.4

video located at:

http://www.flotrack.org/videos/track_race/play/165594-g-4x400-h03

and also at:

http://www.runnerspace.com/eprofile.php?do=videos&pg=1&event_id=57&video_id=9691&folder_id=826&offset=3#video



Brianna goes after the competition in the 4 x 400.

5 4 x 800 Relay

1st in Heat 2

9:44.29

Chelsea Schneider	2:19.2
Ayla Granados	2:23.0
Elise Wummer	2:26.5
Megan Lee	2:35.4

video located at:

http://www.flotrack.org/videos/track_race/play/165371-g-4x800-h02

and also at:

http://www.runnerspace.com/eprofile.php?do=videos&pg=1&event_id=57&video_id=9732&folder_id=827&offset=2#video

1600 Meters

13 Elise Wummer 5:31.54

video located at:

http://www.flotrack.org/videos/track_race/play/165217-g-mile-h01

and also at:

http://www.runnerspace.com/eprofile.php?do=videos&pg=1&event_id=57&video_id=9630&folder_id=818&offset=2#video



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

Where the road to excellence is paved with sweat

St. Francis Track and Field Invitational

4/4/2009

St. Francis High School, Mountain View

The Trojan squadron traveled across the bay to square off against teams from the The San Francisco peninsula and the San Jose area. Even with a smallish portion of the team in competition, the Trojans did quite well.

The overall results are archived at:

http://www.dyestatcal.com/ATHLETICS/RACK/2009/sf_inv.htm

and there is a rather nice photo gallery archived at:

http://www.flickr.com/photos/bruce_ong/

Women 3000 Meter Run Varsity

11 MacLeod, Pam	11:25.17
12 Yang, Nicole	11:27.61



Nicole stays aggressive early in the race.

Women 1 Mile Run Varsity

2 Santisteban, Kelsey	5:09.11
11 Wummer, Elise	5:26.63

Women 400 Meter Dash Varsity

9 Lee, Megan	1:02.03
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The official results say Mackay ran the race, but really it was Maurice's return to competition after injury. Women 300

Meter Hurdles Varsity

7 Aldridge, Monique	49.25
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Monique highsteps to another PR in the long hurdles.

Women Discus Throw Varsity

12 Donnelly, Noelle	91-09
23 Waldorf, Shelline	68-09

Women Shot Put Varsity

10 Knight, Alana	31-03.50
14 Waldorf, Shelline	28-10.00
20 Donnelly, Noelle	27-00.00

Women Pole Vault Varsity

14 Ayala, Leann	7-00.00
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Men 3000 Meter Run Varsity

5 Ashby, Tom	9:13.77
31 Crump, Matt	10:24.76

Men 110 Meter Hurdles Varsity

1 Maurice Valentine Jr.	14.64	0.8
17 Nikssarian, Adam	16.76	0.9



Carlyle chases the Valley Christian anchor to a quality time.

Men 4x100 Meter Relay Varsity

2 Castro Valley 'A'	42.76
Damion Rosby	
Dash Oliver	
Robert Batis	
Carlyle Garrick	

Men 1 Mile Run Varsity

11 Eversole, Ben	4:36.63
16 Martore, Anthony	4:38.99

Men 400 Meter Dash Varsity

5 Garrick, Carlyle	50.75
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Men 100 Meter Dash Varsity

3 Rosby, Damion	11.04	1.3
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Men Distance Medley Varsity

14 Castro Valley 'A'	11:37.18
Talley, Vince	
Crump, Matt	
Peek, Scott	
Ashby, Tom	

Men 800 Meter Run Varsity

9 Diamonde, Saluymann	2:04.26
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Men 300 Meter Hurdles Varsity

12 Mackey, Jordan	43.86
14 Nikssarian, Adam	44.01

Men 4x400 Meter Relay Varsity

1 Castro Valley 'A'	3:26.15
Carlyle Garrick	51.1
CJ Hamilton	51.4
Robert Batis	51.6
Dash Oliver	51.7



Bobby gives the baton to Dash in the lead.

Men Discus Throw Varsity		
5	Mason, Eric	138-00
14	Eckel, Jacob	126-07

Men Shot Put Varsity		
10	Eckel, Jacob	44-00.00
12	Mason, Eric	43-00.00

Men High Jump Varsity		
8	Foster, Alexander	5-08.00

EMen Pole Vault Varsity		
18	Meadows, Justen	11-00.00
—	Wiegardt, Andrew	NH

Girls 4x100 Meter Relay Frosh/Soph		
2	Castro Valley 'A'	54.11
Ceniceros, Julia		
Posey, Arianna		
Gilchriese, Carolyn		
Fong, Samantha		

Girls 1 Mile Run Frosh/Soph		
13	Bailey, Aurora	6:00.14
14	Fong, Samantha	6:00.73



Sam and Aurora toe the line at the start.

Girls Pole Vault Frosh/Soph		
11	Picillo, Emma	6-06.00
16	Britton, Miranda	6-00.00

Boys 70 Meter Hurdles Frosh/Soph		
1	Hudson, Kwame	9.97 0.2

Boys 4x100 Meter Relay Frosh/Soph		
11	Castro Valley 'A'	48.42
Alex West		
Aaron Kim		
Moner Afshar		
Nate Han		

Boys 1 Mile Run Frosh/Soph		
3	Coulter, Erich	4:47.73
20	Berman, Juan	4:58.16

Boys 800 Sprint Medley Frosh/Soph		
4	Castro Valley 'A'	1:45.03
Christian Chavez		
Juan Berman		
Dwayne Bracy		
Ben Davis		

Boys 300 Meter Hurdles Frosh/Soph		
7	Hudson, Kwame	46.92

Boys 4x400 Meter Relay Frosh/Soph		
8	Castro Valley 'A'	3:53.64
Cristian Chavez		
56.9		

Juan Berman	57.5
Ben Davis	58.2
Dwayne Bracy	60.3



Christian gets the baton to Juan on the first exchange.

Boys Discus Throw Frosh/Soph		
22	West, Alex	81-10
24	Carrick, Chris	76-06
29	Chavez, Christian	66-11

Boys Shot Put Frosh/Soph		
16	Chavez, Christian	37-09.50
24	West, Alex	32-10.50
25	Carrick, Chris	31-08.00



Alex grunts his through a toss in the shot put.

Boys Pole Vault Frosh/Soph		
2	Coulter, Erich	10-06.00
5	Laris, Jordan	9-06.00

Women - Frosh/Soph - Team		
1)	St. Francis	79.59
2)	Notre Dame (Salinas)	49
3)	Dublin	37
4)	Henry M. Gunn	36

4)	Del Mar	36
6)	Los Altos	35
7)	Mount Pleasant	31.50
8)	Carondelet	30
9)	San Rafael	21
10)	Mountain View	20.50
11)	Independence	20
12)	Albany	18
13)	Archbishop Mitty	17
14)	Monterey	12
14)	Dougherty Valley	12
16)	Menio-Atherton	10
16)	Sacred Heart Prep	10
16)	Livermore	10
16)	Rancho Cotate	10
16)	Lowell	10
21)	Maria Carrillo	9
22)	Leland	8
22)	Chinese Christian	8
22)	Piedmont Hills	8
22)	Castro Valley	8
22)	Palo Alto	8
22)	Pioneer (San Jose)	8
28)	Presentation	6
28)	Harbor	6
30)	Notre Dame (Belmont)	5.90
31)	Scotts Valley	5
32)	California (San Ramon)	4.50
32)	American	4.50
32)	Woodside	4.50
35)	Willow Glen	4
35)	George Washington	4
37)	Mills	3
37)	San Leandro	3
37)	Milpitas	3
40)	Acalanes	2
40)	Live Oak (Morgan Hill)	2
42)	Fremont (Sunnyvale)	1
42)	St. Francis (Watsonvi)	1

Women - Varsity - Team

1)	St. Francis (MV)	62
2)	Henry M. Gunn	45
3)	Valley Christian (SJ)	38
4)	California (San Ramon)	35.50
5)	Leigh	32
6)	Evergreen Valley	31
7)	Archbishop Mitty	28
8)	Maria Carrillo	25
9)	Mountain View	24.50
10)	St. Ignatius	24
11)	Live Oak	22
11)	Mount Pleasant	22
13)	Albany	19
14)	Cupertino	18
15)	Lynbrook	17
15)	Los Altos	17
17)	Monta Vista	16
18)	Santa Clara	14.50
19)	Adrian Wilcox	12
20)	Leland	11
20)	Mills	11
22)	American	10
22)	Milpitas	10
22)	Castro Valley	10
25)	San Lorenzo Valley	8
25)	Ripon Christian	8
27)	Scotts Valley	6
27)	Presentation	6
27)	Saratoga	6

27)	Monterey	6	14)	Everett Alvarez	20
27)	Willow Glen	6	15)	Willow Glen	18
27)	Lowell	6	16)	Mountain View	17
33)	Aptos	5.50	17)	Gilroy	16
34)	Crystal Springs Uplands	5	18)	Clayton Valley	13
34)	Fremont (Sunnyvale)	5	19)	Monterey	12
34)	Pioneer (San Jose)	5	20)	Palma	11
34)	Livermore	5	21)	Rancho Cotate	10
34)	Menlo-Atherton	5	21)	Mills	10
34)	Harbor	5	21)	Albany	10
34)	Carondelet	5	21)	Branham	10
41)	Notre Dame (Salinas)	4	25)	Maria Carrillo	9
41)	Hillsdale	4	26)	Menlo-Atherton	7
43)	San Rafael	2	26)	Lowell	7
43)	St. Francis (Watsonv)	2	28)	Scotts Valley	6.50
45)	Woodside	1	29)	Fremont (Sunnyvale)	6
45)	Palo Alto	1	29)	Ann Sobrato	6
45)	Dougherty Valley	1	29)	Palo Alto	6
45)	Clayton Valley	1	29)	Leigh	6
			29)	Woodside	6

Men - Frosh/Soph - Team

1)	St. Francis (MV)	94.50	34)	St. Francis (Watsonvil)	5
2)	Livermore	55.50	34)	Santa Clara	5
3)	American	44	34)	Cupertino	5
4)	Mount Pleasant	42	37)	Del Mar	4.50
5)	Independence	41.50	38)	Adrian Wilcox	4
6)	Castro Valley	33	38)	Harbor	4
7)	California (San Ramon)	26	40)	Soquel	3
8)	Palma	25.50	40)	Milpitas	3
9)	Willow Glen	23	40)	Chinese Christia	3
9)	Palo Alto	23	43)	Los Altos	2.50
11)	Rancho Cotate	22.50	44)	San Rafael	2
12)	Acalanes	21	44)	Live Oak (Morgan Hill)	2
13)	Dougherty Valley	18	44)	St. Helena	2
13)	Los Altos	18	47)	Monta Vista	1
13)	Albany	18	47)	Dougherty Valley	1
16)	Lowell	12	47)	Livermore	1
17)	Archbishop Riordan	11	50)	Henry M. Gunn	0.50
18)	Pioneer (San Jose)	10			
18)	Valley Christian (SJ)	10			
18)	Mountain View	10			
21)	Milpitas	9			
22)	Mills	8			
22)	Lynbrook	8			
24)	Henry M. Gunn	7			
25)	Menlo-Atherton	6			
25)	Fremont (Sunnyvale)	6			
27)	Cal. School for Deaf	5			
27)	George Washington	5			
29)	St. Patrick-St. Vincent	4			
30)	San Rafael	3			
31)	Maria Carrillo	2.50			
32)	Vintage	1			
32)	Oak Grove (San Jose)	1			

Men - Varsity - Team

1)	St. Francis (MV)	60
2)	Castro Valley	46.50
3)	Archbishop Mitty	44
4)	Evergreen Valley	33.50
5)	Pioneer (San Jose)	30
6)	California (San Ramon)	27.50
7)	Mount Pleasant	26
7)	Valley Christian (SJ)	26
9)	Independence	25
10)	Junipero Serra	23
10)	Vintage	23
12)	St. Ignatius	22.50
13)	Archbishop Riordan	21



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

And the Trojans roll on . . .

Arcadia Invitational

Arcadia High School
April 10 & 11, 2009

Friday Night Section

Boys 4x200 Meter Relay -- Seeded

- 2 Damion Rosby
Robert Batis
Carlyle Garrick
Dash Oliver 1:29.02

(new school record: Old record 1:29.10 2008 Rosby, E. Rice, F. Rice, Oliver 2008)

The meet started out well for the boys with a school record and a medal.



Carlyle comes on strong on his leg of the school record 4 x 200 relay.

Girls' 3200 Meters

- 2 Kelsey Santisteban 10:57.27

Kelsey improved her PR dramatically in a nose-to-nose race with the Benicia girl. This bodes well for future races down the line.

Girls' 4x1 Mile Relay Seeded

- 17 Elise Wummer
Chelsea Schneider
Ayla Granados
Nicole Yang

22:23.28

With Kelsey sitting this one out, the girls had to settle back into the pack. Still, averaging 5:35's isn't shabby at all.



Tom strides out in the 4 x mile.

Boys' 4 x Mile Relay Seeded

- 17. Anthony Martore 4:44.4
Norman Weekes 4:35.7
Tom Ashby 4:38.7
Ben Eversole 4:29.7
18:28.38

The boys got a chance to extend themselves a bit on this race, and ran very respectable times in a fast field.

High Jump -

- Celeste Martore NH

Celeste could not find the rhythm of her Mt. Pleasant jump today.

Saturday Day Section

4x100 Relay - Seeded -

Prelims

- 1 (heat 6) Damion Rosby

Dash Oliver
Robert Batis
Carlyle Garrick 42.66

Winning the heat was nice, and qualifying to the night meet even nicer.

1 Mile

- 12 (heat 1) Elise Wummer 5:30.56

Elise seems to be mired in a funk recently. Not her best effort.

110m Hurdles - 39" - Seeded -

Prelims

- 1 (heat 3) Maurice Valentine, Jr 14.56

Fresh off of his season debut, Maurice won his heat and

punched his ticket to the night extravaganza.

800 Meters

5 (Heat 3) Chelsea Schneider 2:20.45

In a fast field, Chelsea was not able to muster the super raced today. Still, she ran within the band of expectations.

Girls' Distance Medley

5th

1200 Ayla Granados 3:53.7

400 Megan Lee 1:02.2

800 Chelsea Schneider 2:25.9

1600 Kelsey Santisteban 5:09.8

12:32.03

(New school record; old record 12:32.5 1981 Van Buskirk, Kr. Lambden, Stevenson, Ka. Lambden)

This record had eluded the girls' team for the past two seasons, and we finally laid it to rest — barely.

Distance Medley Relay

5th

1200 Norman Weekes 3:17.5

400 Alex Foster :53.6

800 Anthony Martore 2:01.1

1600 Ben Eversole 4:24.0

10:36.36

(New school record; old record 10:37.1 1979 Guinee, J. Dittman, Hagen, Shea)

The boys surprised themselves, the coaches, and the long-time program observers with this unexpected record, as it had assumed legendary status in the books. A spirited anchor by Ben sealed the deal.



Ben awaits the baton for his anchor leg on the record-setting Distance Medley relay.

4x400 Relay

4 Carlyle Garrick 49.8

Robert Batis 51.9

Damion Rosby 52.6

CJ Hamilton 53.5

3:27.20

At the end of the long meet, the boys did well to get around the track competitively. Only Carlyle seemed energized in this one.

Saturday Night Invitational Section

4x100 Relay - Seeded -

Finals

9 Damion Rosby

Dash Oliver

Robert Batis

Carlyle Garrick 45.55

The squad was well on its way to a great finish and an excellent time when Carlyle pulled his hamstring big time on the anchor. His season may well be over.

100 Meters - Invitational - Finals

• 2 Dash Oliver 10.85

After some confusion where the seeding logic of the officials took a beating from the stands, Dash came on strong from an outside lane for the top finish.

110m Hurdles - 39" - Seeded -

Finals

4 Maurice Valentine, Jr 14.46

Maurice was able to take his qualifying time and turn it into a quality finish in the finals.

There is a plethora of pictures and videos archived on-line of this meet. This particular site is a great compilation of the various other sites. Castro Valley athletes are featured in many of these visual records. Check it out:

<http://www.runnerspace.com/ArcadiaInvite>



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

Home to Champions



Castro Valley vs. Moreau Catholic & San Lorenzo

April 23, 2009
@ Castro Valley High School

The meet was a low-key affair in many ways, coming as it did right after Easter vacation. The Trojans overwhelmed the opposition by sheer numbers in most cases. Of note here is how San Lorenzo snuck up and beat Moreau Catholic in the Boys' Varsity.

There were also more meet records broken, which has become the norm this year. 11 records went tumbling today.

Team Scores:

BV:

CV 112, SLZ 15
CV 113, MC 13
SLZ 69, MC 40

GV:

CV 117, SLZ 4
CV 107, MC 13
MC 60, SLZ 27

BFS:

CV 113, SLZ 0
CV 90, MC 31
MC 84, SLZ 0

GFS:

CV 84, SLZ 3
CV 72, MC 19
MC 65, SLZ 6

Boys' Results

BV 4 x 100

1 SLZ 48.09
2 MC 49.88
3 CV DQ

Kevin Sarrico, Omodele Adesanya,
Cameron Merrriweather, Chris Siglar

BFS 4 x 100

1 CV 48.00

Joon Joung, Aaron Kim, Moner
Afschar, Nate Han

2 CV 49.92

Dwayne Bracy, Christian Chavez,
Francisco Cervantez, Ben Davis

3 MC 50.56

4 MC NT

BV 1600

1 Benjamin Eversole CV 4.45.21
2 Eric Coulter CV 4.45.84
3 Tom Ashby CV 4.48.43

4 Vince Talley CV 5.02.28
5 Anthony Salgado MC 5.07.00
6 Scott Peek CV 5.09.49
7 Matthew Crump CV 5.12.47
8 Patrick Magno MC 5.22.88
9 Ben Grijalva SLZ 5.25.84
10 Oscar Carranza SLZ 6.15.51
11 Eric Zaro MC 6.22.04

BFS 1600

1 Juan Berman CV 5.03.21
2 Gregory Owyang CV 5.04.40
3 Brandon Smith MC 5.23.83
4 Vincent Nyugen MC 5.45.13
5 Robert Barney CV 5.51.91
6 Cole Mathews MC 5.58.42
7 Tynan Otts MC 6.12.87

BV 110 HH

1 Maurice Valentine CV 14.83
new meet record; old MC record 15.5 by
Adeh DeSandies (MC) 1995 and Marcus
Denham (MC) 2008: old SLZ record 14.6h
Randy Silva (SLZ) 1979

2 Jordan Mackey CV 16.14
3 Adam Nikssarian CV 17.80
4 Pedro Maldonado SLZ 22.92

BFS 110 HH

1 Kwame Hudson CV 17.4
new meet record; old MC record Phil Fung
(CV) 17.8 1995

2 Nick Wiegardt CV 17.61
3 Jordan Laris CV 22.65
4 Jeremy Imlack MC 23.60

BV 400

1 Alexander Foster CV 52.97
2 Anthony Martore CV 53.08
3 Cameron Merriweather CV 54.76
4 Norman Weekes CV 55.06
5 Nicolas Marino CV 59.09
6 Brandon Perry SLZ 59.20
7 Kevin Luizinho SLZ 59.41

BFS 400

1 Justin Aulakh MC 57.41
2 Jeremy Imlack MC 57.91
3 Jonathan Wummer CV 58.07
4 Kwame Hudson CV 58.52
5 Eric Padilla MC 59.51
6 Mathew Wong MC 1.00.18
7 Dwayne Bracy CV 1.01.21
8 Brian Zhang CV 1.04.49

BV 100

(Heat 1)

1 Damion Rosby CV 11.21
new meet record; old MC record 11.0 Jon
Flaaten (MC) 2004 & Fredy Rice (CV)
2008; old SLZ record 10.9h Jeff Perenon

(CV) 1964

2 Robert Batis CV 11.60
3 CJ Hamilton CV 11.61
4 Maurice Jr. Valentine CV 11.96
5 Mike Johnson MC 12.18

(Heat 2)

1 Kevin Sarrico CV 11.73
2 Solomon Kirven SLZ 12.06
3 Chris Sigler CV 12.33
4 D'Andre Johnson SLZ 13.13

(Heat 3)

1 Grant MC 12.44
2 Aaron Asilo MC 12.48
3 Munoz MC 12.55
4 Austin Gatdula MC 12.67
5 Cameron DeGuzman MC 13.62

BFS 100

(Heat 1)

1 Jeremy Imlack MC 12.25
2 Lu CV 12.45
3 Michael Troung MC 12.53
4 Francis Delfino MC 12.85
5 Robbie Wilson MC 12.87

(Heat 2)

1 Francisco Cervantez CV 13.08
2 Nicolas Rodden MC 13.22
3 Tim Chafin MC 13.30
4 Brian Zhang CV 13.98
5 Aldric Constantino MC 13.59
6 Dzul Iscandari MC 14.66

(Heat 3)

1 Brannon Pentoja MC 12.86
2 Anmol Singh MC 13.06
3 David Rasay MC 13.45

BV 800

1 Benjamin Eversole CV 2.07.81
2 Anthony Martore CV 2.12.57
3 Patrick Magno MC 2.20.23
4 Matthew Crump CV 2.21.34
5 Ben Grijalva SLZ 2.28.65
6 Oscar Carranza SLZ 2.51.51
7 Eric Zaro MC 2.54.53

BFS 800

1 Juan Berman CV 2.17.40
2 Johnathan La CV 2.19.77
3 Brandon Smith MC 2.24.20
4 Vincent Nyugen MC 2.33.82
5 Jonathan Wummer CV 2.38.15
6 Tynan Otts MC 2.39.93
7 Cole Mathews MC 2.45.43

BV 300 H

1 Jordan Mackey CV 43.51
new meet record; old SLZ record 44.1

Tony Moore (CV) 1996

2 Adam Nikssarian CV 44.77
3 Brandon Perry SLZ 52.73

BFS 300 H					15	Nicholas	Ayala	CV	32-3	4	Jonte	Grant	MC	18-8.75
1	Kwame	Hudson	CV	46.65	16	Ken	Hill	MC	30-10	5	Jimmy	Woodard	CV	18-4.5
2	Jordan	Laris	CV	49.13	17	Emmanuel	Barrera	CV	30-4	6	B	Velasquez	CV	16-6
3	Dwayne	Bracy	CV	52.29	18	Oscar	Hernandez	MC	29-10	7	Jimmy	Quintanilla	CV	15-3
4	Nick	Wiegardt	CV	53.27	19	Russell	Camfield	MC	29-7	8	Brandon	Perry	SLZ	15-2.75
5	Dzul	Iscandari	MC	57.22	20	Joe	Ashby	CV	26-10	9	Lorenzo	Zunign	CV	13-11

BV 200

1	Dash	Oliver	CV	22.3
new meet record; old SLZ record 22.4h				
Jeff Perenon (CV) 1963				
2	CJ	Hamilton	CV	23.62
3	Chris	Thomas	CV	24.17
4	Kevin	Sarrico	CV	24.32
5	Soloman	Kirven	SLZ	25.89
6	John	Diaz	SLZ	26.29
7	Kevin	Luizinho	SLZ	26.49
8	Marcos	Munos	MC	26.79

BFS 200

1	Aaron	Kim	CV	25.15
2		Lu	CV	25.63
3		Afschar	CV	27.10
4	Francisco	Cervantez	CV	27.69
5	Brian	Zhang	CV	29.33

BV 3200

1	Tom	Ashby	CV	10.25.06
2	Norman	Weekes	CV	10.45.62
3	Anthony	Salgado	MC	11.15.26
4	Vince	Talley	CV	11.24.96
5	Scott	Peek	CV	12.02.31
6	Oscar	Carranza	SLZ	14.08.65

BFS 3200

1	Gregory	Owyang	CV	11.32.98
2	Robert	Barney	CV	12.58.01
no third				

BV 4 x 400

1	CV	3.47.20	
	Omodele	Adesanya	54.9
	Adam	Nikssarian	55.0
	Jordan	Mackay	57.2
	Nicolas	Marino	60.0
2	SLZ	3.57.33	
3	MC	4.05.24	

BFS 4 x 400

1	CV	4.08.94	
	Benjamin	Davis	58.6
	Moner	Afschar	63.0
	Dwayne	Bracy	63.5
	Francisco	Cervantez	63.9

no second or third

BV Shot

1	D'Andre	Johnson	SLZ	42-7.5
2	Jacob	Eckel	CV	42-6
3	Eric	Mason	CV	41-9
4	Niko	Tomaz	CV	39-5
5	Jeff	Bouchard	CV	38-4
6	Andrew	Shaw	CV	38-4
7	George	Gilham	CV	37-7
8	Jason	Chong	MC	37-4
9	Darren	Tsang	CV	36-11
10	Chris	Sheehan	CV	35-6
11	Alex	Vasquez	CV	34-4
12	Pedro	Maldonado	SLZ	33-10.5
13	Genaro	Elenes	CV	33-6.5
14	Marcus	Mediola	MC	33-3

BFS Shot

1	Alex	West	CV	40-1
new meet record; old MC record 40-0.5				
Darwin Tsang (CV) 2003				
2	Tony	Carrick	CV	28-5
3	David	Andes	MC	19-8

BV Discus

1	Jacob	Eckel	CV	130-10
2	Eric	Mason	CV	129-10
3	Niko	Tomaz	CV	124-3
4	Darren	Tsang	CV	111-8
5	D'Andre	Johnson	SLZ	106-2
6	George	Gilham	CV	104-2
7	Emmanuel	Barrera	CV	102-1.5
8	Alex	Vasquez	CV	100-11
9	Jeff	Bouchard	CV	93-8
10	Chris	Sheehan	CV	90-2.5
11	Jason	Chong	MC	89-5
12	Genaro	Elenes	CV	88-4
13	Nicholas	Ayala	CV	85-5
14	Ken	Hill	MC	81-9
15	Marcus	Mediola	MC	78-8.5
16	Russell	Camfield	MC	78-7
17	Joe	Ashby	CV	78-3
18	Pedro	Maldonado	SLZ	73-2
19	Andrew	Shaw	CV	67-4
20	Oscar	Hernandez	MC	66-4

BFS Discus

1	Alex	West	CV	80-0
2	Tony	Carrick	CV	72-0.5
3	David	Andes	MC	47-1

BV PV

1	Andrew	Wiegardt	CV	12-6
2	Erich	Coulter	CV	9-6
no third				

BFS PV

1	Jordan	Laris	CV	10-0
2	Michael	Dangler	CV	8-6
3	Nick	Wiegardt	CV	8-0

BV HJ

1	Maurice	Valentine	CV	6-4
new meet record; old MC record 6-0				
Jared Stohr (CV) 2000 & Kirk Marciel (CV) 2005 & 2006				
2	Jonte	Grant	MC	5-10
3	Adam	Nikssarian	CV	5-6
	Alexander	Foster	CV	NH

BFS HJ

1	Jeremy	Imlack	MC	4-8
2	Brandon	Smith	MC	4-6
	Justin	Aulakh	MC	NH

BV LJ

1	Omodele	Adesanya	CV	20-4
new MC meet record; old record 20-3.75				
Dave Fernandez (CV) 1976				
2	Soloman	Kirven	SLZ	19-6
3	John	Diaz	SLZ	18-11

BFS LJ

1	Steven	Lu	CV	17-2.5
2	Ben	Davis	CV	16-6.5
3	Francis	Delfino	MC	16-6
4	Anmol	Singh	MC	16-5
5	Yuya	Kono	CV	16-3
6	Robbie	Wilson	MC	15-5.25
7		Nouv	CV	15-1.75
8	Jordan	Chung	CV	14-3.5
9	Dzul	Iscandari	MC	12-5

BV TJ

1	Omodele	Adesanya	CV	41-10.75
2	Jimmy	Woodard	CV	38-2
3	Jimmy	Quintanilla	CV	31-3.5

BFS TJ

1	Ben	Davis	CV	36-8
2	Anmol	Singh	MC	33-7
3	Yuya	Kono	CV	30-8

Girls' Results

GV 4 x 100

1	CV	53.48
Renee Shantin, Megan Lee, Tiffany Furino, Marisa Schneider		
2	CV	54.72
Lidia Barajas, Danielle Harris, Tobi Alli, Tanya Simbra		
3	MC	55.71
4	SLZ	1.00.64

GFS 4 x 100

1	CV	53.94
new meet record; old MC & SLZ record 54.6 Gistand, Inn, Knight, Littlejohn (CV) 2004		
Crystal Lee, Maya Chissell, Elyse Highstreet, Sara Boisse		
2	MC	56.04
no third		

GV 1600

1	Kelsey	Santisteban	CV	5.30.51
2	Nicole	Yang	CV	5.42.63
3	Ashley	Sutedja	CV	5.44.44
4	Angie	Shin	CV	6.15.10
5	Cassie	Crosby	MC	6.21.50
6	Karissa	Canonizado	MC	6.34.09
7	Karla	Ramirez	SLZ	6.36.36
8	Blanca	Velasquez	CV	6.41.62
9	Claire	McGinty	MC	7.00.10
10	Cassandra	Senorin	SLZ	7.29.23
11	Rebecca	Robles	SLZ	7.38.15

GFS 1600

1	Marisa	Martines	CV	5.48.71
(new meet record; old MC record 5:56.0 Corinne Yee (MC) 2003; old SLZ record 5:48.8 Kaitlin Santisteban (CV) 2006				
2	Emma	Piccillo	CV	5.59.43
3	Aurora	Bailey	CV	6.00.01
4	Isabel	Chi	CV	6.10.99

5	Erin	Safreno	MC	6.25.09
6	Priya	Chopra	CV	6.31.21
8	Cecelia	Ly-Peh	CV	6.59.08
9	Maggie	Hannon	MC	7.01.90
10	Jennifer	Tran	SLZ	8.08.67

GV 100 HH

1	Monique	Aldridge	CV	16.84
2	Arianna	Posey	CV	19
3	Tanya	Simbra	CV	19.01

GFS 100 HH

no entries

GV 400

1	Chelsea	Schneider	CV	1.01.04
2	Elise	Wummer	CV	1.02.95
3	Celeste	Martore	CV	1.05.37
4	Tiffany	Furino	CV	1.06.57
5	Tania	Lomeli	SLZ	1.12.17

GFS 400

1	Sarah	Brinkman	CV	1.09.02
2	Elyse	Highstreet	CV	1.09.12
3	Yvett	Navarro	MC	1.15.76
4	Stephanie	Ho	MC	1.16.67
5	Julia	Velasquez	CV	1.17.99
6	Karina	Yap	MC	1.18.57

GV 100

(Heat 1)

1	Iesha	Rush	CV	13.78
2	Nicole	Harbert	MC	14.27
3	Stephanie	Carnes	MC	14.72
4	Claudia	Revuelta	SLZ	16.61

(Heat 2)

1		Boyd	MC	12.55
2	Brianna	Miller	CV	13.12
3		Alli	CV	13.42
4		Ross	SLZ	14.93
5		Daliva	SLZ	15.05
6		Sin	SLZ	16.23

GFS 100

(Heat 1)

1	Maya	Chissell	CV	13.62
new meet record; old SLZ record Kandice Douglas 13.5h 2005				
2	Audrey	Miciano	MC	13.95
3	Monique	Sacha	CV	14.41
4	Crystal	Lee	CV	15.25

(Heat 2)

1	Athenie	Galvez	MC	14.35
2	Mariah	Garcia	MC	15.69
3	Cynthia	Pillay	MC	15.93
4	Stephanie	Ho	MC	16.06

(Heat 3)

1	Karina	Yap	MC	15.44
2	Sharrae	Porter	MC	15.52
3	Marzette	Davis	CV	15.88
4	Yvett	Navarro	MC	16.41
5	Elizabeth	Han	CV	16.6

GV 800

1	Kelsey	Santisteban	CV	2.26.73
2	Ayla	Granados	CV	2.27.32
3	Elise	Wummer	CV	2.34.21
4	Nicole	Yang	CV	2.40.48
5	Ashley	Sutedja	CV	2.45.00
6	Angie	Shin	CV	2.52.45
7	Karissa	Canonizado	MC	2.57.42
8	Cassie	Crosby	MC	2.58.23

9	Karla	Ramirez	SLZ	2.59.57
10	Blanca	Velasquez	CV	3.01.54
11	Cassandra	Senorin	SLZ	3.23.55
12	Rebecca	Robles	SLZ	3.33.95

GFS 800

1	Aurora	Bailey	CV	2.44.17
2	Isabel	Chi	CV	2.44.81
3	Erin	Safreno	MC	2.52.65
4	Priya	Chopra	CV	3.00.82
5	Maggie	Hannon	MC	3.08.49
6	Cecelia	Ly-Peh	CV	3.13.76

GV 300 H

1	Monique	Aldridge	CV	50.2
2	Tanya	Simbra	CV	53.7
3	Ashley	Brekke	SLZ	1.00.25

GFS 300 H

no entries

GV 200

1	Alitta	Boyd	MC	26.39
2	Brianna	Miller	CV	27.12
3	Celeste	Martore	CV	27.24
4	Megan	Lee	CV	27.77
5	Taofeqat	Alli	CV	28.17
6	Tiffany	Furino	CV	28.22
7	Nicole	Harbert	MC	29.77
8	Jalissa	Ross	SLZ	31.39
9		Daliva	SLZ	31.53
10	Tania	Lomeli	SLZ	31.64
11	Malysa	Sin	SLZ	34.21
12	Claudia	Revuelta	SLZ	35.27

GFS 200

1	Karra	Gardins	MC	28.15
new meet record; old MC record 28.2				
Trisha Chung (CV) 1997 & Hall (MC) 2008;				
2	Maya	Chissell	CV	28.20
new meet record; old SLZ record 28.2				
Trisha Chung (CV) 1997				
3	Monique	Sacha	CV	29.17
4	Marisa	Schneider	CV	29.71
5	Sharrae	Porter	MC	33.30
6	Mariah	Garcia	MC	33.41
7	Stephanie	Ho	MC	33.78
8	Marzette	Davis	CV	34.01
9	Yvett	Navarro	MC	35.05

GV 3200

1	Samantha	Fong	CV	13.41.4
2	Karla	Ramirez	SLZ	14.21.47
3	Claire	McGinty	MC	16.06.15
4	Cassandra	Senorin	SLZ	16.32.73
5	Rebecca	Robles	SLZ	16.41.68

GFS 3200

1	Erin	Safreno	MC	14.18.14
2	Maggie	Hannon	MC	15.35.64

no third

GV 4 x 400

1	CV			4.22.00
	Ayla	Granados		63.9
	Chelsea	Schneider		61.9
	Monique	Aldridge		70.9
	Megan	Lee		65.0
2	CV			4.40.56
	Ashley	Sutedja		72.1
	Elise	Wummer		65.9

	Nicole	Yang	n.t.
	Samantha	Fong	n.t.
3	CV	4.54.35	
	M	Martines	69.0
	Isabel	Chi	73.4
	Priya	Chopra	76.3
	Aurora	Bailey	73.4

GFS 4 x 400

no entries

GV Shot

1	Alana	Knight	CV	31-1
2	Shelline	Waldorf	CV	28-7
3	Noelle	Donnelly	CV	27-6
4	Marisa	Schneider	CV	25-9
5	Juliana	Disher	CV	24-5
6	Hazel	Cruz	MC	23-6
7	Astra	Birznieks	CV	23-2
8	JASMINE	Carter	MC	22-2
9	Megan	Shinners	MC	21-8
10	Tiffany	Furino	CV	21-2
11	Cassie	Manuel	MC	16-11
12	Jacqueline	Cordero	MC	16-1

GFS Shot

1	Arianna	Posey	CV	28-10
new meet record; old MC record 27-8				
Alana Knight (CV) 2007; old SLZ record				
28-6.5 Tiffany Rizzo (CV) 1997				
2	Francesca	Morales	SLZ	21-3
3	Ashley	Brekke	CV	19-4

GV Discus

1	Noelle	Donnelly	CV	100-7
2	Alana	Knight	CV	90-10
3	Shelline	Waldorf	CV	67-5
4	Hazel	Cruz	MC	64-2
5	Jasmine	Carter	MC	62-11
6	Juliana	Disher	CV	62-10
7	Astra	Birznieks	CV	62-1
8	Marisa	Schneider	CV	55-1
9	Ashley	Brekke	SLZ	53-10
10	Megan	Shinners	MC	48-9
11	Jacqueline	Cordero	MC	47-5
12	Cassie	Manuel	MC	42-5.5

GFS Discus

1	Arianna	Posey	CV	80-7
new meet record; old MC & SLZ record				
79-5 Arianna Posey (CV) 2008				
no second or third				

GV HJ

1	Celeste	Martore	CV	4-4
no second or third				

GFS HJ

1	Lisa	Umeh	CV	4-2
no second or third				

GV PV

1	Daina	Vargas	CV	7-6
1	Leann	Ayala	CV	7-6
3	Jessie	Heuer	CV	6-6
4	Summer	Harris	CV	6-0

GFS PV

1	Emma	Piccillo	CV	6-0
1	Miranda	Britton	CV	6-0
3	Monica	Gamez	CV	5-6

GV LJ

1	Taofeqat	Alli	CV	15-10.25
2	Brianna	Miller	CV	15-1.25
3	Iesha	Rush	CV	13-5
4	Celeste	Martore	CV	13-2.25
5	Danielle	Harris	CV	12-4.5
6	Malysa	Sin	SLZ	11-4.75
7	Stephanie	Quiambao	MC	11-3
8	Jalissa	Ross	SLZ	11-2.75
9	Husna	Maysam	CV	9-9.5

GFS LJ

1	Lidia	Barajas	CV	14-10
new meet record; old MC & SLZ record				
14-5 Kara Lawrence (CV) 2003				
2	Elyse	Highstreet	CV	13-10
3	Sara	Boisse	CV	13-6
4	Tiffanie	Patrick	MC	12-8.25
5	Sharrae	Porter	MC	12-4
6	Crystal	Lee	CV	12-2.25
7	Karina	Yap	MC	12-2
8	Elise	Menicou	MC	12-1.5
9	Julia	Velasquez	CV	12-0.5
10	Audrey	Miciano	MC	11-9.5'
11	Julia	Ceniceros	CV	10-2.5'

GV TJ

1	Brianna	Miller	CV	29-9.5
2	Iesha	Rush	CV	28-1.5
no third				

GFS TJ

1	Julia	Ceniceros	CV	29-2
2	Lisa	Umeh	CV	28-6
3	Sarah	Brinkman	CV	27-9.75
4	Crystal	Lee	CV	27-1

	Frosh Soph Girls		Varsity Girls		Frosh Soph Boys		Varsity Boys	
	CV	MC	CV	MC	CV	MC	CV	MC
4x100	5	0	5	0	5	0	0	5
1600	9	0	9	0	8	1	9	0
High Hurdle	0	0	9	0	9	0	9	0
400m	8	1	9	0	1	8	9	0
100m	5	4	4	5	3	6	9	0
800m	8	1	9	0	8	1	8	1
300H	0	0	8	0	9	0	8	0
200	4	5	4	5	9	0	9	0
3200	0	8	5	3	8	0	5	1
4x400	0	0	5	0	0	0	9	0
SP	8	0	9	0	8	1	9	0
DT	8	0	9	0	8	1	9	0
LJ	9	0	9	0	8	1	6	3
TJ	8	0	8	0	6	3	9	0
HJ	0	0	5	0	0	9	6	3
	72	19	107	13	90	31	113	13

	Frosh Soph Girls		Varsity Girls		Frosh Soph Boys		Varsity Boys	
	MC	SLZ	MC	SLZ	MC	SLZ	MC	SLZ
4x100	5	0	5	0	5	0	0	5
1600	8	1	8	1	9	0	8	1
High Hurdle	0	0	0	0	5	0	0	5
400m	9	0	0	5	9	0	0	8
100m	9	0	8	1	9	0	4	5
800m	8	0	8	1	9	0	5	4
300H	0	0	0	5	5	0	0	5
200	9	0	8	1	0	0	0	9
3200	8	0	3	6	0	0	5	3
4x400	0	0	0	0	0	0	5	5
SP	0	5	9	0	5	0	3	6
DT	0	0	8	1	5	0	4	5
LJ	9	0	0	6	9	0	1	8
TJ	0	0	3	0	5	0	0	0
HJ	0	0	0	0	9	0	5	0
	65	6	60	27	84	0	40	69

	Frosh Soph Girls		Varsity Girls		Frosh Soph Boys		Varsity Boys	
	CV	SLZ	CV	SLZ	CV	SLZ	CV	SLZ
4x100	5	0	5	0	5	0	0	5
1600	9	0	9	0	9	0	9	0
High Hurdle	0	0	9	0	9	0	9	0
400m	9	0	9	0	9	0	9	0
100m	9	0	9	0	9	0	9	0
800m	9	0	9	0	9	0	9	0
300H	0	0	8	0	8	0	8	1
200	9	0	9	0	9	0	9	0
3200	0	0	5	4	8	0	9	0
4x400	0	0	5	0	5	0	5	0
SP	6	3	9	0	8	0	4	5
DT	5	0	9	0	8	0	9	0
LJ	9	0	9	0	9	0	5	4
TJ	9	0	8	0	8	0	9	0
HJ	5	0	5	0	0	0	9	0
	84	3	117	4	113	0	112	15

Place	Time	Level	Team	Gender	Event	Seed	Time	Last Name	First Name	School
1	53.48	V	B	F	4x100					CV
2	54.72	V	A	F	4x100					CV
3	55.71	V	A	F	4x100	57.14				MC
4	1.00.64	V	A	F	4x100					SLZ

1	53.94	FS	A	F	4x100					CV
2	56.04	FS	B	F	4x100	58.14				MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	5.30.51	Santisteban	Kelsey	F	10	1600	05:12.3	V	CV
2	5.42.63	Yang	Nicole	F	11	1600	05:40.9	V	CV
3	5.44.44	Sutedja	Ashley	F	11	1600	05:46.2	V	CV
4	6.15.10	Shin	Angie	F	11	1600	06:30.4	V	CV
5	6.21.50	Crosby	Cassie	F	12	1600		V	MC
6	6.34.09	Canonizado	Karissa	F	11	1600		V	MC
7	6.36.36	Ramirez	Karla	F	11	1600	06:28.0	V	SLZ
8	6.41.62	Velasquez	Blanca	F	11	1600		V	CV
9	7.00.10	McGinty	Claire	F	11	1600		V	MC
10	7.29.23	Senorin	Cassandra	F	11	1600	07:21.0	V	SLZ
11	7.38.15	Robles	Rebecca	F	9	1600	07:28.0	V	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	5.48.71	Martines	Marisa	F	10	1600		FS	CV
2	5.59.43	Piccillo	Emma	F	10	1600	06:10.9	FS	CV
3	6.00.01	Bailey	Aurora	F	9	1600	06:00.8	FS	CV
4	6.10.99	Chi	Isabel	F	10	1600	06:18.8	FS	CV
5	6.25.09	Safreno	Erin	F	10	1600		FS	MC
6	6.31.21	Chopra	Priya	F	9	1600	06:36.8	FS	CV
8	6.59.08	Ly-Peh	Cecelia	F	10	1600	06:51.4	FS	CV
9	7.01.90	Hannon	Maggie	F	10	1600		FS	MC
10	8.08.67	Tran	Jennifer	F		1600		FS	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	16.84	Aldridge	Monique	F	11	100H		V	CV
2	19.00	Posey	Arianna	F	10	100H	19.54	FS	CV
3	19.01	Simbra	Tanya	F	11	100H	18.74	V	CV

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	1.01.04	Schneider	Chelsea	F	11	400	60.9	V	CV
2	1.02.95	Wummer	Elise	F	11	400	63.14	V	CV
3	1.05.37	Martore	Celeste	F	9	400		V	CV
4	1.06.57	Furino	Tiffany	F		400		V	CV
5	1.12.17	Lomeli	Tania	F	11	400	75.94	V	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	1.09.02	Brinkman	Sarah	F	10	400	69.04	FS	CV
2	1.09.12	Highstreet	Elyse	F	9	400	67.24	FS	CV
3	1.15.76	Navarro	Yvett	F	9	400		FS	MC
4	1.16.67	Ho	Stephanie	F		400			MC
5	1.17.99	Velasquez	Julia	F	10	400	76.74	FS	CV
6	1.18.57	Yap	Karina	F	9	400		FS	MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	13.78	Rush	Iesha	F	12	100	13.64	V	CV
2	14.27	Harbert	Nicole	F	10	100		V	MC
3	14.72	Carries	Stephanie	F	12	100		V	MC
4	16.61	Revuelta	Claudia	F	12	100	16.24	V	SLZ

1	12.59	Boyd				100				MC
2	13.12	Miller	Brianna	F	10	100		V		CV
3	13.42	Alli		F	10	100		V		CV

4	14.93	Ross				100			SLZ
5	15.05	Daliva				100			SLZ
6	16.23	Sin				100			SLZ
1	13.62	Chissell	Maya	F	9	100	13.64	FS	CV
2	13.95	Miciano	Audrey	F	10	100		FS	MC
3	14.41	Sacha	Monique	F	10	100	14.24	FS	CV
4	15.25	Lee	Crystal	F	10	100	14.24	FS	CV
1	14.35	Galvez	Athenie	F	9	100		FS	MC
2	15.69	Garcia	Mariah	F	9	100		FS	MC
3	15.93	Pillay	Cynthia	F	10	100		FS	MC
4	16.06	Ho	Stephanie	F	9	100		FS	MC
1	15.44	Yap	Karina	F	9	100		FS	MC
2	15.52	Porter	Sharrae	F	9	100		FS	MC
3	15.88	Davis	Marzette	F	10	100	16.24	FS	CV
4	16.41	Navarro	Yvett	F	9	100		FS	MC
5	16.60	Han	Elizabeth	F	10	100	15.44	FS	CV

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	2.26.73	Santisteban	Kelsey	F	10	800	02:26.6	V	CV
2	2.27.32	Granados	Ayla	F	12	800	02:24.9	V	CV
3	2.34.21	Wummer	Elise	F	11	800	02:23.6	V	CV
4	2.40.48	Yang	Nicole	F	11	800	02:37.5	V	CV
5	2.45.00	Sutedja	Ashley	F	11	800	02:40.5	V	CV
6	2.52.45	Shin	Angie	F	11	800	02:50.7	V	CV
7	2.57.42	Canonizado	Karissa	F	11	800		V	MC
8	2.58.23	Crosby	Cassie	F	12	800		V	MC
9	2.59.57	Ramirez	Karla	F	11	800	02:57.1	V	SLZ
10	3.01.54	Velasquez	Blanca	F	11	800		V	CV
11	3.23.55	Senorin	Cassandra	F		800		V	SLZ
12	3.33.95	Robles	Rebecca	F		800		V	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	2.44.17	Bailey	Aurora	F	9	800	02:49.9	FS	CV
2	2.44.81	Chi	Isabel	F	10	800	02:47.6	FS	CV
3	2.52.65	Safreno	Erin	F	10	800		FS	MC
4	3.00.82	Chopra	Priya	F	9	800	03:02.8	FS	CV
5	3.08.49	Hannon	Maggie	F	10	800		FS	MC
6	3.13.76	Ly-Peh	Cecelia	F	10	800	03:03.3	FS	CV

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	50.20	Aldridge	Monique	F	11	300H	49.25	V	CV
2	53.70	Simbra	Tanya	F	11	300H	54.11	V	CV
3	1.00.25	Brekke	Ashley	F	9	300H	60.69	V	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	26.39	Boyd	Alitta	F	12	200	25.54	V	MC
2	27.12	Miller	Brianna	F	10	200	27.4	V	CV
3	27.24	Martore	Celeste	F	9	200	26.96	V	CV
4	27.77	Lee	Megan	F	12	200	27.69	V	CV
5	28.17	Alli	Taofeqat	F	11	200	28.14	V	CV
6	28.22	Furino	Tiffany	F	11	200	28.64	V	CV
7	29.77	Harbert	Nicole	F	10	200	28.64	V	MC
8	31.39	Ross	Jalissa	F	9	200	30.44	V	SLZ
9	31.53	Daliva		F		100		V	SLZ
10	31.64	Comeli	Tania	F	11	200	30.84	V	SLZ
11	34.21	Sin	Malysa	F	12	200	34.14	V	SLZ
12	35.27	Revuelta	Claudia	F	12	200	32.54	V	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	28.15	Gardins	Karra	F	9	200	29.44	FS	MC

2	28.20	Chissell	Maya	F	9	200	28.14	FS	CV
3	29.17	Sacha	Monique	F	10	200	30.69	FS	CV
4	29.71	Schneider	Marisa	F	10	200	29.95	FS	CV
5	33.30	Porter	Sharrae	F	9	200	30.54	FS	MC
6	33.41	Garcia	Mariah	F	9	200		FS	MC
7	33.78	Ho	Stephanie	F	9	200		FS	MC
8	34.01	Davis	Marzette	F	10	200	33.94	FS	CV
9	35.05	Navarro	Yvett	F	9	200		FS	MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	13.41.4	Fong	Samantha	F	9	3200	13:02.2	V	CV
2	14.21.47	Ramirez	Karla	F	11	3200	13:55.0	V	SLZ
3	16.06.15	McGinty	Claire			3200		V	MC
4	16.32.73	Senorin	Cassandra	F	11	3200	16:36.0	V	SLZ
5	16.41.68	Robles	Rebecca	F	9	3200	16:51.0	V	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	14.18.14	Safreno	Erin	F	10	3200		FS	MC
2	15.35.64	Hannon	Maggie	F	10	3200		FS	MC

Place	Time	Level	Team	Gender	Event	Seed	Time	Last Name	First Name	School
1	4.22.00	V	A	F	4x400			Aldridge	Monique	CV
2	4.40.56	V	B	F	4x400					CV
3	4.54.35	V	C	F	4x400			Sutedja	Ashley	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	31' 1"	Knight	Alana	F	11	SP	32' 2	V	CV
2	28' 7"	Waldorf	Shelline	F	12	SP	29' 10	V	CV
3	27' 6"	Donnelly	Noelle	F	9	SP	29' 5	V	CV
4	25' 9"	Schneider	Marisa	F	10	SP		V	CV
5	24' 5"	Disher	Juliana	F	11	SP	21' 10	V	CV
6	23' 6"	Cruz	Hazel	F	11	SP		V	MC
7	23' 2"	Birznies	Astra	F	11	SP	22' 0.5	V	CV
8	22' 2"	Carter	JASMINE	F	12	SP		V	MC
9	21' 8"	Shinners	Megan	F	12	SP		V	MC
10	21' 2"	Furino	Tiffany	F	11	SP		V	CV
11	16' 11"	Manuel	Cassie	F	12	SP		V	MC
12	16' 1"	Cordero	Jacqueline	F	12	SP		V	MC

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	28' 10"	Brekke	Ashley	F	9	SP	22' 1.5	FS	CV
2	21' 3"	Morales	Francesca	F	10	SP		FS	SLZ
3	19' 4"	Posey	Arianna	F	10	SP	29' 11	FS	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	100' 7"	Donnelly	Noelle	F	9	DT	105' 11	V	CV
2	90' 10"	Knight	Alana	F	11	DT	94' 4	V	CV
3	67' 5"	Waldorf	Shelline	F	12	DT	69' 1	V	CV
4	64' 2"	Cruz	Hazel	F	11	DT		V	MC
5	62' 11"	Carter	JASMINE	F	12	DT		V	MC
6	62' 10"	Disher	Juliana	F	11	DT	63' 4	V	CV
7	62' 1"	Birznies	Astra	F	11	DT	54' 3	V	CV
8	55' 1"	Schneider	Marisa	F	10	DT		V	CV
9	53' 10"	Brekke	Ashley	F	9	DT	63' 6	V	SLZ
10	48' 9"	Shinners	Megan	F	12	DT		V	MC
11	47' 5"	Cordero	Jacqueline	F	12	DT		V	MC
12	42' 5.5"	Manuel	Cassie	F	12	DT		V	MC

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	80' 7	Posey	Arianna	F	10	DT	82' 9	FS	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
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1	4' 4"	Martore	Celeste	F	9	HJ	5' 2	V	CV
1	4' 2"	Umeh	Lisa	F	10	HJ	4' 4	FS	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	7' 6"	Vargas	Daina	F	12	PV	7' 0	V	CV
1	7' 6"	Ayala	Leann	F	10	PV	7' 6	V	CV
3	6' 6"	Heuer	Jessie	F	11	PV	6' 6	V	CV
4	6' 0"	Harris	Summer	F	11	PV	6' 0	V	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	6' 0"	Piccillo	Emma	F	10	PV	6' 6	FS	CV
1	6' 0"	Britton	Miranda	F	10	PV	6' 6	FS	CV
3	5' 6"	Gamez	Monica	F	9	PV	5' 0	FS	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	15' 10.25"	Alli	Taofeqat	F	11	LJ	15' 11	V	CV
2	15' 1.25"	Miller	Briann	F	10	LJ		V	CV
3	13' 5"	Rush	Iesha	F	12	LJ	12' 7.5	V	CV
4	13' 2.25"	Martore	Celeste	F	9	LJ	15' 6	V	CV
5	12' 4.5"	Harris	Danielle	F	12	LJ	11' 7.5	V	CV
6	11' 4.75"	Sin	Malysa	F	12	LJ	10' 0	V	SLZ
7	11' 3"	Quiambao	Stephanie	F	11	LJ		V	MC
8	11' 2.75"	Ross	Jalissa	F	9	LJ	12' 7	V	SLZ
9	9' 9.5"	Maysam	Husna	F		LJ	10' 5	V	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	14' 10"	Barajas	Lidia	F	10	LJ	15' 2	FS	CV
2	13' 10"	Highstreet	Elyse	F	9	LJ	14' 3	FS	CV
3	13' 6"	Boisse	Sara	F	10	LJ	14' 9	FS	CV
4	12' 8.25"	Patrick	Tiffanie	F	10	LJ		FS	MC
5	12' 4"	Porter	Sharrae	F	9	LJ		FS	MC
6	12' 2.25"	Lee	Crystal	F	10	LJ	12' 5	FS	CV
7	12' 2"	Yap	Karina	F	9	LJ		FS	MC
8	12' 1.5"	Menicou	Elise	F		LJ		FS	MC
9	12' 0.5"	Velasquez	Julia	F	10	LJ		FS	CV
10	11' 9.5'	Miciano	Audrey	F	10	LJ		FS	MC
11	10' 2.5'	Ceniceros	Julia	F	10	LJ	13' 5.25	FS	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	29' 9.5"	Miller	Brianna	F	10	TJ	33' 7	V	CV
2	28' 1.5"	Rush	Iesha	F	12	TJ	29' 8.5	V	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	29' 2"	Ceniceros	Julia	F	10	TJ	30' 0	FS	CV
2	28' 6"	Umeh	Lisa	F	10	TJ	27' 11	FS	CV
3	27' 9.75"	Brinkman	Sarah	F	10	TJ	29' 7	FS	CV
4	27' 1"	Lee	Crystal	F	10	TJ	28' 2	FS	CV

Place	Time	Level	Team	Gender	Event	Seed Time	Last Name	First Name	School
1	48.09	V	A	M	4x100		Johnson	Mike	SLZ
2	49.88	V	A	M	4x100	52.14	DeGuzman	Cameron	MC
3	DQ	V	A	M	4x100		Sigler	Chris	CV
1	48.00	FS	A	M	4x100		Han	Nate	CV
2	49.92	FS	B	M	4x100				CV
3	50.56	FS	A	M	4x100	55.14	Iscandari	Dzul	MC
4	NT	FS	B	M	4x100		Pentoja	Brannon	MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	4.45.21	Eversole	Benjamin	M	10	1600	04:33.4	V	CV
2	4.45.84	Coulter	Eric	M	10	1600	04:51.1	V	CV
3	4.48.43	Ashby	Tom	M	11	1600	04:43.9	V	CV
4	5.02.28	Talley	Vince	M	11	1600	05:02.3	V	CV
5	5.07.00	Salgado	Anthony	M	12	1600		V	MC
6	5.09.49	Peek	Scott	M	11	1600	05:05.6	V	CV
7	5.12.47	Crump	Matthew	M	11	1600	04:59.8	V	CV
8	5.22.88	Magno	Patrick	M	11	1600		V	MC
9	5.25.84	Grijalva	Ben	M	9	1600	05:16.9	V	SLZ
10	6.15.51	Carranza	Oscar	M	10	1600	06:15.7	V	SLZ
11	6.22.04	Zaro	Eric	M	11	1600		V	MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	5.03.21	Berman	Juan	M	10	1600	04:59.2	FS	CV
2	5.04.40	Owyang	Gregory	M	10	1600	05:02.8	FS	CV
3	5.23.83	Smith	Brandon	M	9	1600		FS	MC
4	5.45.13	Nyugen	Vincent	M	10	1600		FS	MC
5	5.51.91	Barney	Robert	M	9	1600	05:47.4	FS	CV
6	5.58.42	Mathews	Cole	M	9	1600		FS	MC
7	6.12.87	Ottis	Tynan	M	9	1600		FS	MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	14.83	Valentine	Maurice	M	12	110H	14.46	V	CV
2	16.14	Mackey	Christopher	M	12	110H	15.74	V	CV
3	17.80	Nikssarian	Adam	M	12	110H	16.76	V	CV
4	22.92	Maldonado	Pedro	M	12	110H	24.84	V	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	17.48	Hudson	Kwame	M	10	110H	17.83	FS	CV
2	17.61	Wiegardt	Nick	M	10	110H	23.16	FS	CV
3	22.65	Laris	Jordan	M	10	110H		FS	CV
4	23.60	Imlack	Jeremy	M	9	110H		FS	MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	52.97	Foster	Alexander	M	10	400	53.87	V	CV
2	53.08	Martore	Anthony	M	10	400		V	CV
3	54.76	Merriweather	Cameron	M	11	400	55.26	V	CV
4	55.06	Weekes	Norman	M	11	400		V	CV
5	59.09	Marino	Nicolas	M	11	400	68.34	V	CV
6	59.20	Perry	Brandon	M	11	400	62.84	V	SLZ
7	59.41	Luizinho	Kevin	M	12	400	64.64	V	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	57.41	Aulakh	Justin	M	10	400		FS	MC
2	57.91	Imlack	Jeremy	M	9	400		FS	MC
3	58.07	Wummer	Jonathan	M	9	400		FS	CV
4	58.52	Hudson	Kwame	M	10	400		FS	CV
5	59.51	Padilla	Eric	M		400		FS	MC
6	1.00.18	Wong	Mathew	M	9	400		FS	MC
7	1.01.21	Bracy	Dwayne	M	10	400	62.84	FS	CV
8	1.04.49	Zhang	Brian	M	9	400	62.44	FS	CV

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
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1	11.21	Rosby	Damion	M	10	100	11.04	V	CV	Heat 1	Wind
2	11.60	Batis	Robert	M	10	100	11.67	V	CV		-1.8
3	11.61	Hamilton	CJ	M	10	100	11.74	V	CV		-1.8
4	11.96	Valentine	Maurice Jr.	M	12	100		V	CV		-1.8
5	12.18	Johnson	Mike	M	10	100	11.97	V	MC		-1.8

1	11.73	Sarrico	Kevin	M	12	100	12.06	V	CV	Heat 2	Wind
2	12.06	Kirven	Soloman	M	11	100	12.14	V	SLZ		0.2
3	12.33	Sigler	Chris	M	11	100	12.51	V	CV		0.2
4	13.13	Johnson	D'Andre	M	12	100	12.94	V	SLZ		0.2

1	12.44	Grant		M		100		V	MC	Heat 3	Wind
2	12.48	Asilo	Aaron	M	11	100		V	MC		-1.0
3	12.55	Munoz		M		100		V	MC		-1.0
4	12.67	Gatdula	Austin	M	11	100		V	MC		-1.0
5	13.62	DeGuzman	Cameron	M	11	100		V	MC		-1.0

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School		
1	12.25	Imlack	Jeremy	M	9	100	12.64	FS	MC	Heat 1	Wind
2	12.45	Lu		M		100		FS	CV		-1.0
3	12.53	Truong	Michael	M	9	100	12.14	FS	MC		-1.0
4	12.85	Delfino	Francis	M	9	100	12.14	FS	MC		-1.0
5	12.87	Wilson	Robbie	M	9	100	12.04	FS	MC		-1.0

1	13.08	Cervantez	Francisco	M	9	100	13.84	FS	CV	Heat 2	Wind
2	13.22	Rodden	Nicolas	M	9	100		FS	MC		-3.4
3	13.30	Chafin	Tim	M	9	100		FS	MC		-3.4
4	13.98	Zhang	Brian	M	9	100		FS	CV		-3.4
5	13.59	Constantino	Aldric	M	9	100		FS	MC		-3.4
6	14.66	Iscandari	Dzul	M	9	100		FS	MC		-3.4

1	12.86	Pentoja	Brannon	M	10	100		FS	MC	Heat 3	Wind
2	13.06	Singh	Anmol	M	9	100		FS	MC		-2.2
3	13.45	Rasay	David	M	10	100		FS	MC		-2.2

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	2:07.81	Eversole	Benjamin	M	10	800	02:07.5	V	CV
2	2:12.57	Martore	Anthony	M	10	800	02:00.2	V	CV
3	2:20.23	Magno	Patrick	M	11	800		V	MC
4	2:21.34	Crump	Matthew	M	11	800		V	CV
5	2:28.65	Grijalva	Ben	M	9	800	02:21.8	V	SLZ
6	2:51.51	Carranza	Oscar	M	10	800	02:53.8	V	SLZ
7	2:54.53	Zaro	Eric	M	11	800		V	MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	2:17.40	Berman	Juan	M	10	800	02:13.0	FS	CV
2	2:19.77	La	Johnathan	M	10	800	02:21.9	FS	CV
3	2:24.20	Smith	Brandon	M	9	800		FS	MC
4	2:33.82	Nyugen	Vincent	M	10	800		FS	MC
5	2:38.15	Wummer	Jonathan	M	9	800	02:25.8	FS	CV
6	2:39.93	Ottis	Tynan	M	9	800		FS	MC
7	2:45.43	Mathews	Cole	M	9	800		FS	MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	43.51	Mackey	Christopher	M	12	300H	41.86	V	CV
2	44.77	Nikssarian	Adam	M	12	300H	44.01	V	CV
3	52.73	Perry	Brandon	M	11	300H	51.63	V	SLZ

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	45.65	Hudson	Kwame	M	10	300H	45.8	FS	CV

2	49.13	Laris	Jordan	M	10	300H	47.34	FS	CV
3	52.29	Bracy	Dwayne	M	10	300H	49.64	FS	CV
4	53.27	Wiegardt	Nick	M	10	300H	52.84	FS	CV
5	57.22	Iscandari	Dzul	M	9	300H		FS	MC

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School	Wind
1	22.36	Oliver	Dash	M	12	200	22.54	V	CV	-1.9
2	23.62	Hamilton	CJ	M	10	200	23.94	V	CV	-1.9
3	24.17	Thomas	Christopher	M	12	200	24.54	V	CV	-1.9
4	24.32	Sarrico	Kevin	M	12	200	23.94	V	CV	-1.9
5	25.89	Kirven	Soloman	M	11	200	25.34	V	SLZ	-2.2
6	26.29	Diaz	John	M	12	200		V	SLZ	-2.2
7	26.49	Luizinho	Kevin	M	12	200		V	SLZ	-2.2
8	26.79	Munos	Marcos	M	9	200		V	MC	-1.9

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School	Wind
1	25.15	Kim	Aaron	M	10	200	24.64	FS	CV	-1.1
2	25.63	Lu		M		200		FS	CV	
3	27.10	Afschar		M		200		FS	CV	
4	27.69	Cervantez	Francisco	M	9	200	29.74	FS	CV	
5	29.33	Zhang	Brian	M	9	200	28.3	FS	CV	

Place	Time	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	10:25.06	Ashby	Tom	M	11	3200	09:51.7	V	CV
2	10:45.62	Weekes	Norman	M	11	3200	10:25.0	V	CV
3	11:15.26	Salgado	Anthony	M	12	3200		V	MC
4	11:24.96	Talley	Vince	M	11	3200	11:02.3	V	CV
5	12:02.31	Peek	Scott	M	11	3200	12:31.1	V	CV
6	14:08.65	Carranza	Oscar	M	10	3200	13:43.0	V	SLZ

1	11:32.98	Owyang	Gregory	M	10	3200	11:15.0	FS	CV
2	12:58.01	Barney	Robert	M	9	3200	12:38.6	FS	CV

Place	Time	Level	Team	Gender	Event	Seed Time	Last Name	First Name
School								
1	3.47.20	V	A	M	4x400		Merriweather	Cameron CV
2	3.57.33	V	A	M	4x400			SLZ
3	4.05.24	V	A	M	4x400			MC
1	4.08.94	FS	A	M	4x400		Hudson	Kwame CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	42' 7.5"	Johnson	D'Andre	M	12	SP	43' 1.5	V	SLZ
2	42' 6"	Eckel	Jacob	M	11	SP	45' 5	V	CV
3	41' 9"	Mason	Eric	M	11	SP	42' 3	V	CV
4	39' 5"	Tomaz	Niko	M	11	SP	38' 5.5	V	CV
5	38' 4"	Bouchard	Jeff	M	11	SP	33' 9	V	CV
6	38' 4"	Shaw	Andrew	M	11	SP	38' 9	V	CV
7	37' 7"	Gilham	George	M	11	SP	37' 4.5	V	CV
8	37' 4"	Chong	Jason	M	10	SP		V	MC
9	36' 11"	Tsang	Darren	M	12	SP	37' 4.5	V	CV
10	35' 6"	Sheehan	Chris	M	12	SP	32' 6.5	V	CV
11	34' 4"	Vasquez	Alex	M	11	SP	33' 10	V	CV
12	33' 10.5"	Maldonado	Pedro	M	12	SP	32' 9	V	SLZ
13	33' 6.5"	Elenes	Genaro	M	11	SP	37' 6	V	CV
14	33' 3"	Mediola	Marcus	M	10	SP		V	MC
15	32' 3"	Ayala	Nicholas	M	11	SP	29' 0	V	CV
16	30' 10"	Hill	Ken	M	11	SP		V	MC
17	30' 4"	Barrera	Emmanuel	M	11	SP	31' 9.5	V	CV
18	29' 10"	Hernandez	Oscar	M		SP		V	MC
19	29' 7"	Camfield	Russell	M	11	SP		V	MC
20	26' 10"	Ashby	Joe	M	11	SP	27' 10	V	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
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1	40' 1"	West	Alex	M	10	SP	34' 4	FS	CV
2	28' 5"	Carrick	Tony	M	10	SP	32' 10	FS	CV
3	19' 8"	Andes	David	M	9	SP		FS	MC

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	130' 10"	Eckel	Jacob	M	11	DT	134' 6	V	CV
2	129' 10"	Mason	Eric	M	11	DT	138' 0	V	CV
3	124' 3"	Tomaz	Niko	M	11	DT	123' 11	V	CV
4	111' 8"	Tsang	Darren	M	12	DT	109' 9	V	CV
5	106' 2"	Johnson	D'Andre	M	12	DT	116' 1	V	SLZ
6	104' 2"	Gilham	George	M	11	DT	109' 10	V	CV
7	102' 1.5"	Barrera	Emmanuel	M	11	DT	92' 3	V	CV
8	100' 11"	Vasquez	Alex	M	11	DT	96' 10.5	V	CV
9	93' 8"	Bouchard	Jeff	M	11	DT	85' 9	V	CV
10	90' 2.5"	Sheehan	Chris	M	12	DT	74' 1	V	CV
11	89' 5"	Chong	Jason	M	10	DT		V	MC
12	88' 4"	Elenes	Genaro	M	11	DT	100' 8.5	V	CV
13	85' 5"	Ayala	Nicholas	M	11	DT	85' 8	V	CV
14	81' 9"	Hill	Ken	M	11	DT		V	MC
15	78' 8.5"	Mediola	Marcus	M	10	DT		V	MC
16	78' 7"	Camfield	Russell	M	11	DT		V	MC
17	78' 3"	Ashby	Joe	M	11	DT	78' 6.5	V	CV
18	73' 2"	Maldonado	Pedro	M	12	DT	90' 9	V	SLZ
19	67' 4"	Shaw	Andrew	M	11	DT	79' 5.5	V	CV
20	66' 4"	Hernandez	Oscar	M		DT		V	MC

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	80' 0"	West	Alex	M	10	DT	81' 10	FS	CV
2	72' 0.5"	Carrick	Tony	M	10	DT	80' 9	FS	CV
3	47' 1"	Andes	David	M	9	DT		FS	MC

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	12' 6"	Wiegardt	Andrew	M	11	PV	12' 6	V	CV
2	9' 6"	Coulter	Erich	M	10	PV		V	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	10' 0"	Laris	Jordan	M	10	PV	10' 0	FS	CV
2	8' 6"	Dangler	Michael	M	9	PV	9' 6	FS	CV
3	8' 0"	Wiegardt	Nick	M	10	PV	8' 0	FS	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	6' 4"	Valentine	Maurice	M	12	HJ		V	CV
2	5' 10"	Grant	Jonte	M	10	HJ		V	MC
3	5' 6"	Nikssarian	Adam	M	12	HJ	5' 6	V	CV
	NH	Foster	Alexander	M	10	HJ	5' 8	V	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	4' 8"	Imlack	Jeremy	M	9	HJ		FS	MC
2	4' 6"	Smith	Brandon	M	9	HJ		FS	MC
	NH	Aulakh	Justin	M	10	HJ		FS	MC

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	20' 4"	Adesanya	Omodele	M	12	LJ	19' 10.25	V	CV
2	19' 6"	Kirven	Soloman	M	11	LJ	19' 9	V	SLZ
3	18' 11"	Diaz	John	M	12	LJ	19' 3.25	V	SLZ
4	18' 8.75"	Grant	Jonte	M	10	LJ	19' 4.40	V	MC
5	18' 4.5"	Woodard	Jimmy	M	11	LJ	17' 9	V	CV
6	16' 6"	Velasquez	B	M		LJ		V	CV
7	15' 3"	Quintanilla	Jimmy	M	11	LJ	15' 3.5	V	CV
8	15' 2.75"	Perry	Brandon	M	11	LJ	16' 10.5	V	SLZ
9	13' 11"	Zunign	L	M		LJ		V	CV

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	17' 2.5"	Lu	Steven	M	10	LJ	16' 11	FS	CV

2	16' 6.5"	Davis	Ben	M	10	LJ	16' 4	FS	CV
3	16' 6"	Delfino	Francis	M	9	LJ		FS	MC
4	16' 5"	Singh	Anmol	M	9	LJ		FS	MC
5	16' 3"	Kono	Yuya	M	9	LJ	16' 6	FS	CV
6	15' 5.25"	Wilson	Robbie	M	9	LJ		FS	MC
7	15' 1.75"	Nouv	Peter	M	9	LJ	16' 8	FS	CV
8	14' 3.5"	Chung	Jordan	M	10	LJ	14' 10.5	FS	CV
9	12' 5"	Iscandari	Dzul	M	9	LJ		FS	MC

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School		
1	41' 10.75"		Adesanya	Omodele		M	12	TJ	41' 4	V	CV
2	38' 2"	Woodard	Jimmy	M	11	TJ	40' 6	V	CV		
3	31' 3.5"	Quintanilla	Jimmy	M	11	TJ	30' 1.75	V	CV		

Place	Mark	Last Name	First Name	Gender	Grade	Event	Seed	Level	School
1	36' 8"	Davis	Ben	M	10	TJ	36' 2.75	FS	CV
2	33' 7"	Singh	Anmol	M	9	TJ		FS	MC
3	30' 8"	Kono	Yuya	M	9	TJ	34' 2.25	FS	CV

San Leandro rough draft

Mens Results

100 Meters - Varsity - Finals

1	Damion Rosby	11.21a	10	CAVA	
2	Robert Batis	11.60a	10	CAVA	
3	CJ Hamilton	11.61a	10	CAVA	
1	Kevin Sarrico	11.73a	12	CAVA	
4	Maurice Valentine, Jr	11.96a	12	CAVA	
6	Solomon Kirven	12.06a	11	SLz	
7	Mike Johnson	12.18a	10	SLz	
3	Chris Sigler	12.33a	11	CAVA	
13	D'Andre Johnson	13.13a		SLz	

100 Meters - Frosh/Soph - Finals

2	Steven Lu	12.45a	10	CAVA	
1	Francisco Cervantez	13.08a	9	CAVA	
4	Brian Zhang	13.98a	9	CAVA	

200 Meters - Varsity - Finals

1	Dash Oliver	22.36a	12	CAVA	
2	CJ Hamilton	23.62a	10	CAVA	
4	Kevin Sarrico	24.32a	12	CAVA	
5	Solomon Kirven	25.89a	11	SLz	
6	John Diaz	26.29a	12	SLz	
7	Kevin Luizinho	26.49a	12	SLz	

200 Meters - Frosh/Soph - Finals

1	Aaron Kim	25.15a	10	CAVA	
2	Steven Lu	25.63a	10	CAVA	
3	Moner Afshar	27.10a	10	CAVA	
4	Francisco Cervantez	27.69a	9	CAVA	
5	Brian Zhang	29.33a	9	CAVA	

400 Meters - Varsity - Finals

1	Alexander Foster	52.97a	10	CAVA	
2	Anthony Martore	53.08a	10	CAVA	
3	Cameron Merriweather	54.76a	11	CAVA	
4	Norman Weekes	55.06a	11	CAVA	
5	Nicolas Marino	59.09a	11	CAVA	
6	Brandon Perry	59.20a	11	SLz	
7	Kevin Luizinho	59.41a	12	SLz	

400 Meters - Frosh/Soph - Finals

3	Jonathan Wummer	58.07a	9	CAVA	
4	Kwame Hudson	58.52a	10	CAVA	
7	Dwayne Bracy	61.21a	10	CAVA	
8	Brian Zhang	64.49a	9	CAVA	

400 Meters - Relay Split - Varsity - Finals

	Omodele Adesanya	54.85	12	CAVA	
	Adam Nikssarian	54.98	12	CAVA	

	Jordan Mackey	57.13	12	CAVA
	Nicolas Marino	60.02	11	CAVA
400 Meters - Relay Split - Frosh/Soph - Finals				
	Ben Davis	58.6	10	CAVA
	Moner Afshar	63.0	10	CAVA
	Dwayne Bracy	63.5	10	CAVA
	Francisco Cervantez	63.9	9	CAVA
800 Meters - Varsity - Finals				
1	Ben Eversole	2:07.81a	10	CAVA
2	Anthony Martore	2:12.57a	10	CAVA
4	Matthew Crump	2:21.34a	11	CAVA
5	Ben Grijalva	2:28.65a	SLz	
6	Oscar Carranza	2:51.51a	10	SLz
800 Meters - Frosh/Soph - Finals				
1	Juan Berman	2:17.40a	10	CAVA
2	Johnathan La	2:19.77a	10	CAVA
5	Jonathan Wummer	2:38.15a	9	CAVA
1600 Meters - Varsity - Finals				
1	Ben Eversole	4:45.21a	10	CAVA
2	Eric Coulter	4:45.84a	10	CAVA
3	Tom Ashby	4:48.43a	11	CAVA
4	Vince Talley	5:02.28a	11	CAVA
6	Scott Peek	5:09.49a	11	CAVA
7	Matthew Crump	5:12.47a	11	CAVA
9	Ben Grijalva	5:25.84a	SLz	
10	Oscar Carranza	6:15.51a	10	SLz
1600 Meters - Frosh/Soph - Finals				
1	Juan Berman	5:03.21a	10	CAVA
2	Gregory Owyang	5:04.40a	10	CAVA
5	Robert Barney	5:51.91a	9	CAVA
3200 Meters - Varsity - Finals				
1	Tom Ashby	10:25.06a	11	CAVA
2	Norman Weekes	10:45.62a	11	CAVA
4	Vince Talley	11:24.96a	11	CAVA
5	Scott Peek	12:02.31a	11	CAVA
6	Oscar Carranza	14:08.65a	10	SLz
3200 Meters - Frosh/Soph - Finals				
1	Gregory Owyang	11:32.98a	10	CAVA
2	Robert Barney	12:58.01a	9	CAVA
110m Hurdles - 39" - Varsity - Finals				
1	Maurice Valentine, Jr	14.83a	12	CAVA
2	Jordan Mackey	16.14a	12	CAVA
3	Adam Nikssarian	17.80a	12	CAVA
4	Pedro Maldonado	22.92a	12	SLz
110m Hurdles - 39" - Frosh/Soph - Finals				
1	Kwame Hudson	17.48a	10	CAVA

2	Nick Wiegardt	17.61a	10	CAVA
3	Jordan Laris	22.65a	10	CAVA
300m Hurdles - 36" - Varsity - Finals				
1	Jordan Mackey	43.51a	12	CAVA
2	Adam Nikssarian	44.77a	12	CAVA
3	Brandon Perry	52.73a	11	SLz
300m Hurdles - 36" - Frosh/Soph - Finals				
1	Kwame Hudson	46.65a	10	CAVA
2	Jordan Laris	49.13a	10	CAVA
3	Dwayne Bracy	52.29a	10	CAVA
4	Nick Wiegardt	53.27a	10	CAVA
4x100 Relay - Varsity - Finals				
1	Kevin Luizinho			
Soloman Kirven				
John Diaz				
	Mike Johnson	48.09a		SLz
Kevin Sarrico				
Omodele Adesanya				
Cameron Merriweather				
	Chris Sigler	DQ		CAVA
4x100 Relay - Frosh/Soph - Finals				
1	Joon Joung			
Aaron Kim				
Moner Afshar				
	Nate Han	48.00a		CAVA
2	Dwayne Bracy			
Christian Chavez				
Francisco Cervantez				
	Ben Davis	49.92a		CAVA
4x400 Relay - Varsity - Finals				
1	Nicolas Marino			
Adam Nikssarian				
Jordan Mackey				
	Omodele Adesanya	3:47.20a		CAVA
2	Mike Johnson			
Kevin Luizinho				
John Diaz				
	Ben Grijalva	3:57.33a		SLz
4x400 Relay - Frosh/Soph - Finals				
1	Francisco Cervantez			
Dwayne Bracy				
Moner Afshar				
	Ben Davis	4:08.94a		CAVA
Shot Put - 12lb - Varsity - Finals				
1	D'Andre Johnson	42'7.5		SLz
2	Jacob Eckel	42'6	11	CAVA

3	Eric Mason	41'9	11	CAVA	
4	Niko Tomaz	39'5	11	CAVA	
5	Jeff Bouchard	38'4	11	CAVA	
6	Andrew Shaw	38'4	11	CAVA	
7	George Gilham	37'7	11	CAVA	
9	Darren Tsang	36'11	12	CAVA	
10	Chris Sheehan	35'6	12	CAVA	
11	Alex Vasquez	34'4	11	CAVA	
12	Pedro Maldonado	33'10.5	12	SLz	
13	Genaro Elenes	33'6.5	11	CAVA	
15	Nicholas Ayala	32'3	11	CAVA	
17	Emmanuel Barrera	30'4	11	CAVA	
20	Joe Ashby	26'10	11	CAVA	

Shot Put - 12lb - Frosh/Soph - Finals

1	Alex West	40'1	10	CAVA	
2	Tony Carrick	28'5	10	CAVA	

Discus - 1.6kg - Varsity - Finals

1	Jacob Eckel	130'10	11	CAVA	
2	Eric Mason	129'10	11	CAVA	
3	Niko Tomaz	124'3	11	CAVA	
4	Darren Tsang	111'8	12	CAVA	
5	D'Andre Johnson	106'2		SLz	
6	George Gilham	104'2	11	CAVA	
7	Emmanuel Barrera	102'1.5	11	CAVA	
8	Alex Vasquez	100'11	11	CAVA	
9	Jeff Bouchard	93'8	11	CAVA	
10	Chris Sheehan	90'2.5	12	CAVA	
12	Genaro Elenes	88'4	11	CAVA	
13	Nicholas Ayala	85'5	11	CAVA	
17	Joe Ashby	78'3	11	CAVA	
16	Pedro Maldonado	73'2	12	SLz	
19	Andrew Shaw	67'4	11	CAVA	

Discus - 1.6kg - Frosh/Soph - Finals

1	Alex West	80'0	10	CAVA	
2	Tony Carrick	72'0.5	10	CAVA	

High Jump - Varsity - Finals

1	Maurice Valentine, Jr	6'4	12	CAVA	
3	Adam Nikssarian	5'6	12	CAVA	

Pole Vault - Varsity - Finals

1	Andrew Wiegardt	12'6	11	CAVA	
2	Eric Coulter	9'6	10	CAVA	

Pole Vault - Frosh/Soph - Finals

1	Jordan Laris	10'0	10	CAVA	
2	Michael Dangler	8'6	9	CAVA	
3	Nick Wiegardt	8'0	10	CAVA	

Long Jump - Varsity - Finals

1	Omodele Adesanya	20'4	12	CAVA
2	Solomon Kirven	19'6	11	SLz
3	John Diaz	18'11	12	SLz
5	Jimmy Woodard	18'4.5	11	CAVA
6	Brian Velasquez	16'6	11	CAVA
7	Jimmy Quintanilla	15'3	11	CAVA
8	Brandon Perry	15'2.75	11	SLz
9	Lorenzo Zuniga	13'11	11	CAVA
Long Jump - Frosh/Soph - Finals				
1	Steven Lu	17'2.5	10	CAVA
2	Ben Davis	16'6.5	10	CAVA
5	Yuya Kono	16'3	9	CAVA
7	Peter Nouv	15'1.75	9	CAVA
8	Jordan Chung	14'3.5	10	CAVA
Triple Jump - Varsity - Finals				
1	Omodele Adesanya	41'10.75	12	CAVA
2	Jimmy Woodard	38'2	11	CAVA
3	Jimmy Quintanilla	31'3.5	11	CAVA
Triple Jump - Frosh/Soph - Finals				
1	Ben Davis	36'8	10	CAVA
3	Yuya Kono	30'8	9	CAVA

Womens Results

100 Meters - Varsity - Finals

1	Alitta Boyd	12.11a	12	MOCA
2	Brianna Miller	13.12a	10	CAVA
3	Taofeqat Alli	13.42a	11	CAVA
1	Ilesha Rush	13.78a	12	CAVA
7	Jalissa Ross	14.93a		SLz
8	Racquel DaLiva	15.05a	11	SLz
9	Malysa Sin	16.23a	12	SLz
10	Claudia Revuelta	16.61a	12	SLz

100 Meters - Frosh/Soph - Finals

1	Maya Chissell	13.62a	9	CAVA
3	Monique Sacha	14.41a	10	CAVA
4	Crystal Lee	15.25a	10	CAVA
3	Marzette Davis	15.88a	10	CAVA
5	Elizabeth Han	16.60a	10	CAVA

200 Meters - Varsity - Finals

1	Alitta Boyd	25.95a	12	MOCA
2	Brianna Miller	27.12a	10	CAVA
3	Celeste Martore	27.24a	9	CAVA
4	Megan Lee	27.77a	12	CAVA
5	Taofeqat Alli	28.17a	11	CAVA
6	Tiffany Furino	28.22a	11	CAVA
8	Jalissa Ross	31.39a		SLz

1600 Meters - Varsity - Finals

1	Kelsey Santisteban	5:30.51a	10	CAVA
2	Nicole Yang	5:42.63a	11	CAVA
3	Ashley Sutedja	5:44.44a	11	CAVA
4	Angie Shin	6:15.10a	11	CAVA
7	Karla Ramirez	6:36.36a	11	SLz
8	Blanca Velasquez	6:41.62a	11	CAVA
10	Cassandra Senorin	7:29.23a	11	SLz
10	Rebecca Robles	7:38.15a	9	SLz

1600 Meters - Frosh/Soph - Finals

1	Marisa Martines	5:48.71a	10	CAVA
2	Emma Piccillo	5:59.43a	10	CAVA
3	Aurora Bailey	6:00.01	9	CAVA
4	Isabel Chi	6:10.99a	10	CAVA
6	Priya Chopra	6:31.21a	9	CAVA
8	Cecelia Ly-Peh	6:59.08a	10	CAVA
10	Jennifer Tran	8:08.67a	9	CAVA

3200 Meters - Varsity - Finals

1	Samantha Fong	13:41.4	9	CAVA
2	Karla Ramirez	14:21.47a	11	SLz
4	Cassandra Senorin	16:32.73a	11	SLz
5	Rebecca Robles	16:41.68a	9	SLz

100m Hurdles - 33" - Varsity - Finals

1	Monique Aldridge	16.84a	11	CAVA
2	Arianna Posey	19.00a	10	CAVA
3	Tanya Simbra	19.01a	11	CAVA

300m Hurdles - 30" - Varsity - Finals

1	Monique Aldridge	50.25a	11	CAVA
2	Tanya Simbra	53.70a	11	CAVA
3	Ashley Brekke	60.25a	9	SLz

4x100 Relay - Varsity - Finals

1	Renee Schantin			
	Megan Lee			
	Tiffany Furino			
	Marisa Schneider	53.48a		CAVA
2	Lidia Barajas			
	Danielle Harris			
	Taofeqat Alli			
	Tanya Simbra	54.72a		CAVA
4	Ashley Brekke			
	Malysa Sin			
	Jalissa Ross			
	Racquel DaLiva	1:00.64		SLz

4x100 Relay - Frosh/Soph - Finals

1	Crystal Lee			
	Maya Chissell			

9	Racquel DaLiva	31.53a	11	SLz
10	Tania Lomeli	31.64a	11	SLz
11	Malysa Sin	34.21a	12	SLz
12	Claudia Revuelta	35.27a	12	SLz
200 Meters - Frosh/Soph - Finals				
2	Maya Chissell	28.20a	9	CAVA
3	Monique Sacha	29.17a	10	CAVA
4	Marisa Schneider	29.71a	10	CAVA
8	Marzette Davis	34.01a	10	CAVA
400 Meters - Varsity - Finals				
1	Chelsea Schneider	61.04a	11	CAVA
2	Elise Wummer	62.95a	11	CAVA
3	Celeste Martore	65.37a	9	CAVA
4	Tiffany Furino	66.57a	11	CAVA
5	Tania Lomeli	72.17a	11	SLz
400 Meters - Frosh/Soph - Finals				
1	Sarah Brinkman	69.02a	10	CAVA
2	Elyse Highstreet	69.12a	9	CAVA
5	Julia Velasquez	77.99a	10	CAVA
400 Meters - Relay Split - Varsity - Finals				
	Chelsea Schneider	61.87	11	CAVA
	Ayla Granados	63.85	12	CAVA
	Megan Lee	65.0	12	CAVA
	Elise Wummer	65.9	11	CAVA
	Marisa Martines	69.0	10	CAVA
	Monique Aldridge	70.9	11	CAVA
	Ashley Sutedja	72.1	11	CAVA
	Isabel Chi	73.4	10	CAVA
	Aurora Bailey	73.4	9	CAVA
	Priya Chopra	76.3	9	CAVA
800 Meters - Varsity - Finals				
1	Kelsey Santisteban	2:26.73a	10	CAVA
2	Ayla Granados	2:27.32a	12	CAVA
3	Elise Wummer	2:34.21a	11	CAVA
4	Nicole Yang	2:40.48a	11	CAVA
5	Ashley Sutedja	2:45.00a	11	CAVA
6	Angie Shin	2:52.45a	11	CAVA
9	Karla Ramirez	2:59.57a	11	SLz
10	Blanca Velasquez	3:01.54a	11	CAVA
11	Cassandra Senorin	3:23.55a	11	SLz
12	Rebecca Robles	3:33.95a	9	SLz
800 Meters - Frosh/Soph - Finals				
1	Aurora Bailey	2:44.17a	9	CAVA
2	Isabel Chi	2:44.81a	10	CAVA
4	Priya Chopra	3:00.82a	9	CAVA
6	Cecelia Ly-Peh	3:13.76a	10	CAVA

Elyse Highstreet
 Sara Boisse 53.94a CAVA
 4x400 Relay - Varsity - Finals
 1 Ayla Granados
 Chelsea Schneider
 Monique Aldridge
 Megan Lee 4:22.0 CAVA
 2 Ashley Sutedja
 Elise Wummer
 Nicole Yang
 Samantha Fong 4:40.6 CAVA
 4x400 Relay - Frosh/Soph - Finals
 1 Marisa Martines
 Isabel Chi
 Priya Chopra
 Aurora Bailey 4:54.4 CAVA
 Monique Sacha
 Sara Boisse
 Sarah Brinkman
 Elyse Highstreet DNS CAVA
 Shot Put - 4kg - Varsity - Finals
 1 Alana Knight 31'1 11 CAVA
 2 Ashley Brekke 28'10 9 SLz
 2 Shelline Waldorf 28'7 12 CAVA
 3 Noelle Donnelly 27'6 9 CAVA
 4 Marisa Schneider 25'9 10 CAVA
 5 Juliana Disher 24'5 11 CAVA
 7 Astra Birznieks 23'2 11 CAVA
 10 Tiffany Furino 21'2 11 CAVA
 Shot Put - 4kg - Frosh/Soph - Finals
 3 Arianna Posey 19'4 10 CAVA
 Discus - 1kg - Varsity - Finals
 1 Noelle Donnelly 100'7 9 CAVA
 2 Alana Knight 90'10 11 CAVA
 3 Shelline Waldorf 67'5 12 CAVA
 6 Juliana Disher 62'10 11 CAVA
 7 Astra Birznieks 62'1 11 CAVA
 8 Marisa Schneider 55'1 10 CAVA
 9 Ashley Brekke 53'10 9 SLz
 Discus - 1kg - Frosh/Soph - Finals
 1 Arianna Posey 80'7 10 CAVA
 High Jump - Varsity - Finals
 1 Celeste Martore 4'4 9 CAVA
 High Jump - Frosh/Soph - Finals
 1 Lisa Umeh 4'2 10 CAVA
 Pole Vault - Varsity - Finals

1	Daina Vargas	7'6	12	CAVA
2	Leann Ayala	7'6	10	CAVA
3	Jessie Heuer	6'6	11	CAVA
4	Summer Harris	6'0	11	CAVA

Pole Vault - Frosh/Soph - Finals

1	Emma Piccillo	6'0	10	CAVA
2	Miranda Britton	6'0	10	CAVA
3	Monica Gamez	5'6	9	CAVA

Long Jump - Varsity - Finals

1	Taofeqat Alli	15'10.25	11	CAVA
2	Brianna Miller	15'1.25	10	CAVA
3	Ilesha Rush	13'5	12	CAVA
4	Celeste Martore	13'2.25	9	CAVA
5	Danielle Harris	12'4.5	12	CAVA
6	Malysa Sin	11'4.75	12	SLz
8	Jalissa Ross	11'2.75		SLz
9	Husna Maysam	9'9.5	11	CAVA

Long Jump - Frosh/Soph - Finals

1	Lidia Barajas	14'10	10	CAVA
2	Elyse Highstreet	13'10	9	CAVA
3	Sara Boisse	13'6	10	CAVA
6	Crystal Lee	12'2.25	10	CAVA
9	Julia Velasquez	12'0.5	10	CAVA
11	Julia Cenicerros	10'2.5	10	CAVA

Triple Jump - Varsity - Finals

1	Brianna Miller	29'9.5	10	CAVA
2	Ilesha Rush	28'1.5	12	CAVA

Triple Jump - Frosh/Soph - Finals

1	Julia Cenicerros	29'2	10	CAVA
2	Lisa Umeh	28'6	10	CAVA
3	Sarah Brinkman	27'9.75	10	CAVA
4	Crystal Lee	27'1	10	CAVA



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

"There are really no worthwhile accomplishments that come without a fair amount of sacrifice and effort."

Logan Top 8 Meet

James Logan HS April 24-25, 2009

• = earned award

Friday

Event 1 110 Meter Hurdles Frosh/Soph

- Laris, Jordan 19.60
 - 10 Wiegardt, Nick 21.60
- The BFS vaulters can hurdle, too

Event 7 200 Meter Dash Frosh/Soph

- 22 Lu, Steven 26.77
 - 31 Nouv, Peter 27.72
- The "other" BFS sprinters got some times in.

Event 52 Long Jump Frosh/Soph

- Nouv, Peter 16-10.00
 - 7 Kono, Justin 16-06.00
 - 8 Davis, Ben 16-01.00
- Not a bad set of jumps.

Saturday Day Meet

Event 15 1600 Meter Run Frosh/Soph

- 20 Wummer, Jonathan 5:25.11
- Jon struggled today.

Event 16 Women 1600 Meter Run

- 3 Yang, Nicole 5:38.32
- Martines, Marisa 5:42.08
- 6 Sutedja, Ashley 5:46.54
- 13 Fong, Sam 5:55.59
- 14 Piccillo, Emma 5:55.62
- 16 Bailey, Aurora 6:01.26
- 23 Chi, Isabel 6:13.55

This was a pretty good CV onslaught on the field. The veterans looked smooth, and everyone had a good sprint at the end.

Event 17 Men 1600 Meter Run

- Coulter, Erich 4:55.60
- 8 Berman, Juan 4:58.95
- 12 Talley, Vince 5:02.99
- 14 Owyang, Greg 5:07.63
- 15 Peek, Scott 5:08.14

The boys ran just about at their current PR levels.

Event 19 Women 4x100 Meter Relay

The girls were confused by the lack of a GFS division, and so mistook their race for a GFS heat and missed the chance to run. Oops.

Event 20 Men 4x100 Meter Relay

- 2 Castro Valley 45.97

Sirrico, Omedele, Cameron, Siglar
This was a good look at the "B" squad, and they did not disappoint as they came away with a top place.

Event 22 Women 100 Meter Hurdles

- Monique Aldridge 16.90
 - 3 Posey, Arianna 18.83
 - 7 Simbra, Tanya 19.72
- Monique looks better each race as she gains confidence. Ari and Tanya looked tentative.

Event 23 400 Meter Dash Frosh/Soph

- 6 Davis, Ben 57.07
- The time is not bad, and the award is cool too.

Event 25 Men 400 Meter Dash

- 10 Merriweather, Cameron 55.10
- The time is not bad for a first-year runner.

Event 27 Women 100 Meter Dash

- 2 Miller, Brianna 13.07
- 4 Alli, Taofeqat 13.40
- 5 Rush, Iesha 13.51
- 12 Schneider, Marissa 14.32
- 13 Chissell, Maya 14.38

Seeing as how the first three CV girls were fresh from missing the relay, they had lots of jets left for the open 100 and dominated the field.

Event 30 Women 800 Meter Run

- 4 Yang, Nicole 2:36.96
- Martines, Marisa 2:37.15
- 7 Piccillo, Emma 2:38.86
- 10 Sutedja, Ashley 2:41.68
- 11 Bailey, Aurora 2:42.99
- 13 Fong, Sam 2:43.62
- 16 Chi, Isabel 2:48.93

The distance girls pulled off a nice double coming off the 1600 and still running some quality 800's. Good work.

Event 35 Women 200 Meter Dash

- 5 Rush, Iesha 28.57
- Iesha wasn't done sprinting, and added a 200 to her list today.

Event 42 Men Shot Put

- 3 Mason, Eric 41-07.00
- 7 Sheehan, Chris 38-06.00
- 10 Gilham, Gaitin 37-02.00
- 11 Bouchard, Jeff 36-09.00
- 18 Elenes, Genaro 35-04.00
- 23 Vasquez, Alex 33-11.00
- 30 Barerra, Emmanuel 32-05.00
- 36 Ayala, Nick 30-02.00
- Tomaz, Niko ND
- Moore, Josh ND
- Joe, Ashby ND
- Velasquez, Brian ND

It is always good to see CV swamp the field in any event. This happy bunch did well, even though not all of them were inspired today.

Event 43 Shot Put Frosh/Soph

- 2 West, Alex 39-06.00
- Good toss for a youngster.

Event 44 Women Shot Put

- 3 Waldorff, Shelline 29-11.00
- 5 Posey, Arianna 29-00.00
- 8 Donnelly, Noelle 27-11.00
- 14 Schneider, Marissa 25-08.00
- 25 Disher, Juliana 21-03.00
- 29 Birzniesks, Astra 20-00.00

The CV girls all threw right at or a little beyond their bests today. Nice job.

Event 45 Women Discus Throw

- 7 Knight, Alana 83-09
 - 10 Posey, Arianna 75-08
 - 15 Waldorff, Shelline 73-01
 - 19 Birzniesks, Astra 57-07
- On the other hand, the discus was not as kind to the CV girls today.

Event 46 Men Discus Throw

- 1 Tomaz, Niko 134-04
- 17 Barerra, Emmanuel 106-05
- 22 Gilham, Gaitin 102-07
- 29 Vasquez, Alex 92-00
- 30 Bouchard, Jeff 91-08
- 35 Elenes, Genaro 82-05
- 37 Joe, Ashby 80-09
- 40 Sheehan, Chris 79-09
- 41 Velasquez, Brian 78-04

Niko uncorked a great toss today. The rest were not quite at their best.

Event 47 Discus Throw Frosh/Soph

- 5 West, Alex 94-00
- Another very creditable throw.

Event 53 Women Long Jump

- 1 Alli, Tobl 15-11.00
- Toby found the pit to her liking and won the event!

Saturday Night Meet

Event 70 Men Shot Put

- 8 Eckel, Jacob 45-05.00
- Jake added a few inches to his PR in a strong field.

Event 71 Shot Put Frosh/Soph

- 11 Chavez, Christian 36-04.00
- A good, but not great toss.

Event 72 Women Shot Put

- 7 Knight, Alana 31-11.00
- Alana continues to be stuck in the low 30's.

Discus Throw

- 3 Donnelly, Noelle 116-07
Noelle picked a good day to add 11 feet to her PR. Great toss.

Event 74 Men Discus Throw

- 4 Mason, Eric 145-03
 - 6 Tomaz, Niko 136-09
 - 10 Eckel, Jacob 127-02
- The did very well. Niko improved from winning the day meet, and Eric caught a good set of tosses to put himself in the top range of the competition.

Event 76 High Jump Frosh/Soph

- 2 Foster, Alex 5-08.00
- It took Alex his third jump to clear 5-8, but that was what it took to get 2nd.

Event 77 Women High Jump

- 6 Martore, Celeste 4-06.00
- Celeste had step and consistency problems and could never really unleash her hops today.

Event 78 Men High Jump

- 1 Valentine, JR, Maurice 6-08
 - 5 Nikssarian, Adam 5-10
- The cold and wind were real factors in the jump today, but Adam was undeterred in scaling a PR for him. Maurice got his winning jump on the 3rd try and re-established himself as a state contender.

Event 81 Women Long Jump

- 8 Alli, Tobi 15-09.50
- Tobi was able to carry her consistency to the very end.

Event 83 Men Triple Jump

- 2 Adesanya, Omodele 43-06.25
- Omodele stretched his PR out a bit and surprised himself with a 2nd place.

Event 84 Triple Jump Frosh/Soph

- 4 Davis, Ben 36-04.25
- This is a pretty good mark for a BFS.

Event 85 Men Pole Vault

- Wiegardt, Andrew 12-06.00
- Andrew continues to show his consistency at his new-found height.

Event 88 4x100 Meter Relay BFS

- 1 Castro Valley High School 'A' 43.75
- Damon Rosby, Bobby Batis, Aaron Kim, CJ Hamilton
- (new school record: old record was 44.8 set in 1961 by the team of Cameron, Haag, LeMaster and Perenon)

The win was nice, and so is the school record. Honestly, the coaches thought that this record was one of the "untouchable" ones in the books. Good work.

Event 92 Women 1600 Meter Run

- 1 Santisteban, Kelsey 5:06.64
- Kelsey played the "lurking" game today, and rode the shoulder of Rachel Mitchell, the fine runner from American, for 3 3/4 laps. Then Kelsey stormed down the straightaway for the win.

video:
<http://www.dyestatcal.com/?pg=videos&vid=CE47FC>

E515950D6E&cat=search&page=50&search=Logan%20Top%208&meetname=

Event 94 110 Meter Hurdles BFS

- 2 Hudson, Kwame 17.44
- Kwame was in contention but is clipping hurdles.

Event 95 Men 110 Meter Hurdles

- 1 Valentine, Jr, Maurice 14.51
 - 2 Mackey, Jordan 15.51
 - 7 Nikssarian, Adam 16.69
- Maurice literally ran away with the race which is no real surprise. The pleasant eye-openers came from Jordan who took 2nd even with a chronically weak ankle and from Adam who raced to yet another PR.

video:

<http://www.dyestatcal.com/?pg=videos&cat=search&page=50&search=Logan%20Top%208>

Event 96 Women 100 Meter Hurdles

- 8 Aldridge, Monique 16.75
- Monique improved again, dropping time from the morning race.

Event 97 400 Meter Dash Frosh/Soph

- 2 Hamilton, CJ 51.38
 - Batis, Robert 51.48
 - 6 Foster, Alex 53.53
- The youngsters blanketed the race with a cluster of excellent times.

Event 102 100 Meter Dash BFS

- Rosby, Damion 10.99
- (school record: old record 11.0 Darryl Lum (1997) and Geno McGuigan (2000))

Damion roared to the win, setting the meet record. He also finally snatched the school record which had eluded him by mere hundredths back in February at the DeLaSalle Invitational.

Event 104 Men 100 Meter Dash

- 1 Oliver, Dash 10.81
- Dash had little trouble in dispatching the field.

video:

<http://www.dyestatcal.com/?pg=videos&vid=08F2535AB7A80EE8&cat=search&page=49&search=Logan%20Top%208&meetname=>

Event 110 Women 800 Meter Run

- 1 Wummer, Elise 2:21.31
- 4 Santisteban, Kelsey 2:26.26
- Schneider, Chelsea 2:27.87

No one expected Elise to run away with the race, but she did. After a modest opening lap, she pulled away and was too strong over the last 100 for anyone to catch. Kelsey waited a bit long to push at the end, and Chelsea struggled.

Event 111 Men 800 Meter Run

- 3 Martore, Anthony 1:59.05
- 11 Weeks, Will 2:07.35

Anthony led for much of the race, and then held on after the Clayton Valley boy and the Monterey boy took him with 200 to go. Good time. Will had to jump in after missing the start of the mile.

Event 112 300 Meter Hurdles BFS

- 3 Hudson, Kwame 45.54
- Another good hurdle time.

Event 113 Men 300 Meter Hurdles

- 3 Nikssarian, Adam 42.77
 - 6 Mackey, Jordan 44.3
- Adam continues to drop his PR in this event. Jordan's ankle limits his effectiveness. They also got to run with Reggie Wyatt, the national leader in this event.

Event 114 Women 300 Meter Hurdles

- 8 Aldridge, Monique 51.86
 - 10 Posey, Arianna 53.25
 - 11 Simbra, Tanya 53.46
- Something about the chill and the wind and the meet slowed all the girls down.

Event 115 200 Meter Dash BFS

- 1 Rosby, Damion 22.38
- (school record: old record 23.2 by Randy Nordman in 1972.)

Damion took another win, and blew apart the old record by a full second. That made it three records on the day for him.

Event 116 Women 200 Meter Dash

- 6 Martore, Celeste 27.68
 - 12 Rush, Iesha 28.84
- Celeste popped a pretty good time from an outside lane. Iesha appears to be a sprinting demon, running yet another 200

Event 117 Men 200 Meter Dash

- 2 Oliver, Dash 22.43
- Dash struggled in this one as his right hamstring tightened at the end. He wisely eased up and was fine after the race.

Event 121 4x400 Relay BFS

- 1 3:35.33
- Alex Foster, Damion Rosby, Bobby Batis, CJ Hamilton
- (school record: old record was 3:35.6 set in 1968 by the team of Dyer, Robinson, Roda and Andrade)

There was some confusion about the record at the conclusion of the meet, as Brewer's brain went numb and he was off by a second on remembering the exact time. A little research showed him wrong, and there is now a new school record. The cold and wind made it a lot closer than the amassed throng of supporters wanted it.

Event 122 Women 4x400 Meter Relay

- 1 4:12.27
- Elice Wummer, Celeste Martore, Chelsea Schneider, Briana Miller

The girls won the war of attrition, as only a few teams survived to the end of the meet to do battle. As it was, the race was over by the third lap and then Briana took over to make it look easy.



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

Home to Champions



Tennyson & San Leandro @ CVHS 4/30/09

This meet was viewed as a low-key tune up for the championship season, and in many respects it was. However, the cavalier attitude towards the performances led to an unfortunate BFS loss to SL which essentially doomed any chances for a HAAL title in that division.

Even with the muted intensity, there were still another set of meet records that fell. The record book continues to undergo a wholesale revision this year.

Scores:

GFS:

Castro Valley 89, San Leandro 28

San Leandro 70, Tennyson 0

Castro Valley 102, Tennyson 0

BFS:

San Leandro 86, Castro Valley 50

San Leandro 107, Tennyson 11

Castro Valley 102, Tennyson 6

GV:

Castro Valley 96, San Leandro 31

San Leandro 102, Tennyson 1

Castro Valley 107, Tennyson 5

BV:

Castro Valley 87, San Leandro 40

San Leandro 72, Tennyson 48

Castro Valley 99, Tennyson 24

Boys' Results

Boys Frosh Soph 4x100m

1 SL 45.72
new meet record; old SL record 46.6 CV 2008

2 CV 46.54
Joung, Kim, West, Han
3 T 48.31
4 CV DQ
Bracy, Chavez, Lu, Davis

Boys Varsity 4x100m

1 T 45.24
2 CV 45.52
Marino, Adesanya, Merriweather, Sarrico
3 SL 46.7

Boys Frosh Soph 1600m

1	Stephen	Greer	SL	4.55.02
2	Juan	Berman	CV	4.55.93
3	Gary	Lew	SL	4.55.98
4	Greg	Owyang	CV	4.59.88
5	Callyn	Lee	SL	5.17.04
6	Juan	Gonzalez	SL	5.29.55
7	Simon	Tsang	SL	5.35.09
8	Jonathan	Wummer	CV	5.40.09
9	Robert	Barney	CV	5.44.83
10	Damian	Lee	T	5.44.75

Boys Varsity 1600m

1	Norman	Weekes	CV	4.38.40
2	Edgar	Alvarado	SL	4.40.10
3	Ben	Eversole	CV	4.43.46
4	Tom	Ashby	CV	4.44.86
5	Anthony	Martore	CV	4.51.04
6	Bryant	Luong	T	4.54.21
7	Sulayman	Diomande	CV	4.54.76
8	Stephen	Greer	SL	4.55.02
9	Vince	Talley	CV	4.59.40
10	Matt	Crump	CV	5.01.28
11	Scott	Peek	CV	5.10.20
12	Jose	Reyes	T	5.16.71
13	Alex	Manzo	T	5.33.37
14	Simon	Tsang	SL	5.35.09
15	David	Fong	SL	6.01.25
16	Franco	Cervantes	T	6.31.39

Boys Frosh Soph 110mH

1 Kwame Hudson CV 17.50
new meet record; old SL record 17.8

Jordan Mackey (CV) 2007

2	Hulston	Butler	T	17.74
3	Howard	Chou	SL	19.31
4	Jordan	Laris	CV	20.40
5	Shaquille	Woods	SL	20.80
6	Johnny	Lau	SL	21.05
7	Luis	Pacheco	T	21.34
8	Nick	Weigardt	CV	21.46
9	Matt	Muhammad	T	22.03

Boys Varsity 110mH

1 Maurice Valentine CV 14.88
new meet record; old T record 14.7h

Gary Kerr (CV) 1964

2	Wilson	SL	15.24	
3	Jordan	Mackey	CV	15.79
4	Adam	Nikssarian	CV	17.09
5	Colonel	Monroe	SL	17.61

Boys Frosh Soph 400m

1	Kyrian	Obidiegwu	SL	55.68
2	Cristian	Chavez	CV	56.55
3	Jose	Contreras	SL	58.23
4	Davin	Kaing	SL	1.00.54
5	Brian	Zhang	CV	1.02.64

Boys Varsity 400m

1	Alex	Roache	T	51.87
2	Solo	Diomande	CV	52.72
3	Alex	Foster	CV	52.85
4	Marvin	Towles	T	53.02
5	Cameron	Merriweather	CV	54.99
6	Rueben	Coranado	T	57.37
7	Torrance	Shklin	T	59.06

Boys Frosh Soph 100m

1	Ellis	Cummings	SL	11.83
2	Andre	McBride	SL	11.96
3	Nate	Han	CV	12.29
4	Steven	Lu	CV	12.40
5	Carl	Cabrera	SL	12.49
6	John Paul	Braga	T	12.50
7	Allen	Dudley	SL	12.59
8	Frankie	Cervantez	CV	13.00
9	Ernie	Garcia	T	13.06
10	Vishal	Kapadia	T	13.06
11	Jose	Dominguez	T	13.16
12	Nick	Pagebutter	T	13.38
13	Jordan	McFadden	T	13.55

Boys Varsity 100m

1	Damian	Rosby	CV	11.26
2	Chris	Hamilton	CV	11.81
3	Anictor	Bradford	SL	12.11
4	Nick	Ayala	CV	12.47
5	Chris	Sigler	CV	12.54
6	Nick	Marino	CV	12.70
7	Jullian	Powers	T	12.79
8	Tim	Neagu	SL	13.29
9	Shabowaz	Lemar	T	13.59

Boys Frosh Soph 800m

1	Stephen	Greer	SL	2.11.94
2	Gary	Lew	SL	2.18.40
3	Jose	Contreras	SL	2.20.65
4	Greg	Owyang	CV	2.20.95
5	John	La	CV	2.22.97
6	Collyn	Le	SL	2.27.68
7	Juan	Gonzalez	SL	2.32.52
8	Damian	Lee	T	2.33.55
9	Jon	Wummer	CV	2.38.18

Boys Varsity 800m

1	Edgar	Alvarado	SL	2.06.08
2	Everado	Villalobos	T	2.11.63
3	Bryant	Luong	T	2.13.05
4	Vince	Talley	CV	2.13.33
5	Simon	Tsang	SL	2.15.08
6	Matt	Crump	CV	2.18.64
7	Scott	Peek	CV	2.22.35
8	Matt	Neisse	SL	2.23.34
9	David	Fang	SL	2.42.11
10	Franco	Cervantes	T	2.58.74

Boys Frosh Soph 300mH

1	Kwame	Hudson	CV	45.07
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new meet record; old SL record 46.1

Jordan Mackey (CV) 2007; old T record
46.5 ERic Pane (CV) 1999

2	Jordan	Laris	CV	47.53
3	Howard	Chen	SL	48.83
4	Shaquille	Woods	SL	49.37
5	John Paul	Bragg	T	49.75
6	Dwayne	Bracy	CV	50.29
7	Johnny	Lau	SL	50.35
8	Jose	Dominguez	T	51.28
9	Nick	Wiegardt	CV	51.52
10	Matt	Muhammad	T	51.85

Boys Varsity 300mH

1	Jordan	Mackey	CV	42.60
2	Maurice	Valentine	CV	43.33
3	Adam	Nikssarian	CV	43.95
4	Dezmon	Monroe	SL	48.25
5	Jose	Reyes	T	49.47

Boys Frosh Soph 200m

1	Ellis	Cummings	SL	24.24
2	Aaron	Kim	CV	25.00
3	Nate	Han	CV	25.01
4	Mas	Mcnealey	SL	25.40
5	Carl	Cabrera	SL	25.89
6	Moner	Afschar	CV	26.64
7	Davin	Kaing	SL	26.64
8	Allen	Dudley	SL	26.73
9	Frankie	Cervantez	CV	26.76
10	Kapadia	Vishal	T	27.48
11	Louis	Pacheco	T	28.19
12	Allarin	Crawford	SL	28.93

Boys Varsity 200m

1	Robert	Batis	CV	23.01
new meet record; old SL record 22.9h				
Fredy Rice (CV) 2008				
2	CJ	Hamilton	CV	23.17
3	Kevin	Sarrico	CV	23.77
4	Jullian	Powers	T	25.90
5	Tim	Neagu	SL	26.71
6	Nick	Marino	CV	27.25
7	Jimmy	Quintanilla	CV	27.57
8	Lemar	Shabowaiz	T	28.02

Boys Frosh Soph 3200m

1	Stephen	Greer	SL	11.24.91
2	Gary	Lew	SL	11.25.85
3	Collyn	Lew	SL	12.03.97
4	Juan	Gonzales	SL	12.27.53

Boys Varsity 3200m

1	Edgar	Alvarado	SL	10.31.06
2	Norman	Weekes	CV	10.35.84
3	Erich	Coulter	CV	10.59.84
4	Matt	Neisse	SL	12.04.71
5	Tom	Ashby	CV	12.28.75
6	David	Fang	SL	13.51.44

Big Man Relay

1	CV	50.47
Mackey, Niksarian, ?, ?		
2	CV	50.83
Ayala, Eckel, Tomaz, Velasquez		
3	SSL	54.17
ione, Banbo, Sione, Sal		
4	CV	54.98
Bouchard, Tsang, Mason, Ashby		

5	SL	1.00.54
Morales, Natalie, Malcolm, Stevens		
6	CV	1.03.28
Shaw, ?, ?, ?		
7	?	1.04.05

Boys Frosh Soph 4x400m

1	SL	3.52.41
Contreras, McBride, Cummings,		
Obidiegwu		
2	CV	3.54.06
Afschar, Davis, Han, Chavez		
3	CV	4.00.07
Owyang, Ha, Berman, Wummer		
4	T	4.16.59
Dominguez, McFadden, Garcia, Butler		

Boys Varsity 4x400m

1	Evrado, Ruben, Bryant, Alex	
T	3.40.34	
2	Foster, Mackey, Niksarian, Sunga	
CV	3.41.90	
3	Alvarado, Tsang, Neiss, Greer	
SL	3.55.09	
4	Crump, Talley, Peek, Eversole	
CV	3.56.46	

Boys Frosh Soph Shot Put

1	Steven	Bowden	SL	38-11
2	Alex	West	CV	38-9
3	Christian	Chavez	CV	37-5
4	Tony	Carrick	CV	31-10

Boys Varsity Shot Put

1	Sione	Maile	SL	45-5.5
2	Jake	Eckel	CV	45-2
3	Banbo	Moronkola	SL	44-7
4	Malcolm	Nunn	SL	44-0
5	Andrew	Shaw	CV	39-4
6	Eric	Mason	CV	39-2
7	Niko	Tomaz	CV	38-4
8	Jeff	Bouchard	CV	37-2
9	Gaitin	Gilham	CV	37-2
10	Darren	Tsang	CV	36-5
11	Sione	Finau	SL	36-2
12	Chris	Sheehan	CV	35-3
13	Gabe	Aseron	SL	35-2
14	Alex	Vasquez	CV	34-10
15	Emmanuel	Barrera	CV	34-6
16	Demario	Gonzalez	T	33-7
17	Nick	Ayala	CV	32-5.5
18	Gabe	Orellana	T	31-5.5
19	Ganzalo	Morales	SL	30-9
20	Sal	Navarro	SL	30-2
21	Daniel	Murphy	CV	29-6
22	Joe	Ashby	CV	27-5

Boys Frosh Soph Discus

1	Alex	West	CV	92-1
2	Steven	Bowden	SL	87-8
3	Tony	Carrick	CV	77-7
4	Christian	Chavez	CV	61-6

Boys Varsity Discus

1	Sione	Maile	SL	140-0.5
2	Eric	Mason	CV	133-5
3	Jake	Eckel	CV	131-5
4	Niko	Tomaz	CV	124-5
5	Malcolm	Nunn	SL	115-3

6	Banbo	Moronkola	SL	107-8
7	Gabe	Aseron	SL	104-11
8	George	Gillham	CV	100-10
9	Ganzalo	Morales	SL	100-8
10	Emmanuel	Barrera	CV	99-1
11	Darren	Tsang	CV	98-6
12	Gabe	Orellana	T	95-7
13	Alex	Vasquez	CV	93-8
14	Chris	Sheehan	CV	90-4
15	Jeff	Bouchard	CV	89-3
16	Nick	Ayala	CV	79-7
17	Sione	Finau	SL	78-10
18	Andrew	Shaw	CV	78-1
19	Sal	Navarro	SL	75-8
20	Demario	Gonzalez	T	74-7
21	Daniel	Murphy	CV	71-3
22	Joe	Ashby	CV	71-0

Boys Frosh Soph Long Jump

1	Ben	Davis	CV	17-4
2	Jeremy	Linda	CV	17-4
3	Peter	Nouv	CV	17-2
4	Steven	Lu	CV	16-10
5	Yuya	Kono	CV	16-5
6	Matt	Mohammed	T	16-2
7	Carl	Cabrera	SL	16-1
8	Justina	Kaho	CV	15-8
9	Jordan	Chung	CV	15-5
10	Allen	Dudley	-	14-9
11	Johnny	Lou	SL	14-3

Boys Varsity Long Jump

1	Omodele	Adesanya	CV	20-5
2	Jimmy	Woodard	CV	18-6
3	Alex	Roache	T	17-8
4	Julian	Powers	T	17-4
5	Jimmy	Quintanilla	CV	16-6
6	Brian	Velasquez	CV	15-10.75
7	Reuben	Coronado	T	15-10
8	Antonio	Lorenzo	CV	14-0

Boys Frosh Soph Triple Jump

1	Ben	Davis	CV	39-4.5
new meet record; old SL record 37-9				
Chang Hyun (CV) 1986				
2	Allen	Dudley	-	33-7
3	Yuya	Kono	CV	33-3
4	Johnny	Lou	SL	32-5
5	Davin	Kaing	CV	29-4.5
6	Alarin	Crawford	CV	26-9

Boys Varsity Triple Jump

1	Omodele	Adesanya	CV	43-0
2	Barry	Owens	SL	39-3
3	Jimmy	Woodard	CV	38-10
4	Jimmy	Quintanilla	CV	34-1.5

Boys Frosh Soph High Jump

1	Kyrian	Obidiegwu	SL	5-4
2	Allen	Dudley	SL	4-4
3	Alarrin	Crawford	SL	4-2

Boys Varsity High Jump

1	Alvictor	Bradford	SL	5-6
2	Barry	Owens	SL	5-6
3	Solo	Diomande	CV	5-4

Boys Frosh Soph Pole Vault

1	Jordan	Laris	CV	10-6
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new meet record; old SL record 10-0

Kyle West (CV) 2006; ties T meet record
10-6 Dickson (T) 1964

2	Mike	Dangler III	CV	9-0
3	Nick	Wiegardt	CV	8-6

Boys Varsity Pole Vault

1	Erich	Coulter	CV	11-6
-	Andrew	Wiegardt	CV	NH
no third				

Girls' Results

Girls Frosh Soph 4x100m

1	CV	53.10
Lee, Chissell, Sacha, Highstreet		
new meet record; old SL record 54.2 (SL)		
2003; old T record 55.5 (CV) 2004		

2	CV	53.98
Barajas, Velasques, Gilchriese, M. Schneider		
3	SL	55.38

Girls Varsity 4x100m

1	CV	50.79
Rush, Miller, Alli, Martore		
new meet record; old SL record 50.8 CV		
2006; old T record 51.0 CV 1980		

2	SL	52.13
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Girls Frosh Soph 1600m

1	Emma	Picillo	CV	5:54.06
2	Samantha	Fong	CV	5:54.89
3	Krystie	Lee	SL	6:05.53
4	Priya	Chopra	CV	6:29.24
5	Cecelia	Ly-Peh	CV	6:39.67

Varsity Girls 1600m

1	Kelsey	Santisteban	CV	5:28.75
2	Nicole	Yang	CV	5:29.94
3	Ashley	Sutedja	CV	5:35.13
4	Marisa	Martines	CV	5:45.94
5	Elise	Wummer	CV	5:52.54
6	Aurora	Bailey	CV	5:53.33
7	Janet	Canela	SL	6:01.86
8	Jessica	Wong	SL	6:26.13
9	Cami	Bullins	SL	6:33.10
10	Blanca	Velasquez	CV	6:35.63
11	Tina	Kuang	SL	6:38.26
12	Winnie	Lei	SL	6:49.50
13	Shelline	Waldorf	CV	7:21.60

Girls Frosh Soph 100mH

1	Lidia	Barajas	CV	18.62
2	Arianna	Posey	CV	18.67
no third				

Varsity Girls 100mH

1	Monique	Aldridge	CV	16.50
2	Tanya	Simbra	CV	19.70
no third				

Girls Frosh Soph 400m

1	Chantee	Watson	SL	1:08.07
2	Elyse	Highstreet	CV	1:08.65
3	Rose	Muriithi	SL	1:14.38

Varsity Girls 400m

1	Chelsea	Schneider	CV	1:00.16
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new meet record; old SL record 61.3

Megan Lee (CV) 2006

2	Ayla	Granados	CV	1:03.23
3	Monique	Aldridge	CV	1:04.89
4	Aliyah	Wilkins	SL	1:06.34
5	Gigi	Jung	SL	1:07.81
6	Erica	Johnson	SL	1:13.35

Girls Frosh Soph 100m

1	Maya	Chissell	CV	13.53
new meet record; old T record 13.5h				
Melissa Gant (T) 2008				
2	Chelsea	Randall	SL	13.92
3	Monique	Sacha	CV	13.99
4	Christie	Le	SL	14.29
5	Melissa	Velasquez	CV	14.5
6	Crystal	Lee	CV	14.52
7	Julia	Ceniceros	CV	14.65
8	Julia	Velasquez	CV	15.36

Varsity Girls 100m

1	Jungoon	Chung	SL	13.40
2	Iesha	Rush	CV	13.60
3	Jasmine	Silva	SL	13.72
4	Melissa	Gant	T	13.78
5	Rebecca	Olmstead	T	14.78
6	Erica	Johnson	SL	14.85
7	Danielle	Harris	CV	15.22
8	Amanda	Gonzalez	CV	15.38
9	Kiani	Wilson	T	15.45

Girls Frosh Soph 800m

1	Samantha	Fong	CV	2:39.10
2	Emma	Picillo	CV	2:41.35
3	Cecolyn	Gilchriese	CV	2:42.59
4	Cecelia	Ly-Peh	CV	2:57.77

Varsity Girls 800m

1	Kelsey	Sanisteban	CV	2:24.44
new meet record; old SL record 2:27.0				
Haley Batis (CV) 2007				
2	Elise	Wummer	CV	2:25.81
3	Celeste	Martore	CV	2:38.46
4	Briann	Miller	CV	2:40.75
5	Marisa	Martines	CV	2:44.35
6	Janet	Canela	SL	2:49.64
7	Tobi	Alli	CV	2:49.75
8	Cami	Bullins	SL	2:54.31
9	Iesha	Rush	CV	2:54.93
10	Blanca	Velasquez	CV	2:55.17
11	Winnie	Lei	CSL	2:55.94
12	Jessica	Wong	SL	2:57.15
13	Tina	Kuang	SL	3:10.78

Girls Frosh Soph 300mH

1	Arianna	Posey	CV	52.79
new meet record; old SL record 53.8				
Janelle Jin (CV) 2006; old T record 53.9				
Alena LeBlanc (CV) 2005				
2	Lidia	Barajas	CV	53.93
no third				

Varsity Girls 300mH

1	Monique	Aldridge	CV	51.16
2	Tanya	Simbra	CV	52.73
no third				

Girls Frosh Soph 200m

1	Maya	Chissell	CV	28.12
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new meet record; old T record 28.8

Elizabeth Littlejohn (CV) 2004

2	Chelsea	Randall	SL	28.77
3	Monique	Sacha	CV	29.19
4	Marisa	Schneider	CV	29.23
5	Chantel	Watson	SL	30.58
6	Julia	Velasquez	CV	32.77

Varsity Girls 200m

1	Celeste	Martore	CV	27.50
2	Aliyah	Wilkins	SL	27.67
3	Megan	Lee	CV	28.18
4	Jazmyn	Silva	SL	28.26
5	Jungyoon	Chung	SL	28.54
6	Melissa	Gant	T	28.70
7	Gigi	Jung	SL	28.99
8	Tiffany	Furino	CV	29.71
9	Rebecca	Olmstead	T	32.83

Girls Frosh Soph 3200m

1	Priya	Chopra	CV	14:18.63
no second or third				

Varsity Girls 3200m

1	Nicole	Yang	CV	12:29.66
2	Ashley	Sutedja	CV	12:34.41
3	Aurora	Bailey	CV	13:05.50
4	Janet	Canela	SL	13:42.35
5	Jessica	Wong	SL	14:34.79
6	Tina	Kuang	SL	15:48.47

Thrower 4x100

1	CV	1:02.06
no names available		

Girls Frosh Soph 4x400m

1	SL	4:48.41
Le, Randall, Muriithi, Chantel		
no second or third		

Girls Varsity 4x400m

1	SL	4:35.80
Silva, Chung, Tran, Bullins		
no second or third		

Girls Frosh Soph Shot Put

1	Arianna	Posey	CV	29-10
new meet record; old SL & T record 28-5				
Alana Knight (CV) 2007				
2	Marissa	Schneider	CV	28-1
3	Sharissa	Wright	SL	27-10
4	Valeria	Morales	SL	20-7

Girls Varsity Shot Put

1	Alana	Knight	CV	31-7
2	Shelinne	Waldorf	CV	30-11
3	Lavinia	Ngatuvai	SL	30-6
4	Natalie	Bigman	SL	28-3.5
5	Meg	Strache	SL	26-6
6	Alyssia	Dudley	SL	26-6
7	Alma	Morales	SL	24-8
8	Astra	Birzniaks	CV	23-11
9	Juliana	Disher	CV	23-7
10	Kiani	Wilson	T	21-1
11	Tiffany	Furino	CV	20-3

Girls Frosh Soph Discus

1	Arianna	Posey	CV	76-11
2	Sharissa	Wright	SL	73-8.5

3	Valeria	Morales	SL	47-10	1	Summer	Harris	CV	7-0
					2	Jessie	Heuer	CV	6-6
					3	Summer	Harris	CV	6-0

Girls Varsity Discus

1	Noelle	Donnelly	CV	98-1
2	Lavinia	Ngatuvai	SL	98-0
3	Alana	Knight	CV	88-4
4	Natalie	Bigman	SL	85-0
5	Alyssia	Dudley	SL	71-11
6	Juliana	Disher	CV	70-4
7	Shelinne	Waldorf	CV	68-9
8	Astra	Birznieks	CV	66-9
9	Alma	Morales	SL	62-7
10	Meg	Strache	SL	61-0
11	Kiani	Wilson	T	46-2

Girls Frosh Soph Long Jump

1	Lidia	Barajas	CV	15-4
new meet record; old SL record 14-10				
Jessica Hendrix (CV) 2008; old T record				
14-1.5 Shannon Oates (CV) 1995				
2	Julia	Ceniceros	CV	14-3
3	Elyse	Highstreet	CV	13-8
4	Erica	Johnson	SL	13-5
5	Crysta	Lee	CV	12 7.75
6	Lisa	Umeh	CV	12-7
7	Julia	Velasquez	CV	12-5
8	Angelica	Morales	CV	10 '9

Girls Varsity Long Jump

1	Christina	Tran	SL	15-0
2	Tobi	Alli	CV	14-8
3	Cindy	Deng	SL	14-0
4	Danielle	Harris	CV	12-8
5	Husna	Maysam	CV	10-4

Girls Frosh Soph Triple Jump

1	Elyse	Highstreet	CV	34-0.5
new meet record; old SL record 31-0.5				
Lynnsey Jones (CV) 1997; old T record				
29-11.5 Maya Komadina (CV) 1995				
2	Julia	Ceniceros	CV	30-0
3	Julia	Velasquez	CV	29-8
4	Sarah	Gilchriese	SL	28-8
5	Rose	Muriithi	CV	28-3.5
6	Crystal	Lee	CV	27-8.5
7	Lisa	Umeh	CV	27-3

Girls Varsity Triple Jump

1	Brianna	Miller	CV	34-6
2	Cindy	Deng	SL	31-4
3	Cami	Bullins	SL	26-11

Girls Frosh Soph High Jump

1	Christie	Le	SL	4-2
-	Lisa	Umeh	CV	NH
no third				

Girls Varsity High Jump

1	Celeste	Martore	CV	4-6
2	Gigi	Jung	SL	4-0
no third				

Girls Frosh Soph Pole Vault

1	Emma	Piccillo	CV	6-6
2	Miranda	Britton	CV	6-6
3	Monica	Gamez	CV	6-0
4	Sarah	Gilchriese	CV	6-0

Girls Varsity Pole Vault

	GFS		GV	CV	SL	BFS	CV	SL	BV	CV	SL
	CV	SL		CV	SL		CV	SL		CV	SL
4x100	5	0		5	0		0	5		5	0
1600	8	1		9	0		3	6		6	3
High Hurdles	8	0		8	0		6	3		6	3
400m	3	6		9	0		3	6		9	0
100m	6	3		6	6		1	8		8	1
800m	9	0		9	0		0	9		3	6
300H	8	3		8	0		8	1		9	0
200	6	0		6	3		4	5		9	0
3200	5	5		9	0		0	9		4	5
4x400	0	1		0	5		0	5		5	0
SP	8	4		8	1		4	5		3	6
DT	5	0		6	3		6	3		4	5
LJ	9	0		3	6		9	9		9	0
TJ	9	5		5	4		6	3		6	3
HJ	<u>0</u>	<u>0</u>		<u>5</u>	<u>3</u>		<u>0</u>	<u>9</u>		<u>1</u>	<u>8</u>
	89	28		96	31		50	86		87	40

	SL	T		SL	T		SL	T		SL	T
4x100	5	0		5	0		5	0		0	5
1600	5	0		9	0		9	0		6	3
High Hurdles	0	0		0	0		4	5		8	0
400m	8	0		9	0		9	0		0	9
100m	8	0		8	1		9	0		5	4
800m	0	0		9	0		9	0		5	4
300H	0	0		0	0		8	1		5	3
200	8	0		9	0		9	0		3	6
3200	0	0		9	0		9	0		9	0
4x400	5	0		5	0		5	0		0	5
SP	8	0		9	0		5	0		9	0
DT	8	0		9	0		5	0		9	0
LJ	5	0		8	0		4	5		0	9
TJ	5	0		8	0		8	0		5	0
HJ	<u>5</u>	<u>0</u>		<u>5</u>	<u>0</u>		<u>9</u>	<u>0</u>		<u>8</u>	<u>0</u>
	70	0		102	1		107	11		72	48

	CV	T		CV	T		CV	T		CV	T
4x100	5	0		5	0		5	0		0	5
1600	9	0		9	0		9	0		9	0
High Hurdles	8	0		8	0		6	3		9	0
400m	9	0		9	0		8	0		4	5
100m	9	0		5	4		8	1		9	0
800m	9	0		9	0		8	1		1	8
300H	8	0		8	0		8	1		9	0
200	9	0		8	1		9	0		9	0
3200	5	0		9	0		0	0		9	0
4x400	0	0		0	0		5	0		0	5
SP	8	0		9	0		9	0		9	0
DT	5	0		9	0		9	0		9	0
LJ	9	0		9	0		9	0		8	1
TJ	9	0		5	0		9	0		9	0
HJ	<u>0</u>	<u>0</u>		<u>5</u>	<u>0</u>		<u>0</u>	<u>0</u>		<u>5</u>	<u>0</u>
	102	0		107	5		102	6		99	24

Tri-Meet 4/30/09
 Castro Valley-Tennyson-San Leandro
 Location: CVHS

Girls Frosh Soph 4x100m

Place	Time	First	Last	School
1	53.10	Marisa	Schneider	CV 'B'
2	53.98	Elise	Highstreet	CV 'A'
3	55.38		Murriithi	SL

Girls Varsity 4x100m

Place	Time	First	Last	School
1	50.79	Celeste	Martore	CV
2	52.13		Tran	SL

Girls Frosh Soph 1600m

Place	Time	First	Last	School
1	5.54.06	Emma	Piccillo	CV
2	5.54.89	Samantha	Fong	CV
3	6.05.53	Krystie	Lee	SL
4	6.29.24	Priya	Chopra	CV
5	6.39.67	Cecelia	Ly-Peh	CV

Varsity Girls 1600m

Place	Time	First	Last	School
1	5.28.75	Kelsey	Santisteban	CV
2	5.29.94	Nicole	Yang	CV
3	5.35.13	Ashley	Sutedja	CV
4	5.45.94	Marisa	Martines	CV
5	5.52.54	Elise	Wummer	CV
6	5.53.33	Aurora	Bailey	CV
7	6.01.86	Janet	Canela	SL
8	6.26.13	Jessica	Wong	SL
9	6.33.10	Cami	Bullins	SL
10	6.35.63	Blanca	Velasquez	CV
11	6.38.26	Tina	Kuang	SL
12	6.49.50	Winnie	Lei	SL
13	7.21.60	Shelline	Waldorf	CV

Girls Frosh Soph 100mH

Place	Time	First	Last	School
1	18.62	Lidia	Barajas	CV
2	18.67	Arianna	Posey	CV

Varsity Girls 100mH

Place	Time	First	Last	School
1	16.50	Monique	Aldridge	CV
2	19.70	Tanya	Simbra	CV

Girls Frosh Soph 400m

Place	Time	First	Last	School
1	1.08.07	Chantee	Watson	SL
2	1.08.65	Elyse	Highstreet	CV
3	1.14.38	Rosenancy	Muriithi	SL

Varsity Girls 400m

Place	Time	First	Last	School
1	1.00.16	Chelsea	Schneider	CV
2	1.03.23	Ayla	Granados	CV
3	1.04.89	Monique	Aldridge	CV
4	1.06.34	Aliyah	Wilkins	SL
5	1.07.81	Gigi	Jung	SL
6	1.13.35	Erica	Johnson	SL

Girls Frosh Soph 100m

Place	Time	First	Last	School
1	13.53	Maya	Chissell	CV
2	13.92	Chelsea	Randall	SL
3	13.99	Monique	Sacha	CV

4	14.29	Christie	Le	SL
5	14.50	Melissa	Velasquez	CV
6	14.52	Crystal	Lee	CV
7	14.65	Julia	Ceniceros	CV
8	15.36	Julia	Velasquez	CV

Varsity Girls 100m

Place	Time	First	Last	School
1	13.40	Jungioon	Chung	SL
2	13.60	Iesha	Rush	CV
3	13.72	Jasmine	Silva	SL
4	13.78	Melissa	Gant	T
5	14.78	Rebecca	Olmstead	T
6	14.85	Erica	Johnson	SL
7	15.22	Danielle	Harris	CV
8	15.38	Amanda	Gonzalez	CV
9	15.45	Kiani	Wilson	T

Girls Frosh Soph 800m

Place	Time	First	Last	School
1	2.39.10	Samantha	Fong	CV
2	2.41.35	Emma	Piccillo	CV
3	2.42.59	Carolyn	Gilchriese	CV
4	2.57.77	Cecelia	Ly-Peh	CV

Varsity Girls 800m

Place	Time	First	Last	School
1	2.24.44	Kelsey	Sanisteban	CV
2	2.25.81	Elise	Wummer	CV
3	2.38.46	Celeste	Martore	CV
4	2.40.75	Briann	Miller	CV
5	2.44.35	Marisa	Martines	CV
6	2.49.64	Janet	Carela	SL
7	2.49.75	Tobi	Alli	CV
8	2.54.31	Cami	Bullins	SL
9	2.54.93	Iesha	Rush	CV
10	2.55.17	Blanca	Velasquez	CV
11	2.55.94	Winnie	Lei	CSL
12	2.57.15	Jessica	Wong	SL
13	3.10.78	Tina	Kuang	SL

Girls Frosh Soph 300mH

Place	Time	First	Last	School
1	52.79	Arianna	Posey	CV
2	53.93	Lidia	Barajas	CV

Varsity Girls 300mH

Place	Time	First	Last	School
1	51.16	Monique	Aldridge	CV
2	52.73	Tanya	Simbra	CV

Girls Frosh Soph 200m

Place	Time	First	Last	School
1	28.12	Maya	Chissell	CV
2	28.77	Chelsea	Randall	SL
3	29.19	Monique	Sacha	CV
4	29.23	Marisa	Schneider	CV
5	30.58	Chantel	Watson	SL
6	32.77	Julia	Velasquez	CV

Varsity Girls 200m

Place	Time	First	Last	School
1	27.50	Celeste	Martore	CV
2	27.67	Aliyah	Wilkins	SL
3	28.18	Megan	Lee	CV
4	28.26	Jazmyn	Silva	SL
5	28.54	Jungyoon	Chung	SL
6	28.70	Melissa	Gant	T
7	28.99	Gigi	Jung	SL

8	29.71	Tiffany	Furino	CV
9	32.83	Rebecca	Olmstead	T

Girls Frosh Soph 3200m

Place	Time	First	Last	School
1	14.18.63	Priya	Chopra	CV

Varsity Girls 3200m

Place	Time	First	Last	School
1	12.29.66	Nicole	Yang	CV
2	12.34.41	Ashley	Sutedja	CV
3	13.05.50	Aurora	Bailey	CV
4	13.42.35	Janet	Carela	SL
5	14.34.79	Jessica	Wong	SL
6	15.48.47	Tina	Kuang	SL

Thrower 4x100

Place	Time	First	Last	School
1	1.02.06	Knight		CV

Girls Frosh Soph 4x400m

Place	Time	First	Last	School
1	4.48.41	Le, Randall,	Muriithi, Chantel	

Girls Varsity 4x400m

Place	Time	First	Last	School
1	4.35.8	Silva, Chung,	Tran, Bullins	SL

Girls Frosh Soph Shot Put

Place	Mark	First	Last	School
1	29' 10"	Arianna	Posey	CV
2	28' 1"	Marissa	Schneider	CV
3	27' 10"	Sharissa	Wright	SL
4	20' 7"	Valeria	Morales	SL

Girls Varsity Shot Put

Place	Mark	First	Last	School
1	31' 7"	Alana	Knight	CV
2	30' 11"	Shelinne	Waldorf	CV
3	30' 6"	Lavinia	Ngatuvai	SL
4	28' 3.5"	Natalie	Bigman	SL
5	26' 6"	Meg	Strache	SL
6	26' 6"	Alyssia	Dudley	SL
7	24' 8"	Alma	Morales	SL
8	23' 11"	Astra	Birznieks	CV
9	23' 7"	Juliana	Disher	CV
10	21' 1"	Kiani	Wilson	T
11	20' 3"	Tiffany	Furino	CV

Girls Frosh Soph Discus

Place	Mark	First	Last	School
1	76' 11"	Arianna	Posey	CV
2	73' 8.5"	Sharissa	Wright	SL
3	47' 10"	Valeria	Morales	SL

Girls Varsity Discus

Place	Mark	First	Last	School
1	98' 1"	Noelle	Donnelly	CV
2	98' 0"	Lavinia	Ngatuvai	SL
3	88' 4"	Alana	Knight	CV
4	85' 0"	Natalie	Bigman	SL
5	71' 11"	Alyssia	Dudley	SL
6	70' 4"	Juliana	Disher	CV
7	68' 9"	Shelinne	Waldorf	CV
8	66' 9"	Astra	Birznieks	CV
9	62' 7"	Alma	Morales	SL
10	61' 0"	Meg	Strache	SL
11	46' 2"	Kiani	Wilson	T

Girls Frosh Soph Long Jump

Place	Mark	First	Last	School
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1	15' 4"	Lidia	Barajas	CV
2	14' 3"	Julia	Ceniceros	CV
3	13' 8"	Elyse	Highstreet	CV
4	13' 5"	Erica	Johnson	SL
5	12" 7.75"	Crysta	Lee	CV
6	12' 7"	Lisa	Umeh	CV
7	12' 5"	Julia	Velasquez	CV
8	10' 9"	Angelica	Morales	CV

Girls Varsity Long Jump

Place	Mark	First	Last	School
1	15' 0"	Christina	Tran	SL
2	14' 8"	Tobi	Alli	CV
3	14' 0"	Cindy	Deng	SL
4	12' 8"	Danielle	Harris	CV
5	10' 4"	Husna	Maysam	CV

Girls Frosh Soph Triple Jump

Place	Mark	First	Last	School
1	34' 0.5"	Elyse	Highstreet	CV
2	30' 0"	Julia	Ceniceros	CV
3	29' 8"	Julia	Velasquez	CV
4	28' 8"	Sarah	Gilchriese	SL
5	28' 3.5"	Rose Nancy		Muriithi CV
6	27' 8.5"	Crystal	Lee	CV
7	27' 3"	Lisa	Umeh	CV

Girls Varsity Triple Jump

Place	Mark	First	Last	School
1	34' 6"	Brianna	Miller	CV
2	31' 4"	Cindy	Deng	SL
3	26' 11"	Cami	Bullins	SL

Girls Frosh Soph High Jump

Place	Mark	First	Last	School
1	4' 2"	Christie	Le	SL
-	NM	Lisa	Umeh	CV

Girls Varsity High Jump

Place	Mark	First	Last	School
1	4' 6"	Celeste	Martore	CV
2	4' 4"	Gigi	Jung	SL

Girls Frosh Soph Pole Vault

Place	Mark	First	Last	School
1	6' 6"	Emma	Picillo	CV
2	6' 6"	Miranda	Britton	CV
3	6' 0"	Monica	Gamez	CV
4	6' 0"	Sarah	Gilchriese	CV

Girls Varsity Pole Vault

Place	Mark	First	Last	School
1	7' 0"	Summer	Harris	CV
2	6' 6"	Jessie	Heuer	CV
3	6' 0"	Summer	Harris	CV

Boys Frosh Soph 4x100m				
Place	Time	First	Last	School
1	45.72		Obidiegwu	SL
2	46.54		Joung	CV
3	48.31		Braga	T
4	DQ	Ben	Davis	CV

Boys Varsity 4x100m				
Place	Time	First	Last	School
1	45.24			T
2	45.52	Kevin	Sarrico	CV
3	46.70			SL

Boys Frosh Soph 1600m				
Place	Time	First	Last	School
1	4.55.02	Stephen	Greer	SL
2	4.55.93	Juan	Berman	CV
3	4.55.98	Gary	Lew	SL
4	4.59.88	Greg	Owyang	CV
5	5.17.04	Callyn	Lee	SL
6	5.29.55	Juan	Gonzalez	SL
7	5.35.09	Simon	Tsang	SL
8	5.40.09	Jonathan	Wummer	CV
9	5.44.83	Robert	Barney	CV
10	5.44.75	Damian	Lee	T

Boys Varsity 1600m				
Place	Time	First	Last	School
1	4.38.40	Norman	Weekes	CV
2	4.40.10	Edgar	Alvarado	SL
3	4.43.46	Ben	Eversole	CV
4	4.44.86	Tom	Ashby	CV
5	4.51.04	Anthony	Martore	CV
6	4.54.21	Bryant	Luong	T
7	4.54.76	Sulayman	Diomande	CV
8	4.55.02	Stephen	Greer	SL
9	4.59.40	Vince	Talley	CV
10	5.01.28	Matt	Crump	CV
11	5.10.20	Scott	Peek	CV
12	5.16.71	Jose	Reyes	T
13	5.33.37	Alex	Manzo	T
14	5.35.09	Simon	Tsang	SL
15	6.01.25	David	Fong	SL
16	6.31.39	Franco	Cervantes	T

Boys Frosh Soph 110mH				
Place	Time	First	Last	School
1	17.50	Kwame	Hudson	CV
2	17.74	Hulston	Butler	T
3	19.31	Howard	Chou	SL
4	20.40	Jordan	Laris	CV
5	20.80	Shaquille	Woods	SL
6	21.05	Johnny	Lau	SL
7	21.34	Luis	Pacheco	T
8	21.46	Nick	Weigardt	CV
9	22.03	Matt	Muhammud	T

Boys Varsity 110mH				
Place	Time	First	Last	School
1	14.88	Maurice	Valentine	CV
2	15.24		Wilson	SL
3	15.79	Jordan	Mackey	CV
4	17.09	Adam	Nikssarian	CV

5 17.61 Colonel Monroe SL

Boys Frosh Soph 400m				
Place	Time	First	Last	School
1	55.68	Kyrian	Obidiegwu	SL
2	56.55	Cristian	Chavez	CV
3	58.23	Jose	Contreras	SL
4	1.00.54	Davin	Kaing	SL
5	1.02.64	Brian	Zhang	CV

Boys Varsity 400m				
Place	Time	First	Last	School
1	51.87	Alex	Roache	T
2	52.72	Solo	Diomande	CV
3	52.85	Alex	Foster	CV
4	53.02	Marvin	Towles	T
5	54.99	Cameron	Merriweather	CV
6	57.37	Rueben	Coranado	T
7	59.06	Torrance	Shklin	T

Boys Frosh Soph 100m				
Place	Time	First	Last	School
1	11.83	Ellis	Cummings	SL
2	11.96	Andre	McBride	SL
3	12.29	Nate	Han	CV
4	12.40	Steven	Lu	CV
5	12.49	Carl	Cabrera	SL
6	12.50	John Paul	Braga	T
7	12.59	Allen	Dudley	SL
8	13.00	Frankie	Cervantez	CV
9	13.06	Ernie	Garcia	T
10	13.06	Vishal	Kapadia	T
11	13.16	Jose	Dominguez	T
12	13.38	Nick	Pagebutter	T
13	13.55	Jordan	McFadden	T

Boys Varsity 100m				
Place	Time	First	Last	School
1	11.26	Damian	Rosby	CV
2	11.81	Chris	Hamilton	CV
3	12.11	Anictor	Bradford	SL
4	12.47	Nick	Ayala	CV
5	12.54	Chris	Sigler	CV
6	12.7	Nick	Marino	CV
7	12.79	Jullian	Powers	T
8	13.29	Tim	Neagu	SL
9	13.59	Shabowaiz	Lemar	T

Boys Frosh Soph 800m				
Place	Time	First	Last	School
1	2.11.94	Stephen	Greer	SL
2	2.18.40	Gary	Lew	SL
3	2.20.65	Jose	Contreras	SL
4	2.20.95	Greg	Owyang	CV
5	2.22.97	John	La	CV
6	2.27.68	Collyn	Le	SL
7	2.32.52	Juan	Gonzalez	SL
8	2.33.55	Damian	Lee	T
9	2.38.18	Jon	Wummer	CV

Boys Varsity 800m				
Place	Time	First	Last	School
1	2.06.08	Edgar	Alvarado	SL

2	2.11.63	Everado	Villalobos	T
3	2.13.05	Bryant	Luong	T
4	2.13.33	Vince	Talley	CV
5	2.15.08	Simon	Tsang	SL
6	2.18.64	Matt	Crump	CV
7	2.22.35	Scott	Peek	CV
8	2.23.34	Matt	Neisse	SL
9	2.42.11	David	Fang	SL
10	2.58.74	Franco	Cervantes	T

Boys Frosh Soph 300mH

Place	Time	First	Last	School
1	45.07	Kwame	Hudson	CV
2	47.53	Jordan	Laris	CV
3	48.83	Howard	Chen	SL
4	49.37	Shaquille	Woods	SL
5	49.75	John Paul	Bragg	T
6	50.29	Dwayne	Bracy	CV
7	50.35	Johnny	Lau	SL
8	51.28	Jose	Dominguez	T
9	51.52	Nick	Wiegardt	CV
10	51.85	Matt	Muhammad	T

Boys Varsity 300mH

Place	Time	First	Last	School
1	42.6	Jordan	Mackey	CV
2	43.33	Maurice	Valentine	CV
3	43.95	Adam	Nikssarian	CV
4	48.25	Dezmon	Monroe	SL
5	49.47	Jose	Reyes	T

Boys Frosh Soph 200m

Place	Time	First	Last	School
1	24.24	Ellis	Cummings	SL
2	25.00	Aaron	Kim	CV
3	25.01	Nate	Han	CV
4	25.40	Mas	Mcnealey	SL
5	25.89	Carl	Cabrera	SL
6	26.64	Moner	Afschar	CV
7	26.64	Davin	Kaing	SL
8	26.73	Allen	Dudley	SL
9	26.76	Frankie	Cervantez	CV
10	27.48	Kapadia	Vishal	T
11	28.19	Louis	Pacheco	T
12	28.93	Allarin	Crawford	SL

Boys Varsity 200m

Place	Time	First	Last	School
1	23.01	Robert	Batis	CV
2	23.17	CJ	Hamilton	CV
3	23.77	Kevin	Sarrico	CV
4	25.90	Jullian	Powers	T
5	26.71	Tim	Neagu	SL
6	27.25	Nick	Marino	CV
7	27.57	Jimmy	Quintanilla	CV
8	28.02	Lemar	Shabowaiz	T

Boys Frosh Soph 3200m

Place	Time	First	Last	School
1	11.24.91	Stephen	Greer	SL
2	11.25.85	Gary	Lew	SL
3	12.03.97	Collyn	Lew	SL
4	12.27.53	Juan	Gonzales	SL

Boys Varsity 3200m

Place	Time	First	Last	School
1	10.31.06	Edgar	Alvarado	SL
2	10.35.84	Norman	Weekes	CV
3	10.59.84	Erich	Coulier	CV
4	12.04.71	Matt	Neisse	SL
5	12.28.75	Tom	Ashby	CV
6	13.51.44	David	Fang	SL

Big Man Relay

Place	Time	First	Last	School
1	50.47	Mackey, Niksarian		CV
2	50.83	Ayala, Eckel, Tomaz, Velasquez		
CV				
3	54.17	Sione, Banbo, Sione, Sal		SL
4	54.98	Bouchard, Tsang, Mason, Ashby		
CV				
5	1.00.54	Morales, Natalie, Malcolm, Stevens		
SL				
6	1.03.28	Shaw		CV
7	1.04.05			?

Boys Frosh Soph 4x400m

Place	Time	First	Last	School
1	3.52.41	Contreras, McBride, Cummings, Obidiegwu		SL
2	3.54.06	Afschar, Davis, Han, Chavez		
CV				
3	4.00.07	Owyang, Ha, Berman, Wummer		
CV				
4	4.16.59	Dominguez, McFadden, Garcia, Butler		T

Boys Varsity 4x400m

Place	Time	First	Last	School
1	3.40.34	Evrado, Ruben, Bryant, Alex		
T				
2	3.41.90	Foster, Mackey, Nikssarian, Sunga		
CV				
3	3.55.09	Alvarado, Tsang, Neiss, Greer		
SL				
4	3.56.46	Crump, Talley, Peek, Eversole		
CV				

Boys Frosh Soph Shot Put

Place	Mark	First	Last	School
1	38' 11"	Steven	Bowden	SL
2	38' 9"	Alex	West	CV
3	37' 5"	Christian	Chavez	CV
4	31' 10"	Tony	Carrick	CV

Boys Varsity Shot Put

Place	Mark	First	Last	School
1	45' 5.5"	Sione	Maile	SL
2	45' 2"	Jake	Eckel	CV
3	44' 7"	Banbo	Moronkola	SL
4	44' 0"	Malcolm	Nunn	SL
5	39' 4"	Andrew	Shaw	CV
6	39' 2"	Eric	Mason	CV
7	38' 4"	Niko	Tomaz	CV
8	37' 2"	Jeff	Bouchard	CV
9	37' 2"	Gaitin	Gilham	CV
10	36' 5"	Darren	Tsang	CV
11	36' 2"	Sione	Finau	SL

12	35' 3"	Chris	Sheehan	CV
13	35' 2"	Gabe	Aseron	SL
14	34' 10"	Alex	Vasquez	CV
15	34' 6"	Emmanuel	Barrera	CV
16	33' 7"	Demario	Gonzalez	T
17	32' 5.5"	Nick	Ayala	CV
18	31' 5.5"	Gabe	Orellana	T
19	30' 9"	Ganzalo	Morales	SL
20	30' 2"	Sal	Navarro	SL
21	29' 6"	Daniel	Murphy	CV
22	27' 5"	Joe	Ashby	CV

Boys Frosh Soph Discus

Place	Mark	First	Last	School
1	92' 1"	Alex	West	CV
2	87' 8"	Steven	Bowden	SL
3	77' 7"	Tony	Carrick	CV
4	61' 6"	Christian	Chavez	CV

Boys Varsity Discus

Place	Mark	First	Last	School
1	140' 0.5"	Sione	Maile	SL
2	133' 5"	Eric	Mason	CV
3	131' 5"	Jake	Eckel	CV
4	124' 5"	Niko	Tomaz	CV
5	115' 3"	Malcolm	Nunn	SL
6	107' 8"	Banbo	Moronkola	SL
7	104' 11"	Gabe	Aseron	SL
8	100' 10"	George	Gillham	CV
9	100' 8"	Ganzalo	Morales	SL
10	99' 1"	Emmanuel	Barrera	CV
11	98' 6"	Darren	Tsang	CV
12	95' 7"	Gabe	Orellana	T
13	93' 8"	Alex	Vasquez	CV
14	90' 4"	Chris	Sheehan	CV
15	89' 3"	Jeff	Bouchard	CV
16	79' 7"	Nick	Ayala	CV
17	78' 10"	Sione	Finau	SL
18	78' 1"	Andrew	Shaw	CV
19	75' 8"	Sal	Navarro	SL
20	74' 7"	Demario	Gonzalez	T
21	71' 3"	Daniel	Murphy	CV
22	71' 0"	Joe	Ashby	CV

Boys Frosh Soph Long Jump

Place	Mark	First	Last	School
1	17' 4"	Ben	Davis	CV
2	17' 4"	Jeremy	Linda	CV
3	17' 2"	Peter	Nouv	CV
4	16' 10"	Steven	Lu	CV
5	16' 5"	Yuya	Kono	CV
6	16' 2"	Matt	Mohammed	T
7	16' 1"	Carl	Cabrera	SL
8	15' 8"	Justina	Kaho	CV
9	15' 5"	Jordan	Chung	CV
10	14' 9"	Allen	Dudley	-
11	14' 3"	Johnny	Lou	SL

Boys Varsity Long Jump

Place	Mark	First	Last	School
1	20' 5"	Omodele	Adesanya	CV
2	18' 6"	Jimmy	Woodard	CV
3	17' 8"	Alex	Roache	T
4	17' 4"	Julian	Powers	T

5	16' 6"	Jimmy	Quintanilla	CV
6	15' 10.75"	Brian	Velasquez	CV
7	15' 10"	Reuben	Coronado	T
8	14' 0"	Antonio	Lorenzo	-

Boys Frosh Soph Triple Jump

Place	Mark	First	Last	School
1	39' 4.5"	Ben	Davis	CV
2	33' 7"	Allen	Dudley	-
3	33' 3"	Yuya	Kono	CV
4	32' 5"	Johnny	Lou	SL
5	29' 4.5"	Davin	Kaing	CV
6	26' 9"	Alarin	Crawford	CV

Boys Varsity Triple Jump

Place	Mark	First	Last	School
1	43' 0"	Omodele	Adesanya	CV
2	39' 3"	Barry	Owens	SL
3	38' 10"	Jimmy	Woodard	CV
4	34' 1.5"	Jimmy	Quintanilla	CV

Boys Frosh Soph High Jump

Place	Mark	First	Last	School
1	5' 4"	Kyrian	Obidiegwu	SL
2	4' 4"	Allen	Dudley	SL
3	4' 2"	Alarin	Crawford	SL

Boys Varsity High Jump

Place	Mark	First	Last	School
1	5' 6"	Alvictor	Bradford	SL
2	5' 6"	Barry	Owens	SL
3	5' 4"	Solo	Diomande	CV

Boys Frosh Soph Pole Vault

Place	Mark	First	Last	School
1	10' 6"	Jordan	Laris	CV
2	9' 0"	Mike	Dangler III	CV
3	8' 6"	Nick	Wiegardt	CV

Boys Varsity Pole Vault

Place	Mark	First	Last	School
1	11' 6"	Erich	Coulter	CV
-	NH	Andrew	Wiegardt	CV

Mens Results

100 Meters - Varsity - Finals

1	Damion Rosby	11.26a	10
2	CJ Hamilton	11.81a	10
4	Nicholas Ayala	12.47a	11
5	Chris Sigler	12.54a	11
6	Nicolas Marino	12.72a	11

100 Meters - Frosh/Soph - Finals

3	Nate Han	12.29a	10
4	Steven Lu	12.40a	10
8	Francisco Cervantez	13.00a	9

100 Meters - Relay Split - Frosh/Soph - Finals

	Aaron Kim	10.47	10
	Cristian Chavez	11.09	10
	Joon Joung	11.32	10
	Nate Han	11.32	10
	Steven Lu	12.44	10
	Alex West	12.48	10
	Dwayne Bracy	13.39	10

200 Meters - Varsity - Finals

1	Robert Batis	23.01a	10
2	CJ Hamilton	23.17a	10
3	Kevin Sarrico	23.77a	12
6	Nicolas Marino	27.25a	11
7	Jimmy Quintanilla	27.57a	11

200 Meters - Frosh/Soph - Finals

2	Aaron Kim	25.00a	10
3	Nate Han	25.01a	10
6	Moner Afshar	26.64a	10
9	Francisco Cervantez	26.76a	9

400 Meters - Varsity - Finals

2	Sulayman Diomande	52.72a	10
3	Alexander Foster	52.85a	10
5	Cameron Merriweather	54.99a	11

400 Meters - Frosh/Soph - Finals

2	Cristian Chavez	56.55a	10
5	Brian Zhang	62.64a	9

400 Meters - Relay Split - Varsity - Finals

	Alexander Foster	53.86	10
	Solo Diomande	55.0	So
	Jordan Mackey	55.9	12
	Adam Nikssarian	56.8	12
	Scott Peek	58.1	11
	Ben Eversole	59.6	10
	Gregory Owyang	61.0	10
	Vince Talley	61.1	11

400 Meters - Relay Split - Frosh/Soph - Finals

	Juan Berman	58.48	10
	Nate Han	59.35	10
	Cristian Chavez	60.47	10
	Johnathan La	60.6	10

800 Meters - Varsity - Finals

4	Vince Talley	2:13.33a	11
6	Matthew Crump	2:18.64a	11
7	Scott Peek	2:22.35a	11

800 Meters - Frosh/Soph - Finals

4	Gregory Owyang	2:20.95a	10
5	Johnathan La	2:22.97a	10
9	Jonathan Wummer	2:38.18a	

1600 Meters - Varsity - Finals

1	Norman Weekes	4:38.40a	11
3	Ben Eversole	4:43.46a	10
4	Tom Ashby	4:44.86a	11
5	Anthony Martore	4:51.04a	10

7	Sulayman Diomande	4:54.76a	10
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9	Vince Talley	4:59.40a	11
10	Matthew Crump	5:01.28a	11
11	Scott Peek	5:10.20a	11

1600 Meters - Frosh/Soph - Finals

2	Juan Berman	4:55.93a	10
4	Gregory Owyang	4:59.88a	10
8	Jonathan Wummer	5:40.09a	9
9	Robert Barney	5:44.83a	9

3200 Meters - Varsity - Finals

2	Norman Weekes	10:35.84a	11
3	Eric Coulter	10:59.84a	10
5	Tom Ashby	12:28.75a	11

110m Hurdles - 39" - Varsity - Finals

1	Maurice Valentine, Jr	14.88a	12
3	Jordan Mackey	15.79a	12
4	Adam Nikssarian	17.09a	12

110m Hurdles - 39" - Frosh/Soph - Finals

1	Kwame Hudson	17.50a	10
4	Jordan Laris	20.40a	10
8	Nick Wiegardt	21.46a	10

300m Hurdles - 36" - Varsity - Finals

1	Jordan Mackey	42.6	12
2	Maurice Valentine, Jr	43.33a	12
3	Adam Nikssarian	43.95a	12

300m Hurdles - 36" - Frosh/Soph - Finals

1	Kwame Hudson	45.07a	10
2	Jordan Laris	47.53a	10
6	Dwayne Bracy	50.29a	10
9	Nick Wiegardt	51.52a	10

4x100 Relay - Varsity - Finals

2	Nicolas Marino	
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Omodele Adesanya

Cameron Merriweather

Kevin Sarrico 45.52a

4x100 Relay - Frosh/Soph - Finals

2	Joon Joung	
---	------------	--

Aaron Kim

Alex West

Nate Han 46.54a

Dwayne Bracy

Cristian Chavez

Steven Lu

Ben Davis DQ

4x400 Relay - Varsity - Finals

2	Adam Nikssarian	
---	-----------------	--

Jordan Mackey

Solo Diomande

Alexander Foster 3:41.90a

4 Ben Eversole

Scott Peek

Vince Talley

Gregory Owyang 3:56.46a

4x400 Relay - Frosh/Soph - Finals

2	Nate Han	
---	----------	--

Cristian Chavez

Moner Afshar

Ben Davis 3:54.06a

9 3 Juan Berman

Johnathan La

Jonathan Wummer

Gregory Owyang 4:00.07a

Shot Put - 10lb - Frosh/Soph - Finals

2	Alex West	38'9	10
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3	Cristian Chavez	37'5	10	
4	Tony Carrick	31'10	10	
Shot Put - 12lb - Varsity - Finals				
2	Jacob Eckel	45'5.5	11	
5	Andrew Shaw	39'4	11	
6	Eric Mason	39'2	11	
7	Niko Tomaz	38'4	11	
8	Jeff Bouchard	37'2	11	
9	George Gilham	37'2	11	
10	Darren Tsang	36'5	12	
12	Chris Sheehan	35'3	12	
14	Alex Vasquez	34'10	11	
15	Emmanuel Barrera	34'6	11	
17	Nicholas Ayala	32'5.5	11	
21	Daniel Murphy	29'6	11	
22	Joe Ashby	27'5	11	
Discus - 1.6kg - Varsity - Finals				
2	Eric Mason	133'5	11	
3	Jacob Eckel	131'5	11	
4	Niko Tomaz	124'5	11	
8	George Gilham	100'10	11	
10	Emmanuel Barrera	99'1	11	
11	Darren Tsang	98'6	12	
13	Alex Vasquez	93'8	11	
14	Chris Sheehan	90'4	12	
15	Jeff Bouchard	89'3	11	
16	Nicholas Ayala	79'7	11	
18	Andrew Shaw	78'1	11	
21	Daniel Murphy	71'3	11	
22	Joe Ashby	71'0	11	
Discus - 1.6kg - Frosh/Soph - Finals				
1	Alex West	92'1	10	
3	Tony Carrick	77'7	10	
4	Cristian Chavez	61'6	10	
High Jump - Varsity - Finals				
3	Solo Diomande	5'4	So	
Pole Vault - Varsity - Finals				
1	Eric Coulter	11'6	10	
	Andrew Wiegardt	NH	11	
Pole Vault - Frosh/Soph - Finals				
1	Jordan Laris	10'6	10	
2	Michael Dangler	9'0	9	
3	Nick Wiegardt	8'6	10	
Long Jump - Varsity - Finals				
1	Omodele Adesanya	20'5	12	
2	Jimmy Woodard	18'6	11	
5	Jimmy Quintanilla	16'6	11	
6	Brian Velasquez	15'10.75	11	
Long Jump - Frosh/Soph - Finals				
1	Ben Davis	17'4	10	
2	Jeremy Linda	17'4	10	
3	Peter Nouv	17'2	9	
4	Steven Lu	16'10	10	
5	Yuya Kono	16'5	9	
9	Jordan Chung	15'5	10	
Triple Jump - Varsity - Finals				
1	Omodele Adesanya	43'0	12	
3	Jimmy Woodard	38'10	11	
4	Jimmy Quintanilla	34'1.5	11	
Triple Jump - Frosh/Soph - Finals				
1	Ben Davis	39'4.5	10	
3	Yuya Kono	33'3	9	

Womens Results

100 Meters - Varsity - Finals				
2	Iesha Rush	13.60a	12	
7	Danielle Harris	15.22a	12	
8	Amanda Gonzales	15.38a	12	
100 Meters - Frosh/Soph - Finals				
1	Maya Chissell	13.53a	9	
3	Monique Sacha	13.99a	10	
5	Melissa Velasquez	14.50a	10	
6	Crystal Lee	14.52a	10	
7	Julia Cenicerros	14.65a	10	
8	Julia Velasquez	15.36a	10	
100 Meters - Relay Split - Frosh/Soph - Finals				
	Lidia Barajas	12.98	10	
	Melissa Velasquez	13.02	10	
	Marisa Schneider	13.41	10	
	Carolyn Gilchriese	14.77	10	
200 Meters - Varsity - Finals				
1	Celeste Martore	27.50a	9	
3	Megan Lee	28.18a	12	
8	Tiffany Furino	29.71a	11	
200 Meters - Frosh/Soph - Finals				
1	Maya Chissell	28.12a	9	
3	Monique Sacha	29.19a	10	
4	Marisa Schneider	29.23a	10	
6	Julia Velasquez	32.77a	10	
400 Meters - Varsity - Finals				
1	Chelsea Schneider	60.16a	11	
2	Ayla Granados	63.23a	12	
3	Monique Aldridge	64.89a	11	
400 Meters - Frosh/Soph - Finals				
2	Elyse Highstreet	68.65a	9	
800 Meters - Varsity - Finals				
1	Kelsey Santisteban	2:24.44a	10	
2	Elise Wummer	2:25.81a	11	
3	Celeste Martore	2:38.46a	9	
4	Brianna Miller	2:40.75a	10	
5	Marisa Martines	2:44.35a	10	
7	Taofeqat Alli	2:49.75a	11	
9	Iesha Rush	2:54.93a	12	
10	Blanca Velasquez	2:55.17a	11	
800 Meters - Frosh/Soph - Finals				
1	Samantha Fong	2:39.10a	9	
2	Emma Piccillo	2:41.35a	10	
3	Carolyn Gilchriese	2:42.59a	10	
4	Cecelia Ly-Peh	2:57.77a	10	
1600 Meters - Varsity - Finals				
1	Kelsey Santisteban	5:28.75a	10	
2	Nicole Yang	5:29.94a	11	
3	Ashley Sutedja	5:35.13a	11	
4	Marisa Martines	5:45.94a	10	
5	Elise Wummer	5:52.54a	11	
6	Aurora Bailey	5:53.33a	9	
10	Blanca Velasquez	6:35.63a	11	
13	Shelline Waldorf	7:21.60a	12	
1600 Meters - Frosh/Soph - Finals				
1	Emma Piccillo	5:54.06a	10	
2	Samantha Fong	5:54.89a	9	
4	Priya Chopra	6:29.24a	9	
5	Cecelia Ly-Peh	6:39.67a	10	
3200 Meters - Varsity - Finals				
1	Nicole Yang	12:29.66a	11	
2	Ashley Sutedja	12:34.41a	11	
3	Aurora Bailey	13:05.50a	9	
3200 Meters - Frosh/Soph - Finals				

1	Priya Chopra	14:18.63a	9
100m Hurdles - 33" - Varsity - Finals			
1	Monique Aldridge	16.50a	11
2	Tanya Simbra	19.70a	11
100m Hurdles - 33" - Frosh/Soph - Finals			
1	Lidia Barajas	18.62a	10
2	Arianna Posey	18.67a	10
300m Hurdles - 30" - Varsity - Finals			
1	Monique Aldridge	51.16a	11
2	Tanya Simbra	52.73a	11
300m Hurdles - 30" - Frosh/Soph - Finals			
1	Arianna Posey	52.79a	10
2	Lidia Barajas	53.93a	10
4x100 Relay - Varsity - Finals			
1	Ilesha Rush		
	Brianna Miller		
	Taofeqat Alli		
	Celeste Martore	50.79a	
4x100 Relay - Frosh/Soph - Finals			
1	Crystal Lee		
	Maya Chissell		
	Monique Sacha		
	Elyse Highstreet	53.10a	
2	Lidia Barajas		
	Melissa Velasquez		
	Carolyn Gilchriese		
	Marisa Schneider	53.98a	
Shot Put - 4kg - Varsity - Finals			
1	Alana Knight	31'7	11
2	Shelline Waldorf	30'11	12
8	Astra Birznieks	23'11	11
9	Juliana Disher	23'7	11
11	Tiffany Furino	20'3	11
Shot Put - 4kg - Frosh/Soph - Finals			
1	Arianna Posey	29'10	10
2	Marisa Schneider	28'1	10
Discus - 1kg - Varsity - Finals			
1	Noelle Donnelly	98'1	9
3	Alana Knight	88'4	11
6	Juliana Disher	70'4	11
7	Shelline Waldorf	68'9	12
8	Astra Birznieks	66'9	11
Discus - 1kg - Frosh/Soph - Finals			
1	Arianna Posey	76'11	10
High Jump - Varsity - Finals			
1	Celeste Martore	4'6	9
High Jump - Frosh/Soph - Finals			
	Lisa Umeh	NH	10
Pole Vault - Varsity - Finals			
1	Summer Harris	7'0	11
2	Jessie Heuer	6'6	11
Pole Vault - Frosh/Soph - Finals			
1	Emma Piccillo	6'6	10
2	Miranda Britton	6'6	10
3	Monica Gamez	6'0	9
4	Sarah Gilchriese	6'0	10
Long Jump - Varsity - Finals			
2	Taofeqat Alli	14'8	11
4	Danielle Harris	12'8	12
5	Husna Maysam	10'4	11
Long Jump - Frosh/Soph - Finals			
1	Lidia Barajas	15'4	10
2	Julia Cenicerros	14'3	10
3	Elyse Highstreet	13'8	9

5	Crystal Lee	12'7.75	10
6	Lisa Umeh	12'7	10
7	Julia Velasquez	12'5	10
8	Angelica Morales	10'9	10
Triple Jump - Varsity - Finals			
1	Brianna Miller	34'6	10
Triple Jump - Frosh/Soph - Finals			
1	Elyse Highstreet	34'0.5	9
2	Julia Cenicerros	30'0	10
3	Julia Velasquez	29'8	10
6	Crystal Lee	27'8.5	10
7	Lisa Umeh	27'3	10

Maintained by David Bowdoin, track and cross country coach at New Hope Christian, in Oregon.
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The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

Home to Champions



Bay Area Frosh-Soph Championships Castlemont High School Oakland CA Saturday May 2, 2009

This was supposed to be a low key affair and a first-year event, but it turned out to be a very competitive affair with many schools in attendance. With late notice, the CV troops did not get all available athletes in attendance, but superior depth yielded a first place in the GFS.

Meet management was a bit iffy, so we didn't get any official scores but the BFS was also a top team. As with almost all of our meets this year, more school records were set. This meet saw Celeste and Brianna take down marks on the GFS list.

Girls' Results

Girls 100 Meter Dash			
2	Miller, Brianna	10	13.34
6	Chissell, Maya	9	13.79
11	Sacha, Monique	9	14.00
20	Schneider, Marisa	10	14.41
21	Velasquez, Melissa	10	14.43
31	Lee, Crystal	10	14.83
34	Ceniceros, Julia	10	14.91
—	Boisse, Sarah	10	NT



Julia gets ready for her race in the 100.

Girls 200 Meter Dash			
1	Martore, Celeste	9	27.12
(new school record; old record 27.0 hand-timed Michelle Chan 2002)			
6	Chissell, Maya	9	28.26

12	Sacha, Monique	9	28.81
16	Velasquez, Melissa	10	29.41
20	Schneider, Marisa	10	29.79

Girls 400 Meter Dash			
6	Highstreet, Elise	9	65.94
8	Brinkman, Sarah	10	67.10
10	Gilchriese, Carolyn	10	67.16

Girls 800 Meter Run			
6	Piccillo, Emma	10	2:32.20
22	Chopra, Priya	9	2:58.00
25	Tran, Jennifer	9	3:03.00
26	Ly-peh, Cecelia	10	3:05.00

Girls 1600 Meter Run			
15	Piccillo, Emma	10	5:51.78
17	Fong, Samantha	9	5:52.64
33	Chopra, Priya	9	6:35.68
36	Ly-peh, Cecelia	10	6:43.40

Girls 3200 Meter Run			
6	Fong, Samantha	9	12:50.01
—	Martines, Marisa	10	NT

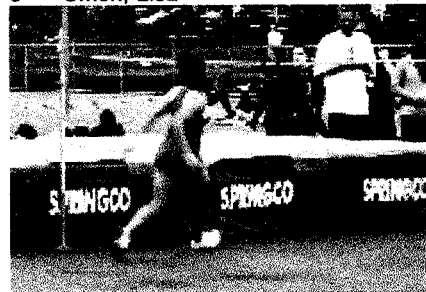
Girls 100 Meter Hurdles			
5	Barajas, Lidia	10	18.22

Girls 300 Meter Hurdles			
5	Barajas, Lidia	10	50.68

Girls 4x100 Meter Relay			
4	Castro Valley		52.74

Girls 4x400 Meter Relay			
2	Castro Valley		4:17.48

Girls High Jump			
2	Martore, Celeste	9	4-06.00
8	Umeh, Lisa	10	4-00.00



Celeste strides into the high jump.

Girls Long Jump			
5	Barajas, Lidia	10	14-10.50
8	Highstreet, Elise	9	14-03.00
11	Brinkman, Sarah	10	13-07.50
21	Lee, Crystal	10	12-03.50
25	Velasquez, Julia	10	11-09.50
27	Boisse, Sarah	10	11-03.00

Girls Triple Jump			
1	Miller, Brianna	10	35-10.50
(new school record: old record 33-9 Lynnsy Jones 1997)			
6	Highstreet, Elise	9	30-11.00
7	Brinkman, Sarah	10	30-08.00
10	Ceniceros, Julia	10	28-11.00
14	Velasquez, Julia	10	27-08.00
16	Umeh, Lisa	10	27-03.50

Girls Shot Put			
4	Schneider, Marisa	10	27-10.00

Boys' Results

Boys 100 Meter Dash			
28	Han, Nate	10	12.45
41	Hudson, Kwame	10	12.96
58	Zhang, Brian	9	13.82

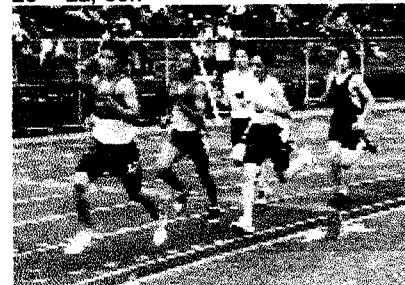


Nate looks strong in his heat.

Boys 200 Meter Dash			
11	Kim, Aaron	10	24.87
14	Chavez, Cristian	10	25.06
22	Han, Nate	10	25.55
35	Cervantez, Francisco	9	27.16
38	Zhang, Brian	9	27.67

Boys 400 Meter Dash			
1	Davis, Ben	10	54.37
29	Bracy, Dwayne	10	60.01
35	Zhang, Brian	9	61.93

Boys 800 Meter Run			
6	Berman, Juan	10	2:10.24
24	Wummer, Jonathan	9	2:18.48
25	La, Jon	10	2:18.98



Juan goes out hard in the 800.

Boys 1600 Meter Run		
5	Coulter, Eric	10 4:40.48
22	Owyang, Gregory	10 5:00.01
53	Wummer, Jonathan	9 5:24.74

Boys 3200 Meter Run		
4	Coulter, Eric	10 10:19.96
10	Owyang, Gregory	10 11:00.60

Boys 110 Meter Hurdles		
1	Hudson, Kwame	10 17.69
6	Laris, Jordan	10 20.31
9	Wiegardt, Nick	10 22.21

Boys 300 Meter Hurdles		
5	Hudson, Kwame	10 45.50
6	Laris, Jordan	10 47.00
8	Bracy, Dwayne	10 49.89

Boys 4x100 Meter Relay		
8	Castro Valley	47.60

Boys 4x400 Meter Relay		
7	Castro Valley	3:51.81

Boys High Jump		
4	Davis, Ben	10 5-02.00

Boys Long Jump		
8	Nouv, Peter	10 17-05.50
10	Davis, Ben	10 17-01.50
14	Kono, Yuya	9 16-06.00

Boys Triple Jump		
4	Davis, Ben	10 35-08.00

Boys Shot Put 10 lb		
8	Chavez, Christian	10 34-11.00
16	Carrick, Tony	10 27-08.00

Boys Discus Throw		
14	Carrick, Tony	10 71-02

Sacramento Meet of Champions Sacramento City College, May 2, 2009

While the frosh-soph kids were at the Castlemont FS Championship meet, a few selected CV athletes braved the drizzle to test themselves in this late-season high-end meet. By all accounts, we did well with the troops as all the kids ran near or past their PR's.

Girls 800 Meter Run Varsity
7 Granados, Ayla 2:20.54

Girls Discus Throw Varsity
10 Donnelly, Noelle 98-02

Women 800 Meter Run
6 Schneider, Chelsea 2:16.96

Women 1600 Meter Run
5 Santisteban, Kelsey 5:04.55



Damion eases up after easily winning his heat.

Boys 100 Meter Dash Varsity
2 Rosby, Damion 10.98

Boys 400 Meter Dash Varsity
8 Hamilton, Cj 51.62

Boys 800 Meter Run Varsity
13 Martore, Anthony 2:00.58



Ben runs with the leaders in a sodden race.

Boys 3200 Meter Run Varsity
2 Eversole, Ben 9:32.18

Boys 400 Meter Dash Frosh/Soph
3 Batis, Robert 51.81

Boys 800 Meter Run Frosh/Soph
5 Diomande, Solo 2:02.00

Men 110 Meter Hurdles
4 Valentine Jr., Maurice 14.53

Men High Jump
1 Valentine Jr., Maurice 6-07.00



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

An amazing year by amazing athletes -- the Trojan Track & Field juggernaut in action

North Coast Section Track and Field

Bay Shore Area - 5/23/2009
Castro Valley High School

Team Scores (top 10):

Girls:

1. James Logan	114
2. St. Mary's	86
3. Hercules	66
4. Bishop O'Dowd	39
5. Moreau Catholic	32
6. Castro Valley	30
7. Pinole Valley	23
8. Piedmont	16.5
9. Albany	16
10. American	10

Boys:

1. Castro Valley	112
2. James Logan	53
3. Bishop O'Dowd	45
4. St. Mary's	43.5
5. De Anza	39
6. Berkeley	28
7. Mission San Jose	22
8. Arroyo	20
9. JFK Richmond	18
9. Tennyson	18

• = qualified for MOC

By all standards this was an exceptionally successful meet for the Castro Valley Trojans. The boys were overwhelming team winners, and the girls were a very respectable 6th. The Trojans qualified 11 girls and 18 boys for the NCS Meet of Champions next week at UC Berkeley.

Even more remarkable is the fact that the boys will have a representative in all 16 events at the MOC. This is a school record, and one that will be hard to duplicate. Very few school can boast that they have such team balance that they can reach the section finals with athletes in every event.

It will be interesting to do the comparisons with the other regions (Tri-Valley, Redwood Empire, Class A) and see how not only our individuals stack up, but how many schools can field top athletes across the board. This is a direct tribute to not only the athletes, but the event coaches who helped develop those athletes. This indicates that the current coaching staff at Castro Valley is one of the best around. A round of applause to Dino Cardiasmenos, Mel Ashford, Barbara Klews, Maurice Valentine Sr., Jeff McGallian, Mike Spencer, Dooney Jones, Mike Fehely, and Alex Cardiasmenos, all under the direction of head coach Matt Rainwater.

Hopefully the Trojan juggernaut can continue its parade of glory all the way to the State Meet, and perhaps even the State Meet podium (that's the top 6 places). That might be over-reaching, but that's why we have dreams, folks.

Girls 100 Meter Dash

15 Miller, Brianna	13.10
18 Alli, Taofegat	13.25

Brianna had a nice PR, and Tobi was close to hers, but the Bayshore is the fastest NCS region and they could not crack the top 7 to move on.

Girls 200 Meter Dash

15 Martore, Celeste	27.29
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Celeste ran into the cruel realities of speed in the Bayshore region.



Elyse competes in the 400. The freshman got valuable NCS experience here and in the HJ and TJ.

Girls 400 Meter Dash

14 Lee, Megan	1:03.08
22 Highstreet, Elyse	1:07.60

Megan and Elyse ran right at their qualifying times from last week.

Girls 800 Meter Run

• 4 Schneider, Chelsea	2:19.51
• 6 Wummer, Elise	2:22.60
• 7 Granados, Ayla	2:22.97

The CV squad flexed its muscles here as all three girls move on to next week.

Girls 1600 Meter Run

• 1 Santisteban, Kelsey	5:04.61
10 Sutedja, Ashley	5:34.61
11 Yang, Nicole	5:35.22

Kelsey easily cruised to the win in her heat and overall. Ashley and Nicole were not far off from qualifying on their own.



Kelsey looking very smooth in a double-win day for her.

Girls 3200 Meter Run

- 1 Santisteban, Kelsey 11:00.38
- Kelsey looked very comfortable in winning the race

Girls 100 Meter Hurdles

- 6 Aldridge, Monique 15.42
- Monique again lowers her PR in her new-found best event.



Monique in lock-step battle over the 100 hurdles with the O'Dowd rival.

Girls 300 Meter Hurdles

- 8 Aldridge, Monique 47.65
- Monique found herself in the heartbreak position of running very well only to be the first non-qualifier.

Girls 4x100 Meter Relay

- 7 Castro Valley 50.08 2
- 1) Lee, Megan 12
- 2) Alli, Tobi 10
- 3) Martore, Celeste 9
- 4) Rush, Iesha 12

Girls 4x400 Meter Relay

- Castro Valley DQ

This was a stirring race, but it was for naught as Brianna's inside move on the anchor leg resulted in her running off the track and inside of lane one. This is an automatic DQ, and prematurely ends the season for this relay.



Celeste brings home the 4 x 100 in their fastest time of the year.

Girls High Jump

- 12 Martore, Celeste 4-04.00
 - 14 Hendrex, Jessica 4-02.00
 - 15 Highstreet, Elyse 4-00.00
- The high jump was not kind to the girls today.

Girls Pole Vault

- 11 Britton, Miranda 7-00.00
 - 11 Heuer, Jessie 7-00.00
 - Harris, Summer NH
- Miranda and Jessie PR'd. Summer struggled.

Girls Long Jump

- 16 Alli, Taofeqat 15-04.00
 - 18 Martore, Celeste 14-11.00
- The girls were off their game today.

Girls Triple Jump

- 12 Miller, Brianna 34-03.75
 - 14 Highstreet, Elyse 30-04.00
 - 15 Hendrex, Jessica 29-10.00
- Brianna's jump was not bad. Elyse and Jessica have had better days.

Girls Shot Put

- 8 Knight, Alana 32-01.00
 - 14 Donnelly, Noelle 28-00.00
- Alana was close to moving on. Noelle was near her PR.

Girls Discus Throw

- 4 Donnelly, Noelle 104-07
 - 7 Knight, Alana 95-10.50
- Noel was no surprise here, but Alana continues at her new level of excellence to buy her way to the next level.



Jessica shows off her socks in the triple jump.

Boys 100 Meter Dash

- 1 Oliver, Dash 10.80
- 2 Rosby, Damion 11.10
- 14 Adesanya, Omodele 11.64
- 17 Sarrico, Kevin 11.74

The CV boys put on a speed display, with Dash and Damion doing a nice 1-2 tandem up front. Omodele PR'd and Kevin ran well into a headwind.

Boys 200 Meter Dash

- 1 Rosby, Damion 22.41
- 2 Oliver, Dash 22.46
- 11 Hamilton, CJ 23.33

Damion and Dash reversed order (albeit from different heats). CJ's 2009 experiment with the 200 ends here.

Boys 400 Meter Dash

- 3 Hamilton, CJ 51.16
- 4 Batis, Robert 51.75

Both CJ and Bobby easily won their heats to advance on to the MOC.

Boys 800 Meter Run

- 4 Martore, Anthony 1:59.84
- 7 Diomande, Sulayman 2:01.93

Anthony won his heat to punch his ticket to the MOC. Solo FINALLY put a race together and grabbed the last spot, just like last year.



Bobby does his best Michael Jordan tongue-biting imitation. It seemed to work as he won his heat.

Boys 1600 Meter Run

- 3 Eversole, Ben 4:30.26
- 6 Weeks, Norman 4:33.54

Ben easily cruised to advance. Will had to struggle a bit. They live to run again.

Boys 3200 Meter Run

- 7 Ashby, Tom 10:05.64

Tom makes it to the next level in the last qualifying spot.

Boys 110 Meter Hurdles

- 1 Valentine, Jr, Maurice 14.40
- 7 Nikssarian, Adam 16.57

Maurice ran his best time of the year into a headwind for the heat win. The surprise was Adam grabbing the last spot for next week.



Maurice and Adam run to qualifying times in the 110 hurdles.

Boys 300 Meter Hurdles

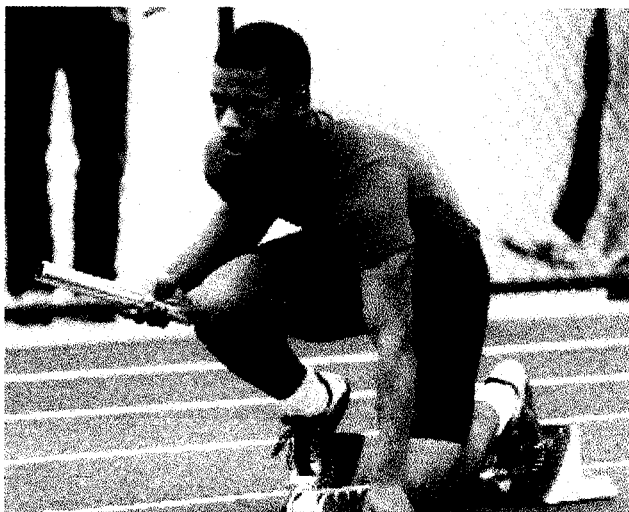
- 2 Valentine, Jr, Maurice 41.16
- 9 Nikssarian, Adam 42.64

Maurice continues to run hard in the longer hurdle race. Adam PR'd but could only come close to advancing.

Boys 4x100 Meter Relay

- 2 Castro Valley 42.75
 - 1) Rosby, Damion 10
 - 2) Sarrico, Kevin 12
 - 3) Hamilton, CJ 10
 - 4) Oliver, Dash 12

The boys won their heat, but are now looking at Kennedy of Richmond who posted a strong time in the other heat.



Damion is all business in the starting blocks.

Boys 4x400 Meter Relay

- 5 Castro Valley 3:33.26
 - Ben Davis
 - Alex Foster
 - Bobby Batis
 - CJ Hamilton

The alternates got a good workout in as the team took a subdued route to the next level.

Boys Pole Vault

- 2 Wiegardt, Andrew J13-00.00

Andrew has the best jumps of his career, notching 13-0 for the second week.

Boys High Jump

- 1 Valentine, Jr, Maurice 6-06.00
- 9 Nikssarian, Adam J5-08.00
- 11 Foster, Alexander 5-06.00

Maurice had to work a little bit to put away the pesky St. Mary's jumper. Adam and Alex could only come up with average today.

Boys Long Jump

- 7 Adesanya, Omodele 21-02.00

Even good jumps are only average here at Bayshore. Omodele survives to jump again



Dash eases up as the boys win their 4 x 100 heat easily.

Boys Triple Jump

- 6 Adesanya, Omodele 43-03.00
- 14 Woodward, Jimmy 39-08.00

Omodele continues to impress as a first-year jumper in the post-season. Jimmy at least was near his PR.

Boys Shot Put

- 4 Eckel, Jacob 49-01.00

Jacob added an inch to his already impressive PR. He moves on.

Boys Discus Throw

- 4 Mason, Eric 144-09
- 7 Eckel, Jacob 133-11
- 9 Tomaz, Niko 126-04
- 15 Tsang, Darren J113-11

Eric found his rhythm from the mid-season. Jacob made it two-for-two today. Niko was tantalizingly close. Darren equalled his PR.

Notes:

1. You can find all of the other NCS region results at the following site: <http://cifnccs.org/sports/track/>
2. NCS MOC Information can be found at the same site, under 2009 Meet of Champions Bulletin
3. The meet will be held at Edwards Stadium, which is on the corner of Oxford and Bancroft in Berkeley. Parking is really tight, and I don't think they have finished the parking structure across the street yet. It is a BART accessible location, being only a few blocks from the central Berkeley station.



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

Home to Champions



North Coast Meet of Champions

Friday-Saturday May 23-24, 2009
UC Berkeley

Preliminaries

GV 4 x 100

Castro Valley

- 1) Miller, Brianna 10
- 2) Rush, Iesha 12
- 3) Chessell, Maya
- 4) Alli, Taofegat 11

With Celeste in Texas playing soccer, the girls had to adjust to yet another lineup and could not come up with a clean set of exchanges and saw their season end with a DQ.

video archived at:

http://www.flotrack.org/videos/track_race/play/182743-w-4x100-h03

BV 4 x 100

2 Castro Valley

- 1) Oliver, Dash 12
- 2) Rosby, Damion 10
- 3) Hamilton, CJ 10
- 4) Batis, Robert 10

There was a bit of doubt as all the boys were sustaining a series of nagging twinges and dings, but they didn't come this far to quite. Instead, they broke the school record easily.

video archived at:

http://www.flotrack.org/videos/track_race/play/182978-m-4x100-h01-fixed

Boys 1600 Meter Run Preliminaries

- | | |
|------------------|---------|
| 5 Eversole, Ben | 4:25.05 |
| 11 Weeks, Norman | 4:28.67 |

Ben and Will both qualified to the finals and looked comfortable doing it.

video archived at:

http://www.flotrack.org/videos/track_race/play/182716-m-1600-h01

Event 5 Girls 100 Meter Hurdles

- | | |
|------------------------|-------|
| 6 Aldridge, Monique 11 | 15.30 |
|------------------------|-------|

Monique eked into the finals, and it took a PR to do it.

video archived at:

http://www.flotrack.org/videos/track_race/play/182750-w-100-h03



Maurice and Chad continue their career-long rivalry.

Event 6 Boys 110 Meter Hurdles

- | | |
|--------------------------|-------|
| 2 Valentine, Jr, Maurice | 14.49 |
| 22 Nikssarian, Adam | 16.51 |

Once again Maurice had to settle for second behind Chad Jones of BOD, as they both won heats to advance to the finals.

video archived at:

http://www.flotrack.org/videos/track_race/play/182738-m-110-h03

Event 8 Boys 400 Meter Dash

- | | |
|--------------------|-------|
| 19 Hamilton, CJ 10 | 53.01 |
|--------------------|-------|
- CJ was gimped up, and had nothing for this race.

video archived at:

http://www.flotrack.org/videos/track_race/play/182740-m-400-h02

Event 10 Boys 100 Meter Dash

- | | |
|--------------------|-------|
| 4 Oliver, Dash 12 | 10.70 |
| 8 Rosby, Damion 10 | 10.99 |

Dash and Damion were both impressive in their heats to comfortably get into the finals.

video archived at:

http://www.flotrack.org/videos/track_race/play/182733-m-100-h01

Event 11 Girls 800 Meter Run

- | | |
|-------------------------|---------|
| 8 Schneider, Chelsea 11 | 2:18.69 |
| 10 Granados, Ayla 12 | 2:19.64 |
| 21 Wummer, Elise 11 | 2:25.02 |

Chelsea got to the finals for the second straight year. Ayla PR'd but it wasn't enough to move on. Elise discovered that perhaps the 800 is not really her race.

videos archived at:

http://www.flotrack.org/videos/track_race/play/182778-w-800-h02

and at:

http://www.flotrack.org/videos/track_race/play/182776-w-800-h01



Elice and Chelsea are in the thick of it in the qualifying round.

Event 12 Boys 800 Meter Run

- | | |
|--------------------------|---------|
| 21 Diomande, Sulayman 10 | 2:02.69 |
| 22 Martore, Anthony 10 | 2:03.73 |

Neither of the boys was inspired today, and apparently left their best race on the track last week.

videos archived at:

http://www.flotrack.org/videos/track_race/play/182767-m-800-h03

and also at:

http://www.flotrack.org/videos/track_race/play/182766-m-800-h02

Event 16 Boys 200 Meter Dash

- | | |
|--------------------|-------|
| 4 Oliver, Dash 12 | 21.99 |
| 7 Rosby, Damion 10 | 22.37 |

Our sprint tandem both made the finals again and still looked at ease doing it. Dash's time gave him the school record.

videos archived at:

http://www.flotrack.org/videos/track_race/play/182758-m-200-h01

and at:

http://www.flotrack.org/videos/track_race/play/182760-m-200-h03

Event 20 Boys 4x400 Meter Relay

- | | |
|--------------------------|-----------|
| 17 Castro Valley | 3:31.66 2 |
| 1) Rosby, Damion 10 | |
| 2) Batis, Robert 10 | |
| 3) Hamilton, CJ 10 | |
| 4) Diomande, Sulayman 10 | |

This was not to be, as the collective sets of tweaks and sorenesses robbed our boys of any real spark today.

Event 30 Boys Triple Jump

- | | |
|-------------------------|----------|
| 17 Adesanya, Omodele 12 | 42-04.75 |
|-------------------------|----------|

A foot off his PR, Omodele was not in the mix today. Still, not a bad place to end a season.

Event 32 Boys Discus Throw

- | | |
|--------------------|-----------|
| 11 Mason, Eric 11 | 143-02.00 |
| 13 Eckel, Jacob 11 | 141-02.00 |

Both of the boys were again consistent in the 140 range.

Event 33 Girls 4x800 Meter Relay

8 Castro Valley 10:50.66
no names available

Event 34 Boys 4x800 Meter Relay

17 Castro Valley 9:01.03
no names available



Event 10 Boys 100 Meter Dash

7 Rosby, Damion 10 11.14
8 Oliver, Dash 12 11.76

The twinges finally caught up with the boys, and they were in no shape to really run. Dash's hamstring was in real distress, and had his season end with this race.

video archived at:



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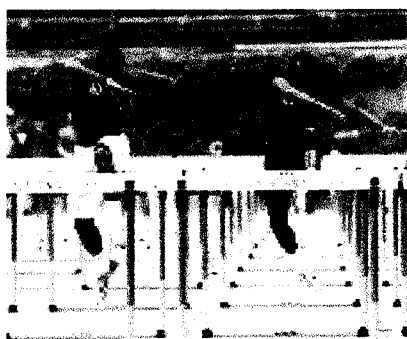
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13 Eckel, Jacob 11 141-02.00



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Home to Champions



California State Meet

Buchanan High School, Clovis, CA

Friday June 2, 2009

Boys 4 x 100

Heat 4 Preliminaries

6 Castro Valley 43.02

Damion Rosby

Bobby Batis

CJ Hamilton

Omodele Adesanya

(video archived at http://www.flotrack.org/videos/track_race/play/184339-m-4x100-h04)

Given that the boys had to deal with minor aches, pains, twinges and dings, and also having to sub in Omodele for Dash, they did a great job running the time they did.

Heat 1 Preliminaries Wind: 0.8

4 Valentine, Jr, Maurice 14.30

video archived at http://www.flotrack.org/videos/track_race/play/184379-m-110-h01

Maurice was but a few tenths off of qualifying for the final, and ended his high school career with his third straight State Meet appearance.

Heat 3 Preliminaries Wind: 1.7

7 Aldridge, Monique 15.19

new school record; old record 15.23 Chelsea Chandler 2003

http://www.flotrack.org/videos/track_race/play/184372-w-100-h03

Monique ran her hardest just not to be too embarrassed, and ran her way to a school record. Good work for a first-year hurdler.

The CVHS presence at the State Meet was a bit muted, but getting there is now become a regular item on our schedule, and we'd like to keep it that way. As a topper to any season, the State Meet is a great place to end the season.

The overall 2009 season was one of the most successful ever in terms of overall performances. Records were set and broken all throughout the season on a consistent basis, which is a testimony to the talent and effort of the athletes.

The video presence at the championship meets is always an added bonus. Check out our athletes in action.