

Run For the Dream
1/19/2009
Staples Center Arena
Fresno State University

Girls 1 Mile Run

=====		
Name	Year School	Finals
=====		
1 Alicia Brown	Cen Cal	5:24.46
2 Lindsie Etheridge	Cen Cal	5:25.67
3 Elice Wummer	Nor Cal	5:29.51
4 Claire Kelley	Sierra Nevada	5:29.75
5 Jessie Peterson	Nor Cal	5:31.98
6 Araceli Zainos	So Cal	5:45.53
7 Jetzabel Velasquez	So Cal	6:00.34
8 Monica Guzman	Cen Cal	6:03.05



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

Where excellence is the only option

DeLaSalle/Carondelet Invitational

Saturday, February 28, 2009
Diablo Valley College

Team Scores - Girls' Varsity

1	Vacaville	205.5
2	Carondelet	190.5
3	Castro Valley	168
4	Bishop O'Dowd	128
5	Granada	125.5
6	Notre Dame(SJ)	118
7	San Leandro	108
8	Irvington	99
9	Concord	86
10	St. Mary's	83
11	Berean Christian	72.5
12	Dougherty Valley	44
13	Holy Names	40
14	Northgate	37
15	Acalanes	36
16	Alhambra	34
17	Crystal Springs	24
18	Skyline H.S.	1
18	Del Norte	1

Team Scores - Boys' Varsity

1	Granada	165.5
2	Vacaville	107.5
3	Northgate	105
4	Acalanes	87.3333
5	Castro Valley	85
6	DeLaSalle	81.5
7	Del Norte	67
8	Bishop O'Dowd	63
9	Edison	46
10	San Leandro	44
11	Berean Christian	43
12	Alhambra	42
13	St. Mary's	40.3333
14	Irvington	30.5
15	Dougherty Valley	29
16	Campolindo	28
17	Skyline H.S.	20
18	Concord	13
19	Berkeley	10
20	Mt. Diablo	3.33333
21	Crystal Springs	2

Team Scores - Girls' Frosh-Soph

1	Castro Valley	131
2	Carondelet	128
3	Northgate	120
4	St. Mary's	103
5	Granada	78.5
6	Notre Dame(SJ)	73
7	Del Norte	66

8	Dougherty Valley	45
9	Bishop O'Dowd	40
10	Vacaville	38
11	Concord	28
12	Alhambra	27
13	Berean Christian	16.5
14	Mt. Diablo	15
15	Acalanes	12
16	Campolindo	10
17	Crystal Springs	8

Team Scores - Boys' Frosh-Soph

1	Northgate	206
2	Castro Valley	183
3	Granada	143
4	DeLaSalle	125.5
5	Vacaville	98
6	Dougherty Valley	91
6	Bishop O'Dowd	91
8	Mt. Diablo	88
9	St. Mary's	65
9	Acalanes	65
11	San Leandro	47.5
12	Berean Christian	45
13	Alhambra	30
14	Irvington	24
15	Skyline H.S.	17
16	Crystal Springs	6
17	Concord	1

* = earned medal

Boys' Results

100 Meters - Frosh/Soph - Finals			
* 1	Damion Rosby	11.28a	10
4 x 200 Meters Frosh/Soph 1:34.49			
	Damion Rosby	22.6	10
	Aaron Kim	23.5	10
	CJ Hamilton	23.7	10
	Robert Batis	24.6	10
4 x 400 Meters Frosh/Soph 4:07.06			
	CJ Hamilton	54.94	10
	Anthony Martore	55.12	10
	Solon Diomande	55.94	10
	Robert Batis	59.06	10
4 x 800 Meters Frosh/Soph 8:52.0			
* 1	Anthony Martore	2:07.9	10
	Solo Diomande	2:13.4	10
	Benjamin Eversole	2:15.0	10
	Eric Coulter	2:16.4	10

7	Distance Medley Varsity	11:45.00
	1200 Vince Talley	3:40.0
	400 Juan Berman	59.0
	800 Scott Peek	2:17
	1600 Tom Ashby	4:47.0

3000 Meters - Varsity - Finals			
* 2	Tom Ashby	9:27.20	11
12	Vince Talley	11:48.00	11

3000 Meters - Frosh/Soph - Finals			
* 1	Ben Eversole	9:53.00	10
* 3	Greg Owyang	10:38.00	

300m Hurdles - 36" - Varsity - Finals			
* 4	Jordan Mackey	43.11a	12
10	Adam Nikssarian	46.01a	12

300m Hurdles - 36" - Frosh/Soph - Finals			
* 4	Kwame Hudson	47.97a	10

10	4x100 Relay - Varsity	46.3h
	?	
	?	
	?	
	?	

6	4x100 Relay - Frosh/Soph	49.73a
	Kwame Hudson	
	Alex West	
	Moner Afshar	
	Joon Joung	49.73a

12	4x200 Relay - Varsity	1:46.55
	?	
	?	
	?	
	?	

* 5	Distance Medley BFS	12:25.0
	1200 ?	
	400 ?	
	800 ?	
	1600 ?	

Shot Put - 12lb - Varsity - Finals			
7	Jacob Eckel	43-10.50	11
10	Eric Mason	40-10.50	11

Shot Put - 12lb - Frosh/Soph - Finals			
16	Tony Carick	29-00.75	
19	Kevin Nguyen	26-04.25	

Discus - 1.6kg - Varsity - Finals			
* 3	Jacob Eckel	129-01.50	11
* 4	Eric Mason	127-09	11

Discus - 1.6kg - Frosh/Soph - Finals			
11	Chris Carrick	76-08	
17	Kevin Nguyen	63-09	

Pole Vault - Varsity - Finals			
6	Andrew Wiegardt	11-00.00	11
11	Jordan Laris	10-00.00	10

Pole Vault - Frosh/Soph - Finals			
* 5	Mike Dangler	8-00.00	

7	Nick Wiegardt	7-00.00	10	3000 Meters - Frosh/Soph - Finals	
				• 1 Samantha Fong	12:46.00 9
	Long Jump - Frosh/Soph - Finals			• 2 Aurora Bailey	12:57.00 9
6	Justin Kono	15-08.50			
8	Steven Lu	15-01.00	10	300m Hurdles - 30" - Varsity - Finals	
				8 Tanya Simbra	55.43a 11
	Triple Jump - Frosh/Soph - Finals				
6	Ben Davis	30-10.75	10	300m Hurdles - 30" - Frosh/Soph - Finals	
				• 5 Lidia Barajas	54.04a 10
				13 Arianna Posey	1:00.67a 10
Girls' Results					
	100 Meters - Varsity - Finals				
18	Priscilla Law	14.51a	11	Shot Put - 4kg - Varsity - Finals	
				• 2 Alana Knight	31-02.00 11
	100 Meters - Frosh/Soph - Finals			6 Shelline Waldorf	28-11.00 12
11	Sara Boisse	14.00a	10	Shot Put - 4kg - Frosh/Soph - Finals	
				• 2 Arianna Posey	28-07.75 10
10	4 x100 Meters - Varsity	58.91		• 5 Noelle Donnelly	26-05.00 9
	Iesha Rush	12			
	Evangeline Bedford	11			
	Brianna Miller	10		Discus - 1kg - Varsity - Finals	
	Jessica Hendrex	11		• 3 Alana Knight	92-01 11
				13 Shelline Waldorf	66-10.50 12
7	4 x 100 Meters Frosh/Soph -	58.45		Discus - 1kg - Frosh/Soph - Finals	
	Sara Boisse	10		• 2 Noelle Donnelly	100-02 9
	Julia Cenicerros	10		7 Arianna Posey	71-04 10
	Haley Gilham	9			
	Julia Velasquez	10			
	DQ 4x200 Relay - Varsity	n.t.		Long Jump - Varsity - Finals	
				9 Jessica Hendrex	12-11.50
				15 Evangeline Bedford	12-07.00
• 3	4 x 200 Meters Frosh/Soph -	2:01.0		Long Jump - Frosh/Soph - Finals	
	Lidia Barajas	28.1 10		• 4 Sara Boisse	13'01.00 10
	Sara Boisse	29.0 10		12 Haley Gilham	10-11.25 9
	Carolyn Gilchriese	29.8 10			
	Sarah Brinkman	34.1 10		Triple Jump - Varsity - Finals	
				7 Evangeline Bedford	27-08.00
• 2	4 x 400 Meters Varsity -	4:29.40		16 Lisa Umeh	25-07.00 10
	Chelsea Schneider	62.59 11			
	Brianna Miller	64.06 10		Triple Jump - Frosh/Soph - Finals	
	Monique Aldridge	70.53 11		• 3 Sarah Brinkman	24-10.75 10
	Angie Shin	72.10 11			
• 5	400 Meters Frosh-Sph	4:58.43			
	Carolyn Gilchriese	71.91 10			
	Sarah Brinkman	72.63 10			
	Haley Gilham	74.12 9			
	Julia Velasquez	79.97 10			
• 2	4 x 800 Meters Varsity	10:22.00			
	Chelsea Schneider	2:25.9 11			
	Ayla Granados	2:28.1 12			
	Nicole Yang	2:39.5 11			
	Angie Shin	2:48.4 11			
• 5	4x800 Relay - Frosh/Soph	11:47.00			
	Aurora Bailey				
	Samantha Fong				
	Isabel Chi				
	Cecelia Ly-Peh				
• 1	Distance Medley Varsity	12:50.00			
	1200 Elise Wummer	3:54.5			
	400 Ayla Granados	64.5			
	800 Nicole Yang	2:35.0			
	1600 Kelsey Santisteban	5:17.0			
	3000 Meters - Varsity - Finals				
• 1	Kelsey Santisteban	10:33.70 10			
• 4	Elise Wummer	10:51.00 11			

Not a bad day at all for the Trojans in their 2009 team debut. Even with a muted boys' varsity presence (the basketball team still in the playoffs, a few missing runners, many top kids down on BFS) the team as a whole did very well.

The squad brought home a total of 61 medals, and a team title in the GFS. Of special note is the school record in the BFS 4 x 200.



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The Daily Blurb

Where exceptionality is the norm

Scrimmage American & Moreau Catholic March 5, 2009 Castro Valley High School

All scrimmages are chaotic, and this one was no exception. Large teams, new coaches, rookie athletes, a prototype finish line system . . . and out of all this happy mayhem are some early season results. This will give the coaches a good basis of assessing just where the team is right now, and how to fine-tune planning for the rest of the year.

The results are not entirely accurate, so names, places, times, distances and school affiliations may be jumbled.

Girls Varsity

4x100

1	CVHS	55.4
2	AMER	DQ

1600

1	Elise	Wummer	CVHS	05:10.6
2	Kelsey	Santisteban	CVHS	05:12.3
3	Alya	Granados	CVHS	05:30.1
4	Chelsea	Schneider	CVHS	05:36.9
5	Nicole	Yang	CVHS	05:48.3
6		Koide	AMER	06:01.2
7		Morales	AMER	06:04.1
8	Ashley	Sutedja	CVHS	06:13.9
9		Crosby	MC	06:21.7
10		Canonizado	MC	06:39.6
11		Hams	MC	07:27.1
12		McGinty	MC	07:45.0

100 Hurdles

1	Wong	AMER	17.38
2	Zamora	AMER	18.21
3	Tanya Simbra	CVHS	18.7

400

1	Tong	AMER	64.81
2	Anderson	AMER	65.01
3	Quan	AMER	65.85
4	Calhoun	AMER	65.85
5	Monique Aldridge	CVHS	66.9
6	Morales	AMER	70.85

100 (Heat 1)

1	Chukwu	AMER	12.9	
2	Zamora	AMER	13.54	
3	Ieshia	Rush	CVHS	13.9
4	Tiffany	Furino	CVHS	14.64
5	McGinty	MC	15.93	
6	Maysam	CVHS	17.27	

100 (Heat 2)

1	Miller	CVHS	13.24
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2	Quibau	CVHS	15.03
3	Harris	CVHS	15.7
4	PhAMER	CVHS	17.29

800

1	Wummer	CVHS	02:23.6
2	Schneider	CVHS	02:24.9
3	Santisteban	CVHS	02:27.6
4	Granados	CVHS	02:28.0
5	Yang	CVHS	02:40.8
6	Morales	AMER	02:45.8
7	Gilchriese	CVHS	02:47.4
8	Crosby	MC	02:56.7
9	Canonizado	MC	03:03.1
10	Kuns	AMER	03:23.7
11	Harris	MC	03:25.0
12	McGinty	Mc	03:32.6

300 Hurdles

1	D.	Wong	AMER	53.92
2	M.	Quan	AMER	54.3
3	T.	Simbra	CVHS	55.02

200

1	Furino	CVHS	29.77
2	Bedford	CVHS	30.51

4 X 400

1	AMER	4:22.6
2	CVHS	4:26.7
3	AMER "B"	05:00.0

Shot Put

1	Knight	CVHS	29-05
2	Filice	AMER	28-09
3	Miller	CVHS	27-10
4	Donnelly	CVHS	26-08
5	Waldorf	CVHS	25-11
6	Cooper	AMER	22-10
7	Hillar	AMER	22-09
8	Wong	MC	21-08
9	Shinners	MC	21-02
10	Disher	CVHS	20-07
11	Birznieks	CVHS	19-11
12	Ayala	CVHS	19-06
13	Cordero	MC	17-10
14	Manuel	MC	17-09
15	Carter	MC	17-08
16	Kahlon	MC	16-08
17	Lee	MC	13-11

Discus

1	Donnelly	CVHS	96-08
2	Knight	CVHS	87-04
3	Cooper	AMER	73-08

4	Waldorf	CVHS	64-01	100m			
5	Fisher	CVHS	61-10	Heat 1			
6	Filice	AMER	55-09	1	N.	Alvarez	AMER 14.19
7	Miller	CVHS	55-06	2	E.	Highstreet	CVHS 14.36
8	Birznieks	CVHS	52-00	3	N.	Harbert	MC 14.45
9	Birznieks	CVHS	52-00	4	M.	Garcia	MC 15.14
10	Ayala	CVHS	42-06	5	J.	cascarden	AMER 15.85
				6	J.	Velasquez	CVHS 15.99
				7	S.	Khan	AMER 16.98
Long Jump				Heat 2			
1	Norwood	AMER	14-01.25	1	C.	Harris	AMER 13.43
2	Bedford	CVHS	13-00	2	S.	Boisse	CVHS 14.51
3	Rush	CVHS	12-07.5	3	A.	Miciano	MC 15.4
4	Smith	MC	11'1"	4	S.	Porter	MC 16.39
5	Porter	MC	10'11"	5	A.	Smith	CVHS 17.03
6	Quiambao	MC	10-07.5	6	E.	Han	CVHS 17.24
7	PhAMER	CVHS	9-07.25	7	M.	Sommer	MC 17.33
				8	A.	Morales	CVHS 17.71
Triple Jump				Heat 3			
1	Bedford	CVHS	28-02	1	J.	Overshoun-	MC 13.77
2	Ceniceros	CVHS	25-11.25	2	A.	Galvez	MC 14.57
	Aldridge-3 fouls			3	H.	Gilham	CVHS 15.05
	Maysam-3 fouls			4	P.	Rath	AMER 15.05
Pole Vault				5	M.	Phelan	MC 15.77
1	L.	Ayala	CVHS 6-06	6	K.	Kaur	AMER 16.01
2	E.	Kunz	AMER 6-06	7	Y.	Navarro	MC 16.3
3	L.	Zamora	AMER 5-00	8	N.	Thepa	AMER 16.77
G F/S				Heat 4			
4x100				1	M.	Schneider	CVHS 14.33
1	MC	MC	56.83	2	C.	Lee	CVHS 14.42
2	Am-A	AMER	58.39	3	M.	Chissell	CVHS 14.53
3	Am-B	AMER	61.45	4	A.	Tam	AMER 14.77
4	Am-C	AMER	67.69	5	K.	Yap	MC 15.78
1600				6	D.	Maity	AMER 15.93
1	S.	Fong	CVHS 06:07.9	7	M.	Gabhi	AMER 16
2	A.	Bailey	CVHS 06:08.7	8	A.	Shaw	AMER 17.43
3		Safreno	MC 06:12.4	800m			
4		Zamora	AMER 06:17.3	1	E.	Piccillo	CVHS 02:49.1
5		Dormoy	AMER 06:19.9	2		Blalock	AMER 02:53.8
6		Hannon	MC 06:34.6	3		Safreno	MC 02:54.5
7	P.	Crosby	CVHS 06:45.5	4		Buck	AMER 02:56.2
8		Prasad	AMER 06:51.8	5		Dormoy	AMER 02:57.3
9		Ly-Peh	CVHS 06:53.0	6	E.	Dean	CVHS 02:57.9
10		Virzi	AMER 06:58.0	7		Hannon	MC 02:59.6
200m				8	P.	Crosby	CVHS 03:05.9
Heat 4				9		Ly-Peh	CVHS 03:18.0
1	P.	Rath	AMER 32.13	300m		No entries	
2	N.	Alvarez	AMER 34.81	200m			
3	M.	Ku	AMER 35.58	Heat 1			
3200				1	N.	Harbert	MC 29.71
1		Zamora	AMER 13:18.0	2	H.	Gilham	CVHS 31.57
2	A.	Bailey	CVHS 13:18.5	3	J.	Cascarden	AMER 32.17
3	S.	Fong	CVHS 13:23.4	4	M.	Phelan	MC 32.73
4		Prasad	AMER 15:27.8	5	J.	Natividad	AMER 33.24
100m H		No entries		6	M.	Garcia	MC 33.64
400				7	C.	Pillay	MC 34.58
1	S.	Brinkman	CVHS 70.62	8	A.	Shah	AMER 37.21
2	M.	Dormoy	AMER 74.91	Heat 2			
400				1	J.	Overshoun	MC 28.44
Heat 2				2	M.	Schneider	CVHS 30.05
1	A.	Neal	AMER 72.62	3	S.	Brinkman	CVHS 30.34
2	C.	Yu	AMER 77.4	4	J.	Ceniceros	CVHS 31.11
				5	L.	Umeh	CVHS 31.78
				6	D.	Maity	AMER 31.83

7	A.	Tam	AMER	32.18
8	N.	Thepa	AMER	35.73

Heat 3

1	C.	Martore	CVHS	27.54
2	C.	Harris	AMER	29.28
3	E.	Highstreet	CVHS	29.5
4	J.	Velasquez	CVHS	33.44
5	K.	Kaur	AMER	34.17
6	M.	Sommer	MC	35.73
7	S.	Khan	AMER	36.15
8	A.	Morales	CVHS	36.67

Shot Put

1	A.	Posey	CVHS	27-05
2	J.	Rillamas	MC	21-04
3	M.	Grey	AMER	20-10
4	H.	Cruz	MC	20-01
5	F.	Morales	MC	18-02
6	J.	Griffin	AMER	18-01

Discus

1	A.	Posey	CVHS	69-08
2	M.	Grey	AMER	55-10
3	J.	Rillamas	MC	55-02
4	J.	Griffin	AMER	43-10

Long Jump

1	S.	Boisse	CVHS	13-03.75
2	C.	Lee	CVHS	12-10.25
3	J.	Ceniceros	CVHS	12-05
4	K.	Yap	MC	10-10.75
5	A.	Galvez	MC	10-07.5
6	S.	Brinkman	CVHS	9-10.75
7	H.	Maysam	CVHS	9-08.25

Triple Jump

1	S.	Gilchriese	CVHS	28-03.75
2	M.	Chissell	CVHS	27-01.5
3	E.	Highstreet	CVHS	26-09.75
4	C.	Lee	CVHS	26-08.5
5	L.	Umeh	CVHS	25-01.5
6	H.	Gilham	CVHS	24-08

Pole Vault

1	M.	Britton	CVHS	6-00
2	J.	Griffin	AMER	6-00
3	E.	Piccillo	CVHS	6-00
4	S.	Gilchriese	CVHS	6-00
5	L.	Buck	AMER	5-06
6	M.	Gamez	CVHS	5-00

BV

BV 4x100m

1		CVHS	43.55
2		American	47.04
3		Moreau	DQ

BV 1600

1	Tom	Ashby	CVHS	04:43.8
2	Anthony	Martore	CVHS	04:46.5
3	Daniel	Brodey	American	04:47.9
4	David	Brody	American	04:50.4
5		Chilo	American	04:51.0
6	Will	Weeks	CVHS	04:56.3
7	Vince	Talley	CVHS	05:02.2
8	Solo	Diomande	CVHS	05:09.5
9	Matt	Crump	CVHS	05:10.2
10	Scott	Peek	CVHS	05:22.1

11		Salgagl	Moreau	05:22.7
12		Magno	Moreau	05:23.3
13		Ravindran	Moreau	05:23.8
14		Mahmoodi	American	05:24.3
15		Thomas	Moreau	05:33.2
16		Maeaaeg	Moreau	05:33.0
17		Zaio	Moreau	06:14.2

BV 110 Hurdles

1	Chris	Mackey	CVHS	15.47
2	Adam	Nikssarian	CVHS	17.81
	Marcus	Bell	American	19.52

BV 400m

1	CJ	Hamilton	CVHS	52.14
2	Fernando	Mercado	American	55.26
3	Joseph	Walsh	American	55.95
4	Cameron	Merriweather	CVHS	57.22
5	Chris	Mackey	CVHS	01:00.4
6	Jeffrey	Hwang	American	01:00.8
7	David	Brody	American ?	01:01.3

BV 100m

Heat 1

1	Damion	Rosby	CVHS	11.01
2	CJ	Hamilton	CVHS	11.50
3	Alex	Lamothe	American	11.73
4	Maurice	Valentine	CVHS	11.78
5	Joe	Hammill	American	11.91
6	Matthew	Buck	American	12.86
7	Jordan	Chung	CVHS	14.12

BV 100m

Heat 3

1	Carlyle	Garrick	CVHS	11.41
2	Omodele	Adesayna	CVHS	11.43
3	Mohan	Chaddha	American	11.48
4	Lorenzo	McHenry	American	11.70
5	Aaron	Asilo	Moreau	12.29
6	Anthony	Bosland	CVHS	12.45
7	Nicolas	Marino	CVHS	12.55
8	Joseph	Olsen	Moreau	14.17

BV 800

1	Solo	Diomande	CVHS	02:09.1
2	Daniel	Brody	American	02:09.9
3		Cortez	Moreau	02:16.7
4		Magno	Moreau	02:17.3
5		Ravindran	Moreau	02:19.0
6		Young	American	02:19.7
7		Munoz	Moreau	02:31.9

BV 200m

Heat 1

1	Dash	Oliver	CVHS	22.21
2	Damion	Rosby	CVHS	22.66
3	Mohan	Chaddha	American	24.65
4	Lrenzo	McHenry	American	25.04
5	Matthew	Buck	American	26.90

BV 200m

Heat 1

1	CJ	Hamilton	CVHS	23.63
2	Alex	Lamthe	American	24.31
3	Cameron	Merriweather	CVHS	24.85
4	Anthony	Bosland	CVHS	25.72
5	Nicolas	Marino	CVHS	26.63

BV 3200

1	David	Brody	American	10:28.7
2		Chio	American	10:29.6

3	Daniel	Brody	American	10:31.1
4		Salgavo	Moreau	11:24.2
5	Matt	Crump	CVHS	11:39.7
6		Mahmoodi	American	12:06.1
7	Scott	Peek	CVHS	12:31.1

BV 4x400

1	A	CVHS	03:42.1
2	A	American	03:47.0
3	B	American	04:11.5

BV Shot Put

1	Jacob	Eckel	CVHS	43'6"
2	Eric	Mason	CVHS	40'7"
3	Jagtes	Sodhitj	American	39'5"
4	Jason	Chong	Moreau	37'3"
5	Andrew	Shaw	CVHS	36'7"
6	Niko	Tomaz	CVHS	36'2"
7	Sam	Alrouba	CVHS	35'9"
8	Gaton	Gilham	CVHS	35'1"
9	Marcus	Mendoloa	Moreau	34'2"
10	Genaro	Elenes	CVHS	33'10"
11	Alex	Vasque	CVHS	31'9"
12	Jeff	Bouchard	CVHS	31'6"
13	Kevin	Yeap	American	30'7"
14	Ken	Hill	Moreau	30'2"
15	Zong	Yu	American	29'0"
16	Emmanuel	Berrera	CVHS	28'17"
17	Murtaza	Mun???	American	27'7"
18	Jaskedrat	Singh	American	27'4"
19	Jake	Anderson	American	27'10"
20	Brian	Velasquez	CVHS	27'0"
21	Agelo	de Vera	American	26'10"
22	Daniel	Murphy	CVHS	26'0"
23	Joe	Ashby	CVHS	25'1"
24	Kevin	Wang	American	23'1"
25	Andre	Nghiem	American	22'2"
26	Krishna	Vallury	American	22'0"

BV Discus

1	Eric	Mason	CVHS	127'6"
2	Jacob	Eckel	CVHS	125'6"
3	Jagtej	Sodhi	American	105'3"
4	Niko	Tomaz	CVHS	103'8"
5	Gatin	Gilham	CVHS	99'0"
6	Alex	Vasquez	CVHS	89'4"
7	Genaro	Elenes	CVHS	88'9"
8	Kevin	Yeap	American	86'10"
9	Murtaza	Munaim	American	86'6"
10	Jason	Chong	Moreau	85'5".5
11	Emmanuel	Barrera	CVHS	83'9"
12	Jake	Anderson	American	81'0"
12	Jaskirat	Singh	American	81'0"
14	Jeff	Bouchard	CVHS	79'4"
15	Angelo	Devera	American	72'4"
16	Zong	Yu	American	72'2"
17	Brian	Velasquez	CVHS	71'7"
18	Sam	Alroubai	CVHS	71'5"
19	Andrew	Shaw	American	71'2"
20	Joe	Ashby	CVHS	67'11"
21	Kevin	Rose	CVHS	65'1"
22	Andre	Nghiem	American	64'7"
23	Kevin	Wang	American	62'2"
24	Wagner	Murphy	CVHS	59'6"
25	Krishna	Velury	American	55'6"

BV LJ

1	Jonte	Grant	Moreau	19-0 1/2
2	Omodele	Adesanya	CVHS	19-0
3	Jimmy	Sunga	CVHS	16-6
4	Kevin	Lai	American	15-8 3/4

5	Jordan	Chung	CVHS	12'0"
6	Jospeh	Olson	Moreau	11-3 3/4

BV Pole Vault

1	Jordan	Jaris	CVHS	10'0"
2	Justin	Meadows	CVHS	9'6"
3	Marcus	Bell	American	8'6"
4	Michael	Jubilabo	American	8'6"
5	Andrew	Wiegardt	CVHS	8'0"

Boys F/S

4x100

1		AMER	47.12
2		CVHS-A	49.39
3		MC-B	51.14
4		MC	51.17
5		MC-C	53.66

110 HH

1	Kwame	Hudson	CVHS	18.24
2	D.	Wheaton	AMER	22.4

400m

1	A.	Foster	CVHS	57.77
2	S.	Miles	AMER	58.99
3	J.	Valdez	AMER	59.69
4	J.	Aviaku	MC	60.24
5	Matthew		AMER	60.26
6	F.	Cervantez	CVHS	64.1
7	B.	Zhang	CVHS	65.58
8	T.	Chatin	MC	66.71

1600m

1	B	Eversole	CVHS	04:49.7
2	E	Coulter	CVHS	04:59.3
3		Alexander	AMER	05:11.0
4		Burchak	MC	05:11.7
5		Cheng	AMER	05:14.2
6	G	Owyang	CVHS	05:16.1
7		Muigeta	AMER	05:25.0
8		Smith	MC	05:37.2
9		Otts	MC	05:46.5
10		Barney	CVHS	05:53.5
11		Buccat	AMER	05:54.1
12		Nguyen	MC	05:56.4

Shot Put

1	R	Condiel	MC	35-07
2	M	Vick	AMER	34-07
3	A	West	CVHS	34-05
4	J	Sanchez	MC	33-03
5	O	Hernden	MC	32-08
6	T	Carrick	CVHS	27-11
7	J	Lieu	CVHS	25-03
8	D	Andes	MC	19-06

400m (2)

1	J	Imlack	MC	56.74
2	A	West	CVHS	62.54

100m

1	S	Wong	AMER	12.29
2	N	Johnson	MC	12.76
3	V	Perez	AMER	12.89
4	A	Singh	MC	13.65
5	M	Wong	MC	14.09
6	Z	Wentworth	AMER	14.58
7	D	Bracy	CVHS	14.76

100m (2)

1	V	Shetty	AMER	2	CVHS	CVHS	04:11.5
2	S	Lu	CVHS				
3	N	Ashton	AMER				
4	F	Delfino	MC				
5	D	Nguyen	AMER				
6	C	Fontana	MC				
7	A	Constantino	MC				
8	S	Lieu	AMER				
100m (3)							
1	M	Basillio	AMER			12.04	
2	J	Imlack	MC			12.21	
3	M	Munos	MC			13.01	
4	J	Gregorio	MC			13.09	
5	B	Zhang	CVHS			14.05	
6	J	Lazaro	MC			14.09	
7	D	Rasay	MC			14.19	
8	B	Weikel	AMER			15.21	
100m (4)							
1	M	Truong	MC			11.48	
2	B	Pentoja	MC			11.69	
3	N	Han	CVHS			12.15	
4	J	Ngo	AMER			12.39	
5	E	Pedilla	MC			12.86	
6	R	Wilson	MC			12.99	
7	J	Kono	CVHS			13.04	
8	F	Cervantez	CVHS			13.15	
300IH							
1	K	Hudson	CVHS			47.24	
2	S	Diomande	CVHS			48.54	
3	C	Bracy	CVHS			50.15	
200m							
1	N	Shetty	AMER			24.24	
2	V	Perez	AMER			25.96	
Discus							
1	M	Chukwu	AMER			85-10	
2	T	Carrick	CVHS			70-10	
3	A	West	CVHS			70-05	
4	J	Lieu	CVHS			63-00	
5	C	Chavez	CVHS			48-2	
Long Jump							
1	J	Imlack	MC			17-01.5	
2	S	Lu	CVHS			16-00.5	
3	J	Kono	CVHS			16-00	
4	F	Delfino	MC			15-10.5	
5	J	Linda	CVHS			15-10.25	
6	J	Avlakh	MC			15-10	
7	B	Davis	CVHS			14-10.5	
8	R	Wilson	MC			14-10.5	
9	A	Singh	MC			14-03	
10	D	Wheaton	AMER			13-10.5	
11	P	Nouv	CVHS			12-11.5	
12	J	Lazaro	CVHS			11-09.5	
13	S	Lieu	AMER			11-09.0	
Pole Vault							
1	E	Coulter	CVHS			9'6"	
2	M	Dangler	CVHS			8'6"	
3	C	Wicks	AMER			8'0"	
4	N	Wiegardt	CVHS			7'6"	
5	B	Weikel	AMER			7'6"	
6	P	Lamothe	AMER			7'6"	
7	J	Ngo	AMER			7'0"	
4X400							
1	AMER		AMER			03:57.4	



The sometimes voice of the Castro Valley Track & Field Program

The Daily Blurb

Where exceptionality is the norm

Mt. Pleasant Relays

Mt. Pleasant High School San Jose, CA
Saturday, March 7, 2009

Men's Results

2	<u>4x100 Relay</u>	<u>43.09</u>	
	Robert Batis		
	Dash Oliver		
	Carlyle Garrick		
	Damion Rosby		
1	<u>4x200 Relay</u>	<u>1:31.00</u>	
	Damion Rosby	22.2	10
	Dash Oliver	22.4	12
	Carlyle Garrick	22.8	10
	Robert Batis	23.9	10
5	<u>4x800 Relay</u>	<u>8:39.0</u>	
	CJ Hamilton	2:09.5	
	Sulayman Deimonde	?	
	Anthony Martore	?	
	Benjamin Eversole	?	
1.	<u>4x1600 Relay</u>	<u>18:43.0</u>	
	Benjamin Eversole	4:36.0	10
	Tom Ashby	4:42.0	11
	Anthony Martore	4:42.0	10
	Norman Weekes	4:42.0	11
4	<u>3200 Meters</u>	<u>43:56</u>	
	3 Tom Ashby	10:02.96	11
	19 Vince Talley	11:02.31	11
	26 Gregory Owyang	11:14.95	10
	32 Matthew Crump	11:36.45	11
4	<u>Shuttle Hurdles</u>	<u>1:09.50</u>	
	Christopher Mackey	42.5	12
	Adam Nikssarian	46.7	12
	Kwame Hudson	47.92	10
	Ben Davis	52.61	10
	<u>Discus - 1.6kg - Varsity - Finals</u>		
	Jacob Eckel	131'0	11
	Eric Mason	130'10	11
	Genaro Elenes	98'3	11
	Emmanuel Barrera	91'10	11
	<u>Triple Jump - Varsity - Finals</u>		
	Adam Nikssarian	37'6	12

Women's Results

8	<u>4 x 100 Relay</u>	<u>53.16</u>	
	Brianna Miller		
	Celeste Martore		
	Marisa Schneider		
	Ilesha Rush		
6	<u>4 x 200 Relay</u>	<u>1:58.0</u>	
	Marisa Schneider	28.57	
	Ilesha Rush	29.10	
	Jemiah Flowers	29.81	
	Evangeline Bedford	30.34	

3	<u>4 x 400 Relay</u>	<u>4:15.3</u>	
	Chelsea Schneider	61.83	11
	Ayla Granados	63.15	12
	Megan Lee	63.45	12
	Monique Aldridge	66.56	11
2	<u>4 x 800 Relay</u>	<u>9:53.0</u>	
	Ayla Granados	2:25.9	12
	Elise Wummer	2:27.9	11
	Kelsey Santisteban	2:29.0	10
	Megan Lee	2:33.8	12
3	<u>4 x 1600 Relay</u>	<u>22:03.3</u>	
	Kelsey Santisteban	5:15.0	10
	Elise Wummer	5:22.0	11
	Ayla Granados	5:39.0	12
	Nicole Yang	5:47.0	11
5	<u>4 x 3200 Meters</u>	<u>52:37</u>	
	Pamela MacLeod	12:30.48a	11
	Samantha Fong	13:18.36a	9
	Aurora Bailey	13:22.29a	9
	?		
	<u>Shot Put - 4kg - Varsity - Finals</u>		
	Alana Knight	31'8	11
	Arianna Posey	29'3	10
	Brianna Miller	28'7	10
	Noelle Donnelly	27'7	9
	<u>Discus - 1kg - Varsity - Finals</u>		
	Noelle Donnelly	100'01	9
	Alana Knight	86'0	11
	Arianna Posey	78'0	10
	Brianna Miller	56'0	10
	<u>High Jump - Varsity - Finals</u>		
	2 Celeste Martore	5'02	9
	Lisa Umeh	4'2	10
	<u>Long Jump - Varsity - Finals</u>		
	Celeste Martore	15'6	9
	Sara Boisse	13'2	10
	Julia Cenicerros	13'0	10
	<u>Triple Jump - Varsity - Finals</u>		
	Ilesha Rush	29'6	12



The big boys wait their turn to throw.



The sometimes voice of the Castro Valley Track
& Field Program

The Daily Blurb

Where excellence is the only option

Dublin Distance Fiesta

Dublin High School Saturday March 21, 2009

Girls' 800

2	Schneider, Chelsea	11	2:21.47
3	Granados, Ayla	11	2:24.87
14	Yang, Nicole	11	2:40.07
22	Sutedja, Ashley	11	2:43.37
23	Carolyn Gilchriese	12	2:43.49
26	Chi, Isabel	10	2:47.65
48	Chopra, Pirya	9	3:02.82

Girls 1600 Meter Run

9	Macleod, Pam	11	5:34.64
14	Yang, Nicole	11	5:40.92
24	Sutedja, Ashley	11	5:49.09
34	Fong, Sam	9	5:56.34
41	Bailey, Aurora	9	6:03.25
74	Chopra, Pirya	9	6:41.03
97	Tran, Jenny	9	8:28.90

Girls 3200 Meter Run

2	Santisteban, Kelsey	10	11:17.20
4	Wummer, Elise	11	11:18.86
9	Macleod, Pam	11	12:21.11
15	Fong, Sam	9	13:02.16

Boys 800 Meter Run

11	Weekes, William	11	2:08.56
22	Diomande, Solo	10	2:11.11
44	Berman, Juan	10	2:14.89
61	Peek, Scott	11	2:18.87

Boys 1600 Meter Run

11	Eversole, Ben	10	4:33.42
15	Martore, Anthony	10	4:42.22
42	Coulter, Erich	10	4:51.08
66	Berman, Juan	10	4:59.23
68	Diomande, Solo	10	4:59.51
69	Crump, Matt	11	4:59.84
78	Talley, Vince	11	5:02.31
89	Peek, Scott	11	5:05.63
120	Owyang, Greg	10	5:13.20

150 Wummer, Jonathan 9 5:22.36

Boys 3200 Meter Run

8	Ashby, Tom	11	9:51.74
56	Talley, Vince	11	11:12.87



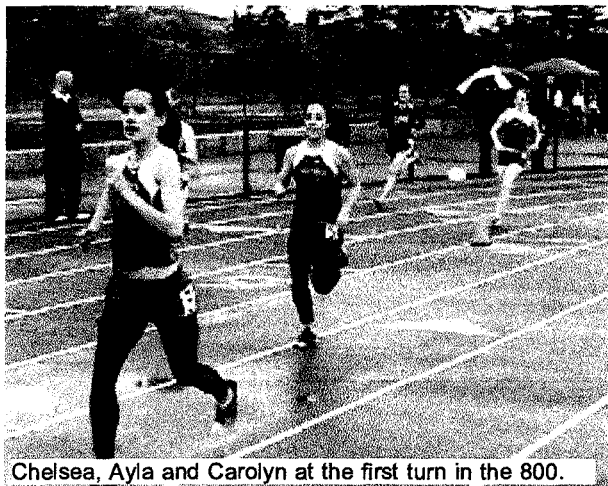
Nicole has her game face on.



Juan and Matt stride out early in the 1600.



Will chases after a DLS competitor in the 800.



Chelsea, Ayla and Carolyn at the first turn in the 800.



Solo looks a little tired here.