

# Castro Valley HS

## Trojans - Castro Valley , CA

### 2010 Track & Field



Sat, Feb 6	California State Indoor Meet	Save Mart Center, Fresno
Sat, Feb 27	De La Salle Invite	Diablo Valley College
Thu, Mar 4	CV vs. American	Castro Valley HS
Sat, Mar 6	Mt. Pleasant Relays	Mt. Pleasant HS
Fri, Mar 12	Dan Gabor Relays	Amador Valley HS
Fri, Mar 19	Castro Valley Invite - Frosh-Soph	Castro Valley HS
Sat, Mar 20	Castro Valley Invite - Varsity	Castro Valley HS
Fri-Sat, Mar 26-27	Stanford Invitational	Stanford University
Fri-Sat, Mar 26-27	Chabot Distance Festival	Chabot College
Wed, Mar 31	Mt Eden, CV, Moreau	Castro Valley HS
Fri, Apr 9-10	Arcadia Invitational	Arcadia HS
Thu, Apr 15	Arroyo, CV, San Lorenzo	Arroyo HS
Fri, Apr 16	Woody Wilson Invitational	UC Davis
Thu, Apr 22	BOD, CV, Tennyson	Castro Valley HS
Fri-Sat, Apr 23-24	Logan Bay Area Top 8	Logan HS
Thu, Apr 29	Hayward, San Leandro, CV	Castro Valley HS
Fri, Apr 30	Bob Warren Relays	Acalanes HS
Sat, May 1	Sacramento MOC Invite	Sacramento City College
Thu, May 13	HAAL League Trials	Castro Valley HS
Sat, May 15	HAAL League Finals	Castro Valley HS
Sat, May 22	NCS Area Championships--Bay Shore	Logan HS
Fri, May 28	NCS Meet of Champions Trials	U.C. Berkeley
Sat, May 29	NCS Meet of Champions Finals	U.C. Berkeley
Fri-Sat, June 4-5	State Championships	Buchanan HS, Clovis

HAYWARD AREA ATHLETIC LEAGUE  
TRACK AND FIELD SCHEDULE – 2009-2010 SEASON  
approved by the HAAL Board 5/13/09  
First year of our four-year rotation

Wednesday, March 31

Bishop O'Dowd, **Arroyo**, and Hayward at Arroyo  
**Mt. Eden**, Castro Valley, and Moreau Catholic at Castro Valley  
San Leandro, San Lorenzo, and **Tennyson** at Tennyson

Thursday, April 15

Bishop O'Dowd, **Mt. Eden**, and San Leandro at Chabot  
**Arroyo**, Castro Valley, and San Lorenzo at Arroyo  
Hayward, **Moreau Catholic**, and Tennyson at Moreau Catholic

Thursday, April 22

**Bishop O'Dowd**, Castro Valley, and Tennyson at Castro Valley  
Arroyo, Moreau Catholic, and **San Leandro** at Chabot  
**Hayward**, Mt. Eden, and San Lorenzo at Hayward

Thursday, April 29

Bishop O'Dowd, Moreau Catholic, and **San Lorenzo** at Moreau Catholic  
Arroyo, Mt. Eden, and **Tennyson** at Tennyson  
Hayward, **Castro Valley**, and San Leandro at Castro Valley

Rain Date, Thursday, May 6

\* \* \* \* \*

NOTE: All schools are responsible for trained track meet helpers at all league meets. If you host a meet, **in bold above**, it's your responsibility to

- Contact the two visiting coaches to make advance arrangements about running the events, starter and finish line crew, and running the field events
- Provide the bull pen crew and run the bull pen
- Run the seeding meeting and score the meet. Scores should be disseminated immediately on the conclusion of the meet
- Organize a hurdle crew and set up/remove the hurdles in a timely manner

NOTE: The school listed in bold will make the hosting decision. This is rotated on a yearly basis. Arroyo, Mt. Eden, and Tennyson will make two hosting decisions this year.

\* \* \* \* \*

Preseason Meeting = Thursday, February 4; Hayward High Library; 6:30 PM

First Day of Practice = Monday, February 8

Maximum Number of Contests = 14 + 2 Scrimmages

(see Note 3, Page 2; NCS Sports and General Rulings Handbook for exempt meets which have changed)

HAAL Trials/Finals = Thursday/Saturday, TBA (May 13, 15) (Tennyson)

NCS Area Meet = Saturday, May 22

NCS Meet of Champions = Friday/Saturday, May 22, 29

CIF State Championships = Friday/Saturday, June 4, 5

HAAL Postseason/Seeding Meeting = Monday May 3; 7:00 PM; Site TBA

## 2010 Final Roster CVHS Track

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# *The Daily Blurb*

The Voice of Castro Valley Track & Field

January 30, 2010

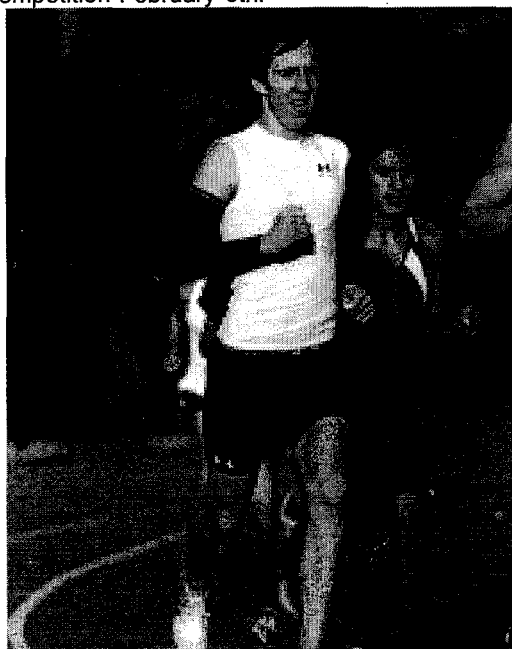


2010 Season Off to Great Start!

## **CV Sends 3 Athletes to Indoor State Meet !!**

The 2010 season is already off an running, literally, as a small but determined group of CV runners have qualified to run in the California Indoor Invitational this coming Saturday in Fresno.

Chelsea Schneider, Will Weekes, and Ben Eversole ran at qualifying meets this past Saturday, January 23, and finished in the top 4 of their events to earn a spot in this prestigious indoor competition February 6th.



Ben strides out in the 3200.

This meet is a continuation of the Run For The Dream meet that Fresno State has been hosting the last two years, and has been extended to included top track athletes from all over the state.



Will looks exceptionally cool in this finish photo.

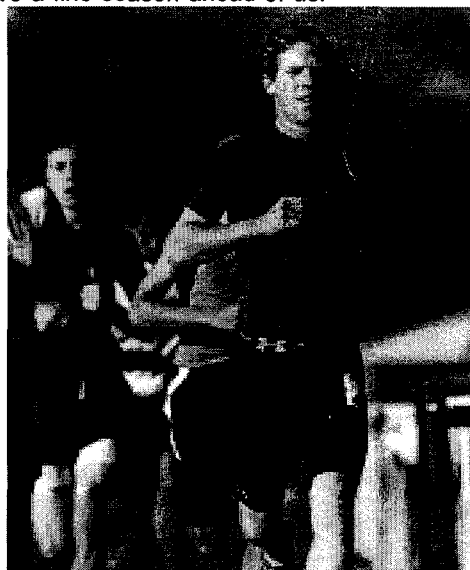


Shown here at the 2009 HAAL finals, Chelsea goes to Fresno too.

Will, Ben, and Tom Ashby ran at the Los Gatos High School qualifier. Will took 4th in the 1600 at 4:36.57, Ben grabbed 4th in the 3200 with a 9:55.70 clocking, and Tom finished 10th in the 1600 at 4:52.81.

Chelsea opted to run at the UC Davis qualifier, and won the 800 there in 2:24.7 (hand timed).

These are all fine times for the early early early season that it is, and this is precisely the competitive mindset that tells us we have a fine season ahead of us.



Tom is all determination in the 1600.





# The Daily Blurb

The Voice of Castro Valley Track & Field

January 30, 2010



## Indoor Track Is Different

The track for indoors has traditionally been a banked 160 yard track that would fit into a standard basketball arena. The 160 yard distance is conveniently 1/11 of a mile. Newer tracks and larger arenas have resulted in some tracks being unbanked rubber 200 meter tracks. The one at Fresno State is in the old school format. The banked portion is especially cool.

Indoor track is not a common opportunity in California, or the entire West Coast for that matter. As sponsorships dried up over the last three decades, indoor meets in San Diego, Los Angeles, San Francisco and Oakland all went the way of the dodo and died off. Interested athletes had to travel to Reno, Albuquerque, Seattle, or Simplot Idaho for indoor meets during the winter. 4 years ago we sent Kirk Marciel to New York for the Scholastic Indoor Championships, and he returned with a 5th place and All-American status in the pentathlon.

Indoor track is an official state season in many Midwest and East Coast states, and a regular competitive event. Over the years the CV has sent athletes to various indoor events, and we have a records to show for it.

### CV Indoor records (partial list)

Girls' 880	Debbie Lee	2:22.6	Sunkist Invite	1979
Boys' Mile	Larry Guinee	4:12.5	Sunkist Invite	1980
Boys' 2 Mile	Calvin Gaziano	8:55.7	Michelob Games	1985

## Know Your Coaches

Head Coach: Dooney Jones



Jones takes over the head spot this year. He will remain in charge of the horizontal jumps as well as taking over the administrative duties.

Sprints and High Jump: Mike Spencer



Spencer gets to show off his coaching versatility by moving over to work the sprints and the high jump.

Hurdles: Mel Ashford



Mel is now in his 15th season covering the hurdle events.

Distances: Raoul Perez, Dino Cardiasmenos, Alex Cardiasmenos



Raoul and Dino have been quite the distance tandem for a long time, and are joined for a second year by Alex (CVHS class of '01)

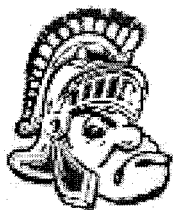
Throws: Barbara Klews



Coach Klews takes on the throws again and also will be taking on some of the administrative tasks.

Pole Vault: Joe Schneider

New this year, Joe joins the staff to cover the vault. He was an NCAA finalist for St. John's in his prime.



# The Daily Blurb

The Voice of Castro Valley Track & Field  
February 9, 2010



## Season Starts !

### 2010 Track Begins --

The weather was marginally cooperative as the rain cleared enough for the first workouts of the season to not get drenched. The coaching staff welcomed over 100 athletes to the new season, and there are many more still to be cleared, or who are competing still in winter sports. There are also the late additions who decide to join after they find out how much fun track really is.

Once again Castro Valley is favored to repeat as HAAL champions in all divisions. Even though several talented seniors have moved on to college, the Trojans boast enough firepower to be the consensus favorite. A detailed pre-season preview will be forthcoming soon, giving us all a peek into the returning talent from all the teams in the league.

## California Indoor Feb. 6

### CV Kicks Off Season With Indoor Meet @ Fresno State

The Trojans were represented at the California Indoor Championships by a trio of distance runners. Chelsea Schneider ran the 800, Will Weekes competed in the mile, and Ben Eversole raced in the 3200 to give Castro Valley its first taste of competition for the 2010 season.

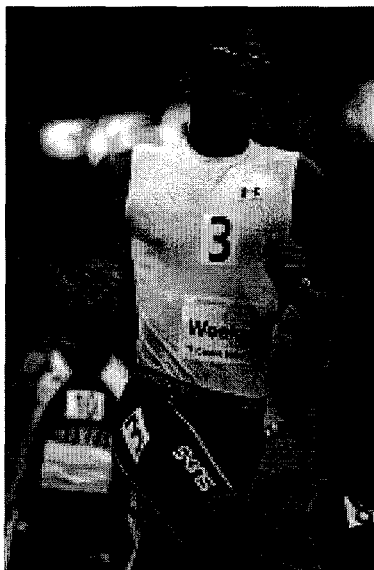
After having qualified two weeks earlier, these three raced in the unique environment of indoor track. The 160 yard banked track was nestled into the arena floor of the Sav-Mart Center on the Fresno State campus. This is a large basketball and hockey arena, and the stadium echoed with the pounding of the runners each time they thundered by on the elevated wood track, especially on the turns. All of our runners enjoyed the experience, and ran very well also.

#### Boys' 1600

Will Weekes

4:43.80 7th in Heat 1

Will started strong, but faded a bit on the unfamiliar short track. Even though he



was out of the money early on, he held his pace and was able to notch a fairly respectable time regardless.

#### Girls' 880

Chelsea Schneider 2:22.87  
6th in Heat 2

Chelsea was seeded into the fast heat, and got to run with the defending state champion. Almost last with about 250 yards to go, Chelsea made a major move up in the pack. This was a good time for her, especially indoors early, and was tantalizingly close to the school record. Debbie Lee ran a 2:22.6 hand time in 1979.



#### Boys' 3200

Ben Eversole 10:04.58 14th

Ben had higher expectations for himself, but the large pack on the narrow track with the tight turns made the race more like a NASCAR bumping contest than a footrace. Ben found himself out of contention early, and settled for making a race out of his place in the pack. Still, the time was not shabby considering the early season. He also got to run with his familiar nemeses Reesy Byer and Justin Vilhauer. As a side note for purposes of comparison, Jack Leng of CV ran a 10:10.7 here in 2008, and went on to run a 9:18 and go to the state meet.



### 2010 Castro Valley Track & Field

Head Coach: Dooney Jones

Assistants: Mel Ashford, Dino Cardiasmenos, Alex Cardiasmenos, Barbara Klews, Raoul Perez, Joe Schneider, Mike Spencer

Team Information Morn: Donna Martore

Daily Blurb Editor: Peter Brewer

Flash Results, Inc.(Don Chadez)  
 California High School Indoor Invitational  
 Run For the Dream  
 Save Mart Center, Fresno, CA  
 11 lap - 1600m Tartan Track  
 2/6/2010  
 Entry List

Event 1 Boys 55 Meter Dash Prelims

Saturday 2/6/2010 - 3:30 PM

Name	Year School	Seed
1 RJ Frasier	SR Elk Grove	6.44
2 Ali Roosevelt	JR Berkeley	6.44
3 Evan Meehan	SR Novato	6.54
4 Jordan Morrow	SR Fairfield	6.54
5 Jalen Saunders	SR Elk Grove	6.54
6 Kyle Middlebrooks	SR Garden Grove	6.55
7 Jamison Jordan	SR Camarillo	6.55
8 Mike Kennedy	SR San Francisco	6.56
9 Kaelin Clay	SR Carson	6.57
10 Vincent Porter	SR Long Beach	6.61
11 Joey Johnson	SR Antioch	6.64
12 LaDarrin Roach	JR Point Magu	6.64
13 Daniel Washington	SR Turlock	6.65
14 Devin Harrison	JR Laguna Niguel	6.65
15 Devon Marman	SR San Francisco	6.67
16 Bryan Mercado	JR Phillips Ranch	6.67
17 Winton Nguyen	SR Milpitas	6.68
18 Lajon White	JR Riverside	6.68
19 Davelle Sanders	12 Corona	6.69
20 Earvin Simmons	JR Murrieta	6.73
21 Robert Kline	SR Novato	6.74
22 Idarre Coles	SR Visalia	6.75
23 Kiree Jabril	SR Long Beach	6.75
24 Eugene Johnson	SR Fontana	6.76
25 Chris Harvey	SR Lawndale	6.76
26 Matt Nichols	SR Irvine	6.77
27 Khalfani Muhammad	FR Los Angeles	6.78
28 Caleb Sumpter	SR Bonsal	6.79
29 Shamone Fletcher	JR San Diego	6.79
30 Blake Selig	SO Camarillo	6.82
31 Steven Richards	SR Camarillo	6.84
32 Napoleon Singletary	SO Corona	6.86
33 Jack Jalil	Concord	6.94
34 Jaelen Owens	SO Long Beach	6.95
35 Demanjee Dixon	FR Carson	7.03
36 Leonard Merriweather	SO Palmdale	7.07
37 Rashad Harris	SR Long Beach	7.22
38 Donald Victor	SR Long Beach	7.25
39 Trent Trammell	Oakland	NT
40 Brandon Brisco	JR Oakland	NT
41 James Prince	Oakland	NT

Event 3 Boys 600 Yard Run

Saturday 2/6/2010 - 6:50 PM

Name	Year School	Seed
1 Chad Rozean	SR Rancho Santa Mar	71.76
2 Josh Mance	SR Chino	72.49
3 Brandon Phillips	SR Irvine	73.22
4 Aaron Harris	JR Long Beach	73.82
5 Jaylan Mabry	SR Fontana	73.90
6 Dino Sloan	SR Highland	75.29
7 Michael Koger	SR Gardena	75.44

8 William Contreras	JR San Bernardino	75.47
9 Dana Reed	SR Lakewood	75.89
10 Devon Marman	SR San Francisco	76.61
11 Stephen Burke	JR Bakersfield	76.74
12 Jason Roascio	JR Holister	76.92
13 Evan Crayton-Croghan	JR Fresno	77.00
14 Justin Montgomery	JR San Jose	77.49
15 Ryan Taylor	SR Murrieta	78.27
16 Patrick Hilt	SR Los Angeles	78.30
17 Bryant Davis	SR San Diego	78.63
18 Caleb Barger	JR Bakersfield	78.96
19 Jake Talley	JR Fresno	79.00
20 Cristhian Montenegro	SR Sunnyvale	79.64
21 Sebastian Kolie	SR Unattached	1:20.24
22 Tyler Baker	SR Santa Rosa	1:21.58
23 Jaylen Person	SR Elk Grove	1:21.60
24 Tyler Abell	JR Madera	1:21.78
25 Michael Matta	SR Murrieta	1:22.50
26 Devante Dubose	Unattached	1:23.00
27 Malcolm Willis	JR Sacramento	1:24.32
28 Lawrence Faulkner	SR Carmichael	1:24.64
29 Robert Hartman	JR Rancho Cordova	1:26.06
30 Tyler Beker	SR Santa Rosa	NT

Event 4 Boys 800 Meter Run

Saturday 2/6/2010 - 7:35 PM

Name	Year School	Seed
1 Greg Dotson	SR Burbank	1:55.40
2 Brandon Cook	SR Ontario	1:56.86
3 Ray Noble	JR Moreno Valley	1:56.95
4 Nick Vedovi	SR Orinda	1:57.27
5 Jason Coupe	SR Galt	1:57.60
6 Luke Decker	JR Mission Viejo	1:59.31
7 Myles Andrews	JR Long Beach	2:00.00
8 Chris Hall	JR Long Beach	2:00.85
9 Stephen Burke	JR Bakersfield	2:00.85
10 Alejandro Torres	SR Brookdale	2:01.37
11 Daniel Guerrero	SR Visalia	2:01.50
12 Anthony Duarte	SR Irvine	2:01.75
13 Matt Shisler	SR Felton	2:02.62
14 Mason Hartwell	SR Union City	2:03.13
15 Brandon Bram	SR Brentwood	2:03.93
16 Caleb Barger	JR Bakersfield	2:04.98
17 Tommy Brumfield	SR Porterville	2:05.00
18 Jack Winemiller	SR Lemon Grove	2:05.14
19 Gustavo Rangel	SR Kingsburg	2:05.32
20 Ian Cable	JR San Diego	2:05.54
21 Demetri Wilright	SR Elk Grove	2:05.70
22 Alex Jafek	SR San Diego	2:08.28
23 Nathan Williams	SR El Dorado Hills	2:11.70

Event 5 Boys 1 Mile Run

Saturday 2/6/2010 - 5:00 PM

Name	Year School	Seed
1 Jantzen Oshier	JR Trabuco Canyon	4:23.42
2 Daniel Herrera	SR Pico Rivera	4:25.02
3 Eamonn McCarey	SR San Diego	4:27.03
4 Ismael Rodriguez	SR Valley Center	4:27.96
5 Moises Venegas	SR Pico Rivera	4:28.00
6 Bruon Puentes	SR South Gate	4:28.00
7 Luca Signore	SR Saratoga	4:30.44
8 Kyle Lynch	JR Oceanside	4:32.50
9 Chet Reyen	JR Redwood City	4:33.05

10	Parker Deuel	SO Alamo	4:34.18
11	Christian Gonzales	JR Exeter	4:34.21
12	Brandon Croft	SR Visalia	4:34.86
13	Andrew Farkas	JR San Diego	4:35.36
14	Ben Fox	SR Sanger	4:36.00
15	Robert Leija	SR Parlier	4:36.00
16	Will Weekes <b>A:43.6</b>	SR Castro Valley	4:36.57
17	Chris Sanchez	Indio	4:36.78
18	Alex Shore	SR Monterey	4:37.00
19	Bryan Fernandez	FR Santa Barbara	4:37.05
20	Richard Shroy	SR Carson City, Nv	4:43.30
21	Jared Lester	SR Fairfield	4:43.50
22	Spencer Thibideau	SR Granite Bay	4:43.70
23	Allen Castaneda	SR Stockton	4:47.00
24	Nathan Williams	SR El Dorado Hills	5:00.00

15	Karl Moran	SR Ridgecrest	8.09
16	Nicholas Akingbemi	SR Rialto	8.20
17	Jack Williams	SR San Ramon	8.34
18	Jeremy Thompson	SR Rohnert Park	8.34
19	De'Montay McCullouch	JR Long Beach	8.51
20	Hassen Ilgas	JR Fountain Valley	8.52
21	Chris Whitehead	SO Kingsburg	8.56
22	Brandon Nguyen	SR Fountain Valley	8.78
23	Tristan Wentworth	SR Tulare	8.80
24	Spencer Miller	SR Murrieta	8.89
25	Matthew Moran	JR Tulare	9.10
26	Stephen Cooper	JR Mount Hermon	9.12
27	Nathan Chee	JR San Jose	9.14
28	Ben Ijah	SR Murrieta Valley	NT
29	Mike Nelson	JR Lakewood	NT
30	Raheem Blackmon	JR Concord	NT

#### Event 6 Boys 2 Mile Run

Saturday 2/6/2010 - 8:20 PM

Name	Year School	Seed
1 Justin Vilhauer	JR Visalia	9:22.60
2 Reese Byers	SR Santa Rosa	9:27.00
3 Nathaniel Cushing-Murray	JR Santa Ana	9:32.00
4 Sergey Sushchikn	JR Goleta	9:35.11
5 Anthony Castellom	SR Ontario	9:38.00
6 Moises Venegas	SR Pico Rivera	9:39.10
7 Darren Fahy	SO Carlsbad	9:39.32
8 Allan Hetke	SR Boulder Creek	9:45.57
9 Brian King	SR Sonoma	9:46.00
10 Kevin Bishop	SO Los Altos	9:46.87
11 Spencer Hall	SR Petaluma	9:48.00
12 Nick Spector	SR Boyes Hot Spring	9:49.00
13 Eamonn McCarey	SR San Diego	9:49.96
14 Curtis Kelly	SO Bakersfield	9:50.20
15 Benjamin Heck	SR San Carlos	9:55.03
16 Ben Eversole	JR Castro Valley	9:55.70
17 Mohammad Charara	SR Buena Park	9:57.26
18 Chris Sanchez	Indio	10:02.42
19 Nick Woolf	SO Norco	10:03.82
20 Marco Zaragoza	JR Moreno Valley	10:03.83
21 Brandon Croft	SR Visalia	10:03.95
22 Christian Pedro	FR San Mateo	10:07.00
23 Frak Drevdahl	SR Corona	10:10.17
24 Xavier Uranga	SR Visalia	10:14.08

#### Event 2 Boys 55 Meter Hurdles Prelims

Saturday 2/6/2010 - 2:50 PM

Name	Year School	Seed
1 Monte Corley	SR Union City	7.51
2 Angell Mayfield	SR Stockton	7.54
3 Alex Jungsten	SR Orangevale	7.74
4 RJ Frasier	SR Elk Grove	7.74
5 Devon Blackmon	JR Fontana	7.81
6 Ikem Okwudior	SR Fremont	7.85
7 Devin Hickey	SO Oceanside	7.89
8 Payden Law	JR Visalia	7.91
9 Michael Koger	SR Gardena	8.00
10 Jered Bell	SR Ontario	8.00
11 Allen Williams	JR Oakland	8.04
12 Kenneth Walker	SO Oakley	8.04
13 Demi Adegoke	SR Rancho Cucamonga	8.04
14 Julian Todd-Borden	SO Carlsbad	8.08

#### Event 7 Boys 4x145 Meter Relay

Saturday 2/6/2010 - 5:50 PM

School	Seed
1 Rio Mesa TC 'A'	1:30.78
2 Los Osos TC 'A'	1:31.41
3 Stars Elite 'A'	1:32.80
4 Paramount TC 'A'	1:33.08
5 Jordan TC 'A'	1:33.29
6 Laguna Creek TC 'A'	1:33.40
7 O'Dowd TC 'A'	1:33.50
8 St. Marys TC 'A'	1:34.00
9 Deer Valley TC 'A'	1:34.50
10 Etiwanda TC 'A'	1:35.01
11 Gardena TC 'A'	1:35.34
12 Pittsburg TC 'A'	1:36.56
13 Clovis North TC 'A'	1:37.60
14 Bear Creek TC 'A'	1:37.80
15 Central Section TC 'A'	1:37.96
16 Liberty TC 'A'	1:37.97
17 Arcadia TC 'A'	1:38.00

#### Event 8 Boys 4x400 Meter Relay

Saturday 2/6/2010 - 9:20 PM

School	Seed
1 Rio Mesa TC 'A'	3:25.85
2 Poly TC 'A'	3:26.49
3 Deer Valley TC 'A'	3:28.70
4 Paramount TC 'A'	3:29.90
5 Stars Elite 'A'	3:31.54
6 La Sierra TC 'A'	3:32.24
7 Union City TC 'A'	3:32.78
8 Laguna Creek TC 'A'	3:32.90
9 Jordan TC 'A'	3:33.48
10 St. Marys TC 'A'	3:36.10
11 Franklin TC 'A'	3:36.40
12 Etiwanda TC 'A'	3:38.58
13 Palmdale TC 'A'	3:39.79
14 Murrieta Valley TC 'A'	3:39.80
15 Arcadia TC 'A'	3:41.03
16 Pittsburg TC 'A'	3:45.86
17 Stars Elite 'B'	3:50.41
18 Clovis West TC 'A'	3:52.00
19 Madera TC 'A'	3:52.33
20 Tulare TC 'A'	4:12.37
21 Heritage TC 'A'	NT
22 San Juan TC 'A'	NT

# Event 9 Boys High Jump

Saturday 2/6/2010 - 6:30 PM

Name	Year School	Seed Mark
1 Harrison Steed	SR Coto de Caza	7-02.50
2 Idarre Coles	SR Visalia	6-06.00
3 Maurice Spikes	SR Emeryville	6-04.00
4 Michael Staab	SR Madera	6-04.00
5 Phillip McCullum	SR Bakersfield	6-02.00
6 Philmore Daley	SR Lemoore	6-02.00
7 Donte Deayon	SO Fontana	6-01.00
8 Solomon Ijah	JR Murrieta	6-00.00
9 Rashad Brown	SR Union City	5-11.00
10 Andrew Simko	JR Mission Viejo	5-10.75
11 Tristan Wentworth	SR Tulare	5-08.00
12 Brandon Moore	SO Murrieta	5-08.00

# Event 10 Boys Pole Vault

Saturday 2/6/2010 - 5:00 PM

Name	Year School	Seed Mark
1 Michael Woepse	SR Santa Ana	16-00.00
2 Ryan Vasquez	SR Clovis	14-06.00
3 Kyle Fraley	JR Lemoore	14-00.00
4 Shawn Toney	SR Mountain View	14-00.00
5 Andrew Ramay	JR Bakersfield	14-00.00
6 Caleb Gagliardi	SR Fresno	14-00.00
7 Scott Cook	SR Newport Beach	13-06.00
8 Tristan Wentworth	SR Tulare	13-00.00
9 Alexander Hamidzareh	JR Woodland Hills	13-00.00
10 Wyatt Anderson	SR Merced	13-00.00
11 Ian Rock	JR Davis	13-00.00
12 Conor Hawks	JR Long Beach	13-00.00
13 Dillon Fox	SR Carlsbad	13-00.00
14 Austin Allen	JR Burbank	13-00.00
15 Tanner Greeley	JR Huntington Beach	13-00.00
16 Peter Chapman	SO Murrieta Valley	12-06.00
17 Alex Garcia	SR Woodland	12-06.00

# Event 11 Boys Long Jump

Saturday 2/6/2010 - 2:00 PM

Name	Year School	Seed Mark
1 Devin Harrison	JR Laguna Niguel	22-08.25
2 Philmore Daley	SR Lemoore	22-01.00
3 Nolan McArse	SR Bakersfield	21-11.50
4 Marques Roberts	JR Chula Vista	21-10.00
5 Damien Williams	SR San Diego	21-06.75
6 Idarre Coles	SR Visalia	21-05.25
7 Jeremy Thompson	SR Rohnert Park	21-02.00
8 Kdayle Robinson	SR Hesperia	21-01.00
9 Hayden Pierce	SR Anaheim	21-01.00
10 Mike Kennedy	SR San Francisco	21-01.00
11 Ricco Jones	JR Suisun	21-00.50
12 Blake Gray	SO Long Beach	20-10.75
13 Justin Lovingood	SR Fontana	20-07.00
14 Kiree Jabril	SR Long Beach	20-06.25
15 Najee Lovett	SR Hercules	20-06.00
16 Jory Ruckers	SR Sacramento	20-04.00
17 Chris Brooks	SR Alamo	19-10.00

# Event 12 Boys Triple Jump

Saturday 2/6/2010 - 6:00 PM

Name	Year School	Seed Mark
1 Johnny Carter	JR Bakersfield	46-04.00
2 Victor Johnson	SR Union City	45-06.00
3 Idarre Coles	SR Visalia	45-03.00
4 Justin Lovingood	SR Fontana	45-02.00
5 Hayden Pierce	SR Anaheim	44-07.00
6 Nolan McArse	SR Bakersfield	44-03.00
7 Rashad Brown	SR Union City	44-01.00
8 Marques Roberts	JR Chula Vista	43-05.50
9 Corey Winston	SR Long Beach	43-05.00
10 Allen Williams	JR Oakland	43-02.00
11 Thomas Taylor	SR Unattached	42-11.50
12 Arthur Dyson	SR Carson	42-00.00
13 Ismail Naeem	JR Highland	41-07.50
14 Donte Deayon	SO Fontana	40-02.50

# Event 13 Boys Shot Put

Saturday 2/6/2010 - 6:00 PM

Name	Year School	Seed Mark
1 Matt Darr	SR Bakersfield	62-01.50
2 Jeremy Hines	SR Sacramento	56-05.00
3 Nicholas Scarvelis	JR Santa Barbara	56-02.50
4 Jose Aviles	SR La Jolla	52-07.00
5 Stephen Boals	JR Loomis	52-02.50
6 Brad Bolton	JR Lake Forest	51-03.75
7 Josh Scherer	SR Fountain Valley	50-10.00
8 Joshua Hines	SR Sacramento	50-09.00
9 Kody Robison	JR Long Beach	49-10.00
10 Ma'ataua Brown	JR Paramount	49-01.50
11 Victor Johnson	SR Union City	48-07.00
12 Kyle Volk	Shingle Springs	47-08.50
13 Jeremy Whetstone	SR Reedley	46-11.00
14 Jacob Budwig	SR Fowler	46-09.00
15 Steven Nava	JR Turlock	44-05.75

# Event 14 Boys Weight Throw

Saturday 2/6/2010 - 4:00 PM

Name	Year School	Seed Mark
1 Jose Aviles	SR La Jolla	58-09.00
2 Brad Bolton	JR Lake Forest	56-08.25
3 Justin Smith	JR Bakersfield	56-08.00
4 Miguel Ortega	SO Bakersfield	54-04.00
5 Kody Robison	JR Long Beach	51-06.50
6 Zachary Post	JR Rocklin	50-00.00
7 Blake McCoy	Carson City, Nv	49-02.25
8 Will Parsons	La Habra	46-06.25
9 Jacob Fraser	SR Lake Forest	44-09.25
10 Nick Bukowy	Carson City, Nv	42-05.00
11 Steven Nava	JR Turlock	36-08.75
12 Vincent Ziraldo	Redwood	ND

Flash Results, Inc.(Don Chadez)

**California High School Indoor Invitational**

**Run For the Dream**

**Save Mart Center, Fresno, CA**

**11 lap - 1600m Tartan Track**

**2/6/2010**

**Entry List**

Event 15 Girls 55 Meter Dash Prelims

Saturday 2/6/2010 - 3:10 PM

Name	Year School	Seed
1 Brooke Hardge	FR Colton	6.71
2 Jessica Davis	SR Palmdale	7.01
3 Jenna Puterbaugh	SR Encinitas	7.08
4 Valexsia Droughn	JR Oxnard	7.17
5 Christina Lydery	JR Long Beach	7.22
6 Kori Carter	SR Claremont	7.23
7 Kortney Ross	SR San Diego	7.27
8 Saedra Wright	SR Lancaster	7.39
9 Chelsey Washington	JR Lancaster	7.40
10 JaShonna Owens	FR Long Beach	7.40
11 Alexis Reed	SR Gardena	7.40
12 Morgan Thompson	JR Newbury Park	7.41
13 Omunique Thomas	JR Rialto	7.43
14 Ayanna Brown	JR Rialto	7.43
15 Ashley Franklin	SR Rancho Cucamonga	7.43
16 Kashae Knox	SR Elk Grove	7.44
17 Joy Gee	JR Unattached	7.44
18 Tanea Turner	SR Lemoore	7.45
19 Megan Thompson	JR Newbury Park	7.46
20 Janay Pierce	JR San Diego	7.46
21 Alexis Faulkner	SO Los Angeles	7.47
22 Brittney Wright	SR Gilroy	7.47
23 Maya Brown	SO Moreno Valley	7.49
24 Kayleigh Hendrix	SR Tulare	7.50
25 Elizabeth Duxbury	SR Los Gatos	7.53
26 Alyssa Page	JR Santa Rosa	7.54
27 Angela Liou	SR Arcadia	7.60
28 Kylie Palacio	FR San Jose	7.61
29 Sarah Williams	FR San Jose	7.61
30 Taylor Jackson	SR Bakersfield	7.63
31 Ashley Westbrook	SR Elk Grove	7.64
32 Dominique Whittington	JR Lemoore	7.65
33 Chelsea Rogers	JR Elk Grove	7.74
34 Olympia Jewett	SR Ingelwood	7.77
35 Nasjua Palmer	SO Rialto	7.81
36 Amy Galipeau	SR Newbury Park	7.81
37 Megan White	SR San Jose	7.85
38 Amy Smith	SR San Jose	8.14
39 Jacelyn Bailey	San Jose	8.45
40 Aurelia Sellers	San Jose	8.56

Event 17 Girls 600 Yard Run

Saturday 2/6/2010 - 6:20 PM

Name	Year School	Seed
1 Jordan Diaz	SR San Jose	1:27.53

2	Chimere Ezumalh	FR Carson	1:28.53
3	Kori Carter	SR Claremont	1:28.90
4	Akawkaw Ndipagbon	JR Long Beach	1:29.28
5	Morgan Thompson	JR Newbury Park	1:29.66
6	Sarah Cline	SO San Jose	1:30.35
7	Chizoba Okodogbe	SR Antioch	1:30.64
8	Deena Pierce	JR Cerritos	1:30.89
9	Megan Thompson	JR Newbury Park	1:30.91
10	Janessa Brown	JR Murrieta	1:31.32
11	Emily Gordon	SR Santa Clara	1:31.48
12	Kayah Agudo	SO North Hollywood	1:31.53
13	Kylee Martin	SR Murrieta	1:31.76
14	Tara Collins	SR Fontana	1:31.93
15	Tiara Collins	SR Fontana	1:31.93
16	Taylor Lawson	SR Berkeley	1:32.20
17	Lauren Gustafson	SR Los Angeles	1:33.96
18	Rhea Hill	JR Alta Loma	1:34.52
19	Calaiah Branch	SR Lakewood	1:34.52
20	Tori Mason	JR Sacramento	1:35.64
21	Alexis Newman	SO Madera	1:36.00
22	Kendall Gustafson	FR Los Angeles	1:36.96
23	Annie Woelffer	JR Berkeley	NT

Event 18 Girls 800 Meter Run

Saturday 2/6/2010 - 7:20 PM

Saturday 2/8/2014 7:20 AM		Year School	Seed
Name			
1	Paisley Pettway	SR Long Beach	2:08.00
2	Dynasty Gammage	JR Lakewood	2:16.23
3	Arielle Stevenson	JR Long Beach	2:18.45
4	Kylie Long	SR Stevenson Ranch	2:20.86
5	McKenzie Paul	JR Burbank	2:21.07
6	Erica Winston	SR Long Beach	2:21.15
7	Tiffany Lamar	SR Paramount	2:22.22
8	Chelsea Schneider	SR Castro Valley	2:24.70
9	Ashley Roberts	JR Riverside	2:25.21
10	Nijae Jones	FR Unattached	2:25.50
11	Kayla Knapp	SO Los Gatos	2:27.33
12	Margaret Wehner	SR San Francisco	2:29.00
13	Alyson DeLaRosa	SR Bakersfield	2:29.00
14	Karlie Creal	JR Moreno Valley	2:29.03
15	Savannah Roberts	SO San Diego	2:29.64
16	Olivia Rintaia	FR San Jose	2:32.95
17	Marcie Torres	JR Pittsburg	2:32.95
18	Sarah Baker	JR Bakersfield	2:35.00
19	Betsy Armitage	FR San Diego	2:43.29
20	Miya Lake	JR Bakersfield	2:46.82
21	Riddhi Patel	FR Bakersfield	2:52.16

Event 19 Girls 1 Mile Run

Saturday 2/6/2010 - 4:40 PM

Name		Year School	Seed
1	Dani Moreno	SR Downey	5:19.33
2	Ashley Roberts	JR Riverside	5:20.79
3	Mariel Mendoza	SO Riverside	5:23.20
4	Alisha Brown	SR Madera	5:24.76
5	Savannah Roberts	SO San Diego	5:25.86
6	Cristina Alcantar	SR Long Beach	5:29.18
7	Johana Ceja	SR Los Angeles	5:29.28
8	Michelle Reed	JR San Diego	5:29.58

9	Sarah Baker	JR Bakersfield	5:35.07
10	Codie Daughtry	JR Moreno Valley	5:36.30
11	Kenzie Estes	JR Riverside	5:39.00
12	Riddhi Patel	FR Bakersfield	5:42.28
13	Kayla Knapp	SO Los Gatos	5:42.44
14	Kelly Nordine	JR Danville	5:46.37
15	Kylie Cleveland	FR San Jose	5:46.57
16	April Rosas-Willet	SO Sacramento	5:50.00
17	Yaritza Barajas	SO San Jose	5:50.14
18	Brittany Laygo	FR Clovis	5:50.89
19	Taylor Falk	JR Petaluma	5:55.70
20	Emily Kemp	SO San Diego	6:00.77
21	Taylor Spencer	SR Orangevale	NT

Event 20 Girls 2 Mile Run

Saturday 2/6/2010 - 7:50 PM

Name	Year School	Seed
1	Brooke Holt	JR Granite Bay 10:59.60
2	Jessie Petersen	SR Belmont 11:06.15
3	Amber Murakami	SR Sata Clarita 11:08.70
4	Sierra Vega	SR Santa Ana 11:12.20
5	Maribel Mendoza	SO Riverside 11:13.40
6	Yaritza Barajas	SO San Jose 11:20.76
7	Kelsey Smith	SR South Lake Tahoe 11:27.30
8	Lauren McIntyre	SR La Mirada 11:32.01
9	Ashley Roberts	JR Riverside 11:45.74
10	Taylor Jones	FR La Mirada 11:47.83
11	Breann Guzman	JR Whittier 11:48.30
12	Shayna Powless	SO Roseville 12:06.00
13	Sarah Baker	JR Bakersfield 12:16.49
14	Samantha Garcia	SO San Jose 12:19.00
15	Sophie Crinion	SR San Jose 12:19.74
16	Ellie Aguilera	SR Lemoore 12:41.00
17	Riddhi Patel	FR Bakersfield 12:42.61
18	Yessica Gayton	JR Whittier 12:44.45
19	Megan Osten	SO Del Rey NT

Event 16 Girls 55 Meter Hurdles Prelims

Saturday 2/6/2010 - 2:30 PM

Name	Year School	Seed
1	Melia Cox	JR Long Beach 8.19
2	Kori Carter	SR Claremont 8.20
3	Katie Nelms	SR San Jose 8.48
4	Shanice Stewart	JR Rialto 8.54
5	Urina Harrell	SO Long Beach 8.56
6	Heather Corder	SR Murrieta 8.65
7	Taylor Jackson	SR Bakersfield 8.79
8	Ashley Cooke	SR Corona 8.81
9	Lily Trinh	SR Fountain Valley 8.83
10	Symone Evans	SR San Jose 8.86
11	Mina Amick-Alexis	JR San Francisco 8.86
12	Jamie McCormack	Simi Valley 8.98
13	Janessa Brown	JR Murrieta 9.05
14	Sarah Una Dia	SR Gilroy 9.05
15	Kendall Gustafson	FR Los Angeles 9.16
16	Kassidy Ellis	SO Bakersfield 9.21
17	Chelsea Larson	JR Yorba Linda 9.21
18	Cheyenne Thompson	JR Ontario 9.25
19	Kelsee Derr	FR Turlock 9.31



20	Ayla Draper	SR Visalia	9.45
21	Tori Mason	JR Sacramento	9.54
22	Nayomie Smith-Jarvis	SR Vista	9.60
23	Laura Schellenberg	JR Reedley	9.98

#### Event 21 Girls 4x145 Meter Relay

Saturday 2/6/2010 - 5:20 PM

School	Seed
1 Poly TC 'A'	1:41.14
2 Serra TC 'B'	1:42.74
3 Highlad TC 'A'	1:43.83
4 Deer Valley TC 'A'	1:45.20
5 Carson TC 'A'	1:45.30
6 Lakewood TC 'A'	1:45.34
7 Los Osos TC 'A'	1:45.44
8 Etiwanda TC 'A'	1:45.56
9 Stars Elite 'A'	1:47.19
10 Heritage TC 'A'	1:47.78
11 Mitty TC 'A'	1:47.83
12 Piner TC 'A'	1:48.36
13 Newbury Park TC 'A'	1:48.47
14 Serra TC 'A'	1:48.52
15 Arcadia TC 'A'	1:50.62
16 Tulare West TC 'A'	1:52.20
17 Liberty TC 'A'	1:56.26
18 Redwood TC 'A'	NT

#### Event 22 Girls 4x400 Meter Relay

Saturday 2/6/2010 - 8:50 PM

School	Seed
1 Serra TC 'A'	3:54.00
2 Poly TC 'A'	3:57.39
3 Los Osos TC 'A'	3:57.44
4 Etiwanda TC 'A'	3:57.99
5 Carson TC 'A'	4:01.12
6 Highlad TC 'A'	4:01.79
7 Speed City TC 'A'	4:02.13
8 Colony TC 'A'	4:02.95
9 Serra TC 'B'	4:06.46
10 Deer Valley TC 'A'	4:06.80
11 Gardena TC 'A'	4:09.63
12 Murrieta Valley TC 'A'	4:11.06
13 Serra TC 'C'	4:15.36
14 Arcadia TC 'A'	4:16.96
15 Newbury Park TC 'A'	4:21.81
16 San Jose TC 'A'	4:25.30
17 Franklin TC 'A'	4:34.00
18 Los Gatos TC 'A'	4:43.00
19 Lemoore TC 'A'	5:06.00
20 Kingsburg TC 'A'	5:06.00
21 Heritage TC 'A'	NT

#### Event 23 Girls High Jump

Saturday 2/6/2010 - 4:30 PM

Name	Year School	Seed Mark
1 Malia Cravens	JR Temecula	5-03.00
2 Alex Collatz	JR Bakersfield	5-02.00

3	Sarah Una Dia	SR Gilroy	5-01.00
4	Diamara Planell Cruz	JR Mountain View	5-01.00
5	Stephanie Armstrong	SR Morgan Hill	5-01.00
6	Nicole Miyashita	SO Watsonville	5-01.00
7	Chelsea Larson	JR Yorba Linda	4-11.00
8	Taylor Guthrie	JR Visalia	4-10.00
9	Melissa Christiansen	SR Rancho Santa Mar	4-09.00

Event 24 Girls Pole Vault

Saturday 2/6/2010 - 2:00 PM

Name	Year School	Seed Mark
1 Kortney Ross	SR San Diego	13-00.00
2 Claire Hawkins	SR Mission Viejo	12-00.00
3 Michelle Stone	SR Santa Rosa	12-00.00
4 Mackenzi Landry	JR Newcastle	11-06.00
5 Natasha Kolbo	SR Arroyo Grande	11-06.00
6 Brooke Arthur	SR Santa Ana	11-06.00
7 Kelsie Jarratt	SR Pismo Beach	11-06.00
8 Madalyn Roberts	JR Unattached	11-00.00
9 Nicole Larson	SR Upland	11-00.00
10 Victoria Rische	SO Santa Ana	10-06.00
11 Karen Snapper	SO Huntington Beach	10-06.00
12 Elena Clarke	JR San Luis Obispo	10-00.00
13 Clara Davis	SR Piedmont	10-00.00
14 Jennifer Dutton	SR Clovis	10-00.00
15 Makenzie McRoberts	JR Santa Ana	10-00.00
16 Kate Johnson	SR Santa Ana	10-00.00
17 Michelle Urabe	SR Huntington Beach	10-00.00
18 Haley Stauber	SR Fullerton	10-00.00
19 McKenzie Johnson	SO Unattached	9-06.00
20 Kaitlin McCallum	SO San Diego	9-06.00
21 Victoria Warner	JR Loomis	9-06.00

Event 25 Girls Long Jump

Saturday 2/6/2010 - 4:00 PM

Name	Year School	Seed Mark
1 Kira MOREland	FR Etiwanda	17-09.00
2 Traci Hicks	SO Long Beach	17-07.00
3 Celestine Jones	SR Avenal	17-00.50
4 Kortney Ross	SR San Diego	16-11.25
5 Kendall Gustafson	FR Los Angeles	16-08.75
6 Bree Winfrey	JR Mission Viejo	16-01.75
7 Malia Cravens	JR Temecula	16-01.00
8 Kierra Miller	SO Carson	15-11.50
9 Diamara Planell Cruz	JR Mountain View	15-10.00
10 Angela Artadi	JR Unattached	15-10.00
11 Connie Randle	SR Carson	15-08.50
12 Brooke Hardge	FR Colton	15-06.50

Event 26 Girls Triple Jump

Saturday 2/6/2010 - 8:00 PM

Name	Year School	Seed Mark
1 Melia Cox	JR Long Beach	38-05.75
2 Tessa Runels	JR Union City	36-06.00
3 Vanora Guerard	SO La Jolla	36-04.00
4 Alex Collatz	JR Bakersfield	36-03.00
5 Traci Hicks	SO Long Beach	35-10.75

6	Symone Evans	SR San Jose	35-08.00
7	Tashonna Roberson	SO Carson	34-01.00
8	Olympia Jewett	SR Ingelwood	33-09.75
9	Chantel Gary	SR Oceanside	33-07.00
10	Daniela Ljuba	SR Madera	33-02.50

Event 27 Girls Shot Put

Saturday 2/6/2010 - 4:00 PM

Name	Year School	Seed Mark
1 Jasmine Burnell	SR Torrance	45-10.00
2 Urina Harrell	SO Long Beach	45-02.00
3 Chioma Amaechi	SR San Francisco	45-00.00
4 Lacie Rasley	JR Shafter	44-10.00
5 Lima Lefiti	SR Riverside	42-04.00
6 Meagan McKee	SR San Jose	40-00.25
7 Nonny Okwelogu	JR Fresno	38-02.00
8 Jacee Olsen	SR Newport Beach	37-04.00
9 Erica Sickert	SO Turlock	36-06.25
10 Brittany Brazille	SR Paramount	34-04.00
11 Shyainne Bell	SR Long Beach	33-09.50
12 Dorienne Ordaz	SO Los Angeles	31-03.75
13 Ciarra Waters-Mullen	SR Oakland	27-05.50
14 Jaylyn Tidwell	JR San Leandro	26-04.00

Event 28 Girls Weight Throw

Saturday 2/6/2010 - 6:00 PM

Name	Year School	Seed Mark
1 Katie Kraychir	JR Desert Hot Sprin	55-07.00
2 Casey Kraychir	SR Desert Hot Sprin	55-04.00
3 Meagan McKee	SR San Jose	44-11.00
4 Jessica Imani	JR Corona del Mar	44-09.00
5 Michelle Poet	Tujunga	42-06.50
6 Lissette Mendevil	Unattached	38-00.00
7 Dorienne Ordaz	SO Los Angeles	36-03.75
8 Erica Sickert	SO Turlock	35-05.25
9 Jacee Olsen	SR Newport Beach	28-08.00
10 Jennifer Van Sickle	Carson City, Nv	26-07.00
11 Devin Prather	Unattached	ND



## 2010 RUN FOR THE DREAM TIME SCHEDULE

## HIGH SCHOOL DIVISION

SATURDAY, FEBRUARY 6, 2009

TIME	DIVISION	GENDER	SECTION	EVENT	LOCATION	TYPE
2:00 PM	High School	B	Final	Long Jump	LJ/TJ Runway	Field
2:00 PM	High School	G	Final	Pole Vault	PV Runway	Field
2:30 PM	High School	G	Heat 1	55 Meter Hurdles	Track (Middle)	Running
2:34 PM	High School	G	Heat 2	55 Meter Hurdles	Track (Middle)	Running
2:38 PM	High School	G	Heat 3	55 Meter Hurdles	Track (Middle)	Running
2:42 PM	High School	G	Heat 4	55 Meter Hurdles	Track (Middle)	Running
2:46 PM	High School	G	Heat 5	55 Meter Hurdles	Track (Middle)	Running
2:50 PM	High School	B	Heat 1	55 Meter Hurdles	Track (Middle)	Running
2:54 PM	High School	B	Heat 2	55 Meter Hurdles	Track (Middle)	Running
2:58 PM	High School	B	Heat 3	55 Meter Hurdles	Track (Middle)	Running
3:02 PM	High School	B	Heat 4	55 Meter Hurdles	Track (Middle)	Running
3:06 PM	High School	B	Heat 5	55 Meter Hurdles	Track (Middle)	Running
3:10 PM	High School	G	Heat 1	55 Meters	Track (Middle)	Running
3:14 PM	High School	G	Heat 2	55 Meters	Track (Middle)	Running
3:18 PM	High School	G	Heat 3	55 Meters	Track (Middle)	Running
3:22 PM	High School	G	Heat 4	55 Meters	Track (Middle)	Running
3:26 PM	High School	G	Heat 5	55 Meters	Track (Middle)	Running
3:30 PM	High School	B	Heat 1	55 Meters	Track (Middle)	Running
3:34 PM	High School	B	Heat 2	55 Meters	Track (Middle)	Running
3:38 PM	High School	B	Heat 3	55 Meters	Track (Middle)	Running
3:42 PM	High School	B	Heat 4	55 Meters	Track (Middle)	Running
3:46 PM	High School	B	Heat 5	55 Meters	Track (Middle)	Running
3:50 PM	High School	G	Final	55 Meter Hurdles	Track (Middle)	Running
3:54 PM	High School	B	Final	55 Meter Hurdles	Track (Middle)	Running
3:58 PM	High School	G	Final	55 Meters	Track (Middle)	Running
4:00 PM	High School	G	Final	Shot Put	Livestock Pavilion	Field
4:00 PM	High School	B	Final	25lb. Weight Throw	Livestock Pavilion	Field
4:00 PM	High School	G	Final	Long Jump	LJ/TJ Runway	Field
4:02 PM	High School	B	Final	55 Meters	Track (Middle)	Running
4:05 PM	REPLACE TRACK					
4:30 PM	High School	G	Final	High Jump	HJ Area	Field
4:40 PM	High School	G	Section 1	Mile	Track	Running
4:50 PM	High School	G	Section 2	Mile	Track	Running
5:00 PM	High School	B	Final	Pole Vault	PV Runway	Field
5:00 PM	High School	B	Section 1	Mile	Track	Running
5:10 PM	High School	B	Section 2	Mile	Track	Running
5:20 PM	High School	G	Heat 1	4X160 Meter Relay	Track	Running
5:25 PM	High School	G	Heat 2	4X160 Meter Relay	Track	Running
5:30 PM	High School	G	Heat 3	4X160 Meter Relay	Track	Running
5:35 PM	High School	G	Heat 4	4X160 Meter Relay	Track	Running
5:40 PM	High School	G	Heat 5	4X160 Meter Relay	Track	Running
5:45 PM	High School	G	Heat 6	4X160 Meter Relay	Track	Running
5:50 PM	High School	B	Heat 1	4X160 Meter Relay	Track	Running
5:55 PM	High School	B	Heat 2	4X160 Meter Relay	Track	Running
6:00 PM	High School	B	Heat 3	4X160 Meter Relay	Track	Running
6:00 PM	High School	B	Final	Triple Jump	LJ/TJ Runway	Field
6:00 PM	High School	B	Final	Shot Put	Livestock Pavilion	Field
6:00 PM	High School	G	Final	20lb. Weight Throw	Livestock Pavilion	Field
6:05 PM	High School	B	Heat 4	4X160 Meter Relay	Track	Running
6:10 PM	High School	B	Heat 5	4X160 Meter Relay	Track	Running
6:15 PM	High School	B	Heat 6	4X160 Meter Relay	Track	Running
6:20 PM	High School	G	Heat 1	600 Meters	Track	Running
6:25 PM	High School	G	Heat 2	600 Meters	Track	Running
6:30 PM	High School	G	Heat 3	600 Meters	Track	Running
6:30 PM	High School	B	Final	High Jump	HJ Area	Field
6:35 PM	High School	G	Heat 4	600 Meters	Track	Running
6:40 PM	High School	G	Heat 5	600 Meters	Track	Running
6:45 PM	High School	G	Heat 6	600 Meters	Track	Running
6:50 PM	High School	B	Heat 1	600 Meters	Track	Running
6:55 PM	High School	B	Heat 2	600 Meters	Track	Running
7:00 PM	High School	B	Heat 3	600 Meters	Track	Running
7:05 PM	High School	B	Heat 4	600 Meters	Track	Running
7:10 PM	High School	B	Heat 5	600 Meters	Track	Running
7:15 PM	High School	B	Heat 6	600 Meters	Track	Running
7:20 PM	High School	G	Heat 1	800 Meters	Track	Running
7:25 PM	High School	G	Heat 2	800 Meters	Track	Running
7:30 PM	High School	G	Heat 3	800 Meters	Track	Running
7:35 PM	High School	B	Heat 1	800 Meters	Track	Running
7:40 PM	High School	B	Heat 2	800 Meters	Track	Running
7:45 PM	High School	B	Heat 3	800 Meters	Track	Running
7:50 PM	High School	G	Section 1	2 Mile	Track	Running
8:00 PM	High School	G	Final	Triple Jump	LJ/TJ Runway	Field
8:05 PM	High School	G	Section 2	2 Mile	Track	Running
8:20 PM	High School	B	Section 1	2 Mile	Track	Running
8:35 PM	High School	B	Section 2	2 Mile	Track	Running
8:50 PM	High School	G	Heat 1	4X400 Meter Relay	Track	Running
8:55 PM	High School	G	Heat 2	4X400 Meter Relay	Track	Running
9:00 PM	High School	G	Heat 3	4X400 Meter Relay	Track	Running
9:05 PM	High School	G	Heat 4	4X400 Meter Relay	Track	Running
9:10 PM	High School	G	Heat 5	4X400 Meter Relay	Track	Running
9:15 PM	High School	G	Heat 6	4X400 Meter Relay	Track	Running
9:20 PM	High School	B	Heat 1	4X400 Meter Relay	Track	Running
9:25 PM	High School	B	Heat 2	4X400 Meter Relay	Track	Running
9:30 PM	High School	B	Heat 3	4X400 Meter Relay	Track	Running
9:35 PM	High School	B	Heat 4	4X400 Meter Relay	Track	Running
9:40 PM	High School	B	Heat 5	4X400 Meter Relay	Track	Running
9:45 PM	High School	B	Heat 6	4X400 Meter Relay	Track	Running
END OF HIGH SCHOOL DIVISION						

# DeLaSalle Invitational Diablo Valley College February 27, 2010

## DLS Invite Team Scores

### BV

St. Mary's	81.3
DeLaSalle	67
Heritage	64.3
Northgate	59.3
Vacaville	50
<b>Castro Valley</b>	<b>45</b>
Bishop O'Dowd	42
Alhambra	35
Acalanes	23
Casa Grande	17
Del Norte	13
Clayton Valley	11
Berean Christian	9
Campolindo	8
Mt. Eden	5
Antioch	4
Ygnacio Valley	3
Benecia	3
Jesse Bethel	1

### GV

Bishop O'Dowd	51
<b>Castro Valley</b>	<b>50.5</b>
Antioch	47
Vacaville	43.5
Carondelet	39.5
Heritage	39
St. Mary's	35.5
Casa Grande	33
Acalanes	30.5
Northgate	27.5
Alhambra	27
Berean Christian	24
Clayton Valley	18
Las Lomas	18
Campolindo	12
Athenian	10
Hayward	8
Merrill West	4.5
Del Norte	4
Crystal Springs	2
Irvington	2
Ygnacio Valley	1

### BFS

DeLaSalle	118
Vacaville	115
Acalanes	44
<b>Castro Valley</b>	<b>42</b>
Northgate	39
Bishop O'Dowd	32
Mt. Eden	18
St. Mary's	16
Casa Grande	14
Benecia	10
Alhambra	10
Deer Valley	3
Berean Christian	2
Concord	2
Irvington	1
Las Lomas	1

### GFS

Carondelet	106
Vacaville	91
St. Mary's	40

<b>Castro Valley</b>	<b>37</b>
Bishop O'Dowd	33
Acalanes	32
Northgate	28
Alameda	22
Concord	11
Crystal Springs	10
Casa Grande	10
Las Lomas	10
Berean Christian	7
Ygnacio Valley	6
Athenian	4

## medals to the top 5 positions

### Mens Results

X 100 Meters - Varsity - Finals		
15 Nate Han	12.21a	11

X 100 Meters - Frosh/Soph - Finals		
4 Myles Speegle	11.93a	9
11 Francisco Cervantez	12.87a	10

X 100 Meters - Relay Split - Frosh/Soph - Finals		
Matthew Speegle	11.31	9
Myles Speegle	11.63	9
Morgan Bundgus	11.97	10
Francisco Cervantez	12.88	10

X 200 Meters - Relay Split - Frosh/Soph - Finals		
2 Morgan Bundgus	23.03	10
2 Matthew Speegle	24.44	9
2 Myles Speegle	24.84	9
2 Francisco Cervantez	27.43	10

X 400 Meters - Relay Split - Varsity - Finals		
1 Rickey Moreno	60.34	11
15 Nicolas Marino	62.1	12

X 400 Meters - Relay Split - Frosh/Soph - Finals		
7 Ronald Sims	67.9	9

X 800 Meters - Relay Split - Varsity - Finals		
4 Will Weekes	2:02.0	12
4 Ben Eversole	2:04.0	11
4 Anthony Martore	2:05.0	11
4 Rostam Mirzadi	2:22.0	12

X 800 Meters - Relay Split - Frosh/Soph - Finals		
2 Joshua Hicken	2:16.0	9
2 Alec Conway	2:18.0	10
15 Scott Peek	2:20.3	12
2 Andrew Mitchell	2:23.0	10
2 Austin Conway	2:23.0	10
7 Andrew Mitchell	2:33.8	10

X 1200 Meters - Relay Split - Varsity - Finals		
1 Will Weekes	3:21.0	12
15 Matthew Crump	3:49.0	12

X 1200 Meters - Relay Split - Frosh/Soph - Finals		
7 Alec Conway	3:44.1	10

X 1600 Meters - Relay Split - Varsity - Finals		
1 Ben Eversole	4:29.0	11
15 Vince Talley	5:17.6	12

X 1600 Meters - Relay Split - Frosh/Soph - Finals		
7 Austin Conway	5:31.4	10

### X 3000 Meters - Varsity - Finals

5 Rostam Mirzadi	10:09.64a	12
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### X 3000 Meters - Frosh/Soph - Finals

11 Daniel Nourot	12:07.0	9
12 Imran Meskienyar	12:13.0	9

### X 300m Hurdles - 36" - Varsity - Finals

7 Jordan Laris	45.32a	11
10 Kwame Hudson	47.46a	11

### X 4x100 Relay - Frosh/Soph - Finals

3 Francisco Cervantez	
Matthew Speagle	
Myles Speagle	
Morgan Bundgus	48.05a

### X 4x200 Relay - Frosh/Soph - Finals

2 Francisco Cervantez	
Matthew Speagle	
Myles Speagle	
Morgan Bundgus	1:40.09a

### X 4x400 Relay - Frosh/Soph - Finals

5 Joshua Hicken	
Khush Jawandha	
Ronald Sims	
Yuya Kono	4:15.0

### X 4x800 Relay - Varsity - Finals

2 Ben Eversole	
Rostam Mirzadi	
Anthony Martore	
Will Weekes	8:38.04a

### X 4x800 Relay - Frosh/Soph - Finals

2 Alec Conway	
Joshua Hicken	
Andrew Mitchell	
Austin Conway	9:25.60a

### X Distance Medley 12,4,8,16 - Varsity - Finals

1 Will Weekes	
Rickey Moreno	
Anthony Martore	
Ben Eversole	11:00.41a

### X Distance Medley 12,4,8,16 - Frosh/Soph - Finals

7 Alec Conway	
Ronald Sims	
Andrew Mitchell	
Austin Conway	12:57.12a

### X Shot Put - 12lb - Varsity - Finals

2 Jacob Eckel	49'04.25	12
7 Jeffrey Bouchard	41'03.5	12

### X Shot Put - 12lb - Frosh/Soph - Finals

6 Hunter Huffaker	34'02	9
9 Paul Zaballos	32'11.5	10

### X Discus - 1.6kg - Varsity - Finals

3 Jacob Eckel	145'05.50	12
5 Niko Tomaz	131'01	12

### X Discus - 1.6kg - Frosh/Soph - Finals

6 Hunter Huffaker	77'08	9
8 Paul Zaballos	69'02.5	10

# DeLaSalle Invitational Diablo Valley College February 27, 2010

## X Pole Vault - Varsity - Finals

5 Jordan Laris 9'06 11

## X Pole Vault - Frosh/Soph - Finals

4 Michael Dangler 9'06 10

## Womens Results

### X 100 Meters - Frosh/Soph - Finals

7 Haley Gilham 14.09a 10

8 Kaori Nguyen 14.10a 9

### X 200 Meters - Relay Split - Varsity - Finals

10 Brianna Giscombe 29.41 11

10 Monique Aldridge 30.18 12

10 Evangeline Bedford 30.50 12

10 Jasmine Jordan 31.78 11

### X 200 Meters - Relay Split - Frosh/Soph - Finals

4 Kristin Elam 26.28 9

4 Emily Payne 28.72 9

4 Haley Gilham 31.87 10

4 Lexie Arens 35.44 9

### X 400 Meters - Relay Split - Varsity - Finals

Olivia Mill 68.0 9

Nicole Yang 69.9 12

Jasmine Jordan 78.3 11

### X 800 Meters - Relay Split - Varsity - Finals

2 Chelsea Schneider 2:26.0 12

2 Kelsey Santisteban 2:30.0 11

2 Elise Wummer 2:31.0 12

2 Nicole Yang 2:43.0 12

7 Emma Piccillo 2:49.0 11

9 Samantha Fong 2:51.0 10

11 Angie Shin 2:59.0 12

### X 1200 Meters - Relay Split - Varsity - Finals

Chelsea Schneider 4:03.0 12

Pamela MacLeod 4:21.0 12

Kathryn Carvin 4:27.0 12

### X 1600 Meters - Relay Split - Varsity - Finals

4 Kelsey Santisteban 5:32.0 11

9 Ashley Sutedja 6:11.0 12

11 Emma Piccillo 6:37.0 11

### X 300m Hurdles - 30" - Varsity - Finals

4 Monique Aldridge 51.17a 12

21 Brianna Giscombe 58.72a 11

### X 4x200 Relay - Varsity - Finals

10 Jasmine Jordan

Evangeline Bedford

Monique Aldridge

Brianna Giscombe 2:02.15

### X 4x200 Relay - Frosh/Soph - Finals

4 Haley Gilham

Emily Payne

Lexie Arens

Kristin Elam 2:02.47

### X 4x800 Relay - Varsity - Finals

2 Kelsey Santisteban

Nicole Yang

Chelsea Schneider

Elise Wummer 10:11.98a

7 Pamela MacLeod

Ashley Sutedja

Emma Piccillo

Kathryn Carvin 11:27.27a

### X Distance Medley 12,4,8,16 - Varsity - Finals

4 Chelsea Schneider

Jasmine Jordan

Elise Wummer

Kelsey Santisteban 13:31.99a

9 Pamela MacLeod

Nicole Yang

Samantha Fong

Ashley Sutedja 14:33.58a

11 Kathryn Carvin

Olivia Mill

Angie Shin

Emma Piccillo 15:11.61a

### X Shot Put - 4kg - Varsity - Finals

3 Alana Knight 30'03.75 12

9 Noelle Donnelly 26'09 10

### X Discus - 1kg - Varsity - Finals

7 Alana Knight 88'02 12

9 Noelle Donnelly 77'06 10

### X Discus - 1kg - Frosh/Soph - Finals

8 Tatiana Dean 48'10 9

### X High Jump - Varsity - Finals

2 Evangeline Bedford 4'06 12

### X Pole Vault - Varsity - Finals

7 Sarah Gilchriese 6'06 11

### X Pole Vault - Frosh/Soph - Finals

3tie Haley Gilham 5'06 10

3tie Monica Gamez 5'06 10

### X Long Jump - Varsity - Finals

1 Taofeqat Alli 14'10 12

### X Long Jump - Frosh/Soph - Finals

1 Elyse Highstreet 13'06 10

### X Triple Jump - Varsity - Finals

6 Evangeline Bedford 29'04 12

### X Triple Jump - Frosh/Soph - Finals

1 Elyse Highstreet 29'09.25 10



**Scrimmage vs. American**  
**March 4, 2010**  
**@Trojan Stadium, CVHS**

**Mens Results**

**X 100 Meters - Varsity - Finals**

1	Shawn Wong	12.16a	AMER	11
2	Roderick Johnson	12.25a	AMER	11
3	Steven Lu	12.31a	CAVA	11
4	Chtriston Coleman	12.32a	AMER	11
5	Max Basillio	12.50a	AMER	11
6	Nicolas Marino	12.50a	CAVA	12
7	Nate Han	12.52a	CAVA	11
8	Rickey Moreno	12.76a	CAVA	11
9	Jonathan Ngo	12.78a	AMER	11
10	Ray Huey	12.85a	CAVA	11
11	Alan Wang	12.90a	AMER	-
12	Aries Lu	12.94a	AMER	-
13	Edmund Wang	14.10a	AMER	-
14	Nicholas Seto	14.34a	AMER	11
15	Joshua Hardman	14.61a	AMER	12

**X 100 Meters - Frosh/Soph - Finals**

1	Matthew Speegle	11.96a	CAVA	9
2	Deshane Hines	12.05a	AMER	10
3	Francisco Cervantez	13.06a	CAVA	10
4	Conner McGlothlin	13.14a	AMER	10
5	Dionte Turner	13.29a	AMER	10
6	Stanley Tsang	13.33a	AMER	9
7	Daniel Nguyen	13.41a	AMER	10
8	Ronald Sims	13.47a	CAVA	9
9	Lee Walton	13.57a	AMER	-
10	D Hampton	13.62a	AMER	-
11	A Saxena	13.76a	AMER	-
11	Joshua Lo	13.76a	AMER	10
13	Jordan Johnson	13.77a	AMER	10
14	Mayookh Siramdos	13.83a	AMER	9
15	T Valentine	13.95a	AMER	-
16	Dzanin Tuecinovic	13.97a	CAVA	9
17	Thien Huynh	14.01a	CAVA	9
18	Alex Gao	14.06a	CAVA	10
19	Neil Mehta	14.09a	AMER	9
20	Jerry Tran	14.19a	CAVA	10
21	Zachary Fordham	14.38a	AMER	9
22	A Nandy	14.52a	AMER	-
23	J Fugunaga	14.91a	AMER	-
24	R Samagond	15.77a	AMER	-
25	Benjamin Mok	15.88a	CAVA	9
26	Kar Rai	17.13a	AMER	-

**X 200 Meters - Varsity - Finals**

1	Chtriston Coleman	25.06a	AMER	11
2	Shawn Wong	25.18a	AMER	11
3	Roderick Johnson	25.62a	AMER	11
4	Nate Han	25.62a	CAVA	11
5	Jonathan Ngo	25.80a	AMER	11
6	Rickey Moreno	25.98a	CAVA	11
7	Chang-Hao Tai	26.59a	AMER	12
8	Aries Lu	26.64a	AMER	-
9	Alan Wang	27.11a	AMER	-
10	Nicholas Seto	28.59a	AMER	11
11	Edmund Wang	28.85a	AMER	-
12	Peter Nouv	34.20a	CAVA	11

**X 200 Meters - Frosh/Soph - Finals**

1	Myles Speegle	24.41a	CAVA	9
2	Devin Galvin	24.93a	AMER	10
3	Jordan Johnson	27.36a	AMER	10
4	Khush Jawandha	27.64a	CAVA	9
5	Dionte Turner	27.89a	AMER	10

6	Ronald Sims	27.99a	CAVA	9
7	Walton Lee	28.00a	CAVA	-
8	Mayookh Siramdos	28.17a	AMER	9
9	Stanley Tsang	28.25a	AMER	9
10	Joshua Lo	28.45a	AMER	10
11	Dzanin Tuecinovic	28.59a	CAVA	9
12	T Valentine	28.71a	AMER	-
13	Zachary Fordham	29.30a	AMER	9
14	Jerry Tran	29.89a	CAVA	10
15	Neil Mehta	29.97a	AMER	9
16	Eiji Kono	30.11a	CAVA	9
17	Thien Huynh	30.68a	CAVA	9
18	Alex Gao	30.96a	CAVA	10
19	Alvin Lin	31.17a	CAVA	9
20	Benjamin Mok	33.75a	CAVA	9

**X 400 Meters - Varsity - Finals**

1	Ben Davis	54.35a	CAVA	11
2	Vicente Perez	55.08a	AMER	11
3	Joseph Walsh	57.63a	AMER	12
4	Nathan Haman	58.17a	AMER	11
5	Chang-Hao Tai	59.24a	AMER	12
6	Kevin Cheng	59.36a	AMER	10
7	Jeffrey Hwang	1:00.04a	AMER	12
8	Matt Alexander	1:00.80a	AMER	10
9	Solomon Mulugeta	1:07.60a	AMER	10

**X 400 Meters - Frosh/Soph - Finals**

1	Devin Galvin	56.52a	AMER	10
2	Morgan Bundgus	56.87a	CAVA	10
3	Michael Chen	1:01.26a	AMER	9
4	Yuya Kono	1:02.13a	CAVA	10
5	Yu-Hsiang Cheng	1:02.79a	AMER	9
6	Khush Jawandha	1:02.79a	CAVA	9
7	Jacob Schlobohm	1:02.80a	AMER	9
8	Eiji Kono	1:06.26a	CAVA	9
9	Alvin Lin	1:06.26a	CAVA	9
10	Henry Li	1:09.46a	AMER	9
11	Eric Lau	1:09.81a	AMER	9

**X 400 Meters - Relay Split - Varsity - Finals**

	Ben Davis	57.20	CAVA	11
	Jordan Laris	59.18	CAVA	11
	Nate Han	59.28	CAVA	11

**X 400 Meters - Relay Split - Frosh/Soph - Finals**

	Francisco Cervantez	59.84	CAVA	10
	Yuya Kono	65.47	CAVA	10
	Dzanin Tuecinovic	65.42	CAVA	9
	Alex Gao	69.40	CAVA	10

**X 800 Meters - Varsity - Finals**

1	Matt Alexander	2:16.86a	AMER	10
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**X 800 Meters - Frosh/Soph - Finals**

1	Alec Conway	2:18.01a	CAVA	10
2	Yu-Hsiang Cheng	2:20.56a	AMER	9
3	Jacob Schlobohm	2:29.53a	AMER	9
4	Daniel Nourot	2:30.81a	CAVA	9
5	Jason Joe	2:32.86a	AMER	9
6	Robert Barney	2:37.19a	CAVA	10
7	Henry Li	2:40.17a	AMER	9
8	Scott Mill	2:41.06a	CAVA	9
9	Eric Lau	2:43.29a	AMER	9

**X 1600 Meters - Varsity - Finals**

1	Ben Eversole	4:42.93a	CAVA	11
2	Anthony Martore	4:45.53a	CAVA	11
3	Tom Ashby	4:54.30a	CAVA	12
4	Matt Alexander	4:58.87a	AMER	10
5	Kevin Cheng	5:06.03a	AMER	10

6	Vince Talley	5:15.68a	CAVA	12
7	Solomon Mulugeta	5:19.36a	AMER	10
8	Matthew Crump	5:21.42a	CAVA	12
9	Scott Peek	5:23.78a	CAVA	12

**X 1600 Meters - Frosh/Soph - Finals**

1	Alec Conway	5:04.95a	CAVA	10
2	Spencer Yee	5:15.75a	AMER	9
3	Joshua Hicken	5:21.34a	CAVA	9
4	Brandon Arias	5:29.15a	CAVA	9
5	Jerry Cheng	5:33.13a	AMER	9
6	Jacob Schlobohm	5:35.65a	AMER	9
7	Michael Chen	5:36.09a	AMER	9
8	Andrew Lehmer	5:36.63a	AMER	9
9	Scott Mill	5:38.80a	CAVA	9
10	Evan Locke	5:43.44a	CAVA	9
11	Daniel Nourot	5:44.32a	CAVA	9
12	Simerjit Dhaliwal	5:45.12a	AMER	9
13	Robert Barney	5:46.16a	CAVA	10
14	Nick Delfino	5:48.94a	AMER	10
15	Henry Li	5:48.94a	AMER	9
16	Jason Joe	5:48.98a	AMER	9
17	Ferdinand Abad	5:52.37a	AMER	9
18	Ferson Perez	5:53.24a	AMER	10
19	Eric Lau	6:16.69a	AMER	9

**X 3200 Meters - Varsity - Finals**

1	Kevin Cheng	11:27.32	AMER	10
2	Solomon Mulugeta	11:34.38	AMER	10

**X 3200 Meters - Frosh/Soph - Finals**

1	Spencer Yee	11:30.86	AMER	9
2	Joshua Hardman	11:47.12	AMER	12
3	Brandon Arias	12:15.79	CAVA	9
4	D Simerjit	12:24.16	AMER	-
5	Ferdinand Abad	12:26.69	AMER	9
6	Andrew Lehmer	12:28.19	AMER	9
7	Fersun P	13:35.70	AMER	-

**X 110m Hurdles - 39" - Varsity - Finals**

1	Kwame Hudson	18.59a	CAVA	11
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**X 110m Hurdles - 39" - Frosh/Soph - Finals**

1	Zack Wentworth	20.42a	AMER	10
2	Conner McGlothlin	22.41a	AMER	10

**X 300m Hurdles - 36" - Varsity - Finals**

1	Jordan Laris	45.50a	CAVA	11
2	Kwame Hudson	47.65a	CAVA	11

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

1	Conner McGlothlin	50.62a	AMER	10
2	Zack Wentworth	53.79a	AMER	10

**X 4x100 Relay - Varsity - Finals**

1	Shawn Wong			
	Max Basillio			
	Chtriston Coleman			
	Tyrell Lockett	47.30a	AMER	
2	Relay Team	48.99a	AMER	

**X 4x100 Relay - Frosh/Soph - Finals**

	Francisco Cervantez			
	Matthew Speagle			
	Myles Speagle			
	Morgan Bundgus	46.88a	CAVA	
1	Relay Team	50.13a	AMER	

**X 4x400 Relay - Varsity - Finals**

1	Relay Team	3:45.91a	AMER	
3	Nate Han			

Rickey Moreno				4	Steven Lu	17'06	CAVA	11	3	Clarisse Bautista	29.85a	AMER	-	
Jordan Laris				5	Peter Nouv	17'00	CAVA	11	4	Kennedy Jones	29.89a	CAVA	-	
Ben Davis	3:57.93a	CAVA		7	Ray Huey	16'01	CAVA	11	5	Sarah Aubin	31.19a	AMER	9	
4 Relay Team	4:17.51a	AMER		8	Rickey Moreno	16'01	CAVA	11	6	Alisa Prathnandi	31.99a	AMER	9	
5 Yuya Kono				9	Nicolas Marino	13'01	CAVA	12	7	Shannon Lee	33.26a	AMER	9	
Francisco Cervantez				X Long Jump - Frosh/Soph - Finals					8	Kavita Patel	33.69a	AMER	9	
Alex Gao				1	Matthew Speegle	16'08.25	CAVA	9	9	Arian Cano	34.03a	AMER	9	
Ian Tsurumoto	4:20.36a	CAVA		2	Yuya Kono	15'08	CAVA	10	10	Gabriela Von Euw	34.29a	CAVA	9	
X Shot Put - 10lb - Frosh/Soph - Finals									11	Alysia Thind	35.59a	AMER	9	
1 Anthony Viveiros	35'09	CAVA	10	X Triple Jump - Varsity - Finals					12	Juliette Siababa	35.66a	AMER	9	
2 Paul Zaballos	34'00	CAVA	10	2 Ben Davis	38'07	CAVA	11	X 400 Meters - Varsity - Finals						
4 Emaun Barfeei	32'03	CAVA	9	4 Steven Lu	31'04	CAVA	11	1 Chelsea Schneider	1:01.68a	CAVA	12			
5 Hunter Huffaker	31'05	CAVA	9	X Triple Jump - Frosh/Soph - Finals					2 Erika Neave	1:06.42a	AMER	9		
7 Nigel Davis	27'03.5	CAVA	9	1 Yuya Kono	33'00	CAVA	10	3 Andrea Morales	1:07.05a	AMER	10			
8 Isaac Sheymemah	26'02	CAVA	9	Womens Results					4 Sukhpreet Gill	1:07.06a	AMER	11		
X Shot Put - 12lb - Varsity - Finals				X 100 Meters - Varsity - Finals					5 Cheryl Yu	1:15.59a	AMER	12		
1 Jacob Eckel	49'06	CAVA	12	1 Taofeqat Alli	13.27a	CAVA	12	X 400 Meters - Frosh/Soph - Finals						
2 Eric Mason	44'11.5	CAVA	12	2 Deadwiler Camille	13.60a	AMER	9	1 Jana Centoni	1:07.77a	CAVA	9			
4 Niko Tomaz	40'05	CAVA	12	3 Camille Harris	13.67a	AMER	11	2 Sierra Nazel	1:12.51a	AMER	10			
5 George Gilham	39'05	CAVA	12	4 Maya Chissell	13.72a	CAVA	10	3 Annika Seilnacht	1:14.32a	AMER	9			
6 Jeffrey Bouchard	39'03	CAVA	12	5 Evelyn Abad	14.81a	AMER	11	4 Allanah Lee	1:15.41a	CAVA	-			
8 Alex Vasquez	34'08	CAVA	12	6 Darl-Blytne Abad	15.19a	AMER	12	X 400 Meters - Relay Split - Varsity - Finals						
9 Emmanuel Barrera	34'03	CAVA	12	7 Crystal Lee	15.24a	CAVA	11	1 Taofeqat Alli	65.5	CAVA	12			
10 Kenneth Davis	33'03	CAVA	12	8 Nya Smith	16.05a	CAVA	11	Celeste Martore	66.1	CAVA	10			
11 Chris Carrick	29'07	CAVA	11	9 Julia Velasquez	16.28a	CAVA	11	Monique Aldridge	70.8	CAVA	12			
12 Joe Ashby	28'10	CAVA	12	10 Christina Guevarra	16.76a	CAVA	11	Maya Chissell	72.60	CAVA	10			
14 Ian Tsurumoto	28'05	CAVA	11	11 Sahar Lalmohamad	18.11a	CAVA	11	X 400 Meters - Relay Split - Frosh/Soph - Finals						
15 Alexander Manley	28'01	CAVA	12	12 Jennifer Tran	18.39a	CAVA	10	Kristin Elam	69.68	CAVA	9			
17 Aaron Alokozai	23'07	CAVA	12	X 100 Meters - Frosh/Soph - Finals					Elyse Highstreet	70.44	CAVA	10		
X Discus - 1.6kg - Varsity - Finals				1 Kristin Elam	13.80a	CAVA	9	Jana Centoni	70.6	CAVA	9			
1 Eric Mason	149'02	CAVA	12	2 Kaori Nguyen	14.19a	CAVA	9	Kaori Nguyen	72.88	CAVA	9			
2 Jacob Eckel	144'06	CAVA	12	3 Kennedy Jones	14.30a	CAVA	-	X 800 Meters - Varsity - Finals						
3 Niko Tomaz	132'09.5	CAVA	12	4 Sarah Aubin	14.64a	AMER	9	1 Aurora Bailey	2:43.42a	CAVA	10			
5 Emmanuel Barrera	107'09	CAVA	12	5 Alisa Prathnandi	15.10a	AMER	9	2 Olivia Mill	2:44.73a	CAVA	9			
6 George Gilham	103'05	CAVA	12	6 Laura Zamora	15.54a	AMER	11	3 Janelle Koide	2:46.53a	AMER	11			
8 Alex Vasquez	94'09	CAVA	12	7 Kendra MacLure	15.59a	AMER	9	4 Emma Piccillo	2:46.72a	CAVA	11			
9 Kenneth Davis	94'06	CAVA	12	8 Amy Tam	15.76a	AMER	10	5 Ashley Sutedja	2:46.85a	CAVA	12			
10 Jeffrey Bouchard	92'03	CAVA	12	9 Laura Mercado	15.92a	AMER	9	6 Kathryn Carvin	2:49.69a	CAVA	12			
12 Joe Ashby	77'04	CAVA	12	10 Nancy Thapa	15.94a	AMER	10	X 800 Meters - Frosh/Soph - Finals						
13 Chris Carrick	68'07	CAVA	11	11 Zohal Shokoor	15.98a	AMER	-	1 Annika Seilnacht	2:49.12a	AMER	9			
14 Alexander Manley	66'07	CAVA	12	12 Shannon Lee	16.05a	AMER	9	2 Allanah Lee	2:54.61a	CAVA	-			
15 Chris Mulready	61'01	CAVA	12	13 Arian Cano	16.15a	AMER	9	3 Renee Velasquez	3:21.41a	CAVA	9			
16 Ian Tsurumoto	53'02	CAVA	11	14 Tuong Le	16.17a	AMER	11	X 1600 Meters - Varsity - Finals						
17 Aaron Alokozai	51'08	CAVA	12	15 Kavita Patel	16.31a	AMER	9	1 Kelsey Santisteban	5:21.86a	CAVA	11			
X Discus - 1.6kg - Frosh/Soph - Finals				16 Erica Chen	16.48a	AMER	10	2 Elise Wummer	5:35.82a	CAVA	12			
1 Hunter Huffaker	77'04	CAVA	9	17 Nadia Figueroa	16.67a	AMER	9	3 Andrea Morales	5:48.13a	AMER	10			
2 Alec Conway	76'05	CAVA	10	18 Gabriela Von Euw	16.77a	CAVA	9	4 Ashley Sutedja	5:56.07a	CAVA	12			
3 Anthony Viveiros	68'02	CAVA	10	19 Juliette Siababa	16.81a	AMER	9	5 Angie Shin	5:58.90a	CAVA	12			
4 Paul Zaballos	68'01	CAVA	10	20 Sahar Khan	16.92a	AMER	10	6 Aurora Bailey	5:59.25a	CAVA	10			
9 Isaac Sheymemah	55'03.5	CAVA	9	21 Alysia Thind	17.88a	AMER	9	7 Megan Dormoy	6:15.70a	AMER	11			
10 Nigel Davis	47'10	CAVA	9	22 Clarisse Bautista	18.37a	AMER	-	8 Janelle Koide	6:26.60a	AMER	11			
X High Jump - Frosh/Soph - Finals				X 200 Meters - Varsity - Finals					9 Kathryn Carvin	7:01.35a	CAVA	12		
1 Morgan Bundgus	5'04	CAVA	10	1 Celeste Martore	27.40a	CAVA	10	10 Amanda Chouinard	7:29.26a	CAVA	12			
2 Matthew Speegle	4'10	CAVA	9	2 Lorato Anderson	28.38a	AMER	12	X 1600 Meters - Frosh/Soph - Finals						
X Pole Vault - Varsity - Finals				3 Chanelle Norwood	28.84a	AMER	12	1 Annika Seilnacht	6:12.44a	AMER	9			
1 Jordan Laris	10'00	CAVA	11	4 Chelsea Schneider	29.18a	CAVA	12	2 Priya Chopra	6:57.55a	CAVA	10			
X Pole Vault - Frosh/Soph - Finals				5 Camille Harris	30.02a	AMER	11	3 Renee Velasquez	7:20.90a	CAVA	9			
2 Dominic Wong	7'06	CAVA	9	6 Evelyn Abad	30.97a	AMER	11	4 D Mavlz	7:40.60a	CAVA	-			
3 Evan Locke	7'06	CAVA	9	7 Darl-Blytne Abad	31.64a	AMER	12	X 3200 Meters - Varsity - Finals						
4 Aaron Peek	6'00	CAVA	9	8 Nya Smith	34.08a	CAVA	11	1 Pamela MacLeod	13:02.05	CAVA	12			
X Long Jump - Varsity - Finals				9 Julia Velasquez	36.07a	CAVA	11	2 Andrea Morales	13:30.19	AMER	10			
1 Ben Davis	18'09	CAVA	11	10 Sahar Lalmohamad	37.73a	CAVA	11							
3 Nate Han	18'07	CAVA	11	X 200 Meters - Frosh/Soph - Finals										
				1 Kristin Elam	28.99a	CAVA	9							
				2 Kaori Nguven	29.16a	CAVA	9							



X 100m Hurdles - 33" - Varsity - Finals  
 1 Monique Aldridge 16.45a CAVA 12

X 100m Hurdles - 33" - Frosh/Soph - Finals  
 1 Amy Tam 21.48a AMER 10  
 2 Kendra MacLure 21.54a AMER 9  
 3 Sarah Aubin 22.86a AMER 9

X 300m Hurdles - 30" - Varsity - Finals  
 1 Monique Aldridge 52.15a CAVA 12  
 2 Sukhpreet Gill 54.58a AMER 11

X 300m Hurdles - 30" - Frosh/Soph - Finals  
 1 Kendra MacLure 55.57a AMER 9  
 2 Amy Tam 1:02.02a AMER 10

X 4x100 Relay - Varsity - Finals  
 1 Celeste Martore  
 Maya Chissell  
 Evangeline Bedford  
 Taofeqat Alli 52.62a CAVA  
 2 Relay Team 53.73a AMER

X 4x100 Relay - Frosh/Soph - Finals  
 1 Kaori Nguyen  
 Kristin Elam  
 Elyse Highstreet  
 Jana Centoni 53.50a CAVA  
 1 Relay Team 53.50a AMER

X 4x400 Relay - Varsity - Finals  
 1 Relay Team 4:25.06a AMER  
 2 Monique Aldridge  
 Celeste Martore  
 Maya Chissell  
 Taofeqat Alli 4:35.41a CAVA

X 4x400 Relay - Frosh/Soph - Finals  
 3 Elyse Highstreet  
 Jana Centoni  
 Kaori Nguyen  
 Kristin Elam 4:43.73a CAVA

X Shot Put - 4kg - Varsity - Finals  
 2 Alana Knight 31'02 CAVA 12  
 3 Noelle Donnelly 27'08 CAVA 10  
 4 Astra Birznies 23'10.5 CAVA 12  
 6 Shanell Byias 13'09 CAVA 12

X Shot Put - 4kg - Frosh/Soph - Finals  
 1 Alena Liskewicz 22'05 CAVA 9

X High Jump - Varsity - Finals  
 1 Celeste Martore 4'08 CAVA 10

X Pole Vault - Varsity - Finals  
 2 Sarah Gilchriese 6'06 CAVA 11  
 3 Emma Piccillo 6'00 CAVA 11  
 4 Jessica Heuer 6'00 CAVA 12

X Pole Vault - Frosh/Soph - Finals  
 2 Monica Gamez 6'00 CAVA 10

X Long Jump - Varsity - Finals  
 1 Taofeqat Alli 16'04 CAVA 12  
 3 Crystal Lee 13'03.75 CAVA 11  
 4 Christina Guevarra 11'05.25 CAVA 11  
 5 Julia Velasquez 10'09 CAVA 11  
 6 Jennifer Tran 8'07 CAVA 10

X Long Jump - Frosh/Soph - Finals

1 Elyse Highstreet 14'02.5 CAVA 10

X Triple Jump - Varsity - Finals  
 2 Crystal Lee 26'05 CAVA 11

X Triple Jump - Frosh/Soph - Finals  
 1 Elyse Highstreet 29'06 CAVA 10

**Mt. Pleasant Relays**  
**Mt. Pleasant High School,**  
**San Jose**  
**3/6/10**

**Mens Results**

**X 1600 Meters - Relay Split - Varsity - Finals**

Ben Eversole	4:29.0	11
Anthony Martore	4:30.47	11
Will Weekes	4:41.9	12
Tom Ashby	4:46.1	12

**X 3200 Meters - Varsity - Finals**

1 Ben Eversole	10:02.34a	11
6 Tom Ashby	10:23.25a	12
16 Rostam Mirzadi	10:42.83a	12
19 Alec Conway	10:54.39a	10

**X 110m Hurdles - 39" - Varsity - Finals**

Kwame Hudson	17.75	11
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**X 300m Hurdles - 36" - Varsity - Finals**

Kwame Hudson	47.7	11
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**X 4x800 Relay - Varsity - Finals**

5 Anthony Martore	
Scott Peek	
Rostam Mirzadi	
Vince Talley	8:53.24a

**X 4x1600 Relay - Varsity - Finals**

1 Anthony Martore	
Norman Weekes	
Tom Ashby	
Ben Eversole	18:28.01a

**X Shot Put - 12lb - Varsity - Finals**

2 Jacob Eckel	47'09.5	12
4 Eric Mason	42'10	12
11 Jeffrey Bouchard	39'09	12
19 Niko Tomaz	37'06.5	12

**X Discus - 1.6kg - Varsity - Finals**

2 Eric Mason	151'08	12
3 Jacob Eckel	140'03	12
5 Niko Tomaz	131'07	12
21 Emmanuel Barrera	102'00	12

**X Pole Vault - Varsity - Finals**

8tie Andrew Wiegardt	10'00	12
22 Evan Locke	8'00	9

**X Long Jump - Varsity - Finals**

4 Ben Davis	18'10.75	11
29 Nate Han	17'04	11

**X Triple Jump - Varsity - Finals**

4 Ben Davis	41'02.5	11
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**Womens Results**

**X 100 Meters - Relay Split - Varsity - Finals**

Maya Chissell	12.75	10
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Taofeqat Alli	12.85	12
Celeste Martore	12.88	10
Kristin Elam	13.34	9

**X 200 Meters - Relay Split - Varsity - Finals**

Taofeqat Alli	26.75	12
Maya Chissell	27.84	10
Celeste Martore	28.19	10
Kristin Elam	28.94	9

**X 400 Meters - Relay Split - Varsity - Finals**

Chelsea Schneider	61.40	12
Taofeqat Alli	65.53	12
Kaori Nguyen	68.06	9
Kristin Elam	68.7	9

**X 800 Meters - Relay Split - Varsity - Finals**

Chelsea Schneider	2:21.9	12
Pamela MacLeod	2:40.0	12
Olivia Mill	2:42.0	9
Emma Piccillo	2:43.4	11

**X 1600 Meters - Relay Split - Varsity - Finals**

Kelsey Santisteban	5:16.2	11
Elise Wummer	5:35.7	12
Ashley Sutedja	5:54.9	12
Kathryn Carvin	6:12.6	12

**X 3200 Meters - Varsity - Finals**

1 Kelsey Santisteban	11:20.51a	11
2 Elise Wummer	12:05.90a	12
9 Samantha Fong	13:25.53a	10
14 Aurora Bailey	13:51.03a	10

**X 100m Hurdles - 33" - Varsity - Finals**

Monique Aldridge	16.04	12
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**X 4x100 Relay - Varsity - Finals**

4 Celeste Martore	
Maya Chissell	
Kristin Elam	
Taofeqat Alli	51.86a

**X 4x200 Relay - Varsity - Finals**

2 Celeste Martore	
Maya Chissell	
Kristin Elam	
Taofeqat Alli	1:51.93a

**X 4x400 Relay - Varsity - Finals**

5 Taofeqat Alli	
Chelsea Schneider	
Kaori Nguyen	
Kristin Elam	4:23.8

**X 4x800 Relay - Varsity - Finals**

4 Chelsea Schneider	
Olivia Mill	
Pamela MacLeod	
Emma Piccillo	10:27.72a

**X 4x1600 Relay - Varsity - Finals**

1 Elise Wummer	
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Kelsey Santisteban	
Ashley Sutedja	
Kathryn Carvin	22:50.35a

**X Shot Put - 4kg - Varsity - Finals**

4 Alana Knight	32'03	12
10 Noelle Donnelly	29'08	10
23 Astra Birznies	23'09.5	12
24 Evangeline Bedford	23'07	12

**X Discus - 1kg - Varsity - Finals**

1 Noelle Donnelly	113'00	10
16 Alana Knight	84'10	12
26 Astra Birznies	59'03	12

**X High Jump - Varsity - Finals**

3 Celeste Martore	4'08	10
10tie Elyse Highstreet	4'04	10

**X Pole Vault - Varsity - Finals**

11tie Sarah Gilchriese	7'00	11
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**X Long Jump - Varsity - Finals**

3 Taofeqat Alli	15'05.5	12
16 Evangeline Bedford	13'06.5	12
22 Elyse Highstreet	13'00	10

**X Triple Jump - Varsity - Finals**

12 Evangeline Bedford	30'02.5	12
15 Elyse Highstreet	29'02	10

**Dan Gabor Relays**  
**Friday, March 12, 2010**  
**Amador Valley HS, Pleasanton -**

**X 800 Meters - Varsity - Finals**

45	Solo Diomande	2:11.48a	11
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**X 1600 Meters - Varsity - Finals**

12	Will Weekes	4:37.45a	12
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77	Rostam Mirzadi	5:01.41a	12
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**X 3200 Meters - Varsity - Finals**

1	Ben Eversole	9:23.19a	11
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**X 400 Meters - Varsity - Finals**

2	Chelsea Schneider	60.45a	12
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**X 800 Meters - Varsity - Finals**

1	Chelsea Schneider	2:19.91a	12
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**X 1600 Meters - Varsity - Finals**

10	Elise Wummer	5:29.65a	12
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**X 3200 Meters - Varsity - Finals**

1	Kelsey Santisteban	10:59.53a	11
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# Castro Valley Inv March 19 & 20

## Castro Valley, CA

### GFS Results

#### Team Scores

Tamalpais	79
Heritage	72
Northgate	70
Bishop O'Dowd	66
<b>Castro Valley</b>	<b>56</b>
Benicia	37
St. Mary's	10
Monte Vista	8

### BFS Results

#### Team Scores:

<b>Castro Valley</b>	<b>76</b>
Northgate	62
Heritage	52
Bishop O'Dowd	52
Tamalpais	51
Benicia	35
St. Mary's	31
Hayward	21
Monte Vista	16

### GV Results

#### Team Scores

<b>Castro Valley</b>	<b>113</b>
Northgate	69
Heritage	57
Hayward	30
St. Mary's	26
Arroyo	18
Washington	10
Monte Vista	8

### BV Results

#### Team Scores

Heritage	96
Northgate	95
<b>Castro Valley</b>	<b>81</b>
Benicia	50
St. Mary's	47
Monte Vista	14
Arroyo	12
Hayward	8
Washington	8

### Varsity

#### Girls 100 Meter Dash

#	Name	Year	School	Finals	Wind
1	Lewis, Nadia	11	Benicia	13.00	-1.6
2	Thomas, Kali	12	St. Mary's:Co	13.05	-1.6
3	Alli, Taofeqat	12	Castro:Valle	13.26	-1.6
4	Hogan, Taelor	12	Hayward	13.36	-1.9
5	Tucker, Sherrell	12	Heritage	13.77	-1.6
6	Carter, Jada	12	St. Mary's:Co	13.89	-1.9
7	Glover, Kailee	11	St. Mary's, Co	13.93	-1.9
8	Arceneaux, Sara	12	Northgate	13.99	-1.9
9	Larkin, Skyler	11	St. Mary's:Co	14.01	-1.9
10	Halliday, Rachel	12	Benicia	14.08	-1.6
11	Ani, Jorceland	12	Hayward	14.16	-0.2
12	Clark, Briyana	11	Hayward	14.18	-0.2
13	Mujic, Elma	12	Arroyo	14.33	-0.2
14	Slone, Khyia	12	Heritage	15.06	-1.6

#### Girls 1600 Meter Run

#	Name	Year	School	Finals
1	Wummer, Elise	12	Castro:Valle	5:23.19
2	Riley, Arianne	11	Hayward	5:27.15
3	Schneider, Chelsea	12	Castro:Valle	5:34.71
4	Perez, Rhiannon	10	Arroyo	6:10.36
5	Curry, Kristen	11	Northgate	6:19.71
6	Garcia, Irmay	11	Hayward	6:25.41
7	Triplet, Jordan	11	Heritage	6:56.33
8	Lopez, Tiffany	11	Heritage	7:01.58
9	Velasco, Ryan	11	Heritage	7:01.77

#### Girls 300 Meter Hurdles

#	Name	Year	School	Finals
1	Delaria, Erin	11	Northgate	48.50
2	Nevarez, Kara	11	Heritage	53.86

#### Girls 4x100 Meter Relay

#	School	Finals
1	Castro:Valley	50.40
1)	Velasquez, Julia	11 2) Alli, Taofeqat 12
3)	Chissell, Maya	10 4) Martore, Celeste 10
2	Northgate	54.93
1)	Arceneaux, Sara	12 2) Rusch, Jessica 10
3)	Chiong, Jessica	11 4) Coyle, Allison 10
3	Castro'Valley'"b'	55.06
1)	Lee, Crystal	11 2) Bedford, Evangeline 12
3)	Aldridge, Monique	12 4)

#### Girls 4x400 Meter Relay

#	School	Finals
1	Heritage	4:21.94
1)	Johnson, Erica	12 2) Grant, Alex 11
3)	Giles, Asha	11 4) Earl, Alexis 10
2	Hayward	4:32.35
1)	Turner, Jocelyn	12 2) Leopold, Nakia 10
3)	Riley, Arianne	11 4) Garcia, Irmay 11

#### Girls 4x800 Meter Relay

#	School	Finals
1	Castro:Valley	15:41.65
1)	Macleod, Pamela	12 2) Yang, Nicole 12
3)	Martines, Marisa	11 4) Picillo, Emma 11
2	Northgate	16:01.64
1)	Campbell, Madeline	9 2) Curry, Kristen 11
3)	Boucher, Ami	9 4) Williams, Leicia 10

#### Girls 800 Sprint Medley

#	School	Finals
1	St. Mary's:College	1:51.12
1)	Glover, Kailee	11 2) Thomas, Kali 12
3)	Woelffer, Annie	11 4) Carter, Jada 12
2	Castro:Valley	1:51.79
1)	Chissell, Maya	10 2) Alli, Taofeqat 12
3)	Martore, Celeste	10 4) Miller, Brianna 11
3	Hayward	1:58.14
1)	Hogan, Taelor	12 2) Clark, Briyana 11
3)	Turner, Jocelyn	12 4) Ani, Jorceland 12
4	Heritage	1:58.57
1)	Shodeen, Nikayla	10 2) Hicks, Catherine 10
3)	Tucker, Sherrell	12 4) Giles, Asha 11

#### Girls Distance Medley

#	School	Finals
1	Hayward	13:42.52
1)	Riley, Arianne	11 2) Garcia, Irmay 11
3)	Leopold, Nakia	10 4) Turner, Jocelyn 12
2	Castro:Valley	13:55.08
1)	Macleod, Pamela	12 2) Elam, Kristin 9
3)	Yang, Nicole	12 4) Martines, Marisa 11
3	Castro:Valley::'b'	14:35.12
1)	Sutedja, Ashley	12 2) Von Euw, Gabriela 9

- 3) Piccillo, Emma 11 4) Carvin, Kathryn 12  
 4 Heritage 15:22.28  
 1) Babinat, Jackie 11 2) Grant, Alex 11  
 3) Nevarez, Kara 11 4) Earl, Alexis 10

#### Girls 4x100 Meter Shuttle Hurdle

#	School	Finals
1	Arroyo	70.25
1) Bowersmith, Kelsea 10 2) Partida, Victoria 11		
3) Schwyter, Nadia 12 4) Guan, Jacqueline 11		
2 Castro,Valley	73.77	
1) Simbra, Tanya 12 2) Chissell, Maya 10		
3) Aldridge, Monique 12 4) Giscombe, Brianna 11		
3 Northgate	74.63	
1) Arceneaux, Sara 12 2) Coyle, Allison 10		
3) Peterson, Lyndsay 12 4) Delaria, Erin 11		

#### Girls High Jump Relay

#	Name	Year	School	Finals
1	Martore, Celeste	10	Castro'Valle	5-00.00
2	Makrakis, Hallie	10	Northgate	4-08.00
2	Grant, Alex	11	Heritage	4-08.00
4	Bedford, Evangeline	12	Castro'Valle	4-06.00
4	Johnson, Erica	12	Heritage	4-06.00
6	Phillips, Allie	9	Northgate	4-04.00
7	Shodeen, Nikayla	10	Heritage	4-02.00
8	Roberts, Mackenzie	9	Northgate	4-00.00

#### Girls Pole Vault Relay

#	Name	Year	School	Finals
1	Delaria, Erin	11	Northgate	8-06.00
2	Lawson, Laurel		Monte'Vista	7-06.00
3	Reist, Jesse		Washington:High	7-06.00
4	Belliview, Becca		Washington,High	7-00.00
5	Duran, Carly		Monte'Vista	6-06.00
6	Landon, Kelsey		Washington:High	6-00.00
--	Nguyen, Megan		Monte'Vista	NH

#### Girls Long Jump Relay

#	Name	Year	School	Finals	Wind
1	Slone, Khyia	12	Heritage	16-09.00	0.1
2	Hodge, Jade	11	St.Mary's:Co	15-05.00	0.8
3	Alli, Taofeqat	12	Castro'Valle	15-03.25	1.1
4	Ani, Jorceland	12	Hayward	15-00.00	+0.0
5	Bedford, Evangeline	12	Castro'Valle	14-02.25	+0.0
6	Arceneaux, Sara	12	Northgate	14-00.00	0.4
6	Larkin, Skyler	11	St.Mary's,Co	14-00.00	0.9
8	Shodeen, Nikayla	10	Heritage	13-09.50	1.1
9	Coyle, Allison	10	Northgate	13-09.25	+0.0
10	Hicks, Catherine	10	Heritage	13-09.00	0.8
11	Carter, Jada	12	St.Mary's:Co	13-08.75	0.7
12	Lee, Crystal	11	Castro'Valle	12-10.75	1.0
13	Rusch, Jessica	10	Northgate	12-06.50	+0.0
14	Velasquez, Julia	11	Castro'Valle	11-06.00	0.3
15	Triplett, Jordan	11	Heritage	10-11.50	+0.0
16	Turner, Jocelyn	12	Hayward	10-05.00	0.3

#### Girls Triple Jump Relay

#	Name	Year	School	Finals	Wind
1	Hodge, Jade	11	St.Mary's,Co	35-11.00	0.8
2	Miller, Brianna	11	Castro'Valle	34-01.50	0.9
3	Bedford, Evangeline	12	Castro'Valle	31-00.50	1.7
4	Coyle, Allison	10	Northgate	28-05.25	+0.0
5	Arceneaux, Sara	12	Northgate	26-01.75	+0.0
6	Phillips, Allie	9	Northgate	26-01.50	1.1
7	Velasquez, Julia	11	Castro'Valle	23-10.00	+0.0

#### Girls Shot Put Relay

#	Name	Year	School	Finals
1	Knight, Alana	12	Castro'Valle	32-01.50
2	Donnelly, Noelle	10	Castro,Valle	29-11.50

3	Volkman, Molly	12	Heritage	28-08.00
4	Ioane, Yvette	12	Northgate	27-05.00
5	Henderson, Rachel	10	Northgate	26-01.50
6	Eckert, Jazzy	9	Hayward	25-07.50
7	Birznies, Astra	12	Castro'Valle	23-05.00
8	Young, Montana	11	Heritage	23-02.00
9	Upshur, Gabrielle	9	Hayward	23-00.00

#### Girls Discus Throw Relay

#	Name	Year	School	Finals
1	Donnelly, Noelle	10	Castro'Valle	99-02.50
2	Volkman, Molly	12	Heritage	86-11
3	Knight, Alana	12	Castro'Valle	83-10
4	Eckert, Jazzy	9	Hayward	71-07.50
5	Henderson, Rachel	10	Northgate	69-01
6	Birznies, Astra	12	Castro'Valle	66-08
7	Ioane, Yvette	12	Northgate	63-09
8	Upshur, Gabrielle	9	Hayward	55-05
9	Young, Montana	11	Heritage	53-08

#### Boys 100 Meter Dash

#	Name	Year	School	Finals	Wind
1	Llanos, Josh	12	Northgate	11.47	-0.6
2	Batis, Robert	11	Castro'Valle	11.52	+0.0
3	Murdock, Fernando	12	Benicia	11.52	-0.6
4	Cuellar, Bryan	11	Heritage	11.66	-0.6
5	Organ, Henry	12	St.Mary's.Co	11.68	+0.0
6	Thomas, Tyler	12	Hayward	11.80	+0.0
7	Griffin, Don	12	Hayward	11.82	+0.0
8	Luiz, Joseph	12	Heritage	11.89	+0.0
9	Stafford, Sebastian	12	St!Mary's!Co	11.92	+0.0
10	Mcintosh, Jr., Steven	12	Heritage	12.00	+0.0
11	Marino, Nicolas	12	Castro'Valle	12.63	-0.6
12	Stover, Cameron	11	Northgate	12.68	-0.6
13	Payton, Dwayne	11	Hayward	13.79	-0.6

#### Boys 1600 Meter Run

#	Name	Year	School	Finals
1	Melton, Will	12	Northgate	4:39.50
2	Bradley, Jacob	12	Heritage	4:47.83
3	Ashby, Tom	12	Castro'Valle	4:54.01
4	Morford, Eric	11	Heritage	4:57.65
5	Carty, Camron	12	Benicia	5:05.32
6	Volken, Oliver	11	Benicia	5:11.74
7	Friesen, Cole	11	Benicia	5:12.55
8	Coulter, Erich	11	Castro'Valle	5:16.35
9	Hurtado, Diego	12	Hayward	5:17.80
10	Talley, Vince	12	Castro'Valle	5:23.35
11	Hermes, Arnie	11	Northgate	5:32.81

#### Boys 300 Meter Hurdles

#	Name	Year	School	Finals
1	Stafford, Sebastian	12	St.Mary's,Co	41.35
2	Harris, Christian	12	St!Mary's!Co	42.92
3	Niese, Ryan	11	Northgate	43.68
4	Carter, James	10	St!Mary's!Co	44.13
5	Davis, Cody	11	Northgate	44.87
6	Reid, Dustin	12	Heritage	44.98
7	Deguzman, Luis	12	Arroyo	45.52
8	Collins, Justin	11	Benicia	45.52
9	Laris, Jordan	11	Castro'Valle	46.11
10	Hudson, Kwame	11	Castro,Valle	46.37
11	Renna, Brian	11	Heritage	46.85
12	Jung, Derek	12	Northgate	48.57
13	Brewer, Christian	11	Northgate	50.55

#### Boys 4x100 Meter Relay

#	School	Finals
1	Benicia	43.94
1) Murdock, Fernando 12 2) Johnson, Camron 12		
3) Mamon, Chris 12 4) Davis, Lawrence 12		

2 Heritage 44.33  
 1) Walters, Bryce 12 2) Luiz, Joseph 12  
 3) Cuellar, Bryan 11 4) Griffiths, Chazz 12  
 3 St!Mary's!College 44.76  
 1) Williams, Murad 11 2) Organ, Henry 12  
 3) Stafford, Sebastian 12 4) Foster, Jemar 12  
 4 Heritage.'b' 45.31  
 1) Williams, Eric 11 2) Kobayashi, Shai 11  
 3) Coston, Cameron 11 4) Lewis, Davonte 12  
 5 Northgate 45.62  
 1) Wickman, Paul 12 2) Stapleton, Tim 10  
 3) Stover, Cameron 11 4) Llanos, Josh 12  
 -- Castro!Valley DQ  
 1) Han, Nate 11 2) Lu, Steven 11  
 3) Marino, Nicolas 12 4) Moreno, Rickey 11

#### Boys 4x400 Meter Relay

#	School	Finals
1	Benicia	3:30.70
1)	Murdock, Fernando 12 2) Mamon, Chris 12	
3)	Dubios, Austen 11 4) Wiley, Chase 12	
2	Northgate	3:32.59
1)	Lansang, Kevin 11 2) Whittington, Chad 12	
3)	Niese, Ryan 11 4) Davis, Cody 11	
3	Heritage	3:35.56
1)	Luiz, Joseph 12 2) Spencer, Amir 12	
3)	Brum, Brandon 11 4) Griffiths, Chazz 12	
4	Heritage!.'b'	3:39.21
1)	Kobayashi, Shai 11 2) Story, Kruger 11	
3)	Mcintosh Jr., Steven 12 4) Reid, Dustin 12	
5	Northgate;.'b'	3:56.56

#### Boys 4x800 Meter Relay

#	School	Finals
1	Castro!Valley	8:14.60
1)	Martore, Anthony 11 2) Diomande, Solo 11	
3)	Weekes, Will 12 4) Eversole, Ben 11	
2	Northgate	8:18.11
1)	Whittington, Chad 12 2) Melton, Will 12	
3)	Hermes, Arnie 11 4) Niese, Ryan 11	
3	Heritage	8:29.65
1)	Brum, Brandon 11 2) Spencer, Amir 12	
3)	Bradley, Jacob 12 4) Reid, Dustin 12	
4	Arroyo	9:00.90
1)	Snow, Andrew 12 2) Glover, Keith 10	
3)	Mercadal, Balbino 11 4) Sands, Jeremy 9	
5	Benicia	9:09.35
1)	Carty, Camron 12 2) Wolken, Oliver 11	
3)	Friesen, Grant 11 4) Dubios, Austen 11	
6	Castro!Valley""b'	9:10.08
1)	Ashby, Tom 12 2) Talley, Vince 12	
3)	Peek, Scott 12 4) Crump, Matthew 12	

#### Boys 800 Sprint Medley

#	School	Finals
1	St!Mary's!College	1:33.25
1)	Moses, Chance 11 2) Hope-lovett, Najee 12	
3)	Brown-ryan, Demetrius 12 4) Roosevelt, Ali 11	
2	St!Mary's!College""b'	1:35.80
1)	Foster, Jemar 12 2) Harris, Christian 12	
3)	Carter, James 10 4) Organ, Henry 12	
3	Heritage	1:36.00
1)	Williams, Eric 11 2) Griffiths, Chazz 12	
3)	Cuellar, Bryan 11 4) Luiz, Joseph 12	
4	Northgate	1:39.20
1)	Wickman, Paul 12 2) Stover, Cameron 11	
3)	Schmidt, Blair 10 4) Llanos, Josh 12	
5	Castro!Valley	1:41.16
1)	Han, Nate 11 2) Lu, Steven 11	
3)	Batis, Robert 11 4) Davis, Ben 11	
6	Castro,Valley,.'b'	1:42.41

1) Marino, Nicolas 12 2) Moreno, Rickey 11  
 3) Foster, Alex 11 4)  
 7 Benicia 1:42.72  
 1) Davis, Lawrence 12 2) Johnson, Camron 12  
 3) Murdock, Fernando 12 4) Wiley, Chase 12  
 8 Heritage!.'b' 1:48.90  
 1) Kobayashi, Shai 11 2) Story, Kruger 11  
 3) Mcintosh Jr., Steven 12 4) Coston, Cameron 11

#### Boys Distance Medley

#	School	Finals
1	Heritage	11:27.77
1)	Bradley, Jacob 12 2) Mcintosh Jr., Steven 12	
3)	Spencer, Amir 12 4) Brum, Brandon 11	
2	Arroyo	11:37.94
1)	Mercadal, Balbino 11 2) Snow, Andrew 12	
3)	Galindo, Lorenzo 10 4) Sands, Jeremy 9	
3	Benicia	11:49.83
1)	Wolken, Oliver 11 2) Wiley, Chase 12	
3)	Carty, Camron 12 4) Friesen, Grant 11	
4	Castro!Valley	12:27.45
1)	Coulter, Erich 11 2) Diomande, Solo 11	
3)	Crump, Matthew 12 4) Mirzadi, Rostam 12	
5	Northgate	15:13.93
1)	Asberry, Charles 11 2) Sheehy, James 9	
3)	Reamy, Jack 9 4) Svidler, Eugene 12	

#### Boys 4x110 Meter Shuttle Hurdle

#	School	Finals
1	Northgate	73.21
1)	Niese, Ryan 11 2) Brewer, Christian 11	
3)	Davis, Cody 11 4) Jung, Derek 12	
2	Heritage	77.79
1)	Pryor, Avery 11 2) Renna, Brian 11	
3)	Eng, Billy 11 4) Henry, Tom 12	
3	Castro:Valley	78.73

#### Boys High Jump Relay

#	Name	Year	School	Finals
1	Eng, Billy	11	Heritage	6-02.00
1	Foster, Alex	11	Castro:Valle	6-02.00
3	Privitera, Zach	12	Northgate	5-10.00
4	Henry, Tom	12	Heritage	5-08.00
5	Sheehy, Chris	12	Northgate	5-06.00
5	Stapleton, Tim	10	Northgate	5-06.00
7	Renna, Brian	11	Heritage	5-04.00
8	Lansang, Kevin	11	Northgate	5-02.00
8	Brewer, Christian	11	Northgate	5-02.00
10	Sweetwyne, Kellen	11	Hayward	5-00.00
10	Tanoto, Ansley	12	Northgate	5-00.00

#### Boys Pole Vault Relay

#	Name	Year	School	Finals
1	Wiegardt, Andrew	12	Castro!Valle	13-00.00
2	Ngyen, Sean		Monte!Vista	12-06.00
3	Miller, Austin		Washington:High	12-00.00
4	Shackleton, Dakota		Monte!Vista	12-00.00
5	Landon, Max		Washington!High	11-06.00
6	Archibald, Bryant		Monte,Vista	11-06.00
7	Pande, Brian		Monte.Vista	11-06.00
8	Sheridan, Liam		Washington.High	11-00.00
9	Kneppers, Tomas	12	Northgate	11-00.00
10	Bertolero, Nick		Monte,Vista	11-00.00
11	Griese, Adam		Monte:Vista	10-00.00
12	Kwok, Justin	12	Northgate	10-00.00
13	Laris, Jordan	11	Castro!Valle	10-00.00
14	Diomande, Solo	11	Castro!Valle	10-00.00
15	Brewer, Christian	11	Northgate	10-00.00
16	Fontes, Dylan	12	Heritage	9-06.00
17	Laanen, Kaj	12	Northgate	8-06.00
18	Choi, Dong:(andy)	11	Northgate	8-00.00

19	Patel,;Suraj	11	Northgate	7-06.00
--	Tsurumoto,;Ian	11	Castro,Valle	NH
--	Carrick,;Tony	11	Castro,Valle	NH

#### Boys Long Jump Relay

#	Name	Year	School	Finals	Wind
1	Mamon,;Chris	12	Benicia	23-03.25	+0.0
2	Thomas,;Tyler	12	Hayward	20-02.75	+0.0
3	Johnson,;Camron	12	Benicia	20-00.75	+0.0
4	Dubios,;Austen	11	Benicia	19-09.25	1.2
5	Wickman,;Paul	12	Northgate	19-09.00	-0.2
6	Cuellar,;Bryan	11	Heritage	18-11.00	+0.0
7	Jow,;Brian	12	Northgate	18-07.00	0.1
8	Griffiths,;Chazz	12	Heritage	18-05.75	0.7
9	Davis,;Ben	11	Castro,Valle	18-04.50	0.6
10	Privitera,;Zach	12	Northgate	18-04.00	1.0
11	Nouv,;Peter	11	Castro,Valle	17-07.00	1.1
12	Han,;Nate	11	Castro,Valle	17-05.75	1.4
13	Tschaplizki,;Andrew	12	Heritage	16-09.00	1.4
14	Lu,;Steven	11	Castro,Valle	16-03.00	1.4
15	Marino,;Nicolas	12	Castro,Valle	16-02.75	+0.0
16	Sweetwyne,;Kellen	11	Hayward	15-11.25	+0.0
17	Zabroski,;Dakotah	11	Heritage	14-09.00	NW
18	Llanos,;Josh	12	Northgate	13-00.25	+0.0

#### Boys Triple Jump Relay

#	Name	Year	School	Finals	Wind
1	Hope-lovett,;Najee	12	St;Mary's;Co	45-11.75	0.9
2	Mamon,;Chris	12	Benicia	45-02.50	+0.0
3	Davis,;Ben	11	Castro,Valle	41-02.75	+0.0
4	Privitera,;Zach	12	Northgate	39-11.50	+0.0
5	Dubios,;Austen	11	Benicia	39-10.00	+0.0
6	Foster,;Jemar	12	St.Mary's.Co	39-09.50	1.2
7	Harris,;Christian	12	St!Mary's!Co	39-07.00	0.9
8	Jow,;Brian	12	Northgate	36-01.00	+0.0
9	Tschaplizki,;Andrew	12	Heritage	35-08.00	0.1
10	Lu,;Steven	11	Castro,Valle	35-05.75	+0.0
11	Lansang,;Kevin	11	Northgate	35-01.50	+0.0
12	Collins,;Justin	11	Benicia	34-06.75	+0.0

#### Boys Shot Put Relay

#	Name	Year	School	Finals
1	Mason,;Eric	12	Castro,Valle	49-11.50
2	Eckel,;Jacob	12	Castro,Valle	49-09.00
3	Rounds,;Jake	11	Heritage	46-10.00
4	Horncliff,;Alex	11	Heritage	45-03.00
5	Levy,;Max	11	Northgate	43-03.50
6	Perry,;Bryant	11	Northgate	43-03.00
7	Solomon,;Alex	12	Northgate	39-09.50
8	Tomaz,;Niko	12	Castro,Valle	39-08.50
9	Williams,;Eric	11	Heritage	39-04.50
10	Gilham,;George	12	Castro,Valle	39-03.00
11	Bouchard,;Jeffrey	12	Castro,Valle	38-10.00
12	Cook,;Gary	12	Heritage	37-02.00
13	Buckland,;Eric	12	Northgate	36-05.50
14	Davis,;Kenneth	12	Castro,Valle	36-02.00
15	Sweetwyne,;Kellen	11	Hayward	35-07.00
16	Perkins,;Kent	12	Northgate	35-05.50
17	Barrera,;Emmanuel	12	Castro,Valle	34-09.50
18	Thacker,;Kyle	10	Heritage	34-04.00
19	Duenas,;Ray	12	Hayward	33-06.00
20	Vasquez,;Alex	12	Castro,Valle	32-05.00
21	Funaki,;Joe	11	Hayward	30-08.00
22	Carrick,;Tony	11	Castro,Valle	30-01.00
23	Tsurumoto,;Ian	11	Castro,Valle	29-10.50
23	Mulready,;Chris	12	Castro,Valle	29-10.50
25	Ayala,;Nick	12	Castro,Valle	29-02.50
26	Alokozai,;Aaron	12	Castro,Valle	27-01.00
27	Rosendahl,;Bruce	12	Castro,Valle	26-03.50

#### Boys Discus Throw Relay

#	Name	Year	School	Finals
1	Rounds,;Jake	11	Heritage	154-00
2	Mason,;Eric	12	Castro,Valle	153-06
3	Eckel,;Jacob	12	Castro,Valle	148-00
4	Perry,;Bryant	11	Northgate	139-03.50
5	Solomon,;Alex	12	Northgate	135-10
6	Horncliff,;Alex	11	Heritage	133-00
7	Tomaz,;Niko	12	Castro,Valle	132-01
8	Duenas,;Ray	12	Hayward	122-00.50
9	Levy,;Max	11	Northgate	121-04
10	Davis,;Kenneth	12	Castro,Valle	118-00.50
11	Barrera,;Emmanuel	12	Castro,Valle	112-00
12	Vasquez,;Alex	12	Castro,Valle	104-07
13	Funaki,;Joe	11	Hayward	99-11
14	Buckland,;Eric	12	Northgate	96-04
15	Gilham,;George	12	Castro,Valle	90-06.50
16	Bouchard,;Jeffrey	12	Castro,Valle	90-02
17	Cook,;Gary	12	Heritage	81-11
18	Ayala,;Nick	12	Castro,Valle	79-05
19	Perkins,;Kent	12	Northgate	78-01.50
20	Carrick,;Tony	11	Castro,Valle	73-09
21	Rosendahl,;Bruce	12	Castro,Valle	70-06
22	Mulready,;Chris	12	Castro,Valle	67-06.50
23	Sweetwyne,;Kellen	11	Hayward	65-04.25
24	Tsurumoto,;Ian	11	Castro,Valle	64-10
25	Alokozai,;Aaron	12	Castro,Valle	60-10
26	Thacker,;Kyle	10	Heritage	11-05

#### FROSH SOPH

#### Girls 100 Meter Dash

#	Name	Year	School	Finals	Wind
1	Moser,;Kailey	10	Heritage	13.26	1.2
2	Williams,;Adrianna	9	Benicia	13.45	1.2
3	Elam,;Kristin	9	Castro,Valle	13.48	0.8
4	Imah,;Crystal	9	St.Mary's.Co	13.63	0.8
5	Scott,;Amina	10	Bishop,O'dow	13.72	1.2
6	Blanton,;Kaii	10	Bishop,O'dow	13.75	1.2
7	Wilson,;Brooke	9	Heritage	13.96	1.2
8	Arciaga,;Elaine	9	St!Mary's!Co	14.03	0.8
9	Garde,;Nicole	10	Bishop,O'dow	14.32	1.2
10	Thomson-jacoby,;Alyssa	9	Northgate	14.48	
11	Cooper,;Tristen	9	Heritage	14.63	0.8
12	Kobiyashi,;Rain	9	Heritage	14.93	0.8
13	Anderson,;Claire	9	Tamalpais	15.26	1.2
14	Yu,;Vanessa	10	Bishop,O'dow	15.47	1.2
15	Swensen,;Nicole	9	Tamalpais	15.57	1.2
16	Nai,;Allison	9	Northgate	15.59	1.2

#### Girls 1600 Meter Run

#	Name	Year	School	Finals
1	Boucher,;Ami	9	Northgate	5:46.41
2	Mcmullin,;Lauren	10	Heritage	5:54.09
3	Campbell,;Madeline	9	Northgate	6:06.27
4	Johnson,;Taylor	9	Heritage	6:12.83
5	Wilson,;Missy	10	Benicia	6:20.97
6	Bonapart,;Mayana	10	Tamalpais	6:21.91
7	Velasquez,;Renee	9	Castro,Valle	6:56.32
8	Moser,;Annie	9	Heritage	6:57.15
9	Rosano,;Paige	9	Heritage	7:12.45

#### Girls 300 Meter Hurdles

#	Name	Year	School	Finals
1	Centoni,;Jana	9	Castro,Valle	51.74
2	Coyle,;Allison	10	Northgate	54.26
3	Rusch,;Jessica	10	Northgate	56.92

4	Bronzan, Caitlin	9	Heritage	57.47
5	Batki, Isabella	9	Tamalpais	58.76
6	Thomson-jacoby, Alyssa	9	Northgate	59.34

#### Girls 4x100 Meter Relay

#	School	Finals
1	Castro Valley	53.08
1)	Centoni, Jana	9
2)	Elam, Kristin	9
3)	Highstreet, Elyse	10
4)	Nguyen, Kaori	9
2	St. Mary's College	53.18
1)	Imah, Crystal	9
2)	Arciaga, Elaine	9
3)	Waxman, Zodie	9
4)	Snipes, Nia	10
3	Bishop O'dowd	53.75
1)	Maas, Rachel	10
2)	May, Keisha	9
3)	Daniel, Ryan	9
4)	Kelly, Bryanna	10
4	Castro Valley, 'b'	53.79
1)	Gilham, Haley	10
2)	Arens, Lexie	9
3)	Von Euw, Gabriela	9
4)	Payne, Emily	9
5	Heritage	54.42
1)	Gordon, Andreena	10
2)	Valdillez, Whitney	9
3)	Moser, Kailey	10
4)	Wilson, Brooke	9
6	Northgate	54.78
1)	Coyle, Allison	10
2)	Rusch, Jessica	10
3)	Makrakis, Hallie	10
4)	Parvin, Ariana	10
7	Tamalpais	56.06
1)	Rasmussen, Jessica	9
2)	Sandrolini, Emma	9
3)	Anderson, Claire	9
4)	Collins, Kira	9
8	Tamalpais, 'b'	59.47
1)	Carmel, Lisanne	9
2)	Von Welczek, Vivi	9
3)	Boyer, Molly	9
4)	Vogt, Ivory	9
--	Northgate, 'b'	DQ
1)	Lansang, Kelsey	9
2)	Roberts, Mackenzie	9
3)	Phillips, Allie	9
4)	Thomson-jacoby, Alyssa	9

#### Girls 4x400 Meter Relay

#	School	Finals
1	Benicia	4:33.17
1)	Sharpe, Alex	10
2)	Ray, Jasmine	10
3)	Williams, Adrianna	9
4)	Beattie, Petrice	9
2	Heritage	4:36.58
1)	Hinojosa, Kayla	10
2)	Moser, Kailey	10
3)	Bronzan, Caitlin	9
3	Bishop O'dowd	4:38.40
1)	Maas, Rachel	10
2)	Blanton, Kaii	10
3)	Nickerson, Haleigh	10
4)	Daniel, Ryan	9
4	Tamalpais	4:46.09
1)	Kennedy, Coco	9
2)	Janetos, Isabel	10
3)	Reiss, Sierra	9
4)	Brauner, Hallie	10
5	Castro Valley	4:51.62
1)	Bailey, Aurora	10
2)	Highstreet, Elyse	10
3)	Elam, Kristin	9
4)	Centoni, Jana	9
6	Northgate, 'b'	4:58.53
1)	Scalise, Kayla	9
2)	Lansang, Kelsey	9
3)	Rusch, Jessica	10
4)	Kearney, Kimiko	10

#### Girls 4x800 Meter Relay

#	School	Finals
1	Benicia	10:55.80
1)	Wilson, Missy	10
2)	Sharpe, Alex	10
3)	Ray, Jasmine	10
4)	Beattie, Petrice	9
2	Bishop O'dowd	10:55.89
1)	Devlin, Allie	10
2)	Hyland, Brenna	10
3)	Diaz, Marie	10
4)	Andrews, Claire	12
3	Heritage	11:06.03
1)	Hannigan, Claire	9
2)	Johnson, Taylor	9
3)	Mcmullin, Lauren	10
4)	Hinojosa, Kayla	10
4	Castro Valley	11:17.33
1)	Bailey, Aurora	10
2)	Chopra, Priya	10
3)	Fong, Samantha	10
4)	Mill, Olivia	9
5	Northgate	11:55.60
1)	Bagordo, Andrea	9
2)	Corrick, Kaylin	10

3) Nichols, Jillian 10 4) Rodgers, Josephine 9

#### Girls 800 Sprint Medley

#	School	Finals
1	Bishop O'dowd, 'b'	1:59.74
1)	Brox-chester, Markeia	10
2)	Lowe, Bianca	9
3)	Jackson, Randi	10
4)	Fong, Celia	10
2	Castro Valley	2:00.27
1)	Nguyen, Kaori	9
2)	Arens, Lexie	9
3)	Elam, Kristin	9
4)	Centoni, Jana	9
3	St. Mary's College	2:02.07
1)	Foston, Zina	10
2)	Arciaga, Elaine	9
3)	Imah, Crystal	9
4)	Matsuo, Kimiko	9
4	Benicia	2:03.62
1)	Williams, Adrianna	9
2)	Sharpe, Alex	10
3)	Beattie, Petrice	9
4)	Ray, Jasmine	10
5	Heritage	2:06.39
1)	Gordon, Andreena	10
2)	Valdillez, Whitney	9
3)	Wilson, Brooke	9
6	Heritage, 'b'	2:14.15
1)	Cooper, Tristen	9
2)	Kobiyashi, Rain	9
3)	Diaz, Viviana	9
4)	Blot, Tatianna	9
7	Tamalpais	2:23.37
1)	Sandrolini, Madeleine	9
2)	Reiss, Sierra	9
3)	Niles, Sa'bria	9
4)	Sandrolini, Emma	9
8	Castro Valley, 'b'	2:23.43
1)	Gamez, Monica	10
2)	Johnson, Rachel	9
3)	Gilham, Haley	10
4)	Liskewicz, Alena	9
9	Castro Valley, 'c'	2:27.67
1)	Von Euw, Gabriela	9
2)	Chen, Sarah	9
3)	Lin, Anne	9
4)	King, Taylor	9

#### Girls Distance Medley

#	School	Finals
1	Bishop O'dowd	13:51.73
1)	Micheaux, Claire	10
2)	Diaz, Marie	10
3)	Hyland, Brenna	10
4)	Devlin, Allie	10
2	Castro Valley	14:04.76
1)	Bailey, Aurora	10
2)	Von Euw, Gabriela	9
3)	Mill, Olivia	9
4)	Fong, Samantha	10
3	Heritage	14:15.96
1)	Hannigan, Claire	9
2)	Grant, Bridget	9
3)	Hinojosa, Kayla	10
4)	Mcmullin, Lauren	10
4	Tamalpais	14:30.72
1)	Peterson, Glyn	9
2)	Mcmillan, Lilla	10
3)	Kennedy, Coco	9
4)	Emory, Samantha	10
5	St. Mary's College	14:57.06
1)	Cortez-holmes, Alexis	10
2)	Sullivan, Claire	10
3)	Harrington, Mary	10
4)	Riccardi, Natalia	9
6	Heritage, 'b'	16:56.72
1)	Moser, Annie	9
2)	Rosano, Paige	9
3)	Wilginbush, Taylor	9
4)	Diaz, Viviana	9

#### Girls 4x55 Meter Shuttle Hurdle

#	School	Finals
--	Northgate	NT
1)	Coyle, Allison	10
2)	Rusch, Jessica	10
3)	Thomson-jacoby, Alyssa	9
4)	Roberts, Mackenzie	9
--	Heritage	NT
1)	Moser, Kailey	10
2)	Grant, Bridget	9
3)	Bronzan, Caitlin	9
4)		

#### Girls High Jump Relay

#	Name	Year	School	Finals
1	Makrakis, Hallie	10	Northgate	4-08.00
2	Braunder, Hallie	10	Tamalpais	4-06.00
2	Roberts, Mackenzie	9	Northgate	4-06.00
2	Bronzan, Caitlin	9	Heritage	4-06.00
5	Grant, Bridget	9	Heritage	4-04.00
6	Highstreet, Elyse	10	Castro Valle	4-02.00
6	Wilginbush, Taylor	9	Heritage	4-02.00



6	Phillips,;Allie	9	Northgate	4-02.00
9	Collins,;Kira	9	Tamalpais	4-00.00
9	Boyer,;Molly	9	Tamalpais	4-00.00
--	Wilson,;Brooke	9	Heritage	NH

#### Girls Pole Vault Relay

#	Name	Year	School	Finals
1	Neylan,;Kyra	10	Tamalpais	6-06.00
1	Freeman,;Allison	10	Tamalpais	6-06.00
1	Duran,;Carly		Monte;Vista	6-06.00
1	Bengtson,;Arden	10	Northgate	6-06.00
5	Gamez,;Monica	10	Castro;Valle	6-00.00
6	Wyatt,;Miriam	10	Tamalpais	5-06.00
6	Nguyen,;Megan		Monte;Vista	5-06.00
6	Roberts,;Mackenzie	9	Northgate	5-06.00
6	Gilham,;Haley	10	Castro;Valle	5-06.00
10	Lee,;Jessica		Monte;Vista	5-00.00
--	Nichols,;Jillian	10	Northgate	NH

#### Girls Long Jump Relay

#	Name	Year	School	Finals	Wind
1	Mcmillan,;Lilla	10	Tamalpais	16-02.00	NWI
2	Gordon,;Andrea	10	Heritage	15-01.00	NWI
3	Ledesma-turner,;Akili	10	St;Mary's;Co	14-02.00	NWI
4	Rasmussen,;Jessica	9	Tamalpais	13-09.00	NWI
5	Collins,;Kira	9	Tamalpais	13-06.00	NWI
6	Diaz,;Viviana	9	Heritage	13-01.00	NWI
6	Von,;Welczeck,;Vivi	9	Tamalpais	13-01.00	NWI
8	Johnson,;Kendall		St;Mary's;Co	12-04.00	NWI
9	Parvin,;Ariana	10	Northgate	12-03.00	NWI
10	Walker,;Kalia		St;Mary's;Co	11-11.00	NWI
11	Boyer,;Molly	9	Tamalpais	11-10.00	NWI
12	Gilham,;Haley	10	Castro;Valle	11-09.00	NWI
13	Vogt,;Ivory	9	Tamalpais	11-08.00	NWI
14	Wilginbush,;Taylor	9	Heritage	11-07.00	NWI
15	Rusch,;Jessica	10	Northgate	11-06.00	NWI
16	Lansang,;Kelsey	9	Northgate	11-02.00	NWI
17	Swenson,;Nicole	9	Tamalpais	10-11.00	NWI
18	Sharkey,;Christina	9	Tamalpais	10-09.00	NWI
19	Valdillez,;Whitney	9	Heritage	10-08.00	NWI
20	Lin,;Anne	9	Castro;Valle	8-04.00	NWI

#### Girls Triple Jump Relay

#	Name	Year	School	Finals	Wind
1	Sharpe,;Alex	10	Benicia	33-03.00	NWI
2	Ray,;Jasmine	10	Benicia	31-08.00	NWI
3	Parvin,;Ariana	10	Northgate	30-10.00	NWI
4	Highstreet,;Elyse	10	Castro;Valle	30-03.00	NWI
5	Collins,;Kira	9	Tamalpais	28-11.00	NWI
6	Roberts,;Mackenzie	9	Northgate	28-04.00	NWI
7	Reiss,;Sierra	9	Tamalpais	25-03.00	NWI
8	Swensen,;Nicole	9	Tamalpais	25-00.00	NWI
9	Von,;Welczeck,;Vivi	9	Tamalpais	21-02.00	NWI
10	Sharkey,;Christina	9	Tamalpais	20-06.00	NWI

#### Girls Shot Put Relay

#	Name	Year	School	Finals
1	Maynard,;Alexis	10	Bishop;O'dow	29-03.00
2	Maynard,;Andria	10	Bishop;O'dow	27-11.00
3	Henderson,;Rachel	10	Northgate	26-00.00
4	Williams,;Makayla	9	Bishop;O'dow	25-10.00
5	Munchick,;Bonnie	10	Bishop;O'dow	25-07.00
6	Makrakis,;Hallie	10	Northgate	23-02.00
7	Mace,;Alex	9	Heritage	22-07.00
8	Woods,;Courtney	10	Tamalpais	22-04.00
9	Janetos,;Isabel	10	Tamalpais	22-02.00
10	Wilginbush,;Taylor	9	Heritage	21-11.00
11	Kearney,;Kimiko	10	Northgate	21-09.00
12	Ismail,;Saadiya	9	Tamalpais	18-07.00
13	Swensen,;Nicole	9	Tamalpais	18-05.00
14	Sharkey,;Christina	9	Tamalpais	17-08.00

15	Blot,;Tatianna	9	Heritage	16-02.00
16	Johnson,;Rachel	9	Castro;Valle	15-04.00

#### Girls Discus Throw Relay

#	Name	Year	School	Finals
1	Maynard,;Alexis	10	Bishop;O'dow	84-10
2	Munchick,;Bonnie	10	Bishop;O'dow	72-06
3	Maynard,;Andria	10	Bishop;O'dow	70-01
4	Makrakis,;Hallie	10	Northgate	65-06
5	Henderson,;Rachel	10	Northgate	65-02
6	Woods,;Courtney	10	Tamalpais	47-03
7	Mcelroy,;Makalah	9	Bishop;O'dow	46-07
8	Mace,;Alex	9	Heritage	45-09
9	Kearney,;Kimiko	10	Northgate	45-04

#### Boys 100 Meter Dash

#	Name	Year	School	Finals	Wind
1	Speagle,;Myles	9	Castro;Valle	11.55	0.8
2	Speagle,;Matthew	9	Castro;Valle	11.57	0.8
3	Caro,;Will	10	Hayward	11.95	0.8
4	Cheng,;Cliff	10	Benicia	11.99	0.8
5	Coleman,;Adrian	9	Benicia	12.04	0.8
6	Guidry,;Anthony	9	Benicia	12.13	1.6
7	Leggett,;Rondall	10	Tamalpais	12.28	1.6
8	Han,;Sean	10	Northgate	12.42	0.4
9	Robinson,;Andrew	9	St;Mary's;Co	12.50	1.6
10	Lewis,;D'maree'	9	Heritage	12.51	0.4
11	Abrams,;Andrew	9	St;Mary's;Co	12.68	1.6
12	Williams,;Collin	9	Northgate	12.75	1.3
13	Cervantez,;Francisco	10	Castro;Valle	12.76	1.6
14	Rachal,;Angelo	10	Heritage	12.81	1.3
15	Farinas,;Kyle	9	Heritage	13.06	1.6
16	Sims,;Ronald	9	Castro;Valle	13.16	1.3
17	Rethage,;Nick	10	Heritage	13.17	1.3
18	Savoy,;Lamonte	10	Hayward	14.45	0.4
19	Duler,;Oliver	9	Tamalpais	14.50	1.3

#### Boys 1600 Meter Run

#	Name	Year	School	Finals
1	Calvert,;Duncan	10	St;Mary's;Co	4:53.33
2	Hammond,;Mitchel	10	Benicia	5:01.22
3	Henn,;Andrew	10	Tamalpais	5:04.54
4	Pena,;Noah	9	Heritage	5:06.49
5	Conway,;Alec	10	Castro;Valle	5:07.40
6	Huebner,;Bryan	10	Benicia	5:09.85
7	Olsen,;Alex	10	Tamalpais	5:11.55
8	Theobald,;Trevor	10	Benicia	5:12.50
9	Fierros,;Arturo	10	Tamalpais	5:13.11
10	Frazier,;Ian	10	Northgate	5:14.42
11	Brown,;Jason	9	Heritage	5:30.18
12	Barney,;Robert	10	Castro;Valle	5:45.78
13	Nourot,;Daniel	9	Castro;Valle	5:58.58
14	Spees,;Sean	9	Bishop;O'dow	6:09.44

#### Boys 300 Meter Hurdles

#	Name	Year	School	Finals
1	Long,;Chris	10	Tamalpais	48.62
2	King,;Kevin	9	Bishop;O'dow	49.77
3	Lim,;Zachary	10	Heritage	50.33
4	Terrell,;Blake	10	St;Mary's;Co	50.93
5	Diallo,;Amadou	10	St;Mary's;Co	51.74
6	Touri,;James	10	Northgate	52.10
7	Ruth,;Tj	10	Bishop;O'dow	52.38
8	Siu,;Elliott	9	Tamalpais	53.15
9	Johnson,;Ian	9	Heritage	53.18
10	Fong,;Sam	10	Bishop;O'dow	53.29

#### Boys 4x100 Meter Relay

#	School	Finals
1	Northgate	45.74
1)	Khamosh, Aaron	10
2)	Russell, Carter	10

3) Han, Sean 10 4) Stapleton, Tim 10  
 2 Castro:Valley 47.35  
 1) Cervantez, Francisco 10 2) Speagle, Matthew 9  
 3) Sims, Ronald 9 4) Speagle, Myles 9  
 3 St;Mary's;College 47.61  
 1) Martinez, Sam 9 2) Robinson, Andrew 9  
 3) Abrams, Andrew 9 4) Lambright, Freddie 9  
 4 Bishop!O'dowd 48.03  
 1) Tavares, Tevin 10 2) Durin, Matt 10  
 3) Johnson, Issiah 9 4) Grace, De' Zhon 9  
 5 Tamalpais 48.35  
 1) Leggett, Rondall 10 2) Stolp, Ryan 9  
 3) Stephens, Haynes 9 4) Gant Van Vliet, Alex 9  
 6 Heritage 48.77  
 1) Covington, Travon 9 2) Johnson, Ian 9  
 3) Lewis, D'maree' 9 4) Rachal, Angelo 10  
 7 Castro:Valley::'b' 51.37  
 1) Kono, Yuya 10 2) Tuecinovic, Dzanin 9  
 3) Huffaker, Hunter 9 4) Jawandha, Khush 9  
 8 Bishop'O'dowd'"b' 51.62  
 1) Bacchus, Keith 9 2) Bey, Isa 9  
 3) Degroot, Jonathan 10 4) Fong, Sam 10  
 9 Heritage::'b' 52.03  
 1) Underwood, Marcell 9 2) Woods, Darren 10  
 3) Farinas, Kyle 9 4)  
 10 Castro;Valley;;'c' 53.28  
 1) Huynh, Thien 9 2) Kono, Eiji 9  
 3) Lin, Alvin 9 4) Gao, Alex 10  
 11 Northgate..'b' 54.60  
 1) Brancaccio, Chris 9 2) Koh, Jonah 9  
 3) Salazar, Ian 9 4) Williams, Collin 9

#### Boys 4x400 Meter Relay

#	School	Finals
1	Benicia	3:49.81
1)	Coleman, Adrian 9 2) Guidry, Anthony 9	
3)	Huebner, Bryan 10 4) Yip, Scott 9	
2	Hayward	3:58.38
1)	Caro, Will 10 2) Savoy, Lamonte 10	
3)	Young, Stevinaire 9 4) Aguirre, David 10	
3	Heritage	3:59.30
1)	Covington, Travon 9 2) Akono-devries, Boniface 9	
3)	Obodo, Clifford 10 4) Fontes, Joshua 10	
4	Tamalpais	4:04.71
1)	Long, Chris 10 2) Stephens, Haynes 9	
3)	Knight, Zachary 9 4) Richards, Nicholas 10	
5	Bishop;O'dowd	4:06.78
1)	Winn, Marcus 10 2) Durin, Matt 10	
3)	King, Tj 10 4) Johnson, Issiah 9	
6	Castro,Valley	4:08.76
1)	Kono, Yuya 10 2) Bundgus, Morgan 10	
3)	Cervantez, Francisco 10 4) Jawandha, Khush 9	
7	Heritage..'b'	4:10.40
1)	Eelsing, Tyler 10 2) Camara, Thomas 10	
3)	Nevarez, Jake 9 4) Rethage, Nick 10	
8	Northgate	4:15.89
1)	Brancaccio, Chris 9 2) Koh, Jonah 9	
3)	Russell, Carter 10 4) Williams, Collin 9	

#### Boys 4x800 Meter Relay

#	School	Finals
1	Bishop;O'dowd	8:53.40
1)	John, Calvin 10 2) Degroot, Jonathan 10	
3)	Schwartz, Jaejun 10 4) Kaufmen, Karsten 10	
2	Benicia	9:02.03
1)	Yip, Scott 9 2) Hammond, Mitchel 10	
3)	Theobald, Trevor 10 4) Coleman, Adrian 9	
3	Northgate	9:03.54
1)	Stalters, Danny 9 2) Coyne, Brendan 10	
3)	Reamy, Jack 9 4) Valeriani, Michael 10	
4	St.Mary's.College	9:12.27

1) Munoz, Victor 10 2) Greene, Stevie 10  
 3) Calvert, Duncan 10 4) Hill, Nate 10  
 5 Heritage 9:25.47  
 1) Akono-devries, Boniface 9 2) Renteria, Robert 9  
 3) Pena, Noah 9 4) Fontes, Joshua 10  
 6 Northgate!!'b' 9:49.00  
 1) Stephens, Connor 10 2) Frazier, Ian 10  
 3) Sumner, Joel 10 4) Sheehy, James 9  
 7 Castro'Valley 9:49.74  
 1) Hicken, Joshua 9 2) Mitchell, Andrew 10  
 3) Conway, Austin 10 4) Arias, Brandon 9  
 8 Castro;Valley;;'b' 10:00.46  
 1) Nouro, Daniel 9 2) Meskienyar, Imran 9  
 3) Barney, Robert 10 4) Mill, Scott 9

#### Boys 800 Sprint Medley

#	School	Finals
1	Castro,Valley	1:44.92
1)	Cervantez, Francisco 10 2) Speagle, Matthew 9	
3)	Speagle, Myles 9 4) Bundgus, Morgan 10	
2	Heritage	1:49.53
1)	Covington, Travon 9 2) Farinas, Kyle 9	
3)	Smith, Eric 9 4) Lewis, D'maree' 9	
3	Bishop'O'dowd'"b' 1:50.36	
1)	Kaufmen, Karsten 10 2) Hernandez, Eric 9	
3)	Bacchus, Keith 9 4) Bey, Isa 9	
4	Northgate	1:51.67
1)	Khamosh, Aaron 10 2) Han, Sean 10	
3)	Brancaccio, Chris 9 4) Russell, Carter 10	
5	Benicia	1:52.97
1)	Cheng, Cliff 10 2) Guidry, Anthony 9	
3)	Tolosa-hernandez, Marcelo 10 4) Huebner, Bryan 10	
6	Castro'Valley'"b' 1:53.18	
1)	Kono, Yuya 10 2) Huffaker, Hunter 9	
3)	Sims, Ronald 9 4) Jawandha, Khush 9	
7	Heritage!!'b' 1:53.28	
1)	Nevarez, Jake 9 2) Rachal, Angelo 10	
3)	Underwood, Marcell 9 4) Woods, Darren 10	
8	Northgate!!'b' 1:54.16	
1)	Williams, Collin 9 2) Salazar, Ian 9	
3)	Davies, Jon 9 4) Koh, Jonah 9	
9	Bishop;O'dowd 2:01.12	
1)	Johnson, Issiah 9 2) Grace, De' Zhon 9	
3)	Tavares, Tevin 10 4) Durin, Matt 10	

#### Boys Distance Medley

#	School	Finals
1	Bishop,O'dowd	11:30.39
1)	John, Calvin 10 2) Degroot, Jonathan 10	
3)	Kane, Sam 10 4) Kendall, Mason 10	
2	Benicia	11:38.33
1)	Hammond, Mitchel 10 2) Guidry, Anthony 9	
3)	Coleman, Adrian 9 4) Yip, Scott 9	
3	St!Mary's!College	11:42.27
1)	Hill, Nate 10 2) Ordonez, Jonathan 10	
3)	Calvert, Duncan 10 4) Greene, Stevie 10	
4	Northgate	11:47.89
1)	Valeriani, Michael 10 2) Fiorenza, Giovanni 10	
3)	Reamy, Jack 9 4) Stalters, Danny 9	
5	Heritage	12:28.73
1)	Pena, Noah 9 2) Fontes, Joshua 10	
3)	Akono-devries, Boniface 9 4) Nevarez, Jake 9	
6	Castro:Valley	12:31.08
1)	Arias, Brandon 9 2) Jawandha, Khush 9	
3)	Hicken, Joshua 9 4) Conway, Alec 10	
7	Northgate;;'b' 12:32.55	
1)	Coyne, Brendan 10 2) Sumner, Joel 10	
3)	Stephens, Connor 10 4) Russell, Carter 10	
8	Tamalpais	12:35.68
1)	Henn, Andrew 10 2) Richards, Nick 10	
3)	Knight, Zachary 9 4) Olsen, Alex 10	

9 Bishop!O'dowd!!'b' 13:03.95  
 1) Durin, Matt 10 2) Bey, Isa 9  
 3) Cermony, Noah 9 4) Bacchus, Keith 9  
 10 Castro;Valley;,'b' 13:05.61  
 1) Locke, Evan 9 2) Mitchell, Andrew 10  
 3) Mill, Scott 9 4) Conway, Austin 10  
 11 Tamalpais;,'b' 13:09.42  
 1) Cinko, Dominik 9 2) Brown, John 9  
 3) Kane, Dylan 9 4) Fierros, Arturo 10  
 12 Heritage;,'b' 13:28.61  
 1) Vance, Davis 10 2) Renteria, Robert 9  
 3) Brown, Jason 9 4)

#### Boys 4x55 Meter Shuttle Hurdle

#	School	Finals
1	Bishop;O'dowd	63.33
1) King, Tj 10 2) Ruth, Tj 10		
3) Winn, Marcus 10 4) Fong, Sam 10		
2 Heritage		63.58
1) Lim, Zachary 10 2) Obodo, Clifford 10		
3) Camara, Thomas 10 4) Eelsing, Tyler 10		

#### Boys High Jump Relay

#	Name	Year	School	Finals
1	Stapleton,!Tim	10	Northgate	5-06.00
2	Bundgus,!Morgan	10	Castro;Valle	5-04.00
2	Obodo;,'Clifford	10	Heritage	5-04.00
4	Bowman;,'Anthony	10	Heritage	5-02.00
--	Smith;,'Eric	9	Heritage	NH
--	Davies;,'Jon	9	Northgate	NH

#### Boys Pole Vault Relay

#	Name	Year	School	Finals
1	Kneppers;,'Andrew	10	Northgate	10-00.00
1	Halili;,'Anjo		Monte.Vista	10-00.00
3	Heller;,'Brandon		Monte,Vista	9-06.00
4	Cantrell;,'Sawyer		Monte.Vista	9-00.00
5	Davies;,'Jon	9	Northgate	8-06.00
5	Wedell;,'Kody		MonteVista	8-06.00
5	Locke;,'Evan	9	Castro;Valle	8-06.00
8	Beecroft;,'Ben	10	Tamalpais	8-00.00
8	Mauch;,'Austin		Monte!Vista	8-00.00
10	Kagel;,'Zak	9	Northgate	6-06.00
10	Peek;,'Aaron	9	Castro!Valle	6-06.00
--	Dangler;,'Michael	10	Castro;Valle	NH

#### Boys Long Jump Relay

#	Name	Year	School	Finals	Wind
1	Bundgus;,'Morgan	10	Castro;Valle	17-11.00	NWI
2	Stephens;,'Haynes	9	Tamalpais	17-09.00	NWI
3	Caro;,'Will	10	Hayward	17-08.00	NWI
4	Garcia;,'Christian	10	St,Mary's,Co	17-03.00	NWI
5	Kono;,'Yuya	10	Castro;Valle	16-08.00	NWI
6	Woods;,'Darren	10	Heritage	16-06.00	NWI
7	Winn;,'Marcus	10	Bishop!O'dow	16-04.00	NWI
8	Smith;,'Eric	9	Heritage	16-03.00	NWI
9	King;,'Kevin	9	Bishop;O'dow	16-01.00	NWI
10	Young;,'Stevinaire	9	Hayward	15-11.00	NWI
11	Aguirre;,'David	10	Hayward	15-10.00	NWI
11	Knight;,'Zach	9	Tamalpais	15-10.00	NWI
13	Tolosa-hernandez;,'Marcel			10	Benicia
15-09.00					NWI
14	Han;,'Sean	10	Northgate	15-05.00	NWI
15	Leggett;,'Rondall	10	Tamalpais	15-04.00	NWI
16	Collier;,'Austin	9	St'Mary's'Co	14-10.00	NWI
17	Salazar;,'Ian	9	Northgate	14-08.00	NWI
18	Ancarde;,'Harris	9	Heritage	13-11.00	NWI
19	Ruth;,'Tj	10	Bishop,O'dow	13-04.00	NWI
20	Carff;,'Brandon	9	Heritage	12-08.00	NWI
21	Locke;,'Evan	9	Castro;Valle	12-07.00	NWI
22	Gao;,'Alex	10	Castro;Valle	12-04.00	NWI

#### Boys Triple Jump Relay

#	Name	Year	School	Finals	Wind
1	Garcia;,'Christian	10	St;Mary's:Co	37-06.00	NWI
2	Woods;,'Darren	10	Heritage	37-04.00	NWI
3	Kono;,'Yuya	10	Castro;Valle	34-00.00	NWI
4	Moore;,'Nick	10	St;Mary's:Co	33-07.00	NWI
5	Knight;,'Zachary	9	Tamalpais	32-08.00	NWI
6	Stapleton;,'Tim	10	Northgate	32-07.00	NWI
7	Salazar;,'Ian	9	Northgate	31-11.00	NWI
8	Lipman;,'Zaden	9	Tamalpais	31-03.00	NWI
9	Cramer;,'Andrew	9	Tamalpais	28-08.00	NWI
10	Russell;,'Carter	10	Northgate	27-00.00	NWI

#### Boys Shot Put Relay

#	Name	Year	School	Finals
1	Viveiros;,'Anthony	10	Castro;Valle	41-00.00
2	Stolp;,'Ryan	9	Tamalpais	38-08.00
3	Conway;,'Alec	10	Castro;Valle	37-09.00
4	Zaballos;,'Paul	10	Castro'Valle	36-08.00
5	Baxter;,'Josh	10	Heritage	35-02.00
6	Kendrick;,'Shaka	9	Bishop.O'dow	33-10.00
7	Barfeei;,'Emaun	9	Castro;Valle	33-07.00
8	Eseroma;,'Doug	10	Northgate	33-03.00
8	Ioane;,'John-john	10	Northgate	33-03.00
10	Huffaker;,'Hunter	9	Castro;Valle	33-02.00
11	Fritz;,'Ben	9	Tamalpais	32-09.00
12	Moore;,'Max	9	Northgate	32-08.00
13	Johnson;,'Bruce	9	Bishop;O'dow	31-02.00
14	Armenta;,'Francisco	10	Northgate	31-00.00
15	Conway;,'Austin	10	Castro;Valle	30-08.00
16	Decastro;,'Nic	9	Bishop.O'dow	29-09.00
17	Caputo;,'Xavier	10	Tamalpais	29-07.00
18	Henry;,'Jake	10	Heritage	28-01.00
19	Sheymemah;,'Isaac	9	Castro;Valle	28-00.00
20	Davis;,'Nigel	9	Castro;Valle	27-06.00
21	Labay;,'Jake	9	Tamalpais	27-00.00
22	Wood;,'Josh	10	Heritage	26-10.00
23	Bannister;,'Phillip	10	Castro;Valle	26-09.00
24	Daly;,'Will	9	Tamalpais	20-05.00

#### Boys Discus Throw Relay

#	Name	Year	School	Finals
1	Stolp;,'Ryan	9	Tamalpais	92-10
2	Viveiros;,'Anthony	10	Castro'Valle	85-07
3	Zaballos;,'Paul	10	Castro;Valle	84-06
4	Conway;,'Austin	10	Castro;Valle	83-03
5	Eseroma;,'Doug	10	Northgate	83-01
6	Marino;,'Gabe	10	Tamalpais	82-04
7	Conway;,'Alec	10	Castro'Valle	80-10
8	Armenta;,'Francisco	10	Northgate	80-01
9	Barfeei;,'Emaun	9	Castro;Valle	78-10
10	Ioane;,'John-john	10	Northgate	78-09
11	Huffaker;,'Hunter	9	Castro;Valle	78-03
12	Fritz;,'Ben	9	Tamalpais	75-11
13	Baxter;,'Josh	10	Heritage	75-04
14	Matthews;,'Chinua		Bishop,O'dow	73-11
15	Sheymemah;,'Isaac	9	Castro;Valle	73-00
16	Caputo;,'Xavier	10	Tamalpais	67-11
17	Labay;,'Jake	9	Tamalpais	66-07
18	Johnson;,'Bruce	9	Bishop!O'dow	65-07
19	Ma;,'Mike	10	Tamalpais	62-08
20	Wood;,'Josh	10	Heritage	61-11
21	Kendrick;,'Shaka	9	Bishop'O'dow	60-10
22	Moore;,'Max	9	Northgate	60-03
23	Bannister;,'Phillip	10	Castro;Valle	60-00
24	Henry;,'Jake	10	Heritage	59-04
25	Davis;,'Nigel	9	Castro'Valle	48-05

# CV Invite 3/19/10

## Friday Frosh-Soph results

### Mens Results

X 100 Meters - Frosh/Soph -			
1	Myles Speagle	11.55a	9
2	Matthew Speagle	11.57a	9
13	Francisco Cervantez	12.76a	10
16	Ronald Sims	13.16a	9

X 400 Meters - Relay Split - Frosh/Soph -			
6	Morgan Bundgus	57.69	10
6	Khush Jawandha	60.84	9
6	Francisco Cervantez	61.09	10
	Khush Jawandha	61.34	9
6	Ronald Sims	68.41	9

X 1600 Meters - Frosh/Soph -			
5	Alec Conway	5:07.40a	10
12	Robert Barney	5:45.78a	10
13	Daniel Nourot	5:58.58a	9

X 4x100 Relay - Frosh/Soph -			
2	Francisco Cervantez		
	Matthew Speagle		
	Ronald Sims		
	Myles Speagle	47.35a	
7	Yuya Kono		
	Dzanin Tuecinovic		
	Hunter Huffaker		
	Khush Jawandha	51.37a	
10	Thien Huynh		
	Eiji Kono		
	Alvin Lin		
	Alex Gao	53.28a	

X 4x400 Relay - Frosh/Soph -			
6	Yuya Kono		
	Morgan Bundgus		
	Francisco Cervantez		
	Khush Jawandha	4:08.76a	

X 4x800 Relay - Frosh/Soph -			
7	Joshua Hicken		
	Andrew Mitchell		
	Austin Conway		
	Brandon Arias	9:49.74a	
8	Daniel Nourot		
	Imran Meskienyar		
	Robert Barney		
	Scott Mill	10:00.46a	

X Sprint Medley 1,1,2,400m - Frosh/Soph -			
1	Francisco Cervantez		
	Matthew Speagle		
	Myles Speagle		
	Morgan Bundgus	1:44.92a	
6	Dzanin Tuecinovic		
	Hunter Huffaker		
	Ronald Sims		
	Khush Jawandha	1:53.18a	

X Distance Medley 12,4,8,16 - Frosh/Soph -			
6	Brandon Arias		
	Khush Jawandha		
	Joshua Hicken		
	Alec Conway	12:31.08a	

10	Evan Locke		
	Andrew Mitchell		
	Scott Mill		
	Austin Conway	13:05.61a	

X Shot Put - 12lb - Frosh/Soph -			
1	Anthony Viveiros	41-00.00	10
3	Alec Conway	37-09.00	10
4	Paul Zaballos	36-08.00	10
7	Emaun Barfeei	33-07.00	9
10	Hunter Huffaker	33-02.00	9
15	Austin Conway	30-08.00	10
19	Isaac Sheymemah	28-00.00	9
20	Nigel Davis	27-06.00	9
23	Phillip Bannister	26-09.00	10

X Discus - 1.6kg - Frosh/Soph -			
2	Anthony Viveiros	85-07	10
3	Paul Zaballos	84-06	10
4	Austin Conway	83-03	10
7	Alec Conway	80-10	10
9	Emaun Barfeei	78-10	9
11	Hunter Huffaker	78-03	9
15	Isaac Sheymemah	73-00	9
23	Phillip Bannister	60-00	10
25	Nigel Davis	48-05	9

X High Jump - Frosh/Soph -			
2	Morgan Bundgus	5-04.00	10

X Pole Vault - Frosh/Soph -			
5	Evan Locke	8-06.00	9
10	Aaron Peek	6-06.00	9
	Michael Dangler	NH	10

X Long Jump - Frosh/Soph -			
1	Morgan Bundgus	17-11.00	10
5	Yuya Kono	16-08.00	10
21	Evan Locke	12-07.00	9
22	Alex Gao	12-04.00	10

X Triple Jump - Frosh/Soph -			
3	Yuya Kono	34-00.00	10

### Womens Results

X 100 Meters - Frosh/Soph -			
3	Kristin Elam	13.48a	9

X 1600 Meters - Frosh/Soph -			
7	Renee Velasquez	6:56.32a	9

X 300m Hurdles - 30" - Frosh/Soph -			
1	Jana Centoni	51.74a	9

X 4x100 Relay - Frosh/Soph -			
1	Jana Centoni		
	Kristin Elam		
	Elyse Highstreet		
	Kaori Nguyen	53.08a	
4	Haley Gilham		
	Lexie Arens		
	Gabriela Von Euw		
	Emily Payne	53.79a	

X 4x400 Relay - Frosh/Soph -			
5	Aurora Bailey		
	Elyse Highstreet		
	Kristin Elam		
	Jana Centoni	4:51.62a	

X 4x400 Relay - Frosh/Soph -

X 4x800 Relay - Frosh/Soph -			
4	Aurora Bailey		
	Priya Chopra		
	Samantha Fong		
	Olivia Mill	11:17.33a	

X Sprint Medley 1,1,2,400m - Frosh/Soph -

2	Kaori Nguyen		
	Lexie Arens		
	Kristin Elam		
	Jana Centoni	2:00.27a	
8	Haley Gilham		
	Monica Gamez		
	Alena Liskewicz		
	Rachel Johnson	2:23.43a	
9	Gabriela Von Euw		
	Sarah Chen		
	Anne Lin		
	Taylor King	2:27.67a	

X Distance Medley 12,4,8,16 - Frosh/Soph -

2	Aurora Bailey		
	Gabriela Von Euw		
	Olivia Mill		
	Samantha Fong	14:04.76a	

X Shot Put - 4kg - Frosh/Soph -			
16	Rachel Johnson	15-04.00	9

X High Jump - Frosh/Soph -			
6	Elyse Highstreet	4-02.00	10

X Pole Vault - Frosh/Soph -			
5	Monica Gamez	6-00.00	10
6	Haley Gilham	5-06.00	10

X Long Jump - Frosh/Soph -			
12	Haley Gilham	11-09.00	10
20	Anne Lin	8-04.00	9

X Triple Jump - Frosh/Soph -			
4	Elyse Highstreet	30-03.00	10

## Saturday Varsity results

### Mens Results

X 100 Meters - Varsity -			
2	Bobby Batis	11.52a	11
11	Nicolas Marino	12.63a	12

X 100 Meters - Relay Split - Varsity -			
5	Steven Lu	12.82	11
5	Nate Han	12.93	11

X 200 Meters - Relay Split - Varsity -			
5	Robert Batis	21.94	11

X 400 Meters - Relay Split - Varsity -			
1	Ben Davis	53.16	11

X 1600 Meters - Varsity -			
3	Tom Ashby	4:54.01a	12
8	Erich Coulter	5:16.35a	11
10	Vince Talley	5:23.35a	12

# Stanford Invitational

**Friday 3/26**

## Mens Results

X 400 Meters - Relay Split - Varsity - Finals  
Solo Diomande 51.79 11

X 800 Meters - Relay Split - Varsity - Finals  
Will Weekes 2:02.53 12

X 1200 Meters - Relay Split - Varsity - Finals  
Anthony Martore 3:10.12 11

X 1600 Meters - Relay Split - Varsity - Finals  
Ben Eversole 4:22.16 11

X 3000 Meters - Varsity - Finals  
18 Tom Ashby 9:30.33a 12

X Distance Medley 12,4,8,16 - Varsity - Finals  
1 Anthony Martore  
Solo Diomande  
Will Weekes  
Ben Eversole 10:26.89a

## Womens Results

X 400 Meters - Relay Split - Varsity - Finals  
Celeste Martore 61.06 10

X 800 Meters - Relay Split - Varsity - Finals  
Chelsea Schneider 2:17.5 12

X 1200 Meters - Relay Split - Varsity - Finals  
Elise Wummer 3:53.3 12

X 1600 Meters - Relay Split - Varsity - Finals  
Kelsey Santisteban 5:06.6 11

X Distance Medley 12,4,8,16 - Varsity - Finals  
2 Elise Wummer  
Celeste Martore  
Chelsea Schneider  
Kelsey Santisteban 12:18.59a

**Saturday 3/27**

## Mens Results

X 1 Mile - Varsity - Finals  
26 Ben Eversole 4:25.54a 11  
32 Will Weekes 4:28.39a 12  
44 Anthony Martore 4:43.37a 11

X 3000 Meters - Section 1 - Finals  
18 Tom Ashby 9:30.33a 12

X 4x100 Relay - Varsity - Prelims

X Shot Put - 12lb - Varsity - Finals  
12 Jacob Eckel 48'02.00 12

X Discus - 1.6kg - Varsity - Finals  
5 Eric Mason 156-09 12  
14 Jacob Eckel 143-03 12

X Triple Jump - Varsity - Finals  
8 Ben Davis 42-09.25 11

## Womens Results

X 100 Meters - Varsity - Prelims  
28 Taofeqat Alli 12.87a 12

X 400 Meters - Varsity - Finals  
26 Chelsea Schneider 60.13a 12

X 1 Mile - Varsity - Finals  
11 Kelsey Santisteban 5:07.70a 11

X 100m Hurdles - 33" - Varsity - Prelims  
13 Monique Aldridge 15.40a 12

X 4x100 Relay - Varsity - Prelims  
11 Celeste Martore  
Brianna Miller  
Maya Chissell  
Taofeqat Alli 50.60

X Discus - 1kg - Varsity - Finals  
15 Noelle Donnelly 107-11 10

X High Jump - Pit 1 - Finals  
- Celeste Martore NH 10

X Long Jump - Varsity - Finals  
19 Taofeqat Alli 16-01.25 12

X Triple Jump - Varsity - Finals  
9 Brianna Miller 34-10.00 11

Chabot Distance Festival  
Friday, March 26, 2010

**Mens Results**

X 800 Meters - Varsity - Finals

14	Scott Peek	2:17.39a	12
15	Joshua Hicken	2:18.09a	9
29	Brandon Arias	2:28.41a	9

X 1600 Meters - Varsity - Finals

7	Erich Coulter	4:50.45a	11
17	Vince Talley	5:04.92a	12
18	Matthew Crump	5:05.83a	12
22	Austin Conway	5:07.88a	10
27	Matt Eva	5:10.63a	9
29	Joshua Hicken	5:12.77a	9
41	Scott Mill	5:33.74a	9
42	Daniel Nourot	5:36.06a	9
43	Robert Barney	5:36.07a	10
50	Imran Meskienyar	6:00.03a	9

**Womens Results**

X 800 Meters - Varsity - Finals

3	Aurora Bailey	2:36.95a	10
4	Carolyn Gilchriese	2:40.69a	11
6	Kathryn Carvin	2:47.18a	12
7	Olivia Mill	2:53.43a	9

X 1600 Meters - Varsity - Finals

5	Ashley Sutedja	5:40.78a	12
6	Samantha Fong	5:51.74a	10
8	Emma Piccillo	6:10.16a	11
10	Renee Velasquez	6:51.61a	9
	Nicole Yang	DNS	12
	Angie Shin	DNS	12
	Priya Chopra	DNS	10
	Marisa Martines	DNS	11

**Saturday**

**Mens Results**

X 100 Meters - Varsity - Finals

1	Myles Speegle	11.60a	9
4	Matthew Speegle	11.85a	9
19	Nicolas Marino	12.43a	12
31	Nate Han	12.84a	11

X 100 Meters - Relay Split - Varsity - Finals

1	Myles Speegle	10.60	9
1	Morgan Bundgus	11.12	10
1	Bobby Batis	11.25	11

1	Matthew Speegle	11.25	9
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X 400 Meters - Relay Split - Varsity - Finals

1	Alex Foster	51.44	11
5	Vince Talley	57.63	12

X 800 Meters - Relay Split - Varsity - Finals

1	Anthony Martore	1:58.13	11
5	Erich Coulter	2:10.5	11

X 1200 Meters - Relay Split - Varsity - Finals

	Matthew Crump	3:44.8	12
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X 1600 Meters - Relay Split - Varsity - Finals

	Matt Eva	5:27.2	9
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X 110m Hurdles - 39" - Varsity - Finals

3	Kwame Hudson	17.15a	11
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X 300m Hurdles - 36" - Varsity - Finals

1	Jordan Laris	44.66a	11
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X 4x100 Relay - Varsity - Finals

1	Matthew Speegle		
	Bobby Batis		
	Myles Speegle		
	Morgan Bundgus	44.60a	

X Sprint Medley 2,2,4,800m - Varsity - Finals

1	Nicolas Marino		
	Nate Han		
	Alex Foster		
	Anthony Martore	3:39.66a	

X Distance Medley 12,4,8,16 - Varsity - Finals

5	Matthew Crump		
	Vince Talley		
	Erich Coulter		
	Matt Eva	12:12.81a	

X Shot Put - 12lb - Varsity - Finals

2	Jeffrey Bouchard	40'03.5	12
3	Niko Tomaz	40'03	12
4	George Gilham	38'10.75	12
10	Kenneth Davis	34'01.25	12

X Discus - 1.6kg - Varsity - Finals

1	Niko Tomaz	41.88m	12
3	Kenneth Davis	38.09m	12
5	Emmanuel Barrera	36.75m	12

9 Alex Vasquez 30.08m 12

**X High Jump - Varsity - Finals**

1 Alex Foster 5'08 11

**X Pole Vault - Varsity - Finals**

3 Andrew Wiegardt 11'00 12

4 Jordan Laris 10'06 11

10tie Evan Locke 8'06 9

**X Long Jump - Varsity - Finals**

7 Morgan Bundgus 18'05 10

17 Nate Han 16'08.25 11

Steven Lu DNS 11

Peter Nouv DNS 11

Yuya Kono DNS 10

**Womens Results**

**X 100 Meters - Varsity - Finals**

10 Emily Payne 14.57a 9

16 Lexie Arens 15.94a 9

**X 100 Meters - Relay Split - Varsity - Finals**

1 Crystal Lee 11.93 11

1 Kaori Nguyen 13.09 9

1 Kristin Elam 13.29 9

1 Evangeline Bedford 14.44 12

**X 200 Meters - Relay Split - Varsity - Finals**

1 Emily Payne 27.66 9

1 Kristin Elam 28.84 9

**X 400 Meters - Relay Split - Varsity - Finals**

1 Kaori Nguyen 65.75 9

**X 800 Meters - Relay Split - Varsity - Finals**

1 Elise Wummer 2:26.4 12

**X 3200 Meters - Varsity - Finals**

2 Nicole Yang 12:44.37a 12

3 Kathryn Carvin 13:00.04a 12

**X 100m Hurdles - 33" - Varsity - Finals**

1 Brianna Giscombe 18.98a 11

3 Evangeline Bedford 20.48a 12

**X 300m Hurdles - 30" - Varsity - Finals**

2 Brianna Giscombe 54.34a 11

**X 4x100 Relay - Varsity - Finals**

1 Kaori Nguyen  
Evangeline Bedford

Crystal Lee

Kristin Elam 52.97a

**X Sprint Medley 2,2,4,800m - Varsity - Finals**

1 Emily Payne

Kristin Elam

Kaori Nguyen

Elise Wummer 4:29.27a

**X Shot Put - 4kg - Varsity - Finals**

1 Alana Knight 33'03 12

6 Astra Birznies 24'06.75 12

**X Discus - 1kg - Varsity - Finals**

1 Alana Knight 28.42m 12

6 Astra Birznies 19.66m 12

**X High Jump - Varsity - Finals**

1-tie Evangeline Bedford 4'04 12

**X Pole Vault - Varsity - Finals**

4 Sarah Gilchriese 7'00 11

**X Triple Jump - Varsity - Finals**

3 Evangeline Bedford 30'11 12

4 Crystal Lee 30'06.75 11

# Mt Eden,CV, Moreau

Wednesday, March 31, 2010

## Castro Valley HS, Castro Valley

### Mens Results

#### X 100 Meters - Varsity - Finals

1	Rhomel Clarke	11.54a	MtEd	11
2	Matthew Speegle	11.57a	CAVA	9
3	Nate Han	12.35a	CAVA	11
4	Nicolas Marino	12.42a	CAVA	12
5	Marcos Munos	12.43a	MCHS	12
6	Chris Sigler	12.69a	CAVA	12
7	Ray Huey	12.72a	CAVA	11
8	Gregg Garcia	13.17a	MCHS	11
9	John Gregorio	13.31a	MCHS	11
10	Aaron Santos	13.74a	MtEd	11

#### X 100 Meters - Frosh/Soph - Finals

1	Jeremy Imiach	12.06a	MCHS	10
2	Michael Troung	12.31a	MCHS	10
3	David Radich	12.38a	MCHS	10
4	Francis Delfino	12.69a	MCHS	10
5	Sean Asilo	12.74a	MCHS	10
6	Robbie Wilson	12.77a	MCHS	10
7	Francisco Cervantez	13.02a	CAVA	10
8	Kevin Clerkley	13.20a	MtEd	10
9	Alex Gao	13.78a	CAVA	10
10	Dzul Iscandari	14.15a	MCHS	10

#### X 200 Meters - Varsity - Finals

1	Rhomel Clarke	23.23a	MtEd	11
2	Bobby Batis	23.56a	CAVA	11
3	Myles Speegle	24.72a	CAVA	9
4	Morgan Bundgus	25.24a	CAVA	10
5	Nate Han	25.24a	CAVA	11
6	Nicolas Marino	25.32a	CAVA	12
7	Marcos Munos	25.72a	MCHS	12
8	Rickey Moreno	25.99a	CAVA	11
9	AJ Anschutz	27.04a	MCHS	12
10	Gregg Garcia	27.08a	MCHS	11
11	Aaron Santos	28.00a	MtEd	11
12	John Gregorio	28.00a	MCHS	11

#### X 200 Meters - Frosh/Soph - Finals

1	Robbie Wilson	25.33a	MCHS	10
2	Kevin Clerkley	26.22a	MtEd	10
3	Jun-Chris Magadia	26.61a	MtEd	10
4	Cameron Clerkley	26.72a	MtEd	9
5	Dzanin Tuecinovic	26.95a	CAVA	9
6	Ronald Sims	27.37a	CAVA	9

#### X 400 Meters - Varsity - Finals

1	Ben Davis	53.79a	CAVA	11
2	Marvin Nugal	54.04a	MtEd	11
3	David Nguyen	56.02a	MtEd	11
4	Rickey Moreno	57.40a	CAVA	11
5	AJ Anschutz	1:06.50a	MCHS	12

#### X 400 Meters - Frosh/Soph - Finals

1	Cameron Clerkley	58.44a	MtEd	9
2	Jun-Christopher Magadia	59.78a	MtEd	10
3	Khush Jawandha	1:01.43a	CAVA	9
4	Yuya Kono	1:01.85a	CAVA	10
5	Eiji Kono	1:04.51a	CAVA	9
6	Thien Huynh	1:05.28a	CAVA	9
7	Alvin Lin	1:06.69a	CAVA	9

#### X 400 Meters - Relay Split - Varsity - Finals

Anthony Martore	53.2	CAVA	11
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Solo Diomande	55.0	CAVA	11
Kwame Hudson	57.0	CAVA	11

#### X 400 Meters - Relay Split - Frosh/Soph - Finals

Andrew Mitchell	58.9	CAVA	10
Dzanin Tuecinovic	64.3	CAVA	9
Hunter Huffaker	67.0	CAVA	9
Khush Jawandha	68.4	CAVA	9

#### X 800 Meters - Varsity - Finals

1	Anthony Martore	2:01.36a	CAVA	11
2	Solo Diomande	2:09.03a	CAVA	11
3	Erich Coulter	2:10.97a	CAVA	11
4	Emanuel Morales	2:13.99a	MtEd	10
5	Auburn Jordan	2:15.61a	MtEd	11
6	Tom Ashby	2:18.70a	CAVA	12
7	Scott Peek	2:20.17a	CAVA	12
8	Vincent Nyugen	2:21.33a	MCHS	11
9	Gabriel Leon	2:22.88a	MCHS	11
10	Matthew Crump	2:23.82a	CAVA	12

#### X 800 Meters - Frosh/Soph - Finals

1	Joshua Hicken	2:20.08a	CAVA	9
2	Tynan Otts	2:27.21a	MCHS	10
3	Scott Mill	2:28.72a	CAVA	9
4	Albert Tran	2:29.54a	MtEd	9
5	Nikko McNeil	2:33.43a	MCHS	10
6	Brandon Arias	2:39.92a	CAVA	9
7	Julian Chicoin	2:40.48a	MCHS	9
8	Gabriel Harrison	2:41.15a	MCHS	10
9	Clint Evangelista	2:42.16a	MCHS	9

#### X 1600 Meters - Varsity - Finals

1	Anthony Martore	4:33.85a	CAVA	11
2	Ben Eversole	4:40.76a	CAVA	11
3	Arthur Ruvalcaba	4:42.44a	MtEd	11
4	Tom Ashby	4:49.60a	CAVA	12
5	Emanuel Morales	4:51.10a	MtEd	10
6	Erich Coulter	4:53.92a	CAVA	11
7	Paul Burcheck	4:54.81a	MCHS	11
8	David Nguyen	4:57.98a	MtEd	11
9	Jordan Cruz	5:02.52a	MtEd	11
10	Auburn Jordan	5:05.09a	MtEd	11
11	Matthew Crump	5:06.25a	CAVA	12
12	Abraham Magsombol	5:06.79a	MtEd	12
13	Andrew McIntire	5:08.12a	MCHS	11
14	Scott Peek	5:09.52a	CAVA	12
15	Vince Talley	5:12.21a	CAVA	12
16	Jaime Pardo	5:13.31a	MtEd	12
17	Leon Gabriel	5:15.43a	MCHS	10
18	Vincent Nyugen	5:19.76a	MCHS	11
19	Eric Zaro	5:37.96a	MCHS	12

#### X 1600 Meters - Frosh/Soph - Finals

1	Brandon Smith	4:56.32a	MCHS	10
2	Alec Conway	4:57.44a	CAVA	10
3	Tynan Otts	5:05.72a	MCHS	10
4	Giovani Perez	5:09.05a	MtEd	10
5	Joshua Hicken	5:10.12a	CAVA	9
6	Hurui Kifle	5:13.91a	MtEd	10
7	Brandon Arias	5:20.47a	CAVA	9
8	Derek Chow	5:20.95a	MtEd	9
9	Albert Tran	5:21.08a	MtEd	9
10	Nikko McNeil	5:28.08a	MCHS	10
11	Julian Chicoin	5:31.24a	MCHS	9
12	Hamid Ebadi	5:34.33a	MtEd	9
13	Corey Lowe	5:35.29a	MtEd	9
14	Robert Barney	5:36.35a	CAVA	10
15	Daniel Nourot	5:38.45a	CAVA	9
16	Gabriel Harrison	5:52.94a	MCHS	10
17	Clint Evangelista	5:53.51a	MCHS	9

18	Nikiel Suchit	5:54.02a	MtEd	11
19	Jerome Carapas	5:57.07a	MtEd	9
20	Jimmy Nguyen	5:57.48a	MtEd	9
21	Imran Meskienyar	5:57.85a	CAVA	9

#### X 3200 Meters - Varsity - Finals

1	Ben Eversole	9:55.38a	CAVA	11
2	Will Weekes	10:29.82a	CAVA	12
3	Emanuel Morales	10:44.08a	MtEd	10
4	Andrew McIntire	11:24.65a	MCHS	11
5	Paul Burcheck	11:26.95a	MCHS	11
6	Jordan Cruz	11:30.97a	MtEd	11
7	Abraham Magsombol	11:34.82a	MtEd	12
8	Auburn Jordan	12:12.30a	MtEd	11

#### X 3200 Meters - Frosh/Soph - Finals

1	Hurui Kifle	11:32.41a	MtEd	10
2	Brandon Smith	12:06.07a	MCHS	10
3	Giovani Perez	12:20.99a	MtEd	10
4	Derek Chow	12:23.50a	MtEd	9
5	Tynan Otts	12:24.36a	MCHS	10
6	Robert Barney	12:26.01a	CAVA	10

#### X 110m Hurdles - 39" - Varsity - Finals

1	Kwame Hudson	17.33a	CAVA	11
2	Andrew Wiegardt	18.70a	CAVA	12
3	Marco Candelaria	24.76a	MtEd	11

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

1	Jeremy Imiach	17.68a	MCHS	10
2	Edgar Lopez	24.49a	MtEd	9

#### X 300m Hurdles - 36" - Varsity - Finals

1	Kwame Hudson	45.06a	CAVA	11
2	Jordan Laris	46.12a	CAVA	11
3	Abraham Magsombol	50.10a	MtEd	12
4	Arthur Ruvalcaba	52.13a	MtEd	11

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

1	Jerome Carapas	1:04.68a	MtEd	9
2	Edgar Lopez	1:07.38a	MtEd	9

#### X 4x100 Relay - Varsity - Finals

1	Matthew Speegle			
Bobby Batis				
Myles Speegle				
Morgan Bundgus	46.92a	CAVA		

#### X 4x100 Relay - Frosh/Soph - Finals

1	Relay Team	46.78a	MCHS	
2	Relay Team	50.13a	MtEd	

#### X 4x400 Relay - Varsity - Finals

1	Anthony Martore			
Solo Diomande				
Kwame Hudson				
Ben Davis	3:51.16a	CAVA		
2	Relay Team	4:59.05a	MtEd	

#### X 4x400 Relay - Frosh/Soph - Finals

1	Khush Jawandha			
Hunter Huffaker				
Andrew Mitchell				
Dzanin Tuecinovic	4:18.70a	CAVA		
2	Relay Team	4:36.49a	MtEd	

#### X Shot Put - 12lb - Varsity - Finals

1	Eric Mason	51-06.00	CAVA	12
2	Niko Tomaz	38-11.00	CAVA	12
3	Jeffrey Bouchard	38-09.00	CAVA	12
4	Jason Chong	37-10.50	MCHS	11



6	Emmanuel Barrera	36-03.50	CAVA	12	1	Ben Davis	18-10.00	CAVA	11	3	Lexie Arens	1:13.18a	CAVA	9		
7	Kenneth Davis	33-10.00	CAVA	12	2	Nate Han	17-06.00	CAVA	11							
8	Ken Hill	33-07.00	MCHS	12	3	Gregg Garcia	17-01.00	MCHS	11	X 800 Meters - Varsity - Finals						
9	Alex West	33-06.00	CAVA	11	4	Nicolas Marino	16-05.00	CAVA	12	1	Kelsey Santisteban	2:31.31a	CAVA	11		
10	Marcus Mendida	33-01.50	MCHS	11	5	Ray Huey	16-02.00	CAVA	11	2	Anika Adeni	2:40.00a	MCHS	11		
11	Nick Ayala	32-08.50	CAVA	12	6	Juan Pardo	15-09.00	MtEd	9	3	Carolyn Gilchriese	2:45.65a	CAVA	11		
12	Jaimie Sanchez	31-10.00	MCHS	11	7	Marco Candelaria	14-00.50	MtEd	11	4	Tanya Simbra	3:03.18a	CAVA	12		
13	Chris Carrick	29-07.00	CAVA	11		Marvin Nugal	DNS	MtEd	11	5	Connie Tran	3:10.13a	MtEd	11		
14	Joe Ashby	28-09.50	CAVA	12		Lyndon Martinez	DNS	MtEd	11	6	Ashley Sutedja	3:11.40a	CAVA	12		
15	Aaron Alokozai	26-06.50	CAVA	12		Morgan Bundgus	ND	CAVA	10							
16	Bruce Rosendahl	25-01.00	CAVA	12						X 800 Meters - Frosh/Soph - Finals						
X Shot Put - 12lb - Frosh/Soph - Finals						X Long Jump - Frosh/Soph - Finals					1	Olivia Mill	2:44.35a	CAVA	9	
					1	Jeremy Imiach	19-00.00	MCHS	10	2	Manisha Sharma	2:59.07a	MtEd	10		
2	Paul Zaballos	40-03.50	CAVA	10	2	David Radich	17-10.00	MCHS	10	3	Rachel Johnson	3:12.26a	CAVA	9		
3	Juan Pardo	33-11.00	MtEd	9	3	Anmol Singh	16-05.00	MCHS	10	4	Renee Velasquez	3:13.28a	CAVA	9		
4	Alec Conway	33-09.00	CAVA	10	4	Yuya Kono	16-04.50	CAVA	10	5	Rosina Htoy	3:15.32a	MCHS	-		
5	Austin Conway	30-10.00	CAVA	10	5	Hurui Kifle	12-03.50	MtEd	10							
6	Giovani Perez	30-02.00	MtEd	10	6	Edgar Lopez	11-09.00	MtEd	9	X 1600 Meters - Varsity - Finals						
10	Matthew Commandole	25-09.00	MCHS	10	7	Don Kaing	11-03.00	MtEd	9	1	Kelsey Santisteban	5:15.08a	CAVA	11		
11	James Vu	23-00.50	MtEd	9						2	Anika Adeni	5:37.15a	MCHS	11		
12	David Andes	23-00.00	MCHS	10	X Triple Jump - Varsity - Finals					3	Ashley Sutedja	5:45.51a	CAVA	12		
X Discus - 1.6kg - Varsity - Finals						1	Ben Davis	38-00.50	CAVA	11	4	Samantha Fong	5:48.29a	CAVA	10	
1	Eric Mason	148-09	CAVA	12	2	Arthur Ruvalcaba	31-08.50	MtEd	11	5	Pamela MacLeod	5:53.20a	CAVA	12		
2	Niko Tomaz	130-00	CAVA	12	3	Jaime Pardo	29-10.50	MtEd	12	6	Nicole Yang	5:54.00a	CAVA	12		
3	Kenneth Davis	119-05	CAVA	12	4	David Nguyen	28-09.00	MtEd	11	7	Tracy Weisenberger	6:03.68a	CAVA	11		
4	Emmanuel Barrera	112-03	CAVA	12	5	Marco Candelaria	27-09.00	MtEd	11	8	Kathryn Carvin	6:07.25a	CAVA	12		
5	Alex Vasquez	104-01	CAVA	12	X Triple Jump - Frosh/Soph - Finals					9	Connie Tran	6:47.25a	MtEd	11		
6	Jeffrey Bouchard	101-04	CAVA	12	1	Yuya Kono	35-00.00	CAVA	10	X 1600 Meters - Frosh/Soph - Finals						
7	George Gilham	93-03	CAVA	12	2	Anmol Singh	32-04.00	MCHS	10	1	Aurora Bailey	5:49.09a	CAVA	10		
8	Jason Chong	91-10	MCHS	11	3	Edgar Lopez	27-08.00	MtEd	9	2	Manisha Sharma	6:29.30a	MtEd	10		
9	Nick Ayala	85-03	CAVA	12	4	Francis Delfino	27-02.00	MCHS	10	3	Rosina Htoy	6:44.29a	MCHS	-		
10	Jaimie Sanchez	80-08	MCHS	11		Hurui Kifle	ND	MtEd	10	4	Rachel Johnson	6:56.08a	CAVA	9		
11	Ken Hill	80-05	MCHS	12	<b>Womens Results</b>					5	Renee Velasquez	6:56.97a	CAVA	9		
12	Marcus Mendida	79-00	MCHS	11	X 100 Meters - Varsity - Finals					X 3200 Meters - Varsity - Finals						
13	Joe Ashby	78-09	CAVA	12	1	Taofeqat Alli	13.29a	CAVA	12	1	Anika Adeni	12:24.63a	MCHS	11		
14	Aaron Alokozai	72-04	CAVA	12	2	Nicole Harbert	14.79a	MCHS	11	2	Chelsea Schneider	12:38.10a	CAVA	12		
15	Chris Carrick	71-02	CAVA	11	3	Audrey Miciano	15.59a	MCHS	11	3	Samantha Fong	12:49.90a	CAVA	10		
16	Bruce Rosendahl	65-09	CAVA	12	X 100 Meters - Frosh/Soph - Finals					4	Pamela MacLeod	12:57.20a	CAVA	12		
X Discus - 1.6kg - Frosh/Soph - Finals						1	Kaori Nguyen	13.75a	CAVA	9	5	Kathryn Carvin	12:58.72a	CAVA	12	
1	Paul Zaballos	81-07	CAVA	10	2	Amanda Ang	13.87a	MCHS	10	X 3200 Meters - Frosh/Soph - Finals						
2	Austin Conway	80-06	CAVA	10	3	Haley Gilham	14.36a	CAVA	10	1	Aurora Bailey	13:20.73a	CAVA	10		
3	Anthony Viveiros	78-05	CAVA	10	4	Emily Payne	14.46a	CAVA	9	X 100m Hurdles - 33" - Varsity - Finals						
4	Alec Conway	75-03	CAVA	10	5	Kassidy Herbert	14.61a	MCHS	10	1	Monique Aldridge	18.01a	CAVA	12		
5	Hunter Huffaker	70-04	CAVA	9	6	Athenie Galvez	14.67a	MCHS	10	2	Brianna Giscombe	19.87a	CAVA	11		
6	Isaac Sheymemah	68-10	CAVA	9	7	Anne Lin	15.43a	CAVA	9		Maya Chissell	DQ	CAVA	10		
7	Phillip Bannister	59-02	CAVA	10	8	Stephanie Ho	15.87a	MCHS	10	X 100m Hurdles - 33" - Frosh/Soph - Finals						
8	David Andes	51-08	MCHS	10	9	Yvett Navarro	16.28a	MCHS	10	1	Kaori Nguyen	20.53a	CAVA	9		
9	Nigel Davis	47-07	CAVA	9	10	Taylor King	16.85a	CAVA	9	2	Gabriela Von Euw	22.75a	CAVA	9		
10	Matthew Commandole	42-01	MCHS	10	11	Sarah Chen	18.33a	CAVA	9	X 300m Hurdles - 30" - Varsity - Finals						
X High Jump - Varsity - Finals						12	Grace Cho	18.43a	CAVA	9	1	Maya Chissell	52.75a	CAVA	10	
1	Alex Foster	6-00.00	CAVA	11	X 200 Meters - Frosh/Soph - Finals					2	Brianna Giscombe	1:07.66a	CAVA	11		
2	Morgan Bundgus	5-08.00	CAVA	10	1	Kristin Elam	28.42a	CAVA	9	X 300m Hurdles - 30" - Frosh/Soph - Finals						
X Pole Vault - Varsity - Finals						2	Amanda Ang	28.58a	MCHS	10	1	Kaori Nguyen	53.62a	CAVA	9	
1	Jordan Laris	10-06.00	CAVA	11	3	Karra Gardins	28.87a	MCHS	10	2	Yvett Navarro	56.07a	MCHS	10		
2	Andrew Wiegardt	10-06.00	CAVA	12	4	Kassidy Herbert	29.88a	MCHS	10	3	Gabriela Von Euw	1:03.56a	CAVA	9		
3	Solo Diomande	9-06.00	CAVA	11	5	Emily Payne	30.00a	CAVA	9	X 4x100 Relay - Varsity - Finals						
4	AJ Anschutz	8-00.00	MCHS	12	6	Athenie Galvez	30.69a	MCHS	10		Crystal Lee					
5	Gregg Garcia	8-00.00	MCHS	11	7	Lexie Arens	32.48a	CAVA	9		Evangeline Bedford					
6	Chris Carrick	6-06.00	CAVA	11	X 400 Meters - Varsity - Finals						Nya Smith					
	Ian Tsurumoto	NH	CAVA	11	1	Brianna Miller	1:03.58a	CAVA	11		Brianna Giscombe	DQ	CAVA			
X Pole Vault - Frosh/Soph - Finals						2	Crystal Lee	1:11.02a	CAVA	11	X 4x100 Relay - Frosh/Soph - Finals					
1	Michael Dangler	9-06.00	CAVA	10	3	Nya Smith	1:18.41a	CAVA	11	1	Relay Team	54.36a	MCHS			
	Aaron Peek	NH	CAVA	9	X 400 Meters - Frosh/Soph - Finals											
	Evan Locke	NH	CAVA	9	1	Karra Gardins	1:04.35a	MCHS	10							
X Long Jump - Varsity - Finals						2	Kristin Elam	1:05.91a	CAVA	9						

X 4x400 Relay - Frosh/Soph - Finals

1	Relay Team	5:02.22a	MtEd	
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X Shot Put - 4kg - Varsity - Finals

1	Alana Knight	33-00.00	CAVA	12
2	Noelle Donnelly	27-11.50	CAVA	10
3	Astra Birznieks	26-03.50	CAVA	12
4	Hazel Cruz	24-03.00	MCHS	12
5	Jennifer Rillamas	19-09.50	MCHS	11

X Shot Put - 4kg - Frosh/Soph - Finals

1	Lauryn Gayhardt	29-10.00	MCHS	9
2	Rachel Johnson	14-03.00	CAVA	9

X Discus - 1kg - Varsity - Finals

1	Noelle Donnelly	109-09	CAVA	10
2	Alana Knight	82-08	CAVA	12
3	Astra Birznieks	66-08	CAVA	12
4	Jennifer Rillamas	55-08	MCHS	11
5	Hazel Cruz	55-00	MCHS	12

X Discus - 1kg - Frosh/Soph - Finals

1	Lauryn Gayhardt	70-05	MCHS	9
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X High Jump - Varsity - Finals

1	Evangeline Bedford	4-04.00	CAVA	12
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X High Jump - Frosh/Soph - Finals

1	Elyse Highstreet	4-06.00	CAVA	10
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X Pole Vault - Varsity - Finals

1	Sarah Gilchriese	7-00.00	CAVA	11
2	Jessica Heuer	6-06.00	CAVA	12
3	Audrey Miciano	6-06.00	MCHS	11
4	Emma Piccillo	6-00.00	CAVA	11

X Pole Vault - Frosh/Soph - Finals

1	Monica Gamez	5-06.00	CAVA	10
2	Haley Gilham	5-06.00	CAVA	10

X Long Jump - Varsity - Finals

1	Brianna Miller	16-07.50	CAVA	11
2	Taofeqat Alli	15-09.25	CAVA	12
3	Crystal Lee	13-06.00	CAVA	11
4	Evangeline Bedford	13-05.50	CAVA	12
5	Audrey Miciano	12-01.25	MCHS	11
6	Julia Velasquez	12-01.00	CAVA	11
7	Christina Guevarra	11-11.50	CAVA	11
	Sahar Lalmohamad	ND	CAVA	11

X Long Jump - Frosh/Soph - Finals

1	Elyse Highstreet	13-07.25	CAVA	10
2	Prabhjot Singh	11-03.00	MtEd	10
3	Anne Lin	9-10.00	CAVA	9
	Sarah Chen	ND	CAVA	9
	Grace Cho	ND	CAVA	9

X Triple Jump - Varsity - Finals

1	Brianna Miller	32-09.50	CAVA	11
2	Evangeline Bedford	30-05.50	CAVA	12
3	Crystal Lee	29-07.00	CAVA	11

X Triple Jump - Frosh/Soph - Finals

1	Elyse Highstreet	29-08.75	CAVA	10
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# Arcadia Invitational - 4/9/2010 to 4/10/2010 @Arcadia High School

## Men's 4x800 Meter Relay Seeded

=====	
Anthony Martore	1:58.1
Ben Eversole	1:58.7
Sulayman Diomande	2:01.7
Will Weekes	<u>1:59.5</u>
3rd	7:58.13

(new school record: old school record 8:02.90 (2002) Chris Wong, John Yano, Zane Welte, Beau Bettinger)

The boys took down one of the revered distance records on the CVHS books with a solid team performance. This dropped the school record by over 4 seconds. As well, the boys ran to a top place overall in the meet.

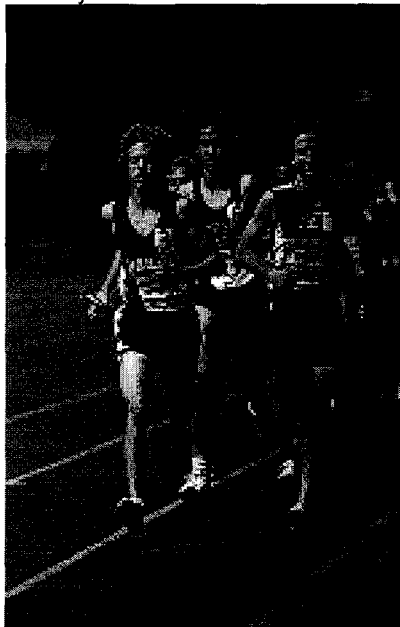
Anthony leads off aggressively.

## Men's Distance Medley Invitational

=====	
Anthony Martore	3:09
Alex Foster	:50.5
Will Weekes	2:00
Ben Eversole	<u>4:23</u>
5th	10:22.77

(new school record: Old school record 10:26.89 (2010) Martore, Diomande, Weekes, Eversole)

The boys broke their own record which they set two weeks ago at Stanford, which in turn broke the record they set last year down here. Running in the fast heat, they were able to hang with some of the best in the state and the country.



Ben likes to run under the lights.

## Women's 110 HH Prelims

=====	
17 Monique Aldridge	15.30

## Finals:

4 Monique Aldridge	15.40a
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## Women's 800 Meter Run

=====	
Heat 1	
4 Chelsea Schneider	2:18.49

Chelsea ran a perfect race for 700 meters, and then was outsprinted at the end. She stayed close the leaders early in the race, smoothly moved to the lead at the 500 mark, and got the jump on the field. This was perhaps her best tactical race of her career, and indicates that she is very close to being in championship form already.

## Men's 800 Meter Run

=====	
Heat 2	
1 Anthony Martore	1:56.50

Not only did Antony win his heat, he lowered his PR significantly. He also placed himself on the All-time list and now sits at # 7.



Anthony wins his heat in fine fashion.

## Men's Discus Throw

=====	
10 Eric Mason	159-05

Eric had a great series of throws, all over 150 feet, and was able to move even further up the CVHS Top 10 list. He currently sits at #4. His seasonal improvement has not slowed down.

## Women's 3200 Meter Run Invitational

=====	
7 Kelsey Santisteban	10:44.52

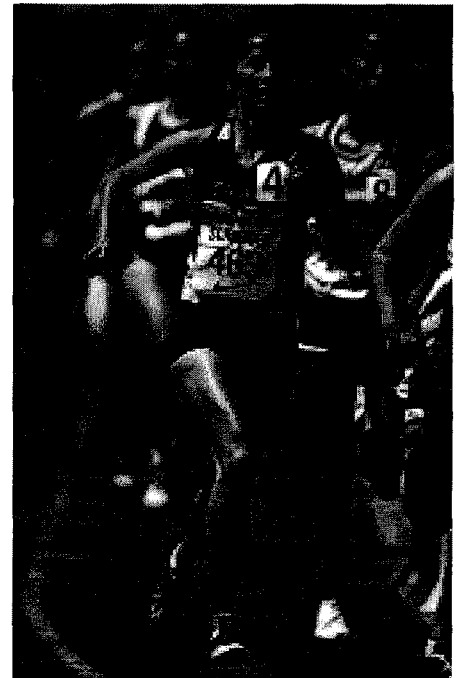
In what can only be described as a breakthrough race, Kelsey dropped her best by 13 seconds and finished not only

near the top of the race among the best the state had to offer but came within a few seconds of the school records which had seemed too remote to even approach. Her time is also the best in the NCS so far this year.

## Women's Distance Medley Invitational

=====	
Chelsea Schneider	3:53.7
Celeste Martore	1:04.5
Kelsey Santisteban	2:25.2
Elice Wummer	<u>5:27.1</u>
22nd	12:50.26

After the scintillating school record performance at Stanford, the girls could not come up to muster here. The time is not bad, but in the fast heat at Arcadia "not bad" turns into a last place finish. By comparison, had the girls run in the seeded heat, they would have place much higher with the same time.



Chelsea goes for the win with 200 to go.

## Womens 4 x 100 Relay

=====	
36 Celeste Martore	
Brianna Miller	
Maya Chissell	
Taofeqat Alli	50/6\79

All-in-all, a tremendously successful trip for the Trojan crowd. The top individuals proudly carried on the CV glory for the season, and now it is time to regroup and start gearing up for the extended run into the post-season.

The videos of these races can be found at this address:

**Arcadia Invitational - 4/9/2010 to 4/10/2010 @Arcadia High School**

[http://www.runnerspace.com/gprofile.php  
?mgroup\\_id=89&do=news&year=2010&news\\_id=10038&folder\\_id=recent](http://www.runnerspace.com/gprofile.php?mgroup_id=89&do=news&year=2010&news_id=10038&folder_id=recent)

Once again it is a testimony to the hardworking athletes that the 2010 Trojans are making a wholesale assault on the record books once again.

# **HAAL # 2** **Arroyo, CV, San Lorenzo** **@ Arroyo HS 4/15**

## **Mens Results**

### **X 100 Meters - Varsity - Finals**

1	Robert Batis	11.3	CAVA	11
3	Myles Speegle	11.4	CAVA	9
1	Ian Tsurumoto	12.4	CAVA	11
8	Nicolas Marino	12.4	CAVA	12
2	Ray Huey	13.8	CAVA	11

### **X 100 Meters - Frosh/Soph - Finals**

1	Matthew Speegle	11.7	CAVA	9
2	Francisco Cervantez	12.8	CAVA	10
3	Ronald Sims	13.3	CAVA	9
4	Alex Gao	13.3	CAVA	10

### **X 200 Meters - Varsity - Finals**

1	Myles Speegle	24.7	CAVA	9
5	Nicolas Marino	26.3	CAVA	12
6	Ian Tsurumoto	26.44	CAVA	11

### **X 200 Meters - Frosh/Soph - Finals**

1	Matthew Speegle	24.9	CAVA	9
2	Francisco Cervantez	27.5	CAVA	10
3	Khush Jawandha	28.1	CAVA	9
4	Alex Gao	28.4	CAVA	10
5	Eiji Kono	29.0	CAVA	9
6	Thien Huynh	30.9	CAVA	9
7	Alvin Lin	31.5	CAVA	9

### **X 400 Meters - Varsity - Finals**

1	Ben Davis	54.6	CAVA	11
4	Rickey Moreno	57.7	CAVA	11
2	Vince Talley	60.8	CAVA	12

### **X 400 Meters - Frosh/Soph - Finals**

1	Andrew Mitchell	59.4	CAVA	10
2	Khush Jawandha	64.4	CAVA	9
3	Yuya Kono	65.6	CAVA	10
4	Eiji Kono	67.3	CAVA	9
5	Thien Huynh	68.6	CAVA	9
6	Alvin Lin	69.9	CAVA	9

### **X 400 Meters - Relay Split - Varsity - Finals**

1	Ben Davis	55.91	CAVA	11
1	Robert Batis	57.07	CAVA	11
1	Alex Foster	57.30	CAVA	11
1	Solo Diomande	60.62	CAVA	11

### **X 400 Meters - Relay Split - Frosh/Soph - Finals**

1	Andrew Mitchell	61.57	CAVA	10
1	Alex Gao	66.84	CAVA	10
1	Khush Jawandha	68.96	CAVA	9
1	Eiji Kono	70.69	CAVA	9

### **X 800 Meters - Varsity - Finals**

1	Will Weekes	2:09.5	CAVA	12
3	Solo Diomande	2:10.41	CAVA	11

### **X 800 Meters - Frosh/Soph - Finals**

1	Joshua Hicken	2:27.6	CAVA	9
2	Matt Eva	2:28.3	CAVA	9

### **X 1600 Meters - Varsity - Finals**

1	Ben Eversole	4:39.0	CAVA	11
2	Will Weekes	4:50.0	CAVA	12
5	Erich Coulter	5:01.0	CAVA	11
8	Rostam Mirzadi	5:09.0	CAVA	12

9	Scott Peek	5:21.0	CAVA	12
10	Matthew Crump	5:32.0	CAVA	12

### **X 1600 Meters - Frosh/Soph - Finals**

1	Alec Conway	5:15.0	CAVA	10
2	Matt Eva	5:29.0	CAVA	9
3	Joshua Hicken	5:30.0	CAVA	9
5	Brandon Arias	5:36.0	CAVA	9
7	Robert Barney	5:43.0	CAVA	10
8	Scott Mill	5:48.0	CAVA	9
10	Daniel Nourot	5:55.6	CAVA	9

### **X 3200 Meters - Varsity - Finals**

1	Ben Eversole	10:07.0	CAVA	11
2	Tom Ashby	10:32.0	CAVA	12
3	Erich Coulter	10:33.0	CAVA	11
6	Rostam Mirzadi	11:31.0	CAVA	12
8	Vince Talley	11:59.0	CAVA	12

### **X 3200 Meters - Frosh/Soph - Finals**

2	Brandon Arias	12:28.0	CAVA	9
4	Robert Barney	12:50.1	CAVA	10
5	Daniel Nourot	13:03.0	CAVA	9
6	Imran Meskienyar	15:39.0	CAVA	9

### **X 100m Hurdles - 39" - Varsity - Finals**

1	Kwame Hudson	16.7	CAVA	11
4	Solo Diomande	19.8	CAVA	11

### **X 100m Hurdles - 39" - Frosh/Soph - Finals**

4	Ronald Sims	21.8	CAVA	9
5	Aaron Peek	24.5	CAVA	9

### **X 300m Hurdles - 36" - Varsity - Finals**

2	Jordan Laris	45.8	CAVA	11
3	Alex Foster	45.9	CAVA	11
4	Kwame Hudson	46.1	CAVA	11
5	Solo Diomande	46.8	CAVA	11

### **X 300m Hurdles - 36" - Frosh/Soph - Finals**

2	Ronald Sims	56.1	CAVA	9
4	Phillip Bannister	70.0	CAVA	10

### **X 4x100 Relay - Varsity - Finals**

3	Ray Huey			
	Matthew Speegle			
	Nicolas Marino			
	Kwame Hudson	48.3	CAVA	

### **X 4x100 Relay - Frosh/Soph - Finals**

1	Francisco Cervantez			
	Myles Speegle			
	Khush Jawandha			
	Ronald Sims	49.8	CAVA	

### **X 4x400 Relay - Varsity - Finals**

1	Robert Batis			
	Alex Foster			
	Ben Davis			
	Solo Diomande	3:50.0	CAVA	

### **X Shot Put - 10lb - Frosh/Soph - Finals**

1	Anthony Viveiros	40'01.75	CAVA	10
2	Paul Zaballos	37'06	CAVA	10
3	Alec Conway	34'01	CAVA	10
5	Austin Conway	30'08	CAVA	10
7	Nigel Davis	29'06.5	CAVA	9
8	Isaac Sheymemah	29'04	CAVA	9
9	Phillip Bannister	27'06.5	CAVA	10

### **X Shot Put - 12lb - Varsity - Finals**

1	Eric Mason	52'09.5	CAVA	12
2	Jacob Eckel	45'11	CAVA	12
3	Jeffrey Bouchard	40'04	CAVA	12
4	Niko Tomaz	39'10.5	CAVA	12
5	Emmanuel Barrera	35'07.5	CAVA	12
6	Kenneth Davis	35'05	CAVA	12
10	Chris Carrick	29'07.5	CAVA	11
11	Joe Ashby	28'05.5	CAVA	12
12	Sebastian Cano	27'07	CAVA	11
13	Bruce Rosendahl	26'09	CAVA	12

### **X Discus - 1.6kg - Varsity - Finals**

1	Eric Mason	153'10	CAVA	12
2	Jacob Eckel	148'03.5	CAVA	12
3	Niko Tomaz	125'01	CAVA	12
4	Kenneth Davis	118'06.5	CAVA	12
6	George Gilham	103'10	CAVA	12
7	Emmanuel Barrera	103'03	CAVA	12
8	Jeffrey Bouchard	99'02.5	CAVA	12
9	Alex Vasquez	95'04.5	CAVA	12
12	Joe Ashby	83'00	CAVA	12
13	Bruce Rosendahl	69'07	CAVA	12
14	Chris Carrick	69'01.5	CAVA	11
15	Sebastian Cano	57'00	CAVA	11

### **X Discus - 1.6kg - Frosh/Soph - Finals**

1	Austin Conway	89'01	CAVA	10
2	Alec Conway	88'08	CAVA	10
3	Anthony Viveiros	81'02.5	CAVA	10
5	Paul Zaballos	75'05.5	CAVA	10
7	Phillip Bannister	72'02.5	CAVA	10
8	Isaac Sheymemah	69'02	CAVA	9

### **X High Jump - Varsity - Finals**

1	Alex Foster	5'10	CAVA	11
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### **X Long Jump - Varsity - Finals**

6	Nicolas Marino	15'05	CAVA	12
8	Ben Davis	14'03	CAVA	11

### **X Long Jump - Frosh/Soph - Finals**

1	Yuya Kono	16'03.75	CAVA	10
2	Matthew Speegle	16'03	CAVA	9
3	Eiji Kono	13'06	CAVA	9
4	Alvin Lin	13'00.5	CAVA	9
5	Thien Huynh	12'10	CAVA	9
6	Alex Gao	12'07	CAVA	10
7	Evan Locke	11'11.5	CAVA	9

### **X Triple Jump - Varsity - Finals**

3	Ben Davis	31'04	CAVA	11
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### **X Triple Jump - Frosh/Soph - Finals**

1	Yuya Kono	30'11.5	CAVA	10
2	Thien Huynh	29'06	CAVA	9
3	Eiji Kono	26'05	CAVA	9
4	Evan Locke	25'01	CAVA	9
5	Alvin Lin	24'11.5	CAVA	9

## **Womens Results**

### **X 100 Meters - Varsity - Finals**

1	Taofeqat Alli	12.7	CAVA	12
3	Maya Chissell	13.3	CAVA	10
7	Sarah Lam	14.8	CAVA	11
8	Megan Chiu	17.1	CAVA	11
9	Sahar Lalmohamad	17.5	CAVA	11

### **X 100 Meters - Frosh/Soph - Finals**

1	Kristin Elam	13.1	CAVA	9
2	Haley Gilham	14.3	CAVA	10
3	Emily Payne	14.3	CAVA	9

6	Anne Lin	16.2	CAVA	9	4	Brianna Giscombe	17.8	CAVA	11
7	Taylor King	16.2	CAVA	9	6	Maya Chissell	19.6	CAVA	10
8	Sarah Chen	17.2	CAVA	9					
9	Grace Cho	18.3	CAVA	9		X 100m Hurdles - 33" - Frosh/Soph - Finals			
	X 200 Meters - Varsity - Finals				2	Haley Gilham	19.8	CAVA	10
1	Taofeqat Alli	27.84	CAVA	12	3	Gabriela Von Euw	19.9	CAVA	9
2	Brianna Miller	27.93	CAVA	11	4	Kaori Nguyen	21.5	CAVA	9
					6	Monica Gamez	21.9	CAVA	10
	X 200 Meters - Frosh/Soph - Finals					X 300m Hurdles - 30" - Varsity - Finals			
1	Kristin Elam	28.4	CAVA	9	1	Maya Chissell	53.1	CAVA	10
3	Emily Payne	30.3	CAVA	9					
4	Haley Gilham	30.7	CAVA	10		X 300m Hurdles - 30" - Frosh/Soph - Finals			
9	Lexie Arens	32.91	CAVA	9	1	Kaori Nguyen	55.6	CAVA	9
					3	Gabriela Von Euw	63.7	CAVA	9
	X 400 Meters - Varsity - Finals					X 4x100 Relay - Frosh/Soph - Finals			
1	Brianna Miller	65.6	CAVA	11	1	Emily Payne			
						Haley Gilham			
	X 400 Meters - Frosh/Soph - Finals					Lexie Arens			
3	Gabriela Von Euw	1:17.9	CAVA	9		Kristin Elam	55.1	CAVA	
	X 400 Meters - Relay Split - Varsity - Finals					X 4x400 Relay - Varsity - Finals			
2	Taofeqat Alli	67.56	CAVA	12	2	Taofeqat Alli			
2	Monique Aldridge	70.47	CAVA	12		Brianna Giscombe			
2	Maya Chissell	74.04	CAVA	10		Maya Chissell			
2	Brianna Giscombe	75.23	CAVA	11		Monique Aldridge	4:47.5	CAVA	
	X 400 Meters - Relay Split - Frosh/Soph - Finals					X 4x400 Relay - Frosh/Soph - Finals			
1	Kaori Nguyen	68.82	CAVA	9	1	Kaori Nguyen			
1	Kristin Elam	71.53	CAVA	9		Rachel Johnson			
1	Gabriela Von Euw	79.50	CAVA	9		Gabriela Von Euw			
1	Rachel Johnson	83.34	CAVA	9		Kristin Elam	5:03.0	CAVA	
	X 800 Meters - Varsity - Finals					X Shot Put - 4kg - Varsity - Finals			
1	Kelsey Santisteban	2:27.3	CAVA	11	1	Alana Knight	32'04	CAVA	12
2	Elise Wummer	2:32.6	CAVA	12	2	Noelle Donnelly	30'04	CAVA	10
5	Nicole Yang	2:46.1	CAVA	12	4	Astra Birznieks	23'11	CAVA	12
6	Carolyn Gilchriese	2:47.4	CAVA	11	6	Sarah Gilchriese	20'10.5	CAVA	11
8	Ashley Sutedja	2:49.6	CAVA	12	7	Jessica Heuer	18'04	CAVA	12
10	Emma Piccillo	2:55.9	CAVA	11					
	X 800 Meters - Frosh/Soph - Finals					X Discus - 1kg - Varsity - Finals			
1	Aurora Bailey	2:38.8	CAVA	10	1	Noelle Donnelly	106'11	CAVA	10
2	Rachel Johnson	3:10.7	CAVA	9	3	Alana Knight	88'03	CAVA	12
3	Rosina Htoy	3:12.5	CAVA	9	6	Astra Birznieks	64'04.5	CAVA	12
4	Renee Velasquez	3:25.9	CAVA	9					
						X Long Jump - Varsity - Finals			
	X 1600 Meters - Varsity - Finals				1	Taofeqat Alli	14'00.0	CAVA	12
1	Kelsey Santisteban	5:19.0	CAVA	11	4	Brianna Miller	13'00	CAVA	11
2	Elise Wummer	5:24.0	CAVA	12	9	Julia Velasquez	10'09	CAVA	11
4	Nicole Yang	5:57.0	CAVA	12	11	Megan Chiu	10'00	CAVA	11
5	Samantha Fong	6:00.0	CAVA	10	12	Sarah Lam	8'01	CAVA	11
7	Ashley Sutedja	6:04.0	CAVA	12					
10	Carolyn Gilchriese	6:45.0	CAVA	11		X Triple Jump - Varsity - Finals			
11	Emma Piccillo	6:56.0	CAVA	11	1	Brianna Miller	31'04.5	CAVA	11
15	Samantha Wultanski	7:45.0	CAVA	12	3	Julia Velasquez	25'03	CAVA	11
	X 1600 Meters - Frosh/Soph - Finals								
1	Aurora Bailey	5:55.0	CAVA	10					
2	Rosina Htoy	7:01.0	CAVA	9					
3	Renee Velasquez	7:10.0	CAVA	9					
4	Rachel Johnson	7:28.0	CAVA	9					
6	Priya Chopra	7:33.0	CAVA	10					
	X 3200 Meters - Varsity - Finals								
1	Samantha Fong	12:51.0	CAVA	10					
2	Pamela MacLeod	13:18.0	CAVA	12					
4	Kathryn Carvin	13:41.0	CAVA	12					
	X 100m Hurdles - 33" - Varsity - Finals								
1	Monique Aldridge	15.7	CAVA	12					

**Woody Wilson Invite**  
**Friday, 4/16/2010**

X 400 Meters - Varsity - Finals

22 Bobby Batis 53.18a CAVA 11

**HAAL #3**  
**BOD, CV, Tennyson**  
**Thursday, April 22, 2010**  
**@ Castro Valley HS, Castro Valley**

**Mens Results**

**X 100 Meters - Varsity - Finals**

1	Myles Speegle	11.31a	CV	9
3	Bobby Batis	11.51a	CV	11
6	Nate Han	12.04a	CV	11
7	Nicolas Marino	12.09a	CV	12
8	Ian Tsurumoto	12.28a	CV	11
9	Chris Sigler	12.53a	CV	12

**X 100 Meters - Frosh/Soph - Finals**

1	Matthew Speegle	11.38a	CV	9
5	Ronald Sims	12.76a	CV	9
6	Francisco Cervantez	12.88a	CV	10

**X 100 Meters - Relay Split - Varsity - Finals**

Myles Speegle	10.56	CV	9
Nicolas Marino	11.57	CV	12

**X 200 Meters - Varsity - Finals**

1	Bobby Batis	23.36a	CV	11
3	Myles Speegle	23.76a	CV	9
6	Nate Han	24.69a	CV	11
7	Ian Tsurumoto	25.67a	CV	11
8	Nicolas Marino	25.73a	CV	12

**X 200 Meters - Frosh/Soph - Finals**

1	Matthew Speegle	23.93a	CV	9
3	Francisco Cervantez	26.54a	CV	10
4	Khush Jawandha	27.12a	CV	9
5	Alex Gao	27.64a	CV	10

**X 400 Meters - Varsity - Finals**

1	Alex Foster	51.83a	CV	11
4	Ben Davis	53.72a	CV	11
6	Rickey Moreno	59.44a	CV	11

**X 400 Meters - Frosh/Soph - Finals**

2	Andrew Mitchell	56.02a	CV	10
4	Khush Jawandha	61.27a	CV	9
5	Alex Gao	62.00a	CV	10
6	Yuya Kono	62.08a	CV	10
7	Eiji Kono	65.09a	CV	9
8	Alvin Lin	66.00a	CV	9

**X 400 Meters - Relay Split - Varsity - Finals**

1	Solo Diomande	52.18	CV	11
1	Ben Davis	53.72	CV	11
1	Bobby Batis	57.0	CV	11
1	Kwame Hudson	58.82	CV	11

**X 400 Meters - Relay Split - Frosh/Soph - Finals**

Andrew Mitchell	56.50	CV	10
Matt Eva	59.3	CV	9
Joshua Hicken	60.2	CV	9
Hunter Huffaker	60.7	CV	9

**X 800 Meters - Varsity - Finals**

2	Solo Diomande	2:03.33a	CV	11
3	Will Weekes	2:11.38a	CV	12

6	Vince Talley	2:23.78a	CV	12
7	Rickey Moreno	2:26.43a	CV	11

**X 800 Meters - Frosh/Soph - Finals**

2	Joshua Hicken	2:20.31a	CV	9
4	Brandon Arias	2:25.10a	CV	9

**X 1600 Meters - Varsity - Finals**

1	Will Weekes	4:43.16a	CV	12
3	Ben Eversole	4:44.06a	CV	11
4	Tom Ashby	4:50.56a	CV	12
6	Rostam Mirzadi	4:56.92a	CV	12
7	Vince Talley	5:05.32a	CV	12
8	Scott Peek	5:06.34a	CV	12
9	Matthew Crump	5:07.31a	CV	12

**X 1600 Meters - Frosh/Soph - Finals**

2	Alec Conway	5:03.39a	CV	10
3	Matt Eva	5:04.47a	CV	9
6	Brandon Arias	5:18.42a	CV	9
8	Daniel Nourot	5:27.31a	CV	9
9	Robert Barney	5:34.46	CV	10
11	Imran Meskienyar	6:06.30a	CV	9

**X 3200 Meters - Varsity - Finals**

1	Tom Ashby	10:25.0	CV	12
4	Erich Coulter	10:58.08a	CV	11
6	Matthew Crump	11:44.00	CV	12
7	Scott Peek	12:01.31a	CV	12

**X 3200 Meters - Frosh/Soph - Finals**

3	Robert Barney	12:21.93a	CV	10
5	Daniel Nourot	12:51.22a	CV	9

**X 110m Hurdles - 39" - Varsity - Finals**

2	Kwame Hudson	16.2	CV	11
3	Andrew Wiegardt	16.5	CV	12

**X 300m Hurdles - 36" - Varsity - Finals**

2	Kwame Hudson	44.38a	CV	11
4	Jordan Laris	45.71a	CV	11

**X 4x100 Relay - Varsity - Finals**

2	Nicolas Marino			
Robert Batis				
Chris Sigler				
Myles Speegle	45.6	CV		

**X 4x400 Relay - Varsity - Finals**

1	Bobby Batis			
Kwame Hudson				
Ben Davis				
Solo Diomande	3:42.87a	CV		

**X 4x400 Relay - Frosh/Soph - Finals**

2	Matt Eva			
Joshua Hicken				
Hunter Huffaker				
Andrew Mitchell	3:57.63a	CV		

**X Shot Put - 10lb - Frosh/Soph - Finals**

1	Anthony Viveiros	40'7.5	CV	10
2	Paul Zaballos	40'1.5	CV	10
4	Alec Conway	34'3	CV	10
5	Austin Conway	33'11	CV	10
6	Emaun Barfee	33'1.5	CV	9
8	Nigel Davis	30'3.5	CV	9
9	Isaac Sheymemah	30'3.5	CV	9
11	Phillip Bannister	28'4	CV	10

**X Shot Put - 12lb - Varsity - Finals**

1	Eric Mason	54'05.5	CV	12
2	Jacob Eckel	46'03	CV	12
4	Niko Tomaz	41'07	CV	12
5	Jeffrey Bouchard	40'06	CV	12
6	George Gilham	40'02	CV	12
7	Emmanuel Barrera	37'04	CV	12
8	Kenneth Davis	36'02	CV	12
11	Alex Vasquez	31'02	CV	12
12	Chris Carrick	29'11	CV	11
13	Bruce Rosendahl	28'04	CV	12
14	Joe Ashby	27'09	CV	12
15	Sebastion Cano	26'06	CV	11

**X Discus - 1.6kg - Varsity - Finals**

1	Eric Mason	158'07	CV	12
2	Jacob Eckel	141'03	CV	12
3	Niko Tomaz	131'10	CV	12
4	Kenneth Davis	115'01	CV	12
5	Emmanuel Barrera	112'11	CV	12
7	Jeffrey Bouchard	99'01	CV	12
8	Alex Vasquez	96'08.5	CV	12
10	Joe Ashby	81'00	CV	12
12	Bruce Rosendahl	66'6.5	CV	12
13	Chris Carrick	66'00.5	CV	11
14	Sebastion Cano	65'5.5	CV	11

**X Discus - 1.6kg - Frosh/Soph - Finals**

1	Alec Conway	84'11	CV	10
2	Emaun Barfee	79'08.5	CV	9
3	Isaac Sheymemah	79'01.5	CV	9
6	Paul Zaballos	75'09.5	CV	10
7	Austin Conway	75'05	CV	10
8	Anthony Viveiros	72'10	CV	10
9	Hunter Huffaker	71'01	CV	9
12	Phillip Bannister	61'02	CV	10
13	Nigel Davis	53'10.5	CV	9

**X High Jump - Frosh/Soph - Finals**

1	Matthew Speegle	5'02	CV	9
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**X Long Jump - Varsity - Finals**

4	Ben Davis	19'00	CV	11
5	Nate Han	17'09	CV	11
6	Nicolas Marino	17'05	CV	12
7	Niko Tomaz	16'02	CV	12

**X Long Jump - Frosh/Soph - Finals**

1	Myles Speegle	19'03	CV	9
2	Yuya Kono	17'04	CV	10
4	Eiji Kono	14'09	CV	9
5	Evan Locke	14'08	CV	9

**X Triple Jump - Varsity - Finals**

2	Ben Davis	41'02	CV	11
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**X Triple Jump - Frosh/Soph - Finals**

1	Yuya Kono	29'08	CV	10
2	Evan Locke	29'05	CV	9
3	Alvin Lin	28'10	CV	9
4	Alex Gao	27'02	CV	10

**Womens Results**

**X 100 Meters - Varsity - Finals**

1	Taofeqat Alli	12.66a	CV	12
9	Julia Velasquez	15.26a	CV	11
11	Sarah Lam	15.70a	CV	11
12	Megan Chiu	16.10a	CV	11

**X 100 Meters - Frosh/Soph - Finals**

1	Kristin Elam	13.32a	CV	9
4	Emily Payne	14.22a	CV	9



7 Haley Gilham	14.42a	CV	10	X 100m Hurdles - 33" - Varsity - Finals			
9 Taylor King	15.56a	CV	9	1 Monique Aldridge	15.4	CV	12
12 Sarah Chen	16.50a	CV	9	4 Maya Chissell	17.2	CV	10
13 Grace Cho	17.83a	CV	9	5 Brianna Giscombe	17.2	CV	11
X 200 Meters - Varsity - Finals				X 100m Hurdles - 33" - Frosh/Soph - Finals			
1 Taofeqat Alli	26.48a	CV	12	3 Haley Gilham	19.4	CV	10
2 Brianna Miller	26.71a	CV	11	5 Kaori Nguyen	20.6	CV	9
11 Julia Velasquez	33.15a	CV	11	6 Monica Gamez	21.5	CV	10
X 200 Meters - Frosh/Soph - Finals				8 Gabriela Von Euw	23.2	CV	9
1 Kristin Elam	27.73a	CV	9	X 300m Hurdles - 30" - Varsity - Finals			
3 Emily Payne	29.85a	CV	9	2 Maya Chissell	50.69a	CV	10
5 Lexie Arens	31.84a	CV	9	3 Brianna Giscombe	56.09a	CV	11
X 400 Meters - Varsity - Finals				X 300m Hurdles - 30" - Frosh/Soph - Finals			
1 Brianna Miller	61.24a	CV	11	1 Kaori Nguyen	53.21a	CV	9
2 Chelsea Schneider	61.25a	CV	12	3 Gabriela Von Euw	64.45a	CV	9
X 400 Meters - Relay Split - Varsity - Finals				X 4x100 Relay - Frosh/Soph - Finals			
1 Chelsea Schneider	60.79	CV	12	2 Emily Payne			
1 Taofeqat Alli	63.6	CV	12	Haley Gilham			
1 Elise Wummer	63.82	CV	12	Lexie Arens			
1 Pamela MacLeod	66.25	CV	12	Kristin Elam	54.1	CV	
X 400 Meters - Relay Split - Frosh/Soph - Finals				X 4x400 Relay - Varsity - Finals			
1 Kaori Nguyen	65.33	CV	9	1 Taofeqat Alli			
1 Aurora Bailey	66.75	CV	10	Elise Wummer			
1 Olivia Mill	67.39	CV	9	Pamela MacLeod			
1 Kristin Elam	67.76	CV	9	Chelsea Schneider	4:14.67a	CV	
X 800 Meters - Varsity - Finals				X 4x400 Relay - Frosh/Soph - Finals			
1 Chelsea Schneider	2:26.04a	CV	12	1 Kaori Nguyen			
2 Elise Wummer	2:29.00a	CV	12	Kristin Elam			
4 Carolyn Gilchriese	2:49.04a	CV	11	Olivia Mill			
5 Emma Piccillo	2:53.77a	CV	11	Aurora Bailey	4:27.47a	CV	
6 Tanya Simbra	2:58.41a	CV	12	X Shot Put - 4kg - Frosh/Soph - Finals			
7 Samantha Wultanski	3:19.69a	CV	12	7 Rachel Johnson	16'00	CV	9
X 800 Meters - Frosh/Soph - Finals				X Discus - 1kg - Varsity - Finals			
1 Aurora Bailey	2:41.41a	CV	10	1 Noelle Donnelly	121'00	CV	10
3 Olivia Mill	2:51.48a	CV	9	2 Alana Knight	89'3.5	CV	12
5 Rosina Htoy	3:05.91a	CV	9	5 Astra Birznies	73'4	CV	12
6 Rachel Johnson	3:08.48a	CV	9	X Discus - 1kg - Frosh/Soph - Finals			
7 Priya Chopra	3:18.24a	CV	10	5 Rachel Johnson	30'3	CV	9
X 1600 Meters - Varsity - Finals				X High Jump - Varsity - Finals			
1 Kelsey Santisteban	5:09.48a	CV	11	1 Sarah Gilchriese	3'08	CV	11
2 Elise Wummer	5:24.43a	CV	12	X Long Jump - Varsity - Finals			
5 Pamela MacLeod	5:51.67a	CV	12	1 Taofeqat Alli	15'11	CV	12
6 Tracy Weisenberger	6:03.00	CV	11	2 Brianna Miller	15'11	CV	11
7 Carolyn Gilchriese	6:09.20a	CV	11	4 Crystal Lee	13'05	CV	11
8 Emma Piccillo	6:12.43a	CV	11	5 Julia Velasquez	12'10	CV	11
X 1600 Meters - Frosh/Soph - Finals				6 Sarah Lam	12'09	CV	11
1 Aurora Bailey	5:44.30a	CV	10	8 Megan Chiu	11'03	CV	11
4 Rosina Htoy	6:33.39a	CV	9	X Long Jump - Frosh/Soph - Finals			
5 Rachel Johnson	6:51.13a	CV	9	4 Haley Gilham	13'09	CV	10
6 Priya Chopra	7:06.33a	CV	10	5 Taylor King	12'04	CV	9
X 3200 Meters - Varsity - Finals				X Triple Jump - Varsity - Finals			
1 Kelsey Santisteban	11:34.61a	CV	11	1 Brianna Miller	34'01	CV	11
4 Samantha Fong	12:24.98a	CV	10	3 Crystal Lee	29'02	CV	11
6 Nicole Yang	12:48.78a	CV	12				
7 Kathryn Carvin	13:00.09a	CV	12				
X 3200 Meters - Frosh/Soph - Finals							
2 Renee Velasquez	14:25.01a	CV	9				

# Bay Area Top 8 Union City CA 04/23 4/24 2010

## FRIDAY NIGHT MEET

### Girls 3200 Meter Run Varsity

#	Name	Year	School	Finals
1	Curry, Kristen	11	Northgate;Hi	13:24.82
2	Hamilton, Ariel	12	Newark;Memor	13:25.23
3	Roberts, Nicole	10	Irvington;Hi	13:27.76
4	Denevan, Kathleen	12	Newark;Memor	13:34.73
5	Galanto, Tatiana	9	Newark;Memor	13:43.45
6	Scailse, Kayla		Northgate;Hi	14:05.99
7	Bagordo, Andrea		Northgate;Hi	14:39.04
8	Williams, Megan	9	Newark;Memor	14:54.05
9	Baker, Sierra	11	Newark;Memor	15:08.56
10	Cabrera, Maritsa	9	Newark;Memor	15:53.27
--	Kotta, Gurubala	9	Mission;San	NT
--	Lloyd, Stephanie	11	Irvington;Hi	NT
--	Sharma, Manisha	10	Mt.;Eden;Hig	NT

### Girls 4x800 Meter Relay Varsity

#	School	Finals
1	James;Logan:	10:41.30
2	James;Logan. 'b'	11:10.19
3	James;Logan. 'c'	11:44.97
4	Newark;Memorial.	11:45.50

### Girls 800 Sprint Medley Varsity

#	School	Finals
1	American'	1:55.61
2	James;Logan,	1:56.77
3	James;Logan, 'b'	2:02.54
4	American; 'b'	2:03.54
5	Northgate'	2:06.29
6	Newark;Memorial' 'b'	2:07.88

### Girls Distance Medley Varsity

#	School	Finals
1	James;Logan.	13:29.06
2	James;Logan, 'b'	14:00.34
3	Washington,	14:29.67
4	Newark;Memorial,	14:41.16
5	Irvington.	14:49.44
6	James;Logan, 'c'	14:52.41

### Boys 200 Meter Dash Frosh/Soph

#	Name	Year	School	Finals	Wind
1	Ying, Richard	10	Mission;San	24.21	NW
2	Thomas, Khari	10	James;Logan	24.84	NW
3	Lee, James	9	Big;Valley;C	24.85	NW
4	Jewett, Devone	9	Tracy;High;S	25.29	NW
5	Mcgowin, Devonte	9	Mt.'Eden;Hig	25.32	NW
6	Collin, Williams	9	Northgate;Hi	25.67	NW
7	Jiang, Kevin	10	Mission;San	25.74	NW
8	Bailey, Aakeem	9	James;Logan	25.84	NW
9	Amaral, Jon	10	Big;Valley;C	26.16	NW
10	Magadia, Jc	10	Mt.;Eden;Hig	26.21	NW
11	Tolbertson, Eric	9	Newark;Memor	26.57	NW
12	Grimes, Cody	9	Newark;Memor	26.63	NW
13	Leonardo, Kevin	9	Tracy;High;S	26.92	NW
14	Chang, Evertt	10	Chinese;Chri	26.97	NW
15	Ojeda, Dan	9	Newark;Memor	28.08	NW
16	Badrinaryan, Kunal	10	Mission;San	28.19	NW
17	Thota, Tejaswi	10	Washington.H	28.83	NW
--	Clerkley, Kevin	10	Mt.;Eden;Hig	NT	NW
--	Muhammed, Ansar	9	James;Logan	NT	NW
--	Tuecinvic, Johnny	9	Castro;Valle	NT	NW
--	Lee, Walton	10	American;Hig	NT	NW
--	Tran, Jason	9	James;Logan	NT	NW

--	Clerkley, Cameron	9	Mt.;Eden;Hig	NT	NW
--	Muhammad-has;Elijah	10	James;Logan	NT	NW
--	Kao, Scott	10	James;Logan	NT	NW
--	Khamosh, Aaron	10	Northgate;Hi	NT	NW
--	Wahab, Ferdows	9	James;Logan	NT	NW
--	Hamid, Abdul	10	James;Logan	NT	NW
--	Sherman, D'quan	10	James;Logan	NT	NW
--	Kahler, Casey	10	Big;Valley;C	NT	NW

### Boys 3200 Meter Run Frosh/Soph

#	Name	Year	School	Finals
1	Sumner, Joel	10	Northgate;Hi	11:02.02
2	Loza, Jesus	10	Newark;Memor	11:10.99
3	Kifle, Hurui	10	Mt.;Eden;Hig	11:12.40
4	Zhu, Andrew	10	Mission;San	11:18.28
5	Yee, Spencer	9	American;Hig	11:31.19
6	Cheng, Jerry	9	American;Hig	11:31.48
7	Coyne, Brendan	10	Northgate;Hi	11:32.60
8	Rafael, William	9	Mt.;Eden;Hig	11:35.11
9	Perez, Giovanni	10	Mt.;Eden;Hig	11:39.20
10	Lehmer, Andrew	9	American;Hig	11:41.18
11	Sheehy, James	9	Northgate;Hi	11:52.16
12	Abad, Ferdinand	9	American;Hig	11:54.52
13	Pinedo, Oscar	10	Newark;Memor	12:10.73
14	Duran, Alec	11	Irvington;Hi	12:22.25
15	Chen, Michael	9	American;Hig	12:24.91
16	Nguyen, Jimmy	9	Mt.;Eden;Hig	12:25.78
17	Xu, Wentao	9	American;Hig	12:39.98
18	Buccat, Jordan	10	American;Hig	12:40.08
19	Nguyen, Le, Alex	9	Irvington;Hi	12:47.47
--	Gnos, Chase	9	Big;Valley;C	NT
--	Delfino, Nick	9	American;Hig	NT
--	Meskienyar, Imran	9	Castro;Valle	NT
--	Chow, Derrick	9	Mt.;Eden;Hig	NT
--	Tran, Albert	9	Mt.;Eden;Hig	NT
--	Lopez, Edgar	9	Mt.;Eden;Hig	NT
--	Chen, Frank	9	Mission;San	NT
--	Lau, Eric	9	American;Hig	NT
--	Ebadi, Hamid	9	Mt.;Eden;Hig	NT
--	Schlobohm, Jacob	9	American;Hig	NT
--	Grovers, Joe	9	Newark;Memor	NT
--	Nguyen, Peter	10	Mt.;Eden;Hig	NT
--	Joe, Jason	9	American;Hig	NT
--	Vu, James	9	Mt.;Eden;Hig	NT
--	Malik, Atif	10	James;Logan	NT
--	Chen, James	9	Mission;San	NT
--	Carapas, Jerome	9	Mt.;Eden;Hig	NT
--	Nourot, Dan	9	Castro;Valle	NT
--	Kaushik, Raman	9	Irvington;Hi	NT

### Boys 110 Meter Hurdles Frosh/Soph

#	Name	Year	School	Finals	Wind
1	Mcglathin, Conner	10	American;Hig	18.93	NW
2	Eberley, Andrew	10	Newark;Memor	19.34	NW
3	Falck, Noah	10	Newark;Memor	19.78	NW
4	Der, Derrick	10	Chinese;Chri	20.14	NW
5	Chang, Evertt	10	Chinese;Chri	20.25	NW
6	Salvail, Andrew	9	Newark;Memor	20.37	NW
7	Tsang, Stanley	9	American;Hig	20.84	NW
8	Li, Terrance	10	Irvington;Hi	21.14	NW
9	Alejandro, Jp	9	Newark;Memor	21.17	NW
10	Pietrobono, Anthony	10	Newark;Memor	21.32	NW
11	Mamadou, Dembele	10	Oakland;Tech	21.78	NW
12	Wentworth, Zack	10	American;Hig	21.79	NW
13	Geselbracht, Ben	9	Oakland;Tech	21.82	NW
14	Tinsley, Dasean	9	Newark;Memor	21.84	NW
15	Miller, Larry	9	Oakland;Tech	21.88	NW

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16	Oakes,'Lamar	9	Oakland:Tech	22.11	NW
17	Touri,,James	10	Northgate!Hi	22.70	NW
--	Peek,;Aaron	9	Castro,Valle	NT	NW

## Boys 4x800 Meter Relay Frosh/Soph

#	School	Finals
1	James.Logan.	9:39.99
2	Newark;Memorial;	10:01.01
3	Mt.:Eden:	10:08.08
--	Northgate,	NT
--	Newark.Memorial.High.. 'b'	NT
--	James'Logan' "'b'	NT
--	Mt.:Eden: ::'b'	NT

## Boys 1600 Sprint Medley Frosh/Soph

#	School	Finals
1	James:Logan:	3:46.32
2	American!	3:58.28
3	Big!Valley!Christian!	4:00.54
4	Northgate;	4:01.16

## Boys Distance Medley Frosh/Soph

#	School	Finals
1	Washington:	11:38.10
2	Mission'San'Jose'	11:43.49
3	American!	11:46.96
4	Mt.'Eden'	11:46.99
5	Newark!Memorial!	11:52.44
6	James:Logan:	12:05.87
7	Big!Valley!Christian!	12:07.67
8	Mt.,Eden, ,,'b'	12:37.73
9	American' "'b'	12:57.84
10	Newark,Memori, ,,'b'	13:02.68
11	James,Logan, ,,'b'	13:27.98
--	Northgate!	NT
--	Irvington;	NT

## Boys 3200 Meter Run Varsity

#	Name	Year	School	Finals
1	Ward,'Cory	12	Newark.Memor	10:06.34
2	Nugal,!Marvin	11	Mt.'Eden'Hig	10:40.01
3	Hu,!Tom	11	James!Logan	10:44.86
4	Collins,'Kenji	12	Skyline:High	10:54.60
5	Cruz,:Jordan	11	Mt.'Eden'Hig	10:56.35
6	Jorgens,!Matt	11	Newark:Memor	11:08.31
7	Jorgens,;Tyler	12	Newark;Memor	11:11.58
8	Carmichael,;Theron	11	Tracy!High!S	11:12.01
9	Magsombol,:Abraham	12	Mt.:Eden:Hig	11:18.93
10	Gallegos,:Demetri	12	Newark!Memor	11:30.94
11	Beck,;Paul	12	Irvington:Hi	12:02.22
12	Jang,;Justin	12	Mission;San	12:06.98
13	Svidler,'Eugene	12	Northgate,Hi	12:16.15
14	Suchit,!Nikiel	11	Mt.:Eden:Hig	12:30.41
--	Snow,!Andrew	12	Arroyo:High	NT
--	Candelaria,,Marco	11	Mt.'Eden'Hig	NT
--	Mirzadi,;Rostam	12	Castro;Valle	NT
--	Coronado,'Juan	12	Irvington;Hi	NT
--	Jackson,;Nathan	11	Big:Valley:C	NT
--	Russamanno,;Bran	12	Washington:H	NT
--	So,;Kevin	12	Chinese:Chri	NT
--	Li,;Curtis	11	James,Logan	NT
--	Shankar,'Vaishaal	11	Mission:San	NT
--	Yadav,;Vishal	11	Mission.San	NT

## Boys 4x800 Meter Relay Varsity

#	School	Finals
1	Mt.:Eden:	8:55.20

2	James,Logan,	9:00.70
3	Newark.Memorial.	9:08.80
4	James!Logan! !!'b'	9:55.00
--	Newark;Memorial; ;;'b'	NT
--	Northgate.	NT

## Boys 1600 Sprint Medley Varsity

#	School	Finals
1	James!Logan!	3:38.82
2	Northgate!	3:47.07
3	American;	3:47.82
--	Newark:Memorial:	NT
--	James,Logan, ,,'b'	NT
--	Mt.,Eden,	NT

## Boys Distance Medley Varsity

#	School	Finals
1	James;Logan;	11:37.41
2	Mt.:Eden:	11:42.41
3	Irvington!	12:07.53
4	Newark,Memorial,	12:43.11
5	James:Logan: ::'b'	12:56.62

## Girls Long Jump Varsity Triathlon

#	Name	Year	School	Finals	Wind
1	Tung,;Clarice	10	James'Logan	11-09.50	NW
2	Nicholson,,Brandi	10	James:Logan	11-05.50	NW
3	Stewart,,Nikki	10	James;Logan	10-04.00	NW

## Girls Shot Put Varsity Triathlon

#	Name	Year	School	Finals
1	Nicholson,,Brandi	10	James'Logan	23-01.75
2	Stewart,,Nikki	10	James.Logan	21-07.25
--	Tung,;Clarice	10	James'Logan	ND

## Girls Javelin Throw Varsity Triathlon

#	Name	Year	School	Finals
1	Tung,'Clarice	10	James,Logan	49-03
2	Stewart,!Nikki	10	James,Logan	51-02
3	Nicholson,,Brandi	10	James!Logan	52-00

## Boys Pole Vault Frosh/Soph

#	Name	Year	School	Finals
1	Wolcott,;Payton	10	Northgate;Hi	9-00.00
2	Davies,;Jon	9	Northgate,Hi	9-00.00
3	Mitchell,'Fulton	9	James!Logan	8-00.00
4	Chang,;David	10	American!Hig	7-06.00
4	Alvarado,'Angelo	9	James:Logan	7-06.00
4	Bell,'Aaron	9	James.Logan	7-06.00
7	Suo,'Jordan	10	Mission!San	7-06.00
7	Chen,'Nick	10	Mission.San	7-06.00
9	Crnkovich,;Sam	9	Northgate:Hi	7-00.00
10	Stange,;Kenneth	9	James;Logan	7-00.00
11	Motley,!Niko	10	James'Logan	6-06.00
12	Kagel,,Zak	9	Northgate:Hi	6-06.00
13	Johal,,Binapal	9	James,Logan	6-00.00
--	Locatelli,!Tyler	9	Tracy,High,S	NH
--	Peek,!Aaron	9	Castro'Valle	NH

## Boys Long Jump Frosh/Soph Triathlon

#	Name	Year	School	Finals	Wind
1	Santana,!Carlos	10	James;Logan	16-03.25	NW
2	Abad,'Ferdinand	9	American'Hig	15-01.25	NW
3	Dayrit,!Ariel	10	James:Logan	9-08.50	NW
4	Deguzman,,Gerome	9	James.Logan	7-09.75	NW

## Boys Long Jump Frosh/Soph

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#	Name	Year	School	Finals	Wind	#	Name	Year	School	Finals	Wind	#	Name	Year	School	Finals	Wind
1	Mitscha,'Robert	10	Irvington.Hi	18-06.25	NWI	13	Zhang,;Cassie	11	Mission.San	14.13	NWI	11	Mission.San	14.13	NWI		
2	Dong,'David	9	James;Logan	17-04.00	NWI	14	Creighton,;Shaniece	11	Oakland!Tech	14.19	NWI	12	Oakland!Tech	14.19	NWI		
3	Delfino,;Francis	10	Moreau;High	16-09.50	NWI	15	Galvez,'Athenie	10	Moreau!High	14.29	NWI	10	Moreau!High	14.29	NWI		
4	Yang,;Brandon	10	James;Logan	16-08.75	NWI	16	Williams,;Lorraine	11	Tracy;High:S	14.32	NWI	11	Tracy;High:S	14.32	NWI		
5	Singh,;Amandeep	10	James;Logan	16-08.25	NWI	17	Hebert,;Kassidy	10	Moreau;High	14.37	NWI	10	Moreau;High	14.37	NWI		
6	Rullier,;Jessee	10	James;Logan	16-05.00	NWI	18	Gee,;Justine	9	Redwood;Chri	14.43	NWI	9	Redwood;Chri	14.43	NWI		
7	Hampton,;Dextera	9	American.Hig	16-04.00	NWI	19	Caro,;Andrea	9	Newark;Memor	14.44	NWI	9	Newark;Memor	14.44	NWI		
8	Nandy,;Aditya	9	American;Hig	14-11.50	NWI	20	Wong,;Emily	10	Chinese;Chri	14.47	NWI	10	Chinese;Chri	14.47	NWI		
9	Tacia,'Jan'Brylle	9	James;Logan	14-08.00	NWI	21	Tragoutsis,;Maria	9	Notre:Dame:B	14.59	NWI	9	Notre:Dame:B	14.59	NWI		
10	Lin,'Alvin	9	Castro;Valle	14-00.25	NWI	22	Rusch,;Jessica	10	Northgate;Hi	14.60	NWI	10	Northgate;Hi	14.60	NWI		
11	Tinsley,;Dasean	9	Newark;Memor	12-11.25	NWI	22	Bidemi,;Akanbi	11	Oakland;Tech	14.60	NWI	11	Oakland;Tech	14.60	NWI		
12	Smith-martinez,;Da	10	James;Logan	11-11.00	NWI	24	Payne,;Emily	9	Castro'Valle	14.63	NWI	9	Castro'Valle	14.63	NWI		
--	Kono,'Yuya	10	Castro;Valle	ND	NWI	25	Butcher,;Brooke	11	Tracy;High:S	14.69	NWI	11	Tracy;High:S	14.69	NWI		
--	Nguyen,;Kevin	9	James;Logan	Foul	NWI	26	Tobe,'Kanami	10	Valley'Chris	14.72	NWI	10	Valley'Chris	14.72	NWI		
						27	Matsuda,;Katie	9	Notre!Dame!B	14.74	NWI	9	Notre!Dame!B	14.74	NWI		
						28	Ma,;Harmony	10	Chinese;Chri	14.75	NWI	10	Chinese;Chri	14.75	NWI		
						29	Ong,;Jennifer	12	Holy!Names!H	14.80	NWI	12	Holy!Names!H	14.80	NWI		
						30	Harris,;Camille	11	American;Hig	14.88	NWI	11	American;Hig	14.88	NWI		
						31	Mitchell,;Adriana		Newark;Memor	14.94	NWI		Newark;Memor	14.94	NWI		
						31	Schelling,;Kayla	10	Redwood;Chri	14.94	NWI	10	Redwood;Chri	14.94	NWI		
						33	Ross,;Jallissa	10	San.Lorenzo	14.97	NWI	10	San.Lorenzo	14.97	NWI		
						34	Chang,;Kristina	12	Chinese!Chri	15.14	NWI	12	Chinese!Chri	15.14	NWI		
						35	Huynh,;Yolande	9	Washington'H	15.33	NWI	9	Washington'H	15.33	NWI		
						36	Wedel,;Madeline		Notre.Dame.B	15.43	NWI		Notre.Dame.B	15.43	NWI		
						37	Walls,;Tierra	12	Oakland:Tech	15.63	NWI	12	Oakland:Tech	15.63	NWI		
						38	Lee,;Jordan	10	Valley;Chris	15.90	NWI	10	Valley;Chris	15.90	NWI		
						39	Rajendran,;Pavithra	9	James;Logan	15.93	NWI	9	James;Logan	15.93	NWI		
						40	Heckman,;Stephanie	9	Washington;H	16.36	NWI	9	Washington;H	16.36	NWI		
						41	Pouncy,;Victoria	12	Redwood.Chri	16.73	NWI	12	Redwood.Chri	16.73	NWI		
						42	Kaur,;Shubreen	9	Washington,H	17.91	NWI	9	Washington,H	17.91	NWI		
						43	Simon,;Mackenzie	9	Tracy,High,S	20.32	NWI	9	Tracy,High,S	20.32	NWI		

## Boys Shot Put Frosh/Soph Triathlon

#	Name	Year	School	Finals
1	Agraviador,;Marcus	10	James;Logan	35-04.00
2	Dayrit,;Ariel	10	James;Logan	34-10.25
3	Santana,;Carlos	10	James;Logan	28-08.25
4	Deguzman,;Gerome	9	James;Logan	26-06.25

## Boys Javelin Throw Frosh/Soph Triathlon

#	Name	Year	School	Finals
1	Agraviador,;Marcus	10	James;Logan	46-08
2	Santana,;Carlos	10	James;Logan	50-11
3	Dayrit,;Ariel	10	James;Logan	51-02
4	Deguzman,;Gerome	9	James;Logan	54-00

## Boys Long Jump Varsity Triathlon

#	Name	Year	School	Finals	Wind
1	Brown,;Rashad	12	James;Logan	19-02.75	NWI
2	Pascual,;Gino	12	James;Logan	16-11.50	NWI
3	Silva,;Matthew	12	James;Logan	14-05.75	NWI
4	Pole,;Toni	12	James;Logan	12-08.75	NWI

## Boys Shot Put Varsity Triathlon

#	Name	Year	School	Finals
1	Pole,;Toni	12	James;Logan	50-06.25
2	Brown,;Rashad	12	James;Logan	37-01.00
3	Silva,;Matthew	12	James;Logan	33-05.75
4	Pascual,;Gino	12	James;Logan	30-09.00

## Boys Javelin Throw Varsity Triathlon

#	Name	Year	School	Finals
1	Brown,;Rashad	12	James;Logan	40-00
2	Pascual,;Gino	12	James;Logan	43-02
3	Silva,;Matthew	12	James;Logan	43-04
4	Pole,;Toni	12	James;Logan	46-03

## DAY MEET

### Girls 100 Meter Dash Varsity

#	Name	Year	School	Finals	Wind
1	Elam,;Kristin	9	Castro;Valle	13.05	NWI
2	Alsobrook,;Tyler	10	San:Lorenzo	13.32	NWI
3	Gardin,;Karra	10	Moreau;High	13.49	NWI
4	Ang,;Amanda	10	Moreau;High	13.51	NWI
5	Nguyen,;Kaori	9	Castro;Valle	13.56	NWI
6	Delzio,;Heather	9	Notre'Dame'B	13.73	NWI
7	Rodriguez,;Jasmine	9	Holy.Names.H	13.78	NWI
8	Parvin,;Ariana	10	Northgate,Hi	13.81	NWI
9	Connelly,;Sophie	9	Notre'Dame'B	13.86	NWI
10	Benedict,;Gena	9	Newark.Memor	13.96	NWI
11	Whelihan,;Shelby	11	Tracy'High'S	13.99	NWI
12	Akpan,;Edima	9	James;Logan	14.09	NWI

### Girls 200 Meter Dash Varsity

#	Name	Year	School	Finals	Wind
1	Elam,;Kristin	9	Castro;Valle	26.94	NWI
2	Alsobrook,;Tyler	10	San:Lorenzo	27.70	NWI
3	Williams,;Auset	10	Oakland.Tech	27.72	NWI
4	Delzio,;Heather	9	Notre;Dame:B	27.81	NWI
5	Mabrey,;Amber	11	Newark;Memor	27.92	NWI
6	Presley,;Taylor	9	Newark;Memor	28.00	NWI
7	Benedict,;Gena	9	Newark.Memor	28.27	NWI
8	Chen,;Catherine	11	Mission!San	28.60	NWI
9	Zhang,;Cassie	11	Mission!San	28.74	NWI
10	Whelihan,;Shelby	11	Tracy'High'S	28.77	NWI
11	Briggs,;Breanna	11	Oakland;Tech	29.05	NWI
12	Garcia,;Ashley	9	Notre,Dame,B	29.58	NWI
13	Stewart-thomas,;Do	12	Skyline!High	29.67	NWI
14	Fryan,;Betsy	11	Washington!H	29.74	NWI
15	Tobe,;Kanami	10	Valley.Chris	29.84	NWI
16	Akpan,;Edima	9	James'Logan	29.99	NWI
17	Caro,;Andrea	9	Newark.Memor	30.00	NWI
18	Ross,;Jallissa	10	San:Lorenzo	30.06	NWI
19	Connelly,;Sophie	9	Notre:Dame:B	30.25	NWI
20	Ma,;Harmony	10	Chinese.Chri	30.31	NWI
21	Matsuda,;Katie	9	Notre'Dame'B	30.43	NWI
21	Chang,;Jasmine	9	Chinese,Chri	30.43	NWI
23	Bidemi,;Akanbi	11	Oakland;Tech	30.50	NWI
24	Tragoutsis,;Maria	9	Notre:Dame:B	30.55	NWI
25	Coleman,;Carmelle	11	Washington:H	30.57	NWI
26	Ong,;Jennifer	12	Holy'Names'H	30.65	NWI
27	Choing,;Jessica	11	Northgate:Hi	30.87	NWI
28	Williams,;Lorraine	11	Tracy!High!S	30.91	NWI
29	Wedel,;Madeline		Notre.Dame.B	31.56	NWI
30	Coon,;Sarah	10	Redwood,Chri	31.67	NWI
31	Lazzara,;Catrina	9	Washington;H	31.78	NWI
32	Huynh,;Yolande	9	Washington,H	31.85	NWI
33	Rajendran,;Pavithra	9	James!Logan	33.10	NWI

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34	Walls,,Tierra	12	Oakland:Tech	33.25	NWI	4	Amaral,,Vanessa	9	James:Logan	5:45.46
35	Henderson,,Kimberely	9	Washington.H	33.79	NWI	5	McLeod,,Pam	12	Castro,Valle	5:45.93
36	Lee,,Jordan	10	Valley,Chris	34.16	NWI	6	Dun!N,,!Laura	11	Newark!Memor	5:46.73
--	Mcphillips,,Kyleigh	9	Tracy'High'S	NT	NWI	7	Ramirez,,Jessica	9	James,Logan	5:52.04
--	Corrales,,!Ciarra	9	James,Logan	NT	NWI	8	Rinaldi,,Jessica	12	Notre,Dame;B	5:52.40
--	Gee,,Justine	9	Redwood.Chri	NT	NWI	9	Yee,,Jessica	9	Washington.H	5:53.05
--	Parvin,,Ariana	10	Northgate!Hi	NT	NWI	10	Macdonald,,!Hannah	11	Redwood.Chri	5:55.54
--	Arzon,,!Denise	10	James'Logan	NT	NWI	11	Weisenberger,,Tracy		Castro;Valle	5:56.48

## Girls 400 Meter Dash Varsity

#	Name	Year	School	Finals						
1	Presley,,Taylor	9	Newark.Memor	1:02.05	15	Cardenas,,!Alexandra	9	Newark.Memor	6:00.92	
2	Williams,,Auset	10	Oakland;Tech	1:02.08	16	Roberts,,!Nicole	10	Irvington!Hi	6:01.85	
3	Lui,,Lydia	12	Mission'San	1:02.72	17	Nguyen,,Jackie	9	Washington,H	6:02.89	
4	Gardin,,!Karra	10	Moreau!High	1:02.94	18	Arzon,,Stephanie	9	James;Logan	6:04.80	
5	Mabrey,,Amber	11	Newark;Memor	1:03.02	19	Gilchriese,,Carolyn	11	Castro;Valle	6:06.63	
6	Reist,,!Jessica	9	Washington;H	1:04.70	20	Picillo,,Emma	11	Castro,Valle	6:08.31	
7	Gee,,Kylie	10	Washington;H	1:05.10	21	Sico,,!Isabel	11	Notre.Dame.B	6:15.04	
8	Stewart-thomas,,Dominiqu	12	Skyline;High	1:05.16	22	Clemente,,Kiana	11	Newark'Memor	6:19.36	
9	Gee,,Kristi	11	Washington;H	1:05.38	23	Lloyd,,Stephanie	11	Irvington;Hi	6:20.62	
10	Nazel,,Sierra	10	American:Hig	1:06.04	24	Ebert,,Ellen	12	Notre!Dame!B	6:22.30	
11	Choing,,Jessica	11	Northgate'Hi	1:06.10	25	Smith,,!Rosina	10	Castro!Valle	6:24.44	
12	Arzon,,Denise	10	James,Logan	1:07.30	26	Claire,,Kelly	12	Notre!Dame!B	6:24.90	
13	Temple,,Jessica	9	Oakland!Tech	1:07.85	27	Johnson,,Rachel	9	Castro,Valle	6:31.68	
14	Coon,,Sarah	10	Redwood,Chri	1:07.86	28	Williams,,Megan	9	Newark.Memor	6:34.00	
15	Ching,,!Maryanne	10	Mission:San	1:08.72	29	Nguyen,Le,,Lynda	11	Irvington,Hi	6:36.69	
16	Fryan,,!Betsy	11	Washington;H	1:09.28	30	Velasquez,,Renee	9	Castro'Valle	6:37.42	
17	Chang,,!Jasmine	9	Chinese,Chri	1:09.68	31	Eav,,Kelly	9	Skyline.High	6:41.15	
18	Kuzni,,Kristine	9	Redwood,Chri	1:11.84	32	Lim,,Shirlee	10	Irvington:Hi	6:44.71	
19	Phan,,Ky-anh	10	James:Logan	1:12.83	33	Tran,,Connie	11	Mt..Eden.Hig	6:47.49	
					34	Encarnacion,,Jizel	9	Mt.:Eden:Hig	6:49.80	
					35	Baker,,Sierra	11	Newark,Memor	6:54.46	
					36	Cabrera,,Maritsa	9	Newark.Memor	6:56.37	
					37	Hamilton,,Ariel	12	Newark.Memor	6:56.88	
					38	Galanto,,Tatiana	9	Newark,Memor	6:59.26	
					39	Chopra,,Priya	10	Castro!Valle	7:02.51	
					40	Reales,,!Sofia	10	Newark;Memor	7:12.44	
					--	Chao,,!Tiffany	10	Skyline:High	NT	
					--	Lam,,Vanessa	12	James!Logan	NT	
					--	Martines,,Marisa	12	Castro'Valle	NT	
					--	Coon,,Sarah	10	Redwood'Chri	NT	
					--	Joss,,Hannah	9	Washington,H	NT	
					--	Denevan,,Kathleen	12	Newark!Memor	NT	
					--	Shin,,Angie	12	Castro,Valle	NT	
					--	Campbell,,!Madeline	9	Northgate;Hi	NT	
					--	Smiley,,Serena	11	Notre,Dame,B	NT	
					--	Morales,,Dayana	10	Mt.'Eden'Hig	NT	
					--	Merchant,,Shruti	11	Mission!San	NT	
					--	Perrin,,Joy	9	James'Logan	NT	
					--	Dobyns,,Lindsey	9	Mission'San	NT	
					--	Ocon,,Kelsi	10	Washington;H	NT	
					--	Wultanski,,Samantha	12	Castro'Valle	NT	
					--	Xu,,Linda	12	Mission!San	NT	
					--	Perez,,Rhiannon	10	Arroyo:High	NT	
					--	Ho,,Ly	10	James!Logan	NT	
					--	Sandino,,Rosemarie	9	Arroyo,High	NT	
					--	Curry,,Kristen	11	Northgate,Hi	NT	
					--	Martinez,,Linda	11	Irvington;Hi	NT	
					--	Lenci,,Alison	11	Mission!San	NT	
					--	Sharma,,Manisha	10	Mt.:Eden;Hig	NT	
					--	Carvin,,Kathryn	12	Castro,Valle	NT	
					--	Kotta,,!Gurubala	9	Mission,San	NT	

## Girls 800 Meter Run Varsity

#	Name	Year	School	Finals						
1	Amaral,,Vanessa	9	James,Logan	2:33.36						
2	Bailey,,Aurora	10	Castro,Valle	2:33.66						
3	Yee,,Jessica	9	Washington.H	2:35.73						
4	Monsalud,,Tiffany	10	James,Logan	2:37.41						
5	Bayo,,Marie	12	Skyline,High	2:40.30						
6	Macdonald,,Hannah	11	Redwood'Chri	2:40.57						
7	Jong,,Teresa	12	James!Logan	2:43.35						
8	Perez,,!Rhiannon	10	Arroyo,High	2:44.36						
9	Sico,,!Isabel	11	Notre,Dame,B	2:45.04						
10	Arzon,,Stephanie	9	James,Logan	2:46.18						
11	Coon,,Sarah	10	Redwood:Chri	2:46.46						
12	Ebert,,Ellen	12	Notre.Dame.B	2:49.29						
13	Flaherty,,Colleen	11	Notre,Dame,B	2:50.74						
14	Monsalud,,Liane	11	James,Logan	2:54.44						
15	Cardenas,,Alexandra	9	Newark.Memor	2:57.22						
16	Eav,,!Kelly	9	Skyline!High	2:58.83						
17	Claire,,Kelly	12	Notre,Dame,B	2:58.94						
18	Encarnacion,,Jizel	9	Mt..Eden.Hig	3:02.69						
19	Sadawa,,Erina	11	Valley'Chris	3:04.64						
20	Tran,,Connie	11	Mt.:Eden:Hig	3:05.61						
21	Reales,,Sofia	10	Newark;Memor	3:15.80						
--	Ho,,Ly	10	James:Logan	NT						
--	Joss,,Hannah	9	Washington;H	NT						
--	Lloyd,,!Stephanie	11	Irvington,Hi	NT						
--	Merchant,,Shruti	11	Mission!San	NT						
--	Rinaldi,,Jessica	12	Notre,Dame,B	NT						
--	Dobyns,,Lindsey	9	Mission:San	NT						

## Girls 1600 Meter Run Varsity

#	Name	Year	School	Finals
1	Fong,,Samantha	10	Castro'Valle	5:43.38
2	Yang,,Nicole	12	Castro;Valle	5:44.23
3	Bailey,,Aurora	10	Castro:Valle	5:44.92

## Girls 100 Meter Hurdles Varsity

#	Name	Year	School	Finals	Wind
1	Bowrtsmith,,Kelsea		Arroyo:High	17.60	NWI
2	Partida,,Victoria	11	Arroyo,High	18.01	NWI

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3	Reed, Dana	12	Redwood, Chri	18.31	NW	8	Northgate:	56.12
4	Martinez, I Roquell	9	Washington; H	18.90	NW	8	Redwood: Christian:	56.12
5	Heng, Rachel	11	Irvington! Hi	19.02	NW	10	Chinese, Christian,	56.85
6	Hamilton, Valencia	11	Washington! H	19.29	NW	11	American, , 'b'	56.98
7	Pavone, Jaylin	11	Tracy! High! S	19.31	NW	--	Washington.	NT
8	Diaz, Abby	9	Redwood: Chri	19.81	NW	--	Castro: Valley: : 'b'	NT
9	Garcia, Nathalie	10	Newark. Memor	19.96	NW			
10	Silva, !Melanie	9	Newark; Memor	19.97	NW			
11	Pape, Heather	12	Redwood! Chri	20.02	NW			
12	Gonzales, Valeria	10	Newark! Memor	20.05	NW			
13	Mchugh, !Laura	12	Newark! Memor	20.14	NW			
14	Baron, Anelli	9	Newark, Memor	20.61	NW			
15	Medrano, Erica	10	Newark: Memor	20.71	NW			
16	Aquino, Makeila	9	Newark! Memor	20.87	NW			
17	Caro, Andrea	9	Newark. Memor	21.07	NW			
18	Ruiz, Valentina	10	Newark, Memor	21.16	NW			
19	Clements, Liz	10	Newark, Memor	22.25	NW			
20	Jones, Haley	9	Newark; Memor	22.63	NW			
20	Smith, Carly	12	Redwood: Chri	22.63	NW			
--	Chapital, Lizzy	12	Newark! Memor	NT	NW			
--	Castillo, Allie	12	Newark, Memor	NT	NW			
--	Caudillo, !Maria	11	Newark; Memor	NT	NW			

## Girls 4x400 Meter Relay Varsity

#	School	Finals
1	Tracy;	5:03.19

## Boys 100 Meter Dash Frosh/Soph

#	Name	Year	School	Finals	Wind
1	Hines, !Deshane	10	American; Hig	12.00	NW
2	Khamosh, Aaron	10	Northgate: Hi	12.03	NW
3	Truong, Michael	10	Moreau; High	12.11	NW
4	Leung, !Craig	10	Mission, San	12.21	NW
5	Ying, Richard	10	Mission: San	12.37	NW
6	Kaye, Clarence	10	James. Logan	12.39	NW
7	Jewett, Devone	9	Tracy' High' S	12.44	NW
8	Wilson, !Robbie	10	Moreau. High	12.47	NW
9	Han, Sean	10	Northgate: Hi	12.50	NW
10	Mcgowin, Devonte	9	Mt.; Eden; Hig	12.51	NW
11	Cheung, Stephen	10	Washington' H	12.54	NW
12	Mundke, Dikoma	10	James. Logan	12.56	NW
13	Delfino, Francis	10	Moreau! High	12.57	NW
14	Rodden, Nicholas	10	Moreau! High	12.62	NW
15	Sims, Ronald	9	Castro: Valle	12.76	NW
16	Leonardo, Kevin	9	Tracy: High: S	12.80	NW
17	Bailey, Aakeem	9	James' Logan	12.86	NW
18	Jiang, Kevin	10	Mission. San	12.96	NW
19	Thaler, Shane	9	Tracy! High! S	13.31	NW
20	Johnson, !Jordan	10	American; Hig	13.39	NW
21	Tolbertson, Eric	9	Newark; Memor	13.48	NW
22	Tsang, Stanley	9	American, Hig	13.86	NW
23	Badrinaryan, Kunal	10	Mission' San	14.39	NW
--	Mehdane, Yoseph	10	James, Logan	NT	NW
--	Gao, Alex	10	Castro, Valle	NT	NW
--	Nario, !Matt	9	Newark: Memor	NT	NW
--	Ojeda, Dan	9	Newark; Memor	NT	NW
--	Dang, James	10	Washington: H	NT	NW
--	Broome, !Abijeh	9	Skyline. High	NT	NW
--	Tuecinvic, Johnny	9	Castro: Valle	NT	NW
--	Isher, Inderjit	10	James; Logan	NT	NW
--	Romero, Gene	9	James' Logan	NT	NW
--	Turner, Dione	10	American! Hig	NT	NW
--	Mendoza, Jarred	10	James; Logan	NT	NW
--	Hamid, Abdul	10	James, Logan	NT	NW
--	Collin, Williams	9	Northgate; Hi	NT	NW
--	Chang, Evertt	10	Chinese. Chri	NT	NW
--	Tran, Jason	9	James! Logan	NT	NW
--	Lee, Walton	10	American. Hig	NT	NW
--	Zheng, Eric	10	Chinese! Chri	NT	NW
--	Clerkley, Kevin	10	Mt.. Eden. Hig	NT	NW

## Boys 400 Meter Dash Frosh/Soph

#	Name	Year	School	Finals
1	Fiorenza, Giovanni	10	Northgate! Hi	55.39
2	Rodden, Nicholas	10	Moreau, High	55.80
3	Magadia, Jc	10	Mt.; Eden; Hig	57.74
4	Thaler, Shane	9	Tracy' High' S	58.35
5	King, Alex	9	Irvington' Hi	58.64
6	Li, Terrance	10	Irvington: Hi	59.30
7	Valentine, !Trevor	9	American' Hig	1:00.28
8	Grimes, Cody	9	Newark; Memor	1:01.50
9	Clerkley, Cameron	9	Mt.. Eden. Hig	1:05.63
10	Kagel, Zak	9	Northgate! Hi	1:07.79

## Girls 300 Meter Hurdles Varsity

#	Name	Year	School	Finals
1	Martinez, Roquell	9	Washington. H	50.88
2	Wong, Emily	10	Chinese! Chri	51.47
3	Partida, Victoria	11	Arroyo. High	52.64
4	Sandino, Rosemarie	9	Arroyo! High	53.18
5	Hamilton, Valencia	11	Washington: H	53.30
6	Bowrtsmith, Kelsea	9	Arroyo. High	53.48
7	Collins, Shelby	12	Notre! Dame! B	53.77
8	Rusch, Jessica	10	Northgate; Hi	54.40
9	Macdonald, !Hannah	11	Redwood: Chri	55.58
10	Baron, Anelli	9	Newark; Memor	55.81
11	Medrano, Erica	10	Newark! Memor	56.03
12	Paonessa, Karina	10	Irvington! Hi	56.40
13	Silva, Melanie	9	Newark! Memor	56.69
14	Diaz, Abby	9	Redwood! Chri	56.77
15	Ma, Harmony	10	Chinese! Chri	56.90
16	Garcia, Nathalie	10	Newark; Memor	57.62
17	Gee, Justine	9	Redwood! Chri	57.67
18	Kuzni, Kristine	9	Redwood: Chri	58.32
19	Mchugh, Laura	12	Newark: Memor	58.40
19	Aquino, Makeila	9	Newark, Memor	58.40
21	Lim, Amanda	11	Chinese, Chri	58.92
22	Chang, Kristina	12	Chinese: Chri	59.16
23	Ruiz, Valentina	10	Newark, Memor	59.38
24	Clements, !Liz	10	Newark, Memor	1:00.86
25	Huynh, Tracy	10	Chinese, Chri	1:13.23
--	Huang, Michelle	10	Mission; San	NT
--	Coyle, Allison	10	Northgate: Hi	NT
--	Giscombe, Brianna	11	Castro, Valle	NT
--	Ho, Nicole	9	Irvington, Hi	NT
--	Nguyen, Kaori	9	Castro, Valle	NT
--	Carathers, Danielle	9	Irvington! Hi	NT
--	Mack, !Sophie	10	Notre, Dame, B	NT

## Girls 4x100 Meter Relay Varsity

#	School	Finals
1	Notre; Dame; B	52.28
2	Moreau:	53.72
3	James; Logan; , 'b'	54.17
4	Oakland. Tech.	54.21
5	Newark. Memorial. , 'b'	54.90
6	Notre, Dame, B., 'b'	55.04
7	Tracy:	55.64

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## Boys 800 Meter Run Frosh/Soph

#	Name	Year	School	Finals
1	Reamy,,Jack		Northgate.Hi	2:08.64
2	Weaver,,Sam	10	Oakland,Tech	2:12.92
3	Bodhi,,Bodhi	9	Newark;Memor	2:19.26
4	Zimmerman,,Bryan	9	James!Logan	2:20.35
5	Brown,,Austin	10	Skyline'High	2:21.42
6	Lowe,,Corey	9	Mt.,Eden,Hig	2:22.68
7	Madrid,,Felipe	10	James!Logan	2:22.93
8	Stephens,,Connor	10	Northgate.Hi	2:23.90
9	Sheehy,,James	9	Northgate.Hi	2:24.69
10	Kaing,'Don	9	Mt.,Eden,Hig	2:29.82
11	Singh,'Darren	10	Newark!Memor	2:33.70
12	Andemeskel,,Ghila	10	Oakland'Tech	2:37.39
13	Ramirez,'Luis	10	Newark!Memor	2:42.50

## Boys 1600 Meter Run Frosh/Soph

#	Name	Year	School	Finals
1	Sumner,,Joel	10	Northgate.Hi	4:58.21
2	Falck,,Noah	10	Newark!Memor	4:59.99
3	Loza,'Jesus	10	Newark.Memor	5:00.13
4	Grovers,,Joe	9	Newark;Memor	5:01.30
5	Kifle,,Hurui	10	Mt.,Eden;Hig	5:02.76
6	Singh,,Darren	10	Newark'Memor	5:07.10
7	Tran,,Albert	9	Mt.!Eden!Hig	5:08.08
8	Stephens,,Connor	10	Northgate'Hi	5:08.95
9	Vernot,,Andre	9	Washington'H	5:09.37
10	Conway,,Austin	10	Castro.Valle	5:16.98
11	Zhu,,Andrew	10	Mission'San	5:26.42
12	Madrid,,Felipe	10	James:Logan	5:27.75
13	Mill,,Scott	9	Castro;Valle	5:30.10
14	Nourot,,Dan	9	Castro,Valle	5:33.27
15	Pinedo,,Oscar	10	Newark;Memor	5:34.83
16	Ramirez,,Luis	10	Newark,Memor	5:37.75
17	Carapas,,Jerome	9	Mt.!Eden!Hig	5:38.87
18	Nguyen,,Jimmy	9	Mt.,Eden;Hig	5:48.99
19	Cooper,,Norris	9	Skyline'High	6:07.35
--	Alexander,'Matt	10	American!Hig	NT
--	Bodhi,,Bodhi	9	Newark.Memor	NT
--	Ramirez,'Ezequiel	10	James.Logan	NT
--	Wong,,Eugene	9	Irvington;Hi	NT
--	Hicken,,Josh	9	Castro:Valle	NT
--	Del.Rosario,,Jonathan	10	Mt.,Eden,Hig	NT
--	Lopez,,Edgar	9	Mt.,Eden,Hig	NT
--	Malik,,Atif	10	James'Logan	NT
--	Tolbertson,,Eric	9	Newark;Memor	NT
--	Hernandez,,Ricardo	10	James!Logan	NT
--	Alvarado,,Angelo	9	James!Logan	NT
--	Kaing,,Don	9	Mt.'Eden'Hig	NT
--	Syed,,Saad	9	Irvington!Hi	NT
--	Eva,,Matthew	9	Castro.Valle	NT
--	Sheehy,,James	9	Northgate'Hi	NT
--	Lamb,,David	10	Skyline,High	NT
--	Kaushik,,Raman	9	Irvington!Hi	NT
--	Rafael,'William	9	Mt..Eden.Hig	NT
--	Perez-garcia,,Andrew	10	Tracy,High,S	NT
--	Chow,,!Derrick	9	Mt.:Eden:Hig	NT
--	Vu,,James	9	Mt.'Eden'Hig	NT
--	Nguyen,,Peter	10	Mt.,Eden,Hig	NT
--	Ebadi,,Hamid	9	Mt..Eden.Hig	NT
--	Barney,'Robert	10	Castro:Valle	NT
--	Lopez,,Leemuel	10	James'Logan	NT
--	Chhuon,,!Vincent	10	James,Logan	NT
--	Lowe,,Corey	9	Mt.!Eden!Hig	NT

## Boys 300 Meter Hurdles Frosh/Soph

#	Name	Year	School	Finals
1	Eberley,'Andrew	10	Newark.Memor	47.01
2	Li,'Terrance	10	Irvington!Hi	47.40
3	Mcglathin,,Conner	10	American!Hig	47.45
4	Touri,,James	10	Northgate!Hi	50.46
5	Alejandro,'Jp	9	Newark!Memor	50.73
6	Salvail,,Andrew	9	Newark.Memor	51.26
7	Pietrobono,,Anthony	10	Newark!Memor	51.76
--	Koh,,Jonah	9	Northgate:Hi	NT
--	Carbonel,'Justin	9	James,Logan	NT
--	Pratt,,Jacob	10	Newark:Memor	NT
--	Wentworth,,!Zack	10	American!Hig	NT

## Boys 4x100 Meter Relay Frosh/Soph

#	School	Finals
1	Moreau:	46.72
2	Tracy'	49.73
--	James!Logan! !!'c'	NT
--	Mission!San!Jose! !!'b'	NT

## Boys 4x400 Meter Relay Frosh/Soph

#	School	Finals
1	Tracy'	4:05.59

## Boys 100 Meter Dash Varsity

#	Name	Year	School	Finals	Wind
1	Pyles,,Adrian	12	Hayward,High	11.81	NW
2	Griffin,,Don	12	Hayward!High	11.85	NW
3	Richards,,Devanaire	12	San.Lorenzo	11.96	NW
4	Stover,,Cameron	11	Northgate!Hi	12.04	NW
4	Kirven,'Solomon	12	San;Lorenzo	12.04	NW
6	Armstorg,,Andre	9	San'Lorenzo	12.07	NW
7	Monroe,,Desmond	12	San;Leandro;High	12.11	NW
8	Boukis,,Andrew	11	Northgate;Hi	12.14	NW
9	Johnson,'Michael	11	San;Lorenzo	12.17	NW
10	Grant,'Anthony	10	Valley,Chris	12.19	NW
11	Butler,,Matt	11	Northgate'Hi	12.20	NW
11	Caro,'Will	10	Hayward.High	12.20	NW
13	Kwok,'Eugene	12	Mission;San	12.21	NW
14	Marino,,Nick	12	Castro;Valle	12.25	NW
15	Johnson,,Roderick	11	American.Hig	12.26	NW
16	Han,'Nate	11	Castro:Valle	12.37	NW
17	Wu,,!Anthony	12	Mission'San	12.39	NW
18	Chaddah,'Mohan	12	American'Hi	12.41	NW
19	Dizon,,!Danny	12	Newark;Memor	12.51	NW
20	Patel,,Arkesh	12	Mission'San	12.67	NW
21	Ngo,,Jonathon	11	American!Hig	12.78	NW
22	Yan,,Ezekiel	12	Chinese!Chri	12.79	NW
23	Lee,,John	11	Newark!Memor	12.84	NW
24	Pan,,Chris	12	Chinese,Chri	13.01	NW
25	Choy,,Evan	12	Redwood;Chri	13.27	NW
26	Eshaq,,Shafiq	11	Newark.Memor	13.46	NW
27	Im,,!Kagen	10	Redwood!Chri	13.65	NW
28	Reyna,,Brandon	11	Newark:Memor	13.82	NW
29	Mattson,,!Jacob	10	Redwood'Chri	14.05	NW
30	Santos,,!Aaron	11	Mt.'Eden'Hig	14.19	NW
31	Chan,'Kevin	12	Redwood'Chri	14.21	NW
32	Fan,'Jonathan	9	Redwood,Chri	14.39	NW
33	Miramontes,,Matthew	9	Redwood,Chri	16.25	NW

## Boys 200 Meter Dash Varsity

#	Name	Year	School	Finals	Wind
1	Pyles,'Adrian	12	Hayward'High	23.75	NW
2	Thomas,'Tyler	12	Hayward!High	23.88	NW
3	Nasir,,Adeeb	10	Hayward;High	23.95	NW

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4	Johnson,Michael	11	San.Lorenzo	24.17	NW	11	Galindo,Lorenzo	10	Arroyo,High	2:26.33
5	Tsao,Brendan	12	Mission;San	24.20	NW	12	Luis,Luis	12	Newark;Memor	2:29.05
6	Armstorn,Andre	9	San;Lorenzo	24.38	NW	13	Olivares,Vinny	12	Newark;Memor	2:29.41
7	Richards,Devanaire	12	San;Lorenzo	24.41	NW	14	Nadon,Vishal	12	Newark,Memor	2:32.02
8	Caro,Will	10	Hayward!High	24.45	NW	15	Madden,Santiago	12	Skyline!High	2:38.13
9	Grant,Eeron	10	Valley.Chris	24.50	NW	16	Fellows,Andrew	9	Redwood.Chri	2:48.94
10	Fambro,Darian	12	Irvington!Hi	24.55	NW	--	Peek,Scott	12	Castro!Valle	NT
11	Wickman,Paul	12	Northgate.Hi	24.84	NW	--	Tsai,Hansen	10	Irvington!Hi	NT
12	Kwok,Eugene	12	Mission;San	25.03	NW	--	Talley,Vince	12	Castro!Valle	NT
13	Han,Nate	11	Castro.Valle	25.16	NW	--	Crump,Matt	12	Castro;Valle	NT
14	Grant,Anthony	10	Valley.Chris	25.23	NW	--	Badrinayaman,Arvind	11	Irvington;Hi	NT
15	Williams,Jordan	11	Tracy;High;S	25.48	NW	--	Leon,Adolfo	11	James,Logan	NT
16	Marino,Nick	12	Castro;Valle	25.50	NW	--	Mattson,Alex	12	Redwood,Chri	NT
17	Chan,Raymond	11	Washington:H	25.52	NW	--	Trinh,Jonathan	12	Skyline:High	NT
18	Ngo,Jonathon	11	American;Hig	25.65	NW	--	Fong,Teddy	12	Mission;San	NT
19	Patel,Arkesh	12	Mission:San	25.74	NW	--	Andemeskel,Michael	11	Oakland!Tech	NT
20	Koga,Trevor	11	Washington:H	25.95	NW	--	Laux,Richard	10	Irvington.Hi	NT
21	Choy,Evan	12	Redwood!Chri	26.21	NW					
22	Lee,John	11	Newark!Memor	26.23	NW					
23	Mattson,Alex	12	Redwood!Chri	26.27	NW					
24	Mattson,Zachary	9	Redwood,Chri	26.32	NW					
25	Eshaq,Shafiq	11	Newark,Memor	27.19	NW					
26	Ellis,Jonathan	12	Redwood,Chri	27.24	NW					
27	Santos,Aaron	11	Mt. Eden!Hig	27.98	NW					
28	Davis,Chris	10	Redwood'Chri	30.91	NW					
29	Fan,Jonathan	9	Redwood!Chri	31.32	NW					
30	Fellows,Andrew	9	Redwood,Chri	33.97	NW					
31	Miramontes,Matthew	9	Redwood'Chri	35.08	NW					
--	Ruiz,Kimo	12	Mt. Eden'Hig	NT	NW					
--	Leon,Chris	11	Newark!Memor	NT	NW					

## Boys 400 Meter Dash Varsity

#	Name	Year	School	Finals
1	Ng,Justin	12	Mission!San	52.51
2	Chan,Andrew	12	James:Logan	53.29
3	Lansang,Kevin	11	Northgate!Hi	54.35
4	Walsh,Joseph	12	American,Hig	54.56
5	Wu,Jonathan	11	Mission.San	54.99
6	Martinez,Lyndon	11	Mt.,Eden,Hig	55.01
7	Webb,Chris	10	Hayward!High	55.31
8	Yu,Andrew	10	Irvington!Hi	55.49
9	Grant,Anthony	10	Valley'Chris	55.60
10	Voong,David	12	Chinese'Chri	56.15
11	Mattson,Zachary	9	Redwood;Chri	56.27
12	Haman,Nathan	11	American;Hig	57.03
13	Koga,Trevor	11	Washington!H	57.05
14	Chan,Raymond	11	Washington:H	57.81
14	Tai,Howard	12	American.Hig	57.81
16	Contraras,Jose	11	San:Leandro:High	57.86
16	Choy,Evan	12	Redwood,Chri	57.86
18	Mattson,Alex	12	Redwood;Chri	58.56
19	Ellis,Jonathan	12	Redwood:Chri	59.52
20	Davis,Chris	10	Redwood,Chri	1:07.13
21	Fellows,Andrew	9	Redwood,Chri	1:11.37

## Boys 800 Meter Run Varsity

#	Name	Year	School	Finals
1	Mcallister,Carlton	12	Tracy,High,S	2:13.56
2	Wisneski,Gage	12	Newark'Memor	2:13.92
3	Jordan,Auburn	11	Mt.:Eden:Hig	2:15.92
4	Jorgens,Tyler	12	Newark,Memor	2:17.58
5	Sherrill,Larkin	11	Oakland!Tech	2:18.46
6	Pardo,Jaime	12	Mt.:Eden:Hig	2:19.10
7	Magdale,Justin	12	James:Logan	2:19.89
8	Ward,Cory	12	Newark;Memor	2:21.62
9	Salazar,Henry	12	Newark.Memor	2:23.74
10	Gallegos,Demetri	12	Newark;Memor	2:24.12

## Boys 1600 Meter Run Varsity

#	Name	Year	School	Finals
1	Snow,Andrew	12	Arroyo!High	4:39.15
2	Ruvalcaba,Arthur	11	Mt.,Eden,Hig	4:42.61
3	Wisneski,Gage	12	Newark'Memor	4:48.53
4	Mercadal,Balbino	11	Arroyo;High	4:48.94
5	Nguyen,David	11	Mt. Eden'Hig	4:50.23
6	Fong,Teddy	12	Mission;San	4:51.65
7	Mirzadi,Rostam	12	Castro,Valle	4:53.10
8	Cruz,Jordan	11	Mt..Eden.Hig	4:54.42
9	Mattson,Alex	12	Redwood,Chri	4:54.76
10	Badrinayaman,Arvind	11	Irvington:Hi	4:55.21
11	Jorgens,Tyler	12	Newark.Memor	4:58.22
12	Cisneros,Anthony	12	Washington,H	4:58.59
13	Talley,Vince	12	Castro!Valle	4:58.83
14	Jordan,Auburn	11	Mt.,Eden,Hig	5:00.35
15	Magsombol,Abraham	12	Mt.,Eden,Hig	5:01.34
16	Davis,Chris	10	Redwood!Chri	5:01.43
17	Ward,Cory	12	Newark'Memor	5:03.70
18	Peek,Scott	12	Castro;Valle	5:04.94
19	Pardo,Jaime	12	Mt.:Eden:Hig	5:05.32
20	So,Kevin	12	Chinese,Chri	5:05.38
21	Hu,Tom	11	James;Logan	5:05.74
22	Galindo,Lorenzo	10	Arroyo,High	5:09.00
23	Gallegos,Demetri	12	Newark,Memor	5:11.46
24	Jorgens,Matt	11	Newark.Memor	5:11.74
25	Shankar,Vaishaal	11	Mission!San	5:12.05
26	Crump,Matt	12	Castro.Valle	5:15.14
27	Beck,Paul	12	Irvington:Hi	5:19.67
28	Salazar,Henry	12	Newark:Memor	5:21.24
29	Olivares,Vinny	12	Newark,Memor	5:22.52
30	Riener,Kyle	12	James!Logan	5:26.31
31	Luis,Luis	12	Newark:Memor	5:27.56
32	Abolencia,Justin	10	Arroyo'High	5:31.87
33	Nadon,Vishal	12	Newark;Memor	5:32.52
34	Dereje,Aman	10	Redwood'Chri	5:40.23
--	Bodhi,Bodhi	9	Newark;Memor	NT
--	Suchit,Nikiel	11	Mt..Eden.Hig	NT
--	Laux,Richard	10	Irvington!Hi	NT
--	Martinez,Yuban	12	James!Logan	NT
--	Russamanno,Brandon	12	Washington:H	NT
--	Bains,Arjan	12	Mission'San	NT
--	Fellows,Andrew	9	Redwood!Chri	NT
--	Acosta,Andrew	11	James.Logan	NT
--	Lo,Sydney	11	James:Logan	NT
--	Calderon,Bruce	11	James:Logan	NT
--	Arriaga,Ben	11	James'Logan	NT
--	Barajas,Alan	12	James:Logan	NT



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-- Bowen, David	11	Skyline;High	NT
-- Collins, Kenji	12	Skyline;High	NT
-- Coulter, Erich	11	Castro.Valle	NT
-- Mart, Dillon	10	Orestimba;Hi	NT
-- Svidler, Eugene	12	Northgate!Hi	NT
-- Coronado, Juan	12	Irvington;Hi	NT
-- Candelaria, Marco	11	Mt..Eden.Hig	NT
-- Tsai, Hansen	10	Irvington;Hi	NT
-- Lin, Rich	11	Skyline.High	NT
-- Hermes, Arnie	12	Northgate;Hi	NT
-- Sanchez, Miquel	10	James'Logan	NT
-- Tamez, Tristan	12	James'Logan	NT
-- Li, Curtis	11	James,Logan	NT

9 Van!Sprakelaar, Stephani	9	Washington.H	
4-04.00			
11 Smith, Carly	12	Redwood.Chri	4-02.00
11 Pavone, Jayln	11	Tracy,High,S	4-02.00
11 Shockley, Julia	10	James;Logan	4-02.00
11 Petterson, Lyndsay	12	Northgate;Hi	4-02.00
11 Lau, Danielle		Notre;Dame;B	4-02.00
11 Hartwell, Elizabeth	10	James'Logan	4-02.00
17 Waganivalu, Yvonne	9	James'Logan	4-00.00
18 Jones, Haley	9	Newark!Memor	3-10.00
-- Morrison, Kelly	10	Oakland'Tech	NH
-- Pape, Heather	12	Redwood'Chri	NH

## Boys 110 Meter Hurdles Varsity

#	Name	Year	School	Finals	Wind
1	Jung, Derek	12	Northgate,Hi	17.43	NW
2	Huemoeller, Jacob	11	Redwood,Chri	18.28	NW
3	Padilla, Matt	12	Washington!H	18.42	NW
4	Cullen, Matt	12	Newark;Memor	19.44	NW
5	Shaw, Rory	9	Arroyo.High	19.99	NW
6	Fan, Allen	12	James!Logan	20.13	NW
7	Nguyen, Calvin	10	Irvington:Hi	20.98	NW

## Boys 300 Meter Hurdles Varsity

#	Name	Year	School	Finals	Wind
1	Hudson, Kwame	11	Castro:Valle	43.08	
2	Voong, David	12	Chinese'Chri	44.11	
3	Lim, Alex	12	Irvington!Hi	44.86	
4	Padilla, Matt	12	Washington,H	44.99	
5	Huemoeller, Jacob	11	Redwood:Chri	45.49	
6	Yu, Andrew	10	Irvington.Hi	45.55	
7	Laris, Jordan	11	Castro.Valle	45.63	
8	Petrucelli, Kyle	11	Tracy'High'S	46.19	
9	Xiao, Allen	12	Mission!San	47.39	
10	Jung, Derek	12	Northgate:Hi	47.43	
11	Brewer, Christian	11	Northgate'Hi	48.33	
12	Contreras, Jose	11	San:Leandro:High	48.50	
13	Mattson, Zachary	9	Redwood;Chri	49.05	
14	Fan, Allen	12	James;Logan	49.22	
15	Cullen, Matt	12	Newark'Memor	49.61	
16	Nguyen, Calvin	10	Irvington'Hi	49.86	
17	Ellis, Jonathan	12	Redwood;Chri	52.03	

## Boys 4x100 Meter Relay Varsity

#	School	Finals
1	Hayward'	44.94
2	American:	47.06
3	Redwood;Christian;	50.21
--	San!Lorenzo	DQ

## Boys 4x400 Meter Relay Varsity

#	School	Finals
1	American: ::'b'	3:55.17
2	San, Lorenzo	4:09.14

## Girls High Jump Varsity

#	Name	Year	School	Finals
1	Roberts, Mackenzie	9	Northgate.Hi	4-08.00
2	Maddy, Gelb	10	Oakland'Tech	4-08.00
3	Mack, Sophie	10	Notre.Dame.B	4-06.00
4	Kunz, Erin	11	American:Hig	4-06.00
5	Whelihan, Shelby	11	Tracy:High:S	4-06.00
6	Cook, Ari	11	Tracy.High.S	4-06.00
7	Phillips, Allie		Northgate.Hi	4-04.00
7	Chan, Miranda	9	Notre;Dame;B	4-04.00
8	Boucher, Ami	9	Northgate'Hi	4-04.00

## Girls Pole Vault Varsity

#	Name	Year	School	Finals
1	Reist, Jessica	9	Washington,H	8-00.00
2	Souza, Janessa	11	Tracy'High'S	7-06.00
3	Butcher, Brooke	11	Tracy;High;S	7-00.00
4	Gilchriese, Sarah	11	Castro:Valle	7-00.00
5	Headley, Allison	10	Tracy:High:S	7-00.00
6	Neave, Erika	9	American,Hig	7-00.00
7	Landon, Kelsey	9	Washington,H	7-00.00
8	Shek, Erika	10	James,Logan	6-06.00
8	Simon, Mackenzie	9	Tracy.High.S	6-06.00
10	Heuer, Jessica	11	Castro:Valle	6-06.00
11	Ornelas, Chelise	12	Newark'Memor	6-06.00
12	Abad, Evelyn	11	American:Hig	6-06.00
12	Phillips, Allie		Northgate!Hi	6-06.00
14	Gamez, Monica	10	Castro:Valle	7-00.00
--	Gilham, Haley	10	Castro:Valle	NH
--	Bartolome, Marjorie	11	James:Logan	NH

## Girls Long Jump Varsity

#	Name	Year	School	Finals	Wind
1	Evans, Janaa	9	Skyline,High	17-07.50	NW
2	Curd, Vanisha	12	James'Logan	16-06.00	NW
3	Hill, Dejanaa	11	James:Logan	16-02.00	NW
4	Shockley, Julia	10	James'Logan	15-04.00	NW
5	Truong, Connie	9	James.Logan	15-01.00	NW
6	Rodriguez, Jasmine	9	Holy.Names.H	14-07.50	NW
7	Arceneaux, Sara	12	Northgate:Hi	14-06.00	NW
8	Watts, Idella	9	Skyline;High	14-03.25	NW
9	Schelling, Kayla	10	Redwood;Chri	14-01.25	NW
10	Lazzara, Catrina	9	Washington,H	13-11.75	NW
11	Reist, Jessica	9	Washington.H	13-11.25	NW
11	Turner, Mariah	9	James'Logan	13-11.25	NW
13	Brazil, Janet	11	Notre;Dame;B	13-07.50	NW
14	Van:Sprakelaar, Stephani	9	Washington,H		
13-05.00		NW			
15	Diaz, Abby	9	Redwood,Chri	13-02.50	NW
16	Lee, Crystal	11	Castro.Valle	13-00.00	NW
17	Petterson, Lyndsay	12	Northgate:Hi	12-10.25	NW
18	Heckman, Stephanie	9	Washington;H	11-06.00	NW
19	Jones, Haley	9	Newark'Memor	11-03.50	NW
20	Smith, Carly	12	Redwood!Chri	11-03.25	NW
21	Henderson, Kimberly	9	Washington:H	11-00.00	NW
22	Santos, Shayn	9	James;Logan	10-08.00	NW
23	Kaur, Shubreen	9	Washington:H	10-07.50	NW
24	West, Ellen	11	Notre;Dame;B	10-04.75	NW
25	Morrison, Kelly	10	Oakland'Tech	9-00.00	NW
--	Pape, Heather	12	Redwood,Chri	ND	NW

## Girls Triple Jump Varsity

#	Name	Year	School	Finals	Wind
1	Evans, Janaa	9	Skyline;High	33-09.00	NW
2	Hartwell, Elizabeth	10	James:Logan	32-06.00	NW
3	Shockley, Julia	10	James'Logan	31-08.50	NW

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4	Coyle,,Allison	10	Northgate,Hi	31-07.50	NWI
5	Lee,,Crystal	11	Castro,Valle	30-11.00	NWI
6	Troung,,Connie	9	James!Logan	30-08.50	NWI
7	Reed,,Dana	12	Redwood!Chri	29-10.50	NWI
8	Salom,,Chelsa	11	James;Logan	29-06.50	NWI
9	Turner,,Mariah	9	James;Logan	29-05.00	NWI
10	Kunz,,Erin	11	American,Hig	29-02.00	NWI
11	Brazil,,Janet	11	Notre.Dame.B	28-04.50	NWI
11	Watts,,Idella	9	Skyline!High	28-04.50	NWI
13	Turangan,,Alana	10	Irvington!Hi	27-09.00	NWI
14	Shah,,Priyanka	12	Irvington:Hi	27-07.00	NWI
15	Pape,,Heather	12	Redwood!Chri	27-06.50	NWI
16	Schelling,'Kayla	10	Redwood!Chri	26-08.00	NWI
17	West,'Ellen	11	Notre.Dame.B	26-07.50	NWI
18	Kuzni,,Kristine	9	Redwood,Chri	25-08.50	NWI
19	Santos,,Shayn	9	James;Logan	25-05.00	NWI

## Girls Shot Put Varsity

#	Name	Year	School	Finals
1	Galanto,!Chayenne	12	Newark:Memor	30-00.00
2	Reed,,Dana	12	Redwood!Chri	29-03.00
3	Temple,'Jayonna	10	Oakland!Tech	28-08.00
4	Jones,,Alexandra	9	James!Logan	28-06.00
5	Donnelly,'Noelle	10	Castro,Valle	28-06.00
6	Finch,,Lauren	12	Arroyo:High	27-05.00
7	Iniguez,,Nicole	12	Newark,Memor	26-02.00
8	Birznies,,Astra	12	Castro,Valle	26-00.00
9	Grey,!Mel	11	American:Hig	26-00.00
10	Za:Nabria,,Celeste	12	Newark,Memor	25-09.00
11	Espinosa,,Jessica	9	Newark,Memor	25-05.00
12	Reyes,,Kassandra	11	James!Logan	25-00.00
12	Odfina,,Gemma	9	Newark:Memor	25-00.00
14	Oeser,,Melessa	9	Notre:Dame:B	24-10.00
14	Brueder,,Katrina	10	Tracy;High:S	24-10.00
16	Lim,,Tiffany	9	Chinese!Chri	24-09.00
17	Nicholson,,Brandi	10	James.Logan	24-05.00
18	Shokoor,,Zohal	9	American,Hig	24-04.00
19	Paronia,,Jae	12	Newark!Memor	24-02.00
19	Figueroa,'Nadia	9	American.Hig	24-02.00
21	Duerksen,,Login	11	Tracy!High!S	23-10.00
22	Valle,!Nanpsee	9	James'Logan	23-01.00
23	Clements,,Liz	10	Newark:Memor	23-00.00
23	Jones,,Taylor	11	Tracy.High.S	23-00.00
23	Platko,'Paige	9	Newark:Memor	23-00.00
26	Holden,,Jessica	11	Newark:Memor	22-09.00
27	Stewart,,Nikki	10	James;Logan	22-06.00
28	Gilchriese,,Sarah	11	Castro,Valle	21-08.00
29	Dillard,'Angela	9	Skyline!High	21-07.00
30	Lim,,Amanda	11	Chinese;Chri	21-00.00
31	Padilla,'Christine	10	Washington!H	20-10.00
32	Felix,'Karinna	10	Newark,Memor	20-07.00
33	Chiu,,Janice	10	Mission.San	20-06.00
34	Colon,!Marissa	10	Newark,Memor	20-04.00
35	Wong,,Ami	10	Mission!San	20-00.00
36	Gonzales,'Valeria	10	Newark!Memor	19-06.00
37	Pouncy,'Victoria	12	Redwood!Chri	19-04.00
37	Crespo,,Dennise	9	Newark!Memor	19-04.00
39	Rai,'Sandy	9	Newark!Memor	19-02.00
40	Huynh,,Tracy	10	Chinese:Chri	19-01.00
41	Trabanino,!Gen	12	Newark;Memor	18-08.00
42	King,,Tiara	9	Skyline'High	16-11.00
43	Rai,,Rupi	9	Newark;Memor	15-03.00
44	Taylor,!Tess	10	Washington:H	14-09.00
45	Johnson,,Rachel	9	Castro:Valle	13-00.00

## Girls Discus Throw Varsity

#	Name	Year	School	Finals
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1	Knight,!Alana	12	Castro:Valle	97-02
2	Finch,,Lauren	12	Arroyo:High	89-05
3	Duerksen,,Login	11	Tracy:High:S	86-10
4	Malakzay,!Sara	9	James:Logan	81-07
5	Adams,,Summer	11	Tracy:High.S	79-07
6	Galanto,,Chayenne	12	Newark!Memor	79-03
7	Brueder,!Katrina	10	Tracy:High:S	78-11
8	Wong,,Ami	10	Mission!San	78-11
9	Stewart,,Nikki	10	James,Logan	76-11
10	Shokoor,'Zohal	9	American;Hig	76-01
11	Grey,,Mel	11	American:Hig	75-03
12	Temple,,Jayonna	10	Oakland,Tech	74-09
13	Oeser,!Melessa	9	Notre,Dame,B	74-05
14	Reed,,Dana	12	Redwood,Chri	73-06
15	Valle,!Nanpsee	9	James!Logan	72-08
16	Grewel,,Manpreet	11	Arroyo;High	72-03
17	Za.Nabria,,Celeste	12	Newark!Memor	72-01
17	Iniguez,'Nicole	12	Newark.Memor	72-01
19	Platko,,Paige	9	Newark,Memor	70-05
20	Chiu,!Janice	10	Mission!San	70-04
21	Rai,,Sandeep	9	Newark,Memor	69-10
22	Birznies,,Astra	12	Castro'Valle	69-03
23	Jones,,Taylor	11	Tracy;High:S	68-10
24	Espinosa,,Jessica	9	Newark;Memor	68-09
25	Odfina,'Gemma	9	Newark.Memor	67-09
26	Holden,,Jessica	11	Newark,Memor	67-08
27	Reyes,'Kassandra	11	James;Logan	64-02
27	Gonzales,!Valeria	10	Newark,Memor	64-02
29	Paronia,,Jae	12	Newark:Memor	63-11
30	Pouncy,!Victoria	12	Redwood;Chri	62-06
31	Nicholson,,Brandi	10	James;Logan	62-00
32	Padilla,'Christine	10	Washington!H	61-08
33	Lim,,Tiffany	9	Chinese!Chri	58-03
34	Trabanino,,Genesis	12	Newark:Memor	57-08
35	Dillard,!Angela	9	Skyline,High	56-09
36	Taylor,,Tess	10	Washington:H	55-01
37	Colon,!Marissa	10	Newark:Memor	54-07
38	Clements,'Liz	10	Newark!Memor	52-04
39	Iyora,,Eselle	10	Redwood:Chri	51-02
40	King,,Tiara	9	Skyline.High	50-01
41	Jones,!Alexandra	9	James;Logan	48-03
42	Felix,'Karinna	10	Newark:Memor	47-00
43	Chan,,Tammy	12	Chinese'Chri	44-09
44	Rai,,Rupi	9	Newark.Memor	43-10
45	Figueroa,,Nadia	9	American'Hig	38-07
46	Crespo,,Dennise	9	Newark.Memor	37-11
47	Huynh,,Tracy	10	Chinese'Chri	37-05

## Boys High Jump Frosh/Soph

#	Name	Year	School	Finals
1	Stapleton,,Tim		Northgate,Hi	5-06.00
2	Tinsley,,Dasean	9	Newark!Memor	5-02.00
3	Kneppers,,Andrew	10	Northgate.Hi	4-10.00
4	Salvail,,Andrew	9	Newark;Memor	4-06.00

## Boys Triple Jump Frosh/Soph

#	Name	Year	School	Finals	Wind
1	Yang,,Brandon	10	James.Logan	36-01.00	NWI
2	Kono,,Yuya	10	Castro!Valle	36-00.25	NWI
3	Fiorenza,!Giovanni	10	Northgate!Hi	35-10.50	NWI
4	King,,Alex	9	Irvington!Hi	35-10.00	NWI
5	Singh,,Amandeep	10	James!Logan	35-08.00	NWI
6	Dong,,David	9	James!Logan	33-07.50	NWI
7	Rullier,,Jessee	10	James;Logan	33-05.00	NWI
8	Rodriguez,'Allen		Newark!Memor	31-03.00	NWI
9	Locatelli,,Tyler	9	Tracy:High:S	31-01.00	NWI
10	Tinsley,,Dasean	9	Newark:Memor	30-08.50	NWI

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## Boys Shot Put Frosh/Soph

#	Name	Year	School	Finals
1	Mattie,;Brian	9	American'Hig	41-03.00
2	Allen,;Greg	9	Newark;Memor	37-10.00
3	Agraviador,;Marcus	10	James,Logan	37-09.00
4	Pietrobono,;Anthony	10	Newark.Memor	37-02.00
5	Armenta,;Francisco	10	Northgate,Hi	36-04.00
6	Gould,;Max	10	Newark!Memor	35-10.00
7	Zeigler,;Andrew	10	Newark'Memor	34-08.00
8	Huffaker,;Hunter	9	Castro;Valle	34-08.00
9	Conway,;Austin	10	Castro!Valle	34-05.00
9	Boren,;Drew	9	Tracy!High!S	34-05.00
11	Barfeei,;Emaun	10	Castro.Valle	34-04.00
12	Moore,;Max	9	Northgate;Hi	33-10.00
13	Conway,;Alec	10	Castro.Valle	33-05.00
14	Pivin,;Riley	9	Newark'Memor	32-11.00
15	Dayrit,;Ariel	10	James,Logan	32-06.00
16	Jackman,;Jacob	9	Tracy'High'S	32-05.00
17	Dutt,;Ritesh	9	Newark'Memor	32-04.00
18	Scortino,;Nicolas	9	Tracy:High:S	31-11.00
19	Sheymemah,;Isaac	9	Castro.Valle	31-03.00
20	Kiemle,;Daniel	9	Newark.Memor	31-02.00
21	Diaz,;Manuel	10	James:Logan	31-00.00
22	Davies,;Jon	9	Northgate;Hi	30-08.00
23	Santana,;Carlos	10	James,Logan	28-09.00
24	Ocampo,;Ramil	10	James;Logan	28-02.00
25	Salvail,;Adrian	9	Newark,Memor	26-04.00
26	Deguzman,;Gerome	9	James;Logan	25-10.00
27	Comandante,;Matthew	10	Moreau:High	21-10.00
--	Andes,;David	10	Moreau:High	ND
--	Singh,;Balpreet	9	Mt.,Eden,Hig	ND

## Boys Discus Throw Frosh/Soph

#	Name	Year	School	Finals
1	Gould,;Max	10	Newark'Memor	108-03
2	Allen,;Greg	9	Newark;Memor	102-09
3	Pietrobono,;Anthony	10	Newark;Memor	102-03
4	Viveiros,;Anthony	10	Castro'Valle	97-10
5	Conway,;Austin	10	Castro:Valle	96-03
6	Agraviador,;Marcus	10	James!Logan	94-06
7	Santana,;Carlos	10	James:Logan	90-05
8	Zeigler,;Andrew	10	Newark.Memor	89-00
9	Mattie,;Brian	9	American'Hig	88-10
10	Armenta,;Francisco	10	Northgate!Hi	88-00
11	Conway,;Alec	10	Castro;Valle	87-03
12	Zaballos,;Paul	10	Castro,Valle	86-03
13	Scortino,;Nicolas	9	Tracy.High.S	83-09
14	Moore,;Max	9	Northgate:Hi	82-08
15	Sheymemah,;Isaac	9	Castro:Valle	80-03
16	Huffaker,;Hunter	9	Castro!Valle	78-10
17	Pivin,;Riley	9	Newark'Memor	78-09
18	Jackman,;Jacob	9	Tracy!High!S	77-09
19	Dayrit,;Ariel	10	James,Logan	77-08
20	Barfeei,;Emaun	10	Castro.Valle	77-04
21	Salvail,;Adrian	9	Newark;Memor	74-08
22	Boren,;Drew	9	Tracy.High.S	74-01
23	Ioane,;John-john	10	Northgate.Hi	73-00
24	Diaz,;Manuel	10	James;Logan	72-09
25	Kiemle,;Daniel	9	Newark;Memor	66-08
26	Ocampo,;Ramil	10	James.Logan	65-00
27	Dutt,;Ritesh	9	Newark'Memor	62-09
28	Andes,;David	10	Moreau!High	53-07
29	Deguzman,;Gerome	9	James:Logan	50-07
30	Comandante,;Matthew	10	Moreau:High	
45-10				

## Boys High Jump Varsity

#	Name	Year	School	Finals
1	Huemoeller,;Jacob	11	Redwood.Chri	5-08.00
2	Fambro,;Darian	12	Irvington;Hi	5-06.00
3	Embaye,;Fennan	12	James,Logan	5-00.00
3	Dayrit,;Michael	12	James;Logan	5-02.00
4	Lansang,;Kevin	11	Northgate'Hi	5-00.00
4	Masulit,;Jonathon	11	James'Logan	5-00.00
5	Brewer,;Christian	11	Northgate;Hi	4-08.00
--	Tanoto,;Ansley	12	Northgate,Hi	NH
--	Butler,;Matt	11	Northgate!Hi	NH
--	Parks,;David	12	Newark.Memor	NH
--	Asberry,;Charles	11	Northgate!Hi	NH

## Boys Pole Vault Varsity

#	Name	Year	School	Finals
1	Coulter,;Erich	11	Castro!Valle	11-06.00
2	Anklam,;Casey	11	Tracy,High,S	11-00.00
3	Laris,;Jordan	11	Castro.Valle	10-06.00
4	Sui,;Kevin	12	Mission.San	10-06.00
5	Gonzales,;Chris	12	Mission!San	10-00.00
6	Brewer,;Christian	11	Northgate.Hi	10-00.00
7	Lamothe,;Patrick	11	American;Hig	9-06.00
8	Ellenbratch,;Nathan	12	Mission:San	9-06.00
9	Vong,;Jackie	12	Newark:Memor	9-00.00
9	Kwok,;Jusitn	12	Northgate,Hi	9-00.00
9	Narvaez,;Jeff	12	Newark.Memor	9-00.00
12	Pascual,;Gino	12	James,Logan	8-00.00
13	Laanen,;Kaj	12	Northgate!Hi	8-00.00
13	Tsurumoto,;Ian	11	Castro.Valle	8-00.00
--	Diomande,;Solo	11	Castro:Valle	NH

## Boys Long Jump Varsity

#	Name	Year	School	Finals	Wind
1	Kirven,;Solomon	12	San'Lorenzo	20-10.00	NW
2	Wicks,;Cody	11	American.Hig	19-09.00	NW
3	Bailey,;Jonny	12	Tracy,High,S	19-02.75	NW
4	Thomas,;Tyler	12	Hayward:High	18-11.00	NW
5	Huey,;Greg	12	Irvington;Hi	18-10.00	NW
6	Yu,;Henry	12	Chinese!Chri	18-09.00	NW
7	Davis,;Ben	11	Castro!Valle	18-05.75	NW
8	Nasir,;Adeeb	10	Hayward:High	18-04.75	NW
9	Lok,;Jackie	12	Chinese'Chri	18-04.50	NW
10	Lim,;Alex	12	Irvington;Hi	18-03.00	NW
11	Han,;Nate	11	Castro,Valle	17-10.50	NW
12	Fuentes,;Kristian	12	Newark.Memor	17-08.00	NW
13	Marino,;Nick	12	Castro'Valle	16-04.75	NW
--	Duong,;Kevin	12	James,Logan	ND	NW

## Boys Triple Jump Varsity

#	Name	Year	School	Finals	Wind
1	Huey,;Greg	12	Irvington;Hi	40-11.00	NW
2	Yu,;Henry	12	Chinese,Chri	38-07.00	NW
3	Lim,;Alex	12	Irvington;Hi	38-06.00	NW
4	Lok,;Jackie	12	Chinese.Chri	38-01.50	NW
5	Huemoeller,;Jacob	11	Redwood!Chri	37-10.50	NW
6	Fuentes,;Kristian	12	Newark,Memor	37-03.50	NW
7	Lamothe,;Patrick	11	American;Hig	36-07.50	NW
8	Pan,;Chris	12	Chinese,Chri	35-01.50	NW
9	Mattson,;Zachary	9	Redwood'Chri	35-01.50	NW
10	Lansang,;Kevin	11	Northgate!Hi	32-07.00	NW
11	Sawamura,;Scott	11	Newark;Memor	28-08.50	NW

## Boys Shot Put Varsity

#	Name	Year	School	Finals
1	Sapiga,;Nephi	11	Hayward!High	43-05.00
2	Tomaz,;Niko	12	Castro;Valle	43-00.00

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3	Hillar, Jacob	11	American Hig	42-07.00
4	Sodhi, Jagtej	12	American Hig	41-06.00
5	Solomon, Alex	12	Northgate Hi	40-09.00
6	Simmons, Mister	12	James Logan	40-02.00
7	Mcclain, Devonte	12	James Logan	39-01.00
8	Buckland, Eric	12	Northgate Hi	39-01.00
9	Lam, Bryan	12	Chinese Chri	38-11.00
9	Mcelvogue, Mick	11	Newark Memor	38-11.00
11	Barrera, Emmanuel	12	Castro Valle	38-04.00
12	Bouchard, Jeff	12	Castro Valle	38-03.00
13	Sweetwyne, Kellen	11	Hayward High	37-08.00
14	Gilham, George	12	Castro Valle	37-05.00
15	Ng, Maverick	11	James Logan	35-09.00
15	Nickles, Sid	12	Newark Memor	35-09.00
17	O'connor, Rocky	11	Newark Memor	35-01.00
18	Petersen, Kris	11	Newark Memor	34-10.00
19	Vazquez, Alex	12	Castro Valle	34-02.00
20	Beyne, Dillan	12	James Logan	33-09.00
21	Funaki, Joe	11	Hayward High	33-05.00
22	Eddings, Seth	12	Washington H	33-02.00
23	Burgess, Matt	11	Newark Memor	32-10.00
24	Pascual, Gino	12	James Logan	32-08.00
25	Davis, Kenny	12	Castro Valle	31-04.00
26	Mattson, Jacob	10	Redwood Chri	29-02.00
27	Perkins, Kent	11	Northgate Hi	29-00.00
28	Virrueta, Augie	11	Newark Memor	26-10.00
29	Im, Kagen	10	Redwood Chri	26-09.00
30	Alejandro, Jasper	12	Newark Memor	26-05.00
31	Ashby, Joe	12	Castro Valle	25-10.00
32	Martinez, Jose	12	Newark Memor	24-02.00
33	Miramontes, Matthew	9	Redwood Chri	23-03.00
34	Chan, Kevin	12	Redwood Chri	22-04.00
35	Fan, Jonathan	9	Redwood Chri	21-09.00
--	Sanchez, Jaimie	11	Moreau High	ND
--	Carrick, Tony	11	Castro Valle	ND

## Boys Discus Throw Varsity

#	Name	Year	School	Finals
1	Levy, Max	11	Northgate Hi	147-09
2	Lanfranki, Mark	12	Tracy High S	140-02
3	Sapiga, Nephi	11	Hayward High	132-09
4	Funaki, Joe	11	Hayward High	131-03
5	Sodhi, Jagtej	12	American Hig	130-08
6	Lam, Bryan	12	Chinese Chri	127-01
7	Duenas, Ray	12	Hayward High	124-04
8	Beyne, Dillan	12	James Logan	122-01
9	Davis, Kenny	12	Castro Valle	122-00
9	Mcelvogue, Mick	11	Newark Memor	122-00
11	O'connor, Rocky	11	Newark Memor	121-11
12	Eddings, Seth	12	Washington H	113-10
13	Barrera, Emmanuel	12	Castro Valle	113-06
14	Nickles, Sid	12	Newark Memor	110-07
15	Petersen, Kris	11	Newark Memor	109-08
16	Buckland, Eric	12	Northgate Hi	107-04
17	Bouchard, Jeff	12	Castro Valle	107-00
18	Pascual, Gino	12	James Logan	104-04
19	Gilham, George	12	Castro Valle	99-03
20	Alejandro, Jasper	12	Newark Memor	99-00
21	Simmons, Mister	12	James Logan	95-06
22	Ng, Maverick	11	James Logan	93-10
23	Vazquez, Alex	12	Castro Valle	89-05
24	Mcclain, Devonte	12	James Logan	89-02
25	Burgess, Matt	11	Newark Memor	88-04
26	Warsham, Carl	12	James Logan	83-07
27	Ashby, Joe	12	Castro Valle	81-00
28	Perkins, Kent	11	Northgate Hi	80-02
29	Sanchez, Jaimie	11	Moreau High	79-09

30	Im, Kagen	10	Redwood Chri	76-03
31	Virrueta, Augie	11	Newark Memor	75-10
32	Carrick, Tony	11	Castro Valle	75-01
33	Martinez, Jose	12	Newark Memor	74-03
34	Cano, Sebastian	11	Castro Valle	71-02
35	Mattson, Jacob	10	Redwood Chri	69-10
36	Chan, Kevin	12	Redwood Chri	58-06
37	Miramontes, Matthew	9	Redwood Chri	52-08
38	Fan, Jonathan	9	Redwood Chri	47-00
--	Rosendahl, Bruce	12	Castro Valle	ND
--	Hillar, Jacob	11	American Hig	ND
--	Cook, Sean	10	Redwood Chri	ND

## NIGHT MEET

### Girls 100 Meter Dash Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Harvey, Atiya	10	James Logan	12.07	NWI
2	Hart, Montairra	12	Skyline High	12.28	NWI
3	Robinson, Kristen	9	Skyline High	12.80	NWI
4	Alli, Tobi	12	Castro Valle	12.91	NWI
5	Deadwiler, Camille	9	American Hig	13.09	NWI
6	Brewer, Paiton	12	Newark Memor	13.14	NWI
7	Craft, Taylo	9	Newark Memor	13.16	NWI
8	Alsobrook, Tyler	10	San Lorenzo	13.27	NWI
9	Elam, Kristin	9	Castro Valle	13.32	NWI
10	Scott, Ashlie	9	Weston Ranch	13.46	NWI
11	Ross, Kalia	12	Weston Ranch	13.57	NWI
12	Tsao, Ilene	10	Mission San	13.90	NWI
13	Chen, Catherine	11	Mission San	14.16	NWI

### Girls 200 Meter Dash Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Harvey, Atiya	10	James Logan	25.00	NWI
2	Alli, Tobi	12	Castro Valle	26.76	NWI
3	Hollis, Taylor	10	Newark Memor	26.81	NWI
4	Alexander, Breonna	11	Newark Memor	27.22	NWI
5	Scott, Ashlie	9	Weston Ranch	28.29	NWI
--	Purvis, Ashton	12	St Elizabeth	NT	NWI
--	Ross, Kalia	12	Weston Ranch	NT	NWI
--	Scott, Tarra	9	Weston Ranch	NT	NWI

### Girls 400 Meter Dash Night Meet Varsity

#	Name	Year	School	Finals
1	Stewart, Thandi	11	James Logan	56.06
2	Hollis, Taylor	10	Newark Memor	59.83
3	Bokum, Elizabeth	10	Vacaville Hi	1:01.21
4	Lyons, Taylor	12	Holy Names H	1:01.29
5	Ryan, Chavariana	11	Skyline High	1:01.32
6	Turner, Jocelyn	12	Hayward High	1:01.78
7	Anderson, Lorato	12	American Hig	1:03.69

### Girls 800 Meter Run Night Meet Varsity

#	Name	Year	School	Finals
1	Maron, Camille	12	Notre Dame B	2:23.39
2	Stange, Gabe	11	James Logan	2:25.84
3	Perrin, Sarah	9	James Logan	2:27.88
4	Mayfield, Janae	11	James Logan	2:29.42
--	Dun, Laura	11	Newark Memor	NT
--	Heng, Rachel	11	Irvington Hi	NT
--	Schneider, Chelsea	12	Castro Valle	NT
--	Bokum, Elizabeth	10	Vacaville Hi	NT
--	Riley, Arianne	11	Hayward High	NT
--	Clemente, Kiana	11	Newark Memor	NT

### Girls 1600 Meter Run Night Meet Varsity

#	Name	Year	School	Finals
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1	Santisteban, Kelsey	11	Castro!Valle	4:59.07
2	Wummer, Elise	12	Castro!Valle	5:16.84
3	Hirsch, Madison	10	Mission.San	5:19.29
4	Gerards, Jessica	11	Washington!H	5:24.09
5	Morales, Andrea	10	American!Hig	5:27.83
6	Perrin, Sarah	9	James!Logan	5:32.81
7	Boucher, Ami	9	Northgate,Hi	5:36.67
8	Gerards, Rachel	11	Washington.H	5:41.33
9	Seilnacht, Annika	9	American.Hig	5:49.45

## Girls 3200 Meter Run Night Meet Varsity

#	Name	Year	School	Finals
1	Cherk, Erika	10	Mission!San	11:51.74
2	Boucher, Ami	9	Northgate;Hi	12:21.62
3	Morales, Andrea	10	American!Hig	12:31.32
4	Koide, Janell	11	American:Hig	12:33.13
5	Lenci, Alison	11	Mission;San	12:37.28
6	Ramirez, Jessica	9	James'Logan	12:49.81
7	Campbell, Madeline	9	Northgate,Hi	12:58.13
8	Dickstein, Siwen	11	Mission'San	12:59.43
9	Xu, Linda	12	Mission.San	13:04.28
--	Gerards, Jessica	11	Washington:H	NT
--	Del'Cid, Estefanie	12	Mission.San	NT
--	Seilnacht, Annika	9	American:Hig	NT
--	Gerards, Rachel	11	Washington,H	NT
--	Ocon, Kelsi	10	Washington!H	NT

## Girls 100 Meter Hurdles Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Johnson, Victoria	12	James, Logan	14.73	NW
2	Craft, Taylo	9	Newark:Memor	15.22	NW
3	Aldridge, Monique	12	Castro.Valle	15.88	NW
4	Bowrtsmith, Kelsea		Arroyo,High	17.43	NW
5	Delaria, Erin	11	Northgate:Hi	17.49	NW
6	Holmlund, Luci	11	Redwood;Chri	17.76	NW
7	Chaiteasipisit, Lena	11	Newark:Memor	18.22	NW
8	Fujikawa, Alyssa	11	Mission'San	19.09	NW

## Girls 300 Meter Hurdles Night Meet Varsity

#	Name	Year	School	Finals
1	Stewart, Thandi	11	James'Logan	43.56
2	Wallace, Sasha	9	Holy:Names:H	44.99
3	Brown, Mianni	11	James;Logan	49.89
4	Martinez, Roquell	9	Washington.H	50.40
5	Natividad, Paige	12	Newark,Memor	51.14
6	Delaria, Erin	11	Northgate.Hi	51.29
7	Gill, Preet	11	American!Hig	52.94

## Girls 4x100 Meter Relay Night Meet Varsity

#	School	Finals
1	James.Logan.	47.78
2	Skyline.	49.31
3	Castro.Valley.	49.94
4	Newark;Memorial;	50.48
5	American!	51.31
6	Holy,Names,	53.39
7	Mission!San!Jose!	53.60

## Girls 4x100 Meter Relay Weight Woman Varsity

#	School	Finals
1	James:Logan:	1:00.96
--	James'Logan' ""b'	NT

## Girls 4x400 Meter Relay Night Meet Varsity

#	School	Finals
1	James.Logan.	4:04.36
2	Notre;Dame;B	4:16.39

3	American;	4:24.63
4	Oakland.Tech.	4:29.97
--	James:Logan: ::'b'	NT
--	Northgate,	NT
--	Newark:Memorial:	NT
--	American' ""b'	NT

## Boys 100 Meter Dash Night Meet Frosh/Soph

#	Name	Year	School	Finals	Wind
1	Lewis, Keith	10	Oakland,Tech	11.59	NW
2	Long, Miles	9	James'Logan	11.61	NW
3	Hines, Deshane	10	American!Hig	12.08	NW
4	King, Alex	9	Irvington.Hi	12.38	NW
--	Mason, Melvin	10	Vacaville;Hi	NT	NW
--	Speegle, Matt	9	Castro'Valle	NT	NW
--	Rodriguez, Alex	10	Overfelt	NT	NW
--	Speegle, Myles	9	Castro;Valle	NT	NW

## Boys 200 Meter Dash Night Meet Frosh/Soph

#	Name	Year	School	Finals	Wind
1	Long, Miles	9	James:Logan	23.69	NW
2	Aleem, Talat	10	James.Logan	23.79	NW
3	Ying, Richard	10	Mission.San	24.61	NW
4	D,Quan, Shermab		James'Logan	25.70	NW
5	Hernandez, Jefferson	10	Newark:Memor	25.72	NW
--	Mason, Melvin	10	Vacaville;Hi	NT	NW
--	Latin, Willie	10	James:Logan	NT	NW
--	Der, Derrick	10	Chinese.Chri	NT	NW

## Boys 400 Meter Dash Night Meet Frosh/Soph

#	Name	Year	School	Finals
1	Avila, Ben	10	James'Logan	51.94
2	Aleem, Talat	10	James:Logan	52.02
3	Murray, Euchari	10	Oakland'Tech	52.36
4	Grant, Eeron	10	Valley!Chris	54.30
5	Thomas, Khari	10	James'Logan	54.65
6	Galvin, Devin	10	American,Hig	54.79
7	Hernandez, Jefferson	10	Newark.Memor	56.30
8	Sherman, D'quan	10	James;Logan	59.55

## Boys 800 Meter Run Night Meet Frosh/Soph

#	Name	Year	School	Finals
1	Reamy, Jack		Northgate.Hi	2:10.20
2	Espinoza, Abraham	10	James:Logan	2:11.09
3	Theus, Leo	10	Oakland;Tech	2:11.87
4	Alindogan, Aj	10	Mt..Eden.Hig	2:12.60
5	Horecka, Gene	10	Washington,H	2:12.96
6	Eva, Matthew	9	Castro:Valle	2:13.99
7	Harris, Davis	9	Oakland;Tech	2:14.45
8	Yu, Leon	9	Skyline'High	2:15.11

## Boys 1600 Meter Run Night Meet Frosh/Soph

#	Name	Year	School	Finals
1	Petersen, Nolan	9	Washington.H	4:41.15
2	Valeriani, Michael	10	Northgate:Hi	4:43.41
3	Morales, Emanuel	10	Mt.'Eden'Hig	4:44.59
4	Espinoza, Abraham	10	James:Logan	4:47.65
5	Yee, Michael	10	James.Logan	4:49.31
6	Alexander, Matt	10	American;Hig	4:50.37
7	Stalters, Danny	9	Northgate:Hi	4:51.52
8	Perez, Giovanni	10	Mt..Eden.Hig	4:59.22
9	Conway, Alec	10	Castro,Valle	4:59.92
10	Mulugeta, Solomon	10	American:Hig	5:01.66
11	Horecka, Gene	10	Washington:H	5:02.85
12	Cheng, Kevin	10	American:Hig	5:03.48
--	Alindogan, Aj	10	Mt.!Eden!Hig	NT

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## Boys 3200 Meter Run Night Meet Frosh/Soph

#	Name	Year	School	Finals
1	Mahoney, Tanner	10	Vacaville, Hi	10:14.04
2	Mulugeta, Solomon	10	American! Hig	10:25.26
3	Guthy, Dinakar	10	Mission! San	10:27.92
4	Morales, Emanuel	10	Mt., Eden, Hig	10:27.96
5	Yee, Michael	10	James! Logan	10:35.58
6	Serface, Peter	10	Vacaville, Hi	10:37.02
7	Stalters, Danny	9	Northgate, Hi	10:38.78
8	Ha, Nicholas	9	Mission! San	10:44.17
9	Ku, John	9	American, Hig	10:47.91
10	Alexander, Matt	10	American! Hig	10:48.48
11	Sumner, Joel	10	Northgate, Hi	10:51.31
12	Kruger, Avery	10	Mission, San	10:55.13
13	Cheng, Kevin	10	American, Hig	11:06.54
--	Conway, Alec	10	Castro, Valle	NT
--	Petersen, Nolan	9	Washington' H	NT

## Boys 110 Meter Hurdles Night Meet Frosh/Soph

#	Name	Year	School	Finals	Wind
1	Shen, Josh	10	James' Logan	16.50	NW
2	Lew, John	10	San, Leandro: High	16.99	NW
3	Hamlin, Laval	9	Skyline: High	18.60	NW
4	Wilcox-carpenter, Marqui	10	James! Logan	18.62	NW
5	Noack, Bowen	10	Tracy! High! S	18.80	NW
6	Sousa, Blake	10	Newark; Memor	19.04	NW
7	Pratt, Jacob	10	Newark' Memor	19.45	NW
8	Cheung, Stephen	10	Washington' H	19.86	NW

## Boys 300 Meter Hurdles Night Meet Frosh/Soph

#	Name	Year	School	Finals
1	Avila, Ben	10	James; Logan	41.86
2	Prothro, Jeff	9	James. Logan	43.52
3	Wilcox-carpenter, Marqui	10	James; Logan	45.04
4	Hamlin, Laval	9	Skyline; High	45.10
5	Noack, Bowen	10	Tracy' High' S	45.63
6	Sousa, Blake	10	Newark' Memor	45.65
7	Falck, Noah	10	Newark! Memor	47.58
8	Lew, John	10	San' Leandro' High	48.54

## Boys 4x100 Meter Relay Night Meet Frosh/Soph

#	School	Finals
1	James, Logan,	44.56
2	Northgate;	45.80
3	Mission! San! Jose!	47.11
4	Skyline.	47.66
5	American.	48.26

## Boys 4x100 Meter Relay Weight Man Frosh/Soph

#	School	Finals
--	James, Logan, 'b'	NT
--	James. Logan. 'c'	NT
--	James' Logan'	NT

## Boys 4x400 Meter Relay Night Meet Frosh/Soph

#	School	Finals
1	James; Logan;	3:38.13
2	Oakland. Tech.	3:45.63
3	Skyline.	3:52.50
4	Mt.: Eden:	3:55.02
5	American,	4:06.47
--	Northgate;	NT
--	Castro! Valley!	NT
--	James! Logan! 'b'	NT

## Boys 100 Meter Dash Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Atkinson, Josh	11	Granada. High	10.61	NW
2	Horsley, Carl	12	Skyline: High	10.81	NW
3	Rucker, Darquis	12	Skyline, High	10.93	NW
4	Tobin, Michael	12	Newark. Memor	11.16	NW
5	Henry, Derrick	12	Skyline, High	11.25	NW
6	Renshaw, Joel	12	Newark: Memor	11.28	NW
7	Shetty, Viv	12	James: Logan	11.36	NW
8	Blue, Noah	12	Skyline' High	11.56	NW
9	Simpson, Marcua	12	Oakland! Tech	11.57	NW
10	Wang, Edward	12	Mission. San	11.77	NW
11	Tsao, Brendan	12	Mission! San	11.82	NW
12	Williams, Jordan	11	Tracy! High! S	12.02	NW

## Boys 200 Meter Dash Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Atkinson, George	11	Granada; High	21.72	NW
2	Tobin, Michael	12	Newark: Memor	23.03	NW
3	Renshaw, Joel	12	Newark: Memor	23.10	NW
4	Shaw, Andre	12	James! Logan	23.12	NW
5	Clarke, Rhomel	11	Mt. 'Eden' Hig	23.38	NW
6	Williams, Josh	12	Tracy, High, S	23.72	NW
7	Bailey, Jonny	12	Tracy; High; S	23.85	NW
8	Thomas, Tyler	12	Hayward. High	24.00	NW
9	Monroe, Desmond	12	San; Leandro; High	24.21	NW
10	Wang, Edward	12	Mission; San	24.32	NW
11	Nasir, Adee	10	Hayward! High	24.56	NW
12	Petersen, Kris	11	Newark. Memor	25.42	NW
--	Mcallister, Carlton	12	Tracy: High: S	NT	NW
--	Birks, Blakelyn	12	Vacaville: Hi	NT	NW
--	Jones, Khalid	12	James. Logan	NT	NW

## Boys 400 Meter Dash Night Meet Varsity

#	Name	Year	School	Finals
1	Knight, Benjamin	12	Overfelt	49.68
2	Llanos, Josh	12	Northgate: Hi	50.56
3	Skrovronski, Roman	11	Newark! Memor	51.23
4	Williams, Josh	12	Tracy, High, S	51.30
5	Foster, Alex	11	Castro' Valle	51.56
6	Master, Keondre	12	Weston' Ranch	52.44
7	Batis, Bobby	11	Castro, Valle	52.59
8	Shaw, Andre	12	James. Logan	52.92
9	Ng, Justin	12	Mission: San	53.41
10	Davis, Ben	11	Castro, Valle	53.45
11	Niese, Ryan	11	Northgate. Hi	53.47

## Boys 800 Meter Run Night Meet Varsity

#	Name	Year	School	Finals
1	Kellogg, Toshi	12	Acalanes	1:55.86
2	Hartwell, Mason	12	James, Logan	1:58.63
3	Sewell, Tyler	11	Vacaville. Hi	2:03.33
4	Trinh, Cameron	11	Skyline. High	2:03.93
5	Chestnut, Jesse	11	Washington: H	2:05.22
6	Atkins, Patrick	11	Skyline. High	2:06.02
7	Gosen, Matt	12	Mission: San	2:06.26
8	Chan, Andrew	12	James, Logan	2:06.29
9	Nguyen, David	11	Mt., Eden, Hig	2:06.87
10	Mcallister, Carlton	12	Tracy, High, S	2:09.65
11	Lee, Jordan	12	Chinese. Chri	2:10.05
--	Mortore, Anthony	11	Castro. Valle	NT
--	Nugal, Marvin	11	Mt. 'Eden' Hig	NT
--	Diomande, Solo	11	Castro. Valle	NT
--	Smith, Matt	11	Oakland, Tech	NT

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## Boys 1600 Meter Run Night Meet Varsity

#	Name	Year	School	Finals
1	Macdonald, Josh	12	Redwood'Chri	4:23.87
2	Rich, Ben	12	Washington;H	4:29.31
3	Whittington, Chad	12	Northgate,Hi	4:31.23
4	Chestnut, Jesse	11	Washington;H	4:31.25
5	Trinh, Cameron	11	Skyline.High	4:34.60
6	Baltazar, Jose	11	James!Logan	4:55.00
7	Jacobsen, Ben	12	James;Logan	4:58.05

## Boys 3200 Meter Run Night Meet Varsity

#	Name	Year	School	Finals
1	Uken, Joey	11	Mission, San	10:06.65
2	Coulter, Erich	11	Castro!Valle	10:06.71
3	Whittington, Chad	12	Northgate,Hi	10:09.74
4	Garrett, Tanner	11	Vacaville;Hi	10:10.74
5	Ruvalcaba, Arthur	11	Mt.'Eden'Hig	10:12.47
6	Snow, Andrew	12	Arroyo.High	10:13.47
7	Ashby, Tom	12	Castro, Valle	10:14.37
8	Baltazar, Jose	11	James;Logan	10:14.48
9	Jacobsen, Ben	12	James'Logan	10:18.43
--	Liu, David	11	Skyline,High	NT
--	Melton, Will	12	Northgate,Hi	NT
--	Jackson, Nathan	11	Big'Valley'C	NT
--	Lee, Jordan	12	Chinese.Chri	NT
--	Mart, Dillon	10	Orestimba;Hi	NT
--	Rich, Ben	12	Washington'H	NT

## Boys 110 Meter Hurdles Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Mayfield, Angell	12	Weston;Ranch	14.19	NW
2	Corley, Monte	12	James;Logan	14.25	NW
3	Odwudiafor, Ikem	12	Mission:San	15.27	NW
4	Monroe, Desmond	12	San'Leandro'High	16.84	NW
5	Hudson, Kwame	11	Castro;Valle	17.08	NW
6	Petrucelli, Kyle	11	Tracy;High;S	18.04	NW

## Boys 300 Meter Hurdles Night Meet Varsity

#	Name	Year	School	Finals
1	Corley, Monte	12	James!Logan	37.06
2	Mayfield, Angell	12	Weston!Ranch	39.35
3	Pfeiffer, Nick	12	Pacific;Gro	41.45
4	Skrovronski, Roman	11	Newark;Memor	42.10
5	Webb, Chris	10	Hayward,High	43.11
6	Niese, Ryan	11	Northgate,Hi	43.33
7	Hudson, Kwame	11	Castro!Valle	43.92
8	Eberley, Andrew	10	Newark,Memor	47.28

## Boys 4x100 Meter Relay Night Meet Varsity

#	School	Finals
1	Skyline;	42.50
2	Newark'Memorial'	43.82
3	James;Logan.	43.86
4	Tracy;	44.93
5	Mission.San.Jose.	44.98
6	Hayward!	45.49
7	Northgate!	45.51
8	San:Lorenzo	47.34

## Boys 4x100 Meter Relay Weight Man Varsity

#	School	Finals
1	Northgate;	52.33
2	James;Logan, 'b'	56.31
--	Northgate: 'b'	NT
--	American. 'b'	NT

## Boys 4x400 Meter Relay Night Meet Varsity

#	School	Finals
1	James;Logan:	3:25.49
2	Castro;Valley:	3:35.45
3	American' 'b'	3:35.72
4	Mt.,Eden,	3:37.19
5	Tracy;	3:40.41
6	Hayward'	3:41.51
7	Mission'San'Jose'	3:45.29

## Girls High Jump Night Meet Varsity

#	Name	Year	School	Finals
1	Mcelligott, Megan	12	Mission, San	4-10.00
2	Vandermoer, Kelli	10	James;Logan	4-10.00
3	Roberts, Mackenzie	9	Northgate:Hi	4-10.00
4	Salom, Kayla	9	James;Logan	4-04.00
4	Salom, Chelsa	11	James!Logan	4-04.00

## Girls Pole Vault Night Meet Varsity

#	Name	Year	School	Finals
1	Sayady, Nikki	12	Vacaville'Hi	9-06.00
2	Cheng, Ariel	9	Mission, San	9-00.00
3	Van.Sprakelaar, Stephani	9		Washington!H
4	Reist, Jessica	9	Washington,H	8-06.00
5	Cook, Ari	11	Tracy;High;S	7-06.00
6	Kunz, Erin	11	American;Hig	7-00.00

## Girls Long Jump Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Robinson, Kristen	9	Skyline!High	18-07.25	NW
2	Runels, Tessa	11	James;Logan	18-06.00	NW
3	Norwood, Chanelle	12	American, Hig	18-01.00	NW
4	Alli, Tobi	12	Castro!Valle	17-09.00	NW
5	Miller, Brianna	11	Castro, Valle	17-06.00	NW
6	Corley, Dominique	12	James;Logan	17-03.00	NW
7	Evans, Janaa	9	Skyline:High	16-04.00	NW
8	Holmlund, Luci	11	Redwood!Chri	15-09.00	NW
--	Swayzer, Sabrina	12	Washington,H	Foul	NW

## Girls Triple Jump Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Wallace, Sasha	9	Holy;Names;H	40-00.00	NW
2	Runels, Tessa	11	James'Logan	38-09.50	NW
3	Miller, Brianna	11	Castro:Valle	36-00.50	NW
4	Corley, Dominique	12	James;Logan	35-10.50	NW
5	Hill, Dejanna	11	James'Logan	35-05.50	NW
6	Curd, Vanisha	12	James'Logan	35-01.00	NW

## Girls Shot Put Night Meet Varsity

#	Name	Year	School	Finals
1	Jones, Erinn	12	James'Logan	40-07.00
2	French, Brianna	11	Vacaville!Hi	37-04.00
3	Pabelonio, Joanne	11	American.Hig	34-05.00
4	Sapiga, Patrice	12	Hayward;High	34-00.00
5	Knight, Alana	12	Castro'Valle	33-00.00
6	Galanto, Chayenne	12	Newark!Memor	30-04.00
7	Adams, Summer	11	Tracy!High!S	30-00.00

## Girls Discus Throw Night Meet Varsity

#	Name	Year	School	Finals
1	French, Brianna	11	Vacaville:Hi	133-04
2	Sapiga, Patrice	12	Hayward'High	119-02
3	Jones, Erinn	12	James;Logan	117-06
4	Donnelly, Noelle	10	Castro, Valle	107-05
5	Knight, Alana	12	Castro. Valle	105-01
6	Pabelonio, Joanne	11	American;Hig	105-00

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7	Muskat,'Kai	11	Vacaville!Hi	103-09
8	Bailey-murray,,Angela	12	James,Logan	92-09

## Boys High Jump Night Meet Frosh/Soph

#	Name	Year	School	Finals
1	Kaye,,Clarence	10	James;Logan	5-10.00
2	Stapleton,,Tim		Northgate.Hi	5-08.00
3	Taruc,,Rico	10	James:Logan	5-04.00
4	Mundke,!Dikoma	10	James'Logan	5-00.00

## Boys Pole Vault Night Meet Frosh/Soph

#	Name	Year	School	Finals
1	White,'Reed	10	Vacaville!Hi	12-00.00
2	Woo,,Justin	10	Tracy;High;S	11-06.00
3	Miller,'Austin	10	Washington,H	11-06.00
4	Kneppers,,Andrew	10	Northgate!Hi	10-06.00
5	Fishburn,,Justin	10	Tracy,High,S	9-06.00
6	Sheridan,'Liam	10	Washington'H	9-06.00
7	O'hollaren,'Kyle	9	Washington'H	9-06.00
8	Davies,,Jon	9	Northgate:Hi	8-06.00
9	Sumang,,Andrew	10	James!Logan	8-06.00
10	Kunz,,Alex	9	American:Hig	8-06.00
--	Murphy, Nevan	9	Washington H	Dnf

## Boys Long Jump Night Meet Frosh/Soph

#	Name	Year	School	Finals	Wind
1	Prothro,!Jeff	9	James.Logan	20-03.00	NW
2	Lewis,,Keith	10	Oakland!Tech	19-02.00	NW
3	Mitscha,,Robert	10	Irvington'Hi	18-11.00	NW
4	Lew,,John	10	San.Leandro.High	16-07.50	NW

## Boys Triple Jump Night Meet Frosh/Soph

#	Name	Year	School	Finals	Wind
1	Prothro,,Jeff	9	James'Logan	42-03.50	NW
2	Taruc,,Rico	10	James;Logan	38-06.00	NW
3	Woo,,Justin	10	Tracy;High;S	38-05.00	NW
4	Kono,,Yuya	10	Castro'Valle	36-06.00	NW
5	Lew,,John	10	San,Leandro,High	36-04.50	NW
6	Yang,,Brandon	10	James'Logan	35-10.50	NW

## Boys Shot Put Night Meet Frosh/Soph

#	Name	Year	School	Finals
1	Sanchez,,Jeremy	10	Irvington.Hi	43-08.00
2	Baca,,Jacob	10	Newark.Memor	42-00.00
3	Viveiros,,Anthony	10	Castro,Valle	42-00.00
4	Zaballos,!Paul	10	Castro!Valle	41-04.00
5	Mattie,,Brian	9	American.Hig	37-08.00

## Boys Discus Throw Night Meet Frosh/Soph

#	Name	Year	School	Finals
1	Rich,,Alex	10	Washington'H	117-07
2	Taylor,'Chris	10	Vacaville.Hi	115-00
3	Sitaetasi,,Isiah	10	Vacaville.Hi	113-04
4	Baca,,Jacob	10	Newark:Memor	112-01
5	Sanchez,,Jeremy	10	Irvington;Hi	107-02
6	Gould,!Max	10	Newark!Memor	100-04

## Boys High Jump Night Meet Varsity

#	Name	Year	School	Finals
1	Privitera,'Zach	12	Northgate'Hi	6-02.00
2	Foster,,Alex	11	Castro;Valle	6-00.00
3	Huemoeller,,Jacob	11	Redwood,Chri	5-10.00
4	Tucker,,Wayne	12	Oakland'Tech	5-08.00
5	Brown,'Rashad	12	James!Logan	5-08.00
6	Sheehy,'Chris	12	Northgate,Hi	5-06.00

7	Fambro,,Darian	12	Irvington,Hi	5-06.00
7	Puno,,Gerrick	11	James:Logan	5-06.00
9	Sanders,!Stephen	11	Oakland.Tech	5-04.00

## Boys Pole Vault Night Meet Varsity

#	Name	Year	School	Finals
1	Wang,,Eric	12	Mission'San	13-06.00
2	Wiegardt,,Andrew	12	Castro:Valle	12-06.00
3	Landon,'Max	12	Washington;H	12-06.00
4	Simon,,Billy	12	Tracy'High'S	12-00.00
5	Ortiz,!Tomas	11	Newark,Memor	12-00.00
6	Kneppers,'Tomas	12	Northgate,Hi	11-06.00
7	Coulter,,Erich	11	Castro;Valle	11-00.00
7	Takhar,,Inderjit	11	James;Logan	11-00.00
--	Parks,'David	12	Newark'Memor	NH

## Boys Long Jump Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Knight,'Benjamin	12	Overfelt	22-05.00	NW
2	Kirven,!Solomon	12	San;Lorenzo	21-05.25	NW
3	Cheng,,Alvin	12	Mission:San	21-05.00	NW
4	Willis,,Jonathon	12	James:Logan	21-04.00	NW
5	Pfeiffer,'Nick	12	Pacific.Grov	21-01.50	NW
6	Cook,,Sean	10	Redwood,Chri	20-09.50	NW
7	Campbell,!Diandre	12	Oakland:Tech	20-09.00	NW
8	Shetty,'Viv	12	James!Logan	20-02.00	NW
9	Dizon,,Danny	12	Newark'Memor	19-02.50	NW

## Boys Triple Jump Night Meet Varsity

#	Name	Year	School	Finals	Wind
1	Johnson,,Victor	12	James.Logan	45-00.00	NW
2	Brown,'Rashad	12	James'Logan	43-07.00	NW
3	Cook,,Sean	10	Redwood;Chri	43-04.50	NW
4	Privitera,,Zach	12	Northgate,Hi	42-03.50	NW
5	Wicks,,Cody	11	American.Hig	41-01.00	NW
6	Davis,!Ben	11	Castro,Valle	39-07.50	NW
7	Huey,,Greg	12	Irvington'Hi	39-00.00	NW

## Boys Shot Put Night Meet Varsity

#	Name	Year	School	Finals
1	Mason,,Eric	12	Castro!Valle	54-00.00
2	Pole,!Toni	12	James,Logan	53-00.00
3	Hekking,,Brock	12	Vacaville!Hi	52-07.00
4	Eckel,,Jacob	12	Castro,Valle	49-11.00
5	Johnson,'Victor	12	James;Logan	49-02.00
6	Chuckwu,,Michaelvic	11	American,Hig	46-10.00
7	Levy,'Max	11	Northgate;Hi	46-05.00
8	Speer,,Kevin	12	Tracy'High'S	44-08.00
9	Sapiga,!Nephi	11	Hayward:High	40-09.00
10	Sanders,,Stephen	11	Oakland;Tech	34-08.00

## Boys Discus Throw Night Meet Varsity

#	Name	Year	School	Finals
1	Mason,!Eric	12	Castro:Valle	161-07
2	Speer,'Kevin	12	Tracy!High!S	158-03
3	Solomon,,Alex	12	Northgate,Hi	148-07
4	Bleasdale,,Curtis	10	Vacaville!Hi	145-06
5	Eckel,,Jacob	12	Castro;Valle	145-01
6	Pole,,Toni	12	James;Logan	135-07
7	Siscel,,Garrett	11	Vacaville,Hi	128-06
8	Tomaz,,Niko	12	Castro;Valle	127-01
--	Perry,,Bryant	11	Northgate;Hi	ND



**HAAL # 4**  
**Hayward, San Leandro, CV**  
**Thursday, April 29, 2010**  
**@ Castro Valley HS, Castro Valley**

**Mens Results**

**X 100 Meters - Varsity - Finals**

1	Andre McBride	11.30a	SALE	10
2	Victor Huguley	11.36a	SALE	12
3	Damion Rosby	11.37a	CAVA	11
4	Matthew Speegle	11.39a	CAVA	9
5	Adrian Pyles	11.69a	HAYW	12
6	Don Griffin	11.73a	HAYW	12
7	Eldron Jones	11.84a	SALE	12
8	Desmond Monroe	11.86a	SALE	12
9	Will Caro	11.88a	HAYW	10
10	Adeeb Nasir	11.92a	HAYW	10
11	Mas McNeally	12.06a	SALE	11
12	Ian Tsurumoto	12.16a	CAVA	11
13	Chris Sigler	12.43a	CAVA	12
14	Nicolas Marino	12.44a	CAVA	12
15	Nate Han	12.46a	CAVA	11

**X 100 Meters - Frosh/Soph - Finals**

1	Myles Speegle	11.65a	CAVA	9
2	Christian Carter	12.09a	SALE	9
3	Collis Williams	12.37a	SALE	9
4	Ronald Sims	12.74a	CAVA	9
5	Carl Cabrera	12.74a	SALE	10
6	Francisco Cervantez	12.78a	CAVA	10
7	Lamonte Savoy	13.16a	HAYW	10
8	Alarrin Crawford	13.28a	SALE	10

**X 200 Meters - Varsity - Finals**

1	Victor Huguley	23.24a	SALE	12
2	Andre McBride	23.46a	SALE	10
3	Adrian Pyles	23.79a	HAYW	12
4	Matthew Speegle	23.79a	CAVA	9
5	Tyler Thomas	23.89a	HAYW	12
6	Josh Rivers	23.91a	SALE	11
7	Will Caro	24.33a	HAYW	10
8	Bobby Batis	24.65a	CAVA	11
9	Mas McNeally	24.76a	SALE	11
10	Stevonte Young	24.81a	HAYW	11
11	Ian Tsurumoto	25.59a	CAVA	11
12	Dominique Cervantes	26.35a	HAYW	12

**X 200 Meters - Frosh/Soph - Finals**

1	Myles Speegle	24.04a	CAVA	9
2	Christian Carter	24.12a	SALE	9
3	Ronald Sims	26.08a	CAVA	9
4	Francisco Cervantez	26.43a	CAVA	10
5	Alarrin Crawford	26.70a	SALE	10
6	Lamonte Savoy	27.16a	HAYW	10
7	David Aguirre	27.26a	HAYW	10
8	Davyon Frey	27.80a	SALE	9
9	Alex Gao	27.81a	CAVA	10
10	Dzanin Tuecinovic	29.12a	CAVA	9

**X 400 Meters - Varsity - Finals**

1	Josh Rivers	51.99a	SALE	11
2	Davonte Wilson	52.31a	SALE	12
3	Solo Diomande	52.63a	CAVA	11
4	Bobby Batis	52.67a	CAVA	11
5	Alvictor Bradford	53.12a	SALE	12
6	Stevonte Young	53.58a	HAYW	11
7	Kyrian Obidiegou	53.84a	SALE	11
8	Ben Davis	54.14a	CAVA	11
9	Chris Webb	55.61a	HAYW	10

10	Chris Chambers	57.14a	HAYW	12
11	Jose Contreras	57.46a	SALE	11

**X 400 Meters - Frosh/Soph - Finals**

1	Andrew Mitchell	56.57a	CAVA	10
2	Isiah Walters	59.64a	SALE	9
3	Alarrin Crawford	59.97a	SALE	10
4	David Aguirre	59.97a	HAYW	10
5	Davin Kaing	1:00.25a	SALE	10
6	Stevinaire Young	1:00.56a	HAYW	9
7	Daniel Nourot	1:00.66a	CAVA	9
8	Yuya Kono	1:01.61a	CAVA	10
9	Juan Ganzalez	1:01.86a	SALE	10
10	Dzanin Tuecinovic	1:01.89a	CAVA	9
11	Alex Gao	1:02.52a	CAVA	10
12	Xuan Phan	1:02.54a	SALE	9
13	Daniel Trujillo	1:04.77a	SALE	9
14	Eiji Kono	1:04.99a	CAVA	9

**X 400 Meters - Relay Split - Varsity - Finals**

2	Alex Foster	50.18	CAVA	11
2	Ben Davis	53.85	CAVA	11
2	Will Weekes	54.35	CAVA	12

**X 400 Meters - Relay Split - Frosh/Soph - Finals**

2	Andrew Mitchell	58.13	CAVA	10
3	Daniel Nourot	59.85	CAVA	9
2	Hunter Huffaker	60.45	CAVA	9
2	Francisco Cervantez	60.80	CAVA	10
2	Khush Jawandha	61.43	CAVA	9
3	Alvin Lin	64.7	CAVA	9
3	Thien Huynh	65.4	CAVA	9
3	Eiji Kono	68.6	CAVA	9

**X 800 Meters - Varsity - Finals**

1	Will Weekes	2:09.32	CAVA	12
2	Davonte Wilson	2:15.23	SALE	12
3	Stephn Greer	2:15.67	SALE	10
4	Gary Lew	2:16.38	SALE	10
5	Diego Hurtado	2:18.89	HAYW	12
6	Juan Berman	2:21.44	CAVA	11
7	Vince Talley	2:22.45	CAVA	12

**X 800 Meters - Frosh/Soph - Finals**

1	Scott Mill	2:24.65	CAVA	9
2	Juan Ganzalez	2:26.52	SALE	10
3	Jevon Nelson	2:29.20	SALE	9
4	Brandon Arias	2:31.00	CAVA	9
5	Gide Habbitay	2:33.85	HAYW	10
6	Xuan Phan	2:35.73	SALE	9
7	Daniel Trujillo	2:36.58	SALE	9
8	Brandon Gong	2:37.86	SALE	9
9	Andrew Bruce	2:41.06	SALE	9
10	Bronson Mach	3:04.70	SALE	9

**X 1600 Meters - Varsity - Finals**

1	Will Weekes	4:49.58	CAVA	12
2	Erich Coulter	4:53.60	CAVA	11
3	Gary Lew	4:58.93	SALE	10
4	Vince Talley	4:59.37	CAVA	12
5	Stephn Greer	5:03.05	SALE	10
6	Rostam Mirzadi	5:04.66	CAVA	12
7	Scott Peek	5:11.98	CAVA	12
8	Matthew Crump	5:14.66	CAVA	12
9	Diego Hurtado	5:18.42	HAYW	12
10	Juan Berman	5:20.89	CAVA	11

**X 1600 Meters - Frosh/Soph - Finals**

1	Matt Eva	5:05.74	CAVA	9
2	Brandon Arias	5:14.31	CAVA	9
3	Juan Ganzalez	5:16.68	SALE	10

4	Jevon Nelson	5:20.17	SALE	9
5	Daniel Nourot	5:28.30	CAVA	9
6	Xuan Phan	5:30.04	SALE	9
7	Robert Barney	5:33.72	CAVA	10
8	Gide Habbitay	5:35.29	HAYW	10
9	Brandon Gong	5:41.28	SALE	9
10	Daniel Trujillo	5:46.39	SALE	9
11	Andrew Bruce	5:49.07	SALE	9
12	Imran Meskienyar	5:59.76	CAVA	9
13	Bronson Mach	6:27.66	SALE	9

**X 3200 Meters - Varsity - Finals**

1	Tom Ashby	10:41.35	CAVA	12
2	Erich Coulter	10:58.41	CAVA	11
3	Gary Lew	11:20.72	SALE	10
4	Matthew Crump	12:02.31	CAVA	12

**X 3200 Meters - Frosh/Soph - Finals**

1	Jevon Nelson	12:16.70	SALE	9
2	Robert Barney	12:17.97	CAVA	10
3	Brandon Gong	13:09.58	SALE	9
4	Imran Meskienyar	13:23.26	CAVA	9
5	Andrew Bruce	13:30.69	SALE	9
6	Bronson Mach	14:00.14	SALE	9

**X 110m Hurdles - 39" - Varsity - Finals**

1	Kwame Hudson	16.29a	CAVA	11
2	Jon Lew	16.97a	SALE	10
3	Andrew Wiegardt	18.13a	CAVA	12
4	Chris Chambers	18.61a	HAYW	12
-	Desmond Monroe	DQ	SALE	12

**X 300m Hurdles - 36" - Varsity - Finals**

1	Kwame Hudson	43.39a	CAVA	11
2	Chris Webb	44.32a	HAYW	10
3	Alvictor Bradford	45.08a	SALE	12
4	Jordan Laris	45.17a	CAVA	11
5	Chris Chambers	46.17a	HAYW	12
6	Jon Lew	46.36a	SALE	10
7	Jose Contreras	48.74a	SALE	11

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

1	Carl Cabrera	54.88a	SALE	10
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**X 4x100 Relay - Varsity - Finals**

1	Alvictor Bradford			
	Andre McBride			
	Victor Huguley			
	Josh Rivers	44.23a	SALE	
2	Will Caro			
	Tyler Thomas			
	Chris Chambers			
	Adrian Pyles	45.61a	HAYW	
3	Nate Han			
	Nicolas Marino			
	Rickey Moreno			
	Chris Sigler	47.55a	CAVA	

**X 4x100 Relay - Frosh/Soph - Finals**

1	Collins Williams			
	Isiah Walters			
	Christian Carter			
	Carl Cabrera	46.55a	SALE	
2	Francisco Cervantez			
	Ronald Sims			
	Andrew Mitchell			
	Hunter Huffaker	48.43a	CAVA	
2	Relay Team	48.43a	CAVA	

**X 4x400 Relay - Varsity - Finals**

1	Alvictor Bradford			
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Kyrian Obidiegou			7	Ray Duenas	116-09	HAYW	12	6	Thien Huynh	14-07.00	CAVA	9
Josh Rivers			8	Joe Funaki	110-05.50	HAYW	11	7	Eiji Kono	13-10.50	CAVA	9
Devonte Wilson	3:35.10a	SALE	9	Jeffrey Bouchard	110-04	CAVA	12	8	David Aguirre	13-08.50	HAYW	10
2 Will Weekes			10	Alex Vasquez	101-11	CAVA	12	-	Alvin Lin	ND	CAVA	9
Alex Foster			11	George Gilham	101-03.50	CAVA	12	-	Davin Kaing	ND	SALE	10
Ben Davis			12	Gonzalo Morales	99-07	SALE	12					
Solo Diomande	3:37.67a	CAVA	13	Sione Finau	99-06.50	SALE	12		X Triple Jump - Varsity - Finals			
2 Relay Team	3:37.67a	CAVA	14	Emmanuel Barrera	97-02.50	CAVA	12	1	Stevonte Young	42-03.00	HAYW	11
3 Will Caro			15	Steve Bowden	92-05	SALE	11	2	Ben Davis	39-10.50	CAVA	11
Adeeb Nasir			16	Niko Tomaz	92-04	CAVA	12	3	Kwame Hudson	38-01.50	CAVA	11
Stevonte Young			17	Dominique Cervantes	87-09	HAYW	12	4	Tyler Thomas	37-01.50	HAYW	12
Chris Webb	3:44.75a	HAYW	18	Joe Ashby	80-01	CAVA	12	5	Jon Lew	36-07.00	SALE	10
			19	Sal Navarro	79-05	SALE	12	6	Cameron Bodwin	35-03.00	SALE	11
			20	Bruce Rosendahl	77-07	CAVA	12					
X 4x400 Relay - Frosh/Soph - Finals			21	Kellen Sweetwyne	74-03.50	HAYW	11		X Triple Jump - Frosh/Soph - Finals			
1 Davin Kaing			22	Sebastion Cano	56-03	CAVA	11	1	Yuya Kono	35-07.00	CAVA	10
Gabriel Galsco								2	Thien Huynh	31-11.50	CAVA	9
Isiah Walters								3	Davin Kaing	31-00.50	SALE	10
Christian Carter	3:59.27a	SALE						4	Alvin Lin	29-04.50	CAVA	9
2 Relay Team	4:01.19a	CAVA						5	Eiji Kono	28-09.00	CAVA	9
2 Francisco Cervantez												
Khush Jawandha									Womens Results			
Hunter Huffaker									X 100 Meters - Varsity - Finals			
Andrew Mitchell	4:01.19a	CAVA						1	Taelor Hogan	13.27a	HAYW	12
3 Alvin Lin								2	Maya Chissell	13.29a	CAVA	10
Thien Huynh								3	Camille Watson	13.86a	SALE	9
Eiji Kono								4	Chelsea Randall	14.03a	SALE	11
Daniel Nourot	4:19.05a	CAVA						5	Jasmine Flannigan	14.25a	HAYW	12
								6	Karyn Bishop	14.60a	SALE	11
X Shot Put - 12lb - Varsity - Finals								7	Lelani Brown	15.58a	HAYW	12
1 Eric Mason	53-01.00	CAVA	12					8	Julia Velasquez	15.66a	CAVA	11
2 Sione Maile	48-03.00	SALE	12					9	Megan Chiu	16.10a	CAVA	11
3 Jacob Eckel	48-01.00	CAVA	12					10	Sahar Lalmohamad	17.17a	CAVA	11
4 Malcolm Nunn	47-00.50	SALE	12									
5 Niko Tomaz	41-09.00	CAVA	12						X 100 Meters - Frosh/Soph - Finals			
5 Jeffrey Bouchard	41-09.00	CAVA	12					1	Nichollette Brown	13.50a	SALE	9
7 George Gilham	39-05.00	CAVA	12					2	Christina Hill	13.89a	SALE	9
8 Sione Finau	37-08.50	SALE	12					3	Haley Gilham	14.18a	CAVA	10
9 Kenneth Davis	35-07.00	CAVA	12					4	Emily Payne	14.25a	CAVA	9
10 Steve Bowden	35-04.50	SALE	11					5	Brandi Gardere	14.33a	HAYW	10
11 Joe Funaki	34-08.50	HAYW	11					6	Nakia Leopold	14.42a	HAYW	10
12 Sal Navarro	34-06.00	SALE	12					7	Lexie Arens	15.24a	CAVA	9
13 Alex Vasquez	34-03.00	CAVA	12					8	Taylor Bishop	15.40a	HAYW	10
14 Kellen Sweetwyne	33-03.00	HAYW	11					9	Taylor King	16.13a	CAVA	9
15 Gonzalo Morales	32-00.00	SALE	12					10	Sarah Chen	16.70a	CAVA	9
16 Ray Duenas	31-10.50	HAYW	12					11	Grace Cho	17.46a	CAVA	9
17 Joe Ashby	27-03.00	CAVA	12									
18 Bruce Rosendahl	26-09.50	CAVA	12						X 200 Meters - Varsity - Finals			
19 Sebastion Cano	26-03.50	CAVA	11					1	Brianna Miller	26.62a	CAVA	11
20 Andrew Morris	25-11.50	HAYW	11					2	Aliyah Wilkins	26.65a	SALE	10
- Nephi Sapiga	ND	HAYW	11					3	Taofeqat Alli	27.14a	CAVA	12
								4	Jocelyn Turner	28.10a	HAYW	12
X Shot Put - 12lb - Frosh/Soph - Finals								5	Camille Watson	29.20a	SALE	9
1 Anthony Viveiros	41-04.00	CAVA	10					6	Rhiannah Talley	29.82a	HAYW	11
2 Paul Zaballos	40-07.00	CAVA	10					7	Jasmine Flannigan	29.98a	HAYW	12
3 Ermaun Barfeei	37-07.00	CAVA	9					8	Julia Velasquez	33.04a	CAVA	11
4 Hidalgo Eric	35-10.00	SALE	10					9	Lelani Brown	33.11a	HAYW	12
5 Eric SamYoa	35-09.50	SALE	9					10	Sarah Lam	34.69a	CAVA	11
6 Austin Conway	34-00.50	CAVA	10					11	Sahar Lalmohamad	35.94a	CAVA	11
7 Alec Conway	33-10.00	CAVA	10									
8 Nigel Davis	32-07.50	CAVA	9						X 200 Meters - Frosh/Soph - Finals			
9 Islam Sbeih	32-07.00	SALE	-					1	Kristin Elam	27.53a	CAVA	9
10 Isaac Sheymemah	31-07.00	CAVA	9					2	Keaira Scott	27.92a	HAYW	9
11 Phillip Bannister	27-06.50	CAVA	10					3	Nichollette Brown	28.42a	SALE	9
								4	Emily Payne	29.36a	CAVA	9
X Discus - 1.6kg - Varsity - Finals								5	Christina Hill	29.67a	SALE	9
1 Eric Mason	162-05.50	CAVA	12					6	Brandi Gardere	30.09a	HAYW	10
2 Sione Maile	148-07.50	SALE	12					7	Adeidra Adeyemi	30.25a	SALE	9
3 Jacob Eckel	148-01	CAVA	12					8	Lexie Arens	31.68a	CAVA	9
4 Malcolm Nunn	136-00	SALE	12					9	Taylor Bishop	33.19a	HAYW	10
5 Kenneth Davis	130-03	CAVA	12					10	Taylor King	34.47a	CAVA	9
6 Nephi Sapiga	119-10	HAYW	11									

				1	Maya Chissell	52.90a	CAVA	10	9	Alma Morales	23-08.00	SALE	12	
				2	Brianna Giscombe	53.94a	CAVA	11	-	Sarah Gilchriese	ND	CAVA	11	
X 400 Meters - Varsity - Finals				3	Patrice Sapiga	58.87a	HAYW	12						
1	Brianna Miller	1:00.41a	CAVA	11	4	Chelsea Randall	1:02.89a	SALE	11	X Discus - 1kg - Varsity - Finals				
2	Chelsea Schneider	1:01.61a	CAVA	12	X 300m Hurdles - 30" - Frosh/Soph - Finals					1	Patrice Sapiga	133-08	HAYW	12
3	Aliyah Wilkins	1:02.19a	SALE	10	1	Angelica Guiao	56.55a	SALE	9	2	Noelle Donnelly	119-04.50	CAVA	10
4	Taofeqat Alli	1:04.00a	CAVA	12	2	Bianca Bell	59.85a	HAYW	10	3	Jazzy Ecker	99-00	HAYW	9
5	Jocelyn Turner	1:04.27a	HAYW	12	3	Gabriela Von Euw	1:02.70a	CAVA	9	4	Alana Knight	94-06.50	CAVA	12
6	Rhiannah Talley	1:07.51a	HAYW	11	X 4x100 Relay - Varsity - Finals					5	Natalie Bigman	88-07	SALE	12
7	Chantel Watson	1:07.57a	SALE	11	1	Karyn Bishop				6	Dalisia Banks	74-11	HAYW	12
8	Erika Johnson	1:09.66a	SALE	11	Chelsea Randall					7	Gabrielle Upshur	65-03.50	HAYW	9
9	Sarah Lam	1:20.61a	CAVA	11	Aliyah Wilkins					8	Astra Birznieks	64-11	CAVA	12
X 400 Meters - Frosh/Soph - Finals					Camille Watson	54.05a	SALE		X Discus - 1kg - Frosh/Soph - Finals					
1	Keaira Scott	1:03.04a	HAYW	9	-	Jocelyn Turner			1	Karla Leiva	48-00	HAYW	10	
2	Kristin Elam	1:05.71a	CAVA	9	Taelor Hogan				2	Rachel Johnson	42-09.50	CAVA	9	
3	Adeidra Adeyemi	1:09.43a	SALE	9	Rhiannah Talley				X High Jump - Varsity - Finals					
X 800 Meters - Varsity - Finals					Jasmine Flannigan	DQ	HAYW		1	Emma Piccillo	4-00.00	CAVA	11	
1	Arianne Riley	2:27.20	HAYW	11	X 4x100 Relay - Frosh/Soph - Finals					-	Angie Shin	NH	CAVA	12
2	Pamela MacLeod	2:29.73	CAVA	12	1	Emily Payne			-	Sarah Gilchriese	NH	CAVA	11	
3	Tracy Weisenberger	2:37.12	CAVA	11	Haley Gilham				-	Samantha Wultanski	NH	CAVA	12	
4	Carolyn Gilchriese	2:38.59	CAVA	11	Lexie Arens				X High Jump - Frosh/Soph - Finals					
5	Erika Johnson	2:39.63	SALE	11	Kristin Elam	53.75a	CAVA		1	Aurora Bailey	4-08.00	CAVA	10	
6	Janet Canela	2:44.75	SALE	12	2	Christina Hill			2	Nakia Leopold	4-04.00	HAYW	10	
7	Irmay Garcia	2:49.81	HAYW	11	Angelica Guiao				3	Adeidra Adeyemi	3-10.00	SALE	9	
8	Chantel Watson	2:51.42	SALE	11	Nicholette Brown				X Pole Vault - Varsity - Finals					
9	Jessica Wong	2:54.93	SALE	12	Adeidra Adeyemi	55.50a	SALE		1	Sarah Gilchriese	7-00.00	CAVA	11	
X 800 Meters - Frosh/Soph - Finals					3	Bianca Bell			2	Emma Piccillo	6-00.00	CAVA	11	
1	Aurora Bailey	2:47.33	CAVA	10	Taylaur Bishop				3	Jessica Heuer	6-00.00	CAVA	12	
2	Rachel Johnson	2:58.00	CAVA	9	Brandi Gardere				X Pole Vault - Frosh/Soph - Finals					
3	Olivia Mill	3:15.72	CAVA	9	Nakia Leopold	57.40a	HAYW		1	Monica Gamez	6-06.00	CAVA	10	
X 1600 Meters - Varsity - Finals					X 4x400 Relay - Varsity - Finals					1	Haley Gilham	6-06.00	CAVA	10
1	Kelsey Santisteban	5:19.32	CAVA	11	1	Chelsea Randall			X Long Jump - Varsity - Finals					
2	Arianne Riley	5:26.20	HAYW	11	Chantel Watson				1	Taofeqat Alli	16-06.50	CAVA	12	
3	Ashley Sutedja	5:47.10	CAVA	12	Erika Johnson				2	Erika Johnson	15-00.50	SALE	11	
4	Janet Canela	6:04.00	SALE	12	Aliyah Wilkins	4:28.69a	SALE		3	Brianna Miller	14-08.50	CAVA	11	
5	Irmay Garcia	6:17.90	HAYW	11	2	Irmay Garcia			4	Taelor Hogan	14-02.25	HAYW	12	
6	Jessica Wong	6:22.88	SALE	12	Jocelyn Turner				5	Camille Watson	14-02.00	SALE	9	
X 1600 Meters - Frosh/Soph - Finals					Rhiannah Talley				6	Karyn Bishop	14-00.00	SALE	11	
1	Aurora Bailey	6:00.13	CAVA	10	Arianne Riley	4:31.13a	HAYW		6	JORCEYLIN ANI	14-00.00	HAYW	12	
2	Renee Velasquez	6:23.94	CAVA	9	3	Brianna Giscombe			8	Julia Velasquez	13-01.00	CAVA	11	
3	Rachel Johnson	6:47.37	CAVA	9	Pamela MacLeod				9	Crystal Lee	11-10.00	CAVA	11	
X 3200 Meters - Varsity - Finals					Maya Chissell				10	Sarah Lam	11-02.50	CAVA	11	
1	Elise Wummer	11:58.79	CAVA	12	Carolyn Gilchriese	4:36.82a	CAVA		X Long Jump - Frosh/Soph - Finals					
2	Samantha Fong	12:32.61	CAVA	10	X 4x400 Relay - Frosh/Soph - Finals					1	Keaira Scott	14-01.50	HAYW	9
3	Nicole Yang	12:54.33	CAVA	12	1	Nicholette Brown			2	Haley Gilham	13-10.00	CAVA	10	
4	Emma Piccillo	13:53.09	CAVA	11	Adeidra Adeyemi				3	Taylor King	12-09.50	CAVA	9	
5	Janet Canela	14:00.33	SALE	12	Angelica Guiao				4	Lina Adeyemi	12-02.00	SALE	9	
6	Jessica Wong	14:25.53	SALE	12	Christina Hill	4:35.58a	SALE		5	Grace Cho	9-10.50	CAVA	9	
-	Kathryn Carvin	DNF	CAVA	12	2	Bianca Bell			-	Sarah Chen	ND	CAVA	9	
X 3200 Meters - Frosh/Soph - Finals					Jade Hall				X Triple Jump - Varsity - Finals					
1	Rosina Htoy	14:00.00	CAVA	9	Nakia Leopold				1	Taofeqat Alli	34-06.00	CAVA	12	
2	Renee Velasquez	14:32.00	CAVA	9	Keaira Scott	4:45.82a	HAYW		2	Brianna Miller	34-03.00	CAVA	11	
X 100m Hurdles - 33" - Varsity - Finals					3	Kristin Elam			3	JORCEYLIN ANI	31-09.50	HAYW	12	
1	Brianna Giscombe	17.63a	CAVA	11	Olivia Mill				4	Crystal Lee	30-07.00	CAVA	11	
2	Maya Chissell	18.19a	CAVA	10	Lexie Arens				-	Julia Velasquez	ND	CAVA	11	
X 100m Hurdles - 33" - Frosh/Soph - Finals					Aurora Bailey	4:46.61a	CAVA		X Triple Jump - Frosh/Soph - Finals					
1	Haley Gilham	20.43a	CAVA	10	X Shot Put - 4kg - Varsity - Finals					1	Taylor King	27-01.75	CAVA	9
2	Angelica Guiao	20.94a	SALE	9	1	Patrice Sapiga	37-04.50	HAYW	12	2	Lina Adeyemi	25-07.00	SALE	9
3	Monica Gamez	21.66a	CAVA	10	2	Alana Knight	31-10.50	CAVA	12	-	Alien Xu	ND	SALE	10
4	Bianca Bell	21.99a	HAYW	10	3	Noelle Donnelly	31-07.00	CAVA	10	-	Sarah Chen	ND	CAVA	9
5	Gabriela Von Euw	22.93a	CAVA	9	4	Dalisia Banks	29-03.00	HAYW	12					
X 300m Hurdles - 30" - Varsity - Finals					5	Natalie Bigman	28-11.00	SALE	12					
					6	Jazzy Ecker	27-06.00	HAYW	9					
					7	Astra Birznieks	26-01.00	CAVA	12					
					8	Gabrielle Upshur	25-07.00	HAYW	9					

**Bob Warren Relays**  
**Friday, April 30, 2010**  
**@ Acalanes HS, Lafayette**

**Mens Results**

**X 100 Meters - Varsity - Finals**

23	Nate Han	12.09a	CAVA	11
26	Nicolas Marino	12.23a	CAVA	12

**X 200 Meters - Relay Split - Varsity - Finals**

10	Nate Han	24.26	CAVA	11
10	Nicolas Marino	24.88	CAVA	12
10	Rickey Moreno	25.65	CAVA	11
10	Ian Tsurumoto	25.80	CAVA	11

**X 1600 Meters - Relay Split - Varsity - Finals**

4	Matthew Crump	5:11.5	CAVA	12
4	Vince Talley	5:13.0	CAVA	12
4	Scott Peek	5:14.0	CAVA	12
4	Juan Berman	5:22.0	CAVA	11

**X 1600 Meters - Relay Split - Frosh/Soph - Finals**

	Brandon Arias	5:10.0	CAVA	9
	Daniel Nourot	5:32.0	CAVA	9
	Robert Barney	5:35.0	CAVA	10
	Imran Meskienyar	6:12.0	CAVA	9

**X 4x200 Relay - Varsity - Finals**

10	Nicolas Marino			
	Rickey Moreno			
	Nate Han			
	Ian Tsurumoto	1:40.06a	CAVA	

**X 4x1600 Relay - Varsity - Finals**

4	Scott Peek			
	Juan Berman			
	Vince Talley			
	Matthew Crump	21:00.65a	CAVA	

**X 4x1600 Relay - Frosh/Soph - Finals**

	Brandon Arias			
	Imran Meskienyar			
	Robert Barney			
	Daniel Nourot	22:29.0	CAVA	

**X Shot Put - 10lb - Frosh/Soph - Finals**

1	Paul Zaballos	42'04.75	CAVA	10
3	Anthony Viveiros	39'00.75	CAVA	10

**X Shot Put - 12lb - Varsity - Finals**

2	Eric Mason	55'02.25	CAVA	12
4	Jacob Eckel	47'02	CAVA	12

**X Discus - 1.6kg - Varsity - Finals**

2	Eric Mason	165'03.5	CAVA	12
3	Jacob Eckel	147'08.25	CAVA	12
15	Niko Tomaz	112'4.5	CAVA	12

**X Discus - 1.6kg - Frosh/Soph - Finals**

4	Anthony Viveiros	84'11.25	CAVA	10
11	Austin Conway	76'08	CAVA	10

**X Pole Vault - Varsity - Finals**

2	Andrew Wiegardt	12'06	CAVA	12
5	Erich Coulter	11'6	CAVA	11

**X Long Jump - Frosh/Soph - Finals**

11	Yuya Kono	17'1.25	CAVA	10
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**X Triple Jump - Frosh/Soph - Finals**

9	Yuya Kono	35'10.5	CAVA	10
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**Womens Results**

**X 100 Meters - Varsity - Finals**

	Maya Chissell	DNS	CAVA	10
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**X 100 Meters - Frosh/Soph - Finals**

13	Emily Payne	14.05	CAVA	9
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**X 100 Meters - Relay Split - Varsity - Finals**

11	Haley Gilham	13.43	CAVA	10
11	Emily Payne	13.76	CAVA	9
11	Monica Gamez	14.03	CAVA	10
11	Gabriela Von Euw	16.00	CAVA	9

**X 1600 Meters - Relay Split - Varsity - Finals**

6	Samantha Fong	5:39.1	CAVA	10
6	Pamela MacLeod	5:49.9	CAVA	12
6	Tracy Weisenberger	5:58.6		
	CAVA	11		
6	Aurora Bailey	5:58.9	CAVA	10
	Carolyn Gilchriese	6:06.0	CAVA	11
	Emma Piccillo	6:32.0	CAVA	11
	Rosina Htoy	6:36.0	CAVA	9
	Samantha Wultanski	7:02.0		
	CAVA	12		

**X 100m Hurdles - 33" - Frosh/Soph - Finals**

7	Haley Gilham	19.52a	CAVA	10
17	Gabriela Von Euw	21.99a	CAVA	9

**X 4x100 Relay - Frosh/Soph - Finals**

11	Emily Payne			
	Haley Gilham			
	Gabriela Von Euw			
	Monica Gamez	57.39a	CAVA	

**X 4x1600 Relay - Varsity - Finals**

6	Samantha Fong			
	Pamela MacLeod			
	Tracy Weisenberger			
	Aurora Bailey	23:27.68a	CAVA	
14	Carolyn Gilchriese			
	Emma Piccillo			
	Samantha Wultanski			
	Rosina Htoy	26:18.27	CAVA	

**X Shot Put - 4kg - Varsity - Finals**

5	Alana Knight	32'11.75	CAVA	12
6	Noelle Donnelly	31'02	CAVA	10

**X Discus - 1kg - Varsity - Finals**

2	Noelle Donnelly	103'05	CAVA	10
9	Alana Knight	89'07	CAVA	12

**X Triple Jump - Varsity - Finals**

12	Crystal Lee	27'11.25	CAVA	11
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**X Triple Jump - Frosh/Soph - Finals**

15	Taylor King	11'11.5	CAVA	9
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**Sacramento MOC's**  
**Saturday, May 01, 2010**  
**@ Sacramento City College,**  
**Sacramento**

X Triple Jump - Varsity - Finals  
11 Brianna Miller 33'04 CAVA 11

**Mens Results**

X 1600 Meters - Varsity - Finals

5 Will Weekes 4:26.17a CAVA 12

X Shot Put - 12lb - Varsity - Finals

1 Eric Mason 53'08.75 CAVA 12

13 Jacob Eckel 48'05.75 CAVA 12

X Discus - 1.6kg - Varsity - Finals

7 Eric Mason 162'08 CAVA 12

X High Jump - Varsity - Finals

6 Alex Foster 5'11 CAVA 11

X Triple Jump - Varsity - Finals

13 Ben Davis 40'08.50 CAVA 11

**Womens Results**

X 800 Meters - Varsity - Finals

4 Chelsea Schneider 2:18.20a CAVA 12

13 Elise Wummer 2:22.19a CAVA 12

X 1600 Meters - Varsity - Finals

4 Kelsey Santisteban 5:01.38a CAVA 11

13 Elise Wummer 5:23.40a CAVA 12

X 100m Hurdles - 33" - Varsity - Finals

4 Monique Aldridge 15.38a CAVA 12

X 4x100 Relay - Varsity - Finals

4 Kristin Elam

Brianna Miller

Maya Chissell

Taofeqat Alli 49.49a CAVA

X Shot Put - 4kg - Varsity - Finals

10 Alana Knight 32'04.25 CAVA 12

X Discus - 1kg - Varsity - Finals

10 Noelle Donnelly 112'03 CAVA 10

X Long Jump - Varsity - Finals

11 Brianna Miller 16'05 CAVA 11

13 Taofeqat Alli 15'11.75 CAVA 12

Licensed to Castro Valley High School

HY-TEK's Meet Manager

2010 HAAL Trials - 5/13/2010 to 5/15/2010

At Castro Valley

Meet Program

## Event 1 Girls 4x100 Meter Relay Frosh-Soph

School	Seed	Finals
Section 1 Timed Finals		
3 Bishop O'Dowd 'A'	NT	
4 Castro Valley 'A'	53.50	
5 Hayward 'A'	57.54	
6 San Leandro 'A'	NT	

## Event 2 Boys 4x100 Meter Relay Frosh-Soph

School	Seed	Finals
Section 1 Timed Finals		
2 Hayward 'A'	51.54	
3 Castro Valley 'A'	47.18	
4 San Leandro 'A'	46.60	
5 Moreau Catholic 'A'	46.84	
6 Bishop O'Dowd 'A'	47.64	
7 Mt. Eden 'A'	53.14	

## Event 3 Girls 4x100 Meter Relay Varsity

School	Seed	Finals
Section 1 Timed Finals		
2 Moreau Catholic 'A'	NT	
3 Hayward 'A'	54.64	
4 Castro Valley 'A'	49.49	
5 Bishop O'Dowd 'A'	50.64	
6 San Leandro 'A'	NT	
7 Arroyo 'A'	NT	

## Event 4 Boys 4x100 Meter Relay Varsity

School	Seed	Finals
Section 1 Timed Finals		
2 San Lorenzo 'A'	45.34	
3 Castro Valley 'A'	43.52	
4 Bishop O'Dowd 'A'	42.94	
5 San Leandro 'A'	43.50	
6 Hayward 'A'	45.14	
7 Arroyo 'A'	47.54	

## Event 5 Girls 1600 Meter Run Frosh-Soph

Name	Year School	Seed relim Time
Heat 1 Prelims		
1 Sandino, Rosemarie	Arroyo	6:01.00
2 Khana, Guwant	Tennyson	6:14.40
3 Velasquez, Renee	Castro Valley	6:24.00
4 Vegis, Cate	Bishop O'Dowd	6:30.00

5	Meyer, Allison	Arroyo	7:18.00
6	Xu, Angela	San Lorenzo	7:12.00
7	Lewis, Gabriella	Bishop O'Dowd	6:30.00
8	Nolasco, Jonabelle	Mt. Eden	NT
9	Heredia, Julia	San Lorenzo	NT
10	Morales, Dayana	Mt. Eden	NT
Heat 2 Prelims			
1	Perez, Rhiannon	Arroyo	6:06.00
2	Devlin, Allie	Bishop O'Dowd	6:13.00
3	Htoy, Rosina	Castro Valley	6:24.44
4	Sharma, Manisha	Mt. Eden	6:29.30
5	Johnson, Rachel	Castro Valley	6:31.68
6	Nugal, Mariz	Mt. Eden	NT
7	Robles, Rebecca	San Lorenzo	7:24.00
8	Encarnacion, Jizel	Mt. Eden	NT
9	Chopra, Priya	Castro Valley	6:57.55

# Event 6 Boys 1600 Meter Run Frosh-Soph

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Name	Year School	Seed	relin Time
=====			
Heat 1 Prelims			
1	Smith, Brandon	Moreau Catholic	4:53.00
2	Perez, Giovani	Mt. Eden	4:59.30
3	Otts, Tynan	Moreau Catholic	5:00.00
4	Eva, Matt	Castro Valley	5:04.47
5	Kaufmann, Karsten	Bishop O'Dowd	5:08.00
6	Hicken, Joshua	Castro Valley	5:10.12
7	Chicoín, Julian	Moreau Catholic	5:20.00
8	Arias, Brandon	Castro Valley	5:14.40
9	Nelson, Jevon	San Leandro	5:20.20
10	Munoz, Jose	Tennyson	5:23.00
11	Abolencia, Justin	Arroyo	5:29.00
12	Romero, Eric	Tennyson	5:23.00
13	Phan, Xuan	San Leandro	5:30.10
14	Tritto, Randy	San Lorenzo	5:36.00
15	Nguyen, Ben	Moreau Catholic	6:10.00
16	Bruce, Andrew	San Leandro	5:49.10
17	Evangelista, Clint	Moreau Catholic	5:53.51
18	Carapas, Jerome	Mt. Eden	5:38.90
19	Casillas, Christian	San Lorenzo	6:14.00
Heat 2 Prelims			
1	Degroot, Jonathan	Bishop O'Dowd	4:54.00
2	Conway, Alec	Castro Valley	4:57.44
3	Sands, Jeremy	Arroyo	5:00.00
4	Kifle, Hurui	Mt. Eden	5:02.80
5	Galindo, Lorenzo	Arroyo	5:10.00
6	Tran, Albert	Mt. Eden	5:08.10
7	Spees, Sean	Bishop O'Dowd	5:15.00
8	Gonzalez, Juan	San Leandro	5:16.70
9	Rafael, William	Mt. Eden	5:20.70
10	Nourot, Daniel	Castro Valley	5:27.31
11	Chow, Derek	Mt. Eden	5:20.95
12	White, Adam	Arroyo	5:25.00
13	Habtay, Gide	Hayward	5:30.60
14	Barney, Robert	Castro Valley	5:33.80
15	Gong, Brandon	San Leandro	5:41.30
16	Krawczuk, Schulyer	Arroyo	5:55.00
17	Trujillo, Daniel	San Leandro	5:46.40
18	Cohen, Tyger	Bishop O'Dowd	6:00.00
19	Asvitt, Kevin	Arroyo	6:58.00

20 Hussein, Tareq San Lorenzo NT

Event 9 Girls 1600 Meter Run Varsity

Name	Year School	Seed relim Time
Heat 1 Prelims		
1 Santisteban, Kelsey	Castro Valley	4:59.07
2 Spees, Kaitlyn	Bishop O'Dowd	5:25.00
3 Adeni, Anika	Moreau Catholic	5:26.00
4 Sutedja, Ashley	Castro Valley	5:40.78
5 Spiegel, Laura	Arroyo	5:44.00
6 Weisenberger, Tracy	Castro Valley	5:56.48
7 Garcia, Irmayr	Hayward	5:58.60
8 Wong, Jessica	San Leandro	6:22.90
9 Tran, Connie	Mt. Eden	6:47.25
10 Tran, Anita	Arroyo	6:58.00
Heat 2 Prelims		
1 Wummer, Elise	Castro Valley	5:16.84
2 Mischeaux, Claire	Bishop O'Dowd	5:38.00
3 Riley, Arianne	Hayward	5:20.20
4 Diaz, Marie	Bishop O'Dowd	5:39.00
5 Fong, Samantha	Castro Valley	5:43.38
6 Sibal, Mariah	Arroyo	6:06.00
7 Canela, Janet	San Leandro	6:04.00
8 Yang, Nicole	Castro Valley	5:44.23
9 Clore, Rebecca	Arroyo	7:14.00

Event 10 Boys 1600 Meter Run Varsity

Name	Year School	Seed relim Time
Heat 1 Prelims		
1 Thomas, Danny	Arroyo	4:25.00
2 Kane, Sam	Bishop O'Dowd	4:38.00
3 Eversole, Ben	Castro Valley	4:39.00
4 Snow, Andrew	Arroyo	4:45.00
5 Nguyen, David	Mt. Eden	4:46.70
6 Burchcheck, Paul	Moreau Catholic	4:51.00
7 Greer, Stephn	San Leandro	4:53.00
8 John, Jordan	Bishop O'Dowd	4:58.00
9 Talley, Vince	Castro Valley	4:58.83
10 Jordan, Auburn	Mt. Eden	5:00.40
11 Hurtado, Diego	Hayward	5:10.40
12 Magsombol, Abraham	Mt. Eden	5:01.40
13 Zaro, Eric	Moreau Catholic	5:28.00
14 Carranza, Oscar	San Lorenzo	5:54.00
Heat 2 Prelims		
1 Weekes, Will	Castro Valley	4:26.17
2 Nugal, Marvin	Mt. Eden	4:40.65
3 Martore, Anthony	Castro Valley	4:33.85
4 Ruvalcaba, Arthur	Mt. Eden	4:42.44
5 Ashby, Tom	Castro Valley	4:49.60
6 Mercadal, Balbino	Arroyo	4:50.00
7 Mirzadi, Rostam	Castro Valley	4:53.10
8 Nyberg, Ryan	Bishop O'Dowd	4:55.00
9 Lew, Gary	San Leandro	4:59.00
10 John, Calvin	Bishop O'Dowd	4:59.00
11 Pardo, Jaime	Mt. Eden	5:05.40
12 McIntire, Andrew	Moreau Catholic	5:08.12
13 Mok, Wilson	San Leandro	5:35.00



14 Ung, Stephen Bishop O'Dowd 5:45.00

Event 11 Girls 100 Meter Hurdles Frosh-Soph

Name	Year School	Seed relim Time
Heat 1 Prelims		
2 Gamez, Monica	Castro Valley	21.66
3 Chan, Kaitlyn	Bishop O'Dowd	20.24
4 Sandino, Rosemarie	Arroyo	18.64
5 Gilham, Haley	Castro Valley	19.84
6 Guiao, Angelica	San Leandro	20.94
7 Fong, Celia	Bishop O'Dowd	20.24
Heat 2 Prelims		
2 Bell, Bianca	Hayward	21.74
3 Von Euw, Gabriela	Castro Valley	20.14
4 Wylie, Elon	Bishop O'Dowd	18.74
5 Osaka, Rie	Arroyo	19.64
6 Brown, Nicholette	San Leandro	19.00
7 Meyer, Allison	Arroyo	22.04

Event 13 Girls 100 Meter Hurdles Varsity

Name	Year School	Seed relim Time
Heat 1 Prelims		
1 Randall, Chelsea	San Leandro	18.00
2 Chissell, Maya	Castro Valley	17.94
3 Bowersmith, Kelsea	Arroyo	17.44
4 Aldridge, Monique	Castro Valley	15.30
5 Guan, Jacqueline	Arroyo	17.94
6 Clive, Joanna	Arroyo	18.54
7 Busby, Thomecia	San Leandro	22.24
Heat 2 Prelims		
1 Partida, Victoria	Arroyo	NT
2 Ross, Ahmbria	Bishop O'Dowd	17.24
3 Giscombe, Brianna	Castro Valley	17.44
4 Mader, Halina	Bishop O'Dowd	16.74
5 Schwyster, Nadia	Arroyo	17.24
6 Jones, Shanel	Bishop O'Dowd	17.74
7 Nguyen, Lily	Arroyo	20.14

Event 14 Boys 110 Meter Hurdles Frosh-Soph

Name	Year School	Seed relim Time
Heat 1 Prelims		
2 Peek, Aaron	Castro Valley	NT
3 Ruth, TJ	Bishop O'Dowd	19.94
4 Lew, Jon	San Leandro	17.14
5 Shaw, Rory	Arroyo	19.24
6 Lopez, Edgar	Mt. Eden	24.49
Heat 2 Prelims		
2 King, Kevin	Bishop O'Dowd	18.74
3 Porcnicio, Zachary	Arroyo	20.84
4 Fong, Sam	Bishop O'Dowd	18.34
5 Iscandari, Dzul	Moreau Catholic	NT
6 Casci, Nathan	Arroyo	21.64

Event 16 Boys 110 Meter Hurdles Varsity

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Name	Year School	Seed relim Time
=====		
Heat 1 Prelims		
2 Nyembo, Mike	Bishop O'Dowd	17.44
3 Wiegardt, Andrew	Castro Valley	16.74
4 Williams, Alan	Bishop O'Dowd	15.04
5 Hudson, Kwame	Castro Valley	16.29
6 Monroe, Desmond	San Leandro	17.14
7 To, Felix	Arroyo	19.94
Heat 2 Prelims		
2 Nyberg, Ryan	Bishop O'Dowd	17.44
3 Chambers, Chris	Hayward	16.84
4 Manag, Lorenzo	Bishop O'Dowd	15.94
5 Imlack, Jeremy	Moreau Catholic	16.14
6 DeGuzman, Luis	Arroyo	17.14
7 Laris, Jordan	Castro Valley	19.04

## Event 17 Girls 400 Meter Dash Frosh-Soph

Name	Year School	Seed	Finals
=====			
Section 1 Timed Finals			
1 Lynch, Alex	Bishop O'Dowd	NT	
2 Von Euw, Gabriela	Castro Valley	1:18.04	
3 Adeyemi, Adeidra	San Leandro	1:09.43	
4 Lowe, Bianca	Bishop O'Dowd	1:03.64	
5 Sibal, Mariza	Arroyo	1:06.14	
6 Arens, Lexie	Castro Valley	1:13.18	
7 Hall, Jade	Hayward	NT	

## Event 18 Boys 400 Meter Dash Frosh-Soph

Name	Year School	Seed relim Time
=====		
Heat 1 Prelims		
1 Nguyen, Jimmy	Mt. Eden	1:03.14
2 Crawford, Alarrin	San Leandro	1:00.14
3 Clerkley, Cameron	Mt. Eden	58.44
4 Rodden, Nicolas	Moreau Catholic	53.64
5 Thien, Lien	Arroyo	58.14
6 Aguirre, David	Hayward	59.97
7 Tuecinovic, Dzanin	Castro Valley	1:01.89
Heat 2 Prelims		
1 Vu, James	Mt. Eden	1:03.14
2 Kono, Yuya	Castro Valley	1:01.61
3 Clerkley, Kevin	Mt. Eden	59.64
4 Mitchell, Andrew	Castro Valley	56.02
5 Bacchus, Keith	Bishop O'Dowd	58.14
6 Huffaker, Hunter	Castro Valley	59.84
7 Kaing, Davin	San Leandro	1:00.25
8 Lopez, Edgar	Mt. Eden	1:05.14
Heat 3 Prelims		
1 Kono, Eiji	Castro Valley	1:04.51
2 Young, Stevinaire	Hayward	1:00.56
3 Magadia, Jun-Christopher	Mt. Eden	59.78
4 Durin, Matt	Bishop O'Dowd	53.64
5 Romero, Eric	Tennyson	58.00
6 Walters, Isiah	San Leandro	59.84
7 Jawandha, Khush	Castro Valley	1:01.27
8 Truesdale, Walter	Tennyson	1:05.00

## Event 21 Girls 400 Meter Dash Varsity

Name	Year School	Seed relim Time
Heat 1 Prelims		
1 Shafer, Jessika	Arroyo	1:11.14
2 Scott, Keaira	Hayward	1:02.34
3 May, Keisha	Bishop O'Dowd	1:00.24
4 Gardins, Karra	Moreau Catholic	1:01.34
5 Quamina, Katherine	Bishop O'Dowd	1:01.64
6 Riley, Arianne	Hayward	1:02.34
7 Johnson, Erika	San Leandro	1:09.66
Heat 2 Prelims		
1 Busby, Thomecia	San Leandro	1:14.14
2 Talley, Rhiannah	Hayward	1:07.51
3 Daniel, Ryan	Bishop O'Dowd	1:02.14
4 Miller, Brianna	Castro Valley	1:00.41
5 Turner, Jocelyn	Hayward	1:01.29
6 Wilkins, Aliyah	San Leandro	1:02.19
7 Watson, Chantel	San Leandro	1:07.57

## Event 22 Boys 400 Meter Dash Varsity

Name	Year School	Seed relim Time
Heat 1 Prelims		
1 Clover, Chris	Arroyo	58.24
2 Imlack, Jeremy	Moreau Catholic	53.54
3 Diomande, Solo	Castro Valley	52.63
4 Dubose, Devante	Bishop O'Dowd	48.58
5 Batis, Bobby	Castro Valley	52.59
6 Bradford, Alvictor	San Leandro	53.12
7 Chambers, Chris	Hayward	57.14
Heat 2 Prelims		
1 Contreras, Jose	San Leandro	57.46
2 Young, Stevonte	Hayward	53.58
3 Brisco, Brandon	Bishop O'Dowd	52.64
4 Foster, Alex	Castro Valley	51.56
5 Wilson, Davonte	San Leandro	52.14
6 King, TJ	Bishop O'Dowd	53.14
7 Gilbert, Lorenzo	San Lorenzo	55.14
Heat 3 Prelims		
1 Moreno, Rickey	Castro Valley	57.40
2 Obidiegou, Kyrian	San Leandro	53.84
3 Glover, Keith	Arroyo	53.04
4 Clarke, Rhomel	Mt. Eden	51.64
5 Rivers, Josh	San Leandro	51.99
6 Davis, Ben	Castro Valley	53.45
7 Webb, Chris	Hayward	54.57
8 Hernandez, Ricardo	Arroyo	1:00.14

## Event 23 Girls 100 Meter Dash Frosh-Soph

Name	Year School	Seed relim Time
Heat 1 Prelims		
2 Goshney, Kim	Bishop O'Dowd	15.24
3 Gardere, Brandi	Hayward	14.33
4 Elam, Kristin	Castro Valley	13.05
5 Garde, Nicole	Bishop O'Dowd	14.32
6 Bell, Bianca	Hayward	15.14

7	Chen, Sarah	Castro Valley	16.50
Heat 2 Prelims			
2	Bishop, Taylair	Hayward	15.34
3	Herbert, Kassidy	Moreau Catholic	14.44
4	Scott, Amina	Bishop O'Dowd	13.72
5	Ross, Jalissa	San Lorenzo	14.24
6	Suzuki, Cindy	Arroyo	15.04
7	li, yli	Tennyson	16.00
Heat 3 Prelims			
2	Nyangau, Norah	Arroyo	15.34
3	Leopold, Nakia	Hayward	14.42
4	Hill, Christina	San Leandro	13.89
5	Maas, Rachel	Bishop O'Dowd	14.24
6	Mota, Mellissa	Tennyson	15.01
7	King, Taylor	Castro Valley	15.56
Heat 4 Prelims			
1	Cho, Grace	Castro Valley	17.46
2	Yu, Vanessa	Bishop O'Dowd	15.47
3	Cazares-Lopez, Valeria	Arroyo	14.84
4	Payne, Emily	Castro Valley	14.22
5	White, Alex	Bishop O'Dowd	14.04
6	Badion, Alexa	Tennyson	14.90
7	Navarro, Yvett	Moreau Catholic	15.54

# Event 24 Boys 100 Meter Dash Frosh-Soph

=====			
	Name	Year School	Seed relim Time
=====			
Heat 1 Prelims			
1	Rodriguez, Sabastian	Moreau Catholic	NT
2	McKee, Jaylen	Bishop O'Dowd	12.44
3	Cristobal, Nesleo	San Leandro	13.04
4	Grace, De' Zhon	Bishop O'Dowd	11.74
5	Cabrera, Carl	San Leandro	12.74
6	Wilson, Robbie	Moreau Catholic	12.77
7	Huynh, Thien	Castro Valley	14.01
Heat 2 Prelims			
2	Savoy, Lamonte	Hayward	13.16
3	McGowin, Devonte	Mt. Eden	12.44
4	Carter, Christian	San Leandro	11.86
5	Johnson, Issiah	Bishop O'Dowd	12.34
6	Cervantez, Francisco	Castro Valley	12.76
7	Iscandari, Dzul	Moreau Catholic	14.15
Heat 3 Prelims			
2	Truesdale, Walter	Tennyson	13.40
3	Bey, Isa	Bishop O'Dowd	12.44
4	Truong, Michael	Moreau Catholic	12.31
5	Tavares, Tevin	Bishop O'Dowd	12.04
6	Sims, Ronald	Castro Valley	12.74
7	Baskerville, Darrion	San Leandro	14.24
Heat 4 Prelims			
2	Gao, Alex	Castro Valley	13.54
3	Asilo, Sean	Moreau Catholic	12.74
4	Williams, Collis	San Leandro	12.21
5	Smith, Theron	Arroyo	12.24
6	Hernandez, Eric	Bishop O'Dowd	12.44
7	Frey, Davyon	San Leandro	13.54

# Event 27 Girls 100 Meter Dash Varsity

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	Name	Year School	Seed relim Time

=====
  
Heat 1 Prelims

1	Moore, Tahirra	Tennyson	15.54
2	Flannigan, Jasmine	Hayward	14.25
3	Ang, Amanda	Moreau Catholic	13.64
4	Alli, Taofegat	Castro Valley	12.66
5	Ross, Ahmbria	Bishop O'Dowd	13.24
6	Harbert, Nicole	Moreau Catholic	14.24
7	Lam, Sarah	Castro Valley	15.04

## Heat 2 Prelims

1	Brown, Lelani	Hayward	15.58
2	Bishop, Karyn	San Leandro	14.54
3	Harris, Monique	Arroyo	13.74
4	Bostick, Ariel	Bishop O'Dowd	12.94
5	Hogan, Taelor	Hayward	13.27
6	Galvez, Athenie	Moreau Catholic	14.24
7	Batilo, Christina	Tennyson	15.00

## Heat 3 Prelims

1	Miciano, Audrey	Moreau Catholic	15.59
2	Mujic, Elma	Arroyo	14.54
3	Blanton, Kaii	Bishop O'Dowd	13.75
4	Chissell, Maya	Castro Valley	13.29
5	Jackson, Randi	Bishop O'Dowd	13.14
6	Ani, Jorceylin	Hayward	14.16
7	Lalmohamad, Sahar	Castro Valley	17.17

## Heat 4 Prelims

1	Chiu, Megan	Castro Valley	16.10
2	Castro, Mel	Hayward	14.44
3	Watson, Camille	San Leandro	13.86
4	Alsobrook, Tyler	San Lorenzo	13.14
5	Gant, Melissa	Tennyson	13.20
6	Wilkins, Aliyah	San Leandro	13.89
7	Lee, Crystal	Castro Valley	14.63
8	Brox-Chester, Markeia	Bishop O'Dowd	14.74

Event 28 Boys 100 Meter Dash Varsity
  
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Name	Year School	Seed relim Time
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## Heat 1 Prelims

1	Johnson, Mike	San Lorenzo	12.34
2	Cummings, Ellis	San Leandro	11.94
3	Pyles, Adrian	Hayward	11.69
4	Huguley, Victor	San Leandro	11.13
5	Speegle, Matthew	Castro Valley	11.38
6	Brown, Mario	Bishop O'Dowd	11.64
7	Clover, Chris	Arroyo	12.34

## Heat 2 Prelims

1	Garcia, Gregg	Moreau Catholic	13.17
2	McNeally, Mas	San Leandro	12.02
3	Shanklin, Torrance	Tennyson	11.70
4	McBride, Andre	San Leandro	11.14
5	Ward, Tyrone	Bishop O'Dowd	11.54
6	Richards, Devinaire	San Lorenzo	11.84
7	Tsurumoto, Ian	Castro Valley	12.16
8	Anschutz, AJ	Moreau Catholic	NT

## Heat 3 Prelims

1	Gregorio, John	Moreau Catholic	13.31
2	Han, Nate	Castro Valley	12.04
3	Griffin, Don	Hayward	11.73
4	Speegle, Myles	Castro Valley	11.31

5	Towles, Marvin	Tennyson	11.40
6	Prince, James	Bishop O'Dowd	11.74
7	Armstrong, Andre	San Lorenzo	12.14
8	Homran, Kamal	Arroyo	13.84
Heat 4 Prelims			
1	Santos, Aaron	Mt. Eden	13.74
2	Marino, Nicolas	Castro Valley	12.09
3	Caro, Will	Hayward	11.74
4	Rosby, Damion	Castro Valley	11.37
5	Nasir, Adeeb	Hayward	11.84
6	Kirven, Solomon	San Lorenzo	11.74
7	Jones, Eldron	San Leandro	12.14
8	Payton, Dwayne	Hayward	13.74

Event 29 Girls 800 Meter Run Frosh-Soph

=====			
	Name	Year School	Seed relim Time
=====			
Heat 1 Prelims			
1	Sibal, Mariza	Arroyo	2:43.00
2	Khana, Guwant	Tennyson	2:47.00
3	Perez, Rhiannon	Arroyo	2:55.00
4	Chopra, Priya	Castro Valley	3:18.24
5	Robles, Rebecca	San Lorenzo	3:19.00
6	Xu, Angela	San Lorenzo	3:37.00
7	Morales, Dayana	Mt. Eden	NT
Heat 2 Prelims			
1	Mill, Olivia	Castro Valley	2:44.35
2	Devlin, Allie	Bishop O'Dowd	2:45.00
3	Johnson, Rachel	Castro Valley	2:58.00
4	Lewis, Gabriella	Bishop O'Dowd	3:00.00
5	Heredia, Julia	San Lorenzo	3:26.00
6	Vegis, Cate	Bishop O'Dowd	3:20.00

Event 30 Boys 800 Meter Run Frosh-Soph

=====			
	Name	Year School	Seed relim Time
=====			
Heat 1 Prelims			
1	Degroot, Jonathan	Bishop O'Dowd	2:12.00
2	Hicken, Joshua	Castro Valley	2:18.09
3	Spees, Sean	Bishop O'Dowd	2:20.00
4	Lowe, Corey	Mt. Eden	2:22.70
5	Romero, Eric	Tennyson	2:25.00
6	Ganzalez, Juan	San Leandro	2:26.60
7	Otts, Tynan	Moreau Catholic	2:27.21
8	Nguyen, Jimmy	Mt. Eden	2:29.00
9	White, Adam	Arroyo	2:30.00
10	Mill, Scott	Castro Valley	2:24.70
11	Nguyen, Peter	Mt. Eden	2:35.00
12	Phan, Xuan	San Leandro	2:35.80
13	Cohen, Tyger	Bishop O'Dowd	2:39.00
14	Bruce, Andrew	San Leandro	2:39.41
15	Evangelista, Clint	Moreau Catholic	2:42.16
16	Conway, Austin	Castro Valley	NT
17	Casillas, Christian	San Lorenzo	NT
Heat 2 Prelims			
1	Eva, Matt	Castro Valley	2:13.99
2	Smith, Brandon	Moreau Catholic	2:14.00
3	Kaing, Don	Mt. Eden	2:22.60
4	Habtay, Gide	Hayward	2:33.90

5	Munoz, Jose	Tennyson	2:25.00
6	Arias, Brandon	Castro Valley	2:25.10
7	Nelson, Jevon	San Leandro	2:27.58
8	Abolencia, Justin	Arroyo	2:28.00
9	Fong, Bryce	Bishop O'Dowd	2:32.00
10	Gong, Brandon	San Leandro	2:33.49
11	Chicoin, Julian	Moreau Catholic	2:40.48
12	Trujillo, Daniel	San Leandro	2:36.60
13	Vu, James	Mt. Eden	2:40.00
14	Krawczuk, Schulyer	Arroyo	2:40.00
15	Nguyen, Ben	Moreau Catholic	2:45.00
16	Hussein, Tareq	San Lorenzo	3:00.00

Event 33 Girls 800 Meter Run Varsity

=====			
Name	Year School	Seed	relin Time
=====			
Heat 1 Prelims			
1	Schneider, Chelsea	Castro Valley	2:18.20
2	Riley, Arianne	Hayward	2:22.20
3	MacLeod, Pamela	Castro Valley	2:29.80
4	Mischeaux, Claire	Bishop O'Dowd	2:38.00
5	Gilchriese, Carolyn	Castro Valley	2:38.60
6	Garcia, Irmay	Hayward	2:43.30
7	Canela, Janet	San Leandro	2:44.80
8	Sibal, Mariah	Arroyo	2:51.00
9	Wong, Jessica	San Leandro	2:54.86
10	Tran, Anita	Arroyo	3:12.00
11	Encarnacion, Jizel	Mt. Eden	NT
Heat 2 Prelims			
1	Wummer, Elise	Castro Valley	2:22.19
2	Adeni, Anika	Moreau Catholic	2:28.00
3	Bailey, Aurora	Castro Valley	2:33.66
4	Spiegel, Laura	Arroyo	2:37.00
5	Diaz, Marie	Bishop O'Dowd	2:39.00
6	Johnson, Erika	San Leandro	2:39.70
7	Piccillo, Emma	Castro Valley	2:46.72
8	Watson, Chantel	San Leandro	2:51.50
9	Clore, Rebecca	Arroyo	3:03.00
10	Tran, Connie	Mt. Eden	3:10.13

Event 34 Boys 800 Meter Run Varsity

=====			
Name	Year School	Seed	relin Time
=====			
Heat 1 Prelims			
1	Martore, Anthony	Castro Valley	1:56.50
2	Schwartz, Jaegyun	Bishop O'Dowd	2:05.00
3	Nguyen, David	Mt. Eden	2:06.90
4	Mercadal, Balbino	Arroyo	2:09.00
5	Weekes, Will	Castro Valley	2:09.40
6	Lew, Gary	San Leandro	2:12.00
7	Gilbert, Lorenzo	San Lorenzo	2:12.00
8	Peek, Scott	Castro Valley	2:17.39
9	Hurtado, Diego	Hayward	2:18.40
10	McIntire, Andrew	Moreau Catholic	2:20.00
11	John, Jordan	Bishop O'Dowd	2:20.00
12	Suchit, Nikiel	Mt. Eden	2:27.00
13	Zaro, Eric	Moreau Catholic	2:30.00
14	Carranza, Oscar	San Lorenzo	2:48.00
Heat 2 Prelims			

1	Nugal, Marvin	Mt. Eden	2:03.20
2	Diomande, Solo	Castro Valley	2:03.33
3	Kane, Sam	Bishop O'Dowd	2:05.00
4	Wilson, Davonte	San Leandro	2:07.80
5	Jordan, Auburn	Mt. Eden	2:10.50
6	Burcheck, Paul	Moreau Catholic	2:11.00
7	Reyes, Jose	Tennyson	2:15.00
8	Greer, Stephn	San Leandro	2:15.70
9	Nyberg, Ryan	Bishop O'Dowd	2:19.00
10	Pardo, Jaime	Mt. Eden	2:19.10
11	Berman, Juan	Castro Valley	2:21.50
12	Candelaria, Marco	Mt. Eden	2:40.00
13	Talley, Vince	Castro Valley	2:22.50
14	Mok, Wilson	San Leandro	2:45.00

## Event 35 Girls 300 Meter Hurdles Frosh-Soph

Name	Year School	Seed relim Time
Heat 1 Prelims		
2 Bell, Bianca	Hayward	59.54
3 Sandino, Rosemarie	Arroyo	54.44
4 Wylie, Elon	Bishop O'Dowd	50.14
5 Navarro, Yvett	Moreau Catholic	54.14
6 Gamez, Monica	Castro Valley	57.74
Heat 2 Prelims		
2 Osaka, Rie	Arroyo	1:00.84
3 Fong, Celia	Bishop O'Dowd	50.14
4 Guiao, Angelica	San Leandro	56.55
5 Chan, Kaitlyn	Bishop O'Dowd	52.14
6 Gilham, Haley	Castro Valley	56.24
7 Von Euw, Gabriela	Castro Valley	1:02.70

## Event 36 Girls 300 Meter Hurdles Varsity

Name	Year School	Seed relim Time
Heat 1 Prelims		
2 Busby, Thomecia	San Leandro	1:00.14
3 Bowersmith, Kelsea	Arroyo	53.64
4 Mader, Halina	Bishop O'Dowd	48.14
5 Giscombe, Brianna	Castro Valley	53.94
6 Nguyen, Lily	Arroyo	59.74
Heat 2 Prelims		
2 Guan, Jacqueline	Arroyo	53.94
3 Jones, Shanel	Bishop O'Dowd	48.14
4 Chissell, Maya	Castro Valley	50.69
5 Sapiga, Patrice	Hayward	58.87
6 Partida, Victoria	Arroyo	NT

## Event 37 Boys 300 Meter Hurdles Frosh-Soph

Name	Year School	Seed relim Time
Heat 1 Prelims		
1 Iscandari, Dzul	Moreau Catholic	NT
2 Sims, Ronald	Castro Valley	56.24
3 Ruth, TJ	Bishop O'Dowd	52.38
4 Lew, Jon	San Leandro	46.36
5 Ellison, Mayori	Hayward	52.34
6 Porcnicio, Zachary	Arroyo	54.14



7	Delfino, Francis	Moreau Catholic	NT
Heat 2 Prelims			
2	Casci, Nathan	Arroyo	56.84
3	King, Kevin	Bishop O'Dowd	49.77
4	Shaw, Rory	Arroyo	50.24
5	Fong, Sam	Bishop O'Dowd	53.29
6	Cabrera, Carl	San Leandro	54.88
7	Lopez, Edgar	Mt. Eden	1:00.14

Event 38 Boys 300 Meter Hurdles Varsity

Name	Year School	Seed relim Time
Heat 1 Prelims		
1	Reyes, Jose	Tennyson 47.70
2	Monroe, Desmond	San Leandro 46.14
3	DeGuzman, Luis	Arroyo 44.24
4	Williams, Alan	Bishop O'Dowd 41.24
5	Webb, Chris	Hayward 43.11
6	Nyembo, Mike	Bishop O'Dowd 45.64
7	To, Felix	Arroyo 47.24
Heat 2 Prelims		
1	Contreras, Jose	San Leandro 48.74
2	Chambers, Chris	Hayward 46.17
3	Laris, Jordan	Castro Valley 44.66
4	Manag, Lorenzo	Bishop O'Dowd 42.14
5	Hudson, Kwame	Castro Valley 43.08
6	Bradford, Alvictor	San Leandro 45.24
7	Wiegardt, Andrew	Castro Valley 46.94
8	Ung, Stephen	Bishop O'Dowd 52.14

Event 39 Girls 200 Meter Dash Frosh-Soph

Name	Year School	Seed relim Time
Heat 1 Prelims		
1	Bishop, Taylair	Hayward 33.14
2	Brox-Chester, Markeia	Bishop O'Dowd 30.24
3	Herbert, Kassidy	Moreau Catholic 29.24
4	Elam, Kristin	Castro Valley 26.94
5	Garde, Nicole	Bishop O'Dowd 29.24
6	Nyangau, Norah	Arroyo 31.14
7	Leopold, Nakia	Hayward 33.84
Heat 2 Prelims		
1	Scoggins, Sloan	San Lorenzo 33.24
2	Adeyemi, Adeidra	San Leandro 30.25
3	Payne, Emily	Castro Valley 29.36
4	Lowe, Bianca	Bishop O'Dowd 27.24
5	Brown, Nicholette	San Leandro 28.42
6	Goshney, Kim	Bishop O'Dowd 30.24
7	Cazares-Lopez, Valeria	Arroyo 31.84
8	Cho, Grace	Castro Valley NT
Heat 3 Prelims		
1	Navarro, Yvett	Moreau Catholic 32.24
2	Ross, Jalissa	San Lorenzo 30.24
3	Maas, Rachel	Bishop O'Dowd 28.04
4	Hall, Jade	Hayward 30.04
5	White, Alex	Bishop O'Dowd 28.24
6	Gardere, Brandi	Hayward 30.09
7	Suzuki, Cindy	Arroyo 31.44
8	King, Taylor	Castro Valley 34.47

Event 40 Boys 200 Meter Dash Frosh-Soph

Name	Year School	Seed relim Time
Heat 1 Prelims		
1 Lowe, Corey	Mt. Eden	NT
2 Jawandha, Khush	Castro Valley	27.12
3 Clerkley, Kevin	Mt. Eden	26.22
4 Grace, De' Zhon	Bishop O'Dowd	24.04
5 Sims, Ronald	Castro Valley	26.08
6 Frey, Davyon	San Leandro	28.04
7 Mckee, Jaylen	Bishop O'Dowd	29.04
Heat 2 Prelims		
1 Kaing, Don	Mt. Eden	NT
2 Savoy, Lamonte	Hayward	27.16
3 Cervantez, Francisco	Castro Valley	26.43
4 Carter, Christian	San Leandro	24.44
5 Smith, Theron	Arroyo	25.84
6 Crawford, Alarrin	San Leandro	26.94
7 Hunter, Dreyson	San Lorenzo	28.24
Heat 3 Prelims		
1 McGowin, Devonte	Mt. Eden	NT
2 Aguirre, David	Hayward	27.26
3 Sanchez, Dominic	Bishop O'Dowd	26.44
4 Rodden, Nicolas	Moreau Catholic	24.74
5 Williams, Collis	San Leandro	25.74
6 Huffaker, Hunter	Castro Valley	26.74
7 Rodriguez, Sabastian	Moreau Catholic	28.24
Heat 4 Prelims		
2 Truesdale, Walter	Tennyson	27.40
3 Magadia, Jun-Christopher	Mt. Eden	26.61
4 Durin, Matt	Bishop O'Dowd	25.04
5 Troung, Michael	Moreau Catholic	25.44
6 Hernandez, Eric	Bishop O'Dowd	26.74
7 Tuecinovic, Dzanin	Castro Valley	26.95
8 Asilo, Sean	Moreau Catholic	28.04
Heat 5 Prelims		
2 Gao, Alex	Castro Valley	27.64
3 Guillory, Alex	Bishop O'Dowd	26.64
4 Wilson, Robbie	Moreau Catholic	25.14
5 Cristobal, Nesleo	San Leandro	25.24
6 Clerkley, Cameron	Mt. Eden	26.72

Event 41 Girls 200 Meter Dash Varsity

Name	Year School	Seed relim Time
Heat 1 Prelims		
1 Batilo, Christina	Tennyson	32.30
2 Galvez, Athenie	Moreau Catholic	29.04
3 Gant, Melissa	Tennyson	27.40
4 Alli, Taofegat	Castro Valley	26.48
5 Jackson, Randi	Bishop O'Dowd	27.14
6 Ang, Amanda	Moreau Catholic	27.64
7 Shafer, Jessika	Arroyo	31.84
8 Castro, Mel	Hayward	31.04
Heat 2 Prelims		
1 Brown, Lelani	Hayward	33.11
2 Watson, Camille	San Leandro	29.20
3 Bostick, Ariel	Bishop O'Dowd	26.64

4	Scott, Keaira	Hayward	27.44
5	May, Keisha	Bishop O'Dowd	27.14
6	Harris, Monique	Arroyo	28.54
7	Randall, Chelsea	San Leandro	31.40
8	Chiu, Megan	Castro Valley	NT
Heat 3 Prelims			
1	Moore, Tahirra	Tennyson	33.30
2	Talley, Rhiannah	Hayward	29.82
3	Mujic, Elma	Arroyo	28.94
4	Harbert, Nicole	Moreau Catholic	26.74
5	Quamina, Katherine	Bishop O'Dowd	26.84
6	Turner, Jocelyn	Hayward	28.10
7	Lee, Crystal	Castro Valley	NT
8	Watson, Chantel	San Leandro	NT
Heat 4 Prelims			
1	Lam, Sarah	Castro Valley	34.69
2	Flannigan, Jasmine	Hayward	29.98
3	Blanton, Kaii	Bishop O'Dowd	27.84
4	Gardins, Karra	Moreau Catholic	26.74
5	Nickerson, Haleigh	Bishop O'Dowd	26.74
6	Alsobrook, Tyler	San Lorenzo	27.94
7	Bishop, Karyn	San Leandro	30.17
8	Lalmohamad, Sahar	Castro Valley	35.94

Event 42 Boys 200 Meter Dash Varsity

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	Name	Year School	Seed relim Time
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Heat 1 Prelims			
1	Armstrong, Andre	San Lorenzo	24.64
2	Jones, Eldron	San Leandro	24.04
3	Nasir, Adeeb	Hayward	23.67
4	Dubose, Devante	Bishop O'Dowd	22.44
5	Shanklin, Torrance	Tennyson	23.50
6	Cummings, Ellis	San Leandro	24.04
7	Gregorio, John	Moreau Catholic	28.00
8	Huey, Ray	Castro Valley	NT
Heat 2 Prelims			
1	Cervantes, Dominique	Hayward	25.74
2	Prince, James	Bishop O'Dowd	24.04
3	Pyles, Adrian	Hayward	23.64
4	McBride, Andre	San Leandro	22.67
5	Batis, Bobby	Castro Valley	23.36
6	Rivers, Josh	San Leandro	23.91
7	Han, Nate	Castro Valley	24.69
Heat 3 Prelims			
1	Anschutz, AJ	Moreau Catholic	27.04
2	Caro, Will	Hayward	24.33
3	Brown, Mario	Bishop O'Dowd	23.54
4	Huguley, Victor	San Leandro	23.04
5	Imlack, Jeremy	Moreau Catholic	23.24
6	Thomas, Tyler	Hayward	23.88
7	Richards, Devinaire	San Lorenzo	24.64
8	Santos, Aaron	Mt. Eden	28.00
Heat 4 Prelims			
1	Garcia, Gregg	Moreau Catholic	27.08
2	Johnson, Mike	San Lorenzo	24.44
3	Speegle, Myles	Castro Valley	23.76
4	Towles, Marvin	Tennyson	23.20
5	Clarke, Rhomel	Mt. Eden	23.23
6	Speegle, Matthew	Castro Valley	23.79

7	Grant, Jonte	Hayward	24.84
8	McNeally, Mas	San Leandro	25.04

Event 43 Girls 3200 Meter Run Frosh-Soph

Name	Year School	Seed	Finals
Section 1 Timed Finals			
1	Osaka, Rie	Arroyo	13:33.00
2	Devlin, Allie	Bishop O'Dowd	13:39.00
3	Htoy, Rosina	Castro Valley	14:00.00
4	Lewis, Gabriella	Bishop O'Dowd	13:40.00
5	Khana, Guwant	Tennyson	14:41.00
6	Velasquez, Renee	Castro Valley	14:25.01
7	Meyer, Allison	Arroyo	15:16.00
8	Robles, Rebecca	San Lorenzo	NT
9	Sharma, Manisha	Mt. Eden	NT

Event 44 Boys 3200 Meter Run Frosh-Soph

Name	Year School	Seed	Finals
Section 1 Timed Finals			
1	Conway, Alec	Castro Valley	10:54.39
2	Degroot, Jonathan	Bishop O'Dowd	11:00.00
3	Kifle, Hurui	Mt. Eden	11:11.70
4	Smith, Brandon	Moreau Catholic	11:05.00
5	Bruce, Andrew	San Leandro	13:30.70
6	Sands, Jeremy	Arroyo	11:18.00
7	Rafael, William	Mt. Eden	11:35.20
8	Mach, Bronson	San Leandro	14:00.20
9	Otts, Tynan	Moreau Catholic	11:30.00
10	Galindo, Lorenzo	Arroyo	11:22.00
11	Spees, Sean	Bishop O'Dowd	11:39.74
12	Ebadi, Hamid	Mt. Eden	11:39.20
13	Barney, Robert	Castro Valley	12:18.00
14	Tran, Albert	Mt. Eden	11:50.00
15	Chicoin, Julian	Moreau Catholic	12:00.00
16	Chow, Derek	Mt. Eden	11:50.00
17	Gonzalez, Juan	San Leandro	12:19.00
18	Abolencia, Justin	Arroyo	12:43.00
19	Nourot, Daniel	Castro Valley	12:51.22
20	Fong, Bryce	Bishop O'Dowd	13:01.00
21	Gong, Brandon	San Leandro	13:09.60
22	Meskienyar, Imran	Castro Valley	13:23.30
23	Phan, Xuan	San Leandro	NT
24	Kaufmann, Karsten	Bishop O'Dowd	11:26.87
25	Hussein, Tareq	San Lorenzo	15:46.00
26	Perez, Giovani	Mt. Eden	11:17.50
27	Trujillo, Daniel	San Leandro	NT
28	Conway, Austin	Castro Valley	NT
29	Tritto, Randy	San Lorenzo	NT

Event 45 Girls 3200 Meter Run Varsity

Name	Year School	Seed	Finals
Section 1 Timed Finals			
1	Santisteban, Kelsey	Castro Valley	10:44.52
2	Spees, Kaitlyn	Bishop O'Dowd	12:08.00
3	Adeni, Anika	Moreau Catholic	12:12.00

4	Canela, Janet	San Leandro	14:00.40
5	Fong, Samantha	Castro Valley	12:24.98
6	Mischeaux, Claire	Bishop O'Dowd	12:58.00
7	MacLeod, Pamela	Castro Valley	12:57.20
8	Diaz, Marie	Bishop O'Dowd	12:21.00
9	Carvin, Kathryn	Castro Valley	12:58.72
10	Wong, Jessica	San Leandro	14:11.57
11	Yang, Nicole	Castro Valley	12:44.37
12	Sutedja, Ashley	Castro Valley	NT

#### Event 46 Boys 3200 Meter Run Varsity

Name	Year School	Seed	Finals
Section 1 Timed Finals			
1	Eversole, Ben	Castro Valley	9:23.19
2	Thomas, Danny	Arroyo	10:00.00
3	Coulter, Erich	Castro Valley	10:06.71
4	Ruvalcaba, Arthur	Mt. Eden	10:12.50
5	Ashby, Tom	Castro Valley	10:14.37
6	Morales, Emanuel	Mt. Eden	10:13.70
7	John, Calvin	Bishop O'Dowd	10:30.56
8	Reyes, Jose	Tennyson	11:52.00
9	Snow, Andrew	Arroyo	10:43.00
10	Kane, Sam	Bishop O'Dowd	10:32.18
11	McIntire, Andrew	Moreau Catholic	10:56.00
12	Cruz, Jordan	Mt. Eden	10:56.50
13	Lew, Gary	San Leandro	11:02.23
14	Nyberg, Ryan	Bishop O'Dowd	11:03.00
15	Magsombol, Abraham	Mt. Eden	11:16.90
16	Mercadal, Balbino	Arroyo	11:29.00
17	Crump, Matthew	Castro Valley	11:44.00
18	Mok, Wilson	San Leandro	13:00.00
19	Suchit, Nikiel	Mt. Eden	NT
20	Peek, Scott	Castro Valley	12:01.31
21	Carranza, Oscar	San Lorenzo	12:57.00
22	Mirzadi, Rostam	Castro Valley	10:42.83
23	Greer, Stephn	San Leandro	12:00.00
24	Candelaria, Marco	Mt. Eden	NT

#### Event 50 Boys 4x400 Meter Relay Varsity

School	Seed	Finals
Section 1 Timed Finals		
2 Hayward 'A'	3:39.60	
3 Bishop O'Dowd 'A'	3:34.00	
4 San Leandro 'A'	3:31.00	
5 Castro Valley 'A'	3:31.04	
6 Mt. Eden 'A'	3:37.20	
7 Arroyo 'A'	NT	

#### Event 55 Girls 4x400 Meter Relay Frosh-Soph

School	Seed	Finals
Section 1 Timed Finals		
2 Arroyo 'A'	NT	
3 Bishop O'Dowd 'A'	NT	
4 Castro Valley 'A'	4:31.40	
5 Hayward 'A'	4:45.00	

6 San Leandro 'A'

NT

## Event 56 Boys 4x400 Meter Relay Frosh-Soph

School	Seed	Finals
Section 1 Timed Finals		
2 Bishop O'Dowd 'A'	3:58.00	
3 Castro Valley 'A'	3:50.26	
4 San Leandro 'A'	3:50.00	
5 Moreau Catholic 'A'	3:50.00	
6 Mt. Eden 'A'	3:55.10	
7 Hayward 'A'	4:20.30	

## Event 57 Girls 4x400 Meter Relay Varsity

School	Seed	Finals
Section 1 Timed Finals		
2 Moreau Catholic 'A'	NT	
3 Arroyo 'A'	NT	
4 Castro Valley 'A'	4:14.67	
5 Hayward 'A'	4:30.50	
6 Bishop O'Dowd 'A'	NT	
7 San Leandro 'A'	NT	

## Event 59 Girls High Jump Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Mota, Mellissa	Tennyson	3-08.00	
2 Arens, Lexie	Castro Valley	3-10.00	
3 Perez, Rhiannon	Arroyo	4-00.00	
4 Adeyemi, Lina	San Leandro	4-02.00	
5 Sandino, Rosemarie	Arroyo	4-04.00	
6 Leopold, Nakia	Hayward	4-04.00	

## Event 60 Boys High Jump Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Lin, Alvin	Castro Valley	NH	
2 Tuecinovic, Dzanin	Castro Valley	NH	
3 Bannister, Phillip	Castro Valley	NH	
4 Huynh, Thien	Castro Valley	NH	
5 Kono, Eiji	Castro Valley	NH	
6 Singh, Anmol	Moreau Catholic	4-11.00	
7 Hunter, Dreyson	San Lorenzo	5-00.00	
8 Galsco, Gabriel	San Leandro	5-02.00	
9 Young, Stevinaire	Hayward	5-04.00	
10 Ruth, TJ	Bishop O'Dowd	5-04.00	

## Event 61 Girls High Jump Varsity

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Shin, Angie	Castro Valley	NH	
2 Wultanski, Samantha	Castro Valley	NH	

3	Piccillo, Emma	Castro Valley	4-00.00
4	Guan, Jacqueline	Arroyo	4-02.00
5	Bowersmith, Kelsea	Arroyo	4-04.00
6	Partida, Victoria	Arroyo	4-04.00
7	Bailey, Aurora	Castro Valley	4-08.00

Event 62 Boys High Jump Varsity

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1	Speegle, Matthew	Castro Valley	5-02.00
2	Sweetwyne, Kellen	Hayward	5-02.00
3	Bodwin, Cameron	San Leandro	5-08.00
4	Diomande, Solo	Castro Valley	5-08.00
5	Austin, Antonio	San Leandro	5-10.00
6	Obidiegou, Kyrian	San Leandro	5-10.00
7	Grant, Jonte	Hayward	6-00.00
8	Foster, Alex	Castro Valley	6-02.00
9	Williams, Alan	Bishop O'Dowd	6-03.00

Event 63 Girls Pole Vault Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1	Arens, Lexie	Castro Valley	NH
2	Cho, Grace	Castro Valley	NH
3	Gamez, Monica	Castro Valley	6-06.00
4	Gilham, Haley	Castro Valley	6-06.00

Event 64 Boys Pole Vault Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1	Mitchell, Andrew	Castro Valley	NH
2	Zaballos, Paul	Castro Valley	NH
3	Nurot, Daniel	Castro Valley	NH
4	Rodriguez, Sabastian	Moreau Catholic	6-06.00
5	Peek, Aaron	Castro Valley	6-06.00
6	Locke, Evan	Castro Valley	8-06.00

Event 65 Girls Pole Vault Varsity

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1	Harbert, Nicole	Moreau Catholic	5-06.00
2	Piccillo, Emma	Castro Valley	6-00.00
3	Heuer, Jessica	Castro Valley	6-06.00
4	Gilchriese, Sarah	Castro Valley	7-00.00
5	Miciano, Audrey	Moreau Catholic	7-00.00

Event 66 Boys Pole Vault Varsity

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1	Carrick, Chris	Castro Valley	7-00.00
2	Anschutz, AJ	Moreau Catholic	8-00.00

3	Tsurumoto, Ian	Castro Valley	8-00.00
4	Garcia, Gregg	Moreau Catholic	8-00.00
5	Laris, Jordan	Castro Valley	10-06.00
6	Coulter, Erich	Castro Valley	11-06.00
7	Wiegardt, Andrew	Castro Valley	13-00.00

# Event 67 Girls Long Jump Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Hall, Jade	Hayward	ND	
2 Xu, Alieen	San Leandro	ND	
3 Chen, Sarah	Castro Valley	ND	
4 Cho, Grace	Castro Valley	9-10.50	
5 li, yli	Tennyson	11-02.00	
6 Singh, Prabhjot	Mt. Eden	11-03.00	
7 Badion, Alexa	Tennyson	12-00.00	
8 Adeyemi, Lina	San Leandro	12-02.00	
9 Navarro, Yvett	Moreau Catholic	12-05.00	
10 King, Taylor	Castro Valley	12-09.50	
11 Herbert, Kassidy	Moreau Catholic	14-00.00	
12 Hill, Christina	San Leandro	14-09.00	

# Event 68 Boys Long Jump Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Kaing, Davin	San Leandro	ND	
2 Shaw, Rory	Arroyo	13-05.00	
3 Thien, Lien	Arroyo	13-08.00	
4 Truesdale, Walter	Tennyson	13-08.00	
5 Baskerville, Darrion	San Leandro	14-00.00	
6 Lin, Alvin	Castro Valley	14-00.25	
7 Huynh, Thien	Castro Valley	14-07.00	
8 Kono, Eiji	Castro Valley	14-09.00	
9 Ellison, Mayori	Hayward	14-10.00	
10 Gao, Alex	Castro Valley	15-08.00	
11 Aguirre, David	Hayward	15-10.00	
Flight 2 Finals			
1 King, Kevin	Bishop O'Dowd	16-01.00	
2 Delfino, Francis	Moreau Catholic	16-05.00	
3 Singh, Anmol	Moreau Catholic	16-05.00	
4 Hunter, Dreyson	San Lorenzo	16-08.00	
5 Romero, Eric	Tennyson	16-09.00	
6 Galsco, Gabriel	San Leandro	16-09.50	
7 Cabrera, Carl	San Leandro	16-11.00	
8 Cristobal, Nesleo	San Leandro	17-00.00	
9 Young, Stevinaire	Hayward	17-00.00	
10 Kono, Yuya	Castro Valley	17-04.00	
11 Lew, Jon	San Leandro	17-07.00	

# Event 69 Girls Long Jump Varsity

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Lalmohamad, Sahar	Castro Valley	ND	
2 Moore, Tahirra	Tennyson	10-00.00	
3 Batilo, Christina	Tennyson	11-05.00	



4	Nguyen, Lily	Arroyo	12-03.00
5	Partida, Victoria	Arroyo	12-04.00
6	Lam, Sarah	Castro Valley	12-09.00
7	Miciano, Audrey	Moreau Catholic	13-00.00
8	Velasquez, Julia	Castro Valley	13-01.00
Flight 2 Finals			
1	Schwyter, Nadia	Arroyo	13-03.00
2	Lee, Crystal	Castro Valley	13-06.00
3	Clive, Joanna	Arroyo	13-07.00
4	Bishop, Karyn	San Leandro	14-00.00
5	Mujic, Elma	Arroyo	14-01.00
6	Watson, Camille	San Leandro	14-02.00
7	Hogan, Taelor	Hayward	14-02.25
8	Scott, Keaira	Hayward	14-05.00
Flight 3 Finals			
1	Gant, Melissa	Tennyson	14-05.00
2	Ani, Jorceylin	Hayward	15-00.00
3	Johnson, Erika	San Leandro	15-00.50
4	Nickerson, Haleigh	Bishop O'Dowd	15-06.00
5	Hunntington, Margret	Bishop O'Dowd	15-08.00
6	Bostick, Ariel	Bishop O'Dowd	16-00.00
7	Lyles, Makela	Bishop O'Dowd	16-08.00
8	Miller, Brianna	Castro Valley	17-06.00
9	Alli, Taofeqat	Castro Valley	17-09.00

# Event 70 Boys Long Jump Varsity

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1	Imlack, Jeremy	Moreau Catholic		ND	
2	To, Felix	Arroyo		14-02.00	
3	Garcia, Gregg	Moreau Catholic		17-01.00	
4	Huey, Ray	Castro Valley		17-02.50	
5	Marino, Nicolas	Castro Valley		17-05.00	
6	Bodwin, Cameron	San Leandro		17-07.00	
7	Austin, Antonio	San Leandro		17-08.00	
Flight 2 Finals					
1	Shanklin, Torrance	Tennyson		18-00.00	
2	Chambers, Chris	Hayward		18-02.00	
3	Low, Kevin	Arroyo		18-03.00	
4	Young, Stevonte	Hayward		18-06.00	
5	Han, Nate	Castro Valley		18-07.00	
6	Cervantes, Dominique	Hayward		18-11.00	
7	Towles, Marvin	Tennyson		19-00.00	
8	Speegle, Myles	Castro Valley		19-03.00	
Flight 3 Finals					
1	Monroe, Desmond	San Leandro		19-04.00	
2	Davis, Ben	Castro Valley		19-06.00	
3	Grant, Jonte	Hayward		19-06.00	
4	Trammel, Trent	Bishop O'Dowd		19-07.00	
5	Manag, Lorenzo	Bishop O'Dowd		20-00.00	
6	Thomas, Tyler	Hayward		20-02.75	
7	Nasir, Adeeb	Hayward		20-03.50	
8	Kirven, Solomon	San Lorenzo		21-05.50	
9	Huguley, Victor	San Leandro		22-02.00	

# Event 71 Girls Triple Jump Frosh-Soph

Name	Year	School	Seed	Mark	Finals
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## Flight 1 Finals

1	Xu, Alieen	San Leandro	ND
2	Chen, Sarah	Castro Valley	ND
3	Nyangau, Norah	Arroyo	17-00.00
4	Adeyemi, Lina	San Leandro	25-07.00
5	King, Taylor	Castro Valley	27-01.75

## Event 72 Boys Triple Jump Frosh-Soph

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1	Thien, Lien	Arroyo	ND		
2	Shaw, Rory	Arroyo	ND		
3	Baskerville, Darrion	San Leandro	22-00.00		
4	Gao, Alex	Castro Valley	27-02.00		
5	Kono, Eiji	Castro Valley	28-09.00		
6	Lin, Alvin	Castro Valley	29-04.50		
7	Kaing, Davin	San Leandro	31-00.50		
8	Huynh, Thien	Castro Valley	31-11.50		
9	Delfino, Francis	Moreau Catholic	35-00.00		
10	Singh, Anmol	Moreau Catholic	35-06.00		
11	Kono, Yuya	Castro Valley	36-06.00		
12	Lew, Jon	San Leandro	36-07.00		

## Event 73 Girls Triple Jump Varsity

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1	Velasquez, Julia	Castro Valley	25-03.00		
2	Nguyen, Lily	Arroyo	25-07.00		
3	Clive, Joanna	Arroyo	27-11.00		
4	Lee, Crystal	Castro Valley	30-11.00		
5	Ani, Jorceylin	Hayward	31-10.00		
6	Hunntington, Margret	Bishop O'Dowd	33-00.00		
7	Nickerson, Haleigh	Bishop O'Dowd	33-00.00		
8	Lyles, Makela	Bishop O'Dowd	33-00.00		
9	Jones, Shanel	Bishop O'Dowd	34-00.00		
10	Miller, Brianna	Castro Valley	36-00.50		

## Event 74 Boys Triple Jump Varsity

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1	Grant, Jonte	Hayward	ND		
2	Austin, Antonio	San Leandro	34-00.00		
3	Hernandez, Ricardo	Arroyo	34-04.00		
4	Bodwin, Cameron	San Leandro	35-03.00		
5	Low, Kevin	Arroyo	36-11.00		
6	Kirven, Solomon	San Lorenzo	37-00.00		
Flight 2 Finals					
1	Thomas, Tyler	Hayward	37-01.50		
2	Hudson, Kwame	Castro Valley	38-01.50		
3	Young, Stevonte	Hayward	42-03.00		
4	Manag, Lorenzo	Bishop O'Dowd	42-04.00		
5	Davis, Ben	Castro Valley	42-09.25		
6	Trammel, Trent	Bishop O'Dowd	44-08.50		
7	Williams, Alan	Bishop O'Dowd	45-04.25		

## Event 75 Girls Discus Throw Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Badion, Alexa	Tennyson	ND	
2 Wright, Sharissa	San Leandro	ND	
3 Johnson, Rachel	Castro Valley	42-09.50	
4 McElroy, Makalah	Bishop O'Dowd	46-07	
5 Leiva, Karla	Hayward	51-10	
6 Mota, Mellissa	Tennyson	60-00	
7 Gayhardt, Lauryn	Moreau Catholic	77-11	
8 Angenete, Alexis	San Lorenzo	87-00	

## Event 76 Boys Discus Throw Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Pardo, Juan	Mt. Eden	ND	
2 Decastro, Nic	Bishop O'Dowd	ND	
3 Jhattu, Balpreet	Mt. Eden	ND	
4 Asvitt, Kevin	Arroyo	ND	
5 Commandole, Matthew	Moreau Catholic	42-01	
6 Andes, David	Moreau Catholic	51-08	
7 Kendrick, Shaka	Bishop O'Dowd	60-10	
8 Johnson, Bruce	Bishop O'Dowd	65-07	
9 Eric, Hidalgo	San Leandro	67-10	
10 Bannister, Phillip	Castro Valley	72-02.50	
11 Matthews, Chinua	Bishop O'Dowd	73-11	
Flight 2 Finals			
1 Bartsch, Michael	Arroyo	74-09	
2 Sbeih, Islam	San Leandro	75-10.50	
3 SamYoa, Eric	San Leandro	82-01	
4 Sheymamah, Isaac	Castro Valley	83-04.50	
5 Zaballos, Paul	Castro Valley	86-03	
6 Conway, Alec	Castro Valley	88-08	
7 Lauti, Sione	San Lorenzo	93-00	
8 Conway, Austin	Castro Valley	96-03	
9 Viveiros, Anthony	Castro Valley	97-10	
10 Johnson, Blake	Bishop O'Dowd	112-00	

## Event 77 Girls Discus Throw Varsity

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Landeros, Virdiana	Arroyo	47-08	
2 Cruz, Hazel	Moreau Catholic	55-00	
3 Rillamas, Jennifer	Moreau Catholic	55-08	
4 Morales, Alma	San Leandro	62-04.50	
5 Grewal, Manpreet	Arroyo	71-05	
6 Munchick, Bonnie	Bishop O'Dowd	72-06	
7 Birznieks, Astra	Castro Valley	73-04	
8 Banks, Dalisia	Hayward	81-08.50	
9 Maynard, Alexis	Bishop O'Dowd	84-10	
10 Maynard, Andria	Bishop O'Dowd	88-05	
Flight 2 Finals			
1 Bigman, Natalie	San Leandro	88-07	
2 Tidwell, Jaylin	Bishop O'Dowd	91-10	
3 Finch, Lauren	Arroyo	93-10	

4	Waters, Ciarra	Bishop O'Dowd	95-00
5	Francis, Cristina	Bishop O'Dowd	95-01
6	Upshur, Gabrielle	Hayward	97-08
7	Ecker, Jazzy	Hayward	99-00
8	Knight, Alana	Castro Valley	105-01
9	Donnelly, Noelle	Castro Valley	121-00
10	Sapiga, Patrice	Hayward	133-08

Event 78 Boys Discus Throw Varsity

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1	Mediola, Marcus	Moreau Catholic	ND
2	Navarro, Sal	San Leandro	79-05
3	Hill, Ken	Moreau Catholic	80-05
4	Sanchez, Jaimie	Moreau Catholic	80-08
5	Sweetwyne, Kellen	Hayward	81-00
6	Lanza, Zack	Arroyo	84-08
7	Velasquez, Wendell	Arroyo	88-00
8	Cervantes, Dominique	Hayward	91-01
Flight 2 Finals			
1	Chong, Jason	Moreau Catholic	91-10
2	Bowden, Steve	San Leandro	92-05
3	Finau, Sione	San Leandro	99-06.50
4	Morales, Gonzalo	San Leandro	99-07
5	Bouchard, Jeffrey	Castro Valley	110-04
6	Barrera, Emmanuel	Castro Valley	120-06.75
7	Fuapau, Koli	San Lorenzo	121-00
8	Duenas, Ray	Hayward	124-10
Flight 3 Finals			
1	Davis, Kenneth	Castro Valley	130-03
2	Funaki, Joe	Hayward	131-03
3	Sapiga, Nephi	Hayward	134-01
4	Nunn, Malcume	San Leandro	136-00
5	Tomaz, Niko	Castro Valley	137-04.75
6	Eckel, Jacob	Castro Valley	148-03.50
7	Maile, Sione	San Leandro	148-07.50
8	Mason, Eric	Castro Valley	165-03.50

Event 79 Girls Shot Put Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1	Wright, Sharissa	San Leandro	ND
2	Leiva, Karla	Hayward	ND
3	Herbert, Kassidy	Moreau Catholic	ND
4	Angenete, Alexis	San Lorenzo	ND
5	Johnson, Rachel	Castro Valley	16-00.00
6	Badion, Alexa	Tennyson	22-07.00
7	Mota, Mellissa	Tennyson	23-00.00
8	McElroy, Makalah	Bishop O'Dowd	25-06.00
9	Gayhardt, Lauryn	Moreau Catholic	33-00.00

Event 80 Boys Shot Put Frosh-Soph

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1	Lauti, Sione	San Lorenzo	ND

2	Steele, Shaquille	Tennyson	17-00.00
3	Asvitt, Kevin	Arroyo	21-07.00
4	Andes, David	Moreau Catholic	23-00.00
5	Commandole, Matthew	Moreau Catholic	25-09.00
6	Singh, Anmol	Moreau Catholic	29-00.00
7	Jhattu, Balpreet	Mt. Eden	29-06.00
8	Decastro, Nic	Bishop O'Dowd	29-09.00
9	Matthews, Chinua	Bishop O'Dowd	30-00.00
10	Johnson, Bruce	Bishop O'Dowd	31-02.00
11	Bartsch, Michael	Arroyo	32-04.00

Flight 2 Finals

1	Sbeih, Islam	San Leandro	32-07.00
2	Davis, Nigel	Castro Valley	32-07.50
3	Kendrick, Shaka	Bishop O'Dowd	33-10.00
4	Pardo, Juan	Mt. Eden	33-11.00
5	Conway, Austin	Castro Valley	34-05.00
6	SamYoa, Eric	San Leandro	35-09.50
7	Eric, Hidalgo	San Leandro	35-10.00
8	Barfeei, Emaun	Castro Valley	37-07.00
9	Conway, Alec	Castro Valley	37-09.00
10	Viveiros, Anthony	Castro Valley	42-00.00
11	Zaballos, Paul	Castro Valley	42-04.75

Event 81 Girls Shot Put Varsity

Name	Year School	Seed Mark	Finals
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Flight 1 Finals

1	Wultanski, Samantha	Castro Valley	ND
2	Landeros, Virdiana	Arroyo	16-09.50
3	Grewal, Manpreet	Arroyo	21-09.00
4	Rillamas, Jennifer	Moreau Catholic	23-00.00
5	Morales, Alma	San Leandro	23-08.00
6	Cruz, Hazel	Moreau Catholic	24-03.00
7	Munchick, Bonnie	Bishop O'Dowd	25-07.00
8	Birznieks, Astra	Castro Valley	26-03.50
9	Upshur, Gabrielle	Hayward	27-04.00
10	Maynard, Andria	Bishop O'Dowd	27-11.00

Flight 2 Finals

1	Finch, Lauren	Arroyo	28-04.00
2	Waters, Ciarra	Bishop O'Dowd	28-10.50
3	Bigman, Natalie	San Leandro	28-11.00
4	Maynard, Alexis	Bishop O'Dowd	29-03.00
5	Francis, Cristina	Bishop O'Dowd	29-10.00
6	Banks, Dalisia	Hayward	30-00.00
7	Ecker, Jazzy	Hayward	31-03.50
8	Donnelly, Noelle	Castro Valley	31-07.00
9	Knight, Alana	Castro Valley	33-03.00
10	Sapiga, Patrice	Hayward	38-06.00

Event 82 Boys Shot Put Varsity

Name	Year School	Seed Mark	Finals
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Flight 1 Finals

1	Mediola, Marcus	Moreau Catholic	ND
2	Fuapau, Koli	San Lorenzo	ND
3	Cervantes, Dominique	Hayward	ND
4	Homran, Kamal	Arroyo	23-03.00
5	Morris, Andrew	Hayward	25-11.50
6	Velasquez, Wendell	Arroyo	29-07.00

7	Sanchez, Jaimie	Moreau Catholic	31-10.00
8	Morales, Gonzalo	San Leandro	32-00.00
9	Lanza, Zack	Arroyo	32-03.00
Flight 2 Finals			
1	Duenas, Ray	Hayward	33-06.00
2	Hill, Ken	Moreau Catholic	33-07.00
3	Navarro, Sal	San Leandro	34-06.00
4	Bowden, Steve	San Leandro	35-04.50
5	Funaki, Joe	Hayward	36-06.75
6	Weefur, Josh	Bishop O'Dowd	37-00.00
7	Finau, Sione	San Leandro	37-08.50
8	Sweetwyne, Kellen	Hayward	37-10.50
9	Chong, Jason	Moreau Catholic	37-10.50
Flight 3 Finals			
1	Barrera, Emmanuel	Castro Valley	38-04.00
2	Gilham, George	Castro Valley	40-02.00
3	Bouchard, Jeffrey	Castro Valley	41-09.00
4	Tomaz, Niko	Castro Valley	43-00.00
5	Sapiga, Nephi	Hayward	43-05.00
6	Nunn, Malcume	San Leandro	47-00.50
7	Johnson, Blake	Bishop O'Dowd	48-00.00
8	Maile, Sione	San Leandro	48-03.00
9	Eckel, Jacob	Castro Valley	49-11.00
10	Mason, Eric	Castro Valley	55-02.25

Licensed to Castro Valley High School HY-TEK's Meet Manager 5/13/2010 10:15 PM  
 2010 HAAL Trials - 5/13/2010 to 5/15/2010  
 At Castro Valley  
 Results

Girls 100 Meter Dash Varsity

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Alli, Taofeqat	Castro Valley	12.66	12.60Q	2.8	1
2 Chissell, Maya	Castro Valley	13.29	12.88Q	0.9	3
3 Hogan, Taelor	Hayward	13.27	13.01Q	3.2	2
4 Wilkins, Aliyah	San Leandro	13.89	13.19Q	0.3	4
5 Bostick, Ariel	Bishop O'Dowd	12.94	13.03q	3.2	2
6 Ross, Ahmbria	Bishop O'Dowd	13.24	13.12q	2.8	1
7 Alsobrook, Tyler	San Lorenzo	13.14	13.23q	0.3	4
8 Blanton, Kaii	Bishop O'Dowd	13.75	13.31q	0.9	3
9 Jackson, Randi	Bishop O'Dowd	13.14	13.46	0.9	3
10 Ang, Amanda	Moreau Catholic	13.64	13.47	2.8	1
11 Gant, Melissa	Tennyson	13.20	13.56	0.3	4
12 Watson, Camille	San Leandro	13.86	13.74	0.3	4
13 Harris, Monique	Arroyo	13.74	13.87	3.2	2
14 Mujic, Elma	Arroyo	14.54	13.96	0.9	3
15 Flannigan, Jasmine	Hayward	14.25	14.02	2.8	1
16 Galvez, Athenie	Moreau Catholic	14.24	14.12	3.2	2
17 Harbert, Nicole	Moreau Catholic	14.24	14.15	2.8	1
18 Bishop, Karyn	San Leandro	14.54	14.28	3.2	2
19 Castro, Mel	Hayward	14.44	14.42	0.3	4
20 Miciano, Audrey	Moreau Catholic	15.59	14.81	0.9	3
21 Batilo, Christina	Tennyson	15.00	15.33	3.2	2
22 Brox-Chester, Markeia	Bishop O'Dowd	14.74	15.45	0.3	4
23 Lam, Sarah	Castro Valley	15.04	16.08	2.8	1

Girls 200 Meter Dash Varsity

Name	Year School	Seed	Prelims	Wind	H#
1 Alli, Taofeqat	Castro Valley	26.48	27.15Q	-1.8	1
2 May, Keisha	Bishop O'Dowd	27.14	27.16Q	-0.5	2
3 Gardins, Karra	Moreau Catholic	26.74	27.55Q	-3.2	4
4 Turner, Jocelyn	Hayward	28.10	28.42Q	-0.7	3
5 Bostick, Ariel	Bishop O'Dowd	26.64	27.17q	-0.5	2
6 Alsobrook, Tyler	San Lorenzo	27.94	27.87q	-3.2	4
7 Blanton, Kaii	Bishop O'Dowd	27.84	27.88q	-3.2	4
8 Jackson, Randi	Bishop O'Dowd	27.14	27.88q	-1.8	1
9 Gant, Melissa	Tennyson	27.40	28.39	-1.8	1
10 Ang, Amanda	Moreau Catholic	27.64	28.56	-1.8	1
11 Watson, Camille	San Leandro	29.20	28.86	-0.5	2
12 Harris, Monique	Arroyo	28.54	28.97	-0.5	2
13 Talley, Rhiannah	Hayward	29.82	29.17	-0.7	3
14 Galvez, Athenie	Moreau Catholic	29.04	29.55	-1.8	1
15 Mujic, Elma	Arroyo	28.94	29.57	-0.7	3
16 Harbert, Nicole	Moreau Catholic	26.74	29.63	-0.7	3
17 Randall, Chelsea	San Leandro	31.40	29.67	-0.5	2
18 Flannigan, Jasmine	Hayward	29.98	29.70	-3.2	4
19 Castro, Mel	Hayward	31.04	30.28	-1.8	1
20 Lalmohamad, Sahar	Castro Valley	35.94	37.40	-3.2	4

Girls 400 Meter Dash Varsity

Name	Year School	Seed	Prelims	H#
1 Turner, Jocelyn	Hayward	1:01.29	1:00.44Q	2

2 May, Keisha	Bishop O'Dowd	1:00.24	1:01.24Q	1
3 Wilkins, Aliyah	San Leandro	1:02.19	1:00.82q	2
4 Gardins, Karra	Moreau Catholic	1:01.34	1:01.78q	1
5 Quamina, Katherine	Bishop O'Dowd	1:01.64	1:01.88q	1
6 Miller, Brianna	Castro Valley	1:00.41	1:02.44q	2
7 Talley, Rhiannah	Hayward	1:07.51	1:06.41q	2
8 Watson, Chantel	San Leandro	1:07.57	1:07.57q	2
9 Johnson, Erika	San Leandro	1:09.66	1:08.39	1
10 Shafer, Jessica	Arroyo	1:11.14	1:10.20	1

#### Girls 800 Meter Run Varsity

Name	Year School	Seed	Prelims
1 Schneider, Chelsea	Castro Valley	2:18.20	2:23.56Q
2 Wummer, Elise	Castro Valley	2:22.19	2:31.60Q
3 Riley, Arianne	Hayward	2:22.20	2:27.19q
4 Mischeaux, Claire	Bishop O'Dowd	2:38.00	2:31.48q
5 MacLeod, Pamela	Castro Valley	2:29.80	2:32.72q
6 Adeni, Anika	Moreau Catholic	2:28.00	2:33.26q
7 Spiegel, Laura	Arroyo	2:37.00	2:34.43q
8 Bailey, Aurora	Castro Valley	2:33.66	2:34.87q
9 Diaz, Marie	Bishop O'Dowd	2:39.00	2:35.54
10 Johnson, Erika	San Leandro	2:39.70	2:35.64
11 Piccillo, Emma	Castro Valley	2:46.72	2:39.03
12 Gilchriese, Carolyn	Castro Valley	2:38.60	2:41.30
13 Sibal, Mariah	Arroyo	2:51.00	2:44.04
14 Watson, Chantel	San Leandro	2:51.50	2:46.16
15 Canela, Janet	San Leandro	2:44.80	2:54.09
16 Wong, Jessica	San Leandro	2:54.86	2:55.43
17 Garcia, Irmay	Hayward	2:43.30	2:58.26
18 Clore, Rebecca	Arroyo	3:03.00	3:05.47
19 Tran, Anita	Arroyo	3:12.00	3:06.04
20 Tran, Connie	Mt. Eden	3:10.13	3:10.73
21 Encarnacion, Jizel	Mt. Eden		3:11.23

#### Girls 1600 Meter Run Varsity

Name	Year School	Seed	Prelims
1 Wummer, Elise	Castro Valley	5:16.84	5:28.94Q
2 Santisteban, Kelsey	Castro Valley	4:59.07	5:32.62Q
3 Riley, Arianne	Hayward	5:20.20	5:29.14Q
4 Adeni, Anika	Moreau Catholic	5:26.00	5:34.33Q
5 Spees, Kaitlyn	Bishop O'Dowd	5:25.00	5:35.43Q
6 Mischeaux, Claire	Bishop O'Dowd	5:38.00	5:40.14Q
7 Spiegel, Laura	Arroyo	5:44.00	5:39.92q
8 Fong, Samantha	Castro Valley	5:43.38	5:40.18q
9 Diaz, Marie	Bishop O'Dowd	5:39.00	5:40.74q
10 Yang, Nicole	Castro Valley	5:44.23	5:45.38q
11 Sutedja, Ashley	Castro Valley	5:40.78	5:47.37q
12 Weisenberger, Tracy	Castro Valley	5:56.48	5:50.63q
13 Sibal, Mariah	Arroyo	6:06.00	6:00.50
14 Canela, Janet	San Leandro	6:04.00	6:07.21
15 Garcia, Irmay	Hayward	5:58.60	6:14.90
16 Wong, Jessica	San Leandro	6:22.90	6:18.60
17 Clore, Rebecca	Arroyo	7:14.00	6:44.17
18 Tran, Anita	Arroyo	6:58.00	6:47.33
19 Tran, Connie	Mt. Eden	6:47.25	6:50.53

#### Girls 100 Meter Hurdles Varsity

Name	Year School	Seed	Prelims	Wind H#
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1 Aldridge, Monique	Castro Valley	15.30	15.37Q	-1.8	1
2 Mader, Halina	Bishop O'Dowd	16.74	17.11Q	-1.4	2
3 Ross, Ahmbria	Bishop O'Dowd	17.24	17.12q	-1.4	2
4 Bowersmith, Kelsea	Arroyo	17.44	17.33q	-1.8	1
5 Giscombe, Brianna	Castro Valley	17.44	17.57q	-1.4	2
6 Chissell, Maya	Castro Valley	17.94	17.88q	-1.8	1
7 Guan, Jacqueline	Arroyo	17.94	18.03q	-1.8	1
8 Partida, Victoria	Arroyo		18.29q	-1.4	2
9 Schwyster, Nadia	Arroyo	17.24	18.35	-1.4	2
10 Clive, Joanna	Arroyo	18.54	19.40	-1.8	1
11 Nguyen, Lily	Arroyo	20.14	20.22	-1.4	2
12 Busby, Thomecia	San Leandro	22.24	20.60	-1.8	1
13 Randall, Chelsea	San Leandro	18.00	21.99	-1.8	1

#### Girls 300 Meter Hurdles Varsity

Name	Year School	Seed	Prelims	H#
1 Mader, Halina	Bishop O'Dowd	48.14	50.38Q	1
2 Chissell, Maya	Castro Valley	50.69	51.28Q	2
3 Guan, Jacqueline	Arroyo	53.94	51.49q	2
4 Partida, Victoria	Arroyo		52.35q	2
5 Giscombe, Brianna	Castro Valley	53.94	52.66q	1
6 Bowersmith, Kelsea	Arroyo	53.64	53.36q	1
7 Nguyen, Lily	Arroyo	59.74	57.95q	1

#### Girls Triple Jump Varsity

Name	Year School	Seed	Finals	Wind	Points
Finals					
1 Nickerson, Haleigh	Bishop O'Dowd	33-00.00	33-03.25	2.5	10
2 Miller, Brianna	Castro Valley	36-00.50	33-01.75	2.4	8
3 Lyles, Makela	Bishop O'Dowd	33-00.00	33-00.75	0.3	6
4 Ani, Jorceylin	Hayward	31-10.00	31-05.50	0.3	4
5 Hunntington, Margret	Bishop O'Dowd	33-00.00	30-11.75	1.9	2
6 Lee, Crystal	Castro Valley	30-11.00	28-02.00	1.4	1
7 Nguyen, Lily	Arroyo	25-07.00	27-07.50	0.6	
8 Clive, Joanna	Arroyo	27-11.00	27-03.50	2.6	
9 Velasquez, Julia	Castro Valley	25-03.00	26-11.00	1.6	

#### Girls 100 Meter Dash Frosh-Soph

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Elam, Kristin	Castro Valley	13.05	13.03Q	-0.2	1
2 Scott, Amina	Bishop O'Dowd	13.72	13.64Q	1.2	2
3 Payne, Emily	Castro Valley	14.22	13.97Q	-2.3	4
4 Hill, Christina	San Leandro	13.89	14.05Q	-0.1	3
5 Garde, Nicole	Bishop O'Dowd	14.32	13.67q	-0.2	1
6 Herbert, Cassidy	Moreau Catholic	14.44	14.13q	1.2	2
7 Leopold, Nakia	Hayward	14.42	14.25q	-0.1	3
8 Maas, Rachel	Bishop O'Dowd	14.24	14.34q	-0.1	3
9 Ross, Jalissa	San Lorenzo	14.24	14.35	1.2	2
10 White, Alex	Bishop O'Dowd	14.04	14.48	-2.3	4
11 Goshney, Kim	Bishop O'Dowd	15.24	14.64	-0.2	1
12 Yu, Vanessa	Bishop O'Dowd	15.47	15.12	-2.3	4
13 Nyangau, Norah	Arroyo	15.34	15.15	-0.1	3
14 Suzuki, Cindy	Arroyo	15.04	15.18	1.2	2
15 King, Taylor	Castro Valley	15.56	15.21	-0.1	3
16 Navarro, Yvett	Moreau Catholic	15.54	15.27	-2.3	4
17 Bishop, Taylair	Hayward	15.34	15.33	1.2	2
18 Cazares-Lopez, Valeria	Arroyo	14.84	15.34	-2.3	4

19	Chen, Sarah	Castro Valley	16.50	15.56	-0.2	1
20	Badion, Alexa	Tennyson	14.90	15.58	-2.3	4
21	Mota, Mellissa	Tennyson	15.01	15.65	-0.1	3
22	Cho, Grace	Castro Valley	17.46	17.70	-2.3	4

#### Girls 200 Meter Dash Frosh-Soph

Name	Year	School	Seed	Prelims	Wind	H#
1 Elam, Kristin		Castro Valley	26.94	27.34Q	-0.9	1
2 Lowe, Bianca		Bishop O'Dowd	27.24	28.93Q	-3.0	2
3 Maas, Rachel		Bishop O'Dowd	28.04	28.99Q	-0.6	3
4 Garde, Nicole		Bishop O'Dowd	29.24	28.95q	-0.9	1
5 Brown, Nicholette		San Leandro	28.42	28.97q	-3.0	2
6 Hall, Jade		Hayward	30.04	28.99q	-0.6	3
7 Payne, Emily		Castro Valley	29.36	29.36q	-3.0	2
8 Ross, Jalissa		San Lorenzo	30.24	29.64q	-0.6	3
9 Herbert, Kassidy		Moreau Catholic	29.24	29.65	-0.9	1
10 White, Alex		Bishop O'Dowd	28.24	29.68	-0.6	3
11 Adeyemi, Adeidra		San Leandro	30.25	30.35	-3.0	2
12 Goshney, Kim		Bishop O'Dowd	30.24	30.35	-3.0	2
13 Leopold, Nakia		Hayward	33.84	30.76	-0.9	1
14 Navarro, Yvett		Moreau Catholic	32.24	31.24	-0.6	3
15 Nyangau, Norah		Arroyo	31.14	31.30	-0.9	1
16 Cazares-Lopez, Valeria		Arroyo	31.84	31.51	-3.0	2
17 Suzuki, Cindy		Arroyo	31.44	31.70	-0.6	3
18 Scoggins, Sloan		San Lorenzo	33.24	32.03	-3.0	2
19 Bishop, Taylair		Hayward	33.14	32.90	-0.9	1
20 Cho, Grace		Castro Valley		33.00	-3.0	2
21 King, Taylor		Castro Valley	34.47	33.06	-0.6	3

#### Girls 800 Meter Run Frosh-Soph

Name	Year	School	Seed	Prelims
1 Sibal, Mariza		Arroyo	2:43.00	2:40.40Q
2 Mill, Olivia		Castro Valley	2:44.35	2:46.47Q
3 Perez, Rhiannon		Arroyo	2:55.00	2:48.89q
4 Devlin, Allie		Bishop O'Dowd	2:45.00	2:49.69q
5 Lewis, Gabriella		Bishop O'Dowd	3:00.00	2:51.54q
6 Khana, Guwant		Tennyson	2:47.00	2:57.05q
7 Johnson, Rachel		Castro Valley	2:58.00	3:02.55q
8 Xu, Angela		San Lorenzo	3:37.00	3:17.33q
9 Morales, Dayana		Mt. Eden		3:28.59

#### Girls 1600 Meter Run Frosh-Soph

Name	Year	School	Seed	Prelims
1 Perez, Rhiannon		Arroyo	6:06.00	6:01.07Q
2 Sandino, Rosemarie		Arroyo	6:01.00	6:03.25Q
3 Htoy, Rosina		Castro Valley	6:24.44	6:07.47Q
4 Khana, Guwant		Tennyson	6:14.40	6:21.37Q
5 Devlin, Allie		Bishop O'Dowd	6:13.00	6:07.61Q
6 Lewis, Gabriella		Bishop O'Dowd	6:30.00	6:24.26Q
7 Johnson, Rachel		Castro Valley	6:31.68	6:25.64q
8 Velasquez, Renee		Castro Valley	6:24.00	6:39.71q
9 Meyer, Allison		Arroyo	7:18.00	6:42.05q
10 Sharma, Manisha		Mt. Eden	6:29.30	6:43.32q
11 Robles, Rebecca		San Lorenzo	7:24.00	6:54.19q
12 Chopra, Priya		Castro Valley	6:57.55	6:57.67q
13 Encarnacion, Jizel		Mt. Eden		7:00.19
14 Xu, Angela		San Lorenzo	7:12.00	7:02.10
15 Morales, Dayana		Mt. Eden		7:09.56

-- Vegis, Cate                      Bishop O'Dowd                      6:30.00                      DQ

#### Girls 100 Meter Hurdles Frosh-Soph

Name	Year School	Seed	Prelims	Wind	H#
1 Gilham, Haley	Castro Valley	19.84	18.49Q	-1.7	1
2 Wylie, Elon	Bishop O'Dowd	18.74	18.78Q	-2.8	2
3 Sandino, Rosemarie	Arroyo	18.64	18.61q	-1.7	1
4 Fong, Celia	Bishop O'Dowd	20.24	18.98q	-1.7	1
5 Osaka, Rie	Arroyo	19.64	19.71q	-2.8	2
6 Guiao, Angelica	San Leandro	20.94	20.46q	-1.7	1
7 Chan, Kaitlyn	Bishop O'Dowd	20.24	20.50q	-1.7	1
8 Von Euw, Gabriela	Castro Valley	20.14	21.05q	-2.8	2
9 Gamez, Monica	Castro Valley	21.66	21.58	-1.7	1
10 Meyer, Allison	Arroyo	22.04	22.02	-2.8	2

#### Girls 300 Meter Hurdles Frosh-Soph

Name	Year School	Seed	Prelims	H#
1 Sandino, Rosemarie	Arroyo	54.44	54.31Q	1
2 Guiao, Angelica	San Leandro	56.55	54.76Q	2
3 Navarro, Yvett	Moreau Catholic	54.14	55.10Q	1
4 Osaka, Rie	Arroyo	1:00.84	55.90Q	2
5 Fong, Celia	Bishop O'Dowd	50.14	56.41Q	2
6 Gamez, Monica	Castro Valley	57.74	58.89Q	1
7 Gilham, Haley	Castro Valley	56.24	58.38Q	2
8 Chan, Kaitlyn	Bishop O'Dowd	52.14	1:00.40q	2
9 Von Euw, Gabriela	Castro Valley	1:02.70	1:02.07	2

#### Girls High Jump Frosh-Soph

Name	Year School	Seed	Finals	Points
Finals				
1 Leopold, Nakia	Hayward	4-04.00	4-07.00	10
2 Perez, Rhiannon	Arroyo	4-00.00	4-04.00	8
3 Sandino, Rosemarie	Arroyo	4-04.00	4-02.00	6
-- Arens, Lexie	Castro Valley	3-10.00	NH	
-- Mota, Mellissa	Tennyson	3-08.00	NH	
-- Adeyemi, Lina	San Leandro	4-02.00	NH	

#### Girls Triple Jump Frosh-Soph

Name	Year School	Seed	Finals	Wind	Points
1 Adeyemi, Lina	San Leandro	25-07.00	25-04.50	1.1	10
-- Chen, Sarah	Castro Valley		ND	NWI	
-- Xu, Alieen	San Leandro		ND	NWI	
-- Nyangau, Norah	Arroyo	17-00.00	ND	NWI	
-- King, Taylor	Castro Valley	27-01.75	ND	NWI	

#### Girls Discus Throw Frosh-Soph

Name	Year School	Seed	Finals	Points
1 Angenete, Alexis	San Lorenzo	87-00	77-04.50	10
2 Wright, Sharissa	San Leandro		75-01.50	8
3 Gayhardt, Lauryn	Moreau Catholic	77-11	66-09.50	6
4 Mota, Mellissa	Tennyson	60-00	56-06.50	4
5 Leiva, Karla	Hayward	51-10	52-02.50	2
6 Johnson, Rachel	Castro Valley	42-09.50	42-04	1

## Boys 100 Meter Dash Varsity

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Speegle, Matthew	Castro Valley	11.38	11.20Q	2.3	1
2 McBride, Andre	San Leandro	11.14	11.27Q	1.3	2
3 Rosby, Damion	Castro Valley	11.37	11.51Q	-0.9	4
4 Speegle, Myles	Castro Valley	11.31	11.59Q	-1.8	3
5 Huguley, Victor	San Leandro	11.13	11.23q	2.3	1
6 Brown, Mario	Bishop O'Dowd	11.64	11.43q	2.3	1
7 Kirven, Solomon	San Lorenzo	11.74	11.55q	-0.9	4
8 Pyles, Adrian	Hayward	11.69	11.58q	2.3	1
9 Richards, Devinaire	San Lorenzo	11.84	11.61	1.3	2
10 Towles, Marvin	Tennyson	11.40	11.65	-1.8	3
11 Nasir, Adeeb	Hayward	11.84	11.71	-0.9	4
12 Prince, James	Bishop O'Dowd	11.74	11.72	-1.8	3
13 Johnson, Mike	San Lorenzo	12.34	11.80	2.3	1
14 Griffin, Don	Hayward	11.73	11.82	-1.8	3
15 Tsurumoto, Ian	Castro Valley	12.16	11.98	1.3	2
16 McNeally, Mas	San Leandro	12.02	11.98	1.3	2
17 Caro, Will	Hayward	11.74	12.07	-0.9	4
18 Marino, Nicolas	Castro Valley	12.09	12.26	-0.9	4
19 Clover, Chris	Arroyo	12.34	12.28	2.3	1
20 Anschutz, AJ	Moreau Catholic		12.80	1.3	2
21 Homran, Kamal	Arroyo	13.84	13.40	-1.8	3
22 Santos, Aaron	Mt. Eden	13.74	13.56	-0.9	4
-- Han, Nate	Castro Valley	12.04	DQ	-1.8	3

## Boys 200 Meter Dash Varsity

Name	Year School	Seed	Prelims	Wind	H#
1 Dubose, Devante	Bishop O'Dowd	22.44	22.57Q	-0.9	1
2 McBride, Andre	San Leandro	22.67	23.17Q	-2.2	2
3 Thomas, Tyler	Hayward	23.88	23.23Q	-1.5	3
4 Speegle, Matthew	Castro Valley	23.79	23.44Q	-0.8	4
5 Pyles, Adrian	Hayward	23.64	23.53q	-2.2	2
6 Grant, Jonte	Hayward	24.84	23.61q	-0.8	4
7 Rivers, Josh	San Leandro	23.91	23.63q	-2.2	2
8 Imlack, Jeremy	Moreau Catholic	23.24	23.75q	-1.5	3 ( 23.743 )
9 Towles, Marvin	Tennyson	23.20	23.75	-0.8	4 ( 23.749 )
10 Nasir, Adeeb	Hayward	23.67	23.93	-0.9	1
11 Richards, Devinaire	San Lorenzo	24.64	24.32	-1.5	3
12 Prince, James	Bishop O'Dowd	24.04	24.33	-2.2	2
13 Johnson, Mike	San Lorenzo	24.44	24.36	-0.8	4
14 Caro, Will	Hayward	24.33	24.46	-1.5	3
15 Huguley, Victor	San Leandro	23.04	24.55	-1.5	3
16 McNeally, Mas	San Leandro	25.04	24.56	-0.8	4
17 Speegle, Myles	Castro Valley	23.76	24.60	-0.8	4
18 Han, Nate	Castro Valley	24.69	25.12	-2.2	2
19 Cervantes, Dominique	Hayward	25.74	26.59	-2.2	2
20 Santos, Aaron	Mt. Eden	28.00	27.49	-1.5	3
21 Anschutz, AJ	Moreau Catholic	27.04	28.62	-1.5	3
22 Batis, Bobby	Castro Valley	23.36	33.75	-2.2	2

## Boys 400 Meter Dash Varsity

Name	Year School	Seed	Prelims	H#
1 Dubose, Devante	Bishop O'Dowd	48.58	49.84Q	1
2 Clarke, Rhomel	Mt. Eden	51.64	50.31Q	3
3 Foster, Alex	Castro Valley	51.56	51.33Q	2
4 Diomande, Solo	Castro Valley	52.63	51.81q	1

5 Rivers, Josh	San Leandro	51.99	51.93q	3
6 Wilson, Davonte	San Leandro	52.14	51.94q	2
7 Bradford, Alvictor	San Leandro	53.12	52.15q	1
8 Batis, Bobby	Castro Valley	52.59	52.53q	1
9 Glover, Keith	Arroyo	53.04	53.04	3
10 Webb, Chris	Hayward	54.57	53.67	3
11 Davis, Ben	Castro Valley	53.45	53.79	3
12 Young, Stevonte	Hayward	53.58	54.61	2
13 Imlack, Jeremy	Moreau Catholic	53.54	54.73	1
14 Gilbert, Lorenzo	San Lorenzo	55.14	54.95	2
15 Chambers, Chris	Hayward	57.14	55.44	1
16 Clover, Chris	Arroyo	58.24	56.07	1

#### Boys 800 Meter Run Varsity

Name	Year School	Seed	Prelims
1 Kane, Sam	Bishop O'Dowd	2:05.00	2:04.70Q
2 Weekes, Will	Castro Valley	2:09.40	2:09.01Q
3 Nugal, Marvin	Mt. Eden	2:03.20	2:07.88q
4 Diomande, Solo	Castro Valley	2:03.33	2:07.93q
5 Wilson, Davonte	San Leandro	2:07.80	2:08.87q
6 Schwartz, Jaegyun	Bishop O'Dowd	2:05.00	2:09.89q
7 Burchcheck, Paul	Moreau Catholic	2:11.00	2:10.07q
8 Greer, Stephn	San Leandro	2:15.70	2:11.67q
9 Nguyen, David	Mt. Eden	2:06.90	2:12.26
10 Talley, Vince	Castro Valley	2:22.50	2:12.86
11 John, Jordan	Bishop O'Dowd	2:20.00	2:13.56
12 Jordan, Auburn	Mt. Eden	2:10.50	2:14.45
13 Berman, Juan	Castro Valley	2:21.50	2:15.74
14 Gilbert, Lorenzo	San Lorenzo	2:12.00	2:15.83
15 Peek, Scott	Castro Valley	2:17.39	2:15.85
16 Lew, Gary	San Leandro	2:12.00	2:16.58
17 Mercadal, Balbino	Arroyo	2:09.00	2:17.34
18 Pardo, Jaime	Mt. Eden	2:19.10	2:17.59
19 Nyberg, Ryan	Bishop O'Dowd	2:19.00	2:20.08
20 Hurtado, Diego	Hayward	2:18.40	2:25.92
21 Suchit, Nikiel	Mt. Eden	2:27.00	2:28.62
22 Candelaria, Marco	Mt. Eden	2:40.00	2:29.30
23 Zaro, Eric	Moreau Catholic	2:30.00	2:31.99

#### Boys 1600 Meter Run Varsity

Name	Year School	Seed	Prelims
1 Kane, Sam	Bishop O'Dowd	4:38.00	4:42.32Q
2 Weekes, Will	Castro Valley	4:26.17	4:45.89Q
3 Eversole, Ben	Castro Valley	4:39.00	4:42.33Q
4 Ruvalcaba, Arthur	Mt. Eden	4:42.44	4:45.99Q
5 Thomas, Danny	Arroyo	4:25.00	4:45.87Q
6 Nugal, Marvin	Mt. Eden	4:40.65	4:47.59Q
7 Snow, Andrew	Arroyo	4:45.00	4:47.13q
8 Ashby, Tom	Castro Valley	4:49.60	4:49.61q
9 Burchcheck, Paul	Moreau Catholic	4:51.00	4:51.77q
10 Mirzadi, Rostam	Castro Valley	4:53.10	4:54.09q
11 Nguyen, David	Mt. Eden	4:46.70	4:54.98q
12 Mercadal, Balbino	Arroyo	4:50.00	4:59.13q
13 Lew, Gary	San Leandro	4:59.00	4:59.76
14 John, Jordan	Bishop O'Dowd	4:58.00	5:01.07
15 Nyberg, Ryan	Bishop O'Dowd	4:55.00	5:01.89
16 Greer, Stephn	San Leandro	4:53.00	5:02.41
17 Jordan, Auburn	Mt. Eden	5:00.40	5:03.85
18 Pardo, Jaime	Mt. Eden	5:05.40	5:06.63
19 Magsombol, Abraham	Mt. Eden	5:01.40	5:07.93

20 McIntire, Andrew	Moreau Catholic	5:08.12	5:08.10
21 Hurtado, Diego	Hayward	5:10.40	5:17.20
22 Zaro, Eric	Moreau Catholic	5:28.00	5:28.01
23 Talley, Vince	Castro Valley	4:58.83	5:30.86
24 Carranza, Oscar	San Lorenzo	5:54.00	5:42.10
25 Ung, Stephen	Bishop O'Dowd	5:45.00	5:54.53

#### Boys 110 Meter Hurdles Varsity

Name	Year School	Seed	Prelims	Wind	H#
1 Williams, Alan	Bishop O'Dowd	15.04	14.81Q	-3.9	1
2 Imlack, Jeremy	Moreau Catholic	16.14	16.15Q	1.9	2
3 Hudson, Kwame	Castro Valley	16.29	16.07q	-3.9	1
4 Wiegardt, Andrew	Castro Valley	16.74	16.46q	-3.9	1
5 Manag, Lorenzo	Bishop O'Dowd	15.94	16.56q	1.9	2
6 Monroe, Desmond	San Leandro	17.14	17.06q	-3.9	1
7 Laris, Jordan	Castro Valley	19.04	17.68q	1.9	2
8 Chambers, Chris	Hayward	16.84	18.21q	1.9	2
9 DeGuzman, Luis	Arroyo	17.14	18.29	1.9	2
10 To, Felix	Arroyo	19.94	19.13	-3.9	1

#### Boys 300 Meter Hurdles Varsity

Name	Year School	Seed	Prelims	H#
1 Bradford, Alvictor	San Leandro	45.24	41.30Q	2
2 Williams, Alan	Bishop O'Dowd	41.24	42.99Q	1
3 Monroe, Desmond	San Leandro	46.14	43.80q	1
4 DeGuzman, Luis	Arroyo	44.24	44.31q	1
5 Hudson, Kwame	Castro Valley	43.08	44.59q	2
6 Laris, Jordan	Castro Valley	44.66	45.00q	2
7 Chambers, Chris	Hayward	46.17	45.25q	2
8 To, Felix	Arroyo	47.24	45.55q	1
9 Webb, Chris	Hayward	43.11	45.59	1
10 Wiegardt, Andrew	Castro Valley	46.94	45.74	2
11 Manag, Lorenzo	Bishop O'Dowd	42.14	46.28	2
12 Reyes, Jose	Tennyson	47.70	47.76	1
13 Nyembo, Mike	Bishop O'Dowd	45.64	48.06	1
14 Contreras, Jose	San Leandro	48.74	48.53	2

#### Boys Triple Jump Varsity

Name	Year School	Seed	Finals	Wind	Points
Finals					
1 Williams, Alan	Bishop O'Dowd	45-04.25	45-06.50	1.1	10
2 Trammel, Trent	Bishop O'Dowd	44-08.50	44-11.25	1.8	8
3 Grant, Jonte	Hayward		42-10.00	1.5	6
4 Hudson, Kwame	Castro Valley	38-01.50	41-08.75	0.7	4
5 Davis, Ben	Castro Valley	42-09.25	41-01.00	0.9	2
6 Manag, Lorenzo	Bishop O'Dowd	42-04.00	41-00.00	2.9	1
7 Young, Stevonte	Hayward	42-03.00	40-04.00	1.8	
8 Thomas, Tyler	Hayward	37-01.50	39-00.25	3.0	
9 Bodwin, Cameron	San Leandro	35-03.00	37-03.50	1.6	
10 Low, Kevin	Arroyo	36-11.00	36-06.00	1.8	
-- Hernandez, Ricardo	Arroyo	34-04.00	ND	NWI	

#### Boys Shot Put Varsity

Name	Year School	Seed	Finals	Points
1 Mason, Eric	Castro Valley	55-02.25	53-08.00	10
2 Eckel, Jacob	Castro Valley	49-11.00	50-02.00	8

3 Maile, Sione	San Leandro	48-03.00	49-09.00	6
4 Nunn, Malcume	San Leandro	47-00.50	47-00.00	4
5 Johnson, Blake	Bishop O'Dowd	48-00.00	45-00.00	2
6 Sapiga, Nephi	Hayward	43-05.00	44-08.00	1
7 Tomaz, Niko	Castro Valley	43-00.00	43-07.00	
8 Bouchard, Jeffrey	Castro Valley	41-09.00	41-04.00	
9 Gilham, George	Castro Valley	40-02.00	38-04.00	
10 Finau, Sione	San Leandro	37-08.50	38-03.00	
11 Bowden, Steve	San Leandro	35-04.50	37-07.00	
12 Barrera, Emmanuel	Castro Valley	38-04.00	36-08.00	
13 Chong, Jason	Moreau Catholic	37-10.50	35-09.00	
14 Navarro, Sal	San Leandro	34-06.00	35-02.00	
15 Fuapau, Koli	San Lorenzo		34-09.00	
16 Duenas, Ray	Hayward	33-06.00	34-07.00	
17 Funaki, Joe	Hayward	36-06.75	34-05.00	
18 Sweetwyne, Kellen	Hayward	37-10.50	34-02.00	
19 Lanza, Zack	Arroyo	32-03.00	34-01.00	
20 Hill, Ken	Moreau Catholic	33-07.00	34-00.00	
21 Cervantes, Dominique	Hayward		33-03.00	
22 Morales, Gonzalo	San Leandro	32-00.00	32-02.00	
23 Mediola, Marcus	Moreau Catholic		32-01.00	
24 Sanchez, Jaimie	Moreau Catholic	31-10.00	31-11.00	
25 Velasquez, Wendell	Arroyo	29-07.00	31-07.00	
26 Morris, Andrew	Hayward	25-11.50	28-06.00	
27 Homran, Kamal	Arroyo	23-03.00	24-05.00	
-- Weefur, Josh	Bishop O'Dowd	37-00.00	ND	

#### Boys 100 Meter Dash Frosh-Soph

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Troung, Michael	Moreau Catholic	12.31	11.87Q	-0.2	3
2 Carter, Christian	San Leandro	11.86	11.98Q	2.9	2
3 Grace, De' Zhon	Bishop O'Dowd	11.74	11.99Q	0.7	1
4 Smith, Theron	Arroyo	12.24	12.31Q	-1.5	4
5 McGowin, Devonte	Mt. Eden	12.44	12.27q	2.9	2
6 Wilson, Robbie	Moreau Catholic	12.77	12.29q	0.7	1
7 Cabrera, Carl	San Leandro	12.74	12.33q	0.7	1
8 Williams, Collis	San Leandro	12.21	12.42q	-1.5	4
9 Sims, Ronald	Castro Valley	12.74	12.65	-0.2	3
10 Johnson, Issiah	Bishop O'Dowd	12.34	12.71	2.9	2
11 Cervantez, Francisco	Castro Valley	12.76	12.77	2.9	2
12 Bey, Isa	Bishop O'Dowd	12.44	12.87	-0.2	3
13 Cristobal, Nesleo	San Leandro	13.04	12.87	0.7	1
14 Huynh, Thien	Castro Valley	14.01	13.01	0.7	1
15 Savoy, Lamonte	Hayward	13.16	13.15	2.9	2
16 Gao, Alex	Castro Valley	13.54	13.44	-1.5	4
17 Hernandez, Eric	Bishop O'Dowd	12.44	13.46	-1.5	4
18 Truesdale, Walter	Tennyson	13.40	13.54	-0.2	3
19 Frey, Davyon	San Leandro	13.54	13.56	-1.5	4
20 Sanchez, Dominic	Bishop O'Dowd		13.72	0.7	1
21 Rodriguez, Sabastian	Moreau Catholic		13.99	0.7	1
22 Baskerville, Darrion	San Leandro	14.24	14.87	-0.2	3

#### Boys 200 Meter Dash Frosh-Soph

Name	Year School	Seed	Prelims	Wind	H#
1 Carter, Christian	San Leandro	24.44	24.46Q	0.3	2
2 Troung, Michael	Moreau Catholic	25.44	24.51Q	-1.2	4
3 Grace, De' Zhon	Bishop O'Dowd	24.04	24.66Q	-0.6	1
4 McGowin, Devonte	Mt. Eden		25.00Q	-1.8	3
5 Wilson, Robbie	Moreau Catholic	25.14	25.00Q	1.5	5

6	Durin, Matt	Bishop O'Dowd	25.04	24.75q	-1.2	4
7	Williams, Collis	San Leandro	25.74	25.33q	-1.8	3
8	Smith, Theron	Arroyo	25.84	25.98q	0.3	2
9	Sims, Ronald	Castro Valley	26.08	26.04	-0.6	1
10	Magadia, Jun-Christopher	Mt. Eden	26.61	26.25	-1.2	4
11	Huffaker, Hunter	Castro Valley	26.74	26.33	-1.8	3
12	Cervantez, Francisco	Castro Valley	26.43	26.36	0.3	2
13	Clerkley, Cameron	Mt. Eden	26.72	26.44	1.5	5
14	Savoy, Lamonte	Hayward	27.16	26.58	0.3	2
15	Crawford, Alarrin	San Leandro	26.94	26.95	0.3	2
16	Jawandha, Khush	Castro Valley	27.12	27.25	-0.6	1
17	Gao, Alex	Castro Valley	27.64	27.39	1.5	5
18	Frey, Davyon	San Leandro	28.04	27.76	-0.6	1
19	Truesdale, Walter	Tennyson	27.40	28.06	-1.2	4
20	Guillory, Alex	Bishop O'Dowd	26.64	28.19	1.5	5
21	Hernandez, Eric	Bishop O'Dowd	26.74	28.46	-1.2	4
22	Rodriguez, Sabastian	Moreau Catholic	28.24	29.22	-1.8	3

#### Boys 400 Meter Dash Frosh-Soph

Name	Year School	Seed	Prelims	H#
1 Mitchell, Andrew	Castro Valley	56.02	55.47Q	2
2 Durin, Matt	Bishop O'Dowd	53.64	56.33Q	3
3 Rodden, Nicolas	Moreau Catholic	53.64	56.34Q	1
4 Magadia, Jun-Christopher	Mt. Eden	59.78	56.86q	3
5 Walters, Isiah	San Leandro	59.84	57.82q	3
6 Clerkley, Cameron	Mt. Eden	58.44	58.20q	1
7 Romero, Eric	Tennyson	58.00	58.43q	3
8 Thien, Lien	Arroyo	58.14	58.57q	1
9 Huffaker, Hunter	Castro Valley	59.84	59.03	2
10 Kaing, Davin	San Leandro	1:00.25	59.12	2
11 Jawandha, Khush	Castro Valley	1:01.27	59.52	3
12 Crawford, Alarrin	San Leandro	1:00.14	1:00.06	1
13 Aguirre, David	Hayward	59.97	1:00.21	1
14 Tuecinovic, Dzanin	Castro Valley	1:01.89	1:00.50	1
15 Kono, Yuya	Castro Valley	1:01.61	1:00.54	2
16 Young, Stevinaire	Hayward	1:00.56	1:01.02	3
17 Truesdale, Walter	Tennyson	1:05.00	1:02.35	3
18 Kono, Eiji	Castro Valley	1:04.51	1:03.12	3
19 Nguyen, Jimmy	Mt. Eden	1:03.14	1:05.42	1

#### Boys 800 Meter Run Frosh-Soph

Name	Year School	Seed	Prelims
1 Degroot, Jonathan	Bishop O'Dowd	2:12.00	2:11.69Q
2 Eva, Matt	Castro Valley	2:13.99	2:17.12Q
3 Hicken, Joshua	Castro Valley	2:18.09	2:17.24q
4 Smith, Brandon	Moreau Catholic	2:14.00	2:18.41q
5 White, Adam	Arroyo	2:30.00	2:19.16q
6 Spees, Sean	Bishop O'Dowd	2:20.00	2:19.49q
7 Ganzalez, Juan	San Leandro	2:26.60	2:19.59q
8 Otts, Tynan	Moreau Catholic	2:27.21	2:19.64q
9 Nelson, Jevon	San Leandro	2:27.58	2:23.67
10 Romero, Eric	Tennyson	2:25.00	2:24.00
11 Lowe, Corey	Mt. Eden	2:22.70	2:24.49
12 Munoz, Jose	Tennyson	2:25.00	2:25.77
13 Mill, Scott	Castro Valley	2:24.70	2:26.06
14 Arias, Brandon	Castro Valley	2:25.10	2:27.08
15 Chicoin, Julian	Moreau Catholic	2:40.48	2:30.41
16 Nguyen, Peter	Mt. Eden	2:35.00	2:31.10
17 Phan, Xuan	San Leandro	2:35.80	2:33.17
18 Habtay, Gide	Hayward	2:33.90	2:33.24



19 Krawczuk, Schulyer	Arroyo	2:40.00	2:36.13
20 Gong, Brandon	San Leandro	2:33.49	2:38.07
21 Trujillo, Daniel	San Leandro	2:36.60	2:38.48
22 Nunez, Daniel	Arroyo	2:44.00	2:40.00
23 Bruce, Andrew	San Leandro	2:39.41	2:41.15
24 Cohen, Tyger	Bishop O'Dowd	2:39.00	2:44.58
25 Hussein, Tareq	San Lorenzo	3:00.00	3:00.25

#### Boys 1600 Meter Run Frosh-Soph

Name	Year School	Seed	Prelims
1 Degroot, Jonathan	Bishop O'Dowd	4:54.00	4:55.43Q
2 Sands, Jeremy	Arroyo	5:00.00	4:55.99Q
3 Eva, Matt	Castro Valley	5:04.47	4:58.75Q
4 Galindo, Lorenzo	Arroyo	5:10.00	4:59.75Q
5 Hicken, Joshua	Castro Valley	5:10.12	4:59.56Q
6 Spees, Sean	Bishop O'Dowd	5:15.00	5:05.24Q
7 Smith, Brandon	Moreau Catholic	4:53.00	5:01.96q
8 Perez, Giovanni	Mt. Eden	4:59.30	5:04.80q
9 Arias, Brandon	Castro Valley	5:14.40	5:05.40q
10 Kifle, Hurui	Mt. Eden	5:02.80	5:07.31q
11 White, Adam	Arroyo	5:25.00	5:08.42q
12 Conway, Alec	Castro Valley	4:57.44	5:08.52q
13 Otts, Tynan	Moreau Catholic	5:00.00	5:11.17
14 Tran, Albert	Mt. Eden	5:08.10	5:12.39
15 Rafael, William	Mt. Eden	5:20.70	5:14.23
16 Nelson, Jevon	San Leandro	5:20.20	5:15.34
17 Phan, Xuan	San Leandro	5:30.10	5:16.82
18 Chicoin, Julian	Moreau Catholic	5:20.00	5:19.92
19 Tritto, Randy	San Lorenzo	5:36.00	5:22.59
20 Nourrot, Daniel	Castro Valley	5:27.31	5:25.68
21 Munoz, Jose	Tennyson	5:23.00	5:29.07
22 Barney, Robert	Castro Valley	5:33.80	5:30.15
23 Chow, Derek	Mt. Eden	5:20.95	5:35.41
24 Gong, Brandon	San Leandro	5:41.30	5:37.37
25 Habtay, Gide	Hayward	5:30.60	5:38.79
26 Krawczuk, Schulyer	Arroyo	5:55.00	5:44.67
27 Carapas, Jerome	Mt. Eden	5:38.90	5:47.71
28 Bruce, Andrew	San Leandro	5:49.10	5:48.58
29 Trujillo, Daniel	San Leandro	5:46.40	5:49.86
30 Cohen, Tyger	Bishop O'Dowd	6:00.00	6:01.94
31 Abolencia, Justin	Arroyo	5:29.00	6:03.92
32 Nunez, Daniel	Arroyo	6:02.00	6:04.11
33 Casillas, Christian	San Lorenzo	6:14.00	6:18.45
34 Hussein, Tareq	San Lorenzo		6:25.24
35 Asvitt, Kevin	Arroyo	6:58.00	7:07.09
-- Kaufmann, Karsten	Bishop O'Dowd	5:08.00	DQ

#### Boys 110 Meter Hurdles Frosh-Soph

Name	Year School	Seed	Prelims	Wind	H#
1 Lew, Jon	San Leandro	17.14	16.88Q	-1.3	1
2 King, Kevin	Bishop O'Dowd	18.74	19.64Q	-2.8	2
3 Shaw, Rory	Arroyo	19.24	18.90q	-1.3	1
4 Ruth, TJ	Bishop O'Dowd	19.94	19.73q	-1.3	1
5 Iscandari, Dzul	Moreau Catholic		20.38q	-2.8	2
6 Porcnicio, Zachary	Arroyo	20.84	20.52q	-2.8	2
7 Fong, Sam	Bishop O'Dowd	18.34	20.60q	-2.8	2
8 Casci, Nathan	Arroyo	21.64	21.25q	-2.8	2
9 Lopez, Edgar	Mt. Eden	24.49	22.59	-1.3	1
10 Peek, Aaron	Castro Valley		24.44	-1.3	1

## Boys 300 Meter Hurdles Frosh-Soph

Name	Year School	Seed	Prelims	H#
1 Lew, Jon	San Leandro	46.36	47.00Q	1
2 King, Kevin	Bishop O'Dowd	49.77	49.15Q	2
3 Shaw, Rory	Arroyo	50.24	49.22q	2
4 Ruth, TJ	Bishop O'Dowd	52.38	50.17q	1
5 Delfino, Francis	Moreau Catholic		51.16q	1
6 Iscandari, Dzul	Moreau Catholic		51.51q	1
7 Sims, Ronald	Castro Valley	56.24	51.81q	1
8 Cabrera, Carl	San Leandro	54.88	52.19q	2
9 Fong, Sam	Bishop O'Dowd	53.29	52.54	2
10 Porcnicio, Zachary	Arroyo	54.14	53.90	1
11 Casci, Nathan	Arroyo	56.84	54.06	2
12 Lopez, Edgar	Mt. Eden	1:00.14	54.94	2

## Boys Triple Jump Frosh-Soph

Name	Year School	Seed	Finals	Wind	Points
Finals					
1 Lew, Jon	San Leandro	36-07.00	37-06.00	1.8	10
2 Thien, Lien	Arroyo		37-04.50	3.5	8
3 Kono, Yuya	Castro Valley	36-06.00	36-07.00	+0.0	6
4 Singh, Anmol	Moreau Catholic	35-06.00	36-02.00	1.5	4
5 Delfino, Francis	Moreau Catholic	35-00.00	34-08.00	2.4	2
6 Lin, Alvin	Castro Valley	29-04.50	32-07.50	2.6	1
7 Kaing, Davin	San Leandro	31-00.50	31-02.00	1.5	
8 Huynh, Thien	Castro Valley	31-11.50	31-01.50	1.3	
9 Gao, Alex	Castro Valley	27-02.00	29-06.50	2.4	
10 Kono, Eiji	Castro Valley	28-09.00	28-11.00	0.6	

Event 1 Girls 4x100 Meter Relay Frosh-Soph

School	Seed	Finals	Points
Finals			
1 Bishop O'Dowd 'A'		52.65	10
2 Castro Valley 'A'	53.50	53.66	8
3 San Leandro 'A'		55.70	6

Event 2 Boys 4x100 Meter Relay Frosh-Soph

School	Seed	Finals	Points
1 Moreau Catholic 'A'	46.84	46.74	10
2 Bishop O'Dowd 'A'	47.64	47.16	8
3 San Leandro 'A'	46.60	47.55	6
4 Castro Valley 'A'	47.18	49.52	4
5 Mt. Eden 'A'	53.14	51.06	2

Event 3 Girls 4x100 Meter Relay Varsity

School	Seed	Finals	Points
1 Castro Valley 'A'	49.49	50.35	10
2 Bishop O'Dowd 'A'	50.64	50.69	8
3 Moreau Catholic 'A'		53.47	6
4 Hayward 'A'	54.64	53.52	4
5 San Leandro 'A'		54.16	2
6 Arroyo 'A'		54.24	1

Event 4 Boys 4x100 Meter Relay Varsity

School	Seed	Finals	Points
1 Bishop O'Dowd 'A'	42.94	43.20	10
2 Castro Valley 'A'	43.52	43.54	8
3 San Leandro 'A'	43.50	43.90	6
4 Hayward 'A'	45.14	44.51	4
5 San Lorenzo 'A'	45.34	45.41	2
6 Arroyo 'A'	47.54	46.59	1

Event 5 Girls 1600 Meter Run Frosh-Soph

Name	Year School	Prelims	Finals	Points
1 Sandino, Rosemarie	Arroyo	6:03.25	5:45.19	10
2 Perez, Rhiannon	Arroyo	6:01.07	5:46.30	8
3 Devlin, Allie	Bishop O'Dowd	6:07.61	6:05.63	6
4 Htoy, Rosina	Castro Valley	6:07.47	6:06.65	4
5 Khana, Guwant	Tennyson	6:21.37	6:11.91	2
6 Lewis, Gabriella	Bishop O'Dowd	6:24.26	6:15.59	1
7 Johnson, Rachel	Castro Valley	6:25.64	6:25.37	
8 Meyer, Allison	Arroyo	6:42.05	6:31.87	
9 Sharma, Manisha	Mt. Eden	6:43.32	6:34.42	
10 Velasquez, Renee	Castro Valley	6:39.71	6:35.57	
11 Chopra, Priya	Castro Valley	6:57.67	6:47.98	
12 Robles, Rebecca	San Lorenzo	6:54.19	6:52.17	

Event 6 Boys 1600 Meter Run Frosh-Soph

Name	Year School	Prelims	Finals	Points
1 Degroot, Jonathan	Bishop O'Dowd	4:55.43	4:52.74	10
2 Sands, Jeremy	Arroyo	4:55.99	4:53.11	8
3 Smith, Brandon	Moreau Catholic	5:01.96	4:53.74	6
4 Eva, Matt	Castro Valley	4:58.75	4:59.88	4
5 Galindo, Lorenzo	Arroyo	4:59.75	5:00.03	2
6 Hicken, Joshua	Castro Valley	4:59.56	5:01.75	1
7 White, Adam	Arroyo	5:08.42	5:02.21	
8 Spees, Sean	Bishop O'Dowd	5:05.24	5:02.65	
9 Perez, Giovanni	Mt. Eden	5:04.80	5:04.64	
10 Arias, Brandon	Castro Valley	5:05.40	5:08.72	
11 Kifle, Hurui	Mt. Eden	5:07.31	5:10.05	

Event 9 Girls 1600 Meter Run Varsity

Name	Year School	Prelims	Finals	Points
1 Santisteban, Kelsey	Castro Valley	5:32.62	5:08.50	10
2 Wummer, Elise	Castro Valley	5:28.94	5:12.77	8
3 Riley, Arianne	Hayward	5:29.14	5:28.50	6
4 Diaz, Marie	Bishop O'Dowd	5:40.74	5:29.10	4
5 Adeni, Anika	Moreau Catholic	5:34.33	5:29.92	2
6 Mischeaux, Claire	Bishop O'Dowd	5:40.14	5:32.06	1
7 Spees, Kaitlyn	Bishop O'Dowd	5:35.43	5:34.36	
8 Spiegel, Laura	Arroyo	5:39.92	5:36.14	
9 Weisenberger, Tracy	Castro Valley	5:50.63	5:47.75	
10 Sibal, Mariah	Arroyo	6:00.50	5:55.30	

Event 10 Boys 1600 Meter Run Varsity

Name	Year School	Prelims	Finals	Points
1 Thomas, Danny	Arroyo	4:45.87	4:24.84	10
2 Eversole, Ben	Castro Valley	4:42.33	4:27.54	8
3 Ruvalcaba, Arthur	Mt. Eden	4:45.99	4:38.38	6
4 Snow, Andrew	Arroyo	4:47.13	4:39.95	4
5 Kane, Sam	Bishop O'Dowd	4:42.32	4:41.59	2
6 Nugal, Marvin	Mt. Eden	4:47.59	4:43.17	1
7 Ashby, Tom	Castro Valley	4:49.61	4:47.60	
8 Nguyen, David	Mt. Eden	4:54.98	4:48.65	
9 Burchcheck, Paul	Moreau Catholic	4:51.77	4:48.81	
10 Mercadal, Balbino	Arroyo	4:59.13	4:51.84	
11 Mirzadi, Rostam	Castro Valley	4:54.09	4:57.03	
12 Weekes, Will	Castro Valley	4:45.89	5:08.49	

Event 11 Girls 100 Meter Hurdles Frosh-Soph

Name	Year School	Prelims	Finals	Wind	Points
1 Gilham, Haley	Castro Valley	18.49	18.26	-1.2	
2 Osaka, Rie	Arroyo	19.71	18.57	-1.2	
3 Sandino, Rosemarie	Arroyo	18.61	18.66	-1.2	
4 Wylie, Elon	Bishop O'Dowd	18.78	18.74	-1.2	
5 Fong, Celia	Bishop O'Dowd	18.98	19.11	-1.2	
6 Guiao, Angelica	San Leandro	20.46	19.83	-1.2	
7 Chan, Kaitlyn	Bishop O'Dowd	20.50	20.74	-1.2	
8 Von Euw, Gabriela	Castro Valley	21.05	21.06	-1.2	

Event 13 Girls 100 Meter Hurdles Varsity

Name	Year School	Prelims	Finals	Wind	Points
1 Aldridge, Monique	Castro Valley	15.37	15.50	-0.3	10

2	Mader, Halina	Bishop O'Dowd	17.11	16.97	-0.3	8
3	Bowersmith, Kelsea	Arroyo	17.33	17.44	-0.3	6
4	Giscombe, Brianna	Castro Valley	17.57	17.66	-0.3	4
5	Guan, Jacqueline	Arroyo	18.03	18.00	-0.3	2
6	Partida, Victoria	Arroyo	18.29	18.07	-0.3	1
7	Chissell, Maya	Castro Valley	17.88	18.60	-0.3	
8	Ross, Ahmbria	Bishop O'Dowd	17.12	19.23	-0.3	

Event 14 Boys 110 Meter Hurdles Frosh-Soph

Name	Year School	Prelims	Finals	Wind	Points
1 Lew, Jon	San Leandro	16.88	17.31	NWI	10
2 King, Kevin	Bishop O'Dowd	19.64	18.55	NWI	8
3 Shaw, Rory	Arroyo	18.90	18.60	NWI	6
4 Ruth, TJ	Bishop O'Dowd	19.73	20.18	NWI	4
5 Casci, Nathan	Arroyo	21.25	20.40	NWI	2
6 Iscandari, Dzul	Moreau Catholic	20.38	20.60	NWI	1
7 Fong, Sam	Bishop O'Dowd	20.60	20.61	NWI	
8 Porcnicio, Zachary	Arroyo	20.52	20.77	NWI	

Event 16 Boys 110 Meter Hurdles Varsity

Name	Year School	Prelims	Finals	Wind	Points
1 Williams, Alan	Bishop O'Dowd	14.81	14.77	+0.0	10
2 Hudson, Kwame	Castro Valley	16.07	15.86	+0.0	8
3 Imlack, Jeremy	Moreau Catholic	16.15	16.33	+0.0	6
4 Monroe, Desmond	San Leandro	17.06	16.41	+0.0	4
5 Wiegardt, Andrew	Castro Valley	16.46	16.58	+0.0	2
6 Manag, Lorenzo	Bishop O'Dowd	16.56	16.93	+0.0	1
7 Chambers, Chris	Hayward	18.21	17.85	+0.0	
8 Laris, Jordan	Castro Valley	17.68	18.14	+0.0	

Event 17 Girls 400 Meter Dash Frosh-Soph

Name	Year School	Seed	Finals	Points
1 Lowe, Bianca	Bishop O'Dowd	1:03.64	1:03.47	10
2 Adeyemi, Adeidra	San Leandro	1:09.43	1:08.88	8
3 Kelly, Bryanna	Bishop O'Dowd		1:10.00	6
4 Arens, Lexie	Castro Valley	1:13.18	1:13.01	4
5 Von Euw, Gabriela	Castro Valley	1:18.04	1:13.33	2

Event 18 Boys 400 Meter Dash Frosh-Soph

Name	Year School	Prelims	Finals	Points
1 Rodden, Nicolas	Moreau Catholic	56.34	54.68	10
2 Mitchell, Andrew	Castro Valley	55.47	55.36	8
3 Durin, Matt	Bishop O'Dowd	56.33	55.97	6
4 Walters, Isiah	San Leandro	57.82	56.53	4
5 Magadia, Jun-Christopher	Mt. Eden	56.86	57.21	2
6 Romero, Eric	Tennyson	58.43	58.27	1
7 Clerkley, Cameron	Mt. Eden	58.20	59.06	
8 Thien, Lien	Arroyo	58.57	1:00.75	

Event 21 Girls 400 Meter Dash Varsity

Name	Year School	Prelims	Finals	Points
1 Miller, Brianna	Castro Valley	1:02.44	59.96	10
2 Turner, Jocelyn	Hayward	1:00.44	1:00.70	8
3 May, Keisha	Bishop O'Dowd	1:01.24	1:00.90	6

4 Quamina, Katherine	Bishop O'Dowd	1:01.88	1:01.32	4
5 Gardins, Karra	Moreau Catholic	1:01.78	1:01.77	2
6 Wilkins, Aliyah	San Leandro	1:00.82	1:01.98	1
7 Talley, Rhiannah	Hayward	1:06.41	1:08.14	

Event 22 Boys 400 Meter Dash Varsity

Name	Year School	Prelims	Finals	Points
1 Dubose, Devante	Bishop O'Dowd	49.84	48.75	10
2 Foster, Alex	Castro Valley	51.33	50.76	8
3 Diomande, Solo	Castro Valley	51.81	51.33	6
4 Wilson, Davonte	San Leandro	51.94	51.73	4
5 Rivers, Josh	San Leandro	51.93	52.37	2
6 Batis, Bobby	Castro Valley	52.53	54.89	1
7 Glover, Keith	Arroyo	53.04	57.90	

Event 23 Girls 100 Meter Dash Frosh-Soph

Name	Year School	Prelims	Finals	Wind	Points
1 Elam, Kristin	Castro Valley	13.03	13.27	-1.4	10
2 Scott, Amina	Bishop O'Dowd	13.64	13.85	-1.4	8
3 Hill, Christina	San Leandro	14.05	13.91	-1.4	6
4 Garde, Nicole	Bishop O'Dowd	13.67	13.93	-1.4	4
5 Payne, Emily	Castro Valley	13.97	14.15	-1.4	2
6 Maas, Rachel	Bishop O'Dowd	14.34	14.28	-1.4	1
7 Herbert, Kassidy	Moreau Catholic	14.13	14.35	-1.4	
8 Leopold, Nakia	Hayward	14.25	14.36	-1.4	

Event 24 Boys 100 Meter Dash Frosh-Soph

Name	Year School	Prelims	Finals	Wind	Points
1 Grace, De' Zhon	Bishop O'Dowd	11.99	11.80	-1.9	10
2 Carter, Christian	San Leandro	11.98	11.98	-1.9	8
3 Troung, Michael	Moreau Catholic	11.87	12.04	-1.9	6
4 Williams, Collis	San Leandro	12.42	12.22	-1.9	4
5 Wilson, Robbie	Moreau Catholic	12.29	12.23	-1.9	2
6 Cabrera, Carl	San Leandro	12.33	12.37	-1.9	1
7 Smith, Theron	Arroyo	12.31	12.44	-1.9	
8 McGowin, Devonte	Mt. Eden	12.27	12.89	-1.9	

Event 27 Girls 100 Meter Dash Varsity

Name	Year School	Prelims	Finals	Wind	Points
1 Alli, Taofeqat	Castro Valley	12.60	12.78	-0.6	10
2 Bostick, Ariel	Bishop O'Dowd	13.03	13.10	-0.6	8
3 Alsobrook, Tyler	San Lorenzo	13.23	13.23	-0.6	6
4 Wilkins, Aliyah	San Leandro	13.19	13.43	-0.6	4
5 Hogan, Taelor	Hayward	13.01	13.45	-0.6	2
6 Blanton, Kaii	Bishop O'Dowd	13.31	13.48	-0.6	1
7 Ross, Ahmbria	Bishop O'Dowd	13.12	13.62	-0.6	
-- Chissell, Maya	Castro Valley	12.88	DQ	-0.6	

Event 28 Boys 100 Meter Dash Varsity

Name	Year School	Prelims	Finals	Wind	Points
1 Huguley, Victor	San Leandro	11.23	11.26	-1.0	10
2 McBride, Andre	San Leandro	11.27	11.36	-1.0	8
3 Speegle, Matthew	Castro Valley	11.20	11.40	-1.0	6
4 Rosby, Damion	Castro Valley	11.51	11.45	-1.0	4

5 Kirven, Solomon	San Lorenzo	11.55	11.52	-1.0	2
6 Brown, Mario	Bishop O'Dowd	11.43	11.56	-1.0	1
7 Speegle, Myles	Castro Valley	11.59	11.65	-1.0	
8 Pyles, Adrian	Hayward	11.58	11.78	-1.0	

Event 29 Girls 800 Meter Run Frosh-Soph

Name	Year School	Prelims	Finals	Points
1 Sibal, Mariza	Arroyo	2:40.40	2:33.47	10
2 Perez, Rhiannon	Arroyo	2:48.89	2:41.13	8
3 Mill, Olivia	Castro Valley	2:46.47	2:46.69	6
4 Lewis, Gabriella	Bishop O'Dowd	2:51.54	2:49.67	4
5 Devlin, Allie	Bishop O'Dowd	2:49.69	2:49.69	2
6 Khana, Guwant	Tennyson	2:57.05	2:51.69	1
7 Johnson, Rachel	Castro Valley	3:02.55	2:57.06	
8 Xu, Angela	San Lorenzo	3:17.33	3:01.60	

Event 30 Boys 800 Meter Run Frosh-Soph

Name	Year School	Prelims	Finals	Points
1 Degroot, Jonathan	Bishop O'Dowd	2:11.69	2:12.14	10
2 Hicken, Joshua	Castro Valley	2:17.24	2:14.94	8
3 Otts, Tynan	Moreau Catholic	2:19.64	2:15.67	6
4 Eva, Matt	Castro Valley	2:17.12	2:16.39	4
5 White, Adam	Arroyo	2:19.16	2:17.32	2
6 Ganzalez, Juan	San Leandro	2:19.59	2:19.64	1
7 Spees, Sean	Bishop O'Dowd	2:19.49	2:22.47	

Event 33 Girls 800 Meter Run Varsity

Name	Year School	Prelims	Finals	Points
1 Schneider, Chelsea	Castro Valley	2:23.56	2:21.65	10
2 Riley, Arianne	Hayward	2:27.19	2:25.96	8
3 Wummer, Elise	Castro Valley	2:31.60	2:29.05	6
4 Mischeaux, Claire	Bishop O'Dowd	2:31.48	2:29.86	4
5 Spiegel, Laura	Arroyo	2:34.43	2:30.03	2
6 MacLeod, Pamela	Castro Valley	2:32.72	2:31.45	1
7 Bailey, Aurora	Castro Valley	2:34.87	2:35.47	

Event 34 Boys 800 Meter Run Varsity

Name	Year School	Prelims	Finals	Points
1 Weekes, Will	Castro Valley	2:09.01	2:01.50	10
2 Diomande, Solo	Castro Valley	2:07.93	2:02.57	8
3 Kane, Sam	Bishop O'Dowd	2:04.70	2:03.56	6
4 Nugal, Marvin	Mt. Eden	2:07.88	2:03.81	4
5 Greer, Stephn	San Leandro	2:11.67	2:04.75	2
6 Schwartz, Jaegyun	Bishop O'Dowd	2:09.89	2:05.42	1
7 Nguyen, David	Mt. Eden	2:12.26	2:05.48	
8 Burcheck, Paul	Moreau Catholic	2:10.07	2:09.39	

Event 35 Girls 300 Meter Hurdles Frosh-Soph

Name	Year School	Prelims	Finals	Points
1 Sandino, Rosemarie	Arroyo	54.31	51.80	10
2 Guiao, Angelica	San Leandro	54.76	52.75	8
3 Navarro, Yvett	Moreau Catholic	55.10	54.65	6
4 Osaka, Rie	Arroyo	55.90	55.26	4
5 Gilham, Haley	Castro Valley	58.38	55.32	2

6 Fong, Celia	Bishop O'Dowd	56.41	56.05	1
7 Gamez, Monica	Castro Valley	58.89	59.57	
8 Chan, Kaitlyn	Bishop O'Dowd	1:00.40	1:01.75	

Event 36 Girls 300 Meter Hurdles Varsity

Name	Year School	Prelims	Finals	Points
1 Mader, Halina	Bishop O'Dowd	50.38	49.79	10
2 Chissell, Maya	Castro Valley	51.28	50.83	8
3 Giscombe, Brianna	Castro Valley	52.66	51.08	6
4 Guan, Jacqueline	Arroyo	51.49	51.95	4
5 Bowersmith, Kelsea	Arroyo	53.36	52.34	2
6 Partida, Victoria	Arroyo	52.35	53.07	1

Event 37 Boys 300 Meter Hurdles Frosh-Soph

Name	Year School	Prelims	Finals	Points
1 Lew, Jon	San Leandro	47.00	45.69	10
2 Shaw, Rory	Arroyo	49.22	47.91	8
3 King, Kevin	Bishop O'Dowd	49.15	48.10	6
4 Ruth, TJ	Bishop O'Dowd	50.17	51.03	4
5 Iscandari, Dzul	Moreau Catholic	51.51	51.48	2
6 Sims, Ronald	Castro Valley	51.81	54.22	1

Event 38 Boys 300 Meter Hurdles Varsity

Name	Year School	Prelims	Finals	Points
1 Williams, Alan	Bishop O'Dowd	42.99	40.31	10
2 Bradford, Alvictor	San Leandro	41.30	41.83	8
3 Hudson, Kwame	Castro Valley	44.59	42.46	6
4 DeGuzman, Luis	Arroyo	44.31	42.69	4
5 Monroe, Desmond	San Leandro	43.80	42.99	2
6 Webb, Chris	Hayward	45.59	43.27	1
7 Laris, Jordan	Castro Valley	45.00	44.37	
8 To, Felix	Arroyo	45.55	44.91	

Event 39 Girls 200 Meter Dash Frosh-Soph

Name	Year School	Prelims	Finals	Wind	Points
1 Elam, Kristin	Castro Valley	27.34	27.73	-2.8	10
2 Garde, Nicole	Bishop O'Dowd	28.95	28.65	-2.8	8
3 Payne, Emily	Castro Valley	29.36	28.88	-2.8	6
4 Lowe, Bianca	Bishop O'Dowd	28.93	28.92	-2.8	4
5 Maas, Rachel	Bishop O'Dowd	28.99	29.06	-2.8	2
6 Hall, Jade	Hayward	28.99	29.14	-2.8	1
7 Ross, Jalissa	San Lorenzo	29.64	29.89	-2.8	

Event 40 Boys 200 Meter Dash Frosh-Soph

Name	Year School	Prelims	Finals	Wind	Points
1 Carter, Christian	San Leandro	24.46	24.15	-1.3	10
2 Grace, De' Zhon	Bishop O'Dowd	24.66	24.22	-1.3	8
3 Troung, Michael	Moreau Catholic	24.51	24.54	-1.3	6
4 Durin, Matt	Bishop O'Dowd	24.75	24.55	-1.3	4
5 Wilson, Robbie	Moreau Catholic	25.00	24.69	-1.3	2
6 Williams, Collis	San Leandro	25.33	25.18	-1.3	1
7 Smith, Theron	Arroyo	25.98	25.82	-1.3	
8 McGowin, Devonte	Mt. Eden	25.00	25.90	-1.3	



## Event 41 Girls 200 Meter Dash Varsity

Name	Year School	Prelims	Finals	Wind	Points
1 Alli, Taofeqat	Castro Valley	27.15	26.68	-1.6	10
2 Gardins, Karra	Moreau Catholic	27.55	26.88	-1.6	8
3 May, Keisha	Bishop O'Dowd	27.16	27.09	-1.6	6
4 Blanton, Kaii	Bishop O'Dowd	27.88	27.38	-1.6	4
5 Bostick, Ariel	Bishop O'Dowd	27.17	27.41	-1.6	2
6 Jackson, Randi	Bishop O'Dowd	27.88	27.63	-1.6	1
7 Turner, Jocelyn	Hayward	28.42	27.89	-1.6	
8 Alsobrook, Tyler	San Lorenzo	27.87	28.14	-1.6	

## Event 42 Boys 200 Meter Dash Varsity

Name	Year School	Prelims	Finals	Wind	Points
1 Dubose, Devante	Bishop O'Dowd	22.57	22.12	-0.7	10
2 McBride, Andre	San Leandro	23.17	22.71	-0.7	8
3 Thomas, Tyler	Hayward	23.23	23.19	-0.7	6
4 Grant, Jonte	Hayward	23.61	23.33	-0.7	4
5 Speegle, Matthew	Castro Valley	23.44	23.45	-0.7	2
6 Pyles, Adrian	Hayward	23.53	23.47	-0.7	1
7 Imlack, Jeremy	Moreau Catholic	23.75	23.68	-0.7	

## Event 43 Girls 3200 Meter Run Frosh-Soph

Name	Year School	Seed	Finals	Points
1 Osaka, Rie	Arroyo	13:33.00	13:21.46	10
2 Htoy, Rosina	Castro Valley	14:00.00	13:32.62	8
3 Khana, Guwant	Tennyson	14:41.00	14:27.01	6
4 Velasquez, Renee	Castro Valley	14:25.01	14:27.97	4
5 Meyer, Allison	Arroyo	15:16.00	14:49.53	2

## Event 44 Boys 3200 Meter Run Frosh-Soph

Name	Year School	Seed	Finals	Points
1 Galindo, Lorenzo	Arroyo	11:22.00	10:55.88	10
2 Smith, Brandon	Moreau Catholic	11:05.00	10:58.47	8
3 Tran, Albert	Mt. Eden	11:50.00	11:15.60	6
4 Chicoin, Julian	Moreau Catholic	12:00.00	11:27.75	4
5 Ganzalez, Juan	San Leandro	12:19.00	11:36.71	2
6 Tritto, Randy	San Lorenzo		11:37.39	1
7 Ebadi, Hamid	Mt. Eden	11:39.20	11:38.61	
8 Chow, Derek	Mt. Eden	11:50.00	11:41.75	
9 Barney, Robert	Castro Valley	12:18.00	11:44.52	
10 Otts, Tynan	Moreau Catholic	11:30.00	11:44.63	
11 Phan, Xuan	San Leandro		12:04.77	
12 Meskienyar, Imran	Castro Valley	13:23.30	12:13.00	
13 Nourrot, Daniel	Castro Valley	12:51.22	12:15.26	
14 Trujillo, Daniel	San Leandro		12:34.35	
15 Mach, Bronson	San Leandro	14:00.20	13:47.63	
-- Kaufmann, Karsten	Bishop O'Dowd	11:26.87	DQ	
-- Kifle, Hurui	Mt. Eden	11:11.70	DQ	

## Event 45 Girls 3200 Meter Run Varsity

Name	Year School	Seed	Finals	Points
1 Santisteban, Kelsey	Castro Valley	10:44.52	11:28.73	10
2 Spees, Kaitlyn	Bishop O'Dowd	12:08.00	11:54.50	8
3 Adeni, Anika	Moreau Catholic	12:12.00	12:01.10	6

4	Diaz, Marie	Bishop O'Dowd	12:21.00	12:22.24	4
5	Mischeaux, Claire	Bishop O'Dowd	12:58.00	12:27.81	2
6	Fong, Samantha	Castro Valley	12:24.98	12:35.25	1
7	Carvin, Kathryn	Castro Valley	12:58.72	12:48.03	
8	Wong, Jessica	San Leandro	14:11.57	13:56.42	

Event 46 Boys 3200 Meter Run Varsity

Name	Year School	Seed	Finals	Points
1 Eversole, Ben	Castro Valley	9:23.19	9:45.12	10
2 Ashby, Tom	Castro Valley	10:14.37	10:00.40	8
3 Morales, Emanuel	Mt. Eden	10:13.70	10:06.31	6
4 Ruvalcaba, Arthur	Mt. Eden	10:12.50	10:11.91	4
5 Coulter, Erich	Castro Valley	10:06.71	10:16.04	2
6 John, Calvin	Bishop O'Dowd	10:30.56	10:17.77	1
7 Snow, Andrew	Arroyo	10:43.00	10:28.91	
8 John, Jordan	Bishop O'Dowd		10:43.39	
9 Cruz, Jordan	Mt. Eden	10:56.50	10:44.63	
10 Mirzadi, Rostam	Castro Valley	10:42.83	10:44.96	
11 Lew, Gary	San Leandro	11:02.23	10:45.60	
12 McIntire, Andrew	Moreau Catholic	10:56.00	10:52.59	
13 Mercadal, Balbino	Arroyo	11:29.00	11:05.12	
14 Reyes, Jose	Tennyson	11:52.00	11:12.75	
15 Crump, Matthew	Castro Valley	11:44.00	11:12.90	
16 Peek, Scott	Castro Valley	12:01.31	11:17.80	
17 Magsombol, Abraham	Mt. Eden	11:16.90	11:18.99	
18 Suchit, Nikiel	Mt. Eden		12:41.20	
19 Carranza, Oscar	San Lorenzo	12:57.00	13:57.57	

Event 51 Girls 4x400 Meter Relay Frosh-Soph

School	Seed	Finals	Points
1 Bishop O'Dowd 'A'		4:22.85	10
2 Castro Valley 'A'	4:31.40	4:36.12	8

Event 52 Boys 4x400 Meter Relay Frosh-Soph

School	Seed	Finals	Points
1 San Leandro 'A'	3:50.00	3:52.80	10
2 Castro Valley 'A'	3:50.26	3:54.23	8
3 Mt. Eden 'A'	3:55.10	3:56.99	6
4 Bishop O'Dowd 'A'	3:58.00	3:58.20	4
5 Moreau Catholic 'A'	3:50.00	4:09.98	2

Event 53 Girls 4x400 Meter Relay Varsity

School	Seed	Finals	Points
1 Bishop O'Dowd 'A'		4:09.30	10
2 Hayward 'A'	4:30.50	4:15.01	8
3 Castro Valley 'A'	4:14.67	4:16.05	6
4 Moreau Catholic 'A'		4:41.31	4
5 Arroyo 'A'		4:50.58	2

Event 54 Boys 4x400 Meter Relay Varsity

School	Seed	Finals	Points
1 Castro Valley 'A'	3:31.04	3:26.26	10
2 San Leandro 'A'	3:31.00	3:28.09	8
3 Bishop O'Dowd 'A'	3:34.00	3:31.75	6

4 Hayward 'A' 3:39.60 3:36.16 4

Event 59 Girls High Jump Frosh-Soph

Name	Year School	Seed	Finals	Points
1 Leopold, Nakia	Hayward	4-04.00	4-07.00	10
2 Perez, Rhiannon	Arroyo	4-00.00	4-04.00	8
3 Sandino, Rosemarie	Arroyo	4-04.00	4-02.00	6
-- Arens, Lexie	Castro Valley	3-10.00	NH	
-- Mota, Mellissa	Tennyson	3-08.00	NH	
-- Adeyemi, Lina	San Leandro	4-02.00	NH	

Event 60 Boys High Jump Frosh-Soph

Name	Year School	Seed	Finals	Points
1 Ruth, TJ	Bishop O'Dowd	5-04.00	5-06.00	10
2 Galsco, Gabriel	San Leandro	5-02.00	5-02.00	8
3 Singh, Anmol	Moreau Catholic	4-11.00	4-08.00	6
-- Bannister, Phillip	Castro Valley		NH	
-- Tuecinovic, Dzanin	Castro Valley		NH	
-- Huynh, Thien	Castro Valley		NH	
-- Kono, Eiji	Castro Valley		NH	
-- Young, Stevinaire	Hayward	5-04.00	NH	
-- Hunter, Dreyson	San Lorenzo	5-00.00	NH	
-- Lin, Alvin	Castro Valley		NH	

Event 61 Girls High Jump Varsity

Name	Year School	Seed	Finals	Points
1 Bailey, Aurora	Castro Valley	4-08.00	4-09.00	10
2 Bowersmith, Kelsea	Arroyo	4-04.00	4-06.00	8
3 Wultanski, Samantha	Castro Valley		4-04.00	5
3 Guan, Jacqueline	Arroyo	4-02.00	4-04.00	5
5 Partida, Victoria	Arroyo	4-04.00	4-02.00	2
6 Piccillo, Emma	Castro Valley	4-00.00	4-00.00	1

Event 62 Boys High Jump Varsity

Name	Year School	Seed	Finals	Points
1 Grant, Jonte	Hayward	6-00.00	J6-02.00	10
2 Williams, Alan	Bishop O'Dowd	6-03.00	J5-10.00	8
3 Foster, Alex	Castro Valley	6-02.00	J5-08.00	5
3 Diomande, Solo	Castro Valley	5-08.00	J5-08.00	5
5 Obidiegou, Kyrian	San Leandro	5-10.00	J5-08.00	2
6 Sweetwyne, Kellen	Hayward	5-02.00	J5-02.00	1

Event 63 Boys Pole Vault Varsity

Name	Year School	Seed	Finals	Points
1 Wiegardt, Andrew	Castro Valley	13-00.00	12-00.00	10
2 Coulter, Erich	Castro Valley	11-06.00	11-06.00	8
3 Laris, Jordan	Castro Valley	10-06.00	10-06.00	6
4 Tsurumoto, Ian	Castro Valley	8-00.00	9-00.00	4
5 Anschutz, AJ	Moreau Catholic	8-00.00	8-06.00	2
-- Carrick, Chris	Castro Valley	7-00.00	NH	

Event 64 Boys Pole Vault Frosh-Soph

Name	Year School	Seed	Finals	Points
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1 Nourrot, Daniel	Castro Valley		7-06.00	10
2 Rodriguez, Sabastian	Moreau Catholic	6-06.00	7-00.00	8
-- Peek, Aaron	Castro Valley	6-06.00	NH	

Event 65 Girls Pole Vault Varsity

Name	Year School	Seed	Finals	Points
1 Miciano, Audrey	Moreau Catholic	7-00.00	7-06.00	10
2 Gilchriese, Sarah	Castro Valley	7-00.00	7-00.00	8
3 Piccillo, Emma	Castro Valley	6-00.00	6-00.00	6
4 Harbert, Nicole	Moreau Catholic	5-06.00	J6-00.00	4

Event 66 Girls Pole Vault Frosh-Soph

Name	Year School	Seed	Finals	Points
1 Gamez, Monica	Castro Valley	6-06.00	6-06.00	10
2 Arens, Lexie	Castro Valley		5-00.00	8
3 Cho, Grace	Castro Valley		J5-00.00	6
-- Gilham, Haley	Castro Valley	6-06.00	NH	

Event 67 Girls Long Jump Frosh-Soph

Name	Year School	Seed	Finals	Wind	Points
1 Hill, Christina	San Leandro	14-09.00	15-00.00	NWI	10
2 Singh, Prabhjot	Mt. Eden	11-03.00	12-06.50	NWI	8
3 Badion, Alexa	Tennyson	12-00.00	12-05.50	NWI	6
4 Adeyemi, Lina	San Leandro	12-02.00	12-02.00	NWI	4
5 King, Taylor	Castro Valley	12-09.50	12-00.00	NWI	2
6 Chen, Sarah	Castro Valley		11-04.00	NWI	1
7 Cho, Grace	Castro Valley	9-10.50	10-03.00	NWI	

Event 68 Boys Long Jump Frosh-Soph

Name	Year School	Seed	Finals	Wind	Points
1 King, Kevin	Bishop O'Dowd	16-01.00	17-04.75	1.4	10
2 Lew, Jon	San Leandro	17-07.00	17-01.50	0.9	8
3 Thien, Lien	Arroyo	13-08.00	16-10.25	1.5	6
4 Singh, Anmol	Moreau Catholic	16-05.00	16-08.50	0.9	4
5 Young, Stevinnaire	Hayward	17-00.00	16-07.00	0.5	2
6 Kono, Yuya	Castro Valley	17-04.00	16-06.00	0.4	1
7 Cabrera, Carl	San Leandro	16-11.00	16-03.75	1.3	
8 Delfino, Francis	Moreau Catholic	16-05.00	15-11.50	1.6	
9 Galsco, Gabriel	San Leandro	16-09.50	15-05.50	1.1	
10 Romero, Eric	Tennyson	16-09.00	15-01.50	1.9	
11 Kono, Eiji	Castro Valley	14-09.00	14-11.25	1.8	
12 Gao, Alex	Castro Valley	15-08.00	13-10.25	0.9	
13 Truesdale, Walter	Tennyson	13-08.00	13-07.50	+0.0	
-- Kaing, Davin	San Leandro		ND	NWI	
-- Lin, Alvin	Castro Valley	14-00.25	ND	NWI	

Event 69 Girls Long Jump Varsity

Name	Year School	Seed	Finals	Wind	Points
1 Alli, Taofeqat	Castro Valley	17-09.00	18-01.00	+0.0	10
2 Miller, Brianna	Castro Valley	17-06.00	17-04.00	1.2	8
3 Lyles, Makela	Bishop O'Dowd	16-08.00	16-07.00	+0.0	6
4 Watson, Camille	San Leandro	14-02.00	16-04.00	NWI	4
5 Huntington, Margret	Bishop O'Dowd	15-08.00	16-03.00	+0.0	2

6	Bostick, Ariel	Bishop O'Dowd	16-00.00	16-02.50	1.9	1
7	Schwytter, Nadia	Arroyo	13-03.00	15-08.00	NWI	
8	Gant, Melissa	Tennyson	14-05.00	15-06.50	1.5	
9	Johnson, Erika	San Leandro	15-00.50	15-02.00	1.3	
10	Clive, Joanna	Arroyo	13-07.00	14-09.50	NWI	
11	Mujic, Elma	Arroyo	14-01.00	14-07.00	NWI	
12	Ani, Jorceylin	Hayward	15-00.00	14-02.00	0.9	
13	Hogan, Taelor	Hayward	14-02.25	14-01.00	NWI	
14	Velasquez, Julia	Castro Valley	13-01.00	13-05.00	2.0	
15	Partida, Victoria	Arroyo	12-04.00	13-01.50	+0.0	
16	Batilo, Christina	Tennyson	11-05.00	13-00.00	1.9	
17	Miciano, Audrey	Moreau Catholic	13-00.00	12-07.00	+0.0	
18	Lee, Crystal	Castro Valley	13-06.00	12-04.00	NWI	
19	Lam, Sarah	Castro Valley	12-09.00	11-08.00	0.5	
--	Nickerson, Haleigh	Bishop O'Dowd	15-06.00	ND	NWI	

#### Event 70 Boys Long Jump Varsity

Name	Year	School	Seed	Finals	Wind	Points
1	Grant, Jonte	Hayward	19-06.00	22-09.00	+0.0	10
2	Huguley, Victor	San Leandro	22-02.00	21-05.50	0.8	8
3	Towles, Marvin	Tennyson	19-00.00	20-10.00	2.4	6
4	Trammel, Trent	Bishop O'Dowd	19-07.00	20-05.00	1.0	4
5	Thomas, Tyler	Hayward	20-02.75	20-04.00	1.3	2
6	Kirven, Solomon	San Lorenzo	21-05.50	20-00.50	2.4	1
7	Davis, Ben	Castro Valley	19-06.00	18-10.00	0.6	
8	Speegle, Myles	Castro Valley	19-03.00	18-09.00	2.0	
9	Imlack, Jeremy	Moreau Catholic		18-03.00	0.7	
10	Manag, Lorenzo	Bishop O'Dowd	20-00.00	18-00.25	1.3	
11	Bodwin, Cameron	San Leandro	17-07.00	18-00.00	1.9	
12	Nasir, Adeeb	Hayward	20-03.50	17-09.00	1.3	
13	Marino, Nicolas	Castro Valley	17-05.00	17-07.75	1.7	
14	Austin, Antonio	San Leandro	17-08.00	17-04.00	+0.0	
15	Huey, Ray	Castro Valley	17-02.50	17-03.00	0.4	
16	Monroe, Desmond	San Leandro	19-04.00	17-01.00	0.8	
17	Cervantes, Dominique	Hayward	18-11.00	14-04.00	+0.0	
--	Chambers, Chris	Hayward	18-02.00	ND	NWI	

#### Event 71 Girls Triple Jump Frosh-Soph

Name	Year	School	Seed	Finals	Wind	Points
1	Adeyemi, Lina	San Leandro	25-07.00	25-04.50	1.1	10
--	Chen, Sarah	Castro Valley		ND	NWI	
--	Xu, Alieen	San Leandro		ND	NWI	
--	Nyangau, Norah	Arroyo	17-00.00	ND	NWI	
--	King, Taylor	Castro Valley	27-01.75	ND	NWI	

#### Event 72 Boys Triple Jump Frosh-Soph

Name	Year	School	Seed	Finals	Wind	Points
1	Lew, Jon	San Leandro	36-07.00	37-06.00	1.8	10
2	Thien, Lien	Arroyo		37-04.50	3.5	8
3	Kono, Yuya	Castro Valley	36-06.00	36-07.00	+0.0	6
4	Singh, Anmol	Moreau Catholic	35-06.00	36-02.00	1.5	4
5	Delfino, Francis	Moreau Catholic	35-00.00	34-08.00	2.4	2
6	Lin, Alvin	Castro Valley	29-04.50	32-07.50	2.6	1
7	Kaing, Davin	San Leandro	31-00.50	31-02.00	1.5	
8	Huynh, Thien	Castro Valley	31-11.50	31-01.50	1.3	
9	Gao, Alex	Castro Valley	27-02.00	29-06.50	2.4	
10	Kono, Eiji	Castro Valley	28-09.00	28-11.00	0.6	

Event 73 Girls Triple Jump Varsity

Name	Year	School	Seed	Finals	Wind	Points
1 Nickerson, Haleigh		Bishop O'Dowd	33-00.00	33-03.25	2.5	10
2 Miller, Brianna		Castro Valley	36-00.50	33-01.75	2.4	8
3 Lyles, Makela		Bishop O'Dowd	33-00.00	33-00.75	0.3	6
4 Ani, Jorceylin		Hayward	31-10.00	31-05.50	0.3	4
5 Hunntington, Margret		Bishop O'Dowd	33-00.00	30-11.75	1.9	2
6 Lee, Crystal		Castro Valley	30-11.00	28-02.00	1.4	1
7 Nguyen, Lily		Arroyo	25-07.00	27-07.50	0.6	
8 Clive, Joanna		Arroyo	27-11.00	27-03.50	2.6	
9 Velasquez, Julia		Castro Valley	25-03.00	26-11.00	1.6	

Event 74 Boys Triple Jump Varsity

Name	Year	School	Seed	Finals	Wind	Points
1 Williams, Alan		Bishop O'Dowd	45-04.25	45-06.50	1.1	10
2 Trammel, Trent		Bishop O'Dowd	44-08.50	44-11.25	1.8	8
3 Grant, Jonte		Hayward		42-10.00	1.5	6
4 Hudson, Kwame		Castro Valley	38-01.50	41-08.75	0.7	4
5 Davis, Ben		Castro Valley	42-09.25	41-01.00	0.9	2
6 Manag, Lorenzo		Bishop O'Dowd	42-04.00	41-00.00	2.9	1
7 Young, Stevonte		Hayward	42-03.00	40-04.00	1.8	
8 Thomas, Tyler		Hayward	37-01.50	39-00.25	3.0	
9 Bodwin, Cameron		San Leandro	35-03.00	37-03.50	1.6	
10 Low, Kevin		Arroyo	36-11.00	36-06.00	1.8	
-- Hernandez, Ricardo		Arroyo	34-04.00	ND	NWI	

Event 75 Girls Discus Throw Frosh-Soph

Name	Year	School	Seed	Finals	Points
1 Angenete, Alexis		San Lorenzo	87-00	77-04.50	10
2 Wright, Sharissa		San Leandro		75-01.50	8
3 Gayhardt, Lauryn		Moreau Catholic	77-11	66-09.50	6
4 Mota, Mellissa		Tennyson	60-00	56-06.50	4
5 Leiva, Karla		Hayward	51-10	52-02.50	2
6 Johnson, Rachel		Castro Valley	42-09.50	42-04	1

Event 76 Boys Discus Throw Frosh-Soph

Name	Year	School	Seed	Finals	Points
1 Viveiros, Anthony		Castro Valley	97-10	101-09.50	
2 Conway, Austin		Castro Valley	96-03	96-05.50	
3 Lauti, Sione		San Lorenzo	93-00	96-02	
4 Kendrick, Shaka		Bishop O'Dowd	60-10	93-06.50	
5 Zaballos, Paul		Castro Valley	86-03	87-03.50	
6 Sheymamah, Isaac		Castro Valley	83-04.50	83-06	
7 Bartsch, Michael		Arroyo	74-09	80-11	
8 SamYoa, Eric		San Leandro	82-01	72-11	
9 Bannister, Phillip		Castro Valley	72-02.50	70-10	
10 Eric, Hidalgo		San Leandro	67-10	69-03.50	
11 Johnson, Bruce		Bishop O'Dowd	65-07	68-02	
12 Andes, David		Moreau Catholic	51-08	58-02.50	
13 Asvitt, Kevin		Arroyo		54-07	
14 Commandole, Matthew		Moreau Catholic	42-01	46-11.50	
15 Jhattu, Balpreet		Mt. Eden		46-06.50	
-- Conway, Alec		Castro Valley	88-08	ND	

Event 77 Girls Discus Throw Varsity

Name	Year School	Seed	Finals	Points
1 Donnelly, Noelle	Castro Valley	121-00	115-03.50	10
2 Sapiga, Patrice	Hayward	133-08	112-06	8
3 Knight, Alana	Castro Valley	105-01	95-06.50	6
4 Ecker, Jazzy	Hayward	99-00	94-09.50	4
5 Maynard, Alexis	Bishop O'Dowd	84-10	94-07	2
6 Francis, Cristina	Bishop O'Dowd	95-01	89-01	1
7 Waters, Ciarra	Bishop O'Dowd	95-00	86-11	
8 Maynard, Andria	Bishop O'Dowd	88-05	85-02	
9 Munchick, Bonnie	Bishop O'Dowd	72-06	81-09.50	
10 Bigman, Natalie	San Leandro	88-07	80-08.50	
11 Banks, Dalisia	Hayward	81-08.50	77-08	
12 Birznieks, Astra	Castro Valley	73-04	72-05	
13 Finch, Lauren	Arroyo	93-10	72-03.50	
14 Upshur, Gabrielle	Hayward	97-08	71-05.50	
15 Morales, Alma	San Leandro	62-04.50	63-03	
16 Grewal, Manpreet	Arroyo	71-05	57-01	
17 Rillamas, Jennifer	Moreau Catholic	55-08	54-01.50	
-- Cruz, Hazel	Moreau Catholic	55-00	ND	
-- Landeros, Virdiana	Arroyo	47-08	ND	
-- Tidwell, Jaylin	Bishop O'Dowd	91-10	ND	

#### Event 78 Boys Discus Throw Varsity

Name	Year School	Seed	Finals	Points
1 Mason, Eric	Castro Valley	65-03.50	176-06	10
2 Eckel, Jacob	Castro Valley	48-03.50	143-05	8
3 Maile, Sione	San Leandro	48-07.50	140-06.50	6
4 Sapiga, Nephi	Hayward	134-01	137-02	4
5 Nunn, Malcume	San Leandro	136-00	135-10.50	2
6 Tomaz, Niko	Castro Valley	37-04.75	133-06	1
7 Davis, Kenneth	Castro Valley	130-03	131-01	
8 Duenas, Ray	Hayward	124-10	117-09.50	
9 Funaki, Joe	Hayward	131-03	116-07.50	
10 Johnson, Blake	Bishop O'Dowd	112-00	113-06	
11 Velasquez, Wendell	Arroyo	88-00	107-00	
12 Barrera, Emmanuel	Castro Valley	20-06.75	106-08	
13 Bouchard, Jeffrey	Castro Valley	110-04	105-03.50	
14 Morales, Gonzalo	San Leandro	99-07	97-11.50	
15 Navarro, Sal	San Leandro	79-05	92-05.50	
16 Bowden, Steve	San Leandro	92-05	91-10	
17 Chong, Jason	Moreau Catholic	91-10	88-08.50	
18 Cervantes, Dominique	Hayward	91-01	86-05	
19 Sweetwyne, Kellen	Hayward	81-00	84-04.50	
20 Sanchez, Jaimie	Moreau Catholic	80-08	74-01	
21 Mediola, Marcus	Moreau Catholic		65-02	

#### Event 79 Girls Shot Put Frosh-Soph

Name	Year School	Seed	Finals	Points
1 Wright, Sharissa	San Leandro		32-01.50	10
2 Gayhardt, Lauryn	Moreau Catholic	33-00.00	30-01.50	8
3 Mota, Melissa	Tennyson	23-00.00	24-06.00	6
4 Badion, Alexa	Tennyson	22-07.00	22-08.50	4
5 Angenete, Alexis	San Lorenzo		21-03.50	2
6 Leiva, Karla	Hayward		20-07.50	1

#### Event 80 Boys Shot Put Frosh-Soph

Name	Year School	Seed	Finals	Points
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1	Viveiros, Anthony	Castro Valley	42-00.00	43-00.00	10
2	Zaballos, Paul	Castro Valley	42-04.75	42-03.00	8
3	Eric, Hidalgo	San Leandro	35-10.00	40-00.00	6
4	SamYoa, Eric	San Leandro	35-09.50	38-09.00	4
5	Kendrick, Shaka	Bishop O'Dowd	33-10.00	37-02.00	2
6	Conway, Austin	Castro Valley	34-05.00	36-10.00	1
7	Conway, Alec	Castro Valley	37-09.00	36-08.00	
8	Barfeei, Emaun	Castro Valley	37-07.00	32-08.00	
9	Johnson, Bruce	Bishop O'Dowd	31-02.00	32-06.00	
10	Decastro, Nic	Bishop O'Dowd	29-09.00	32-04.00	
11	Pardo, Juan	Mt. Eden	33-11.00	32-03.00	
12	Bartsch, Michael	Arroyo	32-04.00	31-04.00	
13	Sbeih, Islam	San Leandro	32-07.00	31-00.00	
14	Lauti, Sione	San Lorenzo		30-08.00	
15	Singh, Anmol	Moreau Catholic	29-00.00	29-01.00	
16	Jhattu, Balpreet	Mt. Eden	29-06.00	28-01.00	
17	Matthews, Chinua	Bishop O'Dowd	30-00.00	26-06.00	
18	Commandole, Matthew	Moreau Catholic	25-09.00	26-05.00	
19	Andes, David	Moreau Catholic	23-00.00	25-09.00	
20	Asvitt, Kevin	Arroyo	21-07.00	21-06.00	
21	Steele, Shaquille	Tennyson	17-00.00	18-02.00	

Event 81 Girls Shot Put Varsity

Name	Year School	Seed	Finals	Points
1 Sapiga, Patrice	Hayward	38-06.00	36-01.50	10
2 Knight, Alana	Castro Valley	33-03.00	31-09.00	8
3 Waters, Ciarra	Bishop O'Dowd	28-10.50	30-10.00	6
4 Bigman, Natalie	San Leandro	28-11.00	30-04.00	4
5 Ecker, Jazzy	Hayward	31-03.50	29-11.00	2
6 Banks, Dalisia	Hayward	30-00.00	29-03.00	1
7 Finch, Lauren	Arroyo	28-04.00	28-07.50	
8 Francis, Cristina	Bishop O'Dowd	29-10.00	28-03.00	
9 Maynard, Andria	Bishop O'Dowd	27-11.00	27-07.50	
10 Donnelly, Noelle	Castro Valley	31-07.00	27-07.00	
11 Maynard, Alexis	Bishop O'Dowd	29-03.00	26-10.00	
12 Birznieks, Astra	Castro Valley	26-03.50	25-07.00	
13 Munchick, Bonnie	Bishop O'Dowd	25-07.00	25-05.00	
14 Upshur, Gabrielle	Hayward	27-04.00	25-04.00	
15 Wultanski, Samantha	Castro Valley		20-05.50	
16 Rillamas, Jennifer	Moreau Catholic	23-00.00	18-06.00	
17 Landeros, Virdiana	Arroyo	16-09.50	17-05.00	

Event 82 Boys Shot Put Varsity

Name	Year School	Seed	Finals	Points
1 Mason, Eric	Castro Valley	55-02.25	53-08.00	10
2 Eckel, Jacob	Castro Valley	49-11.00	50-02.00	8
3 Maile, Sione	San Leandro	48-03.00	49-09.00	6
4 Nunn, Malcume	San Leandro	47-00.50	47-00.00	4
5 Johnson, Blake	Bishop O'Dowd	48-00.00	45-00.00	2
6 Sapiga, Nephi	Hayward	43-05.00	44-08.00	1
7 Tomaz, Niko	Castro Valley	43-00.00	43-07.00	
8 Bouchard, Jeffrey	Castro Valley	41-09.00	41-04.00	
9 Gilham, George	Castro Valley	40-02.00	38-04.00	
10 Finau, Sione	San Leandro	37-08.50	38-03.00	
11 Bowden, Steve	San Leandro	35-04.50	37-07.00	
12 Barrera, Emmanuel	Castro Valley	38-04.00	36-08.00	
13 Chong, Jason	Moreau Catholic	37-10.50	35-09.00	
14 Navarro, Sal	San Leandro	34-06.00	35-02.00	
15 Fuapau, Koli	San Lorenzo		34-09.00	
16 Duenas, Ray	Hayward	33-06.00	34-07.00	



17 Funaki, Joe	Hayward	36-06.75	34-05.00
18 Sweetwyne, Kellen	Hayward	37-10.50	34-02.00
19 Lanza, Zack	Arroyo	32-03.00	34-01.00
20 Hill, Ken	Moreau Catholic	33-07.00	34-00.00
21 Cervantes, Dominique	Hayward		33-03.00
22 Morales, Gonzalo	San Leandro	32-00.00	32-02.00
23 Mediola, Marcus	Moreau Catholic		32-01.00
24 Sanchez, Jaimie	Moreau Catholic	31-10.00	31-11.00
25 Velasquez, Wendell	Arroyo	29-07.00	31-07.00
26 Morris, Andrew	Hayward	25-11.50	28-06.00
27 Homran, Kamal	Arroyo	23-03.00	24-05.00
-- Weefur, Josh	Bishop O'Dowd	37-00.00	ND

Women - Varsity - Team Rankings - 16 Events Scored

1) Castro Valley	201	2) Bishop O'Dowd	127
3) Hayward	65	4) Moreau Catholic	42
5) Arroyo	36	6) San Leandro	15
7) San Lorenzo	6		

Women - Frosh-Soph - Team Rankings - 16 Events Scored

1) Castro Valley	102	2) Bishop O'Dowd	77
3) Arroyo	76	4) San Leandro	70
5) Tennyson	29	6) Moreau Catholic	20
7) Hayward	14	8) San Lorenzo	12
9) Mt. Eden	8		

Men - Varsity - Team Rankings - 16 Events Scored

1) Castro Valley	188	2) Bishop O'Dowd	101
3) San Leandro	90	4) Hayward	54
5) Mt. Eden	21	6) Arroyo	19
7) Moreau Catholic	8	8) Tennyson	6
9) San Lorenzo	5		

Men - Frosh-Soph - Team Rankings - 16 Events Scored

1) Bishop O'Dowd	104	2) San Leandro	103
3) Moreau Catholic	89	4) Castro Valley	75
5) Arroyo	52	6) Mt. Eden	16
7) Hayward	2	8) San Lorenzo	1
8) Tennyson	1		

## 2010 NCS Bayshore Scoring

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#### Women - Team Rankings

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- 1) James Logan 138
- 2) Castro Valley 62
- 3) St. Mary's 47
- 4) Newark Memorial 34
- 5) Washington 33.50
- 6) Mission San Jose 29.25
- 7) Piedmont 27.25
- 8) Pinole Valley High School 23
- 9) Hayward 22
- 10) Hercules High School 16
- 11) Holy Names 14
- 12) American 13
- 13) Bishop O'Dowd 12
- 14) Albany 11
- 15) Encinal 6
- 16) Berkeley High School 3
- 16) Alameda High School 3
- 18) Moreau Catholic 2

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#### Men - Team Rankings -

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- 1) Castro Valley 91
- 2) James Logan 88
- 3) St. Mary's 57
- 4) Bishop O'Dowd 44
- 5) San Leandro 41
- 6) Newark Memorial 38
- 7) Hayward 29
- 8) Alameda High School 25
- 9) El Cerrito High School 16
- 10) Mission San Jose 14
- 11) Piedmont 12
- 11) Berkeley High School 12
- 13) Washington 10
- 14) Tennyson 6
- 14) Arroyo 6
- 16) Irvington 3.25
- 17) John F. Kennedy 2
- 18) J.F. Kennedy - Richmond 1
- 19) Albany 0.25
- 19) St. Joseph 0.25
- 19) Encinal 0.25

# Bay Shore Area Finals-NCS @ Logan High School, Union C. CA

## Event 1 Girls 100 Meter Dash

1	Campbell, Strangenae	Pinole Valley Hi	12.16	-1.7
2	Harvey, Atiya	James Logan	12.38	-2.4
3	Rose, Lauren	Hercules High Sc	12.77	-3.8
4	Thomas, Kali	St. Mary's	12.79	-3.8
5	Alli, Taofegat	Castro Valle	12.87	-3.8
6	Blake, Jasiri	Pinole Valley Hi	13.02	-3.8
7	Deadwiler, Camille	American	13.03	-1.7
8	Brewer, Paiton	Newark Memor	13.24	-2.4
9	Grigg, Kellie	Alameda High Sch	13.35	-1.7
10	Alsobrook, Tyler	San Lorenzo	13.40	-1.7
11	Craft, Taylor	Newark Memor	13.47	-3.8
12	Blanton, Kaii	Bishop O'dow	13.52	-3.8
13	Kumar, Anshika	Alameda High Sch	13.59	-1.7
14	Guinn, Jasmine	Berkeley High Sc	13.60	-2.4
15	Hogan, Taelor	Hayward	13.70	-2.4
16	Sumler, Charlie	J.f. Kennedy	13.78	-3.8
17	Walker, Kalia	St. Mary's	13.79	-2.4
18	Hill, Terisha	J.f. Kennedy	13.84	-1.7

## Event 2 Boys 100 Meter Dash

1	Tobin, Michael	Newark Memor	11.31	-1.8
2	Huguley, Victor	San Leandro	11.33	-1.8
3	Mcbride, Andre	San Leandro	11.38	-1.8
4	Galvin, Ricky	Berkeley High Sc	11.40	-1.8
5	Lovett, Najee	St. Mary's	11.45	-2.2
6	Shetty, Viv	James Logan	11.52	-2.2
7	Rosby, Dimion	Castro Valle	11.53	-1.8
8	Speegle, Mathew	Castro Valle	11.56	-2.2
9	Favorite, Joseph	J.f. Kennedy	11.64	-2.2
10	Burks, Isaiah	Berkeley High Sc	11.67	-1.8
11	Long, Miles	James Logan	11.77	-1.8
11	Wang, Edward	Mission San	11.77	-1.8
13	Mcgill, Dionn	Irvington	11.89	-2.2
14	Kirven, Solomn	San Lorenzo	11.93	-2.2
15	Rabb, Aj	St. Joseph	11.95	-2.2
16	Logo, Dylan	Encinal	11.97	-1.8
17	Haynes, Taylor	Piedmont	12.01	-1.8
18	Page, Michael	Salesian	12.05	-2.2
19	Robinson, Wade	El Cerrito High	12.18	-1.8

## Event 3 Girls 200 Meter Dash

1	Campbell, Strangenae	Pinole Valley Hi	24.99	-2.9
2	Thomas, Kali	St. Mary's	26.16	-2.1
3	Alli, Taofegat	Castro Valle	26.45	0.6
4	Rose, Lauren	Hercules High Sc	26.56	0.6
5	Deadwiler, Camille	American	26.90	-2.1
6	Grigg, Kellie	Alameda High Sch	27.29	-2.1
7	Alexander, Breanna	Newark Memor	27.44	-2.9
8	Gardins, Karra	Moreau Catho	27.53	0.6
9	Foster, Ayana	Encinal	27.66	-2.9
10	May, Keisha	Bishop O'dow	27.71	-2.9
11	Brewer, Paiton	Newark Memor	27.72	-2.1
12	Lyons, Taylor	Holy Names	27.98	-2.1
13	Blanton, Kaii	Bishop O'dow	28.01	-2.9
14	Jackson, Randi	Bishop O'dow	28.11	-2.9
15	Kumar, Anshika	Alameda High Sch	28.15	0.6
16	Njitanji, Sandra	Washington	28.16	0.6
17	Mabury, Amber	Newark Memor	28.19	-2.9
18	Reames, Allana	J.f. Kennedy	28.25	0.6
19	Walker, Kalia	St. Mary's	28.64	0.6
20	Zhang, Cassie	Mission San	29.02	-2.9
21	Owyang, Taylor	Alameda High Sch	29.30	-2.1

## Event 4 Boys 200 Meter Dash

1	Dubose, Devante	Bishop O'dow	22.53	-1.9
2	Carnegie, Chris	St. Mary's	23.01	-1.9

3	Tobin, Michael	Newark Memor	23.08	-2.1
4	Shetty, Viv	James Logan	23.09	-2.1
5	Mcbride, Andre	San Leandro	23.16	-2.6
6	Favorite, Joseph	J.f. Kennedy	23.38	-1.9
7	Williams, Murad	St. Mary's	23.64	-2.6
8	Shaw, Andre	James Logan	23.71	-1.9
9	Speegle, Mathew	Castro Valle	23.79	-1.9
10	Pyles, Adrain	Hayward	23.99	-2.1
11	Thomas, Tyler	Hayward	24.08	-2.6
12	Grant, Jonte	Hayward	24.15	-1.9
13	Wang, Edward	Mission San	24.18	-1.9
14	Orens, Kai	Piedmont	24.19	-1.9
15	Rabb, Aj	St. Joseph	24.30	-2.1
16	Tsao, Brendan	Mission San	24.47	-2.1
17	Tyson, Andre	Pinole Valley Hi	24.68	-2.6
18	Robinson, Wade	El Cerrito High	24.91	-2.1
19	Burks, Isaiah	Berkeley High Sc	25.01	-2.6

## Event 5 Girls 400 Meter Dash

1	Stewart, Thandi	James Logan	56.03
2	Hollis, Taylor	Newark Memor	59.09
3	Miller, Brianna	Castro Valle	59.88
4	Foster, Ayana	Encinal	60.01
5	Mayfield, Janae	James Logan	60.19
6	May, Keisha	Bishop O'dow	60.68
7	Alexander, Breanna	Newark Memor	60.78
8	Remer, Lauren	Piedmont	60.79
9	Pacini, Daniela	Hercules High Sc	61.10
10	Lyons, Taylor	Holy Names	61.28
11	Turner, Jocelyn	Hayward	61.30
12	Anderson, Lorato	American	61.48
13	Ledesma-turner, Akeli	St. Mary's	61.81
14	Gardins, Karra	Moreau Catho	62.40
15	Mabury, Amber	Newark Memor	62.92
16	Wilkins, Aliyah	San Leandro	63.12
17	Glover, Kailee	St. Mary's	63.34
18	Quamina, Katherine	Bishop O'dow	63.86
19	Curtis, Jasmine	Berkeley High Sc	65.29
20	Edwards, Gabby	Hercules High Sc	65.56
21	Huang, Linde	Alameda High Sch	65.91

## Event 6 Boys 400 Meter Dash

1	Dubose, Devante	Bishop O'dow	48.46
2	Moses, Chance	St. Mary's	50.04
3	Skovronski, Roman	Newark Memor	50.59
4	Williams, Murad	St. Mary's	51.00
5	Jones, Khalid	James Logan	51.06
6	Brown-rya, Demetrius	St. Mary's	51.12
7	Foster, Alex	Castro Valle	51.34
8	Tomasi, Ryan	Washington	51.42
9	Diomonde, Solo	Castro Valle	51.55
10	Roosevelt, Ali	St. Mary's	51.69
11	Rivers, Josh	San Leandro	52.57
12	Wilson, Davonte	San Leandro	53.09
13	Ng, Justin	Mission San	53.37
14	Gilliam, Christian	Albany	53.64
15	Sarchet, Wade	Irvington	53.74
16	Tyson, Andre	Pinole Valley Hi	53.80
17	Hartwell, Mason	James Logan	54.20
18	Newsham, Lucas	Encinal	54.31
19	Chen, Brendon	Alameda	54.67
20	Rodriguez, Matt	Alameda	54.72
21	Devera, Derek	Hercules High Sc	55.04
22	Li, Steven	Alameda High Sch	55.36
23	Silvey, Demone	Berkeley High Sc	56.27

## Event 7 Girls 800 Meter Run

# Bay Shore Area Finals-NCS @ Logan High School, Union C. CA

1	Schneider,,Chelsea	12	Castro'Valle	2:20.01
2	Riley,,Arianne	11	Hayward	2:21.37
3	Stange,,Gabe	11	James.Logan	2:25.60
4	Kent,,Jamie	12	Piedmont	2:25.73
5	Hollis,,Taylor	10	Newark'Memor	2:25.85
6	Mejia-mass,,Luz	12	Encinal	2:26.77
7	Spiegel,,Laura	10	Arroyo	2:29.09
8	Peterson,,Nicole	10	Piedmont	2:31.19
9	Woelffer,,Anne	11	St.,Mary's	2:32.81
10	Hosokawa,,Kelly		Alameda:H	2:33.37
11	Bailey,,Aurora	10	Castro,Valle	2:34.22
12	Pena,,Adrienne		Alameda:	2:34.62
13	Mischeaux,,Clarie	10	Bishop!O'dow	2:34.89
14	Reed,,Nicky	11	Encinal	2:34.97
15	Amaral,,Vanessa	9	James,Logan	2:39.12
16	Winterbauer,,Courtney		Alameda'High'Sch	2:40.53
17	Clemente,,Kiana	11	Newark;Memor	2:40.54
18	Lauer,,Erica	12	Piedmont	2:41.71
19	Macleod,,Pamela	12	Castro:Valle	2:43.16

## Event 8 Boys 800 Meter Run

1	Hartwell,,Mason	12	James,Logan	1:59.69
2	Weekes,,Will	12	Castro!Valle	2:00.52
3	Mortore,,Anthony	11	Castro!Valle	2:00.81
4	Weber,,John	12	Piedmont	2:01.03
5	Chestnut,,Jesse	11	Washington	2:03.08
6	Laux,,Richard	10	Irvington	2:03.94
7	Diomonde,,Solomn	11	Castro,Valle	2:05.14
8	Kane,,Sam	10	Bishop:O'dow	2:07.24
9	Greer,,Stephn	10	San!Leandro	2:07.60
10	Nugal,,Marvin	11	Mt.,Eden	2:08.28
11	Chan,,Andrew	11	James;Logan	2:08.58
12	Gosen,,IMatt	12	Mission;San	2:08.66
13	Brown,,Conner	10	Albany	2:09.10
14	Cuenca,,Tyler	12	Encinal	2:09.86
15	Frost,,Julian	9	Piedmont	2:10.38
16	Hoye,,Michael		Alameda!High!Sch	2:10.48
17	Moore,,Dylan	10	Encinal	2:11.96
18	Raya,,Richard		Berkeley.High.Sc	2:12.09
19	Jacobsen,,Ben	12	James.Logan	2:12.34
20	Boquiren,,Emmanuel		Alameda;High;Sch	2:12.50
21	Watson,,Donri		Richmond,High,Sc	2:20.75

## Event 9 Girls 1600 Meter Run

1	Santisteban,,Kelsey	11	Castro,Valle	5:15.03
2	Perrin,,Sarah	9	James!Logan	5:18.75
3	Wummer,,Elise	12	Castro.Valle	5:19.18
4	Hirsch,,Madison	10	Mission,San	5:20.70
5	Kent,,Jamie	12	Piedmont	5:22.70
6	Mejia-mass,,Luz	12	Encinal	5:27.52
7	Adeni,,Anika	11	Moreau,Catho	5:33.60
8	Daiz,,Marie	10	Bishop!O'dow	5:35.73
9	Lauer,,Erica	12	Piedmont	5:35.79
10	Mischeaux,,Clarie	10	Bishop,O'dow	5:38.28
11	Spees,,Kaitlyn	11	Bishop,O'dow	5:38.50
12	Morales,,Andrea	10	American	5:43.13
13	Hosokawa,,Kelly		Alameda:High:Sch	5:43.64
14	Dunn,,Laura	11	Newark,Memor	5:47.60
15	Amaral,,Vanessa	9	James.Logan	5:48.24
16	Federova,,Ivarya		Berkeley'High'Sc	5:49.99
17	Choy,,Alex	12	St.!Mary's	5:56.34
18	Harrington,,Mary	10	St.,Mary's	6:01.05
19	Cortez-holmes,,Alexis	10	St.,Mary's	6:01.95
20	Vitucci,,Rebeckah		Alameda;	6:07.42
21	Burns,,Jessica		Alameda!	6:08.61
22	Doyle,,Kelsi		Berkeley,	6:12.75
23	Braucher,,Saskia	10	Albany	6:21.18

24	Xi,,Kelly	9	Hercules;	6:39.38
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## Event 10 Boys 1600 Meter Run

1	Perkins,,Zach		Alameda,H	4:25.42
2	Geiken,,Eugenio		Berkeley.High.Sc	4:26.23
3	Thomas,,Danny	11	Arroyo	4:26.44
4	Eversole,,Ben	11	Castro:Valle	4:28.49
5	Perkins,,Charlie		Alameda;	4:30.38
6	Weber,,John	12	Piedmont	4:31.20
7	Snow,,Andrew	12	Arroyo	4:35.85
8	Nugal,,Marvin	11	Mt.,Eden	4:38.22
9	Ruvalcaba,,Arthur	11	Mt.,Eden	4:41.56
10	Kane,,ISam	10	Bishop:O'dow	4:45.77
11	Coronado-ramos,Juan	12	Irvington	4:46.45
12	Buck-bauer,,Albert	9	Albany	4:50.77
13	Guthy,,Dinakar	10	Mission.San	4:52.81
14	Ratto,,Nick	10	St.!Joseph	4:54.06
15	Collins,,Liam		Alameda;	4:54.27
16	Rust,,Taylor	11	John!F.!Kenn	4:56.18
17	Moore,,Dylan	10	Encinal	4:56.22
18	Nguyen,,Duc		Alameda	4:57.12
19	Jacobsen,,Ben	12	James.Logan	4:57.78
20	Bains,,Arjan	12	Mission;San	5:00.03
21	Wisnewski,,Gage		Newark.Memor	5:16.92

## Event 11 Girls 3200 Meter Run

1	Santisteban,,Kelsey	11	Castro'Valle	11:27.11
2	Gerards,,Jessica	11	Washington	11:41.32
3	Cherk,,Erika	10	Mission:San	11:56.24
4	Gerards,,Rachel	11	Washington	12:01.37
5	Adeni,,Anika	11	Moreau,Catho	12:02.50
6	Spees,,Kaitlyn	11	Bishop.O'dow	12:03.22
7	Morales,,Andrea	10	American	12:26.48
8	Choy,,Alex	12	St.!Mary's	12:35.65
9	Koide,,Janell	11	American	12:38.79
10	Fong,,Samantha	10	Castro,Valle	12:40.67
11	Mischeaux,,Clarie	10	Bishop!O'dow	12:47.76
12	Lenci,,Alison	11	Mission'San	12:48.32
13	Xu,,Irene		Alameda!High!Sch	12:53.19
14	Klein,,Hannah		Alameda'High'Sch	13:18.23
15	Greene,,Molly	9	Albany	13:47.19
16	Tu,,Lindsay		Alameda.High.Sch	13:50.17
17	Spencer,,Elaine	10	Encinal	14:17.92
18	Turpin,,Autumn	10	St.,Patrick	15:11.38

## Event 12 Boys 3200 Meter Run

1	Eversole,,Ben	11	Castro.Valle	9:44.24
2	Rich,,Ben	12	Washington	9:46.81
3	Maxwell,,Dan	12	St.!Mary's	9:52.52
4	Perkins,,Charlie		Alameda,High,Sch	9:55.87
5	Lopez-garcia,,Hector		Alameda!High!Sch	9:55.95
6	Sepp,,Brandon		Alameda;High;Sch	10:03.43
7	Ashby,,Tom	12	Castro,Valle	10:04.40
8	Ruvalcaba,,Arthur	11	Mt.!Eden	10:06.69
9	Jacobs,,Simon	12	Piedmont	10:08.08
10	Peterson,,Nolan		Washington	10:15.65
11	Gioia,,Christoper	12	Albany	10:16.60
12	Tonkyn,,Nolan	10	Albany	10:20.49
13	Hill,,Nate	10	St.,Mary's	10:22.07
14	Uken,,Joey	11	Mission,San	10:26.39
15	Coronado-ramos,Juan	12	Irvington	10:26.61
16	Raulet,,Michelangelo		Berkeley:High:Sc	10:31.54
17	Russamanno,Brandon	12	Washington	10:34.51
18	Greene,,Stevie	10	St.!Mary's	10:39.52
19	Morles,,Emanuel	10	Mt.:Eden	10:43.07
20	Arnstein,,Dan		Alameda,High,Sch	10:47.30
21	Coulter,,Erich	11	Castro!Valle	10:47.79

## Bay Shore Area Finals-NCS @ Logan High School, Union C. CA

22	Mulugeta,;Solomon	10	American	10:49.12	2	Wallace,!Terrell	El'Cerrito'High	40.52	
23	Parsons,;Tyler		Alameda,High,Sch	10:55.13	3	Skovronski,!Roman	11 Newark;Memor	41.18	
					4	Stafford,,;Sebastian	12 St.;Mary's	41.60	
Event 13 Girls 100 Meter Hurdles					5	Harris,,;Christian	12 St.:Mary's	42.09	
1	Wilson,'Trinity	10	St..Mary's	14.32	-0.1	6	Avilla,,;Ben	10 James.Logan	42.22
2	Johnson,;Victoria	12	James'Logan	14.65	1.1	7	Bradford,,;Alvictor	12 San;Leandro	42.65
3	Craft,;Taylor	9	Newark'Memor	14.92	1.1	8	Williams,'Alan	11 Bishop'O'dow	43.10
4	Rose,'Lauren	12	Hercules!High!Sc	15.07	1.7	9	Padilla,,;Matt	12 Washington	43.27
5	Aldriidge,;Monique	12	Castro:Valle	15.42	-0.1	10	Deguzman,,;Luis	12 Arroyo	43.42
6	Lawson,!Taylor	12	St.!Mary's	15.92	-0.1	11	Lim,,;Alex	12 Irvington	43.63
7	Mader,;Halina	11	Bishop;O'dow	16.21	1.7	12	Chen,,;Mei-guang	12 James.Logan	43.73
8	Davis,,;Chalese	11	Hercules:High:Sc	16.40	1.7	13	Webb,,;Chris	10 Hayward	43.97
9	Giscombe,;Brianna	11	Castro:Valle	17.32	-0.1	14	Roy,,;Marino	12 Piedmont	44.49
10	Bowersmith,;Kelsea	10	Arroyo	17.36	1.1	15	Hudson,'Kwane	11 Castro:Valle	45.13
11	Natividad,;Paige	12	Newark'Memor	17.73	1.1	16	Monroe,,;Desmond	12 San;Leandro	45.41
12	Partida,'Victoria	11	Arroyo	17.94	1.1	17	Tupuola,'Bj	11 Encinal	46.02
13	Chaitesepaseut,,;Lena	11	Newark'Memor	17.99	1.7	18	Thon,,;Steven	10 Alameda;High;Sch	47.18
14	Guan,,;Jacqueline	11	Arroyo	18.06	1.1	19	Gulassa,'Max	11 Piedmont	47.60
15	Martinez,'Roquell	9	Washington	18.35	-0.1	20	Lewis,,;Jermiah	9 Alameda;High;Sch	49.57
16	Sung,,;Ali	9	Piedmont	18.96	-0.1	21	Pilate-hutcherso,Julia	11 St.'Patrick	50.83
17	Willcox,;Frances	10	Alameda'High'Sch	19.21	1.7				
18	Wallace,!Natash	11	St.'Patrick	19.43	1.1	Event 17 Girls 4x100 Meter Relay			
19	Byun,'Stephanie	12	Albany	19.49	1.1	1	St.!Mary's		47.93
20	Ellis,;Amber	9	Piedmont	19.57	-0.1	1)	Woelffer, Anne	11 2) Wilson, Trinity	10
21	Kam,,;Jennifer	12	Alameda,High,Sch	20.02	1.7	3)	Thomas, Kali	12 4) Lawson, Taylor	12

### Event 14 Boys 110 Meter Hurdles

1	Corley,,Monte	12	James' Logan	14.49	+0.0
2	Williams,,Alan	11	Bishop'O'dow	15.04	1.3
3	Okwudiafor,,Ikem	12	Mission'San	15.41	-1.2
4	Hudson,,Kwane	11	Castro.Valle	16.27	1.3
5	Reyes,,Nicholas	11	Alameda!High!Sch	16.57	-1.2
6	Monroe,,Desmond	12	San,Leandro	16.58	-1.2
7	Imlack,,Jerney	10	Moreau.Catho	16.59	+0.0
8	Harris,,Christian	12	St.,Mary's	16.68	+0.0
9	Chen,,Mei-guang	12	James!Logan	16.90	-1.2
10	Wiegardt,,Andrew	12	Castro:Valle	17.12	1.3
11	Manag,,Lorenzo	11	Bishop'O'dow	17.23	+0.0
12	Avilla,,Ben	10	James;Logan	17.58	-1.2
13	Roy,,Marino	12	Piedmont	17.97	+0.0
14	Gulassa,,Max	11	Piedmont	18.34	1.3
15	Krohn,,Monte	10	Alameda'High'Sch	18.59	-1.2
16	Gong,,Ed	10	Albany	18.60	1.3
17	Cullen,,Matt	12	Newark:Memor	19.54	-1.2
18	Wang,,Kevin	9	Alameda!High!Sch	20.16	+0.0

### Event 15 Girls 300 Meter Hurdles

1	Stewart,:Thandi	12	James'Logan	44.09
2	Lawson,;Taylor	12	St.,Mary's	46.00
3	Wallace,'Sasha	9	Holy!Names	46.83
4	Natividad,!Paige	12	Newark;Memor	48.97
5	Lee,;Heryang	10	Albany	49.80
6	Martinez,!Roquell	9	Washington	50.32
7	Chissell,:Maya	10	Castro!Valle	50.86
8	Mader,.Halina	11	Bishop:O'dow	51.29
9	Lui,!Lydia	12	Mission!San	51.61
10	Guan,!Jacqueline	11	Arroyo	51.76
11	Hamilton,'Valencia	11	Washington	52.53
12	Brown,.Mianni	12	James,Logan	52.97
13	Bowersmith,:Kelsea	10	Arroyo	53.34
14	Partida,:Victoria	11	Arroyo	53.77
15	Willcox,;Frances	10	Alameda:High:Sch	53.87
16	Ellis,,Amber	9	Piedmont	54.79
17	Matsuoka,:Kimiko	10	St.;Mary's	55.94

### Event 16 Boys 300 Meter Hurdles

1	Corley, Monte	12	James: Logan	40.29
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### Event 17 Girls 4x100 Meter Relay

1	St.!Mary's 1) Woelffer, Anne 11 2) Wilson, Trinity 10 3) Thomas, Kali 12 4) Lawson, Taylor 12	47.93
2	James!Logan 1) Stewart, Thandi 12 2) Johnson, Victoria 12 3) Harvey, Atiya 12 4) Corley, Dominique 12	48.68
3	Castro!Valley 1) Chissell, Maya 10 2) Miller, Brianna 11 3) Elam, Kristin 9 4) Alli, Tobi 12	49.05
4	Newark.Memorial	49.74
5	Pinole;Valley;High;School	50.48
6	Alameda;High;School	50.74
7	El.Cerrito.High.School	51.35
8	Bishop'O'dowd 1) Jackson, Randi 10 2) May, Keisha 9 3) Blanton, Kaii 10 4) Bostick, Ariel 9	51.46
9	American	51.58
10	Mission,San,Jose	51.62
11	Moreau'Catholic 1) Gardins, Karra 10 2) Ang, Amamnda 10 3) Harbert, Nicole 11 4) Galvez, Athenie 10	52.39
12	Washington	52.79
13	Hayward 1) Flannigan, Jasmine 12 2) Ani, Jorceylin 12 3) Talley, Rhiannah 11 4) Hogan, Taelor 12	53.04
14	Piedmont	53.06
15	Arroyo	53.69
16	Irvington	54.70
17	San;Leandro	55.19
18	St.,Patrickst.,Vincent	55.51
19	Holy:Names	58.47
--	J.f.:Kennedy:-:Richmond	DNF

### Event 18 Boys 4x100 Meter Relay

1	Castro:Valley	43.27
	1) Speegle, Mathew 9 2) Speegle, Myles 9	
	3) Batis, Bobby 11 4) Rosby, Dimion 11	
2	Bishop;O'dowd	43.44
	1) Brown, Mario 12 2) Prince, James 12	
	3) Dubose, Devante 12 4) Tramel, Trent 11	
3	San;Leandro	43.63
4	James!Logan	43.80
	1) Willis, Jonathon 11 2) Shen, Josh 10	
	3) Shetty, Viv 11 4) Hartwell, Mason 12	
5	Newark!Memorial	43.94

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6	St..Mary's	44.00	14	Richmond;High;School	4:11.57
	1) Stafford, Sebastian 12 2) Lovett, Najee 12				
	3) Moses, Chance 11 4) Williams, Murad 11				
7	Mission'San'Jose	44.41		Event 21 Girls High Jump	
8	Irvington	44.70	1	Swayzer,;Sabrina	12 Washington 5-05.00
9	Hayward	44.77	2	Brewer,;Cierra	11 James!Logan 5-01.00
	1) Griffin, Don 12 2) Caro, Will 10		3	Mcelligott,;Megan	12 Mission;San 5-01.00
	3) Thomas, Tyler 12 4) Pyles, Adrain 12		4	Perman,;Andrea	12 Piedmont 5-00.00
10	El.Cerrito.High.School	44.83	5	Guinn,;Jasmine	Berkeley,High,Sc 4-10.00
11	Piedmont	45.26	6	Hodge,;Jade	11 St..Mary's 4-10.00
12	San.Lorenzo	45.41	7	Huang,,Linde	10 Alameda.High.Sch 4-08.00
13	John'F.'Kennedy	45.70	8	Vandermoer,;Kelli	10 James'Logan 4-08.00
14	Washington	46.15	9	Yan,,Jinny	10 Irvington 4-08.00
14	Encinal	46.15	10	Bailey,,Aurora	10 Castro.Valle 4-06.00
16	Alameda:High:School	46.45	11	Diaz,;Tianna	11 Albany 4-06.00
17	Arroyo	46.78	12	Shi,,Tian	10 Mission'San 4-04.00
18	St.,Patrickst.,Vincent	46.97	13	Bowersmith,'Kelsea	10 Arroyo 4-04.00
19	Albany	47.00	14	Wultanski,;Samantha	12 Castro!Valle 4-02.00
			15	Bernudez,;Janna	9 St.;Mary's 4-02.00
			16	Partida,'Victoria	11 Arroyo 4-00.00
			17	Guan,'Jacqueline	11 Arroyo 4-00.00
	Event 19 Girls 4x400 Meter Relay			Event 22 Boys High Jump	
1	Newark.Memorial	4:04.41	1	Spikes,,Maurice	12 St.,Mary's 6-06.00
2	James,Logan	4:08.33	2	Grant,;Jonte	11 Hayward 6-02.00
	1) Stewart, Thandi 12 2) Harvey, Atiya 12		3	Obdiegou,,Kyrian	11 San,Leandro 6-00.00
	3) Perrin, Sarah 9 4) Stange, Gabe 11		4	Williams,;Alan	11 Bishop.O'dow 6-00.00
3	Bishop!O'dowd	4:09.73	5	Brown,,Rashad	12 James'Logan 6-00.00
	1) May, Keisha 9 2) Blanton, Kaii 10		6	Fambro,'Darian	12 Irvington 5-04.00
	3) Jackson, Randi 10 4) Lowe, Bianca 9		6	Nealy,,Andrew	10 Albany 5-04.00
4	St.!Mary's	4:10.09	6	Tupuola,,Bj	11 Encinal 5-04.00
	1) Woelffer, Anne 11 2) Glover, Kailee 11		6	Rabb,,Aj	11 St..Joseph 5-04.00
	3) Thomas, Kali 12 4) Lawson, Taylor 12		--	Collier,!Austin	9 St.;Mary's Fail
5	Mission;San;Jose	4:16.76	--	Sweerwyne,,Kellen	11 Hayward Fail
6	American	4:18.71	--	Foster,!Alex	11 Castro.Valle Fail
7	Hayward	4:18.83			
	1) Turner, Jocelyn 12 2) Talley, Rhiannah 11				
	3) Garcia, Irmmary 11 4) Riley, Arianne 11				
8	San!Leandro	4:22.55		Event 23 Girls Pole Vault	
	1) Randall, Chelsea 11 2) Watson, Chantel 11		1	Garoutte,,Nicola	11 Piedmont 10-06.00
	3) Johnson, Erika 11 4) Wilkins, Aliyah 10		2	Cheng,'Ariel	9 Mission;San 10-00.00
9	Encinal	4:23.17	3	Zhu,,Leohna	10 Mission!San 9-06.00
10	Washington	4:24.19	3	Reist,'Jessica	9 Washington 9-06.00
11	Piedmont	4:24.28	3	Davis,!Clara	12 Piedmont 9-06.00
12	Arroyo	4:34.28	3	Van;Sprakelaar,Steph	9 Washington 9-06.00
13	Albany	4:44.29	7	Brickley,,Liz	10 Piedmont 9-00.00
14	Irvington	4:44.89	8	Saykallay,!Julia	10 Piedmont 8-06.00
			9	Huey,,Erica	10 Piedmont 7-06.00
			10	Neave,'Erika	9 American 7-06.00
	Event 20 Boys 4x400 Meter Relay		11	Drachnik,;Alex	11 Washington 7-06.00
1	St.;Mary's	3:25.87	12	Kunz,'Erin	11 American 7-00.00
	1) Stafford, Sebastian 12 2) Harris, Christian 12		13	Miciano,,Audrey	11 Moreau;Catho 7-00.00
	3) Moses, Chance 11 4) Williams, Murad 11		--	Gilchriese,;Sarah	11 Castro;Valle Fail
2	Castro'Valley	3:29.05	--	Piccillo,,Emma	11 Castro'Valle Fail
	1) Batis, Bobby 11 2) Diomonde, Solo 11				
	3) Davis, Ben 11 4) Foster, Alex 11				
3	San,Leandro	3:29.86		Event 24 Boys Pole Vault	
4	James!Logan	3:33.43	1	Wiegardt,,Andrew	12 Castro.Valle 13-04.00
	1) Aleem, Talat 10 2) Hartwell, Mason 12		2	Ortiz,,Tomas	11 Newark;Memor 12-06.00
	3) Avilla, Ben 10 4) Corley, Monte 12		3	Wentworth,;Marshall	10 Piedmont 12-06.00
5	Piedmont	3:33.88	3	Coulter,'Erich	11 Castro,Valle 12-06.00
6	Hayward	3:35.03	5	Ishikawa,,Kyle	12 Irvington 12-00.00
	1) Caro, Will 10 2) Thomas, Tyler 12		6	Takhar,,Inderjit	12 James!Logan 12-00.00
	3) Griffin, Don 12 4) Webb, Chris 10		7	Sui,'Kevin	12 Mission.San 12-00.00
7	Washington	3:35.16	8	Miller,,Austin	10 Washington 11-06.00
8	Mission!San!Jose	3:39.83	9	Wang,;Eric	12 Mission.San 11-00.00
9	Irvington	3:40.05	10	Landon,'Max	12 Washington 11-00.00
10	Newark'Memorial	3:42.89	11	O'hollaren,!Kyle	9 Washington 11-00.00
11	Alameda!High!School	3:44.47	12	Laris,'Jordan	11 Castro'Valle 10-06.00
12	Encinal	3:47.89	13	Tsurumoto,'Ian	11 Castro!Valle 9-00.00
13	Albany	3:50.40	--	Anchultz,,Aj	12 Moreau'Catho Fail

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## Event 25 Girls Long Jump

1	Norwood, Chanelle	12	American	18-04.75	4.5
2	Runels, Tessa	11	James!Logan	18-01.50	4.8
3	Corley, Dominique	12	James!Logan	18-00.25	3.7
4	Swayzer, Sabrina	12	Washington	17-09.25	5.0
5	Miller, Brianna	11	Castro:Valle	17-08.75	4.5
6	Guinn, Jasmine		Berkeley;High;Sc	17-06.00	2.3
7	Curd, Vannisha	12	James, Logan	17-00.00	4.5
8	Thompson, Jenny	11	Piedmont	16-10.25	4.3
9	Hodge, Jade	11	St. Mary's	16-09.75	1.1
10	Alli, Taofegat	12	Castro, Valle	16-04.75	2.7
11	Lyles, Makela	12	Bishop, O'dow	16-01.25	2.8
12	Larkin, Skyler	11	St., Mary's	16-00.50	2.4
13	Hill, Terisha	12	J.f., Kennedy	16-00.00	4.1
14	Hill, Dejanna	11	James, Logan	15-11.50	1.7
15	Aquino, Daniele	9	Albany	15-03.75	+0.0
16	Wade, Kashae	10	Hercules!High!Sc	15-00.00	1.2
17	Hunntington, Marget	10	Bishop:O'dow	14-09.50	1.2
18	Thomas, Mya'i	11	St. Mary's	14-01.50	0.9
19	Curtis, Jasmine		Berkeley, High, Sc	14-01.25	1.7
--	Jones, Charnise		Hercules;High;Sc	Foul	

## Event 26 Boys Long Jump

1	Grant, Jonte	11	Hayward	22-11.00	5.8
2	Cheng, Alvin	12	Mission:San	22-06.25	2.4
3	Towels, Marvin	11	Tennyson	22-02.50	2.6
4	Huguley, Victor	12	San, Leandro	22-02.00	3.0
5	Wallace, Terrell		El, Cerrito, High	21-08.00	4.0
6	Shetty, Viv	11	James, Logan	21-07.75	3.0
7	Kirven, Solomn	12	San; Lorenzo	21-05.00	4.3
8	Willis, Jonathon	11	James; Logan	21-00.00	3.9
9	Shah, Sunil	10	Mission; San	20-10.50	2.6
10	Brown, Rashad	12	James, Logan	20-07.50	2.5
11	Spikes, Maurice	12	St. Mary's	20-05.25	0.9
12	Lane, James	12	St.: Mary's	20-04.50	3.5
13	Pilate-hutcherson, Julia	11	St.: Patrick	19-09.50	3.5
14	Champion, Jack	10	Washington	19-05.50	2.3
15	Gong, Ed	10	Albany	19-04.50	3.4
16	Thomas, Tyler	12	Hayward	19-03.50	1.0
17	Piterman, Nikka	10	Piedmont	19-01.50	4.7
18	Lee, Derric	11	Alameda!High!	18-10.25	3.9
19	Williams, Dominic		El, Cerrito, High	18-04.50	3.5
20	Rabb, Aj	11	St.: Joseph	17-09.50	3.9

## Event 27 Girls Triple Jump

1	Brewer, Ciarra	11	James!Logan	41-00.50	2.9
2	Wallace, Sasha	9	Holy; Names	39-04.00	2.7
3	Runels, Tessa	11	James; Logan	38-03.00	3.7
4	Thompson, Jenny	11	Piedmont	36-11.00	5.0
5	Corley, Dominique	12	James: Logan	36-06.50	3.6
6	Hodge, Jade	11	St., Mary's	36-00.00	3.2
7	Curd, Vannisha	12	James!Logan	35-09.00	5.1
8	Hill, Dejanna	11	James!Logan	34-09.25	3.0
9	Miller, Brianna	11	Castro: Valle	34-01.00	3.3
10	Larkin, Skyler	11	St. Mary's	33-11.00	3.1
11	Lyles, Makela	12	Bishop: O'dow	33-03.25	7.3
12	Ani, Jorcelain	12	Hayward	32-05.00	4.6
13	Hill, Terisha	12	J.f.; Kennedy	32-02.75	5.2
14	Nickerson, Haleigh	10	Bishop, O'dow	31-11.50	5.6
15	Norwood, Chanelle	12	American	31-08.25	4.9
16	Trieu, Jessica	11	Alameda, High.	30-01.00	1.9
17	Aquino, Daniele	9	Albany	29-09.25	3.0
18	Lee, Crystal	11	Castro!Valle	29-02.00	3.6
19	Curtis, Jasmine		Berkeley, High, Sc	28-09.00	2.2
--	Hunntington, Marget	10	Bishop O'dow	Foul	

## Event 28 Boys Triple Jump

1	Johnson, Victor	12	James: Logan	47-01.00	3.5
2	Grant, Jonte	11	Hayward	47-01.00	2.0
3	Wallace, Terrell		El: Cerrito: High	46-07.00	3.1
4	Williams, Alan	11	Bishop: O'dow	45-04.75	4.6
5	Brown, Rashad	12	James, Logan	44-06.25	1.2
6	Lovett, Najee	12	St. Mary's	44-06.00	2.7
7	Okwudior, Ikem	12	Mission: San	44-04.25	3.9
8	Tramel, Trent	11	Bishop! O'dow	43-07.25	4.7
9	Porthro, Jeff	10	James, Logan	43-00.25	NW
10	Manag, Lorenzo	11	Bishop: O'dow	42-08.25	1.3
11	Harris, Christian	12	St. Mary's	41-07.50	1.8
12	Champion, Jack	10	Washington	41-05.50	2.5
13	Hudson, Kwane	11	Castro, Valle	41-00.00	3.8
14	Davis, Ben	11	Castro, Valle	40-10.00	0.4
15	Patrick, Gazaway	10	St.: Mary's	40-08.50	2.2
16	Wicks, Cody	11	American	40-07.00	+0.0
17	Piterman, Nikka	10	Piedmont	40-06.25	1.1
18	Leng, Jim	10	Albany	40-01.00	3.4
19	Lott, Desmon		El! Cerrito! High	39-01.00	3.2
20	Garcia, Christian	10	St. Mary's	37-06.50	2.8
21	Espino, Khiry	12	Alameda: High:	34-03.50	4.2

## Event 29 Girls Shot Put

1	Jones, Erinn	12	James, Logan	42-06.00
2	Tagivakati, Talei	12	Albany	41-08.00
3	Sapiga, Patrice	12	Hayward	39-03.00
4	Fualaau, Iaeli	12	James: Logan	35-07.00
5	Baxter, Alexis	10	Hercules; High; Sc	34-01.00
6	Fletcher, Hope		Alameda! High! Sch	33-09.00
7	Waters, Ciarra	12	Bishop: O'dow	33-07.00
8	Knight, Alana	12	Castro; Valle	31-06.50
9	Wade, Kashae	10	Hercules' High' Sc	30-10.50
10	Bigman, Natalie	12	San' Leandro	30-08.00
11	Ecker, Jazzy	9	Hayward	30-04.50
12	Galanto, Chayenne	12	Newark, Memor	29-07.00
13	Wallace, Leshay	12	Washington	29-01.00
14	Mulder, Jennifer	11	Irvington	29-00.50
15	Thorp, Kaeleigh	11	Encinal	28-06.50
16	Collins, Lisa	10	St. Patrick	27-09.00
17	Banks, Dalsia	12	Hayward	27-06.00
18	Vi, Ofa	11	J.f. Kennedy	24-09.50
19	Miller, Savannah	10	Albany	24-08.00
20	Calbert, Arell		Berkeley, High, Sc	24-02.00
21	Bliven, Emily		Alameda' High' Sch	20-02.00

## Event 30 Boys Shot Put

1	Johnson, Victor	12	James!Logan	52-03.00
2	Mason, Eric	12	Castro!Valle	52-01.00
3	Pole, Toni	12	James, Logan	49-05.00
4	Eckel, Jacob	12	Castro!Valle	48-10.00
5	Culpepper, Kieth	11	John!F.!Kenn	47-10.00
6	Maile, Sion	12	San: Leandro	46-07.00
7	Jonhson, Blake	12	Bishop! O'dow	45-00.00
8	Sanchez, Jeremy	10	Irvington	44-04.00
9	Nunn, Malcume	12	San, Leandro	44-01.00
10	Jacob, Hillar	11	American	42-04.00
11	Lane, James	12	St. Mary's	41-07.00
12	Edwards, Marcus	12	St. Mary's	41-00.00
13	Geul, Chris	11	St. Patrick	40-09.00
14	Ribera, Zachary		Alameda' High' Sch	40-00.00
15	Grace, Myles		Berkeley, High, Sc	39-10.00
16	Chukwu, Michaelvic	11	American	39-09.00
17	Estrada, Chris	12	Salesian	38-03.00
18	Crowley, Iej	10	Albany	38-02.50
19	Sapiga, Nephi	11	Hayward	36-09.00
20	Mai, Frank		Alameda, High, Sch	35-06.00

# Bay Shore Area Finals-NCS @ Logan High School, Union C. CA

21 Palafox,;Humberto 11 St. Mary's 33-06.00

## Event 31 Girls Discus Throw

1	Jones, Erinn	12	James Logan	126-10
2	Sapiga, Patrice	12	Hayward	125-10
3	Bailey-murray, Angela	12	James Logan	112-08
4	Maynard, Alexis	10	Bishop O'dow	109-07
5	Donnelly, Noelle	10	Castro Valle	109-03
6	Tagivakatini, Talei	12	Albany	105-11
7	Thorp, Kaeleigh	11	Encinal	102-03
8	Baxter, Alexis	10	Hercules High Sc	99-06
9	Francis, Cristina	12	Bishop O'dow	96-02
10	Mulder, Jennifer	11	Irvington	89-11
11	Grey, Mel	11	American	87-10
12	Galanto, Chayenne	12	Newark Memor	86-08
13	Ecker, Jazzy	9	Hayward	86-05
14	Knight, Alana	12	Castro Valle	86-00
15	Collins, Lisa	10	St. Patrick	83-06
16	Miller, Savannah	10	Albany	82-08
17	Fletcher, Hope		Alameda High Sch	80-11
18	Wade, Kashae	10	Hercules High Sc	74-04
19	Vi, Ofa	11	J.f. Kennedy	71-07
20	Calbert, Areill		Berkeley High Sc	70-09
21	Bliven, Emily		Alameda High Sch	61-03
22	Hanklein, Devon	11	Piedmont	55-08

## Event 32 Boys Discus Throw

1	Pole, Toni	12	James Logan	154-09
2	Eckel, Jacob	12	Castro Valle	151-04
3	Mason, Eric	12	Castro Valle	146-08
4	Mai, Frank		Alameda High Sch	136-04
5	Sapiga, Nephi	11	Hayward	132-09
6	Maile, Sion	12	San Leandro	132-09
7	Nunn, Malcume	12	San Leandro	132-06
8	McElvogue, Mick	11	Newark Memor	130-05
9	Sims, Terrance	11	St. Patrick	129-09
10	Tomaz, Niko	12	Castro Valle	128-07
11	Harden, Mark		Berkeley High Sc	124-10
12	Eddings, Seth	12	Washington	121-07
13	Chukwu, Michaelvic	11	American	119-08
14	Ribera, Zachary		Alameda High Sch	117-03
15	Sodhi, Jagtej	12	American	115-10
16	Wu, Jeff	10	Albany	115-06
17	O'Connor, Rocky	11	Newark Memor	113-04
18	Edwards, Marcus	12	St. Mary's	112-10
19	Geul, Chris	11	St. Patrick	106-06
20	Crowley, Ej	10	Albany	104-00
21	Rice, Brandon	12	Salesian	98-07
22	Zheng, Dave		Alameda High Sch	98-05
23	Kim-haynes, Tyler		Berkeley High Sc	88-09





The sometimes voice of the Castro Valley Track & Field Program

# The Daily Blurb

And the Trojans roll on . . .

## NCS Meet of Champions Edwards Stadium UC Berkeley 5/28/2010 to 5/29/2010

- = earned medal
- = qualified to State Meet

### Event 1 Girls 4x100 Meter Relay Preliminaries

2nd in heat 1, 5th overall

Castro Valley 48.42

Maya Chissell, Brianna Miller, Kristen Elam, Taofeqat Alli

For the third time this year the girls broke the school record, and this time by over half a second.

#### Finals

- 5 Castro Valley 49.20

The girls felt that they had underachieved, but their time was still way under the old school record they first broke only a month ago. The medals are nice.

Race video archived at:

[http://www.flotrack.org/videos/track\\_race/play/337718-w-4x100](http://www.flotrack.org/videos/track_race/play/337718-w-4x100)

### Event 2 Boys 4x100 Meter Relay Preliminaries

3rd in heat 2, 8th overall

8 Castro Valley 43.36

Damion Rosby, Bobby Batis, Myles Speegle, Matt Speegle

The first handoff was shaky, but the overall time was still pretty good and they made it to the finals with a .01 margin.

#### Finals

- 3 Castro Valley 42.71

The boys solved the handoff problem and this all-underclassmen team grabbed a completely unexpected 3rd place and punched their ticket to the State Meet. As a historical note, this makes the third straight year that the 4 x 100 relay has gone to the State Meet, and Damion has been on all three of them.

Race video archived at:

[http://www.flotrack.org/videos/track\\_race/play/337676-m-4x100](http://www.flotrack.org/videos/track_race/play/337676-m-4x100)

### Event 3 Girls 1600 Meter Run Preliminaries

3rd heat 2, 6th overall

6 Wummer, Elise 5:05.63

It may have taken her all year to do it, but Elise finally PR'd in this event and made her way to the finals.

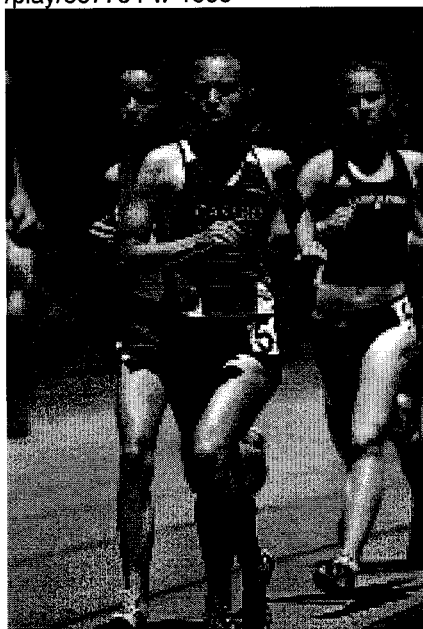
#### Finals

7 Wummer, Elise 12 Castro Valley  
5:06.72

In another quality run, Elise ran a very good time to finish out her CV career as one of the best distance runners ever.

Race video archived at:

[http://www.flotrack.org/videos/track\\_race/play/337734-w-1600](http://www.flotrack.org/videos/track_race/play/337734-w-1600)



Elise scurries along in the early goings of the 1600.

### Event 5 Girls 100 Meter Hurdles Preliminaries

3rd in heat 2, 8th overall

Aldridge, Monique 15.12

All Monique did was break her own school record. Qualifying to the finals was another bonus

#### Finals

- 6 Aldridge, Monique 14.98

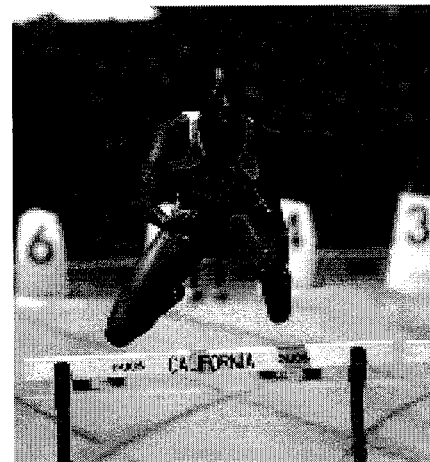
It was a good day, as Monique lowered her own school record again, and earned a medal in the process. Not a bad way to finish off a fine CV track career.

### Event 7 Girls 400 Meter Dash Preliminaries

4th in heat 2, 12th overall

12 Miller, Brianna 60.65

Brianna waw near her best, but some of the fastest girls in the state run here so she did not advance.



Monique scampers to a record and a medal.

### Event 8 Boys 400 Meter Dash Preliminaries

4th in heat 1, 13th overall

13 Foster, Alex 1 50.69

Alex was able to nibble at that elusive 50 second barrier, but it was just out of reach.

### Event 9 Girls 100 Meter Dash Preliminaries

4th in heat 1, 14th overall

14 Alli, Taofeqat 12.71

Tobi ran her seasonal best, but in the speed central that is NCS that wasn't enough to move her on.

### Event 10 Boys 100 Meter Dash Preliminaries

5th in heat 1, 17th overall

17 Rosby, Dimion 11.36

Damion is not completely back in shape after hsi prolonged rehab from a broken toe, but he was able to get this far at least. Watch out for next year.

### Event 11 Girls 800 Meter Run Preliminaries

2nd in heat 2, 4th overall

4 Schneider, Chelsea 2:16.31

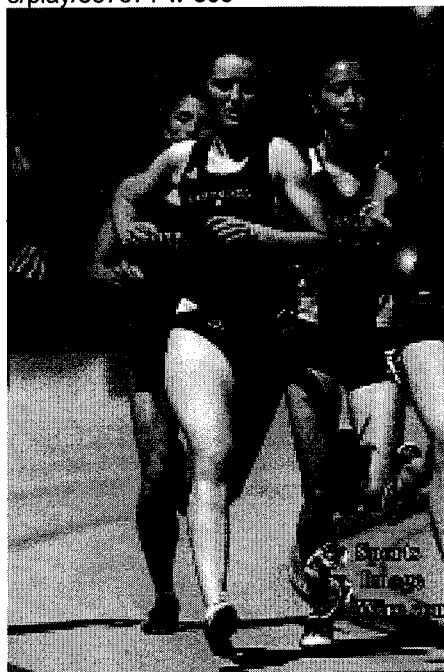
Chelsea qualified easily for the finals, which makes her third straight MOC finals race.

#### Finals

- 2 Schneider, Chelsea 2:16.45

This race was more tactics than speed, and Chelsea appeared blocked in on the inside with 80 meters to go. She slid through a gap between two runners and zipped to the medal, the place, and the State Meet.

Race video archived at:  
[http://www.flotrack.org/videos/track\\_race/play/337671-w-800](http://www.flotrack.org/videos/track_race/play/337671-w-800)



It doesn't look good for our gal Chelsea with only 100 meters to go.

#### **Event 12 Boys 800 Meter Run Preliminaries**

5th in heat 1, 12th overall  
 Martore, Anthony 1:58.88

The time was pretty good, but the field was fast this year. Next year.

6th in heat 3, 18th overall  
 Diomonde, Sulaymon 2:02.09

Solo was never in contention in this race.

7th in heat 2, 19th overall  
 Weekes, Will 2:02.52

Will could not summon the magic of the HAAL finals, but still ended his CV career at the NCS MOC.

#### **Event 13 Girls 300 Meter Hurdles Preliminaries**

7th in heat 3, 19th overall  
 Chissell, Maya 49.61

This was a new event for Maya this year, and she was able to use the strong field to record a sub-50 time.

#### **Event 15 Girls 200 Meter Dash Preliminaries**

6th in heat 3, 17th overall  
 Alli, Taofeqat 26.59

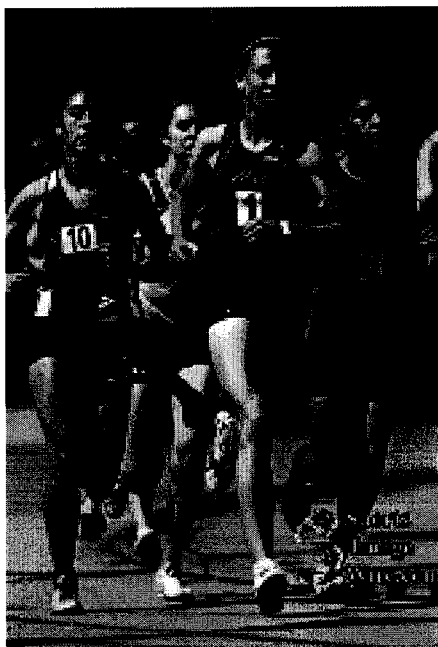
Tobi ran near her best and cemented her spot on the CV top 10 list.

#### **Event 17 Girls 3200 Meter Run Finals**

11 Santisteban, Kelsey 11:27.76

Kelsey succumbed to the high expectations of the race. After running with the leaders for 4 laps, she fell off the pace.

Race Video archived at:  
[http://www.flotrack.org/videos/track\\_race/play/337796-w-3200](http://www.flotrack.org/videos/track_race/play/337796-w-3200)



Kelsey is near the lead at the mile mark.

#### **Event 18 Boys 3200 Meter Run Finals**

• • 4 Eversole, Ben 9:23.89

Ben stayed near the front for the first 4 laps, reeled in some runners the next two, and held on with a strong finish to earn a spot to Clovis.

20 Ashby, Tom 10:02.61

Tom ran uneventfully but at least made his career extend to the last NCS race of the season.

Race Video archived at:  
[http://www.flotrack.org/videos/track\\_race/play/337857-m-3200](http://www.flotrack.org/videos/track_race/play/337857-m-3200)



Ben powers his way to the State Meet.



Solo hands off to Ben in the 4 x 400.

#### **Event 20 Boys 4x400 Meter Relay Preliminaries**

2nd in heat 3, 4th overall

Castro Valley 3:24.80

The boys came up with a bit of a shocker, as they dropped nearly 5 seconds off their season best of last week to easily qualify to the finals.

#### **Finals**

• 5 Castro Valley 3:22.50  
 Anthony Martore :51.2  
 Sulayman Diomande :50.2  
 Ben Davis :51.2  
 Alex Foster :49.9

The boys came so close to the State Meet, with the Amador Valley boy charging down the straightaway to pass three teams, including CV. Still, it was the third fastest time ever in CV history, and all the boys come back.

Race Video archived at:  
[http://www.flotrack.org/videos/track\\_race/play/337713-m-4x400](http://www.flotrack.org/videos/track_race/play/337713-m-4x400)

#### **Event 23 Girls Long Jump Finals**

7 Miller, Brianna 17-05.25

Brianna made the finals, and showed that she is consistent at this excellent level of jumping.

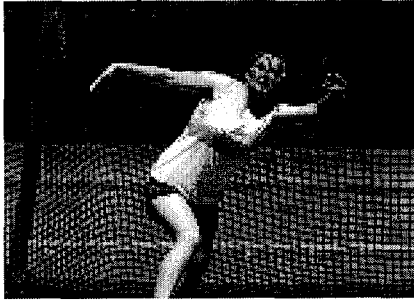


Brianna cycles through her leap cleanly.

**Event 26 Girls Discus Throw**

• 5 Donnely, Noelle 117-00.00

The discus is a fickle event, and even though Noelle tossed the platter to her season best, it was still 1 inch short of advancing.



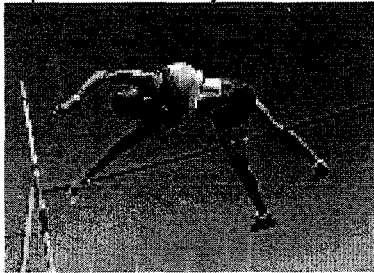
Noelle charges out of the back of the ring in her medal-winning performance.

**Event 28 Boys Pole Vault****Finals**

8 Wiegardt, Andrew 13-06.00

25 Coulter, Erich 12-00.00

Andrew ended his fine CV career as multiple HAAL champion and leaped a PR today. Erich got his big meet experience in today.



Erich easily clears 12-0.

**Event 31 Boys Shot Put****Finals**

• • 2 Mason, Eric 54-01.00

10 Eckel, Jacob 49-07.00

Eric proved he is one of the best throwers by taking 2nd here with a good toss. Jake has been a pretty good thrower too, with a best just off the magic 50 foot barrier.

**Event 32 Boys Discus Throw****Finals**

• 5 Mason, Eric 155-04.00

12 Eckel, Jacob 142-07.00

Both the boys felt that they had underthrown today, even though the marks were not at all shabby.

**Event 33 Girls 4x800 Meter Relay**

5 Castro Valley A 10:27.00 10:23.60

Aurora Bailey

Pam MacLeod

Carolyn Gilchriese

Kay Carvin

**Team Scores: Women**

1) James Logan 75

2) Deer Valley 62

3) St. Mary's 40

4) Acalanes 27

5) Campolindo 26

6) California 22

7) St. Elizabeth 20

8) Carondelet 19.5

9) Hayward 16

10) Newark Memorial 14

10) Pinole Valley 14

**12) Castro Valley 13**

12) Las Lomas 13

14) Holy Names 12

14) Heritage 12

16) Ursuline 10

17) Tamalpais 8

17) Albany 8

17) Washington 8

17) Piedmont 8

21) Maria Carrillo 6

21) San Ramon Valley 6

21) College Park 6

24) Casa Grande 5

24) Livermore 5

24) Petaluma 5

24) Antioch 5

28) Willits 4

28) Marin Catholic 4

28) American 4

31) Monte Vista 3

32) Berkeley 2

32) Marin Academy 2

32) Healdsburg 2

32) Redwood 2

32) Miramonte 2

37) Sonoma Academy 1.5

38) Fortuna 1

38) University 1

38) Amador Valley 1

38) Mt. Diablo 1

**Team Scores: Men**

1) DeLaSalle 44

2) San Ramon Valley 38

3) Novato 32

4) Freedom 24

5) Granada 23

6) James Logan 22

6) Alhambra 22

**8) Castro Valley 21.5**

9) Deer Valley 21

10) Bishop O'Dowd 20

11) Terra Linda 18

12) St. Mary's 17

13) Amador Valley 16

14) California 12

14) Santa Rosa 12

14) Campolindo 12

17) Antioch 10

17) Redwood 10

17) Mission San Jose 10

17) Dublin 10

21) Urban 8

21) Petaluma 8

23) Analy 7

24) College Park 6

24) Marin Catholic 6

24) Piner 6

24) San Leandro 6

24) Tamalpais 6

24) Hayward 6

30) Maria Carrillo 5.5

31) Healdsburg 4

31) El Cerrito 4

31) Alameda 4

31) Miramonte 4

31) Ukiah 4

36) Justin-Siena 3

37) University 2

37) Berkeley 2

37) Heritage 2

37) Monte Vista 2

37) Piedmont 2

42) Mt. Diablo 1

42) Ft. Bragg 1

42) Acalanes 1

**Notes:**

1. CV moves 7 athletes on to the State Meet.

2. CV earned 18 medals today -- not a bad haul at all.

3. CV had three relays and 19 individuals in competition this weeked. this shows that the Trojans are a program to be dealt with.

4. Monique's hurdle exploits brings our season total to 9 school records broken in 6 events.

5. We will be proud to see our senior athletes competing next year. A partial list of the class of 2010's track destinations:

Eric Mason -- Arizona

Elise Wummer -- University of Chicago

Will Weekes -- Las Positas

Pam MacLeod -- Las Positas

Kay Carvin -- Santa Barbara JC

Tom Ashby -- San Francisco State

Chelsea Schneider -- UC Irvine

I'm sure there are more out there, and good luck to them all.

6. Cross Country -- summer running starts on June 21 -- 5:00 p.m. in the 500 wing parking lot.

7. The photographs are courtesy of Spencer Allen. Check out his web site at: <http://www.sportsimagewire.com/>