

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)

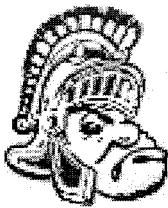
NCS Area Meet = Saturday, May 22

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



The Daily Blurb

The Voice of Castro Valley Track & Field
January 30, 2010

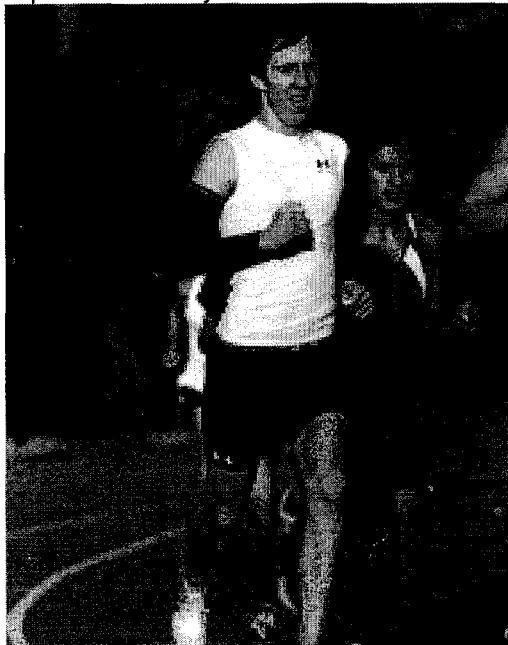


2010 Season Off to Great Start!

CV Sends 3 Athletes to Indoor State Meet !!

The 2010 season is already off and 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 include top track athletes from all over the state.



Will looks exceptionally cool in this finish photo.

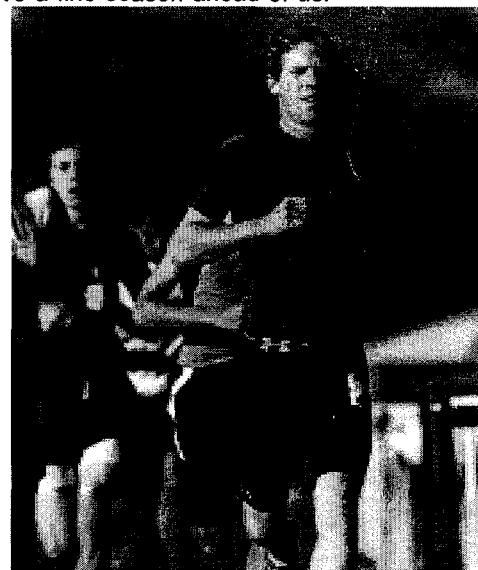


Shown here at the 2009 HAAL finals, Chelsea goes to Fresno too.

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.



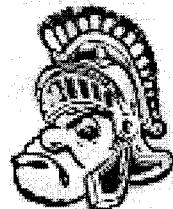
Tom is all determination in the 1600.



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

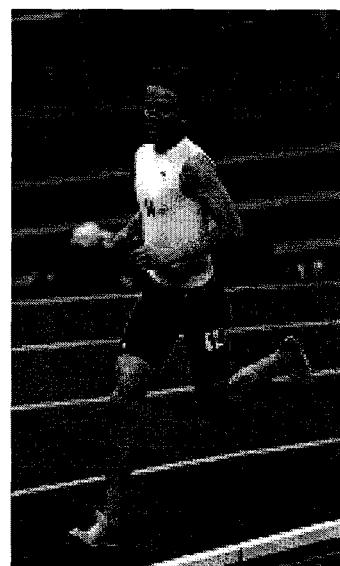
Chelsea was seeded into the fast heat, and got to run with the defending state champion. Almost last with about 250 yards to go, Chelsea made a major move up in the pack. This was a good time for her, especially indoors early, and was tantalizingly close to the school record. Debbie Lee ran a 2:22.6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

| | | |
|-------------------------|-------------------|---------|
| 9 Dana Reed | JR San Bernardino | 75.47 |
| 10 Devon Marman | SR Lakewood | 75.89 |
| 11 Stephen Burke | SR San Francisco | 76.61 |
| 12 Jason Roascio | JR Bakersfield | 76.74 |
| 13 Evan Crayton-Crogan | JR Holister | 76.92 |
| 14 Justin Montgomery | JR Fresno | 77.00 |
| 15 Ryan Taylor | JR San Jose | 77.49 |
| 16 Patrick Hilt | SR Murrieta | 78.27 |
| 17 Bryant Davis | SR Los Angeles | 78.30 |
| 18 Caleb Barger | SR San Diego | 78.63 |
| 19 Jake Talley | JR Bakersfield | 78.96 |
| 20 Cristhian Montenegro | JR Fresno | 79.00 |
| 21 Sebastian Kollie | SR Sunnyvale | 79.64 |
| 22 Tyler Baker | SR Unattached | 1:20.24 |
| 23 Jaylen Person | SR Santa Rosa | 1:21.58 |
| 24 Tyler Abell | SR Elk Grove | 1:21.60 |
| 25 Michael Matta | JR Madera | 1:21.78 |
| 26 Devante Dubose | SR Murrieta | 1:22.50 |
| 27 Malcolm Willis | Unattached | 1:23.00 |
| 28 Lawrence Faulkner | JR Sacramento | 1:24.32 |
| 29 Robert Hartman | SR Carmichael | 1:24.64 |
| 30 Tyler Beker | JR Rancho Cordova | 1:26.06 |
| | 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 | 15 | Karl Moran | SR Ridgecrest | 8.09 | |
| 11 | Christian Gonzales | JR Exeter | 4:34.21 | 16 | Nicholas Akingbemi | SR Rialto | 8.20 | |
| 12 | Brandon Croft | SR Visalia | 4:34.86 | 17 | Jack Williams | SR San Ramon | 8.34 | |
| 13 | Andrew Farkas | JR San Diego | 4:35.36 | 18 | Jeremy Thompson | SR Rohnert Park | 8.34 | |
| 14 | Ben Fox | SR Sanger | 4:36.00 | 19 | De'Montay McCullouch | JR Long Beach | 8.51 | |
| 15 | Robert Leija | SR Parlier | 4:36.00 | 20 | Hassen Ilgas | JR Fountain Valley | 8.52 | |
| 16 | Will Weeks | 4:43a 6 | SR Castro Valley | 4:36.57 | 21 | Chris Whitehead | SO Kingsburg | 8.56 |
| 17 | Chris Sanchez | Indio | 4:36.78 | 22 | Brandon Nguyen | SR Fountain Valley | 8.78 | |
| 18 | Alex Shore | SR Monterey | 4:37.00 | 23 | Tristan Wentworth | SR Tulare | 8.80 | |
| 19 | Bryan Fernandez | FR Santa Barbara | 4:37.05 | 24 | Spencer Miller | SR Murrieta | 8.89 | |
| 20 | Richard Shroy | SR Carson City, Nv | 4:43.30 | 25 | Matthew Moran | JR Tulare | 9.10 | |
| 21 | Jared Lester | SR Fairfield | 4:43.50 | 26 | Stephen Cooper | SR Mount Hermon | 9.12 | |
| 22 | Spencer Thibideau | SR Granite Bay | 4:43.70 | 27 | Nathan Chee | JR San Jose | 9.14 | |
| 23 | Allen Castaneda | SR Stockton | 4:47.00 | 28 | Ben Ijah | SR Murrieta Valley | NT | |
| 24 | Nathan Williams | SR El Dorado Hills | 5:00.00 | 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 | Reesey 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 Okwudiafor | 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 | Parmount 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 | Parmount 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 Juaquin 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 Putterbaugh | 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 Ezumah | 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 Woelfffer | JR Berkeley | NT |

Event 18 Girls 800 Meter Run

Saturday 2/6/2010 - 7:20 PM

| | Name | Year School | Seed |
|----|-------------------|--------------------|---------|
| 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-Willett | 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 Santa Clarita | 11:08.70 |
| 4 | Sierra Vega | SR Santa Ana | 11:12.20 |
| 5 | Mariel 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 |
| Castro Valley | 45 |
| 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 |
| Benicia | 3 |
| Jesse Bethel | 1 |

| Castro Valley | | 37 |
|----------------------|----|-----------|
| 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 | |

X 3000 Meters - Varsity - Finals
5 Rostam Mirzadi 10:09.64a 12

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

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 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 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

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 Speagle | 11.93a 9 |
| 11 Francisco Cervantez | 12.87a 10 |

| X 100 Meters - Relay Split - Frosh/Soph - Finals | |
|--|----------|
| Matthew Speagle | 11.31 9 |
| Myles Speagle | 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 Speagle | 24.44 9 |
| 2 Myles Speagle | 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 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

GV

| | |
|----------------------|-------------|
| Bishop O'Dowd | 51 |
| Castro Valley | 50.5 |
| 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 | 42 |
| DeLaSalle | 118 |
| Vacaville | 115 |
| Acalanes | 44 |
| Castro Valley | 42 |

| | |
|---------------|----|
| Northgate | 39 |
| Bishop O'Dowd | 32 |
| Mt. Eden | 18 |
| St. Mary's | 16 |
| Casa Grande | 14 |

| | |
|------------------|----|
| Benicia | 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 |

DeLaSalle Invitational Diablo Valley College February 27, 2010

| | | |
|--|--------------------|-------------------------------------|
| X Pole Vault - Varsity - Finals | 7 | Pamela MacLeod |
| 5 Jordan Laris | 9'06 | 11 |
| | Ashley Sutedja | |
| | Emma Piccillo | |
| | Kathryn Carvin | 11:27.27a |
| X Pole Vault - Frosh/Soph - Finals | 4 | Chelsea Schneider |
| 4 Michael Dangler | 9'06 | 10 |
| | Jasmine Jordan | |
| | Elise Wummer | |
| | Kelsey Santisteban | 13:31.99a |
| Womens Results | 9 | Pamela MacLeod |
| X 100 Meters - Frosh/Soph - Finals | 7 | Nicole Yang |
| 7 Haley Gilham | 14.09a | 10 |
| 8 Kaori Nguyen | 14.10a | 9 |
| X 200 Meters - Relay Split - Varsity - Finals | 8 | Samantha Fong |
| 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 | 9 | Ashley Sutedja |
| 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 | 10 | 14:33.58a |
| Olivia Mill | 68.0 | 9 |
| Nicole Yang | 69.9 | 12 |
| Jasmine Jordan | 78.3 | 11 |
| X 800 Meters - Relay Split - Varsity - Finals | 11 | X Discus - 1kg - 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 | 12 | X High Jump - 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 | 13 | X Pole Vault - 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 | 14 | X Pole Vault - Frosh/Soph - Finals |
| 4 Monique Aldridge | 51.17a | 12 |
| 21 Brianna Giscombe | 58.72a | 11 |
| X 4x200 Relay - Varsity - Finals | 15 | X Long Jump - Varsity - Finals |
| 10 Jasmine Jordan | | 1 |
| Evangeline Bedford | | Taofeqat Alli |
| Monique Aldridge | | 14'10 |
| Brianna Giscombe | | 12 |
| X 4x200 Relay - Frosh/Soph - Finals | 16 | X Long Jump - Frosh/Soph - Finals |
| 4 Haley Gilham | | 1 |
| Emily Payne | | Elyse Highstreet |
| Lexie Arens | | 13'06 |
| Kristin Elam | | 10 |
| X 4x800 Relay - Varsity - Finals | 17 | X Triple Jump - Varsity - Finals |
| 2 Kelsey Santisteban | | 6 |
| Nicole Yang | | Evangeline Bedford |
| Chelsea Schneider | | 29'04 |
| Elise Wummer | | 12 |
| X 4x800 Relay - Frosh/Soph - Finals | 18 | X Triple Jump - Frosh/Soph - Finals |
| 4 Haley Gilham | | 1 |
| Emily Payne | | Elyse Highstreet |
| Lexie Arens | | 29'09.25 |
| Kristin Elam | | 10 |
| | 2:02.15 | |
| | 2:02.47 | |
| | 10:11.98a | |

**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 Speagle | 11.96a | CAVA | 9 |
| 2 | Deshane Hines | 12.05a | AMER | 10 |
| 3 | Francisco Cervantez | 13.06a | CAVA | 10 |
| 4 | Conner McGlothin | 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 Speagle | 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 1600 Meters - Frosh/Soph - Finals

| | | | | |
|----|-------------------|----------|------|----|
| 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 |
| 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 |
| 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 |
| 1 | Zack Wentworth | 20.42a | AMER | 10 |
| 2 | Conner McGlothin | 22.41a | AMER | 10 |

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

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

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 McGlothin | 50.62a | AMER | 10 |
| 2 | Zack Wentworth | 53.79a | AMER | 10 |

X 4x100 Relay - Varsity - Finals

| | | | | |
|---|-------------------|--------|------|---|
| 1 | Shawn Wong | 47.30a | AMER | - |
| 2 | Max Basillio | | | |
| 3 | Chtriston Coleman | | | |
| 4 | Tyrell Lockett | 48.99a | AMER | - |

X 4x100 Relay - Frosh/Soph - Finals

| | | | | |
|---|---------------------|--------|------|--|
| 1 | Francisco Cervantez | | | |
| 2 | Matthew Speagle | | | |
| 3 | Myles Speagle | | | |
| 4 | Morgan Bundgus | 46.88a | CAVA | |

X 4x400 Relay - Varsity - Finals

| | | | | |
|---|------------|----------|------|--|
| 1 | Relay Team | 50.13a | AMER | |
| 2 | 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 | | | | | | | | 8 | Kavita Patel | 33.69a | AMER | 9 | |
| Alex Gao | | | | | X Long Jump - Frosh/Soph - Finals | | | 9 | Arian Cano | 34.03a | AMER | 9 | |
| Ian Tsurumoto | 4:20.36a | CAVA | 1 | Matthew Speegle | 16'08.25 | CAVA | 9 | 10 | Gabriela Von Euw | 34.29a | CAVA | 9 | |
| | | | 2 | Yuya Kono | 15'08 | CAVA | 10 | 11 | Alysia Thind | 35.59a | AMER | 9 | |
| | | | | | | | | 12 | Juliette Siababa | 35.66a | AMER | 9 | |
| X Shot Put - 10lb - Frosh/Soph - Finals | | | | | | | | | | | | | |
| 1 Anthony Viveiros | 35'09 | CAVA | 10 | | X Triple Jump - Varsity - Finals | | | | | | | | |
| 2 Paul Zaballos | 34'00 | CAVA | 10 | 2 | Ben Davis | 38'07 | CAVA | 11 | | X 400 Meters - Varsity - Finals | | | |
| 4 Emaun Barfee | 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 | | | | | 2 | Erika Neave | 1:06.42a | AMER | 9 | |
| 7 Nigel Davis | 27'03.5 | CAVA | 9 | | X Triple Jump - Frosh/Soph - Finals | | | 3 | Andrea Morales | 1:07.05a | AMER | 10 | |
| 8 Isaac Sheymemah | 26'02 | CAVA | 9 | 1 | Yuya Kono | 33'00 | CAVA | 10 | 4 | Sukhpreet Gill | 1:07.06a | AMER | 11 |
| | | | | | | | | 5 | Cheryl Yu | 1:15.59a | AMER | 12 | |
| X Shot Put - 12lb - Varsity - Finals | | | | | | | | | | | | | |
| 1 Jacob Eckel | 49'06 | CAVA | 12 | | Womens Results | | | | | | | | |
| 2 Eric Mason | 44'11.5 | CAVA | 12 | | X 100 Meters - Varsity - Finals | | | | | | | | |
| 4 Niko Tomaz | 40'05 | CAVA | 12 | 1 | Taofeqat Alli | 13.27a | CAVA | 12 | 1 | Jana Centoni | 1:07.77a | CAVA | 9 |
| 5 George Gilham | 39'05 | CAVA | 12 | 2 | Deadwiler Camille | 13.60a | AMER | 9 | 2 | Sierra Nazel | 1:12.51a | AMER | 10 |
| 6 Jeffrey Bouchard | 39'03 | CAVA | 12 | 3 | Camille Harris | 13.67a | AMER | 11 | 3 | Annika Seilnacht | 1:14.32a | AMER | 9 |
| 8 Alex Vasquez | 34'08 | CAVA | 12 | 4 | Maya Chissell | 13.72a | CAVA | 10 | 4 | Allanah Lee | 1:15.41a | CAVA | - |
| 9 Emmanuel Barrera | 34'03 | CAVA | 12 | 5 | Evelyn Abad | 14.81a | AMER | 11 | | | | | |
| 10 Kenneth Davis | 33'03 | CAVA | 12 | 6 | Darl-Blythe Abad | 15.19a | AMER | 12 | | X 400 Meters - Relay Split - Varsity - Finals | | | |
| 11 Chris Carrick | 29'07 | CAVA | 11 | 7 | Crystal Lee | 15.24a | CAVA | 11 | Taofeqat Alli | 65.5 | CAVA | 12 | |
| 12 Joe Ashby | 28'10 | CAVA | 12 | 8 | Nya Smith | 16.05a | CAVA | 11 | Celeste Martore | 66.1 | CAVA | 10 | |
| 14 Ian Tsurumoto | 28'05 | CAVA | 11 | 9 | Julia Velasquez | 16.28a | CAVA | 11 | Monique Aldridge | 70.8 | CAVA | 12 | |
| 15 Alexander Manley | 28'01 | CAVA | 12 | 10 | Christina Guevarra | 16.76a | CAVA | 11 | Maya Chissell | 72.60 | CAVA | 10 | |
| 17 Aaron Alokozai | 23'07 | CAVA | 12 | 11 | Sahar Lalmohamad | 18.11a | CAVA | 11 | | | | | |
| | | | | 12 | Jennifer Tran | 18.39a | CAVA | 10 | | X 400 Meters - Relay Split - Frosh/Soph - Finals | | | |
| X Discus - 1.6kg - Varsity - Finals | | | | | | | | | Kristin Elam | 69.68 | CAVA | 9 | |
| 1 Eric Mason | 149'02 | CAVA | 12 | | X 100 Meters - Frosh/Soph - Finals | | | | Elyse Highstreet | 70.44 | CAVA | 10 | |
| 2 Jacob Eckel | 144'06 | CAVA | 12 | 1 | Kristin Elam | 13.80a | CAVA | 9 | Jana Centoni | 70.6 | CAVA | 9 | |
| 3 Niko Tomaz | 132'09.5 | CAVA | 12 | 2 | Kaori Nguyen | 14.19a | CAVA | 9 | Kaori Nguyen | 72.88 | CAVA | 9 | |
| 5 Emmanuel Barrera | 107'09 | CAVA | 12 | 3 | Kennedy Jones | 14.30a | CAVA | - | | X 800 Meters - Varsity - Finals | | | |
| 6 George Gilham | 103'05 | CAVA | 12 | 4 | Sarah Aubin | 14.64a | AMER | 9 | 1 | Aurora Bailey | 2:43.42a | CAVA | 10 |
| 8 Alex Vasquez | 94'09 | CAVA | 12 | 5 | Alisa Prathnandi | 15.10a | AMER | 9 | 2 | Olivia Mill | 2:44.73a | CAVA | 9 |
| 9 Kenneth Davis | 94'06 | CAVA | 12 | 6 | Laura Zamora | 15.54a | AMER | 11 | 3 | Janelle Koide | 2:46.53a | AMER | 11 |
| 10 Jeffrey Bouchard | 92'03 | CAVA | 12 | 7 | Kendra MacLure | 15.59a | AMER | 9 | 4 | Emma Piccillo | 2:46.72a | CAVA | 11 |
| 12 Joe Ashby | 77'04 | CAVA | 12 | 8 | Amy Tam | 15.76a | AMER | 10 | 5 | Ashley Sutedja | 2:46.85a | CAVA | 12 |
| 13 Chris Carrick | 68'07 | CAVA | 11 | 9 | Laura Mercado | 15.92a | AMER | 9 | 6 | Kathryn Carvin | 2:49.69a | CAVA | 12 |
| 14 Alexander Manley | 66'07 | CAVA | 12 | 10 | Nancy Thapa | 15.94a | AMER | 10 | | | | | |
| 15 Chris Mulready | 61'01 | CAVA | 12 | 11 | Zohal Shokoor | 15.98a | AMER | - | | X 800 Meters - Frosh/Soph - Finals | | | |
| 16 Ian Tsurumoto | 53'02 | CAVA | 11 | 12 | Shannon Lee | 16.05a | AMER | 9 | 1 | Annika Seilnacht | 2:49.12a | AMER | 9 |
| 17 Aaron Alokozai | 51'08 | CAVA | 12 | 13 | Arian Cano | 16.15a | AMER | 9 | 2 | Allanah Lee | 2:54.61a | CAVA | - |
| | | | | 14 | Tuong Le | 16.17a | AMER | 11 | 3 | Renee Velasquez | 3:21.41a | CAVA | 9 |
| X Discus - 1.6kg - Frosh/Soph - Finals | | | | 15 | Kavita Patel | 16.31a | AMER | 9 | | | | | |
| 1 Hunter Huffaker | 77'04 | CAVA | 9 | 16 | Erica Chen | 16.48a | AMER | 10 | | X 1600 Meters - Varsity - Finals | | | |
| 2 Alec Conway | 76'05 | CAVA | 10 | 17 | Nadia Figueroa | 16.67a | AMER | 9 | 1 | Kelsey Santisteban | 5:21.86a | CAVA | 11 |
| 3 Anthony Viveiros | 68'02 | CAVA | 10 | 18 | Gabriela Von Euw | 16.77a | CAVA | 9 | 2 | Elise Wummer | 5:35.82a | CAVA | 12 |
| 4 Paul Zaballos | 68'01 | CAVA | 10 | 19 | Juliette Siababa | 16.81a | AMER | 9 | 3 | Andrea Morales | 5:48.13a | AMER | 10 |
| 9 Isaac Sheymemah | 55'03.5 | CAVA | 9 | 20 | Sahar Khan | 16.92a | AMER | 10 | 4 | Ashley Sutedja | 5:56.07a | CAVA | 12 |
| 10 Nigel Davis | 47'10 | CAVA | 9 | 21 | Alysia Thind | 17.88a | AMER | 9 | 5 | Angie Shin | 5:58.90a | CAVA | 12 |
| | | | | 22 | Clarisse Bautista | 18.37a | AMER | - | 6 | Aurora Bailey | 5:59.25a | CAVA | 10 |
| X High Jump - Frosh/Soph - Finals | | | | | | | | | 7 | Megan Dormoy | 6:15.70a | AMER | 11 |
| 1 Morgan Bundgus | 5'04 | CAVA | 10 | | X 200 Meters - Varsity - Finals | | | | 8 | Janelle Koide | 6:26.60a | AMER | 11 |
| 2 Matthew Speegle | 4'10 | CAVA | 9 | 1 | Celeste Martore | 27.40a | CAVA | 10 | 9 | Kathryn Carvin | 7:01.35a | CAVA | 12 |
| | | | | 2 | Lorato Anderson | 28.38a | AMER | 12 | 10 | Amanda Chouinard | 7:29.26a | CAVA | 12 |
| X Pole Vault - Varsity - Finals | | | | 3 | Chanelle Norwood | 28.84a | AMER | 12 | | | | | |
| 1 Jordan Laris | 10'00 | CAVA | 11 | 4 | Chelsea Schneider | 29.18a | CAVA | 12 | | X 1600 Meters - Frosh/Soph - Finals | | | |
| | | | | 5 | Camille Harris | 30.02a | AMER | 11 | 1 | Annika Seilnacht | 6:12.44a | AMER | 9 |
| | | | | 6 | Evelyn Abad | 30.97a | AMER | 11 | 2 | Priya Chopra | 6:57.55a | CAVA | 10 |
| X Pole Vault - Frosh/Soph - Finals | | | | 7 | Darl-Blythe Abad | 31.64a | AMER | 12 | 3 | Renee Velasquez | 7:20.90a | CAVA | 9 |
| 2 Dominic Wong | 7'06 | CAVA | 9 | 8 | Nya Smith | 34.08a | CAVA | 11 | 4 | D Mavlz | 7:40.60a | CAVA | - |
| 3 Evan Locke | 7'06 | CAVA | 9 | 9 | Julia Velasquez | 36.07a | CAVA | 11 | | | | | |
| 4 Aaron Peek | 6'00 | CAVA | 9 | 10 | Sahar Lalmohamad | 37.73a | CAVA | 11 | | X 3200 Meters - Varsity - Finals | | | |
| | | | | | | | | | 1 | Pamela MacLeod | 13:02.05 | CAVA | 12 |
| X Long Jump - Varsity - Finals | | | | | X 200 Meters - Frosh/Soph - Finals | | | | 2 | Andrea Morales | 13:30.19 | AMER | 10 |
| 1 Ben Davis | 18'09 | CAVA | 11 | 1 | Kristin Elam | 28.99a | CAVA | 9 | | | | | |
| 3 Nate Han | 18'07 | CAVA | 11 | 2 | Kaori Nguyen | 29.16a | CAVA | 9 | | | | | |

X 100m Hurdles - 33" - Varsity - Finals

1 Monique Aldridge 16.45a CAVA 12

1 Elyse Highstreet 14'02.5 CAVA 10

X 100m Hurdles - 33" - Frosh/Soph - Finals

1 Amy Tam 21.48a AMER 10

X Triple Jump - Varsity - Finals

2 Kendra MacLure 21.54a AMER 9

2 Crystal Lee 26'05 CAVA 11

3 Sarah Aubin 22.86a AMER 9

X Triple Jump - Frosh/Soph - Finals

1 Elyse Highstreet 29'06 CAVA 10

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 Birznieks 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 Picollo 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

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 |
|--------------|-------|----|

X 300m Hurdles - 36" - Varsity - Finals

| | | |
|--------------|------|----|
| Kwame Hudson | 47.7 | 11 |
|--------------|------|----|

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 |
|-------------|---------|----|

Womens Results

X 100 Meters - Relay Split - Varsity - Finals

| | | |
|---------------|-------|----|
| Maya Chissell | 12.75 | 10 |
|---------------|-------|----|

| | | |
|-----------------|-------|----|
| Taofeqat Alli | 12.85 | 12 |
| Celeste Martore | 12.88 | 10 |
| Kristin Elam | 13.34 | 9 |

| | | |
|--------------------|-----------|--|
| Kelsey Santisteban | | |
| Ashley Sutedja | | |
| Kathryn Carvin | 22:50.35a | |

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 Shot Put - 4kg - Varsity - Finals

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

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 Discus - 1kg - Varsity - Finals

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

X High Jump - Varsity - Finals

| | | |
|------------------------|------|----|
| 3 Celeste Martore | 4'08 | 10 |
| 10tie Elyse Highstreet | 4'04 | 10 |
| 11tie Sarah Gilchriese | 7'00 | 11 |
| 12 Evangeline Bedford | | 12 |

X Long Jump - Varsity - Finals

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

X Triple Jump - Varsity - Finals

| | | |
|-----------------------|-------|----|
| 12 Evangeline Bedford | | 12 |
| 15 Elyse Highstreet | 29'02 | 10 |

X 3200 Meters - Varsity - Finals

| | | |
|----------------------|-----------|--|
| 1 Kelsey Santisteban | 11:20.51a | |
|----------------------|-----------|--|

X 100m Hurdles - 33" - Varsity - Finals

| | | |
|------------------|-------|----|
| Monique Aldridge | 16.04 | 12 |
|------------------|-------|----|

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 | |
| Elise Wummer | | |

X 4x800 Relay - Varsity - Finals

| | | |
|---------------------|-----------|--|
| 4 Chelsea Schneider | | |
| Olivia Mill | | |
| Pamela MacLeod | | |
| Emma Picollo | 10:27.72a | |

X 4x1600 Relay - Varsity - Finals

| | | |
|----------------|--|--|
| 1 Elise Wummer | | |
|----------------|--|--|

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

X 800 Meters - Varsity - Finals

45 Solo Diomande 2:11.48a 11

X 1600 Meters - Varsity - Finals

12 Will Weekes 4:37.45a 12
77 Rostam Mirzadi 5:01.41a 12

X 3200 Meters - Varsity - Finals

1 Ben Eversole 9:23.19a 11

X 400 Meters - Varsity - Finals

2 Chelsea Schneider 60.45a 12

X 800 Meters - Varsity - Finals

1 Chelsea Schneider 2:19.91a 12

X 1600 Meters - Varsity - Finals

10 Elise Wummer 5:29.65a 12

X 3200 Meters - Varsity - Finals

1 Kelsey Santisteban 10:59.53a 11

Castro Valley Inv March 19 & 20

Castro Valley, CA

GFS Results

Team Scores

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

BFS Results

Team Scores:

| | |
|----------------------|-----------|
| Castro Valley | 76 |
| 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

| | |
|----------------------|------------|
| Castro Valley | 113 |
| Northgate | 69 |
| Heritage | 57 |
| Hayward | 30 |
| St. Mary's | 26 |
| Arroyo | 18 |
| Washington | 10 |
| Monte Vista | 8 |

BV Results

Team Scores

| | |
|----------------------|-----------|
| Castro Valley | 81 |
| 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,!Jorceylin | 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 |
| 3 | Chissell, Maya | 10 4) Martore, Celeste |
| 2 | Northgate | 54.93 |
| 1 | Arceneaux, Sara | 12 2) Rusch, Jessica |
| 3 | Chiong, Jessica | 11 4) Coyle, Allison |
| 3 | Castro'Valley'"b' | 55.06 |
| 1 | Lee, Crystal | 11 2) Bedford, Evangeline |
| 3 | Aldridge, Monique | 12 4) |

Girls 4x400 Meter Relay

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

Girls 4x800 Meter Relay

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

Girls 800 Sprint Medley

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

Girls Distance Medley

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

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

Boys 4x400 Meter Relay

| # | School | Finals |
|----|----------------------|-------------------------|
| 1 | Benicia | 3:30.70 |
| 1) | Murdock, Fernando | 12 2) Mamon, Chris |
| 3) | Dubios, Austen | 11 4) Wiley, Chase |
| 2 | Northgate | 3:32.59 |
| 1) | Lansang, Kevin | 11 2) Whittington, Chad |
| 3) | Niese, Ryan | 11 4) Davis, Cody |
| 3 | Heritage | 3:35.56 |
| 1) | Luiz, Joseph | 12 2) Spencer, Amir |
| 3) | Brum, Brandon | 11 4) Griffiths, Chazz |
| 4 | Heritage!!b' | 3:39.21 |
| 1) | Kobayashi, Shai | 11 2) Story, Kruger |
| 3) | Mcintosh Jr., Steven | 12 4) Reid, Dustin |
| 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 |
| 3) | Weekes, Will | 12 4) Eversole, Ben |
| 2 | Northgate | 8:18.11 |
| 1) | Whittington, Chad | 12 2) Melton, Will |
| 3) | Hermes, Arnie | 11 4) Niese, Ryan |
| 3 | Heritage | 8:29.65 |
| 1) | Brum, Brandon | 11 2) Spencer, Amir |
| 3) | Bradley, Jacob | 12 4) Reid, Dustin |
| 4 | Arroyo | 9:00.90 |
| 1) | Snow, Andrew | 12 2) Glover, Keith |
| 3) | Mercadal, Balbino | 11 4) Sands, Jeremy |
| 5 | Benicia | 9:09.35 |
| 1) | Carty, Camron | 12 2) Wolken, Oliver |
| 3) | Friesen, Grant | 11 4) Dubios, Austen |
| 6 | Castro'Valley"!b' | 9:10.08 |
| 1) | Ashby, Tom | 12 2) Talley, Vince |
| 3) | Peek, Scott | 12 4) Crump, Matthew |

Boys 800 Sprint Medley

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

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

Boys Distance Medley

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

Boys 4x110 Meter Shuttle Hurdle

| # | School | Finals |
|----|---------------|-------------------------|
| 1 | Northgate | 73.21 |
| 1) | Niese, Ryan | 11 2) Brewer, Christian |
| 3) | Davis, Cody | 11 4) Jung, Derek |
| 2 | Heritage | 77.79 |
| 1) | Pryor, Avery | 11 2) Renna, Brian |
| 3) | Eng, Billy | 11 4) Henry, Tom |
| 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 | # | Name | Year | School | Finals | |
| -- | Tsurumoto,:Ian | 11 | Castro.Valle | NH | 1 | Rounds,:Jake | 11 | Heritage | 154-00 | |
| -- | Carrick,:Tony | 11 | Castro,Valle | NH | 2 | Mason,:Eric | 12 | Castro,Valle | 153-06 | |
| Boys Long Jump Relay | | | | | | | | | | |
| # | Name | Year | School | Finals | Wind | 5 | Solomon,:Alex | 12 | Northgate | 135-10 |
| 1 | Mamon,:Chris | 12 | Benicia | 23-03.25 | +0.0 | 6 | Horncliff,:Alex | 11 | Heritage | 133-00 |
| 2 | Thomas,:Tyler | 12 | Hayward | 20-02.75 | +0.0 | 7 | Tomaz,:Niko | 12 | Castro,Valle | 132-01 |
| 3 | Johnson,:Camron | 12 | Benicia | 20-00.75 | +0.0 | 8 | Duenas,:Ray | 12 | Hayward | 122-00.50 |
| 4 | Dubios,:Austen | 11 | Benicia | 19-09.25 | 1.2 | 9 | Levy,:Max | 11 | Northgate | 121-04 |
| 5 | Wickman,:Paul | 12 | Northgate | 19-09.00 | -0.2 | 10 | Davis,:Kenneth | 12 | Castro,Valle | 118-00.50 |
| 6 | Cuellar,:Bryan | 11 | Heritage | 18-11.00 | +0.0 | 11 | Barrera,:Emmanuel | 12 | Castro,Valle | 112-00 |
| 7 | Jow,:Brian | 12 | Northgate | 18-07.00 | 0.1 | 12 | Vasquez,:Alex | 12 | Castro:Valle | 104-07 |
| 8 | Griffiths,:Chazz | 12 | Heritage | 18-05.75 | 0.7 | 13 | Funaki,:Joe | 11 | Hayward | 99-11 |
| 9 | Davis,:Ben | 11 | Castro.Valle | 18-04.50 | 0.6 | 14 | Buckland,:Eric | 12 | Northgate | 96-04 |
| 10 | Privitera,:Zach | 12 | Northgate | 18-04.00 | 1.0 | 15 | Gilham,:George | 12 | Castro:Valle | 90-06.50 |
| 11 | Nouv,:Peter | 11 | Castro!Valle | 17-07.00 | 1.1 | 16 | Bouchard,:Jeffrey | 12 | Castro'Valle | 90-02 |
| 12 | Han,:Nate | 11 | Castro;Valle | 17-05.75 | 1.4 | 17 | Cook,:Gary | 12 | Heritage | 81-11 |
| 13 | Tschaplizki,:Andrew | 12 | Heritage | 16-09.00 | 1.4 | 18 | Ayala,:Nick | 12 | Castro'Valle | 79-05 |
| 14 | Lu,:Steven | 11 | Castro.Valle | 16-03.00 | 1.4 | 19 | Perkins,:Kent | 12 | Northgate | 78-01.50 |
| 15 | Marino,:Nicolas | 12 | Castro:Valle | 16-02.75 | +0.0 | 20 | Carrick,:Tony | 11 | Castro;Valle | 73-09 |
| 16 | Sweetwyne,:Kellen | 11 | Hayward | 15-11.25 | +0.0 | 21 | Rosendahl,:Bruce | 12 | Castro'Valle | 70-06 |
| 17 | Zabroshi,:Dakotah | 11 | Heritage | 14-09.00 | NWI | 22 | Mulready,:Chris | 12 | Castro'Valle | 67-06.50 |
| 18 | Llanos,:Josh | 12 | Northgate | 13-00.25 | +0.0 | 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 |

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 | | | | |

FROSH SOPH

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 | | | | | |

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 |

Boys Discus Throw Relay

| | | | | |
|---|------------------------|---|-----------|-------|
| 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 Welczeck, 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 | 4) |
| 3 | Bishop:O'dowd | 4:38.40 |
| 1) | Maas, Rachel 10 | 2) Blanton, Kaili 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 | 4) |
| 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) | Gomez, 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 | 15 | Blot,:Tatiana | 9 | Heritage | 16-02.00 |
| 9 | Collins,:Kira | 9 | Tamalpais | 4-00.00 | 16 | Johnson,:Rachel | 9 | Castro.Valle | 15-04.00 |
| 9 | Boyer,:Molly | 9 | Tamalpais | 4-00.00 | | | | | |
| -- | Wilson,:Brooke | 9 | Heritage | NH | | | | | |
| Girls Pole Vault Relay | | | | | Girls Discus Throw Relay | | | | |
| # | Name | Year | School | Finals | # | Name | Year | School | Finals |
| 1 | Neylan,:Kyra | 10 | Tamalpais | 6-06.00 | 1 | Maynard,:Alexis | 10 | Bishop!O'dow | 84-10 |
| 1 | Freeman,:Allison | 10 | Tamalpais | 6-06.00 | 2 | Munchick,:Bonnie | 10 | Bishop'!O'dow | 72-06 |
| 1 | Duran,:Carly | | Monte;Vista | 6-06.00 | 3 | Maynard,:Andria | 10 | Bishop,O'dow | 70-01 |
| 1 | Bengtson,:Arden | 10 | Northgate | 6-06.00 | 4 | Makrakis,:Hallie | 10 | Northgate | 65-06 |
| 5 | Gamez,:Monica | 10 | Castro.Valle | 6-00.00 | 5 | Henderson,:Rachel | 10 | Northgate | 65-02 |
| 6 | Wyatt,:Miriam | 10 | Tamalpais | 5-06.00 | 6 | Woods,:Courtney | 10 | Tamalpais | 47-03 |
| 6 | Nguyen,:Megan | | Monte,Vista | 5-06.00 | 7 | McElroy,:Makalah | 9 | Bishop.O'dow | 46-07 |
| 6 | Roberts,:Mackenzie | 9 | Northgate | 5-06.00 | 8 | Mace,:Alex | 9 | Heritage | 45-09 |
| 6 | Gilham,:Haley | 10 | Castro,Valle | 5-06.00 | 9 | Kearney,:Kimiko | 10 | Northgate | 45-04 |
| 10 | Lee,:Jessica | | Monte'Vista | 5-00.00 | | | | | |
| -- | Nichols,:Jillian | 10 | Northgate | NH | | | | | |
| Girls Long Jump Relay | | | | | Boys 100 Meter Dash | | | | |
| # | Name | Year | School | Finals | # | Name | Year | School | Finals |
| 1 | Mcmillan,:Lilla | 10 | Tamalpais | 16-02.00 | 1 | Speagle,:Myles | 9 | Castro:Valle | 11.55 |
| 2 | Gordon,:Andreena | 10 | Heritage | 15-01.00 | 2 | Speagle,:Matthew | 9 | Castro'Valle | 11.57 |
| 3 | Ledesma-turner,:Akili | 10 | St;Mary's;Co | 14-02.00 | 3 | Caro,:Will | 10 | Hayward | 11.95 |
| 4 | Rasmussen,:Jessica | 9 | Tamalpais | 13-09.00 | 4 | Cheng,:Cliff | 10 | Benicia | 11.99 |
| 5 | Collins,:Kira | 9 | Tamalpais | 13-06.00 | 5 | Coleman,:Adrian | 9 | Benicia | 12.04 |
| 6 | Diaz,:Viviana | 9 | Heritage | 13-01.00 | 6 | Guidry,:Anthony | 9 | Benicia | 12.13 |
| 6 | Von,Welczeck,:Vivi | 9 | Tamalpais | 13-01.00 | 7 | Leggett,:Rondall | 10 | Tamalpais | 12.28 |
| 8 | Johnson,:Kendall | | St,Mary's,Co | 12-04.00 | 8 | Han,:Sean | 10 | Northgate | 12.42 |
| 9 | Parvin,:Ariana | 10 | Northgate | 12-03.00 | 9 | Robinson,:Andrew | 9 | St,Mary's,Co | 12.50 |
| 10 | Walker,:Kalia | | St;Mary's;Co | 11-11.00 | 10 | Lewis,:D'maree' | 9 | Heritage | 12.51 |
| 11 | Boyer,:Molly | 9 | Tamalpais | 11-10.00 | 11 | Abrams,:Andrew | 9 | St,Mary's,Co | 12.68 |
| 12 | Gilham,:Haley | 10 | Castro;Valle | 11-09.00 | 12 | Williams,:Collin | 9 | Northgate | 12.75 |
| 13 | Vogt,:Ivory | 9 | Tamalpais | 11-08.00 | 13 | Cervantez,:Francisco | 10 | Castro:Valle | 12.76 |
| 14 | Wilginbush,:Taylor | 9 | Heritage | 11-07.00 | 14 | Rachal,:Angelo | 10 | Heritage | 12.81 |
| 15 | Rusch,:Jessica | 10 | Northgate | 11-06.00 | 15 | Farinas,:Kyle | 9 | Heritage | 13.06 |
| 16 | Lansang,:Kelsey | 9 | Northgate | 11-02.00 | 16 | Sims,:Ronald | 9 | Castro,Valle | 13.16 |
| 17 | Swenson,:Nicole | 9 | Tamalpais | 10-11.00 | 17 | Rethage,:Nick | 10 | Hayward | 13.17 |
| 18 | Sharkey,:Christina | 9 | Tamalpais | 10-09.00 | 18 | Savoy,:Lamonte | 10 | Heritage | 14.45 |
| 19 | Valdillez,:Whitney | 9 | Heritage | 10-08.00 | 19 | Duler,:Oliver | 9 | Tamalpais | 14.50 |
| 20 | Lin,:Anne | 9 | Castro;Valle | 8-04.00 | | | | | |
| Girls Triple Jump Relay | | | | | Boys 1600 Meter Run | | | | |
| # | Name | Year | School | Finals | # | Name | Year | School | Finals |
| 1 | Sharpe,:Alex | 10 | Benicia | 33-03.00 | 1 | Calvert,:Duncan | 10 | St'Mary's;Co | 4:53.33 |
| 2 | Ray,:Jasmine | 10 | Benicia | 31-08.00 | 2 | Hammond,:Mitchel | 10 | Benicia | 5:01.22 |
| 3 | Parvin,:Ariana | 10 | Northgate | 30-10.00 | 3 | Henn,:Andrew | 10 | Tamalpais | 5:04.54 |
| 4 | Highstreet,:Elyse | 10 | Castro.Valle | 30-03.00 | 4 | Pena,:Noah | 9 | Heritage | 5:06.49 |
| 5 | Collins,:Kira | 9 | Tamalpais | 28-11.00 | 5 | Conway,:Alec | 10 | Castro;Valle | 5:07.40 |
| 6 | Roberts,:Mackenzie | 9 | Northgate | 28-04.00 | 6 | Huebner,:Bryan | 10 | Benicia | 5:09.85 |
| 7 | Reiss,:Sierra | 9 | Tamalpais | 25-03.00 | 7 | Olsen,:Alex | 10 | Tamalpais | 5:11.55 |
| 8 | Swensen,:Nicole | 9 | Tamalpais | 25-00.00 | 8 | Theobald,:Trevor | 10 | Benicia | 5:12.50 |
| 9 | Von;Welczeck,:Vivi | 9 | Tamalpais | 21-02.00 | 9 | Fierros,:Arturo | 10 | Tamalpais | 5:13.11 |
| 10 | Sharkey,:Christina | 9 | Tamalpais | 20-06.00 | 10 | Frazier,:Ian | 10 | Northgate | 5:14.42 |
| Girls Shot Put Relay | | | | | 11 | Brown,:Jason | 9 | Heritage | 5:30.18 |
| # | Name | Year | School | Finals | 12 | Barney,:Robert | 10 | Castro.Valle | 5:45.78 |
| 1 | Maynard,:Alexis | 10 | Bishop;O'dow | 29-03.00 | 13 | Nourot,:Daniel | 9 | Castro;Valle | 5:58.58 |
| 2 | Maynard,:Andria | 10 | Bishop:O'dow | 27-11.00 | 14 | Spees,:Sean | 9 | Bishop:O'dow | 6:09.44 |
| 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 | | | | | |
| 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 300 Meter Hurdles | | | | | | | | | |
| # | 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 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, Dzannin 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) Nourot, 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 | | Monte'Vista | 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,IPhillip | 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 Speegle | 11.55a | 9 |
| 2 | Matthew Speegle | 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 | |

Dzanim 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 | Dzanim 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 |
| 3 | Alec Conway | 37:09.00 |
| 4 | Paul Zaballos | 36:08.00 |
| 7 | Emaun Barfee | 33:07.00 |

| | | |
|----|-------------------|----------|
| 10 | Hunter Huffaker | 33:02.00 |
| 15 | Austin Conway | 30:08.00 |
| 19 | Isaac Sheymemah | 28:00.00 |
| 20 | Nigel Davis | 27:06.00 |
| 23 | Phillip Bannister | 26:09.00 |

| | | |
|---|------------------|--------------|
| | X Discus - 1.6kg | - Frosh/Soph |
| 2 | Anthony Viveiros | 85:07 |
| 3 | Paul Zaballos | 84:06 |
| 4 | Austin Conway | 83:03 |
| 7 | Alec Conway | 80:10 |

| | | |
|----|-------------------|-------|
| 9 | Emaun Barfee | 78:10 |
| 11 | Hunter Huffaker | 78:03 |
| 15 | Isaac Sheymemah | 73:00 |
| 23 | Phillip Bannister | 60:00 |
| 25 | Nigel Davis | 48:05 |

X High Jump - Frosh/Soph -

| | | |
|---|----------------|---------|
| 2 | Morgan Bundgus | 5:04.00 |
|---|----------------|---------|

X Pole Vault - Frosh/Soph -

| | | |
|----|-----------------|---------|
| 5 | Evan Locke | 8:06.00 |
| 10 | Aaron Peek | 6:06.00 |
| | Michael Dangler | NH |

X Long Jump - Frosh/Soph -

| | | |
|----|----------------|----------|
| 6 | Morgan Bundgus | 17:11.00 |
| 5 | Yuya Kono | 16:08.00 |
| 21 | Evan Locke | 12:07.00 |
| 22 | Alex Gao | 12:04.00 |

X Triple Jump - Frosh/Soph -

| | | |
|---|-----------|----------|
| 3 | Yuya Kono | 34:00.00 |
|---|-----------|----------|

Womens Results

X 100 Meters - Frosh/Soph -

| | | |
|---|--------------|--------|
| 3 | Kristin Elam | 13.48a |
|---|--------------|--------|

X 1600 Meters - Frosh/Soph -

| | | |
|---|-----------------|----------|
| 7 | Renee Velasquez | 6:56.32a |
|---|-----------------|----------|

X 300m Hurdles - 30" - Frosh/Soph -

| | | |
|---|--------------|--------|
| 1 | Jana Centoni | 51.74a |
|---|--------------|--------|

X 4x100 Relay - Frosh/Soph -

| | | |
|---|------------------|--------|
| 1 | Jana Centoni | |
| | Kristin Elam | |
| | Elyse Highstreet | |
| | Kaori Nguyen | 53.08a |
| 4 | Haley Gilham | |

X 4x400 Relay - Frosh/Soph -

| | | |
|---|------------------|----------|
| 5 | Aurora Bailey | |
| | Elyse Highstreet | |
| | Kristin Elam | |
| | Jana Centoni | 4:51.62a |

X 4x400 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 | |

X Distance Medley 12,4,8,16 -

| | | |
|---|------------------|----------|
| 2 | Aurora Bailey | |
| | Gabriela Von Euw | |
| | Sarah Chen | |
| | Anne Lin | |
| | Taylor King | 2:27.67a |

X 4x800 Relay - Frosh/Soph -

| | | |
|---|------------------|----------|
| 2 | Aurora Bailey | |
| | Gabriela Von Euw | |
| | Sarah Chen | |
| | Anne Lin | |
| | Taylor King | 2:27.67a |

X Pole Vault - Frosh/Soph -

| | | |
|---|--------------|---------|
| 5 | Monica Gamez | 6:00.00 |
|---|--------------|---------|

X High Jump - Frosh/Soph -

| | | |
|---|--------------|---------|
| 6 | Haley Gilham | 5:06.00 |
|---|--------------|---------|

X Long Jump - Frosh/Soph -

| | | |
|----|--------------|----------|
| 12 | Haley Gilham | 11:09.00 |
|----|--------------|----------|

X Triple Jump - Frosh/Soph -

| | | |
|---|------------------|----------|
| 4 | Elyse Highstreet | 30:03.00 |
|---|------------------|----------|

X 100 Meters - Varsity -

| | | |
|---|-------------|--------|
| 2 | Bobby Batis | 11.52a |
|---|-------------|--------|

X 1200 Meters - Varsity -

| | | |
| --- | --- | --- |
| 11 | Nicolas Marino | 12.63a |

</tbl_struct

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 Tally | 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 Martinez | 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

X 400 Meters - Relay Split - Varsity - Finals

| | | | |
|---|-------------|-------|----|
| 1 | Alex Foster | 51.44 | 11 |
| 5 | Vince Tally | 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

X 1600 Meters - Relay Split - Varsity - Finals

Matt Eva 5:27.2 9

X 110m Hurdles - 39" - Varsity - Finals

3 Kwame Hudson 17.15a 11

X 300m Hurdles - 36" - Varsity - Finals

1 Jordan Laris 44.66a 11

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 Tally | | |
| | 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 | 1 | Kaori Nguyen |
| X High Jump - Varsity - Finals | | | | | |
| 1 | Alex Foster | 5'08 | 11 | | Kristin Elam |
| X Pole Vault - Varsity - Finals | | | | | |
| 3 | Andrew Wiegardt | 11'00 | 12 | 1 | Emily Payne |
| 4 | Jordan Laris | 10'06 | 11 | | Kristin Elam |
| 10tie | Evan Locke | 8'06 | 9 | | Kaori Nguyen |
| | | | | | Elise Wummer |
| X Long Jump - Varsity - Finals | | | | | |
| 7 | Morgan Bundgus | 18'05 | 10 | X Sprint Medley 2,2,4,800m - Varsity - Finals | |
| 17 | Nate Han | 16'08.25 | 11 | 1 | Emily Payne |
| | Steven Lu | DNS | 11 | | Kristin Elam |
| | Peter Nouv | DNS | 11 | | Kaori Nguyen |
| | Yuya Kono | DNS | 10 | | Elise Wummer |
| Womens Results | | | | | |
| X 100 Meters - Varsity - Finals | | | | | |
| 10 | Emily Payne | 14.57a | 9 | X Shot Put - 4kg - Varsity - Finals | |
| 16 | Lexie Arens | 15.94a | 9 | 1 | Alana Knight |
| X 100 Meters - Relay Split - Varsity - Finals | | | | | |
| 1 | Crystal Lee | 11.93 | 11 | 6 | Astra Birznieks |
| 1 | Kaori Nguyen | 13.09 | 9 | | |
| 1 | Kristin Elam | 13.29 | 9 | X Discus - 1kg - Varsity - Finals | |
| 1 | Evangeline Bedford | 14.44 | 12 | 1 | Alana Knight |
| X 200 Meters - Relay Split - Varsity - Finals | | | | | |
| 1 | Emily Payne | 27.66 | 9 | X High Jump - Varsity - Finals | |
| 1 | Kristin Elam | 28.84 | 9 | 1-tie | Evangeline Bedford |
| X 400 Meters - Relay Split - Varsity - Finals | | | | | |
| 1 | Kaori Nguyen | 65.75 | 9 | X Pole Vault - Varsity - Finals | |
| X 800 Meters - Relay Split - Varsity - Finals | | | | | |
| 1 | Elise Wummer | 2:26.4 | 12 | 4 | Sarah Gilchriese |
| X 3200 Meters - Varsity - Finals | | | | | |
| 2 | Nicole Yang | 12:44.37a | 12 | X Triple Jump - Varsity - Finals | |
| 3 | Kathryn Carvin | 13:00.04a | 12 | 3 | Evangeline Bedford |
| X 100m Hurdles - 33" - Varsity - Finals | | | | | |
| 1 | Brianna Giscombe | 18.98a | 11 | 4 | Crystal Lee |
| 3 | Evangeline Bedford | 20.48a | 12 | | |
| X 300m Hurdles - 30" - Varsity - Finals | | | | | |
| 2 | Brianna Giscombe | 54.34a | 11 | | |
| X 4x100 Relay - Varsity - Finals | | | | | |

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 |

| | | | | | | | | |
|---------------|------|------|----|----|------------------|----------|------|----|
| Solo Diomande | 55.0 | CAVA | 11 | 18 | Nikiel Suchit | 5:54.02a | MtEd | 11 |
| Kwame Hudson | 57.0 | CAVA | 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 400 Meters - Relay Split - Frosh/Soph - Finals

| | | | | | | | | |
|-------------------|------|------|----|---|-----------------|-----------|------|----|
| Andrew Mitchell | 58.9 | CAVA | 10 | 1 | Ben Eversole | 9:55.38a | CAVA | 11 |
| Dzanin Tuecinovic | 64.3 | CAVA | 9 | 2 | Will Weekes | 10:29.82a | CAVA | 12 |
| Hunter Huffaker | 67.0 | CAVA | 9 | 3 | Emanuel Morales | 10:44.08a | MtEd | 10 |
| Khush Jawandha | 68.4 | CAVA | 9 | 4 | Andrew McIntire | 11:24.65a | MCHS | 11 |

X 3200 Meters - Varsity - Finals

| | | | | | | | | |
|-----------------|----------|------|----|---|-------------------|-----------|------|----|
| Anthony Martore | 2:01.36a | CAVA | 11 | 5 | Paul Burcheck | 11:26.95a | MCHS | 11 |
| Solo Diomande | 2:09.03a | CAVA | 11 | 6 | Jordan Cruz | 11:30.97a | MtEd | 11 |
| Erich Coulter | 2:10.97a | CAVA | 11 | 7 | Abraham Magsombol | 11:34.82a | MtEd | 12 |
| Emanuel Morales | 2:13.99a | MtEd | 10 | 8 | Auburn Jordan | 12:12.30a | MtEd | 11 |

X 3200 Meters - Frosh/Soph - Finals

| | | | | | | | | |
|----------------|----------|------|----|---|---------------|-----------|------|----|
| Auburn Jordan | 2:15.61a | MtEd | 11 | 1 | Hurui Kifle | 11:32.41a | MtEd | 10 |
| Tom Ashby | 2:18.70a | CAVA | 12 | 2 | Brandon Smith | 12:06.07a | MCHS | 10 |
| Scott Peek | 2:20.17a | CAVA | 12 | 3 | Giovani Perez | 12:20.99a | MtEd | 10 |
| Vincent Nyugen | 2:21.33a | MCHS | 11 | 4 | Derek Chow | 12:23.50a | MtEd | 9 |

X 3200 Meters - Frosh/Soph - Finals

| | | | | | | | | |
|---------------|----------|------|----|---|---------------|-----------|------|----|
| Matthew Crump | 2:23.82a | CAVA | 12 | 5 | Tynan Otts | 12:24.36a | MCHS | 10 |
| Joshua Hicken | 2:20.08a | CAVA | 9 | 6 | Robert Barney | 12:26.01a | CAVA | 10 |
| Tynan Otts | 2:27.21a | MCHS | 10 | 7 | | | | |

X 110m Hurdles - 39" - Varsity - Finals

| | | | | | | | | |
|--------------|----------|------|----|---|------------------|--------|------|----|
| Scott Mill | 2:28.72a | CAVA | 9 | 1 | Kwame Hudson | 17.33a | CAVA | 11 |
| Albert Tran | 2:29.54a | MtEd | 9 | 2 | Andrew Wiegardt | 18.70a | CAVA | 12 |
| Nikko McNeil | 2:33.43a | MCHS | 10 | 3 | Marco Candelaria | 24.76a | MtEd | 11 |

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

| | | | | | | | | |
|-------------------|----------|------|----|---|---------------|--------|------|----|
| Julian Chicoin | 2:40.48a | MCHS | 9 | 1 | Jeremy Imlach | 17.68a | MCHS | 10 |
| Gabriel Harrison | 2:41.15a | MCHS | 10 | 2 | Edgar Lopez | 24.49a | MtEd | 9 |
| Clint Evangelista | 2:42.16a | MCHS | 9 | 3 | | | | |

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 300m Hurdles - 36" - Varsity - Finals

| | | | | | | | | |
|------------------|----------|------|----|---|-------------------|--------|------|----|
| Ben Eversole | 4:40.76a | CAVA | 11 | 1 | Kwame Hudson | 45.06a | CAVA | 11 |
| Arthur Ruvalcaba | 4:42.44a | MtEd | 11 | 2 | Jordan Laris | 46.12a | CAVA | 11 |
| Tom Ashby | 4:49.60a | CAVA | 12 | 3 | Abraham Magsombol | 50.10a | MtEd | 12 |
| Emanuel Morales | 4:51.10a | MtEd | 10 | 4 | Arthur Ruvalcaba | 52.13a | MtEd | 11 |

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

| | | | | | | | | |
|---------------|----------|------|----|---|----------------|----------|------|---|
| Erich Coulter | 4:53.92a | CAVA | 11 | 1 | Jerome Carapas | 1:04.68a | MtEd | 9 |
| Paul Burcheck | 4:54.81a | MCHS | 11 | 2 | Edgar Lopez | 1:07.38a | MtEd | 9 |
| David Nguyen | 4:57.98a | MtEd | 11 | 3 | | | | |

X 4x100 Relay - Varsity - Finals

| | | | | | | | | |
|-------------------|----------|------|----|---|-----------------|--------|------|--|
| Jordan Cruz | 5:02.52a | MtEd | 11 | 1 | Matthew Speegle | | | |
| Auburn Jordan | 5:05.09a | MtEd | 11 | 2 | Bobby Batis | | | |
| Matthew Crump | 5:06.25a | CAVA | 12 | 3 | Myles Speegle | | | |
| Abraham Magsombol | 5:06.79a | MtEd | 12 | 4 | Morgan Bundgus | 46.92a | CAVA | |

X 4x100 Relay - Frosh/Soph - Finals

| | | | | | | | | |
|-----------------|----------|------|----|---|------------|--------|------|--|
| Andrew McIntire | 5:08.12a | MCHS | 11 | 1 | Relay Team | 46.78a | MCHS | |
| Scott Peek | 5:09.52a | CAVA | 12 | 2 | Relay Team | 50.13a | MtEd | |
| Vince Talley | 5:12.21a | CAVA | 12 | 3 | | | | |

X 4x400 Relay - Varsity - Finals

| | | | | | | | | |
|----------------|----------|------|----|---|-----------------|----------|------|--|
| Jaime Pardo | 5:13.31a | MtEd | 12 | 1 | Anthony Martore | | | |
| Leon Gabriel | 5:15.43a | MCHS | 10 | 2 | Solo Diomande | | | |
| Vincent Nyugen | 5:19.76a | MCHS | 11 | 3 | Kwame Hudson | | | |
| Eric Zaro | 5:37.96a | MCHS | 12 | 4 | Ben Davis | 3:51.16a | CAVA | |

X 4x400 Relay - Frosh/Soph - Finals

| | | | | | | | | |
|---------------|----------|------|----|---|------------|----------|------|--|
| Joshua Hicken | 5:10.12a | CAVA | 9 | 1 | Relay Team | 4:59.05a | MtEd | |
| Hurui Kifle | 5:13.91a | MtEd | 10 | 2 | | | | |
| Brandon Arias | 5:20.47a | CAVA | 9 | 3 | | | | |
| Derek Chow | 5:20.95a | MtEd | 9 | 4 | | | | |

X 4x400 Relay - Frosh/Soph - Finals

| | | | | | | | | |
|----------------|----------|------|----|---|-------------------|----------|------|--|
| Albert Tran | 5:21.08a | MtEd | 9 | 1 | Khush Jawandha | | | |
| Nikko McNeil | 5:28.08a | MCHS | 10 | 2 | Hunter Huffaker | | | |
| Julian Chicoin | 5:31.24a | MCHS | 9 | 3 | Andrew Mitchell | | | |
| Hamid Ebadi | 5:34.33a | MtEd | 9 | 4 | Dzanin Tuecinovic | 4:18.70a | CAVA | |

X Shot Put - 12lb - Varsity - Finals

| | | | | | | | | |
|------------------|----------|------|----|---|------------------|----------|------|----|
| Corey Lowe | 5:35.29a | MtEd | 9 | 1 | Eric Mason | 51:06.00 | CAVA | |
| Robert Barney | 5:36.35a | CAVA | 10 | 2 | Niko Tomaz | 38:11.00 | CAVA | 12 |
| Daniel Nourot | 5:38.45a | CAVA | 9 | 3 | Jeffrey Bouchard | 38:09.00 | CAVA | 12 |
| Gabriel Harrison | 5:52.94a | MCHS | 10 | 4 | Jason Chong | 37:10.50 | MCHS | 11 |

X 400 Meters - Relay Split - Varsity - Finals

| | | | | | | | | |
|-----------------|------|------|----|----|-------------------|----------|------|----|
| Anthony Martore | 53.2 | CAVA | 11 | 17 | Clint Evangelista | 5:53.51a | MCHS | 11 |
| | | | | 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 4x400 Relay - Frosh/Soph - Finals

1 Relay Team 5:02.22a MtEd

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 |
|---|-----------------|-------|------|---|

X High Jump - Varsity - Finals

| | | | | |
|---|--------------------|---------|------|----|
| 1 | Evangeline Bedford | 4-04.00 | CAVA | 12 |
|---|--------------------|---------|------|----|

X High Jump - Frosh/Soph - Finals

| | | | | |
|---|------------------|---------|------|----|
| 1 | Elyse Highstreet | 4-06.00 | CAVA | 10 |
|---|------------------|---------|------|----|

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 |
|---|------------------|----------|------|----|

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 | 1:59.5 |
| 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.

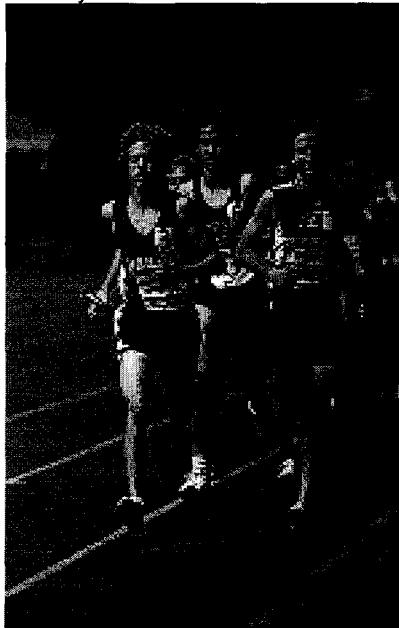
Anthony leads off aggressively.

Men's Distance Medley Invitational

| | |
|-----------------|----------|
| Anthony Martore | 3:09 |
| Alex Foster | :50.5 |
| Will Weekes | 2:00 |
| Ben Eversole | 4:23 |
| 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 |
|---|------------------|--------|

Women's 800 Meter Run

Heat 1

| | | |
|---|-------------------|---------|
| 4 | Chelsea Schneider | 2:18.49 |
|---|-------------------|---------|

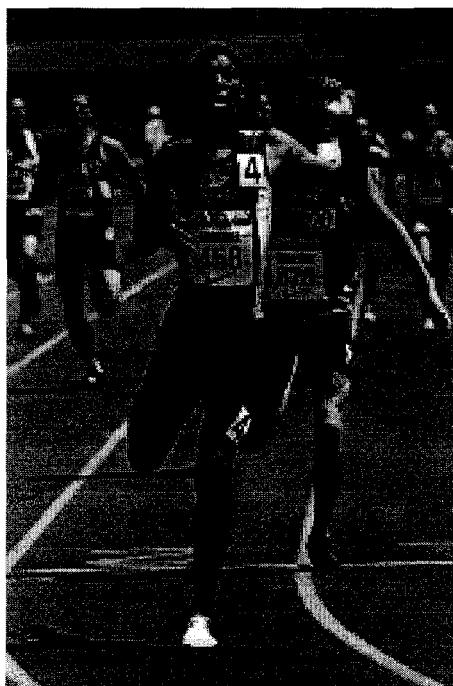
Chelsea ran a perfect race for 700 meters, and then was outsprinted at the end. She stayed close the leaders early in the race, smoothly moved to the lead at the 500 mark, and got the jump on the field. This was perhaps her best tactical race of her career, and indicates that she is very close to being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

Men's 800 Meter Run

Heat 2

| | | |
|---|-----------------|---------|
| 1 | Anthony Martore | 1:56.50 |
|---|-----------------|---------|

Not only did Anthony 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 | 5:27.1 |
| 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 | 50.6179 |

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 |

| | | | | | | | | | |
|-------------------------------------|---------------|--------|------|----|----|------------------|---------|------|----|
| 9 | Scott Peek | 5:21.0 | CAVA | 12 | 1 | Eric Mason | 52'09.5 | CAVA | 12 |
| 10 | Matthew Crump | 5:32.0 | CAVA | 12 | 2 | Jacob Eckel | 45'11 | CAVA | 12 |
| X 1600 Meters - Frosh/Soph - Finals | | | | | | | | | |
| 1 | Alec Conway | 5:15.0 | CAVA | 10 | 4 | Niko Tomaz | 39'10.5 | CAVA | 12 |
| 2 | Matt Eva | 5:29.0 | CAVA | 9 | 5 | Emmanuel Barrera | 35'07.5 | CAVA | 12 |
| 3 | Joshua Hicken | 5:30.0 | CAVA | 9 | 6 | Kenneth Davis | 35'05 | CAVA | 12 |
| 5 | Brandon Arias | 5:36.0 | CAVA | 9 | 10 | Chris Carrick | 29'07.5 | CAVA | 11 |
| 7 | Robert Barney | 5:43.0 | CAVA | 10 | 11 | Joe Ashby | 28'05.5 | CAVA | 12 |
| 8 | Scott Mill | 5:48.0 | CAVA | 9 | 12 | Sebastian Cano | 27'07 | CAVA | 11 |
| 10 | Daniel Nourot | 5:55.6 | CAVA | 9 | 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 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 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 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 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 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 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 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 4x100 Relay - Varsity - Finals

| | | | | |
|-----------------|----------|--|--|--|
| 3 | Ray Huey | | | |
| Matthew Speegle | | | | |
| Nicolas Marino | | | | |
| Kwame Hudson | | | | |
| 48.3 | | | | |

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 4x100 Relay - Frosh/Soph - Finals

| | | | | |
|----------------|---------------------|--|--|--|
| 1 | Francisco Cervantez | | | |
| Myles Speegle | | | | |
| Khush Jawandha | | | | |
| Ronald Sims | | | | |
| 49.8 | | | | |

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 4x400 Relay - Varsity - Finals

| | | | | |
|---------------|--------------|--|--|--|
| 1 | Robert Batis | | | |
| Alex Foster | | | | |
| Ben Davis | | | | |
| Solo Diomande | | | | |
| 49.8 | | | | |

X 800 Meters - Varsity - Finals

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

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 |

X Shot Put - 12lb - Varsity - Finals

| | | | | |
|--------------------------------------|-------------------|---------|------|----|
| 8 | Isaac Sheymemah | 29'04 | CAVA | 9 |
| 9 | Phillip Bannister | 27'06.5 | CAVA | 10 |
| X Shot Put - 12lb - Varsity - Finals | | | | |
| X 800 Meters - Frosh/Soph - Finals | | | | |
| X 100 Meters - Frosh/Soph - 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 |

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 | | | | |
| X 100 Meters - Varsity - Finals | | | | |
| X 100 Meters - Frosh/Soph - Finals | | | | |
| X 100 Meters - Frosh/Soph - Finals | | | | |
| X 100 Meters - Frosh/Soph - Finals | | | | |
| | | | | |

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

| | | | |
|-----------------|--------------------------------------|----|--|
| Joshua Hicken | | | |
| Hunter Huffaker | | | |
| Andrew Mitchell | 3:57.63a | CV | |
| | X Shot Put - 10lb - Varsity - Finals | | |
| 2 Matt Eva | | | |

| | | | |
|-----------------|--------|----|----|
| 1 Solo Diomande | 30'7.5 | CV | 10 |
| 2 Matt Eva | 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 Solo Diomande | | | |

| | | | |
|---------------------|------------------------------------|----|----|
| 2 Will Weekes | | | |
| 3 Will Weekes | | | |
| 4 Phillip Bannister | 28'4 | CV | 10 |
| | X 100 Meters - Frosh/Soph - Finals | | |
| 1 Solo Diomande | | | |

| | | | |
|---------------------|----------------------------------|----|----|
| 2 Phillip Bannister | | | |
| 3 Phillip Bannister | | | |
| 4 Phillip Bannister | 28'4 | CV | 10 |
| | X Triple Jump - Varsity - Finals | | |
| 2 Ben Davis | 41'02 | CV | 11 |

| | | | |
|-------------|-------------------------------------|--|--|
| 1 Ben Davis | | | |
| 2 Ben Davis | | | |
| 3 Ben Davis | | | |
| 4 Ben Davis | | | |
| | X Triple Jump - Frosh/Soph - Finals | | |
| 1 Ben Davis | | | |

Womens Results

| | | | |
|-----------------|---------------------------------|--|--|
| 1 Solo Diomande | | | |
| 2 Solo Diomande | | | |
| 3 Solo Diomande | | | |
| 4 Solo Diomande | | | |
| | X 100 Meters - Varsity - Finals | | |
| 1 Solo Diomande | | | |

| | | | | | |
|----|--------------|--------|----|----|---|
| 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 |
| | | 8 Gabriela Von Euw 23.2 CV 9 |

| | | |
|------------------------------------|------|---|
| X 200 Meters - Frosh/Soph - Finals | | X 300m Hurdles - 30" - Varsity - Finals |
| 1 Kristin Elam 27.73a | CV 9 | 2 Maya Chissell 50.69a CV 10 |
| 3 Emily Payne 29.85a | 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 | |
| 7 Samantha Wultanski 3:19.69a | CV 12 | |

| | | |
|------------------------------------|-------|--|
| X 800 Meters - Frosh/Soph - Finals | | X Shot Put - 4kg - Frosh/Soph - Finals |
| 1 Aurora Bailey 2:41.41a | CV 10 | 7 Rachel Johnson 16'00 CV 9 |
| 3 Olivia Mill 2:51.48a | CV 9 | |
| 5 Rosina Htoy 3:05.91a | CV 9 | |
| 6 Rachel Johnson 3:08.48a | CV 9 | |
| 7 Priya Chopra 3:18.24a | CV 10 | |

| | | |
|----------------------------------|-------|-----------------------------------|
| X 1600 Meters - Varsity - Finals | | X Discus - 1kg - Varsity - Finals |
| 1 Kelsey Santisteban 5:09.48a | CV 11 | 5 Rachel Johnson 30'3 CV 9 |
| 2 Elise Wummer 5:24.43a | CV 12 | |
| 5 Pamela MacLeod 5:51.67a | CV 12 | |
| 6 Tracy Weisenberger 6:03.00 | CV 11 | |
| 7 Carolyn Gilchriese 6:09.20a | CV 11 | |
| 8 Emma Piccillo 6:12.43a | CV 11 | |

| | | |
|-------------------------------------|-------|--------------------------------|
| X 1600 Meters - Frosh/Soph - Finals | | X High Jump - Varsity - Finals |
| 1 Aurora Bailey 5:44.30a | CV 10 | 1 Sarah Gilchriese 3'08 CV 11 |
| 4 Rosina Htoy 6:33.39a | CV 9 | |
| 5 Rachel Johnson 6:51.13a | CV 9 | |
| 6 Priya Chopra 7:06.33a | CV 10 | |

| | | |
|----------------------------------|-------|-----------------------------------|
| X 3200 Meters - Varsity - Finals | | X Long Jump - Frosh/Soph - Finals |
| 1 Kelsey Santisteban 11:34.61a | CV 11 | 4 Haley Gilham 13'09 CV 10 |
| 4 Samantha Fong 12:24.98a | CV 10 | 5 Taylor King 12'04 CV 9 |
| 6 Nicole Yang 12:48.78a | CV 12 | |
| 7 Kathryn Carvin 13:00.09a | CV 12 | |

| | | |
|-------------------------------------|------|----------------------------------|
| X 3200 Meters - Frosh/Soph - Finals | | X Triple Jump - Varsity - Finals |
| 2 Renee Velasquez 14:25.01a | CV 9 | 1 Brianna Miller 34'01 CV 11 |
| | | 3 Crystal Lee 29'02 CV 11 |

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

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

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

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| | | | | | | | | |
|----|--------------|----|--------------|-------|----|---|--------------------|---------|
| 16 | Oakes,'Lamar | 9 | Oakland:Tech | 22.11 | NW | 2 | James,Logan, | 9:00.70 |
| 17 | Touri.,James | 10 | Northgate!Hi | 22.70 | NW | 3 | Newark.Memorial. | 9:08.80 |
| -- | Peek,;Aaron | 9 | Castro,Valle | NT | NW | 4 | James!Logan! !!'b' | 9:55.00 |

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

| # | Name | Year | School | Finals | Wind | 13 | Zhang,;Cassie | 11 | Mission.San | 14.13 | NWI |
|----|--------------------|------|--------------|--------|------|----|---------------------|----|--------------|-------|-----|
| 1 | Elam,;!Kristin | 9 | Castro:Valle | 13.05 | NWI | 21 | Chang,;Jasmine | 9 | Chinese,Chri | 30.43 | NWI |
| 2 | Alsobrook,;Tyler | 10 | San:Lorenzo | 13.32 | NWI | 23 | Bidemi,;!Akanbi | 11 | Oakland;Tech | 30.50 | NWI |
| 3 | Gardin,;!Karra | 10 | Moreau;High | 13.49 | NWI | 24 | Tragoutsis,;Maria | 9 | Notre:Dame:B | 30.55 | NWI |
| 4 | Ang,;!Amanda | 10 | Moreau;High | 13.51 | NWI | 26 | Ong,;!Jennifer | 12 | Holy'Names'H | 30.65 | NWI |
| 5 | Nguyen,;Kaori | 9 | Castro:Valle | 13.56 | NWI | 27 | Choing,;!Jessica | 11 | Northgate:Hi | 30.87 | NWI |
| 6 | Delzio,;!Heather | 9 | Notre'Dame'B | 13.73 | NWI | 28 | Williams,;Lorraine | 11 | Tracy!High!S | 30.91 | NWI |
| 7 | Rodriguez,;Jasmine | 9 | Holy.Names.H | 13.78 | NWI | 29 | Wedel,;!Madeline | | Notre.Dame.B | 31.56 | NWI |
| 8 | Parvin,;Ariana | 10 | Northgate,Hi | 13.81 | NWI | 30 | Coon,;Sarah | 10 | Redwood,Chri | 31.67 | NWI |
| 9 | Connelly,!Sophie | 9 | Notre'Dame'B | 13.86 | NWI | 31 | Lazzara,;Catrina | 9 | Washington;H | 31.78 | NWI |
| 10 | Benedict,;Gena | 9 | Newark.Memor | 13.96 | NWI | 32 | Huynh,;Yolande | 9 | Washington,H | 31.85 | NWI |
| 11 | Whelihan,;Shelby | 11 | Tracy'High'S | 13.99 | 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 |
| | | | | | | 12 | Flaherty,:Colleen | 11 | Notre.Dame.B | 5:57.01 |
| | | | | | | 13 | Koide,:Janell | 11 | American!Hig | 5:58.48 |

Girls 400 Meter Dash Varsity

| # | Name | Year | School | Finals | | | | | | |
|---------|--------------------------|------|--------------|---------|--|----|---------------------|----|--------------|---------|
| 1 | Presley,:Taylor | 9 | Newark.Memor | 1:02.05 | | 14 | Bayo,'Marie | 12 | Skyline:High | 5:58.96 |
| 2 | Williams,:Auset | 10 | Oakland;Tech | 1:02.08 | | 15 | Cardenas,!Alexandra | 9 | Newark.Memor | 6:00.92 |
| 3 | Lui,:Lydia | 12 | Mission'San | 1:02.72 | | 16 | Roberts,!Nicole | 10 | Irvington!Hi | 6:01.85 |
| 4 | Gardin,!Karra | 10 | Moreau!High | 1:02.94 | | 17 | Nguyen,'Jackie | 9 | Washington,H | 6:02.89 |
| 5 | Mabrey,:Amber | 11 | Newark;Memor | 1:03.02 | | 18 | Arzon,,Stephanie | 9 | James;Logan | 6:04.80 |
| 6 | Reist,!Jessica | 9 | Washington;H | 1:04.70 | | 19 | Gilchriese,'Carolyn | 11 | Castro;Valle | 6:06.63 |
| 7 | Gee,:Kylie | 10 | Washington;H | 1:05.10 | | 20 | Picollo,:Emma | 11 | Castro,Valle | 6:08.31 |
| 8 | Stewart-thomas,:Dominiqu | 12 | Skyline;High | | | 21 | Sico,:Isabel | 11 | Notre.Dame.B | 6:15.04 |
| 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 |

Girls 800 Meter Run Varsity

| # | Name | Year | School | Finals | | | | | | |
|----|---------------------|------|--------------|---------|--|----|---------------------|----|--------------|---------|
| 1 | Amaral,,Vanessa | 9 | James,Logan | 2:33.36 | | 37 | Hamilton,,Ariel | 12 | Newark.Memor | 6:56.88 |
| 2 | Bailey,!Aurora | 10 | Castro.Valle | 2:33.66 | | 38 | Galanto,'Tatiana | 9 | Newark,Memor | 6:59.26 |
| 3 | Yee,:Jessica | 9 | Washington.H | 2:35.73 | | 39 | Chopra,:Priya | 10 | Castro!Valle | 7:02.51 |
| 4 | Monsalud,!Tiffany | 10 | James;Logan | 2:37.41 | | 40 | Reales,!Sofia | 10 | Newark;Memor | 7:12.44 |
| 5 | Bayo,,Marie | 12 | Skyline,High | 2:40.30 | | -- | Chao,!Tiffany | 10 | Skyline:High | NT |
| 6 | Macdonald,:Hannah | 11 | Redwood'Chri | 2:40.57 | | -- | Lam,'Vanessa | 12 | James!Logan | NT |
| 7 | Jong,:Teresa | 12 | James!Logan | 2:43.35 | | -- | Martines,:Marisa | 12 | Castro'Valle | NT |
| 8 | Perez,!Rhiannon | 10 | Arroyo,High | 2:44.36 | | -- | Coon,,Sarah | 10 | Redwood'Chri | NT |
| 9 | Sico,:Isabel | 11 | Notre,Dame,B | 2:45.04 | | -- | Joss,,Hannah | 9 | Washington,H | NT |
| 10 | Arzon,:Stephanie | 9 | James;Logan | 2:46.18 | | -- | Denevan,,Kathleen | 12 | Newark!Memor | NT |
| 11 | Coon,,Sarah | 10 | Redwood:Chri | 2:46.46 | | -- | Shin,:Angie | 12 | Castro.Valle | NT |
| 12 | Ebert,:Ellen | 12 | Notre.Dame.B | 2:49.29 | | -- | Campbell,!Madeline | 9 | Northgate;Hi | NT |
| 13 | Flaherty,:Colleen | 11 | Notre,Dame,B | 2:50.74 | | -- | Smiley,:Serena | 11 | Notre,Dame,B | NT |
| 14 | Monsalud,:Liane | 11 | James,Logan | 2:54.44 | | -- | Morales,:Dayana | 10 | Mt.'Eden'Hig | NT |
| 15 | Cardenas,:Alexandra | 9 | Newark.Memor | 2:57.22 | | -- | Merchant,,Shruti | 11 | Mission!San | NT |
| 16 | Eav,!Kelly | 9 | Skyline!High | 2:58.83 | | -- | Perrin,:Joy | 9 | James'Logan | NT |
| 17 | Claire,:Kelly | 12 | Notre,Dame,B | 2:58.94 | | -- | Dobyns,,Lindsey | 9 | Mission'San | NT |
| 18 | Encarnacion,'Jizel | 9 | Mt..Eden.Hig | 3:02.69 | | -- | Ocon,,Kelsi | 10 | Washington;H | NT |
| 19 | Sadawa,,Erina | 11 | Valley'Chris | 3:04.64 | | -- | Wultanski,:Samantha | 12 | Castro'Valle | NT |
| 20 | Tran,,Connie | 11 | Mt.:Eden:Hig | 3:05.61 | | -- | Xu,'Linda | 12 | Mission!San | NT |
| 21 | Reales,:Sofia | 10 | Newark;Memor | 3:15.80 | | -- | Perez,:Rhiannon | 10 | Arroyo:High | NT |
| -- | Ho,:Ly | 10 | James:Logan | NT | | -- | Ho,:Ly | 10 | James!Logan | NT |
| -- | Joss,,Hannah | 9 | Washington;H | NT | | -- | Sandino,'Rosemarie | 9 | Arroyo,High | NT |
| -- | Lloyd,!Stephanie | 11 | Irvington.Hi | NT | | -- | Curry,:Kristen | 11 | Northgate,Hi | NT |
| -- | Merchant,:Shruti | 11 | Mission!San | NT | | -- | Martinez,:Linda | 11 | Irvington;Hi | NT |
| -- | Rinaldi,:Jessica | 12 | Notre,Dame,B | NT | | -- | Lenci,,Alison | 11 | Mission!San | NT |
| -- | Dobyns,:Lindsey | 9 | Mission:San | NT | | -- | Sharma,'Manisha | 10 | Mt.;Eden;Hig | NT |

Girls 1600 Meter Run Varsity

| # | Name | Year | School | Finals | | | | | | |
|---|----------------|------|--------------|---------|--|---------------------------------|--------------------|------|-------------|--------|
| 1 | Fong,:Samantha | 10 | Castro'Valle | 5:43.38 | | Girls 100 Meter Hurdles Varsity | | | | |
| 2 | Yang,,Nicole | 12 | Castro;Valle | 5:44.23 | | # | Name | Year | School | Finals |
| 3 | Bailey,!Aurora | 10 | Castro:Valle | 5:44.92 | | 1 | Bowrtsmith,,Kelsea | | Arroyo:High | 17.60 |

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

Boys 200 Meter Dash Varsity

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

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|----|---------------------|----|--------------|-------|-----|----|----------------------|----|--------------|---------|
| 4 | Johnson,:Michael | 11 | San.Lorenzo | 24.17 | NWI | 11 | Galindo,'Lorenzo | 10 | Arroyo,High | 2:26.33 |
| 5 | Tsao,'Brendan | 12 | Mission;San | 24.20 | NWI | 12 | Luis,'Luis | 12 | Newark;Memor | 2:29.05 |
| 6 | Armstorg,!Andre | 9 | San;Lorenzo | 24.38 | NWI | 13 | Olivares,;Vinny | 12 | Newark;Memor | 2:29.41 |
| 7 | Richards,!Devanaire | 12 | San;Lorenzo | 24.41 | NWI | 14 | Nadon,;Vishal | 12 | Newark;Memor | 2:32.02 |
| 8 | Caro,!Will | 10 | Hayward!High | 24.45 | NWI | 15 | Madden,'Santiago | 12 | Skyline!High | 2:38.13 |
| 9 | Grant,:Eeron | 10 | Valley.Chris | 24.50 | NWI | 16 | Fellows,;Andrew | 9 | Redwood.Chri | 2:48.94 |
| 10 | Fambro,:Darian | 12 | Irvington!Hi | 24.55 | NWI | -- | Peek,,Scott | 12 | Castro!Valle | NT |
| 11 | Wickman,:Paul | 12 | Northgate.Hi | 24.84 | NWI | -- | Tsai,!Hansen | 10 | Irvington!Hi | NT |
| 12 | Kwok,!Eugene | 12 | Mission;San | 25.03 | NWI | -- | Talley,!Vince | 12 | Castro!Valle | NT |
| 13 | Han,'Nate | 11 | Castro.Valle | 25.16 | NWI | -- | Crump,:Matt | 12 | Castro;Valle | NT |
| 14 | Grant,'Anthony | 10 | Valley.Chris | 25.23 | NWI | -- | Badrinayaman,;Arvind | 11 | Irvington;Hi | NT |
| 15 | Williams,:Jordan | 11 | Tracy;High;S | 25.48 | NWI | -- | Leon,;Adolfo | 11 | James,Logan | NT |
| 16 | Marino,:Nick | 12 | Castro:Valle | 25.50 | NWI | -- | Mattson,,Alex | 12 | Redwood,Chri | NT |
| 17 | Chan,:Raymond | 11 | Washington:H | 25.52 | NWI | -- | Trinh,,Jonathan | 12 | Skyline:High | NT |
| 18 | Ngo,,Jonathon | 11 | American;Hig | 25.65 | NWI | -- | Fong,!Teddy | 12 | Mission;San | NT |
| 19 | Patel,'Arkesh | 12 | Mission:San | 25.74 | NWI | -- | Andemeskel,,Michael | 11 | Oakland!Tech | NT |
| 20 | Koga,:Trevor | 11 | Washington:H | 25.95 | NWI | -- | Laux,'Richard | 10 | Irvington.Hi | NT |
| 21 | Choy,:Evan | 12 | Redwood!Chri | 26.21 | NWI | | | | | |
| 22 | Lee,:John | 11 | Newark!Memor | 26.23 | NWI | | | | | |
| 23 | Mattson,!Alex | 12 | Redwood!Chri | 26.27 | NWI | | | | | |
| 24 | Mattson,,Zachary | 9 | Redwood,Chri | 26.32 | NWI | 1 | Snow,'Andrew | 12 | Arroyo!High | 4:39.15 |
| 25 | Eshaq,!Shafiq | 11 | Newark,Memor | 27.19 | NWI | 2 | Ruvalcaba,;Arthur | 11 | Mt.,Eden,Hig | 4:42.61 |
| 26 | Ellis,!Jonathan | 12 | Redwood,Chri | 27.24 | NWI | 3 | Wisneski,'Gage | 12 | Newark'Memor | 4:48.53 |
| 27 | Santos,!Aaron | 11 | Mt.!Eden!Hig | 27.98 | NWI | 4 | Mercadal,;Balbino | 11 | Arroyo;High | 4:48.94 |
| 28 | Davis,:Chris | 10 | Redwood'Chri | 30.91 | NWI | 5 | Nguyen,'David | 11 | Mt.'Eden'Hig | 4:50.23 |
| 29 | Fan,,Jonathan | 9 | Redwood!Chri | 31.32 | NWI | 6 | Fong,,Teddy | 12 | Mission;San | 4:51.65 |
| 30 | Fellows,,Andrew | 9 | Redwood,Chri | 33.97 | NWI | 7 | Mirzadi,:Rostam | 12 | Castro,Valle | 4:53.10 |
| 31 | Miramontes,,Matthew | 9 | Redwood'Chri | 35.08 | NWI | 8 | Cruz,;Jordan | 11 | Mt.Eden.Hig | 4:54.42 |
| -- | Ruiz,,Kimo | 12 | Mt.'Eden'Hig | NT | NWI | 9 | Mattson,!Alex | 12 | Redwood,Chri | 4:54.76 |
| -- | Leon,:Chris | 11 | Newark!Memor | NT | NWI | 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 | |
| | | | | | | | | | | |

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 | Contreras,: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 |

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Boys 110 Meter Hurdles Varsity

| Boys 110 Meter Hurdles Variety | | # | Name | Year | School | Finals | Win |
|--------------------------------|------------------|----|--------------|-------|--------|--------|-----|
| 1 | Jung,;Derek | 12 | Northgate,Hi | 17.43 | NW | | |
| 2 | Huemoller,;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 | | |

Girls Pole Vault Varsity

| Year | School | Finals |
|------|--------------|---------|
| 9 | Washington,H | 8-00.00 |
| 11 | Tracy'High'S | 7-06.00 |
| 11 | Tracy;High;S | 7-00.00 |
| 11 | Castro:Valle | 7-00.00 |
| 10 | Tracy:High:S | 7-00.00 |
| 9 | American,Hig | 7-00.00 |
| 9 | Washington,H | 7-00.00 |
| 10 | James,Logan | 6-06.00 |
| 9 | Tracy.High.S | 6-06.00 |
| 11 | Castro:Valle | 6-06.00 |
| 12 | Newark'Memor | 6-06.00 |
| 11 | American:Hig | 6-06.00 |
| | Northgate!Hi | 6-06.00 |
| 10 | Castro:Valle | 7-00.00 |
| 10 | Castro:Valle | NH |
| 11 | James:Logan | NH |

Boys 300 Meter Hurdles Varsity

| # | Name | Year | School | Finals |
|----|-------------------|------|------------------|--------|
| 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 | Contraras,!Jose | 11 | San:Leandro:High | |
| 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 |

Girls Long Jump Varsity

| Year | School | Finals | Wind |
|------|--------------|--------------|------|
| 9 | Skyline,High | 17-07.50 | NWI |
| 12 | James'Logan | 16-06.00 | NWI |
| 11 | James:Logan | 16-02.00 | NWI |
| 10 | James!Logan | 15-04.00 | NWI |
| 9 | James.Logan | 15-01.00 | NWI |
| 9 | Holy.Names.H | 14-07.50 | NWI |
| 12 | Northgate:Hi | 14-06.00 | NWI |
| 9 | Skyline;High | 14-03.25 | NWI |
| 10 | Redwood;Chri | 14-01.25 | NWI |
| 9 | Washington,H | 13-11.75 | NWI |
| 9 | Washington.H | 13-11.25 | NWI |
| 9 | James'Logan | 13-11.25 | NWI |
| 11 | Notre;Dame;B | 13-07.50 | NWI |
| hani | 9 | Washington H | |

Boys 4x100 Meter Relay Varsity

| Boys 4x100 Meter Relay | | Varsity | Finals |
|------------------------|-------------------|---------|--------|
| # | School | | |
| 1 | Hayward | 44.94 | |
| 2 | American | 47.06 | |
| 3 | Redwood;Christian | 50.21 | |
| -- | San Lorenzo | DQ | |

Boys 4x400 Meter Relay Varsity

| Boys 4x400 Meter Relay Varsity | | |
|--------------------------------|-----------------|---------|
| # | School | Finals |
| 1 | American: ::'b' | 3:55.17 |
| 2 | San.Lorenzo | 4:09.14 |

Girls Triple Jump Varsity

| Year | School | Finals | Wind |
|------|--------------|----------|------|
| 9 | Skyline;High | 33-09.00 | NWI |
| 10 | James;Logan | 32-06.00 | NWI |
| 10 | James'Logan | 31-08.50 | NWI |

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| | | | | | | | | | | |
|----|------------------|----|--------------|----------|-----|----|--------------------|----|--------------|-------|
| 4 | Coyle,,Allison | 10 | Northgate,Hi | 31-07.50 | NWI | 1 | Knight,!Alana | 12 | Castro:Valle | 97-02 |
| 5 | Lee,,Crystal | 11 | Castro.Valle | 30-11.00 | NWI | 2 | Finch,;Lauren | 12 | Arroyo.High | 89-05 |
| 6 | Troung,,Connie | 9 | James!Logan | 30-08.50 | NWI | 3 | Duerksen,.Login | 11 | Tracy:High:S | 86-10 |
| 7 | Reed,:Dana | 12 | Redwood!Chri | 29-10.50 | NWI | 4 | Malakzay,!Sara | 9 | James:Logan | 81-07 |
| 8 | Salom,:Chelsa | 11 | James;Logan | 29-06.50 | NWI | 5 | Adams,:Summer | 11 | Tracy.High:S | 79-07 |
| 9 | Turner,,Mariah | 9 | James;Logan | 29-05.00 | NWI | 6 | Galanto,,Chayenne | 12 | Newark!Memor | 79-03 |
| 10 | Kunz,:Erin | 11 | American,Hig | 29-02.00 | NWI | 7 | Brueder,!Katrina | 10 | Tracy:High:S | 78-11 |
| 11 | Brazil,!Janet | 11 | Notre.Dame.B | 28-04.50 | NWI | 8 | Wong,,Ami | 10 | Mission!San | 78-11 |
| 11 | Watts,!Idella | 9 | Skyline!High | 28-04.50 | NWI | 9 | Stewart,.Nikki | 10 | James,Logan | 76-11 |
| 13 | Turangan,,Alana | 10 | Irvington'Hi | 27-09.00 | NWI | 10 | Shokoor,!Zohal | 9 | American;Hig | 76-01 |
| 14 | Shah,,Priyanka | 12 | Irvington:Hi | 27-07.00 | NWI | 11 | Grey,,Mel | 11 | American:Hig | 75-03 |
| 15 | Pape,,Heather | 12 | Redwood!Chri | 27-06.50 | NWI | 12 | Temple,:Jayonna | 10 | Oakland,Tech | 74-09 |
| 16 | Schelling,!Kayla | 10 | Redwood!Chri | 26-08.00 | NWI | 13 | Oeser,!Melessa | 9 | Notre,Dame,B | 74-05 |
| 17 | West,'Ellen | 11 | Notre.Dame.B | 26-07.50 | NWI | 14 | Reed,.Dana | 12 | Redwood,Chri | 73-06 |
| 18 | Kuzni,,Kristine | 9 | Redwood,Chri | 25-08.50 | NWI | 15 | Valle,!Nanpsee | 9 | James!Logan | 72-08 |
| 19 | Santos,,Shayn | 9 | James;Logan | 25-05.00 | NWI | 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 |

Girls Shot Put Varsity

| # | Name | Year | School | Finals | | | | | | |
|----|--------------------|------|--------------|----------|--|----|--------------------|----|--------------|-------|
| 1 | Galanto,!Chayenne | 12 | Newark:Memor | 30-00.00 | | 19 | Platko,:Paige | 9 | Newark,Memor | 70-05 |
| 2 | Reed,:Dana | 12 | Redwood!Chri | 29-03.00 | | 20 | Chiu,!Janice | 10 | Mission!San | 70-04 |
| 3 | Temple,'Jayonna | 10 | Oakland'Tech | 28-08.00 | | 21 | Rai,.Sandeep | 9 | Newark,Memor | 69-10 |
| 4 | Jones,:Alexandra | 9 | James!Logan | 28-06.00 | | 22 | Birznieks,:Astra | 12 | Castro'Valle | 69-03 |
| 5 | Donnelly,'Noelle | 10 | Castro,Valle | 28-06.00 | | 23 | Jones,:Taylor | 11 | Tracy;High;S | 68-10 |
| 6 | Finch,:Lauren | 12 | Arroyo:High | 27-05.00 | | 24 | Espinosa,.Jessica | 9 | Newark;Memor | 68-09 |
| 7 | Iniguez,,Nicole | 12 | Newark,Memor | 26-02.00 | | 25 | Odfina,!Gemma | 9 | Newark.Memor | 67-09 |
| 8 | Birznieks,:Astra | 12 | Castro,Valle | 26-00.00 | | 26 | Holden,:Jessica | 11 | Newark,Memor | 67-08 |
| 9 | Grey,!Mel | 11 | American:Hig | 26-00.00 | | 27 | Reyes,'Kassandra | 11 | James;Logan | 64-02 |
| 10 | Za:Nabria,:Celeste | 12 | Newark,Memor | 25-09.00 | | 27 | Gonzales,!Valeria | 10 | Newark,Memor | 64-02 |
| 11 | Espinosa,:Jessica | 9 | Newark,Memor | 25-05.00 | | 29 | Paronia,:Jae | 12 | Newark:Memor | 63-11 |
| 12 | Reyes,,Kassandra | 11 | James!Logan | 25-00.00 | | 30 | Pouncty,!Victoria | 12 | Redwood;Chri | 62-06 |
| 12 | Odfina,:Gemma | 9 | Newark:Memor | 25-00.00 | | 31 | Nicholson,,Brandi | 10 | James;Logan | 62-00 |
| 14 | Oeser,:Melessa | 9 | Notre:Dame:B | 24-10.00 | | 32 | Padilla,:Christine | 10 | Washington!H | 61-08 |
| 14 | Brueder,,Katrina | 10 | Tracy;High;S | 24-10.00 | | 33 | Lim,,Tiffany | 9 | Chinese!Chri | 58-03 |
| 16 | Lim,:Tiffany | 9 | Chinese!Chri | 24-09.00 | | 34 | Trabanino,:Genesis | 12 | Newark:Memor | 57-08 |
| 17 | Nicholson,,Brandi | 10 | James.Logan | 24-05.00 | | 35 | Dillard,!Angela | 9 | Skyline,High | 56-09 |
| 18 | Shokoor,,Zohal | 9 | American,Hig | 24-04.00 | | 36 | Taylor,,Tess | 10 | Washington:H | 55-01 |
| 19 | Paronia,:Jae | 12 | Newark'Memor | 24-02.00 | | 37 | Colon,!Marissa | 10 | Newark:Memor | 54-07 |
| 19 | Figueroa,'Nadia | 9 | American.Hig | 24-02.00 | | 38 | Clements,'Liz | 10 | Newark'Memor | 52-04 |
| 21 | Duerksen,,Login | 11 | Tracy!High!S | 23-10.00 | | 39 | Iyarah,:Eselle | 10 | Redwood:Chri | 51-02 |
| 22 | Valle,!Nanpsee | 9 | James'Logan | 23-01.00 | | 40 | King,,Tiara | 9 | Skyline.High | 50-01 |
| 23 | Clements,,Liz | 10 | Newark:Memor | 23-00.00 | | 41 | Jones,!Alexandra | 9 | James;Logan | 48-03 |
| 23 | Jones,,Taylor | 11 | Tracy.High.S | 23-00.00 | | 42 | Felix,'Karinna | 10 | Newark:Memor | 47-00 |
| 23 | Platko,'Paige | 9 | Newark;Memor | 23-00.00 | | 43 | Chan,,Tammy | 12 | Chinese'Chri | 44-09 |
| 26 | Holden,:Jessica | 11 | Newark:Memor | 22-09.00 | | 44 | Rai,:Rupi | 9 | Newark.Memor | 43-10 |
| 27 | Stewart,:Nikki | 10 | James;Logan | 22-06.00 | | 45 | Figueroa,:Nadia | 9 | American'Hig | 38-07 |
| 28 | Gilchriese,,Sarah | 11 | Castro,Valle | 21-08.00 | | 46 | Crespo,,Dennise | 9 | Newark.Memor | 37-11 |
| 29 | Dillard,'Angela | 9 | Skyline!High | 21-07.00 | | 47 | Huynh,:Tracy | 10 | Chinese'Chri | 37-05 |
| 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 | Pouncty,'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 |
|---|------|------|--------|--------|
|---|------|------|--------|--------|

Boys High Jump Frosh/Soph

| # | Name | Year | School | Finals |
|---|------------------|------|--------------|---------|
| 1 | Stapleton, Tim | 9 | 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 | Barfeeii,;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 | Barfeeii,!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,!Ilan | 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 | 30 | Im,:Kagen | 10 | Redwood,Chri | 76-03 |
| 4 | Sodhi,:Jagtej | 12 | American:Hig | 41-06.00 | 31 | Virrueta,:Augie | 11 | Newark,Memor | 75-10 |
| 5 | Solomon,:Alex | 12 | Northgate.Hi | 40-09.00 | 32 | Carrick,:Tony | 11 | Castro!Valle | 75-01 |
| 6 | Simmons,:Mister | 12 | James!Logan | 40-02.00 | 33 | Martinez,:Jose | 12 | Newark:Memor | 74-03 |
| 7 | Mcclain,:Devonte | 12 | James;Logan | 39-01.00 | 34 | Cano,!Sebastian | 11 | Castro;Valle | 71-02 |
| 8 | Buckland,:Eric | 12 | Northgate:Hi | 39-01.00 | 35 | Mattson,:Jacob | 10 | Redwood:Chri | 69-10 |
| 9 | Lam,:Bryan | 12 | Chinese:Chri | 38-11.00 | 36 | Chan,!Kevin | 12 | Redwood!Chri | 58-06 |
| 9 | McElvogue,!Mick | 11 | Newark,Memor | 38-11.00 | 37 | Miramontes,:Matthew | 9 | Redwood:Chri | 52-08 |
| 11 | Barrera,!Emmanuel | 12 | Castro,Valle | 38-04.00 | 38 | Fan,,Jonathan | 9 | Redwood,Chri | 47-00 |
| 12 | Bouchard,:Jeff | 12 | Castro!Valle | 38-03.00 | -- | Rosendahl,:Bruce | 12 | Castro,Valle | ND |
| 13 | Sweetwyne,:Kellen | 11 | Hayward,High | 37-08.00 | -- | Hillar,:Jacob | 11 | American:Hig | ND |
| 14 | Gilham,!George | 12 | Castro:Valle | 37-05.00 | -- | Cook,:Sean | 10 | Redwood,Chri | ND |
| 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 |

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,!Taylor | 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'N,'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 | NWI |
| 2 | Craft,;Taylo | 9 | Newark;Memor | 15.22 | NWI |
| 3 | Aldridge,;Monique | 12 | Castro.Valle | 15.88 | NWI |
| 4 | Bowrtsmith,;Kelsea | | Arroyo,High | 17.43 | NWI |
| 5 | Delaria,;Erin | 11 | Northgate,Hi | 17.49 | NWI |
| 6 | Holmlund,;Luci | 11 | Redwood;Chri | 17.76 | NWI |
| 7 | Chaiteasipisit,;Lena | 11 | Newark:Memor | 18.22 | NWI |
| 8 | Fujikawa,;Alyssa | 11 | Mission'San | 19.09 | NWI |

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 | NWI |
| 2 | Long,!Miles | 9 | James'Logan | 11.61 | NWI |
| 3 | Hines,:Deshane | 10 | American!Hig | 12.08 | NWI |
| 4 | King,;Alex | 9 | Irvington.Hi | 12.38 | NWI |
| -- | Mason,;Melvin | 10 | Vacaville;Hi | NT | NWI |
| -- | Speegle,!Matt | 9 | Castro'Valle | NT | NWI |
| -- | Rodriguez,;Alex | 10 | Overfelt | NT | NWI |
| -- | Speegle,:Myles | 9 | Castro;Valle | NT | NWI |

Boys 200 Meter Dash Night Meet Frosh/Soph

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

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,:Eron | 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,:Dquan | 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,:Giovani | 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 100 Meter Dash Night Meet Varsity

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

Boys 200 Meter Dash Night Meet Varsity

| # | Name | Year | School | Finals | Wind |
|---|------------------|------|------------------|--------|------|
| 1 | Atkinson,!George | 11 | Granada;High | 21.72 | NWI |
| 2 | Tobin,:Michael | 12 | Newark:Memor | 23.03 | NWI |
| 3 | Renshaw,:Joel | 12 | Newark:Memor | 23.10 | NWI |
| 4 | Shaw,:Andre | 12 | James!Logan | 23.12 | NWI |
| 5 | Clarke,!Rhomel | 11 | Mt.'Eden'Hig | 23.38 | NWI |
| 6 | Williams,:Josh | 12 | Tracy,High,S | 23.72 | NWI |
| 7 | Bailey,:Jonny | 12 | Tracy;High;S | 23.85 | NWI |
| 8 | Thomas,:Tyler | 12 | Hayward.High | 24.00 | NWI |
| 9 | Monroe,'Desmond | 12 | San;Leandro;High | 24.21 | |

Boys 110 Meter Hurdles Night Meet Frosh/Soph

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

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,:Lavalle | 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 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 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 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 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 |

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 |

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 | |
| 8-06.00 | | | | |
| 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 |

Boys 110 Meter Hurdles Night Meet Varsity

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

Girls Long Jump Night Meet Varsity

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

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;Grov | 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 |

Girls Triple Jump Night Meet Varsity

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

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 |

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 |

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 |

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 | 7 | Fambro,,Darian | 12 | Irvington,Hi | 5-06.00 |
| 8 | Bailey-murray,,Angela | 12 | James,Logan | 92-09 | 7 | Puno,;Gerrick | 11 | James:Logan | 5-06.00 |
| Boys High Jump Night Meet Frosh/Soph | | | | | | | | | |
| # | Name | Year | School | Finals | Boys Pole Vault Night Meet Varsity | | | | |
| 1 | Kaye,,Clarence | 10 | James;Logan | 5-10.00 | # | Name | Year | School | Finals |
| 2 | Stapleton,,Tim | | Northgate,Hi | 5-08.00 | 1 | Wang,,Eric | 12 | Mission'San | 13-06.00 |
| 3 | Taruc,,Rico | 10 | James:Logan | 5-04.00 | 2 | Wiegardt,Andrew | 12 | Castro:Valle | 12-06.00 |
| 4 | Mundke,!Dikoma | 10 | James'Logan | 5-00.00 | 3 | Landon,'Max | 12 | Washington;H | 12-06.00 |
| Boys Pole Vault Night Meet Frosh/Soph | | | | | | | | | |
| # | Name | Year | School | Finals | # | Name | Year | School | Finals |
| 1 | White,'Reed | 10 | Vacaville!Hi | 12-00.00 | 1 | Kneppers,'Tomas | 12 | Newark,Memor | 12-00.00 |
| 2 | Woo,,Justin | 10 | Tracy;High;S | 11-06.00 | 6 | Coulter,,Erich | 11 | Northgate,Hi | 11-06.00 |
| 3 | Miller,'Austin | 10 | Washington,H | 11-06.00 | 7 | Takhar,:Inderjit | 11 | Castro;Valle | 11-00.00 |
| 4 | Kneppers,,Andrew | 10 | Northgate!Hi | 10-06.00 | -- | Parks,'David | 12 | James:Logan | 11-00.00 |
| 5 | Fishburn,,Justin | 10 | Tracy,High,S | 9-06.00 | Boys Long Jump Night Meet Varsity | | | | |
| 6 | Sheridan,'Liam | 10 | Washington'H | 9-06.00 | # | Name | Year | School | Finals |
| 7 | O'hollaren,'Kyle | 9 | Washington'H | 9-06.00 | 1 | Knight,'Benjamin | 12 | Overfelt | 22-05.00 |
| 8 | Davies,,Jon | 9 | Northgate:Hi | 8-06.00 | 2 | Kirven,!Solomon | 12 | San;Lorenzo | 21-05.25 |
| 9 | Sumang,,Andrew | 10 | James!Logan | 8-06.00 | 3 | Cheng,,Alvin | 12 | Mission:San | 21-05.00 |
| 10 | Kunz,:Alex | 9 | American:Hig | 8-06.00 | 4 | Willis,:Jonathon | 12 | James:Logan | 21-04.00 |
| -- Murphy, Nevan 9 Washington H Dnf | | | | | 5 | Pfeiffer,'Nick | 12 | Pacific,Grov | 21-01.50 |
| Boys Long Jump Night Meet Frosh/Soph | | | | | 6 | Cook, Sean | 10 | Redwood,Chri | 20-09.50 |
| # | Name | Year | School | Finals | 7 | Campbell,!Diandre | 12 | Oakland:Tech | 20-09.00 |
| 1 | Prothro,!Jeff | 9 | James.Logan | 20-03.00 | 8 | Shetty,'Viv | 12 | Newark'Memor | 20-02.00 |
| 2 | Lewis,,Keith | 10 | Oakland!Tech | 19-02.00 | 9 | Dizon,:Danny | 12 | NWI | 19-02.50 |
| 3 | Mitscha,.Robert | 10 | Irvington'Hi | 18-11.00 | Boys Triple Jump Night Meet Varsity | | | | |
| 4 | Lew,:John | 10 | San.Leandro.High | 16-07.50 | # | Name | Year | School | Finals |
| NWI | | | | | 1 | Johnson,,Victor | 12 | James.Logan | 45-00.00 |
| Boys Triple Jump Night Meet Frosh/Soph | | | | | 2 | Brown,'Rashad | 12 | James'Logan | 43-07.00 |
| # | Name | Year | School | Finals | 3 | Cook, Sean | 10 | Redwood;Chri | 43-04.50 |
| 1 | Prothro,,Jeff | 9 | James'Logan | 42-03.50 | 4 | Privitera,.Zach | 12 | Northgate,Hi | 42-03.50 |
| 2 | Taruc,:Rico | 10 | James;Logan | 38-06.00 | 5 | Wicks,:Cody | 11 | American.Hig | 41-01.00 |
| 3 | Woo,:Justin | 10 | Tracy;High;S | 38-05.00 | 6 | Davis,!Ben | 11 | Castro,Valle | 39-07.50 |
| 4 | Kono,,Yuya | 10 | Castro'Valle | 36-06.00 | 7 | Huey,:Greg | 12 | Irvington'Hi | 39-00.00 |
| 5 | Lew,,John | 10 | San,Leandro,High | 36-04.50 | Boys Shot Put Night Meet Varsity | | | | |
| NWI | | | | | # | Name | Year | School | Finals |
| 6 | Yang,.Brandon | 10 | James'Logan | 35-10.50 | 1 | Mason,.Eric | 12 | Castro!Valle | 54-00.00 |
| Boys Shot Put Night Meet Frosh/Soph | | | | | 2 | Pole,!Toni | 12 | James,Logan | 53-00.00 |
| # | Name | Year | School | Finals | 3 | Hekking,:Brock | 12 | Vacaville!Hi | 52-07.00 |
| 1 | Sanchez,:Jeremy | 10 | Irvington.Hi | 43-08.00 | 4 | Eckel,.Jacob | 12 | Castro,Valle | 49-11.00 |
| 2 | Baca,:Jacob | 10 | Newark,Memor | 42-00.00 | 5 | Johnson,'Victor | 12 | James;Logan | 49-02.00 |
| 3 | Viveiros,,Anthony | 10 | Castro,Valle | 42-00.00 | 6 | Chuckwu, Michaelvic | 11 | American,Hig | 46-10.00 |
| 4 | Zaballos,!Paul | 10 | Castro!Valle | 41-04.00 | 7 | Levy,'Max | 11 | Northgate,Hi | 46-05.00 |
| 5 | Mattie,:Brian | 9 | American.Hig | 37-08.00 | 8 | Speer,;Kevin | 12 | Tracy'High'S | 44-08.00 |
| Boys Discus Throw Night Meet Frosh/Soph | | | | | 9 | Sapiga,!Nephi | 11 | Hayward:High | 40-09.00 |
| # | Name | Year | School | Finals | 10 | Sanders,:Stephen | 11 | Oakland;Tech | 34-08.00 |
| 1 | Rich,,Alex | 10 | Washington'H | 117-07 | Boys Discus Throw Night Meet Varsity | | | | |
| 2 | Taylor,'Chris | 10 | Vacaville.Hi | 115-00 | # | Name | Year | School | Finals |
| 3 | Sitaietasi,:Isiah | 10 | Vacaville.Hi | 113-04 | 1 | Mason,!Eric | 12 | Castro:Valle | 161-07 |
| 4 | Baca,,Jacob | 10 | Newark:Memor | 112-01 | 2 | Speer,'Kevin | 12 | Tracy!High!S | 158-03 |
| 5 | Sanchez,,Jeremy | 10 | Irvington;Hi | 107-02 | 3 | Solomon,:Alex | 12 | Northgate,Hi | 148-07 |
| 6 | Gould,!Max | 10 | Newark!Memor | 100-04 | 4 | Bleasdale,.Curtis | 10 | Vacaville!Hi | 145-06 |
| Boys High Jump Night Meet Varsity | | | | | 5 | Eckel,.Jacob | 12 | Castro;Valle | 145-01 |
| # | Name | Year | School | Finals | 6 | Pole,,Toni | 12 | James;Logan | 135-07 |
| 1 | Privitera,'Zach | 12 | Northgate'Hi | 6-02.00 | 7 | Siscel,:Garrett | 11 | Vacaville,Hi | 128-06 |
| 2 | Foster,,Alex | 11 | Castro;Valle | 6-00.00 | 8 | Tomaz,:Niko | 12 | Castro;Valle | 127-01 |
| 3 | Huemoeller,:Jacob | 11 | Redwood,Chri | 5-10.00 | -- | Perry,:Bryant | 11 | Northgate,Hi | ND |
| 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 | | | | | |

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 | 10 | Chris Chambers | 57.14a | HAYW | 12 | 4 | Jevon Nelson | 5:20.17 | SALE | 9 |
| 2 | Victor Hugley | 11.36a | SALE | 12 | 11 | Jose Contreras | 57.46a | SALE | 11 | 5 | Daniel Nourot | 5:28.30 | CAVA | 9 |
| 3 | Damion Rosby | 11.37a | CAVA | 11 | | | | | | 6 | Xuan Phan | 5:30.04 | SALE | 9 |
| 4 | Matthew Speegle | 11.39a | CAVA | 9 | 1 | Andrew Mitchell | 56.57a | CAVA | 10 | 7 | Robert Barney | 5:33.72 | CAVA | 10 |
| 5 | Adrian Pyles | 11.69a | HAYW | 12 | 2 | Isiah Walters | 59.64a | SALE | 9 | 8 | Gide Habtay | 5:35.29 | HAYW | 10 |
| 6 | Don Griffin | 11.73a | HAYW | 12 | 3 | Alarrin Crawford | 59.97a | SALE | 10 | 9 | Brandon Gong | 5:41.28 | SALE | 9 |
| 7 | Eldron Jones | 11.84a | SALE | 12 | 4 | David Aguirre | 59.97a | HAYW | 10 | 10 | Daniel Trujillo | 5:46.39 | SALE | 9 |
| 8 | Desmond Monroe | 11.86a | SALE | 12 | 5 | Davin Kaing | 1:00.25a | SALE | 10 | 11 | Andrew Bruce | 5:49.07 | SALE | 9 |
| 9 | Will Caro | 11.88a | HAYW | 10 | 6 | Stevinaire Young | 1:00.56a | HAYW | 9 | 12 | Imran Meskiényar | 5:59.76 | CAVA | 9 |
| 10 | Adeeb Nasir | 11.92a | HAYW | 10 | 7 | Daniel Nourot | 1:00.66a | CAVA | 9 | 13 | Bronson Mach | 6:27.66 | SALE | 9 |
| 11 | Mas McNeally | 12.06a | SALE | 11 | 8 | Yuya Kono | 1:01.61a | CAVA | 10 | | | | | |
| 12 | Ian Tsurumoto | 12.16a | CAVA | 11 | 9 | Juan Gonzalez | 1:01.86a | SALE | 10 | 1 | Tom Ashby | 10:41.35 | CAVA | 12 |
| 13 | Chris Sigler | 12.43a | CAVA | 12 | 10 | Dzanim Tuecinovic | 1:01.89a | CAVA | 9 | 2 | Erich Coulter | 10:58.41 | CAVA | 11 |
| 14 | Nicolas Marino | 12.44a | CAVA | 12 | 11 | Alex Gao | 1:02.52a | CAVA | 10 | 3 | Gary Lew | 11:20.72 | SALE | 10 |
| 15 | Nate Han | 12.46a | CAVA | 11 | 12 | Xuan Phan | 1:02.54a | SALE | 9 | 4 | Matthew Crump | 12:02.31 | CAVA | 12 |
| | | | | | 13 | Daniel Trujillo | 1:04.77a | SALE | 9 | | | | | |
| | | | | | 14 | Eiji Kono | 1:04.99a | CAVA | 9 | | | | | |

X 100 Meters - Frosh/Soph - Finals

| | | | | | | | | | | | | | | |
|---|---------------------|--------|------|----|---|---------------------|-------|------|----|---|-----------------|--------|------|----|
| 1 | Myles Speegle | 11.65a | CAVA | 9 | 2 | Andrew Mitchell | 58.13 | CAVA | 10 | | | | | |
| 2 | Christian Carter | 12.09a | SALE | 9 | 3 | Daniel Nourot | 59.85 | CAVA | 9 | 1 | Kwame Hudson | 16.29a | CAVA | 11 |
| 3 | Collis Williams | 12.37a | SALE | 9 | 2 | Hunter Huffaker | 60.45 | CAVA | 9 | 2 | Jon Lew | 16.97a | SALE | 10 |
| 4 | Ronald Sims | 12.74a | CAVA | 9 | 2 | Francisco Cervantez | 60.80 | CAVA | 10 | 3 | Andrew Wiegardt | 18.13a | CAVA | 12 |
| 5 | Carl Cabrera | 12.74a | SALE | 10 | 2 | Khush Jawandha | 61.43 | CAVA | 9 | 4 | Chris Chambers | 18.61a | HAYW | 12 |
| 6 | Francisco Cervantez | 12.78a | CAVA | 10 | 3 | Alvin Lin | 64.7 | CAVA | 9 | – | Desmond Monroe | DQ | SALE | 12 |
| 7 | Lamonte Savoy | 13.16a | HAYW | 10 | 3 | Thien Huynh | 65.4 | CAVA | 9 | | | | | |
| 8 | Alarrin Crawford | 13.28a | SALE | 10 | 3 | Eiji Kono | 68.6 | CAVA | 9 | | | | | |

X 200 Meters - Varsity - Finals

| | | | | | | | | | | | | | | |
|----|---------------------|--------|------|----|---|----------------|---------|------|----|---|-------------------|--------|------|----|
| 1 | Victor Hugley | 23.24a | SALE | 12 | 1 | Will Weekes | 2:09.32 | CAVA | 12 | 1 | Kwame Hudson | 43.39a | CAVA | 11 |
| 2 | Andre McBride | 23.46a | SALE | 10 | 2 | Davonte Wilson | 2:15.23 | SALE | 12 | 2 | Chris Webb | 44.32a | HAYW | 10 |
| 3 | Adrian Pyles | 23.79a | HAYW | 12 | 3 | Stephn Greer | 2:15.67 | SALE | 10 | 3 | Alvictor Bradford | 45.08a | SALE | 12 |
| 4 | Matthew Speegle | 23.79a | CAVA | 9 | 4 | Gary Lew | 2:16.38 | SALE | 10 | 4 | Jordan Laris | 45.17a | CAVA | 11 |
| 5 | Tyler Thomas | 23.89a | HAYW | 12 | 5 | Diego Hurtado | 2:18.89 | HAYW | 12 | 5 | Chris Chambers | 46.17a | HAYW | 12 |
| 6 | Josh Rivers | 23.91a | SALE | 11 | 6 | Juan Berman | 2:21.44 | CAVA | 11 | 6 | Jon Lew | 46.36a | SALE | 10 |
| 7 | Will Caro | 24.33a | HAYW | 10 | 7 | Vince Talley | 2:22.45 | CAVA | 12 | 7 | Jose Contreras | 48.74a | SALE | 11 |
| 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 | 1 | Scott Mill | 2:24.65 | CAVA | 9 | | | | | |
| 12 | Dominique Cervantes | 26.35a | HAYW | 12 | 2 | Juan Gonzalez | 2:26.52 | SALE | 10 | 1 | Alvictor Bradford | | | |

X 200 Meters - Frosh/Soph - Finals

| | | | | | | | | | | | | | | |
|----|---------------------|--------|------|----|----|-----------------|---------|------|----|----|----------------|--------|------|--|
| 1 | Myles Speegle | 24.04a | CAVA | 9 | 3 | Jevon Nelson | 2:29.20 | SALE | 9 | 2 | Victor Hugley | | | |
| 2 | Christian Carter | 24.12a | SALE | 9 | 4 | Brandon Arias | 2:31.00 | CAVA | 9 | 3 | Josh Rivers | 44.23a | SALE | |
| 3 | Ronald Sims | 26.08a | CAVA | 9 | 5 | Gide Habtay | 2:33.85 | HAYW | 10 | 2 | Will Caro | | | |
| 4 | Francisco Cervantez | 26.43a | CAVA | 10 | 6 | Xuan Phan | 2:35.73 | SALE | 9 | 4 | Tyler Thomas | | | |
| 5 | Alarrin Crawford | 26.70a | SALE | 10 | 7 | Daniel Trujillo | 2:36.58 | SALE | 9 | 5 | Chris Chambers | | | |
| 6 | Lamonte Savoy | 27.16a | HAYW | 10 | 8 | Brandon Gong | 2:37.86 | SALE | 9 | 6 | Adrian Pyles | 45.61a | HAYW | |
| 7 | David Aguirre | 27.26a | HAYW | 10 | 9 | Andrew Bruce | 2:41.06 | SALE | 9 | 7 | Nate Han | | | |
| 8 | Davyon Frey | 27.80a | SALE | 9 | 10 | Bronson Mach | 3:04.70 | SALE | 9 | 8 | Nicolas Marino | | | |
| 9 | Alex Gao | 27.81a | CAVA | 10 | 9 | Vince Talley | 4:59.37 | CAVA | 12 | 9 | Rickey Moreno | | | |
| 10 | Dzanim Tuecinovic | 29.12a | CAVA | 9 | 4 | Stephn Greer | 5:03.05 | SALE | 10 | 10 | Chris Sigler | 47.55a | CAVA | |

X 400 Meters - Varsity - Finals

| | | | | | | | | | | | | | | |
|---|-------------------|--------|------|----|----|----------------|---------|------|----|---|---------------------|--------|------|---|
| 1 | Josh Rivers | 51.99a | SALE | 11 | 6 | Rostam Mirzadi | 5:04.66 | CAVA | 12 | 1 | Alvictor Bradford | 48.43a | CAVA | 9 |
| 2 | Davonte Wilson | 52.31a | SALE | 12 | 7 | Scott Peek | 5:11.98 | CAVA | 12 | 2 | Francisco Cervantez | | | |
| 3 | Solo Diomande | 52.63a | CAVA | 11 | 8 | Matthew Crump | 5:14.66 | CAVA | 12 | 3 | Ronald Sims | | | |
| 4 | Bobby Batis | 52.67a | CAVA | 11 | 9 | Diego Hurtado | 5:18.42 | HAYW | 12 | 4 | Andrew Mitchell | | | |
| 5 | Alvictor Bradford | 53.12a | SALE | 12 | 10 | Juan Berman | 5:20.89 | CAVA | 11 | 5 | Hunter Huffaker | 48.43a | CAVA | |
| 6 | Stevonte Young | 53.58a | HAYW | 11 | | | | | | 2 | Relay Team | 48.43a | CAVA | |
| 7 | Kyrian Obidiegou | 53.84a | SALE | 11 | 1 | Matt Eva | 5:05.74 | CAVA | 9 | | | | | |
| 8 | Ben Davis | 54.14a | CAVA | 11 | 2 | Brandon Arias | 5:14.31 | CAVA | 9 | | | | | |
| 9 | Chris Webb | 55.61a | HAYW | 10 | 3 | Juan Gonzalez | 5:16.68 | SALE | 10 | | | | | |

| | | | | | | | | | | | | | |
|---|-----------|------|----|---------------------|---------------------|----------|------|----|-------------------------------------|-------------------|----------|------|----|
| 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 | |
| X 4x400 Relay - Frosh/Soph - Finals | | | 20 | Bruce Rosendahl | 77-07 | CAVA | 12 | | | | | | |
| 1 Davin Kaing | | | 21 | Kellen Sweetwyne | 74-03.50 | HAYW | 11 | | X Triple Jump - Frosh/Soph - Finals | | | | |
| Gabriel Galsco | | | 22 | Sebastian Cano | 56-03 | CAVA | 11 | 1 | Yuya Kono | 35-07.00 | CAVA | 10 | |
| Isiah Walters | | | | | | | | 2 | Thien Huynh | 31-11.50 | CAVA | 9 | |
| Christian Carter | 3:59.27a | SALE | | | | | | 3 | Davin Kaing | 31-00.50 | SALE | 10 | |
| 2 Relay Team | 4:01.19a | CAVA | | 1 | Austin Conway | 92-08 | CAVA | 10 | 4 | Alvin Lin | 29-04.50 | CAVA | 9 |
| 2 Francisco Cervantez | | | | 2 | Hunter Huffaker | 88-02 | CAVA | 9 | 5 | Eiji Kono | 28-09.00 | CAVA | 9 |
| Khush Jawandha | | | | 3 | Paul Zaballos | 85-09 | CAVA | 10 | | | | | |
| Hunter Huffaker | | | | 4 | Anthony Viveiros | 85-00 | CAVA | 10 | | | | | |
| Andrew Mitchell | 4:01.19a | CAVA | | 5 | Isaac Sheymemah | 83-04.50 | CAVA | 9 | | | | | |
| 3 Alvin Lin | | | | 6 | Eric SamYoa | 82-01 | SALE | 9 | 1 | Taelor Hogan | 13.27a | HAYW | 12 |
| Thien Huynh | | | | 7 | Emaun Barfee | 80-00 | CAVA | 9 | 2 | Maya Chissell | 13.29a | CAVA | 10 |
| Eiji Kono | | | | 8 | Islam Sbeih | 75-10.50 | SALE | - | 3 | Camille Watson | 13.86a | SALE | 9 |
| Daniel Nourot | 4:19.05a | CAVA | | 9 | Hidalgo Eric | 67-10 | SALE | 10 | 4 | Chelsea Randall | 14.03a | SALE | 11 |
| | | | | 10 | Alec Conway | 65-00 | CAVA | 10 | 5 | Jasmine Flannigan | 14.25a | HAYW | 12 |
| | | | | 11 | Nigel Davis | 53-00 | CAVA | 9 | 6 | Karyn Bishop | 14.60a | SALE | 11 |
| X Shot Put - 12lb - Varsity - Finals | | | | 12 | Phillip Bannister | 51-02.50 | CAVA | 10 | 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 Malcume Nunn | 47-00.50 | SALE | 12 | | | | | | | | | | |
| 5 Niko Tomaz | 41-09.00 | CAVA | 12 | 1 | Kyrian Obidiegou | 5-09.00 | SALE | 11 | 1 | Nicholette Brown | 13.50a | SALE | 9 |
| 5 Jeffrey Bouchard | 41-09.00 | CAVA | 12 | 2 | Solo Diomande | 5-08.00 | CAVA | 11 | 2 | Christina Hill | 13.89a | SALE | 9 |
| 7 George Gilham | 39-05.00 | CAVA | 12 | 3 | Alex Foster | 5-06.00 | CAVA | 11 | 3 | Haley Gilham | 14.18a | CAVA | 10 |
| 8 Sione Finau | 37-08.50 | SALE | 12 | 4 | Kellen Sweetwyne | 5-00.00 | HAYW | 11 | 4 | Emily Payne | 14.25a | CAVA | 9 |
| 9 Kenneth Davis | 35-07.00 | CAVA | 12 | - | Cameron Bodwin | NH | SALE | 11 | 5 | Brandi Gardere | 14.33a | HAYW | 10 |
| 10 Steve Bowden | 35-04.50 | SALE | 11 | | | | | 6 | Nakia Leopold | 14.42a | HAYW | 10 | |
| 11 Joe Funaki | 34-08.50 | HAYW | 11 | 1 | Gabriel Galsco | 5-02.00 | SALE | 9 | 7 | Lexie Arens | 15.24a | CAVA | 9 |
| 12 Sal Navarro | 34-06.00 | SALE | 12 | 2 | Alarrin Crawford | NH | SALE | 10 | 8 | Taylair Bishop | 15.40a | HAYW | 10 |
| 13 Alex Vasquez | 34-03.00 | CAVA | 12 | 3 | Stevinaire Young | NH | HAYW | 9 | 9 | Taylor King | 16.13a | CAVA | 9 |
| 14 Kellen Sweetwyne | 33-03.00 | HAYW | 11 | | | | | 10 | Sarah Chen | 16.70a | CAVA | 9 | |
| 15 Gonzalo Morales | 32-00.00 | SALE | 12 | | | | | 11 | 11 | Grace Cho | 17.46a | CAVA | 9 |
| 16 Ray Duenas | 31-10.50 | HAYW | 12 | | | | | | | | | | |
| 17 Joe Ashby | 27-03.00 | CAVA | 12 | 1 | Andrew Wiegardt | 12-00.00 | CAVA | 12 | 1 | Brianna Miller | 26.62a | CAVA | 11 |
| 18 Bruce Rosendahl | 26-09.50 | CAVA | 12 | 2 | Erich Coulter | 11-06.00 | CAVA | 11 | 2 | Aliyah Wilkins | 26.65a | SALE | 10 |
| 19 Sebastian Cano | 26-03.50 | CAVA | 11 | 3 | Jordan Laris | 10-06.00 | CAVA | 11 | 3 | Taofeqat Alli | 27.14a | CAVA | 12 |
| 20 Andrew Morris | 25-11.50 | HAYW | 11 | 4 | Solo Diomande | 10-00.00 | CAVA | 11 | 4 | Jocelyn Turner | 28.10a | HAYW | 12 |
| - Nephi Sapiga | ND | HAYW | 11 | 5 | Ian Tsurumoto | 8-00.00 | CAVA | 11 | 5 | Camille Watson | 29.20a | SALE | 9 |
| | | | 6 | Rickey Moreno | 7-00.00 | CAVA | 11 | 6 | Rhannah Talley | 29.82a | HAYW | 11 | |
| | | | 7 | Chris Carrick | 7-00.00 | CAVA | 11 | 7 | Jasmine Flannigan | 29.98a | HAYW | 12 | |
| X Shot Put - 12lb - Frosh/Soph - Finals | | | | | | | | 8 | Julia Velasquez | 33.04a | CAVA | 11 | |
| 1 Anthony Viveiros | 41-04.00 | CAVA | 10 | | | | | 9 | Lelani Brown | 33.11a | HAYW | 12 | |
| 2 Paul Zaballos | 40-07.00 | CAVA | 10 | 1 | Victor Huguley | 21-00.00 | SALE | 12 | 10 | Sarah Lam | 34.69a | CAVA | 11 |
| 3 Emaun Barfee | 37-07.00 | CAVA | 9 | 2 | Tyler Thomas | 19-08.00 | HAYW | 12 | 11 | Sahar Lalmohamad | 35.94a | CAVA | 11 |
| 4 Hidalgo Eric | 35-10.00 | SALE | 10 | 3 | Ben Davis | 19-06.00 | CAVA | 11 | | | | | |
| 5 Eric SamYoa | 35-09.50 | SALE | 9 | 4 | Desmond Monroe | 19-04.00 | SALE | 12 | | | | | |
| 6 Austin Conway | 34-00.50 | CAVA | 10 | 5 | Dominique Cervantes | 18-11.00 | HAYW | 12 | | | | | |
| 7 Alec Conway | 33-10.00 | CAVA | 10 | 6 | Adaab Nasir | 18-03.50 | HAYW | 10 | | | | | |
| 8 Nigel Davis | 32-07.50 | CAVA | 9 | 7 | Nate Han | 17-09.00 | CAVA | 11 | | | | | |
| 9 Islam Sbeih | 32-07.00 | SALE | - | 8 | Cameron Bodwin | 17-07.00 | SALE | 11 | | | | | |
| 10 Isaac Sheymemah | 31-07.00 | CAVA | 9 | 9 | Nicolas Marino | 17-05.00 | CAVA | 12 | 1 | Kristin Elam | 27.53a | CAVA | 9 |
| 11 Phillip Bannister | 27-06.50 | CAVA | 10 | 10 | Ray Huey | 17-02.50 | CAVA | 11 | 2 | Keaira Scott | 27.92a | HAYW | 9 |
| | | | 11 | Jon Lew | 17-00.00 | SALE | 10 | 3 | Nicholette Brown | 28.42a | SALE | 9 | |
| X Discus - 1.6kg - Varsity - Finals | | | | | | | | 4 | Emily Payne | 29.36a | CAVA | 9 | |
| 1 Eric Mason | 162-05.50 | CAVA | 12 | | | | | 5 | Christina Hill | 29.67a | SALE | 9 | |
| 2 Sione Maile | 148-07.50 | SALE | 12 | 1 | Carl Cabrera | 16-11.00 | SALE | 10 | 6 | Brandi Gardere | 30.09a | HAYW | 10 |
| 3 Jacob Eckel | 148-01 | CAVA | 12 | 2 | Gabriel Galsco | 16-09.50 | SALE | 9 | 7 | Adeidra Adeyemi | 30.25a | SALE | 9 |
| 4 Malcume Nunn | 136-00 | SALE | 12 | 3 | Stevinaire Young | 16-07.50 | HAYW | 9 | 8 | Lexie Arens | 31.68a | CAVA | 9 |
| 5 Kenneth Davis | 130-03 | CAVA | 12 | 4 | Yuya Kono | 16-01.00 | CAVA | 10 | 9 | Taylair Bishop | 33.19a | HAYW | 10 |
| 6 Nephi Sapiga | 119-10 | HAYW | 11 | 5 | Alex Gao | 15-08.00 | CAVA | 10 | 10 | Taylor King | 34.47a | CAVA | 9 |

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|--|--------------------|----------|------|----|--|--------------------|----------|------|----|------------------------------------|-----------------------------------|----------|------|----|----|------------------|------------------|----------|------|----|
| X 400 Meters - Varsity - Finals | | | | | | | | | | 1 | Maya Chissell | 52.90a | CAVA | 10 | 9 | Alma Morales | 23-08.00 | SALE | 12 | |
| 1 | Brianna Miller | 1:00.41a | CAVA | 11 | 2 | Brianna Giscombe | 53.94a | CAVA | 11 | - | Sarah Gilchriese | ND | CAVA | 11 | | | | | | |
| 2 | Chelsea Schneider | 1:01.61a | CAVA | 12 | 3 | Patrice Sapiga | 58.87a | HAYW | 12 | | X Discus - 1kg - Varsity - Finals | | | | | | | | | |
| 3 | Aliyah Wilkins | 1:02.19a | SALE | 10 | 4 | Chelsea Randall | 1:02.89a | SALE | 11 | 1 | Patrice Sapiga | 133-08 | HAYW | 12 | | | | | | |
| 4 | Taofeqat Alli | 1:04.00a | CAVA | 12 | X 300m Hurdles - 30" - Frosh/Soph - Finals | | | | | | | | | | 2 | Noelle Donnelly | 119-04.50 | CAVA | 10 | |
| 5 | Jocelyn Turner | 1:04.27a | HAYW | 12 | 1 | Angelica Guiao | 56.55a | SALE | 9 | 3 | Jazzy Ecker | 99-00 | HAYW | 9 | | | | | | |
| 6 | Rhiannah Talley | 1:07.51a | HAYW | 11 | 2 | Bianca Bell | 59.85a | HAYW | 10 | 4 | Alana Knight | 94-06.50 | CAVA | 12 | | | | | | |
| 7 | Chantel Watson | 1:07.57a | SALE | 11 | 3 | Gabriela Von Euw | 1:02.70a | CAVA | 9 | 5 | Natalie Bigman | 88-07 | SALE | 12 | | | | | | |
| 8 | Erika Johnson | 1:09.66a | SALE | 11 | X 4x100 Relay - Varsity - Finals | | | | | | | | | | 6 | Dalisia Banks | 74-11 | HAYW | 12 | |
| 9 | Sarah Lam | 1:20.61a | CAVA | 11 | 1 | Karyn Bishop | | | | 7 | Gabrielle Upshur | 65-03.50 | HAYW | 9 | | | | | | |
| X 400 Meters - Frosh/Soph - Finals | | | | | | | | | | 8 | Astra Birznieks | 64-11 | CAVA | 12 | | | | | | |
| 1 | Keaira Scott | 1:03.04a | HAYW | 9 | 9 | Alma Morales | 62-04.50 | SALE | 12 | | | | | | | | | | | |
| 2 | Kristin Elam | 1:05.71a | CAVA | 9 | X Discus - 1kg - Frosh/Soph - Finals | | | | | | | | | | 1 | Karla Leiva | 48-00 | HAYW | 10 | |
| 3 | Adeidra Adeyemi | 1:09.43a | SALE | 9 | - | Jocelyn Turner | | | | 2 | Rachel Johnson | 42-09.50 | CAVA | 9 | | | | | | |
| X 800 Meters - Varsity - Finals | | | | | | | | | | X High Jump - Varsity - Finals | | | | | | | | | | |
| 1 | Arianne Riley | 2:27.20 | HAYW | 11 | X 4x100 Relay - Frosh/Soph - Finals | | | | | | | | | | 1 | Emma Piccillo | 4-00.00 | CAVA | 11 | |
| 2 | Pamela MacLeod | 2:29.73 | CAVA | 12 | 1 | Jasmine Flannigan | DQ | | | 2 | Angie Shin | NH | CAVA | 12 | | | | | | |
| 3 | Tracy Weisenberger | 2:37.12 | CAVA | 11 | 3 | Camille Watson | 54.05a | SALE | | 3 | Sarah Gilchriese | NH | CAVA | 11 | | | | | | |
| 4 | Carolyn Gilchriese | 2:38.59 | CAVA | 11 | 4 | - | | | | 4 | Samantha Wultanski | NH | CAVA | 12 | | | | | | |
| 5 | Erika Johnson | 2:39.63 | SALE | 11 | X High Jump - Frosh/Soph - Finals | | | | | | | | | | 1 | Aurora Bailey | 4-08.00 | CAVA | 10 | |
| 6 | Janet Canela | 2:44.75 | SALE | 12 | 5 | Erika Hogan | | | | 2 | Nakia Leopold | 4-04.00 | HAYW | 10 | | | | | | |
| 7 | Irmay Garcia | 2:49.81 | HAYW | 11 | 6 | Rhiannah Talley | | | | 3 | Adeidra Adeyemi | 3-10.00 | SALE | 9 | | | | | | |
| 8 | Chantel Watson | 2:51.42 | SALE | 11 | X 800 Meters - Frosh/Soph - Finals | | | | | | | | | | 1 | Bianca Bell | | | | |
| 9 | Jessica Wong | 2:54.93 | SALE | 12 | 1 | Kristin Elam | 53.75a | CAVA | | 2 | Christina Hill | | | | | 1 | Sarah Gilchriese | 7-00.00 | CAVA | 11 |
| X 1600 Meters - Varsity - Finals | | | | | | | | | | 3 | Angelica Guiao | | | | 2 | Emma Piccillo | 6-00.00 | CAVA | 11 | |
| 1 | Aurora Bailey | 2:47.33 | CAVA | 10 | 4 | Nicholette Brown | | | | 3 | Nakia Leopold | 57.40a | HAYW | | 3 | Jessica Heuer | 6-00.00 | CAVA | 12 | |
| 2 | Rachel Johnson | 2:58.00 | CAVA | 9 | X Pole Vault - Varsity - Finals | | | | | | | | | | 1 | Monica Gamez | 6-06.00 | CAVA | 10 | |
| 3 | Olivia Mill | 3:15.72 | CAVA | 9 | 2 | Adeidra Adeyemi | 55.50a | SALE | | 2 | Taylor Gardere | | | | 1 | Haley Gilham | 6-06.00 | CAVA | 10 | |
| X 1600 Meters - Frosh/Soph - Finals | | | | | | | | | | X Pole Vault - Frosh/Soph - Finals | | | | | | | | | | |
| 1 | Kelsey Santisteban | 5:19.32 | CAVA | 11 | X 4x400 Relay - Varsity - Finals | | | | | | | | | | 1 | Taofeqat Alli | 16-06.50 | CAVA | 12 | |
| 2 | Arianne Riley | 5:26.20 | HAYW | 11 | 2 | Chelsea Randall | | | | 2 | Erika Johnson | 15-00.50 | SALE | 11 | | | | | | |
| 3 | Ashley Sutedja | 5:47.10 | CAVA | 12 | 3 | Chantel Watson | | | | 3 | Brianna Miller | 14-08.50 | CAVA | 11 | | | | | | |
| 4 | Janet Canela | 6:04.00 | SALE | 12 | 4 | Erika Johnson | | | | 4 | Taelor Hogan | 14-02.25 | HAYW | 12 | | | | | | |
| 5 | Irmay Garcia | 6:17.90 | HAYW | 11 | 5 | Aliyah Wilkins | 4:28.69a | SALE | | 5 | Camille Watson | 14-02.00 | SALE | 9 | | | | | | |
| 6 | Jessica Wong | 6:22.88 | SALE | 12 | 6 | Irmay Garcia | | | | 6 | Karyn Bishop | 14-00.00 | SALE | 11 | | | | | | |
| X 1600 Meters - Frosh/Soph - Finals | | | | | | | | | | 7 | Jocelyn Turner | | | | 7 | JORCEYLIN ANI | 14-00.00 | HAYW | 12 | |
| 1 | Aurora Bailey | 6:00.13 | CAVA | 10 | 8 | Rhiannah Talley | | | | 8 | Julia Velasquez | 13-01.00 | CAVA | 11 | | | | | | |
| 2 | Renee Velasquez | 6:23.94 | CAVA | 9 | 9 | Arianne Riley | 4:31.13a | HAYW | | 9 | Crystal Lee | 11-10.00 | CAVA | 11 | | | | | | |
| 3 | Rachel Johnson | 6:47.37 | CAVA | 9 | X Long Jump - Varsity - Finals | | | | | | | | | | 10 | Sarah Lam | 11-02.50 | CAVA | 11 | |
| X 3200 Meters - Varsity - Finals | | | | | | | | | | X Long Jump - Frosh/Soph - Finals | | | | | | | | | | |
| 1 | Elise Wummer | 11:58.79 | CAVA | 12 | X 4x400 Relay - Frosh/Soph - Finals | | | | | | | | | | 1 | Keaira Scott | 14-01.50 | HAYW | 9 | |
| 2 | Samantha Fong | 12:32.61 | CAVA | 10 | 1 | Maya Chissell | | | | 2 | Haley Gilham | 13-10.00 | CAVA | 10 | | | | | | |
| 3 | Nicole Yang | 12:54.33 | CAVA | 12 | 2 | Carolyn Gilchriese | 4:36.82a | CAVA | | 3 | Taylor King | 12-09.50 | CAVA | 9 | | | | | | |
| 4 | Emma Piccillo | 13:53.09 | CAVA | 11 | 4 | Adeidra Adeyemi | | | | 4 | Lina Adeyemi | 12-02.00 | SALE | 9 | | | | | | |
| 5 | Janet Canela | 14:00.33 | SALE | 12 | 5 | Angelica Guiao | | | | 5 | Grace Cho | 9-10.50 | CAVA | 9 | | | | | | |
| 6 | Jessica Wong | 14:25.53 | SALE | 12 | 6 | Christina Hill | 4:35.58a | SALE | | 6 | Sarah Chen | ND | CAVA | 9 | | | | | | |
| - | Kathryn Carvin | DNF | CAVA | 12 | 7 | Jade Hall | | | | 7 | Olivia Mill | | | | | 1 | Taofeqat Alli | 34-06.00 | CAVA | 12 |
| X 3200 Meters - Frosh/Soph - Finals | | | | | | | | | | 8 | Keaira Scott | 4:45.82a | HAYW | | 2 | Brianna Miller | 34-03.00 | CAVA | 11 | |
| 1 | Rosina Htoy | 14:00.00 | CAVA | 9 | 9 | Kristin Elam | | | | 3 | JORCEYLIN ANI | 31-09.50 | HAYW | 12 | | | | | | |
| 2 | Renee Velasquez | 14:32.00 | CAVA | 9 | X Triple Jump - Varsity - Finals | | | | | | | | | | 4 | Crystal Lee | 30-07.00 | CAVA | 11 | |
| X 100m Hurdles - 33" - Varsity - Finals | | | | | | | | | | 5 | Taylor King | 27-01.75 | CAVA | 9 | | | | | | |
| 1 | Brianna Giscombe | 17.63a | CAVA | 11 | X 100m Hurdles - 33" - Frosh/Soph - Finals | | | | | | | | | | 6 | Lina Adeyemi | 25-07.00 | SALE | 9 | |
| 2 | Maya Chissell | 18.19a | CAVA | 10 | 1 | Patrice Sapiga | 37-04.50 | HAYW | 12 | 7 | Aleeen Xu | ND | SALE | 10 | | | | | | |
| X 100m Hurdles - 33" - Frosh/Soph - Finals | | | | | | | | | | 2 | Sarah Gilham | 20.43a | CAVA | 10 | 8 | Julia Velasquez | ND | CAVA | 11 | |
| 1 | Angelica Guiao | 20.94a | SALE | 9 | 3 | Alana Knight | 31-10.50 | CAVA | 12 | 9 | Patrice Sapiga | 31-07.00 | CAVA | 10 | | 1 | Taylor King | 27-01.75 | CAVA | 9 |
| 3 | Monica Gamez | 21.66a | CAVA | 10 | 4 | Noelle Donnelly | | | | 10 | Alana Knight | 29-03.00 | HAYW | 12 | 2 | Lina Adeyemi | 25-07.00 | SALE | 9 | |
| 4 | Bianca Bell | 21.99a | HAYW | 10 | 5 | Dalisia Banks | | | | 11 | Natalie Bigman | 28-11.00 | SALE | 12 | 3 | Aleeen Xu | ND | SALE | 10 | |
| 5 | Gabriela Von Euw | 22.93a | CAVA | 9 | 6 | Jazzy Ecker | | | | 12 | Jazzy Ecker | 27-06.00 | HAYW | 9 | 4 | Sarah Chen | ND | CAVA | 9 | |
| X 300m Hurdles - 30" - Varsity - Finals | | | | | | | | | | 7 | Astra Birznieks | 26-01.00 | CAVA | 12 | 5 | Gabrielle Upshur | 25-07.00 | HAYW | 9 | |
| X 300m Hurdles - 30" - Frosh/Soph - Finals | | | | | | | | | | 8 | Brianna Giscombe | | | | 6 | Alma Morales | | | | |

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 | | | | |

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 |
|----|-----------|---------|------|----|

X Triple Jump - Frosh/Soph - Finals

| | | | | |
|---|-----------|---------|------|----|
| 9 | Yuya Kono | 35'10.5 | CAVA | 10 |
|---|-----------|---------|------|----|

Womens Results

| | | | | |
|---------------------------------|-----|------|----|--|
| X 100 Meters - Varsity - Finals | | | | |
| Maya Chissell | DNS | CAVA | 10 | |

X 100 Meters - Frosh/Soph - Finals

| | | | | |
|----|-------------|-------|------|---|
| 13 | Emily Payne | 14.05 | CAVA | 9 |
|----|-------------|-------|------|---|

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 |

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

| | | | | |
|---|--------------------|--------|------|--|
| 6 | Tracy Weisenberger | 5:58.6 | CAVA | |
|---|--------------------|--------|------|--|

X 1600 Meters - Relay Split - Varsity - Finals

| | | | | |
|---|--------------------|--------|------|----|
| 6 | Aurora Bailey | 5:58.9 | CAVA | 10 |
| 6 | Carolyn Gilchriese | 6:06.0 | CAVA | 11 |
| 6 | Emma Piccillo | 6:32.0 | CAVA | 11 |
| 6 | Rosina Htoy | 6:36.0 | CAVA | 9 |

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

| | | | | |
|---|--------------------|--------|------|--|
| 6 | Samantha Wultanski | 7:02.0 | CAVA | |
|---|--------------------|--------|------|--|

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 | | | | |

X 4x100 Relay - Varsity - Finals

| | | | | |
|--------------------|---------------|--|--|--|
| 6 | Samantha Fong | | | |
| Pamela MacLeod | | | | |
| Tracy Weisenberger | | | | |

X 4x1600 Relay - Varsity - Finals

| | | | | |
|----|--------------------|-----------|------|--|
| 6 | Aurora Bailey | 23:27.68a | CAVA | |
| 14 | Carolyn Gilchriese | | | |

X 4x1600 Relay - Frosh/Soph - Finals

| | | | | |
|--------------------|---------------|------|--|--|
| 6 | 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 Discus - 1.6kg - Varsity - Finals

| | | | | |
|---|-------------|----------|------|----|
| 2 | Crystal Lee | 27'11.25 | CAVA | 11 |
|---|-------------|----------|------|----|

X Triple Jump - Frosh/Soph - Finals

| | | | | |
|----|-------------|---------|------|---|
| 15 | Taylor King | 11'11.5 | CAVA | 9 |
|----|-------------|---------|------|---|

X Triple Jump - Varsity - Finals

| | | | | |
|----|--------------|---------|------|---|
| 12 | Alana Knight | 11'11.5 | CAVA | 9 |
|----|--------------|---------|------|---|

**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

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

| Name | Year | School | Seed | relim | 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 | Chicoin, 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 | Evengelist, 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, Irmay | | 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 Mischaux, 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 Burcheck, 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 |

Event 11 Girls 100 Meter Hurdles Frosh-Soph

| Name | Year | School | Seed | relim | Time |
|----------------------|------|---------------|------|-------|-------|
| <hr/> | | | | | |
| 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 Schwyter, 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

| 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, Dzanim | | 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, Cassidy | 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, Yili | 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 |
|----------------|----------------------|-----------------|-------|-------|------|
| <hr/> | | | | | |
| Heat 1 Prelims | | | | | |
| 1 | Rodriguez, Sebastian | 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 | Troung, 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

| Name | Year | School | Seed | relim | Time |
|-------|------|--------|------|-------|------|
| <hr/> | | | | | |

Heat 1 Prelims

| | | | |
|----------------|-----------------------|-----------------|-------|
| 1 | Moore, Tahirra | Tennyson | 15.54 |
| 2 | Flannigan, Jasmine | Hayward | 14.25 |
| 3 | Ang, Amanda | Moreau Catholic | 13.64 |
| 4 | Alli, Taofeqat | 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, Kaili | 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

| Name | Year | School | Seed | relim | Time |
|-----------------------|------|-----------------|------|-------|------|
| <hr/> | | | | | |
| 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 |
|----------------|------------------|---------------|---------|-------|------|
| <hr/> | | | | | |
| 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 |
|----------------|---------------------|-----------------|---------|-------|------|
| <hr/> | | | | | |
| 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 | Gonzalez, 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 | Evengelist, 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 | relim | Time |
|----------------|--------------------|------|-----------------|---------|-------|------|
| <hr/> | | | | | | |
| 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 | Gilchries, 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 | relim | Time |
|----------------|-------------------|------|-----------------|---------|-------|------|
| <hr/> | | | | | | |
| 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 | Carrranza, 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 |
|----------------|--------------------|-----------------|------|-------|---------|
| <hr/> | | | | | |
| <hr/> | | | | | |
| 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 |
|----------------|--------------------|---------------|------|-------|---------|
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| <hr/> | | | | | |
| 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 |
|----------------|--------------------|-----------------|------|-------|-------|
| <hr/> | | | | | |
| <hr/> | | | | | |
| 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, Cassidy | 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, Sebastian | 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, Dzanim | 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 Batiolo, Christina | Tennyson | 32.30 |
| 2 Galvez, Athenie | Moreau Catholic | 29.04 |
| 3 Gant, Melissa | Tennyson | 27.40 |
| 4 Alli, Taoferqat | 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

| Name | Year | School | Seed | relim | Time |
|----------------|----------------------|-----------------|-------|-------|------|
| ===== | | | | | |
| 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, Dzanim | | 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 | Nourot, Daniel | Castro Valley | | NH | |
| 4 | Rodriguez, Sebastian | 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, Cassidy | 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 |
|-----------------|----------------------|-----------------|----------|------|--------|
| <hr/> | | | | | |
| 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 |
|-------|------|--------|------|------|--------|
| <hr/> | | | | | |

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 |
|------------------------|------|-----------------|------|-------|--------|
| <hr/> | | | | | |
| 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 |
|------------------------|------|---------------|------|-------|--------|
| <hr/> | | | | | |
| 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 |
|----------------------|------|---------------|------|-------|--------|
| <hr/> | | | | | |
| 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 Sheymemah, 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 |
|-----------------|----------------------|-----------------|------|-------|--------|
| <hr/> | | | | | |
| 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, Malcum | 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 |
|-----------------|------------------|-----------------|------|-------|--------|
| <hr/> | | | | | |
| Flight 1 Finals | | | | | |
| 1 | Wright, Sharissa | San Leandro | | ND | |
| 2 | Leiva, Karla | Hayward | | ND | |
| 3 | Herbert, Cassidy | 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 |
|-----------------|--------------|-------------|------|------|--------|
| <hr/> | | | | | |
| 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 | Barfeeii, 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 |
|-----------------|---------------------|-----------------|----------|------|--------|
| <hr/> | | | | | |
| 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 |
|-----------------|----------------------|-----------------|----------|------|--------|
| <hr/> | | | | | |
| 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, Ahmibia | Bishop O'Dowd | 13.24 | 13.12q | 2.8 | 1 |
| 7 Alsobrook, Tyler | San Lorenzo | 13.14 | 13.23q | 0.3 | 4 |
| 8 Blanton, Kaili | 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 Batiol, 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# |
|-----------------------|-----------------|-------|---------|------|----|
| Preliminaries | | | | | |
| 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, Kaili | 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, Jessika | 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# |
|------|------|--------|------|---------|------|----|
| | | | | | | |

| | | | | | |
|----------------------|---------------|-------|--------|------|---|
| 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, Ahmibia | 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 Schwyter, 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 Huntington, Margaret | | 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, Kassidy | | 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, Cassidy | | 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# |
|-------------------------|------|-----------------|-------|---------|------|--------------|
| Preliminaries | | | | | | |
| 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# |
|----------------------|------|---------------|-------|---------|----|
| Preliminaries | | | | | |
| 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 Burchek, 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 Burchek, 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, Sebastian | 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, Sebastian | 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, Dzanim | 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 | Gonzalez, Juan | San Leandro | 2:26.60 | 2:19.59q |
| 8 | Otts, Tyman | 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, Giovani | 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 Nourot, 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 | |

Licensed to Castro Valley High School HY-TEK's Meet Manager 5/15/2010 09:19 PM
 2010 HAAL ~~Trials~~ - 5/13/2010 to 5/15/2010
FINALS Results

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 |
|-----------------------|-------|--------|--------|
| Finals | | | |
| 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 |
|-----------------------|-------|--------|--------|
| Finals | | | |
| 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 |
|---------------------|-------|--------|--------|
| Finals | | | |
| 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 Burchek, 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, Ahmibia | 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, Kaili | Bishop O'Dowd | 13.31 | 13.48 | -0.6 | 1 |
| 7 Ross, Ahmibia | 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 Ott, 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 Gonzalez, 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 Mischaux, 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 Gonzalez, 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, Tyan | 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 Nourot, 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, Ammol | Moreau Catholic | 4-11.00 | 4-08.00 | 6 |
| -- Bannister, Phillip | Castro Valley | | NH | |
| -- Tuecinovic, Dzanim | 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 |
|------|-------------|------|--------|--------|
| | | | | |

| | | | |
|------------------------|-----------------|---------|---------|
| 1 Nourot, Daniel | Castro Valley | 7-06.00 | 10 |
| 2 Rodriguez, Sebastian | Moreau Catholic | 6-06.00 | 7-00.00 |
| -- 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, Ammol | Moreau Catholic | 16-05.00 | 16-08.50 | 0.9 | 4 |
| 5 Young, Stevinaire | 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, Margaret | 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 | Schwyter, 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, Ammol | 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 Huntington, 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 Sheymemah, 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, Mellissa | 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 |
|------|-------------|------|--------|--------|
| | | | | |

| | | | | | |
|----|---------------------|-----------------|----------|----------|----|
| 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 | Barfeeii, 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, Arnol | 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, Malcum | 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

Women - Team Rankings

- 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

Men - Team Rankings -

- 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,Strangena | Pinole;Valley;Hi | 12.16 | -1.7 | 3 | Tobin,,Michael | 12 | Newark:Memor | 23.08 | -2.1 | |
| 2 | Harvey,:Atiya | 12 | James'Logan | 12.38 | -2.4 | 4 | Shetty,:Viv | 11 | James;Logan | 23.09 | -2.1 |
| 3 | Rose,,Lauren | 12 | Hercules;High;Sc | 12.77 | -3.8 | 5 | Mcbride,:Andre | 10 | San!Leandro | 23.16 | -2.6 |
| 4 | Thomas,,Kali | 12 | St.!Mary's | 12.79 | -3.8 | 6 | Favorite,:Joseph | 11 | J.f.:Kennedy | 23.38 | -1.9 |
| 5 | Alli,:Taofegat | 12 | Castro;Valle | 12.87 | -3.8 | 8 | Shaw,!Andre | 12 | James'Logan | 23.71 | -1.9 |
| 6 | Blake,!Jasiri | Pinole:Valley:Hi | 13.02 | -3.8 | 9 | Speegle,!Mathew | 9 | Castro'Valle | 23.79 | -1.9 | |
| 7 | Deadwiler,:Camille | 9 | American | 13.03 | -1.7 | 10 | Pyles,:Adrain | 12 | Hayward | 23.99 | -2.1 |
| 8 | Brewer,:Paiton | 12 | Newark,Memor | 13.24 | -2.4 | 11 | Thomas,,Tyler | 12 | Hayward | 24.08 | -2.6 |
| 9 | Grigg,,Kellie | 12 | Alameda'High'Sch | 13.35 | -1.7 | 12 | Grant,:Jonte | 11 | Hayward | 24.15 | -1.9 |
| 10 | Alsobrook,:Tyler | 10 | San.Lorenzo | 13.40 | -1.7 | 13 | Wang,!Edward | 12 | Mission:San | 24.18 | -1.9 |
| 11 | Craft,:Taylor | 9 | Newark'Memor | 13.47 | -3.8 | 14 | Orens,:Kai | 12 | Piedmont | 24.19 | -1.9 |
| 12 | Blanton,,Kaii | 10 | Bishop,O'dow | 13.52 | -3.8 | 15 | Rabb,!Aj | 11 | St.:Joseph | 24.30 | -2.1 |
| 13 | Kumar,:Anshika | 9 | Alameda,High,Sc | 13.59 | -1.7 | 16 | Tsao,:Brendan | 12 | Mission;San | 24.47 | -2.1 |
| 14 | Guinn,:Jasmine | Berkeley,High,Sc | 13.60 | -2.4 | 17 | Tyson,:Andre | | Pinole:Valley;Hi | 24.68 | -2.6 | |
| 15 | Hogan,!Taelor | 12 | Hayward | 13.70 | -2.4 | 18 | Robinson,:Wade | | El'Cerrito'High | 24.91 | -2.1 |
| 16 | Sumler,:Carlie | 11 | J.f.!Kennedy | 13.78 | -3.8 | 19 | Burks,:Isaiah | | Berkeley!High!Sc | 25.01 | -2.6 |
| 17 | Walker,:Kalia | 9 | St.!Mary's | 13.79 | -2.4 | | | | | | |
| 18 | Hill,:Terisha | 12 | J.f.!Kennedy | 13.84 | -1.7 | | | | | | |

Event 2 Boys 100 Meter Dash

| | | | | | | | | | | |
|----|------------------|------------------|--------------|-------|------|-----------------|-----------------------|------------------|------------------|-------|
| 1 | Tobin,,Michael | 12 | Newark.Memor | 11.31 | -1.8 | 2 | Stewart,,Thandi | 12 | James;Logan | 56.03 |
| 2 | Huguley,:Victor | 12 | San'Leandro | 11.33 | -1.8 | 3 | Hollis,'Taylor | 10 | Newark'Memor | 59.09 |
| 3 | Mcbride,,Andre | 10 | San'Leandro | 11.38 | -1.8 | 4 | Miller,'Brianna | 11 | Castro:Valle | 59.88 |
| 4 | Galvin,:Ricky | Berkeley:High:Sc | 11.40 | -1.8 | 5 | Foster,:Ayana | 12 | Encinal | 60.01 | |
| 5 | Lovett,:Najee | 12 | St.!Mary's | 11.45 | -2.2 | 6 | Mayfield,:Janae | 11 | James:Logan | 60.19 |
| 6 | Shetty,:Viv | 11 | James:Logan | 11.52 | -2.2 | 7 | May,'Keisha | 9 | Bishop!O'dow | 60.68 |
| 7 | Rosby,:Dimion | 11 | Castro'Valle | 11.53 | -1.8 | 8 | Alexander,:Breanna | 10 | Newark.Memor | 60.78 |
| 8 | Speegle,:Mathew | 9 | Castro,Valle | 11.56 | -2.2 | 9 | Remer,:Lauren | 9 | Piedmont | 60.79 |
| 9 | Favorite,:Joseph | 11 | J.f.;Kennedy | 11.64 | -2.2 | 10 | Pacini,:Daniela | 10 | Hercules;High;Sc | 61.10 |
| 10 | Burks,:Isaiah | Berkeley:High:Sc | 11.67 | -1.8 | 11 | Lyons,:Taylor | 12 | Holy'Names | 61.28 | |
| 11 | Long,:Miles | 11 | James.Logan | 11.77 | -1.8 | 12 | Anderson,:Lorato | 12 | Hayward | 61.30 |
| 11 | Wang,!Edward | 12 | Mission:San | 11.77 | -1.8 | 13 | Turner,:Jocelyn | 12 | American | 61.48 |
| 13 | Mcgill,:Dionn | 12 | Irvington | 11.89 | -2.2 | 14 | Ledesma-turner,:Akeli | 10 | St.'Mary's | 61.81 |
| 14 | Kirven,:Solomn | 12 | San'Lorenzo | 11.93 | -2.2 | 15 | Gardins,'Karra | 10 | Moreau,Catho | 62.40 |
| 15 | Rabb,:Aj | 11 | St.,Joseph | 11.95 | -2.2 | 16 | Mabury,,Amber | 11 | Newark!Memor | 62.92 |
| 16 | Logo,:Dylan | 11 | Encinal | 11.97 | -1.8 | 17 | Wilkins,!Aliyah | 10 | San;Leandro | 63.12 |
| 17 | Haynes,:Taylor | 12 | Piedmont | 12.01 | -1.8 | 18 | Glover,:Kailee | 11 | St.!Mary's | 63.34 |
| 18 | Page,!Michael | 9 | Salesian | 12.05 | -2.2 | 19 | Quamina,:Katherine | 11 | Bishop,O'dow | 63.86 |
| 19 | Robinson,!Wade | El,Cerrito,High | 12.18 | -1.8 | 20 | Curtis,'Jasmine | | Berkeley:High:Sc | 65.29 | |
| | | | | | 21 | Edwards,:Gabby | 9 | Hercules'High'Sc | 65.56 | |
| | | | | | 21 | Huang,:Linde | 10 | Alameda:High:Sch | 65.91 | |

Event 3 Girls 200 Meter Dash

| | | | | | | | | | | |
|----|---------------------|------------------|------------------|-------|------|-----------------|----------------------|------------------|------------------|-------|
| 1 | Campbell,!Strangena | Pinole.Valley.Hi | 24.99 | -2.9 | 1 | Dubose,:Devante | 12 | Bishop,O'dow | 48.46 | |
| 2 | Thomas,:Kali | 12 | St.!Mary's | 26.16 | -2.1 | 2 | Moses,:Chance | 11 | St..Mary's | 50.04 |
| 3 | Alli,:Taofegat | 12 | Castro;Valle | 26.45 | 0.6 | 3 | Skovronski,!Roman | 11 | Newark:Memor | 50.59 |
| 4 | Rose,:Lauren | 12 | Hercules!High!Sc | 26.56 | 0.6 | 4 | Williams,,Murad | 11 | St.!Mary's | 51.00 |
| 5 | Deadwiler,:Camille | 9 | American | 26.90 | -2.1 | 5 | Jones,:Khalid | 12 | James:Logan | 51.06 |
| 6 | Grigg,,Kellie | 12 | Alameda,High,Sc | 27.29 | -2.1 | 6 | Brown-rya,:Demetrius | 12 | St.,Mary's | 51.12 |
| 7 | Alexander,:Breanna | 10 | Newark:Memor | 27.44 | -2.9 | 7 | Foster,:Alex | 11 | Castro.Valle | 51.34 |
| 8 | Gardins,:Karra | 10 | Moreau;Catho | 27.53 | 0.6 | 8 | Tomasi,!Ryan | 11 | Washington | 51.42 |
| 9 | Foster,:Ayana | 12 | Encinal | 27.66 | -2.9 | 9 | Diomonde,:Solo | 11 | Castro!Valle | 51.55 |
| 10 | May,:Keisha | 9 | Bishop,O'dow | 27.71 | -2.9 | 10 | Roosevelt,:Ali | 11 | St.:Mary's | 51.69 |
| 11 | Brewer,:Paiton | 12 | Newark.Memor | 27.72 | -2.1 | 11 | Rivers,:Josh | 11 | San,Leandro | 52.57 |
| 12 | Lyons,!Taylor | 12 | Holy.Names | 27.98 | -2.1 | 12 | Wilson,!Davonte | 12 | San!Leandro | 53.09 |
| 13 | Blanton,:Kaii | 10 | Bishop'!O'dow | 28.01 | -2.9 | 13 | Ng,!Justin | 12 | Mission:San | 53.37 |
| 14 | Jackson,!Randi | 10 | Bishop:O'dow | 28.11 | -2.9 | 14 | Gilliam,:Christian | 10 | Albany | 53.64 |
| 15 | Kumar,:Anshika | 9 | Alameda'High'Sch | 28.15 | 0.6 | 15 | Sarchet,:Wade | 11 | Irvington | 53.74 |
| 16 | Njitanji,:Sandra | 11 | Washington | 28.16 | 0.6 | 16 | Tyson,,Andre | | Pinole.Valley.Hi | 53.80 |
| 17 | Mabury,:Amber | 11 | Newark;Memor | 28.19 | -2.9 | 17 | Hartwell,!Mason | 12 | James;Logan | 54.20 |
| 18 | Reames,:Allana | 10 | J.f.'Kennedy | 28.25 | 0.6 | 18 | Newsham,:Lucas | 11 | Encinal | 54.31 |
| 19 | Walker,:Kalia | 9 | St.:Mary's | 28.64 | 0.6 | 19 | Chen,!Brendon | 10 | Alameda: | 54.67 |
| 20 | Zhang,:Cassie | 11 | Mission'San | 29.02 | -2.9 | 20 | Rodrigues,:Matt | 11 | Alameda. | 54.72 |
| 21 | Owyang,!Taylor | 9 | Alameda'High'Sch | 29.30 | -2.1 | 21 | Devera,:Derek | 12 | Hercules!High!Sc | 55.04 |
| | | | | | 22 | Li,!Steven | 10 | Alameda'High'Sch | 55.36 | |
| | | | | | 23 | Silvey,'Demone | | Berkeley;High;Sc | 56.27 | |

Event 4 Boys 200 Meter Dash

| | | | | | | | | | | |
|---|-----------------|----|--------------|-------|------|---|--|--|--|--|
| 1 | Dubose,:Devante | 12 | Bishop'O'dow | 22.53 | -1.9 | 1 | | | | |
| 2 | Carnegie,:Chris | 11 | St.!Mary's | 23.01 | -1.9 | 1 | | | | |

Bay Shore Area Finals-NCS @ Logan High School, Union C. CA

| | | | | | | | | | |
|-------------------------------|-----------------------|----|------------------|----------|----|-----------|---|-----------|---------|
| 1 | Schneider,;Chelsea | 12 | Castro'Valle | 2:20.01 | 24 | Xi,!Kelly | 9 | Hercules; | 6:39.38 |
| 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,;Matt | 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,;Varya | | 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 | | | | | |
| Event 10 Boys 1600 Meter Run | | | | | | | | | |
| 1 | Perkins,;Zach | | | | | | | | |
| 2 | Geiken,;Eugenio | | | | | | | | |
| 3 | Thomas,;Danny | | | | | | | | |
| 4 | Eversole,;Ben | | | | | | | | |
| 5 | Perkins,;Charlie | | | | | | | | |
| 6 | Weber,;John | | | | | | | | |
| 7 | Snow,;Andrew | | | | | | | | |
| 8 | Nugal,;Marvin | | | | | | | | |
| 9 | Ruvalcaba,;Arthur | | | | | | | | |
| 10 | Kane,;Sam | | | | | | | | |
| 11 | Coronado-ramos,;Juan | | | | | | | | |
| 12 | Buck-bauer,;Albert | | | | | | | | |
| 13 | Guthy,;Dinakar | | | | | | | | |
| 14 | Ratto,;Nick | | | | | | | | |
| 15 | Collins,;Liam | | | | | | | | |
| 16 | Rust,;Taylor | | | | | | | | |
| 17 | Moore,;Dylan | | | | | | | | |
| 18 | Nguyen,;Duc | | | | | | | | |
| 19 | Jacobsen,;Ben | | | | | | | | |
| 20 | Bains,;Arjan | | | | | | | | |
| 21 | Wisnewski,;Gage | | | | | | | | |
| 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 | Newark;Memor | 41.18 |
| Event 13 Girls 100 Meter Hurdles | | | | | | | | |
| 1 | Wilson,!Trinity | 10 | St..Mary's | 14.32 | -0.1 | 6 | Avilla,,Ben | James.Logan |
| 2 | Johnson,;Victoria | 12 | James'Logan | 14.65 | 1.1 | 7 | Bradford,,Alvictor | San;Leandro |
| 3 | Craft.,Taylor | 9 | Newark'Memor | 14.92 | 1.1 | 8 | Williams,'Alan | Bishop!O'dow |
| 4 | Rose,'Lauren | 12 | Hercules!High!Sc | 15.07 | 1.7 | 9 | Padilla,,Matt | Washington |
| 5 | Aldridge,;Monique | 12 | Castro:Valle | 15.42 | -0.1 | 10 | Deguzman,,Luis | Arroyo |
| 6 | Lawson,!Taylor | 12 | St.!Mary's | 15.92 | -0.1 | 11 | Lim,,Alex | Irvington |
| 7 | Mader,;Halina | 11 | Bishop;O'dow | 16.21 | 1.7 | 12 | Chen,,Mei-guang | James.Logan |
| 8 | Davis,;Chalese | 11 | Hercules:High:Sc | 16.40 | 1.7 | 13 | Webb,,Chris | Hayward |
| 9 | Giscombe,;Brianna | 11 | Castro;Valle | 17.32 | -0.1 | 14 | Roy,:Marino | Piedmont |
| 10 | Bowersmith,;Kelsea | 10 | Arroyo | 17.36 | 1.1 | 15 | Hudson,'Kwane | Castro:Valle |
| 11 | Natividad,;Paige | 12 | Newark'Memor | 17.73 | 1.1 | 16 | Monroe,,Desmond | San;Leandro |
| 12 | Partida,;Victoria | 11 | Arroyo | 17.94 | 1.1 | 17 | Tupuola,'Bj | Encinal |
| 13 | Chaitesepaseut,,Lena | 11 | Newark'Memor | 17.99 | 1.7 | 18 | Thon,;Steven | Alameda;High;Sch |
| 14 | Guan,,Jacqueline | 11 | Arroyo | 18.06 | 1.1 | 19 | Gulassa,'Max | Piedmont |
| 15 | Martinez,!Roquell | 9 | Washington | 18.35 | -0.1 | 20 | Lewis,,Jermiah | Alameda;High;Sch |
| 16 | Sung,,Alli | 9 | Piedmont | 18.96 | -0.1 | 21 | Pilate-hutcherso,Julia | St.'Patrick |
| 17 | Willcox,:Frances | 10 | Alameda'High'Sch | 19.21 | 1.7 | Event 17 Girls 4x100 Meter Relay | | |
| 18 | Wallace,!Natash | 11 | St.'Patrick | 19.43 | 1.1 | 1 | St.!Mary's | 47.93 |
| 19 | Byun,;Stephanie | 12 | Albany | 19.49 | 1.1 | 2 | James!Logan | 48.68 |
| 20 | Ellis,;Amber | 9 | Piedmont | 19.57 | -0.1 | 3 | 1) Woelffer, Anne 11 2) Wilson, Trinity 10 | |
| 21 | Kam,,Jennifer | 12 | Alameda,High,Sch | 20.02 | 1.7 | 4 | 3) Thomas, Kali 12 4) Lawson, Taylor 12 | |
| Event 14 Boys 110 Meter Hurdles | | | | | | | | |
| 1 | Corley,,Monte | 12 | James'Logan | 14.49 | +0.0 | 1 | 1) Stewart, Thandi 12 2) Johnson, Victoria 12 | |
| 2 | Williams,,Alan | 11 | Bishop'O'dow | 15.04 | 1.3 | 2 | 3) Harvey, Atiya 12 4) Corley, Dominique 12 | |
| 3 | Okwudiafor,!Ikem | 12 | Mission'San | 15.41 | -1.2 | 3 | Castro!Valley | 49.05 |
| 4 | Hudson,'Kwane | 11 | Castro.Valle | 16.27 | 1.3 | 4 | 1) Chissell, Maya 10 2) Miller, Brianna 11 | |
| 5 | Reyes,;Nicholas | 11 | Alameda!High!Sch | 16.57 | -1.2 | 5 | 3) Elam, Kristin 9 4) Alli, Tobi 12 | |
| 6 | Monroe,.Desmond | 12 | San,Leandro | 16.58 | -1.2 | 6 | Newark.Memorial | 49.74 |
| 7 | Imlack,,Jermy | 10 | Moreau.Catho | 16.59 | +0.0 | 7 | 5) Pinole;Valley;High;School | 50.48 |
| 8 | Harris,:Christian | 12 | St.,Mary's | 16.68 | +0.0 | 8 | 6) Alameda;High;School | 50.74 |
| 9 | Chen,,Mei-guang | 12 | James!Logan | 16.90 | -1.2 | 9 | 7) El.Cerrito.High.School | 51.35 |
| 10 | Wiegardt,,Andrew | 12 | Castro:Valle | 17.12 | 1.3 | 10 | 8) Bishop'O'dowd | 51.46 |
| 11 | Manag,;Lorenzo | 11 | Bishop;O'dow | 17.23 | +0.0 | 11 | 1) Jackson, Randi 10 2) May, Keisha 9 | |
| 12 | Avilla,:Ben | 10 | James;Logan | 17.58 | -1.2 | 12 | 3) Blanton, Kaii 10 4) Bostick, Ariel 9 | |
| 13 | Roy,,Marino | 12 | Piedmont | 17.97 | +0.0 | 13 | 14) American | 51.58 |
| 14 | Gulassa,,Max | 11 | Piedmont | 18.34 | 1.3 | 14 | 10) Mission, San,Jose | 51.62 |
| 15 | Krohn,!Monte | 10 | Alameda'High'Sch | 18.59 | -1.2 | 15 | 11) Moreau'Catholic | 52.39 |
| 16 | Gong,,Ed | 10 | Albany | 18.60 | 1.3 | 16 | 1) Gardins, Karra 10 2) Ang, Amamnda 10 | |
| 17 | Cullen,,Matt | 12 | Newark:Memor | 19.54 | -1.2 | 17 | 3) Harbert, Nicole 11 4) Galvez, Athenie 10 | |
| 18 | Wang,!Kevin | 9 | Alameda!High!Sch | 20.16 | +0.0 | 18 | 12) Washington | 52.79 |
| Event 15 Girls 300 Meter Hurdles | | | | | | | | |
| 1 | Stewart,:Thandi | 12 | James'Logan | 44.09 | | 19 | 13) Hayward | 53.04 |
| 2 | Lawson,;Taylor | 12 | St.,Mary's | 46.00 | | 20 | 1) Flannigan, Jasmine 12 2) Ani, Jorceylin 12 | |
| 3 | Wallace,'Sasha | 9 | Holy!Names | 46.83 | | 21 | 3) Talley, Rhiannah 11 4) Hogan, Taelor 12 | |
| 4 | Natividad,!Paige | 12 | Newark;Memor | 48.97 | | 22 | 14) Piedmont | 53.06 |
| 5 | Lee,;Heryang | 10 | Albany | 49.80 | | 23 | 15) Arroyo | 53.69 |
| 6 | Martinez,!Roquell | 9 | Washington | 50.32 | | 24 | 16) Irvington | 54.70 |
| 7 | Chissell,:Maya | 10 | Castro!Valle | 50.86 | | 25 | 17) San;Leandro | 55.19 |
| 8 | Mader,,Halina | 11 | Bishop:O'dow | 51.29 | | 26 | 18) St.,Patrickst.,Vincent | 55.51 |
| 9 | Lui,!Lydia | 12 | Mission!San | 51.61 | | 27 | 19) Holy:Names | 58.47 |
| 10 | Guan,!Jacqueline | 11 | Arroyo | 51.76 | | 28 | -- J.f.:Kennedy:-:Richmond | DNF |
| 11 | Hamilton,'Valencia | 11 | Washington | 52.53 | | Event 18 Boys 4x100 Meter Relay | | |
| 12 | Brown,;Mianni | 12 | James,Logan | 52.97 | | 1 | 1) Castro:Valley | 43.27 |
| 13 | Bowersmith,;Kelsea | 10 | Arroyo | 53.34 | | 2 | 2) Speegle, Mathew 9 2) Speegle, Myles 9 | |
| 14 | Partida,;Victoria | 11 | Arroyo | 53.77 | | 3 | 3) Batis, Bobby 11 4) Rosby, Dimion 11 | |
| 15 | Willcox,:Frances | 10 | Alameda:High:Sc | 53.87 | | 4 | 2) Bishop;O'dowd | 43.44 |
| 16 | Ellis,;Amber | 9 | Piedmont | 54.79 | | 5 | 1) Brown, Mario 12 2) Prince, James 12 | |
| 17 | Matsuoka,;Kimiko | 10 | St.,Mary's | 55.94 | | 6 | 3) Dubose, Devante 12 4) Tramel, Trent 11 | |
| Event 16 Boys 300 Meter Hurdles | | | | | | | | |
| 1 | Corley,!Monte | 12 | James:Logan | 40.29 | | 7 | 3) San;Leandro | 43.63 |
| | | | | | | 8 | 4) James!Logan | 43.80 |
| | | | | | | 9 | 1) Willis, Jonathon 11 2) Shen, Josh 10 | |
| | | | | | | 10 | 3) Shetty, Viv 11 4) Hartwell, Mason 12 | |
| | | | | | | 11 | 5) Newark!Memorial | 43.94 |

Bay Shore Area Finals-NCS @ Logan High School, Union C. CA

| | | | | | |
|----------------------------------|--|---------|----|---------------------------|------------------|
| 6 | St..Mary's | 44.00 | 14 | Richmond;High;School | 4:11.57 |
| 1 | Stafford, Sebastian 12 2) Lovett, Najee 12 | | | Event 21 Girls High Jump | |
| 3 | Moses, Chance 11 4) Williams, Murad 11 | | 1 | Swayzer,;Sabrina | 12 |
| 7 | Mission'San'Jose | 44.41 | 2 | Brewer,;Ciarra | 11 |
| 8 | Irvington | 44.70 | 3 | Mcelligott,;Megan | 12 |
| 9 | Hayward | 44.77 | 4 | Perman,;Andrea | 12 |
| 10 | El.Cerrito.High.School | 44.83 | 5 | Guinn,;Jasmine | Berkeley,High,Sc |
| 11 | Piedmont | 45.26 | 6 | Hodge,;Jade | 11 |
| 12 | San.Lorenzo | 45.41 | 7 | Huang,;Linde | 10 |
| 13 | John'F.'Kennedy | 45.70 | 8 | Vandermoer,;Kelli | 10 |
| 14 | Washington | 46.15 | 9 | Yan,;Jinny | 10 |
| 14 | Encinal | 46.15 | 10 | Bailey,;Aurora | 10 |
| 16 | Alameda:High:School | 46.45 | 11 | Diaz,;Tianna | 11 |
| 17 | Arroyo | 46.78 | 12 | Shi,;Tian | 10 |
| 18 | St.,Patrickst.,Vincent | 46.97 | 13 | Bowersmith,;Kelsea | 10 |
| 19 | Albany | 47.00 | 14 | Wultanski,;Samantha | 12 |
| Event 19 Girls 4x400 Meter Relay | | | 15 | Bernudez,;Janna | 9 |
| 1 | Newark.Memorial | 4:04.41 | 16 | Partida,;Victoria | 11 |
| 2 | James,Logan | 4:08.33 | 17 | Guan,;Jacqueline | 11 |
| 1 | Stewart, Thandi 12 2) Harvey, Atiya 12 | | | Event 22 Boys High Jump | |
| 3 | Perrin, Sarah 9 4) Stange, Gabe 11 | | 1 | Spikes,;Maurice | 12 |
| 3 | Bishop'O'dowd | 4:09.73 | 2 | Grant,;Jonte | 11 |
| 1 | May, Keisha 9 2) Blanton, Kaili 10 | | 3 | Obidiegou,;Kyrian | 11 |
| 3 | Jackson, Randi 10 4) Lowe, Bianca 9 | | 4 | Williams,;Alan | 11 |
| 4 | St.!Mary's | 4:10.09 | 5 | Brown,;Rashad | 12 |
| 1 | Woelffer, Anne 11 2) Glover, Kailee 11 | | 6 | Fambro,;Darian | 12 |
| 3 | Thomas, Kali 12 4) Lawson, Taylor 12 | | 6 | Nealy,;Andrew | 10 |
| 5 | Mission;San;Jose | 4:16.76 | 6 | Tupuola,;Bj | 11 |
| 6 | American | 4:18.71 | 6 | Rabb,;Aj | 11 |
| 7 | Hayward | 4:18.83 | -- | Collier,;Austin | 9 |
| 1 | Turner, Jocelyn 12 2) Talley, Rhiannah 11 | | -- | Sweerwyne,;Kellen | 11 |
| 3 | Garcia, Irrmary 11 4) Riley, Arianne 11 | | -- | Foster,;Alex | 11 |
| 8 | San'Leandro | 4:22.55 | | Event 23 Girls Pole Vault | |
| 1 | Randall, Chelsea 11 2) Watson, Chantel 11 | | 1 | Garoutte,;Nicola | 11 |
| 3 | Johnson, Erika 11 4) Wilkins, Aliyah 10 | | 2 | Cheng,;Ariel | 9 |
| 9 | Encinal | 4:23.17 | 3 | Zhu,;Leohna | 10 |
| 10 | Washington | 4:24.19 | 3 | Reist,;Jessica | 9 |
| 11 | Piedmont | 4:24.28 | 3 | Davis,;Clara | 12 |
| 12 | Arroyo | 4:34.28 | 3 | Van;Sprakelaar,;Steph | 9 |
| 13 | Albany | 4:44.29 | 7 | Brickley,;Liz | 10 |
| 14 | Irvington | 4:44.89 | 8 | Saykallay,;Julia | 10 |
| Event 20 Boys 4x400 Meter Relay | | | 9 | Huey,;Erica | 10 |
| 1 | St.;Mary's | 3:25.87 | 10 | Neave,;Erika | 9 |
| 1 | Stafford, Sebastian 12 2) Harris, Christian 12 | | 11 | Drachnik,;Alex | 11 |
| 3 | Moses, Chance 11 4) Williams, Murad 11 | | 12 | Kunz,;Erin | 11 |
| 2 | Castro'Valley | 3:29.05 | 13 | Miciano,;Audrey | 11 |
| 1 | Batis, Bobby 11 2) Diomonde, Solo 11 | | -- | Gilchriese,;Sarah | 11 |
| 3 | Davis, Ben 11 4) Foster, Alex 11 | | -- | Piccillo,;Emma | 11 |
| 3 | San,Leandro | 3:29.86 | | Event 24 Boys Pole Vault | |
| 4 | James!Logan | 3:33.43 | 1 | Wiegardt,;Andrew | 12 |
| 1 | Aleem, Talat 10 2) Hartwell, Mason 12 | | 2 | Ortiz,;Tomas | 11 |
| 3 | Avilla, Ben 10 4) Corley, Monte 12 | | 3 | Wentworth,;Marshall | 10 |
| 5 | Piedmont | 3:33.88 | 3 | Coulter,;Erich | 11 |
| 6 | Hayward | 3:35.03 | 5 | Ishikawa,;Kyle | 12 |
| 1 | Caro, Will 10 2) Thomas, Tyler 12 | | 6 | Takhar,;Inderjit | 12 |
| 3 | Griffin, Don 12 4) Webb, Chris 10 | | 7 | Sui,;Kevin | 12 |
| 7 | Washington | 3:35.16 | 8 | Miller,;Austin | 10 |
| 8 | Mission!San!Jose | 3:39.83 | 9 | Wang,;Eric | 12 |
| 9 | Irvington | 3:40.05 | 10 | Landon,;Max | 12 |
| 10 | Newark'Memorial | 3:42.89 | 11 | O'hollaren,;Kyle | 9 |
| 11 | Alameda!High!School | 3:44.47 | 12 | Laris,;Jordan | 11 |
| 12 | Encinal | 3:47.89 | 13 | Tsurumoto,;Ian | 11 |
| 13 | Albany | 3:50.40 | -- | Anchultz,;Aj | 12 |

Bay Shore Area Finals-NCS @ Logan High School, Union C. CA

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 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 | Bishop:O'dow | 45-04.75 | 4.6 | |
| 5 | Brown,!Rashad | James.Logan | 44-06.25 | 1.2 | |
| 6 | Lovett,,Najee | St.!Mary's | 44-06.00 | 2.7 | |
| 7 | Okwudiafor,,Ikem | Mission'San | 44-04.25 | 3.9 | |
| 8 | Tramel,:Trent | Bishop!O'dow | 43-07.25 | 4.7 | |
| 9 | Porthro,;Jeff | James.Logan | 43-00.25 | NWI | |
| 10 | Manag,,Lorenzo | Bishop:O'dow | 42-08.25 | 1.3 | |
| 11 | Harris,,Christian | St.!Mary's | 41-07.50 | 1.8 | |
| 12 | Champion,;Jack | Washington | 41-05.50 | 2.5 | |
| 13 | Hudson,;Kwane | Castro,Valle | 41-00.00 | 3.8 | |
| 14 | Davis,'Ben | Castro,Valle | 40-10.00 | 0.4 | |
| 15 | Patrick,'Gazaway | St.:Mary's | 40-08.50 | 2.2 | |
| 16 | Wicks,'Cody | American | 40-07.00 | +0.0 | |
| 17 | Piterman,:Nikka | Piedmont | 40-06.25 | 1.1 | |
| 18 | Leng,!Jim | Albany | 40-01.00 | 3.4 | |
| 19 | Lott,:Desmon | El!Cerrito!High | 39-01.00 | 3.2 | |
| 20 | Garcia,:Christian | St.!Mary's | 37-06.50 | 2.8 | |
| 21 | Espino,,Khiry | Alameda:High: | 34-03.50 | 4.2 | |

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-hutcherso,!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,'Derrick | 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 29 Girls Shot Put

| | | | | |
|----|---------------------|------------------|------------------|----------|
| 1 | Jones,,Erinn | 12 | James.Logan | 42-06.00 |
| 2 | Tagivakatini,!Talei | 12 | Albany | 41-08.00 |
| 3 | Sapiga,,Patrice | 12 | Hayward | 39-03.00 |
| 4 | Fualaua,!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 | Bishop;O'dow | 33-07.00 | |
| 8 | Knight,,Alana | Castro,Valle | 31-06.50 | |
| 9 | Wade,,Kashae | Hercules'High'Sc | 30-10.50 | |
| 10 | Bigman,,Natalie | San'Leandro | 30-08.00 | |
| 11 | Ecker,,Jazzy | Hayward | 30-04.50 | |
| 12 | Galanto,,Chayenne | Newark,Memor | 29-07.00 | |
| 13 | Wallace,'Leshay | Washington | 29-01.00 | |
| 14 | Mulder,,Jennifer | Irvington | 29-00.50 | |
| 15 | Thorp,,Kaeleigh | Encinal | 28-06.50 | |
| 16 | Collins,'Lisa | St.!Patrick | 27-09.00 | |
| 17 | Banks,!Dalsia | Hayward | 27-06.00 | |
| 18 | Vi,,Ofa | J.f.'Kennedy | 24-09.50 | |
| 19 | Miller,,Savannah | Albany | 24-08.00 | |
| 20 | Calbert,,Areill | Berkeley.High,Sc | 24-02.00 | |
| | Bliven,'Emily | Alameda'High'Sch | 20-02.00 | |

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,!Jorceylin | 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 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,!Malcome | 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,!Ej | 10 | Albany | 38-02.50 |
| 19 | Sapiga,,Nephi | 11 | Hayward | 36-09.00 |
| 20 | Mai,'Frank | Alameda.High.Sc | 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

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

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

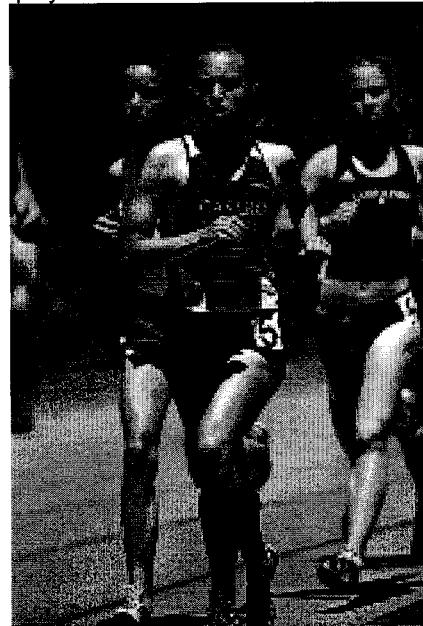
7 Wummer, Elise 12 Castro Valley

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



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

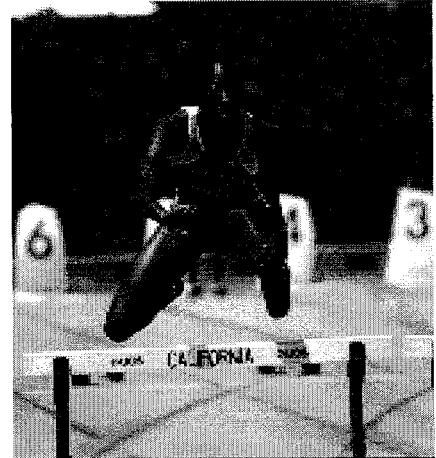
It was a good day, as Monique lowered her own school record again, and earned a medal in the process. Not a bad way to finish off a fine CV track career.

Event 7 Girls 400 Meter Dash Preliminaries

4th in heat 2, 12th overall

12 Miller, Brianna 60.65

Brianna was 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 his 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.

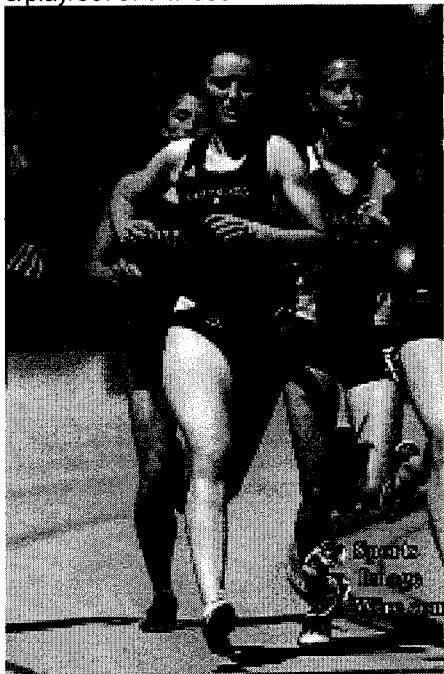
Finals

• • 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



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.

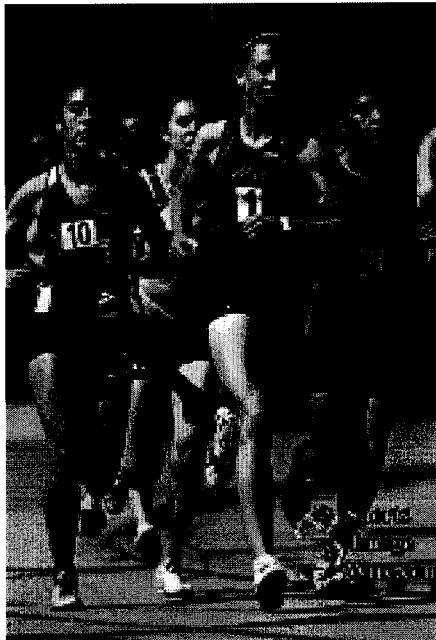
Event 17 Girls 3200 Meter Run Finals

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



Kelsey is near the lead at the mile mark.

Event 18 Boys 3200 Meter Run

Finals

• 4 Eversole, Ben 9:23.89

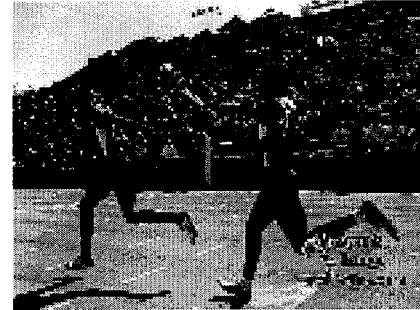
Ben stayed near the front for the first 4 laps, reeled in some runners the next two, and held on with a strong finish to earn a spot to Clovis.

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



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



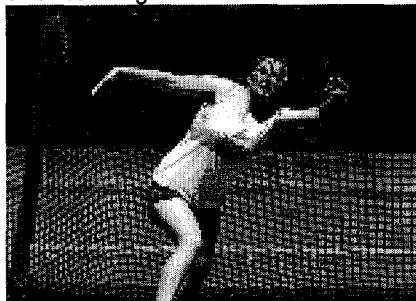
Ben powers his way to the State Meet.



Brianna cycles through her leap cleanly.

Event 26 Girls Discus Throw

• 5 Donnelly, 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.



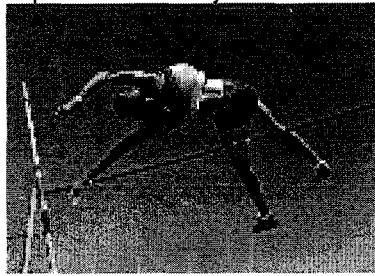
Noelle charges out of the back of the ring in her medal-winning performance.

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

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 weekend. 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.sportsimagingwire.com/>