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CASTRO VALLEY INVITATIONAL SCHEDULE OF EVENTS

Friday, April 11

Frosh-Soph Girls & Boys

Running Events:

4:00 p.m. start
(Girls, then Boys)

Distance Medley

4 x 100

4 x High Hurdles (5 flights)

Sprint Medley

4 x 800

Open 300 Hurdles

Open 100

Open 1600

4 x 400

Field Events:

3:00 p.m. start

3 x LJ Girls, then Boys

3 x TJ Boys, then Girls

3 x HJ Girls, then Boys

3 x PV Boys, then Girls

3 x Shot Put Girls, then Boys

3 x Discus Boys, then Girls

Saturday, April 12

Varsity Girls & Boys

Running Events:

9:00 a.m. start
(Girls, then Boys)

Distance Medley

4 x 100

4 x High Hurdles (10 flights)

Sprint Medley

4 x 800

Open 300 Hurdles

Open 100

Open 1600

4 x 400

Field Events:

9:00 a.m. start

3 x LJ Girls, then Boys

3 x TJ Boys, then Girls

3 x HJ Girls, then Boys

3 x PV Boys, then Girls

3 x Shot Put Girls, then Boys

3 x Discus Boys, then Girls

2013 Trojan Invitational Relays

Castro Valley High School

Trojan Stadium

Friday April 11 & Saturday April 12

Welcome to the Trojan Relays! This is a continuation of the long-running DeKlotz Relays that were held at Las Lomas High School from 1973-1989. The DeKlotz Relays were initially established to showcase girls-only competition. In 1985, Frosh-Soph Boys competition was added, and in 1996 Frosh-Soph Girls became a part of the program. Finally, in 2008, the Varsity boys division was added.

In the spirit of the original philosophy, the Trojan Relays continue to emphasize girls' competition in a relay format. By permission of the DeKlotz Relays director, Linda Sawyer, all of the DeKlotz records have been forwarded and are now a continuing part of the Trojan Relays.

In order to continue the emphasis on the Frosh-Soph levels, the meet has been split into two days to give the younger athletes their own meet.

Awards: Medals to the top three (3) teams in each track relay
Medals to the top three (3) teams in each field relay
Medals to the top three (3) individuals in each open race
Medals to the top three (3) individuals in each field event

Scoring: 10-8-6-4-2 in the relays
6-4-3-2-1 in the open races
("B," "C," "D" teams score as well)

Logistics: **Bathrooms** are at the southwest end of the track.
The **snack bar** is next to the scoreboard.
The **press booth** is on the west side of the track.
The **trainer** is located by the restrooms.
The **bullpen** is next to the starting line.
Results will be posted following the races
Awards will be available after the meet at the Press Booth.
T-Shirts are available for sale

Good luck today!

Previous Team Champions:

Boys' Varsity

2012 rained out
 2011 Northgate
 2010 Heritage
 2009 Castro Valley
 2008 Castro Valley
 division not contested prior
 to 2008

Girls' Varsity:

2012 rained out
 2011 Castro Valley
 2010 Castro Valley
 2009 Castro Valley
 2008 Castro Valley
 2007 Carondelet
 2006 rained out
 2005 rained out
 2004 Castro Valley
 2003 Castro Valley
 2002 Castro Valley
 2001 Castro Valley
 2000 Newark-Memorial
 1999 Castro Valley
 1998 Castro Valley
 1997 Castro Valley
 1996 Castro Valley
 1995 Castro Valley
 1994 Castro Valley
 1990-93 meet not held
 1989 Ygnacio Valley
 1988 rained out
 1987 Acalanes
 1986 Acalanes
 1985 Acalanes
 1984 Acalanes
 1983 Campolindo
 1982 no meet held
 1981 Castro Valley
 1980 Acalanes
 1979 Acalanes
 1978 Northgate
 1977 Livermore
 1976 Berkeley
 1975 Berkeley
 1974 no team
 records
 available
 1973 no team
 records
 available

Boys' Frosh-Soph:

2012 Heritage
 2011 Northgate
 2010 Castro Valley
 2009 Castro Valley
 2008 Castro Valley
 2007 Castro Valley
 2006 rained out
 2005 rained out
 2004 Irvington
 2003 Granada
 2002 Tamalpais
 2001 Granada
 2000 Castro Valley
 1999 Benicia
 1998 Benicia
 1997 Benicia
 1996 Las Lomas
 1995 Castro Valley
 1994 Alhambra
 1990-93 meet not held
 1989 Ygnacio Valley
 1988 rained out
 1987 Acalanes
 1986 Ygnacio Valley
 1985 Las Lomas

Girls' Frosh-Soph:

2012 Castro Valley
 2011 Heritage
 2010 Tamalpais
 2009 Heritage
 2008 Castro Valley
 2007 Mercy-Burlingame
 2006 rained out
 2005 rained out
 2004 Castro Valley
 2003 Alameda
 2002 Castro Valley
 2001 Castro Valley
 2000 Alameda
 1999 Hayward
 1998 Castro Valley
 1997 St. Mary's
 1996 St. Mary's

Junior High Boys:

2005-2012 division not
 contested
 2004 Canyon
 2003 Canyon
 2002 Bret Harte

Junior High Girls:

2005-2012 division not
 contested
 2004 Bret Harte
 2003 Edwin Markham
 2002 Bret Harte

Distance Medley

Proudly sponsored by
Cardino Produce
"Workouts Work!" says Coach Dino

(Prior to 2010, this event was contested as the 4 x 1600 relay)

Previous Winners:

Girls' Frosh-Soph

2012	13:10.60	Berkeley	Townsend, D. Abdo, B. ABdo, Mlodzik
2011	14:01.40	Alameda	Hosokawa, Yuen, Nguyen, Xu
2010	13:51.73	Bishop O'Dowd	Micheaux, Diaz, Hyland, Devlin

Boys' Frosh-Soph

2012	11:41.49	Berkeley	A. Abdo, Bruant, Battles, Sikes
2011	11:42.80	Bishop O'Dowd	no names available
2010	11:30.39	Bishop O'Dowd	John, Degroot, Kane, Kendall

Girls' Varsity

2012	rained out		
2011	13:15.38	Castro Valley	Bailey, Fong, Santisteban, Flowers
2010	13:42.52	Hayward	Riley, Garcia, Leopold, Turner

Boys' Varsity

2012	rained out		
2011	11:08.16	St. Mary's	Greene, Calvert, Carnegie, Mariolle
2010	11:27.77	Heritage	Bradley, Macintosh, Spencer, Brum

The Castro Valley distance girls wish

4 x 100 Relay

Previous Winners:

Varsity Boys

2012	rained out	
2011	43.91	Castro Valley
2010	43.94	Benecia
2009	43.25	Castro Valley
2008	43.62	Castro Valley
division not contested prior to 2008		

Varsity Girls:

2012	rained out	
2011	51.23	San Leandro
2010	50.40	Castro Valley
2009	50.34	James Logan
2008	51.91	Fremont
2007	49.60	St. Mary's
2006	rained out	
2005	rained out	
2004	52.39	Hayward
2003	51.38	Hayward
2002	51.99	Castro Valley
2001	53.03	Hayward
2000	53.50	Newark-Memorial
1999	53.19	Newark-Memorial
1998	53.31	Castro Valley
1997	50.54	Mission San Jose
1996	51.60	Fremont (Oak)
1995	53.5	Washington
1994	52.3	Oakland Tech
1990-93	meet not held	
1989	51.6	Holy Names
1988	rained out	
1987	50.9	Acalanes
1986	51.4	Monte Vista
1985	51.6	Presentation
1984	50.6	Clayton Valley
1983	52.6	Campolindo
1982	rained out	
1981	50.8	Alhambra
1980	51.0	Miramonte
1979	49.2	Northgate
1978	51.8	Miramonte
1977	50.6	El Cerrito
1976	50.8	Berkeley
1975	49.7	Berkeley
1974	no records	
1973	49.9	Berkeley

Batis, Sims, Diomande, , Ma. Speegle
Murdock, Johnson, Mamon, Davis

Batis, Oliver, Garrick, Rosby

no names available

Turner, Brown, Johnson, Amirah
Velasquez, Taofequat, Chissell, Martore
OPowell, N. McGlory, L. McGlory, Ruenlis
no names available
no names available

Smith, Brooks, Miller, Sanchez
Smith, Brooks, Miller, Bryant
C. Chan, Wilkinson, Lee, Ho. Matheny
McCoy, Smith, Smith, Morris
Purtle, Avinia, Person, White
Nowak, Cuthbert, Stafford, Stone
Randall, Bailey, Medrano, McDonald
Fong, O'Conner, McGraw, Smith
Ashworth, Lewis, McCarter, Thomas
Snow, Afencio, Ghodoussi, Obligation
Henderson, Hammock Smith, Beverly

Tanner, Alexander, Taylor, Gross

Kolmer, Kostulos, Peterson, Ravazza
Crew, Roos, Hansen, Forshee
Wells, Hines, McNair, Ford
Flemings, Barries, Carr, Masae
Lundberg, Schuh, Muesser, Sasser

Hansenim, Hookins, Swicegood, Suitsos
Bevan, Slakey, Davis, Binsacca
Fleming, Peters, Warfield, Relero
Bevan, Blakey, Binsacca, Langjan
Young, Hawthorne, Blackburn, Hawthorne
Cobbs, Robinson, Burgess, Knight
Nickson, Robinson, Burgess, Knight

White, Staneford, Byfield, Nickson

Fresh-Soph Boys:

2012	45.08	Castro Valley
2011	45.58	Bishop O'Dowd
2010	45.74	Northgate
2009	46.56	St. Mary's
2008	45.10	Bishop O'Dowd
2007	46.04	Bishop O'Dowd
2006	rained out	
2005	rained out	
2004	45.61	St. Joseph's
2003	46.46	Las Lomas
2002	46.82	Castro Valley
2001	45.81	Granada
2000	46.13	Castro Valley
1999	46.53	Benicia
1998	47.09	Benicia
1997	45.90	St. Mary's
1996	46.61	Acalanes
1995	47.0	Washington
1994	47.4	Alhambra
1900-93	meet not held	
1989	46.5	Benicia
1988	rained out	
1987	46.4	Ygnacio Valley
1986	44.7	Ygnacio Valley
1985	47.0	DeAnza
1984	47.3	Las Lomas

Kpoku, Edwards, JOnes, Birznicks
no names available
Khamosh, Fiorenza, Stapleton, Schmdit
Carnegie, Moses, Williams, Carter
no names available
no names available

Smith, Lilly, Pringle, Townsen
Chandler, Dyer, Fox, Yamashita
Ballar, Cox, Hicken, T. Jones
Graff, Bennett, Russo, Morisoli
Zamora, Chan, FitzGerald, McGuigan
Humpton, Pyno, Santana, Jackson
Randolph, Frisco, Chavez, Hampton
no names available
Liang, Engledinger, Anderson, Brilliant
Burns, John, Zellers, Dean
Hodgkinson, Thompson, Linsey, Yeager

Liston, Zimmer, Baylor, Schefemon

Aaron, Van Buren, Robinson, Premo
Van Buren, Eleazar, Barry, King
Christoff, DeLuz, Hampton, Baker
Krugar, DePietro, Rivera, Herbert

Fresh-Soph Girls:

2012	52.40	American
2011	51.53	Alameda
2010	53.08	Castro Valley
2009	52.70	St. Mary's
2008	54.20	Castro Valley
2007	55.18	St. Mary's
2006	rained out	
2005	rained out	
2004	53.62	Granada
2003	53.71	San Leandro
2002	55.00	Castro Valley
2001	55.30	Alameda
2000	54.68	Las Lomas
1999	53.05	Hayward
1998	54.89	Hayward
1997	51.01	St. Mary's
1996	52.52	St. Mary's

Mochinaga, tong, Mulugeta, Bell
Kumar, Owyang K., Owyang T., Allen
Centoni, Elam, Highstreet, Nguyen
Woelffer, Blower, White, Ledesma-Turner
no names available
no names available

Hicks, Watson, Dane, Jessica
Robinson, Wies, Steele, Dixon
M.Chan, O'Callaghan, Westling, He. Matheny
Rosenblum, Pewater, Pineta, Frankell
Tingen, Moore, Mage, LaVallee
Holleman, Smith, Smith, Morris
Lee, Holleman, Morris, McConnell
no names available
English, Accoe, Ransom, Shepherd

4 x High Hurdles

Previous Winners:

Varsity Boys (4 x 110 meters)

2012	rained out		
2011	1:10.18	Northgate	Brewer, Niese, Stapleton, Davis
2010	1:13.21	Northgate	Niese, Brewer, Davis, Juhg
2009	1:13.55	Northgate	Crane, Jung, Shi, Farabee
2008	1:17.10	Northgate	no names available
division not contested prior to 2008			

Varsity Girls: (4 x 100 meters)

2012	rained out		
2011	1:10.12	Arroyo	Osaka, Sandino, Partida, Bowersmith
2010	1:10.25	Arroyo	Bowersmith, Partida, Schwyster, Guan
2009	1:09.46	James Logan	no names available
2008	1:12.89	American	no names available
(Prior to 2008, varsity race distance was 4 x 60 meters.			
In 2008 it was changed to 4 x 100 meters.)			
2007	41.29	Castro Valley	no names available
Prior to 2007, the race distance was 4 x 65 yards			
2006	rained out		
2005	rained out		
2004	43.82	Tennyson	Truesdale, Baker, Luong, Alcantara
2003	43.18	Castro Valley	Stewart, Tirado, Robinson, Chandler
2002	41.72	Arroyo	Rivas, Bergeron, Hughes, Bock
2001	40.27	Arroyo	Rivas, Hughes, Banouvong, Tekawa
2000	44.66	Hayward	Dizon, Smith, Powell, Gamero
1999	43.03	Castro Valley	Wong, Robles, Ly, Eng
1998	41.48	Benicia	Sugg, DeJulio, Galvan, Cowling
1997	40.2	Mission SJ	McGraw, Fong, O'Conner, Luk
1996	41.5	Mission SJ	Fong, Mei, McGraw, Smith
1995	44.2	American	Ruen, Jager, Pelarz, Cameron
1994	43.4	Las Lomas	Fortier, Uzzel, Baron, Hozapoulos

(Before 1994, the hurdles were 30" in height.

After 1994, they were raised to 33".)

1990-93	no meet		
1989	39.2	Ygnacio Valley	Patel, Hanf, Tobel, Bofing
1988	rained out		
1987	41.7	Las Lomas	Myers, Greensmith, Scott, Miller
1986	41.1	Presentation	Rucher, Kahlon, McNair, Lawson
1985	40.0	Las Lomas	Stone, Myers, Goeller, Maynard
1984	39.3	Campolindo	Thomas, Warren, Johnson, Kimer
1983	41.9	Encinal	Wong, Gee, Chui, Cantos
1982	meet not held		
1981	41.9	Carondelet	Glynn, Achuleta, Zulaica, Fourmet
1980	38.9	Acalanes	M. VanZeeland, K. VanZeeland, Dunkleberg, Meinbress
1979	38.6	Acalanes	VanZeeland, Dunkleberg, Meinbress, Upshaw
1978	37.7	Acalanes	Meinbress, Upshaw, Gross, Favors
1977	39.5	Livermore	Newell, Ng, Calhoun, Mochior
1976	41.7	Berkeley	Burgess, Robinson, Ross, Cobb
Prior to 1976, the hurdles were an individual event			
1975 (80 yard)	11.3	K. Burgess	Berkeley
1974 (80 yard)	12.8	Roberta Bruder	Pleasant Hill
1973 (70 yard)	11.2	Roberta Bruder	Pleasant Hill

Frosh-Soph Boys: (4 X 60 meters)

2012	45.47	Heritage	Ernest, Zangai, Olender, Obodo
2011	45.44	Alameda	Want, Zhou, Baubeneck, Yick
2010	1:03.33	Bishop O'Dowd	King, Ruth, Winn, Fong
2009	1:22.62	Castro Valley	no names available
(For 2009 only, the race distance was changed to 4 x 110 meters.)			
2008	46.73	Castro Valley	no names available
2007	45.14	Castro Valley	no names available
(Prior to 2007, the race distance was 4 x 70 yards. It was changed to 4 x 65 meters.)			
2006	rained out		
2005	rained out		
2004	41.62	Northgate	Hahn, Hahn, Gomez, Tannenbaum
2003	46.01	Granada	Lewis, Wood, Colling, McMahan
2002	48.51	Las Lomas	Ricahot, Hoskins, Chu, Wojchowski
2001	45.44	Alameda	Mac, Sibley, Robin, Soots
2000	44.90	Castro Valley	Stanley, Leng, Kong, Parker
1999	39.50	Benicia	Harrison, C. Santana, N. Santana, J. Santana
1998	40.51	Benicia	J. Santana, Patterson, C. Santana, Layton
1997	44.1	Benicia	DeWitt, Layton, Maurer, Rovo
1996	39.6	St. Mary's	Nero, Gozzano, Cann, Natale
1995	44.1	Castro Valley	Fung, Aguayo, Paik, Ciglar
1994	44.2	Castro Valley	Amiri, Fung, Kim, Moore
1990-93	no meet		
1989	42.2	Acalanes	Habibullah, Wilson, Chales, Sicotte
1988	rained out		
1987	41.1	DeAnza	Hunt, Wiggins, Westbrood, Senior
1986	40.6	Ygnacio Valley	King, Cochual, Rice, McDowell
1985	43.7	Las Lomas	Nelson, Luna, Morse, Johnson
1984	40.9	Miramonte	Aldridge, Pope, Brown, Cameron

Frosh-Soph Girls: (4 x 60 meters)

2012	43.10	Tamalpais	Hutson, wilmoth, Bi, Davis
2011	47.79	Heritage	Bronzan, Grant, Millington, Smith
2010	n.t.	Northgate	Coyle, Rusch, Thomson, Roberts
2009	1:23.33	Alameda	Nguyen, Trieu, Wood, Willcox
(For 2009 only, race distance was changed to 4 x 100 meters.)			
2008	42.48	Castro Valley	no names available
2007	46.66	Las Lomas	no names available
2006	rained out		
(Prior to 2007, race distance was 4 x 65 yards. It was changed to 4 x 60 meters.)			
2005	rained out		
2004	46.66	Castro Valley	Kim, Lee, Simmons, Gistand
2003	43.48	Arroyo	Brook, Chung, Bergeron, Moniogo
2002	46.92	Granada	Delacruz, Janung, Morgen, Thurmen
2001	45.45	Las Lomas	Powell, Murphy, Jones, Gray
2000	45.49	Alameda	Vongkhamchanh, Robinson, Sandhu, Wong
1999	47.08	Newark	Tebow, Gutierrez, Purtle, Jassu
1998	45.10	Foothill	names not available
1997	44.2	Castro Valley	Mertz, Gallagher, Ponce, Wong
1996	43.6	Armijo	names not available

Sprint Medley (1-1-2-4)

(Prior to 2010, this race was contested as a 4 x 200 relay.)

Previous Winners:

Boys' Varsity:

2012 rained out

2011	1:35.55	Castro Valley	Davis, Foster, Speegle Matt, Speegle Miles
2010	1:33.25	St. Mary's	Moses, Hope-Lovet, Brown-Ryan, Roosevelt

Girls' Varsity

2012 rained out

2011	1:50.61	San Leandro	Randall, Brown, Turner, Jones
2010	1:51.12	St. Mary's	Glover, Thomas, Woelffer, Carter

Boys' Frosh-Soph:

2012	1:39.81	Berkeley	Allen, Vincent, Bryant, Dennis
2011	1:40.40	Bishop O'Dowd	no names available
2010	1:44.92	Castro Valley	Cervantez, Speegle Ma., Speegle My., Bundrus

Girls' Frosh-Soph:

2012	1:55.29	American	Clark, Bell, Tong, Mochinaga
2011	1:57.52	Alameda	Kumar, Owyang K., Owyang T., Allen
2010	1:59.74	Bishop O'Dowd	Brox-Chester, Lowe, Jackson, Fong

4 x 800

(Prior to 2007, the race distance was 4 x 880 yards)

Previous Winners:

Varsity Boys:

2012 rained out
 2011 8:12.61 **Castro Valley**
 2010 8:14.60 Castro Valley
 2009 8:59.03 Heritage
 2008 8:41.04 Castro Valley
 division not contested prior to 2007

Varsity Girls:

2012 rained out
 2011 10:24.00 Castro Valley
 2010 10:41.65 Castro Valley
 2009 10:34.06 Castro Valley
 2008 10:03.34 Castro Valley
 2007 9:57.10 Castro Valley
 2006 rained out
 2005 rained out
 2004 10:44.9 Alameda
 2003 10:37.7 Castro Valley
 2002 10:36.79 Washington
 2001 10:57.2 Castro Valley
 2000 10:37.8 Piedmont
 1999 11:14.2 Redwood Christian
 1998 10:45.3 Alhambra
 1997 10:10.5 Alhambra
 1996 10:16.5 Mission San Jose
 1995 10:35.1 Washington
 1994 10:49.0 Castro Valley
 1990-93 no meet held
 1989 10:08.5 Campolindo
 1984-88 event not contested
 1983 10:14 Alhambra
 1982 meet not held
 1981 9:56.0 **Castro Valley**
 1980 10:05.0 Castro Valley
 1979 10:08.8 San Ramon
 1978 event not contested
 1977 10:24.6 Livermore
 1976 10:27.3 Bishop O'Dowd
 1975 10:10.5 Pleasant Hill

Berman, Martore, Diomande, Eversole
 Martore, Diomande, Weekes, Eversole
 McIntosh, Morford, Fontes, Reid
 no names available

Chi, Bailey, Fong, Piccillo
 McCleod, Yang, Martines, Piccillo
 Yang, Granados, Lee, MacLeod
 no names available
 no names available

Steiner, Sedlak, Popelka, Rodriguez
 He. Matheny, Ho. Matheny, Dianda, Webb
 Little, Schultz, Ong, Roberts
 Medrano, Britt, Manos, Dodge
 L. Barbieri, D. Barbieri, Simpson, Joloe
 Davidson, Davidson, Kam, Heimmenga
 Gliatto, Neu, O'Dell, Loper-Riley
 New, Underwood, Loper-Riley, Gliatto
 Noecochoa, Torrez, Rutledge, Hotchkiss
 Duscha, Lin, Holte, Snow
 Shin, J. Ewing, Groome, Lim

Woodridge, Kho, Smith, Riley

Leary, Tully, Tully, Nakasoni

Kr. Lambden, Cunningham, Stevenson,
 Ka. Lambden
 Kr. Lambden, Van Buskirk, Stevenson, Ka.
 Lambden
 Grav, O'Conner, Schalk, Baffert

Aubuchon, Williams, Brostrom, Ainsworth
 Lourth, Gonszives, Scannel, Zabner
 Costello, Robinson, Iten, Bruder

Fresh-Soph Girls:

2012 10:40.42 Northgate
 2011 10:50.98 Alameda
 2010 10:55.80 Benecia
 2009 10:56.49 Heritage
 2008 10:57.93 Antioch
 2007 10:58.05 Mercy
 2006 rained out
 2005 rained out
 2004 10:42.5 Alameda
 2003 10:51.0 Clayton Valley
 2002 11:04.06 Alameda
 2001 10:38.9 San Lorenzo
 2000 11:23.1 Castro Valley
 1999 10:56.0 Hayward

Chesnutt, Coyle, Peterson, Mundrane
 Hosokawa, Nguyen, Xu, Fong
 Wilson, Sharpe, Ray, Beattie
 Grant, Navarette, Ford, Taylor
 no names available
 no names available

Vaughn, Wheeler, Mogg, Mason
 Vanderstanetan, Fox, Hill, Stupka
 Hodill, Steiner, Assayag, Rodriguez
 Pugh, Bicham, Hardy, Evans
 Manos, Choi, Bettinger, Mellon
 Richardson, Norsworthy, Solozhuk,
 McIntyre
 Simmons, Stewart, Groome, McGrellis
 no names available
 Judy, Barbera, Bostjanich, Rowland

1998 10:59.0 Castro Valley
 1997 10:58.8 St. Mary's
 1996 10:23.2 **Acalanes**

Fresh-Soph Boys:

2012 9:03.79 Heritage
 2011 9:18.92 Northgate
 2010 8:53.40 Bishop O'Dowd
 2009 9:14.93 Castro Valley
 2008 results lost in timing error
 2007 8:52.74 St. Mary's
 2006 rained out
 2005 rained out
 2004 9:13.0 Hayward
 2003 9:23.0 Oakland
 2002 9:16.26 Irvington
 2001 9:17.6 Castro Valley
 2000 8:53.1 Castro Valley
 1999 9:01.8 Alameda
 1998 9:17.1 Las Lomas
 1997 8:57.6 Castro Valley
 1996 9:02.6 Mission San Jose
 1995 9:15.4 Castro Valley
 1994 8:59.1 DeLaSalle
 1990-93 no meet held
 1988-89 event not contested
 1987 8:43.9 Castro Valley
 1986 8:40.6 **Las Lomas**
 1985 8:57.9 DeAnza
 1984 8:43.4 Miramonte

Spencer, Bunting, Demeko-Ousman, Lim
 Antolin, Reamy, Sheehy, Stalters
 John, Degroot, Schwartz, Kaufman
 Owyang, Coulter, Berman, Wummer
 no names available

Hurtado, Delauro, Pulido, Alunan
 Vo, Chan, Saeporah, Thomas
 Misner, Smith, Durham, Patel
 Yano, Ribeira, Ribeira, Welte
 Fernsten, Welte, Wong, Bettinger
 Bassmassery, Arellano, Yee, Lonsdale
 McGinnes, Hermens, Copersmith, Clarkson
 Cain, Sincerny, Cheung, D. Mellon
 Foreman, Stevens, Chapman, Stepan
 Boruta, S. Mellon, D. Dulaney, Baria
 Click, George, Hintz, Sanchez

Denzler, Saunders, Guerino, Grabanski
Williams, Dangle, Goeller, Murphy
 Williams, Rainey, Margan, DeCruz
 Hiro, Smith, Flaherty, Durham

Open 300 Hurdles (event first contested in 2008)

Varsity Boys:

2012 rained out

2011	41.49	James Carter	St. Mary's
2010	41.35	Sebastian Stafford	St. Mary's
2009	42.02	Parker Farabee	Northgate
2008	41.11	Myster Holliman	Mt. Eden

Varsity Girls:

2012 rained out

2011	49.73	Erin Delaria	Northgate
2010	52.60	Erin Delaria	Northgate
2009	51.27	Erica Johnson	Heritage
2008	46.39	Suzanne Howard	Santa Rosa

Frosh-Soph Boys:

2012	42.40	Dmitriy Petrovykh	Northgate
2011	45.52	Liam Godfrey	St. Mary's
2010	48.62	Chris Long	Tamalpais
2009	45.80	Kwame Hudson	Castro Valley
2008	49.10	Josh Bivings	Castro Valley

Frosh-Soph Girls:

2012	49.97	Monica Bi	Tamalpais
2011	48.92	Carly Schulz	St. Mary's
2010	51.74	Jana Centoni	Castro Valley
2009	53.68	Lidia Barajas	Castro Valley
2008	52.59	McKenna Bertsch	Santa Rosa

Open 100 Meter Dash

Previous Winners:

Varsity Boys

2012	rained out		
2011	10.97	Andre McBride	San Leandro
2010	11.47	Josh Llanos	Northgate
2009	10.98	Dash Oliver	Castro Valley
2008	11.02	Dash Oliver	Castro Valley
division not contested prior to 2008.			

Varsity Girls:

2012	rained out		
2011	13.26	Kristin Elam	Castro Valley
2010	13.00	Nadia Lewis	Benicia
2009	12.61	Malaina Payton	Fremont (Oak)
2008	12.49	Brianna Stewart	James Logan
2007	12.88	Malaina Payton	Fremont (Oak)
2006	rained out		
2005	rained out		
2004	12.95	Laux	Clayton Valley
2003	12.78	Charis Chan	Castro Valley
2002	13.01	Charis Chan	Castro Valley
2001	12.64	Makaiha Long	Tennyson
2000	13.11	Kalani Holleman	Hayward
1999	13.75	Ali Letsch	Las Lomas
1998	13.25	Tomel Cooper	Dublin
1997	12.88	Anita McCullum	San Lorenzo
1996	13.20	Jill Armstrong	Acalanes
1995	13.3	Kristine Obligation	Washington
1994	12.8	Orisha Hines	Fremont-Oakland
1990-93	no meet		
1975-89	event not held		
1974	no records		
1973	11.9y	Pam McDaniel	Washington

Frosh-Soph Boys:

2012	11.67	Daniel Chukwu	American
2011	11.85	Sulaiman Hameed	Alameda
2010	11.55	Myles Speagle	Castro Valley
2009	11.90	Chris Carnegie	St. Mary's
2008	11.84	Darnion Rosby	Castro Valley
2007	11.68	Dash Oliver	Castro Valley
2006	rained out		
2005	rained out		
2004	12.02	Brian Chung	Northgate
2003	11.63	Jaleil James	San Leandro
2002	11.69	Kevin Russo	Granada
2001	11.88	Josh Graff	Granada
2000	11.93	Eric Zamora	Castro Valley
1999	11.52	J. Hampton	Benicia
1998	11.66	Deonte Lewis	Hayward
1997	11.68	Derrick Kindle	Mt. Eden
1996	11.89	Benalter Gambles	Armijo
1995	11.3	Dave Newton	San Ramon
1994	11.6	Brian Thompson	Alhambra

Frosh-Soph Girls:

2012	12.87	Kayla Dickerson	Northgate
2011	13.20	Anshika Kumar	Alameda
2010	13.26	Kailey Moser	Heritage
2009	13.38	Gisela White	St. Mary's
2008	13.20	Khyia Slone	Heritage
2007	13.44	Jordan Gibbs	Bishop O'Dowd
2006	rained out		
2005	rained out		
2004	13.38	Blankers	Crystal Springs
2003	13.37	Taylor Holslaw	Alameda
2002	13.76	Michelle Chan	Castro Valley
2001	13.77	Jennifer Grankell	Alameda
2000	13.56	Maria White	Mt. Eden
1999	12.86	Kalani Holleman	Hayward
1998	13.20	Kalani Holleman	Hayward
1997	13.19	Lukestain Powell	Castlemont
1996	13.45	Espie Accode	St. Mary's

Open 1600 (prior to 2007 race distance was one mile)

Previous Winners:

Varsity Boys:

2012	rained out	
2011	4:39.88	Dumcan Calvert St. Mary's
2010	4:39.50	Will Melton Northgate
2009	4:42.4h	Ben Eversole Castro Valley
2008	4:24.65	Jack Leng Castro Valley
division not contested prior to 2008.		

Varsity Girls:

2012	rained out	
2011	5:34.20	Caitlyn Mundrane Northgate
2010	5:23.19	Elise Wummer Castro Valley
2009	5:13.3h	Kelsey Santisteban Castro Valley
2008	5:20.56	Kelsey Santisteban Castro Valley
2007	5:11.83	Nicole Hood Carondelet
2006	rained out	
2005	rained out	
2004	5:34.2	Fox Clayton Valley
2003	5:33.2	Corinne Roberts Alameda
2002	5:31.0	Corinne Roberts Alameda
2001	5:50.1	Bonnie Chalmers Las Lomas
2000	5:42.0	Zinzi Evans Holy Names
1999	5:56.6	Kristen Boon-Nitoff Castro Valley
1998	6:07.0	Susan Kang American
1997	5:34.5	Amy Loper-Riley Alhambra
1996	5:53.8	Katie Hotchkiss Mission SJ
1995	5:31.8	Amber Robinson Las Lomas
1994	5:40.1	Amber Robinson Las Lomas
1990-93	meet not held	
1989	5:24.2	Sarah Riley Campolindo
1988	rained out	
1987	5:21.3	Maria Ravazza Acalanes
1986	5:20.4	Kristen Hansen Ygnacio Valley
1985	5:29.6	Elena Spight Miramonte
1984	5:24.9	Elena Spight Miramonte
1983	5:11.6	Ann Ratto Alameda
1982	meet not held	
1981	5:20.5	Nogle Miramonte
1980	5:05.9	Lisa Sandel Campolindo
1979	5:19.5	Melissa Martel Piedmont
1978	5:19.3	Carol Manning Carondelet
1977	5:20.4	Cherie Williams Livermore
1976	5:30.8	Karen Salisbury Northgate
1975	5:30.8	Mary Riebelt Las Lomas
1974	5:54.8	M. Zahner Bishop O'Dowd
1973	6:07.8	Mary Faiferek Las Lomas

Frosh-Soph Boys:

2012	4:51.17	Austin Lloyd Berkeley
2011	4:38.83	Steven Carlson Alameda
2010	4:53.33	Duncan Calvert St. Mary's
2009	5:08.3h	Brandon Brum Heritage
2008	4:47.21	Mark Blattler Alhambra
2007	4:53.11	Ranvir Dhillon Washington
2006	rained out	
2005	rained out	
2004	4:44.1	Ballanger Oakland Tech
2003	4:40.7	Michael Wickman Northgate
2002	4:57.0	Gis Gibbs Tamalpais
2001	5:01.5	Josh Rau Granada
2000	5:02.0	Beau Bettinger Castro Valley
1999	4:58.6	Ryan McGinnis Las Lomas
1998	5:00.0	Ryan McGinnis Las Lomas
1997	4:55.4	Richard Mendez Hayward
1996	4:34.4	Jonathan Stevens Mission SJ
1995	5:03.6	Peter Baria Castro Valley
1994	5:01.4	Chris Coffee DeLaSalle
1990-93	no meet held	
1989	4:52.7	Dave Ling Castro Valley
1988	rained out	
1987	4:40.7	Gordon Johnson Piedmont
1986	4:33.4	Mike Mahoney Acalanes
1985	4:42.1	Ryan Harding Eagle Point, OR
1984	4:44.5	P. King Clayton Valley

Frosh-Soph Girls:

2012	5:38.69	Caitlyn Mundrane Northgate
2011	5:39.66	Caitlyn Mundrane Northgate
2010	5:46.41	Ami Boucher Northgate
2009	6:01.0h	Rebecca Beard Heritage
2008	5:43.50	Josie Tapia school unknown
2007	5:49.69	Damajeria DuBose Bishop O'Dowd
2006	rained out	
2005	rained out	
2004	5:49.5	Rozwat Crystal Springs
2003	5:42.9	Elise Fox Clayton Valley
2002	5:45.0	Drusia Dickson Acalanes
2001	5:31.6	Lisa Crampton Granada
2000	5:51.0	Sara Orzell Alameda
1999	5:58.2	Larisa Solozhuk Hayward
1998	6:13.0	Erica Simmons Castro Valley
1997	6:10.1	Melissa Vivian Alhambra
1996	5:39.8	Courtney Davidson Redwood Christian

4 x 400 (prior to 2007 the race distance was 4 x 440 yards)

Previous winners

Varsity Boys:

2012	rained out	
2011	3:31.68	San Leandro
2010	3:30.70	Benicia
2009	3:30.29	Castro Valley
2008	3:34.46	James Logan
division not contested prior to 2008		

Varsity Girls:

2012	rained out	
2011	4:09.52	San Leandro
2010	4:21.94	Heritage
2009	4:14.76	Castro Valley
2008	4:13.54	Fremont (Oak)
2007	4:09.41	St. Mary's
2006	rained out	
2005	rained out	
2004	4:18.43	Hayward
2003	4:19.71	Washington
2002	4:18.72	Washington
2001	4:35.10	Las Lomas
2000	4:50.0	Oakland
1999	4:43.60	Redwood Christian
1998	4:23.77	Alhambra
1997	4:07.3	Fremont (Oak)
1996	4:13.4	Fremont (Oak)
1995	4:29.2	Washington
1994	4:31.1	Alhambra
1990-93	meet not held	
1989	4:17.8	Piedmont
1988	rained out	
1987	4:11.7	College Park
1986	4:16.0	Acalanes
1985	4:15.9	Acalanes
1984	4:17.5	Campolindo
1983	4:17.9	Campolindo
1982	no meet held	
1981	4:12.7	Campolindo
1980	4:04.5	Campolindo
1979	4:06.5	Miramonte
1978	4:14.7	San Ramon
1977	4:11.7	El Cerrito
1976	4:15.4	Berkeley
1975	4:09.9	Las Lomas
1974		no records
1973	4:03.5	Berkeley

Carter, McBride, Rivers, Cummings
 Murdock, Mamon, Dubios, Wiley
Batis, Garrick, Oliver, Hamilton
 no names available

Turner, Brown, Amirah, Jones
 Johnson, Grant, Giles, Earl
 Lee, Martore, Granados, Schneider
 no names available
 no names available
 Miller, Brooks, Ly, Smith
 Price, Marshall, Bloom, Sheppard
 Martinez, Bloom, Little, Roberts
 Letsch, Moore, Brooks, Erdman
 names not available
 Davidson, Davidson, Silva, Hiemenga
 Gliatto, New, Rilli, O'Dell
 Ashworth, McCarter, Lewis, Wallace
 Ashworth, Lewis, McCarter, Thomas
 Holte, Ghodoussi, Snow, Lim
 Thompson, Underwood, Prato, Piper

no names available

Henderson, Lucas, Dial, Marshall
 Ravazza, Ruan, Lee, Kilmedr
 Ravazza, Kasper, Heckmann, Newberger
 Bacon, Hepler, McMahon, Sasser
 Bacon, Hepler, McMahon, Sasser
 M. Hepler, K. Hepler, Sasser, Vance
 Adams, Hepler, Henneker, Sandal
 Langren, Bevan, Binsacca, Peters
 O'Connor, O'Connor, Bateman, Renwick
 Hawthorne, Young, Hawthorne, Blackburn
 Burgess, Murray, Ross, Cobbs
 Warren, Gray, Giesman, Sweetman

no names available

Frosh-Soph Boys:

2012	3:44.48	St. Mary's	Chambers, Barchard, Godfrey, Barajas
2011	3:38.45	Berkeley	Bryant, Silvey, Scott, Traylor
2010	3:49.81	Benicia	Coleman, Guidry, Huebner, Yip
2009	4:02.63	Heritage	Avila, Kobayashi, Combs, Alicea
2008	3:48.44	Castro Valley	no names available
2007	3:44.22	Bishop O'Dowd	no names available
2006	rained out		
2005	rained out		
2004	3:50.21	Las Lomas	Dyer, Davis, Taglieri, Pierson
2003	3:50.72	Granada	Allen, Powell, Lin, Collins
2002	3:46.77	Alameda	Rodrigues, Silbey, Lindsted, Uddenberg
2001	3:47.85	Granada	Rau, Russo, Marisoli, Bennett
2000	3:47.0	Mt. Eden	Hollman, Dawkins, Boston, Nguyen
1999	3:47.00	Alameda	no names available
1998	3:51.34	Benicia	Rivera, Ludwig, Pollard, Chavez
1997	3:41.0	Benicia	Moralas, Chavez, Changus, Lawson
1996	3:45.8	Acalanes	Brilliant, Bostjanich, Engledinger, Anderson
1995	3:45.6	Washington	Dean, John, Burns, Zeller
1994	3:47.6	Las Lomas	Schmidt, Coombs, Haleen, Moberly
1989	3:43.0	Ygnacio Valley	Sanchez, Grim, Hunsaker, Schwab
1988	rained out		
1987	3:40.0	Acalanes	Redo, Stevens, Phillips, Sutch
1986	3:36.6	Ygnacio Valley	Barry, Eleazar, Shenejaeld,
Morrison			
1985	3:42.3	DeAnza	Margain, Baker, Morris, DeCruz
1984	3:42.8	Granada	Barnett, Johnson, Chambers, Klino

Frosh-Soph Girls:

2012	4:14.81	American	Tong, Dunn, Alexander, Bell
2011	4:28.19	Heritage	Vanden-Oudenaller, Smith, Tolkes, Lord
2010	4:33.17	Benicia	Sharpe, Ray, Williams, Beattie
2009	4:32.76	Heritage	Shodeen, Grant, Earl, Taylor
2008	4:34.24	Antioch	no names available
2007	4:33.68	St. Mary's	no names available
2006	rained out		
2005	rained out		
2004	4:30.82	Granada	Pane, Hicks, Cantua, Watson
2003	4:32.71	San Leandro	Wong, Jay, Shanna, Leung
2002	4:32.46	Alameda	Imphroy, Green, Steiner, Rodrigues
2001	4:22.77	San Lorenzo	Pugh, Evans, Bickham, Hardy
2000	4:25.0	Alameda	Burenin, Roberts, Vonghnamchamnh, Frankel
1999	4:27.71	Granada	Kuska, Fischer, Ortumo, Smit
1998	4:37.94	Alameda	no names available
1997	4:28.5	St. Mary's	no names available
1996	4:22.4	Acalanes	Laird, Gillen, Judy, Rowland

Long Jump

Previous Winners: Teams:

Varsity Boys:

2012 rained out
 2011 55-7.75 Castro Valley
 2010 63-1.75 Benicia
 2009 54-1 1/2 St. Mary's
 2008 57-3 3/4 James Logan
 division not contested prior to 2008

Varsity Girls:

2012 rained out
 2011 43-10 Castro Valley
 2010 43-1 St. Mary's
 2009 49-11 3-4 James Logan
 2008 53-6 1/4 James Logan
 2007 47-1 3/4 Carondelet
 2006 rained out
 2006 rained out
 2004 37-9 1/2 Alameda
 2003 43-4 Redwood Christian
 2002 42-6 1/2 Alameda
 2001 42-7.5 Las Lomas
 2000 46-1 Tennyson
 1999 43-9 Castro Valley
 1998 41-1 1/2 Redwood Christian
 1997 43-4 1/2 Castro Valley
 1996 41-0 Las Lomas
 1995 42-3 1/2 Holy Names
 1994 42-0 1/2 Castro Valley
 1990-93 meet not held
 1989 43-7 1/2 Holy Names
 1988 rained out
 1987 43-5 Monte Vista
 1986 45-6 1/2 Alhambra
 1985 45-10 1/2 Campolindo
 1984 47-0 Miramonte
 1983 47-0 1/2 Campolindo
 1982 meet not held
 1981 48-1 1/2 Alhambra
 1980 46-9 3/4 Acalanes
 1979 47-2 1/2 Moreau Catholic
 1978 45-7 Northgate
 1977 48-0 1/2 Livermore
 1976 not a relay event
 1975 not a relay event
 1974 not a relay event
 1973 not a relay event

Davis, Hudson, Speegle
Mamon, Johnson, Dubios
 Okuwadafor, Foster, Greene
 Evans, Brovis, Brewer

Miller, Velasquez, Chiu
 Hodege, Larkin, Carter
 Orange, N., McGlory, L., McGlory
Brewer, Stewart, Runnells
 no names available

Hodill, Wong, Copeland
 Margulies, Walker, Mellion
 Hodill, Burenin, Roberts
 Mayta, Tingen, Erdman
 McIver, Long, Nelson
 McDonald, Bailey, Paladini
 Davidson, Wiecker, Yovino
 Sammons, Bailey, Jones
 Minglana, Leahy, Ashworth
 Brown, Agbowo, Banks
 Kohl, Shin, Wong

Tanner, Gross, Alexander
 Hansen, Kolb, Studfell
 Corbyn, Morandin, Suits
 Doust, Berman, Schuh
 Tong, Halsey, Hess
 Schuh, Berman, Rowe

Suits, Hanson, Hopkins
 Bucklin, Cox, VanZeeland
 Miles, Carson, Kinman
 Fleming, Peters, Kenow
 Madrid, Ng, Paxaio

Individuals:

21-08.5 Marvin Towles Tennyson
23-3.25 Chris Mamon Benicia
 19-9 Solomon Kiren San Lorenzo
 21-4 1/2 Rashad Evans James Logan

17-01 BriAnna Miller Castro Valley
 16-9 Khyia Slone Heritage
18-10 1/2 Malaina Payton Fremont (Oak)
 18-5 1/2 Alitta Boyd Moreau Catholic
 16-9 1/2 Adrienne Johnson Carondelet

15-1 Mercedes Marchbank Sequoia
 16-10 Lauren Hodell Alameda
 14-10 Lauren Hodell Alameda
 14-9 Ashley Erdman Las Lomas
 16-4 Kalani Holleman Hayward
 15-4 Loryn Bailey Castro Valley
 14-6 1/2 Ana Yovino Redwood Christian
 15-2 1/2 Becka Fong Mission San Jose
 14-5 1/2 Ada Minglana Las Lomas
 14-10 Jasmin Brown Holy Names
 14-11 1/4 Amy Kohl Castro Valley

16-4 Chivonne Tanner Holy Names
 15-0 Susie Calahong Las Lomas
 15-11 Cindi Barros Arroyo
 16-7 1/2 Karlyn McNall Acalanes
 16-1 3/4 Kim Halsey Miramonte
 16-5 1/2 Kim Halsey Miramonte

16-6 Pam Cole Castro Valley
 16-9 Maggie VanZeeland Acalanes
 16-9 1/2 Rita OConnor San Ramon
 15-11 1/2 Dawn Peters Northgate
 16-9 Paula Ng Livermore
 16-5 Kelly Swearington Del Valle
 17-2 1/2 Terry Knight Berkeley
 17-0 C. Hermann Las Lomas
 16-6 3/4 P. Lebrrie Bishop O'Dowd

Fresh-Soph Boys:

2012 55-5 American
 2011 51-06 St. Mary's
 2010 49-5 Hayward
 2009 46-6 3/4 Castro Valley
 2008 54-2 1/2 Bishop O'Dowd
 2007 57-2 1/2 Bishop O'Dowd
 1985-2006 event not contested

KUmar, Kadakia, Powers
 Blanco, Terrell, Shockley
 Caro, Young, Aguirre
 Lu, Davis, Nouv
 Williams, Manos, Mell
Jones, Anunty, McWharton

19-10
 18-05
 17-11
 17-6
 18-3 1/2
 19-8 3/4

Nicholas Wong
 Joseph Apodaca
 Morgan Bundgus
 Nikolas Dennis
 Antione Williams
 Alex Workman

Alameda
 Heritage
 Castro Valley
 Heritage
 Mt. Eden
 St. Mary's

Fresh-Soph Girls:

2012 46-9.75 **Castro Valley**
 2011 43-04 St. Mary's
 2010 43-5 Tamalpais
 2009 40-6 1/2 St. Mary's
 2008 42-0 1/2 Mercy
 2007 36-3 Mercy
 2006 rained out
 2005 rained out
 2004 40-0 Northgate
 2003 42-10 Alameda
 2002 40-4 Alameda
 2001 42-2 Alameda
 2000 43-9 Castro Valley
 1999 38-3 3/4 Hayward
 1998 40-2 Hayward
 1997 41-4 Las Lomas
 1996 38-0 1/4 St. Mary's

Jones, Edwards, Carson
 Bermuda, Imah, Wyatt
 McMillan, Rasmussen, Collins
 Hodge, Larkin, Ledesma
 Mason, Maldonado, Andres
 no names available

17-01.75
 15-06
 16-2
 14-10
 16-0 1/2
 14-1 1/4

Kennedy Jones
 Megan Neuhoff
 Lisa McMillan
 Jade Hodge
 Madison Mason
 Rachel Reid

Castro Valley
 Heritage
 Tamalpais
 St. Mary's
 Mercy
 Mercy

Dunn, Jing, Badger
 Hodill, Wong, Holtslaw
 Wong, rosenblum, Hodill
 Rosenblum, Hodell, Roberts
 Chandler, Slader, Ford
 Holleman, Booth, Carter
 Holleman, Radcliffe, Gunseor
 Miller, Raoufi, Ashworth
 Rodriguez, Eisner-Gordon, English

14-0
 14-11 1/2
 14-1
 16-5 1/2
 15-8
 14-6
 14-6
 14-10
 14-11

Brandy Tummings
 Raina Timmel
 Marisa Robinson
 Crystl Pugh
 Kiersten Slader
 Shelley Deis
 Kalani Holleman
 Heather Ashworth
 Katy Savage

Galileo
 Petaluma
 Acalanes
 San Lorenzo
 Castro Valley
 Granada
 Hayward
 Las Lomas
 Alameda

Triple Jump

Previous Winners:

Varsity Boys:

2012 rained out
 2011 119-00.5 Castro Valley
 2010 **125-4.25 St. Mary's**
 2009 116-2 Castro Valley
 2008 114-2 Santa Rosa
 division not contested prior to 2008

Team

Davis, Hudson, Kono
Hope-Lovett, Foster, Harris
 Woodard, Adesanya, Diomande
 Stein, Coddington, Marsh

Individual

43-01 Ben Davis Castro Valley
45-11.75 Najee Hope-Lovett St. Mary's
 40-6 1/2 Jemarr Foster St. Mary's
 43-2 1/2 Rashad Evans James Logan

Varsity Girls:

2012 rained out
 2011 87-01.5 Castro Valley
 2010 89-00 Castro Valley
 2009 102-1 3/4 James Logan
 2008 **116-8 1/4 James Logan**
 2007 97-6 3/4 Castro Valley
 event not contested 1973-2007

Miller, Velasquez, Chiu
 Miller, Bedford, Velasquez
 Runnels, Hill, Curd
Stewart, Brewer, N. McGlory
 no names available

34-09.25 BriAnna Miller Castro Valley
 35-22 Jade Hodge St. Mary's
 37-5 1/4 Tessa Runnels James Logan
41-2 3.4 Alitta Boyd Moreau Catholic
 36-2 Aziza Baker St. Mary's

Frosh-Soph Boys:

2012 111-3 St. Mary's
 2011 107-08 St. Mary's
 2010 92-7 Tamalpais
 2009 107-6.5 St. Mary's
 2008 111-0 1/2 Bishop O'Dowd
 2007 111-8 1/2 St. Mary's
 2006 rained out
 2005 rained out
 2004 106-9 1/4 Alhambra
 2003 100-01.5 Mt. Eden
 2002 108-3 Alameda
 2001 109-7.5 Granada
 2000 **118-11 Mt. Eden**
 1999 110-0-3/4 Tennyson
 1998 101-6 Las Lomas
 1997 108-0 1/2 San Lorenzo
 1996 104-2 3/4 Hayward
 1995 105-9 Castro Valley
 1994 109-9 3/4 Castro Valley
 1990-93 no meet held
 1989 110-1 1/2 Acalanes
 1988 rained out
 1987 114-9 DeAnza
 1986 113-10 Ygnacio Valley

Terrell, Ulmer, Wilright
 Shockley, Lambright, Terrell
 Knight, Lipman, Cramer
 Gazaway, Garcia, Rose
 Tramell, Manog, Agyei
 no names available

39-02.50 Nicholas Wong Alameda
 37-01 Nicholas Wong Alameda
 37-6 Christina Garcia St. Mary's
 37-1 Patrick Gazaway St. Mary's
 39-6 Trent Trammell Bishop O'Dowd
42-5 Alex Workman St. Mary's

Churs, Townsend, Kim
 Luke, M. Almond, D. Almond
 Uddenberg, Silbey, Gutierrez
 Coyle, Lackey, Urrutia
Boston, Boston, Dawkins
 Brown, Smith, McKnight
 Gabe, McGinnis, Clarkson
 DePina, Owens, Gordillo
 Hsieh, Johnson, Conway
 Bailey, Fung, Ciglar
 Amiri, Moore, Wong

37-10 1/2 Ted Green Irvington
 37-2.5 Andre Luke Mt. Eden
 38-10 1/2 Liwei Tsao Irvington
 38-9 Matt Uddenberg Alameda
 41-11 James Brown Tennyson
 38-11 3/4 Vonshae McKnight Tennyson
 37-0 Laith Almagen Hayward
 37-8 1/2 Recil Miner Benicia
 37-0 1/2 Kim-Da Hsieh Hayward
 37-2 Kevin Grimes San Lorenzo
 37-5 3/4 Naeem Amiri Castro Valley

Wilson, Sampson, Habibullah

40-2 Jerry Reese Mt. Diablo

Hunt, Riveis, Foster
 Medrona, Poppleton, Barry

39-5 J. Hunt DeAnza
 41-7 Rich Laccay Moreau Catholic

Frosh-Soph Girls:

2012 **92-8.50 Castro Valley**
 2011 30-04 Heritage
 2010 79-2 Tamalpais
 2009 84-10 Castro Valley
 2008 81-4 1/2 Hayward
 2007 29-0 Castro Valley
 event not contested prior to 2007

Jones, Edwards, Fields
 Neuhoff, no other jumpers
 Colins, Reiss, Swenson
 Highstreet, Brinkman, Chissell
 Ani, Davis, Obionma
 Chan, no other jumpers

34-03 Kennedy Jones Castro Valley
 30-4 Megan Neuhoff Heritage
 33-3 Alex Sharpe Benicia
 30-7 3/4 Jade Hodge St. Mary's
 28-3 1/2 Rochel Cycon Mercy
 29-0 Bethany Chan Castro Valley

High Jump

Proudly sponsored by
Peter Brewer, Track Coach
 "Pain is only physical"

Previous Winners:

Varsity Boys:

2012 rained out
 2011 16-10 St. Mary's
 2010 17-2 Heritage

 2009 15-8 Heritage
 2008 17-10 James Logan
 division not contested prior to 2008

Team:

Andoh, Carnegie, Calvert
 Eng, Henry, Renna

 Henry, Burt, Crowder
 Olyemhonlan, Evans, Ameron

Individual:

5-10 David Andoh St. Mary's
 6-2 Billy Eng Heritage
 6-2 Alex Foster Castro Valley
 5-4 Adam Nikssarian Castro Valley
 6-4 Itua Olyemhonlan James Logan

Varsity Girls:

2012 rained out
 2011 13-9 Northgate
 2010 13-4 Heritage
 2009 13-0 Heritage
 2008 13-6 Castro Valley
 2007 14-4 Carondelet
 2006 rained out
 2005 rained out
 2004 9-2 Arroyo
 2003 13-10 Alameda
 2002 13-10 Arroyo
 2001 13-6 Arroyo
 2000 13-10 Las Lomas
 1999 14-3 1/2 Castro Valley
 1998 13-6 Castro Valley
 1997 13-10 Castro Valley
 1996 14-4 Acalanes
 1995 14-0 Castro Valley
 1994 13-6 Castro Valley
 1990-93 no meet held
 1989 14-0 Holy Names
 1988 rained out
 1987 14-0 Monte Vista
 1986 13-6 Arroyo
 1985 14-2 Campolindo
 1984 14-6 Campolindo
 1983 no records available
 1982 no meet held
 1981 13-6 Castro Valley
 1980 14-3 Acalanes
 1979 14-4 Acalanes
 1978 13-10 Las Lomas
 1977 14-0 Livermore
 1976 not a relay event
 1975 not a relay event
 1974 not a relay event
 1973 not a relay event

Roberts, Dickerson, Phillips
 Grant, Johnson, Shodeen
 Pfofu, Johnson, Guerrero
 Brown, Frueh, Soares
 no names available

Erica Peters, Kori, Jenna
 Stewart, Roberts, Hodill
 Becky G, Milana O, Phillips
 Buonovang, Phillips, Andrea
 Raoufi, Ardeschar, Creech
 Bailey, Eng, McDonald
 Long, McDonald, Bailey
 Kohl, Bailey, Komadina
 Nichol, Shaw, Flett
 Kohl, E.Ewing, Komadina
 Kohl, Hild, Parker

Clark, Harb, Dillon

Byers, Cole, Baker
 Barros, Lopes, Sanchez
 Johnson, Denham, Cole
 Denham, Johnson, Kisner

VanBuskirk, Cunningham, Symes
 Carr, Dunklebey, VanZeeland
 Dalicio, VanZeeland, Dunklebey
 Warrington, Kunz, Cornell
 Madrid, Paxaio, Shirley

4-8 Mackenzie Phillips Northgate
 5-0 Celeste Martore Castro Valley
 5-0 Aziza Baker St. Mary's
 5-0 Paula Brown Castro Valley
 5-4 Adrienne Johnson Carondelet

5-0 Erica Peters Arroyo
 5-0 Lauren Hodell Alameda
 5-0 Liana Tergs Tamalpais
 5-0 Vanessa Phillips Arroyo
 5-2 Sarah Raoufi Las Lomas
 5-1 1/2 Loryn Bailey Castro Valley
 4-10 Rachel McDonald Castro Valley
 5-0 Amy Kohl Castro Valley
 5-2 Erin Nichol Acalanes
 4-10 Amy Kohl Castro Valley
 4-10 Tracy Banks Alhambra

4-10 Daly Benicia

 4-10 Carrie Dial College Park
 5-0 Brook Knight Clayton Valley
 4-10 Kristin Folkedahl Acalanes
 4-11 Claire Denham Campolindo

4-10 Lisa Banchemo Carondelet
 5-6 Maggie VanZeeland Acalanes
 5-6 Lisa Peters Northgate
 5-2 Karen Cornell Las Lomas
 4-10 Janice Paxaio Livermore
 5-2 Johnson Liberty
 5-2 Terry Knight Berkeley
 --- no records available
 4-11 A. Noack Campolindo

Frosh-Soph Boys:

2012	16-0	Heritage	Demeko-Ousman, Olender, Mace	6-0	Ruthvik Kumar	American
2011	15-6	Heritage	Demeko-Ousmon, Lynch, Obodo	5-6 (tie)	Solomon Demeko-Ousmon	Heritage
				5-6	Harold Terrell	St. Mary's
2010	10-6	Heritage	Obodo, Bowman	5-6	Tim Stapleton	Northgate
2009	15-6	Heritage	Eng, Barnes, Bowman	5-6	Billy Eng	Heritage
2008	16-0	Bishop O'Dowd	Martines, Wallace, Williams	5-4 (tie)	Chris Martines	Bishop O'Dowd
				5-4	Allen Williams	Bishop O'Dowd
				5-4	Joey Anunty	Bishop O'Dowd
2007	14-4	Redwood Christian	no names available			
2006	rained out					
2005	rained out					
2004	15-8	Ygnacio Valley	Justin, Steven, Erin	5-8	Kirk Marciel	Castro Valley
	15-8	Castro Valley	Marciel, Lassalle, Corey			
2003	16-3	Las Lomas	Fox, Ayropetyan, Kalinn	5-9	Jeff Fox	Las Lomas
2002	16-2	Tamalpais	Fitting, Frazer, Crockett	5-10	Brandon Crockett	Tamalpais
2001	15-6	Castro Valley	Stohr, Picetti, Leng	5-4	Jesse Lackey	Ganada
2000	16-4	Castro Valley	Bettinger, Parker, Eng	5-10	Beau Bettinger	Castro Valley
1999	16-2	Pittsburg	Malone, Davis, Anderson	5-8	David Finney	Granada
	16-2	Castro Valley	Parker, Hansen, Stohr	5-8	Ben Hanson	Castro Valley
1998	15-10	Benicia	Dylan, Layton, Puno	5-6	Ben Hanson	Castro Valley
	15-10	Castro Valley	Hanson, Prakash, Stohr			
1997	16-2	San Lorenzo	DePina, Owens, Gordillo	5-10	Vincent Boatwright	Hayward
	16-2	Benicia	Miner, Maurer, Layton			
1996	16-2	Hayward	Holleman, Boatwright, Cano	5-8	Jordan Engledinger	Acalanes
1995	16-2	Tokay	Ryan, Caulkey, Echler	5-10	Jason Ryan	Tokay
1994	15-6	Castro Valley	Amiri, Kim, Fung	5-6	Naeem Amiri	Castro Valley
1990-93		meet not held				
1985-89		event not contested				
1984	16-7	Miramonte	Cameron, Franklin, Kerchner	5-7	Chris Kerchner	Miramonte
				5-7 (tie)	Tom Cameron	Miramonte

Girls Frosh-Soph:

2012	13-8	Heritage	Dryer, Millington, Formato	5-2	Briahn Brown	St. Mary's
2011	13-6	Northgate	Roberts, Dickerson, Kneppers	4-8	Bridget Grant	Heritage
					Mackenzie Roberts	Northgate
2010	13-4	Northgate	Makrakis, Roberts, Phillips	4-8	Hallie Makrakis	Northgate
2009	9-0	Heritage	Grant, Shodeen	4-6	Alex Grant	Heritage
2008	12-10	Mercy	Mason, Maldonado, Andres	4-8	Madison Mason	Mercy
2007	11-8	Castro Valley	no names available	4-6	Jill S.	Carondelet
2006	rained out					
2005	rained out					
2004	12-6	Northgate	Kenny, Espinosa, Bylova	4-8	Natalya Caraballo	St. Joseph's
2003	13-2	Petaluma	Timmel, Cabral, Hurt	4-10	Brianne Peters	Arroyo
2002	12-2	Castro Valley	Ka. Stewart, Crawford, Delaplane	4-4	Katy Stewart	Castro Valley
2001	13-8	Las Lomas	Powell, Murphy, Harrington	4-8	Maggie Murphy	Las Lomas
2000	13-8	Las Lomas	Powell, Rocha, Murphy	4-8	Laura Powell	Las Lomas
1999	13-2	Alameda	Sawyer, Unger, Orzell	4-8	Gita Vaynsberg	Granada
				4-8	Laneice Morgan	Hayward
1998	13-0	Hayward	Wong, Morse, McConnell	4-8	Amy McConnell	Hayward
1997	8-4	Las Lomas	Miller, Kreen, Hoffman	4-6	Jennifer Miller	Las Lomas
	8-4	Castro Valley	Bichsel, Robles, Eng			
1996	12-10	Castro Valley	Bailey, Robles, Van Norman	4-6	Loryn Bailey	Castro Valley

Pole Vault

Varsity Boys: Previous Winners: Team: Individual:

2012	rained out					
2011	35-0	Washington	O'Hollaran, Sheridan, Miller	12-0	Brian Pande	Monte Vista
2010	36-0	Monte Vista	Nguyen, Shackleton, Archibald	13-0	Andrew Wiegardt	Castro Valley
2009	12-2	Castro Valley	Wiegardt, Dangler	11-6	Andrew Wiegardt	Castro Valley
2008	results missing					
division not contested prior to 2008						

Varsity Girls:

2012	rained out					
2011	26-0	Washington	Reist, van Sprakelaar, Landon	9-6	Jessie Reist	Washington
2010	20-6	Washington	Reist, Belliview, Landon	8-6	Erin Delaria	Northgate
2009	13-0	Castro Valley	Gilchriese, Ayala	7-0	Sarah Gilchriese	Castro Valley
2008	24-6	Las Lomas	Jinag, Fong, Tao	10-6	Azarin Lewis	Benicia
2007	27-0	Las Lomas	Vo, Hartman, Wang	10-0	Katie Vo	Las Lomas
2006	rained out					
2005	rained out					
2004	15-6	Las Lomas	Hartman, Pena, Wang	9-6	Ashley Juenger	Irvington
2003	23-6	Irvington	Juenger, Iso, Galden	8-6	Asley Juenger	Irvington
2002	24-6	Las Lomas	E. Kersey, B. Kersey, Hitchcock	8-6	Eva Kersey	Las Lomas
				8-6	Erin McCarthy	Castro Valley
2001	24-6	Las Lomas	Lim, Kersey, Kersey	9-0	Cindy Lim	Las Lomas
2000	29-6	Las Lomas	Heim, Creech, Lim	10-6	Jenika Heim	Las Lomas
1999	25-6	Las Lomas	Heim, Hofman, Powell	10-6	Veronica Garcia	Newark-Memorial
1998	24-6	Castro Valley	Sammons, Glenn, Arterburn	8-6	Amber Sammons	Castro Valley
1997	23-6	Alhambra	Sutton, Gliatto, Johnson	8-6	Danielle Sutton	Alhambra
1996	22-6	Acalanes	Flett, Forde, Herg	8-6	Elizabeth Ewing	Castro Valley
	22-6	Castro Valley	E.Ewing, Clancy, Sammons			
1995	21-0	Las Lomas	Baron, Fleming, Tumbas	9-6	Amanda Sweeney	Tokay
1994	21-6	Las Lomas	Baron, Fleming, Tumbas	8-0	Amanda Baron	Las Lomas

Girls' Frosh-Soph:

2012	21-6	Northgate	Kneppers, Sutton, Dong	8-8	Xhosha Millington	Heritage
2011	21-0	Northgate	Roberts, Kneppers, Phillips	7-6	Mackenzie Roberts	Northgate
2010	18-6	Tamalpais	Neylan, Freeman, Wyatt	6-6	Kyra Neylan	Tamalpais
2009	16-6	Castro Valley	Piccillo, Britton, Gamez	6-0	Emma Piccillo	Castro Valley
2008	20-0	Monte Vista	Lawson, Murray, Subramanian	7-0	Erin Delaria	Northgate
2007	19-6	Las Lomas	no names available	7-6	Morgan Boreh	Las Lomas
2006	rained out					
2005	rained out					
2004	26-0	Las Lomas	Holmes, Kersey, Olson	9-0	Theresa Frendo	school unknown
2003	23-6	Las Lomas	Kersey, Holmes, Pena	8-6	Julia Kersey	Las Lomas
2002	19-6	Acalanes	Firousian, Hoffschneider, Clark	7-6	Nicole Hoffschneider	Acalanes
	19-6	Granada	Leswis, Connell, Alexander			
2001	23-9	Castro Valley	McCarthy, Chandler, Tirado	10-3	Erin McCarthy	Castro Valley
2000	14-0	Las Lomas	Heim, Kersey	7-6	Heim	Las Lomas
1999	22-0	Las Lomas	Leahy, Lim, Kersey	8-0	Cindy Lim	Las Lomas
1998	22-6	Las Lomas	Heim, Hoffman, Creech	7-6	Jenika Heim	Las Lomas
				7-6	Allison Creech	Las Lomas
1997	22-0	Las Lomas	Hoffman, Green, Yeghoian	8-0	Elaine Hoffman	Las Lomas
1996	7-0	Dublin	Cherie Simon	7-0	Cherie Simon	Dublin

Frosh-Soph Boys:

2012	27-6	Tamalpais	Long, Guton, Choulos	9-6	Kevin Long	Tamalpais
				9-6	Parker Mace	Heritage
				9-6	Joe Malott	Northgate
2011	29-0	Monte Vista	Halili, Cosma, Wedell	12-6	Anjo Halili	Monte Vista
2010	28-6	Monte Vista	Halili, Heller, Cantrell	10-0	Andrew Kneppers	Northgate
2009	17-6	Castro Valley	Laris, Wiegardt	9-6	Jordan Laris	Castro Valley
2008	30-6	Monte Vista	Nguyen, Feldman, Archibald	11-0	Sean Nguyen	Monte Vista
2007	26-0	Castro Valley	no names available	10-6	Mike Denese	Acalanes
2006	rained out					
2005	rained out					
2004	28-0	Las Lomas	Kim, Pierson, Nelsen	11-6	Dan Nelson	Las Lomas
2003	31-0	Las Lomas	Armstrong, Matthews, Fox	11-6	Jeff Fox	Las Lomas
2002	28-0	Las Lomas	Van Voorhis, Fox, Matthews	10-6	Jeff Fox	Las Lomas
2001	28-0	Granada	Parker, Tilford, Urrutia	12-0	Jason Durkin	Las Lomas
2000	28-0	Las Lomas	Klop, Hoffman, Norris	9-6	Hoffman	Las Lomas
1999	32-6	Las Lomas	Haris, Shortenhaus, Marshall	12-0	Dave Shortenhaus	Las Lomas
1998	29-6	Benicia	Lass, Santana, Rivera	11-0	Joe Rivera	Benicia
1997	29-6	Benicia	Rivara, Miner, Thomas	10-6	Racil Miner	Benicia
1996	31-0	Las Lomas	Wilson, Klopp, VandeNeth	11-9	Chad Wilson	Las Lomas
1995	24-6	Las Lomas	Holliwell, Klopp, Wilson	10-0	Zac Martinez	Tokay
1994	29-6	Alhambra	Hodgkinson, Porter, Savacool	10-6	Paul Hodgkinson	Alhambra
1990-93	meet not held					
1989	30-9	Ygnacio Valley	Pierson, Tran, Medhurst	12-3	Bruce Medhurst	Ygnacio Valley
1988	rained out					
1987	30-0	Ygnacio Valley	Land, Daily, Kim	12-0	Mike Lane	Acalanes
1986	28-0	Clayton Valley	Tara, Hooshmand, Rockenbaugh	10-6	Poppleton	Ygnacio Valley
				10-6	Tara	Clayton Valley
1985	26-6	Las Lomas	Veglia, Luna, McGuire	10-6	Dave Veglia	Las Lomas

Shot Put

Previous Winners: Team:

Varsity Boys:

2012 rained out
 2011 125-08.5 Northgate
 2010 139-4.5 Castro Valley
 2009 127-1 James Logan
 2008 129-8 1/2 James Logan
 division not contested prior to 2008

Bryant, Moore, Nazzal
 Mason, Eckel, Tomaz
 Antoine, Mestre, Simmons
 names not available

Individual:

44-10 Nick Callendar St. Mary's
 49-11 Eric Mason Castro Valley
 49-1 Lucas Daniel Castlemont
 47-10 Josh Uikilifi Mills

Varsity Girls:

2012 rained out
 2011 70-2 St. Mary's
 2010 85-6 Castro Valley
 2009 101-0 James Logan
 2008 96-9 1/2 James Logan
 2007 77-4 1/2 Las Lomas
 2006 rained out
 2005 rained out
 2004 91-3 Castro Valley
 2003 83-9 Arroyo
 2002 92-6 1/2 Petaluma
 2001 88-11 Arroyo
 2000 92-11 Newark
 1999 92-4 Hayward
 1998 82-0 California
 1997 92-11 Castro Valley
 1996 86-7 Fremont (Oak)
 1995 83-7 1/2 Castro Valley
 1994 75-10 Alhambra
 1990-93 meet not held
 1989 89-3 1/2 Piedmont
 1988 rained out
 1987 91-0 3/4 Acalanes
 1986 89-2 1/2 Moreau Catholic
 1985 92-3 1/2 Foothill
 1984 94-9 1/2 Moreau Catholic
 1983 86-0 Eagle Point, OR
 1982 no meet held
 1981 86-8 1/2 Ygnacio Valley
 1980 105-3 1/2 Liberty
 1979 101-1 Monte Vista
 (8 lb. shot used before 1979)
 1978 89-5 1/2 San Leandro
 1977 105-6 Monte Vista
 1976 not a relay event
 1975 not a relay event
 1974 not a relay event
 1973 not a relay event

Nudanu, Williams, Wemmer
 Knight, Donnelly, Birnieks
 Jones, Prothro, Iaramo
 Jones, Prothro, Pascal
 names not available
 Valentine, Hill, Louie
 Soto, Stahowski, Aggata
 Moore, McCauley, Maus
 Dalisay, Aggetta, Perreria
 Smith, Gianella, DaSilva
 Dixon, Radcliffe, Cortez
 Valdes, McNeil, Ladouceur
 Klews, Rizzo, Abella
 Fine, Talanoa, Payne
 Klews, Minion, Howard
 Colbert, Ferguson, Fowler
 Moren, Watts, Martin
 Connor, Samahon, Billeter
 A. Loggins, Watson, B. Loggins
 Murphy, DeSantis, Mullikin
 A. Loggins, B. Loggins, Watson
 Dickenson, Walter, Hanscom
 Reed, Camp, Chiavini
 Gallegos, Gallegos, Hoffman
 B. Callegan, Fischer, K. Callegan

31-9 Sharissa Wright San Leandro
 32-1.5 Alana Knight Castro Valley
 34-4 Erin Jones James Logan
 35-4 1/2 Erin Jones James Logan
 33-2 1/2 Talei Tagivakatini Albany
 33-6 Rebecca Molineau Albany
 33-7 Nora McAuley Petaluma
 31-0 Shana Moore Petaluma
 33-1 Jessica Perreira Arroyo
 37-0 Alia Hansen Las Lomas
 34-11 Evangelina Dixon Hayward
 30-4 Carolyn Whitney Benicia
 32-8 Barbara Klews Castro Valley
 32-10 Barbara Klews Castro Valley
 31-9 Barbara Klews Castro Valley
 29-2 Stephanie Colbert Alhambra
 37-7 1/4 Julie DeJarlis Las Lomas
 35-8 Hildegard Samahon Acalanes
 34-0 1/4 Dawn Lundberg Campolindo
 34-2 1/2 Esther Mullikin Foothill
 37-1 Jennifer Watson Moreau
 32-8 1/2 Debby Hanscom Eagle Point
 32-8 Diane Reed Ygnacio Valley
 40-0 Kathy Callegan Monte Vista
 39-8 1/2 Kathy Callegan Monte Vista
 40-6 Linda Reed Alameda
 38-9 Carol Dolsby Monte Vista
 38-11 Vanessa Brooks Berkeley
 35-0 L. Keats San Leandro
 34-2 L. Gustavson Monte Vista
 38-3 G. King Washington

Girls' Frosh-Soph:

2012 79-7 Castro Valley
 2011 82-7 Castro Valley
 2010 83-0 Bishop O'Dowd
 2009 56-2 Castlemont
 2008 82-4 Mills
 2007 67-4 1/2 St. Mary's
 2006 rained out
 2005 rained out
 2004 73-6 Irvington
 2003 82-11 3/4 Castro Valley
 2002 70-0 1/2 Alameda
 2001 81-2 Castro Valley
 2000 68-2 1/2 Newark-Memorial
 1999 81-7 Castro Valley
 1998 74-5 1/2 Richmond
 1997 81-10 Las Lomas
 1996 81-1 1/2 St. Mary's
 Garrick, Thomas, Nelson
 Thomas, Garrick, Bridges
 Maynard, Al., Maynard An., Williams
 Florence, Shavers
 Uikilifi, Gong, Pankratius
 names not available
 Schall, Washington, Koloko-Green
 Valentine, Erdman, Wilcox
 Brooks, Copeland, Rosenblum
 Simpson, Passadore, Cardiasmenos
 Baptista, Rose, Gialanella
 Shaw, West, Szalay
 Bournd, Romero, Robinson
 Brell, Wilson, Hansen
 O'Dea, Aikens, Harris

29-06 Kristina Johnson American
 29-07 Alyah Thomas Castro Valley
 29-3 Alexis Maynard Bishop O'Dowd
 31-11 Marnique Florence Castlemont
 36-8 Talei Tagivakini Albany
 31-0 Danielle Mauldin St. Mary's
 29-2 Taeler Smith Hayward
 30-3.5 Marissa Valentine Castro Valley
 28-1 Ashley Corbin San Lorenzo
 29-8 Ashley Corbin San Lorenzo
 29-4 Christina Baptista Newark
 30-0 Angela Faghi Las Lomas
 27-0 3/4 Lizzy Colbert Alhambra
 31-0 Rosie Aikens St. Mary's
 32-6 Rosie Aikens St. Mary's

Frosh-Soph Boys:

2012	110-1	Heritage	Paniagua, Porter, Mostafavi	45-05	Jordan Carroll	Berkeley
2011	117-4.5	Northgate	Moore, Davies, Smith	43-6	Max Moore	Northgate
2010	115-5	Castro Valley	Viveiros, Conway, Zaballo	41-0	Anthony Viveiros	Castro Valley
2009	111-11	Mills	So, Gao, Tonga	40-8	David So	Mills
2008	116-6 1/2	San Leandro	Lunn, Sikone, Morales	45-2	Malcom Lunn	San Leandro
2007	110-0	Bishop O'Dowd	Johnson, Kawada, Graham	38-5	Zack Freitas	Northgate
2006	rained out					
2005	rained out					
2004	123-9	Las Lomas	Gardner, Luke, Rulifson	45-6	David Luke	Las Lomas
2003	117-3	Castro Valley	Allen, Geucht, Tsang	44-9	Chris Selby	San Lorenzo
2002	113-10 1/2	Granada	Gross, Musselman, Austin	44-6	Chris Hurts	San Leandro
2001	118-0	Arroyo	Singh, Mulitado, Briggs	44-5	Jesse Lackey	Granada
2000	116-9	Castro Valley	Owen, Sawyer-Long, LaSalle	39-9	Neil Owen	Castro Valley
1999	126-9	Benicia	Fong, Berace, Henderson	43-8	Steve Henderson	Benicia
1998	118-3 3/4	Las Lomas	Him, Frohnem, Al Faqih	46-6	Basil Al-Faqih	Las Lomas
1997	118-0 1/2	Sacred Heart	Miranda, Mazeris, Joyner	46-7	Basil Al-Faqih	Las Lomas
1996	124-7 1/2	Las Lomas	Christiansen, Jones, Decker	50-9	Robbie Christiansen	Las Lomas
1995	129-4 1/2	Tokay	Takahaski, Gabriel, Lanfair	47-7 1/2	Darren Lanfair	Tokay
1994	125-8	Alhambra	Oxford, Kinder, Boyd	45-2	Tony Feliciano	Mt. Eden
1990-93	meet not held					
1989	114-0 3/4	Piedmont	Fendel, Krieger, DeFeo	42-8	Josh DeFeo	Piedmont
1988	rained out					
1987	128-11 1/2	College Park	McDeamid, Byford, Holden	47-11 1/2	Doug Byrkit	Monte Vista
1986	126-6 1/2	Amador Valley	Carvecho, DeBarnardi, Sebaha	48-8	Eric Bamberger	Ygnacio Valley
1985	124-6	Las Lomas	Freschi, Bams, Miller	46-5	Tony Miller	Las Lomas
1984	140-2	San Ramon	Cox, Greg, Isola	49-0	Will Greg	San Ramon

Discus Throw

Previous winners: **Team:**

Individual

Varsity Boys:

2012	rained out					
2011	361-4	Alameda	Mai, Ribera, Vo	144-6	Frank Mai	Alameda
2010	433-7	Castro Valley	Mason, Eckel, Tomaz	153-6	Eric Mason	Castro Valley
2009	380-1 1/2	Castro Valley	Mason, Eckel, Tomaz	134-6	Eric Mason	Castro Valley
2008	388-9	Santa Rosa	Baker, Baker, Guevarra	154-6	Joe Bailey	James Logan
division not contested prior to 2008						

Varsity Girls

2012	rained out					
2011	222-1	Alameda	Wood, Hamilton, Nguyen	104-2	Noelle Donnelly	Castro Valley
2010	249-8.5	Castro Valley	Donnelly, Knight, Birznies	99-1.5	Noelle Donnelly	Castro Valley
2009	273-10	James Logan	Prothro, Jones, Murray-Bailey	118-7	Janelle Prothro	James Logan
2008	254-5 1/2	James Logan	Prothro, Pascal, Jones	100-1 1/2	Janelle Prothro	James Logan
2007	248-0	Las Lomas	no names available	92-3	Patrice Coleman	Las Lomas
2006	rained out					
2005	rained out					
2004	245-3 1/2	Alameda	Zheng, Brown, Husby	109-8	Rebecca Molanari	Albany
2003	240-0.5	Arroyo	Argetta, Stanhowski, Soto	92-11	Alisha Argetta	Arroyo
2002	252-2 1/5	Alameda	Kreider, Nelson, Kendall	91-6	Anne Kreider	Alameda
2001	230-2	Alameda	Walker, Kendall, Kreider	81-8	Erica Kendall	Alameda
2000	287-1	Newark-Memorial	DaSilva, Smith, Biser	108-1	Tiffany Rizzo	Castro Valley
1999	248-11	Alameda	Stoner, Wlaker, Palemr	115-6	Purtle Bern	Newark
1998	238-7	Castro Valley	Van Elk, Hausel, Rizzo	102-7	Kate Valdez	California
1997	256-2 1/2	Castro Valley	Klews, Rizzo, Abella	92-7	Rachael Lee	Dublin
1996	220-1	Dublin	Lee, Hodson, Jamison	90-4	Valerie Kucharewski	Foothill
1995	256-8	Tokay	Pfeifle, Wiley, Hernandez	98-4	Shannon Pfeifle	Tokay
1994	247-3	Alhambra	Colbert, Fowler, Ferguson	89-5 1/2	Stephanie Colbert	Alhambra
1990-93	meet not held					
1989	249-0	Piedmont	Martin, Anderson, Moren	119-2	Julie DeJarlis	Las Lomas
1988	rained out					
1987	274-11	Las Lomas	Dawson, DedJarlis, Deruyte	123-2	Julie DeJarlis	Las Lomas
1986	286-7	Moreau Catholic	A. Loggins, Watson, B. Loggins	117-6	Swanson	College Park
1985	274-8	Foothill	Kleinsmith, DeSantis, Murphy	124-7	Swanson	College Park
1984	276-11	Moreau Catholic	B. Loggins, Watson, A. Loggins	108-11 3/4	Tyler	College Park
1983	256-6	Campolindo	Ebersole, Denham, Lundling	98-3	Casazza	Alhambra
1982	meet not held					
1981	283-2	Acalanes	Borgwardt, D'Hout, Gordon	113-7	Cherie Schaeffer	Castro Valley
1980	298-9 1/2	Acalanes	Lovtang, Borgwardt, D'Hout	116-2	d'Hout	Acalanes
1979	283-9	Monte Vista	Fisher, K. Callaghan, B. Callaghan	126-4	Heidi Carlson	Miramonte
1978	300-4 1/2	Pleasant Hill	Aston, Echols, Johnson	133-7	Linda Reed	Alameda
1977	290-7	Monte Vista	Frahmen, Dolsby, Bell	122-10 1/2	Carol Dolsby	Monte Vista
1976	Prior to 1977, field events were only individual competition			115-2 1/2	Shannon Duthrie	Miramonte
1975	not a relay event			99-8	K. Hilton	Pleasant Hill
1974	not a relay event			no records		
1973	not a relay event			89-7	S. Pierce	Berkeley

Girls' Frosh-Soph:

2012	228-2	St. Mary's	Callendar, Shockley, Kirkman	90-01	Kristina Johnson	American
2011	159-10	Castro Valley	Thomas, Garrick, Bridges	67-8	Patricia Gruca	St. Mary's
2010	227-5	Bishop O'Dowd	Maynard Al., Maynard An., Munshcik	84-10	Alexis Maynard	Bishop O'Dowd
2009	132-5	Castlemont	Florence, Shavers	73-4	Marnique Florence	Castlemont
2008	198-4 1/2	Mills	Gong, Uikilifi, Law	105-9	Talei Tagivakatini	Albany
2007	170-0	St. Mary's	Hill, Gruca, Mauldin	65-2	Britanie Maultsby	Las Lomas
2006	rained out					
2005	rained out					
2004	190-2 1/2	Irvington	Shall, Washington, Green	86-0	Dorian Shafer	Kennedy
2003	241-11	Castro Valley	Valentine, Erdman, Wilcox	103-10	Rebecca Molinari	Albany
2002	188-11	Alameda	Brookes, Copeland, Rosenblum	85-0 1/2	Ashley Corbin	San Lorenzo
2001	207-7.5	Castro Valley	Silva, Cardiasmenos, Passadore	87-5	Ashley Corbin	San Lorenzo
2000	196-10	Alameda	Kendall, Croft, Kreider	76-3	Christina Baptista	Newark
1999	230-11	Las Lomas	Stanley, Perkins, Todd	85-2-3/4	Melissa Wallin	Analy
1998	198-3	Alhambra	Winkle, See, Colbert	67-3	Lizzy Colbert	Alhambra
1997	238-9 1/2	St. Mary's	Cotton, Williams, Aikens	108-4 1/2	Rosie Aikens	St. Mary's
1996	222-7	St. Mary's	Harris, Aikens, Williams	105-0	Katy Savage	Alameda

Frosh-Soph Boys:

2012	298-1	Heritage	Mostafavi, Paniagua, Porter	127-07	Amir Mostafavi	Heritage
2011	290-3	Northgate	Moore, Davies, Smith	106-6	Max Moore	Northgate
2010	253-4	Castro Valley	Viveiros, Zaballos, Conway	92-10	Ryan Stolp	Tamalpais
2009	286-5	Mills	So, Lin, Tonga	110-4	Frank Mai	Alameda
2008	306-7	Mills	Kramer, Mapa, Lin	116-6	Erik Kramer	Mills
2007	223-11	Northgate	no names available	104-0	Caleb Borgerson	Redwood
Christian	2006	rained out				
2005	rained out					
2004	273-10	Albany	Sandberg, Chan, Nichols	107-9	Chandler Sullivan	Granada
2003	310-2	Albany	Aziu, Slaughter, Phelps	107-10	Darwin Tsang	Castro Valley
2002	300-11	San Leandro	Hurts, Santamaria, Scchrieber	114-1	Chris Hurts	San Leandro
2001	250-5	Sacred Heart	Solis, Lim, Lien	110-2	Jesse Lackay	Granada
2000	304-4	Newark-Memorial	Laskey, Gomez, Greenberg	112-8	Andrew Rodriguez	San Lorenzo
1999	341-11	Benicia	Henderson, Fong, Glacerad	131-2	Chris Manning	Castro Valley
1998	303-3	Benicia	Forrester, Henderson, Fong	116-8	Derek Patterson	Alhambra
1997	271-4	St. Mary's	Foster, Powell, Tu	112-2 1/2	Rollin McReady	Hayward
1996	294-11	Las Lomas	Christiansen, Jones, Decker	124-10	Rob Christiansen	Las Lomas
1995	313-3	American	Stevens, Ty, Alveenaz	109-0	Darren Lanfair	Tokay
1994	288-1	Mt. Eden	Garvin, Faasisila, Feliciano	103-3	Chris Barker	Hayward
1990-93	meet not held					
1989	308-8	Ygnacio Valley	Holland, Rumbel, Johnson	119-1	D. Halpin	Campolindo