

2011

## E-LIST

## NEW RUNNERS

| DATE    | NAME             | GRADE | e-mail                      | PHONE          |
|---------|------------------|-------|-----------------------------|----------------|
| 6-20-11 | Emma Armstrong   | 9th   | armstrong6044@comcast.net   | (510) 538-9928 |
| 6-20-11 | Jose Rodriguez   | 11th  | Shabana60@aimail.com        | (510) 828-9337 |
| 6-20-11 | Bertram ...      | 11th  | bertram1234@gmail.com       | (510) 562-8123 |
| 6/20/11 | Kristy Tsang     | 10th  | kristytsang@gmail.com       |                |
| 6/20/11 | William Lu       | 10    | williamlu13@yahoo.com       | (510) 351-3905 |
| 6/20/11 | Alyah Thomas     | 10    | alyahthomas@gmail.com       | (510) 565-1509 |
| 6/20/11 | Julie Wultanski  | 10    | JulieWultanski@comcast.net  | (510) 366-5070 |
| 6/20/11 | Jessica Anderson | 11th  | Jess-monster@yahoo.com      | (510) 587-6122 |
| 6/20/11 | Janice Lu        | 11    | janice141@gmail.com         | (510) 201-3612 |
| 6/20/11 | Justin Lew       | 11    | jaybee.pawls@yahoo.com      | (510) 562-1000 |
| 6/20/11 | Imran Meskienyar | 11    | imran20@comcast.net         | (510) 512-0780 |
|         | DANIEL NOUROT    | 11    | dnourot@gmail.com           | 510-537-4596   |
|         | Erik Wood        | 12    | erikwood@gmail.com          | (510) 292-6640 |
|         | Evan Locke       | 11    | EvanLocke2013@gmail.com     | (510) 363-0041 |
| 6/21/11 | Micah Kim        | 9     | swimmer-kim@yahoo.com       | (510) 361-3004 |
| 6/21/11 | Kate Miller      | 10th  | skzminer@comcast.net        |                |
| 6/21/11 | Erik Silverness  | 10th  | kate-silverness@comcast.net | (510) 881-9847 |
| 6/21/11 | Andrew Barney    | 9     | AndrewBarney@comcast.net    | 907-2161       |
| 6/21/11 | Bright Zhou      | 12    | zhou.bright@yahoo.com       | 901-412-2028   |
| 6/21/11 | Kylee Jui        | 10    | kaykiddo@yahoo.com          | (510) 733-6634 |
| 6/23/11 | Melissa Poon     | 11    | melissa-poon@stglobal.net   |                |
| 6/23/11 | Nathan Flok      | 9     | lannie_mok@paradise.net     | (510) 583-8025 |
| 6/29/11 | Alex Wilson      | 10    | alexwilson@gmail.com        | (510) 532-7152 |
| 6/29/11 | Carly Andrade    | 10    | CarlyAndrade1@gmail.com     |                |
| 6/29/11 | Tessa Picillo    | 9     | ticeilla@comcast.net        | (510) 581-7956 |
| 6/29/11 | Sarah Bewamin    | 11    | Sarah-Bewamin-7@hotmail.com | 510-532-7152   |
| 6/29/11 | Thien Huynh      | 11    | viet.kem.coe@gmail.com      | (510) 566-0272 |
| 6/29/11 | KEVIN MORIMOTO   | 9     | W.MORIMOTO@comcast.net      | 510-504-4408   |
| 6/29/11 | Kevin Morimoto   | 9     | Kevin21997@gmail.com        |                |
| 6/29/11 | Amy McCormick    | 9     | amymccormick16@gmail.com    | (510) 365-1000 |
| 7-7-11  | Eshed Margalit   | 12    | eshedm@comcast.net          | (510) 3861924  |
| 7-7-11  | Arad Margalit    | 12    |                             | (510) 318267   |
| 7-7-11  | Jason Yu         | 12    | swimming-jason@yahoo.com    | 510-535-1774   |

|         |                   |      |                                 |
|---------|-------------------|------|---------------------------------|
| 7-7-11  | Randy Tritho      | 11th | randytritho@yahoo.com           |
| 7-7-11  | Phillip Bannister | 12th | KEK oa 828@yahoo.com            |
| 7-12-11 | Noah Green        | 11th | GreenStop@comcast.net           |
| 7/12/11 | Alyssa Granados   | 11th | Gennyg@sbcglobal.net            |
| 7/14/11 | Calvin Dong       | 10th | cdong223@gmail.com/510-690-1880 |
| 7/14/11 | Michael Wong      | 10th | awong1999@pacbell.net           |

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# CROSS COUNTRY

# SIGN-UPS !!

NAME

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DANIEL NOUROT

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Katie Embody

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~~Priscilla Tang~~

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**Castro Valley High School**  
**Fall 2011-12**  
**GPA's submitted to NCS for Awards**

| CROSS COUNTRY GIRLS VARSITY    |          |             |                 | CROSS COUNTRY BOYS VARSITY     |          |             |                 |
|--------------------------------|----------|-------------|-----------------|--------------------------------|----------|-------------|-----------------|
| Samantha                       | Fong     | 4.00        | Scholar Athlete | Brandon                        | Arias    | 4.00        | Scholar Athlete |
| Amanda                         | Zen      | 3.67        | Scholar Athlete | Arad                           | Margalit | 4.00        | Scholar Athlete |
| Aurora                         | Bailey   | 3.50        | Scholar Athlete | Eshed                          | Margalit | 4.00        | Scholar Athlete |
| Alyssa                         | Granados | 3.50        | Scholar Athlete | Jeffrey                        | Van      | 4.00        | Scholar Athlete |
| Alexandria                     | Embody   | 3.17        |                 | Matthew                        | Eva      | 3.83        | Scholar Athlete |
| Nicole                         | Anthony  | 3.00        |                 | Robert                         | Barney   | 3.57        | Scholar Athlete |
| <b>DISTINGUISHED TEAM GPA:</b> |          | <b>3.47</b> |                 | Alvin                          | Lin      | 3.33        |                 |
|                                |          |             |                 | Carter                         | Mackey   | 2.50        |                 |
|                                |          |             |                 | <b>DISTINGUISHED TEAM GPA:</b> |          | <b>3.65</b> |                 |
|                                |          |             |                 |                                |          |             |                 |

| CROSS COUNTRY GIRLS JV         |           |             |                 | CROSS COUNTRY BOYS JV          |            |             |                 |
|--------------------------------|-----------|-------------|-----------------|--------------------------------|------------|-------------|-----------------|
| Katherine                      | Embody    | 4.00        | Scholar Athlete | Jeffrey                        | Fallejo    | 4.00        | Scholar Athlete |
| Priya                          | Chopra    | 3.83        | Scholar Athlete | Ian                            | Maloney    | 4.00        | Scholar Athlete |
| Kennedy                        | Jones     | 3.83        | Scholar Athlete | Kevin                          | Morimoto   | 4.00        | Scholar Athlete |
| Liana                          | Mukha     | 3.83        | Scholar Athlete | Steven                         | Park       | 4.00        | Scholar Athlete |
| Kaylin                         | Hui       | 3.71        | Scholar Athlete | Myles                          | Speegle    | 4.00        | Scholar Athlete |
| Tessa                          | Piccillo  | 3.67        | Scholar Athlete | Michael                        | Wong       | 4.00        | Scholar Athlete |
| Breanna                        | Chaves    | 3.50        | Scholar Athlete | David                          | Yee        | 4.00        | Scholar Athlete |
| Dakota                         | Kramer    | 3.50        | Scholar Athlete | Bright                         | Zhou       | 4.00        | Scholar Athlete |
| Alyah                          | Thomas    | 3.50        | Scholar Athlete | Otto                           | Chen       | 3.86        | Scholar Athlete |
| Julie                          | Wultanski | 3.50        | Scholar Athlete | Felix                          | Le         | 3.86        | Scholar Athlete |
| Emma                           | Armstrong | 3.33        |                 | William                        | Liu        | 3.83        | Scholar Athlete |
| Taylor                         | Fields    | 3.33        |                 | Zachary                        | Lopez      | 3.83        | Scholar Athlete |
| Rebecca                        | Horpel    | 3.17        |                 | Erik                           | Silverness | 3.83        | Scholar Athlete |
| Melissa                        | Poon      | 3.14        |                 | Matthew                        | Lim        | 3.67        | Scholar Athlete |
| Indigo                         | Flowers   | 3.00        |                 | Imran                          | Meskienyar | 3.67        | Scholar Athlete |
| Sasha                          | Misco     | 3.00        |                 | Jason                          | Yu         | 3.67        | Scholar Athlete |
| Michelle                       | LaPonte   | 2.67        |                 | Jay                            | Yu         | 3.67        | Scholar Athlete |
| Stephanie                      | Coates    | 2.57        |                 | Jacob                          | Boisse     | 3.50        | Scholar Athlete |
| Kristy                         | Tsang     | 2.50        |                 | Jeremy                         | Dang       | 3.50        | Scholar Athlete |
| Sarah                          | Benjamin  | 2.33        |                 | Calvin                         | Dong       | 3.50        | Scholar Athlete |
| <b>DISTINGUISHED TEAM GPA:</b> |           | <b>3.30</b> |                 | Pranay                         | Gundi      | 3.43        |                 |
|                                |           |             |                 | Scott                          | Mill       | 3.33        |                 |
|                                |           |             |                 | Alex                           | Wilson     | 3.29        |                 |
|                                |           |             |                 | Andrew                         | Coulter    | 3.17        |                 |
|                                |           |             |                 | William                        | Leach      | 3.17        |                 |
|                                |           |             |                 | Daniel                         | Nourot     | 3.17        |                 |
|                                |           |             |                 | Aaron                          | Peek       | 3.17        |                 |
|                                |           |             |                 | Santiago                       | Mariscal   | 3.00        |                 |
|                                |           |             |                 | Flynn                          | Flaherty   | 2.83        |                 |
|                                |           |             |                 | Andrew                         | Barney     | 2.17        |                 |
|                                |           |             |                 | Ronald                         | Sims       | 2.17        |                 |
|                                |           |             |                 | <b>DISTINGUISHED TEAM GPA:</b> |            | <b>3.52</b> |                 |