

**13th Annual
Foothill/St. Francis Track & Field Carnival
April 7, 1996**

Women's Results

3000 - 1. Allison (Leland) 10:41.4 2. Sandoval (SI) 10:48.6 3. Grove (SI) 11:04.6 4. Squire (Hillsdale) 11:20.5 5. Giruard (Mtn View) 11:31.1 6. Teuscher (SF) 11:41.3

4 X 800 Relay - 1. Lowell 9:53.1 2. SI 9:58 3. Douglas 11:00.1 4. Presentation 11:50.5 5. Lynbrook 13:03.5

100MHH - 1. Steingart (SF) 15.9 2. Downey (Los Altos) 16.4 3. Carver (Harbor) 16.5 3. Saenz (Los Altos) 16.5 5. Donovan (SF) 16.7 6. Diaz (Santa Teresa) 16.8

400M Relay - 1. SF 48.1** 2. Los Gatos 49.9 3. SI 50.4 4. Gunn 50.6 5. Mitty 50.7 6. Harbor 51.2

1500 M - 1. Renteria (Westmont) 4:52.8 2. Delaplace (Westmont) 4:55.3 3. Allison (Leland) 4:59.6 4. Hansen (Redwood) 5:02.4 5. Kihara (Palo Alto) 5:02.8 6. Holmquist (Santa Teresa) 5:03.9

400 M - 1. Kirtman (Lowell) 58.3 2. Sczawinski (Los Gatos) 58.3 3. Wrenn (Palo Alto) 59.6 4. Slater (Pioneer) 60.3 4. Butler (Soquel) 60.3 6. Earle (Live Oak) 60.8

100 M - 1. Craig (SF) 11.9 2. Blaschke (SF) 12.6 3. Haggerty (Mitty) 12.9 3. Washington (SI) 12.9 5. McGowan (Leigh) 12.9 6. Warfield (SLV) 13.1 6. Paterson (Overfelt) 13.1

800 M - 1. Williams (Sacred Heart) 2:23.5 2. Biber-Ferro (Los Gatos) 2:25.3 3. McPherson (Santa Teresa) 2:25.3 4. La Pine (Los Gatos) 2:27.3 5. Lombardi (Los Gatos) 2:27.6 6. Scott (Leland) 2:28.1

300 LH - 1. Steingart (SF) 44.0 2. Slater (Pioneer) 46.0 3. Carver (Harbor) 46.2 4. Diaz (Santa Teresa) 48.4 5. Prochnow (Soquel) 48.8 6. Koeing (Live Oak) 49.1

200 M - 1. Craig (SF) 24.4 2. Williams (Sacred Heart) 26.7 3. Butler (Soquel) 26.9 3. Coleman (Gunn) 26.9 5. Paterson (Overfelt) 27.0 6. McGowan (Leigh) 27.4

Distance Medley - 1. Lowell A 12:34.2 2. SI 13:14.8 3. Westmont 13:23.6 4. Live Oak 13:38.3 5. Lowell B 13:54.9 6. SF 14:11.4

Mile Relay - 1. Saint Francis 4:03.2 2. SI 4:07.3 3. Los Altos 4:14.3 4. Leland 4:14.4 5. Mitty 4:15.1 6. Overfelt 4:18.3

Long Jump - 1. Warfield (SLV) 16'6 3/4" 2. Burnham (Los Altos) 16'4 1/4" 3. Roberts (SI) 15'11 3/4" 4. Ng (Lowell) 15'10 3/4" 5. Mulhern (SI) 15'3" 6. Levitz (Homestead) 15'1 1/2"

Discus - 1. DeArmero (Los Altos) 115'3" 2. Hutchkiss (Overfelt) 110'0" 3. Colen (Live Oak) 107'4" 4. McGhee (Mitty) 104'4" 5. Hu (Palo Alto) 103'4 1/2" 6. Nilmeyer (Burlingame) 102'5 1/2"

Shotput - 1. Nilmeyer (Burlingame) 37' 11" 2. Santos (Mtn. View) 36' 9 1/2" 3. Hill (Sacred Heart) 36' 2" 4. Dearmero (Los Altos) 34' 9 1/2" 5. Vigh (Sequoia) 34' 2" 6. Prasad (Milpitas) 34' 2"

High Jump - 1. Lee (SI) 5'2" 2. Deeli (SI) 5' 0" 3. Owen (SF) 5' 0" 4. Donovan (SF) 4' 10" 5. Downey (Los Altos) 4' 10" 5. Van Bruggen (Douglas) 4' 10"

Triple Jump - 1. Burnham (Los Altos) 36' 5 1/4" 2. Shih (Gunn) 35' 5 1/2" 3. Roberts (SI) 34' 11 1/2" 4. Broughton (Douglas) 34' 9 1/4" 5. Mulhern (SI) 34' 5 3/4" 6. Saenz (Los Altos) 33' 2 1/2"

Pole Vault - 1. Furniss (SI) 8'6" 2. Sarn (Mitty) 8'0" 3. Yun (Mills) 7'6" 4. Erkkia (SI) 7'6" 5. Olsfon (SI) 7'6" 6. Chlouba (Mitty) 7'6"

** meet record

Men's Results

3000 - 1. Sikiric (Leland) 8:48.8 2. Boothe (Pioneer) 9:03.3 3. Piellusch (Leland) 9:04.8 4. Collin (SF) 9:07.3 5. Smith (Mills) 9:20.6 6. Harnagel (Leland) 9:22.1

4 X 800 Relay - 1. SLV 8:38.7 2. Lowell 8:57.1 3. Palo Alto 9:06.6

110M HH - 1. Bull (Mountain View) 14.9 2. Seymour (SLV) 15.3 3. Eastham (Mountain View) 15.5 4. De Silva (Hillsdale) 15.8 4. Young (San Mateo) 15.8 6. Carrasco (Overfelt) 15.8

400M Relay - 1. Del Mar 42.7 2. Douglas 43.7 3. Riordan 44.2 4. SI 45.1 5. SLV 45.3 6. Sequoia 46.0

1500 M - 1. Rutledge (Los Gatos) 4:09.3 2. Newman (Los Gatos) 4:09.9 3. Fitzgibbon (SI) 4:11.3 4. Wilbur (Soquel) 4:15.1 5. Carter (Los Gatos) 4:15.8 6. Foster (SF) 4:19.7

400 M - 1. Napoleon (Del Mar) 48.7 2. Hogg (Riordan) 49.8 3. Stewart (SF) 50.6 4. Becerra (Harbor) 50.8 5. Larson (Douglas) 51.1 6. Armstrong (Prospect) 51.8

100 M - 1. Jacobs (Douglas) 11.1 2. Hesse (Cupertino) 11.2 3. Harris (Del Mar) 11.2 4. Anderson (Sequoia) 11.2 5. Neubauer (Douglas) 11.3 6. Gonzales (SI) 11.3

800 M - 1. Newman (Los Gatos) 1:57.5 2. Dominquez (Overfelt) 1:58.2 3. Guina (Westmont) 1:58.7 4. Adkins (Wilcox) 1:59.1 5. Uto-Uko (Del Mar) 1:59.6 6. Hansen (SI) 2:00.1

400IH - 1. Bull (Mtn View) 56.1 2. Armstrong (Prospect) 57.6 3. Carrasco (Overfelt) 58.1 4. Edwards (Wilcox) 58.1 5. Eastham (Mtn View) 58.6 6. Anan (Homestead) 59.8

200 M - 1. Napoleon (Del Mar) 22.0 2. Neubauer (Douglas) 22.5 3. Jacobs (Douglas) 22.5 4. Anderson (Sequoia) 22.8 5. Banks (Lincoln) 23.1 6. Carson (Gunn) 23.2

Distance Medley - 1. Leland 10:48.7 2. Lowell 11:26.1 3. Wilcox 11:26.6 4. SLV 11:47.7 5. Redwood 12:01.5

Mile Relay - 1. Del Mar 3:26.00 2. St. Francis 3:27.00 3. Riordan 3:27.9 4. SLV 3:34.6 5. Leland 3:35.2 6. Lowell 3:37.00

Long Jump - 1. Bull (Mtn. View) 21' 7 3/4" 2. De La Cruz (SI) 21' 3/4" 3. Wood (Riordan) 21' 3/4" 4. Washington (Pioneer) 20'5" 5. Chen (Lynbrook) 20' 2 1/2" 6. Whitaker (Mitty) 20' 2"

Discus - 1. Howard (Los Altos) 151' 7 1/2" 2. Tuipuloto (San Mateo) 148' 9" 3. Brilla (Mitty) 137' 7" 4. Reece (SI) 139' 2 1/2" 5. Donnelly (SI) 138' 3 1/2" 6. Tucker (Live Oak) 132' 2"

Shotput - 1. Howard (Los Altos) 54' 4 1/2" 2. Desimonde (Satna Teresa) 48' 6" 3. Campbell

(Hillsdale) 45' 6 1/2" 4. Kinner (Del Mar) 44' 9" 5. Penner (Santa Clara) 44' 2" 6. Donnelly (SI) 44' 0"

High Jump - 1. Bull (Mountain View) 6' 4 1/4" 2. Frick (Redwood) 6' 2" 3. Calebota (Saratoga) 5' 10" 4. Ainza (Riordan) 5' 10" 5. Johnson (Del Mar) 5' 10" 6. Vukosa (Hillsdale) 5' 8" 6. Moreno (Riordan) 5' 8" 6. Harris (SI) 5' 8" 6. Sobozek (Lynbrook) 5' 8" 6. Peredez (Del Mar) 5' 8"

Triple Jump - 1. Chen (Lynbrook) 41' 6" 2. Nozawa (Lynbrook) 41' 3" 3. De Le Cruz (SI) 40' 11" 4. Moreno (Riordan) 40' 8" 5. De La Fosse (Los Altos) 40' 2" 6. Ho (Westmont) 39' 6 1/2"

Pole Vault - 1. Harris (Del Mar) 14' 6" 2. Bakke (Del Mar) 13' 0" 3. Riley (SF) 12' 6" 4. Chandler (Santa Clara) 12' 6" 5. Gavin (SI) 12' 0"

Frosh/Soph Results

4 X 800 Relay - 1. Gunn 8:58.9 2. Mitty 9:10.9 3. Live Oak 9:29.9 4. Lowell 9:43.2 5. Palo Alto 10:13.8

65M HH - 1. McGowan (Leigh) 9.1* 2. Turner (Riordan) 9.6 3. Chen (Los Altos) 9.6 4. Chuan (Lynbrook) 9.7 5. Mullins (Soquel) 9.9 6. Metz (SI) 10.1

400M Relay - 1. Mitty 45.4 2. SI 45.6 3. Riordan 45.9 4. Lynbrook 46.0 5. SF 46.8 6. Mountain View 46.9

1500 M - 1. Ozan (Del Mar) 4:15.4 2. Joma (Soquel) 4:16.1 3. Chen (SI) 4:16.5 4. Hill (Los Altos) 4:17.8 5. Boyd (Gunn) 4:21.4 6. Sclab (Cupertino) 4:27.1

500 M - 1. Swanson (Mitty) 51.7 2. Haimer (Mitty) 52.0 3. Buich (SI) 52.7 4. Spears (SI) 53.0 5. Atkinson (SF) 53.6 6. Rees (SF) 53.6

100 M - 1. Gaskins (Mtn View) 11.5 2. Castro (SI) 11.6 3. Koustas (Riordan) 11.8 4. Tung (Lynbrook) 11.9 5. Satterfield (SLV) 12.0 6. Williams (Mitty) 12.1 6. Miksch (Pioneer) 12.1 6. Lee (SI) 12.1

800 M - 1. Skowrup (Soquel) 2:02.7 2. Ozan (Del Mar) 2:04.8 3. Macias (Pioneer) 2:05.1 4. Bonney (Riordan) 2:06.7 5. Gil-Palacios (Del Mar) 2:08.2 6. Melin (SF) 2:08.4

300 IH - 1. McGowan (Leigh) 40.7 2. Chuang (Lynbrook) 42.6 3. Turner (Riordan) 44.3 4. Hu (Homestead) 44.8 5. Chen (Los Altos) 45.0 6. Crick (Santa Cruz) 45.3

200 M - 1. McGowan (Leigh) 23.1 2. Gaskins (Mtn View) 23.8 3. Koustas (Riordan) 23.8 4. Tung (Lynbrook) 23.9 5. Ramos (Lincoln) 24.8 6. Zulaybar (Sacred Heart) 24.8

Distance Medley - 1. Menlo 11:46.4 2. Live Oak 11:56.8 3. Prospect 12:03 4. Lowell 12:04.6 5. Riordan 12:12.9 6. Los Altos 12:26.2

Mile Relay - 1. Mitty 3:39.3 2. Riordan 3:41.9 3. St. Francis A 3:41.9 4. Lynbrook 3:51.7 5. Los Altos 3:53.8 6. St. Francis B 3:59.4

Discus - 1. Bjorklund (Los Altos) 137' 1" 2. Bower (Gunn) 124' 2" 3. Garassi (Mitty) 121' 3"
4. Giruard (Los Altos) 121' 1 1/2" 5. Fitzgibbon (SI) 109' 1" 6. Allen (SI) 105' 2"

Shotput - 1. Bjorklund (Los Altos) 54'10" 2. Giruard (Los Altos) 54'2" 3. Snyder (Gunn) 47'4"
4. Allen (SI) 45'1 1/2" 5. Jakic (SI) 44'5" 6. Barulick (SI) 43'9.5"

High Jump - 1. Marble (Los Altos) 6'3" 2. Kelly (Mitty) 6'0" 3. Metz (SI) 5' 10" 4. Noce (SLV)
5'10" 5. Pimentel (SI) 5'10" 6. Leong (Mills) 5'8"

Long Jump -1. Castro (SI) 19'9 1/4" 2. Wehmeier (Homestead) 19'7" 3. Carr (SI) 19'7" 4.
Partridge (Menlo) 19'5 1/4" 5. Moores (Lynbrook) 19'4 1/2" 6. Lauigan (Riordan) 19'4 1/2"

Triple Jump -1. Quarles (Los Altos) 41'7" 2. Poquez (SI) 40' 3" 3. Lauigan (Riordan) 38' 9" 4.
Paige (Westmont) 38'4 1/2" 5. Nobraiga (Del Mar) 38'4 1/2" 6. Shye (Los Altos) 37'11 1/2"

Pole Vault - 1. Nikbakhsh-Tali (Mitty) 12'6" 2. Simonson (SF) 11'6" 3. Lishanski (SI) 11'6" 4.
Dybdahl (Soquel) 10'6" 4. Mullins (Soquel) 10'6" 6. Murphy (SF) 10'0"

(*) tied meet record

SF Inuit

Victoria Quevedo--3000m Scratch → 10:47.1
 Paul Neves--3000m 10:03.1

J. Lee MQ 3:29.6
 G. Lee 4x 800m relay JL 3:10.5
 M. Quevedo CW 3:07.4
 C. Wang GL 3:15.9

J. Chaung--70yd HH 9.7 4th overall

~~J. Baer--110yd HH~~

F/S 4x 100 relay 46.0 4th PR
 A. Wu--1500m 5:20.91 → 5:44.3

S. Chan--1500m 5:50.73 N. Jue 1500m → 6:16.3

Sirohi 4:30.96 → 4:50.8

Wishnack 5:32.24 → 5:56.5

~~Stokes--1500m F/S~~

~~L. Kuo--400m~~

J. Moores--400m F/S 54.85 → 55.2

Menta--100m Tung--100m Morello 100m

~~C. Wang--800~~ in 2nd heat 11.9 4th overall

~~Fruen--800~~

Heimlich--800m 2:12.75 (63.5 69.7) 2:13.2 (800m) 7th in League → 2:14.0

Chaung--300IH 42.6 2nd overall

Baer--400IH

Menta--200m 4th 23.84 (7th or above)

Tung--200m 4th 23.9 overall

Morello--200m

F/S 4x400 relay
 Chaung 54.79
 Chen 56.34
 Tung 57.33
 Tueller 63.11
 4th overall

HJ--Sobozek

Matt Tueller

Huessin

LJ--Moores?

Chen

TJ--Moores?

Chen 41'6 - 1st

Nozawara 41'3 - 2nd

Disc F/S--Kim

Kagan

6:48.1
 3:29.6
 3:10.5

9:47.5
 6:40.1
 3:07.4

13:08.4
 9:47.5
 3:15.9

3:29.6
 1:45.3
 1:44.3

69

2:22.5 (73.5)
 3:37.5 (75)

78.8
 2:46.8 (90)

VB

1 mile: Sirohi
 Neves
 Shu

840 Jue

~~Kuan~~

~~Heimlich~~

Sirohi?

Moores

Heimlich

440 = Moores?

Kuan

Nguyen

Heimlich?

2 mile: Neves

Sirohi - If needed

1 mile:

1/2 mile: Stokes
 Wishnack
 Fruen

880: Fruen
 Wish

2 mile: Stokes

333
 26.64
 332.28
 5:58.92

270
 1.06
 21.68
 4:30.96
 4:52.64

324
 1.08
 25.68
 5:20.91
 5:46.59