

CASTRO VALLEY

TRACK & FIELD 1995

Results

YEARBOOK

3/4 Lowell vs CV
3/11 Mariner Inv
3/16 San Lorenzo vs CV
3/25 Martinez Relays
3/30 Arroyo vs CV
4/1 Steve Lewis Inv
Oakland Inv Relays
4/6 San Leandro vs CV
4/20 Mt Eden vs CV
4/21 Castro Valley Inv
4/22 HMB Distance Carnival
4/27 Hayward vs CV
4/28 Bob Warren Relays
5/2 Mascara vs CV

5/5 Terryson vs CV
5/9 HAAH Champs
NCS/state/Arzadia CV athletes

Castro Valley High School Track & Field 1995

<u>Date</u>	<u>Opponent</u>	<u>Location</u>
Saturday, 3/4	Lowell (scrimmage)	Castro Valley (night)
Wednesday, 3/8	Las Lomas	Las Lomas
<i>Saturday, 3/11</i>	<i>Mariner Invitational</i>	<i>Chabot College</i>
Thursday, 3/16	San Lorenzo	Castro Valley High School
Thursday, 3/23	Moreau Catholic	Moreau Catholic High School
<i>Saturday, 3/25</i>	<i>Martinez Relays</i>	<i>Alhambra High School</i>
Thursday, 3/30	Arroyo	Castro Valley High School
<i>Saturday, 4/1</i>	<i>Oakland Invitational</i>	<i>UC Berkeley</i>
Thursday, 4/6	San Leandro	San Leandro High School
Thursday, 4/20	Mt. Eden	Castro Valley High School
<i>Friday, 4/21</i>	<i>Castro Valley Invitational</i>	<i>Castro Valley High School</i>
Thursday, 4/27	Hayward	Castro Valley High School
<i>Friday, 4/28</i>	<i>Robert Warren Relays</i>	<i>Acalanes High School</i>
<i>Saturday, 4/29</i>	<i>Granada Games</i>	<i>Granada High School</i>
Thursday, 5/4	Tennyson	Castro Valley High School
5/9,11	HAAL Trials and Finals	Chabot College
5/19,20	NCS Bayshore Championships	James Logan High School
5/26,27	NCS Meet of Champions	UC Berkeley
6/2,3	CIF State Championships	Cerritos College, LA

Principal:	Joe Farias
Athletic Directors:	Bill Davies, Marie Gray
Head Coaches:	Chuck Backe, Pam Borg
Assistant Coaches:	Peter Brewer, field events
	Keith Cordova, boys sprints
	Otha Dread, hurdles
	Alicia Freeman, hurdles
	Jim Hausel, shot put & discus
	Tim Kuta, girls sprints
	Raoul Perez, girls distance

Lowell vs. Castro Valley
3/4/95

unscored scrimmage
drizzle/rain

400R

GV: 1. Low A 54.6, 2. CV A 57.1, 3. CV B 59.1, 4. CV C 59.2, 5. Low B 67.7

BV: 1. Low 47.6, 2. CV B 48.5, dnf: CV A

BFS: 1. Low A 47.4, 2. CV A 49.0, 3. Low B 50.2, 4. Low C 50.8, 5. CV B 53.3

1600

GV: 1. Lucero (L) 5:33.5, 2. Ewing 5:33.7, 3. Marques 5:44.7, 4. Huang (L) 5:52.0, 5. M. Wong 6:11.6, 6. Chung 6:30.4, 7. Weisman 6:32.6, 8. Bingham 6:41.1, 9. Thomas (L) 6:51.2, 10. Betita (L) 6:58.9, 11. Lew (L) 7:19.1

BV: 1. S. Dulaney 4:45.7, 2. Choi (L) 4:48.7, 3. Lee (L) 4:58.2, 4. Norton (L) 5:05.1, 5. Arroyo 5:12.1, 6. Kwan (L) 5:12.5, 7. Wei (L) 5:25.5, 8. Poon (L) 5:28.2, 9. Peck 5:42.7, 10. Yee (L) 5:50.7, 11. Susim 5:51.3

BFS: 1. Boruta 4:57.7, 2. D. Dulaney 5:02.8, 3. Baria 5:11.6, 4. Leon (L) 5:14.6, 5. Jong (L) 5:17.2, 6. Ta (L) 5:20.0, 7. Lee (L) 5:27.6, 8. Randall 5:32.2, 9. Shu (L) 5:43.0, 10. Parker 5:43.5, 11. Reichardt (L) 5:43.8, 12. Gieng (L) 5:49.3, 13. Sukkar 5:49.7, 14. Kalsbeek 5:50.2, 15. Wactor 5:53.5, 16. Ghaderi 5:55.6

100LH

GV: 1. Low (L) 18.0, 2. Clark 18.6, 3. Kim 18.4, 4. Verdugo (L) 19.8, 5. L. Clancy 20.1
1. Parker 19.8, 2. Lam 20.1, 3. Jones (L) 20.9, 4. Yu (L) 21.0, 5. Oates 21.6, 6. A. Wong 22.2
1. Doerr 20.9, 2. Komadina 22.4, 3. Harris 23.8, 4. Lee 24.1, 5. Brice 28.5, 6. Marra 31.6

110HH

BV: 1. Oates 17.0, 2. Moore 18.3, 3. Yoon (L) 19.3, 4. Ambro 21.4, 5. Chen (L) 22.3
1. Anderson 21.1, 2. Holmes 21.2, 3. Talmadge 22.3

BFS: 1. Fung 19.9, 2. Bseiso (L) 20.0, 3. Chou (L) 20.2, 4. Mendoza 21.2
1. Ciglar 20.5, 2. Barte (L) 20.7, 3. Yu (L) 21.1

400

GV: 1. Kirtman (L) 62.6, 2. Holley (L) 66.1, 3. Forsman 70.3, 4. Guinto (L) 75.0, 5. Grabowski 78.9

BV: 1. A. Abramenko 54.1, 2. Hassler 56.1, 3. Strharsky 57.8, 4. Wilson (L) 60.0, 5. Lum 65.1

BFS: 1. Huey (L) 58.9, 2. Chui (L) 59.9, 3. Acosta 60.3, 4. Phillips 64.1

100

GV: 1. Hill (L) 13.6, 2. Ng (L) 14.1, 3. Hashimoto 15.0, 4. Block (L) 15.0, 5. Misa 15.1, 6. Yee 15.7
1. Tran (L) 14.7, 2. Parsons 14.8, 3. Warren (L) 14.8, 4. Muere (L) 15.1, 5. Oates 15.6, 6. Schumann 15.9
1. Lum 16.1, 2. Hart 16.2, 3. Marra 18.3

BV: 1. Niderost 11.9, 2. A. Chan 11.9, 3. Dalton (L) 12.1, 4. Ford 12.3, 5. Bragg 12.6

BFS: 1. G. Abramenko 11.8, 2. B. Chan 12.8, 3. Widjaja (L) 13.0, 4. Szeto (L) 13.0, 5. Paik 13.5, 6. Dair (L) 14.4

1. Bailey 12.5, 2. Acosta 13.0, 3. DelaCruz (L) 13.6, 4. Chan (L) 13.7, 5. Uychoco 13.8, 6. Eng 13.9

1. Fillion (L) 13.1, 2. Henig 13.6, 3. Wu 13.7, 4. Choi 14.3

800

GV: 1. Lucero (L) 2:32.5, 2. Marques 2:36.8, 3. Melott (L) 2:37.3, 4. McHugh 2:37.8, 5. Chou (L) 2:40.7, 6. Hua (L) 2:41.7, 7. Huang (L) 2:44.6, 8. Price (L) 2:50.0, 9. Atwood 2:52.0, 10. Chan (L) 2:52.4, 11. Fong 2:55.2, 12. M. Wong 2:56.0, 13. Pineda (L) 2:56.9, 14. Silva 3:12.8, 15. Sackmann 3:19.1

BV: 1. Lie (L) 2:08.8, 2. Strharsky 2:10.6, 3. Lethin (L) 2:11.0, 4. Yamabe (L) 2:20.2, 5. Rahul (L) 2:23.5, 6. Poon (L) 2:27.0, 7. Wei (L) 2:30.1, 8. Tong (L) 2:31.2, 9. Yee (L) 2:39.0, 10. Pang (L) 2:39.4

BFS: 1. Boruta 2:16.6, 2. Nguyen (L) 2:18.7, 3. Ta (L) 2:22.3, 4. Leon (L) 2:24.4, 5. Yu (L) 2:26.7, 6. Pham (L) 2:28.3, 7. Parker 2:29.7, 8. Shu (L) 2:30.9, 9. Reichardt (L) 2:32.2, 10. Li (L) 2:33.2, 11. Chung (L) 2:34.4, 12. Gieng (L) 2:37.5, 13. Sukkar 2:42.8, 14. Wactor 2:43.0

300LH

- GV: 1. Clark 56.1, 2. Low (L) 57.2, 3. Wong (L) 57.4, 4. Kim 60.1, 5. L. Clancy 63.9
1. Verdugo (L) 61.5, 2. Jones (L) 63.4, 3. Yu (L) 69.1
BV: 1. Oates 43.1, 2. Moore 48.2, 3. Yoon (?) 51.7, 4. Holmes 52.8, 5. Chin (L) 57.4
1. Anderson 49.0, 2. Lum nt, 3. Talmadge 58.7
BFS: 1. Fung 47.4, 2. Franklin (L) 48.2, 3. Chou (L) 50.8, 4. Yu (L) 52.0, 5. Wu 55.8, 6. Mendoza 57.0

200

- GV: 1. Holley (L) 28.9, 2. Hill (L) 29.0, 3. Block (L) 30.0, 4. McHugh 31.1, 5. Atwood 32.2, 6. Yee 33.4
1. Forsman 31.1, 2. Parsons 31.7, 3. Warren (L) 32.2, 4. Grabowski 32.5, 5. Muere (L) 32.8, 6. Schumann 33.5
1. Misa 32.9, 2. Oates 33.4, 3. Lum 34.9, 4. Hart 36.1
BV: 1. Hassler 24.7, 2. Niderost 24.9, 3. Bragg 27.9, 4. Tong (L) 28.7, 5. Poing (L) 30.8
BFS: 1. G. Abramenko 24.8, 2. Dalton (L) 24.8, 3. Fillion (L) 27.2, 4. Eng 29.0, 5. Uychoco 29.3
1. Phillips 27.5, 2. Chan (L) 28.2, 3. Henig 28.2, 4. Delacruz (L) 29.4, 5. Choi (L) 29.8

3200

- GV: 1. Chou (L) 12:40.7, 2. Hua (L) 13:17.9, 3. Shin 13:37.7, 4. Chung 13:47.4, 5. Weisman 14:42.1, 6. Price (L) 14:54.6, 7. Pineda (L) 14:57.4, 8. Betita (L) 15:04.7
BV: 1. Choi (L) 10:24.1, 2. S. Dulaney 10:26.0, 3. Norton (L) 11:20.8, 4. Kwan (L) 11:48.4, 5. Tong (L) 12:01.1, 6. Lethin (L) 12:09.1, 7. Susim 12:59.4, 8. Hua (L) 13:17.9, 9. Peck 13:27.3
BFS: 1. Baria 11:43.7, 2. Jong (L) 11:53.5, 3. Randall 12:12.2, 4. Li (L) 12:15.3, 5. K. Yu (L) 12:37.9, 6. Yu (L) 12:48.4, 7. Adnan (L) 12:49.4, 8. Kalsbeek 13:00.1, 9. Meng (L) 13:14.0, 10. Wactor 13:32.6, 11. Lee (L) 13:37.0

1600R

- GV: 1. CV A 4:48.2, 2. CV B 5:05.6, 3. Low A 5:15.8, 4. CV C 5:25.7, 5. CV D 5:47.1
BV: 1. CV 3:57.4, 2. Low 4:01.6
BFS: 1. Low A 4:09.6, 2. CV A 4:10.2, 3. CV B 4:23.3, 4. Low B 4:30.0, 5. Low C 4:38.4, 6. CV C 4:46.2

LJ

- GV: 1. Ng (L) 15-6, 2. Tran (L) 14-6.5, 3. Low (L) 13-6.5, 4. Block (L) 12-9.5, 5. Hild 12-9, 6. Wong (L) 12-2.5, 7. Hashimoto 11-7, 8. Komadina 10-8, 9. A. Wong 10-7, 10. DeWitt 10-7, 11. Lee 10-0.5, 12. Verdugo (L) 9-10.5, 13. Kenna 9-0.5, 14. Harris 8-0.5
BV: 1. Oates 19-5, 2. Kramer 17-0.5, 3. Ambro 9-0
BFS: 1. Dalton (L) 18-2.5, 2. Barte (L) 16-4, 3. Fung 16-1.5, 4. Acosta 15-8, 5. Nguyen (L) 15-7, 6. Henig 15-5, 7. Jew (L) 15-4, 8. Bailey 15-2, 9. Aguayo 14-7, 10. Widjaja (L) 14-4, 11. Delacruz (L) 12-5

TJ

- GV: 1. M. Wong 27-1.5, 2. Hashimoto 25-11.5, 3. Komadina 24-7, 4. Hild 24-5.5, 5. A. Wong 24-1, 6. DeWitt 23-8.5, 7. L. Clancy 23-1, 8. Bryce 22-2, 9. Harris 19-2, 10. Lee 18-6, 11. Kenna 14-1
BV: 1. Oates 37-6, 2. Moore 37-0, 3. no third
BFS: 1. Bailey 36-8, 2. Barte (L) 34-6.5, 3. Fung 33-10, 4. Nguyen (L) 33-2, 5. Aguayo 31-8.25, 6. Yu (L) 30-2.5

HJ

- GV: 1. Hild 4-6, 2. Parker 4-2, 3. Komadina 3-10, 4. Harris 3-8, no height: Bryce, Kenna, Lee
BV: 1. Kramer 5-2, 2. Cotroneo 5-0, 3. no third
BFS: 1. Ciglar 5-0, 2. no second, 3. no third

SP

- GV: 1. Abella 27-5, 2. Speech (L) 23-3.5, 3. T. Howard 22-4, 4. Downing (L) 22-2, 5. K. Howard 21-8, 6. Watkins 20-11.5, 7. Guidry (L) 19-0, 8. Duane 16-11
BV: 1. Claas 34-6, 2. Kramer 33-11, 3. Chen 33-9, 4. Linnios 32-2

BFS: 1. Jones 31-2, 2. Collett 28-1, 3. Fosdahl 19-6

D

GV: 1. Abella 77-11, 2. Valentin (L) 75-9.5, 3. T. Howard 70-3, 4. Speech (L) 69-8.5, 5. Downing (L) 62-4, 6. K. Howard 60-3, 7. Parker (L) 58-5, 8. Watkins 56-8, 9. Duane 54-4, 10. Guidry (L) 45-4, 11. Morales (L) 44-11, 12. Barrios (L) 43-3

BV: 1. Claas 93-3, 2. Deming (L) 88-2.5, 3. Chen 87-10, 4. Limnios 87-8, 5. Silmi 77-9

BFS: 1. Collett 79-2, 2. Jones 67-6, 3. Fosdahl 50-10

PV

GV: 1. Doerr 6-3, 2. Lucero (L) 6-0, 3. L. Clancy 5-6, no height: Bryce, McHugh

BV: 1. Singson 9-6, 2. Moore 9-6, 3. Strharsky 8-0, 4. Talmadge 8-0, 5. Anderson 7-0

BFS: 1. Ciglar 8-6, 2. Aguayo 6-6, 3. Mendoza 5-6

After 3 weeks of training, we finally had our first competition. The weather conditions overall favored the distance runners (who ran very well), but hindered the rest of the team. Lowell's girls are the perennial SF section champion and their boys 2nd to McAteer every year so they were a worthy opponent and provided a realistic test of where we are. This was an unscored scrimmage, but if it was scored the boys teams prevailed 107-27 for the varsity and 82-50 for FS. The girls were outscored 76-60, but had all our sick, injured, are otherwise occupied girls competed the score could very well have been the reverse.

What did we learn from the meet? First the boys varsity. Distance: Dulaney is a legitimate front runner. He will win more than his share of the races. Arroyo showed he will fill in nicely behind him and when the missing boys (both Furuyamas, Kalsbeek, and Reno) return, we won't easily surrender distance points. Strharsky will take care of the 800 and help out in the 400. Sprints: The graduation of Roszell and Canfield left a large hole, but the new guys (Niderost, Bragg and Ford) and a healthy Abramenko make us deeper than last year. With Victor leading the way, we will score heavily in the sprints. Hurdles: Oates and Moore make a solid 1-2 but we fall off quickly after them. The team needs someone to step up and close the gap behind them, especially in the 300IH. Jumps: Oates and who? Kramer will help but we have a serious weakness here. Throws: Claas is our leading returning thrower and Chen, Limnios and Silmi will back him up but overall not strong events for us. Vault: Moore and Singson are both 10' capable vaulters. Talmadge and Strharsky provide the depth. The boys varsity will get most of their points from the running events, the field events are soft at present. Next the combined girls teams. Distance: With Ewing, Marques, Lim and McHugh leading the way we won't be giving up many distance points. A little behind them are Chung, Wong and Shin who will capture a lot of 2nds and 3rds. Sprints: Until Rugaard joins us we have no up front girl but we do have lots of potential. Duperrior, Hashimoto and Watt are the leading returnees, Forsman and Parsons lead a host of new tracksters into the sprint wars. By midyear we will be better than simply competitive. Hurdles: Clark and Kim lead the way with Parker and Clancy close behind. Lots of new hurdlers developing. Again, by the middle of the season this will be a deep event. Jumps: Kohl, Hashimoto, Hild and Wong are our best returners but we lack a solid core of jumpers. We will give up most of the points early in the season until some jumpers develop. Throws: Abella combines with Klews and Minion to form a nice threesome. The Howard sisters show much promise, Watkins and Duane are learning the events and will score some down the road. Vault: With Doerr and the Clancys we have three 6' or better vaulters. Last the Frosh/Soph. Distance: Boruta is an animal. So is Dulaney. Baria is a talent in the works. Randall and the rest were very impressive in their first outing. Strong event for FS. Sprints: Abramenko leads but Bailey and Chan are also up there. Even the back guys look good. Another strong event for FS. Hurdles: Fung is our best returning hurdler, Ciglar and Mendoza show lots of potential. No one will go 1-2 on us here. A good point scoring event. Jumps: Fung in the LJ, Bailey in the TJ and Ciglar in the HJ. We need some depth to avoid losing too many points. Throws: Until Jower is healthy, the new guys (Jones, Collette and Fosdahl) have to carry the load. So-so event at present. Vault: Ciglar looks like a real talent in the jump/vault events. Aguayo and Mendoza will garner lots of second and thirds. A good event. Conclusions? All the Trojan teams have a combination of excellent individuals and depth for the 2nds and 3rds that give us a large scoring advantage in meets. All teams have the capability of marching through the HAAL undefeated. Several meets are going to be tight, but no one is outright better than any of the CV Trojans. The league championships will come down to who wants it the most. But that is easy to answer. We do. It's going to be fun.

CASTRO VALLEY VS. LOWELL

BOYS VARSITY

100	Ian Niderost	(CV)	11.9	1995
200	Rick Hassler	(CV)	24.7	1995
400	Andre Abramenko	(CV)	54.1	1995
800	Lie	(L)	2:08.8	1995
1600	Shane Dulaney	(CV)	4:45.6	1995
3200	Peter Choi	(L)	10:24.1	1995
100 HH	Kevin Oates	(CV)	17.0	1995
300 IH	Kevin Oates	(CV)	43.10	1995
HJ	Kevin Kramer	(CV)	5-2	1995
LJ	Kevin Oates	(CV)	19-5	1995
TJ	Kevin Oates	(CV)	37-6	1995
SP	Kevin Claas	(CV)	34'6"	1995
Discus	Kevin Claas	(CV)	93'3"	1995
PV	Jeff Singson	(CV)	9-6	1995
	Tony Moore	(CV)	9-6	1995
400R	Lowell	(L)	47.6	1995
1600 R	Castro Valley	(CV)	3:57.4	1995

GIRLS VARSITY

100	Hill	(L)	13.6	1995
200	Holley	(L)	28.9	1995
400	Kirtman	(L)	62.6	1995
800	Oasii Lucero	(L)	2:32.5	1995
1600	Oasii Lucero	(L)	5:33.5	1995
3200	Choi	(L)	12:40.7	1995
110H	Low	(L)	18.0	1995
300LH	Amy Clark	(CV)	56.1	1995
HJ	Laura Hild	(CV)	4-6	1995
LJ	Ng	(L)	15-6	1995
TJ	Micheline Wong	(CV)	27-1.5	1995
SP	Nicole Abella	(CV)	27-5	1995
Discus	Nicole Abella	(CV)	77-11	1995
400 R	Lowell	(L)	54.6	1995
1600R	Castro Valley A	(CV)	4:48.2	1995

FROSH/SOPH

100	Ghenna Abramenko	(CV)	11.8	1995
200	Ghenna Abramenko	(CV)	24.8	1995
400	Huey	(L)	58.9	1995
800	Mike Boruta	(CV)	2:16.6	1995
1600	Mike Boruta	(CV)	4:57.7	1995
3200	Peter Baria	(CV)	11:43.7	1995
100HH	Phil Fung	(CV)	19.9	1995
300LH	Phil Fung	(CV)	47.4	1995
HJ	Ryan Ciglar	(CV)	5-2	1995
LJ	Mike Dalton	(L)	18-2.5	1995
TJ	Reggie Bailey	(CV)	36-9	1995
SP	Ryan Jones	(CV)	31-2	1995
Discus	Robert Collett	(CV)	79-2	1995
PV	Ryan Ciglar	(CV)	8-6	1995
400 R	Lowell	(L)	47.3	1995
1600R	Lowell	(L)	4:09.6	1995

Mariner Invitational
Chabot College

March 11, 1995
Rainy, cold, windy

FS 3000

Mike Boruta	72.4	74.7	76.0	81.4	83.9	81.6	81	34.1	9:49.85	4th
Damien Dulaney	73.5	77.2	76.8	80.88	84.3	81.2	79.4	38.1	9:51.31	5th

Mike and Damien ran in the lead group for most of the race, falling back in lap 5 but finishing strong. Medals for both.

100 Trials

Genna Abramenko	12.08	1st in heat
Ricky Hassler	12.40	3rd in heat 1

The wind had turned into a stiff headwind for the 100 trials. Ricky filled in for an injured Bret and qualified for finals. Genna qualified easily in his heat.

Distance Medley (1200-400-800-1600)

Danny Furuyama	66.3	72.0	73.3		3:31.5
Mike Furuyama	56.5				0:56.5
Kevin Strharsky	62.8	69.5			2:12.3
Shane Dulaney	66.8	71.9	75	71	4:55.5 11:25.4 7th

Mike came off his deathbed to run a fast 400, Danny kept the team in contention in his opening leg, Kevin and Shane were not happy after their legs. Nice thing about track is that there is always another day. Wait 'til Martinez.

Valerie Lim	79.0	93.1	91.3		4:23.1
Janet Groome	71.4				1:11.4
Michelle Marques	74.0	84.3			2:38.3
Jennifer Ewing	78.9	78.5	87.5	79.2	5:37.1 13:45.7 3rd

It's nice to have an anchor to pull you out of a hole. With Valerie and Janet struggling a bit, Michelle and Jenny cleaned up and pulled the team to a medal. The girls are significantly faster than last year.

Redmond Huen	68.7	80.3	78.7		3:47.6
Mike Boruta	62.4				1:02.4
Damien Dulaney	63.5	70.2			2:13.7
Peter Baria	64.5	77.7	82.4	79.3	5:03.9 12:07.1 4th

This wasn't our fastest team, but after running 3K Mike and Damien were rested in shorter legs. This allowed Peter to come through with a PR-type 1600 and Redmond learn the 1200. Damien and Mike ran good legs after the 3K.

Sprint Medley (100-300-200-200)

Ben Chan	Mike Paik	Reggie Bailey	Genna Abramenko	1:44.43	2nd H2, 6th overall
Ian Ford	Andre Abramenko	Avery Chan	Ricky Hassler	1:43.06	6th H2, 11th overall
Nicole Watt	Jamie Nickolopoulos	Jaime Yee	Heather Duperroir	2:06.87	4th H2, 15th overall

We were not very competitive today. Avery pulled his hamstring on his 200, until then the boys were in the middle of the race. The girls are searching for the right combination. The F/S are lacking experience with only one sophomore on the team. They will be faster after a few more competitions.

1500

Mike Furuyama	71.5	73.5	78.1	59.9	4:42.6	5th
Kim Susim	76.1	—	—	73	5:38.2	11th

When the 1600 steeple was cancelled, the 1500 was added in its place. Mike ran a 5:00ish time, Kim was hanging around and asked if he could run too. No problem. Very good 800, then fatigue set in. A brave race.

Jennie Ewing	81.9	85.5	87.0	57	5:11.1	5th
Michelle Marques	81.6	87.4	—	—	5:23.1	9th

Both girls are much faster this year than at the same point last year and will do very well on talent alone, but in

races with big-time runners talent isn't enough. Jen and Michelle need to race instead of pace. There are very few girls who are faster and when this duo believes that they belong in these meets, they will be awesome.

280 Shuttle High Hurdles

Kevin Kramer Jeff Reichelderfer Ian Ford Kevin Oates 41.6 1st H1, **2nd** overall

Mike Paik Andy Randall Ron Uychaco Phil Fung 50.1 2nd H1, **2nd** overall

Jeff R. joined the team yesterday, Mike and Ian never hurdled before, Andy was recruited out of the stands to run for the F/S and all picked up medals on a sloppy day.

240 Shuttle High Hurdles

Erin Hashimoto Amber Sammons Simone Shin Annie Kim 50.4 3rd H2, **5th** overall

Annie was the only hurdler left after lunch break (where did Meg, Amy C., and Amy K. go?) and wanted to run, so Erin, Simone, and Amber volunteered and after a quick technique lesson by Annie won a medal.

400 Relay

Darryl Eng Genna Abramenko Ben Chan Reggie Bailey 48.58 1st H1, **1st** overall

Erin Hashimoto Nicole Watt Heather Duperroir Jaime Yee 58.24 3rd H2, 6th overall

Ricky Hassler Andre Abramenko Ian Ford Kevin Oates 46.55 3rd H1, **4th** overall

The varsity teams are not set because the coaches are still playing with personnel and injuries have taken their toll. The frosh/sophers were surprisingly good. Bodes well for the future.

3200 Relay

Mike Boruta 65.4 74.5 2:19.9

Redmond Huen 68.7 75.5 2:24.2

Peter Baria 65.4 71.9 2:17.3

Damien Dulaney 63.4 71.3 2:14.7 9:15.5 **4th**

Not a bad inaugural performance. Mike was a little tired in his third race, Redmond will be working on his leg speed, Peter and Damien show promise in their first track season.

Michelle Marques 74.8 81.8 2:36.6

Amber Sammons 72.3 90.9 2:43.1

Jennie Chung 72.5 86.7 2:39.2

Valerie Lim 75.9 86.6 2:42.5 10:40.8 **4th**

Impressive beginning by Michelle who raced with focus. Amber showed a delightful aggressive streak that will pull her to fast times in big races as she improves her endurance. Jennie looks to be solid at all distances, Valerie is quickly getting her distance legs back after the basketball season.

Danny Furuyama 63.8 66.2 2:10.0

Mike Furuyama 62.4 74.5 2:16.9

Dominic Arroyo 63.9 78.0 2:21.9

Kevin Strharsky 63.7 68.6 2:12.3 9:00.8 6th

Disappointing times in general. Mike had the flu all week, Dom doesn't usually run 800 and had on his heavy shoes, Kevin ran his second 2:12 (consistent at that time), Danny ran the most competitive leg. The guys will have it together by Martinez.

300IH

Tony Moore 45.8 4th H1, 6th overall

Phil Fung 47.6 **3rd**

Micheline Wong 57.0 **4th**

The rain let up in time for the track to dry enough to allow the running of the 300s. Tony and Phil ran their first 300IHs of the year, Micheline jumped in as a replacement for the absent Amy Clark and scored crucial team points, without which the girls would have been no better than 4th place.

VG 3000

Jennie Chung	87	95	99.9	106.6	94.1	104.2	97	53.4	12:17.4	7th
Simone Shin	87.1	97.6	102.8	105.7	107.1	107.3	107.8	46.8	12:41.7	10th

As the race developed, both Jennie and Simone ran alone without a pack to pace with. Jennie improved by 1 minute over her previous 3200, Simone was not too far off her 3200 best, a sign Simone is recovering from her injuries.

100 Finals

Genna Abramenko	12.02	2nd
Ricky Hassler	12.22	6th

Genna beat everyone except Moreau's Desandies. Their rematch in 2 weeks should be interesting. Ricky held on to score points for the varsity in an event he doesn't run often.

VB 3000

Shane Dulaney	72.2	73.2	74.5	76.1	80.2	83.1	79.3	32.8	9:31.2	6th
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Shane is still suffering from bad shins which hold him back when the race gets to the critical part. When the lead pack separated itself, Shane couldn't hang on and did a slow fade but recovered to gut out a brave finish. The time is equivalent to a PR 3200 for Shane.

1600 Relay

Mike Boruta	61.8	Heather Duperroir	70.7	Ian Ford	56.1
Genna Abramenko	58.4	Jamie Nickolopoulos	69.5	Ricky Hassler	60.1
Mike Paik	60.2	Michelle Marques	69.6	Kevin Strharsky	57.6
Damien Dulaney	57.5	Janet Groome	70.9	Andre Abramenko	52.6
	3:58.5 4th		4:40.3 5th		3:45.3 6th

High Jump

Amy Kohl	4-10	1st
Laura Hild	4-8	2nd

Laura PRs, Amy jumps yet another 4-10.

Long Jump

Reggie Bailey	18-10	1st
Phil Fung	17-9	3rd

Reggie and Phil are going to be major scorers for CV in the field events. Nice medals.

Discus

Barbara Klews	82-7	5th
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Barbara is one of the few throwers who fought off the wind enough to have a marked throw. Good beginning to the season.

Scores:

FS	69 points	1st place team champions!
BV	26 points	4th place team
GV	45 points	3rd place team

The Mariner invitational is usually a tough early season meet, but the rain caused many teams to flee for drier locales at noon and forced the cancellation of most of the field events. Whether or not this helped us is problematic. What is obvious is that the frosh/soph is loaded with talent. Not too many holes to fill. Both varsity teams are very good also, but have need to continue to improve if we are going to repeat as HAAL champs. The girls are better for the 4th straight year culminating in this year's 3rd place plaque, the boys finished in 4th for the second year in a row. It is nice to know that we are earning our place among the very good teams in the Bay area and when we go to invitationals other teams will start to say 'oh no, Castro Valley is here.' Congratulations to all on a good meet. Get ready for San Lorenzo this week and the big one against Moreau Catholic next week.

San Lorenzo vs. Castro Valley

weather: cool, no wind

3/16/95

scores: VB CV 113, SLZ 22 BFS CV 117, SLZ 17 GV CV 115, SLZ 19 GFS CV 112, SLZ 1

400R

GV: 1. CV A (Hashimoto, Yee, Kuta, Nickolopoulos) 58.1; CV mixed (Lam, Oates, L. Clancy, Komadina) 60.3

GFS: 1. CV B (Schumann, McDonald, Lum, Hart) 61.6, DQ: CV A (Pennix, Parsons, Misa, Forsman) 58.2

BV: 1. CV (Ford, Abramenko, Chan, Niderost) 46.4

BFS: 1. CV A (Eng, Abramenko, Chan, Bailey) 48.1, 2. CV B (Choi, Uychaco, Henig, Phillips) 52.7, 3. CV C (Wu, Tong, Simons, Fosdahl) 54.9

1600

GV: 1. Ewing 5:35.4, 2. Marques 5:40.5, 3. Shin 6:14.8, 4. Harrison (SLZ) 6:24.5, 5. Perkins (SLZ) 6:25.5, 6. Bingham 6:39.5, 7. Gregerson (SLZ) 6:42.1, 8. Rodillas 7:00.1, 9. Osburn 7:14.7

GFS: 1. Atwood 6:25.8, 2. Sackmann 6:54.6, 3. Lacey 7:01.7, 4. Tague (SLZ) 7:03.1

BV: 1. D. Furuyama 4:47.8, 2. Szymanski (SLZ) 4:48.3, 3. Privat (SLZ) 4:54.9, 4. M. Furuyama 4:58.3, 5. D. Dulaney 5:00.1, 6. Arroyo 5:09.3, 7. Ja. Kalsbeek 5:16.6, 8. Peck 5:34.4, 9. Ng (SLZ) 5:43.0, 10. Susim 6:03.8

BFS: 1. Baria 5:00.3, 2. Huen 5:13.4, 3. Lam (SLZ) 5:24.6, 4. Coffeen 5:35.7, 5. Randall 5:36.8, 6. Parker 5:40.7, 7. Jo. Kalsbeek 5:41.6, 8. Chiu 5:44.0, 9. Sukkar 5:49.4, 10. Ghaderi 6:07.8, 11. Elling (SLZ) 6:08.2, 12. Lee 6:34.3

100LH/110HH

GV: 1. Lam 19.8, 2. L. Clancy 19.9, 3. no third

GFS: 1. Oates 21.1, 2. A. Wong 21.2, 3. Komadina 22.2

1. Bryce 23.9, 2. Harris 26.3, 3. Lee 26.5

BV: 1. Oates 16.1, 2. Moore 18.5, 3. Reichelderfer 18.6, 4. Grimes (SLZ) 20.2, 5. Talmadge 24.3, 6. Anderson 25.2

BFS: 1. Ciglar 17.9, 2. Fung 18.7, 3. no third

400

GV: 1. Lim 67.2, 2. McHugh 69.1, 3. Harrison (SLZ) 71.1, 4. Nickolopoulos 71.3

GFS: 1. McDonald 73.9

BV: 1. Abramenko 53.5, 2. Ford 55.9, 3. Martinez (SLZ) 56.9, 4. Privat (SLZ) 57.6, 5. Morton (SLZ) 62.4, 6. Stonelake 62.5, 7. An. Chan 64.2

BFS: 1. Phillips 59.8, 2. Paik 61.9, 3. Sukkar 63.5, 4. Silva (SLZ) 65.4

100

GV: 1. S. Schmidt (SLZ) 14.5, 2. Hashimoto 14.6, 3. M. Schmidt (SLZ) 14.7, 4. Yee 14.9, 5. Kuta 15.3

GFS: 1. Pennix 14.4, 2. Forsman 14.5, 3. McDonald 14.9, 4. Parsons 15.2, 5. DeWitt 15.6

1. Doerr 15.3, 2. Schumann 16.0, 3. Lum 16.1, 4. Hart 16.2, 5. Sieff 16.5

BV: 1. Niderost 11.8, 2. Av. Chan 11.9, 3. Gorton (SLZ) 12.0, 4. Richards 13.0

BFS: 1. Bailey 12.5, 2. B. Chan 12.5, 3. Tate (SLZ) 13.0, 4. Henig 13.3, 5. Eng 13.4, 6. Jackson (SLZ) 13.5

1. Uychoco 13.3, 2. Psarakis 13.6, 3. Tong 13.7, 4. Wu 13.8, 5. Fosdahl 14.2, 6. Simons 14.4

800

GV: 1. Marques 2:36.6, 2. Chung 2:42.3, 3. Lim 2:43.5, 4. McHugh 2:44.9, 5. Shin 2:52.8, 6. Britt 3:00.1, 7. Gregerson (SLZ) 3:05.6, 8. Osborne (SLZ) 3:07.3, 9. Osburn 3:23.4

GFS: 1. Atwood 2:54.8, 2. Weisman 3:02.6, 3. Lacey 3:09.3, 4. Silva 3:10.2

BV: 1. D. Furuyama 2:11.3, 2. M. Furuyama 2:12.5, 3. Martinez (SLZ) 2:14.2, 4. Arroyo 2:16.4, 5. Morton (SLZ) 2:30.0

BFS: 1. Baria 2:14.8, 2. Huen 2:27.6, 3. Coffeen 2:33.1, 4. Parker 2:35.0, 5. Silva (SLZ) 2:36.5, 6. Chiu 2:41.0, 7. Ghaderi 2:47.1

300LH/300IH

GV: 1. Groome 57.7, 2. Lam 59.7, 3. L. Clancy 61.9, 4. Doerr 64.7

GFS: 1. Oates 62.9, 2. no second, 3. no third

BV: 1. Supepedia (SLZ) 48.4, 2. Moore 48.7, 3. Anderson 49.7, 4. An. Chan 57.7, 5. Guevarra (SLZ) 55.5

BFS: 1. Fung 49.1, 2. Wu 55.8, 3. no third

200

GV: 1. M. Schmidt (SLZ) 30.0, 2. S. Schmidt (SLZ) 30.2, 3. Kuta 31.1, 4. Yee 31.6, 4. Nickolopoulos 31.8
1. Lim 29.4, 2. Chung 30.5, 3. McHugh 31.0, 4. Rodillas 33.1

GFS: 1. Forsman 30.3, 2. McDonald 30.9, 3. Pennix 31.0, 4. Parsons 31.1, 5. Schumann 34.1, 6. Sieff 36.1, 7. Hart 37.8

BV: 1. A. Abramenko 23.7, 2. Av. Chan 23.9, 3. Gorton (SLZ) 24.7, 4. Stonelake 26.2, 5. Richards 28.3

BFS: 1. B. Chan 25.7, 2. Phillips 26.7, 3. Iron (SLZ) 27.1, 4. Uychoco 27.2, 5. Jackson (SLZ) 27.3, 6. ? 28.1
1. Tong 27.8, 2. Henig 28.1, 3. Choi 28.6, 4. Simons 30.4, 5. Fosdahl 31.5

3200

GV: 1. Marques 13:09.9, 2. Chung 13:32.1, 3. Shin 14:02.3, 4. Perkins (SLZ) 14:26.2, 5. Britt 14:55.0, 6. Osborne (SLZ) 15:45.0

GFS: 1. Weisman 14:59.7, 2. Sackmann 16:00.5, 3. Tague (SLZ) 16:58.5

BV: 1. Syzmanski (SLZ) 10:37.5, 2. D. Dulaney 10:43.1, 3. Ja. Kalsbeek 11:23.4, 4. R. Elling (SLZ) 11:25.0, 5. Peck 12:31.0

BFS: 1. Baria 11:00.0, Lam (SLZ) 12:05.1, 3. Coffeen 12:28.0, 4. Randall 12:30.1, 5. Jo. Kalsbeek 12:37.0, 6. T. Elling (SLZ) 14:26.0

1600R

GV: 1. CV (Duperroir, Yee, McHugh, Groome) 4:50.3, 2. SLZ 4:50.9

GFS: 1. CV (Forsman, Parsons, Schumann, Hart) 5:18.9

BV: 1. CV (Reichelderfer, Ford, M. Furuyama, Abramenko) 3:44.0, 2. SLZ A 3:57.8, 3. SLZ B 4:12.4

BFS: 1. CV A (Huen, Chan, Eng, Phillips) 4:13.1, 2. SLZ 4:21.8, 3. CV B (Tong, Simons, Choi, Uychaco) 4:33.5

LJ

GV: 1. Kohl 15-0, 2. Hashimoto 13-2.5, 3. Gizatullin 13-2.25, 4. Abella 12-6.75, 5. M. Schmidt (SLZ) 12-6.25, 6. T. Clancy 10-7

GFS: 1. Bryce 10-0.25, 2. Lee 9-3.5, 3. Kenna 9-1.5

BV: 1. Oates 20-10, 2. Gorton (SLZ) 18-7, 3. Kramer 18-3.5, 4. Supepedia (SLZ) 17-2, 5. McCoin 16-1.5, 6. Morton (SLZ) 13-10

BFS: 1. Bailey 19-1, 2. Fung 17-4, 3. G. Abramenko 15-9.25, 4. Tate (SLZ) 13-11.5

TJ

GV: 1. Kohl 31-7.75, 2. Abella 25-9.5, 3. T. Clancy 25-8, 4. Hashimoto 25-5.75, 5. S. Schmidt (SLZ) 25-5, 6. Gizatullin 24-2, 7. Roehl 22-4.25

GFS: 1. Komadina 25-7, 2. Bryce 21-7.5, 3. no third

BV: 1. Oates 41-8.5, 2. McCoin 36-4.25, 3. Supepedia (SLZ) 35-8, 4. Moore 35-6, 5. Filiau (SLZ) 35-4.5, 6. Anderson 33-6, 7. Guevarra (SLZ) 33-0.25, 8. Talmadge 27-7.5

BFS: 1. Bailey 36-3.5, 2. Fung 36-0.5, 3. Aguayo 33-8, 4. Ciglar 33-7.5, 5. Jackson (SLZ) 31-8.5

HJ

GV: 1. Kohl 4-10, 2. Klews 4-4, 3. no third

GFS: 1. Komadina 4-2, 2. A. Wong 3-10, 3. Harris 3-6

BV: 1. Oates 5-8, 2. Kramer 5-6, 3. no third

BFS: 1. Ciglar 5-0, 2. Aguayo 5-0, 3. Jackson (SLZ) 4-6

SP

GV: 1. Klews 29-8.75, 2. Abella 27-10, 3. Minion 27-5.75, 4. Triplett (SLZ) 23-4.25, 5. Acacia (SLZ) 22-3, 6. T. Howard 21-11.5, 7. Watkins 21-9.25
GFS: 1. K. Howard 21-3, 2. Duane 18-4, 3. no third
BV: 1. Jower 36-11.5, 2. Claas 35-10, 3. Chen 33-3, 4. Limnios 32-9.5, 5. Filiau (SLZ) 31-5.5, 6. Freitas (SLZ) 30-7.5, 7. Clark (SLZ) 29-8.5, 8. Wyatt (SLZ) 23-7.5, 9. Guevarra (SLZ) 23-4
BFS: 1. Woods (SLZ) 35-6, 2. Jones 34-2, 3. Collett 30-11

D

GV: 1. Klews 73-2, 2. Triplett (SLZ) 72-6, 3. Acacia (SLZ) 69-0, 4. Minion 68-2, 5. Abella 66-5, 6. T. Howard 65-0, 7. T. Clancy 40-2
GFS: 1. Duane 52-4, 2. no second, 3. no third
BV: 1. Limnios 108-9, 2. Claas 103-0, 3. Chen 89-8, 4. Jower 89-2, 5. Clark (SLZ) 86-7, 6. Grimes (SLZ) 83-8, 7. Filiau (SLZ) 77-10, 8. Freitas (SLZ) 71-6, 9. Wyatt (SLZ) 50-6
BFS: 1. Woods (SLZ) 93-6, 2. Jones 74-6, 3. Collett 69-9

PV

GV: 1. Doerr 7-0, 2. Gizatullin 7-0, 3. L. Clancy 6-6, 4. T. Clancy 6-6, 5. Roehl 5-6
GFS: uncontested
BV: 1. Moore 10-0, 2. Talmadge 8-6, 3. Hamre 8-6, 4. Anderson 7-6
BFS: 1. Ciglar 8-0, 2. Aguayo 7-6, 3. Ghaderi 6-6

The track was in great shape for our first league meet. San Lorenzo provided a tuneup competition before the big one against Moreau next week. Some very good performances were turned in by the CV horde.

Thots:

BV Athlete of the Meet: Kevin Oates won his 4 events (110HH, HJ, LJ, TJ) convincingly.
GV Athlete of the Meet I: Amy Kohl won her 3 events (HJ, LJ, TJ). How about a 4th event?
GV Athlete of the Meet II: Michele Marques won the 800, 3200 and 2nd in 1600, with excellent times in each.
BFS Athlete of the Meet I: Peter Baria won 800, 1600, 3200 and set PRs in each.
BFS: Athlete of the Meet II: Reggie Bailey won 100, LJ (19-1!), TJ and ran on winning 400R team.
GFS: Athlete of the Meet I: Maya Komadina won HJ, TJ (25-7!), 3rd in 110LH. TJ almost scored on varsity level.
GFS: Athlete of the Meet II, III, IV: Angela Atwood, Shannon Oates, Jennifer Forsman all won multi-events.
Meet record: Becky Doerr PV sets meet record at 7-0.

Most encouraging field event: BV discus had 2 throwers over 100' for first time in the 1990's. Yea!

Clutch performance: BV distance squad who neutralized Syzmanski and Privat.

Most impressive relay: Ron Uychaco chewing up ground in the final 100m his 1600R leg.

Great beginning: Kris Jower over 36' in first meet after injury.

Unusual combination: Nicole Abella picked up 2nds in TJ, SP. She also does D, LJ. Jumps and throws?

Hate to give up points: Only 1 person entered the GFS 400, D, 300LH. No one did PV. Only 2 in TJ, SP.

Dominance!: CV GFS allowed SLZ 1 point. Had a runner not begged out of her race it would have been a shutout.

We had a good time against San Lorenzo. They had some quality athletes, but not enough to challenge us. The situation changes next week. Moreau is favored to beat the GV. They are beatable if everyone performs to their maximum and we catch a few breaks. Get mentally ready for some fierce racing. The situation for the BV, BFS and GFS is the exact opposite. CV is the favored team, but we are beatable if we let down and Moreau catches some breaks. The track season is too short to recover from an upset. No relaxing this week.

Saturday is the day of the Martinez Relays at Alhambra High School. Check with your coaches for relay teams.

The track is an all-weather surface and is very fast. We do very well at this meet. Should be fun. Especially if the rain clears.

CASTRO VALLEY VS. SAN LORENZO

BOYS VARSITY

100	Jeff Perenon	(CV)	10.9'	1964
200	Jeff Perenon	(CV)	22.4'	1963
400	Dave Fernandez	(CV)	50.3'	1976
800	Jason Lee	(CV)	1:57.8'	1977
1600	Calvin Gaziano	(CV)	4:25.5'	1983
3200	Ted Quintana	(SLZ)	9:36.2'	1972
110 HH	Randy Silva	(SLZ)	14.6'	1979
300 LH	Lloyd Johnson	(CV)	40.8'	1978
HJ	Ron Winters	(CV)	6-6	1983
LJ	Mark Lamendola	(CV)	21-5	1973
TJ	Mikel Jones	(SLZ)	43-11	1987
SP	Chuck Vandagriff	(CV)	59-1 1/2	1966
Discus	Jeff Lawson	(SLZ)	152-0	1964
PV	Ron Auger	(CV)	13-0	1967
400 R	San Lorenzo	(SLZ)	44.6'	1966
	San Lorenzo	(SLZ)		1967
	Castro Valley	(CV)		1977
1600 R	San Lorenzo	(SLZ)	3:29.3'	1967

GIRLS VARSITY

100	Valerie Spence	(SLZ)	12.2'	1981
200	Valerie Spence	(SLZ)	25.8'	1980
400	Valerie Spence	(SLZ)	58.8'	1981
800	Kristi Lamden	(CV)	2:20.6'	1980
1600	Sabrina Stevenson	(CV)	5:35.1'	1980
3200	Karin Lambden	(CV)	11:50.2'	1980
100H	Felicia Harris	(SLZ)	14.8	1987
300LH	Felicia Harris	(SLZ)	45.8	1986
HJ	Felicia Suminski	(CV)	5-0	1980
	Amy Kohl	(CV)		1994
LJ	Debbie Sanchez	(CV)	16-4	1983
TJ	Felicia Harris	(SLZ)	36-3 3/4	1987
SP	Vesha Walters	(CV)	31-7	1987
Discus	Cherie Schaeffer	(CV)	109-7	1981
PV	Becky Doerr	(CV)	7-0	1995
400 R	Castro Valley (Sanchez, Cole, B. Cunningham, Gove)		49.9'	1980
1600R	Castro Valley (Taylor, Vaughn, Kr. Lambden, B. Cunningham)		4:14.3'	1979

CASTRO VALLEY VS. SAN LORENZO

BOYS FROSH/SOPH

100	Fred Turra	(CV)	11.6'	1972
	Rick Ripoli	(CV)		1973
	Tom Descombaz	(CV)		1985
200	Joe Ribaud	(SLZ)	24.1'	1966
	Lance Riley	(CV)		1986
400	Randy Morales	(SLZ)	54.3'	1976
800	John Atwood	(CV)	2:06.0	1992
1600	John Atwood	(CV)	4:38.3	1992
3200	Dave Anderson	(CV)	10:01.1'	1980
110HH	Kevin Oates	(CV)	17.0	1993
300LH	Randy Meadows	(SLZ)	43.1'	1977
HJ	Terry Mar	(CV)	5-8	1972
	Ron Winters	(CV)		1981
LJ	Wade	(SLZ)	19-3 1/2	1963
TJ	Naeem Amiri	(CV)	39-11	1994
SP	Tom Thompson	(CV)	46-5	1974
Discus	John Davis	(SLZ)	121-3	1963
PV	Teagarden	(SLZ)	10-6	1960
	Carl Liljedahl	(C)		1968
400 R	San Lorenzo	(SLZ)	46.6'	1965
1600R	Castro Valley (Saunders, Robison, Guerino, Riley)		3:45.5	1986

GIRLS FROSH/SOPH

100	Deanna Pennix	(CV)	14.4	1995
200	Jennifer Forsman	(CV)	30.3	1995
400	Maressa McDonald	(CV)	73.9	1995
800	Angela Atwood	(CV)	2:54.8	1995
1600	Angela Atwood	(CV)	6:25.8	1995
3200	Stephanie Weisman	(CV)	14:59.7	1995
100H	Shannon Oates	(CV)	21.1	1995
300LH	Shannon Oates	(CV)	62.9	1995
HJ	Maya Komadina	(CV)	4-2	1995
LJ	Jill Bryce	(CV)	10-0.25	1995
TJ	Maya Komadina	(CV)	25-7	1995
SP	Kamaria Howard	(CV)	21-3	1995
Discus	Leslie Duane	(CV)	52-4	1995
PV	not contested			
400R	Castro Valley (Schumann, McDonald, Lum, Hart)		61.6	1995
1600R	Castro Valley (Forsman, Parsons, Schumann, Hart)		5:18.9	1995

Martinez Relays
Alhambra HS

March 25, 1995
sunny, warm

Team scores: VB: 25 points - 4th GV: 32 points - 5th BFS: 56 points - **2nd** GFS: 48 points - **2nd**

BFS 4x110HH 1:21.3 **3rd place** (1st H2)

Ryan Ciglar PJ Aguayo David Wu Phil Fung

A few seconds behind 1st and 2nd, but ahead of the rest.

BV 4x110HH 1:10.9 **1st place** (1st in heat 1)

Tony Moore 18.0 Jeff Reichelderfer 18.1 Paul Anderson 19.9 Kevin Oates 15.7

Kevin caught a few in his anchor leg to pull out the win. Tony, Jeff and Paul kept us in the race and gave Kevin his chance.

GFS 4x100LH

May Lee 27.3 Melissa Harris 24.9 Jill Bryce 23.2 Becky Doerr 21.5 1:36.9 4th H1 ? place

Shannon Oates 21.7 Maya Komadina 21.5 April Wong 22.1 Marissa Lam 21.7 1:26.9 3rd H2 **5th place**

Even with a fall in the anchor leg, the A team held on to a medal. The B team showed a lot of enthusiasm.

GV 4x100LH

Annie Kim 20.2 Meg Parker 20.6 Lisa Clancy 19.7 Amy Clark 19.1 1:19.7 3rd H3 14th place

Micheline Wong 20.3 Simone Shin 22.2 Kristy Rodillas 24.0 Jamie McHugh 21.2 1:27.5 3rd H1 17th place

Same time as last year for the A team, but 7 places further back. The B team had fun running, lots of smiles.

GFS 400 Relay 57.4 4th H2 **5th place**

Deanna Pennix Maressa McDonald Stacy Parsons Jenny Forsman

Maressa tore it up in the 2nd leg. The girls were able to overcome some shaky passing to pick up medals.

BFS 400 Relay 50.5 4th H3 11th place

Darryl Eng Ron Uychaco Ben Chan Reggie Bailey

We were out of this one early. Not a great showing for the boys. They have done better and will again.

GV 400 Relay 55.2 6th H1 18th place

Heather Duperroir Nicole Watt Chrissy Kuta Jennifer Rugaard

1.4 seconds faster than last year, but 2 places further behind. There are a lot of good relay teams this year.

BV 400 Relay 46.1 3rd H2 10th place

Ricky Hassler Jeff Reichelderfer Ian Ford Andre Abramenko

With all the injuries they have had, the BV are forced to play mix and match in the relays. Much farther back than they wanted to be, but not bad for the emergency way teams are formed.

GFS 3200 Relay 10:54.9 **1st place**

Amber Sammons 78.9 84.5 2:43.3

Angela Atwood 76.3 85.5 2:41.8

Stephanie Weisman 80.8 88.5 2:48.3

Jennie Chung 75.4 85.4 2:40.8

The girls surprised some excellent distance programs as we convincingly beat the Carondelet and Amador Valley girls. 4 FS girls in the 2:40s is unheard of. There have been years we haven't had 4 varsity girls this fast. Angela improved by 13 seconds and Steph by 19 seconds.

BFS 3200 Relay 8:50.3 **1st place**

Mike Boruta 64 68.6 2:12.6

Redmond Huen — — 2:18.4

Peter Baria 59.4 70.4 2:09.8

Damien Dulaney 61.7 67.7 2:09.4

Incredible race. All 4 runners ran PRs in their legs. Mike left us toward the front, Redmond didn't lose much ground, Peter took the lead 200 meters into his leg, Damien held off all challengers. We have great FS distance talent.

GV 3200 Relay		10:16.6	3rd place
Michelle Marques	74.2	81.5	2:35.7
Jamie McHugh	74.2	84.7	2:38.9
Valerie Lim	73.7	84.0	2:37.7
Jennifer Ewing	69.4	75.6	2:25.0

Michell, Jamie, and Val ran consistent times that kept us close to the front of the pack and Jennie ran like she can and PRd by an obscene amount. Aggressiveness early in races will carry you to PRs as you run with the race. The girls have turned into a solid band of middle distance runners.

BV 3200 Relay		9:20.2	14th place
Mike Furuyama	64.4	65.5	2:09.9
Jake Kalsbeek	67.4	71.4	2:18.8
Andy Randall	69.1	77.0	2:26.1
Jesse Peck	71.1	74.5	2:25.6

Jake, Jesse and Andy filled in at the last minute for the sick, the injured, and the volleyballer. Mike and Andy PRd, Jake and Jesse ran seasonal PRs. A positive experience overall.

BFS Sprint Medley (1-1-2-4) 1:47.5 **4th H1 4th place**

Ben Chan Darryl Eng Reggie Bailey Genna Abramenko

The best race of the day for the frosh/soph sprinters. Of note, Genna ran 53 for the 400.

GV Sprint Medley (1-1-2-4) 2:06.9 **5th H3 13th place**

Heather Duperroir Jennifer Rugaard Janet Groome Jamie Nickolopoulos

The girls improved by 5 seconds from 1994. We are steadily improving year by year. Jamie Nick PRd in the 400.

BV Sprint Medley (1-1-2-4) 1:43.8 **2nd H3 11th place**

Avery Chan Ian Ford Ricky Hassler Andre Abramenko

Avery has hip problems. Ian and Ricky ran good legs, Andre blasted his 400, but we aren't yet the team we will be.

BFS Distance Medley		11:48.9	2nd place		
Mike Boruta	68.7	74.0	71.5		3:34.1
Redmond Huen	64.0				1:04.0
Peter Baria	63.0	68.9			2:11.9
Damien Dulaney	68.4	76.7	78.9	75.2	4:59.2

Mike looks so good right now. A 4:45 pace for 3 laps! Peter shows his earlier 800 was no fluke by backing it up with another excellent run. Redmond is as fast in the 400 as he ever has been. Damien wanted to break 5:00 and did by the barest of margins. Great day for the BFS distance team.

GV Distance Medley		13:29.7	4th place		
Michelle Marques	82.0	86.1	81.1		4:09.1
Valerie Lim	65.7				1:05.7
Simone Shin	77.2	83.9			2:41.2
Jennie Ewing	79.6	87.7	87.5	78.8	5:33.6

Michelle was with Bowen and Robinson for the first (slow) lap. Tina broke away by herself on lap 2, but the pack was content to let it happen. Michelle finished her leg in 3rd place, right where she needed to be. Val is very versatile, running 200, 400, 800 legs today. Simone showed some life in her 800. Jenny ran a typical Ewing race to hold on to the medal.

BV Distance Medley		12:26.1	20th place	
Jake Kalsbeek	72.9	79.8	77.2	3:49.9
Andy Randall	61.7			1:01.7
Jesse Peck	73.1	76.1		2:29.2
Mike Furuyama	71.1	75.6	80.1	79.1
				5:05.9

Ugh. We were so far out of it that Mike jogged through a 5:05 just to finish. Andy ran a strong 400, Jake was moving through his 1200, Jesse is consistent at the 2:25-2:30 range.

GFS 800 Relay 1:58.4 3rd place

Deanna Pennix 27.1 Maressa McDonald 30.8 Stacy Parsons 31.5 Jennifer Forsman 29.4

Deanna, Maressa, and Jennifer are terrors at that 200 distance. Stacy ran well for a girl about to vomit.

BFS 800 Relay 1:40.6 5th H1 5th place

Ben Chan 25.2 Reggie Bailey 25.7 Steve Phillips 26.6 Genna Abramenko 23.0

Their heat place stood up for the final place as well. Genna was quick but didn't make up any ground on the leaders. At this kind of meet, all anchors are fast and in order to beat them in the race you need to first beat them by outworking them in training workouts.

GV 800 Relay 1:56.2 5th H2 ? place

Heather Duperroir 29.8 Valerie Lim 29.3 Chrissy Kuta 30.9 Jennifer Rugaard 26.3

The varsity sprint team is much quicker than last year, but placings are not as good. This is one of those years that has a lot of sprint talent. We are better, but so are other teams.

BV 800 Relay 1:36.2 6th place

Ricky Hassler Jeff Reichelderfer Andre Abramenko Ian Ford

Points were scored even if there is no medal forthcoming. 1:36 is a respectable time and one we can live with until we get healthy.

GFS 1600 Relay

Not paying attention and missed the race.

BFS 1600 Relay 3:56.5 1st H1 5th place

A: Steve Phillips 58.1 Genna Abramenko 60.0 Ron Uychaco 60.8 Damien Dulaney 57.4

B: Ben Chan 60.0 Redmond 66.9 Peter Baria 59.8 Mike Boruta 61.5 4:08.1 8th H2

How does one run 53 and then 60? Perhaps if one ran in lane 1 instead of lane 4? Rookie mistakes are forgivable, lack of effort isn't. A good FS time held up for a medal, but it could have been 4-5 seconds faster. The B boys volunteered to run another race.

GV 1600 Relay 4:36.6 11th place

Janet Groome 67.9 Valerie Lim 68.8 Jamie McHugh 68.4 Heather Duperroir 71.6

Janet looks more like she did last year, Valerie always gives her best, Jamie finally pops one, Heather is tired after 3 races, but no more pain in the quads. We will drop 20 seconds from this time by NCS.

BV 1600 Relay 3:38.2 3rd H3 3rd place

Ricky Hassler 55.5 Ian Ford 54.8 Jeff Reichelderfer 55.6 Andre Abramenko 52.4

Andre is the heir to Roszell, Ian improves about 1 second each week, Ricky will be faster, Jeff is a solid 400 guy. Ricky put us in the race, Ian finished 4th, Jeff held the spot and Andre put away the other anchor as he blazed to 3rd.

Long Jump

GFS: Maya Komadina 11-0.75 Shannon Oates 10-10.5 Melissa Harris 10-4.25 33-0.5 5th place

BFS: Reggie Bailey 19-0.75 Phil Fung 16-11.5 Ryan Ciglar 16-3.75 52-5 1st place

GV: Amy Kohl 14-3.25 Micheline Wong 12-8 Meg Parker 12-7.75 39-7 7th place

BV: Kevin Oates 21-2.75 Tony Moore 16-3.5 Nick Holmes no mark 37-5.5 16th place

Reggie leaped over 19' again! Phil scratched his best jump, when Ryan gets some more experience he will be awesome. Amy is a solid 14 footer, Micheline and Meg were out-of-event filling in to score points. Kevin showed why he is defending NCS champion, Tony struggled, Nick did the unthinkable and scratched 3 times. Shannon filled in for points, Maya breaks 11', Melissa is coming along nicely. BFS set a new school record (old record 50-11.75 in 1985).

Triple Jump

GV: Amy Kohl 31-10 Simone Shin 31-1.25 Micheline Wong 27-3 90-2.25 1st place

BV: Kevin Oates 43-1 Tony Moore 37-6 Paul Anderson 34-0.5 114-7.5 2nd place

Simone had a near PR helping the girls to 1st place. Micheline has not jumped all year, but did well. Kevin is way out there, a good leap by Tony who will help a lot in the dual meets. Paul's first TJ effort got him a medal.

High Jump

GFS: Jill Bryce	nh	Kathy Marra	nh	Becky Doerr	nh	0-0	
Maya Komadina	4-4	April Wong	nh	Melissa Harris	nh	4-4	3rd place
BFS: Ryan Ciglar	5-9	PJ Aguayo	5-1	Phil Fung	5-1	15-11	3rd place
GV: Amy Kohl	4-10	Meg Parker	4-4	Barbara Klews	nh	9-2	? place
BV: Kevin Oates	5-8	Mitch Ambro	5-0	Paul Anderson	5-0	15-8	14th place

The VB competition took 6 hours and sent the meet way, way over schedule. The GV didn't end until almost 7 pm. Kevin and Amy are consistent jumpers; 4-10 or 5-0 for Amy, 5-8 or 5-10 for Kevin. The big surprise was Ryan going 5-9. A terrific performance in the evening cold keeping the FS team ahead of Washington in the battle for 2nd place team title. Maya singlehandedly takes 3rd place, almost compensating for the 1600 relay team mess-up, but not quite. Nice jump by PJ, too.

Shot Put

GFS: Leslie Duane	?	Sarah Hausel	?	Jill Bryce	?	57-2.75	2nd place
BFS: Kris Jower	40-1.25	Ryan Jones	35-3	Robbie Collett	30-2.5	105-6	4th place
GV: Barbara Klews	29-4	Nicole Abella	28-9.5	Joan Minion	27-10.75	86-0.25	3rd place
BV: Kevin Claas	37-5.5	Gary Chen	34-6.5	Chris Limnios	32-7.75	104-7.75	16th place

This is a double first: the first time we had complete teams in all divisions, the first time we were a force in the event. Barb is improving to the point that she will be a favorite to score at the HAALs, Nicole and Joan make us solid in the SP. Kris reached the magic 40' level, Ryan came from a volleyball tournament to throw a PR, Robbie was a little short but enough for a medal. All 3 VB PRd; unfortunately, SP is a tough event in which to compete. There are some big boys throwing 50'. No marks recorded for GFS. If the girls remember their throws tell Coach Backe what they were. GV set a new school record (old record 83-3.5 in 1979).

Discus

GFS: Sara Hausel	61-4	Leslie Duane	52-1	Shannon Oates	37-3	150-8	5th place
BFS: Kris Jower	88-0	Robbie Collett	69-5	—	—	157-5	12th place
GV: Barbara Klews	75-0	Tashena Howard	68-3	Nicole Abella	59-5	202-8	9th place
BV: Chris Limnios	107-0	Gary Chen	101-5	Kevin Claas	100-2	308-7	9th place

Discus is a little tougher than SP. Three VB throwers over 100 feet is amazing. We suddenly have an embarrassment of riches! The rest of the throws were so-so, no one said they were happy about their day, or satisfied. More medals for the GFS. Too bad only two throwers for BFS.

Pole Vault

GFS: Becky Doerr	6-6	Amber Sammons	6-0	12-6	1st place
BFS: Ryan Ciglar	8-0	PJ Aguayo	7-6	15-6	4th place
GV: Dina Gizatullin	7-6	Lisa Clancy	5-0	12-6	3rd place
Tara Clancy	6-6	Jamie McHugh	5-6	12-0	unscored
BV: Tony Moore	10-6	Brian Talmadge	nh	10-6	? place
Ryan Hamre	9-0	Paul Anderson	nh	9-0	? place

Ryan and PJ earn another medal. Too bad the VGB team didn't count in the scoring, their points would have moved us into 3rd. Put the two VB teams together and they have a scoring height. The GFS duo picked up valuable points and medals.

What a meet! Began at 9:00, ended 10 hours later in the dark. The final results indicate that CV has a well balanced team. Two 2nd place trophies for B/G FS, 4th and 5th place finishes for the varsities. With the addition of the field events, especially the throws, the team has few weak events. For many years, the running events scored and the field events were uncontested. Now when the sprinters are struggling, the throwers and jumpers make up the difference. There were some disappointments. The GFS possibly could have been team champions had the 1600 relay team made it to the starting line. But we'll never know since they didn't. The coaches are busy at meets, too, so the athletes need to take care of business themselves. Let's stay focused in the bullpen and get to the starting line. Some no heights and no marks potentially cost the team points, but oh well, these things happen. Overall, the positives were too numerous to list them all but here's a few: Ryan is becoming a very good jumper - 5'9" is an outstanding mark. Kevin continues to put up excellent marks - 43'1" TJ today. The 100'+ discus throws by Chris, Gary, and Kevin. Simone's 31' TJ. BFS and GFS 3200 relay teams dominating their races and Jennie's 2:25 800. Maya is a scoring machine in GFS. People filling in empty relay spots, even in unusual events, such as Shannon throwing discus, Meg long jumping, the girls distance 4x100LH relay team. Congratulations to everyone who competed. We do it again next week at the Steve Lewis Invitational.

Arroyo vs. Castro Valley

weather: cool, no wind

3/30/95

scores: VB CV 112, Arr 24 BFS CV 119, Arr 16 GV CV 80, Arr 56 GFS CV 118, Arr 15

400R

GV: 1. Arroyo 54.5, 2. CV A (Hashimoto, Watt, Duperroir, Rugaard) 55.3, 3. CV B (Doell, Yee, Kuta, Forsman) 56.7, 4. CV C (Lam, Kim, L. Clancy, Doerr) 58.2

GFS: 1. CV A (Pennix, McDonald, Parsons, Svenson) 56.2, 2. CV B (Hart, Schumann, Lum, Kirantony) 60.4

BV: 1. CV A (Hassler, A. Abramenko, Ford, Niderost) 46.8, 2. Arroyo A 48.0

BFS: 1. CV A (Eng, G. Abramenko, Chan, Bailey) 47.6, 2. CV C (Misa, Edwards, Henig, Edwards) 48.7, 3. CV B (Tong, Simons, Fosdahl, Uychaco) 53.3

1600

GV: 1. Kennedy (A) 5:37.9, 2. Marques 5:41.8, 3. Shin 5:59.3, 4. McHugh 6:00.6, 5. Wong 6:01.1, 6. Lim 6:01.2, 7. Rodillas 6:39.7, 8. Squire (A) 7:06.6

GFS: 1. Sammons 6:20.9, 2. Chung 6:21.8, 3. Wiseman 6:34.3, 4. Silva 6:50.5

BV: 1. M. Furuyama 4:51.5, 2. D. Furuyama 4:53.0, 3. Boruta 4:58.2, 4. Pines (A) 5:05.4, 5. Ja. Kalsbeek 5:07.1, 6. Arroyo 5:09.3, 7. Strharsky 5:10.0, 8. Peck 5:32.4, 9. Susim 5:58.8

BFS: 1. Baria 4:53.8, 2. Dulaney 4:54.4, 3. Miller (A) 5:06.5, 4. Parra (A) 5:06.7, 5. Huen 5:08.2, 6. Coffeen 5:23.5, 7. Randall 5:24.2, 8. Mellon 5:35.3, 9. Chiu 5:38.1, 10. Jo. Kalsbeek 5:45.0, 11. Derica (A) 6:10.9

100LH

GV: 1. T. Robbins (A) 18.2, 2. Mudgett (A) 18.4, 3. B. Robbins (A) 18.5, 4. Clark 19.1, 5. Kim 19.3, 6. L. Clancy 19.7

1. Chapman (A) 18.7, 2. Aird (A) 19.1, 3. Parker 19.3, 4. Lam 20.5, 5. Doerr 20.6

GFS: 1. Oates 20.8, 2. Komadina 20.8, 3. A. Wong 21.2, 4. Bryce 22.3, 5. Lee 26.0

BV: 1. Oates 16.3, 2. Moore 18.1, 3. Anderson 19.7, 4. Ambro 21.1, 5. Reed (A) 23.0

1. Holmes 19.9, 2. Talmadge 21.8

BFS: 1. Ciglar 17.9, 2. Fung 18.8, 3. Aguayo 22.1

400

GV: 1. Marques 65.7, 2. Forsman 66.1, 3. Hawes (A) 68.9, 4. Doell 71.6

GFS: 1. Chung 68.3, 2. Parsons 70.7, 3. Schumann 74.0, 4. Lum 76.3, 5. Hart 88.3

BV: 1. Hassler 56.0, 2. An. Chan 64.4, 3. Av. Chan 70.9

BFS: 1. Chan 58.6, 2. Parker 60.7, 3. Tong 61.7, 4. Uycho 63.1, 5. Choi 68.1

100

GV: 1. Rugaard 13.2, 2. Kolesnikov (A) 13.4, 3. Carey (A) 13.9, 4. Duperroir 14.5, 5. Watt 14.7, 6. Batz (A) 14.8, 7. Blythe (A) 14.9

1. Hashimoto 14.5, 2. Yee 14.8, 3. Doerr 15.1, 4. Kuta 15.1, 5. Johnson 15.2

GFS: 1. Pennix 14.4, 2. McDonald 14.6, 3. Svenson 14.7, 4. Stevens 15.9, 5. Grabowski 15.9, 6. Lopez (A) 16.2
1. Kirantony 15.9, 2. Sieff 16.4, 3. Kenna 17.0

BV: 1. Niderost 11.9, 2. Peterson (A) 12.1, 3. Ford 12.3, 4. Holmes 12.4

BFS: 1. Abramenko 11.67, 2. Bailey 11.9, 3. Misa 12.3, 4. Eng 13.0, 5. Ly (A) 13.41, 6. Ritchey (A) 13.3

1. Henig 13.2, 2. Wu 13.6, 3. Simons 14.2, 4. Patel 14.4, 5. Fosdahl 14.4

800

GV: 1. Ewing 2:32.4, 2. Kennedy (A) 2:34.1, 3. Akre (A) 2:51.7, 4. Wong 2:52.6, 5. McAlister (A) 2:56.8, 6. Groome 2:57.2, 7. Rodillas 2:58.3

GFS: 1. Atwood 2:45.5, 2. Parker (A) 2:53.0, 3. Weisman 3:02.5, 4. Silva 3:03.7, 5. Sira (A) 3:05.5, 6. Sackmann 3:07.8, 7. Baca (A) 3:24.4, 8. Nunes (A) 3:25.8

BV: 1. A. Abramenko 2:06.9, 2. M. Furuyama 2:08.9, 3. Arroyo 2:16.9, 4. Pines (A) 2:21.1, 5. Strharsky 2:21.7, 6. Peck 2:28.5

BFS: 1. Baria 2:13.9, 2. Honeycut (A) 2:23.9, 3. Eng 2:26.5, 4. Coffeen 2:27.9, 5. Grant (A) 2:34.5, 6. Jo.

Kalsbeek 2:35.0

300LH

GV: 1. B. Robbins (A) 52.6, 2. Aird (A) 53.1, 3. Lam 56.3, 4. Parker 58.5, 5. Kim 59.4, 6. Chapman (A) 61.5
1. L. Clancy 61.1, 2. Doerr 63.2
GFS: 1. Komadina 58.1, 2. A. Wong 64.7, 3. Bryce 67.8, 4. Lee 77.6
BV: 1. Reichelderfer 46.3, 2. Anderson 47.6, 3. Moore 49.3, 4. Bigler (A) 51.0, 5. Ambro 51.3, 6. An. Chan 56.6
1. Lum 52.4, 2. Talmadge 56.8
BFS: 1. Fung 48.7, 2. Wu 56.6, 3. no third

200

GV: 1. Duperroir 29.2, 2. Carey (A) 29.3, 3. Forsman 29.5, 4. Hawes (A) 30.0, 5. Yee 32.9, 6. Blythe (A) 32.3
1. Doell 30.7, 2. Watt 30.8, 3. Batz (A) 31.1, 4. Nickolopoulos 31.1, 5. Kuta 31.4, 6. Mudgett (A) 31.6
GFS: 1. Parsons 30.5, 2. Pennix 30.8, 3. Grabowski 32.3, 4. Kirantony 33.6, 5. Lopez (A) 34.6
1. Schumann 32.8, 2. Stevens 32.9, 3. Lum 34.1, 4. Kenna 35.5
BV: 1. A. Abramenko 23.7, 2. Niderost 24.8, 3. Ford 24.9, 4. Peterson (A) 25.2, 5. Ellingson (A) 26.1
BFS: 1. G. Abramenko 23.9, 2. B. Chan 25.6, 3. Misa 26.3, 4. Vargas (A) 28.1, 5. Ly (A) 28.2, 6. Gonzalez (A) 31.0
1. Aguayo 25.6, 2. Uychaco 27.1, 3. Henig 27.9, 4. Tong 28.5, 5. Choi 28.5, 6. Ritchie (A) 30.0
1. Simons 29.9, 2. Patel 30.3, 3. Fosdahl 30.6

3200

GV: 1. Ewing 12:19.2, 2. Shin 13:34.1, 3. Lim 16:29.7
GFS: 1. Sammons 14:35.3, 2. Sackmann 14:56.7, 3. no third
BV: 1. Boruta 10:45.3, 2. Ja. Kalsbeek 11:34.8, 3. Susim 13:01.5
BFS: 1. Baria 10:40.6, 2. D. Dulaney 10:40.9, 3. Coffeen 11:54.9, 4. Randall 12:01.0, 5. Huen 12:01.2, 6. Chiu 12:16.8, 7. Jo. Kalsbeek 12:20.3, 8. Honeycut (A) 12:34.5, 9. Barker (A) 12:47.1, 10. Gonzalez (A) 12:50.5

1600R

GV: 1. Arroyo 4:31.8, 2. CV (Duperroir, Lam, Yee, Doell) 4:54.8, DQ: CV (Forsman, Lim, Nickolopoulos, Marques) 4:29.7
GFS: 1. CV (Schumann, Pennix, Lum, Grabowski) 5:24.3, CV mixed (Parsons, Ewing, Silva, Kenna) 5:21.0
BV: 1. CV 3:50.4, 2. CV B 4:12.1, 3. CV C 4:21.2, 4. Arroyo 4:24.5
BFS: 1. CV 4:03.9

LJ

GV: 1. Kohl 14-6, 2. M. Wong 14-3.5, 3. Kolesnikov (A) 14-2.25, 4. Rugaard 13-8.5, 5. Abella 13-6.5, 6. Despeaux (A) 12-10.5, 7. Hashimoto 12-8, 8. Parker 12-7, 9. Nguyen (A) 12-4, 10. Ewing 12-2, 11. T. Robbins (A) 11-1, 12. Roehl 9-3
GFS: 1. Sammons 11-7, 2. A. Wong 10-9, 3. Bryce 10-8, 4. Atwood 10-4, 5. Lee 10-4, 6. Marra 10-0, 7. Chung 9-3.5, 8. Weisman 9-2.5
BV: 1. Oates 19-9.5, 2. Kramer 17-2, 3. Bigler (A) 15-9, 4. Ellingson (A) 15-6.75, 5. Holmes 15-4, 6. Ambro 14-5
BFS: 1. Bailey 18-7, 2. Miller (A) 15-5.5, 3. Henig 15-4.5, 4. Eng 14-4, 5. Jagar 14-2, 6. Stonelake 13-7

TJ

GV: 1. Kohl 31-0.5, 2. Kolesnikov (A) 30-4, 3. M. Wong 29-3.25, 4. Abella 29-0.5, 5. Despeaux (A) 28-9, 6. Nguyen (A) 28-3.5, 7. T. Clancy 25-1, 8. Roehl 23-1
GFS: 1. Komadina 26-10, 2. Lee 23-7, 3. no third
BV: 1. Oates 39-0.5, 2. Kramer 38-4, 3. Moore 36-9, 4. Anderson 31-11, 5. Talmadge 29-9
BFS: 1. Bailey 37-3.5, 2. Fung 34-9, 3. Stonelake 30-0

HJ

GV: 1. Kohl 4-8, 2. Despeaux (A) 4-6, 3. Parker 4-2, 4. B. Robbins (A) 4-0, 5. Hashimoto 3-10, 6. Roehl 3-8

GFS: 1. Svenson 4-4, 2. Atwood 4-2, 3. Komadina 4-2, 4. A. Wong 3-10, 5. Weisman 3-10, 6. Bryce 3-8, 7. Chung 3-8, 8. Oates 3-6, Marra nh

BV: 1. Oates 5-8, 2. Anderson 5-0, 3. Biglar (A) 5-0, 4. Ambro 5-0

BFS: 1. Ciglar 5-0, 2. Aguayo 4-10, 3. Stonelake 4-10, 4. Fung 4-8, 5. Jagar 4-6

SP

GV: 1. Klews 31-1, 2. Abella 29-4, 3. Minion 28-4, 4. Despeaux (A) 27-8.5, 5. T. Robbins (A) 24-4.5, 6.

Watkins 23-8, 7. T. Howard 22-9, 8. Kral (A) 21-10, 9. Hagebusch (A) 20-3.5, 10. Corrigan (A) 18-10.5

GFS: 1. Chervatin (A) 22-3.75, 2. K. Howard 21-11, 3. Baca (A) 20-8, 4. Duane 18-0

BV: 1. Clancy (A) 40-5.5, 2. Hill (A) 39-3, 3. Claas 36-9, 4. Chen 35-10, 5. Jower 35-9.5, 6. Tortorelli (A) 35-7.5, 7. Limnios 35-1.5, 8. Radley (A) 32-6

BFS: 1. Jones 35-4.5, 2. Howlett (A) 31-10.5, 3. Collett 30-6, 4. Parra (A) 29-3

Discus

GV: 1. Kennedy (A) 105-1, 2. T. Howard 84-8.5, 3. Klews 80-8, 4. Abella 74-9, 5. Minion 68-9, 6. Ferguson (A) 60-7, 7. Watkins 54-9, 8. Kral (A) 54-7, 9. Hagebusch (A) 51-9, 10. T. Clancy 50-7, 11. Corrigan (A) 40-10

GFS: 1. K. Howard 64-11, 2. Chervatin (A) 60-2, 3. Duane 49-7

BV: 1. Clancy (A) 121-0, 2. Limnios 103-5, 3. Hill (A) 100-9, 4. Chen 97-5, 5. Claas 96-11, 6. Jower 87-8, 7. Tortorelli (A) 87-2, 8. Radley (A) 79-9

BFS: 1. Howlett (A) 93-4, 2. Jones 82-11, 3. Collett 68-0

PV

GV: 1. Lee (A) 8-0, 2. Gizatullin 7-0, 3. L. Clancy 6-6, 4. McHugh 6-6

GFS: 1. Sammons 6-6, 2. Mangelsdorf (A) 5-6

BV: 1. Ferguson (A) 10-0, 2. Moore 10-0, 3. Singson 9-6, 4t. Talmadge 9-0, ? (A) 9-0, ? (A) 9-0, 7. Hamre 9-0, 8. Strharsky 7-0

BFS: 1. Ciglar 9-0, 2. Aguayo 7-6, 3. Gonzalez (A) 7-6

AOM FSB: Peter Baria (1600 4:53, 800 2:13, 3200 10:40) is fearless.

AOM FSG: Amber Sammons runs (1600 6:20), leaps (LJ 11-7), and vaults (6-6) to victory.

AOM VB: Andre Abramenko tries a new event (800) and wins it in a great time (2:06).

AOM VG: Michelle Marques, Jennifer Ewing neutralize Arroyo's best point scorer in the distance races.

Remarkable marks:

Ryan Ciglar set meet record in FS 110HH (17.9).

Jennie Ewing 3200 in 12:19 unpressed.

Jennifer Rugaard's much needed 13.2 100.

Micheline Wong 14-3.5 on last attempt gives CV breathing room in team competition.

Tashena Howard joins the world of 80+ discus throwers.

Michelle Marques' open 400 in 65.7.

Deanna Pennix sprints 14.4 in GFS competition.

The Abramenko brothers (Andre 23.7, Ghenna 23.9) duel each other for family 200m supremacy

The score for the girls meet was much closer than it should have been. The coaches pulled people from their usual events, rested people in others, and fooled around with the entries thinking that Arroyo is not very strong. They showed us the truth. Arroyo just about pulled this one out. With 4 events to go, the meet was a virtual dead heat. We got killed in the girls hurdles and split in the shorter distance races. A sweep in the 3200 and some late points in the jumps saved us from ourselves and averted a major upset. The boys and frosh/soph had no difficulty putting Arroyo away. Next up is San Leandro. SL has the best group of female sprinters in the league to complement their distance ace, Rachel Mosher. The varsity boys aren't bad, either. They have a distance duo (Kennedy and Enriquez) who will score heavily in 3 races, a thrower (Donofrio) and a hurdler (Lau), but not too much else. We are favored to win the boys, but as Arroyo proved, we can be beat if we take them too lightly. The frosh/soph will be unopposed for most events. The girls, though, are in for a fight. This will be interesting to watch. The key will be the field events. We must dominate the jump and throw points.

2 busses on Thursday outbound, only 1 coming back. If your parents can pick you up at SL please have them do so to enable us to condense two busloads into one.

CASTRO VALLEY VS. ARROYO

BOYS VARSITY

100	Jeff Perenon	(CV)	10.7'	1964
200	Jeff Perenon	(CV)	22.0'	1964
400	Gary Scott	(A)	51.0'	1969
800	Dave Turcott	(CV)	1:57.8'	1964
1600	Calvin Gaziano	(CV)	4:23.9	1985
3200	Jerry Metcalf	(A)	9:22.5'	1971
110 HH	Gary Kerr	(CV)	14.5'	1965
300 LH	John Clenney	(CV)	40.7	1987
HJ	Ron Winters	(CV)	6-7	1984
LJ	Dave Fernandez	(CV)	22-6 1/4	1978
TJ	Scott Carlsen	(A)	44-0	1974
SP	Chuck Vandagriff	(CV)	59-3 1/2	1966
Discus	Steve Acheson	(A)	163-6	1966
PV	Ken Grace	(A)	13-0	1975
400 R	Castro Valley	(CV)	43.9'	1971
1600 R	Arroyo	(A)	3:29.6'	1967

GIRLS VARSITY

100	Melanie Lopez	(A)	12.6	1985
	Christy Parker	(CV)		1985
	Lani Sanchez	(A)		1985
200	Melanie Lopez	(A)	26.0	1985
400	Veronica Binder	(A)	1:00.1	1985
800	Debbie Lee	(CV)	2:26.1'	1979
1600	Elice Patterson	(CV)	5:20.0	1991
3200	Karin Lambden	(CV)	11:02.5	1981
100H	Suzanne Roberts	(A)	15.4	1984
300LH	Suzanne Roberts	(A)	47.8	1981
HJ	Felicia Suminski	(CV)	5-0	1981
	Cindy Barros	(A)		1984
	Melanie Lopez	(A)		1985
LJ	Cindy Barros	(A)	16-7 1/2	1986
TJ	Cindy Barros	(A)	34-2	1985
SP	Debbie Kuhns	(A)	34-8 1/4	1981
Discus	Cherie Schaeffer	(CV)	116-8	1981
PV	Elizabeth Ewing	(CV)	8-0	1994
	Cynthia Lee	(A)		1995
400 R	Arroyo	(A)	50.8	1985
1600R	Arroyo	(A)	4:17.5	1985

CASTRO VALLEY VS. ARROYO

BOYS FROSH/SOPH

100	Marty Newell	(A)	11.6'	1972
200	Randy Nordman	(CV)	23.6'	1971
400	Gary Scott	(A)	53.7'	1967
800	Brian Dyer	(CV)	2:07.8'	1969
1600	Mark Behning	(CV)	4:45.7'	1975
3200	John Atwood	(CV)	9:54.9	1992
100HH	Ryan Ciglar	(CV)	17.9	1995
300LH	? Earl	(A)	43.9'	1975
HJ	Terry Frazier	(CV)	5-8	1966
	Rick Kong	(CV)		1968
LJ	Ken Wun	(CV)	19-5	1971
TJ	Brian Gereche	(A)	39-3	1977
SP	Gary Lowe	(CV)	49-6	1977
Discus	Frank Domingoes	(CV)	127-11	1971
PV	Carl Liljedahl	(CAN)	10-0	1967
	Bill Andrews	(CV)		1970
	Pat Shinberg	(A)		1971
	Steve Collins	(CV)		1975
	Dan Hoover	(CV)		1989
400 R	Castro Valley	(CV)	46.9'	1973
1600R	Arroyo	(A)	3:44.3'	1967

GIRLS FROSH/SOPH

100	Deanna Pennix	(CV)	14.4	1995
200	Stacy Parsons	(CV)	30.5	1995
400	Jennifer Chung	(CV)	68.3	1995
800	Angela Atwood	(CV)	2:45.2	1995
1600	Amber Sammons	(CV)	6:20.9	1995
3200	Amber Sammons	(CV)	14:35.3	1995
100LH	Shannon Oates	(CV)	20.8	1995
300LH	Maya Komadina	(CV)	58.1	1995
HJ	Ronna Svenson	(CV)	4-4	1995
LJ	Amber Sammons	(CV)	11-7	1995
TJ	Maya Komadina	(CV)	26-10	1995
SP	Chervatin	(A)	49-6	1995
Discus	Kamaria Howard	(CV)	64-11	1995
PV	Amber Sammons	(CV)	6-6	1995
400 R	Castro Valley (Pennix, McDonald, Parsons, Svenson)		56.2	1995
1600R	Castro Valley (Schumann, Pennix, Lum, Grabowski)		5:24.3	1995

Steve Lewis Invitational
Newark-Memorial HS

4/1/95
very windy

FS 3000

Damien Dulaney 9:54.6 2nd place

FS 4x800

Mike Boruta 2:20.7
Peter Baria 2:09.2
Justin Coffeen 2:20.5
Damien Dulaney 2:08.9 8:59.6 1st place

VG 3000M

Simone Shin 12:12.0 2nd place
Jennifer Chung 12:26.1 4th place
Daphney Britt 13:19.0

VB 3000M

Andy Randall 11:05.6

FS 4x65 HH

PJ Aguayo David Wu Ryan Jones Ryan Ciglar 47.99 3rd place

VB 4x110 HH

Jeff Reichelderfer Paul Anderson Brian Choi Mitchell Ambro 1:18.53 2nd place

VG 4x100 LH

A: Annie Kim Lisa Clancy Marisa Lam Meg Parker 1:21.85 2nd place
B: Maya Komadina May Lee Jill Bryce Becky Doerr ? 6th place

FS 4x100

Darryl Eng Ben Chan Ron Uychoco PJ Aguayo 53.4 (dropped baton)

VG 4x100

A: Deanna Pennix Nicole Watt Heather Duperroir Maressa McDonald 55.4 5th place
B: Jaime Yee Stacy Parsons Chrissy Kuta Desire Doell 56.5 7th place

VB 4x100

Ricky Hassler Ghenna Abramenko Andre Abramenko Ian Niderost 52.24 (dropped baton)

VG 4x800

Jennifer Chung 2:46
Micheline Wong 2:52
Janet Groome 2:54
Simone Shin 2:48 11:18.9 5th place

Stephanie Weismann 2:51
Marisa Lam 2:54
Shereen Sackmann 3:06
Kristy Rodillas 3:05 11:56.1

VB 4x800

Kevin Strharsky 2:07.5

Kim Susim	2:32		
Larry Chiu	2:24.9		
Andy Randall	2:29.6	9:34.4	5th place

100M

FS Ben Chan	12.56
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VG Deanna Pennix	14.25
Nicole Watt	14.42

VB Ian Niderost	12.04
Ghenna Abramenko	12.08

400M

FS Darryl Eng	60.0
Ron Uychoco	60.1

VB Andre Abramenko	52.79	4th place
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FS 4x200

Darryl Eng	Ben Chan	Ron Uychoco	PJ Aguayo	1:47.2	3rd place
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VG 4x200

A: Heather Duperroir	29.6	Desire Doell	28.9	Chrissy Kuta	30.4	Maressa McDonald	29.6
		1:58.5		4th place			

B: Deana Pennix	30.5	Stacy Parsons	29.5	Jamie Yee	32.1	Jamie Nickolopoulos	31.2
		2:03.3		7th place			

VB 4x200

Genna Abramenko	23.7	Ricky Hassler	24.6	Andre Abramenko	23.0	Ian Niderost	23.6
		1:34.93		2nd place			

FS 300M IH

Ryan Ciglar	?	3rd place
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VG 300M LH

Micheline Wong	56.3
Meg Parker	58.1

VB 300M IH

Jeff Reichelderfer	42.94	3rd place
Tony Moore	43.1	4th place

FS 1500

Peter Baria	4:29.8	1st place
Justin Coffeen	4:48.9	

VG 1500

Shereen Sackmann	6:35
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VB 1500

Kevin Strharsky	5:05
Andy Randall	?

FS 4x400

Ben Chan 60.0 Ron Uychoco 63.2 Darryl Eng 62.3 Damien Dulaney 57.0
4:02.5 4th place

VG 4x400

A: Jamie Nickolopoulos 68.0 Jennie Chung 70.0 Heather Duperroir 69.2 Janet Groome 68.3
4:35.5 2nd place

B: Stacy Parsons 72.3 Dezire Doell 71.1 Nicole Watt 74.7 Micheline Wong 78.6
4:56.7 7th place

VB 4x400

Ricky Hassler 57.5 Ian Ford 54.8 Jeff Reichelderfer 56.0 Andre Abramenko 52.5
3:40.8 2nd place

Shot Put

FS	Kris Jower	41-1	1st place	Ryan Jones	37-7	5th place
VG	Nicole Abella	30-9	2nd place	Joan Minion	28-5	6th place
	Tashena Howard	22-8				
VB	Gary Chen	37-1		Kevin Claas	36-2	

Discus

VG	Joan Minion	83-4	5th place	Tashena Howard	73-11
VB	Kevin Claas	101-11		Gary Chen	100-8

High Jump

FS	Ryan Ciglar	5-8	3rd place	PJ Aguayo	4-10
VG	Meg Parker	4-4	5th place	Maya Komadina	4-2

Long Jump

VB	Paul Anderson	15-7		Bryan Talmadge	12-4
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Triple Jump

VG	Micheline Wong	30-0	4th place	Simone Shin	28-?
VB	Bryan Talmadge	29-3.5			

Pole Vault

FS	Ryan Ciglar	9-0	2nd place	PJ Aguayo	7-6	3rd place
VG	Dina Gizatullin	6-6	1st place	Lisa Clancy	6-6	2nd place
	Jessica Roehl	6-0	3rd place	Tara Clancy	5-6	4th place tie
VB	Bryan Talmadge	9-0	4th place			

Our first time at the Steve Lewis invitational as a team and we fared well, finishing second to Washington High's varsity girls. Some top marks include Baria's wire-to-wire destruction of the 1500 field, Ciglar's 9-0 vault in what is a new event for him, Jower's 41-1 shot put, and Reichelderfer's 42.94 300IH (one of the top marks in south Alameda County). Congratulations to all who competed on this windy day.

Oakland Invitational Relays
UC Berkeley

April 1, 1995
cloudy, no wind

Distance Medley

Michelle Marques	75.7	84.5	86.8		4:06.8
Valerie Lim	66.5				1:06.5
Jamie McHugh	74.7	83.6			2:38.3
Jennie Ewing	77.4	86.2	85.7	76.9	5:26.2

13:19.7 2nd place

Michelle led off the race with her fastest 1200 leg of the season and brought the baton by in 3rd. Valerie and Jamie ran gamely on their legs and did well despite suffering from allergic reactions. Jennie still likes to sit and kick, but she is pulling her lap 2 and 3 times down so that her kick can be used as a weapon rather than as recovery. Instead of using the final 165m to catch people, she is making up time in the middle of the race and kicking to beat the ones too far ahead to catch. The time of 13:19.7 was a 10 second PR over the Martinez time, and only 2 seconds out of 1st.

3200 Relay

Jennie Ewing	75.8	74.5		2:30.3
Valerie Lim	72.5	86.5		2:38.5
Jamie McHugh	75.4	85.3		2:40.7
Michelle Marques	73.9	78.3		2:32.2

10:22.70 5th place

An hour after running the DM, the girls had to come back and run the 4x800. Michelle and Jenny are strong enough to run back to back fast races and did. Val and Jamie are both sick, but kept the team in the race to finish up front with the leaders.

Open 1600

Jennie Ewing	78	85	87	77	5:27.3	5th place
Michelle Marques	79	88	93	85	5:45.8	

An hour later, Jennie and Michelle attempted a triple. Once again Jennie ran another fast race ending with a PR 5:27. Michelle was put into the event by the clerk moment before the gun and wasn't mentally into it. A 5:45 is only 4 seconds off her PR, so now she knows that even being mentally and physically tired, Michelle can run fast. Soon she will join Jennie in 5:20/5:30 land.

110HH

Kevin Oates 15.68 3rd H1

Kevin looked very good in the short hurdle race. A PR by 0.33 seconds. Next target is 15.00.

Long Jump

Kevin Oates 22-3.25 3rd place

Making the finals at 22-0, Kevin picked up some distance and ended 3rd in a tight competition. The 2nd, 3rd, and 4th places were within 0.5 inches, Kevin in 3rd based on farthest 2nd best effort.

Triple Jump

Kevin Oates 42-10 7th place

The meet was so far behind schedule, Kevin was almost sorry he made the TJ finals. The 42-10 is the best ever by a CV jumper at Oakland and is proving that Kevin is one of the all-time best. Only one local competitor, a jumper from Logan, finished ahead of Kevin.

Castro Valley vs. San Leandro

weather: cool, no wind

4/6/95

scores: VB CV 78, SL 49 BFS CV 54, SL 74 GV CV 74, SL 53 GFS CV 104, SL 19

400R

GV: 1. San Leandro 53.1, 2. CV A 54.2, 3. CV B 57.9

GFS: 1. CV A 58.6, 2. CV B 63.0, 3. CV C 63.1

BV: 1. CV A 46.5, 2. CV B 48.1

BFS: 1. San Leandro 48.3, 2. CV A 49.2, 3. CV B 51.1

1600

GV: 1. Ewing 5:28, 2. Mosher (SL) 5:39, 3. Marques 5:52, 4. Shin 6:09, 5. Britt 6:30, 6. Rodillas 7:12

GFS: 1. Chung 6:17, 2. Sammons 6:29, 3. Jeffries (SL) 6:49, 4. Weisman 6:51, 5. Sackmann 5:56

BV: 1. Kennedy (SL) 4:44, 2. Baria 4:47, 3. D. Furuyama 4:48, 4. M. Furuyama 4:55, 5. Arroyo 5:06, 6. Ja. Kalsbeek 5:12, 7. Tellier (SL) 5:28, 8. Leonardi (SL) 5:43, 9. Susim 5:51

BFS: 1. Enriquez (SL) 4:52, 2. D. Dulaney 4:57, 3. Huen 5:15, 4. Coffeen 5:25, 5. Fong (SL) 5:29, 6. Randall 5:33, 6. Chiu 5:36, 7. Jo. Kalsbeek 5:42, 8. Fredericks (SL) 5:53

100LH

GV: 1. Garrett (SL) 16.5, 2. Kim 18.7, 3. Parker 18.8, 4. L. Clancy 19.6, 5. Chin (SL) 19.9, 6. Komadina 20.1

GFS: 1. Oates 20.9, 2. A. Wong 21.3, 3. Lee 23.5

1. Bryce 21.5, 2. Harris 27.5

BV: 1. Oates 16.0, 2. Lau (SL) 17.5, 3. Moore 17.5, 4. Calloway (SL) 19.4, 5. Anderson 19.6

1. Holmes 20.0, 2. Hamre 21.4, 3. Talmadge 21.7

BFS: 1. Ciglar 18.3, 2. Fung 19.3, 3. Ghaderi 22.6, 4. Mills 25.1

400

GV: 1. Jones (SL) 65.0, 2. Groome 69.0, 3. Nickolopoulos 69.3

GFS: 1. Owyang (SL) 74.1, 2. Schumann 75.5, 3. Kenna 79.7

BV: 1. Cosio (SL) 56.2, 2. Ford 57.1, 3. Reichelderfer 57.2, 4. Victor 57.40, 5. Belknap (SL) 64.6

1. Av. Chan 60.1, 2. An. Chan 63.7, 3. Duong (SL) 64.0

BFS: 1. M. Phillips (SL) 57.6, 2. Misa 58.4, 3. W. Phillips (SL) 58.5, 4. Uychoco 62.7, 5. Tong 63.8

100

GV: 1. Santos (SL) 11.7, 2. Manuel (SL) 11.8, 3. Rugaard 12.2, 4. Duperroir 13.1, 5. Watt 13.1, 6. ? (CV) 13.2

1. Yee 13.3, 2. Doell 13.6

GFS: 1. Pennix 13.3, 3. Mock (SL) 13.4, 3. Svenson 13.6, 6. Parsons 13.8, 7. Kirantony 14.6, 8. Sieff 14.9

1. Grabowski 14.4, 2. Lum 14.5

BV: 1. Niderost 10.7, 2. G. Abramenko 10.7, 3. Hassler 11.6

BFS: 1. Griffen (SL) 11.10, 2. Dixon (SL) 11.13, 3. B. Chan 11.14, 4. Eng 11.?, 5. Damien (SL) ?

1. Jn. Edwards 11.5, 2. Henig 12.2, 3. Choi 12.4, 4. Patel 13.2, 5. Simons 13.3, 9. Fosdahl 13.5

800

GV: 1. Ewing 2:32.8, 2. Marques 2:39.1, 3. McHugh 2:41.6, 4. Lim 2:44.0, 5. Mosher (SL) 2:49.4, 6. Christophi (SL) 3:14.5, 7. Casey (SL) 3:23.5

GFS: 1. Chung 2:45.9, 2. Sammons 3:00.3, 3. Silva 3:02.2, 4. Jeffereys (SL) 3:04.5, 5. Buins (SL) 3:06.1, 6. Weisman 3:10.0

BV: 1. A. Abramenko 2:10.1, 2. M. Furuyama 2:10.4, 3. Strharsky 2:15.6, 4. Tellier (SL) 2:18.8, 5. Arroyo 2:19.1, 6. Susim 2:44.2

BFS: 1. Enriquez (SL) 2:13.3, 2. D. Dulaney 2:14.3, 3. Eng 2:22.9, 4. Coffeen 2:27.0, 5. Huen 2:27.5, 6. Paik 2:30.6

300LH/300IH

GV: 1. Garrett (SL) 48.4, 2. Groome 55.9, 3. Chin (SL) 56.5, 4. M. Wong 57.8, 5. Parker 61.3

1. Komadina 58.6, 2. Kim 59.2, 3. L. Clancy 60.9, 4. Gizatullin 64.6

GFS: 1. Oates 63.6, 2. A. Wong 66.6, 3. Lee 68.3

BV: 1. Lau (SL) 43.6, 2. Reichelderfer 44.6, 3. Moore 46.5, 4. Calloway (SL) 47.9, 5. Anderson 48.8

1. Holmes 53.0, 2. An. Chan 58.5, 3. Talmadge 59.8

BFS: 1. Fung 46.4, 2. Fong (SL) 49.4, 3. Leonardi (SL) 51.0, 4. Ghaderi 52.3, 5. ? (CV) 52.7, 6. Mills 58.2

200

GV: 1. Jones (SL) 26.9, 2. Santos (SL) 27.1, 3. Rugaard 28.0, 4. Duperroir 29.5, 5. Lim 29.9, 6. Watt 30.4, 7. Doell 30.6, 8. Kuta 31.2, 9. Yee 31.2

GFS: 1. Mock (SL) 30.9, 2. Pennix 31.8, 3. Anita (SL) 32.6, 4. Grabowski 33.1, 5. Schumann 33.3, 6. Kirantony 33.6, 7. Lam 34.1, 8. Seiff 35.4, 9. Kenna 35.8

BV: 1. G. Abramenko 24.1, 2. Hassler 24.5, 3. Cosia (SL) 25.2, 4. Niderost 25.5, 5. Bailey 25.7

BFS: 1. M. Phillips (SL) 25.1, 2. W. Phillips (SL) 25.1, 3. Jo. Edwards 25.1, 4. Griffen (SL) 25.3, 5. B. Chan 25.5

1. Jn. Edwards ?, 2. Uychoco 27.4, 3. Tong 28.7, 4. Simons 30.2, 5. Patel 30.3, 6. Fosdahl 30.9

3200

GV: 1. Ewing 11:41, 2. Mosher (SL) 11:52, 3. Shin 13:30

GFS: 1. Chung 13:51, 2. Silva 15:07, 3. Sackmann 15:38

BV: 1. Kennedy (SL) 10:16, 2. Baria 10:45, 3. Ja. Kalsbeek 11:33, 4. Susim 13:04

BFS: 1. Enriquez (SL) 10:36, 2. D. Dulaney 11:00, 3. Coffeen 11:36, 4. Chiu 12:17, 5. Randall 12:22, 6. Jo. Kalsbeek 13:04, 7. Fredricks (SL) 13:30

1600R

GV: 1. CV 4:37.8, 2. SL 4:44.2, 3. CV 4:52.6

GFS: 1. CV 5:08.1, 2. SL 5:10.2, 3. CV 5:17.3, 4. CV 5:23.2

BV: 1. San Leandro 3:49.2, 2. CV 3:50.1

BFS: 1. San Leandro 4:05, 2. CV 4:11

LJ

GV: 1. Garrett (SL) 14-11.5, 2. Kohl 13-2, 3. Shin 12-10, 4. M. Wong 12-8.5, 5. Gizatullin 12-5, 6. Manuel (SL) 12-5, 7. Abella 12-4, 8. Hashimoto 12-2, 9. Parker 11-7, 10. Casey (SL) 10-4.5, 11. Roehl 10-3

GFS: 1. Oates 11-11, 2. Sammons 11-3, 3. A. Wong 10-11, 4. Lee 10-4, 5. Bryce 10-3, 6. Harris 8-6, 7. Atwood 7-11, 8. Burns (SL) 7-3, 9. Marra 7-2

BV: 1. Oates 20-9, 2. Bailey 18-6, 3. Harper (SL) 16-6

BFS: 1. Dixon (SL) 16-9, 2. Ciglar 16-4, 3. Stamps (SL) 16-3

TJ

GV: 1. Garrett (SL) 31-5, 2. Kohl 30-8, 3. Shin 28-11.5, 4. M. Wong 28-2.5, 5. Hashimoto 26-9, 6. Komadina 25-10, 7. L. Clancy 23-11

GFS: 1. Oates 24-0.5, 2. no second, 3. no third

BV: 1. Oates 38-0, 2. Tom (SL) 37-7.5, 3. Kramer 36-1, 4. Duong (SL) 36-0, 5. Moore 35-1.5, 6. Harper (SL) 34-9.5, 7. Bailey 32-4, 8. Anderson 31-6, 9. Belknap (SL) 30-7.5, 10. Talmadge 27-7

BFS: 1. Dixon (SL) 36-3.5, 2. Fung 35-8.5, 3. Ciglar 31-2, 4. Servo (SL) 28-9.5, 5. Stonelake 27-6, 6. Ghaderi 25-6.5

HJ

GV: 1. Kohl 4-10, 2. Komadina 4-4, 3. Parker 4-2, 4. Gerton (SL) 4-2, 5. Gizatullin 4-0, 6. Roehl 3-10, 7. L. Clancy 3-10

GFS: 1. Atwood 4-0, 2. A. Wong 4-0, 3. Svenson 3-10, 4. Weisman 3-10, 5. Bryce 3-10, 6. Lacey 3-10, 7. Harris 3-6, Marra nh

BV: 1. Harper (SL) 5-8, 2. Oates 5-8, 3. Anderson 5-4, 4. Duong (SL) 4-8, 5. Moore 4-8, 6. Talmadge 4-4, 7. Hamre 4-4

BFS: 1. Ciglar 5-8, 2. Dixon (SL) 5-2, 3. Stonelake 4-8, 4. Jagar 4-6, 5. Mills 4-2, Ghaderi nh

SP

GV: 1. Klews 31-0, 2. Abella 30-11, 3. Minion 27-6, 4. T. Howard 25-10, 5. Price 24-4, 6. Casey (SL) 24-1

GFS: 1. K. Howard 24-0, 2. Duane 21-4, 3. Burns (SL) 19-3

BV: 1. Donofrio (SL) 37-9, 2. Jower 36-8, 3. Chen 36-4, 4. Claas 35-8, 5. Limnios 33-4, 6. Anderson (SL) 30-0

BFS: 1. Jones 36-4, 2. Ortiz (SL) 35-2, 3. Collett 34-1, 4. Jaussaud (SL) 33-0, 5. Servo (SL) 30-10, 6. Gonzalez (SL) 21-6

Discus

GV: 1. Klews 90-0, 2. T. Howard 71-8, 3. Minion 68-4, 4. Price (SL) 65-0, 5. Abella 61-1, 6. Casey (SL) 60-10

GFS: 1. Burns (SL) 62-4, 2. K. Howard 59-4, 3. Duane 57-4

BV: 1. Donofrio (SL) 125-1, 2. Limnios 111-9, 3. Anderson (SL) 108-0, 4. Jower 104-11, 5. Chen 97-10, 6. Claas 93-3, 7. Fredericks (SL) 63-4

BFS: 1. Ortiz (SL) 84-7, 2. Collett 75-5, 3. Jones 73-6, 4. Servo (SL) 72-9, 5. Jassaud (SL) 61-11, 6. Gonzalez (SL) 60-1

PV

GV: uncontested

GFS: uncontested

BV: uncontested

BFS: uncontested

Ugh! Those San Leandro coaches did it to us again... For the 2nd time in as many tries, we were unable to sweep at the San Leandro stadium. This time we were so concerned about the boys varsity that we moved up the frosh/soph studs Abramenko, Bailey and Baria only to find (to our chagrin) that SL dropped their studs down to frosh/soph! Bummer. A rare loss for CV at the boys frosh/soph level. The other squads were victorious quite handily. The varsity girls were in a tight struggle, but the girls distance runners neutralized Mosher enough to compensate for the talented SL sprinters. Without the Phillips boys, Henriquez, and Dixon the SL varsity boys team was not strong enough to compete well. The girls frosh/soph were essentially unopposed. How this effects the standings: boys varsity was expected to win narrowly, the tough meet is still coming against Moreau; girls varsity win was important to maintain undefeated status going into the Moreau meet as well; girls frosh/soph still the league favorites; boys frosh/soph took an unfortunate defeat, but not to worry- SL has a loss already to its detriment. Hayward is the other big gun on the BFS level. We are still in good shape overall.

Best Marks:

Jennie Ewing was exceptional in defeating Mosher head-to-head in three races.

Peter Baria beat Enriquez, the current top soph in the HAAL, in the 1600 in PR time.

Barbara Klews 31-0 and 90-0 double in the throws.

Jennifer Chung keeps on winning races in frosh/soph distance races.

Good meet, team. Keep it through May 11!

CASTRO VALLEY VS. SAN LEANDRO

BOY'S VARSITY

100	Bret Victor	(CV)	11.0	1994
200	Matt Roszell	(CV)	23.0	1994
400	Peter DeQuincy	(CV)	51.9	1986
800	James Larkin	(SL)	2:01.1	1986
1600	Jason Atwood	(CV)	4:30.0	1988
3200	John Bass	(CV)	9:52.7	1985
110 HH	John Clenney	(CV)	15.8	1987
	Bryon Graves	(CV)		1988
	Dominique Canfield	(CV)		1994
300 IH	Dominique Canfield	(CV)	41.4	1994
HJ	Jeff Haymore	(CV)	6-0	1986
	Malik Blevins	(SL)		1993
	Kevin Oates	(CV)		1994
LJ	Jimmithee Banks	(SL)	22-2	1993
TJ	Jimmithee Banks	(SL)	44-7.5	1993
SP	Nate Tuffanelli	(SL)	47-3.5	1993
Discus	Scott Lohr	(SL)	141-4.5	1991
PV	Peter Engbrock	(CV)	11-6	1986
	Mike Eliasson	(SL)		1986
400R	Castro Valley (Hassler, Victor, Canfield, Roszell)		45.1	1994
1600R	Castro Valley (Clenney, Descombaz, Redmond, DeQuincy)		3:35.9	1986

GIRLS VARSITY

100	Danielle Jones	(SL)	12.8	1994
200	Danielle Jones	(SL)	26.8	1994
400	Andrea Comer	(CV)	62.7	1993
800	Cyndy Carlin	(CV)	2:30.1	1986
1600	Jennifer Ewing	(CV)	5:28.1	1995
3200	Jennifer Ewing	(CV)	11:41.8	1995
100LH	Denean Garrett	(SL)	16.5	1995
300LH	Denean Garrett	(SL)	48.4	1995
HJ	Amy Kohl	(CV)	4-10	1995
LJ	Shelley Olson	(CV)	15-10	1985
TJ	Denean Garrett	(CV)	31-5	1995
SP	Tamara DeYoung	(CV)	34-7.5	1991
Discus	Andrea Atkinson	(CV)	97-2	1986
PV	Elizabeth Ewing	(CV)	8-0	1994
400R	SL (Morell, Garrett, Hurley, Jones)		52.1	1994
1600R	CV (Schmitz, Goddard, Groome, Rugaard)		4:27.4	1994

CASTRO VALLEY VS. SAN LEANDRO

BOYS FROSH/SOPH

100	Ted Hassler	(CV)	12.0	1988
200	Chang Hyun	(CV)	24.4	1986
400	Mike O'Connell	(CV)	56.5	1989
800	Henrique Enriquez	(SL)	2:13.3	1995
1600	Dave Ling	(CV)	4:51.0	1988
3200	Shane Dulaney	(CV)	10:31.8	1994
110HH	Ryan Ciglar	(CV)	18.3	1995
300IH	Phil Fung	(CV)	46.4	1995
HJ	Ryan Ciglar	(CV)	5-8	1995
LJ	Lance Riley	(CV)	18-2	1985
TJ	Chang Hyun	(CV)	37-9	1986
SP	Sean Resare	(CV)	41-3.5	1989
Discus	Jeff Wallen	(CV)	104-3	1988
PV	Dan Hoover	(CV)	9-6	1989
400R	Castro Valley (Hyun, Robison, Blair, McKee)		48.5	1986
	Castro Valley (M. Misa, B. Chan, Amiri, Holmes)			1994
1600R	Castro Valley (T. Hassler, Mix, D. Ling, O'Connell)		3:50.8	1988

GIRLS FROSH/SOPH

100	Deanna Pennix	(CV)	13.3y	1995
200	Wendy Mock	(SL)	30.9y	1995
400	Anita Owyang	(SL)	74.1	1995
800	Jennifer Chung	(CV)	2:45.9	1995
1600	Jennifer Chung	(CV)	6:17	1995
3200	Jennifer Chung	(CV)	13:51	1995
100LH	Shannon Oates	(CV)	20.9	1995
300LH	Shannon Oates	(CV)	63.6	1995
HJ	Angela Atwood	(CV)	4-0	1995
LJ	Shannon Oates	(CV)	11-11	1995
TJ	Shannon Oates	(CV)	24-10.5	1995
SP	Kamaria Howard	(CV)	24-0	1995
Discus	Meg Burns	(SL)	62-4	1995
PV	not contested			
400R	Castro Valley		58.6y	1995
1600R	Castro Valley		5:08.1	1995

Mt. Eden vs. Castro Valley

weather: cold, windy

4/20/95

scores: VB CV 108, ME 28 BFS CV 131, ME 1 GV CV 99, ME 37 GFS CV 125, ME 0

400R

GV: 1. ME 55.7, 2. CV A (Lam, Watt, Forsman, Pennix) 55.8, 3. CV B (Yee, Kuta, Doell, Doerr) 56.9, 4. Redwood Christian 57.8

GFS: 1. CV A (Sieff, McDonald, Parsons, Svenson) 57.6, 2. CV B (Hart, Schumann, Lum, Kenna) nt

BV: 1. CV (Hassler, A. Abramenko, Av. Chan, Niderost) 46.2, 2. Redwood Christian 51.4

BFS: 1. CV A (B. Chan, G. Abramenko, Eng, Bailey) 47.8, 2. CV B (Uychoco, Henig, Tong, Wu) 51.5

1600

GV: 1. Shin 5:59.6, 2. M. Wong 6:07.7, 3. Atwood 6:20.2, 4. Nickolopoulos 6:24.2, 5. Mojado (ME) 6:58.3, 6. Walden (ME) 7:13.5, 7. Duncan (RC) 10:04.4

GFS: 1. Chung 6:20.3, 2. Weisman 6:27.5, 3. Silva 6:56.6, 4. Sackmann 7:07.2

BV: 1. Baria 4:51.1, 2. Richardson (RC) 4:54.4, 3. Furuyama, D. 5:00.6, 4. Arroyo 5:04.2, 5. Frye (RC) 5:11.3, 6. Kalsbeek 5:12.8, 7. Amaral (ME) 5:16.7, 8. Kim 5:57.2

BFS: 1. Coffeen 5:13.6, 2. Huen 5:15.6, 3. Pedigo (RC) 5:17.5, 4. Mellon 5:37.0, 5. Randall 5:43.2, 6. Chiu 5:50.2

100LH/110HH

GV: 1. N. Flagg (ME) 19.1, 2. Komadina 19.2, 3. L. Clancy 19.3, 4. Parker 19.6, 5. Lam 20.3, 6. ? (ME) 21.3
1. Bingham 18.9, 2. Ethridge (RC) 20.8

GFS: 1. A. Wong 21.0, 2. Oates 21.8, 3. Bryce 22.3, 4. Lee 23.1

BV: 1. Oates 16.3, 2. Moore 17.1, 3. Anderson 19.2, 4. Abriam (ME) 19.4, 5. Agustin (ME) 19.9, 6. Ambro 19.9
1. Holmes 18.9, 2. Hamre 20.8, 3. Talmadge 23.4

BFS: 1. Fung 19.1, 2. Ghaderi 21.1, 3. Paik 21.2, 4. Wu 21.3, 5. Ciglar 22.3
1. Aguayo 20.7, 2. Mills 22.2

400

GV: 1. Wallis (ME) 66.2, 2. Fernandez (ME) 67.5, 3. Forsman 68.4, 4. Doell 70.2

GFS: 1. Parsons 74.9, 2. Schumann 75.1, 3. Kenna 76.3

BV: 1. A. Abramenko 53.1, 2. Coleman (ME) 55.2, 3. Macklin (ME) 55.3, 4. Ford 55.4, 5. Bell (RC) 64.1, 6. An. Chan 65.1

BFS: 1. G. Abramenko 55.6, 2. Phillips 59.9, 3. Tucker (RC) 60.7, 4. Uychoco 64.5

100

GV: 1. N. Flagg (ME) 14.2, 2. Watt 14.6, 3. Pennix 14.9, 4. Yee 14.9, 5. Doerr 14.9, 6. ? (CV) , 7. Kuta 15.9

GFS: 1. Svenson 15.2, 2. McDonald 15.3, 3. Grabowski 16.1, 4. Lum 16.1, 5. Kirantony 16.5, 6. Seiff 16.2, 7. Hart 16.9

BV: 1. Jackson (ME) 11.9, 2. Niderost 11.9, 3. Av. Chan 12.0, 4. Holmes 12.3, 5. Maldonado (ME) 13.1, 6. ? (RC) 13.3, 7. ? (RC) 13.5

BFS: 1. Jn. Edwards 12.4, 2. Bailey 12.4, 3. B. Chan 12.5, 4. Henig 12.9, 5. Eng 13.2, 6. Cofran (ME) 13.5, 7. Wu 13.7

1. Tong 13.3, 2. Choi 13.4, 3. Patel 14.1, 4. Fosdahl 14.7, 5. Simons 14.9

800

GV: 1. Shin 2:42.9, 2. Sammons 2:48.4, 3. Atwood 2:51.5, 4. Sigars (ME) 2:51.9, 5. ? (RC) 3:07.5, 6. ? (ME) 3:07.8, 7. ? (ME) 3:09.8

GFS: 1. Chung 2:54.2, 2. Weisman 2:58.3, 3. Silva 3:04.8

BV: 1. D. Furuyama 2:13.2, 2. Strharsky 2:14.3, 3. Richardson (RC) 2:15.3, 4. Arroyo 2:17.4, 5. Frye (RC) 2:18.5, 6. Amaral (ME) 2:22.6, 7. Adams (RC) 2:25.2, 8. Thompson (ME) 2:26.5

BFS: 1. Eng 2:20.6, 2. Mellon 2:27.0, 3. Coffeen 2:27.3, 4. Patel 2:42.7

300LH/300IH

GV: 1. Bingham 56.0, 2. Lam 56.5, 3. Komadina 58.2, 4. Parker 59.8, 5. Campos (ME) 67.0

1. L. Clancy 59.1, 2. Gizatullin 63.6

GFS: 1. Lee 64.0, 2. A. Wong 66.4, 3. Bryce 67.9

BV: 1. Moore 44.7, 2. Reichelderfer 45.4, 3. Abriam (ME) 45.9, 4. Anderson 48.5, 5. Augustin (ME) 51.5, 6. ? 53.1

1. Ambro 48.7, 2. Lum 53.5, 3. Talmadge 61.7

BFS: 1. Fung 48.2, 2. Paik 51.7, 3. Mills 52.8, 4. Ghaderi 54.0, 5. Wu 55.3

200

GV: 1. N. Flagg (ME) 29.2, 2. M. Flagg (ME) 29.7, 3. Wallace (ME) 29.9, 4. Yee 31.1, 5. Nickolopoulos 31.3, 6. Kuta 31.8

1. J. Ewing 29.8, 2. Marques 29.8, 3. Pennix 30.1, 4. McHugh 30.2, 5. ? (RC) 30.4, 6. Cecilia (ME) 32.1, 7. ? (ME) 35.1

GFS: 1. McDonald 30.5, 2. Svenson 31.1, 3. Grabowski 32.0, 4. Kirantony 33.3, 5. Lum 33.4, 6. Sieff 35.0

BV: 1. A. Abramenko 23.5, 2. Macklin (ME) 23.6, 3. Coleman (ME) 24.0, 4. Jackson (ME) 24.0, 5. Av. Chan 24.1, 6. Hassler 24.6, 7. ? 25.2

BFS: 1. Jn. Edwards 24.9, 2. Aguayo 26.4, 3. Uychoco 27.2, 4. Jackson (RC) 27.2, 5. ? (RC) 28.7

1. Henig 27.2, 2. Tong 27.8, 3. Choi 28.7, 4. Patel 30.6, 5. Fosdahl 31.1

3200

GV: 1. Sammons 13:31.9, 2. M. Wong 13:34.2, 3. Britt 14:37.8, 4. Walden (ME) 16:11.9, 5. ? (RC) 16:18.5, 7. ? (ME) 16:45.1

GFS: 1. Chung 14:06.3, 2. Weisman 14:47.3, 3. Silva 15:29.1, 4. Sackmann 15:39.0

BV: 1. D. Furuyama 11:02.4, 2. D. Dulaney 11:02.5, 3. Boruta 11:04.5

BFS: 1. Randall 12:03, 2. no second, 3. no third

1600R

GV: 1. CV A (Nickolopoulos, Forsman, Marques, McHugh) 4:37.5, 2. Redwood Christian (Hamner, Green, Sartain, Houghtelling) 4:56.4, 3. CV B (Lam, Doell, Watt, Yee) 4:57.2

GFS: 1. CV (Schumann, Parsons, Kirantony, Grabowski) 5:00.8

BV: 1. CV (Av. Chan, Reichelderfer, A. Abramenko, Ford) 3:55.5, 2. Redwood Christian 4:02.8, mixed: CV (Furuyama, Boruta, Baria, M. Wong/Marques) 4:40.9

BFS: 1. CV (B. Chan, Uychoco, Phillips, G. Abramenko) 4:12.5

LJ

GV: 1. Kohl 14-6, 2. Gizatullin 13-8, 3. Parker 12-9, 4. Green (RC) 12-4, 5. For (ME) 12-4, 6. Nutting (ME) 9-2.5

GFS: 1. Oates 12-5, 2. Lee 10-10.5, 3. Lacey 10-5.5, 4. DeWitt 10-1, 5. Marra 8-10.5

BV: 1. Oates 19-4.5, 2. Jackson (ME) 19-3, 3. Thompson (ME) 17-6, 4. Richards 14-5, 5. Ambro 13-11

BFS: 1. Bailey 18-7.5, 2. Fung 16-6.5, 3. G. Abramenko 16-6, 4. Paik 16-5, 5. Henig 16-4

TJ

GV: 1. M. Wong 29-9, 2. Wallace (ME) 29-3, 3. M. Flagg (ME) 28-7.5, 4. Komadina 26-6, 5. Roehl 23-4.5, 6. Bryce 22-9

GFS: 1. A. Wong 25-6, 2. Oates 24-7, 3. DeWitt 24-1.5, 4. Lee 22-2

BV: 1. Oates 42-11, 2. Thompson (ME) 40-10.75, 3. Moore 35-11, 4. Abriam (ME) 35-4.5, 5. Anderson 33-6.25, 6. Richards 31-10.5, 7. Talmadge 27-7

BFS: 1. Bailey 37-8.5, 2. Fung 33-4, 3. Mills 32-9.5, 4. Paik 30-5

HJ

GV: 1. Kohl 5-0, 2. E. Ewing 4-6, 3. Komadina 4-4, 4. Parker 4-0, 5. Atwood 3-10, 6. Gizatullin 3-10, 7. L. Clancy 3-8

GFS: 1. Svenson 4-0, 2. Bryce 3-10, 3. Weisman 3-8, 4. Wong 3-6

BV: 1. Kramer 5-10, 2. Oates 5-8, 3. Thompson (ME) 5-6, 4. Jackson (ME) 5-6, 5. Ambro 5-2, 6. Anderson 5-2, 7. Cookman (ME) 5-0, Richards nh
BFS: 1. Aguayo 5-2, 2. Ciglar 5-2, 3. Stonelake 4-10, 4. Jagar 4-8

SP

GV: 1. Klews 31-7, 2. Abella 29-11.5, 3. Askew (ME) 29-10.5, 4. Minion 28-7, 5. T. Howard 26-1.5, 6. Santos (RC) 23-3, 7. Cubillo (RC) 18-8
GFS: 1. K. Howard 23-8.5, 2. Duane 21-6.5, 3. no third
BV: 1. Walker (ME) 43-5, 2. Claas 35-11.5, 3. Chen 35-9, 4. Maldonado (ME) 34-4.5, 5. Ray (ME) 33-9.5, 6. Hurley (RC) 30-6, 7. Brichacek (RC) 25-9.5
BFS: 1. Jones 38-5, 2. Anglin 34-5.5, 3. Collett 31-5, 4. Ikeda (ME) 31-1.5, 5. Cofran (ME) 27-6.5

Discus

GV: 1. T. Howard 89-9, 2. Klews 87-3, 3. Abella 82-5.5, 4. Minion 78-0, 5. Askew (ME) 76-2, 6. Santos (RC) 60-7, 7. Wieser (RC) 52-7, 8. Cubillo (RC) 48-2
GFS: 1. K. Howard 65-4, 2. Duane 58-11 3. no third
BV: 1. Claas 106-0, 2. Chen 102-9, 3. Ray (ME) 91-6, 4. Walker (ME) 85-3, 5. Hurley (RC) 83-7, 6. Maldonado (ME) 74-2, 7. Brichacek (RC) 67-7, 8. Ferriti (ME) 64-3
BFS: 1. Jones 83-0, 2. Collett 70-11, 3. Ikeda (ME) 67-11, 4. Anglin 67-5, 5. Cofran (ME) 63-8

PV

GV: 1. E. Ewing 8-6, 2. Gizatullin 7-6, 3. Sammons 7-0, 4. L. Clancy 6-6, 5. Roehl 6-0
GFS: uncontested
BV: 1. Moore 10-6, 2. Singson 9-6, 3. Hamre 9-0, 4. Talmadge 9-0, 5. Augustin (ME) 8-6
BFS: 1. Ciglar 8-6, 2. Ghaderi 7-6, 3. Mills 7-0, 4. Aguayo 7-0

Notes:

A mid-season meet that has a bad case of the blahs. The newness of track has worn off, the spring break mentally took the team out of a competitive mindset, the opposition was numerically overwhelmed. Hard to get too excited. Unfortunately, the season is almost over. Only two more weeks of duals and then the HAALs. Now is the time to begin peaking for the HAAL and post season meets, not to coast into them. Championship athletes will work hard in practice and compete hard even without tough competition. However, in our case and for all divisions, the most difficult meets are upon us. Hayward will visit us this Thursday. They have the only undefeated frosh/soph team, and their coach will have them primed for us. Looking at the results of the CV Invite they do indeed have a strong team. We need to be at our best. The next week is Moreau Catholic. They have the best boys and girls varsity and girls frosh/soph teams in the league, outside of ourselves. This will be a very close meet. Be ready.

AOM BV: Kevin Oates set a meet record in the TJ in his last attempt.

AOM GV: Elizabeth Ewing set a meet record in the PV in her first meet of the year.

AOM BFS: Phil Fung (hurdles), Reggie Bailey (jumps), and Ryan Jones (throws) were all double winners.

AOM GFS: Jennie Chung, despite being ill most of the week, won all three distance events.

We again have three meets in three days this week. Check with your coach for entries Thursday and Friday, Saturday's meet at Granada is entirely optional. CV has done very well as a team and won many medals at Granada. It is a low-key meet that we use as a fun end-of-season competition. We make up relay teams based upon who shows up Saturday. You are encouraged to go; try some different events or put a team together and go for medals.

Sell those tickets for the Booster Club spaghetti feed/auction by Thursday. Bring the money and unsold tickets back to Coach Backe by Friday. The more you can sell, the better our chances for the \$400 reward. Also, keep working on selling that candy!

CASTRO VALLEY VS. MT. EDEN

BOYS VARSITY

100	Jeff Perenon	(CV)	10.7	1964
200	Len Torees	(ME)	22.1	1966
400	Al Burkes	(ME)	50.9	1983
800	Calvin Gaziano	(CV)	1:55.8	1983
1600	Mike Spencer	(CV)	4:27.4	1983
3200	Ernie Lindley	(ME)	9:33.9	1966
110 HH	Gary Kerr	(CV)	14.7	1964
	Bill Hammett	(CV)		1968
300 LH	Lloyd Johnson	(CV)	40.6	1978
HJ	Dave Fishbaugh	(CV)	6-6	1978
LJ	Dave Fernandez	(CV)	21-9.5	1977
TJ	Kevin Oates	(CV)	42-11	1995
SP	Chuck Vandagriff	(CV)	56-8	1966
Discus	Bo Cupp	(CV)	161-9	1980
PV	Ron Auger	(CV)	13-4	1967
400 R	Castro Valley	(CV)	43.9	1969
1600 R	Mt. Eden	(ME)	3:29.9	1969
	Castro Valley	(CV)		1978

GIRLS VARSITY

100	Debbie Sanchez	(CV)	12.8	1980
	Pam Cole	(CV)		1981
200	Eileen Cunningham	(CV)	26.3	1982
400	Beverly Dukes	(ME)	59.0	1982
800	Debbie Lee	(CV)	2:23.1	1978
1600	Karin Lambden	(CV)	5:33.4	1981
3200	Elice Patterson	(CV)	11:51.0	1990
100 LH	Leslie Fuller	(ME)	15.3	1983
300 LH	Eileen Cunningham	(CV)	48.0	1981
HJ	Cindy Foget	(ME)	5-3	1985
LJ	Robyne Johnson	(ME)	16-6	1979
TJ	Debbie Sanchez	(CV)	33-8	1983
SP	Cindy Niko	(ME)	42-7.5	1983
Discus	Gina Niko	(ME)	131-3.5	1985
PV	Elizabeth Ewing	(CV)	8-6	1995
400 R	Mt. Eden	(ME)	50.3	1983
1600R	Castro Valley (Gove, B. Cunningham, Vaughn, Lee)		4:16.0	1979

CASTRO VALLEY VS. MT. EDEN

BOYS FROSH/SOPH

100	Marcus Moore	(ME)	11.3	1983
200	Ron Petropoulos	(ME)	23.6	1966
400	Ron McDaniel	(CV)	54.2	1982
800	Ralph Quinones	(ME)	2:09.7	1978
1600	Rob Patterson	(CV)	4:47.3	1993
3200	Ron Stevenson	(CV)	10:32.8	1973
110 HH	Naeem Amiri	(CV)	18.7	1994
300 LH	Vernon Juntz	(ME)	43.9	1976
HJ	Ron Winters	(CV)	6-0	1981
LJ	Tony Allen	(ME)	19-0.5	1975
TJ	Cephus Johnson	(ME)	40-2	1974
SP	Maomao Lualamana	(ME)	46-8	1976
Discus	Ken Henderson	(ME)	127-4.5	1985
PV	Jim Blake	(CV)	10-6	1977
400 R	Mt. Eden	(ME)	45.8	1961
1600R	CV (M. Furuyama, Patterson, D. Furuyama, A. Abramenko)		3:46.5	1993

GIRLS FROSH/SOPH

100	Ronna Svenson	(CV)	15.2	1995
200	Maressa McDonald	(CV)	30.5	1995
400	Stacy Parsons	(CV)	74.9	1995
800	Jennifer Chung	(CV)	2:54.2	1995
1600	Jennifer Chung	(CV)	6:20.3	1995
3200	Jennifer Chung	(CV)	14:06.3	1995
100 LH	April Wong	(CV)	21.0	1995
300 LH	May Lee	(CV)	64.0	1995
HJ	Ronna Svenson	(CV)	4-0	1995
LJ	Shannon Oates	(CV)	12-5	1995
TJ	April Wong	(CV)	25-6	1995
SP	Kamaria Howard	(CV)	23-8.5	1995
Discus	Kamaria Howard	(CV)	65-4	1995
PV	not contested			
400 R	CV (Sieff, McDonald, Parsons, Svenson)		57.6	1995
1600R	CV (Schumann, Parsons, Kirantony, Grabowski)		5:00.8	1995

1995 Castro Valley Invitational
Complete Results
4/21/95

Event: 4x Mile
Division: Frosh/Soph

1.	Castro Valley A	20:36.2
2.	Washington	21:17.3
3.	Las Lomas	21:43.3
4.	San Ramon	21:51.6
5.	Hayward	22:02.9
6.	Tokay	22:11.9
7.	Castro Valley B	23:10.7

Event: 4x Mile
Division: Girls

1.	Lowell	23:25.6
2.	Castro Valley A	23:35.9
3.	Washington	24:16.7
4.	San Ramon	25:09.7
5.	Castro Valley C	25:44.1
6.	Las Lomas	25:48.4
7.	American	26:17.3
8.	Castro Valley B	26:54.1
9.	Alhambra	27:24.6
10.	Holy Names	29:00.2

Event: 4x 100
Heat: 1
Division: Girls

1.	Mt. Eden	55.2
2.	Castro Valley B	56.9
3.	Castro Valley C	57.0
4.	Tokay	57.1
5.	San Lorenzo	57.5
6.	American B	58.6

Event: 4x 100
Heat: 2
Division: Girls

1.	Holy Names	52.9
2.	American A	54.6
3.	Washington B	55.0
4.	Las Lomas	57.1
5.	Redwood Christian	58.0

Event: 4x 100
Heat: 3
Division: Girls

1.	Washington A	54.2
2.	Alhambra	54.5
3.	Castro Valley A	55.4
4.	Washington C	58.4
5.	San Ramon Valley	59.3
6.	Castro Valley D	61.1
7.	Hayward B	61.9

Event: 4x 100
Heat: 1
Division: Frosh/Soph

1.	Washington	46.9
2.	Tokay	47.1
3.	Hayward A	47.3
4.	Las Lomas A	48.1
5.	El Cerrito	50.6
6.	Castro Valley B	51.3

Event: 4x 100
Heat: 2
Division: Frosh/Soph

1.	Fremont	46.9
2.	Castro Valley A	47.9
3.	Hayward B	48.8
4.	Alhambra	50.7
5.	Las Lomas B	51.5
6.	San Ramon	51.8
7.	Redwood Christian	52.6

Event: 4x 100
Heat: Finals
Division: Frosh/Soph

1.	Washington	47.0
2.	Tokay	47.2
3.	Fremont	47.3
4.	Hayward A	47.6
5.	Las Lomas A	48.6
6.	Castro Valley A	49.9
7.	Hayward B	52.9

Event: 4x 100
Heat: Finals
Division: Girls

1.	Washington A	53.5
2.	American	54.4
3.	Mt. Eden	54.5
4.	Alhambra	55.0
5.	Washington B	56.1

6.	Castro Valley A	56.4
7.	Holy Names DQ	58.8

Event: 4x Hurdles
Heat: 1
Division: Frosh/Soph

1.	Hayward	46.4
2.	Las Lomas	46.9
3.	Castro Valley B	53.71

Event: 4x Hurdles
Heat: 2
Division: Frosh/Soph

1.	Castro Valley A	44.1
2.	Tokay	44.5
3.	Washington	46.9

Event: 4x Hurdles
Heat: 1
Division: Girls

1.	Castro Valley C	48.1
2.	Alhambra	48.2
3.	Las Lomas	49.3
4.	Hayward	52.7

Event: 4x Hurdles
Heat: 2
Division: Girls

1.	American A	44.2
2.	Castro Valley A	47.4
3.	Mt. Eden	48.0

Event: 4x Hurdles
Heat: 3
Division: Girls

1.	Washington	47.5
2.	American B	48.9
3.	Castro Valley B	50.8

Event: 4x 220
Heat: 1
Division: Frosh/Soph

1.	Las Lomas	1:44.6
2.	San Ramon	1:45.6
3.	Alhambra	1:46.0
4.	Tokay	1:49.0

5.	Washington	1:50.3
6.	Castro Valley C	1:58.3

Event: 4x 220
Heat: 2
Division: Frosh/Soph

1.	Castro Valley A	1:40.4
2.	Fremont	1:40.8
3.	Hayward	1:41.8
4.	Castro Valley B	1:47.6
5.	El Cerrito	1:48.1
6.	Redwood Christian	1:51.8

Event: 4x 220
Heat: 1
Division: Girls

1.	American A	1:57.3
2.	Alhambra A	1:58.6
3.	Castro Valley B	2:03.2
4.	Redwood Christian	2:04.5
5.	American B	2:07.3

Event: 4x 220
Heat: 2
Division: Girls

1.	Washington B	1:58.3
2.	Mt. Eden	2:00.8
3.	Las Lomas	2:02.2
4.	Castro Valley C	2:02.4
5.	Alhambra B	2:10.3
6.	Castro Valley E	2:18.3

Event: 4x 220
Heat: 3
Division: Girls

1.	Washington A	1:56.9
2.	Holy Names	1:57.1
3.	Castro Valley D	2:07.1
4.	Hayward A	2:11.3

Event: 4x 880
Heat: 1
Division: Frosh/Soph

1.	Castro Valley A	9:15.4
2.	Washington	9:27.7
3.	Tokay	9:35.9
4.	Hayward	9:39.2
5.	Las Lomas	9:46.4

6. Castro Valley B 9:50.4
7. San Ramon 9:51.0
8. Alhambra 10:04.5

Event: 4x 440
Heat: 1
Division: Frosh/Soph

Event: 4 x 880
Heat: 1
Division: Girls

1. Washington A 10:35.1
2. Castro Valley A 10:43.6
3. American 10:46.5
4. Washington B 11:07.0
5. Castro Valley B 11:29.6
6. San Lorenzo 11:36.0
7. Castro Valley C 11:37.5
8. Alhambra 11:51.5
9. Las Lomas 12:35.5
10. Holy Names 12:56.0

1. Washington 3:45.6
2. Hayward 3:51.9
3. San Lorenzo 3:53.4
4. Castro Valley A 4:03.2
5. El Cerrito 4:11.1

Event: 4x 440
Heat: 2
Division: Frosh/Soph

1. Tokay 3:46.9
2. Las Lomas 3:50.9
3. Castro Valley B 4:02.9
4. Alhambra 4:52.0
5. Fremont -disqualified-

Event: Open Mile
Heat: 1
Division: Girls

1. Amber Robinson (Las Lomas) 5:31.8
2. Maureen Kennedy (Arroyo) 5:35.6
3. Melissa Duscha (Washington) 5:56.9
4. Simone Shin (Castro Valley) 6:14.7
5. Shannon Perkins (San Lorenzo) 6:19.9
6. Jolen Santos (Washington) 6:24.4
7. Daphney Britt (Castro Valley) 6:40.6
8. Debbie Mojadd (Mt. Eden) 6:49.5
9. Fawn Osborne (San Lorenzo) 6:55.8
10. Correa (American) 6:57.8
11. Hillary Hanell (Hayward) 7:15.8
12. Beth Gammon (Washington) -Devil-
13. Holly Wolden (Mt. Eden) -Devil-
14. Melissa Tague (San Lorenzo) -Devil-

Event: 4x 440
Heat: 1
Division: Girls

1. Washington A 4:29.2
2. Alhambra 4:34.1
3. Castro Valley A 4:35.1
4. Washington B 4:39.1
5. Castro Valley B 4:40.7
6. Hayward 5:11.3

Event: 4x 440
Heat: 2
Division: Girls

1. Mt. Eden 4:41.3
2. Castro Valley C 4:48.5
3. San Lorenzo 4:50.9
4. Tokay 5:19.8
5. Castro Valley D 5:22.3

Event: Open Mile
Heat: 1
Division: Frosh/Soph

1. Peter Baria (Castro Valley) 5:03.6
2. Aaron Gardner (Alhambra) 5:04.8
3. Paul Gattey (Washington) 5:05.2
4. Eric Mundy (El Cerrito) 5:14.7
5. Matt Pedigo (Rdwd Christ'n) 5:21.4
6. Al Rodriguez (Hayward) 5:23.5
7. Shane Gerber (Las Lomas) 5:36.3
8. Larry Chiu (Castro Valley) 5:38.8
9. Krusor (American) 5:45.9

Event: High Jump
Heat: 1
Division: Girls

1. Castro Valley A 14-0
2. Washington 13-2
3. Tokay 12-10
4. Castro Valley B 12-4
5. Alhambra 12-0
6. Hayward 11-2

7. Castro Valley D 11-2
8. San Ramon 4-2

Best mark

1. Amy Kohl Castro Valley 4-10
2. Amanda Sweeten Tokay 4-10
3. Elizabeth Ewing Castro Valley 4-8
4. Maya Komandina Castro Valley 4-7
5. Kristine O. Washington 4-6

Event: High Jump

Heat: 1

Division: Frosh/Soph

1. Tokay 16-2
2. Las Lomas 16-0
3. Washington 15-10
4. Castro Valley A 15-4
5. Hayward 14-10
6. San Lorenzo 14-2
7. Castro Valley B 9-4

Best mark

1. Ryan Tokay 5-10
2. Jones Las Lomas 5-10
3. Kevin Grimes San Lorenzo 5-8
4. Burns Washington 5-6
5. Ryan Cglar Castro Valley 5-4

Event: Long Jump

Heat:

Division: Girls

1. Holy Names 43-1/2
2. Castro Valley A 39-10
3. American 39-6 1/2
4. Washington A 39-6 1/4
5. Alhambra A 38-9
6. Washington B 37-10 1/2
7. Tokay 37-7 3/4
8. San Ramo 37-5
9. Castro Valley B 36-4
10. Alhambra B 36-2 1/2
11. Las Lomas 35-11
12. San Lorenzo 35-7
13. Castro Valley E 31-10 3/4
14. Hayward 29-8
15. Mt. Eden 27-5
16. Castro Valley D 23-11

Best mark

1. Jasmin Brown Holy Names 14-10
2. Ada Minglana Las Lomas 14-5

3. Margaret Agbowo Holy Names 14-2 1/2
4. Amy Kohl Castro Valley 14-2 1/4
5. Shameka Wallace Mt. Eden 13-11

Event: Triple Jump

Heat:

Division: Frosh/Soph

1. Castro Valley A 105-9
2. Washington 98-7
3. Alhambra 98-1 1/2
4. Hayward 97-2 1/2
5. Las Lomas 90-11 3/4
6. Castro Valley C 88-3 1/2
7. San Lorenzo 63-4

Best Mark

1. Kevin Grimes San Lorenzo 37-2
2. Jeff Emmitt Wahington 37-0
3. Kim Da Hsieh Hayward 36-1
4. Reggie Bailey Castro Valley 35-7 1/2
5. Ryan Ciglar Castro Valley 35-4 1/2

Event: Shot Put

Heat: 1

Division: Girls

1. Castro Valley A 83-7 1/2
2. Holy Names 82-11 1/2
3. Tokay 77-5 1/2
4. San Ramon 77-5
5. American 68-1
6. Washington 67-6 1/2
7. Castro Valley B 67-5 1/2
8. Alhambra 53-4 1/2
9. Hayward 45-10 1/2
10. Mt. Eden 29-0
11. San Lorenzo 19-11

Best mark

1. Barbara Klews Castro Valley 31-9
2. Valu Helu San Ramon 30-5 1/2
3. Denise Woods Holy Names 30-0 1/2
4. Tonette Askew Mt. Eden 29-0
5. Shannon Pfeifle Tokay 28-10 1/2

Event: Shot Put

Heat: 1

Division: Frosh/Soph

1. Tokay 129-4 1/2
2. Hayward A 117-10 1/2

3.	American A	111-11 1/2
4.	Alhambra	110-6
5.	Las Lomas	109-3 1/2
6.	Castro Valley	104-11 1/2
7.	Washington	93-8
8.	American B	91-9 1/2
9.	El Cerrito	79-7
10.	Hayward B	61-6
11.	San Lorenzo	34-8 1/2
12.	San Ramon	33-6

Best mark

1.	Lanfair	Tokay	47-9 1/2
2.	Gabriel	Tokay	45-0
3.	Leatherwood	Hayward	42-10
4.	Christiansen	Las Lomas	41-11 1/2
5.	Johnson	Hayward	39-10 1/2

Event: Discus

Heat:

Division: Frosh/Soph

1.	American A	313-27
2.	Tokay	293-3
3.	Hayward	263-11
4.	Alhambra	255-6
5.	Las Lomas	245-7
6.	Washington	221-7
7.	American B	207-5
8.	El Cerrito	107-2
9.	San Lorenzo	92-7
10.	San Ramon	82-3

Best mark

1.	Lanfair	Tokay	109-0
2.	Fred Ty	American	107-8
3.	Mike Alvernaz	American	106-11
4.	Seanta Johnson	Hayward	97-5
5.	Rob Chrisison	Las Lomas	96-5

Event: Discus

Heat: 1

Division: Girls

1.	Tokay	256-8
2.	Castro Valley A	238-9
3.	Holy Names	226-3
4.	American	202-1
5.	Castro Valley B	174-5
6.	Washington	166-4
7.	Hayward	138-0
8.	Mt. Eden	83-1
9.	San Ramon	74-6

10.	San Lorenzo	73-10
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Best mark

1.	Shannon Pfeifle	Tokay	98-4
2.	Stacey Wiley	Tokay	97-3
3.	Tonette Askew	Mt. Eden	83-1
4.	Tashena Howard	Castro Valley	81-6
5.	Joanie Minion	Castro Valley	79-0

Event: Pole Vault

Heat: 1

Division: Girls

1.	Las Lomas	21-0
2.	Castro Valley A	20-6
3.	Castro Valley B	17-0
4.	San Ramon	13-6
5.	Tokay	9-6
6.	Alhambra	6-6
7.	Washington	6-0

Best mark

1.	Amanda Sweeten	Tokay	9-6
2.	Amanda Berin	Las Lomas	7-6
3.	Dina Gizatullin	Castro Valley	7-6
4.	Jennifer Miloskey	San Ramon	7-6
5.	Emily Fleming	Las Lomas	7-0

Event: Pole Vault

Heat: 1

Division: Frosh/Soph

1.	Las Lomas A	24-6
2.	Castro Valley A	23-6
3.	Washington	23-6
4.	Las Lomas	21-6
5.	Tokay	16-6
6.	Las Lomas B	8-0

Best mark

1.	Zac Martinez	Tokay	10-0
2.	Ryan Ciglar	Castro Valley	9-6
3.	Jeff Emmitt	Washington	9-0
4.	Wilson	Las Lomas	9-0
5.	Logan Halliwell	Las Lomas	8-6

Final Standings

Girls Varsity

1. Castro Valley	96
2. Washington	87
3. American	42
4. Holy Names	34
5. Tokay	27
6. Alhambra	22
7. Las Lomas	16
8. San Ramon	12
9. Mt. Eden	11
10. Lowell	10
11. Arroyo	4
12. San Lorenzo	1
13t. Hayward	0
13t. Redwood Christian	0

Final Standings

Boys Frosh/Soph

1. Castro Valley	71
2. Washington	66
3. Tokay	60
4. Las Lomas	51
5. Hayward	48
6. Alhambra	18
7. American	16
8t. Fremont (Oak)	12
8t. San Ramon	12
10. San Lorenzo	3
11. El Cerrito	2
11. Holy Names	2
13. Redwood Christian	1

Half Moon Bay Distance Carnival
College of San Mateo

weather: hot
4/22/95

3200

Andy Randall	78	85	89	90	93	93	92	87	11:48.30	9th
Justin Coffeen	76	83	84	86	85	85	84	87	11:11.80	3rd
Jennie Ewing	82	90	91	91	90	90	88	78	11:42.10	1st
Mike Boruta	69	77	81	84	84	87	83	78	10:43.2	12th
Damien Dulaney	69	77	78	81	83	85	84	78	10:35.3	10th
Peter Baria	68	75	76	80	82	85	84	73	10:23.2	6th

A very good race for the 2-milers. New PRs set by Damien, Peter, Justin and Andy. Jennie's time was 1 second behind her PR, Mike was 10 seconds behind his. Exceptional running as a group, especially in their 3rd straight day of racing.

800

Stephanie Weisman	82.3	88.3	2:50.3	5th H1
Jennie Chung	75.0	86.9	2:42.1	4th H2
Damien Dulaney	63.8	71.2	2:14.7	5th H2
Michelle Marques	73.5	77.7	2:30.9	3rd
Peter Baria	64.9	69.6	2:14.5	3rd
Kevin Strharsky	62.6	67.9	2:10.3	9th H2

Michelle, Jennie, and Stephanie continued the CV PR assault; Peter, Damien, and Kevin felt the effects of too much racing and were a little leg weary for PRs. Peter held on to third place with a very fast final 10m sprint. Damien led for 1.5 laps, then got hoovered in the straight.

Mile

Stephanie Weisman	94	98	99	92	6:24.7	5th H1
Jennie Chung	85	94	99	93	6:11.6	7th H2
Justin Coffeen	78	83	84	77	5:23.2	16th H2
Jennie Ewing	76	85	84	78	5:24.4	1st
Michelle Marques	82	89	91	89	5:51.4	5th
Micheline Wong	85	91	94	96	6:09.1	6th

Stephanie and Jennie C. PR'd again, Justin ran close to his PR, Jennie Ewing erased an Elissa Reidy sophomore meet record, Michelle didn't have anything left for a late surge, and Micheline started well but couldn't hang on after the first 800.

The top three in each of the seeded races were given sweatshirts as rewards instead of medals. Jennie Ewing (3200 and 1600), Michelle Marques (800), and Peter Baria (800) came home with a new wardrobe.

Hayward vs. Castro Valley

weather: cold, windy

4/27/95

scores: BV: CV 97, Hay 39 BFS: CV 87, Hay 49 GV: CV 123, Hay 10 GFS: CV 103, Hay 20

400R

GV: 1. CV (Yee, Kuta, Hashimoto, Watt) 56.7, 2. Hay 58.1

GFS: 1. CV (Hart, Schumann, Kirantony, Svenson) 59.3, 2. Hay 62.2

BV: 1. CV A 45.9, 2. Hay A 47.7, 3. Hay B 50.6

BFS: 1. CV A 48.1, 2. Hay 48.5, 3. CV B 51.1

1600:

GV: 1. Rodillas 6:24.8, 2. Britt 6:33.6, 3. Lim 6:54.0

GFS: 1. Chung 6:05.2, 2. Sackmann 6:48.9, 3. no third

BV: 1. Ja. Kalsbeek 5:03.3, 2. Arroyo 5:03.8, 3. D. Furuyama 5:14.1, 4. McGrue (H) 5:45.1, 5. Randall 5:46.3

BFS: 1. Baria 5:00.1, 2. Coffeen 5:13.6, 3. Patterson 5:14.6, 4. D. Dulaney 5:16.5, 5. Boruta 5:18.4, 6. Ostarello (H) 5:22.9, 7. Rodrigues (H) 5:29.2, 8. Petty (H) 5:33.9, 9. Jo. Kalsbeek 5:47.5, 10. Mellon 5:56.3, 11. Goodman (H) 6:09

100LH/110HH

GV: 1. Parker 18.5, 2. Clark 18.7, 3. M. Wong 18.6, 4. Bingham 18.8, 5. L. Clancy 18.9, 6. Kim 23.5

GFS: 1. Komadina 19.5, 2. Lam 19.6, 3. Petty (H) 20.3, 4. Falleiro (H) 20.6, 5. Oates 20.7, 6. ? (H) 25.8

1. A. Wong 20.0, 2. Dewitt 20.6, 3. Volasgis (H) 20.7, 4. Bryce 20.9, 5. Lee 21.2, 6. Harris 23.8

BV: 1. Oates 15.4, 2. Locks (H) 16.2, 3. Moore 17.1, 4. Holmes 18.8, 5. Pinschke (H) 19.4, 6. Kramer 19.5

1. Hamre 20.5, 2. Talmadge 22.2, 3. An. Chan 22.7

BFS: 1. Fung 18.7, 2. Johnson (H) 19.5, 3. Booth (H) 19.8, 4. Paik 20.8, 5. Aguayo 21.4

1. Mills 20.7, 2. Ghaderi 20.9

400

GV: 1. Forsman 64.8, 2. Duperroir 68.4, 3. Nickolopoulos 69.4, 4. Boykin (H) 74.8, 5. Banks (H) 74.9, 6. Green (H) 75.1

GFS: 1. McDonald 69.7, 2. Schumann 75.0, 3. no third

BV: 1. Ford 55.4, 2. Reichelderfer 56.6, 3. Pinschke (H) 58.3, 4. Lum 63.7

BFS: 1. Osterello (H) 55.9, 2. Phillips 57.1, 3. Cox (H) 57.3, 4. Misa 57.5, 5. Eng 60.1, 6. Wiley (H) 61.8

1. Johnson (H) 56.1, 2. Moss (H) 61.7, 3. Henig 62.9

100

GV: 1. Green (H) 14.2, 2. Yee 14.3, 3. Watt 14.7, 4. Doell 14.8, 5. Boykin (H) 14.9, 6. Hashimoto 15.0, 7. Doerr 15.1

GFS: 1. Pennix 14.5, 2. Parsons 14.6, 3. Svenson 14.7, 4. Misa 15.1, 5. Mitchell (H) 15.7, 6. Sanders (H) 15.9

1. Hart 15.4, 2. Grabowski 15.5, 3. Kirantony 15.6

BV: 1. Niderost 11.7, 2. Godine (H) 11.8, 3. Murphy (H) 11.9, 4. Av. Chan 12.0, 5. Mulholland (H) 12.1, 6. Lee (H) 12.2, 7. Holmes 12.3

1. Antwine (H) 13.0, 2. Ross (H) 13.1

BFS: 1. G. Abramenko 11.7, 2. Hadden (H) 12.0, 3. Bailey 12.2, 4. Holleman (H) 12.3, 5. Uychoco 13.0

1. Moss (H) 12.4, 2. Johnson (H) 12.7, 3. Tong 13.0, 4. Choi 13.2, 5. Patel 14.3, 6. Fosdahl 14.4

800

GV: 1. Rodillas 2:57.1, 2. Britt 2:57.2, 3. no third

GFS: 1. Atwood 2:46.4, 2. Weisman 2:53.8, 3. Sackmann 3:26.8

BV: 1. M. Furuyama 2:14.1, 2. Arroyo 2:16.9, 3. McGrue (H) 2:33.2, 4. Strharsky 2:56.7, 5. Ambro 3:04.6

BFS: 1. Baria 2:14.9, 2. Mellon 2:16.9, 3. Boruta 2:18.7, 4. Cox (H) 2:21.0, 5. Eng 2:21.7, 6. ? (H) 2:30.1, 7. Rodriguez (H) 2:30.8, 8. Petty (H) 2:30.8, ? (H) 2:49.4

300LH/300IH

GV: 1. M. Wong 55.7, 2. Clark 57.0, 3. Groome 57.9, 4. Parker 58.5
 1. L. Clancy 58.1, 2. Kim 60.6, 3. Gizatullin 64.2, 4. Roehl 67.0
 GFS: 1. Lam 55.8, 2. Falleiro (H) 60.3, 3. Oates 61.3, 4. Volasgis (H) 64.3, 5. Bryce 68.8, 6. Lee 68.9
 BV: 1. Reichelderfer 44.1, 2. Moore 45.9, 3. Pinschke (H) 47.8, 4. Holmes 47.8, 5. Hamre 50.1
 1. Strharsky 49.8, 2. Lum 52.4, 3. Ambro 53.7, 4. An. Chan 57.6, 5. Talmadge 65.4
 BFS: 1. Osterello (H) 46.1, 2. Fung 46.9, 3. Johnson (H) 48.9, 4. Paik 49.0, 5. Bergeson (H) 49.5, 6. Mills 51.0
 1. Stonelake 61.4, 2. Jagar 62.8

200

GV: 1. Green (H) 30.3, 2. Yee 30.5, 3. Kuta 31.0, 4. Nickolopoulos 31.4, 5. Banks (H) 32.1
 GFS: 1. Pennix 30.6, 2. Parsons 31.2, 3. Sanders (H) 35.9, 4. Mitchell (H) 37.0; non scoring: Doell 30.7
 1. Svenson 31.6, 2. Grabowski 32.4, 3. Misa 32.8, 4. Kirantony 33.9, 5. Hart 36.0
 BV: 1. Hassler 24.4, 2. Murphy (H) 24.5, 3. Av. Chan 24.6, 4. Niderost 24.8, 5. Lee (H) 25.1
 BFS: 1. G. Abramenko 23.8, 2. Hadden (H) 24.6, 3. Osterello (H) 24.9, 4. Moss (H) 25.4, 5. Misa 26.5, 6. Eng 26.9
 1. Johnson (H) 25.8, 2. Henig 26.6, 3. Choi 27.3, 4. Uychoco 27.6, 5. Patel 29.4, 6. Fosdahl 30.0

3200

GV: 1. Britt 15:35.3, 2. Rodillas 15:35.5, 3. no third
 GFS: 1. Weisman 15:03.3, 2. Han (H) 18:06.0, 3. no third
 BV: 1. Ja. Kalsbeek 11:30.7, 2. Randall 12:09.4, 3. Susim 13:26.5
 BFS: 1. Patterson 11:31.4, 2. Jo. Kalsbeek 12:27.9, 3. Coffeen 12:28.5, 4. D. Dulaney 13:16.0, 5. Mellon 13:17.5, 6. Goodman (H) 14:05.9

1600R

GV: 1. CV A (Forsman, Kuta, Nickolopoulos, Yee) 5:01.2, 2. Hayward 5:26.5; non scoring: Dist A (Marques, McHugh, Shin, Ewing) 4:32.3, Dist B 5:15.6
 GFS: 1. CV (Grabowski, Schumann, Lam, Kirantony) 4:58.3
 BV: 1. CV (Ford, M. Furuyama, Hassler, Reichelderfer) 3:53.9, 2. Hayward B 4:11.8, 3. Hayward A 4:20.5
 BFS: 1. Hayward 3:52.3, 2. CV 4:10.1

LJ

GV: 1. Kohl 14-1.5, 2. M. Wong 13-9, 3. Shin 13-5.5, 4. Gizatullin 12-11.5, 5. Hashimoto 12-9.5, 6. Parker 12-4, 7. Doerr 11-5, 8. Roehl 10-10.5
 GFS: 1. Oates 12-9.5, 2. Council (H) 11-11, 3. A. Wong 11-9.5, 4. Lee 11-5, 5. Bryce 11-0, 6. DeWitt 10-2, 7. Lacey 9-9, 8. Marra 9-6.5, 9. Harris 9-6.5, 10. Falleiro (H) 9-1
 BV: 1. Oates 20-8, 2. Locks (H) 20-4, 3. Logan (H) 19-2.5, 4. Mulholland (H) 17-3.5, 5. Niderost 16-7, 6. Antwine (H) 14-1.5
 BFS: 1. Bailey 18-6.5, 2. Holleman (H) 18-2, 3. Fung 17-4.5, 4. Hseih (H) 15-11, 5. Johnson (H) 15-4.5, 6. Yoo (H) 15-5.5, 7. Paik 15-0.5, 8. Leatherwood (H) 13-3.5, 9. Jagar 12-10

TJ

GV: 1. Kohl 30-2, 2. M. Wong 29-2.5, 3. Shin 27-9, 4. Hashimoto 26-11, 5. L. Clancy 26-8, 6. T. Clancy 24-4.5
 GFS: 1. A. Wong 25-11, 2. Lacey 24-11, 3. Oates 24-0, 4. Lee 23-9, 5. Marra 21-5.5
 BV: 1. Oates 42-4.5, 2. Logan (H) 41-5.5, 3. Locks (H) 41-4, 4. Moore 35-4, 5. Talmadge 28-4.5
 BFS: 1. Bailey 36-2.5, 2. Hseih (H) 34-6, 3. Yoo (H) 34-3, 4. Fung 33-10, 5. Henig 33-5.5, 6. Mills 32-8.5, 7. Aguayo 31-10, 8. Paik 30-8.5, 9. Johnson (H) 30-1.5, 10. Wiley (H) 29-1.5, 11. Stonelake 28-5.5

HJ

GV: 1. Kohl 4-6, 2. E. Ewing 4-4, 3. Parker 4-2, 4. Harrell (H) 3-10
 GFS: 1. Atwood 4-2, 2. Svenson 4-2, 3. Komadina 4-0, 4. Lacey 3-8, 5. Bryce 3-8, 6. A. Wong 3-8, 7. Harris 3-6
 BV: 1. Jackson (H) 6-0, 2. Anson (H) 5-6, 3. Ambro 5-2
 BFS: 1. Aguayo 5-2, 2. Holleman (H) 5-0, 3. Stonelake 5-0, 4. Jagar 4-6

SP

GV: 1. Klews 30-1, 2. T. Howard 25-7, 3. Abella 22-2

GFS: 1. K. Howard 23-7, 2. Goss (H) 21-10.5, 3. Council (H) 21-8.5

BV: 1. Kelly (H) 40-8, 2. Keys (H) 40-7, 3. S. Mateialona (H) 37-0, 4. Claas 36-7.5, 5. Jackson (H) 35-10.5, 6. Chen 35-7.5, 7. Limnios 34-2.5, 8. Strharsky 31-3, 9. Ambro 30-1.5

BFS: 1. Leatherwood (H) 40-9.5, 2. Johnson (H) 39-1.5, 3. Jones 37-4, 4. Anglin 35-2.5, 5. Collett 34-7, 6. Montes (H) 32-10.5, 7. B. Mateialona (H) 31-7, 8. Rogers (H) 27-0.5

Discus

GV: 1. Klews 80-11, 2. T. Howard 74-0, 3. no third

GFS: 1. Goss (H) 72-11, 2. K. Howard 64-3, 3. no third

BV: 1. Limnios 103-9, 2. Chen 98-1, 3. Keys (H) 98-0, 4. Claas 93-3, 5. Antwine (H) 89-9, 6. S. Mateialona (H) 77-11, 7. Kelly (H) 65-6

BFS: 1. Leatherwood (H) 101-2, 2. Johnson (H) 90-11, 3. Jones 84-6, 4. Collett 73-1, 5. B. Mateialona (H) 71-10, 6. Anglin 66-1, 7. Montes (H) 57-3

PV

GV: 1. Gizatullin 7-6, 2. Sammons 6-6, 3. E. Ewing 6-6, 4. Doerr 6-6, 5. L. Clancy 6-0

GFS: uncontested

BV: 1. Moore 10-6, 2. Singson 10-0, 3. Hamre 9-6, 4. Talmadge 8-6

BFS: 1. Aguayo 8-6, 2. Mills 7-6, 3. Ghaderi 7-6

Notes:

Hayward was hot, the only undefeated frosh/soph team in the league. Until today. The young Trojans demolished a strong Farmer team as the distance runners, sprinters, and jumpers overwhelmed their foes. The throwers were up against it as Hayward is very strong in those events, but not strong enough to give us our second loss. Now, we are tied and back into the team title race. The winner of the HAAL championships will also be the overall team champion. That is our task. The other teams were simply tuning up for the big ones against Moreau in another week.

Top Marks:

Becky Lacey improves rapidly in the field events, now a 24-11 TJer.

Kevin Oates shows his competitive fire, winning the LJ and TJ in final jumps.

Welcome back, Henry!

Barbara Klews is very consistent at the 30-31 foot distances.

Ghenna Abramenko runs a fast 100-200 double for a double win.

Reggie Bailey is establishing himself as the league favorite in both the LJ and TJ.

Coming up is the Bob Warren Relays and the Granada Games. Good competition and lots of medals. Good luck to all our athletes competing at these events.

CASTRO VALLEY VS. HAYWARD

BOYS VARSITY

100	Walt Lewis	(H)	10.7'	1978
200	Dave Fernandez	(CV)	22.4'	1978
400	Walt Lewis	(H)	50.9'	1978
	Terron Taylor	(H)		1981
800	Jason Lee	(CV)	1:57.8'	1978
1600	Jason Atwood	(CV)	4:19.2	1989
3200	Steve Mayberry	(CV)	9:38.4	1982
110 HH	Bill Hammett	(CV)	14.8'	1969
	Jeff Barnes	(H)		1973
300 LH	Jeff Barnes	(H)	39.7'	1973
HJ	James Wilson	(H)	6-8	1979
LJ	Frank Volasgis	(H)	23-4	1970
TJ	Adrian Smith	(H)	45-9	1973
SP	Chuck Vandagriff	(CV)	57-4	1966
Discus	Joe Mielke	(CV)	156-9	1976
PV	Ron Auger	(CV)	13-0	1967
400 R	Hayward	(H)	43.1'	1970
1600 R	Hayward	(H)	3:32.2	1977

GIRLS VARSITY

100	Sandra Pruitt	(H)	13.1'	1979
200	Temeka Weatherly	(CV)	26.3	1993
400	Debbie Lee	(CV)	59.2	1978
	Eileen Cunningham	(CV)		1982
800	Debbie Lee	(CV)	2:15.8'	1978
1600	Karen Lambden	(CV)	5:14.2'	1980
3200	Karen Lambden	(CV)	11:43.2	1981
100H	Heather Housley	(CV)	16.8	1990&1991
300LH	Eileen Cunningham	(CV)	49.0	1982
HJ	Kim Patser	(H)	5-0	1979-80
	Miloe McCall	(H)		1981
LJ	Debbie Sanchez	(CV)	16-8	1980
TJ	Debbie Sanchez	(CV)	33-10 1/2	1982
SP	Rochelle Self	(H)	34-0 1/2	1984
Discus	Cherie Scheaffer	(CV)	111-1	1981
P V	Dina Gizatullin	(CV)	7-6	1995
400 R	CV (E. Cunningham, B. Cunningham, Symes, Sanchez)		51.6	1982
1600R	Castro Valley (Gove, Webb, Vaughn, Lee)		4:11.9	1978

CASTRO VALLEY VS. HAYWARD

BOYS FROSH/SOPH

100	Darrel Ashley	(H)	11.4'	1971
	Kemp	(H)		1971
200	Frank Key	(H)	23.1	1971
400	Walt Lemis	(H)	53.3'	1975
800	Todd Saunders	(CV)	2:04.3	1987
1600	Mike Rudy	(CV)	4:45.5'	1970
3200	Dave Shea	(CV)	10:02.5'	1978
110HH	Phil Fung	(CV)	18.7	1995
300LH	Dwight Ybarra	(H)	42.2'	1975
HJ	Ron Winters	(CV)	6-4	1982
LJ	Calvin Corker	(H)	21-2	1971
TJ	Rodney Crump	(H)	41-3	1973
SP	Gold	(H)	44-9	1970
Discus	Jeff Kitson	(CV)	123-8	1977
PV	Bill Andrews	(CV)	11-6	1970
400 R	Hayward	(H)	45.2'	1973
1600R	Castro Valley	(CV)	3:45.2'	1970

GIRLS FROSH/SOPH

100	Deanna Pennix	(CV)	14.5	1995
200	Deanna Pennix	(CV)	30.6	1995
400	Maressa McDonald	(CV)	69.7	1995
800	Angela Atwood	(CV)	2:46.4	1995
1600	Jennifer Chung	(CV)	6:05.2	1995
3200	Stephanie Weisman	(CV)	15:03.3	1995
100H	Maya Komadina	(CV)	19.5	1995
300LH	Marisa Lam	(CV)	55.8	1995
HJ	Angela Atwood	(CV)	4-2	1995
LJ	Shannon Oates	(CV)	12-9.5	1995
TJ	April Wong	(CV)	25-11	1995
SP	Kamaria Howard	(CV)	23-7	1995
Discus	Chiffon Goss	(H)	72-11	1995
PV	not contested			
400 R	CV (Hart, Schumann, Kirantony, Svenson)		59.3	1995
1600R	CV (Grabowski, Schumann, lam, Kirantony)		5:01.2	1995

Bob Warren Relays
Acalanes High School

4/28/95

4 x Mile

Mike Furuyama	69.7	71.2	73.3	71.5	4:45.5	
Kevin Straharsky			78.2	76.4	4:56.2	
Dominic Arroyo	67.4	79.3	82.5	78.8	5:08.0	
Danny Furuyama			79.3	76.7	5:01.5	19:50.7 8th place

Micheline Wong	78.5	86.4	87.3	85.2	5:37.4	
Simone Shin	81.7	90.8	98.0	92.9	6:03.4	
Jamie McHugh	82.2	80.3	89.3	92.2	5:53.8	
Jennie Ewing	79.7	87.7	85.4	77.6	5:29.0	23:08.8 3rd place

Amber Sammons	82.0	91	95	93.2	6:01.2	
Angela Atwood	82.0	92.0	99.0	97.0	6:04.7	
Stephanie Weisman	---	---	99.9	93.0	6:21.1	
Jennifer Chung	---	---	96.7	96.0	6:04.3	24:31.13 2nd place

Mike Boruta	68.5	73.8	77.9	79.8	4:59.8	
Damien Dulaney	70.5	76.6	76.6	72.7	4:56.1	
Justin Coffeen	71.9	78.6			5:10.5	
Peter Baria	66.6	76.1	77.9	75.3	4:56.0	20:02.65 2nd place

100/110m hurdles

Maya Komandina	19.62	3rd H1
Marisa Lam	20.55	6th H2

Amy Clark	19.92	7th H1
Meg Parker	19.00	7th H2

Phil Fung	18.63	2nd H1
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Kevin Oates	15.71	1st H1
Tony Moore	17.46	5th H2

4 x 880 yd

Mike Misa	26.0	
Reggie Bailey	25.4	
P.J. Aguayo	25.6	
Ghenna Abramenko	23.9	1:40.6 1st H3

Deanna Pennix	29.9	
Stacy Parsons	31.0	
Ronna Svenson	30.4	
Maressa McDonald	30.4	2:00.5 4th H1

Andre Abramenko	23.9	
Ricky Hassler	24.8	
Avery Chan	23.3	
Bret Victor	23.3	1:34.5 2nd H2

Heather Duperroir	29.2	
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Chrissy Kuta	31.1	
Jamie McHugh	30.3	
Jennifer Forsman	28.9	1:59.8 5th H1

2 mile

Amber Sammons	84.6	99.5	147.2	144.7	143.6	141.1	142.1	142.1	13:14.6	8th place
Jennie Ewing	75	85	90	90	91	89	89	83	11:30.8	3rd place
Michelle Marques	78	88	95	93	95	95	---	---	12:08	
Simone Shin	79	90	100	101	100	101	100	---	12:47	
Peter Baria	69	79.4	77.4	82.3	81.7	82.7	81.3	68	10:20.32	1st
Justin Coffeen	70	82.5	84.0	86.1	86.2	87.3	97.2	85.8	11:09.1	

2 Mile Relay

Mike Boruta	64.4	72.3	2:16.7		
Seth Mellon	63.4	71.4	2:14.8		
Damien Dulaney	64.8	70.5	2:15.3		
Peter Baria	65.0	69.6	2:14.6	9:01.8	3rd place

Jennifer Chung	74.9	88.9	2:43.8		
Amber Sammons	80.8	87.6	2:48.4		
Steph Weisman	84.3	89.9	2:54.2		
Angela Atwood	77.6	89.3	2:46.9	11:12.8	7th place

Andre Abramenko	60.1	66.5	2:06.6		
Mike Furuyama	60.4	66.0	2:06.4		
Danny Furuyama	61.4	66.8	2:08.2		
Kevin Strharsky	---	---	2:07.4	8:26.59	5th place

Michelle Marques	75.3	---	2:35		
Jamie McHugh	---	81.5	2:37		
Valerie Lim	74.5	88.0	2:42.5		
Jennie Ewing	73.8	75.1	2:28.9	10:23.04	3rd place

100m

Deanna Pennix	17.55	5th H
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Long Jump

Reggie Bailey	19-0.25	1st place
Phil Fung	17-2	

Shannon Oates	13-1
Maya Komadina	13-3

Amy Kohl	14-7.5
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Kevin Oates	19-5
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Triple Jump

Amy Kohl	32-4.5
Micheline Wong	29-7

Reggie Bailey	35-6.5
Phil Fung	35-5.5

April Wong	28-9.5	7th place
Maya Komandina	28-10	6th place

Kevin Oates	42.58	2nd place
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Shot Put

Barbara Klews	31-0	2nd place
Nicole Abella	29-4.5	3rd place
Kamaria Howard	25-9.5	

Tashena Howard	26-5.5
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Gary Chen	34-11
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Discus

Tashena Howard	75-5
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Barbara Klews	68-5
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High Jump

Amy Kohl	4-8	6th place
Elizabeth Ewing	4-6	

Kevin Kramer	5-10	3rd place
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Maya Komandina	4-2
Ronna Svenson	nh

Pole Vault

Elizabeth Ewing	7-0
Lisa Clancy	nh
Tara Clancy	nh

Tony Moore	11-6	4th place
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Team Scores:

FSB	47 points	1st place/21 teams
FSG	21 points	5th place/16 teams
VB	22 points	4th place/22 teams
VG	26 points	4th place/18 teams

Rainy weather forced the cancellation of the later sprints. Most of the field events were curtailed as well. Even so, the CV horde did well - scoring big points in a variety of events, spreading the points around. As a group we placed high in every team competition which says a lot about the depth of our team and its overall talent. The Warren Relays brings out the top local teams and we hold our own against the best!

Moreau Catholic vs. Castro Valley

weather: cold, windy

5/2/95

scores: BV: CV 77, MC 59 BFS: CV 115, MC 17 GV: CV 64, MC 72 GFS: CV 100, MC 29

400R

GV: 1. MC 53.6, 2. CV (Hashimoto, Watt, Duperroir, Forsman) 56.0, 3. CV (Yee, Kuta, Lam, Doerr) 58.4
GFS: 1. CV (Pennix, McDonald, Parsons, Kirantony) 58.2, 2. MC 59.3, 3. CV (Hart, Schumann, Lum, Kenna) 62.6
BV: 1. CV (Hassler, Victor, A. Abramenko, Niderost) 45.4, 2. MC 45.5
BFS: 1. CV (Misa, G. Abramenko, Eng, Bailey) 48.4, 2. MC (Sponsel, O'Connor, Keehen, Yu) 49.3, 3. CV (Uychoco, Simons, Choi, Henig) 51.7

1600:

GV: 1. J. Ewing 5:19.0, 2. Gillis (MC) 5:29.8, 3. Marques 5:37.1, 4. O'Brien (MC) 5:58.8, 5. Shin 6:08.1, 6. McKinnon (MC) 6:21.3, 7. Rodillas 6:49.8, 8. Britt 6:49.8
GFS: 1. Chung 6:17.8, 2. Sammons 6:24.1, 3. Weisman 6:24.3, 4. Silva 6:45.6, 5. Sackmann 7:35.0
BV: 1. M. Furuyama 4:49.3, 2. D. Furuyama 4:51.2, 3. Bueno (MC) 4:55.4, 4. Boruta 4:58.1, 5. Arroyo 4:59.3, 6. Ja. Kalsbeek 5:10.7, 7. Martin (MC) 5:14.7, 8. Montgomery (MC) 5:18.8
BFS: 1. Baria 4:56.9, 2. D. Dulaney 4:58.6, 3. Coffeen 5:17.9, 4. Huen 5:25.5, 5. Randall 5:31.2, 6. Butner (MC) 5:32.5, 7. Yu (MC) 5:41.0, 8. Jo. Kalsbeek 5:41.5, 9. Martin (MC) 5:44.9, 10. Mellon 5:51.7

100LH/110HH

GV: 1. Triggs (MC) 15.9, 2. Kroes (MC) 18.0, 3. Parker 18.7, 4. Bingham 19.0, 5. Harris (MC) 19.3, 6. Clark 19.7
1. L. Clancy 18.9, 2. Kim 19.0, 3. Komadina 19.2, 4. Carino (MC) 19.5, 5. Lam 20.4, 6. Kohl 20.4
GFS: 1. Oates 21.1, 2. A. Wong 21.4, 3. Bryce 21.6, 4. Brower (MC) 22.1, 5. Lee 31.5
BV: 1. DeSandies (MC) 15.5, 2. Oates 15.7, 3. Resalvo (MC) 16.9, 4. Moore 17.1, 5. Ramirez (MC) 17.5, 6. Holmes 17.9
BFS: 1. Fung 17.8, 2. Peel (MC) 21.7, 3. Mills 21.7, 4. Jagar 24.2, 5. Paik 25.0, 6. Stonelake 25.6

400

GV: 1. Loggins (MC) 65.2, 2. Forsman 65.6, 3. Zilli (MC) 67.4, 4. Lim 67.8, 5. Groome 69.6, 5. Perez (MC) 69.6
GFS: 1. Robinson (MC) 71.1, 2. MacDonald 71.7, 3. Parsons 72.2, 4. Schumann 75.2, 5. Lum 77.6, 6. Kenna 77.8
BV: 1. A. Abramenko 53.8, 2. Chew (MC) 55.4, 3. Gelb (MC) 55.9, 4. Ford 56.6
BFS: 1. Phillips 57.4, 2. Mellon 58.8, 3. Misa 59.6, 4. Keehen (MC) 59.9, 5. Yee (MC) 61.8, 6. Peel (MC) 66.5

100

GV: 1. Martinez (MC) 13.0, 2. Kroes (MC) 13.5, 3. Duperroir 13.9, 4. Hashimoto 14.1, 5. Tynes (MC) 14.3, 6. Watt 14.3
1. Yee 14.6, 2. Carino (MC) 14.7, 3. Doerr 15.4
GFS: 1. Pennix 13.8, 2. Brower (MC) 14.7, 3. Leppert (MC) 15.0, 4. Canonigo (MC) 15.1, 5. Hart 15.7, 6. Kirantony 15.7
1. Zachan (MC) 15.1, 2. Grabowski 15.8
BV: 1. Victor 11.1, 2. A. DeSandies (MC) 11.4, 3. Resalvo (MC) 11.5, 4. Lee (MC) 11.7, 5. Chan 11.9, 6. Niderost 12.2
1. Kevin (MC) 12.2, 2. Pomianek (MC) 12.7, 3. Dickson (MC) 12.8, 4. Chang (MC) 13.2
BFS: 1. G. Abramenko 11.8, 2. Bailey 12.0, 3. O'Connor (MC) 12.2, 4. Sponsel (MC) 12.7, 5. Henig 12.9, 6. Uychoco 13.0
1. Tong 12.8, 2. Choi 13.1, 3. Wu 13.4, 4. Patel 14.1, 5. Simons 14.1, 6. Fosdahl 14.7

800

GV: 1. J. Ewing 2:27.6, 2. Marques 2:30.8, 3. Gillis (MC) 2:34.9, 4. McHugh 2:37.3, 5. O'Brien (MC) 2:49.8,

6. Rodillas 2:54.6, 7. Britt 3:00.5, 8. E. Ewing 3:11.0

GFS: 1. Chung 2:43.2, 2. Atwood 2:45.8, 3. Silva 2:58.9, 4. Robinson (MC) 3:07.9, 5. Sackmann 3:22.5

BV: 1. Leonard (MC) 2:07.2, 2. Strharsky 2:13.9, 3. Arroyo 2:25.9, 4. Martin (MC) 2:19.6, 5. Yee (MC) 2:21.9,
6. McMahon (MC) 2:33.9, 7. Wagner (MC) 2:43.6; DQ - M. Furuyama 2:06.3

BFS: 1. D. Dulaney 2:14.8, 2. Baria 2:16.8, 3. Eng 2:18.1, 4. Mellon 2:23.1, 5. Butner (MC) 2:23.4, 6. Yu (MC)
2:26.3, 7. Huen 2:29.9, 8. Jo. Kalsbeek 2:39.5

300LH/300IH

GV: 1. Triggs (MC) 50.0, 2. Zilli (MC) 54.2, 3. Harris (MC) 54.4, 4. M. Wong 56.6, 5. Lam 56.8, 6. Groome
56.9

1. Bingham 54.1, 2. Clark 58.8, 3. L. Clancy 61.0, 4. Dudley (MC) 62.4

1. Komadina 56.4, 2. Parker 58.7, 3. Yee 62.9

GFS: 1. Oates 61.7, 2. A. Wong 64.6, 3. no third

BV: 1. DeSandies (MC) 42.9, 2. Resalvo (MC) 43.9, 3. Reichelderfer 44.5, 4. Moore 45.4, 5. Lee (MC) 48.1, 6.
Strharsky 49.8

BFS: 1. Fung 47.0, 2. Yee (MC) 49.5, 3. Mills 51.6, 4. Wu 53.0

200

GV: 1. Martinez (MC) 28.1, 2. Lim 29.7, 3. Forsman 29.7, 4. Duperroir 29.8, 5. Perez (MC) 30.8, 6. Tynes
(MC) 30.9

GFS: 1. Pennix 30.6, 2. McDonald 31.1, 3. Leppert (MC) 32.0, 4. Grabowski 33.1, 5. Schumann 33.2, 6.
Canonigo (MC) 34.2

1. Kirantony 34.2, 2. Lum 34.2, 3. Hart 35.5, 4. Kenna 35.7

BV: 1. Victor 23.4, 2. A. Abramenko 24.2, 3. DeSandies (MC) 24.4, 4. Hassler 25.2, 5. Chen (MC) 25.3, 6.
Dickson (MC) 26.9

1. Resalvo (MC) 24.7, 2. Pomiehanik (MC) 27.8, 3. Chang (MC) 28.7

BFS: 1. G. Abramenko 25.0, 2. Misa 26.6, 3. Sponsel (MC) 27.2, 4. Henig 27.5

1. Phillips 26.3, 2. Eng 27.5, 3. Choi 27.8, 4. Uychoco 29.3, 5. Patel 30.9

3200

GV: 1. J. Ewing 12:10.1, 2. Gillis (MC) 12:17.0, 3. Marques 12:44.5, 4. Shin 13:05.9, 5. McKinnon (MC)
13:29.8, 6. McHugh 13:39.9

GFS: 1. Chung 13:26, 2. Weisman 13:45, 3. Atwood 13:51.7

BV: 1. Boruta 10:55.1, 2. Arroyo 11:16.3, 3. Ja. Kalsbeek 11:59.8, 4. Martin (MC) 12:02.4, 5. Black (MC)
12:47.0, 6. Stanke (MC) 12:50.0, 7. Peck 13:22.0

BFS: 1. Baria 10:53.5, 2. D. Dulaney 11:08.0, 3. Coffeen 11:25.3, 4. Randall 12:44, 5. Martin (MC) 12:46.5

1600R

GV: 1. CV (Forsman, Lim, Marques, Ewing) 4:22.7

GFS: 1. CV 4:55.3, 2. CV 5:19.3

BV: 1. CV (M. Furuyama, Abramenko, Ford, Reichelderfer) 3:40.0, 2. MC nt

BFS: 1. CV 4:12.0, 2. MC nt

LJ

GV: 1. Liu (MC) 15-4.5, 2. Kohl 15-3, 3. Williams (MC) 14-8, 4. M. Wong 14-1.5, 5. Shin 13-4.5, 6. Doerr 12-
4.5

GFS: 1. McLean (MC) 13-0, 2. Zachau (MC) 11-11.5, 3. Oates 11-11, 4. DeWitt 11-2, 5. Lee 10-6.5, 6. Marra 9-9

BV: 1. Oates 20-1, 2. Retodo (MC) 19-3, 3. Hong (MC) 19-2, 4. Quintana (MC) 17-11, 5. Reichelderfer 17-3.5, 6.
Ramirez (MC) 16-6, 7. Niderost 16-3.5, 8. Patjo (MC) 12-9.5

BFS: 1. Bailey 19-1, 2. Fung 17-7, 3. Paik 14-6, 4. Martinez (MC) 13-4.5

TJ

GV: 1. Kroes (MC) 31-9, 2. Kohl 31-3.5, 3. Mitchell (MC) 31-3, 4. Komandina 29-11, 5. M. Wong 29-10, 6.
Shin 27-8.5

GFS: 1. Zachau (MC) 27-11, 2. A. Wong 26-8.5, 3. Oates 26-6, 4. Lacey 24-9, 5. DeWitt 26-4
BV: 1. Oates 39-8.5, 2. Moore 37-2.5, 3. Hong (MC) 37-0, 4. Quintana (MC) 36-8, 5. Refoda (MC) 36-5, 6. Singson 30-3, 7. Talmadge 29-3.5
BFS: 1. Bailey 36-11.5, 2. Fung 36-6, 3. Mills 34-1.5, 4. Henig 33-7.25

HJ

GV: 1. Kohl 5-2.5, 2. E. Ewing 4-4, 3. Mitchell (MC) 4-4, 4. Komadina 4-4; nh: Liu (MC), Roehl
GFS: 1. McLean (MC) 4-2, 2. Lacey 3-10, 3. Atwood 3-10; nh: A. Wong, Zachau (MC)
BV: 1. DeSantos (MC) 5-10, 2. Oates 5-8, 3. Retado (MC) 5-6, 4. Quintana (MC) 5-2
BFS: 1. Stonelake 4-8, 2. no second, 3. no third; Jagar nh

SP

GV: 1. Peacock (MC) 33-9, 2. Martinez (MC) 31-10, 3. Abella 30-11.5, 4. Klews 29-11, 5. Davis (MC) 28-5, 6. Minion 27-11, 7. Alexander (MC) 25-8, 8. T. Howard 25-7.5, 9. Chiong (MC) 25-4.5
GFS: 1. K. Howard 23-11, 2. Robinson (MC) 19-7.5, 3. no third
BV: 1. Peacock (MC) 45-9, 2. Muse (MC) 43-5, 3. Ulrich (MC) 42-4, 4. Claas 37-0, 5. Limnios 36-0, 6. Chen 35-8.5
BFS: 1. Jower 39-4.5, 2. Jones 36-5.5, 3. A. Herrera (MC) 36-0, 4. Collett 33-2, 5. Remington (MC) 31-11.5, 6. Thau (MC) 27-10.5, 7. J. Herrera (MC) 26-4.5

Discus

GV: 1. Peacock (MC) 101-0, 2. T. Howard 84-7, 3. Klews 84-1.5, 4. Abella 79-4, 5. Minion 77-7, 6. Loggins (MC) 75-8, 7. Alexander (MC) 73-1, 8. Chioub (MC) 73-0, 9. Davis (MC) 71-3
GFS: 1. K. Howard 66-7, 2. Robinson (MC) 56-11, 3. no third
BV: 1. Peacock (MC) 124-10, 2. Chen 105-3, 3. Limnios 105-0, 4. Muse (MC) 102-7, 5. Vlrch (MC) 100-10, 6. Claas 90-10
BFS: 1. Jower 80-7, 2. A. Herrera (MC) 83-9, 3. Jones 80-7, 4. Remington (MC) 80-0, 5. J. Herrera (MC) 77-10, 6. Collett 76-7

PV

GV: 1. E. Ewing 7-6, 2. Gizatullin 7-6, 3. L. Clancy 6-6, 4. Doerr 6-6, 5. McHugh 6-0, 6. Roehl 6-0, 7. T. Clancy 5-0
GFS: 1. Sammons 6-6, 2. no second, 3. no third
BV: 1. Ramirez (MC) 12-0, 2. Moore 11-0, 3. Singson 10-0, 4. Hamre 10-0, 5. Talmadge 9-0; nh: Strharsky
BFS: 1. Martinez (MC) 8-6, 2. Mills 7-6, 3. Ghaderi 7-0, 4. Than (MC) 7-0, 5. Jagar 5-06, 6. Stonelake 5-0

Notes:

Well, the girls came close. Reverse the close finishes in the 400, change the heat entries in the 300LH and we are tied. Oh well. The HAALs are next week and we have a very good chance to upend Moreau there are wind up as co-champs again. The boys FS victory was crucial. Now we end league tied for first with Hayward at one loss each. A victory in the HAALs means we will be undisputed champions. The girls frosh/soph and boys varsity end up undefeated, assuming there is no miracle by Tennyson Thursday. New school record by Amy Kohl in the HJ highlighted some great competition. Also of note is Jennie Ewing's triple distance victory over Lisa Gillis who has run 11:16 2-mile and 5:19 mile already this year. It is also nice to have Kris Jower back in the throwing wars, having recovered from his knee injury

Thursday is the final meet of the year, against Tennyson. Tennyson has no girls team to speak of, and the boys are not numerous either; although the boys they have are excellent. Sagapulo is the league leader in the shot put, Rodriguez and Caulboy are the best in the 800, Torrey Wheeler is one of the best sprinters in the league. However, they are only 4 guys so we can still play with entries without any worry of an upset.

Return your candy money and booster money asap.

CASTRO VALLEY VS. MOREAU CATHOLIC

BOYS VARSITY

100	Bret Victor	(CV)	11.1	1994,95
200	Bret Victor	(CV)	22.1	1994
400	Matt Roszell	(CV)	52.4	1994
800	John Atwood	(CV)	2:05	1994
1600	Mike Furuyama	(CV)	4:49.3y	1995
3200	Capurro	(MC)	10:09.1	1976
110 HH	Adeh DeSandies	(MC)	15.5	1995
300 IH	Dominique Canfield	(CV)	41.4	1994
HJ	Adeh DeSandies	(MC)	5-10	1995
LJ	Dave Fernandez	(CV)	20-3.25	1976
TJ	Cary Acord	(CV)	41-0	1976
SP	Peacock	(MC)	45-9	1995
Discus	Jon Paxton	(MC)	129-5	1994
PV	Hector Ramirez	(MC)	12-0	1995
400 R	Castro Valley (Hassler, Victor, Canfield, Roszell)		44.7	1994
1600 R	CV (Reichelderfer, M. Furuyama, Ford, Abramenko)		3:40.0	1995

GIRLS VARSITY

100	Amanda Martinez	(MC)	13.0	1995
200	Jennifer Rugaard	(CV)	27.9	1994
400	Miles	(MC)	64.5	1976
800	Jennifer Ewing	(CV)	2:27.6y	1995
1600	Jennifer Ewing	(CV)	5:19.0y	1995
3200	Jennifer Ewing	(CV)	12:10.1y	1995
100 LH	Mariel Triggs	(MC)	16.2	1994
300 LH	Mariel Triggs	(MC)	49.3	1994
HJ	Amy Kohl	(CV)	5-2 1/2	1995
LJ	Lillian Liu	(MC)	15-4 1/2	1995
TJ	Kara Kroes	(MC)	31-9	1995
SP	Elizabeth Peacock	(MC)	33-9	1995
Discus	Elizabeth Peacock	(MC)	101-0	1995
PV	Elizabeth Ewing	(CV)	7-6	1995
	Dina Gizatullin	(CV)		1995
400 R	Moreau Catholic (Purchio, Liu, Martinez, Triggs)		53.2	1994
1600R	Castro Valley (Forsman, Lim, Marques, J. Ewing)		4:22.7	1995

CASTRO VALLEY VS. MOREAU CATHOLIC

BOYS FROSH/SOPH

100	Genna Abramenko	(CV)	11.8	1995
200	Mike Kapper	(MC)	24.5	1994
400	Mike Kapper	(MC)	56.6	1994
800	Damien Dulaney	(CV)	2:14.8y	1995
1600	Peter Baria	(CV)	4:56.9y	1995
3200	Peter Baria	(CV)	10:53.5y	1995
110 HH	Phil Fung	(CV)	17.8	1995
300 IH	Phil Fung	(CV)	47.0	1995
HJ	Kevin Kramer	(CV)	5-4	1994
LJ	Reggie Bailey	(CV)	19-1	1995
TJ	Reggie Bailey	(CV)	36-11 1/2	1995
SP	Mark Deservi	(MC)	49-6	1994
Discus	Kris Jower	(CV)	97-0	1995
PV	Johnson	(CV)	9-0	1976
	Matt Meirovitz	(MC)		1994
400 R	Moreau Catholic (Mejia, Kapper, Chen, Desandies)		47.7	1994
1600R	Castro Valley (Misa, B. Chan, Lum, Dulaney)		4:03.0	1994

GIRLS FROSH/SOPH

100	Deanna Pennix	(CV)	13.8	1995
200	Deanna Pennix	(CV)	30.6	1995
400	Robinson	(MC)	71.1	1995
800	Jennifer Chung	(CV)	2:43.2y	1995
1600	Jennifer Chung	(CV)	6:17.8y	1995
3200	Jennifer Chung	(CV)	13:26y	1995
100 HH	Shannon Oates	(CV)	21.1	1995
300 LH	Shannon Oates	(CV)	61.7	1995
HJ	McLean	(MC)	4-2	1995
LJ	Shannon Oates	(CV)	11-11	1995
TJ	April Wong	(CV)	26-8 1/2	1995
SP	Kamaria Howard	(CV)	23-11	1995
Discus	Kamaria Howard	(CV)	66-7	1995
PV	Amber Sammons	(CV)	6-6	1995
400 R	CV (Pennix, McDonald, Parsons, Kirantony)		58.2	1995
1600R	Castro Valley (McDonald, Parsons, ?, ?)		4:55.3	1995

Tennyson vs. Castro Valley

weather: cold, windy

5/5/95

scores: BV: CV 92, Ten 42 BFS: CV 114, Ten 17 GV: CV 134, Ten 0 GFS: CV 123, Ten 0

400R

GV: 1. CV (Yee, Kuta, Watt, Hashimoto) 56.0

GFS: 1. CV (Pennix, McDonald, Parsons, Kirantony) 57.0, 2. CV (Hart, Schumann, Lum, Sieff) 60.7

BV: 1. CV (Hassler, Victor, A. Abramenko, Niderost) 47.3

BFS: 1. CV (B. Chan, G. Abramenko, Misa, Bailey) 47.6, 2. Tenn 49.2, 3. CV (Tong, Eng, Henig, Choi) 50.6, 4. CV (Boruta, Randall, Huen, Patterson) 56.0

1600:

GV: 1. Weisman 6:12.7, 2. Atwood 6:15.6, 3. Silva 6:48.8, 4. Sackmann 6:59.9, 5. Mendoza (T) 8:00.0

GFS: 1. Chung 6:09.8, 2. Sammons 6:25.4, 3. no third

BV: 1. Rodriguez (T) 4:45.8, 2. M. Furuyama 4:48.7, 3. D. Dulaney 4:54.1, 4. Arroyo 4:57.8, 5. Suzuki (T) 4:59.8, 6. Ja. Kalsbeek 5:01.0, 7. Peck 5: 53.3

BFS: 1. Baria 4:52.5, 2. Boruta 5:06.6, 3. Coffeen 5:07.5, 4. Patterson 5:14.2, 5. Huen 5:39, 6. Jo. Kalsbeek 5:42.1, 7. Randall 5:47.9, 8. Mellon 6:07.3, 9. Uychoco 6:39.9

100LH/110HH

GV: 1. Kim 18.3, 2. Bingham 18.4, 3. Hashimoto 20.3, 4. Rodillas 23.0

1. L. Clancy 18.4, 2. Parker 18.6

GFS: 1. Komadina 19.3, 2. Lam 19.6, 3. Wong 20.5, 4. Oates 20.7

1. DeWitt 20.4, 2. Bryce 22.1, 3. Lee 24.6

BV: 1. Fung 17.4, 2. Holmes 17.8, 3. Ambro 19.1, 4. Hamre 20.5

1. Talmadge 21.6, 2. Lum 21.2, 3. Chan 22.3

BFS: 1. Aguayo 19.8, 2. Mills 20.6, 3. Wu 22.3, 4. Jagar 23.8, 5. Stonelake 25.5

400

GV: 1. Watt 75.7, 2. Kuta 78.9, 3. Bingham 79.1

GFS: 1. Kirantony 75.7, 2. Kenna 77.9; non-scoring: Forsman 65.1, Lim 66.7, Groome 67.1, McHugh 68.6

BV: 1. Ford 55.6, 2. Hassler 56.3, 3. Reichelderfer 56.4, 4. Strharsky 57.2

BFS: 1. G. Abramenko 54.9, 2. Mellon 55.7, 3. Phillips 55.9, 4. Valentino (T) 56.5, 5. Lujan (T) 64.7

100

GV: 1. Yee 14.1, 2. Duperroir 14.2, 3. Watt 14.4, 4. Hashimoto 14.6, 5. Doell 14.7

GFS: 1. Pennix 13.7, 2. Parsons 14.3, 3. Misa 14.7, 4. Grabowski 15.9

1. Lim 13.9, 2. McHugh 14.5, 3. Hart 15.0, 4. Schumann 15.2, 5. Lum 15.6, 6. Sieff 16.0

BV: 1. Wheeler (T) 11.3, 2. Moreno (T) 11.4, 3. Oates 11.5, 4. Niderost 11.7, 5. Holmes 12.1, 6. Moore 12.2, 7. Pavas (T) 12.7

BFS: 1. Bailey 12.1, 2. B. Chan 12.2, 3. Urbi (T) 12.3, 4. Aguayo 12.7, 5. R. Chan (T) 12.8, 6. Eng 12.9

1. Tong 12.4, 2. Henig 12.5, 3. Choi, 4. Wu 13.5, 5. Patel 13.7, 6. Simons 14.2, 7. Fosdahl 14.8

800

GV: 1. Atwood 2:50.2, 2. Weisman 2:52.6, 3. Silva 3:08.3, 4. Sackmann 3:16.4

GFS: 1. Sammons 3:11.1, 2. no second, 3. no third

BV: 1. A. Abramenko 2:08.4, 2. M. Furuyama 2:11.5, 3. Arroyo 2:15.6, 4. Strharsky 2:20.7, 5. Ambro 2:36.3

BFS: 1. Eng 2:18.6, 2. Boruta 2:22.2, 3. Mellon 2:24.9, 4. Misa 2:35.7, 5. Jo. Kalsbeek 2:37.3, 6. Patel 2:39.8, 7. Uychoco 2:44.5

300LH/300IH

GV: 1. Bingham 53.3, 2. Kim 57.2, 3. J. Ewing 57.6

1. Groome 55.6, 2. M. Wong 55.7, 3. Parker 57.6

GFS: 1. Lam 55.9, 2. Oates 61.5, 3. A. Wong 65.6

BV: 1. Oates 42.3, 2. Fung 47.9, 3. Holmes 50.5, 4. Ambro 52.0
BFS: 1. Mills 50.0, 2. Wu 54.4; non-scoring:Lum (Var) 50.4, An. Chan (Var) 52.1

200

GV: 1. Yee 30.3, 2. Kuta 30.8, 3. no third
GFS: 1. Pennix 29.6, 2. Parsons 30.1, 3. Schumann 32.1, 4. Misa 32.2, 5. Kirantony 33.9
1. Lum 33.8, 2. Sieff 35.0, 3. Hart 35.1, 4. Kenna 35.7
BV: 1. Wheeler (T) 23.7, 2. Moreno (T) 24.0, 3. Hassler 24.4, 4. Reichelderfer 24.9
BFS: 1. Valentino (T) 24.5, 2. Bailey 24.6, 3. Chan 25.1, 4. Phillip 25.8, 5. Lujjan (T) 26.8, 6. Henig 27.5
1. Tong 26.2, 2. Choi 27.2, 3. Patel 29.2

3200

GV: 1. Weisman 13:48.7, 2. Atwood 15:18.6, 3. no third
GFS: 1. Chung 15:18.3, 2. no second, 3. no third
BV: 1. D. Dulaney 10:43.7, 2. Ja. Kalsbeek 11:20.1, 3. Peck 13:08.5, 4. Susim 13:10.3
BFS: 1. Baria 10:40.9, 2. Patterson 11:16.0, 3. Coffeen 11:47.9, 4. Randall 12:39.0

1600R

GV: 1. CV A (Doell, Kuta, Ewing, Groome) 5:25.0
GFS: 1. CV A (Kirantony, Schumann, Misa, Lum) 5:20.0
BV: 1. Tennyson (Twito, Suzuki, Moreno, Rodriquez) 3:38.6, 2. Castro Valley (Hassler, A. Abramenko, Reichelderfer, Ford) 3:40.6
BFS: 1. Castro Valley (Misa, Mellon, Phillips, Baria) 3:55.5

LJ

GV: 1. Kohl 14-9.5, 2. Klews 14-2, 3. J. Ewing 13-6, 4. Parker 13-5.5, 5. Roehl 12-5, 6. Minion nm
GFS: 1. Oates 14-1.5, 2. Lacey 12-6.5, 3. DeWitt 12-2.5, 4. Pennix 12-0, 5. Marra 10-2.5
BV: 1. Fung 17-4.5, 2. Niderost 17-0.5, 3. Lim (T) 16-8, 4. Faras (T) nm
BFS: 1. Bailey 18-5.75, 2. Urbi (T) 18-2, 3. Henig 17-5, 4. Phillips 15-0, 5. Choi 14-9.5

TJ

GV: 1. Kohl 30-11.5, 2. Hashimoto 28-0, 3. L. Clancy 27-3, 4. Klews 27-0
GFS: 1. Komandina 28-11.5, 2. Lacey 27-3, 3. A. Wong 26-7, 4. Oates 25-5, 5. DeWitt 24-10, 6. Lee 23-9.5, 7. Marra 22-0
BV: 1. Lim (T) 36-0, 2. Fung 35-9, 3. Paras (T) 33-1
BFS: 1. Urbi (T) 37-9, 2. Mills 37-4, 3. no third

HJ

GV: 1. Kohl 4-6, 2. E. Ewing 4-2, 3. Parker 4-2, 4. Marques 4-0, 5. M. Wong 4-0; J. Ewing nm
GFS: 1. Komandina 4-2, 2. Bryce 3-8, 3. A. Wong 3-6; Atwood nm
BV: 1. Ambro 4-6, 2. Ford 4-0, 3. no third; Niderost nm
BFS: 1. Aguayo 5-0, 2. Boruta 5-0, 3. Stonelake 5-0, 4. Jagar 4-4, 5. Baria 4-4

SP

GV: 1. Abella 29-10, 2. Klews 29-8, 3. Minion 26-9.5, 4. T. Howard 25-9.25
GFS: 1. K. Howard 23-9, 2. Duane 21-10.5, 3. no third
BV: 1. Sagapoll (T) 48-6.5, 2. Yartz (T), 3. Jower 36-9.5, 4. Chen 35-4.5, 5. Claas 34-4.5, 6. Johns (T) 33-5, 7. Limnios 32-4.5, 8. Strharsky 31-7, 9. Operario (T) 25-9.5
BFS: 1. Collett 35-2, 2. Salvador (T) 28-7.5

Discus

GV: 1. T. Howard 81-0.5, 2. Abella 77-8, 3. Minion 75-2, 4. Klews 74-8, 5. Marques 59-3.5, 6. Britt 55-2
GFS: 1. K. Howard 69-8, 2. Duane 59-0, 3. no third
BV: 1. Todd (T) 130-4 2. Limnios 119-10, 3. Mercado (T) 118-10, 4. Sagapolu (T) 114-1, 5. Chan 111-5.5, 6.

Johns (T) 99-2, 7. Claas 88-1, 8. Operario (T) 77-5, 9. Strharsky 72-3
BFS: 1. Collett 79-0.5, 2. Chiu 49-8, 3. no third

PV

GV: 1. E. Ewing 7-6, 2. Gizatullin 7-6, 3. L. Clancy 6-6, 4. Roehl 6-6, 5. McHugh 6-0

GFS: 1. Sammons 6-6, 2. Lacey 6-0, 3. DeWitt nh, 4. Doerr nh

BV: 1. Hamre 10-0, 2. Talmadge 9-6, 3. no third

BFS: 1. Aguayo 8-6, 2. Mills 7-6, 3. no third

Notes:

And that ends the dual meet part of the season. We have put forth a good effort and our work has been rewarded as we are either in first alone or tied in three of the four team races and second in the other. Much of the team is peaking at the right time. Take a look at the Lowell and San Lorenzo results and compare with what you are capable of doing at the end of the season. You've come a long way and have fulfilled your coaches' hopes for you. Now we enter the championship portion of the season. Not a time to let down. These will be the most important races of the season as each one will eliminate athletes from further competition until the elite (and fortunate) few meet at Cerritos College for the CIF championships in early June.

The league titles are on the line in all divisions next week. Prepare yourself mentally and physically to compete well. The coaches are thrilled that you have become such a good team. Let's show it May 9 and 11!

CASTRO VALLEY VS. TENNYSON

BOYS VARSITY

100	Claude McMillan	(T)	10.8'	1961
	Bill Burrell	(T)		1976
200	Bill Burrell	(T)	21.9'	1976
400	Dave Fernandez	(CV)	50.2'	1976
800	Larry Nicholas	(T)	1:56.8'	1966
1600	Larry Guinee	(CV)	4:18.0'	1979
3200	Ray Celaya	(T)	9:20.9'	1965
110 HH	Gary Kerr	(CV)	14.7'	1964
300 LH	Ron Critelli	(T)	40.0'	1973
HJ	Ron Winters	(CV)	6-7	1983
LJ	Dave Fernandez	(CV)	21-9	1978
TJ	Dana Tayco	(T)	44-2	1985
SP	Jermaine Tounger	(T)	57-10	1989
Discus	Jim McGinnis	(CV)	153-8	1963
PV	Ron Auger	(CV)	12-6	1966
400 R	Tennyson	(T)	44.0'	1975
	Castro Valley	(CV)		1976
1600 R	Tennyson	(T)	3:29.6'	1975

GIRLS VARSITY

100	Marsha Whalen	(T)	12.5	1981
200	Bridget Cunningham	(CV)	25.9'	1980
400	Bridget Cunningham	(CV)	59.7'	1980
800	Karin Lambden	(CV)	2:17.5	1981
1600	Debbie Lee	(C)	5:15.1'	1977
3200	Elice Patterson	(CV)	11:51.0	1991
100 LH	Marsha Whalen	(T)	15.5	1982
300 LH	Eileen Cunningham	(CV)	45.9	1981
HJ	Felicia Suminski	(CV)	5-0	1980
LJ	Debbie Sanchez	(CV)	15-9	1983
TJ	Debbie Sanchez	(CV)	33-0	1982
SP	Rashawnda Holmes	(T)	36-11	1994
Discus	Rashawnda Holmes	(T)	123-11	1994
PV	Elizabeth Ewing	(CV)	7-6	1995
400 R	Castro Valley (Sanchez, Cole, B. Cunningham, Gove)		51.0'	1980
1600R	Castro Valley (Taylor, B. Cunningham, Gove, Lee)		4:13.8'	1979

CASTRO VALLEY VS. TENNYSON

BOYS FROSH/SOPH

100	Bill Burrell	(T)	11.7'	1973
200	Scott Parker	(C)	24.2'	1976
400	Scott Parker	(C)	54.3'	1976
800	Danny Furuyama	(CV)	2:07.6	1993
1600	Jason Atwood	(CV)	4:42.0	1988
3200	Calvin Gaziano	(CV)	10:05.8	1982
110 HH	Kevin Oates	(CV)	16.9	1993
300 LH	Kevin Smittle	(T)	42.9'	1977
HJ	Keith Brown	(CV)	5-8	1975
	Tom Kincaid	(T)		1977
	Tom Peters	(CV)		1979
LJ	Kevin Oates	(CV)	18-10	1993
TJ	Marve Eggleston	(T)	39-8	1977
SP	Junior Saga	(T)	51-5.5	1987
Discus	Junior Saga	(T)	132-1	1987
PV	Dickson	(T)	10-6	1965
400 R	Tennyson	(T)	46.6'	1967
1600R	CV (Hassler, Patterson, D. Furuyama, Abramenko)		3:47.4	1993

GIRLS FROSH/SOPH

100	Deanna Pennix	(CV)	13.7	1995
200	Deanna Pennix	(CV)	29.6	1995
400	Koula Kirantony	(CV)	75.7	1995
800	Amber Sammons	(CV)	3:11.1	1995
1600	Jennifer Chung	(CV)	6:09.8	1995
3200	Jennifer Chung	(CV)	15:18.3	1995
100 LH	Maya Komadina	(CV)	19.3	1995
300 LH	Marisa Lam	(CV)	55.9	1995
HJ	Maya Komadina	(CV)	4-2	1995
LJ	Shannon Oates	(CV)	14-1.5	1995
TJ	Maya Komadina	(CV)	29-11.5	1995
SP	Kamaria Howard	(CV)	23-9	1995
Discus	Kamaria Howard	(CV)	69-8	1995
PV	Amber Sammons	(CV)	6-6	1995
400 R	CV (Pennix, McDonald, Parsons, Kirantony)		57.0	1995
1600R	CV Kirantony, Schumann, Misa, Lum)		5:20.0	1995

H.A.A.L. CHAMPIONSHIPS -CHABOT COLLEGE -MAY 9, 11 1995

100 METERS, VAR. BOYS FINAL RESULTS

1. TORREY WHEELER (TENNYSON) 11.26; 2. COREY JACKSON (MT. EDEN) 11.82; 3. RAMON MARENO (TENNYSON) 11.86; 4. RASHAD HARRISON (MT. EDEN) 11.89; 5. AVERY CHAM (CASTRO VALLEY) 11.91; 6. RONDELL RESALVO (MOREAU) 11.93; 7. JAMES GODINE (HAYWARD) 11.94; 8. SEAN MURPHY (HAYWARD) 12.16; BRET VICTOR (CASTRO VALLEY) NO MARK;

H.A.A.L. CHAMPIONSHIPS -CHABOT COLLEGE -MAY 9, 11 1995

200 METERS, VAR. BOYS FINAL RESULTS

1. TORREY WHEELER (TENNYSON) 23.53; 2. VON COLEMAN (MT. EDEN) 23.71; 3. BRANDON BROWN (SAN LORENZO) 23.76; 4. JERWAYNE MACKLIN (MT. EDEN) 23.78; 5. ANDRE ABRAMENKO (CASTRO VALLEY) 23.83; 6. RICKY HASSLER (CASTRO VALLEY) 24.25; 7. RASHAD HARRISON (MT. EDEN) 24.40; 8. MIKE KAPPER (MOREAU) 24.58; BRET VICTOR (CASTRO VALLEY) NO MARK;

H.A.A.L. CHAMPIONSHIPS -CHABOT COLLEGE -MAY 9, 11 1995

400 METERS, VAR. BOYS FINAL RESULTS

1. ALEX RODRIGUEZ (TENNYSON) 50.23; 2. ANDRE ABRAMENKO (CASTRO VALLEY) 52.03; 3. JERWAYNE MACKLIN (MT. EDEN) 52.04; 4. OSCAR BUENO (MOREAU) 52.70; 5. SEAN LEONARD (MOREAU) 52.88; 6. MIKE KAPPER (MOREAU) 54.65; 7. VON COLEMAN (MT. EDEN) 55.36; AMON MORENO (TENNYSON) NO MARK; RUFUS TWITO (TENNYSON) NO MARK;

H.A.A.L. CHAMPIONSHIPS -CHABOT COLLEGE -MAY 9, 11 1995

800 METERS, VAR. BOYS FINAL RESULTS

1. ALEX RODRIGUEZ (TENNYSON) 2:00.19; 2. BRYAN CAULBOY (TENNYSON) 2:01.41; 3. KEVIN STRHARSKY (CASTRO VALLEY) 2:02.50; 4. MIKE FURUYAMA (CASTRO VALLEY) 2:04.16; 5. DAN FURUYAMA (CASTRO VALLEY) 2:04.60; 6. TONY BOSTON (MT. EDEN) 2:06.76; 7. CHRIS SUZUKI (TENNYSON) 2:07.47; 8. SEAN TELLIER (SAN LEANDRO) 2:08.37; 9. OCTAVIO MARTIN (MOREAU) 2:14.70;

H.A.A.L. CHAMPIONSHIPS -CHABOT COLLEGE -MAY 9, 11 1995

1600 METERS, VAR. BOYS FINAL RESULTS

1. KEITH KENNEDY (SAN LEANDRO) 4:29.83; 2. LUKE SYZMANSKI (SAN LORENZO) 4:33.92; 3. ENRIQUE HENRIQUEZ (SAN LEANDRO) 4:36.64; 4. PETER BARIA (CASTRO VALLEY) 4:38.92; 5. MIKE FURUYAMA (CASTRO VALLEY) 4:44.38; 6. DAN FURUYAMA (CASTRO VALLEY) 4:47.38; 7. DOMINIC ARROYO (CASTRO VALLEY) 4:51.1; 8. ROB ELLING (SAN LORENZO) 4:54.2; 9. JAKE KALSBECK (CASTRO VALLEY) 4:54.8; 10. JOE AMARAL (MT. EDEN) 5:03.1; 11. OCTAVIO MARTIN (MOREAU) 5:04.5; 12. KEVIN MONTGOMERY (MOREAU) 5:19.2;

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3200 METERS, VAR. BOYS FINAL RESULTS

1. KEITH KENNEDY (SAN LEANDRO) 9:48.7; 2. ENRIQUE HENRIQUEZ (SAN LEANDRO) 9:52.4; 3. LUKE SYZMANSKI (SAN LORENZO) 10:05.2; 4. PETER BARIA (CASTRO VALLEY) 10:13.9; 5. DAN FURUYAMA (CASTRO VALLEY) 10:47.1; 6. ROB ELLING (SAN LORENZO) 10:54.1; 7. JAKE KALSBECK (CASTRO VALLEY) 11:10.9; 8. JOE AMARAL (MT. EDEN) 11:27.2; 9. OCTAVIO MARTIN (MOREAU) 11:35.1; 10. ROBERT FREDERICKS (SAN LEANDRO) 11:56.6; 11. DAN BUSBY (MOREAU) 12:09.6; 12. GERROD BLACK (MOREAU) 12:11.4; 13. JESSE PECK (CASTRO VALLEY) 12:14.2; 14. BRIAN STANKE (MOREAU) 12:35.4; LEROY MCGRUE (HAYWARD) NO MARK; BRYAN CAULBOY (TENNYSON) NO MARK; LIUT MARTINEZ (HAYWARD) NO MARK; GARY CHAM (SAN LEANDRO) NO MARK; CHRIS SUZUKI (TENNYSON) NO MARK; KIM SUSIM (CASTRO VALLEY) NO MARK;

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110M HIGH HURDLES, VAR. BOYS FINAL RESULTS

1. ADEH DESANDIES (MOREAU) 15.19; 2. KEVIN DATES (CASTRO VALLEY) 15.26; 3. ALTON LOCKS (HAYWARD) 16.51; 4. KEVIN KRAMER (CASTRO VALLEY) 17.0; 5. RON CALLOWAY (SAN LEANDRO) 17.35; 6. RONDELL RESALVO (MOREAU) 17.38; 7. CALVIN LAU (SAN LEANDRO) 17.43; 8. NICK HOOD (CASTRO VALLEY) 17.71; 9. JEFF REICHELDERFER (CASTRO VALLEY) 18.45;

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300M INTER HURDLES, VAR. BOYS FINAL RESULTS

1. CALVIN LAU (SAN LEANDRO) 41.16; 2. ADEM DESANDIES (MOREAU) 42.47; 3. ROW CALLOWAY (SAN LEANDRO) 43.41; 4. LUCAS LEE (MOREAU) 3.50; 5. JEFF REICHELDERFER (CASTRO VALLEY) 43.61; 6. RONDELL RESALVO (MOREAU) 45.02; 7. ROB MARTINEZ (SAN LORENZO) 45.61; 8. MANUEL ABRIAM (MT. EDEN) 47.43; 9. MIKE AGUSTIN (MT. EDEN) 48.07;

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HIGH JUMP, VAR. BOYS FINAL RESULTS

1. BRANDON BROWN (SAN LORENZO) 6-02.0; 2. KEVIN KRAMER (CASTRO VALLEY) 6-02.0; 3. WILLIAM ANSON (HAYWARD) 6-02.0; 4. BOONIE JACKSON (HAYWARD) 6-00.0; 5. ERIC HARPER (SAN LEANDRO) 5-10.0; 6. ADEM DESANDIES (MOREAU) 5-10.0; 7. COREY JACKSON (MT. EDEN) 5-04.0; 8. ALEX RETODO (MOREAU) 5-04.0; 9. ERIC QUINTANA (MOREAU) 5-02.0; 10. MITCH AMBRO (CASTRO VALLEY) 5-00.0; RYAN THOMPSON (MT. EDEN) NO MARK; JOEY DOERR (ARROYO) NO MARK; GERALD BROWN (HAYWARD) NO MARK; JALAL MEKKI (SAN LEANDRO) NO MARK; EVIN DATES (CASTRO VALLEY) NO MARK; LEE PATAJO (MOREAU) NO MARK;

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POLE VAULT, VAR. BOYS FINAL RESULTS

1. HUMBOLDT RAMIREZ (MOREAU) 11-06.0; 2. JOSH FERGUSON (ARROYO) 11-06.0; 3. JEFF SINGSON (CASTRO VALLEY) 11-00.0; 4. RYAN HAMRE (CASTRO VALLEY) 11-00.0; 5. TONY MOORE (CASTRO VALLEY) 10-06.0; 6. BRIAN TALMADGE (CASTRO VALLEY) 10-06.0; 7. ERIC QUINTANA (MOREAU) 9-00.0; 7. MIKE PARSONS (ARROYO) 9-00.0; 9. MIKE AGUSTIN (MT. EDEN) 8-06.0; 10. ROGER WEAVIL (ARROYO) 8-06.0; OBERT BELKNAP (SAN LEANDRO) NO MARK; KEVIN STRAHARSKY (CASTRO VALLEY) NO MARK;

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LONG JUMP, VAR. BOYS FINAL RESULTS

1. KEVIN DATES (CASTRO VALLEY) 21-09.0; 2. COREY JACKSON (MT. EDEN) 21-02.5; 3. MATT LOGAN (HAYWARD) 20-04.75; 4. ALTON LOCKS (HAYWARD) 20-02.75; 5. ALEX RETODO (MOREAU) 19-06.75; 6. BRIAN THOMPSON (MT. EDEN) 19-04.5; 7. DANNY TOM (SAN LEANDRO) 18-11.25; 8. KEVIN KRAMER (CASTRO VALLEY) 18-08.5; 9. BEN MULHOLLAND (HAYWARD) 18-07.75; 10. ZACK FREITAS (SAN LORENZO) 18-03.5; 1. JENS ELLINGSSON (ARROYO) 17-10.5; 12. ERIC QUINTANA (MOREAU) 17-09.5; 13. WILLIAM ANSON (HAYWARD) 17-01.75; 14. BRAD SUPERPEDIA (SAN LORENZO) 16-11.5; 15. HUMBOLDT RAMIREZ (MOREAU) 16-04.25; 16. JULIAN ROSS (HAYWARD) 16-04.0; 17. LOUWEE GUEVARRA (SAN LORENZO) 16-02.5; 18. LEE PATAJO (MOREAU) 15-07.0; ERIC HARPER (SAN LEANDRO) NO MARK; JEFF PARAS (TENNYSON) NO MARK; MANUEL ABRIAM (MT. EDEN) NO MARK; JALAL MEKKI (SAN LEANDRO) NO MARK; IAN NIDEROST (CASTRO VALLEY) NO MARK;

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TRIPLE JUMP, VAR. BOYS FINAL RESULTS

1. KEVIN DATES (CASTRO VALLEY) 43-10.0; 2. BRIAN THOMPSON (MT. EDEN) 43-00.25; 3. MATT LOGAN (HAYWARD) 42-06.0; 4. DANNY TOM (SAN LEANDRO) 41-08.5; 5. BRANDON BROWN (SAN LORENZO) 41-00.75; 6. ALTON LOCKS (HAYWARD) 40-09.5; 7. KEVIN KRAMER (CASTRO VALLEY) 40-06.25; 8. ERIC QUINTANA (MOREAU) 38-01.5; 9. JENS ELLINGSSON (ARROYO) 36-09.75; 10. MANUEL ABRIAM (MT. EDEN) 6-05.25; 11. BRAD SUPERPEDIA (SAN LORENZO) 35-07.5; 12. LOUWEE GUEVARRA (SAN LORENZO) 35-05.0; 13. LEE PATAJO (MOREAU) 35-04.5; 4. RYAN HAMRE (CASTRO VALLEY) 34-07.0; 15. JEFF PARAS (TENNYSON) 34-05.75; 16. ZACK FREITAS (SAN LORENZO) 33-08.25; ERIC HARPER (SAN LEANDRO) NO MARK; LOUIE HURTADO (SAN LEANDRO) NO MARK; JALAL MEKKI (SAN LEANDRO) NO MARK; TONY MOORE (CASTRO VALLEY) NO MARK; GERALD BROWN (HAYWARD) NO MARK;

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SHOT PUT, VAR. BOYS FINAL RESULTS

1. MIKE SAGAPOLU (TENNYSON) 50-02.5; 2. DARREN MUSE (MOREAU) 43-01.5; 3. ANDREW PEACOCK (MOREAU) 43-01.5; 4. BASON CLANCY (ARROYO) 42-10.5; 5. DURAN WALKER (MT. EDEN) 42-07.0; 6. DOUG ULRICH (MOREAU) 42-03.0; 7. JOEY DOERR (ARROYO) 41-07.0; 8. JACK YARTZ (TENNYSON) 41-01.0; 9. AUSTIN HILL (ARROYO) 40-11.5; 10. DARRELL KEYS (HAYWARD) 40-04.25; 11. ALFONZO KELLY (HAYWARD) 40-00.25; 12. SHOMARI FANE (HAYWARD) 38-03.0; 13. KEVIN CLAAS (CASTRO VALLEY) 37-02.0; 14. GARY CHEN (CASTRO VALLEY) 6-02.5; 15. MIKE DOMOFRIO (SAN LEANDRO) 36-07.0; 16. DAVID RADLEY (ARROYO) 35-09.0; 17. BOONIE JACKSON (HAYWARD) 35-08.0; 8. SAM MALEJALONA (HAYWARD) 34-05.0; 19. REDCEL MERCADO (TENNYSON) 34-03.0; 20. ROSEAN RAY (MT. EDEN) 34-02.5; 1. GUSTAVO MALDONADO (MT. EDEN) 34-01.0; 22. DEREK JOHNS (TENNYSON) 33-05.0; 23. RONALD CLARK (SAN LORENZO) 31-09.0; 4. CHRIS LIMMID (CASTRO VALLEY) 31-04.5; 25. ZACK FREITAS (SAN LORENZO) 30-07.0; 26. JOHNNY SIMMONS (SAN LORENZO) 29-08.0; 7. RICKY WYATT (SAN LORENZO) 28-02.0; 28. JOSE FERRETTI (MT. EDEN) 26-09.0; BRIAN TORTORELLI (ARROYO) NO MARK; DARWIN OPERARIO (TENNYSON) NO MARK;

DISCUS THROW, VAR. BOYS FINAL RESULTS

1. ANDREW PEACOCK (MOREAU) 134-06.0; 2. DARREN MUSE (MOREAU) 127-08.0; 3. TONY TODD (TENNYSON) 123-10.0; 4. BASON CLANCY (ARROYO) 120-06.0; 5. MIKE SAGAPOLU (TENNYSON) 117-08.0; 6. BRIAN TORTORELLI (ARROYO) 112-00.0; 7. DARRELL KEYS (HAYWARD) 109-02.0; 8. AUSTIN HILL (ARROYO) 106-06.0; 9. MIKE DOMOFRIO (SAN LEANDRO) 106-05.0; 10. DAVID RADLEY (ARROYO) 102-08.0; 11. DEREK JOHNS (TENNYSON) 101-03.0; 12. JOEY DGERR (ARROYO) 101-01.0; 13. GARY CHEN (CASTRO VALLEY) 100-00.0; 14. KEVIN CLAAS (CASTRO VALLEY) 98-00.0; 15. RONALD CLARK (SAN LORENZO) 96-04.0; 16. SAM MALEIALONA (HAYWARD) 92-09.0; 17. JOE ANTINE (HAYWARD) 88-07.0; 18. CHRIS LIMNIO (CASTRO VALLEY) 87-00.5; 19. GUSTAVO MALDONADO (MT. EDEN) 84-08.0; 20. ZACK FREITAS (SAN LORENZO) 83-09.0; 21. DURAN WALKER (MT. EDEN) 80-10.0; 22. ROUSHAWN RAY (MT. EDEN) 75-02.0; 23. JOHNNY SIMMONS (SAN LORENZO) 61-01.0; 24. RICKY WYATT (SAN LORENZO) 60-10.0; DARWIN OPERARIO (TENNYSON) NO MARK; ALFONZO KELLY (HAYWARD) NO MARK; REOCEL MERCADO (TENNYSON) NO MARK; DAVID COLES (SAN LEANDRO) NO MARK; JOSE FERRETTI (MT. EDEN) NO MARK; SETH ANDERSON (SAN LEANDRO) NO MARK; SHOMARI FANE (HAYWARD) NO MARK; DOUG ULRICH (MOREAU) NO MARK;

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4 X 100 M RELAY, VAR. BOYS FINAL RESULTS

1. CASTRO VALLEY V-BOYS (CASTRO VALLEY) 42.57; 2. MT. EDEN VARSITY BOYS (MT. EDEN) 44.16; 3. MOREAU VARSITY BOYS (MOREAU) 44.39; 4. HAYWARD VARSITY BOYS (HAYWARD) 45.81; 5. ARROYO VARSITY BOYS (ARROYO) 46.44; SAN LEANDRO VAR-BOYS (SAN LEANDRO) NO MARK;

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4 X 400 M RELAY, VAR. BOYS FINAL RESULTS

1. TENNYSON VARS-BOYS (TENNYSON) 3:32.84; 2. MOREAU VARSITY BOYS (MOREAU) 3:33.97; 3. CASTRO VALLEY V-BOYS (CASTRO VALLEY) 3:34.77; 4. MT. EDEN VARSITY BOYS (MT. EDEN) 3:36.69; 5. SAN LEANDRO VAR-BOYS (SAN LEANDRO) 3:43.82; 6. SAN LORENZO VAR-BOYS (SAN LORENZO) 3:52.88; HAYWARD VARSITY BOYS (HAYWARD) NO MARK;

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100 METERS, VAR. GIRLS FINAL RESULTS

1. CARRIE SANTOS (SAN LEANDRO) 12.79; 2. MAISHA MAXWELL (SAN LEANDRO) 12.99; 3. AMANDA MARTINEZ (MOREAU) 13.27; 4. JENNIFER MORELL (SAN LEANDRO) 13.36; 5. NIKILA FLAGG (MT. EDEN) 13.74; 6. HEATHER DUPERRIOR (CASTRO VALLEY) 14.42; 7. TIFFINI JONES (MT. EDEN) 14.55; LYDIA CAREY (ARROYO) NO MARK; KARA KROES (MOREAU) NO MARK;

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200 METERS, VAR. GIRLS FINAL RESULTS

1. DANIELLE JONES (SAN LEANDRO) 26.32; 2. CARRIE SANTOS (SAN LEANDRO) 26.96; 3. MAISHA MAXWELL (SAN LEANDRO) 27.05; 4. JENNIFER MORELL (SAN LEANDRO) 27.55; 5. AMANDA MARTINEZ (MOREAU) 27.57; 6. HEATHER DUPERRIOR (CASTRO VALLEY) 29.19; 7. CECILIA FERNANDEZ (MT. EDEN) 29.23; 8. TIFFINI JONES (MT. EDEN) 29.69; LYDIA CAREY (ARROYO) NO MARK;

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400 METERS, VAR. GIRLS FINAL RESULTS

1. DANIELLE JONES (SAN LEANDRO) 58.95; 2. SHAMEKA WALLACE (MT. EDEN) 1:03.03; 3. SERENA ZILLI (MOREAU) 1:03.31; 4. JENNY FORSMAN (CASTRO VALLEY) 1:03.92; 5. JANET GROOME (CASTRO VALLEY) 1:04.90; 6. VAL LIM (CASTRO VALLEY) 1:05.01; 7. CECILIA FERNANDEZ (MT. EDEN) 1:05.07; 8. JULIE ASHMORE (ARROYO) 1:05.86; 9. ALEJANDRA PEREZ (MOREAU) 1:07.28;

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800 METERS, VAR. GIRLS FINAL RESULTS

1. JENNIE EWING (CASTRO VALLEY) 2:24.58; 2. MAUREEN KENNEDY (ARROYO) 2:25.80; 3. MICHELLE MARQUES (CASTRO VALLEY) 2:27.00; 4. LISA GILLIS (MOREAU) 2:29.11; 5. JANE MCHUGH (CASTRO VALLEY) 2:29.80; 6. VALERIE LIM (CASTRO VALLEY) 2:34.95;

1600 METERS, VAR. GIRLS FINAL RESULTS

1. JENNIE EWING (CASTRO VALLEY) 5:15.38; 2. LISA GILLIS (MOREAU) 5:22.2; 3. RACHEL MOSHER (SAN LEANDRO) 5:25.1;
4. MAUREEN KENNEDY (ARROYO) 5:27.6; 5. MICHELLE MARQUES (CASTRO VALLEY) 5:30.33; 6. TERRI O'BRIEN (MOREAU) 5:40.5;
7. SIMONE SHIN (CASTRO VALLEY) 5:46.0; 8. MICHELINE WONG (CASTRO VALLEY) 5:47.3; 9. JULISSA MCKINNON (MOREAU) 6:04.18;
10. MARISA WILSON (MOREAU) 6:06.2; 11. MARGARET FORTMEIER (MOREAU) 6:18.7; 12. KRISTY RODILLAS (CASTRO VALLEY) 6:27.1;

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3200 METERS, VAR. GIRLS FINAL RESULTS

1. JENNIE EWING (CASTRO VALLEY) 11:25.9; 2. LISA GILLIS (MOREAU) 11:42.4; 3. RACHEL MOSHER (SAN LEANDRO) 11:55.1;
4. MICHELLE MARQUES (CASTRO VALLEY) 12:21.3; 5. SIMONE SHIN (CASTRO VALLEY) 12:45.7; 6. JULISSA MCKINNON (MOREAU) 12:57.0;
7. JAMIE MCHUGH (CASTRO VALLEY) 13:03.0; 8. TERRI O'BRIEN (MOREAU) 13:22.8; 9. DAPHNEY BRITT (CASTRO VALLEY) 14:07.5;
- LAINA MENDOZA (TENNYSON) NO MARK; MAUREEN KENNEDY (ARROYO) NO MARK; KAREN SQUIRE (ARROYO) NO MARK; ANDREA RODRIGUEZ (HAYWARD) NO MARK; MARY ANN MENDOZA (TENNYSON) NO MARK;

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100M HURDLES, VAR. GIRLS FINAL RESULTS

1. MARIEL TRIGGS (MOREAU) 15.56; 2. BREEANN ROBBINS (ARROYO) 17.29; 3. SUNHEE MUDGETT (ARROYO) 17.82; 4. KARA KROES (MOREAU) 17.83;
5. LINDSAY AIRD (ARROYO) 18.61; 6. NIKILA FLAGG (MT. EDEN) 18.71; 7. TIFFANY ROBBINS (ARROYO) 18.81; 8. MELISSA CORINO (MOREAU) 20.38;
9. ANNIE KIM (CASTRO VALLEY) 22.34;

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300M HURDLES, VAR. GIRLS FINAL RESULTS

1. DENEAN GARRETT (SAN LEANDRO) 46.93; 2. MARIEL TRIGGS (MOREAU) 47.17; 3. LINDSAY AIRD (ARROYO) 52.35; 4. SUNHEE MUDGETT (ARROYO) 52.77;
5. SERENA ZILLI (MOREAU) 52.91; 6. JENNIFER CHIN (SAN LEANDRO) 53.47; 7. MARLENE ABREU (MOREAU) 54.51;
8. BREEANN ROBBINS (ARROYO) 57.15; JAMET GROOME (CASTRO VALLEY) NO MARK;

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HIGH JUMP, VAR. GIRLS FINAL RESULTS

1. AMY KOHL (CASTRO VALLEY) 5-00.0; 2. ANN MITCHELL (MOREAU) 4-10.0; 3. ELIZABETH EWING (CASTRO VALLEY) 4-08.0; 4. TISA DESPEAUX (ARROYO) 4-06.0;
5. MEG PARKER (CASTRO VALLEY) 4-04.0; 6. CARRIE GERTON (SAN LEANDRO) 4-04.0; 7. MELISSA SIGARS (MT. EDEN) 4-04.0;
8. BREEANN ROBBINS (ARROYO) 4-04.0; 9. BRANDI REDD (HAYWARD) 4-02.0; 10. MARLENE ABREU (MOREAU) 3-10.0; LILIAN LIU (MOREAU) NO MARK;
- JESSICA ROEHL (CASTRO VALLEY) NO MARK; DEBBIE MOJADO (MT. EDEN) NO MARK;

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LONG JUMP, VAR. GIRLS FINAL RESULTS

1. DENEAN GARRETT (SAN LEANDRO) 15-09.0; 2. LILIAN LIU (MOREAU) 15-06.25; 3. TIFFANY WILLIAMS (MOREAU) 15-05.25; 4. AMY KOHL (CASTRO VALLEY) 14-11.0;
5. LINDA NGUYEN (ARROYO) 14-08.25; 6. MICHELINE WONG (CASTRO VALLEY) 14-04.5; 7. ANN MITCHELL (MOREAU) 14-01.5;
8. SIMONE SHIN (CASTRO VALLEY) 13-09.0; 9. BRANDI REDD (HAYWARD) 13-08.5; 10. SHAMEKA WALLACE (MT. EDEN) 13-05.0;
11. MAYA FLAGG (MT. EDEN) 13-05.0; 12. MEG PARKER (CASTRO VALLEY) 13-04.5; 13. ZALIYA JOHNSON (MT. EDEN) 13-00.0; 14. MARLENE ABREU (MOREAU) 12-08.25;
15. JENN CHAPMAN (ARROYO) 12-04.0; 16. TEREZA KOLESNIKOV (ARROYO) 12-03.5; 17. TISA DESPEAUX (ARROYO) 12-02.0;
18. CYNTHIA LEE (ARROYO) 12-01.5; LADASHA NUTTING (MT. EDEN) NO MARK; DINA GIZATULLIN (CASTRO VALLEY) NO MARK; SHARICE GREY (HAYWARD) NO MARK;

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TRIPLE JUMP, VAR. GIRLS FINAL RESULTS

1. KARA KROES (MOREAU) 34-06.75; 2. DENEAN GARRETT (SAN LEANDRO) 33-03.25; 3. ANN MITCHELL (MOREAU) 33-00.75;
4. TEREZA KOLESNIKOV (ARROYO) 32-10.5; 5. AMY KOHL (CASTRO VALLEY) 32-02.5; 6. MICHELINE WONG (CASTRO VALLEY) 31-06.25;
7. TIFFANY WILLIAMS (MOREAU) 31-04.25; 8. SIMONE SHIN (CASTRO VALLEY) 29-11.25; 9. TISA DESPEAUX (ARROYO) 29-08.5;
10. ERIN HASHIMOTO (CASTRO VALLEY) 27-08.0; 11. ZALIYA JOHNSON (MT. EDEN) 26-06.0; 12. TARA CLANCY (CASTRO VALLEY) 25-07.25;
13. LADASHA NUTTING (MT. EDEN) 24-09.0; MAYA FLAGG (MT. EDEN) NO MARK; LINDA NGUYEN (ARROYO) NO MARK; SHAMEKA WALLACE (MT. EDEN) NO MARK;

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SHOT PUT, VAR. GIRLS FINAL RESULTS

1. ELIZABETH PEACOCK (MOREAU) 33-03.25; 2. AMANDA MARTINEZ (MOREAU) 32-01.0; 3. BARBARA KLEWS (CASTRO VALLEY) 31-00.5;
4. NICOLE ABELLA (CASTRO VALLEY) 30-00.0; 5. TASHENA HOWARD (CASTRO VALLEY) 27-11.25; 6. TONNETTE ASKEW (MT. EDEN) 27-06.5;
7. JOANIE MINION (CASTRO VALLEY) 27-04.0; 8. TISA DESPEAUX (ARROYO) 26-07.0; 9. CHANTE DAVIS (MOREAU) 26-03.5;
10. TIFFANY ROBBINS (ARROYO) 25-09.75; 11. KINA CASEY (SAN LEANDRO) 25-09.25; 12. CHAVE ALEXANDER (MOREAU) 24-08.0;
13. MICHELLE CHIONG (MOREAU) 23-05.0; 14. MARILY KRAL (ARROYO) 22-04.0; 15. CATHERINE HAGEBUSCH (ARROYO) 21-08.0; 16. CARLY JIMENEZ
(MT. EDEN) 20-08.0; 17. ROSANNE CORRIGAN (ARROYO) 20-00.0; 18. JENNIFER MORELL (SAN LEANDRO) 19-04.0;

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DISCUS THROW, VAR. GIRLS FINAL RESULTS

1. MAUREEN KENNEDY (ARROYO) 109-03.0; 2. ELIZABETH PEACOCK (MOREAU) 102-03.0; 3. BARBARA KLEWS (CASTRO VALLEY) 88-02.0;
4. JOANIE MINION (CASTRO VALLEY) 87-07.0; 5. TONNETTE ASKEW (MT. EDEN) 87-05.0; 6. CHANTE DAVIS (MOREAU) 83-11.0;
7. TASHENA HOWARD (CASTRO VALLEY) 81-11.0; 8. CHAVE ALEXANDER (MOREAU) 78-10.0; 9. NICOLE ABELLA (CASTRO VALLEY) 76-02.0;
10. MICHELLE CHIONG (MOREAU) 73-11.0; 11. KINA CASEY (SAN LEANDRO) 70-06.0; 12. MARILY KRAL (ARROYO) 65-06.0;
13. CATHERINE HAGEBUSCH (ARROYO) 50-01.0; 14. CARLY JIMENEZ (MT. EDEN) 46-06.0; 15. ROSANNE CORRIGAN (ARROYO) 43-07.0; BECKY LOGGINS
(MOREAU) NO MARK;

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POLE VAULT, VAR. GIRLS FINAL RESULTS

1. CYNTHIA LEE (ARROYO) 8-09.0; 2. DINA GIZATULLIN (CASTRO VALLEY) 7-06.0; 2. ELIZABETH EWING (CASTRO VALLEY) 7-06.0;
4. TARA CLANCY (CASTRO VALLEY) 7-00.0; 5. JESSICA ROEHL (CASTRO VALLEY) 6-06.0; 6. ALENA RIFFEL (ARROYO) 6-00.0; 7. LISA CLANCY
(CASTRO VALLEY) 6-00.0;

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4 X 100M RELAY, VAR. GIRLS FINAL RESULTS

1. SAN LEANDRO V-GIRLS (SAN LEANDRO) 49.31; 2. MOREAU VARSITY GIRLS (MOREAU) 51.53; 3. ARROYO VARSITY GIRLS (ARROYO) 53.21;
4. MT. EDEN VARS-GIRLS (MT. EDEN) 53.74; 5. CASTRO VALLEY V-GIRL (CASTRO VALLEY) 54.39;

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4 X 400M RELAY, VAR. GIRLS FINAL RESULTS

1. SAN LEANDRO V-GIRLS (SAN LEANDRO) 4:15.83; 2. MOREAU VARSITY GIRLS (MOREAU) 4:19.43; 3. CASTRO VALLEY V-GIRL (CASTRO VALLEY)
:20.62; 4. MT.EDEN VARS-GIRLS (MT. EDEN) 4:21.76; 5. ARROYO VARSITY GIRLS (ARROYO) 4:31.44;

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100 METERS, FR/SO GIRL FINAL RESULTS

1. DEANNA PENNIX (CASTRO VALLEY) 13.89; 2. EDELYN MISA (CASTRO VALLEY) 14.26; 3. STEPHANIE SCHMIDT (SAN LORENZO) 14.32;
4. MELISSA SCHMIDT (SAN LORENZO) 14.46; 5. RONNA SVENSON (CASTRO VALLEY) 14.61; 6. BRIANA BROWER (MOREAU) 14.77; 7. JULIE BATZ
(ARROYO) 14.79; RASCHITA BOYKIN (HAYWARD) NO MARK; DAWN LEPPERT (MOREAU) NO MARK;

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200 METERS, FR/SO GIRL FINAL RESULTS

1. JASHINE GREEN (HAYWARD) 29.21; 2. DEANNA PENNIX (CASTRO VALLEY) 29.63; 3. STEPHANIE SCHMIDT (SAN LORENZO) 29.66;
4. MELISSA SCHMIDT (SAN LORENZO) 30.07; 5. STACY PARSONS (CASTRO VALLEY) 30.36; 6. MARESSA McDONALD (CASTRO VALLEY) 30.41;
7. ANITA OMYANG (SAN LEANDRO) 30.74; 8. TIFFANY ROBINSON (MOREAU) 30.76; 9. REBEKAH SHRIVER (HAYWARD) 31.49;

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400 METERS, FR/SO GIRL FINAL RESULTS

1. NADRA HARRISON (SAN LORENZO) 1:05.7; 2. ANITA OMYANG (SAN LEANDRO) 1:07.6; 3. WENDY MOCK (SAN LEANDRO) 1:07.7;
4. STACY PARSONS (CASTRO VALLEY) 1:08.1; 5. MARESSA McDONALD (CASTRO VALLEY) 1:10.2; 6. ERICA SCHUMANN (CASTRO VALLEY) 1:12.7;
7. CRYSTAL LUM (CASTRO VALLEY) 1:13.6; 8. SUSAN KENNA (CASTRO VALLEY) 1:14.1; RASCHITA BOYKIN (HAYWARD) NO MARK;

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800 METERS, FR/SO GIRL FINAL RESULTS

1. DESIRAE FERIA (HAYWARD) 2:35.97; 2. JENNIFER CHUNG (CASTRO VALLEY) 2:37.13; 3. IRENE AKRE (ARROYO) 2:39.26; 4. SHANON PERKINS
(SAN LORENZO) 2:39.73; 5. NADRA HARRISON (SAN LORENZO) 2:44.06; 6. ANGELA ATWOOD (CASTRO VALLEY) 2:43.44; 7. STEPHANIE WEISMAN
(CASTRO VALLEY) 2:45.27; 8. JENNY JEFFERY (SAN LEANDRO) 2:46.56; 9. KARA MCALISTER (ARROYO) 2:46.77;

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1600 METERS, FR/SO GIRL FINAL RESULTS

1. DESIRAE FERIA (HAYWARD) 5:48.34; 2. ANGELA ATWOOD (CASTRO VALLEY) 5:48.46; 3. JENNIFER CHUNG (CASTRO VALLEY) 5:54.79;
4. SHANON PERKINS (SAN LORENZO) 6:01.11; 5. STEPHANIE WEISMAN (CASTRO VALLEY) 6:02.89; 6. KARA MCALISTER (ARROYO) 6:03.6;
7. AMBER SAMMONS (CASTRO VALLEY) 6:07.90; 8. FAWN OSBORNE (SAN LORENZO) 6:34.25; 9. MEG BURNS (SAN LEANDRO) 6:34.6;
10. SHEREEN SACKMAN (CASTRO VALLEY) 6:52.9; 11. MELISSA TAGUE (SAN LORENZO) 7:01.2; JENNY JEFFERY (SAN LEANDRO) NO MARK;

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3200 METERS, FR/SO GIRL FINAL RESULTS

1. JENNIFER CHUNG (CASTRO VALLEY) 13:30.0; 2. SHANON PERKINS (SAN LORENZO) 14:04.0; 3. ANGELA ATWOOD (CASTRO VALLEY) 14:07.0;
4. MONICA SILVA (CASTRO VALLEY) 14:13.0; 5. FAWN OSBORNE (SAN LORENZO) 14:14.0; 6. AMBER SAMMONS (CASTRO VALLEY) 15:02.0;
7. SHEREEN SACKMAN (CASTRO VALLEY) 15:43.0; 8. RHIANNON POWELL (ARROYO) 16:03.0; 9. MELISSA TAGUE (SAN LORENZO) 16:07.0;
AMANDA MANGELSDORF (ARROYO) NO MARK; NAOMI KATO (HAYWARD) NO MARK; YOUNG LEE HAN (HAYWARD) NO MARK; VERONICA SIRA (ARROYO) NO MARK;
DESIRAE FERIA (HAYWARD) NO MARK;

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100M HURDLES, FR/SO GIRL FINAL RESULTS

1. MICHELLE HARRIS (MOREAU) 18.79; 2. BRIANA BROWER (MOREAU) 19.11; 3. MAYA KOMADINA (CASTRO VALLEY) 19.54; 4. SARA GREGERSEN
(SAN LORENZO) 20.54; 5. SHANNON OATES (CASTRO VALLEY) 20.55; 6. APRIL WONG (CASTRO VALLEY) 20.69; 7. JILL BRICE (CASTRO VALLEY)
20.79; 8. FALINE VOLASGIS (HAYWARD) 20.83; 9. MARISA LAM (CASTRO VALLEY) 21.45;

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300M HURDLES, FR/SO GIRL FINAL RESULTS

1. MICHELLE HARRIS (MOREAU) 52.87; 2. BRIANA BROWER (MOREAU) 54.02; 3. MARISA LAM (CASTRO VALLEY) 54.15; 4. MAYA KOMADINA
(CASTRO VALLEY) 56.49; 5. JOAN FALLEIRO (HAYWARD) 56.87; 6. SHANNON OATES (CASTRO VALLEY) 1:00.13; 7. FALINE VOLASGIS (HAYWARD)
1:02.52; 8. APRIL WONG (CASTRO VALLEY) 1:04.13; 9. MAY LEE (CASTRO VALLEY) 1:10.17;

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HIGH JUMP, FR/SO GIRL FINAL RESULTS

1. RONNA SVENSON (CASTRO VALLEY) 4-04.0; 2. MAYA KOMADINA (CASTRO VALLEY) 4-04.0; 3. ANGELA ATWOOD (CASTRO VALLEY) 4-04.0;
4. SHAWN MCLEAN (MOREAU) 4-02.0; 5. JILL BRICE (CASTRO VALLEY) 3-10.0; 5. APRIL WONG (CASTRO VALLEY) 3-10.0; 7. HILLERY HAROLD
(HAYWARD) 3-10.0; 8. TANZY LOVE (HAYWARD) 3-10.0; 9. REBECCA ZACHAU (MOREAU) 3-10.0; DANA TRIPLETT (SAN LORENZO) NO MARK;

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POLE VAULT, FR/SO GIRL FINAL RESULTS

1. BECKY DOERR (CASTRO VALLEY) 6-06.0; 2. AMBER SAMMONS (CASTRO VALLEY) 6-06.0; 3. AMANDA MANGELSDORF (ARROYO) 6-00.0;
3. BECKY LACEY (CASTRO VALLEY) 6-00.0; 5. IRENE AKRE (ARROYO) 5-06.0; 6. JOCELYN DEWITT (CASTRO VALLEY) 5-00.0; 7. JILL BRICE
(CASTRO VALLEY) 5-00.0; WHENDY BACA (ARROYO) NO MARK;

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LONG JUMP, FR/SO GIRL FINAL RESULTS

1. SHAWN MCLEAN (MOREAU) 13-04.75; 2. SHANNON OATES (CASTRO VALLEY) 13-03.25; 3. REBECCA ZACHAU (MOREAU) 12-01.0;
4. PATRICE COUNCIL (HAYWARD) 11-02.75; 5. JOCELYN DEWITT (CASTRO VALLEY) 11-00.0; 6. JOAN FALLEIRO (HAYWARD) 10-06.0;
7. KATHY MARRA (CASTRO VALLEY) 9-07.75; MELISSA HARRIS (CASTRO VALLEY) NO MARK; PEYETA JACKSON (SAN LORENZO) NO MARK;

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TRIPLE JUMP, FR/SO GIRL FINAL RESULTS

1. REBECCA ZACHAU (MOREAU) 29-03.0; 2. MAYA KOMADINA (CASTRO VALLEY) 29-00.75; 3. APRIL WONG (CASTRO VALLEY) 28-03.75;
4. JOCELYN DEWITT (CASTRO VALLEY) 26-08.5; 5. MAY LEE (CASTRO VALLEY) 26-07.75; 6. SHANNON OATES (CASTRO VALLEY) 25-11.25;
SHAWN MCLEAN (MOREAU) NO MARK;

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SHOT PUT, FR/SO GIRL FINAL RESULTS

1. KAMARIA HOWARD (CASTRO VALLEY) 25-10.0; 2. ACACIA OSBORNE (SAN LORENZO) 24-00.0; 3. AUDRA CHERVATIN (ARROYO) 23-10.0;
4. PATRICE COUNCIL (HAYWARD) 23-06.0; 5. DANA TRIPLETT (SAN LORENZO) 22-10.0; 6. LORA PRICE (SAN LEANDRO) 22-08.0;
7. SUZIE FERGUSON (ARROYO) 21-08.0; 8. MECCA FREEMAN (HAYWARD) 20-08.5; 9. MEG BURNS (SAN LEANDRO) 20-08.0; 10. LESLIE DUANE
(CASTRO VALLEY) 20-07.5; WHENDY BACA (ARROYO) NO MARK; JESSICA ROELH (HAYWARD) NO MARK; CHIFFON GOSS (HAYWARD) NO MARK;

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DISCUS THROW, FR/SO GIRL FINAL RESULTS

1. LORA PRICE (SAN LEANDRO) 88-08.0; 2. DANA TRIPLETT (SAN LORENZO) 74-04.0; 3. ACACIA OSBORNE (SAN LORENZO) 72-04.0;
4. SUZIE FERGUSON (ARROYO) 69-11.0; 5. LESLIE DUANE (CASTRO VALLEY) 62-09.0; 6. AUDRA CHERVATIN (ARROYO) 61-09.0;
7. KAMARIA HOWARD (CASTRO VALLEY) 61-08.0; 8. MEG BURNS (SAN LEANDRO) 51-08.0; CHIFFON GOSS (HAYWARD) NO MARK; JESSICA ROELH
(HAYWARD) NO MARK;

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4 X 100 METER RELAY, FR/SO GIRL FINAL RESULTS

1. CASTRO VALLEY F/S-6 (CASTRO VALLEY) 54.64; 2. SAN LORENZO F/S-GIRL (SAN LORENZO) 57.99; 3. SAN LEANDRO F/S-GIRL (SAN LEANDRO)
1:00.76; HAYWARD F/S GIRLS (HAYWARD) NO MARK; MOREAU F/S-GIRLS (MOREAU) NO MARK;

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4 X 400M RELAY, FR/SO GIRL FINAL RESULTS

1. CASTRO VALLEY F/S-6 (CASTRO VALLEY) 4:38.18; 2. ARROYO F/S-GIRLS (ARROYO) 4:45.23; 3. SAN LEANDRO F/S-GIRL (SAN LEANDRO)
4:51.81; 4. HAYWARD F/S GIRLS (HAYWARD) 5:02.00; SAN LORENZO F/S-GIRL (SAN LORENZO) NO MARK;

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100 METERS, FR/SO BOYS FINAL RESULTS

1. GENNA ABRAMENKO (CASTRO VALLEY) 11.66; 2. DAMAR HADDEN (HAYWARD) 11.89; 3. EDDIE GORTON (SAN LORENZO) 11.90; 4. REGGIE BAILEY (CASTRO VALLEY) 12.09; 5. MATT OCONNOR (MOREAU) 12.21; 6. DAMIEN STAMPS (SAN LEANDRO) 12.24; 7. KRIS BOSTON (HAYWARD) 12.41; CRAIG C-VALENTINO (TENNYSON) NO MARK; KAYIN DESANDIES (MOREAU) NO MARK;

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200 METERS, FR/SO BOYS FINAL RESULTS

1. GENNA ABRAMENKO (CASTRO VALLEY) 23.74; 2. EDDIE GORTON (SAN LORENZO) 24.20; 3. CRAIG C-VALENTINO (TENNYSON) 24.33; 4. WILLIE PHILLIPS (SAN LEANDRO) 24.45; 5. DAMAR HADDEN (HAYWARD) 24.53; 6. MATT OCONNOR (MOREAU) 24.88; 7. MIKE PHILLIPS (SAN LEANDRO) 25.10; 8. BEN CHAM (CASTRO VALLEY) 25.31; 9. BRIAN MOSS (HAYWARD) 25.32;

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400 METERS, FR/SO BOYS FINAL RESULTS

400 METERS, FR/SO BOYS FINAL RESULTS
1. SEAN JOHNSON (HAYWARD) 53.36; 2. CRAIG C-VALENTINO (TENNYSON) 53.40; 3. WILLIE PHILLIPS (SAN LEANDRO) 54.52; 4. SETH MELLOW (CASTRO VALLEY) 54.99; 5. ANDREW OSTARELLO (HAYWARD) 55.41; 6. STEVE PHILLIPS (CASTRO VALLEY) 56.00; 7. MIKE PHILLIPS (SAN LEANDRO) 57.0; 8. MIKE MISA (CASTRO VALLEY) 1:01.93; PATRICK COX (HAYWARD) NO MARK;

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800 METERS, FR/SO BOYS FINAL RESULTS

1. PRIVAT MARTIN (SAN LORENZO) 2:07.91; 2. DAMIEN DULANEY (CASTRO VALLEY) 2:11.44; 3. SETH MELLOW (CASTRO VALLEY) 2:12.67; 4. ROBERT BUTNER (MOREAU) 2:13.55; 5. DARRYL ENG (CASTRO VALLEY) 2:14.94; 6. ERIC PINES (ARROYO) 2:14.95; 7. MIKE BORUTA (CASTRO VALLEY) 2:17.27; 8. BEN FONG (SAN LEANDRO) 2:20.06; 9. PATRICK COX (HAYWARD) 2:20.49;

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1600 METERS, FR/SO BOYS FINAL RESULTS

1. PRIVAT MARTIN (SAN LORENZO) 4:39.28; 2. ERIC PINES (ARROYO) 4:52.18; 3. MIKE BORUTA (CASTRO VALLEY) 4:52.44; 4. JONATHAN MILLER (ARROYO) 4:55.45; 5. DAMIEN DULANEY (CASTRO VALLEY) 4:56.25; 6. HENRY PATTERSON (CASTRO VALLEY) 5:01.13; 7. JUSTIN COFFEEN (CASTRO VALLEY) 5:04.93; 8. WAYNE LAM (SAN LORENZO) 5:05.56; 9. ANDREW OSTARELLO (HAYWARD) 5:10.8; 10. BEN FONG (SAN LEANDRO) 4:11.1; 11. ALFRED RODRIGUEZ (HAYWARD) 5:25.1; DAVID PARRA (ARROYO) NO MARK;

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3200 METERS, FR/SO BOYS FINAL RESULTS

1. PRIVAT MARTIN (SAN LORENZO) 10:19.5; 2. MIKE BORUTA (CASTRO VALLEY) 10:23.2; 3. DAMIEN DULANEY (CASTRO VALLEY) 10:40.8; 4. JUSTIN GRIFFIN (SAN LEANDRO) 10:51.3; 5. HENRY PATTERSON (CASTRO VALLEY) 10:55.9; 6. ERIC PINES (ARROYO) 10:59.2; 7. WAYNE LAM (SAN LORENZO) 11:01.0; 8. ALFRED RODRIGUEZ (HAYWARD) 11:05.3; 9. JUSTIN COFFEEN (CASTRO VALLEY) 11:12.1; 10. ANDY RANDALL (CASTRO VALLEY) 11:52.1; 11. HORACIO MARTIN (MOREAU) 12:14.0; 12. KYLE BARKER (ARROYO) 12:54.2; 13. RYAN GOODMAN (HAYWARD) 13:11.1; 14. TIM ELLING (SAN LORENZO) 13:54.6; GEORGE DERIEG (ARROYO) NO MARK; SAM PETTY (HAYWARD) NO MARK; PASTOR COON (HAYWARD) NO MARK;

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110M HIGH HURDLES, FR/SO BOYS FINAL RESULTS

1. KEVIN GRIMES (SAN LORENZO) 17.56; 2. PHIL FUNG (CASTRO VALLEY) 18.68; 3. REJO JOHNSON (HAYWARD) 18.69; 4. JOSH MILLS (CASTRO VALLEY) 20.46; 5. JARON BELL (MT. EDEN) 20.71; 6. MIKE PAIK (CASTRO VALLEY) 20.86; 7. KIM-DA HSIEH (HAYWARD) 21.48; 8. MIKE BOOTH (HAYWARD) 22.43; P.J. AGUAYO (CASTRO VALLEY) NO MARK;

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300M HURDLES, FR/SO BOYS FINAL RESULTS

1. DION DIXON (SAN LEANDRO) 43.15; 2. REJO JOHNSON (HAYWARD) 43.65; 3. PHIL FUNG (CASTRO VALLEY) 44.75; 4. ANDREW OSTARELLO (HAYWARD) 44.80; 5. JARON BELL (MT. EDEN) 45.11; 6. JONATHAN MILLER (ARROYO) 45.76; 7. MIKE PAIK (CASTRO VALLEY) 46.01; 8. PAUL JACKSON (SAN LORENZO) 46.13; KAYIN DESANDIES (MOREAU) NO MARK;

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HIGH JUMP, FR/SO BOYS FINAL RESULTS

1. KEVIN GRIMES (SAN LORENZO) 5-06.0; 2. JOE WILEY (HAYWARD) 5-02.0; 3. SEAN HOLLEMAN (HAYWARD) 5-00.0; 4. TOKUDA WASHINGTON (HAYWARD) 5-00.0; 5. P.J. AGUAYO (CASTRO VALLEY) 5-00.0; 6. MIKE BORUTA (CASTRO VALLEY) 5-00.0; 7. BRIAN STONELAKE (CASTRO VALLEY) 5-00.0; 8. PAUL JACKSON (SAN LORENZO) 4-10.0; 9. BEN HONG (MOREAU) 4-10.0; 10. JAMES YOO (HAYWARD) 4-08.0; 11. RAJESH JAGAR (CASTRO VALLEY) 4-06.0; KIM-DA HSIEH (HAYWARD) NO MARK;

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POLE VAULT, FR/SO BOYS FINAL RESULTS

1. NICK MARTINEZ (MOREAU) 8-06.0; 2. P.J. AGUAYO (CASTRO VALLEY) 8-06.0; 3. JOSH MILLS (CASTRO VALLEY) 7-06.0; 4. MATT THAU (MOREAU) 7-00.0; BRIAN STONELAKE (CASTRO VALLEY) NO MARK; RAJESH JAGAR (CASTRO VALLEY) NO MARK; PHIL GHADERI (CASTRO VALLEY) NO MARK;

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LONG JUMP, FR/SO BOYS FINAL RESULTS

1. REGGIE BAILEY (CASTRO VALLEY) 19-05.0; 2. BEN HONG (MOREAU) 18-09.5; 3. SEAN HOLLEMAN (HAYWARD) 18-07.25; 4. EDDIE GORTON (SAN LORENZO) 18-03.0; 5. DAMIEN STAMPS (SAN LEANDRO) 17-05.25; 6. SEAN JOHNSON (HAYWARD) 17-01.0; 7. KIM-DA HSIEH (HAYWARD) 16-02.0; 8. ADAM HENIG (CASTRO VALLEY) 15-11.25; 9. PENG LIM (TENNYSON) 15-09.0; 10. MIKE PAIK (CASTRO VALLEY) 15-06.0; 11. BRIAN CHOI (CASTRO VALLEY) 15-01.25; 12. JAMES YOO (HAYWARD) 14-07.0; 13. JOEY FANJUL (SAN LORENZO) 14-05.25; 14. DEWAYNE SERVO (SAN LEANDRO) 14-05.0; 15. MATT OCONNOR (MOREAU) 13-09.0; 16. REJO JOHNSON (HAYWARD) 13-08.0; JONATHAN MILLER (ARROYO) NO MARK; EDISON URBI (TENNYSON) NO MARK; PHIL FUNG (CASTRO VALLEY) NO MARK; JAY SILVA (SAN LORENZO) NO MARK; NICK MARTINEZ (MOREAU) NO MARK;

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TRIPLE JUMP, FR/SO BOYS FINAL RESULTS

1. DAMIEN STAMPS (SAN LEANDRO) 39-03.25; 2. REGGIE BAILEY (CASTRO VALLEY) 39-10.0; 3. BEN HONG (MOREAU) 38-06.5; 4. PENG LIM (TENNYSON) 38-03.25; 5. EDISON URBI (TENNYSON) 38-02.5; 6. KEVIN GRIMES (SAN LORENZO) 38-01.75; 7. KIM-DA HSIEH (HAYWARD) 37-10.25; 8. PHIL FUNG (CASTRO VALLEY) 37-04.0; 9. JOE WILEY (HAYWARD) 36-07.0; 10. PAUL JACKSON (SAN LORENZO) 34-03.75; 11. DION DIXON (SAN LEANDRO) 33-08.5; 12. JAY SILVA (SAN LORENZO) 32-01.0; 13. MIKE PAIK (CASTRO VALLEY) 31-09.0; 14. JAMES YOO (HAYWARD) 31-08.25; 15. SEANTA JOHNSON (HAYWARD) 30-09.5; DEWAYNE SERVO (SAN LEANDRO) NO MARK; JOSH MILLS (CASTRO VALLEY) NO MARK;

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SHOT PUT, FR/SO BOYS FINAL RESULTS

1. LARRY LEATHERWOOD (HAYWARD) 41-03.75; 2. KRIS JOWER (CASTRO VALLEY) 40-10.75; 3. JARRAD WOODS (SAN LORENZO) 39-05.25; 4. SEANTA JOHNSON (HAYWARD) 39-01.75; 5. MIGUEL MORENO (MT. EDEN) 38-06.0; 6. ALEX HERRERA (MOREAU) 36-06.5; 7. BILL MATELOLONA (HAYWARD) 36-06.0; 8. HIDEO IKEDO (MT. EDEN) 34-02.0; 9. JASON HOWLETT (ARROYO) 34-00.0; 10. OSWALDO MONTES (HAYWARD) 33-08.0; 11. ROCKY SERVO (SAN LEANDRO) 32-00.5; 12. ROBERT COLLETT (CASTRO VALLEY) 30-11.75; 13. CHRIS HARDERAVE (SAN LORENZO) 30-05.0; 14. DEREK PEELE (MOREAU) 29-11.0; 15. SHALIMAR SALVADOR (TENNYSON) 29-00.0; 16. DAVIN REMINGTON (MOREAU) 28-05.0; 16. MATT THAU (MOREAU) 28-10.75; 18. MOISES ORTIZ (SAN LEANDRO) 27-10.0; 19. DAVID PARRA (ARROYO) 27-07.5; 20. KENDRICK MERCADO (TENNYSON) 27-06.5; RYAN JONES (CASTRO VALLEY) NO MARK; CHRIS ROGERS (HAYWARD) NO MARK; STEVEN GONZALES (SAN LEANDRO) NO MARK; BRANDON COFRAN (MT. EDEN) NO MARK; J.R. HERRERA (MOREAU) NO MARK; ADAM ANGLIN (CASTRO VALLEY) NO MARK; RYAN TWITO (TENNYSON) NO MARK;

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DISCUS THROW, FR/SO BOYS FINAL RESULTS

1. LARRY LEATHERWOOD (HAYWARD) 111-00.0; 2. KRIS JOWER (CASTRO VALLEY) 108-10.0; 3. SEANTA JOHNSON (HAYWARD) 106-07.0;
4. JARRAD WOODS (SAN LORENZO) 98-07.0; 5. JASON HOWLETT (ARROYO) 97-08.0; 6. RYAN JONES (CASTRO VALLEY) 87-11.0;
7. CHRIS HARDGRAVE (SAN LORENZO) 86-11.0; 8. DAVIN REMINGTON (MOREAU) 84-09.0; 9. ALEX HERRERA (MOREAU) 84-04.0; 10. RYAN TWITO
(TENNYSON) 84-02.0; 11. MOISES ORTIZ (SAN LEANDRO) 82-01.0; 12. BILL MATELOLONA (HAYWARD) 81-07.0; 13. OSWALDO MONTES (HAYWARD)
72-10.0; 14. SHALIMAR SALVADOR (TENNYSON) 67-09.0; 15. POCKY SERVO (SAN LEANDRO) 67-01.0; 16. STEVEN GONZALES (SAN LEANDRO) 66-05.0
; 17. ROBERT COLLETT (CASTRO VALLEY) 61-01.0; J.R. HERRERA (MOREAU) NO MARK; MIGUEL MORENO (MT. EDEN) NO MARK; HIDEO IKEDO
(MT. EDEN) NO MARK; BRANDON COFRAN (MT. EDEN) NO MARK; ADAM ANGLIN (CASTRO VALLEY) NO MARK; MATT THAU (MOREAU) NO MARK;
KENDRICK MERCADO (TENNYSON) NO MARK;

H.A.A.L. CHAMPIONSHIPS -CHABOT COLLEGE

-MAY 9, 11 1995

4 X 100 M RELAY, FR/SO BOYS FINAL RESULTS

1. CASTRO VALLEY F/S-B (CASTRO VALLEY) 46.39; 2. SAN LEANDRO F/S BOYS (SAN LEANDRO) 46.69; 3. MOREAU F/S BOYS (MOREAU) 48.64;
4. SAN LORENZO F/S BOYS (SAN LORENZO) 51.14; HAYWARD F/S BOYS (HAYWARD) NO MARK;

H.A.A.L. CHAMPIONSHIPS -CHABOT COLLEGE

-MAY 9, 11 1995

4 X 400 M RELAY, FR/SO BOYS FINAL RESULTS

1. SAN LEANDRO F/S BOYS (SAN LEANDRO) 3:41.47; 2. HAYWARD F/S BOYS (HAYWARD) 3:44.46; 3. CASTRO VALLEY F/S-B (CASTRO VALLEY)
3:45.89; 4. SAN LORENZO F/S BOYS (SAN LORENZO) 3:52.79; 5. MOREAU F/S BOYS (MOREAU) 4:00.11; ARROYO F/S BOYS (ARROYO) NO MARK;

NCS Bayshore Meet/NCS MOC
James Logan High School/UC Berkeley

weather : warm, light breeze
5-19,20/5-26,27

	<u>NCS Trials</u>	<u>Finals</u>	<u>MOC Trials</u>	<u>Finals</u>
<u>400R</u>				
Hassler, G. Abramenko, A. Abramenko, Oates	44.67	44.78	44.73	
<u>1600m</u>				
Michelle Marques	5:32.53	5:21.66	5:29.7	
Jennie Ewing	5:18.57	5:14.00	5:15.6	
Peter Baria	4:43.5			
Mike Furuyama	4:34.32	4:31.76	4:36.4	
<u>110 HH</u>				
Kevin Oates	15.24	15.40	15.43	15.65
Kevin Kramer	16.88			
<u>400m</u>				
Jennifer Forsman				
Andre Abramenko	52.12	52.60	52.90	
<u>800m</u>				
Jamie McHugh	2:32.16	2:30.06	2:29.9	
Valerie Lim	2:34			
Dan Furuyama	2:01.89	2:02.85	2:03.0	
Kevin Strharsky	2:03.37	2:03		
<u>3200m</u>				
Jennie Ewing		11:32.05		11:23.58
Michelle Marques				
Peter Baria		10:10.00		
<u>1600m Relay</u>				
Forsman, Groome, Marques, Ewing		4:16.70		
Hassler, Ford, M. Furuyama, A. Abramenko	3:32.8			
<u>SP</u>				
Nicole Abella	31-8	30-7		
Barbara Klews	30-3			
<u>D</u>				
Joan Minion	81-7			
<u>PV</u>				
Elizabeth Ewing		8-0	8-0	
Dina Gizatullin		7-6	7-6	
Tara Clancy		nh		
Tony Moore		12-6	12-0	12-6
Ryan Hamre		10-6		
<u>HJ</u>				
Amy Kohl	4-8	5-0	4-8	
Elizabeth Ewing	4-6			
Kevin Kramer	5-10	6-0	6-0	
<u>LJ</u>				
Kevin Oates	21-7	21-4.5	21-5	22-5.25
<u>TJ</u>				
Kevin Oates	43-3.25	43-6.75	42-2.25	

State Championships
Cerritos College

State Championships

LJ

Kevin Oates 20-7 20-8.75 20-9

Kevin did not jump as well as he has been over the last weeks and so was disappointed in his performance. However, he qualified for the CIF championships two years running and was NCS champion and MOC champion during that time. Certainly something to be proud of!

PV

Tony Moore n h

Tony had several good attempts at the opening height of 13-4, 10 inches over his current PR. He is looking forward to breaking the school record of 14-3 next year. No reason why he can't do it.

Arcadia Invitational
Arcadia High School

Arcadia Invitational

1600

Jennie Ewing 5:13.89 1st place H2

Jennie amazed her coaches with a victory in the prestigious Arcadia Invitational in her heat of the 1600. Arcadia medals are hard to come by and Jennie picked up a 1st place one in her first competition. Not to mention the huge PR!

TJ

Kevin Oates 44-10.5 4th place

A new school record for Kevin, the holder of the frosh/soph 110HH record. A good day for jumping, no other events to tire out his legs, an important competition, and he caps it with a school record, PR and medal.