

Castro Valley High School

***TROJAN  
INVITATIONAL  
RELAYS***

Friday, April 14, 2000  
Trojan Stadium

**2000 Trojan Invitational Relays**  
**Castro Valley High School**  
**Trojan Stadium**  
**Friday, April 14, 1998**

**Welcome** to the Trojan Relays! This is a continuation of the long-running DeKlotz Relays that were held at Las Lomas High School from 1973-1989. The DeKlotz Relays were initially established to showcase girls-only competition. In 1985, Frosh-Soph boys' competition was added, and in 1996 Frosh-Soph Girls became a part of the program. In the spirit of the original philosophy, the Trojan Relays continue to emphasize girls' competition in a relay format. By permission of the DeKlotz Relays director, Linda Sawyer, all of the DeKlotz records have been forwarded and are now a continuing part of the Trojan Relays.

**Awards:** Medals to the top four (4) teams in each track relay  
Medals to the top four (4) teams in each field relay  
Medals to the top five (5) individuals in each open race  
Medals to the top five (5) individuals in each field event

Trophies to the top three (3) teams in Girls' Varsity  
Trophies to the top three (3) teams in Girls' Frosh-Soph  
Trophies to the top three (3) teams in Boys' Frosh-Soph  
Trophy to the top team in Junior High

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

**Logistics:** **Bathrooms** are at the southwest end of the track.  
The **snack bar** is next to the scoreboard.  
The **press booth** is on the west side of the track.  
The **trainer** is located by the restrooms.  
The **bullpen** is on the straightaway just east of the snack bar.  
**Results** will be posted next to the trainer.  
**T-shirts** will be for sale for \$10 next to the snack bar.  
**Awards** will be available after the meet in the Press Booth.  
**Tent City** and the athlete's Hooverville is on the grass behind the scoreboard.

**Scratches and substitutions** will be done at the bullpen. Please have your athletes report well in advance. Calls for each event will be announced over the public address system.

Good luck today!

Teams competing today:

Alameda  
Albany  
American  
Canyon Middle School  
Castro Valley  
College Prep  
Creekside Middle School  
Elmhurst Middle School  
Hayward  
Mt. Eden  
Newark-Memorial  
Oakland  
Piedmont  
Redwood Christian  
San Lorenzo  
St. Joseph's  
Tennyson  
Washington  
Wood Middle School

# Previous Team Champions:

## Girls' Varsity:

1999	Castro Valley
1998	Castro Valley
1997	Castro Valley
1996	Castro Valley
1995	Castro Valley
1994	Castro Valley
1990-93	meet not held
1989	Ygnacio Valley
1988	rained out
1987	Acalanes
1986	Acalanes
1985	Acalanes
1984	Acalanes
1983	Campolindo
1982	no meet held
1981	Castro Valley
1980	Acalanes
1979	Acalanes
1978	Northgate
1977	Livermore
1976	Berkeley
1975	Berkeley
1974	no team records available
1973	no team records available

## Boys' Frosh-Soph:

1999	Benicia
1998	Benicia
1997	Benicia
1996	Las Lomas
1995	Castro Valley
1994	Alhambra
1990-93	meet not held
1989	Ygnacio Valley
1988	rained out
1987	Acalanes
1986	Ygnacio Valley
1985	Las Lomas

## Girls' Frosh-Soph:

1999	Hayward
1998	Castro Valley
1997	St. Mary's
1996	St. Mary's

# TROJAN INVITATIONAL RELAYS

## ORDER OF EVENTS

### TRACK EVENTS

- |     |       |                              |                                |
|-----|-------|------------------------------|--------------------------------|
| 1.  | BFS   | 4 x MILE                     |                                |
| 2.  | GFS   | 4 X MILE                     | Combined with the GV 4 x Mile  |
| 3.  | GV    | 4 X MILE                     | Combined with the GFS 4 x mile |
| 4.  | Jr Hi | 4 x 100                      |                                |
| 5.  | BFS   | 4 X 100                      |                                |
| 6.  | GFS   | 4 X 100                      |                                |
| 7.  | GV    | 4 X 100                      |                                |
| 8.  | BFS   | SHUTTLE HURDLES 39"          |                                |
| 9.  | GFS   | SHUTTLE HURDLES 33"          |                                |
| 10. | GV    | SHUTTLE HURDLES 33"          |                                |
| 11. | BFS   | 4 X 220                      |                                |
| 12. | GFS   | 4 X 220                      |                                |
| 13. | GV    | 4 X 220                      |                                |
| 14. | BFS   | 4 X 880                      |                                |
| 15. | GFS   | 4 X 880                      |                                |
| 16. | GV    | 4 X 880                      |                                |
| 17. | Jr Hi | OPEN 100                     |                                |
| 18. | BFS   | OPEN 100                     |                                |
| 19. | GFS   | OPEN 100                     |                                |
| 20. | GV    | OPEN 100                     |                                |
| 21. | Jr Hi | Mile (no Devil)              |                                |
| 22. | BFS   | DEVIL-TAKE-THE-HINDMOST MILE |                                |
| 23. | GFS   | DEVIL-TAKE-THE-HINDMOST MILE |                                |
| 24. | GV    | DEVIL-TAKE-THE-HINDMOST MILE |                                |
| 25. | BFS   | 4 X 440                      |                                |
| 26. | GFS   | 4 X 440                      |                                |
| 27. | GV    | 4 X 440                      |                                |

### FIELD EVENTS

- |     |     |             |          |                  |
|-----|-----|-------------|----------|------------------|
| 28. | GV  | HIGH JUMP   | (PIT A)  | 4:00 PM          |
| 29. | GFS | HIGH JUMP   | (PIT A)  | AFTER GV         |
| 30. | BFS | HIGH JUMP   | (PIT B)  | 4:00 PM          |
| 31. | GFS | LONG JUMP   |          | 4:00 PM          |
| 32. | GV  | LONG JUMP   |          | AFTER GFS        |
| 33. | BFS | TRIPLE JUMP |          | AFTER GV         |
| 34. | BFS | SHOT PUT    | (RING A) | 4:00 PM          |
| 35. | GV  | SHOT PUT    | (RING A) | AFTER BFS        |
| 36. | GFS | SHOT PUT    | (RING B) | AFTER GFS DISCUS |
| 37. | GV  | DISCUS      | (RING A) | 4:00 PM          |
| 38. | GFS | DISCUS      | (RING B) | 4:00 PM          |
| 39. | BFS | DISCUS      | (RING A) | AFTER GV         |
| 40. | GFS | POLE VAULT  |          | 4:00 PM          |
| 41. | GV  | POLE VAULT  |          | SAME TIME AS GFS |
| 42. | BFS | POLE VAULT  |          | AFTER GV & GFS   |

# 4 x MILE

Best wishes from the Cardino's Produce-- run hard!

## EVENT 1 BOYS' FROSH-SOPH 4 x MILE

Lane	Name & School	Entry Mark
<b>Heat 1</b>		
1	Alameda "A"	20:17
2	Castro Valley "A"	20:30
3	Piedmont	20:40
4	College Prep "A"	21:00
5	Castro Valley "B"	22:00
6	College Prep "B"	22:00
7	Alameda "B"	23:30
8	Hayward	n.t.
9	Mt. Eden	n.t.
10	Newark-Memorial	n.t.
11	Washington "A"	n.t.
12	Washington "B"	n.t.

## EVENT 2 GIRLS' FROSH-SOPH 4 x MILE

Lane	Name & School	Entry Mark
<b>Heat 1</b>		
1	Alameda	23:00
2	Castro Valley	25:30
3	Hayward	n.t.
4	Newark-Memorial	n.t.
5	Washington	n.t.

## EVENT 3 GIRLS' VARSITY 4 x MILE

Lane	Name & School	Entry Mark
<b>Heat 1</b>		
1	Piedmont	24:00
2	Castro Valley	25:00
3	Newark-Memorial	n.t.
4	Redwood Christian	n.t.

### Previous Winners:

#### 4 X MILE

#### Varsity Girls:

1999	24:14.9	Castro Valley	Schmidt, Groome, McGrellis, Boon-Nitoff
1998	23:29.0	Alhambra	Loper-Riley, Neu, Giatto, Johnson
1997	23:17.9	Castro Valley	Marquez, Schmidt, Ewing, Weisman
1996	23:29.1	Mission San Jose	Hotchkiss, Bailey, Rutledge, Mecochea
1995	23:25.6	Lowell	Lucera, Chou, Huang, Hua
1994	24:11.9	Castro Valley	J. Ewing, Wong, Lim, Shin

#### Frosh-Soph Boys:

1999	20:38.4	Castro Valley	Cardiasmenos, Bettinger, Wong, Puppione
1998	21:38.0	Benicia	DeJulio, Thomas, Hausman, Murphy
1997	20:23.6	Mission San Jose	Strom, Golden, Kirsher, Baird
1996	20:18.9	Mission San Jose	Stepan, Stevens, Chapman, Freeman
1995	20:36.2	Castro Valley	D. Dulaney, Boruta, Patterson, Bana
1994	19:57.8	DeLaSalle	George, Click, Sanchez, Hintz

#### Frosh-Soph Girls:

1999	24:10.4	Hayward	Solozhuk, Richardson, McIntyre, Norsworthy
1998	23:50.0	Castro Valley	Simmons, Stewart, Groome, McGrellis
1997	25:45.1	Castro Valley	Stower, Ponce, Robles, Groome
1996	24:22.6	Acalanes	Judy, Barbera, Powers, Bostjanich

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# 4 x 100 *sponsored by Stewart's Beverages*

## EVENT 5 BOYS' FROSH-SOPH 4 X 100

Lane	Name & School	Entry Mark
<b>Heat 1</b>		
1	Washington	n.f.
2	Alameda	52.5
3	San Lorenzo "A"	47.5
4	Hayward "A"	46.6
5	College Prep	51
6	Tennyson	n.f.
7	Oakland	n.f.

<b>Heat 2</b>		
1	San Lorenzo "B"	n.f.
2	Hayward "B"	n.f.
3	Castro Valley	47.5
4	Mt. Eden	46.5
5	Albany	50
6	Newark-Memorial	n.f.
7		

## EVENT 6 GIRLS' FROSH-SOPH 4 X 100

Lane	Name & School	Entry Mark
<b>Heat 1</b>		
1	Washington "B"	n.f.
2	College Prep	n.f.
3	Hayward "A"	56.6
4	Alameda	55.4
5	Castro Valley "B"	59
6	Newark-Memorial	n.f.
7		

<b>Heat 2</b>		
1		
2	Albany	n.f.
3	Castro Valley "A"	56.5
4	Mt. Eden	55.9
5	Hayward "B"	58.1
6	Washington "A"	n.f.
7		

## EVENT 7 GIRLS' VARSITY 4 X 100

Lane	Name & School	Entry Mark
<b>Heat 1</b>		
1	Oakland	n.f.
2	San Lorenzo	56.5
3	Castro Valley	54
4	Hayward	54.5
5	Redwood Christian	n.f.
6	Newark-Memorial	n.f.
7		

### Previous Winners:

#### 4 X 100

#### Varsity Girls:

1999	53.19	Newark-Memorial	Nowak, Cuthbert, Stafford, Stone
1998	53.31	Castro Valley	Randall, Bailey, Medrano, McDonald
1997	50.54	Mission San Jose	Fong, O'Conner, McGraw, Smith
1996	51.60	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
1995	53.5	Washington	Snow, Afenao, Ghodoussi, Obligacion
1994	52.3	Oakland Tech	Henderson, Hammock Smith, Beverly
1990-93	meet not held		
1989	51.6	Holy Names	Tanner, Alexander, Taylor, Gross
1988	rained out		
1987	50.9	Acalanes	Kolmer, Kostulos, Peterson, Ravazza
1986	51.4	Monte Vista	Crew, Roos, Hansen, Forshee
1985	51.6	Presentation	Wells, Hines, McNair, Ford
1984	50.6	Clayton Valley	Flemings, Barries, Carr, Masoe
1983	52.6	Campolindo	Lundberg, Schuh, Muesser, Sasser
1982	rained out		
1981	50.8	Alhambra	Hansenim, Hookins, Swicegood, Sufos
1980	51.0	Miramonte	Bevan, Slakey, Davis, Binsacca
1979	49.2	Northgate	Fleming, Peters, Warfield, Rejero
1978	51.8	Miramonte	Bevan, Blakey, Binsacca, Langjan
1977	50.6	El Cerrito	Young, Hawthorne, Blackburn, Hawthorne
1976	50.8	Berkeley	Cobbs, Ronbinson, Burgess, Knight
1975	49.7	Berkeley	Nickson, Robinson, Burgess, Knight
1974	no records		
1973	49.9	Berkeley	White, Staneford, Byfield, Nickson

#### Frosh-Soph Boys:

1999	46.53	Benicia	Humpton, Pyno, Santana, Jackson
1998	47.09	Benicia	Randolph, Frisco, Chavez, Hampton
1997	45.90	St. Mary's	no names available
1996	46.61	Acalanes	Liang, Engledinger, Anderson, Brilliant
1995	47.0	Washington	Burns, John, Zellers, Dean
1994	47.4	Alhambra	Hodgkinson, Thompson, Linsey, Yeager
1989	46.5	Benicia	Liston, Zimmer, Baylor, Schefermon
1988	rained out		
1987	46.4	Ygnacio Valley	Aaron, Van Buren, Robinson, Premo
1986	44.7	Ygnacio Valley	Van Buren, Eleazar, Barry, King
1985	47.0	DeAnza	Christoff, Deluz, Hampton, Baker
1984	47.3	Las Lomas	Krugar, DePietro, Rivera, Herbert

#### Frosh-Soph Girls:

1999	53.05	Hayward	Holleman, Smith, Smith, Morris
1998	54.89	Hayward	Lee, Holleman, Morris, McConnell
1997	51.01	St. Mary's	no names available
1996	52.52	St. Mary's	English, Accoe, Ransom, Shepherd



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**Stephen W. Manos**  
Business Development  
Manager, N. California

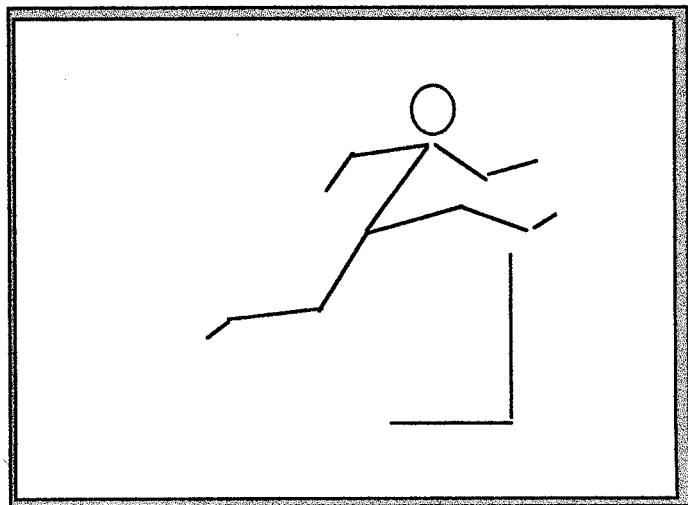
# 4 x Shuttle Hurdles

## EVENT 8 BOYS' F/S 4 X 70 YD HURDLES

	Name & School	Entry Mark
<b>Heat 1</b>		
1 & 2	San Lorenzo	n.t.
3 & 4	Castro Valley "B"	46.5
5 & 6	Mt. Eden	n.t.
7 & 8		

## EVENT 9 GIRLS' F/S 4 X 65 YD HURDLES

	Name & School	Entry Mark
1 & 2	Alameda	n.t.
3 & 4	Castro Valley	50
5 & 6	Hayward	n.t.
7 & 8		



## EVENT 10 GIRLS' VAR 4 X 65 YD HURDLES

	Name & School	Entry Mark
<b>Heat 1</b>		
1 & 2	Hayward	n.t.
3 & 4	Castro Valley	46
5 & 6	Neark-Memorial	n.t.
7 & 8		

### Previous Winners: SHUTTLE HURDLES

#### Varsity Girls:

1999	43.03	Castro Valley	Wong, Robles, Ly, Eng
1998	41.48	Benicia	Sugg, DeJulio, Galvan, Cowling
<b>1997</b>	<b>40.2</b>	<b>Mission San Jose</b>	<b>McGraw, Fong, O'Conner, Luk</b>
1996	41.5	Mission San Jose	Fong, Mei, McGraw, Smith
1995	44.2	American	Ruen, Jager, Pelarz, Cameron
1994	43.4	Las Lomas	Fartier, Uzzel, Baron, Hozapokous

Before 1994, the hurdles were 30" in height. After 1994, they were raised to 33".

1990-93	no meet		
1989	39.2	Ygnacio Valley	Patel, Hanf, Tobel, Bofing
1988	rained out		
1987	41.7	Las Lomas	Myers, Greensmith, Scott, Miller
1986	41.1	Presentation	Rucher, Kahlon, McNair, Lawson
1985	40.0	Las Lomas	Stone, Myers, Goeller, Maynard
1984	39.3	Campolindo	Thomas, Warren, Johnson, Kimer
1983	41.9	Encinal	Wong, Gee, Chui, Cantos
1982	meet not held		
1981	41.9	Carondelet	Glynn, Achuleta, Zulaica, Fourmet
1980	38.9	Acas	M. VanZeeland, K. VanZeeland, Dunkleberg, Meinbress
1979	38.6	Acas	VanZeeland, Dunkleberg, Meinbress, Upshaw
1978	37.7	Acas	Meinbress, Upshaw, Gross, Favors
1977	39.5	Livermore	Newell, Ng, Calhoun, Mochior
1976	41.7	Berkeley	Burgess, Robinson, Ross, Cobb

#### Prior to 1976, the hurdles were an individual event

1975 (80 yard)	11.3	K. Burgess	Berkeley
1974 (80 yard)	12.8	Roberta Bruder	Pleasant Hill
1973 (70 yard)	11.2	Roberta Bruder	Pleasant Hill

#### Fresh-Soph Boys:

1999	39.50	Benicia	Harrison, C. Santana, N. Santana, J. Santana
1998	40.51	Benicia	J. Santana, Patterson, C. Santana, Layton
1997	44.1	Benicia	DeWitt, Layton, Maurer, Rovo
1996	39.6	St. Mary's	Nero, Gozzano, Cann, Natale
1995	44.1	Castro Valley	Fung, Aguayo, Paik, Ciglar
1994	44.2	Castro Valley	Amiri, Fung, Kim, Moore
1990-93	no meet		
1989	42.2	Acas	Habibullah, Wilson, Chales, Scotte
1988	rained out		
1987	41.1	DeAnza	Hunt, Wiggins, Westbrood, Senior
1986	40.6	Ygnacio Valley	King, Cochual, Rice, McDowell
1985	43.7	Las Lomas	Nelson, Luna, Morse, Johnson
1984	40.9	Miramonte	Aldridge, Pope, Brown, Cameron

#### Fresh-Soph Girls:

1999	47.08	Newark-Memorial	Tebow, Gutierrez, Purtle, Jassu
1998	45.10	Foothill	names not available
1997	44.2	Castro Valley	Mertz, Gallagher, Ponce, Wong
1996	43.6	Armijo	names not available

**RUN FAST !!!**

# 4 x 220

Sponsored by the Pyzano's Pizzeria

## EVENT 11 BOYS' FROSH-SOPH 4 X 220

Lane	School	Entry Mark
Heat 1		
1	Washington "A"	n.t.
2	Albany	n.t.
3	College Prep	1:51.0
4	San Lorenzo "A"	1:38.5
5	Alameda "B"	1:52.1
6	Hayward "B"	n.t.
7	Oakland	n.t.

Lane	School	Entry Mark
Heat 2		
1	Washington "B"	n.t.
2	Hayward "A"	n.t.
3	Alameda "A"	1:45.5
4	Castro Valley	1:42.0
5	Mt. Eden	n.t.
6	Newark-Memorial	n.t.
7	San Lorenzo "B"	n.t.

## EVENT 12 GIRLS' FROSH-SOPH 4 X 220

Lane	School	entry mark
Heat 1		
1	College Prep	n.t.
2	Albany	n.t.
3	Alameda "A"	1:58.1
4	Castro Valley "B"	2:04.0
5	Hayward "A"	n.t.
6	Washington "A"	n.t.
7		

Lane	School	entry mark
Heat 2		
1	Mt. Eden	n.t.
2	Alameda "B"	n.t.
3	Castro Valley "A"	1:59.0
4	Hayward "B"	n.t.
5	Washington "B"	n.t.
6	Newark-Memorial	n.t.
7		

## EVENT 13 GIRLS' VARSITY 4 X 220

lane	school	entry mark
Heat 1		
1	Hayward	n.t.
2	Newark-Memorial	n.t.
3	Castro Valley	1:59.0
4	SAn Lorenzo	1:58.1
5	Oakland	n.t.
6	Redwood Christian	n.t.
7	Tennysen	n.t.

### Previous Winners


#### 4 X 220

#### Varsity Girls:


1999	1:56.19	Tennysen	Long, Marks, Pulley, Williams
1998	1:54.34	Castro Valley	Tabia, Peffersen, Medrano, Bailey
1997	1:48.02	Fremont (Oakland)	Ashworth, Wallace, Thomas, McCarter
1996	1:49.66	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
1995	1:56.9	Washington	Snow, Afencio, Ghodoussi, Obiligacion
1994	1:52.4	Oakland Tech	Henderson, Hammock, Beverly Smith
1990-93	no meet held		
1989	1:50.1	Holy Names	Tanner, Alexander, Gross, Taylor
1988	rained out		
1987	1:49.4	Alhambra	Cline, Taylor, Corbyn, McLaughlin
1986	1:49.8	Monte Vista	Crew, Voss, Hanson, Forshee
1985	1:49.7	Presentation	Hines, Ford, Wells, McNair
1984	1:49.3	Miramonte	Chapman, Hess, Moss, Maxworthy
1983	1:49.8	Miramonte	no names available
1982	meet not held		
1981	1:49.7	Carondelet	Fournet, Zulaica, Jackson, Banchemo
1980	1:48.2	Acalanes	Gruhler, Meinbress, Morgan, Hansen
1979	1:45.3	Northgate	Fleming, Peters, Warfield, Peters
1978	1:50.0	Northgate	Peters, Fleming, Warfield, Cassidy
1977	1:51.0	Piedmont	Cheek, Oustermann, McDevitt, Martell
1976	1:50.4	Las Lomas	DiMaggio, Sharpe, Warren, Sweetman
1975	1:47.2	Berkeley	Robinson, Murray, Rose, Nickson
1974	no records		
1973	1:50.3	Berkeley	Ray, Henderson, Stenford, Nickson

#### Frosh-Soph Boys:

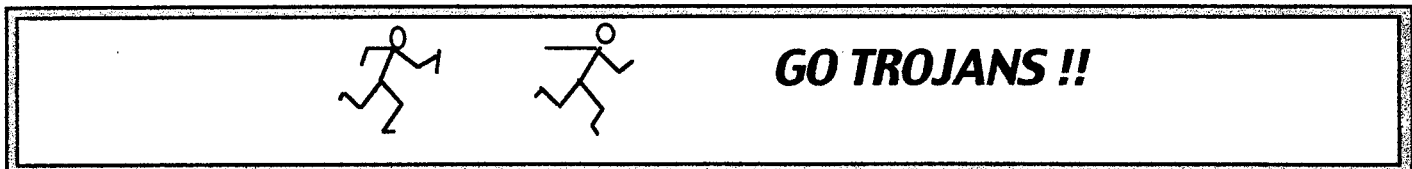
1999	1:38.77	Benicia	no names available
1998	1:39.91	Benicia	Randolph, Frisco, Chavez, Hampton
1997	1:35.08	Richmond	Lee, Meneses, Jolivet, Chui
1996	1:37.34	Acalanes	Bostjanich, Brilliant, Engledinger, Anderson
1995	1:40.4	Castro Valley	Chan, Henig, Bailey, Abramenko
1994	1:41.1	Alhambra	Yeager, Thompson, Lopez, Lindsay
1990-93	no meet held		
1989	1:38.0	Alhambra	Williams, Scott, Baggerly, Micaneh
1988	rained out		
1987	1:36.7	DeAnza	Hunt, Armst, Senior, Rivera
1986	1:34.2	Ygnacio Valley	VanBuren, Eleazar, Barry, King
1985	1:38.2	Miramonte	Wolfens-Speyer, Kline, Suh, Grant
1984	1:36.7	Miramonte	Metz, Vincenzo, Slaterelis, Weiser
<b>Frosh-Soph Girls:</b>			
1999	1:52.96	Hayward	Smith, Smith, Morris, Holleman
1998	1:59.24	Hayward	Holleman, Powell, Lee, Morris
1997	1:53.8	St. Mary's	no names available
1996	1:52.49	St. Mary's	Green-Odlum, Ranson, Shepherd, Accoco



**FRANK GEMIGNANI**  
Owner



**510-881-8878**  
3835 East Castro Valley Blvd.  
Castro Valley, CA 94552



# 4 x 880

Best wishes from the Hayward Ranch Restaurant and Bar

## EVENT 14 BOYS' FROSH-SOPH 4 X 880

Lane	Name & School	Entry Mark
<b>Heat 1</b>		
1	Castro Valley "A"	9:00
2	Alameda "A"	9:05
3	Alameda "B"	9:35
4	College Prep "A"	9:35
5	Piedmont	9:40
6	College Prep "B"	9:50
7	Castro Valley "B"	10:00
8	Alameda "C"	10:02
9	Albany	n.t.
10	Hayward	n.t.
11	Mt. Eden	n.t.
12	Newark-Memorial	n.t.
13	San Lorenzo	n.t.
14	Washington "A"	n.t.
15	Washington "B"	n.t.
16	Oakland	n.t.

## EVENT 15 GIRLS' FROSH-SOPH 4 X 880

Lane	Name & School	Entry Mark
<b>Heat 1</b>		
1	Castro Valley	11:59
2	Alameda	12:10
3	Albany	n.t.
4	Hayward	n.t.
5	Mt. Eden	n.t.
6	Newark-Memorial	n.t.
7	Washington	n.t.

## EVENT 16 GIRLS' VARSITY 4 X 880

Lane	Name & School	Entry Mark
<b>Heat 1</b>		
1	Piedmont	10:40
2	Castro Valley	11:00
3	Hayward	n.t.
4	Newark-Memorial	n.t.
5	Oakland	n.t.
6	Redwood Christian	n.t.

### Previous Winners:

#### 4 X 880 RELAY

##### Varsity Girls:

1999	11:14.2	Redwood Christian	Davidson, Davidson, Karn, Hemmengo
1998	10:45.3	Alhambra	Giatto, Neu, O'Dell, Loper-Riley
1997	10:10.5	Alhambra	New, Underwood, Loper-Riley, Giatto
1996	10:16.5	Mission San Jose	Noecochoa, Torrez, Rutledge, Hotchkiss
1995	10:35.1	Washington	Duscha, Lin, Holte, Snow
1994	10:49.0	Castro Valley	Shin, J. Ewing, Groome, Lim
1990-93	no meet held		
1989	10:08.5	Campolindo	Woodridge, Kho, Smith, Riley
1984-88	event not contested		
1983	10:14	Alhambra	Leary, Tully, Tully, Nakasoni
1982	meet not held		
1981	9:56.0	Castro Valley	Kr. Lambden, Cunningham, Stevenson, Ka. Lambden
1980	10:05.0	Castro Valley	Kr. Lambden, Van Buskirk, Stevenson, Ka. Lambden
1979	10:08.8	San Ramon	Grav, O'Conner, Schalk, Baffert
1978	event not contested		
1977	10:24.6	Livermore	Aubucheon, Williams, Brostrom, Ainsworth
1976	10:27.3	Bishop O'Dowd	Lourth, Gonszkes, Scannel, Zabner
1975	10:10.5	Pleasant Hill	Costello, Robinson, Iten, Bruder

##### Frosh-Soph Boys:

1999	9:01.8	Alameda	Bassmassery, Arellano, Yee, Lonsdale
1998	9:17.1	Las Lomas	McGinnes, Hermens, Copersmith, Clarkson
1997	8:57.6	Castro Valley	Cain, Sincerny, Cheung, Mellon
1996	9:02.6	Mission San Jose	Foreman, Stevesn, Chapman, Stepan
1995	9:15.4	Castro Valley	Bonuta, Mellon, D. Dulaney, Baria
1994	8:59.1	DeLaSalle	Click, George, Hintz, Sanchez
1990-93	no meet held		
1988-89	event not contested		
1987	8:43.9	Castro Valley	Denzler, Saunders, Guerino, Grabanski
1986	8:40.6	Las Lomas	Williams, Dangle, Goeller, Murphy
1985	8:57.9	DeAnza	Williams, Rainey, Margan, DeCruz
1984	8:43.4	Miramonte	Hiro, Smith, Flaherty, Durham

##### Frosh-Soph Girls:

1999	10:56.0	Hayward	Richardson, Norsworthy, Solozhuk, McIntyre
1998	10:59.0	Castro Valley	Simmons, Stewart, Groome, McGrellis
1997	10:58.8	St. Mary's	no names available
1996	10:23.2	Acalanes	Judy, Barbera, Bostjanich, Rowland

**GO TROJANS!**  
**BEST OF LUCK!**

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# OPEN 100 METER DASH

## EVENT 17 Junior High Open 100 (New Event)

### Heat 1 Boys

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>entry mark</u>
1		Canyon	n.t.
2		Canyon	n.t.
3	L. Andrews	Elmhurst	12.5
4	C. Sheilds	Elmhurst	13.1
5		Canyon	n.t.
6		Canyon	n.t.
7			

### Heat 1 Girls

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>entry mark</u>
1			
2			
3	T. Gibson	Elmhurst	13.5
4	J. Jones	Elmhurst	13.5
5	Alexis	Elmhurst	n.t.
6			
7			

# Open 100 Meter Dash

Best of luck to all from the Castro Valley Track team

## EVENT 18 BOYS' F/S OPEN 100 METER

Lane	Name	School	Entry Mark
Heat 1			
1			
2	J.	Castro	12.6
3	Sean	Ghiselli	12.3
4	Geno	McGuigan	11.3
5	Terrance	Hollomen	11.9
6	G.	Moida	n.t.
7			

### Heat 2

1			
2	E.	Lew	n.t.
3	Chris	Erber	12
4		Jackson	11.5
5	Isaac	Jackai	12
6		Oakland	n.t.
7			

### Heat 3

1			
2	Richard	Stepney	n.t.
3	Mark	McKinley	12.6
4		Solis	11.5
5	J.	Zellick	12.5
6		Newark-Memorial	n.t.
7			

### Heat 4

1			
2		Oakland	n.t.
3	Josh	Ferguson	12.2
4	Eric	Zamora	11.7
5		Newark-Memorial	n.t.
6	Steven	Ochoa	n.t.
7	Benedict	Omelagah	n.t.

## EVENT 20 GIRLS' VAR OPEN 100 METER

lane	name	school	entry mark
Heat 1			
1			
2		Newark-Memorial	n.t.
3	Rida	Chow	14.0
4	M.	Yee	13.4
5	Kalani	Holleman	12.4
6	Tashiba	Long	n.t.
7		Newark-Memorial	n.t.

### Heat 1

1			
2		Newark-Memorial	n.t.
3	Maria	Boisa	Washington
4	T.	Smith	San Lorenzo
5	Denein	Morris	Hayward
6	Makiah	Long	Tennyson
7			n.t.

### Previous Winners:

#### OPEN 100

#### Varsity Girls:

1999	13.75	Ali Letsch	Las Lomas
1998	13.25	Tomel Cooper	Dublin
1997	12.88	Anita McCullum	San Lorenzo
1996	13.20	Jill Armstrong	Acalanes
1995	13.3	Kristine Obligacion	Washington - Fremont
1994	12.8	Orisha Hines	Fremont-Oakland
1990-93	no meet		
1975-89	event not held		

1974 no records

1973 (yards) 11.9 Pam McDaniel Washington-Fremont

#### Fresh-Soph Boys:

1999	11.52	J. Hampton	Benicia
1998	11.66	Deonte Lewis	Hayward
1997	11.68	Derrick Kindle	Mt. Eden
1996	11.89	Benalter Gambles	Armijo
1995	11.3	Dave Newton	San Ramon
1994	11.6	Brian Thompson	Alhambra

#### Fresh-Soph Girls:

1999	12.86	Kalani Holleman	Hayward
1998	13.20	Kalani Holleman	Hayward
1997	13.19	Lukestain Powell	Castlemont
1996	13.45	Espeie Accode	St. Mary's

## EVENT 19 GIRLS' F/S OPEN 100 METER

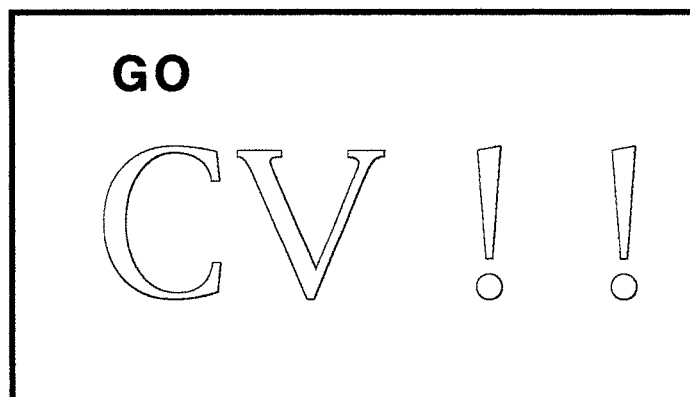
Lane	name	School	entry mark
Heat 1			
1	Dana	Linda	Castro Valley
2	Kim	Colby	Hayward
3	J.	Frankel	Alameda
4	Maria	White	Mt. Eden
5	Nicole	McCoy	Hayward
6		Newark-Memorial	n.t.
7			

### Heat 2

1	My'ah	Pierce	Castro Valley
2	J.	Robinson	Alameda
3	Lydia	Smith	Hayward
4	Stephanie	Bradford	Mt. Eden
5	A.	Lewis	Albany
6		Newark-Memorial	n.t.
7			

### Heat 3

1	Ashley	Montgomery	Holy Names
2	K.	Jones	Albany
3	Parris	Scoggins	Hayward
4	Lauren	Ford	Castro Valley
5		Newark-Memorial	n.t.
6	S.	McGillis	San Lorenzo
7			n.t.





# 4 x 440

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## EVENT 25 BOYS' FROSH-SOPH 4 X 440

Lane	School	Entry Mark
Heat 1		
1	Oakland	n.m.
2	Albany	n.t.
3	Castro Valley "A"	3:52.0
4	Mt. Eden	3:40.0
5	Alameda "A"	3:59.0
6	Newark-Memorial	n.t.
7	Washington "B"	n.t.

Lane	School	Entry Mark
Heat 2		
1	Washington "A"	n.t.
2	Alameda "B"	4:15
3	San Lorenzo	3:59
4	Hayward	3:51
5	Castro Valley "B"	4:00
6	Tennyson	n.t.
7	San Lorenzo "B"	n.t.
alt	Castro Valley "C"	n.m

## EVENT 27 GIRLS' VARSITY 4 X 440

lane	school	entry mark
Heat 1		
1	Newark-Memorial	n.t.
2	Hayward	4:47
3	Castro Valley	4:45
4	Piedmont	4:15
5	Redwood Christian	4:36
6	Alameda	5:00
7	Oakland	n.t.

### Previous winners 4 X 440

#### Varsity Girls:

1999	4:43.60	Redwood Christian	Davidson, Davidson, Silva, Hiemenga
1998	4:23.77	Alhambra	Giatto, New, Rill, O'Dell
1997	4:07.3	Fremont (Oakland)	Ashworth, McCarter, Lewis, Wallace
1996	4:13.4	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
1995	4:29.2	Washington	Holte, Ghodoussi, Snow, Lim
1994	4:31.1	Alhambra	Thompson, Underwood, Prato, Piper
1990-93	meet not held		
1989	4:17.8	Piedmont	no names available
1988	rained out		
1987	4:11.7	College Park	Henderson, Lucas, Dial, Marshall
1986	4:16.0	Acalanes	Ravazza, Ruan, Lee, Kilmred
1985	4:15.9	Acalanes	Ravazza, Kasper, Heckmann, Newberger
1984	4:17.5	Campolindo	Bacon, Hepler, McMahon, Sasser
1983	4:17.9	Campolindo	Bacon, Hepler, McMahon, Sasser
1982	no meet held		
1981	4:12.7	Campolindo	M. Hepler, K. Hepler, Sasser, Vance
1980	4:04.5	Campolindo	Adams, Hepler, Henneker, Sandal
1979	4:06.5	Miramonte	Langren, Bevan, Binsacca, Peters
1978	4:14.7	San Ramon	O'Connor, O'Connor, Bateman, Renwick
1977	4:11.7	El Cerrito	Hawthorne, Young, Hawthorne, Blackburn
1976	4:15.4	Berkeley	Burgess, Murray, Rass., Cobbs
1975	4:09.9	Las Lomas	Warren, Gray, Giesman, Sweetman
1974	no records		
1973	4:03.5	Berkeley	no names available

#### Frosh-Soph Boys:

1999	3:47.00	Alameda	no names available
1998	3:51.34	Benicia	Rivera, Ludwig, Pollard, Chavez
1997	3:41.0	Benicia	Morales, Chavez, Changus, Lawson
1996	3:45.8	Acalanes	Brillant, Bastjanich, Engledinger, Anderson
1995	3:45.6	Washington	Dean, John, Burns, Zeller
1994	3:47.6	Las Lomas	Schmidt, Coombs, Haleen, Moberly
1990-93	meet not held		
1989	3:43.0	Ygnacio Valley	Sanchez, Grim, Hunsaker, Schwab
1988	rained out		
1987	3:40.0	Acalanes	Redo, Stevens, Phillips, Sutch
1986	3:36.6	Ygnacio Valley	Barry, Eleazar, Shenejaeld, Morrison
1985	3:42.3	DeAnza	Margain, Baker, Morris, DeCruz
1984	3:42.8	Granada	Barneil, Johnson, Chambers, Kino

#### Frosh-Soph Girls:

1999	4:27.71	Granada	Kuska, Fischer, Ortuno, Smith
1998	4:37.94	Alameda	no names available
1997	4:28.5	St. Mary's	no names available
1996	4:22.4	Acalanes	Laird, Gillen, Judy, Rowland

## EVENT 26 GIRLS' FROSH-SOPH 4 X 440

Lane	School	entry mark
Heat 1		
1	Albany "A"	n.t.
2	Washington "B"	n.t.
3	Castro Valley "B"	4:55
4	Alameda "A"	4:31
5	Newark-Memorial	n.t.
6		
7		

Lane	School	entry mark
Heat 2		
1		
2	Washington "A"	n.t.
3	Hayward	4:47
4	Castro Valley "A"	4:35
5	Alameda "B"	n.t.
6		
7		



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# High Jump

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## EVENT 28 GIRLS' VARSITY HIGH JUMP

Team	entry mark
Castro Valley "A"	13-4
Alameda	12-0
Castro Valley "B"	12-0
Hayward	n.m.
Newark-Memorial	n.m.

## EVENT 29 GIRLS' FROSH-SOPH HIGH JUMP

Team	entry mark
Alameda	13-0
Castro Valley "A"	13-0
Castro Valley "B"	12-0
Hayward	11-6
Holy Names	n.m.
Mt. Eden	n.m.
Newark-Memorial	n.m.

## EVENT 30 BOYS' FROSH-SOPH HIGH JUMP

Team	entry mark
Hayward "A"	16-0
Castro Valley "A"	15-4
Hayward "B"	15-0
Alameda	14-0
Castro Valley "B"	14-0
Castro Valley "C"	13-6
Albany	n.m.
Mt. Eden	n.m.
Newark-Memorial	n.m.
San Lorenzo	n.m.

### Previous Winners: HIGH JUMP

#### Varsity Girls:

Year	Mark	Team	Team	Mark
1999	14-3 1/2	Castro Valley	Bailey, Eng, McDonald	5-1 1/2
1998	13-6	Castro Valley	Long, McDonald, Bailey	4-10
1997	13-10	Castro Valley	Kohl, Bailey, Komadina	5-0
1996	14-4	Acalanes	Nichol, Shaw, Fleff	5-2
1995	14-0	Castro Valley	Kohl, E. Ewing, Komadina	4-10
1994	13-6	Castro Valley	Kohl, Hild, Parker	4-10
1990-93	no meet held			
1989	14-0	Holy Names	Clark, Harb, Dillon	4-10
1988	rained out			
1987	14-0	Monte Vista	Byers, Cole, Baker	4-10
1986	13-6	Arroyo	Barros, Lopes, Sanchez	5-0
1985	14-2	Campolindo	Johnson, Denham, Cole	4-10
1984	14-6	Campolindo	Denham, Johnson, Kiser	4-11
1983	no records			
1982	no meet held			
1981	13-6	Castro Valley	VanBuskirk, Cunningham, Symes	4-10
1980	14-3	Acalanes	Carr, Dunklebe, VanZeeland	5-6
1979	14-4	Acalanes	Dalicio, VanZeeland, Dunklebe	5-6
1978	13-10	Las Lomas	Warrington, Kunz, Cornell	5-2
1977	14-0	Livermore	Madrid, Paxaio, Shirley	4-10
1976				5-2
1975				5-2
1974				no record
1973				A. Noack

#### Individual:

Name	Team	Name	Team
Loryn Bailey	Castro Valley	Lisa Banchoero	Carondelet
Rachel McDonald	Castro Valley	Maggie VanZeeland	Acalanes
Amy Kohl	Castro Valley	Lisa Peters	Northgate
Erin Nichol	Acalanes	Karen Cornell	Las Lomas
Amy Kohl	Castro Valley	Janice Paxaio	Livermore
Tracy Banks	Alhambra	Johnson	Liberty
Daly	Benicia	Terry Knight	Berkeley
Carrie Dial	College Park	no record	
Brook Knight	Clayton Valley	A. Noack	Campolindo
Kristin Folkedahl	Acalanes		
Claire Denham	Campolindo		

#### Girls Frosh-Soph:

Year	Mark	Team	Name	Mark
1999	13-2	Alameda	Sawyer, Unger, Urzell	4-8
1998	13-0	Hayward	Wong, Morse, McConnell	4-8
1997	8-4	Las Lomas	Miller, Kreen, Hoffman	4-6
	8-4	Castro Valley	Bichsel, Robles, Eng	
1996	12-10	Castro Valley	Bailey, Robles, Van Norman	4-6

#### Frosh-Soph Boys:

Year	Mark	Team	Name	Mark	Name	Team
1999	16-2	Pittsburg	Malone, Davis, Anderson	5-8	David Finney	Granada
	16-2	Castro Valley	Parker, Hansen, Stohr	5-8	Ben Hanson	Castro Valley
1998	15-10	Benicia	Dylan, Layton, Puno	5-6	Ben Hanson	Castro Valley
	15-10	Castro Valley	Hanson, Prakash, Stohr			
1997	16-2	San Lorenzo	DePina, Owens, Gardillo	5-10	Vincent Boatwright	Hayward
	16-2	Benicia	Miner, Maurer, Layton			
1996	16-2	Hayward	Holteman, Boatwright, Cano	5-8	Jordan Engledinger	Acalanes
1995	16-2	Tokay	Ryan, Caulkey, Echler	5-10	Jason Ryan	Tokay
1994	15-6	Castro Valley	Amiri, Kim, Fung	5-6	Noeem Amiri	Castro Valley
1990-93	meet not held					
1985-89	event not contested					
1984	16-7	Miramonte	Cameron, Franklin, Kerchner	5-7	Chris Kerchner	Miramonte
				5-7 (tie)	Tom Cameron	Miramonte

**GO TROJANS !!!**

# Long Jump (Girls) & Triple Jump (Boys)

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## EVENT 31

GIRLS' FROSH-SOPH  
LONG JUMP

team	entry mark
Castro Valley "A"	40-0
Alameda	37-0
Castro Valley "B"	35-0
Albany	n.m.
Holy Names	n.m.
Mt. Eden	n.m.
Newrk-Memorial	n.m.

## EVENT 32

GIRLS' VARSITY  
LONG JUMP

team	entry mark
Hayward	55-0
Castro Valley	39-0
Newark-Memorial	n.m.
Redwood Christian	n.m.
Tennyson	n.m.

## EVENT 33

BOYS' FROSH-SOPH  
TRIPLE JUMP

team	entry mark
Castro Valley "A"	102-0
Hayward	94-0
Castro Valley "B"	84-0
Castro Valley "C"	80-0
Castro Valley "D"	80-0
Alameda	n.m.
Albany	n.m.
Mt. Eden	n.m.
Newark-Memorial	n.m.
Washington	n.m.
Oakland	n.m.

### Previous Winners:

#### Varsity Girls:

1999	43-9
1998	41-1 1/2
1997	43-4 1/2
1996	41-0
1995	42-3 1/2
1994	42-0 1/2
1990-93	meet not held
1989	43-7 1/2
1988	rained out
1987	43-5
1986	45-6 1/2
1985	45-10 1/2
1984	47-0
1983	47-0 1/2
1982	meet not held
1981	48-1 1/2
1980	46-9 3/4
1979	47-2 1/2
1978	45-7
1977	48-0 1/2
1976	not a relay event
1975	not a relay event
1974	not a relay event
1973	not a relay event

#### LONG JUMP

Castro Valley
Redwood Christian
Castro Valley
Las Lomas
Holy Names
Castro Valley
Holy Names
Monte Vista
Alhambra
Campolindo
Miramonte
Campolindo
Alhambra
Acalanes
Moreau Catholic
Northgate
Livermore

#### Teams:

McDonald, Bailey, Paladini
Davidson, Wiecker, Yovino
Sammons, Bailey, Jones
Minglana, Leahy, Ashworth
Brown, Agbowo, Banks
Kohl, Shin, Wong
Tanner, Gross, Alexander
Hansen, Kolb, Studdell
Corbyn, Morandin, Suito
Doust, Berman, Schuh
Tong, Halsey, Hess
Schuh, Berman, Rowe
Suitos, Hanson, Hopkins
Bucklin, Cox VanZeeland
Miles, Carson, Kinman
Fleming, Peters, Kenow
Madrid, Ng, Paxaio
Holleman, Booth, Carter
Holleman, Radcliffe, Gunseor
Miller, Baoufi, Ashworth
Rodriguez, Eisner-Gordon, English

#### Individuals:

15-4	Loryn Bailey	Castro Valley
14-6 1/2	Ana Yovino	Redwood Christian
15-2 1/2	Becka Fong	Mission San Jose
14-5 1/2	Ada Minglana	Las Lomas
14-10	Jasmin Brown	Holy Names
14-11 1/4	Amy Kohl	Castro Valley
16-4	Chivonne Tanner	Holy Names
15-0	Susie Calahong	Las Lomas
15-11	Cindi Barros	Arroyo
16-7 1/2	Karlyn McNall	Acalanes
16-1 3/4	Kim Halsey	Miramonte
16-5 1/2	Kim Halsey	Miramonte
16-6	Pam Cole	Castro Valley
16-9	Maggie VanZeeland	Acalanes
16-9 1/2	Rita O'Connor	San Ramon
15-11 1/2	Dawn Peters	Northgate
16-9	Paula Ng	Livermore
16-5	Kelly Swearington	Del Valle
17-2 1/2	Terry Knight	Berkeley
17-0	C. Hermann	Las Lomas
16-6 3/4	P. Lebric	Bishop O'Dowd
14-6	Shelley Deis	Granada
14-6	Kalani Holleman	Hayward
14-10	Heather Ashworth	Las Lomas
14-11	Katy Savage	Alameda

### TRIPLE JUMP

#### Frosh-Soph Boys:

1999	110-0-3/4
1998	101-6
1997	108-0 1/2
1996	104-2 3/4
1995	105-9
1994	109-9 3/4
1990-93	no meet held
1989	110-1 1/2
1988	rained out
1987	114-9
1986	113-10

Tennyson
Las Lomas
San Lorenzo
Hayward
Castro Valley
Castro Valley
Acalanes
DeAnza
Ygnacio Valley

Brown, Smith, McKnight
Gabe, McGinnis, Clarkson
DePina, Owens, Gordillo
Hsieh, Johnson, Conway
Bailey, Fung, Ciglar
Amiri, Moore, Wong
Wilson, Sampson, Habibullah
Hunt, Riveis, Foster
Medrona, Poppleton, Barry

38-11 3/4
37-0
37-8 1/2
37-0 1/2
37-2
37-5 3/4
40-2
39-5
41-7

Vonshae McKnight	Tennyson
Laith Almagen	Hayward
Recil Miner	Benecia
Kim-Da Hsieh	Hayward
Kevin Grimes	San Lorenzo
Naeem Amiri	Castro Valley
Jerry Reese	Mt. Diablo
J. Hunt	DeAnza
Rich Laccay	Moreau Catholic



# Shot Put

## EVENT 34

### BOYS' FROSH-SOPH SHOT PUT

team	entry mark
Castro Valley "A"	115-0
Alameda	97-0
Hayward	95-0
Castro Valley "B"	95-0
Albany	n.m.
Castro Valley "C"	n.m.
Mt. Eden	n.m.
Newark-Memorial "A"	n.m.
Newark-Memorial "B"	n.m.
Newark-Memorial "C"	n.m.
Piedmont	n.m.
San Lorenzo	n.m.
Tennyson	n.m.
Oakland	n.m.

## EVENT 35

### GIRLS' VARSITY SHOT PUT

team	entry mark
Hayward "A"	86-0
CASTRO VALLEY "A"	85-0
Hayward "B"	80-0
Washington	72-0
Alameda	60-0
Castro Valley "B"	n.m.
Newark-Memorial	n.m.
Oakland	n.m.

## EVENT 36

### GIRLS' FROSH-SOPH SHOT PUT

team	entry mark
Hayward	66-0
Alameda	65-0
Castro Valley "A"	64-0
Castro Valley "B"	n.m.
Mt. Eden	n.m.
Newark-Memorial	n.m.

#### Previous Winners: SHOT PUT

Team:	Individual:
<b>Varsity Girls:</b>	
1999 92-4 Hayward	Dixon, Radcliffe, Cortez 34-11
1998 82-0 California	Valdes, McNeil, Ladouceur 30-4
1997 92-11 Castro Valley	Klews, Rizzo, Abella 32-8
1996 86-7 Fremont (Oakland)	Fine, Talanoa, Payne 32-10
1995 83-7 1/2 Castro Valley	Klews, Minion, Howard 31-9
1994 75-10 Alhambra	Colbert, Ferguson, Fowler 29-2
1990-93 meet not held	
1989 89-3 1/2 Piedmont	Moren, Watts, Martin 37-7 1/4
1988 rained out	
1987 91-0 3/4 Acalanes	Connor, Samahon, Billeter 35-8
1986 89-2 1/2 Moreau Catholic	A. Loggins, Watson, B. Loggins 34-0 1/4
1985 92-3 1/2 Foothill	Murphy, DeSantis, Mullikin 34-2 1/2
1984 94-9 1/2 Moreau Catholic	A. Loggins, B. Loggins, Watson 37-1
1983 86-0 Eagle Point, Oregon	Dickenson, Waller, Hanscom 32-8 1/2
1982 no meet held	
1981 86-8 1/2 Ygnacio Valley	Reed, Camp, Chiavini 32-8
1980 105-3 1/2 Liberty	<b>Gallegos, Gallegos, Hoffman 40-0</b>
1979 101-1 Monte Vista	B. Callegan, Fischer, K. Callegan 39-8 1/2
(8 lb. shot used before 1979)	
1978 89-5 1/2 San Leandro	Richards, Bradshaw, Egan 40-6
1977 105-6 Monte Vista	Bell, Callegan, Dolsby 38-9
1976 not a relay event	
1975 not a relay event	
1974 not a relay event	
1973 not a relay event	
<b>Girls' Frosh-Soph:</b>	
1999 81-7 Castro Valley	Shaw, West, Szalay 30-0
1998 74-5 1/2 Richmond	Bournd, Romero, Robinson 27-0 3/4
1997 81-10 Las Lomas	<b>Brell, Wilson, Hansen 31-0</b>
1996 81-1 1/2 St. Mary's	O'Dea, Aikens, Harris 32-6
<b>Frosh-Soph Boys:</b>	
1999 126-9 Benicia	Fong, Berace, Henderson 43-8
1998 118-3 3/4 Las Lomas	Him, Frohnm, Al Faqih 46-6
1997 118-0 1/2 Sacred Heart	Miranda, Mazeris, Joyner 46-7
1996 124-7 1/2 Las Lomas	<b>Robbie Christiansen 50-9</b>
1995 129-4 1/2 Tokay	Christiansen, Jones, Decker 47-7 1/2
1994 125-8 Alhambra	Takahaski, Gabriel, Lanfair 45-2
1990-93 meet not held	
1989 114-0 3/4 Piedmont	Fendel, Krieger, DeFeo 42-8
1988 rained out	
1987 128-11 1/2 College Park	McDeamid, Byford, Holden 47-11 1/2
1986 126-6 1/2 Amador Valley	Carvecho, DeBarnardi, Sebaha 48-8
1985 124-6 Las Lomas	Freschi, Barnes, Miller 46-5
1984 140-2 San Ramon	<b>Cox, Greg, Isola 49-0</b>
	Evangelina Dixon Hayward
	Carolyn Whitney Benicia
	Barbara Klews Castro Valley
	Barbara Klews Castro Valley
	Barbara Klews Castro Valley
	Stephanie Colbert Alhambra
	Julie DeJarlis Las Lomas
	Hildegard Samahon Acalanes
	Dawn Lundberg Campolindo
	Esther Mullikin Foothill
	Jennifer Watson Moreau Catholic
	Debby Hanscom Eagle Point
	Diane Reed Ygnacio Valley
	<b>Kathy Callegan Monte Vista</b>
	Kathy Callegan Monte Vista
	Linda Reed Alameda
	Carol Dolsby Monte Vista
	Vanessa Brooks Berkeley
	L. Keats San Leandro
	L. Gustavson Monte Vista
	G. King Washington
	Angela Faghi Las Lomas
	Lizzy Colbert Alhambra
	Rosie Aikens St. Mary's
	<b>Rosie Aikens St. Mary's</b>
	Steve Henderson Benicia
	Basil Al-Faqih Las Lomas
	Basil Al-Faqih Las Lomas
	<b>Robbie Christiansen Las Lomas</b>
	Darren Lanfair Tokay
	Tony Feliciano Mt. Eden
	Josh DeFeo Piedmont
	Doug Byrkit Monte Vista
	Eric Bamberger Ygnacio Valley
	Tony Miller Las Lomas
	Will Greg San Ramon

# Discus Throw

## EVENT 37

### GIRLS' VARSITY DISCUS

<u>team</u>	<u>entry mark</u>
Alameda	240-0
Castro Valley "A"	230-0
Redwood Christian	208-0
Washington	184-0
Hayward "A"	180-0
Hayward "B"	120-0
Castro Valley "B"	n.m.
Holy Names	n.m.
Oakland	n.m.
Tennyson	n.m.

## EVENT 38

### GIRLS' FROSH-SOPH DISCUS

<u>team</u>	<u>entry mark</u>
Alameda	215-0
Castro Valley "A"	140-0
Castro Valley "B"	n.m.
Mt. Eden	n.m.
Newark-Memorial	n.m.

## EVENT 39

### BOYS' FROSH-SOPH DISCUS

<u>team</u>	<u>entry mark</u>
Mt. Eden	333
Castro Valley "A"	270
Hayward	270
Alameda	260
Castro Valley "B"	200
Albany	n.m.
Castro Valley "C"	n.m.
Newark-Memorial "A"	n.m.
Newark-Memorial "B"	n.m.
Newark-Memorial "C"	n.m.
San Lorenzo	n.m.
Tennyson	n.m.
Oakland	n.m.

### Previous winners: DISCUS

#### Varsity Girls

1999	248-11
1998	238-7
1997	256-2 1/2
1996	220-1
1995	256-8
1994	247-3
1990-93	meet not held
1989	249-0
1988	rained out
1987	274-11
1986	286-7
1985	274-8
1984	276-11
1983	256-6
1982	meet not held
1981	283-2
1980	298-9 1/2
1979	283-9
1978	300-4 1/2
1977	290-7
1976	Prior to 1977, field events were only individual competition
1975	
1974	
1973	

#### Girls' Frosh-Soph:

1999	230-11
1998	198-3
1997	238-9 1/2
1996	222-7

#### Frosh-Soph Boys:

1999	341-11
1998	303-3
1997	271-4
1996	294-11
1995	313-3
1994	288-1
1990-93	meet not held
1989	308-8

### Team:

Alameda
Castro Valley
Castro Valley
Dublin
Tokay
Alhambra
Piedmont
Las Lomas
Moreau Catholic
Foothill
Moreau Catholic
Campolindo
meet not held
Acalanes
Acalanes
Monte Vista
Pleasant Hill
Monte Vista

Stoner, Wlaker, Palem
Van Elk, Hausel, Rizzo
Klews, Rizzo, Abela
Lee, Hodson, Jamison
Pfeifle, Wiley, Hernandez
Colbert, Fowler, Ferguson
Martin, Anderson, Moren
Dawson, DedJarlis, Deruyte
A. Loggins, Watson, B. Loggins
Kleinsmith, DeSantis, Murphy
B. Loggins, Watson, A. Loggins
Ebersole, Denham, Lundling
Borgwardt, D'Hout, Gordon
Lovfang, Borgwardt, D'Hout
Fisher, K. Callaghan, B. Callaghan
Aston, Echols, Johnson
Frahmen, Dolsby, Bell
Stanley, Perkins, Todd
Winkle, See, Colbert
Cotton, Williams, Aikens
Harris, Aikens, Williams

115-6
102-7
92-7
90-4
98-4
89-5 1/2
119-2
123-2
117-6
124-7
108-11 3/4
98-3
113-7
116-2
126-4
133-7
122-10 1/2
115-2 1/2
99-8
no records
89-7
85-2-3/4
67-3
108-4 1/2
105-0
131-2
116-8
112-2 1/2
124-10
109-0
103-3
119-1

### Individual

Purte Bern
Kate Valdez
Rachael Lee
Valerie Kucharewski
Shannon Pfeifle
Stephanie Colbert
Julie DeJarlis
Julie DeJarlis
Swanson
Swanson
Tyler
Casazza
Cherie Schaeffer
d'Hout
Heidi Carlson
Linda Reed
Carol Dolsby
Shannon Duthrie
K. Hilton
S. Pierce
Melissa Wallin
Lizzy Colbert
Rosie Aikens
Katy Savage
Chris Manning
Derek Patterson
Rollin McReady
Rob Christiansen
Darren Larfair
Chris Barker
D. Halpin

Newark-Memorial
California
Dublin
Foothill
Tokay
Alhambra
Las Lomas
Las Lomas
College Park
College Park
College Park
Alhambra
Castro Valley
Acalanes
Miramonte
Alameda
Monte Vista
Miramonte
Pleasant Hill
Berkeley
Analy
Alhambra
St. Mary's
Alameda
Castro Valley
Alhambra
Hayward
Las Lomas
Tokay
Hayward
Campolindo

# Pole Vault

## EVENT 40

### GIRLS' FROSH-SOPH POLE VAULT

<u>team</u>	<u>entry mark</u>
Castro Valley "A"	n.m.
Newark-Memorial	n.m.

## EVENT 41

### GIRLS' VARSITY POLE VAULT

<u>team</u>	<u>entry mark</u>
Piedmont	21-0
Castro Valley	n.m.
Newark-Memorial	n.m.

## EVENT 42

### BOYS' FROSH-SOPH POLE VAULT

<u>team</u>	<u>entry mark</u>
Castro Valley	24-0
Albany	n.m.
Newark-Memorial	n.m.

### Previous Winners: POLE VAULT

#### Team:

##### Varsity Girls:

1999	25-6	Las Lomas	Helm, Hoffman, Powell
1998	24-6	Castro Valley	Sammors, Glenn, Arterburn
1997	23-6	Alhambra	Sutton, Gliatto, Johnson
1996	22-6	Acalanes	Flett, Forde, Herg
	22-6	Castro Valley	E. Ewing, Clancy, Sammons
1995	21-0	Las Lomas	Baron, Fleming, Tumbas
1994	21-6	Las Lomas	Baron, Fleming, Tumbas

##### Girls' Frosh-Soph:

1999	22-0	Las Lomas	Leahy, Lim, Kersey
1998	22-6	Las Lomas	Helm, Hoffman, Creech
1997	22-0	Las Lomas	Hoffman, Green, Yeghoian
1996	7-0	Dublin	Cherie Simon

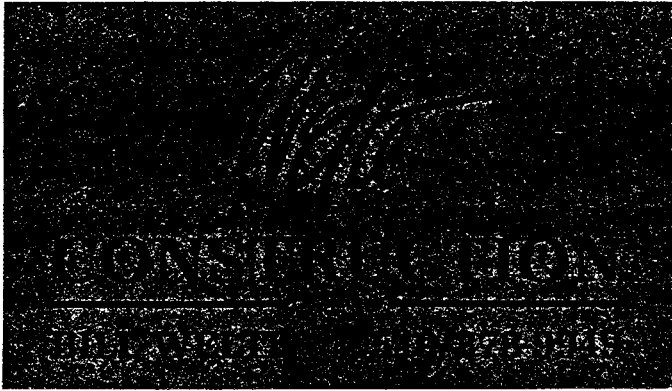
##### Frosh-Soph Boys:

1999	32-6	Las Lomas	Harris, Shortenhaus, Marshall
1998	29-6	Benicia	Lass, Santana, Rivera
1997	29-6	Benicia	Rivara, Miner, Thomas
1996	31-0	Las Lomas	Wilson, Klopp, VandeNeth
1995	24-6	Las Lomas	Holliswell, Klopp, Wilson
1994	29-6	Alhambra	Hodgkinson, Porter, Savacool
1990-93	meet not held		
1989	30-9	Ygnacio Valley	Pierson, Tran, Medhurst
1988	rained out		
1987	30-0	Ygnacio Valley	Land, Daily, Kim
1986	28-0	Clayton Valley	Tara, Hooshmand, Rockenbaugh
1985	26-6	Las Lomas	Veglia, Luna, McGuire

#### Individual:

10-6	Vernica Garcia	Newark-Memorial
8-6	Amber Sammons	Castro Valley
8-6	Danielle Sutton	Alhambra
8-6	Elizabeth Ewing	Castro Valley
9-6	Amanda Sweeney	Tokay
8-0	Amanda Baron	Las Lomas
8-0	Cindy Lim	Las Lomas
7-6	Jenika Heim	Las Lomas
7-6	Allison Creech	Las Lomas
8-0	Elaine Hoffman	Las Lomas
7-0	Cherie Simon	Dublin
12-0	Dave Shortenhaus	Las Lomas
11-0	Joe Rivera	Benicia
10-6	Racil Miner	Benicia
11-9	Chad Wilson	Las Lomas
10-0	Zac Martinez	Tokay
10-6	Paul Hodgkinson	Alhambra
12-3	Bruce Medhurst	Ygnacio Valley
12-0	Mike Lane	Acalanes
10-6	Poppleton	Ygnacio Valley
10-6	Tara	Clayton Valley
10-6	Dave Veglia	Las Lomas

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