

Castro Valley High School

***TROJAN
INVITATIONAL
RELAYS***

Friday, April 13, 2001
Trojan Stadium

2001 Trojan Invitational Relays

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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!

SCHEDULE OF EVENTS

TRACK EVENTS

(first event starts at 3:30)

1	BFS	4 X MILE
2	GFS	4 X MILE (run with GV 4 x Mile)
3	GV	4 X MILE (run with 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

(field events start at 4:00 p.m.)

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 P.M.
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		WITH GFS
42	BFS	POLE VAULT		AFTER GV

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TEAMS COMPETING TODAY:

ALAMEDA

ARROYO

CASTRO VALLEY

ELMHURST MIDDLE SCHOOL

GRANADA

HAYWARD

LAS LOMAS

SACRAMENTO DAY SCHOOL

SACRED HEART CATHEDRAL

ST. JOHN'S

SAN LORENZO

TENNYSON

VACAVILLE CHRISTIAN

WINTON MIDDLE SCHOOL

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
Heat 1		
1	Castro Valley	20:40
2	Sacred Heart	21:00
3	Alameda	21:45
4	Las Lomas	22:00
5	Granada	23:00
6	San Lorenzo	n.t.

EVENT 2 GIRLS' FROSH-SOPH 4 x MILE

Lane	Name & School	Entry Mark
Heat 1		
1	Alameda	25:30
2	Castro Valley "A"	24:35
3	Castro Valley "B"	26:00

EVENT 3 GIRLS' VARSITY 4 x MILE

Lane	Name & School	Entry Mark
Heat 1		
1	Sacred Heart	22:45
2	Castro Valley	24:15
3	Alameda	25:45

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Previous Winners:

4 X MILE

Varsity Girls:

2000	23:52.1	Castro Valley	Stewart, Groome, Boon-Nitoff, Dodge
1999	24:14.9	Castro Valley	Schmidt, Groome, McGrellis, Boon-Nitoff
1998	23:29.0	Alhambra	Loper-Riley, Neu, Gliatto, 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	Lucero, Chau, Huang, Hua
1994	24:11.9	Castro Valley	J. Ewing, Wang, Lim, Shin

Frosh-Soph Boys:

2000	20:07.2	Castro Valley	Fernsten, Welle, Wong, Bettinger
1999	20:38.4	Castro Valley	Cardiasmenos, Bettinger, Wong, Puppione
1998	21:38.0	Benicia	DeJulio, Thomas, Housman, Murphy
1997	20:23.6	Mission San Jose	Siron, Golden, Kirsher, Baird
1996	20:18.9	Mission San Jose	Stepan, Stevens, Chapman, Freeman
1995	20:36.2	Castro Valley	D. Dulaney, Boruta, Patterson, Baria
1994	19:57.8	DeLaSalle	George, Click, Sanchez, Hintz

Frosh-Soph Girls:

2000	24:36.3	Alameda	Lee, Burenin, Orzell, Roberts
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	Slower, Ponce, Robles, Groome
1996	24:22.6	Acalanes	Judy, Barbera, Powers, Bosjanich

4 X 100

Good Luck from the Castro Valley Track Team !!

EVENT 4 JUNIOR HIGH 4 X 100

Boys & Girls

Heat 1

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>entry mark</u>
1			
2			
3			
4			
5			
6			
7			

Previous Winners:

Boys:

2000 no winner

Girls:

2000 1:01.33 Elmhurst - Turner, Evans, Turner, O'Neil

4 x 100

EVENT 5 BOYS' FROSH-SOPH 4 X 100

Lane	Name & School	Entry Mark
Heat 1		
1	Castro Valley "B"	49.5
2	Alameda "A"	48.5
3	Las Lomas	47.0
4	Granada	48.1
5	Hayward "B"	49.2
6	Sacramento Day School	54.7
7	San Lorenzo	n.t.
Heat 2		
1	Castro Valley "C"	51.0
2	Sacred Heart	48.8
3	Castro Valley "A"	48.0
4	Hayward "A"	48.0
5	Alameda "B"	49.7
6	Alameda "C"	51.2
7	Las Lomas "B"	n.t.

EVENT 6 GIRLS' FROSH-SOPH 4 X 100

Lane	Name & School	Entry Mark
Heat 1		
1		
2	Las Lomas	57.0
3	Granada	56.1
4	Castro Valley "A"	53.5
5	Hayward "A"	56.9
6	San Lorenzo	57.5
7		
Heat 2		
1		
2	Hayward "B"	n.t.
3	Castro Valley "B"	55.0
4	Alameda	54.1
5	Castro Valley "C" 58.5	
6		
7		

EVENT 7 GIRLS' VARSITY 4 X 100

Lane	Name & School	Entry Mark
Heat 1		
1	Alameda	57.0
2	Castro Valley	56.5
3	San Lorenzo	55.8
4	Las Lomas	53.8
5	Hayward	55.7
6	Sacramento Day School	60.1
7		

Previous Winners:

4 x 100

Varsity Girls:

2000	53.50	Newark-Memorial	Purte, Avinia, Person White
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, Afencio, Ghodoussi, Obligation
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	Academes	Koimer, Kostulos, Peterson, Favazza
1986	51.4	Monte Vista	Crew, Roos, Hansen, Forshee
1985	51.6	Presentation	Wells, Hines, McNair, Ford
1984	50.6	Clayton Valley	Flemings, Barnes, Carr, Masae
1983	52.6	Camplindo	Lundberg, Schulz, Muesser, Basser
1982	rained out		
1981	50.8	Alhambra	Hansenim, Hookins, Swicegood, Sultas
1980	51.0	Miramonte	Bevan, Blakey, Davis, Binsacca
1979	49.2	Northgate	Fleming, Peters, Warfield, Ralero
1978	51.8	Miramonte	Bevan, Blakey, Binsacca, Langian
1977	50.6	El Cerrito	Young, Hawthorne, Blackburn, Hawthorne
1976	50.8	Berkeley	Cobbs, Robinson, Burgess, Knight
1975	49.7	Berkeley	Nickson, Robinson, Burgess, Knight
1974	no records		
1973	49.9	Berkeley	White, Staneford, Byfield, Nickson

Frosh-Soph Boys:

2000	46.13	Castro Valley	Zamora, Chan, FitzGerald, McGuigan
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	Academes	Liang, Engledinger, Anderson, Britant
1995	47.0	Washington	Burns, John, Zellers, Dean
1994	47.4	Alhambra	Hodgkinson, Thompson, Linsey, Yeager
1989	46.5	Benicia	Liston, Zimmer, Baylor, Scheleman
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	Krugner, DePietro, Rivera, Herbert

Frosh-Soph Girls:

2000	54.68	Las Lomas	Tingen, Moore, Mage, LaVallee
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

**WELLS
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Josie Barnish
Branch Manager
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4 x Shuttle Hurdles

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

Lane	Name & School	Entry Mark
Heat 1		
1 & 2	Alameda	n.t.
3 & 4	Castro Valley	44.0
5 & 6	Hayward	n.t.
7 & 8	Sacred Heart	n.t.

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

Lane	Name & School	Entry Mark
heat 1		
1 & 2		
3 & 4	Alameda	n.t.
5 & 6	Castro Valley "B"	50
7 & 8	Las Lomas	

Heat 2

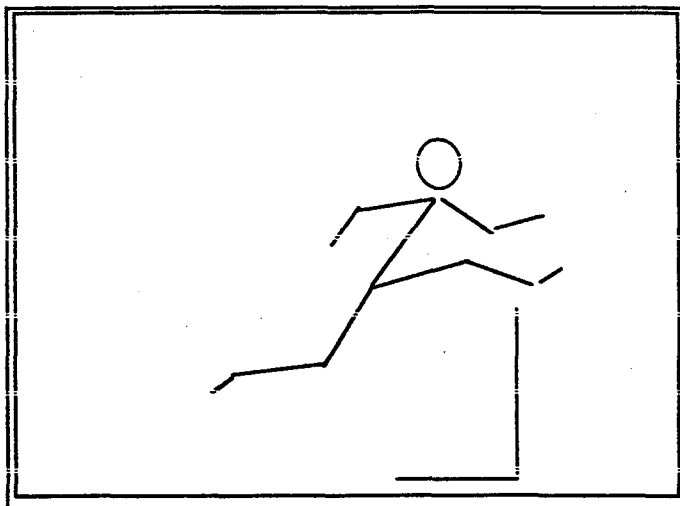
1 & 2		
3 & 4	Castro Valley "A"	47.5
5 & 6	Hayward	n.t.
7 & 8		

EVENT 10 GIRLS' VAR 4 X 65 YD HURDLES

	Name & School	Entry Mark
Heat 1		
1 & 2	Alameda	n.t.
3 & 4	Arroyo	42.0
5 & 6	Castro Valley	n.t.
7 & 8	Hayward	n.t.

Heat 2

1 & 2		
3 & 4	Alameda	n.t.
5 & 6	San Lorenzo	n.t.
7 & 8		



Previous Winners:

SHUTTLE HURDLES

Varsity Girls:

2000	44.66	Hayward	Dizon, Smith, Powell, Gamero
1999	43.03	Castro Valley	Wong, Robles, Ly, Eng
1998	41.48	Benicia	Sugg, DeJulio, Galvan, Cowling
1997	40.2	Mission San Jose	McGraw, Fong, O'Conner, Luk
1996	41.5	Mission San Jose	Fong, Mei, McGraw, Smith
1995	44.2	American	Ruen, Jager, Pelarz, Cameron
1994	43.4	Las Lomas	Fortier, Uzzel, Baron, Hozapolous
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, Tabel, 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, Fourmel
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:

2000	44.90	Castro Valley	Stanley, Leng, Kong, Parker
1999	39.50	Benicia	Harrison, C. Santana, N. Santana, J. Santana
1998	40.51	Benicia	J. Santana, Patterson, C. Santana, Layton
1997	44.1	Benicia	DeWitt, Layton, Maurer, Rovo
1996	39.6	St. Mary's	Nero, Gozzano, Cann, Natale
1995	44.1	Castro Valley	Fung, Aguayo, Paik, Ciglar
1994	44.2	Castro Valley	Amiri, Fung, Kim, Moore
1990-93	no meet		
1989	42.2	Acalanes	Habibullah, Wilson, Chales, Sikotte
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:

2000	45.49	Alameda	Vongkhamchanh, Robinson, Sandhu, Wong
1999	47.08	Newark-Memorial	Tebow, Gutierrez, Purfle, Jassu
1998	45.10	Foothill	names not available
1997	44.2	Castro Valley	Mertz, Gallagher, Panre, Wong
1996	43.6	Arnijo	names not available

4 x 220

EVENT 11 BOYS' FROSH-SOPH 4 X 220

Lane	School	Entry Mark
Heat 1		
1	San Lorenzo	n.t.
2	Las Lomas	1:56.0
3	Granada	1:44.0
4	Alameda "A"	1:34.0
5	Castro Valley "B"	1:45.0
6	Alameda "C"	
7		

Lane	School	Entry Mark
Heat 2		
1	Sacramento Day School	n.t.
2	Castro Valley "C"	1:55.0
3	Alameda "B"	1:42.0
4	Castro Valley "A"	1:40.0
5	Sacred Heart	1:46.0
6	Hayward	n.t.
7		

EVENT 12 GIRLS' FROSH-SOPH 4 X 220

Lane	School	entry mark
Heat 1		
1		
2	Castro Valley "B"	2:00.0
3	Alameda "A"	1:46.0
4	Las Lomas	2:04
5	Sacred heart	2:12
6	San Lorenzo	n.t.
7		

Lane	School	entry mark
Heat 2		
1		
2	Granada	2:00.0
3	Castro Valley "A"	1:55.0
4	Alameda "B"	2:02.0
5	Hayward	n.t.
6		
7		

EVENT 13 GIRLS' VARSITY 4 X 220

Lane	school	entry mark
Heat 1		
1	San Lorenzo	n.t.
2	Castro Valley	n.t.
3	Alameda	1:59.0
4	Las Lomas	1:55.0
5	Hayward	n.t.
6	Sacred Heart	n.t.
7		

Previous Winners

4 X 220

Varsity Girls:

2000	1:52.77	Hayward	Powell, Morris, Smith, Holloman
1999	1:56.19	Tennyson	Long, Marks, Pulley, Williams
1998	1:54.34	Castro Valley	Tobia, Peikersen, 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, Afencia, Ghodoussi, Obligation
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, Carbyn, 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	Fournel, Zukaica, Jackson, Banchemo
1980	1:48.2	Acalanes	Grubler, 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, Stenelord, Nickson

Fresh-Soph Boys:

2000	1:37.93	Mt. Eden	Dawkins, Boston, Hung, Holloman
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, Heng, 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	Wollers-Speyer, Kline, Suh, Grant
1984	1:36.7	Miramonte	Metz, Vincenzo, Siatereis, Weiser

Fresh-Soph Girls:

2000	1:58.02	Alameda	Vanhkamchan, Robison, Roberts, Frankel
1999	1:52.96	Hayward	Smith, Smith, Morris, Holloman
1998	1:59.24	Hayward	Holeman, 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

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

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GO TROJANS !!

4 x 880

Best wishes from Welte Construction

EVENT 14 BOYS' FROSH-SOPH 4 X 880

Lane	Name & School	Entry Mark
Heat 1		
1	Castro Valley	9:15
2	Sacred Heart	9:45
3	Alameda "A"	9:50
4	Alameda "B"	10:00
5	Las Lomas	10:00
6	San Lorenzo	n.t.
7		

EVENT 15 GIRLS' FROSH-SOPH 4 X 880

Lane	Name & School	Entry Mark
Heat 1		
1	Castro Valley "A"	10:40
2	Alameda	11:00
3	Castro Valley "B"	11:20
4	San Lorenzo	n.t.
5		
6		
7		

EVENT 16 GIRLS' VARSITY 4 X 880

Lane	Name & School	Entry Mark
Heat 1		
1	Castro Valley	10:35
2	Sacred heart	10:45
3	Alameda	11:15
4	Hayward	n.t.
5		
6		
7		

Previous Winners:

4 X 880 RELAY

Varsity Girls:

2000	10:37.8	Piedmont
1999	11:14.2	Redwood Christian
1998	10:45.3	Alhambra
1997	10:10.5	Alhambra
1996	10:16.5	Mission San Jose
1995	10:35.1	Washington
1994	10:49.0	Castro Valley
1990-93	no meet held	
1989	10:08.5	Campolindo
1984-88	event not contested	
1983	10:14	Alhambra
1982	meet not held	
1981	9:56.0	Castro Valley
1980	10:05.0	Castro Valley
1979	10:08.8	San Ramon
1978	event not contested	
1977	10:24.6	Livermore
1976	10:27.3	Bishop O'Dowd
1975	10:10.5	Pleasant Hill

Frosh-Soph Boys:

2000	8:53.1	Castro Valley
1999	9:01.8	Alameda
1998	9:17.1	Las Lomas
1997	8:57.6	Castro Valley
1996	9:02.6	Mission San Jose
1995	9:15.4	Castro Valley
1994	8:59.1	DeLaSalle
1990-93	no meet held	
1988-89	event not contested	
1987	8:43.9	Castro Valley
1986	8:40.6	Las Lomas
1985	8:57.9	DeAnza
1984	8:43.4	Miramonte

Frosh-Soph Girls:

2000	11:23.1	Castro Valley
1999	10:56.0	Hayward
1998	10:59.0	Castro Valley
1997	10:58.8	St. Mary's
1996	10:23.2	Acalanes

L. Barbieri, D. Barbieri, Simpson, Jolca
Davidson, Davidson, Korn, Heimmenga
Gliatto, Neu, O'Dell, Loper-Riley
New, Underwood, Loper-Riley, Gliatto
Noechochoa, Torrez, Rulledge, Hotchkiss
Duscha, Lin, Holte, Snow
Shin, J. Ewing, Groome, Lim

Woodridge, Kho, Smith, Riley

Leary, Tully, Tully, Nakasoni

Kr. Lambden, Cunningham, Stevenson, Ka. Lambden

Kr. Lambden, Van Buskirk, Stevenson, Ka. Lambden
Gray, O'Conner, Schalk, Boffert

Aubuchon, Williams, Brostrom, Ainsworth
Lourth, Gonszlyes, Scannel, Zabner
Castello, Robinson, Ilen, Bruder

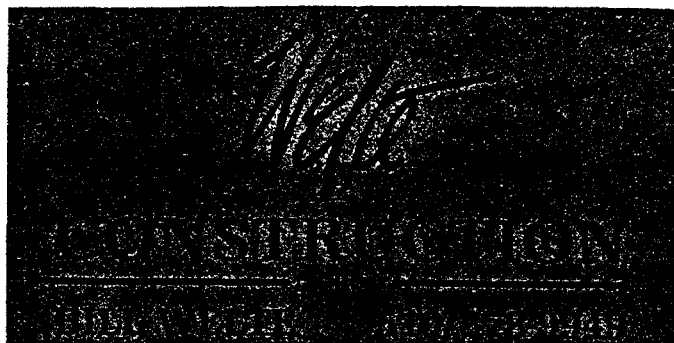
Fernsten, Welte, Wong, Bettinger
Bassmassery, Arellano, Yee, Lonsdale
McGinnes, Hermens, Copersmith, Clarkson
Cain, Sincery, Cheung, Mellon
Foreman, Stevens, Chapman, Slepan
Boruta, Mellon, D. Dulaney, Baria
Click, George, Hintz, Sanchez

Denzler, Saunders, Guerino, Grabanski

Williams, Dangle, Goeller, Murphy
Williams, Rainey, Margan, DeCruz
Hiro, Smith, Faherty, Durham

Manos, Choi, Bettinger, Mellon
Richardson, Norsworthy, Solozhuk, McIntyre
Simmons, Stewart, Groome, McGrellis
no names available
Judy, Barbara, Bostjanich, Rowland

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



sponsored by Pyzano's Pizzeria

OPEN 100 METER DASH

EVENT 17 Junior High Open 100

Heat 1 Boys

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>entry mark</u>
1			
2			
3			
4			
5			
6			
7			

Heat 1 Girls

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>entry mark</u>
1			
2			
3			
4			
5			
6			
7			


Previous Champions:

Boys:

2000 12.44 Cornell Shields Elmhurst

Girls:

2000 15.01 Ashley Bovie Elmhurst



881-8878
3835 East Castro Valley Blvd.
580 Market Place

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	Mike	Dominquez	Hayward
3	Kevin	Wash	Granada
4	Jason	Zelleck	Alameda
5	Ryan	Stohr	Castro Valley
6		Reisenberg	Las Lomas
7	Guan		SAN Lorenzo

Heat 2

1			
2	Durkin	Las Lomas	12.7
3	Rance	Jones	Castro Valley
4	Josh	Griff	Granada
5	E.	Blackwood	Alameda
6	Chris	Kennedy	Sacred Heart
7	Williams		San Lorenzo

Heat 3

1			
2	Lamar	Brown	Hayward
3	Craig	Hosang	Alameda
4	Jon	Chu	Alameda
5	Joe	Apodaca	Castro Valley
6	Andy	Lee	Sacred Heart
7			

Previous Winners:

OPEN 100

Varsity Girls:

2000	13.11	Kalani Holleman	Hayward
1999	13.75	All Letsch	Las Lomas
1998	13.25	Tomel Cooper	Dublin
1997	12.88	Anita McCullum	San Lorenzo
1996	13.20	Jill Armstrong	Acalanes
1995	13.3	Kristine Obligation	Washington - Fremont
1994	12.8	Orisha Hines	Fremont-Oakland
1990-93	no meet		
1975-89		event not held	

1974 no records

1973 (yards) 11.9

Fresh-Soph Boys:

2000	11.93	Eric Zamora	Castro Valley
1999	11.52	J. Hampton	Benicia
1998	11.66	Deonte Lewis	Hayward
1997	11.68	Derrick Kindle	Mt. Eden
1996	11.89	Benater Gambles	Armijo
1995	11.3	Dave Newton	San Ramon
1994	11.6	Brian Thompson	Alhambra

Fresh-Soph Girls:

2000	13.56	Maria White	Mt. Eden
1999	12.86	Kalani Holleman	Hayward
1998	13.20	Kalani Holleman	Hayward
1997	13.19	Lukestain Powell	Castlemont
1996	13.45	Espie Accode	St. Mary's

EVENT 19 GIRLS' F/S OPEN 100 METER

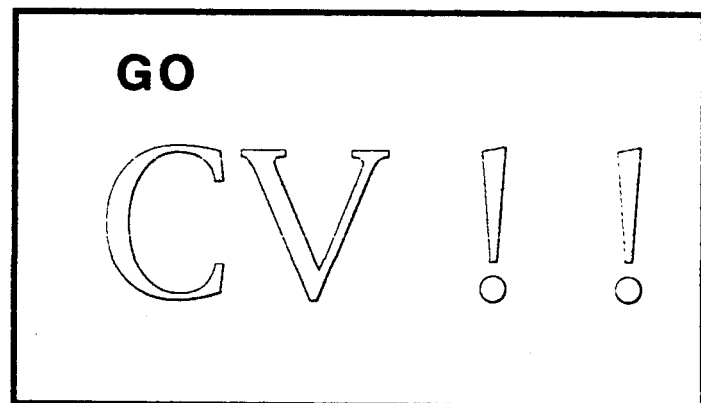
Lane	name	School	entry mark
Heat 1			
1			
2	Adams		San Lorenzo
3	Leshia	Miller	Hayward
4	Joyce	Lee	Castro Valley
5	J.	Frankel	Alameda
6	Amber	Garrett	Alameda
7			

Heat 2

1			
2	Tyne		San Lorenzo
3		Williams	Granada
4	Marshay	Goodspeed	Castro Valley
5		Orton	Granada
6	Larryce	Oliver	Hayward
7			

EVENT 20 GIRLS' VAR OPEN 100 METER

lane	name	school	entry mark
Heat 1			
1	Smith		San Lorenzo
2	Nicole	McCoy	Hayward
3	Oaks		San Lorenzo
4	Katy	Wong	Alameda
5	D.	Morris	Hayward
6		Letsch	Las Lomas
7			Castro Valley



Devil-Take-The-Hindmost Mile

Event 21 JUNIOR HIGH MILE (NO DEVIL)

Lane Name	School	Entry Mark
1		
2		
3		
4		
5		

EVENT 22 BOYS' FROSH-SOPH DEVIL-TAKE-THE-HINDMOST MILE

Lane Name	School	Entry Mark
1 Zane Welte	Castro Valley	4:55
2 John Yano	Castro Valley	4:57
3 Nicholas Faizone	Alameda	5:07
4 Addison Anderson	Sacred Heart	5:07
5 Nick Layton	Granada	5:11
6 Tristan Arcelona	Sacred Heart	5:15
7 Jeff Ribeira	Castro Valley	5:17
8 Jason Ribeira	Castro Valley	5:18
9 Joey Silver	Alameda	5:19
10 Kevin Shintaini	Castro Valley	5:22
11 Chris Mankiewics	Sacred Heart	5:24
12 Sean Smith	Alameda	5:26
13 Marvin Zamora	Castro Valley	5:28
14 Ross Curiel	Hayward	5:30
15 Gino Givati	Sacred Heart	5:33
16 Brian Roper	Alameda	5:34
17 Steve Horikoshi	Alameda	5:36
18 Zac Seibens	Granada	5:39
19 SEan Jones	Alameda	5:40
20 Justin Honegger	Alameda	5:42
21 Jeff Bennet	Granada	6:21
22 Philip Weis	Granada	6:22
23 Bendell	San Lorenzo	n.t.

EVENT 23 GIRLS' FROSH-SOPH DEVIL-TAKE-THE-HINDMOST MILE

Lane Name	School	Entry Mark
1 Corinne Roberts	Alameda	5:21
2 J. STenier	Alameda	5:40
3 Stephanie Manos	Castro Valley	6:00
4 SAMantha Suey	Castro Valley	6:07
5 Jeanette McDonald	Sacred Heart	6:08
6 J Zarifis	Alameda	6:11
7 Laura Branfield	Sacred Heart	6:12
8 Helga Zambrano	Castro Valley	6:19
9 Shannon Alter	Castro Valley	6:19
10 Rhiannon Webb	Castro Valley	6:25
11 Diacila Lucasio	Granada	6:25
12 Stephanie Teel	Castro Valley	6:26
13 K. Hild	Alameda	6:28
14 ERin Fong	Castro Valley	6:28
15 Marisa Pineda	Las Lomas	6:30
16 Kristen Fisano	Granada	6:34
17 Larryce Puljic	Hayward	6:35
18 Jessica Lee	Alameda	6:45
19 Franco	Hayward	6:45
20 Grace Lau	Alameda	6:55
21 Zinzi Evans	San Lorenzo	n.t.

EVENT 24 GIRLS' VARSITY DEVIL-TAKE-THE-HINDMOST MILE

Lane Name	School	Entry Mark
1 Courtney Stewart	Castro Valley	5:29
2 Jennifer Greene	Sacred Heart	5:41
3 Aileen McAteer	Sacred Heart	5:44
4 Kristen Boon	Castro Valley	5:45
5 Danielle Beck	Sacred Heart	6:08
6 Suzy Dodge	Castro Valley	6:20
7 Alexandra Lin	Sacred Heart	6:20
8 Carrie McIntyre	Hayward	n.t.
9 Sarah Richardson	Hayward	n.t.
10 Lupe Servin	Hayward	n.t.

Previous Winners:

Varsity Girls:

2000	5:42.0	Zinzi Evans
1999	5:56.6	Kristen Boon-Nitoff
1998	6:07.0	Susan Kang
1997	5:34.5	Amy Loper-Riley
1996	5:53.8	Katie Hotchkiss
1995	5:31.8	Amber Robinson
1994	5:40.1	Amber Robinson

1990-93 meet not held

1989	5:24.2	Sarah Riley
1988	rained out	
1987	5:21.3	Maria Ravazza
1986	5:20.4	Kristen Hansen
1985	5:29.6	Elena Spight
1984	5:24.9	Elena Spight
1983	5:11.6	Ann Ratio

1982 meet not held

1981	5:20.5	Nogle
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1980 5:05.9

1979	5:19.5	Lisa Sandel
1978	5:19.3	Melissa Marlet
1977	5:20.4	Carol Manning
1976	5:30.8	Cherie Williams
1975	5:30.8	Karen Salisbury
1974	5:54.8	Mary Rebek
1973	6:07.8	M. Zahner

Frosh-Soph Boys:

2000	5:02.0	Beau Bettinger
1999	4:58.6	Ryan McGinnis
1998	5:00.0	Ryan McGinnis
1997	4:55.4	Richard Mendez
1996	4:34.4	Jonathan Stevens
1995	5:03.6	Peter Bania
1994	5:01.4	Chris Coffee

1990-93 no meet held

1989	4:57.7	Dave Ling
1988	rained out	
1987	4:40.7	Gordon Johnson
1986	4:33.4	Mike Mahoney
1985	4:42.1	Ryan Harding
1984	4:44.5	P. King

Frosh-Soph Girls:

2000	5:51.0	Sara Orzell
1999	5:58.2	Larisa Sokozhuk
1998	6:13.0	Erica Simmons
1997	6:10.1	Melissa Vivian
1996	5:39.8	Courtney Davidson

Junior High Boys:

2000	5:48.0	Mauricio Hurtado
------	--------	------------------

Junior High Girls:

2000	6:08.0	Zetra Evans
------	--------	-------------

DEVIL-TAKE-THE-HINDMOST MILE

Varsity Girls	Holy Names
2000	Castro Valley
1999	American
1998	Alhambra
1997	Mission San Jose
1996	Las Lomas
1995	Las Lomas
1994	Las Lomas
1990-93	meet not held
1989	Castro Valley
1988	Camplindo
1987	Acalanes
1986	Ygnacio Valley
1985	Miramonte
1984	Miramonte
1983	Alameda
1982	meet not held
1981	Miramonte
1980	Camplindo
1979	Piedmont
1978	Carondelet
1977	Livermore
1976	Northgate
1975	Las Lomas
1974	Bishop O'Dowd
1973	Las Lomas

2000	Castro Valley
1999	Las Lomas
1998	Las Lomas
1997	Hayward
1996	Mission San Jose
1995	Castro Valley
1994	DeLaSalle
1990-93	no meet held
1989	Castro Valley
1988	Piedmont
1987	Acalanes
1986	Eagle Point Oregon
1985	Clayton Valley
1984	Clayton Valley

2000	Alameda
1999	Hayward
1998	Castro Valley
1997	Alhambra
1996	Redwood Christian

2000	Winton (Hayward)
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2000	Elmhurst
------	----------

4 x 440

EVENT 25 BOYS' FROSH-SOPH 4 X 440

Lane	School	Entry Mark
Heat 1		
1	San Lorenzo	n.t.
2	Alameda "B"	4:08
3	Castro Valley "A"	3:55
4	Granada	3:44
5	Castro Valley "B"	4:05
6	Alameda "C"	4:28
7		

Lane	School	Entry Mark
Heat 2		
1	Sacramento Day School	n.t.
2	Castro Valley "C"	4:15
3	Sacred Heart	3:53
4	Alameda "A"	3:52
5	Las Lomas	4:08
6	Hayward	n.t.
7		

EVENT 26 GIRLS' FROSH-SOPH 4 X 440

Lane	School	entry mark
Heat 1		
1		
2	Castro Valley "C"	5:01
3	Castro Valley "A"	4:25
4	Alameda "A"	4:20
5	Alameda "B"	4:49
6		
7		

Lane	School	entry mark
Heat 2		
1		
2	Hayward	n.t.
3	CAstro Valley "B"	4:47
4	SAn Lorenzo	4:19
5	Sacred Heart	4:35 6
6		
7		

EVENT 27 GIRLS' VARSITY 4 X 440

lane	school	entry mark
Heat 1		
1		
2	Hayward	n.t.
3	Alameda	4.40
4	Las Lomas	4:28
5	Castro Valley	4:41
6	Sacramento Day School	n.t.
7		

Previous winners 4 X 440

Varsity Girls:

2000	4:50.0	Oakland	names not available
1999	4:43.60	Redwood Christian	Davidson, Davidson, Silva, Hiemenga
1998	4:23.77	Alhambra	Giatto, New, Rili, 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	Halle, 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, Kilmear
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, Ross, 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:

2000	3:47.0	Mt Eden	Holleman, Dawkins, Boston, Nguyen
1999	3:47.00	Alameda	no names available
1998	3:51.34	Benicia	Rivera, Ludwig, Pollard, Chavez
1997	3:41.0	Benicia	Morales, Chavez, Unangus, Lawson
1996	3:45.8	Acalanes	Brilliant, Bostonich, 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, Shensajald, Morrison
1985	3:42.3	DeAnza	Margain, Baker, Morris, DeCruz
1984	3:42.8	Granada	Barnett, Johnson, Chambers, Klino

Frosh-Soph Girls:

2000	4:25.0	Alameda	Burenin, Roberts, Vonghnamchamnh, Frankel
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

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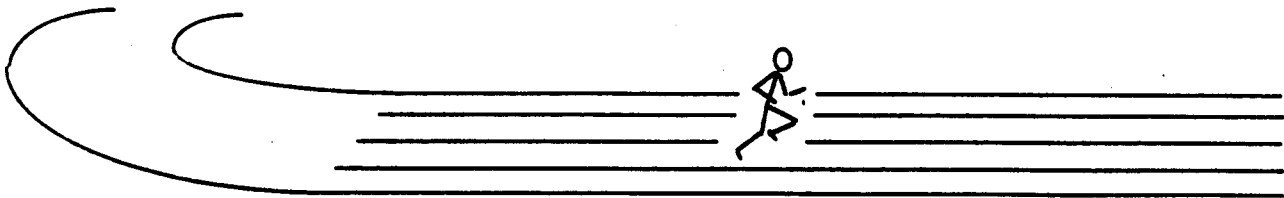
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THERESA ERWIN



High Jump

Sponsored by Frank Mellon

EVENT 28 GIRLS' VARSITY HIGH JUMP

Team	entry mark
Alameda	13-6
Castro Valley "A"	13-0
Castro Valley "B"	n.m.

EVENT 29 GIRLS' FROSH-SOPH HIGH JUMP

Team	entry mark
Las Lomas	13-6
Alameda	13-2
Castro Valley "A"	13-0
Castro Valley "B"	12-4
Hayward	n.m.
Sacred Heart	n.m.

EVENT 30 BOYS' FROSH-SOPH HIGH JUMP

Team	entry mark
Granada	16-0
Alameda	15-2
Castro Valley "A"	15-2
Las Lmas	15-0
Castro Valley "B"	14-10
Sacred Heart	9-8
Hayward	n.m.
San Lorenzo	n.m.

Previous Winners: HIGH JUMP

Varsity Girls:

Year	Mark	Team	Team
2000	13-10	Las Lomas	Raoufi, Ardeschar, Creech
1999	14-3 1/2	Castro Valley	Bailey, Eng, McDonald
1998	13-6	Castro Valley	Long, McDonald, Bailey
1997	13-10	Castro Valley	Kohl, Bailey, Komadina
1996	14-4	Acalanes	Nichol, Shaw, Flett
1995	14-0	Castro Valley	Kohl, E.Ewing, Komadina
1994	13-6	Castro Valley	Kohl, Hild, Parker
1990-93	no meet held		
1989	14-0	Holy Names	Clark, Harb, Dillon
1988	rained out		
1987	14-0	Monte Vista	Byers, Cole, Baker
1986	13-6	Arroyo	Barras, Lopes, Sanchez
1985	14-2	Campolindo	Johnson, Denham, Cole
1984	14-6	Campolindo	Denham, Johnson, Kiser
1983	no records		
1982	no meet held		
1981	13-6	Castro Valley	VanBuskirk, Cunningham, Symes
1980	14-3	Acalanes	Carr, Dunklebe, VanZeeland
1979	14-4	Acalanes	Dalicio, VanZeeland, Dunklebe
1978	13-10	Las Lomas	Warrington, Kunz, Cornell
1977	14-0	Livermore	Madrid, Paxaio, Shirley
1976			
1975			
1974			
1973			

Individual:

Year	Mark	Name	Team
	5-2	Sarah Raoufi	Las Lomas
	5-1 1/2	Loryn Bailey	Castro Valley
	4-10	Rachel McDonald	Castro Valley
	5-0	Amy Kohl	Castro Valley
	5-2	Erin Nichol	Acalanes
	4-10	Amy Kohl	Castro Valley
	4-10	Tracy Banks	Alhambra
	4-10	Daly	Benicia
	4-10	Carrie Dial	College Park
	5-0	Brook Knight	Clayton Valley
	4-10	Kristin Halkedahl	Acalanes
	4-11	Claire Denham	Campolindo
	4-10	Lisa Banchemo	Carondelet
	5-6	Maggie VanZeeland	Acalanes
	5-6	Lisa Peters	Northgate
	5-2	Karen Cornell	Las Lomas
	4-10	Janice Paxaio	Livermore
	5-2	Johnson	Liberty
	5-2	Terry Knight	Berkeley
	no record		
	4-11	A. Noack	Campolindo

Girls Frosh-Soph:

Year	Mark	Team	Team
2000	13-8	Las Lomas	Powell, Rocha, Murphy
1999	13-2	Alameda	Sawyer, Unger, Orzell
1998	13-0	Hayward	Wong, Morse, McConnell
1997	8-4	Las Lomas	Miller, Kreen, Hoffman
	8-4	Castro Valley	Bichsel, Robles, Eng
1996	12-10	Castro Valley	Bailey, Robles, Van Norman

Frosh-Soph Boys:

Year	Mark	Team	Team
2000	16-4	Castro Valley	Bettinger, Parker, Eng
1999	16-2	Pittsburg	Malone, Davis, Anderson
	16-2	Castro Valley	Parker, Hansen, Stohr
1998	15-10	Benicia	Dylan, Layton, Puno
	15-10	Castro Valley	Hanson, Prakash, Stohr
1997	16-2	San Lorenzo	DePina, Owens, Gordillo
	16-2	Benicia	Miner, Maurer, Layton
1996	16-2	Hayward	Hollman, Boatwright, Cano
1995	16-2	Takay	Ryan, Caukey, Echler
1994	15-6	Castro Valley	Amiri, Kim, Fung
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

FRANK MELLON
MEMBER BOARD OF DIRECTORS



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Long Jump (Girls) & Triple Jump (Boys)

EVENT 31

GIRLS' FROSH-SOPH

LONG JUMP

team	entry mark
Castro Valley "A"	44-0
Alameda	43-1
San Lorenzo	41-0
Granada	40-0
Castro Valley "B"	39-0
Las Lomas	36-0
Castro Valley "C"	33-0
Castro Valley "D"	31-0
Hayward	n.m.

EVENT 32

GIRLS' VARSITY

LONG JUMP

team	entry mark
Las Lomas	39-0
Castro Valley	33-6
Hayward	n.m.
Sacred Heart	n.m.

EVENT 33

BOYS' FROSH-SOPH

TRIPLE JUMP

team	entry mark
Alameda	111-0
Ganada	109-0
Castro Valley "A"	105-0
Sacred Heart	98-0
Castro Valley "B"	92-0
Castro Valley "C"	89-0
Las Lomas	85-0
Hayward	n.m.

Previous Winners: LONG JUMP

Varsity Girls:

2000	46-1	Tennyson
1999	43-9	Castro Valley
1998	41-1 1/2	Redwood Christian
1997	43-4 1/2	Castro Valley
1996	41-0	Las Lomas
1995	42-3 1/2	Holy Names
1994	42-0 1/2	Castro Valley
1990-93	meet not held	
1989	43-1 1/2	Holy Names
1988	rained out	
1987	43-5	Monte Vista
1986	45-6 1/2	Alhambra
1985	45-10 1/2	Campano
1984	47-0	Miramonte
1983	47-0 1/2	Campano
1982	meet not held	
1981	48-1 1/2	Alhambra
1980	46-9 3/4	Acalanes
1979	47-2 1/2	Moreau Catholic
1978	45-7	Northgate
1977	48-0 1/2	Livermore
1976	not a relay event	
1975	not a relay event	
1974	not a relay event	
1973	not a relay event	

Girls' Frosh-Soph

2000	43-9	Castro Valley
1999	38-3 3/4	Hayward
1998	40-2	Hayward
1997	41-4	Las Lomas
1996	38-0 1/4	St. Mary's

Teams:

McIver, Long, Nelson
McDonald, Bailey, Paladini
Davidson, Wiecker, Yovino
Sammons, Bailey, Jones
Minglana, Leahy, Ashworth
Brown, Agbowo, Banks
Kohl, Shin, Wong
Ianner, Gross, Alexander
Hansen, Kolb, Studzell
Corbyn, Morandin, Suito
Doust, Berman, Schuh
Tong, Halsey, Hess
Schuh, Berman, Rowe
Suites, Hanson, Hopkins
Bucklin, Cox VanZeeland
Miles, Carson, Kinman
Fleming, Peters, Kenow
Madrid, Ng, Paxeic

Chandler, Slader, Ford
Holliman, Booth, Carter
Holliman, Radcliffe, Gunseor
Miller, Raoufi, Ashworth
Rodriguez, Eisner-Gordon, English

Individuals:

16-4	Kalani Holleman	Hayward
15-4	Loryn Bailey	Castro Valley
14-6 1/2	Ana Yovino	Redwood Christian
15-2 1/2	Becka Fong	Mission San Jose
14-5 1/2	Ada Minglana	Las Lomas
14-10	Jasmin Brown	Holy Names
14-11 1/4	Amy Kohl	Castro Valley
16-4	Chyonne Ianner	Holy Names
15-0	Susie Calahong	Las Lomas
15-11	Cindi Barros	Arroyo
16-7 1/2	Karlynn McNail	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

15-8	Kiersten Slader	Castro Valley
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:

2000	118-11	Mt. Eden
1999	110-0-3/4	Tennyson
1998	101-6	Las Lomas
1997	108-0 1/2	San Lorenzo
1996	104-2 3/4	Hayward
1995	105-9	Castro Valley
1994	109-9 3/4	Castro Valley
1990-93	no meet held	
1989	110-1 1/2	Acalanes
1988	rained out	
1987	114-9	DeAnza
1986	113-10	Ygnacio Valley

Boston, Boston, Dawkins
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, Popleton, Barry

41-11	James Brown
38-11 3/4	Vonshae McKnight
37-0	Laird Almagen
37-8 1/2	Recil Miner
37-0 1/2	Kim-Da Hsieh
37-2	Kevin Grimes
37-5 3/4	Naeem Amiri
40-2	Jerry Reese
39-5	J. Hunt
41-7	Rich Laccay

Tennyson
Tennyson
Hayward
Benecia
Hayward
San Lorenzo
Castro Valley
Mt. Diablo
DeAnza
Moreau Catholic



Shot Put

EVENT 34

BOYS' FROSH-SOPH SHOT PUT

team	entry mark
Las Lomas	120-0
Granda	100-0
Castro Valley	95-0
Hayward	95-0
Alameda	93-0
Sacred Heart	74-0
San Lorenzo	n.m.

EVENT 35

GIRLS' VARSITY SHOT PUT

team	entry mark
Las Lomas	90-0
Arroyo	85-0
Castro Valley	84-0
Sacred Heart	82-0
Alameda "A"	69-0
Alameda "B"	63-0
Hayward	n.m.

EVENT 36

GIRLS' FROSH-SOPH SHOT PUT

team	entry mark
Hayward	78-0
Castro Valley "A"	77-6
Las Lomas	56-0
Castro Valley "B"	n.m.
San Lorenzo	n.m.

Previous Winners: SHOT PUT

Team:

Varsity Girls:

2000	92-11	Newark-Memorial
1999	92-4	Hayward
1998	82-0	California
1997	92-11	Castro Valley
1996	86-7	Fremont (Oakland)
1995	83-7 1/2	Castro Valley
1994	75-10	Alhambra
1990-93	meet not held	
1989	89-3 1/2	Piedmont
1988	rained out	
1987	91-0 3/4	Acalanes
1986	89-2 1/2	Moreau Catholic
1985	92-3 1/2	Foothill
1984	94-9 1/2	Moreau Catholic
1983	86-0	Eagle Point, Oregon
1982	no meet held	
1981	86-8 1/2	Ygnacio Valley
1980	105-3 1/2	Liberty
1979	101-1	Monte Vista
(8 lb. shot used before 1979)		
1978	89-5 1/2	San Leandro
1977	105-6	Monte Vista
1976	not a relay event	
1975	not a relay event	
1974	not a relay event	
1973	not a relay event	

Girls' Frosh-Soph:

2000	68-2 1/2	Newark-Memorial
1999	81-7	Castro Valley
1998	74-5 1/2	Richmond
1997	81-10	Las Lomas
1996	81-1 1/2	St. Mary's

Frosh-Soph Boys:

2000	116-9	Castro Valley
999	126-9	Benicia
1998	118-3 3/4	Las Lomas
1997	118-0 1/2	Sacred Heart
1996	124-7 1/2	Las Lomas
1995	129-4 1/2	Takay
1994	125-8	Alhambra
1990-93	meet not held	
1989	114-0 3/4	Piedmont
1988	rained out	
1987	128-11 1/2	College Park
1986	126-6 1/2	Amador Valley
1985	124-6	Las Lomas
1984	140-2	San Ramon

Smith, Gianella, DaSilva
Dixon, Radcliffe, Cortez
Valkes, McNeil, Ladouceur
Klews, Rizzo, Abella
Hine, Iakanoa, Payne
Klews, Minion, Howard
Colbert, Ferguson, Fowler
Moren, Watts, Martin
Connor, Samahon, Billeter
A. Loggins, Watson, B. Loggins
Murphy, DeSantis, Mullikin
A. Loggins, B. Loggins, Watson
Dickerson, Walter, Hanscom
Reed, Camp, Chiavini
Gallegos, Gallegos, Hoffman
B. Callegan, Fischer, K. Callegan

Richards, Bradshaw, Egan
Bell, Callegan, Dolsby

Baptista, Rose, Gialanella
Shaw, West, Szalay
Bournd, Romero, Robinson
Brahl, Wilson, Hansen
O'Dea, Aikens, Harris

Owen, Sawyer-Long, LaSalle
Fong, Berace, Henderson
Him, Frohnm, Al Faqih
Miranda, Mazeris, Joyner
Christiansen, Jones, Decker
Takahaski, Gabriel, Lanfair
Oxford, Kinder, Boyd

Fendel, Krieger, Defeo

McDeamid, Byford, Holden
Carvecho, DeBarnardi, Sebaha
Freschi, Barrs, Miller
Cox, Greg, Isola

Individual:

37-0	Alfa Hansen
34-11	Evangelina Dixon
30-4	Carolyn Whitney
32-8	Barbara Klews
32-10	Barbara Klews
31-9	Barbara Klews
29-2	Stephanie Colbert

37-7 1/4	Julie DeJaris
----------	---------------

35-8	Hildegard Samahon
34-0 1/4	Dawn Lundberg
34-2 1/2	Esther Mullikin
37-1	Jennifer Watson
32-8 1/2	Deby Hanscom

32-8	Diane Reed
------	------------

40-0	Kathy Callegan
------	----------------

39-8 1/2	Kathy Callegan
----------	----------------

40-6	Linda Reed
------	------------

38-9	Carol Dolsby
------	--------------

38-11	Vanessa Brooks
-------	----------------

35-0	L. Keats
------	----------

34-2	I. Gustavson
------	--------------

38-3	G. King
------	---------

29-4	Christina Baptista
------	--------------------

30-0	Angela Faghi
------	--------------

27-0 3/4	Lizzy Colbert
----------	---------------

31-0	Rosie Aikens
------	--------------

32-6	Rosie Aikens
------	--------------

39-9	Niel Owen
------	-----------

43-8	Steve Henderson
------	-----------------

46-6	Basil Al-Faqih
------	----------------

46-7	Basil Al-Faqih
------	----------------

50-9	Robbie Christiansen
------	---------------------

47-7 1/2	Darren Lanfair
----------	----------------

45-2	Tony Feliciano
------	----------------

42-8	Josh Defeo
------	------------

47-11 1/2	Doug Byrkit
-----------	-------------

48-8	Eric Bamberger
------	----------------

46-5	Tony Miller
------	-------------

49-0	Will Greg
------	-----------

Las Lomas
Hayward
Benicia
Castro Valley
Castro Valley
Castro Valley
Alhambra

Las Lomas

Acalanes
Campolindo
Foothill
Moreau Catholic
Eagle Point

Ygnacio Valley
Monte Vista
Monte Vista

Alameda

Monte Vista

Berkeley

San Leandro

Monte Vista

Washington

Newark-Memorial

Las Lomas

Alhambra

St. Mary's

St. Mary's

Castro Valley

Benicia

Las Lomas

Las Lomas

Las Lomas

Takay

MI. Eden

Piedmont

Monte Vista

Ygnacio Valley

Las Lomas

San Ramon



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Discus Throw

EVENT 37

GIRLS' VARSITY DISCUS

team	entry mark
Alameda "A"	245-0
Las Lomas	230-0
Castro Valley "A"	212-0
Sacred Heart	206-0
Alameda "B"	190-0
Hayward	n.m.

EVENT 38

GIRLS' FROSH-SOPH DISCUS

team	entry mark
Castro Valley "A"	220-0
Las Lomas	160-0
Hayward	145-0
Castro Valley "B"	n.m.
San Lorenzo	n.m.

EVENT 39

BOYS' FROSH-SOPH DISCUS

team	entry mark
Hayward	287-0
Alameda	250-0
Castro Valley	240-0
Las Lomas	240-0
Granada	220-0
Sacred Heart	207-0
San Lorenzo	n.m.

Previous winners: DISCUS

Varsity Girls

Year	Mark	Team
2000	287-1	Newark-Memorial
1999	248-11	Alameda
1998	238-7	Castro Valley
1997	256-2 1/2	Castro Valley
1996	220-1	Dublin
1995	256-8	Tokay
1994	247-3	Alhambra
1990-93	meet not held	
1989	249-0	Piedmont
1988	rained out	
1987	274-11	Las Lomas
1986	286-7	Moreau Catholic
1985	274-6	Foothill
1984	276-11	Moreau Catholic
1983	256-6	Campolindo
1982		meet not held
1981	283-2	Acalanes
1980	298-9 1/2	Acalanes
1979	283-9	Monte Vista
1978	300-4 1/2	Pleasant Hill
1977	290-7	Monte Vista
1976		Prior to 1977, field events were only individual competition
1975		
1974		
1973		

Girls' Frosh-Soph

Year	Mark	Team
2000	196-10	Alameda
1999	230-11	Las Lomas
1998	198-3	Alhambra
1997	238-9 1/2	St. Mary's
1996	222-7	St. Mary's
2000	304-4	Newark-Memorial
1999	341-11	Benicia
1998	303-3	Benicia
1997	271-4	St. Mary's
1996	294-11	Las Lomas
1995	313-3	American
1994	288-1	Mt. Eden
1990-93	meet not held	
1989	308-8	Ygnacio Valley

Frosh-Soph Boys

Year	Mark	Team
2000	108-1	DaSilva, Smith, Biser
	115-6	Stoner, Wlaker, Palem
	102-7	Van Elk, Hausel, Rizzo
	92-7	Klews, Rizzo, Abella
	90-4	Lee, Hodson, Jamison
	98-4	Pfeife, Wiley, Hernandez
	89-5 1/2	Colbert, Fowler, Ferguson
	119-2	Martin, Anderson, Moren
	123-2	Dawson, DeJaris, Deruyte
	117-6	A. Loggins, Watson, B. Loggins
	124-7	KleinSmith, DeSantis, Murphy
	108-11 3/4	B. Loggins, Watson, A. Loggins
	98-3	Ebersole, Denham, Lundling
	113-7	Borgwardt, D'Hout, Gordon
	116-2	Lowtang, Borgwardt, D'Hout
	126-4	Fisher, K. Callaghan, B. Callaghan
	133-7	Aston, Echols, Johnson
	122 10 1/2	Frahmen, Dolsby, Bell
	115-2 1/2	
	99-8	
	no records	
	89-7	
	76-3	Kendall, Croft, Kreider
	85-2-3/4	Stanley, Perkins, Todd
	67-3	Winkle, See, Colbert
	108-4 1/2	Cotton, Williams, Aikens
	105-0	Harris, Aikens, Williams
	112-8	Laskey, Gomez, Greenberg
	131-2	Henderson, Fong, Glacard
	116-8	Forrester, Henderson, Fong
	112-2 1/2	Foster, Powell, Tu
	124-10	Christiansen, Jones, Decker
	109-0	Stevens, Ty, Alveenz
	103-3	Garvin, Faasitila, Feliciano
	119-1	Holland, Rumbel, Johnson

Individual

Name	Mark	Team
Tiffany Rizzo	287-0	Castro Valley
Purlie Bern	250-0	Newark-Memorial
Kate Valdez	240-0	California
Rachael Lee	240-0	Dublin
Valerie Kucharewski	220-0	Foothill
Shannon Pfeife	207-0	Tokay
Stephanie Colbert	n.m.	Alhambra
Jute DeJaris		Las Lomas
Julie DeJaris		Las Lomas
Swanson		College Park
Swanson		College Park
Tyler		College Park
Casozza		Alhambra
Cherie Schaeffer		Castro Valley
d'Hout		Acalanes
Heidi Carlson		Miramonte
Linda Reed		Alameda
Carol Dolsby		Monte Vista
Shannon Duthrie		Miramonte
K. Hilton		Pleasant Hill
S. Pierce		Berkeley
Christina Baptista		Newark-Memorial
Melissa Wallin		Anahy
Lizzy Colbert		Alhambra
Rosie Aikens		St. Mary's
Katy Savage		Alameda
Andrew Rodriguez		San Lorenzo
Chris Manning		Castro Valley
Derek Patterson		Alhambra
Rollin McReady		Hayward
Rob Christianson		Las Lomas
Daren Lanfair		Tokay
Chris Barker		Hayward
D. Halpin		Campolindo

Pole Vault

EVENT 40

GIRLS' FROSH-SOPH POLE VAULT

<u>team</u>	<u>entry mark</u>
Castro Valley	23-6
Las Lomas	18-0
Granada	16-6
Hayward	13-0

EVENT 41

GIRLS' VARSITY POLE VAULT

<u>team</u>	<u>entry mark</u>
Las Lomas	26-0
Arroyo	21-0
Castro Valley	20-6
Hayward	n.m.

EVENT 42

BOYS' FROSH-SOPH POLE VAULT

<u>team</u>	<u>entry mark</u>
Granada "A"	29-0
Las Lomas	28-0
Castro Valley "A"	24-0
Granada "B"	23-0
Castro Valley "B"	14-0

Previous Winners: POLE VAULT

Team:

Varsity Girls:

2000	29-6	Las Lomas	Heim, Creech, Lim
1999	25-6	Las Lomas	Heim, Hoffman, Powell
1998	24-6	Castro Valley	Sammons, Glenn, Arterburn
1997	23-6	Alhambra	Sutton, Gilatto, 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:

2000	14-0	Las Lomas	Heim, Kersey
1999	22-0	Las Lomas	Leafy, Lim, Kersey
1998	22-6	Las Lomas	Heim, Hoffman, Creech
1997	22-0	Las Lomas	Hoffman, Green, Yeghoian
1996	7-0	Dublin	Cherie Simon

Frosh-Soph Boys:

2000	28-0	Las Lomas	Klop, Hoffman, Norris
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	Hollwell, 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	Jenika Heim	Las Lomas
10-6	Veronica 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
7-6	Heim	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
9-6	Hoffman	Las Lomas
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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**2001 Castro Valley Invitational
Coaches' Notes:**

1. Welcome to the 20012 Trojan Invitational Relays!
2. GV and GFS 4 x Mile will be combined.
3. GV and GFS will LONG JUMP; GFS will TRIPLE JUMP.
4. With only one jump facility, we will follow the schedule as closely as we can:

GFS	Long Jump	4:00 -- 5:30
GV	Long Jump	5:30 -- 7:00
BFS	Triple Jump	7:00 -- 8:30

If one of the jumps finishes early, we will make announcements and start the next set of jumps as soon as we can
5. You may add or substitute entries at the bullpen.
6. All shot putters will use Castro Valley implements.
7. Please use the trash bag in your envelope to help keep your team area free of debris.
8. You should find two (2) tickets in your envelope. These are redeemable for one food item and one beverage at the coaches' hospitality area. This hospitality area is just past the finish line platform by the track shed.
9. All sprint races are ACCUTRAKed. All relays events are timed finals.
10. Field events are relays -- however, individuals may compete also.
11. Results will be posted by the restrooms.
12. Medals and awards will be available in the press booth after the competition.
13. Thanks for coming to the Castro Valley Invitational, and be sure to calendar us for next year.