

2005 Castro Valley Invite Heat sheets

BFS 4 x Mile
 Acalanes A
 Alameda A
 Albany A
 Albany B
 American A
 American B
 American C
 Arroyo A
 Castro Valley A
 Castro Valley B
 Granada A
 Granada B
 Las Lomas A
 Monte Vista A
 Oakland A
 Petaluma A
 Pittsburg A
 Skyline A
 Washington A

GFS 4 x Mile
 Acalanes A
 Alameda A
 Albany A
 American A
 Castro Valley A
 Castro Valley B
 Granada A
 Las Lomas A
 Monte Vista A
 Notre Dame A
 Mission San Jose A
 Mission San Jose B

GV 4 x Mile
 Acalanes A
 Alameda A
 Alameda B
 Arroyo A
 Castro Valley A
 Monte Vista A
 Petaluma A
 Pittsburg A
 Skyline A
 Washington A
 Mission San Jose A
 Mission San Jose B

BFS 4 X 1
 Heat 1
 Acalanes A
 Jesse Bethel A
 Northgate A
 American B
 Granada B

Heat 2
 Albany B
 Foothill A
 San Lorenzo A

Alameda B
 Las Lomas B
 Pittsburg B

Heat 3
 Castro Valley B
 Albany C
 Alameda A
 Tennyson A
 Pittsburg A
 Monte Vista A

Heat 4
 Hayward B
 Acalanes B
 American A
 Petaluma A
 Washington A
 Hayward A

Heat 5
 Monte Vista B
 Redwood Christian A
 Granada A
 Las Lomas A
 Albany A
 Castro Valley A

GFS 4 X 1
 Heat 1
 Las Lomas B
 San Lorenzo A
 Acalanes C
 Albany B
 Northgate A
 Notre Dame C

Heat 2
 Las Lomas A
 San Lorenzo B
 Washington A
 Castro Valley C
 Granada B
 Alameda A

Heat 3
 Castro Valley A
 Acalanes B
 Pittsburg B
 Hayward B
 Castro Valley D
 Alameda B

Heat 4
 American B
 American A
 Monte Vista A
 Mission San Jose A
 Albany A
 Foothill A
 Notre Dame B

Heat 5
 Acalanes A
 Castro Valley B
 Hayward A
 Pittsburg A
 Acalanes D
 Granada A
 Notre Dame A

GV 4 x 100
 Heat 1
 Acalanes A
 Alameda A
 American A
 Las Lomas A
 Notre Dame B
 Redwood Christian B
 Washington A

Heat 2
 American B
 Washington B
 Jesse Bethel A
 Castro Valley A
 Redwood Christian A
 Notre Dame A

Heat 3
 Hayward A
 San Lorenzo A
 Northgate A
 Albany B
 Tennyson A
 Mission San Jose A

Heat 4
 Monte Vista A
 Petaluma A
 Pittsburg A
 San Lorenzo B
 Albany A
 Hayward B

BFS
 4 x HH
 Heat 1
 Castro Valley A
 Granada A
 Northgate A

Heat 2
 Granada B
 Manteca A

GFS 4 x HH
 Heat 1
 American A
 Castro Valley B
 Foothill A

2005 Castro Valley Invite Heat sheets

Heat 2
Las Lomas A
Northgate A
Castro Valley A

Heat 3
Granada A
Mission San Jose A
Washington A

GV 4 x HH
Heat 1
American A
Castro Valley A
Mission San Jose A
Washington A

Heat 2
Hayward A
Redwood Christian A
Las Lomas A
Arroyo A

BFS 4 x 220
Heat 1
Acalanes A
Crystal Springs Uplands A
Jesse Bethel A
San Lorenzo A
Alameda B
Monte Vista A
Pittsburg A

Heat 2
Albany B
Albany C
Monte Vista C
Northgate A
American B
Hayward A
Washington A

Heat 3
Castro Valley B
Acalanes B
Redwood Christian A
Las Lomas A
Granada A
Hayward B

Heat 4
Castro Valley A
Washington B
Manteca A
Foothill A
Las Lomas B
Albany A

Heat 5
Monte Vista B
Pittsburg B

Alameda A
American A
Petaluma A
Tennyson A

GFS 4 x 220
Heat 1
Acalanes A
Alameda B
Castro Valley B
Granada A
Notre Dame C
San Lorenzo A

Heat 2
Acalanes B
Albany B
Castro Valley A
Granada B
Notre Dame A
San Lorenzo B

Heat 3
Acalanes C
Albany A
Castro Valley C
Hayward A
Mission San Jose A
Notre Dame B
Washington A

Heat 4
Acalanes D
American B
Castro Valley D
Hayward B
Monte Vista A
Pittsburg A

Heat 5
Alameda A
American A
Foothill A
Las Lomas A
Northgate A
Pittsburg B

GV 4 x 220
Heat 1
Mission San Jose A
Notre Dame B
Washington A
Albany B
Foothill A
Manteca A

Heat 2
Hayward A
Tennyson A
Petaluma A
Castro Valley A

Albany A
Notre Dame A

Heat 3
American B
Alameda A
Monte Vista A
Las Lomas A
Washington B
Redwood Christian A

Heat 4
Acalanes A
American A
Jesse Bethel A
Northgate A
Pittsburg A
Washington C

BFS 4 x 880
Acalanes A
Alameda A
Albany A
Albany B
American A
American B
American C
Castro Valley A
Castro Valley B
Castro Valley C
Granada A
Granada B
Las Lomas A
Monte Vista A
Oakland A
Petaluma A
Pittsburg A
Redwood Christian A
Skyline A
Washington A
Manteca A

GFS 4 x 880
Acalanes A
Alameda A
Alameda B
Albany A
American A
Castro Valley A
Castro Valley B
Castro Valley C
Foothill A
Granada A
Las Lomas A
Las Lomas B
Mission San Jose A
Mission San Jose B
Monte Vista A
Notre Dame A
Notre Dame B
Pittsburg A

2005 Castro Valley Invite Heat sheets

Pittsburg B Washington GV 4 x 880 Acalanes A Alameda A Alameda B Arroyo A Castro Valley A Hayward A Mission San Jose A Mission San Jose B Monte Vista A Monte Vista B Petaluma A Pittsburg A Redwood Christian A Redwood Christian B Skyline A Washington A BFS Open 100 Heat 1 David Jee Ahmed Khater Chris Saddler Tazo Stuart Jake Reid Lance Brewer David King Heat 2 Michael Dei Kinsha Mangram Logan Smith Corey Paclebar Eric Johnson M. Guintabano Heat 3 Josh Ramos Jeremy Troupemasi Rooney McGowan Kevin Yashimoto Brian Sebert Lamar Parker Heat 4 Garrett Jay Joe Mitchell Chris Wilson Matt McGinn Tom Tower Jason Tawaih Heat 5 Josh Winbush Alexander Bonoma Cameron Marcuse Bryan Harbich Toshani Brown	Michael Alexander GFS Open 100 Heat 1 Ariel Badger Danika Briggs Gina Reiser Kim Moffitt Lindsay Peugh Natsha Kim Heat 2 Amanda Wilmson D. Cooper Gabby Bobarnac Kandice Douglas Lauren Jow Maria Watson Heat 3 Alexis Uffens Breanna Eciels Ellie Suberman-Talco Jessica Macklin Lauren Cruz London Abadie Viel Augustin Heat 4 Alejandro Banuelos Ashanti Easley Elizabeth Littlejohn Irina Headly Kristy Adcock Lisa Sanchez Simone Linton GV Open 100 Heat 1 Denise Africa Korbi Blanchard Melanie Sicoite Michelle Chan Pam Huang Patricia hansen Heat 2 Antone Woods Charis Chan Colleen Bouey Nida Alhassan Shani Pomeroy Sparkle Burnside Taylor Holtslaw Heat 3 Alisa Woods Ashley Garnes Ashley Green Brett Zorich Hannah Poursartip	Manteca Northgate Granada Acalanes Pittsburg Monte Vista Albany Albany San Lorenzo Alameda Castro Valley Crystal Springs Uplands Granada Monte Vista Washington Alameda Redwood Christian American Pittsburg Washington Hayward American Castro Valley Hayward Acalanes Redwood Christian Northgate American Northgate Redwood Christian Castro Valley Mission San Jose Manteca Pittsburg Castro Valley Las Lomas Northgate Manteca Hayward Alameda Pittsburg Washington Albany Monte Vista Las Lomas	Jessica Barrett Olivia Cisneros Heat 4 Camille Wiggins Jade Smith Karina McElroy Katie Hayes Lauren Anderson Lauren Roberts Pierce Heat 5 Allison Carroll Andrea Hilary Anna Verigan Cheryn Lee Jahina Wes Jessica Coe Lauren Haile Open Miles: sign in at bullpen BFS 4 x 440 Heat 1 Foothill A Acalanes B Las Lomas A Castro Valley A Petaluma A Crystal Springs Uplands B Heat 2 Castro Valley C Pittsburg B Granada A Acalanes C Las Lomas B Castro Valley B Pittsburg A Heat 3 Albany A Monte Vista B Castro Valley D Redwood Christian A Hayward A Alameda A Monte Vista A Heat 4 Acalanes A Jesse Bethel A Albany B Northgate A Crystal Springs Uplands A Washington A Hayward B GFS 4 X 440
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