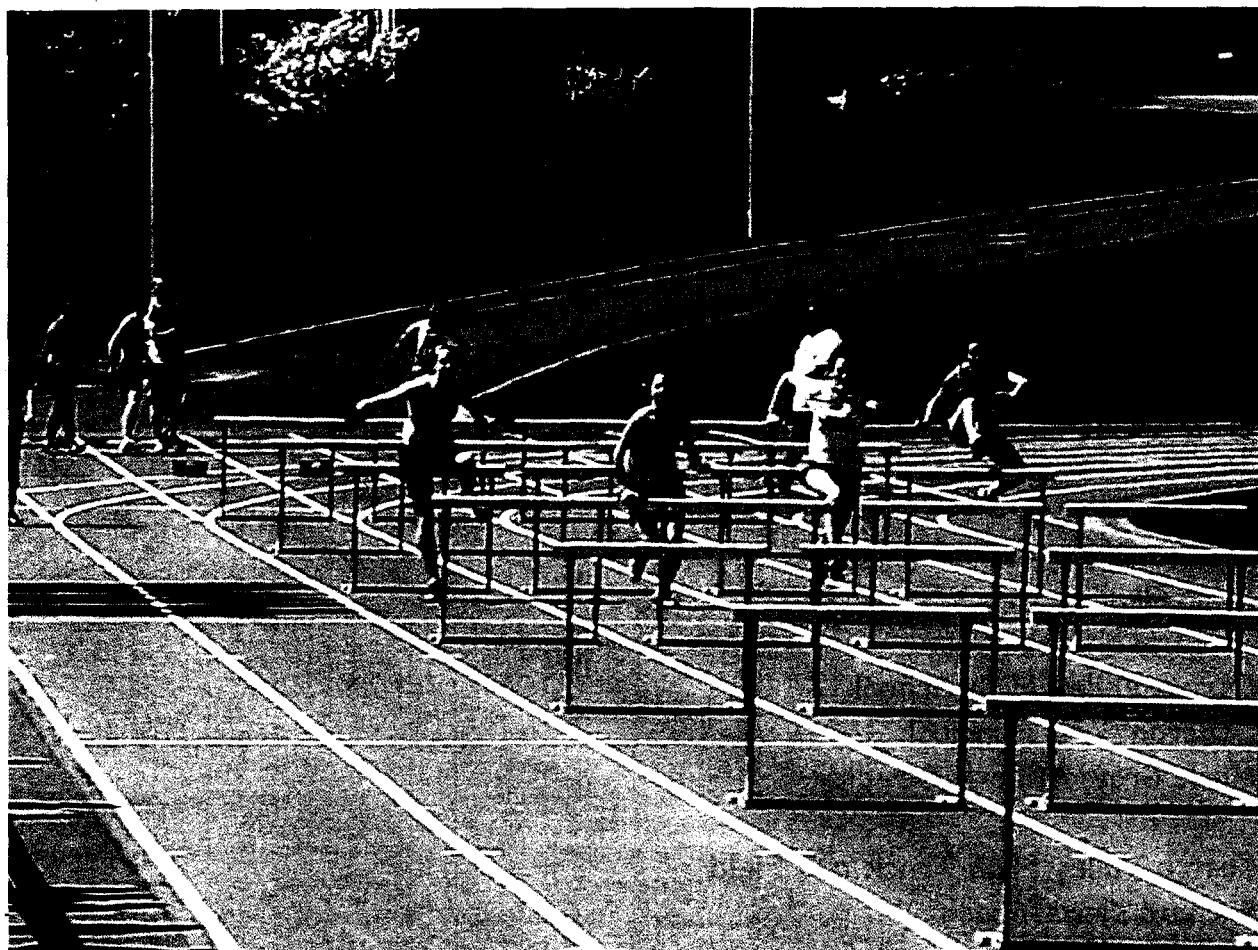


TROJAN INVITATIONAL RELAYS 2005



Friday, April 8, 2005

Castro Valley High School

Trojan Stadium

Castro Valley Board of Education

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Castro Valley High School

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Castro Valley High Track and Field

Barbara Klews, Coach

Peter Brewer, Coach

Mel Ashford, Assistant Coach

Dino Cardiasmenos, Assistant Coach

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Raoul Perez, Assistant Coach

Rik Philpott, Assistant Coach



2005 Trojan Invitational Relays

Castro Valley High School

Trojan Stadium

Friday, April 8, 2005

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

Plaques to the top three (3) teams in Girls' Varsity
Plaques to the top three (3) teams in Girls' Frosh-Soph
Plaques to the top three (3) teams in Boys' Frosh-Soph
Plaques to the top team in Junior High, both boys and girls

Scoring: 10-8-6-4-2 in the relays
6-4-3-2-1 in the open races
("B", "C" and "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 next to the starting line.
Results will be posted outside of the restrooms.
Awards will be available after the meet at the Press Booth.

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!

Table of Contents

Schedule of Events	Page 6
Teams Competing Today	Page 7
Previous Team Champions	Page 8
Track Event 1: BFS 4 x MILE	Page 9
Track Event 2: GFS 4 x MILE	Page 10
Track Event 3: GV 4 x MILE	Page 11
Track Event 4a/b: Boys & Girls Jr. High 4 x 100	Page 12
Track Event 5: BFS 4 x 100	Page 13
Track Event 6: GFS 4 x 100	Page 14
Track Event 7: GV 4 x 100	Page 15
Track Event 8: BFS Shuttle Hurdles 39"	Page 16
Track Event 9: GFS Shuttle Hurdles 33"	Page 17
Track Event 10: GV Shuttle Hurdles 33"	Page 18
Track Event 11: BFS 4 x 220	Page 19
Track Event 12: GFS 4 x 220	Page 20
Track Event 13: GV 4 x 220	Page 21
Track Event 14: BFS 4 x 880	Page 22
Track Event 15: GFS 4 x 880	Page 23
Track Event 16: GV 4 x 880	Page 24
Track Event 17: Jr. High Open 100	Page 25
Track Event 18: BFS Open 100	Page 26
Track Event 19: GFS Open 100	Page 27
Track Event 20: GV Open 100	Page 28
Track Event 21: JR High Mile (No Devil)	Page 29
Track Event 22: BFS Devil-Take-The-Hindmost Mile	Page 30
Track Event 23: GFS Devil-Take-The-Hindmost Mile	Page 31
Track Event 24: GV Devil-Take-The-Hindmost Mile	Page 32
Track Event 25: BFS 4 x 440	Page 33
Track Event 26: GFS 4 x 440	Page 34
Track Event 27: GV 4 x 440	Page 35



Table of Contents

Field Event 28:	GV High Jump (Pit A) 4:00 PM	Page 36
Field Event 29:	GFS High Jump (Pit A) After GV	Page 37
Field Event 30:	BFS High Jump (Pit B) 4:00 PM	Page 38
Field Event 31:	GFS Long Jump 4:00 PM	Page 39
Field Event 32:	GV Long Jump - After GFS	Page 40
Field Event 33:	BFS Triple Jump - After GV	Page 41
Field Event 34:	BFS Shot Put (Ring A) 4:00 PM	Page 42
Field Event 35:	GV Shot Put (Ring A) - After BFS	Page 43
Field Event 36:	GFS Shot Put (Ring B) - After Discus	Page 44
Field Event 37:	GV Discus (Ring A) 4:00 PM	Page 45
Field Event 38:	GFS Discus (Ring B) 4:00 PM	Page 46
Field Event 39:	BFS Discus (Ring A) - After GV	Page 47
Field Event 40:	GFS Pole Vault 4:00 PM	Page 48
Field Event 41:	GV Pole Vault - Same time as GFS	Page 49
Field Event 42:	BFS Pole Vault - After GV	Page 50
Sponsors - Gold Level		Page 51
Sponsors - Green Level		Page 52
Sponsors - White Level		Page 53
Sponsors - White Level		Page 54
Sponsors - White Level		Page 55
Sponsors - Parents / Coaches / Community Groups		Page 56
CVSD 5K Fun Run/Walk Registration Flyer		Page 57

Schedule of Events

#	Category	Event	Location	Time / To Follow
1	BFS	4 X MILE		3:30 PM
2	GFS	4 X MILE (run with GV 4 x Mile)		
3	GV	4 X MILE (run with GFS 4 x Mile)		
4	a	Boys Jr High	4 X 100	
4	b	Girls Jr High	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	a	Boys Jr High	OPEN 100	
17	b	Girls Jr High	OPEN 100	
18	BFS	OPEN 100		
19	GFS	OPEN 100		
20	GV	OPEN 100		
21	a	Boys Jr High	MILE (no Devil)	
21	b	Girls Jr High	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		
28	GV	HIGH JUMP (PIT A)		4:00 PM
29	GFS	HIGH JUMP (PIT A) After GV		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	(PIT B)	4:00 PM
41	GV	POLE VAULT	(PIT A)	4:00 PM
42	BFS	POLE VAULT	(PIT A)	AFTER GV

TRACK EVENTS

FIELD EVENTS



Teams Competing Today

High Schools Competing Today:

Acalanes High School
Alameda High School
Albany High School
American High School
Castro Valley High School
Crystal Springs Uplands
Foothill High School
Granada High School
Hayward High School
Irvington High School
Jesse Bethel High School
Las Lomas High School
Manteca High School
Mission San Jose High School
Monte Vista High School
Mt. Eden High School
Northgate High School
Notre Dame (Belmont)
Oakland High School
Petaluma High School
Pittsburg High School
Redwood Christian High School
San Lorenzo High School
Skyline High School
Tennyson High School
Washington High School (Fremont)

Junior Highs Competing Today:

Albany Middle School
Bret Harte Middle School
Canyon Middle School
Castro Valley Track Club
Elmhurst Middle School
Winton Middle School

Previous Team Champions

Girls' Varsity:

2004	Castro Valley
2003	Castro Valley
2002	Castro Valley
2001	Castro Valley
2000	Newark-Memorial
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:

2004	Irvington
2003	Granada
2002	Tamalpais
2001	Granada
2000	Castro Valley
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

Junior High Boys:

2004	Canyon
2003	Canyon
2002	Bret Harte

Girls' Frosh-Soph:

2004	Castro Valley
2003	Alameda
2002	Castro Valley
2001	Castro Valley
2000	Alameda
1999	Hayward
1998	Castro Valley
1997	St. Mary's
1996	St. Mary's

Junior High Girls:

2004	Bret Harte
2003	Edwin Markham
2002	Bret Harte



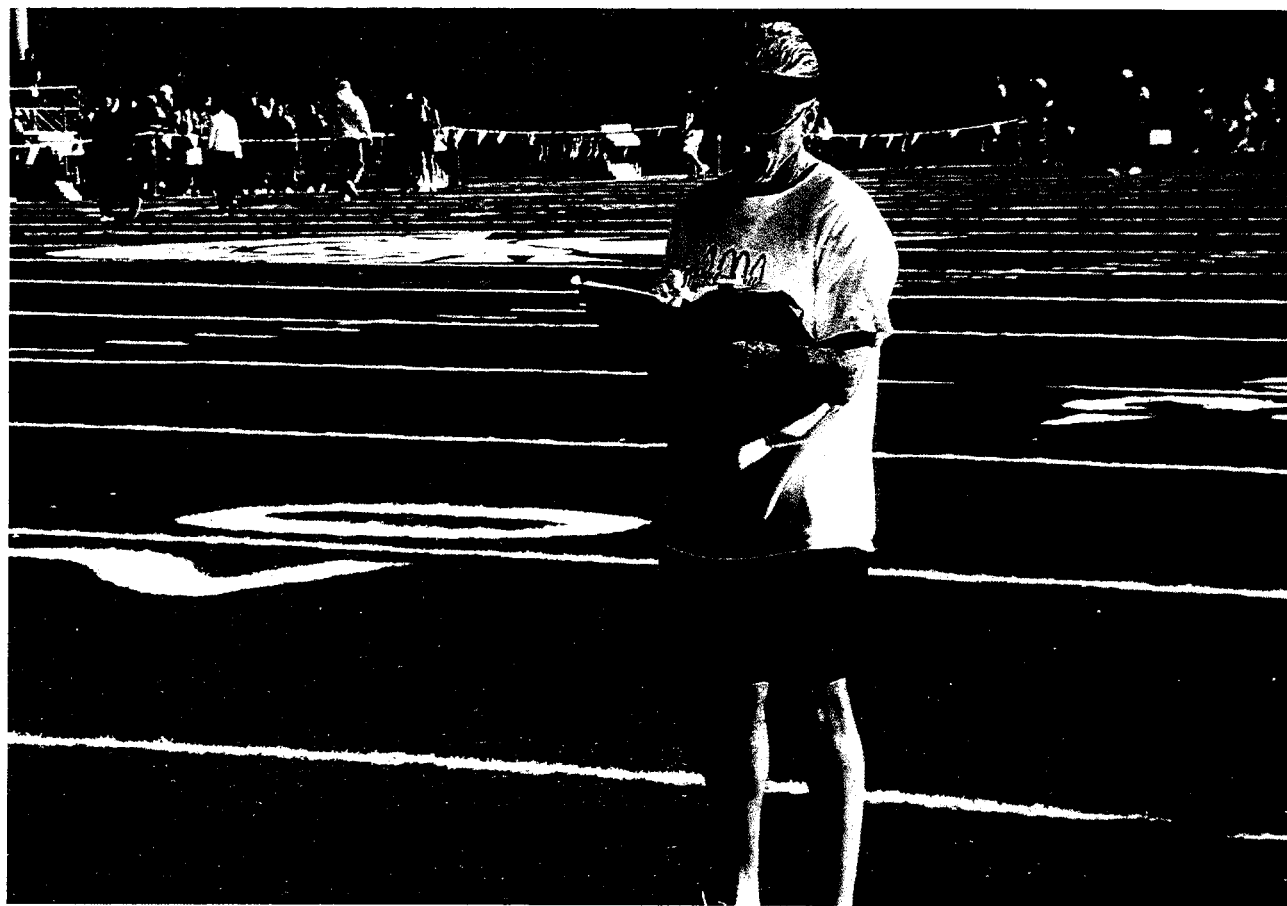
Track Event 1: BFS 4 x MILE

Previous Winners:

4 X MILE

Frosh-Soph Boys:

2004	20:29.5	Albany	no names available
2003	20:20.39	Granada	Hayes, Perry, Birdman, Bailey
2002	20:57.2	Irvington	Dunham, Migherg, Patel, Smith
2001	20:44.9	Castro Valley	Yano, Miller, Ribeira, Welte
2000	20:07.2	Castro Valley	Fernsten, Welte, Wong, Bettinger
1999	20:38.4	Castro Valley	Cardiasmenos, Bettinger, Wong,
1998	21:38.0	Benicia	DeJulio, Thomas, Housman, Murphy
1997	20:23.6	Mission SJ	Strom, Golden, Kirsher, Baird
1996	20:18.9	Mission SJ	Stepan, Stevens, Chapman, Freeman
1995	20:36.2	Castro Valley	D. Dulaney, Boruta, Patterson, Baria
1994	19:57.8	DeLaSalle	George, Click, Sanchez, Hintz



Track Event 2: GFS 4 x MILE

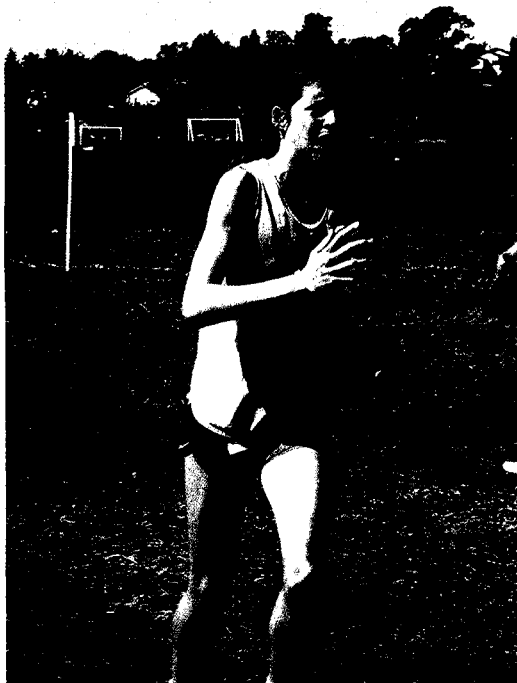
(run with GV 4 x 100 MILE)

Previous Winners:

4 X MILE

Frosh-Soph Girls:

2004	24:43.0	Granada	Allan, Patel, Peacock, Sull-Line
2003	24:48.23	Granada	Hartwell, Patel, Ottenheim, Burris
2002	25:04.2	Alameda	Little, Hanna, Zortis, Hurley
2001	25:41.4	Castro Valley	Suey, Katich, Choi, Zambrano
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	Stower, Ponce, Robles, Groome
1996	24:22.6	Acalanes	Judy, Barbera, Powers, Bostjanich



This event is sponsored by the Beringer Family.



Track Event 3: GV 4 x MILE

(run with GFS 4 x 100 MILE)

Previous Winners:

4 X MILE

Varsity Girls:

2004	24:06	Alameda	Wheeler, Steiner, Popelka, Sedlack
2003	24:12.85	Alameda	Roberts, Lee, Steiner, Wheeler
2002	24:30.7	Petaluma	Vance, Allen, Laslo, Abeida
2001	23:12.1	Sacred Heart	McArthur, Beck, Rowbury,
Areane			
2000	23:52.1	Castro Valley	Stewart, Groome, Boon-Nitoff, Dodge
1999	24:14.9	Castro Valley	Schmidt, Groome, McGrellis, Boon
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 SJ	Hotchkiss, Bailey, Rutledge, Mecochea
1995	23:25.6	Lowell	Lucero, Chou, Huang, Hua
1994	24:11.9	Castro Valley	J. Ewing, Wong, Lim, Shin



Track Event 4a: Boys Jr. High 4 x 100

Previous Winners:

4 x 100

Jr. High Boys:

2004 50.42 Canyon Estrada, Carpenter, Churchfield, Afscher
 2003 49.87 Canyon Estrada, Porter, Goddard, Kaneshin
 2002 51.09 Canyon Sullivan, Speth, Turner, Porter
 2001 no entries
 2000 no winner

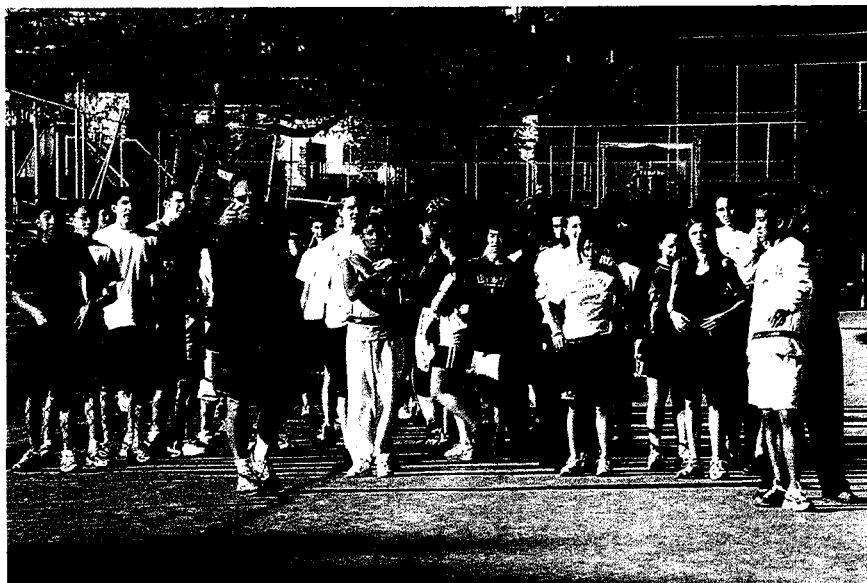
Track Event 4b: Girls Jr. High 4 x 100

Previous Winners:

4 x 100

Jr. High Girls:

2004 no entries
 2003 1:03.22 Bret Harte Kalina, Ellis, Large, Brumford
 2002 59.39 Edendale Williams, Boxdel, Bonude, Charles
 2001 1:00.56 Elmhurst String, Gibson, Bowee, Acusee
 2000 1:01.33 Elmhurst Turner, Evans, Turner, O'Neil



This event is sponsored by Coach Brewer and Friends.



Track Event 5: BFS 4 x 100

Previous Winners:

4 X 100

Frosh-Soph Boys:

2004	45.61	St. Joseph's	Smith, Lilly, Pringle, Townsen
2003	46.46	Las Lomas	Chandler, Dyer, Fox, Yamashita
2002	46.82	Castro Valley	Ballar, Cox, Hicken, T. Jones
2001	45.81	Granada	Graff, Bennett, Russo, Morisoli
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	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, Schefernon
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



This event is sponsored by the Coles Family.

Track Event 6: GFS 4 x 100

Previous Winners:

4 X 100

Frosh-Soph Girls:

2004	53.62	Granada	Hicks, Watson, Dane, Jessica
2003	53.71	San Leandro	Robinson, Wies, Steele, Dixon
2002	55.00	Castro Valley	M.Chan, O'Callaghan, Westling, He. Matheny
2001	55.30	Alameda	Rosenblum, Pewater, Pineta, Frankell
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



This event is sponsored by the Wong Family.



Track Event 7: GV 4 x 100

Previous Winners:

4 X 100

Varsity Girls:

2004	52.39	Hayward	Smith, Brooks, Miller, Sanchez
2003	51.38	Hayward	Smith, Brooks, Miller, Bryant
2002	51.99	Castro Valley	C. Chan, Wilkinson, Lee, Ho. Matheny
2001	53.03	Hayward	McCoy, Smith, Smith, Morris
2000	53.50	Newark-Memorial	Purtle, 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, 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, Masae
1983	52.6	Campolindo	Lundberg, Schuh, Muesser, Sasser
1982	rained out		
1981	50.8	Alhambra	Hansenim, Hookins, Swicegood, Suitos
1980	51.0	Miramonte	Bevan, Slakey, Davis, Binsacca
1979	49.2	Northgate	Fleming, Peters, Warfield, Relero
1978	51.8	Miramonte	Bevan, Blakey, Binsacca, Langjan
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

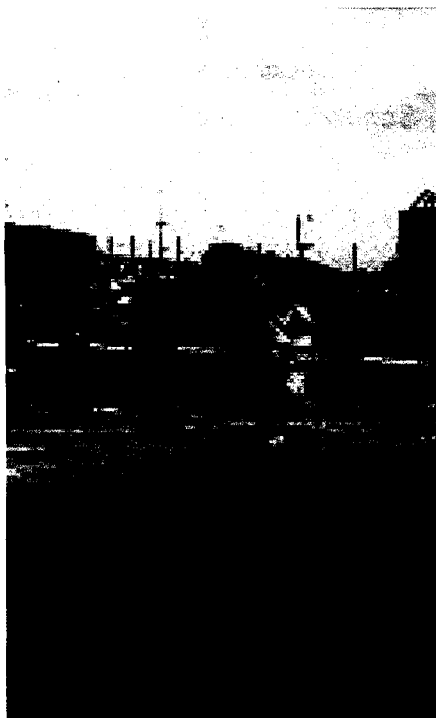
Track Event 8: BFS Shuttle Hurdles 39"

Previous Winners:

SHUTTLE HURDLES

Frosh-Soph Boys:

2004	41.62	Northgate	Hahn, Hahn, Gomez, Tannenbaum
2003	46.01	Granada	Lewis, Wood, Colling, McMahan
2002	48.51	Las Lomas	Ricahct, Hoskins, Chu, Wojochowski
2001	45.44	Alameda	Mac, Sibley, Robin, Soots
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, Sicotte
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



This event is sponsored by the Lodenstein Family.



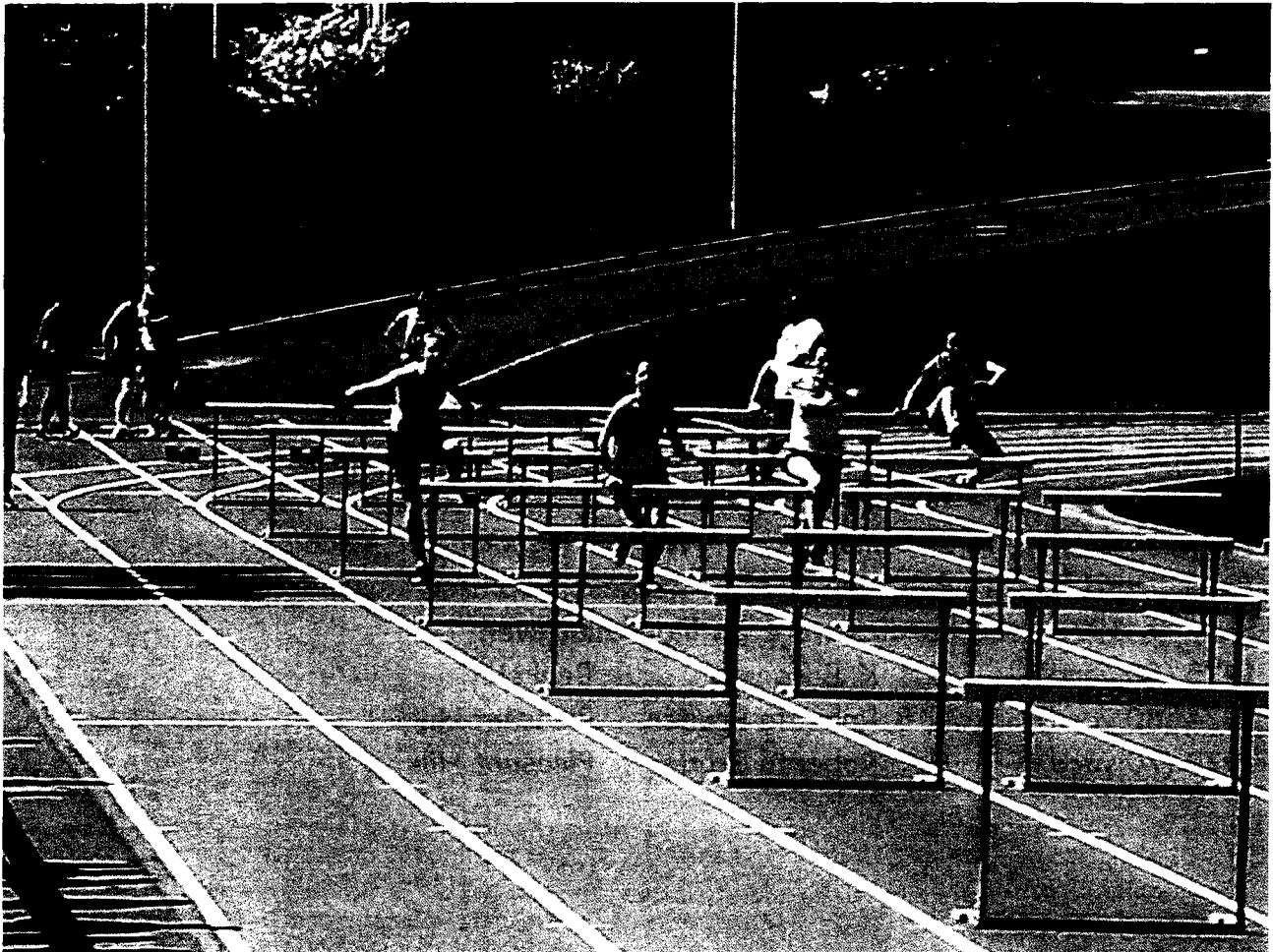
Track Event 9: GFS Shuttle Hurdles 33"

Previous Winners:

SHUTTLE HURDLES

Frosh-Soph Girls:

2004	46.66	Castro Valley	Kim, Lee, Simmons, Gistand
2003	43.48	Arroyo	Brook, Chung, Bergeron, Moniago
2002	46.92	Granada	Delacruz, Janung, Morgen, Thurmen
2001	45.45	Las Lomas	Powell, Murphy, Jones, Gray
2000	45.49	Alameda	Vongkhamchanh, Robinson, Sandhu, Wong
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



This event is sponsored by the LeBlanc Family.

Track Event 10: GV Shuttle Hurdles 33"

Previous Winners:

SHUTTLE HURDLES

Varsity Girls:

2004	43.82	Tennyson	Truesdale, Baker, Luong, Alcantara
2003	43.18	Castro Valley	Stewart, Tirado, Robinson, Chandler
2002	41.72	Arroyo	Rivas, Bergeron, Hughes, Bock
2001	40.27	Arroyo	Rivas, Hughes, Banouvong, Tekawa
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, 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	Acalanes	VanZeeland, VanZeeland, Dunkleberg, Meinbress
1979	38.6	Acalanes	VanZeeland, Dunkleberg, Meinbress, Upshaw
1978	37.7	Acalanes	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

This event is sponsored by Coach Mel Ashford.



Track Event 11: BFS 4 x 220

Previous Winners

4 X 220

Frosh-Soph Boys:

2004	1:39.13	St. Joseph's	Smith, Prinsler, Prentice, Aho
2003	1:39.14	Las Lomas	Chandler, Dyer, Rivers, Yamashita
2002	1:35.88	Granada	Pennywell, Caarter, Hudson, Russo
2001	1:38.54	Granada	Graff, Russo, Morisoli, Bennett
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, Jolivette, 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



This event is sponsored by the Castro Valley Sanitary District.

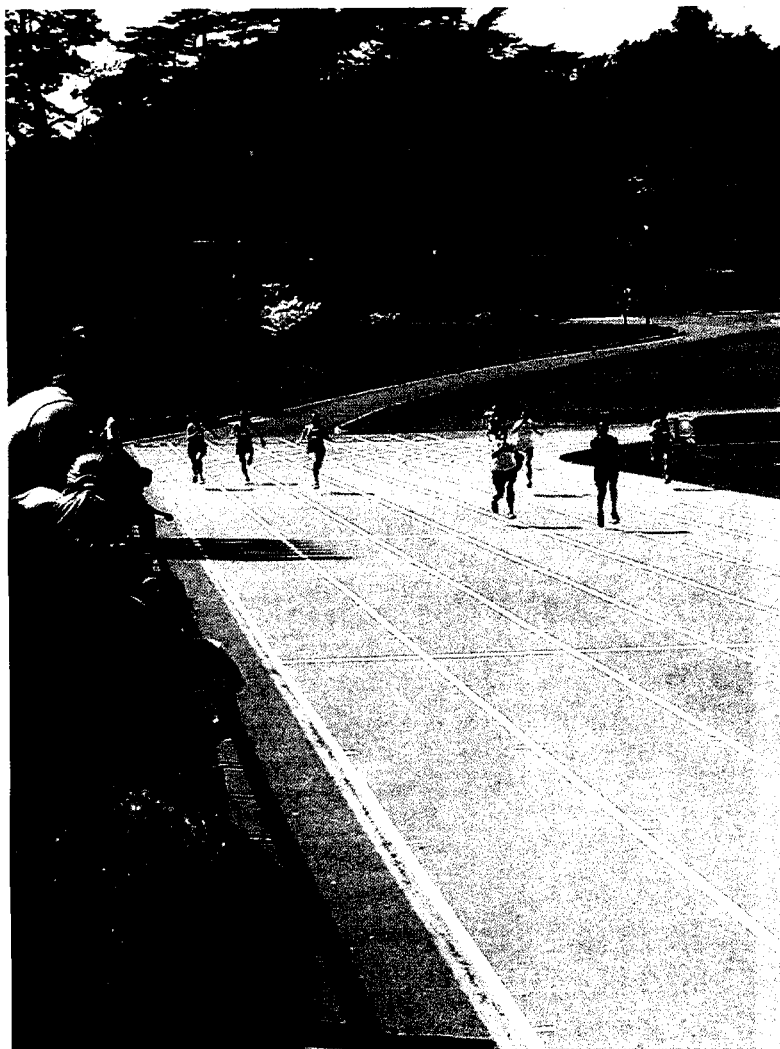
Track Event 12: GFS 4 x 220

Previous Winners

4 X 220

Frosh-Soph Girls:

2004	1:56.08	Granada	Bagorio, Dane, Hicks, Watson
2003	1:56.34	San Leandro	Robinson, Wirt, Hunkton, Dixon
2002	1:58.27	Castro Valley	M. Chan, O'Callaghan, Westling, He. Matheny
2001	1:56.78	Alameda	Resenblum, Dewater, Hodil, Frankel
2000	1:58.02	Alameda	Vanhkamchan, Robison, Roberts, Frankel
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, Accoce



This event is sponsored by the Castro Valley Athletic Boosters.



Track Event 13: GV 4 x 220

Previous Winners

4 X 220

Varsity Girls:

2004	1:50.82	Hayward	Miller, Smith, Burley, Brooks
2003	1:50.33	Hayward	Smith, Brook, Miller, Bryant
2002	1:51.33	San Leandro	Covington, Ritchey, Daniels, Thomas
2001	1:57.25	Castro Valley	Chow, Knapp, Medrano, Britt
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, Pettersen, Medrano, Bailey
1997	1:48.02	Fremont (Oak)	Ashworth, Wallace, Thomas, McCarter
1996	1:49.66	Fremont (Oak)	Ashworth, Lewis, McCarter, Thomas
1995	1:56.9	Washington	Snow, Afencio, Ghodoussi, Obilgacion
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, Steneford, Nickson

Track Event 14: BFS 4 x 880

Previous Winners:

4 X 880 RELAY

Frosh-Soph Boys:

2004	9:13.0	Hayward	Hurtado, Delauro, Pulido, Alunan
2003	9:23.0	Oakland	Vo, Chan, Saeporah, Thomas
2002	9:16.26	Irvington	Misner, Smith, Durham, Patel
2001	9:17.6	Castro Valley	Yano, Ribeira, Ribeira, Welte
2000	8:53.1	Castro Valley	Fernsten, Welte, Wong, Bettinger
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, D. Mellon
1996	9:02.6	Mission SJ	Foreman, Stevens, Chapman, Stepan
1995	9:15.4	Castro Valley	Boruta, S. 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



This event is sponsored by Welte Construction.



Track Event 15: GFS 4 x 880

Previous Winners:

4 X 880 RELAY

Frosh-Soph Girls:

2004	10:42.5	Alameda	Vaughn, Wheeler, Mogg, Mason
2003	10:51.0	Clayton Valley	Vanderstanetan, Fox, Hill, Stupka
2002	11:04.06	Alameda	Hodill, Steiner, Assayag, Rodriguez
2001	10:38.9	San Lorenzo	Pugh, Bicham, Hardy, Evans
2000	11:23.1	Castro Valley	Manos, Choi, Bettinger, Mellon
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



Track Event 16: GV 4 x 880

Previous Winners:

4 X 880 RELAY

Varsity Girls:

2004	10:44.9	Alameda	Steiner, Sedlak, Popelka, Rodriguez
2003	10:37.7	Castro Valley	He. Matheny, Ho. Matheny, Dianda, Webb
2002	10:36.79	Washington	Little, Schultz, Ong, Roberts
2001	10:57.2	Castro Valley	Medrano, Britt, Manos, Dodge
2000	10:37.8	Piedmont	L. Barbieri, D. Barbieri, Simpson, Joloa
1999	11:14.2	Redwd Christian	Davidson, Davidson, Karn, Heimmenga
1998	10:45.3	Alhambra	Gliatto, Neu, O'Dell, Loper-Riley
1997	10:10.5	Alhambra	New, Underwood, Loper-Riley, Gliatto
1996	10:16.5	Mission SJ	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, Gonszives, Scannel, Zabner
1975	10:10.5	Pleasant Hill	Costello, Robinson, Iten, Bruder



This event is sponsored by the Castro Valley Cross-Country Runners Club.



Track Event 17: JR High Open 100

Previous Winners:

Open 100

Junior High Boys:

2004	12.88	Stephan Estrada	Canyon
2003	12.16	Destry Porter	Canyon
2002	11.95	Tom Speth	Canyon
2001	12.38	Brian Moore	Elmhurst
2000	12.44	Cornell Shields	Elmhurst

Open 100

Junior High Girls:

2004	no entries		
2003	14.27	Rashidah Young	Edwin Markham
2002	14.45	Jevon Boxdel	Edendale
2001	14.96	Evelyn Smith	Bret Harte
2000	15.01	AShley Bovie	Elmhurst



This event is sponsored by Big Apple Bagels.

Track Event 18: BFS Open 100

Previous Winners:

OPEN 100

Frosh-Soph Boys:

2004	12.02	Brian Chung	Northgate
2003	11.63	Jaleil James	San Leandro
2002	11.69	Kevin Russo	Granada
2001	11.88	Josh Graff	Granada
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	Benalter Gambles	Armijo
1995	11.3	Dave Newton	San Ramon
1994	11.6	Brian Thompson	Alhambra



This event is sponsored by Fleet Feet.



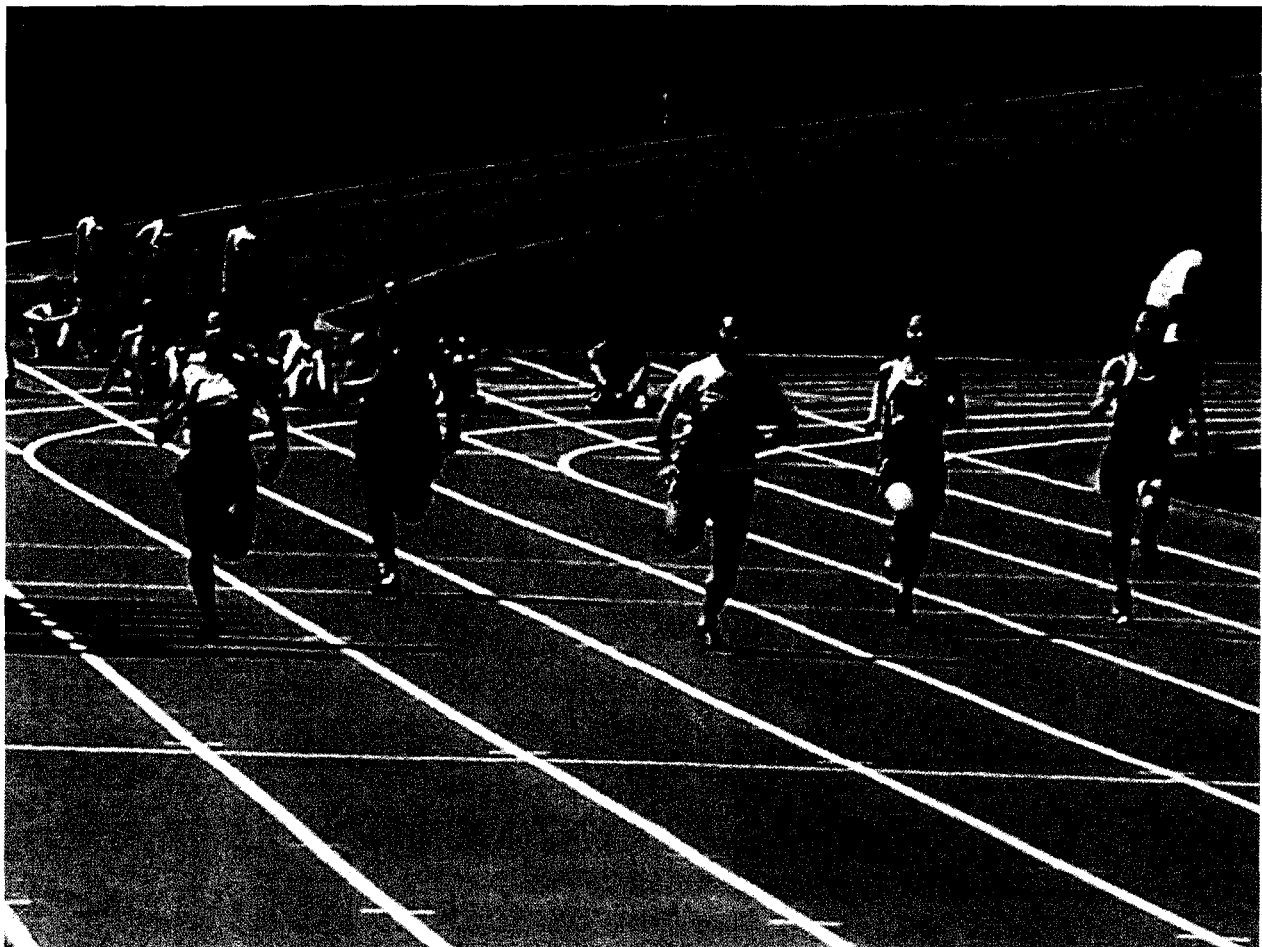
Track Event 19: GFS Open 100

Previous Winners:

OPEN 100

Frosh-Soph Girls:

2004	13.38	Blankers	Crystal Springs Uplands
2003	13.37	Taylor Holslaw	Alameda
2002	13.76	Michelle Chan	Castro Valley
2001	13.77	Jennifer Grankell	Alameda
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



This event is sponsored by the Chow Family.

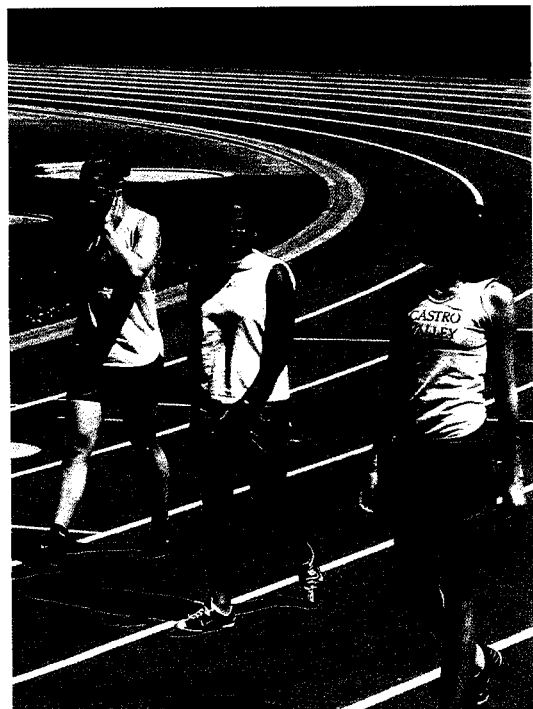
Track Event 20: GV Open 100

Previous Winners:

OPEN 100

Varsity Girls:

2004	12.95	Laux	Clayton Valley
2003	12.78	Charis Chan	Castro Valley
2002	13.01	Charis Chan	Castro Valley
2001	12.64	Makaiha Long	Tennyson
2000	13.11	Kalani Holleman	Hayward
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 (yds)	11.9	Pam McDaniel	Washington-Fremont



This event is sponsored by the Castro Valley High School PTSA.



Track Event 21: JR High Mile (No Devil)

Previous Winners:

DEVIL-TAKE-THE-HINDMOST MILE

Junior High Boys:

2004	5:24.8	Wesley Schneider	Canyon
2003	5:22.5	William Wheeler	Canyon
2002	5:42.0	Matt Riley	Creekside
2001	5:40.0	Mauricio Hurtado	Winton (Hayward)
2000	5:48.0	Mauricio Hurtado	Winton (Hayward)



Previous Winners:

DEVIL-TAKE-THE-HINDMOST MILE

Junior High Girls:

2004	7:00.5	Michelle LaPonte	Vannoy Elementary
2003	no contestants		
2002	5:55.0	Jenny LaPonte	Creekside
2001	5:58.0	Zetra Evans	St. Elizabeth's
2000	6:08.0	Zetra Evans	Elmhurst



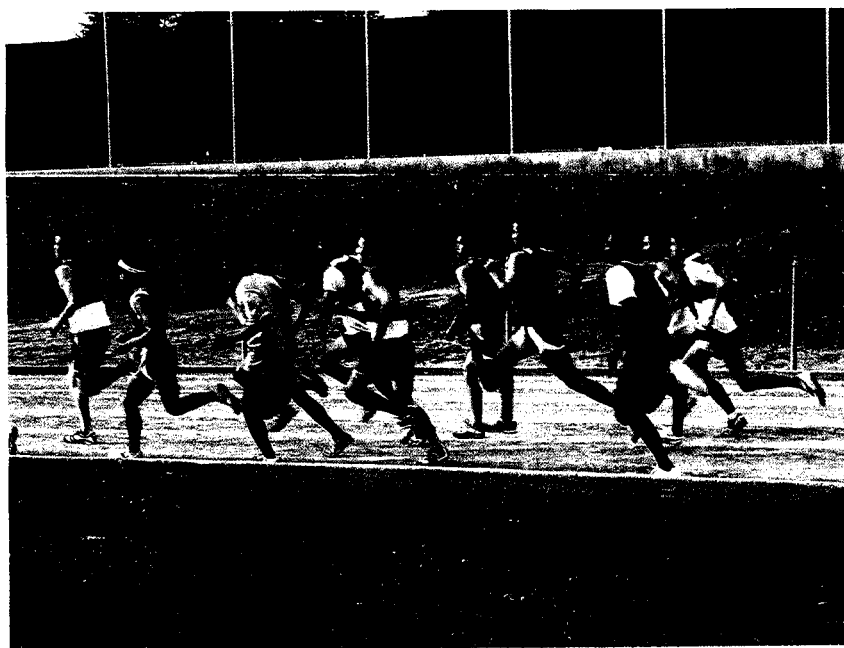
Track Event 22: BFS Devil-Take-The-Hindmost Mile

Previous Winners:

DEVIL-TAKE-THE-HINDMOST MILE

Frosh-Soph Boys:

2004	4:44.1	Ballanger	Oakland Tech
2003	4:40.7	Michael Wickman	Northgate
2002	4:57.0	Gis Gibbs	Tamalpais
2001	5:01.5	Josh Rau	Granada
2000	5:02.0	Beau Bettinger	Castro Valley
1999	4:58.6	Ryan McGinnis	Las Lomas
1998	5:00.0	Ryan McGinnis	Las Lomas
1997	4:55.4	Richard Mendez	Hayward
1996	4:34.4	Jonathan Stevens	Mission San Jose
1995	5:03.6	Peter Baria	Castro Valley
1994	5:01.4	Chris Coffee	DeLaSalle
1990-93	no meet held		
1989	4:52.7	Dave Ling	Castro Valley
1988	rained out		
1987	4:40.7	Gordon Johnson	Piedmont
1986	4:33.4	Mike Mahoney	Acalanes
1985	4:42.1	Ryan Harding	Eagle Point, Oregon
1984	4:44.5	P. King	Clayton Valley



This event is sponsored by the Riley Family.



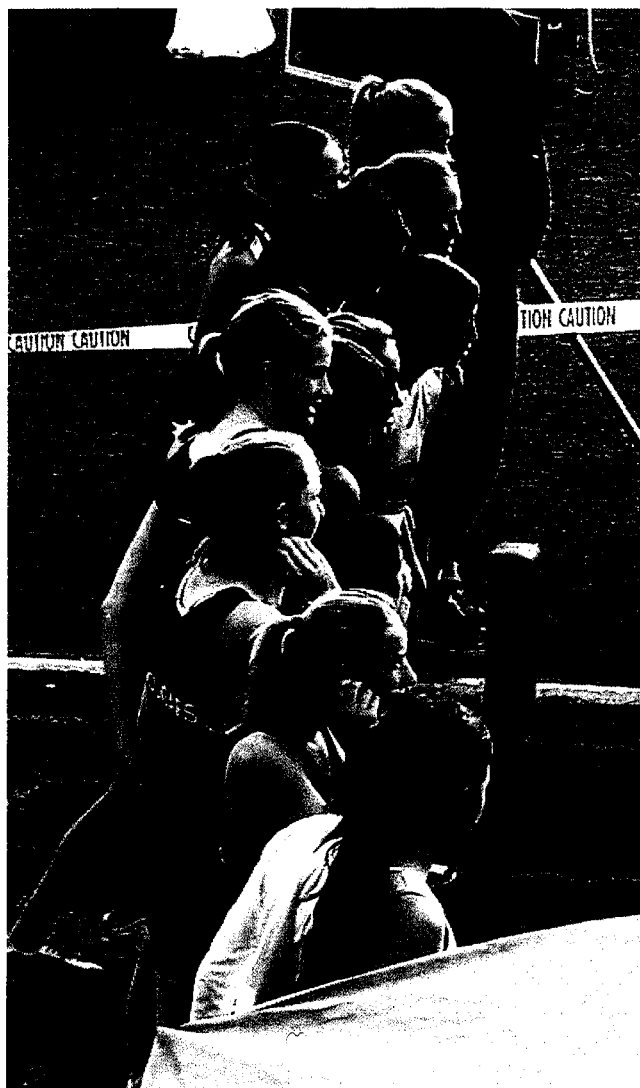
Track Event 23: GFS Devil-Take-The-Hindmost Mile

Previous Winners:

DEVIL-TAKE-THE-HINDMOST MILE

Frosh-Soph Girls:

2004	5:49.5	Rozwat	Crystal Springs Uplands
2003	5:42.9	Elise Fox	Clayton Valley
2002	5:45.0	Drusia Dickson	Acalanes
2001	5:31.6	Lisa Crampton	Granada
2000	5:51.0	Sara Orzell	Alameda
1999	5:58.2	Larisa Solozhuk	Hayward
1998	6:13.0	Erica Simmons	Castro Valley
1997	6:10.1	Melissa Vivian	Alhambra
1996	5:39.8	Courtney Davidson	Redwood Christian



This event is sponsored by the Beringer Family.

Track Event 24: GV Devil-Take-The-Hindmost Mile

Previous Winners:

DEVIL-TAKE-THE-HINDMOST MILE

Varsity Girls:

2004	5:34.2	Fox	Clayton Valley
2003	5:33.2	Corinne Roberts	Alameda
2002	5:31.0	Corinne Roberts	Alameda
2001	5:50.1	Bonnie Chalmers	Las Lomas
2000	5:42.0	Zinzi Evans	Holy Names
1999	5:56.6	Kristen Boon-Nitoff	Castro Valley
1998	6:07.0	Susan Kang	American
1997	5:34.5	Amy Loper-Riley	Alhambra
1996	5:53.8	Katie Hotchkiss	Mission San Jose
1995	5:31.8	Amber Robinson	Las Lomas
1994	5:40.1	Amber Robinson	Las Lomas
1990-93	meet not held		
1989	5:24.2	Sarah Riley	Campolindo
1988	rained out		
1987	5:21.3	Maria Ravazza	Acalanes
1986	5:20.4	Kristen Hansen	Ygnacio Valley
1985	5:29.6	Elena Spight	Miramonte
1984	5:24.9	Elena Spight	Miramonte
1983	5:11.6	Ann Ratto	Alameda
1982	meet not held		
1981	5:20.5	Nogle	Miramonte
1980	5:05.9	Lisa Sandel	Campolindo
1979	5:19.5	Melissa Martel	Piedmont
1978	5:19.3	Carol Manning	Carondelet
1977	5:20.4	Cherie Williams	Livermore
1976	5:30.8	Karen Salisbury	Northgate
1975	5:30.8	Mary Riebelt	Las Lomas
1974	5:54.8	M. Zahner	Bishop O'Dowd
1973	6:07.8	Mary Faiferek	Las Lomas

This event is sponsored by the Castro Valley Sanitary District.



Track Event 25: BFS 4 x 440

Previous winners

4 X 440

Frosh-Soph Boys:

2004 3:50.21	Las Lomas	Dyer, Davis, Taglieri, Pierson
2003 3:50.72	Granada	Allen, Powell, Lin, Collins
2002 3:46.77	Alameda	Rodrigues, Silbey, Lindsted, Uddenberg
2001 3:47.85	Granada	Rau, Russo, Marisoli, Bennett
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	Moralas, Chavez, Changus, Lawson
1996 3:45.8	Acalanes	Brillant, Bostjanich, 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	Barnett, Johnson, Chambers, Klino



This event is sponsored by Ploughman's Restaurant.

Track Event 26: GFS 4 x 440

Previous winners

4 X 440

Frosh-Soph Girls:

2004 4:30.82	Granada	Pane, Hicks, Cantua, Watson
2003 4:32.71	San Leandro	Wong, Jay, Shanna, Leung
2002 4:32.46	Alameda	Imphroy, Green, Steiner, Rodrigues
2001 4:22.77	San Lorenzo	Pugh, Evans, Bickham, Hardy
2000 4:25.0	Alameda	Burenin, Roberts, Vongnamchamnh, Frankel
1999 4:27.71	Granada	Kuska, Fischter, Ortumo, 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



This event is sponsored by the Leather Odyssey.



Track Event 27: GV 4 x 440

Previous winners

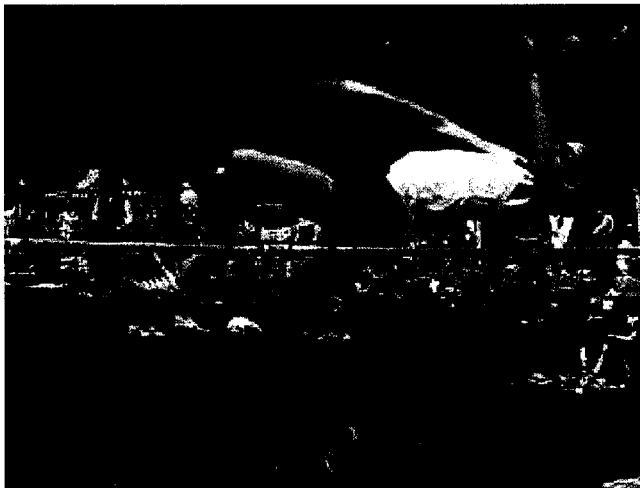
4 X 440

Varsity Girls:

2004 4:18.43	Hayward	Miller, Brooks, Ly, Smith
2003 4:19.71	Washington	Price, Marshall, Bloom, Sheppard
2002 4:18.72	Washington	Martinez, Bloom, Little, Roberts
2001 4:35.10	Las Lomas	Letsch, Moore, Brooks, Erdman
2000 4:50.0	Oakland	names not available
1999 4:43.60	Redwd Christian	Davidson, Davidson, Silva, Hiemenga
1998 4:23.77	Alhambra	Gliatto, New, Rilli, O'Dell
1997 4:07.3	Fremont (Oak)	Ashworth, McCarter, Lewis, Wallace
1996 4:13.4	Fremont (Oak)	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, Kilmedr
1985 4:15.9	Acalanes	Ravazza, Kasper, Heckmann, Newberger
1984 4:17.5	Campolindo	Bacon, Hepler, McMahan, Sasser
1983 4:17.9	Campolindo	Bacon, Hepler, McMahan, 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

Field Event 28: GV High Jump (Pit A) 4:00 PM

2004	9-2	Arroyo	Erica Peters, Kori, Jenna	5-0	Erica Peters	Arroyo
2003	13-10	Alameda	Stewart, Roberts, Hodill	5-0	Lauren Hodell	Alameda
2002	13-10	Arroyo	Becky G, Milana O, Phillips	5-0	Liana Tergs	Tamalpais
2001	13-6	Arroyo	Buonovang, Phillips, Andrea	5-0	Vanessa Phillips	Arroyo
2000	13-10	Las Lomas	Raoufi, Ardeschar, Creech	5-2	Sarah Raoufi	Las Lomas
1999	14-3 1/2	Castro Valley	Bailey, Eng, McDonald	5-1 1/2	Loryn Bailey	Castro Valley
1998	13-6	Castro Valley	Long, McDonald, Bailey	4-10	Rachel McDonald	Castro Valley
1997	13-10	Castro Valley	Kohl, Bailey, Komadina	5-0	Amy Kohl	Castro Valley
1996	14-4	Acalanes	Nichol, Shaw, Flett	5-2	Erin Nichol	Acalanes
1995	14-0	Castro Valley	Kohl, E.Ewing, Komadina	4-10	Amy Kohl	Castro Valley
1994	13-6	Castro Valley	Kohl, Hild, Parker	4-10	Tracy Banks	Alhambra
1990-93			no meet held			
1989	14-0	Holy Names	Clark, Harb, Dillon	4-10	Daly	Benicia
1988			rained out			
1987	14-0	Monte Vista	Byers, Cole, Baker	4-10	Carrie Dial	College Park
1986	13-6	Arroyo	Barros, Lopes, Sanchez	5-0	Brook Knight	Clayton Valley
1985	14-2	Campolindo	Johnson, Denham, Cole	4-10	Kristin Folkedahl	Acalanes
1984	14-6	Campolindo	Denham, Johnson, Kisner	4-11	Claire Denham	Campolindo
1983			no records			
1982			no meet held			
1981	13-6	Castro Valley	VanBuskirk, Cunningham, Symes	4-10	Lisa Banchemo	Carondelet
1980	14-3	Acalanes	Carr, Dunklebey, VanZeeland	5-6	Maggie VanZeeland	Acalanes
1979	14-4	Acalanes	Dalicio, VanZeeland, Dunklebey	5-6	Lisa Peters	Northgate
1978	13-10	Las Lomas	Warrington, Kunz, Cornell	5-2	Karen Cornell	Las Lomas
1977	14-0	Livermore	Madrid, Paxaio, Shirley	4-10	Janice Paxaio	Livermore
1976				5-2	Johnson	Liberty
1975				5-2	Terry Knight	Berkeley
1974			no record			
1973				4-11	A. Noack	Campolindo



This event is sponsored by the Hopfenbeck Family.



Field Event 29: GFS High Jump (Pit A) After GV

Previous Winners:

HIGH JUMP

Girls Frosh-Soph:

2004	12-6	Northgate	Kenny, Espionosa, Bylova	4-8	Natalya Caraballo	St. Joseph's
2003	13-2	Petaluma	Timmel, Cabral, Hurt	4-10	Brianne Peters	Arroyo
2002	12-2	Castro Valley	Ka. Stewart, Crawford, Delaplane	4-4	Katy Stewart	Castro Valley
2001	13-8	Las Lomas	Powell, Murphy, Harrington	4-8	Maggie Murphy	Las Lomas
2000	13-8	Las Lomas	Powell, Rocha, Murphy	4-8	Laura Powell	Las Lomas
1999	13-2	Alameda	Sawyer, Unger, Orzell	4-8	Gita Vaynsberg	Granada
				4-8	Laneice Morgan	Hayward
1998	13-0	Hayward	Wong, Morse, McConnell	4-8	Amy McConnell	Hayward
1997	8-4	Las Lomas	Miller, Kreen, Hoffman	4-6	Jennifer Miller	Las Lomas
	8-4	Castro Valley	Bichsel, Robles, Eng			
1996	12-10	Castro Valley	Bailey, Robles, Van Norman	4-6	Loryn Bailey	Castro Valley



This event is sponsored by the Primrose Bakery.

Field Event 30: BFS High Jump (Pit B) 4:00 PM

Previous Winners:

HIGH JUMP

Frosh-Soph Boys:

2004	15-8	Ygnacio Valley	Justin, Steven, Erin	5-8	Kirk Marciel	Castro Valley
	15-8	Castro Valley	Marciel, Lassalle, Corey			
2003	16-3	Las Lomas	Fox, Ayropetyan, Kalinn	5-9	Jeff Fox	Las Lomas
2002	16-2	Tamalpais	Fitting, Frazer, Crockett	5-10	Brandon Crockett	Tamalpais
2001	15-6	Castro Valley	Stohr, Picetti, Leng	5-4	Jesse Lackey	Ganada
2000	16-4	Castro Valley	Bettinger, Parker, Eng	5-10	Beau Bettinger	Castro Valley
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, Gordillo	5-10	Vincent Boatwright	Hayward
	16-2	Benicia	Miner, Maurer, Layton			
1996	16-2	Hayward	Holleman, 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	Naeem 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



This event is sponsored by the Marciel Family.



Field Event 31: GFS Long Jump 4:00 PM

Previous Winners:

LONG JUMP

Girls' Frosh-Soph

2004	40-0	Northgate	Dunn, Jing, Badger	14-0	Brandy Tummings	Galileo
2003	42-10	Alameda	Hodill, Wong, Holtslaw	14-11.5	Raina Timmel	Petaluma
2002	40-4	Alameda	Wong, Rosenblum, Hodill	14-1	Marisa Robinson	Acalanes
2001	42-2	Alameda	Resenblum, Hodell, Roberts	16-5.5	Crystl Pugh	San Lorenzo
2000	43-9	Castro Valley	Chandler, Slader, Ford	15-8	Kiersten Slader	Castro Valley
1999	38-3 3/4	Hayward	Holleman, Booth, Carter	14-6	Shelley Deis	Granada
1998	40-2	Hayward	Holleman, Radcliffe, Gunseor	14-6	Kalani Holleman	Hayward
1997	41-4	Las Lomas	Miller, Raoufi, Ashworth	14-10	Heather Ashworth	Las Lomas
1996	38-0 1/4	St. Mary's	Rodriguez, E-Gordon, English	14-11	Katy Savage	Alameda



This event is sponsored by the Sazio Ristorante Italiano.

Field Event 32: GV Long Jump - After GFS

Previous Winners:

LONG JUMP

Varsity Girls:

2004	37-9 1/2	Alameda	Hodill, Wong, Copeland	15-1	Mercedes Marchbank	Sequoia
2003	43-4	Rdwd Christian	Margulies, Walker, Mellion	16-10	Lauren Hodell	Alameda
2002	42-6 1/2	Alameda	Hodill, Burenin, Roberts	14-10	Lauren Hodell	Alameda
2001	42-7.5	Las Lomas	Mayta, Tingen, Erdman	14-9	Ashley Erdman	Las Lomas
2000	46-1	Tennyson	McIver, Long, Nelson	16-4	Kalani Holleman	Hayward
1999	43-9	Castro Valley	McDonald, Bailey, Paladini	15-4	Loryn Bailey	Castro Valley
1998	41-1 1/2	Rdwd Christian	Davidson, Wiecker, Yovino	14-6 1/2	Ana Yovino	Rdwd Christian
1997	43-4 1/2	Castro Valley	Sammons, Bailey, Jones	15-2 1/2	Becka Fong	Mission SJ
1996	41-0	Las Lomas	Minglana, Leahy, Ashworth	14-5 1/2	Ada Minglana	Las Lomas
1995	42-3 1/2	Holy Names	Brown, Agbowo, Banks	14-10	Jasmin Brown	Holy Names
1994	42-0 1/2	Castro Valley	Kohl, Shin, Wong	14-11 1/4	Amy Kohl	Castro Valley
1990-93			meet not held			
1989	43-7 1/2	Holy Names	Tanner, Gross, Alexander	16-4	Chivonne Tanner	Holy Names
1988	rained out					
1987	43-5	Monte Vista	Hansen, Kolb, Studfell	15-0	Susie Calahong	Las Lomas
1986	45-6 1/2	Alhambra	Corbyn, Morandin, Suitos	15-11	Cindi Barros	Arroyo
1985	45-10 1/2	Campolindo	Doust, Berman, Schuh	16-7 1/2	Karlyn McNall	Acalanes
1984	47-0	Miramonte	Tong, Halsey, Hess	16-1 3/4	Kim Halsey	Miramonte
1983	47-0 1/2	Campolindo	Schuh, Berman, Rowe	16-5 1/2	Kim Halsey	Miramonte
1982	meet not held					
1981	48-1 1/2	Alhambra	Suitos, Hanson, Hopkins	16-6	Pam Cole	Castro Valley
1980	46-9 3/4	Acalanes	Bucklin, Cox VanZeeland	16-9	Maggie VanZeeland	Acalanes
1979	47-2 1/2	Moreau	Miles, Carson, Kinman	16-9 1/2	Rita O'Connor	San Ramon
1978	45-7	Northgate	Fleming, Peters, Kenow	15-11 1/2	Dawn Peters	Northgate
1977	48-0 1/2	Livermore	Madrid, Ng, Paxaio	16-9	Paula Ng	Livermore
1976	not a relay event			16-5	Kelly Swearington	Del Valle
1975	not a relay event			17-2 1/2	Terry Knight	Berkeley
1974	not a relay event			17-0	C. Hermann	Las Lomas
1973	not a relay event			16-6 3/4	P. Lebrie	Bishop O'Dowd



This event is sponsored by the Ballar Family.



Field Event 33: BFS Triple Jump - After GV

Previous Winners:

TRIPLE JUMP

Frosh-Soph Boys:

2004	106-9 1/4	Alhambra	Churs, Townsend, Kim	37-10 1/2	Ted Green	Irvington
2003	100-01.5	Mt. Eden	Luke, M. Almond, D. Almond	37-2.5	Andre Luke	Mt. Eden
2002	108-3	Alameda	Uddenberg, Silbey, Gutierrez	38-10 1/2	Liwei Tsao	Irvington
2001	109-7.5	Granada	Coyle, Lackey, Urrutia	38-9	Matt Uddenberg	Alameda
2000	118-11	Mt. Eden	Boston, Boston, Dawkins	41-11	James Brown	Tennyson
1999	110-0-3/4	Tennyson	Brown, Smith, McKnight	38-11 3/4	Vonshae McKnight	Tennyson
1998	101-6	Las Lomas	Gabe, McGinnis, Clarkson	37-0	Laith Almagen	Hayward
1997	108-0 1/2	San Lorenzo	DePina, Owens, Gordillo	37-8 1/2	Recil Miner	Benecia
1996	104-2 3/4	Hayward	Hsieh, Johnson, Conway	37-0 1/2	Kim-Da Hsieh	Hayward
1995	105-9	Castro Valley	Bailey, Fung, Ciglar	37-2	Kevin Grimes	San Lorenzo
1994	109-9 3/4	Castro Valley	Amiri, Moore, Wong	37-5 3/4	Naeem Amiri	Castro Valley
1990-93			no meet held			
1989	110-1 1/2	Acalanes	Wilson, Sampson, Habibullah	40-2	Jerry Reese	Mt. Diablo
1988	rained out					
1987	114-9	DeAnza	Hunt, Riveis, Foster	39-5	J. Hunt	DeAnza
1986	113-10	Ygnacio Valley	Medrona, Poppleton, Barry	41-7	Rich Laccay	Moreau



This event is sponsored by the Castro Valley Lumber.

Field Event 34: BFS Shot Put (Ring A) 4:00 PM

Previous Winners:

SHOT PUT

Frosh-Soph Boys:

2004	123-9	Las Lomas	Gardner, Luke, Rulifson	45-6	David Luke	Las Lomas
2003	117-3	Castro Valley	Allen, Geucht, Tsang	44-9	Chris Selb	San Lorenzo
2002	113-10 1/2	Granada	Gross, Musselman, Austin	44-6	Chris Hurts	San Leandro
2001	118-0	Arroyo	Singh, Mulitado, Briggs	44-5	Jesse Lackey	Granada
2000	116-9	Castro Valley	Owen, Sawyer-Long, LaSalle	39-9	Neil Owen	Castro Valley
999	126-9	Benicia	Fong, Berace, Henderson	43-8	Steve Henderson	Benicia
1998	118-3 3/4	Las Lomas	Him, Frohnm, Al Faqih	46-6	Basil Al-Faqih	Las Lomas
1997	118-0 1/2	Sacred Heart	Miranda, Mazeris, Joyner	46-7	Basil Al-Faqih	Las Lomas
1996	124-7 1/2	Las Lomas	Christiansen, Jones, Decker	50-9	Robbie Christiansen	Las Lomas
1995	129-4 1/2	Tokay	Takahaski, Gabriel, Lanfair	47-7 1/2	Darren Lanfair	Tokay
1994	125-8	Alhambra	Oxford, Kinder, Boyd	45-2	Tony Feliciano	Mt. Eden
1990-93		meet not held				
1989	114-0 3/4	Piedmont	Fendel, Krieger, DeFeo	42-8	Josh DeFeo	Piedmont
1988	rained out					
1987	128-11 1/2	College Park	McDeamid, Byford, Holden	47-11 1/2	Doug Byrkit	Monte Vista
1986	126-6 1/2	Amador Valley	Carvecho, DeBarnardi, Sebaha	48-8	Eric Bamberger	Ygnacio Valley
1985	124-6	Las Lomas	Freschi, Barns, Miller	46-5	Tony Miller	Las Lomas
1984	140-2	San Ramon	Cox, Greg, Isola	49-0	Will Greg	San Ramon



This event is sponsored by Coach Klews.



Field Event 35: GV Shot Put (Ring A) - After BFS

Previous Winners:

SHOT PUT

Varsity Girls:

2004	91-3	Castro Valley	Valentine, Hill, Louie	33-6	Rebecca Molineau	Albany
2003	83-9	Arroyo	Soto, Stahowski, Aggata	33-7	Nora McAuley	Petaluma
2002	92-6 1/2	Petaluma	Moore, McCauley, Maus	31-0	Shana Moore	Petaluma
2001	88-11	Arroyo	Dalisay, Aggetta, Perreria	33-1	Jessica Perreira	Arroyo
2000	92-11	Newark-Mem	Smith, Gianella, DaSilva	37-0	Alia Hansen	Las Lomas
1999	92-4	Hayward	Dixon, Radcliffe, Cortez	34-11	Evangelina Dixon	Hayward
1998	82-0	California	Valdes, McNeil, Ladouceur	30-4	Carolyn Whitney	Benicia
1997	92-11	Castro Valley	Klews, Rizzo, Abella	32-8	Barbara Klews	Castro Valley
1996	86-7	Fremont (Oak)	Fine, Talanoa, Payne	32-10	Barbara Klews	Castro Valley
1995	83-7 1/2	Castro Valley	Klews, Minion, Howard	31-9	Barbara Klews	Castro Valley
1994	75-10	Alhambra	Colbert, Ferguson, Fowler	29-2	Stephanie Colbert	Alhambra
1990-93			meet not held			
1989	89-3 1/2	Piedmont	Moren, Watts, Martin	37-7 1/4	Julie DeJarlis	Las Lomas
1988			rained out			
1987	91-0 3/4	Acalanes	Connor, Samahon, Billeter	35-8	Hildegard Samahon	Acalanes
1986	89-2 1/2	Moreau	A.Loggins, Watson, B.Loggins	34-0 1/4	Dawn Lundberg	Campolindo
1985	92-3 1/2	Foothill	Murphy, DeSantis, Mullikin	34-2 1/2	Esther Mullikin	Foothill
1984	94-9 1/2	Moreau	A.Loggins, B.Loggins, Watson	37-1	Jennifer Watson	Moreau
1983	86-0	Eagle Point, OR	Dickenson, Walter, Hanscom	32-8 1/2	Debby Hanscom	Eagle Point
1982			no meet held			
1981	86-8 1/2	Ygnacio Valley	Reed, Camp, Chiavini	32-8	Diane Reed	Ygnacio Valley
1980	105-3 1/2	Liberty	Gallegos, Gallegos, Hoffman	40-0	Kathy Callegan	Monte Vista
1979	101-1	Monte Vista	B. & K Callegan, Fischer	39-8 1/2	Kathy Callegan	Monte Vista
(8 lb. shot used before 1979)						
1978	89-5 1/2	San Leandro	Richards, Bradshaw, Egan	40-6	Linda Reed	Alameda
1977	105-6	Monte Vista	Bell, Callegan, Dolsby	38-9	Carol Dolsby	Monte Vista
1976			not a relay event	38-11	Vanessa Brooks	Berkeley
1975			not a relay event	35-0	L. Keats	San Leandro
1974			not a relay event	34-2	L. Gustavson	Monte Vista
1973			not a relay event	38-3	G. King	Washington



This event is sponsored by Cal West Motors.

Field Event 36: GFS Shot Put (Ring B) - After Discus

Previous Winners:

SHOT PUT

Girls' Frosh-Soph:

2004	73-6	Irvington	Schall, Washington, Koloko-Green	29-2	Taeler Smith	Hayward
2003	82-11.75	Castro Valley	Valentine, Erdman, Wilcox	30-3.5	Marissa Valentine	Castro Valley
2002	70-0 1/2	Alameda	Brooks, Copeland, Rosenblum	28-1	Ashley Corbin	San Lorenzo
2001	81-2	Castro Valley	Simpson, Passadore, Cardiasmenos	29-8	Ashley Corbin	San Lorenzo
2000	68-2 1/2	Newark-Mem	Baptista, Rose, Gialanella	29-4	Christina Baptista	Newark-Mem
1999	81-7	Castro Valley	Shaw, West, Szalay	30-0	Angela Faghi	Las Lomas
1998	74-5 1/2	Richmond	Bournd, Romero, Robinson	27-0 3/4	Lizzy Colbert	Alhambra
1997	81-10	Las Lomas	Brell, Wilson, Hansen	31-0	Rosie Aikens	St. Mary's
1996	81-1 1/2	St. Mary's	O'Dea, Aikens, Harris	32-6	Rosie Aikens	St. Mary's



This event is sponsored by the Hopfenbeck Family.



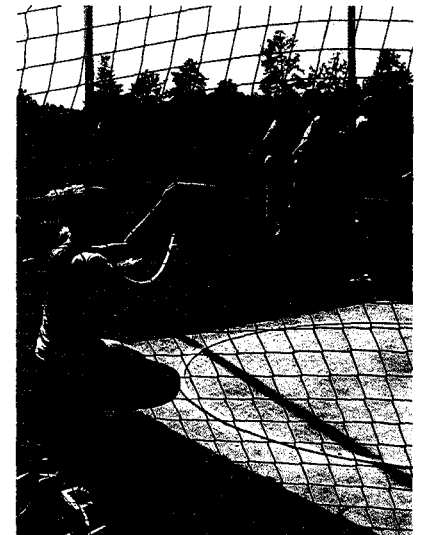
Field Event 37: GV Discus (Ring A) 4:00 PM

Previous winners:

DISCUS

Varsity Girls

2004	245-3 1/2	Alameda	Zheng, Brown, Husby	109-8	Rebecca Molanari	Albany
2003	240-0.5	Arroyo	Argetta, Stanowski, Soto	92-11	Alisha Argetta	Arroyo
2002	252-2 1/5	Alameda	Kreider, Nelson, Kendall	91-6	Anne Kreider	Alameda
2001	230-2	Alameda "A"	Walker, Kendall, Kreider	81-8	Erica Kendall	Alameda
2000	287-1	Newark-Mem	DaSilva, Smith, Biser	108-1	Tiffany Rizzo	Castro Valley
1999	248-11	Alameda	Stoner, Wlaker, Palemr	115-6	Purtle Bern	Newark-Mem
1998	238-7	Castro Valley	Van Elk, Hausel, Rizzo	102-7	Kate Valdez	California
1997	256-2 1/2	Castro Valley	Klews, Rizzo, Abella	92-7	Rachael Lee	Dublin
1996	220-1	Dublin	Lee, Hodson, Jamison	90-4	Valerie Kucharewski	Foothill
1995	256-8	Tokay	Pfeifle, Wiley, Hernandez	98-4	Shannon Pfeifle	Tokay
1994	247-3	Alhambra	Colbert, Fowler, Ferguson	89-5 1/2	Stephanie Colbert	Alhambra
1990-93 meet not held						
1989	249-0	Piedmont	Martin, Anderson, Moren	119-2	Julie DeJarlis	Las Lomas
1988	rained out					
1987	274-11	Las Lomas	Dawson, DedJarlis, Deruyte	123-2	Julie DeJarlis	Las Lomas
1986	286-7	Moreau	A. Loggins, Watson, B. Loggins	117-6	Swanson	College Par
1985	274-8	Foothill	Kleinsmith, DeSantis, Murphy	124-7	Swanson	College Park
1984	276-11	Moreau	B. Loggins, Watson, A. Loggins	108-11 3/4	Tyler	College Park
1983	256-6	Campolindo	Ebersole, Denham, Lundling	98-3	Casazza	Alhambra
1982	meet not held					
1981	283-2	Acalanes	Borgwardt, D'Hout, Gordon	113-7	Cherie Schaeffer	Castro Valley
1980	298-9 1/2	Acalanes	Lovtang, Borgwardt, D'Hout	116-2	d'Hout	Acalanes
1979	283-9	Monte Vista	Fisher, K.Callaghan, B.Callaghan	126-4	Heidi Carlson	Miramonte
1978	300-4 1/2	Pleasant Hill	Aston, Echols, Johnson	133-7	Linda Reed	Alameda
1977	290-7	Monte Vista	Frahmen, Dolsby, Bell	122-10 1/2	Carol Dolsby	Monte Vista
1976	Prior to 1977, field events were only individual competition					
1975						
1974	no records					
1973						
				89-7	S. Pierce	Berkeley



Field Event 38: GFS Discus (Ring B) 4:00 PM

Previous winners:

DISCUS

Girls' Frosh-Soph:

2004	190-2 1/2	Irvington	Shall, Washington, Green	86-0	Dorian Shafer	Kennedy
2003	241-11	Castro Valley	Valentine, Erdman, Wilcox	103-10	Rebecca Molinari	Albany
2002	188-11	Alameda	Brookes, Copeland, Rosenblum	85-0 1/2	Ashjley Corbin	San Lorenzo
2001	207-7.5	Castro Valley	Silva, Cardiasmenos, Passadore	87-5	Ashley Corbin	San Lorenzo
2000	196-10	Alameda	Kendall, Croft, Kreider	76-3	Christina Baptista	Newark-Mem
1999	230-11	Las Lomas	Stanley, Perkins, Todd	85-2-3/4	Melissa Wallin	Analy
1998	198-3	Alhambra	Winkle, See, Colbert	67-3	Lizzy Colbert	Alhambra
1997	238-9 1/2	St. Mary's	Cotton, Williams, Aikens	108-4 1/2	Rosie Aikens	St. Mary's
1996	222-7	St. Mary's	Harris, Aikens, Williams	105-0	Katy Savage	Alameda



This event is sponsored by the Marciel Family.



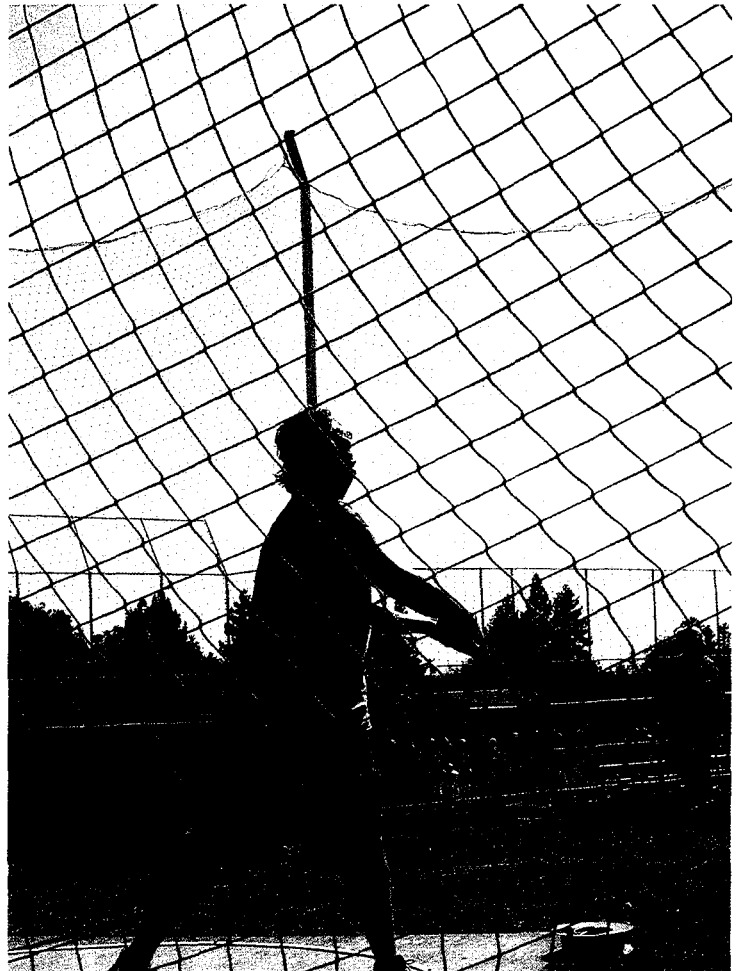
Field Event 39: BFS Discus (Ring A) - After GV

Previous winners:

DISCUS

Frosh-Soph Boys:

2004	273-10	Albany	Sandberg, Chyan, Nichols	107-9	Chandler Sullivan	Granada
2003	310-2	Albany	Aziu, Slaughter, Phelps	107-10	Darwin Tsang	Castro Valley
2002	300-11	San Leandro	Hurts, Santamaria, Scchrieber	114-1	Chris Hurts	San Leandro
2001	250-5	Sacred Heart	Solis, Lim, Lien	110-2	Jesse Lackay	Granada
2000	304-4	Newark-Mem	Laskey, Gomez, Greenberg	112-8	Andrew Rodriguez	San Lorenzo
1999	341-11	Benicia	Henderson, Fong, Glacerad	131-2	Chris Manning	Castro Valley
1998	303-3	Benicia	Forrester, Henderson, Fong	116-8	Derek Patterson	Alhambra
1997	271-4	St. Mary's	Foster, Powell, Tu	112-2 1/2	Rollin McReady	Hayward
1996	294-11	Las Lomas	Christiansen, Jones, Decker	124-10	Rob Christiansen	Las Lomas
1995	313-3	American	Stevens, Ty, Alveenaz	109-0	Darren Lanfair	Tokay
1994	288-1	Mt. Eden	Garvin, Faasisila, Feliciano	103-3	Chris Barker	Hayward
1990-93 meet not held						
1989	308-8	Ygnacio Valley	Holland, Rumbel, Johnson	119-1	D. Halpin	Campolindo



Field Event 40: GFS Pole Vault 4:00 PM

Previous Winners:

POLE VAULT

Girls' Frosh-Soph:

2004	26-0	Las Lomas	Holmes, Kersey, Olson	9-0	Theresa Frendo	
2003	23-6	Las Lomas	Kersey, Holmes, Pena	8-6	Julia Kersey	Las Lomas
2002	19-6	Acalanes	Firousian, Hoffschneider, Clark	7-6	Nicole Hoffschneider	Acalanes
	19-6	Granada	Leswis, Connell, Alexander			
2001	23-9	Castro Valley	McCarthy, Chandler, Tirado	10-3	Erin McCarthy	Castro Valley
2000	14-0	Las Lomas	Heim, Kersey	7-6	Heim	Las Lomas
1999	22-0	Las Lomas	Leahy, Lim, Kersey	8-0	Cindy Lim	Las Lomas
1998	22-6	Las Lomas	Heim, Hoffman, Creech	7-6	Jenika Heim	Las Lomas
				7-6	Allison Creech	Las Lomas
1997	22-0	Las Lomas	Hoffman, Green, Yeghoian	8-0	Elaine Hoffman	Las Lomas
1996	7-0	Dublin	Cherie Simon	7-0	Cherie Simon	Dublin



This event is sponsored by Coach Jeff McGallion and Family.



Field Event 41: GV Pole Vault - Same time as GFS

Previous Winners:

POLE VAULT

Varsity Girls:

2004	15-6	Las Lomas	Hartman, Pena, Wang	9-6	Ashley Juenger	Irvington
2003	23-6	Irvington	Juenger, Iso, Galden	8-6	Asley Juenger	Irvington
2002	24-6	Las Lomas	E. Kersey, B. Kersey, Hitchcock	8-6	Eva Kersey	Las Lomas
				8-6	Erin McCarthy	Castro Valley
2001	24-6	Las Lomas	Lim, Kersey, Kersey	9-0	Cindy Lim	Las Lomas
2000	29-6	Las Lomas	Heim, Creech, Lim	10-6	Jenika Heim	Las Lomas
1999	25-6	Las Lomas	Heim, Holfman, Powell	10-6	Veronica Garcia	Newark-Memorial
1998	24-6	Castro Valley	Sammons, Glenn, Arterburn	8-6	Amber Sammons	Castro Valley
1997	23-6	Alhambra	Sutton, Gliatto, Johnson	8-6	Danielle Sutton	Alhambra
1996	22-6	Acalanes	Flett, Forde, Herg	8-6	Elizabeth Ewing	Castro Valley
	22-6	Castro Valley	E.Ewing, Clancy, Sammons			
1995	21-0	Las Lomas	Baron, Fleming, Tumbas	9-6	Amanda Sweeney	Tokay
1994	21-6	Las Lomas	Baron, Fleming, Tumbas	8-0	Amanda Baron	Las Lomas



This event is sponsored by Francesco's Italian Restaurant.

Field Event 42: BFS Pole Vault - After GV

Previous Winners:

POLE VAULT

Frosh-Soph Boys:


2004	28-0	Las Lomas	Kim, Pierson, Nelsen	11-6	Dan Nelson	Las Lomas
2003	31-0	Las Lomas	Armstrong, Matthews, Fox	11-6	Jeff Fox	Las Lomas
2002	28-0	Las Lomas	Van Voorhis, Fox, Matthews	10-6	Jeff Fox	Las Lomas
2001	28-0	Granada	Parker, Tilford, Urrutia	12-0	Jason Durkin	Las Lomas
2000	28-0	Las Lomas	Klop, Hoffman, Norris	9-6	Hoffman	Las Lomas
1999	32-6	Las Lomas	Haris, Shortenhaus, Marshall	12-0	Dave Shortenhaus	Las Lomas
1998	29-6	Benicia	Lass, Santana, Rivera	11-0	Joe Rivera	Benicia
1997	29-6	Benicia	Rivara, Miner, Thomas	10-6	Racil Miner	Benicia
1996	31-0	Las Lomas	Wilson, Klopp, VandeNeth	11-9	Chad Wilson	Las Lomas
1995	24-6	Las Lomas	Holliwell, Klopp, Wilson	10-0	Zac Martinez	Tokay
1994	29-6	Alhambra	Hodgkinson, Porter, Savacool	10-6	Paul Hodgkinson	Alhambra
1990-93			meet not held			
1989	30-9	Ygnacio Valley	Pierson, Tran, Medhurst	12-3	Bruce Medhurst	Ygnacio Valley
1988			rained out			
1987	30-0	Ygnacio Valley	Land, Daily, Kim	12-0	Mike Lane	Acalanes



This event is sponsored by the Turner Family.



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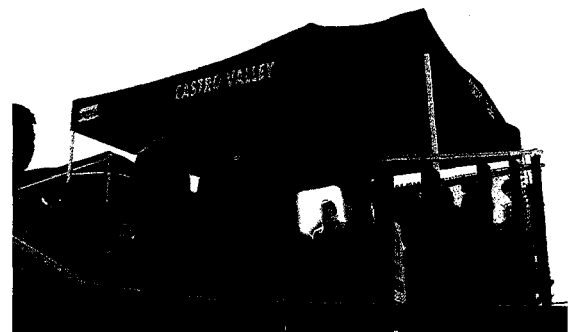
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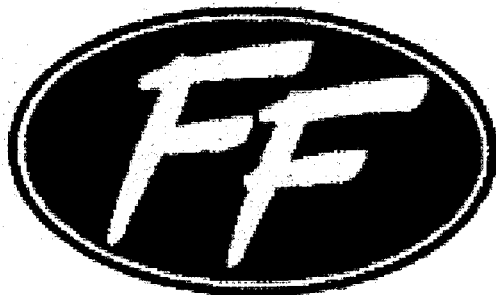
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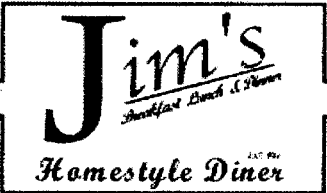


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Running - of course it hurts!

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Full Snack Bar Sponsored by the CVHS Boosters

Trojan Snack Bar

Bottled Water
Gatorade
Drinks
Fresh Fruit
Pizza Slices

Nachos with Cheese
Cup of Noodles
Assorted Candy
Popcorn
Hot Chocolate



Available at the Trojan Twilight Meet:

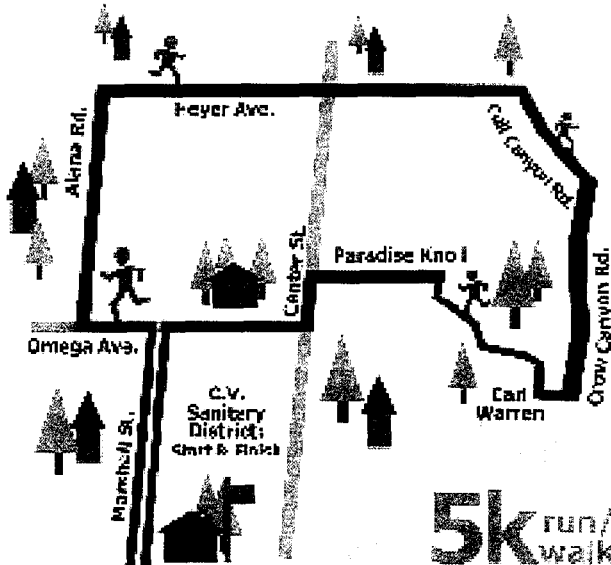
- Running Shoes
- Spikes
- Replacement Spikes
- Shirts
- Frisbees
- Gloves
- Misc. Fleet Feet Items

Cash or checks accepted!
Don't miss out on the great deals



Castro Valley Sanitary District 5K Fun Run/Walk

<http://www.cvsan.org/earthday05/runwalk.htm>



5k run/walk
Castro Valley High School
Cross-Country Runners Club

Use your feet in the 5k Fun Run/Walk to send Castro Valley High School Cross-Country Runners Club in September 2005 to the Iolani XC Invitational (www.iolanixcinvitational.com) in Oahu, Hawaii!



- New Course! Modified from 2003 including roads & trails.
- Register by April 8 for early registration discounts.
- Free parking available at Rita Aid. (Corner of C.V. Blvd. & Marshall St.)
- Free event T-shirt, cloth bag, and energy breakfast at Earth Day/Watershed Festival (see inside for address of Palomares Elementary School).
- Awards Ceremony held at Palomares Elementary School for 1st, 2nd, and 3rd place winners in each male & female age category. Overall male & female awarded at June C.V.S.D. Board meeting.



Photos courtesy of Castro Valley High School Cross-Country Runners Club



Fastest 5k Nick Tieda 2004

5k Registration



Mr. Mrs. Ms. Miss Dr.
 First: _____ M.I. _____
 Last: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: Home: (____) _____ - _____
 Work: (____) _____ - _____
 E-mail: _____

Age on April 30, 2005: _____ Male Female
 Note: Each participant needs to fill out a separate entry form.

Categories (by age)		T-shirt size
70 + <input type="checkbox"/>	30 - 39 <input type="checkbox"/>	Adult S <input type="checkbox"/> M <input type="checkbox"/>
60 - 69 <input type="checkbox"/>	20 - 29 <input type="checkbox"/>	L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>
50 - 59 <input type="checkbox"/>	13 - 19 <input type="checkbox"/>	Youth L <input type="checkbox"/>
40 - 49 <input type="checkbox"/>	12 - <input type="checkbox"/>	

Register Now!

	Adult	Youth (Grades 12 & under)
By April 8, 2005	\$20 <input type="checkbox"/>	\$10 <input type="checkbox"/>
Day of Event	\$25 <input type="checkbox"/>	\$15 <input type="checkbox"/>

I can't participate in the 5k Run/Walk, but will donate my registration fee of \$_____ to CVCCRC.
 Please contact me! I'll volunteer for the 5k Run/Walk.
 Please accept my additional donation of \$100 \$50 \$25 \$_____ For the Castro Valley Cross Country Runners Club (CVCCRC).

Total Amount Enclosed: \$ _____
 Make checks payable & mail to
Castro Valley Sanitary District
21040 Marshall Street
Castro Valley, CA 94546
 Sorry, No Refunds or Transfers.

DNB and confirmation mailed. Bib held at WHI-Call if received after April 22.

I assume all risks associated with participating in this 5k Run/Walk, including but not limited to, following course markings, falls, contact with other runners, low visibility of the weather, the conditions of the roads, and traffic on the course. All such risks being known to and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of entry, I, for myself and anyone entitled to and on my behalf, waive and release Castro Valley Sanitary District and all persons and agencies connected with the Run/Walk from all claims or liabilities of any kind arising out of my participation and travel to and from the event, such though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I attest that I am physically fit and sufficiently trained for this Run/Walk. As part of this waiver, I acknowledge that I understand and understand all of the above.

All participants must sign (parent/guardian if under 18 yrs.)

