

CIF San Francisco Section - 5/26/2004 to 5/29/2004
Track and Field Championships
Kezar Stadium
Results

Girls 100 Meter Dash Varsity

Meet: 11.85 5/31/2003 Deanna Goodwin, Inter. Studies Academy

Name	Yr	School	Prelims	Finals	Points
Finals					
1 David-Jacobs, Chauncey	11	Phillip and Sala Burton	12.21	12.19	10
2 Ellis, Shawna	12	International Studies Aca	12.78	12.65	8
3 Wong, Lauren	12	George Washington High Sc	13.32	13.02	6
4 Cursi, Gianna	12	Lowell High School	12.92	13.05	4
5 Chan, Monica	10	Abraham Lincoln High	13.04	13.18	2
6 Yen, Shannon	9	George Washington High Sc	13.37	13.49	1
7 Melson, Savannah	11	Phillip and Sala Burton	13.66	13.61	
8 Jones, Demeisha	9	Mission High School	13.89	14.09	

Girls 200 Meter Dash Varsity

Meet: 24.40 5/31/2003 Deanna Goodwin, Inter. Studies Academy

Name	Yr	School	Prelims	Finals	Points
Finals					
1 David-Jacobs, Chauncey	11	Phillip and Sala Burton	25.01	24.84	10
2 Cursi, Gianna	12	Lowell High School	27.22	27.01	8
3 Wong, Lauren	12	George Washington High Sc	27.68	27.20	6
4 Yen, Shannon	9	George Washington High Sc	28.30	27.56	4
5 Luong, Ivy	11	George Washington High Sc	27.86	28.00	2
6 Hue, Dana	10	Lowell High School	29.33	28.60	1
7 Zhang, Elisa	9	Lowell High School	28.75	28.82	
8 Naraja, Jessica	10	Abraham Lincoln High	28.77	29.42	

Girls 400 Meter Dash Varsity

Meet: 56.75 1997 Jini Hogg, Inter. Studies Academy

Name	Yr	School	Prelims	Finals	Points
Finals					
1 David-Jacobs, Chauncey	11	Phillip and Sala Burton	58.05	55.63	10
2 Shum, Leona	9	Lowell High School	1:05.69	1:02.12	8
3 Chang, Tiffany	10	Lowell High School	1:04.84	1:02.61	6
4 Luong, Ivy	11	George Washington High Sc	1:04.13	1:05.14	4
5 Yang, Mimi	10	George Washington High Sc	1:09.46	1:07.03	2
6 Wong, Elaine	9	Galileo Academy	1:10.78	1:07.47	1
7 Liu, Joann	9	Abraham Lincoln High	1:08.80	1:08.09	
8 Li, Lucy	10	Lowell High School	1:09.09	1:08.93	

Girls 800 Meter Run Varsity

Meet: 2:15.54 1984 Trish Brown, Lowell

Name	Yr	School	Prelims	Finals	Points
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1	Li, Anna	10	Lowell High School	2:27.74	2:22.29	10
2	Tamaru, Tiffany	11	Phillip and Sala Burton	2:26.72	2:24.47	8
3	Christian, Janisha	9	Phillip and Sala Burton	2:39.59	2:24.87	6
4	Harris, Elaine	12	Lowell High School	2:32.52	2:25.56	4
5	Liu, Susanna	10	Lowell High School	2:30.19	2:27.47	2
6	Luong, Lucy	9	Abraham Lincoln High	2:39.32	2:39.98	1
7	Yu, Courtney	10	George Washington High Sc	2:43.42	2:43.71	
8	Yao, Fanny	11	George Washington High Sc	2:44.27	2:54.80	

Girls 1600 Meter Run Varsity

Meet: 4:56.02 1997

Jennifer Akana, Lowell

Name	Yr	School	Prelims	Finals	Points
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Finals

1	Kim, Alexis	9	Lowell High School	5:51.96	5:29.85	10
2	Zhu, Tracy	12	Lowell High School	5:42.71	5:32.90	8
3	Christian, Janisha	9	Phillip and Sala Burton	5:53.95	5:39.35	6
4	Luong, Lucy	9	Abraham Lincoln High	5:51.04	5:41.18	4
5	Bennett, Mia	10	Lowell High School	5:59.33	5:44.81	2
6	Conn, Amanda	10	Abraham Lincoln High	5:36.93	5:47.78	1
7	Yu, Courtney	10	George Washington High Sc	5:57.13	5:59.55	
8	Yao, Fanny	11	George Washington High Sc	6:00.69	6:01.80	

Girls 3200 Meter Run Varsity

Meet: 10:48.34 1998

Jennifer Akana, Lowell

Name	Yr	School	Seed	Finals	Points
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1	Weverka, Aiko	11	Lowell High School	12:31.40	12:10.03	10
2	Ngo, Jaimie	9	Lowell High School	12:36.80	12:14.53	8
3	Kim, Alexis	9	Lowell High School	12:31.10	12:33.44	6
4	Huang, Winnie	10	Abraham Lincoln High	14:09.00	13:43.58	4
5	Leo, Diann	11	George Washington High Sc	14:15.00	13:48.06	2
6	Chiang, Phoenix	10	Galileo Academy	14:10.00	14:02.73	1
7	Lee, Jennifer	10	Abraham Lincoln High	12:45.00	14:44.80	
8	Tong, Janice	10	George Washington High Sc	15:03.00	14:49.42	
9	Tam, Angela	10	George Washington High Sc	16:51.00	16:36.69	
---	Conn, Amanda	10	Abraham Lincoln High	12:55.00	DNF	

Girls 100 Meter Hurdles Varsity

Meet: 14.56 2002

Roshena Duree, Burton

Name	Yr	School	Prelims	Finals	Points
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Finals

1	Peterson, Valerie	10	Phillip and Sala Burton	16.65	15.96	10
2	Song, Shelley	10	Lowell High School	17.49	16.88	8
3	Payes, Natasha	10	Abraham Lincoln High	18.77	18.35	6
4	Chan, Stephanie	10	Lowell High School	20.22	19.43	4
5	Graham, Ryan	9	Lowell High School	19.50	19.45	2
6	Fong, Dana	10	Abraham Lincoln High	20.82	20.31	1

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7 Fung, Ursula	9 Galileo Academy	21.68	21.87
8 Liang, Vivian	10 Galileo Academy	22.43	21.92

Girls 300 Meter Hurdles Varsity

Meet: 45.6h 1990

Tanya Lazar-Lea, McAteer

Name	Yr	School	Seed	Finals	Points
1 Peterson, Valerie	10	Phillip and Sala Burton	50.60	48.80	10
2 Song, Shelley	10	Lowell High School	49.93	49.53	8
3 Lam, Gina	10	Lowell High School	52.20	52.84	6
4 Lau, Kimberly	9	Lowell High School	55.80	55.27	4
5 Fong, Dana	10	Abraham Lincoln High	1:01.20	56.33	2
6 Fung, Ursula	9	Galileo Academy	1:06.70	1:00.45	1
--- Piontowski, Eva	9	Galileo Academy	1:04.10	DNF	
--- Louie, Teresa	10	Abraham Lincoln High	1:04.00	DNF	

Girls 4x100 Meter Relay Varsity

Meet: 48.3h 1983

Mission, Mission
Relay

Team	Relay	Seed	Finals	Points
1 Lowell High School	A	51.60	51.20	10
1) Harris, Elaine 12	2) Cursi, Gianna 12	3) Fryjoff-Hung, Anna 10	4) Song, Shelley 10	
2 George Washington High Sc	A	53.99	52.61	8
1) Luong, Ivy 11	2) Sheung, Jennifer 12	3) Wong, Lauren 12	4) Woo, Kristina 10	
3 Phillip and Sala Burton	A	51.04	53.35	6
1) Peterson, Valerie 10	2) Thomas, Brittney 9	3) Kwong, Rosanna 10	4) Melson, Savannah 11	
4 Abraham Lincoln High	A	55.82	54.31	4
1) Chan, Monica 10	2) Naraja, Jessica 10	3) Chin, Melisa 10	4) Fong, Dana 10	
5 Galileo Academy	A	1:00.62	58.13	2
1) Chu, Debbie 9	2) Fung, Ursula 9	3) Leung, Lisa 9	4) Tummings, Brandy 10	

Girls 4x400 Meter Relay Varsity

Meet: 4:05.9h 1993

Lowell, Lowell
Relay

Team	Relay	Seed	Finals	Points
1 Phillip and Sala Burton	A	4:06.40	4:08.22	10
1) David-Jacobs, Chauncey 1	2) Tamaru, Tiffany 11	3) Peterson, Valerie 10	4) Melson, Savannah 11	
2 Lowell High School	A	4:19.53	4:11.43	8
1) Harris, Elaine 12	2) Chang, Tiffany 10	3) Shum, Leona 9	4) Lam, Gina 10	
3 George Washington High Sc	A	4:27.02	4:25.87	6
1) Luong, Ivy 11	2) Wong, Lauren 12	3) Woo, Kristina 10	4) Yang, Mimi 10	
4 Abraham Lincoln High	A	4:35.20	4:30.50	4
1) Naraja, Jessica 10	2) Payes, Natasha 10	3) Chan, Monica 10	4) Chin, Mabel 10	
5 Galileo Academy	A	4:57.90	4:49.59	2
1) Fung, Ursula 9	2) Leung, Lisa 9	3) Piontowski, Eva 9	4) Wong, Elaine 9	

Girls High Jump Varsity

Meet: 5-06 1991

Tanya Lazar-Lea, McAteer

Name	Yr	School	Seed	Finals	Points
1 Ellis, Shawna	12	International Studies Aca	4-10.00	5-00.00	10
2 Shum, Leona	9	Lowell High School	4-08.00	4-10.00	8

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3	Lam, Gina	10	Lowell High School	4-02.00	4-04.00	6
4	Liang, Vivian	10	Galileo Academy	4-04.00	4-00.00	4
---	Horne, Manika	11	Galileo Academy	3-08.00	DNS	

Girls Pole Vault Varsity

Meet: 10-04

2002

Megaen White, Lowell

Name	Yr	School	Seed	Finals	Points
1 Fryjoff-Hung, Anna	10	Lowell High School	7-00.00	6-06.00	10
2 Zhang, Eudora	11	Lowell High School	5-06.00	16-06.00	8
3 Yip, Hilary	11	Lowell High School	5-06.00	5-06.00	6

Girls Long Jump Varsity

Meet: 19-02.50

1992

Shena Ferguson, Washington

Name	Yr	School	Prelims	Finals	Points
Finals					
1 Ellis, Shawna	12	International Studies Aca	16-05.00	17-11.50	10
2 Fryjoff-Hung, Anna	10	Lowell High School	16-06.00	16-02.00	8
3 Kwong, Rosanna	10	Phillip and Sala Burton	14-05.00	15-01.50	6
4 Tummings, Brandy	10	Galileo Academy	14-10.50	14-07.00	4

Finals ... (Girls Long Jump Varsity)

Name	Yr	School	Prelims	Finals	Points
5 Graham, Ryan	9	Lowell High School	14-07.00	14-06.50	2
6 Payes, Natasha	10	Abraham Lincoln High	13-01.00	14-00.00	1
7 Lau, Kimberly	9	Lowell High School	13-06.00	13-09.50	
8 Huang, Lucille	10	George Washington High Sc	13-03.50	13-00.50	

Girls Triple Jump Varsity

Meet: 39-07.75

2001

Roshena Duree, Burton

Name	Yr	School	Seed	Finals	Points	
1 Ellis, Shawna	12	International Studies Aca	35-07.50	38-03.00	10	
2 Fryjoff-Hung, Anna	10	Lowell High School	32-06.00	33-00.00	8	
3 Christian, Janisha	9	Phillip and Sala Burton	33-00.00	31-09.00	6	
4 Payes, Natasha	10	Abraham Lincoln High	28-07.00	30-05.00	4	
5 Kwong, Rosanna	10	Phillip and Sala Burton	28-05.00	29-09.00	2	
6 Edelsberg, Hannah	9	Lowell High School	25-00.00	28-06.00	1	
7 Chin, Melisa	10	Abraham Lincoln High	23-00.00	27-08.00		
8 Thomas, Brittney	9	Phillip and Sala Burton	27-06.00	27-06.00		
---	Horne, Manika	11	Galileo Academy	21-05.00	DNS	
---	Choi, Agnes	10	Abraham Lincoln High	26-10.00	DNS	

Girls Shot Put Varsity

Meet: 41-09

1996

Vavatau Pohahau, Balboa

Name	Yr	School	Seed	Finals	Points
1 Chang, Tiffany	10	Lowell High School	29-00.25	28-02.50	10
2 Han, Grace	12	Lowell High School	25-06.50	26-04.50	8
3 Truong, Leslie	12	Lowell High School	27-10.25	24-04.50	6

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4	Shamonda, Oluwake	11	Galileo Academy	22-04.00	23-08.25	4
5	James, Cassandra	11	Phillip and Sala Burton	21-03.00	21-11.25	2

Girls Discus Throw Varsity

Meet: 116-11 1987

Sheriff Huseny, Lincoln

Name	Yr	School	Seed	Finals	Points
1 Shamonda, Oluwake	11	Galileo Academy	77-03.50	91-00	10
2 Truong, Leslie	12	Lowell High School	86-09.75	89-10	8
3 Quan, Judy	12	Lowell High School	93-04.50	89-04	6
4 Han, Grace	12	Lowell High School	63-01	74-08	4
5 James, Cassandra	11	Phillip and Sala Burton	60-06	64-02	2
6 Chai, Amy	9	Thurgood Marshall High Sc	25-00	26-02.25	1

Boys 100 Meter Dash Varsity

Meet: 10.64 1982

Angelo McNeil, Galileo

Meet: 10.64 1985

Andre Alexander, Balboa

Name	Yr	School	Prelims	Finals	Points
1 Davis, Jo Pierre	11	Balboa High School	11.20	10.91	10
2 Lau, Hanman	12	Abraham Lincoln High	11.15	11.10	8
3 Speech, Michael	12	Lowell High School	11.33	11.16	6
4 Rollins, Daniel	12	Phillip and Sala Burton	11.32	11.17	4
5 Smith, Dennis	11	Mission High School	11.23	11.29	2
6 Hillbrand, Kurt	11	Abraham Lincoln High	11.47	11.59	1
7 Rodgers, Chris	12	George Washington High Sc	11.76	11.66	

Finals ... (Boys 100 Meter Dash Varsity)

Name	Yr	School	Prelims	Finals	Points
8 Robinson, Jerold	11	Phillip and Sala Burton	11.67	11.67	

Boys 200 Meter Dash Varsity

Meet: 21.13 1995

Walter Smith, McAteer

Name	Yr	School	Prelims	Finals	Points
1 Speech, Michael	12	Lowell High School	22.62	22.78	10
2 Rollins, Daniel	12	Phillip and Sala Burton	23.93	22.80	8
3 Lau, Hanman	12	Abraham Lincoln High	22.70	23.20	6
4 Rutherford, Chris	10	George Washington High Sc	23.09	23.27	4
5 Smith, Dennis	11	Mission High School	23.45	23.41	2
6 Fong, Kevin	11	George Washington High Sc	23.94	24.45	1
7 Wong, Tony	11	Lowell High School	24.80	24.84	
8 Esa, Jamal	11	Phillip and Sala Burton	24.75	25.17	

Boys 400 Meter Dash Varsity

Meet: 47.84 1995

Felton Charles, McAteer

Name	Yr	School	Prelims	Finals	Points
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Finals

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1	Shew, Raymond	12	Lowell High School	55.37	51.93	10
2	Osborn, Frederick	11	Lowell High School	54.60	52.39	8
3	Chen, James	11	Lowell High School	54.78	52.61	6
4	Rutherford, Chris	10	George Washington High Sc	54.46	53.57	4
5	Esa, Jamal	11	Phillip and Sala Burton	57.53	56.54	2
6	Leong, Jeff	11	George Washington High Sc	57.45	56.56	1
7	Feifer, Joseph	12	Abraham Lincoln High	55.12	56.59	
8	Ishihara-Wing, Gavin	11	Abraham Lincoln High	57.25	57.77	

Boys 800 Meter Run Varsity

Meet: 1:56.6h 1986

Peter Crosse, McAteer

Name	Yr	School	Prelims	Finals	Points
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Finals

1	Walrath, Isaac	12	Lowell High School	2:08.67	2:02.84	10
2	Freiling, Crossett	11	Lowell High School	2:13.44	2:10.69	8
3	Chin, Justin	11	Lowell High School	2:14.80	2:12.36	6
4	Murdock, Jason	12	Mission High School	2:20.40	2:17.09	4
5	Kahn, Shaid	12	Galileo Academy	2:27.01	2:22.96	2
6	Ng, Gordon	12	Abraham Lincoln High	2:28.26	2:25.89	1
7	Yao, Peter	12	George Washington High Sc	2:40.37	2:36.72	
---	Hwa, Ben	11	Abraham Lincoln High	2:24.94	DNF	

Boys 1600 Meter Run Varsity

Meet: 4:15.13 2000

Jin Daikoku, Lowell

Name	Yr	School	Prelims	Finals	Points
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Finals

1	Yu, Johnny	11	Lowell High School	4:48.29	4:46.08	10
2	Kam, Max	12	Lowell High School	4:57.41	4:47.31	8
3	Chen, Mark	11	Abraham Lincoln High	5:03.02	4:50.80	6
4	Takahashi, Hideki	11	George Washington High Sc	5:00.34	4:56.69	4
5	Nguyen, James	9	Lowell High School	5:11.51	5:07.07	2

Finals ... (Boys 1600 Meter Run Varsity)

Name	Yr	School	Prelims	Finals	Points
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6	Lin, Chett	11	Abraham Lincoln High	5:12.05	5:09.49	1
7	Tan, Alvin	11	George Washington High Sc	5:17.13	5:17.29	
---	Chan, Jeff	11	Abraham Lincoln High	4:58.72	DNF	

Boys 3200 Meter Run Varsity

Meet: 9:37.80 1995

Bolota Asmerom, McAteer

Name	Yr	School	Seed	Finals	Points
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1	Yu, Johnny	11	Lowell High School	10:35.35	10:41.04	10
2	Pan, Peter	11	Lowell High School	10:52.90	10:42.93	8
3	Li, John	11	Abraham Lincoln High	10:59.00	10:56.49	6
4	Chen, Mark	11	Abraham Lincoln High	10:55.00	11:04.49	4
5	Takahashi, Hideki	11	George Washington High Sc	11:05.00	11:07.09	2
6	Chan, Jeff	11	Abraham Lincoln High	11:00.00	11:16.14	1

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7	Lo, Kevin	12	Lowell High School	10:55.90	11:19.34
8	Tan, Alvin	11	George Washington High Sc	11:35.00	11:34.52
9	Kahn, Shaid	12	Galileo Academy	11:59.80	11:39.43
10	Chau, Eric	11	George Washington High Sc	12:21.00	11:49.50

Boys 110 Meter Hurdles Varsity

Meet: 14.24 1973

Mike Kirtman, Wilson

Meet: 14.24 1979

B. Redd, Wilson

Name	Yr	School	Seed	Finals	Points
1 Owyang, Jason	12	Lowell High School	17.60	17.89	10
2 Chiang, Thomas	11	George Washington High Sc	18.77	18.30	8
3 Boone, Jordan	10	George Washington High Sc	19.27	20.81	6
4 Kuong, Simon	12	Galileo Academy	21.20	22.90	4

Boys 300 Meter Hurdles Varsity

Meet: 38.9h 1989

Eddie Wong, Lowell

Name	Yr	School	Seed	Finals	Points
1 Chen, James	11	Lowell High School	44.30	43.24	10
2 Cruz, Peter	11	Lowell High School	45.90	43.32	8
3 Owyang, Jason	12	Lowell High School	43.67	45.86	6
4 Chiang, Thomas	11	George Washington High Sc	47.05	48.03	4
5 Kuong, Simon	12	Galileo Academy	47.90	48.34	2
--- Herreria, Chestler	12	Thurgood Marshall High Sc	55.10	DNF	

Boys 4x100 Meter Relay Varsity

Meet: 41.90 1995

McAteer, McAteer

Team	Relay	Seed	Finals	Points
1 Lowell High School	A	44.52	44.23	10
1) Chen, James 11	2) Shew, Raymond 12	3) Walrath, Isaac 12	4) Speech, Michael 12	
2 George Washington High Sc	A	45.81	45.13	8
1) Boone, Jordan 10	2) Fong, Kevin 11	3) Kitagawa, Kevin 11	4) Rodgers, Chris 12	
3 Phillip and Sala Burton	A	47.10	45.95	6
1) Rollins, Daniel 12	2) Esa, Jamal 11	3) Robinson, Jerold 11	4) Ellison, Ronald 11	
4 Mission High School	A	47.00	48.58	4
1) Smith, Dennis 11	2) Payne, JJ 11	3) Murdock, Jason 12	4) Gao, Ran 12	
--- Abraham Lincoln High	A	45.70	DQ	
1) Lau, Hanman 12	2) Hillbrand, Kurt 11	3) Feifer, Joseph 12	4) Wong, Dennis 12	

Boys 4x400 Meter Relay Varsity

Meet: 3:23.5h 1993

McAteer, McAteer

Team	Relay	Seed	Finals	Points
1 Lowell High School	A	3:30.64	3:37.22	10
1) Cruz, Peter 11	2) Osborn, Frederick 11	3) Shew, Raymond 12	4) Walrath, Isaac 12	
2 George Washington High Sc	A	3:46.00	3:41.39	8
1) Boone, Jordan 10	2) Fong, Kevin 11	3) Leong, Jeff 11	4) Rutherford, Chris 10	
3 Abraham Lincoln High	A	4:01.26	3:41.85	6
1) Ishihara-Wing, Gavin 11	2) Lau, Hanman 12	3) Hillbrand, Kurt 11	4) Feifer, Joseph 12	

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Meet: 7-00		1983	Maurice Crumby, Balboa				
Name		Yr	School	Seed	Finals		Points
1	Ong, Lu	12	Mission High School	5-10.50	5-06.00		10
2	Shut, Vlad	11	Abraham Lincoln High	5-02.00	5-02.00		7
2	Villia, Derek	11	Galileo Academy	5-06.00	5-02.00		7
4	Lee, Anthony	12	Abraham Lincoln High	4-10.00	4-08.00		4
---	Hom, Brian	12	George Washington High Sc	4-06.00	DNF		
---	Osborn, Frederick	11	Lowell High School	5-04.00	DNF		
---	Wong, Sean	11	George Washington High Sc	4-06.00	DNF		
---	Hwa, Ben	11	Abraham Lincoln High	5-00.00	DNF		

Boys Pole Vault Varsity

Meet: 14-02		1981	James McClanahan, Galileo				
Name		Yr	School	Seed	Finals		Points
1	Tse, Henry	12	Lowell High School	9-06.00	8-06.00		10
2	Wei, Gary	12	Lowell High School	8-06.00	8-00.00		8
---	Kam, Max	12	Lowell High School	5-00.00	DNF		
---	Hwa, Ben	11	Abraham Lincoln High	6-08.00	DNS		

Boys Long Jump Varsity

Meet: 25-03.50		1981	Ken Frazier, Mission				
Name		Yr	School	Prelims	Finals		Points
Finals							
1	Davis, Jo Pierre	11	Balboa High School	21-07.00	22-01.50		10
2	Robinson, Jerold	11	Phillip and Sala Burton	19-05.50	20-08.00		8
3	Hillbrand, Kurt	11	Abraham Lincoln High	20-09.00	20-06.00		6
4	Wong, Brandon	11	George Washington High Sc	19-03.50	19-11.50		4
5	Walrath, Isaac	12	Lowell High School	19-09.50	19-10.50		2
6	Smith, Dennis	11	Mission High School	18-02.00	19-01.00		1
7	Shut, Vlad	11	Abraham Lincoln High	17-01.50	17-10.00		
8	Louie, Jeff	11	George Washington High Sc	17-02.50	17-08.00		

Boys Triple Jump Varsity

Meet: 50-03.25		1981	Ken Frazier, Mission				
Name		Yr	School	Seed	Finals		Points
1	Rollins, Daniel	12	Phillip and Sala Burton	42-06.00	43-00.00		10
2	Cruz, Peter	11	Lowell High School	41-01.00	42-00.00		8
3	Gao, Ran	12	Mission High School	35-00.00	37-09.50		6
4	Freilinger, Crossett	11	Lowell High School	36-05.00	36-07.00		4
5	Lee, Anthony	12	Abraham Lincoln High	35-04.00	35-06.00		2
(Boys Triple Jump Varsity)							
Name		Yr	School	Seed	Finals		Points
6	Kato, Tom	11	George Washington High Sc	31-03.00	33-04.00		1
7	Wong, Eugene	11	Lowell High School	34-00.25	33-03.50		
8	Wong, Sean	11	George Washington High Sc	31-01.00	32-01.00		

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Boys Shot Put Varsity

Meet: 60-09.25

1957

Mike Lewis, Lincoln

Name	Yr	School	Prelims	Finals	Points
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Finals

1	Ben Israel, David	12	George Washington High Sc	38-09.00	40-07.25	10
2	Debella, Erroll	10	Abraham Lincoln High	38-11.75	38-07.00	8
3	Murrell, Micheal		Mission High School	36-09.75	36-11.50	6
4	Gamble, Will	12	Mission High School	35-03.50	36-02.75	4
5	Leung, James	12	Lowell High School	34-01.00	35-00.00	2
6	Hannon, Chris	11	Abraham Lincoln High	34-04.25	34-02.00	1
7	Peters, Kevin	11	Mission High School	34-03.00	34-00.25	
---	Rhodes, Agayi	11	Phillip and Sala Burton	35-10.00	DNS	

Boys Discus Throw Varsity

Meet: 170-01

1968

Alex Darnes, Polytechnic

Name	Yr	School	Prelims	Finals	Points
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Finals

1	Hannon, Chris	11	Abraham Lincoln High	124-03.50	133-01.50	10
2	Gamble, Will	12	Mission High School	109-08.25	116-05.75	8
3	Wolz, Nick	11	George Washington High Sc	107-11	104-05.50	6
4	Debella, Erroll	10	Abraham Lincoln High	103-10.25	100-03	4
5	Leung, James	12	Lowell High School	94-02.50	96-03.25	2
6	Musiyenko, Vitaly	12	George Washington High Sc	89-00.25	93-04.50	1
7	Tsoi, Eric	10	Lowell High School	91-01.50	85-07.50	
8	Wei, Gary	12	Lowell High School	89-04.50	83-08	

Boys 100 Meter Dash Frosh-Soph

Meet: 10.7h

1985

Tom Cagle, Lincoln

Meet: 10.7h

1999

Daryl Terrell, McAteer

Name	Yr	School	Prelims	Finals	Points
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Finals

1	Webster, Soloman	9	Balboa High School	11.57	11.53	10
2	Jung, Clifford	9	George Washington High Sc	11.86	11.94	8
3	Defils, Anthony	10	Balboa High School	11.97	11.99	6
4	Stephans, Marcus	10	Thurgood Marshall High Sc	12.08	12.05	4
5	Trinchera, Fidel	10	Phillip and Sala Burton	12.22	12.11	2
6	Armons, Kary	10	Balboa High School	12.18	12.13	1
7	He, Daniel	10	Abraham Lincoln High	12.48	12.15	
8	Villarina, Ryan	10	George Washington High Sc	12.32	12.43	

Boys 200 Meter Dash Frosh-Soph

Meet: 22.1h

2000

Steven Tate, Lincoln

Name	Yr	School	Prelims	Finals	Points
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Finals

1	Fung, Chris	10	Phillip and Sala Burton	24.37	23.62	10
2	Webster, Soloman	9	Balboa High School	23.90	23.75	8

CIF San Francisco Section - 5/26/2004 to 5/29/2004**Track and Field Championships****Kezar Stadium****Results****Finals ... (Boys 200 Meter Dash Frosh-Soph)**

Name	Yr	School	Prelims	Finals	Points
3 Stephans, Marcus	10	Thurgood Marshall High Sc	24.56	24.19	6
4 Pon, Chris	10	Balboa High School	24.78	24.29	4
5 Johnson, Louis	10	Thurgood Marshall High Sc	24.63	24.71	1. 50
5 Jung, Clifford	9	George Washington High Sc	24.39	24.71	1. 50
7 Victoria, Jovan	10	Phillip and Sala Burton	25.06	24.76	
8 Trinchera, Fidel	10	Phillip and Sala Burton	25.35	25.52	

Boys 400 Meter Dash Frosh-Soph

Meet: 51.71 1990

Sophorn Rasmeay, Galileo

Name	Yr	School	Prelims	Finals	Points
Finals					
1 Fung, Chris	10	Phillip and Sala Burton	56.35	55.50	10
2 Johnson, Louis	10	Thurgood Marshall High Sc	58.47	56.64	8
3 Stephans, Marcus	10	Thurgood Marshall High Sc	58.44	J56.64	6
4 Victoria, Jovan	10	Phillip and Sala Burton	1:00.59	56.74	4
5 La, Hao	9	Lowell High School	58.54	57.57	2
6 Tsang, Wilson	9	Lowell High School	58.00	57.75	1
7 Lee, Derrick	10	Abraham Lincoln High	59.72	57.81	
8 Stern, Phillip	10	Lowell High School	59.53	58.02	

Boys 800 Meter Run Frosh-Soph

Meet: 2:01.8h 1986

C. Verse, Galileo

Name	Yr	School	Prelims	Finals	Points
Finals					
1 Novak, Mike	10	Lowell High School	2:19.66	2:13.66	10
2 Ferrera, Emmanuel	9	Phillip and Sala Burton	2:18.66	2:14.44	8
3 Chau, William	10	Lowell High School	2:17.40	2:14.90	6
4 Che, Richard	9	George Washington High Sc	2:21.35	2:15.40	4
5 Toy, James	10	George Washington High Sc	2:18.78	2:16.29	2
6 Nunome, Yuhei	10	Lowell High School	2:19.60	2:18.55	1
7 Howard, Justin	10	Abraham Lincoln High	2:21.16	2:19.76	
8 Lee, Raymond	10	George Washington High Sc	2:23.95	2:28.20	

Boys 1600 Meter Run Frosh-Soph

Meet: 4:39.20 1995

Paul Choi, Lowell

Name	Yr	School	Prelims	Finals	Points
Finals					
1 Chen, Gu	10	Abraham Lincoln High	4:56.39	4:46.28	10
2 Novak, Mike	10	Lowell High School	5:05.88	4:46.46	8
3 Feliciano, Agustin	10	Lowell High School	4:54.18	4:47.00	6
4 Che, Richard	9	George Washington High Sc	5:19.23	5:05.31	4
5 Chan, Alex	9	Lowell High School	5:11.74	5:06.28	2
6 Chang, Justin	10	Abraham Lincoln High	5:23.92	5:19.44	1
7 Wong, Stephen	9	Abraham Lincoln High	5:28.12	5:22.64	

CIF San Francisco Section - 5/26/2004 to 5/29/2004**Track and Field Championships****Kezar Stadium****Results**

8 Ko, Loven 10 George Washington High Sc 5:24.29 5:25.45

Boys 3200 Meter Run Frosh-Soph

Meet: 10:17.00 1995

Paul Choi, Lowell

Name	Yr	School	Seed	Finals	Points
1 Feliciano, Agustin	10	Lowell High School	10:45.30	10:53.85	10
(Boys 3200 Meter Run Frosh-Soph)					
Name	Yr	School	Seed	Finals	Points
2 Yee, Phillip	10	Lowell High School	11:23.20	11:09.23	8
3 Li, Peter	10	Abraham Lincoln High	11:58.00	11:23.35	6
4 He, Corey	10	Abraham Lincoln High	11:31.00	11:23.91	4
5 Chan, Wayland	10	Abraham Lincoln High	12:04.00	11:29.73	2
6 Chen, Yulong	10	Lowell High School	11:28.00	11:33.03	1
7 Yim, Patrick	9	George Washington High Sc	13:08.00	12:57.16	
8 Yang, Brian	9	Phillip and Sala Burton	12:15.00	13:04.79	
9 Ng, Benny	10	George Washington High Sc	12:31.00	13:11.34	
10 La, Robert	10	George Washington High Sc	13:36.00	13:37.90	

Boys 65 Meter Hurdles Frosh-Soph

Meet: 8.9h 1986

Chris Gordon, McAteer

Name	Yr	School	Prelims	Finals	Points
Finals					
1 Lei, Evan	10	Galileo Academy	10.42	10.53	10
2 Vuong, Vince	10	Lowell High School	11.23	10.67	8
3 Loo, Andrew	10	Abraham Lincoln High	11.33	11.08	6
4 Lo, Warren	9	Galileo Academy	11.79	11.14	4
5 Whitfield, Cortez	10	Balboa High School	11.83	11.48	2
6 Lee, Charles	10	George Washington High Sc	11.91	11.60	1
7 Nunome, Yuhei	10	Lowell High School	12.84	12.77	
8 Liang, Steve	9	Balboa High School	12.23	13.00	

Boys 300 Meter Hurdles Frosh-Soph

Meet: 41.80 2001

John Lee, Lowell

Name	Yr	School	Seed	Finals	Points
1 Lee, Charles	10	George Washington High Sc	46.96	47.81	10
2 Vuong, Vince	10	Lowell High School	49.10	48.20	8
3 Chu, Geoffrey	10	Lowell High School	52.30	48.39	6
4 Feng, Albert	10	Lowell High School	49.10	50.31	4
5 Darden, Sean	9	Galileo Academy	49.80	51.16	2
6 Lo, Warren	9	Galileo Academy	50.45	52.07	1
7 Tee, Stephen	10	Galileo Academy	54.10	52.33	
8 Loo, Andrew	10	Abraham Lincoln High	52.00	53.00	

Boys 4x100 Meter Relay Frosh-Soph

Meet: 44.5h 1983

McAteer, McAteer

Team	Relay	Seed	Finals	Points
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CIF San Francisco Section - 5/26/2004 to 5/29/2004**Track and Field Championships****Kezar Stadium****Results**

1	Balboa High School	A	47.70	47.09	10
	1) Webster, Soloman 9	2) Collins, Jerry 10	3) Armons, Kary 10	4) Pon, Chris 10	
2	Phillip and Sala Burton	A	47.70	47.18	8
	1) Fung, Chris 10	2) Ferrera, Emmanuel 9	3) Victoria, Jovan 10	4) Donahan, Ruben 10	
3	George Washington High Sc	A	47.96	48.31	6
	1) Jung, Clifford 9	2) Lee, Charles 10	3) Ruiz, Marcos 9	4) Sadler, Bobby 9	
4	Galileo Academy	A	49.92	48.44	4
	1) Darden, Sean 9	2) Madamba, Francisco 9	3) Kong, Wayne 10	4) Lei, Evan 10	
5	Lowell High School	A	47.98	49.29	2
	1) Chu, Geoffrey 10	2) Tsang, Wilson 9	3) Lee, Jensen 10	4) Vuong, Vince 10	
6	Abraham Lincoln High	A	48.80	49.40	1
	1) Loo, Andrew 10	2) Lee, Derrick 10	3) Lee, Paul 10	4) He, Daniel 10	

Boys 4x400 Meter Relay Frosh-Soph

Meet: 3:36.96 2001

Lowell, Lowell

W. Meng, J. Lee, H. Gebreselassie, I. Walrath

Team	Relay	Seed	Finals	Points	
1	Lowell High School	A	3:53.10	3:49.12	10
	1) La, Hao 9	2) Chau, William 10	3) Tsang, Wilson 9	4) Novak, Mike 10	
2	Phillip and Sala Burton	A	3:48.50	3:50.51	8
	1) Fung, Chris 10	2) Ferrera, Emmanuel 9	3) Victoria, Jovan 10	4) Yang, Brian 9	
3	Galileo Academy	A	4:08.59	3:51.81	6
	1) Darden, Sean 9	2) Kong, Wayne 10	3) Lei, Evan 10	4) Madamba, Francisco 9	
4	George Washington High Sc	A	4:02.40	3:54.60	4
	1) Jung, Clifford 9	2) Lee, Charles 10	3) Ruiz, Marcos 9	4) Shapiro, Jeremy 9	
5	Abraham Lincoln High	A	4:09.70	4:05.96	2
	1) Loo, Andrew 10	2) Lee, Derrick 10	3) Lee, Paul 10	4) He, Daniel 10	

Boys High Jump Frosh-Soph

Meet: 6-03.50 1981

Justin Brown, Galileo

Name	Yr	School	Prelims	Finals	Points
Finals					
1	Tee, Stephen	10 Galileo Academy	5-04.00	5-06.00	10
2	Gardiiner, Aidan	9 Mission High School	5-04.00	5-04.00	8
3	Defils, Anthony	10 Balboa High School	5-00.00	J5-04.00	6
4	Pon, Chris	10 Balboa High School	5-02.00	5-02.00	4
5	Sitou, Ken	10 Galileo Academy	4-08.00	4-08.00	1
5	Chen, Gu	10 Abraham Lincoln High	4-08.00	4-08.00	1
5	Vuong, Vince	10 Lowell High School	4-10.00	4-08.00	1
---	Chau, William	10 Lowell High School	4-10.00	DNF	

Boys Pole Vault Frosh-Soph

Meet: 12-04 1980

James McClanahan, Galileo

Name	Yr	School	Seed	Finals	Points
1	Gadye, Levi	10 Lowell High School	5-06.00	7-06.00	10
2	Chu, Geoffrey	10 Lowell High School	5-06.00	7-00.00	8
3	Houang, Steven	10 Lowell High School	5-06.00	6-00.00	6

Boys Long Jump Frosh-Soph

CIF San Francisco Section - 5/26/2004 to 5/29/2004**Track and Field Championships****Kezar Stadium****Results**

Meet: 23-02.50		1985	Dominic Dupree, McAteer				
Name	Yr	School	Seed	Finals		Points	
1 Lei, Evan	10	Galileo Academy	18-10.00	19-01.00		10	
2 He, Daniel	10	Abraham Lincoln High	18-11.50	J19-01.00		8	
3 Tran, Thomas	9	Lowell High School	17-03.50	16-10.00		6	
4 Jones, Jermain	10	Abraham Lincoln High	11-11.00	16-09.50		4	
5 Lo, Warren	9	Galileo Academy	16-06.00	16-04.00		2	
6 La, Hao	9	Lowell High School	17-10.50	J16-04.00		1	
7 Chin, Craig	10	Abraham Lincoln High	15-01.50	15-11.00			
8 Colley, Tristen	10	Mission High School	15-00.00	15-05.50			
9 Madamba, Francisco	9	Galileo Academy	16-09.50	14-10.50			
10 Mariguiat, Clayton	9	Balboa High School		14-09.00			
11 Law, Phillip	9	Balboa High School	12-00.00	12-01.00			
--- Gardner, Tyler	9	Balboa High School	14-11.00	DNF			
--- Williams, Theodore	10	Phillip and Sala Burton	14-03.00	DNF			
(Boys Long Jump Frosh-Soph)							
Name	Yr	School	Seed	Finals		Points	
--- Salinas, Marvin	9	Phillip and Sala Burton	14-06.00	DNF			
--- Sadler, Bobby	9	George Washington High Sc	16-04.00	DNF			
Boys Triple Jump Frosh-Soph							
Meet: 44-11		1976	Charles Young, Balboa				
Name	Yr	School	Seed	Finals		Points	
1 Darden, Sean	9	Galileo Academy	36-09.00	36-09.50		10	
2 Tran, Thomas	9	Lowell High School	34-04.50	36-00.50		8	
3 Lo, Warren	9	Galileo Academy	35-03.00	35-10.50		6	
4 Tee, Stephen	10	Galileo Academy	36-00.00	35-04.50		4	
--- Tanquilot, Jose Carlos	9	Phillip and Sala Burton	32-08.00	DNS			
--- Aquino, Jerelle	10	Phillip and Sala Burton	32-02.00	DNS			
--- Salinas, Marvin	9	Phillip and Sala Burton	31-04.00	DNS			
Boys Shot Put Frosh-Soph							
Meet: 54-10		1976	Alonzo Fluker, Galileo				
Name	Yr	School	Seed	Finals		Points	
1 Medina, Jose	9	Abraham Lincoln High	39-02.50	36-04.75		10	
2 Colley, Tristen	10	Mission High School	33-05.00	34-06.75		8	
3 Jahangard, Daniel	10	Abraham Lincoln High	34-07.00	33-11.00		6	
4 Davis, Deshawn	10	Thurgood Marshall High Sc	28-04.00	32-10.50		4	
5 Tionsgen, Melvictor	10	Abraham Lincoln High	34-04.00	32-04.00		2	
6 Ng, Nathaniel	10	Lowell High School	32-09.00	31-09.00		1	
7 Huazano, Andrew	10	Mission High School	32-05.00	31-06.50			
8 Ma, Donald	10	Lowell High School	29-08.00	30-11.00			
9 Leung, Kenneth	10	Lowell High School	33-01.50	30-03.00			
10 Alcaraz, Tirzo	10	Balboa High School	31-06.00	29-06.50			
11 Meneses, Alan	9	George Washington High Sc	27-11.00	24-09.75			
12 Gabbac, Bryan	10	Galileo Academy	20-06.00	20-02.00			

CIF San Francisco Section - 5/26/2004 to 5/29/2004**Track and Field Championships****Kezar Stadium****Results**

---	Maraya, Michael	9	Phillip and Sala Burton	30-01.00	DNS
---	Taylor, Mason	10	Balboa High School	31-06.00	DNS
---	Mennvcci, Frank	10	Phillip and Sala Burton	19-01.00	DNS
---	Mariguiat, Clayton	9	Balboa High School	14-10.00	DNS
---	Aslam, Asif	9	Phillip and Sala Burton	29-03.00	DNS

Boys Discus Throw Frosh-Soph**Meet: 143-10 1976****Roy Abendroth, Lowell**

Name	Yr	School	Seed	Finals	Points
1 Medina, Jose	9	Abraham Lincoln High	123-08.50	106-02	10
2 Ng, Nathaniel	10	Lowell High School	93-09	101-03	8
3 Tionsen, Melvictor	10	Abraham Lincoln High	107-04	96-07.25	6
4 Davis, Deshawn	10	Thurgood Marshall High Sc	70-00	86-09.50	4
5 Leung, Kenneth	10	Lowell High School	93-06.50	83-03	2
6 Mock, Alex	10	Abraham Lincoln High	103-11	82-10.50	1
7 Ma, Donald	10	Lowell High School	63-08.25	74-06	
8 Meneses, Alan	9	George Washington High Sc	68-04	59-10.50	
9 Gabbac, Bryan	10	Galileo Academy	49-09.75	53-04	
10 Whitfield, Cortez	10	Balboa High School	66-06.50	42-09.75	
---	Gamboa, Ryan	9	Phillip and Sala Burton	62-05	DNS

(Boys Discus Throw Frosh-Soph)

Name	Yr	School	Seed	Finals	Points
---	Montoya, Mario	9	Phillip and Sala Burton	69-03	DNS

Meet: 4:39.20 1995**Paul Choi, Lowell**

Women - Varsity - Team Rankings - 16 Events Scored

1) Lowell High School	236	2) Phillip and Sala Burton	104
3) George Washington High Sc	41	4) International Studies Aca	38
5) Abraham Lincoln High	34	6) Galileo Academy	29
7) Thurgood Marshall High Sc	1		

Meet: 4:39.20 1995**Paul Choi, Lowell**

Men - Varsity - Team Rankings - 16 Events Scored

1) Lowell High School	192	2) Abraham Lincoln High	82
3) George Washington High Sc	72	4) Mission High School	47
5) Phillip and Sala Burton	38	6) Balboa High School	20
7) Galileo Academy	15		

Meet: 4:39.20 1995**Paul Choi, Lowell**

Men - Frosh-Soph - Team Rankings - 16 Events Scored

1) Lowell High School	144	2) Abraham Lincoln High	80
3) Galileo Academy	70	4) Balboa High School	51
5) Phillip and Sala Burton	50	6) George Washington High Sc	40.5
7) Thurgood Marshall High Sc	33.5	8) Mission High School	16