

In this year's program we are trying to take a different approach in detailing the long history of California Community College Track and Field. Most of the content in this program is taken from the lengthy book called, "California Community College Track and Field- Hall of Champions". This book was researched and published by California Community College Track and Field Hall of Fame member, Larry Knuth. The cover of Larry's book is found on the front of this program. We thank, Larry for not only providing this valuable source of information but for providing the inspiration for this year's program. Speaking on behalf of Larry and myself, we hope you enjoy this short history lesson on California Community College Track and Field.

Joe Mangan- College of San Mateo

We have tried to include as part of the history of California Community College Track and Field those athletes who have risen to the highest levels competition that our sport has to offer. Those competitions either being the Olympic Games. Or, since 1983, the IAAF World Championships of Track and Field. Since formal national or state-wide Community College championships competitions didn't start until 1939. Here is a roster of those, who attended a California Community College and went on to Olympic fame, prior to the start of those competitions.

1928- Amsterdam Olympics

Jim Corson (Modesto) Discus (3rd), Frank Wykoff (Glendale) 400 Relay (1st)

1932- Los Angeles Olympics

George Jefferson (Compton) Pole Vault (3rd), Frank Wykoff (Glendale) 400 Relay (1st)



Frank Wykoff (right) with his 1936 Olympic relay mate, Jesse Owens. Wykoff's performance of winning 3 relay Gold Medals is rare in the history of Olympic Games.

1936- Berlin Olympics

Ken Carpenter (Compton) Discus (1st), Al Fitch (Menlo) 1600 Relay (2nd), Cornelius Johnson (Compton) High Jump (1st), Jack Parker (Sac City) Decathlon (3rd), Mack Robinson (Pasadena) 200 (2nd), Archie Williams (San Mateo) 400 (1st), Frank Wykoff (Glendale) 400 Relay (1st), Bob Young (Bakersfield) 1600 RE (2nd)



Ken Carpenter
Berlin Olympics
Gold Medal
Discus



Archie Williams
Berlin Olympics
Gold Medal
400 Meters



Cornelius Johnson
Berlin Olympics
Gold Medal
High Jump.
(Yes that was the style of the day)



Mack Robinson
Berlin Olympics
Silver Medal
200 Meters

Prior to formulation of a California only State Track and Field Championships, California JC's competed in the National JC (NJCAA) championships. Here is a history lesson about the formulation of the NJCAA. Source: *Courtesy of the NJCAA website.*

League of Extraordinary Men Lead the Formation of the NJCAA

It was at the 1937 West Coast Relays where a meeting of two-year college track and field coaches and administrators took place on the Fresno State College campus. Oliver E. Byrd, track and field coach at San Mateo Junior College (Calif.), was responsible for organizing the special gathering with the goal of finding a solution to the problem of providing national recognition for the "high quality performances at the junior college level."

What evolved from this meeting was a committee, led by Byrd, which was to study the possibility of national organization among two-year college athletic programs and participation in the NCAA track and field championship.

"This committee approached the NCAA through President W.B. Owens and requested permission to enter the National Collegiate Championships," said Byrd in 1969. "Mr. Owens was sympathetic to the junior college participation and laid the matter before the Executive Committee of the NCAA. It was the opinion of this body that the organization had been founded for four-year institutions and that the junior colleges should not be allowed to enter the collegiate championships at this time. The junior college committee then went ahead with plans for a separate organization."

Byrd immediately went to work, drafting a constitution and organizing another meeting of coaches and representatives from California junior colleges at the West Coast Relays in Fresno. Byrd believed the conception of a national organization dedicated to support junior college athletics "was needed to set high standards of sportsmanship and fair play that would reflect the values of the junior college movement in general."

After much debate, Byrd's constitution was proposed and accepted on May 14, 1938 and a new organization to be called the "National Junior Collegiate Athletic Association" was born. The 13 charter member colleges of the NJCAA (all from California) were Bakersfield College, Chaffey College, Compton College, Fullerton Junior College, Glendale Junior College, Los Angeles City College, Pasadena Junior College, Riverside Junior College, Sacramento Junior College, San Bernardino Valley College, San Mateo Junior College, Santa Monica City College and Visalia Junior College.

Among those present at the 1938 meeting were some impressive men from the world of track and field. Highlighting the group was Hilmer G. Lodge, then associated with Mt. San Antonio College (Calif.), Herschel C. Smith of Compton College (Calif.), L.D. Weldon of Sacramento Junior College (Calif.) and Otto K. Anderson of Pasadena Junior College (Calif.).

Likely the most famous at the first NJCAA meeting in May of '38 was Anderson of Pasadena. A member of the 1924 US Olympic team, [he competed in Paris](#) in the 100-meter dash and broad jump. However, his biggest claim to fame actually took place just a week prior to the NJCAA's first meeting.

On May 7, 1938, Anderson [obtained permission](#) for one of his athletes to take three broad jump attempts in a row at the Southern California Junior College Track Championships in Claremont. The athlete in need of this unusual request was also a member of the Pasadena baseball team that was scheduled to play in the Southern California JC Baseball Championship the same day in nearby Glendale. That athlete was future baseball hall of famer Jackie Robinson. Jackie's third jump that day of 25 feet 6.5 inches broke his brother Mack's national junior college record at the time by an inch. After his three jumps, Robinson jumped into a waiting car and departed for Glendale. He changed into his baseball uniform along the way and showed up in the third-inning to help Pasadena win the conference championship. Robinson would accomplish similar feats a few years later at UCLA and famously broke professional baseball's color barrier in 1947 with the Brooklyn Dodgers.

Anderson remained at Pasadena until the 1950's and was President of the NJCAA from 1942-46.

Lodge was the first to hold the NJCAA office of secretary-treasurer from 1938-42. He is best known for founding the Mt. SAC Relays, which he conceived in the 1950's to rival the great relay events of the East (Penn Relays) and Midwest (Drake Relays). He convinced the Mt. San Antonio Board of Trustees to build a state-of-the-art track and field facility and in the spring of 1959 the Mt. SAC Relays was introduced to the track and field world. Along with the Mt. SAC Cross Country Invitational, which Lodge also started, it is considered to be one of the most prestigious track & field events in the United States.

Smith was known in California not only for his accolades as a coach but also as a [world-class sprinter during the 1920's at the University of Southern California](#). During his freshman year at USC, he took first place at the Western Olympic Trials in the 100 meter dash to qualify for the US Olympic team. However, illness prevented Smith from taking part in the 1924 Paris Games. In 1927, he was a member of USC relay teams that set world records in the 800-meter and 880-yard relays. After his career was shelved he turned to coaching and served as the head track coach at Compton College (Calif.) from 1928-60.

Several Olympic superstars trained under him, including [Cornelius Johnson](#) and [Charles Dumas](#). Johnson won the gold medal at the 1936 Berlin Olympics by setting an Olympic record in the high jump (2.03m), while Dumas was the first high jumper to clear 7 feet in 1956 and won gold that year in the Olympics.

Smith led Compton to five NJCAA national championships in track and field (1939, 47, 49, 50, 51). He also served as NJCAA President from 1940-42 and was a strong advocate for the NJCAA broadening its scope to other sports in addition to track and field.

Rivaling Anderson's celebrity at the first NJCAA meeting was Weldon of Sacramento JC who was well known as the 1929 AAU javelin champion and [two-time Big Ten Conference winner](#) in the event while competing at the University of Iowa. He was a shoe-in for the 1928 Olympic team but officials ruled that his javelin didn't conform to federation rules and was unable to make the team using an alternate stick.

Weldon took the helm of the Sacramento JC track and field program in the early 30's and was instrumental in establishing the first NJCAA Track and Field Championship, which his teams would win in 1941 and '42. He would serve as the second president of the NJCAA in 1939-40. His expertise in the decathlon helped [Jack Parker](#) of Sacramento win the bronze medal at the 1936 Olympics in Berlin. Forty years later, after relocating back to Iowa at Graceland College, he convinced a football player by the name of [Bruce Jenner](#) to try out for the track team. Under Weldon's tutelage, Jenner qualified for the Munich Olympics in 1972 after four brief years in the sport. Jenner then set a world-record in the decathlon at the 1976 Olympics in Montreal.

As impressive of a group as Anderson, Lodge, Smith and Weldon were, it was Byrd who was the unequivocal leader of the newly founded NJCAA. He organized the first meetings of the California junior college track coaches and administrators and wrote the initial constitution that was ultimately adopted in 1938, officially creating the NJCAA. He was smart, optimistic and strong willed. Given his background one could understand why.

Born in 1906 in Arkansas, Byrd was the youngest of three children. His father died of typhoid fever before his first birthday and due to financial hardships he was placed in an orphanage for four years. By age five, he was back with his family and began working as early as six years of age selling newspapers and delivering telegrams. As an Eagle Scout, Byrd was a phenomenal athlete and scholar. He was a star in basketball and track and was awarded a scholarship to Stanford in 1925.

In Palo Alto, he majored in economics and lettered in track. Upon graduating he began teaching elementary school in Los Angeles to earn money for the pursuit of a graduate degree. His positive experience with teaching drew him to change his field of study so he returned to Stanford in 1933 and received a master's degree in hygiene and physical education. Seven years later he earned a doctoral degree in health education.

While obtaining his master's degree, Byrd signed on to be the head track coach at San Mateo in 1932 while also teaching biology and health. In his five years as track coach at San Mateo, his athletes set 16 junior college records. He was instrumental in developing sprinter Archie Williams who in 1936 won the NCAA title in the 400 meters, setting a world record (46.1). He went on to win gold at the '36 Olympics in Berlin and like Jesse Owens, Nazi leader Adolf Hitler refused to greet him on the medal stand.

In 1937, while Byrd and his junior college peers were organizing to form the NJCAA, Byrd turned down an invitation from Stanford to become its first track coach. However, he did accept an offer from his alma mater to teach physical education. Thus, he served as the first President of the NJCAA despite not being a representative of a member college.

His personality and leadership in helping form the NJCAA resulted in his unanimous selection to serve as NJCAA President again in 1939-40. Two weeks after accepting the top post for a second year, Byrd informed the group that "due to the pressure of his many duties at Stanford University, he would not be able to serve the Association in the capacity of President." He continued to attend NJCAA meetings and events for several years after leaving the Association.

Following his departure from the NJCAA, Byrd's career at Stanford blossomed. After earning an M.D. from the University of California School of Medicine in 1947, and declining a surgical residency opportunity, he returned to Palo Alto to become a full professor. He then founded Stanford's first health education program and served as its chair until his retirement in 1971.

[His legacy](#) in the health and wellness community and at Stanford is that of an inspiring advocate for health promotion and disease prevention. His expertise in medical studies led him to diagnose his wife, Jennie, with thyroid cancer.

Among his significant achievements was the creation of a medical information system that disseminated updated health and disease news and studies to health professionals and the general public. Like today's popular website WebMD, Byrd's system translated technical language from medical books and journals to a more common language that could be easily understood and applied to the general public.

The list of awards Byrd received is quite impressive. He was honored with the American Medical Association's Distinguished Service Award in 1966 and the International Certificate of Merit for Distinguished Service to School Health and Health Education in 1968. The California State Assembly officially commended him in 1971 for his achievements in school health and health education. In 1991 Eta Sigma Gamma, the national health science honorary society, awarded him with the National Honor Award.

Byrd's story of success is a shining example of what the organization he helped found strives to accomplish each and every year. His determination and resilience in the face of supreme poverty and instability as a young man mirrors many modern-day NJCAA student-athletes that come into the Association facing similar hardships. Like Byrd, all they need is an opportunity and collegiate athletics offers a crucial first step forward to higher education and a professional career.

Though they might not have realized it on May 14, 1938, but the creation of the NJCAA has proven to be one of the most significant accomplishments by these very significant men. It was the vision and leadership of Byrd, as well as the passion and dedication of other key individuals like Lodge, Smith, Weldon and Anderson, that brought about the creation of the NJCAA. Thanks to their efforts, hundreds of thousands of student-athletes have been given opportunities to learn, train and succeed both on and off the track.



Herschel Smith
Compton



Hilmer Lodge
Mt. San Antonio



Otto Anderson
Pasadena



L.D. Weldon
Sacramento



Oliver Byrd
San Mateo

1939 (Inaugural Nationals)

Location: Sacramento City College

Ruffin	Pasadena	9.7	100/HJ	Steers	San Mateo	6-7
Ruffin	Pasadena	21.3	220/ LJ	Bledsoe	Compton	23-0.5
Miller	Compton	49.0	440/PV	Lusson	Compton	13-0
Hyde	San Mateo	1:54.6	880/SP	Thompson	Modesto	50-0
Barry	LACC	4:23.9	Mile/Disc	Thompson	Modesto	144-5
Madrid	Pasadena	9:23.5	2Mile/ Jav	Williams	Sacramento	195-4
	Pasadena	3:20.1	Mile Relay			

Team Scores: Compton 110.6, Pasadena 79, Sacramento 62.6

Bryant Allen (Riverside) ran 9.6 twice, 21.2 vs. USC Frosh, won So Cal Chps. and West Coast Relays JC 100 at 10.1 into 14 mph headwind, anchored 880 relay to win at Kansas Relays. ...**Wilbur Miller (Compton)**... NJC meet 440 title-49.0, ran 9.6, 21.0 in So Cal Ath. Assn. dual, named Helms Athletic Foundation JC AOY....in '38set NJCR 440-47.1 against USC frosh, won Compton Invite at 47.0 (open race)...**James Ruffin (Pasadena)** won National JC meet sprints-9.7, 21.3 and So Cal Chps. 220-21.9...member of PCC's 3:20.1 NJC meet winning mile relay...**Blair Hyde (San Mateo)** set NJCR 880 record-1:54.6 in winning National JC meet...**Bobby Madrid (Pasadena)** won National JC meet two-mile 9:32.5 (meet record until '50)...set NJCR 880 1:55.2, won So Cal mile-4:21.0...in '37 Madrid set NJCR 880-1:55.3 and that evening won Golden Gloves 112lb. boxing title. Named to honorary USA Olympic team in '40 (WWII canceled Olympics)....**Les Steers (San Mateo)** Spectacular year: Titles: NJC meet 6-7 HJ-MR until '50; West Coast Relays 6-7MR, AAU Nationals 6-8.25 MR; Compton Invite 6-7.75 stadium record; at Oregon in '41 set world record of 6-11; cleared 7-0 in unofficial meet. Inducted into USATF Hall of Fame Charter Class...**Wilbur "Moose" Thompson (Modesto)** '48 Olympic SP Champion-56-2 Games record; two-time NCAA champion (USC), Won three NJC meet titles: '39 SP/Discus and '40 Discus-146-8, MR until '50.



Wilbur "Moose" Thompson
London Olympics
Gold Medal
Shot Put

1940

Location: Modesto Junior College

Davis	Salinas	9.5	100/HJ	Ard	Compton	6-3
Davis	Salinas	20.6	220/PV	Berokoff	LACC	13-6
Wachtler	Pasadena	49.3	440/LJ	Beckus	Compton	24-5
Funston	Compton	1:56.5	880/SP	Merritt	Modesto	51-1
Miller	Stockton	4:22.1	Mile/Disc	Thompson	Modesto	146-8
Flores	SBVC	9:39.2	2 Mile/ Jav	Mills	Sacramento	177-9

Team Scores: LA City 77.5, Compton 68, Sacramento 61.6

Hal Davis (Salinas, now Hartnell) set National JC meet sprint records: 9.5, 20.6...West Coast Relays 9.5 NJCR; Compton Invite-10.3 world record, 20.5m MRs; AAU National titles-10.3m, 20.4m; Ran four 10.3s and 20.4 WR that season. At UC Berkley won '42, '43 NCAA100/200 sprint titles. USATF Charter Class Hall of Fame inductee...**Robert Beckus (Compton)** was '48 Olympian-TJ; set '40 National JC meet LJ MR of 24-5 (MR until '50); took Compton Inv. TJ 46-11.75...**Carl Merritt (Modesto)** won National JC meet shot put at NJCR 51-11, (MR until '50); '42 USC-NCAA/AAU Runner-up

1941

Location: Trinidad JC, Denver

Davis	Salinas	9.6	100/HJ	Batiste	Sacramento	6-2
Davis	Salinas	20.7	220/ PV	Cooley	Sacramento	13-7
Wachtler	Pasadena	48.5	440/LJ	Freeman	Sacramento	23-9
Ring	Salinas	1:58.4	880/SP	Minini	Santa Ana	48-9
Doyle	Trinidad	4:28.0	Mile/ Disc	Oakes	Compton	145-0
Romero	Trinidad	10:18.6	2 Mile/ Jav	Clark	Auburn	188-9
Bollacker	Trinidad	15.0	HH			
Batiste	Sacramento	23.4	LJ			

Team Scores: Sac City 90.2, Compton 68.4, Santa Ana 50

Hal Davis (Salinas, now Hartnell) won the sprint double for second year at Nationals, 9.6, 20.7...**Joe Batiste (Sacramento)** won National JC meet HJ, LH to led team to championship; set NJCR HH at 14.3; AAU Nationals HH-2nd 13.9... **Eddie Morris (Santa Ana)** tied the100y NJCR of 9.6 at the El Paso Relays. Morris was selected Helms Athletic Foundation AOY.

1942

Location: Visalia Junior College

Williams	Reedley	10.0	100/HJ	Barksdale	Marin	6-4.5
Kaiser	Sacramento	21.9	200/HJ	White	Compton	6-4.5
Kaiser	Sacramento	47.9	440/PV	Shook/Moore	Pasadena/Santa Ana	13-9
Prather	Pasadena	1:56.0	880/LJ	Barksdale	Marin	unknown
Prather	Pasadena	4:26.7	Mile/ SP	Springer	Compton	48-0
Pothoff	Compton	9:52.3	2 Mile/Disc	Ker	Stockton	139-9
Bastiste	Sacramento	15.0	HH/Jav	Likens	Glendale	186-4
Bastiste	Sacramento	24.2	LH			

Team Scores: Sac City 95, Compton 82, LA City 53

Robert Likens (Glendale) '48 Olympian, won the National JC meet javelin at 186-5, but set NJCR record of 212-11.75 (record held until '52); won '46, '47 NCAA (San Jose St.); Career PR 226

1943- 1945: NJCAA Championships cancelled due to WW II (Seasonal highlights below)

1943...Jack Kaiser (Fullerton) One-man team: five firsts in So Cal Finals-HH, LH, PV, JV. SP for half of FJC's 62 points; won three Coliseum Relays titles; season PRs: HH-15.0, HJ 6-2, PV 12-6, SP 42-3, Discus 122-3, JV 188-2, LJ 21-9.50;

1944...Compton was the top team at the West Coast Relays.

1945...Sylvester Bell (LACC) Undefeated in LJ/HJ...won West Coast Relays, Coliseum Relays, AAU Nationals (24-10 LJ)...cleared 6-5 HJ twice, led LACC to So Cal title...No nationals

1946

Location: Phoenix, Arizona

Embree	LACC	10.1	100/HJ	Embree	LACC	6-2
Embree	LACC	22.4	220/PV	Campbell	Glendale	13-0
Prince	Branch	50.0	440/LJ	McDonough	Santa Monica	21-10
Beachley	LACC	2:02.1	880/SP	Coker	Modesto	46-0
Williamson	Visalia	4:31.7	Mile/Disc	Coker	Modesto	130-6
Vierria	Visalia	10:12.8	2 Mile/Jav	Terry	Branch	188-0
Gabriel	Glendale	14.8	HH			
Garbriel	Glendale	24.9	LH			

***** Branch is located in Utah**

Team Scores: LA City 128.5, Santa Monica 65, Glendale

Chuck Coker (Modesto) Won National JC meet SP & Discus, West Coast Relays "Athlete of Meet," outstanding collegiate, national coaching career ...**Mel Embree (LACC)** led team to National JC meet and West Coast Relays titles with three event wins plus relay; Canadian FB/NFL career.

1947

Location: Phoenix, Arizona

Rubidoux	LBCC	9.9	100/HJ	Dancer	Mt SAC	6-2
Williams	Riverside	22.2	220/PV	Zimmer	Compton	13-3
Crowe	Compton	50.4	440/PV	Lankas	Muir	13-3
Cooksey	Compton	2:03.4	880/SP	Springer	Compton	49-8
Mattoon	Fullerton	4:40.6	Mile/Disc	Dittenbir	Visalia	137-5
Stauffer	Santa Ana	10:24.5	2 Mile/ Jav	Reid	Smith Branch	178-11
Kreitz	Chaffey	14.9	HH			
Kreitz	Chaffey	25.2	LH			

***Muir is now Pasadena *** Smith Branch located in Texas

Team Scores: Compton 91.1, LA City 81, Chaffey 50

Compton won the meet...wind, rain hurt performances... **Bob Rudideux (LBCC)** upset defending champion, **Mel Embree** in 100...**Darrell Kreitz (Chaffey)** was high point man by winning both hurdles.

1948

Location:

Phoenix, Arizona

Williams	Riverside	9.9	100/HJ	Dancer	Mt SAC	6-5
Williams	Riverside	22.1	220/PV	Zimmerman	Compton	13-0
Davis	Compton	49.9	440/LJ	unknown		
Garcia	SBVC	2:00.2	880/SP	Davis	Menlo	50-0
McMillen	Glendale	4:26.3	Mile/ Disc	Valentich	Bakersfield	146-0
Ward	Glendale	9:51.3	2 Mile/ Jav	Herrington	SBVC	193-4
Walden	LACC	15.2	HH			
Brooks	Stockton	25.2	LH			
	LACC	3:21.9	Exhib MR			

Team Scores: LA City 89.5, Compton 61.5, Glendale 28

Art Williams (Riverside) '47, '48 National JC meets: two sprint wins, two 2nds; 9.7, 21.1 PRs, West Coast Relays 100 Champion... **Bob McMillen (Glendale)** '48, '52 Olympian...set 9:17.3 NJCR two mile a month after taking National JC meet mile; '52 NCAA (Occidental) 1500 Champion, '52 Olympic 1500 runner-up 3:45.39...**Don Brooks (Stockton)** won National JC meet LH-25.2, West Coast Relays HH, California Relays HH... **Delf Pickarts (San Bernardino Valley)** At BYU Relays he threw the javelin 212-7 for second longest ever JC throw; won National AAU JRs, 3rd in AAU Nationals; NCAA (UC Santa Barbara) Runner-up; Career PR 228-9.25...**Willie Dancer (Mt. SAC)** won '47, '48 National JC Meet HJ...PR 6-6.25

1948- London Olympics

Robert Beckus (Compton) Triple Jump, Bob Likens (Glendale) Javelin, Wilbur Thompson (Modesto) Shot Put (1st)

1949

Location: Los Angeles Olympic Coliseum

Fell	Compton	9.8	100/HJ	Mahaney	Stockton	6-3
Mejia	Compton	21.4	220/PV	Jensen	Modesto	14-0
Thompson	Compton	49.0	440/LJ	Knight	Fullerton	23-9.5
Walters	Compton	1:56.9	880/SP	Breeland	LACC	47-0
Newcomb	Santa Ana	4:24.6	Mile/Disc	Iness	Compton	157-0
Newcomb	Santa Ana	9:45.6	2 Mile/ Jav	Nelson	Everett (WA)	199-8
Anderson	Compton	14.6	HH			
Anderson	Compton	23.6	LH			
	LACC	3:22.4	MR			

Team Scores: Compton 122.9, LA City 62.2, Santa Ana 46

Sim Iness (Compton) '52 Olympic discus title, first to break 190 barrier, two NCAA titles at USC...NJCR 164-5.75 at LB Relays; '53 NCAA-1st at 190-0 world, USA, NCAA, meet record....Iness was 6-6, 260 lbs....**Walt Jensen (Modesto)** NJCR 14-3.50; won JC Nationals at 14-0; '51 NCAA (USC) 2nd, '51 SPAAU 1st 14-6 PR... **Billy Anderson (Compton)** NJCR 14.0 HH at West Coast Relays (mark lasted 11 years at WCR); Compton Invite -2nd 13.8 NJCR-Open Competition; NJCR 23.2 HH...**Jim Newcomb (Santa Ana)** Never lost a prep or JC race; won AAU JRs. 5k; improved from 4:22.9, 9:45.6 to win Nationals, to 4:07, 9:06 in one year at USC; '50 season: SPAAU win-4:07.7-fastest winning mile outdoors since '37; won PCC mile, NCAA 2-mile 2nd place... Compton doubled the score on 2nd place LACC at National JC meet.

1950

Location: Visalia Junior College

Simmons	San Mateo	9.9	100/HJ	Pratley	Glendale	6-4.5
Campbell	LACC	22.0	220/HJ	Dyer	LBCC	6-4.5
Vincent	Modesto	49.5	440/PV	Sandusky	Glendale	13-2.75
Walters	Compton	1:53.7	880/LJ	Brown	Compton	24-5.25
Quackenbush	Santa Ana	4:25.2	Mile/SP	Hertz	Mt SAC	47-11
Lund	Riverside	9:47.7	2 Mile/ Disc	Jones	Stockton	145-2
Jackson	Compton	15.0	HH/Jav	Hylton	Santa Ana	201-3
Gillies	LBCC	24.7	LH			
	LACC	3:24.4	Exhib MR			

Team Scores: Compton 54.5, Santa Ana 52, Glendale 35

Kelley Hylton (Santa Ana) NJC meet-1st 201-3.75 (leading USA frosh/JC throw that year); West Coast Relays JC-1st 200-0 MR; '49 National JC meet javelin-2nd.... **George Brown (Compton)** '52 Olympian, National JC meet LJ-1st 24-6.25; two NCAA titles at UCLA including West Coast Relays win at 26-3.25 MR, UCLA record, 3rd all-time LJ; 3 AAU titles, two seconds...**John Simmons (San Mateo)** Won JC Nationals 100, 2nd in LJ; West Coast Relays LJ meet record 24-11.25 (best USA mark that year) Voted Relays "Athlete of Meet," Coliseum Relays LJ-2nd 24-0.50...**Jerome Walters (Compton)** '56 Olympian, NJC meet 880-1st 1:53.7-NJCR; '56 Trials 1500-1st 3:47.6; '56 post Olympics-led off USA world record 2-mile relay; 4:00.8 anchor on LA Striders USA record 9:42.0 DMR at '58 West Coast Relays; '59 AAU Nationals 880-2nd 1:48.5 PR

1951**Location:** Hutchinson, Kansas

Fuenning	Phoenix	9.9	100/HJ	Murray	Compton	6-3.25
Green	LACC	20.8	220/PV	Hansom	Riverside	12-9.75
Green	LACC	48.4	440/LJ	Walter	Victoria (TX)	22-8
Firestone	Compton	1:59.9	880/SP	Elwese	Riverside	47-1.5
Stryker	Hutchison	4:30.3	Mile/ Disc	Martin	Riverside	140-6
Delgado	LACC	10:14.2	2Mile/ Jav	Not contested		
Prentince	Phoenix	15.4	HH			
Smith	Phoenix	24.2	LH			
	Compton	3:24.5	Exhib MR			

Team Scores: Compton 109, LA City 65, Riverside 50 (*This meet was a week before the 1st California only meet*)

The individual star of the meet was Gary Green of LA City, who would win both the 200 and 400.

***** In 1951, California Junior Colleges were banned from National competition. The ban would take effect in September. Thus allowing one year of both State and National competition. The NJCAA championship meet would be held prior to the 1st California State meet.**

1951**East Los Angeles College**

Joe Graffio	Compton	10.2	100/HJ	Jim Taanahil	Hartnell	6-5
Gary Green	LACC	21.9	220/PV	Al Sandusky	Glendale	13-6
Gary Green	LACC	48.8	440/LJ	Gordon Fong	Sacramento	22-5.5
Bob Broughton	Glendale	1:57.2	880/SP	Howard Hertz	Mt. SAC	48-10.25
Len Simpson	SRJC	4:37.9	Mile/DT	Roy Martin	Riverside	138-9
Wilford King	Glendale	9:40.5	2 Mile			
Don McAuliffe	SBVC	15.0	HH			
Jack Acree	Mt. SAC	24.7	LH			
LACC		3:25.0	MR			

Team Scores: LACC 47.25, Glendale 45.66, Compton 40

Green won both sprints at NJCAA Championships to help LACC place second. Hertz went on to Stanford to place fourth in NCAA meet. Graffio (USC) was '54 and '56 NCAA runner-up. Hertz (Stanford) 4th in '52 NCAA. LA City exacted its revenge by defeating National Champ- Compton.

**1952
Santa Rosa Junior College**

Harry Wade	CCSF	10.2	100/HJ	Ernie Shelton	LA Valley	6-4
Harry Wade	CCSF	22.5	220/PV	Orin Allen	Mt. SAC	13-0
Al Moore	LACC	50.9	440/LJ	Bob Holland	LACC	23-8.5
Ed Wilson	Sacramento	1:59.8	880/SP	Clyde Wetter	Modesto	51-4.25
Bruce Weed	OCC	4:23.3	Mile/DT	Rudy Valadez	Chaffey	151-0
Joe Tyler	LA City	9:51.4	2 Mile			
Dean DeYoung	Chaffey	15.2	HH			
Charles Holloway	Fullerton	24.4	LH			
LACC		3:24.1	MR			

Team Scores: LACC 64, LA Valley 43, CCSF 38

National records: Wetter (Shot Put); Tyler, a black American, went into the NAVY and set an American 10k record; Shelton (USC) won two NCAA, two AAU National titles, set WR in 1954.

1952 Helsinki Olympics Participants

George Brown (Compton) LJ, Sim Iness (Compton) DT (1st), Ollie Matson (CCSF) 400 (3rd), 4 x 400 (2nd)
Bob McMillen (Glendale) 1500 (2nd), Henk Visser (Bakersfield, Netherlands) LJ, Cy Young (Modesto) Javelin (1st)



Sim Iness
Helsinki Games
Gold Medal
Discus



Cy Young
Helsinki Games
Gold Medal
Javelin



Bob Mc Millen
1948 State mile
champ. Silver
medal in the
Helsinki 1500
final



Ernie Shelton
State high
jump champ.
Future world
record holder.
Dued with
Charles Dumas
to be the first
to clear 7 feet.

1953
College of Sequoias, Visalia

Van Parrish	CCSF	10.1	100/HJ	Floyd Jeter	East LA	6-4
Chuck Nunes	LA Harbor	22.2	220/PV	Ed Lafferty	LA Valley	13-3.25
Clarence Anderson	LACC	48.7	440/LJ	Lou Bertolin	CSM	23-8.75
Dave Casper	Mt. SAC	1:56.3	880/SP	Mason Benner	SMCC	53-7
Joe Leach	LA Valley	4:27.4	Mile/ DT	Duane Gustafson	Santa Ana	146-11
Charles Strong	Compton	9:43.0	2 Mile			
Clarence James	Pasadena	14.9	HH			
Billy Gilbert	Mt. SAC	25.3	LH			
LA Trade Tech		40.9	440 RE			
Compton		3:21.7	MR			

Team Scores: LA Valley 55, Santa Ana 54, Compton 34

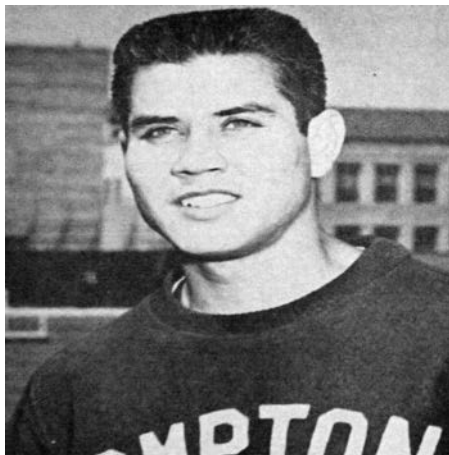
National records: Benner (Shot Put); Casper set the 800 meet record...at Fresno State he took CCAA title in 1:51.3 and ran 1:50.6 at Modesto Relays. Benner's throw NJCR.

1954
Ramsaur Stadium, Compton College

George Hutcherson	LACC	9.6	100/HJ	Floyd Jeter	East LA	6-7
George Hutcherson	LACC	22.4	200/PV	Art Pederson	Modesto	13-2
Bob McLurkin	Compton	48.9	400/LJ	James Gamble	East LA	23-3
Ray Coyle	Mt. SAC	1:55.7	800/SP	Ray Martin	LA Valley	50-0.25
Chuck Kirkby	Mt. SAC	4:27.1	Mile/DT	Charles Rogers	Chaffey	157-6
Duane Ludlow	Stockton	9:37.4	2 Mile			
Lionel Daniel	Compton	14.6	HH			
Lionel Daniel	Compton	23.7	LH			
Compton		3:17.2	MR			

Team Scores: Compton 55.75, Modesto 45, Santa Ana 43

Meet HJ record holder Jeter was two time HJ state champ and placed second in '54 AAU Nationals; Martin set NJC shot put record at 53-8.50 and won '55 PCC title for USC; Daniel, a Native American, set meet records in both hurdle races and was West Coast Relays "Athlete of Meet." Meet records also set by Ludlow (two mile), Coyle (880), Rogers (Discus), Jeter (HJ), and Compton (mile relay).



Lionel Daniel
1954
Double winner in the hurdles

1955
Pirate Stadium, Modesto Junior College

Dick Dorsey	LA Valley	9.5	100/HJ	Carey Black	LA Harbor	6-3
Dick Dorsey	SMCC	21.4	220/HJ	Lee Mosely	Compton	6-3
Jessie Garcia	LA City	47.7	440/HJ	Junior Singh	SBVC	6-3
Chuck Kirkby	Mt. SAC	1:52.4	880/PV	Art Pederson	Modesto	14-4
Danny Schweikert	Fullerton	4:13.9	Mile/ LJ	Charles Neal	Santa Ana	23-8.25
Danny Schweikert	Fullerton	9:28.7	2 Mile/ SP	Don Everage	Compton	53-2.5
Clint Redus	CCSF	14.6	HH/PV	Rink Babka	Menlo	154-0
Bill Swisshelm	Santa Ana	23.2	LH			
LACC		3:16.4	MR			

***** First year that the meet was included in the California (Modesto) Relays**

Team Scores: Santa Ana 55, Compton 47, CCSF 36

NJC records set during the meet: Schweikert (Mile, 2Mile), Swisshelm (220LH), Pederson (Pole Vault). Rink Babka (USC) in the discus limelight for 17 years! He would set a World Junior Record during the '55 season (162-9), win the inaugural USSR/USA dual, and then finish 2nd in the '60 Rome Olympics. Babka's PR 209-9. Kirkby's 880 meet record three seconds better than the standing time... he went on to USC to win UCLA dual 880 with meet, school records. Both of Dorsey's sprint wins were meet records.

1956
Pirate Stadium, Modesto Junior College

Ken Dennis	LA Valley	9.5	100/HJ	Charlie Dumas	Compton	6-4
Ken Dennis	LA Valley	20.9	220/LJ	Ernie Shelby	LA Pierce	23-8.25
Willie Atterberry	Compton	47.5	440/PV	Jerry Wren	El Camino	14-0
Willie Atterberry	Compton	1:52.8	880/SP	Jerome Jennings	Compton	49-10
Ray Hale	Modesto	4:19.1	Mile/DT	Jerome Jennings	Compton	145-7
Ray Hale	Modesto	9:33.0	2 Mile			
Clint Redus	CCSF	14.7	HH			
Mickey Machamer	Mt. SAC	23.2	LH			
Compton		3:17.4	MR			

Team Scores: Compton 81, Mt SAC 41, Modesto 31

Double winner Atterberry-47.5 400 MR- would go onto place 4th in the USA Olympic Trials in the 400 IH, won two USA/Russia dual IH races plus '62 AAU title. Dumas would complete an outstanding 1956 season by adding wins at the AAU Nationals, and the Olympic Trials (where he set a World Record of 7-05 as first seven foot jumper) and cap it off with a victory at the Melbourne Olympics. Dennis' sprint wins were meet records. Shelby won AAU Nationals in '56 with NJC record 26-1.25 and won two more AAU titles plus two NCAA titles at Kansas. Jennings first meet shot put/discus winner.

1956- Melbourne Olympic Participants Charles Dumas (Compton) HJ (1st), Jerome Walters (Compton) 1500, Cy Young (Modesto) Javelin



Charles Dumas
 Melbourne Olympics
 Gold Medal
 High Jump

1957

Pirate Stadium, Modesto Junior College

Willie White	LA Harbor	9.4	100/HJ	Errol Williams	LACC	6-6.5
Bobby Poynter	Pasadena	21.2	220/LJ	Robert Cook	LA Harbor	23-5
J.C. Phillips	Bakersfield	47.8	440/PV	Stan Hopkins	Orange Coast	14-4
Bob Jordan	Mt. SAC	1:52.8	880/SP	Homer Robertson	SBVC	53-11
Ron Larrieu	Mt. SAC	4:15.7	Mile/DT	Jerome Jennings	Compton	161-8
Ron Larrieu	Mt. SAC	9:22.0	2 Mile			
Dick Fischl	Long Beach	14.5	HH			
Willie White	LA Harbor	23.0	LH			
Mt. SAC		3:15.0	MR			

Team scores: Mt SAC 68, LACC 53, LA Harbor 38

National records set: Larrieu (2Mile), White (100,220 LH), Hopkins (Pole Vault). Mt. SAC mile relay a meet record. White set NJC and World Jr. Record's in 100, LH and member of NCAA record Sprint Medley team at UC Berkeley. Jennings-Discus, and Robertson-SP were MRs. Jennings threw 168-6.25 NJCR in So Cal Finals. Larrieu set USA 6 mile record in '64 and won two AAU Nationals XC titles. At San Jose St. Poynter was NCAA 100-220 runner up leading SJS to 2nd place. Robertson, MR, threw SP NJCR 54-3 in So Cal Finals. Williams (San Jose St.) '59 NCAA title, 2nd in USSR/USA dual, USA Olympic alternate in '60. Poynter (San Jose State) '59: two- time NCAA sprint runner-up, USSR/USA dual-runnerup in both sprints.

1958

Pirate Stadium, Modesto Junior College

Rudolph Jackson	West Valley	9.5	100/HJ	Ed Costa	CCSF	6-7.75
Bob Staten	San Diego	20.7	220/PV	Tim Helms	Sacramento	14-0
Bob Staten	San Diego	47.1	440/PV	Voyce Hendrix	Fresno	14-0
Tom Brown	Modesto	1:53.7	880/ LJ	Bill Jackson	LA Harbor	24-10
Paul Patton	CCSF	4:16.3	Mile/SP	Mike Lewis	CCSF	53-9
Miles Eisenman	Bakersfield	9:20.3	2 Mile/ DT	Floyd Gross	Sequoias	160-1
Jerry Tarr	Bakersfield	14.2	HH			
Jesse Bradford	Bakersfield	23.1	LH			
Bakersfield		3:15.0	MR			

Team Scores: CCSF 70, Bakersfield 60.5, San Diego 40

National record set during meet: Eisenman (2Mile). Dickie Howard (Compton) finished 2nd in the 200 Hurdles... 3rd in the 1960 Rome Olympics in the 400 IH. Bakersfield tied mile relay meet record. Tarr, an Oregon legend, led Ducks to first NCAA title...won three NCAA hurdle titles, and world ranked #1 in '62. Staten's two sprint wins were NJC and meet records...at USC was NCAA IH runner-up. Eisenman (Oklahoma State) set NCAA 3-mile record, NCAA runner-up in 3-mile. Jackson's LJ meet record was first LJ over 24-0 in state meet, was 2nd in '58 AAU Nationals. Costa's HJ a meet record. Lewis set MR...at Occidental 3rd NCAA, 6th in '60 Trials. SDCC's Staten's wins both MRs, set NJCR 46.9 at BC, at USC-a co-captain-won conference LH, 440-47.1

1959

Pirate Stadium, Modesto Junior College

Jim Bates	East LA	9.7	100/HJ	Lorenzo Goree	COS	6-4.5
Jim Bates	East LA	20.7	220/PV	Voyce Hendrix	Fresno	14-5.75
Don Ramos	Sacramento	46.9	440/LJ	Bill Wilson	LA Harbor	24-5
Charles Belcher	Contra Costa	1:52.2	880/SP	Jeff Smith	Long Beach	52-7
Charlie Clark	Santa Ana	4:12.3	Mile/DT	Floyd Gross	COS	160-10
Charlie Clark	Santa Ana	9:27.9	2 Mile			
Ken Overholser	Glendale	14.4	HH			
Sam Perry	Oakland	23.5	LH			
Oakland		3:16.0	MR			

Team scores: Glendale 59, COS 34.5, Bakersfield & Long Beach 34

National records set during the meet: Hendrix (Pole Vault), Ramos (440), Clark (1Mile); Bates tied 220 meet record. Clark was T&F News AOY in '59...set NJC mile mark-4:11.6, on SAC's NJCR 4-mile relay...member of two San Jose State NCAA cross country team titles. Clark joined '64 Olympian Jeff Fishback (San Mateo JC) to set world two man, ten-mile relay record for T&F News Postal competition-1961. Ramos (San Jose St.) 46.9 state win tied NJCR.

1960

Pirate Stadium, Modesto Junior College

Dennis Johnson	Bakersfield	9.6	100/HJ	Dennis Jones	Bakersfield	6-6.5
Ed Buchanan	San Diego	20.7	220/PV	Gerald Pratt	LACC	14-0
Ed Buchanan	San Diego	47.7	440/PV	Billy Colbert	LACC	14-0
Leroy Neal	Fullerton	1:51.7	880/PV	Jerry Bentz	LA Valley	14-0
Leland Shepherd	Bakersfield	4:13.4	Mile/ PV	Don Martin	LA Valley	14-0
Dale Story	Santa Ana	9:23.2	2 Mile/ LJ	Gene Wilson	Sequoias	25-0.5
Gaston Green	LACC	14.0	HH/SP	Dick Merritt	Long Beach	52-7.25
Gaston Green	LACC	23.2	LH/SP	Harry Edwards	Fresno	161-0
LACC		3:15.8	MR			

Team scores: LACC 73.5, Bakersfield 50, LBCC 42

National record set during meet: Green tied NJCR 120 HH time and anchored NJCR mile relay-3:13.6 in So Cal Finals; Neal's 880 NJCR and on five NJCR relays for FJC; Pratt broke NJCR four times in '61 (PR-15-0); Johnson tied 100 WR three times in '61 for San Jose State, made two Jamaican Olympic teams, seven time Jamaican Olympic coach; Edwards became UC Berkeley professor and leader of black activism in the 60s. 2 Mile winner, Story, would be an eventual NCAA Cross Country Champion. He led Oregon State to the team title.

1960- Rome Olympics Participants

Rink Babka (Menlo) Discus (2nd), Charles Dumas (Compton) High Jump, Joe Faust (Mt. SAC) High Jump, Dickie Howard (Compton) 400 IH (3rd), Dennis Johnson (Bakersfield/ Jamaica) 100/200, Ray Norton (Oakland) 100, 4 x 100, Henk Visser (Bakersfield/ Netherlands)

1961
Pirate Stadium, Modesto Junior College

Overton Williams	Oakland	9.5	100/HJ	George Fleckenstein	Santa Monica	6-7.5
Overton Williams	Oakland	20.7	220/PV	Norm McMillen	Cerritos	14-6
Gary Comer	LA Pierce	46.6	440/LJ	Dee Andrews	Long Beach	25-5.25
Ray Van Asten	Mt. SAC	1:50.1	880/SP	Jim Smith	Long Beach	54-10.25
Leroy Neal	Fullerton	4:09.1	Mile/DT	John Anderson	Phoenix	167-2
Harry McCalla	Fullerton	9:06.2	2 Mile			
Dee Andrews	Long Beach	14.5	HH			
Dan Ghormley	Santa Monica	23.1	LH			
Fullerton		3:14.8	MR			

Team scores: Fullerton 54, LBCC 45, Mt SAC 37

National record- Andrews (LJ), Comer (440); Fullerton title team judged greatest JC T&F team to date-coached by Jim Bush-multi Hall of Famer; Anderson's discus mark a MR; Andrews LJ MR...first state meet LJ over 25-0. McCalla set one NJCR-mile 4:09.0- and on five NJCR relays for FJC; Williams 20.7 tied MR, set NJCR 220s at 20.4. Van Asten set NJCR 880 three times in '60 and ran 1:48.6 NJCR in '61. LBCC's Smith set SP MR -as was Anderson's discus mark. FJC's Neal, McCalla set multiple NJCRs, Neal part of six individual/relay NJCRs. McCalla (Stanford) '63 PAC-8 3 mile title.

1962
Pirate Stadium, Modesto Junior College

Dave Morris	Pasadena	9.5	100/HJ	Joe Faust	Mt. SAC	6-8.25
Dave Morris	Pasadena	20.3	220/PV	Gary Hedman	Sacramento	14-6.5
Bob Bruce	Hancock	46.8	440/LJ	Wellesley Clayton	Compton	23-10.75
Ray Van Asten	Mt. SAC	1:50.4	880/SP	Bill Pace	Long Beach	56-8.75
Mike Thornton	El Camino	4:10.1	Mile/DT	Alex Darnes	CCSF	169-3
Frank Mueller	Glendale	9:16.9	2 Mile			
Walt Butler	Pasadena	14.1	HH			
Sid Nickolas	Vallejo	23.3	LH			
Mt. SAC		3:15.2	MR			

Team scores: Mt SAC 35.5, LBCC 31, COS 30.42

Olympian-to-be Joe Faust, would set a NJCR during the season at 7-1.25. He was the first under 18 year old to clear 7-0. Morris' 20.3 NJCR, won PAC-8 100 in '63 for USC; Clayton, two time Olympian, won '65 PAC-8 at meet record 25-4.25 at USC; Nickolas-Fresno State-2nd in '64 NCAA LJ at 26-1 (school record for 20 years). LBCC's Pace MR SP.



Joe Faust, Hilmer Lodge and Ray Van Asten capped off the '62 season with individual and a State team titles for the Mounties.

1963

Pirate Stadium, Modesto Junior College

Bill Cowings	COS	9.5	100/HJ	John Rambo	Long Beach	6-9.75
Bill Cowings	COS	20.4	220/LJ	Charles Booth	Contra Costa	25-0
Kerry Wright	Cerritos	48.1	440/PV	Robert Maimberg	Sac City	14-9
Kurt Klein	El Camino	1:52.5	880/SP	Don Castle	Foothill	58-8.5
Bob Delaney	Santa Ana	4:09.6	Mile/DT	Les Mills	Foothill	177-1
Dick Krenzer	LA Valley	9:04.9	2 Mile			
George Greenwood	SBVC	14.0	HH			
Terry Hendrix	Long Beach	22.9	LH			
Sequoias		3:17.1	MR			

Team scores: Long Beach 61, Sequoias 44.66, Foothill 36

John Rambo-MR, '64 Olympian bronze medalist, took '64 NCAA title for Long Beach State... named USA CC T&F athlete of the year by T&F News. National records: Castle, Mills and Krenzer. Cowings-Athlete of State meet-20.4 220 MR; Mills, four time New Zealand Olympian, discus mark a MR... he set NJCR at Foothill. Rambo '64 Olympic bronze medalist, Krenzer first JC Steeplechaser under nine minutes with 8:57.8 in '63 SPAAU meet. Greenwood tied meet HH record. Foothill's Castle had six of top 12 JC marks of all time in shot put. FJC's Maimberg vaulted MR.

1964

Pirate Stadium, Modesto Junior College

Travis Williams	Contra Costa	9.6	100/HJ	Ed Caruthers	Santa Ana	6-9
Tom Jones	Reedley	21.3	220/PV	Ed Berge	OCC	14-8
Rich Achee	LA Pierce	48.4	440/LJ	Gary Ard	Modesto	24-8.5
Kay King	ARC	1:50.8	880/TJ	Robert Howard	SBVC	48-6
Bob Delaney	Santa Ana	4:05.4	Mile/SP	Jeff Smith	Long Beach	55-10.25
Bob Delaney	Santa Ana	9:02.4	2 Mile/DT	Steve Flite	Chaffey	174-7
George Greenwood	SBVC	13.9	HH			
Dave White	COS	37.4	IH			
Oakland		41.6	440 RE			
Santa Ana		3:17.1	MR			

Special note: Robert Howard (SBVC) won the inaugural contesting of the Triple Jump...Oakland won first ever 440y relay contested in state meet, as was White's 330y IH win.

Team scores: Santa Ana 48, SBVC 42.75, Fresno 36

Ed Caruthers would go on to win the AAU nationals and the USA Trials, eventually taking 8th place at the Tokyo Olympics. National records: Greenwood-HH (SBVC), Delaney led SAC to team title with MR mile, also ran NJCR 2-mile (8:57.4). Williams-ran legal 9.3 NJCR at WCR, played five years in NFL.

1964- Tokyo Olympics Participants

Ed Caruthers (Santa Ana) High Jump **Wellesly Clayton** (Compton/ Jamaica) Long Jump **Frank Covelli** (Cerritos) Javelin **Jeff Fishback** (San Mateo) Steeplechase **Russ Hodge** (Foothill) Decathlon **Dennis Johnson** (Bakersfield/ Jamaica) **Ron Larrieu** (Mt. SAC) 10K **Pablo McNeil** (Compton/ Jamaica) 100, 4 x 100 **Les Mills (Foothill)** SP. Discus **John Rambo** (Long Beach) High Jump (3rd)

1965

Pirate Stadium, Modesto Junior College

Fred Kuller	Santa Ana	9.5	100/HJ	Max Lowe	Foothill	7-0.5
Fred Kuller	Santa Ana	21.2	220/PV	Bob Seagren	Mt. SAC	15-1
Roger Wolff	LA Valley	47.3	440/LJ	Gary Ard	Modesto	25-7.5
Bob Hose	SD Mesa	1:49.5	880/TJ	Mike Woods	East LA	48-7.5
Marcel Hetu	CSM	4:12.9	Mile/SP	Steve Fite	Chaffey	58-1.75
Ed Ortegan	Foothill	9:16.9	2 Mile/DT	Steve Fite	Chaffey	182-1
Don Shy	Mt. SAC	14.0	HH			
Ricky Rogers	Contra Costa	37.3	IH			
Fresno		41.2	440 RE			
LA Pierce		3:14.2	MR			

Team scores: Santa Ana 57, Fresno 55, Foothill 33.5

Meet record bonanza! National records: Fresno (440 relay). Pole Vault MR winner, Bob Seagren, would set the National JC record 8 times during the season, and would eventually win the Mexico City Olympics and finish 2nd in the Munich Games. Meet records: Fresno's 440 relay, Ard's LJ, Lowe's HJ, Wood's TJ, and Fite's discus meet records...Lowe's first 7 ft. jump in state meet. Shy ran 13.6 two times for NJCR and set NJCR Decathlon record ('65) of 7,486. Shy played 7 yrs. in NFL. Hose set meet record then ran 1:48.3 NJCR in AAU Nationals heat...four times ran under 1:50...then competed for BYU. Kuller on still standing USC 440y WR relay. Woods TJ a MR.

1966

Pirate Stadium, Modesto Junior College

Bobby Griffen	Contra Costa	9.6	100/HJ	Ed Hanks	SD Mesa	6-10
Bobby Griffen	Contra Costa	21.1	220/PV	Dennis Phillips	CSM	16-5.5
Lee Evans	SJCC	46.9	440/PV	Dick Railsback	Pasadena	16-5.5
Neill Duggan	Hancock	1:49.9	880/LJ	Stan Royster	LACC	24-7.5
Neill Duggan	Hancock	4:09.4	Mile/TJ	Larry Freeman	Long Beach	49-11.25
Neill Duggan	Hancock	9:05.6	2 Mile/SP	Russ Hodge	Foothill	56-1.75
Ricky Rogers	Contra Costa	14.2	HH/DT	Joe Keshmiri	Hancock	177-2
Geoff Vanderstock	Mt. SAC	37.3	IH			
LA Trade Tech		40.9	440 RE			
LA Pierce		3:13.9	MR			

Team scores: Hancock 41, LBCC 39, LA Pierce 38

Duggan, 26 year-old British citizen, was first triple event winner in meet history. Vanderstock, '68 IH Olympian, tied meet IH mark and set WRIH at 48.8 in '68 Trials. Hanks won '68 AAU and Olympic Trials, but injured and not able to compete in Mexico City. Hodge-world decathlon record-two- time AAU decathlon runner-up. PCC's Railsback set two NJCRs including the meet record, in '71 won indoor, outdoor AAU Nationals...at UCLA he took PAC-8 in '69...PR 17-8.75. Phillips and Railsback tied the NJCR for state meet title, Phillips '69 AAU Indoor title. Evan's meet record and set meters and yards record for one lap... first to break 44 over one lap... his 43.86 '68 Games time lasted until '88. Those were considered upset wins by Contra Costa's Griffen. In the 200, he turned back NJCR holder and future Olympic Star, Lee Evans.

1967

Pirate Stadium, Modesto Junior College

Sam Davis	Fresno	9.3	100/HJ	Fred Jackson	Laney	7-0
Ron Smith	LACC	20.9	220/PV	Paul Hegler	Pasadena	16-0
Jim Hatcher	Hancock	47.6	440/LJ	Stan Whitley	Hancock	25-2
Bob Hansen	LA Pierce	1:51.4	880/TJ	Stan Whitley	Hancock	49-10.25
Neill Duggan	Hancock	4:12.3	Mile/SP	Dave Murphy	Fullerton	55-5.75
Neill Duggan	Hancock	8:54.0	2 Mile/DT	Doug Fisher	Reedley	182-4
Herman Franklin	LA Harbor	14.1	HH			
Wes Williams	SD Mesa	37.0	IH			
Hancock		40.7	400 RE			
LA Pierce		3:10.1	MR			

Team Scores: Hancock 100, Fullerton 62, LA Pierce 30.5

Hancock first team to score 100 points. NJCRs: Hancock 4 x 110 relay, LA Pierce 4 x 440 relay, Ron Smith (LACC) 200 and Sam Davis (Fresno) tied record in the 100. Mesa's Arnie Robinson placed 4th in the HJ and finished 3rd in the '72 Olympic LJ. He would cap off an outstanding career with Olympic Gold in the '76 Olympic LJ final. He would have a lengthy and outstanding career coaching at SD Mesa. A highlight of his coaching career was Mesa winning the 1998 CCCAA Women's team title. LA Pierce also set NJCR two-mile relay in '67. Fisher Discus MR. Murphy (USC) '70 NCAA SP-2nd, PAC-8 title. **John Powell, four-time discus Olympian, former world record holder, was 6th place for ARC at 160-4.50.*



Erv Hunt (right), a Hurdler/ Jumper for Fresno City College in 1966- 67. He was the Head USA Olympic Men's Track and Field Coach for the Atlanta Olympic Games.



Ronnie Ray Smith (left) Mexico City Olympics Gold Medal 400 Relay (1967 State Champ- 200)



Neil Duggan 5 distance State titles in two years. Helped to lead Hancock to State titles in each year.

1968

Pirate Stadium, Modesto Junior College

Mickey Mathews	Laney	9.5	100/HJ	Fred Jackson	Laney	6-10
Dan Moore	East LA	21.0	220/PV	Steve Hardison	Fresno	16-0
Montgomery Turner	East LA	47.8	440/LJ	Marion Anderson	Contra Costa	24-9
Bob Martin	Sacramento	1:51.9	880/TJ	Sam Gripson	Long Beach	49-11.5
Duane Ray	Modesto	4:10.8	Mile/SP	T.C. Jones	Laney	56-7
Randy Hartman	Palomar	9:06.0	2 Mile/DT	Steve Wilson	Bakersfield	179-7
Herman Franklin	LA Harbor	13.9	HH			
Herman Franklin	LA Harbor	36.5	IH			
Compton		41.0	440 RE			
San Diego Mesa		3:13.2	MR			

Team scores: East LA 49, Laney 35, San Jose 30

Franklin set So Cal Finals (35.8) and State meet records in IH event. Ray won D2 mile title for Chico State. Wilson the first of eight Bakersfield discus throwers to win state gold.

1968- Mexico City Olympics Participants

Ed Caruthers (Santa Ana) High Jump (2nd) **Wellesley Clayton** (Compton/ Jamaica) Long Jump **Frank Covelli** (Cerritos) Javelin **Tom Dooley** (CSM) 20K Walk **Lee Evans** (San Jose) 400 (1st), 4 x 400 (1st) **Dave Maggard** (Modesto) Shot Put **Pablo Mc Neil** (Compton/ Jamaica) 100 **Les Mills** (Foothill/ New Zealand) Shot Put, Discus **Bob Seagren** (Mt. SAC) Pole Vault (1st) **Rick Sloan** (Fullerton) Decathlon **Ronnie Ray Smith** (LACC) 4 x 100 (1st) **Geoff Vanderstock** (Mt. SAC) 400 IH



Bob Seagren
Mexico City Olympics
Gold Medal
Pole Vault



Lee Evans
Mexico City Olympics
Gold Medal
400, 1600 Relay



Payton Jordan, He was a Santa Monica City College sprinter for one season in 1936. For the Mexico City Olympics, he was the Head USA Men's Track and Field Coach

1969

Pirate Stadium, Modesto Junior College

Eddie Hart	Contra Costa	9.3	100/HJ	Steve Lang	East LA	6-9
Eddie Hart	Contra Costa	21.2	220/PV	Steve Hardison	Fresno	16-0
Clarence Taylor	Contra Costa	47.9	440/LJ	Henry Hines	Sacramento	26-2
Clark Diamond	SD Mesa	1:53.8	880/TJ	Robert Reader	Bakersfield	49-8.75
Jim Estes	LA Valley	4:08.7	Mile/SP	Don Mosley	Merritt	56-8.25
Rick Hitchcock	Bakersfield	9:06.4	2 Mile/DT	Winston Landes	Foothill	171-11
Paul McLucas	Ventura	14.3	HH			
Mike Bates	Sacramento	52.8	IH			
Merritt		40.4	440 RE			
Merritt		3:11.3	MR			

Team Scores: Merritt 54, Sac City 44, Contra Costa 42

Merritt 440 relay MR. Hines LJ MR, NJCR record...Hines MR LJ-first over 26-0...at USC he won two NCAA indoor titles and '71 outdoor NCAA runner up, plus '72 AAU Indoor win/USA vs. USSR Indoor LJ. BC's Reader set NJCR in '69...was '72 AAU runner up. Hitchcock on WR DMR at Kansas State. Hart '70 NCAA 100 title-UC Berkeley-set 9.9 100 WR in '72 Trials, anchored winning WR 400 relay at '72 Games. Estes anchored LA Valley NJCR 4-mile relay. Merritt had a big day at the Nor- Cal relays setting NJCR's in the 440, 880 and Mile relays on the same day.

1970

Pirate Stadium, Modesto Junior College

Warren Edmondson	Merritt	9.3	100/HJ	Rick Fletcher	Fresno	6-10
Willie Deckard	LACC	21.1	220/PV	Tim Knappen	LA Valley	15-6.25
Ron Gaddis	LA Pierce	48.3	440/LJ	Mike Hill	Mt. SAC	25-2.5
Lee Marshall	West Hills	1:52.4	880/TJ	James Butts	East LA	51-6
Armando Valencia	Grossmont	4:11.7	Mile/SP	Greg Born	ARC	55-2.5
Mark Covert	LA Valley	9:09.4	2 Mile/DT	Sylvester Marshall	West Hills	184-3
Jerry Wilson	Fresno	14.3	HH/Dec	Paul Cox	Saddleback	6644
Lance Babb	LACC	52.5	IH			
Merritt		40.5	440 RE			
Merritt		3:13.3	MR			

Team scores: Merritt 71, Fresno 66, American River 37

Merritt's winning time the 440 relay was a national record.

******Saddleback's Cox wins inaugural decathlon competition. Lance Babb won the inaugural 440 Intermediate Hurdles.***

Gaddis on two UCLA NCAA title mile relays; Deckard USC anchor on two NCAA 400 relay title teams...ran 9.2, 20.2 in UCLA dual; Wilson '72 NCAA HH title for USC, won '75 AAU Nationals. Covert '68 CCC XC title, NJCRs for LA Valley at 6 miles, 4 mile relay....first JC runner under 29 minutes at 6 miles...7th in '72 Trials marathon...'70 NCAA XC Champion-first runner inducted into D-II XC HF; Butts lost '76 Olympic Gold by 5.25 inches and missed '80 team by quarter inch...won '72 NCAA (UCLA) and '78 AAU Nationals....his was first state meet TJ over 50. West Hills' Marshall-discus MR. Merritt's Edmondson won '72 NCAA 100m

1971

Pirate Stadium, Modesto Junior College

David Gilliard	East LA	9.5	100/HJ	Al Sanderson	DVC	6-8
David Gilliard	East LA	21.3	220/PV	Jim Lydon	CSM	15-6
Maxie Parks	Fresno	47.2	440/LJ	Heulon Hewitt	Merced	25-6.75
Jim Roberts	Long Beach	1:52.0	880/TJ	Harry Freeman	SJCC	51-1.75
John Gregorio	Mt. SAC	4:10.5	Mile/SP	Steve Lauriano	Long Beach	56-3
Tom Lipski	Santa Ana	14:11.8	3 Mile/DT	Sylvester Marshall	West Hills	175-8
Jerry Wilson	Fresno	14.3	HH/Jav	Jim Feeney	Fullerton	209-0
Jim Petralia	De Anza	53.0	IH/Dec	Kenny Kring	Hancock	6677
Merritt		40.8	440 RE			
Merritt		3:12.6	MR			

Team scores: Bakersfield 39, Merritt 37, Fresno 35

*****Tom Lipski won the inaugural 3 Mile and Jim Feeney won the inaugural Javelin.**

Merritt College's attempt to capture its 3rd straight title were hampered when Nor-Cal regional 100 yard champion, Royce Ford, was called for his 2nd false start thus eliminating him from scoring in the event. In winning the team title, Bakersfield, was the first team to win without an individual or relay champion. Freeman's TJ a MR...Parks on '73,'74 UCLA NCAA title mile relays...on'76 USA Olympic Gold medal 1600 relay...won two AAU titles. Wilson NJCR 13.4, '72 NCAA HH title, '75 AAU title; Gregorio first Colorado 3-time NCAA AA (XC, Indoors, outdoors), 2nd AAU XC Meet-'73. Marshall win '72 NCAA Div 2 discus at 173-9 for CS Northridge.



Maxie Parks (3rd from the left)
 Montreal Olympics
 Gold Medal
 1600 Relay
 (1971 400 State Champion)



Ron Larrieu, he was one of the stars in the 1957 meet. He won the distance double. And set a NJCR in the 2- Mile. He would go on to represent the USA at the 1964 Tokyo Olympics Games.

His sister, **Francie Larrieu**, was a De Anza College student, prior to the implementation of women's athletics as we know it today. Among her many career accomplishments, she made 5 USA Olympic teams. And was the USA flag bearer for the opening ceremonies for the 1992 Barcelona Games.



1972

Pirate Stadium, Modesto Junior College

Phil Chewings	SJ Delta	9.5	100/HJ	Greg Tinnin	Pasadena	7-0
Vince Bredell	SD Mesa	21.4	220/PV	Paul Stillins	El Camino	15-5
Dave Sanchez	LA Valley	47.0	440/LJ	Doug Todd	Mt. SAC	25-3
Cirilo Morgan	CCSF	1:51.0	880/TJ	Anthony Terry	SJ Delta	50-5
Jack Bentz	DVC	4:10.2	Mile/SP	Ken Kirschenman	ARC	56-0.25
Dave Babiracki	LA Valley	13:59.6	3 Mile/DT	Bob Yourek	Bakersfield	179-3
Greg Tinnin	Pasadena	14.0	HH/Jav	Keith Goldie	Chaffey	232-3
Lynnsey Guerrero	El Camino	52.8	IH/Dec	Sam Albanese	Hartnell	7215
LACC		40.8	440 RE			
Bakersfield		3:12.4	MR			

Team scores: Bakersfield 72, LACC 40, El Camino 36

Terry (TJ) won '75 USA Indoors; Babiracki NJCRs: 3-mile, 4 mile relay...ran on USA tour teams against Russia, Poland, Czechoslovakia; PCC's Tinnin "Athlete of State Meet " ...San Jose St. '74 conference HH champion; Javelin MR holder Goldie won '75 NCAA javelin title for Long Beach State. Hartnell's Albanese sets decathlon MR.

1972- Munich Olympics Participants

Tom Dooley (CSM) 20K Walk **Eddie Hart** (Contra Costa) 100, 4 x 100 (1st), **Francie Larrieu** (De Anza) 1500 **Les Mills** (Foothill) Shot Put, Discus **John Powell** (American River) Discus **Arnie Robinson** (San Diego Mesa) Long Jump (3rd) **Kate Schmidt** (Long Beach) Javelin (3rd) **Bob Seagren** (Mt. SAC) Pole Vault (2nd) **Jim Seymour** (Golden West) 400 Intermediate Hurdles *** **Jan Johnson:** Long- time Cuesta vault coach (3rd)



Eddie Hart
Munich Olympics
Gold Medal
400 Relay



Kate Schmidt, she was a student at Long Beach City College. Coach Ron Allice heard of her great arm strength on the softball field. He introduced her to the javelin. That year she won the AAU nationals. She had a long career that was highlighted by 2 Olympic bronze medals.

1973

Memorial Stadium, Bakersfield College

Armand Ross	LACC	9.7	100/HJ	Allen Johnson	Modesto	6-10.25
Dave Thomas	LACC	21.1	220/PV	Dan Ripley	Cypress	16-0
Karl Farmer	LASW	46.8	440/LJ	Mike Shaw	San Diego	23-9.5
James Robinson	Laney	1:48.0	880/TJ	Dale Krebs	Foothill	49-3
Al Buenrostro	SJ Delta	4:07.5	Mile/SP	Bruce Adams	SD Mesa	54-11.75
Ed Mendoza	Grossmont	13:46.5	3 Mile/DT	Dan Gardner	Chabot	168-0
McKinley Mosley	Bakersfield	14.3	HH/Jav	Wayne Gorman	Fullerton	230-6
Bill Haynie	SD Mesa	52.4	IH/Dec	Phil Scott	Santa Barbara	6587
Pat Phelan	ARC	9:15.3	Steeple			
LACC		40.8	440 RE			
Bakersfield		3:12.4	MR			

Team scores: CCSF 45, LACC 36, Bakersfield 29

***** Pat Phelan won the inaugural Steeplechase**

James Robinson set 880 NJCR. Ripley (San Jose St.) set indoor/outdoor world records, cleared 18 ft. 10 consecutive years...made '80 USA Olympic team, won three AAUs. Ed Mendoza '76 USA Olympian-10k, set NJCR 5k record by 13 seconds...versatile: 4:03.6 mile to 2:10.06 marathon...3rd in USA/Russia dual 10k...on '83 World Chps. team-10k...member of Jamul Toads '76 AAU XC title team. LASW's Farmer 440 NJCR 45.8, '74 USA Jr. title, two state JC 440 titles.

1974

Memorial Stadium, Bakersfield College

Orlando Johnson	West LA	9.4	100/HJ	Tony Madau	Fullerton	6-10
Orlando Johnson	West LA	21.3	200/PV	Bob Flint	Fresno	16-6.25
Karl Farmer	LASW	46.3	440/LJ	Dan Carter	El Camino	25-6
James Robinson	Laney	1:49.2	880/TJ	Tony Lewis	Chaffey	49-1.25
Bruce Hellebrand	Moorpark	4:07.0	Mile/SP	Bruce Adams	SD Mesa	59-8.25
Gary Close	Grossmont	14:04.3	3 Mile/DT	Jay Pushkin	Foothill	164-4
Mark David	AVC	14.1	HH/Jav	Dave Krough	Mt. SAC	214-4
Rick Steele	Glendale	52.1	IH/Dec	Carlos Garcia	Glendale	6650
Emil Magallanes	Monterey	9:14.2	Steeple			
LASW		40.8	440 RE			
LASW		3:09.0	MR			

Team scores: Fullerton 45, LASW 32, El Camino 31

800 winner, James Robinson, would end up this year with a 4th place World ranking. He would eventually represent the USA in 2 Olympic Games and win 7 USA titles in the 800. Farmer's 46.3 fastest in two turn yard era. Flint (PV) Adams (SP) Steele (IH) MRs.



James Robinson- Laney College

**1975
Memorial Stadium, Bakersfield College**

Cecil Overstreet	SJCC	9.4	100/HJ	Steve LaRusch	Glendale	6-10
Don Livers	SJCC	20.9	220/PV	Jim Knaub	El Camino	16-0
Donald Miller	LACC	47.1	440/LJ	Bruce Smith	Ventura	24-8
Jeff Haynes	Long Beach	1:49.2	880/TJ	Mike Marlow	Cosumnes River	51-8.75
Terry Cotton	Grossmont	4:06.0	Mile/SP	John Nomis	LA Pierce	55-1
Henry Perez	SJ Delta	13:56.1	3 Mile/DT	Marcus Gordien	SBVC	172-5
Mike Crittenden	Contra Costa	14.2	HH/Jav	Jeff Garcia	Hartnell	217-1
Grant Neiderhaus	Pasadena	50.8	IH/Dec	Steve Alexander	Golden West	7126
Richard Langford	ARC	9:08.4	Steeple			
Alameda		40.7	440 RE			
Bakersfield		3:11.5	MR			

Team scores: Glendale/ San Jose 32, Alameda 29

Meet records: Marlow-TJ, Niederhaus-IH (also holds Bakersfield Stadium decathlon mark). Cotton set NJCR 2-mile at 8:43.6 in '75, on Jamul Toads AAU XC title team composed of Grossmont alums. Perez '76 USSR/USA steeple & USA Jr. steeple titles, competed in World XC meet, still holds USC steeple mark; Marlow NJCR TJ-52-9 at WCR, 52-4 NJCR Indoors, '81 AAU Indoor-1st. Gordien discus NJCR at 192-4.

Stars of the '70's



James Butts- 1970
Triple Jump Champ for East LA. Silver Medal at Montreal Olympics



Grossmont College- Was a dominate force in the fall sport of Cross Country in the 70's and 80's. Coached by Bob Larsen they won many individual and team titles in that sport. That dominance in the fall lead to much success in the spring. Picture above, **Kirk Pfeffer (1)**, he was the first State Champion in the 10k. **Ed Mendoza (r)** was the State Champion at 3 miles in 1973. He would go on to represent the USA in the Montreal Olympics at 10k.



Greg Tinnin- 1972 High Jump and High Hurdles Champ for Pasadena. 1 of only 5 men to complete an individual track and field double gold at these championships.

1976
Memorial Stadium, Bakersfield College

Millard Hampton	SJCC	10.4	100/HJ	Steve LaRusch	Glendale	7-0
Millard Hampton	SJCC	20.4	200/PV	Charlie Brown	El Camino	16-0
Vern Mayweather	Alameda	47.1	400/LJ	Bob Jones	East LA	25-0
Brian Donahue	LA Pierce	1:49.9	800/TJ	Chris DeFrance	Bakersfield	50-8.75
Tom Colley	SBVC	3:45.9	1500/SP	Paul Santiago	ARC	59-9
Vic Simonian	LACC	14:10.4	5K/DT	Marcus Gordien	Mt SAC	183-8
Kirk Pfeffer	Grossmont	29:48.8	10K/Jav	Luc LaPierre	Palomar	236-8
Andre Hall	Mt. SAC	14.1	HH/Dec	Tori Lewis	Hancock	6859
John Rudd	Pasadena	50.2	IH			
Dennis Wilson	Grossmont	9:05.4	Steeple			
SJCC		39.8	400 RE			
SJCC		3:13.3	1600 RE			

Team scores: San Jose 49, Alameda 47, Bakersfield 38

***** Change over to Metric Distances**

Millard Hampton (SJCC) won 100/200, ran a leg on both victorious relays, won Trials 200, ran 3rd leg on the winning 400 relay at Montreal Olympics. Donahue undefeated at 400,800, mile, won '77 PCAA 800 for SD State, 1:47.0 PR in Italy. Colley's 1500 one of CCC's fastest, won '77 NCAA-II 1500 for Occidental. La Pierre (Canadian) javelin MR; 267-10 WCR-2nd all-time JC throw. EC's Brown PV NJCR 17-4 at So Cal. FJC's Steve Brown 2nd in state, but NJCR 194-10 discus at UCI ring.

1976- Montreal Olympics Participants

James Butts (East LA) Triple Jump (2nd) **Millard Hampton (San Jose)** 200 (2nd), 4 x 100 (1st), **Maxie Parks (Fresno)** 400, 4 x 400 (1st) **John Powell (American River)** Discus (2nd) **Arnie Robinson (SD Mesa)** Long Jump (1st) **James Robinson (Laney)** 800 **Kate Schmidt (Long Beach)** Javelin (3rd) **Francie Larriue (De Anza)** 1500



Millard Hampton
Montreal Olympics
Gold Medal
400 Relay



Arnie Robinson
Montreal Olympics
Gold Medal
Long Jump

1977

Memorial Stadium, Bakersfield College- Men's Meet
Hartnell College, Salinas- Women's Meet

Houston McTear	Santa Monica	10.18	100	Gail Douglas	Compton	11.7
Billy Mullins	West LA	20.8	200	Gail Douglas	Compton	24.2
Steve Chepkwony	Foothill	46.76	400	Melissa Quicke	Ventura	54.7
Tim Costa	Fullerton	1:48.2	800	Cynthia Sharp	Santa Barbara	2:16.8
Dan Aldridge	SRJC	3:50.2	1500	Arlene Mears	De Anza	4:43.4
Ed Ramirez	Oxnard	14:21.0	5k/3k	Joyce Dendo	Hancock	10:39.0
Glen Best	Grossmont	30:59.4	10k			
Roland Sai-Sai	Palomar	14.18	HH	Yvonne Boone	Alameda	14.0
Elvester Strong	Pasadena	51.3	IH	Heidi Aufdermaur	Modesto	1:04.5
Shannon Laird	Palomar	8:53.2	Steeple			
SJCC		39.81	400 RE	Compton		47.0
Grossmont		3:11.8	1600 RE	Santa Barbara		4:01.7
Todd Ward	Bakersfield	7-0	HJ	Denise Cornell	Hartnell	5-8
Charlie Brown	El Camino	16-11.75	PV			
Steve Oravetz	West Valley	16-11.75	PV			
Marcus Jennings	Chaffey	25-9.75	LJ	Laness Jones	LASW	18-11
Greg Riley	Pasadena	50-8.75	TJ			
Dave Laut	SJCC	60-10.75	SP	Kathy Kuchta	Hartnell	42-9
Dave Fuller	Long Beach	169-1	DT	Cindy Banks	Santa Barbara	133-5
Luc Lapierre	Palomar	266-8	Jav	Arlene Mears	De Anza	135-9
Tom Harris	Canyons	7149	Dec			

Special note: This was the inaugural Women's State Championship Meet

Team Scores

Men: Palomar 48, Grossmont/ San Jose 42

Women: SBCC 57, Compton 52, Ventura 48

Women: Douglas won six So Cal/State gold medals...at USC four school records. Mears improbably won javelin and 1500.

Men: Laird still holds state steeple mark-first under 9 minutes. USA '84 Olympian Laut won '78 &'79 NCAA titles-UCLA, four AAU titles, USA record of 72-3 in '79. Oravetz and Brown dueled it out all season with both setting NJCRs. At USC Mullins ran 45.3 in '78 for 2nd in world ranking...in '80 he ran 44.84 for 2nd in USA ranking. McTear- a believe it or not story-set legal world record 100y- 9.0 in his jr. prep year in Florida.



Charley Brown (r) and Steve Oravetz (l), engaged in one of the greatest intra- regional, seasonal rivalries in State history. Brown won in San Jose. Oravetz won in Bakersfield. Oravetz started out with a NJCR in mid-March. Brown bested that mark twice in the season. Fittingly, they tied at the State finals.



1978
Memorial Stadium, Bakersfield College

Houston McTear	Cerritos	10.32	100	Cynthia Johnson	Alameda	12.2
Derald Harris	Alameda	20.81	200	Vila Johnson	Alameda	24.97
Ron Williams	LA Pierce	45.79	400	Lily Partida	Yuba	55.62
Dave West	Merritt	1:50.49	800	Ruth Caldwell	Citrus	2:06.89
Robert Angel	Golden West	3:49.2	1500	Ruth Caldwell	Citrus	4:18.9
Steve Ortiz	Grossmont	14:20.81	5k/3k	Ann Wotherspoon	West Valley	9:52.44
Chris Hughes	Grossmont	30:12.6	10k			
Russ Higgins	El Camino	14.43	HH	Stella Edwinson	CSM	14.94
Andre Phillips	SJCC	50.7	IH	Heidi Aufdermaur	Modesto	1:02.84
Tim Farrell	ARC	8:58.2	Steeple			
Alameda		39.82	400 RE	Alameda		47.38
SJCC		3:10.08	1600 RE	Chabot		3:55.64
Coart Owens	Alameda	7-2	HJ	Natalie Vogel	De Anza	5-6
Kim Black	CSM	16-6	PV			
Kenneth Hays	Pasadena	26-2.75	LJ	Dorthea Gaffney	COS	19-1
Kenneth Hays	Pasadena	51-7.5	TJ			
Paul Johnson	Fullerton	57-6	SP	Kathy Kuctha	Hartnell	45-8
Ken Lettow	Grossmont	166-0	DT	Denise Holloway	West Valley	140-2
Tom Van Arkel	Bakersfield	130-2	HT			
Mike Carli	Canyons	230-11	Jav	Arlene Mears	De Anza	134-2
Wayne Gray	West Valley	7149	Dec			

***** Tom Van Arkel won the inaugural Hammer**

Team scores

Men: Pasadena 64, San Jose 59, Alameda 48

Women: Alameda 55, West Valley 43, Yuba 38

Women: Both women's relays were meet records as was Gaffney's LJ. Kutchka, Aufdermaur take back-to-back state titles. Ruth Caldwell's 800, 1500 were NJCRs.

Men: Harris won the AAU Senior National 200-20.6. Owens HJ a meet record. Phillips set 49.47 NJCR in '79, NCAA title (UCLA), Olympic Gold-'88-47.19. Ortiz (UCLA) AAU 10k -2nd in '82. Williams 45.40 NJCR in '79 for LBCC. Hays LJ a meet, stadium, NJCR jump...jump was finally eclipsed in 2002, his double Tj/LJ maybe best in state LJ/TJ history. Alameda's Owens HJ a MR.



Ruth Caldwell (Wysocki) was the star of the 1978 State Meet. Arguably the greatest female middle distance runner in California Community College history. She had a long distinguished, world- class career. Her greatest victory may have been her upset of Mary Decker at the 1984 USA Olympic Trials. Pictured to the left.

1979
Memorial Stadium, Bakersfield College

Willie Jackson	SJCC	10.49	100	Yvette Evans	El Camino	11.94
Willie Jackson	SJCC	20.73	200	Debbie White	Alameda	24.04
Larry Goldstone	Mt. SAC	45.78	400	Teresa Philopena	SRJC	55.37
Vernon Sallaz	Chabot	1:50.14	800	Ruth Caldwell	Citrus	2:12.97
Steve Ortiz	Grossmont	3:45.8	1500	Ruth Caldwell	Citrus	4:34.44
Greg Hitchcock	Sierra	14:22.7	5k/3k	Ann Wotherspoon	West Valley	9:55.70
Ricky Perez	SD Mesa	29:52.0	10k			
Andre Phillips	SJCC	14.32	HH	Jarlie Blake	Chabot	14.87
Andre Phillips	SJCC	50.8	IH	Donna Hunnerluch	Butte	1:00.37
Carmello Rios	Long Beach	9:01.1	Steeple			
SJCC		39.99	400 RE	Alameda		47.39
Long Beach		3:07.07	1600 RE	SJCC		3:47.39
Doug Nordquist	Fullerton	7-0.25	HJ	Phyllis Blunston	El Camino	5-8.25
Mark Newton	Grossmont	16-6	PV			
Gary Williams	Long Beach	24-4	LJ	Yvette Evans	El Camino	19-7.5
Paul Bates	Alameda	52-4.5	TJ			
Jim Voorhees	SRJC	58-2	SP	Julie Flynn	Glendale	44-5
Jay Kovar	Bakersfield	167-11	DT	Cecilia Sandoval	Modesto	144-9
Mike Songer	Cosumnes River	134-10	Ham			
Steve Roller	Skyline	221-2	Jav	JoAnn Walker	Compton	145-2
Tim Gelonek	Shasta	7174	Dec			

Team scores

Men: LBCC 87, SJCC 82, Grossmont 50

Women: Alameda/ El Camino/ West Valley 42

Men: NJCRs for LBCC's 1600 relay. Goldstone's 400 a Mt. SAC & MR; **SIX MRs:** Bates, Ortiz, Gelonek, Goldstone, Perez, SJCC 1600 relay; Phillips' two hurdle win gives him three state gold medals in two years, he ran 49.47 NJCR in '79, at UCLA took '81 NCAA, then won '88 Olympics-47.19. FJC's Nordquist 5th in '84 LA Olympics HJ, won '86, '88 TAC meets, won '86 Goodwill Games in Moscow....PR of 7-8.75 (2.36m) in taking second at '90 TAC.

Women: San Jose 1600 relay a meet record by nearly eight seconds! **ALL women's field event were meet records as were Hunnerluch's IH time and both sprint marks by White(200), Evans (100).** Caldwell, Citrus' two-time Olympian, wins four gold in two years.



Andre Phillips
Seoul Olympics
Gold Medal
400 Hurdles
(1979 State Champ both Hurdles)

1980
Jaguar Stadium, San Jose City College

Deven Lewis	Long Beach	10.51	100	Pam Marshall	Long Beach	11.86
Adrian Jones	Pasadena	20.59	200	Pam Marshall	Long Beach	23.63
Nat Williams	Sacramento	46.93	400	Vernecia Smith	Cerritos	54.89
Johnny Gray	Santa Monica	1:47.44	800	Ann Regan	West Valley	2:09.22
Steve McCormack	Grossmont	3:51.0	1500	Diane Figliomeni	West Valley	4:29.9
Rick Rose	Grossmont	14:34.2	5k/3k	Sabrina Peters	Monterey	9:41.20
Alfredo Rosas	El Camino	30:15.8	10k			
Malcolm Dixon	Foothill	13.9	HH	Rene Felton	Santa Monica	14.32
Dwayne Wycoff	Glendale	51.67	IH	Arlene Van Warmerdam	SJ Delta	1:02.01
Carmello Rios	Long Beach	9:03.2	Steeple			
Long Beach		40.58	400 RE	Alameda		46.55
Pasadena		3:09.94	1600 RE	West Valley		3:50.64
Tyke Peacock		7-0	HJ	Kathy Raugust	Hartnell	5-9.25
Dave Kenworthy	Grossmont	16-0	PV			
Tony Zaginul	Pasadena	24-9.25	LJ	Veronica Bell	Mt. SAC	20-1
Kevin Dye	ARC	50-7.75	TJ			
Joe Staub	Glendale	62-2.5	SP	Donna Erickson	Shasta	45-4.25
Joe Staub	Glendale	180-2	DT	Glenda Ford	Butte	144-1
Don McKee	SJCC	148-10	Ham			
Louie Romero	Desert	239-7	Jav	Donna Mayhew	Glendale	167-6
Brad Harris	Long Beach	7088	Dec			

Team Scores

Men: LBCC 67, Grossmont 60, Pasadena 56

Women: West Valley 48, Orange Coast 38, Monterey 30

Men: Super talented group. 800 MR winner Johnny Gray, would become the most prolific 800 meter runner in USA history-13 consecutive years with sub 1:44.0 PR!! Made four Olympic finals and he would be ranked in the USA top ten, in the event, from 1980- 1998. Kenworthy won '82 NCAA PV (USC), '88 AAU Indoors at 18-6...Meet records: Jones 200, Romero (JV), Gray 800, Staub- SP MR by nearly two feet, and he also won NCAA D-II in '79. Peacock set NJCR of 7-5.75, '83 World Chps. Silver Medal of 7-3, # 1 in world in '81 setting USA mark of 7-7.75. Harris won PAC-10 decathlon in '82 for WSU. Two-time state SC champion Rios a Puerto Rican Olympian.

Women: Marshall, '88 Olympian, set NCJR 200 23.56 in '80, won two AAU titles. Bell's LJ-NJCR: Mayhew, two-time Olympian, NJCR & MR at state plus five USA titles. Bell's LJ NJCR, MR & jumped 21-0.50 in '81 SoCal Finals! Other MRS: Peters (3k), Raugust (HJ), Alameda 400 relay.

1980- Moscow Olympics Participants (Boycotted)

Gwen Gardner (West LA) 400 **Greg Illorson** (Bakersfield/ Cameroon) 100, 200 **John Powell** (American River) Discus **Dan Ripley** (Cypress) Pole Vault **Kate Schmidt** (Long Beach) Javelin

Donna Mayhew
1980
Javelin Champ
2 x Olympian
5 x National Champ



1981
Falcon Stadium, Cerritos College- Norwalk

Fabian Whymns	Long Beach	10.4	100	Ada Hays	Santa Monica	11.83
Fabian Whymns	Long Beach	20.82	200	Valerie Brisco	Long Beach	23.49
Nat Williams	Sacramento	45.92	400	Valerie Brisco	Long Beach	53.53
Larry Hand	Santa Ana	1:49.61	800	Diane Figliomeni	West Valley	2:08.03
Bob Leetch	El Camino	3:51.19	1500	Diane Figliomeni	West Valley	4:30.83
John Gerhardt	Orange Coast	14:21.94	5k/3k	Teresa Ramirez	San Diego	9:40.62
Willie Ayyad	Grossmont	30:35.51	10k			
John Johnson	SJ Delta	14.05	HH	Rene Felton	Santa Monica	13.72
Bernie Holloway	Long Beach	50.28	IH	Sonya Briscoe	Cerritos	1:01.72
Bob Ingram	West Valley	8:56.68	Steeple			
Pasadena		39.56	400 RE	Santa Monica		47.37
Sacramento		3:07.94	1600 RE	Cerritos		3:46.3
Milt Goode	Alameda	7-5.25	HJ	Kathy Raugust	Hartnell	5-10
Tom Campbell	West Valley	24-6.75	LJ	JoAnne Harper	East LA	19-11.25
Victor Torres	SJCC	50-3.25	TJ			
Del Miller	Cerritos	17-1	PV			
Jim Doehring	Saddleback	58-8.25	SP	Vicki Gagne	LA Harbor	46-7.5
Jim Doehring	Saddleback	172-10	DT	Rita Banks	Porterville	140-4
Steve Nickerson	ARC	170-11	Ham			
Jason Bender	SRJC	224-0	Jav	Sue Armstrong	Fullerton	151-10
Rich Maher	Merced	7324	Dec/Hep	Kathy Raugust	Hartnell	5147

***** Kathy Raugust won the inaugural Heptathlon**

Team Scores

Men: LBCC 59, Pasadena 54, Mt SAC 50

Women: Cerritos/SantaMonica 41, West Valley/LA Harbor 27

Men: NJCRs by Goode (HJ), Brisco (400), Felton (100 Hurdles), Pasadena (400 relay) and Cerritos women (4 x 400). Meet records...Miller (PV) set meet and stadium record. Goode,'84 Olympian, set MR that lasted nearly three decades. LBCC's Holloway IH MR, NCAA-2nd for San Jose. Two-time Olympian Doehring the '92 Olympic Silver medalist, a three time state champ with two AAU national titles. Bender a five-time Trials javelin competitor. Gerhardt still holds UCI 10k mark, placed 9th in USA XC Finals to make USA team. Fourth in HJ was LBCC's Brian Stanton who won So Cal at 7-4MR, went on to Houston-won '83 NCAA Indoors at 7-6, made '88 USA Olympic team.

Women: *EIGHT meet records! Raugust wins inaugural pentathlon and sets HJ meet record for JC career of three state golds. Two-time Olympian Brisco still coaching at West LA CC. *Talk about probabilities, Cerritos and Santa Monica had tied for the So- Cal regional team title, too!!!*

1982
Hughes Stadium, Sacramento City College

Henry Hawkins	Long Beach	10.58	100	Ada Hays	Santa Monica	11.7
Mike Turner	Pasadena	20.98	200	Gwen Gardner	West LA	23.69
Michael Turner	Pasadena	47.78	400	Gwen Gardner	West LA	52.69
Sandy Chapman	Mt. SAC	1:48.72	800	Tressie Gibbs	El Camino	2:10.99
Sandy Chapman	Mt. SAC	3:50.55	1500	Jeanette Allred	ARC	4:34.32
Mark Reulas	Citrus	14:14.05	5k/3k	Renee Wycoff	COS	9:47.41
Sean Evans	Grossmont	30:30.7	10k			
Albert Lane	Bakersfield	13.75	HH	Aladrian Hunter	West LA	14.44
Greg Johnson	Mt. SAC	50.07	IH	Annie King	SD Mesa	1:02.49
Bob Ingram	West Valley	9:02.2	Steeple			
Long Beach		39.82	400 RE	Citrus		47.02
Pasadena		3:06.16	1600 RE	Sacramento		3:46.42
Derrick Bonner	Pasadena	7-4	HJ	Deon Villa	Cerritos	5-7
Ralph Preiman	Foothill	17-6	PV			
Ken Smith	Foothill	25-11.25	LJ	Sheri Milton	Sacramento	19-6
Byron Criddle	Contra Costa	54-3.25	TJ			
Hank Kraychir	Long Beach	65-4	SP	Jeanne Gallegos	Los Medanos	42-8
Hank Kraychir	Long Beach	178-6	DT	Karen Moore	Marin	139-3
Cameron Baxter	Consumes River	170-9	Ham			
Mark Richardson	Bakersfield	218-10	Jav	Liz Mueller	Palomar	169-10
Darren Hall	Shasta	7095	Dec/Hep	Tawny Singleton	Ventura	4903

Team scores

Men: LBCC 106, Pasadena 64, Mt SAC 45

Women: Santa Monica 44, Sacramento 39.5, West LA 39

Men: NJCRs: PCC (4 x 400 relay) and LBCC's Kraychir (SP); BC's Lane's HH MR, took '84 NCAA HH title-Missouri; Johnson's IH MR, set NJCR-49.88 in SoCal Final; Preiman's PV-MR; Criddle still standing state meet TJ mark; LBCC 400 relay-MR; Citrus' Ruelas set NJCR 5k -13:59.20 at WCR, also set USA Jr. 8k road record. PCC's Turner "Athlete of Meet."

Women: '80 Olympian Gardner (400) MR and Athlete of the Meet; Mueller's javelin MR until '92! She also set NJCR of 173-3; ARC's Allred-Powless - longtime ARC CC/T&F coach still holds the conference and ARC's 1500m record at 4:33... for Guam she competed in Micronesian Games, South Pacific Games, Oceanic Games, the World Championships and the '96 Olympics-Marathon 36th....coached ARC women to '07 state title.



Hank Kraychir

SP/ Discus
 Champion
 (Still the meet
 record holder in
 the SP)

1983

Pirate Stadium, Modesto Junior College

Albert Miller	Mt. SAC	10.17	100	Patrice Carpenter	Contra Costa	11.54
Mike Dexter	Taft	20.56	200	Gervaise McCraw	Mt. SAC	23.41
Vince Bostic	Pasadena	46.56	400	Gervaise McCraw	Mt. SAC	54.64
Alfonso Averhart	Taft	1:51.01	800	Tammy Anderson	Modesto	2:10.34
Angel Roman	Long Beach	3:48.33	1500	Tammy Anderson	Modesto	4:34.5
Mandala Kuene	Porterville	14:21.03	5k/3k	Kim De Vitis	Orange Coast	9:53.80
Joel Hope	Chaffey	30:18.46	10k			
Bryan Bolton	Sacramento	13.7	HH	Aladrian Hunter	West LA	13.9
Eddie Cooper	El Camino	50.91	IH	Annie King	SD Mesa	1:01.99
Jesse Torres	SJCC	9:10.95	Steeple			
Taft		40.19	400 RE	Mt. SAC		46.43
Long Beach		3:07.58	1600 RE	Mt. SAC		3:47.67
Ron Kamaka	Santa Rosa	7-0	HJ	Eleanor Ratliff	Modesto	5-8
Jerry Nelson	Golden West	16-6.75	PV			
Michael Harris	Santa Monica	24-8	LJ	Shelia Nicks	COS	21-3.5
Jose Salazar	Long Beach	53-1.25	TJ			
Jim Doehring	Saddleback	59-6.5	SP	Dot Jones	Modesto	50-0.5
Todd Kaufman	San Jose	184-11	DT	Diana Clements	Saddleback	154-5
Stan Mataele	Sacramento	174-5	Ham			
Doug Fernandez	Long Beach	227-0	Jav	Dena Bernstein	Moorpark	155-6
Doug Fernandez	Long Beach	7478	Dec/Hep	Brenda Bertillon	Chabot	4875

Team scores

Men: LBCC 93, San Jose 44, Taft 42

Women: Mt SAC 62, Modesto 55, Chabot 30

Women: Nicks NJCR LJ; McCraw's 23.41 MR, at USC a two-time NCAA AA, Trojan 400 record-52.24. Modesto's Jones first state meet 50 ft. throw; Carpenter (100) and Clements (Discus) MRs

Men: '84 Olympian Fernandez (Venezuela) wins '83, '84 state decathlon-MR, both javelin events; Kaufman (Discus) MR; Taft's Dexter part of three Taft NJCR relay records, at USC: 200 PR-20.49 in '86. Kamaka longtime CCC T&F coach.

1983- Helsinki IAAF Participants

Men: Mark Anderson (Mt SAC) Decathlon **Johnny Gray** (Santa Monica) 800 **Dave Laut** (Moorpark/ San Jose) Shot Put **Doug Padilla** (Chabot) 5000 **Tyke Peacock** (Modesto) High Jump (2nd) **Tom Petranoff** (Palomar) Javelin (2nd) **Andre Phillips** (San Jose) 400 IH **John Powell** (American River) Discus

Women: Lydia DeVega (Mt SAC/ Philippines) 100/ 200

1984
Memorial Stadium, Bakersfield College

Jeremiah Wheeler	Fresno	10.36	100	Zelda Johnson	Mt. SAC	11.23
Fabian Cooper	Pasadena	20.73	200	Zelda Johnson	Mt. SAC	23.12
Ed Frazier	Taft	45.77	400	LaWanda Cabell	El Camino	53.72
Joey Bunch	Taft	1:48.74	800	Jill Moss	ARC	2:10.64
Gary Lewis	San Jose	3:48.43	1500	Mwinga Sote	Mt. SAC	4:28.16
Rusty Knowles	ARC	14:29.55	5k/3k	Gita Zutski	Santa Ana	9:45.96
Gus Quinones	Orange Coast	31:34.3	10k			
Owen Herrera	Pasadena	14.12	HH	Junea White	El Camino	14.06
James Ferreira	El Camino	50.84	IH	Margaret Hemmons	El Camino	58.96
Tom Grewe	Santa Barbara	8:57.3	Steeple			
Pasadena/Taft		39.89	400 RE	Mt. SAC		46.85
El Camino		3:07.95	1600 RE	El Camino		3:37.75
Jerome Carter	Pasadena	7-4	HJ	Yvette Maufos	LA Valley	5-9
Doug Wicks	Bakersfield	17-6	PV			
Eric Thomas	Pasadena	25-4	LJ	Shelia Frye	Cerritos	19-2
Stan Oporski	Moorpark	52-7.75	TJ			
Dennis DeSoto	SRJC	59-6	SP	Dot Jones	Modesto	48-5.5
Dennis DeSoto	SRJC	160-7	DT	Jill Crisler	Foothill	141-9
Stan Mataele	Sacramento	195-2	Ham			
Doug Fernandez	Long Beach	226-9	Jav	Colleen Gainey	Moorpark	157-6
Doug Fernandez	Long Beach	7401	Dec/Hep	Li Jiau Tsai	Mt. SAC	5458

Team scores

Men: Pasadena 84, LBCC 70, Taft 54

Women: Mt SAC 89, El Camino 76, Modesto 30

Women: NJCRs: Johnson (100/200), Hemmons (400 IH) and El Camino's 4 x 400 relay. Tsai (Taiwan) heptathlon a MR; El Camino NJCR 1600 relay record-a nine second win margin!! EC's Cabell became USC captain, member of Trojan 400, 800 record relays.

Men: PCC, Taft in rare relay tie. BC's Wicks set NJCR PV 17-7 in '84 So Cal Prelims...at USC was '85 NCAA Indoor runner-up, vaulted 18-5 against Sergei Bubka in Europe. SAC City's Mataele set HT MR. Moorpark's Oporski won NCAA II TJ in '86, '87 at CSLA.

1984- Los Angeles Olympics Participants

Valerie Brisco (Long Beach) 200 (1st), 400 (1st), 4 x 400 (1st) **Doug Fernandez** (Long Beach/ Venezuela) Decathlon **Milton Goode** (Alameda) High Jump **Johnny Gray** (Santa Monica) 800 **Dave Laut** (Moorpark/ San Jose) Shot Put (3rd) **Doug Nordquist** (Fullerton) High Jump **Doug Padilla** (Chabot) 5000 **Tom Petranoff** (Palomar) Javelin **Phillip Pipersburg** (Santa Barbara/ Belize) 400 **Carmello Rios** (Long Beach/ Puerto Rico) Steeplechase **Maria Trujillo** (Hartnell/ Mexico) Marathon **Peter Van Miltenberg** (Saddleback/ Australia) 100, 200, 4 x 400 **Ruth Wysocki** (Citrus) 800, 1500



Valerie Brisco
Los Angeles Olympics
Gold Medal
200, 400, 1600 Relay
Seoul Olympics
Gold Medal
1600 Relay

1985

Pirate Stadium, Modesto Junior College

William Trott	Long Beach	10.27	100	Myra Mayberry	El Camino	11.45
Mike Dexter	Taft	20.57	200	Myra Mayberry	El Camino	23.8
Daymon Lee	El Camino	45.99	400	Diane Samuels	Contra Costa	55.1
Joey Bunch	Taft	1:47.47	800	Li-Jiau Hendry	Desert	2:11.83
Oz Katz	Taft	3:51.45	1500	Jill Harrington	Orange Coast	4:28.31
Chris Emmons	Allan Hancock	14:43.0	5K	Leslie Hawkins	Monterey	16:58.6
Eugene Cruz	LA Valley	30:31.8	10K			
Roosevelt Green	Taft	14.0	HH	Junea White	El Camino	13.97
Tyrone McCullough	Long Beach	50.99	IH	Margaret Hemmons	El Camino	1:01.44
John King	Taft	9:00.1	Steeple/3K	Ann Kendrick	Foothill	10:01.70
Taft		39.94	400 RE	El Camino		45.77
Taft		3:07.2	1600 RE	El Camino		3:46.8
Dennis Lewis	Long Beach	7-2	HJ	Erin Key	Bakersfield	5-6
Bill Shepard	Fresno	16-0	PV			
Johnny Cleveland	Chabot	25-10.75	LJ	Vivian Riley	San Jose	20-3
Joe Richardson	Glendale	53-2.75	TJ	Janis Diggs	Hartnell	41-8
Antonio Dobbins	Glendale	54-10.25	SP	Marilyn Elkins	Modesto	44-6.5
Matt Gallo	Long Beach	175-7	DT	China Blockton	Sacramento	139-7
Darren Crass	Fresno	163-2	Ham			
Leon Phillips	Orange Coast	243-3	Jav	Malinda Pelton	Hartnell	150-6
Sheldon Blockburger	Orange Coast	7361	Dec/Hep	Shann Kern	Mt. SAC	5176

***** Leslie Hawkins won the inaugural 5K and her Coast Conference counterpart- Janis Diggs won the first Triple Jump.**

Team scores

Men: Taft 144, LBCC 86, Mt SAC 45

Women: El Camino 139.5, Mt SAC 70, Sacramento 40

Women: Harrington two-time UCI XC AA, #2 all-time 1500 list- 4:16.73; Mayberry, two time Puerto Rico Olympian (Puerto Rico/USA citizenship), three time NCAA AA-USC, was on El Camino NJCR 1600 relay; Hawkins wins inaugural women's 5k; EC 400 relay MR; Diggs wins inaugural TJ competition. El Camino 45.77 relay MR.

Men: OCC's Phillips (Javelin) MR, OCC's Blockburger wins decathlon under revised tables, won So Cal LJ 25-2; At LSU was SEC Decathlon meet record holder, won '95 USATF Indoor Heptathlon...presently Arizona U. jump coach. LBCC's Lewis NJCR HJ 7-8.25 (metric 7-8) is still standing record (set at USC stadium)...won '84 USA Indoors; Dexter part of three NJCR relays at Taft, ran 20.49 at USC. Bunch (800) MR, two-time USC AA, won USA & Pan Am Jrs. 800, took '88 PAC-10 title. Taft went 1-4 in the steeple to seal Taft's impressive win-7 first places. LBCC's sprinter William Trott a '84, '88 Olympian (Bermuda).

1986

Hilmer Lodge Stadium, Mount San Antonio College- Walnut

Anthony Miller	Pasadena	10.38	100	Lydia De Vega	Mt. SAC	11.84
Anthony Miller	Pasadena	20.83	200	Lydia DeVega	Mt. SAC	23.98
Greg Henderson	Taft	46.3	400	Andrea Rolfe	Santa Monica	53.82
Lorenzo Brown	Mira Costa	1:46.69	800	Sylvia Mosqueda	East LA	2:07.35
Roland Weedon	Long Beach	3:48.51	1500	Sylvia Mosqueda	East LA	4:18.1
Tracy Garrison	Taft	14:25.04	5K	Sylvia Mosqueda	East LA	15:52.5
Tracy Garrison	Taft	30:38.33	10K			
Everett White	Long Beach	14.01	HH	Jessica Casmir	CCSF	13.97
Gordon Bugg	Mt. SAC	50.11	IH	Jessica Casmir	CCSF	1:01.13
Craig Ingram	Moorpark	9:17.89	Steeple/3K	Kathy Kiernan	Orange Coast	9:49.34
Long Beach		39.98	400 RE	Mt. SAC		46.06
Taft		3:07.85	1600 RE	Mt. SAC		3:45.33
Bill Hepworth	ARC	6-10	HJ	Toya Miles	Sacramento	5-6
Jerry Mulligan	Long Beach	16-0	PV			
Charles Brooks	Merritt	24-5.25	LJ	Pam Harper	Mt. SAC	20-11.75
Mike Howard	Mira Costa	49-5.75	TJ	Renita Robinson	El Camino	42-1.5
Tambi Wenj	Long Beach	55-8	SP	Shawna Roy	Santa Monica	45-4.75
Mike Gravelle	Skyline	189-3	DT	Toya Barnes	El Camino	147-4
Eric Finch	De Anza	203-8	Ham			
Craig Johnson	Grossmont	217-6	Jav	Heta Umufuke	Foothill	150-7
George Wainscoat	Orange Coast	6525	Dec/Hep	Cheri Slater	Mt. SAC	4687

Team Scores

Men: LBCC 132, Taft 76, Fresno 34

Women: Mt SAC 92, Santa Monica 63, El Camino 62

The NEW international men's javelin was first used in this season.

Women: Sylvia Mosqueda remarkable triple win as she set NJCR 1500 record-4:17.82 and NJCR 5k-15:15.52...ran in five Olympic Trials and set NCAA 10k at CS LA. EC's Robinson still holds MR TJ record...at Nebraska she took '89 NCAA TJ-44-7.50. OCC's Kiernan-3K winner-went on to run for UCLA. Mt. SAC's De Vega competed if '83, '93 World Championships for Phillipines.

Men: Mira Costa's Brown 800 NJCR followed by four more runners under 1:49!!!; Skyline's Gravelle-Discus MR held until '91, set 204-11 NJCR, won '94 TAC Nationals. LBCC's Wenj came back into throwing 11 years later at CSLA: NCAA II SP title outdoors, NCAA Indoor record, still holds both SP, Wt. throw CSLA records. Mt. SAC's Bugg won '85 NCAA II IH in '85 prior to Mt. SAC enrollment



Sylvia Mosqueda- East LA is one of the greatest all- time State meet performers. She won the 3 longest races on the track in '86. All in quality times. Her, winning times in '86, in the 1500 and 5K are still the recognized National Community College records.

1987

Beaver Stadium, American River College- Sacramento

Ron McCree	Long Beach	10.69	100	Tesha Giddens	Santa Monica	12.19
Ron McCree	Long Beach	21.19	200	Tami Stiles	Mt. SAC	24.6
Daymon Lee	El Camino	46.45	400	Paulette Willis	El Camino	56.67
Kenny Washington	Mt. SAC	1:49.69	800	Denise Upshek	Mira Costa	2:14.23
Kenny Washington	Mt. SAC	3:46.8	1500	Molly Burke	Marin	4:39.86
Rod Heskett	West Valley	14:38.91	5K	Patty Almenderiz	Santa Monica	17:24.32
Dave Parsel	Orange Coast	30:50.74	10K			
Terry Johnson	Long Beach	14.24	HH	Rochelle Frazier	El Camino	14.29
Kenny Hall	Mt. SAC	50.89	IH	Kim McRae	El Camino	1:01.01
Dean Miller	Mt. SAC	9:16.2	Steeple/3K	Carmen Maldonado	MT. SAC	10:00.19
Long Beach		39.83	400 RE	Mt. SAC		46.6
El Camino		3:07.99	1600 RE	El Camino		3:44.19
Darin Puffer	Sacramento	7-0	HJ	Erin Key	Bakersfield	5-6
Brian Wicks	Bakersfield	16-6	PV			
Charles Brooks	Merritt	25-11.25	LJ	Mona Simmons	Modesto	20-0
Marcus Hooks	Long Beach	53-2.25	TJ	Janis Diggs	Hartnell	40-11
Don Laut	Moorpark	54-6.5	SP	Joyce Fremstad	Skyline	44-4.75
Todd Cathers	Butte	167-6	DT	Joyce Fremstad	Skyline	150-5
Pat Thiss	SD Mesa	175-5	Ham			
Ron Overmeyer	COS	215-2	Jav	Diane Collier	SD Mesa	138-10
John Henry Johnson	Long Beach	6815	Dec/Hep	Elaine Bergman	SD Mesa	4801

Team scores

Men: LBCC 119, Mt SAC 89, Taft 57

Women: Santa Monica 64, Mt SAC 42, El Camino 41

Men: Hooks-TJ- two SoCal titles, two state titles, two state team titles for LBCC. Following Brooks LJ win was LBCC's Love 2nd at 25-7.25 and PCC's Tobin 3rd at 25-05.25!! Men's Hammer winner- Thiss, current Cuyamaca coach.

Women: Hartnell's Diggs wins second state TJ title.

1987- Rome IAAF Participants

Men: Johnny Gray (Santa Monica) 800 Danny Grimes (De Anza) Marathon Doug Padilla (Chabot) 5000 Tom Petranoff (Palomar) Javelin John Powell (American River) Discus (2nd) Greg Tafralis (San Mateo/ Skyline) Shot Put

Women: Valerie Brisco- Hooks (Long Beach) 4 x 400 (3rd) Pam Marshall (Long Beach) 100, 200, 4 x 100 Relay (1st) Bonnie Dasse (Orange Coast) Shot Put Francie Larrieu (De Anza) 10K



John Powell- From a modest Community College career at America River College, he developed into one of the most prolific discus throwers in history. Career highlights were: 4- time USA Olympian. Silver Medal ('76). World record ('75) 12- times World ranked. Ranked in the top 10 for USA 1969- 1988.

1988
Memorial Stadium, Bakersfield College

Juan Tobin	Pasadena	10.5	100	Dionne Gardner	Mt. SAC	12.06
Harlan Davis	Taft	20.34	200	Julia Turing	Cuesta	23.88
Harlan Davis	Taft	46.07	400	Julie Harris	Mt. SAC	53.53
George Kersh	Taft	1:49.32	800	Anette Ronnerman	Foothill	2:11.09
George Kersh	Taft	3:51.4	1500	Kathryn Krieger	Cuesta	4:37.5
Steve Neubaum	Modesto	14:51.5	5K	Sharon Given	Foothill	17:34.05
Julius Kariuki	Riverside	30:19.87	10K			
Carter Jefferson	Taft	14.06	HH	Candy Chen	Mt. SAC	14.21
Bernard Ellison	Shasta	50.54	IH	Candy Chen	Mt. SAC	1:02.76
Bill Ling	Long Beach	9:28.2	Steeple/3K	Janice Sellon	MT. SAC	10:06.24
Taft		39.01	400 RE	El Camino		45.64
Taft		3:06.61	1600 RE	Mt. SAC		3:43.05
Derrick Moore	Long Beach	7-1	HJ	Janine Bonin	SJ Delta	5-10.5
Pat Fredericks	Taft	16-6	PV			
Juan Tobin	Pasadena	25-1.5	LJ	LaShawn Simmons	Mt. SAC	18-11
Marcus Hooks	Long Beach	53-0.5	TJ	Jackie Anderson	SD Mesa	40-6
Ken Lowther	Moorpark	55-3.25	SP	Sheri Sperling	El Camino	46-9.25
Milton Hartogh	Diablo Valley	153-6	DT	Jennifer Ruff	CSM	145-0
Scott Biberthaler	Fresno	189-5	Ham			
Craig Johnson	Grossmont	215-1	Jav	Heta Umufuke	Foothill	155-4
Shawn Wilbourn	COS	7270	Dec/Hep	Chris Diehl	CSM	4417

Team scores

Men: LBCC 113, Taft 111, Pasadena 42

Women: Mt SAC 114, El Camino 61, Cuesta 48

Men: Davis won four state gold medals for Taft-20.34 MR...first four in race under 20.95!! Biberthaler Discus MR, member of TAC Jr. USA team in '87. Taft's Kersh NJCR 1:46.60 at Mt. SAC Relays, USA Jr. record 1:45.35; '90 NCAA Indoor/Outdoor 800 titles, 4th in '88 Trials & missed '92 Olympic team by .04 despite 1:44.00 performance. Taft's 1600 relay MR and they ran 3:05.80 NJCR at Bakersfield. Kariuki set NJCR SC of 8:29.4 in '88...went on to win '88 Olympics in Games record 8:05.51.

Women: Mt SAC dominated the women's team scoring. With winners in all the main event areas: Track, Field and Relays.

1988- Seoul Olympics Participants Grace Apiafi (Mt SAC/ Nigeria) Discus/ Shot Put Valerie Brisco (Long Beach) 400, 4 x 400 (1st) Bonnie Dasse (Orange Coast) Shot Put Jim Doehring (Saddleback) Shot Put Davidson Ezinwa (Mt SAC/ Nigeria) 4 x 100 Johnny Gray (Santa Monica) 800 Melford Homela (Riverside/ Zimbabwe) 800/ 1500 Julius Kariuki (Riverside) Steeplechase (1st) Pam Marshall (Long Beach) 200 Donna Mayhew (Glendale) Javelin Tom Petranoff (Palomar) Javelin Andre Phillips (San Jose) 400 IH (1st) Brian Stanton (Long Beach) High Jump Francie Larrieu (De Anza) 10K Gregg Tafrales (San Mateo/Skyline) Shot Put William Trott (Long Beach/ Bermuda) 100 Brian Wellman (Taft/ Bermuda) Triple Jump



Julius Kariuki
Seoul Olympics
Gold Medal
Steeplechase

1989

Ratcliff Stadium, Fresno City College

James Andrews	Riverside	10.21	100	LaShawn Simmons	Mt. SAC	11.54
James Andrews	Riverside	20.81	200	Nikywa Frevost	LA Valley	24.58
Patrick Drake	Riverside	46.36	400	Laura Ainsworth	El Camino	53.56
Maurice Horton	Long Beach	1:49.33	800	Sharette Garcia	El Camino	2:11.94
Noureddine Morceli	Riverside	3:41.76	1500	Kathryn Krieger	Cuesta	4:33.91
Noureddine Morceli	Riverside	14:33.5	5K	Mary Akins	SD Mesa	17:00.81
Uriel Rivera	Long Beach	31:01.75	10K			
Sherman Morris	Long Beach	13.85	HH	LaShawn Simmons	Mt. SAC	13.66
Michael Cox	Taft	51.1	IH	Laura Ainsworth	El Camino	1:00.55
Mason Myers	ARC	9:16.03	Steeple/3K	Kathy Krieger	Cuesta	10:13.93
Riverside		39.83	400 RE	El Camino		47.0
Taft		3:08.61	1600 RE	El Camino		3:49.81
Richard Wooten	Pasadena	7-2	HJ	Chris Diehl	CSM	5-8
Oliver Perrin	Long Beach	16-6	PV			
Larry Todd	SD Mesa	25-4.5	LJ	LaShawn Simmons	Mt. SAC	20-6
Lofti Kahadia	Riverside	54-4.25	TJ	Jackie Anderson	SD Mesa	41-6.25
Kevin Marks	CSM	57-5.25	SP	Staria Ahu	Mira Costa	46-6.5
Kevin Marks	CSM	169-4	DT	Jennifer Ruff	CSM	149-6
Eric Wedder	Sacramento	187-5	Ham			
Rick Doering	Riverside	221-6	Jav	Nicole Carroll	CSM	139-5
Michael Bryant	Ventura	7111	Dec/Hep	Chris Diehl	CSM	4962

Team scores

Men: Riverside 114, LBCC 93, Sacramento 85

Women: El Camino 98.5, San Mateo 61, Mt SAC 51

Men: Morceli led RCC to state title with MR 1500; in a select CCC group to have won four titles in two events in back-to-back years; two NJCRs; '93 & '95 World Championships 1500 titles; first miler under 3:45 in T&F; '96 Olympic 1500 gold. Doering javelin MR; won '91 NCAA-II title for CSLA.

Women: EC's Garcia '96 Olympian-Belize. Simmons led Mt. SAC to '88 team title and won four golds in '88,'89. San Mateo's Carroll won '96 Trials javelin (188-11) to make USA Olympic team.

1990

La Playa Stadium, Santa Barbara City College

Davidson Ezinwa	Mt. SAC	10.36	100	Christy Opara	Citrus	11.78
Brian Bridgewater	Long Beach	20.56	200	Crystal Irving	Long Beach	23.88
Dwight Roberts	Bakersfield	46.14	400	Crystal Irving	Long Beach	53.54
Scott Smoot	ARC	1:51.54	800	Sharette Garcia	El Camino	2:11.63
Noureddine Morceli	Riverside	3:47.65	1500	Sharette Garcia	El Camino	4:37.23
Noureddine Morceli	Riverside	14:13.35	5K	Diana Tracy	El Camino	17:05.05
Pablo Sierra	East LA	29:54.49	10K			
Larry Harrington	Taft	13.87	HH	Marsha Guidido	Mt. SAC	14.37
Larry Sanders	Taft	51.06	IH	Janica Bailey	Long Beach	1:00.77
David Baptiste	Mt. SAC	8:56.94	Steeple/3K	Julie Verke	ARC	10:01.31
Taft		39.77	400 RE	Taft		46.72
Taft		3:10.14	1600 RE	El Camino		3:49.02
Gio Sprattling	Hartnell	7-0.25	HJ	Liz Bauer	Orange Coast	5-5.75
Brian Chase	Grossmont	15-8	PV			
Keith Holley	Taft	25-10.75	LJ	Christy Opara	Citrus	21-3.5
Keith Holley	Taft	50-4.75	TJ	Marji Gilles	Glendale	37-3.25
Jon Kirksey	Bakersfield	57-0.75	SP	Grace Apiafi	Mt. SAC	55-3.75
Kevin Absher	Long Beach	167-6	DT	Grace Apiafi	Mt. SAC	160-9
Steve Kellogg	SD Mesa	184-6	Ham			
Adam Weston	Sierra	205-6	Jav	Colleen MacCotter	Long Beach	137-4
Charles Langston	Shasta	7091	Dec/Hep	Melanie Clarke	LA Valley	5034

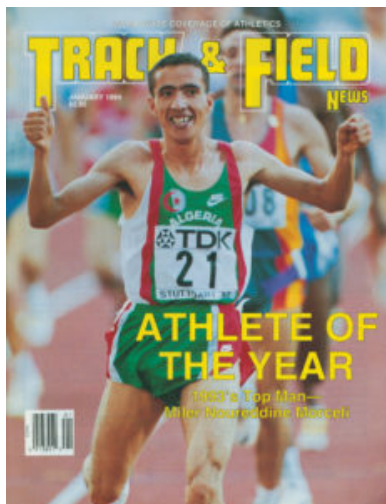
Team scores

Men: Taft 96, LBCC 78, Riverside 51

Women: Mt SAC 85, LBCC 74, El Camino 69

Women: Grace Apiafi, '88 Nigerian Olympian, threw SP-NJCR-still standing MR ...she led Mounties to state team title with two wins. Garcia's two wins gave her three in two years.

Men: Baptiste's SC second fastest at that time. Ezinwa '92, '96 Olympian-Nigeria, '97 World meet competitor...helped Mt. SAC run 39.32 school record 400 relay in '90.



Noureddine Morceli
Atlanta Olympics
Gold Medal
1500

1991
Hughes Stadium, Sacramento City College

Jeff Laynes	Merritt	10.2	100	Juliet R- Campbell	Mt. SAC	11.62
Jeff Laynes	Merritt	20.78	200	Juliet R- Campbell	Mt. SAC	23.23
Chris Taylor	Merritt	46.09	400	Melanie Clarke	LA Valley	54.34
Melford Homeia	Riverside	1:50.61	800	Latoya Polk	El Camino	2:12.89
Melford Homeia	Riverside	3:52.77	1500	Latoya Polk	El Camino	4:41.62
Eric Polonski	Riverside	14:28.3	5K	Tracy Rose	Long Beach	17:08.8
Oscar Gonzales	Long Beach	30:03.9	10K			
Eugene Swift	Merritt	13.74	HH	Alica Armstrong	Taft	14.19
Eugene Swift	Merritt	51.06	IH	Alica Armstrong	Taft	1:01.62
David Baptiste	Mt. SAC	9:07.9	Steeple/3K	Tracy Rose	Long Beach	9:53.65
Merritt		39.71	400 RE	Taft		46.44
Merritt		3:08.29	1600 RE	El Camino		3:48.44
James Masugi	Mt SAC	7-0	HJ	Jennifer Stewart	LA Valley	5-6
Dan Tapia	East LA	15-6	PV			
Jerome Price	Grossmont	24-6	LJ	Tiesha Holmes	El Camino	19-3.25
Jamal Bush	Long Beach	50-4.25	TJ	Rachelle Johnson	SD Mesa	39-5.5
Mark Wohlford	San Jose	55-11.75	SP	Angel Mahan	CSM	44-10
Dag Solhaug	Riverside	190-11	DT	Angela Arrington	Antelope Valley	143-0
Larry Johnston	Antelope Valley	199-1	Ham			
John Cummings	SD Mesa	201-3	Jav	Tiffany Edwards	Diablo Valley	145-1
Don Vinson	Bakersfield	6769	Dec/Hep	Melanie Clarke	LA Valley	5352

Team scores

Men: Riverside 132, Merritt 100, Mt SAC 66

Women: El Camino 139.5, Taft 80, SD Mesa 47

Women: Clarke's heptathlon a MR. Polk transferred to LA Trade Tech and won two more state titles. Mt. SAC's Campbell three-time Jamaican Olympian ('92, '96. '00)

Men: Laynes competed from '88 prep senior year through late 1990s. Homela '88, '92 Olympian-Zimbabwe. Swift NJCR 13.49, '96 Olympian (13.21 PR), 3rd '99 Pan Am Games. Solhaug's 190-11 discus was first 190 CCC throw...season PR 192-6...competed in '94 European Chps., '95 Worlds for Sweden. Second in the 1500 was LBCC's talented Frances O'Neil who had led the Viking to state XC title that fall. He ran the steeplechase in '92 and '92 Trials and at Kansas St. placed 4th in '93 NCAA SC at 8:29.64 (school record). O'Neil ran 8:22.51 for 3rd in '99 USATF meet and got 2nd that year at Pan Am Games.

1991- Tokyo IAAF Participants

Men: Davidson Ezinwa (Mt SAC/ Nigeria) 100 Mike Gravelle (Skyline) Discus Johnny Gray (Santa Monica) 800 Julius Kariuki (Riverside/ Kenya) Steeplechase George Kersh (Taft) 800 Nouredine Morceli (Riverside/ Algeria) 1500 (1st) Doug Padilla (Chabot) 5000 Don Parish (Mt SAC) Triple Jump Brian Wellman (Taft/ Bermuda) Triple Jump

Women: Francie Larrieu (De Anza) 10K Donna Mayhew (Glendale) Javelin Maria Trujillo (Hartnell) Marathon

1992

Veterans Memorial Stadium, Long Beach City College

Ricky Carrigan	Compton	10.22	100	Hermin Joseph	Hancock	11.74
Ricky Carrigan	Compton	20.56	200	Hermin Joseph	Hancock	24.28
Gerald McCladdie	Long Beach	45.81	400	Lashaunda Everage	El Camino	54.36
Melford Homela	Riverside	1:50.39	800	Latoya Polk	LA Trade Tech	2:11.51
Desta Asgedon	Riverside	3:57.23	1500	Latoya Polk	LA Trade Tech	4:38.88
Desta Asgedon	Riverside	14:46.75	5K	Suzanne Castruita	Mt. SAC	17:17.12
Passmore Furusa	Riverside	29:39.37	10K			
Larry Harrington	Porterville	13.4	HH	Latanya Davenport	Santa Monica	13.82
Tony McCullouch	Long Beach	51.31	IH	Latanya Davenport	Santa Monica	1:01.79
Passmore Furusa	Riverside	8:58.1	Steeple/3K	Jennifer Cleary	Foothill	9:51.70
Taft		40.11	400 RE	Long Beach		47.39
Long Beach		3:08.85	1600 RE	El Camino		3:50.35
Juan Thomas	Long Beach	7-1.75	HJ	Kim Barnes	Riverside	5-7.5
Blake Burnett	SJ Delta	16-0	PV			
Jason Duff	Riverside	25-7	LJ	Michelle Allen	El Camino	18-8.75
Alex Norca	Long Beach	54-0	TJ	Michelle Allen	El Camino	39-0.25
Aloyea Wallin	Long Beach	58-9.5	SP	Missy Malaota	De Anza	45-3.25
Jon Frank	Bakersfield	170-11	DT	Ericka Dice	SD Mesa	143-8
Dave Loshonkohl	SD Mesa	180-2	Ham			
Jason Pollock	Hancock	210-7	Jav	Vijitha Amerasekera	Mt. SAC	184-1
Todd Lockwood	Mt. SAC	6729	Dec/Hep	Tiffany Janssen	Diablo Valley	4850

Team scores

Men: Riverside 142, LBCC 119, Bakersfield 51.5

Women: Mt SAC 65, El Camino 54, Taft 52

Women: Mt.SAC's Amerasekera (Sri Lanka) set still standing javelin MR 184-1, and competed in '92 Barcelona Olympics...career PR 186-6.

Men: SD Mesa's Loshonkohl HT MR, set NJCR 212-1 at Mt. SAC Relays. Harrington's HH MR, he ran '92 Trials.

1992- Barcelona Olympics Participants

Vijitha Amerasekera (Mt SAC/ Sri Lanka) Javelin **Ato Boldon** (San Jose/ Trinidad) 100, 200 **Juliet Revoli- Campbell** (Mt SAC/Jamaica) 400, 4 x 400 **Sau Ying Chan** (Mt SAC/ Hong Kong) **Bonnie Dasse** (Orange Coast) Shot Put **Jim Doehring** (Saddleback) Shot Put (2nd) **Davidson Ezinwa** (Mt SAC/ Nigeria) 100, 4 x 100 (2nd) **Osmond Ezinwa** (Mt SAC) 4 x 100 **Johnny Gray** (Santa Monica) 800 (3rd) **Melford Homela** (Riverside/ Zimbabwe) 800 **Donna Mayhew** (Glendale) Javelin **Francie Larrieu** (De Anza) Marathon **Myra Mayberry** (El Camino/ Puerto Rico) 100, 200 **Noureddine Morceli** (Riverside/ Algeria) 1500 **Brian Wellman** (Taft/ Bermuda) Triple Jump

1993
Shasta College- Redding

Ato Boldon	San Jose	10.28	100	Marvette Collis	Riverside	11.82
Ato Boldon	San Jose	20.59	200	Marvette Collis	Riverside	24.82
Gerald McCladdie	Long Beach	46.39	400	Revoli Campbell	Mt. SAC	54.17
Alamayehu Jimma	Riverside	1:48.36	800	Dawn Williams	Riverside	2:10.34
Alamayehu Jimma	Riverside	3:46.62	1500	Emebet Shiferaw	Riverside	4:31.66
Cruz Gallegos	Taft	15:02.7	5K	Emebet Shiferaw	Riverside	16:54.1
Muchapiwa Mazano	Riverside	30:23.39	10K			
Dominique Arnold	Long Beach	14.17	HH	Shonna Bernard	Fullerton	14.44
Frank Guialdo	Long Beach	52.61	IH	Liz Sutton	El Camino	1:00.3
Passmore Furusa	Riverside	9:02.84	Steeple/3K	Honor Fetherston	CCSF	10:00.70
Long Beach		39.92	400 RE	Long Beach		45.8
Taft		3:07.16	1600 RE	Mt. SAC		3:45.84
Jermaine Jenkins	COS	7-0	HJ	Leah Cunningham	Riverside	5-8
P.J. Chadwick	Cuesta	16-9	PV			
Donny Johnson	Ventura	25-7	LJ	Marvette Collis	Riverside	20-10.25
Alex Norca	Long Beach	53-8	TJ	Karleen Shields	Contra Costa	40-10.75
Rene Bustamonte	Citrus	57-1.5	SP	Leslie Coons	SD Mesa	46-11
Jon Frank	Bakersfield	174-8	DT	Jodie Warr	Riverside	154-9
Dave Loshonkohl	SD Mesa	202-9	Ham			
Ken Teasley	Moorpark	221-11	Jav	Vijitha Amerasekera	Mt. SAC	178-0
Dustin Abel	Siskiyous	6505	Dec/Hep	Sau Ying Chan	Mt. SAC	4968

Team scores

Men: Long Beach 142, Riverside 97, Taft 53

Women: Riverside 107, Mt SAC 71, SD Mesa 63

Women: Mesa's Coons a five-time Trials thrower, five-time USC AA. Shiferaw (Ethiopian) four state titles for RCC, two-time USC XC AA, two-time USC T&F AA. Campbell three-time Olympian set MR 400-54.17. RCC's Collis wins three to lead team to title (eight RCC first places).

Men: San Jose's Boldon (Trinidad) '96 World 100,200 bronze medals, '97 World 200 Champion, '96 Olympics 100-3rd place. LBCC's Arnold won '96 NCAA for Wash. St., won '06 AAU Nationals in 13.1, then in July of '06 set USA record 12.90 in Switzerland. Moorpark's Teasley throws javelin MR. Mesa's Loshonkohl set HT MR, NJCR 212-1 at Mt. SAC Relays...at Arizona he placed 3rd in NCAA (230-3).

1993- Stuttgart IAAF Participants

Men: Ato Boldon (San Jose/ Trinidad) 100, 200, 4 x 100 **Mark Crear** (Mt SAC) 110 **HH Mike Gravelle** (Skyline) Discus **Johnny Gray** (Santa Monica) 800 **Noureddine Morceli** (Riverside/ Algeria) 1500 (1st)

Women: **Juliet Revoli- Campbell** (Mt. SAC/ Jamaica) 400 (3rd) **Sau Ying Chan** (Mt SAC/ Hong Kong) 100 Hurdles **Lydia DeVega** (Mt SAC/ Philippines) 100

1994
Falcon Stadium, Cerritos College- Norwalk

Ricky Carrigan	Merritt	10.27	100	Astia Walker	Riverside	11.65
Ricky Carrigan	Merritt	20.72	200	Astia Walker	Riverside	23.41
Derek Shepard	Sacramento	46.5	400	Tammera Mclin	Long Beach	54.93
Daniel Das Neves	Cuyamaca	1:50.8	800	Dawn Williams	Riverside	2:06.30
Daniel Das Neves	Cuyamaca	3:53.69	1500	Magdalena Lewy	Long Beach	4:41.19
Wilhelm Gidabuday	Riverside	14:14.31	5K	Emebet Shiferaw	Riverside	17:19.94
Wilhelm Gidabuday	Riverside	29:39.31	10K			
Frank Guialdo	Long Beach	14.18	HH	Astia Walker	Riverside	13.76
Alonzo Wiggins	Taft	51.04	IH	Karen Vigilant	Long Beach	1:02.37
Neil Smart	Riverside	9:08.48	Steeple/3K	Emebet Shiferaw	Riverside	9:57.62
Sacramento		40.35	400 RE	Riverside		46.08
Sacramento		3:06.03	1600 RE	El Camino		3:43.51
Kevin Carlson	Fullerton	7-0.25	HJ	Erica Wilson	Shasta	5-5
Sean Brown	Cuesta	17-0	PV			
Jonathan Jordan	Long Beach	24-.075	LJ	Nicole Irving	Mt. SAC	19-5
Jonathan Jordan	Long Beach	52-0	TJ	Angel Carver	Long Beach	41-6
Jason Dossey	CSM	54-2.75	SP	Kelly Smith	SD Mesa	46-6.25
David Dumble	Bakersfield	168-1	DT	Becky Elwood	Modesto	141-1
Justin Carvahlo	Sacramento	177-10	Ham			
Kel Watrin	Santa Rosa	218-2	Jav	Erika Spence	Cerritos	143-4
Jon Parry	Taft	6875	Dec/Hep	Felicia Brown	Hartnell	5080

Team scores

Men: LBCC/ Riverside 100, Taft 93

Women: Riverside 110, LBCC 95, El Camino 48

Men: LBCC's Jordan '96, '98 NCAA-2 TJ titles for CSLA. SAC City runs 2nd fastest CCC 1600 relay. Ricky Carrigan repeated his sprint double win for Merritt as he had performed for Compton in '92.

Women: RCC's Williams MR 800. Vigilant, two- time state hurdle champion, long time LBCC women's T&F coach. RCC wins seven events for team title. Very rare triple by Riverside's Walker- Sprint double and short hurdles champ!!!



Magdalena Lewy- Boulet
 2008 Olympian
 Marathon
 1994 State Champ
 1500

1995

Memorial Stadium, Bakersfield College

Marvin Love	CCSF	10.55	100	Cavetra Mitchell	Long Beach	11.81
Demitrius Snaer	SJ Delta	21.11	200	Cavetra Mitchell	Long Beach	23.46
Mike Norris	Saddleback	47.28	400	Charmaine Burton	Riverside	54.09
Brian Wilkinson	Hartnell	1:51.19	800	Brenda Stewart	Riverside	2:13.34
Brian Wilkinson	Hartnell	3:48.22	1500	Carrie Barnett	SD Mesa	4:40.01
Warren Wolf	Mt. SAC	15:07.86	5K	Charlotte Mayock	Riverside	18:13.21
Cosmas Nguku	Riverside	30:38.76	10K			
Mike Harris	Long Beach	14.33	HH	Karen Vigilant	Long Beach	14.22
Kris McLucas	Ventura	52.38	IH	Celana Clarke	Riverside	58.88
Jacques Salberg	Glendale	9:22.47	Steeple/3K	Rachel Hatwin	CCSF	10:24.14
Riverside		40.29	400 RE	Long Beach		45.45
Fullerton		3:12.65	1600 RE	Riverside		3:51.35
Greg Walker	Diablo Valley	7-2	HJ	Erica Wilson	Shasta	5-8
Mike James	Hartnell	16-6	PV			
Jamael Chase	Redwoods	24-6.25	LJ	Vanitta Kincaid	Santa Monica	18-10.5
Jason Sergent	Contra Costa	50-11.75	TJ	Vanitta Kincaid	Santa Monica	41-10.5
Rob Garrison	Bakersfield	55-0.5	SP	Tyrenda Stamps	De Anza	41-10.5
Jeremy Staat	Bakersfield	178-11	DT	Tyrenda Stamps	De Anza	150-3
John McEwen	Redwoods	180-3	Ham			
Anthony Vega	Santa Barbara	214-8	Jav	Charity Amama	LA Trade Tech	135-6
Rick Zumwalt	Golden West	6544	Dec/Hep	Marty Holguin	Fullerton	4183

Team scores

Men: Long Beach 84, Hartnell 48, SJ Delta/ Mt SAC 42

Women: Long Beach 127, Riverside 99.5, CCSF 38

Men: Glendale's Sallberg three-time Trials Steepler-'00, '08, '12... '06 USA Nationals 8:28.13 PR and still holds CSLA SC record; BC's Staat three state throws titles, one second, with NFL Steelers 1998-2003. 200 winner, Snaer, is the current Modesto Head Coach.

Women: SMCC's Kincaid gets TJ MR.

1995- Goteberg IAAF Participants

Men: **Ato Bolden** (San Jose/ Trinidad) 100 (1st), 200 **Davidson Ezinwa** (Mt SAC/ Nigeria) 100 **Noureddine Morceli** (Riverside/ Algeria) 1500 (1st) **Tom Nohilly** (Taft) Steeplechase **Brandon Rock** (Taft) 800 **Dag Solhaug** (Riverside/ Sweden) Discus **Brian Wellman** (Taft/ Bermuda) Triple Jump (2nd) **Jeff Williams** (LACC) 200

Women: **Juliet Revoli- Campbell** (Mt SAC/ Jamaica) 4 x 400 **Sau Ying Chan** (Mt SAC/ Hong Kong) 100 Hurdles **Donna Mayhew** (Glendale) Javelin **Ruth Wysocki** (Citrus) 1500



Ato Bolden-San Jose City College. 1997 World Champion at 200 Meters. Won NCAA sprint titles for UCLA. Multiple Olympic medal winner. He is now one of the voices of Track and Field on NBC.

1996

Falcon Stadium, Cerritos College- Norwalk

Shaun Williams	CCSF	10.48	100	Charmaine Burton	Riverside	11.9
Shaun Williams	CCSF	20.84	200	Charmaine Burton	Riverside	24.23
Chris Williams	Riverside	46.3	400	Charmaine Burton	Riverside	53.79
Ricky Etheridge	SBVC	1:51.04	800	Cathy Trotman	Long Beach	2:11.66
Phil Gonzalez	Pasadena	3:54.17	1500	Charlotte Mayock	Riverside	4:40.48
Bashir Hussain	Riverside	14:53.93	5K	Maria Lopez	El Camino	18:43.19
Eleazar Hernandez	Moorpark	30:46.34	10K	Jeannie Robinson	Long Beach	38:38.14
Ben Kears	Riverside	14.34	HH	Chidera Madu	Sacramento	14.42
Felix Sanchez	SD Mesa	51.19	IH	Christyna Serrano	Hartnell	1:01.67
Bashir Hussain	Riverside	9:19.55	Steeple/3K	Maria Lopez	El Camino	10:07.44
Long Beach		40.06	400 RE	Compton		46.6
Sacramento		3:11.01	1600 RE	Long Beach		3:44.58
Greg Walker	Diablo Valley	7-0	HJ	Tiffany Hogan	Bakersfield	5-4
Chris Scatena	West Valley	16-0	PV			
Zachary Haupt	SD Mesa	24-11.75	LJ	Christyna Serrano	Hartnell	19-7
Zachary Haupt	SD Mesa	51-1.5	TJ	Cecilia Noel	Long Beach	38-7
Jeremy Staat	Bakersfield	54-3.25	SP	Rebecca Morrison	CSM	46-0.
Jeremy Staat	Bakersfield	181-6	DT	Dani Darrow	SD Mesa	153-7
Jason Ford	ARC	201-9	Ham	Sarah Goodlaw	Pasadena	149-4
John Williams	SJ Delta	202-6	Jav	Fiti Atuatasi	Monterey	131-10
Jason Spotts	Bakersfield	6642	Dec/Hep	Wendy Escobar	Santa Monica	4549

Team scores

Men: Riverside 100, Bakersfield 68, LBCC 67.5

Women: Long Beach 119, El Camino 62, Riverside 52

Women: * Dani Darrow won the inaugural Hammer.** RCC's Burton's sprint triple a first in state meet history.

Men: ARC's Ford Discus MR-season PR 203; Mesa's Sanchez an Olympic icon winning: WCs in '01, '03, the '00 NCAA-USC, and '04 Games -46.63. In 2012, at the age of 34, Sánchez entered the [2012 Summer Olympics](#) with the fastest qualifying time, and won the final-47.63 seconds, the same as his winning time in Athens in 2004 and his fastest run for eight years. Sánchez became the oldest man to win the Olympic 400m hurdles title.... 2003 T&F News Cover as AOY. Dominican Republic stadium named for Sanchez

1996- Atlanta Olympics Participants

Ato Bolden (San Jose/ Trinidad) 100 (3rd), 200 (3rd) **Juliet Revoli- Campbell** (Mt SAC/ Jamaica) 400, 4 x 400 **Nicole Carroll** (San Mateo) Javelin **Sau Ying Chan** (Mt SAC/ Hong Kong) **Mark Crear** (Mt SAC) 110 HH (2nd) **Davidson Ezinwa** (Mt SAC/ Nigeria) 100, 4 x 100 **Osmond Ezinwa** (Mt SAC/ Nigeria) 4 x 100 **Benny Fernando** (Mt SAC/ Sri Lanka) Long Jump **Robert Foster** (Taft/ Porterville/ Jamaica) 110 HH **Sharette Garcia** (El Camino/ Belize) 800 **Johnny Gray** (Santa Monica) 800 **Alvin Harrison** (Hartnell) 400, 4 x 400 Relay (1st) **Calvin Harrison** (Hartnell) 4 x 400 Relay (1st) **Myra Mayberry** (El Camino/ Puerto Rico) 100, 200 **Noureddine Morceli** (Riverside/ Algeria) 1500 (1st) **Brandon Rock** (Taft) 800 **Eugene Swift** (Merritt) 110 HH **Brian Wellman** (Taft) Triple Jump **Jeff Williams** (LACC) 200



Jeremy Staat- Bakersfield College was the SP/ DT champ in '96. He went onto a career at Arizona State. And eventually played in the NFL. *He is a 2019 inductee into the California Community College Athletic Association Hall of Fame.*

1997

Ratcliff Stadium, Fresno City College

Joe Delai	West Valley	10.27	100	Trinity Davis	Merritt	11.84
Tyree Washington	SBVC	20.3	200	Trinity Davis	Merritt	23.96
Tyree Washington	SBVC	44.91	400	Jamara Stallworth	Sacramento	55.12
Kareem Morell	MPC	1:53.31	800	Melissa Flynn	Fresno	2:13.39
Phil Gonzalez	Pasadena	3:57.22	1500	Donna Harris	Orange Coast	4:42.32
Neil Smart	Riverside	15:00.55	5K	Mary Akor	El Camino	18:14.92
Neil Smart	Riverside	31:25.82	10K	Mary Akor	El Camino	38:25.39
Robby Hughes	Long Beach	14.14	HH	Aisha Harrison	Bakersfield	14.42
Felix Sanchez	SD Mesa	50.46	IH	Cheante Jones	Long Beach	1:00.96
Neil Smart	Riverside	9:20.89	Steeple/3K	Mary Akor	El Camino	10:20.81
Sacramento		40.24	400 RE	Compton		46.64
Sacramento		3:07.74	1600 RE	Long Beach City		3:50.55
Bryant Hargrove	Cerritos	6-10	HJ	Amber Roberts	Pasadena	5-4
Brian McLaughlin	Cuyamaca	15-6	PV	Shelley Hill	Modesto	10-0
Cliff Jackson	Butte	24-5	LJ	Aisha Harrison	Bakersfield	19-3
Derrick Lewis	Sacramento	51-1.5	TJ	Aisha Harrison	Bakersfield	39-0.25
Ryan Scuffy	Sacramento	58-3.75	SP	Rebecca Morrison	San Mateo	44-10
Jon Mayhew	Mt. SAC	164-8	DT	Jeannie Tufu	Diablo Valley	144-0
Patrick Johansson	Mt. SAC	177-6	Ham	Rebecca Morrison	San Mateo	164-4
John Johns	Lassen	190-9	Jav	Kristi Johnson	Diablo Valley	138-5
George Garcia	Long Beach	6736	Dec/Hep	Marion Reneau	Sequoias	4704

Team scores

Men: Mt SAC 67.5, Sacramento 65, LBCC 46.5

Women: Bakersfield 83, El Camino 82, LBCC 44

Historical Notes: Women: * Mary Akor won the first 10k and Shelley Hill won the first Pole Vault.** EC's Akor ran marathon in '05, '07 World Championships. San Mateo's Morrison destroys state HT MR at 164-4. BC's Harrison wins both horizontal jumps to lead team to title.

Men: SBVC's Washington: NJCRs 20.3, 44.91 among greatest performances in state meet history. Washington '03 World 400 Champion, member of USA's WR 1600m relay in '98, won '03 USA Nationals...44.28 PR in '03 at OXY Invite. RCC's Smart triples yet RCC still doesn't win title, and Smart won another gold in '94.

1997- Athens IAAF Participants

Men: Ato Bolden (San Jose/ Trinidad) 100, 200 (1st) **Mark Crear** (Mt SAC) 110 HH **Davidson Ezinwa** (Mt SAC/ Nigeria) 100, 4 x 100 (1st) **Nouredine Morceli** (Riverside/ Algeria) 1500 **Tom Nohilly** (Taft) Steeplechase **Brandon Rock** (Taft) 800 **Tyree Washington** (SBVC) 400 (3rd) 4 x 400 (1st) **Brian Wellman** (Taft/ Bermuda) Triple Jump

Women: Juliet Revoli- Campbell (Mt SAC/ Jamaica) 200 **Nicole Carroll** (San Mateo) Javelin



Tyree Washington- SBVC was the male star of 1997 State Championships. His 44.52 is still the recognize National Community College record. He had a long and distinguished international career. **He is a 2019 inductee into the California Community College Athletic Association Hall of Fame.**

1998

Citrus Stadium, Citrus College- Glendora

Oumar Loum	Riverside	10.21	100	Anicia Rimm	Ventura	11.83
Oumar Loum	Riverside	20.75	200	Trinity Davis	Merritt	24.53
Malachi Davis	Sacramento	46.78	400	Sabrina Edge	SD Mesa	55.74
Greg Pratt	East LA	1:50.86	800	Artea Dunn	SD Mesa	2:11.57
Kris Bowditch	Riverside	3:52.46	1500	LaTanya Sumlin	Bakersfield	4:39.57
Kris Bowditch	Riverside	14:25.32	5K	Araceli Martinez	Orange Coast	17:42.24
Kris Bowditch	Riverside	30:47.48	10K	Araceli Martinez	Orange Coast	36:28.28
Brandon Brown	Long Beach	13.88	HH	Tamisha Allen	Hartnell	14.32
Makio Haywood	Long Beach	51.27	IH	Tamisha Allen	Hartnell	1:01.82
Julio Serratos	Glendale	9:18.50	Steeple/3K	Marisol Barajas	LACC	10:17.08
Fresno		39.58	400 RE	SD Mesa		47.9
Fresno		3:09.46	1600 RE	SD Mesa		3:49.79
Elliot Parks	Saddleback	6-10	HJ	Renee Castelo	Santa Barbara	5-6
Matt Petz	Mt. SAC	16-6	PV	Jennifer Sargent	Mt. SAC	11-0
Derrick Lewis	Sacramento	25-0	LJ	Stephanie Jones	Mt. SAC	20-3.5
Tye Anderson	Long Beach	51-5.5	TJ	Karmen Furr	Citrus	38-11.75
Anders Holstrum	Mt. SAC	57-8	SP	Andrea Pappas	CSM	49-1
Serge Doh	Riverside	181-2	DT	Jackie Hotchkiss	San Jose	155-1
Patrick Johansson	Mt. SAC	195-0	Ham	Jill Wool	Modesto	178-9
Ron White	Siskiyou	215-7	Jav	Shelley Hill	Modesto	142-2
Steve Robinson	Marin	6942	Dec/Hep	Kristi Johnson	Diablo Valley	4684

Team Scores

Men: Mt SAC 115, Riverside 94.5, LBCC 64

Women: San Diego Mesa 68, Mt SAC 63, Modesto 53.5

Historical notes: Women: NJCR HT by Modesto's Wool. Sargent PV MR; Martinez' 10k MR by two minutes!

Men: RCC's Loum (Senegal) '92, '96, '00 Olympian...RCC's Bowditch's distance triple a state meet first in those events. Johansson HT a Mt. SAC record. RCC's six first places lead to runner-up team spot.



Alvin and Calvin Harrison

Atlanta Olympics
Gold Medal
1600 Relay
Sydney Olympics
Gold Medal
1600 Relay

1999
Ram Stadium, City College of San Francisco

Gerald Williams	Mt. SAC	10.31	100	Kristia Groves	Long Beach	11.82
Chris Williams	Mt. SAC	20.92	200	Shami Vanhook	Long Beach	24.52
Tim Brown	Fresno	46.92	400	Shami Vanhook	Long Beach	55.61
Brian Wilkinson	Modesto	1:52.29	800	Jasmine Hall	El Camino	2:18.52
Brian Wilkinson	Modesto	3:54.49	1500	Jen Schindler	ARC	4:36.87
Mike Kasahun	Fresno	15:06.51	5K	Jen Schindler	ARC	17:29.07
Mike Kasahun	Fresno	31:56.07	10K	Zoila Gomez	Orange Coast	38:07.47
Dominique Degrammont	Long Beach	13.85	HH	Jaquilla Lewis	Sacramento	14.11
David Warren	Long Beach	51.6	IH	Justina Jupiter	SD Mesa	1:02.08
Jose Merino	Glendale	9:21.66	Steeple/3K	Steph Vannicola	Chabot	10:28.12
Mt. SAC		40.44	400 RE	Long Beach		46.8
Mt. SAC		3:10.74	1600 RE	Long Beach		3:52.8
Grady Wilburn	Foothill	6-8	HJ	Tia Hanson	Riverside	5-8
Steve Harris	San Jose	17-0	PV	Vanessa Yebra	Hartnell	11-0
Gerald Williams	Mt. SAC	25-5	LJ	Stephanie Jones	Mt. SAC	19-9.25
Benson Jones	Diablo Valley	51-2.75	TJ	Andia Booker	SD Mesa	36-11.75
Anders Holstrum	Mt. SAC	60-3.75	SP	Amanda Harvey	Bakersfield	44-10.5
Chris DeMartini	CSM	174-7	DT	Shannon Jones	Mt. SAC	147-2
Anders Holstrum	Mt. SAC	193-7	Ham	Shannon Cox	ARC	161-4
Ron White	Siskiyous	221-3	Jav	Etta Jackson	Santa Ana	124-9
Matt Blair	Marin	6392	Dec/Hep	Jackie Dalton	Sacramento	4441

Team scores

Men: Mt SAC 118.5, LBCC 74.5, Riverside 51

Women: Long Beach 84, Mt SAC 77, SD Mesa 51

Historical Notes: Women: Schindler won '98 state xc meet by 22 seconds!

Men: LBCC's Degrammont won '03 NAIA HH title-Azusa Pacific; Mt. SAC's Holstrum three gold in two years and MR SP over 60 feet, led Mounties to two state team titles. Modesto's Wilkinson also won 800/1500 double in '95 for Hartnell for four state titles.

1999- Seville IAAF Participants

Men: Mark Crear (Mt SAC) 110 HH **Davidson Ezinwa** (Mt SAC/ Nigeria) 100 **Noureddine Morceli** (Riverside/ Algeria) 1500 **Frances O' Neil** (Long Beach) Steeplechase **Felix Sanchez** (SD Mesa/ Dominican Republic) 400 IH

Women: **Juliet Revoli- Campbell** (Mt SAC/ Jamaica) 200 **Sau Ying Chan** (Mt SAC/ Hong Kong) 100 Hurdles **Stacy Dragila** (Yuba) Pole Vault (1st)



Dan Ripley- He had a long varied history in California Community College track and field. He was the 1973 State champion in the Pole Vault. His career highlights included being a member of 1980 USA Olympic team. 5 times he improved the World Record indoors. Finally, he was the Head Coach of 4 teams that captured the CCCAA women's team title. (Mt SAC '86, '95, '96 & Long Beach '99)

2000
Memorial Stadium, Bakersfield College

Justin Anderson	Cerritos	10.25	100	Natasha Meyers	LASW	11.38
Michael Mitchell	Mt. SAC	20.59	200	Natasha Mayers	LASW	23.79
Brian Vernon	Long Beach	46.13	400	Denniece Cuthbert	Chabot	56.58
Phil Tabor	ARC	1:49.78	800	Sherron Rhetta	West LA	2:15.65
Bryon Lamorandier	Cuyamaca	3:54.68	1500	Melissa McBain	Moorpark	4:40.39
Gabriel Hernandez	SBVC	15:00.08	5K	Zoila Gomez	Orange Coast	18:29.3
Gabriel Hernandez	SBVC	31:52.18	10K	Zoila Gomez	Orange Coast	37:18.9
Dominique Degrammont	Long Beach	13.82	HH	Maggie Escuder	Cuyamaca	14.19
Keith Davis	El Camino	51.73	IH	Monique Anderson	Long Beach	1:01.85
Jacob Mills	Sierra	9:44.19	Steeple/3k	Zoila Gomez	Orange Coast	10:34.76
Mt. SAC		39.63	400 RE	CCSF		46.96
Long Beach		3:08.33	1600 RE	West LA		3:51.88
Matt Primous	Santa Ana	6-10	HJ	Tia Hansen	LASW	5-9
Giovanni Lanaro	Mt. SAC	16-7	PV	Vanessa Yebra	Hartnell	12-0
Darrell Lewis	Santa Rosa	24-1.5	LJ	Paola Leyva	Mt. SAC	18-8.5
Terrell Wooten	Mt. SAC	52-0.75	TJ	Paola Leyva	Mt. SAC	40-8.75
Mike Pestridge	Bakersfield	52-0	SP	Amy Thiel	Moorpark	49-0
Bryan Harris	SJ Delta	162-1	DT	Amy Thiel	Moorpark	157-8
Robert Rubio	Modesto	185-0	Ham	Amy Thiel	Moorpark	184-9
Ben Fogel	CSM	209-9	Jav	Monique McClure	El Camino	139-9
Erick Knight	Hartnell	6909	Dec/Hep	Janet Beltran	Mt. SAC	4439

Team Scores

Men: Mt SAC 125, LBCC 82, Hartnell 49

Women: Mt SAC 112, Moorpark 70, Orange Coast 59

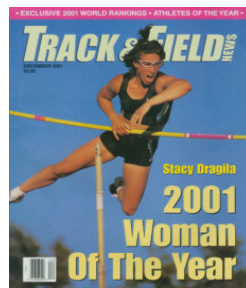
Women: Thiel's HT win NJCR/MR, first thrower to win three in state meet, AA at USC. Gomez took four individual titles, on two team titles, six NCAA titles, 11-time NCAA AA for Adams State. Gomez also competed in '07, '09 World Championships marathon OCC's Gomez 10k MR...at Adams St. she won six NCAA titles, 11 time NCAA AA...competed in '07, '09 World Chps. Marathon...selected Honda Broderick award winner. Mayers (St. Vincents/ Virgin Islands) ran NJCR 100m 11.12 in '00 for LASW...competed in '01, '03 World Championships, '00, '04 Olympian... at USC won '02 NCAA 200m title, runner-up at 100m.

Men: Lanaro, present Mt. SAC coach, a two-time '04, '08 Mexico Olympian, 17-6 PV Mt. SAC PR, three-time CS Fullerton AA, in '07 he had three meets over 19-0.25 (5.80m).

2000- Sydney Olympics Participants

Juliet Revoli- Campbell (Mt SAC/ Jamaica) 200 **Mark Crear** (Mt SAC) 110 **HH Stacy Dragila** (Yuba) Pole Vault (1st)

Robert Foster (Taft/ Porterville/ Jamaica) 110 **HH Alvin Harrison** (Hartnell) 400 (2nd), 4 x 400 (1st) **Calvin Harrison** (Hartnell) 4 x 400 (1st) **Natasha Mayers** (LA Southwest/ St. Vincent) 100 **Felix Sanchez** (SD Mesa/ Dominican Republic) 400 **IH Astia Walker** (Riverside/ Jamaica) 200 **Brian Wellman** (Taft/ Bermuda) Triple Jump



Stacy Dragila
Sydney Olympics
Gold Medal
Pole Vault

2001

Beaver Stadium, American River College- Sacramento

Josh Norman	Fresno	10.17	100	Tania Woods	CCSF	11.29
Jabari Fields	SBVC	20.84	200	Tania Woods	CCSF	23.17
Dwayne Miller	Long Beach	47.14	400	Hollan Givens	SD Mesa	56.16
Phil Tabor	ARC	1:53.25	800	Kim Gildersleeve	West LA	2:15.27
Sean Ricketts	SD Mesa	3:59.57	1500	Rebecca Spagnolo	Cuyamaca	4:49.78
Jaime Padilla	LACC	15:16.0	5K	Jenny Bell	Mt. SAC	18:32.78
Enrique Guerrero	SD Mesa	31:43.63	10K	Jody Hay	Moorpark	37:46.55
Rico Hatter	Long Beach	14.39	HH	Simone Brooks	CCSF	14.62
Richard Elie	West LA	52.51	IH	Monique Jessie	West LA	1:03.05
Ruben Escobar	Pasadena	9:26.9	Steeple/3K	Kim Lorimer	Glendale	10:33.03
Cerritos		40.2	400 RE	CCSF		45.79
Long Beach		3:09.31	1600 RE	Cerritos		3:49.23
Kurtiss Dilley	Sacramento	7-2	HJ	Antares Vice	Cerritos	5-6
Dustin Morrison	Mt. SAC	17-1	PV	Elizabeth Heskett	Pasadena	12-2
Tony Almond	Mt. SAC	25-5.5	LJ	Inge Prasetyo	De Anza	19-3
Stuart Richmond	Bakersfield	50-09	TJ	Paolo Leyva	Mt. SAC	39-10
Lucais MacKay	Moorpark	57-2	SP	Shelaine Larsen	Moorpark	45-11.25
Lucais MacKay	Moorpark	177-2	DT	Shelaine Larson	Moorpark	144-11
Lucais MacKay	Moorpark	203-7	Ham	Cami Carroll	CSM	169-10
Kyle Kersch	Mt. SAC	186-4	Jav	Alexis Bonilla	Monterey	131-2
Andrew Phillips	Cerritos	6643	Dec/Hep	Ileah Jackson	Shasta	4590

Team scores

Men: Mt SAC 78, Long Beach 70, Bakersfield 63

Women: Mt SAC 105.5, CCSF 65.33, Moorpark 58.5

Women: Heskett's 12-2 a PV MR. Leyva -three state horizontal jump titles in two years.

Men: Fresno's Norman 10.17-100 MR; Modesto's MacKay, coached by CCC coaching legend father, was first to win all three throwing events in state meet. MacKay won '03 NCAA for Georgia, threw in '08 Trials. Allmond 2nd place in '04 Trials at 26-7, but didn't meet Games standard.

2001- Edmonton IAAF Participants

Men: Ato Bolden (San Jose/ Trinidad) 100 (3rd) 4 x 100 (1st) Felix Sanchez (SD Mesa/ Dominican Republic) 400 IH (1st)

Women: Juliet Revoli- Campbell (Mt SAC/ Jamaica) 4 x 100 (3rd) 200 Stacy Dragila (Yuba) Pole Vault (1st) Natasha Mayers (LASW/ St Vincent) 100, 200

2002

La Playa Stadium, Santa Barbara City College

Carlos Moore	Mt. SAC	10.24	100	April Brown	Cerritos	11.41
Carlos Moore	Mt. SAC	21.22	200	Tania Woods	CCSF	24.15
Patrick Wetzel	Moorpark	46.96	400	Monique Jessie	West LA	55.47
Blaine Bussey	Long Beach	1:50.22	800	Andrea Norris	CCSF	2:15.06
Oswald Pina	Mt. SAC	3:53.29	1500	Celeste Dunlap	West Valley	4:51.37
Mario Macias	Sequoias	14:28.15	5K	Michelle Icban	Orange Coast	17:40.64
Delfino Arevalo	Modesto	30:39.75	10K	Michelle Icban	Orange Coast	36:42.42
Matt Mason	Long Beach	14.08	HH	Simone Brooks	CCSF	13.93
Keith Davis	El Camino	51.43	IH	Brooke Meredith	Shasta	1:00.11
Ben Bruce	SD Mesa	9:04.52	Steeple	Marla Barbour	Modesto	12:51.64
Cerritos		39.88	400 RE	CCSF		45.75
Long Beach		3:08.88	1600 RE	West LA		3:49.09
Kurtiss Dilley	Sacramento	7-2.5	HJ	Antares Vice	Cerritos	5-6
Dustin Morrison	Mt. SAC	16-6	PV	Jennifer Finaldi	Orange Coast	11-6
Tony Almond	Mt. SAC	26-5.25	LJ	Lacsheia Turner	Mt. SAC	19-0.75
Rodney Woods	Fresno	51-3.5	TJ	Antares Vice	Cerritos	39-1.5
Chris Figures	Bakersfield	61-4	SP	Angel Johnson	Lassen	42-6
Gilbert Rocha	SJ Delta	175-2	DT	Matala Lualemaga	Santa Ana	155-10
Kibwe Johnson	Moorpark	186-8	Ham	Tia DeSoto	Santa Rosa	175-3
Jon Rozborski	El Camino	200-5	Jav	Liz Jacobsen	Yuba	136-11
Mike Comarato	CSM	6735	Dec/Hep	Brooke Meredith	Shasta	5182

Team Scores

Men: Mt SAC 123, El Camino 43, Bakersfield 41

Women: Mt SAC 97, Cerritos 75, Orange Coast 40.5

Women: * Marla Barbour won the inaugural Steeplechase.** Shasta's Meredith produced a rare hep and 400 hurdles double winner.

Men: Mesa's Bruce improved dramatically from Cal Poly Big West Champion-'05 to 8:19.10 PR in '11...'10 USA Runner-up, on three World Chps teams (xc, marathon, SC). Kibwe Johnson a neophyte in HT at Moorpark, but became two-time Olympian in '12, '16...threw in three World meets, USA Champ in '11, set Pan Am Games MR in '11, and won again in '15...PR 263-5.

2003

Gladiator Stadium, Chabot College- Hayward

Carlos Moore	Mt. SAC	10.48	100	April Brown	Cerritos	11.63
Carlos Moore	Mt. SAC	21.13	200	April Brown	Cerritos	24.09
Joshua McBride	CCSF	47.01	400	Christina Hardeman	De Anza	53.97
Chris Wells-Anders	Glendale	1:52.20	800	Stacey Livingstone	Long Beach	2:16.4
Gerardo Rabelo	East LA	3:54.99	1500	Trina Cox	Santa Rosa	4:35.38
Gerardo Rabelo	East LA	14:48.89	5K	Michelle Icban	Orange Coast	17:24.53
Art Diaz	Orange Coast	31:25.28	10K	Michelle Icban	Orange Coast	35:39.24
Guy McGowan	San Jose	14.11	HH	Beyonka McDowell	Sacramento	13.86
Jerome Miller	Bakersfield	52.87	IH	Lorraine Swaby	West Valley	1:00.31
Phil Porter	Saddleback	9:28.2	Steeple	Nadia Bagumyan	Glendale	11:25.01
Cerritos		40.13	400 RE	Cerritos		45.90
Cerritos		3:10.32	1600 RE	Long Beach		3:46.15
Terrence Ruffin	Contra Costa	6-11	HJ	Nicole Hunter	Compton	5-4
B.J. Vancrovec	Golden West	16-7	PV	Nisana Anderson	Santa Rosa	11-10
Ron Hill	Mt. SAC	25-8	LJ	Beyonka McDowell	Sacramento	19-6
Keno White	SD Mesa	50-5.75	TJ	Dija Robb-Tatro	Moorpark	38-8.25
Harold Young	El Camino	55-8	SP	Paris Kidd	Sacramento	43-5.75
Harold Young	El Camino	171-11	DT	A.J. Roby	Sequoias	154-10
William Moman	Moorpark	201-3	Ham	Joan Brennan	CSM	171-1
Tim Rozborski	El Camino	189-3	Jav	Michelle Beebee	Chabot	135-2
Ben Knight	Cuyamaca	7031	Dec/Hep	Lauryn Jordan	SJ Delta	4233

Team Scores

Men: Moorpark 96, Mt SAC 66, Sequoias 65

Women: Sacramento 88, Mt SAC 65.5, Orange Coast 62

Women: OCC's Icban's four state titles historic including NJCR 10k 35:39.24, she had 5k PR of 17:15.56 in '03. Glendale's Bagumyan women's SC MR. Cerritos' Brown set NCAA-II 60m indoor record for CSLA in '06.

Men: Moore first back-to-back sprint double wins in state meet history. Moorpark only wins one event but takes the team title.

2003- Paris IAAF Participants

Men: Ato Bolden (San Jose/ Trinidad) 100, 4 x 100 Calvin Harrison (Hartnell) 400, 4 x 400 Felix Sanchez (SD Mesa) 400 IH (1st) Tyree Washington (SBVC) 400 (1st)

Women: Natasha Mayers (LASW/ St. Vincent) 100 Sylvia Mosqueda (East LA) Marathon

2004
Memorial Stadium, Bakersfield College

Richard Del Rincon	Cuyamaca	10.53	100	Terica Ned	Riverside	11.9
Vantonio Fraley	Monterey	21.0	200	Terica Ned	Riverside	24.12
Daryl Terrell	CCSF	46.98	400	Brenda Austin	Long Beach	56.21
Mario Cobian	Pasadena	1:51.13	800	Stacey Livingstone	Long Beach	2:14.0
Gerardo Rabelo	East LA	3:52.92	1500	Brooklan Grimes	Bakersfield	4:33.78
Jimmy Grabow	SBVC	14:57.21	5K	Christina Lara	Mt. SAC	17:45.74
Ryan Rogers	Antelope Valley	31:28.02	10K	Ava Jones	Orange Coast	36:27.50
Jerome Miller	Bakersfield	13.86	HH	Faun Davis	Sacramento	14.16
Stephan Brooks	CCSF	51.37	IH	Tassia Cendejas	Mt. SAC	1:03.13
James Parker	Lassen	9:27.42	Steeple	Ludi Valdez	Orange Coast	11:27.27
Long Beach		39.63	400 RE	Long Beach		45.98
Long Beach		3:09.47	1600 RE	Long Beach		3:45.55
Matthew Carter	Santa Ana	6-10	HJ	Lauryn Jordan	SJ Delta	5-7
Duane McCabe	Golden West	16-0	PV	Tamara Neely	Cuesta	12-0
Ron Hill	Mt. SAC	24-2.25	LJ	Lauryn Jordan	SJ Delta	19-8
Raphael McFarlane	Saddleback	48-3.75	TJ	Lauryn Jordan	SJ Delta	39-10.5
Harold Young	El Camino	58-7.75	SP	Sara Clinkenbeard	Sacramento	47-11.25
Robert Slowik	Moorpark	196-7	DT	Sara Clinkenbeard	Sacramento	150-3
Robert Slowik	Moorpark	209-11	Ham	Sara Clinkenbeard	Sacramento	179-5
Ryan Taylor	Siskiyou	201-1	Jav	Sarah Faulkner	CSM	141-7
Chris Richardson	Cerritos	6632	Dec/Hep	Lauryn Jordan	SJ Delta	4895

Team Scores

Men: CCSF 66, LBCC 63.5, Bakersfield 45

Women: Sacramento 112, Mt SAC 75.5, LBCC 69

Women: Clinkenbeard won '03 Nor Cal HT at 180-0 MR, her rare three event win led Sacramento to team title. RCC's Ned still holds OEC 100 record-11.70...at CSLA in '05 NCAA II meet she placed 5th in the 100 and 6th in the 200. Delta's Jordan had a meet for the ages. Winning 3 jumps on top of winning the 2- day Heptathlon and adding 5th place finishes in the Short Hurdles and open Javelin!!! She is the current head coach at Delta.

Men: Slowik (Canada) has still standing state HT MR at 209-11 and MR discus throw. ELAC's Robelo won four SO CAL and three state titles in two years. Cobian, '05 800 state meet runner-up, was '06 CS Long Beach conference 800 champion.

2004- Athens Olympics Participants

Women: **Natasha Mayers** (Virgin Island) 100

Men: **Giovanni Lanaro** (Mt SAC/ Mexico) Pole Vault **Felix Sanchez** (SD Mesa/ Dominican Republic) 400 IH (1st)



John Chaplin, Former Pasadena City College sprinter, was the Head USA Men's Track and Field Coach for the Athens Olympic Games.

2005

Beaver Stadium, American River College- Sacramento

Jared Ware	Riverside	10.6	100	LaSadies McClain	Sacramento	12.0
Brant Gilbert	Modesto	21.48	200	Jasmin Baldwin	Long Beach	23.85
David Johnson	Riverside	46.75	400	April Panteau	Long Beach	55.37
Francis Gadayan	CCSF	1:50.24	800	Tyrene Webb	Cerritos	2:14.03
Humberto Rojas	Orange Coast	3:54.29	1500	Brittany Grimes	Bakersfield	4:40.1
Porfilio Parra	LATT	15:17.01	5K	Ludi Valdez	Orange Coast	18:22.46
Babey Wagnew	Southwestern	31:36.47	10K	Ludi Valdez	Orange Coast	39:24.74
Jerome Miller	Bakersfield	14.4	HH	Dinah Clark	Fresno	14.7
Chad Thomas	Mt. SAC	51.97	IH	Taletha Calhoun	Sequoias	1:00.82
Martin Cedeno	SBVC	9:38.37	Steeple	Monica Su	Santa Barbara	11:30.21
Mt. SAC		40.56	400 RE	Sacramento		45.51
Mt. SAC		3:10.13	1600 RE	Long Beach		3:49.94
Donoir Flax	Mt. SAC	7-0	HJ	Mary Ann Wee	Fullerton	5-6
Daniel Imlach	Shasta	15-6	PV	Jill Schlenker	SJ Delta	11-9
David Johnson	Riverside	24-8	LJ	Angie Wells	Long Beach	19-2.75
Frankie Green	SD Mesa	50-4.25	TJ	Star Thurman	El Camino	38-6.75
Colin Veldman	Moorpark	55-8	SP	Bobbie Patton	Hancock	45-9
Colin Veldman	Moorpark	173-9	DT	Tai Battle	Moorpark	157-9
Colin Veldman	Moorpark	191-6	Ham	Tai Battle	Moorpark	159-0
Aris Borjas	Fresno	214-6	Jav	Elizabeth Parsley	Sacramento	143-3
Chris Richardson	Cerritos	6980	Dec/Hep	Elle Cruikshank	Santa Ana	4618

Team Scores

Men: CCSF 65, Mt. SAC 63, LBCC & Riverside 55

Women: Sacramento 87, Cerritos 84, Mt. SAC & Fresno 70.5

Women: Battle one of select group who won two identical events in consecutive state meets...she went on to Arizona State. Double '05 win gave Valdez three state titles for OCC.

Men: OCC's Rojas won five titles: So Cal, State XC, T&F. Veldman continues Moorpark's legacy in throws with rare triple win. Richardson, now longtime Cerritos head T&F coach, won '08 Big West decathlon for CS Long Beach, then at NCAA placed 3rd in '07, 5th in '08 decathlons.

2005- Helsinki IAAF Participants

Men: **Dominique Arnold** (Long Beach) 110 HH **Felix Sanchez** (SD Mesa/ Dominican Republic) 400 IH **Calvin Harrison** (Hartnell) 400

Women: **Mary Akor** (El Camino) Marathon

2006
Memorial Stadium, Bakersfield College

Woodny Turenne	Sequoias	10.46	100	Charonda Williams	Laney	11.75
Damien White	Long Beach	20.76	200	Charonda Williams	Laney	23.94
Joseph Turner	Modesto	47.19	400	Krystal Quinn	AVC	56.48
Francis Gadayan	CCSF	1:52.31	800	Danielle Sinclair	Diablo Valley	2:15.65
Oscar Uribe	Butte	3:58.69	1500	Jewel Butler	Orange Coast	4:42.6
Romualdo Sanchez	LATT	15:16.19	5K	Sarah Apgar	Southwestern	18:17.7
Romualdo Sanchez	LATT	32:04.81	10K	Adrienne Schumm	Mt. SAC	38:13.8
Vannie Prudhomme	Long Beach	14.49	HH	Krystina Jackson	Mt. SAC	14.18
Jeremy Jones	CCSF	52.7	IH	Yasmin Webb	Cerritos	1:02.27
Jesus Solis	Hancock	9:37.95	Steeple	Whitney Patton	Mt. SAC	11:35.97
Sequoias		40.04	400 RE	Mt. SAC		47.18
CCSF		3:12.47	1600 RE	American River		3:52.56
Nalim Adikaram	Long Beach	6-10	HJ	Lashay Bagsby	Bakersfield	5-6
Kasey Burlingham	Cuesta	16-9	PV	Kate Almond	Cuesta	12-1
Josh Muwwakkil	Cerritos	24-4.5	LJ	Angie Wells	Long Beach	20-.25
Rex Bridgeforth	Moorpark	49-9	TJ	Nyisha Tates	Sequoias	38-7
Shane Mervau	Sacramento	57-5	SP	Aubrey Baxter	Moorpark	45-1.75
Matt Artau	Sacramento	165-7	DT	Morgan Bogard	SD Mesa	156-7
Nick Saylor	AVC	181-0	Ham	Tai Battle	Moorpark	181-1
Nick Bawden	Moorpark	204-1	Jav	Michelle Thompson	Cuyamaca	144-9
Chris Brown	Hartnell	6571	Dec/Hep	Jackie Taylor	Cerritos	4499

Team Scores

Men: CCSF 85, Moorpark 81, Sacramento 79

Women: Cerritos 89, Moorpark 80, Mt SAC 65

Women: Almond's PV second all-time height in state meet. Laney's Charonda Williams, winner of both sprints would go on to represent the USA at the IAAF World Championships.

Men: Prudhomme 3rd in HJ at 6-10, won SoCal HJ at 7-0. Team champion CCSF only won two events

2007

College Heights Stadium, College of San Mateo

Javonte Taylor	LASW	10.47	100	Charonda Williams	Laney	11.56
Edino Steele	Pasadena	20.76	200	Charonda Williams	Laney	23.53
Edino Steele	Pasadena	45.77	400	Daunyah Harris	AVC	55.59
Che Ballenger	Merritt	1:53.11	800	Danielle Moore	AVC	2:13.74
Brandon Babiracki	Orange Coast	3:54.08	1500	Sarah Agpar	Southwestern	4:37.63
Oscar Ogwaro	East LA	15:16.51	5K	Tove Berg	Glendale	17:14.64
Oscar Ogwaro	East LA	31:21.30	10K	Tove Berg	Glendale	36:00.62
J.T. Leggin	Sacramento	14.65	HH	Candise Maxwell	Laney	13.78
Kenneth Medwood	East LA	52.78	IH	Cristina Hibbert	ARC	1:02.42
Oscar Ogwaro	East LA	9:05.91	Steeple	Jenni Johnson	Santiago Canyon	10:56.93
Pasadena		40.26	400 RE	Laney		45.28
Pasadena		3:11.82	1600 RE	ARC		3:51.54
Tim Sabastian	Chaffey	7-1	HJ	Dana Green	Chaffey	5-9
Jordan Savidge	Mt. SAC	17-0.75	PV	Brittany Petersen	ARC	11-1
Vince Bolin	Santa Ana	23-8.75	LJ	Charonda Williams	Laney	19-4.75
Alfred Perkins	Butte	48-1.75	TJ	Angela Brazley	Mt. SAC	38-4.25
Matt Jarvis	Shasta	51-5	SP	Jahylica Bland	Sacramento	43-8.5
Eki Faagai	Moorpark	163-6	DT	Whitney Ashley	Cerritos	147-2
K.P. Singh	Fresno	180-0	Ham	Morgan Bogard	SD Mesa	186-10
Gary Jeffrey	Moorpark	201-1	Jav	Michelle Thompson	Cuyamaca	158-9
Josh Linker	SJ Delta	6279	Dec/Hep	Cristina Hibbert	ARC	4476

Team Scores

Men: Pasadena 75, Moorpark 70, Sacramento 69

Women: American River 90.5, Laney 83, Mt SAC 61

***** After the conclusion of the meet, it was determined that Pasadena had competed athletes that were athletically ineligible. After rescoring, Sacramento was declared the Men's team champion.**

Women: Williams won five state titles in two years, one of select to win back to back double sprint wins... '07 "Athlete of State Meet" and at Arizona State first sprinter in conference history to win 100, 200...placed second in '09 NCAA 200, on USA World Team in '09-200m. Glendale's Berg 2nd in '06 and '07 state xc meet, won four golds in two state T&F meets. Mesa's Bogard MR HT, 3rd in SP, won '06 state discus. Laney's 400m relay MR. Cerritos' Ashley in '13,'15,'16 World Championships, won '12 NCAA and still holds San Diego State discus, hammer, indoor shot records.

Men: PCC's Jamaican Olympian, Edino Steele, named "Athlete of State Meet." Fresno's Singh had three state throwing titles in two years. Babiracki was son of Dave-former NJCR holder at 5k for LA Valley. Brandon went on to BYU.

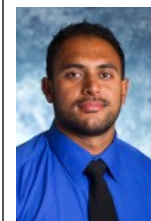
2007- Osaka IAAF Participants

Women: Mary Akor (El Camino) Marathon Zoila Gomez (Orange Coast) Marathon



Whitney Ashley
2016 Olympian
Discus
2007 State Champ
Discus

K.P. Singh, 3
state titles in
'07 & '08.
Current UC-
Davis throws
coach.



2008

Falcon Stadium, Cerritos College- Norwalk

Curtis Mitchell	Southwestern	10.23	100	Ebony Collins	West LA	11.53
Curtis Mitchell	Southwestern	20.91	200	Chauncy David-Jacobs	CCSF	23.89
Ennis Jones	Riverside	46.67	400	Chauncy David-Jacobs	CCSF	54.86
Stephan May	Riverside	1:53.88	800	Mekka Edwards-White	LA Valley	2:15.44
Dave Edwards	SD Mesa	3:53.01	1500	Christina Cortez	Mt. SAC	4:45.51
Daniel Gonia	SD Mesa	14:56.38	5K	Tove Berg	Glendale	17:18.98
Daniel Gonia	SD Mesa	31:02.61	10K	Tove Berg	Glendale	36:41.19
Vannie Prudhomme	Long Beach	13.82	HH	Candise Maxwell	Laney	13.46
Kenneth Medwood	East LA	51.63	IH	Ebony Collins	West LA	1:01.88
Jason Engler	ARC	9:23.37	Steeple	Cassie Mitchell	Orange Coast	10:59.39
Riverside		40.27	400 RE	Laney		45.02
ARC		3:12.25	1600 RE	CCSF		3:48.14
Chris Hicks	Pasadena	6-11	HJ	Leslie Noiseaux	Cuyamaca	5-7
Andy Miller	Saddleback	16-3	PV	Kate Almond	Cuesta	11-6
Kristen Joseph	Cerritos	24-9.75	LJ	Robyn Hunte	Laney	19-3.5
Neelon Greenwood	Sacramento	51-5.75	TJ	Jessica Barfield	Cerritos	40-1.5
Jimmie Pacifico	Moorpark	56-10	SP	Na'i Lenl	El Camino	46-.75
K.P. Singh	Fresno	175-4	DT	Jasmine Steward	Fresno	160-0
K.P. Singh	Fresno	199-4	Ham	Danielle Thu	SD Mesa	185-0
Bryan Braman	Long Beach	201-0	Jav	Ashley Geer	Siskiyou	136-7
Nate Koch	Mt. SAC	6938	Dec/Hep	Anika Jackson	Bakersfield	4590

Team Scores

Men: Riverside 112, Sacramento 67, Fresno 52

Women: Cerritos 101, West LA 92.5, Laney 77

Women: Collins a one woman team leading WLA to runner-up spot...a heralded prep at LB Wilson she became only second girl to win four golds at state meet....Collins in six events at '08 state JC meet and placed 4th at '09 USATF in IH-55.64; EC's Leni third all-time at CSLA SP rankings.

Men: Gonia won Big West XC for CP SLO in '08; Two time champion Medwood (Belize) IH MR...at CS Long Beach 2nd Big West IH & LJ...ran in '11 Worlds and had PR of 49.54 at Mt. SAC Relays...at '12 Olympics Medwood was Belize flag bearer. Moorpark's Jimmie Pacifico followed example of international level powerlifting father (Larry) with 2550 total in three lifts (220 lb. class!!).

2008- Beijing Olympics Participants

Women: Magdalena Lewy- Boulet (Long Beach) Marathon

Men: Giovanni Lanaro (Mt SAC/ Mexico) Pole Vault **Felix Sanchez** (SD Mesa) 400 IH

2009

College Heights Stadium, College of San Mateo

Curtis Mitchell	Southwestern	10.31	100	Lauryn Newson	Laney	11.78
Curtis Mitchell	Southwestern	20.58	200	Lauryn Newson	Laney	23.64
Kianti Gix	ARC	46.59	400	Champelle Brown	Laney	53.88
Torion Bailey	Cerritos	1:53.49	800	Mekka Edwards-White	LA Valley	2:12.23
Carlos Perez	SBVC	3:56.83	1500	Christine Cortez	Mt. SAC	4:34.06
Daniel Tapia	Hartnell	15:10.96	5K	Cassie Mitchell	Orange Coast	17:54.81
Daniel Tapia	Hartnell	31:23.04	10K	Lenore Moreno	Mt. SAC	37:58.95
Ray Stewart	Merritt	13.83	HH	Erin Straughter	Cerritos	14.37
Marcus Pope	Mt. SAC	51.27	IH	Ashley James	Fullerton	1:00.84
Mike Denman	SD Mesa	9:33.70	Steeple	Cassie Mitchell	Orange Coast	10:44.46
Cerritos		40.24	400 RE	Sacramento		46.35
ARC		3:09.24	1600 RE	Laney		3:48.20
Fletcher Carlyle	Sacramento	6-10.75	HJ	Susan Jackson	Sacramento	5-8.75
Eric Adophus	Mt. SAC	16-2.75	PV	Karen Guravska	Cerritos	12-2
Ryan Butts	AVC	25-4.75	LJ	Lauryn Newson	Laney	19-10.75
Kenneth McGee	Fullerton	48-6.25	TJ	Jessica Barfield	Cerritos	41-1
Dennis Aliotta	Moorpark	60-7.25	SP	Na'i Leni	El Camino	50-7.25
Karl Gehrke	Moorpark	165-8	DT	Samantha Gutierrez	Riverside	168-3
Dennis Aliotta	Moorpark	181-2	Ham	Holly Lohse	Shasta	164-8
Cooper Thompson	Bakersfield	222-0	Jav	Randi Hicks	Ventura	149-8
Nicholas Armstrong	Cerritos	6867	Dec/Hep	Sarah Nichols	Butte	4504

Team Scores

Men: Riverside 68, Cerritos & Moorpark 58

Women: Cerritos 107.5, Laney 101, Riverside 64

Tenth year Moorpark had a women or man winning a state meet throw

Women: Newson led Laney to team second place with three wins and 400 relay leg.

Men: Mitchell matches Mt. SAC's Carlos Moore in back-to-back years of double sprint wins. Mitchell won '13 NCAA Indoor 200 at 20.38 for Texas A&M, in '13 World Championships 200 he ran 20.04 for Bronze...career PR 19.97. BC's Thompson set javelin MR...at USC 253-3 throw is second all time, he won two UCLA Duals, won '11 PAC-10, second in '10 PAC-10 meet. Tapia also won '09 state XC title. Team champion RCC did not win an event.

2009- Berlin IAAF Participant

Women: Charonda Williams (Laney) 200 Zoila Gomez (Orange Coast) Marathon



Curtis Mitchell-
Double Sprint
winner. Future
NCAA Sprint
Champion and
Bronze Medal
winner at the '13
World
Championships.

2010

Brent Carder Marauder Stadium, Antelope Valley College- Lancaster

Tavion Burke	AVC	10.32	100	Lauryn Newson	Laney	11.60
Ameer Webb	Cerritos	21.12	200	Shanae Roach	Laney	23.94
Marquis Pilchur	Riverside	47.72	400	Tanisha Hawkins	Cerritos	55.14
Torion Bailey	Cerritos	1:59.18	800	Corey Honeycutt	Canyons	2:15.93
Gabriel Hibert	Cerritos	4:04.17	1500	Rosa Del Toro	Glendale	4:43.88
David Cardona	El Camino	15:56.27	5K	Lenore Moreno	Mt. SAC	17:58.25
David Sanchez	Sequoias	35:25.50	10K	Lenore Moreno	Mt. SAC	38:44.05
Ray Stewart	Merritt	13.95	HH	Shakina Phillips	LASW	14.08
Marcus Pope	Mt. SAC	52.76	IH	Ashley Frazier	ARC	1:02.97
Mark Frazier	CCSF	9:32.80	Steeple	Mallory Celeya	MT. SAC	11:54.40
Riverside		41.11	400 RE	Sacramento		46.89
Riverside		3:15.42	1600 RE	Cerritos		3:49.93
Ray Nikzat	Sacramento	7-0.25	HJ	Susan Jackson	Sacramento	5-7
Nick Jennings	Saddleback	16-8	PV	Jenna Yowell	ARC	10-11
Chris Bernard	Riverside	24-7.5	LJ	Lauryn Newson	Laney	20-9.5
Chris Bernard	Riverside	53-2	TJ	Starasia Childs	West LA	41-0.5
Chris Yates	Golden West	54-10.25	SP	Luseane Makanesi	Fullerton	45-9.75
Nate Moses	Fresno	192-11	DT	Samantha Gutierrez	Riverside	168-3 168-3
Christian Millard	Fresno	179-5	Ham	Angel Togafau	Golden West	167-2
Cody Allen	Sacramento	206-5	Jav	Sarah Nichols	Butte	132-8
Aaron Victorian	San José	6572	Dec/Hep	Sarah Nichols	Butte	4791

Team Scores

Men: Riverside 94, Sacramento 59, Cerritos 54

Women: Laney 82, Sacramento 61, Cerritos/ American River 60

Severe wind conditions effected quality performances in this meet.

Women: Laney's Newson notches five individual gold in two years plus undetermined relay legs in 2009-10.. Mt. SAC's Moreno's double win gives her three gold in two state meets. Butte's Nichols won the hep and had an individual gold in the javelin.

Men: RCC's Bernard (ASU) still competing! At '17 Worlds he placed 6th at 56-3.50, placed 2nd in '18 NACAC's... has career TJ PR of 57-4.



Double Jumps winner, **Chris Bernard**, helped Riverside to its 3rd consecutive team title. He later represented the USA on the Olympic and IAAF World Championships stage.

Lauryn Newson was a 2 year star for Laney. She won 5 individual state titles. Her double win in 2010 helped Laney to its first ever State title. Pictured here at Pan Am Juniors.



2011

Beaver Stadium, American River College- Sacramento

Ameer Webb	Cerritos	10.44	100	Jasmine Woods	LA Valley	12.08
Ameer Webb	Cerritos	20.77	200	Shale' Garland	El Camino	24.38
Roland Brooks	Cuyamaca	46.77	400	Shale' Garland	El Camino	54.47
Chris Low	Canyons	1:52.11	800	Danielle Low	LATT	2:07.86
David Cardona	El Camino	3:48.01	1500	Tracee van der Wyk	Pasadena	4:36.67
David Cardona	El Camino	14:29.46	5K	Karen Rosas	Glendale	17:38.67
Ansu Sowe	Southwestern	31:03.42	10K	Karen Rosas	Glendale	37:19.60
Elijah Muhammad	Southwestern	14.47	HH	Lauren Rose	Laney	14.33
Jonathan Sanders	Long Beach	52.35	IH	T'Keyah Birkley	ARC	1:00.98
Travis Nemchik	SBVC	9:08.92	Steeple	Courtney Anderson	ARC	11:07.65
ARC		39.78	400 RE	LA Valley		46.21
ARC		3:13.00	1600 RE	West LA		3:45.13
Darius Bell	Sacramento	7-1.75	HJ	Lydia French	Moorpark	5-9.25
Derick Hinch	Cuesta	16-8.25	PV	Jenna Yowell	ARC	12-5.5
Braking Walker	ARC	25-9.25	LJ	Amber Sanford	Riverside	19-5.25
Derion Taylor	El Camino	50-1.75	TJ	Rukayay Bent- Mikail	El Camino	40-1.5
Willy Irwin	Fresno	55-10.25	SP	Luseane Makanesi	Fullerton	47-5.75
Derek White	De Anza	171-2	DT	Jazmin Porter	Shasta	149-10
Darien Moore	Bakersfield	191-11	Ham	Clarissa Hernandez	Hartnell	162-7
Adam Bianchessi	Mt. SAC	218-0	Jav	M. Alexander	El Camino	150-11
Scott Hubbart	SJ Delta	6618	Dec/Hep	Jaci Powell	Golden West	4796

Team Scores

Men: American River 86.5, Cerritos 76, Mt SAC 68

Women: Mt SAC/El Camino 81, American River 69

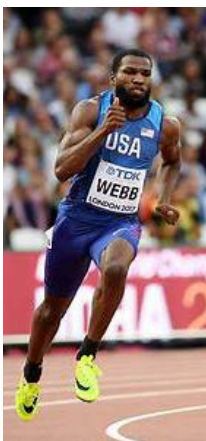
Women: ARC's Yowell vaults to MR. LA TT's Danielle Low runs second fastest 800 in state history.

Men: Cerritos' Webb won '13 NCAA Indoor & Outdoor 200 for Texas A&M... '16 Olympian and won USATF 200 in 17 then competed in World meet. Chris Low improved at CS Long Beach with 1:47.52 school record...was NCAA West Regional 800 runner-up, won '14 Big West and 7th in NCAA that year. Team champion ARC did not win an event.

2011 Daegu IAAF Participants

Men: Kenneth Medwood (East LA/ Belize) 400 IH Kibwe Johnson (Moorpark) Hammer Sergio Reyes (Cuesta) Marathon

Women: Zoila Gomez (Orange Coast) Marathon Natasha Mayers (LASW/ St. Vincent) 100



Ameer Webb, was the 100/ 200 sprint champ. His time at Cerritos provided a foundation for his future Olympic and international career.



Zoila Gomez, won 4 state titles in her Orange Coast career. She also represented the USA at the Daegu IAAF World Championships.

2012

Falcon Stadium, Cerritos College- Norwalk

Diondre Batson	ARC	10.36	100	Ashton Purvis	Laney	11.43
Diondre Batson	ARC	20.60	200	Ashton Purvis	Laney	22.86
Troy Pollard	Siskiyou	46.75	400	Christen Rivers	AVC	53.40
Chris Low	Canyons	1:49.16	800	Shawnice Williams	West LA	2:08.31
Matt Airola	ARC	3:45.80	1500	Meghan Foley	Orange Coast	4:37.08
Daniel Herrera	Cerritos	14:27.36	5K	Devon Kelsey	Cuesta	18:07.13
Daniel Herrera	Cerritos	30:48.86	10K	Ayded Reyes	Southwestern	38:19.15
Teivaskie Lewin	Butte	14.41	HH	Ke'Nya Hardge	Mt. SAC	13.65
Jordin Andrade	Mt. SAC	50.94	IH	Alexandria Whitmore	Sacramento	59.54
Barron Maizland	Orange Coast	9:18.95	Steeple	Cecilia Nicolas	Glendale	11:06.26
Riverside		39.83	400 RE	Laney		45.15
Mt. SAC		3:11.93	1600 RE	Riverside		3:48.84
Xavier Williford	Sacramento	6-9.75	HJ	Aundrea Yancy	West LA	5-7
Cameron Van Dieren	Mt. SAC	15-11	PV	Diamara Planell Cruz	SJCC	12-7.5
Lavorrie Johnson	Fullerton	24-2.5	LJ	Shanice Stewart	SBVC	18-3.75
Ryan Sanders	Mt. SAC	47-10	TJ	Rukayay Bent-Mikail	El Camino	39-10
Aaron Tombleson	Sacramento	58-7.5	SP	Cassandra Kennison	SD Mesa	49-1.75
Aaron Tombleson	Sacramento	171-4	DT	Priscilla Gardner	Cerritos	171-3
Remy Conatser	Saddleback	195-11	Ham	Jessika Byrd	Riverside	179-7
Logan Connors	Diablo Valley	219-9	Jav	Angel Sifuentes	Cerritos	138-8
Tomek Czerwinski	Mt. SAC	6888	Dec/Hep	Jaci Powell	Golden West	5191

Team Scores

Men: Riverside 121, Mt SAC 91.2, Sacramento 70

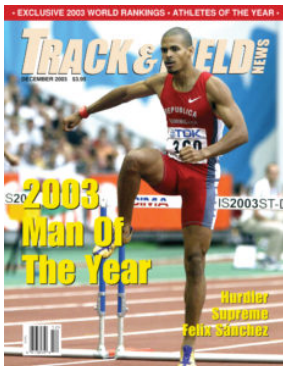
Women: Laney 78, Riverside/Cerritos 50

Women: Rivers 400 MR; Planell Cruz impressive PV MR.

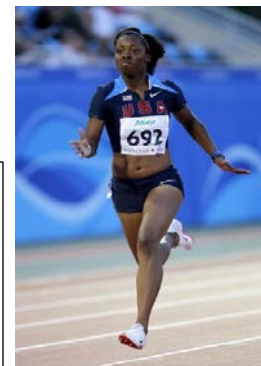
Men: ARC's Batson went to Alabama, won NCAA 100-10.06 in '14 as well as NCAA Indoor 200 that year in 20.32. Herrera became UCLA Bruin; Mt. SAC's Andrade competed in '16 Olympics for Cape Verde...at Boise State he won Mt. West IH outdoors in '12 and indoors 400 that year...took 2nd in NCAA IH-49.34 in '15. Team champion RCC did not win an event.

2012- London Olympics Participants

Kibwe Johnson (Moorpark) Hammer **Jamie Nieto** (Sacramento) High Jump **Felix Sanchez** (SD Mesa/ Dominican Republic) 400 IH (1st)



Felix Sanchez
Athens Olympics
Gold Medal
400 Hurdles
London Olympics
Gold Medal
400 Hurdles



Ashton Purvis
Sprint double
helped to spur
Laney to the
team title.

2013
College Heights Stadium, College of San Mateo

Kermarley Brown	Merritt	10.38	100	Omhunique Browne	Pasadena	11.34
Just'n Thymes	Riverside	21.42	200	Omhunique Browne	Pasadena	23.97
Akeem Alexander	Sequoias	47.00	400	Treigh Orchard	Laney	54.75
Alex Amankwah	West LA	1:50.64	800	Melissa Leyva	Sequoias	2:15.21
Luis Gutierrez	Riverside	3:52.62	1500	Grace G.- Zamudio	Glendale	4:36.13
Dylan Marx	SD Mesa	14:42.29	5K	Grace G.- Zamudio	Glendale	17:41.04
John Guzman- Aguilar	Riverside	30:21.77	10K	Grace G.-Zamudio	Glendale	37:22.19
Teivaskie Lewin	Butte	14.23	HH	Erica Wilson	Laney	13.62
Khallifah Rosser	Chaffey	52.08	IH	Jonka Baker	West LA	1:02.60
Dylan Marx	SD Mesa	9:07.12	Steeple	Cristina Alcantar	LATT	10:57.81
Mt. SAC		40.33	400 RE	Sacramento		47.08
Sequoias		3:11.25	1600 RE	Laney		3:47.11
Branden Greene	Southwestern	6-9.75	HJ	Alexus Dalton	Cerritos	5-7.75
Austin Decker	Hartnell	16-2.5	PV	Diamara Planell Cruz	SJCC	12-10.25
Teivaskie Lewin	Butte	24-3.75	LJ	Shanice Stewart	SBVC	19-2.75
Tim White	Canyons	51-3.50	TJ	Cheyenne Thompson	Fullerton	39-3.75
Evan Mc Daniel	CSM	56-3.75	SP	Vesta Bell	Laney	45-3.75
Markus Sanders	Modesto	184-1	DT	Fatima Vegara	Riverside	150-0
Markus Sanders	Modesto	191-8	Ham	Jessika Byrd	Riverside	195-10
Garret Snow	Siskiyou	206-7	Jav	Kianna Weinzheimer	Modesto	142-11
Steve Dorsey	Monterey	6759	Dec/Hep	Alexus Dalton	Cerritos	5-7.75

Team Scores

Men: Riverside 151, Mt SAC 60, SD Mesa 56

Women: Cerritos 91, Laney 81, Riverside 59

Women: San Jose's Planell Cruz (Puerto Rico) improves state PV MR. At U. Washington she won '14 PAC-12 and '16 MPSF PV, 2nd in '15 PAC-12 meet...her PR was 14-9. Glendale's Graham-Zamudio historic triple distance win, not duplicated since ELAC's Mosqueda in '86. RCC's Byrd sets HT MR. RCC's Byrd sets state MR in HT.

Men: RCC's Thymes improved at USC to 10.14, 20.36...took 2nd in Texas Relays 100 and 3rd in '17 NCAA 200. Sanders double throws win continues Modesto's impressive legacy. Butte's Lewin double win in the HH/LJ marked the 5th time a male athlete had won both an individual track and field title in the same meet.

2013- Moscow IAAF

Men: Curtis Mitchell (Southwestern) 200 3rd) Felix Sanchez (SD Mesa/ Dominican Republic) 400 IH Edino Steele (Pasadena/ Jamaica) 4 x 400 (2nd) Daniel Tapia (Hartnell) Marathon

Women: Whitney Ashley (Cerritos) Discus



Grace Graham- Zamudio
 Triple distance winner
2013
CCCA
Athlete of the Year

2014

Hilmer Lodge Stadium, Mount San Antonio College- Walnut

Kermarley Brown	Merritt	9.93	100	Sarah Dunmore	Mt. SAC	11.63
Kermarley Brown	Merritt	20.29	200	Sarah Dunmore	Mt SAC	23.75
Akeem Alexander	Sequoias	45.71	400	Sebanet' te Terry	Riverside	55.42
Logan Stahl	ARC	1:51.95	800	Le Anne Allen	Orange Coast	2:09.98
Jonathan Bazinet	Cerritos	3:56.39	1500	Elizabeth Nelson	Glendale	4:33.86
Dylan Alexander	West LA	14:41.54	5K	Yesenia Silva	Sequoias	17:57.91
Steve Martinez	SD Mesa	32:00.21	10K	Laura Acevas	East LA	37:30.09
Keithyon Moten	Riverside	14.29	HH	Kortini S- Jones	Laney	13.50
Khallifah Rosser	Chaffey	50.82	IH	Crystal Lizaola	El Camino	1:00.20
Ryan Maize	Cuyamaca	9:17.03	Steeple	Laura Aceves	East LA	11:15.14
Mt. SAC		40.09	400 RE	Mt. SAC		46.10
Sequoias		3:07.07	1600 RE	SJ Delta		3:47.69
Branden Greene	Southwestern	6-11.5	HJ	Justice Shank	Glendale	5-8.75
Austin Decker	Hartnell	16-6.75	PV	Tiziana Ruiz	Mt. SAC	12-7.25
Sal Nassar	SD Mesa	25-4.5	LJ	Ashlie Curenton	West LA	20-6.5
Eric Sloan	SJ Delta	53-6.25	TJ	Kortini S- Jones	Laney	38-11
Connor Einck	Riverside	59-6.75	SP	Destiny M- Talalemotu	Cerritos	45-10
Erik Scribner	Shasta	189-10	DT	Destiny M-Talalemotu	Cerritos	138-7
Patrick Geers	Saddleback	191-9	Ham	Cara McClain	Modesto	183-10
Alex Henderson	Siskiyou	213-8	Jav	Taylor Coffelt	Riverside	148-5
Thomas Chevel	Cerritos	7175	Dec/Hep	Riley Cooks	Cuesta	5110

Team Scores

Men: Riverside 111, American River 83, Cerritos 64

Women: Mt SAC 88, Cerritos 75, Riverside 73

Men: Merritt's Brown's 9.93 was fastest ever run by a USA CC athlete. Brown ran 10.13 semifinal in '16 Olympics for Bahrain. Rosser (CSLA) '18 NCAA II IH Champion-49.23, and ran 49.04 in '16 NCAA final, 9th in '16 Trials IH ...also had 400PR of 45.74.

Women: Sarah Dunmore leads the Mounties to the team victory over SoCal rivals Cerritos and Riverside.



Finish line picture of **Kermarley Brown** winning the 100 Meter State final. Meet record time of 9.93. It was the fastest time in the world for the year as of that date.

2015
College Heights Stadium, College of San Mateo

Drelan Bramwell	Sequoias	10.38	100	Moesha Davidson	Fresno	11.48
Drelan Bramwell	Sequoias	21.38	200	Deajah Stevens	Sequoias	23.40
Alexander McLees	Pasadena	46.61	400	Deajah Stevens	Sequoias	53.88
Gabe Toscano	Mt. SAC	1:52.75	800	Sarah Brandt	Butte	2:12.07
Diego Leon	Hartnell	3:53.58	1500	Aminat Olowora	Southwestern	4:33.09
Diego Leon	Hartnell	14:40.53	5K	Aminat Olowora	Southwestern	17:13.87
Diego Leon	Hartnell	31:20.63	10K	Aminat Olowora	Southwestern	35:33.92
McKenzei Rickman	Cerritos	14.28	HH	Kortini S- Jones	Laney	13.61
Bas VanLeersum	Santa Barbara	52.20	IH	Baxter/Spencer	DAC/S'western	1:01.87
Ethan Walker	Canyons	9:16.32	Steeple	Laura Aceves	East LA	10:54.87
Mt. SAC		40.00	400 RE	Mt. SAC		47.08
Sequoias		3:11.89	1600 RE	Mt. SAC		3:49.83
Xavier Howell	ARC	6-11.5	HJ	Breanna Curry	Cerritos	5-5.25
Reed Scale	Mt. SAC	16-4	PV	Augusta Thomason	Cuesta	12-4
Dwayne Lee	SJ Delta	23-10.5	LJ	Moesha Davidson	Fresno	18-6.25
Tacuma A- Richards	Sequoias	52-2	TJ	Chantel Dunson	Long Beach	38-0
Daniel Roberts	Modesto	56-11.5	SP	Lovina Akauola	Sacramento	47-1.25
Daniel Roberts	Modesto	178-4	DT	Lovina Akauola	Sacramento	138-5
Daniel Roberts	Modesto	188-6	Ham	Jacklyn Chasteler	Saddleback	186-11
Elijah Marta	Siskiyous	214-5	Jav	Kelsey Shaw	Siskiyous	151-8
Chase Pacheo	Hartnell	6706	Dec/Hep	Jasmine Williams	Fullerton	4620

Team Scores

Men: Mt SAC 101, Sequoias 100, American River 69

Women: Cerritos 68, Mt SAC 67, Riverside 65

Women: Cerritos' lone gold medal by Curry in the HJ leads Falcons to one point win over Mt. SAC. Southwestern's Olowora becomes only third CCC woman to state triple distance win. Team champion Cerritos only won one event. One of the closest team competitions in meet history. 3 teams within 3 points.

Men: Modesto's Roberts continues the remarkable Modesto throwing legacy with three golds. Sequoias' Bramwell competed for ASU. Santa Barbara's Van Leersum won MVC IH for Drake in "16, 3rd in Kansas Relays IH. Hartnell's Diego Leon (Montana State) is one of few CCC men to win distance tripl



Diego Leon
 1500, 5K, 10K
 Champion
2015
CCCAA
Athlete of the
Year



Aminat Olowora
 1500, 5K, 10K
 Champion

2016

Merrill Douglas Stadium, San Diego Mesa College

Cravon Gillespie	Mt. SAC	10.21	100	Strangena Campbell	DVC	11.44
Cravon Gillespie	Mt. SAC	20.86	200	Najia Hudspeth	Cerritos	23.69
Tubotien Taylor	Mt. SAC	46.64	400	Meleni Rodney	COS	54.16
Gerardo Castro	CCSF	1:52.45	800	Crystal Tejada	Riverside	2:10.59
Joshua Silva	Riverside	3:55.65	1500	Malena Grover	Hartnell	4:37.49
Michael Tegan	SBVC	14:57.05	5K	Jenica Dodge	ARC	17:23.57
Vahagn Isayan	Glendale	31:19.65	10K	Jenica Dodge	ARC	36:33.44
Cameron Akins	Mt. SAC	14.05	HH	Deshaunda Morrison	COS	13.76
Dylan Atencio	Mt. SAC	51.50	IH	Brittany Mitchell	Mt. SAC	1:02.57
Jason Hillquist	Canyons	9:16.04	Steeple	Michelle P- Lopez	De Anza	11:22.94
Mt. San Antonio		39.56	400 RE	Cerritos		46.00
Mt. San Antonio		3:09.80	1600 RE	Mt. San Antonio		3:46.27
Joseph Bryant	Mt. SAC	7-0.25	HJ	Bria Palmer	Cerritos	5-6.5
Giovanni Hernandez	Mt. SAC	16-6.5	PV	Augusta Thomason	Cuesta	12-5
Bryce Huggins	Sequoias	24-9.5	LJ	Moesha Davidson	Fresno	19-7.5
Zain Palacio	West LA	49-3.75	TJ	Destinee Widgins	Riverside	39-11.5
James Jones	Riverside	55-7.75	SP	Destiny M-Talalemotu	Cerritos	48-3.5
Daniel Roberts	Modesto	178-11	DT	Destiny M-Talalemotu	Cerritos	155-8
Daniel Roberts	Modesto	206-3	Ham	Destiny M-Talalemotu	Cerritos	174-10
Alvin Sung	CSM	189-3	Jav	Melody Harris	Fresno	162-7
Casey Mancini	SRJC	6572	Dec/Hep	Juanita Webster	Cerritos	4846

Team Scores

Men: Mt. SAC 148, Riverside 99, Modesto 63

Women: Cerritos 92, Riverside 80, Sequoias 75

Men: Mt. SAC was led by the sprint double of Cravon Gillespie. They also captured both hurdles and both relays. In the field events they captured both of the vertical jumps. Daniel Roberts (MJC) led his team to a 3rd place by repeating as a winner in the discus and hammer. Gillespie (Oregon) 4th in '18 NCAA 100, won '17, '18 PAC-12 100 titles.

Women: It was Cerritos destiny to triumph this at this year. As they were led by the triple throws champion-Destiny Mack-Talalemotu. Jenica Dodge (ARC) was a double winner on the track in capturing the 5K/10K. Moesha Davidson (Fresno) was an all-a-round force on the track and in the field. She captured the long jump, a 2nd in the 100 H, 2nd in the 100 and a 4th place finish in the triple jump.

2016- Rio Olympics Participants

Men: Jordin Andrade (Mt. SAC/ Cape Verde) 400 IH Chris Bernard (Riverside) Triple Jump Kermarley Brown (Merritt/ Bahrain) 100 Kibwe Johnson (Moorpark) Hammer Ameer Webb (Cerritos) 200

Women: Whitney Ashley (Cerritos) Discus Dimara Planell (San Jose/ Puerto Rico) Pole Vault Deajah Stevens(COS) 200



Cravon Gillispie-
Double Sprint winner
2016 CCCAA
Athlete of the Year

Destiny Mack-
Talalemotu 3
titles in the
throws in '16.
(5 overall
throughout
career)



2017

Beaver Stadium, American River College- Sacramento

Kelly Brown	COS	10.43	100	Strangena Campbell	DVC	11.50
Ryan Hall	COS	20.96	200	Strangena Campbell	DVC	23.65
Quincy Hall	COS	46.72	400	Meleni Rodney	COS	53.26
Antwain Prowes	DVC	1:52.53	800	Savana Perez	SBVC	2:12.15
Eduardo Orozco	Hartnell	3:52.25	1500	Alyssa Block	COS	4:36.72
Jorge Sanchez	Hartnell	15:14.77	5K	Miranda Daschian	Cuesta	17:33.18
Dan Dominquez	OCC	32:14.84	10K	Jordyn Zorn	COS	36:33.68
Justin Walker	Fullerton	13.97	HH	Juanita Webster	Cerritos	13.65
Quincy Hall	COS	50.57	IH	Skyler Harbin	Cerritos	1:01.83
Michael Simpson	Riverside	9:12.38	Steeple	Diani Ellis	Canyons	11:15.61
Sequoias		39.45	400 RE	Cerritos		45.83
Sequoias		3:09.56	1600 RE	Sequoias		3:42.75
Jack Phillips	CSM	6-11	HJ	Breanna Curry	Cerritos	5.-7
Michael Fancy	SJ Delta	17-0.75	PV	Madison Mc Peak	Riverside	11.-7
Byrce Huggins	COS	25-9.5	LJ	Juanita Webster	Cerritos	19-8.25
M. Thompson	MJC	50-2.5	TJ	Juanita Webster	Cerritos	42-6.5
Kyle Jenkins	Riverside	57-.7.5	SP	Amber Hart	Cerritos	44-5.5
Craig Perkins	SJ Delta	168-7	DT	Anya Tonga	De Anza	153-4
Luke Gallego	Modesto	181-11	Ham	Kori Sprague	Riverside	174-6
Brian Burg	Shasta	182-7	Jav	Mystasia Alexander	Cerritos	149-7
Aaron Cheek	Cuesta	6329	Dec/Hep	Juanita Webster	Cerritos	5424

Team Scores

Men: Sequoias 127, Mt. SAC 94, Riverside 45

Women: Cerritos 149, Sequoias 88, Mt SAC 75

Men: Sequoias was led by a powerful display in the sprint events. Quincy Hall completed the rigorous 400- 400 IH double with victories in both. Kelly Brown (100) and Ryan Hall (200) won the 100 and 200 respectively. With the Giants completing a rare 1-2-3 finish in the 200 to seal their victory. Top performers in the field were: Kyle Jenkins (Riverside) dominating the shot field. Michael Fancy (SJ Delta) won the PV over a quality field of competitors. Bryce Huggins (COS) had an impressive 25-9.5 long jump victory to add to his team winning score.

Women: Cerritos dominated the team scoring. And the dominating figure for the Falcons was Juanita Webster. Individually, she contributed 48 points to her team final score. She won the heptathlon, long jump, 100 H and triple jump. And added a 2nd place finish in the javelin. On the track, Strangena Campbell (DVC) won both the 100 and 200 events over impressive competition. Juanita Webster set meet records in both the triple jump and heptathlon.

2017- London IAAF Participants

Men: Kibwe Johnson (Moorpark) Hammer **Ameer Webb** (Cerritos) 200

Women: Whitney Ashley (Cerritos) Discus **Deajah Stevens** (COS) 100, 200



Quincy Hall, was a 2 year star for College of Sequoias. He won the open 400 and 400 IH twice and contributed on 3 winning relay teams.



Juanita Webster, won back to back heptathlon titles. Set meet records in the triple jump and heptathlon.

2018
Memorial Stadium, Bakersfield College

Antonio Mitchell	Riverside	10.47	100	Valexsia Droughn	Ventura	11.86
Isahia Hutchins	Sequoias	20.80	200	Tatyana Pooler	Mt. SAC	23.99
Quincy Hall	Sequoias	46.41	400	Lenaya Griffin	Mt. SAC	55.74
Tyler Gonzalez	Sequoias	1:52.12	800	Tyler Simpson	Cerritos	2:11.26
Carson Bix	El Camino	3:54.58	1500	Brenda R- Coria	West LA	4:38.35
Sal Capetillo	Mt. SAC	15:32.12	5K	Brenda R- Coria	West LA	18:38.20
Sal Capetillo	Mt. SAC	31:25.93	10K	Rebecca Ruiz	Mt. SAC	39:09.15
Jasher Foster	El Camino	14.11	HH	Andrea Stark	ARC	14.19
Quincy Hall	Sequoias	50.78	IH	Brittany Mitchell	Mt. SAC	1:00.01
Anthony Alfaro	Mt. SAC	9:17.39	Steeple	Mariah Theologydy	Moorpark	11:28.65
Riverside		39.69	400 RE	Mt. SAC		46.46
Sequoias		3:08.43	1600 RE	Mt. SAC		3:45.20
Darrell H- Johnson	Ventura	6-8.75	HJ	Paige Johnson	Moorpark	5-5
Christian Mueller	Mt. SAC	16-6.75	PV	Roxanne Nolan	Cuesta	11-5.5
Luke Nickelson	Cuesta	24-7.25	LJ	Kierra King	Cerritos	19-5.5
Joshua Taylor	East LA	48-6.25	TJ	Imani Jones	Cerritos	38-9.75
Darrell Kaanaana	Yuba	52-3.75	SP	Amber Hart	Cerritos	44-4
Craig Perkins	SJ Delta	177-9	DT	Amber Hart	Cerritos	157-7

Team Scores

Men: Mt SAC 160, Riverside 122, Sequoias 95

Women: Mt SAC 169.5, Cerritos 154, Riverside 54

Men: A tight team battle was shaping up, with 4 events remaining, as Mt SAC and Riverside were tied with 112 points. Mt SAC pulled away with a convincing victory. The Mounties scored 160 points compared to Riverside tally of 122. Those totals were of historic significance as Mt SAC scores the most team points in meet history (under the current scoring system). With Riverside scores the highest total for a non- winning team in meet history. The star of the meet was Quincy Hall (COS) he won the 200, 400, 400 IH. Ran a legs on the victorious 4 x 400 relay and second place 4 x 100 relay.

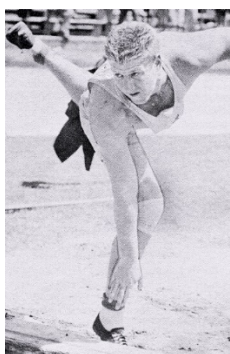
Women: Another tight team battle between rivals- Mt SAC and Cerritos. Mt SAC used solid scoring in the sprints, hurdles, distance and relays to secure their victory. Cerritos scored 121 points in the field events + heptathlon. Which would have doubled the 3rd place Riverside score. The Mountie women duplicated their male counterparts with the highest team score in meet history.

***** Special note:** Mt SAC combined Men's & Women's team score was the most for a single school in meet history.



Amber Hart-
Won 3 of the
throws for
Cerritos.

The Back Page
Selected California Community College Track and Field Stars and their stories



Mike Lewis- State champ for CCSF in the Shot Put. Well into his 6th decade of coaching. CSM's throws coach since 1988.



LA Pierce- Throughout the later 60's Pierce was a dominate force in the middle distances. They finished 1, 2 and 4 in the '67 State 880 final. And finished the season with the top 5 times in JC history in the Mile Relay. Their fastest was a State Championship and National record of 3:10.1.



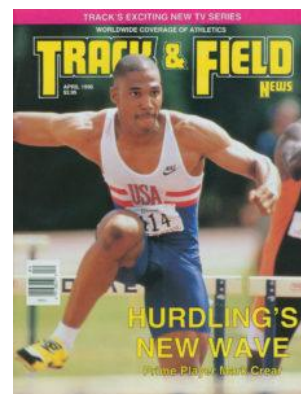
Frank Covelli- Was a discus thrower at Cerritos. He eventually made 2 USA Olympic teams in the javelin. Won NCAA and AAU titles. And set the American record at 284-8. All from a guy that didn't win a track letter during high school.



Ed Caruthers- Won the State High Jump title for Santa Ana during the '64 & '64 season. He made the '64 USA Olympic team while still a student at Santa Ana. He was a silver medalist in the '68 Olympics. Behind a guy named Fosbury. His Santa Ana best of 7-1.5 is still the school record after 54 years. He gave back to Santa Ana in his capacity as their long time jumps coach.



Johnny Gray- 1980 State title at 800 for Santa Monica. He made 4 Olympic finals over his career. His highest finish was 3rd in 1992. He ran 13 consecutive years under 1:44.00.



Mark Crear- Was runner-up for Mt. SAC in the '89 SoCal final. He went on to win silver in the '96 Olympics and back it up with a bronze in the '00 games.