

California Community College Track & Field Championships • Fresno, CA • May 19-20, 1989

Women: 1. El Camino 98½; 2. San Mateo 61; 3. Mt SAC 51; 4. SD Mesa 45; 5. Riverside 36; 6. Cuesta 28; 7. American River 26½; 8T. Redwoods, Modesto 23; 10. Fullerton 20½; 11T. Kings River, Ventura, Hancock 20; 14. Sierra 19; 15T. Bakersfield, Santa Monica 14; 17. Mira Costa 11; 18. LA Valley 10; 19T. Diablo Valley, Cerritos 9; 21T. Grossmont, Saddleback, SJ Delta, West Valley, Sacramento, San Francisco 8; 27. Moorpark, Sequoias, Glendale 7; 30T. Siskiyou, Shasta 6; 32T. De Anza, San Jose 5; 34T. Antelope Valley, Lassen 4; 35. Solano 3; 36T. Skyline, Contra Costa, Orange Coast 2; 39. Monterey 1.

Men: 1. Riverside 114; 2. Long Beach 93; 3. Sacramento 85; 4. Taft 70; 5. Pasadena 38; 6. SD Mesa 34; 7. Shasta 33; 8. Saddleback 25; 9. San Jose 22; 10. San Mateo 20; 11. Ventura 19; 12. American River 18; 13T. Contra Costa, Diablo Valley, Bakersfield 17; 16. Mt SAC 15; 17. El Camino 13; 18. LA Trade Tech 12; 19. West Valley 11; 20T. Santa Monica, Hancock 10; 22. Modesto 9; 23T. SJ Delta, Citrus, Fresno 8; 26T. Santa Rosa, Golden West 7; 28. Hartnell 6½; 29T. East LA, San Francisco, Glendale, Cerritos, Fullerton, Santa Barbara 6; 35T. De Anza, Sequoias 5; 37T. Siskiyou, Orange Coast, Cuesta 4; 40. Chabot 3 41. West Hills 2½; 42T. Sierra, Moorpark, LA Southwest 2; 45T. Cabrillo, Merced 1.

Final Women's 100 Meters (*wind-aided: +2.42mps*)

1. LaShawn Simmons	Mt SAC	11.54
2. Nikyma Prevost	LA Valley	12.02
3. Fitima Grigsby	Kings River	12.12
4. Cecilia Thomas	El Camino	12.17
5. Janet Taylor	Modesto	12.21
6. Onnie Ferguson	SD Mesa	12.22
7. April Winn	Redwoods	12.28
8. Ada Alger	San Mateo	12.41

Final Women's 3000 Meters

1. Kathryn Kreiger	Cuesta	10:13.93
2. Rachel Rossbach	Ventura	10:25.90
3. Pam Boyles	Bakersfield	10:29.73
4. Heidi Hanson	Hancock	10:33.91
5. Shelly Lovell	Hancock	10:41.49
6. Stacey Sanderson	Mt SAC	10:45.04
7. Jade Breato	SD Mesa	10:45.09
8. Laura Seefeldt	American River	10:48.66

Final Women's 200 Meters (*wind: +0.25mps*)

1. Nikyma Prevost	LA Valley	24.58
2. Cassandra Vance	El Camino	25.15
3. Fitima Grigsby	Kings River	25.48
4. Trichell Dawson	SJ Delta	25.57
5. Tina Whatley	Redwoods	25.60
6. Jakki Henderson	Mt SAC	25.71
7. Debbie White	West Valley	25.72
8. Veronica Hodge	Skyline	26.25

Final Women's 5000 Meters

1. Mary Adkins	SD Mesa	17:00.81
2. Rachel Rossbach	Ventura	17:55.93
3. Kami Howden	Mt SAC	18:13.24
4. Pam Allenby	American River	18:14.88
5. Pam Boyles	Bakersfield	18:19.97
6. Laura Seefeldt	American River	18:24.08
7. Flavia DeOliveira	De Anza	18:42.89
8. Teresa Chunovich	Mt SAC	18:52.95

Final Women's 400 Meters

1. Laura Ainsworth	El Camino	53.56
2. Crystal Irving	Long Beach	54.64
3. Shenae Mills	El Camino	56.45
4. Jakki Henderson	Mt Sac	57.12
5. Trichell Dawson	SJ Delta	57.74
6. Collen Gavin	Moorpark	58.61
7. Yonetta Olden	Contra Costa	58.92
8. Veronica Hodge	Skyline	59.36

Final Women's 100 Hurdles (*wind: +1.01mps*)

1. LaShawn Simmons	Mt SAC	13.66
2. Lisa Hale	Riverside	14.28
3. Ada Alger	San Mateo	14.88
4. Brenda Wilson	American River	15.21
5. Sherry Whitley	Antelope Valley	15.22
6. Michelle Johnson	SD Mesa	15.25
7. Sharon Holgersen	Redwoods	15.26
8. Jennifer Owens	Saddleback	15.31

Final Women's 800 Meters

1. Sharette Garcia	El Camino	2:11.94
2. Marit Koch	Cuesta	2:12.89
3. Shannon Sheldon	Siskiyou	2:16.32
4. Shena Mills	El Camino	2:16.67
5. Joyce Margowitz	Santa Monica	2:17.75
6. Nikki Olivera	Shasta	2:19.43
7. Kiela Snider	Grossmont	2:19.55
8. Patty McNulty	Hancock	2:21.53

Final Women's 400 Meter Hurdles

1. Laura Ainsworth	El Camino	60.55
2. Ada Alger	San Mateo	63.15
3. Barbara Guterac	Cerritos	63.63
4. Emily Thiebaud	Fullerton	64.51
5. Caralyn Lawson	Diablo Valley	65.88
6. Sharon Holgersen	Redwoods	66.13
7. Denise Graham	Ventura	66.34
8. Nancy Gerba	Monterey	67.33

Final Women's 1500 Meters

1. Kathryn Kreiger	Cuesta	4:33.91
2. Sharette Garcia	El Camino	4:38.44
3. Heidi Hanson	Hancock	4:47.37
4. Jeanene Nanasewitsch	Diablo Valley	4:51.00
5. Patty McNulty	Hancock	4:51.03
6. Anna Howald	Moorpark	4:53.43
7. Lori Montoya	Ventura	4:56.09
8. Loretta Cruz	Sequoias	4:58.53

Final Women's 400 Meter Relay

1. El Camino	47.00
2. SD Mesa	47.80
3. Riverside	48.43
4. Modesto	48.89
5. Redwoods	49.41
6. American River	50.04
7. Bakersfield	50.17
8. Sacramento	50.62

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Final Women's 1600 Meter Relay

1. El Camino	3:49.81
2. Redwoods	3:58.59
3. Modesto	3:59.14
4. Sierra	4:00.11
5. Fullerton	4:04.16
6. Mt SAC	4:05.65
7. Sacramento	4:06.54
8. Moorpark	4:08.24

Final Women's High Jump

1. Chris Diehl	San Mateo	5-8
2. Rene Dabney	Santa Monica	5-6
3. Cassandra Vance	El Camino	5-6
3. Joanne Markling	Fullerton	5-6
5. Tanya Valentino	Santa Monica	5-4
6. Holly Cole	Solano	5-4
7. Brenda Wilson	American River	5-2
7. Larissa Roostee	Saddleback	5-2

Final Women's Long Jump

1. LaShawn Simmons	Mt SAC	20-6
2. Janet Taylor	Modesto	19-9
3. Lisa Hale	Riverside	19-4
4. Jackie Anderson	SD Mesa	18-7
5. Tanya Lynch	Riverside	18-6¾
6. Laura Ainsworth	El Camino	18-6
7. April Broussard	Sacramento	18-3
8. Miriam Clark	West Valley	18-0¼

Final Women's Triple Jump

1. Jackie Anderson	SD Mesa	41-6¼
2. Tanya Lynch	Riverside	39- 1¾
3. Kristen Lulon	Saddleback	39-1
4. Miriam Clark	West Valley	38-8¾
5. Cherise Poole	SD Mesa	38-7
6. Yvette McCullough	Riverside	38-1¼
7. Chris Diehl	San Mateo	37-6¾
8. Marji Gilles	Glendale	36-3¼

Final Women's Shot Put

1. Starla Ahu	Mira Costa	46-6½
2. Sherry Sperling	El Camino	44-9¾
3. Kimberly Giguere	Sierra	44-8
4. Melanie Jones	Long Beach	43-6½
5. Jennifer Ruff	San Mateo	42-10
6. Michelle Cortez	Bakersfield	42-0½
7. Laura Hughes	Mira Costa	40-6
8. Tainali Felemi	Sequoias	40-5¾

Final Women's Discus

1. Jennifer Ruff	San Mateo	149-6
2. Lorraine Seiler	Sierra	146-6
3. Sherry Kouns	San Jose	137-7
4. Robin Longwell	Grossmont	136-10
5. Tamara Bermudes	De Anza	136-4
6. Samira Taylor	Sacramento	131-7
7. Michelle Gustin	Kings River	130-5
8. Karen Myers	Glendale	129-1

Final Women's Javelin

1. Nicole Carroll	San Mateo	139-5
2. Maribel Busto	San Francisco	138-11
3. Danene Bishel	Kings River	138-7
4. Tainali Felemi	Sequoias	130-4
5. Diana Bell	Lassen	128-4
6. Robin Trusdall	Cerritos	126-9
7. Colleen MacCotter	Long Beach	126-8
8. Marji Gilles	Glendale	122-6

Final Women's Heptathlon

1. Chris Diehl	San Mateo	4,962
2. Brenda Wilson	American River	4,584
3. Joanne Markling	Fullerton	4,311
4. Kacy Twist	Bakersfield	4,179
5. Marji Gilles	Glendale	4,122
6. Shelinda Skemp	Shasta	4,106
7. Jan Young	Orange Coast	3,969
8. Donna Lee	Long Beach	3,903

MEN

Final Men's 100 Meters (wind: +0.70mps)

1. James Andrews	Riverside	10.21
2. Ray Ethridge	Pasadena	10.33
3. Barry Bacon	Taft	10.38
4. Larry King	Sacramento	10.52
5. Robert Love	Long Beach	10.54
6. Carl Payne	San Jose	10.58
7. Everad Samuels	Taft	10.70
8. W.C. Morrison	Pasadena	10.85

Final Men's 200 Meters (wind-aided: +2.21mps)

1. James Andrews	Riverside	20.81
2. Brian Bridgewater	Long Beach	20.87
3. Ray Ethridge	Pasadena	21.12
4. Robert Love	Long Beach	21.59
5. Frank Jones	Fresno	21.60
6. Everad Samuels	Taft	21.76
7. Mike Lewis	Chabot	21.82
8. Patrick Drake	Riverside	22.61

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Final Men's 400 Meters

1. Patrick Drake	Riverside	46.36
2. Martin Cannady	Long Beach	47.02
3. Dwight Roberts	Bakersfield	47.10
4. Brent Merritt	Contra Costa	47.57
5. Aaron Echols	Santa Monica	47.74
6. Sean Cumby	Contra Costa	47.76
7. Brian Flewellen	San Francisco	48.24
8. Bonzell Jenkins	San Jose	48.45

Final Men's 110 Meter High Hurdles (wind: +1.78mps)

1. Sherman Morris	Long Beach	13.85
2. Albert Pride	Sacramento	13.99
3. Mark Crear	Mt SAC	14.08
4. Larry Sanders	Taft	14.20
5. Andrew Smith	Riverside	14.34
6. Martin Greer	San Jose	14.51
7. Ron Hatt	Shasta	14.59
8. Douglas Cannon	Contra Costa	14.75

Final Men's 800 Meters

1. Maurice Horton	Long Beach	1:49.33
2. George Kersh	Taft	1:50.21
3. Keith Thibodeaux	Riverside	1:50.90
4. Joe Amendt	San Jose	1:51.71
5. David Joshua	Sacramento	1:51.94
6. Ivan Guillory	Cerritos	1:52.13
7. Richard McNeilly	Siskiyou	1:52.20
8. Keith Wynne	Sacramento	1:53.15

Final Men's 400 Hurdles

1. Michael Cox	Taft	51.10
2. Brandon Williams	Long Beach	51.67
3. Albert Pride	Sacramento	51.95
4. Kevin Dallas	Pasadena	52.12
5. Larry Sanders	Taft	52.60
6. Ronald Sample	Diablo Valley	52.68
7. Tony McColluch	Long Beach	53.31
8. Jeff Johnson	Santa Rosa	53.40

Final Men's 1500 Meters

1. Nourredine Morcelli	Riverside	3:41.76
2. George Kersh	Taft	3:46.70
3. Kim White	Hancock	3:54.00
4. Barry Oliver	SD Mesa	3:54.29
5. Mike Ward	El Camino	3:54.40
6. Scott Smoot	American River	3:55.64
7. Chris Miller	Mt SAC	3:57.61
8. Brent Jones	Mt SAC	3:58.79

Final Men's 400 Meter Relay

1. Riverside	39.83
2. Long Beach	40.08
3. Taft	40.25
4. Pasadena	40.33
5. Sacramento	40.42
6. Diablo Valley	40.82
7. Santa Monica	41.12
8. San Francisco	41.25

Final Men's 5000 Meters

1. Nourredine Morcelli	Riverside	14:33.50
2. Albino Miranda	LA Trade Tech	14:47.64
3. Todd Trask	Santa Rosa	14:54.01
4. Pablo Sierra	East LA	15:00.61
5. Kim White	Hancock	15:00.96
6. Kendrick Sealy	West Valley	15:02.30
7. Darryl Jewell	Sequoias	15:05.10
8. Jamie Galindo	Ventura	15:23.61

Final Men's 1600 Meter Relay

1. Taft	3:08.61
2. Contra Costa	3:12.93
3. Sacramento	3:13.11
4. Bakersfield	3:15.46
5. Santa Monica	3:15.60
6. Orange Coast	3:17.85
7. Diablo Valley	3:20.01

Final Men's 10,000 Meters

1. Uriel Rivera	Long Beach	31:01.75
2. Kendrick Sealy	West Valley	31:02.54
3. Marcial Beltran	Fullerton	31:06.16
4. Keith Ferrell	Sacramento	31:13.45
5. Raul Hernandez	LA Trade Tech	31:18.03
6. Jorge Silva	SD Mesa	31:39.71
7. Bobby Rodriguez	Fresno	31:42.48
8. Brad Sigler	Orange Coast	31:44.74

Final Men's High Jump

1. Richard Wooten	Pasadena	7-2
2. Reggie Betton	Ventura	7-2
3. Brian McCleery	Saddleback	7-2
4. Brian McCurdy	Riverside	7-0
5. Phil Cox	Mt SAC	7-0
6. Lamont Allen	San Francisco	6-8
7. Alphonso Davis	Sacramento	6-6
8. Kieth Mower	East LA	6-6

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Final Men's Pole Vaults

1. Olivier Perrin	Long Beach	16-6
2. Jeff Juhala	Diablo Valley	16-0
3. Scott Hanes	Riverside	15-6
4. John Besmer	San Jose	15-0
5. Bryan Adamick	Cuesta	15-0
6. Steve Snyder	Hartnell	15-0
6. Jeff Lewis	West Hill	15-0
8. Marvin Haley	Chabot	14-6

Final Men's Javelin

1. Rick Doering	Riverside	221-6
2. Roberto Vasquez	Saddleback	211-8
3. Steve Barnett	Glendale	203-6
4. Paul Jackson	American River	195-4
5. Charles Langston	Shasta	190-9
6. Steve Hefferan	Golden West	190-7
7. Korey Fleck	Moorpark	188-7
8. Mike Reeve	Cabrillo	186-1

Final Men's Long Jump

1. Larry Todd	SD Mesa	25-4½
2. Joel Smith	Sacramento	24-10¼
3. Lotfi Kahadia	Riverside	24-5½
4. Stacy Boyd	San Jose	23-8
5. Alphonso Davis	Sacramento	23-5
6. John McCalister	Pasadena	23-4¾
7. Frank Jones	Fresno	23-3
8. Lamonte Lewis	Riverside	23-1½

Final Men's Hammer

1. Eric Weddell	Sacramento	187-5
2. Marty McNair	Citrus	173-6
3. Robert Moulton	Bakersfield	160-4
4 Arik Michelson	De Anza	159-0
5. Steve Kellogg	SD Mesa	155-8
6. Orval Niel	Modesto	155-7
7. James Cotton	Sierra	153-6
8. Dave Lunde	Sacramento	147-0

Final Men's Triple Jump

1. Lotfi Kahadia	Riverside	54-4¼
2. Brian Wellman	Taft	53-9¼
3. Joel Smith	Sacramento	50-9¾
4. Sidney Molui	Riverside	50-3¼
5. Charles Howlett	El Camino	48-2¼
6. Harold Morrison	Hartnell	48-1¼
7. Reggie Kahn	LA Southwest	47-2
8. Tim Thompson	Modesto	47-2

Final Men's Decathlon

1. Michael Bryant	Ventura	7,111
2. Charles Langston	Shasta	6,916
3. David Almgren	Shasta	6,707
4. Chris Shelton	Long Beach	6,592
5. Steve Hefferan	Golden West	6,195
6. George Wright	Saddleback	6,066
7. Alvaro Esparza	Mt SAC	5,977
8. Willis Pearson	Sacramento	5,942

Final Men's Shot Put

1. Kevin Marks	San Mateo	57-5¼
2. Steve Dougherty	Saddleback	55-7
3. Eric Weddell	Sacramento	54-4½
4. Ro James	Shasta	51-9
5. Scott Thornhill	Shasta	50-9¾
6. Eddie Velarde	Long Beach	50-2½
7. Brent Rederick	SJ Delta	49-11
8. Trent Blair	Hartnell	49-2

Final Men's Discus

1. Kevin Marks	San Mateo	169-4
2. Eric Weddell	Sacramento	156-5
3. Brent Rederick	SJ Delta	153-10
4. Ryan Vierra	Modesto	149-3
5. Ro James	Shasta	148-4
6. Scott Jablonski	Cerritos	147-8
7. Sean Absher	Long Beach	145-3
8. Alex Smith	Merced	141-8