

California Community College Track & Field Championship • Santa Barbara, CA • May 18-19, 1990

Women: 1. Mt SAC 85; 2. Long Beach 74; 3. El Camino 69; 4. Citrus 36; 5. Taft 31; 6. American River 30½; 7. Sierra 25; 8. SD Mesa 22; 9. Riverside 21; 10. San Francisco 20; 11. LA Valley 19; 12T. San Mateo, Grossmont 17; 14T. Southwestern, Bakersfield 16; 16. Ventura 14; 17. Glendale 13½; 18. San Diego 13; 19T. Fresno, Kings River, Compton 12; 22. Solano, Santa Rosa, Saddleback, Fullerton 11; 26. Orange Coast 10; 27. Hartnell 9½; 28. Contra Costa 9; 29T. Hancock, Modesto, Santa Barbara 8; 32. Chabot 5½; 33. Cerritos 5; 34T. Shasta, Sacramento, Butte, Mira Costa 4; 38. San Jose 3; 39. Antelope Valley 1.

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Final Women's 100 Meters (*wind: -1.37 mps*)

1. Christy Opara	Citrus	11.78
2. Kate Iheagwam	Citrus	11.95
3. Tami Stiles	Compton	12.19
4. Nikwa Prevost	LA Valley	12.31
5. Trishun Jackson	Taft	12.31
6. Theresa Hill	San Francisco	12.35
7. Onnie Ferguson	SD Mesa	12.49
8. Mindi Putnam	Butte	12.73

Final Women's 3000 Meters

1. Julie Verke	American River	10:01.31
2. Diana Tracy	El Camino	10:02.56
3. Pam Boyles	Bakersfield	10:11.10
4. Karen Talamantes	Mt SAC	10:14.68
5. Becki Kesecker	Santa Rosa	10:15.86
6. Teresa Chunovich	Mt SAC	10:18.69
7. Eva Belt	American River	10:33.30
8. Doreen Brown	Modesto	10:33.90

Final Women's 200 Meters (*wind: +1.24 mps*)

1. Crystal Irving	Long Beach	23.88
2. Christy Opara	Citrus	24.12
3. Tami Stiles	Compton	24.17
4. Simone Cain	Ventura	24.23
5. Jakki Henderson	Mt SAC	24.59
6. Marlene Garner	Taft	25.06
7. Floretta Green	Taft	25.08
8. Theresa Hill	San Francisco	25.24

Final Women's 5000 Meters

1. Diana Tracy	El Camino	17:05.05
2. Julie Verke	American River	17:21.64
3. Becki Kesecker	Santa Rosa	17:25.24
4. Pam Boyles	Bakersfield	17:31.34
5. Karen Talamantes	Mt SAC	17:38.45
6. Julie Dyson	American River	17:38.8
7. Teresa Chunovich	Mt SAC	18:06.3
8. Doreen Brown	Modesto	18:15.5

Final Women's 400 Meters

1. Crystal Irving	Long Beach	53.54
2. Jakki Henderson	Mt SAC	53.55
3. Simone Cain	Ventura	55.36
4. Rhonda Ellis	Taft	56.85
5. Margo Grant	Riveride	57.04
6. Jocelyn Braden	Modesto	58.76
7. Erin Wood	Riverside	59.04
8. Debbie McGlan	Sierra	60.35

Final Women's 100 Meter Hurdles (*wind: -1.96 mps*)

1. Marsha Guialdo	Mt SAC	14.37
2. Lisa Hale	Riverside	14.41
3. Ada Alger	San Mateo	14.68
4. Patrice Hall	El Camino	14.93
5. Michelle Silva	Sacramento	14.95
6. Nicole Redmon	Contra Costa	14.99
7. Jessica Casimir	San Francisco	15.44
8. Sherry Whitley	Antelope Valley	15.61

Final Women's 800 Meters

1. Sharette Garcia	El Camino	2:11.63
2. Kathy Grayson	Saddleback	2:14.21
3. Louise Ronnerman	Mt SAC	2:15.51
4. Jill Killinger	Shasta	2:15.99
5. Lori Smith	Mira Costa	2:18.46
6. Maite Gordo	Long Beach	2:19.87
7. Vicki Peterson	Hancock	2:19.93
8. Sherilyn Sheridan	Modesto	2:21.43

Final Women's 400 Meter Hurdles

1. Janica Bailey	Long Beach	60.77
2. Jesica Casimir	San Francisco	60.81
3. Nicole Redmon	Contra Costa	62.49
4. Ada Alger	San Mateo	62.51
5. Cassandra Tyson	SD Mesa	62.86
6. Jennifer Owens	Saddleback	63.36
7. Emily Triebaud	Fullerton	64.00
8. Tanya Iwankovitch	Hartnell	65.28

Final Women's 1500 Meters

1. Sharette Garcia	El Camino	4:37.23
2. Louise Ronnerman	Mt SAC	4:42.68
3. Vicki Peterson	Hancock	4:44.30
4. Keila Snyder	Grossmont	4:45.08
5. Karen Talamantes	Mt SAC	4:45.49
6. Julie Salas	El Camino	4:45.53
7. Sherilyn Sheridan	Modesto	4:47.54
8. Christy Oliveria	Shasta	4:50.33

Final Women's 400 Meter Relay

1. Taft	46.72
2. SD Mesa	47.74
3. Long Beach	47.85
4. Mt SAC	48.15
5. El Camino	48.54
6. Fullerton	49.35
7. Sierra	49.78
8. Santa Rosa	49.98

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Final Women's 1600 Meter Relay

1. El Camino	3:49.02
2. Long Beach	3:49.46
3. Mt SAC	3:49.86
4. Sierra	3:53.55
5. LA Valley	3:53.81
6. Ventura	3:56.41
7. Taft	3:59.68
8. American River	3:59.99

Final Women's Discus

1. Grace Apiafi	Mt SAC	160-9
2. Tracy Crawford	Southwestern	143-2
3. Tiffany Anderson	SD Mesa	140-2
4. Lorraine Seiler	Sierra	136-0
5. Megan Franke	Fullerton	135-4
6. Lasonia Cole	Fresno	130-0
7. Julie Wood	Sierra	128-2
8. Michelle Cortez	Bakersfield	126-3

Final Women's High Jump

1. Liz Bauer	Orange Coast	5-5¾
2. Bonnie Matthews	Santa Barbara	5-3¾
3. Renee Sandberg	Chabot	5-1¾
3. Lainie Lakata	American River	5-1¾
5. Lafrania West	Grossmont	5-1¾
6. Casey Tyler	Long Beach	5-1¾
7. Monique Edwards	Butte	5-1¾
8. Kathi Campau	Butte	4-11¾

Final Women's Javelin

1. Colleen MacCotter	Long Beach	137-4
2. Rebecca Foster	SD Mesa	130-9
3. Maribel Busto	San Francisco	128-11
4. Lasonia Cole	Fresno	128-0
5. Tami Hansston	Fresno	126-7
6. Cassandra Anderson	Long Beach	126-3
7. Tammie Knudson	Long Beach	121-5
8. Stephanie Williams	Riverside	117-9

Final Women's Long Jump

1. Christy Opara	Citrus	21-3½
2. Tiesha Holmes	El Camino	19-5¼
3. Lisa Hale	Riverside	19-4
4. Trishun Jackson	Taft	19-2
5. Melynee Bass	Solano	18-5¾
6. Erika Whare	Long Beach	17-9¾
7. Marlo Aubert	San Jose	17-5½
8. Martha Atkinson	Solano	17-5½

Final Women's Heptathlon

1. Melanie Clark	LA Valley	5,034
2. Edwina Ammonds	Kings River	4,698
3. Donna Lee	Long Beach	4,528
4. Rebecca Foster	San Diego	4,359
5. Tanya Iwankovitsch	Hartnell	4,033
5. Marji Gilles	Glendale	4,033
7. Mary Reicks	Fullerton	3,908
8. Karin Tiner	American River	3,843

Final Women's Triple Jump

1. Marji Giles	Glendale	37-3¼
2. Lafrania West	Grossmont	36-11½
3. Melynee Bass	Solano	36-9½
4. Gail Suthern	El Camino	36-7½
5. Edwina Ammonds	Kings River	35-10¾
6. Kim Mallard	Shasta	35-8¾
7. Tanya Iwankovitch	Hartnell	35-6½
8. Charlotte McKoy	El Camino	35-5¾

Final Women's Shot Put

1. Grace Apiafi	Mt SAC	55-3¾
2. Tracy Crawford	Southwestern	44-11
3. Angel Mahan	San Mateo	43-8½
4. Lorraine Seiler	Sierra	41-7¾
5. Michelle Cortez	Bakersfield	41-7¼
6. Lori Rodriguez	Hartnell	41-3¼
7. Jerry Misa	SD Mesa	40-2¼
8. Kitty Bettenbender	San Jose	39-5¾

MEN

Final Men's 100 Meters (wind: -0.74mps)

1. Davidson Ezinwa	Mt SAC	10.36
2. Osmond Ezinwa	Mt SAC	10.38
3. Brian Bridgewater	Long Beach	10.54
4. Derrick Love	Taft	10.54
5. Jeff Laynes	Merritt	10.57
6. Victor Nwanko	Mt SAC	10.58
7. Barry Smith	East LA	10.66
8. Dave Scott	Taft	10.77

Final Men's 200 Meters (wind: +0.53mps)

1. Brian Bridgewater	Long Beach	20.56
2. Davidson Ezinwa	Mt SAC	20.66
3. Barry Smith	East LA	20.94
4. Jeff Laynes	Merritt	21.11
5. Marcus Bennett	Long Beach	21.16
6. Dave Scott	Taft	21.28
7. Derrick Love	Taft	21.30
8. David Jacobs	Sacramento	21.37

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Final Men's 400 Meters

1. Dwight Roberts	Bakersfield	46.14
2. Gerald Monroe	Sacramento	46.99
3. Kerry Tate	Mt SAC	47.45
4. Marvin Samuels	Chabot	47.50
5. Brian Flewellen	San Francisco	47.60
6. Nate Wright	Merritt	47.85
7. Kevin Pratt	El Camino	47.89
8. Andy Sample	Diablo Valley	47.96

Final Men's 110 Meter High Hurdles (wind: -0.84mps)

1. Larry Harrington	Taft	13.87
2. Robert Foster	Taft	13.89
3. Andrew Smith	Riverside	14.52
4. Douglas Conner	Contra Costa	14.59
5. George Woods	Riverside	14.64
6. Ron Hatt	Shasta	14.73
7. Kevin Dallas	Pasadena	14.90
8. Sherman Morris	Long Beach	14.95

Final Men's 800 Meters

1. Scott Smoot	American River	1:51.54
2. Jeff Sorkness	Santa Rosa	1:52.05
3. Shaun Forehand	Mira Costa	1:52.34
4. Sean Maye	Taft	1:52.64
5. Chris Pride	Sacramento	1:52.87
6. De Andros Long	El Camino	1:53.89
7. Keith Davis	Taft	1:54.11
8. David Sanford	Long Beach	1:54.41

Final Men's 400 Hurdles

1. Larry Sandes	Taft	51.06
2. Marty Beck	Glendale	51.22
3. Jeff Gibson	Long Beach	51.80
4. Kevin Dallas	Pasadena	52.63
5. Rex Speer	Hartnell	52.64
6. Kirk Ayers	Cerritos	52.87
7. Greg Rojas	Hartnell	53.64
8. Marcus McFarland	Taft	53.69

Final Men's 1500 Meters

1. Nourredine Morceli	Riverside	3:47.65
2. Edgar Montes	Mt SAC	3:53.58
3. Eric Rober	American River	3:54.87
4. Cliff Pappadaakis	San Jose	3:55.57
5. Dirk Vanderpol	Diablo Valley	3:55.68
6. Phil Demontigny	El Camino	3:56.18
7. Shane Healy	Contra Costa	3:56.88
8. Brent Jones	Mt SAC	3:57.01

Final Men's Steeplechase

1. David Baptise	Mt SAC	8:56.94
2. Peter Woods	Hancock	9:05.56
3. David Haskell	El Camino	9:10.64
4. Pablo Sierra	East LA	9:11.67
5. Larry Trovinger	Diablo Valley	9:22.61
6. Guy Herr	SD Mesa	9:27.57
7. Matt Bogdanowicz	West Valley	9:29.22
8. Yared Berhane	American River	9:33.05

Final Men's 5000 Meters

1. Nourredine Morceli	Riverside	14:13.45
2. Todd Trask	Santa Rosa	14:20.51
3. Pablo Sierra	East LA	14:25.27
4. Edgar Montes	Mt SAC	14:28.30
5. Greg Archuleta	Santa Rosa	14:41.79
6. Jaime Galindo	Ventura	14:52.41
7. Matt Haugen	Redwoods	14:58.16
8. Tony Castellon	Mt SAC	15:11.87

Final Men's 400 Meter Relay

1. Taft	39.77
2. Long Beach	40.09
3. Merritt	40.34
4. Sacramento	40.63
5. El Camino	40.88
6. Rancho Santiago	41.19
7. Chabot	41.37
8. San Francisco	41.62

Final Men's 10,000 Meters

1. Pablo Sierra	East LA	29:54.59
2. Dan Reed	Riverside	29:58.38
3. Oscar Gonzales	Long Beach	30:05.30
4. Cameron Mitchell	American River	31:26.20
5. Matt Capeluoitto	Orange Coast	31:26.36
6. Scott Kennedy	Merritt	31:41.51
7. Manuel Zepeda	Sequoias	32:11.14
8. Mike Navock	Long Beach	32:14.69

Final Men's 1600 Meter Relay

1. Taft	3:10.14
2. El Camino	3:10.85
3. Sacramento	3:11.51
4. Merritt	3:12.48
5. Long Beach	3:12.81
6. Chabot	3:15.52
7. Mt SAC	3:15.61
8. Cuesta	3:21.13

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Final Men's High Jump

1. Gio Sprattling	Hartnell	6-11¾
2. David Swanson	Glendale	6-11¾
3. Kwame Thompson	Contra Costa	6-9¾
4. George Woods	Riverside	6-9¾
5. Keith Mower	East LA	6-9¾
6. Karl Scatliffe	Compton	6-9¾
7. Sean Maye	Taft	6-7¾
8. Julius Lewis	Bakersfield	6-7¾
8. Terrance Grant	Fresno	6-7¾

Final Men's Pole Vault

1. Brian Chase	Grossmont	15-8
2. Brian Adamick	Cuesta	15-4
3. John Bruce	Long Beach	15-0
4. Howie Dooley	Shasta	14-8
5. Justin Carro	Cuesta	14-8
6. Jim Lawrence	San Jose	14-0

Final Men's Long Jump

1. Keith Holley	Taft	25-10¾
2. Kelvin Nash	East LA	24-2¼
3. Robert Foster	Taft	24-1¾
4. John Anthony	Cerritos	24-1¾
5. Keshon Johnson	Fresno	24-1
6. Damon Thomas	Fresno	24-0¾
7. Patrick Scott	Long Beach	23-6
8. Howard Stanford	Long Beach	23-6

Final Men's Triple Jump

1. Keith Holley	Taft	50-4¾
2. Howard Stanford	Long Beach	49-10
3. Cedric Boyd	SJ Delta	49-6¼
4. Charles Rogers	Mt SAC	49-3¾
5. Curtis Mitchell	El Camino	49-3
6. Harold Morrison	Hartnell	48-3½
7. Patrick Scott	Long Beach	47-11¼
8. Jermaine Brown	Contra Costa	47-7¾

Final Men's Shot Put

1. Jon Kirksey	Bakersfield	57-0¼
2. Marc Harrisay	San Jose	55-4¼
3. Gary Kirchoff	Saddleback	54-2½
4. Tony Smiderle	Yuba	52-0½
5. Ziad Khozam	Rancho Santiago	50-9¼
6. Tim Fua	SJ Delta	50-8
7. Jeff Dunn	San Jose	50-7½
8. Lewis Capes	Santa Monica	50-6¼

Final Men's Discus

1. Kevin Absher	Long Beach	167-6
2. Don Frazee	Riverside	162-4
3. Eric Johnson	Mt SAC	156-6
4. Rob Wagner	De Anza	156-0
5. Gary Kirchoff	Saddleback	153-6
6. Tony Moore	Taft	153-1
7. Ziad Knozam	Rancho Santiago	151-4
8. Tim Fua	SJ Delta	148-4

Final Men's Hammer

1. Steve Kellogg	SD Mesa	184-6
2. David Lunde	Sacramento	168-8
3. Orval Neal	Modesto	166-9
4. Mike McCormick	Porterville	164-7
5. Jeff Farrell	Sacramento	162-7
6. Steve Abandonato	Sierra	160-10
7. Chris Mezich	SD Mesa	159-8
8. Roshawn James	Shasta	156-9

Final Men's Javelin

1. Adam Weston	Sierra	205-6
2. John Cummings	SD Mesa	198-5
3. Hector Sanchez	Mt SAC	193-0
4. James Woods	Long Beach	191-5
5. Gil Carrillo	Moorpark	189-9
6. Howie Dooley	Shasta	186-10
7. Dave Moore	Butte	184-9
8. Ryan Rapoza	Ventura	184-0

Final Men's Decathlon

1. Charles Langston	Shasta	7,091
2. Chris Shelton	Long Beach	6,917
3. Greg Nuemann	Sierra	6,781
4. Andrew Herman	Santa Barbara	6,678
5. Gil Carrillo	Moorpark	6,359
6. Ryan Rapoza	Ventura	6,267
7. Don Vinson	Bakersfield	6,221
8. Willie Andrews	Long Beach	5,979