

California Community College Track & Field Championships • Cerritos, CA • May 20-21, 1994

Women: 1. Riverside 110; 2. Long Beach 95; 3. El Camino 48; 4T. SD Mesa, Shasta 33; 6. Modesto 31; 7. San Monica 30; 8. De Anza 28; 9. Citrus 25; 10. San Francisco 21; 11. Hartnell 19; 12. Sacramento 18; 13T. Canyons, Mt. SAC 15; 15T. Compton, Merritt 13; 17. Grossmont 12; 18. Cerritos 11; 19T. Contra Costa, West LA 10; 21T. Fresno, San Jose 9; 23T. Antelope Valley, Saddleback 8; 25T. Glendale, Golden West, Merced 7; 28T. Cuesta, Sierra, Skyline 6; 31T. Redwoods, Taft 5; 33. Hancock 4½; 34. Bakersfield 4; 35T. Cabrillo, Santa Rosa 3; 37T. American River, Diablo Valley, SJ Delta 2.

Men: 1T. Long Beach, Riverside 100; 3. Taft 93; 4. Sacramento 59; 5. Mt. SAC 52; 6. Moorpark 27; 7. SD Mesa 23; 8T. San Mateo, Santa Monica 22; 10T. Cuyamaca, Merritt 20; 12. Cuesta 18; 13. Santa Rosa 17; 14T. Bakersfield, El Camino 15; 16T. Diablo Valley, West Valley 14; 18. Hartnell 13; 19T. LA Trade Tech, SJ Delta 12; 21T. Fresno, Rancho Santiago, Shasta 11; 24T. Cerritos, Glendale, Saddleback, San Jose 10; 28. Modesto 9 29T. Marin, Merced 8; 31T. Antelope Valley, Skyline 6; 33. Golden West 5; 34. De Anza 4; 35. Siskiyou 3½; 36T. Canyons, Orange Coast, San Francisco 3; 39T. Chabot, Citrus, Monterey 2; 42T. Contra Costa, Redwoods 1.

Final Women's 100 Meters

1. Astia Walker	Riverside	11.65
2. Angela Sullivan	SD Mesa	12.06
3. Marvette Collis	Riverside	12.06
4. Ericka Allensworth	Sacramento	12.07
5. Lynette Christian	West LA	12.17
6. Michele Ferguson	San Jose	12.19
7. Renee Williams	Contra Costa	12.36
8. Roshawnda Walker	Contra Costa	12.55

Final Women's 3000 Meters

1. Emebet Shiferaw	Riverside	9:57.62
2. Rachel Hatwin	San Francisco	10:00.35
3. Magdalena Lewy	Long Beach	10:14.77
4. Sawako Nakamura	El Camino	10:16.56
5. Amy Grafius	Modesto	10:24.28
6. Carrie Tachiera	Modesto	10:24.61
7. Laura Bermudez	Citrus	10:29.43
8. Randi O' Neil	Diablo Valley	10:35.29

Final Women's 200 Meters

1. Astia Walker	Riverside	23.41
2. Angela Sullivan	SD Mesa	24.28
3. Michele Ferguson	San Jose	24.49
4. Chanda Brooks	Long Beach	24.83
5. Renee Williams	Contra Costa	24.98
6. Sheila Hunter	San Francisco	25.08
7. Taunika Ogans	San Francisco	25.10
8. Marvette Collis	Riverside	25.10

Final Women's 5000 Meters

1. Emebet Shiferaw	Riverside	17:19.94
2. Magdalena Lewy	Long Beach	17:29.10
3. Sawake Nakamura	El Camino	17:29.39
4. Stacey Mosely	De Anza	17:51.69
5. Auria Roberto	Glendale	17:52.58
6. Teresa Santana	Antelope Valley	17:59.10
7. Amy Grafius	Modesto	18:12.37
8. Randi O' Neill	Diablo Valley	18:23.96

Final Women's 400 Meters

1. Tamera McLain	Long Beach	54.93
2. Toneshia Hodges	El Camino	55.18
3. Dorlisa Good	El Camino	55.55
4. Taunika Ogans	San Francisco	55.59
5. Brandy Stevens	Merritt	55.75
6. Maya Greene	Merritt	56.46
7. Lashawna Stringer	Long Beach	58.09
8. Symone Arguello	Sacramento	59.19

Final Women's 100 Meter Hurdles

1. Astia Walker	Riverside	13.76
2. Leshette Molette	El Camino	14.77
3. Karen Vigilant	Long Beach	14.84
4. Tanyita Watkins	Mt. SAC	14.95
5. Ine Jones	De Anza	15.01
6. Jen Poli	Cabrillo	15.03
7. Yeko Ladzekpo	Canyons	15.35
8. Lori Himes	Modesto	15.47

Final Women's 800 Meters

1. Dawn Williams	Riverside	2:06.30
2. Nicole Teter	Shasta	2:07.35
3. Irene Orozco	Hartnell	2:15.36
4. Alisha Lopez	Long Beach	2:15.44
5. Kelly Olson	Grossmont	2:16.19
6. Latricia Johnson	Citrus	2:16.36
7. Kim Foster	Golden West	2:16.88
8. Tiedress Rowden	Merritt	2:17.95

Final Women's 400 Meter Hurdles

1. Karen Vigilant	Long Beach	62.37
2. Danielle Johnigan	De Anza	65.46
3. Crystal Buck	Riverside	65.60
4. Yeko Ladzekpo	Canyons	66.32
5. Courtney Leonard	Saddleback	66.77
6. Sara Poisson	Santa Rosa	67.42
7. Erica Wilson	Shasta	68.14
8. Marti McCoy	Redwoods	69.17

Final Women's 1500 Meters

1. Magdalena Lewy	Long Beach	4:41.19
2. Kelly Olson	Grossmont	4:41.84
3. Carrie Tachiera	Modesto	4:42.85
4. Lisa Mote	Golden West	4:44.01
5. Stacey Mosely	De Anza	4:45.06
6. Auria Roberto	Glendale	4:45.10
7. Tiffany Trudeau	American River	4:49.47
8. Laura Bermudez	Citrus	4:50.92

Final Women's 400 Meter Relay

1. Riverside	46.08
2. Long Beach	46.79
3. Santa Monica	47.29
4. Sacramento	47.30
5. Compton	48.98
6. De Anza	49.61
7. SJ Delta	49.80
8. Modesto	50.62

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Final Women's 1600 Meter Relay

1. El Camino	3:43.51
(Toneisha Hodges, Cynthia Gleen, Dorneisha Lewis, Dorlisa Good)	
2. Long Beach	3:44.83
3. Riverside	3:50.13
4. Merritt	3:51.76
5. SD Mesa	3:55.91
6. Sacramento	3:56.69
7. Santa Monica	3:57.73
8. Shasta	3:58.71

Final Women's High Jump

1. Erica Wilson	Shasta	5-5
2. Marvette Collis	Riverside	5-5
3. Erika Spencer	Citrus	5-3
4. Elaine Dockery	Hancock	5-1
4. Lataya Woods	Citrus	5-1
6. Yvette Lamay	Contra Costa	5-1
6. Leah Cunningham	Riverside	5-1
8. Erica Wilson	Shasta	5-1

Final Women's Long Jump

1. Nicole Irving	Mt. SAC	19-5
2. Marvette Collis	Riverside	19-4¼
3. Lynette Christian	West LA	19-1
4. Angel Carver	Long Beach	19-0
5. Tara Rucker	Santa Monica	18-11
6. Felicia Brown	Hartnell	18-8
7. Ine Jones	De Anza	18-6¾
8. Glory Dolphin	Santa Monica	18-4½

Final Women's Triple Jump

1. Angel Carver	Long Beach	41-6
2. Glory Dolphin	Santa Monica	40-6¼
3. Vanitta Kinard	Santa Monica	40-2¼
4. Toneshia Hodges	El Camino	39-5
5. Wintress Lang	Compton	37-5¼
6. Ruth Moeck	Santa Monica	37-3
7. Ine Jones	De Anza	36-3
8. Sarah Todd	Merced	36-2¾

Final Women's Shot Put

1. Kelly Smith	SD Mesa	46-6¼
2. Leslie Woolery	Shasta	43-1½
3. Laura Newell	Cuesta	42-11¾
4. Yolanda Crowder	Taft	42-2
5. Lisa Stepheny	Fresno	41-5¾
6. Tiann Rouse	Modesto	41-1½
7. Juanita Blanco	SD Mesa	40-9½
8. Wendy Bryant	Cerritos	40-5½

Final Women's Discus

1. Becky Elwood	Modesto	141-1
2. Amy Blackburn	Ventura	139-4
3. Vicki Garcia	Sierra	137-6
4. Lisa Stepheny	Fresno	137-5
5. Helen Dijkstra	Bakersfield	135-1
6. Leslie Woolery	Shasta	134-10
7. Tyrenda Stamps	Sacramento	130-0
8. Tiann Rouse	Modesto	128-10

Final Women's Javelin

1. Erika Spence	Cerritos	143-4
2. Kate Stoll	Canyons	139-10
3. Lelicia Zazaboi	Skyline	130-11
4. Debra Gifford	Antelope Valley	125-10
5. Stacy Mezo	Saddleback	121-1
6. Marvette Collis	Riverside	119-5
7. Lisa Ngo	Sacramento	118-8
8. Karyn Tammaro	SD Mesa	115-11

Final Women's Heptathlon

1. Felicia Brown	Hartnell	5,080
2. Lataya Woods	Citrus	4,535
3. Suzanne Burns	Merced	4,109
4. Wintress Lang	Compton	3,916
5. Becky Hafar	Redwoods	3,801
6. Fawn Carter	San Francisco	3,754
7. Jolena Lomax	Long Beach	3,731
8. Erika Spencer	Citrus	3,712

MEN

Final Men's 100 Meters

1. Ricky Carrigan	Merritt	10.27
2. Steve King	Taft	10.57
3. Lindsay McDonald	Sacramento	10.65
4. Saki Middleton	Mt. SAC	10.70
5. Tunji Bello	Long Beach	10.72
6. Ulysses Trammell	Orange Coast	10.73
7. Irving Grant	Long Beach	10.74
8. Dwayne Ferguson	Fresno	10.78

Final Men's 200 Meters

1. Ricky Carrigan	Merritt	20.72
2. Ron Williams	Long Beach	21.14
3. Lindsay McDonald	Sacramento	21.16
4. Keith Barker	Taft	21.21
5. Demitrius Snaer	SJ Delta	21.28
6. Tony Serpas	Long Beach	21.51
7. Steven King	Taft	21.55
8. Tunji Bello	Long Beach	21.61

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Final Men's 400 Meters

1. Derek Shepard	Sacramento	46.50
2. Curtis McIntire	Taft	46.67
3. Keith Baker	Taft	46.73
4. Ron Williams	Long Beach	47.52
5. Demitrius Snaer	SJ Delta	47.61
6. Sterlin Lankford	El Camino	47.88
7. Cory Doxey	Taft	48.46
8. Tom Brinson	Riverside	49.23

Final Men's 110 Meter High Hurdles

1. Frank Guialdo	Long Beach	14.18
2. Jeff Correria	Taft	14.30
3. Craig Howard	Riverside	14.36
4. Ray Banner	Long Beach	14.47
5. Ben Kearse	Riverside	14.48
6. Alonzo Wiggins	Taft	14.59
7. Mike Harris	Long Beach	14.62
8. Vince Bungy	Taft	14.82

Final Men's 800 Meters

1. Daniel Das Nevas	Cuyamaca	1:50.80
2. Andre Inniss	Taft	1:51.30
3. Chris Gaston	Santa Roas	1:51.31
4. Isacc Turner	Glendale	1:51.58
5. Morris Giddons	El Camino	1:51.83
6. Angel Martinez	Mt. SAC	1:52.03
7. Joe Garcia	Citrus	1:52.57
8. Matt Bower	Hartnell	1:53.29

Final Men's 400 Hurdles

1. Alonzo Wiggins	Taft	51.04
2. Craig Howard	Riverside	51.59
3. Ben Kearse	Riverside	52.11
4. Adrian Fox	Diablo Valley	52.31
5. Richard Ford	Long Beach	52.93
6. Robert Landtiser	Canyons	53.60
7. Jason Keller	Monterey	54.25
8. Frank Hocke	Hartnell	54.27

Final Men's 1500 Meters

1. Daniel Das Nevas	Cuyamaca	3:53.69
2. Angel Martinez	Mt. SAC	3:53.98
3. Aberrazak Merchaoud	Riverside	3:54.94
4. Wilhelm Gidasuday	Riverside	3:55.77
5. Morris Giddons	El Camino	3:56.69
6. Dave Flynn	Diablo Valley	3:56.91
7. Tyson Thomas	West Valley	3:57.21
8. Narziro Romero	San Diego	3:58.20

Final Men's Steeplechase

1. Neil Smart	Riverside	9:06.48
2. Colin Johnston	Taft	9:24.77
3. Jason Kroh	Skyline	9:27.14
4. Brian Cullum	Saddleback	9:35.66
5. Mark Taylor	Riverside	9:38.53
6. Bryan Contreras	Mt. SAC	9:39.34
7. Jerry Locker	Diablo Valley	9:40.26
8. Evan Sjostrom	West Valley	9:44.27

Final Men's 5000 Meters

1. Wilhelm Gidasuday	Riverside	14:14.31
2. Neil Smart	Riverside	14:21.09
3. Aberrazak Merchaoud	Riverside	14:26.15
4. Cruz Gallegos	Riverside	14:27.73
5. Ivo Rodriques	LA Trade Tech	14:30.76
6. Gary Mitchell	Mt. SAC	15:12.69
7. John Orosco	Taft	15:15.49
8. Colin Johnson	Taft	15:37.86

Final Men's 400 Meter Relay

1. Sacramento	40.35
2. Long Beach	40.36
3. San Jose	41.03
4. Rancho Santiago	41.42
5. SJ Delta	41.46
6. Mt. SAC	41.58
7. De Anza	41.69
8. San Francisco	41.70

Final Men's 10,000 Meters

1. Wilhelm Gidasuday	Riverside	29:39.31
2. Ivo Rodriques	LA Trade Tech	29:57.48
3. Mark Sinderson	Antelope Valley	31:34.02
4. Larry Holland	Saddleback	31:35.86
5. Luis Baca	Mt. SAC	31:51.29
6. James Garritson	Mt. SAC	31:51.56
7. Tim Davila	San Francisco	32:05.16
8. Mike Byroads	Diablo Valley	32:16.53

Final Men's 1600 Meter Relay

1. Sacramento	3:06.03
2. Long Beach	3:06.81
3. Taft	3:07.73
4. Riverside	3:13.21
5. San Jose	3:15.37
6. Rancho Santiago	3:15.49
7. Glendale	3:19.28
8. El Camino	3:20.32

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Final Men's High Jump

1. Kevin Carlson	Fullerton	7-0¼
2. Moses Kearney	Merced	6-10¼
3. Ed Barnett	Mt. SAC	6-8¼
4. Lavelle Belony	San Jose	6-8¼
5. Mario Leon	El Camino	6-6¼
6. Thomas Webb	Siskiyou	6-6¼
7. Ray Brown	Chabot	6-4¼

Final Men's Discus

1. Dave Dumble	Bakersfield	168-1
2. Sean McKeown	Moorpark	164-11
3. Troy Stricklin	Cerritos	161-6
4. Dan Davis	SD Mesa	157-2
5. Joel Sharpe	San Mateo	155-11
6. Jason Dossey	San Mateo	155-8
7. Dan Estrada	Riverside	154-1
8. Cameron Bolles	Santa Rosa	150-9

Final Men's Pole Vault

1. Sean Brown	Cuesta	17-0
2. Tim Davis	Cuesta	15-6
3. Huong Vong	West Valley	15-6
4. Mike James	Hartnell	15-0
5. David Gull	Sacramento	15-0
6. Jeremy Gump	Glendale	14-6
7. Eric Stanfield	Long Beach	14-6
8. David Sargenti	Hartnell	14-0

Final Men's Javelin

1. Kel Watrin	Santa Rosa	218-2
2. Andrew Kearns	Marin	195-0
3. Rudy Davila	Mt. SAC	190-2
4. Mark Crowley	Golden West	189-0
5. Robert Ernster	Cerritos	185-7
6. Chris Cane	Long Beach	184-8
7. Dan Davis	SD Mesa	178-1
8. Seth McKurtis	Sacramento	177-11

Final Men's Long Jump

1. Jonathan Jordan	Long Beach	24-0¼
2. Zach Haupt	Santa Monica	24-0¼
3. Perry McBride	Santa Monica	23-9
4. Isaiah Mustafa	Moorpark	23-8¼
5. Brian Clark	Santa Monica	23-4
6. Mike Wright	Hartnell	23-3¼
7. Eric Houston	Sacramento	22-8
8. Ben Griggs	Redwoods	22-7¼

Final Men's Hammer

1. Justin Carvahalo	Sacramento	177-10
2. Aaron Thurman	Modesto	176-6
3. Jacob Sada	SD Mesa	175-9
4. Dave Dumble	Bakersfield	175-3
5. Lars Persson	Mt. SAC	170-2
6. Allen Reinke	Shasta	164-3
7. Kent Cam	Fresno	163-4
8. Shannon Russell	Modesto	160-4

Final Men's Triple Jump

1. Jonathan Jordan	Long Beach	52-0
2. Barry Massey	Long Beach	50-8¼
3. Terence Sweet	SD Mesa	50-0½
4. James Jones	Taft	49-2½
5. Zachary Haupt	Santa Monica	48-11
6. Marvin Brown	Diablo Valley	48-11
7. Don Martin	Fresno	48-1¾
8. Jason Sergent	Contra Costa	47-11¼

Final Men's Decathlon

1. John Parry	Taft	6,875
2. Isaiah Mustafa	Moorpark	6,722
3. Dan Bigham	Fresno	6,546
4. Chris Kanowsky	Long Beach	6,326
5. Chris Prescott	Mt. SAC	6,314
6. Ty Winn	Rancho Santiago	6,209
7. Dave Sargenti	Hartnell	6,210
8. Ed Cass	Long Beach	6,165

Final Men's Shot Put

1. Jason Dossey	San Mateo	54-2¾
2. John McDonald	Shasta	53-8½
3. Sean McKeown	Moorpark	53-0
4. Renato Grizelj	San Mateo	51-7
5. Kevin Mawyer	Riverside	49-11¼
6. Frank Hoffman	SD Mesa	49-7
7. Bruce Ventura	De Anza	49-3½
8. Greg Jones	Long Beach	48-10