

CCCAA - 5/15/2015 to 5/16/2015
State Track and Field Championships 2015
College of San Mateo
Results

Women 100 Meter Dash

SoCal Meet: < 11.12	2001	Natasha Mayers, L.A. Southwest College			
NorCal Meet: > 11.30	2012	Ashton Purvis, Laney College			
State Meet: & 11.23	5/26/1984	Zelda Johnson, Mt. San Antonio College			
CSM Stadium: @ 11.30	2012	Ashton Purvis, Laney College			
Name	Year	School	Finals	Wind	Points

Finals

1 Moesha Davidson	FR	Fresno	11.48	1.3	10	
2 Sarah Dunmore	SO	Mt. Sac	11.67	1.3	8	
3 Kayla Wilson	FR	Riverside	11.78	1.3	6	
4 Kaira Saunders	FR	Bakersfield	11.98	1.3	5	11.971
5 Ronieka Robinson	FR	San Joaquin Delta	11.98	1.3	4	11.978
6 Olivia Brown	SO	American River	12.00	1.3	3	
7 Jazmine Robertson	SO	Mt. Sac	12.02	1.3	2	
8 Kayla Dickerson	FR	Laney	12.06	1.3	1	
9 Imani Thomas	FR	American River	12.21	1.3		

Women 200 Meter Dash

SoCal Meet: < 22.91	2001	Natasha Mayers, L.A. Southwest College			
NorCal Meet: > 23.26	2012	Ashton Purvis, Laney College			
State Meet: & 23.12	5/26/1984	Zelda Johnson, Mt. San Antonio College			
CSM Stadium: @ 23.53	2007	Charonda Williams, Laney College			
Name	Year	School	Finals	Wind	Points

1 Deajah Stevens	FR	Sequoias	23.40@	-0.1	10	
2 Kayla Wilson	FR	Riverside	24.59	-0.1	8	
3 Sarah Dunmore	SO	Mt. Sac	24.75	-0.1	6	
4 Olivia Loy	FR	Santa Barbara	25.19	-0.1	5	
5 Najia Hudspeth	FR	Cerritos	25.26	-0.1	4	
6 Kaira Saunders	FR	Bakersfield	25.34	-0.1	3	
7 Kayla Dickerson	FR	Laney	25.40	-0.1	2	
8 Kortni Smyers-Jones	SO	Laney	25.71	-0.1	1	
9 Imani Thomas	FR	American River	26.26	-0.1		

Women 400 Meter Dash

SoCal Meet: < 52.62	1981	Valerie Brisco, Long Beach City Coll			
NorCal Meet: > 54.00	5/8/2009	Champelle Brown, College of Marin			
State Meet: & 52.69	5/30/1981	Gwen Gardner, West LA College			
CSM Stadium: @ 53.88	2009	Champelle Brown, Laney College			
Name	Year	School	Finals	Points	

1 Deajah Stevens	FR	Sequoias	53.88@	10	
2 Doshawn Franks	FR	West Los Angeles	55.88	8	
3 Fanny Giron	FR	Fullerton	56.15	6	
4 Jhaylen Ball	FR	Mt. Sac	56.38	5	
5 Olivia Loy	FR	Santa Barbara	56.69	4	
6 Nassima Barksdale	SO	San Joaquin Delta	56.92	3	
7 Dejah Darciel	FR	Fresno	58.08	2	
8 Khadija Imara	FR	Mt. Sac	58.32	1	
9 Xiomara Perkins	FR	El Camino	58.54		

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Women 800 Meter Run

SoCal Meet: < 2:06.80 1978 Ruth Caldwell (Wysocki), Citrus Co
 NorCal Meet: > 2:11.22 1983 Jill Moss, American River College
 State Meet: & 2:06.30 5/21/1994 Dawn Williams, Riverside College
 CSM Stadium: @ 2:06.93 2006 Lindsey Schnell, Arizona Elite

Name	Year	School	Finals	Points
1 Sarah Brandt	SO	Butte	2:12.07	10
2 Crystal Tejada	FR	Riverside	2:13.13	8
3 Kandace Compton	SO	American River	2:14.80	6
4 Glindyll Mancina	FR	Glendale	2:15.12	5
5 Jocelyn Orozco	FR	Cerritos	2:15.48	4
6 Maria Morales	SO	Riverside	2:16.02	3
7 Leah Theroux	SO	Bakersfield	2:18.00	2
8 Morgan Green	FR	Chabot	2:19.12	1
9 Sarah Mayfield	SO	Modesto	2:23.34	

Women 1500 Meter Run

SoCal Meet: < 4:19.20 1978 Ruth Caldwell (Wysocki), Citrus Co
 NorCal Meet: > 4:27.60 1980 Sabrina Peters, Monterey Peninsula
 State Meet: & 4:18.10 5/16/1986 Sylvia Mosqueda, East LA College
 CSM Stadium: @ 4:25.81 2006 Alisha Williams, Arizona Elite

Name	Year	School	Finals	Points
1 Aminat Olowora	FR	Southwestern	4:33.09	10
2 Mikala Fairchild	FR	Canyons	4:37.15	8
3 Yesenia Silva	SO	Sequoias	4:38.98	6
4 Amanda Rodriguez	SO	Sacramento	4:40.45	5
5 Sierra Ungerman	SO	Mt. Sac	4:40.51	4
6 Ariel Melendez	SO	Cerritos	4:41.75	3
7 Crystal Tejada	FR	Riverside	4:42.81	2
8 Erica Ruiz	FR	Santa Rosa	4:45.16	1
9 Maria Morales	SO	Riverside	4:45.20	
10 Maria Orosco	FR	Cerritos	4:47.08	
11 Andrea Mendez	FR	Fullerton	4:47.13	
12 Sara Fleming	FR	Saddleback	4:49.93	

Women 5000 Meter Run

SoCal Meet: < 16:21.70 1986 Sylvia Mosqueda, East L.A. Colleg
 NorCal Meet: > 17:15.20 1985 Leslie Hawkins, Monterey Peninsul
 State Meet: & 15:52.50 5/16/1986 Sylvia Mosqueda, East LA College
 CSM Stadium: @ 17:14.64 2007 Tove Bert, Glendale College

Name	Year	School	Finals	Points
1 Aminat Olowora	FR	Southwestern	17:13.87@	10
38.257 (38.257)	2:01.254 (1:22.997)	3:24.985 (1:23.731)	4:48.920 (1:23.935)	
6:15.008 (1:26.088)	7:40.692 (1:25.684)	9:06.016 (1:25.324)	10:30.061 (1:24.045)	
11:51.166 (1:21.105)	13:13.357 (1:22.191)	14:36.793 (1:23.436)	16:00.802 (1:24.009)	
17:13.870 (1:13.068)				

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2	Yesenia Silva	SO Sequoias	17:40.56	8	
	38.332 (38.332)	2:03.299 (1:24.967)	3:29.157 (1:25.858)	4:53.453 (1:24.296)	
	6:20.111 (1:26.658)	7:47.444 (1:27.333)	9:15.029 (1:27.585)	10:44.485 (1:29.456)	
	12:12.091 (1:27.606)	13:39.013 (1:26.922)	15:04.522 (1:25.509)	16:25.837 (1:21.315)	
	17:40.553 (1:14.716)				
3	Mikala Fairchild	FR Canyons	17:52.61	6	
	38.689 (38.689)	2:03.700 (1:25.011)	3:29.501 (1:25.801)	4:54.028 (1:24.527)	
	6:21.176 (1:27.148)	7:49.945 (1:28.769)	9:19.860 (1:29.915)	10:50.005 (1:30.145)	
	12:17.471 (1:27.466)	13:45.881 (1:28.410)	15:14.710 (1:28.829)	16:39.612 (1:24.902)	
	17:52.610 (1:12.998)				
4	Malena Grover	FR Hartnell	17:55.96	5	
	38.557 (38.557)	2:03.606 (1:25.049)	3:29.370 (1:25.764)	4:53.695 (1:24.325)	
	6:20.182 (1:26.487)	7:47.624 (1:27.442)	9:15.206 (1:27.582)	10:44.603 (1:29.397)	
	12:12.398 (1:27.795)	13:41.086 (1:28.688)	15:11.445 (1:30.359)	16:39.905 (1:28.460)	
	17:55.956 (1:16.051)				
5	Crystal Morales	FR Glendale	17:57.26	4	
	39.381 (39.381)	2:05.732 (1:26.351)	3:32.483 (1:26.751)	4:59.828 (1:27.345)	
	6:27.684 (1:27.856)	7:55.109 (1:27.425)	9:22.415 (1:27.306)	10:49.862 (1:27.447)	
	12:17.795 (1:27.933)	13:45.580 (1:27.785)	15:14.467 (1:28.887)	16:40.165 (1:25.698)	
	17:57.251 (1:17.086)				
6	Brianna Jacklin	FR Riverside	18:03.09	3	
	39.168 (39.168)	2:05.577 (1:26.409)	3:32.886 (1:27.309)	5:00.003 (1:27.117)	
	6:27.754 (1:27.751)	7:55.269 (1:27.515)	9:22.589 (1:27.320)	10:50.333 (1:27.744)	
	12:17.744 (1:27.411)	13:45.820 (1:28.076)	15:14.538 (1:28.718)	16:41.866 (1:27.328)	
	18:03.081 (1:21.215)				
7	Jessica Steinhoff	SO Palomar	18:08.50	2	
	39.134 (39.134)	2:05.511 (1:26.377)	3:32.677 (1:27.166)	5:00.000 (1:27.323)	
	6:27.914 (1:27.914)	7:55.327 (1:27.413)	9:22.686 (1:27.359)	10:50.036 (1:27.350)	
	12:16.548 (1:26.512)	13:45.463 (1:28.915)	15:13.647 (1:28.184)	16:42.758 (1:29.111)	
	18:08.492 (1:25.734)				
8	Nichelle Jackson	SO Mt. Sac	18:32.16	1	
	39.467 (39.467)	2:06.052 (1:26.585)	3:33.187 (1:27.135)	5:00.909 (1:27.722)	
	6:28.468 (1:27.559)	7:57.086 (1:28.618)	9:28.339 (1:31.253)	10:58.888 (1:30.549)	
	12:30.651 (1:31.763)	14:02.869 (1:32.218)	15:35.414 (1:32.545)	17:06.162 (1:30.748)	
	18:32.154 (1:25.992)				
9	Brandi Hobson	SO Hartnell	18:56.16		
	39.624 (39.624)	2:06.599 (1:26.975)	3:35.459 (1:28.860)	5:05.815 (1:30.356)	
	6:37.729 (1:31.914)	8:10.126 (1:32.397)	9:42.674 (1:32.548)	11:15.237 (1:32.563)	
	12:49.317 (1:34.080)	14:22.776 (1:33.459)	15:56.471 (1:33.695)	17:27.764 (1:31.293)	
	18:56.155 (1:28.391)				

Women 10000 Meter Run

=====				
SoCal Meet:	< 35:38.97	5/8/2010	Lenore Moreno,	Mt. San Antonio Co
NorCal Meet:	> 38:25.1h	2003	Cassandra Goodson,	Diablo Valley
State Meet:	& 35:31.92	5/15/2015	Aminat Olowara,	Southwest College
CSM Stadium:	@ 36:00.62	2007	Tove Berg,	Glendale College
Name		Year School	Finals	Points
=====				
1	Aminat Olowora	FR Southwestern	35:31.92&	10
2	Jenica Dodge	FR American River	37:11.39>	8
3	Brianna Jacklin	FR Riverside	37:13.24>	6
4	Anna Welsh	FR Monterey	37:26.95>	5
5	Crystal Morales	FR Glendale	37:32.75>	4

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6	Nichelle Jackson	SO Mt. Sac	37:44.91>	3
7	Jessica Steinhoff	SO Palomar	37:51.34>	2
8	Brandi Hobson	SO Hartnell	38:43.31	1
9	Dominique Dowell	SO Canyons	39:12.48	
10	Stephanie Ruiz	SO Cerritos	40:17.28	
11	Dominique Delgado	FR Mt. Sac	40:38.30	
12	Stephanie Perea	FR Cerritos	42:22.16	

Women 100 Meter Hurdles

SoCal Meet:	< 13.60	1994	Astia Walker, Riverside College
NorCal Meet:	> 13.83	2003	Beyonka McDowell, Sacramento City College
State Meet:	& 13.66	5/18/1989	LaShawn Simons, Mt. San Antonio College
CSM Stadium:	@ 13.72	2012	Vashti Thomas, Unattached

Name	Year	School	Finals	Wind	Points
1	Kortni Smyers-Jones	SO Laney	13.61	2.4	10
2	Deshaunda Morrison	FR Sequoias	13.66	2.4	8
3	Moesha Davidson	FR Fresno	14.08	2.4	6
4	Jenai Vickers	FR Cerritos	14.27	2.4	5
5	Jazmine Robertson	SO Mt. Sac	14.28	2.4	4
6	Victoria Johnson	SO Laney	14.34	2.4	3
7	Taylor Sims	FR Orange Coast	14.63	2.4	2
8	Alisha Greenlaw	FR Ventura	14.67	2.4	1
9	Breanna Curry	FR Cerritos	15.07	2.4	

Women 400 Meter Hurdles

SoCal Meet:	< 57.67	2008	Ebony Collins, West Los Angeles
NorCal Meet:	> 60.15	5/11/1996	Christyna Serrano, Hartnell College
State Meet:	& 58.88	5/20/1995	Celana Clarke, Riverside College
CSM Stadium:	@ 58.91	1995	Allieen Poulen, Nike Coast

Name	Year	School	Finals	Points
1	Jeyla Spencer	FR Southwestern	61.87	9
1	Katie Baxter	SO De Anza	J62.05	9
3	Rianna Chavez	FR Fresno	62.80	6
4	Casie Johnson	SO Siskiyou	63.77	5
5	Tatiana Misco	FR Merritt	63.78	4
6	Jazmine Jones	SO Riverside	64.65	3
7	Julia Sambvani	FR Pasadena	65.48	2
8	Hannah Heising	FR Orange Coast	66.08	1
9	Destinee Thayer	FR Southwestern	67.40	

Women 3000 Meter Steeplechase

SoCal Meet:	< 10:54.96	2015	Laura Aceves, East Los Angeles
NorCal Meet:	> 11:34.10	2003	Whitney Jacobsmeyer, Diablo Valle
State Meet:	& 10:44.46	5/18/2009	Cassie Mitchell, Orange Coast
CSM Stadium:	@ 10:30.84	2009	Lois Kelley, Unattached

Name	Year	School	Finals	Points
1	Laura Aceves	SO East LA	10:54.87<	10
2	Jessica Betancourt	SO Palomar	11:16.29>	8

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....Women 3000 Meter Steeplechase

3	Haley Heinemann	SO El Camino	11:31.72>	6
4	Rachel Shimabukuro	SO Hartnell	11:35.98	5
5	Jordan Linsky	FR SD Mesa	11:39.24	4
6	Jocelyn Stillwell	SO American River	11:43.02	3
7	Amanda De Jesus	FR Canyons	11:47.56	2
8	Isi Ibarra	SO Riverside	11:49.60	1
9	Xiomara Jimenez	FR Saddleback	11:59.95	
10	Nancy Rodriguez	FR Hartnell	12:06.44	
11	Marisa D'Orfani	SO De Anza	12:16.19	

Women 4x100 Meter Relay

SoCal Meet:	< 45.59	1983	Mt. SAC, Mt. San Antonio College		
NorCal Meet:	> 45.32	5/7/2010	Laney College, Laney College		
			S Roach, L Newson, D Crosby, Q Wilson		
State Meet:	& 45.02	5/17/2008	Laney College, Long Beach City Colle		
CSM Stadium:	@ 45.14	2012	, Laney College		
	School			Finals	Points

1	Mt. Sac		47.08	10
	1) Sarah Dunmore SO	2) Jazmine Robertson SO		
	3) Khadija Imara FR	4) Jhaylen Ball FR		
2	Cerritos		47.46	8
	1) Shukura Tyler FR	2) Najia Hudspeth FR		
	3) Brandy Navarro FR	4) Lauryn Ballard FR		
3	Bakersfield		47.55	6
	1) Nicole Lewis SO	2) Taira Saunders FR		
	3) Zariah Marr FR	4) Kaira Saunders FR		
4	American River		47.55	5
	1) Abigail Finlayson FR	2) Olivia Brown SO		
	3) Tatiana Bell FR	4) Imani Thomas FR		
5	Sequoias		47.56	4
	1) Deshaunda Morrison FR	2) Deajah Stevens FR		
	3) Canisha Lewis FR	4) Trudy McCalla FR		
6	Santa Barbara		47.76	3
	1) Anyel Thomas FR	2) Olivia Loy FR		
	3) Marla Bonser SO	4) Jessica Escalante SO		
7	Riverside		47.88	2
	1) Latreece Cox FR	2) Kayla Wilson FR		
	3) Alexis League SO	4) Lauren Henderson FR		
8	San Joaquin Delta		48.15	1
	1) Antonique Newson-Henry FR	2) Nassima Barksdale SO		
	3) Elizabeth Thompson FR	4) Ronieka Robinson FR		
--	Laney		DNF	
	1) Kortni Smyers-Jones SO	2) Stantasia Dossman-Bishop SO		
	3) Kayla Dickerson FR	4) Tricia Stewart SO		

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Women 4x400 Meter Relay

SoCal Meet: < 3:40.10 5/18/1984 El Camino, El Camino College
 NorCal Meet: > 3:47.82 1984 Contra Costa College, Contra Costa
 Carpenter/Rogers/LeeSimue
 State Meet: & 3:37.75 5/21/1994 El Camino College, El Camino Colle
 CSM Stadium: @ 3:48.20 2009 , Laney College

		Finals	Points
1 Mt. Sac		3:49.83	10
1) Jhaylen Ball FR	2) Khadija Imara FR		
3) Kiara Speed SO	4) Sarah Dunmore SO		
2 El Camino		3:51.84	8
1) Kimberly Markley FR	2) Xiomara Perkins FR		
3) Passionae Martin FR	4) Victoria Portor FR		
3 Riverside		3:53.45	6
1) Latreece Cox FR	2) Kayla Wilson FR		
3) Maria Morales SO	4) Crystal Tejada FR		
4 Cerritos		3:53.62	5
1) Nylia Hudspeth FR	2) Montana Deavila FR		
3) Brandy Navarro FR	4) Shukura Tyler FR		
5 Sequoias		3:56.09	4
1) Canisha Lewis FR	2) Deshaunda Morrison FR		
3) Marlene Alcantar FR	4) Deajah Stevens FR		
6 American River		3:56.52	3
1) Imani Thomas FR	2) Keirnan Hawthorne SO		
3) Morgan Simpson FR	4) Kandace Compton SO		
7 Laney		3:57.68	2
1) Kayla Dickerson FR	2) Sierra Nazel FR		
3) Stantasia Dossman-Bishop SO	4) Lorrynn Dozier SO		
8 San Joaquin Delta		3:57.84	1
1) Letcia Heron FR	2) Elizabeth Thompson FR		
3) Ronieka Robinson FR	4) Nassima Barksdale SO		
9 Canyons		4:00.67	
1) Tisian Nealy FR	2) Zakora Merriweather FR		
3) Ariana Cooper FR	4) Jada Selexman FR		

Women High Jump

Name	Year	School	Finals	Points
SoCal Meet: < 6-00 1979		Phyllis Blunston, El Camino College		
NorCal Meet: > 5-10 2003		Kim Harper, Modesto Junior College		
State Meet: & 5-10.50 5/21/1988		Janine Bonin, Sac Joaquin Delta		
CSM Stadium: @ 6-03.50 2007		Erin Aldrich, Unattached		
1 Breanna Curry	FR	Cerritos	1.66m	5-05.25 10
1.46 1.51 1.56 1.61 1.66 1.71				
P O O XO O XXX				
2 Mahogany Stitt	SO	Merced	J1.66m	5-05.25 8
1.46 1.51 1.56 1.61 1.66 1.71				
P P P O XXO XXX				
3 Moesha Davidson	FR	Fresno	1.61m	5-03.25 6
1.46 1.51 1.56 1.61 1.66				
O O O XXO XXX				

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4	Julia Grimm	FR Santa Rosa	J1.61m	5-03.25	5
	1.46 1.51 1.56 1.61 1.66				
	P O XO XXO XXX				
5	Doshawn Franks	FR West Los Angeles	1.56m	5-01.25	4
	1.46 1.51 1.56 1.61				
	O O O XXX				
6	Lyric Anderson	FR Modesto	J1.56m	5-01.25	3
	1.46 1.51 1.56 1.61				
	O XO O XXX				
7	Shelby Stoner	FR Saddleback	J1.56m	5-01.25	1.50
	1.46 1.51 1.56 1.61				
	O O XO XXX				
7	Karla Alatore	FR Riverside	J1.56m	5-01.25	1.50
	1.46 1.51 1.56 1.61				
	O O XO XXX				
9	Tricia Stewart	SO Laney	1.51m	4-11.50	
	1.46 1.51 1.56 1.61 1.66				
	O XXO XXP P P				
10	Zakora Merriweather	FR Canyons	1.46m	4-09.50	
	1.46 1.51				
	XO XXX				
--	Brandy Navarro	FR Cerritos	NH		
	1.46				
	XXX				
--	Adrianna Reagan	FR American River	NH		
	1.46 1.51				
	P XXX				

Women Pole Vault

SoCal Meet:	< 12-04.50	2012	Amy Hop, Riverside College		
NorCal Meet:	> 12-08.75	5/14/2011	Jenna Yowell, American River College		
State Meet:	& 12-05.50	5/21/2011	Jenna Yowell, American River College		
CSM Stadium:	@ 13-05.25	2012	Allison Stokke, Unattached		
Name		Year School	Finals		Points
1	Augusta Thomason	FR Cuesta	3.76m	12-04.00	10
	2.95 3.10 3.25 3.40 3.55 3.70 3.76 3.86				
	P P P P XO P O XXX				
2	MaKenna Powell	FR West Los Angeles	3.40m	11-01.75	8
	2.95 3.10 3.25 3.40 3.55				
	P O O XO XXX				
3	Deirdre Mercado	SO Mt. Sac	J3.40m	11-01.75	6
	2.95 3.10 3.25 3.40 3.55				
	P XO XO XO XXX				
4	Arielle Bray	SO Riverside	J3.40m	11-01.75	4.50
	2.95 3.10 3.25 3.40 3.55				
	P P XO XXO XXX				
4	Sara Curran	FR El Camino	J3.40m	11-01.75	4.50
	2.95 3.10 3.25 3.40 3.55				
	O O XO XXO XXX				
6	Grace Perreira	FR Modesto	3.25m	10-08.00	3
	2.95 3.10 3.25 3.40				
	O O XO XXX				

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7	Alexandria Clausen	FR Fresno	3.10m	10-02.00	2
	2.95 3.10 3.25				
	O O XXX				
8	Siena Morgan	SO American River	J3.10m	10-02.00	1
	2.95 3.10 3.25				
	P XXO XXX				
9	Katie Baxter	SO De Anza	2.95m	9-08.00	
	2.95 3.10				
	O XXX				
--	Amber Flores	FR Modesto		NH	
	2.95				
	XXX				
--	Megan Hasseler	FR Mt. Sac		NH	
	2.95 3.10				
	P XXX				
--	Amanda Larson	SO Butte		NH	
	2.95				
	XXX				

Women Long Jump

SoCal Meet: <	20-06	1989	Lashawn Simmons, Mt. San Antonio College			
NorCal Meet: >	20-04	1993	Sheila Nicks, College of the Sequoias			
State Meet: &	21-03.50	1983	Shella Nicks/C. Opara, COS/Citrus			
CSM Stadium: @	20-03.75	2009	Lauryn Newsome, Laney College			
Name	Year	School	Finals	Wind	Points	
1	Moesha Davidson	FR Fresno	5.65m	1.9	18-06.50	10
	5.42m(-1.2)	5.53m(0.4)	5.59m(0.5)	5.65m(1.9)	5.43m(3.8)	5.25m(1.9)
2	Deajah Stevens	FR Sequoias	5.53m	2.5	18-01.75	8
	FOUL(1.8)	FOUL(3.3)	5.22m(1.2)	FOUL(4.3)	5.21m(3.0)	5.53m(2.5)
3	Kaniya Bawlson	FR East LA	5.38m	1.4	17-08.00	6
	5.05m(+0.0)	5.06m(3.0)	5.07m(0.7)	5.12m(1.5)	5.38m(1.4)	5.10m(3.2)
4	Daria Sharova	FR Golden West	5.34m	3.0	17-06.25	5
	5.11m(2.9)	5.24m(2.2)	FOUL(3.3)	5.19m(2.9)	FOUL(-0.1)	5.34m(3.0)
5	Tricia Stewart	SO Laney	5.30m	0.5	17-04.75	4
	4.45m(2.7)	5.14m(1.0)	5.03m(0.3)	FOUL(3.4)	5.06m(4.2)	5.30m(0.5)
6	Taylor Blaha	FR Hartnell	5.26m	1.6	17-03.25	3
	5.06m(1.5)	5.23m(1.3)	5.26m(1.6)	5.12m(2.4)	5.13m(1.8)	4.95m(1.7)
7	Kossiwa Tossoukpe	FR Ccsf	5.21m	2.3	17-01.25	2
	4.91m(1.3)	4.85m(4.1)	5.21m(2.3)	FOUL(3.8)	4.97m(2.3)	5.18m(3.1)
8	Kayla Wilson	FR Riverside	5.19m	1.0	17-00.50	1
	FOUL(0.5)	5.12m(1.6)	4.87m(1.1)	FOUL(1.9)	5.19m(1.0)	5.17m(2.5)
9	Mahogany Stitt	SO Merced	5.17m	3.0	16-11.50	
	5.11m(3.1)	4.99m(0.7)	FOUL(1.5)	4.97m(4.7)	5.17m(3.0)	5.03m(0.3)
10	Kortni Smyers-Jones	SO Laney	4.99m	2.3	16-04.50	
	4.90m(1.4)	4.99m(2.3)	4.76m(1.8)			
11	Stantasia Dossman-Bishop	SO Laney	4.95m	1.2	16-03.00	
	4.75m(3.0)	4.95m(1.2)	FOUL(1.7)			
12	Ariel Thomas	FR Cerritos	4.88m	1.8	16-00.25	
	FOUL(2.6)	4.34m(2.4)	4.88m(1.8)			

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Women Triple Jump

SoCal Meet:	<	41-11.25	2001	Andria Booker, S.D. Mesa College				
NorCal Meet:	>	41-08	1985	Janis Diggs, Hartnell College				
State Meet:	&	42-01.50	5/17/1989	Renita Robinson, El Camino College				
CSM Stadium:	@	44-02	2009	Erica McClain, Unattached				
Name		Year	School	Finals	Wind			Points
1 Chantel Dunson		FR	Long Beach	11.59m	1.4	38-00.25	10	
	11.21m(1.8)	11.59m(1.4)	11.38m(2.6)	11.45m(1.8)	FOUL(1.5)	FOUL(2.2)		
2 Ariel Thomas		FR	Cerritos	11.28m	2.2	37-00.25	8	
	9.55m(-2.3)	10.18m(0.7)	11.28m(2.2)	10.90m(4.7)	11.13m(1.8)	10.88m(2.0)		
3 Tricia Stewart		SO	Laney	11.00m	1.4	36-01.25	6	
	10.62m(0.7)	10.61m(1.4)	11.00m(1.4)	10.49m(2.7)	10.23m(+0.0)	10.68m(1.6)		
4 Raiven Ellis		FR	Cerritos	10.90m	2.4	35-09.25	5	
	10.74m(0.9)	10.90m(2.4)	PASS	FOUL(2.0)	10.63m(1.9)	FOUL(1.2)		
5 Kortni Smyers-Jones		SO	Laney	10.89m	1.7	35-08.75	4	
	10.69m(0.5)	9.42m(1.6)	10.42m(1.0)	10.71m(3.9)	10.68m(1.3)	10.89m(1.7)		
6 Mahogany Stitt		SO	Merced	10.84m	1.2	35-06.75	3	
	10.84m(1.2)	10.80m(3.6)	10.84m(2.5)	10.79m(1.6)	10.75m(3.2)	10.75m(0.8)		
7 Zaynab Bent-Mikail		FR	El Camino	10.67m	1.4	35-00.25	2	
	10.66m(0.6)	10.46m(-0.4)	10.61m(1.4)	10.67m(1.4)	10.44m(2.8)	FOUL(0.3)		
8 Andrea Hernandez		FR	Mt. Sac	10.51m	3.0	34-05.75	1	
	10.51m(3.0)	10.00m(1.2)	FOUL(3.7)	10.32m(1.0)	10.35m(4.4)	10.18m(2.8)		
9 Da Niece Dixon		FR	Yuba	10.32m	3.5	33-10.25		
	FOUL(1.3)	10.05m(1.3)	10.32m(3.5)	FOUL(-0.5)	10.29m(0.2)	10.07m(3.1)		
10 Victoria Johnson		SO	Laney	10.05m	1.2	32-11.75		
	10.05m(1.2)	FOUL(2.8)	PASS					
11 Michaela Schaeffer		FR	Orange Coast	9.29m	+0.0	30-05.75		
	FOUL(-1.0)	9.29m(+0.0)	FOUL(2.9)					
-- Rinecia Jackson		FR	Mt. Sac	FOUL				
	FOUL	FOUL	FOUL					

Women Shot Put

SoCal Meet:	<	49-00.25	1990	Grace Apiafi, Mt. San Antonio College			
NorCal Meet:	>	50-05	1983	Dot Jones, Modesto Junior College			
State Meet:	&	55-03.75	5/19/1990	Grace Apiafi, Mt. San Antonio College			
CSM Stadium:	@	56-10.25	2011	Kristin Heaston, Nike			
Name		Year	School	Finals			Points
1 Lovina Akauola		SO	Sacramento	14.36m	47-01.50	10	
	FOUL	12.76m	14.07m	12.79m	13.82m	14.36m	
2 Sisilia Puaka		FR	Cerritos	13.36m	43-10.00	8	
	13.36m	FOUL	13.18m	11.55m	12.44m	12.74m	
3 Imani Bierly		FR	Yuba	13.33m	43-09.00	6	
	12.72m	FOUL	12.24m	FOUL	13.13m	13.33m	
4 Katlyne Brummett		SO	Shasta	12.58m	41-03.25	5	
	12.13m	12.39m	FOUL	FOUL	12.16m	12.58m	
5 Gabby Whetstone		SO	De Anza	J12.58m	41-03.25	4	
	FOUL	11.95m	12.58m	11.88m	12.25m	FOUL	
6 Ashley Santos		FR	Riverside	12.45m	40-10.25	3	
	11.96m	12.15m	11.90m	11.47m	12.45m	12.07m	
7 Aisiah Tuiasosopo		FR	Glendale	12.20m	40-00.50	2	
	12.20m	11.02m	10.82m	11.47m	FOUL	12.11m	

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....Women Shot Put

8	Celeste Sterling	SO San Joaquin Delta	12.07m	39-07.25	1
	11.18m 12.07m 11.45m 11.33m 11.89m 11.89m				
9	De'ondra Young	FR Palomar	11.84m	38-10.25	
	11.25m 11.59m 11.84m 10.98m 11.75m FOUL				
10	Carmen Garcia	SO American River	11.71m	38-05.00	
	11.22m 11.67m 11.71m				
11	Christina Gibson	SO West Los Angeles	11.60m	38-00.75	
	11.46m 10.75m 11.60m				
12	Richelle Kafoa	FR Riverside	9.75m	32-00.00	
	FOUL FOUL 9.75m				

Women Discus Throw

SoCal Meet: < 177-06 1990 Grace Apiafi, Mt. San Antonio College					
NorCal Meet: > 162-05 5/5/1998 Andrea Pappas, College of San Mateo					
State Meet: & 168-03 5/21/2010 Samantha Gutierrez, Riverside					
CSM Stadium: @ 217-03 2009 Stephanie Brown-Traftin, Unattached					
Name	Year	School	Finals	Points	
1	Lovina Akauola	SO Sacramento	42.28m	138-08	10
	42.28m FOUL FOUL 37.70m 38.86m 39.70m				
2	Imani Bierly	FR Yuba	42.15m	138-03	8
	35.79m FOUL 39.75m 33.74m 40.53m 42.15m				
3	Carolyn Nguyen	SO Mt. Sac	41.85m	137-04	6
	40.82m 40.68m FOUL FOUL 41.85m FOUL				
4	Samiyah Hawkins	FR Canyons	40.97m	134-05	5
	FOUL 40.97m FOUL 38.41m 40.04m FOUL				
5	Kelani DeSoto	SO San Jose	40.45m	132-08	4
	39.28m FOUL 40.45m 39.05m FOUL 38.20m				
6	Clara Ratu	FR San Jose	40.04m	131-04	3
	40.04m 38.53m 38.55m 32.77m 32.36m 38.55m				
7	Michelle Campa	FR Riverside	39.93m	131-00	2
	FOUL 37.22m 39.93m 36.43m FOUL 38.48m				
8	Emma Seyer	FR De Anza	39.83m	130-08	1
	35.56m 37.34m 39.83m 31.15m 34.19m 35.20m				
9	Ashley Santos	FR Riverside	39.42m	129-04	
	34.93m 39.42m 37.39m 37.33m 38.77m 38.26m				
10	Katlyne Brummett	SO Shasta	39.24m	128-09	
	39.18m 39.24m 38.81m				
11	Sisilia Puaka	FR Cerritos	39.23m	128-08	
	30.99m 35.98m 39.23m				
12	Olivia Kana	SO Riverside	38.10m	125-00	
	37.13m 38.10m FOUL				

Women Hammer Throw

SoCal Meet: < 202-05 2013 Jessika Byrd, Moorpark College					
NorCal Meet: > 180-00 2003 Sara Clinkenbeard, Sacramento City College					
State Meet: & 186-10 5/22/2007 Morgan Bogard, Moorpark College					
CSM Stadium: @ 222-08 2012 Aubrey Baxter, Team Nebraska					
Name	Year	School	Finals	Points	
1	Jacklyn Chasteler	SO Saddleback	56.98m	186-11	10
	56.66m 56.98m FOUL FOUL 54.21m FOUL				

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2	Melissa Garcia	SO Modesto	50.04m	164-02	8
	FOUL 46.20m 50.04m 48.25m FOUL 48.67m				
3	Hannah Peterson	SO Saddleback	49.67m	162-11	6
	44.95m 48.37m FOUL 49.67m 46.01m FOUL				
4	Olivia Kana	SO Riverside	47.92m	157-03	5
	46.49m 46.57m 47.17m 47.92m 47.62m 47.09m				
5	Alexandra Golikov	SO Modesto	47.41m	155-06	4
	42.86m 47.41m 46.06m FOUL 37.96m FOUL				
6	Brianna Mayfield	SO Yuba	47.34m	155-04	3
	38.38m 42.02m FOUL FOUL FOUL 47.34m				
7	Lauren Allen	SO Fresno	44.95m	147-06	2
	42.90m 42.55m 44.55m 44.55m FOUL 44.95m				
8	Catherine Oyarzun	SO De Anza	44.85m	147-02	1
	38.75m FOUL FOUL FOUL 44.85m FOUL				
9	Aisiah Tuiasosopo	FR Glendale	43.98m	144-03	
	43.98m FOUL 32.76m 34.30m 38.99m FOUL				
10	Emma Seyer	FR De Anza	37.91m	124-04	
	37.91m FOUL FOUL				
11	Sima Jo Benson	FR Moorpark	34.01m	111-07	
	FOUL 34.01m FOUL				
--	De'ondra Young	FR Palomar	FOUL		
	FOUL FOUL FOUL				

Women Javelin Throw

SoCal Meet:	< 175-06	1992	Vijitha Amerasakera, Mt. San Antonio College		
NorCal Meet:	> 156-04	1984	Rosa Pugh, Shasta College		
State Meet:	& 184-09	5/20/2000	Amy Thiel, Moorpark College		
CSM Stadium:	@ 203-10	2006	Kim Kreiner, Nike		
Name	Year	School	Finals	Points	
1	Kelsey Shaw	FR Siskiyou	46.23m	151-08	10
	45.74m 40.57m 38.55m 43.13m 46.23m 42.19m				
2	Melody Harris	FR Fresno	43.18m	141-08	8
	40.83m 43.18m 37.90m 38.11m 39.52m 34.92m				
3	Julia Grimm	FR Santa Rosa	40.00m	131-03	6
	35.11m 36.54m 39.04m 33.72m 34.22m 40.00m				
4	Jessica Escalante	SO Santa Barbara	38.92m	127-08	5
	34.84m 35.46m 33.83m 31.01m 32.45m 38.92m				
5	Shelby Crider	SO American River	38.61m	126-08	4
	36.17m 35.45m 36.63m 37.48m 37.24m 38.61m				
6	Gabby Whetstone	SO De Anza	36.85m	120-11	3
	34.87m 36.53m 30.78m 36.36m 34.91m 36.85m				
7	Raena Ramirez	FR Golden West	35.05m	115-00	2
	33.55m 34.05m 35.05m 28.97m 33.96m 28.21m				
8	Katie Baxter	SO De Anza	35.04m	114-11	1
	29.49m 32.69m 28.99m 35.04m 30.73m 29.73m				
9	Desdrith Mejia	FR Mt. Sac	33.22m	109-00	
	FOUL FOUL 32.46m 27.61m 30.54m 33.22m				
10	Deirdre Mercado	SO Mt. Sac	32.38m	106-03	
	27.94m 32.05m 32.38m				
11	Carolyn Nguyen	SO Mt. Sac	31.22m	102-05	
	FOUL 31.01m 31.22m				

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....Women Javelin Throw

12 Cambria Serrano SO El Camino 29.83m 97-10
 27.31m 27.59m 29.83m

Heptathlon: #4 Women 200 Meter Dash Heptathlon

NorCal Meet: > 25.04 1983 Brenda Bertillion, Chabot College

Name	Year	School	Finals	Wind	H#	Points
1 Katie Baxter	SO	De Anza	25.76	-0.6	2	818
2 Kaniya Bawlsion	FR	East LA	26.66	-0.6	2	740
3 Jasmine Williams	SO	Fullerton	26.79	-0.4	1	729
4 Jada Selexman	FR	Canyons	26.91	-0.6	2	719
5 Elizabeth Cotociu	FR	Golden West	26.92	-0.6	2	718
6 Mackenzie Theiler	FR	American River	27.18	-0.6	2	697
7 Breanna Curry	FR	Cerritos	27.44	-0.6	2	676
8 Kossiwa Tossoukpe	FR	Ccsf	27.47	-0.4	1	673
9 Julia Grimm	FR	Santa Rosa	27.65	-0.4	1	659
10 Tori Teraji	FR	Hartnell	28.27	-0.4	1	610
11 Raiven Ellis	FR	Cerritos	33.11	-0.4	1	287
12 Taylor Hawkins	FR	Cerritos	44.71	-0.4	1	

Heptathlon: #7 Women 800 Meter Run Heptathlon

NorCal Meet: > 2:16.54 1985 Carla Halford, West Valley College

Name	Year	School	Finals	Points
1 Elizabeth Cotociu	FR	Golden West	2:21.98	797
2 Jasmine Williams	SO	Fullerton	2:25.44	751
3 Kossiwa Tossoukpe	FR	Ccsf	2:26.46	738
4 Katie Baxter	SO	De Anza	2:28.58	711
5 Jada Selexman	FR	Canyons	2:35.92	621
6 Breanna Curry	FR	Cerritos	2:39.16	583
7 Tori Teraji	FR	Hartnell	2:43.87	529
8 Mackenzie Theiler	FR	American River	2:45.96	506
9 Julia Grimm	FR	Santa Rosa	2:46.71	498
10 Raiven Ellis	FR	Cerritos	3:27.57	152
-- Kaniya Bawlsion	FR	East LA	DNF	

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

NorCal Meet: > 14.74 1981 Kathy Raugast & Sheri Milton, Hartnell & Sac

Name	Year	School	Finals	Wind	H#	Points
1 Jasmine Williams	SO	Fullerton	15.14	-0.4	3	823
2 Katie Baxter	SO	De Anza	15.52	-0.4	3	774
3 Breanna Curry	FR	Cerritos	15.52	-0.4	3	774
4 Kaniya Bawlsion	FR	East LA	15.95	NWI	2	720
5 Elizabeth Cotociu	FR	Golden West	16.40	NWI	2	666
6 Kossiwa Tossoukpe	FR	Ccsf	16.63	-1.0	1	639
7 Raiven Ellis	FR	Cerritos	17.34	-1.0	1	559
8 Julia Grimm	FR	Santa Rosa	17.43	-1.0	1	549
9 Tori Teraji	FR	Hartnell	18.25	-1.0	1	463
10 Jada Selexman	FR	Canyons	18.26	NWI	2	462
11 Taylor Hawkins	FR	Cerritos	23.22	NWI	2	90

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....Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

-- Mackenzie Theiler FR American River NT -0.4 3

Heptathlon: #2 Women High Jump Heptathlon

NorCal Meet: > 1.75m 1981		Kathy Raugast, Hartnell College																
Name	Year	School	Finals													Points		
1 Breanna Curry	FR	Cerritos	1.63m	5-04.25	771													
			1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66			
			P	P	P	P	P	P	P	O	P	O	P	XO	X			
2 Julia Grimm	FR	Santa Rosa	1.60m	5-03.00	736													
			1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63				
			P	P	P	P	O	P	O	P	O	O	XXO	XXX				
3 Kaniya Bawlson	FR	East LA	1.57m	5-01.75	701													
			1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60					
			P	P	P	P	O	P	O	P	O	O	XXX					
4 Jasmine Williams	SO	Fullerton	1.54m	5-00.50	666													
			1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57						
			P	P	P	P	O	P	O	O	XO	XXX						
5 Jada Selexman	FR	Canyons	1.51m	4-11.50	632													
			1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54							
			P	P	O	O	P	O	XXO	O	XXX							
6 Katie Baxter	SO	De Anza	1.48m	4-10.25	599													
			1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51								
			P	P	O	O	O	O	XO	XXX								
7 Mackenzie Theiler	FR	American River	1.45m	4-09.00	566													
			1.30	1.33	1.36	1.39	1.42	1.45	1.48									
			P	P	XXO	XO	O	XO	XXX									
8 Elizabeth Cotociu	FR	Golden West	1.39m	4-06.75	502													
			1.30	1.33	1.36	1.39	1.42											
			P	O	P	O	XXX											
8 Tori Teraji	FR	Hartnell	1.39m	4-06.75	502													
			1.30	1.33	1.36	1.39	1.42											
			P	XO	O	O	XXX											
10 Kossiwa Tossoukpe	FR	Ccsf	1.36m	4-05.50	470													
			1.30	1.33	1.36	1.39												
			O	O	XO	XXX												
11 Raiven Ellis	FR	Cerritos	1.33m	4-04.25	439													
			1.30	1.33	1.36													
			O	O	XXX													
12 Taylor Hawkins	FR	Cerritos	1.30m	4-03.25	409													
			1.30	1.33	1.36	1.39	1.42											
			XXO	P	P	P	P											

Heptathlon: #5 Women Long Jump Heptathlon

NorCal Meet: > 5.78m 2004		Lauryn Jordan, San Joaquin Delta Colleg				
Name	Year	School	Finals	Wind	Points	
1 Elizabeth Cotociu	FR	Golden West	5.13m	0.7	16-10.00	595
			4.86m(0.6)	5.13m(0.7)	4.80m(0.7)	
2 Breanna Curry	FR	Cerritos	5.11m	2.4	16-09.25	589
			5.11m(2.4)	4.40m(2.6)	4.95m(0.4)	

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....Heptathlon: #5 Women Long Jump Heptathlon

3	Julia Grimm	FR Santa Rosa	5.09m	1.7	16-08.50	584
	4.71m(0.9)	4.94m(0.6)	5.09m(1.7)			
4	Kossiwa Tossoukpe	FR Ccsf	5.07m	2.2	16-07.75	578
	4.95m(-0.5)	5.02m(1.0)	5.07m(2.2)			
5	Jasmine Williams	SO Fullerton	5.06m	3.3	16-07.25	576
	4.83m(0.4)	4.89m(-0.3)	5.06m(3.3)			
6	Mackenzie Theiler	FR American River	4.93m	0.8	16-02.25	540
	FOUL(-0.1)	4.22m(0.1)	4.93m(0.8)			
7	Raiven Ellis	FR Cerritos	4.84m	2.3	15-10.50	516
	4.84m(2.3)	4.74m(0.9)	4.61m(0.6)			
8	Katie Baxter	SO De Anza	4.67m	0.9	15-04.00	472
	4.65m(1.8)	4.67m(0.9)	4.66m(1.2)			
9	Kaniya Bawlson	FR East LA	4.64m	1.5	15-02.75	464
	FOUL(1.0)	4.34m(2.2)	4.64m(1.5)			
10	Jada Selexman	FR Canyons	4.51m	+0.0	14-09.75	431
	4.50m(1.7)	4.37m(1.3)	4.51m(+0.0)			
11	Tori Teraji	FR Hartnell	4.45m	0.5	14-07.25	416
	4.04m(2.6)	4.32m(1.8)	4.45m(0.5)			

Heptathlon: #3 Women Shot Put Heptathlon

NorCal Meet: > 12.72m 2002 Angel Johnson, Lassen College					
Name	Year	School	Finals		Points
1 Jasmine Williams	SO	Fullerton	10.52m	34-06.25	564
	9.92m	9.36m	10.52m		
2 Mackenzie Theiler	FR	American River	10.20m	33-05.75	543
	9.46m	9.67m	10.20m		
3 Kossiwa Tossoukpe	FR	Ccsf	10.02m	32-10.50	531
	10.02m	9.40m	FOUL		
4 Tori Teraji	FR	Hartnell	9.93m	32-07.00	525
	9.70m	9.93m	9.70m		
5 Julia Grimm	FR	Santa Rosa	9.89m	32-05.50	522
	9.89m	9.50m	9.80m		
6 Jada Selexman	FR	Canyons	8.95m	29-04.50	461
	8.74m	8.95m	7.33m		
7 Raiven Ellis	FR	Cerritos	8.86m	29-01.00	455
	8.20m	8.86m	7.97m		
8 Taylor Hawkins	FR	Cerritos	8.84m	29-00.00	454
	8.59m	8.84m	8.69m		
9 Elizabeth Cotociu	FR	Golden West	8.60m	28-02.75	438
	8.10m	7.84m	8.60m		
10 Katie Baxter	SO	De Anza	8.42m	27-07.50	427
	8.42m	FOUL	8.15m		
11 Breanna Curry	FR	Cerritos	8.24m	27-00.50	415
	8.05m	6.77m	8.24m		
12 Kaniya Bawlson	FR	East LA	8.21m	26-11.25	413
	8.14m	8.21m	FOUL		

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Heptathlon: #6 Women Javelin Throw Heptathlon

NorCal Meet: > 41.86m 1989		Chris Diehl, College of San Mateo				
Name	Year	School	Finals	Points		
1 Julia Grimm		FR Santa Rosa	39.95m	131-01	666	
	39.95m 36.97m	PASS				
2 Breanna Curry		FR Cerritos	34.76m	114-00	567	
	31.15m 34.76m 29.72m					
3 Katie Baxter		SO De Anza	33.65m	110-05	546	
	32.96m FOUL 33.65m					
4 Raiven Ellis		FR Cerritos	32.59m	106-11	526	
	FOUL 32.59m 29.39m					
5 Jasmine Williams		SO Fullerton	31.83m	104-05	511	
	27.19m 31.83m 28.70m					
6 Kossiwa Tossoukpe		FR Ccsf	31.39m	103-00	503	
	28.69m 28.72m 31.39m					
7 Tori Teraji		FR Hartnell	30.83m	101-02	492	
	28.32m 28.51m 30.83m					
8 Elizabeth Cotociu		FR Golden West	30.44m	99-10	485	
	26.85m 30.44m 26.78m					
9 Kaniya Bawlson		FR East LA	28.63m	93-11	451	
	FOUL 28.29m 28.63m					
10 Mackenzie Theiler		FR American River	24.40m	80-01	371	
	FOUL 24.35m 24.40m					
11 Jada Selexman		FR Canyons	23.07m	75-08	346	
	17.56m 22.00m 23.07m					

Women Heptathlon

SoCal Meet: < 5448 1984		Li Jiau Tsai, Mt. San Antonio Colleg			
NorCal Meet: > 5353 1981		Kathy Raugast, Hartnell College			
State Meet: & 5352 5/17/1991		Melanie Clark, LA Valley College			
Name	Year	School	Finals	Points	
1 Jasmine Williams		SO Fullerton	4620	10	
2 Breanna Curry		FR Cerritos	4375	8	
3 Katie Baxter		SO De Anza	4347	6	
4 Julia Grimm		FR Santa Rosa	4214	5	
5 Elizabeth Cotociu		FR Golden West	4201	4	
6 Kossiwa Tossoukpe		FR Ccsf	4132	3	
7 Jada Selexman		FR Canyons	3672	2	
8 Tori Teraji		FR Hartnell	3537	1	
9 Kaniya Bawlson		FR East LA	3489		
10 Mackenzie Theiler		FR American River	3223		
11 Raiven Ellis		FR Cerritos	2934		

Men 100 Meter Dash

SoCal Meet: < 10.09 1999		Gerald Williams, Mt. San Antonio College			
NorCal Meet: > 10.22 1992		Ato Bolden, San Jose City College			
State Meet: & 10.17 5/19/2001		Josh Norman, Fresno City College			
CSM Staduim: @ 10.10 2012		Diandre Baston, American River College			
Name	Year	School	Finals	Wind	Points
1 Drelan Bramwell		FR Sequoias	10.38	-0.5	10

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2	Armani Mcneal	FR Mt. Sac	10.46	-0.5	8
3	Adeeb Nasir	SO Merritt	10.53	-0.5	6
4	Cravon Gillespie	FR Mt. Sac	10.61	-0.5	5
5	Dwight Shaw	FR Modesto	10.63	-0.5	4
6	Jacob Bryant	FR Sequoias	10.65	-0.5	3
7	Isaiah Kennedy	SO Mt. Sac	10.69	-0.5	2
8	Matthew East	SO Modesto	10.72	-0.5	1
9	Todd Handley	FR Riverside	10.79	-0.5	

Men 200 Meter Dash

SoCal Meet: <	20.33	2011	Ameer Webb, Cerritos College		
NorCal Meet: >	20.53	1988	Harland Davis, Taft College		
State Meet: &	20.30	5/3/1997	Tyree Washington, San Bernardino Valley		
CSM Staduim: @	20.58	2009	Curtis Mitchell, Southwestern College		

Name	Year	School	Finals	Wind	Points
1 Drelan Bramwell	FR	Sequoias	21.36	0.9	10
2 Virjilio Griggs	FR	Cerritos	21.54	0.9	8
3 Armani Mcneal	FR	Mt. Sac	21.59	0.9	6
4 Jacob Bryant	FR	Sequoias	21.64	0.9	5
5 Theon Lewis	FR	Sequoias	21.68	0.9	4
6 Matthew East	SO	Modesto	21.75	0.9	3
7 Quinton Bell	FR	Riverside	21.91	0.9	2
8 Devan Sawyerr	SO	American River	21.93	0.9	1
9 Cravon Gillespie	FR	Mt. Sac	21.94	0.9	

Men 400 Meter Dash

SoCal Meet: <	44.52	1997	Tyree Washington, San Bernardino Val		
NorCal Meet: >	45.90	1991	Chris Taylor, Merritt College		
State Meet: &	44.91	5/17/1997	Tyree Washington, San Bernardino Val		
CSM Staduim: @	45.77	2007	Edino Steele, Pasadena City College		

Name	Year	School	Finals	Points
1 Alexander McElwee	FR	Pasadena	46.61	10
2 Daniel York-Mouton	SO	El Camino	47.14	8
3 Theon Lewis	FR	Sequoias	47.67	6
4 Ohdel James	FR	Sequoias	47.78	5
5 Isaiah Johnson	FR	Sequoias	48.39	4
6 David Christensen	FR	Mt. Sac	48.44	3
7 Tanner Townsend	SO	Riverside	48.74	2
8 Kristopher Pollard	FR	Sequoias	49.01	1
9 Vincent Ogbehi	SO	Pasadena	49.29	

Men 800 Meter Run

SoCal Meet: <	1:47.62	1986	Lorenzo Brown, Mira Costa College		
NorCal Meet: >	1:49.08	1986	Dave Campbell, Foothill College		
State Meet: &	1:46.97	5/17/1986	Lorenzo Brown, Mira Costa College		
CSM Staduim: @	1:48.24	1976	Rick Brown, WVTC		

Name	Year	School	Finals	Points
1 Gabe Toscano	SO	Mt. Sac	1:52.75	10

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2	Antwain Prowes	FR	Diablo Valley	1:52.76	8
3	Eamon Smythe	FR	Orange Coast	1:52.95	6
4	David French	SO	American River	1:52.99	5
5	Oscar Soto	FR	Cuyamaca	1:53.48	4
6	Logan Stahl	SO	American River	1:53.65	3
7	Kevin Chavira	FR	Fresno	1:53.88	2
8	Danielle Richards	SO	Sequoias	1:54.32	1
9	Juan Calderon	SO	Bakersfield	1:56.84	

Men 1500 Meter Run

SoCal Meet:	< 3:39.17	1990	Nourredine Morceli, Riverside Coll
NorCal Meet:	> 3:47.70	1979	John Sup, Monterey Peninsula
State Meet:	& 3:41.76	5/18/1989	Nourredine Morceli, Riverside
CSM Staduim:	@ 3:46.40	1978	Duncan McDonald, WVTC

Name	Year	School	Finals	Points
1	Diego Leon	SO Hartnell	3:53.58	10
2	David Aguilar	SO De Anza	3:54.20	8
3	Brandon Messerly	SO Cuesta	3:55.61	6
4	Luis Luna	SO American River	3:56.21	5
5	Alex Heuchert	SO Santa Barbara	3:56.31	4
6	Francisco Ortiz	SO Cerritos	3:57.10	3
7	Anthony Lozano	SO Cerritos	3:57.47	2
8	Ashton Garcia	FR Canyons	4:00.38	1
9	Oscar Soto	FR Cuyamaca	4:01.61	
10	Russell Brandt	SO Butte	4:04.13	
11	Tyler Potts	FR Mt. Sac	4:06.15	
--	Xavier Gaulman	FR American River	DNF	

Men 5000 Meter Run

SoCal Meet:	< 13:59.20	1982	Mark Ruelas, Citrus College
NorCal Meet:	> 14:22.94	1978	Bill Hurst, Modesto Junior Colleg
State Meet:	& 14:10.40	5/31/1976	Victor Simonian, LA City College
CSM Staduim:	@ 13:52.20	1978	Duncan McDonald, WVTC

Name	Year	School	Finals	Points
1	Diego Leon	SO Hartnell	14:40.53	10
	33.985 (33.985)	1:46.315 (1:12.330)	2:58.171 (1:11.856)	4:06.314 (1:08.143)
	5:14.357 (1:08.043)	6:24.420 (1:10.063)	7:37.923 (1:13.503)	8:49.229 (1:11.306)
	10:00.135 (1:10.906)	11:11.971 (1:11.836)	12:24.068 (1:12.097)	13:35.779 (1:11.711)
	14:40.522 (1:04.743)			
2	Connor Fisher	SO Cuesta	14:44.63	8
	34.391 (34.391)	1:46.598 (1:12.207)	2:58.397 (1:11.799)	4:06.523 (1:08.126)
	5:14.599 (1:08.076)	6:24.691 (1:10.092)	7:38.175 (1:13.484)	8:49.522 (1:11.347)
	10:00.401 (1:10.879)	11:12.224 (1:11.823)	12:24.459 (1:12.235)	13:36.433 (1:11.974)
	14:44.622 (1:08.189)			
3	Ethan Walker	FR Canyons	15:01.44	6
	34.660 (34.660)	1:47.042 (1:12.382)	2:59.243 (1:12.201)	4:08.222 (1:08.979)
	5:20.528 (1:12.306)	6:32.739 (1:12.211)	7:46.879 (1:14.140)	9:01.321 (1:14.442)
	10:17.060 (1:15.739)	11:32.949 (1:15.889)	12:47.329 (1:14.380)	14:00.234 (1:12.905)
	15:01.434 (1:01.200)			

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....Men 5000 Meter Run

4	Jason Intravaia	FR Chabot	15:03.04	5				
	35.373 (35.373)	1:47.737 (1:12.364)	2:59.771 (1:12.034)	4:10.719 (1:10.948)				
	5:21.711 (1:10.992)	6:34.295 (1:12.584)	7:47.567 (1:13.272)	9:02.145 (1:14.578)				
	10:17.111 (1:14.966)	11:33.067 (1:15.956)	12:45.635 (1:12.568)	13:58.704 (1:13.069)				
	15:03.034 (1:04.330)							
5	Scott Trummer	SO Chabot	15:04.44	4				
	34.619 (34.619)	1:47.487 (1:12.868)	2:59.323 (1:11.836)	4:09.839 (1:10.516)				
	5:21.394 (1:11.555)	6:33.496 (1:12.102)	7:47.198 (1:13.702)	9:01.548 (1:14.350)				
	10:16.905 (1:15.357)	11:32.706 (1:15.801)	12:46.348 (1:13.642)	13:59.796 (1:13.448)				
	15:04.436 (1:04.640)							
6	Daniel Harrigan-Cota	FR Mt. Sac	15:04.60	3				
	34.250 (34.250)	1:46.511 (1:12.261)	2:59.018 (1:12.507)	4:08.484 (1:09.466)				
	5:19.646 (1:11.162)	6:31.733 (1:12.087)	7:45.383 (1:13.650)	8:59.264 (1:13.881)				
	10:12.805 (1:13.541)	11:27.533 (1:14.728)	12:43.043 (1:15.510)	13:57.552 (1:14.509)				
	15:04.594 (1:07.042)							
7	Teddy Kassa	SO El Camino	15:04.64	2				
	34.630 (34.630)	1:46.801 (1:12.171)	2:59.022 (1:12.221)	4:08.459 (1:09.437)				
	5:20.083 (1:11.624)	6:32.241 (1:12.158)	7:45.829 (1:13.588)	9:00.188 (1:14.359)				
	10:16.609 (1:16.421)	11:32.686 (1:16.077)	12:47.189 (1:14.503)	14:00.043 (1:12.854)				
	15:04.638 (1:04.595)							
8	Abdul Hamid	FR American River	15:08.04	1				
	34.236 (34.236)	1:46.445 (1:12.209)	2:58.674 (1:12.229)	4:08.212 (1:09.538)				
	5:18.073 (1:09.861)	6:31.494 (1:13.421)	7:46.341 (1:14.847)	9:00.416 (1:14.075)				
	10:16.823 (1:16.407)	11:32.431 (1:15.608)	12:47.555 (1:15.124)	14:01.150 (1:13.595)				
	15:08.036 (1:06.886)							
9	Ulysses Orozco	FR Saddleback	15:08.68					
	34.487 (34.487)	1:46.818 (1:12.331)	2:58.850 (1:12.032)	4:08.045 (1:09.195)				
	5:19.010 (1:10.965)	6:32.004 (1:12.994)	7:46.193 (1:14.189)	9:00.675 (1:14.482)				
	10:16.368 (1:15.693)	11:32.562 (1:16.194)	12:48.232 (1:15.670)	14:02.295 (1:14.063)				
	15:08.674 (1:06.379)							
10	Lucio Ramirez	SO Orange Coast	15:23.70					
	34.470 (34.470)	1:46.664 (1:12.194)	2:58.861 (1:12.197)	4:08.303 (1:09.442)				
	5:19.410 (1:11.107)	6:32.077 (1:12.667)	7:46.575 (1:14.498)	9:01.000 (1:14.425)				
	10:16.613 (1:15.613)	11:32.187 (1:15.574)	12:49.471 (1:17.284)	14:07.995 (1:18.524)				
	15:23.691 (1:15.696)							
11	Luis Luna	SO American River	15:29.22					
	33.677 (33.677)	1:46.052 (1:12.375)	2:57.865 (1:11.813)	4:07.949 (1:10.084)				
	5:21.026 (1:13.077)	6:33.101 (1:12.075)	7:46.042 (1:12.941)	9:01.850 (1:15.808)				
	10:18.254 (1:16.404)	11:35.681 (1:17.427)	12:52.781 (1:17.100)	14:10.530 (1:17.749)				
	15:29.220 (1:18.690)							
12	Jesus Salas	SO Sequoias	16:15.71					
	35.103 (35.103)	1:47.212 (1:12.109)	2:58.698 (1:11.486)	4:11.062 (1:12.364)				
	5:25.120 (1:14.058)	6:42.004 (1:16.884)	8:01.161 (1:19.157)	9:23.215 (1:22.054)				
	10:45.413 (1:22.198)	12:09.861 (1:24.448)	13:34.093 (1:24.232)	14:58.415 (1:24.322)				
	16:15.702 (1:17.287)							

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Men 10000 Meter Run

SoCal Meet: < 29:22.70 1988 Julius Kariuki, Riverside College
 NorCal Meet: > 30:44.70 1978 Paul Mello, College of San Mateo
 State Meet: & 29:39.31 5/21/1999 Wilhelm Gidasuday, Riverside Coll
 CSM Stadium: @ 29:56.00 1978 Gerry Garcia, WVTC

Name	Year	School	Finals	Points
1 Diego Leon	SO	Hartnell	31:20.63	10
2 Ethan Walker	FR	Canyons	31:23.75	8
3 Abdul Hamid	FR	American River	31:27.57	6
4 Teddy Kassa	SO	El Camino	31:41.14	5
5 Daniel Harrigan-Cota	FR	Mt. Sac	31:41.53	4
6 Ulysses Orozco	FR	Saddleback	32:03.63	3
7 Connor Fisher	SO	Cuesta	32:14.91	2
8 Lucio Ramirez	SO	Orange Coast	32:24.19	1
9 Vahagn Isayan	FR	Glendale	32:30.40	
10 Michael Nakahara	SO	El Camino	32:40.57	
11 Jason Morris	SO	American River	33:05.70	
12 Rodrigo Ornelas	SO	Canyons	34:32.42	

Men 110 Meter Hurdles

SoCal Meet: < 13.83 1982 Albert Lane, Bakersfield College
 NorCal Meet: > 13.49 1991 Eugene Swift, Merritt College
 State Meet: & 13.64 5/16/1992 Larry Harrington, Poterville College
 CSM Stadium: @ 13.69 2012 Ronald Brookins, Unattached

Name	Year	School	Finals	Wind	Points
1 Mackenzi Rickman	FR	Cerritos	14.28	1.4	10
2 Dario Robinson	FR	Cerritos	14.49	1.4	8
3 Leroy Elliott	FR	Chabot	14.57	1.4	6
4 Chris Graham	SO	El Camino	14.62	1.4	5
5 Marlon Dixon	SO	Sequoias	14.63	1.4	4
6 Justin Gibbons	SO	Orange Coast	14.67	1.4	3
7 Shain Hale	SO	Sequoias	14.75	1.4	2
8 Cameron Akins	FR	Mt. Sac	14.84	1.4	1
9 Da'Rell Calvin	SO	Chabot	14.96	1.4	

Men 400 Meter Hurdles

SoCal Meet: < 49.88 1982 Greg Johnson, Mt. San Antonio Colleg
 NorCal Meet: > 50.48 1989 Michael Cox, Taft College
 State Meet: & 50.07 5/22/1982 Greg Johnson, Mt. San Antonio Colleg
 CSM Stadium: @ 51.27 2009 Marcus Pope, Mt. San Antonio College

Name	Year	School	Finals	Points
1 Bas VanLeersum	SO	Santa Barbara	52.20	10
2 Mohamed Isse	SO	Mt. Sac	52.67	8
3 Marlon Dixon	SO	Sequoias	53.17	6
4 John Turks	FR	Ccsf	53.79	5
5 Calvin Herman	SO	Cuesta	53.86	4
6 Khari Dobbins	SO	San Joaquin Delta	53.97	3
7 Francisco Hurtado	FR	Diablo Valley	54.18	2
8 Karunveer Chohan	SO	Fresno	54.75	1
9 Joshua Taylor	FR	Mt. Sac	55.16	

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Men 3000 Meter Steeplechase

Name	Year	School	Finals	Points
SoCal Meet: < 8:55.15	1990	David Baptiste, Mt. San Antonio Co		
NorCal Meet: > 9:03.60	1983	Jesse Torres, San Jose City Colleg		
State Meet: & 8:53.20	5/28/1977	Shannon Laird, Palomar College		
CSM Staduim: @ 9:05.91	2007	Oscar Ogwargo, East LA College		
1 Ethan Walker	FR	Canyons	9:16.32	10
2 Sean Gregg	FR	American River	9:19.74	8
3 Scott Trummer	SO	Chabot	9:19.78	6
4 Teddy Kassa	SO	El Camino	9:24.67	5
5 Jared Jones	FR	Long Beach	9:37.03	4
6 Jon Ahnberg	SO	Santa Rosa	9:38.57	3
7 Kevin Poteracke	FR	Santa Rosa	9:47.36	2
8 Lawrence Stokes	FR	Cuesta	9:48.55	1
9 Miles Brubacher	FR	Saddleback	9:52.98	
10 Aidan Schraer	SO	American River	10:05.56	
11 Bryan Tellez-Tolentino	FR	Mt. Sac	10:19.78	
12 Dennis Gonzales	FR	Riverside	10:21.48	

Men 4x100 Meter Relay

School	Year	Finals	Points
SoCal Meet: < 39.47	1985	Taft, Taft College	
NorCal Meet: > 39.71	1991	Merritt College, Merritt College Swift/Taylor/Wright/Lanes	
State Meet: & 39.01	5/21/1988	Taft College, Taft College	
CSM Staduim: @ 40.15	2012	, Sacramento City College	
1 Mt. Sac		40.00@	10
1) Erik Cisneros FR		2) Armani Mcneal FR	
3) Isaiah Kennedy SO		4) Cravon Gillespie FR	
2 Modesto		40.79	8
1) Dwight Shaw FR		2) Matthew East SO	
3) Justin Burton FR		4) Russell Maxwell FR	
3 Diablo Valley		41.10	6
1) Nicholas Johnson SO		2) Jacob De Maio FR	
3) Eric Richard SO		4) Frank Stephens FR	
4 Riverside		41.31	5
1) Justin Hunter SO		2) Todd Handley FR	
3) John Kane SO		4) Quinton Bell FR	
5 Santa Rosa		41.67	4
1) Brandon Randel FR		2) Christian Corbin FR	
3) Kyle Vannetti FR		4) Dontae Garcia SO	
6 Glendale		41.87	3
1) Jonathan Smith SO		2) Isaiah Bernard FR	
3) Johnson Kamaren FR		4) Andrew Castaneda FR	
7 Cerritos		41.94	2
1) Clifford Scott FR		2) Virjilio Griggs FR	
3) Ricardo Thomas FR		4) Matthew Oyakawa FR	
-- Long Beach		DNF	
1) Travis Thomas SO		2) Jordan Noble FR	
3) Damond Burns FR		4) Jacob Thornton FR	
-- American River		DQ	Long Zone 3
1) Isaiah Griffin FR		2) Devan Sawyerr SO	

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....Men 4x100 Meter Relay

3) Shawn Simms SO

4) Andre Woodson FR

Men 4x400 Meter Relay

SoCal Meet: < 3:07.17	1982	Pasadena, Pasadena City College
NorCal Meet: > 3:07.88	1991	Merritt College, Merritt College
		Taylor/Chambers/Swift/Maye
State Meet: & 3:06.03	5/21/1994	Sacramento City College, Sacramento
CSM Stadium: @ 3:09.24	2009	, American River College
School		Finals Points

1 Sequoias		3:11.89	10
1) Isaiah Johnson FR	2) Ohdel James FR		
3) Herbert Polk SO	4) Theon Lewis FR		
2 Mt. Sac		3:13.79	8
1) Trevor Fischer FR	2) Michael Jolly SO		
3) David Christensen FR	4) Aron Hurtado SO		
3 Diablo Valley		3:15.58	6
1) Nicholas Johnson SO	2) Antwain Prowes FR		
3) Jerrick Bernstine FR	4) Francisco Hurtado FR		
4 American River		3:16.14	5
1) Shawn Simms SO	2) Logan Stahl SO		
3) Devan Sawyerr SO	4) David French SO		
5 Pasadena		3:16.68	4
1) Vincent Ogbehi SO	2) Anthony Carter SO		
3) Khaleel Muhammad SO	4) Alexander McElwee FR		
6 Riverside		3:16.72	3
1) Deandre Thornton FR	2) Tanner Townsend SO		
3) Albert Saura FR	4) Quinton Bell FR		
7 Sacramento		3:17.29	2
1) Daniel Mewborn FR	2) Armando Martinez SO		
3) David Mewborn FR	4) Jauve Johnson SO		
8 El Camino		3:17.85	1
1) Christopher Rasmussen SO	2) William Ingram SO		
3) Blaize Ali-Watkins SO	4) Daniel York-Mouton SO		
9 Cerritos		3:21.14	
1) Ricardo Thomas FR	2) Mackenzi Rickman FR		
3) Justin Reid FR	4) Virjilio Griggs FR		

Men High Jump

SoCal Meet: < 7-04	1981	Brian Stanton/Dennis Lewis, Long Beach City	
NorCal Meet: > 7-04	1981	Milton Goode, Alameda College	
State Meet: & 7-05.25	5/30/1981	Milton Goode, Alameda College	
CSM Stadium: @ 7-01.50	1978	Bob Peterson, Chabot College	
Name	Year School	Finals	Points
1 Xavier Howell	SO American River	2.12m	6-11.50 10
1.82 1.87 1.92 1.97 2.02 2.07 2.12 2.14			
P P O O O XO XO XXX			
2 Jonathan Moore	SO Sequoias	2.07m	6-09.50 8
1.82 1.87 1.92 1.97 2.02 2.07 2.12			
P P O O O XXO XXX			

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....Men High Jump

3	Edwin Matthews	SO American River	2.02m	6-07.50	6
	1.82 1.87 1.92 1.97 2.02 2.07				
	P P O XO O XXX				
4	Tacuma Anderson-Richards	FR Sequoias	J2.02m	6-07.50	5
	1.82 1.87 1.92 1.97 2.02 2.07				
	P P O O XO XXX				
5	Justin McKinley	SO Riverside	J2.02m	6-07.50	4
	1.82 1.87 1.92 1.97 2.02 2.07				
	P O O O XXO XXX				
6	Diego Felix	SO Riverside	1.97m	6-05.50	3
	1.82 1.87 1.92 1.97 2.02				
	P P O XXO XXX				
7	Marcus Streeter	FR Glendale	J1.97m	6-05.50	2
	1.82 1.87 1.92 1.97 2.02				
	P XO O XXO XXX				
8	Darius Armstead	SO Fresno	1.92m	6-03.50	0.50
	1.82 1.87 1.92 1.97				
	P O O XXX				
8	Christopher Rasmussen	SO El Camino	1.92m	6-03.50	0.50
	1.82 1.87 1.92 1.97				
	P O O XXX				
10	Mohammad Abdullah	SO Fresno	J1.92m	6-03.50	
	1.82 1.87 1.92 1.97				
	P XO O XXX				
11	William Ingram	SO El Camino	J1.92m	6-03.50	
	1.82 1.87 1.92 1.97				
	P XXO O XXX				

Men Pole Vault

SoCal Meet:	<	17-07	1984	Doug Wicks, Bakersfield College	
NorCal Meet:	>	17-05	1982	Ralph Preiman, Foothill College	
State Meet:	&	17-06	1982	Ralph Preiman/Wicks, Foothill/Bakersfield	
CSM Stadium:	@	17-02.25	1978	Jerry Mulligan, West Valley College	
Name		Year	School	Finals	Points
1	Reed Scale		SO Mt. Sac	4.98m	16-04.00 10
	4.23 4.38 4.53 4.68 4.83 4.98 5.13				
	P P P O O O XXX				
2	Alexander Law		SO Cuyamaca	J4.98m	16-04.00 8
	4.23 4.38 4.53 4.68 4.83 4.98 5.13				
	P P P O O XO XXX				
3	Giovanni Hernandez		FR Mt. Sac	4.83m	15-10.00 6
	4.23 4.38 4.53 4.68 4.83 4.98				
	P P O O XO XXX				
4	Joe Dreyer		SO Cuesta	4.68m	15-04.25 4.50
	4.23 4.38 4.53 4.68 4.83				
	P P O XO XXX				
4	Jeremy Kimmer		FR Glendale	4.68m	15-04.25 4.50
	4.23 4.38 4.53 4.68 4.83				
	P P O XO XXX				
6	Cambron Lyles		FR American River	J4.68m	15-04.25 3
	4.23 4.38 4.53 4.68 4.83				
	XO XO XO XO XXX				

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....Men Pole Vault

7	Louie Pancotti	SO Fresno	4.53m	14-10.25	2
	4.23 4.38 4.53 4.68				
	P P XO XXX				
8	Jeff Lam	SO American River	J4.53m	14-10.25	1
	4.23 4.38 4.53 4.68				
	XO O XO XXX				
9	Kyle Victoria	SO Orange Coast	J4.53m	14-10.25	
	4.23 4.38 4.53 4.68				
	P O XXO XXX				
10	Jason Mckinnon	SO Orange Coast	4.38m	14-04.50	
	4.23 4.38 4.53				
	O O XXX				
11	Viktor Moen	FR Mt. Sac	J4.38m	14-04.50	
	4.23 4.38 4.53				
	P XXO XXX				
12	Garrett Hansen	FR Mt. Sac	4.23m	13-10.50	
	4.23 4.38				
	O XXX				

Men Long Jump

=====							
SoCal Meet:	< 25-11.25	1978	Kenny Hays, Pasadena City College				
NorCal Meet:	> 26-07.50	1987	Charles Brooks, Merritt College				
State Meet:	& 26-02.75	5/27/1978	Kenneth Hays, Pasadena City College				
CSM Stadium:	@ 25-04.75	2009	Ray Butts, Antelope Valley College				
Name	Year	School	Finals	Wind		Points	
=====							
1	Dwayne Lee	SO San Joaquin Delta	7.28m	3.5	23-10.75	10	
	6.62m(2.1)	6.99m(1.5) PASS	7.28m(3.5)	6.81m(0.9)	6.84m(0.4)		
2	David Booker	Fresno	7.27m	-2.5	23-10.25	8	
	7.17m(-0.2)	7.25m(-1.0) FOUL(0.5)	7.20m(0.4)	7.11m(+0.0)	7.27m(-2.5)		
3	Tacuma Anderson-Richards	FR Sequoias	7.19m	1.0	23-07.25	6	
	FOUL(3.5)	7.04m(0.5) 6.92m(1.6)	7.02m(0.4)	6.89m(-1.2)	7.19m(1.0)		
4	Hakeem Fairweather	SO Mt. Sac	7.14m	-0.2	23-05.25	5	
	7.04m(-0.1)	6.86m(1.2) 7.08m(0.6)	6.93m(-0.6)	4.97m(2.5)	7.14m(-0.2)		
5	Zuhuri Manley	SO Butte	7.02m	2.0	23-00.50	4	
	6.79m(+0.0)	7.02m(2.0) FOUL(2.6)	6.62m(-0.2)	6.83m(1.0)	6.61m(-2.7)		
6	Joshua Taylor	FR East LA	6.92m	0.9	22-08.50	3	
	FOUL(0.3)	FOUL(2.5) 6.92m(0.9)	6.31m(2.0)	6.78m(-0.1)	FOUL(1.4)		
7	Dwight Shaw	FR Modesto	6.83m	2.9	22-05.00	2	
	6.38m(1.4)	6.57m(1.5) 6.69m(0.6)	FOUL(0.7)	FOUL(-0.6)	6.83m(2.9)		
8	Lee Mitchell	FR Saddleback	6.73m	-1.6	22-01.00	1	
	6.46m(0.2)	6.73m(-1.6) 6.60m(0.2)	6.52m(-0.2)	6.73m(0.3)	FOUL(-0.0)		
9	Terrynce Duke	SO West Los Angeles	6.72m	1.1	22-00.75		
	6.36m(-0.4)	6.69m(-0.4) 6.72m(1.1)	6.38m(0.7)	6.61m(3.4)	6.72m(0.4)		
10	Arik Nesbit	FR Saddleback	6.67m	3.1	21-10.75		
	6.52m(-0.7)	6.67m(3.1) 6.66m(2.0)					
11	Dylan Roberts	FR Ventura	6.47m	0.3	21-02.75		
	6.35m(-0.2)	6.47m(0.3) 6.42m(-0.5)					
12	Marcus Washington	SO Hartnell	6.37m	1.5	20-10.75		
	FOUL	FOUL 6.37m(1.5)					

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Men Triple Jump

SoCal Meet: < 53-06 1984		Stan Oproski, Moorpark College				
NorCal Meet: > 53-11.50 1989		Brian Wellman, Taft College				
State Meet: & 54-03.25 5/22/1982		Bryon Criddle, Contra Costa College				
CSM Stadium: @ 53-08 1995		Ray Kimble, Unattached				
Name	Year	School	Finals	Wind	Points	
1 Tacuma Anderson-Richards	FR	Sequoias	15.90m	3.0	52-02.00	10
FOUL(1.6) 15.16m(2.1) 15.65m(3.1) 15.90m(3.0) 15.09m(2.8) 15.58m(0.5)						
2 Eric Sloan	SO	San Joaquin Delta	15.77m	-0.9	51-09.00	8
15.57m(2.8) 15.77m(-0.9) PASS PASS 15.59m(1.3) 15.55m(-0.9)						
3 Joshua Taylor	FR	East LA	15.08m	0.9	49-05.75	6
FOUL(2.0) 14.74m(-0.5) 14.83m(1.0) 15.01m(0.7) 15.08m(0.9) 14.34m(-0.8)						
4 Darius Armstead	SO	Fresno	14.74m	0.7	48-04.50	5
14.49m(0.1) FOUL(-0.5) FOUL(1.7) 13.61m(-0.1) FOUL(1.6) 14.74m(0.7)						
5 Mohammad Abdullah	SO	Fresno	14.65m	1.0	48-00.75	4
FOUL(-0.6) 14.65m(1.0) FOUL(2.4) FOUL(2.6) 14.37m(1.8) 14.11m(+0.0)						
6 Zain Palacio	FR	West Los Angeles	14.40m	1.9	47-03.00	3
14.40m(1.9) 14.14m(1.9) FOUL(0.7) FOUL(1.5) FOUL(2.0) 14.19m(-2.4)						
7 David Booker		Fresno	14.36m	1.9	47-01.50	2
FOUL(0.4) 14.36m(1.9) FOUL(1.1) PASS FOUL(1.6) FOUL(-1.5)						
8 Dylan Roberts	FR	Ventura	14.10m	1.0	46-03.25	1
13.32m(0.4) 14.00m(1.9) 13.83m(1.8) 13.95m(2.1) 14.01m(1.9) 14.10m(1.0)						
9 Genesis Smith	FR	Santa Monica	13.81m	-0.1	45-03.75	
13.40m(1.4) 13.49m(-0.6) 13.81m(-0.1) 13.30m(1.5) FOUL(1.0) 13.43m(3.3)						
-- Chris Henderson	SO	Orange Coast	FOUL			
FOUL FOUL FOUL						
-- Blake Brown	FR	Merritt	FOUL			
FOUL FOUL FOUL						

Men Shot Put

SoCal Meet: < 64-07.50 1982		Hank Kraychir, Long Beach City College			
NorCal Meet: > 60-11 1982		Jeff Voorhees, Santa Rosa Jr. College			
State Meet: & 65-04 5/22/1982		Hank Kraychir, Long Beach City College			
CSM Stadium: @ 67-09.75 1972		Al Feurbach, Pacific Coast Club			
Name	Year	School	Finals	Points	
1 Daniel Roberts	FR	Modesto	17.36m	56-11.50	10
16.29m 17.36m FOUL FOUL 16.87m 17.09m					
2 Melvin Flax	FR	San Joaquin Delta	16.10m	52-10.00	8
15.18m 15.12m 15.69m 15.23m 16.10m FOUL					
3 Henry Sharoyan	SO	Sacramento	15.99m	52-05.50	6
14.24m 14.32m 15.40m 15.18m 15.99m 13.70m					
4 Mitch Dixon	SO	Saddleback	15.67m	51-05.00	5
14.50m 15.01m 15.28m 15.45m 15.24m 15.67m					
5 Jose Casillas	FR	Riverside	15.34m	50-04.00	4
14.81m 14.98m 14.96m 15.34m 14.89m FOUL					
6 Kesean McCandless	FR	Fresno	15.33m	50-03.50	3
14.87m 14.67m 15.33m 14.53m 14.89m 15.28m					
7 Frank Clarke	SO	Riverside	15.29m	50-02.00	2
FOUL 13.79m 15.29m 13.69m 14.75m 15.25m					
8 Ben Ieremia	SO	Yuba	14.83m	48-08.00	1
14.43m 13.83m 14.83m 14.65m FOUL FOUL					

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9	Matthew Seawright	FR Cerritos	14.71m	48-03.25
	FOUL 0.39m 14.71m 14.02m 13.96m FOUL			
10	Aaron Russell	SO SD Mesa	14.57m	47-09.75
	14.57m 14.06m FOUL			
11	Gavin Coath	SO Golden West	14.43m	47-04.25
	12.84m 13.36m 14.43m			
12	Nick DeSoto	SO Santa Rosa	14.16m	46-05.50
	13.15m 14.16m 13.95m			

Men Discus Throw

=====				
	SoCal Meet: < 190-10	1991	Dag Solhaug, Riverside College	
	NorCal Meet: > 192-01	1983	Todd Kaufman, San Jose City College	
	State Meet: & 196-07	5/21/2004	Robert Slowik, Fresno	
	CSM Stadium: @ 207-10	2012	Jason Young, Unattached	
	Name	Year School	Finals	Points
=====				
1	Daniel Roberts	FR Modesto	54.88m	180-01 10
	48.43m 49.79m 54.88m 51.27m FOUL FOUL			
2	Aaron Russell	SO SD Mesa	53.52m	175-07 8
	43.25m 49.17m 51.45m FOUL 49.68m 53.52m			
3	James Hubbard	SO American River	48.45m	158-11 6
	FOUL 44.61m 48.45m 45.81m 47.37m FOUL			
4	Christopher Brown	FR Riverside	47.56m	156-00 5
	43.48m 41.41m 47.56m FOUL FOUL FOUL			
5	Shawn Dech	SO Riverside	47.29m	155-02 4
	47.29m FOUL 45.43m FOUL FOUL 44.24m			
6	Nick DeSoto	SO Santa Rosa	46.58m	152-10 3
	46.58m 43.44m 46.36m FOUL 46.11m 43.59m			
7	Nelson Quinley	SO American River	46.50m	152-07 2
	46.50m 45.54m FOUL 43.01m 44.38m FOUL			
8	Dominic Lightfoot	SO Shasta	46.23m	151-08 1
	FOUL FOUL 46.23m FOUL FOUL FOUL			
9	Mitch Dixon	SO Saddleback	44.46m	145-10
	41.71m 44.33m 44.46m 40.29m 44.08m FOUL			
10	Matthew Seawright	FR Cerritos	44.30m	145-04
	FOUL FOUL 44.30m			
11	Fabian Arana	FR Modesto	43.60m	143-00
	43.41m 37.64m 43.60m			
12	Jovann Letuli	FR Cuyamaca	43.51m	142-09
	FOUL 43.51m 38.89m			

Men Hammer Throw

=====				
	SoCal Meet: < 210-10	2002	Kibwe Johnson, Moorpark College	
	NorCal Meet: > 61.35m	5/10/2008	K. P. Singh, Fresno City College	
	State Meet: & 203-08	5/17/1986	Eric Finch, DeAnza College	
	CSM Stadium: @ 242-04	2009	Kevin McMahon, Unattached	
	Name	Year School	Finals	Points
=====				
1	Daniel Roberts	FR Modesto	57.45m	188-06 10
	55.65m 56.07m 57.16m FOUL FOUL 57.45m			
2	Mitch Dixon	SO Saddleback	56.39m	185-00 8
	55.40m 55.08m 56.39m 55.29m 56.36m 51.55m			

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....Men Hammer Throw

3	James Hubbard	SO American River	55.34m	181-07	6
	FOUL FOUL 51.20m 55.34m 53.51m FOUL				
4	Kesean McCandless	FR Fresno	53.15m	174-04	5
	49.61m 45.44m FOUL 48.08m 46.77m 53.15m				
5	Matthew Seawright	FR Cerritos	52.62m	172-08	4
	49.07m 52.62m 51.80m FOUL FOUL FOUL				
6	Shawn Dech	SO Riverside	50.57m	165-11	3
	50.57m FOUL 48.82m 48.53m 48.81m 46.57m				
7	Esteban Anguiano	SO Mt. Sac	50.18m	164-07	2
	FOUL FOUL 50.18m FOUL FOUL 47.23m				
8	Erick Loomis	FR Modesto	50.12m	164-05	1
	50.12m 47.85m 48.90m 48.08m FOUL 49.51m				
9	Austin Turner	SO Riverside	49.92m	163-09	
	46.69m 49.92m FOUL FOUL 44.18m FOUL				
10	Nick DeSoto	SO Santa Rosa	46.13m	151-04	
	42.56m 44.09m 46.13m				
11	Aaron Russell	SO SD Mesa	44.12m	144-09	
	44.12m FOUL FOUL				
--	Dustin Samms	FR Hartnell	FOUL		
	FOUL FOUL FOUL				

Men Javelin Throw

SoCal Meet:	< 219-05	1989	Rich Doering, Riverside College
NorCal Meet:	> 228-00	2014	Alex Henderson, College of the Siskayous
State Meet:	& 222-00	5/15/2009	Cooper Thompson, Bakersfield
CSM Stadium:	@ 224-07	2010	Aris Boris, Unattached

Name	Year	School	Finals	Points
1	Elijah Marta	FR Siskiyou	65.36m	214-05 10
	53.70m 59.11m 65.36m 57.78m 61.41m 62.77m			
2	Daniel Hernandez	SO Golden West	60.29m	197-10 8
	57.12m 52.15m 58.37m 58.17m 60.29m 54.09m			
3	Aaron Mateski	SO Santa Barbara	58.62m	192-04 6
	57.77m 54.72m 56.18m 57.30m 54.13m 58.62m			
4	Tyler Edwards	SO Saddleback	57.02m	187-01 5
	57.02m 53.04m FOUL 50.79m FOUL 53.64m			
5	James Gough	FR Riverside	56.23m	184-06 4
	FOUL 53.05m 51.18m 51.84m 54.18m 56.23m			
6	Tyler Bodison	SO West Los Angeles	55.31m	181-05 3
	52.74m 54.89m 55.31m 50.14m 53.09m 46.86m			
7	Cade Lindsay	FR Mt. Sac	55.30m	181-05 2
	47.31m 55.30m 48.46m 52.95m 51.15m PASS			
8	Ily Lopez	FR Fresno	55.02m	180-06 1
	55.02m 53.83m 47.54m 50.44m FOUL 54.02m			
9	Nick Diaz	SO Santa Rosa	50.33m	165-01
	50.33m 44.29m 49.08m 44.23m 48.62m FOUL			
10	Marvin Magg	SO Santa Barbara	47.91m	157-02
	45.40m 46.89m 47.91m			
11	Derrick Doss	SO Siskiyou	47.43m	155-07
	47.43m FOUL 44.90m			
12	Frankie Gutierrez	FR Hartnell	44.36m	145-06
	44.36m FOUL 43.65m			

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Decathlon: #1 Men 100 Meter Dash Decathlon

NorCal Meet: > 10.84		1986		Chris Madden, Sacramento City College			
Name	Year	School	Finals	Wind	H#	Points	
1	Spencer Stockton	SO Butte	11.18	NWI	2	821	
2	Kendrick Murphy	SO Siskiyou	11.22	NWI	2	812	
3	Jeff Lam	SO American River	11.27	NWI	2	801	
4	Chase Pacheco	FR Hartnell	11.28	NWI	2	799	
5	Max Clark	SO Cuesta	11.31	NWI	2	793	
6	Anthony Cota	SO De Anza	11.49	NWI	1	755	
7	Colin Monaco	FR Cerritos	11.60	NWI	1	732	
8	Cade Lindsay	FR Mt. Sac	11.64	NWI	2	723	
9	Jherrell Charles	FR Riverside	11.65	NWI	1	721	
10	Cole Hicks	FR Riverside	12.00	NWI	1	651	
11	Nolan O'Brien	FR Yuba	12.18	NWI	1	616	
12	Nicholas Pulos	FR Modesto	12.32	NWI	1	589	

Decathlon: #5 Men 400 Meter Dash Decathlon

NorCal Meet: > 48.14		1980		Bo Breigan, San Jose City College		
Name	Year	School	Finals	H#	Points	
1	Kendrick Murphy	SO Siskiyou	49.29	2	848	
2	Chase Pacheco	FR Hartnell	49.41	2	842	
3	Colin Monaco	FR Cerritos	50.55	2	789	
4	Jherrell Charles	FR Riverside	50.90	2	774	
5	Spencer Stockton	SO Butte	51.29	2	756	
6	Anthony Cota	SO De Anza	51.38	1	752	
7	Max Clark	SO Cuesta	51.84	1	732	
8	Cade Lindsay	FR Mt. Sac	52.51	1	703	
9	Cole Hicks	FR Riverside	54.39	1	624	
10	Nolan O'Brien	FR Yuba	54.57	1	616	
11	Nicholas Pulos	FR Modesto	56.03	1	558	
12	Jeff Lam	SO American River	57.38	2	507	

Decathlon: #10 Men 1500 Meter Run Decathlon

NorCal Meet: > 4:09.80		1980		Bo Breigan, San Jose City College	
Name	Year	School	Finals	Points	
1	Colin Monaco	FR Cerritos	4:24.18	783	
2	Jherrell Charles	FR Riverside	4:36.17	705	
3	Kendrick Murphy	SO Siskiyou	4:39.82	681	
4	Chase Pacheco	FR Hartnell	4:50.94	613	
5	Anthony Cota	SO De Anza	4:52.81	602	
6	Jeff Lam	SO American River	4:53.68	597	
7	Cole Hicks	FR Riverside	5:01.92	549	
8	Max Clark	SO Cuesta	5:03.87	538	
9	Spencer Stockton	SO Butte	5:05.41	529	
10	Nolan O'Brien	FR Yuba	5:06.42	523	
11	Nicholas Pulos	FR Modesto	5:09.27	508	
12	Cade Lindsay	FR Mt. Sac	5:12.64	489	

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....Decathlon: #4 Men High Jump Decathlon

12 Colin Monaco	FR Cerritos	1.57m	5-01.75	441
1.48 1.51 1.54 1.57 1.60				
XO O O XO XXX				

Decathlon: #8 Men Pole Vault Decathlon

NorCal Meet: > 4.72m 1978 Tim McDonald, Santa Rosa Jr. College

Name	Year	School	Finals	Points
------	------	--------	--------	--------

1 Jeff Lam	SO American River	4.35m	14-03.25	716
2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25 4.35 4.45				
P P P P P P P P P P P P P P O XO XO XXX				
2 Nicholas Pulos	FR Modesto	4.15m	13-07.25	659
2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25				
P P P P P P P P P P P XO O O XO XXO XO XO XXX				
2 Cade Lindsay	FR Mt. Sac	4.15m	13-07.25	659
2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25				
P P P P P P P P P P P P P P P P P XXO O XXX				
2 Nolan O'Brien	FR Yuba	4.15m	13-07.25	659
2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25				
P P P P P P P P P P O P P O O O O O XXX				
5 Jherrell Charles	FR Riverside	3.95m	12-11.50	603
2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05				
P P P P P P P O P XO O O P P XXO XO XO XXX				
6 Chase Pacheco	FR Hartnell	3.85m	12-07.50	576
2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95				
P P P P P P P P P P P P XO P O XO P O XXX				
7 Max Clark	SO Cuesta	3.75m	12-03.50	549
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85				
P P P P P P P P P P O P P XO O O XO XO XXX				
7 Anthony Cota	SO De Anza	3.75m	12-03.50	549
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85				
P P P P P P P P P XXO O O O O XXO O O XXX				
7 Cole Hicks	FR Riverside	3.75m	12-03.50	549
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85				
P P P P P P P P P P P O P O P P O O XXX				
10 Spencer Stockton	SO Butte	3.45m	11-03.75	469
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55				
P P P P P P P P P P P P P P O XXX				
11 Colin Monaco	FR Cerritos	3.25m	10-08.00	418
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35				
P P P P P XO P P O O O O XXX				
12 Kendrick Murphy	SO Siskiyou	2.95m	9-08.00	345
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05				
P PP P O P P O O O XXX				

Decathlon: #2 Men Long Jump Decathlon

NorCal Meet: > 7.27m 1986 Tim Gelonek, Shasta College

Name	Year	School	Finals	Wind	Points
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1 Chase Pacheco	FR Hartnell	7.08m	3.8	23-02.75	833
6.75m(1.9) 6.61m(1.4) 7.08m(3.8)					

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....Decathlon: #2 Men Long Jump Decathlon

2	Kendrick Murphy	SO Siskiyou	6.78m	3.9	22-03.00	762
	6.78m(3.9) 6.66m(3.6) FOUL(1.6)					
3	Jherrell Charles	FR Riverside	6.73m	3.4	22-01.00	750
	6.73m(3.4) 6.54m(1.1) FOUL(5.2)					
4	Spencer Stockton	SO Butte	6.58m	4.0	21-07.25	716
	5.99m(2.4) 6.58m(4.0) 6.51m(-2.7)					
5	Cade Lindsay	FR Mt. Sac	6.49m	2.4	21-03.50	695
	6.49m(2.4) 6.35m(-0.1) 6.03m(0.2)					
6	Jeff Lam	SO American River	6.37m	1.6	20-10.75	668
	6.07m(0.5) 6.37m(1.6) 5.61m(-0.3)					
7	Anthony Cota	SO De Anza	6.31m	3.2	20-08.50	655
	6.31m(3.2) 6.20m(-1.1) FOUL(1.7)					
8	Cole Hicks	FR Riverside	6.13m	1.7	20-01.50	615
	5.37m(1.6) 5.47m(3.6) 6.13m(1.7)					
9	Max Clark	SO Cuesta	6.01m	2.8	19-08.75	589
	5.98m(2.6) 6.01m(2.8) 5.76m(1.8)					
10	Colin Monaco	FR Cerritos	5.92m	3.6	19-05.25	569
	FOUL(3.0) 5.92m(3.6) 5.87m(4.3)					
11	Nolan O'Brien	FR Yuba	5.58m	-1.2	18-03.75	498
	5.37m(3.4) 5.58m(-1.2) FOUL(2.6)					
12	Nicholas Pulos	FR Modesto	5.34m	3.5	17-06.25	449
	5.18m(1.4) 5.34m(3.5) 5.15m(-0.9)					

Decathlon: #3 Men Shot Put Decathlon

NorCal Meet: > 14.63m 2010 Aaron Victorian, San Jose City College						
Name	Year	School	Finals			Points
1	Colin Monaco	FR Cerritos	12.12m	39-09.25		614
	11.21m 12.12m 11.87m					
2	Cade Lindsay	FR Mt. Sac	11.74m	38-06.25		591
	10.73m 11.15m 11.74m					
3	Nolan O'Brien	FR Yuba	11.72m	38-05.50		589
	11.49m 11.72m FOUL					
4	Spencer Stockton	SO Butte	11.19m	36-08.50		557
	9.88m 10.58m 11.19m					
5	Cole Hicks	FR Riverside	11.10m	36-05.00		552
	10.57m 11.10m 10.85m					
6	Chase Pacheco	FR Hartnell	10.33m	33-10.75		505
	10.33m 10.02m FOUL					
7	Jherrell Charles	FR Riverside	10.10m	33-01.75		492
	9.36m 9.47m 10.10m					
8	Kendrick Murphy	SO Siskiyou	10.09m	33-01.25		491
	9.89m 9.83m 10.09m					
9	Nicholas Pulos	FR Modesto	9.94m	32-07.50		482
	9.71m FOUL 9.94m					
10	Jeff Lam	SO American River	9.60m	31-06.00		462
	9.60m 9.13m 8.92m					
11	Max Clark	SO Cuesta	9.30m	30-06.25		444
	9.30m 9.12m FOUL					
12	Anthony Cota	SO De Anza	8.16m	26-09.25		376
	FOUL 7.84m 8.16m					

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Decathlon: #7 Men Discus Throw Decathlon

NorCal Meet: > 44.06m 1978		Dan Sheehan, West Valley College			
Name	Year	School	Finals	Points	
1 Cole Hicks		FR Riverside	42.18m	138-05	709
	39.25m 42.18m				
	FOUL				
2 Spencer Stockton		SO Butte	36.55m	119-11	595
	FOUL 36.55m 32.33m				
3 Chase Pacheco		FR Hartnell	35.83m	117-07	580
	33.03m FOUL 35.83m				
4 Cade Lindsay		FR Mt. Sac	34.68m	113-09	557
	33.70m 34.68m 32.22m				
5 Max Clark		SO Cuesta	31.81m	104-04	500
	29.65m FOUL 31.81m				
6 Nolan O'Brien		FR Yuba	31.36m	102-11	491
	FOUL 31.36m 29.42m				
7 Colin Monaco		FR Cerritos	30.81m	101-01	480
	28.29m 30.74m 30.81m				
8 Jeff Lam		SO American River	30.27m	99-04	470
	28.09m 30.27m 20.32m				
9 Kendrick Murphy		SO Siskiyou	29.96m	98-03	464
	29.92m 29.96m 29.19m				
10 Anthony Cota		SO De Anza	29.03m	95-03	445
	26.68m 29.03m FOUL				
11 Nicholas Pulos		FR Modesto	27.88m	91-06	423
	FOUL 27.88m FOUL				
12 Jherrell Charles		FR Riverside	27.49m	90-02	415
	26.91m 27.49m FOUL				

Decathlon: #9 Men Javelin Throw Decathlon

NorCal Meet: > 61.42m 1989		Charles Langston, Shasta College			
Name	Year	School	Finals	Points	
1 Cade Lindsay		FR Mt. Sac	55.53m	182-02	671
	55.53m 53.61m 50.51m				
2 Spencer Stockton		SO Butte	49.91m	163-09	587
	45.23m 46.66m 49.91m				
3 Cole Hicks		FR Riverside	44.31m	145-04	505
	43.13m 44.31m FOUL				
4 Nicholas Pulos		FR Modesto	44.24m	145-02	504
	40.92m 42.96m 44.24m				
5 Chase Pacheco		FR Hartnell	43.49m	142-08	493
	40.14m 43.49m 36.22m				
6 Jherrell Charles		FR Riverside	42.84m	140-07	483
	35.35m 42.84m 33.47m				
7 Max Clark		SO Cuesta	41.49m	136-01	464
	41.16m 38.25m 41.49m				
8 Anthony Cota		SO De Anza	39.91m	130-11	441
	39.02m 39.71m 39.91m				
9 Nolan O'Brien		FR Yuba	37.13m	121-10	401
	37.13m 32.38m FOUL				
10 Colin Monaco		FR Cerritos	35.85m	117-07	382
	35.85m FOUL 32.12m				

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....Decathlon: #9 Men Javelin Throw Decathlon

11 Jeff Lam	SO American River	33.96m	111-05	355
		33.96m 31.27m FOUL		
-- Kendrick Murphy	SO Siskiyou	FOUL		
		FOUL FOUL FOUL		

Men Decathlon

Name	Year	School	Finals	Points
SoCal Meet: <	7361	1983	Doug Fernandez, Long Beach City Coll	
NorCal Meet: >	7144	1982	Darin Hall, Shasta College	
State Meet: &	7478	5/21/1983	Doug Fernandez, Long Beach City Coll	
Name	Year	School	Finals	Points
1 Chase Pacheco	FR	Hartnell	6706	10
2 Cade Lindsay	FR	Mt. Sac	6488	8
3 Spencer Stockton	SO	Butte	6384	6
4 Jherrell Charles	FR	Riverside	6255	5
5 Anthony Cota	SO	De Anza	6109	4
6 Max Clark	SO	Cuesta	5912	3
7 Kendrick Murphy	SO	Siskiyou	5875	2
8 Jeff Lam	SO	American River	5872	1
9 Colin Monaco	FR	Cerritos	5845	
10 Cole Hicks	FR	Riverside	5821	
11 Nolan O'Brien	FR	Yuba	5494	
12 Nicholas Pulos	FR	Modesto	5344	

Women - Team Rankings - 21 Events Scored

1) Cerritos	68	2) Mt. SAC	67
3) Riverside	65	4) Sequoias	58
5) Fresno	52	6) Southwestern	39
7) Laney	33	7) American River	33
9) Sacramento	25	9) De Anza	25
11) Canyons	23	12) El Camino	20.50
13) West Los Angeles	20	14) Modesto	18
15) Saddleback	17.50	16) Santa Barbara	17
16) Yuba	17	16) Santa Rosa	17
19) Fullerton	16	19) Bakersfield	16
19) East LA	16	22) Hartnell	15
22) Glendale	15	22) Siskiyou	15
25) Palomar	12	26) Merced	11
26) Golden West	11	28) San Joaquin Delta	10
28) Butte	10	28) Long Beach	10
28) Cuesta	10	32) San Jose	7
33) Monterey	5	33) CCSF	5
33) Shasta	5	36) SD Mesa	4
36) Merritt	4	38) Orange Coast	3
39) Pasadena	2	40) Ventura	1
40) Chabot	1		

Men - Team Rankings - 21 Events Scored

1) Mt. SAC	101	2) Sequoias	100
3) American River	69	4) Modesto	49
5) Riverside	46	6) Hartnell	40

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....Men Decathlon

7) Cerritos	37	8) Fresno	33.50
9) San Joaquin Delta	29	10) Cuesta	28.50
11) El Camino	26.50	12) Canyons	25
13) Saddleback	22	13) Diablo Valley	22
15) Chabot	21	16) Santa Barbara	20
17) Pasadena	14	18) Siskiyou	12
18) Santa Rosa	12	18) Cuyamaca	12
18) De Anza	12	22) Butte	10
22) Orange Coast	10	24) Glendale	9.50
25) East LA	9	26) Sacramento	8
26) Golden West	8	26) SD Mesa	8
29) Merritt	6	29) West Los Angeles	6
31) CCSF	5	32) Long Beach	4
33) Shasta	1	33) Ventura	1
33) Yuba	1		