

**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

**Women 100 Meter Dash**

| Name                 | Yr | School       | Finals    |
|----------------------|----|--------------|-----------|
| <b>Finals</b>        |    |              |           |
| 1 Strangena Campbell | FR | Diablo Valle | 11.44 10  |
| 2 Moesha Davidson    | SO | Fresno       | 11.60 8   |
| 3 Najia Hudspeth     | SO | Cerritos     | 11.63 6   |
| 4 Joylynn Daily      | FR | Sequoias     | 11.90 5   |
| 5 Tiarah McDaniel    | SO | Riverside    | 11.96 4   |
| 6 Rahmah Baaree      | FR | Mt. Sac      | 11.97 3   |
| 7 Kayla Wilson       | SO | Riverside    | 11.99 2   |
| 8 Taira Saunders     | SO | Bakersfield  | 11.99 1   |
| 9 Tatiana Bell       | SO | American Riv | 12.05 2.1 |

**Women 200 Meter Dash**

| Name                 | Yr | School       | Finals   |
|----------------------|----|--------------|----------|
| <b>Finals</b>        |    |              |          |
| 1 Najia Hudspeth     | SO | Cerritos     | 23.69 10 |
| 2 Strangena Campbell | FR | Diablo Valle | 23.78 8  |
| 3 Meleni Rodney      | FR | Sequoias     | 24.27 6  |
| 4 Joylynn Daily      | FR | Sequoias     | 24.61 5  |
| 5 Kayla Wilson       | SO | Riverside    | 24.91 4  |
| 6 Rahmah Baaree      | FR | Mt. Sac      | 24.94 3  |
| 7 Alexis Henry       | FR | West Los Ang | 24.95 2  |
| 8 Kyra White         | FR | Mt. Sac      | 25.00 1  |

**Women 400 Meter Dash**

| Name                | Yr | School       | Finals   |
|---------------------|----|--------------|----------|
| <b>Finals</b>       |    |              |          |
| 1 Meleni Rodney     | FR | Sequoias     | 54.16 10 |
| 2 Khadija Imara     | SO | Mt. Sac      | 55.37 8  |
| 3 Nyliya Hudspeth   | SO | Cerritos     | 56.17 6  |
| 4 Alexis Henry      | FR | West Los Ang | 56.35 5  |
| 5 Daeniesha Burrell | SO | Southwestern | 56.56 4  |
| 6 Kyra White        | FR | Mt. Sac      | 56.58 3  |
| 7 Mariama Hilburn   | FR | Laney        | 56.90 2  |
| 8 Jhaylen Ball      | SO | Mt. Sac      | 57.05 1  |
| 9 Morgan Simpson    | SO | American Riv | 57.13    |

**Women 800 Meter Run**

| Name               | Yr | School       | Finals     |
|--------------------|----|--------------|------------|
| <b>Finals</b>      |    |              |            |
| 1 Crystal Tejada   | SO | Riverside    | 2:10.59 10 |
| 2 Angela Wilson    | FR | Antelope Val | 2:11.28 8  |
| 3 Cicelya Beard    | SO | San Joaquin  | 2:13.92 6  |
| 4 Doshawn Franks   | SO | West Los Ang | 2:15.14 5  |
| 5 Ellie Koncki     | FR | West Los Ang | 2:17.60 4  |
| 6 N'FINITY Lindley | FR | West Los Ang | 2:19.24 3  |
| 7 Savanna Perez    | FR | San Bernardi | 2:21.42 2  |
| 8 Harleen Pabla    | SO | Modesto      | 2:27.85 1  |

**Women 1500 Meter Run**

| Name                     | Yr | School       | Finals     |
|--------------------------|----|--------------|------------|
| <b>Finals</b>            |    |              |            |
| 1 Malena Grover          | SO | Hartnell     | 4:37.49 10 |
| 2 Erica Ruiz             | SO | Santa Rosa   | 4:41.58 8  |
| 3 Micayla Rennick        | FR | American Riv | 4:41.96 6  |
| 4 Alyssa Allen           | FR | Orange Coast | 4:42.21 5  |
| 5 Miranda Daschian       | FR | Cuesta       | 4:42.44 4  |
| 6 Bethani Heising        | FR | Orange Coast | 4:46.65 3  |
| 7 Magali (Ali) Arsiniega | SO | Merritt      | 4:48.42 2  |
| 8 Harleen Pabla          | SO | Modesto      | 4:49.28 1  |
| 9 Giselle Masedo         | FR | Glendale     | 4:49.87    |
| 10 Maria Orosco          | SO | Cerritos     | 4:53.19    |
| 11 Caroline Dagarin      | FR | Saddleback   | 4:59.34    |
| 12 Kristen Jacobs        | SO | San Mateo    | 5:19.61    |

**Women 5000 Meter Run**

| Name                 | Yr | School       | Finals      |
|----------------------|----|--------------|-------------|
| <b>Finals</b>        |    |              |             |
| 1 Jenica Dodge       | SO | American Riv | 17:23.57 10 |
| 2 Madeline Ogle      | FR | Cuesta       | 17:30.68 8  |
| 3 Malena Grover      | SO | Hartnell     | 17:38.51 6  |
| 4 Brianna Jacklin    | SO | Riverside    | 17:58.00 5  |
| 5 Erica Ruiz         | SO | Santa Rosa   | 18:18.79 4  |
| 6 Jordyn Zorn        | FR | Sequoias     | 18:20.76 3  |
| 7 Jessica Ruiz       | FR | Canyons      | 18:34.30 2  |
| 8 Jenessa Reyes      | SO | Orange Coast | 18:40.31 1  |
| 9 Mirka Uhlirava     | SO | San Mateo    | 19:01.37    |
| 10 Alexandra Whitman | SO | Canyons      | 19:11.18    |
| 11 Amanda De Jesus   | SO | Canyons      | 19:18.66    |
| 12 Nancy Rodriguez   | SO | Hartnell     | 19:53.22    |

**Women 10000 Meter Run**

| Name                | Yr | School       | Finals      |
|---------------------|----|--------------|-------------|
| <b>Finals</b>       |    |              |             |
| 1 Jenica Dodge      | SO | American Riv | 36:33.44 10 |
| 2 Brianna Jacklin   | SO | Riverside    | 36:45.19 8  |
| 3 Toni Lopez        | FR | Santa Ana    | 37:45.44 6  |
| 4 Jordyn Zorn       | FR | Sequoias     | 38:05.08 5  |
| 5 Mirka Uhlirava    | SO | San Mateo    | 38:15.15 4  |
| 6 Alexandra Whitman | SO | Canyons      | 38:32.93 3  |
| 7 Crystal Jardines  | FR | Mt. Sac      | 39:08.53 2  |
| 8 Dominique Delgado | SO | Mt. Sac      | 40:04.84 1  |
| 9 Victoria Arevalo  | FR | Fresno       | 40:43.31    |
| 10 Kelsay McClendon | FR | Sequoias     | 40:59.91    |
| 11 Stephanie Perea  | SO | Cerritos     | 41:27.67    |
| 12 Adeline Blair    | SO | Sequoias     | 43:12.13    |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

**Women 100 Meter Hurdles**

| Name          | Yr                 | School          | Finals    |
|---------------|--------------------|-----------------|-----------|
| <b>Finals</b> |                    |                 |           |
| 1             | Deshaunda Morrison | FR Sequoias     | 13.76 10  |
| 2             | Moesha Davidson    | SO Fresno       | 13.81 8   |
| 3             | Taylor Sims        | SO Orange Coast | 14.34 6   |
| 4             | Alisha Greenlaw    | FR Ventura      | 14.38 5   |
| 5             | Kiera Simmons      | SO CCSF         | 14.65 4   |
| 6             | Andrea Stark       | FR American Riv | 14.72 3   |
| 7             | Brittany Mitchell  | FR Mt. Sac      | 14.88 2   |
| 8             | Cumisha Hobbs      | SO Sequoias     | 15.05 1   |
| 9             | Danielle Olson     | FR Modesto      | 15.18 2.3 |

**Women 400 Meter Hurdles**

| Name          | Yr                  | School          | Finals   |
|---------------|---------------------|-----------------|----------|
| <b>Finals</b> |                     |                 |          |
| 1             | Brittany Mitchell   | FR Mt. Sac      | 62.59 10 |
| 2             | Stephanie Fernandez | FR Santa Rosa   | 63.12 8  |
| 3             | Samantha Duong      | SO Fullerton    | 64.79 6  |
| 4             | Tiara Litonjua      | FR Ventura      | 65.42 5  |
| 5             | Jazzmin Bryan       | FR Siskiyou     | 66.19 4  |
| 6             | Janeth Moya         | FR Southwestern | 66.45 3  |
| 7             | Amanda Yager        | FR Santa Monica | 66.46 2  |
| 8             | Deshaunda Morrison  | FR Sequoias     | 67.49 1  |
| 9             | Dhakiya Omawahleh   | FR Sequoias     | 69.96    |

**Women 3000 Meter Steeplechase**

| Name          | Yr                  | School          | Finals      |
|---------------|---------------------|-----------------|-------------|
| <b>Finals</b> |                     |                 |             |
| 1             | Michele Perez-Lopez | SO De Anza      | 11:22.94 10 |
| 2             | Nancy Rodriguez     | SO Hartnell     | 11:29.39 8  |
| 3             | Jessica Ruiz        | FR Canyons      | 11:36.16 6  |
| 4             | Rachel Oberschelp   | FR Saddleback   | 11:40.92 5  |
| 5             | Alyssa Hebb         | FR San Bernardi | 11:44.80 4  |
| 6             | Dana Pollard        | SO Modesto      | 11:49.47 3  |
| 7             | Lizeth Flores       | FR Canyons      | 11:54.19 2  |
| 8             | Alyssa Renteria     | FR De Anza      | 12:03.38 1  |
| 9             | Angel Vallier       | FR Saddleback   | 12:03.95    |
| 10            | Amanda De Jesus     | SO Canyons      | 12:16.67    |
| 11            | Chelsea Wells       | FR Canyons      | 12:22.47    |
| 12            | Adriana Jimenez     | FR Hartnell     | 14:02.41    |

**Women 4x100 Meter Relay**

| Team          | Relay            | Finals   |
|---------------|------------------|----------|
| <b>Finals</b> |                  |          |
| 1             | Cerritos         | 46.00 10 |
| 2             | Sequoias         | 46.13 8  |
| 3             | Mt. Sac          | 46.98 6  |
| 4             | West Los Angeles | 47.45 5  |
| 5             | Riverside        | 48.46 4  |

|   |                |         |
|---|----------------|---------|
| 6 | Modesto        | 48.57 3 |
| 7 | Bakersfield    | 48.89 2 |
| 8 | American River | 48.96 1 |
| 9 | Diablo Valley  | 49.77   |

**Women 4x400 Meter Relay**

| Team          | Relay            | Finals     |
|---------------|------------------|------------|
| <b>Finals</b> |                  |            |
| 1             | Mt. Sac          | 3:46.27 10 |
| 2             | West Los Angeles | 3:49.25 8  |
| 3             | Cerritos         | 3:54.64 6  |
| 4             | Riverside        | 3:55.83 5  |
| 5             | Modesto          | 3:57.51 4  |
| 6             | Ventura          | 3:59.48 3  |
| 7             | Diablo Valley    | 4:00.19 2  |
| 8             | De Anza          | 4:01.27 1  |
| 9             | Sequoias         | 4:02.59    |

**Women High Jump**

| Name          | Yr                | School          | Finals     |
|---------------|-------------------|-----------------|------------|
| <b>Finals</b> |                   |                 |            |
| 1             | Bria Palmer       | FR Cerritos     | 1.69m 10   |
| 2             | Julia Grimm       | SO Santa Rosa   | 1.64m 8    |
| 3             | Kaitlyn Matthews  | FR Canyons      | J1.64m 5.5 |
| 3             | Ray Ven Sanders   | FR Merritt      | J1.64m 5.5 |
| 5             | Karla Alatore     | SO Riverside    | J1.64m 3.5 |
| 5             | Danielle Spargur  | SO Riverside    | J1.64m 3.5 |
| 7             | Juliette Alliaume | SO Diablo Valle | 1.59m 2    |
| 8             | Idalis Rubalcava  | FR Sequoias     | 1.54m 0.3  |
| 8             | Petrice Beattie   | SO Diablo Valle | 1.54m 0.3  |
| 8             | Moesha Davidson   | SO Fresno       | 1.54m 0.3  |
| 11            | Destinee Widgins  | FR Riverside    | J1.54m     |
| 12            | Tiona Jones       | FR Golden West  | J1.54m     |

**Women Pole Vault**

| Name          | Yr                 | School          | Finals     |
|---------------|--------------------|-----------------|------------|
| <b>Finals</b> |                    |                 |            |
| 1             | Augusta Thomason   | SO Cuesta       | 3.79m 10   |
| 2             | Madison McPeak     | FR Riverside    | 3.47m 8    |
| 3             | Marissa Tobin      | FR Ventura      | 3.32m 6    |
| 4             | Raelyn Abbinanti   | FR West Los Ang | J3.32m 4.5 |
| 4             | Peremeter Jade     | FR Shasta       | J3.32m 4.5 |
| 6             | Amber Flores       | SO Modesto      | 3.17m 2.5  |
| 6             | Alexandria Clausen | SO Fresno       | 3.17m 2.5  |
| 8             | Angela Griffin     | FR Riverside    | J3.17m 1   |
| 9             | Alexis Babbes      | FR American Riv | 3.02m      |
| 10            | Sydney Sullivan    | FR Fresno       | J3.02m     |
| 11            | Jayne Stanford     | SO Mt. Sac      | 2.87m      |
| ---           | Erica Davis        | SO Cerritos     | NH         |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

**Women Long Jump**

| Name                 | Yr | School       | Finals    |
|----------------------|----|--------------|-----------|
| <b>Finals</b>        |    |              |           |
| 1 Moesha Davidson    | SO | Fresno       | 5.98m 10  |
| 2 Deshaunda Morrison | FR | Sequoias     | 5.63m 8   |
| 3 KiAnna Cunningham  | FR | Sequoias     | 5.56m 6   |
| 4 Mykisha Abrams     | FR | Butte        | 5.44m 5   |
| 5 Marissa Kneisel    | FR | Canyons      | 5.39m 4   |
| 6 Cumisha Hobbs      | SO | Sequoias     | 5.31m 3   |
| 7 Danielle Colvin    | FR | Ventura      | 5.25m 2   |
| 8 Lauren Delgadillo  | FR | Orange Coast | 5.25m 1   |
| 9 Reagan Andrews     | FR | West Los Ang | 5.19m 0.5 |
| 10 Yazmine Al-Uqdah  | FR | El Camino    | 5.04m 0.7 |
| 11 Kelia Surrency    | FR | De Anza      | 5.01m 1.8 |
| 12 Kaira Saunders    | SO | Bakersfield  | 4.98m 1.0 |

**Women Triple Jump**

| Name                  | Yr | School       | Finals      |
|-----------------------|----|--------------|-------------|
| <b>Finals</b>         |    |              |             |
| 1 Destinee Widgins    | FR | Riverside    | 12.18m 10   |
| 2 Reagan Andrews      | FR | West Los Ang | 11.64m 8    |
| 3 BreAnn Scally       | FR | Monterey     | 11.59m 6    |
| 4 Moesha Davidson     | SO | Fresno       | 11.35m 5    |
| 5 Zaynab Bent-Mikail  | SO | El Camino    | 11.12m 4    |
| 6 Kyana Rivera        | SO | Monterey     | 11.01m 3    |
| 7 Danielle Colvin     | FR | Ventura      | 10.95m 2    |
| 8 Mari Dear           | FR | West Los Ang | 10.89m 1    |
| 9 Lauren Cariaso      | FR | American Riv | 10.82m 2.3  |
| 10 Lia Burrell        | SO | Modesto      | 10.62m -0.2 |
| 11 Christine Rhyne    | FR | Shasta       | 10.44m NWI  |
| --- Dominique Rhaburn | FR | West Los Ang | FOUL        |

**Women Shot Put**

| Name                      | Yr | School       | Finals    |
|---------------------------|----|--------------|-----------|
| <b>Finals</b>             |    |              |           |
| 1 Destiny Mack-Talalemotu | SO | Cerritos     | 14.72m 10 |
| 2 Brandy Williams         | FR | Diablo Valle | 14.07m 8  |
| 3 Imani Bierly            | SO | Yuba         | 13.45m 6  |
| 4 Tierra Adams            | FR | Mt. Sac      | 12.72m 5  |
| 5 Ashley Santos           | SO | Riverside    | 12.67m 4  |
| 6 Richelle Kafoa          | SO | Riverside    | 12.47m 3  |
| 7 Shedella Smith          | FR | Riverside    | 12.42m 2  |
| 8 Taylor Nevitt           | FR | Allan Hancoc | 12.40m 1  |
| 9 Anya Tonga              | FR | De Anza      | 12.16m    |
| 10 Mickie Seuga           | FR | Santa Rosa   | 12.08m    |
| 11 Breanna Lowther        | SO | Modesto      | 11.63m    |
| 12 Daisy Newman           | FR | Siskiyous    | 11.04m    |

**Women Discus Throw**

| Name                      | Yr | School       | Finals    |
|---------------------------|----|--------------|-----------|
| <b>Finals</b>             |    |              |           |
| 1 Destiny Mack-Talalemotu | SO | Cerritos     | 47.45m 10 |
| 2 Adora Garrick           | SO | Chabot       | 42.80m 8  |
| 3 Anya Tonga              | FR | De Anza      | 41.82m 6  |
| 4 Breanna Lowther         | SO | Modesto      | 41.38m 5  |
| 5 Marilyn Quintero        | SO | Bakersfield  | 41.07m 4  |
| 6 Ashley Santos           | SO | Riverside    | 40.86m 3  |
| 7 Mickie Seuga            | FR | Santa Rosa   | 40.38m 2  |
| 8 Tori Teraji             | SO | Hartnell     | 40.27m 1  |
| 9 Gabriela Stanford       | SO | Fresno       | 38.83m    |
| 10 Taylor Nevitt          | FR | Allan Hancoc | 37.79m    |
| 11 Clara Ratu             | SO | San Jose     | 37.42m    |
| 12 Sabrina Dozier         | FR | Cuyamaca     | 35.38m    |

**Women Hammer Throw**

| Name                      | Yr | School    | Finals    |
|---------------------------|----|-----------|-----------|
| <b>Finals</b>             |    |           |           |
| 1 Destiny Mack-Talalemotu | SO | Cerritos  | 53.31m 10 |
| 2 De'ondra Young          | SO | Palomar   | 51.66m 8  |
| 3 Emma Seyer              | SO | De Anza   | 50.25m 6  |
| 4 Imani Bierly            | SO | Yuba      | 49.34m 5  |
| 5 Briana Gaipa            | SO | Cuyamaca  | 47.44m 4  |
| 6 Jayla Stevenson-Collins | SO | Yuba      | 46.48m 3  |
| 7 Breanna Lowther         | SO | Modesto   | 46.26m 2  |
| 8 Silvia Gutierrez        | FR | De Anza   | 44.76m 1  |
| 9 Alyssa Pochop           | FR | Hartnell  | 44.19m    |
| 10 Kori Sprague           | FR | Riverside | 42.73m    |
| 11 Jessica Tobias         | SO | Cerritos  | 41.76m    |
| 12 Sabrina Dozier         | FR | Cuyamaca  | 40.35m    |

**Women Javelin Throw**

| Name                       | Yr | School      | Finals    |
|----------------------------|----|-------------|-----------|
| <b>Finals</b>              |    |             |           |
| 1 Melody Harris            | SO | Fresno      | 49.56m 10 |
| 2 Nicole Clark             | FR | El Camino   | 41.44m 8  |
| 3 Daisy Newman             | FR | Siskiyous   | 41.14m 6  |
| 4 Julia Grimm              | SO | Santa Rosa  | 41.10m 5  |
| 5 Raena Ramirez            | SO | Golden West | 37.29m 4  |
| 6 Brandy Hendershott       | FR | Siskiyous   | 36.32m 3  |
| 7 Sarah Baker              | SO | Cerritos    | 36.18m 2  |
| 8 Crystal Rodriguez        | FR | Cerritos    | 36.04m 1  |
| 9 Mariah Frerichs          | SO | Sacramento  | 35.93m    |
| 10 Kelly Baxter            | SO | De Anza     | 34.05m    |
| 11 Ashley Flores           | FR | Cerritos    | 33.86m    |
| 12 Destiny Mack-Talalemotu | SO | Cerritos    | 33.34m    |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

**Heptathlon: #4 Women 200 Meter Dash Heptathlon**

| Name          | Yr                     | School         | Finals |     |
|---------------|------------------------|----------------|--------|-----|
| <b>Finals</b> |                        |                |        |     |
| 1             | Juanita Webster        | FR Cerritos    | 26.51  | 753 |
| 2             | Kelia Surrency         | FR De Anza     | 26.61  | 745 |
| 3             | BreAnn Scally          | FR Monterey    | 26.75  | 733 |
| 4             | Julia Grimm            | SO Santa Rosa  | 27.04  | 708 |
| 5             | Aaliyah Goshen         | SO Riverside   | 27.10  | 704 |
| 6             | Dhakiya Omawahleh      | FR Sequoias    | 27.38  | 681 |
| 7             | Karla Alatore          | SO Riverside   | 27.39  | 680 |
| 8             | Antonique Newson-Henry | SO San Joaquin | 27.45  | 675 |
| 9             | Dorian Aberouette      | SO CCSF        | 27.87  | 641 |
| 10            | Melody Harris          | SO Fresno      | 28.01  | 630 |
| 11            | Giselle Burgos         | FR Cerritos    | 28.62  | 583 |
| 12            | Diamond Scott          | FR Riverside   | 28.83  | 567 |

**Heptathlon: #7 Women 800 Meter Run Heptathlon**

| Name          | Yr                     | School         | Finals  |     |
|---------------|------------------------|----------------|---------|-----|
| <b>Finals</b> |                        |                |         |     |
| 1             | Juanita Webster        | FR Cerritos    | 2:25.14 | 755 |
| 2             | Giselle Burgos         | FR Cerritos    | 2:26.71 | 735 |
| 3             | Dhakiya Omawahleh      | FR Sequoias    | 2:30.37 | 688 |
| 4             | Julia Grimm            | SO Santa Rosa  | 2:37.86 | 598 |
| 5             | Kelia Surrency         | FR De Anza     | 2:39.53 | 578 |
| 6             | BreAnn Scally          | FR Monterey    | 2:41.84 | 552 |
| 7             | Melody Harris          | SO Fresno      | 2:45.34 | 513 |
| 8             | Dorian Aberouette      | SO CCSF        | 2:46.51 | 500 |
| 9             | Diamond Scott          | FR Riverside   | 2:49.62 | 468 |
| 10            | Antonique Newson-Henry | SO San Joaquin | 2:53.15 | 431 |
| 11            | Aaliyah Goshen         | SO Riverside   | 3:03.14 | 337 |

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

| Name          | Yr                     | School         | Finals |     |
|---------------|------------------------|----------------|--------|-----|
| <b>Finals</b> |                        |                |        |     |
| 1             | Juanita Webster        | FR Cerritos    | 15.24  | 810 |
| 2             | BreAnn Scally          | FR Monterey    | 15.27  | 806 |
| 3             | Julia Grimm            | SO Santa Rosa  | 16.17  | 694 |
| 4             | Dhakiya Omawahleh      | FR Sequoias    | 16.49  | 655 |
| 5             | Dorian Aberouette      | SO CCSF        | 16.64  | 638 |
| 6             | Giselle Burgos         | FR Cerritos    | 16.93  | 604 |
| 7             | Melody Harris          | SO Fresno      | 17.19  | 575 |
| 8             | Karla Alatore          | SO Riverside   | 17.22  | 572 |
| 9             | Kelia Surrency         | FR De Anza     | 17.30  | 563 |
| 10            | Diamond Scott          | FR Riverside   | 18.79  | 410 |
| 11            | Antonique Newson-Henry | SO San Joaquin | 19.33  | 360 |
| 12            | Aaliyah Goshen         | SO Riverside   | 21.84  | 167 |

**Heptathlon: #2 Women High Jump Heptathlon**

| Name          | Yr                     | School         | Finals |     |
|---------------|------------------------|----------------|--------|-----|
| <b>Finals</b> |                        |                |        |     |
| 1             | Julia Grimm            | SO Santa Rosa  | 1.76m  | 928 |
| 2             | Karla Alatore          | SO Riverside   | 1.61m  | 747 |
| 3             | Dorian Aberouette      | SO CCSF        | 1.55m  | 678 |
| 4             | BreAnn Scally          | FR Monterey    | 1.52m  | 644 |
| 4             | Juanita Webster        | FR Cerritos    | 1.52m  | 644 |
| 6             | Kelia Surrency         | FR De Anza     | 1.49m  | 610 |
| 7             | Dhakiya Omawahleh      | FR Sequoias    | 1.40m  | 512 |
| 7             | Aaliyah Goshen         | SO Riverside   | 1.40m  | 512 |
| 9             | Antonique Newson-Henry | SO San Joaquin | 1.37m  | 481 |
| 9             | Diamond Scott          | FR Riverside   | 1.37m  | 481 |
| 9             | Melody Harris          | SO Fresno      | 1.37m  | 481 |
| 12            | Giselle Burgos         | FR Cerritos    | 1.34m  | 449 |

**Heptathlon: #5 Women Long Jump Heptathlon**

| Name          | Yr                     | School         | Finals |     |
|---------------|------------------------|----------------|--------|-----|
| <b>Finals</b> |                        |                |        |     |
| 1             | Juanita Webster        | FR Cerritos    | 5.55m  | 715 |
| 2             | BreAnn Scally          | FR Monterey    | 5.36m  | 660 |
| 3             | Melody Harris          | SO Fresno      | 5.12m  | 592 |
| 4             | Dorian Aberouette      | SO CCSF        | 5.08m  | 581 |
| 5             | Julia Grimm            | SO Santa Rosa  | 5.04m  | 570 |
| 6             | Antonique Newson-Henry | SO San Joaquin | 5.00m  | 559 |
| 7             | Kelia Surrency         | FR De Anza     | 4.99m  | 557 |
| 8             | Karla Alatore          | SO Riverside   | 4.85m  | 519 |
| 9             | Diamond Scott          | FR Riverside   | 4.80m  | 506 |
| 10            | Dhakiya Omawahleh      | FR Sequoias    | 4.69m  | 477 |
| 11            | Aaliyah Goshen         | SO Riverside   | 4.67m  | 472 |
| 12            | Giselle Burgos         | FR Cerritos    | 4.42m  | 408 |

**Heptathlon: #3 Women Shot Put Heptathlon**

| Name          | Yr                     | School         | Finals |     |
|---------------|------------------------|----------------|--------|-----|
| <b>Finals</b> |                        |                |        |     |
| 1             | Antonique Newson-Henry | SO San Joaquin | 10.57m | 567 |
| 2             | Juanita Webster        | FR Cerritos    | 10.52m | 564 |
| 3             | Dhakiya Omawahleh      | FR Sequoias    | 10.46m | 560 |
| 4             | Melody Harris          | SO Fresno      | 10.41m | 556 |
| 5             | Julia Grimm            | SO Santa Rosa  | 10.14m | 539 |
| 6             | Dorian Aberouette      | SO CCSF        | 9.82m  | 518 |
| 7             | Aaliyah Goshen         | SO Riverside   | 8.87m  | 456 |
| 8             | Karla Alatore          | SO Riverside   | 8.15m  | 409 |
| 9             | Diamond Scott          | FR Riverside   | 8.08m  | 405 |
| 10            | Giselle Burgos         | FR Cerritos    | 7.94m  | 395 |
| 11            | BreAnn Scally          | FR Monterey    | 7.37m  | 359 |
| 12            | Kelia Surrency         | FR De Anza     | 6.82m  | 324 |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**

**Results**

**Heptathlon: #6 Women Javelin Throw Heptathlon**

| Name          | Yr                     | School         | Finals     |
|---------------|------------------------|----------------|------------|
| <b>Finals</b> |                        |                |            |
| 1             | Melody Harris          | SO Fresno      | 45.71m 777 |
| 2             | Julia Grimm            | SO Santa Rosa  | 38.90m 646 |
| 3             | Juanita Webster        | FR Cerritos    | 36.77m 605 |
| 4             | Dhakiya Omawahleh      | FR Sequoias    | 32.96m 533 |
| 5             | Diamond Scott          | FR Riverside   | 30.50m 486 |
| 6             | Dorian Aberouette      | SO CCSF        | 29.53m 468 |
| 7             | Karla Alatore          | SO Riverside   | 28.82m 454 |
| 8             | Aaliyah Goshen         | SO Riverside   | 26.67m 414 |
| 9             | Kelia Surrency         | FR De Anza     | 26.00m 401 |
| 10            | BreAnn Scally          | FR Monterey    | 25.66m 395 |
| 11            | Giselle Burgos         | FR Cerritos    | 19.46m 279 |
| ---           | Antonique Newson-Henry | SO San Joaquin | ND         |

**Women Heptathlon**

| Name          | Yr                     | School         | Finals  |
|---------------|------------------------|----------------|---------|
| <b>Finals</b> |                        |                |         |
| 1             | Juanita Webster        | FR Cerritos    | 4846 10 |
| 2             | Julia Grimm            | SO Santa Rosa  | 4683 8  |
| 3             | BreAnn Scally          | FR Monterey    | 4149 6  |
| 4             | Melody Harris          | SO Fresno      | 4124 5  |
| 5             | Dhakiya Omawahleh      | FR Sequoias    | 4106 4  |
| 6             | Dorian Aberouette      | SO CCSF        | 4024 3  |
| 7             | Kelia Surrency         | FR De Anza     | 3778 2  |
| 8             | Giselle Burgos         | FR Cerritos    | 3453 1  |
| 9             | Diamond Scott          | FR Riverside   | 3323    |
| 10            | Antonique Newson-Henry | SO San Joaquin | 3073    |
| 11            | Aaliyah Goshen         | SO Riverside   | 3062    |

**Men 100 Meter Dash**

| Name          | Yr                | School      | Finals   |
|---------------|-------------------|-------------|----------|
| <b>Finals</b> |                   |             |          |
| 1             | Cravon Gillespie  | SO Mt. Sac  | 10.21 10 |
| 2             | Donovan Wallace   | SO Modesto  | 10.34 8  |
| 3             | Holland Cabara    | SO Sequoias | 10.37 6  |
| 4             | Karndeeep Johl    | SO Butte    | 10.40 5  |
| 5             | Daniel Bien-Aime' | SO Siskiyou | 10.46 4  |
| 6             | Erik Cisneros     | SO Mt. Sac  | 10.65 3  |
| 7             | Cameron Akins     | SO Mt. Sac  | 10.67 2  |
| 8             | Clifford Scott    | SO Cerritos | 10.87 1  |

**Men 200 Meter Dash**

| Name          | Yr               | School     | Finals   |
|---------------|------------------|------------|----------|
| <b>Finals</b> |                  |            |          |
| 1             | Cravon Gillespie | SO Mt. Sac | 20.86 10 |
| 2             | Donovan Wallace  | SO Modesto | 21.14 8  |
| 3             | Tubotein Taylor  | SO Mt. Sac | 21.23 6  |
| 4             | Karndeeep Johl   | SO Butte   | 21.25 5  |

|   |                |                 |           |
|---|----------------|-----------------|-----------|
| 5 | Holland Cabara | SO Sequoias     | 21.27 4   |
| 6 | Keefer Joyce   | SO Sequoias     | 21.49 3   |
| 7 | Gabe Warner    | FR Orange Coast | 21.57 2   |
| 8 | Cavan Bluit    | FR Mt. Sac      | 21.93 1   |
| 9 | Andrew Willson | FR Redwoods     | 21.96 1.9 |

**Men 400 Meter Dash**

| Name          | Yr                | School          | Finals   |
|---------------|-------------------|-----------------|----------|
| <b>Finals</b> |                   |                 |          |
| 1             | Tubotein Taylor   | SO Mt. Sac      | 46.64 10 |
| 2             | Isaiah Johnson    | SO Sequoias     | 47.49 8  |
| 3             | David Christensen | SO Mt. Sac      | 47.67 6  |
| 4             | Gabe Warner       | FR Orange Coast | 47.73 5  |
| 5             | Tristan Griffith  | FR Ventura      | 47.84 4  |
| 6             | Theon Lewis       | SO Sequoias     | 47.92 3  |
| 7             | Richard Finical   | SO American Riv | 47.92 2  |
| 8             | Joshua Cummings   | SO Antelope Val | 48.53 1  |
| 9             | Ohdel James       | SO Sequoias     | 49.35    |

**Men 800 Meter Run**

| Name          | Yr               | School          | Finals     |
|---------------|------------------|-----------------|------------|
| <b>Finals</b> |                  |                 |            |
| 1             | Gerardo Castro   | SO CCSF         | 1:52.45 10 |
| 2             | Juman Randall    | SO West Los Ang | 1:52.62 8  |
| 3             | Conner Mckinnon  | FR Chabot       | 1:53.32 6  |
| 4             | Geoffrey Weseman | FR Diablo Valle | 1:54.11 5  |
| 5             | Isaiah Marshall  | SO Cerritos     | 1:54.42 4  |
| 6             | Oscar Soto       | SO Cuyamaca     | 1:55.18 3  |
| 7             | Steven Hill      | FR American Riv | 1:56.02 2  |
| 8             | Eamon Smythe     | SO Orange Coast | 1:56.47 1  |
| 9             | Rhomel Clarke    | SO Chabot       | 1:59.11    |

**Men 1500 Meter Run**

| Name          | Yr                         | School          | Finals     |
|---------------|----------------------------|-----------------|------------|
| <b>Finals</b> |                            |                 |            |
| 1             | Joshua Silva               | FR Riverside    | 3:55.65 10 |
| 2             | Conor Wells                | FR American Riv | 3:57.13 8  |
| 3             | Cristian Malloy            | FR Riverside    | 3:57.50 6  |
| 4             | Jason Intravaia            | SO Chabot       | 4:00.27 5  |
| 5             | Gonzalo (Gonzo) Morales-Lo | FR American Riv | 4:00.75 4  |
| 6             | Alexies Reynoso            | SO Modesto      | 4:01.08 3  |
| 7             | Dejon Josphe               | FR American Riv | 4:01.16 2  |
| 8             | Matthew Manalo             | SO Glendale     | 4:02.01 1  |
| 9             | Jonathan Mijares           | FR Mt. Sac      | 4:02.15    |
| 10            | Anthony Sanchez            | SO American Riv | 4:02.64    |
| 11            | Jacob Graber               | FR Butte        | 4:03.54    |
| 12            | Tyler Daugherty            | SO Merritt      | 4:05.67    |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

**Men 5000 Meter Run**

| Name                   | Yr | School       | Finals      |
|------------------------|----|--------------|-------------|
| <b>Finals</b>          |    |              |             |
| 1 Michael Teran        | FR | San Bernardi | 14:57.05 10 |
| 2 Vahagn Isayan        | SO | Glendale     | 15:01.64 8  |
| 3 Kevin Herrera        | FR | Mt. Sac      | 15:02.89 6  |
| 4 Luis Ortega          | FR | San Bernardi | 15:03.37 5  |
| 5 Shane Thompson       | FR | Glendale     | 15:04.18 4  |
| 6 Donald Plazola       | FR | American Riv | 15:07.64 3  |
| 7 Abdul Hamid          | SO | American Riv | 15:09.76 2  |
| 8 Daniel Harrigan-Cota | SO | Mt. Sac      | 15:10.39 1  |
| 9 Ulysses Orozco       | SO | Saddleback   | 15:11.78    |
| 10 Sean McDermott      | FR | Cuesta       | 15:30.06    |
| 11 Cody Salter         | FR | Mt. Sac      | 15:33.80    |
| 12 Derek Barnett       | SO | San Bernardi | 15:46.71    |

**Men 10000 Meter Run**

| Name                    | Yr | School       | Finals      |
|-------------------------|----|--------------|-------------|
| <b>Finals</b>           |    |              |             |
| 1 Vahagn Isayan         | SO | Glendale     | 31:19.65 10 |
| 2 Ulysses Orozco        | SO | Saddleback   | 31:20.45 8  |
| 3 Dennis Gonzalez       | SO | Riverside    | 31:26.93 6  |
| 4 Cody Salter           | FR | Mt. Sac      | 31:33.63 5  |
| 5 Daniel Harrigan-Cota  | SO | Mt. Sac      | 31:40.03 4  |
| 6 Abdul Hamid           | SO | American Riv | 31:50.44 3  |
| 7 Hassen (Ozzie) Hassen | FR | American Riv | 31:51.10 2  |
| 8 Jorge Sanchez         | FR | Hartnell     | 31:54.47 1  |
| 9 Bradley Wiggs         | FR | Antelope Val | 32:01.47    |
| 10 Javier Garcia        | SO | Hartnell     | 33:24.78    |
| 11 Joe Shanahan         | FR | American Riv | 33:35.52    |
| 12 Brad Needles         | SO | American Riv | 33:46.95    |

**Men 110 Meter Hurdles**

| Name               | Yr | School      | Finals   |
|--------------------|----|-------------|----------|
| <b>Finals</b>      |    |             |          |
| 1 Cameron Akins    | SO | Mt. Sac     | 14.05 10 |
| 2 Ryan Muir        | FR | Riverside   | 14.45 8  |
| 3 Leroy Elliott    | SO | Chabot      | 14.55 6  |
| 4 Dario Robinson   | SO | Cerritos    | 14.67 5  |
| 5 James Traylor    | SO | CCSF        | 14.77 4  |
| 6 Asa Allen        | FR | Merritt     | 15.00 3  |
| 7 Gared Featherson | FR | San Joaquin | 15.36 2  |
| 8 Justin Walker    | FR | Fullerton   | 23.55 1  |

**Men 400 Meter Hurdles**

| Name               | Yr | School    | Finals   |
|--------------------|----|-----------|----------|
| <b>Finals</b>      |    |           |          |
| 1 Dylan Atencio    | FR | Mt. Sac   | 51.50 10 |
| 2 Justin Alexander | FR | El Camino | 52.64 8  |
| 3 Chris Green      | SO | Sequoias  | 52.85 6  |

|                     |    |              |         |
|---------------------|----|--------------|---------|
| 4 Jaydan Logan      | FR | Cerritos     | 53.54 5 |
| 5 Treshon Woods     | FR | American Riv | 53.60 4 |
| 6 Trevor Fischer    | SO | Mt. Sac      | 54.05 3 |
| 7 Francisco Hurtado | SO | Diablo Valle | 54.48 2 |
| 8 Joshua Taylor     | SO | Mt. Sac      | 54.62 1 |
| 9 Anton Nilsson     | FR | Santa Barbar | 54.75   |

**Men 3000 Meter Steeplechase**

| Name              | Yr | School       | Finals     |
|-------------------|----|--------------|------------|
| <b>Finals</b>     |    |              |            |
| 1 Jason Hillquist | SO | Canyons      | 9:16.04 10 |
| 2 Michael Simpson | FR | Riverside    | 9:19.83 8  |
| 3 Donald Plazola  | FR | American Riv | 9:20.79 6  |
| 4 Hector Peralta  | FR | Mt. Sac      | 9:21.98 5  |
| 5 Sean McDermott  | FR | Cuesta       | 9:26.93 4  |
| 6 Dane Randolph   | FR | Cuyamaca     | 9:42.83 3  |
| 7 Nicholas Medina | FR | Mt. Sac      | 9:43.59 2  |
| 8 Nathan Bailey   | SO | Santa Rosa   | 9:45.28 1  |
| 9 Matt Morris     | SO | American Riv | 9:47.25    |
| 10 Alec Franco    | SO | Antelope Val | 9:50.38    |
| 11 Cesar Marquez  | SO | West Los Ang | 9:59.65    |
| 12 Joseph Esparza | SO | Redwoods     | 10:15.67   |

**Men 4x100 Meter Relay**

| Team             | Relay | Finals   |
|------------------|-------|----------|
| <b>Finals</b>    |       |          |
| 1 Mt. Sac        |       | 39.56 10 |
| 2 Sequoias       |       | 40.88 8  |
| 3 Modesto        |       | 41.03 6  |
| 4 Diablo Valley  |       | 41.39 5  |
| 5 American River |       | 41.43 4  |
| 6 Cerritos       |       | 41.95 3  |
| 7 Butte          |       | 42.21 2  |
| 8 Orange Coast   |       | 42.25 1  |
| --- Riverside    |       | DQ       |

**Men 4x400 Meter Relay**

| Team               | Relay | Finals     |
|--------------------|-------|------------|
| <b>Finals</b>      |       |            |
| 1 Mt. Sac          |       | 3:09.80 10 |
| 2 Sequoias         |       | 3:09.93 8  |
| 3 Diablo Valley    |       | 3:15.58 6  |
| 4 American River   |       | 3:15.81 5  |
| 5 Redwoods         |       | 3:16.12 4  |
| 6 Glendale         |       | 3:16.70 3  |
| 7 Riverside        |       | 3:17.83 2  |
| 8 West Los Angeles |       | 3:18.06 1  |
| 9 El Camino        |       | 3:18.70    |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

**Men High Jump**

| Name                  | Yr | School       | Finals   |
|-----------------------|----|--------------|----------|
| <b>Finals</b>         |    |              |          |
| 1 Joseph Bryant       | FR | Mt. Sac      | 2.14m 10 |
| 2 Vincent Calhoun     | SO | Cerritos     | 2.07m 7  |
| 2 Alex Templeton      | FR | Cuyamaca     | 2.07m 7  |
| 4 Raymond Owens       | SO | Mt. Sac      | 2.02m 5  |
| 5 Jacob Bookout       | FR | Bakersfield  | J2.02m 4 |
| 6 Domuniqué Stewart   | FR | Shasta       | J2.02m 3 |
| 7 Jeremy Kimmer       | FR | Glendale     | J2.02m 2 |
| 8 Stirling McCulloch  | FR | Santa Monica | 1.97m 1  |
| 9 Jacob Funes         | FR | El Camino    | 1.92m    |
| 10 Jeremiah Putnam    | FR | Shasta       | 1.82m    |
| --- Davit Saghatelian | SO | Yuba         | NH       |

**Men Pole Vault**

| Name                 | Yr | School       | Finals   |
|----------------------|----|--------------|----------|
| <b>Finals</b>        |    |              |          |
| 1 Giovanni Hernandez | SO | Mt. Sac      | 5.04m 10 |
| 2 Joe Reeves         | FR | Cuesta       | 4.89m 8  |
| 3 Joe Dreyer         | SO | Cuesta       | J4.89m 6 |
| 4 Michael Fancey     | FR | San Joaquin  | J4.89m 5 |
| 5 Jeremy Kimmer      | FR | Glendale     | 4.74m 4  |
| 6 Cambron Lyles      | SO | American Riv | J4.74m 3 |
| 7 Andrew Hladek      | SO | Cerritos     | 4.59m 2  |
| 8 Sean Griffin       | SO | Mt. Sac      | J4.59m 1 |
| 9 Najee Benafghoul   | SO | American Riv | 4.44m    |
| 10 Norman Napolitano | FR | Hartnell     | J4.44m   |
| 11 Adam Gockel       | FR | Santa Rosa   | 4.29m    |
| --- Joseph Macias    | FR | Modesto      | NH       |

**Men Long Jump**

| Name                | Yr | School       | Finals    |
|---------------------|----|--------------|-----------|
| <b>Finals</b>       |    |              |           |
| 1 Bryce Huggins     | FR | Sequoias     | 7.56m 10  |
| 2 Austin Collier    | SO | American Riv | 7.35m 8   |
| 3 Stacy Chuwunmezie | FR | Cerritos     | 7.25m 6   |
| 4 Justin Walker     | FR | Fullerton    | 7.13m 5   |
| 5 Vincent Calhoun   | SO | Cerritos     | 7.11m 4   |
| 6 John Soriano      | SO | Riverside    | 7.03m 3   |
| 7 Joseph Bryant     | FR | Mt. Sac      | J7.03m 2  |
| 8 Alexander Hammond | FR | Mt. Sac      | 6.96m 1   |
| 9 Lenny Nelson      | FR | American Riv | 6.91m 1.2 |
| 10 James Dudley     | FR | American Riv | 6.89m 1.7 |
| 11 Anthony Hankins  | SO | Butte        | 6.79m 0.8 |
| 12 Gabe Ferges      | SO | American Riv | 6.58m 0.8 |

**Men Triple Jump**

| Name                 | Yr | School       | Finals      |
|----------------------|----|--------------|-------------|
| <b>Finals</b>        |    |              |             |
| 1 Zain Palacio       | SO | West Los Ang | 15.03m 10   |
| 2 Jahvad McDermott   | SO | Riverside    | 14.98m 8    |
| 3 Bryce Huggins      | FR | Sequoias     | 14.72m 6    |
| 4 James Wilson       | FR | Riverside    | 14.58m 5    |
| 5 Tristan Meye       | FR | De Anza      | 14.42m 4    |
| 6 Austin Collier     | SO | American Riv | 14.18m 3    |
| 7 Alexander Hammond  | FR | Mt. Sac      | 13.89m 2    |
| 8 Anthony Applequist | SO | Mt. Sac      | J13.89m 1   |
| 9 Cameron Shinn      | FR | Santa Barbar | 13.44m +0.0 |
| 10 Donovan Wallace   | SO | Modesto      | 12.97m 0.1  |
| 11 Blake Brown       | SO | Merritt      | 12.92m 1.9  |
| --- John Soriano     | SO | Riverside    | FOUL        |

**Men Shot Put**

| Name                  | Yr | School      | Finals    |
|-----------------------|----|-------------|-----------|
| <b>Finals</b>         |    |             |           |
| 1 James Jones         | FR | Riverside   | 16.96m 10 |
| 2 Ryan Donnahoe       | SO | Yuba        | 16.69m 8  |
| 3 Josh McClure        | SO | Moorpark    | 16.66m 6  |
| 4 Zane Ventimiglia    | SO | Butte       | 16.31m 5  |
| 5 Dillen Littles      | SO | Bakersfield | 16.18m 4  |
| 6 Justin Kaelin       | FR | Siskiyou    | 16.04m 3  |
| 7 Zachary Fromm       | SO | Riverside   | 15.40m 2  |
| 8 William Rogers      | SO | San Mateo   | 15.38m 1  |
| 9 Shaquill Singuineau | FR | Sequoias    | 15.31m    |
| 10 Lorenzo Mendoza    | FR | Golden West | 14.82m    |
| 11 Jerry Johnson      | SO | San Mateo   | 14.71m    |
| 12 Kyle Jenkins       | FR | Riverside   | 14.58m    |

**Men Discus Throw**

| Name                | Yr | School      | Finals    |
|---------------------|----|-------------|-----------|
| <b>Finals</b>       |    |             |           |
| 1 Daniel Roberts    | SO | Modesto     | 54.55m 10 |
| 2 Colton Waggoner   | SO | Yuba        | 54.06m 8  |
| 3 Zachary Fromm     | SO | Riverside   | 52.29m 6  |
| 4 Erick Loomis      | SO | Modesto     | 50.02m 5  |
| 5 Dillen Littles    | SO | Bakersfield | 49.22m 4  |
| 6 Garrett Burrow    | SO | Riverside   | 45.65m 3  |
| 7 Christian Diaz    | SO | Santa Rosa  | 44.92m 2  |
| 8 Christopher Brown | SO | Riverside   | 44.81m 1  |
| 9 Hunter Armon      | FR | Sequoias    | 44.05m    |
| 10 Jovann Letuli    | SO | Cuyamaca    | 43.76m    |
| 11 Jerry Johnson    | SO | San Mateo   | 43.61m    |
| 12 James Jones      | FR | Riverside   | 38.56m    |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

**Men Hammer Throw**

| Name                | Yr | School       | Finals    |
|---------------------|----|--------------|-----------|
| <b>Finals</b>       |    |              |           |
| 1 Daniel Roberts    | SO | Modesto      | 62.87m 10 |
| 2 Erick Loomis      | SO | Modesto      | 58.61m 8  |
| 3 Dustin Samms      | SO | Hartnell     | 56.28m 6  |
| 4 Christopher Brown | SO | Riverside    | 54.40m 5  |
| 5 Colton Waggoner   | SO | Yuba         | 51.89m 4  |
| 6 Kyle Cammon       | SO | Yuba         | 49.75m 3  |
| 7 Zachary Fromm     | SO | Riverside    | 49.45m 2  |
| 8 Cyrus Corman-Gill | SO | Santa Rosa   | 49.02m 1  |
| 9 La Ronn Hill      | SO | SD Mesa      | J49.02m   |
| 10 Aria Sadeghi     | SO | Saddleback   | 46.89m    |
| 11 Ryan Alvarez     | SO | Antelope Val | 46.27m    |
| 12 Nathan Swisley   | SO | American Riv | 46.19m    |

**Men Javelin Throw**

| Name                 | Yr | School    | Finals    |
|----------------------|----|-----------|-----------|
| <b>Finals</b>        |    |           |           |
| 1 Alvin Sung         | SO | San Mateo | 57.70m 10 |
| 2 Chris Ross         | FR | SD Mesa   | 53.58m 8  |
| 3 Tristian Escobar   | SO | Cerritos  | 52.58m 6  |
| 4 Deaven Booker      | FR | Modesto   | 52.49m 5  |
| 5 Cesar Santiesteban | SO | East LA   | 51.49m 4  |
| 6 Alejandro Orozco   | SO | De Anza   | 50.98m 3  |
| 7 Hamilton Mateski   | FR | Siskiyou  | 50.75m 2  |
| 8 Haile Filmon       | SO | San Jose  | 50.27m 1  |
| 9 John Soriano       | SO | Riverside | 48.89m    |
| 10 Jeffrey Pulcher   | FR | Mt. Sac   | 48.04m    |
| 11 Trent Bateson     | FR | Siskiyou  | 45.78m    |
| 12 George Tomal      | FR | Siskiyou  | 44.79m    |

**Decathlon: #1 Men 100 Meter Dash Decathlon**

| Name                | Yr | School     | Finals    |
|---------------------|----|------------|-----------|
| <b>Finals</b>       |    |            |           |
| 1 Davit Saghatelyan | SO | Yuba       | 10.99 863 |
| 2 Luis Gonzalez     | FR | Cerritos   | 11.37 780 |
| 3 Aaron Cheeks      | FR | Cuesta     | 11.44 765 |
| 4 Keaton Gregus     | FR | Mt. Sac    | 11.49 755 |
| 5 Matt Tyler        | SO | Cuesta     | 11.50 753 |
| 6 Kasey Mancini     | SO | Santa Rosa | 11.54 744 |
| 7 Chad Ponciano     | FR | Riverside  | 11.72 707 |
| 8 Nick Pallas       | FR | San Mateo  | 11.74 703 |
| 9 Adam Gockel       | FR | Santa Rosa | 11.84 683 |
| 10 Cole Hicks       | SO | Riverside  | 11.85 681 |
| 11 Nathan Bishop    | SO | Hartnell   | 12.13 626 |
| 12 Deaven Booker    | FR | Modesto    | 12.59 540 |

**Decathlon: #5 Men 400 Meter Dash Decathlon**

| Name                | Yr | School     | Finals    |
|---------------------|----|------------|-----------|
| <b>Finals</b>       |    |            |           |
| 1 Davit Saghatelyan | SO | Yuba       | 49.69 829 |
| 2 Matt Tyler        | SO | Cuesta     | 50.89 774 |
| 3 Aaron Cheeks      | FR | Cuesta     | 51.58 743 |
| 4 Chad Ponciano     | FR | Riverside  | 51.78 734 |
| 5 Kasey Mancini     | SO | Santa Rosa | 52.37 709 |
| 6 Adam Gockel       | FR | Santa Rosa | 53.29 669 |
| 7 Nick Pallas       | FR | San Mateo  | 53.35 667 |
| 8 Keaton Gregus     | FR | Mt. Sac    | 53.39 665 |
| 9 Cole Hicks        | SO | Riverside  | 53.99 640 |
| 10 Nathan Bishop    | SO | Hartnell   | 55.42 582 |
| 11 Deaven Booker    | FR | Modesto    | 55.72 570 |
| 12 Luis Gonzalez    | FR | Cerritos   | 56.78 529 |

**Decathlon: #10 Men 1500 Meter Run Decathlon**

| Name                | Yr | School     | Finals      |
|---------------------|----|------------|-------------|
| <b>Finals</b>       |    |            |             |
| 1 Davit Saghatelyan | SO | Yuba       | 4:32.30 730 |
| 2 Aaron Cheeks      | FR | Cuesta     | 4:34.16 718 |
| 3 Matt Tyler        | SO | Cuesta     | 4:43.45 659 |
| 4 Cole Hicks        | SO | Riverside  | 4:45.99 643 |
| 5 Chad Ponciano     | FR | Riverside  | 4:54.00 595 |
| 6 Kasey Mancini     | SO | Santa Rosa | 4:55.67 585 |
| 7 Nathan Bishop     | SO | Hartnell   | 5:03.99 537 |
| 8 Adam Gockel       | FR | Santa Rosa | 5:05.75 527 |
| 9 Deaven Booker     | FR | Modesto    | 5:09.77 505 |
| 10 Luis Gonzalez    | FR | Cerritos   | 5:22.90 435 |
| 11 Nick Pallas      | FR | San Mateo  | 5:27.37 412 |
| 12 Keaton Gregus    | FR | Mt. Sac    | 5:28.73 406 |

**Decathlon: #6 Men 110 Meter Hurdles Decathlon**

| Name                 | Yr | School     | Finals    |
|----------------------|----|------------|-----------|
| <b>Finals</b>        |    |            |           |
| 1 Matt Tyler         | SO | Cuesta     | 15.38 804 |
| 2 Aaron Cheeks       | FR | Cuesta     | 15.51 789 |
| 3 Luis Gonzalez      | FR | Cerritos   | 15.73 763 |
| 4 Chad Ponciano      | FR | Riverside  | 16.00 733 |
| 5 Kasey Mancini      | SO | Santa Rosa | 16.47 681 |
| 6 Deaven Booker      | FR | Modesto    | 16.78 647 |
| 7 Nick Pallas        | FR | San Mateo  | 16.79 646 |
| 8 Cole Hicks         | SO | Riverside  | 16.79 646 |
| 9 Nathan Bishop      | SO | Hartnell   | 16.82 643 |
| 10 Keaton Gregus     | FR | Mt. Sac    | 17.01 623 |
| 11 Adam Gockel       | FR | Santa Rosa | 17.81 543 |
| 12 Davit Saghatelyan | SO | Yuba       | 18.73 456 |





**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

**Decathlon: #4 Men High Jump Decathlon**

| Name          | Yr                | School        | Finals    |
|---------------|-------------------|---------------|-----------|
| <b>Finals</b> |                   |               |           |
| 1             | Deaven Booker     | FR Modesto    | 1.98m 785 |
| 2             | Kasey Mancini     | SO Santa Rosa | 1.92m 731 |
| 3             | Matt Tyler        | SO Cuesta     | 1.86m 679 |
| 4             | Davit Saghatelyan | SO Yuba       | 1.83m 653 |
| 5             | Adam Gockel       | FR Santa Rosa | 1.77m 602 |
| 5             | Chad Ponciano     | FR Riverside  | 1.77m 602 |
| 7             | Cole Hicks        | SO Riverside  | 1.74m 577 |
| 8             | Nick Pallas       | FR San Mateo  | 1.71m 552 |
| 9             | Luis Gonzalez     | FR Cerritos   | 1.68m 528 |
| 10            | Nathan Bishop     | SO Hartnell   | 1.65m 504 |
| 10            | Keaton Gregus     | FR Mt. Sac    | 1.65m 504 |
| 12            | Aaron Cheeks      | FR Cuesta     | 1.62m 480 |

**Decathlon: #8 Men Pole Vault Decathlon**

| Name          | Yr                | School        | Finals    |
|---------------|-------------------|---------------|-----------|
| <b>Finals</b> |                   |               |           |
| 1             | Cole Hicks        | SO Riverside  | 4.35m 716 |
| 1             | Adam Gockel       | FR Santa Rosa | 4.35m 716 |
| 3             | Nathan Bishop     | SO Hartnell   | 4.25m 688 |
| 4             | Kasey Mancini     | SO Santa Rosa | 4.15m 659 |
| 4             | Chad Ponciano     | FR Riverside  | 4.15m 659 |
| 6             | Keaton Gregus     | FR Mt. Sac    | 4.05m 631 |
| 7             | Matt Tyler        | SO Cuesta     | 3.95m 603 |
| 8             | Davit Saghatelyan | SO Yuba       | 3.85m 576 |
| 9             | Aaron Cheeks      | FR Cuesta     | 3.65m 522 |
| 10            | Nick Pallas       | FR San Mateo  | 3.55m 496 |
| 11            | Luis Gonzalez     | FR Cerritos   | 3.05m 369 |
| 11            | Deaven Booker     | FR Modesto    | 3.05m 369 |

**Decathlon: #2 Men Long Jump Decathlon**

| Name          | Yr                | School        | Finals    |
|---------------|-------------------|---------------|-----------|
| <b>Finals</b> |                   |               |           |
| 1             | Matt Tyler        | SO Cuesta     | 6.69m 741 |
| 2             | Kasey Mancini     | SO Santa Rosa | 6.42m 679 |
| 2             | Keaton Gregus     | FR Mt. Sac    | 6.42m 679 |
| 4             | Chad Ponciano     | FR Riverside  | 6.40m 675 |
| 5             | Luis Gonzalez     | FR Cerritos   | 6.32m 657 |
| 6             | Davit Saghatelyan | SO Yuba       | 6.30m 652 |
| 7             | Aaron Cheeks      | FR Cuesta     | 6.29m 650 |
| 8             | Deaven Booker     | FR Modesto    | 6.12m 613 |
| 9             | Cole Hicks        | SO Riverside  | 5.92m 569 |
| 10            | Nick Pallas       | FR San Mateo  | 5.85m 554 |
| 11            | Adam Gockel       | FR Santa Rosa | 5.76m 535 |
| 12            | Nathan Bishop     | SO Hartnell   | 5.59m 500 |

**Decathlon: #3 Men Shot Put Decathlon**

| Name          | Yr                | School        | Finals     |
|---------------|-------------------|---------------|------------|
| <b>Finals</b> |                   |               |            |
| 1             | Cole Hicks        | SO Riverside  | 12.42m 632 |
| 2             | Nick Pallas       | FR San Mateo  | 11.69m 588 |
| 3             | Aaron Cheeks      | FR Cuesta     | 11.48m 575 |
| 4             | Kasey Mancini     | SO Santa Rosa | 11.45m 573 |
| 5             | Chad Ponciano     | FR Riverside  | 11.41m 571 |
| 6             | Luis Gonzalez     | FR Cerritos   | 11.17m 556 |
| 7             | Davit Saghatelyan | SO Yuba       | 11.10m 552 |
| 8             | Keaton Gregus     | FR Mt. Sac    | 10.77m 532 |
| 9             | Adam Gockel       | FR Santa Rosa | 10.43m 512 |
| 10            | Matt Tyler        | SO Cuesta     | 9.69m 467  |
| 11            | Deaven Booker     | FR Modesto    | 9.49m 455  |
| 12            | Nathan Bishop     | SO Hartnell   | 8.87m 418  |

**Decathlon: #7 Men Discus Throw Decathlon**

| Name          | Yr                | School        | Finals     |
|---------------|-------------------|---------------|------------|
| <b>Finals</b> |                   |               |            |
| 1             | Cole Hicks        | SO Riverside  | 40.55m 676 |
| 2             | Kasey Mancini     | SO Santa Rosa | 38.22m 628 |
| 3             | Adam Gockel       | FR Santa Rosa | 34.52m 554 |
| 4             | Luis Gonzalez     | FR Cerritos   | 34.09m 545 |
| 5             | Chad Ponciano     | FR Riverside  | 33.88m 541 |
| 6             | Nick Pallas       | FR San Mateo  | 32.42m 512 |
| 7             | Davit Saghatelyan | SO Yuba       | 30.24m 469 |
| 8             | Nathan Bishop     | SO Hartnell   | 28.16m 428 |
| 9             | Matt Tyler        | SO Cuesta     | 27.45m 415 |
| 10            | Aaron Cheeks      | FR Cuesta     | 25.90m 384 |
| 11            | Keaton Gregus     | FR Mt. Sac    | 22.59m 321 |
| 12            | Deaven Booker     | FR Modesto    | 22.58m 321 |

**Decathlon: #9 Men Javelin Throw Decathlon**

| Name          | Yr                | School        | Finals     |
|---------------|-------------------|---------------|------------|
| <b>Finals</b> |                   |               |            |
| 1             | Deaven Booker     | FR Modesto    | 54.34m 653 |
| 2             | Aaron Cheeks      | FR Cuesta     | 53.95m 647 |
| 3             | Kasey Mancini     | SO Santa Rosa | 49.64m 583 |
| 4             | Cole Hicks        | SO Riverside  | 49.24m 577 |
| 5             | Adam Gockel       | FR Santa Rosa | 48.93m 573 |
| 6             | Chad Ponciano     | FR Riverside  | 46.94m 543 |
| 7             | Davit Saghatelyan | SO Yuba       | 44.19m 503 |
| 8             | Keaton Gregus     | FR Mt. Sac    | 44.14m 502 |
| 9             | Nathan Bishop     | SO Hartnell   | 43.56m 494 |
| 10            | Nick Pallas       | FR San Mateo  | 37.69m 409 |
| 11            | Luis Gonzalez     | FR Cerritos   | 36.30m 389 |
| ---           | Matt Tyler        | SO Cuesta     | FOUL       |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

**Men Decathlon**

|               | <b>Name</b>       | <b>Yr</b> | <b>School</b> | <b>Finals</b> |
|---------------|-------------------|-----------|---------------|---------------|
| <b>Finals</b> |                   |           |               |               |
| 1             | Kasey Mancini     | SO        | Santa Rosa    | 6572 10       |
| 2             | Chad Ponciano     | FR        | Riverside     | 6360 8        |
| 3             | Cole Hicks        | SO        | Riverside     | 6357 6        |
| 4             | Davit Saghatelyan | SO        | Yuba          | 6283 5        |
| 5             | Aaron Cheeks      | FR        | Cuesta        | 6273 4        |
| 6             | Adam Gockel       | FR        | Santa Rosa    | 5914 3        |
| 7             | Matt Tyler        | SO        | Cuesta        | 5895 2        |
| 8             | Keaton Gregus     | FR        | Mt. Sac       | 5618 1        |
| 9             | Luis Gonzalez     | FR        | Cerritos      | 5551          |
| 10            | Nick Pallas       | FR        | San Mateo     | 5539          |
| 11            | Deaven Booker     | FR        | Modesto       | 5458          |
| 12            | Nathan Bishop     | SO        | Hartnell      | 5420          |

|     |               |   |
|-----|---------------|---|
| 35) | San Mateo     | 4 |
| 35) | Golden West   | 4 |
| 35) | Cuyamaca      | 4 |
| 38) | Laney         | 2 |
| 38) | Santa Monica  | 2 |
| 40) | Allan Hancock | 1 |

**Men - Team Rankings - 21 Events Scored**

|    |           |     |
|----|-----------|-----|
| 1) | Mt. SAC   | 148 |
| 2) | Riverside | 99  |

**Women - Team Rankings - 21 Events Scored**

|     |                   |         |
|-----|-------------------|---------|
| 1)  | Cerritos          | 92      |
| 2)  | Riverside         | 80      |
| 3)  | Sequoias          | 75.3333 |
| 4)  | Mt. SAC           | 55      |
| 5)  | Fresno            | 48.8333 |
| 6)  | West Los Angeles  | 45.5    |
| 7)  | Santa Rosa        | 43      |
| 8)  | Diablo Valley     | 30.3333 |
| 9)  | American River    | 30      |
| 10) | De Anza           | 27      |
| 11) | Hartnell          | 25      |
| 12) | Ventura           | 23      |
| 13) | Canyons           | 22.5    |
| 14) | Cuesta            | 22      |
| 15) | Modesto           | 21.5    |
| 16) | Orange Coast      | 16      |
| 17) | Monterey          | 15      |
| 18) | Yuba              | 14      |
| 19) | Siskiyou          | 13      |
| 20) | El Camino         | 12      |
| 21) | Chabot            | 8       |
| 21) | Palomar           | 8       |
| 21) | Antelope Valley   | 8       |
| 24) | Merritt           | 7.5     |
| 25) | Southwestern      | 7       |
| 25) | Bakersfield       | 7       |
| 25) | CCSF              | 7       |
| 28) | San Bernardino    | 6       |
| 28) | San Joaquin Delta | 6       |
| 28) | Fullerton         | 6       |
| 28) | Santa Ana         | 6       |
| 32) | Saddleback        | 5       |
| 32) | Butte             | 5       |
| 34) | Shasta            | 4.5     |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

|                       |    |                       |      |
|-----------------------|----|-----------------------|------|
| 3) Modesto            | 63 | 15) Glendale          | 32   |
| 4) Sequoias           | 62 | 15) Hartnell          | 32   |
| 5) American River     | 61 | 17) Ventura           | 27   |
| 6) Cerritos           | 43 | 18) Orange Coast      | 25   |
| 7) Glendale           | 32 | 18) Chabot            | 25   |
| 8) Yuba               | 28 | 20) Siskiyou          | 22   |
| 9) Cuesta             | 24 | 20) Butte             | 22   |
| 10) West Los Angeles  | 19 | 22) CCSF              | 21   |
| 11) Diablo Valley     | 18 | 22) San Bernardino    | 21   |
| 12) Chabot            | 17 | 24) El Camino         | 20   |
| 12) Santa Rosa        | 17 | 25) Bakersfield       | 19   |
| 12) Butte             | 17 | 26) Cuyamaca          | 17   |
| 15) San Bernardino    | 15 | 27) Monterey          | 15   |
| 16) CCSF              | 14 | 27) San Mateo         | 15   |
| 17) Cuyamaca          | 13 | 29) Saddleback        | 13   |
| 18) Bakersfield       | 12 | 29) San Joaquin Delta | 13   |
| 19) San Mateo         | 11 | 31) Fullerton         | 12   |
| 20) Canyons           | 10 | 32) Merritt           | 10.5 |
| 21) Orange Coast      | 9  | 33) Antelope Valley   | 9    |
| 21) Siskiyou          | 9  | 34) SD Mesa           | 8    |
| 23) Saddleback        | 8  | 34) Palomar           | 8    |
| 23) El Camino         | 8  | 36) Shasta            | 7.5  |
| 23) SD Mesa           | 8  | 37) Southwestern      | 7    |
| 26) De Anza           | 7  | 38) Moorpark          | 6    |
| 26) Hartnell          | 7  | 38) Santa Ana         | 6    |
| 26) San Joaquin Delta | 7  | 40) Redwoods          | 4    |
| 29) Moorpark          | 6  |                       |      |
| 29) Fullerton         | 6  |                       |      |
| 31) Ventura           | 4  |                       |      |
| 31) East LA           | 4  |                       |      |
| 31) Redwoods          | 4  |                       |      |
| 34) Shasta            | 3  |                       |      |
| 34) Merritt           | 3  |                       |      |
| 36) Santa Monica      | 1  |                       |      |
| 36) San Jose          | 1  |                       |      |
| 36) Antelope Valley   | 1  |                       |      |

**Combined Team Scores - 42 Events Scored**

|                     |         |
|---------------------|---------|
| 1) Mt. SAC          | 203     |
| 2) Riverside        | 179     |
| 3) Sequoias         | 137.333 |
| 4) Cerritos         | 135     |
| 5) American River   | 91      |
| 6) Modesto          | 84.5    |
| 7) West Los Angeles | 64.5    |
| 8) Santa Rosa       | 60      |
| 9) Fresno           | 48.8333 |
| 10) Diablo Valley   | 48.3333 |
| 11) Cuesta          | 46      |
| 12) Yuba            | 42      |
| 13) De Anza         | 34      |
| 14) Canyons         | 32.5    |



**CCCAA - 5/20/2016 to 5/21/2016**  
**State Track and Field Championships 2016**  
**San Diego Mesa College**  
**Results**

---

|                   |   |
|-------------------|---|
| 40) Golden West   | 4 |
| 40) East LA       | 4 |
| 43) Santa Monica  | 3 |
| 44) Laney         | 2 |
| 45) San Jose      | 1 |
| 45) Allan Hancock | 1 |

