

CCCAA Track and Field Championships 2017 - 5/19/2017 to 5/20/2017

American River College

Results

Event 1 Women Javelin Throw

SoCal Meet: 175-06 < 1992 Vijitha Amerasakera

NorCal Meet: 156-04 > 1984 Rosa Pugh

State Meet: 158-09 & 5/18/2007 Michelle Thompson

Name	Yr	School	Finals
Flight 1			
1	149	Mystasia Alexander	FR Cerritos 45.61m
2	164	Juanita Webster	SO Cerritos 42.72m
3	237	Nicole Clark	SO El Camino 40.98m
4	454	Madison Goss	SO SD Mesa 40.15m
5	370	Mariah Donato	FR Redwoods 37.32m
6	132	Jasmine Hall	SO Canyons 37.14m
7	490	Michelle Kinney	SO Siskiyou 35.61m
8	128	Kaylee Shoemaker	FR Butte 34.34m
9	104	Otolose Bloomfield	SO American Riv 33.80m
10	192	Esther Ho	FR De Anza 32.94m
11	420	Taujay King	FR San Joaquin 32.62m
12	305	Sierra Huerta	FR Moorpark 30.82m

Event 2 Men Javelin Throw

SoCal Meet: 219-05 < 1989 Rich Doering

NorCal Meet: 228-00 > 2014 Alex Henderson

State Meet: 222-00 & 5/15/2009 Cooper Thompson

Name	Yr	School	Finals
Flight 1			
1	488	Brian Burg	SO Shasta 55.65m
2	246	Damien Bernard	FR El Camino 53.62m
3	427	Craig Perkins	FR San Joaquin 51.48m
4	228	Jack Pickard	FR Diablo Valle 51.25m
5	461	Qwayjon Walker	SO SD Mesa 50.11m
6	248	Kevin Heinemann	SO El Camino 48.88m
7	249	Travis Heinemann	SO El Camino 48.77m
8	432	Chris Garvey	FR San Mateo 47.79m
9	495	George Tomal	FR Siskiyou 47.35m
10	263	Matthew Velasco	SO Glendale 46.74m
11	356	David Ross	FR Mt. Sac 42.89m
12	252	Nick Abbs	FR Fresno 40.70m

Event 3 Men Hammer Throw

SoCal Meet: 210-10 < 2002 Kibwe Johnson

NorCal Meet: 61.35m > 5/10/2008 K. P. Singh

State Meet: 209-11 & 5/15/2004 Robert Slowik

Name	Yr	School	Finals
Flight 1			
1	295	Matthew Gallego	SO Modesto 55.46m
2	412	Eric McArthur	FR Saddleback 55.03m
3	199	Joseph Ilaoa	SO De Anza 53.50m
4	410	Luigi Gonzalez	SO Saddleback 51.91m
5	433	Patrick Ng	FR San Mateo 51.52m
6	114	Trevor Hamilton	FR American Riv 51.30m
7	414	Christian Ydens	FR Saddleback 49.66m
8	520	Marshall McKown	SO Yuba 49.64m
9	113	Matt Halford	SO American Riv 46.77m
10	395	Kyle Jenkins	FR Riverside 46.28m
11	340	Aaron Guerra	SO Mt. Sac 42.77m

--- 428 Abel Villa SO San Joaquin FOUL

Event 4 Women Discus Throw

SoCal Meet: 177-06 < 1990 Grace Apiafi

NorCal Meet: 162-05 > 5/5/1998 Andrea Pappas

State Meet: 168-03 & 5/21/2010 Samantha Gutierrez

Name	Yr	School	Finals
Flight 1			
1	195	Anya Tonga	SO De Anza 46.75m
2	165	Ailinisilose Williams	FR Cerritos 45.77m
3	111	Sierra Sheppard	FR American Riv 43.09m
4	149	Mystasia Alexander	FR Cerritos 41.36m
5	389	Mailani Thomas	SO Riverside 40.95m
6	441	Alana Ochoa	FR Santa Barbar 38.33m
7	407	Anna Gillis	FR Saddleback 38.27m
8	451	Ally Franzen-Milone	SO Santa Rosa 37.84m
9	429	Tulouna Langi	FR San Mateo 37.10m
10	519	Airieal Perry	SO Yuba 36.93m
11	387	Ca'may Stocker	FR Riverside 36.37m
12	452	Mickie Seuga	SO Santa Rosa 34.15m

Event 5 Men Long Jump

SoCal Meet: 25-11.25 < 1978 Kenny Hays

NorCal Meet: 26-07.50 > 1987 Charles Brooks

State Meet: 26-02.75 & 5/27/1978 Kenneth Hays

Name	Yr	School	Finals
Flight 1			
1	481	Bryce Huggins	SO Sequoias 7.86m 2.3
2	254	Justin Walker	SO Fullerton 7.67m 0.8
3	483	Isahia Hutchins	FR Sequoias 7.41m -0.3
4	489	Dominique Stewart	SO Shasta 7.17m 0.9
5	341	Alexander Hammond	SO Mt. Sac 7.16m +0.0
6	204	Tristan Meyre	SO De Anza 7.14m 1.3
7	346	Brandon McLaurin	FR Mt. Sac 7.10m 1.7
8	177	Blair Robinson	SO Cerritos 7.04m 2.1
9	293	Dante Berggren	SO Modesto 6.89m 1.0
10	461	Qwayjon Walker	SO SD Mesa 6.76m 1.9
11	299	Jovon Woods	FR Modesto 6.74m 1.3
12	130	Stephen Pena	FR Butte 6.61m 1.0

Event 6 Women Long Jump

SoCal Meet: 20-06 < 1989 Lashawn Simmons

NorCal Meet: 20-04 > 1993 Sheila Nicks

State Meet: 21-03.50 & 1983 Shella Nicks/C. Opara

Name	Yr	School	Finals
Flight 1			
1	164	Juanita Webster	SO Cerritos 6.00m -1.7
2	281	Nia Vance	SO Laney 5.74m 1.5
3	243	Shukura Tyler	SO El Camino 5.63m 1.8
4	267	Haley Romero	FR Hartnell 5.51m 1.7
5	277	Brittany Brown	SO Laney 5.50m 1.7
6	153	Breanna Curry	SO Cerritos 5.48m 0.8
7	194	Kelia Surrency	SO De Anza 5.41m 1.0
8	301	Tenisha Hill	FR Monterey 5.39m 1.0
9	154	Lilian Ebanks	SO Cerritos 5.37m +0.0
10	303	BreAnn Scally	SO Monterey 5.07m 0.9

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Flight 1 ... (Event 6 Women Long Jump)

Name	Yr	School	Finals
11 498 Reagan Andrews	SO	West Los Ang	4.93m -1.2
--- 500 Mari Dear	SO	West Los Ang	FOUL

Event 7 Women Pole Vault

SoCal Meet: 12-04.50 < 2012 Amy Hop

NorCal Meet: 12-08.75 > 5/14/2011 Jenna Yowell

State Meet: 12-10.25 & 5/18/2013 Dimara Planell-Cruz

Name	Yr	School	Finals
Flight 1			
1 378 Madison McPeak	SO	Riverside	3.53m
2 487 Cassie Young	FR	Shasta	3.38m
3 292 Sydney Holmes	FR	Modesto	J3.38m
4 424 Alicia Woo	FR	San Joaquin	J3.38m
5 103 Alexis Babbes	SO	American Riv	J3.38m
6 106 Abigail Finlayson	SO	American Riv	3.23m
7 375 Angela Griffin	SO	Riverside	J3.23m
8 313 Brianna Aguirre	FR	Mt. Sac	J3.23m
9 328 Andrea Yniguez	FR	Mt. Sac	3.08m
--- 423 Vanesa Riley	FR	San Joaquin	NH
--- 388 Keanna Theobalt	SO	Riverside	NH
--- 183 Roxanne Nolan	FR	Cuesta	NH

Event 8 Women High Jump

SoCal Meet: 6-00 < 1979 Phyllis Blunston

NorCal Meet: 5-10 > 2003 Kim Harper

State Meet: 5-10.50 & 5/21/1988 Janine Bonin

Name	Yr	School	Finals
Flight 1			
1 153 Breanna Curry	SO	Cerritos	1.70m
2 385 Danielle Spargur	SO	Riverside	J1.70m
3 132 Jasmine Hall	SO	Canyons	1.65m
4 136 Kaitlyn Matthews	SO	Canyons	J1.65m
5 283 Ray'Ven Sanders	SO	Merritt	1.60m
6 128 Kaylee Shoemaker	FR	Butte	1.55m
7 235 Yazmine Al-Uqdah	SO	El Camino	J1.55m
7 159 Jelani Minix	FR	Cerritos	J1.55m
9 464 Marrisha Jacobs	FR	Sequoias	J1.55m
9 470 Idalis Rubalcava	SO	Sequoias	J1.55m
11 108 Kyleah Johnson	SO	American Riv	1.50m
12 303 BreAnn Scally	SO	Monterey	J1.50m

Event 9 Women Hammer Throw

SoCal Meet: 202-05 < 2013 Jessica Byrd

NorCal Meet: 180-00 > 2003 Sara Clinkenbeard

State Meet: 195-10 & 5/17/2013 Jessica Byrd

Name	Yr	School	Finals
Flight 1			
1 386 Kori Sprague	SO	Riverside	53.19m
2 195 Anya Tonga	SO	De Anza	48.45m
3 161 Crystal Rodriguez	SO	Cerritos	48.43m
4 421 Caitlin McClain	FR	San Joaquin	47.16m
5 518 Simona Dumaplin	FR	Yuba	45.47m
6 407 Anna Gillis	FR	Saddleback	44.78m
7 191 Silvia Gutierrez	SO	De Anza	44.65m

8 384 Jordaine Simmons	FR	Riverside	42.98m
9 369 Grace Bruschi	SO	Redwoods	42.78m
10 422 Angie Meza	SO	San Joaquin	37.95m
11 186 Sabrina Dozier	SO	Cuyamaca	37.65m
--- 157 Amber Hart	FR	Cerritos	FOUL

Event 10 Men Discus Throw

SoCal Meet: 190-10 < 1991 Dag Solhaug

NorCal Meet: 192-01 > 1983 Todd Kaufman

State Meet: 196-07 & 5/21/2004 Robert Slowik

Name	Yr	School	Finals
Flight 1			
1 427 Craig Perkins	FR	San Joaquin	51.38m
2 482 Armon Hunter	SO	Sequoias	50.03m
3 520 Marshall McKown	SO	Yuba	47.61m
4 199 Joseph Ilaoa	SO	De Anza	46.86m
5 392 Jordon Davis	FR	Riverside	45.91m
6 187 Colton Clark	FR	Cuyamaca	45.15m
7 224 Corey Gilbert	SO	Diablo Valle	45.14m
8 116 Zane Jackson	SO	American Riv	44.49m
9 491 Roy Allen	SO	Siskiyou	44.18m
10 493 Justin Kaelin	FR	Siskiyou	42.42m
11 189 Jeremyah Quichocho	SO	Cuyamaca	42.28m
11 357 Alejandro Sandoval Guzn	SO	Mt. Sac	42.28m

Event 11 Men High Jump

SoCal Meet: 7-04 < 1981 Brian Stanton/Dennis Lewis

NorCal Meet: 7-04 > 1981 Milton Goode

State Meet: 7-05.25 & 5/30/1981 Milton Goode

Name	Yr	School	Finals
Flight 1			
1 435 Jack Phillips	FR	San Mateo	2.11m
2 148 Rodney Morgan	FR	CCSF	J2.11m
3 455 Tyler Arroyo	FR	SD Mesa	2.06m
4 102 Brent Dionisio	SO	Allan Hancock	2.01m
5 445 Stirling McCulloch	SO	Santa Monica	1.96m
6 147 Marcel Sylvester	FR	Canyons	J1.96m
7 125 Jacob Bookout	SO	Bakersfield	1.91m
7 489 Dominique Stewart	SO	Shasta	1.91m
9 494 Parker Lapsley	FR	Siskiyou	J1.91m
10 310 Robert Clayton	FR	Moorpark	J1.91m
10 146 Weston Lombardo	SO	Canyons	J1.91m
12 117 Alex Robie	FR	American Riv	1.86m

Event 12 Men Pole Vault

SoCal Meet: 17-07 < 1984 Doug Wicks

NorCal Meet: 17-05 > 1982 Ralph Preiman

State Meet: 17-06 & 1982 Ralph Preiman/Wicks

Name	Yr	School	Finals
Flight 1			
1 425 Michael Fancey	SO	San Joaquin	5.20m
2 264 Jett Gordon	FR	Golden West	5.05m
3 345 Asa Martin	FR	Mt. Sac	J5.05m
4 350 Christian Mueller	FR	Mt. Sac	J5.05m
5 431 Talon Galvez-Bennett	FR	San Mateo	4.90m
6 354 Ryan Polakiewicz	SO	Mt. Sac	J4.90m

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Flight 1 ... (Event 12 Men Pole Vault)

Name	Yr	School	Finals
7 329 Kyle Beck	FR	Mt. Sac	J4.90m
8 334 Aleksandris Eglitis	FR	Mt. Sac	4.60m
9 352 Preston O'Connell	SO	Mt. Sac	J4.60m
10 348 Viktor Moen	SO	Mt. Sac	J4.60m
11 253 Zachary Wilson	FR	Fresno	4.30m

Event 13 Women Shot Put

SoCal Meet: 49-00.25 < 1990 Grace Apiafi

NorCal Meet: 50-05 > 1983 Dot Jones

State Meet: 55-03.75 & 5/19/1990 Grace Apiafi

Name	Yr	School	Finals
Flight 1			
1 157 Amber Hart	FR	Cerritos	13.55m
2 195 Anya Tonga	SO	De Anza	13.48m
3 405 Monae Newton	FR	Sacramento	12.56m
4 451 Ally Franzen-Milone	SO	Santa Rosa	12.11m
5 133 Samiyah Hawkins	SO	Canyons	12.03m
6 387 Ca'may Stocker	FR	Riverside	12.02m
7 165 Ailinisilose Williams	FR	Cerritos	12.00m
8 429 Tulouna Langi	FR	San Mateo	11.88m
9 454 Madison Goss	SO	SD Mesa	11.77m
10 101 Taylor Nevitt	SO	Allan Hancoc	11.26m
11 104 Otolose Bloomfield	SO	American Riv	11.25m
12 452 Mickie Seuga	SO	Santa Rosa	11.11m

Event 14 Men Triple Jump

SoCal Meet: 53-06 < 1984 Stan Oproski

NorCal Meet: 53-11.50 > 1989 Brian Wellman

State Meet: 54-03.25 & 5/22/1982 Bryon Criddle

Name	Yr	School	Finals
Flight 1			
1 298 Michael Thompson	FR	Modesto	15.30m +0.0
2 204 Tristan Meyer	SO	De Anza	15.08m 0.5
3 346 Brandon McLaurin	FR	Mt. Sac	14.83m 1.1
4 401 James Wilson	FR	Riverside	J14.83m 0.7
5 341 Alexander Hammond	SO	Mt. Sac	14.60m 0.7
6 515 Kylon Lincoln	SO	West Los Ang	14.54m +0.0
7 177 Blair Robinson	SO	Cerritos	14.51m +0.0
8 481 Bryce Huggins	SO	Sequoias	14.38m -0.1
9 168 Stacy Chukwumezie	SO	Cerritos	14.25m -0.1
10 358 Devon Vinson	FR	Mt. Sac	14.05m 0.8
11 222 Zealoun Edwards	SO	Diablo Valle	14.04m -1.4
12 289 Kailen Lewis	SO	Merritt	13.76m 0.2

Event 15 Women Triple Jump

SoCal Meet: 41-11.25 < 2001 Andria Booker

NorCal Meet: 41-08 > 1985 Janis Diggs

State Meet: 42-01.50 & 5/17/1989 Renita Robinson

Name	Yr	School	Finals
Flight 1			
1 164 Juanita Webster	SO	Cerritos	12.96m 0.2
2 277 Brittany Brown	SO	Laney	12.34m 1.5
3 498 Reagan Andrews	SO	West Los Ang	12.24m 0.9
4 281 Nia Vance	SO	Laney	12.06m 2.4

5 303 BreAnn Scally	SO	Monterey	11.83m 0.4
6 178 Ari Milton	FR	Chabot	11.68m 0.3
7 500 Mari Dear	SO	West Los Ang	11.57m 2.2
8 154 Lilian Ebanks	SO	Cerritos	11.55m 1.0
9 372 Katelyn Baker	FR	Riverside	11.39m 1.0
10 194 Kelia Surrency	SO	De Anza	11.25m +0.0
11 292 Sydney Holmes	FR	Modesto	10.81m 1.1
12 322 Aleah Mccants	FR	Mt. Sac	10.10m +0.0

Event 16 Men Shot Put

SoCal Meet: 64-07.50 < 1982 Hank Kraychir

NorCal Meet: 60-11 > 1982 Jeff Voorhees

State Meet: 65-04 & 5/22/1982 Hank Kraychir

Name	Yr	School	Finals
Flight 1			
1 395 Kyle Jenkins	FR	Riverside	17.47m
2 224 Corey Gilbert	SO	Diablo Valle	16.63m
3 484 Shaquille Singuineau	SO	Sequoias	16.46m
4 426 Melvin Flax	SO	San Joaquin	15.99m
5 116 Zane Jackson	SO	American Riv	15.97m
6 433 Patrick Ng	FR	San Mateo	15.73m
7 411 Tavi Kamarullah	SO	Saddleback	15.16m
8 187 Colton Clark	FR	Cuyamaca	15.15m
9 126 Mason Grantz	FR	Bakersfield	14.81m
10 199 Joseph Ilaoa	SO	De Anza	14.27m
11 446 Chimechi Oparanozi	FR	Santa Monica	14.14m
12 169 Jorge Gonzalez	FR	Cerritos	12.48m

Event 17 Women 3000 M SC

SoCal Meet: 10:54.96 < 2015 Laura Aceves

NorCal Meet: 11:34.10 > 2003 Whitney Jacobsmeyer

State Meet: 10:44.46 & 5/18/2009 Cassie Mitchell

Name	Yr	School	Finals
Section 1			
1 131 Diani Ellis	SO	Canyons	11:15.61>
48.303 (48.303)	2:17.549 (1:29.246)	3:45.294 (1:27.746)	
5:15.804 (1:30.510)	6:48.108 (1:32.304)	8:23.210 (1:35.103)	
9:54.623 (1:31.413)	11:15.604 (1:20.981)		
2 258 Angelica Salas	FR	Glendale	11:26.45>
48.647 (48.647)	2:17.370 (1:28.724)	3:44.914 (1:27.544)	
5:15.470 (1:30.557)	6:48.036 (1:32.567)	8:23.199 (1:35.163)	
9:56.743 (1:33.544)	11:26.446 (1:29.703)		
3 123 Mariah Theologidy	FR	Antelope Val	11:32.12>
48.743 (48.743)	2:18.357 (1:29.614)	3:48.988 (1:30.632)	
5:18.935 (1:29.948)	6:51.749 (1:32.814)	8:26.752 (1:35.004)	
10:00.334 (1:33.582)	11:32.118 (1:31.785)		
4 408 Rachel Oberschelp	SO	Saddleback	11:38.04
47.816 (47.816)	2:17.748 (1:29.932)	3:46.492 (1:28.745)	
5:16.762 (1:30.271)	6:50.748 (1:33.986)	8:26.311 (1:35.563)	
10:02.827 (1:36.517)	11:38.040 (1:35.214)		
5 376 Sarah Hollis	FR	Riverside	11:46.90
48.081 (48.081)	2:17.941 (1:29.861)	3:46.812 (1:28.871)	
5:17.433 (1:30.622)	6:51.032 (1:33.599)	8:27.534 (1:36.503)	
10:08.837 (1:41.303)	11:46.899 (1:38.062)		

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Section 1 ... (Event 17 Women 3000 M SC)

Name	Yr	School	Finals
6 317 Karla Espindola-Vasquez	FR	Mt. Sac	11:52.78
48.776 (48.776)	2:20.394 (1:31.618)	3:53.076 (1:32.683)	
5:27.916 (1:34.840)	7:03.941 (1:36.026)	8:41.421 (1:37.480)	
10:20.165 (1:38.745)	11:52.774 (1:32.609)		
7 100 Rachel Naugle	SO	Allan Hancoc	11:56.10
49.034 (49.034)	2:18.304 (1:29.271)	3:49.793 (1:31.489)	
5:24.950 (1:35.158)	7:03.329 (1:38.379)	8:43.664 (1:40.336)	
10:23.916 (1:40.252)	11:56.096 (1:32.180)		
8 193 Alyssa Renteria	SO	De Anza	12:00.20
48.429 (48.429)	2:22.171 (1:33.742)	3:57.883 (1:35.713)	
5:34.708 (1:36.826)	7:13.078 (1:38.371)	8:50.793 (1:37.716)	
10:29.211 (1:38.418)	12:00.199 (1:30.988)		
9 415 Alyssa Hebb	SO	San Bernardi	12:12.14
48.563 (48.563)	2:21.590 (1:33.027)	3:56.481 (1:34.892)	
5:34.228 (1:37.748)	7:13.432 (1:39.204)	8:52.172 (1:38.740)	
10:34.986 (1:42.815)	12:12.137 (1:37.151)		
10 268 Yvette Tavaréz	FR	Hartnell	12:33.86
47.756 (47.756)	2:22.450 (1:34.695)	4:00.444 (1:37.994)	
5:41.570 (1:41.126)	7:26.259 (1:44.690)	9:10.196 (1:43.937)	
10:54.375 (1:44.180)	12:33.854 (1:39.479)		
11 190 Sierra Brenciaglia	FR	De Anza	12:42.90
49.346 (49.346)	2:22.868 (1:33.522)	4:00.935 (1:38.068)	
5:42.381 (1:41.446)	7:26.968 (1:44.588)	9:12.057 (1:45.089)	
11:00.408 (1:48.352)	12:42.893 (1:42.485)		
12 210 Laura Becerra	SO	Diablo Valle	13:01.63
49.104 (49.104)	2:21.458 (1:32.355)	3:59.856 (1:38.399)	
5:44.061 (1:44.205)	7:31.798 (1:47.738)	9:20.031 (1:48.233)	
11:11.646 (1:51.616)	13:01.628 (1:49.982)		

Event 18 Men 3000 M SC

SoCal Meet:	8:55.15 < 1990	David Baptiste
NorCal Meet:	9:03.60 > 1983	Jesse Torres
State Meet:	8:53.20 & 5/28/1977	Shannon Laird

Name	Yr	School	Finals
Section 1			
1 399 Michael Simpson	SO	Riverside	9:12.38
39.881 (39.881)	1:49.823 (1:09.942)	3:01.496 (1:11.673)	
4:13.503 (1:12.007)	5:27.983 (1:14.480)	6:44.321 (1:16.338)	
8:00.353 (1:16.033)	9:12.373 (1:12.021)		
2 335 Manuel Fernandez	FR	Mt. Sac	9:24.42
40.190 (40.190)	1:50.748 (1:10.558)	3:04.758 (1:14.010)	
4:17.944 (1:13.187)	5:33.630 (1:15.686)	6:51.427 (1:17.798)	
8:10.786 (1:19.360)	9:24.420 (1:13.635)		
3 394 Darvale Jackson	FR	Riverside	9:25.20
40.473 (40.473)	1:51.431 (1:10.959)	3:05.257 (1:13.826)	
4:21.718 (1:16.462)	5:38.663 (1:16.945)	6:56.889 (1:18.226)	
8:12.905 (1:16.016)	9:25.194 (1:12.290)		
4 347 Nicholas Medina	SO	Mt. Sac	9:31.38
39.935 (39.935)	1:50.574 (1:10.639)	3:04.552 (1:13.979)	
4:19.202 (1:14.650)	5:35.292 (1:16.091)	6:54.877 (1:19.585)	
8:13.289 (1:18.412)	9:31.377 (1:18.089)		

5 353 Hector Peralta	SO	Mt. Sac	9:37.31
39.938 (39.938)	1:50.420 (1:10.482)	3:04.887 (1:14.467)	
4:20.162 (1:15.276)	5:38.960 (1:18.798)	6:58.011 (1:19.052)	
8:18.127 (1:20.116)	9:37.303 (1:19.177)		
6 118 Devin Scheidt	FR	American Riv	9:43.16
40.606 (40.606)	1:52.652 (1:12.046)	3:07.641 (1:14.990)	
4:25.135 (1:17.494)	5:45.078 (1:19.943)	7:07.952 (1:22.875)	
8:30.798 (1:22.847)	9:43.153 (1:12.355)		
7 275 Johnathan Saldana	FR	Hartnell	9:44.42
40.536 (40.536)	1:53.041 (1:12.506)	3:08.482 (1:15.441)	
4:26.213 (1:17.732)	5:46.084 (1:19.871)	7:07.928 (1:21.845)	
8:28.823 (1:20.895)	9:44.414 (1:15.591)		
8 185 Sean McDermott	SO	Cuesta	9:50.46
39.899 (39.899)	1:50.441 (1:10.543)	3:04.560 (1:14.119)	
4:19.744 (1:15.184)	5:39.945 (1:20.202)	7:03.749 (1:23.804)	
8:29.308 (1:25.559)	9:50.457 (1:21.150)		
9 270 Andrew Martinez	FR	Hartnell	9:52.33
40.225 (40.225)	1:52.380 (1:12.155)	3:06.801 (1:14.421)	
4:23.482 (1:16.681)	5:43.688 (1:20.207)	7:06.237 (1:22.550)	
8:31.492 (1:25.255)	9:52.328 (1:20.836)		
10 486 Andrew Wood	FR	Sequoias	10:01.93
41.294 (41.294)	1:55.296 (1:14.003)	3:10.580 (1:15.285)	
4:28.584 (1:18.005)	5:49.419 (1:20.835)	7:12.945 (1:23.527)	
8:39.267 (1:26.323)	10:01.923 (1:22.656)		
11 119 Joe Shanahan	SO	American Riv	10:06.55
40.674 (40.674)	1:53.800 (1:13.126)	3:08.811 (1:15.012)	
4:25.673 (1:16.863)	5:44.415 (1:18.742)	7:06.630 (1:22.215)	
8:35.305 (1:28.676)	10:06.545 (1:31.240)		
12 197 Ralph Balaoing	FR	De Anza	10:38.06
40.901 (40.901)	1:54.357 (1:13.457)	3:10.918 (1:16.561)	
4:32.469 (1:21.552)	6:01.161 (1:28.692)	7:32.344 (1:31.184)	
9:07.268 (1:34.925)	10:38.052 (1:30.785)		

Event 19 Women 4x100 M RLY

SoCal Meet:	45.59 < 1983	Mt. SAC
NorCal Meet:	45.32 > 5/7/2010	Laney College
S Roach, L Newson, D Crosby, Q Wilson		
State Meet:	45.02 & 5/17/2008	Laney College

Team	Relay	Finals
Section 1		
1	Cerritos	45.83
2	Mt. Sac	45.84
3	Laney	46.23
4	El Camino	47.10
5	American River	47.81
6	Diablo Valley	48.67
7	Riverside	48.74
8	Monterey	49.47
9	Moorpark	49.74

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Event 20 Men 4x100 M RLY

SoCal Meet: 39.47 < 1985 Taft
NorCal Meet: 39.71 > 1991 Merritt College

Swift/Taylor/Wright/Lanes

State Meet: 39.01 & 5/21/1988 Taft College

Team	Relay	Finals
Section 1		
1	Sequoias	39.45<
2	Mt. Sac	40.65
3	Diablo Valley	40.76
4	Modesto	40.78
5	SD Mesa	41.23
6	Orange Coast	41.37
7	El Camino	41.54
8	Santa Monica	41.74
9	De Anza	42.87

Event 21 Women 1500 M Run

SoCal Meet: 4:19.20 < 1978 Ruth Caldwell (Wysocki)
NorCal Meet: 4:27.60 > 1980 Sabrina Peters
State Meet: 4:18.10 & 5/16/1986 Sylvia Mosqueda

Name	Yr	School	Finals
Section 1			
1	463 Alyssa Block	FR Sequoias	4:36.72
	49.915 (49.915)	2:02.833 (1:12.918)	3:20.686 (1:17.854)
	4:36.719 (1:16.033)		
2	256 Giselle Masedo	SO Glendale	4:39.62
	53.496 (53.496)	2:09.272 (1:15.777)	3:27.178 (1:17.906)
	4:39.611 (1:12.434)		
3	323 Danielle Murrietta	FR Mt. Sac	4:42.75
	53.347 (53.347)	2:09.822 (1:16.475)	3:27.455 (1:17.634)
	4:42.749 (1:15.294)		
4	259 Leana Setian	FR Glendale	4:47.58
	53.101 (53.101)	2:09.706 (1:16.606)	3:29.634 (1:19.928)
	4:47.580 (1:17.947)		
5	471 Elizabeth Sartuche	FR Sequoias	4:49.57
	53.736 (53.736)	2:10.678 (1:16.943)	3:31.920 (1:21.242)
	4:49.563 (1:17.643)		
6	327 Sophy Tsbadzze	FR Mt. Sac	4:52.80
	53.226 (53.226)	2:10.516 (1:17.290)	3:32.719 (1:22.204)
	4:52.799 (1:20.080)		
7	361 Alyssa Allen	SO Orange Coast	4:54.67
	52.212 (52.212)	2:06.600 (1:14.389)	3:29.650 (1:23.050)
	4:54.665 (1:25.015)		
8	137 Jessica Ruiz	SO Canyons	4:59.09
	53.293 (53.293)	2:10.909 (1:17.617)	3:35.051 (1:24.142)
	4:59.090 (1:24.040)		
9	209 Christine Bayliss	FR Diablo Valle	4:59.63
	54.143 (54.143)	2:13.298 (1:19.156)	3:37.914 (1:24.616)
	4:59.626 (1:21.712)		
10	321 Crystal Jardines	FR Mt. Sac	5:05.96
	53.614 (53.614)	2:11.150 (1:17.537)	3:37.112 (1:25.962)
	5:05.956 (1:28.845)		

11 156 Rebecca Harris FR Cerritos 5:13.08
53.853 (53.853) 2:12.804 (1:18.951) 3:43.535 (1:30.732)
5:13.073 (1:29.538)

Event 22 Men 1500 M Run

SoCal Meet: 3:39.17 < 1990 Nourredine Morceli
NorCal Meet: 3:47.70 > 1979 John Sup
State Meet: 3:41.76 & 5/18/1989 Nourredine Morceli

Name	Yr	School	Finals
Section 1			
1	273 Eduardo Orozco	SO Hartnell	3:52.26
	46.511 (46.511)	1:48.259 (1:01.748)	2:50.984 (1:02.725)
	3:52.258 (1:01.274)		
2	398 Joshua Silva	SO Riverside	3:54.73
	47.133 (47.133)	1:51.844 (1:04.711)	2:56.388 (1:04.545)
	3:54.729 (58.341)		
3	336 Hunter Ficencic	FR Mt. Sac	3:55.70
	47.005 (47.005)	1:52.120 (1:05.115)	2:56.684 (1:04.565)
	3:55.695 (59.011)		
4	393 Alec Hall	FR Riverside	3:56.13
	46.817 (46.817)	1:50.937 (1:04.120)	2:56.952 (1:06.015)
	3:56.130 (59.178)		
5	120 Ross Walker	SO American Riv	3:57.13
	47.306 (47.306)	1:52.460 (1:05.155)	2:57.134 (1:04.674)
	3:57.123 (59.990)		
6	333 Michael Dondalski	SO Mt. Sac	4:01.57
	46.781 (46.781)	1:52.575 (1:05.795)	2:59.501 (1:06.926)
	4:01.565 (1:02.064)		
7	476 Adam Gonzalez	SO Sequoias	4:02.39
	47.120 (47.120)	1:52.350 (1:05.231)	2:57.414 (1:05.064)
	4:02.386 (1:04.972)		
8	269 Edgar Bonilla	SO Hartnell	4:04.65
	47.204 (47.204)	1:52.809 (1:05.605)	2:57.747 (1:04.939)
	4:04.646 (1:06.899)		
9	396 Christian Malloy	SO Riverside	4:11.54
	46.913 (46.913)	1:49.728 (1:02.816)	2:57.479 (1:07.752)
	4:11.539 (1:14.060)		
10	247 Israel Cardona	SO El Camino	4:18.04
	46.951 (46.951)	1:52.744 (1:05.794)	3:01.863 (1:09.120)
	4:18.035 (1:16.172)		
11	272 Patrick Olson	FR Hartnell	4:19.14
	47.822 (47.822)	1:56.774 (1:08.953)	3:10.816 (1:14.042)
	4:19.137 (1:08.321)		

Event 23 Women 100 M H

SoCal Meet: 13.60 < 1994 Astia Walker
NorCal Meet: 13.83 > 2003 Beyonka McDowell
State Meet: 13.46 & 5/17/2008 Candise Maxwell

Name	Yr	School	Finals
Section 1 Wind: 0.3			
1	164 Juanita Webster	SO Cerritos	13.65>
2	281 Nia Vance	SO Laney	13.91
3	277 Brittany Brown	SO Laney	14.01
4	243 Shukura Tyler	SO El Camino	14.45
5	155 Skylin Harbin	SO Cerritos	14.61
6	178 Ari Milton	FR Chabot	14.78

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Section 1 Wind: 0.3 ... (Event 23 Women 100 M H)

Name	Yr	School	Finals
7 450 Sheena Blackwell	SO	Santa Rosa	14.97
8 499 Kyndahl Carter	FR	West Los Ang	15.16
9 283 Ray'Ven Sanders	SO	Merritt	16.72

Event 24 Men 110 M H

SoCal Meet: 13.83 < 1982 Albert Lane
NorCal Meet: 13.49 > 1991 Eugene Swift
State Meet: 13.64 & 5/16/1992 Larry Harrington

Name	Yr	School	Finals
Section 1 Wind: 0.9			
1 254 Justin Walker	SO	Fullerton	13.97
2 284 Asa Allen	SO	Merritt	13.99
3 337 Jasher Foster	FR	Mt. Sac	14.31
4 282 Bayron Manuel	SO	Long Beach	14.62
5 112 Derrick Griffith	FR	American Riv	14.65
6 342 Gary Hawkins	SO	Mt. Sac	14.80
7 129 Deon Crayon	SO	Butte	14.89
8 117 Alex Robie	FR	American Riv	14.97
9 288 Joshua Holman	FR	Merritt	15.12
10 517 J'Vaughn Singleton	FR	West Los Ang	15.44

Event 25 Women 400 M Dash

SoCal Meet: 52.62 < 1981 Valerie Brisco
NorCal Meet: 54.00 > 5/8/2009 Champelle Brown
State Meet: 52.69 & 5/30/1981 Gwen Gardner

Name	Yr	School	Finals
Section 1			
1 469 Meleni Rodney,	SO	Sequoias	53.26>
2 467 Tarika Moses	FR	Sequoias	53.53>
3 504 Alexis Henry	SO	West Los Ang	55.05
4 406 Jazmine Smith	SO	Sacramento	55.29
5 153 Breanna Curry	SO	Cerritos	55.38
6 280 Mariama Hilburn	SO	Laney	55.41
7 320 Lenaya Griffin	FR	Mt. Sac	56.56
8 319 Kayla Gibson	SO	Mt. Sac	56.82
9 158 Kymberlynn Jackson	FR	Cerritos	58.09

Event 26 Men 400 M Dash

SoCal Meet: 44.52 < 1997 Tyree Washington
NorCal Meet: 45.90 > 1991 Chris Taylor
State Meet: 44.91 & 5/17/1997 Tyree Washington

Name	Yr	School	Finals
Section 1			
1 478 Quincy Hall	FR	Sequoias	46.72
2 483 Isahia Hutchins	FR	Sequoias	46.97
3 497 Tristan Griffith	FR	Ventura	47.48
4 413 Nicholas Van Vliet	SO	Saddleback	48.15
5 362 Austin Brown	FR	Orange Coast	48.30
6 290 John McDonald	SO	Merritt	48.33
7 349 Dominique Mosley	SO	Mt. Sac	48.70
8 234 Dale Wilson	SO	East LA	49.29
9 203 Fiston Kizungu	SO	De Anza	49.31

Event 27 Women 100 M Dash

SoCal Meet: 11.12 < 2001 Natasha Mayers
NorCal Meet: 11.30 > 2012 Ashton Purvis
State Meet: 11.23 & 5/26/1984 Zelda Johnson

Name	Yr	School	Finals
Section 1 Wind: -0.7			
1 211 Strangena Campbell	SO	Diablo Valle	11.50
2 315 Kieana Butler	SO	Mt. Sac	11.93
3 241 Sierra Peterson	SO	El Camino	12.01
4 278 Kayla Dickerson	SO	Laney	12.01
5 314 Rahmah Baaree	FR	Mt. Sac	12.19
6 402 Lonsha Bradford	FR	Sacramento	12.19
7 236 Anaiah Brown	SO	El Camino	12.28
8 325 Julia Sambvani	SO	Mt. Sac	12.34
9 163 Meka Story	SO	Cerritos	12.36
10 326 Victoria Sandoval	FR	Mt. Sac	12.37

Event 28 Men 100 M Dash

SoCal Meet: 10.04 < 5/14/2016 Cravon Gillespie
NorCal Meet: 10.22 > 1992 Ato Bolden
State Meet: 9.93 & 5/17/2014 Kermarley Brown

Name	Yr	School	Finals
Section 1 Wind: -0.4			
1 475 Kelly Brown	FR	Sequoias	10.43
2 479 Ryan Hall	FR	Sequoias	10.45
3 456 Cooper Bibbs	FR	SD Mesa	10.69
4 371 Cherrard Cohen	SO	Redwoods	10.71
5 485 Darius Smith	FR	Sequoias	10.74
6 368 Gabe Warner	SO	Orange Coast	10.74
7 221 Nigel Burnett	SO	Diablo Valle	10.89
8 359 Tyrin Wells	FR	Mt. Sac	10.99
9 512 Cahilil Hooper	FR	West Los Ang	10.99
10 444 Jordan Herrera	FR	Santa Monica	14.61

Event 29 Women 800 M Run

SoCal Meet: 2:06.80 < 1978 Ruth Caldwell (Wysocki)
NorCal Meet: 2:11.22 > 1983 Jill Moss
State Meet: 2:06.30 & 5/21/1994 Dawn Williams

Name	Yr	School	Finals
Section 1			
1 416 Savanna Perez	SO	San Bernardi	2:12.15
1:04.612 (1:04.612)		2:12.148 (1:07.537)	
2 318 Teuila Gardner	FR	Mt. Sac	2:16.16
1:07.766 (1:07.766)		2:16.156 (1:08.390)	
3 506 N'FINITY Lindley	SO	West Los Ang	2:16.72
1:04.865 (1:04.865)		2:16.718 (1:11.853)	
4 462 Annette Acosta,	SO	Sequoias	2:16.74
1:07.088 (1:07.088)		2:16.733 (1:09.645)	
5 279 Bibiana Enriquez	SO	Laney	2:17.52
1:04.716 (1:04.716)		2:17.511 (1:12.796)	
6 503 Salina Garcia	FR	West Los Ang	2:21.00
1:07.550 (1:07.550)		2:20.999 (1:13.449)	
7 255 Nona Boyajyan	FR	Glendale	2:22.88
1:07.857 (1:07.857)		2:22.871 (1:15.015)	

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Section 1 ... (Event 29 Women 800 M Run)

Name	Yr	School	Finals
--- 242 Victoria Portor	SO	El Camino	DNF
1:05.438 (1:05.438)			

Event 30 Men 800 M Run

SoCal Meet:	1:47.62 < 1986	Lorenzo Brown
NorCal Meet:	1:49.08 > 1986	Dave Campbell
State Meet:	1:46.97 & 5/17/1986	Lorenzo Brown

Name	Yr	School	Finals
Section 1			
1 229 Antwain Prowes	SO	Diablo Valle	1:52.53
55.203 (55.203) 1:52.530 (57.327)			
2 398 Joshua Silva	SO	Riverside	1:52.94
56.138 (56.138) 1:52.931 (56.794)			
3 179 David Frisbie	FR	Chabot	1:53.08
55.095 (55.095) 1:53.075 (57.980)			
4 391 Cade Clark	SO	Riverside	1:53.25
56.434 (56.434) 1:53.244 (56.811)			
5 232 Geoffrey Weseman	SO	Diablo Valle	1:54.12
55.724 (55.724) 1:54.113 (58.389)			
6 311 James De Mello	SO	Moorpark	1:54.34
55.316 (55.316) 1:54.333 (59.017)			
7 181 Jordan Kirby	FR	Chabot	1:56.17
55.878 (55.878) 1:56.163 (1:00.286)			
8 273 Eduardo Orozco	SO	Hartnell	1:57.00
58.168 (58.168) 1:57.000 (58.833)			

Event 31 Women 400 M H

SoCal Meet:	57.67 < 2008	Ebony Collins
NorCal Meet:	60.15 > 5/11/1996	Christyna Serrano
State Meet:	58.88 & 5/20/1995	Celana Clarke

Name	Yr	School	Finals
Section 1			
1 155 Skylin Harbin	SO	Cerritos	61.83
2 325 Julia Sambvani	SO	Mt. Sac	62.54
3 374 Madeline Corner	FR	Riverside	63.95
4 377 Dehjiah Joseph	FR	Riverside	64.79
5 496 Janeth Moya	SO	Southwestern	64.90
6 324 Kayla Rodriguez	FR	Mt. Sac	65.91
7 196 April Williams	SO	De Anza	66.96
--- 178 Ari Milton	FR	Chabot	DNF

Event 32 Men 400 M H

SoCal Meet:	49.88 < 1982	Greg Johnson
NorCal Meet:	50.48 > 1989	Michael Cox
State Meet:	50.07 & 5/22/1982	Greg Johnson

Name	Yr	School	Finals
Section 1			
1 478 Quincy Hall	FR	Sequoias	50.57
2 244 Justin Alexander	SO	El Camino	51.60
3 287 Joshua Hall	FR	Merritt	52.90
4 173 Jaydon Logan	SO	Cerritos	53.39
5 443 Devyn Deckard	SO	Santa Monica	53.75
6 400 Keeon Thomas	FR	Riverside	53.87
7 121 Treshon Woods	SO	American Riv	54.09

8 511 Kiyaam Cooksey	FR	West Los Ang	54.35
9 288 Joshua Holman	FR	Merritt	55.32

Event 33 Women 200 M Dash

SoCal Meet:	22.91 < 2001	Natasha Mayers
NorCal Meet:	23.25 > 5/13/2017	Meleni Rodney
State Meet:	22.86 & 5/19/2012	Ashton Purvis

Name	Yr	School	Finals
Section 1 Wind: -0.7			
1 211 Strangena Campbell	SO	Diablo Valle	23.65
2 469 Meleni Rodney,	SO	Sequoias	23.71
3 467 Tarika Moses	FR	Sequoias	24.22
4 504 Alexis Henry	SO	West Los Ang	24.68
5 315 Kieana Butler	SO	Mt. Sac	24.69
6 314 Rahmah Baaree	FR	Mt. Sac	24.74
7 241 Sierra Peterson	SO	El Camino	24.76
8 406 Jazmine Smith	SO	Sacramento	24.92
9 280 Mariama Hilburn	SO	Laney	25.01

Event 34 Men 200 M Dash

SoCal Meet:	20.20 < 5/14/2016	Cravon Gillespie
NorCal Meet:	20.53 > 1988	Harland Davis
State Meet:	20.30 & 5/3/1997	Tyree Washington

Name	Yr	School	Finals
Section 1 Wind: -0.4			
1 479 Ryan Hall	FR	Sequoias	20.96
2 483 Isahia Hutchins	FR	Sequoias	20.99
3 475 Kelly Brown	FR	Sequoias	21.28
4 456 Cooper Bibbs	FR	SD Mesa	21.36
5 371 Cherrard Cohen	SO	Redwoods	21.52
6 293 Dante Berggren	SO	Modesto	21.56
7 332 Spencer Danner	SO	Mt. Sac	21.77
8 447 Sharieff Reed	FR	Santa Monica	21.91
9 512 Cahllil Hooper	FR	West Los Ang	22.27

Event 35 Women 5000 M Run

SoCal Meet:	16:21.70 < 1986	Sylvia Mosqueda
NorCal Meet:	17:15.20 > 1985	Leslie Hawkins
State Meet:	15:52.50 & 5/16/1986	Sylvia Mosqueda

Name	Yr	School	Finals
Section 1			
1 182 Miranda Daschian	SO	Cuesta	17:33.18
2:12.06 (2:12.06) 3:39.777 (1:27.72) 5:05.796 (1:26.020)			
6:30.256 (1:24.461) 7:54.290 (1:24.035) 9:19.032 (1:24.742)			
10:44.154 (1:25.123) 12:08.135 (1:23.981) 13:31.795 (1:23.660)			
14:54.327 (1:22.533) 16:13.481 (1:19.154) 17:33.172 (1:19.691)			
2 473 Jordyn Zorn	SO	Sequoias	17:41.16
2:11.90 (2:11.90) 3:40.211 (1:28.32) 5:06.475 (1:26.264)			
6:31.153 (1:24.678) 7:55.944 (1:24.791) 9:21.627 (1:25.684)			
10:49.343 (1:27.716) 12:16.342 (1:27.000) 13:40.988 (1:24.646)			
15:05.123 (1:24.135) 16:27.871 (1:22.749) 17:41.157 (1:13.286)			
3 463 Alyssa Block	FR	Sequoias	17:42.13
2:11.83 (2:11.83) 3:39.887 (1:28.06) 5:05.908 (1:26.022)			
6:30.389 (1:24.482) 7:54.448 (1:24.059) 9:19.314 (1:24.866)			
10:44.391 (1:25.078) 12:08.411 (1:24.021) 13:32.449 (1:24.039)			
14:57.749 (1:25.300) 16:23.841 (1:26.093) 17:42.128 (1:18.287)			

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Section 1 ... (Event 35 Women 5000 M Run)

Name	Yr	School	Finals
4 436 Toni Lopez	SO	Santa Ana	18:12.87
2:12.22 (2:12.22)	3:39.617 (1:27.40)	5:06.154 (1:26.537)	
6:30.783 (1:24.629)	7:55.534 (1:24.752)	9:21.280 (1:25.746)	
10:48.997 (1:27.718)	12:18.390 (1:29.394)	13:48.585 (1:30.196)	
15:18.447 (1:29.862)	16:48.049 (1:29.603)	18:12.867 (1:24.819)	
5 323 Danielle Murrietta	FR	Mt. Sac	18:21.23
2:12.59 (2:12.59)	3:40.647 (1:28.06)	5:06.891 (1:26.244)	
6:32.333 (1:25.442)	7:58.486 (1:26.154)	9:27.850 (1:29.364)	
10:58.389 (1:30.540)	12:29.112 (1:30.723)	14:00.709 (1:31.597)	
15:32.559 (1:31.850)	17:02.603 (1:30.044)	18:21.221 (1:18.619)	
6 256 Giselle Masedo	SO	Glendale	18:29.58
2:12.11 (2:12.11)	3:40.147 (1:28.04)	5:06.368 (1:26.221)	
6:32.093 (1:25.725)	7:59.471 (1:27.379)	9:29.686 (1:30.216)	
11:01.514 (1:31.829)	12:32.737 (1:31.223)	14:05.012 (1:32.276)	
15:37.624 (1:32.612)	17:09.291 (1:31.668)	18:29.580 (1:20.289)	
7 259 Leana Setian	FR	Glendale	18:38.00
2:12.54 (2:12.54)	3:40.782 (1:28.25)	5:06.980 (1:26.199)	
6:33.019 (1:26.040)	8:01.193 (1:28.174)	9:32.438 (1:31.246)	
11:05.762 (1:33.324)	12:36.055 (1:30.293)	14:08.621 (1:32.566)	
15:42.644 (1:34.024)	17:16.337 (1:33.693)	18:37.991 (1:21.655)	
8 137 Jessica Ruiz	SO	Canyons	18:40.39
2:12.78 (2:12.78)	3:41.028 (1:28.25)	5:07.487 (1:26.460)	
6:35.276 (1:27.789)	8:05.954 (1:30.678)	9:37.692 (1:31.738)	
11:10.614 (1:32.923)	12:42.031 (1:31.417)	14:14.449 (1:32.418)	
15:48.195 (1:33.746)	17:19.945 (1:31.751)	18:40.383 (1:20.439)	
9 265 Yvette Felix	SO	Hartnell	18:52.14
2:12.32 (2:12.32)	3:40.429 (1:28.11)	5:06.688 (1:26.259)	
6:31.584 (1:24.897)	7:58.287 (1:26.704)	9:28.464 (1:30.177)	
11:02.375 (1:33.912)	12:36.542 (1:34.168)	14:08.201 (1:31.659)	
15:47.022 (1:38.822)	17:24.832 (1:37.811)	18:52.137 (1:27.305)	
10 122 Carolina Gonzalez	FR	Antelope Val	18:55.31
2:12.94 (2:12.94)	3:41.205 (1:28.27)	5:08.150 (1:26.946)	
6:35.566 (1:27.417)	8:05.597 (1:30.031)	9:37.223 (1:31.626)	
11:10.316 (1:33.094)	12:42.313 (1:31.997)	14:15.476 (1:33.163)	
15:51.690 (1:36.215)	17:26.121 (1:34.431)	18:55.308 (1:29.188)	
11 502 Jocelyn Dominguez	FR	West Los Ang	19:59.92
2:12.84 (2:12.84)	3:40.947 (1:28.11)	5:08.426 (1:27.479)	
6:39.638 (1:31.212)	8:16.332 (1:36.694)	9:56.308 (1:39.977)	
11:37.163 (1:40.856)	13:19.914 (1:42.751)	15:01.814 (1:41.901)	
16:43.090 (1:41.276)	18:22.969 (1:39.880)	19:59.915 (1:36.946)	

Event 36 Men 5000 M Run

SoCal Meet: 13:59.20 < 1982 Mark Ruelas
 NorCal Meet: 14:22.94 > 1978 Bill Hurst
 State Meet: 14:10.40 & 5/31/1976 Victor Simonian

Name	Yr	School	Finals
Section 1			
1 276 Jorge Sanchez	SO	Hartnell	15:14.77
1:53.190 (1:53.190)	3:08.477 (1:15.287)	4:22.360 (1:13.883)	
5:35.202 (1:12.843)	6:50.140 (1:14.939)	8:03.758 (1:13.618)	
9:15.422 (1:11.665)	10:26.154 (1:10.733)	11:38.282 (1:12.128)	
12:50.309 (1:12.028)	14:03.741 (1:13.432)	15:14.769 (1:11.028)	

2 364 Danny Dominguez	SO	Orange Coast	15:19.08
1:53.653 (1:53.653)	3:08.893 (1:15.241)	4:22.849 (1:13.957)	
5:35.727 (1:12.879)	6:50.421 (1:14.694)	8:04.079 (1:13.658)	
9:18.880 (1:14.801)	10:33.033 (1:14.153)	11:49.085 (1:16.053)	
13:03.555 (1:14.470)	14:15.576 (1:12.022)	15:19.078 (1:03.502)	
3 335 Manuel Fernandez	FR	Mt. Sac	15:19.71
1:53.910 (1:53.910)	3:09.266 (1:15.357)	4:22.835 (1:13.570)	
5:35.366 (1:12.531)	6:50.179 (1:14.813)	8:04.012 (1:13.834)	
9:15.516 (1:11.504)	10:26.507 (1:10.991)	11:42.675 (1:16.169)	
12:58.100 (1:15.426)	14:13.656 (1:15.556)	15:19.710 (1:06.055)	
4 262 Shane Thompson	SO	Glendale	15:20.22
1:53.784 (1:53.784)	3:09.378 (1:15.594)	4:22.163 (1:12.786)	
5:35.043 (1:12.880)	6:50.007 (1:14.964)	8:03.893 (1:13.887)	
9:18.606 (1:14.713)	10:32.663 (1:14.058)	11:48.910 (1:16.247)	
13:03.428 (1:14.519)	14:15.412 (1:11.984)	15:20.219 (1:04.807)	
5 343 Kevin Herrera	SO	Mt. Sac	15:20.98
1:53.813 (1:53.813)	3:09.062 (1:15.250)	4:22.900 (1:13.838)	
5:35.719 (1:12.820)	6:50.567 (1:14.849)	8:04.403 (1:13.836)	
9:19.157 (1:14.754)	10:33.319 (1:14.162)	11:49.456 (1:16.138)	
13:04.790 (1:15.335)	14:14.586 (1:09.796)	15:20.974 (1:06.388)	
6 438 Paulino Sanchez	SO	Santa Ana	15:25.25
1:53.054 (1:53.054)	3:08.351 (1:15.297)	4:22.481 (1:14.130)	
5:35.332 (1:12.852)	6:50.295 (1:14.963)	8:04.209 (1:13.914)	
9:18.371 (1:14.163)	10:32.922 (1:14.552)	11:48.687 (1:15.765)	
13:03.543 (1:14.857)	14:16.550 (1:13.008)	15:25.243 (1:08.694)	
7 127 Cesar Patino	SO	Bakersfield	15:26.50
1:52.949 (1:52.949)	3:08.100 (1:15.152)	4:22.104 (1:14.004)	
5:34.928 (1:12.824)	6:49.901 (1:14.974)	8:03.915 (1:14.014)	
9:18.862 (1:14.947)	10:32.791 (1:13.930)	11:49.129 (1:16.339)	
13:05.119 (1:15.990)	14:21.538 (1:16.420)	15:26.499 (1:04.962)	
8 260 Alejandro Ambrossio	SO	Glendale	15:27.23
1:53.380 (1:53.380)	3:08.606 (1:15.226)	4:22.686 (1:14.080)	
5:35.632 (1:12.947)	6:50.251 (1:14.619)	8:04.267 (1:14.017)	
9:18.847 (1:14.580)	10:32.402 (1:13.556)	11:48.892 (1:16.490)	
13:03.271 (1:14.380)	14:15.685 (1:12.414)	15:27.224 (1:11.540)	
9 353 Hector Peralta	SO	Mt. Sac	15:35.58
1:53.330 (1:53.330)	3:08.814 (1:15.484)	4:22.613 (1:13.800)	
5:35.535 (1:12.923)	6:50.477 (1:14.942)	8:04.448 (1:13.972)	
9:19.432 (1:14.984)	10:34.078 (1:14.647)	11:50.821 (1:16.743)	
13:07.556 (1:16.735)	14:23.625 (1:16.070)	15:35.579 (1:11.955)	
10 261 Raymond Lopez	FR	Glendale	15:41.55
1:53.212 (1:53.212)	3:08.529 (1:15.317)	4:22.418 (1:13.890)	
5:35.191 (1:12.773)	6:49.984 (1:14.794)	8:03.657 (1:13.674)	
9:18.638 (1:14.981)	10:31.901 (1:13.264)	11:49.329 (1:17.428)	
13:06.337 (1:17.008)	14:25.838 (1:19.501)	15:41.543 (1:15.706)	
11 271 Oscar Mora	SO	Hartnell	16:12.49
1:53.591 (1:53.591)	3:09.114 (1:15.524)	4:23.106 (1:13.992)	
5:35.870 (1:12.765)	6:50.649 (1:14.779)	8:05.620 (1:14.971)	
9:23.124 (1:17.505)	10:43.360 (1:20.236)	12:07.083 (1:23.723)	
13:31.731 (1:24.649)	14:54.670 (1:22.939)	16:12.484 (1:17.815)	
12 185 Sean McDermott	SO	Cuesta	16:22.52
1:53.422 (1:53.422)	3:08.698 (1:15.276)	4:22.625 (1:13.928)	
5:35.479 (1:12.854)	6:51.323 (1:15.845)	8:11.935 (1:20.613)	
9:32.984 (1:21.049)	10:55.683 (1:22.700)	12:19.885 (1:24.202)	
13:42.645 (1:22.761)	15:04.704 (1:22.059)	16:22.512 (1:17.808)	

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Results

Event 37 Women 4x400 M RLY

SoCal Meet: 3:40.10 < 5/18/1984 El Camino

NorCal Meet: 3:47.41 > 5/13/2017 Sequoias

State Meet: 3:37.75 & 5/21/1994 El Camino College

Team	Relay	Finals
Section 1		
1	Sequoias	3:42.75>
2	Cerritos	3:47.63
3	West Los Angeles	3:48.92
4	Laney	3:52.58
5	Mt. Sac	3:52.68
6	Riverside	3:55.97
7	Sacramento	3:59.48
---	Diablo Valley	DQ
---	El Camino	DQ

Event 38 Men 4x400 M RLY

SoCal Meet: 3:07.17 < 1982 Pasadena

NorCal Meet: 3:07.88 > 1991 Merritt College

Taylor/Chambers/Swift/Maye

State Meet: 3:06.03 & 5/21/1994 Sacramento City College

Team	Relay	Finals
Section 1		
1	Sequoias	3:09.56
2	Diablo Valley	3:12.84
3	Merritt	3:14.60
4	West Los Angeles	3:15.58
5	Santa Monica	3:15.99
6	De Anza	3:16.35
7	Cerritos	3:16.37
8	Canyons	3:16.93
9	Mt. Sac	3:17.80

Event 39 Women 10000 M Run

SoCal Meet: 35:38.97 < 5/8/2010 Lenore Moreno

NorCal Meet: 36:33.14 > 5/5/2017 Jordyn Zorn

State Meet: 35:31.92 & 5/15/2015 Aminat Olowara

Name	Yr	School	Finals
Section 1			
1	473	Jordyn Zorn	SO Sequoias 36:33.68
		1:23.282 (1:23.282)	2:50.431 (1:27.150) 4:19.107 (1:28.676)
		5:48.563 (1:29.457)	7:17.261 (1:28.698) 8:45.675 (1:28.414)
		10:14.746 (1:29.072)	11:43.492 (1:28.747) 13:12.792 (1:29.300)
		14:41.174 (1:28.383)	16:09.692 (1:28.518) 17:38.982 (1:29.290)
		19:08.940 (1:29.959)	20:39.482 (1:30.542) 22:10.675 (1:31.193)
		23:38.952 (1:28.277)	25:06.119 (1:27.168) 26:33.350 (1:27.231)
		28:01.081 (1:27.732)	29:28.338 (1:27.257)
		32:23.081 (1:27.241)	33:49.501 (1:26.420) 35:15.183 (1:25.683)
		36:33.676 (1:18.493)	

2	439 Tiffany Costello	FR Santa Barbar	37:19.31
	1:22.981 (1:22.981)	2:50.155 (1:27.174)	4:18.812 (1:28.658)
	5:48.319 (1:29.507)	7:16.985 (1:28.667)	8:45.403 (1:28.419)
	10:14.486 (1:29.083)	11:43.182 (1:28.697)	13:12.560 (1:29.378)
	14:40.887 (1:28.328)	16:09.401 (1:28.514)	17:38.738 (1:29.338)
	19:08.787 (1:30.049)	20:39.379 (1:30.593)	22:10.965 (1:31.586)
	23:40.398 (1:29.434)	25:11.179 (1:30.782)	26:42.722 (1:31.543)
	28:15.137 (1:32.416)	29:48.798 (1:33.661)	
	32:52.723 (1:31.705)	34:25.153 (1:32.430)	35:55.634 (1:30.482)
	37:19.301 (1:23.667)		
3	436 Toni Lopez	SO Santa Ana	38:21.12
	1:22.676 (1:22.676)	2:49.731 (1:27.055)	4:18.586 (1:28.856)
	5:48.115 (1:29.529)	7:16.867 (1:28.752)	8:46.331 (1:29.465)
	10:15.752 (1:29.421)	11:46.317 (1:30.565)	13:17.456 (1:31.139)
	14:49.247 (1:31.792)	16:21.211 (1:31.964)	17:53.226 (1:32.016)
	19:26.911 (1:33.685)	21:01.404 (1:34.494)	22:36.583 (1:35.179)
	24:11.282 (1:34.700)	25:45.301 (1:34.019)	27:21.182 (1:35.882)
	28:57.760 (1:36.579)	30:34.470 (1:36.710)	
	33:47.221 (1:35.403)	35:21.691 (1:34.471)	36:55.221 (1:33.530)
	38:21.112 (1:25.891)		
4	209 Christine Bayliss	FR Diablo Valle	38:45.36
	1:28.820 (1:28.820)	3:01.900 (1:33.081)	4:35.707 (1:33.807)
	6:09.679 (1:33.973)	7:40.975 (1:31.297)	9:13.817 (1:32.842)
	10:48.062 (1:34.245)	12:21.920 (1:33.859)	13:56.934 (1:35.014)
	15:30.837 (1:33.903)	17:05.340 (1:34.504)	18:40.344 (1:35.004)
	20:15.603 (1:35.260)	21:48.370 (1:32.767)	23:21.960 (1:33.591)
	24:56.628 (1:34.668)	26:29.722 (1:33.094)	28:03.165 (1:33.443)
	29:39.565 (1:36.400)	31:16.856 (1:37.292)	
	34:25.994 (1:32.999)	35:57.466 (1:31.473)	37:28.242 (1:30.777)
	38:45.360 (1:17.119)		
5	321 Crystal Jardines	FR Mt. Sac	38:55.59
	1:23.566 (1:23.566)	2:50.741 (1:27.175)	4:19.636 (1:28.896)
	5:49.365 (1:29.730)	7:20.342 (1:30.978)	8:52.343 (1:32.001)
	10:27.613 (1:35.271)	12:04.253 (1:36.640)	13:40.915 (1:36.663)
	15:18.875 (1:37.961)	16:56.833 (1:37.958)	18:33.054 (1:36.222)
	20:07.691 (1:34.637)	21:42.524 (1:34.834)	23:18.571 (1:36.047)
	24:54.239 (1:35.668)	26:29.166 (1:34.928)	28:03.434 (1:34.268)
	29:39.845 (1:36.412)	31:17.135 (1:37.290)	
	34:26.459 (1:33.229)	35:57.757 (1:31.298)	37:29.522 (1:31.766)
	38:55.581 (1:26.060)		
6	465 Jewel Jasso	FR Sequoias	39:08.28
	1:26.491 (1:26.491)	3:02.077 (1:35.586)	4:35.826 (1:33.750)
	6:09.403 (1:33.578)	7:40.666 (1:31.264)	9:12.917 (1:32.251)
	10:47.101 (1:34.185)	12:21.607 (1:34.506)	13:56.589 (1:34.982)
	15:30.542 (1:33.953)	17:05.068 (1:34.527)	18:40.059 (1:34.992)
	20:15.308 (1:35.249)	21:48.186 (1:32.879)	23:21.758 (1:33.573)
	24:56.332 (1:34.574)	26:29.207 (1:32.875)	28:02.756 (1:33.550)
	29:39.278 (1:36.522)	31:16.581 (1:37.303)	
	34:30.254 (1:36.596)	36:07.299 (1:37.045)	37:43.671 (1:36.372)
	39:08.279 (1:24.609)		

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Results

Section 1 ... (Event 39 Women 10000 M Run)

Name	Yr	School	Finals
7 257 Fabiola Naranjo	SO	Glendale	39:27.07
1:28.492 (1:28.492)	2:59.696 (1:31.205)	4:30.473 (1:30.777)	
6:02.806 (1:32.333)	7:35.373 (1:32.568)	9:08.051 (1:32.678)	
10:41.031 (1:32.980)	12:14.973 (1:33.943)	13:49.127 (1:34.155)	
15:24.408 (1:35.281)	16:59.469 (1:35.061)	18:33.558 (1:34.089)	
20:07.917 (1:34.360)	21:42.869 (1:34.952)	23:18.869 (1:36.000)	
24:54.528 (1:35.659)	26:30.892 (1:36.365)	28:08.617 (1:37.726)	
29:46.645 (1:38.028)	31:24.329 (1:37.685)		
34:40.192 (1:36.871)	36:18.413 (1:38.221)	37:55.936 (1:37.523)	
39:27.067 (1:31.131)			
8 502 Jocelyn Dominguez	FR	West Los Ang	39:57.72
1:29.408 (1:29.408)	3:00.749 (1:31.342)	4:30.833 (1:30.084)	
6:03.165 (1:32.333)	7:35.718 (1:32.554)	9:08.339 (1:32.621)	
10:41.359 (1:33.021)	12:15.384 (1:34.025)	13:49.476 (1:34.093)	
15:24.804 (1:35.328)	16:59.834 (1:35.030)	18:34.554 (1:34.721)	
20:11.344 (1:36.790)	21:49.034 (1:37.691)	23:27.228 (1:38.194)	
25:06.075 (1:38.848)	26:43.167 (1:37.093)	28:21.675 (1:38.508)	
30:02.560 (1:40.886)	31:43.894 (1:41.334)		
35:04.790 (1:41.514)	36:45.015 (1:40.226)	38:24.916 (1:39.901)	
39:57.718 (1:32.802)			
9 134 Shalyn Mabritto	SO	Canyons	40:07.62
1:29.134 (1:29.134)	3:01.068 (1:31.934)	4:31.162 (1:30.094)	
6:03.475 (1:32.314)	7:36.034 (1:32.559)	9:08.615 (1:32.582)	
10:41.644 (1:33.029)	12:15.754 (1:34.110)	13:49.822 (1:34.069)	
15:25.152 (1:35.331)	17:00.213 (1:35.061)	18:35.060 (1:34.848)	
20:11.752 (1:36.692)	21:48.744 (1:36.993)	23:28.123 (1:39.379)	
25:11.049 (1:42.926)	26:52.209 (1:41.160)	28:32.907 (1:40.699)	
30:12.784 (1:39.877)	31:53.507 (1:40.724)		
35:17.906 (1:42.538)	36:59.899 (1:41.993)	38:39.357 (1:39.459)	
40:07.612 (1:28.256)			
10 135 Stephanie Martinez	FR	Canyons	40:30.68
1:29.588 (1:29.588)	3:02.192 (1:32.604)	4:36.001 (1:33.810)	
6:10.065 (1:34.064)	7:41.702 (1:31.638)	9:15.486 (1:33.784)	
10:50.056 (1:34.571)	12:25.103 (1:35.047)	14:01.010 (1:35.907)	
15:38.167 (1:37.158)	17:15.318 (1:37.151)	18:54.600 (1:39.283)	
20:33.401 (1:38.801)	22:12.285 (1:38.884)	23:50.912 (1:38.628)	
25:30.229 (1:39.318)	27:11.487 (1:41.258)	28:53.173 (1:41.686)	
30:36.891 (1:43.719)	32:16.375 (1:39.485)		
35:37.172 (1:39.411)	37:13.599 (1:36.428)	38:53.427 (1:39.829)	
40:30.679 (1:37.252)			
11 124 Alyssa Morales	FR	Bakersfield	40:36.99
1:29.933 (1:29.933)	3:02.682 (1:32.750)	4:36.377 (1:33.695)	
6:10.492 (1:34.116)	7:43.086 (1:32.594)	9:19.542 (1:36.456)	
10:56.924 (1:37.382)	12:35.690 (1:38.767)	14:14.294 (1:38.604)	
15:52.468 (1:38.174)	17:31.522 (1:39.055)	19:10.123 (1:38.601)	
20:48.149 (1:38.027)	22:28.612 (1:40.463)	24:08.073 (1:39.462)	
25:47.802 (1:39.729)	27:27.731 (1:39.930)	29:07.524 (1:39.793)	
30:48.151 (1:40.627)	32:27.024 (1:38.874)		
35:44.632 (1:38.589)	37:22.206 (1:37.574)	39:02.369 (1:40.164)	
40:36.985 (1:34.616)			

12 316 Maria Castello	FR	Mt. Sac	41:57.47
1:29.909 (1:29.909)	3:02.639 (1:32.730)	4:36.173 (1:33.534)	
6:10.399 (1:34.226)	7:44.750 (1:34.352)	9:24.995 (1:40.245)	
11:06.539 (1:41.545)	12:48.027 (1:41.488)	14:30.657 (1:42.630)	
16:13.436 (1:42.780)	17:57.099 (1:43.663)	19:41.564 (1:44.466)	
21:25.609 (1:44.045)	23:09.414 (1:43.805)	24:54.705 (1:45.292)	
26:38.594 (1:43.890)	28:23.599 (1:45.006)	30:09.007 (1:45.409)	
31:54.374 (1:45.367)	33:37.894 (1:43.520)		
37:03.519 (1:42.128)	38:44.615 (1:41.096)	40:24.305 (1:39.690)	
41:57.464 (1:33.160)			

Event 40 Men 10000 M Run

SoCal Meet: 29:22.70 < 1988 Julius Kariuki

NorCal Meet: 30:44.70 > 1978 Paul Mello

State Meet: 29:39.31 & 5/21/1999 Wilhelm Gidasuday

Name	Yr	School	Finals
Section 1			
1 364 Danny Dominguez	SO	Orange Coast	32:10.89
1:21.975 (1:21.975)	2:45.962 (1:23.988)	4:10.029 (1:24.067)	
5:34.693 (1:24.665)	6:56.629 (1:21.936)	8:16.900 (1:20.272)	
9:36.170 (1:19.270)	10:58.684 (1:22.514)	12:19.505 (1:20.822)	
13:37.029 (1:17.524)	14:50.921 (1:13.893)	16:05.010 (1:14.090)	
17:18.843 (1:13.833)	18:32.406 (1:13.564)	19:46.162 (1:13.757)	
21:00.348 (1:14.186)	22:15.040 (1:14.692)	23:30.382 (1:15.343)	
24:46.549 (1:16.168)	26:03.821 (1:17.272)		
28:37.715 (1:16.786)	29:52.924 (1:15.210)	31:07.419 (1:14.496)	
32:10.883 (1:03.464)			
2 418 Luis Ortega	SO	San Bernardi	32:11.84
1:21.812 (1:21.812)	2:45.684 (1:23.873)	4:09.719 (1:24.035)	
5:33.937 (1:24.219)	6:56.084 (1:22.147)	8:16.091 (1:20.008)	
9:35.828 (1:19.737)	10:58.288 (1:22.461)	12:19.330 (1:21.042)	
13:36.794 (1:17.464)	14:50.513 (1:13.720)	16:04.354 (1:13.841)	
17:17.506 (1:13.153)	18:31.168 (1:13.662)	19:45.338 (1:14.171)	
20:59.585 (1:14.248)	22:14.437 (1:14.853)	23:29.832 (1:15.395)	
24:46.369 (1:16.538)	26:03.653 (1:17.285)		
28:37.580 (1:16.571)	29:50.242 (1:12.662)	31:02.753 (1:12.512)	
32:11.837 (1:09.084)			
3 438 Paulino Sanchez	SO	Santa Ana	32:16.41
1:22.396 (1:22.396)	2:46.369 (1:23.973)	4:10.321 (1:23.953)	
5:34.631 (1:24.310)	6:56.614 (1:21.983)	8:16.136 (1:19.523)	
9:35.956 (1:19.820)	10:57.703 (1:21.748)	12:18.807 (1:21.105)	
13:36.550 (1:17.743)	14:50.686 (1:14.136)	16:04.659 (1:13.974)	
17:17.799 (1:13.141)	18:31.487 (1:13.688)	19:45.620 (1:14.134)	
20:59.912 (1:14.292)	22:14.718 (1:14.807)	23:30.142 (1:15.424)	
24:46.624 (1:16.482)	26:03.883 (1:17.260)		
28:37.717 (1:16.431)	29:52.775 (1:15.058)	31:07.707 (1:14.933)	
32:16.402 (1:08.695)			

CCCAA Track and Field Championships 2017 - 5/19/2017 to 5/20/2017

American River College

Results

Section 1 ... (Event 40 Men 10000 M Run)

Name	Yr	School	Finals
4 276 Jorge Sanchez	SO	Hartnell	32:31.05
1:21.087 (1:21.087)	2:45.126 (1:24.039)	4:09.246 (1:24.120)	
5:34.222 (1:24.977)	6:56.363 (1:22.141)	8:16.622 (1:20.260)	
9:36.323 (1:19.702)	10:58.292 (1:21.969)	12:18.820 (1:20.528)	
13:36.324 (1:17.505)	14:50.165 (1:13.841)	16:04.101 (1:13.936)	
17:17.244 (1:13.143)	18:30.899 (1:13.655)	19:45.085 (1:14.187)	
20:59.312 (1:14.227)	22:14.191 (1:14.880)	23:29.577 (1:15.386)	
24:46.107 (1:16.530)	26:03.405 (1:17.299)		
28:37.376 (1:16.619)	29:52.673 (1:15.297)	31:12.766 (1:20.094)	
32:31.044 (1:18.278)			
5 188 Steven Lepe	FR	Cuyamaca	32:43.61
1:21.352 (1:21.352)	2:45.427 (1:24.076)	4:09.462 (1:24.036)	
5:33.747 (1:24.285)	6:55.788 (1:22.042)	8:15.829 (1:20.041)	
9:35.649 (1:19.820)	10:58.056 (1:22.408)	12:19.145 (1:21.090)	
13:36.652 (1:17.507)	14:50.472 (1:13.820)	16:04.159 (1:13.688)	
17:17.338 (1:13.179)	18:31.145 (1:13.808)	19:45.744 (1:14.599)	
21:00.159 (1:14.416)	22:15.868 (1:15.709)	23:33.829 (1:17.961)	
24:52.438 (1:18.609)	26:12.023 (1:19.586)		
28:51.916 (1:20.168)	30:12.643 (1:20.727)	31:33.022 (1:20.379)	
32:43.609 (1:10.588)			
6 274 Mario Perez	SO	Hartnell	32:45.20
1:21.737 (1:21.737)	2:45.877 (1:24.140)	4:09.975 (1:24.099)	
5:34.839 (1:24.865)	6:56.912 (1:22.074)	8:17.423 (1:20.511)	
9:36.615 (1:19.192)	10:58.844 (1:22.229)	12:19.742 (1:20.899)	
13:37.150 (1:17.408)	14:51.342 (1:14.192)	16:05.818 (1:14.476)	
17:20.057 (1:14.239)	18:34.299 (1:14.243)	19:49.411 (1:15.112)	
21:06.603 (1:17.192)	22:25.261 (1:18.659)	23:43.997 (1:18.737)	
25:03.416 (1:19.419)	26:22.406 (1:18.991)		
28:59.093 (1:18.290)	30:17.776 (1:18.684)	31:34.347 (1:16.571)	
32:45.197 (1:10.850)			
7 261 Raymond Lopez	FR	Glendale	33:03.92
1:21.124 (1:21.124)	2:45.167 (1:24.043)	4:09.306 (1:24.139)	
5:34.515 (1:25.209)	6:56.413 (1:21.898)	8:16.423 (1:20.011)	
9:35.617 (1:19.194)	10:58.083 (1:22.466)	12:19.049 (1:20.966)	
13:36.336 (1:17.287)	14:50.258 (1:13.923)	16:05.400 (1:15.143)	
17:19.564 (1:14.164)	18:34.058 (1:14.495)	19:50.803 (1:16.745)	
21:07.727 (1:16.925)	22:27.588 (1:19.862)	23:47.073 (1:19.485)	
25:06.733 (1:19.660)	26:28.653 (1:21.920)		
29:12.194 (1:21.092)	30:34.175 (1:21.982)	31:54.619 (1:20.444)	
33:03.914 (1:09.296)			
8 260 Alejandro Ambrossio	SO	Glendale	33:07.01
1:22.132 (1:22.132)	2:46.084 (1:23.952)	4:10.143 (1:24.060)	
5:34.872 (1:24.729)	6:57.012 (1:22.140)	8:17.183 (1:20.171)	
9:36.585 (1:19.402)	10:58.807 (1:22.223)	12:19.611 (1:20.804)	
13:37.479 (1:17.868)	14:51.444 (1:13.966)	16:06.070 (1:14.626)	
17:19.185 (1:13.116)	18:32.733 (1:13.549)	19:46.743 (1:14.011)	
21:00.621 (1:13.878)	22:17.186 (1:16.565)	23:44.266 (1:27.081)	
25:07.363 (1:23.097)	26:33.927 (1:26.564)		
29:17.820 (1:20.984)	30:36.214 (1:18.395)	31:54.331 (1:18.117)	
33:07.003 (1:12.672)			

9 180 Bret Greene	SO	Chabot	33:11.62
1:21.320 (1:21.320)	2:45.389 (1:24.069)	4:09.521 (1:24.132)	
5:34.384 (1:24.864)	6:56.390 (1:22.007)	8:16.714 (1:20.324)	
9:36.485 (1:19.772)	10:58.490 (1:22.005)	12:19.256 (1:20.767)	
13:36.957 (1:17.701)	14:51.104 (1:14.148)	16:06.236 (1:15.133)	
17:20.245 (1:14.009)	18:36.827 (1:16.582)	19:55.317 (1:18.490)	
21:15.123 (1:19.807)	22:36.746 (1:21.623)	23:57.254 (1:20.509)	
25:17.985 (1:20.732)	26:38.627 (1:20.642)		
29:17.208 (1:20.728)	30:38.353 (1:21.145)	31:58.570 (1:20.218)	
33:11.617 (1:13.047)			
10 115 Hassen (Ozzie) Hassen	SO	American Riv	33:18.40
1:21.554 (1:21.554)	2:45.615 (1:24.061)	4:09.738 (1:24.123)	
5:34.106 (1:24.369)	6:56.120 (1:22.014)	8:16.373 (1:20.253)	
9:36.038 (1:19.666)	10:58.530 (1:22.493)	12:19.034 (1:20.505)	
13:36.755 (1:17.721)	14:50.795 (1:14.040)	16:05.482 (1:14.688)	
17:19.800 (1:14.318)	18:35.446 (1:15.647)	19:53.646 (1:18.200)	
21:12.634 (1:18.988)	22:32.460 (1:19.827)	23:52.377 (1:19.917)	
25:12.927 (1:20.551)	26:33.677 (1:20.751)		
29:17.430 (1:21.376)	30:35.820 (1:18.391)	31:56.353 (1:20.533)	
33:18.399 (1:22.046)			
11 397 Isaiah Quiambao	SO	Riverside	33:23.48
1:22.159 (1:22.159)	2:46.118 (1:23.959)	4:10.199 (1:24.081)	
5:34.927 (1:24.729)	6:56.779 (1:21.853)	8:17.142 (1:20.364)	
9:36.358 (1:19.216)	10:58.744 (1:22.386)	12:19.572 (1:20.828)	
13:37.248 (1:17.677)	14:51.233 (1:13.985)	16:05.832 (1:14.600)	
17:20.571 (1:14.739)	18:36.588 (1:16.017)	19:53.950 (1:17.362)	
21:12.838 (1:18.889)	22:32.647 (1:19.809)	23:52.584 (1:19.937)	
25:13.003 (1:20.419)	26:33.904 (1:20.902)		
29:17.592 (1:21.448)	30:38.820 (1:21.229)	32:02.393 (1:23.573)	
33:23.471 (1:21.078)			
12 437 Eric Jimeneznava	FR	Santa Ana	34:29.26
1:22.417 (1:22.417)	2:46.405 (1:23.989)	4:10.439 (1:24.034)	
5:35.135 (1:24.697)	6:57.118 (1:21.983)	8:17.472 (1:20.354)	
9:36.725 (1:19.254)	10:58.943 (1:22.218)	12:19.816 (1:20.874)	
13:37.669 (1:17.854)	14:51.558 (1:13.889)	16:06.170 (1:14.613)	
17:20.432 (1:14.262)	18:37.065 (1:16.634)	19:55.570 (1:18.505)	
21:15.370 (1:19.801)	22:37.314 (1:21.944)	24:00.498 (1:23.185)	
25:27.905 (1:27.407)	26:59.256 (1:31.352)		
29:59.548 (1:29.790)	31:31.553 (1:32.005)	33:02.424 (1:30.872)	
34:29.259 (1:26.836)			

Event 41 Women Heptathlon

SoCal Meet: 5471 < 4/5/2017 Juanita Webster

NorCal Meet: 5353 > 1981 Kathy Raugast

State Meet: 5352 & 5/17/1991 Melanie Clark

Name	Yr	School	Finals
1 164 Juanita Webster	SO	Cerritos	5424>
2 132 Jasmine Hall	SO	Canyons	4995
3 151 Michaela Banyi	FR	Cerritos	4491
4 440 Andrea Müller	FR	Santa Barbar	4380
5 419 Laury-Ashley Diboki	SO	San Joaquin	4218
6 152 Amani Briggs	FR	Cerritos	4176
7 306 Paige Johnson	FR	Moorpark	4081
8 128 Kaylee Shoemaker	FR	Butte	3995
9 430 Caroline Trevithick	FR	San Mateo	3645

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Results

10 194 Kelia Surrency SO De Anza 3572

(Event 41 Women Heptathlon)

	Name	Yr	School	Finals
11	468 Dhakiya Omawahleh,	SO	Sequoias	3365
12	266 Sherise Robinson	FR	Hartnell	2777

Event 41 Heptathlon: #1 Women 100 M H

NorCal Meet: 14.74 > 1981 Kathy Raugast & Sheri Milton

	Name	Yr	School	Finals
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Section 1 Wind: -1.9

1	440 Andrea Müller	FR	Santa Barbar	15.72	749
2	430 Caroline Trevithick	FR	San Mateo	16.42	664
3	194 Kelia Surrency	SO	De Anza	17.42	550
4	468 Dhakiya Omawahleh,	SO	Sequoias	17.47	544

Section 2 Wind: -0.6

1	164 Juanita Webster	SO	Cerritos	13.96>	984
2	132 Jasmine Hall	SO	Canyons	14.90	855
3	306 Paige Johnson	FR	Moorpark	15.58	767
4	266 Sherise Robinson	FR	Hartnell	18.10	478

Section 3 Wind: 1.2

1	151 Michaela Banyi	FR	Cerritos	15.03	838
2	152 Amani Briggs	FR	Cerritos	15.51	775
3	128 Kaylee Shoemaker	FR	Butte	15.87	730
4	419 Laury-Ashley Diboki	SO	San Joaquin	16.45	660

Event 41 Heptathlon: #2 Women High Jump

NorCal Meet: 1.75m > 1981 Kathy Raugast

	Name	Yr	School	Finals
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Flight 1

1	164 Juanita Webster	SO	Cerritos	1.75m>	916
2	132 Jasmine Hall	SO	Canyons	1.72m	879
3	128 Kaylee Shoemaker	FR	Butte	1.60m	736
4	440 Andrea Müller	FR	Santa Barbar	1.57m	701
5	306 Paige Johnson	FR	Moorpark	1.54m	666
6	152 Amani Briggs	FR	Cerritos	1.51m	632
6	419 Laury-Ashley Diboki	SO	San Joaquin	1.51m	632
8	430 Caroline Trevithick	FR	San Mateo	1.48m	599
9	468 Dhakiya Omawahleh,	SO	Sequoias	1.45m	566
9	151 Michaela Banyi	FR	Cerritos	1.45m	566
11	194 Kelia Surrency	SO	De Anza	1.36m	470
11	266 Sherise Robinson	FR	Hartnell	1.36m	470

Event 41 Heptathlon: #3 Women Shot Put

NorCal Meet: 12.72m > 2002 Angel Johnson

	Name	Yr	School	Finals
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Flight 1

1	419 Laury-Ashley Diboki	SO	San Joaquin	11.67m	639
2	151 Michaela Banyi	FR	Cerritos	11.24m	611
3	164 Juanita Webster	SO	Cerritos	10.36m	553
4	132 Jasmine Hall	SO	Canyons	10.29m	548
5	440 Andrea Müller	FR	Santa Barbar	10.05m	533
6	152 Amani Briggs	FR	Cerritos	9.57m	501
7	128 Kaylee Shoemaker	FR	Butte	8.36m	423
8	194 Kelia Surrency	SO	De Anza	8.10m	406
9	266 Sherise Robinson	FR	Hartnell	8.09m	405
10	430 Caroline Trevithick	FR	San Mateo	7.47m	365
11	306 Paige Johnson	FR	Moorpark	6.82m	324

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Results

---	468 Dhakiya Omawahleh,	SO	Sequoias	FOUL	
Event 41 Heptathlon: #4 Women 200 M Dash					
NorCal Meet:		25.04 > 1983		Brenda Bertillion	
Name	Yr	School	Finals		
Section 1 Wind: -0.2					
1	306 Paige Johnson	FR	Moorpark	25.33	857
2	132 Jasmine Hall	SO	Canyons	25.34	856
3	440 Andrea Müller	FR	Santa Barbar	26.74	734
4	152 Amani Briggs	FR	Cerritos	27.03	709
5	430 Caroline Trevithick	FR	San Mateo	27.23	693
6	419 Laury-Ashley Diboki	SO	San Joaquin	27.69	655
Section 2 Wind: 1.7					
1	164 Juanita Webster	SO	Cerritos	25.02>	885
2	266 Sherise Robinson	FR	Hartnell	26.32	769
3	151 Michaela Banyi	FR	Cerritos	26.55	750
4	194 Kelia Surrency	SO	De Anza	26.69	738
5	468 Dhakiya Omawahleh,	SO	Sequoias	27.05	708
6	128 Kaylee Shoemaker	FR	Butte	27.83	644
Event 41 Heptathlon: #5 Women Long Jump					
NorCal Meet:		5.78m > 2004		Laurn Jordan	
Name	Yr	School	Finals		
Flight 1					
1	164 Juanita Webster	SO	Cerritos	5.58m	723
2	440 Andrea Müller	FR	Santa Barbar	5.38m	665
3	132 Jasmine Hall	SO	Canyons	5.36m	660
4	419 Laury-Ashley Diboki	SO	San Joaquin	5.23m	623
5	194 Kelia Surrency	SO	De Anza	5.18m	609
5	306 Paige Johnson	FR	Moorpark	5.18m	609
7	152 Amani Briggs	FR	Cerritos	5.07m	578
8	151 Michaela Banyi	FR	Cerritos	5.05m	573
9	468 Dhakiya Omawahleh,	SO	Sequoias	5.00m	559
10	128 Kaylee Shoemaker	FR	Butte	4.87m	524
11	430 Caroline Trevithick	FR	San Mateo	4.46m	418
---	266 Sherise Robinson	FR	Hartnell	FOUL	
Event 41 Heptathlon: #6 Women Javelin Throw					
NorCal Meet:		41.86m > 1989		Chris Diehl	
Name	Yr	School	Finals		
Flight 1					
1	132 Jasmine Hall	SO	Canyons	37.10m	612
2	164 Juanita Webster	SO	Cerritos	36.32m	597
3	128 Kaylee Shoemaker	FR	Butte	35.07m	573
4	152 Amani Briggs	FR	Cerritos	27.86m	436
5	151 Michaela Banyi	FR	Cerritos	27.63m	432
6	419 Laury-Ashley Diboki	SO	San Joaquin	27.15m	423
7	194 Kelia Surrency	SO	De Anza	26.00m	401
8	468 Dhakiya Omawahleh,	SO	Sequoias	24.48m	373
9	440 Andrea Müller	FR	Santa Barbar	23.08m	346
10	306 Paige Johnson	FR	Moorpark	18.82m	267
11	430 Caroline Trevithick	FR	San Mateo	18.28m	257
---	266 Sherise Robinson	FR	Hartnell	FOUL	

Event 41 Heptathlon: #7 Women 800 M Run

NorCal Meet: 2:16.54 > 1985 Carla Halford

Name	Yr	School	Finals	
Section 1				
1	164 Juanita Webster	SO	Cerritos	2:24.27 766
	1:06.955 (1:06.955)		2:24.265 (1:17.311)	
2	151 Michaela Banyi	FR	Cerritos	2:27.81 721
	1:09.530 (1:09.530)		2:27.807 (1:18.278)	
3	266 Sherise Robinson	FR	Hartnell	2:33.07 655
	1:12.769 (1:12.769)		2:33.064 (1:20.295)	
4	440 Andrea Müller	FR	Santa Barbar	2:33.33 652
	1:13.825 (1:13.825)		2:33.321 (1:19.497)	
5	430 Caroline Trevithick	FR	San Mateo	2:33.59 649
	1:13.410 (1:13.410)		2:33.589 (1:20.179)	
6	468 Dhakiya Omawahleh,	SO	Sequoias	2:36.38 615
	1:12.222 (1:12.222)		2:36.376 (1:24.155)	
7	306 Paige Johnson	FR	Moorpark	2:38.40 591
	1:12.079 (1:12.079)		2:38.394 (1:26.316)	
8	419 Laury-Ashley Diboki	SO	San Joaquin	2:38.83 586
	1:15.545 (1:15.545)		2:38.824 (1:23.279)	
9	132 Jasmine Hall	SO	Canyons	2:38.94 585
	1:12.809 (1:12.809)		2:38.939 (1:26.131)	
10	152 Amani Briggs	FR	Cerritos	2:42.42 545
	1:15.552 (1:15.552)		2:42.418 (1:26.866)	
11	194 Kelia Surrency	SO	De Anza	2:56.50 398
	1:20.833 (1:20.833)		2:56.500 (1:35.667)	
12	128 Kaylee Shoemaker	FR	Butte	3:00.04 365
	1:19.386 (1:19.386)		3:00.035 (1:40.650)	

Event 42 Men Decathlon

SoCal Meet: 7361 < 1983 Doug Fernandez

NorCal Meet: 7144 > 1982 Darin Hall

State Meet: 7478 & 5/21/1983 Doug Fernandez

Name	Yr	School	Finals	
1	184 Aaron Cheek	SO	Cuesta	6329
2	175 Zachary Munoz	SO	Cerritos	5970
3	312 Elisha Edwards	SO	Moorpark	5953
4	434 Nick Pallas	SO	San Mateo	5903
5	253 Zachary Wilson	FR	Fresno	5817
6	351 Brandon Nicely	SO	Mt. Sac	5713
7	492 Thomas Dodgen	FR	Siskiyou	5570
8	145 Zachary Larson	SO	Canyons	5547
9	Brandon Jetter	SO	American Riv	5418
10	207 Ryan Staal	FR	De Anza	5276
11	Clemente Villareal	FR	Hartnell	4939
12	339 Keaton Gregus	SO	Mt. Sac	4009

Event 42 Decathlon: #1 Men 100 M Dash

NorCal Meet: 10.84 > 1986 Chris Madden

Name	Yr	School	Finals	
Section 1 Wind: -1.7				
1	339 Keaton Gregus	SO	Mt. Sac	11.68 715
2	434 Nick Pallas	SO	San Mateo	11.76 699
3	351 Brandon Nicely	SO	Mt. Sac	11.81 689
4	175 Zachary Munoz	SO	Cerritos	11.86 679

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5	207 Ryan Staal	FR	De Anza	11.97	657
6	145 Zachary Larson	SO	Canyons	12.08	635
Section 2 Wind: -0.6					
1	Brandon Jetter	SO	American Riv	11.02	856
2	312 Elisha Edwards	SO	Moorpark	11.06	847
3	184 Aaron Cheek	SO	Cuesta	11.60	732
4	492 Thomas Dodgen	FR	Siskiyou	11.72	707
5	253 Zachary Wilson	FR	Fresno	11.75	701
6	Clemente Villareal	FR	Hartnell	11.92	667

Event 42 Decathlon: #2 Men Long Jump

NorCal Meet: 7.27m > 1986 Tim Gelonek

Name	Yr	School	Finals
Flight 1			
1	434 Nick Pallas	SO San Mateo	6.59m 718
2	312 Elisha Edwards	SO Moorpark	6.57m 713
3	175 Zachary Munoz	SO Cerritos	6.50m 697
4	184 Aaron Cheek	SO Cuesta	6.15m 619
5	339 Keaton Gregus	SO Mt. Sac	6.14m 617
6	Brandon Jetter	SO American Riv	6.06m 600
6	492 Thomas Dodgen	FR Siskiyou	6.06m 600
8	351 Brandon Nicely	SO Mt. Sac	6.00m 587
9	145 Zachary Larson	SO Canyons	5.98m 582
10	Clemente Villareal	FR Hartnell	5.91m 567
11	207 Ryan Staal	FR De Anza	5.89m 563
12	253 Zachary Wilson	FR Fresno	5.88m 561

Event 42 Decathlon: #3 Men Shot Put

NorCal Meet: 14.63m > 2010 Aaron Victorian

Name	Yr	School	Finals
Flight 1			
1	434 Nick Pallas	SO San Mateo	12.70m 649
2	253 Zachary Wilson	FR Fresno	12.02m 608
3	351 Brandon Nicely	SO Mt. Sac	11.76m 592
4	312 Elisha Edwards	SO Moorpark	11.42m 571
5	175 Zachary Munoz	SO Cerritos	10.91m 540
6	184 Aaron Cheek	SO Cuesta	10.67m 526
7	Brandon Jetter	SO American Riv	10.07m 490
8	339 Keaton Gregus	SO Mt. Sac	9.99m 485
9	492 Thomas Dodgen	FR Siskiyou	9.81m 474
10	Clemente Villareal	FR Hartnell	9.49m 455
11	145 Zachary Larson	SO Canyons	9.33m 445
12	207 Ryan Staal	FR De Anza	9.25m 441

Event 42 Decathlon: #4 Men High Jump

NorCal Meet: 2.06m > Paul Sanchez

Name	Yr	School	Finals
Flight 1			
1	312 Elisha Edwards	SO Moorpark	1.79m 619
2	253 Zachary Wilson	FR Fresno	1.76m 593
2	184 Aaron Cheek	SO Cuesta	1.76m 593
2	207 Ryan Staal	FR De Anza	1.76m 593
5	Clemente Villareal	FR Hartnell	1.70m 544
6	492 Thomas Dodgen	FR Siskiyou	1.67m 520
6	351 Brandon Nicely	SO Mt. Sac	1.67m 520
8	175 Zachary Munoz	SO Cerritos	1.64m 496

Flight 1 ... (Event 42 Decathlon: #4 Men High Jump)

Name	Yr	School	Finals
8	145 Zachary Larson	SO Canyons	1.64m 496
10	434 Nick Pallas	SO San Mateo	1.61m 472
11	Brandon Jetter	SO American Riv	1.55m 426
12	339 Keaton Gregus	SO Mt. Sac	1.43m 338

Event 42 Decathlon: #5 Men 400 M Dash

NorCal Meet: 48.14 > 1980 Bo Breigan

Name	Yr	School	Finals
Section 1			
1	Brandon Jetter	SO American Riv	52.15 718
2	434 Nick Pallas	SO San Mateo	52.37 709
3	207 Ryan Staal	FR De Anza	52.65 697
4	175 Zachary Munoz	SO Cerritos	53.30 669
5	351 Brandon Nicely	SO Mt. Sac	54.16 633
6	253 Zachary Wilson	FR Fresno	55.52 578

Section 2

1	312 Elisha Edwards	SO Moorpark	49.30 847
2	184 Aaron Cheek	SO Cuesta	51.41 751
3	492 Thomas Dodgen	FR Siskiyou	51.89 730
4	145 Zachary Larson	SO Canyons	52.10 720
5	Clemente Villareal	FR Hartnell	55.66 573
6	339 Keaton Gregus	SO Mt. Sac	62.14 343

Event 42 Decathlon: #6 Men 110 M H

NorCal Meet: 14.64 > 1983 Steve Roberts

Name	Yr	School	Finals
Section 1 Wind: -0.5			
1	Brandon Jetter	SO American Riv	15.57 782
2	351 Brandon Nicely	SO Mt. Sac	15.98 735
3	434 Nick Pallas	SO San Mateo	16.28 702
4	339 Keaton Gregus	SO Mt. Sac	18.93 439
Section 2 Wind: +0.0			
1	184 Aaron Cheek	SO Cuesta	15.69 768
2	175 Zachary Munoz	SO Cerritos	16.44 684
3	492 Thomas Dodgen	FR Siskiyou	17.50 573
4	207 Ryan Staal	FR De Anza	18.11 514
Section 3 Wind: -0.3			
1	312 Elisha Edwards	SO Moorpark	14.88 864
2	145 Zachary Larson	SO Canyons	16.55 672
3	Clemente Villareal	FR Hartnell	17.37 586
4	253 Zachary Wilson	FR Fresno	18.29 497

Event 42 Decathlon: #7 Men Discus Throw

NorCal Meet: 44.06m > 1978 Dan Sheehan

Name	Yr	School	Finals
Flight 1			
1	175 Zachary Munoz	SO Cerritos	34.66m 557
2	253 Zachary Wilson	FR Fresno	34.58m 555
3	184 Aaron Cheek	SO Cuesta	33.56m 535
4	434 Nick Pallas	SO San Mateo	32.49m 514
5	492 Thomas Dodgen	FR Siskiyou	30.40m 472
6	351 Brandon Nicely	SO Mt. Sac	30.07m 466
7	207 Ryan Staal	FR De Anza	25.70m 381
8	145 Zachary Larson	SO Canyons	25.00m 367

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9	339 Keaton Gregus	SO	Mt. Sac	23.77m	343
10	Clemente Villareal	FR	Hartnell	23.46m	338
11	Brandon Jetter	SO	American Riv	23.42m	337
---	312 Elisha Edwards	SO	Moorpark	FOUL	

Event 42 Decathlon: #8 Men Pole Vault

NorCal Meet: 4.72m > 1978 Tim McDonald

Name	Yr	School	Finals
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Flight 1

1	253 Zachary Wilson	FR	Fresno	4.45m	746
2	145 Zachary Larson	SO	Canyons	4.15m	659
3	175 Zachary Munoz	SO	Cerritos	3.75m	549
3	434 Nick Pallas	SO	San Mateo	3.75m	549
3	184 Aaron Cheek	SO	Cuesta	3.75m	549
6	207 Ryan Staal	FR	De Anza	3.55m	496
7	312 Elisha Edwards	SO	Moorpark	3.25m	418
7	339 Keaton Gregus	SO	Mt. Sac	3.25m	418
7	351 Brandon Nicely	SO	Mt. Sac	3.25m	418
10	492 Thomas Dodgen	FR	Siskiyou	3.15m	393
11	Brandon Jetter	SO	American Riv	3.05m	369
12	Clemente Villareal	FR	Hartnell	2.65m	275

Event 42 Decathlon: #9 Men Javelin Throw

NorCal Meet: 61.42m > 1989 Charles Langston

Name	Yr	School	Finals
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Flight 1

1	184 Aaron Cheek	SO	Cuesta	49.27m	578
2	253 Zachary Wilson	FR	Fresno	48.97m	573
3	175 Zachary Munoz	SO	Cerritos	48.33m	564
4	492 Thomas Dodgen	FR	Siskiyou	43.38m	491
5	434 Nick Pallas	SO	San Mateo	42.18m	474
6	351 Brandon Nicely	SO	Mt. Sac	40.76m	453
7	Clemente Villareal	FR	Hartnell	40.33m	447
8	312 Elisha Edwards	SO	Moorpark	39.34m	433
9	145 Zachary Larson	SO	Canyons	36.32m	389
10	Brandon Jetter	SO	American Riv	33.76m	352
11	207 Ryan Staal	FR	De Anza	32.73m	338
12	339 Keaton Gregus	SO	Mt. Sac	19.03m	148

Event 42 Decathlon: #10 Men 1500 M Run

NorCal Meet: 4:09.80 > 1980 Bo Breigan

Name	Yr	School	Finals
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Section 1

1	184 Aaron Cheek	SO	Cuesta	4:40.31	678
	51.787 (51.787)	2:15.193 (1:23.407)	3:29.801 (1:14.608)		
	4:40.307 (1:10.507)				
2	312 Elisha Edwards	SO	Moorpark	4:46.31	641
	51.137 (51.137)	2:15.149 (1:24.013)	3:33.142 (1:17.993)		
	4:46.305 (1:13.164)				
3	351 Brandon Nicely	SO	Mt. Sac	4:49.76	620
	51.396 (51.396)	2:15.351 (1:23.956)	3:32.762 (1:17.412)		
	4:49.759 (1:16.997)				
4	492 Thomas Dodgen	FR	Siskiyou	4:51.43	610
	54.157 (54.157)	2:15.918 (1:21.762)	3:41.304 (1:25.386)		
	4:51.423 (1:10.120)				

Section 1 ... (Event 42 Decathlon: #10 Men 1500 M Run)

Name	Yr	School	Finals		
5	207 Ryan Staal	FR	De Anza	4:53.76	596
	55.408 (55.408)	2:17.526 (1:22.119)	3:42.448 (1:24.922)		
	4:53.754 (1:11.306)				
6	145 Zachary Larson	SO	Canyons	4:56.20	582
	54.516 (54.516)	2:16.802 (1:22.286)	3:42.080 (1:25.279)		
	4:56.199 (1:14.120)				
7	175 Zachary Munoz	SO	Cerritos	5:04.37	535
	52.938 (52.938)	2:16.386 (1:23.448)	3:40.743 (1:24.358)		
	5:04.368 (1:23.625)				
8	Brandon Jetter	SO	American Riv	5:12.91	488
	53.876 (53.876)	2:18.346 (1:24.470)	3:51.537 (1:33.191)		
	5:12.908 (1:21.371)				
9	Clemente Villareal	FR	Hartnell	5:12.99	487
	53.245 (53.245)	2:16.741 (1:23.496)	3:46.366 (1:29.626)		
	5:12.987 (1:26.621)				
10	434 Nick Pallas	SO	San Mateo	5:26.38	417
	54.735 (54.735)	2:20.250 (1:25.516)	3:56.355 (1:36.105)		
	5:26.371 (1:30.016)				
11	253 Zachary Wilson	FR	Fresno	5:28.94	405
	54.386 (54.386)	2:19.421 (1:25.036)	3:55.422 (1:36.001)		
	5:28.931 (1:33.509)				
12	339 Keaton Gregus	SO	Mt. Sac	6:27.60	163
	1:03.117 (1:03.117)	2:45.759 (1:42.642)	4:39.672 (1:53.914)		
	6:27.599 (1:47.928)				

Women - Team Rankings - 21 Events Scored

1)	Cerritos	149.5
2)	Sequoias	88
3)	Mt. SAC	75
4)	Laney	62
5)	Riverside	58
6)	Canyons	38
7)	West Los Angeles	36
8)	El Camino	33.5
9)	De Anza	33
10)	Glendale	30
11)	Diablo Valley	28
12)	Sacramento	17
12)	American River	17
14)	Santa Barbara	16
15)	San Joaquin Delta	14
16)	Santa Ana	11
17)	Saddleback	10
17)	San Bernardino	10
17)	Cuesta	10
20)	Santa Rosa	8
20)	Shasta	8
22)	Antelope Valley	6
22)	Monterey	6
22)	Chabot	6
22)	Modesto	6
26)	SD Mesa	5
26)	Hartnell	5
26)	Butte	5
29)	Southwestern	4
29)	Yuba	4

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29) Merritt	4
29) Redwoods	4
33) Allan Hancock	2
33) Moorpark	2
33) Orange Coast	2
33) Siskiyou	2
37) San Mateo	1

Men - Team Rankings - 21 Events Scored	
1) Sequoias	127
2) Mt. SAC	94
3) Riverside	64
4) Diablo Valley	45
5) Hartnell	32
6) San Joaquin Delta	31
7) Modesto	28
7) Orange Coast	28
9) San Mateo	27
10) SD Mesa	25
10) De Anza	25
12) El Camino	23
12) Merritt	23
14) Saddleback	22
14) American River	22
16) Fullerton	18
16) Cerritos	18
18) Shasta	16.5
19) Santa Monica	14
20) Cuesta	11
21) Glendale	9
21) Santa Ana	9
21) Redwoods	9
21) Moorpark	9
21) West Los Angeles	9
26) Golden West	8
26) Cuyamaca	8
26) San Bernardino	8
26) Chabot	8
26) CCSF	8
31) Yuba	7
32) Ventura	6
33) Canyons	5
33) Long Beach	5
33) Allan Hancock	5
36) Fresno	4
37) Bakersfield	3.5
38) Siskiyou	2
38) Butte	2
40) East LA	1