

# Northern California Community College Track and Field Championship

## Top Ten Performance List

**1954- 2024 (Men)**

**1977- 2024 (Women)**

**\*\*\* Performance regardless of condition. When relevant, adjustments made for hand timing.**

**Place is noted in the far right column.**

**Adjustments for hand times or yard distances have been made.**

**Using traditional conversions.**

**Does not include performances made during the Nor- Cal Trials.**

**Meet records set in the Trials are noted.**

### Women's 100 Meter

Ashton Purvis	Laney	11.30	2012	1 <sup>st</sup>
Taylor Snaer	Modesto	11.34	2024	1 <sup>st</sup>
Monica Taylor	Sacramento	11.45	1985	1 <sup>st</sup>
Hermin Joseph	Hancock	11.50	1992	1 <sup>st</sup>
Moesha Davidson	Fresno	11.50	2015	1 <sup>st</sup>
Khadija Suleman	Laney	11.52	2013	1 <sup>st</sup>
Khadija Suleman	Laney	11.53	2012	2 <sup>nd</sup>
Strangena Campbell	Diablo Valley	11.53	2017	1 <sup>st</sup>
Jayla Scholis	Monterey	11.59	2014	1 <sup>st</sup>
Strangena Campbell	Diablo Valley	11.60	2016	1 <sup>st</sup>

### Men's 100 Meter \*\*\* Kermarley Brown's 10.10 is recognized as the Nor- Cal meet record.

Jeff Laynes	Merritt	10.08	1991	1 <sup>st</sup>
Diondre Batson	American River	10.10	2012	1 <sup>st</sup>
Kermarley Brown	Merritt	10.10	2014	1 <sup>st</sup>
Ato Bolden	San Jose	10.22	1992	1 <sup>st</sup>
Jone Delai	West Valley	10.26	1997	1 <sup>st</sup>
Terry Bowen	Fresno	10.28	1991	2 <sup>nd</sup>
Isahia Hutchins	Sequoias	10.28	2018	1 <sup>st</sup>
Anthony Barnes	Taft	10.29	1987	1 <sup>st</sup>
Joe Randolph	Taft	10.29	1991	3 <sup>rd</sup>
Kelly Brown	Sequoias	10.32	2017	1 <sup>st</sup>

### Women's 200

Taylor Snaer	Modesto	22.97	2024	1 <sup>st</sup>
Meleni Rodney	Sequoias	23.25	2017	1 <sup>st</sup>
Ashton Purvis	Laney	23.26	2012	1 <sup>st</sup>
Deeja Stevens	Sequoias	23.35	2015	1 <sup>st</sup>
Strangena Campbell	Diablo Valley	23.50	2017	2 <sup>nd</sup>
Khadija Suleman	Laney	23.55	2012	2 <sup>nd</sup>
Strangena Campbell	Diablo Valley	23.69	2016	1 <sup>st</sup>
Lauryn Newsome	Laney	23.74	2010	1 <sup>st</sup>
Charonda Williams	Laney	23.76	2006	1 <sup>st</sup>
Tania Woods	San Francisco	23.78	2001	1 <sup>st</sup>

### **Men's 200**

Harlan Davis	Taft	20.53	1988	1 <sup>st</sup>
Ricky Carrigan	Merritt	20.58	1994	1 <sup>st</sup>
Donovan Wallace	Modesto	20.63	2016	1 <sup>st</sup>
Derald Harris	Alameda	20.68	1978	1 <sup>st</sup>
Jeff Laynes	Merritt	20.69	1991	1 <sup>st</sup>
Kermarley Brown	Merritt	20.70	2014	1 <sup>st</sup>
Diondre Batson	American River	20.71	2012	1 <sup>st</sup>
Aki Bradley	Taft	20.74	1992	1 <sup>st</sup>
Chris Taylor	Merritt	20.75	1991	2 <sup>nd</sup>
Shaun Williams	San Francisco	20.81	1996	1 <sup>st</sup>

### **Women's 400 Meters**

Champelle Brown	Laney	54.00	2009	1 <sup>st</sup>
Chauncy David- Jacobs	San Francisco	54.55	2008	1 <sup>st</sup>
Treigh Orchard	Laney	54.75	2013	1 <sup>st</sup>
Asha Giles	Laney	54.82	2013	2 <sup>nd</sup>
Marquita Belk	De Anza	55.04	1981	1 <sup>st</sup>
Meleni Rodney	Sequoias	55.08	2017	1 <sup>st</sup>
Christina Hardeman	De Anza	55.13	2003	1 <sup>st</sup>
Ashley Harrison	American River	55.23	2010	1 <sup>st</sup>
Monica Samuels	Contra Costa	55.24	1985	1 <sup>st</sup>
Teresa Philopena	Santa Rosa	55.27	1979	1 <sup>st</sup>

### **Men's 400 Meters**

Chris Taylor	Merritt	45.90	1991	1 <sup>st</sup>
Curtis McIntire	Taft	46.25	1993	1 <sup>st</sup>
Eldon Walker	Laney	46.31	1978	1 <sup>st</sup>
Nate Williams	Sacramento	46.39	1981	1 <sup>st</sup>
Derrick Sheppard	Sacramento	46.40	1996	1 <sup>st</sup>
Corey Nelson	Santa Rosa	46.46	1996	1 <sup>st</sup>
Mike Ward	Hartnell	46.48	1996	2 <sup>nd</sup>
Malachi Davis	Sacramento	46.52	1998	1 <sup>st</sup>
James Cooper	San Jose	46.54	1985	1 <sup>st</sup>
Soloveni Nakamicina	West Valley	46.66	1997	1 <sup>st</sup>

### **Women's 800 Meters**

Jill Moss	American River	2:11.22	1983	1 <sup>st</sup>
Ann Wotherspoon	West Valley	2:11.64	1978	1 <sup>st</sup>
Tammy Anderson	Modesto	2:12.01	1983	2 <sup>nd</sup>
Diana Figliomeni	West Valley	2:12.24	1981	1 <sup>st</sup>
Bailey Henshaw	Sequoias	2:12.38	2012	1 <sup>st</sup>
Wendy Whitney	Santa Rosa	2:12.48	1996	1 <sup>st</sup>
Krista Wendt	West Valley	2:12.49	1986	1 <sup>st</sup>
Jill Moss	American River	2:12.55	1984	1 <sup>st</sup>
Ann Regan	West Valley	2:12.68	1980	1 <sup>st</sup>
Sarah Brandt	Butte	2:12.69	2015	1 <sup>st</sup>

### Men's 800 Meters

Dave Campbell	Foothill	1:49.08	1986	1 <sup>st</sup>
George Kersh	Taft	1:49.11	1989	1 <sup>st</sup>
John Cook	Siskiyou	1:49.55	1986	2 <sup>nd</sup>
Donnell Johnson	Taft	1:49.92 1	993	1 <sup>st</sup>
Gary McManus	Diablo Valley	1:50.04 1	975	1 <sup>st</sup>
Bob Martin	Sacramento	1:50.14	1968	1 <sup>st</sup>
John Cook	Siskiyou	1:50.27	1987	1 <sup>st</sup>
Vern Sallaz	Chabot	1:50.28 1	979	1 <sup>st</sup>
Sean Maye	Taft	1:50.65	1990	1 <sup>st</sup>
Peter Nunez	Sequoias	1:50.70	1986	3 <sup>rd</sup>

### Women's 1500 Meter run

Sabrina Peters	Monterey	4:27.60	1980	1 <sup>st</sup>
Hannah Hartwell	Redwoods	4:29.63	2023	1 <sup>st</sup>
Hannah Hartwell	Redwoods	4:30.60	2022	1 <sup>st</sup>
Krista Wendt	West Valley	4:31.61	1986	1 <sup>st</sup>
Jeanette Allred	American River	4:33.54	1982	1 <sup>st</sup>
Renee Wycoff	Sequoias	4:33.84	1982	2 <sup>nd</sup>
Tammy Anderson	American River	4:34.83	1983	1 <sup>st</sup>
Diana Figliomeni	West Valley	4:34.9	1981	1 <sup>st</sup>
Kathy Demmielmaier	West Valley	4:35.10	1984	1 <sup>st</sup>
Malena Grover	Hartnell	4:35.47	2016	1 <sup>st</sup>

### Men's 1500 Meter run (since 1976)

John Sup	Monterey	3:47.70	1979	1 <sup>st</sup>
Dan Navarro	Sierra	3:48.14	1979	2 <sup>nd</sup>
Bob Dies	American River	3:48.44	1976	1 <sup>st</sup>
Matt Airola	American River	3:49.06	2012	1 <sup>st</sup>
George Kersh	Taft	3:49.43	1988	1 <sup>st</sup>
Vern Sallaz	Chabot	3:49.44	1979	3 <sup>rd</sup>
Gary Lewis	San Jose	3:49.45	1983	1 <sup>st</sup>
Bobby Rivera	Modesto	3:49.58	1987	1 <sup>st</sup>
Vern Sallaz	Chabot	3:49.74	1978	1 <sup>st</sup>
Dan Navarro	Sierra	3:49.94	1978	2 <sup>nd</sup>

### Women's 3,000 Meters (1977-02)

Sabrina Peters	Monterey	9:47.8	1980	1 <sup>st</sup>
Anne Wotherspoon	West Valley	9:48.4	1978	1 <sup>st</sup>
Laurie Crisp	Modesto	9:53.5	1981	1 <sup>st</sup>
Lauri Crisp	Modesto	9:54.5	1982	1 <sup>st</sup>
Leslie Hawkins	Monterey	9:55.2	1986	1 <sup>st</sup>
Renee Wycoff	Sequoias	9:55.4	1982	2 <sup>nd</sup>
Kathy Perkins	West Valley	10:00.6	1979	1 <sup>st</sup>
Sabrina Peters	Monterey	10:00.8	1979	2 <sup>nd</sup>
Jeanette Allred	American River	10:01.0	1982	3 <sup>rd</sup>
Sue Munday	San Jose	10:03.4	1978	2 <sup>nd</sup>

### Women's 5, 000 Meters (since 1984)

Leslie Hawkins	Monterey	17:05.24	1985	1 <sup>st</sup>
Hannah Hartwell	Redwoods	17:30.81	2022	1 <sup>st</sup>
Sharon Given	Foothill	17:31.34	1988	1 <sup>st</sup>
Rachel Hawtin	San Francisco	17:32.00	1994	1 <sup>st</sup>
Jenica Dodge	American River	17:35.57	2016	1 <sup>st</sup>
Dina Farage	West Valley	17:36.93	1991	1 <sup>st</sup>
Yenesia Silva	Sequoias	17:44.06	2015	1 <sup>st</sup>
Stacy McAfee	Sierra	17:45.44	1986	1 <sup>st</sup>
Malena Grover	Hartnell	17:46.03	2016	2 <sup>nd</sup>
Ann Burris	Diablo Valley	17:47.84	1992	1 <sup>st</sup>

### Men's 5, 000 Meters (since 1976)

Bill Hurst	Modesto	14:23.04	1978	1 <sup>st</sup>
Juan Garcia	Sequoias	14:23.74	1976	1 <sup>st</sup>
Todd Trask	Santa Rosa	14:28.34	1990	1 <sup>st</sup>
Mandle Kunene	Porterville	14:30.96	1983	1 <sup>st</sup>
Mitch Kingery	San Mateo	14:32.74	1976	2 <sup>nd</sup>
Mario Macias	Sequoias	14:34.51	2002	1 <sup>st</sup>
Danny Gonzales	Foothill	14:37.74	1982	1 <sup>st</sup>
Tim Holmes	Modesto	14:39.94	1979	1 <sup>st</sup>
Ron Fritzke	West Valley	14:40.14	1976	3 <sup>rd</sup>
Luis Luna	American River	14:40.85	2015	1 <sup>st</sup>

### Notable 3 mile times

Henry Perez	SJ Delta	13:59.8	1975	1 <sup>st</sup>
Ted Quintana	Chabot	14:03.2	1974	1 <sup>st</sup>

### Women's 10, 000 Meter Run

Jen Schindler	American River	35:36.63	1999	1 <sup>st</sup>
Jordyn Zorn	Sequoias	36:33.14	2017	1 <sup>st</sup>
Jenica Dodge	American River	36:43.79	2016	1 <sup>st</sup>
Malena Grover	Hartnell	36:50.76	2016	2 <sup>nd</sup>
Kathy Lenno	Hartnell	37:35.9	2000	1 <sup>st</sup>
Mannat Gill	De Anza	38:02.30	2022	1 <sup>st</sup>
Kathy Lenno	Hartnell	38:05.38	1999	2 <sup>nd</sup>
Anna Welsh	Monterey	38:13.94	2015	1 <sup>st</sup>
Cassandra Goodson	Diablo Valley	38:25.1	2003	1 <sup>st</sup>
Alexa Torres	De Anza	38:28.35	2012	1 <sup>st</sup>

### Men's 10, 000 Meter Run

Paul Mello	San Mateo	30:44.70	1978	1 <sup>st</sup>
Steve Moreno	Fresno	30:56.6	1980	1 <sup>st</sup>
Fernando Balderas	San Jose	30:58.5	1988	1 <sup>st</sup>
Juan Ramirez	San Francisco	31:00.0	1988	2 <sup>nd</sup>
Guz Lopez	Hartnell	31:05.0	1988	3 <sup>rd</sup>
Kendrick Sealy	West Valley	31:05.9	1988	4 <sup>th</sup>
Delfino Arevalo	Modesto	31:02.21	2002	1 <sup>st</sup>
Ramon Garcia	Fresno	31:02.25	1981	1 <sup>st</sup>
Kendrick Sealy	West Valley	31:08.2	1989	1 <sup>st</sup>
Don Merwin	Shasta	31:08.73	1983	1 <sup>st</sup>

### Women's 100 Meter Hurdles

Erica Wilson	Laney	13.39	2013	1 <sup>st</sup>
Deshaunda Morrison	Sequoias	13.53	2016	1 <sup>st</sup>
Deshaunda Morrison	Sequoias	13.77	2015	1 <sup>st</sup>
Beyonka McDowell	Sacramento	13.83	2003	1 <sup>st</sup>
Kortni Smyers-Jones	Laney	13.87	2014	1 <sup>st</sup>
Kortni Smyers- Jones	Laney	13.88	2015	2 <sup>nd</sup>
Lauren Rose	Laney	13.92	2012	1 <sup>st</sup>
Candise Maxwell	Laney	13.93	2008	1 <sup>st</sup>
Janet Yarbough	De Anza	13.94	1981	1 <sup>st</sup>
Nia Vance	Laney	13.97	2017	1 <sup>st</sup>

### Men's 110 Meter High Hurdles

Eugene Swift	Merritt	13.49	1991	1 <sup>st</sup>
Larry Harrington	Porterville	13.55	1992	1 <sup>st</sup>
Robert Foster	Porterville	13.65	1992	2 <sup>nd</sup>
Robert Foster	Taft	13.71	1990	1 <sup>st</sup>
Larry Harrington	Taft	13.74	1990	2 <sup>nd</sup>
John Johnson	SJ Delta	13.77	1982	1 <sup>st</sup>
Bryan Bolton	Sacramento	13.82	1983	1 <sup>st</sup>
Leonard Robinson	San Jose	13.81	1982	2 <sup>nd</sup>
Teivaskie Lewin	Butte	14.00	2012	1 <sup>st</sup>
Jamal Britt	Sequoias	14.01	2019	1 <sup>st</sup>

### Women's 400 Meter Hurdles \*\*\* *Cristina Hibbert ran 59.32 in the 2007 Nor- Cal Trials*

Christyna Serrano	Hartnell	60.15	1996	1 <sup>st</sup>
Alexandria Whitmore	Sacramento	60.69	2012	1 <sup>st</sup>
Ashley Frazier	American River	61.09	2010	1 <sup>st</sup>
Teresa Chavez	Modesto	61.35	1984	1 <sup>st</sup>
Stella Edwinson	San Mateo	61.53	1978	1 <sup>st</sup>
Shanika Davis	Laney	61.58	2010	2 <sup>nd</sup>
Taletha Calhoun	Sequoias	61.75	2005	1 <sup>st</sup>
Lakesha Adams	Monterey	61.79	2009	1 <sup>st</sup>
Cristina Hibbert	American River 6	2.00	2007	1 <sup>st</sup>
Ebony Willis	Sacramento	62.04	2008	1 <sup>st</sup>

### Men's 400 Meter Hurdles

Michael Cox	Taft	50.48	1989	1 <sup>st</sup>
Albert Pride	Sacramento	50.55	1989	2 <sup>nd</sup>
Andre Phillips	San Jose	50.67	1978	1 <sup>st</sup>
Andre Phillips	San Jose	51.03	1979	1 <sup>st</sup>
Richard Curtis	Sacramento	51.10	1985	1 <sup>st</sup>
Keith Williams	Taft	51.19	1992	1 <sup>st</sup>
Leonard Robinson	San Jose	51.29	1982	1 <sup>st</sup>
Larry Sanders	Taft	51.29	1990	1 <sup>st</sup>
Ethan Dierke	Santa Rosa	51.31	2023	1 <sup>st</sup>
Robert Premo	Diablo Valley	51.35	1992	2 <sup>nd</sup>

### Women's Steeplechase (since 2002)

Victoria Alcalá	Hartnell	11:21.34	2013	1 <sup>st</sup>
Rhiannon Walker	Clovis	11:23.12	2024	1 <sup>st</sup>
Courtney Anderson	American River	11:27.04	2011	1 <sup>st</sup>
Becky Hobby	Modesto	11:27.84	2014	1 <sup>st</sup>
Jocelyn Stillwell	American River	11:28.94	2015	1 <sup>st</sup>
Rachel Shimabukuro	Hartnell	11:28.96	2015	2 <sup>nd</sup>
Alexia Craven	Lake Tahoe	11:33.10	2024	2 <sup>nd</sup>
Whitney Jacobsmeyer	Diablo Valley	11:34.10	2004	1 <sup>st</sup>
Sara Howard	American River	11:36.42	2012	1 <sup>st</sup>
Oddesy Tapia	De Anza	11:36.79	2013	2 <sup>nd</sup>

### Men's Steeplechase (since 1973)

Jesse Torres	San Jose	9:03.6	1983	1 <sup>st</sup>
Leroy Rivera	Fresno	9:07.9	1983	2 <sup>nd</sup>
Rusty Knowles	American River	9:08.8	1984	1 <sup>st</sup>
Rick Dillon	Marin	9:08.9	1983	3 <sup>rd</sup>
Bob Ingram	West Valley	9:09.5	1982	1 <sup>st</sup>
Colin Johnson	Taft	9:10.0	1993	1 <sup>st</sup>
Jose Renteria	Fresno	9:10.8	1978	1 <sup>st</sup>
Tim Farrell	American River	9:12.8	1978	2 <sup>nd</sup>
Jim Thylin	West Valley	9:12.8	1980	1 <sup>st</sup>
Mason Myers	American River	9:13.0	1989	1 <sup>st</sup>

### Women's 400 Meter Relay

Laney	44.69	2013	1 <sup>st</sup>	(Wilson, Suleman, Bamberg, Giles)
Laney	45.05	2007	1 <sup>st</sup>	(Woodley, Williams, Maxwell, Hunte)
Laney	45.63	2012	1 <sup>st</sup>	(Rose, Purvis, Nervis, Suleman)
Sequoias	45.75	2016	1 <sup>st</sup>	(Dailey, Rodney, Morrison, Hobbs)
American River	45.98	2013	2 <sup>nd</sup>	(Hardy, Brown, Miller, Browner)
Sacramento	46.25	2010	1 <sup>st</sup>	(Spriggs, Tansil, Sampson, Jenkins)
Sacramento	46.26	2013	3 <sup>rd</sup>	(Roan, Smiley, Davis, Johnson)
Laney	46.43	2008	1 <sup>st</sup>	(Hunte, Woodley, Maxwell, Anthony)
Laney	46.54	2006	1 <sup>st</sup>	
San Francisco	46.59	2001	1 <sup>st</sup>	

### Men's 400 Meter Relay \*\*\* 39.71 is the recognized meet record. '91 trials by Merritt.

Taft	39.96	1988	1 <sup>st</sup>	(Bacon, Townsend, Goodlow, Davis)
Alameda	40.04	1978	1 <sup>st</sup>	(Turner, Harris, Dunn, Durham)
Fresno	40.04	1998	1 <sup>st</sup>	(Avery, Terrance, Tyron, Brown)
Merritt	40.09	1991	1 <sup>st</sup>	(Swift, Taylor, Wright, Laynes)
San Jose	40.12	1977	1 <sup>st</sup>	(Jones, Rachal, Berry, Meriweather)
Sacramento	40.15	2012	1 <sup>st</sup>	(Bautista, Beard, Clarke, Snelling)
San Jose	40.24	1978	2 <sup>nd</sup>	(Lewis, Anderson, Jackson, Rachal)
Sacramento	40.30	1997	1 <sup>st</sup>	(Richardson, Bates, McGee, Lewis)
Taft	40.33	1990	1 <sup>st</sup>	(Love, Shepherd, Scott, Holley)
Laney	40.34	1978	3 <sup>rd</sup>	(Walker, Kent, Vaughn, Henderson)
Taft	40.35	1992	1 <sup>st</sup>	

### Women's 1600 Meter Relay

Sequoias	3:47.41	2017	1 <sup>st</sup>	(Zapata, Moses, Mendez, Rodney)
Contra Costa	3:47.82	1984	1 <sup>st</sup>	(Carpenter, Rogers, Lee, Samuels)
Taft	3:47.99	1992	1 <sup>st</sup>	
Laney	3:48.24	2013	1 <sup>st</sup>	(Evans, Bamberg, Wilson, Orchard)
Laney	3:49.20	2010	1 <sup>st</sup>	(Hazel, Davis, Jones, Crosby)
West Valley	3:49.44	1981	1 <sup>st</sup>	(Robinson, Figliomeni, Smirn, Hendy)
Sacramento	3:49.44	1982	1 <sup>st</sup>	(Milton, Redmond, Gilmore, Burleson)
American River	3:49.49	2010	2 <sup>nd</sup>	(Frazier, Scott, Chambers, Harrison)
Laney	3:50.19	2009	1 <sup>st</sup>	
American River	3:50.98	2006	1 <sup>st</sup>	

### Men's 1600 Meter Relay

Merritt	3:07.08	1991	1 <sup>st</sup>	(Taylor, Swift, Chambers, Maye)
Taft	3:09.07	1994	1 <sup>st</sup>	
Merritt	3:09.92	1987	1 <sup>st</sup>	(Brooks, Knox, Minor, John)
Taft	3:10.11	1988	1 <sup>st</sup>	(Townsend, Prevost, Scott, Davis)
Taft	3:10.43	1989	1 <sup>st</sup>	
Sacramento	3:10.64	1981	1 <sup>st</sup>	(Jackson, Perry, Williams, Hollins)
Fresno	3:10.96	1999	1 <sup>st</sup>	(Alexander, Ford, Avery, Brown)
San Jose	3:10.98	1978	1 <sup>st</sup>	(Rachal, Harvey, Holcomb, Phillips)
San Jose	3:11.04	1984	1 <sup>st</sup>	
Sacramento	3:11.09	1996	1 <sup>st</sup>	(Richardson, Bates, Beloney, Kokohu)

### Women's High Jump

Kathy Raugust	Hartnell	5-9	1981	1 <sup>st</sup>
Kathy Raugust	Hartnell	5-8 ½	1980	1 <sup>st</sup>
Sue Jackson	Sacramento	5-8	2010	1 <sup>st</sup>
Eleanor Ratliff	Modesto	5-8	1984	1 <sup>st</sup>
Deanne Neff	Santa Rosa	5-8	1979	1 <sup>st</sup>
Julie Hueftle	Butte	5-8	1984	2 <sup>nd</sup>
Natalie Vogel	De Anza	5-7	1978	1 <sup>st</sup>
Sue Jackson	Sacramento	5-7	2009	1 <sup>st</sup>
Kapri Hockaday	Modesto	5-7	2008	1 <sup>st</sup>
Alyssa Burke	Shasta	5-7	2019	1 <sup>st</sup>
Hannah Smrt	Yuba	5-7	2019	2 <sup>nd</sup>

### Men's High Jump

Milton Goode	Alameda	7-4	1981	1 <sup>st</sup>
Fletcher Carlyle	Sacramento	7-2 ½	2009	1 <sup>st</sup>
Jon Willison	Santa Rosa	7-2 ¼	2001	1 <sup>st</sup>
Tyke Peacock	Modesto	7-2	1981	2 <sup>nd</sup>
Ron Kamaka	Santa Rosa	7-2	1983	1 <sup>st</sup>
Mirl McGinnis	Foothill	7- ¼	1988	1 <sup>st</sup>
Kurtiss Dilley	Sacramento	7- ¼	2001	2 <sup>nd</sup>
Coart Owens	Alameda	7-0	1978	1 <sup>st</sup>
Kerry Meyers	Alameda	7-0	1980	1 <sup>st</sup>
Doug Williams	Sacramento	7-0	1982	1 <sup>st</sup>
Kevin Asch	Diablo Valley	7-0	1989	1 <sup>st</sup>
Tim Rucks	West Valley	7-0	1992	1 <sup>st</sup>
Moses Kearney	Merced	7-0	1994	1 <sup>st</sup>
Greg Walker	Diablo Valley	7-0	1996	1 <sup>st</sup>
Gary Schuler	Sacramento	7-0	1996	2 <sup>nd</sup>

### Women's Pole Vault (since 1996)

Jenna Yowell	American River	12-8 $\frac{3}{4}$	2011	1 <sup>st</sup>
Dimara Yanell- Cruz	San Jose	12-5 $\frac{1}{2}$	2012	1 <sup>st</sup>
Dimara Yanell- Cruz	San Jose	11-10 $\frac{1}{2}$	2013	1 <sup>st</sup>
Gayle Greenough	Santa Rosa	11-8	2006	1 <sup>st</sup>
Andie Aymond	Chabot	11-7 $\frac{3}{4}$	2023	1 <sup>st</sup>
Lorraine Mankins	Hartnell	11-7 $\frac{3}{4}$	2023	2 <sup>nd</sup>
Ruby Loe	Santa Rosa	11-7 $\frac{3}{4}$	2023	3 <sup>rd</sup>
Taylor Witana	San Jose	11-7 $\frac{3}{4}$	2024	1 <sup>st</sup>
Jill Schlenker	SJ Delta	11-7	2005	1 <sup>st</sup>
Amanda Sweeten	SJ Delta	11-6	2000	1 <sup>st</sup>
Nisana Anderson	Santa Rosa	11-6	2003	1 <sup>st</sup>

### Men's Pole Vault

Ralph Preiman	Foothill	17-5	1982	1 <sup>st</sup>
Kim Black	San Mateo	17- $\frac{1}{2}$	1978	1 <sup>st</sup>
Steve Oravetz	West Valley	17-0	1977	1 <sup>st</sup>
Steve Harris	San Jose	17-0	1999	1 <sup>st</sup>
Chris Scatena	West Valley	16-9	1996	1 <sup>st</sup>
Shawn Hudson	SJ Delta	16-7 $\frac{1}{4}$	1984	1 <sup>st</sup>
Brett Hyatt	Santa Rosa	16-6	1981	1 <sup>st</sup>
Ralph Preiman	Foothill	16-6	1981	2 <sup>nd</sup>
Vic Pelayo	San Jose	16-5	1988	1 <sup>st</sup>
Pat Frederick	Taft	16-5	1988	2 <sup>nd</sup>
Brandon Hierholzer	American River	16-5	2011	1 <sup>st</sup>

### Women's Long Jump

Lauryn Newsom	Laney	20-5 $\frac{1}{4}$	2010	1 <sup>st</sup>
Beyonka McDowell	Sacramento	20-2	2003	1 <sup>st</sup>
Mona Simmons	Modesto	20-1	1987	1 <sup>st</sup>
Vivian Riley	San Jose	20-0	1985	1 <sup>st</sup>
Shelia Milton	Sacramento	19-11 $\frac{3}{4}$	1981	1 <sup>st</sup>
Lauryn Newsom	Laney	19-11	2009	1 <sup>st</sup>
Davina Collins	Sacramento	19-8 $\frac{1}{4}$	2009	2 <sup>nd</sup>
Christina Serrano	Hartnell	19-7 $\frac{1}{2}$	1996	1 <sup>st</sup>
Felicia Brown	Hartnell	19-7	1994	1 <sup>st</sup>
Lauryn Jordan	SJ Delta	19-7	2004	1 <sup>st</sup>

### Men's Long Jump

Charles Brooks	Merritt	26-7 $\frac{1}{2}$	1987	1 <sup>st</sup>
Billy Coleman	Taft	25-11	1987	2 <sup>nd</sup>
Mike McRae	Chabot	25-7 $\frac{1}{4}$	1977	1 <sup>st</sup>
Harold Rucker	San Jose	25-3 $\frac{3}{4}$	1988	1 <sup>st</sup>
Eric Sloan	SJ Delta	25-2 $\frac{1}{2}$	2014	1 <sup>st</sup>
Harold Rucker	San Jose	25-1 $\frac{1}{4}$	1987	3 <sup>rd</sup>
Henry Frazier	Chabot	25- $\frac{1}{2}$	1999	1 <sup>st</sup>
Kurt Durham	Alameda	24-11 $\frac{1}{2}$	1978	1 <sup>st</sup>
Keith Holley	Taft	24-11 $\frac{1}{2}$	1990	1 <sup>st</sup>
Ed Taylor	Modesto	24-11	1977	2 <sup>nd</sup>



### Women's Triple Jump (Since 1985)

Felicia Harris	Chabot	41-2 ½	1991	1 <sup>st</sup>
Karleen Shields	Contra Costa	40-8 ½	1993	1 <sup>st</sup>
Lauryn Jordan	SJ Delta	40-8 ¼	2004	1 <sup>st</sup>
Janis Diggs	Hartnell	40-3	1985	1 <sup>st</sup>
Stace Thompson	Contra Costa	40-2 ¾	1992	1 <sup>st</sup>
Karleen Shields	Contra Costa	40-2 ¾	1992	2 <sup>nd</sup>
Dawn Brown	San Jose	39-6 ¼	1986	1 <sup>st</sup>
Angie Lee	San Jose	39-5 ½	1986	2 <sup>nd</sup>
Janis Diggs	Hartnell	39-4	1987	1 <sup>st</sup>
Brittany Brown	Laney	39-2 ½	2017	1 <sup>st</sup>

### Men's Triple Jump (since 1964)

Brian Wellman	Taft	53-11 ½	1989	1 <sup>st</sup>
Byron Criddle	Contra Costa	53-5 ½	1982	1 <sup>st</sup>
E.J. Hill	Fresno	53-5 ½	1998	1 <sup>st</sup>
Brian Wellman	Taft	52-3	1988	1 <sup>st</sup>
Joel Smith	Sacramento	52-2 ½	1988	2 <sup>nd</sup>
Byron Criddle	Contra Costa	52-2 ½	1981	1 <sup>st</sup>
Benson Jones	Diablo Valley	51-9	1999	1 <sup>st</sup>
Donald Williams	Taft	51-8 ¾	1992	1 <sup>st</sup>
Mike Marlow	Cosumnes River	51-8	1976	1 <sup>st</sup>
Lonnie Sanders	Cosumnes River	51-6 ¾	1979	1 <sup>st</sup>

### Women's Shot Put

Dot Jones	Modesto	50-5	1983	1 <sup>st</sup>
Andrea Pappas	San Mateo	48-3	1998	1 <sup>st</sup>
Dot Jones	Modesto	46-10 ½	1984	1 <sup>st</sup>
Sara Clinkenbeard	Sacramento	46-9 ¼	2004	1 <sup>st</sup>
Brandy Williams	Diablo Valley	45-11 ¼	2016	1 <sup>st</sup>
Leslie Woolery	Shasta	45-9	1993	1 <sup>st</sup>
Imani Bierly	Yuba	45-8 ¾	2016	2 <sup>nd</sup>
Dia Matthews	Fresno	45-1 ¼	2005	1 <sup>st</sup>
Lovina Akauola	Sacramento	45-1	2015	1 <sup>st</sup>
Vesta Bell	Laney	44-8 ¾	2013	1 <sup>st</sup>

### Men's Shot Put \*\*\* Recognized Nor-Cal meet record: 60-11 Jeff Voorhees 1982 trials

Dave Laut	San Jose	60-5	1977	1 <sup>st</sup>
Jeff Voorhees	Santa Rosa	59-9 ½	1982	1 <sup>st</sup>
Jeff Voorhees	Santa Rosa	58-7 ½	1979	1 <sup>st</sup>
Aaron Tombelson	Sacramento	58-3 ¼	2012	1 <sup>st</sup>
Kevin Marks	San Mateo	58-3	1989	1 <sup>st</sup>
Daniel Roberts	Modesto	57-4 ¼	2015	1 <sup>st</sup>
Evan McDaniel	San Mateo	57-2 ¾	2013	1 <sup>st</sup>
Chris DeMartini	San Mateo	57-0	1999	1 <sup>st</sup>
Rusty Price	Modesto	56-9 ½	2002	1 <sup>st</sup>
Fred Houston	San Jose	56-6 ¾	1985	1 <sup>st</sup>

**Women's Discus \*\*\* Recognized NC meet record is 162-5. Andrea Pappas 1998 trials**

Sara Clinkenbeard	Sacramento	161-3	2004	1 <sup>st</sup>
Joyce Fremstad	Skyline	159-4	1986	1 <sup>st</sup>
Emily March	Diablo Valley	159-4	2019	1 <sup>st</sup>
Andrea Pappas	San Mateo	159-3	1998	1 <sup>st</sup>
Sharon Ayala	Fresno	158-1	2006	1 <sup>st</sup>
Jazmin Porter	Shasta	157-9	2012	1 <sup>st</sup>
Jennifer Ruff	San Mateo	156-7	1989	1 <sup>st</sup>
Jasmine Steward	Fresno	155-8	2009	1 <sup>st</sup>
Nikki Uikilifi	San Mateo	152-11	2012	2 <sup>nd</sup>
Tyrenda Stamps	De Anza	152-10	1995	1 <sup>st</sup>

**Men's Discus**

Daniel Roberts	Modesto	190-10	2015	1 <sup>st</sup>
Mike Gravelle	Skyline	189-9	1986	1 <sup>st</sup>
Les Mills	Foothill	187-5	1963	1 <sup>st</sup>
Willy Irwin	Fresno	182-6	2011	1 <sup>st</sup>
Todd Kaufman	San Jose	182-3	1983	1 <sup>st</sup>
Chris DeMartini	San Mateo	181-5	1999	1 <sup>st</sup>
Paul Santiago	American River	181-2	1976	1 <sup>st</sup>
Daniel Roberts	Modesto	179-0	2016	1 <sup>st</sup>
Jens Kujacznski	West Valley	177-3	2004	1 <sup>st</sup>
Nate Moses	Fresno	177-0	2010	1 <sup>st</sup>

**Women's Hammer Throw**

Sara Clinkenbeard	Sacramento	180-0	2003	1 <sup>st</sup>
Isabella Popejoy	SJ Delta	178-0	2024	1 <sup>st</sup>
Jill Wool	Modesto	176-10	1998	1 <sup>st</sup>
Tia De Soto	Santa Rosa	176-4	2002	1 <sup>st</sup>
Cara McClain	Modesto	174-11	2014	1 <sup>st</sup>
Cara McClain	Modesto	174-10	2013	1 <sup>st</sup>
Sharon Ayala	Fresno	173-1	2006	1 <sup>st</sup>
Victoria Dickerson	Modesto	172-9	2013	2 <sup>nd</sup>
Victoria Dickerson	Modesto	168-9	2014	2 <sup>nd</sup>
Melissa Favorite	De Anza	168-9	2019	1 <sup>st</sup>

**Men's Hammer Throw**

Daniel Roberts	Modesto	208-3	2016	1 <sup>st</sup>
K.P. Singh	Fresno	201-3	2008	1 <sup>st</sup>
Kai Burich	De Anza	199-8	2024	1 <sup>st</sup>
Eric Finch	De Anza	197-8	1986	1 <sup>st</sup>
Jon McEwen	Redwoods	196-5	1995	1 <sup>st</sup>
Scott Loomis	Modesto	194-11	2016	2 <sup>nd</sup>
Travis Martin	De Anza	194-6	2023	1 <sup>st</sup>
Markus Sanders	Modesto	192-9	2013	1 <sup>st</sup>
Jason Ford	American River	191-0	1996	1 <sup>st</sup>
K.P. Singh	Fresno	189-8	2007	1 <sup>st</sup>

**Women's Javelin (1977- 1998)**

Rosa Pugh	Shasta	156-4	1984	1 <sup>st</sup>
Ingrid Bailey	West Valley	155-11	1984	2 <sup>nd</sup>
Tiffany Janssen	Diablo Valley	155-10	1992	1 <sup>st</sup>
Jennifer McCormick	San Mateo	154-10	1992	2 <sup>nd</sup>
Nadine Bowers	Hartnell	152-2	1980	1 <sup>st</sup>
Lacey Barnes	Fresno	151-6	1981	1 <sup>st</sup>
Melinda Pelton	Hartnell	147-11	1985	1 <sup>st</sup>
Jill Crisler	Foothill	145-11	1984	3 <sup>rd</sup>
Lee Plevney	Santa Rosa	144-2	1984	4 <sup>th</sup>
Leslie Zazaboi	Skyline	141-5	1994	1 <sup>st</sup>

**Women's Javelin (since 1999)**

Melody Harris	Fresno	154-3	2016	1 <sup>st</sup>
Kelsey Shaw	Siskiyou	149-8	2015	1 <sup>st</sup>
Michelle Beebee	Chabot	143-9	2003	1 <sup>st</sup>
Elizabeth Parsley	Sacramento	139-2	2004	1 <sup>st</sup>
Julia Grimm	Santa Rosa	137-7	2016	2 <sup>nd</sup>
Kianna Wienzheimer	Modesto	135-2	2013	1 <sup>st</sup>
Julia Grimm	Santa Rosa	134-10	2015	2 <sup>nd</sup>
Keegan Caldwell	Sacramento	134-9	2006	1 <sup>st</sup>
Sarah Faulkner	San Mateo	134-5	2004	2 <sup>nd</sup>
Kelly Young	San Mateo	133-1	2009	1 <sup>st</sup>

**Men's Javelin (1972- 1987)**

Fred Hunter	Sacramento	243-7	1987	1 <sup>st</sup>
Steve Roller	Skyline	229-2	1980	1 <sup>st</sup>
Dave Stephens	Butte	222-10	1982	1 <sup>st</sup>
Derrick Chachere	West Hills	220-3	1987	2 <sup>nd</sup>
Dave Rider	San Mateo	218-5	1979	1 <sup>st</sup>
Jeff Garcia	Hartnell	214-6	1975	1 <sup>st</sup>
Jason Bender	Santa Rosa	213-10	1981	1 <sup>st</sup>
Ron Overmeyer	Sequoias	213-7	1987	3 <sup>rd</sup>
Tom Walker	Chabot	213-6	1976	1 <sup>st</sup>
Mike Jones	Butte	213-4	1980	2 <sup>nd</sup>

**Men's Javelin (since 1988)**

Alex Henderson	Siskiyou	225-9	2014	1 <sup>st</sup>
Charles Langston	Shasta	219-8	1989	1 <sup>st</sup>
Adam Weston	Sierra	217-8	1990	1 <sup>st</sup>
Scott Chiesa	San Mateo	214-7	2014	2 <sup>nd</sup>
Jason Pollock	Hancock	214-2	1992	1 <sup>st</sup>
Ty Slater	Siskiyou	214-2	2011	1 <sup>st</sup>
Garrett Snow	Siskiyou	213-7	2013	1 <sup>st</sup>
Cody Allen	Sacramento	213-4	2010	1 <sup>st</sup>
John Williams	SJ Delta	209-6	1996	1 <sup>st</sup>
Kel Waltrin	Santa Rosa	205-8	1993	1 <sup>st</sup>

**Heptathlon**

Kathy Raugust	Hartnell	5353	1981	1 <sup>st</sup>
Felicia Brown	Hartnell	5108	1994	1 <sup>st</sup>
Chris Diehl	San Mateo	4861	1989	1 <sup>st</sup>
Sheri Milton	Sac City	4854	1982	1 <sup>st</sup>
Brooke Meredith	Shasta	4847	2002	1 <sup>st</sup>
Eleanor Ratliff	Modesto	4837	1984	1 <sup>st</sup>
Ticka Simon	Hartnell	4798	1982	1 <sup>st</sup>
Moesha Davidson	Fresno	4774	2016	1 <sup>st</sup>
Lauryn Jordan	SJ Delta	4763	2004	1 <sup>st</sup>
Janis Diggs	Hartnell	4726	1985	1 <sup>st</sup>

**Decathlon**

Darren Hall	Shasta	7144	1982	1 <sup>st</sup>
Darren Hall	Shasta	7044	1981	1 <sup>st</sup>
Gary Wipfler	De Anza	7017	1979	1 <sup>st</sup>
Tim Gelonek	Shasta	6991	1978	1 <sup>st</sup>
Brian Saunders	De Anza	6986	1977	1 <sup>st</sup>
Charles Langston	Shasta	6960	1990	1 <sup>st</sup>
Steve Roberts	Foothill	6933	1983	1 <sup>st</sup>
Bo Breigan	San Jose	6916	1980	1 <sup>st</sup>
Ben Pope	San Jose	6904	1980	2 <sup>nd</sup>
Wayne Gray	West Valley	6885	1978	2 <sup>nd</sup>