

## Northern California Community College Regional Track & Field • Championship Modesto, CA • May 18, 1984

**Men:** 1. Fresno 96; 2. San Jose 82; 3. Foothill 64; 4. Santa Rosa 45; 5. American River 45; 6. West Valley 44; 7. Sacramento 36; 8. Contra Costa 32; 9. SJ Delta 27; 10. Modesto 26; 11. Skyline 22; 12T. Chabot, Siskiyou 20; 14. Shasta 17½; 15. Porterville 14; 16. Diablo Valley 11; 17. Solano 6; 18T. Cabrillo, Marin 5; 20. Alameda 4; 21T. Hartnell, Sierra 3; 23. San Francisco 2; 24T. Monterey, Yuba Merritt, Lassen, Butte 1.

**Women:** 1. Modesto 78; 2. Contra Costa 54; 3. West Valley 50; 4. American River 48; 5. Chabot 45; 6. Marin 35; 7. San Jose 31; 8. Foothill 27; 9. Santa Rosa 19; 10. Sacramento 17; 11. Butte 16½; 12. Cosumnes River 14; 13. San Mateo 13; 14T. Fresno, Shasta 12; 16. Sierra 8; 17. Solano 6; 18. Hartnell 5; 19. SJ Delta 4; 20T. Sequoias, Merced 2; 22. Merritt 1.

### MEN

#### 100m- Final (wind: +0.0 mps)

1. Jeremiah Wheeler	Fresno	10.33
2. Tony Purvis	Contra Costa	10.55
3. Jeff Thorbs	San Jose	10.63
4. Eric Miller	SJ Delta	10.66
5. Marvin Jones	SJ Delta	10.68
6. Johnny Sears	Fresno	10.73

#### 200- Final (wind: +1.70 mps)

1. Jeremiah Wheeler	Fresno	20.97
2. Jeff Thorbs	San Jose	21.24
3. Tommy Purvis	Contra Costa	21.41
4. James Cooper	San Jose	21.52
5. Kerry Threats	Skyline	21.55
6. Gerald Boles	Santa Rosa	21.90

#### 400- Final

1. James Cooper	San Jose	47.07
2. Kerry Threats	Skyline	47.51
3. Dave Cheserak	West Valley	47.96
4. Gerald Boles	Santa Rosa	48.10
5. Eric Jones	Skyline	48.55
6. Tim Morris	Yuba	48.60

#### 800- Final

1. Larry Guinee	Foothill	1:51.59
2. Jackie Davis	Merritt	1:52.75
3. Steve Scholz	Foothill	1:52.97
4. Rod Brower	Cabrillo	1:53.04
5. Ross Stertz	Diablo Valley	1:53.10
6. Ken Hall	Lassen	1:57.75

#### 1500- Final

1. Larry Guinee	Foothill	3:51.55
2. Gary Lewis	San Jose	3:51.81
3. Pete Rosser	Foothill	3:54.02
4. Dave Vanatta	Sierra	3:55.31
5. Winzell Carey	SJ Delta	3:55.80
6. Jim LaFuente	San Jose	3:57.55

#### 5000- Final

1. Mandala Kunene	Porterville	14:45.11
2. Rusty Knowles	America River	14:54.19
3. Gary Lewis	San Jose	15:07.24
4. Leroy Rivera	Fresno	15:12.85
5. Greg Fagan	San Francisco	15:18.86
6. Bill Lybeer	Monterey	15:23.89

#### 10000- Final

1. Mike Livingston	West Valley	31:28.74
2. Roy Garcia	West Valley	31:46.89
3. Steve Pappa	American River	31:55.99
4. Oscar Correa	Porterville	32:06.10
5. Ernie Stanton	West Valley	32:18.23
6. Jose Aispuro	Cabrillo	32:21.71

### MEN

#### 110 Hurdles- Final

1. Johnny Sears	Fresno	14.16
2. Pat Duffy	Shasta	14.29
3. Rod Green	Foothill	14.34
4. Chriss Grimble	Sacramento	14.35
5. Ayopele Popoola	Fresno	14.62
6. Michael Lee	Merritt	14.86

#### 400 Hurdles- Final

1. Kevin Mouton	Contra Costa	52.88
2. Rick Risano	Foothill	53.35
3. Richard Curtis	Cosumnes River	53.80
4. Steve Walker	Foothill	53.80
5. Dave Cheserak	West Valley	53.90
6. Armando Ruiz	Fresno	54.45

#### Steeplechase- Final

1. Rusty Knowles	American River	9:08.8
2. Leroy Rivera	Fresno	9:19.6
3. John Dixon	West Valley	9:27.4
4. Jerry Saldana	Modesto	9:31.9
5. Colin Davidson	Santa Rosa	9:37.1
6. Orlando Biggs	West Valley	9:39.9

#### 400 Relay- Final

1. Fresno	40.62
(Jeremiah Wheeler, John Sears, Herbert McKinney, Todd Cowings)	
2. San Jose	41.02
(Rod Riley, Jeff Throbs, Jerome Dawson, James Cooper)	
3. SJ Delta	41.36
(Danny Armolea, Marvin Jones, Ben Dabney, Eric Miller)	
4. Santa Rosa	41.59
(Tony Mial, Sutton Hanzalik, Carl Larsen, Gerald Boles)	
5. Skyline	41.73
6. Marin	42.05

#### 1600 Relay- Final

1. San Jose	3:10.80
(Jerome Dawson, Rod Riley, James Cooper, Jeff Thorgs)	
2. Skyline	3:14.20
(Bernard Chapman, Bryan McKittrick, Eric Jones, Kerry Threats)	
3. Santa Rosa	3:14.40
(Tim Witherspoon, Mark Nicol, Carl Larsen, Gerald Boles)	
4. Foothill	3:14.80
(Bob Brown, Rod Green, Rick Risano, Les Branson)	
5. Hartnell	3:16.40
(Greg Cox, William Jones, Russ Hauschild, Ron McNeal)	
6. Fresno	3:16.60

#### High Jump-Final

1. Arnold Silva	Santa Rosa	6-10
2. Jeff Yajima	American River	6-8
3. Walter Evans	Solano	6-8
4. Dennis Deloaches	Alameda	6-8
5. Mark Youngren	Sierra	6-6
6. Craig Scott	Butte	6-6

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**Women:** 1. Modesto 78; 2. Contra Costa 54; 3. West Valley 50; 4. American River 48; 5. Chabot 45; 6. Marin 35; 7. San Jose 31; 8. Foothill 27; 9. Santa Rosa 19; 10. Sacramento 17; 11. Butte 16½; 12. Cosumnes River 14; 13. San Mateo 13; 14T. Fresno, Shasta 12; 16. Sierra 8; 17. Solano 6; 18. Hartnell 5; 19. SJ Delta 4; 20T. Sequoias, Merced 2; 22. Merritt 1.

### MEN

#### Pole Vault- Final

1. Shawn Hudson	SJ Delta	16-7¼
2. Bill Shepard	Fresno	16-0
3. Charles Nichols	American River	15-6
4. Mark Anderson	West Valley	15-0
5. Dan Besmer	West Valley	15-0
6. John Ambrose	SJ Delta	14-6

#### Long Jump- Final

1. Byron Young	Chabot	24-6½
2. Cornelius Covington	Contra Costa	24-5¾
3. Garnel Taylor	Fresno	24-3
4. Larry Farriester	Modesto	24-2¼
5. Johnny Sears	Fresno	23-7¼
6. Brian Conway	Diablo Valley	23-6½

#### Triple Jump- Final

1. Adrian Justice	Chabot	49-4
2. Garnel Taylor	Fresno	48-0¾
3. Mike Bostic	Foothill	47-10½
4. Elvin Johnson	Marin	47-8¼
5. Eddie Gerard	Hartnell	47-4¾
6. Ray Marchbanks	Santa Rosa	47-0¼

#### Shot Put- Final

1. Dennis Desoto	Santa Rosa	55-10½
2. David McThorn	Modesto	54-10
3. Nate Barnreiter	San Jose	50-10
4. Marsahall Land	Sacramento	49-11½
5. Tom Silva	West Valley	49-3½
6. Fred Spencer	Shasta	49-2½

#### Discus- Final

1. David McThorn	Modesto	164-2
2. Oscar Garza	Fresno	159-10
3. Dennis Desoto	Santa Rosa	159-8
4. Jeff Ramirez	San Jose	157-3
5. Beth Littell	Sacramento	156-7
6. Nate Barnreiter	West Valley	156-5

#### Javelin- Final

1. Craig Holbrook	Siskiyou	203-4
2. Mike Ostrom	Diablo Valley	200-1
3. Kevin Nikaïdo	Fresno	199-8
4. Benson Maafala	Sacramento	198-10
5. Davd Lampkins	SJ Delta	196-0
6. Garth Bender	Santa Rosa	195-0

#### Decathlon- Final\*

1. Joe Kolan	Siskiyou	6,571
2. David Herbert	San Jose	6,383
3. Tim McCarthy	Shasta	6,289
4. Steve Bruce	Foothill	6,229
5. Darin Jernigan	Shasta	6,129
6. J.T. Doupnik	Sierra	6,103

\*Held at Sacramento City College on May 8-9

### MEN

#### Hammer exhibition

1. Stanley Mataele	Sacramento	187-8
2. Kenneth Smith	Sacramento	161-1
3. Ken Norlen	American River	160-7
4. Marshall Land	Sacramento	156-3
5. Jeff Ramirez	San Jose	151-8
6. Oscar Garza	Fresno	149-6

### WOMEN

#### 100m- Final

1. Patrice Carpenter	Contra Costa	11.78
2. Vivian Riley	San Jose	11.88
3. Sonya Smith	Cosumnes River	12.33
4. Julie Coy	Hartnell	12.36
5. Charisse Jeremiah	SJ Delta	12.37
6. Evelie Johnson	Sacramento	12.45

#### 200- Final (wind-aided: +2.10 mps)

1. Patrice Carpenter	Contra Costa	24.02
2. Vivian Riley	San Jose	24.34
3. Marisa Williams	Sacramento	25.16
4. Veronica Samuel	Contra Costa	25.19
5. Wendy von Fries	Marin	25.50
6. Charisse Jeremiah	SJ Delta	25.77

#### 400- Final

1. Veronica Strovick	Marin	54.77
2. Wendy von Fries	Marin	55.95
3. Veronica Samuel	Contra Costa	56.20
4. Pamela Lee	Contra Costa	56.64
5. Eurdell Jackson	San Jose	57.30
6. Mary Beth Henke	Foothill	57.43

#### 800- Final

1. Jill Moss	American River	2:12.45
2. Cathy Demelmaier	West Valley	2:13.20
3. Tammy Anderson	Modesto	2:15.47
4. Theresa Martin	Marin	2:16.59
5. Krista Wendt	Foothill	2:18.20
6. Dee Dee Dewey	Santa Rosa	2:20.01

#### 1500- Final

1. Cathy Demelmaier	West Valley	4:35.10
2. Carla Halford	West Valley	4:35.54
3. Tammy Anderson	Modesto	4:39.05
4. Linda Hooke	Fresno	4:39.79
5. Shelley Dunlap	Sacramento	4:39.89
6. Jennifer Bay	Merritt	4:41.19

#### 3000- Final

1. Cathy Demelmaier	West Valley	10:15.56
2. Lori Shanoff	Santa Rosa	10:26.66
3. Shelley Dunlap	Sacramento	10:29.38
4. Mary Roach	Marin	10:30.86
5. Jill Canales	Sequoia	10:32.25
6. Lisa van Buskirk	Chabot	10:39.18

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## WOMEN

### 100 Hurdles- Final (wind-aided: +2.2 mps)

1. Deidre Fields	Chabot	14.31
2. Lori Mazorra	American River	14.97
3. Sonya Smith	Cosumnes River	15.04
4. Jullie Herron	San Mateo	15.10
5. Eleanor Ratliff	Modesto	15.28
6. Tamara Ruth	San Mateo	15.44

### 400 Hurdles- Final

1. Teresa Chavez	Modesto	61.37
2. Eileen Cunningham	Chabot	61.78
3. Deidre Fields	Chabot	64.00
4. Jill Silva	Butte	64.45
5. Renay Schoenlein	West Valley	65.85
6. Michelle Gallagher	American River	66.71

### 400 Relay- Final

1. Contra Costa	47.22
(Relonda Hancock, Pam Lee, Veronica Samuels, Patrice Carpenter)	
2. American River	48.75
(Sheila Murray, Jill Moss, Lori Mazorra, Jenny Linderman)	
3. San Mateo	49.43
(Geanne Andrews Julie Herron, Kari Ford, Karen Turner)	
4. San Jose	49.46
(Jill Shitabata, Vivian Riley, Donna Campbell, Anita Bolton)	
5. Chabot	49.64
6. Marin	49.69

### 1600 Relay- Final

1. Contra Costa	3:47.82
(Patrice Carpenter, Jacqui Rogers, Pam Lee, Veronica Samuels)	
2. American River	3:51.90
(Michelle Gallagher, Sheila Murray, Lori Mazorra, Jill Moss)	
3. Marin	3:52.11
(Theresa Martin, Wendy von Fries, Shannon Hartnett, Veronica Storvick)	
4. Chabot	3:52.31
(Deanne Thomsson, Sabrina Stevenson, Bridget Cunningham, Eileen Cunningham)	
5. Modesto	3:57.47
6. Hartnell	3:58.19

### High Jump-Final

1. Eleanor Ratliff	Modesto	5-8
2. Julie Hueftle	Sierra	5-8
3. Jenny Linderman	American River	5-6
4. Jane Wood	De Anza	5-4
5. Sheri Morford	Sacramento	5-4
6. Jill Silva	Butte	5-2

### Long Jump- Final

1. Vivian Riley	San Jose	18-4
2. Stephanie Mundt	Modesto	18-2½
3. Cassandra Sanders	Solano	17-11½
4. Sheila Murray	American River	17-7¼
5. Debra Carr	Merced	17-5½
6. Michelle Gallagher	American River	17-3½

## WOMEN

### Shot Put- Final

1. Dot Jones	Modesto	46-10½
2. Jill Crisler	Foothill	42-8½
3. Cindy Niko	Chabot	42-6½
4. Heidi McCracken	Butte	40-2
5. Angie Williams	Cosumnes River	40-0½
6. Anna Shaffer	San Jose	39-8½

### Discus- Final

1. Dot Jones	Modesto	149-10
2. Jill Crisler	Foothill	142-6
3. Lee Plevney	Santa Rosa	137-6
4. Ingrid Bailey	West Valley	134-6
5. Cindy Niko	Chabot	133-9
6. Marie Dyer	San Mateo	118-6

### Javelin- Final

1. Rosa Pugh	Shasta	156-4
2. Ingrid Bailey	West Valley	155-11
3. Jill Crisler	Foothill	145-11
4. Lee Plevney	Santa Rosa	144-2
5. Patty Hall	American River	134-1
6. Tina Harris	SJ Delta	119-8

### Heptathlon- Final\*

1. Eleanor Ratliff	Modesto	4,837
2. Jill Silva	Butte	4,686
3. Eileen Cunningham	Chabot	4,635
4. Stephanie Mundt	Modesto	4,614
5. Lucky Baker	Shasta	4,612
6. Tamara Ruth	San Mateo	4,553

*\*Held at Sacramento City College on May 8-9*

### 5000 exhibition

1. Carol Ferrari	Santa Rosa	19:06.89
2. Kathy Donofrio	San Francisco	19:17.43
3. Stephanie Danzig	Diablo Valley	19:34.71
4. Cecelia Salame	De Anza	19:44.30
5. Patricia Conway	American River	19:59.70
6. Jocelyn Mellberg	De Anza	20:13.33

### Triple Jump exhibition

1. Debra Carr	Merced	36-6½
2. Shannon Hartnett	Marin	36-3½
3. Sherri Morford	Sacramento	35-5½