

Northern California Community College Regional Track & Field Championship • Sacramento, CA • May 10, 1985

Men: 1. San Jose 117½; 2. Fresno 44; 3. Modesto 41; 4. San Francisco 30; **5T.** Foothill, Sacramento 28; 7. SJ Delta 27; 8. Shasta 26; 9. Santa Rosa 25½; 10. American River 25; **11T.** Chabot, Porterville, Skyline 20.

Women: 1. Sacramento 85; 2. Hartnell 66; 3. San Jose 58; 4. Foothill 47; 5. Contra Costa 40; 6. West Valley 39; 7. Shasta 29; 8. Modesto 22; 9. Fresno 21; **10T.** American River, Monterey 20; 12. Sierra 17; 13. Cosumnes River 14; 14. De Anza 13; 15. Chabot 11; 16. Butte 10; **17T.** SJ Delta, Skyline 9; **19T.** Kings River, San Francisco 8; **21.** Santa Rosa 7; **22.** Merced 3; **23.** Yuba 2.

MEN

100m- Final

1. Marvin Jones	SJ Delta	10.69
2. Stoney McCree	Merritt	10.79
3. Todd Cowings	Fresno	10.84
4. Ray Holland	Kings River	10.85
5. Paul Abbot	San Jose	10.86
6. Kevin House	Contra Costa	19.87

200- Final

1. Ted Weber	Merced	21.50
2. James Cooper	San Jose	21.62
3. Stoney McCree	Merritt	21.69
4. Brihan Brown	American River	21.70
5. Paul Abbot	San Jose	21.75
6. Larry Farriester	Modesto	21.76

400- Final

1. James Cooper	San Jose	46.54
2. Ted Weber	Merced	47.55
3. Kerry Threats	Skyline	48.00
4. Sheldon Griffith	San Jose	48.05
5. Gerald Boles	Santa Rosa	48.10
6. Robert Sanders	Foothill	49.05

800- Final

1. Thevi Pather	Porterville	1:54.11
2. Dave Campbell	Foothill	1:54.78
3. Rod Brower	Cabrillo	1:55.48
4. Curtis Aaron	San Francisco	1:55.78
5. Tom Nann	Marin	1:55.86
6. Bill Sullivan	Fresno	1:55.97

1500- Final

1. Curtis Aaron	San Francisco	3:54.10
2. Marc Goulet	Cabrillo	3:54.56
3. Steve Savage	Chabot	3:55.99
4. Ernie Freer	Shasta	3:56.85
5. Greg Rivera	West Valley	3:57.55
6. Steve Scholz	Foothill	3:58.14

5000-Final

1. Brian Hoyt	Santa Rosa	14:49.25
2. Mike Anderson	San Mateo	14:54.80
3. Mark Carvalho	Butte	14:59.0
4. Hugo Cibrian	Sequoias	15:03.55
5. Troy Curran	Monterey	15:11.75
6. Eric Smedburg	American River	15:15.15

10000- Final

1. Robert Thwala	Porterville	31:35.88
2. Roy Garcia	West Valley	31:37.13
3. Todd Strickland	West Valley	31:41.14
4. Bob Johnston	Lassen	31:45.60
5. Steve Piles	Shasta	31:47.56
6. Steve Kovisto	SJ Delta	31:47.91

MEN

110 Hurdles- Final

1. Sam Archer	SJ Delta	14.75
2. Cary McAlister	American River	14.79
3. Cary Noble	San Jose	14.86
4. Dennis Lewis	Sacramento	15.01
5. Bonnell Newsome	Kings River	15.01
6. Ken Jones	Menlo	15.07

400 Hurdles- Final

1. Richard Curtis	Sacramento	51.10
2. Dennis Lewis	Sacramento	53.12
3. Cary Noble	San Jose	53.15
4. Sam Archer	SJ Delta	53.25
5. Steve Willemse	Modesto	53.34
6. Raymon Hampton	Yuba	54.10

Steeplechase- Final

1. James Bloomer	San Francisco	9:15.0
2. Armando Gama	Shasta	9:22.8
3. Chris Allen	American River	9:27.1
4. John Lego	Chabot	9:30.3
5. Roy Castro	Santa Rosa	9:32.3
6. Steve Whitehead	Shasta	9:34.6

400 Relay- Final

1. San Jose	41.28
(Anthony Hodges, James Cooper, Paul Abbott, Sheldon Griffith)	
2. Fresno	41.42
(Eric Carr, Willie Austin, Todd Cowings, Demetre Booker)	
3. Contra Costa	41.43
(Melvin Miller, Kevin House, Donnie Haley, Patrick Egu)	
4. Modesto	41.80
(Scott Tinsley, Larry Farriester, Terry Ward, Brent Erickson)	
5. Butte	41.98
6. Merced	42.30

1600 Relay- Final

1. San Jose	3:15.43
(Paul Abbott, Cary Nobles, Sheldon Griffith, James Cooper)	
2. Foothill	3:15.61
(Robert Sanders, Dave Campbell, Les Branson, Steve Walker)	
3. Modesto	3:15.62
(Scott Tinsley, Jim Wall, Larry Farriester, Craig Hassapakis)	
4. Santa Rosa	3:16.80
(Tim Witherspoon, Gerald Boles, Kyle Carter, Dave DeRosa)	
5. Sierra	3:20.62
(John Poggi, Reggie Brown, Mark Tindel, Mike Englehardt)	
6. American River	3:20.90

High Jump- Final

1. David Bader	Sequoias	6-10
2. Bryan Kellen	San Jose	6-8
3. Jeff Yajima	American River	6-6
4. Brent Andre	San Jose	6-6
4. Dante Estores	San Jose	6-6
4. Arnold Silva	Santa Rosa	6-6

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MEN

Pole Vault- Final

1. Bill Shepard	Fresno	15-9
2. Ronald Decker	Fresno	15-0
3. Mark Coulter	San Jose	14-6
4. Steve Snyder	Hartnell	14-6
5. John Ambrose	SJ Delta	14-6
6. Jim Trujillo	Hartnell	14-6

Long Jump- Final

1. Johnny Cleveland	Chabot	24-3
2. Roger Grimes	San Mateo	24-0
3. Larry Farriester	Modesto	23-10½
4. Dave Ceragiolo	Skyline	23-7½
5. Chris Marlow	Cosumnes River	23-3¾
6. Neil Colter	Santa Rosa	23-2¾

Triple Jump- Final

1. Greg Freeman	San Jose	48-7¼
2. Willie Hannon	Contra Costa	48-2¼
3. Glenn Rory	San Francisco	47-2
4. Jeffrey Suits	Diablo Valley	47-1
5. Craig Scott	Butte	46-4½

Shot Put- Final

1. Fred Houston	San Jose	56-6¾
2. Darin Maggard	Diablo Valley	52-7½
3. Brian Ealy	Yuba	50-3¼
4. Rene Scinto	Santa Rosa	49-5
5. Jerry Winter	Sierra	48-11¾
6. Troy Sheets	San Jose	48-10¼

Discus- Final

1. Mike Gravelle	Skyline	168-11
2. Mike Neal	Kings River	159-10
3. Darin Maggard	Diablo Valley	157-9
4. Richard Brown	Sierra	152-6
5. Art Hoffman	San Jose	152-3
6. Aaron Boren	West Valley	151-3

Javelin- Final

1. Mike Schmidt	Foothill	207-1
2. Bobby Crume	Cosumnes River	204-9
3. Tim McCarthy	Shasta	197-7
4. Steve Willemse	Modesto	189-1
5. Rob McClean	West Valley	188-6
6. John Havey	Sacramento	187-7

Hammer exhibition

1. Daron Crass	Fresno	166-7
2. Cary Large	Modesto	155-8
3. Dale Janzen	Butte	151-0
4. Scott Fuller	Shasta	150-2
5. Fred Houston	San Jose	148-4
6. Ken Putnam	Fresno	144-5

MEN

Decathlon- Final*

1. Steve Willemse	Modesto	6,567
2. Mike Burns	San Jose	6,446
3. David Herbert	San Jose	6,417
4. Chris Madden	Sacramento	6,308
6. Merrill Grant	Shasta	6,190

**Held at Sacramento City College on April 30-May 1*

WOMEN

100- Final (wind-aided: +5.67 mps)

1. Monica Taylor	Sacramento	11.45
2. Vivian Riley	San Jose	11.83
3. Sonya Smith	Sacramento	11.93
4. Michele Wright	Sacramento	12.24
5. Dawn Matthias	Contra Costa	12.32
6. Moria Parramore	Chabot	12.35

200- Final (wind-aided: +2.14 mps)

1. Monica Taylor	Sacramento	24.12
2. Sonya Smith	Sacramento	24.13
3. Vivian Riley	San Jose	24.47
4. Veronica Samuels	Contra Costa	24.83
5. Mary Beth Henke	Foothill	24.97
6. Cindy Baker	Shasta	25.30

400- Final

1. Veronica Samuels	Contra Costa	55.24
2. Gwen Kennedy	Skyline	56.48
3. Mary Beth Henke	Foothill	56.98
4. Pam Lee	Contra Costa	57.16
5. Pat Mobley	San Jose	59.00
6. Rose Blake	De Anza	59.85

800- Final

1. Peggy Macke	American River	2:14.66
2. Denise Williams	San Francisco	2:14.70
3. Carla Halford	West Valley	2:16.19
4. Mona Lopez	Hartnell	2:18.00
5. Kelly Bungo	Foothill	2:19.65
6. Marian Waters	Skyline	2:20.64

1500- Final

1. Carla Halford	West Valley	4:38.99
2. Ann Kendrick	Foothill	4:42.63
3. Mona Lopez	Hartnell	4:43.58
4. Kelly Buno	Foothill	4:43.65
5. Laurie Bushling	Yuba	4:46.24
6. Jill Schlumpberger	De Anza	4:46.29

3000- Final

1. Leslie Hawkins	Monterey	9:55.44
2. Ann Kendrick	Foothill	10:04.60
3. Linda Mantenen	Foothill	10:21.14
4. Becki Van Zant	Foothill	10:25.99
5. Shelly Dunlap	Sacramento	10:27.92
6. Cecilia Salame	De Anza	10:30.40

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WOMEN

5000- Final

1. Leslie Hawkins	Monterey	17:15.2
2. Julie Rasmussen	SJ Delta	17:20.1
3. Stacy McAfee	Sierra	17:25.5
4. Ann Kendrick	Foothill	18:01.7
5. Linda Mantenen	Foothill	18:07.0
6. Becki Van Zant	Foothill	18:08.4

100 Hurdles- Final (wind-aided: +3.36 mps)

1. Sonya Smith	Sacramento	14.08
2. Tobi Palombi	Modesto	15.10
3. Sherry Olson	West Valley	15.35
4. Janis Diggs	Hartnell	15.37
5. Moria Parramore	Chabot	15.40
6. Elliadora Foster	West Valley	15.53

400 Hurdles- Final

1. Yvonne Minkel	Sierra	64.05
2. Janis Diggs	Hartnell	64.56
3. Laura Sullivan	San Jose	65.34
4. Marcy Jones	American River	66.60
5. Cyndy Rogers	Kings River	67.12
6. Teresa Zieninski	Sierra	67.85

400 Relay- Final

1. Sacramento	47.25
(Margo Moore, Monica Taylor, Sonya Smith, Michele Wright)	
2. San Jose	48.40
3. Contra Costa	48.98
4. Chabot	49.99
5. American River	50.59
6. Shasta	51.71

1600 Relay- Final

1. Sacramento	3:55.64
2. Contra Costa	3:58.39
3. San Jose	4:00.7.0
4. American River	4:01.05
5. Shasta	4:02.76
(Cindy Baker, Donna Martin, Kim Ketchum, Debbi Vaughn)	

High Jump- Final

1. Cindy Baker	Shasta	5-6
2. Jennifer Bateman	De Anza	5-6
3. Tara Grieser	Santa Rosa	5-4
4. Kristi White	Butte	5-4
5. Jane Wood	De Anza	5-4
6. Black	Sacramento	5-2

Long Jump- Final

1. Vivian Riley	San Jose	20-0
2. Janis Diggs	Hartnell	19-2
3. Madeline Wright	Kings River	18-0¼
4. Edwards	Contra Costa	17-11¼
5. Karen Haugen	Chabot	17-9¼
6. Deborah Carr	Merced	17-9½

WOMEN

Triple Jump- Final

1. Janis Diggs	Hartnell	40-3
2. Angela Lee	San Jose	37-3½
3. Kristi White	Butte	36-7½
4. Angela Edwards	Contra Costa	36-2¾
5. Deborah Carr	Merced	36-2¾
6. Sherry Olson	West Valley	

Shot Put- Final

1. Marilyn Elkins	Modesto	43-2¾
2. Angie Williams	Cosumnes River	42-5½
3. China Blockton	Sacramento	40-2½
4. Gina Apalu	San Jose	40-1
5. Mary Lou Merancio	Fresno	39-11½
6. Daisy Reason	Fresno	37-7½

Discus- Final

1. Mary Lou Merancio	Fresno	139-4
2. China Blockton	Sacramento	137-5
3. Gerri Baldwin	West Valley	136-8
4. Angie Williams	Cosumnes River	130-7
5. Dana Williams	Shasta	125-10
6. Patty McMullen	Shasta	125-6

Javelin- Final

1. Melinda Pelton	Hartnell	147-11
2. Susan Hibon	Fresno	120-1
3. Janis Diggs	Hartnell	118-1
4. Pam Larrance	Shasta	117-10
5. Julie Hales	Chabot	116-4
6. Tina Harris	SJ Delta	116-2

Heptathlon- Final*

1. Janis Diggs	Hartnell	4,726
2. Cindy Baker	Shasta	4,635
3. Sherry Olson	West Valley	4,364
4. Tobi Palombi	Modesto	4,204
5. Carla Halford	West Valley	3,983
6. Tara Grieser	Santa Rosa	3,940

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