

Northern California Community College Regional Track & Field Championship • Sacramento, CA • May 10, 1986

Men: 1. Fresno 79; 2. San Jose 74; 3. San Francisco 50; 4. Diablo Valley 47; 5. American River 42; 6. Sacramento 37½; 7. Skyline 34; 8. Sequoias 33; 9. Modesto 26½; 10. Merritt 26; 11. Foothill 23; 12. West Valley 19; 13T. Siskiyou, Contra Costa 18; 15. Butte 16; 16. Alameda 15; 17. Hartnell 14; 18T. Kings River, SJ Delta, Yuba, De Anza 10; 22. Santa Rosa 9; 23. San Mateo 6; 24. Chabot 5; 25. Solano 4; 26T. Lassen, Cosumnes River 2; 28T. Merced, Porterville, Sierra 1.

Women: 1. Modesto 105; 2. San Jose 68; 3. Sacramento 63; 4. Shasta 51; 5. American River 44; 6. West Valley 40; 7. San Francisco 29; 8. Foothill 25; 9. Butte 18; 10. Sierra 17; 11. Alameda 16; 12. De Anza 15; 13. Fresno 13; 14T. Merritt, Marin, Skyline 10; 17T. Sequoias, Santa Rosa 6; 19T. Hartnell, Merced, Cosumnes River 2; 22T. Diablo Valley, Chabot 1.

100m- Final

1. Marcos Pica	Diablo Valley	10.79
2. John Williams	Fresno	10.85
3. Derrick Bowman	Merritt	10.98
4. Eric Williams	Alameda	11.05
5. Henry Barba	San Jose	11.08
6. Andy Benz	Diablo Valley	11.08

200- Final

1. John Williams	Fresno	21.5
2. Marcos Pica	Diablo Valley	21.5
3. Jeff Thorbs	San Jose	21.5
4. Herbert McKinney	Fresno	21.6
5. Derrick Bowman	Merritt	21.7
6. Terry Gibson	Chabot	21.7

400- Final

1. Greg Parker	Sacramento	47.24
2. Herbert McKinney	Fresno	47.37
3. Bernard Chatman	Skyline	47.49
4. Sheldon Griffith	San Jose	47.99
5. Chris Olson	SJ Delta	48.06
6. Andre Taylor	San Jose	48.64

800- Final

1. Dave Campbell	Foothill	1:49.08
2. John Cook	Siskiyou	1:49.55
3. Pete Nunez	Sequoias	1:50.70
4. Curtis Aaron	San Francisco	1:50.80
5. Dave Ottaway	Lassen	1:51.24
6. Doug Hancock	West Valley	1:53.14

1500- Final

1. Curtis Aaron	San Francisco	3:53.77
2. Anthony Bryant	San Francisco	3:56.04
3. Tom Hadley	Yuba	3:56.26
4. James Price	American River	3:56.38
5. Robert Brown	Sacramento	3:56.75
6. Dan Valdez	Merced	3:57.19

5000- Final

1. Hugo Cibrian	Sequoias	14:44.4
2. James Green	San Jose	14:55.1
3. Greg Rivera	West Valley	14:55.8
4. Dwight Smith	Modesto	15:04.4
5. Mike Kriege	Foothill	15:10.4
6. Roger Dix	Sierra	15:12.1

10000- Final

1. Todd Stickland	West Valley	31:55.9
2. Manuel Silvera	SJ Delta	32:04.3
3. Paul Ghidossi	Skyline	32:06.2
4. Mike Kriege	Foothill	32:15.8
5. Dale Richard	De Anza	32:26.3
6. Steve Miller	Santa Rosa	32:31.1

110 High Hurdles- Final

1. Bonnell Newsome	Kings River	14.66
2. Ivan Graves	San Francisco	15.07
3. Santonge Poullard	Siskiyou	15.16
4. Reggie Snowden	Yuba	15.25
5. Rick Holmes	American River	15.26
6. Torin Glynn	Fresno	15.27

400 Hurdles- Final

1. Ivan Graves	San Francisco	53.4
2. Troy Burks	Fresno	53.4
3. Mike King	San Mateo	53.4
4. Tony McFarland	American River	55.8
5. Larry Jones	Chabot	
6. Carl Thomas	American River	

Steeplechase- Final

1. Eric Smedburg	American River	9:13.8
2. Chris Allen	American River	9:17.5
3. Mike Mathews	Foothill	9:25.0
4. Jim Bloomer	San Francisco	9:28.6
5. John Lego	Chabot	9:39.2
6. Robert Thwala	Porterville	9:44.4

400 Relay- Final

1. San Jose	40.63
2. Fresno	40.98
(Carl Roberts, John Aguilar, Herbert McKinney, John Williams)	
3. Diablo Valley	41.05
4. Contra Costa	41.53
(John Aguilar, Herbert McKinney, Carl Robert, John Williams)	
5. Merritt	41.59
6. Alameda	41.74

1600 Relay- Final

1. San Jose	3:14.5
2. Skyline	3:14.7
3. Merritt	3:15.6
4. Fresno	3:15.8
(Hebert McKinney, Troy Burks, Ryan Snedden, John Williams)	
5. Santa Rosa	3:15.8
6. Foothill	3:18.5

High Jump- Final

1. Tom Norman	Sequoias	6-9
2. Bill Hepworth	American River	6-9
2. Dave Rader	Sequoia	6-9
4. Marc Robinson	San Francisco	6-8
5. Vern Walton	Sacramento	6-6
5. Mirl McGinnis	Modesto	6-6

Pole Vault- Final

1. Anthony Harris	Alameda	16-0
2. Todd Keating	Hartnell	16-0
3. Vic Pelayo	San Jose	15-6
4. Rick Duncan	Solano	14-6
5. John Misicic	Modesto	14-6
6. Luis Gonzales	Fresno	14-6

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Long Jump- Final

1. Charles Brooks	Merritt	23-10½
2. Greg Parker	Sacramento	23-2¾
3. Andre Gray	Fresno	23-2
4. Willie Hannon	Contra Costa	22-11¾
5. Kevin Smith	San Francisco	22-10½
6. Randy Wood	Modesto	22-5½

Triple Jump- Final

1. Willie Hannon	Contra Costa	50-2
2. Greg Freeman	San Jose	48-2½
3. Mike Bailey	Fresno	47-9½
4. Elmo Page	American River	47-4¾
5. Chip Pollack	American River	47-2
6. Aaron Branston	Santa Rosa	46-11½

Shot Put- Final

1. Fred Houston	San Jose	54-3
2. Darin Maggard	Diablo Valley	54-2
3. Dave McThorn	Modesto	53-4½
4. Mike Gravelle	Skyline	53-2½
5. Gerald Ray	Siskiyou	52-7
6. Gary Leach	Santa Rosa	50-3

Discus- Final

1. Mike Gravelle	Skyline	189-9
2. Dave McThorn	Modesto	172-11
3. Bob Owens	Siskiyou	166-6
4. Darin Maggard	Diablo Valley	165-10
5. Todd Cathers	Butte	159-6
6. Daron Crass	Fresno	159-3

Javelin- Final

1. Gerald Gamble	Diablo Valley	204-10
2. Troy Lamb	Butte	196-3
3. Lane Santiago	Sacramento	194-0
4. Garth Bender	Santa Rosa	192-9
5. Marvin Quebec	Hartnell	190-8
6. Bob Crume	Cosumnes River	190-0

Hammer- Final

1. Eric Finch	De Anza	197-8
2. Daron Crass	Fresno	187-0
3. Ken Putnam	Fresno	168-4
4. Bob Owens	Siskiyou	168-0
5. Gary Large	Modesto	159-6
6. Fred Houston	San Jose	156-10

Decathlon- Final*

1. Chris Madden	Sacramento	6760
2. Shawn Majeski	San Jose	6469
3. Troy Lamb	Butte	6300
4. Juan Quintero	Hartnell	6129
5. John Miscisin	Modesto	5898
6. Raul Sanchez	Cosumnes River	5895

*Held at American River College on April 29-30

Women

100- Final		
1. Michele Wright	Sacramento	12.56
2. Angela Lee	San Jose	12.69
3. Bridge Bailey	San Francisco	12.70
4. Phoebe Smith	Marin	12.74
5. Mona Simmons	Modesto	12.75
6. Regina Lambert	Hartnell	12.80

200- Final

1. Pat Mobley	San Jose	24.6
2. Michele Wright	Sacramento	24.9
3. Bridget Steens	Modesto	25.2
4. Mona Simmons	Modesto	25.2
5. Phoebe Smith	Marin	25.4
6. Rose Blake	De Anza	25.6

400- Final

1. Pat Mobley	San Jose	55.80
2. Bridget Steens	Modesto	57.50
3. Rose Blake	De Anza	57.82
4. Patrice Crosby	Alameda	59.24
5. Pam Mason	San Jose	59.65
6. Kelly Norleen	Chabot	60.47

800- Final

1. Krista Wendt	West Valley	2:12.49
2. Peggy Macke	American River	2:14.35
3. Donna Martin	Shasta	2:17.99
4. Janet Corsiglia	Foothill	2:18.26
5. Stephanie Richardson	Sacramento	2:19.65
6. Kerry Brogan	Foothill	2:20.71

1500- Final

1. Krista Wendt	West Valley	4:31.63
2. Yoshie Shimizu	Shasta	4:38.39
3. Brenda Payton	American River	4:41.23
4. Donna Martin	Shasta	4:49.15
5. Debbie Etcheverry	Modesto	4:50.84
6. Kelly Bungo	Foothill	4:51.25

3000- Final

1. Yoshie Shimizu	Shasta	10:04.4
2. Krista Wendt	West Valley	10:10.3
3. Stacey McAfee	Sierra	10:19.6
4. Sheri Opp	San Jose	10:23.6
5. Becki Van Zant	Foothill	10:33.2
6. Maureen Williamson	West Valley	10:33.6

5000- Final

1. Stacey McAfee	Sierra	17:45.3
2. Becki Van Zant	Foothill	18:14.1
3. Heather Hollahan	Shasta	18:14.7
4. Christine McGee	Santa Rosa	18:27.9
5. Susie Hansen	West Valley	18:37.0
6. Kathy D' Onofrio	San Francisco	18:42.2

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100 Hurdles- Final

1. Jessica Casmir	San Francisco	14.87
2. Michelle Gallagher	American River	15.43
3. Tobi Palombi	Modesto	15.52
4. Stacy Brown	Sequoias	15.84
5. Lisa Littrell	Shasta	15.92
6. Leslie Kimbrell	Modesto	15.93

Shot Put- Final

1. Marilyn Elkins	Modesto	43-0
2. Lynn Graham	Fresno	42-6½
3. China Blockton	Sacramento	41-0½
4. Mary Lou Merancio	Fresno	41-0
5. Vickie Trask	Skyline	40-11
6. Gerri Baldwin	West Valley	38-3

400 Hurdles- Final

1. Jessica Casmir	San Francisco	62.73
2. Michelle Gallagher	American River	63.80
3. Kim Hines	Alameda	64.39
4. Lisa Littrell	Shasta	64.59
5. Marcy Jones	American River	66.29
6. Rena Johnson	Shasta	66.64

Discus- Final

1. China Blockton	Sacramento	147-11
2. Gerri Baldwin	West Valley	139-0
3. Joyce Fremstad	Skyline	138-0
4. Kim Cercle	Modesto	129-6
5. Vickie Trask	Skyline	129-1
6. Lynn Graham	Fresno	122-4

400 Relay- Final

1. Modesto	48.11
(Tobi Palombi, Raychel Fountain, Mona Simmons, Bridget Steens)	
2. American River	49.12
3. Alameda	49.97
4. Sequoias	50.11
5. San Francisco	51.28
6. De Anza	54.95

Javelin- Final

1. Leslie Kimbrell	Modesto	137-3
2. Heta Umufuku	Foothill	134-4
3. Rebecca York	Shasta	124-6
4. Kim Cercle	Modesto	124-1
5. Barbara Steele	Merritt	123-5
6. Stephanie Santos	Sierra	121-5

1600 Relay- Final

1. San Jose	3:52.3
2. Modesto	3:54.0
(Mary Aja, Mona Simmons, Tobi Palombi, Bridget Steens)	
3. Sacramento	3:55.3
4. American River	4:00.9
5. Shasta	4:03.4
6. Foothill	4:05.6

Hepthathlon- Final*

1. Leslie Kimbrell	Modesto	4161
2. Kristi White	Butte	4042
3. Kim Cercle	Modesto	3932
4. Caroline Hendrix	Sacramento	3883
5. Lisa Littrell	Shasta	3734
6. Kim Becker	Hartnell	3656

**Held at American River College on April 29-30*

High Jump- Final

1. Tonya Miles	Sacramento	5-4
2. Kristi White	Butte	5-4
3. Monica Liotta	De Anza	5-2
4. Marnette Smaley	Santa Rosa	5-2
5. Kimberle Fluegel	Merced	5-2
6. Shawn Hart	Diablo Valley	5-2

Long Jump- Final

1. Mona Simmons	Modesto	19-2½
2. Vycella Dristel	Merritt	18-10
3. Angela Lee	San Jose	18-4¾
4. Donna Graham	Marin	18-0
5. Dawn Matthias	Cosumnes Riverr	17-7½
6. Tania Trupijn	De Anza	17-6¾

Triple Jump- Final

1. Dawn Brown	San Jose	39-6½
2. Angela Lee	San Jose	39-5½
3. Tonya Miles	Sacramento	38-11¼
4. Wendy Martin	Modesto	38-10¾
5. Kristi White	Butte	37-6¾
6. Caroline Hendrix	Sacramento	36-10¾