

Northern California Community College Regional Track & Field Championship • Sacramento, CA • May 12, 1989

Men: 1. Taft 122; 2. Sacramento 120; 3. Diablo Valley 43; 4. Shasta 41½; 5. American River 34; 6. Contra Costa 30; 7. Hancock 29; 8. Fresno 28; 9. Modesto 27; 10. San Jose 23; **11T.** San Mateo, Sequoias 20; **13.** West Valley 17; **14.** SJ Delta 14; **15.** Chabot 12; **16.** Santa Rosa 11; **17T.** Hartnell, Skyline 10; **19.** Siskiyou 8; **20.** San Francisco 7½; **21.** Foothill 6; **22T.** De Anza, Cabrillo 4; **24.** West Hills 3; **25T.** Sierra, Monterer, Merced 2; **28.** Butte 1.

Women: 1. San Mateo 85; 2. Redwoods 59; 3. American River 43; 4. Hancock 42; 5. Sierra 39; 6. Shasta 34; 7. Modesto 32; **8T.** Sacramento, Kings River 28; **10.** West Valley 17; **11.** Foothill 17; **12.** Diablo Valley 16; **13T.** Siskiyou, SJ Delta, Skyline 14; **16.** Yuba 10; **17T.** Solano, Sequoias 9; **19.** San Francisco 8; **20.** Contra Costa 7; **21T.** Monterey, Porterville 6; **23T.** De Anza, Lassen 4; **25.** Santa Rosa 3; **26T.** San Jose, Hartnell, Fresno 2.

MEN

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

1. Barry Bacon	Taft	10.59
2. Bill Shepherd	Taft	10.60
3. Everad Samuels	Taft	10.64
4. Carl Payne	San Jose	10.71
5. Larry King	Sacramento	10.72
6. Frank Jones	Fresno	10.72

200- Final (wind-aided: +2.47 mps)

1. Bill Shepherd	Taft	20.90
2. Frank Jones	Fresno	21.15
3. Everard Samules	Taft	21.25
4. Mike Lewis	Chabot	21.30
5. Tim Green	Diablo Valley	21.44
6. Barry Bacon	Taft	21.49

400- Final

1. Brent Merritt	Contra Costa	47.60
2. Gerald Monroe	Sacramento	47.65
3. Sean Cumby	Contra Costa	47.80
4. Alvin Dunn	Sacramento	48.10
5. Brian Flewellen	San Francisco	48.77
6. Gabriel Shack	Taft	48.82

800- Final

1. George Kersh	Taft	1:49.11
2. Joe Amendt	San Jose	1:52.63
3. Keith Wynne	Sacramento	1:53.04
4. David Joshua	Sacramento	1:53.14
5. Richard McNeilly	Siskiyou	1:53.26
6. Chris Pride	Sacramento	1:53.29

1500- Final

1. George Kersh	Taft	3:49.43
2. Kim White	Hancock	3:51.19
3. Scott Smoot	American River	3:53.65
4. Joel Winton	American River	3:58.40
5. Shane Healy	Contra Costa	3:59.79
6. Robert Leong	Hancock	4:01.30

5000- Final

1. Kim White	Hancock	15:05.05
2. Todd Trask	Santa Rosa	15:09.90
3. Darryl Jewell	Sequoias	15:12.35
4. Dan Chamberlian	West Valley	15:13.95
5. Kendrick Sealy	West Valley	15:15.07
6. Corey Trovinger	Diablo Valley	15:16.72

10000- Final

1. Kendrick Sealy	West Valley	31:08.2
2. Kim White	Hancock	31:31.9
3. Keith Ferrell	Sacramento	31:33.5
4. Bobby Rodriguez	Fresno	31:40.2
5. Marty Brenner	Cabrillo	31:44.1
6. Daniel Chamberlian	West Valley	31:44.6

MEN

110 Hurdles- Final (wind: +0.13 mps)

1. Albert Pride	Sacramento	14.08
2. Larry Sanders	Taft	14.47
3. Martin Greer	San Jose	14.51
4. Douglas Connor	Contra Costa	14.59
5. Ron Hatt	Shasta	14.73
6. Jeff Johnson	Santa Rosa	14.86

400 Hurdles- Final

1. Michael Cox	Taft	50.48
2. Albert Pride	Sacramento	50.55
3. Ronald Sample	Diablo Valley	52.18
4. Larry Sanders	Taft	52.40
5. Jeff Johnson	Santa Rosa	52.95
6. Bernard Ellison	Shasta	53.10

Steeplechase- Final

1. Mason Myers	American River	9:13.0
2. Walter Cuellar	Sequoias	9:20.4
3. Marvin Dykstra	Siskiyou	9:21.0
4. Frank Fox	Taft	9:40.6
5. Lawrence Trovinger	Diablo Valley	9:43.9
6. Bobby Rodriguez	Fresno	9:47.9

400 Relay- Final

1. Taft	40.60
2. Sacramento	40.62
3. Diablo Valley	41.14
4. San Francisco	41.17
5. Hancock	41.82
6. Sequoias	41.85

1600 Relay- Final

1. Taft	3:10.45
2. Contra Costa	3:13.19
3. Diablo Valley	3:13.64
4. Sacramento	3:14.39
5. Fresno	3:15.65
6. San Jose	3:17.05

High Jump- Final

1. Kevin Asch	Diablo Valley	7-0
2. Gio Sprattling	Hartnell	6-6
3. Terrance Grant	Fresno	6-6
4. Alphonso Davis	Sacramento	6-6
5. Lamont Allen	San Francisco	6-4
5. Charles Langston	Shasta	6-4

Pole Vault- Final

1. Jeff Juhala	Diablo Valley	16-0
2. Marvis Haley	Chabot	15-6
3. Rick Johnson	Foothill	15-6
4. John Besmer	San Jose	15-0
4. Jeff Lewis	West Hills	15-0
6. Steve Snyder	Hartnell	15-0

Northern California Community College Regional Track & Field Championship • Sacramento, CA • May 12, 1989

Men: 1. Taft 122; 2. Sacramento 120; 3. Diablo Valley 43; 4. Shasta 41½; 5. American River 34; 6. Contra Costa 30; 7. Hancock 29; 8. Fresno 28; 9. Modesto 27; 10. San Jose 23; 11T. San Mateo, Sequoias 20; 13. West Valley 17; 14. SJ Delta 14; 15. Chabot 12; 16. Santa Rosa 11; 17T. Hartnell, Skyline 10; 19. Siskiyou 8; 20. San Francisco 7½; 21. Foothill 6; 22T. De Anza, Cabrillo 4; 24. West Hills 3; 25T. Sierra, Monterer, Merced 2; 28. Butte 1.

Women: 1. San Mateo 85; 2. Redwoods 59; 3. American River 43; 4. Hancock 42; 5. Sierra 39; 6. Shasta 34; 7. Modesto 32; 8T. Sacramento, Kings River 28; 10. West Valley 17; 11. Foothill 17; 12. Diablo Valley 16; 13T. Siskiyou, SJ Delta, Skyline 14; 16. Yuba 10; 17T. Solano, Sequoias 9; 19. San Francisco 8; 20. Contra Costa 7; 21T. Monterey, Porterville 6; 23T. De Anza, Lassen 4; 25. Santa Rosa 3; 26T. San Jose, Hartnell, Fresno 2.

Long Jump- Final

1. Howard Smith	Skyline	24-8½
2. Joel Smith	Sacramento	24-6½
3. Albert Pride	Sacramento	24-1½
4. Stacey McKinney	Taft	23-8¾
5. Darrell Boysan	SJ Delta	23-4
6. Stacy Boyd	San Jose	23-3½

Women

100- Final (wind-aided: +2.34)		
1. Fatima Grisby	Kings River	11.84
2. April Winn	Redwoods	11.9
3. Janet Taylor	Modesto	11.91
4. Ada Alger	San Mateo	11.93
5. Debbie White	West Valley	11.95
6. Tina Whately	Redwoods	12.00

Triple Jump- Final

1. Brian Wellman	Taft	53-11½
2. Joel Smith	Sacramento	51-3½
3. Alphonso Davis	Sacramento	49-6½
4. Ryan Benjamin	Sequoias	47-7½
5. Larry Livers	Monterey	47-5½
6. Tim Thompson	Modesto	47-1½

200- Final (wind-aided: +2.63)		
1. Tina Whately	Redwoods	25.02
2. Debbie White	West Valley	25.28
3. Fatima Grisby	Kings River	25.3
4. Trichell Dawson	SJ Delta	25.41
5. Veronica Hodge	Skyline	25.51
6. Leslie Gebhard	Siskiyou	25.84

Shot Put- Final

1. Kevin Marks	San Mateo	58-3
2. Eric Weddell	Sacramento	54-6
3. Scott Thornhill	Shasta	51-0½
4. Brent Rederick	SJ Delta	50-10
5. Ro James	Shasta	50-9
6. Trent Blair	Hartnell	49-0½

400- Final		
1. Trichell Dawson	SJ Delta	57.65
2. Veronica Hodge	Skyline	58.31
3. Yonette Olden	Contra Costa	58.73
4. Lanettra Powell	Skyline	58.74
5. Debra McGuigon	Sierra	59.20
6. Rebeccac Llewellyn	Sierra	59.74

Discus- Final

1. Kevin Marks	San Mateo	166-5
2. Ryan Vierra	Modesto	161-4
3. Eric Weddell	Sacramento	160-3
4. Brent Rederick	SJ Delta	153-6
5. Alex Smith	Merced	149-9
6. Ro James	Shasta	149-8

800- Final		
1. Shannon Sheldon	Siskiyou	2:13.30
2. Nikki Olivera	Shasta	2:19.75
3. Patty McNulty	Hancock	2:20.17
4. Jill Killinger	Sierra	2:20.73
5. Eula Thomas	American Rivere	2:21.93
6. Crystal Bigham	Siskiyou	2:24.72

Javelin- Final

1. Charles Langston	Shasta	219-8
2. Paul Jackson	American River	192-0
3. Charles Armstrong	Fresno	184-4
4. Ken McPeters	SJ Delta	181-8
5. Mike Reeve	Cabrillo	181-3
6. David Moore	Butte	179-0

1500- Final		
1. Heidi Hanson	Hancock	4:43.82
2. Jeanene Manasewitsch	Diablo Valley	4:46.18
3. Patty McNulty	Hancock	4:47.23
4. Susan Colley	Sierra	4:49.93
5. Letitia Castaneda	Fresno	4:53.59
6. Loretta Cruz	Sequoias	4:56.59

Hammer- Final

1. Eric Weddell	Sacramento	171-11
2. Ryan Vierra	Modesto	163-10
3. Orval Niel	Modesto	157-0
4. Arik Michelson	De Anza	155-10
5. James Cotton	Sierra	151-6
6. Dave Lunde	Sacramento	148-9

3000- Final		
1. Pam Allenby	American River	10:28.43
2. Shelly Loveall	Hancock	10:29.53
3. Julie Dyson	American River	10:35.75
4. Laura Seefeldt	American River	10:37.09
5. Heidi Hanson	Hancock	10:41.73
6. Aimee McVicker	Foothill	10:46.25

Decathlon- Final

1. Charles Langston	Shasta	6,776
2. David Almgren	Shasta	6,541
3. Pat McAlister	American River	5,921
4. James 'O Loughlin	Modesto	5,858
5. Willis Pearson	Sacramento	5,582
6. Glen Kracher	Sequoias	5,576

5000- Final		
1. Heidi Hanson	Hancock	17:54.50
2. Becky Collens	Shasta	18:01.03
3. Gillian Evans	Porterville	18:03.14
4. Lynn Leatherman	Sierra	18:26.80
5. Julie Dyson	American River	18:30.37
6. Laura Seefeldt	American River	18:32.57

Northern California Community College Regional Track & Field Championship • Sacramento, CA • May 12, 1989

Men: 1. Taft 122; 2. Sacramento 120; 3. Diablo Valley 43; 4. Shasta 41½; 5. American River 34; 6. Contra Costa 30; 7. Hancock 29; 8. Fresno 28; 9. Modesto 27; 10. San Jose 23; 11T. San Mateo, Sequoias 20; 13. West Valley 17; 14. SJ Delta 14; 15. Chabot 12; 16. Santa Rosa 11; 17T. Hartnell, Skyline 10; 19. Siskiyou 8; 20. San Francisco 7½; 21. Foothill 6; 22T. De Anza, Cabrillo 4; 24. West Hills 3; 25T. Sierra, Monterer, Merced 2; 28. Butte 1.

Women: 1. San Mateo 85; 2. Redwoods 59; 3. American River 43; 4. Hancock 42; 5. Sierra 39; 6. Shasta 34; 7. Modesto 32; 8T. Sacramento, Kings River 28; 10. West Valley 17; 11. Foothill 17; 12. Diablo Valley 16; 13T. Siskiyou, SJ Delta, Skyline 14; 16. Yuba 10; 17T. Solano, Sequoias 9; 19. San Francisco 8; 20. Contra Costa 7; 21T. Monterey, Porterville 6; 23T. De Anza, Lassen 4; 25. Santa Rosa 3; 26T. San Jose, Hartnell, Fresno 2.

100 Hurdles- Final (wind: +1.40 mps)

1. Ada Alger	San Mateo	14.75
2. Chris Diehl	San Mateo	15.35
3. April Broussard	Sacramento	15.41
4. Sharon Holgersen	Redwoods	15.46
5. Brenda Wilson	American River	15.61
6. Heidi Galvez	Foothill	15.76

Shot Put- Final

1. Tracy Wilson	Yuba	44-5
2. Kimberly Giguere	Sierra	44-2
3. Jennifer Ruff	San Mateo	41-3¼
4. Sharon Nichols	Shasta	39-8¼
5. Tainali Felemi	Sequoias	39-5
6. Michelle Gustin	Kings River	39-1

400 Hurdles- Final

1. Ada Alger	San Mateo	64.45
2. Caralyn Lawson	Diablo Valley	65.07
3. Sharon Holgerse	Redwoods	66.50
4. Nancy Gerba	Monterey	67.23
5. Karen Vejar	Hartnell	68.75
6. Holly Cole	Solano	68.76

Discus- Final

1. Jennifer Ruff	San Mateo	156-7
2. Lorraine Seiler	Sierra	146-4
3. Samira Taylor	Sacrametno	144-3
4. Tamara Bermudes	De Anza	139-6
5. Sherry Kouns	San Jose	136-2
6. Michelle Gustin	Kings River	133-4

400 Relay- Final

1. Modesto	49.24
2. Redwoods	49.34
3. American River	50.14
4. Sacramento	50.14
5. Santa Rosa	nt
6. Contra Costa	50.34

Javelin- Final

1. Danene Bishel	Kings River	134-0
2. Maribel Busto	San Francisco	133-2
3. Tainali Felemi	Sequoias	133-0
4. Nicole Carroll	San Mateo	131-0
5. Diana Bell	Lassen	125-5
6. Chris Diehl	San Mateo	123-1

1600 Relay- Final

1. Redwoods	3:59.60
2. Sierra	3:59.90
3. Modesto	4:01.65
4. Sacramento	4:02.74
5. Siskiyou	4:05.20
6. Santa Rosa	4:07.21

Heptathlon- Final

1. Chris Diehl	San Mateo	4,861
2. Brenda Wilson	American River	4,557
3. Sharon Holgersen	Redwoods	4,081
4. Shelinda Skemp	Shasta	3,902
5. Diana Bell	Lassen	3,812
6. Eve De Porcel	Foothill	3,493

High Jump- Final

1. Chris Diehl	San Mateo	5-4
2. Holly Cole	Solano	5-2
3. Eva De Porcel	Foothill	5-0
3. Shelinda Skemp	Shasta	5-0
5. Brenda Wilson	American River	5-0
6. Heidi Galvez	Foothill	5-0

Long Jump- Final

1. Janet Taylor	Modsto	18-3¾
2. April Broussard	Sacramento	17-5½
3. Sharon Holgersen	Redwoods	17-4¾
4. Chris Diehl	San Mateo	17-4¾
5. Heidi Galvez	Foothill	17-0½
6. Miriam Clark	West Valley	17-0¼

Triple Jump- Final

1. Miriam Clark	West Valley	38-5½
2. Chris Diehl	San Mateo	37-6¼
3. Eva De Porcel	Foothill	35-0¼
4. Kim Mallard	Shasta	35-0
5. Teacolia Alexander	Monterey	34-7¾
6. Diane West	SJ Delta	34-4¾