

Northern California Community College Regional Track & Field Championship • Modesto, CA • May 11, 1990

Men: 1. Taft 163; 2. Shasta 58; 3. Sacramento 51; 4. American River 50; 5. Merritt 44; 6. San Jose 43; 7. Fresno 39; 8. Hartnell 33; 9T. Sierra, Contra Costa 27; 11. Santa Rosa 27; 12T. SJ Delta, Butte 26; 14. Modesto 24; 15. Chabot 22; 16T. Diablo Valley, Sequoias 21; 18. West Valley 20; 19. Hancock 17; 20. Yuba 15; 21T. Foothill, San Francisco 13; 23. Porterville 10; 24T. Siskiyou, De Anza 9; 26. Redwoods 5; 27. Cabrillo 3.

Women: 1. American River 97; 2. Sierra 72; 3. Taft 68; 4. San Francisco 60; 5. Santa Rosa 38; 6. Modesto 33; 7. San Mateo 32; 8. West Valley 28; 9. Hartnell 27; 10. Solano 26; 11T. San Jose, Kings River 22; 13T. Shasta, Contra Costa 20; 15. Fresno 19; 16. Butte 18; 17. Hancock 17; 18. Sacramento 16; 19T. Diablo Valley, Chabot 10; 21. Lassen 8; 22. Monterey 7; 23. SJ Delta 6; 24T. Siskiyou, Porterville 5; 26. Yuba 4; 27T. Cosumnes River, De Anza, Cabrillo 3; 30. Sequoias 2; 31. Redwoods 1.

100- Final (wind-aided: +3.11 mps)

1. Jeff Laynes	Merritt	10.38
2. Derrick Love	Taft	10.54
3. Keith Holley	Taft	10.56
4. Dave Scott	Taft	10.61
5. Terry Bowen	Fresno	10.69
6. Mike Lewis	Chabot	10.75

200- Final (wind-aided: +2.12 mps)

1. Jeff Laynes	Merritt	21.14
2. David Jones	Sacramento	21.31
3. Dave Scott	Taft	21.42
4. Derrick Love	Taft	21.55
5. Nora Richardson	Taft	21.58
6. Terry Bowen	Fresno	21.71

400- Final

1. Gerald Monroe	Sacramento	47.10
2. Andy Sample	Diablo Valley	47.46
3. Nate Wright	Merritt	47.68
4. Marvin Samuels	Chabot	47.93
5. Brian Flewellen	San Francisco	48.02
6. Nora Richardson	Taft	48.24

800- Final

1. Sean Maye	Taft	1:50.65
2. Scott Smoot	American River	1:51.21
3. Chris Pride	Sacramento	1:52.04
4. Jeff Sorkness	Santa Rosa	1:54.27
5. Mike Smith	San Francisco	1:54.74
6. Cliff Pappadakis	San Jose	1:56.6

1500- Final

1. Cliff Pappadakis	San Jose	3:57.33
2. Eric Rorer	American River	3:58.70
3. Robert Hibl	Modesto	3:59.43
4. Dirk Vandepol	Diablo Valley	4:00.02
5. Shane Healy	Contra Costa	4:00.09
6. Anthony Kouri	American River	4:00.14

5000- Final

1. Todd Trask	Santa Rosa	14:28.41
2. Greg Archuleta	Santa Rosa	14:57.11
3. Peter Woods	Hancock	15:06.0
4. Richard Nunez	Sequoias	15:10.8
5. Matt Haugen	Redwoods	15:11.7
6. Scott Kennedy	Merritt	15:20.7

10000- Final

1. Cameron Mitchell	American River	31:56.3
2. Andy Zoldak	West Valley	32:06.0
3. Bobby Rodriguez	Fresno	32:16.0
4. Manuel Zepeda	Sequoias	32:17.0
5. Scott Kennedy	Merritt	32:21.0
6. Cory Davis	American River	32:26.0

110 Hurdles- Final (wind-aided: +2.42 mps)

1. Robert Foster	Taft	13.71
2. Larry Harrington	Taft	13.74
3. Douglas Connor	Contra Costa	14.38
4. Mitchell Ingram	Modesto	14.44
5. Ron Hatt	Shasta	14.78
6. Larry Sanders	Taft	14.79

400 Hurdles- Final

1. Larry Sanders	Taft	51.29
2. Rex Speer	Hartnell	52.91
3. Marcus McFarland	Taft	53.16
4. Greg Rojas	Hartnell	53.20
5. Mitch Poitevint	Siskiyou	53.66
6. Ron Hatt	Shasta	54.66

Steeplechase- Final

1. Peter Woods	Hancock	9:17.5
2. Jeff Townsend	Foothill	9:20.2
3. Mason Myers	American River	9:24.7
4. Matt Bogdanowicz	West Valley	9:25.7
5. Yared Berhane	American River	9:25.8
6. Larry Trovinger	Diablo Valley	9:25.9

400 Relay- Final

1. Taft	40.33
2. Sacramento	40.73
3. Chabot	41.18
4. Merritt	41.18
5. San Francisco	41.28
6. Fresno	41.39

1600 Relay- Final

1. Taft	3:11.35
2. Sacramento	3:12.74
3. Merritt	3:13.31
4. Chabot	3:13.95
5. Shasta	3:14.59
6. San Jose	3:18.77

High Jump- Final

1. Sean Maye	Taft	6-10
2. Kwame Thompson	Contra Costa	6-10
3. Terrance Grant	Fresno	6-8
4. Gio Sprattling	Hartnell	6-8
5. Erik Birkenes	Santa Rosa	6-8
6. Kevin Asch	Diablo Valley	6-8

Pole Vault- Final

1. Blake Burnett	SJ Delta	15-6
2. Jim Lawrence	San Jose	15-6
3. Jeremy Moore	Taft	15-6
4. Seb Cipponer	Modesto	15-6
5. Howie Dooley	Shasta	15-0
6. Cristian McCuen	Cabrillo	15-0

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Long Jump- Final

1. Keith Holley	Taft	24-11½
2. Robert Foster	Taft	24-6¾
3. Keshon Johnson	Fresno	23-11½
4. Damon Thomas	Fresno	23-1¼
5. Denis Carmichael	West Valley	22-11½
6. Ryan Benjamin	Sequoias	22-9

Triple Jump- Final

1. Keith Holley	Taft	51-4¾
2. Cedric Boyd	SJ Delta	50-3½
3. Harold Morrison	Hartnell	49-9½
4. Jermaine Brown	Contra Costa	49-0¾
5. Jamal Eldridge	San Jose	48-9
6. Terrance Grant	Fresno	47-8¾

Shot Put- Final

1. Tony Smiderle	Yuba	53-2¾
2. Jeff Dunn	San Jose	52-6½
3. Mark Harrisay	San Jose	51-3
4. Ro James	Shasta	50-9½
5. Tim Fua	SJ Delta	49-6¾
6. Keith Hayes	Yuba	48-4

Discus- Final

1. Ro James	Shasta	171-0
2. Tony Moore	Taft	164-6
3. Rob Wagner	De Anza	160-1
4. Steve Abandonato	Sierra	153-3
5. Mike Elliott	Hartnell	152-4
6. Tim Fua	SJ Delta	151-4

Javelin- Final

1. Adam Weston	Sierra	217-8
2. Harley North	Butte	196-2
3. Howie Dooley	Shasta	185-0
4. Dave Moore	Butte	184-0
5. Ron Guzman	Hartnell	179-7
6. Wayne Bartelme	Siskiyou	178-9

Hammer- Final

1. Mike McCormick	Porterville	171-6
2. Orval Neal	Modesto	168-9
3. Steve Abandonato	Sierra	161-6
4. Jeff Farrell	Sacramento	160-11
5. David Lunde	Sacramento	160-8
6. Ro James	Shasta	159-10

Decathlon- Final*

1. Charles Langston	Shasta	6,960
2. Harley North	Butte	6,876
3. Greg Nuemann	Sierra	6,749
4. David Almgren	Shasta	6,412
5. Pat McAlister	American River	5,996
6. Jeff Rockholt	Sequoias	5,731

*Held at Shasta College on May 1-2

Women

100- Final (wind-aided: +2.65mps)		
1. Trishun Jackson	Taft	12.03
2. Theresa Hill	San Francisco	12.14
3. Mindi Putnam	Butte	12.20
4. Ada Alger	San Mateo	12.37
5. Pam Johnson	San Jose	12.59
6. Kristy Henning	Diablo Valley	12.70

200- Final (wind: +1.55mps)

1. Theresa Hill	San Francisco	25.03
2. Marleen Garner	Taft	25.19
3. Floretta Green	Taft	25.20
4. Mindi Putnam	Butte	25.90
5. Pam Johnson	San Jose	25.94
6. Stefani Halford	American River	26.28

400- Final

1. Rhonda Ellis	Taft	57.51
2. Heidi Udoffia	Sierra	58.75
3. Debbie McGuigan	Sierra	58.76
4. Jocelyn Braden	Modesto	58.77
5. Kenia Lockhart	Contra Costa	59.27
6. Stefani Halford	American River	59.30

800- Final

1. Karen Tiner	American River	2:17.22
2. Jill Killinger	Sierra	2:19.11
3. Sherilyn Sheroian	Modesto	2:19.9
4. Shannon Sheldon	Siskiyou	2:20.35
5. Vicki Petersen	Hancock	2:21.74
6. Shawna Hobbs	San Francisco	2:23.54

1500- Final

1. Joanna Green	West Valley	4:47.49
2. Julie Dyson	American River	4:48.71
3. Sue Colley	Sierra	4:49.65
4. Vicki Petersen	Hancock	4:49.83
5. Christy Oliveriia	Shasta	4:50.69
6. Sherilynn Sheroian	Modesto	4:52.0

3000- Final

1. Julie Verke	American River	10:08.18
2. Julie Dyson	American River	10:19.15
3. Becki Kesecker	Santa Rosa	10:26.15
4. Eva Belt	American River	10:41.02
5. Doreen Brown	Modesto	10:43.44
6. Gloria Barron	West Valley	10:44.96

5000- Final

1. Julie Verke	American River	17:51.7
2. Becki Kesecker	Santa Rosa	17:54.0
3. Julie Dyson	American River	17:55.0
4. Eva Belt	American River	18:15.0
5. Doreen Brown	Modesto	18:34.0
6. Naomi Toren	West Valley	18:40.0

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100 Hurdles- Final (wind-aided: +2.51 mps)

1. Ada Alger	San Mateo	14.38
2. Nicole Redmon	Contra Costa	14.70
3. Michelle Silva	Sacramento	14.75
4. Jessica Casmir	San Francisco	14.86
5. Edwina Ammonds	Kings River	15.33
6. Amanda Dias	Modesto	15.7

Shot Put- Final

1. Angel Mahan	San Mateo	44-4½
2. Lorraine Seiler	Sierra	40-2½
3. Veesi Faatuai	Monterey	40-1
4. Lori Rodriguez	Hartnell	37-8
5. Kitty Bettenbender	San Jose	37-7
6. Dona King	Sacramento	36-5½

400 Hurdles- Final

1. Jessica Casmir	San Francisco	62.29
3. Nicole Redmon	Contra Costa	63.49
3. Ada Alger	San Mateo	64.05
4. Tanya Iwankovitch	Hartnell	64.21
5. Michel Silva	Sacramento	67.72
6. Jamie Harper	West Valley	67.84

Discus- Final

1. Lorraine Seiler	Sierra	141-4
2. Julie Wood	Sierra	135-6
3. Shannon Hogenbosch	Hancock	131-5
4. Kitty Bettenbender	San Jose	127-0
5. Lasonia Cole	Fresno	123-3
6. Lisa Durand	Cabrillo	122-3

400 Relay- Final

1. Taft	47.4
2. Santa Rosa	49.8
3. San Francisco	49.9
4. Sierra	50.0
5. Modesto	50.5
6. Diablo Valley	50.6

Javelin- Final

1. Tami Hansston	Fresno	132-8
2. Cheri Catron	Lassen	129-5
3. Maribel Busto	San Francisco	127-9
4. Lasonia Cole	Fresno	125-10
5. Karen Tiner	American Rvier	119-7
6. Dona King	Sacramento	119-1

1600 Relay- Final

1. Taft	3:53.72
2. Sierra	3:55.95
3. San Francisco	3:59.29
4. American River	4:00.98
5. Modesto	4:01.75
6. Diablo Valley	4:03.73

Heptathlon- Final*

1. Edwina Ammons	Kings River	4,464
2. Karen Tiner	American River	3,912
3. Tanya Iwankovitch	Hartnell	3,830
4. Jennifer Adolphs	Porterville	3,780
5. Michelle Latimer	Yuba	3,531
6. Amy Gerbrandt	Hartnell	3,405

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High Jump-Final

1. Renee Sandberg	Chabot	5-4
2. Lainie Lakata	American River	5-2
3. Valerie Duckworth	Santa Rosa	5-2
4. Angie McCain	Sierra	5-0
5. Kathi Campau	Butte	5-0
6. Monique Edwards	Butte	5-0

Long Jump- Final

1. Melynee Bass	Solano	18-10
2. Martha Atkinson	Solano	18-8
3. Trishun Jackson	Taft	18-2½
4. Marlo Aubert	San Jose	17-11½
5. Pamela Mosley	SJ Delta	17-2
6. Theresa Hill	San Francisco	16-11¾

Triple Jump- Final

1. Kim Mallard	Shasta	38-8½
2. Edwina Ammons	Kings River	38-7½
3. Trishun Jackson	Taft	36-8¼
4. Tanya Iwankovitch	Hartnell	36-8¼
5. Melynee Bass	Solano	36-1¾
6. Janna Eslin	Santa Rosa	34-11¾