

Northern California Community College Regional Track & Field Championship • Pleasant Hill, CA • May 14, 1993

Men: 1. Taft 97; 2. Diablo Valley 73½; 3. Fresno 71½; 4. West Valley 64; 5. Sacramento 48; 6. San Jose 47; 7. San Mateo 40; **8T.** Contra Costa, Hartnell 35; **10.** Shasta 32½; **11.** Santa Rosa 28; **12.** San Francisco 26; **13T.** SJ Delta, Sequoias 24; **15.** Porterville 20; **16T.** Siskiyou, Marin, De Anza, Merced 16; **20.** Foothill 14; **21T.** Redwoods, Hancock, Kings River 10; **24T.** American River, Monterey 9; **26T.** Skyline, Modesto 5; **28T.** Butte, Chabot 4; **30.** Sierra 3½; **31T.** Lassen, Merritt 1.

Women: 1. Modesto 86; 2. San Francisco 68; 3. Contra Costa 59; 4. Siskiyou 47; 5. De Anza 46; **6T.** Shasta, Diablo Valley 45; **8.** Hartnell 42; **9.** American River 41; **10.** Taft 34 **11.** San Jose 32; **12T.** Chabot, Monterey 24; **14.** West Valley 22; **15T.** Sierra, Santa Rosa 17; **17.** Skyline 12; **18.** Redwoods 10; **19.** San Mateo 9; **20T.** Hancock, Foothill, Sequoias 5; **23.** Sacramento 4; **24.** Fresno 3.

MEN

100- Final

1. Ato Bolden	San Jose	10.30
2. Scottie Stokes	Porterville	10.61
3. Jacobbi Williams	Diablo Valley	10.64
4. Frank Roe	Fresno	10.69
5. Ivory Veale	Contra Costa	10.80
6. Da'Ron Comier	Taft	10.87

200- Final (wind: +0.20 mps)

1. Ato Bolden	San Jose	20.87
2. Scottie Stokes	Porterville	21.31
3. Curtis McIntire	Taft	21.39
4. Cory Doxey	Taft	21.39
5. Frank Roe	Fresno	21.49
6. Ivory Veale	Contra Costa	21.84

400- Final

1. Curtis McIntire	Taft	46.25
2. Derek Shepard	Sacramento	46.57
3. Cory Doxey	Taft	47.23
4. Matt Finnie	San Francisco	47.43
5. Larry Evans	Contra Costa	48.33
6. Jaime Lawson	San Jose	48.35

800- Final

1. Donnell Johnson	Taft	1:49.92
2. Chris Gaston	Santa Rosa	1:51.41
3. Robert Price	Contra Costa	1:52.04
4. Youssef Choukri	San Francisco	1:52.68
5. Nick Green	West Valley	1:53.57
6. Steve Henson	American River	1:54.27

1500- Final

1. Donnell Johnson	Taft	3:56.44
2. Dylan Kennedy	Taft	3:57.33
3. Sam Rivera	SJ Delta	3:58.29
4. Guillermo Guerrero	Sacramento	3:58.73
5. Simon Lindsey	Hancock	3:59.96
6. Dan Kennedy	De Anza	4:04.12

5000- Final

1. Nacho Flores	Hartnell	14:54.06
2. Cruz Gallegos	Taft	14:57.76
3. Dan Chamberlain	West Valley	15:09.21
4. Brian White	Diablo Valley	15:12.02
5. Robert Malseed	Porterville	15:12.29
6. Colin Johnston	Taft	15:21.64

10000- Final

1. Dan Chamberlain	West Valley	32:42.07
2. Brian White	Diablo Valley	32:48.54
3. Luis Cazorla	Hancock	32:59.35
4. Ed Muniyak	De Anza	33:01.91
5. Ruben Carrillo	Diablo Valley	33:03.95
6. Adam Duis	Taft	33:05.54

MEN

110 Hurdles- Final

1. Walker Vaughn	Fresno	14.93
2. Eric Gray	San Francisco	15.22
3. Ian Hatada	Sacramento	15.27
4. Darrin Garcia	West Valley	15.73
5. Robert Gray	Chabot	15.88
6. Dante Anders	SJ Delta	16.35

400 Hurdles- Final

1. Paea Kokohu	Sacramento	53.10
2. Justin Heimann	Santa Rosa	53.67
3. Jason Keller	Monterey	54.35
4. Jon Akers	Hartnell	54.59
5. Khalif Austin	Contra Costa	54.69
6. Kier Scoubes	Shasta	57.91

Steeplechase- Final

1. Colin Johnston	Taft	9:10.0
2. Will Bower	Hartnell	9:12.3
3. Bart Stephens	Diablo Valley	9:21.0
4. Bobby Escay	American River	9:24.6
5. Larry Soliven	Hartnell	9:32.3
6. Scott Curtis	Fresno	9:45.3

400 Relay- Final

1. San Jose	40.69
2. Sequoias	41.46
3. Sacramento	41.50
4. Taft	41.53
5. West Valley	41.75
6. Diablo Valley	42.19

1600 Relay- Final

1. San Jose	3:12.79
2. Taft	3:13.69
3. Contra Costa	3:14.15
5. Sacramento	3:16.16
6. West Valley	3:17.97

High Jump- Final

1. Tim Rucks	West Valley	6-10
2. Jermaine Jenkins	Sequoias	6-10
3. Moses Kearney	Merced	6-8
4. Shante Brown	Foothill	6-6
5. Michael Jamison	Sierra	6-6
5. David Bass	Fresno	6-6

Pole Vault- Final

1. Sean Brown	Marin	15-6
2. Paul Snyder	West Valley	15-6
3. Jason Morcom	Shasta	15-6
4. Scott Hoe	Hartnell	15-0
5. Cory Johnson	Butte	15-0
6. Rowdy Rusconi	Fresno	15-0

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Long Jump- Final

1. Paul Bradford	San Mateo	23-7
2. Marvin Brown	Diablo Valley	23-5½
3. Bennie Griggs	Redwoods	23-2
4. Marvin Boyd	Kings River	22-10
5. Shante Brown	Foothill	22-7¾
6. Mike Wright	Hartnell	22-6½

Triple Jump- Final

1. Marvin Brown	Diablo Valley	48-7¾
2. Lachars Coleman	Contra Costa	47-5¾
3. Jermaine Jenkins	Sequoias	46-11
4. Marvin Boyd	Kings River	45-9½
5. Donnie Hale	SJ Delta	45-9¼
6. Shante Brown	Foothill	45-6½

Shot Put- Final

1. Zak Johnson	Fresno	53-0
2. Rob Powell	Fresno	51-6
3. Adam Mossman	Sacramento	50-5½
4. Jason Dossey	San Mateo	49-9½
5. Renato Grizelj	San Mateo	49-4½
6. Robert Dilts	Shasta	49-0½

Discus- Final

1. Kevin Duffey	San Mateo	160-11
2. Rob Powell	Fresno	159-0
3. Jason Dossey	San Mateo	151-7
4. Sean Griffin	West Valley	149-8
5. John Larson	Redwoods	149-2
6. Mark Bagwell	Shasta	145-2

Javelin- Final

1. Kel Watrin	Santa Rosa	205-8
2. Josh Heath	De Anza	192-5
3. Andrew Kearns	Marin	188-1
4. Mike Huddleston	SJ Delta	182-10
5. Renato Grizelj	San Mateo	182-7
6. Zak Johnson	Fresno	180-7

Hammer- Final

1. Robert Dilts	Shasta	186-6
2. Shane Jackson	Merced	176-0
3. Bill Bowers	Diablo Valley	170-8
4. Mark Bagwell	Shasta	164-6
5. Christian Dose	Fresno	163-0
6. Casey Fernandez	SJ Delta	162-0

Decathlon- Final*

1. Dustin Abel	Siskiyou	6,181
2. Jon Fekete	Diablo Valley	6,100
3. Rowdy Rusconi	Fresno	6,006
4. Darren Garcia	West Valley	5,908
5. Jason Hatch	Skyline	5,740
6. Kurt Avar	Diablo Valley	5,720

*Held at American River College on May 4-5

Women

100- Final

1. Contina Young	Taft	12.17
2. Stacey Thompson	Contra Costa	12.35
3. Regina Sheperd	San Francisco	12.54
4. Melissa Gardette	De Anza	12.56
5. Sherry Davis	Chabot	12.63
6. Angela Cardoza	Modesto	12.73

200- Final (wind: +0.20 mps)

1. Michele Ferguson	San Jose	24.44
2. Contina Young	Taft	24.65
3. Carleen Roberts	Modesto	24.87
4. Karleen Shields	Contra Costa	25.44
5. Joanne Grier	Monterey	25.79
6. Tuankia Ogans	San Francisco	25.86

400- Final

1. Michele Ferguson	San Jose	56.63
2. Carleen Roberts	Modesto	56.65
3. Joanne Grier	Monterey	57.38
4. Shambala Ferguson	San Francisco	58.36
5. Danille Johnigan	De Anza	60.04
6. Tara Knight	San Jose	61.38

800- Final

1. Stacey James	Taft	2:15.57
2. Liz Lopez	San Francisco	2:16.41
3. Jennifer Murphy	American River	2:17.01
4. Irene Orozco	Hartnell	2:19.35
5. Erin Bellamy	Chabot	2:21.02
6. Sandy Feeth	Chabot	2:22.95

1500- Final

1. Liz Lopez	San Francisco	4:37.00
2. Catherine Beck	West Valley	4:37.91
3. Stacey James	Taft	4:40.31
4. Honor Fetherson	San Francisco	4:41.65
5. Carrie Tacheira	Modesto	4:42.82
6. Devon Moates	De Anza	4:54.73

3000- Final

1. Kristin Diggs	American River	10:14.14
2. Honor Fetherson	San Francisco	10:15.64
3. Catherine Beck	West Valley	10:17.52
4. Carrie Tacheira	Modesto	10:18.68
5. Amy Grafius	Modesto	10:35.30
6. Inka Mms	Foothill	10:39.95

5000- Final

1. Carrie Tacheria	Modesto	17:51.83
2. Catherine Beck	West Valley	18:19.33
3. Amy Grafius	Modesto	18:28.37
4. Lori Robertson	Monterey	18:28.60
5. Kristin Diggs	American River	18:34.49
6. Randi O'Neil	Diablo Valley	18:48.95

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100 Hurdles- Final

1. Glenda Whipple	Siskiyou	15.12
2. Becky Hafer	Redwoods	15.31
3. Stefanie Hanf	Diablo Valley	15.59
4. Mequell Williams	Sierra	15.76
5. Erin McClung	Shasta	15.97
6. Stacey Tate	Modesto	16.20

Shot Put- Final

1. Leslie Woolery	Shasta	45-9½
2. Renee Hopkins	American River	44-6¼
3. Regina Magno	De Anza	43-4¾
4. Laura Molnar	San Mateo	41-10½
5. Tina Felber	Siskiyou	39-5½
6. Lelica Zazaboi	Skyline	38-6 ¼

400 Hurdles- Final

1. Glenda Whipple	Siskiyou	63.3
2. Stacey Thompson	Contra Costa	63.80
3. Karen Owen	Monterey	64.17
4. Doris Marshall	Hancock	64.66
5. Stacey Tate	Modesto	66.01
6. Katie Hadley	Chabot	66.32

Discus- Final

1. Becky Elwood	Modesto	146-10
2. Leslie Woolery	Shasta	140-1
3. Vicki Garcia	Sierra	135-3
4. Regina Magno	De Anza	129-6
5. Luran Molnar	San Mateo	128-9
6. Danielle Miles	Diablo Valley	126-1

400 Relay- Final

1. San Francisco	48.15
2. Contra Costa	48.43
3. San Jose	49.38
4. Modesto	49.57
5. De Anza	49.77
6. Monterey	50.16

Javelin- Final

1. Tina Felber	Siskiyou	136-9
2. Lelica Zazaboi	Skyline	133-5
3. Sonjia Warren	American River	128-3
4. Christy Smith	Hartnell	123-1
5. Carla Dahl	Modesto	120-8
6. Danielle Miles	Diablo Valley	120-0

1600 Relay- Final

1. San Francisco	3:55.42
2. Modesto	4:03.07
3. Santa Rosa	4:03.91
4. Chabot	4:04.01
5. Contra Costa	4:04.63
6. American River	4:04.69

Heptathlon- Final*

1. Felicia Brown	Hartnell	4620
2. Stefanie Hanf	Diablo Valley	4,543
3. Glenda Whipple	Siskiyou	4,532
4. Cindy Harmon	Shasta	4,511
5. Stacey Tate	Modesto	3,975
6. Tina Felber	Siskiyou	3,808

**Held at American River College on May 4-5*

High Jump- Final

1. Cindy Harmon	Shasta	5-2
2. Maureen Roy	De Anza	5-2
3. Rhena Munoz	Diablo Valley	5-0
4. Felicia Brown	Hartnell	5-0
5. Glenda Whipple	Siskiyou	5-0
6. Andrea Jenkins	Sierra	5-0

Long Jump- Final

1. Amey Mitchell	Santa Rosa	19-2¾
2. Felicia Brown	Hartnell	19-1½
3. Karleen Shields	Contra Costa	19-0¼
4. Stefanie Hanf	Diablo Valley	18-1
5. Stacey Thompson	Contra Costa	17-7¾
6. Stephanie Padilla	Sequoias	17-3½

Triple Jump- Final

1. Karleen Shields	Contra Costa	40-8½
2. Stefanie Hanf	Diablo Valley	39-4½
3. Felicia Brown	Hartnell	38-6
4. Stacey Thompson	Contra Costa	37-10
5. Nicole Sweet	De Anza	36-5
6. Tasha Newman	San Jose	35-10¾