

# Northern California Community College Regional Track & Field Championship • Modesto, CA • May 13, 1994

**Men:** 1. Taft 158; 2. Sacramento 108; 3. Diablo Valley 60; 4. Hartnell 58; 5. San Mateo 42; 6. West Valley 41; 7. Fresno 40; 8. Shasta 32; 9. Modesto 25; 10. SJ Delta 24; 11. De Anza 23; 12T. Merritt, Santa Rosa 22; 14. San Jose 21; 15T. San Francisco, Sequoias 16; 17. American River 14; 18. Chabot 13; 19T. Marin, Sierra, Skyline 12; 22. Redwoods 11; 23T. Siskiyous, Merced 10; 25T. Contra Costa, Monterey 6; 27. Butte 3; 28. Hancock 2.

**Women:** 1. Shasta 82; 2. Hartnell 81; 3. San Francisco 68; 4. De Anza 68; 5. Modesto 60; 6. Sacramento 55; 7. Merritt 31; 8. American River 27; 9T. Fresno, Santa Rosa 23; 11. Contra Costa 19; 12. San Jose 18; 13. Redwoods 15; 14T. Cabrillo, Skyline 14; 16. Merced 12; 17. Chabot 11½; 18. SJ Delta 10½; 19T. Taft, Diablo Valley, 10; 21. Sierra 9; 22T. Hancock, West Valley 8; 24. Siskiyous 5; 25. San Mateo 3; 26. Butte 2.

## MEN

### 100m- Final

1. Ricky Carrigan	Merritt	10.35
2. Lindsay McDonald	Sacramento	10.52
3. Steven King	Taft	10.56
4. Vince Bungy	Taft	10.60
5. Dwayne Ferguson	Fresno	10.63
6. Alex Van Dyke	Sacramento	10.67
7. Chris Sterling	Taft	10.82
8. Akinshe Paige	San Francisco	10.92

### 200- Final

1. Ricky Carrigan	Merritt	20.58
2. Lindsay McDonald	Sacramento	21.02
3. Steven King	Taft	21.10
4. Demtrius Snaer	SJ Delta	21.13
5. Keith Barker	Taft	21.13
6. Curt McIntire	Taft	21.15
7. Chris Sterling	Taft	21.49
8. Greg Turner	Sacramento	21.51

### 400- Final

1. Derek Shepard	Sacramento	46.40
2. Greg Turner	Sacramento	46.94
3. Keith Barker	Taft	47.33
4. Demtrius Snaer	SJ Delta	47.75
5. Curtis McIntire	Taft	47.80
6. Cory Doxey	Taft	48.13
7. Edward Tureaud	Merritt	49.29
8. Steve Magazinovic	Modesto	50.36

### 800- Final

1. Chris Gaston	Santa Rosa	1:53.78
2. Andre Inniss	Taft	1:54.13
3. Matt Bower	Hartnell	1:54.18
4. Jeff Dresser	American River	1:55.15
5. Jesse Guerrero	Chabot	1:55.17
6. Jon Beechick	American River	1:57.83
7. Adam Leon	Taft	1:58.80
8. Dan Kennedy	De Anza	2:01.70

### 1500- Final

1. Dave Flynn	Diablo Valley	4:00.13
2. Andre Inniss	Taft	4:00.66
3. Tyson Thomas	West Valley	4:00.97
4. Dan Kennedy	De Anza	4:02.17
5. Juan Pinales	San Jose	4:04.59
6. Blake Taylor	De Anza	4:04.87
7. Corneilius McGlockton	Hancock	4:06.00
8. Devin McCord	American River	4:11.29

## MEN

### 5000- Final

1. Robert Malseed	Sequoias	15:04.34
2. John Orosco	Taft	15:07.51
3. Colin Johnston	Taft	15:26.53
4. Dan Purcell	Diablo Valley	15:32.01
5. Tim Davilia	San Francisco	15:33.80
6. Brian Blakely	Sierra	15:40.18
7. Steve Duffy	West Valley	15:48.68
8. Jeff Oberlatz	Sierra	15:53.04

### 10000- Final

1. John Orosco	Taft	31:42.9
2. Brian Blakely	Sierra	31:54.1
3. Jeff Hongo	West Valley	31:58.8
4. Tim Davilia	San Francisco	32:01.2
5. Mike Byroads	Diablo Valley	32:07.7
6. Bill Rice	West Valley	32:21.2
7. Steve Duffy	West Valley	32:23.2
8. David Chavez	San Jose	32:25.0

### 110 Hurdles- Final

1. Jeff Correia	Taft	14.47
2. Alonzo Wiggins	Taft	14.49
3. Vince Bungy	Taft	14.52
4. Adrian Fox	Diablo Valley	14.58
5. Dan Bigham	Fresno	15.00
6. Rob Curry	Chabot	15.57
7. Anthony Brockington	SJ Delta	15.95
8. Ian Hatada	Sacramento	16.01

### 400 Hurdles- Final

1. Alonzo Wiggins	Taft	52.05
2. Adrian Fox	Diablo Valley	52.46
3. Jason Keller	Monterey	53.41
4. Frank Hocke	Hartnell	53.60
5. Jeff Correia	Taft	53.61
6. Paul Vallot	Modesto	54.68
7. Brent Tocher	Redwoods	54.74
8. Ralph Contreras	De Anza	55.10

### Steeplechase- Final

1. Colin Johnston	Taft	9:32.2
2. Jason Kroh	Skyline	9:37.4
3. Jerry Locker	Diablo Valley	9:53.7
4. Evan Sjostrom	West Valley	10:00.1
5. Matt Olkowski	Shasta	10:02.7
6. Kevin Girt	Shasta	10:03.9
7. Jeff Bruins	American River	10:07.2
8. Danny Herpe	San Mateo	10:15.1

# Northern California Community College Regional Track & Field Championship • Modesto, CA • May 13, 1994

**Men:** 1. Taft 158; 2. Sacramento 108; 3. Diablo Valley 60; 4. Hartnell 58; 5. San Mateo 42; 6. West Valley 41; 7. Fresno 40; 8. Shasta 32; 9. Modesto 25; 10. SJ Delta 24; 11. De Anza 23; 12T. Merritt, Santa Rosa 22; 14. San Jose 21; 15T. San Francisco, Sequoias 16; 17. American River 14; 18. Chabot 13; 19T. Marin, Sierra, Skyline 12; 22. Redwoods 11; 23T. Siskiyou, Merced 10; 25T. Contra Costa, Monterey 6; 27. Butte 3; 28. Hancock 2.

**Women:** 1. Shasta 82; 2. Hartnell 81; 3. San Francisco 68; 4. De Anza 68; 5. Modesto 60; 6. Sacramento 55; 7. Merritt 31; 8. American River 27; 9T. Fresno, Santa Rosa 23; 11. Contra Costa 19; 12. San Jose 18; 13. Redwoods 15; 14T. Cabrillo, Skyline 14; 16. Merced 12; 17. Chabot 11½; 18. SJ Delta 10½; 19T. Taft, Diablo Valley, 10; 21. Sierra 9; 22T. Hancock, West Valley 8; 24. Siskiyou 5; 25. San Mateo 3; 26. Butte 2.

## MEN

### 400 Relay- Final

1. Sacramento	40.55
2. San Jose	41.05
3. San Francisco	41.36
4. SJ Delta	41.66
5. De Anza	41.75
6. Fresno	42.31
7. Modesto	42.67
8. Chabot	42.73

### 1600 Relay- Final

1. Taft	3:09.07
2. San Jose	3:14.81
3. Sacramento	3:18.74
4. Diablo Valley	3:19.42
5. Hartnell	3:20.36
6. SJ Delta	3:22.16
7. Modesto	3:22.86
8. American River	3:23.85

### High Jump- Final

1. Moses Kearny	Merced	7-0
2. Thomas Hess	Siskiyou	6-6
3. Lavelle Beloney	West Valley	6-6
4. Ray Brown	Chabot	6-6
5. Eric Weldon	Skyline	6-4
6. Mike Wright	Hartnell	6-4
7. Ken Dewitt	Diablo Valley	6-4
8. Ron Harper	American River	6-2

### Pole Vault- Final

1. Mike James	Hartnell	15-6
2. Xuong Vong	West Valley	15-0
3. Steve Orr	Sequoias	15-0
4. Dave Sargenti	Hartnell	15-0
5. David Gull	Sacramento	15-0
6. Dan Bigham	Fresno	14-6
7. Brian Reed	Diablo Valley	14-6
8. Jason Morcom	Shasta	14-6

### Long Jump- Final

1. Mike Wright	Hartnell	23-8¼
2. Ian Hatada	Sacramento	23-6¼
3. Diamond Green	Sacramento	23-4
4. Eric Houston	Sacramento	23-3½
5. Ben Griggs	Redwoods	23-2
6. Marvin Brown	Diablo Valley	23-0
7. Brandon Sanders	Sacramento	22-8
8. Charles Griffin	Marin	22-6½

## MEN

### Triple Jump- Final

1. Marvin Brown	Diablo Valley	49-4½
2. Don Martin	Fresno	49-0
3. Jason Sergent	Contra Costa	48-½
4. James Jones	Taft	47-11¼
5. Gary Kettleman	SJ Delta	47-4½
6. Diamond Green	Sacramento	46-10
7. Ben Griggs	Redwoods	46-2
8. Ron Harper	American River	45-11

### Shot Put- Final

1. John McDonald	Shasta	54-0½
2. Jason Dossey	San Mateo	53-1¼
3. Rob Garrison	Taft	52-3½
4. Renato Grizelj	San Mateo	51-6¾
5. Aaron Thurman	Modesto	49-7½
6. Bruce Ventura	De Anza	49-5
7. Randy Vanover	Shasta	48-5¼
8. Eric Hodgdon	San Mateo	46-9¾

### Discus- Final

1. Jason Dossey	San Mateo	159-10
2. Joel Sharpe	San Mateo	154-4
3. Renato Grizelji	San Mateo	148-3
4. Natt Gaylor	Hartnell	147-4
5. Cameron Bollies	Santa Rosa	145-6
6. Randy Vanover	Shasta	144-8
7. Clint Duey	Redwoods	144-6
8. Aaron Thurman	Modesto	142-05

### Javelin- Final

1. Andrew Kearns	Marin	195-10
2. Kel Watrin	Santa Rosa	188-6
3. Josh Heath	De Anza	187-0
4. Seth McKurtis	Sacramento	185-8
5. David Hepp	Fresno	178-4
6. Renato Grizelj	San Mateo	175-3
7. Charlie Roche	Siskiyou	175-0
8. Steve Scott	Marin	171-0

### Hammer- Final

1. Justin Carvahlo	Sacramento	180-10
2. Aaron Thurman	Modesto	161-4
3. Kent Cam	Fresno	159-0
4. Allen Reinke	Shasta	158-1
5. Shannon Russel	Modesto	156-0
6. Damon Devault	Butte	153-0
7. John McDonald	Shasta	150-9
8. Clint Duey	Redwoods	142-4

# Northern California Community College Regional Track & Field Championship • Modesto, CA • May 13, 1994

**Men:** 1. Taft 158; 2. Sacramento 108; 3. Diablo Valley 60; 4. Hartnell 58; 5. San Mateo 42; 6. West Valley 41; 7. Fresno 40; 8. Shasta 32; 9. Modesto 25; 10. SJ Delta 24; 11. De Anza 23; 12T. Merritt, Santa Rosa 22; 14. San Jose 21; 15T. San Francisco, Sequoias 16; 17. American River 14; 18. Chabot 13; 19T. Marin, Sierra, Skyline 12; 22. Redwoods 11; 23T. Siskiyou, Merced 10; 25T. Contra Costa, Monterey 6; 27. Butte 3; 28. Hancock 2.

**Women:** 1. Shasta 82; 2. Hartnell 81; 3. San Francisco 68; 4. De Anza 68; 5. Modesto 60; 6. Sacramento 55; 7. Merritt 31; 8. American River 27; 9T. Fresno, Santa Rosa 23; 11. Contra Costa 19; 12. San Jose 18; 13. Redwoods 15; 14T. Cabrillo, Skyline 14; 16. Merced 12; 17. Chabot 11½; 18. SJ Delta 10½; 19T. Taft, Diablo Valley, 10; 21. Sierra 9; 22T. Hancock, West Valley 8; 24. Siskiyou 5; 25. San Mateo 3; 26. Butte 2.

## MEN

### Decathlon- Final\*

1. Alphonso Davis	Sacramento	6,698
2. Dan Bigham	Fresno	6,487
3. Jon Parry	Taft	6,379
4. Dave Sargenti	Hartnell	6,212
5. Mike Wright	Hartnell	6,175
6. Bryan Jillson	West Valley	6,108
7. Randy Vanover	Shasta	6,046
8. Mike James	Hartnell	5,874

\*Held at Hartnell College on April 19-20

## WOMEN

### 100m- Final

1. Shelia Hunter	San Francisco	12.03
2. Michele Ferguson	San Jose	12.08
3. Ericka Allensworth	Sacramento	12.09
4. Renee Williams	Contra Costa	12.23
5. Roshwanda Walker	Contra Costa	12.25
6. LesAndrea Todd	Sacramento	12.32
7. Rachael Parrish	West Valley	12.69

### 200- Final

1. Michele Ferguson	San Jose	24.55
2. Shelia Hunter	San Francisco	24.65
3. Taunika Ogans	San Francisco	24.85
4. Renee Williams	Contra Costa	25.04
5. Maya Greene	Merritt	25.18
6. Rachael Parrish	West Valley	25.71
7. Symone Arguello	Sacramento	25.78
8. Tanya Ryale	SJ Delta	25.78

### 400- Final

1. Taunika Ogans	San Franciscos	55.03
2. Brandy Stephens	Merritt	55.67
3. Maya Greene	Merritt	56.12
4. Symone Arguello	Sacramento	58.84
5. Jenn Goodrich	Santa Rosa	59.79
6. Stephanie Thomas	West Valley	60.28
7. Kami Radki	Butte	61.39
8. Marin Paulo	American Rvier	61.74

### 800- Final

1. Nicole Teter	Shasta	2:16.24
2. Irene Orozco	Hartnell	2:16.49
3. Tiedress Rowden	Merritt	2:20.09
4. Stacy Croft	Sierra	2:20.14
5. Stephanie Thornley	Cabrillo	2:20.30
6. Kerri Woolheater	Santa Rosa	2:21.98
7. Andrea Cogbill	American River	2:26.83
8. Dascha Spellman	American River	2:28.02

## WOMEN

### 1500- Final

1. Carrie Tacheira	Modesto	4:42.17
2. Stacey Moseley	De Anza	4:49.25
3. Tiffany Trudeau	American River	4:50.69
4. Nicole Teter	Shasta	4:54.94
5. Lori Leyvas	Hancock	5:03.65
6. Traci Ballard	American River	5:04.46
7. Emily Sava	Sacramento	5:08.28
8. Angie Narino	Sierra	5:10.08

### 3000- Final

1. Rachel Hawtin	San Francisco	10:11.37
2. Carrie Tacheira	Modesto	10:23.50
3. Stacey Moseley	De Anza	10:27.32
4. Amy Grafius	Modesto	10:28.01
5. Jennifer Bove'e	American River	10:28.48
6. Randi O' Neil	Diablo Valley	10:29.68
7. Joan Ottaway	San Francisco	10:50.54
8. Erin Brighwell	San Francisco	10:54.84

### 5000- Final

1. Rachel Hawtin	San Francisco	17:32.0
2. Stacey Moseley	De Anza	17:52.1
3. Randi O' Neil	Diablo Valley	18:20.6
4. Jennifer Bove'e	American River	18:22.6
5. Amy Grafius	Modesto	18:29.2
6. Kim Rupert	San Mateo	19:30.6
7. Joan Ottaway	San Francisco	18:41.6
8. JoAnn Nickel	Santa Rosa	19:02.4

### 100 Hurdles- Final

1. Felicia Brown	Hartnell	14.68
2. Ine Jones	De Anza	14.74
3. Heather Jackson	Chabot	14.90
4. Lori Himes	Modesto	14.93
5. Jen Poli	Cabrillo	15.02
6. Becky Hafar	Redwoods	15.24
7. Erin McClung	Shasta	15.49
8. Erica Wilson	Shasta	15.92

### 400 Hurdles- Final

1. Danielle Johnigan	De Anza	64.68
2. Narti McCoy	Redwoods	65.63
3. Sara Poisson	Santa Rosa	67.40
4. Erica Wilson	Shasta	67.58
5. Ine Jones	De Anza	68.16
6. Katie Hadley	Chabot	69.00
7. Jenn Moore	Santa Rosa	69.26
8. Lori Himes	Modesto	70.32

## Northern California Community College Regional Track & Field Championship • Modesto, CA • May 13, 1994

**Men:** 1. Taft 158; 2. Sacramento 108; 3. Diablo Valley 60; 4. Hartnell 58; 5. San Mateo 42; 6. West Valley 41; 7. Fresno 40; 8. Shasta 32; 9. Modesto 25; 10. SJ Delta 24; 11. De Anza 23; 12T. Merritt, Santa Rosa 22; 14. San Jose 21; 15T. San Francisco, Sequoias 16; 17. American River 14; 18. Chabot 13; 19T. Marin, Sierra, Skyline 12; 22. Redwoods 11; 23T. Siskiyou, Merced 10; 25T. Contra Costa, Monterey 6; 27. Butte 3; 28. Hancock 2.

**Women:** 1. Shasta 82; 2. Hartnell 81; 3. San Francisco 68; 4. De Anza 68; 5. Modesto 60; 6. Sacramento 55; 7. Merritt 31; 8. American River 27; 9T. Fresno, Santa Rosa 23; 11. Contra Costa 19; 12. San Jose 18; 13. Redwoods 15; 14T. Cabrillo, Skyline 14; 16. Merced 12; 17. Chabot 11½; 18. SJ Delta 10½; 19T. Taft, Diablo Valley, 10; 21. Sierra 9; 22T. Hancock, West Valley 8; 24. Siskiyou 5; 25. San Mateo 3; 26. Butte 2.

### WOMEN

#### 400 Relay- Final

1. Sacramento	47.56
2. Modesto	48.61
3. De Anza	49.60
4. SJ Delta	50.39
5. Santa Rosa	50.99
6. American River	51.09
7. Shasta	51.97
8. Siskiyou	52.81

#### 1600 Relay- Final

1. Merritt	3:52.91
2. San Francisco	3:54.48
3. Sacramento	3:58.01
4. Shasta	4:01.45
5. De Anza	4:02.72
6. Santa Rosa	4:08.66
7. American River	4:12.10

#### High Jump- Final

1. Erica Wilson	Shasta	5-5
2. Felicia Brown	Hartnell	5-5
3. Brooke Wilson	Shasta	5-1
4. Yvette Lamay	Contra Costa	5-1
5. Elaine Dockery	Hancock	4-11
6. Heather Jackson	Chabot	4-11
6. Carla Evan	SJ Delta	4-11
8. Suzanne Burns	Merced	4-11

#### Long Jump- Final

1. Felicia Brown	Hartnell	19-7
2. Ine Jones	De Anza	19-0¾
3. Jen Poli	Cabrillo	18-2½
4. Erin McClung	Shasta	17-11¾
5. Amy Loftin	Sacramento	17-11
6. Richelle Heilburt	Fresno	17-8½
7. Sarah Todd	Merced	17-5½
8. Stephanie Duntsch	Shasta	17-4½

#### Triple Jump- Final

1. Felicia Brown	Hartnell	38-8
2. Kristen Roberson	Hartnell	37-3
3. Ine Jones	De Anza	37-0
4. Erin McClung	Shasta	36-9¼
5. Sarah Todd	Merced	35-4¾
6. LesAndrea Todd	Sacramento	35-2½
7. Stephanie Duntsch	Shasta	35-0½
8. Latonya Frazier	American River	34-8¼

### WOMEN

#### Shot Put- Final

1. Yolanda Crowder	Taft	43-1½
2. Lisa Stepheney	Fresno	42-3½
3. Leslie Woolery	Shasta	42-0¾
4. Tian Rouse	Modesto	41-8½
5. Lelicia Zazaboi	Skyline	38-4½
6. Donna Gonzales	Fresno	37-7
7. Brandi Schmidt	Hartnell	36-0¾
8. Kerry Smith	Hartnell	36-0

#### Discus- Final

1. Becky Elwood	Modesto	150-8
2. Tyrrenda Stamps	Sacramento	143-1
3. Lisa Stepheney	Fresno	142-10
4. Leslie Woolery	Shasta	141-5
5. Tian Rouse	Modesto	138-1
6. Vicki Garcia	Sierra	137-9
7. JoAnn Chism	Hartnell	123-9
8. TeAnn Fairless	Fresno	121-1

#### Javelin- Final

1. Lelicia Zazaboi	Skyline	141-5
2. Felicia Brown	Hartnell	133-1
3. Lisa Ngo	Sacramento	123-2
4. Fawn Carter	San Francisco	120-6
5. Lydia Valverde	Hartnell	117-4
6. Naomi Reeves	Shasta	114-10
7. Danielle Christensen	Fresno	108-7
8. Becky Hafar	Redwoods	108-5

#### Heptathlon- Final\*

1. Felicia Brown	Hartnell	5,108
2. Erica Wilson	Shasta	3,994
3. Fawn Carter	San Francisco	3,910
4. Suzanne Burns	Merced	3,896
5. Kristin Lodrup	Siskiyou	3,681
8. Naomi Reeves	Shasta	3,354

*\*Held at Hartnell College on April 19-20*