

Northern California Community College Regional Track & Field Championship • Sacramento, CA • May 12, 1995
(Scoring: 10, 8, 6 5, 4, 3, 2, 1)

Men: 1. Hartnell 89; 2. Fresno 67; 3. SJ Delta 66; 4. Sacramento 53; 5. San Francisco 49; 6. American River 47; 7. Diablo Valley 46; 8T. Redwoods, San Mateo, West Valley, Modesto 44; 12. San Jose 39½; 13. Sequoias 32; 14. Shasta 30; 15. Chabot 24; 16. Lassen 16; 17. Siskiyou 15; 18. Contra Costa 13; 19. De Anza 12; 20. Merced 11; 21T. Sierra, Yuba 8; 23. Monterey 6; 24. Merritt 5; 25. Butte 3; 26. Skyline 2½; 27. Foothill 1.

Women: 1. Sacramento 100½; 2. SJ Delta 76; 3. San Francisco 66; 4. Modesto 65; 5. American River 61; 6. Shasta 43; 7. Chabot 42; 8. Hartnell 39; 9. Fresno 32½; 10. Siskiyou 26; 11. De Anza 25; 12. West Valley 21; 13. Cabrillo 18; 14. Contra Costa 15; 15T. Butte, Santa Rosa 11; 17. San Jose 10; 18. Sierra 8½; 19. Yuba 8; 20. Diablo Valley 7; 21. Skyline 5; 22T. Monterey, Merced 4; 24. Kings River 3.

MEN

100m- Final

1. Marvin Love	San Francisco	10.62
2. Shelton Benjamin	Lassen	10.69
3. Lindsay McDonald	Sacramento	10.80
4. Willie Jones	SJ Delta	10.81
5. Jerome Spence	San Francisco	10.82
6. Nate Bell	West Valley	10.90
7. Roger Sarris	Diablo Valley	10.92
8. Jason Neal	Fresno	11.05

200- Final

1. Lindsay McDonald	Sacramento	21.56
2. Demetrius Snaer	SJ Delta	21.62
3. Nate Bell	West Valley	21.72
4. Akinshe Paige	San Francisco	21.76
5. Shelton Benjamin	Lassen	22.03
6. Willie Jones	SJ Delta	22.12
7. Steve Mitchell	Chabot	22.31
8. Darnell Simon	Contra Costa	22.55

400- Final

1. Demetrius Snaer	SJ Delta	47.92
2. Montazh Crittle	San Jose	48.14
3. Yusef Waters- Rashad	San Mateo	48.65
4. Danny Walker	Hartnell	48.85
5. Marc Johnson	Diablo Valley	49.26
6. Lulu Jones	Monterey	49.43
7. Paul Bell	Sequoias	49.52
8. Zari Sambo	Skyline	50.14

800- Final

1. Brian Wilkinson	Hartnell	1:53.34
2. Dan Boehle	San Mateo	1:54.80
3. Nick Collins	San Francisco	1:55.78
4. Drake Dawson	Merritt	1:55.83
5. Mike Morgan	Fresno	1:57.03
6. Mark Hartman	Yuba	1:57.73
7. Tyson Thomas	West Valley	2:06.66
8. Chris Coleman	Sequoias	2:09.31

1500- Final

1. Brian Wilkinson	Hartnell	3:53.90
2. Juan Pinales	San Jose	3:56.05
3. Aljeandro Ramirez	SJ Delta	3:56.17
4. Greg Tademy	San Jose	3:58.53
5. Chris Coleman	Sequoias	3:58.83
6. Ray Rahn	Fresno	4:01.47
7. Tyson Thomas	West Valley	4:04.73
8. Dan Boehle	San Mateo	4:05.85

5000- Final

1. Brian Wilkinson	Hartnell	15:20.80
2. Luis Granado	Hartnell	15:23.94
3. Ty Walker	Diablo Valley	15:24.10
4. Alejandro Ramirez	SJ Delta	15:24.17
5. Juan Pinales	San Jose	15:33.04
6. David Chavez	San Jose	15:33.32
7. Eduardo Aliva	West Valley	15:33.66
8. Hector Leija	West Valley	15:33.82

10,000- Final

1. David Chavez	San Jose	32:13.4
2. Luis Granado	Hartnell	32:26.3
3. John Atwood	Chabot	32:52.7
4. Brendan Kelly	Diablo Valley	33:39.7
5. Santiago Bustamante	Merced	33:51.8
6. Eric Miller	Shasta	33:54.8
7. Jason Nunes	Sequoias	34:01.7
8. Jason Schweitzer	Yuba	34:19.5

110 Hurdles- Final

1. Keyan Scott	Fresno	15.09
2. Erick Imhoff	Modesto	15.11
3. Jim Freeman	American River	15.24
4. James Belli	San Mateo	15.47
5. Donnie Davis	Merced	15.63
6. Kyle O' Neil	American River	15.89
7. Phillip Olmos	Fresno	16.02
8. Anthony Brockington	SJ Delta	16.84

400 Hurdles- Final

1. Kyle O' Neil	American River	53.47
2. Paul Vallot	Modesto	53.98
3. Brent Tocher	Redwoods	54.74
4. Ray Coles	Sacramento	55.01
5. Anthony Brockington	SJ Delta	55.21
6. James Belli	San Mateo	57.44
7. John Riddle	Shasta	57.64
8. Jesse Aguirre	Fresno	60.49

Steeplechase- Final

1. Hector Leija	San Jose	9:29.9
2. Leonardo Fernandez	Hartnell	9:32.0
3. Ryan Adams	American River	9:43.5
4. Danny Herpe	San Mateo	9:45.1
5. David Moller	Shasta	9:45.4
6. Santiago Bustamante	Merced	9:46.5
7. Eduardo Avila	West Valley	9:47.9
8. Dion Blake	Siskiyou	9:54.5

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MEN

400 Relay- Final

1. San Francisco	41.10
2. SJ Delta	41.26
3. De Anza	41.79
4. Fresno	41.95
5. Chabot	42.48
6. Monterey	42.81
7. Modesto	43.11
8. American River	43.44

1600 Relay- Final

1. San Francisco	3:19.66
2. SJ Delta	3:20.44
3. Contra Costa	3:20.91
4. Fresno	3:21.66
5. San Mateo	3:23.48
6. Chabot	3:23.53
7. Diablo Valley	3:25.16
8. Sequoias	3:30.02

High Jump- Final

1. Jamie Nieto	Sacramento	6-8
2. Greg Walker	Diablo Valley	6-6
3. Jeb Flemming	Sacramento	6-4
4. Gary Schuler	Sacramento	6-4
5. Mason Lindow	Chabot	6-2
6. Eric Thurman	Butte	6-2
7. Adam Fritz	San Jose	6-0
7. Eric Weldon	Skyline	6-0

Pole Vault- Final

1. Mike James	Hartnell	15-0
2. Chris Scatena	West Valley	15-0
3. Travis Majors	De Anza	14-6
4. Paul Becker	West Valley	14-6
5. Paul Valdez	Modesto	14-0
6. Vong Xoung	West Valley	14-0
7. Neil Lahey	Hartnell	14-0
8. Ian Isom	Sierra	13-6

Long Jump- Final

1. Jamaal Chase	Redwoods	24-2
2. Liron Wilson	Fresno	24-0½
3. T.J. Atkins	Fresno	23-2
4. Jackie Frazier	Fresno	22-9
5. Eric Grayson	San Francisco	22-6
6. Traco Rachel	Fresno	21-11
7. David Potter	Shasta	21-9½
8. Jason Sanchez	San Mateo	21-4½

MEN

Triple Jump- Final

1. Jamaal Chase	Redwoods	48-3
2. Robert Macias	Hartnell	46-5
3. Jason Sergent	Contra Costa	46-5
4. Reggie Richardson	Chabot	45-10
5. Ontario Johnston	Diablo Valley	45-3
6. Jackie Frazier	Fresno	45-1½
7. Seteone Veamatahau	San Mateo	45-1
8. Carlos Sidijaya	Foothill	44-11

Shot Put- Final

1. Troy Sproul	Sequoias	51-1¾
2. Scott O' Brien	San Mateo	50- 11¾
3. Randy Vanover	Shasta	48-8½
4. Jason Ford	American River	47-9¼
5. Casey Child	Sierra	47-4
6. Drew Anderson	Diablo Valley	47-0½
7. Mike O' Brien	Sequoias	45-0¾
8. Ken Cam	Fresno	44-5¼

Discus- Final

1. Troy Sproul	Sequoias	159-6
2. John McEwen	Redwoods	157-6
3. Jason Ford	American River	144-2
4. Randy Vanover	Shasta	143-0
5. Greg Riley	Fresno	140-8
6. Ronnie Robbins	Modesto	134-9
7. Brian Gilbert	Modesto	128-2
8. Garth White	Siskiyou	128-0

Javelin- Final

1. George Herczeg	Diablo Valley	185-1
2. James Martin	SJ Delta	184-9
3. DJ Zelzao	Modesto	174-1
4. Seth McKurtis	Sacramento	167-9
5. Clifford Kyota	Lassen	167-4
6. Casey Johnston	Sierra	164-4
7. Jim Freeman	American River	163-2
8. Darrell Rowley	Sacramento	158-11

Hammer- Final

1. John McEwen	Redwoods	196-5
2. Jason Ford	American River	183-0
3. Kent Cam	Fresno	167-3
4. Ronnie Robbins	Modesto	162-6
5. Darrell Rowely	Sacramento	159-10
6. Brian Gilbert	Modesto	155-5
7. Chris Loercher	Diablo Valley	153-11
8. Rob Auker	Sacramento	148-3

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MEN

Decathlon- Final*

1. Neil Lahey	Hartnell	6,366
2. Randy Vanover	Shasta	6,278
3. Kevin Hitchko	Siskiyou	5,548
4. Jamie Williams	Siskiyou	5,546
5. Mike Schlosser	Yuba	5,492
6. DJ Zelazo	Modesto	5,335
7. John Colombero	Siskiyou	5,220
8. Chris Pierson	San Mateo	5,201

**Held at Sacramento City College on April 19-20*

WOMEN

100m- Final

1. Shaunika Perkins	San Francisco	12.32
2. LesAndrea Todd	Sacramento	12.46
3. Melanie Bates	Modesto	12.48
4. Tiffany Jackson	Contra Costa	12.62
5. Kim Lawson	Sacramento	12.65
6. Tunisha Miles	Sacramento	12.75
7. Reyna Goodwin	San Francisco	12.79
8. Nakeisha Lee	American River	12.88

200- Final

1. Rachel Parrish	Sacramento	24.59
2. Shaunika Perkins	San Francisco	25.22
3. Melanie Bates	Modesto	25.24
4. Patrina Hall	SJ Delta	25.96
5. Tina Davis	Merced	26.00
6. Kim Lawson	Sacramento	26.04
7. Valerie Walsh	Hartnell	26.34
8. LesAndrea Todd	Sacramento	26.58

400- Final

1. Rachel Parrish	Sacramento	56.24
2. Patrina Hall	SJ Delta	57.52
3. Christy Holinka	American River	57.86
4. DaFona McClain	Sacramento	58.28
5. Valerie Walsh	Hartnell	59.64
6. Amber Cooney	Modesto	61.18
7. Elizabeth Shiflett	De Anza	61.22
8. Julie Peterson	Butte	63.90

800- Final

1. Marni Paulo	American River	2:18.08
2. Stephanie Thornley	Cabrillo	2:18.39
3. Wendy Whitney	Santa Rosa	2:19.74
4. Jennifer Marnach	American River	2:20.37
5. Vanessa John	West Valley	2:23.23
6. Maranda Cowan	Shasta	2:24.18
7. Logan Hiroshima	San Francisco	2:25.75
8. Courtney Cannizarro	Modesto	2:27.56

WOMEN

1500- Final

1. Stephanie Thornley	Cabrillo	4:47.35
2. Keana Collins	West Valley	4:49.34
3. Courtney Cannizarro	Modesto	4:49.56
4. Traci Ballard	American River	4:49.81
5. Stephanie Rivera	SJ Delta	4:50.23
6. Logan Hiroshima	San Francisco	4:50.70
7. Sierra Standish	De Anza	4:54.37
8. Angie Fernandez	Fresno	4:57.51

3000- Final

1. Kim Wilkes	Chabot	10:15.69
2. Rachel Hatwin	San Francisco	10:18.27
3. Stephanie Rivera	SJ Delta	10:43.21
4. Erin Brightwell	San Francisco	10:44.09
5. Carolyn Benson	West Valley	10:48.53
6. Traci Ballard	American River	10:51.50
7. Jessica Leal	Fresno	10:52.44
8. Erika Botha	Sacramento	11:03.68

5000- Final

1. Kim Wilkes	Chabot	17:57.9
2. Traci Ballard	American River	18:49.6
3. Erika Botha	American River	18:59.5
4. Carolyn Benson	West Valley	19:01.5
5. Erin Brightwell	San Francisco	19:13.2
6. Karen Blades	American River	19:26.5
7. Jessica Leal	Fresno	19:29.5
8. Sierra Standish	De Anza	19:51.9

100 Hurdles- Final

1. Lori Himes	Modesto	15.05
2. Kristin Lodrup	Siskiyou	15.30
3. Heather Jackson	Chabot	15.76
4. Alisca Redman	Diablo Valley	16.16
5. Jennifer Sypnieski	SJ Delta	16.27
6. Robin Soderstrom	Modesto	16.49
7. Erica Wilson	Shasta	16.51
8. Christyna Serrano	Hartnell	20.52

400 Hurdles- Final

1. Kristin Lodrup	Siskiyou	64.25
2. Am Loftin	Sacramento	65.39
3. Lori Himes	Modesto	66.65
4. Robin Soderstrom	Modesto	66.68
5. Jennifer Durgan	Shasta	66.92
6. Angelica Dansby	Monterey	68.42
7. Alisca Redman	Diablo Valley	70.34
8. Christyna Serrano	Hartnell	72.21

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WOMEN

400 Relay- Final

1. Sacramento	46.98
2. San Francisco	47.53
3. Modesto	48.37
4. SJ Delta	48.70
5. American River	48.98
6. Hartnell	50.27
7. Fresno	50.29
8. Contra Costa	50.38

1600 Relay- Final

1. Sacramento	4:00.29
2. SJ Delta	4:01.58
3. Modesto	4:02.65
4. American River	4:02.71
5. San Francisco	4:06.40
6. De Anza	4:14.49
7. Hartnell	4:14.80

High Jump- Final

1. Erica Wilson	Shasta	5-6
2. Brandy Irby	Sacramento	5-0
2. Jolie Taylor	Sierra	5-0
2. Tracy Iwanski	Fresno	5-0
5. Brook Wilson	Shasta	5-0
6. Ingrid Sipher	Butte	5-0
7. Jenny Marr	De Anza	4-10
8. Emily Fontes	Modesto	4-10

Long Jump- Final

1. Amy Loftin	Sacramento	18-7
2. Patrina Hall	SJ Delta	18-6
3. Christyna Sererano	Hartnell	17-11½
4. Anissa Tan	San Francisco	17-10
5. DaFona McClain	Sacramento	17-8½
6. Yvette Lamay	Contra Costa	17-7¾
7. Rachelle Heilbut	Fresno	17-7
8. Patty Gonzalez	Kings River	17-5

Triple Jump- Final

1. Bermesola Dyer	San Jose	36-8¼
2. Amy Loftin	Sacramento	36-6
3. Alycia Reynolds	Hartnell	34-8½
4. Jennifer Sypnieski	SJ Delta	34-4½
5. Yvette Lamay	Contra Costa	34-4
6. Sarah Langendorff	SJ Delta	34-3¼
7. Patty Gonzalez	Kings River	34-3
8. Tracy Iwanski	Fresno	34-1½

Shot Put- Final

1. Rashanda Holmes	Chabot	42-1
2. Lisa Stepheney	Fresno	42-0¾
3. Anne Vega	Yuba	39-3½
4. Tyrenda Stamps	De Anza	39-1
5. Kerri Smith	Hartnell	38-0¾
6. Roxanne Garcia	Modesto	37-8¼
7. Desiree Admas	Contra Costa	37-4¾
8. Ingrid Sipher	Butte	37-2¼

Discus- Final

1. Tyrenda Stamps	De Anza	152-10
2. Lisa Stepheney	Fresno	134-8
3. Rashawnda Holmes	Chabot	128-5
4. Katie Schaal	Santa Rosa	124-3
5. Ingrid Sipher	Butte	119-10
6. Jennifer O' Neill	SJ Delta	119-1
7. Anna Vega	Yuba	116-11
8. Dawn Howe	American River	114-3

Javelin- Final

1. Teresa Flores	Hartnell	116-8
2. Allison Risso	SJ Delta	115-0
3. Rae Miller	San Francisco	115-0
4. Raifa Ibrahim	Skyline	109-11
5. Brook Wilson	Shasta	108-2
6. Lisa Kral	American River	108-0
7. Jolie Taylor	Sierra	107-8
8. Fiti Atuatasi	Monterey	100-10

Heptathlon- Final*

1. Jennifer Durgan	Shasta	3,918
2. Kristin Lodrup	Siskiyou	3,916
3. Carla Evans	SJ Delta	3,915
4. Erica Wilson	Shasta	3,875
5. Jennifer Synieska	SJ Delta	3,683
6. Robin Sodersrom	Modesto	3,671
7. Ingrid Sipher	Butte	3,524
8. Brook Wilson	Shasta	3,422

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10,000 exhibition

1. Maureen Sweda	De Anzas	44:16.0
2. Amy Berwind	Shasta	44:47.8
3. Denise Leo	San Francisco	45:11.3
4. Maranda Cowan	Shasta	45:36.9
5. Rosanna Saffaie	West Valley	46:02.4
6. Angela Reyes	Hartnell	46:03.2
7. Debbie Buffington	American River	46:22.0
8. Emily Jessee	American River	46:39.9