

## Northern California Community College Regional Track & Field Championship • Redding, CA • May 11, 1996

**Men:** 1. Hartnell 105; 2. Sacramento 89; 3T. American River, Diablo Valley 53; 5. Sequoias 51½; 6. Fresno 51; 7. San Jose 49; 8. West Valley 44½; 9. Butte 41; 10. SJ Delta 35; 11. San Francisco 33; 12T. Santa Rosa, Monterey 28; 14. Modesto 24; 15. Chabot 22; 16. Merced 20; 17. San Mateo 19; 18. Sierra 17; 19. Yuba 14; 20. Redwoods 8; 21T. Cosumnes River, Lassen, Siskiyou 6; 24T. Foothill, Shasta 4; 26. Cabrillo 3.

**Women:** 1. SJ Delta 142; 2. Modesto 83; 3. Chabot 80; 4. Hartnell 56; 5. Fresno 48; 6. San Francisco 47; 7. Contra Costa 44; 8. Sequoias 36; 9. Shasta 32; 10. Sierra 31; 11. San Mateo 25; 12T. Santa Rosa, Monterey 19; 14T. Sacramento, Yuba, West Valley 16; 17. American River 15; 18. Diablo Valley 14; 19. Cosumnes River 11; 20. Redwoods 8; 21T. Cosumnes River, Lassen, Siskiyou 6; 24T. Foothill, Shasta 4; 26. Cabrillo 3.

### MEN

#### 100- Final

1. Shaun Williams	San Francisco	10.40
2. Cliff Jackson	Butte	10.49
3. Gwangee Pittman	Fresno	10.59
4. James Hinex	Sacramento	10.62
5. Calvin Bates	Sacramento	10.64
6. Kendrail Terrance	Fresno	10.64

#### 200- Final

1. Shaun Williams	San Francisco	20.81
2. Jack Belony	Sacramento	20.91
3. Corey Nelson	Santa Rosa	21.22
4. Todd Smith	Monterey	21.33
5. Roger Sarria	Diablo Valley	21.62
6. Joe Wright	San Jose	21.87

#### 400- Final

1. Corey Nelson	Santa Rosa	46.46
2. Mike Ward	Hartnell	46.48
3. Derek Prior	San Jose	46.91
4. Todd Smith	Monterey	47.59
5. Antonio Harrison	Sacramento	48.35
6. Leverne Wilson	Butte	48.69

#### 800- Final

1. Nick Green	West Valley	1:54.89
2. Jeremy Riddle	West Valley	1:55.29
3. Greg Tademy	San Jose	1:55.80
4. Steve Buelow	San Mateo	1:55.86
5. Mike Morgan	Fresno	1:55.90
6. Brendon Mosher	San Jose	1:56.84

#### 1500- Final

1. Chris Coleman	Sequoias	3:54.19
2. Alejandro Ramirez	SJ Delta	3:57.88
3. Greg Tademy	San Jose	3:58.26
4. Ryan Lee	Sierra	4:00.90
5. Sean Bowman	Diablo Valley	4:02.69
6. Damian Rogers	Yuba	4:04.06

#### 5000- Final

1. Chris Coleman	Sequoias	15:08.9
2. Luis Granado	Hartnell	15:12.3
3. Alejandro Ramirez	SJ Delta	15:30.0
4. Justin O' Connell	Hartnell	15:55.3
5. Sean Savrc	Diablo Valley	16:00.7
6. Scott Adam	Sierra	16:07.7

#### 10000- Final

1. Luis Granado	Hartnell	32:05.0
2. Sean Savrc	Diablo Valley	32:25.0
3. Steve Moreno	Hartnell	32:39.0
4. Justin O' Connell	Hartnell	33:07.0
5. Santiago Bustamante	Merced	33:09.0
6. Josh Small	Cabrillo	33:10.0

### MEN

#### 110 Hurdles- Final

1. Jim Freeman	American River	14.46
2. Keyan Scott	Fresno	14.64
3. Phil Olmos	Fresno	14.70
4. Eric Imhoff	Modesto	14.76
5. Charles Griffin	San Jose	14.81
6. Benjamin Warner	Yuba	15.14

#### 400 Hurdles- Final

1. Mike Ward	Hartnell	52.22
2. Paea Kokohu	Diablo Valley	52.51
3. Charles Griffin	San Jose	53.76
4. Kevin Meier	Sacramento	53.83
5. Eric Brandt	SJ Delta	54.96
6. Benjamin Warner	Yuba	56.11

#### Steeplechase- Final

1. Leonardo Fernandez	Hartnell	9:34.51
2. Steve Moreno	Hartnell	9:42.61
3. Dave BEals	Hartnell	9:46.46
4. Don Ellis	Merced	9:47.86
5. Santiago Bustamante	Merced	9:49.52
6. Justin Buenrostro	SJ Delta	9:50.29

#### 400 Relay- Final

1. Sacramento	40.38
2. San Francisco	40.51
3. Fresno	41.23
4. Butte	41.60
5. Modesto	41.84
6. Chabot	42.23

#### 1600 Relay- Final

1. Sacramento	3:11.09
2. Monterey	3:12.42
3. San Jose	3:14.42
4. San Francisco	3:14.93
5. Hartnell	3:15.99
6. Chabot	3:20.51

#### High Jump- Final

1. Greg Walker	Diablo Valley	7-0
2. Gary Schuler	Sacramento	7-0
3. Neil Lahey	Hartnell	6-10
4. Charles Griffin	San Jose	6-8
5. James Sumner	Yuba	6-8
6. Jamie Nieto	Sacramento	6-8

#### Pole Vault- Final

1. Chris Scatena	West Valley	16-9
2. Kiet Vong	West Valley	15-6
3. Trevor Boler	American River	15-0
4. Ian Isom	Sierra	14-0
5. Andrew Randolph	Butte	13-6
6. Howard Cho	Chabot	13-6

# Northern California Community College Regional Track & Field Championship • Redding, CA • May 11, 1996

**Men:** 1. Hartnell 105; 2. Sacramento 89; 3T. American River, Diablo Valley 53; 5. Sequoias 51½; 6. Fresno 51; 7. San Jose 49; 8. West Valley 44½; 9. Butte 41; 10. SJ Delta 35; 11. San Francisco 33; 12T. Santa Rosa, Monterey 28; 14. Modesto 24; 15. Chabot 22; 16. Merced 20; 17. San Mateo 19; 18. Sierra 17; 19. Yuba 14; 20. Redwoods 8; 21T. Cosumnes River, Lassen, Siskiyou 6; 24T. Foothill, Shasta 4; 26. Cabrillo 3.

**Women:** 1. SJ Delta 142; 2. Modesto 83; 3. Chabot 80; 4. Hartnell 56; 5. Fresno 48; 6. San Francisco 47; 7. Contra Costa 44; 8. Sequoias 36; 9. Shasta 32; 10. Sierra 31; 11. San Mateo 25; 12T. Santa Rosa, Monterey 19; 14T. Sacramento, Yuba, West Valley 16; 17. American River 15; 18. Diablo Valley 14; 19. Cosumnes River 11; 20. Redwoods 8; 21T. Cosumnes River, Lassen, Siskiyou 6; 24T. Foothill, Shasta 4; 26. Cabrillo 3.

## MEN

### Long Jump- Final

1. Herb Goodman	Sequoias	24-1
2. Greg Walker	Diablo Valley	23-6½
3. Cliff Jackson	Butte	23-6¼
4. Odebee Williams	Siskiyou	22-9¾
5. Razshawn Miller	Foothill	22-4¾
6. Nico Valdez	Sacramento	22-0

### Triple Jump- Final

1. Damian Bryant	Sacramento	48-3¼
2. Gary Smith	Sacramento	47-8¼
3. Ron Scurlock	Chabot	47-6¼
4. Robert Macias	Hartnell	47-4¼
5. Herb Goodman	Sequoias	46-11¼
6. Gary Kettleman	SJ Delta	46-2¾

### Shot Put- Final

1. Scott O' Brien	San Mateo	52-4
2. Troy Sproul	Sequoias	50-3
3. Greg Riley	Fresno	50-1
4. Jason Ford	American River	49-9½
5. Drew Anderson	Diablo Valley	49-2
6. Mike O' Brien	Sequoia	47-2½

### Discus- Final

1. Camron Boiles	Santa Rosa	171-5
2. Greg Riley	Fresno	157-8
3. Jason Ford	American River	153-3
4. Clint Duey	Redwoods	147-11
5. Derrick Stevens	Modesto	145-9
6. Jon Paxton	Chabot	142-8

### Javelin- Final

1. John Williams	SJ Delta	209-6
2. Jimmy Martin	Monterey	191-9
3. Clifford Kyota	Lassen	182-1
4. George Herczeq	Diablo Valley	180-5
5. Darrell Higgins	Merced	174-1
6. Jim Freeman	American River	171-2

### Hammer- Final

1. Jason Ford	American River	191-0
2. Tyler Howe	Butte	163-11
3. Blake Lindsay	Cosumnes River	162-8
4. Shannon Russell	Modesto	162-5
5. Brian Gilbert	Modesto	162-0
6. Clint Duey	Redwoods	160-6

### Decathlon- Final\*

1. Neil Lahey	Hartnell	6,414
2. Jim Freeman	American River	6,194
3. Brian Jillson	West Valley	5,911
4. Jeremiah Spooner	Butte	5,706
5. Paul Sell	Sequoias	5,655
6. Ryan Rogers	Shasta	5,608

## WOMEN

### 100- Final

1. Patricia Jacinto	Chabot	11.90
2. Nicole Bowman	Contra Costa	12.19
3. Tyra Ryan	Fresno	12.37
4. Meghan Osthues	Modesto	12.38
5. Phnewful Fredrikseen	Merritt	12.55
6. Amanda Martinez	Chabot	12.72

### 200- Final

1. Patricia Jacinto	Chabot	24.86
2. Melanie Bates	Modesto	25.06
3. Roshawnda Walker	Contra Costa	25.10
4. Nicole Bowman	Contra Costa	25.22
5. Patrina Hall	SJ Delta	25.54
6. Anissa Tan	San Francisco	25.73

### 400- Final

1. Melanie Bates	Modesto	55.85
2. Roshwnda Walker	Contra Costa	56.73
3. Anissa Tan	San Francisco	58.11
4. Valerie Walsh	Hartnell	58.22
5. Amber Cooney	Modesto	59.55
6. Patrina Hall	SJ Delta	60.52

### 800- Final

1. Wendy Whitney	Santa Rosa	2:12.48
2. Melissa Flynn	Fresno	2:15.03
3. Maranda Cowan	Shasta	2:20.28
4. Logan Hiroshima	San Francisco	2:23.43
5. Paula Warhola	Monterey	2:24.83
6. Randi Vedis	Diablo Valley	2:28.10

### 1500- Final

1. Paul Warhola	Monterey	4:51.41
2. Logan Hiroshima	San Francisco	4:52.82
3. Salome Murray	Fresno	4:58.05
4. Randi Vedis	Diablo Valley	4:58.40
5. Sonia Lopez	SJ Delta	4:59.38
6. Julie Jamison	Modesto	5:00.87

### 3000- Final

1. Salome Murray	Fresno	10:33.2
2. Stephanie Rivera	SJ Delta	10:41.2
3. Carie Irwin	Shasta	10:45.4
4. Mona Leon	West Valley	10:51.9
5. Jackie McCleary	West Valley	11:11.3
6. Shaina Budwig	Modesto	11:16.8

### 5000- Final

1. Stephanie Rivera	SJ Delta	18:50.2
2. Christina Peacock	Shasta	18:55.4
3. Mona Leon	West Valley	19:18.2
4. Darcy Gibson	Sierra	19:38.4
5. Karen Blades	American River	19:55.3
6. Nhan Nguyen	Cosumnes River	20:07.8

\*Held at West Valley College on April 16-17

# Northern California Community College Regional Track & Field Championship • Redding, CA • May 11, 1996

**Men:** 1. Hartnell 105; 2. Sacramento 89; 3T. American River, Diablo Valley 53; 5. Sequoias 51½; 6. Fresno 51; 7. San Jose 49; 8. West Valley 44½; 9. Butte 41; 10. SJ Delta 35; 11. San Francisco 33; 12T. Santa Rosa, Monterey 28; 14. Modesto 24; 15. Chabot 22; 16. Merced 20; 17. San Mateo 19; 18. Sierra 17; 19. Yuba 14; 20. Redwoods 8; 21T. Cosumnes River, Lassen, Siskiyou 6; 24T. Foothill, Shasta 4; 26. Cabrillo 3.

**Women:** 1. SJ Delta 142; 2. Modesto 83; 3. Chabot 80; 4. Hartnell 56; 5. Fresno 48; 6. San Francisco 47; 7. Contra Costa 44; 8. Sequoias 36; 9. Shasta 32; 10. Sierra 31; 11. San Mateo 25; 12T. Santa Rosa, Monterey 19; 14T. Sacramento, Yuba, West Valley 16; 17. American River 15; 18. Diablo Valley 14; 19. Cosumnes River 11; 20. Redwoods 8; 21T. Cosumnes River, Lassen, Siskiyou 6; 24T. Foothill, Shasta 4; 26. Cabrillo 3.

## WOMEN

### 10000- Final

1. Stepahnie Rivera	SJ Delta	40:41.0
2. Karen Blades	American River	40:59.0
3. Darcy Gibson	Sierra	41:36.0
4. Andrea Chelotti	SJ Delta	42:03.0
5. Jennifer Cochran	Sequoias	42:27.0
6. Nhan Nguyen	Cosumnes River	42:29.0

### 100 Hurdles- Final

1. Chidera Madu	Sacramento	14.33
2. Christyna Serrano	Hartnell	14.41
3. Allison Wilbourn	Sequoias	14.97
4. Alisha Redmon	Contra Costa	15.07
5. Cambria Thomas	Yuba	15.13
6. Shannon Pierson	Santa Rosa	15.36

### 400 Hurdles- Final

1. Christyna Serrano	Hartnell	60.15
2. Allison Wilbourn	Sequoias	63.05
3. Chidera Madu	Sacramento	63.86
4. Melissa Sherwood	Sierra	64.10
5. Gianna Kalagian	Marin	65.78
6. Alisha Redmon	Contra Costa	67.66

### 400 Relay- Final

1. Modesto	47.87
2. SJ Delta	48.56
3. San Francisco	49.01
4. Contra Costa	49.93
5. San Mateo	50.80
6. Merritt	51.03

### 1600 Relay- Final

1. Hartnell	3:55.45
2. Modesto	3:56.82
3. Santa Rosa	3:58.47
4. San Francisco	3:59.54
5. SJ Delta	3:59.65
6. Contra Costa	4:01.04

### High Jump- Final

1. Rae Miller	Chabot	5-4
2. Jolie Taylor	Sierra	5-4
3 Katrina Hall	SJ Delta	5-2
4. Jennifer Sypnieski	SJ Delta	5-0
5. Carpi Castele	Marin	5-0
6. Rashawnda Holmes	Chabot	5-0

### Pole Vault exhibition

1. Kathy Costello	Cabrillo	9-6
2. Andrea Bryson	Butte	8-6
3. Melissa Sherwood	Sierra	8-0
4. Antoniette Visscher	Santa Rosa	8-0

## WOMEN

### Long Jump- Final

1. Christyna Serrano	Hartnell	19-7½
2. Patrina Hall	SJ Delta	18-8
3. Anissa Tan	San Francisco	18-4½
4. Jennifer Sypnieski	SJ Delta	18-3
5. Valerie Walsh	Hartnell	17-11¾
6. Marion Reneau	Sequoias	17-9½

### Triple Jump- Final

1. Katrina Hall	SJ Delta	37-0
2. Bemeseola Dyer	San Jose	36-7¾
3. Khalilah Terry	SJ Delta	35-8½
4. Monique Dale	San Francisco	35-0
5. Christyna Serrano	Hartnell	34-2½
6. Jill Teixeira	Chabot	34-2¼

### Shot Put- Final

1 Rebecca Morrison	San Mateo	44-3½
2. Rashawnda Holmes	Chabot	41-7
3. Jill Wool	Modesto	40-11½
4. Cassandra Knodel	SJ Delta	39-2¼
5. Kari Usrey	Fresno	39-1
6. Danielle Bezner	Modesto	37-8¾

### Discus- Final

1. Rebecca Morrison	San Mateo	139-1
2. Cassandra Knodel	SJ Delta	136-6
3. Kari Usrey	Fresno	126-9
4. Danielle Bezner	Modesto	125-2
5. Rashawnda Holmes	Chabot	124-7
6. Catherine Hall	Yuba	124-4

### Javelin- Final

1. Rae Miller	Chabot	131-0
2. Allison Risso	SJ Delta	124-5
3. Faith Yee	Fresno	123-8
4. Fiti Atuatasi	Monterey	119-2
5. Jolie Taylor	Sierra	116-9
6. Rashida Grainger	Hartnell	115-5

### Hammer- Final

1. Jill Wool	Modesto	141-4
2. Brooke Alderman	Chabot	134-11
3. Catherine Hall	Yuba	131-6
4. Dana Thurin	Diablo Valley	126-8
5. Danielle Bezner	Modesto	125-6
6. Amanda Walthour	Sierra	121-7

### *New event*

### Heptathlon- Final

1. Marion Reneau	Sequoias	4,146
2. Patrina Hall	SJ Delta	3,981
3. Katrina Hall	SJ Delta	3,896
4. Jennifer Durgan	Shasta	3,798
5. Amanda Martinez	Chabot	3,676
6. Jennifer Sypnieski	SJ Delta	3,376