

Northern California Community College Track & Field Championship • Stockton, CA • May 10, 1997

Men: 1. Sacramento 136; 2. Butte 87; 3. Hartnell 72; 4. West Valley 69; 5. Diablo Valley 64; 6. Sequoias 44½; 7. San Francisco 35; 8. Chabot 29; 9. Modesto 27; 10T. San Jose, American River 25½; 12. Monterey 25; 13. Fresno 21; 14. Siskiyou 17; 15T. Sierra, Santa Rosa 16; 21. De Anza 10; 29. Cosumnes River 3.

Women 1. Hartnell 84; 2. American River 71; 3. Sacramento 65; 4. Diablo Valley 64½; 5. Sequoias 63; 6. San Mateo 60; 7. Santa Rosa 57; 8. Modesto 55; 9. San Francisco 47; 10. Merritt 35; 15. De Anza 21; 16. West Valley 18; 17. Cosumnes River 14; 19. Sierra 13; 22. San Jose 5.

Men

100m

1. Jone Delai	West Valley	10.26
2. Shaun Williams	San Francisco	
3. Jim McGee	Sacramento	10.47
4. Cliff Jackson	Butte	10.53
5. Calvin Bates	Sacramento	10.56
6. JoJo Wright	San Jose	

200

1. Mike Ward	Hartnell	20.92
2. Shaun Williams	San Francisco	
3. Corey Nelson	Santa Rosa	
4. Calvin Bates	Sacramento	21.24
5. Verne Wilson	Butte	21.83
6. Mike Harris	Sequoias	

400

1. Solovani Nakanicina	West Valley	46.46
2. Malachi Davis	Sacramento	46.93
3. Derek Prior	San Jose	
4. Todd Smith	Monterey	
5. Mike Harris	Sequoias	47.77
6. Rashawn Parks	De Anza	

800

1. James White	Sacramento	1:51.71
2. Kareem Morrell	Monterey	
3. Gentle Gladney	Merritt	
4. Ben Vandenhuevel	Santa Rosa	
5. Larry Leach	Fresno	
6. Brandon Zellers	West Valley	

1500

1. Mike Wojiechowski	Diablo Valley	3:56.61
2. Daniel Embaye	Chabot	
3. Paul Temmerman	Chabot	
4. Ryan Lee	Sierra	4:02.11
5. Ricardo Dominiguez	West Valley	
6. Yonthan Asmeron	San Francisco	

5K

1. Mike Wojiechowski	Diablo Valley	15:37.2
2. Steve Moreno	Hartnell	15:50.6
3. Sammy Morales	Fresno	
4. Eduardo Avila	West Valley	
5. Brad Lael	Sacramento	
6. Brian Dorgan	West Valley	

10K

1. Steve Moreno	Hartnell	31:51.4
4. Dave Oleachea	Sierra	32:48.5
5. Brad Lael	Sacramento	32:54.3
6. Jose Saenz	Modesto	32:55.7

Men

110 HH

1. Adrian Fox	Diablo Valley	14.48
2. Steve Robinson	Marin	
3. Alphonso Myers	Sacramento	15.16
4. James Beaver	Chabot	
5. Harold Wilson	Contra Costa	
6. Chase Armer	Hartnell	15.44

400 IH

1. Adrian Fox	Diablo Valley	52.80
2. Dave Grazian	Hartnell	52.85
3. Charles Griffin	San Jose	
4. Shannon Maas	Siskiyou	52.99
5. Alphonso Myers	Sacramento	53.63
6. Arthur Loring	Sequoias	

Steeplechase

1. Eduardo Avila	West Valley	9:42.26
2. Dave Beals	Hartnell	9:55.60
3. Tony Munch	Diablo Valley	
4. George Jensen	San Mateo	
5. Liam Clemmons	American River	9:56.36
6. Dave Oleachea	Sierra	9:59.35

400 Relay

1. Sacramento		40.30
2. San Francisco		
3. West Valley		
4. Butte		41.11
5. Monterey		
6. Sequoias		

1600 Relay

1. Sacramento		3:06.01
2. Monterey		
3. West Valley		
4. San Jose		
5. San Francisco		
6. Sequoias		

High Jump

1. Tyrone Jackson	Butte	6-10
2. Bill Decker	Modeso	6-10
3. Erik Thurman	Butte	
4. Tim Andre	Santa Rosa	
5. James Summer	Yuba	
5. Charles Griffin	San Jose	

Pole Vault

1. Brian Sgheiza	Hartnell	15-0
2. Paul Chapraki	Redwoods	
3. Trevor Boler	American River	14-0
4. Ryan Pereria	Hartnell	13-6
5. Jon Strait	Butte	13-6
6. Jason Plemmons	Sierra	13-0

Northern California Community College Track & Field Championship • Stockton, CA • May 10, 1997

Men: 1. Sacramento 136; 2. Butte 87; 3. Hartnell 72; 4. West Valley 69; 5. Diablo Valley 64; 6. Sequoias 44½; 7. San Francisco 35; 8. Chabot 29; 9. Modesto 27; **10T.** San Jose, American River 25½; 12. Monterey 25; 13. Fresno 21; 14. Siskiyou 17; **15T.** Sierra, Santa Rosa 16; 21. De Anza 10; 29. Cosumnes River 3.

Women 1. Hartnell 84; 2. American River 71; 3. Sacramento 65; 4. Diablo Valley 64½; 5. Sequoias 63; 6. San Mateo 60; 7. Santa Rosa 57; 8. Modesto 55; 9. San Francisco 47; 10. Merritt 35; 15. De Anza 21; 16. West Valley 18; 17. Cosumnes River 14; 19. Sierra 13; 22. San Jose 5.

Men

Long Jump

1. Tyrone Jackson	Butte	24-1¼
2. Derrick Lewis	Sacramento	23-11½
4. Keith Bussey	Sacramento	23-1

Triple Jump

1. Derrick Lewis	Sacramento	48-8¾
2. Ron Scurlock	Chabot	
3. Tyrone Jackson	Butte	46-9½
4. Herb Goodman	Sequoias	46-9½
5. Nathan Matthews	Sequoias	45-11¼
6. Keith Bussey	Sacramento	45-8¼

Shot Put

1. Ryan Scuffy	Sacramento	53-8
2. Charles Thomas	Sacramento	51-4½
3. David Freeland	Sacramento	50-4¾
4. Ryan Comeau	Butte	49-4
5. Joe Hopper	Siskiyou	47-1½
6. Kevin Asher	San Mateo	

Discus

1. Charles Thomas	Sacramento	157-5
2. Derrick Stevens	Modesto	155-1
3.		
4.		
5. Joe Hopper	Siskiyou	151-8
6. Luke Wozdriak	Butte	148-5

Hammer

1. Luke Wozdriak	Butte	173-10
2. Charles Thomas	Sacramento	172-2
3. Bobby Majors	Fresno	
4. John Shaw	Hartnell	167-0
5. Ben Williams	Modesto	157-9
6. Will Beck	Sacramento	155-2

Javelin

1. Jason Stewart	Butte	191-5
2. Darrell Higgins	Merced	
3. John Johns	Lassen	
4. David Short	Mendocino	
5. Robert Orr	SJ Delta	
6. Joe Hopper	Siskiyou	173-5

Decathlon

1. Ryan Rogers	Shasta	6,452
2. Trevor Papp	Diablo Valley	6,244
3. Robert Orr	SJ Delta	6,050
4. Tyrone Jackson	Butte	5,908
5. Chester	American River	5,840
6. Dave Dougherty	Cosumnes River	5,824

(Contested at Shasta College on April 15-16)

Women

100

1. Trinity Davis	Merritt	11.88
2. Danielle Jones	Chabot	
3. Rochelle Hogans	Modesto	12.26
4. Phoenicia Holly	Hartnell	12.45
5. Meghan Osthaus	Modesto	
6. Tania Walker	Diablo Valley	

200

1. Trinity Davis	Merritt	24.35
2. Danielle Jones	Chabot	
3. Rochelle Hogans	Modesto	
4. Phoenicia Holly	Hartnell	25.46
5. Kirstie Ott	San Mateo	
6. Tanisha Nious	Merritt	

400

1. Jamar Stallworth	Sacramento	57.71
2. Somerr Werdun	Sacramento	59.12
3. Blossom Adakam	Sacramento	59.52
4. Heather Keithly	Hartnell	59.62
5. Kirstie Ott	San Mateo	
6. Amy Crislip	Butte	60.68

800

1. Melissa Flynn	Fresno	2:15.98
2. Joanna Peshkoff	Hartnell	2:19.61
3. Lydia Bertage	West Valley	
4. Jennifer Marnach	American River	2:20.62
5. Britta Marshall	Sierra	2:22.64
6. Kim Roberts	Santa Rosa	

1500

1. Melissa Flynn	Fresno	4:48.53
2. Lisa Renteria	West Valley	
3. Jennifer Marnach	American River	4:52.61
4. Darci Lewis	San Mateo	
5. Denise Rummelhart	San Mateo	
6. Julie Jamison	Modesto	4:55.67

3K

1. Christina Peacock	Shasta	10:24.0
2. Carrie Irwin	Shasta	10:30.0
3. Lisa Hernandez	Santa Rosa	
4. Sandy Nyland	American River	10:44.7
5. Marie Argentine	American River	10:58.4
6. Melanie Melara	Diablo Valley	

5K

1. Christina Peacock	Shasta	18:36.8
2. BZ Churchman	San Francisco	
3. Sandy Nyland	American River	19:11.0
4. Marie Argentine	American River	19:41.3
5. Martha Gomez	Hartnell	19:44.59
6. Cathy Ahern	Chabot	

Northern California Community College Track & Field Championship • Stockton, CA • May 10, 1997

Men: 1. Sacramento 136; 2. Butte 87; 3. Hartnell 72; 4. West Valley 69; 5. Diablo Valley 64; 6. Sequoias 44½; 7. San Francisco 35; 8. Chabot 29; 9. Modesto 27; **10T.** San Jose, American River 25½; 12. Monterey 25; 13. Fresno 21; 14. Siskiyou 17; **15T.** Sierra, Santa Rosa 16; 21. De Anza 10; 29. Cosumnes River 3.

Women 1. Hartnell 84; 2. American River 71; 3. Sacramento 65; 4. Diablo Valley 64½; 5. Sequoias 63; 6. San Mateo 60; 7. Santa Rosa 57; 8. Modesto 55; 9. San Francisco 47; 10. Merritt 35; 15. De Anza 21; 16. West Valley 18; 17. Cosumnes River 14; 19. Sierra 13; 22. San Jose 5.

Women

10K

1. Sandy Nyland	American River	38:47.2
2. Therese Naismith	Sequoias	40:39.0
3. Martha Gomez	Hartnell	40:41.0
4. Marie Argentine	American River	40:44.0
5. Dina Panicci	Sequoias	40:46.5

100 Hurdles

1. Shannon Pierson	Santa Rosa	14.75
2. Andrea Ayala	Cosumnes River	15.28
3. Marion Reneau	Sequoias	15.41

400 Hurdles

1. Monique Dale	San Francisco	64.38
2. Shannon Pierson	Santa Rosa	
3. Andrea Ayala	Cosumnes River	66.53
4. Deanan Garrett	San Francisco	
5. Vivian Voochan	American River	68.43
6. Gina Pimental	Sequoias	

400 Relay

1. Merritt	47.58
2. Sacramento	48.51
3. Hartnell	
4. San Francisco	
5. Modesto	
6. SJ Delta	

1600 Relay

1. Sacramento	3:55.25
2. Hartnell	4:00.33
3. San Francisco	
4. Santa Rosa	
5. Sequoias	
6. San Mateo	

High Jump

1. Shelley Hill	Modesto	5-2
2. Phoenica Holly	Hartnell	5-2
3. Jennifer Phillips	Sequoias	
4. Mary Eala	Hartnell	5-0
5. Bonnie Sugiyama	Modesto	4-10
6. Kristi Johnson	Diablo Valley	

Pole Vault

1. Shannon Pierson	Santa Rosa	10-9
2. Shelley Hill	Modesto	
3. Antoinette Visscher	Santa Rosa	
4. Kattya Baltadono	San Mateo	
5. Becca Mendon	Butte	
6. Anna Woods	Hartnell	8-6

Women

Long Jump

1. Brandi Pedragon	Kings River	17-10¾
2. Blossom Adakama	Sacramento	17-9¾
3. Marion Reneau	Sequoias	17-9½
4. Kristi Johnson	Diablo Valley	
5. Regan Roby	Santa Rosa	
6. Karyllynn Henderson	Santa Rosa	

Triple Jump

1. Tangela Colson	Sacramento	37-0
2. Taylor Brown	Sequoias	36-11
3. Kristi Johnson	Diablo Valley	
4. Alex Chua	Foothill	
5. Brandi Pedragon	Kings River	
6. Monique Dale	San Francisco	

Shot Put

1. Rebecca Morrison	San Mateo	44-1
2.		
3. Barbara Weaver	American River	41-9½

Discus

1. Jeanette Tufu	Diablo Valley	143-8
2. Rebecca Morrison	San Mateo	
3.		
4. Jackie Hotchkiss	San Jose	
5. Barbara Weaver	American River	135-11
6. Stacey Davidson	Kings River	

Hammer

1 Rebecca Morrison	San Mateo	158-4
3. Walthour	Sierra	141-5
4. Simon	American River	136-8
5. Walker	American River	128-4
6. Jennifer Allen	Modesto	124-9

Javelin

1. Jennifer Lloyd	De Anza	125-3
2. Kristi Johnson	Diablo Valley	
3. Beth Comfort	Diablo Valley	
4. Rashida Grainger	Hartnell	119-1
5. Erin Davis	Diablo Valley	
6. Lisa Kloor	Modesto	

Heptathlon

1. Marion Reneau	Sequoias	4,423
2. Kristi Johnson	Diablo Valley	4,101
3. Phoenica Holly	Hartnell	3,729
4. Mary Eala	Hartnell	3,504
5. Alisha Reynolds	Hartnell	3,352
6. Becca Mendon	Butte	3,159

(Contested at Shasta College on April 15-16)