

NORCAL FINAL RESULTS

SCORES FOR MEN

Rank	School	Score	Rank	School	Score
1	Hartnell College	100	15	Sierra College	21
2	San Joaquin Delta College	88	16	Diablo Valley College	15
3	College of Sequoias	70	17	Sacramento City College	11
4	Modesto Junior College	59	18	College of the Redwoods	9
5	Fresno City College	58	18	Merritt College	9
6	West Valley College	49	20	Yuba College	8
7	Chabot College	48	20	College of the Siskiyous	8
8	College of San Mateo	46	22	CC of San Francisco	7
9	Santa Rosa Junior College	39	23	Foothill College	6
10	Contra Costa College	36	23	College of Marin	6
11	San Jose City College	32	25	Mendocino College	5
12	Butte College	29	26	Monterey Peninsula Colleg	3
12	Shasta College	29	26	Reedley College	3
14	American River College	24			

Page 1

Northern California Community College 04/18/00 - 05/12/00

Preliminaries MEN'S 100 METER DASH

Heat 1: (w:1.3): 1. Josh Norman, Fresno City 10.64; 2. Hung Nguyen, West Valley 10.79; 3. Sean Holleman, Chabot 10.85; 4. Corky Stark, Sequoias 10.88; 5. Aaron Daglow, Contra Costa 10.89; 6. Alid Paul, Chabot 10.89; 7. Sam Wright, Hartnell 10.98; 8. Tyron Booker, Chabot 11.38.

Heat 2: (w:1.9): 1. Luiz Mello, Santa Rosa 10.65; 2. Chris Hughes, Contra Costa 10.76; 3. Allen Richmond, Butte 11.01; 4. Wes Childs, Contra Costa 11.04; 5. Joey Clemmons, Sacramento 11.06; 6. Jamal Conwell, Sacramento 11.14; 7. Aaron Fontno, Redwoods 11.15.

Heat 3: (w:0.9): 1. James Johnson, Sequoias 10.72; 2. Danny Jackson, Butte 10.74; 3. Danny Walker, Delta 10.82; 4. Graham Taft, Amer. River 11.08; 5. Tyrone Knight, Delta 11.13; 6. Ben Oehninger, Modesto 11.18; 7. Marcel Dunn, Chabot 11.28; 8. Dashan Butler, Delta 11.38; - Phillip Watson, Fresno City FS.

Finals MEN'S 100 METER DASH

(w:0.0): 1. Luiz Mello, Santa Rosa 10.63; 2. Josh Norman, Fresno City 10.65; 3. Chris Hughes, Contra Costa 10.66; 4. Danny Walker, Delta 10.69; 5. Danny Jackson, Butte 10.72; 6. James Johnson, Sequoias 10.74; 7. Corky Stark, Sequoias 10.80; 8. Hung Nguyen, West Valley 10.81; 9. Sean Holleman, Chabot 10.86.

Preliminaries MEN'S 200 METER DASH

Heat 1: (w:3.0): 1. Lorenzo Parham, Merritt 21.50; 2. James Johnson, Sequoias 21.53; 3. Danny Jackson, Butte 21.67; 4. Ernesto Salinas, Hartnell 22.09; 5. Willie Henderson, Delta 22.29; 6. Sean Leonard, Santa Rosa 22.36; 7. Tyrone Knight, Delta 22.45; 8. Joey Clemmons, Sacramento 22.62; 9. Ricky Sailor, Butte 22.85.

Heat 2: (w:1.1): 1. Chris Hughes, Contra Costa 21.42; 2. Josh Norman, Fresno City 21.78; 3. Sam Wright, Hartnell 22.00; 4. Alid Paul, Chabot 22.06; 5. Allen Richmond, Butte 22.19; 6. Ben Oehninger, Modesto 22.44; 7. Jamal Conwell, Sacramento 22.49.

Heat 3: (w:2.5): 1. Luiz Mello, Santa Rosa 21.46; 2. Antoine Pressley, Delta 21.80; 3. Sean Holleman, Chabot 21.84; 4. Danny Walker, Delta 21.94; 5. Corky Stark, Sequoias 21.94; 6. Hung Nguyen, West Valley 22.06; 7. Wes Childs, Contra Costa 22.26; 8. Aaron Daglow, Contra Costa 22.52; 9. Tyron Booker, Chabot 22.80.

Finals MEN'S 200 METER DASH

(w:-0.8): 1. Chris Hughes, Contra Costa 21.27; 2. Luiz Mello, Santa Rosa 21.49; 3. James Johnson, Sequoias 21.55; 4. Josh Norman, Fresno City 21.56; 5. Danny Walker, Delta 21.61; 6. Antoine Pressley, Delta 21.70; 7. Sean Holleman, Chabot 22.08; 8. Lorenzo Parham, Merritt 22.13; 9. Danny Jackson, Butte 22.45.

Preliminaries MEN'S 400 METER DASH

Heat 1: 1. Giovanni Miles, Fresno City 48.66; 2. David Patterson, Modesto 48.91; 3. Doug Rhoads, Marin 49.20; 4. Jeramy Williams, Fresno City 49.35; 5. Antoine Pressley, Delta 49.75; 6. Jacques Leffall, Fresno City 50.73; 7. Oscar Vargas, Butte 50.77.

Heat 2: 1. Ernesto Salinas, Hartnell 47.16; 2. Ricco Brown, Chabot 48.80; 3. James Jackson, Chabot 49.23; 4. Damian Nelson, SanFrancisco 50.05; 5. Stuart Norris, West Valley 50.25; 6. Chase Harmer, West Valley 51.03.

Heat 3: 1. Lorenzo Parham, Merritt 48.01; 2. Willie Henderson, Delta 48.99; 3. EJ Andrews, SanFrancisco 49.12; 4. Oleg Voloshko, SanFrancisco 49.46; 5. Sterling Willis, Hartnell 49.54; 6. Harrison Osuorji, Shasta 50.35; 7. Ryan Fitzpatrick, Chabot 51.02.

Finals MEN'S 400 METER DASH

1. Ernesto Salinas, Hartnell 46.70; 2. Lorenzo Parham, Merritt 47.45; 3. Ricco Brown, Chabot 47.92; 4. David Patterson, Modesto 47.98; 5. Willie

San Francisco City College

Page 2

Northern California Community College 04/18/00 - 05/12/00

MEN'S 400 METER DASH (Continued)

Henderson, Delta 48.33; 6. EJ Andrews, SanFrancisco 48.34; 7. Giovanni Miles, Fresno City 49.77; 8. James Jackson, Chabot 52.14.

Preliminaries MEN'S 800 METER RUN

Heat 1: 1. Ryan Stepp, Fresno City 1:54.54; 2. Anton Gasparik, Foothill 1:55.13; 3. Danyal Eaglin, Sacramento 1:57.85; 4. Seth Hudson, Yuba 1:58.21; 5. Ryan Fernandez, Sierra 1:58.66; 6. Jose Pimentel, Delta 2:03.45.

Heat 2: 1. Darrell Tozier, San Mateo 1:55.86; 2. Shane Lewis, Delta 1:56.17; 3. Rick Turner, Sequoias 1:56.51; 4. Joaquin Delgado, Chabot 1:58.49; 5. Matt Eastman, SanFrancisco 1:59.86; 6. Steve Smith, Amer. River 2:01.36; 7. Mike Cassell, Amer. River 2:07.15.

Heat 3: 1. Phil Tabor, Amer. River 1:52.97; 2. Joshua Foster, Diablo Valle 1:54.85; 3. D.J. Ozan, West Valley 1:56.36; 4. Jose Palacios, Sequoias 1:56.49; 5. Billye Burke, SanFrancisco 1:59.43; 6. Julius Lawhorn, Diablo Valle 2:00.75; 7. Keith Pound, Shasta 2:01.89; 8. Felix Duenas, Modesto 2:02.40.

Finals MEN'S 800 METER RUN

1. Phil Tabor, Amer. River 1:51.19; 2. Darrell Tozier, San Mateo 1:52.09; 3. Anton Gasparik, Foothill 1:52.54; 4. Ryan Stepp, Fresno City 1:53.13; 5. Shane Lewis, Delta 1:54.21; 6. D.J. Ozan, West Valley 1:54.90; 7. Seth Hudson, Yuba 1:57.19; 8. Joshua Foster, Diablo Valle 1:58.40.

Preliminaries MEN'S 1,500 METER RUN

Heat 1: 1. Rick Turner, Sequoias 4:04.09; 2. Ryan Preston, Chabot 4:07.24; 3. Joshua Foster, Diablo Valle 4:07.60; 4. D.J. Ozan, West Valley 4:08.01; 5. Julius Lawhorn, Diablo Valle 4:08.40; 6. Jose Pimentel, Delta 4:11.58; 7. Rafael Gomez, Delta 4:12.01; 8. Tony Pinnella, Chabot 4:13.84; 9. Mike

McDonnell, Sequoias 4:14.50; 10. Danny Melo, Santa Rosa 4:16.44.

Heat 2: 1. Jules Villanueva, West Valley 3:56.75; 2. Leo Balderas, San Jose 3:58.49; 3. Jose Palacios, Sequoias 3:59.32; 4. Clinton DiChoso, Modesto 4:05.55; 5. Joaquin Delgado, Chabot 4:05.66; 6. George Wymenga, Sequoias 4:08.94; 7. Manny Mendoza, San Mateo 4:12.18; 8. Ryan Blake, Chabot 4:12.64; 9. Oscar Serna, Amer. River 4:16.43; 10. Matt Fears, Hartnell 4:22.78; 11. Chris Phelps, Redwoods 4:29.77.

Finals MEN'S 1,500 METER RUN

1. Ryan Preston, Chabot 3:56.60; 2. Rick Turner, Sequoias 3:57.05; 3. Jules Villanueva, West Valley 3:57.10; 4. D.J. Ozan, West Valley 3:59.72; 5. Jose Palacios, Sequoias 3:59.86; 6. Joshua Foster, Diablo Valle 4:01.44; 7. Joaquin Delgado, Chabot 4:04.93; 8. Julius Lawhorn, Diablo Valle 4:06.86; 9. Rafael Gomez, Delta 4:14.14; 10. Manny Mendoza, San Mateo 4:17.18; 11. Jose Pimentel, Delta 4:22.01.

Finals MEN'S 3,000 METER STEEPLECHASE

1. Jacob Mills, Sierra 9:36.4h; 2. Jose Acosta, West Valley 9:51.5h; 3. George Wymenga, Sequoias 9:59.0h; 4. Grant Guise, West Valley 10:00.0h; 5. Brice Prunyn, Chabot 10:04.7h; 6. J.C. Hernandez, Hartnell 10:07.7h; 7. Roberto Loreda, Delta 10:07.9h; 8. Nick Petrinovich, Amer. River 10:18.8h; 9. Jared Lesa, Sierra 10:28.6h; 10. Larry Blaylock, Sacramento 10:29.0h; 11. Greg Serpa, Modesto 10:30.3h; 12. Boni Ruelas, Hartnell 10:31.1h; 13. Oswaldo Fuentes, Modesto 10:42.0h; 14. Ron Selvey, Chabot 10:45.0h; 15. Mike Azevedo, Sequoias 10:47.0h; 16. Blain Ashley, San Mateo 10:49.3h; 17. Andres Favela, Yuba 10:51.8h; 18. Adrien LeBiavant, SanFrancisco 10:52.8h; 19. Bryce McGhee, Fresno City 10:55.5h; 20. Jason Golenor, Shasta 10:56.8h; 21. Marc Dyer, SanFrancisco 11:35.3h; - Jeremy Moore, Fresno City NT.

Finals MEN'S 5,000 METER RUN

1. Leo Balderas, San Jose 14:59.42; 2. Trevor Marca, West Valley 15:09.18; 3. Jose Palacios, Sequoias 15:24.75; 4. Ben Sanchez, Sequoias 15:26.15; 5. Rick

San Francisco City College

Page 3

Northern California Community College 04/18/00 - 05/12/00

MEN'S 5,000 METER RUN (Continued)

Turner, Sequoias 15:32.02; 6. Antonio Estrada, Fresno City 15:41.65; 7. Ryan Riemer, Amer. River 15:51.05; 8. David Nichols, Sierra 16:00.00; 9. Jules Villanueva, West Valley 16:03.41; 10. Noe Torres, San Jose 16:04.17; 11. Steve Nunez, Diablo Valle 16:10.34; 12. Brian Smith, Shasta 16:23.50; 13. Josh Reis, Sierra 16:51.11; 14. Roberto Loreda, Delta 17:03.87.

Finals MEN'S 10,000 METER RUN

1. Trevor Marca, West Valley 32:31.5h; 2. Ben Sanchez, Sequoias 32:54.9h; 3. Antonio Estrada, Fresno City 33:15.0h; 4. David Nichols, Sierra 33:34.4h; 5. Steve Nunez, Diablo Valle 34:15.7h; 6. Dave Hanley, Marin 34:18.6h; 7. Larry Blaylock, Sacramento 34:51.1h; 8. Oswaldo Fuentes, Modesto 34:57.5h; 9. Mike Azevedo, Sequoias 35:43.2h; - Aaron Tara, Shasta DNF.

Preliminaries MEN'S 110 METER HIGH HURDLES

Heat 1: (w:1.8): 1. Brian Brodgon, Modesto 15.14; 2. Ben Clark, Delta 15.16; 3. Jeff Lewis, Shasta 15.85; 4. Tyler Dunn, Shasta 16.32; 5. Israel Mendosa, Modesto 16.59.

Heat 2: (w:1.7): 1. Jesse White, Fresno City 14.98; 2. Justin May, Shasta 15.50; 3. Christian Crosby, Delta 15.66; 4. Danny Harlow, Delta 15.98; 5. Eric Peters, Modesto 16.01; 6. Steve Caponio, Diablo Valle 16.55; 7. Will Padilla, Sacramento 17.39.

Heat 3: (w:0.9): 1. Jim Starling, Sequoias 15.01; 2. Kevin Ernst, Diablo Valle 15.41; 3. Steve Muck, Sierra 15.63; 4. Tony Graham, Merced 16.13; 5. Vincent Boatright, Chabot 16.72; 6. Jack Daniels, Chabot 16.82; 7. Mike Fisk, Sequoias 17.11.

Finals MEN'S 110 METER HIGH HURDLES

(w:-0.3): 1. Jesse White, Fresno City 14.72; 2. Jim Starling, Sequoias 14.78; 3. Ben Clark, Delta 14.92; 4. Brian Brodgon, Modesto 14.97; 5. Kevin Ernst, Diablo Valle 15.26; 6. Christian Crosby, Delta 15.30; 7. Steve Muck, Sierra 15.71; 8. Jeff Lewis, Shasta 15.77; 9. Justin May, Shasta 16.36.

Preliminaries MEN'S 400 METER INT HURDLES

Heat 1: 1. David Moreno, Yuba 53.62; 2. Jesse White, Fresno City 56.61; 3. Danny Harlow, Delta 58.20; 4. Dan Hood, Siskiyou 59.67.

Heat 2: 1. Tyrone Ward, Hartnell 54.29; 2. Nick Pardo, Monterey 54.84; 3. Jim Starling, Sequoias 55.18; 4. Adrian President, Chabot 56.80; 5. Kevin Ernst, Diablo Valle 57.19; 6. Jerry Zigounakis, Modesto 59.87; 7. TY Mancuso, San Mateo 61.33; 8. Christian Crosby, Delta 66.25.

Heat 3: 1. Ben Clark, Delta 54.38; 2. Mike Doll, Shasta 54.69; 3. Dennis McKinley, Delta 55.46; 4. Eric Peters, Modesto 57.30; 5. Jeff Lewis, Shasta 58.04; 6. Jesse Simmons, Butte 58.95; 7. Steve Yandell, Sequoias 62.26; 8. Derek Slavik, Sacramento 63.19.

Finals MEN'S 400 METER INT HURDLES

1. Tyrone Ward, Hartnell 52.57; 2. Ben Clark, Delta 53.27; 3. David Moreno, Yuba 53.57; 4. Mike Doll, Shasta 53.60; 5. Dennis McKinley, Delta 54.40; 6. Nick Pardo, Monterey 54.48; 7. Jim Starling, Sequoias 55.40; 8. Jesse White, Fresno City 58.34; 9. Adrian President, Chabot 59.87.

Preliminaries MEN'S HIGH JUMP

Flight 1: 1. Herman Gill, Modesto 6-01 (1.85m); 1. Vincent Boatright, Chabot 6-01 (1.85m); 1. Damon Gaston, San Jose 6-01 (1.85m); 1. Hans Magelssen, Modesto 6-01 (1.85m); 1. DJ Sadler, Butte 6-01 (1.85m); 1. Derrell Lewis, Santa Rosa 6-01 (1.85m); 1. Justin May, Shasta 6-01 (1.85m); 1. Steve Menezes, Merced 6-01 (1.85m); 1. David Kuoppamaki, Amer. River 6-01 (1.85m); 1. Justin Miller, Delta 6-01 (1.85m); 1. James Summers, Sacramento 6-01 (1.85m); 12. Shane Ludington, Amer. River 5-11 (1.80m); 13. Franklin Solis, Diablo Valle 5-11 (1.80m); - Joe Geddes, Amer. River FAIL.

San Francisco City College

Page 4

Northern California Community College 04/18/00 - 05/12/00

Finals MEN'S HIGH JUMP

1. Justin May, Shasta 6-08 (2.03m); 2. DJ Sadler, Butte 6-06 (1.98m); 3. Vincent Boatright, Chabot 6-06 (1.98m); 4. Herman Gill, Modesto 6-04 (1.93m); 5. Derrell Lewis, Santa Rosa 6-04 (1.93m); 6. James Summers, Sacramento 6-04 (1.93m); 7. Hans Magelssen, Modesto 6-04 (1.93m); 8. Shane Ludington, Amer. River 6-02 (1.88m); 9. Justin Miller, Delta 6-02 (1.88m); 10. Damon Gaston, San Jose 6-02 (1.88m); 11. David Kuoppamaki, Amer. River 6-02 (1.88m); 12. Steve Menezes, Merced 6-02 (1.88m).

Preliminaries MEN'S POLE VAULT

Flight 1: 1. Zack Folmer, Fresno City 14-0 (4.27m); 1. Eldwin Chappell, Modesto 14-0 (4.27m); 1. Erick Knight, Hartnell 14-0 (4.27m); 1. Brett Gebhardt, Delta 14-0 (4.27m); 1. Charlie Hahn, Amer. River 14-0 (4.27m); 6. Hans Magelssen, Modesto 13-06 (4.11m); 6. Justin Miller, Delta 13-06 (4.11m); 6. Benji Chamberlain, Siskiyou 13-06 (4.11m); 6. Graham Taft, Amer. River 13-06 (4.11m); 6. Adam Vohwiller, Hartnell 13-06 (4.11m); 6. Clarence Salviejo, Hartnell 13-06 (4.11m); 6. Derek Slavik, Sacramento 13-06 (4.11m); 13. Steve Wharton, Diablo Valle 13-0 (3.96m); 13. Rick Lechleitner, San Mateo 13-0 (3.96m); 13. Will Padilla, Sacramento 13-0 (3.96m); 13. Kevin Trone, Redwoods 13-0 (3.96m); 13. Brian Brodgon, Modesto 13-0 (3.96m); 18. Dan Hood, Siskiyou 12-06 (3.81m); 18. Vincent Boatright, Chabot 12-06 (3.81m); 18. Ryan Anderson, Sierra 12-06 (3.81m); 18. Beau Beavers, Modesto 12-06 (3.81m); 22.

Steve Yandell, Sequoias 12-0 (3.66m); 22. Zach Rude, Santa Rosa 12-0 (3.66m);
- Joe Dondelinger, Sierra FAIL; - Kevin Laskowski, Sierra FAIL.

Finals MEN'S POLE VAULT

1. Erick Knight, Hartnell 15-06 (4.72m); 2. Eldwin Chappell, Modesto 15-06 (4.72m); 3. Justin Miller, Delta 15-06 (4.72m); 4. Clarence Salviejo, Hartnell 15-0 (4.57m); 5. Charlie Hahn, Amer. River 15-0 (4.57m); 6. Adam Vohwiller, Hartnell 14-06 (4.42m); 7. Graham Taft, Amer. River 14-0 (4.27m); 8. Brett Gebhardt, Delta 14-0 (4.27m); 9. Zack Folmer, Fresno City 13-06 (4.11m); 10. Benji Chamberlain, Siskiyou 13-06 (4.11m); 11. Hans Magelssen, Modesto 12-06 (3.81m); - Derek Slavik, Sacramento NH.

Preliminaries MEN'S LONG JUMP

Flight 1: 1. Derrell Lewis, Santa Rosa 23-07.50 w:1.8 (7.20m); 2. Erick Knight, Hartnell 23-04 w:1.0 (7.11m); 3. Tyrone Ward, Hartnell 23-02.50 w:2.6 (7.07m); 4. Jack Daniels, Chabot 22-03.50 w:0.0 (6.79m); 5. Jay D. Coles, Amer. River 22-02.75 w:2.4 (6.78m); 6. Christian Crosby, Delta 22-0 w:0.2 (6.71m); 7. Kyrach Ayers, Contra Costa 21-11 w:0.6 (6.68m); 8. Adrian Dilley, San Mateo 21-09.50 w:1.5 (6.64m); 9. Dashawn Clark, Sacramento 21-06 w:0.5 (6.55m); 10. Steve Moore, Chabot 21-05 w:2.8 (6.53m); 11. Benji Chamberlain, Siskiyou 21-01.75 w:2.6 (6.45m); 12. Graham Taft, Amer. River 21-00.25 w:2.0 (6.41m); 13. Scott Simpson, Santa Rosa 20-11 w:2.0 (6.38m); 14. Adrian Olszewski, Diablo Valle 20-10.50 w:0.3 (6.36m); 15. RJ Jones, San Francisco 20-08.25 w:1.0 (6.31m); 16. Tabu McKnight, Chabot 20-06 w:2.0 (6.25m); 17. Steve Muck, Sierra 20-0 w:0.2 (6.10m); 18. Viry Tun, Modesto 19-11 w:0.0 (6.07m); 19. Rob Walton, Chabot 19-10.25 w:0.6 (6.05m); 20. William Norwood, Mendocino 19-05 w:1.9 (5.92m); 21. Camara Williams, Amer. River 19-02.50 w:1.0 (5.85m); - Andre Mitchell, Sequoias FOUL w:NWI.

Finals MEN'S LONG JUMP

1. Derrell Lewis, Santa Rosa 23-09.75 w:0.6 (7.26m); 2. Tyrone Ward, Hartnell 23-04 w:-1.6 (7.11m); 3. Erick Knight, Hartnell 22-11.50 w:-1.3 (7.00m); 4. Adrian Dilley, San Mateo 22-10.75 w:-1.9 (6.98m); 5. Jay D. Coles, Amer. River 22-10.25 w:-1.1 (6.97m); 6. Christian Crosby, Delta 22-01.50 w:NWI (6.74m); 7. Jack Daniels, Chabot 22-01 w:-1.5 (6.73m); 8. Dashawn Clark, Sacramento 22-00.75 w:-0.1 (6.72m); 9. Kyrach Ayers, Contra Costa 21-10.25 w:-0.8 (6.66m); 10. Benji Chamberlain, Siskiyou 21-06 w:-1.8 (6.55m); 11. Steve Moore, Chabot

San Francisco City College

Page 5

Northern California Community College 04/18/00 - 05/12/00

MEN'S LONG JUMP (Continued)

20-09.25 w:-0.5 (6.33m); 12. Graham Taft, Amer. River 20-07.75 w:0.8 (6.29m).

Preliminaries MEN'S TRIPLE JUMP

Flight 1: 1. Kyrach Ayers, Contra Costa 47-11 w:0.9 (14.61m); 2. Erick Knight, Hartnell 47-02 w:0.8 (14.38m); 3. Adrian Dilley, San Mateo 46-06 w:1.7 (14.17m); 4. Damon Gaston, San Jose 46-03 w:1.1 (14.10m); 5. Mike Cordoba, Hartnell 45-05.50 w:2.7 (13.86m); 6. Keith Mickey, Contra Costa 45-03 w:3.4 (13.79m); 7. Dashawn Clark, Sacramento 44-06 w:2.0 (13.56m); 8. Mike Hollis, Chabot 44-04 w:3.0 (13.51m); 9. Robert Winterhalter, Amer. River 43-04 w:1.1 (13.21m); 10. Viry Tun, Modesto 42-10 w:2.5 (13.06m); 11. Andre Mitchell, Sequoias 42-10 w:0.0 (13.06m); 12. David Bernstine, Contra Costa 42-09 w:NWI (13.03m); 13. Nickens Owens, Contra Costa 42-08 w:3.8 (13.00m); 14. Frankie Rosa, Sequoias 42-00.50 w:-0.1 (12.81m); 15. Willie Henderson, Delta 41-10 w:4.7 (12.75m); 16. Tabu McKnight, Chabot 41-07.50 w:-0.1 (12.69m); 17. Dounia Whitehouse, Butte 41-06 w:1.2 (12.65m); 18. Nick Tishan, Amer. River 41-04 w:1.2 (12.60m); 19. Sion King, Sacramento 41-03 w:0.1 (12.57m); 20. Christian Crosby, Delta 38-11 w:0.6 (11.86m); - Ben Sargent, Shasta FOUL w:NWI; - Keith Pound, Shasta FOUL w:NWI; - Adrian Olszewski, Diablo Valle FOUL w:NWI.

Finals MEN'S TRIPLE JUMP

1. Kyras Ayers, Contra Costa 48-02.75 w:-0.1 (14.70m); 2. Erick Knight, Hartnell 46-11 w:0.4 (14.30m); 3. Damon Gaston, San Jose 46-08.25 w:-0.8 (14.23m); 4. Dashawn Clark, Sacramento 45-04.50 w:0.3 (13.83m); 5. Viry Tun, Modesto 45-04 w:0.1 (13.82m); 6. Adrian Dilley, San Mateo 44-10.25 w:-0.6 (13.67m); 7. Keith Mickey, Contra Costa 44-07 w:NWI (13.59m); 8. Mike Hollis, Chabot 44-00.25 w:-0.5 (13.42m); 9. David Bernstine, Contra Costa 43-01 w:-0.4 (13.13m); 10. Robert Winterhalter, Amer. River 41-10.50 w:0.8 (12.76m); 11. Andre Mitchell, Sequoias 40-11.75 w:0.7 (12.49m); 12. Mike Cordoba, Hartnell 40-04 w:0.8 (12.29m).

Preliminaries MEN'S SHOT PUT

Flight 1: 1. Josh Robb, Shasta 49-06.50 (15.10m); 2. Marcus Matheney, Redwoods 48-04.50 (14.74m); 3. Bryan Harris, Delta 47-03 (14.40m); 4. Matt Hennessy, Marin 46-08 (14.22m); 5. Vetto Cerrato, Delta 46-02 (14.07m); 6. Denver Guillory, Santa Rosa 45-06.50 (13.88m); 7. Devan Kelley, Butte 45-04.50 (13.83m); 8. Anthony Bailey, Chabot 45-04 (13.82m); 9. Brandon Goldstein, San Jose 44-09 (13.64m); 10. Jared Casey, Modesto 44-03 (13.49m); 11. Cheyne Murray, San Mateo 44-00.50 (13.42m); 12. Jacob Curtiss, Modesto 43-11 (13.39m); 13. Jason Crawford, Delta 43-06.50 (13.27m); 14. Mark Cornett, San Francisco 43-03 (13.18m); 15. Umar Abdullah, Sacramento 41-08.50 (12.71m); 16. Jeff Engstrom, Sequoias 40-10 (12.45m).

Finals MEN'S SHOT PUT

1. Josh Robb, Shasta 51-10.75 (15.82m); 2. Marcus Matheney, Redwoods 51-00.50 (15.56m); 3. Vetto Cerrato, Delta 49-06.50 (15.10m); 4. Cheyne Murray, San Mateo 46-11.25 (14.31m); 5. Devan Kelley, Butte 45-10.75 (13.99m); 6. Matt Hennessy, Marin 45-07.75 (13.91m); 7. Denver Guillory, Santa Rosa 45-02.75 (13.79m); 8. Jared Casey, Modesto 44-01 (13.44m); 9. Bryan Harris, Delta 42-11.25 (13.09m); 10. Jacob Curtiss, Modesto 41-10 (12.75m); 11. Brandon Goldstein, San Jose 41-04.75 (12.62m); 12. Anthony Bailey, Chabot 41-01.50 (12.53m).

Preliminaries MEN'S DISCUS THROW

Flight 1: 1. Cheyne Murray, San Mateo 161-0 (49.07m); 2. Jeff Passamani, Hartnell 158-08 (48.36m); 3. Ben Fogel, San Mateo 156-11 (47.83m); 4. Bryan Harris, Delta 156-03 (47.63m); 5. Jeff Engstrom, Sequoias 154-07 (47.12m); 6. Matt Hennessy, Marin 151-01 (46.05m); 7. Josh Robb, Shasta 149-0 (45.42m); 8. Richard Brizil, Fresno City 146-03 (44.58m); 9. Jacob Curtiss, Modesto 144-06

San Francisco City College

Page 6

Northern California Community College 04/18/00 - 05/12/00

MEN'S DISCUS THROW (Continued)

(44.04m); 10. Brandon Goldstein, San Jose 142-06 (43.43m); 11. Denver Guillory, Santa Rosa 141-11 (43.26m); 12. Eric Bartlett, Yuba 140-10 (42.93m); 13. Jared Casey, Modesto 140-02 (42.72m); 14. Marcus Matheney, Redwoods 138-10 (42.32m); 15. Anthony Bailey, Chabot 138-08 (42.27m); 16. Lee Fiocchi, Siskiyou 136-01 (41.48m); 17. Roman Fuentes, West Valley 135-08 (41.35m); 18. Robert Rubio, Modesto 135-0 (41.15m); 19. Randy Rondi, Chabot 132-11 (40.51m); 20. Nicholas Shaffer, Diablo Valle 131-02 (39.98m); 21. TJ Aimonetti, West Valley 126-06 (38.56m); 22. Mark Cornett, San Francisco 117-08 (35.86m); - Steve Verver, Modesto FOUL; - Jason Crawford, Delta FOUL.

Finals MEN'S DISCUS THROW

1. Cheyne Murray, San Mateo 167-0 (50.90m); 2. Bryan Harris, Delta 157-0 (47.85m); 3. Jeff Passamani, Hartnell 152-10 (46.58m); 4. Ben Fogel, San Mateo 148-02 (45.16m); 5. Brandon Goldstein, San Jose 147-10 (45.06m); 6. Denver Guillory, Santa Rosa 145-07 (44.37m); 7. Jeff Engstrom, Sequoias 142-11 (43.56m); 8. Josh Robb, Shasta 140-08 (42.88m); 9. Matt Hennessy, Marin 139-08

(42.57m); 10. Eric Bartlett, Yuba 136-06 (41.61m); 11. Jacob Curtiss, Modesto 122-03 (37.26m); - Richard Brizil, Fresno City FOUL.

Preliminaries MEN'S JAVELIN THROW

Flight 1: 1. Ben Fogel, San Mateo 205-09 (62.71m); 2. Weldon Dethridge, Mendocino 180-05 (54.99m); 3. Ryan Burgess, Modesto 174-09 (53.26m); 4. Jarrod Stewart, Hartnell 174-06 (53.19m); 5. Erick Knight, Hartnell 174-01 (53.06m); 6. Brett Gebhardt, Delta 169-09 (51.74m); 7. David Flores, Hartnell 169-02 (51.56m); 8. Peter Imperial, San Jose 166-07 (50.77m); 9. Jason Stewart, Butte 166-01 (50.62m); 10. Doug Murr, San Jose 163-03 (49.76m); 11. Josh Meyers, Reedley 161-01 (49.10m); 12. Josh Lanoie, West Valley 159-06 (48.62m); 13. Steve Yandell, Sequoias 157-03 (47.93m); 14. Les Courtemanche, Siskiyou 155-11 (47.52m); 15. Joe Geddes, Amer. River 152-02 (46.38m); 16. Sean Blandford, Sacramento 145-11 (44.48m); 17. Arthur Benedetti, Redwoods 140-07 (42.85m); 18. Poco Hogans, Modesto 139-02 (42.42m); 19. Christian Crosby, Delta 134-01 (40.87m).

Finals MEN'S JAVELIN THROW

1. Ben Fogel, San Mateo 193-11 (59.11m); 2. Jason Stewart, Butte 183-03 (55.85m); 3. Jarrod Stewart, Hartnell 182-08 (55.68m); 4. Weldon Dethridge, Mendocino 176-11 (53.92m); 5. Doug Murr, San Jose 171-07 (52.30m); 6. Josh Meyers, Reedley 169-07 (51.69m); 7. Ryan Burgess, Modesto 169-06 (51.66m); 8. David Flores, Hartnell 165-04 (50.39m); 9. Josh Lanoie, West Valley 161-09 (49.30m); 10. Erick Knight, Hartnell 161-08 (49.28m); 11. Brett Gebhardt, Delta 159-06 (48.62m); 12. Peter Imperial, San Jose 155-05 (47.37m).

Preliminaries MEN'S HAMMER THROW

Flight 1: 1. Brandon Goldstein, San Jose 174-07 (53.21m); 2. Jacob Curtiss, Modesto 169-05 (51.64m); 3. Robert Rubio, Modesto 167-08 (51.10m); 4. Jason Crawford, Delta 161-04 (49.17m); 5. Jeff Passamani, Hartnell 156-07 (47.73m); 6. Bryan Harris, Delta 147-10 (45.06m); 7. Zach Reeves, Sierra 146-01 (44.53m); 8. Denver Guillory, Santa Rosa 142-09 (43.51m); 9. Steve Verver, Modesto 140-11 (42.95m); 10. Andy Alford, Santa Rosa 139-01 (42.39m); 11. Jason Schumacher, San Mateo 138-0 (42.06m); 12. Jared Casey, Modesto 137-0 (41.76m); 13. Golden Ables, Hartnell 126-01 (38.43m); 14. John Perry, Amer. River 124-11 (38.07m); 15. John Kaup, Hartnell 124-08 (38.00m); 15. Nicholas Shaffer, Diablo Valle 124-08 (38.00m); 17. Steve Tucker, Chabot 118-09 (36.20m); 18. TJ Aimonetti, West Valley 116-07 (35.53m); 19. Umar Abdullah, Sacramento 114-08 (34.95m); 20. Lex Miller, Yuba 112-06 (34.29m); - Josh Robb, Shasta FOUL; - Richard Sanchez, Fresno City FOUL.

Finals MEN'S HAMMER THROW

1. Robert Rubio, Modesto 179-10 (54.81m); 2. Brandon Goldstein, San Jose

San Francisco City College

Page 7

Northern California Community College 04/18/00 - 05/12/00

MEN'S HAMMER THROW (Continued)

178-02 (54.31m); 3. Jacob Curtiss, Modesto 163-02 (49.73m); 4. Jason Crawford, Delta 159-11 (48.74m); 5. Jeff Passamani, Hartnell 157-04 (47.96m); 6. Zach Reeves, Sierra 152-06 (46.48m); 7. Denver Guillory, Santa Rosa 150-01 (45.75m); 8. Steve Verver, Modesto 143-11 (43.87m); 9. Jason Schumacher, San Mateo 136-05 (41.58m); 10. Jared Casey, Modesto 136-01 (41.48m); 11. Bryan Harris, Delta 134-02 (40.89m); 12. Andy Alford, Santa Rosa 133-07 (40.72m).

Preliminaries MEN'S 4X100 METER RELAY

Heat 1: 1. Fresno City 41.24; 2. Butte 41.87; 3. Modesto 42.38; 4. Diablo Valle 44.29; - Hartnell DQ.

Heat 2: 1. Contra Costa 41.45; 2. Chabot 41.95; 3. Sequoias 42.07; - Delta DQ.

Finals MEN'S 4X100 METER RELAY

1. Fresno City 40.72; 2. Contra Costa 41.20; 3. Chabot 41.42; 4. Butte 41.59;
5. Modesto 41.93; 6. Sequoias 42.14; 7. Diablo Valle 44.17.

Preliminaries MEN'S 4X400 METER RELAY

Heat 1: 1. Fresno City 3:15.79; 2. SanFrancisco 3:15.86; 3. West Valley
3:20.07; 4. Amer. River 3:22.55; 5. Contra Costa 3:26.15; 6. Butte 3:28.33; 7.
Siskiyou 3:37.77.

Heat 2: 1. Hartnell 3:13.21; 2. Delta 3:16.79; 3. Chabot 3:18.70; 4. Sequoias
3:21.47; 5. Shasta 3:25.94; 6. Modesto 3:27.44; 7. Diablo Valle 3:28.08.

Finals MEN'S 4X400 METER RELAY

1. Hartnell 3:12.61; 2. Fresno City 3:14.51; 3. Delta 3:14.56; 4. Chabot
3:15.10; 5. SanFrancisco 3:15.62; 6. West Valley 3:18.25; 7. Shasta 3:21.49;
8. Sequoias 3:21.49; 9. Amer. River 3:22.64.

SCORES FOR WOMEN

Rank	School	Score	Rank	School	Score
1	American River College	82.50	14	Butte College	28
2	College of Sequoias	80	15	Sierra College	21
3	West Valley College	57	16	Santa Rosa Junior College	19
3	CC of San Francisco	57	17	Fresno City College	18
5	Sacramento City College	51	18	College of San Mateo	15.50
6	DeAnza College	49	19	Foothill College	15
7	Chabot College	47	20	Mendocino College	14
8	Shasta College	41.50	21	Diablo Valley College	11
9	Hartnell College	41	22	Merced College	9
10	Contra Costa College	38	23	College of the Siskiyou	3.50
11	Reedley College	37	24	College of the Redwoods	3
11	Modesto Junior College	37	25	Merritt College	2
13	San Joaquin Delta College	36			

Preliminaries WOMEN'S 100 METER DASH

Heat 1: (w:2.9): 1. Anita McCullum, SanFrancisco 12.34; 2. Schreill LeFort,
Sacramento 12.52; 3. Odiri Pinnock, Contra Costa 12.60; 4. Akenja Jones,
SanFrancisco 12.72; 5. Sarah Yanes, Fresno City 12.81; 6. Anne Hemenway, Butte
12.91; 7. Darlene Foster, Hartnell 12.99; 8. Tasha Farrell, Hartnell 13.50; 9.
Terance Ronque, Hartnell 13.68.

Heat 2: (w:2.6): 1. Raanee Mahali, SanFrancisco 12.33; 2. Cinty McGowan,
DeAnza 12.45; 3. Sarah Aguillon, Santa Rosa 12.74; 4. Amanda Fossen, Reedley
12.82; 5. Macklin Harris, Shasta 12.90.

Finals WOMEN'S 100 METER DASH

(w:0.0): 1. Anita McCullum, SanFrancisco 12.24; 2. Cinty McGowan, DeAnza
12.36; 3. Schreill LeFort, Sacramento 12.46; 4. Odiri Pinnock, Contra Costa
12.46; 5. Raanee Mahali, SanFrancisco 12.50; 6. Akenja Jones, SanFrancisco
12.77; 7. Amanda Fossen, Reedley 12.79; 8. Sarah Aguillon, Santa Rosa 12.82;
9. Sarah Yanes, Fresno City 12.87.

Preliminaries WOMEN'S 200 METER DASH

Heat 1: (w:1.1): 1. Denniece Cuthbert, Chabot 25.29; 2. Cinty McGowan, DeAnza
25.49; 3. Nicole Shaw, Amer. River 25.87; 4. Sharita Reed, Sacramento 26.10;
5. Amanda Fossen, Reedley 26.48; 6. Macklin Harris, Shasta 26.51; 7. Darlene
Foster, Hartnell 26.60; 8. Liz Cruickshank, Merced 27.15.

Heat 2: (w:1.1): 1. Seniek Saavedra, Contra Costa 25.14; 2. Odiri Pinnock, Contra Costa 25.79; 3. Schreill LeFort, Sacramento 25.98; 4. Sarah Aguillon, Santa Rosa 26.19; 5. Laura Avila, Merced 26.27; 6. Akenja Jones, San Francisco 26.80; 7. Lupe' Aguilar, Modesto 27.50; 8. Laurel Damm, Redwoods 28.41.

Finals WOMEN'S 200 METER DASH

(w:0.0): 1. Sharita Reed, Sacramento 25.32; 2. Odiri Pinnock, Contra Costa 25.35; 3. Denniece Cuthbert, Chabot 25.39; 4. Cinty McGowan, DeAnza 25.44; 5. Seniek Saavedra, Contra Costa 25.53; 6. Nicole Shaw, Amer. River 26.08; 7.

San Francisco City College

Page 8

Northern California Community College 04/18/00 - 05/12/00

WOMEN'S 200 METER DASH (Continued)

Schreill LeFort, Sacramento 26.13; 8. Laura Avila, Merced 26.41; 9. Sarah Aguillon, Santa Rosa 26.51.

Preliminaries WOMEN'S 400 METER DASH

Heat 1: 1. Seniek Saavedra, Contra Costa 57.31; 2. Sharita Reed, Sacramento 59.45; 3. Karen Rich, Modesto 59.78; 4. Nicole Shaw, Amer. River 60.60; 5. Lupe' Aguilar, Modesto 62.02; 6. Charity Isom, Monterey 65.56; - Dana Brewer, Contra Costa DNF.

Heat 2: 1. Denniece Cuthbert, Chabot 57.40; 2. Melanie King, Sacramento 59.16; 3. Brianna Reed, DeAnza 61.09; 4. Liz Cruickshank, Merced 61.55; 5. Laura Avila, Merced 61.77; 6. Christina Garza, San Mateo 64.82; 7. Andrea Milligan, Hartnell 66.79.

Finals WOMEN'S 400 METER DASH

1. Denniece Cuthbert, Chabot 55.96; 2. Seniek Saavedra, Contra Costa 56.62; 3. Melanie King, Sacramento 57.34; 4. Sharita Reed, Sacramento 57.44; 5. Laura Avila, Merced 59.98; 6. Nicole Shaw, Amer. River 60.37; 7. Karen Rich, Modesto 60.96; 8. Brianna Reed, DeAnza 61.17; 9. Liz Cruickshank, Merced 61.96.

Preliminaries WOMEN'S 800 METER RUN

Heat 1: 1. Debbie Bittle, Butte 2:22.58; 2. Stacy Esquivel, Sequoias 2:22.96; 3. Melissa Hardy, Sierra 2:23.96; 4. Brenda Nassaka, Foothill 2:24.18; 5. Letita Page, Sacramento 2:29.68; 6. Regina Unimuke, Sacramento 2:31.48.

Heat 2: 1. Deborah Bleisch, West Valley 2:20.73; 2. Kristie Gonzales, Sequoias 2:25.54; 3. Allison Beatty, Amer. River 2:30.69; 4. Alecia Rutledge, Chabot 2:32.15; 5. Cheryl Frisk, Modesto 2:36.59.

Finals WOMEN'S 800 METER RUN

1. Deborah Bleisch, West Valley 2:20.27; 2. Stacy Esquivel, Sequoias 2:20.50; 3. Debbie Bittle, Butte 2:24.06; 4. Melissa Hardy, Sierra 2:24.10; 5. Allison Beatty, Amer. River 2:26.94; 6. Brenda Nassaka, Foothill 2:27.48; 7. Regina Unimuke, Sacramento 2:30.90; 8. Kristie Gonzales, Sequoias 2:31.76; 9. Letita Page, Sacramento 2:35.07.

Finals WOMEN'S 1,500 METER RUN

1. Stacy Esquivel, Sequoias 4:53.47; 2. Megan Stone, Amer. River 4:57.37; 3. Heidi Cavender, Mendocino 4:58.31; 4. Debbie Bittle, Butte 5:01.22; 5. Deborah Bleisch, West Valley 5:02.69; 6. Kristie Gonzales, Sequoias 5:03.91; 7. Brenda Nassaka, Foothill 5:05.87; 8. Lucy Schmauch, Sierra 5:06.16; 9. Amanda Vielbaum, Hartnell 5:07.58; 10. Janet Seman, Santa Rosa 5:23.24; 11. Letita Page, Sacramento 5:26.70.

Finals WOMEN'S 3,000 METER RUN

1. Stacy Esquivel, Sequoias 11:00.57; 2. Deborah Bleisch, West Valley 11:05.23; 3. Megan Stone, Amer. River 11:05.96; 4. Veronica Hernandez, Modesto 11:07.39; 5. Whitney Garcia, Mendocino 11:13.46; 6. Angela Yebra, Hartnell 11:17.53; 7. Melina Brambila, Sequoias 11:20.60; 8. Amanda Vielbaum, Hartnell 11:23.19; 9. Valerie Lawrence, Fresno City 11:36.31; 10. Katie Moriarty, Sierra 11:36.59; 11. Lucy Schmauch, Sierra 11:38.38; 12. Janet Seman, Santa

Rosa 11:46.95; 13. Araceli Garcia, Sequoias 11:53.01; 14. Leticia Garcia, Sacramento 12:00.10; 15. Kristie Gonzales, Sequoias 12:13.57; 16. Megan Cook, Amer. River 12:30.19.

Finals WOMEN'S 5,000 METER RUN

1. Kathy Lenno, Hartnell 18:13.63; 2. Rebekah Harmer, West Valley 19:19.54; 3. Melina Brambila, Sequoias 19:29.36; 4. Oralia Coon, Chabot 19:38.36; 5. Katie Moriarty, Sierra 19:45.35; 6. Araceli Garcia, Sequoias 20:25.79; 7. Jennifer Tunstall, Hartnell 20:35.65; 8. Alison Graham, Amer. River 21:32.96; 9. Shirley Coughenour, Amer. River 22:18.32; 10. Jessica O'Connor, Shasta 24:13.35.

Finals WOMEN'S 10,000 METER RUN

San Francisco City College

Page 9

Northern California Community College 04/18/00 - 05/12/00

WOMEN'S 10,000 METER RUN (Continued)

1. Kathy Lenno, Hartnell 37:35.9h; 2. Rebekah Harmer, West Valley 39:54.5h; 3. Melina Brambila, Sequoias 41:07.8h; 4. Michelle Phipps, Modesto 46:59.2h; 5. Andi Ellis, Mendocino 47:09.0h.

Preliminaries WOMEN'S 100 METER HIGH HURDLES

Heat 1: (w:1.1): 1. Kinchen Tan, SanFrancisco 15.16; 2. Stephanie Jzyk, Diablo Valle 16.45; 3. Ileah Jackson, Shasta 16.66; 4. Jennifer Johnston, West Valley 16.87; 5. Zarah Alabanza, Modesto 16.91; 6. Katy Natina, Shasta 17.47; 7. Jenny Ducray, Amer. River 17.61; 8. Lisa Higgins, Sequoias 18.08; 9. Lateena Ling, Sequoias 19.93.

Heat 2: (w:0.9): 1. Susanna Wall, Delta 15.51; 2. Crystal Marks, Shasta 17.48; 3. Christina Shamass, Modesto 17.55; 4. Hazel Oxley, Merritt 17.61; 5. Evelyn McCosker, Butte 17.63; 6. Laurel Damm, Redwoods 17.66; 7. Erlene Malicsa, Sequoias 18.12; 8. Amanda Hutchings, Shasta 18.54.

Finals WOMEN'S 100 METER HIGH HURDLES

(w:-0.2): 1. Kinchen Tan, SanFrancisco 15.43; 2. Susanna Wall, Delta 15.55; 3. Stephanie Jzyk, Diablo Valle 16.24; 4. Ileah Jackson, Shasta 16.28; 5. Jennifer Johnston, West Valley 16.31; 6. Zarah Alabanza, Modesto 17.05; 7. Hazel Oxley, Merritt 17.70; 8. Crystal Marks, Shasta 17.74; 9. Christina Shamass, Modesto 18.03.

Preliminaries WOMEN'S 400 METER LOW HURDLES

Heat 1: 1. Susanna Wall, Delta 66.98; 2. Stephanie Jzyk, Diablo Valle 67.09; 3. Lina Pimentel, West Valley 67.10; 4. Evelyn McCosker, Butte 70.98; 5. Erica Strohmeier, San Mateo 72.27; 6. Amanda Hutchings, Shasta 74.85; 7. Lisa Higgins, Sequoias 75.47.

Heat 2: 1. Kinchen Tan, SanFrancisco 65.89; 2. Jennifer Johnston, West Valley 67.27; 3. Jenny Ducray, Amer. River 70.21; 4. Christina Shamass, Modesto 71.45; 5. Katy Natina, Shasta 72.40; 6. Erlene Malicsa, Sequoias 77.50; 7. Panacia Saterfield, Sacramento 78.94.

Finals WOMEN'S 400 METER LOW HURDLES

1. Jennifer Johnston, West Valley 64.07; 2. Kinchen Tan, SanFrancisco 64.41; 3. Susanna Wall, Delta 64.90; 4. Lina Pimentel, West Valley 66.58; 5. Stephanie Jzyk, Diablo Valle 69.15; 6. Evelyn McCosker, Butte 69.39; 7. Jenny Ducray, Amer. River 70.98; 8. Erica Strohmeier, San Mateo 72.26; 9. Christina Shamass, Modesto 74.88.

Finals WOMEN'S HIGH JUMP

1. Amanda Fossen, Reedley 5-02 (1.57m); 2. Melissa Villasana, Reedley 5-02 (1.57m); 3. Ileah Jackson, Shasta 5-02 (1.57m); 3. Antoinette Thomas, Amer. River 5-02 (1.57m); 5. Lisa Lindow, Chabot 5-0 (1.52m); 6. Elizabeth Brown, Amer. River 5-0 (1.52m); 7. Aliah Abdo, DeAnza 5-0 (1.52m); 8. Stephanie Jzyk, Diablo Valle 4-10 (1.47m); 9. Kristina Wooten, Chabot 4-10 (1.47m); 10. Rachel

McDonald, Chabot 4-10 (1.47m); 11. Liz Cruickshank, Merced 4-08 (1.42m); 12. Odiri Pinnock, Contra Costa 4-08 (1.42m); 13. Sarah Sorcken, Diablo Valle 4-08 (1.42m); 14. Alona Fowler, Mendocino 4-06 (1.37m).

Preliminaries WOMEN'S POLE VAULT

Flight 1: 1. Amanda Sweeten, Delta 11-06 (3.51m); 2. Bergann Montes, Modesto 11-0 (3.35m); 3. Vanessa Yebra, Hartnell 9-06 (2.90m); 4. Tracy Garman, Siskiyou 9-0 (2.74m); 4. Visna Lork, Siskiyou 9-0 (2.74m); 4. Sarah Harcrow, Modesto 9-0 (2.74m); 4. Kattya Baltadano, San Mateo 9-0 (2.74m); 4. Crystal Marks, Shasta 9-0 (2.74m); 4. Amber Sammons, Chabot 9-0 (2.74m); 4. Katie Glenn, Chabot 9-0 (2.74m); 11. Allison Beatty, Amer. River 8-06 (2.59m); 12. Heather DeCausemaker, Sierra 8-06 (2.59m); 13. Rebecca Cavin, Modesto 8-06 (2.59m); 14. Elizabeth Brown, Amer. River 8-06 (2.59m); 15. Mindy Murphy, Fresno City 8-06 (2.59m); 16. Kennetra Gowdy, Fresno City 8-0 (2.44m); 16.

San Francisco City College

Page 10

Northern California Community College 04/18/00 - 05/12/00

WOMEN'S POLE VAULT (Continued)

Chelshea Birdall, Fresno City 8-0 (2.44m); 16. Michelle Castell, Monterey 8-0 (2.44m); - Michelle Phipps, Modesto NH.

Finals WOMEN'S POLE VAULT

1. Amanda Sweeten, Delta 11-0 (3.35m); 2. Vanessa Yebra, Hartnell 11-0 (3.35m); 3. Bergann Montes, Modesto 10-06 (3.20m); 4. Crystal Marks, Shasta 10-06 (3.20m); 5. Tracy Garman, Siskiyou 9-06 (2.90m); 5. Kattya Baltadano, San Mateo 9-06 (2.90m); 7. Sarah Harcrow, Modesto 9-06 (2.90m); 8. Amber Sammons, Chabot 9-06 (2.90m); 9. Visna Lork, Siskiyou 9-0 (2.74m); 10. Katie Glenn, Chabot 9-0 (2.74m); 11. Heather DeCausemaker, Sierra 9-0 (2.74m); 12. Allison Beatty, Amer. River 8-0 (2.44m).

Preliminaries WOMEN'S LONG JUMP

Flight 1: 1. Inga Prasetyo, DeAnza 17-07 w:6.5 (5.36m); 2. Stephanie Parmer, Sequoias 17-05 w:3.4 (5.31m); 3. Kinchen Tan, San Francisco 17-01 w:3.1 (5.21m); 4. Ilea Jackson, Shasta 16-11 w:2.0 (5.16m); 5. Marie Byrd, Reedley 16-11 w:4.6 (5.16m); 6. Sarah Yanes, Fresno City 16-10 w:1.9 (5.13m); 7. Macklin Harris, Shasta 16-09 w:0.6 (5.11m); 8. Annie Pearson, Amer. River 16-04 w:1.4 (4.98m); 9. Liz Cruickshank, Merced 16-0 w:2.4 (4.88m); 10. Odiri Pinnock, Contra Costa 16-0 w:1.7 (4.88m); 11. Jenny Ducray, Amer. River 15-10 w:3.3 (4.83m); 12. Darlene Foster, Hartnell 15-10 w:4.6 (4.83m); 13. Amanda Fossen, Reedley 15-07 w:1.7 (4.75m); 14. Kattya Baltadano, San Mateo 15-01 w:3.8 (4.60m); 15. Allegra Kelly, Shasta 15-01 w:2.9 (4.60m); 16. Corrinne Wietrick, Sierra 15-0 w:2.4 (4.57m); 17. Laurel Damm, Redwoods 14-05 w:2.2 (4.39m); 18. Lateena Ling, Sequoias 14-05 w:2.8 (4.39m); 19. Crystal Schadrave, Marin 13-08 w:0.8 (4.17m).

Finals WOMEN'S LONG JUMP

1. Macklin Harris, Shasta 17-11.75 w:-0.9 (5.48m); 2. Inga Prasetyo, DeAnza 17-11.50 w:-1.4 (5.47m); 3. Stephanie Parmer, Sequoias 17-03.75 w:-2.3 (5.28m); 4. Sarah Yanes, Fresno City 17-03 w:-1.5 (5.26m); 5. Kinchen Tan, San Francisco 17-01.25 w:-1.8 (5.21m); 6. Ilea Jackson, Shasta 16-10 w:-2.6 (5.13m); 7. Marie Byrd, Reedley 16-09.50 w:-1.5 (5.12m); 8. Annie Pearson, Amer. River 16-05 w:-0.6 (5.00m); 9. Liz Cruickshank, Merced 16-03.25 w:-1.6 (4.96m); 10. Odiri Pinnock, Contra Costa 15-08.50 w:-1.9 (4.79m); 11. Jenny Ducray, Amer. River 15-03 w:-3.5 (4.65m); 11. Darlene Foster, Hartnell 15-03 w:-2.7 (4.65m).

Preliminaries WOMEN'S TRIPLE JUMP

Flight 1: 1. Annie Pearson, Amer. River 35-09 w:1.0 (10.90m); 2. Inga Prasetyo, DeAnza 34-11 w:3.4 (10.64m); 3. Stephanie Parmer, Sequoias 33-06

w:0.7 (10.21m); 4. Christina Shamass, Modesto 33-05 w:1.3 (10.19m); 5. Marie Byrd, Reedley 33-04 w:1.3 (10.16m); 6. Darlene Foster, Hartnell 33-0 w:2.0 (10.06m); 7. Amanda Fossen, Reedley 32-11 w:1.2 (10.03m); 8. Jenny Ducray, Amer. River 32-03 w:0.7 (9.83m); 9. Allegra Kelly, Shasta 32-01.50 w:2.5 (9.79m); 10. Jessica Taylor, Mendocino 30-06 w:1.8 (9.30m); 11. Lisa Higgins, Sequoias 30-05 w:1.8 (9.27m); 12. Lori Hilvers, Butte 30-05 w:1.1 (9.27m); 13. Dena Zelazo, Modesto 28-04 w:0.3 (8.64m); - Corrinne Wietrick, Sierra FOUL w:NWI.

Finals WOMEN'S TRIPLE JUMP

1. Stephanie Parmer, Sequoias 37-07 w:NWI (11.46m); 2. Annie Pearson, Amer. River 35-10 w:NWI (10.92m); 3. Inga Prasetyo, DeAnza 34-08.50 w:-0.3 (10.58m); 4. Marie Byrd, Reedley 34-02.50 w:NWI (10.43m); 5. Amanda Fossen, Reedley 34-0 w:0.3 (10.36m); 6. Jenny Ducray, Amer. River 33-04 w:0.0 (10.16m); 7. Darlene Foster, Hartnell 33-03 w:NWI (10.13m); 8. Allegra Kelly, Shasta 33-00.50 w:-1.0 (10.07m); 9. Christina Shamass, Modesto 32-11 w:0.0 (10.03m); 10. Lisa Higgins, Sequoias 31-08.25 w:0.3 (9.66m); 11. Jessica Taylor, Mendocino 30-00.25 w:NWI (9.15m); - Lori Hilvers, Butte FOUL w:NWI.

San Francisco City College

Page 11

Northern California Community College 04/18/00 - 05/12/00

Preliminaries WOMEN'S SHOT PUT

Flight 1: 1. Jenn Santos, Foothill 38-07 (11.76m); 2. Kym Washington, Sequoias 37-04.50 (11.39m); 3. Akunna Nwamuo, Contra Costa 36-08.50 (11.19m); 4. Tia Desoto, Santa Rosa 36-07 (11.15m); 5. Monique Reed, Butte 36-06 (11.13m); 6. Brandy Ervin, Delta 36-06 (11.13m); 7. Lisa Krauter, Fresno City 35-09.75 (10.92m); 8. Isabel Collazo, Delta 35-04.75 (10.79m); 9. Omega Gentry, Santa Rosa 35-04.25 (10.78m); 10. Lisa Herrera, Sacramento 35-00.50 (10.68m); 11. Brennan Fox, Delta 34-08.50 (10.58m); 12. Jaleh Donaldson, DeAnza 34-08.25 (10.57m); 13. Tamika Winslow, Siskiyous 34-03 (10.44m); 14. Cat Carlson, Sierra 33-07.25 (10.24m); 15. Megan Spade, Yuba 32-07 (9.93m); 16. Cassandra Machado, Modesto 31-10.25 (9.71m); 17. Jennifer Price, Merced 31-02.50 (9.51m); 18. Christina Duncan, Delta 28-00.50 (8.55m).

Finals WOMEN'S SHOT PUT

1. Jenn Santos, Foothill 39-02 (11.94m); 2. Monique Reed, Butte 38-07 (11.76m); 3. Kym Washington, Sequoias 37-11 (11.56m); 4. Lisa Krauter, Fresno City 37-08.50 (11.49m); 5. Brandy Ervin, Delta 37-06 (11.43m); 6. Akunna Nwamuo, Contra Costa 36-06 (11.13m); 7. Isabel Collazo, Delta 36-01 (11.00m); 8. Jaleh Donaldson, DeAnza 35-09.50 (10.91m); 9. Brennan Fox, Delta 34-08.50 (10.58m); 10. Tia Desoto, Santa Rosa 34-04 (10.46m); 11. Omega Gentry, Santa Rosa 34-00.50 (10.38m); 12. Lisa Herrera, Sacramento 32-09.50 (9.99m); 13. Tamika Winslow, Siskiyous 32-05 (9.88m).

Preliminaries WOMEN'S DISCUS THROW

Flight 1: 1. Tia Desoto, Santa Rosa 139-0 (42.37m); 2. Lisa Krauter, Fresno City 137-04 (41.86m); 3. Cat Carlson, Sierra 132-08 (40.44m); 4. Monique Reed, Butte 129-10 (39.57m); 5. Rosie Figueroa, Hartnell 124-0 (37.80m); 6. Kym Washington, Sequoias 120-05 (36.70m); 7. Bernadette Purtle, Chabot 120-0 (36.58m); 8. Cami Carroll, San Mateo 119-01 (36.30m); 9. Tamika Winslow, Siskiyous 118-09 (36.20m); 10. Brennan Fox, Delta 117-06 (35.81m); 11. Lisa Herrera, Sacramento 117-02 (35.71m); 12. Lindsey Smith, Amer. River 116-11 (35.64m); 13. Isabel Collazo, Delta 112-05 (34.26m); 14. Cassandra Machado, Modesto 112-0 (34.14m); 15. Stephanie Mestaz, West Valley 110-07 (33.71m); 16. Rachel Snyder, Santa Rosa 110-05 (33.66m); 17. Jenn Santos, Foothill 107-02 (32.66m); 18. Omega Gentry, Santa Rosa 107-02 (32.66m); 19. Nakisha Harmon, Contra Costa 106-11 (32.59m); 20. Christina Duncan, Delta 104-08 (31.90m); 21. Megan Spade, Yuba 94-11 (28.93m); 22. Jaleh Donaldson, DeAnza 91-11 (28.02m);

23. Jessica Brandt, Santa Rosa 90-05 (27.56m).

Finals WOMEN'S DISCUS THROW

1. Cat Carlson, Sierra 134-03 (40.92m); 2. Tia Desoto, Santa Rosa 133-08 (40.74m); 3. Monique Reed, Butte 129-0 (39.32m); 4. Kym Washington, Sequoias 128-09 (39.24m); 5. Bernadette Purtle, Chabot 124-06 (37.95m); 6. Lisa Krauter, Fresno City 122-01 (37.21m); 7. Lisa Herrara, Sacramento 116-07 (35.53m); 8. Lindsey Smith, Amer. River 113-11 (34.72m); 9. Brennan Fox, Delta 107-11 (32.89m); 10. Tamika Winslow, Siskiyou 107-07 (32.79m); 11. Rosie Figueroa, Hartnell 106-07 (32.49m); 12. Cami Carroll, San Mateo 11-06 (3.51m).

Preliminaries WOMEN'S JAVELIN THROW

Flight 1: 1. Elizabeth Brown, Amer. River 118-10 (36.22m); 2. Katie Kubanis, Mendocino 117-10 (35.92m); 3. Tamika Winslow, Siskiyou 113-01 (34.47m); 4. Antoinette Thomas, Amer. River 112-11 (34.42m); 5. Brandie Dressel, Sacramento 112-07 (34.32m); 6. Linda Fanene, Chabot 109-03 (33.30m); 7. Rosie Figueroa, Hartnell 108-04 (33.02m); 8. Keri Guillemin, Fresno City 106-05 (32.44m); 9. Linda Yebra, Hartnell 104-02 (31.75m); 10. Aliah Abdo, DeAnza 103-06 (31.55m); 11. Jaleh Donaldson, DeAnza 103-06 (31.55m); 12. Vanessa Yebra, Hartnell 101-09 (31.01m); 13. Emily Simdnis, Shasta 101-01 (30.81m); 14. Ilea Jackson, Shasta 96-07 (29.44m); 15. Rachel McDonald, Chabot 95-06 (29.11m); 16. Terance

San Francisco City College

Page 12

Northern California Community College 04/18/00 - 05/12/00

WOMEN'S JAVELIN THROW (Continued)

Ronque, Hartnell 86-08 (26.42m); 17. Shelly Gowin, Yuba 74-06 (22.71m); 18. Katy Natina, Shasta 67-11 (20.70m).

Finals WOMEN'S JAVELIN THROW

1. Elizabeth Brown, Amer. River 123-04 (37.59m); 2. Brandie Dressel, Sacramento 118-04 (36.07m); 3. Antoinette Thomas, Amer. River 117-10 (35.92m); 4. Rosie Figueroa, Hartnell 110-01 (33.55m); 5. Jaleh Donaldson, DeAnza 109-08 (33.43m); 6. Linda Fanene, Chabot 109-02 (33.27m); 7. Keri Guillemin, Fresno City 106-0 (32.31m); 8. Ilea Jackson, Shasta 103-09 (31.62m); 9. Linda Yebra, Hartnell 102-11 (31.37m); 10. Katie Kubanis, Mendocino 102-05 (31.22m); 11. Aliah Abdo, DeAnza 97-10 (29.82m); 12. Tamika Winslow, Siskiyou 91-06 (27.89m).

Preliminaries WOMEN'S HAMMER THROW

Flight 1: 1. Tia Desoto, Santa Rosa 152-05 (46.46m); 2. Cami Carroll, San Mateo 145-07 (44.37m); 3. Tamika Winslow, Siskiyou 138-02 (42.11m); 4. Tammy Concepcion, Chabot 134-06 (41.00m); 5. Lisa Krauter, Fresno City 128-02 (39.07m); 6. Jennifer Price, Merced 126-02 (38.46m); 7. Kelly Nolan, Sierra 125-0 (38.10m); 8. Christina Duncan, Delta 121-03 (36.96m); 9. Amanda Koostra, Modesto 118-01 (35.99m); 10. Brandy Ervin, Delta 117-10 (35.92m); 11. Liz deMelo, Modesto 116-04 (35.46m); 12. Monique Reed, Butte 115-11 (35.33m); 13. Kim Van Horn, Delta 112-06 (34.29m); 14. Bernadette Purtle, Chabot 109-02 (33.27m); 15. Omega Gentry, Santa Rosa 109-01 (33.25m); 16. Rachel Snyder, Santa Rosa 107-0 (32.61m); 17. Kelly Ogden, Redwoods 106-09 (32.54m); 18. Jennifer Sisson, Chabot 103-07 (31.57m); 19. Lindsey Smith, Amer. River 103-04 (31.50m); 20. Sky Gliatto, Diablo Valle 102-11 (31.37m); 21. Megan Spade, Yuba 101-04 (30.89m); 22. Cassandra Machado, Modesto 99-07 (30.35m); 23. Jessica Brandt, Santa Rosa 93-01 (28.37m); - Kym Washington, Sequoias ND.

Finals WOMEN'S HAMMER THROW

1. Tia Desoto, Santa Rosa 148-10 (45.36m); 2. Tammy Concepcion, Chabot 148-08 (45.31m); 3. Cami Carroll, San Mateo 141-11 (43.26m); 4. Christina Duncan, Delta 131-08 (40.13m); 5. Amanda Koostra, Modesto 128-09 (39.24m); 6. Lisa Krauter, Fresno City 122-05 (37.31m); 7. Jennifer Price, Merced 119-07 (36.45m); 8. Kelly Nolan, Sierra 118-02 (36.02m); 9. Brandy Ervin, Delta

117-04 (35.76m); 10. Monique Reed, Butte 114-08 (34.95m); 11. Liz deMelo, Modesto 111-02 (33.88m); 12. Tamika Winslow, Siskiyou 106-08 (32.51m).

Finals WOMEN'S 4X100 METER RELAY

1. SanFrancisco 48.39; 2. Contra Costa 48.75; 3. DeAnza 48.78; 4. Amer. River 49.97; 5. Modesto 51.22; 6. Sequoias 51.37; 7. San Mateo 51.43; 8. Chabot 52.52; 9. Shasta 54.15.

Finals WOMEN'S 4X400 METER RELAY

1. Sacramento 3:59.45; 2. DeAnza 4:04.03; 3. Modesto 4:04.83; 4. Chabot 4:05.25; 5. Amer. River 4:13.57; 6. San Mateo 4:16.09; 7. Contra Costa 4:23.96; 8. Sequoias 4:28.54.

Finals MEN'S DECATHLON

1. Erick Knight, Hartnell 6686; 2. Benji Chamberlain, Siskiyou 6561; 3. Justin Miller, Delta 6009; 4. Hans Magelssen, Modesto 5774; 5. Christian Crosby, Delta 5698; 6. Vincent Boatright, Chabot 5599; 7. Steve Yandell, Sequoias 5440; 8. Arthur Benedetti, Redwoods 5202; 9. Clarence Salviejo, Hartnell 4938; 10. Jeremy Seemiller, Merced 4770; 11. Tony Graham, Merced 4700; 12. Joe Geddes, Amer. River 4497.

Finals WOMEN'S HEPTATHLON

1. I Leah Jackson, Shasta 4103; 2. Kinchen Tan, SanFrancisco 3861; 3. Amanda Fossen, Reedley 3659; 4. Annie Pearson, Amer. River 3577; 5. Antoinette Thomas, Amer. River 3541; 6. Laurel Damm, Redwoods 3354; 7. Liz Cruickshank, Merced 3209; 8. Amanda Sweeten, Delta 2975.