

Northern Calif Community College Championship • Sacramento, CA • May 9, 2004

WOMEN: 1. Sacramento 186; 2. Modesto 130; 3. Diablo Valley 95; 4. SJ Delta 67; 5. Fresno 53; 6. Sequoias 36; 7. Merritt 35; 8. Butte 34; 9. San Mateo 32; 10. CCSF 25; 11. American River 21½; 12. San Jose 20; 13. De Anza 19; 14. Shasta 18; 15. Hartnell 14; 16. Santa Rosa 9½; 17. Monterey 8; 18. Reedley 7; 19. West Valley 4; 20. Marin 2½; 21. Chabot 1.

MEN: 1. CCSF 109; 2. Sequoias 100; 3. American River 98; 4. West Valley 62; 5. Butte 54; 6. Sacramento 52; 7. Hartnell 46; 8. Modesto 45½; 9. San Mateo 31½; 10. San Jose 31; 11. Santa Rosa 27½; 12. Diablo Valley 25; 13. Siskiyous 23; 14. Fresno 18; **T15.** Monterey, Merced 16; 17. Marin 12; 18. De Anza 11; **T19.** Chabot, Lassen 10; 21. Merritt 8; **T22.** SJ Delta, Yuba 6; 24. Shata 1.

Women 100 Meter Final (<i>wind-aided: 2.4mps</i>)			
1	LaSadies McClain	Sacramento	12.15
2	Niki Avery	Modesto	12.19
3	Jimia White	Sacramento	12.45
4	Holly Johnson	San Jose	12.64
5	Mashari Grant	Modesto	12.72
6	Faunn Davis	Sacramento	12.79
7	Leona Hamilton	Fresno	12.97
8	Monique Baptiste	Merritt	13.01
8	Adrianna Jeanpierre	Modesto	61.16q
9	Megan Helms	Butte	61.36q
10	Jennifer Frankel	Diablo Valley	61.66
11	Jasmine Benton	CCSF	62.78
12	Nkechi Ikpo	Modesto	62.79
13	Shawntavia Marshall	Merritt	63.85

Women 100 Meter Preliminaries			
1	LaSadies McClain	Sacramento	11.77Q
2	Niki Avery	Modesto	12.36Q
3	Jimia White	Sacramento	12.44q
4	Holly Johnson	San Jose	12.49q
5	Mashari Grant	Modesto	12.65q
6	Monique Battiste	Merritt	12.74q
7	Faunn Davis	Sacramento	12.77q
8	Leona Hamilton	Fresno	12.78q
9	Jemelih Hopkins	Fresno	12.91q
10	Ashley Jones	SJ Delta	12.96
11	Yewande' Findley	Sacramento	13.27
12	Lois Lewis-Hernandez	CCSF	13.67
13	Tara Sigstedt	Santa Rosa	13.68
14	Melanie Henderson	Sacramento	13.72
15	Lydia Smith	Chabot	13.81
16	Kara Henderson	Siskiyous	14.03
--	Antonia Vega-Modesto-DQ		

Women 800 Meter Final			
1	Zaira Estrada	Sacramento	2:17.74
2	Erin McCoy	Modesto	2:19.42
3	Christine Trowbridge	Merritt	2:19.50
4	Alison Peterson	Butte	2:21.22
5	Michelle Garcia	Sequoias	2:27.47
6	Shelby Burrus	West Valley	2:31.91
7	Jenna George	Diablo Valley	2:33.13
8	Sarah Curren	Diablo Valley	2:33.81

Women 800 Meter Preliminaries			
1	Zaira Estrada	Sacramento	2:18.64Q
2	Christine Trowbridge	Merritt	2:19.79Q
3	Erin McCoy	Modesto	2:19.42Q
4	Alison Peterson	Butte	2:24.02Q
5	Sarah Curren	Diablo Valley	2:23.72q
6	Michelle Garcia	Sequoias	2:24.15q
7	Shelby Burrus	West Valley	2:26.97q
8	Jenna George	Diablo Valley	2:28.49q
9	Lisa Marchini	Diablo Valley	2:28.57q
10	Linsey Van Zant	Modesto	2:29.24
11	Ivy Truong	CCSF	2:30.20
12	Tanya Wheeler	San Jose	2:31.10
13	Meri Hawkins	Hartnell	2:31.85
14	Jenny Aldridge	Santa Rosa	2:32.88
15	Brandi Wenger	Diablo Valley	2:32.98
16	Whitney Larson	Chabot	2:33.15

Women 200 Meter Final (<i>wind: 0.9mps</i>)			
1	LaSadies McClain	Sacramento	24.66
2	Niki Avery	Modesto	25.18
3	Cheree Stanfield	Modesto	25.65
4	Pam Robertson	Sacramento	25.76
5	Antonia Vega	Modesto	26.97
7	Ashley Jones	SJ Delta	26.43
8	Adrianna Jeanpierre	Modesto	27.22

Women 200 Meter Preliminaries			
1	LaSadies McClain	Sacramento	24.27Q
2	Niki Avery	Modesto	25.64Q
3	Lauryn Jordan	SJ Delta	25.75q
4	Cheree Stanfield	Modesto	25.77q
5	Holly Johnson	San Jose	25.86q
6	Pam Robertson	Sacramento	25.87q
7	Antonia Vega	Modesto	26.29q
8	Ashley Jones	SJ Delta	26.73q
9	Jemelih Hopkins	Fresno	27.47q
10	Adrianna Jeanpierre	Modesto	27.50
11	Leona Hamilton	Fresno	28.44

Women 1500 Meter Final			
1	Irma Gonzalez	Modesto	4:56.41
2	Linsey Van Zant	Modesto	5:03.18
3	Lisa Marchini	Diablo Valley	5:05.17
4	Michelle Garcia	Sequoias	5:06.32
6	Kari Nelson	American River	5:15.19
7	Caroline Garrett	SJ Delta	5:15.50
8	Shelby Burrus	West Valley	5:15.87

Women 400 Meter Final			
1	Cheree Stanfield	Modesto	58.03
2	Teresa Weaks	CCSF	58.88
3	Pam Robertson	Sacramento	59.42
4	Neicy Sandelin	Butte	59.89
5	Janell Smith	CCSF	60.40
6	LaKischa Fontenot	Sacramento	62.20
7	Monique Hunter	Sacramento	62.44
8	Megan Helms	Butte	63.08

Women 5000 Meter Final			
1	Irma Gonzalez	Modesto	18:50.02
2	Whitney Jacobsmeyer	Diablo Valley	18:59.82
3	Kristin Gallup	Monterey	19:07.88
4	Ciara Harvey	Shasta	19:28.34
5	Janet Martin	De Anza	19:30.97
6	Helena Walden	De Anza	19:37.30
7	Allissa Horejsi	Sacramento	19:37.30
8	Christine Jegan	Diablo Valley	20:13.19

Women 400 Meter Preliminaries			
1	Cheree Stanfield	Modesto	57.94Q
2	Teresa Weaks	CCSF	59.12Q
3	Pam Robertson	Sacramento	59.07q
4	Janell Smith	CCSF	59.75q
5	Neicy Sandelin	Butte	59.80q
6	LaKischa Fontenot	Sacramento	59.97q
7	Monique Hunter	Sacramento	60.93q

Women 10000 Meter Final			
1	Whitney Jacobsmeyer	Diablo Valley	40:40.27
2	Mora Mahoney	Diablo Valley	40:42.83
3	Helena Walden	De Anza	41:14.23
4	Janet Martin	De Anza	42:04.71
5	Christine Jegan	Diablo Valley	42:20.54
6	Kari Nelson	American River	43:41.43
7	Kelsey Hamer	Sequoias	44:05.93
8	Carrie Beatty	American River	44:30.88

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Women 100 Meter Hurdles Finals (wind: 0.3mps)

1	Danelle Stokes	Merritt	14.13
2	Faunn Davis	Sacramento	14.41
3	Alexis Mack	Diablo Valley	14.72
4	Lauryn Jordan	SJ Delta	14.77
5	LaKischa Fontenot	Sacramento	15.46
7	Catilla Smith	Fresno	16.36
8	Melissa Tracey	Modesto	16.58

Women 100 Meter Hurdles Preliminaries

1	Danelle Stokes	Merritt	14.45Q
2	Lauryn Jordan	SJ Delta	14.74Q
3	Alexis Mack	Diablo Valley	14.81q
4	LaKischa Fontenot	Sacramento	14.87q
5	Faunn Davis	Sacramento	15.12q
6	Alison Guillory	Merritt	15.44q
7	Melissa Tracey	Modesto	16.13q
8	Catilla Smith	Fresno	16.39q
9	Gina Turner	SJ Delta	16.58q
10	Charlotte Gage	CCSF	16.69
11	Jill Schlenker	SJ Delta	16.75
12	Beth Alvarez	San Mateo	17.29
13	Christine Condrashoff	Diablo Valley	17.68
14	Lindsay Miranda	American River	19.49

Women 400 Meter Hurdles Finals

1	Melissa Tracey	Modesto	63.46
2	Taletha Calhoun	Sequoias	63.46
3	Ashley Nunes	Sacramento	65.04
4	Alexis Mack	Diablo Valley	65.94
5	Gina Turner	SJ Delta	67.03
6	Charlotte Gage	CCSF	67.86
7	Jessica Hennessy	Monterey	71.26
8	Natalie Poor	Santa Rosa	71.61

Women 400 Meter Hurdles Preliminaries

1	Melissa Tracey	Modesto	64.42Q
2	Ashley Nunes	Sacramento	65.15Q
3	Gina Turner	SJ Delta	68.04q
4	Taletha Calhoun	Sequoias	68.30q
5	Charlotte Gage	CCSF	70.34q
6	Natalie Poor	Santa Rosa	71.25q
7	Jessica Hennessy	Monterey	71.55q
8	Sierra Nelmes	American River	75.25q
9	Alexis Mack	Diablo Valley	75.29q
10	Jennifer Frankel	Diablo Valley	77.23
11	Ariana Lopez	Diablo Valley	77.67
12	Cynari Haralson	Hartnell	78.66
--	Catilla Smith-Fresno-DQ		

Women 3000 Meter Steeplechase Final

1	Whitney Jacobsmeyer	Diablo Valley	11:34.1
2	Kari Nelson	American River	11:54.9
3	Ciara Harvey	Shasta	11:59.2
4	Meri Hawkins	Hartnell	12:12.9
5	Jenny Sanchez	Modesto	12:48.1
6	Carrie Beatty	American River	12:56.6
7	Naomi Bisagno	American River	13:20.0
8	Kristin Carlson	Modesto	13:25.8

Women 4x100 Relay Final

1	Sacramento	47.19
(Jimia White, Faunn Davis, LaKischa Fontenot, LaSadies McClain)		
2	Modesto	48.19
3	Merritt	49.47
(Monique Battiste, Alison Guillory, Danelle Stokes, Shawntavia Marshall)		
4	Diablo Valley	50.48
(Sarah Curren, Alexia Mack, Jennifer Frankel, Ariana Lopez)		

5	CCSF	50.87
6	Butte	52.05
7	Fresno	53.65
8	American River	56.16

Women 4x400 Relay Final

1	Sacramento	3:57.00
(Faunn Davis, Zaira Estrada, Monique Hunter, Nicole Matthias)		
2	Modesto	4:00.70
3	CCSF	4:07.81
(Jasmine Benton, Charlotte Gage, Teresa Weaks, Tamar Larkin)		
4	Merritt	4:11.41
5	Butte	4:11.91
6	Diablo Valley	4:14.58
7	Santa Rosa	4:19.29
8	American River	4:38.43

Women High Jump Final

1	Mallory Gilbert	Fresno	5' 6
2	Lauryn Jordan	SJ Delta	5' 4
3	LaKischa Fontenot	Sacramento	5' 2
4	Amy Beeman	Modesto	5' 2
5	Scharis Bartley	Merritt	5' 2
6	Niki Avery	Modesto	5' 2
7	Alexis Mack	Diablo Valley	5' 0
8	Robin Ogilvie	American River	4' 10

Women Pole Vault Final

1	Jill Schlenker	SJ Delta	11-01 (3.37m)
2	Jackie Avent	Fresno	10-07 (3.22m)
3	Christine Condrashoff	Diablo Valley	9-07 (2.92m)
4	Tanara Martinez	Santa Rosa	9-01 (2.76m)
4	Destiny Ruegg	Butte	9-01 (2.76m)
6	Megan Helms	Butte	8-01 (2.46m)
6	Lisa Cox	Marin	8-01 (2.46m)
8	Wai Sze (CC) Leung	De Anza	J8-01 (2.46m)
9	Erica Mesker	Modesto	7-07 (2.31m)
10	Beth Alvarez	San Mateo	J7-07 (2.31m)
11	Stephanie Jackson	Hartnell	J7-07 (2.31m)
12	Ashley Bittick	Fresno	7-01 (2.15m)
13	Whitney Shoemaker	Diablo Valley	J7-01 (2.15m)
--	Melia O'Quinn	Butte	NH

Women Long Jump Final

1	Lauryn Jordan	SJ Delta	19-07 (5.96m)
2	Jimia White	Sacramento	18-10.50 (5.75m)
3	Nyisha Tates	Sequoias	18-10 (5.74m)
4	Alexis Mack	Diablo Valley	17-07.50 (5.37m)
5	Sarah Fossen	Reedley	17-07 (5.35m)
6	Samantha Belvini	San Mateo	17-02.50 (5.24m)
7	Antonia Vega	Modesto	16-05 (5.00m)
8	Amy Beeman	Modesto	J16-05 (5.00m)
9	Leona Hamilton	Fresno	16-03 (4.95m)
10	Alison Guillory	Merritt	16-02.25 (4.93m)
11	Jemelih Hopkins	Fresno	16-00.50 (4.88m)
12	Felica Roberson	Sequoias	15-07.25 (4.75m)
13	Adrianna Jeanpierre	Modesto	15-05.25 (4.70m)
14	Mary Portwood	West Valley	15-04 (4.67m)
15	Hailey Vaughan	Hartnell	15-01 (4.59m)
16	Inez Monday	Fresno	14-11 (4.54m)
17	Crystal Green	Hartnell	14-10.50 (4.53m)
18	Ariana Lopez	Diablo Valley	14-09.25 (4.50m)
19	Kara Henderson	Siskiyou	14-08.25 (4.47m)
20	Ebony Sconiers	Sequoias	14-06.25 (4.42m)
--	Tara Sigstedt	Santa Rosa	FOUL.

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Women Triple Jump Final

1	Lauryn Jordan	SJ Delta	40-08¼
2	Nyisha Tates	Sequoias	38-03¼
3	Sheridan McPherson	San Jose	37-02¾
4	Catilla Smith	Fresno	36-03
5	Amy Beeman	Modesto	35-02½
6	Felica Roberson	Sequoias	34-11
7	Inez Monday	Fresno	34-03.25
8	Jemelih Hopkins	Fresno	33-05

Women Triple Jump Preliminaries

1	Lauryn Jordan	SJ Delta	40-08q (12.39m)
2	Sheridan McPherson	San Jose	37-01q (11.30m)
3	Catilla Smith	Fresno	36-00q (10.97m)
4	Nyisha Tates	Sequoias	35-11.50q (10.96m)
5	Amy Beeman	Modesto	35-01.50q (10.70m)
6	Inez Monday	Fresno	34-00.50q (10.37m)
7	Felica Roberson	Sequoias	33-10q (10.31m)
8	Jemelih Hopkins	Fresno	33-06.50q (10.22m)
9	Chaya Robbins	Reedley	32-10.50q (10.02m)
10	Samantha Belvini	San Mateo	32-06.50q (9.91m)
11	Ariana Lopez	Diablo Valley	32-04q (9.85m)
12	Sherrita Cole	CCSF	31-09.50q (9.69m)
13	Beth Alvarez	San Mateo	31-05 (9.57m)
14	Remy Hereford	CCSF	31-04 (9.55m)
15	Tara Sigstedt	Santa Rosa	31-03 (9.52m)
15	Gavina Avila	Yuba	31-03 (9.52m)
17	Lashanna Ingraham	American River	30-03.50 (9.23m)
18	Crystal Green	Hartnell	30-02.50 (9.20m)
19	Joelle Gibson	American River	30-00.50 (9.15m)
20	Lindsay Miranda	American River	29-04.50 (8.95m)
21	Kara Henderson	Siskiyous	29-03.50 (8.92m)

Women Shot Put Final

1	Sara Clinkenbeard	Sacramento	46-09¼
2	Karina Martinez	Fresno	41-06
3	Aspen Marshall	Sacramento	41-05¼
4	Katie Isola	San Mateo	40-09
5	Elizabeth Parsley	Sacramento	40-06
6	Lecretia Lockett	Reedley	38-06
7	Sharde Flannigan	Hartnell	37-11
8	Verrottica Young	Sacramento	35-01

Women Shot Put Preliminaries

1	Sara Clinkenbeard	Sacramento	46-06q (14.17m)
2	Elizabeth Parsley	Sacramento	40-08q (12.39m)
3	Katie Isola	San Mateo	40-03q (12.26m)
4	Karina Martinez	Fresno	38-10.25q (11.84m)
5	Aspen Marshall	Sacramento	38-07q (11.76m)
6	Lauryn Jordan	SJ Delta	36-09.50q (11.21m)
7	Sharde Flannigan	Hartnell	36-09.25q (11.20m)
8	Aminisha Murray	Butte	36-00q (10.97m)
9	Lecretia Lockett	Reedley	35-09q (10.89m)
10	Verrottica Young	Sacramento	35-04.50q (10.78m)
11	Rebecca Hart	Sacramento	34-02q (10.41m)
12	Amber Belser	American River	33-10.25q (10.31m)
13	Tai Taylor	Modesto	33-09 (10.28m)
14	Melissa Hosea	Modesto	33-00 (10.05m)
15	Holly Myers	Shasta	32-10.50 (10.02m)
16	Akilah Witherspoon	Butte	32-01 (9.77m)
17	Meghan Toussaint	Chabot	31-02.50 (9.51m)
18	Kniesha Primes	CCSF	30-04.50 (9.25m)
19	Lindsay Miranda	American River	30-00.25 (9.15m)
20	Erica Mesker	Modesto	29-10 (9.09m)
21	Tania Hosea	Modesto	28-11 (8.81m)
22	Leslie Slover	Modesto	28-04.75 (8.65m)

Women Discus Final

1	Sara Clinkenbeard	Sacramento	161-03
2	Aspen Marshall	Sacramento	141-08
3	Katie Isola	San Mateo	139-07
4	Sharde Flannigan	Hartnell	131-00
5	Elizabeth Parsley	Sacramento	127-02
6	Naomi Ruiz	San Jose	126-09
7	Karina Martinez	Fresno	123-07
8	Meghan Toussaint	Chabot	118-10

Women Discus Preliminaries

1	Sara Clinkenbeard	Sacramento	140-03q (42.74m)
2	Aspen Marshall	Sacramento	134-08q (41.04m)
3	Naomi Ruiz	San Jose	124-09q (38.02m)
4	Caitlin Andrus	Santa Rosa	119-07q (36.44m)
5	Karina Martinez	Fresno	119-02q (36.32m)
6	Meghan Toussaint	Chabot	119-00q (36.27m)
7	Holly Myers	Shasta	116-03q (35.43m)
8	Katie Isola	San Mateo	114-10q (35.00m)
9	Elizabeth Parsley	Sacramento	110-04q (33.62m)
10	Lecretia Lockett	Reedley	110-03q (33.60m)
11	Aminisha Murray	Butte	108-09q (33.14m)
12	Sharde Flannigan	Hartnell	108-04q (33.02m)
13	Rebecca Hart	Sacramento	102-03 (31.16m)
14	Audrey Goral	Fresno	100-11 (30.75m)
15	Caitlin Moore	Shasta	100-02 (30.53m)
16	Laura Summit	Santa Rosa	99-06 (30.32m)
16	Verrottica Young	Sacramento	99-06 (30.32m)
18	Melissa Hosea	Modesto	98-01 (29.89m)

Women Hammer Final

1	Sara Clinkenbeard	Sacramento	180-00 (54.86m)
2	Aspen Marshall	Sacramento	157-03 (47.92m)
3	Katie Isola	San Mateo	139-02 (42.41m)
4	Caitlin Moore	Shasta	133-08 (40.74m)
5	Marisa Parker	Butte	132-07 (40.41m)
6	Naomi Ruiz	San Jose	130-10 (39.87m)
7	Aminisha Murray	Butte	128-02 (39.06m)
8	Karina Martinez	Fresno	125-11 (38.37m)
9	Anna Enns	Fresno	122-06 (37.33m)
10	Alycia Settles	Sequoias	119-10 (36.52m)
11	Caitlin Andrus	Santa Rosa	118-01 (35.99m)
12	Erica Coffman	Sequoias	115-10 (35.30m)
13	Tai Taylor	Modesto	112-10 (34.39m)
14	Meghan Toussaint	Chabot	109-05 (33.35m)
15	Melissa Hosea	Modesto	109-03 (33.29m)
16	Holly Myers	Shasta	104-00 (31.69m)
17	Verrottica Young	Sacramento	102-05 (31.21m)
18	Erin Fontana	Diablo Valley	100-11 (30.75m)
19	Andrea Navarro	Fresno	96-09 (29.48m)
20	Lindsay Miranda	American River	85-06 (26.06m)
21	Christine Felipe	Hartnell	74-10 (22.80m)

Women Javelin Final

1	Elizabeth Parsley	Sacramento	139-03 (42.44m)
2	Sarah Faulkner	San Mateo	134-05 (40.97m)
3	Lauryn Jordan	SJ Delta	119-09 (36.49m)
4	Nicole Matthias	Sacramento	116-09 (35.58m)
5	Yun Hsu	Fresno	116-03 (35.43m)
6	Destiny Ruegg	Butte	114-08 (34.95m)
7	Holly Myers	Shasta	111-03 (33.90m)
8	Aspen Marshall	Sacramento	105-02 (32.05m)
9	Aubrey Murazzo	American River	104-08 (31.90m)
10	Erica Mesker	Modesto	98-05 (29.99m)
11	Amy Beeman	Modesto	98-04 (29.97m)
12	Hailey Vaughan	Hartnell	93-02 (28.39m)
13	Rebecca Hart	Sacramento	91-05 (27.86m)

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14 Lindsay Miranda	American River	90-05 (27.55m)	Men 200 Meter Preliminaries		
15 Beth Morales	Hartnell	88-09 (27.05m)	1 Jason Heard	CCSF	21.54q
16 Natalia Crema	West Valley	88-02 (26.87m)	2 Mark Paige	Sacramento	21.57q
17 Tanara Martinez	Santa Rosa	87-11 (26.79m)	3 Brant Gilbert	Modesto	21.61q
18 Stephanie Thomas	Hartnell	85-00 (25.90m)	4 Craig Barber	Butte	21.64q
19 Audrey Goral	Fresno	84-08 (25.80m)	5 Dante Washington	Sequoias	21.65q
20 Amber Belser	American River	74-10 (22.80m)	6 Van-Tonio Fraley	Monterey	21.67q
			7 Antwaun Sherman	CCSF	21.86q
			8 Cedric Ellis	Sacramento	21.92q
			9 Mike Williams	Butte	21.97q

Women Heptathlon

1 Lauryn Jordan	SJ Delta	4,763
2 Alexis Mack	Diablo Valley	4,140
3 Amy Beeman	Modesto	3,881
4 Mallory Gilbert	Fresno	3,735
5 Samantha Belvini	San Mateo	3,648
6 Catilla Smith	Fresno	3,475
7 Hailey Vaughan	Hartnell	3,443
8 Sarah Curren	Diablo Valley	2,858
9 Holly Myers	Shasta	2,737
10 Lindsey Maranda	American River	2,675
11 Erica Mesker	Modesto	2,611

Men 100 Meter Final (wind: 1.0mps)

1 Jason Heard	CCSF	10.39
2 Dante Washington	Sequoias	10.45
3 Van-Tonio Fraley	Monterey	10.46
4 Mark Paige	Sacramento	10.55
5 Marcel Robinson	Diablo Valley	10.59
6 Antwan Sherman	CCSF	10.60
7 Craig Barber	Butte	10.78
8 Shaun Bodiford	Butte	10.79

Men 100 Meter Preliminaries

1 Jason Heard	CCSF	10.53q
2 Dante Washington	Sequoias	10.53q
3 Van-Tonio Fraley	Monterey	10.55q
4 Mark Paige	Sacramento	10.65q
5 Marcel Robinson	Diablo Valley	10.70q
6 Antwan Sherman	CCSF	10.71q
7 Shaun Bodiford	Butte	10.78q
7 Craig Barber	Butte	10.78q
9 Blake Braboy	American River	10.79q
10 Willie Whetstone	Fresno	10.83
11 Trez Edwards	Merritt	10.84
12 Mohammed Zahriya	West Valley	10.86
13 Brant Gilbert	Modesto	10.89
14 Brandin Williams	Butte	10.90
15 Jamal Liggin	CCSF	10.96
16 Andy Palacio	Hartnell	10.98
17 Dennis Taylor	Chabot	11.01
18 Chris Baloney	Sequoias	11.05
19 Mike Williams	Butte	11.06
20 Guy McGowan	San Jose	11.07
21 Keenan Jackson	Diablo Valley	11.10
22 Jason Golson	American River	11.25
23 Edward Olivarez	Merced	11.53
24 Robert Hall	Hartnell	12.11

Men 200 Meter Final (wind: NWI)

1 Van-Tonio Fraley	Monterey	21.29
2 Jason Heard	CCSF	21.47
3 Dante Washington	Sequoias	21.53
4 Mark Paige	Sacramento	21.56
5 Craig Barber	Butte	21.92
6 Antwaun Sherman	CCSF	21.92
7 Brant Gilbert	Modesto	22.08
8 Mike Williams	Butte	22.32

Men 400 Meter Final

1 Latrell Kidd	Sequoias	47.17
2 Daryl Terrell	CCSF	47.76
3 Cedric Ellis	Sacramento	48.43
4 Daniel Mollo	West Valley	48.81
5 Dennis Bishop	CCSF	48.82
6 Everett Savoy	CCSF	49.07
7 Neal Bland	Modesto	49.08
8 Jared Cosens	American River	50.96

Men 400 Meter Preliminaries

1 Daryl Terrell	CCSF	47.01q
2 Dennis Bishop	CCSF	48.04q
3 Daniel Mollo	West Valley	48.27q
4 Cedric Ellis	Sacramento	48.37q
5 Everett Savoy	CCSF	48.41q
6 Neal Bland	Modesto	48.76q
7 Latrell Kidd	Sequoias	48.93q
8 Hollywood Radford	Santa Rosa	49.15q
9 Jared Cosens	American River	49.60q
10 Jameel Dowling	Butte	49.67
11 Aaron Eckels	De Anza	49.81
12 LaTief Newsome	Sacramento	50.23
13 Terrell Baisy	Santa Rosa	50.45
14 Taft Bradley	American River	50.48
15 Anthony Hobbs	San Jose	50.81
16 Jesse Tarango	West Valley	51.07
17 Brent Astiasuain	Reedley	51.32
18 Thomas Wilson	Butte	51.56

Men 800 Meter Final

1 Jeffrey Taylor	CCSF	1:53.31
2 Drew Nelson	Sequoias	1:53.44
3 Chris Galindo	SJ Delta	1:55.58
4 Robert Lee	Sequoias	1:55.64
5 Alex Lucio	Hartnell	1:56.33
6 Tim Martin	American River	1:57.75
7 Chris Stief	Modesto	1:58.72
8 Jose Aguilar	Sacramento	1:59.32

Men 800 Meter Preliminaries

1 Drew Nelson	Sequoias	1:54.31Q
2 Jeffrey Taylor	CCSF	1:55.00Q
3 Robert Lee	Sequoias	1:55.10Q

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4	Chris Galindo	SJ Delta	1:55.51Q	8	Zach Hall	Butte	15.53q
5	Alex Lucio	Hartnell	1:55.23q	9	Beau Bean	Fresno	15.55q
6	Jose Aguilar	Sacramento	1:55.74q	10	Gordon Henson	Santa Rosa	15.66
7	Bryce Adams	CCSF	1:55.75q	11	Sean Gwi	CCSF	15.68
8	Chris Stief	Modesto	1:56.69q	12	Dustin Yavasile	Sequoias	15.80
9	Tim Martin	American River	1:56.82q	13	Kyle Riesenber	Diablo Valley	16.01
10	Frankie Renteria	American River	1:56.98	14	Steven Patterson	Sequoias	16.19
11	Joseph Enright	Hartnell	1:57.25	14	Derek De Glymes	American River	16.19
12	Zach Done	American River	1:58.50	16	Jamar Parrish	American River	16.21
13	Markus Johnson	SJ Delta	1:58.92	17	Sterling Guillory	Santa Rosa	16.29
14	Peter Trudelle	San Mateo	1:59.63	17	Alex Williams	Merritt	16.29
15	John Rihel	Diablo Valley	2:00.02	19	Dan - D Rimmer	West Valley	16.42
--	Kyle Rebello Shasta DNF.			20	J.C. Rolison	Chabot	17.17
				21	Will Dawson	Diablo Valley	17.71

Men 1500 Meter Final

1	Frankie Renteria	American River	4:07.38
2	Zach Done	American River	4:08.24
3	Jacinto Garcia	Sequoias	4:08.93
4	Bryce Adams	CCSF	4:09.51
5	Justin Chaudoin	West Valley	4:09.82
6	Hector Figueroa	Hartnell	4:11.69
7	Jonathon Dudley	San Jose	4:15.25
8	Vicente Moreno	Chabot	4:15.69

Men 5000 Meter Final

1	Lenin Zapata	West Valley	15:23.29
2	Jose Pepe Ramirez	American River	15:26.37
3	Dale Kitt	Butte	15:42.81
4	Mark Blanchard	Santa Rosa	15:46.29
5	Frankie Renteria	American River	15:54.26
6	Patrick Hernandez	Hartnell	15:56.94
7	Brandon Fink	Diablo Valley	15:56.96
8	Jeffrey Gehringer	CCSF	16:00.50

Men 10000 Meter Final

1	Dale Kitt	Butte	32:06.01
2	Jose Pepe Ramirez	American River	32:12.97
3	Lenin Zapata	West Valley	32:30.06
4	Jeffrey Gehringer	CCSF	33:20.93
5	Peter Alexander	Butte	33:49.76
6	Brandon Fink	Diablo Valley	33:50.73
7	Cliff Irrebaria	Hartnell	34:34.84
8	Travis Butcher	Diablo Valley	34:36.80
9	Patrick Hernandez	Hartnell	35:07.59
10	Jesus Campos	Hartnell	35:07.65
11	Sean O'Toole	CCSF	35:34.53
12	Steven Schenck	American River	36:16.99
13	John Harrah	American River	36:52.86

Men 110 Meter Hurdles Final (wind-aided: 2.7mps)

1	Ryan Caris	Modesto	14.60
2	Gulliver Perry	Marin	14.78
3	Daniel Wright	Merced	14.80
4	Kenneth Marquis	American River	14.91
5	Guy McGowan	San Jose	14.96
6	Jarrett Bush	American River	15.47
7	Beau Bean	Fresno	15.53
8	Bryan Johnson	San Jose	15.57

Men 110 Meter Hurdles Preliminaries

1	Jarrett Bush	American River	14.43q
2	Ryan Caris	Modesto	14.94q
3	Daniel Wright	Merced	15.01q
4	Gulliver Perry	Marin	15.12q
5	Kenneth Marquis	American River	15.28q
6	Guy McGowan	San Jose	15.49q
7	Bryan Johnson	San Jose	15.50q

Men 400 Meter Hurdles Final

1	Stephan Brooks	CCSF	53.45
2	Gabe Hatchett	Sacramento	53.48
3	Anthony Daniels	CCSF	55.05
4	Ronail Shelton	CCSF	55.30
5	Gulliver Perry	Marin	55.70
6	Jarrett Bush	American River	56.07
7	Josh Escobedo	Sequoias	56.31
8	Beau Bean	Fresno	57.50

Men 400 Meter Hurdles Preliminaries

1	Jarrett Bush	American River	54.02q
2	Gabe Hatchett	Sacramento	54.26q
3	Stephan Brooks	CCSF	54.72q
4	Ronail Shelton	CCSF	54.97q
5	Josh Escobedo	Sequoias	55.16q
6	Beau Bean	Fresno	55.73q
7	Gulliver Perry	Marin	55.99q
8	Anthony Daniels	CCSF	56.02q
9	Ryan Caris	Modesto	56.54q
10	Clarence Love	Monterey	56.86
11	Isaac Fuller	Sacramento	56.99
12	Ben Nunez	San Jose	57.06
13	Robert Hall	Hartnell	57.22
14	Bryan Johnson	San Jose	57.25
15	Derek De Glymes	American River	58.56
16	Gordon Henson	Santa Rosa	58.90
17	Sterling Guillory	Santa Rosa	58.97
18	Sean Gwi	CCSF	59.11
19	Kyle Riesenber	Diablo Valley	59.56
20	Jimmy Dowell	San Mateo	59.79
21	Alex Williams	Merritt	61.82
22	Kenneth Marquis	American River	62.20

Men 3000 Meter Steeplechase Final

1	James Parker	Lassen	9:40.1
2	Michael Buttery	West Valley	9:50.3
3	Michael Loftus	West Valley	9:53.7
4	Josh Escobedo	Sequoias	9:53.9
5	Josh Courtney	American River	9:54.1
6	Cliff Irrebaria	Hartnell	10:09.4
7	Steven Schenck	American River	10:09.9
8	Mike Wortman	Santa Rosa	10:16.5

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Men 4x100 Meter Relay Final

1	City College of San Francisco	40.80
(Antwan Sherman, Jason Heard, Daryl Terrell, Jamal Liggins)		
2	College of Sequoias	41.25
(Demetrius Ragland, Latrell Kidd, Chris Baloney, Dante Washington)		
3	Butte College	41.38
(Brandin Williams, Shaun Bodiford, Mike Williams, Craig Barber)		
4	Sacramento City College	41.54
(Mervin Brookins, Gabe Hatchett, Paul Mateoc, Mark Paige)		
5	Modesto Junior College	41.70
(Neal Bland, Isaac Taylor, Clifton Mason, Brant Gilbert)		
6	Hartnell College	42.28
7	Santa Rosa Junior College	42.84
8	American River College	43.40

Men 4x100 Meter Relay Preliminaries

1	City College of San Francisco	40.57Q
2	Butte College	41.42Q
3	Sacramento City College	41.21q
4	Modesto Junior College	41.50q
5	College of Sequoias	41.57q
6	American River College	42.16q
7	Santa Rosa Junior College	42.33q
8	Hartnell College	42.38q
9	Diablo Valley College	42.57q
10	Fresno City College	42.67
11	Chabot College	43.38
12	Monterey Peninsula College	43.41
13	De Anza College	43.44
14	West Valley College	43.66
-- College of the Siskiyou DQ.		

Men 4x400 Meter Relay Final

1	City College of San Francisco	3:11.95
(Everett Savoy, Dennis Bishop, Daryl Terrell, Anthony Daniels)		
2	College of Sequoias	3:15.61
(Dante Washington, Robert Lee, Drew Nelson, Latrell Kidd)		
3	Sacramento City College	3:18.92
(Mark Paige, Mervin Brookins, Gabe Hatchett, Cedric Ellis)		
4	Hartnell College	3:22.04
(John Dennis, Alex Lucio, Joseph Enright, Andy Palacio)		
5	Modesto Junior College	3:22.38
(Isaac Taylor, Clifton Mason, Brant Gilbert, Ryan Caris)		
6	Modesto Junior College	3:22.38
7	West Valley College	3:24.12
8	American River College	3:25.26

Men 4x400 Meter Relay Preliminaries

1	City College of San Francisco	3:14.38Q
2	College of Sequoias	3:19.23Q
3	Modesto Junior College	3:17.54q
4	American River College	3:18.91q
5	West Valley College	3:20.64q
6	Santa Rosa Junior College	3:20.78q
7	Hartnell College	3:20.85q
8	Sacramento City College	3:22.12q
9	Diablo Valley College	3:24.50q
10	San Jose City College	3:25.14
11	Butte College	3:25.56
12	College of the Siskiyou	3:31.17
13	Chabot College	3:31.98

Men High Jump Final

1	Ferman Smith	San Jose	6-07
2	Adebayo Aido	Merritt	6-07
3	Rudy Diez	Fresno	6-07
4	Michael Edwards	Diablo Valley	6-05
5	Robert Beriault	San Mateo	6-03
6	David Claveran	De Anza	6-03
7	Daniel Wright	Merced	6-01
8	Shane Fackrell	Sacramento	6-01

Men High Jump Preliminaries

1	Adebayo Aido	Merritt	6-01q (1.85m)
1	Rudy Diez	Fresno	6-01q (1.85m)
1	Michael Edwards	Diablo Valley	6-01q (1.85m)
1	Shane Fackrell	Sacramento	6-01q (1.85m)
1	Ferman Smith	San Jose	6-01q (1.85m)
1	Lawrence Wright	Yuba	6-01q (1.85m)
1	Raffy Cartaciano	Fresno	6-01q (1.85m)
1	Codey Numazu	Chabot	6-01q (1.85m)
1	Daniel Wright	Merced	6-01q (1.85m)
1	Robert Beriault	San Mateo	6-01q (1.85m)
1	David Claveran	De Anza	6-01q (1.85m)
12	Robert Cruz	Reedley	5-11q (1.80m)
13	Clifton Mason	Modesto	J5-11 (1.80m)
13	Bryan Robbins	Modesto	J5-11 (1.80m)
-- Danny Brooks Butte NH.			
-- Jake Clinton Butte NH.			

Men Pole Vault Final

1	Casey Condon	Hartnell	14-07 (4.44m)
2	Eddie Ochoa	Merced	14-01 (4.29m)
3	Steven Mehrer	Modesto	J14-01 (4.29m)
4	Mike Sullivan	Santa Rosa	13-07 (4.14m)
5	Benjamin Caldwell	Diablo Valley	J13-07 (4.14m)
6	Ricky Gutteridge	Diablo Valley	13-01 (3.98m)
7	Phil Litwin	San Mateo	J13-01 (3.98m)
8	Scott Steiner	Santa Rosa	J13-01 (3.98m)
8	Nicholas Bartholomew	Modesto	J13-01 (3.98m)
10	Michael Gomez	Chabot	J13-01 (3.98m)
11	James Babaria	Butte	11-07 (3.53m)
-- Kevin Hills-American River NH.			

Men Long Jump Final

1	Andre Blackmon	Sequoias	23-02.75 (7.08m)
2	Jamal Liggins	CCSF	J23-02.75 (7.08m)
3	Jason Golson	American River	22-11 (6.98m)
4	Robert Hall	Hartnell	22-00.50 (6.71m)
5	Demetrius Ragland	Sequoias	22-00.25 (6.71m)
6	Codey Numazu	Chabot	21-04.75 (6.52m)
7	Lonnie Jackson	Fresno	21-04.50 (6.51m)
8	Robert Beavers	Fresno	21-03.50 (6.48m)
9	Chris Brown	Hartnell	21-03 (6.47m)
10	Derek Jones	American River	J21-03 (6.47m)
11	Mohammed Abdo	San Jose	21-00.50 (6.41m)
12	Keenan Jackson	Diablo Valley	21-00.25 (6.40m)
13	Anthony Jones	Santa Rosa	20-07.50 (6.28m)
14	Andre Williams	Sequoias	20-03 (6.17m)
15	Marcel Robinson	Diablo Valley	20-00.75 (6.11m)
16	Raffy Cartaciano	Fresno	19-09 (6.01m)
17	Johnnie Tucker	Fresno	19-08.25 (6.00m)
18	Anthony Gibson	Diablo Valley	19-06 (5.94m)
-- Vonshae McKnight Chabot FOUL.			
-- Donte Phillips Sacramento FOUL.			

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Men Triple Jump Final

1	Derek Jones	American River	46-04¾
2	Chris Brown	Hartnell	45-09w
3	Lawrence Wright	Yuba	45-08½
4	Demetrius Ragland	Sequoias	45-03½
5	Brett Silverman	Sacramento	44-08
6	Paul Mateoc	Sacramento	44-07¾
7	Mohammed Abdo	San Jose	44-04¾
8	Will Dawson	Diablo Valley	44-00

Men Triple Jump Preliminaries

1	Lawrence Wright	Yuba	46-03q (14.09m)
2	Chris Brown	Hartnell	45-06q (13.86m)
3	Brett Silverman	Sacramento	44-09.50q (13.65m)
4	Marcus Pierce	American River	44-04q (13.51m)
4	Derek Jones	American River	44-04q (13.51m)
6	Paul Mateoc	Sacramento	44-02q (13.46m)
7	Mohammed Abdo	San Jose	43-09q (13.33m)
8	Codey Numazu	Chabot	43-05q (13.23m)
9	Will Dawson	Diablo Valley	42-06q (12.95m)
10	Demetrius Ragland	Sequoias	41-10.50q (12.76m)
11	Marcus Tillberg	Monterey	41-07.50q (12.68m)
12	Kristian Neira	Hartnell	40-11q (12.47m)
13	Daniel Sexton	Marin	40-04.50 (12.30m)
14	Andre Williams	Sequoias	39-04.50 (12.00m)
--	Anthony Lawrence	Diablo Valley	FOUL
--	Vonshae McKnight	Chabot	FOUL
--	Bryan Robbins	Modesto	FOUL

Men Shot Put Finals

1	Ezra Kwong	San Mateo	51-08½
2	Charles Blue	Sequoias	47-11¼
3	Nick Morilla	Santa Rosa	47-10¼
4	Shane Mervau	Sacramento	47'07½
5	A.J. Smith	Sequoias	46-09
6	Brian Lopez	San Jose	46-08¾
7	Anthony Lantz	Siskiyou	46-01¾
8	Russell Simon	Shasta	46-00¼

Men Shot Put Preliminaries

1	Ezra Kwong	San Mateo	51-01.25q (15.57m)
2	Craig Young	Shasta	48-10q (14.88m)
3	Nick Morilla	Santa Rosa	47-05.50q (14.46m)
4	Anthony Lantz	Siskiyou	47-03.25q (14.40m)
5	A.J. Smith	Sequoias	47-02q (14.37m)
6	Charles Blue	Sequoias	47-00.75q (14.34m)
7	Russell Simon	Shasta	45-10.75q (13.98m)
8	David Dennehey	American River	45-03q (13.79m)
9	Shane Mervau	Sacramento	45-01q (13.74m)
10	Jose Gallo	American River	44-08.50q (13.62m)
11	Brian Lopez	San Jose	44-05q (13.53m)
12	Josh Wyatt	Fresno	43-01q (13.13m)
13	Daniel Almeida	Modesto	42-05.50 (12.94m)
14	Andrew Rodriguez	Chabot	40-01 (12.21m)
15	Clay Peer	Hartnell	39-10.25 (12.14m)
16	Jens Kujacznski	West Valley	38-06 (11.73m)
--	Joe Way	Sacramento	FOUL.

Men Discus Final

1	Jens Kujacznski	West Valley	177-03
2	Ezra Kwong	San Mateo	166-10
3	Anthony Lantz	Siskiyou	155-00
4	Andrew Rodriguez	Chabot	143-09
5	Mike Schoenfield	American River	140-09
6	Jeff Brongiel	San Jose	140-04
7	Paul Fuller	De Anza	139-09
8	Jesse Lackey	Chabot	135-03

Men Hammer Final

1	Andrew Ninow	American River	182-08 (55.67m)
2	Travis Mackenzie	Butte	165-01 (50.31m)
3	Jeff Brongiel	San Jose	163-10 (49.93m)
4	Michael Lamoure	Modesto	153-08 (46.83m)
5	Daniel Almeida	Modesto	144-03 (43.96m)
6	Dominic Scism	Butte	139-04 (42.46m)
7	Charles Blue	Sequoias	137-00 (41.75m)
8	A.J. Smith	Sequoias	133-09 (40.76m)
9	Jon Sisseck	Santa Rosa	132-01 (40.25m)
10	Isaac Grenzebach	Hartnell	125-03 (38.12m)
11	Clay Peer	Hartnell	125-01 (38.12m)
12	Joe Way	Sacramento	122-11 (37.46m)
13	Mike Ruffolo	Santa Rosa	120-10 (36.83m)
14	Jonathain Hoffman	Hartnell	119-03 (36.34m)
15	Francisco Marmolejo	Hartnell	113-01 (34.46m)
16	Daniel Ledda	Lassen	111-07 (34.01m)
17	Josh Wyatt	Fresno	110-06 (33.68m)
18	Craig Young	Shasta	104-04 (31.80m)
19	Jose Gallo	American River	76-05 (23.29m)
--	Robert Smith	Modesto	ND.
--	Matt Conlin	Diablo Valley	ND.

Men Javelin Final

1	Ryan Taylor	Siskiyou	194-11 (59.41m)
2	Chris Kirkwood	Santa Rosa	192-06 (58.67m)
3	Shaun Countryman	Modesto	183-05 (55.90m)
4	Matthew Dwyer	Siskiyou	180-11 (55.14m)
5	Aris Borjas	Fresno	179-03 (54.63m)
6	Trevor Kellar	American River	177-01 (53.97m)
7	Chris Gamber	Fresno	173-01 (52.75m)
8	Andrew Ninow	American River	168-06 (51.35m)
9	Jon Pearlstone	Marin	162-08 (49.58m)
10	Brian Lopez	San Jose	161-02 (49.12m)
11	Anthony Gibson	Diablo Valley	160-09 (48.99m)
12	Paul Fuller	De Anza	154-09 (47.16m)
13	Danny Brooks	Butte	153-03 (46.71m)
14	Zach Hall	Butte	150-07 (45.89m)
15	Shane Fackrell	Sacramento	148-08 (45.31m)
16	Brett Silverman	Sacramento	144-10 (44.14m)
17	Tong Shin	Monterey	139-01 (42.39m)
18	Jeremy Vukasinovic	San Mateo	112-02 (34.18m)

Men Decathlon Final

1	Dan - D Rimmer	West Valley	5,633
2	Jeremy Vukasinovic	San Mateo	5,610
3	Kevin Bull	De Anza	5,591
4	Zach Hall	Butte	5,514
5	Danny Brooks	Butte	5,444
6	Shane Fackrell	Sacramento	5,430
7	Derek De Glymes	American River	5,211
8	Aaron Peters	Diablo Valley	4,475