

## Southern California Community College Regional Track & Field Championship • Cerritos, CA • May 19, 1984

**Men:** 1. Pasadena 97; 2. Long Beach 84; 3. El Camino 68; 4. Taft 49; 5. Saddleback 39; 6. Mt. SAC 37; 7. Orange Coast 27; 8. Hancock 26; 9. Santa Monica 24; 10. Bakersfield 21; 11. Grossmont 18; 11. Riverside 12; 12T. Santa Barbara, Golden West, Fullerton, Mira Costa 10; 16T. Glendale, San Bernardino, Chaffey 8; 19T. Cerritos, Cuesta, Fullerton 6; 22T. San Diego, SD Mesa 4; 24T. Citrus, Ventura 3; 25. LA Valley 2; 26T. LACC, LA Harbor 1.

**Women:** 1. El Camino 103; 2. Mt. SAC 79; 3. Cerritos 29; 4. Mira Costa 28; 5. Santa Monica 20; 6T. Bakersfield, Glendale, SD Mesa 16; 9. Pasadena 13; 10. Ventura 12; 11T. LA Valley, Orange Coast 11; 13T. Santa Ana, Desert, Golden West 10; 16. LA Southwest 9; 17. Fullerton 8; 18. East LA 7; 19T. Santa Barbara, San Diego, Moorpark 6; 22. West LA 4; 23. Citrus 2; 24T. Cuesta, Grossmont 1. \*\*\* *Without W-1600 relay*

### Men

#### 100

1. John Williams	Taft	10.64
2. Andre Freeman	El Camino	10.65
3. Eric Thomas	Pasadena	10.68
4. Tim Brown	Long Beach	10.69
5. Mike Harris	Santa Monica	10.69
6. Demetrius Perry	Citrus	10.72

#### 200

1. Fabian Cooper	Pasadena	20.76
2. Eric Thomas	Pasadena	21.04
3. Andre Freeman	El Camino	21.06
4. Ed Frazier	Taft	21.19
5. Demetrius Perry	Citrus	21.23
6. Gary Uribe	Mt. SAC	21.23

#### 400

1. Kevin Hawkins	El Camino	46.57
2. Ed Frazier	Taft	46.60
3. Charles McTeer	Santa Monica	47.06
4. Tony Hayward	Santa Monica	47.09
5. James	San Bernardino	47.14
6. Shores	Long Beach	47.72

#### 800

1. Joey Bunch	Taft	1:49.30
2. Horace Harley	Mira Costa	1:49.97
3. Luis Lizardi	Long Beach	1:50.15
4. Alfonso Averhart	Pasadena	1:50.17
5. Jeff Roberson	Taft	1:50.19
6. Angel Roman	Long Beach	1:50.58

#### 1500

1. Angel Roman	Long Beach	3:52.46
2. Richard Farmer	Grossmont	3:54.42
3. Jeff Harbell	El Camino	3:54.42
4. Brad Cleary	Fullerton	3:55.40
5. Near	Citrus	3:55.62
6. Ausherman	Glendale	3:56.27

#### 5K

1. Aaron Rudd	Grossmont	14:43.72
2. Brad Meyer	Saddleback	14:46.08
3. Chambers	El Camino	14:51.89
4. Peter Brett	Hancock	14:52.25
5. Gary Daily	Orange Coast	14:52.98
6. John King	Taft	14:53.43

#### 10,000

1. Gus Quinoñes	Orange Coast	30:44.10
2. Harry Staalberg	El Camino	30:49.10
3. Tirso DeAnda	Pasadena	30:55.40
4. Nathan Williams	Mt. SAC	31:03.40
5. Mark Castro	Riverside	31:07.30
6. Trissel	Hancock	31:12.00

### Men

#### 110 HH

1. Owen Herrera	Pasadena	14.10
2. Everett White	Long Beach	14.22
3. Pat Brantley	Long Beach	14.24
4. Aaron Burns	Mt. SAC	14.72
5. Travis Biglow	Santa Monica	14.76
6. Todd Andrews	Orange Coast	14.83

#### 400 IH

1. Oswaldo Zea	Long Beach	50.65
2. James Ferreira	El Camino	51.12
3. Jahan Culbreath	Bakersfield	52.18
4. Darwell Christman	El Camino	52.19
5. Dawson	LA Valley	52.97
6. Todd Andrews	Orange Coast	53.22

#### Steeplechase

1. Tom Grewe	Santa Barbara	9:08.26
2. Peter Brett	Hancock	9:12.52
3. Jim Hardiman	Mt. SAC	9:13.62
4. Jerry Hernandez	El Camino	9:18.09
5. Gary Daily	Orange Coast	9:19.86
6. Ramon Acosta	Long Beach	9:20.4

#### 400 Relay

1. Pasadena	40.36
(Lew Dunn, Eric Thomas, Troy Wright, Fabian Cooper)	
2. Taft	40.49
(Randy Rutledge, Ed Frazier, Willie Clark, John Williams)	
3. Mt. SAC	40.59
(Gary Uribe, Gary Brown, Marcus Cheeks, Darrell Hudson)	
4. Long Beach	40.61
(Tyus Jefferson, Pat Brantley, Vince Rivera, Danny Torrez)	
5. Santa Monica	40.81
6. Ventura	41.30

#### 1600 Relay

1. Pasadena	3:07.39
(Eric Thomas, Alfonso Averhart, Fabian Cooper, Lew Dunn)	
2. El Camino	3:07.42
(Dwight Lee, Darnell Christman, Kevin Hawkins, Andre Freeman)	
3. Long Beach	3:08.69
4. Taft	3:08.85
(Joey Bunch, Jeff Roberson, Alfonso Earl, Ed Frazier)	
5. Mt. SAC	3:10.42
6. Bakersfield	3:12.16

#### High Jump

1. Jerome Carter	Pasadena	7-0
2. Chris Bonner	Pasadena	7-0
3. Sean Chambers	Cuesta	6-10
4. Steve Jones	Riverside	6-10
5. Mark Hafliger	Saddleback	6-8
6. Embrick	Mira Costa	6-8

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### Men

#### Pole Vault

1. Eric White	Mt. SAC	15-6
2. Long	Chaffey	15-0
3. Mark Hill	Fullerton	15-0
4. Dave Tomlinson	Long Beach	15-0
4. Bob Milford	San Diego	15-0
6. Davis	San Diego	14-6

#### Long Jump

1. Sheldon Blockburger	Orange Coast	25-2
2. Mike Harris	Santa Monica	24-10¼
3. Eric Thomas	Pasadena	24-6
4. Dio Cadogan	Long Beach	24-2¼
5. Tyrus Jefferons	Long Beach	24-2¼
6. Chris Bonner	Pasadena	24-1½

#### Triple Jump

1. Stan Oporski	Moorpark	53-6
2. Mike Pullins	Pasadena	51-7¾
3. Andre Cobbs	Cerritos	50-11¾
4. Trent Willis	Mt. SAC	50-6½
5. Alphonso Earl	Taft	50-5¼
6. Sheldon Blockburger	Orange Coast	49-7½

#### Shot Put

1. Chris Sweeney	Saddleback	55-7
2. John Turco	Long Beach	54-2
3. Jerry Erickson	San Bernardino	52-6½
4. Bolton	Golden West	51-10
5. Lenny Moore	Bakersfield	51-7¼
6. Scott Wingerson	Saddleback	51-1

#### Discus

1. Jeff Caneta	Bakersfield	158-2
2. Chris Sweeney	Saddleback	158-0
3. Scott Hoth	Saddleback	155-7
4. Scott Wingerson	Saddleback	155-6
5. Miles Maiden	Bakersfield	154-4
6. Doug Fernandez	Long Beach	150-8

#### Javelin

1. Doug Fernandez	Long Beach	228-2
2. Rob Pote	Glendale	222-11
3. Ted Venger	Golden West	213-8
4. Jason Twedt	SD Mesa	206-4
5. Hauser	Ventura	204-6
6. Faaliga	LA Harbor	190-11

#### Hammer (exhibition)

1. Robert Missio	Bakersfield	179-7
2. Crow	Citrus	116-3
3. Cuevanos	Oxnard	109-0
4. Williamson	Mira Costa	103-5
5. Boll	Mira Costa	98-2
6. Gomez	Bakersfield	88-4

### Men

#### Decathlon

1. Mark Hafliger	Saddleback	7,075
2. Doug Fernandez	Long Beach	6,907
3. Sheldon Blockburger	Orange Coast	6,470

*Contested at Bakersfield on April 13-14*

### Women

#### 100

1. Zelda Johnson	Mt. SAC	11.58
2. Myra Mayberry	El Camino	12.00
3. Joyce Austin	Santa Monica	12.18
4. Tammi Ortiz	Cerritos	12.23
5. Kim Newton	Mt. SAC	12.27
6. Junea White	El Camino	12.40

#### 200

1. Zelda Johnson	Mt. SAC	23.35
2. Felecia Saville	El Camino	24.29
3. Myra Mayberry	El Camino	24.36
4. Joyce Austin	Santa Monica	24.40
5. Lawanda Cabell	El Camino	24.58
6. Pam Astbury	Fullerton	24.62

#### 400

1. Lawanda Cabell	El Camino	54.21
2. Margaret Hemmans	El Camino	54.89
3. Pam Astbury	Fullerton	55.23
4. Felecia Saville	El Camino	56.44
5. Darlene Love	Santa Barbara	58.04
6. Lane	East LA	59.75

#### 800

1. Kelly Baker	Orange Coast	2:11.52
2. Carla Johnson	El Camino	2:11.78
3. Mary Jo Bogovich	Mt. SAC	2:12.49
4. Ali Owens	Santa Barbara	2:12.69
5. Lee	Ventura	2:13.35
6. Chee Swee-Li	Mt. SAC	2:13.59

#### 1500

1. Mwinge Sote	Mt. SAC	4:29.37
2. Annie Seawright	El Camino	4:31.91
3. Glynn Watt	Mira Costa	4:32.23
4. Mara Lazdans	Mira Costa	4:35.46
5. Perez	East LA	4:43.52
6. Kelly Buzza	Cuesta	4:43.53

#### 3000

1. Gita Zutshi	Santa Ana	9:49.52
2. Mwinge Sote	Mt. SAC	9:52.41
3. Mara Lazdans	Mira Costa	9:54.50
4. Sandy Blakeslee	Mira Costa	9:54.60
5. Alexandra Aguirre	East LA	9:57.46
6. Bernadette Torrez	Mt. SAC	10:12.19

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### Women

#### 100 Hurdles

1. Junea White	El Camino	14.54
2. La Donna Moore	SD Mesa	15.06
3. Yvette Maufus	LA Valley	15.17
4. Carol Mills	Ventura	15.48
5. Stinson	Pasadena	15.67
6. Bludso	Cerritos	15.80

#### 400 Hurdles

1. Lih- Jiau Hendry	Desert	59.11
2. Margaret Hemmans	El Camino	59.47
3. Sherris Nix	Glendale	61.90
4. Karen Robinson	West LA	61.91
5. Sandy Springer	Orange Coast	63.39
6. Robin Stinson	Pasadena	66.24

#### 400 Relay

1. El Camino	46.08
2. Mt. SAC	46.13
(Kim Newton, Mary Jo Bogovich, Anjetta Robinson, Zeldia Johnson)	
3. Santa Monica	48.01
4. Cerritos	48.33
(Carol Dye, Denise Gonzales, Sheila Frye, Tammy Ortiz)	
5. Fullerton	48.49
6. East LA	49.50

#### 1600 Relay

1. El Camino	3:42.4
2. Mt. SAC	3:50.0
3. Fullerton	3:50.4
4. Orange Coast	3:53.3
5. Santa Monica	3:57.3
6. Mira Costa	3:58.4

#### High Jump

1. Li- Jiau Tsai	Mt. SAC	5-8
2. Elisa Cook	Mt. SAC	5-8
3. Rene Smith	Pasadena	5-8
4. Yvette Maufus	LA Valley	5-8
5. Novac	Santa Monica	5-6
6. Simone Vanegmond	LA Valley	5-6

#### Long Jump

1. Shelia Fyre	El Camino	18-10
2. Angela McKnight	El Camino	18-10
3. Darlene Pennie	Pasadena	18-8¾
4. Penny Franklin	Golden West	18-7
5. Joyce Austin	Santa Monica	18-6½
6. Michelle Whipper	LA Valley	18-5¾

#### Shot Put

1. Stephanie Baker	Cerritos	44-11¾
2. Janice Woodard	LA Southwest	41-4
3. Whitehead	San Diego	39-11
4. Chris Johnson	Bakersfield	39-10
5. Maria Leavens	Citrus	39-9
6. Jiau Tsai	Mt. SAC	38-4¼

#### Discus

1. Jayleen Romberger	Glendale	135-6
2. Michele Bryant	SD Mesa	134-1
3. Sue Bolton	Golden West	129-3
4. Jiau Tsai	Mt. SAC	126-3
5. Hernandez	East LA	124-5
6. Janice Woodard	LA Southwest	123-4

#### Javelin

1. Chris Johnson	Bakersfield	145-6
2. Pam Masterson	Mira Costa	143-1
3. Colleen Gainey	Moorpark	139-10
4. Colleen Kevany	El Camino	138-4
5. Kristy Strauss	Bakersfield	134-10
6. Kellie Carter	Grossmont	130-7

#### Heptathlon

1. Li- Jiau Tsai	Mt. SAC	5,456
2. Crystal Young	Mt. SAC	4,900
3. Carol Mills	Ventura	4,767
4. Angela McCard	Orange Coast	4,713
5. La Donna Moore	SD Mesa	4,612
6. Rachel Davis	Mira Costa	4,485

*Contested at Bakersfield on April 13- 14*