

**1989 SOUTHERN CALIFORNIA TRACK AND FIELD CHAMPIONSHIPS**

**MAY 13, 1989 at CERRITOS COLLEGE**

**TEAM SCORES (MEN'S)**

1.	Long Beach City	175 ✓	20.	Grossmont	9
2.	Riverside	150	21.	Fullerton	8
3.	Pasadena	55	22.	Antelope Valley	6
4.	Mt. San Antonio	52.5		San Diego City	6
5.	San Diego Mesa	49	24.	Compton	5
6.	Ventura	37		Santa Barbara	5
7.	Saddleback	32.5	26.	Los Angeles Valley	4
8.	Bakersfield	32	27.	Moorpark	3
9.	Orange Coast	24		Southwestern	3
10.	El Camino	23	29.	College of the Canyons	2
11.	Santa Monica	22		San Bernardino Valley	2
12.	Cuesta	21	31.	Chaffey	0
13.	East Los Angeles	15		Los Angeles Harbor	0
14.	Glendale	14		Los Angeles Southwest	0
	Golden West	14		MiraCosta	0
	Los Angeles Trade-Tech	14		Los Angeles City	0
17.	Cerritos	11			
18.	Citrus	10			
	Rancho Santiago	10			

**TEAM SCORES (WOMEN'S)**

1.	El Camino	141 ✓	15.	Moorpark	19
2.	Mt. San Antonio	80		Santa Monica	19
3.	San Diego Mesa	59	17.	Los Angeles Valley	15
4.	Bakersfield	45	18.	Santa Barbara	12
5.	Riverisde	38	19.	Cerritos	10
6.	Glendale	37	20.	Oxnard	7
7.	Cuesta	31	21.	Antelope Valley	5
8.	Fullerton	30		Los Angeles Trade-Tech	5
	Long Beach City	30	23.	Southwestern	4
10.	Ventura	28	24.	Citrus	0
11.	Saddleback	25		East Los Angeles	0
12.	MiraCosta	21		San Bernardino Valley	0
13.	Grossmont	20		San Diego City	0
	Orange Coast	20			

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## MEN'S 100 METERS (Wind +1.24)

1.	James Andrews (Riverside)	10.38 ✓
2.	Raymond Ethridge (Pasadena)	10.52
3.	Robert Love (LBCC)	10.54
4.	M.C. Morrison (Pasadena)	10.74
5.	Raymond Glass (LBCC)	10.76
6.	Martin McKinney (Compton)	10.77
7.	Mingo Hosey (Pasadena)	10.77
8.	Cordell Tyrell (LBCC)	10.83

## MEN'S 200 METERS (Wind +2.30)

1.	James Andrews (Riverside)	20.45 ✓
2.	Patrick Drake (Riverside)	20.64
3.	Bryan Bridgewater (LBCC)	20.68
4.	Ramond Ethridge (Pasadena)	20.91
5.	Robert Love (LBCC)	21.42
6.	Kerry Tate (Mt. SAC)	21.56
7.	Martin McKinney (Compton)	21.76
8.	Wes Dunston (Antelope Valley)	21.84

## MEN'S 400 METERS

1.	Patrick Drake (Riverside)	46.51
2.	Martin Cannady (LBCC)	47.27
3.	Aaron Echols (Santa Monica)	47.55
4.	Dwight Roberts (Bakersfield)	47.92
5.	Jake Brown (Cuesta)	48.28
6.	Kerry Tate (Mt. SAC)	48.44
7.	Lincoln Green (SD Mesa)	48.45
8.	Chris Harris (LBCC)	48.62

## MEN'S 800 METERS

1.	Maurice Horton (LBCC)	1:51.34
2.	Keith Thibodeaux (Riverside)	1:51.31
3.	Ivan Guillory (Cerritos)	1:53.71
4.	Brent Jones (Mt. SAC)	1:53.85
5.	Kelly Lechner (Mt. SAC)	1:53.96
6.	Don Collins (Cuesta)	1:55.17
7.	David Sanford (LBCC)	1:55.45
8.	Thierry Brussell (OCC)	1:56.19

### MEN'S 1500 METERS

1.	Mourredine Morcelli (Riverside)	3:44.06 ✓
2.	Mike Ward (El Camino)	3:52.85
3.	Chris Parmer (OCC)	3:53.20
4.	Brent Jones (Mt. SAC)	3:53.22
5.	Pablo Sierra (East LA)	3:53.22
6.	Chris Miller (Mt. SAC)	3:53.35
7.	Barry Oliver (SD Mesa)	3:53.53

### MEN'S 5000 METERS

1.	Mourredine Morcelli (Riverside)	14:03.10 ✓
2.	Albino Miranda (LATT)	14:28.17
3.	Pablo Sierra (East LA)	14:48.62
4.	Uriel Rivera (LBCC)	14:49.54
5.	Jaime Galindo (Ventura)	14:51.34
6.	Raul Hernandez (LATT)	14:57.24
7.	Carter Yarborough (SD Mesa)	14:57.87
8.	Jeff Gann (Mt. SAC)	15:21.12

### 3000 STEEPLECHASE

1.	Sean O'Hara (SDMesa)	9:16.51
2.	Carlos Carbajal (El Camino)	9:20.83
3.	Damien Kloer (Grossmont)	9:21.50
4.	Ryan MacMillan (Santa Barbara)	9:26.01
5.	Ted Kepler (SD Mesa)	9:30.05
6.	Joel Hunt (OCC)	9:31.73
7.	David Bowden (LBCC)	9:38.31
8.	Jack Osborne (Bakersfield)	9:39.91

### MEN'S 10,000 METERS

1.	Uriel Rivera (LBCC)	31:00.49
2.	Mike Navock (LBCC)	31:02.51
3.	Marcial Beltran (Fullerton)	31:05.24
4.	George Silva (SD City)	31:18.35
5.	Brad Sigler (OCC)	31:21.81
6.	Raul Hernandez (LATT)	31:22.34
7.	Pedro Garcia (Rancho Santiago)	31:29.31
8.	Jim Swinson (SD City)	31:36.61

### MEN'S 110 HIGH HURDLES

1.	Sherman Morris (LBCC)	14.20
2.	Mark Crear (Mt. SAC)	14.22 ✓
3.	Andrew Smith (Riverside)	14.59
4.	Ray Wakefield (LBCC)	14.91
5.	Stephen Flenoy (Antelope Valley)	14.94
6.	Darrick Davis (Santa Monica)	15:08
7.	David Shaw (Grossmont)	15.24
8.	Kevin Dallas (Pasadena)	15.27

### MEN'S 400 INTERMEDIATE HURDLES

1.	Brandon Williams (LBCC)	51.60
2.	Kevin Dallas (Pasadena)	52.02
3.	Tony McCollough (LBCC)	52.06
4.	Marty Beck (Glendale)	52.82
5.	John Jump (Ventura)	53.95
6.	James Shirley (Riverside)	54.97
7.	Darren Kisselburgh (OCC)	55.40
8.	Ed McElroy (LBCC)	55.98

### MEN'S 400 METER RELAY

1.	Long Beach City	40.25
2.	Riverside	40.28
3.	Pasadena	40.50
4.	Santa Monica	41.37
5.	Grossmont	41.47
6.	San Diego Mesa	41.64
7.	Cerritos	41.82
8.	Los Angeles Valley	No Time

### MEN'S 1600 METER RELAY

1.	Long Beach City	3:08.12
2.	Riverside	3:08.83
3.	Santa Monica	3:12.70
4.	Bakersfield	3:13.59
5.	Orange Coast	3:14.41
6.	Cuesta	3:15.01
7.	San Bernardino Valley	3:17.64
8.	Pasadena	3:17.9 HT

### MEN'S HIGH JUMP

1.	Reggie Betton (Ventura)	7' 2"
2.	Brian McCleery (Saddleback)	7' 0"
3.	Phil Cox (Mt. SAC)	7' 0"
4.	Richard Wooten (Pasadena)	6' 10"
5.	Brian McCurdy (Riverside)	6' 10"
6.	Keith Mower (East LA)	6' 8"
7.	Brett Parham (Mt. SAC)	6' 6"
	Eric Pryce (Saddleback)	6' 6"

### MEN'S LONG JUMP

1.	Larry Todd (SD Mesa)	25' 1½"
2.	Lofti Kahadia (Riverside)	25' ½" ✓
3.	Lamonte Lewis (Riverside)	24' 1 ¾"
4.	Sidney Mdluli (Riverside)	23' 1 ¾"
5.	John McCalister (Pasadena)	22' 11"
6.	J.J. Cisneros (LBCC)	22' 8¼"
7.	Dale Gallego (East LA)	22' 6¼"
8.	Curtis Mitchell (El Camino)	22' 2 ¾"

### MEN'S TRIPLE JUMP

1.	Lofti Kahadia (Riverside)	52' 2½" ✓
2.	Sidney Mdluli (Riverside)	48' 6½"
3.	Mingo Hosey (Pasadena)	48' 6¼"
4.	Charles Howlett (El Camino)	47' 9 3/4"
5.	Julius Lewis (Bakersfield)	46' 5½"
6.	Reggie Kahn (LA Southwest)	46' 5"
7.	Carrey Reese (Saddleback)	46' 5"
8.	Curtis Mitchell (El Camino)	45' 11"

### MEN'S POLE VAULT

1.	Olivier Perrin (LBCC)	16' 0"
2.	Scott Hanes (Riverside)	15' 6"
3.	Bryan Adamick (Cuesta)	14' 6"
4.	P.J. Magallanes (Cuesta)	14' 6"
5.	Brad Zeimet (Bakersfield)	14' 6"
6.	Alvaro Esparza (Mt. SAC)	14' 0"
7.	Dan Pinto (College of the Canyons)	14' 0"

### MEN'S SHOT PUT

1.	Steve Dougherty (Saddleback)	54' 10 3/4"
2.	Sean Absher (LBCC)	50' ¼"
3.	Eddie Velarde (LBCC)	49' 10½"
4.	Won Lee (Ventura)	49' 6½"
5.	Sohn Szekey (Glendale)	49' 5"
6.	Kevin Flynn (OCC)	48' 7"
7.	Quincy Taylor (LBCC)	48' 6½"
8.	Dave Hillberg (Grossmont)	47' 7¼"

### MEN'S HAMMER THROW

1.	Marty McNair (Citrus)	160' 6"
2.	Robert Moulton (Bakersfield)	157' 6"
3.	Steve Kellogg (SD Mesa)	157' 5"
4.	Eric Moore (SD Mesa)	139' 8"
5.	Dan Davis (SD Mesa)	135' 7"
6.	Westley Dorsey (LBCC)	132' 5"
7.	Sean Absher (LBCC)	130' 1"
8.	Zachery Gibson (SD Mesa)	119' 10"

### MEN'S JAVELIN

1.	Rich Doering (Riverside)	219' 5" ✓
2.	Roberto Vasquez (Saddleback)	206' 6"
3.	Steve Hefferan (Golden West)	205' 9"
4.	Steve Barnett (Glendale)	203' 8"
5.	Jerry Vitelli (Pasadena)	192' 5"
6.	Korey Fleck (Moorpark)	186' 10"
7.	Darin Nellis (Santa Monica)	184' 3"
8.	Ron Chronsiter (LBCC)	184' 2"

### MEN'S DISCUSS

1.	Eddie Velarde (LBCC)	161' 2"
2.	Ziad Khozan (Rancho Santiago)	154' 3"
3.	Erik Johnson (Mt. SAC)	153' 5"
4.	Sean Absher (LBCC)	148' 10"
5.	Chris Tipton (Ventura)	146'
6.	Scott Jablonski (Cerritos)	144' 11"
7.	Dave LaRusso (Fullerton)	144'
8.	Travis Griffiths (Antelope Valley)	142' 10"

### MEN'S DECATHLON

1.	Michael Bryant (Ventura)	6602 points
2.	Steve Hefferan (Golden West)	6335
3.	Chris Shelton (LBCC)	6093
4.	Brett Zandes (Bakersfield)	5950
5.	Alvaro Esparza (Mt. SAC)	5841
6.	George Wright (Saddleback)	5746
7.	Ryan Rapoza (Ventura)	5723
8.	Sean Jennings (OCC)	5580

### WOMEN'S 100 METERS

1.	La Shawn Simmons (Mt. SAC)	11.93 ✓
2.	Cecilia Thomas (El Camino)	12.19
3.	Onnie Ferguson (SD Mesa)	12.30
4.	Nikywa Prevost (LA Valley)	12.32
5.	Yvette McCullough (Riverside)	12.34
6.	Cheryl Porter (LATT)	12.67
7.	Ann Kissinger (OCC)	12.72
8.	Denise Graham (Ventura)	12.97

### WOMEN'S 200 METERS (Wind +1.67)

1.	Nikywa Provost (LA Valley)	24.79
2.	Cecilia Thomas (El Camino)	24.81
3.	Cassandra Vance (El Camino)	24.36
4.	Jakki Henderson (Mt. SAC)	25.38
5.	Shenae Mills (El Camino)	25.42
6.	Melanie Wallace (Bakersfield)	25.56
7.	Cheryl Porter (LATT)	25.94
8.	Cynthia Sabbs (SD Mesa)	26.59

### WOMEN'S 400 METERS

1.	Laura Ainsworth (El Camino)	54.67
2.	Crystal Irving (LBCC)	55.19
3.	Jakki Henderson (Mt. SAC)	56.45
4.	Shenae Mills (El Camino)	57.50
5.	Colleen Gavin (Moorpark)	57.57
6.	Lani Friese (Santa Barbara)	57.84
7.	Stacy Wholton (Fullerton)	59.42
8.	Nadine Bratcher (Mt. SAC)	60.10

### WOMEN'S 800 METERS

1.	Sharette Garcia (El Camino)	2:12.18 ✓
2.	Marit Koch (Cuesta)	2:13.55
3.	Shena Mills (El Camino)	2:17.36
4.	Joyce Margowitz (Santa Monica)	2:17.42
5.	Kiela Snider (Grossmont)	2:19.49
6.	Carla Swaim (El Camino)	2:22.16
7.	Kim Shea (Mt. SAC)	2:28.09
8.	Tanya Reese (Grossmont)	2:31.69

### WOMEN'S 1500 METERS

1.	Kathryn Krieger (Cuesta)	4:30.98 ✓
2.	Sharette Garcia (El Camino)	4:43.8 HT ✓
3.	Shena Mills (El Camino)	4:50.15
4.	Anna Howald (Moorpark)	4:51.45
5.	Tammy Ripley (Southwestern)	4:52.63
6.	Kami Howden (Mt. SAC)	4:53.07
7.	Lori Montoya (Ventura)	5:00.96
8.	Stacy Jacobson (OCC)	5:05.37

### WOMEN'S 3000 METERS

1.	Kathryn Krieger (Cuesta)	9:53.32 ✓
2.	Jade Breato (SD Mesa)	10:16.02
3.	Pam Boyles (Bakersfield)	10:16.59
4.	Rachel Rossbach (Ventura)	10:24.40
5.	Jenny Martinez (Oxnard)	10:29.46
6.	Teresa Chunovich (Mt. SAC)	10:33.11
7.	Stacey Sanderson (Mt. SAC)	10:36.36
8.	Rita Del Rio (Grossmont)	10:37.45

### WOMEN'S 5000 METERS

1.	Mary Akins (SD Mesa)	17:10.88
2.	Pam Boyles (Bakersfield)	17:47.66
3.	Kami Howden (Mt. SAC)	17:47.89
4.	Rachel Rossbach (Ventura)	17:52.85
5.	Teresa Chunovich (Mt. SAC)	18:17.20
6.	Jenny Martinez (Oxnard)	18:23.20
7.	Maria Montoya (Mt. SAC)	18:33.61
8.	Leslie King (Bakersfield)	18:35.32

### WOMEN'S 100 HURDLES

1.	La Dawn Simmons (Mt. SAC)	13.99 ✓
2.	Lisa Hale (Riverside)	14.42
3.	Michelle Johnson (SD Mesa)	15.40
4.	Sherry Whittley (Antelope Valley)	15.51
5.	Jennifer Owens (Saddleback)	15.69
6.	Ann Kissinger (OCC)	15.72
7.	Laura Duran (Bakersfield)	16.15
8.	Lyndale Redd (LBCC)	16.16

### WOMEN'S 400 INTERMEDIATE HURDLES

1.	Laura Ainsworth (El Camino)	61.78
2.	Denise Graham (Ventura)	64.23
3.	Barbara Guterac (Cerritos)	64.48
4.	Emily Thiebaud (Fullerton)	64.82
5.	Jennifer Owens (Saddleback)	65.99
6.	Heather McCarley (Ventura)	67.39
7.	Lavette Farlow (Riverside)	74.3 HT

### WOMEN'S 400 METER RELAY

1.	El Camino	47.55
2.	San Diego Mesa	48.13
3.	Riverside	48.22
4.	Mt. San Antonio	48.24
5.	Bakersfield	49.19
6.	Santa Monica	49.53
7.	Fullerton	50.28
8.	Santa Barbara	50.63

### WOMEN'S 1600 METER RELAY

1.	El Camino	3:48.86
2.	Mt. San Antonio	3:54.69
3.	Moorpark	4:01.20
4.	Fullerton	4:01.98
5.	Ventura	4:03.67
6.	Orange Coast	4:03.99
7.	Cuesta	4:06.31
8.	Bakersfield	4:10.94

### WOMEN'S HIGH JUMP

1.	Cassandra Vance (El Camino)	5' 6"
2.	Larissa Roostee (Saddleback)	5' 6"
3.	Tanya Valentino (Santa Monica)	5' 4"
	Rene Dabney (Santa Monica)	5' 4"
5.	Kacy Twist (Bakersfield)	5' 2"
6.	Joanne Markling (Fullerton)	5' 2"
7.	Remera Jones (Moorpark)	5' 2"
8.	Susan Christy (SD Mesa)	5' 2"

### WOMEN'S LONG JUMP

1.	La Shawn Simmons (Mt. SAC)	20' 6" ✓
2.	Jackie Anderson (SD Mesa)	18' 2"
3.	Laura Ainsworth (El Camino)	18' 1½"
4.	Lisa Hale (Riverside)	18' 1"
5.	Tanya Lynch (Riverside)	17' 1¼"
6.	Kim Harvey (Santa Barbara)	17' 9 3/4"
7.	Carol Myszkowski (Moorpark)	17' 6"
8.	Dede Pagnanelli (OCC)	16' 8 3/4"



### WOMEN'S TRIPLE JUMP

1.	Jackie Anderson (SD Mesa)	39' 6 $\frac{1}{2}$ " ✓
2.	Kristen Kulow (Saddleback)	38' 4 $\frac{1}{2}$ "
3.	Tanya Lynch (Riverside)	37' 9"
4.	Cherise Poole (SD Mesa)	37' 4"
5.	Marji Gilles (Glendale)	37' 3 $\frac{1}{4}$ "
6.	Yvette McCullough (Riverside)	37' 3"
7.	Kim Loyd (SD Mesa)	36' 11"
8.	Kim Taylor (Mt. SAC)	36' 10 $\frac{1}{4}$ "

### WOMEN'S SHOT PUT

1.	Sherry Sperling (El Camino)	45' 4" ✓
2.	Starla Ahu (MiraCosta)	44' 9 $\frac{3}{4}$ "
3.	Melanie Jones (LBCC)	42' 5"
4.	Michelle Cortez (Bakersfield)	41'
5.	Laura Hughes (MiraCosta)	40' 8 $\frac{1}{2}$ "
6.	Linda Benioff (Glendale)	40' 7 $\frac{3}{4}$ "
7.	Robin Longwell (Grossmont)	40' 4 $\frac{3}{4}$ "
8.	Karen Jones (El Camino)	39' 7"

### WOMEN'S JAVELIN

1.	Sherry Sperling (El Camino)	133' 9" ✓
2.	Karen Myers (Glendale)	128' 10"
3.	Marji Gilles (Glendale)	127' 2"
4.	Colleen MacCotter (LBCC)	125' 8"
5.	Rhonda Trusdall (Cerritos)	119' 9"
6.	Jan Young (OCC)	110' 11"
7.	Gina Geon (Mt. SAC)	110' 9"
8.	Karen McConnell (Cuesta)	109' 9"

### WOMEN'S DISCUS

1.	Robin Longwell (Grossmont)	135' 1"
2.	Karen Myers (Glendale)	131' 1"
3.	Laura Hughes (MiraCosta)	127' 7"
4.	Michelle Cortez (Bakersfield)	127' 4"
5.	Marcy Cochran (Santa Barbara)	124' 10"
6.	Megan Franke (Fullerton)	124' 7"
7.	Dona Loshonkohl (Grossmont)	118' 7"
8.	Brooke Reyes (Santa Barbara)	118' 3"

### WOMEN'S HEPTATHLON

1.	Joanne Markling (Fullerton)	4280 points
2.	Marji Gilles (Glendale)	4118
3.	Kacy Twist (Bakersfield)	4062
4.	Jan Young (OCC)	3860
5.	Donna Lee (LBCC)	3764
6.	Heather Fenner (MiraCosta)	3714
7.	Ann Kissinger (OCC)	3630
8.	Krista Kulow (Saddleback)	3571