

Southern California Community College Regional Track & Field Championship • Bakersfield, CA • May 14, 1995

Men: 1. Long Beach 118; 2. Mt. SAC 81½; 3. Riverside 63; 4. Bakersfield 60½; 5. El Camino 50½; 6. Saddleback 39; 7. Fullerton 35; 8. SD Mesa 34; 9T. Orange Coast, Pasadena 32.

Women: 1. Long Beach 150; 2. Riverside 142; 3. SD Mesa 48; 4. Santa Monica 46; 5. El Camino 38; 6. Citrus 37; 7. Cuesta 32; 8. Fullerton 27; 9T. Mt. SAC, Cerritos 22; 11. Orange Coast 19; 12. Ventura 16; 13. Bakersfield 15; 14. Moorpark 14; 15. Compton 12; 16T. LA Tarde Tech, Canyons 10; 18T. Saddleback, Rancho Santiago 9; 20T. East LA, Pasadena 8; 22. Golden West 7; 23. Grossmont 5; 24T. Glendale, LA Valley 4; 26. Mira Costa 3; 27T. West LA, Hancock 2.

Men

100—1. Middleton, Mt. San Antonio, 10.44; 2. Keane, Riverside, 10.60; 3. Grant, Long Beach, 10.63; 4. Harris, Riv, 10.65; 5. Crockett, Bakersfield, 10.66; 6. Serpas, LB, 10.67; 7. Webb, Riv, 10.80; 8. Martin, Mt. SAC, 10.91.

200—1. Middleton, Mt. SAC, 21.20; 2. Keane, Riv, 21.56; 3. tie between Crockett, Bak, and Flores, Rancho Santiago, 21.58; 5. tie between Lloyd, El Camino and Norris, Saddleback, 21.69; 7. Shepherd, Pasadena, 22.92; 8. Harris, Riv, 22.07.

400—1. Shepherd, Pas, 47.65; 2. Norris, Sad, 47.80; 3. Moore, San Bern., 48.66; 4. Daniels, Antelope Valley, 48.95; 5. Risse, Fullerton, 49.45.

800—1. Turner, Glendale, 1:51.60; 2. Hancock, Orange Coast, 1:53.45; 3. Hernandez, EC, 1:54.55; 4. Bernard, West LA, 1:54.67; 5. Roberts, Sad, 1:54.79; 6. Giddens, EC, 1:55.15.

1,500—1. Hancock, OC, 3:52.44; 2. Giddens, EC, 3:52.94; 3. Roberts, Sad, 4:01.15; 4. Paragas, EC, 4:03.20; 5. Schaefer, Ventura, 4:04.45; 6. Rangel, Rancho Santiago, 4:05.87; 7. Measho, West LA, 4:07.22; 8. Lockhart, Desert, 4:07.75.

3,000 STEEPLECHASE—1. Serratos, Canyons, 9:25.5; 2. Arriaga, East LA, 9:27.4; 3. Baca, Glen, 9:27.6; 4. Sallberg, Glen, 9:27.9; 5. Butman, Mt. SAC, 9:36.1; 6. Vazquez, RS, 9:37.3; 7. Vega, Mt. SAC, 9:38.4; 8. Gonzales, Ful, 9:55.4.

5,000—1. Wolf, Mt. SAC, 15:12.28; 2. Lira, EC, 15:18.20; 3. Jones, Santa Barbara, 15:18.26; 4. Arriaga, East LA, 15:20.45; 5. Sallberg, Glen, 15:20.70; 6. Sanchez, EC, 15:20.79; 7. Zavala, RS, 15:22.4; 8. Spennato, Ful, 15:23.74.

Men

10,000—1. Nguku, Riverside, 29:37.8; 2. Wolf, Mt. San Antonio, 31:26.9; 3. Lira, El Camino, 31:49.4; 4. Zavala, Rancho Santiago, 31:53.7; 5. Gomez, Pasadena, 31:58.8; 6. Demartin, EC, 32:04.9.

110 HH—1. Harris, LB, 14.3; 2. Stamps, Pas, 14.58; 3. Smith, LB, 14.73; 4. Young, Cerritos, 14.91; 5. McLucas, Valley, 14.92; 6. McKinney, Ful, 14.95; 7. Kosey, Mt. SAC, 15.26; 8. Davidson, LB, 15.39.

400 IH—1. Brownlee, LB, 53.85; 2. McKinney, Ful, 53.95; 3. Smith, LB, 54.38; 4. Bangurah, LB, 54.55; 5. McLucas, Ven, 54.85; 6. Boissy, Riv, 55.09; 7. Halley, Riv, 56.22.

400 RELAY—1. Long Beach, 40.8; 2. Riverside, 40.94; 3. Antelope Valley, 41.03; 4. Fullerton, 41.40; 5. Pasadena, 41.75; 6. San Bernardino, 41.77; 7. Mt. San Antonio, 42.10; 8. Rancho Santiago, 42.35.

1,600 RELAY—1. San Bernardino, 3:14.29; 2. Mt. San Antonio, 3:15.06; 3. Long Beach, 3:15.26; 4. El Camino, 3:15.91; 5. Fullerton, 3:16.01; 6. Ventura, 3:19.82; 7. Glendale, 3:20.32; 8. Rancho Santiago, 3:21.95.

HIGH JUMP—1. Langley, OC, 6-10; 2. McGinnis, Mt. SAC, 6-10; 3. tie between Versher, Santa Monica and Canady, San Bernardino, 6-6; 5. Jackson, LB, 6-6; 6.

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Men

Walker, Bak, 6-4; 7. Szilagyi, Moorpark, 6-4; 8. Pfaff, Mt. SAC, 6-4.

POLE VAULT—1. Abadie, Mt. SAC, 15-0; 2. Apalategui, SD Mesa, 15-0; 3. Bois, Chaffey, 14-6; 4. Stanfield, LB, 14-6; 5. Lubocki, Moorpark, 14-6; 6. Hollander, Sad, 14-6; 7. tie between Harper, Mt. SAC, and Tumbiolo, Hancock, 14-0.

LONG JUMP—1. Boykin, LB, 24-6; 2. Jack, Riv, 23-9½; 3. Bean, LB, 23-9¼; 4. Hampton, LB, 22-8 ¾; 5. Halley, Riv, 22-3½; 6. Webb, Riv, 22-1¼; 7. Aucutt, Ven, 21-7¾; 8. Shaw, Golden West, 21-7½.

TRIPLE JUMP—1. Boykin, LB, 49-0¼; 2. Bean, LB, 49-1; 3. Delgado, Cerritos, 48-1¼w; 4. Shaw, Golden West, 46-1¾; 5. Hampton, LB, 45-8¼; 6. Coons, SD Mesa, 45-6; 7. Jackson, Valley, 44-9¼; 8. Jack, Riv, 44-1½.

SHOTPUT—1. Garrison, Bakers, 55-0; 2. Staat, Bakers, 52-9; 3. Jones, LB, 51-9; 4. San Filippo, SD Mesa, 49-2; 5. White, Mt. SAC, 48-6; 6. Jordan, Sad, 47-10; 7. Tozzi, Cuesta, 46-5½; 8. Willard, Moorpark, 45-7.

DISCUS—1. San Filippo, SD Mesa, 172-3; 2. Staat, Bakers, 165-8; 3. Garrison, Bakers, 164-8; 4. White, Mt. SAC, 147-5; 5. Creech, Vent, 141-11; 6. Gonzales, OC, 141-0; 7. Wagner, Moorpark, 139-6; 8. Duffy, Sad, 139-6.

HAMMER THROW—1. Staat, Bak, 165-5; 2. Liberty, SD Mesa, 154-5; 3. Wagner, Moorpark, 153-9; 4. Hernandez, Citrus, 150-9; 5. Henry, Bak, 144-6; 6. Barnes, Cerritos 138-5; 7. Vulich, Moorpark, 129-2; 8. Gonzales, OC, 127-1.

JAVELIN—1. Vega, San Bernardino, 196-9; 2. Dunn, Sad, 190-1; 3. Morales, Ful, 188-5; 4. Ernster, Cerritos, 183-5; 5. Centina, Citrus, 181-11; 6. Davila, Mt. SAC, 179-11; 7. Jalving, Bakers, 179-3; 8. Riley, Santa Barbara, 176-9.

Men

Decathlon

1. Zumwalt	Golden West	6,404
2. Ty Wynn	Rancho Santiago	6,382
3. McKinney	Fullerton	6,036
4. Burnett	Moorpark	5,938
5. Torres	Pasadena	5,871
6. Auchett	Ventura	5,736

Contested on April 4-5 at Santa Barbara

Women

100m

1. Caveira Mitchell	LBCC	11.59
2. Charmaine Burton	Riverside	11.78
3. Cynthia Midkiff	LBCC	11.78
4. Jennifer Frank	Cuesta	12.05
5. Marquita Knight	LBCC	12.33
6. Vanitta Kinard	Santa Monica	12.40
7. Leshea Williams	SD Mesa	12.53
8. Nobue Saito	LA Valley	12.59

200

1. Caveira Mitchell	LBCC	24.11
2. Charmaine Burton	Riverside	24.50
3. Michelle Nelson	LBCC	24.73
4. Cynthia Midkiff	LBCC	24.76
5. Dorneisha Lewis	El Camino	25.24
6. Celena Clarke	Riverside	25.30
7. Nobue Saito	LA Valley	26.15
8. Marquita Knight	LBCC	26.69

400

1. Charmaine Burton	Riverside	55.04
2. Celena Clarke	Riverside	55.23
3. Michelle Nelson	LBCC	55.47
4. Dorneisha Lewis	El Camino	58.29
5. Julie Petrilla	Fullerton	59.11
6. Antrice Burton	SD Mesa	59.89
7. Kelly Griffin	West LA	59.94

800

1. Brenda Stewart	Riverside	2:15.07
2. Cathy Trotman	LBCC	2:16.82
3. Rowena Gonzales	SD Mesa	2:17.91
4. Kim Foster	Golden West	2:20.10
5. Elizabeth Caster	Mt. SAC	2:22.8
6. Adrienne Ling	El Camino	2:25.9
7. Bev Toney	Cuesta	2:27.7
8. Diana Fenske	Saddleback	2:32.6

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Women

1500

1. Charlotte Mayock	Riverside	4:40.30
2. Carrie Barnett	SD Mesa	4:45.50
3. Laura Bermudez	Citrus	4:47.81
4. Adrienne Ling	El Camino	4:50.42
5. Melinda McCoy	SD Mesa	4:50.71
6. Jennifer Overlock	Canyons	4:56.21
7. Dawn Goldin	Golden West	4:59.55
8. Vanessa Allen	Bakersfield	5:03.76

3000

1. Charlotte Mayock	Riverside	10:30.1
2. Josefina Sanchez	Ventura	10:31.77
3. Laura Bermudez	Citrus	10:33.04
4. Monique Mejia	East LA	10:36.61
5. Sonia Perez	Rancho Santiago	10:37.74
6. Maria Lopez	El Camino	10:42.40
7. Erin Remy	Orange Coast	10:43.8
8. Alicia Pedroza	SD Mesa	10:46.6

5K

1. Maria Lopez	El Camino	18:18.4
2. Charlotte Mayock	Riverside	18:24.0
3. Laura Bermudez	Citrus	18:25.1
4. Sonia Perez	Rancho Santiago	18:35.8
5. Teresa Vega	Fullerton	18:37.1
6. Monique Mejia	East LA	18:48.1
7. Jeannie Robinson	LBCC	18:51.7
8. Sara Valdez	Mt. SAC	18:54.4

10K

1. Maria Lopez	El Camino	38:58.55
2. Krause	Citrus	39:02.62
3. Jeannie Robinson	LBCC	39:37.70
4. Lawyer	Pasadena	39:43.19
5. Erin Remy	Orange Coast	39:44.95
6. Covarubias	East LA	40:07.93

100H

1. Karen Vigilant	LBCC	14.67
2. Natalie Martin	Cerritos	14.84
3. Crystal Buck	Riverside	15.42
4. Nicole Wilson	LBCC	15.50
5. Beth Ault	Cuesta	15.61
6. Meshana Mays	LBCC	15.65
7. Monica Holguin	Fullerton	15.66
8. Heather Hanger	Moorpark	17.07

Women

400H

1. Karen Vigilant	LBCC	61.66
2. Celena Clarke	Riverside	64.66
3. Crystal Buck	Riverside	65.90
4. Heather Hanger	Moorpark	67.47
5. Teena Ung	Glendale	69.79
6. Brigitte Miller	Riverside	71.2
7. Natalie Martin	Cerritos	71.5
8. Christine Luzzi	LA Valley	75.3

4x100 Relay

1. LBCC	46.19
2. Riverside	46.37
3. Santa Monica	48.69
4. Fullerton	48.71
5. SD Mesa	48.90
6. El Camino	48.94
7. Cuesta	48.95
8. Compton	49.69

4x400 Relay

1. Riverside	3:52.1
2. LBCC	3:56.25
3. SD Mesa	3:58.38
4. El Camino	4:04.40
5. Moorpark	4:06.77
6. Pasadena	4:07.9
7. Fullerton	4:10.0
8. Santa Monica	4:11.8

High Jump

1. Wendy Brown	Orange Coast	5-2
2. Wendy Escobar	Santa Monica	5-2
3. Tamiko Medcalf	Citrus	5-2
4. Nicole Wilson	LBCC	5-2
5. Cecilia Noel	LBCC	5-2
6. Amy Willard	Saddleback	5-2
7. Michele Mulligan	Mt. SAC	5-0
8. Melissa Dunkerly	Canyons	4-10

Long Jump

1. Vanitta Kinard	Santa Monica	18-11
2. Michelle Nelson	LBCC	17-11w
3. Jennifer Frank	Cuesta	17-7½
4. Marquita Knight	LBCC	17-1¼
5. Ciesha Hicks	Cerritos	16-8
6. Margo Hammerstrom	Mira Costa	16-8
7. Christine Arroyo	Hancock	16-7
8. Marcela Fogg	Orange Coast	16-5

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Women

Triple Jump

1. Vanitta Kinard	Santa Monica	40-1¼
2. Cecilia Noel	LBCC	37-8¼
3. Caveira Mitchell	LBCC	36-11
4. Wintress Lang	Compton	36-1¼
5. Marcela Fogg	Orange Coast	35-7½
6. Melissa Dunkerly	Canyons	35-6¾
7. Monica Holguin	Fullerton	35-3
8. Beth Ault	Cuesta	35-2

Shot Put

1. Yolanda Crowder	Bakersfield	41-4½
2. Bernadette Quinoñes	Cerritos	39-4½
3. Jennifer Wright	Cuesta	38-10
4. Sara Goodlaw	Pasadena	37-11
5. Rene Harris	SD Mesa	37-8
6. Rose Ballesteros	Citrus	37-8
7. Kellie Scott	Grossmont	37-7½
8. Dani Darrow	SD Mesa	36-7

Discus

1. Michelle Bryant	Mt. SAC	145-6
2. Amy Blackburn	Ventura	139-9
3. Dani Darrow	SD Mesa	130-8
4. Jennifer Wright	Cuesta	129-2
5. Yolanda Crowder	Bakersfield	124-7
6. Kellie Scott	Grossmont	123-8
7. Rose Ballesteros	Citrus	121-10
8. Rene Harris	SD Mesa	116-1

Javelin

1. Charity Amana	LA Trade Tech	139-11
2. Rose Ballesteros	Citrus	129-8
3. Alicia Rubio	Riverside	125-4
4. Kia Ruiz	Mt. SAC	118-3
5. Amy Phillips	Fullerton	117-6
6. Tish Icon	Canyons	111-10
7. Kristi Swick	Orange Coast	106-9
8. Kelly McAlee	Cuesta	106-6

Heptathlon