

**Southern California Community College Regional Track & Field Championship • Norwalk, CA • May 9, 1998**

**Men:** 1. Mt. SAC 173½; 2. Riverside 122; 3. SD Mesa 87; 4. Long Beach 79; 5. Moorpark 40; 6. El Camino 34; 7. Orange Coast 37; 8. Bakersfield 31; 9. East LA 23; 10. Santa Ana 22.

**Women:** 1. SD Mesa 98; 2. Mt. SAC 85; 3. Long Beach 83; 4. Santa Barbara 72; 5. Moorpark 66; 6. El Camino 65; 7. Orange Coast 54; 8. Citrus 44; 9. Bakersfield 43½; 10. Ventura 43.

**Men**

100—1. O. Loum, Riverside, 10.23; 2. Williams, SD Mesa, 10.35; 3. Henderson, West LA, 10.49; 4. Brown, Mt. SAC, 10.53; 5. tie between Linscomb, Mt. SAC, Brown and San Bernardino Valley, 10.58.

200—1. O. Loum, Riverside, 20.57; 2. Roller, Mt. SAC, 20.86; 3. Williams, SD Mesa, 20.93; 4. Brown, San Bernardino, 21.09; 5. S. Loum, Riverside, 21.14; 6. Linscomb, Mt. SAC, 21.22.

400—1. Roller, Mt. SAC, 46.61; 2. Williams, Santa Ana, 47.12; 3. Loum, Riverside, 47.17; 4. Burston, SD Mesa, 47.43; 5. Ravenet, Long Beach, 47.52; 6. Williams, Riverside, 47.60.

800—1. Pratt, East LA, 1:51.38; 2. Hunter, Riverside, 1:53.33; 3. Gallegos, East LA, 1:53.78; 4. Jones, El Camino, 1:53.91; 5. Gonzalez, Mt. SAC, 1:54.51; 6. Waldheim, SD Mesa, 1:55.46.

1,500—1. Rowditch, Riverside, 3:53.54; 2. Jones, SD Mesa, 3:55.15; 3. Gabriel, SD Mesa, 3:55.98; 4. Nelson, Golden West, 3:57.26; 5. Roberts, Saddleback, 3:57.70; 6. Morales, East LA, 3:58.02.

3,000 STEEPLECHASE—1. Serratos, Glendale, 9:20.32; 2. Coronado, Moorpark, 9:21.23; 3. Appell, Orange Coast, 9:33.09; 4. Merino, Glendale, 9:36.42; 5. Verdejo, Bakersfield, 9:37.39; 6. Godoy, San Bernardino, 9:39.15.

5,000—1. Bowditch, Riverside, 14:18.95; 2. Guzman, SD Mesa, 14:57.44; 3. Feliciano, El Camino, 15:08.33; 4. Cisneros, EC, 15:08.56; 5. Gray, Moorpark, 15:08.63; 6. Coronado, Moorpark, 15:08.66.

**Men**

**10,000**

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110 HH—1. Paxton, Long Beach, 13.93; 2. Brown, Long Beach, 14.03; 3. Haywood, Long Beach, 14.25; 4. Williams, Mt. SAC, 14.55; 5. Spence, Riverside, 14.71; 6. Walker, Mt. SAC, 14.73.

400 IH—1. Haywood, Long Beach, 51.19; 2. Phillips, Canyons, 52.69; 3. Carter, Bakersfield, 52.83; 4. Wilson, Riverside, 52.86; 5. Walker, Mt. SAC, 52.93; 6. Lewis, Riverside, 52.95.

400 RELAY—1. Mt. San Antonio, 40.19; 2. SD Mesa, 40.22; 3. Long Beach, 40.78; 4. Riverside, 40.84; 5. Cerritos, 41.24; 6. West LA, 6. West LA, 41.35.

1,600 RELAY—1. Riverside, 3:09.56; 2. SD Mesa, 3:09.83; 3. Long Beach, 3:09.93; 4. Mt. SAC, 3:12.30; 5. El Camino, 3:14.46; 6. East LA, 3:17.66.

HIGH JUMP—1. Frick, Santa Barbara, 6-10; 2. Mitchell, Cuyamaca, 6-10; 3. Parks, Saddleback, 6-10; 4. Ruvolo, Riverside, 6-8; 5. Wilkins, Cuesta, 6-8; 6. tie among Gillette, El Camino, Reese, Saddleback and Velazquez, Antelope Valley, 6-2.

POLE VAULT—1. Gilbert, Mt. SAC, 15-6; 2. Petz, Mt. SAC, 15-6; 3. Brauer, Moorpark, 15-0; 4. Vansluis, Santa Ana, 15-0; 5. tie between Bell, Riverside, Boundbung, San Diego Mesa, Voorhis, Saddleback, 14-6.

LONG JUMP—1. Walker, SD Mesa, 24-4¼; 2. Nealy, Mt. SAC, 24-3½; 3. Scott, Mt. SAC, 24-1¾; 4. Velazquez, Antelope Valley, 23-1¼; 5. Laville, Bakersfield, 23-0; 6. Young, L.A. Southwest, 22-9¾.

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**Women:** 1. SD Mesa 98; 2. Mt. SAC 85; 3. Long Beach 83; 4. Santa Barbara 72; 5. Moorpark 66; 6. El Camino 65; 7. Orange Coast 54; 8. Citrus 44; 9. Bakersfield 43½; 10. Ventura 43.

**Men**

**Women**

**TRIPLE JUMP**—1. Anderson, Long Beach, 49-2½; 2. Evans, Southwest LA, 48-10¾; 3/4; 3. Williams, Mt. SAC, 47-11; 4. Rudder, San Diego Mesa, 47-8; 5. Brown, Mt. SAC, 47-0¼; 6. Rosser, El Camino, 46-2.

**SHOTPUT**—1. Holstrum, Mt. SAC, 57-5; 2. Modoc, Mt. SAC, 57-3¼; 3. Anderson, Long Beach City, 52-2½; 4. Johansson, Mt. SAC, 51-0; 5. Macrea, Valley, 50-11; 6. Lopez, Bakersfield, 49-3.

**DISCUS**—1. Holstrum, Mt. SAC, 172-5; 2. Johansson, Mt. SAC, 162-2; 3. Doh, Riverside, 161-10; 4. Laamanen, Citrus, 157-6; 5. Bracy, Riverside, 155-2; 6. Faast, Bakersfield, 154-2.

**HAMMER**—1. Johansson, Mt. SAC, 188-0; 2. Faast, Bakersfield, 173-6; 3. Modoc, Mt. SAC, 172-8; 4. Holstrum, Mt. SAC, 170-8; 5. Dawson, Cuyamaca, 154-10; 6. Pula, Santa Ana, 154-2.

**JAVELIN**—1. Bardone, Orange Coast, 194-5; 2. Malbrough, Long Beach, 193-10; 3. Murray, Cerritos, 193-3; 4. Shaner, Golden West, 191-2; 5. Abney, SBCC, 174-8; 6. Thompson, Pasadena, 172-9.

**100**—1. Rimm, Ventura, 11.93; 2. Vanhook, Long Beach, 11.97; 3. Mt. SAC, 58.04; 6. Woods, El Camino, 59.78.

**200**—1. Vanhook, Long Beach, 24.61; 2. Marshall, Golden West, 25.04; 3. Edge, SD Mesa, 25.12; 4. Shugart, Santa Barbara, 25.17; 5. Sullivan, SD Mesa, 25.35; 6. Fleming, Long Beach, 25.42.

**400**—1. Dunn, SD Mesa, 55.42; 2. Edge, SD Mesa, 55.48; 3. Shugart, Santa Barbara, 56.58; 4. Marshall, Golden West, 57.11; 5. Jones, Mt. SAC, 58.04; 6. Woods, El Camino, 59.78.

**800**—1. Sumlin, Bakersfield, 2:14.95; 2. Lee, El Camino, 2:17.76; 4. Arner, Citrus, 2:18.85; 5. Ford-Wambui, Mt. SAC, 2:19.68; 6. Papadopoulos, Fullerton, 2:19.85.

**1,500**—1. Sumlin, Bakersfield, 4:39.34; 2. Loera, Valley, 4:41.67; 3. Barajas, Valley, 4:42.41; 4. Ford-Wambui, Mt. SAC, 4:42.84; 5. Wise, El Camino, 4:47.29; 6. Hall, El Camino, 4:56.85.

**3,000**—1. Barajas, Valley, 10:08.35; 2. Loera, Valley, 10:17.70; 3. Martinez, Orange Coast, 10:18.79; 4. Christian, Bakersfield, 10:40.90; 5. Caples, Orange Coast, 10:42.06; 6. O'Connor, SD Mesa, 10:56.01.

**5,000**—1. Isbill, Santa Barbara, 17:40.54; 2. Martinez, Orange Coast, 17:59.47; 3. Wise, El Camino, 18:24.44; 4. Hughes, SD Mesa, 18:27.38; 5. Riel, Orange Coast, 18:31.51; 6. Caples, Orange Coast, 18:38.13.

**Decathlon**

1. Bardone	Orange Coast	5,931
2. Nichols	Fullerton	5,802

**10,000**

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**Women**

**100 HIGH HURDLES**—1. Nelson, Long Beach, 14.40; 2. Fleming, Long Beach, 14.64; 3. Livingston, Moorpark, 14.89; 4. Stinson, Mt. SAC, 14.92; 5. Rolle, Long Beach, 15.13; 6. Morgan, SD Mesa, 15.29.

**400 LOW HURDLES**—1. Rolle, Long Beach, 1:02.50; 2. Dawkins, Pasadena, 1:04.27; 3. Meceli, Santa Barbara, 1:04.56; 4. Christensen, Moorpark, 1:05.16; 5. Lakotich, Moorpark, 1:06.53; 6. Perez, Cuyamaca, 1:08.19.

**400 RELAY**—1. SD Mesa, 47.72; 2. Long Beach, 47.75; 3. Mt. San Antonio, 49.20; 4. Moorpark, 49.45; 5. Riverside, 49.88; 6. El Camino, 49.91.

**1,600 RELAY**—1. Long Beach, 3:50.90; 2. SD Mesa, 3:56.10; 3. El Camino, 3:59.00; 4. Moorpark, 4:04.61; 5. Santa Barbara, 4:04.94; 6. Citrus, 4:07.58.

**HJ**—1. Miceli, Santa Barbara, 5-3¾; 2. Higginson, Long Beach, 5-3¾; 3. tie between Castelo, Santa Barbara, Jones, Bakersfield, 5-3¾; 5. Noble, Cuesta, 5-3¾; 6. Willard, Saddleback, 5-1¾.

**PV**—1. Heup, Golden West, 10-6; 2. Large, Mt. SAC, 10-0; 3. Sargent, Mt. SAC, 10-0; 4. Peverill, Mt. SAC, 10-0; 5. Thurston, Mt. SAC, 9-6; 6. Alvarez, Riverside, 9-6.

**LONG JUMP**—1. Jones, Mt. SAC, 20-5¼; 2. Grant, Mt. SAC, 19-5; 3. Rimm, Ventura, 18-7¼; 4. McDonald, Bakersfield, 17-9¼; 5. Mejia, Citrus, 17-8¾; 6. Steele, Fullerton, 17-8¼.

**Women**

**TRIPLE JUMP**—1. Onwubere, El Camino, 39-1¼; 2. Mejia, Citrus, 38-7½; 3. Baker, Riverside, 38-4; 4. Furr, Citrus, 37-8 3/4; 5. Grant, Mt. SAC, 37-7 3/4; 6. Poe, El Camino, 37-5 1/4.

**SHOTPUT**—1. Tuimoloau, Moorpark, 44-2; 2. Apiafi, Pasadena, 41-9½; 3. Birdsong, Pasadena, 41-3 1/2; 4. Erickson, Orange Coast, 39-7½; 5. Foster, Ventura, 39-7; 6. Edwards, SD Mesa, 39-5¼.

**DISCUS**—1. Cano, East LA, 135-10; 2. Edwards, SD Mesa, 129-8; 3. Walker, El Camino, 125-0; 4. Tuimoloau, Moorpark, 121-6; 5. Cain, SD Mesa, 119-1; 6. Ruffus, San Bernardino, 115-10.

**HAMMER**—1. Foster, Ventura, 132-11; 2. Grubb, Moorpark, 132-10; 3. Cano, East LA, 129-5; 4. Cain, SD Mesa, 128-1; 5. Stinson, Bakersfield, 127-11; 6. Erickson, Orange Coast, 125-4.

**JAVELIN**—1. Cano, East LA, 129-5; 2. Bano, Ventura, 123-2; 3. Arana, Moorpark, 121-11; 4. Wang, Mt. SAC, 115-7; 5. Birdsong, Pasadena, 114-1; 6. Jacobson, Santa Barbara, 108-7.

**Heptathlon**

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