

## Southern California Community College Regional Track & Field Championship • Cerritos, CA • May 13, 2003

**Men:** 1. Mt. SAC 232; 2. El Camino 150; 3. Cerritos 135; 4. LBCC 98; 5. East LA 57; 6. Pasadena 33; 7. LA Southwest 28; 8. Compton 27; 9. LACC 8; 10. LA Trade Tech 2.

**Women:** 1. Mt. SAC 254; 2. El Camino 138; 3. LBCC 124; 4. Cerritos 110; 5. East LA 69; 6. LA Southwest 20; 7. LA Trade Tech 15; 8. Compton 10; 9. LACC 8; 10. Pasadena 3.

### Men

#### 100m

1. Rod McNeal	Compton	10.33
2. Ron Hill	Mt. SAC	10.36
3. Travon Lee	Cerritos	10.39
4. John Bolton	LBCC	10.56
5. Vedell Lewis	Cerritos	10.61
6. Erik Pfeiffer	Mt. SAC	10.64
7. Shaka McNiel	LA Southwest	10.84
8. Dennis Samuels	LA Southwest	11.29
9. Carlos Moore	Mt. SAC	nt

#### 200m

1. Travon Lee	Cerritos	21.08
2. Fernanda Blakely	Pasadena	21.29
3. Chris Hardiman	Cerritos	21.55
4. Ron Hill	Mt. SAC	21.66
5. Vedell Lewis	Cerritos	21.69
6. Erik Pfeiffer	Mt. SAC	21.72
7. Damian Murphy	LBCC	21.76
8. Thomas Hunter	Cerritos	21.85
9. Carlos Moore	Mt. SAC	nt

#### 400m

1. Fernanda Blakely	Pasadena	47.67
2. Daryl Terrell	LBCC	48.27
3. Chris Hardiman	Cerritos	48.42
4. Antione Woodard	Cerritos	48.46
5. Brandon Gardner	LA Southwest	48.67
6. Damian Murphy	LBCC	48.75
7. Mark Jones	El Camino	49.34
8. Thomas Hunter	Cerritos	49.35
9. Brandon Brisco	Cerritos	49.38

#### 800m

1. Brandon Shaw	Mt. SAC	1:55.58
2. Jon Collins	Cerritos	1:56.44
3. Juan Ceja	El Camino	1:56.58
4. Doug Westphal	El Camino	1:57.55
5. DeAndrae Marks	El Camino	1:57.67
6. Nathaniel McDonald	LBCC	1:57.90
7. Deandre Haney	Cerritos	1:58.51
8. Deandre MacMiller	Cerritos	1:59.79
9. Nic Clark	El Camino	2:06.78

#### 1500m

1. Michael Jackson	LBCC	4:00.24
2. Doug Westphal	El Camino	4:01.95
3. Jonah Lefkowitz	Mt. SAC	4:04.03
4. Kevin Ray	El Camino	4:07.89
5. Jose Cruz	Pasadena	4:08.21
6. Jeffery Mass	Mt. SAC	4:08.51
7. Nic Clark	El Camino	4:09.33
8. Chris Miano	Mt. SAC	4:11.38
9. Miguel Lara	Mt. SAC	4:14.24

### Men

#### 5K

1. David Cerecerez	Mt. SAC	15:37.41
2. Michael Jackson	LBCC	15:47.97
3. Paul Gonzalez	Mt. SAC	15:52.37
4. Edgar Flores	East LA	15:53.71
5. Anabal Torres	East LA	15:55.10
6. Juan Ceja	El Camino	16:04.09
7. Rodrigo Gomez	Mt. SAC	16:08.49
8. Simon Lam	Mt. SAC	16:24.52
9. Kevin Ray	El Camino	16:52.60

#### 10K

1. Anabal Torres	East LA	33:40.96
2. Edgar Flores	East LA	34:15.06
3. Simon Lam	Mt. SAC	34:24.00
4. Alvonso Vergara	LBCC	34:54.61
5. Samuel Castro	East LA	35:03.35
6. Sergio Arias	East LA	35:07.98
7. Sam Uribe	LA Trade Tech	36:11.79
8. Leonel Gallardo	East LA	36:13.69
9. David Sandoval	Cerritos	37:16.22

#### 110mH

1. Harold Nair	Mt. SAC	15.17
2. Kendall Peters	Mt. SAC	15.23
3. Jan Zeisel	Cerritos	15.25
4. Emijah Calvin	Mt. SAC	15.37
5. Elisha McCall	Mt. SAC	15.79
6. Rodney Williams	LACC	16.52
7. Kyle Manning	Mt. SAC	17.60
8. Chad Sloan	El Camino	17.70

#### 400IH

1. Elisha McCall	Mt. SAC	54.90
2. Emijah Calvin	Mt. SAC	55.38
3. Kendall Peters	Mt. SAC	55.90
4. Marco Lewis-Brown	Cerritos	56.15
5. Chad Sloan	El Camino	58.79
6. Harold Williams	Cerritos	63.66
7. Kyle Manning	Mt. SAC	64.08
8. Jeremy Trotter	LACC	72.08
9. Edward Johnson	Cerritos	nt

#### 3K Steeplechase

1. Juan Ceja	El Camino	9:56.81
2. Edgar Flores	East LA	10:00.54
3. Fidel Dominguez	Mt. SAC	10:09.74
4. Rodrigo Gomez	Mt. SAC	10:16.70
5. Oscar Campos	East LA	10:23.35
6. Sergio Arias	East LA	10:34.22
7. Ivan Arreola	East LA	10:55.04
8. Leonel Gallardo	East LA	11:09.73
9. Juan Miranda	LA Trade Tech	nt

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### Men

#### 4x100

1. Cerritos	40.38
2. Mt. SAC	41.10
3. LBCC	41.48
4. El Camino	41.89
5. LA Southwest	42.47
6. LACC	45.92
East LA	nt
LA Trade Tech	nt

#### 4x400

1. Cerritos	3:15.39
2. LBCC	3:18.28
3. El Camino	3:18.37
4. Mt. SAC	3:18.85
5. LA Southwest	3:28.37
6. East LA	3:32.45
7. LACC	3:37.40
LA Trade Tech	nt
Pasadena	nt

#### HIGH JUMP

1. Damian Dinham	LBCC	6-4
2. Josh Smith	Compton	6-4
3. Marquis Jackson	LBCC	6-2
4. Harold Nair	Mt. SAC	6-0
5. Dornoir Flax	Mt. SAC	5-10
6. Sammy Davis	El Camino	5-8
7. Jan Ziesel	Cerritos	5-8
8. John Smith	El Camino	5-8

#### POLE VAULT

1. John Stephens	Mt. SAC	15-1
2. Darryl Ploen	El Camino	13-6
3. Brandon Guffey	Mt. SAC	13-0
4. James Morales	Mt. SAC	13-0
5. Erick Edquist	Mt. SAC	12-6
5. Guillermo Gonzalez	Mt. SAC	12-6
7. Jan Ziesel	Cerritos	12-6

#### LONG JUMP

1. Ron Hill	Mt. SAC	24-4
2. Donald Sledge	LA Southwest	23-8 $\frac{1}{4}$
3. Cory Silas	Compton	22-7 $\frac{1}{4}$
4. Sammy Davis	El Camino	22-5 $\frac{1}{4}$
5. Rodney Williams	LACC	21-8 $\frac{1}{4}$
6. Tremell Parker	El Camino	20-10
7. Josh Smith	Compton	20-8
8. Dornoir Flax	Mt. SAC	20-7
9. Robert Lung	Mt. SAC	19-10

#### TRIPLE JUMP

1. Jovan Grady	LBCC	48-2 $\frac{1}{2}$
2. Sammy Davis	El Camino	46-1
3. Jean Sok	LBCC	46-0 $\frac{1}{2}$
4. Donald Sledge	LA Southwest	44-5 $\frac{3}{4}$
5. Tremell Parker	El Camino	43-3
6. Ortie Rainford	Cerritos	43-0 $\frac{1}{2}$
7. Robert Lung	Mt. SAC	42-4
8. Josh Smith	Compton	40-8
9. Harold Nair	Mt. SAC	40-3

#### SHOT PUT

1. David Guerin	El Camino	56-1 $\frac{1}{4}$
2. Miroslau Dec	Mt. SAC	52-8 $\frac{3}{4}$
3. Harold Young	El Camino	52-7 $\frac{1}{2}$
4. Isaias Hernandez	Cerritos	49-10 $\frac{3}{4}$
5. James Ferguson	Mt. SAC	48-9
6. Mario Hill	Pasadena	46-7
7. Julian Diaz	Cerritos	40-3
8. Armando Ramirez	Cerritos	40-0 $\frac{1}{2}$
9. Daniel Gibson	Mt. SAC	39-10 $\frac{1}{4}$

#### DISCUS

1. Harold Young	El Camino	174-10
2. David Guerin	El Camino	153-4
3. Miroslau Dec	Mt. SAC	152-2
4. Armando Ramirez	Cerritos	146-10
5. Luis Madrigal	Pasadena	143-4
6. Isaias Hernandez	Cerritos	139-0
7. Mario Hill	Pasadena	136-10
8. Edward Cho	LBCC	122-10
9. Kyle Jones	Mt. SAC	106-6

#### HAMMER

1. James Ferguson	Mt. SAC	154-1
2. Miroslau Dec	Mt. SAC	136-8
3. Armando Ramirez	Cerritos	133-0
4. Edward Cho	LBCC	126-9
5. Isaias Hernandez	Cerritos	105-2
6. Kyle Jones	Mt. SAC	101-1
7. Richard Girgis	LBCC	83-7
8. David Lujan	East LA	73-8

#### JAVELIN (non-scoring)

1. Ian Deutsch	Mt. SAC	118-1
2. David Lujan	East LA	110-2
3. Richard Girgis	LBCC	100-6
4. Albert Espinoza	East LA	97-3
5. Edward Cho	LBCC	84-7
6. Michael Mendoza	Mt. SAC	79-9

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### Women

#### 100m

1. April Brown	Cerritos	11.62
2. Marcia Fenton	El Camino	11.98
3. Magnolia Howell	Mt. SAC	12.16
4. Toshica Gaines	Cerritos	12.24
5. April Panteau	LBCC	12.27
6. Jessica Anderson	Mt. SAC	12.47
7. Deborah Bowser	Cerritos	12.48
8. Shante' Washington	El Camino	12.57
9. Jamie Cuthbert-Allen	Mt. SAC	12.68

#### 200m

1. Marcia Fenton	El Camino	24.99
2. Lorraine Weldon	Cerritos	25.05
3. Cora Diggins	Cerritos	25.54
4. Josanne Bridgewater	LBCC	25.56
5. Kelly Smith	LBCC	25.67
6. Toshica Gaines	Cerritos	25.93
7. Magnolia Howell	Mt. SAC	25.97
8. Deborah Bowser	Cerritos	26.08
9. Melissa Fletcher	Cerritos	26.53

#### 400m

1. Lorraine Weldon	Cerritos	55.91
2. Brenda Austin	LBCC	57.74
3. Josanne Bridgewater	LBCC	57.88
4. Caitlin Barrow	El Camino	59.35
5. Krystal Johnson	El Camino	61.64
6. Kelly Stafford	LA Trade Tech	62.75
7. Gemita Haynie	Mt. SAC	62.82
8. Chanel Black	El Camino	64.42

#### 800m

1. Stacey Livingston	LBCC	2:16.17
2. Melissa Dixon	Cerritos	2:20.07
3. Crystal McDonald	LA Southwest	2:21.80
4. Isabel Espinosa	East LA	2:30.83
5. Ana Gaeta	LBCC	2:42.20
6. Rosa Lizarraga	LACC	2:52.47
7. Nallely Trejo	El Camino	2:56.71
8. Monica Navarro	LACC	3:01.33
9. Ivette Martinez	LACC	3:01.58

#### 1500m

1. Christina Lara	Mt. SAC	4:56.85
2. Isabel Espinosa	East LA	5:02.17
3. Jessica Lugo	El Camino	5:03.60
4. Jacque Ramirez	Mt. SAC	5:07.20
5. Elizabeth Gonzalez	East LA	5:14.52
6. Debbie Ditch	Mt. SAC	5:24.55
7. Flora Lugo	El Camino	5:28.84
8. Jennifer Castro	East LA	5:41.29
9. Jessica Prado	Cerritos	5:46.70

#### 5K

1. Christina Lara	Mt. SAC	18:05.14
2. Alejandra Contreras	Mt. SAC	18:54.71
3. Michelle Acosta	Mt. SAC	19:14.36
4. Jessica Lugo	El Camino	19:27.69
5. Ana Juarez	East LA	19:42.22
6. Jacque Ramirez	Mt. SAC	19:47.70
7. Liz Lugo	El Camino	19:51.14
8. Araceli Campos	East LA	19:51.16
9. Julie Stewart	Cerritos	19:53.85

#### 10K

1. Christina Lara	Mt. SAC	38:50.80
2. Ana Juarez	East LA	40:28.82
3. Michelle Acosta	Mt. SAC	41:27.98
4. Araceli Campos	East LA	41:39.95
5. Dennise Warnecke	El Camino	41:41.93
6. Alejandra Contreras	Mt. SAC	41:51.09
7. Julie Stewart	Cerritos	41:52.74
8. Liz Lugo	El Camino	42:17.52
9. Elizabeth Gonzalez	East LA	42:35.22

#### 100mH

1. Jessica Anderson	Mt. SAC	14.28
2. Monique Anderson	LBCC	14.49
3. Tassia Cendejas	Mt. SAC	14.69
4. Vage Beasley	LBCC	14.73
5. Alicia Brown	Mt. SAC	15.72
6. Jamie Bereal	Cerritos	15.95
7. Sophia Ruiz	El Camino	16.59
8. Bridgette Rivera	Cerritos	16.78
9. Jasmine Wilkerson	El Camino	20.84

#### 400mH

1. Monique Anderson	LBCC	61.21
2. Tassia Cendejas	Mt. SAC	65.74
3. Sandy Ledezma	Cerritos	66.79
4. Kristen Goosens	Mt. SAC	67.81
5. Jamie Bereal	Cerritos	69.45
6. Bridgette Rivera	Cerritos	70.36
7. Sophia Ruiz	El Camino	71.69
8. Mayra Gutierrez	Cerritos	82.62

#### 3K Steeplchase

1. Jessica Lugo	El Camino	12:03.99
2. Alejandra Contreras	Mt. SAC	12:25.37
3. Naomi Quisenberry	Mt. SAC	12:48.90
4. Debbie Ditch	Mt. SAC	13:12.92
5. Elizabeth Gonzalez	East LA	13:18.59
6. Diana Zepeda	East LA	13:49.61
7. Nallely Trejo	El Camino	15:40.54

#### 4x100

1. Cerritos	46.26
2. LBCC	47.28
3. Mt. SAC	48.82
4. El Camino	48.83
5. LA Trade Tech	51.86
6. LACC	55.00

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### Women

#### 4x400

1. Cerritos	3:46.29
2. LBCC	3:48.98
3. El Camino	4:02.91
4. Mt. SAC	4:04.32
5. LACC	4:47.10

#### HIGH JUMP

1. Nicole Hunter	Compton	5-4
2. Jamie Cuthbert-Allen	Mt. SAC	5-2
2. Sophia Ruiz	El Camino	5-2
4. Vage Beasley	LBCC	5-2
5. Vallery Delaunay	Mt. SAC	5-2
6. Tassia Cendejas	Mt. SAC	5-0
7. Caitlin Barrow	El Camino	5-0
8. Crystal Spencer-Garnett	LBCC	4-10

#### POLE VAULT

1. Sarah Hamler	Mt. SAC	11-0
2. Mayra Gutierrez	Cerritos	9-0
3. Lucia Mota	LBCC	8-6

#### LONG JUMP

1. Jamie Cuthbert-Allen	Mt. SAC	18-0½
2. Vage Beasley	LBCC	17-4¼
3. Caitlin Barrow	El Camino	16-11¼
4. Shante' Washington	El Camino	16-10
5. Vallery Delaunay	Mt. SAC	16-8
6. Dorothy Garcia	Mt. SAC	16-5¼
7. Crystal Spencer-Garnett	LBCC	15-10
8. Alicia Brown	Mt. SAC	15-8¾
9. Sophia Ruiz	El Camino	15-5½

#### TRIPLE JUMP

1. Alicia Brown	Mt. SAC	36-5¾
2. Vallery Delaunay	Mt. SAC	36-5½
3. Sophia Ruiz	El Camino	35-2¾
4. Dorothy Garcia	Mt. SAC	34-11
5. Melissa Fletcher	Cerritos	33-11¾
6. Marleanna Curry	Pasadena	33-5¾
7. Shante' Washington	El Camino	33-1¾
8. Caitlin Barrow	El Camino	32-0¼

#### SHOT PUT

1. Tamara Gooden	Mt. SAC	37-0½
2. Angela Hood	LA Trade Tech	31-1½
3. Crystal McNeal	El Camino	30-3
4. Ebony Stone	LBCC	29-11
5. Paula Cross	LBCC	28-5¾
6. Alejandra Roman	Mt. SAC	28-4¾

### Women

#### DISCUS

1. Crystal McNeal	El Camino	123-9
2. Gene Garrett	LA Southwest	123-0
3. Charle Jackson	LA Southwest	115-5
4. Tamara Gooden	Mt. SAC	105-1
5. Paula Cross	LBCC	99-6
6. Candice McNeal	El Camino	90-11
7. Aja Noble	East LA	83-8
8. Alejandra Roman	Mt. SAC	81-8
9. Genoveva Perez	East LA	65-2

#### HAMMER

1. Aja Noble	East LA	111-2
2. Paula Cross	LBCC	108-2
3. Genoveva Perez	East LA	97-11
4. Alicia Gilbert	Mt. SAC	97-7
5. Jennifer Ramirez	East LA	93-9
6. Heather Garcia	Mt. SAC	92-1
7. Rachel Andrade	East LA	85-11
8. Lisa Ramirez	East LA	80-4