

So Cal Championships

5/4 - 5/11/13 Antelope Valley
Lancaster, CA

Men's Team Scores

Women's Team Scores

Rank	Team Name	Score	Rank	Team Name	Score
1	Riverside	225	1	Cerritos	116
2	Mt. SAC	98	2	Riverside	90
3	San Diego Mesa	96	3	Mt. SAC	88.5
4	Cerritos	59	4	Moorpark	59
5	Pasadena	37	4	West Los Angeles	59
6	Saddleback	34	6	Pasadena	45
7	Chaffey	25	7	El Camino	43
8	Cuyamaca	23	8	Glendale	42
8	Fullerton	23	9	San Bernardino Valley	31.5
10	Glendale	21	10	LA Trade Tech	28
11	West Los Angeles	20	11	Bakersfield	26
12	Cuesta	18	12	Saddleback	22
13	LA Valley	17	13	Cuesta	20
14	Southwestern	16	14	Cuyamaca	19
15	Canyons	15	14	Fullerton	19
15	Orange Coast	15	15	Ventura	19
17	Golden West	14	17	LA Valley	16
17	Santa Barbara	14	18	Golden West	14
19	Bakersfield	10	19	Orange Coast	13.5
19	LA Trade Tech	10	20	Santa Barbara	12.5
20	Santiago Canyon	10	21	San Diego Mesa	11
22	East LA	7	22	Antelope Valley	8
23	El Camino	4	23	Palomar	5
24	Santa Monica	3	23	Southwestern	5
25	Antelope Valley	2	25	Long Beach	4
25	Long Beach	2	26	Santiago Canyon	3
27	San Bernardino Valley	1			

Men's 100m Dash

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

Wind:
1.1

Place	Overall	Name	Year	Team	Time	Score
1	1	Jones, Dominic	SO	Mt. SAC	10.45	10
2	2	Thymes, Just'n	FR	Riverside	10.46	8
3	3	GRIFFITH, FABIAN	FR	Chaffey	10.59	6
4	4	Pickering, Jared	SO	San Diego Mesa	10.60	5
5	5	Martin, Louis	SO	Riverside	10.62	4
6	6	SMITH, DERRICK	SO	Chaffey	10.66	3
7	7	Bassman, Christian	FR	Long Beach	10.74	2
8	8	Nwachie, Chukwuekeze	FR	Fullerton	10.75	1
9	9	Shepherd, Derrick	FR	Pasadena	10.78	-

Preliminaries: Heat #1

Wind: -6.5 ↑UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Nwachie, Chukwuekeze	FR	Fullerton	11.36	
2	5	Bassman, Christian	FR	Long Beach	11.38	
3	6	Thymes, Just'n	FR	Riverside	11.39	
4	8	Pickering, Jared	SO	San Diego Mesa	11.40	
5	10	FORD, WALTER	FR	Chaffey	11.49	
6	12	Singletary, Napoleon	FR	Riverside	11.58	
7	12	Anumgba, Earvin	SO	Fullerton	11.58	
8	17	Shetty, Vivaswan	SO	Pasadena	11.73	
9	20	Watson, Ryan	SO	Golden West	11.79	

Preliminaries: Heat #2

Wind: -5.5 ↑UP

Place	Overall	Name	Year	Team	Time	Score
1	1	Shepherd, Derrick	FR	Pasadena	11.32	

2	7	Martin, Louis	SO	Riverside	11.40	
3	9	SMITH, DERRICK	SO	Chaffey	11.42	
4	11	Lacy, Will	SO	West Los Angeles	11.52	
5	19	Womach, Kuantan	FR	San Diego Mesa	11.76	
6		Al-Arnous, Ibrahim	SO	Santiago Canyon	NT	
7		King, Kyree	FR	Mt. SAC	NT	
8		Awoyele, Anthony	SO	Fullerton	NT	
9		Thornton, Joshua	FR	Allan Hancock	NT	

Preliminaries: Heat #3

Wind: -7.2 **↑ UP**

Place	Overall	Name	Year	Team	Time	Score
1	3	GRIFFITH, FABIAN	FR	Chaffey	11.37	
2	4	Jones, Dominic	SO	Mt. SAC	11.38	
3	14	NORWOOD, MICHAEL	SO	Bakersfield	11.63	
4	15	Bidlow, Cody	SO	Santa Barbara	11.66	
5	16	Honore, Jourdan	FR	Glendale	11.71	
6	18	HUNT, WALTER	SO	Bakersfield	11.74	
7	21	Jones, Craig	FR	Cerritos	11.82	
8	22	Brummel, Aaron	FR	San Diego Mesa	11.86	
9	23	Davis, Randall	SO	Santa Barbara	12.16	

Men's 200m Dash

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

Wind: 1

	Place	Overall Name	Year	Team	Time	Score
1	1	Thymes, Just'n	FR	Riverside	20.68	10
2	2	Pickering, Jared	SO	San Diego Mesa	21.06	8
	3	Norris, De'Shon	SO	Fullerton	21.23	6
	4	King, Kyree	FR	Mt. SAC	21.31	5
	5	Martin, Louis	SO	Riverside	21.40	4
6	6	Aly, Nick	SO	San Diego Mesa	21.72	3
7	7	Lacy, Will	SO	West Los Angeles	21.84	2
	8	GRIFFITH, FABIAN	FR	Chaffey	22.05	1
	9	Watson, Ryan	SO	Golden West	22.08	-

Preliminaries: Heat #1

Wind: -2.5

↑UP

	Place	Overall Name	Year	Team	Time	Score
	1	Thymes, Just'n	FR	Riverside	21.35	
	2	4	King, Kyree	FR	Mt. SAC	21.94
	3	7	Watson, Ryan	SO	Golden West	22.17
	4	10	Orange, Evant	SO	Orange Coast	22.22
5	11	Winston, Sterling	FR	Riverside	22.25	
	6	13	Toler, Elisha	FR	Cerritos	22.46
	7	14	Vasel, Mathew	FR	Riverside	22.49
8		Harmon, Chaz	FR	Santiago Canyon	NT	
9		NORWOOD, MICHAEL	SO	Bakersfield	NT	

Preliminaries: Heat #2

Wind: -7.5

↑UP

	Place	Overall Name	Year	Team	Time	Score
1	3	Pickering, Jared	SO	San Diego Mesa	22.96	
2	6	Lacy, Will	SO	West Los Angeles	23.06	
	3	9	Martin, Louis	SO	Riverside	23.09
4	18	Favors, Chineek	SO	Pasadena	23.10	
	5	19	FORD, WALTER	FR	Chaffey	23.24
6	20	Bassman, Christian	FR	Long Beach	23.30	
7	22	Shetty, Vivaswan	SO	Pasadena	23.67	
8	23	Honore, Jourdan	FR	Glendale	23.75	
	9	24	Tyes, Diontaye	SO	Mt. SAC	23.88

Preliminaries: Heat #3

Wind: -5 ↑UP

	Place	Overall Name	Year	Team	Time	Score
	1	2	Norris, De'Shon	SO	Fullerton	22.29
	2	5	GRIFFITH, FABIAN	FR	Chaffey	22.35
3	8	Aly, Nick	SO	San Diego Mesa	22.42	
4	12	Singletary, Napoleon	FR	Riverside	22.43	
5	15	Schneider, Taylor	SO	Cuyamaca	22.50	

Men's 400m Dash

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	Aly, Nick	SO	San Diego Mesa	46.65	10
2	2	Norris, De'Shon	SO	Fullerton	46.66	8
3	3	Winston, Sterling	FR	Riverside	47.35	6
4	4	Fowler, Anthony	FR	Canyons	47.49	5
5	5	Schneider, Taylor	SO	Cuyamaca	47.74	4
6	6	White, Christian	FR	Pasadena	47.80	3
7	7	Toler, Elisha	FR	Cerritos	48.14	2
8	8	Lekas, Cliff	SO	Santa Barbara	48.43	1
9	9	Myers, Bob	FR	San Diego Mesa	48.67	-

Preliminaries: Heat #1

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Norris, De'Shon	SO	Fullerton	48.79	
2	5	Lekas, Cliff	SO	Santa Barbara	48.94	
3	9	Myers, Bob	FR	San Diego Mesa	49.31	
4	10	Jabril, Kiree	SO	Long Beach	49.35	
5	12	Biggers, Garrette	FR	Riverside	49.59	
6	15	Brown, Drew Kameryon	FR	Santa Monica	49.71	
7	21	Picot, Michael	FR	San Diego Mesa	50.54	
8	22	Munoz, Daniel	SO	Glendale	50.61	
9	23	Normore, Dechaunce	FR	Antelope Valley	50.76	

Preliminaries: Heat #2

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	3	Aly, Nick	SO	San Diego Mesa	49.04	
2	8	Schneider, Taylor	SO	Cuyamaca	49.23	

3	13	Palacio, Franz	SO	West Los Angeles	49.62	
4	14	Flowers, Shane	FR	Mt. SAC	49.70	
5	18	Vasel, Mathew	FR	Riverside	50.23	
6	19	Olvera, Leo	SO	Golden West	50.42	
7	25	Favors, Chineek	SO	Pasadena	51.09	
8	26	Johnson, Bryant	FR	Pasadena	51.27	
9	27	Harmon, Chaz	FR	Santiago Canyon	51.41	

Preliminaries: Heat #3

↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	1	White, Christian	FR	Pasadena	48.76	
2	4	Toler, Elisha	FR	Cerritos	48.77	
3	6	Fowler, Anthony	FR	Canyons	49.01	
4	7	Winston, Sterling	FR	Riverside	49.12	
5	11	Ceja, Anthony	FR	Riverside	49.36	
6	15	Torres, Michael	FR	Mt. SAC	49.71	
7	17	Kovach, Zach	FR	San Diego Mesa	49.73	
8	20	Sanchez, Andrew	FR	Canyons	50.43	
9	23	JONES, WILLIE	FR	Chaffey	50.76	

Men's 800m Run

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	Amankwah, Alex	SO	West Los Angeles	1:50.02	10
2	2	Harris, Bennett	SO	Riverside	1:51.13	8
3	3	Gutierrez, Luis	FR	Riverside	1:51.77	6
4	4	Contreras, William	SO	Riverside	1:51.83	5
5	5	Naylon, Ryan		Mt. SAC	1:51.84	4
6	6	LOUSTALOT, DAVIS	SO	Bakersfield	1:54.93	3
7	7	Vega, Adam	SO	Cerritos	1:55.43	2

8	8	Cardenas-Guerrero, Camilo	FR	Riverside	2:01.84	1
9	9	Bazinet, Jonathan	FR	Cerritos	2:07.40	-

Preliminaries: Heat #1

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	1	Amankwah, Alex	SO	West Los Angeles	1:55.15	
2	4	Bazinet, Jonathan	FR	Cerritos	1:57.26	
3	8	Naylon, Ryan		Mt. SAC	1:57.95	
4	9	Cardenas-Guerrero, Camilo	FR	Riverside	1:58.55	
5	12	Macky, Connor	SO	Cuyamaca	2:00.53	
6	17	Weber, Zackery	FR	Santa Monica	2:02.31	
7	19	Maize, Ryan	FR	Cuyamaca	2:04.07	
8	22	Medina, Ricardo	FR	Saddleback	2:05.86	
9	23	Jasso, Aaron	FR	East LA	2:06.02	

Preliminaries: Heat #2

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Harris, Bennett	SO	Riverside	1:56.10	
2	5	Vega, Adam	SO	Cerritos	1:57.35	
3	7	LOUSTALOT, DAVIS	SO	Bakersfield	1:57.47	
4	10	Banales, Leonardo	SO	Cuyamaca	1:58.82	
5	13	Luevano, Terrence	FR	Santa Monica	2:00.79	
6	14	Nealon, John	FR	Santa Barbara	2:02.08	
7	16	Malone, Ashton	FR	Glendale	2:02.15	
8	25	Figuroa, Ryan	FR	Santiago Canyon	2:07.29	
9	26	Hall, Weston	FR	Orange Coast	2:09.73	

Preliminaries: Heat #3

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	3	Gutierrez, Luis	FR	Riverside	1:58.05	

2	6	Contreras, William	SO	Riverside	1:59.42	
3	11	Lewis, DeShaunte	SO	Cerritos	2:00.17	
4	14	Morales, Jesus	FR	Cerritos	2:02.08	
5	18	Castillo, Mario	SO	Glendale	2:03.43	
6	20	Navarro, Andrew	FR	San Diego Mesa	2:04.20	
7	21	Smith, Karlan	FR	San Bernardino Valley	2:05.14	
8	24	Robinson, George	FR	Cerritos	2:06.46	
9		Spangler, David	FR	San Bernardino Valley	NT	

Men's 1,500m Run

Finals: Heat #1

Preliminaries: Heat #1|2

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	Gutierrez, Luis	FR	Riverside	3:57.45	10
2	2	Bazinet, Jonathan	FR	Cerritos	4:01.98	8
3	3	Vasquez, Edwardo	FR	Glendale	4:02.32	6
4	4	Gamez, Albert	FR	San Diego Mesa	4:02.46	5
5	5	Rosales, David	SO	El Camino	4:03.36	4
6	6	Lewis, DeShaunte	SO	Cerritos	4:04.34	3
7	7	Poston, Thomas	SO	Cerritos	4:05.72	2
8	8	Perez, Erik	SO	San Bernardino Valley	4:06.75	1
9	9	Mora, Paul	FR	Cerritos	4:07.71	-
10	10	Aguilar, Joseph	SO	San Bernardino Valley	4:12.20	-
11	11	Spangler, David	FR	San Bernardino Valley	4:16.34	-
12	12	Weaver, Justin	FR	Long Beach	4:23.28	-

Preliminaries: Heat #1

↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Gutierrez, Luis	FR	Riverside	4:04.98	
2	4	Mora, Paul	FR	Cerritos	4:08.00	
3	4	Perez, Erik	SO	San Bernardino Valley	4:08.00	

4	8	Rosales, David	SO	El Camino	4:08.16	
5	11	Weaver, Justin	FR	Long Beach	4:08.18	
6	15	Medina, Ricardo	FR	Saddleback	4:12.53	
7	16	Castillo, Mario	SO	Glendale	4:13.01	
8	17	Redick, Daniel	FR	Santa Monica	4:14.44	
9	19	Hyden, Christopher	FR	San Bernardino Valley	4:15.86	
10	21	Russell, Kevin	FR	Orange Coast	4:22.17	
11	23	Cuahutles, Moises	FR	Fullerton	4:23.59	
12	25	Johnson, Alex	SO	Canyons	4:27.44	
13		Roberts, Ian	FR	Santa Barbara	NT	

Preliminaries: Heat #2

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	1	Bazinet, Jonathan	FR	Cerritos	4:03.96	
2	3	Lewis, DeShaunte	SO	Cerritos	4:04.30	
3	6	Gamez, Albert	FR	San Diego Mesa	4:04.51	
4	7	Poston, Thomas	SO	Cerritos	4:05.61	
5	9	Spangler, David	FR	San Bernardino Valley	4:05.67	
6	10	Vasquez, Edwardo	FR	Glendale	4:07.48	
7	12	Aguilar, Joseph	SO	San Bernardino Valley	4:08.31	
8	13	Hall, Weston	FR	Orange Coast	4:09.52	
9	14	Barragan, Benjamin	FR	San Bernardino Valley	4:11.88	
10	18	Ortiz, Jose	FR	Orange Coast	4:14.96	
11	20	Pleitez, David	FR	Cerritos	4:19.82	
12	22	Wheeler, Chase	FR	Canyons	4:23.26	
13	24	Handel, Christopher	SO	Cuesta	4:26.13	
14		LANGDEAUX, RICHARD	SO	Bakersfield	NT	

Men's 5,000m Run

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	Guzman-Aguilar, John	SO	Riverside	15:11.15	10

2	2	Kahssay, Munir	SO	Cerritos	15:18.00	8
3	3	Martinez, Steven	FR	San Diego Mesa	15:18.76	6
4	4	Marx, Dylan	SO	San Diego Mesa	15:19.23	5
5	5	Diosdado, Issac	SO	Glendale	15:19.94	4
6	6	Fisk, Kyler	FR	Saddleback	15:29.73	3
7	7	Lutz, Kurt	SO	Glendale	15:33.64	2
8	8	Ortiz, Jesus	SO	LA Trade Tech	15:34.31	1
9	9	Kahssay, Mustafa	SO	Cerritos	15:57.73	-
10	10	Ybarra, Daniel	SO	Riverside	15:59.00	-
11	11	Alcantar, Angel	SO	LA Valley	16:10.04	-
12	12	Herrera, Derek	SO	Saddleback	16:11.64	-
13	13	Ramirez, Enrique	FR	Glendale	16:17.22	-
14	14	Berumen, Cesar	FR	San Bernardino Valley	16:27.83	-
15	15	Contreras, Oscar	FR	Cerritos	16:35.95	-
16	16	Rosales, David	SO	El Camino	16:40.57	-
17	17	Barragan, Benjamin	FR	San Bernardino Valley	16:42.71	-
18	18	Ortiz, Jose	FR	Orange Coast	16:47.19	-
19	19	Ceja, Gonzalo	FR	East LA	16:52.65	-
20	20	Puentes, Bryon		LA Trade Tech	16:56.13	-
21	21	Carranza, Esteban	FR	West Los Angeles	17:00.35	-
22		Alexander, Dylan	FR	LA Valley	NT	-
23		Taylor, Brandon	SO	Cerritos	NT	-
24		Torres, Omar	FR	Cerritos	NT	-
25		Mendez, Mizrael	SO	Glendale	NT	-
26		Gomez, Francisco	SO	San Bernardino Valley	NT	-
27		Hinesly, Jace	SO	Orange Coast	NT	-

Men's 10,000m Run

 **Finals:** 

Place	Overall	Name	Year	Team	Time	Score
1	1	Guzman-Aguilar, John	SO	Riverside	31:47.68	10
2	2	Kahssay, Munir	SO	Cerritos	32:20.12	8
3	3	Fisk, Kyler	FR	Saddleback	32:27.00	6

4	4	Martinez, Steven	FR	San Diego Mesa	32:29.50	5
5	5	Canela, Arturo	SO	San Diego Mesa	32:50.51	4
6	6	Torres, Omar	FR	Cerritos	33:11.10	3
7	7	Ortiz, Jose	FR	Orange Coast	33:19.16	2
8	8	Granados, Ricardo	FR	LA Trade Tech	33:19.26	1
9	9	Ceja, Gonzalo	FR	East LA	33:24.16	-
10	10	Ramirez, Enrique	FR	Glendale	33:34.79	-
11	11	Ybarra, Daniel	SO	Riverside	33:38.05	-
12	12	Pina, Eder	SO	LA Trade Tech	33:42.77	-
13	13	Alcantar, Angel	SO	LA Valley	33:49.70	-
14	14	Herrera, Derek	SO	Saddleback	33:52.36	-
15	15	Mendez, Mizrael	SO	Glendale	34:02.55	-
16	16	Beckner, Andrew	FR	San Diego Mesa	34:07.62	-
17	17	Berumen, Cesar	FR	San Bernardino Valley	34:14.79	-
18	18	Collins, Christopher	FR	Mt. SAC	34:30.24	-
19	19	Lawler, Ryan	FR	Cuyamaca	34:50.27	-
20	20	Garzon, Jesus	FR	LA Valley	35:41.88	-
21	21	Serrano, Jorge	FR	Glendale	35:49.37	-
22	22	Salinas, Elvis	FR	Cerritos	35:57.68	-
23		Miranda-Lavertu, Reo	SO	El Camino	NT	-
24		Kahssay, Mustafa	SO	Cerritos	NT	-
25		Gomez, Francisco	SO	San Bernardino Valley	NT	-
26		Contreras, Oscar	FR	Cerritos	NT	-
27		Bonthius, Jay	FR	Orange Coast	NT	-

Men's 110m Hurdles

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

Wind: 0.7

	Place	Overall	Name	Year	Team	Time	Score
	1	1	McCully, Toure	FR	Mt. SAC	14.39	10
	2	2	Morris, Jordon	SO	Riverside	14.42	8
	3	3	Navarro, Chris	SO	Riverside	14.59	6
4	4		Ostrowski, Alexander	SO	Mt. SAC	14.76	5
	5	5	Landeros, Dean	SO	Mt. SAC	14.80	4
	6	6	Lee, John	FR	Pasadena	14.84	3
7	7		Reynolds, Gabriel (Nick)	SO	Riverside	14.92	2
	8	8	Mitchell, Te' von	FR	Pasadena	14.94	1
	9	9	Peters, Michael	SO	Riverside	15.09	-

Preliminaries: Heat #1

Wind: -3.4

↑UP

	Place	Overall	Name	Year	Team	Time	Score
	1	1	McCully, Toure	FR	Mt. SAC	14.74	
2	4		Reynolds, Gabriel (Nick)	SO	Riverside	15.35	
	3	7	Peters, Michael	SO	Riverside	15.36	
4	11		Nguyen, Anthony	SO	Fullerton	15.92	
5	13		Ludd, Imani	FR	San Diego Mesa	16.08	
	6	18	Hale, Shian	FR	Pasadena	16.40	
7	19		Canseco, Chris	SO	San Diego Mesa	16.57	
8	20		Camacho, Wilber	SO	Southwestern	16.66	
	9	21	Smith, Darren	FR	Santa Barbara	16.85	

Preliminaries: Heat #2

Wind: -6.8

↑UP

	Place	Overall	Name	Year	Team	Time	Score
	1	3	Navarro, Chris	SO	Riverside	15.39	
	2	6	Mitchell, Te' von	FR	Pasadena	16.03	
	3	9	Lee, John	FR	Pasadena	16.08	
	4	14	Turner, Jonte		Riverside	16.22	
5	15		Williams, Najee	SO	West Los Angeles	16.23	
6	16		Finney, Malcolm	FR	Long Beach	16.25	
	7	22	Ford, Terry	FR	Mt. SAC	16.89	
8	24		Gibson, Jurnee	FR	West Los Angeles	17.42	
9	26		Tesfamichael, Robeal	FR	San Diego Mesa	17.86	

Preliminaries: Heat #3

Wind: -5.5

↑UP

	Place	Overall	Name	Year	Team	Time	Score
	1	2	Morris, Jordon	SO	Riverside	15.35	
2	5		Ostrowski, Alexander	SO	Mt. SAC	15.57	
	3	8	Landeros, Dean	SO	Mt. SAC	15.76	
4	10		Richardson, Darien	FR	West Los Angeles	15.78	
	5	12	Kelley, Steven	FR	Cuyamaca	16.00	
6	17		Mendenhall, Lawrence	FR	West Los Angeles	16.20	

Men's 400m Hurdles

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	ROSSER, KHALLIFAH	FR	Chaffey	51.66	10
2	2	Lewis, Zachary	FR	Riverside	52.70	8
3	3	Reynolds, Gabriel (Nick)	SO	Riverside	53.06	6
4	4	Michinock, Charles	FR	Saddleback	53.19	5
5	5	Porter, Jacob	FR	Riverside	53.45	4
6	6	Lake, Tristan	SO	Santa Barbara	53.47	3
7	7	Jeter, Joshua	FR	Riverside	54.01	2
8	8	Long, Christian	SO	Orange Coast	54.57	1
9	9	Peters, Michael	SO	Riverside	56.02	-

Preliminaries: Heat #1

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	3	Peters, Michael	SO	Riverside	53.66	
2	5	Jeter, Joshua	FR	Riverside	54.03	
3	6	Lewis, Zachary	FR	Riverside	54.11	
4	10	Turner, Jonte		Riverside	55.81	
5	11	Armendariz, Avanti	SO	East LA	55.90	
6	13	Ayetiwa, Michael	SO	Mt. SAC	56.14	
7	17	Landeros, Dean	SO	Mt. SAC	57.03	
8	19	Castillo, Efren	SO	Mt. SAC	57.82	
9	20	Ludd, Imani	FR	San Diego Mesa	57.90	

Preliminaries: Heat #2

↑UP

Place	Overall	Name	Year	Team	Time	Score
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1	1	ROSSER, KHALLIFAH	FR	Chaffey	53.25	
2	8	Reynolds, Gabriel (Nick)	SO	Riverside	54.91	
3	9	Long, Christian	SO	Orange Coast	55.21	
4	16	Hernandez, German	SO	Santa Barbara	56.72	
5	18	Louden, Deion	FR	Bakersfield	57.68	
6	23	Mitchell, Te' von	FR	Pasadena	59.11	
7	24	Hendricks, Michael	FR	Southwestern	59.57	
8	25	Richardson, Darien	FR	West Los Angeles	1:02.20	
9	26	Green, Austin	FR	San Diego Mesa	1:03.07	

Preliminaries: Heat #3

↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Michinock, Charles	FR	Saddleback	53.34	
2	4	Lake, Tristan	SO	Santa Barbara	53.92	
3	7	Porter, Jacob	FR	Riverside	54.26	
4	12	Green, Khaleel	FR	Pasadena	55.99	
5	14	Rashada, Ahmad	SO	Cuyamaca	56.49	
6	15	Lencioni, Jared	FR	Bakersfield	56.69	
7	21	Madrigal, Jesus	FR	San Diego Mesa	58.14	
8	22	McPhearson, Greogory	FR	Antelope Valley	58.21	
9		Collins, Jammie	SO	Long Beach	NT	

Men's 3,000m Steeplechase

Finals: Heat #1

Preliminaries: Heat #1|2

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	Marx, Dylan	SO	San Diego Mesa	9:20.57	10
2	2	Ortiz, Jesus	SO	LA Trade Tech	9:29.28	8
3	3	Banales, Leonardo	SO	Cuyamaca	9:34.11	6

4	4	Ceja, Gonzalo	FR	East LA	9:37.99	5
5	5	Taylor, Brandon	SO	Cerritos	9:38.50	4
6	6	Alcantar, Angel	SO	LA Valley	9:41.28	3
7	7	Maize, Ryan	FR	Cuyamaca	9:47.24	2
8	8	Hinesly, Jace	SO	Orange Coast	9:57.71	1
9	9	Magana, Joe	SO	Cerritos	10:07.20	-
10	10	Villa, Jonathan	FR	Cerritos	10:09.01	-
11	11	Cano, Kevin	SO	Pasadena	10:16.35	-
12	12	Banuelos, Jordan	FR	San Bernardino Valley	10:31.61	-

Preliminaries: Heat #1

↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	1	Banales, Leonardo	SO	Cuyamaca	9:44.66	
2	3	Taylor, Brandon	SO	Cerritos	9:45.31	
3	5	Ortiz, Jesus	SO	LA Trade Tech	9:46.22	
4	7	Alcantar, Angel	SO	LA Valley	9:50.53	
5	9	Banuelos, Jordan	FR	San Bernardino Valley	10:09.20	
6	11	Magana, Joe	SO	Cerritos	10:13.61	
7	13	Catalan, Jose	SO	Glendale	10:18.82	
8	14	Carlos, Uriel	FR	LA Trade Tech	10:19.65	
9	16	Rizo, Alexander	FR	LA Trade Tech	10:27.40	
10	18	Davis, Scott	FR	Riverside	10:37.65	
11	20	Mendoza, Jorge	FR	Glendale	10:42.05	
12	23	Hennessy, Alan	SO	San Bernardino Valley	10:56.75	
13	25	Gauger, James	FR	Riverside	11:21.42	

Preliminaries: Heat #2

↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Marx, Dylan	SO	San Diego Mesa	10:04.66	
2	4	Hinesly, Jace	SO	Orange Coast	10:07.82	
3	6	Maize, Ryan	FR	Cuyamaca	10:08.52	

4	8	Ceja, Gonzalo	FR	East LA	10:08.97	
5	10	Cano, Kevin	SO	Pasadena	10:11.03	
6	12	Villa, Jonathan	FR	Cerritos	10:17.61	
7	15	Jauregui, Nicolas	FR	Mt. SAC	10:23.20	
8	17	Vasquez, Yeltsen	SO	Glendale	10:30.26	
9	19	Becerra, Jacob	SO	Cuesta	10:41.66	
10	21	Marin, Daniel	FR	Glendale	10:42.14	
11	22	Stoeffler, Mike	FR	Saddleback	10:50.96	
12	24	Hernandez, Antonio	FR	San Diego Mesa	11:10.07	
13	26	Arteaga, Jared	SO	Orange Coast	11:44.58	
14		Alvaro, Alva	SO	Riverside	NT	

Men's 4 x 100m Relay

Finals: Heat #1

Preliminaries: Heat #1|2|3

 **Finals:** 

Place	Overall	Team	Time	Score
1	1	Mt. SAC (McCully, King, Cherry, Jones)	40.00	10
2	2	San Diego Mesa (Aly, Kovach, Brummel, Pickering)	40.81	8
3	3	Riverside (Singletary, Martin, Winston, Thymes)	40.87	6
4	4	Chaffey (Smith, Ford, Griffith, Rosser)	40.90	5
5	5	Fullerton (Anumgba, Norris, Riley, Nwachie)	40.99	4
6	6	Pasadena (Shepherd, Favors, Johnson, Winston)	41.13	3
7	7	Bakersfield (Hunt, Fuggett, Evans, Norwood)	41.35	2
8	8	Orange Coast (Testini, Sutton, Steinbroner, Orange)	41.63	1

 **Preliminaries: Heat #1**  ↑ UP

Place	Overall	Team	Time	Score
1	1	Mt. SAC (McCully, King, Cherry, Jones)	40.86	
2	8	Orange Coast (Testini, Sutton, Steinbroner, Orange)	42.17	
3	9	West Los Angeles	42.22	
4	12	Cerritos (Figueroa, Jones, Pavone, Norris)	43.01	

5	13	Glendale	43.40	
6	15	Southwestern	44.40	
7	16	LA Trade Tech (Carter, Patterson, Russell, Gaines)	44.46	

Preliminaries: Heat #2

↑ UP

Place	Overall	Team	Time	Score
1	3	Fullerton (Anumgba, Norris, Riley, Nwachie)	41.20	
2	5	Riverside (Lewis, Thymes, Storrs, Biggers)	41.27	
3	6	Bakersfield	41.83	
4	7	Pasadena (Shepherd, Favors, Johnson, Winston)	42.15	
5	11	Santa Barbara	42.57	
6	17	Cuyamaca	44.51	

Preliminaries: Heat #3

↑ UP

Place	Overall	Team	Time	Score
1	2	San Diego Mesa (Myers, Corbett)	41.16	
2	4	Chaffey	41.17	
3	10	El Camino (Brady, Mingo, Parker)	42.51	
4	14	Golden West (Brown, Watson, Lisby, Olvera)	43.56	
5		Saddleback (Perez, Michinock, Hovsepian, Bray)	NT	

Men's 4 x 400m Relay

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

	Place	Overall	Team	Time	Score
	1	1	Riverside (Biggers, Lewis, Winston, Thymes)	3:09.38	10
2	2		West Los Angeles (Palacio, Richardson, Amankwah, Lacy)	3:11.57	8
3	3		San Diego Mesa (Myers, Pickering, Aly, Kovach)	3:12.91	6
	4	4	Pasadena	3:13.16	5
	5	5	Santa Barbara (Lake, Herb, Brown, Lekas)	3:14.41	4
	6	6	Fullerton (Lagman, Norris, Riley, Anumgba)	3:14.97	3
7	7		Antelope Valley (Bendeim, Branch, Dickson, Normore)	3:17.02	2
	8	8	Cerritos	3:18.32	1
9	9		Cuyamaca (Conley, Rashada, Schneider, Manson)	3:21.33	-

Preliminaries: Heat #1

↑ UP

	Place	Overall	Team	Time	Score
	1	1	Riverside (Biggers, Ceja, Winston, Thymes)	3:17.26	
2	6		Cerritos (Figueroa, Robinson, Moreno, Toler)	3:19.52	
	3	7	Santa Barbara (Nealon)	3:20.01	
	4	9	Cuyamaca	3:21.56	
	5	14	Canyons	3:25.71	
6	15		Saddleback (Oikawa, Michinock, Hovsepian, Bray)	3:29.73	

Preliminaries: Heat #2

↑ UP

	Place	Overall	Team	Time	Score
	1	3	San Diego Mesa (Picot)	3:18.49	
	2	5	West Los Angeles	3:18.71	
	3	13	El Camino (Brown, Brady, Parker)	3:24.84	
	4	16	Glendale (Catalan, Jones)	3:31.64	
5	17		East LA (Armendarez, Lucha, Angel, Jasso)	3:34.70	
6	18		Mt. SAC (Flowers, Torres, Herrera, Fairweather)	3:41.72	
	7		Bakersfield	NT	

Preliminaries: Heat #3

↑ UP

	Place	Overall	Team	Time	Score
1	2		Pasadena (Johnson, Favors, White, White)	3:17.90	
2	4		Fullerton (Lagman, Norris, Anumgba, McCants)	3:18.51	
	3	8	Antelope Valley	3:21.41	
	4	10	Long Beach (Collins, White, Jabril, Smith)	3:23.45	
	5	11	Santa Monica	3:23.96	
6	12		Golden West (Hua, Gomez, Watson, Olvera)	3:24.73	
	7		Chaffey	NT	
	8		Southwestern	NT	

Men's High Jump

Finals: Flight #1

Preliminaries: Flight #1

Finals:

	Place	Overall	Name	Year	Team	Height	Score
	1	1	Aguirre, Adam	FR	Cerritos	2.07m	10
2	2		Greene, Branden	FR	Southwestern	2.04m	8
3	2		Williams, Steven	SO	Pasadena	2.04m	6
4	4		WEMHOFF, BEVAN	SO	Bakersfield	2.01m	5
5	5		Polk, Tevin	FR	Pasadena	1.98m	3
	6	5	Hanley, Philip	SO	Cuesta	1.98m	4
7	7		Trotter, Reginald	SO	LA Valley	1.95m	2
	8	7	Dolmos, Lenin	FR	Cerritos	1.95m	1
9	9		Eggenberg, Evan	FR	Bakersfield	1.92m	-
10	9		Johnson, Aaron	FR	Riverside	1.92m	-
11	9		Spence, Troy	FR	San Bernardino Valley	1.92m	-
12	12		Kelley, Steven	FR	Cuyamaca	1.89m	-

Preliminaries:

↑ UP

	Place	Overall	Name	Year	Team	Height	Score
1	1		Trotter, Reginald	SO	LA Valley	1.97m	
2	1		Johnson, Aaron	FR	Riverside	1.97m	
	3	1	Hanley, Philip	SO	Cuesta	1.97m	
	4	1	Dolmos, Lenin	FR	Cerritos	1.97m	
	5	1	Aguirre, Adam	FR	Cerritos	1.97m	
6	1		Greene, Branden	FR	Southwestern	1.97m	
7	1		WEMHOFF, BEVAN	SO	Bakersfield	1.97m	
8	1		Williams, Steven	SO	Pasadena	1.97m	
9	9		Kelley, Steven	FR	Cuyamaca	1.93m	
10	9		Eggenberg, Evan	FR	Bakersfield	1.93m	
11	9		Polk, Tevin	FR	Pasadena	1.93m	
12	9		Spence, Troy	FR	San Bernardino Valley	1.93m	
13	13		White, Tim	FR	Canyons	1.89m	
14	13		Curtis, Spencer	FR	San Diego Mesa	1.89m	
15	13		Moore, Cody	FR	Canyons	1.89m	
16	16		Fairweather, Hakeem	FR	Mt. SAC	1.85m	
17	16		Landery, Siraj	FR	Glendale	1.85m	
	18	16	Smith, Dez	FR	Cuesta	1.85m	
	19	19	Martin, Aaron	FR	Cerritos	1.81m	
20	19		Castellanos, Justin	FR	Mt. SAC	1.81m	
	21	19	Scott, Colin	FR	Saddleback	1.81m	
	22	19	Bailey, Phillip	FR	Riverside	1.81m	
	23	19	Mogg, Kyle	FR	Ventura	1.81m	
	24	24	Miller, Caleb	SO	Riverside	1.77m	
25	24		Hendricks, Michael	FR	Southwestern	1.77m	
26			Weisfield, Stephen	FR	Cuyamaca	NH	
27			Norris, Dionbrea	SO	Cerritos	NH	

Men's Pole Vault

Finals: Flight #1

Preliminaries: Flight #1

Finals:

	Place	Overall	Name	Year	Team	Height	Score
1	1	1	Allen, Austin	SO	LA Valley	4.79m	10
	2	2	Becker, Josiah	SO	Cuesta	4.69m	8
3	2		White, Reed	FR	Mt. SAC	4.69m	6
4	4		Will, Nathan	SO	San Diego Mesa	4.59m	3
5	4		Ramirez, Adrian	SO	Mt. SAC	4.59m	4.5
6	4		Langwasser, Charles	FR	Mt. SAC	4.59m	4.5
7	7		Goodwin, George	FR	Riverside	4.49m	1
8	7		Hamidzadeh, Alexander	SO	LA Valley	4.49m	2
9	7		Anderson, Jacob	SO	Mt. SAC	4.49m	-
10	10		Barnes, Jonathan	SO	Riverside	4.39m	-
	11	10	Hanley, Philip	SO	Cuesta	4.39m	-
12	12		Nguyen, Anthony	SO	Fullerton	4.29m	-
	13	12	Graham, Tynan	FR	Cuesta	4.29m	-
14			Schmidt, Timothy	FR	Mt. SAC	NH	-
15			Canseco, Chris	SO	San Diego Mesa	NH	-

Preliminaries:

↑ UP

	Place	Overall	Name	Year	Team	Height	Score
1	1		Will, Nathan	SO	San Diego Mesa	4.54m	
2	1		Hamidzadeh, Alexander	SO	LA Valley	4.54m	
	3	1	Allen, Austin	SO	LA Valley	4.54m	
	4	1	Becker, Josiah	SO	Cuesta	4.54m	
	5	1	Hanley, Philip	SO	Cuesta	4.54m	
6	1		White, Reed	FR	Mt. SAC	4.54m	
7	7		Nguyen, Anthony	SO	Fullerton	4.39m	
	8	7	Graham, Tynan	FR	Cuesta	4.39m	
9	7		Schmidt, Timothy	FR	Mt. SAC	4.39m	
	10	7	Ramirez, Adrian	SO	Mt. SAC	4.39m	
11	7		Anderson, Jacob	SO	Mt. SAC	4.39m	
12	7		Langwasser, Charles	FR	Mt. SAC	4.39m	
13	7		Canseco, Chris	SO	San Diego Mesa	4.39m	
14	7		Barnes, Jonathan	SO	Riverside	4.39m	
15	7		Goodwin, George	FR	Riverside	4.39m	
	16	16	Seki, Tarou	FR	El Camino	4.24m	
17	16		Ritchie, Christian	FR	Mt. SAC	4.24m	
	18	18	Lee, Brian	FR	Glendale	4.09m	
	19	18	Pittman, Cory	FR	Saddleback	4.09m	
20	20		Sullivan, Alexander	FR	LA Valley	3.94m	
	21	20	Moore, Stephen	FR	Cerritos	3.94m	
22			Omahen, Adam	FR	Cuyamaca	NH	
23			Parker, Brian	FR	Cuyamaca	NH	
24			Curran, Joe	FR	Saddleback	NH	

Men's Long Jump

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

	Place	Overall	Name	Year	Team	Distance	Score
1	1	Corbett, Marquise	FR	San Diego Mesa	7.21m	10	
	2	Murphy, Kevin	SO	Mt. SAC	7.11m	8	
	3	Jones, Dominic	SO	Mt. SAC	7.08m	6	
	4	Davidson, Gary	FR	Riverside	7.01m	5	
5	5	Fairweather, Hakeem	FR	Mt. SAC	6.95m	4	
6	6	Greene, Branden	FR	Southwestern	6.78m	3	
	7	Armendariz, Avanti	SO	East LA	6.75m	2	
	8	Riley, Curtis	FR	Fullerton	6.69m	1	
	9	Nunnery, Terrance	FR	Ventura	6.69m	-	
10	10	Lowder, Michael	SO	Antelope Valley	6.56m	-	
	11	Brady, Luckner	SO	El Camino	ND	-	
	12	Norris, Dionbrea	SO	Cerritos	ND	-	

Preliminaries: Flight #1

↑UP

	Place	Overall	Name	Year	Team	Distance	Score
1	3	Lowder, Michael	SO	Antelope Valley	7.00m		
	2	Nunnery, Terrance	FR	Ventura	6.99m		
	3	Murphy, Kevin	SO	Mt. SAC	6.98m		
	4	Norris, Dionbrea	SO	Cerritos	6.90m		
	5	Armendariz, Avanti	SO	East LA	6.86m		
	6	SMITH, DERRICK	SO	Chaffey	6.73m		
	7	Triplett, Robert	FR	Antelope Valley	6.69m		
	8	White, Tim	FR	Canyons	6.68m		
9	21	Castellanos, Justin	FR	Mt. SAC	6.52m		
10	22	Simmons, Eugene	FR	Southwestern	6.49m		
	11	Tang, Charles	SO	Santa Barbara	6.36m		
12	25	Ostrowski, Alexander	SO	Mt. SAC	6.22m		
13		Richardson, Darien	FR	West Los Angeles	ND		

Preliminaries: Flight #2

↑UP

	Place	Overall	Name	Year	Team	Distance	Score
1	1	Corbett, Marquise	FR	San Diego Mesa	7.34m		
	2	Jones, Dominic	SO	Mt. SAC	7.14m		
3	3	Greene, Branden	FR	Southwestern	7.00m		
4	7	Fairweather, Hakeem	FR	Mt. SAC	6.95m		
	5	Riley, Curtis	FR	Fullerton	6.92m		
	6	Brady, Luckner	SO	El Camino	6.91m		
	7	Davidson, Gary	FR	Riverside	6.89m		
	8	Felder, Nicholas	FR	Riverside	6.84m		
9	15	Price, Alfonso	SO	West Los Angeles	6.70m		
	10	Bailey, Phillip	FR	Riverside	6.69m		
11	19	Cherrv. Marquise	SO	Mt. SAC	6.67m		

Men's Triple Jump

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

	Place	Overall	Name	Year	Team	Distance	Score
	1	1	White, Tim	FR	Canyons	15.61m	10
2	2		Cherry, Marquise	SO	Mt. SAC	14.82m	8
3	3		Zinnamon, Fharhaad	FR	Pasadena	14.51m	6
4	4		Simmons, Eugene	FR	Southwestern	14.47m	5
	5	5	Carrigan, Jr., Ricky	FR	Cerritos	14.37m	4
	6	6	Vickers, Carzel	FR	Santa Monica	14.31m	3
7	7		Beale, Divonte	FR	Santiago Canyon	14.19m	2
	8	8	Smith, Dez	FR	Cuesta	13.84m	1
	9	9	Corbin, Khalil	FR	Mt. SAC	13.45m	-
	10	10	Olear, Jude	FR	LA Valley	12.98m	-
11	11		Price, Alfonso	SO	West Los Angeles	12.86m	-
	12		Bula, Regis	FR	El Camino	ND	-
13			Palacio, Franz	SO	West Los Angeles	ND	-

Preliminaries: Flight #1

	Place	Overall	Name	Year	Team	Distance	Score
	1	1	White, Tim	FR	Canyons	15.47m	
2	3		Beale, Divonte	FR	Santiago Canyon	14.46m	
3	4		Cherry, Marquise	SO	Mt. SAC	14.34m	
	4	5	Smith, Dez	FR	Cuesta	14.23m	
	5	6	Carrigan, Jr., Ricky	FR	Cerritos	14.09m	
	6	16	Davidson, Gary	FR	Riverside	12.96m	
7	17		Trotter, Reginald	SO	LA Valley	12.84m	
8	18		Pendleton, Spencer	FR	Riverside	12.83m	
	9	19	Hamilton, Corey	FR	Orange Coast	12.64m	
10	21		Ludd, Imani	FR	San Diego Mesa	12.37m	
11	22		Palacio, Franz	SO	West Los Angeles	12.29m	
	12		Johnson, Aaron	FR	Riverside	ND	
13			Miller, De'Andre	FR	West Los Angeles	ND	

↑ UP

Preliminaries: Flight #2

	Place	Overall	Name	Year	Team	Distance	Score
	1	2	Vickers, Carzel	FR	Santa Monica	14.66m	
2	7		Zinnamon, Fharhaad	FR	Pasadena	14.05m	
3	8		Simmons, Eugene	FR	Southwestern	13.84m	
4	9		Price, Alfonso	SO	West Los Angeles	13.65m	
	5	10	Bula, Regis	FR	El Camino	13.62m	
	6	10	Corbin, Khalil	FR	Mt. SAC	13.62m	
	7	12	Olear, Jude	FR	LA Valley	13.48m	
	8	13	Armendariz, Avanti	SO	East LA	13.38m	
9	14		Corbett, Marquise	FR	San Diego Mesa	13.37m	
10	15		Valencia, Emanuel	SO	Orange Coast	13.33m	

↑ UP

Men's Shot Put

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

	Place	Overall	Name	Year	Team	Distance	Score
	1	1	Einck, Connor	FR	Riverside	16.08m	10
	2	2	Sutton, Marc	FR	Riverside	15.23m	8
	3	3	Jamil, Issa	SO	Cuyamaca	14.99m	6
4	4		Jones, Daniel	SO	Santiago Canyon	14.87m	5
	5	5	Bradley, Garrett	SO	Riverside	14.19m	4
	6	6	Ramos, Moises	SO	Riverside	14.10m	3
7	7		Strong, Ndoto	FR	San Diego Mesa	13.96m	2
	8	8	Merkley, Kyle	FR	Riverside	13.83m	1
	9	9	Casillas, Jose	FR	Riverside	13.79m	-
	10	10	Kent, Ryan	FR	Riverside	13.70m	-
11	11		Hamilton, William	FR	Cuyamaca	13.52m	-
12	12		La Croix, Nicholas	SO	Glendale	12.69m	-

Preliminaries: Flight #1

	Place	Overall	Name	Year	Team	Distance	Score
	1	1	Einck, Connor	FR	Riverside	17.04m	
	2	2	Ramos, Moises	SO	Riverside	15.69m	
3	6		Strong, Ndoto	FR	San Diego Mesa	14.14m	
	4	7	Sutton, Marc	FR	Riverside	14.13m	
	5	8	Jamil, Issa	SO	Cuyamaca	14.06m	
	6	8	Bradley, Garrett	SO	Riverside	14.06m	
7	10		Hamilton, William	FR	Cuyamaca	13.59m	
8	12		La Croix, Nicholas	SO	Glendale	13.45m	
9	17		Iheanaju, Kolmus	FR	West Los Angeles	13.16m	
	10	18	Leonard, Joe	FR	Cerritos	12.98m	
11	23		Romero, German	FR	San Diego Mesa	11.99m	
12	26		Walker, Christopher	SO	West Los Angeles	11.68m	
	13		Birtwell, Gary	FR	Southwestern	ND	

↑UP

Preliminaries: Flight #2

	Place	Overall	Name	Year	Team	Distance	Score
1	3		Jones, Daniel	SO	Santiago Canyon	14.75m	
	2	4	Casillas, Jose	FR	Riverside	14.51m	
	3	5	Kent, Ryan	FR	Riverside	14.17m	
	4	11	Merkley, Kyle	FR	Riverside	13.47m	
5	13		Ambrosine, Julian	SO	Mt. SAC	13.43m	
6	14		Russell, Aaron	FR	San Diego Mesa	13.37m	
	7	15	Morgan, John	FR	Santa Barbara	13.19m	
8	16		Street, Christopher	FR	El Camino	13.17m	
9	19		Gonzalez, Michael	SO	El Camino	12.95m	
	10	20	Vargas, Gabriel	FR	Riverside	12.79m	
	11	21	Moran, Russell	FR	Allan Hancock	12.69m	

↑UP

Men's Discus Throw

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

Place	Overall	Name	Year	Team	Distance	Score
1	1	Geers, Patrick	FR	Saddleback	45.92m	10
2	2	Einck, Connor	FR	Riverside	45.47m	8
3	3	Russell, Aaron	FR	San Diego Mesa	45.28m	6
4	4	Vuncannon, Quaid	FR	Glendale	43.94m	5
5	5	Boozel, Sean	SO	Cuyamaca	43.79m	4
6	6	Jones, Daniel	SO	Santiago Canyon	43.15m	3
7	7	Wood, Caleb	FR	Pasadena	43.02m	2
8	8	Jamil, Issa	SO	Cuyamaca	40.63m	1
9	9	Bravo, Erick	SO	Antelope Valley	40.61m	-
10	10	Walker, Christopher	SO	West Los Angeles	36.90m	-
11		Sumler, Mark	FR	San Bernardino Valley	ND	-
12		Vargas, Gabriel	FR	Riverside	ND	-

Preliminaries: Flight #1

↑ UP

Place	Overall	Name	Year	Team	Distance	Score
1	1	Russell, Aaron	FR	San Diego Mesa	46.62m	
2	7	Sumler, Mark	FR	San Bernardino Valley	43.88m	
3	9	Bravo, Erick	SO	Antelope Valley	42.78m	
4	10	Boozel, Sean	SO	Cuyamaca	42.39m	
5	11	Jamil, Issa	SO	Cuyamaca	42.37m	
6	13	Bagnell, Steven	FR	Riverside	41.22m	
7	14	Morgan, John	FR	Santa Barbara	40.85m	
8	17	Gonzalez, Michael	SO	El Camino	40.39m	
9	19	Hamilton, William	FR	Cuyamaca	39.50m	
10	20	Sutton, Marc	FR	Riverside	39.23m	

11	22	Strong, Ndoto	FR	San Diego Mesa	37.98m	
12	23	Ramos, Moises	SO	Riverside	37.25m	
13		Detter, Bruce	FR	Allan Hancock	ND	

Preliminaries: Flight #2

↑ UP

Place	Overall	Name	Year	Team	Distance	Score
1	2	Einck, Connor	FR	Riverside	46.24m	
2	3	Wood, Caleb	FR	Pasadena	44.79m	
3	4	Jones, Daniel	SO	Santiago Canyon	44.46m	
4	5	Walker, Christopher	SO	West Los Angeles	44.04m	
5	6	Vuncannon, Quaid	FR	Glendale	43.98m	
6	8	Vargas, Gabriel	FR	Riverside	43.58m	
7	12	Geers, Patrick	FR	Saddleback	42.06m	
8	15	Villegas, Bobby	FR	Cerritos	40.84m	
9	16	Casillas, Jose	FR	Riverside	40.64m	
10	18	Trudahl, Jacob	FR	Santa Monica	40.03m	
11	21	Jackson-Jones, Zedric	FR	Riverside	38.20m	
12	24	Perez, Cesar	SO	Long Beach	37.19m	
13	25	Street, Christopher	FR	El Camino	36.42m	
14		Medel, Michael	FR	Mt. SAC	ND	

Men's Hammer Throw

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

Place	Overall	Name	Year	Team	Distance	Score
1	1	Geers, Patrick	FR	Saddleback	55.41m	10
2	2	Ramos, Moises	SO	Riverside	53.37m	8
3	3	Pollok, Austin	SO	Orange Coast	51.97m	6
4	4	Peraza, Casey	FR	Golden West	51.17m	5
5	5	Merkley, Kyle	FR	Riverside	50.63m	4
6	6	La Croix, Nicholas	SO	Glendale	49.59m	3

7	7	Kent, Ryan	FR	Riverside	49.19m	2
8	8	Flowers, Zak	SO	Golden West	49.17m	1
9	9	Cotter, Travis	SO	Saddleback	48.54m	-
10	10	Larkin, Patrick	SO	Antelope Valley	46.95m	-
11	11	Bravo, Erick	SO	Antelope Valley	46.28m	-
12	12	Leonard, Joe	FR	Cerritos	40.97m	-

Preliminaries: Flight #1

↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	2	Ramos, Moises	SO	Riverside	51.92m	
2	5	Kent, Ryan	FR	Riverside	49.63m	
3	6	Pollok, Austin	SO	Orange Coast	49.38m	
4	7	Flowers, Zak	SO	Golden West	48.64m	
5	9	Larkin, Patrick	SO	Antelope Valley	47.29m	
6	13	Penticoff, Nathan	FR	Mt. SAC	45.65m	
7	15	Taylor, Brian	SO	Orange Coast	44.38m	
8	15	Jackson-Jones, Zedric	FR	Riverside	44.38m	
9	17	Jamil, Issa	SO	Cuyamaca	44.17m	
10	18	Medrano, Eduardo	FR	Cuyamaca	42.84m	
11	20	Birtwell, Gary	FR	Southwestern	41.33m	
12	23	Noriesta, Kenneth	FR	Mt. SAC	40.25m	
13	26	Hamilton, William	FR	Cuyamaca	35.38m	

Preliminaries: Flight #2

↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	1	Geers, Patrick	FR	Saddleback	53.63m	
2	3	La Croix, Nicholas	SO	Glendale	50.38m	
3	4	Merkley, Kyle	FR	Riverside	49.98m	
4	8	Cotter, Travis	SO	Saddleback	47.53m	
5	10	Bravo, Erick	SO	Antelope Valley	46.95m	
6	11	Peraza, Casey	FR	Golden West	46.80m	
7	12	Leonard, Joe	FR	Cerritos	46.16m	
8	14	Russell, Aaron	FR	San Diego Mesa	45.61m	

9	19	Boozel, Sean	SO	Cuyamaca	42.71m	
10	21	Reyes, Angel	SO	Ventura	40.72m	
11	22	Thompson, Joseph	FR	Glendale	40.31m	
12	24	Ambrosine, Julian	SO	Mt. SAC	40.21m	
13	25	Do, Samuel	FR	Cerritos	36.26m	
14	27	Villegas, Bobby	FR	Cerritos	29.45m	

Men's Javelin

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

Place	Overall	Name	Year	Team	Distance	Score
1	1	Navarro, Chris	SO	Riverside	57.13m	10
2	2	Hernandez, Daniel	FR	Golden West	55.96m	8
3	3	Meteski, Aaron	FR	Santa Barbara	55.36m	6
4	4	Wood, Caleb	FR	Pasadena	55.25m	5
5	5	Clemons, Patrick	SO	Cuesta	54.74m	4
6	6	Shalabi, Emad	SO	Riverside	53.26m	3
7	7	Sherwood, Dalton	FR	Mt. SAC	52.28m	2
8	8	Ahn, Jason	SO	Glendale	51.76m	1
9	9	Thompson, Joseph	FR	Glendale	51.75m	-
10	10	Moore, Cody	FR	Canyons	49.71m	-
11	11	Trudahl, Jacob	FR	Santa Monica	49.51m	-
12	12	Jamil, Issa	SO	Cuyamaca	49.44m	-

Preliminaries: Flight #1

↑ UP

Place	Overall	Name	Year	Team	Distance	Score
1	1	Clemons, Patrick	SO	Cuesta	58.40m	
2	2	Hernandez, Daniel	FR	Golden West	56.35m	
3	11	Thompson, Joseph	FR	Glendale	49.25m	
4	12	Sherwood, Dalton	FR	Mt. SAC	49.10m	

5	13	Canseco, Chris	SO	San Diego Mesa	48.32m	
6	15	Aguirre, Adam	FR	Cerritos	47.11m	
7	17	Ostgaard, Jake	FR	Cerritos	45.88m	
8	18	Chancellor, Aaron	SO	Saddleback	45.84m	
9	19	Larson, Matt	FR	El Camino	45.05m	
10	20	Price, Raymond	FR	Cerritos	45.01m	
11	21	Street, Christopher	FR	El Camino	43.71m	
12	23	Vuncannon, Quaid	FR	Glendale	42.46m	
13	24	Parker, Brian	FR	Cuyamaca	36.77m	

Preliminaries: Flight #2

↑ UP

Place	Overall	Name	Year	Team	Distance	Score
1	3	Navarro, Chris	SO	Riverside	55.29m	
2	4	Wood, Caleb	FR	Pasadena	55.11m	
3	5	Meteski, Aaron	FR	Santa Barbara	54.44m	
4	6	Jamil, Issa	SO	Cuyamaca	52.88m	
5	7	Shalabi, Emad	SO	Riverside	52.22m	
6	8	Trudahl, Jacob	FR	Santa Monica	50.63m	
7	9	Ahn, Jason	SO	Glendale	50.05m	
8	10	Moore, Cody	FR	Canyons	49.45m	
9	14	Morris, Jordon	SO	Riverside	48.12m	
10	16	Hernandez, Antonio	FR	San Diego Mesa	45.95m	
11	22	Nelson, Ryan	FR	San Bernardino Valley	42.74m	
12	25	Barrick, Marty	FR	San Diego Mesa	33.57m	
13	26	Martin, Aaron	FR	Cerritos	23.54m	
14		Halliday, Darrin	SO	Orange Coast	ND	

Men's Decathlon

Place	Overall	Name	Year	Team	Points	Score
1	1	Morris, Jordon	SO	Riverside	6327	10
2	2	Navarro, Chris	SO	Riverside	6307	8
3	3	Bailey, Phillip	FR	Riverside	6020	6
4	4	Ostrowski, Alexander	SO	Mt. SAC	5998	5
5	5	Pizzica, Cameron	SO	Orange Coast	5938	4
6	6	Martin, Aaron	FR	Cerritos	5919	3
7	7	Sherwood, Dalton	FR	Mt. SAC	5748	2
8	8	Hanley, Philip	SO	Cuesta	5745	1
9	9	Bardine, Andy	FR	Orange Coast	5690	-
10		Neary, Connor	FR	Ventura	NP	-

So Cal Championships

5/4 - 5/11/13 Antelope Valley
Lancaster, CA

Men's Team Scores

Women's Team Scores

Rank	Team Name	Score	Rank	Team Name	Score
1	Riverside	225	1	Cerritos	116
2	Mt. SAC	98	2	Riverside	90
3	San Diego Mesa	96	3	Mt. SAC	88.5
4	Cerritos	59	4	Moorpark	59
5	Pasadena	37	4	West Los Angeles	59
6	Saddleback	34	6	Pasadena	45
7	Chaffey	25	7	El Camino	43
8	Cuyamaca	23	8	Glendale	42
8	Fullerton	23	9	San Bernardino Valley	31.5
10	Glendale	21	10	LA Trade Tech	28
11	West Los Angeles	20	11	Bakersfield	26
12	Cuesta	18	12	Saddleback	22
13	LA Valley	17	13	Cuesta	20
14	Southwestern	16	14	Cuyamaca	19
15	Canyons	15	14	Fullerton	19
15	Orange Coast	15	15	Ventura	19
17	Golden West	14	17	LA Valley	16
17	Santa Barbara	14	18	Golden West	14
19	Bakersfield	10	19	Orange Coast	13.5
19	LA Trade Tech	10	20	Santa Barbara	12.5
20	Santiago Canyon	10	21	San Diego Mesa	11
22	East LA	7	22	Antelope Valley	8
23	El Camino	4	23	Palomar	5
24	Santa Monica	3	23	Southwestern	5
25	Antelope Valley	2	25	Long Beach	4

25	Long Beach	2	26	Santiago Canyon	3
27	San Bernardino Valley	1			

Women's 100m Dash

Finals: Heat #1

Preliminaries: Heat #1|2|3



Finals:



Wind:
2.5

Place	Overall	Name	Year	Team	Time	Score
1	1	Browne, Omhunique	FR	Pasadena	11.50	10
2	2	Woods, Jasmine	SO	LA Valley	12.06	8
3	3	Reick, Holly	FR	Saddleback	12.10	6
4	4	Dixon, Araya	SO	El Camino	12.14	5
5	5	Baker, Jonika	SO	West Los Angeles	12.15	4
6	6	Clark, Breanna	FR	Pasadena	12.20	3
7	7	Hunter, Shadonna	FR	West Los Angeles	12.29	2
8	7	Myricks, Brittany	SO	Mt. SAC	12.29	1
9	7	Reid, Erin	SO	Cerritos	12.29	-



Preliminaries: Heat #1



Wind: -3.4 **↑UP**

Place	Overall	Name	Year	Team	Time	Score
1	1	Browne, Omhunique	FR	Pasadena	12.20	
2	4	Reid, Erin	SO	Cerritos	12.47	
3	5	Reick, Holly	FR	Saddleback	12.82	
4	8	Hunter, Shadonna	FR	West Los Angeles	12.92	
5	10	Hall, Khadijah	SO	Cerritos	13.06	
6	14	Curry, Danielle	FR	Mt. SAC	13.12	

7	17	Stewart, Shanice	SO	San Bernardino Valley	13.18	
8	22	Wikmark, Samantha	FR	Santa Barbara	13.27	
9	24	Arellano, Manasha	FR	Orange Coast	13.34	

Preliminaries: Heat #2

Wind: -4.2 ↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Woods, Jasmine	SO	LA Valley	12.72	
2	6	Myricks, Brittany	SO	Mt. SAC	12.83	
3	9	Baker, Jonika	SO	West Los Angeles	13.02	
4	13	Mataei, Nafiseh	FR	Glendale	13.10	
5	15	Capano, Lucrezia	FR	Palomar	13.14	
6	19	Goshen, Aariana	SO	Riverside	13.19	
7	19	Rodriguez, Brandee	FR	Riverside	13.19	
8	25	Carillo, Jessica	FR	San Diego Mesa	13.44	
9		Usher, Susanna	FR	West Los Angeles	NT	

Preliminaries: Heat #3

Wind: -5 ↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	3	Dixon, Araya	SO	El Camino	12.74	
2	7	Clark, Breanna	FR	Pasadena	12.84	
3	10	Davis, Ruby	SO	El Camino	13.06	
4	12	Edwards, Bria	SO	Mt. SAC	13.07	
5	15	Harris, Jasmine	SO	Cuyamaca	13.14	
6	17	Gridiron, Jade	FR	Bakersfield	13.18	
7	21	Johnson, Shanera	SO	LA Valley	13.24	
8	23	Corn, Abigail	FR	Palomar	13.33	
9	26	Bhullar, Harneet	FR	Santiago Canyon	13.50	

Women's 200m Dash

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

Wind: 1.8

	Place	Overall	Name	Year	Team	Time	Score
1	1		Browne, Omhunique	FR	Pasadena	23.64	10
	2	2	McDonald, Sara	SO	Moorpark	24.03	8
3	3		Myricks, Brittany	SO	Mt. SAC	24.30	6
	4	4	Dixon, Araya	SO	El Camino	24.50	5
	5	5	Reick, Holly	FR	Saddleback	24.70	4
	6	6	Cooks, Riley	FR	Cuesta	24.89	3
	7	7	Burch, Ariel	SO	Mt. SAC	25.22	2
	8	8	Clark, Breanna	FR	Pasadena	25.28	1
	9	9	Branch, Jaylynn	FR	Long Beach	25.46	-

Preliminaries: Heat #1

Wind: -5.3

↑ UP

	Place	Overall	Name	Year	Team	Time	Score
1	1		Browne, Omhunique	FR	Pasadena	24.96	
	2	5	Reick, Holly	FR	Saddleback	25.77	
	3	7	Cooks, Riley	FR	Cuesta	25.87	
4	10		Rodriguez, Brandee	FR	Riverside	26.16	
5	11		Crawford, Tyra	SO	San Bernardino Valley	26.24	
	6	12	Harris, Jasmine	SO	Cuyamaca	26.42	
7	13		Hunter, Shadonna	FR	West Los Angeles	26.63	
	8	14	King, Killie	FR	Fullerton	26.73	
9	15		Carillo, Jessica	FR	San Diego Mesa	26.81	

Preliminaries: Heat #2

Wind: -7.1

↑ UP

	Place	Overall	Name	Year	Team	Time	Score
	1	2	McDonald, Sara	SO	Moorpark	25.55	
	2	4	Dixon, Araya	SO	El Camino	25.65	
	3	8	Branch, Jaylynn	FR	Long Beach	26.05	
	4	16	Reid, Erin	SO	Cerritos	26.83	
5	18		Simpson, Heather	SO	Golden West	27.08	
6	21		Oniru, Omotoyosi	SO	Fullerton	27.69	
	7	22	Miller, Kierra	FR	Cerritos	27.75	
8	23		Goshen, Aariana	SO	Riverside	27.78	
	9	26	Corn, Abigail	FR	Palomar	28.65	

Preliminaries: Heat #3

Wind: -4.4

↑ UP

Place	Overall	Name	Year	Team	Time	Score
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Women's 400m Dash

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

	Place	Overall Name	Year	Team	Time	Score
1	1	McDonald, Sara	SO	Moorpark	54.89	10
2	2	Burch, Ariel	SO	Mt. SAC	55.85	8
3	3	O'Dwyer, Natalie	FR	Bakersfield	56.38	6
4	4	Williams, Shiloah	SO	Riverside	56.70	5
5	5	Branch, Jaylynn	FR	Long Beach	57.21	4
6	6	Nunez, Raven	FR	El Camino	58.12	3
7	7	Johnson, Tara	SO	Ventura	58.38	2
8	8	Crawford, Tyra	SO	San Bernardino Valley	58.99	1
9	9	Walker, Emily	SO	Santa Barbara	59.06	-

Preliminaries: Heat #1

↑ UP

	Place	Overall Name	Year	Team	Time	Score
1	1	McDonald, Sara	SO	Moorpark	55.74	
2	4	Williams, Shiloah	SO	Riverside	57.74	
3	7	Branch, Jaylynn	FR	Long Beach	58.60	
4	9	Crawford, Tyra	SO	San Bernardino Valley	59.11	
5	12	Simpson, Heather	SO	Golden West	59.96	
6	14	Gilmore, Tierra	SO	Antelope Valley	1:00.32	
7	19	Jungersten, Sara	SO	Santa Barbara	1:00.90	
8	21	Gauthreaux, Hannah	FR	Fullerton	1:01.48	
9	22	Richards, Cydnee	FR	Riverside	1:02.35	

Preliminaries: Heat #2

↑ UP

	Place	Overall Name	Year	Team	Time	Score
1	2	Burch, Ariel	SO	Mt. SAC	56.71	
2	5	Nunez, Raven	FR	El Camino	57.76	
3	6	Johnson, Tara	SO	Ventura	57.97	
4	8	Walker, Emily	SO	Santa Barbara	59.00	
5	10	King, Killie	FR	Fullerton	59.49	
6	15	Young, Ashante	FR	Riverside	1:00.44	
7	17	Grigore, Genevieve	FR	Mt. SAC	1:00.60	
8	18	Peoples, Ashley	FR	Long Beach	1:00.79	
9	24	Murillo, Ana	FR	San Diego Mesa	1:08.65	

Preliminaries: Heat #3

↑ UP

Place	Overall Name	Year	Team	Time	Score
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Women's 800m Run

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	Dial, Tejera	SO	Bakersfield	2:16.90	10
2	2	Lopez, Venessa	SO	Mt. SAC	2:16.91	8
3	3	Asserian, Lilia	SO	Glendale	2:16.98	6
4	4	Morning, Courtney	SO	El Camino	2:18.37	5
5	5	Armes, Jessica	SO	Cuesta	2:18.71	4
6	6	Meng, Lindsey	FR	Santiago Canyon	2:19.07	3
7	7	Bernath, Emily	FR	Santa Barbara	2:22.36	2
8	8	Allen, Leanne	FR	Orange Coast	2:25.56	1
9	9	Householder, Brittany	SO	El Camino	2:30.68	-

Preliminaries: Heat #1

↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	1	Bernath, Emily	FR	Santa Barbara	2:18.47	
2	4	Morning, Courtney	SO	El Camino	2:20.07	
3	9	Lopez, Venessa	SO	Mt. SAC	2:22.98	
4	11	Silacci, Lauren	FR	Cuesta	2:24.35	
5	12	Ferrufino, Jocelyne	FR	Santa Monica	2:25.23	
6	15	Lombardi, Diane	SO	Pasadena	2:27.81	
7	19	Moralieva, Veronika	FR	Orange Coast	2:29.95	
8	23	Nelson, Aleiha	FR	Palomar	2:38.23	
9		Pavloff, Katharine	FR	Golden West	NT	

Preliminaries: Heat #2

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	3	Asserian, Lilia	SO	Glendale	2:21.69	
2	6	Allen, Leanne	FR	Orange Coast	2:22.42	
3	8	Householder, Brittany	SO	El Camino	2:22.87	
4	10	Gonzalez, Lizette	SO	Glendale	2:23.41	
5	13	Foxvog, Danielle	FR	Mt. SAC	2:25.28	
6	14	Rojas, Krystal	FR	El Camino	2:25.67	
7	18	Simental, Edlin	SO	Mt. SAC	2:28.97	
8	20	Solis, Maira	FR	Cerritos	2:30.20	
9	25	Price, Maude	FR	San Diego Mesa	2:47.10	

Preliminaries: Heat #3

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Dial, Tejera	SO	Bakersfield	2:21.20	
2	5	Armes, Jessica	SO	Cuesta	2:22.02	
3	7	Meng, Lindsey	FR	Santiago Canyon	2:22.05	
4	16	Kelly, Emily	SO	Moorpark	2:27.90	
5	17	Cortez, Raeanna	FR	Orange Coast	2:28.53	
6	21	Olmos, Adriana	FR	Cuyamaca	2:31.98	
7	22	Chavez, Kailadnni	FR	Pasadena	2:35.16	
8	24	Flores, Gloria	FR	Saddleback	2:43.92	
9	26	Dorsey, Tori	SO	Palomar	2:53.81	

Women's 1,500m Run

Finals: Heat #1

Preliminaries: Heat #1|2

Finals:

Place	Overall	Name	Year	Team	Time	Score
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1	1	Graham-Zamudio, Grace	SO	Glendale	4:40.00	10
2	2	McNally, Megan	SO	Moorpark	4:45.36	8
3	3	Ramirez, Emma	SO	Antelope Valley	4:46.44	6
4	4	Naumann, Rachel	FR	Moorpark	4:46.59	5
5	5	Nelson, Elizabeth	FR	Glendale	4:48.44	4
6	6	Cortez, Raeanna	FR	Orange Coast	4:51.03	3
7	7	Ramirez, Evonna	SO	Saddleback	4:55.20	2
8	8	Blume, Mandy	SO	San Diego Mesa	4:59.13	1
9	9	Silvas, Karen	FR	Orange Coast	5:00.68	-
10	10	Torres, Cythia	FR	Golden West	5:01.92	-
11	11	Solis, Maira	FR	Cerritos	5:10.68	-
12		Gonzales, Crystal	FR	Mt. SAC	NT	-

Preliminaries: Heat #1

↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Graham-Zamudio, Grace	SO	Glendale	4:50.63	
2	4	Ramirez, Emma	SO	Antelope Valley	4:55.32	
3	6	Cortez, Raeanna	FR	Orange Coast	4:55.96	
4	8	Solis, Maira	FR	Cerritos	5:00.07	
5	13	Bartlett, Nicole	FR	Santa Barbara	5:04.39	
6	14	Magdaleno, Megan	SO	East LA	5:07.85	
7	16	Robles, Maria	SO	Ventura	5:12.05	
8	17	Gomez, Guadalupe	SO	Orange Coast	5:13.33	
9	19	Rizk, Nisreen	FR	Orange Coast	5:16.05	
10	20	Rodriguez, Orieth	FR	Bakersfield	5:16.34	
11	21	Villegas, Anique	SO	El Camino	5:18.72	
12	22	Barbour, Nicole	SO	Orange Coast	5:19.64	
13		Rodarte, Ruth	SO	LA Trade Tech	NT	

Preliminaries: Heat #2

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	1	Nelson, Elizabeth	FR	Glendale	4:50.03	
2	3	McNally, Megan	SO	Moorpark	4:52.93	
3	5	Naumann, Rachel	FR	Moorpark	4:53.52	
4	7	Silvas, Karen	FR	Orange Coast	4:55.95	
5	9	Ramirez, Evonna	SO	Saddleback	4:57.69	
6	10	Blume, Mandy	SO	San Diego Mesa	5:01.20	
7	11	Gonzales, Crystal	FR	Mt. SAC	5:03.35	
8	12	Torres, Cythia	FR	Golden West	5:03.38	
9	15	Roell, Dean	FR	Santa Barbara	5:11.99	
10	18	Avila, Kathia	FR	Cerritos	5:14.41	
11	23	Campos, Stefanie	FR	Fullerton	5:20.41	
12	24	Gamboa, Ana Karen	SO	Saddleback	5:22.67	
13	25	Jimenez, Marrissa	FR	Riverside	5:28.91	
14	26	Nelson, Aleiha	FR	Palomar	5:30.54	

Women's 5,000m Run

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	Graham-Zamudio, Grace	SO	Glendale	17:48.42	10
2	2	McNally, Megan	SO	Moorpark	18:25.65	8
3	3	Alcantar, Cristina	SO	LA Trade Tech	18:32.73	6
4	4	Hughes, Paige	FR	Cuyamaca	18:33.18	5
5	5	De la Luz, Evelyn	FR	LA Trade Tech	18:35.63	4
6	6	Sanchez, Karina	FR	Cerritos	18:43.10	3
7	7	Ramirez, Evonna	SO	Saddleback	19:19.13	2
8	8	Acevedo, Valerie	SO	Riverside	19:27.02	1

9	9	Martinez, Vanessa	FR	Moorpark	19:30.43	-
10	10	Contreras, Andrea	FR	Moorpark	19:34.83	-
11	11	Magdaleno, Megan	SO	East LA	19:46.40	-
12	12	Garcia, Carmille	SO	Orange Coast	19:47.72	-
13	13	Silvas, Karen	FR	Orange Coast	20:26.56	-
14	14	Barragan-Steimer, Arielle	SO	Pasadena	20:29.28	-
15	15	Quintanilla, Charlene	SO	Glendale	20:33.98	-
16	16	Hanshaw, Grace	SO	San Diego Mesa	20:36.98	-
17	17	Castaneda, Lisbet	SO	Riverside	21:02.72	-
18	18	Trejo, Lucia	SO	LA Trade Tech	21:08.89	-
19	19	Soria, Gina	SO	San Diego Mesa	21:19.69	-
20	20	Gomez, Guadalupe	SO	Orange Coast	21:38.06	-
21	21	Anderson, Kailin	FR	Cuyamaca	22:02.95	-
22		Ramirez, Emma	SO	Antelope Valley	NT	-
23		Melechinsky, Kim	FR	San Diego Mesa	NT	-
24		Rodarte, Ruth	SO	LA Trade Tech	NT	-
25		Naumann, Rachel	FR	Moorpark	NT	-
26		Jimenez, Miriam	SO	Mt. SAC	NT	-
27		Garritson, Maegan	FR	Fullerton	NT	-

Women's 10,000m Run

 **Finals:** 

Place	Overall	Name	Year	Team	Time	Score
1	1	Graham-Zamudio, Grace	SO	Glendale	39:15.48	10
2	2	McNally, Megan	SO	Moorpark	39:44.17	8
3	3	De la Luz, Evelyn	FR	LA Trade Tech	40:01.46	6
4	4	Hughes, Paige	FR	Cuyamaca	40:11.05	5
5	5	Sanchez, Karina	FR	Cerritos	40:20.59	4
6	6	Jimenez, Miriam	SO	Mt. SAC	40:24.61	3

7	7	Acevedo, Valerie	SO	Riverside	40:45.15	2
8	8	Martinez, Vanessa	FR	Moorpark	41:11.88	1
9	9	Trejo, Lucia	SO	LA Trade Tech	41:51.76	-
10	10	Magdaleno, Megan	SO	East LA	42:11.92	-
11	11	Barragan-Steimer, Arielle	SO	Pasadena	42:12.73	-
12	12	Garritson, Maegan	FR	Fullerton	42:26.52	-
13	13	Coleman, Katie	SO	San Diego Mesa	42:40.22	-
14	14	Crone, Kaela	FR	Cerritos	42:45.04	-
15	15	Medina, Isabel	FR	Cerritos	43:03.75	-
16	16	Soria, Gina	SO	San Diego Mesa	43:31.91	-
17	17	Tepayotl, Quetzalin	FR	Santa Ana	44:34.02	-
18	18	Berk, Hayley	FR	LA Valley	45:10.08	-
19	19	Tolosa, Alexi	FR	Ventura	45:31.50	-
20	20	Echols, Sierra	FR	Southwestern	46:18.30	-
21	21	Retano, Brenda	SO	Riverside	46:18.98	-
22	22	Boubion, Seleena	FR	Cuyamaca	46:21.84	-
23	23	Herlihy, Morgan	FR	Cuesta	47:20.75	-
24		Rizk, Nisreen	FR	Orange Coast	NT	-
25		Garcia, Carmille	SO	Orange Coast	NT	-
26		Sarmiento, Micaelina	FR	Palomar	NT	-
27		Castaneda, Lisbet	SO	Riverside	NT	-

Women's 100m Hurdles

Finals: Heat #1

Preliminaries: Heat #1|2|3

 **Finals:** 

Wind:
1.7

Place	Overall	Name	Year	Team	Time	Score
1	1	Stewart, Shanice	SO	San Bernardino Valley	14.09	10
2	2	Baker, Jonika	SO	West Los Angeles	14.14	8

3	3	Knight, Tia	SO	Cuyamaca	14.33	6
4	4	Dalton, Alexis	FR	Cerritos	14.38	5
5	5	Thompson, Cheyenne	SO	Fullerton	14.45	4
6	6	Yancy, Aundrea	SO	West Los Angeles	15.01	3
7	7	Ledet, Tanisha	FR	LA Trade Tech	15.05	2
8	8	West, Sharise	FR	Mt. SAC	15.06	1
9	9	Cooks, Riley	FR	Cuesta	16.68	-

Preliminaries: Heat #1

Wind: -5.7 ↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	1	Dalton, Alexis	FR	Cerritos	14.82	
2	4	Stewart, Shanice	SO	San Bernardino Valley	14.98	
3	8	Knight, Tia	SO	Cuyamaca	15.69	
4	10	Usher, Susanna	FR	West Los Angeles	15.85	
5	15	Amodia, Sophia	FR	Pasadena	16.52	
6	21	Helman, Kelly	FR	San Diego Mesa	17.12	
7	24	Richeri, Jessica	FR	Riverside	17.59	
8	25	Coffelt, Taylor	FR	Riverside	17.99	
9		Muhammad, Aqeelah	FR	Long Beach	NT	

Preliminaries: Heat #2

Wind: -5.8 ↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	3	Ledet, Tanisha	FR	LA Trade Tech	15.69	
2	11	Richards-Maynard, Mariah	FR	West Los Angeles	15.89	
3	12	Taylor, Bryanna	SO	Mt. SAC	15.96	
4	13	Dunigan, Tailor	SO	Golden West	16.37	
5	14	Hall, Khadijah	SO	Cerritos	16.50	
6	17	TURNER, LATRIECE	FR	Chaffey	16.98	

7	18	Ismay, Sabine	SO	San Diego Mesa	17.03	
8	22	Goshen, Aariana	SO	Riverside	17.35	
9	26	Sifuentes, Angel	SO	Cerritos	20.24	

Preliminaries: Heat #3

Wind: -4.6 ↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Thompson, Cheyenne	SO	Fullerton	15.14	
2	5	West, Sharise	FR	Mt. SAC	15.29	
3	6	Cooks, Riley	FR	Cuesta	15.31	
4	7	Baker, Jonika	SO	West Los Angeles	15.37	
5	9	Yancy, Aundrea	SO	West Los Angeles	15.73	
6	16	Cervantes, Tricia	FR	Riverside	16.71	
7	19	Khalil, Christina	FR	Santa Barbara	17.04	
8	20	Smith, Kia	FR	Pasadena	17.11	
9	23	Ismay, Alia	FR	San Diego Mesa	17.58	

Women's 400m Hurdles

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	Baker, Jonika	SO	West Los Angeles	1:01.04	10
2	2	Edwards, Bria	SO	Mt. SAC	1:01.48	8
3	3	Amodia, Sophia	FR	Pasadena	1:02.66	6
4	4	Brown, Robyn	FR	Mt. SAC	1:02.68	5
5	5	Lizaola, Crystal	FR	El Camino	1:03.39	4

6	6	Greer, Amber	SO	Cerritos	1:04.38	3
7	7	Richeri, Jessica	FR	Riverside	1:04.79	2
8	8	Usher, Susanna	FR	West Los Angeles	1:06.08	1
9	9	Castro Kahn, Karlie	SO	El Camino	1:07.21	-

Preliminaries: Heat #1

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Edwards, Bria	SO	Mt. SAC	1:04.35	
2	5	Greer, Amber	SO	Cerritos	1:05.50	
3	6	Castro Kahn, Karlie	SO	El Camino	1:05.72	
4	9	Usher, Susanna	FR	West Los Angeles	1:06.82	
5	10	Cervantes, Tricia	FR	Riverside	1:07.00	
6	13	Bellamy, LaChina	FR	Cerritos	1:09.04	
7	14	Ismay, Sabine	SO	San Diego Mesa	1:09.91	
8	21	Helman, Kelly	FR	San Diego Mesa	1:16.55	
9		McGowen, LaKisha	SO	Cerritos	NT	

Preliminaries: Heat #2

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	1	Brown, Robyn	FR	Mt. SAC	1:04.02	

2	8	Richeri, Jessica	FR	Riverside	1:06.6 2	
3	11	Wilson, Destiny	SO	Antelope Valley	1:07.0 1	
4	16	Richards-Maynard, Mariah	FR	West Los Angeles	1:10.7 4	
5	20	Patton, Shaynah	FR	Santa Monica	1:13.0 5	
6	22	De Angelis, Romana	FR	Saddleback	1:18.4 4	
7	23	Brannigan, Rachel	FR	Fullerton	1:19.3 8	
8	24	Ismay, Alia	FR	San Diego Mesa	1:21.6 8	
9		Taylor, Bryanna	SO	Mt. SAC	NT	

Preliminaries: Heat #3

↑UP

Place	Overall	Name	Year	Team	Time	Score
1	3	Lizaola, Crystal	FR	El Camino	1:04.5 8	
2	4	Amodia, Sophia	FR	Pasadena	1:04.9 6	
3	7	Baker, Jonika	SO	West Los Angeles	1:05.9 0	
4	12	Aleman, Paula	FR	Southwestern	1:08.8 1	
5	15	Perrotta, Kristi	SO	Golden West	1:10.1 3	
6	17	Connor, Amy	FR	Santa Barbara	1:11.1 9	
7	18	Sales, Jasmine	FR	Glendale	1:11.9 2	
8	19	Tischer, Caitlyn	SO	Cuyamaca	1:12.7 1	

Women's 3,000m Steeplechase

Finals: Heat #1

Preliminaries: Heat #1|2

Finals:

Place	Overall	Name	Year	Team	Time	Score
1	1	Alcantar, Cristina	SO	LA Trade Tech	11:17.40	10
2	2	Vernola, Karla	FR	Moorpark	11:33.82	8
3	3	Garcia, Carmille	SO	Orange Coast	11:43.50	6
4	4	Silacci, Lauren	FR	Cuesta	11:48.84	5
5	5	Melechinsky, Kim	FR	San Diego Mesa	11:57.21	4
6	6	Beltran, Amineh	FR	Cerritos	12:00.1	3
7	7	Wentworth, Clarissa	SO	Moorpark	12:00.1	2
8	8	Shamirian, Christina	FR	Pasadena	12:11.01	1
9	9	Sewell, Sabrina	FR	Ventura	12:22.1	-
10	10	Hurley, Patricia	FR	Cerritos	12:31.2	-
11	11	Dixon, Jennifer	SO	Riverside	12:55.7	-
12	12	Castillo, Kelly	FR	Glendale	13:06.3	-

Preliminaries: Heat #1

↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	1	Alcantar, Cristina	SO	LA Trade Tech	11:31.79	
2	3	Castillo, Kelly	FR	Glendale	12:07.5	
3	5	Wentworth, Clarissa	SO	Moorpark	12:18.0	
4	7	Garcia, Carmille	SO	Orange Coast	12:18.9	
5	9	Shamirian, Christina	FR	Pasadena	12:34.4	
6	10	Beltran, Amineh	FR	Cerritos	12:34.9	
7	11	Dixon, Jennifer	SO	Riverside	12:40.1	

8	13	Perez, Tayler	SO	Mt. SAC	12:52.7	
9	14	Reyes, Olivia	SO	East LA	12:54.1	
10	17	Anderson, Kailin	FR	Cuyamaca	12:58.8	
11	21	Whann, Nadine	FR	Palomar	13:54.6	
12	22	Smith, Alexis	SO	Palomar	13:57.1	
13	25	Cruz, Rebecca	FR	Cuesta	14:05.0	

Preliminaries: Heat #2

↑ UP

Place	Overall	Name	Year	Team	Time	Score
1	2	Vernola, Karla	FR	Moorpark	12:03.3	
2	4	Melechinsky, Kim	FR	San Diego Mesa	12:23.6	
3	6	Sewell, Sabrina	FR	Ventura	12:23.7	
4	8	Silacci, Lauren	FR	Cuesta	12:27.6	
5	12	Hurley, Patricia	FR	Cerritos	12:42.6	
6	15	Villafuerte, Teresa	FR	Glendale	12:54.3	
7	16	Lugo, Joceline	SO	Glendale	12:55.9	
8	18	Owens, Mia	FR	Santa Barbara	13:09.5	
9	19	Reeves, Chloe	FR	Santiago Canyon	13:10.9	
10	20	Kinsell, Nikita	FR	Cuesta	13:18.8	
11	23	Hermosilla, Serraya	SO	Bakersfield	13:58.7	
12	24	Perez, Minerva	SO	San Diego Mesa	14:00.8	
13	26	Gonzalez, Sara	FR	Cerritos	14:19.5	
14	27	Arellano, Rosa	FR	East LA	15:13.2	

Women's 4 x 100m Relay

Finals: Heat #1

Preliminaries: Heat #1|2

Finals:

Place	Overall	Team	Time	Score
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1	1	West Los Angeles (Baker, Richards-Maynar, Smith, Hunter)	46.6 5	10
2	2	Mt. SAC (Edwards, Burch, Edwards, Myricks)	46.9 4	8
3	3	Pasadena (Clark, Browne, Amodia, Mathews)	47.2 4	6
4	4	Cerritos (Reid, Miller, Cummings, Hall)	47.8 0	5
5	5	Bakersfield (Gridiron, O'Dwyer, Fitch, Lewis)	47.8 5	4
6	6	Riverside (Coffelt, Rodriguez, Goshen, Williams)	48.4 4	3
7	7	El Camino (Dixon, Davis, Castro Kahn, Nunez)	48.7 8	2
8	8	Santa Barbara (Jungersten, Walker, Rock, Wikmark)	48.9 8	1
9	9	Cuyamaca (Knight, Ross, Tischer, Harris)	49.4 7	-

Preliminaries: Heat #1

↑ UP

Place	Overall	Team	Time	Score
1	2	West Los Angeles (Waters, McCullough)	48.1 6	
2	4	Bakersfield	48.4 8	
3	6	Cerritos (Reid, Miller, Cummings, Hall)	48.9 5	
4	8	Santa Barbara (Connor)	49.2 8	
5	9	Cuyamaca	49.6 7	
6	13	Ventura	51.1 6	
7	14	Moorpark	51.3 1	
8	15	Santa Monica	51.6 6	

9		Palomar	NT	
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Preliminaries: Heat #2

↑ UP

Place	Overall	Team	Time	Score
1	1	Mt. SAC (Edwards, Burch, Edwards, Myricks)	47.84	
2	3	Pasadena (Clark, Browne, Amodia, Mathews)	48.09	
3	5	Riverside (Williams, Goshen, Coffelt, Rodriguez)	48.80	
4	7	El Camino (Dixon, Davis, Castro Kahn, Nunez)	49.17	
5	10	Fullerton (Thompson, King, Oniru, Hadaller)	50.21	
6	11	Orange Coast (Allen, Rodriguez, Moralieva, Arellano)	50.50	
7	12	Long Beach (Branch, Reese, Monsalvatge, Peoples)	50.73	
8	15	Antelope Valley	51.66	
9	17	San Diego Mesa	51.86	

Women's 4 x 400m Relay

Finals: Heat #1

Preliminaries: Heat #1|2|3

Finals:

	Place	Overall Team	Time	Score
	1	1	Mt. SAC (Brown, Foxvog, Edwards, Burch)	3:48.31 10
	2	2	Pasadena (Clark, Amodia, Browne, Payne)	3:49.91 8
	3	3	El Camino (Morning, Lizaola, Castro Kahn, Nunez)	3:50.56 6
	4	4	Riverside (Goshen, Rodriguez, Jones, Williams)	3:52.82 5
5	5		West Los Angeles (Waters, Baker, McCullough, Richards-Maynar)	3:54.64 4
	6	6	Bakersfield (Dial, O'Dwyer, Sanchez, Fitch)	3:58.19 3
	7	7	Antelope Valley (Gilmore, McConnell, Treece, Wilson)	4:00.17 2
	8	8	Santa Barbara (Jungersten, Connor, Rock, Walker)	4:00.38 1
	9	9	Orange Coast (Moralieva, Rodriguez, Allen, Arellano)	4:01.30 -

Preliminaries: Heat #1

↑UP

	Place	Overall Team	Time	Score
	1	1	Mt. SAC (Brown, Foxvog, Edwards, Burch)	3:55.73
		2	4 Bakersfield	3:58.27
		3	7 Antelope Valley	4:03.46
4	9		Orange Coast (Moralieva, Rodriguez, Allen, Arellano)	4:07.19
		5	13 Glendale	4:11.38
6	15		Long Beach (Branch, Peoples, Reese, Monsalvatge)	4:15.84
		7	Cuesta NT	

Preliminaries: Heat #2

↑UP

	Place	Overall Team	Time	Score
	1	3	Pasadena (Clark, Browne, Amodia, Payne)	4:03.00
2	6		Riverside (Rodriguez, Jones, Richards, Williams)	4:03.02
3	10		Cerritos (Miller, Hall, Cummings, Greer)	4:08.26
		4	11 Cuyamaca	4:09.52
		5	16 Ventura	4:17.21
	6	17	San Diego Mesa	4:17.33

Preliminaries: Heat #3

↑UP

	Place	Overall Team	Time	Score
	1	2	El Camino (Morning, Lopez, Rojas, Lizaola)	3:59.36
		2	5 West Los Angeles	4:00.77
	3	8	Santa Barbara (Connor, Wikmark)	4:07.14
		4	12 Santa Monica	4:10.45
5	14		Fullerton (Oniru, King, Thompson, Gauthreaux)	4:14.96
6	18		Golden West (Dunigan, Pavloff, Simpson, Perrotta)	4:20.61

Women's High Jump

Finals: Flight #1

Preliminaries: Flight #1

 **Finals:** 

Place	Overall	Name	Year	Team	Height	Score
1	1	Dalton, Alexis	FR	Cerritos	1.66m	10
2	2	Yancy, Aundrea	SO	West Los Angeles	1.63m	6
3	2	Giacoletti, Jessica	SO	Riverside	1.63m	8
4	2	Penniman, Joshulyn	FR	Riverside	1.63m	5
5	5	Rucker, Kathryn	FR	Santa Barbara	1.60m	3.5
6	5	Howe, Sabrina	FR	Orange Coast	1.60m	3.5
7	7	Stewart, Shanice	SO	San Bernardino Valley	1.57m	1.5
8	7	Williams, Terris	FR	Mt. SAC	1.57m	1.5
9	9	Carey, Rebecca	FR	Mt. SAC	1.51m	-
10		Odili-Obi, Nkechi	SO	Cerritos	NH	-

 **Preliminaries:** 

↑ UP

Place	Overall	Name	Year	Team	Height	Score
1	1	Yancy, Aundrea	SO	West Los Angeles	1.58m	
2	1	Dalton, Alexis	FR	Cerritos	1.58m	
3	1	Rucker, Kathryn	FR	Santa Barbara	1.58m	
4	1	Odili-Obi, Nkechi	SO	Cerritos	1.58m	
5	1	Giacoletti, Jessica	SO	Riverside	1.58m	
6	1	Penniman, Joshulyn	FR	Riverside	1.58m	
7	1	Stewart, Shanice	SO	San Bernardino Valley	1.58m	
8	8	Howe, Sabrina	FR	Orange Coast	1.54m	
9	8	Carey, Rebecca	FR	Mt. SAC	1.54m	
10	8	Williams, Terris	FR	Mt. SAC	1.54m	

11	11	Robinson, Asha	FR	Cuesta	1.50m	
12	12	Dunigan, Tailor	SO	Golden West	1.46m	
13	12	Grant, Stephanie	FR	Cerritos	1.46m	
14	12	Sifuentes, Angel	SO	Cerritos	1.46m	
15	12	Lopez, Liliana	FR	El Camino	1.46m	
16	12	Rodriguez, September	FR	Orange Coast	1.46m	
17	12	Smith, Aysia	SO	West Los Angeles	1.46m	
18	12	Axtell, Melody	SO	Ventura	1.46m	
19	12	Davis, Ensley	SO	Bakersfield	1.46m	
20	20	Richardson, Ashley	SO	Mt. SAC	1.42m	
21	20	Smith, Nikki	SO	San Diego Mesa	1.42m	
22	20	Silva, Natalie	FR	Mt. SAC	1.42m	
23	20	Solomon, Blen	SO	West Los Angeles	1.42m	
24	20	Benjamin, Denae	SO	Mt. SAC	1.42m	
25	20	Psalms, Cydnee	FR	Palomar	1.42m	
26	26	Lau, Amber	SO	San Diego Mesa	1.38m	
27	27	Price, Maude	FR	San Diego Mesa	1.26m	
28		Mijango, Maira	FR	Cerritos	NH	
29		Jones, Kim	FR	San Diego Mesa	NH	

Women's 4 x 400m Relay

Finals: Heat #1

Preliminaries: Heat #1|2|3

 **Finals:** 

Place	Overall	Team	Time	Score
1	1	Mt. SAC (Brown, Foxvog, Edwards, Burch)	3:48.31	10
2	2	Pasadena (Clark, Amodia, Browne, Payne)	3:49.91	8
3	3	El Camino (Morning, Lizaola, Castro Kahn, Nunez)	3:50.56	6

4	4	Riverside (Goshen, Rodriguez, Jones, Williams)	3:52.8 2	5
5	5	West Los Angeles (Waters, Baker, McCullough, Richards-Maynar)	3:54.6 4	4
6	6	Bakersfield (Dial, O'Dwyer, Sanchez, Fitch)	3:58.1 9	3
7	7	Antelope Valley (Gilmore, McConnell, Treece, Wilson)	4:00.1 7	2
8	8	Santa Barbara (Jungersten, Connor, Rock, Walker)	4:00.3 8	1
9	9	Orange Coast (Moralieva, Rodriguez, Allen, Arellano)	4:01.3 0	-



Preliminaries: Heat #1



↑ UP

Place	Overall	Team	Time	Score
1	1	Mt. SAC (Brown, Foxvog, Edwards, Burch)	3:55.7 3	
2	4	Bakersfield	3:58.2 7	
3	7	Antelope Valley	4:03.4 6	
4	9	Orange Coast (Moralieva, Rodriguez, Allen, Arellano)	4:07.1 9	
5	13	Glendale	4:11.3 8	
6	15	Long Beach (Branch, Peoples, Reese, Monsalvatge)	4:15.8 4	
7		Cuesta	NT	



Preliminaries: Heat #2



↑ UP

Place	Overall	Team	Time	Score
1	3	Pasadena (Clark, Browne, Amodia, Payne)	4:03.0 0	

2	6	Riverside (Rodriguez, Jones, Richards, Williams)	4:03.0 2	
3	10	Cerritos (Miller, Hall, Cummings, Greer)	4:08.2 6	
4	11	Cuyamaca	4:09.5 2	
5	16	Ventura	4:17.2 1	
6	17	San Diego Mesa	4:17.3 3	

Preliminaries: Heat #3

↑ UP

Place	Overall	Team	Time	Score
1	2	El Camino (Morning, Lopez, Rojas, Lizaola)	3:59.3 6	
2	5	West Los Angeles	4:00.7 7	
3	8	Santa Barbara (Connor, Wikmark)	4:07.1 4	
4	12	Santa Monica	4:10.4 5	
5	14	Fullerton (Oniru, King, Thompson, Gauthreaux)	4:14.9 6	
6	18	Golden West (Dunigan, Pavloff, Simpson, Perrotta)	4:20.6 1	

Women's High Jump

Finals: Flight #1

Preliminaries: Flight #1

Finals:

Place	Overall	Name	Year	Team	Height	Score
1	1	Dalton, Alexis	FR	Cerritos	1.66m	10
2	2	Yancy, Aundrea	SO	West Los Angeles	1.63m	6

3	2	Giacoletti, Jessica	SO	Riverside	1.63m	8
4	2	Penniman, Joshulyn	FR	Riverside	1.63m	5
5	5	Rucker, Kathryn	FR	Santa Barbara	1.60m	3.5
6	5	Howe, Sabrina	FR	Orange Coast	1.60m	3.5
7	7	Stewart, Shanice	SO	San Bernardino Valley	1.57m	1.5
8	7	Williams, Terris	FR	Mt. SAC	1.57m	1.5
9	9	Carey, Rebecca	FR	Mt. SAC	1.51m	-
10		Odili-Obi, Nkechi	SO	Cerritos	NH	-

Preliminaries:

↑UP

Place	Overall	Name	Year	Team	Height	Score
1	1	Yancy, Aundrea	SO	West Los Angeles	1.58m	
2	1	Dalton, Alexis	FR	Cerritos	1.58m	
3	1	Rucker, Kathryn	FR	Santa Barbara	1.58m	
4	1	Odili-Obi, Nkechi	SO	Cerritos	1.58m	
5	1	Giacoletti, Jessica	SO	Riverside	1.58m	
6	1	Penniman, Joshulyn	FR	Riverside	1.58m	
7	1	Stewart, Shanice	SO	San Bernardino Valley	1.58m	
8	8	Howe, Sabrina	FR	Orange Coast	1.54m	
9	8	Carey, Rebecca	FR	Mt. SAC	1.54m	
10	8	Williams, Terris	FR	Mt. SAC	1.54m	
11	11	Robinson, Asha	FR	Cuesta	1.50m	
12	12	Dunigan, Tailor	SO	Golden West	1.46m	
13	12	Grant, Stephanie	FR	Cerritos	1.46m	
14	12	Sifuentes, Angel	SO	Cerritos	1.46m	
15	12	Lopez, Liliana	FR	El Camino	1.46m	
16	12	Rodriguez, September	FR	Orange Coast	1.46m	
17	12	Smith, Aysia	SO	West Los Angeles	1.46m	
18	12	Axtell, Melody	SO	Ventura	1.46m	

19	12	Davis, Ensley	SO	Bakersfield	1.46m	
20	20	Richardson, Ashley	SO	Mt. SAC	1.42m	
21	20	Smith, Nikki	SO	San Diego Mesa	1.42m	
22	20	Silva, Natalie	FR	Mt. SAC	1.42m	
23	20	Solomon, Blen	SO	West Los Angeles	1.42m	
24	20	Benjamin, Denae	SO	Mt. SAC	1.42m	
25	20	Psalms, Cydnee	FR	Palomar	1.42m	
26	26	Lau, Amber	SO	San Diego Mesa	1.38m	
27	27	Price, Maude	FR	San Diego Mesa	1.26m	
28		Mijango, Maira	FR	Cerritos	NH	
29		Jones, Kim	FR	San Diego Mesa	NH	

Women's Pole Vault

Finals: Flight #1

Preliminaries: Flight #1

Finals:

	Place	Overall Name	Year	Team	Height	Score
1	1	Ruiz, Tiziana	FR	Mt. SAC	3.82m	10
2	2	Pearlman, Molly	SO	LA Valley	3.57m	8
3	3	Chapman, Korin	FR	Southwestern	3.47m	5
4	3	Guinty, Brooke	FR	San Diego Mesa	3.47m	6
5	5	Amaya, Kimberly	SO	Mt. SAC	3.37m	3
6	5	Van Der Wyk, Shastee	SO	Mt. SAC	3.37m	4
7	7	Edwards, Chandler	FR	Riverside	3.27m	2
8	8	Barnes, Frances	FR	Moorpark	3.17m	1
9	8	Chhem, Melissa	FR	Mt. SAC	3.17m	-
	10	10	Delzio, Sarah	SO	Cuesta	3.07m -
11		Ochoa, Sol	FR	Golden West	NH	-
12		Hurley, Jillian	SO	Canyons	NH	-

Preliminaries:

↑ UP

	Place	Overall Name	Year	Team	Height	Score
1	1	Van Der Wyk, Shastee	SO	Mt. SAC	3.32m	
2	1	Amaya, Kimberly	SO	Mt. SAC	3.32m	
	3	1	Ruiz, Tiziana	FR	Mt. SAC	3.32m
	4	1	Pearlman, Molly	SO	LA Valley	3.32m
5	1	Guinty, Brooke	FR	San Diego Mesa	3.32m	
6	1	Chapman, Korin	FR	Southwestern	3.32m	
	7	7	Delzio, Sarah	SO	Cuesta	3.17m
8	7	Ochoa, Sol	FR	Golden West	3.17m	
9	7	Edwards, Chandler	FR	Riverside	3.17m	
10	7	Barnes, Frances	FR	Moorpark	3.17m	
	11	7	Hurley, Jillian	SO	Canyons	3.17m
	12	7	Chhem, Melissa	FR	Mt. SAC	3.17m
	13	13	Axtell, Melody	SO	Ventura	3.02m
	14	13	Ramirez, Layla	SO	Ventura	3.02m
15	15	Lomheim, Allison	FR	Riverside	2.87m	
	16	15	Hall, Amanda	FR	Mt. SAC	2.87m
	17	17	Brown, Melissa	FR	Cuesta	2.72m
	18	17	Starelli, Rachel	FR	Cuesta	2.72m
19	17	Ismay, Alia	FR	San Diego Mesa	2.72m	
	20	17	Cooper, Megan	FR	Canyons	2.72m
	21	21	Lucero, Laura	FR	Riverside	2.57m
	22	22	Grant, Stephanie	FR	Cerritos	2.42m

Women's Long Jump

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

Place	Overall	Name	Year	Team	Distance	Score
1	1	Stewart, Shanice	SO	San Bernardino Valley	6.04m	8
2	1	Dalton, Alexis	FR	Cerritos	6.04m	10
3	3	Davis, Ruby	SO	El Camino	5.63m	6
4	4	Reid, Erin	SO	Cerritos	5.58m	5
5	5	Cooks, Riley	FR	Cuesta	5.54m	4
6	6	Dixon, Araya	SO	El Camino	5.51m	3
7	6	Goshen, Aariana	SO	Riverside	5.51m	2
8	8	Hunter, Shadonna	FR	West Los Angeles	5.35m	1
9	9	Cummings, Justina	SO	Cerritos	5.32m	-
10	10	Smith, Aysia	SO	West Los Angeles	5.21m	-
11	11	Harris, Jasmine	SO	Cuyamaca	5.07m	-
12	12	Sifuentes, Angel	SO	Cerritos	5.01m	-

Preliminaries: Flight #1

↑ UP

Place	Overall	Name	Year	Team	Distance	Score
1	2	Hunter, Shadonna	FR	West Los Angeles	5.69m	
2	3	Reid, Erin	SO	Cerritos	5.64m	
3	6	Dixon, Araya	SO	El Camino	5.55m	
4	8	Davis, Ruby	SO	El Camino	5.44m	
5	9	Goshen, Aariana	SO	Riverside	5.41m	
6	12	Harris, Jasmine	SO	Cuyamaca	5.26m	
7	13	Yancy, Aundrea	SO	West Los Angeles	5.25m	

8	17	Boomer, Shaylyn	FR	Palomar	5.02m	
9	22	Arellano, Manasha	FR	Orange Coast	4.95m	
10	22	Assadourian, Nouneh	SO	Canyons	4.95m	
11	25	Coffelt, Taylor	FR	Riverside	4.80m	
12	26	Richards-Maynard, Mariah	FR	West Los Angeles	4.72m	
13	27	Roscoe, Tatyana	FR	San Bernardino Valley	3.88m	

Preliminaries: Flight #2

↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	1	Dalton, Alexis	FR	Cerritos	6.04m	
2	4	Smith, Aysia	SO	West Los Angeles	5.62m	
3	5	Stewart, Shanice	SO	San Bernardino Valley	5.60m	
4	7	Cooks, Riley	FR	Cuesta	5.47m	
5	10	Sifuentes, Angel	SO	Cerritos	5.36m	
6	11	Cummings, Justina	SO	Cerritos	5.35m	
7	14	Davis, Ensley	SO	Bakersfield	5.24m	
8	15	Psalms, Cydnee	FR	Palomar	5.12m	
9	16	Swain, Sylvana	FR	Allan Hancock	5.10m	
10	17	Wilson, Hannah	FR	Palomar	5.02m	
11	17	Perrotta, Kristi	SO	Golden West	5.02m	
12	20	Howe, Sabrina	FR	Orange Coast	4.99m	
13	20	Jackson, Bi'Jon	FR	Riverside	4.99m	
14	24	Miller, Kierra	FR	Cerritos	4.88m	

Women's Triple Jump

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

Place	Overall	Name	Year	Team	Distance	Score
1	1	Thompson, Cheyenne	SO	Fullerton	11.93m	10
2	2	Miller, Kierra	FR	Cerritos	11.39m	8
3	3	Cummings, Justina	SO	Cerritos	11.27m	6
4	4	Yancy, Aundrea	SO	West Los Angeles	11.23m	5
5	5	Davis, Ruby	SO	El Camino	11.08m	4
6	6	Smith, Aysia	SO	West Los Angeles	11.05m	3
7	7	Penniman, Joshulyn	FR	Riverside	11.02m	2
8	8	Dunigan, Taylor	SO	Golden West	10.86m	1
9	9	Swain, Sylvana	FR	Allan Hancock	10.79m	-
10	10	Howe, Sabrina	FR	Orange Coast	10.64m	-
11	10	Jackson, Bi'Jon	FR	Riverside	10.64m	-
12	12	Dial, Tejera	SO	Bakersfield	10.39m	-

Preliminaries: Flight #1

↑ UP

Place	Overall	Name	Year	Team	Distance	Score
1	2	Miller, Kierra	FR	Cerritos	11.80m	
2	5	Yancy, Aundrea	SO	West Los Angeles	11.22m	
3	6	Davis, Ruby	SO	El Camino	11.15m	
4	7	Cummings, Justina	SO	Cerritos	10.86m	
5	9	Swain, Sylvana	FR	Allan Hancock	10.74m	
6	10	Penniman, Joshulyn	FR	Riverside	10.59m	
7	11	Jackson, Bi'Jon	FR	Riverside	10.53m	
8	13	Moore, Vanessa	FR	East LA	10.51m	
9	16	Lopez, Liliana	FR	El Camino	10.39m	
10	19	Caldwell, Natasha	SO	Golden West	10.31m	
11	21	Cotociu, Gabby	FR	Golden West	10.21m	
12	22	Opong, Narkie	FR	West Los Angeles	10.20m	
13	23	Hawkins-Ross, Lakendra	FR	Riverside	10.17m	

Preliminaries: Flight #2

↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	1	Thompson, Cheyenne	SO	Fullerton	11.94m	
2	3	Dunigan, Taylor	SO	Golden West	11.63m	
3	4	Dial, Tejera	SO	Bakersfield	11.43m	
4	8	Smith, Aysia	SO	West Los Angeles	10.79m	
5	11	Howe, Sabrina	FR	Orange Coast	10.53m	
6	14	Greer, Amber	SO	Cerritos	10.43m	
7	15	Sims, Karima	FR	San Diego Mesa	10.41m	
8	17	Tenchavez, Julia	FR	Palomar	10.35m	
9	18	Assadourian, Nouneh	SO	Canyons	10.34m	
10	20	Williams, Terris	FR	Mt. SAC	10.30m	
11	24	Pee, Lee	FR	East LA	10.05m	
12	25	Boomer, Shaylyn	FR	Palomar	9.90m	
13	26	Chambers, Roshel	FR	Cuyamaca	9.38m	
14		Usher, Susanna	FR	West Los Angeles	ND	

Women's Shot Put

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

Place	Overall	Name	Year	Team	Distance	Score
1	1	Samvalian, Melanie	SO	Mt. SAC	12.61m	10
2	2	Dixon, Brooke	FR	Ventura	12.58m	8
3	2	Erickson, Hailey	FR	Riverside	12.58m	6
4	4	Faapouli, Soliaana	SO	Palomar	12.47m	5
5	5	Vegara, Fatima	SO	Riverside	12.42m	4
6	6	Torres, Alicia	FR	Bakersfield	12.37m	3

7	7	Fields, Larrisha	SO	Cerritos	12.20m	2
8	8	Byrd, Jessika	SO	Riverside	11.99m	1
9	9	Jackson, Rayshana	FR	San Bernardino Valley	11.72m	-
10	10	Johns, Jessica	SO	Ventura	11.58m	-
11	11	Gray , Tiffany	SO	Cerritos	11.57m	-
12	12	Sauvao, Tuki	SO	Cerritos	11.28m	-

Preliminaries: Flight #1

↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	1	Samvalian, Melanie	SO	Mt. SAC	13.32m	
2	4	Sauvao, Tuki	SO	Cerritos	12.44m	
3	5	Torres, Alicia	FR	Bakersfield	12.40m	
4	12	Byrd, Jessika	SO	Riverside	11.35m	
5	13	Polin, Clair	SO	Riverside	11.05m	
6	14	Dukes, Sofia	FR	Cuyamaca	11.00m	
7	15	Stewart, Shanice	SO	San Bernardino Valley	10.98m	
8	16	Lockett, Briana	FR	San Diego Mesa	10.92m	
9	19	Gibson, Christina	FR	West Los Angeles	10.70m	
10	20	Timm, Lauren	SO	Riverside	10.50m	
11	23	Brown, Michaelah	FR	Long Beach	10.23m	
12	24	Tonga, Ana	FR	Glendale	9.95m	
13		Ordaz, Dorienne	FR	Cerritos	ND	

Preliminaries: Flight #2

↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	2	Erickson, Hailey	FR	Riverside	12.89m	
2	3	Gray , Tiffany	SO	Cerritos	12.69m	
3	6	Vegara, Fatima	SO	Riverside	12.05m	

4	7	Jackson, Rayshana	FR	San Bernardino Valley	11.95m	
5	8	Dixon, Brooke	FR	Ventura	11.89m	
6	9	Johns, Jessica	SO	Ventura	11.88m	
7	9	Faapouli, Soliaana	SO	Palomar	11.88m	
8	11	Fields, Larrisha	SO	Cerritos	11.86m	
9	17	Panapa, Amber	SO	Ventura	10.89m	
10	18	Williams, Dalynn	FR	Cuyamaca	10.80m	
11	21	Weinreich, Amma	FR	Allan Hancock	10.45m	
12	22	Hosley, Dana	FR	Cuyamaca	10.43m	
13	25	Diakite, Aisha	SO	Cerritos	9.90m	
14		Roscoe, Tatyana	FR	San Bernardino Valley	ND	

Women's Discus Throw

Finals: Flight #1

Preliminaries: Flight #1|2

 **Finals:** 

Place	Overall	Name	Year	Team	Distance	Score
1	1	Vegara, Fatima	SO	Riverside	42.02m	10
2	2	Gray, Tiffany	SO	Cerritos	38.92m	8
3	3	Virrey, Rebecca	SO	Riverside	37.68m	6
4	4	Rocha, Theresa	SO	Fullerton	37.55m	5
5	5	Johns, Jessica	SO	Ventura	37.36m	4
6	6	Jackson, Rayshana	FR	San Bernardino Valley	36.65m	3
7	7	Dukes, Sofia	FR	Cuyamaca	36.45m	2
8	8	Sauvao, Tuki	SO	Cerritos	36.16m	1
9	9	Torres, Alicia	FR	Bakersfield	36.06m	-
10	10	Krivulka, Kathryne	SO	Santa Barbara	34.75m	-
11	11	Steward, Andisha	FR	Ventura	33.85m	-
12	12	Timm, Lauren	SO	Riverside	31.89m	-

Preliminaries: Flight #1

↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	4	Gray , Tiffany	SO	Cerritos	37.45m	
2	7	Virrey, Rebecca	SO	Riverside	36.72m	
3	10	Johns, Jessica	SO	Ventura	34.70m	
4	13	Jones, Britnee	FR	Ventura	33.71m	
5	14	Polin, Clair	SO	Riverside	33.40m	
6	15	Godoy, Esmeralda	FR	Long Beach	32.54m	
7	16	English, Carissa	SO	Cerritos	31.91m	
8	19	Hosley, Dana	FR	Cuyamaca	30.55m	
9	20	Fields, Larrisha	SO	Cerritos	28.77m	
10	21	Faapouli, Soliaana	SO	Palomar	27.77m	
11	22	Garcia, Vanessa	FR	San Diego Mesa	27.37m	
12	23	Samvalian, Melanie	SO	Mt. SAC	24.29m	
13		Tupailesa, Ashley	FR	Orange Coast	ND	

Preliminaries: Flight #2

↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	1	Vegara, Fatima	SO	Riverside	42.21m	
2	2	Dukes, Sofia	FR	Cuyamaca	38.45m	
3	3	Jackson, Rayshana	FR	San Bernardino Valley	38.14m	
4	5	Krivulka, Kathryne	SO	Santa Barbara	36.92m	
5	6	Sauvao, Tuki	SO	Cerritos	36.78m	
6	8	Rocha, Theresa	SO	Fullerton	35.66m	
7	9	Timm, Lauren	SO	Riverside	35.02m	
8	11	Torres, Alicia	FR	Bakersfield	34.25m	
9	12	Steward, Andisha	FR	Ventura	34.02m	

10	17	Dixon, Brooke	FR	Ventura	31.54m	
11	18	Panapa, Amber	SO	Ventura	30.94m	
12		Velazquez, Fritzi	FR	El Camino	ND	
13		Williams, Dalynn	FR	Cuyamaca	ND	
14		Ordaz, Doriene	FR	Cerritos	ND	

Women's Hammer Throw

Finals: Flight #1

Preliminaries: Flight #1|2

Finals:

	Place	Overall	Name	Year	Team	Distance	Score	
	1	1	Byrd, Jessika	SO	Riverside	58.66m	10	
	2	2	Reedy, Julia	SO	Saddleback	54.14m	8	
	3	3	Ordaz, Doriene		FR Cerritos	47.07m	6	
		4	4	Johns, Jessica	SO	Ventura	46.53m	5
	5	5	Vegara, Fatima	SO	Riverside	45.05m	4	
	6	6	English, Carissa		SO Cerritos	44.60m	3	
7	7		Krivulka, Kathryne	SO	Santa Barbara	44.21m	2	
		8	8	Fields, Larrisha	SO	Cerritos	43.81m	1
		9	9	Diakite, Aisha	SO	Cerritos	42.30m	-
10	10		Samvalian, Melanie	SO	Mt. SAC	39.53m	-	
		11		Panapa, Amber	SO	Ventura	ND	-
12			Faapouli, Soliaana	SO	Palomar	ND	-	

Preliminaries: Flight #1

↑ UP

	Place	Overall	Name	Year	Team	Distance	Score	
	1	1	Byrd, Jessika	SO	Riverside	61.70m		
	2	5	English, Carissa		SO Cerritos	45.04m		
		3	6	Diakite, Aisha	SO	Cerritos	43.97m	
4	7		Krivulka, Kathryne	SO	Santa Barbara	43.37m		
		5	10	Johns, Jessica	SO	Ventura	41.41m	
		6	12	Fields, Larrisha	SO	Cerritos	40.60m	
	7	13	Timm, Lauren	SO	Riverside	38.91m		
		8	16	Jones, Britnee	FR	Ventura	37.84m	
9	17		Tupaillesa, Ashley		FR Orange Coast	36.75m		
10	21		Godoy, Esmeralda		FR Long Beach	33.99m		
11	23		Garcia, Vanessa		FR San Diego Mesa	32.53m		
12	25		Jackson, Rayshana		FR San Bernardino Valley	29.01m		
		13		Esquibel, Irene	FR	Cuyamaca	ND	

Preliminaries: Flight #2

↑ UP

	Place	Overall	Name	Year	Team	Distance	Score	
	1	2	Reedy, Julia	SO	Saddleback	55.57m		
	2	3	Ordaz, Doriene		FR Cerritos	46.74m		
	3	4	Vegara, Fatima	SO	Riverside	45.93m		
4	8		Faapouli, Soliaana	SO	Palomar	43.09m		
		5	9	Panapa, Amber	SO	Ventura	42.12m	
6	11		Samvalian, Melanie	SO	Mt. SAC	41.16m		

Women's Javelin

Finals: Flight #1

Preliminaries: Flight #1|2

 **Finals:** 

Place	Overall	Name	Year	Team	Distance	Score
1	1	Caldwell, Natasha	SO	Golden West	43.37m	10
2	2	Sauvao, Tuki	SO	Cerritos	42.44m	8
3	3	Coffelt, Taylor	FR	Riverside	41.09m	6
4	4	Magana, Kelly	FR	Cerritos	37.92m	5
5	5	Sifuentes, Angel	SO	Cerritos	37.19m	4
6	6	Hebert, Kodie	FR	Santa Barbara	35.84m	3
7	7	Tonga, Ana	FR	Glendale	35.71m	2
8	8	Gomez, Fatima	SO	Cuyamaca	35.51m	1
9	9	Handel, Lindsee	SO	Cuesta	33.78m	-
10	10	Cervantes, Tricia	FR	Riverside	28.69m	-
11	11	Guinty, Brooke	FR	San Diego Mesa	28.25m	-
12		Solis, Brittany	FR	Santa Ana	ND	-

 **Preliminaries: Flight #1**  ↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	2	Caldwell, Natasha	SO	Golden West	42.77m	
2	4	Magana, Kelly	FR	Cerritos	36.74m	
3	8	Guinty, Brooke	FR	San Diego Mesa	33.28m	
4	9	Handel, Lindsee	SO	Cuesta	32.72m	
5	10	Hebert, Kodie	FR	Santa Barbara	32.35m	
6	16	Pappelis, Nicole	FR	Glendale	29.98m	
7	18	Ordaz, Dorianne	FR	Cerritos	28.16m	

8	19	Jacobs, Cassandra	SO	Orange Coast	28.05m	
9	20	Armstrong, Alexandria	SO	Cerritos	27.98m	
10	21	Weinreich, Amma	FR	Allan Hancock	27.36m	
11	23	Polin, Clairra	SO	Riverside	26.95m	
12	25	Goshen, Aariana	SO	Riverside	25.48m	
13	27	Ismay, Alia	FR	San Diego Mesa	22.45m	

Preliminaries: Flight #2

↑UP

Place	Overall	Name	Year	Team	Distance	Score
1	1	Sifuentes, Angel	SO	Cerritos	43.57m	
2	3	Sauvao, Tuki	SO	Cerritos	41.93m	
3	5	Solis, Brittany	FR	Santa Ana	35.80m	
4	6	Coffelt, Taylor	FR	Riverside	34.18m	
5	7	Tonga, Ana	FR	Glendale	33.54m	
6	11	Gomez, Fatima	SO	Cuyamaca	32.21m	
7	12	Cervantes, Tricia	FR	Riverside	31.84m	
8	13	Mathias, Aleyna	FR	Antelope Valley	31.78m	
9	14	Dalton, Alexis	FR	Cerritos	30.99m	
10	15	Harris, Rossha	FR	Pasadena	30.73m	
11	17	Martinez, Lindsay	SO	Mt. SAC	28.22m	
12	22	Armas, Antoinette	FR	San Bernardino Valley	27.09m	
13	24	Tiffani, King	FR	San Bernardino Valley	25.64m	
14	26	Gross, Rebecca	FR	San Diego Mesa	25.38m	

Women's Heptathlon

JT | 200m | 100m H | SP | 800m | HJ | LJ

Place	Overall	Name	Year	Team	Points	Score
1	1	Dalton, Alexis	FR	Cerritos	5111	10
2	2	Stewart, Shanice	SO	San Bernardino Valley	4712	8
3	3	Sifuentes, Angel	SO	Cerritos	4445	6

4	4	Coffelt, Taylor	FR	Riverside	4316	5
5	5	Cooks, Riley	FR	Cuesta	4299	4
6	6	Dunigan, Tailor	SO	Golden West	4112	3
7	7	Smith, Aysia	SO	West Los Angeles	4096	2
8	8	Cervantes, Tricia	FR	Riverside	4057	1
9	9	Sauvao, Tuki	SO	Cerritos	4051	-
10	10	Goshen, Aariana	SO	Riverside	4027	-

Women's Javelin

↑ UP

Place	Overall	Name	Year	Team	Distance	Points
1	1	Sauvao, Tuki	SO	Cerritos	38.12m	631
2	2	Sifuentes, Angel	SO	Cerritos	35.06m	573
3	3	Coffelt, Taylor	FR	Riverside	34.42m	561
4	4	Cervantes, Tricia	FR	Riverside	30.26m	482
5	6	Goshen, Aariana	SO	Riverside	29.14m	460
6	8	Stewart, Shanice	SO	San Bernardino Valley	27.29m	425
7	9	Dunigan, Tailor	SO	Golden West	27.10m	422
8	10	Smith, Aysia	SO	West Los Angeles	27.01m	420
9	11	Cooks, Riley	FR	Cuesta	26.77m	416
10	14	Dalton, Alexis	FR	Cerritos	25.71m	396

Women's 200m Dash



Heat #1



↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	4	Coffelt, Taylor	FR	Riverside	25.85	810
2	6	Smith, Aysia	SO	West Los Angeles	25.99	798
3	12	Sauvao, Tuki	SO	Cerritos	27.11	703

Heat #2

↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	2	Cooks, Riley	FR	Cuesta	25.54	838
2	8	Cervantes, Tricia	FR	Riverside	26.28	773
3	11	Dunigan, Tailor	SO	Golden West	26.88	722

Heat #3

↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	1	Dalton, Alexis	FR	Cerritos	25.22	867
2	3	Goshen, Aariana	SO	Riverside	25.68	825
3	5	Stewart, Shanice	SO	San Bernardino Valley	25.89	807
4	9	Sifuentes, Angel	SO	Cerritos	26.59	746

Women's 100m Hurdles

Heat #1

↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	10	Cervantes, Tricia	FR	Riverside	16.48	657

Heat #2

↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	9	Sauvao, Tuki	SO	Cerritos	16.30	678
2	12	Goshen, Aariana	SO	Riverside	16.87	611

Heat #3↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	8	Coffelt, Taylor	FR	Riverside	16.25	684

Heat #4

↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	1	Stewart, Shanice	SO	San Bernardino Valley	14.38	925
2	2	Dalton, Alexis	FR	Cerritos	14.53	905

Heat #5

↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	6	Cooks, Riley	FR	Cuesta	16.13	698
2	7	Smith, Aysia	SO	West Los Angeles	16.19	691

Heat #6

↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	4	Sifuentes, Angel	SO	Cerritos	15.84	734
2	5	Dunigan, Tailor	SO	Golden West	15.95	720

Women's Shot Put

Flight #1

↑ UP

Place	Overall	Name	Year	Team	Distance	Points
1	1	Stewart, Shanice	SO	San Bernardino Valley	12.07m	666
2	11	Cervantes, Tricia	FR	Riverside	8.98m	463

Flight #2

↑ UP

Place	Overall	Name	Year	Team	Distance	Points
1	2	Sauvao, Tuki	SO	Cerritos	11.92m	656
2	4	Sifuentes, Angel	SO	Cerritos	10.13m	538
3	5	Goshen, Aariana	SO	Riverside	9.80m	516
4	6	Dalton, Alexis	FR	Cerritos	9.75m	513
5	7	Coffelt, Taylor	FR	Riverside	9.43m	492
6	8	Cooks, Riley	FR	Cuesta	9.30m	484
7	12	Smith, Aysia	SO	West Los Angeles	8.96m	462
8	14	Dunigan, Tailor	SO	Golden West	8.27m	417

Women's 800m Run

↑ UP

Place	Overall	Name	Year	Team	Time	Points
1	1	Dalton, Alexis	FR	Cerritos	2:28.68	710
2	2	Dunigan, Tailor	SO	Golden West	2:30.08	692
3	3	Coffelt, Taylor	FR	Riverside	2:30.87	682
4	4	Cooks, Riley	FR	Cuesta	2:31.22	678
5	7	Sifuentes, Angel	SO	Cerritos	2:32.29	664
6	8	Cervantes, Tricia	FR	Riverside	2:34.53	637
7	12	Goshen, Aariana	SO	Riverside	2:43.37	535
8	16	Smith, Aysia	SO	West Los Angeles	2:46.54	500
9	21	Sauvao, Tuki	SO	Cerritos	3:01.03	356
10	22	Stewart, Shanice	SO	San Bernardino Valley	3:06.97	303

Women's High Jump



Flight #1



↑ UP

Place	Overall	Name	Year	Team	Height	Points
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1	9	Dunigan, Tailor	SO	Golden West	1.45m	566
2	9	Sauvao, Tuki	SO	Cerritos	1.45m	566

Flight #2

↑ UP

Place	Overall	Name	Year	Team	Height	Points
1	1	Dalton, Alexis	FR	Cerritos	1.75m	916
2	3	Stewart, Shanice	SO	San Bernardino Valley	1.69m	842
3	4	Smith, Aysia	SO	West Los Angeles	1.54m	666
4	4	Coffelt, Taylor	FR	Riverside	1.54m	666
5	4	Sifuentes, Angel	SO	Cerritos	1.54m	666
6	11	Goshen, Aariana	SO	Riverside	1.42m	534
7	11	Cervantes, Tricia	FR	Riverside	1.42m	534
8	11	Cooks, Riley	FR	Cuesta	1.42m	534

Women's Long Jump

Flight #1

↑ UP

Place	Overall	Name	Year	Team	Distance	Points
1	3	Cooks, Riley	FR	Cuesta	5.33m	651
2	5	Dunigan, Tailor	SO	Golden West	5.05m	573
3	7	Goshen, Aariana	SO	Riverside	4.95m	546
4	10	Cervantes, Tricia	FR	Riverside	4.82m	511
5	19	Coffelt, Taylor	FR	Riverside	4.47m	421

Flight #2

↑ UP

Place	Overall	Name	Year	Team	Distance	Points
1	1	Dalton, Alexis	FR	Cerritos	5.85m	804
2	2	Stewart, Shanice	SO	San Bernardino Valley	5.65m	744

3	6	Smith, Aysia	SO	West Los Angeles	5.00m	559
4	9	Sifuentes, Angel	SO	Cerritos	4.87m	524
5	14	Sauvao, Tuki	SO	Cerritos	4.63m	461